

THE PAWLOWSKI RELAYS
Ridgewood's Track at BF

SATURDAY, April 5, 2014
Ridgewood, New Jersey

Boys

Team Score: Large School: 1 Passaic Tech. 2-Ridgewood. 3-Memorial

Small School: 1-Ridgefield Park. 2- Cresskill. 3-Pascack Valley

4X100m: 1-Paramus Catholic, 44.4. 2-Memorial, 45.0. 3-Passaic Tech, 45.1. 4-Pascack Valley, 45.3. 5-Ridgewood, 45.4. 6-Ridgefield Park, 45.7. 7-Bloomfield, 46.0. 8-DePaul Catholic, 46.6. 9-Lakeland, 46.9. 10-Leonia, 47.3. 11-Union, 47.3. 12- CBA, 47.4. 13- Cresskill, 48.2. 14- PJ 48.4. 15- Mahwah, 48.5

4X200m: 1-Memorial, 1:34.9. 2-Mahwah, 1:36.1. 3-Lakeland, 1:37.1. 4-Ridgefield Park, 1:37.4. 5-DePaul Catholic, 1:37.5. 6- Leonia, 1:38.2. 7-Union, 1:39.6. 8- Cresskill, 1:40.4. 9- Bloomfield, 1:41.4. 10- PJ, 1:41.7. 11-Pequannock, 1:47.1

4X400m: 1-Ridgefield Park, 3:36.0. 2-PJ, 3:36.7. 3-Union, 3:42.9. 4-Pascack Valley, 3:44.4. 5-DePaul, 3:50.9. 6-Cresskill, 3:58.7. 7- Pequannock, 4:06.4

4X800m: 1-CBA, 8:21.7. 2-Memorial, 8:22.1. 3-PJ 8:36.6. 4-Ridgefield Park, 8:35.5. 5-Bloomfield, 8:56.6. 6-Union, 8:59.9.

4X1600m: 1-PJ, 18:37:00.2-CBA, 19.01.8. 3-Ridgewood, 18:30.00.4-Passaic Tech, 19:43.0. 5-Memorial 19.43.6. 6-Passaic 20.08.00.7-Bloomfield, 20.55.7. 8-Ridgefield Park, 21.00.9. 9-Pequannock, 21.04.00, 10-Leonia, 21.04.6

Sprint Medley: 1- Pascack Valley, 3:44.6. 2-Union 3:49.1. 3-Passaic Tech, 3:54.0. 4-Bloomfield, 3:54.7. 5-Ridgefield Park, 3:58.1. 6-Mahwah, 4:06.3. 7-Lyndhurst, 4:24.3. 8-PJ, 4:42.2

Distance Medley: 1-Memorial, 11:08.7. 2-Ridgewood, 11:22.6. 3-PJ, 11:24.5. 4- Bloomfield, 11:24.8. 5-Passaic, 1:33.1. 6-Leonia, 11:51.5. 7-Cresskill, 11:54.0. 8-Pequannock, 12:05.6. 9-Ridgefield Park, 12:10.8. 10-Passaic Tech, 12:39.8.

4X110 HH: 1-Bloomfield, 1:07.9. 2-CBA, 1:09.0. 3-Memorial, 1:01.1. 4-Lakeland, 1:11.5. 5-Ridgefield Park, 1:12.7. 6-Ridgewood, 1:13.2. 7-Pequannock, 1:28.8

3X400 IH: 1-Ridgewood, 3:07.9. 2-Memorial, 3:08.1. 3-Passaic Tech, 3:08.6. 4-Bloomfield, 3:18.0. 5-Union, 3:19.3. 6-Ridgefield Park, 3:20.7

3X Long Jump: 1-Passaic Tech, 58'10 1/2". 2-Ridgewood, 57'5 1/2". 3-Ridgefield Park, 57'1 1/2". 4- Union, 56' 1/2". 5-Mahwah, 55'11". 6-Cresskill, 55'8". 7-Bloomfield, 55'2". 8-Paramus Catholic, 54'7 1/2". 9- CBA 53'1 1/2". 10- Lakeland, 52'10 1/2". 11-PJ 52' 8 1/2" 12-Hawthorne, 50'2". 13- Pequannock, 50'2"

3X Triple Jump: 1-Passaic Tech., 122'8 1/2". 2-Ridgewood, 121'4 1/2". 3-Ridgefield Park, 114'1". 4-Mahwah, 111'7". 5- Union, 111'6 1/2". 6-Paramus Catholic, 106'4 1/2". 7-Hawthorne, 104' 10". 8-CBA 101'11". 9-Cresskill, 75'7".

3X High Jump: 1-Passaic Tech, 17'8. 2-Ridgefield Park, 16'11". 3-Union, 16'0. 4-Passaic, 11'6". 4-Paramus Catholic, 11'6". 6-Lakeland, 10'6". 6-Ridgewood, 10'6"

3X Pole Vault: 1-Ridgefield Park, 36'6". 2-Lakeland, 33'. 2-Ridgewood, 33'. 4-Mahwah, 31'6". 5-CBA 24'. 6-Passaic Tech 22'

3X Shot Put: 1-Cresskill, 132'6 1/2". 2-Passaic Tech, 128'7". 3-Union, 119'10". 4-Paramus Catholic, 119'6 1/2". 5-Pascack Valley, 118'2 1/2". 6-Ridgefield Park, 115' 7". 7-Memorial, 114'5". 8-PJ 113'2 3/4". 9-Mahwah, 109'9". 10-Ridgewood, 108'10 1/2". 11-CBA 104'3". 12-Pequannock, 98'5". 13-Pequannock, 84'2"

3X Discus: 1-Paramus Catholic, 350.7. 2-CBA, 342.7. 3-Cresskill, 341.4. 4-PJ, 339.6. 5-Ridgefield Park, 319.4. 6-Passaic Tech, 303.11. 7-Pascack Valley, 301.6. 8-Memorial, 300.5. 9-Lakeland, 294.0. 10-Ridgewood, 282.9. 11-Union, 277.6. 12-Mahwah, 271.10. 13-Pequannock, 253.2

3X Javelin: 1-Bloomfield, 432-4. 2-Ridgefield Park, 393-2. 3-Memorial, 391—8. 4-Ridgewood, 372-3. 5-PJ 356-3. 6-Lakeland, 352-8. 7-CBA, 352-6. 8-Paramus Catholic, 348-0.

GIRLS

Team Score: Large School: 1-Pope John. 2-Ridgewood. 3-Passaic Tech.

Small School: 1-Cresskill. 2-Ridgefield Park. 3-Pequannock.

4X100m: 1-Paramus Catholic, 49.7. 2-PJ, 50.0. 3-PCTI, 51.5. 4-Cresskill, 52.3. 5-Union, 52.5. 6-Ridgewood, 52.9. 7-Hawthorne, 53.7. 8-Ridgefield Park, 54.9. 9- Manchester, 55.2. 10- Pequannock, 56.0. 11-Pascack Valley, 56.9. 12-DePaul Catholic, 57.7. 13-Bloomfield, 59.1.

4X200m: PCTI, 1:47.5. 2-Paramus Catholic, 1:48.6. 3-Cresskill, 1:54.0. 4- Hawthorne, 1:54.4. 5-Ridgefield Park, 1:57.5. 6- Manchester, 1:58.6. 7-Bloomfield, 1:59.5. 8- Pequannock, 2:01.1. 9- Union, 2:02.0. 10- DePaul, 2:10.7.

4X400m: 1-PJ, 4:14.5. 2-Ridgewood, 4:17.6. 3-Paramus Catholic 4:18.2. 4-Elizabeth, 4:30.3. 5-Pascack Valley, 4:21.2. 6-Cresskill, 4:26.5. 7-Union, 4:31.8. 8-Pequannock, 4:34.4. 9-Passaic, 4:41.5. 10-Ridgefield Park, 4:51.2

4X800m: 1-Elizabeth, 10:25.7. 2-PJ, 10:26.6. 3-Pequannock, 10:45.3. 4-Passaic, 10:45.5. 5-Ridgewood, 10:48.1. 6-Cresskill, 10:57.7. 7-PCTI 11:33.6. 8-Bloomfield, 11:35.0. 9-Ridgefield Park, 12:07.9

4X1600m: 1-Pope John, 23.12.8. 2-Ridgewood, 23.39.6. 3-Elizabeth, 23.59.3. 4-Cresskill, 24.12.4. 5-PCTT, 25.17.8. 6-Union, 27.04.5. 7-Mahwah, 27.41.7. 8-Pequannock, 27.57.2. 9-

Sprint Medley: 1-PJ, 4:20.9. 2-Ridgewood, 4:28.9. 3-DePaul Catholic, 4:31.9. 4- Union, 4:33.4. 5-Pascack Valley, 4:40.3. 6-Hawthorne, 4:48.7. 7-Pequannock, 4:53.2. 8-Cresskill, 4:54.3 9-Ridgewood, 4:55.5. 10- 5:08.1

Distance Medley: 1-Elizabeth, 13:52.6. 2-Passaic, 14:05.5. 3-Cresskill, 1:22.4. 4-Leonia, 14:25.4. 5-PCTI, 14:47.0. 6--Ridgewood, 14:59.5. 7-Bloomfield, 15:35.4. 8-Ridgefield Park, 15:50.6. **4X100 HH:** 1-PJ 1:07.2. 2-PCT, 1:08.0. 3-Cresskill, 1:10.9. 4-Ridgewood, 1:11.5. 5-Paramus Catholic, 1:13.0. 6-Pequannock, 1:14.5. 7- Ridgefield Park, 1:16.4

3X400 IH: 1-PJ, 3:33.1. 2-Cresskill, 3:50.3. 3-PCTI, 3:59.8. 4-Pequannock, 4:02.6. 5-DePaul Catholic, 4:04.1. 6-Ridgefield Park, 4:08.8.

3X Long Jump: 1-Ridgewood 46'2". 2-Paramus Catholic, 44'7". 3-Cresskill, 43'3". 4-Pascack Valley, 41.4 1/2". 5-Ridgefield Park, 41'1 1/2 ". 6-PJ, 40' 11". 7-Union, 28'.5". 8-DePaul, 23'.7".

3X Triple Jump: 1-Cresskill, 95'10". 2-Paramus Catholic, 94'3". 3-Ridgewood, 92'10.5". 4-Ridgefield Park, 89'3". 5-Union, 89'1 1/2". 6-Pequannock, 80'9". 7-Hawthorne, 62'9 1/4".

3X High Jump: 1-Passaic Tech, 14'6". 2-Pascack Valley, 14'. 3-Ridgewood, 13'7. 4-Union, 13'6. 5-Ridgefield Park, 12'9.6- Cresskill, 9'8. 7-Manchester, 8'6. 8-Pequannock, 4'10

3X Pole Vault: 1-Mahwah, 25'6". 2-PJ, 19'6". 3-Cresskill, 8'. 4-Ridgewood, 7'. 4-Ridgefield Park, 7'

3X Shot Put: 1-Union, 97'4. 2-PJ, 93'9. 3-PCTI, 84'4". 4-Pequannock, 83'9". 5-Cresskill, 79". 6-Hawthorne, 77'5".7- Ridgefield Park, 74". 8-Ridgewood, 71'6". 9-Paramus Catholic, 70'4". 10-DePaul Catholic, 68'4"

3X Discus: 1-Union, 295.1 2-PJ, 252.1. 3-Pequannock, 242.1. 4-Cresskill, 224.3. 5-PCTI, 207.2. 6-Ridgewood, 206.4. 7-Ridgefield Park, 205.10. 8-Hawthorne, 194.10. 9-Paramus Catholic, 186.7. 10-DePaul 163.10

3X Javelin: 1-Ridgefield Park, 275-1. 2-PJ, 244-11. 3-238-10. 4-Paramus Catholic, 228-6. 5-Cresskill, 212-9. 6-PCTI, 204-10. 7-Mahwah, 179-6.

NOVICE BOYS

4X100m: 1-Manchester, 48.9. 2-Passaic Tech, 49.2. 3-Passaic, 49.3. 4-Hawthorne, 49.6. 5-Pascack Valley, 50.9. 6-Ridgewood, 50.9. 7-Memorial, 51.9. 8-Lakeland, 52.6. 9-Pascack Valley, 52.8. 10-Leonia, 54.9. 11-Pequannock, 55.2. 12-Paramus Catholic, 55.2. 13-Lyndhurst, 55.4. 14-Passaic, 56.0.

4X200m: **1-Ridgewood, 1:40.2. 2-Manchester, 1:41.4. 3-Passaic Tech, 1:42.1. 4-Passaic, 1:42.8. 5- Union, 1:43.4. 6-Lakeland, 1:44.1. 7-Pascack Valley, 1:46.0. 8-Pascack Valley, 1:46.8. 9-Paramus Catholic, 1:47.2. 10-Ridgewood, 1:47.3. 11-Leonia, 1:50.0. 12-Passaic, 1:50.4. 13-Lyndhurst, 1:50.6. 14-Ridgewood, 1:53.2. 15-Paramus Catholic, 1:59.3. 16-Pascack Valley, 1:59.8. 17-Hawthorne, 1:44**

4X400m: 1-Ridgwood, 3:47.6. 2-PJ "A", 3:54.6. 3-Passaic, 3:57.5. 4-Pascack Valley, 3:58.1. 5-Ridgewood, 4:06.1. 6-Lyndhurst, 4:07.6. 7-Passaic High, 4:14.6. 8-Union, 4:16.3. 9-Ridgewood, 4:17.0. 10-Passaic, 4:22.2. 11-Pequannock, 4:35.8

4X800m: 1- Memorial, 8:47.3. 2-Pascack Valley, 9:01.2. 3-CBA, 9:18.8. 4-Ridgewood, 9:20.7. 5-Memorial, 9:28.9. 6-Passaic, 9:38.8. 7-Passaic High 9:50.6. 8-Lyndhurst, 9:59.8. 9-Cresskill, 10:11.0. 10-Bloomfield, 10:15.8. 11-PCHS, 10:17.4. 12-Hawthorne, 10:30.0. 13-Union, 10:34.0. 14-Leonia, 11:23.2

4X1600m: 1-CBA, 18:36.00. 2-CBA,18:48:00. 3-CBA, 18:52.5. 4-CBA,18.59.9. 5-CBA, 19:00.9. 6-Ridgewood, 19.20.00.7-Paramus Catholic, 20:10.00.8-Lyndhurst, 20.10.00.9-Mahwah, 21.00.00.

Distance Medley: 1-Memorial 11:43.3. 2-Ridgewood, 11:48.3. 3-Mahwah, 12:13.2. 4- PCHS, 12:17.6. 5-Passaic, 12:21.1. 6- Lyndhurst, 12:24.9. 7-Lyndhurst, 12:26.3. 8-Ridgewood, 12:37.5. 9-Bloomfield, 13:10.0. 10-Union, 13:11.1. 11-Cresskill, 13:15.1. 12-Hawthorne, 13:16.5. 13-Manchester, 13:30.9. 14-Leonia, 14:36.3

4X110H:

3X400H: 1-Pequannock, 3:34.4. 2-Passaic, 3:37.0. 3-Union Boys, 3:37.2. 4-Lyndhurst, 3:41.2

2XHJ:

2XLJ:

2XTJ: 1-Passaic Tech, 78'5 1/2". 2-Lyndhurst, 63'1". 3-PJ, 63'1". 4-Ridgewood, 39'1/2". 5-CBA 31'1/2"

2XPV: 1-Mahwah, 19'6". 2-Pascack Valley, 18'. 3-Lakeland, 11'. 4-Ridgewood, 9'. 5-CBA, 8'

2X Shot Put: 1-Passaic, 80'1". 2-Cresskill, 72'7". 3-Pascack Valley, 71'3". 4-Pascack Valley, 71'. 5-Hawthorne, 69'8". 6-Lyndhurst, 52'8 1/2". 7-Ridgewood, 49'5". 8-Ridgefield Park, 68'2". 9-Union, 60'1". 10-Cresskill, 67'1/4". 11-Lyndhurst, 64'. 12-Pascack Valley, 60' 10 1/2". 13-Mahwah, 54'9".

2X Discus: 1-Passaic, 223.5. 2-Hawthorne, 204.4. 3- Passaic, 181.5. 4-Ridgewood, 179.3. 5-Pascack Valley, 176.1. 6-Cresskill, 174.4. 7-Ridgefield Park, 173.3. 8-Paramus Catholic, 172.10. 9- Passaic Tech, 172.6. 10-Cresskill, 171.2

2X Javelin: 1-Mahwah, 245.8. 2-Cresskill, 225.4. 3-Ridgefield Park, 199.1. 4-Pascack Valley, 192.1. 5-Union, 187.9. 6-Lyndhurst, 175.6. 7-Lakeland, 170.3. 8-Paramus Catholic, 165.2. 9-Pascack Valley, 160.2

NOVICE GIRLS

4X100m: 1-Paramus Catholic, 53. 2-East Orange "C", 56.7. 3-Union, 56.9. 4-Ridgewood, 57.7. 5-East Orange "A", 58.4. 6-Ridgewood, 58.6. 7-Ridgewood, 59.5. 8-Union, 59.6. 9-Hawthorne, 59.7. 10-Manchester, 1:00.8.

11-Pequannock, 1:02.6. 12-Lyndhurst, 1:03.4. 13-PJ, 1:03.7. 14-Perth Amboy, 1:04.2. 15-Ridgewood, 1:05.0.

16-Hawthorne, 1:05.6. 17-Paramus Catholic, 1:05.9. 18-PCTI, 1:07.3.

4X200m: 1-Paramus Catholic, 1:55.8. 2-PJ, 1:58.6. 3-Elizabeth, 1:59.5. 4-Ridgewood, 1:59.8. 5-East Orange "A"

2:00.3. 6- East Orange "B", 2:01.5; 7- Perth Amboy, 2:03.3. 8-Union, 2:05.6. 9- East Orange "C" 2:05.9. 10- Ridgewood, 2:06.0. 11- PCTI, 2:06.1. 12- Passaic, 2:06.7. 13- Hawthorne, 2:07.2. 14- Pascack Valley, 2:08.0.

15-Manchester, 2:08.0. 16-Pequannock, 2:08.8. 17-Paramus Catholic, 2:13.5. 18-Lyndhurst, 2:13.7. 19-PJ "B", 2:14.4. 20-PCTI, 2:15.6. 21-Union, 2:16.8. 22-Lyndhurst, 2:17.1. 23-Passaic., 2:17.7. 24-Perth Amboy, 2:18.3.

25-Union, 2:18.8. 26- Lyndhurst., 2:19.1. 27-Ridgewood, 2:19.1. 28- PJ "C", 2:19.8. 29-Hawthorne, 2:22.6.

30-Paramus Catholic, 2:23.9.

4X400m: 1-Ridgewood, 4:31.1. 2-East Orange "A" 4:43.9. 3-East Orange "B", 4:48.7. 4- Union, 4:56.9. 5-Pascack Valley, 4:57.8. 6-Elizabeth, 5:00.1. 7-Lyndhurst, 5:09.9. 8-Passaic, 5:10.5. 9-Lyndhurst, 5:20.5. 10-Union, 5:37.3

4X800m:

4X1600m:

Distance Medley: 1-PJ, 14:50.2. 2-Mancheste, 15:19.8. 3-Perth Amboy, 15:23.8. 4-Passaic, 16:45.1. 5-Union, 19:11.4. 6-Elizabeth, 15:48.2

4X110H:

3X400H: 1-Union, 4:41.2

2XHJ:

2XLJ: 1-Ridgewood, 26'1/2". 2-Ridgewood, 25'11". 3-PJ, 25'3 1/2". 4-Pequannock, 24'6". 5-Union, 24'.

6-Manchester, 22'9 1/2". 7-Lyndhurst, 17'1/2".

2XTJ: 1-Ridgewood, 62'1.2-Bloomfield, 59'.2. 3-Cresskill, 58'2.5". 4-PJ, 29'8". 5-Manchester, 25'8.5".

2XPV: 1-Mahwah, 7'

2X Shot Put:

2X Discus:

2X Javelin: 1-Manchester, 153.5. 2-PJ, 138.7. 3-Ridgewood, 133.10. 4- Lyndhurst, 106.3. 5-Paramus Catholic, 83.1. 6-Pequannock, 79.10.

FROSH BOYS

4X100m:

4X200m:

4X400m: 1-Manchester, 3:57.7. 2-PJ "A", 4:01.7. 3-Union, 4:07.7. 4-Ridgewood, 4:16.3. 5-Passaic High, 4:16.5.

6-PJ "B", 4:16.7. 7-Lyndhurst, 4:27.2

4X800m: 1-CBA, 9:27.6. 2-PJ, 9:28.5. 3-CBA 9:54.0. 4-Passaic High, 9:55.3. 5-Memorial, 9:57.7. 6-Memorial, 10:19.5

Distance Medley: 1-Memorial, 12:46.3. 2-PCHS, 13:47.1

4X110H: 1-CBA, 1L22,0, 2-Union, 1.25.8. 3-PJ, 1:30.8

3X400H:

2XHJ:

2XLJ:

2XTJ:

2XPV: 1-Mahwah, 16'. 2-Ridgefield Park, 14'. 2-PJ, 14'. 4-CBA, 7'

2X Shot Put: 1-Passaic Tech, 59'3". 2-PJ "A" 52'10". 3-CBA 65'7". 4-PJ"B", 52'. 5-Hawthorne, 41'11".

6-Paramus Catholic, 45'6". 7-CBA 57'2"

2X Discus:

2X Javelin:

FROSH GIRLS

4X100m:

4X200m: 1-Union, 1:59.6. 2-Pascack Valley, 2:00.4. 3-Elizabeth, 2:02.6. 4-Leonia, 2:03.5. 5-PJ, 2:04.5.

6-Cresskill, 2:07.3. 7-Perth Amboy, 2:07.6. 8-Ridgewood, 2:07.9. 9-East Orange, 2:09.7. 10-Lyndhurst, 2:17.6.

11-Paramus Catholic, 2:20.3. 12-Lyndhurst, 2:20.6. 13-PAS 2:26.0

4X400m: 1-Pascack Valley, 4:36.1. 2-Cresskill, 4:49.2. 3-PJ, 5:01.1. 4-Union, 5:10.2. 5-Perth Amboy, 5:11.1.

6-Paramus Catholic, 5:21.9. 7-Lyndhurst, 5:23.6. 8-Lyndhurst, 5:30.1.

4X800m:

Distance Medley:

4X110H:

3X400H:

2XHJ:

2XLJ:

2XTJ:

2XPV: 1-Mahwah, 6'

2X Shot Put:

2X Discus:

2X Javelin: