

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

**SATURDAY, APRIL, 3, 2010**  
**Ramsey, New Jersey**

**Team Score:**

**BOYS**

**4X100m:** 1-Union (Raheem Richardson, Jeph Olali, Bayaan Oluyadi, Jordan Guest), 44.3. 2-Bishop Ford, 44.9. 3-Ridgewood, 45.3. 4-Ramsey, 45.4. 5-Westwood, 45.7. 6-Pascack Valley, 46.2. 7-Bergen Catholic, 46.5

**4X200m:** 1-Union (Raheem Richardson, Jeph Olali, Wesley Arthur, Bayaan Oluyadi), 1:31.7. 2-Bergen Catholic, 1:31.8. 3-CBA, 1:33.4. 4-Bishop Ford, 1:33.9. 5-Westwood, 1:35.5. 6-Ramsey, 1:37.5. 7-Ridgefield Park, 1:38.1. 8-Pascack Valley, 1:38.2. 9-Ridgewood, 1:38.4. 10-Paramus, 1:42.1. 11-Perth Amboy, 1:42.3. 12-Paramus Catholic, 1:50.0

**4X400m:** 1-CBA (Rodio, McLaughlin, Barron, Tori), 3:28.2. 2-Westwood, 3:29.7. 3-Union, 3:30.9. 4-Pascack Valley, 3:33.9. 5-Bergen Catholic, 3:34.0. 6-Ramsey, 3:34.6. 7-Hendrick Hudson, 3:36.4. 8-Ridgefield park, 3:39.9. 9-Bishop Ford, 3:42.9. 10-Cresskill, 3:54.7

**4X800m:** 1-Ramsey (Eltringham, Dugan, Kuruc, Coonrad), 8:08.0. 2-Pascack Valley, 8:09.7. 3-CBA, 8:13.7. 4-Hendrick Hudson, 8:22.9. 5-Union City, 8:43.1. 6-Bergen Catholic, 8:44.4. 7-Ridgefield Park, 8:45.3. 8-Ridgewood, 8:49.2. 9-Bishop Ford, 8:58.1.

**4X1600m:** 1-CBA (Mark Lee, Will Villa, Dan Mykityshyn, Scott Zapcic), 18:22.7. 2-McNair, 19:37.6. 3-Ridgewood, 19:40.8. 4-Pascack Valley, 19:45.7. 5-Ramsey, 19:51.6. 6-Ridgefield Park, 19:57.7. 7-Bergen Catholic, 20:59.2. 8-Westwood, 21:02.5. 9-Union, 21:16.0. 10-Midland Park, NT.

**Sprint Medley:** 1-Union (Qluyadi, Richardson, Olali, White), 3:38.1. 2-Ridgewood, 3:40.0. 3-Bergen Catholic, 3:48.0. 4-Paramus, 3:49.8. 5-Bishop Ford, 3:52.7. 6-Paramus Catholic, 3:57.2. 7-Cresskill, 3:57.8. 8-Pascack Valley, 4:00.6. 9-Union City, 4:04.6. 10-Perth Amboy, 4:05.2. 11-Midland Park, 4:07.4. 12-Ridgefield Park, 4:07.6.

**Distance Medley:** 1- Ridgewood, 10:36.5. 2-CBA, 11:05.0. 3-Ramsey, 11:09.3. 4-McNair, 11:26.4. 5-Pascack Valley, 11:32.0. 6-Eldred, 11:42.2. 7-Ridgefield Park, 11:43.0. 8-Union, 12:06.3. 9-Bergen Catholic, 12:06.8. 10-Westwood, 12:08.3.

