

THE PAWLOWSKI RELAYS
Ramsey High School Track

SATURDAY, APRIL, 7, 2007
Ramsey, New Jersey

Team Score: Large School: 1-CBA-99.5. 2-Scotch Plains-84. 3-Paramus Catholic-62.
Small School: 1-New Milford-85.5. 2-Cresskill-73. 3-Westwood-48.

BOYS

4X100m: 1-Union (Marques Wallace, Isa Ardul-Quddus, Reggie Swinney, Yannick Jones), 44.9. 2-New Milford, 45.6. 3-Paramus Catholic, 46.6. 4-tie-Secaucus & SJR, 46.9. 6-Jackson, 47.3. 7-tie-CBA & Westwood, 47.8. 9-Cresskill A, 47.9. 10-Ramsey, 48.2.

4X200m: 1-Union (Marques Wallace, Isa Ardul-Quddus, Reggie Swinney, Yannick Jones), 1:33.1. 2-Scotch Plains-Fanwood, 1:33.6. 3-New Milford, 1:34.3. 4-Secaucus, 1:37.3. 5-St Patrick, 1:38.9. 6-Jackson, 1:39.3. 7-Ramsey, 1:39.4. 8-Westwood, 1:39.8. 9-Midland Park, 1:40.0. 10-Fair Lawn, 1:41.1.

4X400m: 1-Union (Isa Abdul-Quddos, Marques Wallace, Yannick Jones, Reggie Swinney), 3:35.8. 2-New Milford, 3:37.9. 3-Bergen Tech, 3:40.0. 4-tie-Ramsey & Westwood, 3:45.8. 6-St Patricks, 3:46.1. 7-Scotch Plains-Fanwood, 3:46.9. 8-Westwood, 3:49.1. 9-Cresskill, 3:49.8. 10-Trinity Christian, 3:50.3.

4X800m: 1-CBA (Charlie Rooney, Mike Slater, Justin Cornell, Christian Yuskevich), 8:34.0. 2-CBA B, 8:56.6. 3-SJR, 8:52.3. 4-Westwood, 8:55.8. 5-Scotch Plains-Fanwood, 9:11.2. 6-Paramus Catholic, 9:12.3. 7-Jackson, 9:12.7. 8-Cresskill, 9:19.2. 9-New Milford, 9:20.9. 10-Bergenfield, 9:22.6.

4X1600m: 1-CBA (Kyle Havard, Ben Horel, Brendan Pierson, Rich Grandelli), 19:07.9. 2-CBA, 19:46.5. 3-Trinity Christian, 19:48.2. 4-Pequannock, 19:56.6. 5-Ramsey, 20:00.8. 6-Jackson, 20:02.1. 7-SJR, 20:17.1. 8-Paramus, 20:20.7. 9-Scotch Plains-Fanwood, 20:33.8. 10-Northern Highlands, 21:00.2.

Sprint Medley: 1-Bergen Tech (Chris Castro, Lomie Cunningham, Joe Huan, Matt Bertinato), 3:45.9. 2-Union, 3:49.7. 3-Paramus Catholic, 3:53.1. 4-Paramus, 3:54.9. 5-CBA, 3:56.9. 6-Ramsey, 3:57.5. 7-New Milford, 3:59.5. 8-Fair Lawn, 4:00.9. 9-Midland Park, 4:04.5. 10-Secaucus, 4:04.8.

Distance Medley: 1-Northern Highlands (Nick Prakash, Mike DiBella, Tommy Gaidus, Andrew Gaidus), 11:00.1. 2-CBA, 11:15.4. 3-Trinity Christian, 11:16.3. 4-Scotch Plains-Fanwood, 11:24.0. 5-Pequannock, 11:34.4. 6-CBA B, 11:37.1. 7-CBA C, 11:51.1. 8-Jackson, 11:53.1. 9-Westwood, 11:55.0. 10-Ramsey, 12:00.1.

