RIDGEWOOD CROSS COUNTRY

2012

SEASON SUMMARY

Dual Meets

<u>6 wins</u>	
Indian Hills	21-40
Hackensack	15-50
Paramus	22-39
Ramapo	21-40
N.Highlands	15-48
IHA	15-49

Championship Meets

5 wins		
Bowdoin	7th	
Shore Coaches (champ)	8th	
Big North - Freedom	1st	
Ridgewood Invitational	1st	
Bergen Group A	1st	
Bergen Meet of Champs	1st	
North 1 Group 4 Section	1st	
State Group 4	9th	
SMOC - 1 runner	9111	
Junior Varsity Me	ote	
5 wins	eis	
Darlington	1st	
Maroon Invite	1st	
Brett Taylor	1st	
Big North	1st	
Ridgewood Invite	1st	
Bergen Champs	2nd	
Doc Braver	2nd	
JV State Meet	5th	
Frosh M		
9 wins		
Season (1st
Darlingto		2nd
Maroon I		1st
Brett Tay		1st
Big North		1st
Ridgewo		1st
Bergen (1 st
Doc Brav		1 st
BMOC	701	1 st
שואום		

Frosh State Meet 1st

2012 Ridgewood Girls Cross Country

<u>Seniors:</u> Blair Anzalone*, Aisling Casey*, CJ Chiaramonte*, Colleen Dwyer*, Fran Felder*(capt), Kat Francis*, Lesley Jones*(capt), Blake Parsekian*, Jen Schablik*, Alice Smith*.

<u>Juniors</u>: Mackenzie Broatch, Kristen Carle, Sarah Davis*, Roxana DeLeon, Emily Fishbein*^(capt), Maryam Jahanbin, Elizabeth Kopec, Margaret Merck, Sarah Sandler, Becca Stern, Laura Weisberger*^(capt).

<u>Sophomores</u>: Sarah Kate Caliguire, Tara Cirillo*, Katherine Cirillo, Kelly Cleary*, Emily Cumbo*, Kylie Daniels, Baker Earl, Katy Feldhahn, Genevieve Felsenstein*, Amelia Fogg, Bridget Mullen, Catherine Pagano*^, Emma Szymanski, Tayler Tai.

<u>Frosh</u>: Mia Barbera, Poyani Bavishi, Olivia Carroll, Sam Delaney, Kelly Dwyer, Erin Dwyer, Tatum Flood, Isabelle Garrity, Casey Gervolino, Lindsay Haas, Sam Halvorsen*^, Emma Hareas, Grace Harris, Sam Hernandez, Allia Jahanbin, Shayna Jennings, Claire Kelly, Mollie Knee, Olivia Lavin, Tatiana Mehos, Leah Rosenfeld*^, Anya Sherman, Diana Soriano, Isabelle Stern, Emily Stern, Hunter Tarvin, Sonal Tulsyani, Cayla Whitaker

coach: Jacob Brown frosh coach: Josh Saladino *= letter winner ^= class award

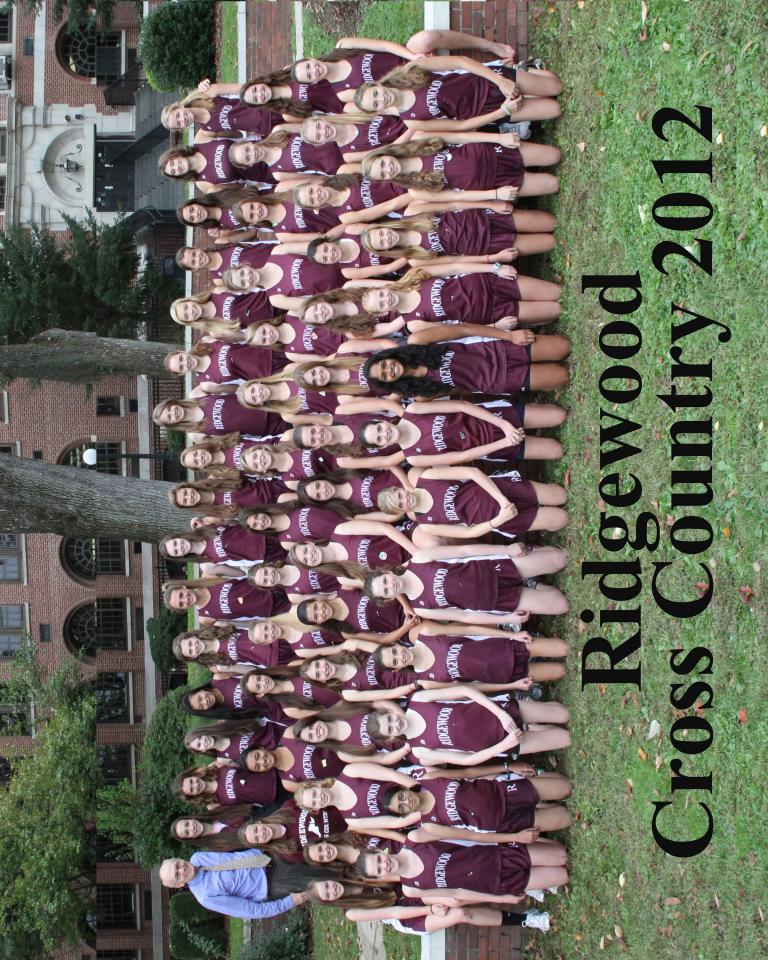
Team Photo:

<u>First Row:</u> Kelly Dwyer, Sonal Tulsyani, Cayla Whittaker, Anya Sherman, Mollie Knee, Tatiana Mehos, Erin Dwyer, Poyani Bavishi, Olivia Lavin, Sam Delaney, Tatum Flood, Mia Barbera.

Second Row: Isabelle Garrity, Sam Halvorsen, Shayna Jennings, Aisling Casey, Fran Felder, Blair Anzalone, Kat Francis, CJ Chiaramonte, Colleen Dwyer, Jen Schablik, Alice Smith, Blake Parsekian, Leslie Jones, Lindsay Haas, Claire Kelley.

Third Row: Baker Earl, Maryam Jahanbin, Tara Cirillo, Kelly Cleary, Laura Weisberger, Emily Fishbein, Katy Feldhahn, Becca Stern, Margaret Merck, Sarah Sandler, Bridgit Mullen, Emily Stern, Casey Gervolino.

Forth Row: Coach Jacob Brown, Katherine Cirillo, Sarah Davis, Genevieve Felsenstein, Tayler Tai, Sarah Kate Caliguire, Emily Cumbo, Amelia Fogg, Catherine Pagano, Mackenzie Broatch, Emma Szymanski, Elizabeth Kopec, Kristen Carle, Leah Rosenfeld, Diana Soriano, Grace Harris, Izzy Stern.



Girl's CROSS COUNTRY 2012

2012 Schedule

Monday Sept. 3	Glen Rock Arboretum Run. 5K at 8:30am
Saturday Sept. 8	Dual meet at Darlington vs Indian Hills & Hackensack
Monday Sept. 10	Dual meet at Darlington vs Paramus
Friday Sept. 14	Season Opener at Darlington - Frosh Only
Wednesday Sept. 19	Dual meet at Garret vs Ramapo
Saturday Sept. 22	Darlington Invitational at Darlington Park - Frosh & JV
Saturday Sept. 22	Bowdoin Park Cross Country Classic at Bowdoin Park, NY - Varsity Only
Friday Sept. 28	Maroon Invitational at Garret Mountain
Monday Oct. 1	Dual Meet at Darlington vs Northern Highlands & IHA
Saturday Oct. 6	Brett Taylor Invitational at Darlington - Frosh Only
Saturday Oct. 6	Shore Coaches Invitational at Holmdel Park
Tuesday Oct. 9	Big North Divisional Champs at Darlington
Saturday Oct. 13	Ridgewood Invitational at Veterans Field
Saturday Oct. 20	Bergen Group Championship at Darlington
Thursday Oct. 25	Doc Braver Frosh & JV Champs at Darlington
Saturday Oct. 27	Bergen Meet Of Champions at Darlington
Monday Nov. 12	State JV & Frosh Champs at Thompson Park, Jamesburg, NJ
Saturday Nov. 10	NJ State Sectional Championship at Graystone Park
Saturday Nov. 17	NJ State Group Championship at Holmdel Park
Wednesday Nov. 17	NJ State Meet Of Champions at Holmdel Park

Tuesday Dec. 11 Cross Country Awards Banquet - 6pm Campus Center

CROSS-COUNTRY PREVIEW

RHS remains 'Runners High School'

Boys aim for 3rd sectional title in a row

BY GREG TARTAGLIA Assistant Sports Editor

RIDGEWOOD - Here, boys crosscountry runners seem to come out of the Ridge-woodwork.

in 2010, Ridgewood High School gained a new starter when Paterson Catholic closed and the Passaic County Non-Public's top runner, Anthony Andrews, transferred to RHS.

Last season, the Maroons virtually pulled a No. 2 competitor out of thin air, as Travis Spicer went from casual jogger to *The Ridgewood News*' All-Suburban first team in a matter of months.

So, is there anyone on the current RHS roster poised to make a big entrance in

"Not quite like Travis Spicer," senior co-captain Storm Dublirer said on Tuesday, "but we have a couple guys who, maybe not so many people know about, but who look like they're going to be very strong this season."

That's music to the ears (and stopwatch) of 13th-year head coach Mike Glynn, whose two-time defending North 1, Group 4 state champs graduated not only Spicer but also No. 1 runner Levi Jennings, now a Stanford Cardinal.

"There are three guys who are running very well that were not big names last year," Glynn said, citing "Graham Jones, senior; Luke Dublirer, Storm's brother, an 11th-grader; and Ryan Neville, another 11th-grader - they were strong JV guys last year but now have stepped up. Ryan's already made the varsity, and those oth-

er two guys are very close."
In addition, the Maroons have several known quantities who have started the year strong. Senior Nick Salamone clocked 16:22 to win the race in Saturday's season-opening tri-meet with Indian Hills and Hackensack and has assumed the mantle of No. 1 starter.

"He's going to be one of the best in Bergen County this year," Glynn said of Salamone. "He is our new leader."

Both Salamone and Storm Dublirer were named second-team All-Suburban a year ago, and they are the team captains along with seniors Brian Daniels and

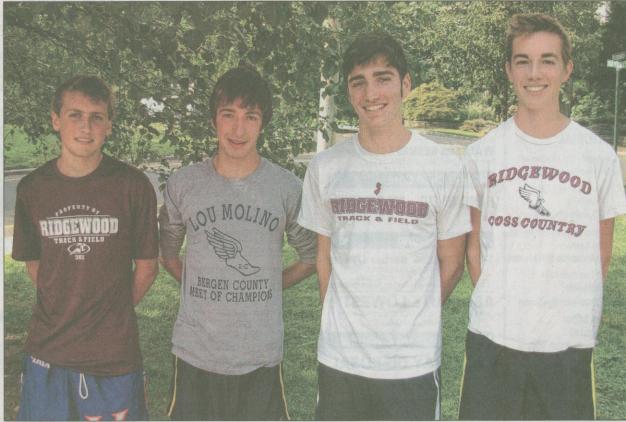
Tanner Garrity.
Junior David Frering emerged as a regular in the lineup during last season's county- and state-level competitions, and he won Monday's dual-meet race versus Paramus in 16:29, as Salamone and Dublirer sat out nursing minor

Senior Tim Daly, junior Bryan Clarendon and sophomores Kotaro Tamura and Sam Calello are in the mix for top-seven spots as well.

"We've only had two meets so far, but it's really good to see how the team is coming along," Salamone said.

Ridgewood opened as the No. 2 team in *The Record's* preseason North Jersey Top 20 behind rival Don Bosco. The Ironmen and Maroons have finished 1-2 at both the Bergen County Group A meet and Bergen Meet of Champions (BMOC) in each of the past five years, although Glynn hinted that his squad is as eager as ever to reverse the order.

"Our goals are always the same: To make the County Group [A] and BMOC [races] very interesting, to win the statesectional and to qualify for and do very well in the State Meet of Champions," he said. "This team has the capabilities to do



GREG TARTAGI IA/THE RIDGEWOOD NEWS

The captains of the 2012 Ridgewood High School boys cross-country team are, from left, seniors Brian Daniels, Nick Salamone, Storm Dublirer and Tanner Garrity.

2012 Ridgewood High School varsity cross-country schedule **REMAINING DUAL/CHAMPIONSHIP MEETS**

Sept. 19 vs. Ramapo at Garret Mountain Reservation, **Woodland Park**

Sept. 22 Bowdoin Cross-Country Classic, Bowdoin Park, Wappingers Falls, N.Y.

Sept. 28 Maroon Invitational, Garret Mountain

Oct. 1 vs. Northern Highlands and Don Bosco/IHA at Darlington Park, Mahwah

Oct. 6 Shore Coaches Invitational, Holmdel Park, Holmdel

Oct. 9 Big North Freedom Division championships, Darlington Park

Oct. 13 Manhattan College Invitational, Van Cortlandt Park, Bronx, N.Y. (boys)

Oct. 13 Ridgewood Invitational, Veterans Field (girls)

Oct. 20 Bergen County Group A championships, Darlington

Oct. 27 Lou Molino Bergen County Meet of Champions, **Darlington Park**

Oct. 31 State JV/Freshman championships, Thompson Park, Jamesburg

Nov. 3 North 1, Group 4 sectional championships, Garret

Nov. 10 State Group 4 championships, Holmdel Park

Nov. 17 State Meet of Champions, Holmdel Park



The captains of the 2012 Ridgewood High School girls cross-country team are, from left, seniors Francesca Felder and Lesley Jones and juniors Emily Fishbein and Laura Weisberger.

Girls seeking 3rd straight county crown

BY GREG TARTAGLIA Assistant Sports Editor

RIDGEWOOD - There are two things that fans of girls cross-country in North Jersey should know about Ridgewood High School as the 2012 season

gets underway.

One: The Maroons won the Bergen
County Group A and Bergen Meet of
Champions (BMOC) titles last year without the services of their fastest runner.

Two: Their fastest runner is now back. Granted, four RHS girls that earned 2011 All-Suburban honors from The Ridgewood News have graduated, including Caroline Davidson, Hanako Shigenobu, Tina Gibble and Victoria Pan. Rebounding from their departure will be crucial if the team hopes to bring home a third consecutive county-group title and second straight BMOC crown.

That said, the rebound could be fairly rapid since sophomore Catherine Pagano is, too.

Pagano won her very first varsity race and became Ridgewood's No. 1 runner as a freshman, but she sustained a stress as a reshman, but she sustained a stress fracture in her leg two weeks before the major-meet portion of the season. She returned to earn All-County honors for indoor track (1,600 meters) and spring track (3,200), then anchored the Maroons' 4 x 800 and distance medley

relays to national championships in June.

The significance of her return this autumn is not lost on RHS head coach

"We don't quite have the depth we had last year, so it's huge," said Brown, who doubles as spring track and cross-country coach. "And Catherine is much more than her point-getting. In terms of her influence and impact on the team, she's like a captain... she's a great role model for the other kids."

And Pagano is not the only leader among the team's underclassmen.

Juniors Emily Fishbein and Laura Weisberger are two of the Maroons' four elected captains and occupy roles that, throughout the program's 39-year history, have been filled almost exclusively by seniors. Both are returning All-Suburban first-teamers and, along with Pagano and sophomore Kelly Cleary (the 2011 All-Suburban Freshman of the Year), give RHS a formidable top four.

"It's a pretty young team," senior Les-ley Jones said Tuesday. "We have a lot of new people. But there are a lot of great runners [among them], and I'm excited."

Jones and senior Francesca Felder are the other two quad-captains and placed 5-6 in Monday's 22-39 victory over Paramus. Ridgewood (3-0) opened by defeating Indian Hills, 21-40, and Hackensack, 15-50, in a tri-meet last Saturday, paced by Pagano's first-place time of 19:12.

Brown noted that sophomore Tara Cirillo and freshman Leah Rosenfeld also could be factors in the team's top seven. "I've got basically eight kids that are running pretty well right now," he said.

RHS was ranked No. 1 in *The Record's* preseason Top 20, one spot ahead of new Big North-Freedom rival Northern Highlands. The two could square off as often as five times this year: in a dual meet (Oct. 1), the league championships (Oct. 9), the County Group A meet and - should both qualify - the BMOC and State Meet of Champions.

North Jersey Sports

FALL PREVIEWS

Sunday: Gymnastics Monday: Field Hockey Tuesday: Girls tennis Wednesday: Girls volleyball, girls soccer

Today: Girls crosscountry, boys soccer Friday: Boys crosscountry, football

GIRLS CROSS-COUNTRY PREVIEW

AROUND THE DIVISIONS

Big North LIBERTY

All-Passaic star senior Gabrielle Gonzaga leads a Clifton team that again should contend for the Passaic title. Seniors Ivonne Boria, Alexa Budhi, Allison Mejia and junior Leslie Sanchez should help.

Bergen Tech has a solid returning team led by seniors Vivian Tu (third-team All-Bergen) and Jackie Pan, juniors Natasha Kellas, Marina Solis and Christina Stevens and sophs Shannon Oscher and Rebecca

Passaic should be solid with seniors Diana Rodriguez, Jessenia Lopez and Salina

Passaic Tech should be solid this year with senior Kerry Ann Edwards (first-team all-division) and juniors Crystal Lawrence (second-team all-division), Breisha Morton, Earleen Gonzalez and Danielle Santa Cruz ready to improve.

Eastside and Kennedy are rebuilding. **FREEDOM**

Ridgewood hopes to defend its Bergen Meet of Champions and division titles with junior All-North Jersey star Emily Fishbein, junior Laura Weisberger and seniors Lesley Jones and Francesca Felder getting help from sophs Kelly Cleary and Genevieve Felsenstein. Soph Catherine Pagano, who anchored two National Champion distance relay teams is back after a stress fracture cut her freshman

The Maroons better be good because Northern Highlands returns defending Bergen County champion Ariana North, juniors Sofia Licata and Anna Richard and sophs Karina North and Veronica Mahler from last year's outstanding team.

Indian Hills has a very good core back, led by Krissie Gaffney, Sydney Coughlin, Emily Wilkes, Kelly Bucciaino and Liz

Paramus returns honorable mention All-Bergen selections Jolie Bartner (senior) and Lindsey Lucas (junior), and fellow junClifton's Gabrielle Gonzaga, All-Passaic County last year, and the Mustangs should contend for the county title. iors Lauren Mihalik and Annika Nungra.

Ramapo has a potential All-North Jersey star in junior Deanna DiLandro and soph Kelly McCauley provides good support.

A good summer of training makes Hackensack optimistic about rebuilding behind senior Johanna Castro and juniors Adriana Nunez, Priscilla Achirem and Jenny

PATRIOT

Ramsey has a veteran core with seniors Kaitlyn Johnston, Jacqueline Clinton, Kierra Jordan, iviaggie i iliotson and Katie Vernon and junior Courtney Porfido making it a division favorite.