**4X110 HH:** 1-Ridgewood (Edward Blair IV, Sean Mattson, Matt Beausoleil, Insoo Hwang), 1:02.6. 2-Bergen Catholic, 1:02.7. 3-CBA, 1:05.0. 4-Ramsey, 1:06.3. 5-Union, 1:07.7. 6-Pascack Valley, 1:12.4. 7-Ridgefield Park, 1:12.8. 8-Midland Park, 1:14.0. 9-Cresskill, 1:16.1

**3X400 IH:** 1-Bergen Catholic (Bill Leonard, Ernest Wingate, Mario Kranjar), 2:58.1. 2-Union, 3:06.7. 3-Ramsey, 3:07.6. 4-CBA, 3:08.6. 5-Ridgewood, 3:08.7. 6-Pascack Valley, 3:13.8. 7-Ridgefield Park, 3:14.9. 8-Midland Park, 3:17.1. 9-Eldred, 3:26.6. 10-Cresskill, 3:29.3

**3X Long Jump:** 1-Union (Raheem Richardson, Chris Foreman, Jeph Olali), 56-8 ½. 2-Pascack Valley, 53-4 ½. 3-Bishop Ford, 53-3. 4-CBA, 53-2. 5-Midland Park, 53-1. 6-Eldred, 52-11. 7-Bergen Catholic, 52-1 ¾. 8-Ramsey, 51-8 ½. 9-Ridgewood, 51-1 ½. 10-Hendrick Hudson, 48-6. 11-Paramus, 48-5. 12-Ridgefield Park, 48-5.

**3X Triple Jump:** 1-Union (Jaleel Reddick, Jerell White, Chris Foreman), 120-9. 2-Bishop Ford, 119-7 ½. 3-Bergen Catholic, 117-0 ½. 4-Ridgewood, 115-2. 5-Ramsey, 112-3. 6-Pascack Valley, 110-5 ½. 7-CBA, 109-3 ½. 8-Ridgefield Park, 108-10 ½. 9-Cresskill, 105-6 ½. 10-Paramus, 103-0.

**3X High Jump:** 1-Ridgewood, 17-10. 2-CBA, 17-4. 3-Bergen Catholic, 16-8. 4-Ridgefield Park, 16-2. 5-Union, 15-8. 6-Cresskill, 15-6. 7-Ramsey, 11-4. 8-Bishop Ford, 10-8.

**3X Pole Vault:** 1-CBA, 32-0. 2-tie-Ridgefield Park, Cresskill & Hendrick Hudson, 30-6. 5-Ramsey, 28-6. 6-Pascack Valley, 28-0.

**3X Shot Put:** 1-Ridgewood (Jack Simmons, Steven Etna, Anthony Balboa), 126-10. 2-Cresskill, 124-3 ½. 3-Paramus Catholic, 122-1 ½. 4-Bergen Catholic, 121-0 ½. 5-Westwood, 118-4. 6-Perth Amboy, 117-2. 7-Ramsey, 117-1 ½. 8-Ridgefield Park, 113-3 ½. 9-Union, 113-2. 10-Paramus, 106-0 ½.

**3X Discus:** 1-Ramsey (J. Tumulty, A. Assile, C. Connell), 346-0. 2-Cresskill, 338-10. 3-Union, 337-3. 4-Westwood, 310-3. 5-Ridgewood, 304-3. 6-Paramus Catholic, 298-1. 7-Ridgefield Park, 296-6. 8-Hendrick Hudson, 288-11. 9-Bishop Ford, 272-11. 10-Bergen Catholic, 264-0. 11-Perth Amboy, 255-8. 12-Midland Park, 254-0.

**3X Javelin:** 1-NV Demarest (Emmett Presler, Charles Woods, Steven Iafrate), 449-3. 2-Hendrick Hudson, 430-5. 3-Ridgewood, 373-4. 4-Westwood, 371-9. 5-Paramus, 354-10. 6-Ridgefield Park, 347-2. 7-Paramus

Catholic, 327-10. 8-Cresskill, 305-10. 9-Bergen Catholic, 299-9. 10-Union, 282-11. 11-Union City, 260-8. 12-Bishop Ford, 257-0.

## GIRLS

**4X100m:** 1-Westwood (Murphy, Cascio, Fasano, Papino), 51.6. 2-Union, 51.9. 3-Ridgewood, 54.3. 4-Cresskill, 54.4. 5-Pascack Valley, 54.6. 6-Emerson, 55.0. 7-Ramsey, 52.3. 8-Elizabeth, 55.6

**4X200m:** 1-Westwood (Murphy, Cascio, Fasano, Papino), 1:48.8. 2-Union, 1:50.6. 3-McNair, 1:52.7. 4-Cresskill, 1:58.5. 5-Pascack Valley, 2:00.0. 6-Ramsey, 2:00.6. 7-Ridgewood, 2:01.1. 8-Paramus Catholic, 2:04.7. 9-Emerson, 2:06.1. 10-Bishop Ford, 2:06.9. 11-Eldred, 2:19.1.

**4X400m:** 1-Bishop Ford (Holland, Bennett, DaSilva, Williams), 4:03.8. 2-Westwood, 4:05.8. 3-Ramsey, 4:14.0. 4-Ridgewood, 4:15.8. 5-Union, 4:21.0. 6-Elizabeth, 4:22.9. 7-Cresskill, 4:30.7. 8-Pascack valley, 4:30.8. 9-Ridgefield Park, 4:41.7. 10-Emerson, 4:52.0

**4X800m:** 1-Old Tappan(Casey Kreitman,Maggie Loudon, Sharon O'Reilly, Christine Spilka), 9:40.9. 2-Westwood, 9:45.7. 3-Ramsey, 9:53.6. 4-Bishop Ford, 9:58.2. 5-Union, 10:50.8. 6-Paramus, 11:00.0. 7-Ridgefield park, 11:13.4. 8-Cresskill, 11:21.1. 9-Midland park, 11:58.7. 10-Emerson, 12:03.0.

**4X1600m:** 1-Ridgewood (Rachael Anzano, Caroline Davidson, Clair Keating, Grayson Lzerandi), 22:51.5. 2-Ramsey, 23:26.5. 3-Westwood, 23:45.5. 4-Elizabeth, 24:18.0. 5-Emerson, 24:27.0. 6-Ridgefield Park, 25:22.8. 7-Eldred, NT.

**Sprint Medley:** 1-Bishop Ford (Malekah Halland, Corrine Williams, Jessica Bennett, Shanique DaSilva), 4:12.9. 2-Elizabeth, 4:21.4. 3-Union, 4:31.7. 4-McNair, 4:38.1. 5-Eldred, 4:42.2. 6-Westwood, 4:43.0. 7-Cresskill, 4:46.6. 8-Ramsey, 4:48.9. 9-Ridgefield Park, 4:59.3. 10-Paramus Catholic, 5:03.1

**Distance Medley:** 1-Ramsey, 12:59.8. 2-Westwood, 13:32.5. 3-Ridgewood, 13:43.2. 4-Paramus, 13:54.6. 5-Perth Amboy, 14:15.8. 6-Pascack Valley, 14:23.2. 7-Emerson, 14:39.8. 8-Union, 14:52.0. 9-Union City, 15:06.2. 10-Ridgefield Park, 15:06.6. 11-Midland Park, 15:57.4. 12-McNair, 16:21.3

**4X100 HH:** 1-Ridgewood (Sarah DeVita, Victoria Oliva, Kayla Polcari, Kanami Itoh), 1:08.0. 2-Westwood, 1:09.0. 3-Ridgefield Park, 1:10.0. 4-Paramus, 1:11.5. 5-Union, 1:12.2. 6-Ramsey, 1:13.9. 7-Midland Park, 1:20.6. 8-Emerson, 1:20.7

**3X400 IH:** 1-Ridgewood (Sarah DeVita, Victoria Oliva, Charlotte Criqui), 3:32.0. 2-Westwood, 3:42.7. 3-McNair, 3:50.0. 4-Midland Park, 4:04.0. 5-Emerson, 4:07.2. 6-Eldred, 4:19.5. 7-Ridgefield Park, 4:22.1. 8-Union, 4:39.7

**3X Long Jump:** 1-Pascack Valley (Lauren Cifelli, Lindsay Bloom, Taylor Sisti), 41-7. 2-Ridgewood, 41-3. 3-Union, 39-7. 4-Cresskill, 39-5 ½. 5-Demarest, 39-1. 6-McNair, 38-8 ½. 7-Ridgefield Park, 38-7. 8-Westwood, 37-7 ¾. 9-Ramsey, 36-3 ½. 10-Emerson, 35-10. 11-Union City, 34-5 ½.

**3X Triple Jump:** 1-Ridgewood (Haley Roche, Kayla Polcari, Grayson Llerandi), 93-6 ½. 2-Pascack Valley, 93-0. 3-Ridgefield Park, 88-2 ½. 4-NV Demarest, 86-9 ½. 5-Ramsey, 85-4 ½. 6-Union, 84-3 ½. 7-Westwood, 83-8 ½. 8-McNair, 82-10 ¾. 9-Paramus, 82-1. 10-Emerson, 80-4 ¼. 11-Cresskill, 60-3 ¼.

**3X High Jump:** 1-tie-Ridgefield park, 13-4 & Ridgewood, 13-4. 3-Pascack Valley, 13-2. 4-Union, 12-9. 5-tie-Emerson, 12-6 & Cresskill, 12-6. 7-Westwood, 12-3. 8-Midland park, 4-6.

**3X Pole Vault:** 1-Westwood, 23-0. 2-Cresskill, 21-0. 3-Ridgefield Park, 20-0. 4-Paramus, 19-0. 5-Ridgewood, 16-0. 6-Eldred, 15-0. 7-Emerson, 12-0. 8-Ramsey, 6-0.

**3X Shot Put:** 1-Paramus Catholic (Jen Cagna, Ashley Sims, Olivia Wade), 96-7. 2-Ridgefield Park, 90-10 ½. 3-Westwood, 85-6 ½. 4-tie-Cresskill, 83-0 & Union, 83-0. 6-Paramus, 78-11. 7-Garfield, 78-4 ½. 8-Ridgewood, 73-3. 9-McNair, 70-1. 10-Union City, 71-8. 11-Ramsey, 68-2. 12-Elizabeth, 67-8. 13-Midland Park, 63-1.

**3X Discus:** 1-Paramus Catholic (Wade, Simms, Cagna), 259-1. 2-Garfield, 237-4. 3-Ridgefield Park, 227-3. 4-Paramus, 221-11. 5-Union, 210-1. 6-Cresskill, 202-1. 7-Westwood, 200-3. 8-Elizabeth, 187-0. 9-Ramsey, 182-4. 10-McNair, 177-1

**3X Javelin:** 1-Paramus Catholic (Jamie Klein, Jen Cagna, Olivia Wade), 248-1. 2-Garfield, 247-7. 3-Ridgewood, 242-10. 4-Westwood, 231-5. 5-Paramus, 230-5. 6-Cresskill, 221-7. 7-Elizabeth, 205-11. 8-Perth Amboy, 204-3. 9-Union, 201-3. 10-Midland Park, 195-1. 11-McNair, 188-5.

### NOVICE BOYS

**4X100m:** 1-Union (Wellington Brown, Chris Foreman, Steve Ferville, Kyree Govia), 46.0. 2-Ramsey, 47.5. 3-Paramus, 49.4. 4-Pascack Valley, 51.0. 5-Bergen Catholic B, 51.2

**4X400m:** 1-Union City, 3:41.6. 2-Ridgewood, 3:42.9. 3-CBA, 3:44.2. 4-Bergen Catholic, 3:49.0. 5-Midland Park, 3:49.3

**4X800m:** 1-CBA (Fitzpatrick, Bragg, Leonard, Orcivdo), 9:04.0. 2-Emerson, 9:07.1. 3-Ramsey, 9:09.6. 4-Paramus, 9:10.3. 5-Pascack Valley, 9:43.1

**4X110H:** 1-CBA (Matt McAnally, Phil Reid, Zack McDermott, L Pozo), 1:16.0. 2-Union, 1:18.1. 3-Emerson, 1:18.7. 4-Ramsey, 1:20.0

**3X400H:** 1-Ramsey, 2:12.7. 2-Emerson, 2:14.0. 3-Ramsey, 2:19.1.

**2XHJ:** 1-Paramus, 10-8. 2-tie-Pascack Valley & Perth Amboy, 9-11. 4-Paramus, 5-2. 5-Cresskill, 5-0. 6-Pascack Valley, 4-9.

**2XLJ:** 1-CBA (Kyle Gorman, Phil Reid), 34-6 ½. 2-Pascack Valley, 34-0 ½. 3-Paramus, 30-11. 4-Ridgewood, 29-7 ½. 5-Bergen Catholic, 29-0

**2XTJ:** 1-Union, 76-5 ½. 2-CBA, 70-10. 3-Emerson, 65-2. 4-Ridgewood, 37-5

### NOVICE GIRLS

**4X100m:** 1-Union (Brittany Miller, Iesha Hemmingway, Nadiege St. Ange, Shekira Barrett), 54.3. 2-Perth Amboy, 56.3. 3-Ramsey, 57.0. 4-Westwood, 57.4. 5-Ridgefield Park, 1:02.5. 6-Pascack Valley, 1:02.8. 7-Eldred, 1:04.4. 8-Ridgewood, 1:05.5. 9-Union City, 1:08.1.

**4X400m:** 1-Westwood, 4:26.7. 2-Ramsey, 4:40.8. 3-Ridgewood, 4:42.1. 4-Union, 4:43.1. 5-Ridgewood, 4:43.6

**4X200m:** 1-Paramus, 1:58.1. 2-Perth Amboy, 1:59.8. 3-Perth Amboy B, 2:02.4. 4-Ridgewood, 2:14.6

**2XTJ:** 1-Paramus (Noelle Mattessich, Marissa Gennarelli), 53-5. 2-Paramus, 46-0. 3-Ramsey, 27-0.

### FROSH BOYS

**4X100:** 1-Union (Shane Lewis, Kristian Lewis, Eric Cajuste, Joey Phifer), 49.4. 2-Ramsey, 49.7. 3-CBA, 49.9. 4-Cresskill, 50.4. 5-Ridgefield Park, 50.4

**4X400m:** 1-CBA, 3:46.0. 2-Ridgewood, 3:54.4. 3-Ramsey, 3:57.5. 4-Ridgefield park, 3:57.9. 5-Bergen Catholic, 4:02.7

**4X800m:** 1-Ridgewood (Graham Jones, Tanner Garrity, Shota Kagei, Storm Dublirer), 9:27.5. 2-Ramsey (dugan), 10:07.7. 3-Ramsey, 10:35.0. 4-Union City, 10:36.9.

**4X110H:** 1-Ramsey (Erli, Haas, Calzavara, DiRisio), 1:24.3

**3X400H:** 1-Ramsey, 2:23.4. 2-Union City, 2:43.7

**2XHJ:** 1-Hendrick Hudson, 4-9.

**2XLJ:** 1-CBA (J. Verdi, L. Pozo), 29-5 ½. 2-Ridgewood, 29-5. 3-Cresskill, 27-11.

**2XTJ:** 1-Cresskill, 59-0 ½. 2-Ridgewood, 33-10. 3-Ramsey, 30-4.

### FROSH GIRLS

**4X100m:** 1-Ridgewood (Anna Caffrey, Caitlin Rabinowitz, Sarai Ramirez, Micaela McPadden), 1:01.0. 2-Pascack Valley, 1:02.2. 3-Ramsey, 1:02.8. 4-Ridgefield Park, 1:04.0. 5-Midland Park, 1:05.1

**4X400m:** 1-Westwood, 4:35.0. 2-Ramsey, 4:51.4. 3-Elizabeth, 4:55.4. 4-Ridgefield Park, 4:56.4. 5-Ridgewood, 5:09.9

**4X800m:** 1-Ramsey, 12:00.0. 2-Ramsey, 12:26.0. 3-Union City, 13:06.9

**4X100H:** 1-Ridgewood (Anna Caffrey, Caitlin Rabinowitz, Sirai Ramirez, Micaela McPadden), 1:01.0. 2-Pascack Valley, 1:02.2. 3-Ramsey, 1:02.8. 4-Ridgefield Park, 1:04.0. 5-Midland Park, 1:05.1

**3X400H:** 1-Hendrick Hudson, 3:01.8

**2XHJ:**

**2XLJ:** 1-Union, 23-9.

**2XTJ:**