4X110 HH: 1-New Milford (John Esposito, Manny Viera, Brian Hirt, Joe Picciano), 1:08.1. 2-CBA, 1:08.4. 3-Ramsey, 1:09.1. 4-Scotch Plains-Fanwood, 1:09.7. 5-St Patrick, 1:10.2. 6-Paramus Catholic, 1:10.4. 7-Jackson, 1:10.9. 8-Northern Highlands, 1:13.0. 9-Emerson, 1:13.5. 10-Cresskill, 1:15.2.

3X400 IH: 1-Scotch Plains-Fanwood (Mike Chervenyak, Tom Penella, Kyle Roubotan), 3:02.1. 2-CBA A, 3:04.3. 3-Paramus Catholic, 3:06.0. 4-CBA, 3:14.7. 5-St Patricks, 3:15.3. 6-New Milford, 3:16.0. 7-Northern Highlands, 3:17.2. 8-Union, 3:17.7. 9-Cresskill, 3:18.4. 10-Fair Lawn, 3:20.7.

3X Long Jump: 1-Cresskill (LJ Egorow, Scott Lee, Tom Olmo), 56-6.5. 2-St Patricks (Lawrence Casseus, Idris Pitt, Curtis Casseus), 56-6. 3-Union, 54-7. 4-Paramus Catholic, 54-2. 5-tie-CBA & New Milford, 53-3 ½. 7-Ramsey, 52-2. 8-Bergenfield, 50-2. 9-Pequannock, 49-9 ½. 10.?

3X Triple Jump: 1-Paramus Catholic (Mitch Bennett, James Jenkins, Bobby Miles), 122-10. 2-St Patrick, 112-8. 3-Scotch Plains-Fanwood, 111-4 ½. 4-Cresskill A, 111-4. 5-New Milford, 110-2. 6-Ridgewood, 108-0 ½. 7-CBA, 107-10 ½. 8-Bergenfield, 107-8. 9-Cresskill B, 106-10. 10-Paramus, 104-8.

3X High Jump: 1-Scotch Plains-Fanwood, 16-9. 2-CBA A, 16-3. 3-tie-Paramus Catholic, Cresskill A & Ridgewood, 16-0. 6-tie-New Milford & Ramsey, 15-9. 8-Westwood, 10-9. 9-tie-CBA B & Pequannock, 10-3.

3X Pole Vault: 1-Cresskill (Mike Collins, Joee Olono, JP Russell), 34-6. 2-CBA, 32-0. 3-New Milford, 28-6. 4-Fair Lawn, 28-0. 5-Ramsey, 11-0. 6-Cresskill B, 10-0. 7-CBA B, 9-0.

3X Shot Put: 1-Scotch Plains-Fanwood (John Birnbaum, John Badala, Mike Alleman), 140-11 ½. 2-Secaucus, 127-6. 3-Cresskill A, 127-4. 4-CBA A, 120-5 ½. 5-New Milford A, 119-3. 6-Jackson, 116-6 ½. 7-Westwood A, 115-7. 8-Ridgewood, 113-7 ½. 9-Union, 109-11. 10-Ramsey, 111-1.

3X Discus: 1-Secaucus (Nick Britt, Adam Mustafa, John Britt), 414-8. 2-Scotch Plains-Fanwood, 376-2. 3-Cresskill A, 370-9. 4-CBA A, 356-7. 5-New Milford, 326-9. 6-Westwood A, 312-4. 7-Jackson A, 304-3. 8-Midland Park, 301-6. 9-Union, 300-9. 10-Ridgewood, 293-3.

3X Javelin: 1-Westwood (Drew Tremble, Kenroy Morrison, Chris Beekman), 422-6. 2-Cresskill, 414-11. 3-Ramsey, 391-9. 4-Jackson, 388-8. 5-Northern Highlands, 388-7. 6-Pequannock, 383-6. 7-Midland Park, 368-5. 8-Union, 361-2. 9-Paramus Catholic, 359-2. 10-CBA, 348-11.

THE PAWLOWSKI RELAYS
Ramsey High School Track

SATURDAY, APRIL, 7, 2007
Ramsey, New Jersey

GIRLS

Team Score: Large School: 1-Ridgewood-69. 2-Jackson-65. 3-Paramus Catholic-60.

