

**THE PAWLOWSKI RELAYS**  
**Ridgewood's Track at BF**

**SATURDAY, March 31, 2012**  
**Ridgewood, New Jersey**

**Team Score:** Boys Large:1-Ridgewood. 2-Demarest. 3-Union. Small: 1-Ridgefield Park. 2-Emerson. 3-Cresskill.  
Girls Large: 1-Ridgewood. 2-Old Tappan. 3-Union. Small: 1-Ridgefield Park. 2-Cresskill. 3-Garfield.

**BOYS**

**4X100m:** 1-Old Tappan (Jae Rho, Ben Davis, Join Choi, Devin Fuller), 44.5. 2-Paramus Catholic, 44.7. 3-Union, 44.8. 4-Ridgewood, 45.0. 5-Lodi, 46.7. 6-Ridgefield Park, 47.5. 7-tie-Paramus, 47.6 & Perth Amboy, 47.6. 9-Ridgefield Memorial, 48.2. 10-Eldred, 48.5. 11-Northern Highlands, 48.6. 12-Cresskill, 49.1. 13-Bergen Catholic, 50.4

**4X200m:** 1-CBA A (Zack McDermott, Clark Mangini, Matt Rodio, Theo Foster), 1:31.9. 2-Old Tappan, 1:32.0. 3-Pascack Valley, 1:33.2. 4-Union, 1:34.3. 5-CBA B, 1:35.5. 6-Paramus Catholic, 1:35.7. 7-Lodi, 1:36.3. 8-Demarest, 1:38.0. 9-CBA C, 1:39.2. 10-Ridgefield Memorial, 1:39.9. 11-CBA D, 1:40.2. 12-Cresskill, 1:40.5. 13-Eldred, 1:40.7. 14-Ridgefield Park, 1:40.9. 15-Paramus, 1:41.2. 16-Ridgewood, 1:41.3. 17-Bergen Catholic, 1:42.4

**4X400m:** 1-Ridgewood (Evan Bartlik, Storm Dubliner, Brian Collins, Neill Schoff), 3:30.4. 2-Union, 3:31.0. 3-Ridgefield Park, 3:34.0. 4-Pascack Valley, 3:35.9. 5-Ridgewood, 3:44.6. 6-Bergen Catholic, 3:46.3. 7-Northern Highlands, 3:58.6. 8-Emerson, 3:59.4

**4X800m:** 1-CBA A (Kevin Olsen, Adam Kershner, Dan Gallagher, Gorsha Saling), 8:22.3. 2-Emerson, 8:31.3. 3-Ridgefield Park, 8:36.4. 4-Union, 8:42.9. 5-Old Tappan, 9:05.9. 6-Northern Highlands, 9:09.5. 7-Bergen Catholic, 9:22.6. 8-CBA B, 9:23.3.

**4X1600m:** 1-CBA (Jack Boyle, Tim Gorman, Mike Cassidy, Neil Cusat), 18:31.7. 2-CBA D, 18:32.0. 3-CBA B, 18:52.4. 4-CBA C, 18:55.3. 5-Demarest, 19:04.1. 6-Ridgewood, 19:14.2. 7-Old Tappan, 19:40.7. 8-Ridgefield Park, 19:50.7. 9-Paramus, 20:07.2. 10-Paramus Catholic, 20:26.4. 11-Ridgewood, 20:46.6. 12-Old Tappan B, 21:42.9. 13-Cresskill, 21:54.3.

**Sprint Medley:** 1-Demarest (Pat Degnon, Alex Wasrenheim, Suny Mautaiatz, Sean Degnon), 3:45.7. 2-Ridgefield Park, 3:54.8. 3-Lodi, 4:06.5. 4-Emerson, 4:09.5. 5-Eldred, 4:12.1. 6-Perth Amboy, 4:14.3. 7-Northern Highlands, 4:17.8. 8-Paramus Catholic, 4:20.9. 9-Cresskill, 4:22.6. 10-Waldwick, 4:31.4.