Westwood moves from the American Division and junior Corinne Myers could add a Patriot title to her American crown. Seniors Victoria Hanna and Kim Oppenheim, and juniors Emilie McLaughlin and Justine

Junior Mikayla Pacilio leads a rebuilding Mahwah team.

River Dell welcomes former All-Bergen star Briana Bayersdorfer as the new coach and State Group qualifier Emily Croonquist (Jr.), Bergen Meet of Champions qualifier Marisa Wozniak (senior) and Melissa Gibbons (senior) hope to help a robust freshman class to quickly develop. Pascack Hills is rebuilding behind seniors Mara Schwartz and Molly Mandel and junior Jen Wankmuller.

Holy Angels might be ready to return to the top of the Bergen County and state ranks led by seniors Ashley Strysko (All-North Jersey), Brianna Martinotti and Tara Hayes, junior Niamh Glynn and soph Mary Watters. Junior Lydon Kersting, an 11:29 3,200 runner last spring may be the key in her first cross-country year.

Immaculate Heart has a new coach in John Downey and has a lot of talent led by seniors Casey Devaney and Caroline Morano, juniors Erin Ahearn and sophs Colleen Buckley and Kate Mackie.

Paramus Catholic should be improved, led by seniors Catherine Bradshaw and Lila Morreale, and juniors Adrianna Castro and Danielle Neslon.

DePaul's top returnee is soph Milena Hareza.

INDEPENDENCE

Wayne Hills again is a Passaic County contender and hopes to make some noise behind a great junior class led by All-North Jersey runner Alyssa Loffredo, All-Passaic star Lucy Peschel, Stephanie Bitcon, Caitlyn Wallace and seniors Jenny-Lee Aciu and Alex Pyper.

Wayne Valley could give its archrival Wayne Hills the closest battle in division and Passaic County action, with seniors Angeline Matthews and Emily Vogel, juniors Allison Fournier(All-Passaic) and



FILE PHOTO BY KEVIN R. WEXLER/STAFF PHOTOGRAPHER

The Record preseason Top 20 rankings

1. Ridgewood 11. Paramus 2. No. Highlands 12. Westwood 3. Holy Angels 13. Clifton 4. Wayne Hills 14. Ramsey 15. Tenafly 6. Eastern Christian 16. Pascack Valley /. Indian Hills 17. Fort Lee

18. Cliffside Park 8. West Milford 9. Wayne Valley 19. Glen Rock

10. Old Tappan 20. Ramapo Major meets schedule, S-10

Alyssa Covello and soph Erin Callaghan. West Milford has a solid team led by seniors Amy Cochran (All-Passaic), Christa Callamari, Taylor Ryan and Heather Piccoli.

Lakeland looks to senior Violet Rooney and junior Alex Faeth to improve.

Fair Lawn enters the division with a fine senior in Olga Oretsky, who was secondteam all-division in the Cutters' previous

Passaic Valley's best appears to be junior Melissa Torres. **NATIONAL**

Old Tappan has a solid core group returning led by seniors Alyssa Casamento, Ellen Ubl and Kelly Procida, juniors Jenny Hubert and Hannah Pinto and sophomore Caitlin Ubl, and should be a division and state sectional contender.

Pascack Valley moves from the Patriot Division and could contend with seniors Kayla Begen and Corinne Weir, and juniors Bessie Zavidow, Madison Weis and Alice Urbiel.

Last year's Patriot champ Tenafly moves to the National with Patriot individual champ Josette Norris (junior) leading an experienced group that includes Lauren Bangug, juniors Molly Aronson, Carly Stewart, Veronica Rocco and Madisyn Primas and soph Maria Newport.

Demarest has a strong senior core led by former All-Bergen selection Brittany Day. Carmel Evar, Katie Kupferschmid, Caroline McGuire, Bridgette Peremen, Courtney Ross, Hannah Sharit and Chloe Stein bring depth and junior Gabriella Martinez is a solid performer.

Teaneck is led by senior Khaliyah Leg-

Bergenfield is rebuilding. **AMERICAN**

Fort Lee can contend for the division title led by junior Melanie Plattner, and seniors Christina Ramirez, Julie Lau and Renee

Ridgefield Park will try to win its first division title led by senior Monica Strow-bridge and junior Enisa Mrkulic, who were all-division last year. Seniors Merissa Muller, Ellen Kim, Abisola Adewolu and Brianna Monnett provide needed depth. Cliffside Park is much improved, led by senior Shannen Gallardo, perhaps the division favorite, seniors Rosemary Ventura

DePena. Seniors Samantha Loh, Maya Chacko Vanessa Pesantes and Meli Quevedo lead Saddle Brook has an extremely young **Dumont**, but juniors Jillian Wolthoff and Samantha Melamed and soph Lauren Doyle will determine the extent of its suc-

and Elisabeth Partafylla and junior Gabby

Englewood continues to rebuild.

NJĪĈ

COLONIAL

Defending Passaic County and division champ Eastern Christian, off of back-toback appearances in the State Meet of Champions, enters its first year in the last five years without the graduated Kristen Traub, one of the greatest cross-country runners in North Jersey history. But nearly everyone else returns, including Kathryn Post, Bethany Van Eck and Erin and Kayla Van Lenten, and if first-year senior Nina Schur, junior Jen Tartini and soph Emily Maura can quickly develop, a repeat county title and return to the SMOC are

Rutherford could be a sleeper with seniors Theresa Forte, Cara Donohue and Vanessa Urueta, and sophs Rebecca Arnold and Allison Regan (all-division last year). But it's first-year junior Katie Sullivan who could be the key after a terrific track season.

Glen Rock is returning letter-winning juniors Margaret Rae, Kate Harrison and Lila Milgrom, and soph Molly Smith should help the Panthers stay near the top of the division.

Garfield has a good trio: seniors Diann Aguasviva and Victoria Contreras and junior Crystal Gato.

Lyndhurst moves over from the Meadowlands Division led by seniors Lexus Lopez and Brittany Levario.

Pompton Lakes' top runner is soph Brenna Falvey.

New Milford enters a new division and adds volleyball convert Jaimee Tiu (senior) to returning Kelly Ordonez (senior). The Knights have a large and strong freshman and sophomore group.

Manchester, Mary Help of Christians and Dwight-Englewood are rebuilding. **MEADOWLANDS**

Leonia comes to a new division with a new coach, Katie Cherney, but an old attitude, looking for championship status in

its first year. Seniors Claire Jiang and Molly Kennedy, and juniors Andrea Galfo, Chelsea Hwang (all-division) and Jessica Son lead the group.

Secaucus has its top three runners back, soph all-division Victoria De La Rosa, and seniors Christine Aguilera and Dana Gallo, but veteran coach Stan Fryczynski said soph newcomers Samantha Nesheiwat and Katalina Cornelio should break up or surpass that trio. If they do, the Patriots could win here.

team, but look for junior Gabrielle Lipari, soph Jamie Mathus and freshman twins Ashley and Nicole McVeigh to be important parts of the team.

Becton, Harrison, Immaculate Conception, Queen of Peace, Ridgefield and St. Mary are rebuilding.

PATRIOT

Defending champion Bogota is a potential Group 1 contender, led by Elizabeth O'Brien, a second-team All-North Jersey selection, with fellow seniors Deanna Brugger, Casey Murphy and Genesis Rivera, and sophs Anais Fernandez (all-division) and Mika Sunga. Freshman Jillian O'Brien also should make the top seven.

Hasbrouck Heights won the Meadowlands last year and returns seniors Ali Robitaille, Kelly Moran and Jess Guerra. Cresskill can contend for the title with

juniors Reina Tamura (all-division), Lauren Polcaro, Mone Anzai, Julia Barnhart and Danielle Shapiro. Emerson/Park Ridge is another con-

tender with seniors Jen Nativo (all-division), Julia Kinsey and Nicole Pantoliano and junior Yomara Huerta. If junior Chris Kehrli can return from injury to the form she had as a 2010 all-division performer, this team will be very good. Midland Park has returning letter-winners

in seniors Kelly Brower and Nicole Burger, and senior depth in Lisa Carle, Marie Mathews, Sophie Moskowitz and Beth

Palisades Park has a good duo in senior Juliana Lee and soph Alexandra Lacoraz-

Waldwick has a good senior class, headed by Katie Panagiotou, Kim Marsden, Sam Dunn and Karine Yamout. Soph Katelyn Marsden also will help coach Dan Slagle enjoy a good first season. Hawthorne Christian and Saddle River

Day are rebuilding.

NJAC

:::::

Kinnelon lost a lot from last year's terrific, Group 1 runner-up team, but returns senior Nicole Rodriguez, junior Rachel Rosenberg and sophs Morgan Pierpont, Maria Matthews and Andrea Vazquez, and again should be very good.

RUNNERS TO WATCH

Colleen Buckley, **IHA** sophomore

Her first season was a resounding success as she finished in the top 10 at the Bergen Meet of Champions and just missed a State Meet of Champions berth.

Deanna DiLandro, Ramapo junior

Perhaps the area's best 800-meter runner, she finished 20th in the Group 3 race last year and should be ready to be a more consistent runner and contend for titles.

Emily Fishbein, Ridgewood junior

One of five returnees from last year's All-North Jersey team, she helped bring the Maroons back to the top in Bergen County and to the State Meet of Champions for the first time in six years.

Gabrielle Gonzaga, Clifton senior

The Big North Liberty defending champion looks to improve on her third-place finish in the Passaic County championships and qualify for the Group 4 championship.

Alyssa Loffredo, **Wayne Hills junior**

She had a spectacular first cross-country season, winning the Big North Independence title. taking second in Passaic and becoming the first Wayne Hills girl to compete in the State Meet of Champions in 34 years.

Josette Norris, Tenafly junior

The All-North Jersey selection is coming off perhaps the best cross-country season in school history, winning the Big North Patriot, taking second in the Bergen Meet of Champs and reaching the State Meet of Champs.

Ariana North, No. Highlands senior

It's hard to believe North can have a better year than last year, winning the Bergen Meet of Champs, Group 3 sectional, taking second in Group 3 and eighth in the State Meet of Champions, but don't bet against it.

Elizabeth O'Brien, **Bogota** senior

One of the top Group 1 runners in the state, she just missed All-Bergen and All-North jersey first teams, and appears ready to make the jump to that level this

Catherine Pagano, Ridgewood sophomore

A stress fracture cut her freshman cross-country year short, but the anchor of two National Champion outdoor teams last spring is poised to be one of the

Ashley Strysko, **Holy Angels senior**

The Big North United champ went on to take fourth in the Bergen Meet of Champions and Non-Public A meet, and is poised to lead the Angels back to state prominence.



- Paul Schwartz ARIANA NORTH

Ridgewood vs Hackensack & Indian Hills Date 9/8 Weather: Wet! Course <u>Darlington</u> Course Record _____ Final Scores 1-5 Split 2:28 1-7 Split

BIG NORTH AM RACE 3 - 9/8/2012 DARLINGTON PARK 5k Run CC Comp# Name School Time Points ______

Comment: We have a very good team! Our summer running and preseason training is paying off.

Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9
Hackensack vs Indian Hill	========= s 5000 Run									
1 Indian Hills	17	1	2	3	5	6	11			
Total Time: 1:49:0	9.00									
Average: 21:4	9.80									
2 Hackensack	38	4	7	8	9	10	12	13		
Total Time: 2:00:1	9.00									
Average: 24:0	3.80									
Hackensack vs Ridgewood 5	000 Run									
1 Ridgewood	15	1	2	3	4	5	6	7		
Total Time: 1:43:2	7.00									
Average: 20:4	1.40									
2 Hackensack	50	8	9	10	11	12	13	14		
Total Time: 2:00:1	9.00									
Average: 24:0	3.80									
Indian Hills vs Ridgewood	5000 Run									
1 Ridgewood	21	1	2	5	6	7	8	9		
Total Time: 1:43:2	7.00									
Average: 20:4	1.40									
2 Indian Hills	40	3	4	10	11	12	13			
Total Time: 1:49:0	9.00									
Average: 21:4	9.80									



Ridgewoo	od vs <u>Frosh</u>	Date <u>9/8</u> Weather <u>W</u>	<u>et!</u>
Course	Darlington	Course Record	
Final Sco	res	1-5 Split 1-7 Split	

2012 BIG NORTH AM FROSH RACE - 9/8/2012 DARLINGTON PARK Rankings

Mixed 3200 Meter Run CC

Mixea	3200 M	Meter Run CC			
	Comp#	Name		School	Time Points
1	====== 1454	Thurston, Michael	===== M9	======================================	8:38
3		Binstock, Matt	M9	Ridgewood	9:16
5	1436	·	M9	Ridgewood	9:30
6	1389	•	M9	Ridgewood	9:32
8	1411	The state of the s	M9	Ridgewood	9:40
9	1437	, ,	M9	Ridgewood	9:42
10	1457	Westcott, Evan	M9	Ridgewood	9:43
13	1425	Gilligan, Brad	M9	Ridgewood	9:54
14		Casale, Michael	M9	Ridgewood	9:57
20	1430	Hughes, Brendan	M9	Ridgewood	10:31
24		Jerdee, Max	M9	Ridgewood	10:39
29		Bontoux, Luc	M9	Ridgewood	10:50
30		Garcia, Alec	M9	Ridgewood	10:54
32		Schneider, Josh	M9	Ridgewood	11:02
34		Halvorsen, Sam	W9	Ridgewood	11:02
36		Chiu, Albert	wэ М9	Ridgewood	11:10
39		Rademacher, Madison	мэ м9	Ridgewood	11:10
41		Sofka, Jack	мэ м9	Ridgewood	11:16
45		Yannella, Peter	мэ м9	Ridgewood	11:16
47		·	мэ М9	Ridgewood	11:34
49		Rubinstein, Zachary Stern, Isabelle	M9	Ridgewood	11:40
53		· · · · · · · · · · · · · · · · · · ·		Ridgewood	11:44
53 54		Cascino, Dominic Sherman, Anya	M9 W9	Ridgewood	11:58
55		-		-	
58		Stern, Emily Haas, Lindsay	W9	Ridgewood	11:58
58 59			W9	Ridgewood	12:10 12:11
61		Barbera, Mia	W9	Ridgewood	12:11
62		Bennett, Brian	M9	Ridgewood	
66		Kelly, Claire	W9	Ridgewood	12:20 12:35
67		Bavishi, Poyani	W9	Ridgewood	
	1427	Goodman, Peter	M9	Ridgewood	12:35
70		Tokarz, Anthony	M9	Ridgewood	12:49
72		Dwyer, Erin	W9	Ridgewood	12:54
76		Dwyer, Kelly	W9	Ridgewood	13:10
80		Lavin, Olivia	W9	Ridgewood	13:27
81		Knee, Mollie	W9	Ridgewood	13:28
85		Harris, Grace	W9	Ridgewood	13:53
86	1379	Soriano, Diana	W9	Ridgewood	13:54
88		Jahanbin, Allia	W9	Ridgewood	14:01
89		Gervolino, Casey	W9	Ridgewood	14:02
90		Carroll, Olivia	W9	Ridgewood	14:02
91		Tarvin, Hunter	W9	Ridgewood	14:03
92		Flood, Tatum	W9	Ridgewood	14:06
93		± *	W9	Ridgewood	14:08
96		Hernandez, Sam	W9	Ridgewood	14:47
104	1369	Mehos, Tatiana	W9	Ridgewood	18:10

Ridgewood vs Paramus Date 9/10 Weather sun/cool
Course Darlington Course Record
Final Scores 22-39 1-5 Split 1:22 1-7 Split 2:07

BIG NORTH MONDAY 9-10 - 9/10/2012

	Name 		School	Finals	Points
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1	Cleary, Kelly	W	Ridgewood	20:24.42	1
	Bartner, Jolie	W	Paramus	20:30.37	2
3	Weisberger, Laura	W	Ridgewood	20:51.01	3
4	Lucas, Lindsey	W	Paramus	21:22.27	4
5	Jones, Lesley	W	Ridgewood	21:45.06	5
	Felder, Fran	W	Ridgewood	21:46.09	6
7	Rosenfeld, Leah	W	Ridgewood	21:46.54	7
8	Cirillo, Tara	W	Ridgewood	21:52.38	8
9	Tai, Tayler	W	Ridgewood	22:31.98	9
10	Cumbo, Emily	W	Ridgewood	22:47.73	
	Carle, Kristen	W	Ridgewood	22:48.43	
12	Felsenstein, Genevieve	W	Ridgewood	22:56.52	
13	Mihalik, Lauren	W	Paramus	23:03.44	10
14	Casey, Aisling	W	Ridgewood	23:45.52	
	Broatch, Mackenzie	W	Ridgewood	23:56.62	
	Dwyer, Colleen		Ridgewood	24:25.08	
	Earl, Baker		Ridgewood	24:35.68	
18	Parsekian, Blake	W	Ridgewood	24:50.43	
19	Merck, Margaret	W	Ridgewood	25:04.25	
	Stern, Becca		Ridgewood	25:06.30	
	Kuriki, Kasumi		Paramus	25:23.40	11
22	Pineda, Jasmine	W	Paramus	25:35.41	12
	Anzalone, Blair	W	Ridgewood	25:44.93	
	Sandler, Sarah		Ridgewood	25:51.72	
	Daniels, Kylie		Ridgewood	26:05.60	
	Fogg, Amelia		Ridgewood	26:18.77	
	Feldhahn, Katy		Ridgewood	26:27.36	
	Chiaramonte, CJ		Ridgewood	26:28.07	
	Cebek, Carly		Ridgewood	27:07.13	
	Francis, Kat		Ridgewood	27:23.69	
	Jahanbin, Maryam		Ridgewood	27:44.23	
	Caliquire, Sarah Kate		Ridgewood	28:04.38	
	Callaghan, Megan		Ridgewood	28:35.92	
	Kopec, Elizabeth		Ridgewood	28:45.01	
	Vohra, Shefalee		Paramus	29:16.24	13
	Szymanski, Emma		Ridgewood	30:07.16	
50	Perez, Melissa		Paramus	30:48.40	14



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Rank Team	Total	1	2	3	4	5	* 6	*7	*8	* 9
Results - Women 5000 Run										
1 Ridgewood	22	1	3	5	6	7	8	9		
Total Time: 1:46:33.	12									
Average: 21:18.	63									
2 Paramus	39	2	4	10	11	12	13	14		
Total Time: 1:55:54.	89									
Average: 23:10.	98									

Ridgewood vs <u>Big North Frosh</u>	Date <u>9/10 Weather</u>
Course <u>Darlington</u>	Course Record
Final Scores	1-5 Split <u>1:27</u> 1-7 Split