Small School: 1-Pearl River-85. 2-Cresskill-35. 3-Westwood-40.

4X100m: 1-Jackson (Samantha Brady, Jordan Bunch, Kelly Fortune, Natasha Dorant), 51.1. 2-Paramus Catholic, 51.2. 3-Elizabeth A, 51.7. 4-Union, 52.6. 5-Cresskill, 52.9. 6-Randolph, 53.6. 7-Scotch Plains-Fanwood, 53.8. 8-Pearl River, 55.0. 9-Union, 55.5. 10-Paramus, 56.8.

4X200m: 1-Jackson (Sam Brady, Natza Durna, Ebere Okparaeki, Briana Bradley), 1:48.2. 2-Elizabeth, 1:49.1. 3-Union, 1:50.6. 4-Cresskill, 1:52.4. 5-Randolph, 1:52.6. 6-Pearl River, 1:54.4. 7-Scotch Plains-Fanwood, 1:54.7. 8-Elizabeth B, 1:59.7. 9-Paramus, 2:00.9. 10-Midland Park, 2:05.9.

4X400m: 1-Ramsey (Alex Rosenberger, Adrianna Lanuto, Michelle Erli, Jacque Rosato), 4:14.0. 2-Ridgewood, 4:17.4. 3-Pearl River, 4:21.6. 4-Union, 4:22.4. 5-Paramus, 4:25.3. 6-Westwood, 4:27.8. 7-Randolph, 4:31.0. 8-Elizabeth, 4:42.0. 9-Cresskill, 4:49.9

4X800m: 1-Pearl River (Caitrin Demchko, Nicole Weber, Kristine Mun, Julie Hudak), 10:09.9. 2-Westwood, 10:36.2. 3-Ramsey, 10:45.8. 4-Jackson, 11:09.8. 5-Jackson, 11:13.5. 6-Elizabeth, 11:25.8. 7-Clara Barton, 11:58.9. 8-Midland Park, 12:04.2. 9-Secaucus, 12:17.6.

4X1600m: 1-Pearl River (Danielle Harmon, Keeley Bateman, Michelle Farrell, Caitrin Demchko), 23:08.9. 2-Ramsey, 23:26.0. 3-Union, 23:56.5. 4-Jackson, 24:20.7. 5-Ridgewood, 24:32.0. 6-Pearl River B, 25:10.9. 7-Ramsey, 25:46.7. 8-Secaucus, 27:37.0. 9-Cresskill, 28:47.6.

Sprint Medley: 1-Paramus Catholic (Melody Lopez-Bernstein, Asher Beasley, Epiphany Sams, Alyssa Beasley), 4:30.7. 2-Pearl River, 4:33.2. 3-Clara Barton, 4:35.8. 4-Ridgewood, 4:36.5. 5-Randolph, 4:41.3. 6-Paramus, 4:43.5. 7-Jackson, 4:44.8. 8-Fair Lawn, 4:52.4. 9-New Milford, 4:56.6. 10-Cresskill, 5:01.8

Distance Medley: 1-Scotch Plains-Fanwood (Cassy Valdes, Danielle Vena, Kim Appezzatok, Brittany Veeck), 12:49.4. 2-Ramsey A, 13:46.6. 3-Westwood, 13:49.3. 4-Pearl River, 13:56.9. 5-Ramsey B, 13:57.4. 6-Scotch Plains-Fanwood, 14:09.3. 7-Union, 14:31.2. 8-Ridgewood, 14:34.6. 9-Pearl River, 14:59.1. 10-Pequannock, 15:19.8

4X100 HH: 1-Northern Highlands (Cathy Jacobs, Mary Marshall, Diana Picache, Caitlyn Collin), 1:13.1. 2-Paramus, 1:13.5. 3-Ridgewood, 1:14.0. 4-Pearl River, 1:15.0. 5-Fair Lawn, 1:17.9. 6-Midland Park, 1:19.1. 7-Clara Barton, 1:20.1. 8-Westwood, 1:20.2.

3X400 IH: 1-Pearl River (Caitrin Demchko, Kristine Mun, Ailish Rowley), 3:39.3. 2-Ridgewood, 3:39.4. 3-Cresskill, 3:49.3. 4-Clara Barton, 3:54.3. 5-Elizabeth, 4:01.2. 6-Fair Lawn, 4:01.9. 7-Midland Park, 4:06.5. 8-Paramus Catholic, 4:06.9.

3X Long Jump: 1-Scotch Plains-Fanwood (Amanda Bobyack, Tina Olssen, Sarah Canfielo), 45-10. 2-Cresskill, 44-5. 3-Paramus, 43-4 ½. 4-Paramus Catholic, 42-5 ½. 5-Pearl River, 38-1 ½. 6-Midland Park, 37-0. 7-Westwood, 38-11. 8-Westwood A, 33-0. 9-Bergenfield, 30-10. 10-Elizabeth, 28-3.

3X Triple Jump: 1-Clara Barton (Sharesa Baldwin, Crystal Jarvis, Aisha Charles), 96-4 ½. 2-Paramus, 94-8. 3-Northern Highlands, 93-2 ½. 4-Scotch Plains-Fanwood, 89-1. 5-Randolph, 86-4 ½. 6-Westwood, 85-6. 7-Saddle River, 80-6 ½. 8-Midland Park, 73-8. 9-Eldred, 73-0. 10-Paramus Catholic, 64-3 ½.

3X High Jump: 1-Ramsey (Alex Rosenberger, Purbita Saha, Elizabeth Rosenberger), 13-10. 2-Northern Highlands, 13-3. 3-Paramus Catholic, 13-0. 4-tie-Scotch Plains-Fanwood & Paramus, 12-9. 6-Randolph, 12-0. 7-Cresskill, 8-9. 8-tie-Westwood & Fair Lawn, 8-6. 10-tie-Midland Park & Pearl River, 8-0.

3X Pole Vault: 1-Ridgewood (Llerandi, Polcari, Brown), 23-0. 2-Cresskill, 7-6. 3-Pearl River, 7-0. 4-Northern Highlands, 6-6. 5-Fair Lawn, 6-6.

3X Shot Put: 1-Jackson (Rebecca Giuziano, Justine Stevenson, Shannon Watt), 109-1. 2-Bergenfield, 88-6. 3-Paramus Catholic, 85-4. 4-Elizabeth, 85-0. 5-Scotch Plains-Fanwood, 82-9 ½. 6-Pequannock, 82-3. 7-Union, 81-11 ½. 8-Jackson, 81-4. 9-Northern Highlands, 80-10. 10-Ridgewood, 78-8.

3X Discus: 1-Jackson (Justine Stevenson, Rebecca Giaziani, Shannon Watt), 293-4. 2-Scotch Plains-Fanwood, 270-6. 3-Pequannock, 268-3. 4-Elizabeth, 256-2. 5-Bergenfield, 232-7. 6-Randolph, 229-6. 7-Ridgewood, 223-6. 8-Paramus Catholic, 219-10. 9-Ramsey, 217-10. 10-Union, 211-10.

3X Javelin: 1-Pequannock (Catherine Campbell, Meagan Anderson, Arielle VanWingerden), 270-11. 2-Ridgewood, 267-2. 3-Elizabeth, 242-10. 4-Jackson, 242-8. 5-Ramsey, 234-2. 6-New Milford, 223-7. 7-Secaucus, 220-2. 8-Westwood, 218-1. 9-Paramus Catholic, 210-1. 10-Paramus, 201-8.

NOVICE BOYS

4X100m: 1-Emerson (R. Gutierrez, T. Vogel, D. Whitney, H. Duffy), 48.0. 2-Union, 49.7. 3-Cresskill, 50.1. 4-Jackson, 50.1. 5-Paramus, 50.5. 6-Pequannock, 51.0. 7-Westwood, 51.1. 8-Bergenfield, 51.2. 9-Trinity Christian, 52.5. 10-Ramsey, 52.8.

