

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:

Pawlowski Relays 2010 Girls Team Scores

Events

Teams	Totals	4X100m	4X200m	4X400m	4X800m	4X1600m	Sp.Med	DisMed	4X100H	3X400H	3XLJ	3XTJ	3XHJ	3XPV	3XShot	3XDisc	3XJav	
Union City	9 l							2	6						1			
Old Tappan	12 l				12													
NV Demarest	13 l										6	7						
Perth Amboy	14 l		5					6									3	
Garfield	24 l														4	10	10	
Bishop Ford, NY	32 l		1	12	7		12											
Elizabeth	32 l	3		5		7	10									3	4	
McNair Academic	34 l		8				7			8	5	3			2	1		
Paramus Catholic	40 l		3				1								12	12	12	
Paramus	46 l				5			7	7			2		7	5	7	6	
Pascack Valley	50 l	6	6	3				5			12	10	8					
Ramsey	68 l	4	5	8	8	10	3	12	5		2	6		3		2		
Union	80 l	10	10	6	6		8	3		3	8	5	7		6	6	2	
Ridgewood	113 l	8	4	7		12		8	12	12	10	12	11	6	3		8	
Westwood	129 l	12	12	10	10	8	5	10	10	10	3	4	4	12	8	4	7	
Midland Park	17 s				2				4	7			3				1	
Eldred, NY	20 s					4	6			5				5				
Emerson	39.5 s	5	2	1	1	6		4	3	6	1	1	5.5	4				
Cresskill	64.5 s	7	7	4	3		4				7		5.5	10	7	5	5	
Ridgefield Park	75 s			2	4	5	2	1	8	4	4	8	11	8	10	8		
	912	55	63	58	58	52	58	58	55	55	58	58	55	55	58	58	58	912

Pawlowski Relays 2010 Boys Team Scores

Events

Teams	Totals	4X100m	4X200m	4X400m	4X800m	4X1600m	Sp.Med	DisMed	4X100H	3X400H	3XLJ	3XTJ	3XHJ	3XPV	3XShot	3XDisc	3XJav	
Perth Amboy	6 l						1								5			
Union City	8 l				6		2											
NVDemarest	12 l																12	
Paramus	16 l		1				7					1			1		6	
McNair Academic	17 l					10		7										
Paramus Catholic	22 l						5								8	5	4	
Westwood	46 l	6	6	10		3		1							6	7	7	
Bishop Ford, NY	50 l	10	7	2	2		6				8	10	3			2		
Pascack Valley	71 l	5	3	7	10	7	3	6	5	5	10	5		5				
Bergen Catholic	91 l	4	10	6	5	4	8	2	10	12	4	8	8		7	1	2	
Ramsey	93 l	7	5	5	12	6		8	7	8	3	6	4	6	4	12		
CBA-Lindcroft, NNJ	94 l		8	12	4	12		10	8	7	7	4	10	12				
Union	106 l	12	12	8		2	12	3	6	10	12	12	6		2	8	1	
Ridgewood	108 l	8	2		3	8	10	12	12	6	2	7	12		12	6	8	
	0																	
	0																	
Eldred, NY	12 s							5		2	5							
Midland Park	13 s					1			3	3	6							
Hendrick Hudson, NY	33.3 s			4	7						1			8.3		3	10	
Cresskill	46.3 s			1			4		2	1		2	5	8.3	10	10	3	
Ridgefield Park	54.3 s		4	3		5		4	4	4		3	7	8.3	3	4	5	
	898.9	52	58	58	49	58	58	58	57	58	58	58	55	47.9	58	58	58	898.9