

THE PAWLOWSKI RELAYS**SATURDAY, APRIL, 5, 2008****Ramsey High School Track****Ramsey, New Jersey****Team Score:** 1-Ramsey-109. 2-New Milford-95. 3-Union-95. 4-Cresskill-75. 5-BergenCatholic-62. 6-Westwood-59. 7-ParamusCatholic-58.**BOYS****4X100m:** 1-Bergen Catholic (Nick Gerst, Matt Dottino, Will Ring, Jon Sam), 45.0. 2-Ramsey, 45.2. 3-New Milford, 46.1. 4-Bergen Tech, 46.4. 5-Union B, 47.0. 6-Wallington, 48.0. 7-Cresskill, 48.3. 8-Union, 48.9. 9-Paramus, 48.9. 10-Ramsey, 49.1. 11-Union, 49.4. 12-Trinity, 50.8. 13-Midland Park, 51.3. 14-Wallington, 56.5.**4X200m:** 1-Bergen Catholic (Tom Randall, Will Ring, Matt Dottino, Dom Gaston), 1:31.9. 2-Union, 1:32.2. 3-New Milford, 1:35.5. 4-Ramsey, 1:35.8. 5-Bergen Tech, 1:38.1. 6-Westwood, 1:38.7. 7-Midland Park, 1:39.9. 8-Paramus, 1:40.1. 9-Cresskill, 1:40.6. 10-Ridgewood, 1:42.0. 11-Wallington, 1:43.0. 12-Trinity, 1:46.4.**4X400m:** 1-Union (Craig, Highsmith, Lucien, Oluyadi), 3:32.2. 2-New Milford, 3:33.3. 3-Ramsey, 3:37.0. 4-Westwood, 3:40.2. 5-Bergen Tech, 3:42.2. 6-Paramus Catholic, 3:45.2. 7-Cresskill, 3:45.6. 8-Trinity, 3:48.2. 9-Westwood, 3:49.2. 10-Westwood, 3:51.1. 11-Pascack Valley, 4:04.9.**4X800m:** 1-CBA (Dan Dailey, Mark Lee, Rich Bohary, Chris LaMorte), 8:44.6. 2-New Milford, 8:49.4. 3-Westwood, 8:58.7. 4-Ramsey, 9:03.7. 5-CBA, 9:04.0. 6-Cresskill, 9:04.6. 7-Paramus, 9:09.4. 8-Trinity, 9:25.5. 9-Union, 9:30.3**4X1600m:** 1-CBA, (Dan Bailey, Dan Mykytshun, Mike Mazzacarro, Mark Lee), 19:11.2. 2-CBA, 19:25.3. 3-Bergen Tech, 19:26.7. 4-Pequannock, 19:30.4. 5-Ridgewood, 19:33.2. 6-Westwood, 19:45. 7-Ramsey, 20:31.5. 8-Ridgewood, 20:48.0. 9-Paramus, 21:01.5. 10-Bergen Tech, 21:08.8. 11-Union, 21:16.0. 12-Midland Park, 21:47.7. 13-Paramus, 22:50.4. 14-Paramus Catholic, 23:11.7.**Sprint Medley:** 1-Union (Stefano Craig, Ellison Lucien, Isaiah McLain, Bayaan Oluyadi), 3:46.3. 2-Midland Park, 3:51.2. 3-New Milford, 3:54.9. 4-Wallington, 3:58.0. 5-Westwood, 3:58.6. 6-Ramsey, 4:04.3. 7-Pascack Valley, 4:19.4. 8-Pascack Valley, 4:30.3. 9-Paramus Catholic, 4:51.0**Distance Medley:** 1-Bergen Tech (Dan Vivanco, Patrick Ryan, Abdel N'Goon, Mike Mitchell), 11:10.0. 2-Pequannock, 11:13.0. 3-Paramus Catholic, 11:16.3. 4-Trinity, 11:33.8. 5-Westwood, 11:39.0. 6-Ramsey, 11:45.8. 7-Bergen Catholic, 11:46.9. 8-Cresskill, 12:05.1. 9-Wallington, 12:10.3. 10-Union, 12:18.8.**4X110 HH:** 1-Ramsey (Mike Iozzia, Kevin Kuruc, Jake Kennelly, Matt Bailey), 1:06.2. 2-Union, 1:06.3. 3-Cresskill, 1:09.6. 4-Bergen Tech, 1:11.7. 5-New Milford, 1:11.9. 6-Ridgewood, 1:15.6.**3X400 IH:** 1-Bergen Catholic (Dom Gaston, Tom Bohlin, Ernest Wingate), 3:08.2. 2-Union, 3:10.9. 3-Ramsey, 3:04.9. 4-New Milford, 3:16.1. 5-Paramus Catholic, 3:16.6. 6-Paramus, 3:18.5. 7-Midland Park, 3:25.9. 8-Wallington, 3:31.4. 9-Cresskill, 3:33.3. 10-Ridgewood, 3:33.9.**3X Long Jump:** 1-Union (Elijah Lee, Stefaun Whitehead, Michael Bingham), 57-0 ½. 2-New Milford, 55-8 ½. 3-Bergen Catholic, 55-5 ½. 4-Union, 54-11 ½. 5-Paramus, 53-1 ½. 6-Westwood, 52-10. 7-Cresskill, 52-5 ¼. 8-Midland Park, 52-2. 9-Bergen Tech, 51-11 ½. 10-Ramsey, 51-8. 11-Paramus Catholic, 50-11.**3X Triple Jump:** 1-Bergen Catholic (Kevin Bostick, Victor Servito, Ernest Wingate), 120-10 ½. 2-Paramus, 112-11 ½. 3-Union, 112-7. 4-Cresskill, 111-3 ½. 5-Ridgewood, 110-6. 6-Cresskill, 108-7 ½. 7-Paramus Catholic, 107-4 ½. 8-Midland Park, 107-2 ½. 9-Ramsey, 105-9. 10-Northern Highlands, 90-4. 11-Pascack Valley, 35-8 ½.**3X High Jump:** 1-Bergen Catholic (Victor Serbito Kevin Bostick, Mike McNicholas), 17-10. 2-Ramsey, 16-8. 3-Paramus, 16-4. 4-Bergen Tech, 16-2. 5-New Milford, 16-1. 6-Midland Park, 16-0. 7-Ridgewood, 15-10. 8-Paramus Catholic, 15-9. 9-Cresskill, 11-0. 10-Bergen Catholic, 10-6.**3X Pole Vault:** 1-Paramus Catholic (Justin Schneider, Phil Esposito, Pat Ranft), 32-0. 2-New Milford, 29-0. 3-Ramsey, 21-0. 4-tie-Wallington & Paramus, 19-0. 6-Cresskill, 12-0. 7-Pascack Valley, 10-0. 8-Ridgewood, 9-6.**3X Shot Put:** 1-Paramus Catholic (Patrick Thomas, Manny Thomas, Marquise Wright), 123-7 ¾. 2-Cresskill, 123-2 ½. 3-Ramsey, 120-1 ½. 4-Westwood, 118-2. 5-New Milford, 115-9 ½. 6-Ridgewood, 115-2. 7-Wallington, 113-11 ¼. 8-Union, 111-9 ½. 9-Ramsey, 109-9. 10-Cresskill, 108-3 ½. 11-Midland Park, 106-9 ¼. 12-Cresskill, 102-3 ¼. 13-Paramus, 101-9.**3X Discus:** 1-New Milford (Scott Brunner, Dan Suarez, Ali Metwali), 358-11. 2-Ramsey, 327-11. 3-Cresskill, 325-8. 4-Ridgewood, 313-9. 5-Union, 306-9. 6-Wallington, 303-11. 7-Paramus Catholic, 295-4. 8-Westwood, 291-0. 9-Cresskill, 279-1. 10-Ramsey, 276-6. 11-Ridgewood, 273-1. 12-Bergen Tech, 262-9. 13-Midland Park, 254-8.**3X Javelin:** 1-Cresskill (Arom Rai, Jason Raggi, Kyle Elliot), 437-10 ½. 2-Midland Park, 410-9. 3-Union, 385-8. 4-Ridgewood, 364-3. 5-Ramsey, 354-6 ½. 6-Westwood, 344-0. 7-Paramus, 336-6. 8-Wallington, 336-2 ½. 9-Paramus Catholic, 361-1. 10-New Milford, 329-4 ½. 11-Bergen Tech, 241-1 ½.**GIRLS****Team Score:** Ridgewood-116. 2-Westwood-112.5. 3-Ramsey-94. 4-Shaker-83. 4-Union-83. 6-ParamusCatholic-67. 7-NewMilford-48.**4X100m:** 1-Union (Ashley Battle, Anayah Mosby, Ugonna Ndu, Zainah Bisilou), 50.0. 2-Paramus Catholic, 50.5. 3-Elizabeth, 51.3. 4-Ridgewood, 51.6. 5-Cresskill, 54.3. 6-Ridgewood, 55.0 & Shaker, 55.0. 8-Westwood, 56.3. 9-New Milford, 56.5. 10-Ramsey, 56.6. 11-Ridgewood, 57.0. 12-Wallington, 60.0**4X200m:** 1-Union (Zainab Bisilou, Ashley Battle, Kyra Kemp, Anayah Mosby), 1:48.1. 2-Elizabeth, 1:50.9. 3-Westwood 1:53.1. 4-Ramsey, 1:55.0. 5-Pascack Valley, 1:55.7. 6-Paramus, 1:56.3. 7-Shaker, 1:57.7. 8-Ridgewood, 1:59.3. 9-Wallington, 2:01.8. 10-Cresskill, 2:04.5. 11-New Milford, 2:06.2.**4X400m:** 1-Ramsey (Diane Bain, Adriana Lanuto, Lizzie Rosenberger, Ali Singer), 4:12.7. 2-Westwood, 4:18.0. 3-Union, 4:18.9. 4-Paramus Catholic, 4:21.6. 5-Elizabeth, 4:23.5. 6-Shaker, 4:26.0. 7-Ridgewood, 4:30.9. 8-Pascack Valley, 4:38.5. 9-Westwood, 4:40.0. 10-Cresskill, 4:45.9. 11-Wallington, 4:50.7.**4X800m:** 1-Shaker (Gordon, Zosla Dunn, Molly Nephew, Nazarian), 10:15.8. 2-Westwood, 10:30.0. 3-Ramsey, 10:34.3. 4-Paramus, 10:58.4. 5-Bergen Tech, 11:44.2. 6-Midland Park, no time.**4X1600m:** 1-Ridgewood (Alex Middleton, Charlotte Marsel, Tori Middleton, Christy Bertelsen), 22:49.1. 2-Westwood, 23:33.9. 3-Shaker, 23:39.7. 4-Bergen Tech, 24:06.1. 5-Ramsey, 24:24.1. 6-Ridgewood, 24:35.8. 7-New Milford, 25:14.1. 8-Union, 25:16.8. 9-Shaker, 26:49.7.**Sprint Medley:** 1-Paramus Catholic (Mel Lopez-Bernstein, Bryanna Knight, Epiphany Sams, Alyssa Beasley), 4:23.7. 2-Shaker, 4:25.9. 3-Ridgewood, 4:39.6. 4-Ramsey, 4:40.9. 5-Wallington, 4:42.7. 6-Westwood, 4:43.1. 7-Cresskill, 4:57.4. 8-Midland Park, 5:03.3. 9-New Milford, 5:12.4.

Distance Medley: 1-Ridgewood (A. Middleton, Jenny Bitzer, Torey Middleton, Christy Bertelsen), 13:19.7. 2-Ramsey, 13:38.5. 3-Shaker, 13:42.0. 4-Westwood, 13:47.6. 5-Union, 13:51.5. 6-Bergen Tech, 14:13.7. 7-Paramus, 14:25.0. 8-New Milford, 14:47.7. 9-Midland Park, 16:51.4.

4X100 HH: 1-Union (Ashley Battle, Juliet Ayanwu, Ugonna Ndu, Dejanna Claiborne), 1:05.9. 2-Ridgewood, 1:07.2. 3-Ramsey, 1:14.9. 4-New Milford, 1:15.4. 5-Westwood, 1:16.7. 6-Paramus Catholic, 1:16.8. 7-Cresskill, 1:22.6.

3X400 IH: 1-Ridgewood (E. Barr, C. Buckley, M. Casey), 3:38.1. 2-Paramus Catholic, 3:59.2. 3-Westwood, 4:02.9. 4-New Milford, 4:20.3.

3X Long Jump: 1-Union (Kyra Kemp, Lara Animashuah, Ugonna Ndu), 44-10. 2-Shaker, 44-5. 3-Paramus, 42-10. 4-Westwood, 42-7 ½. 5-Ridgewood, 40-0 ½. 6-Ramsey, 38-8. 7-Northern Highlands, 37-8 ½. 8-New Milford, 35-9 ½. 9-Paramus Catholic, 35-8. 10-Ramsey, 33-7. 11-Midland Park, 31-2 ½.

3X Triple Jump: 1-Shaker (Jackie St John, Emily Vandenburg, Carly Brundige), 95-5. 2-Westwood, 92-11 ½. 3-Union, 88-2 ½. 4-Ridgewood, 85-6 ½. 5-Ramsey, 84-3. 6-New Milford, 82-2. 7-Paramus Catholic, 80-10 ½. 8-Paramus, 80-4. 9-Northern Highlands, 79-10. 10-Pascack Valley, 57-3. 11-Ridgewood, 53-3. 12-Midland Park, 52-2 ½.

3X High Jump: 1-Ramsey (Lizzie Rosenberger, Ali Singer), 14-6. 2-Ridgewood, 13-1. 3-Westwood, 12-10. 4-Shaker, 12-9. 5-Northern Highlands, 12-6. 6-tie-Midland Park, New Milford, Paramus, 12-3. 9-Ridgewood, 8-3. 10-tie-Cresskill, Bergen Tech, Paramus Catholic, 4-3.

3X Pole Vault: 1-Pascack Valley (Traci Canna, Gina Bergino, Sarah Bantoni), 20-6. 2-Ridgewood, 18-6. 3-Shaker, 14-6. 4-Westwood, 13-6 & Cresskill, 13-6.

3X Shot Put: 1-Paramus Catholic (Ashley Wade, Olivia Wade, Ashley Sims), 105-0 ½. 2-Union, 91-7 ½. 3-Ridgewood, 87-4 ½. 4-Westwood, 85-9 ¼. 5-Cresskill, 81-11 ¾. 6-Wallington, 80-10 ½. 7-Midland Park, 77-0 ¼. 8-Ramsey, 75-9. 9-New Milford, 69-7 ½. 10-Paramus, 69-0.

3X Discus: 1-Paramus Catholic (Ashley Wade, Olivia Wade, Jen Cagna), 256-3. 2-Wallington, 242-6. 3-Ramsey, 234-8. 4-Union, 232-5. 5-Ridgewood, 224-9. 6-Cresskill, 211-11. 7-Westwood, 202-7. 8-Midland Park, 199-8. 9-Elizabeth, 195-8. 10-Bergen Tech, 171-10.

3X Javelin: 1-Ridgewood (J. Vasquez, S. Laddin, C. Spilka), 273-6. 2-Midland Park, 251-2. 3-Cresskill, 230-7. 4-New Milford, 228-9. 5-Westwood, 216-2. 6-Ramsey, 207-1. 7-Elizabeth, 191-8. 8-Wallington, 191-2. 9-Paramus, 189-5. 10-Union, 174-4

NOVICE BOYS

4X200m: 1-Ramsey (Yamanashi, Patrick Johns, Chris Donelan, Kevin Severs), 1:44.0. 2-Bergen Tech, 1:45.6. 3-Union, 1:46.3. 4-Bergen Catholic, 1:46.5. 5-Paramus, 1:48.6.

4X400m: 1-Bergen Catholic (Panes, Von Ohlen, D'Arco, Leonard), 3:43.8. 2-Ramsey, 3:50.4. 3-Midland Park, 3:55.3. 4-Cresskill, 3:59.7. 5-New Milford, 4:01.4.

4X800m: 1-Pascack Valley (Mckenna, Kraus, Nowicki, Pescatore), 9:15.5. 2-Ridgewood, 9:20.2. 3-Union, 9:39.3. 4-Paramus, 9:43.7. 5-Bergen Catholic, 9:48.1

Sprint Medley: 1-Bergen Catholic (Tom Bohlin, Anthony Marinaro, John D'Arco, Joe Fiorica), 4:04.6. 2-Bergen Tech, 4:04.8. 3-Union, 4:09.3. 4-Ramsey, 4:18.4. 5-Cresskill, 4:20.1.

4X110H: 1-Pascack Valley (Stern, Ottino, Takabori, Hoogendoorn), 1:15.0. 2-Union, 1:21.2. 3-Ramsey, 1:25.6.

3X400H:

NOVICE GIRLS

4X200m: 1-Shaker (Jenny Cho, Cosgrove, Fiona Recchia, Kelly Ogden), 2:01.7. 2-Union, 2:02.4. 3-Shaker, 2:04.8. 4-Paramus, 2:05.3. 5-Westwood, 2:06.7.

4X400m: 1-Shaker (Kelly Ogden, Ashley, Molly Nephew, Gordon), 4:34.6. 2-Shaker, 4:42.6. 3-Union, 4:51.2. 4-Pascack Valley, 4:56.3. 5-Pascack Valley, 5:18.5.

4X800m: 1-Shaker (Huong, T. Ziegler, Duluca, Difabio), 11:19.7. 2-Ridgewood, 11:21.3. 3-Elizabeth, 11:47.7. 4-Ramsey, 11:49.7. 5-Ridgewood, 11:50.5. 6-New Milford, 12:47.3.

Sprint Medley: 1-Shaker (Jenny Cho, Cosgrove, Fiona Recchia, Melissa Sheridan), 4:52.2. 2-Bergen Tech, 5:01.4. 3-Union, 5:10.1. 4-Pascack Valley, 5:12.6. 5-Ridgewood, 5:13.7.

4X100H: 1-Ridgewood (J. Moderow, J. Pierce, J. Narvaez, M. Casey), 1:16.9. 2-Shaker, 1:24.8. 3-Westwood, 1:20.8. 4-Bergen Tech, 1:27.1

3X400H: 1-Midland Park (Mel Lewis, Kim Lowry, Timme Vaughn), 4:01.1. 2-Westwood, 4:11.0.

FROSH BOYS

4X200m: 1-New Milford (John Follety, Rasheed Lawrence, Nick Robolino, Cody Carlson), 1:44.9. 2-Union, 1:45.3. 3-Pascack Valley, 1:48. 4-Northern Highlands, 1:48.8. 5-Bergen Catholic, 1:52.5.

4X400m: 1-New Milford (Lawrence, Robolino, Carlson, Follety), 3:59.4. 2-Pascack Valley, 4:08.1. 3-Bergen Catholic, 4:09.9. 4-Cresskill, 4:10.4. 5-Union, 4:17.1.

4X800m: 1-CBA (Dan Mikitysha, Will Villa, Nick Wandernozis, Brian Fitzpatrick), 9:28.3. 2-CBA, 9:39.1. 3-Ridgewood, 10:02.3. 4-Pascack Valley, 10:19.8. 5-Ridgewood, 10:23.8.

Sprint Medley: 1-Ridgewood (Sean Matison, Tim Cheung, Matt Beausoleil, Insoo Hwang), 4:15.6. 2-Cresskill, 4:16.8. 3-Union, 4:17.0. 4-Northern Highlands, 4:17.2. 5-Bergen Catholic, 4:44.2.

4X110H: 1-Northern Highlands (Jeremy Yeaton, Nick Picache, James Hoag, Tom Bouregy), 1:23.0. 2-Ridgewood, 1:25.4.

FROSH GIRLS

4X200m: 1-Northern Highlands (Keri Bergin, Eilis McGovern, Kristina Battle, Valerie Snyder), 2:03.2. 2-Westwood, 2:04.7. 3-Ramsey, 2:06.8. 4-Shaker, 2:06.9. 5-New Milford, 2:08.5.

4X400m: 1-Westwood (Kocher, Quill, Beekman, Cascio), 4:41.3. 2-Pascack Valley, 4:44.8. 3-Shaker, 4:47.7. 4-Westwood, 4:51.5. 5-New Milford, 4:54.5.

4X800m: 1-Ridgewood (R. Anzano, M. Mullen, J. Campbell, G. Llerandi), 11:35.5. 2-Shaker, 11:41.8. 3-New Milford, 11:43.9. 4-Northern Highlands, 12:06.7. 5-Elizabeth, 12:35.7.

Sprint Medley: 1-Ridgewood (C. Criqui, T. Belski, A. Lewis, G. Llerandi), 4:52.7. 2-Pascack Valley, 4:52.8. 3-Shaker, 5:03.1. 4-Paramus, 5:07.3. 5-Northern Highlands, 5:12.4.

4X100H: 1-Northern Highlands (Eilis McGovern, Kristine Battle, Maura Nestor, Hayley Rosa), 1:17.7. 2-Ridgewood, 1:22.1.

3X400H: 1-Northern Highlands (Eilis McGovern, Miwa Haraguchi, Hayley Rosa), 4:32.9.

Pawlowski Relays 2008 Girls Team Scores

Events

Teams	Totals	4X100m	4X200m	4X400m	4X800m	4X1600m	Sp.Med	DisMed	4X100H	3X400H	3XLJ	3XTJ	3XHJ	3XPV	3XShot	3XDisc	3XJav	
Ridgewood	116 L	7	3	4		10	8	10	9	10	6	7	9	9	8	6	10	
Westwood	112.5 S	4	8	9	9	9	5	7	6	8	7	9	8	6.5	7	4	6	
Ramsey	94 S	2	7	10	8	6	7	9	8		5	6	10		3	8	5	
Shaker	83 L	5	4	5	10	8	9	8			9	10	7	8				
Union	83 L	10	10	8		4		6	10		10	8			9	7	1	
Paramus Catholic	67 L	9		7			10		5	9	2	4	1		10	10		
New Milford	48 S	3				5	2	3	7	7	3	5	4		2		7	
Cresskill	43.5 S	6	1	2			4		4				1	6.5	6	5	8	
Paramus	34 L		5		7			4			8	3	4		1		2	
Midland Park	31 S				5		3	2			1		4		4	3	9	
Elizabeth	29 L	8	9	6												2	4	
Wallington	27 S	1	2	1			6								5	9	3	
Bergen Tech	20 L				6	7		5					1			1		
Pascack Valley	20 S		6	3										10				
Northern Highlands	12 L										4	2	6					
	820	55	55	55	45	49	54	54	49	34	55	55	55	40	55	55	55	820

Pawlowski Relays 2008 Boys Team Scores

Events

Teams	Totals	4X100m	4X200m	4X400m	4X800m	4X1600m	Sp.Med	DisMed	4X100H	3X400H	3XLJ	3XTJ	3XHJ	3XPV	3XShot	3XDisc	3XJav	
Ramsey	109 S	9	7	8	7	5	5	5	10	8	2	3	9	8	8	9	6	
New Milford	95 S	8	8	9	9		8		6	7	9		5	9	6	10	1	
Union	95 L	6	9	10	3	3	10	1	9	9	10	8			3	6	8	
Cresskill	75 S	4	2	4	6			3	8	2	5	7	2	5	9	8	10	
Bergen Catholic	62 L	10	10					4		10	8	10	10					
Westwood	59 S		5	7	8	6	6	6			6				7	3	5	
Paramus Catholic	58 L			5		1	3	8		6	1	5	3	10	10	4	2	
Bergen Tech	57 L	7	6	6		9		10	7		3		7			2		
Paramus	55.5 L	3	3		5	4				5	7	9	8	6.5	1		4	
Midland Park	46 S	1	4			2	9			4	4	4	6		2	1	9	
Ridgewood	46 L		1			7			5	1		6	4	3	5	7	7	
Wallington	35.5 S	5					7	2		3				6.5	4	5	3	
CBA	20 L				10	10												
Pequannock	17 S					8		9										
Trinity	16 S	2		3	4			7										
Pascack Valley	11 S			2			4							4				
Northern Highlands	2 L											1						
												2						
	859	55	55	54	52	55	52	55	45	55	55	55	54	52	55	55	55	859