

**RIDGEWOOD
TRACK
&
FIELD**

2014

**SEASON
SUMMARY**

DUAL MEETS

2 wins, 2 losses, & 1 Tie

Paramus	97-43
Ramapo	57.5-82.5
Northern Highlands	62-78
Hackensack	70-70
Indian Hills	119-21

CHAMPIONSHIP MEETS

Pawlowski Relays	2nd
Bergen Relays	6th
Comet Relays	
Penn Relays	
Big North - Freedom	4th
Bergen A	9th
BMOG	
State Section	7th - 1 champion
State Group	13-qualifiers
SMOC	2 qualifiers
Nationals	Sam & Carleen

Seniors: Courtney Cerasuolo*, Sarah Davis*, Emily Fishbein*(capt), Emily Flynn*, Samiantha Klein*, Demi Kontos*, Juliana Kritzer*, Nicole LaBarbiera*, Leslie Lam*, Megan Lucky*(capt), Amanda Muccio*(capt), Maxine Peskens*, Kylie Simpson*, Rebecca Stern*, Laura Weisberger*(capt), Keeauna Whalen*.

Juniors: Christina Barrales, Natasha Baum*, Sarah Caliguire, Katherine Cirillo, Tara Cirillo*, Kelly Cleary*, Julia Csorba, Amanda DeVera*, Libby DeVita*, Kate Eanelli, Genevieve Felsenstein, Ari Hasbrouck, Carleen Jeffers*@, Dani Klein, Stephanie Kusel*, Jade Long, Jen Luby, Olivia Manke, Anne McGinley, Katie McKeon*@, Lauren Monnerat*, Sophie Montgomery*, Catherie Negron, Carolyn Patterson, Charlotte Pillow, Taylor Tai, Abby Taylor*, Monica Vitting*, Maya Vogel, Rachel Wiggers, Nicole Witt.

Sophomores: Jamie Ades, Sophia Barclay, Megan Collier, Becca Feder, Sam Halvorsen*@, Sue Han, Grace Harris, Allia Jahanbin, Saskia Keppler, Tatiana Mehos, Vera Mudry, Isabel Park*, Katie Reis*, Vanessa Reis*, Leah Rosenfeld*, Olivia Saporito, Sara Schmidt, Anya Sherman, Jasmine Steinacker, Emily Stern, Jasmine Tobdzic, Sonal Tulsyani, Jenna Tumillo, Amit Vogel, Cayla Whittaker.

Frosh: Kaitlyn Amoruso*@, Emily Antosiewicz, Katie Barrales, Sophie Benecick, Allison Borrero, Morgan Bracken, Kimberley Caruso, Rosie Casey, Sarah Catalano, Esther Chow, Corina Cobb, Olivia Columbus, Melissa DeMartino*, Olivia Doering, Haley Driscoll, Rita Espinoza, Isabel Faherty, Julia Felsenstein, Skylar Franco, Kaitlyn Gnull, Liv Gubb, Madison Heibel, Emma Herzberg, Rhea Jha, Anna Kunz, Mary Lane, Tory Ludington, Olympia Martin*@, Olivia Martinez, Amy Mullen, Camryn Muller, Julia O'Connell, Ally Ortolani, Lauren Pagano, Kavi Patel*, Sophia Sheehy, Mary Skrzypczak, Carly Sokol, Samantha Sterling, Lindsay Strickland, Danielle Testa.

* = letter winner @ = coaches class award

Coaches: Jacob Brown, Josh Saladino, Holly Martin, SteveOpremcak, Don Cooper, Erica Cigolini.

Track & Field 2014 - Schedule of Meets

- 4/1 - Tuesday - Paramus & Ramapo at Ridgewood BF Track - 4:00pm -
- 4/5 - Saturday - The Steve Pawlowski Relays at BF-Track in Ridgewood - 9am
- 4/8 - Tuesday - Northern Highlands at Northern Highlands - 4:00 -
- 4/9 - Wednesday- Bergen Relays *varsity* HJ, PV, Jav at Ridgewood
- 4/11 - Friday - Bergen Relays *varsity* at River Dell HS
- 4/12 - Saturday - Bergen Relays *varsity* at River Dell HS
- 4/16 - Wednesday- Hackensack at BF track - 4:00pm -
- 4/19 - Saturday - Comet Relays at Hackensack HS - 9am -
- 4/22 - Tuesday - Indian Hills at Indian Hills - *entire team*
- 4/24 - Thursday - Penn Relays at Franklin Field *(limited varsity)* 4x100 & 4x400 only
- 5/1 - Thursday - Big North Division 3 (Freedom) League Championship at Ridgewood
- 5/5 - Monday - Big North JV/Frosh Champs at Hackensack - entire non varsity team
- 5/9 - Friday - Bergen Group A Champs at Old Tappan HS
- 5/10 - Saturday - Bergen Group A Champs AT Old Tappan HS
- 5/13 - Tuesday - Novice Championship at BF Track - 4pm. *JV & Frosh*
- 5/17 - Saturday - Bergen County Meet of Champions at Hackensack High School
- 5/19 - Monday - East Coast Relays - *limited varsity*
- 5/23 - Friday - State Sectional Champs at Randolph HS *varsity*
- 5/24 - Saturday - State Sectional Champs at Randolph HS *varsity*
- 5/27 - Tuesday - Bergen Frosh Champs (girls) at BF Track 4pm *frosh*
- 5/30 - Friday - State Group 4 Champs at Egg Harbor Twp. HS *must qualify*
- 5/31 - Saturday - State Group 4 Champs at Egg Harbor Twp. HS *must qualify*
- 6/4 - Wednesday- NJ State Meet of Champs at South Plainfield HS *must qualify*
- 6/11- Wednesday - Track Awards Dinner - 6pm
- 6/14 - Fri & Sat - Nationals - Greensboro, North Carolina.

Big North Track & Field Dual Meet

Ridgewood vs Ramapo - Girls

April 1, 2014

Total Score
RWS RAM

Event	First Place	Second Place	Third Place	RWD RAM		Total Score RWS RAM	
400H	Racano, RAM, 1:07.8	McKeon, RWD, 1:11.6	Roberts, RAM, 1:13.3	3	6	57.5	82.5
100m Dash	Brzozowski, L, RAM, 12:5	Park, RWD, 13:3	Tie-Monnerat, RWD, Brzozowski	5.5	3.5		
1600m Run	Jeffers, RWD, 5:24.8	Halvorsen, RWD, 5:30.6	McKenna, RAM, 5:33.4	8	1		
400m Dash	Brzozowski, L, RAM, 58.6	Dilandro, RAM, 58.6	Vitting, RWD, 64.1	1	8		
100m Hurdles	McKeon,, RWD, 16.6	Roberts, RAM, 17.6	DeVera, RWD, 17.9	6	3		
800m Run	Abribat, RAM, 2:24.9	Intriago, RAM, 2:26.2	Rosenfeld, RWD, 2:32.6	1	8		
200m Dash	Brzozowski, RAM, 26.0	Dilandro, RAM, 26.7	Monnerate,, RWD, 27.8	1	8		
3200m Run	Jeffers, RWD, 11:28.3	Halvorsen, RWD, 11:45.2	Parlis, RAM, 12:15.8	8	1		
High Jump	Chen, RAM, 5'0"	Phillips, RAM, 5'0"	Montgomery, RWD, 4'8"	1	8		
Pole Vault	Jordan, RAM, 8'0"	Megan, RAM, 8'0"	Juliana, RWD, 7'0"	1	8		
Long Jump	McKeon,, RWD, 15' 2 3/4"	DeVita, RWD, 15' 1 3/4"	Lucky, RWD, 14' 1/4"	9	0		
Triple Jump	Long, RWD, 31'5"	Chen, RAM, 31'3"	Lucky, RWD, 31' 2 1/2"	6	3		
Discus	Caride, RAM, 78-5	Vogel, RWD, 75-2	Gracose, RAM, 69-11	3	6		
Shot Put	Canoe, RAM, 28'11"	Fuchs, RAM, 27'7"	Russi, RAM, 26'7"	0	9		
Javelin	Cariti, RAM, 109-9	McKeown, RWD, 86-3	Amoruso, RWD, 78-6	4	5		
4X400relay	Ramapo, 4:13.7	Ridgewood, 4:22.5			5		

Big North Track & Field Dual Meet

Ridgewood vs Paramus - Girls

April 1, 2014

Total Score
RWD PAR

Event	First Place	Second Place	Third Place	RWD PAR		Total Score RWD PAR	
400H	Mafesic, :PAR, 1:09.7	Muccio, RWD, 1:13.56	Rosenfeld, RWD, 1:13.7	4	5	97	43
100m Dash	Park, RWD, 13:3	Monnerat, RWD, 13:4	Kusel, RWD, 13:4	9	0		
1600m Run	Jeffers, RWD, 5:24.8	Halvorsen, RWD, 5:30.6	Reiss, RWD, 5:40.1	9	0		
400m Dash	Vitting, RWD, 64:1	Magalhaes, PAR, 64:1	Davis, RWD, 64:9	6	3		
100m Hurdles	McKeon,, RWD, 16.6	Matesic, PAR, 17.2	DeVera, RWD, 17.9	6	3		
800m Run	Rosenfeld, RWD, 2:32.6	Cleary, RWD, 2:37.2	Weisberger, RWD, 2:38.4	9	0		
200m Dash	Monnerat, RWD, 27.8	Kusel, RWD, 27.9	Park, RWD, 28.3	9	0		
3200m Run	Jeffers, RWD, 1128.3	Halvorsen, RWD, 1145.2	Reiss, RWD, 1216	9	0		
High Jump	Pituras, PAR, 4'10"	Montgomery, RWD, 4'8"	Volos, PAR, ,4'6"	3	6		
Pole Vault	Martinez, PAR, 7'6"	Calupau, PAR, 7'6"	Keitzce, RWD, 7'0"	1	8		
Long Jump	McKeon, RWD, 15'2 3/4"	DeVita, RWD, 15'1 3/4"	Pituras, PAR, 14' 1/2"	8	1		
Triple Jump	Long, RWD, 31'5"	Lucky, RWD, 31'2 1/2"	Flynn, RWD, 30'11"	9	0		
Discus	Stabile, PAR, 85-5	Shala, PAR, 79-9	Vogel, RWD, 78-5	1	8		
Shot Put	Stablo, PAR, 28'11"	Shala, PAR, 28"	Aportas, PAR, 26'7"	0	9		
Javelin	McKeon, RWD, 86' 3.1"	Amoruso, RWD, 78'6.2:"	Long, RWD, 62'9.3"	9	0		
4X400relay	Ridgewood, 4:22.5	Paramus, 4:34.1		5			

Ramapo & Paramus Dual meet at BF Track April 1, 2014

100: Park- 13.43 / Kusel- 13.62 / Monnerat- 13.50 / Caitlyn A.- 14.48 / Patel- 15.02 / Whalen- 15.25 / Nicole ?- 18.34 / Collier- 13.61 / Gall- 14.62 / Espinoza- 15.02 / Columbus- 15.56 / Bracken- 16.36 / Steinacker- 14.71 / DiMartino- 16.21 / Fazyolva- 16.54 / Caligure- 17.04 / Schmidt- 15.23 / Strickland- 15.65 / Sterling- 15.88 / Heibel- 16.14 / Ortolani- 16.58 / Feder- 14.63 / Herzberg- 14.98 / Stern- 15.83 / Doering- 16.96 / Tumillo- 17.33 / Formachella- 13.62 / Aktar- 16.38 / Franco----- / Lane----- / Muller- 16.45 / Barrales- 15.54 / Faherty- 14.45 / Luby- 15.14 / Cauruso- 16.05 / Testa- 16.66 / Gubb- 17.29 / Benesick- 17.34 / Rego- 17.69 / Saporito- 17.88 / Sokal----- / Martinez--- / Bolten----- / O'Connel-----

200: Park-27.6 / Monnerat- 27.2 / Kusel- 27.9

400: Monica- 64.11 / Davis- 64.62 / Kavi- 67.38 / Sophia- 67.65 / Heanna- 62.68 / Caitlyn A.- 62.63 / Jasmine- 68.99 / Jen- 70.56 / Megan- 68.02 / DiMachino- 70.23 / Jen- 76.94 / Emma H.- 78.14 / Rita E.- 79.94 / Schmidt- 69.78 / Isabelle E.- 74.8 / Madison H.- 77.63 / Olivia D.- 77.79 / Olivia M.- 79.15 / Ally O.- 81.16 / Sophia B.- 73.13 / Sara K.- 76.58 / Caitlyn G.- 76.61 / Skylar F.- 76.62 / Gabby R.- 79.45 / Mary C.- 79.96 / Carly S.-81.06 / Danielle T.- 83.15 / Liv G.- 84.41 / Tamara F.- 84.69 / Olivia C. 85.32 / Kim C. 85.74

800: Cirillo- 2:41 / Kylee- 2:52 / Taylor- 2:53 / Pillos- 2:54 / Ashley Sohn- 3:12 / Boro- 3:26 / C. Chui- 3:33 / Jahabin- 3:35 / Olivia- 3:38 / Esther Chow- 3:39 / Mehos- 3:48 / Barklay- 4:06 / Choi- 4:08

1600: Jeffers-5:24.8/ Halvorsen-5:30.6/ V.Reis-5:40.0/ Taylor-5:47.6/ Mullen-5:59.9/ Fishbein-6:00.7/ Hasbrouck-6:05.8/ Pagano-6:07.9/ Felsenstein-6:08.3/ Cobb-6:09.2/ E.Stern-6:27.1/ Csorba-6:34.3/ C.Barrales-6:35.1/ Olivia Faciella-6:37.4/ Whittaker-6:38.0/ Sherman-6:39.5/ Sarah Catalino-6:46.3/ ??-7:25.7.

3200: Jeffers-11:28.3/ Halvorsen-11:45.1/ V.Reis-12:13.1/ Martin-12:47.3.

100H: McKeon- 16.6 / Libby- 18.8 / DeVera- 17.9

400H: McKeon- 71.5 / Rosenfeld- 73.4 / Mucchio- 73.6 / Reis- 80.2 / DeVera- 74.1

Long Jump: K. McKeon-15-2 3/4/ L. DeVita-15-1 3/4/ M. Lucky-14 1/4/ S. Montgomery-13-8 1/2/ A. Formechelli(?) -11-10 1/2/ E. Flynn-F

Triple jump: J. Long-31-5/ M. Lucky-31-2 1/2/ E. Flynn-30-11/ L. DeVita-30-7 1/2/ A. Formechelli-28-7

High Jump: S. Montgomery-4-8/ L. DeVita-4-6/ M. Lucky-4-6/ S. Kepler-4-2/ A. Formechelli(?) 4-0

Pole Vault: Juliana Keitzer-7-0/ Sam Klein-6-6/ Kate Eanelli-6-6.

Shot: : Courtney - 23'2, Natasha - 23'4, Maya - 22'6, Demi - 22'6, Leslie - 21'2, Amit - 18'10, Carolyn - 17'5, Nicole - 18'4, Catherine - 19'5, Grace - 18'8, Emily - 17'5

Discus: Courtney - 62'2, Maya - 75'2, Natasha - 54'9, Catherine - 52'4, Carolyn - 49'11, Nicole - 37'5, Grace - 25', Demi - 61'1 1/2, Emily - 35'3, Leslie - 41'5, Amit - 42'2

Javelin: Katie McKeon-86-3/ Kaitlyn Amoruso-78-6/ Jade Long-65-3/ Taylor Tai-47-2/ Sophia Sheehy-51-0.

4X400: Amanda- 66.6 / Monica- 66.4 / Park- 66.0 / Monnerat- 63.6 = 4:22.52

Comment: We all have some marks to work on now. Make a goal for next meet: Everyone improves!

Pawlowski Relays:

4X1600: Martin-6:00.0/ Hasbrouck-6:10.2/A.Taylor-5:49.9/Halvorsen-5:39.5 = 23:39
Pagano-6:01.4/ Driscoll-6:43.5/ Cobb-6:16.6/ Mullen-6:27.3 = 25:28.5
G.Felsenstein-6:00.4/ Catalano-6:50.3/ C.Barrales-6:36.3/ Simpson-7:00.1 = 26:28.1

4X800: V: Martin-2:55.3/ Davis-2:38/ A.Taylor-2:41/ Halvorsen-2:32.8 = 10:48.2
N: Catalano-2:58.9/ Pillow-2:56/ Csorba-2:58.9/ Mudry-2:49 =11:42.8
N: J.Felsenstein-3:13, C.Barrales-3:00/ E.Stern-3:05/ Sherman-3:03.4 = 12:21.5
F: Mullen-2:48.2/ Pagano-2:54/ Cobb-2:55.7/ Driscoll-3:07.5 = 11:47.4

Distance Medley: 6th-Hasbrouck-?/ Simpson-?/ Tai-?/ G.Felsenstein-? = 14:59.5

Shuttle Hurdle Relay- 61.9

4x100m:V. Park, S. Kusel, M. Vitting, L. Monnerat = 53.1
N:K. Whalen, Jenna T., Jasmine T., and Jasmine S. = 62.5
N: LaBarbiera, E. Aktar, M. Peskens, A. McGinley = 68.5
N: S. Caliguire, E. Flynn, J. Luby, O. Manke = 58.8
F:M. Bracken, L. Gubb, D. Testa, C. Muller = 62.0
K. Armoruso team = 58.4
Alex F. team = 57.8
O. Doering, R. Jha, M. Heibel, I. Faherty = 60.7

4x200m:Varsity – no team

M. Peskens team = 2:19.39
S. Caliguire team = 2:06.07
O. Doering team = 2:08.07
S. Keppler team = 1:58.53

3x400IH: A. Muccio- 75.3, L. Rosenfeld- 75.3

4x400m:V: M. Vitting- 64.4 /S. Kusel- 66.0/I. Park- 63.6/L. Monnerat- 61.6 = 4:17.7
N:Davis- 66.3/Abigail- 69.6/KeeAuna- 68.0/Jasmine- 67.3 = 4:31.2

HJ: S. Montgomery-4-10/ M. Lucky-4-6/ S. Kepler-4-6/ L. DeVita-4-3/A. Formechelli 4-3/S. Benick(?)L. Strickland(?)

LJ K. McKeon-15-11 1/2/ L. DeVita-15-6/ M. Lucky-14 1/4/ S. Montgomery-14-8 1/2/ E. Flynn-13-4 1/2/ A.

Formechelli-12-8 1/2/ R. Ahia(?) 11-9/ L. Strickland 10-8/ S. Benick(?) 10-3

TJ M. Lucky-31-6 1/2/ E. Flynn-31-4 1/2/ L. DeVita-31-1/2/ A. Formechelli-31-1/2/ J. Long-30-1 1/2

SMR V A. Mucchio 65/ L. Monnerat 27.1/ I. Park 27.8/ L. Rosenfeld 69.1-80.0 (2:29.1) 4:29.0

F C. Ammeruso 72/ Melissa (?) 34.0/ K. Patel 29.3/ S. Shehee 75-85.6 (2:40.6) 4:55.6

Discus: Natasha Baum-67-10/ Maya Vogel-76-11/ Demi Kontos-67-1/ Nicole Witt-53-3/ Leslie Lam-48-3/ Catherine Negron-62-4/ Carolyn Patterson-45-4.

Shot: Natasha Baum-25-8/ Maya Vogel-24-4/ Demi Kontos-23-0/ Emily Antosiewicz-17-7/ Carolyn Patterson-18-.25/ Amit Vogel-20-1/ Grace Harris-18-4/ Nicole Witt-19-10/ Catherine Negron-21-0.

Pole Vault:

Javelin:

Paulowski Relays 4/5/14

PAWLOWSKI RELAYS

AT RIDGEWOOD TEAM SCORES

Ridgefield Park 100; PCTI 92; Ridgewood 83.5; Memorial 83; Bloomfield 65; CBA 56; Union 56

INDIVIDUAL RESULTS

4-x-100m: 1. Paramus Catholic (Kristian Bautista, Abdul Neblett, Alijah Jackson, John Grant), 44.4; 3. Passaic Tech, 45.1; 4. Pascack Valley, 45.3; 5. Ridgewood, 45.4; 6. Ridgefield Park, 45.7.

4-x-200: 1. Memorial (Jorge Ortez, Onasi Cuevas, Steve Berdecia, Jhanathan Ramirez), 1:34.9; 3. Lakeland, 1:37.1; 4. Ridgefield Park, 1:37.4; 5. DePaul Catholic, 1:37.5; 6. Leonia, 1:38.2.

4-x-400: 1. Ridgefield Park (G. Norcross, K. Mawyin, J. Fevrier, C. Abril), 3:36.0; 4. Pascack Valley, 3:44.4; 5. DePaul, 3:50.9; 6. Cresskill, 3:58.7.

4-x-800: 1. CBA (Lunny, Sorrentino, Somma, Dugan), 8:21.7; 4. Ridgefield Park, 8:35.5.

4-x-1600: 1. Pope John (Chris Drare, Jon Buck, Steve Skydel, Mike Campbell), 18:37.00; 3. Ridgewood, 19:30.00; 4. Passaic Tech, 19:43.00; 6. Passaic, 20:08.00.

Sprint Medley: 1. Pascack Valley (Herburger, Cortes, Hseih, Felton), 3:44.6; 3. Passaic Tech, 3:54.0; 5. Ridgefield Park, 3:58.1.

Distance Medley: 1. Memorial (Jhonathan Matamolos, Kevin Vilalta, Anderson Heredia, Rafael Hernandez), 11:08.7. 2. Ridgewood, 11:22.6; 5. Passaic, 1:33.1; 6. Leonia, 11:51.5.

4-x-100 HH: 1. Bloomfield (Kamal Medlock, Ulysses Santos, Ivan Medina, Andy Afful), 1:07.9; 4. Lakeland, 1:11.5; 5. Ridgefield Park, 1:12.7; 6. Ridgewood, 1:13.2.

3-x-400 IH: 1. Ridgewood (Bryce Joyner, Eric Larson, Zach Stadulis), 3:07.9; 3. Passaic Tech, 3:08.6; 6. Ridgefield Park, 3:20.7.

3X Long Jump: 1. Passaic Tech (Drew Lindsay, Zaire Weaver, Travelle Curry), 58-10 1/2; 2. Ridgewood, 57-5 1/2; 3. Ridgefield Park, 57-11 1/2; 6. Cresskill, 55-8.

3X Triple Jump: 1. Passaic Tech (Drew Lindsay, Zaire Weaver, Travelle Curry), 122-8 1/2; 2. Ridgewood, 121-4 1/2; 3. Ridgefield Park, 114-1; 6. Paramus Catholic, 106-4 1/2.

3X High Jump: 1. Passaic Tech (Stephon Foster, Roger Sherrod, Angel Lora), 17-8; 2. Ridgefield Park, 16-11; 4. Passaic, 11-6; 4. Paramus Catholic, 11-6; 5. Lakeland, 10-6; 6. Ridgewood, 10-6.

3X Pole Vault: 1. Ridgefield Park (Raul Ferreira, Chris Diaz, Luis Escarret), 36-6; t-2. Lakeland, 33-0; t-2. Ridgewood, 33-0; 6. Passaic Tech 22-0.

3X Shot Put: 1. Cresskill (John Foniciello, Seb Castanos, Joe Hernandez), 132-6 1/2; 2. Passaic Tech, 128-7; 4. Paramus Catholic, 119-6 1/2; 5. Pascack Valley, 118-2 1/2; 6. Ridgefield Park, 115-7.

3X Discus: 1. Paramus Catholic (Marcus Pantoja, Paul Sheridan, Kevin Suddal), 350.7; 3. Cresskill, 341.4; 5. Ridgefield Park, 319.4; 6. Passaic Tech, 303.11.

3X Javelin: 1. Bloomfield (Ed Baja, Victor Olapinson, Mike Galli), 432-4; 2. Ridgefield Park, 393-2; 4. Ridgewood, 372-3; 6. Lakeland, 352-8.

GIRLS

TEAM SCORES

Pope John 108; Cresskill 98; PCTI 79; Ridgewood 71.5; Ridgefield Park 62.5; Paramus Catholic 57

INDIVIDUAL RESULTS

4-x-100: 1. Paramus Catholic (Rosie Menyhart, Maria Acosta, Tatianna Jenkins, Tatiyanna Sanders), 49.7; 3. PCTI, 51.5. 4. Cresskill, 52.3; 6. Ridgewood, 52.9.

4-x-200: 1. PCTI (Breasha Morton, Cheyenne Allen, Jada Lawrence, Alexis Washington), 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.

4-x-400: 1. Pope John (Jordan O'Brien, Stephanie Buck, Lizzie Klein, Kaitlyn Rymarzow), 4:14.5. 2. Ridgewood, 4:17.6; 3. Paramus Catholic 4:18.2; 5. Pascack Valley, 4:21.2; 6. Cresskill, 4:26.5.

4-x-800: 1. Elizabeth (Monica Flores, Giorvanna LeRouge, Victoria Wiafe, Esther Jean-Louis), 10:25.7; 3. Pequannock, 10:45.3; 4. Passaic, 10:45.5; 5. Ridgewood, 10:48.1; 6. Cresskill, 10:57.7.

4-x-1600: 1. Pope John (Becky Scairpon, Elizabeth Henning, Katie Hanitin, Calleish Higgins), 23:12.8. 2. Ridgewood, 23:39.6. 4. Cresskill, 24:12.4. 5. PCTI, 25:17.8

Sprint Medley: 1. Pope John (Nicole Serano, Jordan O'Brien, Alanna Hitscherich, Calleish Higgins) 4:20.9; 2. Ridgewood, 4:28.9; 3. DePaul Catholic, 4:31.9; 5. Pascack Valley, 4:40.3; 6. Hawthorne, 4:48.7.

Distance Medley: 1. Elizabeth (Esther Jean-Louis, Victoria Wiafe, Giorvanna LaRouge, Monica Flores), 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.

4-x-100 HH: 1. Pope John (Alanna Hitscherich, Kaitlyn Rymarzow, Lizzie Klein, Dina Naphor), 1:07.2; 2. PCTI, 1:08.0; 3. Cresskill, 1:10.9; 4. Ridgewood, 1:11.5; 5. Paramus Catholic, 1:13.0; 6. Pequannock, 1:14.5.

3-x-400 IH: 1. Pope John, 3:33.1 (Marissa Evans, Lizzie Klein, Nicole Barnett); 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 (K. McKeeon, L. DeVita, S. Montgomery), 46-2; 2. Paramus Catholic, 44-7; 3. Cresskill, 43-3; 4. Pascack Valley, 41.4 1/2; 5. Ridgefield Park, 41-11/2.

3x Triple Jump: 1. Cresskill (Lior Peri, Maryann Hassan, Jeimi Chamalian), 95-10; 2. Paramus Catholic, 94-3; 3. Ridgewood, 92-10.5; 4. Ridgefield Park, 89-3; 6. Pequannock, 80-9.

3x High Jump: 1. Passaic Tech (Breasha Morton, Chantelle Smith, Alexis Washington), 14-6; 2. Pascack Valley, 14-0; 3. Ridgewood, 13-7; 4. Union, 13-6; 5. Ridgefield Park, 12-9; 6. Cresskill, 9-8.

3x Pole Vault: 1. Mahwah (Jenna Braun, Maggie Schultz, Brigette Muller), 25-6; 3. Cresskill, 8-0; 4. Ridgewood, 7-0; 5. Ridgefield Park, 7-0.

3x Shot Put: 1. Union (Tesa Dolce, Saleena King, Taylor Whitaker), 97-4; 3. PCTI, 84-4; 4. Pequannock, 83-9; 5. Cresskill, 79-0; 6. Hawthorne, 77-5.

3x Discus: 1. Union (Taylor Whitaker, Wendy Berry, Colette Pierce), 295.1; 3. Pequannock, 242.1; 4. Cresskill, 224.3; 5. PCTI, 207.2; 6. Ridgewood, 206.4.

3x Javelin: 1. Ridgefield Park (S. Anning, A. Castillo, N. Lucatomo), 275-1; 4. Paramus Catholic, 228-6; 5. Cresskill, 212-9; 6. PCTI, 204-10.

Big North Track & Field Dual Meet

Ridgewood vs Northern HighLands - Girls

April 8, 2014

Event	First Place	Second Place	Third Place	RHS NH		Total Score	
				RHS	NH	RHS	NH
400H	Pook, 66.5, NH	McElwain, 68.1, NH	McKeon, 68.8, RHS	1	8	62	78
100m Dash	Ordonez, 13.1, NH	Nam, 13.3, NH	Park, 13.5, RHS	1	8		
1600m Run	Halvorsen, 5:22.4, RHS	Jeffers, 5:25.9, RHS	North, 5:33.8, NH	8	1		
400m Dash	Pook, 59.6, NH	Arami, 62.2, NH	Busca, 63.9, NH	0	9		
100m Hurdles	McKeon, 16.4, RHS	Micallef, 17.5, NH	Holleran, 17.9, NH	5	4		
800m Run	McElwain, 2:29.8, NH	Rosenfeld, 2:30.3, RHS	Richards, 2:32.0, NH	3	6		
200m Dash	Pook, 26.7, NH	Ordonez, 27.5, NH	Nam, 27.8, NH	0	9		
3200m Run	Jeffers, 11:53.9, RHS	Halvorsen, 11:55.0, RHS	Mahler, 12:21.6, NH	8	1		
High Jump	Montgomery, 4'10"	Lucky, 4-8, RHS	DeVita & Kepler, 4-6, RHS	9	0		
Pole Vault	Kritzer, 8-0, RHS	S.Klein, 7-0, RHS	Corbett, 6-6, NH	8	1		
Long Jump	DeVita, 15-3.75, RHS	Healy, 14-9.5, NH	Park, 14-6.5, RHS	6	3		
Triple Jump	DeVita, RHS	McDonaugh, NH	Healy, NH	5	4		
Discus	Dec, 86-10, NH	Vogel, 82-9, RHS	Tischbein, 77-7, RHS	3	6		
Shot Put	Dec, 29-10.75, NH	Pappas, 26-6, NH	Baum, 25-10.5, RHS	1	8		
Javelin	Klatt, 88-7, NH	McKeon, 80-4, RHS	Amarouso, 69-3, RHS	4	5		
4X400relay	NH, 4:13.5	RHS, 4:21.1		0	5		

Northern Highlands Dual Meet at Northern Highlands April 8, 2014

100: Park- 13.5 / Monerat- 13.7 / Kusel- 13.7 / Collier- 14.4

200: Park- 28.3 / Monerat- 27.9 / Kusel- 28.8 / Collier- 30.3 / Sheehy- 29.9 / Whalen- 30.56 / Lane- 32.0 / Patel- 28.6 / Testa- 34.5 / Tobsic- 32.2 / Sappento- 34.1 / Formachella- 28.6 / Martinez- 34.8 / Ortolani- 36.4 / Sterling- 36.8 / Amaruso- 29.72 / Bracken- 37.1 / Di Martino- 30.7 / Herzberg- 32.7 / Espinoza- 35.9 / Gnall- 33.5 / O'Connell- 33.6 / Faherty- 31.4 / Jha- 32.2 / Tummillo- 36.8 / Steinacker- 29.3 / Schmidt- 30.2 / Feder- 31.22 / Stern- 31.4

400: Vitting- 65.7 / Sheehy- 66.5 / Whalen- 67.9 / Davis- 63.7 / Manke- 75.2 / Rego- 78.7 / Lane- 76.4 / Wiggers- 84.3 / Klein- 80.2 / Labarbiera- 84.4 / Patel- 67.2 / Testa- 82.2 / Martinez- 78.9 / Ortolani- 85.8 / Barrales- 82.2 / Sterling- 92.2 / Amoruso- 66.5 / Bracken- 92.4 / Di Martino- 71.2 / Herzberg- 73.7 / Espinoza- 75.9 / Gubb- 86.9 / Gnall- 77.9 / O'Connell- 75.9 / Faherty- 74.2 / Jha- 75.6 / Steinacker- 67.2 / Schmidt- 67.5 / Feder- 71.6

800: Rosenfeld-2:30.5/ Davis-2:35.5/ V.Reis-2:35.8/ Taylor-2:36.6/ Hasbrouck-2:42.8/ Fishbein-2:49.3/ Tai-2:51.1/ Mudrey-2:51.4/ Simpson-2:52.8/ T.Cirillo-2:53.2/ Sherman-2:58.8/ Scorba-3:02.3/ Catalano-3:05.1/ Mehos-3:17.7/ Borrero-3:26.5/ Jahanbin-3:34.7/ Barclay-3:59.1/ ?Esther Chow-4:04.5?

1600: Halvorsen-5:22.4/ Jeffers-5:25.9/ Cleary-5:38.3/ K.Reis-5:42.0/ Taylor-5:44.8/ E.Stern-6:15.3/ Sherman-6:24.8/ Whitaker-6:44.1.

3200: Jeffers-11:53.6/ Halvorsen-11:54.5/ Mullen-13:00.7/ Cobb-13:01.0/ Pagano-13:02.2/ Felsenstein-13:04.4/ Driscoll-13:24.4.

100H: McKeon-16.3/ Montgomery-17.7, DeVera-17.8/ DeVita-18.6.

400H: McKeon-68.9/ Mucchio-71.5/ Rosenfeld-72.3/ DeVera-72.9/ K.Cirillo-73.8.

Long Jump: L. DeVita 15-3 3/4/ I. Park 14-6 1/2/ K. McKeon 14-2 1/2/ S. Montgomery 13-1/ M. Lucky 12-11 1/2/ / J. Long 12-5 3/4/

Triple jump: L DeVita 32-11 3/4/ S. Montgomery 30-9 1/2/ J. Long 30-4/ M. Lucky 30-4/ L/ A. Formechelli 28-4 1/2/ E. Flynn- F

High Jump: S. Montgomery 4-10/ M. Lucky 4-8/ L. DeVita 4-6/ S. Kepler 4-6/ A. Formichella 4-4

Pole Vault: Juliana Kritzer-8-0/ Sami Klein-7-0/ Kate Eanelli-6-0.

Shot: M. Vogel – 22'9 3/4 , D. Kontos – 21'9, N. Baum – 25'10 1/2 , C. Cerasuolo – 23'10 3/4

Discus: M. Vogel – 82'9, C. Negron – 64'4, C. Cerasuolo – 56'7, N. Baum – 63'6

Demi Kontos-48-11/ Emily Antosiewicz-47-5/ Leslie Lam-44-9/ Nicole Witt-60-9/ Carolyn Patterson-45-7/ Grace Harris-43-10/ Amit Vogel-53-6.

Javelin: K.McKeon-80-4/ K.Amaruso-69-3/ J.Long-61-9/ S.Sheehy-58-8

4X400: Vitting-64.5/ Mucchio-65.6/ Park-64.7/ Monerat-65.3 = 4:21.1

Comment: Northern Highlands-78 Ridgewood-62

SPORTS

FRIDAY, APRIL 11, 2014

BOYS TRACK from C1

Barnes led the way in the hurdles and jumps. Senior Patrick Morgan joins Livornetti and Weng in strengthening the pole vault unit, and Ridgewood remains formidable in the distances with seniors Bryan Chardon and Robert Fisher, junior Kotaro Tamura and sophomore Kenny Marshall on board.

Higgins and Lucke are the team's top two javelin throwers, while seniors Mike Antosiewicz and Sukemin Youn excelled in the shot put. Senior Dual Medalist has come in the discus after an impressive throw, and junior Matt Benjamin adds depth to the 10000 as well.

The Maroons won their first three dual meets in impressive fashion and have designs on repeating at Big North Freedom Division, Bergen County and North L. Group 4 sectional

RHS varsity spring track & field schedule

MEMORIAL HONORARY CHAMPIONSHIP MEET

<p>Wednesday Bergen County Relays (Hill events only) @ Ben Franklin H.S.</p> <p>Today Tomorrow Bergen County Relays @ River Dell, 8:30 p.m./9 a.m.</p> <p>April 15 Hackensack, Ben Franklin, 4 p.m.</p> <p>April 19 Cornell Relays @ Hackensack H.S., 9 a.m.</p> <p>April 22 at Indian Hills, 4 p.m.</p> <p>April 24-26 Penn Relays @ Franklin Field, Philadelphia, TBD.</p> <p>May 1 Big North Freedom Division Meet @ Hackensack, 4 p.m.</p>	<p>May 9-10 Bergen County Championships @ Old Tappan, 4 p.m./9 a.m.</p> <p>May 16 Bergen County Meet of Champions @ Hackensack, 9:30 p.m.</p> <p>May 23-24 North L. Group 4 Championships @ Randolph H.S., 8:30 p.m./10 a.m.</p> <p>May 30-31 State Group 4 Championships @ Egg Harbor Twp., 2:30 p.m./11 a.m.</p> <p>June 4 State Meet of Champions @ Jost Field (South Plainfield), 2:30 p.m.</p> <p>*Schedule subject to change</p>
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champs. Including the Bergen Relays, 2013 marked the first time ever they captured all four major titles in the same season.

*These sessions were part of a very successful season last year," Schidino said. "And those are the same goals again, to try and win all these events.

"We're going to know a lot more about our team this week and with the County Relays," he added. "That's the first true test."

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SPRING TRACK & FIELD

Ridgewood athletes are off and running

Girls team has record turnout

BY GREG TARTAGLIA
Sports Editor

Jacob Brown has coached countless record-breakers in girls track and field during his 43 seasons on the job. This spring, his Ridgewood High School team set a new standard that surprised even him.

"I have 100 girls on the track team," Brown said Wednesday when discussing the largest roster of his tenure. "I happen to have, from cross-country, a bunch of real-deal distance runners. We've also got some good jumpers."

That latter group is the latest to challenge one of the Maroons' more traditional records. The three-girl long jump relay of juniors Katie McKeon (15-foot-11½), Libby DeVita (15-6) and Sophie Montgomery (14-8½) combined for a gold-medal distance of 46 feet, two inches at last Saturday's Steve Pawlowski Ridgewood Relays.

"That's second on our all-time list," said Brown. "They did a very nice job. If they have a nice day this weekend, they could break the school record."

The trio will take aim at the RHS mark of 47-0½ at the Bergen County Relays, which take place today and tomorrow at River Dell.

As for the team's distance corps, that got a big boost from the arrival of Carleen Jeffers. The junior was the Maroons' breakout star of cross-country season and opted to stick with running after playing softball last spring. Junior Kelly Cleary and sophomores Sam Halvorsen, Vanessa Reis and Katie Reis add strength to the group as well.

"It's kind of a mirror image of cross-country, because Halvorsen and Jeffers are the best two distance runners," Brown said. "And Katie Reis gets added to the package, because she plays tennis in the fall, so she wasn't on cross-country."

Halvorsen anchored the 4-x-1,600 relay to a silver-medal 23:39.6 at the Pawlowski meet, in which Ridgewood finished runner-up to Pope John XXIII of Sparta in the large schools division, 125-87½, at Ben Franklin Middle School.

In addition, the Maroons finished second in the sprint medley (4:28.9) and 4-x-400 (4:17.6) relays on Saturday. Senior Amanda Muccio ran the leadoff 400-meter leg of the sprint medley, followed by junior Lauren Monnerat (200) and sophomores Isabel Park (200) and Leah Rosenfeld (800). Monnerat and Park joined with juniors Monica Vitting and Stephanie Kusel to produce the 4-x-400 silver.

Muccio, distance runners Emily Fishbein and Laura Weisberger and jumper Megan Lucky are the senior quad-captains. Classmates Emily Flynn (jumps), Sarah Davis (middle distance) and Courtney Cerasuolo (throws) also contributed in the early dual meets.

Junior Jade Long and sophomore Alex Formichella add depth in the jumps, and Long throws the javelin as well. McKeon won the javelin toss in an April 1 tri-meet with Paramus and Ramapo, and she won the 100-meter hurdles in 16.5 seconds Tuesday at Northern Highlands.

RHS went 1-2 against its first three Big North Freedom Division opponents, defeating Paramus, 97-43, before bowing to Ramapo, 82½-57½, and Highlands, 78-62.

"We're off to a less than typical Ridgewood start, but we're working on getting there," Brown said. "It's a long season, and we've still got a lot to do."

The Maroons host Hackensack at Ben Franklin on Tuesday and visit Indian Hills on April 22.

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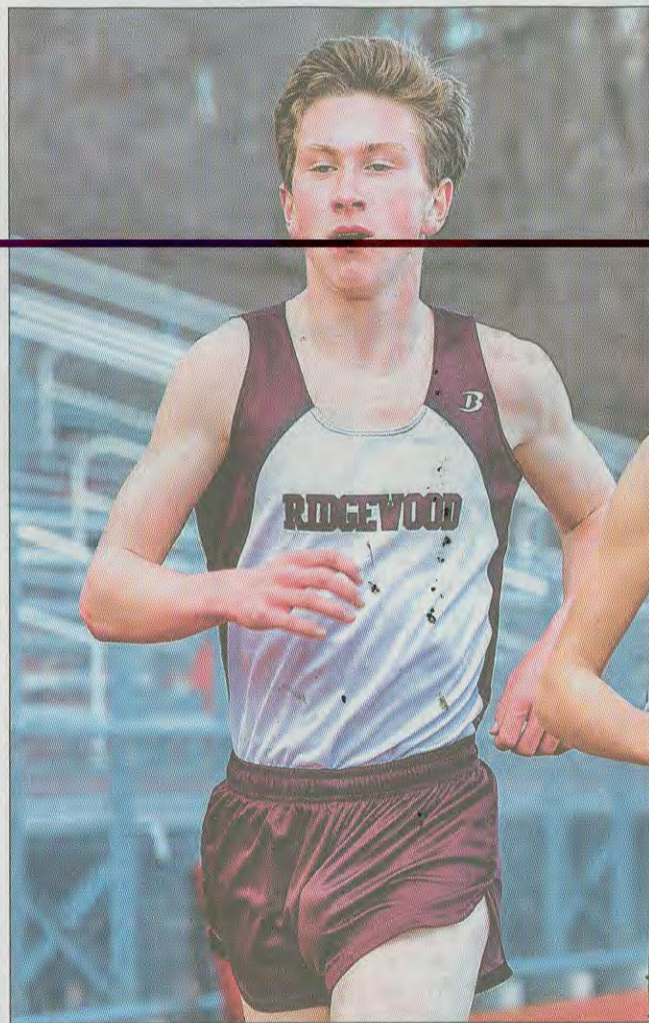


PHOTOS/ROBIN GOTTESMAN

Ridgewood senior Michael Zeno, right, runs side-by-side with Northern Highlands' Alex Gilinder in the boys 110-meter hurdles during Tuesday's Big North Freedom Division dual meet in Allendale. Zeno clocked 15.7 seconds to win by 0.3.



Senior Courtney Cerasuolo, shown competing in the shot put, is one of several experienced throwers for the Ridgewood girls track and field team.



Sophomore Kenny Marshall, who the 3,200 meters on Tuesday, is one of the top distance runners for the Ridgewood boys track and field team.



Sophomore Alex Formichella competes in the girls high jump at Northern Highlands in Tuesday's Big North Freedom Division dual meet.

Seniors add strength to boys squad

BY GREG TARTAGLIA
Sports Editor

The captain of this year's Ridgewood High School boys track and field team is the Class of 2014.

The Maroons have close to 20 seniors that bring a wealth of experience and leadership to the arena, which made it nearly impossible for the squad to single out just a few.

Plus, according to 13th-year head coach Josh Saladino, "A lot of them can score in major meets. That's a big benefit."

How big? RHS was able to collect medals at both the Steve Pawlowski Ridgewood Relays and Mobile (Ala.) Challenge of Champions last weekend.

In Alabama, senior Nick Collins unleashed a career-best throw of 180 feet, eight inches to win gold in the Invitational javelin toss. The Maroon 4-x-800-meter relay grouping, which broke the Bergen County indoor record this winter, clocked 7:56.95 to finish runner-up to Niceville, Fla. (7:55.12). And sophomore Michael Thurston ran a personal-record 1:58.30 to take sixth in the Invitational 800.

"Nick Higgins was seeded ninth in the javelin competition and ended up winning," Saladino said. "It was encouraging to see how he rose to the occasion."

The 4-x-800 quartet consisted of Thurston (1:59.7 split) and seniors David Frering (2:01.9), Brian Collins (1:59.3) and Luke Dublier (1:55.9). Those were the same four who lowered the indoor county record in the event to 7:48.82 at the Feb. 15th Millrose Games Eastern State Invitational.

"[Their] 7:56 [in Mobile] is a very strong early-season time," said Saladino. "Certainly, with all the success we had in the indoor season in the 4-x-8, they were going in there competing to win. We thought we had the best team, and sometimes another good team beats you."

Meanwhile, in the Pawlowski meet at Ben Franklin Middle School, senior Bryce Joyner led the RHS 3-x-400 intermediate hurdles squad to victory, combining with Eric Larson and Zach Stadulis for a time of 3:07.9. That, combined with silver medals in the distance medley, long jump, triple jump and pole vault relays, gave the Maroons second place to Passaic Tech, 92-83½, in the large schools division.

"Without 11 athletes who were in Alabama, for the rest of the team to come in second place in the Pawlowski Relays is certainly quite an accomplishment," said Saladino.

The next major meet for Ridgewood is this weekend's Bergen County Relays, which are being held a week earlier than usual due to the late occurrence of Easter (April 27). The schedule shift created a conflict that prevented the team from sending athletes to this weekend's Arcadia (Calif.) Invitational, normally an early-season staple for the Maroons.

But, with the opportunity arising in Mobile, several others took advantage. Seniors Spencer Llerandi (13 feet) and Allan Wong (12-foot-6) placed second and sixth, respectively, in the Open Division pole vault last Friday. Senior Jake Sabatini was fourth in the Open 200-meter dash (22.77) and helped the 4-x-400 relay to victory in 3:29.57.

Sabatini leads a sprint corps that also features seniors Doohee Han and Jamal Locke and junior Jonathan Norrell. Speedy senior Teddy Migliorelli is expected to be back in the mix after he recovers from a hamstring injury.

Joyner and seniors Michael Zeno, Emmett Bery and Doug

See BOYS TRACK, page C4

Bergen County Relays

April 12, 2014

Wednesday April 9 at Ridgewood's BF Track

3xHigh Jump: 3rd - S. Montgomery 4-10/ L. DeVita 4-8/ M. Lucky 4-6 = 14-0

3xJavelin: 7th -McKeon-79-6/ Amoruso-72-3/ Long-60-3 = 212

3xPoleVault 5th(tie) - Kritzer-7-0/ S.Klein-7-0/ K.Eanelli-6-0 = 20-0

Friday April 11 at RiverDell

3x400H: 3rd - McKeon-70.0/ Mucchio-71.2/ DeVera-75.4 = 3:36.6

4x200m: 6th - Park-27.9/ Collier-28.4/ Kusel-27.8/ Monnerat-27.4 = 1:51.5

4x1600m: 2nd - Cleary-5:31.2/Rosenfeld-5:42.3/V.Reis-5:35.4/ Halvorsen-5:16.4 = 21:46.3

3xDiscus: 11th - M.Vogel-77-1/ Cerasuolo-68-3/ Baum-56-11/ = 202-3

3xTripleJump: 2nd- L. DeVita 33-8/ E. Flynn 32-5.25/ J. Long 32-4.25 = 98-6.25

Saturday April 12 at River Dell

4x100H: 3rd - Montgomery-17.6/ L.DeVita-18.8/Mucchio-19.3/ Mckeon-16.5 = 1:11.8

4x100m: 8th - Park-/Collier/Kusel-/Vitting-/ = 53.1 (good stick Passing!)

Distance Med: 2nd - K.Reis-4:02.9/ Davis-64.7/ Rosenfeld-2:29.7/ Halvorsen-5:25.6 = 13:02.8

Sprint Med: 5th - Vitting-63.6/ Mucchio-28.5/ Collier-28.2/ V.Reis-2:33.3 = 4:32.6

4x800m: 4th - Taylor-2:32.3/ K.Reis-2:34.5/ V.Reis-2:34.1/ Davis-2:34.0 = 10:15.7

Frosh 4x4: - Amoruso-65.3/ Martin-78.8/ DiMartino-71.8/ Patel-66.6 = 4:43.5

4x400m: 7th - Vitting-64.2/ Park-63.9/ Mucchio-65.5/ Monnerat-62.9 =

3xShot: 10th - C. Cerasuolo – 24'3, L. Lam – 24' $\frac{3}{4}$, N. Witt – 21'6 $\frac{1}{4}$ =

3xLong Jump: 4th - K. McKeon 16-6.5/ I. Park 15-1.25/ L. DeVita 14-10 = 46-5.75

Comment: We Scored 50.5 points and finished 6th in a strong field of teams only 1.5 points from 4th.



Big North Track & Field Dual Meet

Ridgewood vs Hackensack

Girls

April 16, 2014

Total Score
RHS HHS

Event	First Place	Second Place	Third Place	RHS	HHS
400H	McKeon, RHS, 1:09.3	Gnant, HHS, 1:10.2	Rosenfeld, RHS, 1:11.2	6	3
100m Dash	Lynch, HHS, 12.5	Park, RHS, 13.4	Kusel, RHS, 13.6	4	5
1600m Run	Halverson, RHS, 5:27.9	Jeffers, RHS, 5:31	Cleary, RHS, 5:34	9	0
400m Dash	Grant, HHS, 63.1	Davis, HHS, 64.5	Davis, RHS, 64.6	1	8
100m Hurdles	Lynch, HHS, 15	McKeon, RHS, 16.8	Montgomery, RHS, 17.4	4	5
800m Run	Martinez, HHS, 2:26.9	Halvorsen, RHS, 2:27.3	Taylor, RHS, 2:33.5	4	5
200m Dash	Redmond, HHS, 25.8	Lynch, HHS, 26.1	Park, RHS, 27.7	1	8
3200m Run	Jeffers, RHS, 11:48.7	Cleary, RHS, 12:01.3	Martin, RHS, 12:02.6	9	0
High Jump	Redmond, HHS, 5'	Lucky, RHS, 4'8"	DeVita, RHS, 4'8"	4	5
Pole Vault	Kritzer, RHS, 8'0"	Grant, HHS, 7'6"	Klein, RHS, 7'0"	6	3
Long Jump	McKeon, RHS, 15'11 1/2"	Pettway, HHS, 15'8 1/4"	Redmond, HHS, 15'2 3/4"	5	4
Triple Jump	Redmond, HHS, 32' 1 1/4"	DiVita, RHS, 32'	Flynn, RHS, 31" 4 1/4"	4	5
Discus	Berry, HHS, 96'6"	Clark, HHS, 71'6"	Cerasuolo, RHS, 61'5"	1	8
Shot Put	Berry, HHS, 39'4"	Clark, HHS, 27'3"	Baum, RHS, 27'1"	1	8
Javelin	McKeon, RHS, 78'1"	Martinez, HHS, 77'9"	Amoruso, RHS, 70'1"	6	3
4X400relay	Ridgewood, 4:16.8			5	0

70 70

Hackensack Dual meet at BF Track

April 16, 2014

100: Park- 13.1 / Kusel- 13.3 / Whalen- 14.0 / Collier- 14.7 / Patel- 13.6 / Formachello- 13.2 / Gnall- 14.8 / Testa- 16.1 / Flynn- 13.4 / Han- 15.1. Missed time on:

200: Caruso- 34.6 / Di Martino- 29.3 / Gubb- 32.8 / Park- 27.3 / Kusel- 27.6 / Collier- 29.7 / Amoruso- 28.6 / Patel- 28.3 / Steinacker- 28.9

400: Vitting- 64.7 / Davis- 64.3 / Whalen- 68.3 / Schmidt- 66.4 / Weisberger- 65.4

800: Halvorsen – 2:27.3 / A.Taylor -2:33.6 / Jeffers – 2:35.7 / Cleary – 2:39.0 / T.Tai – 2:49.5 / Charlotte -2:47.9 / Vera Mudrey – 2:49.4 / Anya Sherman-2:58.9 / Carla-2:59.3 / Sarah-3:00.7 / Kylie-3:01.0 / Tatiana-3:16.7 / Allia-3:44.7 / Esther-4:08.8.

1600: Halvorsen-5:27.9/ Jeffers-5:31.1 / Cleary- 5:34.0 / V.Reis -5:35.1 / K.Reis-5:51.0 / C.Cobb-6:02.3 / Fishbein-6:17.6 / Felsenstein-6:17.3 / Mullen- 6:16.9 / Driskel-6:22.4 / Barrales-6:30.3 / Sherman-6:30.6.

3200: Jeffers- / Cleary- / Martin-.

100H: McKeon-16.6/ Montgomery-17.3/DeVita-17.6/ DeVera-18.8.

400H: DeVera- 73.8 / Muccio- 75.2 / McKeon- 69.4 / Rosenfeld- 71.4

Long Jump: K. McKeon 15-11 1/2/ S. Montgomery 14-11 1/2/ I. Park 14-6 1/2/ L. DeVita 14-3 1/4/ M. Lucky F

Triple jump: L DeVita 32-0/ E. Flynn 31-4 1/4/ S. Montgomery 30-8 3/4/ J. Long 30-8 3/4/ M. Lucky 30-4 1/2/

High Jump: M. Lucky 4-8/ S. Montgomery 4-6 /L. DeVita 4-6/ S. Kepler 4-4/ A. Formichella 4-4

Pole Vault:

Shot: Natasha Baum-27-1/ Leslie Lam- 24-11/ Courtney Cerasuolo-24-7/ Catherine Negron-21-5/ Nicole Witt-20-8/ Demi Kontos-21-4/ Carolyn Patterson-20-0.

Discus: Natasha Baum-57-2/ Nicole Witt-58-6/ Catherine Negron-57-6/ Courtney Cerasuolo-61-5/ Carolyn Patterson-47-6/ Demi Kontos-60-0/ Leslie Lam-46-7.

Javelin: McKeon-78-1/ Amoruso-70-1/ Tai-57-0/ Long-51-6.

4X400: A- Park-64.2, Rosenfeld-63.8, Davis-64.8, Vitting-64.4 = 4:17.0

B - Muccio- 63.9 / Patel-64.8 / Steinacker- 68.2 / Amoruso- 67.0 = 4:24.14

Comment: Ties are tough to accept! Only the third one in Ridgewood Track History.

Comet Relays at Hackensack High School

April 19th, 2014

4x1600: Varsity: **1**-Jeffers-5:24.3/ Cleary-5:36.1/ V.Reis-5:34.8/ Halvorsen-5:24.9 = 22:00.1
9th on the RHS All Time List!

Novice: **1**-Rosenfeld-5:43.6/ K.Reis-5:45.1, Pagano-5:59.4/ A.Taylor-5:56.5 = 23:24.6
Would have been 7th in varsity race!

4X100m: Varsity: **4**- Park, Formachella, Kusel, Monnerat = 53.1

Novice: -Vitting, Steinacker, Collier, Whalen = 55.9

Frosh: -Amoruso, Gnall/ DeMartino/ Patel = 56.5

4X200m Novice: -Vitting-30.7/ Collier-28.7 Steinacker-31.8/ Whalen-29.2 = 2:00.3

3xLJ: **1**- McKeon-15-8/ Park-13-0.5/ DeVita-14-6 = 43-2.5

Katie McKeon had best jump of the day!

3xJav: -McKeon-75-10/ Tai-66-6/ Amoruso-65-7 = 207-11.

Comment: We Entered 8 relays and won 3 of them! We had a good day!



SCORE SHEET

Gender: GIRLS

RIDGEWOOD VS INDIAN HILLS
 APRIL 22, 2014 at INDIAN HILLS

Event	Girls			event pts / total	
	1st (5pts)	2nd (3pts)	3rd (1pt)	IH	Vis
400 IH Std = 59.9	MCKEON R 70.4	Rosefield R 70.5	DeVera R 71.6		
100m Std = 13.1	Roussseau R 57.6	R Baum R 58.9	R Bryce R 60.4	0	9
1600m Std = 5:40	R PARK, ISABEL R 5:17.7	R Carleen Jeffers R 5:22.4	KISEL R 5:24.4	0	9
400m Std = 64.0	R Samatha Halvorsen R 62.8	IH Nellie R 63.4	IH Kelly R 64.8	1	8
HH Std = 17.0	R Katie McKeon R 16.4	R Ridgewood R 17.1	IH R 17.5	4	5
800m Std = 2:30	R DAVIS R 2:31.1	R K. Rein R 2:33.3	IH R 2:35.4	1	8
200m Std = 27.2	R MONNERAT R 27.5	R KUSEL R 28.2	IH Cassady R 29.1	1	8
3200m Std = 12:30	R Kelly Cleary R 11:43.1	IH Kelly B. R 11:50.1	R Olympia Markem R 12:06.5	3	6
4x400m Std = 4:27.5	R R 4:15.4	XXXXXXXXXX	XXXXXXXXXX	0	5
Shot Std = 33	R Baum R	R Simpson R	IH	1	8
Disc Std = 90	R M. Vogel R	IH	IH	4	5
Javelin Std = 95	R Amoruso R	R MCKEON R	R SHEEY R	0	9
High Jump Std = 4'10	R LUCKY R 5'	R MONTGOMERY R	R KEPLER R	0	9
Long Jump Std = 15'4	R MCKEON R	R PARK R	R MONTGOMERY R	0	9
Triple Jump Std = 32'0	R LUCKY R	R MONTGOMERY R	R FLYNN R	0	9
Pole Vault Std = 8'0	IH	R KRITZER R	R KLEIN R	5	4

6 Seniors = 23 pts
 17 UNDER CLASS = 96 pts
 3 WINE FROSH

21 119

Indian Hills Dual meet at Indian Hills April 22, 2014

100: Park- 12.9 / Kusel- 13.3 / Monnerat- 13.1 / Formacella- 13.2 / Steinacker- 13.6 / Whalen- 14.0 / Caliguire- 14.9 / Peskens- 16.6 / Saporito- 15.4 / Tumillo- 16.9 / Kunz- 15.8 / Doering- 15.0 / Columbus- 16.5 / Caruso- 15.4 / Heibel- 15.9 / Herzberg- 15.2 / Barrales- 16.2 / Faherty- 14.4 / Ortalani- 15.6 / Manke- 14.6 / Casey- 14.1 / Gnull- 14.6 / Wiggers- 16.9 / Klein- 16.2 / Han- 15.6

200: Kusel- 28.0 / Monnerat- 27.3 / Patel- 29.4 / Formacella- 29.8 / Whalen- 31.4 / Caliguire- 33.5 / Peskens- 35.8 / Saporito- 33.8 / Tumillo- 36.9 / Kunz- 36.1 / Doering- 33.1 / Columbus- 35.2 / Caruso- 32.2 / Heibel- 34.3 / Herzberg- 35.1 / Barrales- 34.1 / Faherty- 32.0 / Ortalani- 36.8 / Manke- 32.4 / Casey- 30.6 / Gnull- 32.1 / Wiggers- 36.4 / Klein- 34.3 / Han- 32.9 / Amarus- 30.6 / Sheehy- 31.1

400: Muccio- 62.8 / Vitting- 66.3 / Steinacker- 65.4 / Whalen- 68.6 / Collier- 67.6 / Schmidt- 66.3 / Patel- 66.7

800: Davis- 2:30.9 / Reis- 2:33.0 / Weisberger- 2:40.6 / Fishbein- 2:42.0 / Cobb- 2:43.0 / Mullen- 2:43.5 / Pagano- 2:47.6 / Driscoll- 3:01.5 / Csorbo- 2:57.6

1600: Jeffers- 5:21 / Halverson- 5:17 / Genevieve- 6:03.3 / T. Cirillo- 6:13.3 / Mudry- 6:13.6 / Sarah- 6:38.6 / Whitiker- 6:38.7 / Berrero- 7:51.3 / Levington- 9:40.3 / Ashley- 9:46.1 / Barkley- 9:04.7

3200: Cleary- 11:43.3 / Martin- 12:06.6 / Taylor- 12:35.0 / Reis- 12:33.1 / Sherman- 14:40.1 / Stern- 14:29.8

100H: McKeon- 16.3 / DeVera- 18.3 / Montgomery- 17.0

400H: McKeon- 70.3 / DeVera- 71.7 / Rosenfeld- 70.7

Long Jump: K. McKeon 16-1 1/4 / I. Park 15-9 1/4 / S. Montgomery 15- 1/2 / M. Lucky 14-7 1/4

Triple jump: M. Lucky 32-6 3/4 / S. Montgomery 32-1 / E. Flynn 31-11 / J. Long 31-4 / A. Formichella 28-3 3/4

High Jump: M. Lucky 5-0 / S. Montgomery 4-10 S. Kepler 4-8 / A. Formichella 4-8

Pole Vault: 2- Juliana Kritzer- 8-0 / 3- Sam Klein- 6'6" / Kate Eanelli- 6-0 /

Shot: Natasha Baum-24-9 / Nicole Witt-21-4 / Courtney Cerasuolo-21-9 / Kylie Simpson-22-1 / Catherine Negron- 21-5 / Emily Antosiewicz-15-6 / Amit Vogel-17-7 / Leslie Lam-18-5 / Grace Harris-Foul / Maya Vogel-21-11.

Discus: Natasha Baum-65-3.5 / Catherine Negron-65-8 / Courtney Cerasuolo-Foul / Maya Vogel-77-11.5 / Nicole Witt-58-10.5 / Grace Harris-54-0 / Amit Vogel-50-0.

Javelin: 1- Kaitlyn Amoruso- 77-10 / 2- Kate McKeon- 77-5 / 3- Sophia Sheey- 66-1 / Kavi Patel- 66-0 / Taylor Tai-56-8.

4X400: Varsity: Muccio- 63.4 / Rosenfeld- 62.6 / Davis- 65.3 / Vitting- 64.3 = 4:15.5
Frosh: Pagano- 76.2 / Cobb- 71.4 / Driscoll- 87.4 / Mullen- 73.8 = 5:08.7

Comment: We had a good Meet!

Penn Relays 2014



4X100m: Park-13.4/ Patel-12.9/ Kusel-12.8/ Monnerat-12.6 = 51.96
113th of ??

4X400m: Park-65.8/ Muccio-64.9/ Rosenfeld-63.3/ Monnerat-63.5 = 4:17.23



Big North Freedom Championship at Hackensack HS May 1, 2014

100: 7-Isabel Park-13.36, 15-Kavi Patel-14.40, 11-Steph Kusel-13.83

200: 7-Steph Kusel-27.95, 13-Kavi Patel-29.15, 11-Monica Vitting-28.87

400: 5-Lauren Monerat-62.42, 10-Monica Vitting-64.27, 11-Amanda Muccio-64.94

800: 5-Leah Rosenfeld-2:25.83, 7-Sarah Davis-2:28.59, 9-Abby Taylor-2:30.80

1600: 3-Sam Halvorsen-5:12.26, 8-Vanessa Reis-5:34.52, 9-Katie Reis-5:37.33

3200: 3-Carleen Jeffers-11:09.33, 5-Kelly Cleary-12:08.04, 6-Olympia Martin-12:10.22

100H: 3-Katie McKeon-16.50, 12-Amanda DeVera-18.75, 10-Sophie Montgomery-17.86

400H: 7-Katie McKeon-70.76, 6-Leah Rosenfeld-70.24, 14-Amanda DeVera-75.93

Long Jump: Katie McKeon-FFF, 7-Isabel Park-15-03.25, 8-Libby DeVita-14-02.25

Triple jump: 5-Emily Flynn-33-02.25, 2-Libby DeVita-33-05.50.

High Jump: 6-Sophie Montgomery-4-10.00, 8-Libby DeVita-4-06.00, 5-Megan Lucky-4-10.00

Pole Vault: 3-Juliana Kritzer-8-06.00, Sam Klein-NH, Kate Eanelli-NH

Shot: 9-Natasha Baum-27-05.50, 15-Courtney Cerasuolo-23-04.00, 16-Nicole Witt-21-08.50

Discus: Catherine Negron-67-0, Natasha Baum-65-4, Maya Vogel-65-1

Javelin: 3-Katie McKeon-91-09, 4-Kaitlyn Amoruso-86-08, 6-Sophia Sheehy-81-03

4X400: 3-Vitting, Rosenfeld, Davis, Monerat = 4:12.60

Comment: We were 4th and that affirms our 4th place Big North Freedom division standing.

TRACK & FIELD

RHS girls fourth at division meet

BY GREG TARTAGLIA
Sports Editor

Junior Katie McKeon brought home bronze medals in a pair of events, and junior Libby DeVita garnered a silver medal in the triple jump to lead the Ridgewood High School girls track and field team in the May 1st Big North Freedom Division championships.

Ridgewood ended up as the host team after last week's wet weather prompted the meet to be moved from Hackensack to Ben Franklin Middle School.

The Maroons scored 61 points to place fourth behind Ramapo (142), Northern Highlands (133) and Hackensack (95), all of which either defeated or tied them in dual meets this spring. RHS ended up with a 2-2-1 record in divisional duals.

McKeon registered a season-best throw of 91 feet, 9 inches to finish third in the Freedom meet javelin. She clocked a third-place 16.50 seconds in the 100-meter high hurdles and ran a seventh-place 1:10.76 in the 400-meter intermediate hurdles.

DeVita logged a distance of 33-5½ to take second in the triple jump and added eighth-place showings in both the high jump (4-6) and long jump (14-2¼).

Three other Maroons picked up bronze medals with personal

records in their respective events: sophomore Sam Halvorsen in the 1,600 (5:12.26), junior Carleen Jeffers in the 3,200 (11:09.33) and senior Juliana Kritzer, who tied Indian Hills' Kayla Gandy for third in the pole vault (8-6). Ridgewood ran third in the 4-x-400 relay (4:12.60) as well.

Freshmen Kaitlyn Amoroso (86-8) and Sophia Sheehy (81-3) combined with McKeon to give RHS a 3-4-6 finish in the javelin. The other event in which the team had three scorers was the 3,200, with junior Kelly Cleary (fifth, 12:08.04) and freshman Olympia Martin (sixth, 12:10.22) following Jeffers across the line.

Sophomore Leah Rosenfeld scored in two events, clocking a fifth-place 2:25.83 in the 800 and a sixth-place 1:10.24 in the 400 hurdles.

Four other athletes added points for the Maroons, including seniors Megan Lucky (fifth in high jump, 4-10) and Emily Flynn (fifth in triple jump, 33-2¼) and juniors Lauren Monnerat (fifth in 400, 1:02.42) and Sophie Montgomery (sixth in high jump, 4-10).

Ridgewood will return to action this weekend in the Gene "Red" Littler Bergen County championships at Old Tappan. The team finished second in Group A at the meet in 2013.

Full meet results available online at lfracing.com



PHOTO COURTESY OF JACOB BROWN

Libby DeVita was the Ridgewood girls' top individual finisher at the Big North Freedom Division track and field meet, earning a silver medal in the triple jump.

TRACK AND FIELD

BIG NORTH MEET

At Benjamin Franklin Middle School, Ridgewood

BIG NORTH FREEDOM

GIRLS

TEAM SCORING: Ramapo (Ra) 142, Northern Highlands (NH) 133, Hackensack (H) 95, Ridgewood (Rw) 61, Paramus (P) 34, Indian Hills (IH) 30.

100: 1. Naomi Clarke (H), 12.42; 2. Lauren Brzozowski (Ra), 12.71; 3. Dana Lynch (H), 12.88.

200: 1. Lauren Brzozowski (Ra), 25.92; 2. Amanda Pook (NH), 26.61; 3. Dana Lynch (H), 26.73.

400: 1. Lauren Brzozowski (Ra), 57.17; 2. Amanda Pook (NH), 57.77; 3. Kathryn Grant (H), 1:00.08.

800: 1. Deanna Dilandro (Ra), 2:17.66; 2. Ashlyn McKenna (Ra), 2:20.92; 3. Suzanne Aribat (Ra), 2:22.77.

1,600: 1. Julia Guerra (IH), 5:00.74; 2. Catherine Pagano (Rw), 5:05.40; 3. Sam Halvorsen (Rw), 5:12.26.

3,200: 1. Julia Guerra (IH), 11:03.26; 2. Catherine Pagano (Rw), 11:06.92; 3. Carleen Jeffers (Rw), 11:09.33.

100 HH: 1. Dana Lynch (H), 15.72; 2. Katherine Brzozowski (Ra), 16.20; 3. Katie McKeon (Rw), 16.50.

400 HH: 1. Hilary McElwain (NH), 1:04.64; 2. Amanda Pook (NH), 1:05.47; 3. Erin Racano (Ra), 1:06.76.

Shot put: 1. Amarys Berry (H), 39-8; 2. Sophia Caride (Ra), 33-5 1/2; 3. Victoria Reich (NH) < 33-0 1/2.

Discus: 1. Amarys Berry (H), 93-7; 2. Victoria Stabile (P), 91-6; 3. Sophia Caride (Ra), 89-8.

Javelin: 1. Sophia Caride (Ra), 106-0; 2. Kayla Klatt (NH), 95-9; 3. Katie McKeon (Rw), 91-9.

High jump: 1. Sasha Bromfield (H), 4-10; 2. Kayla Pituras (P), 4-10; 3. tie between Jordan Even-Chen (Ra) and Jenna Phillips (Ra), 4-10.

Long jump: 1. Re'ona Pettway (H), 16-9¼; 2. Julia Healy (NH), 16-7¼; 3. Claire Nam (NH), 15-7¼.

Triple jump: 1. Julia Healy (NH), 34-1¼; 2. Libby DeVita (Rw), 33-5½; 3. Sasha Bromfield (H), 33-3.

Pole vault: 1. Megan Gambuti (Ra), 10-0; 2. Jordan Even-Chen (Ra), 9-6; 3. tie between Juliana Kritzer (Rw) and Kayla Gandy (IH), 8-6.

4-x-400 relay: 1. Ramapo (Lauren Brzozowski, Erin Racano, Suzanne Aribat, Deanna Dilandro), 4:02.61; 2. Northern Highlands, 4:03.19; 3. Ridgewood, 4:12.60.

BOYS

TEAM SCORING: Ridgewood (Rw) 191, Indian Hills (IH) 109, Hackensack (H) 75, Northern Highlands (NH) 51, Ramapo (Ra) 41, Paramus (P) 28.

100: 1. Jake Sabatini (Rw), 11.25; 2. Kenny Clarke (Ra), 11.35; 3. Doohee Han (Rw), 11.46.

200: 1. Doohee Han (Rw), 22.83; 2. Jake Sabatini (Rw), 23.10; 3. Kareem Dixon (H), 23.42.

400: 1. Mike Nowatsky (IH), 49.93; 2. Luke Dublirer (Rw), 50.55; 3. Aaron Burstein (NH), 52.22.

800: 1. Michael Thurston (Rw), 1:58.14; 2. Brandon Rousseau (H), 1:59.17; 3. Brian Collins (Rw), 2:01.07.

1,600: 1. J.P. Julian (NH), 4:20.53; 2. Dave Frering (Rw), 4:24.84; 3. Chris Mascetti (H), 4:24.84.

3,200: 1. Chris Evans (IH), 9:45.96; 2. David Frering (Rw), 9:52.08; 3. Matt Tuohy (IH), 9:55.05.

110 HH: 1. Mike Zeno (Rw), 15.55; 2. Harrison Escoffery (H), 16.11; 3. Francis Richard (NH), 16.37.

400 IH: 1. Brandon Rousseau (IH), 58.36; 2. Kareem Dixon (H), 58.90; 3. Brian Collins (Rw), 59.26.

Shot put: 1. Mike Mosconi (IH), 47-9; 2. Demar Stewart (H), 45-9¼; 3. Matt Connor (Ra), 43-11¼.

Discus: 1. Mike Antosiewicz (Rw), 140-3; 2. Evan Larkin (IH), 138-4; 3. Brian Raguso (Ra), 125-10.

Javelin: 1. Nick Higgins (Rw), 161-2; 2. Dorn Smith (P), 152-6; 3. Brian Raguso (Ra), 137-2.

High jump: 1. Kenny Clarke (Ra), 6-2; 2. Mickle Zeno (Rw), 6-0; 3. Harrison Escoffery (H), 5-8.

Long jump: 1. Francis Richard (NH), 21-2; 2. Tommy Smith (H), 21-0¼; 3. Emmett Berry (Rw), 19-11¼.

Triple jump: 1. Harrison Escoffery (H), 42-0; 2. Mike Zeno (Rw), 40-9¼; 3. Emmett Berry (Rw), 40-8½.

Pole vault: 1. Keith Gandy (IH), 14-0; 2. Allan Wong (Rw), 12-6; 3. Patrick Morgan (Rw), 12-6.

4-x-400 relay: 1. Ridgewood (Brian Collins, Doohee Han, Luke Dublirer, Michael Thurston), 3:26.12; 2. Indian Hills, 3:29.97; 3. Northern Highlands, 3:34.80.

Big North Frosh/Novice at Hackensack May 5, 2014

100: Kunz- 16.4 / Amoruso- (t)13.6 (s) 13.4 (f)13.7 / Gnall- 14.1 / Peskens- 16.4 / LaBarbiera- 15.5 / Faherty- 13.8 / Barrales- 15.4 / Caruso- 14.8 / Gubb- 15.8 / O'Connell- 18.4 / Feder- (t) 15.0 (s)14.3 / Schmidt- (t)14.9 (s) 13.8 (f) 13.6 / Heibel- 15.7 / DiMartino- (t)13.1 (s) 13.3 (f) 13.8 / Martinez- 15.5 / Herzberg- 14.6 / Franco- 14.9 / Sokel- 16.3 / Bracken- 16.4 / Lane- 15.8 / Muller- 16.4 / Sterling- 16.3 / Wiggers- 17.7 / Tobsic- 13.9 / Manke- 14.9 / Tomello- 16.9 / Whalen- (t) 14.1 (s) 14.3 (f) 15.4 / Klein- 15.7 / Saporito- 15.3 / Luby- (t) 14.4 (s) 14.0 (f) 14.0

200: Faherty- 33.3 / Caruso- 30.9 / Martinez- 32.1 / Calliguir- 32.6 / Luby- 29.7 / Klein- 32.8 / Barreles- 33.3

400: Collier- 67.4 / Amoruso- 70.0 / Patel- 66.2 / Whalen- 70.1 / Steinacker- 65.4

800: Frosh: -Mullen-2:42.5/ -Sheey-2:43.4/ Catalano-3:02.3/ Borrero-3:37.7/ -Ester Chow-3:53.4
Novice: -Pillow-2:45.1/ -Mudrey-2:49.5/ -Sherman-2:56.3/ -Csorba-3:00.6/ -Tulsyani-3:55.2

1600: Pagano- 5:59.0 / Cobb- 5:58.7 / Felsenstein- 7:21.2 / Ludington- 9:14.1 / Fishbein- 6:12.8 / G. Felsenstien- 6:14.8 / T. Cerillo- 6:14.47 / Sherman- 6:29.8 / Whitaker- 6:31.6 / Barrales- 6:32.1

3200: 1-Haley Driscoll-13:34.0. -Emily Stern-13:46.7

100H: 5-Amanda DeVera-18.3(t),18.4(f)

400H:

Long Jump: Did we have any LJ or TJ ??

Triple jump:

High Jump: Saskia Keppler- ?

Pole Vault:

Shot: Emily Antosiewicz-18-4/ Carolyn Patterson-19-1/ Grace Harris-19-7/ Leslie Lam-21-9.

Discus: Emily Antosiewicz-47-9/ Leslie-58-3/ Grace Harris-56-10/ Carolyn Patterson-55-2.

Javelin: 2- Kavi Patel-70'

4X400: Frosh: 2-Patel-66.0/ Sheey-66.6/ Gnall-74.2/ Amoruso-67.9 = 4:34.7

Novice: 2- Schmidt-67.3/ Manke-74.2/ Tai-72.5/ Whalen-68.9 = 4:42.5

Comment:

Bergen Championship May 9 & 10 2014

Friday at Old Tappan:

400H: -Rosenfeld-71.00/ -DeVera-75.13
100m: -Patel-14.10/ -Schmidt-14.51/ -Collier-14.54
1600m: 3-Halvorsen-5:08.17/ 5-Jeffers-5:13.18/ -Cleary-5:22.10
400m: -Monnerat-63.55/ -Vitting-64.47/ -Muccio-65.38.
Discus: 24-Vogel-75-06 / Baum-71-03 / Negron-67-03.
Long Jump: 10-McKeon-15-09 / 18-Park-14-10.75 / 25-DeVita-13.9.75.
Pole Vault: 8-Kritzer-8-0.

Saturday at Old Tappan:

100H: 6-McKeon-16.51, 16.61(t)/ 16-Montgomery-17.53/ 22-DeVera-18.59.
800m: 8-Rosenfeld-2:27.68/ 9- K.Reis-2:28.57/ 11-Davis-2:29.13
200m: 21-Patel-28.90/ 24-Schmidt-29.09/ 25-Collier-29.45.
3200: 2-Halvorsen-11:28.88/ 8-Martin-12:20.25/ 16-Taylor-12:59.10.
High Jump: 7-Lucky-4-10 / 9-Montgomery-4-8 / 13-Kepler-4-6.
Shot Put: 20-Baum-26-06.5 / 25-Cerasuolo-22-06.75/ 26-Witt-21-02.
Javelin: 9-McKeon-91-07 / Sheehy-84-01/ Amoruso-69-03.
Triple Jump: 6-DeVita-33-07.75/ 7-Flynn-33-07.5 / 12-Montgomery-32-01.75.
4x400m: 5-Ridgewood-4:14.06
(Vitting-64.1, Patel-65.3, Park-63.4, Monnerat-61.1)

Comment: We were 9th of 12 teams.

Novice Championship at Ridgewood BF Track

May 13, 2014

100: KeeAunna- 14.7 / DiMartino- (t) 13.6 (s) 13.8 / Amoruso- (t) 13.9 (s) 13.6 (f) 13.6 / Herzberg- 15.5 / Faherty- 15.2 / LaBarbiera- 15.7 / Heibel- 15.9 / Martinez- 15.6 / Barrales- 15.5 / Columbus- 15.4 / Saporito- 15.3 / Steinacker- (t) 13.9 (s) 13.7 / Stern- 14.6 / Feder- 13.9 / Collier- 14.3 / Caruso- 16.6 / Patel- (t) 13.6 (s) 14.1 / Gnall- 14.7 / Luby- 14.3 / Muller- 16.1 / Caliguire- 16.0 / O'Connell- 15.3 / Klein- 14.0 / Mankee- 14.9 / Bracken- 14.6 / Schmidt- 13.5 / Wiggers- 14.7 / Sokul- NT / Franco- NT / Han- 15.1

200: Schmidt- 28.7 / Collier- 29.6 / Patel- 28.1 / Feder- 30.8 / KeeAunna- 30.4 / Stern- 29.9 / Saskia- 29.7 / Mankee- 31.1 / Luby- 28.8 / Wiggers- 34.2 / Klein- 31.9 / Han- 31.4 / Herzberg- 32.7 / Martinez- 33.0 / LaBarbiera- 33.2 / Columbus- 33.5 / Barrales- 33.7 / Faherty- 33.8

400: No entrants

800: -Sheehy-2:40.4/ -Pillow-2:41.3/ -T.Cirillo-2:41.8/ -Driscoll-2:44.9/ -Mullen-2:45.2/ -Mudrey-2:46.1/ -Pagano-2:49.9/ - Sherman-2:53.7/ -Csorba-3:00.4/ -Catalano-3:03.3/ - Whittaker-3:06.3/ -Mehos-3:17.7/ -Borrero-3:21.4/ -Allia Jahanbin-3:43.5/ -Barclay-3:47.2/ - Esther Chow-4:00.5/ Tory Ludington-4:20.6.

1600: -T.Cirillo-6:02.2/ -G.Felsenstein-6:13.0/ -Sherman-6:13.1/ -C.Barrales/ - K.Whittaker-6:32.8/ -Mary Skrzypczak-7:31.1/ -J.Felsenstein-7:31.3.

3200: -Haley Driscoll-13:23.8/ -Emily Stern-13:24.6.

100H: No entrants

400H: No entrants

Long Jump: J. Long 14-4 ½ / L. Strickland 11-7

Triple jump: J. Long 32-9 ½ / L. Strickland 24-10 ½

High Jump: S. Kepler 4-6 / L. Strickland 4-2

Pole Vault: -Sam Klein-7-0

Shot: Carolyn Patterson-20-6/ Amit Vogel-20-10/ Emily Antosiewicz-18-6/ Demi Kontos-21-4/ Grace Harris-19-5/ Leslie Lam-23-4.

Discus: Grace Harris-55-4/ Carolyn Patterson-47-10/ Amit Vogel-49-0/ Emily Antosiewicz-41-10.

Javelin: 2-Amoruso-73-9/ 3-Sheehy-71-8.

4X400: Sheehy- 68.0 / Amy- 65.3 / Sarah- 73.0 / Amoruso- 63.7 = 4:30.1

T. Circillo- 70.2 / KeeAunna- 67.4 / Tayler- 71.1 / Steinacker- 65.6 = 4:34.2

Comment: Great Meet! Great Way to finish our JV season!

BMOC at Hackensack High School

May 17, 2014

800: 6/17 -Sarah Davis-2:24.91
7/17 - Katie Reis -2:25.11

1600: 3/16 - Sam Halvorsen-5:06.27. -**11th** on ATL Ridgewood List
13/16 - Kelly Cleary- 5:30.00

3200: 3/17 - Carleen Jeffers-11:03.26. - **10th** on ATL Ridgewood List
7/17- Olympia Martin-11:39.92.

100H: 11/17 - Katie McKeon-16.35.

Long Jump: 12/16 - Katie Mckeon-15-4.



4X400: 11/12 -RHS (Vitting-64.6/Davis-64.0/Rosenfeld-62.4/Monnerat-59.7) = 4:11.08

Comment: A bunch of PRs! Sam and Carleen making the ATL! Sarah gets a medal! Lauren 59.7 anchor carry at the end of the evening was especially satisfying. Great Evening.



East Coast Relays at Randolph High School

May 19, 2014

4x100m: 20/27 - Ridgewood (Park, DeMartino, Kuzel, Monnerat) = 52.17

4x1600m: 2/7 - Ridgewood (Rosenfeld-5:32.0, Cleary-5:34.6, Jeffers-5:18.6, Halvorsen-5:17.0) = 21:42.34

3xHighJump: 1/2 - Ridgewood (Lucky-4-10, Montgomery-4-10, DeVita-4-6) = 14-2

3xLongJump: 5/10 - Ridgewood (McKeon-16-0, Park-15-3.75, DeVita-14-10) = 46-1.75

3xTripleJump: 6/9 - Ridgewood (Montgomery-30-8.25, Flynn-31.4.5, DeVita-30-0.25) = 92-1

Comment: The Jumpers brought home some medals and the Distance runners ran 7th on the All Time Ridgewood List!



Bergen Frosh Championship May 27, 2014 Meet at Ridgewood BF

100M Dash: DiMartino- (t) 13.5 (s) 13.5 (f) 14.0 / Patel- (t) 13.7 (s) 13.6 / Doering- 15.4 / Bracken- 16.4 / Ortalani- 16.2 / Sokel- 18.1 / O'Connell- 17.9 / Muller- 16.7 / Gubb- 16.8 / Testa- 16.1

400M: Amoruso- 63.9 / Faherty- 69.7 / Herzberg- 77.5 / Columbus- 78.6

800M: Pagano- 2:49.1 / Sarah- 2:54.8 / Allison- 3:21.1 / Tori- 4:24.0 / Chow- 2:35.9

1600M: Olympia- 5:32.8 / Pagano- 6:01.2 / Amy- 6:00.9 / Julia- 7:28.1 / Mary- 7:27.9

200M: DiMartino- 29.0 / Coruso- 30.9 / Martinez- 33.8 / Heibel- 33.4 / Espinoza- 32.8 / Barrales- 32.0 / Gnall- 31.6

3200M: Olympia- 12:28.0 / Cobb- 13:01.2 / Catalano- 15:29.0 / Hayley- 13:11.0

4x400M Relay: Muller- 71.7 / Barrales- 72.3 / Pagano- 78.8 / DiMartino- 71.6 = 4:54.3

High Jump: Lindsay Strickland - 4-2

Pole Vault: Ria Jha - 7-0.

Shot: Emily Antosiewicz - 20- 1.75

Discus: Emily Antosiewicz - 42-0

Javelin: Kaitlyn Amoruso - 100-6/ Kavi Patel-86-6/ Sophia Sheehy-79-3.

Comment: We were 4th of 27 scoring schools, 3rd in group A. Olympia Martin's 16 / 32 double win and Kaitlyn Amoruso's 100 foot javelin throw were outstanding performances!

North 1 Group 4 Sectional Champs, Randolph High School, May 23 & 24, 2014

Friday:

400 Hurdles: 10-Katie McKeon, 69.77. -Amanda DeVera, 73.55.
100m: -Isabel Park, 13.33. -Steph Kusel, 13.46. -Milissa DiMartino, 14:18.
1600m: 5-Sam Halvorsen, 5:07.62. 6-Carleen Jeffers, 5:09.82. 11-Katie Reis, 5:36.82.
400m: 6-Lauren Monnerat, 62.14. -Monica Vitting, 64.07. -Amanda Muccio, 65.84.
Discus: 18-Nicole Witt, 78-0. 24-Catherine Negron, 71-8. 28-Natasha Baum, 68-07.
Triple Jump: 4-Emily Flynn, 34-6.5. 9-Sophie Montgomery, 32-6.5. -Libby DeVita, FFF.
High Jump: 7-Sophie Montgomery, 4-10. 9-Megan Lucky, 4-8. 12-Libby DeVita, 4-6.
4X800mrelay: 2-Ridgewood, 10:05.15 (Taylor-2:33.3, K.Reis-2:33.9, Rosenfeld-2:27.8, Davis-2:29.3).

Comment: Sam, Carleen, Lauren, Emily and the 4x8 scored points. won medals, and are qualified for next week! The Rain and Lightening got us again but not as bad as last year. The Randolph gym is becoming our team meeting spot!



Saturday:

100 Hurdles: 7-Katie McKeon, 16.03(t)15.77(f). -Sophie Montgomery, 17.57. Libby DeVita-18.91.
800m: 8-Sarah Davis, 2:29.11. 10-Abby Taylor, 2:31.27.
4x100mrelay: 4-Ridgewood, 51.47 (Park, DiMartino, Kusel, Monnerat)
200m: -Stephanie Kusel-27.46. -Kaitlyn Amoruso-28.69. -Milissa DiMartino-29.34
3200m: 1-Carleen Jeffers-10:54.39. 3-Sam Halvorsen-11:12.19. 5-Olympia Martin-11:31.92.
Shot: 16-Natasha Baum-26-10.25. 28-Nicole Witt-21-2.75. 29-Catherine Negron-21-1.5.
Javelin: 7-Katie McKeon-99-2. 15-Kaitlin Amoruso-82-3. 20-Sophia Sheehy-66-0.
Long Jump: 7-Katie McKeon-15-5.75. 11-Isabell Park-15-1.75. 15-Libby DeVita-14-6.75.
Pole Vault: 3- Juliana Kritzer, 9-0.
4x400mRelay: 8-Ridgewood, 4:13.6 (Vitting-65.6, Park-62.0, Rosenfeld-64.2, Monnerat-61.5).

Comment: We performed well over two days and have 13 athletes going to Egg Harbor next weekend for the Group 4 Championship. Our team of 24 athletes included only 5 seniors. Our young group can look forward to improving our 7th place finish next year.



State group 4 Championship at Egg Harbor Twp. High School 2014

Friday May 30

1600M: 11-Sam Halvorsen-5:04.91
9th on RHS ATL!!

400m: 18-Lauren Monnerat-62.03

Triple Jump: 25-Emily Flynn, 33-1.

4x800relay: 19-Ridgewood, 9:51.05 (Taylor-2:29.0, K.Reis-2:31.1, Rosenfeld-2:25.1, Davis-2:25.2.)



Saturday May 31

4x100relay: 22-Ridgewood, 52.94 (Park, DeMartino, Kusel, Monnerat)

3200: 2-Carleen Jeffers, 10:55.27. 3-Sam Halvorsen, 10:55.88. 21-Olympia Martin, 11:57.15
7th & 8th on RHS ATL!

Comment: 15th of 47 Teams. Sam and Carleen are going to SMOC and Nationals!



SMOC

South Plainfield High School

June 4, 2014

3200m: 12-Sam Halvorsen, 10:51.67. 13-Carleen Jeffers, 10:56.33.

Comment: Our "dynamic distance duo" runs a well executed race and place 12&13 in the State of New Jersey!



SPORTS

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FRIDAY, JUNE 13, 2014

BOYS TRACK & FIELD

RHS is running strong heading into Nationals

BY MATTHEW BIRCHENOUGH
Assistant Sports Editor

Members of the Ridgewood High School boys track team will enter this weekend's New Balance Outdoor Nationals in Greensboro, N.C., riding the momentum from recent stellar performances yet hungry to improve on those efforts, which did not yield gold medals.

The Maroons will field runners in three different relay events – the Swedish relay, sprint medley and 4-x-800 meters – and senior Nick Higgins will represent the team in the javelin throw.

"You don't want to do anything different," RHS head coach Josh Saladino said Monday of competing at the national level. "You just want to keep improving, like we've done all year. The expectation and the pressure are certainly greater. It's the national championship, and the goal is for them to compete at their best."

Ridgewood seemed to handle the pressure well throughout this entire season on its way to winning the Big North Freedom Division and the North 1, Group 4 title, the program's fifth straight.

Group 4 recap

The Maroons continued to receive solid performances at the State Group 4 championships, held May 30 and 31 in Egg Harbor Township. They collected 14 points to finish in a tie for 15th. First-place Sayreville scored 43 points.

The 4-x-800 relay team of sophomore Michael Thurston and seniors Brian Collins, David Frering and Luke Dublirer finished second with a time of 7:46.85, just 0.32 seconds behind winner Franklin.

"That was a good step in the right direction for us," Saladino said. "It was a good deal faster than what we had run all year, running 7:46. Obviously, the goal for us was to go in and win; we came up a little short for that."

Dublirer added to his successful weekend by clocking 1:54.79 in the 800 meters to take fourth. Higgins finished 10th in the javelin throw with a distance of 165 feet, 6 inches, despite not being 100 percent.

"Nick Higgins had been battling through a shoulder injury, and it had caught up with him in that meet," Saladino said.

In the pole vault, senior Patrick Morgan cleared 13-6 to take fifth place, while Spencer Llerandi cleared 13-0 to finish seventh.



PHOTOS COURTESY OF JACOB BROWN

Senior David Frering runs his leg of the Ridgewood boys' 4-x-800 relay as coaches Mike Glynn and Josh Saladino look on at the State Meet of Champions. Frering, Brian Collins, Luke Dublirer and Michael Thurston combined for a school-record time of 7:44.09 in the race.

Senior Michael Zeno performed well in the high jump and 110-meter hurdles, and classmates Mike Antosiewicz and Bryce Joyner were solid in the discus throw and triple jump, respectively.

SMOC success

Zeno, Llerandi, Morgan and the 4-x-800 quartet each earned invitations to the June 4th State Meet of Champions (SMOC) in South Plainfield.

At that event, the relay squad posted a time of 7:44.09 to surpass the previous Bergen County record – set last year by Ridgewood – but was bested in the race by Bergen Catholic, which finished in 7:42.95.

"One of the positives is, the expectations these guys have of themselves are so high, that coming in second overall in the state is a disappointment," Saladino said. "Bergen Catholic, hats off to them, they came in as a ninth seed and won, and they ran a great race."

"It's certainly a race that we keep our heads high after," said Dublirer. "It's a great accomplish-

ment to break the old county record. We all ran well. Not a single guy ran subpar that day."

Carolina bound

The focus now has turned to Nationals, which begins today and continues through Sunday.

Seniors Jamal Locke, Jake Sabatini, Doohee Han and Dublirer will represent the Maroons in the Swedish relay, which consists of four legs – 100, 200, 300 and 400 meters.

The sprint medley, which features two legs of 200 meters and single legs of 400 and 800 meters, will be run by Han, Sabatini, Collins and Dublirer.

The Maroons' usual 4-x-800 lineup of Thurston, Collins, Frering and Dublirer will represent the squad in that event.

"For the guys on the relay teams, their goal is to be All-Americans. Top six [in each event] are All-Americans," said Saladino. "We've had a history of having success at this meet, and we're certainly looking to continue that this weekend."

See **BOYS TRACK**, page C3



PHOTOS COURTESY OF JACOB BROWN

Ridgewood's Carleen Jeffers (No. 773) and Sam Halvorsen (772) keep pace with Wayne Hills' Stephanie Bitcon (949) in the State Meet of Champions girls 3,200-meter run. Halvorsen finished 12th in a season-best 10:51.67, and Jeffers ran 13th in 10:56.33.

GIRLS TRACK & FIELD

Young Maroons lead the way through solid season

BY MATTHEW BIRCHENOUGH
Assistant Sports Editor

This spring, the young stars on the Ridgewood High School girls track and field team provided a glimpse of the talent the program has in store for the next few seasons.

"We're predominantly an underclass team, so we've been trying to get ourselves in a position to move forward with those kids next year," head coach Jacob Brown said Monday.

The Maroons had a respectable season, finishing 2-2-1 in Big North Freedom Division dual meets and placing fourth in the division championship meet in early May.

"It's a young team, which presented some challenges obviously, but everybody competed hard and worked hard and practiced hard," Brown said.

Distance runners Sam Halvorsen, a sophomore, and Carleen Jeffers, a junior, emerged as the most consistent performers for RHS throughout the year. Their seasons aren't quite over, as they will be competing at the New Balance Outdoor Nationals in Greensboro, N.C., this weekend.

Jeffers and Halvorsen finished

2-3 in the 3,200-meter race at the State Group 4 championships, held May 30 and 31 in Egg Harbor Township and earned a trip to the State Meet of Champions (SMOC) June 4 at South Plainfield.

The group-finals performance capped off a season of great accomplishments for the pair.

At the North 1, Group 4 sectional meet May 23-24 in Randolph, Jeffers won the 3,200 in 10:54.39 and placed sixth in the 1,600. Halvorsen earned bronze in the 3,200 and finished fifth in the 1,600.

Earlier in May, Halvorsen took third in the 1,600 and second in the 3,200 at the Bergen County Group A championships. Jeffers added a fifth-place finish in the 1,600.

"They've been our top two distance runners all year long," Brown said. "They kind of stepped up a notch, got times on the all-time list, and scored well."

Junior Katie McKeon also developed into one of the Maroons' most versatile athletes. She finished in the top 10 in the 100-meter hurdles, javelin throw and long jump at both the county championships and state-sectional meet.

"In the dual meets, she was in three or four events and was a kid who was keeping us close in the

ones we lost, and helping us win the ones we won," Brown said.

McKeon, along with Halvorsen and Jeffers, received coach's awards to honor their work this season.

Despite the dominant presence of underclassmen on the squad, Brown said Ridgewood's seniors played a key role this year.

Captains Megan Lucky (high jump) and Amanda Muccio (400 meters) gave solid efforts at the state-sectional meet, where the Maroons placed seventh, and fellow captains Laura Weisberger and Emily Fishbein provided leadership throughout the season.

"A couple of the freshmen would show up at the meets wide-eyed and looking like deer in the headlights," Brown said. "The upperclassmen and even my juniors are pretty experienced kids. They took them under their wing and did a great job."

Other RHS seniors stood out at the North 1, Group 4 meet as well. Emily Flynn gave one of her best efforts of the spring, bounding 34 feet, 6 inches in the triple jump to take fourth place. Classmate Sarah Davis ran in the 4-x-800 relay – along with junior Abby Taylor and sophomores Leah Rosenfeld and Katie Reis – to secure a silver-medal time of 10:05.15.

"Even some of the seniors who weren't scoring the points, their calmness in the face of the whole thing was important just for the young kids to see," Brown added.

In addition to Halvorsen, Jeffers and McKeon, Ridgewood will return several other talented underclassmen in 2015. Freshmen Kavita Patel (100, 200) Sophia Sheehy (javelin) and Olympia Martin (3,200) will look to improve in their sophomore campaigns.

Rosenfeld and Reis, both sophomores, are expected to keep the Maroons competitive in the 800 meters, and juniors Libby DeVita (triple/long jump), Sophie Montgomery (hurdles, triple/high jump) and Lauren Monnerat (400) will return as senior leaders on next year's squad.

Brown said he hopes the return of these key athletes will be enough to help RHS "reverse the tables" on their division rivals in 2015.

"When you look at our county meets and our league meets, you kind of go through and analyze everything," he said. "Even though the score wasn't always that close, we were close in terms of performance."

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Ridgewood senior Nick Higgins cranks up to throw the javelin at the State Group 4 finals on May 30. He will attempt to top his season best of 184-8 at this weekend's New Balance Outdoor Nationals.



Leah Rosenfeld of Ridgewood closes in on her North Hunterdon counterpart while running her leg of the State Group 4 girls 4-x-800 relay race. The sophomore split 2:25.1 to help the Maroons clock a season-best 9:51.05.

**New Balance Nationals -
Greensboro, North Carolina**



Friday June 13:

5000m: **18/33**-Sam Halvorsen-17:55.55. **22/33**-Carleen Jeffers-17:59.06
New RHS Record for Sam!

Saturday June 14:

2 Mile Run EE: **17/39**-Sam Halvorsen-11:12.24. **18/39**-Carleen Jeffers-11:13.88



Youthful athletes among top track stars

BY JIM MCCONVILLE
Correspondent

RIDGEWOOD — Both youth and familiarity grace the All-Suburban girls track and field first team, as nine of the 16 events sport repeat selections and 12 of the 19 members (including the relay quartet) are underclassmen.

It is a balanced group, featuring seven seniors, six juniors and six sophomores. Tatiyanna Sanders of Paramus Catholic and Catherine Pagano of Northern Highlands each make a third appearance on the top squad, while Westwood's Corinne Myers (2012 Sophomore of the Year, 2013-14 first team) and Emerson's Cheyenne Bellerand (2012 second team, 2013-14 first team) are three-time overall selections. Two athletes move up from last year's second team.

Five schools placed athletes in two events, including North 1 sectional champions Hawthorne (Group 1), Westwood (Group 2) and Northern Highlands (Group 3), as well as Midland Park and Paramus Catholic. Six other teams have one representative apiece, attesting to the widespread talent among local schools.

Shaye Wisse of Immaculate Heart slides over to the second team from the Sophomore of the Year spot, something that this year's choice, Jessica Molina of Westwood, will try and duplicate in 2015.

The individual profiles:
NICOLE MILLER, Pascack Valley — This senior provided plenty of scoring in the 100-meter dash and the high jump for the Indians and was extremely competitive in a tough group during the postseason. Her spring started off with a second in the Group A high jump at the Bergen Relays, and her final month opened with a pair of seconds in the 100 and the high jump at the Big North National Division meet.

Miller was fourth in the 100 at the Bergen County Group A championships and took second in the high jump and third in the 100 at the Bergen Meet of Champions (BMOC) before a third in the 100 and a sixth in the high jump at the North 1, Group 3 sectional. She placed third in the high jump and 10th in the 100 at the State Group 3 finals before closing with a ninth in the high jump at the State Meet of Champions (SMOC). Her personal bests were 12.61 seconds in the 100 and 5-foot-2 in the high jump.

KAITLIN SALISBURY, Hawthorne — This sophomore was a major factor in the Bears' lineup, excelling in the sprints and the long jump in making the ascent from the 2013 second team. She opened the campaign with a third in the long jump at the Passaic County Relays before beginning the postseason with a win in the 100 and seconds in the 200 and long jump at the NJIC Colonial Division meet.

Salisbury was second in all three of her top events at the Passaic County championships before winning gold in all three at the North 1, Group 1 sectional. She was second in the long jump and third in both sprints at the State Group 1 finals, where she set personal records of 12.36 in the 100 and 25.08 in the 200. She closed with a sixth in the long jump at the SMOC, and her PR of 18-0½ in the event ranks eighth all-time in Passaic County.

LAUREN BRZOZOWSKI, Ramapo — This junior blossomed in all three sprints this season and could be prepared to make an

All-Suburban Girls Track

FIRST TEAM

- 100—Nicole Miller, Pascack ValleySenior
- 200—Kaitlin Salisbury, HawthorneSoph.
- 400—Lauren Brzozowski, RamapoJunior
- 800—Corinne Myers, WestwoodSenior
- 1,600—Julia Guerra, Indian HillsSoph.
- 3,200—Catherine Pagano, HighlandsJunior
- 100H—Jenna Dyksen, HawthorneSenior
- 400H—Noreen Byrne, River DellJunior
- 1,600 RELAY: Northern Highlands
— Morgan BusaccaSophomore
— Hana KernerJunior
— Hilary McElwainSophomore
— Amanda PookSophomore
- SP—Cheyenne Bellerand, EmersonSenior
- DISC—Kailee Oakes, WestwoodSenior
- JAV—Thalia Ghalam, Midland ParkSoph.
- HJ—Lisa Carle, Midland ParkSenior
- LJ—Tatiyanna Sanders, Paramus Cath.Senior
- TJ—Rosemary Menyhart, Paramus C.Junior
- PV—Jenna Braun, MahwahJunior

SOPHOMORE OF THE YEAR

Jessica Molina, Westwood

SECOND TEAM

- 100—Ayo O'Uhuru, Pascack HillsSoph.
- 200—Ana Ordoñez, No. HighlandsSoph.
- 400—Amanda Pook, No. HighlandsSoph.
- 800—Colleen Buckley, IHAJunior
- 1,600—Sam Halvorsen, RidgewoodSoph.
- 3,200—Carleen Jeffers, RidgewoodJunior
- 100H—Quincy Kersbergen, RamseyJunior
- 400H—Hilary McElwain, HighlandsSoph.
- 1,600 RELAY: Westwood
— Corinne MyersSenior
— Alesia PassaroSenior
— Emma PranschkeJunior
— Victoria SloezenSophomore
- SP—Victoria Reich, No. HighlandsFrosh
- DISC—Sherika Dyer, HawthorneSoph.
- JAV—Erin McHugh, WaldwickJunior
- HJ—Jenna Phillips, RamapoSenior
- LJ—Shaye Wisse, Immaculate HeartJunior
- TJ—Marina Reilly, River DellJunior
- PV—Megan Gambuti, RamapoSenior

ALL-SUBURBAN PUBLICATION SCHEDULE

- June 20: Boys Lacrosse
- June 27: Girls Lacrosse
- July 4: Softball
- July 11: Baseball
- July 18: Boys Track & Field
- TODAY: Girls Track & Field
- Aug. 1: Boys Tennis
- Aug. 8: Boys, Girls' Golf

assault on the Bergen County record book in 2015. She won the 200- and 400-meter dashes and was second in the 100 at the Big North-Freedom meet and swept all three sprints at the Bergen B championships.

A victory in the 200 at the BMOC was followed by wins in the 200 and 400 at the North 1, Group 3 sectional and a triumph in the 400 and a third in the 200 at the State Group 3 finals, where she set personal bests of 24.87 and 55.34, both 10th all-time in Bergen history. She was fifth in the 200 and 400 at the SMOC and added a fifth at the New Balance Outdoor Nationals (NBON) 200 to close out her season.

CORINNE MYERS, Westwood — This two-time first-teamer had a stellar senior season, lopping nearly four seconds off of



PHOTO COURTESY OF JACOB BROWN

The All-Suburban girls track and field teams feature a host of distance runners from the Big North Freedom Division. From left: Ridgewood's Sam Halvorsen (second-team 1,600), Indian Hills' Julia Guerra (first-team 1,600) and Northern Highlands' Catherine Pagano (first-team 3,200).



TYSON TRISH/THE RECORD

KAITLIN SALISBURY
Hawthorne



KEVIN R. WEXLER/THE RECORD

LAUREN BRZOZOWSKI
Ramapo

her 800-meter time and setting a new Bergen County standard, in addition to being part of the Cardinals' sprint medley squad. She started with a victory in the 800 and a second in the 400 at the Red Raider Relays prior to taking aim at the postseason.

Myers won the 400 and was fourth in the 100 at the Big North-Patriot meet before skipping the Bergen C meet to run the Glenn Loucks Games (N.Y.), where she took second in the 800 against stiff competition. She won the 800 and 1,600 meters and was second in the 400 at the North 1, Group 2 sectional and followed with a win in the 800, a second in the 1600 and a sixth in the 400 at the State Group 2 finals.

Myers then won the SMOC 800 in 2:05.80, setting the county record and clocking the No. 5 time in New Jersey

history, and she added a third in the NBON 800. She graduated owning the seventh-fastest 1,600 time (4:54.37) in Bergen annals and will run for Northeastern University in Boston.

JULIA GUERRA, Indian Hills — There was no sophomore jinx for this Braves distance runner, who went to the West Coast and took fourth in the mile at the Mt. San Antonio College (Calif.) Relays. The Oakland resident came back east to take ninth in the mile at the Penn Relays before opening the final month with wins in the 1,600 and 3,200 at the Big North-Freedom meet.

Guerra gained gold in the 1,600 and silver in the 3,200 at the Bergen C meet and added silver in the 3,200 at the BMOC. After a second in the 3,200 and a third in the 1,600 at the North 1, Group 2 sectional, she placed third in the 3,200

and fourth in the 1,600 at the State Group 2 finals. At the SMOC, the repeat first-teamer ran sixth in the 1,600, and she owns the fourth-fastest 1,600 time (4:52.12) in Bergen history as well as the ninth-fastest 3,200 time (10:44.34).

CATHERINE PAGANO, Northern Highlands — After transferring from Ridgewood, this junior continued to climb the all-time county lists in the distances, ranking fourth or better in all three races. The Upper Saddle River resident got things going by aiding the Highlander distance medley squad to third at the Penn Relays, then she ran second in the 1,600 and 3,200 at the Big North-Freedom meet to open the postseason. She swept the 800, 1,600 and 3,200 races at the Bergen A meet before winning the BMOC 3,200.

At the North 1, Group 3 sectional, Pagano won the 800 and 1,600 and was third in the 3,200, prior to posting a triumph in the 800 and a fifth in the 1,600 at the State Group 3 finals. She ended with a third in the SMOC 800 in a personal-best 2:08.75 (No. 4 all-time in Bergen County), and a fifth in the NBON mile. Now three-quarters of the way to completing the All-Suburban "cycle," she also owns the third-fastest 1,600 (4:48.82) and fourth-fastest 3,200 (10:34.60) times in county history.

JENNA DYKSEN, Hawthorne — One of the most versatile athletes in North Jersey, this senior was a strong hurdler and jumper who opened the year by winning the long jump at the Passaic Relays. A second-team pick in 2013, she began this postseason in grand style, winning both the 100- and 400-meter hurdle races, the long jump and the triple jump for a quadruple at the NJIC Colonial meet. She followed with gold in the 400 hurdles and long jump and silver in the 100 hurdles and triple jump at the Passaic County championships.

Dyksen won both hurdle races and the triple jump (in a personal-record 36 feet, 11 inches) and took second in the long jump at the North 1, Group 1 meet, before coming home second in the 100

See GIRLS TRACK, page C3



ELIZABETH LARA/THE RECORD

CORINNE MYERS — Westwood



AMY NEWMAN/THE RECORD

JENNA DYKSEN (center) — Hawthorne

GIRLS TRACK from C2

hurdles (with a 15.06 PR, No. 7 all-time in Passaic County), 400 hurdles and triple jump and fourth in the long jump at the State Group 1 finals. Her varsity career ended with a seventh in the high jump, 10th in the triple jump and 19th in the 100 hurdles at the SMOC. She owns the 15th-best 400 hurdles time (1:04.10) in Passaic County and the sixth-best long jump (18-1½) and is headed to Calvin College in Michigan.

NOREEN BYRNE, River Dell — This junior moved steadily up the Bergen County all-time lists after a season in which she picked up wins in three different events while becoming one of the top 400-meter intermediate hurdlers in North Jersey. She got the year off to a good start by winning the Group B hurdles and triple jump and taking third in the high jump at the Bergen Relays, then began the postseason with a gold in the hurdles and silvers in the open 400 and triple jump at the Big North-Patriot meet.

Byrne finished first in the 400 hurdles, second in the long jump, third in the 100 hurdles and fourth in the triple jump at the Bergen B meet before earning silver in the 400 hurdles and bronze in the triple jump at the BMOC. She won the intermediates and was second in the triple jump and fourth in the long jump (with a 17-0 PR) at the North 1, Group 2 sectional, and after a fourth in the 400 hurdles and sixth in the triple jump (36-1½ PR) at the State Group 2 finals, she placed 17th in both the 400 hurdles and triple jump at the SMOC. She owns the 15th-best 400 hurdles time in Bergen history at 1:02.81.

NORTHERN HIGHLANDS 1,600 RELAY — With all four members of this quartet being underclassmen, there is still plenty of opportunity for them to break the Bergen County record. Sophomores Hilary McElwain and Amanda Pook returned from last season's first-team grouping to join forces with junior Hana Kerner and sophomore Morgan Busacca and produce the fourth-fastest 4-x-400 time in county history (3:53.76).

The Highlanders won the Group A race at the Bergen Relays before placing second in both their Penn Relays heat and the Big North-Freedom meet. The quartet shook off a disqualification at the Bergen A meet by roaring back with three straight victories at the BMOC, North 1, Group 3 sectional and State Group 3 finals, and it closed with a seventh at the SMOC.

CHEYENNE BELLERAND, Emerson — This senior is a two-time first-teamer in the shot put but also proved to be a strong competitor in the other throws. She gave a preview of things to come by registering the top shot put and discus efforts in Group D at the Bergen Relays prior to placing 12th in the shot put at the Penn Relays. Her final month began with victories in the shot and discus and a fourth in the javelin at the NJIC Patriot meet, and it continued with shot put and discus wins and a sixth in the javelin at the Bergen D meet.



MICHAEL KARAS/THE RECORD

NOREEN BYRNE — River Dell

A silver medal in the discus and a bronze in the shot put at the BMOC preceded Bellerand's shot put gold and discus silver in the North 1, Group 1 sectional. She doubled in the shot and discus at the State Group 1 finals, and she won the SMOC discus toss with a personal-best 136-10 (No. 4 all-time in Bergen annals and No. 1 in New Jersey this year) and took second in the shot put, coming within ¾ inches of an SMOC double. She stands 10th all-time in Bergen history with a 43-3 shot throw and is going to Howard University in Washington, D.C.

KAILIE OAKES, Westwood — A repeat first-team selection in the discus, this senior teamed with Sophomore of the Year Jessica Molina to create one of the top 1-2 throwing tandems in North Jersey. She offered a preview at the Bergen Relays, placing first in the discus, second in the shot put and sixth in the javelin in Group C. Once the postseason rolled around, she began concentrating primarily on the shot and discus, starting with discus gold and shot put silver at the Big North-Patriot meet.

Oakes was second in both events at the Bergen C meet before winning the BMOC discus with a personal-record 130-5 and taking 10th in the shot put. She was second in the discus and third in the shot put at the North 1, Group 2 meet, fifth in the discus and 11th in the shot (with a 34-5 PR) at the State Group 2 finals and a 26th at the SMOC discus to close her career. She will head to Springfield (Mass.) in the fall.

THALIA GHALAM, Midland Park — Also a rising basketball talent,

this sophomore made great strides in track and field, as she specialized in the javelin and looks primed to blast away the school records in the event. She engaged in a seesaw rivalry with second-team pick Erin McHugh all season long, placing second to the Waldwick thrower at the Bergen Relays and at the NJIC Patriot meet. At the former, she helped the Panthers to team gold in both the Group D high jump (along with fellow first-teamer Lisa Carle) and javelin relays.

Ghalam broke through with her first javelin championship at the Bergen D meet and added another gold in the event at the North 1, Group 1 sectional, rebounding from a 13th-place toss at the BMOC. A fourth in the State Group 1 finals (with a PR of 123-4) sent her to the SMOC, where she finished in an 18th-place tie with Sophomore of the Year Jessica Molina.

LISA CARLE, Midland Park — This senior earns a second straight bid on the top squad after helping the Panthers to one of their best seasons, which featured second-place team showings in Group D at both the Bergen Relays and Bergen County meet, as well as a runner-up finish in the NJIC Patriot Division. Her high jump best of 5-4 came last season before she tore a muscle in her leg, but she shook off any memory of the injury by placing first in the high jump and third in the 400 hurdles at the County Relays. At the NJIC meet, she garnered gold in the 400 hurdles and open 400, silver in the high jump and bronze in the triple jump.

Carle claimed high jump and



BERNADETTE MARCINIAK/STAFF PHOTOGRAPHER

CHEYENNE BELLERAND — Emerson



BERNADETTE MARCINIAK/STAFF PHOTOGRAPHER

KAILIE OAKES — Westwood

400-meter gold, plus triple jump and 200-meter bronze, at the Bergen D meet. She was sixth in the high jump and a 10th in the 400 at the BMOC, then won the North 1, Group 1 high jump while taking fourth in the 400 and 15th in the triple jump. She was third in the high jump and ninth in the 400 at the State Group 1 finals, tied for 20th in the SMOC high jump (equaling her season-high of 5-0) and logged season bests of 34-6 in the triple jump, 1:00.22 in the 400 and 27.73 in the 200.

TATIYANNA SANDERS, Paramus Catholic — One of the top jumpers in Bergen history, this senior from Teaneck broke the oldest county record on the books (1979) when she cleared 19-5¾ in the long jump. She was nearly unbeatable all season, taking first in the Group A long and triple jumps at the Bergen Relays and ending up seventh in the Penn Relays long jump. In the postseason, she quadrupled in the 100- and 200-meter dashes, the long jump and the triple jump at the Big North-United meet and completed the same quadruple in the Bergen A meet.

After winning the long jump and taking second in the 200 at the BMOC, Sanders won both jumps, ran third in the 100 and took fourth in the 200 at the North Non-Public A sectional. At the State Non-Public A finals, she picked up gold in both jumps and bronze in both sprints (with personal bests of 12.22 and 26.22), and her career ended in the SMOC with a fourth in the long jump and a sixth in the triple jump. She ranks No. 5 all-time in Bergen County with a 39-3¾ triple jump and is bound for the University of Massachusetts.

ROSEMARY MENYHART, Paramus Catholic — A repeat selection from the 2013 first team, this junior not only was a strong jumper but also a solid performer in the 400-meter intermediate hurdles. She was second in the Group A triple jump and fourth in the long jump at the Bergen Relays before beginning the final month with a gold in the hurdles and silvers in the long and triple jump at the Big North-United meet.

Menyhart was second in the jumps and fourth in the 400 hurdles at the Bergen A meet prior to earning gold in the triple jump and bronze in the long jump at the BMOC. She placed second in the triple jump, fourth in the hurdles

and fifth in the long jump at the North Non-Public A sectional and was third in the State Non-Public A triple jump. Her season concluded with a seventh in the triple jump at the SMOC, and she owns the 17th-best triple jump distance in Bergen County history at 37-7¾.

JENNA BRAUN, Mahwah — This junior was a consistent scorer for the Thunderbirds and improved her pole vault best to 10 feet, 6 inches as the season progressed. She got off to an inauspicious start at the Bergen Relays, where she had a no-height effort in the Group B competition, but that all changed in the postseason, as she got off to a good start with a victory in the Big North-Patriot pole vault.

Braun placed third in the vault at the Bergen B meet, tying teammate Bridgette Muller before being awarded the bronze on attempts, and she followed up a

silver medal in the BMOC pole vault by winning the North 1, Group 2 championship in the event. She went on to finish third at the State Group 2 finals, clearing 10-6 for the third straight meet, and closed her campaign with an 18th-place 10-0 in the SMOC pole vault.

JESSICA MOLINA, Westwood — In her second year of varsity competition, this sophomore positioned herself to become the next big-time thrower in Bergen County. She got a jump on things by taking first in the shot put and discus and second in the javelin in Group C at the Bergen Relays, and she added a sweep of the throws in the Red Raider Relays, plus a fifth in the shot put at the Penn Relays. She earned shot put and javelin gold and discus silver at the Big North-Patriot meet before sweeping the throws in the Bergen C championships.

After a silver in the shot put and a bronze in the discus at the BMOC, Molina collected gold in the shot and discus and silver in the javelin at the North 1, Group 2 sectional. She was first in the shot put, third in the discus and fourth in javelin at the State Group 2 finals and closed with a 16th in the shot, 18th in the javelin and a 24th in the discus at the SMOC. She had personal bests of 43-0¼ in the shot put (No. 7 all-time in Bergen), 127-10 in the discus (tied for No. 12) and 117-7 in the javelin.

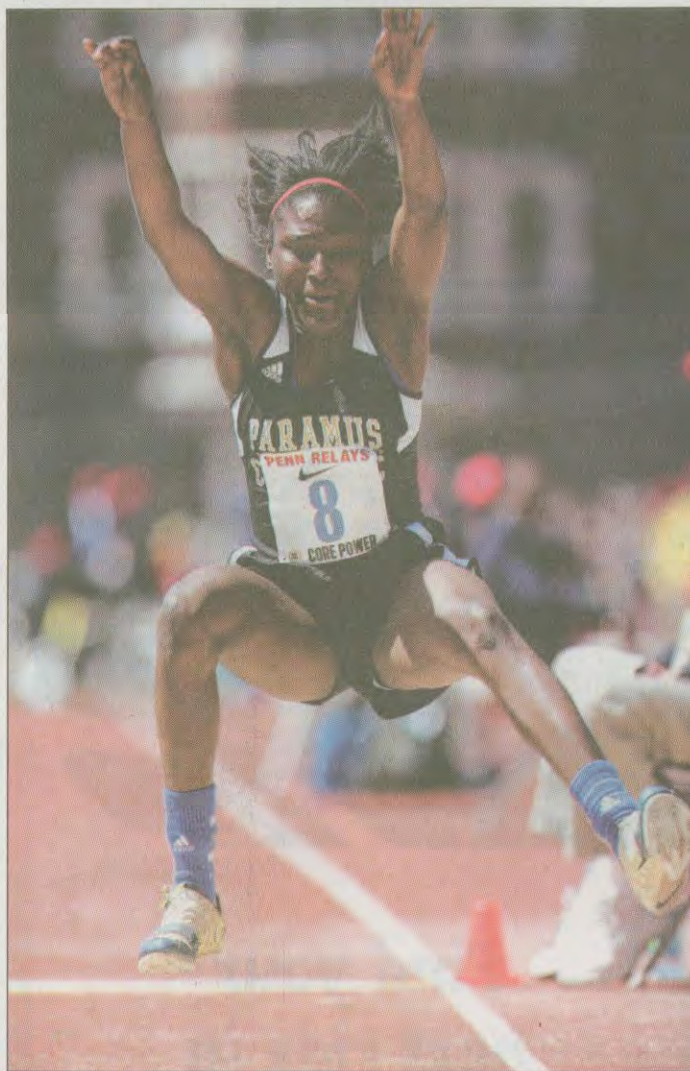
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Editor's Note: The All-Suburban girls track and field teams are selected by The Ridgewood News Sports Department.



BOB SHWALB/SPECIAL TO THE RIDGEWOOD NEWS

LISA CARLE — Midland Park



KEVIN R. WEXLER/THE RECORD

TATIYANNA SANDERS — Paramus Catholic

2014 Ridgewood Performance List

100m: 13.33 (12.9)-Park, 13.46 (13.3)-Kusel, 14.40-Patel, 13.1-Monnerat, 14.18 (13.6)-DiMartino, 13.6-Amoruso.

200m: 27.2-Monnerat, 27.6-Park, 27.95-Kusel, 28.7-Schmidt, 28.90(28.1)-Patel

400m: 62.03-Monnerat, 64.07-Vitting

800m: 2:24.91-Davis, 2:25.11-K.Reis, 2:25.83-Rosenfeld.

1600m: 5:04.91-Halvorsen, 5:09.82-Jeffers, 5:30.00-Cleary

3200m: 10:51.67-Halvorsen, 10:54.39-Jeffers, 11:31.92-Martin, 11:43.3-Cleary

5000m: 17:55.55-Halvorsen, 17:59.06-Jeffers

100mH: 15.77-McKeon

400mH: 69.77(68.9)-McKeon, 70.24-Rosenfeld, 71.2-Mucchio, 73.55(71.7)-DeVera.

Long Jump: 16-6.5-McKeon, 15-6-DeVita, 15-3.75 - Park

Triple Jump: 34-6.5 – Flynn, 33-8 – DeVita, 32-9.5 - Long

High Jump: 4-10 – Montgomery, 4-10- Lucky, 4-6- DeVita, 4-6 – Kepler.

Pole Vault: 9-0 – Kritzer, 7-0 Klein.

Shot: 27-5.5 – Baum, 24-3 – Cerasulo.

Discus: 82-9 – Vogel.

Javelin: 100-6 – Amoruso, 99-2 – McKeon, 86-6 – Patel, 84-1-Sheehy.

Relays: 4x1=51.47, 4x4=4:11.08, 4x8=9:51.05, 4x1600=21:42.34, 3xLJ=46-5.75, 3XTJ=98-6.25, 3xHJ=14-2

Track & Field 2014



Ridgewood High School



Captains - 2014



Seniors - 2014



2014 Ridgewood Track and Field

First Row (front): Skylar Franko, Lindsay Strickland, Carley Sokol, Haley Driscoll, Corina Cobb, Morgan Bracken, Emma Herzberg, Lauren Pagano, Olympia Martin, Kaitlyn Gnall, Kimberley Caruso, Samantha Sterling, Rhea Jha.

Second Row (kneeling): Julia Felsenstein, Mary Skrzpczak, Sarah Catalano, Amy Mullen, Mary Lane, Anna Kunz, Katie Barrales, Olivia Doering, Olivia Columbus, Kaitlyn Amoruso, Kavi Patel, Madison Heibel, Olivia Martinez, Isabel Faherty, Julia O'Connell, Tory Ludington, Allison Borrero, Ally Ortolani.

Third Row (sitting): Ester Chow, Sonal Tulsyani, Tatiana Mehos, Emily Flynn, Nicole LaBarbiera, Maxine Peskens, Keeauna Whalen, Rebecca Stern, Megan Lucky, Laura Weisberger, Amanda Muccio, Emily Fishbein, Kylie Simpson, Juliana Kritzer, Samantha Klein, Liv Gubb, Camryn Muller, Abby Taylor, Anya Sherman, Sophia Sheehy, Emily Antosiewicz, Rachel Wiggers, Dani Klein.

Forth Row (Standing): Coach Brown, Coach O, Allia Jahanbin, Jade Long, Stephanie Kussel, Rebecca Feder, Saskia Keppler, Katie McKeon, Isabel Park, Jasmine Tobdzic, Jasmine Steinacker, Sue Han, Amit Vogel, Maya Vogel, Carolyn Patterson, Kate Eanelli, Sara Schmidt, Megan Collier, Olivia Manke, Coach Gigs, Coach Bell

Fifth Row (Standing on Wall): Charlotte Pillow, Jennifer Luby, Lauren Monnerat, Amanda DeVera, Sophie Montgomery, Taylor Tai, Tara Cirilo, Leah Rosenfeld, Kelly Cleary, Sarah Davis, Monica Vitting, Catherine Negron, Ari Hasbrouck, Samantha Halverson, Vera Mudry, Vanessa Reis, Emily Stern, Julisci Csorba, Katie Reis, Carleen Jeffers, Genevieve Felsenstein, Grace Harris,