**Distance Medley:** 1-Ridgewood (no names), 10:54.9. 2-Ridgewood, 11:08.2. 3-Emerson, 11:30.6. 4-Paramus, 11:38.4. 5-Demarest, 11:43.1. 6-Ridgefield Park, 11:51.1. 7-Paramus Catholic, 11:54.6. 8-Northern Highlands, 12:36.1. 9-Bergen Catholic, 12:37.2. 10-Cresskill, 12:43.4. 11-Leonia, 12:47.8. 12-Union, 12:48.1.

**4X110 HH:** 1-CBA (Matt O'Connor, Mike Pozo, Matt McAnally, Zack McDermott), 1:08.2. 2-Union, 1:09.4. 3-Northern Highlands, 1:11.2. 4-Demarest, 1:11.5. 5-tie-Old Tappan & Ridgefield Park, 1:14.0. 7-Emerson, 1:14.3. 8-Lodi, 1:15.1. 9-Eldred, 1:17.9

**3X400 IH:** 1-Emerson (Eric Benny, Kieran Ensor, Andrew DeLa Paz) 3:10.3. 2-Union, 3:11.8. 3-Northern Highlands, 3:13.4. 4-Pascack Valley, 3:15.8. 5-Lodi, 3:17.5. 6-Bergen Catholic, 3:18.4. 7-Ridgefield Park, 3:22.6. 8-Paramus Catholic, 3:24.7. 9-Cresskill, 3:32.5

**3X Long Jump:** 1-Old Tappan (Ben Davis, Jae Rho, Jon Choi), 57-9 ½. 2-Ridgewood, 55-8. 3-Union, 55-3. 4-Northern Highlands, 53-5 ½. 5-Demarest, 52-11. 6-Ridgefield Park, 52-4 ½. 7-Lodi, 49-9. 8-Cresskill, 48-11. 9-Eldred, 46-8 ½. 10-Northern Highlands B, 30-7

**3X Triple Jump:** 1-Union (Jeph Olali, Steve Ferville, Dean Mulzac), 115-11 ½. 2-Northern Highlands, 115-7. 3-Emerson, 114-8 ½. 4-Demarest, 109-8. 5-Cresskill, 103-9. 6-Lodi, 73-6 ½. 7-Pascack Valley, 72-10. 8-Ridgefield Park, 70-3. 9-Old Tappan, 68-3 ½. 10-Ridgewood, 67-1 ½.

**3X High Jump:** 1-Ridgewood A (Evan Bartlick, young Koo, James Knight), 17-4. 2-Northern Highlands, 16-10. 3-Demarest, 16-4. 4-Ridgefield Park, 15-10. 5-Union, 15-6. 6-Lodi, 15-2

**3X Pole Vault:** 1-CBA (AJ Bradley, Dave Dakniss, Mike McAnally), 31-6. 2-Ridgewood, 29-6. 3-Ridgefield Park, 27-0. 4-Eldred, 26-0. 5-Emerson, 22-0. 6-Northern Highlands, 14-0.

**3X Shot Put:** 1-Demarest (Dave Chimey, Migliose Evan, Andrew Trumbetti), 135-6 ¾. 2-Old Tappan, 125-2 ¼. 3-Ridgewood, 122-9 ¼. 4-Ridgefield Park, 117-8 ½. 5-Northern Highlands, 117-6 ½. 6-Bergen Catholic, 115-3 ½. 7-Lodi, 103-10. 8-Cresskill, 108-2. 9-Emerson, 101-10 ¾. 10-Ridgefield Memorial, 101-11.

**3X Discus:** 1-Old Tappan (Jona Min Youn, Keith Rodman, Hunter Norman) 350-6. 2-Bergen Catholic, 318-1. 3-Ridgefield Park, 317-2. 4-Demarest, 312-5. 5-Ridgewood, 308-7. 6-Union, 303-9. 7-Cresskill, 299-4. 8-Northern Highlands, 297-7. 9-Paramus Catholic, 296-8. 10-Emerson, 292-1

**3X Javelin:** 1-Pascack Valley (Liam, Mike, Pat), 395-3. 2-Cresskill A, 386-2. 3-Ridgewood, 378-0. 4-Ridgefield Park, 372-6. 5-Cresskill B, 338-2. 6-Bergen Catholic, 336-7. 7-Demarest, 336-5. 8-Paramus Catholic, 330-6. 9-Emerson, 325-5. 10-Old Tappan, 325-5. 11-Northern Highlands, 309-1. 12-Ridgefield Memorial, 308-6. 13-CBA, 301-11.

