



STAFF PHOTOS BY LESLIE BARBARO

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12 Suzana Markolovic of Holy Angels heading for a second-place finish behind Southern's Katie Rubel in the 400 hurdles.

Paladin girls tie record

Share 29-year-old mark in 4 x 100-meter race

By PAUL SCHWARTZ
STAFF WRITER

HACKENSACK — The temperature struggled to stay above 45 degrees. The rain was steady. It was a day much more suited to a 5,000-meter cross-country race than any sprint race. Yet it turned out to be the day Paramus Catholic had been envisioning for nearly three years. The Paladin girls 4 x 100-meter



Fair Lawn's Gil Rozensher, right, handing off the baton to teammate and anchor Patrick Romaglia during the 4 x 400 relay Saturday in Hackensack.

TRACK & FIELD
COMET RELAYS
team of juniors Asher Beasley, Rae Corbo, Bryanna Knight and freshman Myasia Jacobs tied the 29-year-old Bergen County record of 48.6 seconds, holding off Columbia at the Comet Relays. "I'm shocked that it happened today," Paramus Catholic coach Scott Langan said after the quartet tied the mark first set by the 1980 Teaneck team and tied by the 2002 Queen of Peace team that qualified for the Penn Relays final. "Our goal all last year was to get the County record, but we only were able to run 49.20 [fifth fastest in Bergen history]. "We graduated two great seniors, but then I realized that we ran most of our races last year without Melody [Lopez-Bernstein], who was injured, and we only had to replace Epiphany Sams." Of course, the enrollment of Jacobs, a national age-group champion in the 100 last summer, was

was slightly behind Columbia's third leg when she gave the stick to Jacobs. The 2009 Non-Public A 55 indoor champ did the rest, pulling away in the second half of her leg. "I'm not sure yet whether Myasia is real comfortable with the lead, but she sure can chase someone down," said Langan, whose team gets another crack at becoming the sole record-holder at Saturday's Jack Yockers Bergen County Relays. The miserable conditions made the team battle almost meaningless as teams bailed out of events when the weather conditions grew more turbulent. Holy Angels won the small-school and overall team title, 81-63, over Pascack Hills. State power Southern edged Immaculate Heart, 80-79, for the large-school title, with Columbia, Paramus Catholic and Ridgewood all within 16 points. "You don't want to discourage kids and make them feel bad about their performances when the weather gets bad and that was starting to happen," said Ridgewood coach Jacob Brown, who pulled his final four relay teams after the Maroons won the 4 x 200. "When the 200 kids who also run the intermediates [hurdles] and my most devoted kids didn't want to do it, it was time to pack up." Trenton easily won the large-schools boys title with 112 points. Old Tappan, on the strength of a second-place finish in the shot and five places on the track, won the small-school boys, 36-30, over St. Joseph.

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Southern star Smith injured

TRACK ROUNDUP

All-America Jillian Smith of Southern Regional, who anchored her team to the 4x800-meter and distance medley relay titles at the Nike Indoor Nationals last month in Boston, suffered a hip flexor injury while running the 4x1,600 relay at the Comet Relays yesterday in Hackensack.

Smith went through the 800 mark in 2:21 before walking off the track.

Southern coach Brian Zatorski called the injury a strained muscle and said Smith's status for the Penn Relays, April 23-25 in Philadelphia, is up in the air.

"There is certainly some doubt about whether Jill will be able to run at Penn," said Zatorski, who

said the hip has been nagging his star runner off and on since the Nike Indoor Nationals a month ago. "We don't know the severity of the injury, so I don't want to speculate, but Jill won't run at Penn unless she's 100-percent healthy."

Despite Smith's injury, Southern was able to edge Immaculate Heart Academy, 80-79, for the girls title. Columbia was third with 73.

The highlight of the girls meet was the Bergen County record-tying time of 48.6 run by Paramus Catholic to win the 400 relay. Paramus Catholic, which edged Columbia (48.9), equaled the mark set in 1980 by Teaneck and matched by Queen of Peace in 2002.

On the boys side, Trenton out-scored runner-up Columbia, 108-66.

At the Ranger Relays at Wallkill Valley, the Morris Knolls girls claimed six gold medals and ran away with the team title, 107-80, over runner-up Teaneck.

In the boys competition, Teaneck edged Bloomfield, 76-70, for the title, thanks to gold-medal finishes in the 4x400 (3:38.67), the sprint medley (3:42.70) and the triple jump (Dahn Pratt and Nevon Williams, 82-7).

Yesterday's wet weather and strong winds forced the postponement of the Colts Neck Relays. It has been rescheduled for tomorrow at Colts Neck starting at 9 a.m. Teams interested in competing should e-mail the meet director, Jim Schlentz at jschlentz@aol.com.