BIG NORTH MONDAY 9-10 - 9/10/2012 Event 1 Mixed 3200 Meter Run CC Freshman

Results - Mixed 2 Crane-Moscowitz, Kenny M9 Ridgewood 9:50.57 3 Millstein, Eli M9 Ridgewood 9:51.73 4 Casale, Michael M9 Ridgewood 9:54.57 5 Westcott, Evan M9 Ridgewood 9:55.97 7 Gilligan, Brad M9 Ridgewood 9:57.06 8 Hughes, Brendan M9 Ridgewood 10:10.22 11 Jerdee, Max M9 Ridgewood 10:27.08 12 Schneider, Josh M9 Ridgewood 10:28.18 13 Halvorsen, Sam W9 Ridgewood 10:28.18 14 Halvorsen, Sam W9 Ridgewood 10:42.82 20 Rademacher, Madison M9 Ridgewood 10:53.15 21 Garcia, Alec M9 Ridgewood 10:53.15 22 Yannella, Peter M9 Ridgewood 10:53.49 23 Brennan, Michael M9 Ridgewood 10:53.49 24 Gascino, Dominic M9 Ridgewood 10:53.99 25 Cascino, Dominic M9 Ridgewood 11:29.14 27 Rubinstein, Zachary M9 Ridgewood 11:31.21 31 Bennett, Brian M9 Ridgewood 11:31.21 31 Bennett, Brian M9 Ridgewood 11:32.45 33 Knight, Terence M9 Ridgewood 11:34.44 34 Haas, Lindsay W9 Ridgewood 11:55.61 38 Stern, Emily W9 Ridgewood 11:55.61 39 Stern, Isabelle W9 Ridgewood 11:57.15 40 Dwyer, Erin W9 Ridgewood 11:57.15 40 Dwyer, Erin W9 Ridgewood 12:03.35 41 Sherman, Anya W9 Ridgewood 12:07.49 42 Barbera, Mia W9 Ridgewood 12:07.49 42 Barbera, Mia W9 Ridgewood 12:07.49 43 Ridgewood 12:07.49 44 Priman, Albert M9 Ridgewood 12:07.49 45 Barbera, Mia W9 Ridgewood 12:07.49 46 Barbera, Mia W9 Ridgewood 12:07.33 47 Chiu, Albert M9 Ridgewood 12:20.63 48 Spirken, Griffen M9 Ridgewood 12:20.73 51 Tokarz, Anthony M9 Ridgewood 12:46.93 55 Jennings, Shayna W9 Ridgewood 13:05.76	nts
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47 Chiu, Albert M9 Ridgewood 12:20.63 48 Spirken, Griffen M9 Ridgewood 12:29.74 49 Bavishi, Poyani W9 Ridgewood 12:32.33 51 Tokarz, Anthony M9 Ridgewood 12:45.27 53 Whittaker, Cayla W9 Ridgewood 12:46.93 55 Jennings, Shayna W9 Ridgewood 13:05.76	
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49 Bavishi, Poyani W9 Ridgewood 12:32.33 51 Tokarz, Anthony M9 Ridgewood 12:45.27 53 Whittaker, Cayla W9 Ridgewood 12:46.93 55 Jennings, Shayna W9 Ridgewood 13:05.76	
51 Tokarz, Anthony M9 Ridgewood 12:45.27 53 Whittaker, Cayla W9 Ridgewood 12:46.93 55 Jennings, Shayna W9 Ridgewood 13:05.76	
53 Whittaker, Cayla W9 Ridgewood 12:46.93 55 Jennings, Shayna W9 Ridgewood 13:05.76	
55 Jennings, Shayna W9 Ridgewood 13:05.76	
EC D W-11 MO D'4	
56 Dwyer, Kelly W9 Ridgewood 13:11.99	
57 Harris, Grace W9 Ridgewood 13:14.36	
58 Knee, Mollie W9 Ridgewood 13:20.29	
59 Soriano, Diana W9 Ridgewood 13:30.38	
60 Lavin, Olivia W9 Ridgewood 13:40.21	
62 Jahanbin, Allia W9 Ridgewood 13:53.52	
63 Gervolino, Casey W9 Ridgewood 13:59.50	
64 Flood, Tatum W9 Ridgewood 14:01.71	
65 Carroll, Olivia W9 Ridgewood 14:05.74	
68 Delaney, Samantha W9 Ridgewood 14:36.13	
71 Hernandez, Sam W9 Ridgewood 14:51.15	
75 Sonal Tulsyani W9 Ridgewood 17:25.55	

Meet: Season Opener Course: Darlington

Division: Frosh Course Record:

Date: 9/14/2012 Ridgewood Record: 9:49

Weather: Type of Course:

Team Total: Team Place: 1st 1-5 Split: 1:01 1-7 split:

2012 Bergen County Season Opener - 9/14/2012

Front 2 Girls 3200 Meter Run CC Frosh Girls

Darlington Park

Name Ye	ar Scho	ol			Avo	g Mil	е	Finals	3	Point
======================================	====== Ridg	===== ewood	====	=====		5:0	===== 8	10:12	===: 2	1
4 #1540 Halvorsen, Sam	Ridg	ewood				5:1	7	10:30)	4
15 #1539 Haas, Lindsay	Ridgewood					5:3	8	11:13	1	9
16 #1527 Dwyer, Erin	Ridg	Ridgewood				5:3	8	11:12	2	10
17 #1563 Stern, Emily	Ridg	ewood			5:39			11:13	3	11
22 #1564 Stern, Isabelle	Ridg	ewood				5:4	5	11:25	5	14
24 #1559 Sherman, Anya	Ridg	ewood				5:4	7	11:29	9	15
29 #1508 Barbera, Mia	Ridg	ewood				5:5	3	11:41	l	
46 #1542 Whittaker, Cayla	Ridg	ewood				6:1	3	12:20)	
51 #1509 Bavishi, Poyani	Ridg	ewood				6:1	8	12:32	2	
56 #1545 Jennings, Shayna	Ridg	ewood				6:2	8	12:51	1	
59 #1548 Knee, Mollie	Ridg	ewood				6:2	9	12:53	3	
62 #1561 Soriano, Diana	Ridg	ewood				6:3	3	13:02	2	
63 #1528 Dwyer, Kelly	Ridg	ewood				6:3		13:00	6	
65 #1550 Lavin, Olivia	Ridg	ewood				6:3	7	13:09	9	
68 #1567 Tarvin, Hunter	Ridgewood				6:40			13:15	5	
70 #1537 Garrity, Isabelle	Ridgewood				6:42			13:19	9	
71 #1534 Flood, Tatum	Ridg	ewood			6:43			13:20)	
74 #1541 Harris, Grace	Ridg	ewood				6:4		13:20	5	
95 #1543 Jahanbin, Allia	_	ewood				7:1	0	14:15	5	
109 #1551 Mehos, Tatiana (123 finishers)	Ridgewood					8:3	4	17:02	2	
,	Te	am Sc								
Rank Team	Total	1	2	3	4	5	* 6	*7	* 8	* 9
 1 Ridgewood	====== 35	1	4	9	10	11	14	15	===:	
Total Time: 54:18.00		Avera	age:	10	:51.60)				
2 West Milford	74	2	3	20	21	28				
3 Immaculate Heart	78	8	13	16	19	22	24	27		
4 Hasbrouck Heights	105	5	12	23	25	40	43			
5 Saddle Brook	130	6	7	32	34	51	53			
6 DePaul	179	18	31	36	39	55	57	62		
7 North Bergen	211	30	33	42	48	58				
8 Montclair	223	26	29	44	61	63				
9 Lyndhurst	223	37	41	46	49	50				
10 Hackensack	226	17	38	52	59	60	64			
11 Harrison	237	35	45	47	54	56				

ESDAY E 4 	<i>r</i> - 9/19/201		lit		1-7 S	plit _	
ESDAY E 4 =====	- 9/19/201	1-5 Sp	lit		1-7 S _]	plit _	
E 4 ===== {ear		2					
==== Year							
					Final:	===== s Poi	=== ints
					======		
W	Ramapo		6:	: 43	20:5	1 1	
TAT	Pidaewood						
W	Ridgewood		6:	:57	21:3	5 3	3
W	Ridgewood		7 :	:02	21:5	1 4	1
W	Ridgewood		7 :	:16	22:3	4 5	5
W	Ramapo		7 :	:22	22:53	3 6	5
W	Ridgewood		7 :	:26	23:0	5 7	7
W	Ridgewood		7 :	: 32	23:23	3 8	3
W	Ridgewood		7 :	: 34	23:30	0 9	9
W	Ridaewood		7 :	:36	23:3	7	
W	Ridgewood		7 :	:43	23:5	6	
W	Ramapo		7 :	: 49	24:1	5 10)
W	Ridgewood		7 :	:52	24:2	5	7-1-3-4
			7 :	:54	24:3	1 11	147
W	Ramapo		7 :	:54	24:3	1 12	2
W	Ridgewood		8 :	:01	24:5	5	
W	Ridgewood		8 :	:04	25:0	4	
W	Ridgewood		8 :	:05	25:0	7	
W	Ridgewood		8:	:15	25:3	8	
W	Ridgewood		8:	:17	25:4	4	
W	Ramapo		8:	:20	25:53	3 13	3
W	Ridgewood		8:	27	26:1	4	
W	Ridgewood		8:	: 33	26:32	2	Maria
W	Ramapo		8 :	: 34	26:3	5 14	
W	Ridgewood		8 :	: 34	26:3	7	
TAT	Ridgewood		8 :	:36	26:43	1	189 7 2 2 2 2 2 2
W	Ridgewood		8:	:43	27:0	5	Sec. 20.
W	Ramapo		8 :	: 47	27:1	5	1000
W	Ridgewood		8:	:50	27:2	6	
			8 :	:52	27:33	3	
W	Ridgewood		8 :	:53	27:3	5	
W	Ridgewood		9:	:09	28:23	3	
			9:	:13	28:3	8	
W	Ridgewood		9:	:14	28:3	9	
W	Ridgewood		9:	:30	29:3	1	
			9:	:32	29:3	5	
W	Ridgewood		9:	:36	29:4	9	
			9:	44	30:1	4	
	_						
W	Ramapo		10:	:42	33:13	3	
	Team Scor	es					
						===== *8	=== *9
	W W W W W W W W W W	W Ridgewood W Ridgewood W Ramapo W Ridgewood W Ramapo W Ridgewood W Ridgewood W Ridgewood W Ridgewood W Ridgewood W Ramapo W Ridgewood W Ramapo W Ridgewood W Ramapo W Ridgewood W Ramapo W Ridgewood W Ramapo W Ridgewood W Ramapo	W Ridgewood W Ramapo W Ridgewood W Ramapo W Ridgewood	W Ridgewood 6 W Ridgewood 7 W Ramapo 7 W Ridgewood 8 W Ridgewood 9 W Ridgewood	W Ridgewood 6:50 W Ridgewood 7:02 W Ridgewood 7:16 W Ramapo 7:22 W Ridgewood 7:26 W Ridgewood 7:32 W Ridgewood 7:34 W Ridgewood 7:34 W Ridgewood 7:43 W Ramapo 7:49 W Ridgewood 7:52 W Ramapo 7:54 W Ridgewood 8:01 W Ridgewood 8:05 W Ridgewood 8:15 W Ridgewood 8:17 W Ramapo 8:20 W Ridgewood 8:33 W Ridgewood 8:34 W Ridgewood 8:34 W Ridgewood 8:43 W Ramapo 8:47 W Ridgewood 8:50 W Ramapo 8:52 W Ridgewood 9:09 W Ramapo 9:14 W Ridgewood 9:30 W Ridgewood 9:32 W Ridgewood 9:32 W Ridgewood 9:36 W Ramapo 9:36	W Ridgewood 6:50 21:1 W Ridgewood 6:57 21:3 W Ridgewood 7:02 21:5 W Ridgewood 7:16 22:3 W Ridgewood 7:22 22:5 W Ridgewood 7:26 23:0 W Ridgewood 7:32 23:2 W Ridgewood 7:34 23:3 W Ridgewood 7:36 23:3 W Ridgewood 7:43 23:3 W Ridgewood 7:49 24:1 W Ridgewood 7:54 24:3 W Ramapo 7:54 24:3 W Ridgewood 8:01 24:5 W Ridgewood 8:01 24:5 W Ridgewood 8:05 25:0 W Ridgewood 8:15 25:3 W Ridgewood 8:27 26:1 W Ridgewood 8:33 26:3 W Ridgewood 8:34 26:3 W Ridgewood 8:43 27:0 W Ridgewood 8:43 27:0 W Ramapo 8:52 27:3 W Ridgewood 8:53	W Ridgewood 6:50 21:12 2 W Ridgewood 6:57 21:35 3 W Ridgewood 7:02 21:51 4 W Ridgewood 7:16 22:34 5 W Ramapo 7:22 22:53 6 W Ridgewood 7:26 23:05 7 W Ridgewood 7:32 23:23 8 W Ridgewood 7:34 23:30 9 W Ridgewood 7:34 23:30 9 W Ridgewood 7:36 23:37 W Ridgewood 7:43 23:56 W Ramapo 7:49 24:15 10 W Ridgewood 7:52 24:25 7 W Ramapo 7:54 24:31 11 W Ramapo 7:54 24:31 11 W Ridgewood 8:01 24:55 W Ridgewood 8:01 24:55 W Ridgewood 8:04 25:04 W Ridgewood 8:05 25:07 W Ridgewood 8:15 25:38 W Ridgewood 8:17 25:44 W Ramapo 8:20 25:53 13 W Ridgewood 8:33 26:32 W Ramapo 8:20 25:53 13 W Ridgewood 8:34 26:35 14 W Ridgewood 8:35 27:26 W Ramapo 8:47 27:15 W Ridgewood 8:50 27:26 W Ramapo 8:52 27:33 W Ridgewood 8:53 27:35 W Ridgewood 9:09 28:23 W Ramapo 9:13 28:38 W Ridgewood 9:09 28:23 W Ramapo 9:14 28:39 W Ridgewood 9:30 29:31 W Ridgewood 9:32 29:35 W Ridgewood 9:32 29:35 W Ridgewood 9:33 29:31 W Ridgewood 9:34 20:14 W Ridgewood 9:32 29:35 W Ridgewood 9:33 29:35 W Ridgewood 9:33 29:35 W Ridgewood 9:33 29:49 W Ramapo 9:44 30:14 W Ridgewood 9:53 30:40 W Ramapo 9:44 30:14 W Ridgewood 9:53 30:40 W Ramapo 9:53 30:40 W Ramapo 9:42 33:13

Ridgewood vs <u>Ramapo-Frosh</u>	Date <u>9/19</u> Weather
Course <u>Garret Mountain</u>	Course Record
Final Scores	1-5 Split 1-7 Split

Sam Halvorsen 14:07 Erin Dwyer 14:48

Lindsay Haas 14:50

Emily Stern 15:00

Anya Sherman 15:42

Isabelle Stern 15:50 Mia Barbera 15:54

Mollie Knee 16:00

Tatiana Mehos 16:29

Shayna Jennings 16:53

Poyani Bavishi 17:17

Grace Harris 17:37

Kelly Dwyer 17:53

Olivia Lavin 18:08

Diana Soriano 18:25

Isabelle Garrity 18:26

Olivia Carroll 18:28

Allia Jahanbin 18:41

Casey Gervolino 19:02

Tatum Flood 19:32

Sam Hernandez 19:55

Sonal Tulsyani 25:02

Meet:	Bowdoin Park Classic	Course:	<u>Bowdoin Park</u>
Division:		Course Re	cord:
Date:	<u>9/22/2012</u>	Ridgewood	d Record:
Weather		Type of Co	ourse:
Team To	tal: Team Place:	7th 1-5 Spli	it: 3:01 1-7 split:

Name	Year School	Finals Points
Results - Women 5000 Run		
5 Pagano, Catherine	Ridgewood	19:50.1 5
30 Fishbein, Emily	Ridgewood	21:16.6 28
39 Cleary, Kelly	Ridgewood	21:37.5 37
41 Weisberger, Laura	Ridgewood	21:52.6 39
70 Cirillo, Tara	Ridgewood	22:51.6 65
78 Felder, Fran	Ridgewood	23:16.3 73
101 Jones, Lesley	Ridgewood	24:13.0 95



Meet: <u>Darlington</u>				Course:							
Divis	sion:	JV		Course Record: Ridgewood Record: Type of Course:							
Date	:	9/22									
Wea	ther:										
Tean	n Tot	al: Team Plac	e:	<mark>lst</mark> 1-5 Split: <u>1:3</u>	2_ 1-7 split:						
Darlin	gton I	nvitational - 9/22/2012		Darlington							
	5k Run Comp#	CC JV Girl Larg Name		School	Time Points						
1		======================================	9	======================================	21:09						
4		Davis, Sarah	11	3	22:32						
5		Felsenstein, Genevieve	10		22:34						
6	820	Carle, Kristen	11	Ridgewood	22:40						
7	828	Cumbo, Emily	10	Ridgewood	22:41						
8	874	Tai, Tayler	10	Ridgewood	22:43						
12	822	Casey, Aisling	12	Ridgewood	23:06						
15	817	Broatch, Mackenzie	11	Ridgewood	23:20						
19	833	Dwyer, Colleen	12	3	23:38						
25	860	Merck, Margaret	11	3	24:22						
27	870	Stern, Becca	11	Ridgewood	24:29						
30		Earl, Baker	10	Ridgewood	24:58						
33		Francis, Kat	12	3	25:02						
35		Schablik, Jen	12	- 3	25:06						
37	814	Anzalone, Blair	12	3	25:44						
44	829	Daniels, Kylie	10	Ridgewood	26:07						
45	842	Fogg, Amelia	10	Ridgewood	26:08						
49	852	Jahanbin, Maryam	11	3	27:10						
50 51	873	Szymanski, Emma	10	2	27:27						
51 55	857 818	Kopec, Elizabeth Caliquire, Sarah Kate	11 10	Ridgewood Ridgewood	27:30 28:09						
55	OTQ	(65 finishers)	10	riagewood	20:09						

Comment: Ridgewood won the meet 23 to 56 over Holy Angels.

Me	et: <u>Darlington</u>		Course:											
	ision: Frosh				Course Record:									
Dat	Date: 9/22						Ridgewood Record:							
We	ather:				Type of Course:									
	Team Total: Team Place			e:	1-5 Split:					1-7 split: _				
Darl: Rank:	ington Invitational - ings	9/22/20	012			Darli	ngton	ı						
Event	t 2 Girls 3200 Meter				ir									
	Name		Schoo	ol			Avo	g Mile	: : :====	Finals	Points			
4 15 16 17 18 19 23 30 38 39 40 41 48 51 52 54 56 65 73 77 79	#847 Halvorsen, Sam #846 Haas, Lindsay #834 Dwyer, Erin #871 Stern, Emily #815 Barbera, Mia #872 Stern, Isabelle #848 Hareas, Emma #867 Sherman, Anya #816 Bavishi, Poyani #835 Dwyer, Kelly #856 Knee, Mollie #821 Carroll, Olivia #844 Garrity, Isabel #841 Flood, Tatum #869 Soriano, Diana #853 Jennings, Shayn #859 Mehos, Tatiana #849 Harris, Grace #858 Lavin, Olivia #845 Gervolino, Case #851 Jahanbin, Allia #850 Hernandez, Sam #876 Tulsyani, Sonal (88 finishers)	9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	Ridge Ridge	ewood	ras			5:13 5:33 5:33 5:42 5:42 5:47 5:53 6:10 6:11 6:14 6:24 6:32 6:32 6:32 6:34 6:48 6:51 7:07 7:59 8:06		10:22 11:02 11:03 11:13 11:19 11:20 11:30 11:41 12:13 12:16 12:17 12:24 12:55 13:00 13:02 13:31 13:36 14:08 15:51 16:06	4 11 12 13 14 15 18			
==== Rank	 Team		otal	1	2	3	4	 5	* 6	*7 *	8 *9			
	Pearl River	0.00	18	1	2	3	5	7	8	9	=====			
2	Ridgewood Total Time: 54:5	9.00 9.80	54	4	11	12	13	14	15	18				
3	Hasbrouck Heights Total Time: 58:4	8.00 5.60	90	6	10	19	23	32	33					
4	Bergen Cty VT Total Time: 1:03:5		122	16	20	24	25	37						
5	Glen Rock Total Time: 1:02:5 Average: 12:3		125	17	21	22	30	35						
	Garfield Total Time: 1:05:4 Average: 13:0		144	26	27	28	29	34	36					
-7	Cliffside Park Total Time: 1:24:0 Average: 16:4		189	31	38	39	40	41	42					

Meet: <u>Maroon Invite</u>	Course: <u>Garret Mt</u>
Division: JV 3&4	Course Record:
Date: 9/28/2012	Ridgewood Record:
Weather: <u>Overcast</u>	Type of Course:
Team Total: Team Place:	1-5 Split: 1:07 1-7 split:

2012 Maroon Invitational - 9/28/2012 Garret Mountain Event 6 Girls 5k Run CC JV Girl 3-4

	Name	·	Year	School	Avg Mile	Finals	Points
3	#1416	Tai, Tayler	10	Ridgewood	7:18	22:41	3
4	#1372	Davis, Sarah	11	Ridgewood	7:20	22:47	4
5	#1370	Cumbo, Emily	10	Ridgewood	7:25	23:00	5
13	#1362	Carle, Kristen	11	Ridgewood	7:36	23:36	11
17	#1381	Felsenstein, Genev	10	Ridgewood	7:40	23:48	15
28	#1375	Dwyer, Colleen	12	Ridgewood	7:53	24:28	26
29	#1364	Casey, Aisling	12	Ridgewood	7:54	24:31	27
30	#1402	Merck, Margaret	11	Ridgewood	7:54	24:32	
33	#1378	Earl, Baker	10	Ridgewood	8:02	24:57	
34	#1412	Stern, Becca	11	Ridgewood	8:03	25:01	
35	#1405	Parsekian, Blake	12	Ridgewood	8:04	25:01	
39	#1366	Chiaramonte, CJ	12	Ridgewood	8:12	25:28	
40	#1408	Schablik, Jen	12	Ridgewood	8:14	25:33	
45	#1407	Sandler, Sarah	11	Ridgewood	8:22	25:57	
46	#1371	Daniels, Kylie	10	Ridgewood	8:22	25:59	
49	#1384	Fogg, Amelia	10	Ridgewood	8:26	26:12	
52	#1356	Anzalone, Blair	12	Ridgewood	8:28	26:17	
54	#1385	Francis, Kat	12	Ridgewood	8:33	26:33	
60	#1410	Smith, Alice	12	Ridgewood	8:48	27:19	
65	#1403	Mullen, Bridget	10	Ridgewood	8:54	27:38	
66	#1394	Jahanbin, Maryam	11	Ridgewood	8:55	27:42	
71	#1415	Szymanski, Emma	10	Ridgewood	9:01	27:58	
75	#1360	Caliquire, Sarah K	10	Ridgewood	9:14	28:39	
84	#1399	Kopec, Elizabeth (94 finishers)	11	Ridgewood	9:35	29:44	

===== Rank 	Team		Total	1	2	3	4	5 	*6	*7	*8	* 9
1	Ridgewood		38	3	4	 5	11	15	26	27		
	Total Time:	1:55:52.00										
	Average:	23:10.40										
2	Hackensack		63	2	8	16	18	19	25	34		
	Total Time:	1:57:31.00										
	Average:	23:30.20										
3	Immaculate He		73	10	12	14	17	20	28	30		
	Total Time:	1:58:43.00										
	Average:	23:44.60										
4	Holy Angels		75	6	7	9	24	29	40	43		
	Total Time:											
	Average:	23:42.20										
5	Middletown So		89	1	13	21	23	31	32	33		
	Total Time:											
	Average:	23:54.20										
6	Bergen Cty VT		168	22	35	36	37	38	44	45		
	Total Time:											
	Average:	25:55.60										
7	Fair Lawn		215	39	41	42	46	47	48	49		
	Total Time:											
	Average:	29:06.00										

Meet:Maroon InviteCourse:Garret MtDivision:Frosh 3&4Course Record:Date:9/28/2012Ridgewood Record:Weather:OvercastType of Course:Team Total:Team Place:1-5 Split:1-5 Split:1:491-7 split:

2012 Maroon Invitational - 9/28/2012 Garret Mountain

Event 2 Girls 3200 Meter Run CC Frosh Girl 3-4

	Name		Year	School	Avg Mi	le Finals	Points
2	#1389	Halvorsen, Sam	9	Ridgewood	6:	40 13:15	1
9	#1376	Dwyer, Erin	9	Ridgewood	7:	18 14:30	5
10	#1388	Haas, Lindsay	9	Ridgewood	7:	19 14:33	6
11	#1413	Stern, Emily	9	Ridgewood	7:	24 14:42	7
18	#1409	Sherman, Anya	9	Ridgewood	7:	35 15:04	13
22	#1414	Stern, Isabelle	9	Ridgewood	7:	39 15:13	17
24	#1357	Barbera, Mia	9	Ridgewood	7:	45 15:24	19
26	#1398	Knee, Mollie	9	Ridgewood	7:	55 15:43	
31	#1395	Jennings, Shayna	9	Ridgewood	8:	00 15:54	
32	#1358	Bavishi, Poyani	9	Ridgewood	8:	01 15:57	
34	#1401	Mehos, Tatiana	9	Ridgewood	8:	04 16:02	
44	#1386	Garrity, Isabelle	9	Ridgewood	8:	37 17:08	
45	#1411	Soriano, Diana	9	Ridgewood	8:	38 17:09	
47	#1391	Harris, Grace	9	Ridgewood	8:	45 17:23	
56	#1393	Jahanbin, Allia	9	Ridgewood	9:	34 19:02	
60	#1418	Tulsyani, Sonal (66 finishers)	9	Ridgewood	11:	02 21:55	

Rank Team	Total	1	2	3	4	5	*6	*7	*8	* 9
1 Ridgewood	32	1	5	6	7	13	17	19		
Total Time: 1:12:04.00										
Average: 14:24.80										
2 Middletown South	50	2	9	10	14	15	25	32		
Total Time: 1:13:14.00										
Average: 14:38.80										
3 Immaculate Heart	80	3	11	20	22	24	27	30		
Total Time: 1:16:39.00										
Average: 15:19.80										
4 Bergen Cty VT	105	8	12	23	28	34				
Total Time: 1:22:39.00										
Average: 16:31.80										
5 North Bergen	115	16	18	21	29	31				
Total Time: 1:19:55.00										
Average: 15:59.00										
6 Hackensack	134	4	26	33	35	36				
Total Time: 1:34:59.00										
Average: 18:59.80										

Ridgewood vs IHA & NH Date 10/1 Weather Sun Course Record Course 1-5 Split 2:12 1-7 Split 2:36 Final Scores 15-48 & 15-48 2012 Big North Monday 10/1/2012 Darlington _______ Year School Finals Points _____ 1 Pagano, Catherine W10 Ridgewood 18:14.46 2 Fishbein, Emily W11 Ridgewood 20:06.76 3 Weisberger, Laura W11 Ridgewood 20:18.30 4 Cleary, Kelly W10 Ridgewood 20:23.89 5 Cirillo, Tara W10 Ridgewood 20:26.89 WSR Northern Highlands 20:27.11 6 North, Ariana 7 Rosenfeld, Leah W9 Ridgewood 20:35.39 WJR Immaculate Heart 8 Ahearn, Erin 20:46.33 WSO Immaculate Heart 9 Buckley, Colleen 20:50.32 10 Felder, Fran W12 Ridgewood 20:50.70 10 11 Dudas, Mikayla WSR Immaculate Heart 20:51.21 WSO Northern Highlands 20:55.46 12 Mahler, Veronica 12 WJR Immaculate Heart 13 St. John, Jackie 21:00.36 14 Jones, Lesley W12 Ridgewood 21:08.33 WJR Immaculate Heart 15 Cole, Danielle 21:16.31 14 16 Halvorsen, Sam W9 Ridgewood 21:21.19 16 Halvorsen, 2.

17 Davis, Sarah
18 Morano, Caroline
19 Mendolia, Lexi
10 Morth, Karina
WSR Immaculate Heart
WSO Northern Highland
WSR Immaculate Heart W11 Ridgewood 21:21.93 21:27.95 15 WSO Northern Highlands 22:07.47 WSR Immaculate Heart 22:12.55 22 Tai, Tayler W10 Ridgewood 22:15.62 23 Nardella, Taylor 24 Felsenstein, Genevieve WSR Immaculate Heart 22:33.12 W10 Ridgewood 22:38.36 WSR Northern Highlands 25 Zilenziger, Katherine 22:43.74 26 Rogers, Jackie 27 Dwyer, Colleen 28 Glasheen, Jaqueline WFR Immaculate Heart W12 Ridgewood 23:04.09 WSR Northern Highlands 23:05.11 29 Casey, Aisling W12 Ridgewood 23:06.22 WFR Immaculate Heart 30 Martinez, Lauren 23:06.81 31 Trattner, Rebecca WJR Northern Highlands 23:07.01 32 O'Boyle, Kaliegh 33 McIlraith, Kathleen WJR Immaculate Heart 23:28.46 WSR Northern Highlands 34 Merck, Margaret 35 Earl, Baker W11 Ridgewood 23:45.73 W10 Ridgewood 23:46.77 36 Hinchen, Jodie WFR Northern Highlands 23:52.17 37 Kennedy, Catherine 38 Broatch, Mackenzie WJR Northern Highlands 23:57.27 W11 Ridgewood 24:03.33 39 Parsekian, Blake W12 Ridgewood 24:03.62 40 Stern, Becca W11 Ridgewood 24:07.59 41 Yong, Michelle 42 Waterhouse, Natalie WSO Northern Highlands 24:11.84 24:18.54 WSO Northern Highlands 43 Micallef, Courtney WSO Northern Highlands 24:23.00 44 Daniels, Kylie 45 Cumbo, Emily W10 Ridgewood 24:54.67 W10 Ridgewood WSR Northern Highlands 46 Welter, McKenzie 25:15.30 47 Sandler, Sarah 25:16.67 W11 Ridgewood 48 Anzalone, Blair W12 Ridgewood 25:27.63 49 Mullen, Bridget W10 Ridgewood 25:29.02 50 Francis, Kat 25:33.90 W12 Ridgewood 51 Barrett, Jaquilin WJR Northern Highlands 25:40.04 W10 Ridgewood 52 Fogg, Amelia 53 Smith, Alice W12 Ridgewood 25:57.71 54 Jahanbin, Maryam W11 Ridgewood WSR Northern Highlands WJR Northern Highlands 55 Pagano, Emily 56 Ryan, Molly 27:17.22 27:28.57 57 Caliquire, Sarah Kate 58 Kopec, Elizabeth 59 Cullinan, Meghan W10 Ridgewood W11 Ridgewood 27:46.48 WSR Northern Highlands 60 Wyman, Sofia WSO Northern Highlands 28:27.28 61 LaBarbiera, Julia WSO Northern Highlands 28:59.73 62 Wasserman, Anya 63 Segovia, Cristina WSO Northern Highlands 28:59.94

Comment: Catherine's time is 2nd on the RHS ATL and 7th(t) on the Darlington ATL! Team time is 19th ATL at Darlington! And this was just a dual meet!

34:09.76

WFR Northern Highlands

Ridg Cour		od vs <u>Big North Fro</u>	<u>sh</u> _	Date <u>10/1</u> V Course Record	Weather		
Final	Sco	res_ th Monday 10/1/2012 Darlin	ngton	1-5 Split 1-7 Split			
Mixed	5k Run Comp#	ı CC		School	Time Points		
1	538	Casale, Michael	м9	Ridgewood	9:20.71		
2	588	- ·	М9	Ridgewood	9:21.02		
3	555	, 2	М9	Ridgewood	9:34.32		
4	654	•	М9	Ridgewood	9:41.02		
7	625	,	М9	Ridgewood	10:03.81		
12	659		М9	Ridgewood	10:18.75		
15	602	, ,	М9	Ridgewood	10:22.61		
17	527		М9	Ridgewood	10:24.55		
18	525	· · · · · · · · · · · · · · · · ·	М9	Ridgewood	10:25.61		
21	637	Sofka, Jack	М9	Ridgewood	10:44.89		
22	592	,	W9	Ridgewood	10:48.36		
23	583		М9	Ridgewood	10:52.64		
26	568		W9	Ridgewood	11:01.34		
29	641	Stern, Emily	W9	Ridgewood	11:07.51		
30	630	Rubinstein, Zachary	М9	Ridgewood	11:10.65		
31	523	Bennett, Brian	M9	Ridgewood	11:12.62		
36	547	Chiu, Albert	М9	Ridgewood	11:25.09		
38	635	Sherman, Anya	W9	Ridgewood	11:31.91		
42	520	Barbera, Mia	W9	Ridgewood	11:44.06		
43	642	Stern, Isabelle	W9	Ridgewood	11:44.40		
46	522	Bavishi, Poyani	W9	Ridgewood	11:50.83		
47	649	Tokarz, Anthony	М9	Ridgewood	11:53.84		
48	607	Knee, Mollie	W9	Ridgewood	11:58.89		
50	601	Jennings, Shayna	W9	Ridgewood	12:08.26		
51	655	Whittaker, Cayla	W9	Ridgewood	12:15.16		
54	569	Dwyer, Kelly	W9	Ridgewood	12:32.57		
55	613	Mehos, Tatiana	W9	Ridgewood	12:32.79		
58	638	Soriano, Diana	W9	Ridgewood	12:43.33		
60	610	Lavin, Olivia	W9	Ridgewood	12:54.19		
62	560	Davis, Jack	М9	Ridgewood	12:59.39		
72	599	Jahanbin, Allia	W9	Ridgewood	14:03.00		
73	587	Gervolino, Casey	W9	Ridgewood	14:05.16		
80	578	Flood, Tatum	W9	Ridgewood	15:16.01		
81	597	Hernandez, Sam	W9	Ridgewood	15:23.63		
85	650	Tulsyani, Sonal	W9	Ridgewood	16:19.36		
90	652	Walsh, Gavin (94 finishers)	М9	Ridgewood	18:47.23		
		(24 11111311613)					

Meet: Shore Coaches	Course: <u>Holmdel</u>
Division: Championship	Course Record:
Date: October 6	Ridgewood Record:
Weather:	Type of Course:
Team Total: Team Place:	8th 1-5 Split: 2:42 1-7 split:

The 2012 Shore Coaches Invitational - 10/6/2012 Sponsored by Puma Holmdel Park New Jersey

Event 20 GIRLS CHAMPIONSHIP

	Name		Yea	r School	 Avg Mile	Finals	Points
2	#6894	Pagano, Catherine	10	Ridgewood	 6:12	19:16	2
38	#6892	Fishbein, Emily	11	Ridgewood	6:55	21:29	36
40	#6887	Cleary, Kelly	10	Ridgewood	6:56	21:31	38
44	#6897	Weisberger, Laura	11	Ridgewood	7:02	21:49	42
50	#6886	Cirillo, Tara	10	Ridgewood	7:05	21:58	48
54	#6895	Rosenfeld, Leah	9	Ridgewood	7:11	22:18	52
58	#6893	Jones, Lesley (71 finishers)	12	Ridgewood	7:14	22:26	56

GIRLS CHAMPIONSHIP

Team Scores: Red Bank Catholic 63, Shenendehowa (NY) 84, West Windsor South 93, 8. Ridgewood 166.

1. Amanda Rickert, Wilmington Charter (DE), 18:57; 2. Catherine Pagano, Ridgewood, 19:16; 3. Sanielle Leavitt, Lacey, 19:29; 4. Emily Bushey, Vernon, 19:43; 5. Natalia Ocasio, Lenape, 19:55; 38. Emily Fishbein, Ridgewood, 21:29; 40. Emily Cleary, Ridgewood, 21:31; 44. Laura Weisberger, Ridgewood, 21:49; 50. Tara Cirillo, Ridgewood, 21:58.



Meet: <u> </u>	<u>t Taylor</u>	Course: <u>Darlington</u>	
Division: <mark>JV</mark>	- A	Course Record:	
Date: Octol	ber 6	Ridgewood Record:	
Weather:		Type of Course:	
Team Total:	Team Place:	1st 1-5 Split: 1:36 1-7 split:	

2012 Brett Taylor Invitational - 10/6/2012 Darlington Park

Event 8 Girls 5k Run CC JV Girls A

	Name	Y	ear	School	Avg I	Mile	Finals	Points
5	#1570	Dwyer, Colleen	12	Ridgewood	,	 7:21	22:50	1
8	#1535	Carle, Kristen	11	Ridgewood	•	7:29	23:13	2
10	#1578	Felsenstein, Genev	10	Ridgewood	•	7:30	23:18	3
12	#1627	Parsekian, Blake	12	Ridgewood	•	7:39	23:45	4
15	#1529	Broatch, Mackenzie	11	Ridgewood	•	7:52	24:26	6
16	#1583	Francis, Kat	12	Ridgewood	1	8:00	24:49	7
20	#1520	Anzalone, Blair	12	Ridgewood	8	8:07	25:13	9
22	#1548	Chiaramonte, CJ	12	Ridgewood	8	8:15	25:37	
23	#1562	Daniels, Kylie	10	Ridgewood	1	8:17	25:42	
27	#1582	Fogg, Amelia	10	Ridgewood	1	8:26	26:12	
28	#1622	Mullen, Bridget	10	Ridgewood	8	8:29	26:21	
32	#1613	Kopec, Elizabeth	11	Ridgewood	8	8:38	26:48	
35	#1532	Caliquire, Sarah K	10	Ridgewood	8	8:47	27:16	
36	#1603	Jahanbin, Maryam	11	Ridgewood	1	8:48	27:18	
		(46 finishers)						

			====	=====	=====	=====	====	=====		=====	
Rank Team		Total	1	2	3	4	5	*6	*7	*8	*9
1 Ridgewood		16	1	2	3	4	6	 7	9		
Total Time:	1:57:32.00										
Average:	23:30.40										
2 Memorial Wny		59	8	11	12	13	15				
Total Time:											
	26:53.20		_								
3 Fair Lawn		62	5	10	14	16	17	18			
Total Time:											
Average:	27:42.40										

Meet: <u>Brett Taylor</u>	Course: <u>Darlington</u>
Division: <u>Frosh</u>	Course Record:
Date: October 6	Ridgewood Record: 9:49
Weather:	Type of Course:
Team Total: Team Place:_	<u>1st</u> 1-5 Split: <u>1:12</u> 1-7 split:

2012 Brett Taylor Invitational - 10/6/2012 Darlington Park

Event 2 Girls 3200 Meter Run CC Frosh Girls

	Name		Year	School	 Finals	Points
2	#1596	Halvorsen, Sam	9	Ridgewood	 10:13	1
5	#1595	Haas, Lindsay	9	Ridgewood	11:03	2
7	#1571	Dwyer, Erin	9	Ridgewood	11:15	4
8	#1645	Stern, Emily	9	Ridgewood	11:17	5
9	#1646	Stern, Isabelle	9	Ridgewood	11:24	6
10	#1639	Sherman, Anya	9	Ridgewood	11:25	7
12	#1521	Barbera, Mia	9	Ridgewood	11:33	9
17	#1611	Knee, Mollie	9	Ridgewood	11:56	
18	#1523	Bavishi, Poyani	9	Ridgewood	12:00	
21	#1661	Whittaker, Cayla	9	Ridgewood	12:03	
23	#1604	Jennings, Shayna	9	Ridgewood	12:14	
25	#1572	Dwyer, Kelly	9	Ridgewood	12:20	
27	#1642	Soriano, Diana	9	Ridgewood	12:26	
30	#1588	Garrity, Isabelle	9	Ridgewood	12:39	
40	#1598	Harris, Grace	9	Ridgewood	13:12	
41	#1614	Lavin, Olivia	9	Ridgewood	13:15	
70	#1656	Tulsyani, Sonal (75 finishers)	9	Ridgewood	16:42	

Team	Scores

Rank	Team		Total	1	2	3	4	= === ==	* 6	*7	*8	*9
1	========= Ridgewood		18	1	2	 4	===== 5	 6	 7	9		
	Total Time:	55:12.00										
	Average:	11:02.40										
2	North Bergen		70	10	11	14	15	20				
	Total Time:	1:01:25.00										
	Average:	12:17.00										
3	Saddle Brook		70	3	8	16	19	24				
	Total Time:	1:03:00.00										
	Average:	12:36.00										
4	Fort Lee		95	12	17	18	23	25	26			
	Total Time:	1:06:57.00										
	Average:	13:23.40										
5	Hackensack		111	13	21	22	27	28				
	Total Time:	1:13:28.00										
	Average:	14:41.60										

Meet: <u>Big North Champs</u>	Course: <u>Darlington</u>
Division: Freedom	Course Record:
Date: <u>10/9/2012</u>	Ridgewood Record:
Weather: Overcast-Cool	Type of Course:
Team Total: Team Pla	ce: <u>1st</u> 1-5 Split: <u>1:32</u> 1-7 split: <u>2:08</u>

Big North League Championhsips - 10/9/2012 Girls 5k Run CC Varsity Girl

Darlington Park

(Comp#	Name			Schoo	1	Time Point						
===== 3	 551	Pagano, Catherine			===== Ridge	===== wood					 19	:06	
9	516	Cleary, Kelly			Ridge	wood					19	:58	
11	566	Weisberger, Laura			Ridge	wood					20	:05	
13	553	Rosenfeld, Leah			Ridgewood					20:22			
16	529	Fishbein, Emily			Ridgewood					20:38			
17	543	Jones, Lesley			Ridgewood					20:39			
24	526	Felder, Fran			Ridge	wood					21:14		
			Team S	cores									
Rank	Team	==========	Total	1	2	3	4	===== 5	*6	*7	*8	==== *9	

Rank Team	Total	1	2	3	4	5	*6	* '/
Freedom Results 5000 Run								
1 Ridgewood	38	2	6	8	10	12	13	16
Total Time: 1:40:09.00		Ave	erage:		20:01	.80		
2 Indian Hills	50	3	7	11	14	15	18	25
Total Time: 1:41:42.00		Ave	erage:		20:20	.40		
3 Northern Highlands	72	1	4	17	23	27	28	29
Total Time: 1:43:27.00		Ave	erage:		20:41	.40		
4 Paramus	108	5	9	21	36	37	39	41
Total Time: 1:49:22.00		Ave	erage:		21:52	.40		
5 Hackensack	122	19	22	24	26	31	33	38
Total Time: 1:50:46.00		Ave	erage:		22:09	.20		
6 Ramapo	151	20	30	32	34	35	40	
Total Time: 1:54:18.00		Ave	erage:		22:51	.60		

CROSS-COUNTRY

BIG NORTH LEAGUE CHAMPIONSHIPS

AT DARLINGTON

Girls

FREEDOM DIVISION TEAM SCORES 1. Ridgewood (R) 38, 2. Indian Hills (IH) 50, 3. Northern Highlands (NH) 72, 4. Paramus (P) 108, 5. Hackensack (H) 122, Ramapo (R) 122.

NATIONAL DIVISION TEAM SCORES

1. Old Tappan (OT) 37, 2. Tenafly (T) 53, 3. Demarest (D) 73, 4. Pascack Valley (PV) 91, 5. Teaneck (T) 111.

INDIVIDUAL RESULTS

1. Ariana North (NH) 18:05, 2. Josette Norris (T) 18:17, 3. Catherine Pagano (R) 19:06, 4. Julia Guerra (IH) 19:07, 5. Veronica Rocco (T) 19:24, 6. Veronica Mahler (NH) 19:41, 7. Christina Welzer Mahler (NH) 19:41, 7. Christina Wetzer (D) 19:49, 8. Lindsey Lucas (P) 19:52, 9. Kelly Cleary (R) 19:58, 10. Krissie Gaffney (IH) 20:00, 11. Laura Weisberger (R) 20:05, 12. Jolie Bartner (P) 20:10, 13. Leah Rosenfeld (R) 20:22, 14. Bessie Zavidow (PV) 20:24, 15. Kelly Buccisano (IH) 20:31

FREEDOM DIVISION TEAM SCORES 1. Ridgewood (R) 36, 2. Indian Hills (IH) 55, 3. Paramus (P) 68, 4. Hackensack (H) 99, 5. Northern Highlands (NH) 130, 6. Ramapo (R) 168.

NATIONAL DIVISION TEAM SCORES

1. Old Tappan (OT) 39, 2. Teaneck (T) 55, 3. Demarest (D) 69, 4. Tenafly (T) 76, 5. Pascack Valley (PV) 103, 6. Bergenfield (B) 187.

(B) 167.

INDIVIDUAL RESULTS

1. Ben Malone (PV) 16:03, 2. Mike Secreti (P) 16:05, 3. lan Clarke (OT) 16:16, 4. Bobby Corcoran (IH) 16:20, 5. Erik Helstrom (P) 16:21, 6. Nick Salamone (R) 16:24, 7. Juan Pimental (H) 16:27, 8. Kotaro Tamura (R) 16:27, 9. Storm Dubliner (R) 16:27, 10. Chris Evans (IH) 16:28, 11. Brian Daniels (R) 16:37, 12. David Frering (R) 16:40, 13. Graham Jones (R) 16:40, 14. Chris Masceti (H) 16:42, 15. Hee Tae An (IH) 16:43

Meet: <u>Big North Champs</u>	Course: <u>Darlington</u>
Division: <u>JV</u>	Course Record:
Date: 10/9/2012	Ridgewood Record:
Weather: <u>Overcast-Cool</u>	Type of Course:
Team Total· Team Place·	1st 1-5 Split: 1:05 1-7 split:

Big North League Championhsips - 10/9/2012 Darlington Park

	s sk k Comp#	tun CC JV Girls Name	School	Time Points
1	 519	Davis, Sarah	Ridgewood	21:30
2	517	Cumbo, Emily	Ridgewood	21:38
3	509	Carle, Kristen	Ridgewood	22:20
4	563	Tai, Tayler	Ridgewood	22:26
5	528	Felsenstein, Genevieve	Ridgewood	22:35
7	522	Dwyer, Colleen	Ridgewood	22:43
10	552	Parsekian, Blake	Ridgewood	23:25
11	511	Casey, Aisling	Ridgewood	23:25
16	506	Broatch, Mackenzie	Ridgewood	23:36
22	549	Merck, Margaret	Ridgewood	24:10
25	503	Anzalone, Blair	Ridgewood	24:50
26	532	Francis, Kat	Ridgewood	24:50
28	513	Chiaramonte, CJ	Ridgewood	25:01
34	557	Smith, Alice	Ridgewood	25 : 47
35	554	Sandler, Sarah	Ridgewood	25:51
39	550	Mullen, Bridget	Ridgewood	26:09
41	518	Jahanbin, Maryam	Ridgewood	26:30
47	546	Kopec, Elizabeth	Ridgewood	26:55
48	562	Szymanski, Emma	Ridgewood	27:02
50	527	Feldhahn, Katy	Ridgewood	27:02
51	531	Fogg, Amelia	Ridgewood	27:04
52	507	Caliquire, Sarah Kate (64 finishers)	Ridgewood	27:08



Meet: <u>Big North Champs</u>	Course: <u>Darlington</u>
Division: <u>Frosh</u>	Course Record:
Date: 10/9/2012	Ridgewood Record:
Weather: Overcast-Cool	Type of Course:
Team Total· Team Place·	1st 1-5 Split: 46 sec 1-7 split:

Big North League Championhsips - 10/9/2012 Darlington Park Rankings

	3200 Comp#	Meter Run CC Freshman Gir Name	School	Time Points
1	536	Halvorsen, Sam	Ridgewood	10:25
2	535	Haas, Lindsay	Ridgewood	10:57
3	560	Stern, Emily	Ridgewood	10:58
4	561	Stern, Isabelle	Ridgewood	11:07
5	523	Dwyer, Erin	Ridgewood	11:11
7	556	Sherman, Anya	Ridgewood	11:25
9	545	Knee, Mollie	Ridgewood	11:48
11	505	Bavishi, Poyani	Ridgewood	12:07
12	542	Jennings, Shayna	Ridgewood	12:13
13	567	Whittaker, Cayla	Ridgewood	12:15
22	547	Lavin, Olivia	Ridgewood	13:05
23	558	Soriano, Diana	Ridgewood	13:11
24	533	Garrity, Isabelle	Ridgewood	13:16
26	524	Dwyer, Kelly	Ridgewood	13:26
30	530	Flood, Tatum	Ridgewood	14:03
31	534	Gervolino, Casey	Ridgewood	14:03
35	565	Tulsyani, Sonal (38 finishers)	Ridgewood	15:10



Meet:	<u>Ridgewood</u>	Course: <u>Veter</u>	ans Field
Division:	<u>Varsity</u>	Course Record:	17:19.7 Ashlynn Ryan 2004
Date:	10/13/2012	Ridgewood Reco	rd: 18:13.4 Celeste Sedo 1997
Weather:	Sun!	Type of Course:	
Team Tot	al: Team Place	e: 1st 1-5 Split:	1-7 split:

RIDGEWOOD CROSS COUNTRY INVITATIONAL OCTOBER 13, 2012 VETERAN'S FIELD RIDGEWOOD, NEW JERSEY

Girls Varsity:

TEAM SCORES: 1-Ridgewood-15. 2-Memorial-48. 3-North Bergen-65. 4-St. Vincent-113. 5-Newark Collegiate-131.

INDIVIDUALS:

- 1. Kelly Cleary, Ridgewood, 20:34
- 2. Tara Cirillo, Ridgewood, 20:47.
- 3. Leah Rosenfeld, Ridgewood, 20:51
- 4. Sam Halvorsen, Ridgewood, 20:51.
- 7. Emily Cumbo, Ridgewood, 21:54.
- 11. Fran Felder, Ridgewood, 21:59.
- 22. Sarah Davis, Ridgewood, 23:44.



Meet:	<u>Ridgewood</u>	Course: <u>Veter</u>	ans Field
Division:	$\overline{ m JV}$	Course Record:	
Date:	10/13/2012	Ridgewood Reco	ord:
Weather:	<u>Sun!</u>	Type of Course:	
Team Tot	al: Team Place:	1-5 Split:	1-7 split:

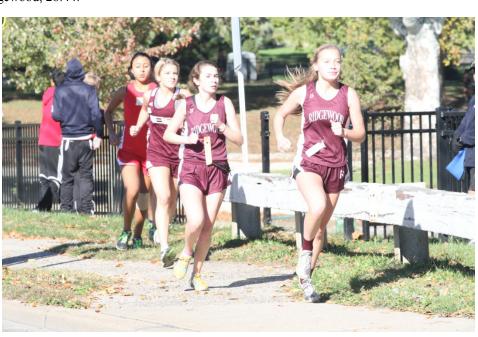
RIDGEWOOD CROSS COUNTRY INVITATIONAL OCTOBER 13, 2012 VETERAN'S FIELD RIDGEWOOD, NEW JERSEY

Girls Junior Varsity:

TEAM SCORES:1-Ridgewood-25. 2-Baoynne-116. 3-Memorial-123.

INDIVIDUALS:

- 1. Kristen Carle, Ridgewood, 23:13.7.
- 2. Genevieve Felsenstein, Ridgewood, 23:16.
- 6. Margaret Merck, Ridgewood, 24:06.
- 7. Becca Stern, Ridgewood, 24:07.
- 9. Blake Parsekian, Ridgewood, 24:38.
- 10. Jen Schablik, Ridgewood, 24:39.
- 11. Mackenzie Broatch, Ridgewood, 24:42.
- 13. Kat Francis, Ridgewood, 24:43.
- 15. Blair Anzalone, Ridgewood, 25:28.
- 16. CJ Chiaramonte, Ridgewood, 25:29.
- 18. Elizabeth Kopec, Ridgewood, 25:31.
- 20. Kylie Daniels, Ridgewood, 25:41.
- 21. Alice Smith, Ridgewood, 25:50.
- 22. Sarah Sandler, Ridgewood, 25:53.
- 25. Maryam Jahanbin, Ridgewood, 26:15.
- 33. Amelia Fogg, Ridgewood, 28:40.
- 34. Sara Kate Caliguire, Ridgewood, 28:44.



Meet:	<u>Ridgewoo</u>	Course: <u>Veteran's Field</u>
Division:	Frosh	Course Record: 9:17 -1994 Valerie Byers, Washingtonville
Date:	10/13/2012	Ridgewood Record: 9:32-1998 Clair Nowakowski
Weather:	Sunny!	Type of Course:
Team Tot	$\frac{\overline{}}{al}$:	eam Place: 1st 1-5 Split: 1-7 split:

RIDGEWOOD CROSS COUNTRY INVITATIONAL OCTOBER 13, 2012 VETERAN'S FIELD RIDGEWOOD, NEW JERSEY

Girls Frosh:

TEAM SCORES: 1-Ridgewood-19. 2-Moore Catholic-145. **INDIVIDUALS**:

- 1. Lindsay Haas, Ridgewood, 9:46.4
- 3. Isabelle Stern, Ridgewood, 10:09
- 4. Emily Stern, Ridgewood, 10:12
- 5. Erin Dwyer, Ridgewood, 10:22
- 6. Emma Hareas, Ridgewood, 10:25
- 7. Anya Sherman, Ridgewood, 10:26
- 8. Mia Barberi, Ridgewood, 10:31
- 11. Mollie Knee, Ridgewood, 10:49
- 12. Shayna Jennings, Ridgewood, 10:58
- 13. Poyani Bavishi, Ridgewood, 11:00
- 15. Cayla Whittaker, Ridgewood, 11:02
- 16. Kelly Dwyer, Ridgewood, 11:12
- 17. Tatiana Mehos, Ridgewood, 11:16
- 18. Isabelle Garritty, Ridgewood, 11:20
- 19. Diana Soriano, Ridgewood, 11:22
- 22. Olivia Lavin, Ridgewood, 12:05
- 23. Ebonee Jackson, Ridgewood, 12:32

Meet: <u>Bergen Group Champs</u>	Course: <u>Darlington</u>
Division: <u>A</u>	Course Record:
Date: <u>10/20/2012</u>	Ridgewood Record:
Weather: <u>Beautiful!</u>	Type of Course:
Team Total: Team Place:	<u>1st</u> 1-5 Split: <u>1:04</u> 1-7 split: <u>1:51</u>

2012 Bergen County Cross Country Championhsip - 10/20/2012 to 12/1/2012 Darlington

Event 13 Girls 5k Run CC GIRLS A

	Name		Year	School	Avg Mile	Finals	Points
2	#1737	Pagano, Catherine	10	 Ridgewood	6:40	18:55	2
3	#1752	Weisberger, Laura	11	Ridgewood	6:54	19:35	3
5	#1715	Fishbein, Emily	11	Ridgewood	6 : 57	19:43	5
6	#1702	Cleary, Kelly	10	Ridgewood	6 : 57	19:44	6
10	#1729	Jones, Lesley	12	Ridgewood	7:02	19:59	9
13	#1739	Rosenfeld, Leah	9	Ridgewood	7:15	20:36	12
15	#1701	Cirillo, Tara (67 finishers)	10	Ridgewood	7:19	20:46	14

==== Rank	Team		Total	1	2	3	4	5	* 6	*7	*8	* 9
1	Ridgewood		 25	2	3	5 5	6	9	12	14		
	Total Time:	1:37:56.00										
	Average:	19:35.20										
2	Immaculate Hea	art	85	4	18	19	21	23	25	31		
	Total Time:	1:44:18.00										
	Average:	20:51.60										
3	Old Tappan		92	10	15	17	22	28	50	51		
	Total Time:	1:45:03.00										
	Average:	21:00.60										
4	Northern High	lands	105	1	7	26	35	36	41	44		
	Total Time:	1:44:14.00										
	Average:	20:50.80										
5	Bergen Cty VT		150	16	30	33	34	37	38	40		
	Total Time:	1:49:33.00										
	Average:	21:54.60										
6	Pascack Valle	У	165	11	24	29	46	55	57			
	Total Time:	1:51:29.00										
		22:17.80										
7	Paramus		184	8	13	49	54	60				
	Total Time:	1:55:48.00										
	Average:	23:09.60										
8	Hackensack		197	27	32	43	47	48	53	59		
	Total Time:	1:53:23.00										
	Average:	22:40.60										
9	Fair Lawn		198	20	39	42	45	52	56	58		
	Total Time:	1:53:53.00										
	Average:	22:46.60									0	



Meet: <u>Bergen Group Champs</u>	Course: <u>Darlington</u>
Division: <u>JV</u>	Course Record:
Date: <u>10/20/2012</u>	Ridgewood Record:
Weather:	Type of Course:
Team Total: Team Place:	2nd 1-5 Split: 1-7 split:

2012 Bergen County Cross Country Championhsip - 10/20/2012 to 12/1/2012 Darlington

Event 10 Girls 5k Run CC JV GIRL LG

	Name			School	Avg Mile	Finals	Points
3		Davis, Sarah			7:35	21:33	3
4	#1712	Felder, Fran	12	Ridgewood	7:36	21:34	4
6	#1703	Cumbo, Emily	10	Ridgewood	7:45	21:59	6
7	#1695	Carle, Kristen	11	Ridgewood	7:45	22:00	7
9	#1749	Tai, Tayler	10	Ridgewood	7:49	22:12	9
12	#1714	Felsenstein, Genev	10	Ridgewood	7:59	22:41	12
13	#1697	Casey, Aisling	12	Ridgewood	8:00	22:43	13
17	#1735	Merck, Margaret	11	Ridgewood	8:05	22:58	
29	#1708	Dwyer, Colleen	12	Ridgewood	8:30	24:09	
31	#1692	Broatch, Mackenzie	11	Ridgewood	8:35	24:22	
33	#1738	Parsekian, Blake	12	Ridgewood	8:37	24:28	
37	#1736	Mullen, Bridget	10	Ridgewood	8:39	24:34	
39	#1711	Earl, Baker	10	Ridgewood	8:42	24:43	
40	#1717	Fogg, Amelia	10	Ridgewood	8:42	24:43	
43	#1741	Schablik, Jen	12	Ridgewood	8:46	24:54	
51	#1689	Anzalone, Blair	12	Ridgewood	8:57	25:23	
54	#1743	Smith, Alice	12	Ridgewood	8:58	25:27	
55	#1699	Chiaramonte, CJ	12	Ridgewood	8:59	25:29	
63	#1713	Feldhahn, Katy	10	Ridgewood	9:09	25:57	
66	#1740	Sandler, Sarah	11	Ridgewood	9:11	26:04	
71	#1732	Kopec, Elizabeth	11	Ridgewood	9:14	26:13	
72	#1693	Caliquire, Sarah K	10	Ridgewood	9:16	26:17	
76	#1704	Daniels, Kylie	10	Ridgewood	9:21	26:34	
		Jahanbin, Maryam (102 finishers)	11	Ridgewood	9:45	27:41	

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	* 9
1	Immaculate Heart Total Time: 1:48:43.00	26	1	2	5	8	10	11	14		
2	Average: 21:44.60 Ridgewood	29	3	4	6	7	9	12	13		
	Total Time: 1:49:18.00 Average: 21:51.60										
3	Northern Highlands Total Time: 1:59:45.00	104	15	16	20	22	31	32	37		
4	Average: 23:57.00 Bergen Cty VT	118	17	21	23	28	29	39	46		
_	Total Time: 2:02:53.00 Average: 24:34.60										
5	Old Tappan Total Time: 2:06:49.00	139	19	24	25	26	45	48	49		
6	Average: 25:21.80 Pascack Valley	161	18	34	35	36	38	41	42		
_	Total Time: 2:06:24.00 Average: 25:16.80										
-/	Fair Lawn Total Time: 2:09:33.00 Average: 25:54.60	173	27	30	33	40	43	44	47		

Meet: <u>Bergen Group Champs</u>	Course: <u>Darlington</u>
Division: <u>Frosh</u>	Course Record:
Date: <u>10/20/2012</u>	Ridgewood Record:
Weather:	Type of Course:
Team Total: Team Place:	1st 1-5 Split: 1-7 split:

2012 Bergen County Cross Country Championhsip - 10/20/2012 to 12/1/2012 Darlington

Event 6 Girls 2 Mile Run CC FROSH GIRL

	Name		Year	School	Avg M	ile	Finals	Points
1	#1722	Halvorsen, Sam	9	Ridgewood	 5	:05	10:09	1
4	#1721	Haas, Lindsay	9	Ridgewood	5	:19	10:38	3
5	#1746	Stern, Emily	9	Ridgewood	5	:26	10:52	4
6	#1709	Dwyer, Erin	9	Ridgewood	5	:30	10:59	5
9	#1747	Stern, Isabelle	9	Ridgewood	5	:33	11:05	8
10	#1723	Hareas, Emma	9	Ridgewood	5	:35	11:10	9
17	#1742	Sherman, Anya	9	Ridgewood	5	:44	11:27	15
22	#1731	Knee, Mollie	9	Ridgewood	5	:51	11:41	
27	#1728	Jennings, Shayna	9	Ridgewood	6	:00	12:00	
29	#1691	Bavishi, Poyani	9	Ridgewood	6	:03	12:05	
36	#1710	Dwyer, Kelly	9	Ridgewood	6	:09	12:18	
37	#1744	Soriano, Diana	9	Ridgewood	6	:10	12:19	
42	#1719	Garrity, Isabelle	9	Ridgewood	6	:13	12:26	
48	#1724	Harris, Grace	9	Ridgewood	6	:24	12:48	
54	#1716	Flood, Tatum	9	Ridgewood	6	:27	12:53	
93	#1751	Tulsyani, Sonal (101 finishers)	9	Ridgewood	7	:31	15:02	

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	* 9
1	 Ridgewood	21	1	3	4	 5	8	9	 15		
	Total Time: 53:43.00		Avera	age:	10:	44.60					
2	Immaculate Heart	80	12	13	16	18	21				
	Total Time: 58:52.00		Avera	age:	11:	11:46.40					
3	Bergen Cty VT	91	10	11	20	22	28	50			
	Total Time: 1:00:13.00		Avera	age:	12:02.60						
4	Ramsey	97	2	14	19	23	39				
	Total Time: 1:00:18.00		Avera	age:	12:03.60						
5	Saddle Brook High School	110	6	7	26	34	37				
	Total Time: 1:01:38.00		Average:		12:	19.60					
6	Fort Lee	153	24	27	29	33	40	48			
	Total Time: 1:05:39.00		Average:		13:07.80						
7	Lyndhurst	161	25	30	32	36	38				
	Total Time: 1:05:42.00		Average:		13:08.40						
8	Garfield	172	17	31	35	43	46	49			
	Total Time: 1:08:18.00		Average:		13:39.60						
9	New Milford	219	41	42	44	45	47				
	Total Time: 1:14:13.00		Avera	age:	14:	50.60					



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BERGEN COUNTY CROSS-COUNTRY CHAMPIONS

Ramsey takes the tie and runs

By PAUL SCHWARTZ STAFF WRITER

rivalries in Bergen County sports is the battle between Ramsey and Indian Hills in boys cross-country. The two teams are among the most successful in North Jersey and have battled to the wire in league, county, group and state sectional races over the past decade.

Tops IH boys for title on sixth man lougani and Chris Anderson, and after Indian Hills went 14-

MAHWAH - One of the best Division B honors on a tiebreak- appendectomy. "I just left the er when its sixth runner, John Strollo, finished one place and four seconds ahead of Indian Hills' No. 6, Tom DiLandro, at Darlington.

emotion as he talked about his

team with Corinne [assistant coach DiStaso] and the boys just did it themselves. I'm so proud of them."
Nik Haas led the Rams with a

Ramsey coach John Kirchhof third-place finish and Patrick as almost overcome by Watters was sixth. But Indian Hills was a little better at each of the first spots behind race winsaturday, the two went at it "I wasn't even with them all ne Bergen County cross-country group champis-school Tuesday and flew to Tulsonships and Ramsey earned the saturday. He may be should be supposed to the saturday the first spots behind race wing the first spots behind race wing the first spots behind race wing the first spots behind race wing. The wing the first spots behind race wing. The spots behind race wing the first spots behind race wing. The spots behind race wing the first spots behind race wing. The spots behind race wing the first spots behind race wing. The spots behind race wing the first spots behind race wing the first spots behind race wing. The spots behind race wing the first spots behind race wing the first spots behind race wing.

15, Strollo broke the tie.
"I can't believe they beat us in a tie-breaker again," said Indian Hills coach Tom Zaccone, whose team lost a similar finish in the Big North Patriot race last fall. "It's always right to the wire with them."

Westwood earned its first title since 1997 in Division C by a "comfortable" two points over Glen Rock

"When I started running three vears ago I weighed 180 pounds



and I was the fat guy in the Will Brancato of Rutherford celebrating winning a Bergen See BOYS Page S-11 County group title in Division C at Darlington on Saturday.

Rutherford girls say they're back

Sullivan paces team in Division C

By PAUL SCHWARTZ

MAHWAH - The last time the Rutherford girls team qualified for the Bergen County Meet of Champions in 2000, none of the current team members had even started school yet. And when Rutherford last won a division of the meet in 1990, head coach Justin Van Dyk

1990, head coach justin van Dyk was in second grade. Saturday, the Bulldogs emphat-ically ended both droughts with an impressive 50-80 win over West-wood in Division C of the Bergen County cross-country group championships at Darlington Park and fulfilled the prophecy on Van Dyk's T-shirt – "Bringing XC

"We knew that we had a chance to be very, very good after last year and when Katie Sullivan joined the team we started to set all the goals to make the meet of all the goals to make the meet of champs and win our division," said Van Dyk, who was part of the Rutherford boys team that came within a point of the 1999 state Group 2 title.

"The girls were saying during the summer that we were bringing

the summer that we were bringing cross-country back to Rutherford and we got these T-shirts in September [a takeoff on the Justin Comeback races from Laura Weissenber 1].

BERGEN COUNTY CROSS-COUNTRY CHAMPTONSHIPS

Timberlake song, 'Sexy Back']."
Sullivan has been the find of the

year. The soccer convert and track standout finished second behind Corinne Myers of Westwood and nearly became the first Rutherford girl to finish in less than 20 minutes at Darlington. But sophomores Allison Regan (fifth) and Rebecca Arnold (eighth) continued their great running, while seniors Vanessa Urueta (10th) and Theresa Forte (26th) completed

the scoring.

the scoring.
"Everywhere we've gone this year we've run well." Van Dyk said. "It was a little disappointing to finish second at the NJIC Colonial meet [by two points to Eastern Christian] but we ran well today." Ridgewood finally put together a race worthy of the defending county champs with five runners in the top 10 of Division A, all with races less than 20 minutes (a time surpassed by only 16 girls all day)



Juliana Lee of Palisades Park won the girls Division D race at the Bergen County cross-country group championships.

berger (third), Emily Fishbein Indian Hills team. Bogota put its (fifth) and Lesley Jones (10th) and sophomores Catherine Pagano (second) and Kelly Cleary (sixth) continued their great seasons.

"I got after them a little because

"I got after them a little because we didn't run very well at the Shore Invitational [two weeks ago]," coach Jacob Brown said.
"We had actually had four separate workouts at times this week so we could work individually on

A few things, and it paid off."

Holy Angels, helped by the best races of the year by Tara and Brigid Hayes in the No. 4 and 5 spots, won its eighth straight Division B title, 42-58, over a young

was beaming after her upset victory in the girls Division D race as she overtook Anais Fernandez of she overtook Anais Fernandez of Bogota in the final 300 meters en route to becoming just the third Tiger girl to win an individual title. She joined Myers, defending Bergen champ Ariana North of Northern Highlands (the day's fastest at 18-24) and Division B ti-tlist Josetta Norris of Tanglu tlist Josette Norris of Tenafly (18:27 despite a late race cramp)

Palisades Park's Jorge Maldonado said he felt the early afternoon heat slowed him a little. His 16:31 finish in Division D, however, gave him the easiest victory, by 150 meters, and set him up for next week's race and a chance to make all-Bergen.

"I wanted to run faster, but it was just too hot," said Maldona-do, whose time was the 12th fastest of the day. "It should be better next week."

North's uplifting victory feels good

MAHWAH - Ariana North surged as her stom-ach churned.

The Northern High-lands senior held off a strong challenge from Ridgewood's Catherine Pagano to win the Girls A division championship at Saturday's Bergen County

coss-country group championships at Darlington County Park.
North, the defending BMOC champion, finished with the best

time of the day for girls with an 18:24 on the soft course.

18:24 on the soft course.

She managed to do so after battling a stomach bug all week that cut into her training and bothered her after the first mile.

"I really haven't been able to

run correctly for a week," said North. "I have had to stop during North. "I have had to stop durny runs because I would get nauseous. It's really a pain in the butt. The past couple of days I have been getting over it. My doctor gave me some probiotics for my stomach and I did my workout on Wednesday, it was only a half-hour, but it was much better."

nour, but it was much better.
Going into Saturday, the showdown between Pagano and North was considered one of the best races of the day. It was the first time the two Upper Saddle River natives had gone head to head this season. The two were close when they rounded the lake in the soft sand, but Pagano - who com-plained later of sore legs - would lose ground and finish in 18:55. "I know in the sand, it was real-ly hard for me to run because it

was pounding on my legs and [Ar-iana] just kept going," said Pagano. "I was slowing down and couldn't help it. It was painful to

keep taking steps."

"She would come on and then I would surge," said North. "She would come on and I would surge, then it seemed she dropped back a lot. I'm glad I got to run against her. She's a great competitor and



and I'm going to take it very seriously," Pagano said. "I'm shooting for a PR [personal record] def-**COOPER** LOCAL SPORTS initely COLUMNIST

North said retaining her championship was 'It's my last year," said North, who is considering multiple col-leges. "It's BMOC. I won it last year and it's an honor to be in the county meet of champs and I'm looking forward to running a fast

looking forward to running a fast time and a big win."

North also took note of the time turned in by Tenafly's Josette Norris, who finished in 18:27 to win Division B. The two spent a minute chatting after North's race. "She has really turned out to be a great competitor," said North of Norris. "I hope she goes far next year ... when I'm not here."

Norris has seen her times drop dramatically since making the

dramatically since making the tough decision to drop basketball and concentrate on running full time. Of all the top competitors Saturday, she was probably the happiest with her time, even though she had a cramp.

though she had a cramp.
"I think I got it after the first
mile. I think my first mile was in
5:35, which was probably a little
fast," said Norris, who was second
at BMOC last year. "Last year in
the snow when I got second place,
it was a great feeling and I hope to
be at the torn this year. It's county." be at the top this year. It's going to be difficult."

be difficult."

Another challenger next week should be Westwood junior Corinne Myers, who cruised to the Division C title in 19:45. She was hoping to get close to the school record of 19:07, but a weak field and above-average temperatures elawed her. slowed her.

her. She's a great competitor and it's good practice for next week."

Pagano admitted she wasn't happy with her time, but was going to stay positive. She said she would be ready for Saturday's Lou

Boys: Ramsey edges rival Indian Hills

race," said Westwood captain Jimmy Lewis, whose 26th-place finish cemented the Cardinal

"Now I'm down to 150 pounds and on the varsity, and with all we've been through as a team to win this is amazing. It's been 15 years since Westwood won this and in 15 years we'll get together and talk about how we won this."

No. 2 runner Quinn Geraghty enth fastest time in course histo-and got great races from back ry. Malone received a bye to

runners Andy Jaipersaud and Chris Rivera to beat Cresskill, 51-59, for the Division D title. Don Bosco put six runners in the top 11 and ran the third fastest team race in Darlington history to win its eighth straight Division A title. Don Bosco junior Kyle Lever-more was the top individual per-

een 15 years since Westwood ron this and in 15 years we'll together and talk about how the absence of injured defending ewon this."

Bogota shook off the illness of this Ben Malone in 15:27, sev-

next week's race.

"Coach [Kevin Kilduff] just told me to get the job done,"
Levermore said. "And I felt real-

ly, really good."
So too did Division C winner
Will Brancato of Rutherford,
who outkicked favored Stephan
Pena of Ridgefield Park by a dozen meters for the closest fin-ish of the championships.

"I had a disappointing state sectional race last year and coaches [Bob] Hemmel and [Justin] Van Dyk pushed me to work all summer to get better,"

Brancato said. "They said I was good enough to win this, and to-day I was."

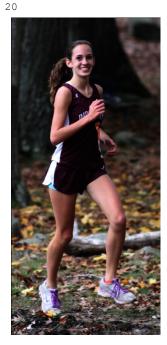
Course: <u>Darlington</u> Meet: <u>Doc Braver</u>

Course Record: **Division:** JV

Date: 10/25/2012 Ridgewood Record: _____ Weather: <u>overcast - warm</u> Type of Course: ____

Team Total: Team Place: 2nd 1-5 Split: 1-7 split: Doc Braver Frosh/Novice meet - 10/25/2012 -Darlington - Girls 5k Run CC JV Girl

DOC		======================================			Darringcon	GILLS JK		GILL
	Name		Year	School		Avg Mile	Finals	Point
				Ridgewood		6:31	20:14	1
3	#1300	Felder, Fran	12	Ridgewood		6:41	20:45	3
7	#1288	Davis, Sarah	11	Ridgewood		6:52	21:20	7
12	#1283	Cumbo, Emily	10	Ridgewood		7:01	21:48	10
20	#1295	Dwyer, Erin	9	Ridgewood		7:06	22:04	17
22	#1372	Tai, Tayler	10	Ridgewood		7:10	22:14	19
23	#1302	Felsenstein, Genev	10	Ridgewood		7:10	22:16	20
24	#1267	Casey, Aisling	12	Ridgewood		7:12	22:22	
28	#1341	Merck, Margaret	11	Ridgewood		7:15	22:32	F) 1
29	#1368	Stern, Emily	9	Ridgewood		7:16	22:35	5.0
32	#1294	Dwyer, Colleen	12	Ridgewood		7:19	22:44	8.0
41	#1367	Stern, Becca	11	Ridgewood		7:24	22:57	6 0
42	#1369	Stern, Isabelle	9	Ridgewood		7:24	22:58	V 23.
43	#1255	Broatch, Mackenzie	11	Ridgewood		7:25	23:02	- 27
44	#1350	Parsekian, Blake	12	Ridgewood		7:26	23:03	100
50	#1321	Hareas, Emma	9	Ridgewood		7:32	23:22	
57	#1362	Sherman, Anya	9	Ridgewood		7:35	23:33	
64	#1261	Carle, Kristen	11	Ridgewood		7:43	23:58	1.5
66	#1297	Earl, Baker	10	Ridgewood		7:44	24:02	1.7
67	#1345	Mullen, Bridget	10	Ridgewood		7:44	24:02	8-
80	#1360	Schablik, Jen	12	Ridgewood		7:49	24:15	19
81	#1246	Anzalone, Blair	12	Ridgewood		7:51	24:22	20
82	#1306	Fogg, Amelia	10	Ridgewood		7:52	24:25	350
86	#1286	Daniels, Kylie	10	Ridgewood		7:55	24:34	
91	#1307	Francis, Kat	12	Ridgewood		7:58	24:44	
92	#1363	Smith, Alice	12	Ridgewood		8:00	24:51	
98	#1273	Chiaramonte, CJ	12	Ridgewood		8:05	25:07	
109	#1336	Kopec, Elizabeth	11	Ridgewood		8:13	25:30	
121	#1301	Feldhahn, Katy	10	Ridgewood		8:25	26:08	
122	#1334	Knee, Mollie	9	Ridgewood		8:26	26:11	
127	#1327	Jahanbin, Maryam	11	Ridgewood		8:30	26:24	
138	#1258	Caliquire, Sarah K	10	Ridgewood		8:41	26:59	
139	#1371	Szymanski, Emma (177 finishers)	10	Ridgewood		8:44	27:06	No.
				moam Cad	~~~			



Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	 Immaculate Heart	====== 33	2	4	====== 5	8	14	21	22		-===
2	Ridgewood	38	1	3	7	10	17	19	20		
	Total Time: 1:46:11.00		Aver	21	21:14.20						
3	Hackensack	76	6	11	12	23	24	27	39		
4	Wayne Hills	131	13	18	25	33	42	46	48		
5	Glen Rock	182	29	32	34	36	51				
6	Wayne Valley	188	31	35	37	40	45	55	58		
7	Tenafly	201	26	30	38	44	63	70	77		
8	Ramsey	222	16	28	41	66	71	76			
9	Dwight Morrow High School	254	9	15	67	81	82	88			
10	Fair Lawn	266	43	52	54	57	60	74	78		
11	Pascack Valley	296	49	56	62	64	65	69	72		
12	Garfield	339	50	61	73	75	80				
13	Westwood	352	53	59	68	85	87				
14	Ridgefield Memorial	379	47	79	83	84	86	89			
Comment: Sam makes a varsity break thru time!!											

Meet:	Doc Braver	Course: <u>Darlin</u>	<u>igton</u>
Division:	<u>Frosh</u>	Course Record: _	
Date:	10/25/2012	Ridgewood Reco	rd:
Weather:	overcast - warm	Type of Course:	
Team Tot	al: Team Place:	4th 1-5 Split:	1-7 split:

Doc Braver Frosh/Novice meet - 10/25/2012 Darlington

Event 3 Girls 2 Mile Run C	C Frosh	Girl								
	ear Sch	ool			Avg	Mile		Final	s	Points
24 #1382 Whittaker, Cayla		gewood	=====	=====		5:42	====	11:2	=== .3	 15
30 #1365 Soriano, Diana		gewood				5:48		11:3	5	21
31 #1249 Bavishi, Poyani		gewood				5:49		11:3		22
32 #1328 Jennings, Shayna	9 Rid	gewood				5:49		11:3	8	23
35 #1312 Garrity, Isabelle	9 Rid	gewood				5:51		11:4	1	26
36 #1296 Dwyer, Kelly	9 Rid	gewood				5:56		11:5	2	27
39 #1340 Mehos, Tatiana	9 Rid	gewood				6:00		11:5	9	30
40 #1337 Lavin, Olivia	9 Rid	gewood				6:02		12:0	3	
45 #1322 Harris, Grace		gewood				6:12		12:2	3	
82 #1377 Tulsyani, Sonal	9 Rid	gewood				7:13		14:2	6	
(96 finishers)										
		eam Sc								
Rank Team	Total	1 1	2	3	4	5 	*6 	*7 	* =	
1 Immaculate Heart	65	4	8	10	19	24				
Total Time: 56:11.00)	Avera	ge:	11:1	14.20					
2 Hasbrouck Heights	76	1	3	7	32	33				
Total Time: 56:29.00)	Avera	age:	11:	17.80					
3 Glen Rock	97	11	12	13	25	36				
Total Time: 58:09.00)	Avera	age:	11:	37.80					
4 Ridgewood	107	15	21	22	23	26	27	30		
Total Time: 57:54.00		Avera	age:	11:	34.80					
5 Saddle Brook High School		5	6	34	38	45	47			
Total Time: 1:00:05.00		Avera	_		:01.00					
6 Ramsey	130	2	9	29	44	46				
Total Time: 59:52.00		Avera	_		58.40					
7 Wayne Hills	130	16	17	18	39	40				
Total Time: 1:00:00.00		Avera	_		:00.00					
8 Garfield	178	14	20	41	50	53	54	60		
Total Time: 1:03:54.00		Avera	_		16.80					
9 Lyndhurst	200	31	35	37	48	49				
Total Time: 1:04:53.00		Averag	-		58.60					
10 Harrison	221	28	42	43	51	57				
Total Time: 1:06:36.00		Averag	_		19.20	ΕO				
11 New Milford	280		55	56	58	59				
Total Time: 1:13:38.00)	Avera	ge:	14:4	13.60					



Meet:BMOCCourse:DarlingtonDivision:GirlsCourse Record:17:38Date:10/27/2012Ridgewood Record:17:49.1

Weather: <u>Overcast</u> Type of Course: _

Team Total: ____ Team Place: <u>1st</u> 1-5 Split: <u>1:49</u> 1-7 split: <u>1:54</u>

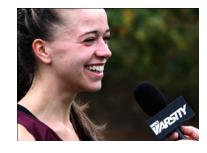
Bergen County Meet of Champions - 10/27/2012 Darlington

Event 1 Girls 5k Run CC

	Name		Year	School	======= Avg M	==== ile 	Finals	Points
		Pagano, Catherine		Ridgewood	•	:57	18:27	3
		Fishbein, Emily		Ridgewood	ŭ	:21	19:41	11
		Cleary, Kelly		Ridgewood	ŭ	:28	20:05	16
		Jones, Lesley		Ridgewood	ŭ	:31	20:15	18
		Rosenfeld, Leah		Ridgewood	ŭ	:32	20:16	19
		Cirillo, Tara		Ridgewood	ŭ	:33	20:19	21
25	#2573	Weisberger, Laura (103 finishers)	11	Ridgewood	6	:33	20:21	22

Team Scores

Rank	 Team	Total	1	2	3	4	=== =	* 6	*7
1	Ridgewood	67	3		16		19	21	22
	Total Time: 1:38:44.00		Aver		19:				
2	Acad O/T Holy Angels	80		6		29		42	49
	Total Time: 1:39:07.00		Aver	age:	19:	49.40			
3	Immaculate Heart	115	9	15	27	30	34	36	40
	Total Time: 1:42:22.00		Aver	age:	20:	28.40			
4	Indian Hills	134		13		35		59	60
	Total Time: 1:42:22.00		Aver	age:	20:	28.40			
5	Tenafly	168		12			61	62	70
	Total Time: 1:43:19.00		Aver	age:	20:	39.80			
6	Northern Highlands	172		14			66	69	72
	Total Time: 1:43:29.00		Aver	age:	20:	41.80			
7	Old Tappan	174	23	28	38	41	44	80	81
	Total Time: 1:45:34.00		Aver	age:	21:06.80				
8	Bogota	179	17	20	24	55	63	73	74
	Total Time: 1:45:16.00		Aver	age:	21:	03.20			
9	Ramsey	186	26			45		51	58
	Total Time: 1:46:03.00		Aver	age:	21:	12.60			
10	Rutherford	216	8	37	43	53	75	77	78
	Total Time: 1:47:09.00		Aver	age:	21:	25.80			
11	Westwood	250	7			65		79	82
	Total Time: 1:48:08.00		Aver	age:	21:	37.60			
12	Hasbrouck Heights	327	57		67	68	71		



*8 *9



CROSS-COUNTRY: BERGEN MEET OF CHAMPIONS

RHS girls stay ahead of weather and rivals

Second straight title is team's 26th overall; Maroon boys unable to derail Bosco express

BY GREG TARTAGLIA

This time, the girls from Ridge-wood High School came in ahead of both their cross-country com-petition and the weather. Paced by bronze medalist Catherine Pagano, the Maroons repeated as winners of the Lou Molino Memorial Bergen Meet of Champions (BMOC) on Satur-day, holding off a feisty Hold Angels squad, 67-80, at Darling-ton Park in Mahwah. The two schools have combined to win nine of the last 10 BMOC titles though Ridgewood's total is now





Nick Salamone of Ridgewood (No. 2579) pulls ahead of Palisades Park's Jorge Maldonado (2529) and Bergen Catholic's Michael Whalen (2415) on the first lap of the BMOC boys race.



The Ridgewood High School girls cross-country team placed all seven 25 to secure its second straight Bergen Meet of Champions title. FRONT ROW, from left: sophomore Kelly Cleary, sophomore Catherine Pagano, freshman Leah Rosenfeld, sophomore Tara Cirillo and junior Emily Fishbein. BACK ROW, from left: junior Laura Weisberger, senior Lesley Jones and head coach Jacob Brown

CROSS-COUNTRY from C1

(20:16) placed 18-20-21 to complete their team's scoring. Tara Cirillo (20:19) and Laura Weisberger (20:21) were 24th and 25th for Ridgewood, respectively, with Weisberger battling through illness to compete

Weisberger battung urrough unless to compete.

"The Angels ran an unbelievable race," said Brown, "Fortunately, we have a real team, with a lot of good kids. So if one of our kids has a bad day, the others pick up the slack," he added, citing Rosenfeld and Cirillo for bettering their times from the county-group meet.

BMOC boys race

BMOC boys race
Senior Nick Salamone (16:09)
was the top finisher for the RHS
boys, taking seventh, Junior Ryan
Neville (16:28) was 14th, while
Maroon runners Storm Dublirer
(21st, 16:34), Bryan Clarendon
(25th, 16:36), Kotaro Tamura
(26th, 16:36), David Frering (29th,
16:42) and Brian Daniels (33rd,
16:47) all crossed the line within
13 seconds of each other.
With defending champ Ben
Malone of Pascack Valley sidelined due to injury, Don Bosco junior Kyle Levermore stepped up to
claim gold in 15:35. He became
the third different fromman to win
the BMOC, joining Peter Gerboth
(2000-02) and Robert Molke
(2007-08).



Ridgewood junior Ryan Neville (No. 2578) gains inside position on Demarest's Kevin Rogovich, left, as the two make the turn toward the finish line in the BMOC boys race. Neville overtook Rogovich for 14th place, beating the Norseman junior by one second.



Ridgewood senior Lesley Jones (No. 2570) pulls ahead of Bogota's Anais Fernandez (2420), while fellow Maroons Leah Rosenfeld (2572) and Tara Cirillo close in down the stretch of the **BMOC** girls

Meet:	<u>MOC</u>	Course: _	<u>Darli</u>	<u>ngton</u>	
Division:	Girls -Frosh	Course R	Record:	9:49 Justine Lupo Ridgew	<u>ood</u>
Date:	10/27/2012	Ridgewo	od Reco	_ ord:	
Weather:	<u>Overcast</u>	Type of (Course:		
Team Tot	al: Team P	lace: 1st 1-5 Sp	lit:	1-7 split:	

MOC Frosh Invitational

October 27, 2012

Darlington Park

Girls

Team Score: 1--Ridgewood-25. 2-Hasbrouck Heights-62. 3-Bergen Tech-94. 4-Saddle Brook-107. 5-Garfield-116. 6-Fort Lee-122.

Individuals:

- 1. Sam Halvorsen, Ridgewood, 9:56.6
- 3. Erin Dwyer, Ridgewood, 10:39
- 5. Lindsay Haas, Ridgewood, 10:56
- 6. Emily Stern, Ridgewood, 10:59
- 10. Isabelle Stern, Ridgewood, 11:07
- 11. Emma Hareas, Ridgewood, 11:09
- 14. Anya Sherman, Ridgewood, 11:21
- 21. Shayna Jennings, Ridgewood, 11:49
- 23. Cayla Whittaker, Ridgewood, 11:55
- 25. Tatiana Mehos, Ridgewood, 11:59
- 27. Kelly Dwyer, Ridgewood, 12:03
- 28. Poyani Bavishi, Ridgewood, 12:05
- 35. Isabelle Garrity, Ridgewood, 12:19
- 44. Grace Harris, Ridgewood, 12:43
- 48. Olivia Lavin, Ridgewood, 13:02
- 54. Casey Gervolino, Ridgewood, 13:24
- 62. Sonal Tuisgani, Ridgewood, 14:38
- 63. Tatum Flood, Ridgwood, 15:15
- 64. Sam Hernandez, Ridgewood, 15:28

Meet:NJ SectionalCourse:GreystoneDivision:N1 G4Course Record:17:48.1Date:11-10-2012Ridgewood Record:18:37.8Weather:Cool - SunType of Course:Team Total:Team Place:1-5 Split:1:41

NJSIAA/Star-Ledger/M-F Athletic North I Boys - 11/3/2012 & Girls Sectional Cross-Country Championships

Girls 5k Run CC Gr 4

===	Name		Year	School	Avg Mile	Finals	Points
1	#1413	Catherine Pagano	10	======================================	6:00	18:38	1
8	#1415	Laura Weisberger	11	Ridgewood	6:28	20:03	8
10	#1410	Emily Fishbein	11	Ridgewood	6:29	20:07	10
12	#1406	Kelly Cleary	10	Ridgewood	6:32	20:18	12
13	#1414	Leah Rosenfeld	9	Ridgewood	6:33	20:19	13
18	#1405	Tara Cirillo	10	Ridgewood	6:42	20:48	18
28	#1412	Leslev Jones	12	Ridgewood	6:55	21:27	28

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	 Ridgewood	44	1	8	10	12	13	18	28		
	Total Time: 1:39:25.00		Avera	age:	19:	:53.00)				
2	Morris Knolls	57	6	9	11	14	17	23	33		
3	Randolph	64	2	3	4	21	34	37	72		
4	Kearny	121	5	7	26	29	54	92			
5	Clifton	131	16	20	25	32	38	46	59		
6	Livingston	169	19	24	35	40	51	81			
7	West Orange	194	15	30	42	45	62	74			
8	Bergen Cty VT	212	22	36	44	53	57	60	75		
9	Passaic	288	39	43	52	61	93	94			
10	Fair Lawn	299	31	41	67	78	82	90	91		
11	Montclair	308	27	47	69	79	86				
12	North Bergen	319	56	64	65	66	68	71	77		
13	Hackensack	326	48	55	70	73	80	87	88		
14	Memorial (Wny)	356	50	63	76	83	84	85	95		
15	Union City	389	49	58	89	96	97	98			

Comment: Great win today. We worked all year on this goal. Catherine had a dominate
win and our 2 to 5 split was 16 seconds! A cross country team effort.



Meet: <u>NJ-Frosh/Novice Champs</u>	Course: <u>Thompson Park</u>
Division: <u>JV</u>	Course Record:
Date: 11/12/2012	Ridgewood Record:
Weather:	Type of Course:
Team Total: 124 Team Place: 5	<u>th</u> 1-5 Split: <u>1:45</u> 1-7 split: <u>2:06</u>

New Jersey Frosh Novioce Championhsips - 11/9/2012 Thompson Park

Event 3 Girls 5k Run CC JV Girls Championhsip

Name	Year School	Finals	Points
5 Felder, Fran	Ridgewood	21:56.12	4
23 Tai, Tayler	Ridgewood	22:49.69	19
31 Davis, Sarah	Ridgewood	22:57.95	24
48 Carle, Kristen	Ridgewood	23:33.71	37
53 Cumbo, Emily	Ridgewood	23:41.50	40
60 Casey, Aisling	Ridgewood	23:55.96	45
63 Felsenstein, Genevieve (134 finishers)	Ridgewood	24:02.13	47

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
===== 1	Westfield	31	 2	3	 6	 7	13	 14	 26		===
	Total Time: 1:50:07.73										
	Average: 22:01.55										
2	Mount Olive	49	1	9	10	11	18				
	Total Time: 1:50:49.41										
	Average: 22:09.89										
3	Hunterdon Central	72	5	12	15	17	23	43	63		
	Total Time: 1:52:41.36										
	Average: 22:32.28										
4	Princeton	124	8	20	31	32	33	34	35		
	Total Time: 1:54:56.45										
	Average: 22:59.29										
5	Ridgewood	124	4	19	24	37	40	45	47		
	Total Time: 1:54:58.97										
	Average: 22:59.80										
6	South Brunswick	190	16	29	36	49	60	61			
	Total Time: 1:58:55.13										
	Average: 23:47.03										
7	Old Bridge	203	22	25	48	50	58	59	71		
	Total Time: 1:59:04.95										
	Average: 23:48.99										
8	North Warren	206	21	38	42	52	53	56	57		
	Total Time: 1:58:58.84										
	Average: 23:47.77										
9	Kingsway Regional	211	27	30	39	51	64	66			
	Total Time: 2:00:13.96										
	Average: 24:02.80										
10	West Windsor Plainsboro N	250	28	41	44	67	70				
	Total Time: 2:04:20.40										
	Average: 24:52.08										
11	Jackson Memorial	282	46	54	55	62	65	68	69		
	Total Time: 2:05:04.30										
	Average: 25:00.86										

Meet: <u>NJ-Frosh/Novice Champs</u>	Course: <u>Thompson Park</u>
Division: Frosh	Course Record:
Date: <u>11/12/2012</u>	Ridgewood Record:
Weather:	Type of Course:
Team Total: 53 Team Place: 1	st 1-5 Split: 3:14 1-7 split: 4:14

New Jersey Frosh Novice Championships - 11/12/2012 Thompson Park

Event 1 Girls 5k Run CC Frosh Girl

Year School	Finals	Points
Ridgewood Ridgewood	20:20.54 22:34.30	 1 7
Ridgewood	22:36.59	8
Ridgewood	23:27.76	17
Ridgewood	23:34.45	20
Ridgewood	24:05.10	27
Ridgewood	24:34.85	29
-		
	Ridgewood Ridgewood Ridgewood Ridgewood Ridgewood Ridgewood Ridgewood	Ridgewood 20:20.54 Ridgewood 22:34.30 Ridgewood 22:36.59 Ridgewood 23:27.76 Ridgewood 23:34.45 Ridgewood 24:05.10

Team Scores

====												
Rank	Team		Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood		53	1	7	8	17	20	27	29		
	Total Time:	1:52:33.65										
	Average:	22:30.73										
2	Princeton		56	2	6	11	16	21	22	23		
	Total Time:	1:53:36.07										
	Average:	22:43.22										
3	Hillsborough		58	4	5	9	15	25	28	35		
	Total Time:	1:53:15.61										
	Average:	22:39.13										
4	Old Bridge		93	12	13	14	18	36	38	40		
	Total Time:	1:59:07.72										
	Average:	23:49.55										
5	Westfield		98	3	10	24	30	31	34	37		
	Total Time:	1:57:50.40										
	Average:	23:34.08										
6	Hunterdon Central		149	19	26	32	33	39	41			
	Total Time:	2:05:15.25										
	Average:	25:03.05										

Meet: NJ Group Championships Course: Holmdel Division: Group 4 Course Record:

Date: 11/17/2012 Ridgewood Record: 18:29 Weather: Sun - 50° Type of Course:
Team Total: Team Place: 9th 1-5 Split: 2:36 1-7 split:

2012 NJSIAA/The Star-Ledger/M-F Athletic Boys and Girls State Group Championships Holmdel Park - Don Danser Meet Director - 11/19/2012

	3 Girls 5k Run CC (_										
Name		Year	Scho	ol			Ave	g Mil	е	Fina	als	Points
	Catherine Pagano	1.0	RIDG	EWOOD				6:0			:36	3
53 #2453	B Laura Weisberger	11	RIDG	EWOOD				6:3	9	20	:38	46
57 #2444	Kelly Cleary	10	RIDG	EWOOD				6:4	1	20	:46	50
62 #2443	B Tara Cirillo	10	RIDG	EWOOD				6:4	3	20	:52	55
75 #2452	2 Leah Rosenfeld			EWOOD				6:5	0	21	:12	68
90 #2450) Lesley Jones	12	RIDG	EWOOD				6:5	5	21	:30	83
105 #2448	B Emily Fishbein (145 finishers)	11	RIDG	EWOOD				7:0	3	21	:54	98
(145 finishers) Team Scores												
Rank Team	n	Т	otal	1	2	3	4	5	*6	*7	*8	*9
	 ılts 5000 Run											====
1 HILI	LSBOROUGH		64	2	4	16	20	22	90	121		
2 NORT	2 NORTH HUNTERDON			5	14	15	33	62	71	76		
3 TOMS	RIVER NORTH		131	9	19	26	35	42	45	99		
4 W. W	VINDSOR P. BORO SOUT	l'H	141	13	21	28	39	40	59	108		
5 HUNT	TERDON CENTRAL		195	10	36	44	47	58	111	113		
6 RIDG	€E		206	17	38	41	49	61	106	128		
7 LENA	APE		211	6	32	34	69	70	85	107		
8 RANI	OOLPH		213	7	18	23	72	93	122	129		
9 RIDO	GEWOOD		222	3	46	50	55	68	83	98	Ave:	20:24.8
	EHOLD TOWNSHIP		249	8	11	48	78	104	123	124		
	RIS KNOLLS		287	31	52	64	67	73	92	134		
	THERN REGIONAL		296	24	51	66	75	80	89	118		
13 SHAW			324	25	27	60	100	112	114	119		
	GEWATER-RARITAN		333	1	57	79	87	109	130	137		
15 WEST			335	53	54	63	77	88	115	116		
	KSON MEMORIAL		336	30	37	74	94	101	102	103		
	CK MEMORIAL		386	43	65	86	95	97	135			
18 CHEF			409	56	82	84	91	96	120	127		
19 KEAF			423	12	29	117	132	133	138	40-		
20 CLIE	'L'ON		547	81	105	110	125	126	131	136		

Comment: Catherine ran a breakthrough race! Her 18:36 is 6th fastest on the day, 3rd on the All Time Ridgewood list, and 5th on the All Bergen List. Emily was sick (she had a fever going home on bus) Laura and Kelly got lost in the pack without her and our team failed to qualify for SMOC. Tara and Leah improved more than a minute (1:06 & 1:04)but our 2,3,4 pack was not what we needed in this high quality race.





Meet: <u>SMOC</u>	Course:
Division:	Course Record:
Date: <u>11/21/2012</u>	Ridgewood Record:
Weather:	Type of Course:
Team Total: Team Place:	1-5 Split: 1-7 split:

Girls State Cross-Country Champions
Holmdel Park - Don Danser, Meet Director - 11/21/2012

	Name		Year	School	Avg Mile	Finals	Points
		Sarah Disanza		High Point	5:44	17:47	
2	#325	Kelly Janokowicz	SR	Hillsborough	5:47	17:59	1
3	#542	Mackenzie Barry	JR	West Morris Mendham	5:52	18:14	2
4	#506	Megan Curham	SR	Villa Walsh	5:55	18:21	3
5	#394	Colette Richter	SR	Mountain Lakes	5:55	18:21	4
6	#298	Marisa Ruskan	SR	Bridgewater-Raritan	5:55	18:23	
7	#520	Nisa Cicitta	SR	Voorhees	5:55	18:23	5
8	#317	Gracie Dwyer	FR	Hamilton North	5:57	18:27	
9	#474	Courtney Thompson	JR	Saint John Vianney	5:57	18:28	6
10	#491	Josette Norris	JR	Tenafly	5:58	18:31	
11	#464	Tara Connelly	JR	Saint John Vianney	5:59	18:35	7
12	#526	Clarissa Modde	JR	Voorhees	6:00	18:38	8
13	#362	Jillian Kelly	SR	Montgomery	6:01	18:41	
14	#552	Abby Seel	SR	West Morris Mendham	6:03	18:48	9
15	#450	Catherine Pagano	10	Ridgewood	6:04	18:48	
16	#333	Lennon Cooper	SR	Holmdel	6:04	18:49	10
17	#487	Lisa Grohn	SR	Somerville	6:04	18:49	
18	#436	Carole Harsch	10	Randolph	6:04	18:50	
19	#293	Laura Quintana	SR	Bernards	6:04	18:51	11
20	#404	Eve Glasergreen	SO	North Hunterdon	6:04	18:51	12
21	#326	Stephanie Mauer	FR	Hillsborough	6:05	18:53	13
22	#488	Kelly Shaffer	FR	South Hunterdon	6:09	19:04	
23	#316	Meghan Malloy	SR	Haddonfield	6:09	19:05	
24	#343	Kaitlyn Bedard	12	Hunterdon Central	6:10	19:08	
25	#374	Amari Onque-Shabazz	FR	Mount Saint Dominic	6:10	19:08	14
26	#485	Mara Schiffhauer	JR	Seneca	6:11	19:10	15
27	#341	Marin Warner	SO	Holmdel	6:12	19:14	16
28	#305	Dana Klein	JR	Gill St. Bernard's	6:12	19:14	17
29	#449	Lauren Sapone		Red Bank Regional	6:12	19:15	
30	#347	Natalia Ocasio	SR	Lenape	6:12	19:16	
		(176 finishers)					

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Voorhees	74	 5	8	18	21	22	42	57		
	Average: 19:01.60										
2	Hillsborough	133	1	13	31	37	51	97	101		
	Average: 19:23.00										
3	West Morris Mendham	180	2	9	28	63	78	80	90		
	Average: 19:38.20										
4	Rumson-Fair Haven	202	20	32	39	46	65	74	79		
	Average: 20:00.00										
5	North Hunterdon	214	12	30	44	60	68	69	104		
	Average: 19:58.60										
6	Toms River North	216	27	35	45	53	56	112			
	Average: 20:04.80										
7	Red Bank Catholic Total Time: 1:40:22.00	218	23	38	40	58	59	76	106		

CROSS-COUNTRY: STATE MEET OF CHAMPIONS

Salamone, l'agano run with best in N.J.

BY GREG TARTAGLIA Assistant Sports Editor

On the busiest travel day of the year, Ridgewood High School's Nick Salamone and Catherine Pagano negotiated the

traffic rather well. The final Sandy-related post-ponement of the NJSIAA crosscountry season resulted in the State Meet of Champions (SMOC) at Holmdel County Park being moved to the day before Thanksgiving. Normally held on the third Saturday in November, the SMOC was bumped by the rescheduling of the state-group finals to Nov. 17 and did not run last Saturday to avoid conflicting with the Nike Northeast Regional event held that same day.

Salamone, a senior, competed in the State M of C boys race for the third time in as many years and placed 24th with a personal course record of 16:16.84 - the No. 6 Holmdel clocking in RHS

boys history.

Pagano, a sophomore, was running in her first SMOC girls race and came home 15th in 18:47.99, which ranks No. 5 on the Maroon girls' list of top Holmdel times.

Boys race recap

After logging a 16th-place 16:38 at the State Group 4 finals on the same course just four days prior, Salamone lowered his PR by 21 seconds and wound up as the sixth-fastest Group 4 entrant at the SMOC

He placed ahead of nine runners who had beaten him to the line at the previous meet (Group 4 winner Shawn Wilson of Cherokee sat out the SMOC to rest for Regionals) and nearly caught two others – Tom Vinci of West Windsor-Plainsboro South (16:15.09) and North Hunterdon's David Folsom (16:15.90) ran 22-23 in the field of 175.

In what he told *The Record's* Paul Schwartz was "the best race of my life," Salamone won a sprint to the finish with Aaron Liberatore of Christian Brothers (25th, 16:16.92), out-leaning the Colts' senior by eight-hundredths of a second.

Christian Brothers captured

its third straight SMOC team title and 18th overall, 110-133, over Holmdel. Don Bosco Prep (175 points), the only Bergen County squad to qualify as a whole, fin-ished fifth behind WWP South (149) and Wallkill Valley (163). Middletown North Thomas O'Neill won the race in 15:31. Returning Ridgewood News



Ridgewood sophomore Catherine Pagano (No. 2451) duels with State Meet of Champions runner-up Kelly Janokowicz of Hillsborough (1795) in a race earlier this month.

All-Suburban first-teamer Kyle Levermore led Don Bosco with a seventh-place 15:57, while teammate Robert Townsend was 18th in 16:10. Paramus senior Mike Secreti, an All-Suburban second-teamer in 2011, clocked 16:31.06 to edge past Wallkill Valley's Louis Bustamante for 38th by four-tenths of a second.

Girls race recap

Pagano actually ran her Holmdel best (18:36, No. 3 in RHS girls history) at the State Group 4 meet, where she ended up third. At the State Meet of Champs, she got off to a fast start and led for the first mile before the pack caught up to her. The Maroon soph was the

fourth-fastest Group 4 runner behind Hillsborough senior Kelly Janokowicz (second, 17:59), Bridgewater-Raritan Marisa Ruskan (sixth, 18:23) and Montgomery senior Jillian Kelly (13th, 18:41) – a slight rearrangement of the finishing order at the group meet, which went Ruskan-Janokowicz-Pagano-Kelly.

Of the six Bergen County girls in the field of 176, Pagano ran second only to Tenafly junior Josette Norris, who turned in the third-best Holmdel time in county history, a 10th-place 18:31 Senior Sarah Disanza of High

Point, the State Group 2 champ, held off Janokowicz by 12 seconds to take the SMOC gold in 17:47. Voorhees claimed its third Meet of Champs team title in the past six seasons, 74-133, over Hillsborough.

Full meet results available online at lfracing.com



CHRIS PEDOTA/THE RECORD

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Ridgewood senior Nick Salamone (No. 224) sprints to the finish of the State Meet of Champions boys race neck-and-neck with Christian Brothers' Aaron Liberatore (12).

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TEAM OF THE YEAR

Ridgewood

Maroons impress despite challenges

By PAUL SCHWARTZ

STAFF WRITER

It's not like Ridgewood has never been The Record girls crosscountry Team of the Year before. In the nine years the honor has been awarded (2001-2007 and since 2011), the Maroons, coached by Jacob Brown, have been select-

ed six times.

But the 2012 team had challenges beyond that of the other five selectees. Two of Ridgewood's top seven, junior Laura Weisberger (recovering from a stress fracture) and senior Lesley Iones (iron deficiency) struggled with health issues and the Maroons had some depth issues early in the year. Holy Angels, the Bergen County runner-up, and Wayne Hills, the Passaic County champion, were both better than any of the rivals Ridgewood had in their other honored seasons. And then there was Sandy.

Ridgewood was hard hit by the

superstorm.

"But if I ever had a question of the commitment of this team, the kids rose up and showed their commitment to cross-country," said Brown. "Everybody struggled with Sandy, but our kids never wavered."

Ridgewood's best race of the season came in the North 1, Group 4 sectional held at Randolph's home course, Central Park of Morris County at Greystone, where the Maroons easily defeated one of the state's perennially best teams.

The Maroons also won the Big North Freedom, Bergen A and Bergen Meet of Champions titles, the latter for a record 26th time in

Final Top 20 ranking

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- 2. Wayne Hills
- 3. Holy Angels
- 4. IHA
- 5. Indian Hills
- 6. Northern Highlands
- 7. Clifton
- 8. Wayne Valley
- 9. Tenafly
- 10. Old Tappan
- 11. Bogota
- 12. Ramsev
- 13. Paramus Catholic
- 14. Kinnelon
- 15. Rutherford
- 16. Paramus
- 17. Bergen Tech
- 18. West Milford
- 19. Demarest
- 20. Cliffside Park

33 years.

Sophomore Catherine Pagano led the Maroons with juniors Weisand Emily Fishbein, berger sophomores Tara Cirillo and Kelly Cleary, freshmen Leah Rosenfeld and Sam Halvorsen and seniors Jones and Fran Felder also seeing varsity time.

A return trip to the state Meet of Champions was denied when the Maroons were a disappointing ninth in the Group 4 championship, despite having the fifth best average time in the race.

But with seven of the top nine returning, Brown has his best returning team since the 1999 group

that won Ridgewood's second State Meet of Champions crown.

FIRST TEAM ALL BERGEN COUNTY

- 1976 Alyson Grunder
- 1977 Klara Grape
- 1978 Barbara Remmers
- 1979 Mary Ellen Mileski and Carol Dickstein
- 1980 M.E. & Patti Mileski, C.Dickstein, Kathy Duffy, Sue Hart
- 1981 Mary Ellen & Patti Mileski, and Colleen Wright
- 1982 Mary Ellen & Patti Mileski, and Margaret Scutro
- 1983 Margaret Scutro
- 1984 M. Scutro, Karen O'Brien, Jen Hughes
- 1985 Jen Hughes, Linda Hockey, Norine D'Arcy
- 1986 Jen Hughes and Jean Hughes
- 1987 Jen Hughes and Jean Hughes
- 1988 Jean Hughes and Lynne Collazo
- 1989 Liz Figlar and Eileen Fitzgerald
- 1990 Liz Figlar, Eileen Fitzgerald, and Jenna Rogers
- 1991 Eileen Fitzgerald and Jenna Rogers
- 1992 ClaireBlaney, JeanneReilly, J. Rogers, A. Smith, LaurenStuhr
- 1993 Jenna Rogers, Amy Smith, Lauren Stuhr
- 1994 Amy Smith, Stephanie Doyle, Kim Folk, Celeste Sedo
- 1995 Amy Smith, Stephanie Doyle
- 1996 Celeste Sedo
- 1997 Celeste Sedo, Kelly Behan
- 1998 Meg McDermott
- 1999 Clair Nowakowski, Kelly Behan, Alyson Cangemi
- 2000 Clair Nowakowski, Justine Lupo
- 2001 Clair Nowakowski, Justine Lupo
- 2002 Justine Lupo, Meghan O'Connell
- 2003 Justine Lupo, Meghan O'Connell, Emily Terrin
- 2004 Meredith Jones, Ashlyn Llerandi
- 2005 Meredith Jones, Ashlyn Llerandi
- 2006 Ashlyn Llerandi
- 2008 Sarah Daly
- 2010 Caroline Davidson
- 2011 Caroline Davidson, Hanako Shigenobu, Emily Fishbein, Laura Weisberger
- 2012 Catherine Pagano

All State & All American

- 1978 Barbara Remmers 2nd team
- 1981 Patti Mileski 1st team, M.E.Mileski 3rd team
- 1982 Patti 1st & M.E. 2nd Patti 1st team all american
- 1983 Margaret Scutro 3rd team
- 1984 Margaret Scutro 1st team HM-all american
- 1985 Norine D'Arcy 3rd team
- 1990 Liz Figlar 2nd team
- 1991 Jenna Rogers 1st team
- 1992 Jenna Rogers 2nd team
- 1993 Jenna Rogers 1st team *STATE CHAMPION*
- 1995 Amy Smith 2nd team, Stephanie Doyle 2nd team
- 1996 Celeste Sedo 3rd team
- 1997 Kelly Behan 1st & *STATE CHAMPION*, Celeste Sedo 1st team
- 1999 Clair Nowakowski 2nd team, Alyson Cangemi 2nd team Gr 4
- 2001 Clair Nowakowski 1st team.

RIDGEWOOD GIRLS CROSS COUNTRY HISTORY											
year	duals	league	bergen	bergen	state	state	state				
1974	4-2		gr IV	champs 2nd	section	group 7th	champ				
1975	3-2	1st		3rd		8th					
					01						
1976	5-1	1st		3rd	2nd	4th					
1977	4-2	2nd		4th	4th	11th					
1978	2-1	2nd	2nd	6th	2nd	12th					
1979	5-0	1st	2nd	2nd	1st	3rd	8th				
1980	6-0	1st	1st	1st	1st	1st	2nd				
1981	7-0	1st	1st	1st	1st	4th					
1982	5-0	1st	1st	1st	1st	3rd	4th				
1983	4-1	3rd	2nd	1st	3rd	12th					
1984	5-0	1st	1st	1st	1st	5th					
1985	5-0	1st	1st	1st	2nd	6th					
1986	4-0	1st	1st	1st	1st	3rd	7th				
1987	4-0	1st	1st	1st	2nd	6th	7 011				
1988	4-0	1st	1st	1st	2nd	12th					
1989	7-0				2nd 2nd	8th					
		1st	1st	1st							
1990	8-0	1st 1 st	1st	1st	1st	6th	0 + 1				
1991	9-0	_	1st	2nd	2nd	3rd	9th				
1992	7-0	1st	1st	1st	1st	1st	1st				
1993	6-0	1st	1st	1st	1st	3rd	3rd				
1994	6-0	1st	1st	1st	1st	2nd	4th				
1995	6-0	1st	1st	1st	1st	5 th					
1996	6-0	1 st	2 nd	1 st	1 st	3 rd	8 th				
1997	6-0	1 st	1 st	1 st	1 st	3 rd	2 nd				
1998	7-0	1 st	1 st	1 st	1 st	1 st	3 rd				
1999	6-0	1 st	1 st	1 st	1 st	1 st	1 st				
2000	7-0	1 st	1 st	1 st	1 st	6 th					
2001	6-0	1 st	1 st	1 st	1 st	5 th	$11^{\rm th}$				
2002	7-0	1 st	1 st	4 th	1 st	8 th					
2003	7-0	1 st	1 st	1 st	1 st	3 rd	8 th				
2004	8-0	1 st	1 st	1 st	3 rd	4 th	5 th				
2005	8-0	1 st	1 st	1 st	3 rd	11 th	Ü				
2006	7-1	1 st	3 rd	4 th	5 th	18 th					
2007	6-2	1 st	2 nd	2 nd	4 th	9 th					
2007	7-1	1 st	2 nd	3 rd	2 nd	9 th					
2000		2 nd	2 rd	6 th	5 th	19 th					
	12-1	2	5	ŭ	ů .						
2010	6-0	1st	1st	2nd	1st	6th	10.1				
2011	5-0	1st	1st	1st	2nd	3rd	10th				
2012	6-0	1st	1st	1st	1st	9th					
Total:						_					
OMITED	233-14	34	27	26	21	4	2				
		<u>IPS OF NOTE</u> tates Champ									
		Invitation <i>a</i>									
	Bergen Cla										
		olic Invita	ational								
	Bulldog										
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The Record
2012 NORTH JERSEY SPORTS

All-Bergen County

CROSS-COUN



ERIN AHEARN Immaculate Heart



DEANNA DILANDRO Ramapo



JULIA GUERRA Indian Hills



LYDON KERSTING Holy Angels



CORINNE MYERS Westwood



JOSETTE NORRIS Tenafly



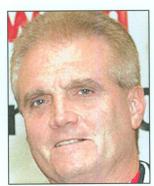
ARIANA NORTH Northern Highlands



CATHERINE PAGANO Ridgewood



ASHLEY STRYSKO Holy Angels



JAY MAHONEY Coach of the year Bogota