**THE PAWLOWSKI RELAYS**  
**Ridgewood's Track at BF**

**SATURDAY, March 31, 2012**  
**Ridgewood, New Jersey**

GIRLS

**4X100m:** 1-Union (Haisha Bisiolu, Fatimat Ayedine, Da'Naja Rhodes, Jennifer Edobi), 50.6. 2-Elizabeth, 54.1. 3-Emerson, 54.5. 4-Ridgefield Park, 55.1. 5-Waldwick, 55.5. 6-Eldred, 56.4. 7-Northern Highlands, 59.4

**4X200m:** 1-Paramus Catholic (R. Mewhew, T. Sanders, E. Yebpah, A. Harrison), 1:48.8. 2-Elizabeth, 1:52.4. 3-Elizabeth (LeRouge), 1:56.0. 4-Ridgewood, 1:56.3. 5-Old Tappan, 1:58.1. 6-Union, 1:58.3. 7-Garfield, 1:58.5. 8-Ridgefield Park, 1:58.6. 9-Lodi, 2:02.2. 10-Leonia, 2:03.4. 11-Northern Highlands, 2:03.5. 12-Elizabeth (Waife), 2:05.0. 13-Eldred, 2:08.6. 14-Eldred B, 2:13.4. 15-Pascack Valley, 2:23.2.

**4X400m:** 1-Ridgewood (H. Shigenobu, C. Davidson, E. Fishbein, C. Pagano), 4:13.9. 2-Pequannock, 4:22.1. 3-Northern Highlands, 4:27.4. 4-Pascack Valley, 4:29.1. 5-Ridgefield Park, 4:29.1. 6-Elizabeth, 4:31.9. 7-Cresskill, 4:33.7. 8-Union, 4:39.5

**4X800m:** 1-Northern Highlands (Ariana North, Emma Sullivan, Anna Richard, Madison Holleran), 9:32.0. 2-Ridgewood, 9:35.9. 3-Old Tappan, 10:29.0. 4-Pequannock, 10:56.3. 5-Old Tappan, 11:08.7. 6-Elizabeth, 11:09.9. 7-Ridgefield Park, 11:16.4. 8-Paramus, 11:19.5. 9-Paramus Catholic A, 11:31.5. 10-Garfield, 11:31.7. 11-Cresskill, 11:36.2. 12-Lodi, 12:21.4

**4X1600m:** 1-Ridgewood (Camille Davis, Kelly Cleary, Tina Gible, Victoria Pan), 23:09.3. 2-Paramus, 24:03.7. 3-Elizabeth, 24:35.4. 4-Ridgewood, 24:44.6. 5-Cresskill, 25:48.9. 6-Emerson, 25:51.9. 7-Ridgefield Park, 26:7.6.

**Sprint Medley:** 1-Union (Haisha Bisiolu, Ennia Jacob, Fatimat Ayedine, Sana Edobi), 4:16.2. 2-Demarest, 4:20.4. 3-Ridgewood, 4:25.7. 4-Pascack Valley, 4:39.0. 5-Emerson, 4:54.1. 6-Northern Highlands, 4:59.9. 7-Paramus Catholic, 5:02.5. 8-Old Tappan, 5:18.0. 9-Ridgefield Park, 5:22.5. 10-Elizabeth, 5:24.8

**Distance Medley:** 1-Paramus (Julie Barther, Kelsey Revicki, Erin Davis, Lindsey Lucas), 13:50.7. 2-Demarest, 13:51.4. 3-Ridgewood, 14:09.5. 4-Ridgefield Park, 14:21.6. 5-Elizabeth, 14:25.3. 6-Paramus Catholic, 14:26.9. 7-Northern Highlands, 14:27.7. 8-Emerson, 14:43.7. 9-Leonia, 15:10.1. 10-Pequannock, 15:17.2. 11-Waldwick, 15:33.2. 12-Union, 15:54.5

**4X100 HH:** 1-Demarest (Allison Tell, Victoria Davis, Moeko Nagatsuka, Kara Danziger), 1:08.9. 2-Paramus, 1:11.6. 3-Union, 1:13.7. 4-Elizabeth, 1:19.4. 5-Ridgewood, 1:19.8. 6-Ridgefield Park, 1:20.3. 7-Northern Highlands, 1:20.8. 8-Lodi, 1:21.6.

**3X400 IH:** 1-Northern Highlands (Madison Holleran, Emma Sullivan, Erika Chang Munoz), 3:32.2. 2-Elizabeth, 3:40.7. 3-Leonia, 3:44.9. 4-Emerson, 3:46.3. 5-Ridgewood, 3:51.1. 6-Old Tappan, 3:54.8. 7-Ridgefield Park, 4:01.6. 8-Lodi, 4:04.8. 9-Old Tappan, 4:05.1. 10-Paramus Catholic, 4:05.6

**3X Long Jump:** 1-Cresskill (M. DeCarlo, H. Shon, L. Peri) 42-3 ½. 2-Lodi, 40-6 ½. 3-Old Tappan, 38-4 ½. 4-Ridgewood, 37-9 ½. 5-Paramus, 37-0. 6-Demarest, 36-3 ½. 7-Northern Highlands, 34-5 ½. 8-Waldwick, 30-8. 9-Garfield, 26-7 ½. 10-Paramus Catholic, 25-9 ½.

**3X Triple Jump:** 1-Cresskill (Maci DeCarlo, Alex Phoenix, Hynri Shon), 98-1. 2-Waldwick, 91-4. 3-Garfield, 88-8 ½. 4-Lodi, 88-2 ½. 5-Demarest, 87-6. 6-Old Tappan, 86-3 ½. 7-Paramus, 85-9. 8-Ridgewood, 85-4. 9-Union, 82-5. 10-Northern Highlands, 80-6 ½. 11-Eldred, 50-11.

**3X High Jump:** 1-Old Tappan (Taryn DeLeon, Rachael Abolafia, Stacey Faivre), 13-2. 2-Demarest, 13-2. 3-Ridgefield Park, 13-0. 4-Cresskill, 12-10. 5-Union, 12-8. 6-Lodi, 12-4. 7-Paramus Catholic, 9-4. 8-Emerson, 8-10. 9-Northern Highlands, 8-8. 10-Ridgewood, 8-6. 11-Eldred, 8-0.

**3X Pole Vault:** 1-Emerson (Piccinich, Laconadza, Finn), 20-0. 2-Ridgewood, 17-0. 3-Eldred, 7-0.

**3X Shot Put:** 1-Garfield (Titi Douglass, Melanie Odafalla, Alysha Menzies), 99-8. 2-Union, 88-6 ½. 3-Cresskill, 85-3 ½. 4-Demarest, 84-5. 5-Paramus, 80-6 ¾. 6-Old Tappan, 78-9 ¾. 7-Union B, 78-5 ½. 8-Pequannock, 76-0 ¾. 9-Ridgefield Park, 74-8. 10-Ridgewood, 73-0 ½.

**3X Discus:** 1-Pequannock (Kristen Reichenback, Katie Maser, Jessica Thlonser), 267-3. 2-Garfield, 237-1. 3-Ridgewood, 228-2. 4-Cresskill, 228-1. 5-Union, 218-0. 6-Pequannock, 214-4. 7-Northern Highlands, 213-3. 8-Union, 209-8. 9-Paramus, 207-5. 10-Lodi, 190-1

**3X Javelin:** 1-Garfield (Carolina Cardinos, Melanie Odatalla, Shaunteirah Douglas), 303-8. 2-Perth Amboy, 241-9. 3-tie-Old Tappan, 239-4 & Ridgewood, 239-4. 5-Ridgefield Park, 237-10. 6-Leonia, 217-6. 7-Waldwick, 215-8. 8-Pequannock, 214-8. 9-Paramus Catholic, 212-9. 10-Demarest, 205-9.

#### NOVICE BOYS

**4X100m:** 1-Union (Shane Lewis, Steven Nebedum, Chris Saintelus, Brandin Thompson), 48.9. 2-Waldwick, 49.1. 3-Cresskill, 49.7. 4-Ridgefield Memorial, 50.2. 5-Ridgewood, 50.5  
**4X400m:** 1-Ridgewood (Kagei, Ransom, M, Ok), 3:48.2. 2-Union, 3:55.2. 3-Ridgefield Park, 3:59.1. 4-Pascack Valley, 4:00.2. 5-Ridgewood, 4:01.1  
**4X800m:** 1-Ridgewood (David Frering, Youngbin Yoon, Carl Legg, Raayan Pillai), 9:03.9. 2-Old Tappan, 9:35.1. 3-Ridgewood, 9:42.4. 4-Union, 9:50.0. 5-Lodi, 9:51.9  
**4X110H:** 1-CBA (Ralston Hough, Pete Cusick, Mike Maggs, Ryan Bott), 1:19.6. 2-Ridgewood, 1:22.5. 3-Pequannock, 1:23.4.  
**2X400IH:** 1-Union (Dwight Davis, Shaquill Hayes), 2:09.4. 2-Pequannock, 2:12.8. 3-Ridgewood, 2:17.3. 4-Ridgewood, 2:24.5. 5-Lodi, 2:28.8  
**2XHJ:** 1-CBA A (Ferro, Mewd), 11-4. 2-Waldwick, 9-8. 3-Union, 9-6. 4-Old Tappan, 9-4. 5-CBA B, 5-0  
**2XLJ:** 1-Old Tappan (Tim Cooke, Paul Kim), 31-5. 2-Ridgewood, 31-4 ½. 3-Perth Amboy, 31-1. 4-Ridgewood, 31-1. 5-Cresskill, 30-11 ½.  
**2XTJ:** 1-Ridgewood (Harry Park, Brian Johnson), 64-7 ½. 2-Waldwick, 59-10. 3-Lodi, 57-9 ½. 4-Ridgewood, 68-1. 5-Ridgewood, 66-4  
**2XPV:** 1-Bergen Catholic, 18-6. 2-Ridgewood, 18-0. 3-Ridgewood, 18-0. 4-tie-Ridgewood & CBA 16-0.  
**2XShot:** 1-Perth Amboy (John Stanton, Anibol Hernandez), 76-1 ½. 2-Ridgefield Park, 71-8. 3-Cresskill, 70-1 ¼. 4-Pascack Valley, 67-4 ¼. 5-Ridgefield Memorial, 66-3 ½.

#### NOVICE GIRLS

**4X100m:** 1-Perth Amboy (Zuleyea Hernandez, Erica Raggalio, Cinthia Collado, Cedeia Graham), 55.9. 2-Elizabeth, 57.2. 3-Ridgewood, 59.4. 4-Old Tappan, 60.6. 5-Ridgewood, 60.9  
**4X400m:** 1-Perth Amboy (Yineisi Gonzalez, Cinthia Collado, Erica Rodriguez, Ceela Graham), 4:40.6. 2-Union, 4:43.4. 3-Ridgewood, 4:49.3. 4-Ridgewood, 4:49.6. 5-Cresskill, 4:50.4  
**4X800m:** 1-Perth Amboy (Yanesis Gonzalez, Karen Done, Kailyn Billups, Cynthia Collado), 11:43.4. 2-Ridgewood, 11:58.6. 3-Ridgewood, 12:01.2. 4-Cresskill, 12:18.1. 5-Garfield, 12:20.2  
**4X100H:** 1-Pascack Valley (Rachel Kearney, Erin Connolly, Katelyn Mucchio, Kelly Jin), 1:24.0. 2-Eldred, 1:25.2.  
**2X400IH:** 1-Perth Amboy (Ceela Graham, Erica Rosario), 2:34.3. 2-Elizabeth, 3:00.4  
**2XHJ:** NO JUMP CLEARED  
**2XLJ:** 1-Elizabeth (Chachoune Janvier, Ariona Smith), 23-11. 2-Waldwick, 22-9 ½. 3-Garfield, 11-8. 4-Ridgewood, 11-4 ½. 5-Old Tappan, 10-5  
**2XTJ:** 1-Cresskill A (Lior Peri, Helen Chamley), 59-3 ½. 2-Elizabeth, 57-3. 3-Lodi, 50-8. 4-Cresskill B, 26-9 ½. 5-Ridgewood, 25-10.  
**2XShot:** 1-Garfield (Quastanua Valdez, Jackie Hiltz), 52-8 ¼. 2-Perth Amboy, 47-6 ¼. 3-Garfield, 44-8 ¾. 4-Ridgefield Memorial, 41-11 ¼. 5-Ridgewood, 39-0  
**2XPV:** 1-Ridgewood, 14-0. 2-Pascack Valley, 12-0.

#### FROSH BOYS

**4X100:** 1-Bergen Catholic (Eddie DeHais, Chris Robinson, Marco Aranda, Kyle Ellerson), 49.4. 2-Union, 49.9. 3-CBA, 50.9. 4-Old Tappan, 51.3. 5-Ridgefield Memorial, 52.9  
**4X400m:** 1-Pascack Valley (Carcich, Friedman, Jackson, Paker), 3:57.6. 2-Union, 3:58.3. 3-Bergen Catholic, 3:59.8. 4-Ridgewood, 4:05.7. 5-Lodi, 4:21.0  
**4X800m:** 1-CBA A (Aiden Durney, Josh Kruppa, Pat Hiler, Greg Paugh), 9:16.6. 2-CBA B, 9:23.3. 3-Bergen Catholic, 9:39.2. 4-Ridgewood, 9:40.6. 5-Pascack Valley, 10:06.0  
**4X110H:** 1-CBA A (Chris Alexander, Colin Twyman, Conor Lunny, Jimmy Gaudio), 1:20.5. 2-CBA B, 1:25.3. 3-Lodi, 1:28.2  
**2XHJ:** 1-Cresskill (Park, Ahearty), 9-10. 2-Union, 9-4. 3-Lodi, 8-10. 4-Old Tappan, 5-2  
**2XLJ:** 1-Union (Montez Bingham, Justice Stewart), 31-0. 2-Ridgewood, 27-10. 3-Lodi, 14-9. 4-Waldwick, 14-2 ½. 5-Ridgewood, 12-4  
**2XTJ:** 1-Bergen Catholic (Matt Troya, Marco Aranda), 63-7. 2-Lodi, 61-4. 3-Ridgewood, 58-4. 4-Waldwick, 32-2.  
**2XShot:** 1-Ridgewood (M. Benjamin, R. Uzoaru), 66-8. 2-Bergen Catholic, 63-8. 3-Cresskill, 62-3 ½. 4-Lodi, 58-11 ¼. 5-Ridgefield Park, 55-4 ¼.

#### FROSH GIRLS

**4X100m:** 1-Ridgewood (Steph Kusel, Kate McKeon, Olivia Manke, Lauren Monnerat), 56.6. 2-Old Tappan, 58.3. 3-Paramus, 59.8. 4-Union, 61.5. 5-Pequannock, 61.6  
**4X400m:** 1-Ridgewood (Steph Kusel, Kate McKeon, Olivia Manke, Lauren Monnerat), 4:44.6. 2-Union, 5:02.7. 3-Ridgewood, 5:07.7. 4-Lodi, 5:39.8  
**4X800m:** 1-Ridgewood (Emily Rick, Taylor Tai, Tara Cirillo, Kelly Cleary), 11:29.4. 2-Old Tappan, 11:58.4  
**4X100H:** 1-Demarest (Dani Trafiglio, Christina Welzner, Becca Adams, Makalya Kahan), 1:17.0. 2-Paramus, 1:18.7  
**2X400IH:** 1-Demarest (Christine Welzer, Dani Trafiglio), 2:29.6. 2-Demarest, 2:44.8. 3-Eldred, 2:46.8  
**2XHJ:** 1-Lodi, 4-2  
**2XLJ:** 1-Union (Bartholi, Charles), 25-11 ½. 2-Paramus, 24-3. 3-Lodi, 22-8. 4-Paramus, 22-6. 5-Garfield, 21-8.  
**2XShot:** 1-Garfield (Karlyn Aules, Carolina Canido), 39-0 ¼. 2-Ridgewood, 35-8 ¼. 3-Ridgewood (Baum), 34-5 ½.  
**2XPV:** 1-Paramus, 12-0. 2-Ridgewood, 6-0.