4X200m: 1-Jackson (M Mondello, G. Cortez, Aponte, R. Moroz), 1:40.9. 2-Paramus Catholic, 1:44.9. 3-Union, 1:45.0. 4-Westwood, 1:46.9. 5-Pequannock, 1:47.2. 6-Bergenfield, 1:48.8. 7-Paramus Catholic, 1:49.6. 8-Ramsey, 1:52.7. 9-Westwood, 1:53.9. 10-Bergenfield, 1:59.0.

4X400m: 1-Westwood (Leitharsen, Mower, Pomerantz, Mazza), 4:24.4. 2-Westwood, 4:30.5.

4X800m: 1-Midland Park (Brian Walker, Alex Halen, Ryan Cairus, Matt Macchiaroli), 9:37.2. 2-Westwood, 9:37.6. 3-CBA, 9:38.1. 4-Fair Lawn, 10:10.2. 5-Paramus, 10:12.7. 6-Fair Lawn, 10:26.0. 7-Union, 10:30.5

Sprint Medley: 1-Northern Highlands (Justin Richman, Chris Gebhardt, Colin Coates, Jacob Mo), 4:08.9. 2-CBA, 4:15.2. 3-Pequannock, 4:20.0. 4-Trinity Christian, 4:21.8. 5-Paramus, 4:23.4. 6-Westwood, 4:24.2. 7-Paramus Catholic, 4:24.9. 8-Paramus Catholic, 4:31.7. 9-Westwood, 4:42.9.

4X110H: 1-Midland Park (Keith Traynor, Scott Roberts, John Passaro, Steve Hood), 1:21.4. 2-Bergenfield, 1:29.6.

3X400H: 1-Union (Stefaun Whitehead, John Obamedo, Elyon Obamedo), 3:31.3. 2-CBA, 3:34.1. 3-Midland Park, 3:39.6.

NOVICE GIRLS

4X100m: 1-Eldred (Lauren Alves, Rachel Doran, Erika Bowring, Christine Watts), 58.0. 2-tie-Ramsey & Northern Highlands, 58.4. 4-Northern Highlands, 58.6. 5-Clara Barton, 58.9. 6-Paramus, 59.1. 7-Ridgewood, 59.5. 8-Pequannock, 59.8. 9-Randolph, 60.2. 10-Westwood, 62.3.

4X200m: 1-Paramus Catholic (Katherine Pearson, Sara Sudol, Ariella Chuvil, LaTasha Fraser), 2:01.7. 2-Westwood, 2:02.3. 3-Northern Highlands, 2:02.4. 4-Northern Highlands, 2:03.0. 5-Ridgewood, 2:06.6. 6-Randolph, 2:07.0. 7-Eldred, 2:07.2. 8-Paramus, 2:09.2. 9-Pequannock, 2:09.3. 10-Pearl River, 2:10.0

4X400m: 1-Clara Barton (Sharmaine, Aisha, Sharesa, Masich), 4:26.5. 2-Pequannock, 4:42.0. 3-Randolph, 4:47.9. 4-Westwood, 4:57.7. 5-Pearl River, 5:04.9. 6-Ramsey, 5:06.8.

4X800m: 1-Fair Lawn (Kristen Cunningham, Inna Obolonskaya, Sharon Davidi, Alli Snochowski), 11:15.3. 2-Pequannock, 11:38.2. 3-Ridgewood, 11:41.1. 4-Fair Lawn, 12:02.0. 5-Bergenfield, 12:10.3. 6-Paramus Catholic, 12:12.1. 7-Saddle River, 12:15.1. 8-Eldred, 13:02.3. 9-Jackson, 13:49.3.

Sprint Medley: 1-Northern Highlands (Justine Schell, Sara Pulgrano, Kristen Marinaccio, Kari Dombroski), 4:56.3. 2-New Milford, 4:58.8. 3-Pequannock, 5:04.1. 4-Ramsey, 5:04.8. 5-Midland Park, 5:12.2. 6-Pearl River, 5:20.0. 7-Clara Barton, 5:24.1. 8-Ridgewood, 5:33.9. 9-Paramus, 5:40.1.

4X100H: 1-Jackson (Laura McCall, Sarah McCor, Rebecca Cheathon, Brittany Larballo), 1:14.8. 2-Northern Highlands, 1:18.3. 3-Pequannock, 1:18.6.

3X400H: 1-Pequannock (O'Hara, Bakker, VanWingerten), 4:07.9. 2-Northern Highlands, 4:14.4. 3-Randolph, 4:15.2.

FROSH BOYS

4X100: 1-SJR (Brown, Hogan, K. Williams, J. Williams), 47.0. 2-Union, 50.1. 3-Westwood, 50.7. 4-Emerson, 51.1. 5-Cresskill, 51.8. 6-Bergen Tech, 51.9. 7-Midland Park, 53.6. 8-Paramus 54.1. 9-Ramsey, 54.1. 10-Bergenfield, 55.0

4X200m: 1-Union (Peter Brouton, Chuk Umejei, Jarell White, Elijah Lee), 1:45.2. 2-Westwood, 1:45.9. 3-Northern Highlands, 1:49.1. 4-Paramus, 1:51.8. 5-New Milford, 1:56.4. 6-Paramus Catholic, 1:59.0. 7-Bergenfield, 2:02.8. 8-Ramsey, 2:04.5. 9-Bergenfield, 2:06.9

4X400m: 1-Ramsey (Lanuto, Johns, Kuine, Wilson), 4:01.4. 2-New Milford, 4:10.5. 3-Cresskill, 4:15.9.

4X800m: 1-CBA (John McLaughlin, Peter Castro, Ray Bogan, Greg Bellino), 9:31.8. 2-Paramus, 10:07.3. 3-Bergenfield, 11:11.6. 4-Fair Lawn, 11:14.2

Sprint Medley: 1-SJR (Brown, Williams, Hogan, Carter), 3:59.6. 2-Ramsey, 4:21.1. 3-Bergen Tech, 4:24.2. 4-Paramus, 4:26.8. 5-Bergenfield, 4:32.1. 6-Paramus Catholic, 4:51.5.

4X110H: 1-Northern Highlands (Eric Hirschfield, Colin Coates, Zack Lloyd, James Merli), 1:22.5. 2-CBA, 1:25.5. 3-Emerson, 1:27.9.

3X400H: 1-CBA (McLaughlin, Bellino, Mcguire), 3:24.4. 2-Ramsey, 4:32.1. 3-Northern Highlands, 3:41.5.

FROSH GIRLS

4X100m: 1-Ridgewood (Monri, Campbell, Muchel, Bitzer), 60.1. 2-Cresskill, 61.6. 3-tie-Bergenfield & Clara Barton, 62.6. 5-Emerson, 63.4. 6-Fair Lawn, 64.6. 7-Paramus Catholic, 66.3. 8-Pearl River, 67.7.

4X200m: 1-Ramsey (Diane Bain, Lizzy Rosenberger, Ana Rocha, Gina Gatti), 2:04.1. 2-Fair Lawn, 2:08.9. 3-Pearl River, 2:10.1. 4-Ridgewood, 2:11.9. 5-tie-Bergenfield & Cresskill, 2:12.0. 7-Westwood, 2:13.9. 8-Elizabeth, 2:14.4. 9-Clara Barton, 2:18.5. 10-Paramus Catholic, 2:22.8.

4X400m: 1-Ramsey (Diane Bain, Lizzy Rosenberger, Ana Rocha, Gina Gatti), 4:40.9. 2-Pearl River, 5:01.5. 3-Paramus, 5:03.0. 4-Fair Lawn, 5:09.1. 5-Pearl River, 5:20.6

4X800m: 1-Paramus (Gabrielle Reuveni, Josephine Tan, Megan Loughlin, Christina Hwang), 11:48.1.

Sprint Medley: 1-Clara Barton (Cristin Felix, Tanika Charles, Yousena Campese, Amanda Denny), 5:12.8. 2-Eldred, 5:13.9. 3-Paramus, 5:24.6. 4-Bergenfield, 5:30.8.

4X100H: 1-Bergenfield (Krista Mae Sebastian, Julianne Gomez, Kristyn Syrianoudis, Marly Relato), 1:28.4. 2-Emerson, 1:31.3.

3X400H: