

## THE PAWLOWSKI RELAYS

Ramsey High School Track

Boys Varsity

Team Score:

SATURDAY, APRIL, 4, 2009

Ramsey, New Jersey

**Large:** 1-Bergen Catholic-109. 2-Ridgewood-97. 2-Union-97. 4-CBA-77.5. 5-Union City-59. 6-Bergen Tech-55. 7-Pascack valley-48. 8-Northern Highlands-22.

**Small:** 1-Ramsey-101. 2-Cresskill-82. 3-Ridgefield Park-80. 4-Westwood-37. 5-Trinity Christian-25. 6-Eldred-7.5. 7-Waldwick-4.

**4X100m:** 1-Union (Lucien, Richardson, Oluyadi, Highsmith), 44.4. 2-Ridgewood, 45.6. 3-Bergen Catholic, 46.2. 4-Union City, 46.9. 5-Ramsey, 47.0. 6-Cresskill, 47.9. 7-Ridgefield Park, 48.3. 8-Waldwick, 48.6. 9-Pascack Valley, 48.8. 10-Eldred, 52.0

**4X200m:** 1-Union (Lucien, Richardson, Oluyadi, Highsmith), 1:33.1. 2-Ridgewood, 1:37.0. 3-Union City, 1:38.4. 4-CBA, 1:38.9. 5-Pascack Valley, 1:39.2. 6-Ridgefield Park, 1:41.0. 7-Ramsey, 1:42.8. 8-Trinity, 1:41.2. 9-Bergen Tech, 1:42.5. 10-Waldwick, 1:43.1

**4X400m:** 1-Bergen Catholic (Leonard, Bohlr, Ringelstein, Ring), 3:33.8. 2-Union, 3:37.9. 3-Ramsey, 3:43.9. 4-Bergen Tech, 3:45.3. 5-Westwood, 3:45.8. 6-Union City, 3:47.1. 7-Ridgewood, 3:50.5. 8-Trinity, 3:52.8. 9-Pascack Valley, 3:53.7. 10-Cresskill, 3:55.1

**4X800m:** 1-CBA (Smith, Leek, Johnson, Bohry), 8:35.0. 2-Bergen Catholic, 8:39.0. 3-Pascack Valley, 8:50.4. 4-Cresskill, 8:56.1. 5-Westwood, 9:05.2. 6-Ramsey, 9:20.2. 7-Bergen Tech, 9:26.0. 8-Union City, 9:30.1. 9-Ridgefield Park, 9:30.2

**4X1600m:** 1-Ridgewood (Fine, Martyn, Cleary, Shaglinoth), 18:42.4. 2-CBA B, 18:57.0. 3-Ramsey, 20:29.5. 4-Union City, 20:33.7. 5-Bergen Tech, no time. 6-Bergen Catholic, no time. 7-Union, no time. 8-Ridgefield Park, no time. 9-Ramsey, no time.

**Sprint Medley:** 1-Bergen Catholic (Rugelstein, Ring, Dotting, Flynn), 3:54.4. 2-Ramsey, 3:59.2. 3-Westwood, 3:59.9. 4-Bergen Tech, 4:01.5. 5-CBA, 4:04.5. 6-Ridgefield Park, 4:06.3. 7-Cresskill, 4:11.1. 8-Waldwick, 4:11.1.

**Distance Medley:** 1-Trinity Christian (Smith, Freire, Justines, Hanko), 11:32.9. 2-Bergen Tech, 11:34.6. 3-Pascack Valley, 11:43.8. 4-Ridgewood, 11:50.2. 5-Union City, 11:53.9. 6-Bergen Catholic, 12:04.1. 7-Cresskill, 12:04.7. 8-Ramsey, 12:20.4. 9-Ridgefield Park, 12:37.6. 10-Union, 13:15.2.

**4X110 HH:** 1-Union (Pluiose, Obamedo, Prokopovich, Boateng), 1:05.9. 2-Bergen Catholic, 1:06.6. 3-Bergen Tech, 1:11.5. 4-Northern Highlands, 1:13.6. 5-Ramsey, 1:13.9. 6-Ridgewood, 1:14.2. 7-CBA A, 1:14.4. 8-Ridgefield Park, 1:15.1. 9-Cresskill, 1:16.7

**3X400 IH:** 1-Bergen Catholic (Bohlin, Leonard, Wingate), 3:07.1. 2-CBA, 3:14.6. 3-Ridgewood, 3:14.9. 4-Union, 3:18.5. 5-Union City, 3:24.1. 6-Ramsey, 3:29.8. 7-Ridgefield Park, 3:30.6. 8-Cresskill, 3:38.2

**3X Long Jump:** 1-Union (Brown, Richardson, Prokopovich), 54-10  $\frac{1}{4}$ . 2-Cresskill, 53-5  $\frac{1}{2}$ . 3-Ridgefield Park, 52-7  $\frac{3}{4}$ . 4-CBA, 51-11. 5-Bergen Catholic, 51-10  $\frac{3}{4}$ . 6-Union City, 51-8. 7-Northern Highlands A, 51-0  $\frac{3}{4}$ . 8-Ridgewood A, 50-7  $\frac{3}{4}$ . 9-Eldred, 49-10  $\frac{1}{2}$ . 10-Ramsey, 48-11  $\frac{1}{2}$ .

**3X Triple Jump:** 1-Ridgefield Park (Melley, Tariq, McLean), 115-0. 2-Bergen Catholic, 114-0  $\frac{1}{2}$ . 3-Cresskill, 111-2. 4-Northern Highlands, 109-5. 5-Union, 107-11. 6-tie-Eldred, 107-6 & CBA, 107-6. 8-Ramsey, 107-0. 9-Ridgewood, 105-2  $\frac{1}{2}$ .

**3X High Jump:** 1-CBA (Bartlett, Connors, Gregorio), 16-8. 2-Union, 16-6. 3-Ramsey, 16-4. 4-Ridgefield Park, 16-1. 5-Ridgewood, 11-2. 6-Bergen Catholic, 10-11. 7-Bergen Tech, 10-10. 8-Cresskill, 10-9.

**3X Pole Vault:** 1-Cresskill, 31-6. 2-Ridgefield Park, 21-6. 3-Westwood, 18-6. 4-Bergen Tech, 11-0. 5-Ridgewood, 10-0. 6-CBA, 9-6.

**3X Shot Put:** 1-Ramsey (Mistretta, Dosch, Assile), 124-10. 2-Cresskill, 120-8  $\frac{1}{2}$ . 3-Union City, 118-10. 4-Ridgewood, 117-11. 5-Pascack Valley, 116-4. 6-Bergen Catholic, 114-7. 7-Ridgefield Park, 111-8. 8-Westwood, 106-1. 9-Union, 101-8. 10-Northern Highlands, 88-8.

**3X Discus:** 1-Ramsey (Mistretta, Dosch, Connell), 375-10. 2-Pascack Valley, 333-11. 3-Cresskill, 329-11. 4-Ridgewood, 322-6. 5-Union, 298-5. 6-Bergen Catholic, 289-1. 7-Union City, 285-1. 8-Ridgefield Park, 281-6. 9-Northern Highlands C, 228-10. 10-Westwood, 221-7.

**3X Javelin:** 1-Ridgewood (Mamaci, Zulmuf, Beausoleil), 397-4. 2-Ramsey, 377-1. 3-Ridgefield Park, 363-4. 4-Trinity Christian, 357-0. 5-Pascack Valley, 349-4. 6-Cresskill, 338-8. 7-Bergen Catholic, 309-3. 8-Union, 280-10. 9-Westwood, 236-1. 10-Northern Highlands, 197-1.

**THE PAWLOWSKI RELAYS**  
**Ramsey High School Track**

**SATURDAY, APRIL, 4, 2009**  
**Ramsey, New Jersey**

GIRLS VARSITY

**Team Score:**

**Large:** 1-Ridgewood-149. 2-Shaker-117. 3-Northern Highlands-58. 4-Union-54. 5-Elizabeth-41. 6-Pascack Valley-37. 7-Union City-22

**Small:** 1-Westwood-98. 2-Ramsey-87. 3-Cresskill-83. Ridgefield Park-53. Waldwick-43. Eldred-24.

**4X100m:** 1-Shaker (Crodelle, Hayes, Torncello, Vandenburg), 52.3. 2-Ridgewood A, 52.7. 3-Union, 54.0. 4-Elizabeth, 53.9. 5-Westwood, 54.4. 6-Cresskill, 55.3. 7-Waldwick, 56.2. 8-Ramsey, 58.2. 9-Eldred, 58.6. 10-Ridgefield Park, 59.5

**4X200m:** 1-Shaker (Coughlin, Crodelle, Vandenberg, Roberb), 1:52.8. 2-Ridgewood, 1:53.3. 3-Westwood, 1:54.2. 4-Elizabeth, 1:54.6. 5-Ramsey, 1:56.5. 6-Pascack Valley, 1:56.8. 7-Union, 1:58.9. 8-Waldwick, 1:59.4. 9-Ridgefield Park, 2:14.2

**4X400m:** 1-Westwood (Murphy, Fasano, Cascio, Brennan), 4:17.3. 2-Shaker, 4:19.5. 3-Ridgewood, 4:29.0. 4-Ramsey, 4:31.8. 5-Cresskill, 4:36.1. 6-Elizabeth, 4:40.8. 7-Pascack Valley, 4:43.5. 8-Ridgefield Park, 4:50.2

**4X800m:** 1-Shaker (Hall, Risler, Nazarian, Sheridan), 10:13.8. 2-Westwood, 10:30.5. 3-Ramsey, 10:32.1. 4-Ridgewood, 10:50.4. 5-Cresskill, 11:12.2. 6-Union, 11:31.9. 7-Waldwick, 11:32.7

**4X1600m:** 1-Shaker (Dunn, Libruk, Sheridan, Wojtusik), 22:51.0. 2-Ridgewood B, 23:51.17. 3-Westwood, 25:13.7. 4-Elizabeth, 25:32.2. 5-Eldred, 26:22.6

**Sprint Medley:** 1-Ramsey (Rosenberger, O'Neill, Erli, Bain), 4:31.0. 2-Elizabeth, 4:34.1. 3-Shaker, 4:34.8. 4-Pascack Valley, 4:45.8. 5-Waldwick, 4:46.2. 6-Ridgewood, 4:46.6. 7-Union, 4:55.3. 8-Ridgefield Park, 4:58.1. 9-Northern Highlands, 5:01.3. 10-Cresskill, 5:01.5

**Distance Medley:** 1-Shaker (Risler, Nephew, Nazarian, Wojtusik), 13:45.1. 2-Ridgewood, 14:07.0. 3-Westwood, 14:15.8. 4-Ramsey, 14:42.7. 5-Ridgefield Park, 14:54.5. 6-Elizabeth, 15:19.5. 7-Pascack Valley, 15:24.3. 8-Cresskill, 15:32.8. 9-Union City, 16:25.9. 10-Union, 17:29.8

**4X100 HH:** 1-Ridgewood (Lee, Oliva, Narvaez, DeVita), 1:06.4. 2-tie-Northern Highlands, 1:13.5 & Cresskill, 1:13.5. 4-Westwood, 1:16.3. 5-Union, 1:16.9. 6-Union City, 1:17.1. 7-Ridgefield Park, 1:17.7. 8-Ramsey, 1:23.7. 9-Shaker, 1:26.5

**3X400 IH:** 1-Ridgewood (Oliva, Narvaez, Shigenobu), 3:40.8. 2-Ramsey, 3:46.7. 3-Westwood, 3:59.7. 4-Pascack Valley, 4:01.8. 5-Cresskill, 4:14.4. 6-Ridgefield Park, 4:23.8.

**3X Long Jump:** 1-Northern Highlands (Collins, Mounaccio, McGovern), 41-3. 2-Shaker, 39-8 ½. 3-Waldwick, 38-6 ½. 4-Ridgewood A, 38-6 ½. 5-Cresskill, 37-2 ½. 6-Ramsey, 35-9 ½. 7-Ridgefield Park, 27-9. 8-Union, 24-9.

**3X Triple Jump:** 1-Shaker (Crodelle, Torncello, Vandenburg), 97-0 ¼. 2-Ridgewood A, 93-8 ½. 3-Westwood, 93-3. 4-Cresskill, 84-10. 5-Northern Highlands, 82-4 ½. 6-Ramsey, 82-4. 7-Waldwick, 80-4. 8-Eldred, 71-7. 9-Ridgefield Park, 59-1 ½. 10-Union, 25-2.

**3X High Jump:** 1-Ridgewood (DeVita, Roche, Fuentes), 14-4. 2-Shaker, 13-6. 3-Ridgefield Park, 13-4. 4-Waldwick, 12-6. 5-Cresskill, 8-11. 6-Ramsey, 8-0

**3X Pole Vault:** 1-Westwood, 21-6. 2-Ridgewood, 17-0. 3-Eldred, 15-6. 4-Cresskill, 14-6. 5-Ridgefield Park, 13-6. 6-Shaker, 7-0. 7-Ramsey, 6-6.

**3X Shot Put:** 1-Union (Taylor, Onyegbule, Vilsaint), 92-2. 2-Union City, 86-0 ½. 3-Ridgewood, 84-2. 4-Cresskill, 83-1. 5-Westwood, 82-1. 6-Northern Highlands, 76-7 ½. 7-Waldwick, 75-7 ½. 8-Ridgefield Park, 75-7. 9-Ramsey, 72-7. 10-Pascack Valley, 75-3.

**3X Discus:** 1-Northern Highlands (Borzilleri, Mayer, Dench), 258-6. 2-Union, 231-0. 3-Ridgewood, 220-3. 4-Cresskill, 203-6. 5-Pascack Valley, 199-8. 6-Eldred, 194-5. 7-Ramsey, 193-11. 8-Westwood, 177-7. 9-Ridgefield Park, 155-6. 10-Waldwick, 154-7.

**3X Javelin:** 1-Northern Highlands (Snglia, Dench, Mayer), 249-1. 2-Ridgewood, 244-1. 3-Westwood, 211-4. 4-Cresskill, 210-4. 5-Ramsey, 204-11. 6-Union City, 201-10. 7-Ridgefield Park, 201-6. 8-Pascack Valley, 141-5. 9-Waldwick, 114-2.

**THE PAWLOWSKI RELAYS**  
**Ramsey High School Track**

**SATURDAY, APRIL, 4, 2009**  
**Ramsey, New Jersey**

NOVICE BOYS

**4X200m:** 1-Bergen Catholic (Kyanjac, Mawdese, Dilworth, Sinnig), 1:40.3. 2-Union, 1:41.6. 3-Northern Highlands, 1:43.8. 4-Union, 1:44.2. 5-Westwood, 1:44.8

**4X400m:** 1-Ridgewood A (Hamza, Stephen, Blar, Duix), 3:51.9. 2-Bergen Catholic, 4:00.5. 3-Ramsey, 4:05.2. 4-Bergen Catholic, 4:06.9. 5-Westwood, 4:07.7

**4X800m:** 1-CBA (Costa, Villa, Mitchell, DeMaio), 9:20.9. 2-Ridgewood, 9:43.8. 3-Northern Highlands, 9:50.6. 4-Union City, 9:53.5. 5-Union, 10:03.8

**Sprint Medley:** 1-Union (Arthur, Morgan-Blunder, Guest, Drylewicz), 4:06.2. 2-Bergen Catholic, 4:09.1. 3-Northern Highlands, 4:10.4. 4-Bergen Tech, 4:13.4. 5-Pascack Valley, 4:18.9

**4X110H:** 1-Pascack Valley (Takaburi, Hoogenburn, Hunter, Fornar), 1:18.8. 2-Bergen Catholic, 1:21.0. 3-Northern Highlands, 1:21.8.

**3X400H:** 1-Union (Arthur, Oderinde, Kusi), 4:12.4

NOVICE GIRLS

**4X200m:** 1-Shaker (Austin-Peters, Bhola, Deluca, Phillips), 2:02.3. 2-Northern Highlands, 2:02.5. 3-Ridgewood, 2:04.8. 4-Ramsey, 2:05.9. 5-Westwood, 2:08.8

**4X400m:** 1-Shaker (Austin-Peters, Deluca, Bette, McCane), 4:39.2. 2-Westwood, 4:47.0. 3-Ramsey, 5:02.3. 4-Ridgewood, 5:05.3. 5-Cresskill, 5:16.0

**4X800m:** 1-Ridgewood (Anzan, Martin, Fischer, Holland), 11:14.3. 2-Shaker, 11:25.7. 3-Pascack Valley, 11:26.3. 4-Ridgewood C, 11:47.0. 5-Ridgewood B, 11:53.0

**Sprint Medley:** 1-Shaker (Bhola, Bette, Phillips, Hughy), 5:06.1. 2-Westwood, 5:06.4. 3-Ridgewood, 5:07.4. 4-Ridgefield Park, 5:47.3

**4X100H:** 1-Waldwick (Delyarris, Schultz, Willson, Bag-Ao), 1:21.1

**3X400H:** 1-Union City, 4:30.0. 2-Union, 4:42.1.

FROSH BOYS

**4X200m:** 1-Union (Brown, Duncan, Hailey, Govia), 1:45.3. 2-CBA, 1:45.8. 3-Ridgefield Park, 1:50.7. 4-Trinity Christian, 1:52.8. 5-Ridgewood, 1:53.3

**4X400m:** 1-Ridgewood (Tai, French, Diorio, Suh), 4:10.2. 2-Cresskill, 4:18.6. 3-Bergen Tech, 4:19.6. 4-Trinity, 4:27.9. 5-Union, 4:28.6

**4X800m:** 1-CBA (Lipert, Gorman, Zapciz, Mullen), 9:33.6. 2-Ridgewood, 10:11.1. 3-Bergen Catholic, 10:15.1. 4-Union City, 10:27.2. 5-Ridgewood B, 11:05.7

**Sprint Medley:** 1-CBA (Geltz, Matthesa, Curtis, Mullen), 4:16.8. 2-Union City, 4:27.3. 3-Bergen Tech, 4:27.9. 4-Pascack Valley, 4:33.1. 5-Ridgewood, 4:34.9

**4X110H:** 1-CBA (Bizzigotti, Geltzweiler, Mattheson, McAnally), 1:26.4

**3X400H:** 1-Union (Brown, Duncan, Osbourne), 3:35.8. 2-Ridgewood, 3:41.8

FROSH GIRLS

**4X200m:** 1-Northern Highlands (Sayre, Weiss, Facciola, Buscio), 2:04.1. 2-Shaker, 2:06.1. 3-Westwood, 2:12.8. 4-Ramsey, 2:14.2. 5-Eldred, 2:15.1

**4X400m:** 1-Shaker (Hayes, Libruk, Riley, Moras), 4:43.0. 2-Westwood, 4:52.7. 3-Shaker, 5:03.8. 4-Ridgewood, 5:12.2. 5-Ramsey, 5:20.6

**4X800m:** 1-Shaker (Crummey, Sacca, DeGuire, Moras), 11:14.1. 2-Westwood, 11:48.4. 3-Ridgewood, 12:28.7. 4-Union City, 12:39.5. 5-Ramsey, 12:43.6

**Sprint Medley:** 1-Shaker (Morawsky, Cappandona, McLean, Crummey), 5:01.9. 2-Eldred, 5:05.4. 3-Union City, 5:20.9. 4-Ridgewood, 5:20.9

**4X100H:** 1-Northern Highlands (Bascio, Colangelo, Facciola, Collins), 1:21.8. 2-Ridgewood, 1:28.8.

**3X400H:** 1-Ridgewood, 4:30.6

# Pawlowski Relays 2009 Girls Team Scores Large School

Events

Teams	Totals	4X100m	4X200m	4X400m	4X800m	4X1600m	Sp.Med	DisMed	4X100H	3X400H	3XLJ	3XTJ	3XHJ	3XPV	3XShot	3XDisc	3XJav	
Ridgewood	149	10	10	8	7	10	5	10	12	12								
Shaker	117	12	12	10	12	12	8	12	2		10	12	10	5				
Northern Highlands	58						2		9		12	6			5	12	12	
Union	54	8	4			5	4	1	6		3	1			12	10		
Elizabeth	41	7	7	5		7	10	5										
Pascack Valley	37		5	4			7	4		7					1	6	3	
Union City	22							2	5						10		5	
	478	37	38	27	19	34	36	34	34	19	32	29	22	15	36	36	30	478

# Pawlowski Relays 2009 Boys Team Scores Large School

Events

Teams	Totals	4X100m	4X200m	4X400m	4X800m	4X1600m	Sp.Med	DisMed	4X100H	3X400H	3XLJ	3XTJ	3XHJ	3XPV	3XShot	3XDisc	3XJav	
Bergen Catholic	109	8		12	10	5	12	5	10	12	6	10	5		5	5	4	
Union	97	12	12	10		4		1	12	7	12	6	10		2	6	3	
Ridgewood	97	10	10	4		12		7	5	8	3		6	6	7	7	12	
CBA	77.5		7		12	10	6		4	10	7	4.5	12	5				
Union City	59	7	8	5	3	7		6		6	5				8	4		
Bergen Tech	55		2	7	4	6	7	10	8				4	7				
Pascack Valley	48	2	6	2	8			8							6	10	6	
Northern Highlands	22								7		4	7			1	2	1	
	455.5	31	45	28	27	39	13	32	36	31	31	17.5	32	18	24	29	22	455.5

# Pawlowski Relays

2009

# Girls Team Scores

# Small School

Events

Teams	Totals	4X100m	4X200m	4X400m	4X800m	4X1600m	Sp.Med	DisMed	4X100H	3X400H	3XLJ	3XTJ	3XHJ	3XPV	3XShot	3XDisc	3XJav	
Westwood	98		8	12	10	8		8	7	8		8		12	6	3	8	
Ramsey	87	3	6	7	8		12	7	3	10	5	5	5	4	2	4	6	
Cresskill	83	5		6	6		1	3	9	6	6	7	6	7	7	7	7	
Ridgefield Park	53	1	2	3			3	6	4	5	4	2	8	6	3	2	4	
Waldwick	43	4	3		4		6				8	4	7		4	1	2	
Eldred	24	2				6						3		8		5		
	388	15	19	28	28	14	22	24	23	29	23	29	26	37	22	22	27	388

# Pawlowski Relays 2009 Boys Team Scores Small School

Events

Teams	Totals	4X100m	4X200m	4X400m	4X800m	4X1600m	Sp.Med	DisMed	4X100H	3X400H	3XLJ	3XTJ	3XHJ	3XPV	3XShot	3XDisc	3XJav
Ramsey	101	6	4	8	5	8	10	3	6	5	1	3	8		12	12	10
Cresskill	82	5		1	7		4	4	2	3	10	8	3	12	10	8	5
Ridgefield Park	80	4	5		2	3	5	2	3	4	8	12	7	10	4	3	8
Westwood	37	3		6	6		8							8	3	1	2
Trinity Christian	25		3	3				12									7
Eldred	7.5	1									2	4.5					
Waldwick	4		1				3										
	336.5	19	13	18	20	11	30	21	11	12	21	27.5	18	30	29	24	32

336.5