

**RIDGEWOOD
CROSS
COUNTRY**

2014

**SEASON
SUMMARY**

2014**Ridgewood Girl's Cross Country****2014****Dual Meets**

<u>5 wins</u>	
Indian Hills	20-43
Hackensack	15-50
Paramus	15-50
Ramapo	15-50
N.Highlands	27-28

Championship Meets

<u>4 wins</u>	
Season Opener (JV-B)	5th
Penn State	1st
Shore Coaches (Champ)	2nd
Big North - Freedom	2nd
Bergen Group A	1st
Bergen Meet of Champs	1st
North 1 Group 4 Section	1st
State Group 4	4th
SMOC	3rd
Nike Regional	9th

Junior Varsity Meets

<u>5 wins</u>	
Season Opener	1st
Shore Coaches	3rd
Brett Taylor	1st
Big North	1st
Bergen Champs	1st
Doc Braver	1st
JV State Meet	2nd

Frosh Meets

<u>7 wins</u>	
Season Opener	1st
Maroon Inv.	1st
Passaic Coaches	1st
Shore Coaches	3rd
Brett Taylor(B team)	2nd
Big North	1st
Bergen Champs	1st
Doc Braver	1 st
BMOC	1st
Frosh State	3rd

2014 Ridgewood Girls Cross Country

Seniors: Cristina Barrales*, Sarah Kate Caliguire*, Tara Cirillo*(capt), Katherine Cirillo*, Kelly Cleary*(capt), Julcsi Csorba*, Amanda deVera*, Genevieve Felsenstein*(capt), Jordan Ford*, Ari Hasbrouck*, Carleen Jeffers*, Tayler Tai*(capt), Abby Taylor*.

Juniors: Sophia Barclay, Sofia DeAndrade, Erin Dwyer, Kelly Dwyer, Lindsay Haas, Sam Halvorsen*, Emma Hareas, Grace Harris, Allia Jahanbin, Tatiana Mehos, Vera Mudry, Vanessa Reis, Katie Reis*, Leah Rosenfeld*, Sara Schmidt, Anya Sherman, Jasmine Steinacker, Emily Stern, Izzy Stern, Meghan Thurlow, Sonal Tulsyani, Erin Walicki, Cayla Whitaker.

Sophomores: Kaitlyn Amoruso, Sarah Catalano, Corina Cobb*, Quinn Daly, Haley Driscoll*, Rita Espinoza, Cara Farley, Madison Heibel, Emma Herzberg, Priscilla Huh, Kathryn Kearney, Catie Keating, Emily Keeney, Olympia Martin*, Grace McCormick, Madison Moras, Lauren Pagano*, Sophia Sheehy*, Lovisa Sjolander.

Frosh: Meghan Adams*, Riley Ban, Cate Becker, Ailish Bennett, Beatrice Davis, Katie Doyle, Hannah Fishbein*, Sophia Florida, Audrey Gao, Caroline Hadfield, Lucia Kim, Evelyn Kotch, Melanie Leider, Tara Moore, Kaitlyn Nyhuis, Sasha O'Keefe, Britany Schofield, Becky Skinner, Bridget Walicki, Lia Ward, Kari Wong.

coach: Jacob Brown **frosh coach:** Steve Opremcak * = letter winner ^ = class award

2014 Cross Country Team Photo

First Row: Caroline Hadfield, Ailish Bennett, Tara Moore, Bridget Walicki, Brittany Schofield, Hanna Fishbein, Cate Becker, Melanie Leider, Katie Doyle, Lia Ward, Sasha O'keefe, Lucia Kim, Beatrice Davis, Kari Wong, Sophia Florida.

Second Row: Emma Herzberg, Rita Espinoza, Emily Keeney, Katherine Kearney, Kaitlyn Amoruso, Evelyn Kotch, Meghan Adams, Quinn Daley, Lauren Pagano, Madison Heibel, Haley Driscoll, Corinna Cobb, Priscilla Huh, Lovisa Sjolander, Olympia Martin, Jasmine Steinacker, Sarah Catalano, Sophia Sheehy, Madison Moras.

Third Row: Kayla Whitaker, Coach Jacob Brown, Sarah Kate Caliguire, Christina Barrales, Amanda deVera, Katherine Cirillo, Genevieve Felsenstein, Tayler Tai, Tara Cirillo, Kelly Cleary, Carleen Jeffers, Abby Taylor, Ari Hasbrouck, Julcsi Csorba, Coach Steve Opremcak.

Fourth Row: Anya Sherman, Cara Farley, Riley Ban, Sophia Barclay, Lindsay Haas, Sara Schmidt, Leah Rosenfeld, Sam Halvorsen, Kelly Dwyer, Vera Mudrey, Vanessa Reis, Izzy Stern, Erin Walicki, Emily Stern, Erin Dwyer, Katie Reis, Sonal Tulsyani, Sofia DeAndrade, Grace Harris, Kaitlyn Nyhuis.

Seniors 2014

R1-LtoR: Kelly Cleary, Abby Taylor, Ari Hasbrouck, Carleen Jeffers.

R2-LtoR: Tara Cirillo, Katherine Cirillo, Tayler Tai, Julcsi Csorba, Christina Barrales.

R-3LtoR: Sarah Kate Caliguire, Amanda deVera, Genevieve Felsenstein.

Ridgewood High School



Cross Country 2014



2014 Schedule

Ridgewood High School Girl's Cross Country

Saturday	Sept. 6	Dual meet at Darlington vs Indian Hills & Hackensack
Monday	Sept. 8	Dual meet at Darlington vs Paramus
Friday	Sept. 12	Season Opener at Darlington - JV & Frosh
Saturday	Sept. 13	Harry Groves Spiked Shoe Invitational at Penn State University - Varsity Only
Monday	Sept. 15	Dual meet at Garret vs Ramapo
Friday	Sept. 19	Maroon Invitational at Garret Mountain - Frosh
Saturday	Sept. 27	Passaic Coaches Invitational at Garret Mountain - Frosh
Monday	Sept. 29	Dual Meet at Darlington vs Northern Highlands & IHA
Saturday	Oct. 4	Shore Coaches Invitational at Holmdel Park - Varsity, JV-A, Frosh-A
Saturday	Oct. 4	Brett Taylor Invitation at Darlington - JV-B & Frosh-B
Tuesday	Oct. 14	Big North Divisional Champs at Darlington
Saturday	Oct. 25	Bergen Group Championship at Darlington
Thursday	Oct. 30	Doc Braver Frosh & JV Champs at Darlington - JV & Frosh
Saturday	Nov. 1	Bergen Meet Of Champions at Darlington - Varsity & Frosh
Wednesday	Nov. 5	State JV & Frosh Champs at Thompson Park, Jamesburg, NJ
Saturday	Nov. 8	NJ State Sectional Championship - varsity
Saturday	Nov. 15	NJ State Group Championship - varsity
Saturday	Nov. 22	NJ State Meet Of Champions at Holmdel Park - varsity
Saturday	Nov. 29	Nike Regional at Bowdoin
Tuesday	Dec. 9	Cross Country Awards Banquet - 6pm

Ridgewood Cross Country Dual Meet Summary

Ridgewood vs **IH & Hack** Date **9/6** Weather **H-H-H!**
 Course **Darlington** Course Record _____
 Final Scores _____ 1-5 Split **42sec** 1-7 Split _____

2014 Big North Opening Day - 9/6/2014
 5k Run CC 9:40

Comp#	Name	School	Time	Points
1	672 Guerra, Julia	W Indian Hills	19:06	
2	1351 Jeffers, Carleen	W12 Ridgewood	20:34	
3	1324 Cleary, Kelly	W12 Ridgewood	20:35	
4	1343 Halvorsen, Sam	W11 Ridgewood	20:35	
5	1385 Taylor, Abby	W12 Ridgewood	20:50	
6	1360 Martin, Olympia	W10 Ridgewood	21:16	
7	1311 Adams, Meghan	W9 Ridgewood	21:23	
8	1370 Reis, Katie	W11 Ridgewood	21:25	
9	1325 Cobb, Corina	W10 Ridgewood	21:29	
10	578 Pena-DeJesus, Yanibel	WJR Hackensack	21:33	
11	1346 Hasbrouck, Ari	W12 Ridgewood	21:38	
12	572 Martinez, Serena	WJR Hackensack	21:38	
13	1375 Sheehy, Sophia	W10 Ridgewood	21:42	
14	573 Mendoza, Katiana	WSR Hackensack	21:50	
15	1369 Pagano, Lauren	W10 Ridgewood	21:52	
16	574 Moronta, Soribel	WSR Hackensack	22:08	
17	1336 Fishbein, Hannah	W9 Ridgewood	22:15	
18	1323 Cirillo, Tara	W12 Ridgewood	22:21	
19	675 Miles, Julia	W Indian Hills	22:24	
20	667 Daly, Madeleine	W Indian Hills	22:30	
21	1371 Reis, Vanessa	W11 Ridgewood	22:51	
22	1330 Driscoll, Haley	W10 Ridgewood	23:05	
23	1338 Ford, Jordan	W12 Ridgewood	23:06	
24	1357 Kotch, Evelyn	W9 Ridgewood	23:24	
25	575 Nunez-Diaz, Maria	WSR Hackensack	23:25	
26	1373 Schmidt, Sara	W11 Ridgewood	23:29	
27	1331 Dwyer, Erin	W11 Ridgewood	23:30	
28	1316 Davis, Beatrice	W9 Ridgewood	23:56	
29	1382 Stern, Emily	W11 Ridgewood	23:59	
30	1381 Steinacker, Jasmine	W11 Ridgewood	24:09	
31	567 Duran, Amanda	WSR Hackensack	24:13	
32	1374 Schofield, Brittany	W9 Ridgewood	24:27	
33	582 Tenezaca, Johanna	WSR Hackensack	24:31	
34	1389 Walicki, Erin	W11 Ridgewood	24:32	
35	1376 Sherman, Anya	W11 Ridgewood	24:33	
36	568 Duran, Melissa	WSR Hackensack	24:42	
37	1383 Stern, Izzy	W11 Ridgewood	24:42	
38	1313 Ban, Riley	W9 Ridgewood	24:53	
39	1327 Daly, Quinn	W10 Ridgewood	24:59	
40	1315 Barrales, Cristina	W12 Ridgewood	25:20	
41	1344 Hareas, Emma	W11 Ridgewood	25:26	
42	676 O'Leary, Jessica	W Indian Hills	25:28	
43	1322 Cirillo, Katherine	W12 Ridgewood	25:29	
44	584 Vertiz, Cielo	WSR Hackensack	25:30	
45	1320 Catalano, Sarah	W10 Ridgewood	25:47	
46	1328 deVera, Amanda	W12 Ridgewood	25:54	
47	1317 Becker, Cate	W9 Ridgewood	25:56	
48	1390 Ward, Lia	W9 Ridgewood	25:58	
49	1391 Wong, Kari	W9 Ridgewood	25:59	
50	1310 Abramenko, Petra	W12 Ridgewood	26:03	
51	1332 Dwyer, Kelly	W11 Ridgewood	26:03	
52	1337 Florida, Sophia	W9 Ridgewood	26:16	
53	1386 Thurlow, Meghan	W11 Ridgewood	26:29	
54	1312 Amoruso, Kaitlyn	W10 Ridgewood	26:32	
55	1341 Haas, Lindsay	W11 Ridgewood	26:41	
56	564 Agudelo, Alejandra	WJR Hackensack	26:46	

57	1359	Leonard, Maddie	W10	Ridgewood	26:58
58	1333	Whitaker, Cayla	W10	Ridgewood	27:14
59	1388	Walicki, Bridget	W9	Ridgewood	27:34
60	1347	Heibel, Madison	W10	Ridgewood	27:35
61	1362	Mehos, Tatiana	W11	Ridgewood	27:40
62	571	Izquierdo, Melissa	WS0	Hackensack	27:42
63	1352	Kearney, Kathryn	W10	Ridgewood	27:42
64	1364	Moras, Madison	W10	Ridgewood	27:47
65	1361	McCormick, Grace	W10	Ridgewood	27:49
66	1380	Soriano, Diana	W11	Ridgewood	27:55
67	1365	Mudry, Vera	W11	Ridgewood	28:00
68	1319	Caliguire, Sarah	W12	Ridgewood	28:10
69	1345	Harris, Grace	W11	Ridgewood	28:22
70	1358	Leider, Melanie	W9	Ridgewood	28:43
71	577	Pena, Stephanie	WJR	Hackensack	28:43
72	1354	Keeney, Emily	W10	Ridgewood	29:34
73	1363	Moore, Tara	W9	Ridgewood	29:46
74	580	Remache, Ninfa	WJR	Hackensack	30:13
75	678	Taylor, Grace	W	Indian Hills	30:42
76	1321	Chang, Allison	W9	Ridgewood	30:44
77	1350	Jahanbin, Allia	W11	Ridgewood	30:53
78	1368	O'Keefe, Sasha	W9	Ridgewood	34:16
79	1314	Barclay, Sophia	W11	Ridgewood	34:40
80	1339	Gao, Audrey	W9	Ridgewood	35:00

5k Run CC 9:40

Team Scores										
Rank	Team	Total	1	2	3	4	5	*6	*7	*8 *9
Girls Results:										
Hackensack vs Indian Hills 5000 Run										
1	Hackensack	22	2	3	4	5	8	9	10	
2	Indian Hills	37	1	6	7	11	12			
Hackensack vs Ridgewood 5000 Run										
1	Ridgewood	15	1	2	3	4	5	6	7	
	Average:	20:46.00								
2	Hackensack	50	8	9	10	11	12	13	14	
	Average:	22:06.80								
Indian Hills vs Ridgewood 5000 Run										
1	Ridgewood	20	2	3	4	5	6	7	8	
	Average:	20:46.00								
2	Indian Hills	43	1	9	10	11	12			
	Average:	24:02.00								

Comment:
We had a very good first meet on a very hot and humid day.



Ridgewood Cross Country Dual Meet Summary

Ridgewood vs **Paramus** Date _____ Weather _____
 Course _____ Course Record _____
 Final Scores _____ 1-5 Split **38sec** 1-7 Split **1:26**

2014 Big North Week 1 Monday - 9/8/2014

Darlington

5k Run CC

Name	Year	School	Finals	Points
Results - Women 5000 Run				
1 Cobb, Corina	W10	Ridgewood	20:38.18	1
2 Pagano, Lauren	W10	Ridgewood	21:16.45	2
3 Sheehy, Sophia	W10	Ridgewood	21:17.06	3
4 Hasbrouck, Ari	W12	Ridgewood	21:18.87	4
5 Cirillo, Tara	W12	Ridgewood	21:22.41	5
6 Fishbein, Hannah	W9	Ridgewood	21:30.64	6
7 Driscoll, Haley	W10	Ridgewood	22:04.81	7
8 Ford, Jordan	W12	Ridgewood	22:27.97	
9 Catalano, Sarah	W10	Ridgewood	23:00.29	
10 Schmidt, Sara	W11	Ridgewood	23:00.90	
11 Dwyer, Erin	W11	Ridgewood	23:04.27	
12 Daly, Quinn	W10	Ridgewood	23:17.91	
13 Cirillo, Katherine	W12	Ridgewood	23:20.47	
14 Gjini, Rebecca	WSO	Paramus	23:31.24	8
15 deVera, Amanda	W12	Ridgewood	23:33.30	
16 Portes, Brittany	WSO	Paramus	23:33.80	9
17 Pituras, Kayla	WJR	Paramus	23:42.48	10
18 Stutz, Amanda	WSR	Paramus	23:49.10	11
19 Sherman, Anya	W11	Ridgewood	23:58.20	
20 Stern, Izzy	W11	Ridgewood	24:05.29	
21 Perez, Melissa	WSR	Paramus	24:40.52	12
22 Tai, Tayler	W12	Ridgewood	24:48.76	
23 Amoruso, Kaitlyn	W10	Ridgewood	25:04.16	
24 Eisler, Brielle	WSO	Paramus	25:07.01	13
25 Whitaker, Cayla	W11	Ridgewood	25:17.67	
26 Pineda, Jasmine	WSR	Paramus	25:46.96	14
27 Mehos, Tatiana	W11	Ridgewood	26:11.85	
28 Dwyer, Kelly	W11	Ridgewood	26:14.43	
29 Herzberg, Emma	W10	Ridgewood	26:21.45	
30 Abramenko, Petra	W11	Ridgewood	26:26.09	
31 Heibel, Madison	W10	Ridgewood	26:27.53	
32 Mullen, Bridget	W12	Ridgewood	26:31.96	
33 Soriano, Diana	W11	Ridgewood	27:03.34	
34 Kearney, Kathryn	W10	Ridgewood	27:03.99	
35 McCormick, Grace	W10	Ridgewood	27:05.96	
36 Espinoza, Rita	W10	Ridgewood	27:07.34	
37 Keeney, Emily	W10	Ridgewood	27:42.96	
38 Farley, Cara	W10	Ridgewood	28:06.11	
39 Kuderka, Emma	WJR	Paramus	28:07.98	
40 Jahanbin, Allia	W11	Ridgewood	29:32.59	
41 Kuriki, Kasumi	WSR	Paramus	32:00.03	
42 Merlino, Christina	WSO	Paramus	37:00.07	

Team Scores

Results - Women 5000 Run

1 Ridgewood	15	1	2	3	4	5	6	7
Total Time: 1:45:52.97								
Average: 21:10.60								
2 Paramus	50	8	9	10	11	12	13	14
Total Time: 1:59:17.14								
Average: 23:51.43								

Ridgewood Cross Country Dual Meet Summary

Ridgewood vs **Big North** Date **9/8** Weather _____
Course _____ Course Record _____
Final Scores _____ 1-5 Split **1:18** 1-7 Split **1:35**

2014 Big North Week 1 Monday - 9/8/2014
Rankings

Darlington

2000 Meter Run CC Freshman

Name	Year School	Finals	Points
Results - Women 2000 Run			
1 Davis, Beatrice	W9 Ridgewood	10:54.60	1
2 Kotch, Evelyn	W9 Ridgewood	10:59.49	2
3 Kissel, Macy	W Indian Hills	11:32.14	3
4 Ban, Riley	W9 Ridgewood	11:32.71	4
5 Schofield, Brittany	W9 Ridgewood	11:33.26	5
6 Glaser, Breanne	W Indian Hills	11:55.13	6
7 Ward, Lia	W9 Ridgewood	12:12.68	7
8 Becker, Cate	W9 Ridgewood	12:14.26	8
9 Sussman, Leah	W Indian Hills	12:24.91	9
10 Florida, Sophia	W9 Ridgewood	12:29.75	10
11 Sloan, Ashley	WFR Hackensack	12:36.75	
12 Walicki, Bridget	W9 Ridgewood	12:48.93	
13 Leider, Melanie	W9 Ridgewood	12:59.32	
14 DeSantis, Julia	W Indian Hills	13:01.58	11
15 Moore, Tara	W9 Ridgewood	13:06.19	
16 Zames, Emily	W Indian Hills	13:09.37	12
17 Ervin, Alyssa	W Indian Hills	13:29.37	13
18 Khateeb, Samreen	WFR Paramus	14:07.73	
19 Nyhuis, Kaitlyn	W9 Ridgewood	14:23.55	
20 O'Keefe, Sasha	W9 Ridgewood	14:25.49	
21 Haywood, Caroline	W Indian Hills	15:01.96	14
22 Rodriguez, Nicole	WFR Paramus	16:07.90	
23 Horenstein, Evan	W Indian Hills	17:02.92	

North Jersey Sports

GIRLS CROSS-COUNTRY

Brown keeps rolling

Ridgewood coach on the move for his team

MAHWAH – There's Jacob Brown the website, Jacob Brown the photographer, Jacob Brown the coach and Jacob Brown the food police.

"He will come up to us and say, 'Why are you eating that, that's [garbage],' and he will take it and throw it out. But we know he's right," said Ridgewood senior Katherine Cirillo. "He's awesome."

There's also Jacob Brown, the Ridgewood and North Jersey track/cross-country institution. He's been at the school since 1971. His trademark skinny frame, sometimes topped with a cowboy hat, is known to everyone in the high school running community.



DARREN COOPER

LOCAL SPORTS
COLUMNIST

Monday, Brown was at Darlington County Park to see his girls run in a dual meet. There are more than 70 girls on the Ridgewood cross-country team, which by itself is a testament to the drawing power of a 69-year-old who rarely raises his voice.

He wasn't planning on running many of his top runners Monday, but that didn't dull any of his enthusiasm or energy for the race. A half-hour before the race started, on a blue tarp under

a tree near the finish line, the girls mingled around Brown like a pied piper.

Brown puts on a long-sleeved Ridgewood shirt (to look better for photos) and calls out the schedule for the afternoon. He talks about tying shoes correctly, and encourages one girl to have confidence in herself and her training.

Around his neck is a camera. Brown is an avid photographer of nature and athletics.

With a gentle, "Come on girls, let's rock and roll," he summons them to the starting line. He joins them there for some final words and a team huddle, and then scurries off to the side.

At the starter's pistol, Brown is off too. He disappears from view.

But he hasn't left. Brown takes his bike out on the course – one of the few coaches to make such an effort. There he can survey how things are going.

"I injured my back in the '80s and can't run," said Brown. "I used to run with the kids and I would work out to be in shape, but then I got hurt. I got the bike and I realized it makes me a better coach, because before when I would run with the kids, I could only keep up with a few of them. Now on the bike, I go back and forth."

Brown returns after 20 minutes to wait by the



KEVIN R. WEXLER/ STAFF PHOTOGRAPHER

Ridgewood coach Jacob Brown and members of the Maroons' girls cross-country team huddling before a meet against Paramus on Monday afternoon at Darlington County Park.

finish line. He greets his runners with a quick handhold or high-five. They all get positive words after the win over Paramus.

"I am at this wonderful point in my life where I don't have to do this anymore, and it's weird: Once I realized I didn't have to do it, it got better," said Brown. "It got more fun. I used to coach and say, 'I want to prove myself.' Now I'm like, 'Hey, this is fun.'"

Cirillo remembers when she was a freshman competing at the Shore Coaches Invitational, and after her team crossed the finish line, Brown gathered the runners together and congratulated them because they had done better than he expected.

"We had this big group hug and he said, 'This is my team,' and it was the first time I ever cried after a race," said Cirillo. "It showed me how great of a coach he is. He's been in this for over 40 years, and I knew of him, but that was only my fourth race in, and I understood why everyone loves him. He's the greatest coach out there."

Brown's sincerity can't be faked, and that perhaps is the real secret of his success. The Maroons have won far too many titles to count, including

27 Bergen Meet of Champions titles.

He founded a website, Jacobbrown.com, in 1999, at first just to help organize race entries. But he eventually added performance lists dating decades. If you want to know the top 10 times in any event in Bergen County history, it's all there. It's also a place where he displays his amateur photography.

Of course, the question must be asked: Just how much longer will Brown stay in Ridgewood? He's a health teacher there (hence the food policing) and seems so content. It's hard to imagine the North Jersey running community without Brown in it.

He politely deflects the question, but it's clear he's thinking about when he won't be Jacob Brown the Ridgewood coach anymore.

"There are still a few things I want to do," said Brown. "I am a little afraid of it. My dad got bored and boring, my wife's dad got bored and boring when they retired, so I am hoping to continue with some club coaching and officiating and running meets, and my picture interests. Who knows? We'll see."

Title hopes are high for RHS cross-country

Boys squad is ready to strive for five

BY MATTHEW BIRCHENOUGH
Assistant Sports Editor

For more than a decade, the Ridgewood High School boys cross-country program has been a model of regeneration.

Runners come and runners go. And then new runners come, and they eventually go, too. All the while, the team continues to win.

Head coach Mike Glynn, entering his 14th season at the helm of RHS, recognizes his team's unique position. While graduation is viewed as attrition for most programs in most sports, the departure of older runners at Ridgewood simply makes room for new stars to shine.

"At the beginning of the season, after we've lost X amount of great runners to graduation, I always tell them it's their chance, it's their time," Glynn said Monday. "And they always rise to the occasion. They know that we don't believe in rebuilding. We just continue to excel."

To measure the Maroons' success, one needs to look no further than the program's active streak of four consecutive North 1, Group 4 championships. If that's not convincing, go back 12 years and notice that Ridgewood has won 10 state-sectional titles in that time.

"I think it pushes us forward a little more," senior captain Kotaro Tamura said before practice Wednesday. "We have expectations, and we know that we can answer them."

With that long legacy of championship performances, the goals are clear to the team each season.

"We're always very team-oriented, and we always key to the state-sectional meet," Glynn said. "We plan on winning that year."

The quest for a fifth straight sectional title began last Saturday as a shorthanded Maroons squad — ranked No. 2 in *The Record* Preseason Top 25 behind only Don Bosco — went 1-1 in its first meet, topping Hackensack, 23-32, while falling to Indian Hills, 27-29, at Darlington.

"Going into the race, we were a little beat up," said Glynn referring to Tamura, who is returning from a sprained ankle, and junior Michael Thurston, who is battling a hamstring issue. "With those two kids being out or subpar, I was fairly pleased with the way the rest of the kids ran."

Tamura, who had been out of action for about three weeks, finished 21st in the race. Thurston did not participate in the event.

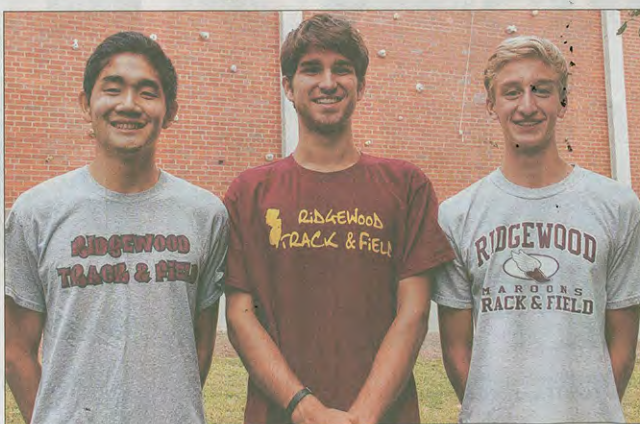
However, juniors Kenny Marshall (16:22) and Nick Barnabie (16:48) finished the race first and third, respectively, to lead the Maroons.

"They're running very well and training very hard," Glynn said. "When we get the other two guys back, that will be a formidable one-two-three-four punch that's going to be hard to beat."

Tamura was the Maroons' top runner last season, taking third place with a time of 16:48 in the North 1, Group 4 meet at Garret Mountain and posting the team's top finish (27th) at the State Group 4 finals a week later in Holmdel. Ridgewood finished seventh at that meet.

Tamura also led RHS in its second-place finish at the Bergen County championships, placing 10th in 16:11.

See BOYS XC, page C3



MARION BROWN/STAFF PHOTOGRAPHER

Ridgewood High School boys cross-country captains, from left, Kotaro Tamura, Henry Ricatto and Sam Calelio look to lead the Maroons to a fifth straight North 1, Group 4 championship.

Ridgewood High School varsity cross-country schedule

REMAINING DUAL/CHAMPIONSHIP MEETS

Tomorrow Harry Groves Spiked Shoe Invitational, Penn State University Park, State College, Pa. (girls)

Sept. 15 vs. Ramapo at Garret Mountain Reservation, Woodland Park

Sept. 19 Maroon Invitational, Garret Mountain

Sept. 29 vs. Northern Highlands and IHA (girls only) at Darlington Park, Mahwah

Oct. 4 Shore Coaches Invitational, Holmdel Park, Holmdel

Oct. 14 Big North Freedom Division championships, Darlington Park

Oct. 25 Bergen County Group A championships, Darlington

Nov. 1 Lou Molino Bergen County Meet of Champions, Darlington Park

Nov. 5 State JV/Freshman championships, Thompson Park, Jamesburg

Nov. 8 North 1, Group 4 sectional championships, Garret Mountain

Nov. 15 State Group 4 championships, Holmdel Park

Nov. 22 State Meet of Champions, Holmdel Park

Nov. 29 Regional championships: Nike meet @ Bowdoin Park, Wappingers Falls, N.Y.; Foot Locker meet @ Van Cortlandt Park, Bronx, N.Y.



MARION BROWN/STAFF PHOTOGRAPHER

Ridgewood girls cross-country captains, from left, Taylor Tai, Tara Cirillo, Kelly Cleary and Genevieve Felsenstein head an experienced group of runners that led the Maroons to division and county championships in 2013.

Maroon girls seeking to stay on top

BY MATTHEW BIRCHENOUGH
Assistant Sports Editor

One year ago, the Ridgewood High School girls cross-country team was a mystery to head coach Jacob Brown. Today, the same group of girls is a proven championship contender.

"To a large degree, a lot of those kids were unknown," Brown said of his team Monday. "Now we know them, and they've had good summers. So we're not a surprise anymore."

Last year's uncertainty bloomed into championships, including the Big North Freedom Division title, as well as the Bergen County A and Lou Molino Bergen Meet of Champions (BMOC) crowns.

The Maroons — No. 1 in *The Record* Preseason Top 25 — have started on the right path in defense of those titles by besting Hackensack, 15-50, and Indian Hills, 20-45, on Saturday and defeating Paramus, 15-50, on Monday, all at Darlington Park in Mahwah.

In Saturday's race, Indian Hills' Julia Guerra separated from the pack, winning the race in 19:06. But she was followed by a group of eight RHS runners, who all finished between 20:34 and 21:29, showing the team's depth.

"We weren't trying to do anything but to get a good training run in and see where the kids kind of stacked up against my top kids running a tempo pace," said Brown, who is in his 41st season leading the program.

The coach's "top kids" include senior Carleen Jeffers and junior Sam Halvorsen, who finished second and fourth, respectively, only a second apart. The duo emerged as the squad's top two finishers in every championship race last season.

The team also welcomes back the Reis twins, juniors Katie and Vanessa, as well as senior Kelly Cleary and sophomore Olympia Martin, all of whom emerged as key runners last season.

Cleary, who serves as a team captain along with fellow seniors Taylor Tai, Tara Cirillo and Genevieve Felsenstein, noted that the expectations for the Maroons are amplified this year.

"I've actually had some people come up to me and say, 'I'm excited to watch you guys race and hear about how you guys do, because I know you're going to have a really good team this season,'" the senior said before practice Wednesday.

Senior Abby Taylor, a contributor for the JV squad last season, and freshman Meghan Adams might also find their way into the mix.

The team depth goes even further. "We have a lot of sophomores right now who could potentially be on varsity," Cleary said.

But even with nearly every key contributor from last year's squad back and with new runners ready to shine for RHS, Brown remains optimistic yet wary of the setbacks that can befall a team.

Already, the Maroons have been dealt a blow as junior Leah Rosenfeld is expected to miss significant time due to illness.

"In this business, you take it a day at a time and hope for the best," he said. "I've come to take it day by day and not have too much expectation. But they're training in a way, if we don't get sick or hurt from here on out, we might just be OK."

It's hard to believe, but last year's run of

See GIRLS XC, page C3



PHOTO COURTESY OF JACOB BROWN

Runners from the Ridgewood boys cross-country team get off to a quick start at last Saturday's tri-meet against Hackensack and Indian Hills at Darlington Park in Mahwah.



PHOTO COURTESY OF JACOB BROWN

From left, Sam Halvorsen, Carleen Jeffers and Kelly Cleary on their way to a 2-3-4 finish that helped the Ridgewood girls sweep their tri-meet with Hackensack and Indian Hills.

Ridgewood Cross Country Meet Summary

Meet: Season Opener **Course:** _____
Division: Varsity A **Course Record:** _____
Date: _____ **Ridgewood Record:** _____
Weather: _____ **Type of Course:** _____
Team Total: _____ **Team Place:** 5th **1-5 Split:** _____ **1-7 split:** _____

2014 Season Opener - 9/12/2014
 Women 5k Run CC Var Girl A

Darlington

Name	Year School	Finals	Points
7 Hasbrouck, Ari	Ridgewood	20:21.00	6
25 Dwyer, Erin	Ridgewood	22:17.78	23
31 Steinacker, Jasmine	Ridgewood	22:49.97	29
32 Daly, Quinn	Ridgewood	22:51.18	30
33 Sherman, Anya	Ridgewood	22:54.27	31
36 deVera, Amanda	Ridgewood	22:59.79	34
40 Schmidt, Sara	Ridgewood	23:15.48	38
(65 finishers)			

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Academy O/T Holy Angels Total Time: 1:43:29.20 Average: 20:41.84	45	1	4	5	10	25	26	46		
2	Clifton Total Time: 1:46:37.83 Average: 21:19.57	72	2	8	11	18	33	35	36		
3	Hackensack Total Time: 1:48:32.93 Average: 21:42.59	97	3	7	16	32	39	44	45		
4	J.P. Stevens Total Time: 1:50:14.69 Average: 22:02.94	99	13	17	19	22	28	47	48		
5	Ridgewood Total Time: 1:51:14.20 Average: 22:14.84	119	6	23	29	30	31	34	38		
6	Paramus Catholic Total Time: 1:53:40.30 Average: 22:44.06	142	9	12	21	49	51	52			
7	Union City Total Time: 1:54:13.76 Average: 22:50.76	147	14	15	24	41	53	54	57		
8	Memoria, Wny Total Time: 2:00:33.50 Average: 24:06.70	210	20	40	42	50	58				
9	North Bergen Total Time: 2:00:26.45 Average: 24:05.29	218	27	37	43	55	56	59			

Ridgewood Cross Country Meet Summary

Meet: Season Opener Course: Darlington
Division: JV - Large Course Record: _____
Date: _____ Ridgewood Record: _____
Weather: _____ Type of Course: _____
Team Total: _____ Team Place: 2nd 1-5 Split: _____ 1-7 split: _____

Women 5k Run CC JV Girls Lar
Comp# Name

School

Time Points

6	1371	Walicki, Erin	Ridgewood	23:37.89
9	1365	Stern, Izzy	Ridgewood	23:41.85
11	1331	Whitaker, Cayla	Ridgewood	23:44.36
21	1297	Dwyer, Kelly	Ridgewood	24:15.01
28	1294	Amoruso, Kaitlyn	Ridgewood	25:09.55
39	1344	Mehos, Tatiana	Ridgewood	25:47.16
42	1341	Leonard, Maddie	Ridgewood	25:53.82
44	1329	Heibel, Madison	Ridgewood	25:56.34
46	1334	Kearney, Kathryn	Ridgewood	25:58.44
51	1301	Caliguire, Sarah	Ridgewood	26:33.43
58	1326	Hareas, Emma	Ridgewood	27:26.93
62	1368	Thurlow, Meghan	Ridgewood	27:49.40
77	1332	Jahanbin, Allia	Ridgewood	28:53.67
(92 finishers)				

Meet: Season Opener Course: _____
 Division: Frosh Course Record: _____
 Date: _____ Ridgewood Record: _____
 Weather: _____ Type of Course: _____
 Team Total: _____ Team Place: 1st 1-5 Split: _____ 1-7 split: _____

Darlington

Name	Year	School	Finals	Points
4 Kotch, Evelyn		Ridgewood	10:48.19	4
5 Davis, Beatrice		Ridgewood	11:03.08	5
8 Schofield, Brittany		Ridgewood	11:17.74	7
9 Ban, Riley		Ridgewood	11:20.71	8
18 Ward, Lia		Ridgewood	11:43.68	16
19 Becker, Cate		Ridgewood	11:47.01	17
21 Florida, Sophia		Ridgewood	11:52.16	19
33 Walicki, Bridget		Ridgewood	12:25.08	
42 Leider, Melanie		Ridgewood	12:47.46	
47 Moore, Tara		Ridgewood	13:03.41	
57 O'Keefe, Sasha		Ridgewood	13:43.60	
61 Nyhuis, Kaitlyn		Ridgewood	13:57.72	
64 Gao, Audrey		Ridgewood	14:18.76	
81 Hadfield, Caroline		Ridgewood	17:21.17	
82 Bennett, Ailish		Ridgewood	17:22.45	
(83 finishers)				

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood Total Time: 56:13.40 Average: 11:14.68	40	4	5	7	8	16	17	19		
2	Northern Highlands Total Time: 55:37.96 Average: 11:07.60	56	1	3	11	20	21	26	28		
3	Academy O/T Holy Angels Total Time: 59:29.25 Average: 11:53.85	90	9	13	14	23	31	32	33		
4	J.P. Stevens Total Time: 1:00:04.70 Average: 12:00.94	99	2	10	12	37	38	39	46		
5	Fair Lawn Total Time: 1:01:53.41 Average: 12:22.69	121	6	15	25	35	40	42	43		
6	Union City Total Time: 1:02:20.43 Average: 12:28.09	139	22	24	29	30	34	36	47		
7	North Bergen Total Time: 1:07:18.14 Average: 13:27.63	175	18	27	41	44	45				

Ridgewood Cross Country Meet Summary

Meet: Harry Groves Spike Shoe **Course:** Penn State Blue & White
Division: _____ **Course Record:** _____
Date: _____ **Ridgewood Record:** _____
Weather: Rain! **Type of Course:** _____
Team Total: 56 **Team Place:** 1st **1-5 Split:** 1:04 **1-7 split:** 1:52

SPIKED SHOE XC HS GIRLS

Penn State University

Sep. 13, 2014

Individual Place

1	1	Carleen Jeffers, 4	19:04	6:09	Ridgewood
3	3	Sam Halvorsen, 3	19:16	6:13	Ridgewood
14	13	Kelly Cleary, 4	19:53	6:25	Ridgewood
19	18	Olympia Martin, 2	20:01	6:27	Ridgewood
22	21	Meghan Adams, 1	20:08	6:30	Ridgewood
38	37	Abby Taylor, 4	20:47	6:42	Ridgewood
40	39	Corina Cobb, 2	20:48	6:43	Ridgewood
44		Sophia Sheehy, 2	20:49	6:43	Ridgewood
54		Lauren Pagano, 2	21:04	6:47	Ridgewood
61		Hannah Fishbein, 1	21:18	6:52	Ridgewood
66		Reis Katie, 3	21:23	6:54	Ridgewood
77		Tara Cirillo, 4	22:01	7:06	Ridgewood
80		Haley Driscoll, 2	22:05	7:07	Ridgewood
83		Jordan Ford, 4	22:11	7:09	Ridgewood
114		Sarah Catalano, 2	23:15	7:30	Ridgewood



PLACE	TEAM	POINTS	PLACES	OF	FINISHERS	AVG. TIME	SPREAD
1	Ridgewood	56	1	3	13 18 21 37 39	19:41	1:05
2	Governor Mifflin	80	10	11	14 19 26 44 51	19:55	0:38
3	Scranton Prep	101	4	17	23 24 33 40 69	20:03	1:13
4	Wilson	133	5	7	36 38 47 90 97	20:15	1:32
5	Daniel Boone	145	12	16	30 34 53 75 86	20:23	1:20
6	Carlisle	154	9	15	41 43 46 49 55	20:25	1:16
7	University	203	8	31	50 52 62 67 78	20:44	2:03
8	State College	230	2	42	56 60 70 71 72	20:56	2:51
9	Selinsgrove Area	280	20	27	28 92 113 117	21:58	5:24
10	North Clarion	314	6	35	61 105 107	22:13	5:17
11	Muhlenberg	337	29	68	77 80 83 121 123	22:07	2:39
12	Hazleton Area	349	58	64	66 74 87 93 115	22:04	2:05
13	Clearfield	369	22	57	88 98 104	22:41	4:34
14	St. Marys Area	376	32	48	65 109 122	23:33	9:19
15	Tunkhannock Area	387	25	76	85 95 106 119	22:55	4:29
16	Phoenixville Area	409	63	81	82 84 99 101 102	22:52	2:24
17	Williamsport Area	412	45	79	91 94 103 112 114	23:03	3:32
18	Albion	417	59	73	89 96 100 108 110	22:59	2:38
19	Bellefonte	519	54	111	116 118 120	25:36	7:11

Incomplete Teams: Shikellamy, South Williamsport

Ridgewood Cross Country Dual Meet Summary

Ridgewood vs **Ramapo** Date _____ Weather **Cool&Dry**

Course **Garret Mountain** Course Record _____

Final Scores _____ 1-5 Split **55sec** 1-7 Split _____

Big North Week 3 Garret Monday - 9/15/2014

Garret Mountain Reservation

Event 5 Mixed 5k Run CC 5:15 Race 4

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Name	Year School	Avg Mile	Finals	Points
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Results - Women 5000 Run

1 #408 Taylor, Abby	W Ridgewood	6:56	21:32	1
2 #334 Adams, Meghan	W Ridgewood	6:59	21:42	2
3 #369 Hasbrouck, Ari	W Ridgewood	7:01	21:46	3
4 #392 Pagano, Lauren	W Ridgewood	7:07	22:05	4
5 #346 Cirillo, Tara	W Ridgewood	7:14	22:27	5
6 #353 Driscoll, Haley	W Ridgewood	7:34	23:29	6
7 #343 Catalano, Sarah	W Ridgewood	7:39	23:44	7
8 #361 Ford, Jordan	W Ridgewood	7:42	23:54	
9 #305 Liquori, Michelle	W Ramapo	7:45	24:05	8
10 #303 Harris, Alexandra	W Ramapo	7:46	24:05	9
11 #404 Steinacker, Jasmine	W Ridgewood	7:49	24:15	
12 #351 deVera, Amanda	W Ridgewood	7:51	24:22	
13 #405 Stern, Emily	W Ridgewood	7:51	24:22	
14 #302 Guadara, Gianna	W Ramapo	7:54	24:30	10
15 #306 McCauley, Kelly	W Ramapo	7:54	24:31	11
16 #354 Dwyer, Erin	W Ridgewood	7:54	24:33	
17 #399 Sherman, Anya	W Ridgewood	7:55	24:35	
18 #350 Daly, Quinn	W Ridgewood	7:56	24:38	
19 #406 Stern, Izzy	W Ridgewood	7:59	24:47	
20 #335 Amoruso, Kaitlyn	W Ridgewood	8:00	24:52	
21 #340 Becker, Cate	W Ridgewood	8:05	25:05	
22 #412 Walicki, Erin	W Ridgewood	8:08	25:15	
23 #308 Postma, Nicole	W Ramapo	8:11	25:25	12
24 #349 Csorba, Julcsi	W Ridgewood	8:15	25:36	
25 #364 Haas, Lindsay	W Ridgewood	8:15	25:37	
26 #370 Whitaker, Cayla	W Ridgewood	8:22	25:58	
27 #336 Ban, Riley	W Ridgewood	8:23	26:03	
28 #307 Parker, Maya	W Ramapo	8:35	26:38	13
29 #304 LaSala, Aranka	W Ramapo	8:35	26:40	14
30 #380 Kotch, Evelyn	W Ridgewood	8:38	26:47	
31 #359 Fishbein, Hannah	W Ridgewood	8:40	26:54	
32 #385 Mehos, Tatiana	W Ridgewood	8:41	26:59	
33 #381 Leider, Melanie	W Ridgewood	8:47	27:17	
34 #384 McCormick, Grace	W Ridgewood	8:48	27:18	
35 #355 Dwyer, Kelly	W Ridgewood	8:53	27:36	
36 #310 Wilson, Elizabeth	W Ramapo	8:56	27:45	
37 #402 Cumbo, Emily	W Ridgewood	9:07	28:20	
38 #403 Soriano, Diana	W Ridgewood	9:11	28:30	
39 #342 Caliguire, Sarah	W Ridgewood	9:13	28:36	
40 #371 Daniels, Kylie	W Ridgewood	9:17	28:48	
41 #386 Moore, Tara	W Ridgewood	9:24	29:12	
42 #387 Moras, Madison	W Ridgewood	9:31	29:33	
43 #357 Farley, Cara	W Ridgewood	9:37	29:51	

Team Scores

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Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9
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Results - Women 5000 Run

1 Ridgewood	15	1	2	3	4	5	6	7
Total Time: 1:49:32.00							Average: 21:54.40	
2 Ramapo	50	8	9	10	11	12	13	14
Total Time: 2:02:36.00								
Average: 24:31.20								

Meet: Maroon Invite Course: Garret Mountain
 Division: Frosh 3/4 Course Record: _____
 Date: _____ Ridgewood Record: _____
 Weather: _____ Type of Course: _____
 Team Total: _____ Team Place: 1st 1-5 Split: 1:46 1-7 split: _____

Event 2 Women 2 Mile Run CC Fr Girl 3,4

Team Scores

Rank	Team	Total	*1	*2	*3	*4	*5	*6	*7	*8	*9
1	Ridgewood Total Time: 1:11:12.00 Average: 14:14.40	35	1	2	5	12	15	17	18		
2	Acad O/Tholy Angels Total Time: 1:15:22.00 Average: 15:04.40	67	7	8	9	21	22	24	27		
3	Immaculate Heart Total Time: 1:15:01.00 Average: 15:00.20	76	3	6	11	26	30	32			
4	Wayne Valley Total Time: 1:16:34.00 Average: 15:18.80	87	4	13	19	20	31	38	47		
5	Indian Hills Total Time: 1:23:27.00 Average: 16:41.40	152	16	28	29	36	43				
6	Montclair Total Time: 1:26:13.00 Average: 17:14.60	165	14	25	40	41	45				
7	Fair Lawn Total Time: 1:25:56.00 Average: 17:11.20	166	23	33	34	37	39	46	48		
8	North Bergen Total Time: 1:30:48.00 Average: 18:09.60	180	10	35	42	44	49				

Ridgewood Cross Country Meet Summary

Meet: Passaic Coaches **Course:** Garret Mt 2mi
Division: Frosh 3-4 **Course Record:** _____
Date: _____ **Ridgewood Record:** New Record!
Weather: Sunny! **Type of Course:** _____
Team Total: _____ **Team Place:** 1st **1-5 Split:** 1:49 **1-7 split:** _____

2014 Passaic County Coaches Invitational - 9/27/2014 Garret Mtn
 Event 2 Women 2 Mile Run CC Fr Girl 3-4

Name	Year	School	Finals	Points
2 Fishbein, Hannah	9	Ridgewood	12:59.47	2
3 Kotch, Evelyn	9	Ridgewood	13:33.05	3
6 Davis, Beatrice	9	Ridgewood	14:13.64	6
11 Ban, Riley	9	Ridgewood	14:47.86	9
12 Becker, Cate	9	Ridgewood	14:48.56	10
13 Schofield, Brittany	9	Ridgewood	14:49.86	11
24 Ward, Lia	9	Ridgewood	15:30.37	16
26 Walicki, Bridget	9	Ridgewood	15:33.99	
36 Wong, Kari	9	Ridgewood	15:58.55	
49 Florida, Sophia	9	Ridgewood	16:46.39	
50 Moore, Tara	9	Ridgewood	16:50.37	
60 Nyhuis, Kaitlyn	9	Ridgewood	17:54.32	
63 O'Keefe, Sasha	9	Ridgewood	18:13.63	
65 Hadfield, Caroline	9	Ridgewood	18:20.46	
70 Bennett, Ailish	9	Ridgewood	19:00.38	
73 Gao, Audrey	9	Ridgewood	19:23.24	

(77 finishers)

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	30	2	3	6	9	10	11	16		
	Total Time:	1:10:22.58									
	Average:	14:04.52									
2	Middletown North	67	4	12	15	17	19	24	32		
	Total Time:	1:15:29.76									
	Average:	15:05.96									
3	Union City	100	14	18	20	23	25	31	35		
	Total Time:	1:18:51.86									
	Average:	15:46.38									
4	Mount Olive	100	1	8	26	28	37				
	Total Time:	1:20:08.09									
	Average:	16:01.62									
5	Wayne Valley	105	5	21	22	27	30	36			
	Total Time:	1:19:38.68									
	Average:	15:55.74									
6	Roxbury	116	7	13	29	33	34				
	Total Time:	1:22:26.17									
	Average:	16:29.24									

Comment: Hanna broke Justine Lupo's RHS Garret Frosh Course Record from 14 years ago!! Old Record: Justine Lupo, 13:00.5, 2000. New Record: Hanna Fishbein, 12:59.5, 2014. The TEAM continued its winning ways and brought home the first place plaque from this oldest in New Jersey Meet!



Ridgewood Cross Country Dual Meet Summary

Ridgewood vs Northern Highlands Date 9/29 Weather Warm
 Course Darlington Course Record _____
 Final Scores 27-28 1-5 Split 1:22 1-7 Split _____

2014 Big North Week 5 - 9/29/2014
 9/29/2014

Mixed 5k Run CC					
Comp#	Name	School		Time	Points
1	251 Pagano, Catherine	WSR	Northern Highlands	18:29.58	
2	478 Halvorsen, Sam	W11	Ridgewood	18:49.17	
3	486 Jeffers, Carleen	W12	Ridgewood	19:05.66	
4	236 Hebner, Monica	WFR	Northern Highlands	19:16.82	
5	495 Martin, Olympia	W10	Ridgewood	19:38.97	
6	237 Hinchey, Jodi	WJR	Northern Highlands	19:46.71	
7	459 Cleary, Kelly	W12	Ridgewood	19:54.67	
8	235 Hebner, Isabel	WFR	Northern Highlands	20:02.85	
9	249 North, Karina	WSR	Northern Highlands	20:06.78	
10	520 Taylor, Abby	W12	Ridgewood	20:10.24	
11	446 Adams, Meghan	W9	Ridgewood	20:38.63	
12	244 Mahler, Veronica	WSR	Northern Highlands	20:40.37	
13	505 Reis, Katie	W11	Ridgewood	20:47.26	
14	471 Fishbein, Hannah	W9	Ridgewood	20:52.23	
15	460 Cobb, Corina	W10	Ridgewood	21:01.16	
16	481 Hasbrouck, Ari	W12	Ridgewood	21:16.53	
17	458 Cirillo, Tara	W12	Ridgewood	21:21.40	
18	510 Sheehy, Sophia	W10	Ridgewood	21:26.77	
19	259 Sobel, Haley	WSO	Northern Highlands	21:31.60	
20	504 Pagano, Lauren	W10	Ridgewood	21:32.46	
21	465 Driscoll, Haley	W10	Ridgewood	21:35.03	
22	473 Ford, Jordan	W12	Ridgewood	21:41.98	
23	492 Kotch, Evelyn	W9	Ridgewood	21:57.48	
24	451 Davis, Beatrice	W9	Ridgewood	22:22.54	
25	250 North, Melina	WSO	Northern Highlands	22:31.47	
26	466 Dwyer, Erin	W11	Ridgewood	22:35.37	
27	234 Healy, Julia	WSO	Northern Highlands	22:40.81	
28	254 Powers, Mary	WSO	Northern Highlands	22:44.46	
29	462 Daly, Quinn	W10	Ridgewood	22:57.86	
30	509 Schofield, Brittany	W9	Ridgewood	22:59.24	
31	455 Catalano, Sarah	W10	Ridgewood	23:00.83	
32	243 Knight, Kelly	WJR	Northern Highlands	23:04.38	
33	463 deVera, Amanda	W12	Ridgewood	23:12.08	
34	517 Stern, Emily	W11	Ridgewood	23:17.52	
35	262 Waterhouse, Natalie	WSR	Northern Highlands	23:24.91	
36	246 Micallef, Courtney	WSR	Northern Highlands	23:26.42	
37	524 Walicki, Erin	W11	Ridgewood	23:33.43	
38	233 Hart, Erin	WSO	Northern Highlands	23:37.14	
39	461 Csorba, Julcsi	W12	Ridgewood	24:11.08	
40	448 Ban, Riley	W9	Ridgewood	24:34.87	
41	260 Trent, Carly	WJR	Northern Highlands	24:40.88	
42	238 Hoffert, Emily	WFR	Northern Highlands	24:48.47	
43	266 Yevchak, Samantha	WFR	Northern Highlands	24:48.85	
44	452 Becker, Cate	W9	Ridgewood	24:54.53	
45	518 Stern, Izzy	W11	Ridgewood	24:56.38	
46	263 Weiss, Amanda	WSR	Northern Highlands	24:57.59	
47	248 Mulvey, Samantha	WFR	Northern Highlands	25:01.87	
48	245 Mathew, Sarah	WFR	Northern Highlands	25:17.98	
49	497 Mehos, Tatiana	W11	Ridgewood	25:36.49	
50	496 McCormick, Grace	W10	Ridgewood	25:49.42	
51	523 Walicki, Bridget	W9	Ridgewood	25:51.52	
52	229 Bialkowski, Taylor	WJR	Northern Highlands	25:54.53	

53	467	Dwyer, Kelly	W11	Ridgewood	26:23.60
54	252	Paulius, Vilija	WS0	Northern Highlands	27:05.23
55	487	Kearney, Kathryn	W10	Ridgewood	27:15.64
56	521	Thurlow, Meghan	W11	Ridgewood	27:21.15
57	264	Weiss, Yasmine	WJR	Northern Highlands	27:52.34
58	228	Bialkowski, Madison	WJR	Northern Highlands	28:18.61
59	265	Wyman, Sofia	WSR	Northern Highlands	29:03.89
60	499	Moras, Madison	W10	Ridgewood	29:11.33
61	503	O'Keefe, Sasha	W9	Ridgewood	29:39.43
62	474	Gao, Audrey	W9	Ridgewood	29:44.69

Event 4 Women 5k Run CC

Team Scores										
Rank	Team	Total	1	2	3	4	5	*6	*7	*8 *9
Northern Highlands vs Ridgewood 5000 Run										
1	Ridgewood	27	2	3	5	7	10	11	13	
	Total Time:	1:37:38.71								
	Average:	19:31.75								
2	Northern Highlands	28	1	4	6	8	9	12	14	
	Total Time:	1:37:42.74								
	Average:	19:32.55								

Comment: Olympia Martin and Abby Taylor keyed Ridgewood's win with excellent performances.

Ridgewood Cross Country Meet Summary

Meet: Shore Coaches Invite **Course:** Holmdel Park
Division: Championship **Course Record:** _____
Date: October 4, 2014 **Ridgewood Record:** _____
Weather: Sun & Mud! **Type of Course:** _____
Team Total: 71 **Team Place:** 2nd **1-5 Split:** 2:02 **1-7 split:** 2:40

2014 Shore Coaches Invitational - 10/4/2014
Holmdel Park

Event 20 Girls 5k Run CC Invite Girls

Name	Year	School	Finals	Points
3 Halvorsen, Sam	11	Ridgewood	19:10.69	2
4 Jeffers, Carleen	12	Ridgewood	19:16.91	3
18 Cleary, Kelly	12	Ridgewood	20:46.06	17
23 Taylor, Abby	12	Ridgewood	20:59.75	22
28 Martin, Olympia	10	Ridgewood	21:12.07	27
33 Adams, Meghan	9	Ridgewood	21:30.26	32
38 Reis, Katie	11	Ridgewood	21:50.61	37
(49 finishers)				

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Red Bank Catholic	50	5	6	9	11	19	48			
	Total Time: 1:41:03.42										
	Average: 20:12.69										
2	Ridgewood	71	2	3	17	22	27	32	37		
	Total Time: 1:41:25.48										
	Average: 20:17.10										
3	Princeton	72	12	13	14	15	18	38	40		
	Total Time: 1:42:52.20										
	Average: 20:34.44										
4	W. Windsor P-Boro South	73	1	8	16	20	28	43	44		
	Total Time: 1:42:06.11										
	Average: 20:25.23										
5	Rumson - Fair Haven	98	4	10	25	26	33	34	41		
	Total Time: 1:43:36.67										
	Average: 20:43.34										
6	Westfield	127	21	23	24	29	30	31	35		
	Total Time: 1:45:47.82										
	Average: 21:09.57										
7	Jackson Memorial	169	7	36	39	42	45	46	47		
	Total Time: 1:49:28.18										
	Average: 21:53.64										

Comment: We had a great day! 171 schools entered the 7 Varsity races, 124 teams finished with team scores. We were 2nd over all the day on a time basis! Sam and Carleen had the 7th and 8th best individual times of the day.



Ridgewood Cross Country Meet Summary

Meet: Shore Coaches Invite **Course:** Holmdel Park
Division: JV-A **Course Record:** _____
Date: October 4, 2014 **Ridgewood Record:** _____
Weather: Light Rain - Mud! **Type of Course:** _____
Team Total: 83 **Team Place:** 3rd **1-5 Split:** 45sec **1-7 split:** 1:57

2014 Shore Coaches Invitational - 10/4/2014
Holmdel Park

Event 13 Girls 5k Run CC JV Girl A

Name	Year	School	Finals	Points
6 Cobb, Corina	10	Ridgewood	21:46.81	6
7 Hasbrouck, Ari	12	Ridgewood	21:49.90	7
16 Sheehy, Sophia	10	Ridgewood	22:05.93	16
26 Cirillo, Tara	12	Ridgewood	22:30.10	26
28 Pagano, Lauren	10	Ridgewood	22:31.92	28
36 Driscoll, Haley	10	Ridgewood	22:40.68	36
69 Dwyer, Erin	11	Ridgewood	23:43.30	59
(234 finished)				

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Red Bank Catholic	43	1	3	9	13	17	31	33		
	Total Time: 1:48:02.01		Average:		21:36.41						
2	Hillsborough	73	2	10	11	18	32	45	53		
	Total Time: 1:49:47.40		Average:		21:57.48						
3	Ridgewood	83	6	7	16	26	28	36	59		
	Total Time: 1:50:44.66		Average:		22:08.94						
4	Westfield	110	15	19	22	25	29	30	38		
5	Ridge	132	5	21	34	35	37	40	44		
6	North Hunterdon	152	4	14	41	46	47	49	50		
7	Toms River North	183	12	27	39	48	57	58	72		
8	Princeton	204	8	24	42	54	76	93	105		
9	Summit	248	20	51	52	62	63	67	70		
10	W. Windsor P.Boro South	279	23	60	61	64	71	74	83		
11	Hunterdon Central	324	43	65	66	68	82	87	104		
12	Shawnee	399	55	56	69	108	111	112			
13	Jackson Memorial	407	73	77	81	86	90	119	120		
14	Southern Regional	433	75	84	88	92	94	99	102		
15	Montgomery	481	80	89	96	101	115	121			
16	East Brunswick	493	85	95	100	103	110	116	117		
17	Rancocas Valley	495	78	79	98	118	122				
18	Phillipsburg	510	91	97	106	107	109	113	114		

Comment: We had a great day! 116 schools entered the JV races, 53 teams finished with team scores. We were 3rd of 116 on the day. Our team time would rank us 32/124 in the varsity races!



Ridgewood Cross Country Meet Summary

Meet: Shore Coaches Invite **Course:** Holmdel Park
Division: Frosh A **Course Record:** _____
Date: October 4, 2014 **Ridgewood Record:** _____
Weather: Wet! **Type of Course:** _____
Team Total: 104 **Team Place:** 3rd **1-5 Split:** 2:01 **1-7 split:** 2:43

2014 Shore Coaches Invitational - 10/4/2014
Holmdel Park

Event 15 Girls 2 Mile Run CC Frosh Girl A

Name	Year	School	Finals	Points
1 Fishbein, Hannah	9	Ridgewood	13:55.82	1
13 Kotch, Evelyn	9	Ridgewood	14:50.52	12
27 Davis, Beatrice	9	Ridgewood	15:19.50	23
40 Schofield, Brittany	9	Ridgewood	15:52.34	33
42 Becker, Cate	9	Ridgewood	15:56.33	35
62 Ban, Riley	9	Ridgewood	16:33.96	52
66 Walicki, Bridget	9	Ridgewood	16:38.50	56
(140 finishers)				

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridge	60	2	11	13	14	20	66			
	Total Time: 1:14:18.54		Average: 14:51.71								
2	Summit	68	3	7	15	18	25	27			
	Total Time: 1:14:17.85		Average: 14:51.57								
3	Ridgewood	104	1	12	23	33	35	52	56		
	Total Time: 1:15:54.51		Average: 15:10.91								
4	Red Bank Regional	142	16	17	21	28	60				
5	Westfield	144	4	8	42	44	46	50	55		
6	Southern Regional	177	22	26	30	31	68	71			
7	Red Bank Catholic	177	9	19	32	41	76	101			
8	Somerville	187	5	24	34	51	73	92			
9	Middletown North	231	6	37	48	63	77	78	87		
10	Notre Dame Academy NY	244	10	40	47	72	75	96			
11	Princeton	280	39	43	49	69	80	84			
12	Jackson Memorial	295	36	38	64	67	90	93			
13	East Brunswick	339	45	59	62	85	88	95			
14	Watchung Hills	345	29	54	74	86	102				
15	Union City	378	53	65	79	83	98	100			
16	Toms River East	389	57	70	81	82	99				
17	Chatham	393	58	61	89	91	94	97			

Comment: We had a great day! 91 schools entered the frosh races, 23 teams finished with team scores. We were 3rd of 91 on the day. Hannah had the fastest frosh time of the day.



Ridgewood Cross Country Meet Summary

Meet: Brett Taylor Invite **Course:** Darlington
Division: JV-A **Course Record:** _____
Date: October 4, 2014 **Ridgewood Record:** _____
Weather: Rain! **Type of Course:** _____
Team Total: 18 **Team Place:** 1st **1-5 Split:** 42sec **1-7 split:** 1:25

2014 Brett Taylor Invitational - 10/4/2014
Darlington

Event 8 Girls 5k Run CC JV Girls A

Name	Year	School	Avg Mile	Finals	Points
1 #1281 Rosenfeld, Leah	11	Ridgewood	7:02	21:50	1
3 #1236 Daly, Quinn	10	Ridgewood	7:11	22:18	2
6 #1291 Stern, Emily	11	Ridgewood	7:15	22:29	4
7 #1229 Catalano, Sarah	10	Ridgewood	7:15	22:31	5
8 #1280 Reis, Vanessa	11	Ridgewood	7:16	22:32	6
10 #1290 Steinacker, Jasmin	11	Ridgewood	7:17	22:35	7
15 #1285 Sherman, Anya	11	Ridgewood	7:29	23:15	9
16 #1235 Csorba, Julcsi	12	Ridgewood	7:30	23:16	
31 #1241 Dwyer, Kelly	11	Ridgewood	7:53	24:27	
38 #1293 Sjolander, Lovisa	10	Ridgewood	8:03	25:01	
41 #1274 Mudry, Vera	11	Ridgewood	8:10	25:20	
44 #1271 Mehos, Tatiana	11	Ridgewood	8:12	25:27	
49 #1228 Caliguire, Sarah	12	Ridgewood	8:24	26:04	
70 #1300 Barclay, Sophia	11	Ridgewood	10:48	33:31	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	18	1	2	4	5	6	7	9		
	Total Time:	1:51:40.00									
	Average:	22:20.00									
2	Passaic	46	3	8	10	11	14	18	21		
	Total Time:	1:56:42.00									
	Average:	23:20.40									
3	Bergen Cty VT	97	12	16	22	23	24	25	31		
	Total Time:	2:03:44.00									
	Average:	24:44.80									
4	Hackensack	106	15	17	19	27	28	34	35		
	Total Time:	2:05:45.00									
	Average:	25:09.00									
5	Kearny	118	13	20	26	29	30	32	33		
	Total Time:	2:07:50.00									
	Average:	25:34.00									

Comment: Team win and Leah is BACK! Only 3 varsity teams beat us on a time basis today. Great Ridgewood Day!!

Ridgewood Cross Country Meet Summary

Meet: Brett Taylor Invite **Course:** Darlington
Division: Frosh **Course Record:** _____
Date: October 4, 2014 **Ridgewood Record:** _____
Weather: Rain! **Type of Course:** _____
Team Total: _____ **Team Place:** _____ **1-5 Split:** _____ **1-7 split:** _____

2014 Brett Taylor Invitational - 10/4/2014
 Darlington
 Last Completed Event

Event 2 Girls 1.5 Mile Run CC Frosh Girls

Name	Year	School	Avg Mile	Finals	Points
3 #1299 Ward, Lia	9	Ridgewood	7:52	11:48	3
18 #1246 Florida, Sophia	9	Ridgewood	8:18	12:27	9
32 #1276 Nyhuis, Kaitlyn	9	Ridgewood	8:47	13:11	16
36 #1251 Hadfield, Caroline	9	Ridgewood	8:57	13:26	18
37 #1277 O'Keefe, Sasha	9	Ridgewood	8:58	13:27	19
41 #1227 Bennett, Ailish	9	Ridgewood	9:15	13:52	21
46 #1248 Gao, Audrey	9	Ridgewood	9:27	14:10	22
(64 finishers)					

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Indian Hills	18	1	2	4	5	6				
	Total Time:	59:02.00									
	Average:	11:48.40									
2	Ridgewood	65	3	9	16	18	19	21	22		
	Total Time:	1:04:19.00									
	Average:	12:51.80									
3	Hudson Catholic	66	7	10	11	12	26				
	Total Time:	1:05:41.00									
	Average:	13:08.20									
4	Dumont	89	8	15	17	24	25				
	Total Time:	1:08:50.00									
	Average:	13:46.00									
5	Saddle Brook	97	13	14	20	23	27				
	Total Time:	1:09:23.00									
	Average:	13:52.60									

Comment: Everyone had personal bests in the rain!

Girls impress at Invitational

BY GREG TARTAGLIA
Sports Editor

Each year, for preparation purposes, the Ridgewood High School girls cross-country team enters the Shore Coaches Invitational on the first Saturday in October.

The Maroons' main goal is to log some miles on the Holmdel Park course that hosts state-championship meets at season's end. The Invitational also affords them an early opportunity to see where they stack up against statewide competition.

The verdict from Saturday's Shore championship division race? RHS is in a short stack.

Led by junior Sam Halvorsen and senior Carleen Jeffers, Ridgewood averaged 20:17 per runner and finished second to Red Bank Catholic, 50-71, while holding off Princeton (72 points) and West Windsor-Plainsboro South (73).

"We had a great day," Maroon coach Jacob Brown commented on his website. He added that "171 schools entered the seven varsity races, and 124 finished with team scores. We were second overall on a time basis."

Halvorsen (19:10.69) and Jeffers (19:16.91) placed 3-4 in the race. RHS senior Kelly Cleary (20:46.06) edged Princeton's Mary Sutton at the line by half a second, while senior Abby Taylor (20:59.75) and sophomore Olympia Martin (21:12.07) beat out WWP South's No. 5 runner.

"Sam and Carleen had the seventh- and eighth-best individual times of the day," Brown noted.

Freshman Meghan Adams (21:30.26) and junior Katie Reis (21:50.61) also competed for the Maroons in the seven-team,



Ridgewood junior Sam Halvorsen finished third in the championship race at last Saturday's Shore Coaches Invitational in Holmdel.

49-girl championship division. Holmdel senior Marin Warner won the race in 18:55.98.

The fastest overall girls time on the day came from Northern Highlands senior Catherine Pagano, the Varsity B race winner. She clocked 18:27.48 to join Warner and Varsity A champ Eve Glasergreen of North Hunterdon (18:32.91) as the only girls to break 19 minutes.

Pagano's effort ranks No. 2 all-time by a Bergen County runner at Holmdel Park, surpassed only

by the 18:12 run of Tenafly's Josette Norris in 2013.

Northern Highlands tied Mendham, 90-90, in the 20-team Varsity B division but was awarded second on a tiebreaker.

RHS and the Highlanders, who were separated by one point in their Sept. 29 dual meet, square off again Tuesday in the Big North Freedom Division meet at Mahwah's Darlington Park.

Correspondent Ron Fox contributed to this report

Ridgewood Cross Country Meet Summary

Meet: Big North Champs **Course:** Darlington
Division: Freedom **Course Record:** _____
Date: October 14 **Ridgewood Record:** _____
Weather: Sun - Warm **Type of Course:** _____
Team Total: _____ **Team Place:** 2nd **1-5 Split:** 1:54 **1-7 split:** 2:41

2014 Big North Championship - 10/14/2014
 Freedom/National Divisions
 Darlington

Event 6 Girls 5k Run CC Varsity Girl Freedom

Name	Year	School	Avg Mile	Finals	Points
3 #537 Halvorsen, Sam		Ridgewood	5:53	18:16	3
4 #545 Jeffers, Carleen		Ridgewood	5:59	18:36	4
7 #554 Martin, Olympia		Ridgewood	6:17	19:30	7
10 #580 Taylor, Abby		Ridgewood	6:27	20:03	10
11 #503 Adams, Meghan		Ridgewood	6:30	20:10	11
12 #516 Cleary, Kelly		Ridgewood	6:31	20:14	12
16 #530 Fishbein, Hannah		Ridgewood	6:42	20:48	16
(40 finishers)					

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Northern Highlands	34	1	5	6	9	13	19	22		
	Total Time: 1:36:10.00										
	Average: 19:14.00										
2	Ridgewood	35	3	4	7	10	11	12	16		
	Total Time: 1:36:35.00										
	Average: 19:19.00										
3	Hackensack	97	15	17	18	21	26	29	30		
	Total Time: 1:47:53.00										
	Average: 21:34.60										
4	Ramapo	111	8	14	24	31	34	40			
	Total Time: 1:49:27.00										
	Average: 21:53.40										
5	Indian Hills	113	2	20	27	28	36	39			
	Total Time: 1:50:16.00										
	Average: 22:03.20										
6	Paramus	148	23	25	32	33	35	37	38		
	Total Time: 1:56:21.00										
	Average: 23:16.20										

Comment: Very disappointing 1 point loss. Northern Highlands out ran us in the 3rd mile.



Ridgewood Cross Country Meet Summary

Meet: Big North Champs **Course:** Darlington
Division: Freedom & National -JV **Course Record:** _____
Date: October 14 **Ridgewood Record:** _____
Weather: Sun - Warm **Type of Course:** _____
Team Total: 15 **Team Place:** 1st **1-5 Split:** 21sec **1-7 split:** 42sec

2014 Big North Championships - 10/14/2014
 Freedom/National Divisions
 Darlington

Event 4 Girls 5k Run CC JV Girl

Name	Year	School	Avg Mile	Finals	Points
1 #517 Cobb, Corina		Ridgewood	6:46	21:00	1
2 #564 Reis, Katie		Ridgewood	6:48	21:08	2
3 #569 Sheehy, Sophia		Ridgewood	6:49	21:08	3
4 #566 Rosenfeld, Leah		Ridgewood	6:51	21:17	4
5 #515 Cirillo, Tara		Ridgewood	6:53	21:21	5
6 #540 Hasbrouck, Ari		Ridgewood	6:55	21:27	6
7 #563 Pagano, Lauren		Ridgewood	6:59	21:42	7
9 #532 Ford, Jordan		Ridgewood	7:03	21:53	
11 #524 Driscoll, Haley		Ridgewood	7:09	22:11	
13 #525 Dwyer, Erin		Ridgewood	7:12	22:22	
15 #519 Daly, Quinn		Ridgewood	7:17	22:38	
17 #565 Reis, Vanessa		Ridgewood	7:20	22:45	
18 #576 Steinacker, Jasmine		Ridgewood	7:20	22:46	
19 #512 Catalano, Sarah		Ridgewood	7:21	22:48	
21 #518 Csorba, Julcsi		Ridgewood	7:22	22:51	
22 #570 Sherman, Anya		Ridgewood	7:22	22:51	
24 #522 deVera, Amanda		Ridgewood	7:22	22:53	
25 #577 Stern, Emily		Ridgewood	7:23	22:54	
28 #585 Walicki, Erin		Ridgewood	7:34	23:30	
37 #587 Whitaker, Cayla		Ridgewood	7:46	24:07	
38 #507 Barrales, Cristina		Ridgewood	7:48	24:12	
46 #578 Stern, Izzy		Ridgewood	7:56	24:37	
47 #572 Sjolander, Lovisa		Ridgewood	7:56	24:37	
54 #526 Dwyer, Kelly		Ridgewood	8:20	25:53	
58 #546 Kearney, Kathryn		Ridgewood	8:30	26:24	
62 #555 McCormick, Grace		Ridgewood	8:41	26:57	
63 #511 Caliguire, Sarah		Ridgewood	8:44	27:06	
71 #558 Moras, Madison		Ridgewood	9:14	28:41	
78 #582 Tulsyani, Sonal		Ridgewood	11:01	34:12	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	15	1	2	3	4	5	6	7		
	Total Time: 1:45:54.00		Average:		21:10.80						
2	Northern Highlands	51	8	9	10	11	13	14	17		
3	Old Tappan	80	12	15	16	18	19	21	23		
4	Hackensack	126	20	24	25	26	31				
5	Demarest	153	27	29	30	32	35	37	38		
6	Tenafly	153	22	28	33	34	36				

Comment:

Our JV Team is better than most varsities!!!



Ridgewood Cross Country Meet Summary

Meet: Big North Champs **Course:** Darlington
Division: Freedom & National Frosh **Course Record:** _____
Date: October 14 **Ridgewood Record:** _____
Weather: Sun - Warm **Type of Course:** _____
Team Total: 15 **Team Place:** 1st **1-5 Split:** 1:33 **1-7 split:** _____

2014 Big North Championship - 10/14/2014
 Freedom/National Divisions
 Darlington

Event 2 Girls 1.25 Mile Run CC Frosh Girl

Name	Year	School	Avg Mile	Finals	Points
1 #551 Kotch, Evelyn		Ridgewood	8:25	10:31	1
2 #520 Davis, Beatrice		Ridgewood	8:28	10:35	2
3 #568 Schofield, Brittany		Ridgewood	8:32	10:40	3
5 #505 Ban, Riley		Ridgewood	9:02	11:17	4
11 #584 Walicki, Bridget		Ridgewood	9:39	12:04	5
12 #586 Ward, Lia		Ridgewood	9:40	12:05	6
14 #509 Becker, Cate		Ridgewood	9:45	12:11	7
16 #531 Florida, Sophia		Ridgewood	9:49	12:16	
18 #523 Doyle, Katie		Ridgewood	10:03	12:34	
20 #552 Leider, Melanie		Ridgewood	10:31	13:09	
21 #557 Moore, Tara		Ridgewood	10:41	13:21	
24 #561 Nyhuis, Kaitlyn		Ridgewood	11:13	14:01	
25 #562 O'Keefe, Sasha		Ridgewood	11:22	14:12	
26 #536 Hadfield, Caroline		Ridgewood	11:23	14:13	
27 #510 Bennett, Ailish		Ridgewood	11:23	14:14	
28 #533 Gao, Audrey		Ridgewood	11:27	14:19	
(33 finishers)					

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	15	1	2	3	4	5	6	7		
	Total Time:	55:07.00									
	Average:	11:01.40									

Comment: The Frosh won in dominate style even with two of their class running on varsity.



Ridgewood Cross Country Meet Summary

Meet: Bergen Group Championships **Course:** Darlington Park
Division: Varsity A **Course Record:** New! 17:29
Date: 10/25/2014 **Ridgewood Record:** 17:49
Weather: Sun - 65° **Type of Course:** _____
Team Total: 38 **Team Place:** 1st **1-5 Split:** 1:31 **1-7 split:** 1:52

2014 Bergen County Championships - 10/25/2014
Darlington

Event 16 Girls 5k Run CC Girl A

Name	Year	School	Finals	Points
2 Jeffers, Carleen	12	Ridgewood	18:27	2
4 Halvorsen, Sam	11	Ridgewood	18:36	4
5 Martin, Olympia	10	Ridgewood	18:45	5
11 Cleary, Kelly	12	Ridgewood	19:33	11
16 Taylor, Abby	12	Ridgewood	19:58	16
20 Adams, Meghan	9	Ridgewood	20:07	20
24 Cobb, Corina	10	Ridgewood	20:19	24
(67 finishers)				

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	38	2	4	5	11	16	20	24		
	Average:	19:03.80									
2	Northern Highlands	43	1	3	9	13	17	18	30		
	Average:	19:00.60									
3	Immaculate Heart	87	6	8	19	26	28	35	46		
	Average:	19:53.00									
4	Bergen Cty VT	140	7	10	32	44	47	48	62		
	Average:	20:44.40									
5	Hackensack	160	14	27	29	33	57	58	63		
	Average:	21:05.20									
6	Demarest	165	12	15	36	49	53	55	66		
	Average:	21:06.40									
7	Fair Lawn	181	21	38	39	40	43	52	64		
	Average:	21:26.00									
8	Teaneck	201	23	41	42	45	50	51			
	Average:	21:41.00									
9	Old Tappan	208	22	34	37	56	59	60	61		
	Average:	21:43.00									
10	Paramus Catholic	242	25	31	54	65	67				
	Average:	22:54.60									



Comment: We stayed calm during warm-up when Kelly wasn't there! we executed the race plan: Relax early and Hammer late. We are champions!



Ridgewood Cross Country Meet Summary

Meet: Bergen Group Championships **Course:** Darlington Park
Division: JV - A **Course Record:** _____
Date: 10/25/2014 **Ridgewood Record:** _____
Weather: Sun - 65° **Type of Course:** _____
Team Total: 15 **Team Place:** 1st **1-5 Split:** 30sec **1-7 split:** 51sec

2014 Bergen County Championships - 10/25/2014
Darlington

Event 12 Girls 5k Run CC JV Girl LG

Name	Year	School	Finals	Points
1 Cirillo, Tara	12	Ridgewood	20:39	1
2 Hasbrouck, Ari	12	Ridgewood	20:53	2
3 Rosenfeld, Leah	11	Ridgewood	21:01	3
4 Pagano, Lauren	10	Ridgewood	21:06	4
5 Driscoll, Haley	10	Ridgewood	21:09	5
6 Reis, Vanessa	11	Ridgewood	21:26	6
7 Ford, Jordan	12	Ridgewood	21:30	7
11 Sheehy, Sophia	10	Ridgewood	21:50	
14 Catalano, Sarah	10	Ridgewood	21:57	
17 Daly, Quinn	10	Ridgewood	22:12	
20 Dwyer, Erin	11	Ridgewood	22:30	
21 Walicki, Erin	11	Ridgewood	22:42	
24 Sherman, Anya	11	Ridgewood	22:44	
25 Whitaker, Cayla	11	Ridgewood	22:45	
30 deVera, Amanda	12	Ridgewood	22:52	
47 Haas, Lindsay	11	Ridgewood	23:41	
58 Cirillo, Katherine	12	Ridgewood	23:59	
69 Kearney, Kathryn	10	Ridgewood	25:03	
71 Dwyer, Kelly	11	Ridgewood	25:06	
79 Mehos, Tatiana	11	Ridgewood	26:06	
83 Moras, Madison	10	Ridgewood	26:53	
97 DeAndrade, Sofia	11	Ridgewood	31:42	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	15	1	2	3	4	5	6	7		
	Average:	20:57.60									
2	Immaculate Heart	52	8	9	10	12	13	14	16		
3	Northern Highlands	89	11	15	17	22	24	27	29		
4	Bergen Cty VT	128	18	20	23	32	35	36	37		
5	Old Tappan	130	21	25	26	28	30	31	33		
6	Fair Lawn	170	19	34	38	39	40	41			

Comment: We swept the County!



Ridgewood Cross Country Meet Summary

Meet: Bergen Group Championships **Course:** Darlington Park
Division: Frosh A **Course Record:** _____
Date: 10/25/2014 **Ridgewood Record:** _____
Weather: Sun - 65° **Type of Course:** _____
Team Total: 19pts **Team Place:** 1st **1-5 Split:** 1:12 **1-7 split:** 1:22

2014 Bergen County Championships - 10/25/2014

Darlington

Event 8 Girls 1.5 Mile Run CC Frosh G LG

Name	Year	School	Finals	Points
1 Fishbein, Hannah	9	Ridgewood	10:14	1
2 Davis, Beatrice	9	Ridgewood	10:23	2
3 Kotch, Evelyn	9	Ridgewood	10:26	3
5 Schofield, Brittany	9	Ridgewood	10:58	5
8 Ban, Riley	9	Ridgewood	11:26	8
9 Ward, Lia	9	Ridgewood	11:36	9
11 Becker, Cate	9	Ridgewood	11:36	11
14 Walicki, Bridget	9	Ridgewood	11:41	
21 Moore, Tara	9	Ridgewood	12:29	
25 Leider, Melanie	9	Ridgewood	12:46	
30 Nyhuis, Kaitlyn	9	Ridgewood	13:16	
31 Gao, Audrey	9	Ridgewood	13:18	
32 Hadfield, Caroline	9	Ridgewood	13:24	
34 Bennett, Ailish	9	Ridgewood	13:31	
(41 finishers)				

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	19	1	2	3	5	8	9	11		
	Average:	10:41.40									
2	Immaculate Heart	44	4	6	7	13	14	16	21		
3	Fair Lawn	72	10	12	15	17	18	19	20		

Comment: We are Best in Bergen!



Cleary aces test for Ridgewood

Finishes exam, then runs well

By **PAUL SCHWARTZ**
STAFF WRITER

MAHWAH – Kelly Cleary was having a terrible, horrible, no good, very bad day Saturday.

The Ridgewood senior was taking the ACT tests at Mahwah High School with a brief window to get to Darlington Park – about three

CROSS-COUNTRY: BERGEN COUNTY CHAMPIONSHIPS

miles away – where she would be an important factor in whether Ridgewood would hold off Northern Highlands in the Bergen A championship cross-country race.

“I got test anxiety. They put me in a different classroom so I could calm down a little,” said Cleary. “But that delayed my test. So instead of being finished at 1 p.m., I was still at the high school at 1:35 and the race was going to start at 1:50.”

Cleary’s father got her to the park by 1:47 and she sprinted to the starting line to join her Maroon teammates, with no time for a usual leisurely warm-up.

Somehow, she recorded an 11th-place finish in 19 minutes, 33 seconds – just off her personal best. That helped the Maroons to a 38-43 win over the Highlanders in a clash of two of the top teams in the state despite an individual course record of 17:29 by Catherine Pagano of Northern Highlands. Her time helped the runners-up set a Darlington course



GEORGE McNISH/SPECIAL TO THE RECORD

Glen Rock’s Alex Walter running ahead of the field on her way to winning Group C race.

team record of 19:00.6 per runner.

“She’s my hero,” an elated and relieved Jacob Brown said of Cleary after his Maroons won a record 28th Group or Division title in the race’s 34 years. “She handled a very tough situation like the champion she is and helped us beat a great, great team.”

Ridgewood was joined as team champions by Holy Angels (10th straight in Group B), Ramsey

See **GIRLS** Page **S-13**

Girls: Ridgewood

From Page **S-11**

(ninth in 12 years in Group C) and Cresskill (second straight in Group D).

But Pagano’s stunning wire-to-wire victory seemingly left everyone breathless, except for the star runner herself.

“Maybe I got a little too excited and went out a little too fast,” said Pagano, who took seven seconds off of the year-old Darlington mark set by Josette Norris of Tenaflly. “I wanted to run a fast time, and the way I was running I knew it would be fast, but wasn’t sure about the course record.”

After an opening 800 in 2:34 and an opening mile in about 5:30, Pagano had gapped the finest field in Bergen history (seven runners under 19 minutes, and 16 under 20) and never looked in duress.

“I think I’m a track kid who likes to run cross-country,” said Pagano, who was an All-American in the mile last spring. “This is

an important season to set the stage for a great spring track season.”

Ridgewood got sub-19 efforts from Carleen Jeffers in second, Sam Halvorsen in fourth and Olympia Martin (fifth). When senior Abby Taylor crossed in 19:58, more than a minute faster than she ran last year, the Maroons were able to hold off the Highlanders, who got personal bests from each of their first four runners.

Earlier, Glen Rock freshman Alex Walter reversed a league loss to Rutherford’s Allison Regan and won the C race by an astounding 300 meters in 18:47. Julia Guerra of Indian Hills easily won B by 100 meters over Veronica Rocco of Tenaflly in 18:42. Alexandra Laco-razza of Palisades Park, following in the footsteps of her sister and 2008 champ Cassandra, held off Nicole McVeigh of Saddle Brook to win D in 20:12.

Ridgewood Cross Country Meet Summary

Meet: Doc Braver **Course:** Darlington
Division: JV **Course Record:** _____
Date: 10/30/2014 **Ridgewood Record:** _____
Weather: Sun - 50's **Type of Course:** _____
Team Total: 15 **Team Place:** 1st **1-5 Split:** 23sec **1-7 split:** 35sec

Doc Braver - 10/30/2014
Darlington

Event 6 Girls 5k Run CC JV Girl

Name	Year	School	Avg Mile	Finals	Points
1 #1029 Cirillo, Tara		Ridgewood	6:33	20:19	1
2 #1080 Rosenfeld, Leah		Ridgewood	6:33	20:21	2
3 #1054 Hasbrouck, Ari		Ridgewood	6:35	20:26	3
4 #1083 Sheehy, Sophia		Ridgewood	6:37	20:32	4
5 #1078 Reis, Katie		Ridgewood	6:40	20:42	5
6 #1077 Pagano, Lauren		Ridgewood	6:43	20:49	6
7 #1038 Driscoll, Haley		Ridgewood	6:44	20:54	7
10 #1079 Reis, Vanessa		Ridgewood	6:48	21:06	
11 #1046 Ford, Jordan		Ridgewood	6:49	21:08	
19 #1026 Catalano, Sarah		Ridgewood	7:00	21:45	
20 #1033 Daly, Quinn		Ridgewood	7:01	21:46	
29 #1090 Steinacker, Jasmin		Ridgewood	7:07	22:04	
30 #1039 Dwyer, Erin		Ridgewood	7:07	22:07	
43 #1099 Walicki, Erin		Ridgewood	7:18	22:40	
46 #1101 Whitaker, Cayla		Ridgewood	7:19	22:43	
51 #1036 deVera, Amanda		Ridgewood	7:23	22:54	
55 #1084 Sherman, Anya		Ridgewood	7:24	23:00	
56 #1093 Tai, Tayler		Ridgewood	7:25	23:01	
68 #1049 Haas, Lindsay		Ridgewood	7:38	23:41	
71 #1070 Mehos, Tatiana		Ridgewood	7:38	23:43	
72 #1021 Barrales, Cristina		Ridgewood	7:39	23:44	
75 #1092 Stern, Izzy		Ridgewood	7:39	23:46	
79 #1040 Dwyer, Kelly		Ridgewood	7:42	23:54	
84 #1073 Mudry, Vera		Ridgewood	7:47	24:08	
92 #1028 Cirillo, Katherine		Ridgewood	7:53	24:28	
114 #1069 McCormick, Grace		Ridgewood	8:11	25:24	
129 #1072 Moras, Madison		Ridgewood	8:38	26:48	
130 #1025 Caliguire, Sarah		Ridgewood	8:39	26:53	
156 #1052 Hareas, Emma		Ridgewood	9:17	28:49	
157 #1095 Thurlow, Meghan		Ridgewood	9:17	28:49	
161 #1042 Farley, Cara		Ridgewood	9:59	30:59	
163 #1056 Herzberg, Emma		Ridgewood	10:03	31:14	
164 #1041 Espinoza, Rita		Ridgewood	10:04	31:15	

(168 finishers)

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	15	1	2	3	4	5	6	7		
	Average:	20:28.00									
2	Immaculate Heart	53	8	9	11	12	13	14	15		
	Average:	21:14.00									
3	Fair Lawn	115	17	19	20	29	30	47	50		
	Average:	22:24.60									
4	Wayne Hills	123	18	21	22	23	39				
	Average:	22:32.00									
5	North Warren	127	16	24	27	28	32	37	38		
	Average:	22:38.00									
6	Hackensack	174	26	31	34	40	43	49	61		
	Average:	23:31.40									
7	Wayne Valley	225	33	42	45	52	53	63	64		

	Average:	24:27.80							
8	Park Ridge-Emerson	229	10	46	48	55	70		
	Average:	24:38.60							
9	Glen Rock	270	36	44	58	65	67	71	
	Average:	25:34.60							
10	Garfield	272	25	41	56	73	77		
	Average:	25:55.60							
11	Pascack Hills	281	51	54	57	59	60	66	
	Average:	25:23.60							
12	Paramus Catholic	322	35	68	69	72	78		
	Average:	27:27.00							
13	Newark Collegiate Academy	366	62	74	75	76	79		
	Average:	29:02.20							

Comment: A JV Sweep of North Jersey. We are the Best Around Here!! No question!! 23 sec 1-5 split is EPIC!!

Ridgewood Cross Country Meet Summary

Meet: Doc Braver **Course:** Darlington
Division: Frosh **Course Record:** _____
Date: 10/30/2014 **Ridgewood Record:** 9:49 Justine Lupo-2000
Weather: Sun - 50's **Type of Course:** _____
Team Total: 29 **Team Place:** 1st **1-5 Split:** 1:13 **1-7 split:** 1:39

Doc Braver - 10/30/2014
Darlington

Event 3 Girls 1.5 Mile Run CC Fr Girl

Name	Year	School	Avg Mile	Finals	Points
1 #1044 Fishbein, Hannah		Ridgewood	6:33	9:50	1
3 #1065 Kotch, Evelyn		Ridgewood	6:48	10:11	3
5 #1082 Schofield, Brittan		Ridgewood	6:53	10:20	4
6 #1034 Davis, Beatrice		Ridgewood	6:55	10:22	5
17 #1019 Ban, Riley		Ridgewood	7:22	11:03	16
27 #1023 Becker, Cate		Ridgewood	7:39	11:29	23
28 #1100 Ward, Lia		Ridgewood	7:40	11:29	24
33 #1098 Walicki, Bridget		Ridgewood	7:46	11:39	
42 #1037 Doyle, Katie		Ridgewood	8:01	12:01	
48 #1045 Florida, Sophia		Ridgewood	8:11	12:16	
51 #1066 Leider, Melanie		Ridgewood	8:13	12:19	
52 #1071 Moore, Tara		Ridgewood	8:13	12:19	
57 #1075 Nyhuis, Kaitlyn		Ridgewood	8:23	12:34	
59 #1050 Hadfield, Caroline		Ridgewood	8:25	12:38	
68 #1024 Bennett, Ailish		Ridgewood	8:50	13:15	
69 #1076 O'Keefe, Sasha		Ridgewood	8:51	13:16	
(83 finishers)					

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	29	1	3	4	5	16	23	24		
	Average:	10:21.20									
2	Pascack Hills	70	2	6	14	15	33				
3	Indian Hills	91	11	13	20	21	26	39			
4	Wayne Valley	105	7	12	19	30	37	38	52		
5	Fair Lawn	129	9	22	28	34	36	45	48		
6	Lyndhurst	136	10	25	29	32	40				
7	Glen Rock	162	8	27	41	42	44				
8	Harrison	180	17	18	46	49	50	51	53		
9	New Milford	210	31	35	43	47	54	55	56		

Comment: The Frosh Continue to show that they are the Best Around Here! Hanna was one second away from Justine Lupo's Ridgewood Record!!

Ridgewood Cross Country Meet Summary

Meet: BMOC **Course:** Darlington
Division: Girls Championship **Course Record:** 17:29
Date: 11/1/2014 **Ridgewood Record:** 17:49.1
Weather: Cold-45, Wet **Type of Course:** _____
Team Total: 45 **Team Place:** 1st **1-5 Split:** 1:37 **1-7 split:** 2:22

2014 Bergen County Meet of Champions - 11/1/2014

Event 1 Girls 5k Run CC

Name	Year	School	Finals	Points
3 Halvorsen, Sam	11	Ridgewood	17:59	2
4 Jeffers, Carleen	12	Ridgewood	17:59	3
9 Martin, Olympia	10	Ridgewood	18:51	8
14 Cleary, Kelly	12	Ridgewood	19:09	13
21 Adams, Meghan	9	Ridgewood	19:36	19
23 Taylor, Abby	12	Ridgewood	19:43	21
45 Cobb, Corina	10	Ridgewood	20:21	33
(104 finishers)				

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	45	2	3	8	13	19	21	33		
	Average:	18:42.80	New Course Record!!								
2	Northern Highlands	66	1	9	14	20	22	28	43		
	Average:	19:00.80									
3	Immaculate Heart	79	5	7	18	23	26	35	65		
	Average:	19:21.00									
4	Acad O/T Holy Angels	107	4	16	24	29	34	46	49		
	Average:	19:41.40									
5	Hackensack	171	15	17	37	39	63	76	78		
	Average:	20:27.60									
6	Bergen Cty VT	195	6	10	40	69	70	71	73		
	Average:	20:31.60									
7	Tenafly	210	12	41	42	48	67	72			
	Average:	20:43.60									
8	Glen Rock	214	11	32	51	56	64	77	81		
	Average:	20:47.40									
9	Ramsey	232	27	45	47	52	61	74			
	Average:	20:59.40									
10	River Dell	236	25	44	50	55	62	66	68		
	Average:	21:03.00									
11	Cresskill	238	36	38	53	54	57	58	59		
	Average:	21:07.40									
12	Palisades Park	275	30	31	60	75	79	80	82		
	Average:	21:36.40									

Comment: I am Speechless!!



Ridgewood Cross Country Meet Summary

Meet: BMOC Course: _____
Division: Frosh Course Record: _____
Date: 11/1/2014 Ridgewood Record: _____
Weather: _____ Type of Course: _____
Team Total: _____ Team Place: 1st 1-5 Split: _____ 1-7 split: _____

Girls Frosh:

TEAM SCORES: 1-Ridgewood-23. 2-Indian Hills, 38. 3-Holy Angels-85.

INDIVIDUALS:

1. Hanna Fishbein, Ridgewood, 9:53.8.
 2. Evelyn Kotch, Ridgewood, 10:21
 3. Bea Davis, Ridgewood, 10:22
 6. Brittany Schofield, Ridgewood, 10:48
 21. Cate Becker, Ridgewood, 11:39
 23. Lia Ward, Ridgewood, 11:41
 29. Bridget Walicki, Ridgewood, 11:55
 38. Sophie Florida, Ridgewood, 12:27
 42. Melanie Leicter, Ridgewood, 12:35
 45. Kaitlyn Nyhius, Ridgewood, 12:40
 49. Alish Bennett, Ridgewood, 13:25
 51. Audrey Gao, Ridgewood, 13:37.6
- (64 finishers)

Comment: The Frosh continue their winning ways!

Pagano sets pace, but Ridgewood dominates

By PAUL SCHWARTZ
STAFF WRITER

GIRLS

MAHWAH – Catherine Pagano continued to show North Jersey and the rest of the state that she is a girls cross-country force to be reckoned with Saturday, when she became the first girl to break 18 minutes three times at the 5,000-meter Darlington course.

And while Pagano's impressive victory in the Lou Molino Bergen County Meet of Champions was never in doubt, for the first time in the course's 23 years, more than one runner broke the 18-minute barrier in the same race – in fact *four* runners accomplished the feat, as many as had collectively broken 18 minutes in the first 22 years on the course.

And two of those came from Ridgewood, which crushed the pre-

vious course team record by nearly 18 seconds a runner and won its fourth straight team title and 28th in 38 years of competition, 44-65, over Northern Highlands, with Immaculate Heart an impressive third-place finisher with 79 points.

"We've always been training for November," said Ridgewood coach Jacob Brown, the only cross-country coach the Maroons have had. "But Northern Highlands turned out to be so good and challenged us so hard earlier, that we had to change things a little, do more early and back off a little in some ways to keep us at or near our peak longer."

And after Pagano won by about 125 meters over Indian Hills junior

Julia Guerra, in 17:30, just a second slower than her course record set last week, the Maroons showed just how good they are right now.

Sam Halvorsen and Carleen Jeffers, who are starting to get into the conversation as the top 1-2 punch in Bergen County history, finished third and fourth, respectively, in identical times of 17:59, while sophomore Olympia Martin was ninth in 18:51. Kelly Cleary continued her late-season surge with a 21-second improvement to 19:09 for 14th and freshman Meghan Adams took 31 seconds off her personal best and was 21st in 19:36.

That added up to an almost unbelievable team average of 18:42.8, nearly 18 seconds better than the one-week team record set by Northern Highlands just last week (al-

See **GIRLS** Page S-13



MICHAEL KARAS/STAFF PHOTOGRAPHER

Ridgewood's Sam Halvorsen, right, finished third, beating teammate Carleen Jeffers to the finish line at Saturday's girls cross-country final.

CROSS-COUNTRY

LOU MOLINO BERGEN MEET OF CHAMPIONS

AT DARLINGTON COUNTY PARK, MAHWAH BOYS

TEAM SCORING

Don Bosco (DB) 25, Ridgewood (R) 89, Indian Hills (IH) 97, River Dell (RD) 102, Bergen Catholic (BC) 180, Old Tappan (OT) 188, Pascack Valley (PV) 191, Hackensack (H) 199, Bogota 203, Ramsey 209, Lyndhurst 240, Dwight-Englewood 357.

1. Patrick Sullivan (DB), 15:18; 2. Colin Daly (RD), 15:31; 3. Will Daly (RD), 15:32; 4. David Rosas (DB), 15:35; 5. Bobby Gonzalez (DB), 15:43; 6. James Weissenborn (OT), 15:48; 7. Zack Weland (DB), 15:51; 8. Connor Nicholson (DB), 15:54; 9. Ken Marshall (R), 15:55; 10. Nick Barnabic (R), 15:58.

11. Jekabs Hayes, Pascack Hills, 16:01; 12. Matt Tuohy (IH), 16:04; 13. Billy Byrne (R), 16:04; 14. Justin Fuhrman (DB), 16:05; 15. Ryan Kleber (IH), 16:08; 16. Marc Rienas (OT), 16:08; 17. Jake Denbeaux (PV), 16:10; 18. Will Colgan, Pascack Hills, 16:10; 19. Sean Sullivan, Rutherford, 16:14; 20. Adham Ziyadeh, Cliffside Park, 16:14; 21. Patrick Robertson (RD), 16:18; 22. Bryan Gonzalez (H), 16:19; 23. Tom Selvaggi (BC), 16:19; 24. Kotaro Tamura (R), 16:22; 25. Darren Guzman, Teaneck, 16:23.

GIRLS

TEAM SCORING

Ridgewood (R) 45, Northern Highlands (NH) 66, IHA 79, Holy Angels (HA) 107, Hackensack (H) 171, Bergen Tech (BT) 195, Tenafly (Tn) 210, Glen Rock (GR) 214, Ramsey 232, River Dell 236, Cresskill 238, Palisades Park 275.

1. Catherine Pagano (NH), 17:30; 2. Julia Guerra, Indian Hills, 17:57; 3. Sam Halvorsen (R), 17:59; 4. Carleen Jeffers (R), 17:59; 5. Mary Watters (HA), 18:33; 6. Colleen Buckley (IHA), 18:38; 7. Michelle Kubasek (BT), 18:44; 8. Giavanna Tabbachino (IHA), 18:47; 9. Olympia Martin (R), 18:51; 10. Monica Hebner (NH), 18:53.

11. Abigail McLaughlin (BT), 18:54; 12. Alex Walter (GR), 18:59; 13. Veronica Rocco (Tn), 19:03; 14. Kelly Cleary (R), 19:09; 15. Jodi Hinchin (NH), 19:18; 16. Christina Welzer, Demarest, 19:19; 17. Serena Martinez (H), 19:31; 18. Tara Lyons (HA), 19:31; 19. Yanibel Pena-DeJesus (H), 19:34; 20. Megan Brockmeier (IHA), 19:35.

21. Meghan Adams (R), 19:36; 22. Veronica Mahler (NH), 19:40; 23. Abby Taylor (R), 19:43; 24. Courtney Gelsenheimer, Demarest, 19:43; 25. Isabel Hebner (NH), 19:43.

Girls: Pagano wins

From Page S-11

though Ridgewood scored a five-point team victory) and is a breathtaking 36 seconds a girl faster than the Maroons ran in last year's BMOC race, en route to a sixth-place finish a month later in the state Meet of Champions.

"We work together so much better now because we know each other so well," said Cleary, the only four-year runner on the Maroon varsity.

"Mr. Brown creates such a great team atmosphere, that we're not only running for the girls on the line but for all the girls on the team," added Halvorsen, a junior.

Pagano continues to re-write the record books, which have been given a thorough beating the last few years with the likes of Sarah Pagano, Josette Norris, Arianna North and Erin Thompson, who went on to become successful college runners.

"Coming into today, I really didn't have records on my mind," said Pagano, who was content to let Guerra and Mary Watters of Holy Angels take the lead for the first mile, which the leaders completed in 5:45, 13 seconds slower than last week's A race. "After a mile, I felt so good, I got



CATHERINE PAGANO

antsy and picked it up and when I saw the clock with about 80 yards to go I tried to get the record then. I'm pleased that I'm running so well."

A record 12 runners finished the race under 19 minutes including freshmen Monica Hebner of Northern Highlands (10th, 18:53) and Alex Walter of Glen Rock (12th, 18:59).

Ridgewood Cross Country Meet Summary

Meet: JV/Frosh States **Course:** Thompson Park
Division: JV **Course Record:** _____
Date: _____ **Ridgewood Record:** 19:27- 2011- E.Fishbein
Weather: Cool - Overcast **Type of Course:** _____
Team Total: _____ **Team Place:** 2nd **1-5 Split:** 46sec **1-7 split:** 1:52

2014 JV/Freshman State Championships - 11/5/2014

Thompson Park

Event 3 Girls 5k Run CC JV Girls

Name	Year	School	Finals	Points
1 Hasbrouck, Ari	12	Ridgewood	20:40	1
12 Cirillo, Tara	12	Ridgewood	21:02	12
17 Rosenfeld, Leah	11	Ridgewood	21:10	17
18 Sheehy, Sophia	10	Ridgewood	21:11	18
29 Driscoll, Haley	10	Ridgewood	21:26	29
42 Pagano, Lauren	10	Ridgewood	21:51	38
64 Catalano, Sarah	10	Ridgewood	22:32	53
(256 finishers)				



Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridge	30	3	5	6	7	9	25	32		
	Average:	20:53.00									
2	Ridgewood	77	1	12	17	18	29	38	53		
	Average:	21:05.80									
3	Westfield	87	11	15	16	21	24	26	28		
4	North Hunterdon	119	4	19	20	37	39	41	55		
5	W. W. P.Boro S	136	8	14	27	42	45	50	51		
6	Hillsborough	169	10	13	31	56	59	92	100		
7	Summit	240	22	23	61	64	70	81	85		
8	Princeton	252	2	49	52	67	82	86	87		
9	South Brunswick	261	30	34	60	63	74				
10	Old Bridge	294	33	54	57	73	77	84	116		
11	Jackson Memorial	305	35	40	46	79	105	121	155		
12	Hunterdon Central	371	48	62	66	97	98	99	104		
13	Montgomery	376	36	43	69	76	152				
14	Colts Neck	397	47	80	88	89	93	124			
15	Robbinsville H	410	44	58	71	115	122				
16	Monroe	470	72	75	102	110	111	126	128		
17	Bridgewater-Raritan	501	91	94	95	103	118	127	133		
18	Mount St Dominic	511	83	90	101	112	125	139			
19	Kent Place	534	65	78	109	129	153				
20	Point Pleasant Boro	569									
96	113 117 120 123										
21	Lakewood	575									
68	107 130 134 136 143										
22	Woodbridge	588									
106	108 114 119 141 146 148										
23	Jonathan Dayton	678									
131	132 137 138 140 147 150										
24	Manville	715									
135	142 144 145 149 151 154										

Comment: #2 in New Jersey! Great team! Great Season!



Ridgewood Cross Country Meet Summary

Meet: JV/Frosh States **Course:** Thompson Park
Division: Frosh **Course Record:** _____
Date: 11/5/2014 **Ridgewood Record:** 19:27
Weather: Cool - Overcast **Type of Course:** _____
Team Total: _____ **Team Place:** 3rd **1-5 Split:** 2:06 **1-7 split:** _____

2014 JV/Freshman State Championships - 11/5/2014
Thompson Park

Event 1 Girls 5k Run CC Frosh Girls

Name	Year	School	Finals	Points
2 Fishbein, Hannah	9	Ridgewood	20:22	2
14 Kotch, Evelyn	9	Ridgewood	21:37	12
15 Schofield, Brittany	9	Ridgewood	21:37	13
17 Davis, Beatrice	9	Ridgewood	21:41	15
40 Becker, Cate	9	Ridgewood	23:28	34
46 Ward, Lia	9	Ridgewood	24:04	38
49 Ban, Riley	9	Ridgewood	24:10	39
(118 finishers)				

Team Scores



Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Hillsborough	59	1	3	10	19	26	50	58		
	Average:	21:32.80									
2	Summit	73	6	9	11	20	27	32			
	Average:	21:51.60									
3	Ridgewood	76	2	12	13	15	34	38	39		
	Average:	21:45.00									
4	Westfield	103	4	14	24	30	31	36	37		
	Average:	22:21.80									
5	Jackson Memorial	110	7	8	21	33	41	44	47		
6	Princeton	145	5	17	35	42	46	54	60		
7	Hunterdon Central	157	16	23	25	45	48				
8	Holmdel	194	18	28	40	51	57	66	67		
9	Old Bridge	258	22	43	62	63	68				
10	Woodbridge	262	29	52	55	61	65				
11	Monroe	281	49	53	56	59	64	69	70		

Comment: #3
in New Jersey
without our
best frosh!
We have a
very bright
future in
Cross
Country!!



Ridgewood Cross Country Meet Summary

Meet: North 1 NJSIAA **Course:** Garret Mt
Division: Group 4 **Course Record:** 17:58-C.Constantin-1987
Date: 11/8/2014 **Ridgewood Record:** 18:15-Patti Mileski-1982
Weather: Sunny - Cold **Type of Course:** _____
Team Total: 42 **Team Place:** 1st **1-5 Split:** 1:15 **1-7 split:** 2:25

2014 NJSIAA/The Star-Ledger/M-F Athletic Boys - 11/8/2014
 & Girls NORTH I Cross-Country Championships

Garrent Mountain

Event 3 Girls 5k Run CC 10:50 am

Name	Year	School	Avg Mile	Finals	Points
Group 4 Results 5000 Run					
1 #1381 Halvorsen, Sam	11	Ridgewood	6:05	18:52	1
2 #1383 Jeffers, Carleen	12	Ridgewood	6:06	18:55	2
8 #1384 Martin, Olympia	10	Ridgewood	6:17	19:30	8
15 #1378 Cleary, Kelly	12	Ridgewood	6:27	20:00	15
16 #1387 Taylor, Abby	12	Ridgewood	6:29	20:07	16
20 #1376 Adams, Meghan	9	Ridgewood	6:39	20:37	20
28 #1379 Cobb, Corina	10	Ridgewood	6:51	21:17	28
(109 finishers)					

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
Group 4 Results 5000 Run											
1	Ridgewood	42	1	2	8	15	16	20	28		
	Average:	19:28.80	2nd on All Time RHS Team Time for Garret								
2	Randolph	61	3	5	11	13	29	45	53		
	Average:	19:53.60									
3	Montclair	100	6	10	19	31	34	42	70		
	Average:	20:37.40									
4	Clifton	135	14	21	23	38	39	44	54		
	Average:	21:09.20									
5	Morristown	139	4	9	33	41	52	57	77		
	Average:	21:05.40									
6	Hackensack	173	22	25	30	32	64	67	80		
	Average:	21:43.00									
7	Bergen Cty VT	189	7	12	43	59	68	69	88		
	Average:	21:35.40									
8	Fair Lawn	225	27	48	49	50	51	55	75		
	Average:	22:21.00									
9	Livingston	241	18	35	37	58	93	99			
	Average:	22:27.00									
10	Union City	271	24	40	60	73	74	96			
	Average:	22:40.40									
11	Passaic Cty VT	306	26	46	71	79	84	85	103		
	Average:	23:05.20									
12	Kearny	317	36	61	66	76	78	83	89		
	Average:	23:14.80									
13	Passaic	355	17	63	86	92	97	98	101		
	Average:	23:35.40									
14	Morris Knolls	370	62	65	72	81	90	91	95		
	Average:	23:45.60									
15	North Bergen	388	47	56	87	94	104	106	107		
	Average:	24:15.40									
16	Bloomfield	497	82	100	102	105	108				
	Average:	25:55.40									

Comment: We were a great TEAM today. Sam wins Athlete of the week for her efforts.



The Girls in the Van



N1 Gr4 Champs!

F THE WEEK

By **CHUCK O'DONNELL**

STAFF WRITER

Sam Halvorsen's transformation from middle school soccer player to high school cross-country standout has sometimes been as bumpy and winding as the North Jersey courses she traverses.

On the days when the path seems fraught with obstacles, the Ridgewood junior knows she can turn to Carleen Jeffers, her teammate, friend, neighbor, training partner and carpool-to-school buddy.

"It definitely helps because I know if I'm not having a great day, she's always there to help pull me along," said Halvorsen, The Record Female Athlete of the Week. "She always pushes me to be a better runner."

"When I first started running, I wasn't that good at pacing. So she was always helping me figure out where I should peak during the race."

Jeffers was the one who suggested they surge to the front at the one-mile mark of the North 1, Group 4 championships Saturday. Halvorsen said they passed a pack of three or four runners and never looked back. Halvorsen finished first in 18:52. Jeffers was second, just four seconds behind. "For this race," Halvorsen said, "I felt really confident because I knew she had my back. I knew she would have my back if I tripped or something. It's always reassuring to have her there."

Halvorsen played soccer for years while growing up, but decided to give running a try when she got to high school. She said she was inspired by her cousin, Rodolfo Crispin, who went on to compete at the University of New Hampshire after an accomplished career at Ridgewood.

Powerful strides notwithstanding, it seems competitiveness runs in the family. When the Halvorsens go skiing on weekends for what is supposed to be a relaxing winter retreat, Sam just can't take it slow.

"I think I'm able to turn it off to a certain aspect, where I don't race for a time or anything," she said. "But I'm always trying to go a little faster, jump a little farther. So even though it's not outright competition, I'm definitely always in that mind-set."

Also nominated: Cydney Borner of New Milford, Mikaela Heyboer of Park Ridge and Rachel Sorkenn of River Dell for soccer; Noy Chorin of Tenaflly and Haley Cicero of Fair Lawn for volleyball; Victoria Corrison of Ramsey for field hockey; Alex Walter of Glen Rock for cross-country.



FEMALE ATHLETE

Sport: Cross-country **Class:** Junior **Age:** 16

Accomplishment: Halvorsen won the Group 4 title at the North 1 championships Saturday, helping Ridgewood win its 22nd sectional title.

Ridgewood Cross Country Meet Summary

Meet: NJ Group Championship **Course:** Holmdel
Division: Group 4 **Course Record:** _____
Date: 11/15/2014 **Ridgewood Record:** _____
Weather: Sun - Cold - 40° **Type of Course:** _____
Team Total: 141 **Team Place:** 4th **1-5 Split:** 1:52 **1-7 split:** 2:28

2014 NJSIAA/Star Ledger/M-F Athletic Boys & Girls State Group Championships
 Holmdel Park - Don Danser Meet Director

Event 7 Girls 5k Run CC 1:00 pm Group 4

Name	Year	School	Avg Mile	Finals	Points
Group 4 Results 5000 Run					
3 #2419 Halvorsen, Sam	11	Ridgewood	6:05	18:54	3
4 #2421 Jeffers, Carleen	12	Ridgewood	6:06	18:57	4
46 #2425 Taylor, Abby	12	Ridgewood	6:37	20:31	42
47 #2422 Martin, Olympia	10	Ridgewood	6:38	20:34	43
53 #2416 Cleary, Kelly	12	Ridgewood	6:41	20:46	49
74 #2414 Adams, Meghan	9	Ridgewood	6:48	21:07	70
86 #2417 Cobb, Corina	10	Ridgewood	6:53	21:22	81
(144 finishers)					

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
Group 4 Results 5000 Run											
1	Hillsborough	90	2	10	16	27	35	37	61		
	Average:	19:36.40									
2	Ridge	91	12	15	17	23	24	34	36		
	Average:	19:43.40									
3	North Hunterdon	131	1	21	26	31	52	66	98		
	Average:	19:48.80									
4	Ridgewood	141	3	4	42	43	49	70	81		
	Average:	19:56.40									
5	West Windsor-Plains South	165	5	6	29	53	72	88	115		
	Average:	20:05.20									
6	Randolph	191	7	14	20	39	111	133	137		
7	Shawnee	196	18	30	41	44	63	97	100		
8	Toms River North	281	13	56	67	71	74	82	86		
9	Westfield	294	45	51	59	62	77	90	131		
10	Millburn	297	9	47	57	89	95	109	120		
11	Montclair	313	19	54	55	91	94	124			
12	Clearview	327	22	33	60	99	113	117	123		
13	Freehold Township	354	46	48	75	79	106	110	122		
14	Southern Regional	354	25	68	69	73	119	121	125		
15	West Windsor-Plains North	371	11	40	83	107	130	132	135		
16	Montgomery	382	32	58	87	101	104	105	118		
17	Morristown	382	8	38	108	112	116	128	136		
18	Phillipsburg	391	65	76	78	80	92	96	129		
19	Jackson Memorial	392	28	84	85	93	102	103	126		
20	Clifton	489	50	64	114	127	134	138	139		



Comment: Not our best day. We relaxed too much during the first mile (my fault!). We were unable to make up for that mistake in this crowded race.



Ridgewood Cross Country Meet Summary

Meet: SMOC **Course:** _____
Division: _____ **Course Record:** _____
Date: _____ **Ridgewood Record:** _____
Weather: _____ **Type of Course:** _____
Team Total: _____ **Team Place:** 3rd **1-5 Split:** 1:56 **1-7 split:** _____

2014 NJSIAA/Star-Ledger/M-F Athletic - 11/22/2014

Cross-Country State Championships

Holmdel Park - Don Danser, Meet Director

Event 2 Girls 5k Run CC

Name	Year	School	Avg Mile	Finals	Points
9 #449 Jeffers, Carleen	12	Ridgewood	6:02	18:42	3
10 #447 Halvorsen, Sam	11	Ridgewood	6:04	18:50	4
49 #450 Martin, Olympia	10	Ridgewood	6:23	19:48	23
80 #444 Cleary, Kelly	12	Ridgewood	6:31	20:15	47
100 #453 Taylor, Abby	12	Ridgewood	6:39	20:38	65
128 #445 Cobb, Corina	10	Ridgewood	7:01	21:47	89
135 #442 Adams, Meghan	9	Ridgewood	7:06	22:03	96
(175 finishers)					

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Red Bank Catholic	88	9	15	16	17	31	40	44		
	Average: 19:33.00										
2	Hillsborough	95	2	6	11	34	42	43	45		
	Average: 19:24.20										
3	Ridgewood	142	3	4	23	47	65	89	96		
	Average: 19:38.60 - Ridgewood School Record for Holmdel!										
4	Ridge	168	18	27	29	39	55	68	80		
	Average: 20:00.00										
5	Voorhees	176	8	13	38	54	63	79	93		
	Average: 19:55.40										
6	Rumson-Fair Haven	187	14	22	30	59	62	64	95		
	Average: 20:03.80										
7	North Hunterdon	188	1	25	33	60	69	84	90		
	Average: 19:56.20										
8	West Morris Mendham	189	7	26	49	50	57	67	98		
9	West Windsor-Plains South	205	5	35	37	56	72	113	118		
10	Princeton	207	21	24	28	52	82	87	88		
11	Northern Highlands	271	19	48	51	76	77	122			
12	Immaculate Heart	286	12	41	66	81	86	94	128		
13	Haddonfield	356	46	71	73	75	91				
14	Union Catholic	386	10	70	74	108	124	133			
15	New Providence	392	36	58	61	114	123	127	129		
16	North Warren	426	20	92	102	105	107	119	130		
17	Pingry	428	32	83	97	104	112	115	134		
18	Villa Walsh	494	53	101	109	110	121	125	131		
19	Shore	518	85	100	106	111	116	120	132		
20	Gill St. Bernard's	523	78	99	103	117	126				

Comments: We had a great Team Day. All Time Ridgewood Record
Team Average! Third in New Jersey

SMOC in Photos



The Signs Along the Race Course!



The Girls on the Podium



Interview with Paul

Ridgewood's girls run to a third-place finish

By **PAUL SCHWARTZ**
STAFF WRITER

HOLMDEL — Early in the season, Jacob Brown held a meeting for his Ridgewood girls cross-country runners and gave them some motivation.

"Northern Highlands had popped up with a great team and we knew we were going to have face [2013 state champ] Randolph a few times and I told the girls, 'You guys could be second six weeks in a row and we will still have a chance to win the state Meet of Champions,' the veteran coach said. "And they bought into that."

Ridgewood didn't finish second six weeks in a row. In fact, they won four of the six races after that speech and Saturday at Holmdel Park, the Maroons didn't win the state Meet of Champions, but after their third-place finish behind race winner Red Bank Catholic and Hillsborough, it was clear that Brown's message had been heard, received and the girls responded.

"The vibe around this team is that everyone is so supportive of each other," said senior Abby Butler, the No. 5 runner, who expected to spend most of the year on junior varsity but grabbed a varsity spot early and never let go of it. "We realized that we could go much further this year [than the sixth place finish last year] and we had each other's back all year."

There was a slight bump in the road after the Maroons had set a

CROSS-COUNTRY: MEET OF CHAMPIONS

five-girl course record at Darlington in the Lou Molino Bergen Meet of Champions and nearly set another at Garret Mountain, when they struggled to fourth last week in Group 4 and got in with one of two wild cards.

"But it's hard to run a whole season and every day, have a great day," Brown said. "Fortunately today was one of our days to have a great day."

As usual, the pairing of senior Carleen Jeffers and junior Sam Halvorsen led the Maroons in ninth and 10th place, respectively, less than 30 seconds behind surprise race winner Epiphany Grisbaum of Ocean City. Sophomore Olympia Martin and Kelly Cleary were next for the Maroons, with Martin improving 46 seconds at Holmdel on a day during which most struggled to run as well as they did last week and Cleary improving by 31.

"Mr. Brown talked to us early in the week and he told us we weren't going to be nervous, but we were going to be determined," said Jeffers, whose 18:42 finish was the third fastest by a Ridgewood girl on the course. "That helped us a lot and took the pressure off."

Northern Highlands was 11th just ahead Immaculate Heart Academy, in the 20-team field.

North Jersey's top runners, Catherine Pagano of Northern Highlands and Julia Guerra of Indian Hills struggled and finished 40th and 76th, respectively. But IHA senior Colleen Buckley and first year cross-country runner Michelle Kubasek of Bergen Tech, a junior, finished 26th and 27th, respectively.

Don Bosco put two runners into the boys top 25, Zach Weland in 19th place and soph David Rosas in 25th, but the Ironmen had their worst race of the year and finished eighth with 200 points, well behind CBA, which defeated South Brunswick, another wild card, 82-113, in the boys race. Indian Hills again ran a tightly bunched pack but were too far behind the leaders and finished 14th overall.

"It was very disappointing after we worked hard all year and don't accomplish your goals," said Weland, who was the only Bosco runner to equal last week's performance. "All the hours, all the sweat, all the blood and then this — but we can bounce back [at Nike Regionals] next week."

Colin and Will Daly of River Dell led all North Jersey boys in 15th and 16th places and learned valuable lessons that could propel them a lot higher next year.

"I learned that we don't give ourselves enough credit with our ability and that we're two of the best runners in state," Will said. "I was hoping we could do better today, but now we know we belong and I think that's going to help us going forward."

GIRLS CROSS-COUNTRY: STATE MEET OF CHAMPIONS

RHS roars to third-place finish

Two Maroons finish in the top 10 as team gets ready for Nike Regionals

BY RON FOX
Correspondent

Ridgewood's cross-country girls finished an impressive third in the State Meet of Champions (SMOC) last Saturday at Holmdel and coach Jacob Brown hopes that the effort and the accomplishment are fully appreciated.

"A lot of people don't understand the difficulty of this race," Brown said after mentioning how excited he was by the team's overall performance. "We run races where, even if there are a hundred kids in the race, maybe only 25 of them are fast. In the SMOC, everybody's fast. And it's a tough sport. You run 20 minutes going 100 percent. No timeouts."

The Maroons definitely were up to the massive challenge and performed superbly with two girls finishing in the top 10 in the entire state. Senior Carleen Jeffers came in ninth and junior Sam Halvorsen was 10th. Also, sophomore Olympia Martin, seniors Kelly Cleary and Abby Taylor, sophomore Corina Cobb and freshman Meghan Adams, in that order, also turned in top performances to enable Ridgewood to out-perform 19 other teams and the additional individuals who qualified as wildcards.

Finishing third was a major step forward over last year's still-impressive sixth-place team finish and the girls were justifiably proud.

"We didn't finish where we wanted to last year," Jeffers said. "It was such a step up in competition and we learned from it. We were ready this time and we knew



Ridgewood senior Abby Taylor (No. 453) powers ahead to help the Maroons take third in last Saturday's State Meet of Champions at Holmdel.

we needed to run fast. It was an exciting race."

A week earlier, the Maroons had finished fourth in the State Group 4 meet, behind Hillsborough, Ridge and North Hunterdon. This time, they beat out both Ridge and North Hunterdon, losing out only to overall champion Red Bank Catholic and Hillsborough, the previous week's Group 4 winner.

Ridgewood finished with 142 points, while Hillsborough tallied 95 and Red Bank Catholic had 88.

Most of the Maroons ran personal-best times on the rugged Holmdel course Saturday.

"They all improved their times," Brown said emphatically. "They were all on the money."

Jeffers clocked in at 18:42,

which ranks third all-time among Ridgewood runners at Holmdel, and Halvorsen finished only eight seconds behind her. Most interestingly, they both finished well ahead of their former teammate, Northern Highlands' Catherine Pagano, who had been Bergen County's No. 1 runner throughout the season. Pagano suffered a rare off-day and finished a surprising low 40th.

"I had one goal all year: to finish in the top 10," said Jeffers, who will run for Brown University next year. And she was thrilled that her longtime friend and neighbor, Halvorsen, also ranked among the 10 best.

In finishing 49th, Martin cut a whopping 46 seconds off her previous Holmdel best in running

19:48, and Cleary clocked in at 20:15, which shaved 31 seconds off her previous best to take 80th out of a total of 175 girls. With Taylor finishing 100th, the Maroons had five girls among the top 100. Cobb then was 128th and Adams 135th.

"The last mile, we moved into position," Brown said, "particularly Olympia. She passed a whole bunch of kids."

Ridgewood's boys team did not qualify for the SMOC, but junior Kenny Marshall and sophomore Billy Byrne did make it as wild-card runners and finished 63rd and 68th, respectively, both efforts of which to be proud. Their team had a strong season, but missed a chance to advance by finishing seventh in



Ridgewood's Corina Cobb (No. 445) and teammate Meghan Adams, immediate right of Cobb, pursue Julie Bond (404) of Princeton.

the State Group 4 race the previous week.

"Kenny and Billy ran OK, but they didn't PR," coach Mike Glynn said. "Unfortunately, Billy got knocked into a post about a mile from the finish line. He got up and finished [in 16:47], a good time, but he probably would have been in the 16:20s if not for that."

"While it was disappointing on one end, they both got a lot out of the experience," Glynn added. "We'll be back there next year with our team, and Kenny and Billy will be among our leaders. The experience will pay off for next year."

In preparing for the girls race, Brown had made an adjustment in strategy.

"We went out more aggressive-

ly at the start this time," the coach said. "We went out conservatively last time, my decision, and that did not work out well. We were in the faster mix [Saturday] and still were able to run the way we planned in the middle of the race."

Holmdel presents a massive challenge that immediately takes a physical toll.

"You're running up-hill at the start, 125 fast kids in a bunch," Brown said. "A real mob scene." The Ridgewood girls fought their way through it and earned elite status. They negotiated all the obstacles along a rugged course against the very best and drove on determinedly. Hopefully, enough people will appreciate that

See GIRLS XC, page C2



PHOTO COURTESY OF JACOB BROWN

Ridgewood senior Carleen Jeffers (No. 449) leads a pack of runners that includes teammate Sam Halvorsen (447) along the course at the State Meet of Champions. Jeffers would go on to finish ninth, while Halvorsen finished 10th, marking the fourth straight championship meet in which the Maroons pair finished consecutively.

GIRLS XC from C1

immense effort against such enormous odds.

"It's a true state championship race," Brown said. "Every high school in the state has a legitimate opportunity to get there, and it's a great process. I certainly felt our girls were capable of doing so well. Let's just say it wasn't a shock to

me."

While the boys season is over, the Ridgewood girls have at least one more important race. They run next in the Nike Regionals tomorrow at Bowdoin Park in Poughkeepsie, N.Y. One thing is certain, that by now, they have become accustomed to running in high-powered races and have thrived.

Ridgewood Cross Country Meet Summary

Meet: Nike North East Regional Course: Bowdoin
Division: Championship Course Record: _____
Date: 11/29/2014 Ridgewood Record: _____
Weather: Cold-30°, clear, Snow covered Type of Course: Big hill-mile 2
Team Total: 243 Team Place: 9th 1-5 Split: 1:59 1-7 split: 2:43

9. 243 Ridgewood - NJ (20:08.5 100:42.5 1:59.3)

=====

- 1 8 Carleen Jeffers SR 19:08.5
 - 2 12 Samantha Halvorsen JR 19:26.0
 - 3 34 Olympia Martin SO 19:59.6
 - 4 90 Abby Taylor SR 21:00.6
 - 5 99 Kelly Cleary SR 21:07.8
 - 6 (118) Corinna Cobb SO 21:29.2
 - 7 (131) Meghan Adams FR 21:51.4
- (217 Finishers)

Team Scores:

- 1. 84 U-Ville Running Club (19:26.2 97:10.8 1:18.1) - Unionville High School, PA
 - 2. 144 Black Bear Running (19:36.0 97:59.6 1:31.9) – Coe Brown Northwood Academy, NH
 - 3. 160 La Salle XC Club (19:47.6 98:58.0 1:09.9) - La Salle Academy, Providence, RI
 - 4. 168 Runner's High Racing Club (19:56.3 99:41.5 0:25.0) - Red Bank Catholic, NJ
 - 6. 179 Lower Bucks XC (19:46.0 98:49.6 2:21.5) –Pennsbury High School, PA
 - 7. 190 Hillsborough XC Club (19:56.6 99:42.6 1:44.3) - Hillsborough High School, NJ
 - 8. 217 Tolland Track Club (20:06.8 100:33.8 1:24.2) –Tolland Track Club, CT
 - 9. 243 Ridgewood - NJ (20:08.5 100:42.5 1:59.3)
 - 10. 275 Cardinal O'Hara XC Club (20:19.8 101:39.0 1:22.3) – Cardinal O'Hara HS, PA
 - 11. 287 Ridge Runners (20:23.5 101:57.2 0:50.0) - Ridge High School, NJ
 - 12. 314 Rocks XC (20:30.9 102:34.3 1:02.4) – Bishop Freehan High School, MA
 - 13. 355 Meadowridge XC Club (20:37.8 103:08.7 1:22.5) – Rumson-FairHaven HS, NJ
 - 14. 380 Pirate Cross (20:43.1 103:35.2 1:43.1) – West Windsor Plainsboro South, NJ
 - 15. 394 Princeton (20:50.2 104:10.7 1:46.0) - Princeton, NJ
 - 16. 450 Germantown Friends (21:01.5 105:07.2 2:39.3) - PA
 - 17. 452 Rebels (20:53.2 104:25.6 3:05.0) – South Kingston HS, RI
- (28 Teams)

Comment: Wow! Ninth in the North East and T-Shirts from Mary Cain!

GIRLS CROSS-COUNTRY

RHS ends season as No. 9 in Northeast

BY RON FOX
Correspondent

At the start of the girls cross-country season, Ridgewood High School coach Jacob Brown sent seven runners to the starting line at Penn State. Nothing was set in stone that day – or at least, that's what Brown thought.

"We were just looking to see who would be the varsity runners at that time," he explained shortly after one of the most successful seasons in program history came to a close. "We had a lot of talent and so many girls capable of being in the top seven, but the same seven who ran for us in that first race were the same seven who ran the whole season. No one got sick, no one got hurt. It was amazing."

At Nike Northeast Regionals last Saturday, the Maroons finished ninth out of 30 teams in a talent-laden girls championship race at Bowdoin Park in Wappingers Falls, N.Y. RHS senior Carleen Jeffers ran 10th in 19:08.5, junior Sam Halvorsen was 14th in 19:26.0, and sophomore Olympia Martin placed 41st in 19:59.6. Those three times rank among the 10 fastest ever run by Bergen County girls at Bowdoin.

As they did at the State Meet of Champions (SMOC), the Maroons came in as the third-fastest New Jersey team in the race. With their sparkling finishes, Jeffers and Halvorsen were named to the All-Northeast Region second team.

"Carleen missed a trip to Oregon [for Nike Cross Nationals in Portland] by eight seconds, and that was against the best teams in the Northeast," Brown continued. "And Sam was just off her by a little bit. It was a thrill to be there and to run well. It was quite a day."

Ridgewood followed its most comfortable strategy by getting out aggressively and pushing through the pack along the way. Jeffers was just a few seconds behind the lead pack, and that is basically how she finished: strong, but just short of the qualifying time.

"And Olympia [Martin] ran her best in the middle of the race, as usual," Brown noted. "Olympia's background is that she's a great aerobic athlete. She gets her pace going, and she keeps it going; she doesn't slow down. She was our important No. 3 runner."

Martin continued to draw attention by spiritedly working her way up from 65th at the



Ridgewood's Meghan Adams (No. 966) crosses the finish line at Nike Northeast Regionals, edging Anna Cassidonio of Hamilton-Wenham, Mass. by 0.2 at snowy Bowdoin Park in Upstate New York.



Ridgewood sophomore Olympia Martin (No. 971) navigates the pack, followed closely by Hannah Springhorn of Gifford, Conn. (1072).

halfway mark to her 41st-place ending.

Rounding out Ridgewood's solid regional performance were seniors Abby Taylor (21:00.6) and Kelly Cleary (21:07.8), sophomore Corinna Cobb (21:29.2) and freshman Meghan Adams (21:51.4).

While the season is over, it still has been a busy week enjoyed by the girls. On Tuesday, a few of them had their photos taken for the upcoming *Ridgewood News* All-Suburban feature. Brown also arranged to have the entire team attend last night's All-County dinner at the Fiesta in Wood-Ridge, where Ridgewood was announced as *The Record's* Girls Cross-Country Team of the Year. The coach wanted all the girls to be on hand to accept the trophy that officially signifies them as the best.

There were plenty of team and individual achievements to substantiate that ranking. The Maroons set the all-time record at Darlington Park for combined team time (18:42.8 at the Bergen Meet of Champions) and ran the



Two Ridgewood girls earned All-Region second team recognition for running in the top 16 at Nike Northeast Regionals. Sam Halvorsen, far left, placed 14th in 19:26, and Carleen Jeffers, second from right, was 10th in 19:08.5.

See REGIONALS, page C3

REGIONALS from C1

fastest time in school history at Holmdel (19:38.6 at the SMOC). The latter clocking broke an RHS record that had stood since 1980.

As Brown had mentioned earlier, the team had a great depth of talent, so there were girls beyond the top seven that could have been stars elsewhere.

For instance, senior Ari Hasbrouck won the JV State Champi-

onship at Thompson Park in Monroe Township on Nov. 5. Freshman Hanna Fishbein won the Bergen frosh race and was second at the Freshman State Championships at Thompson Park.

Senior Tara Cirillo, one of the team captains, won the Bergen JV race, and junior Leah Rosenfeld was second in the same event. The junior varsity then finished second to Ridge of Basking Ridge in the JV State meet.

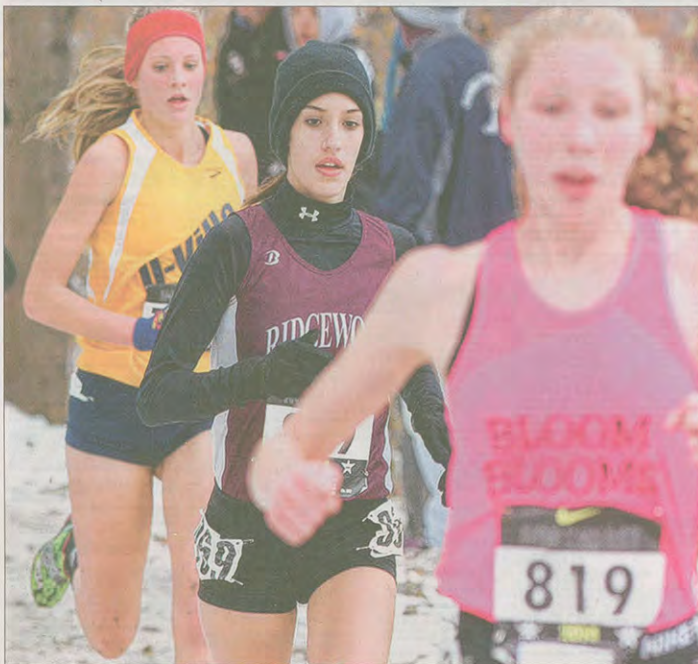
"These girls would be varsity in most cross-country programs in the state," Brown assured.

A strong evaluator of talent, Brown coached one year at a high school in Harrisburg, Pa., left to go to graduate school, and then came to Ridgewood, where he has remained for the last 44 years. He has coached a number of sensational squads, but this one was as impressive as any of its predecessors.

"We had very good teams before, but there was no Nike meet to run in back then," he said. "That didn't start until 10 or 11 years ago, so this was special."

"I was joyous about the way we ran on Saturday, but I wasn't joyous knowing the season was over and we had to stop doing this," said Brown. "I'm just so proud of the girls."

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On a chilly Saturday, Ridgewood junior Sam Halvorsen (No. 969) stays in hot pursuit of Hillsborough's Paige Novak (819) while holding off Gretchen Mills of Unionville, Pa. in the Nike Northeast Regional girls championship race.

PHOTO COURTESY OF JACOB BROWN



Seniors!



Cristina



Sarah Kate



Katherine



Tara



Kelly



Juicsi



Amanda



Genevieve



Jordan



Ari



Carleen



Tayler



Abby

Ridgewood News All Suburban Cross Country - 2014

Girls First Team

Name	School	Grade	Coach
Catherine Pagano	Northern Highlands	12	Frank Gilli
Julia Guerra	Indian Hills	11	Tom Zacccone
Carleen Jeffers	Ridgewood	12	Jacob Brown
Sam Halvorsen	Ridgewood	11	Jacob Brown
Olympia Martin	Ridgewood	10	Jacob Brown
Kelly Cleary	Ridgewood	12	Jacob Brown
Colleen Buckley	IHA	12	John Downey
Giavanna Tabbachino	IHA	10	John Downey
Monica Hebner	Northern Highlands	9	Frank Gilli
Alex Walter	Glen Rock	9	Stacie Gallo

Frosh Of the Year: Isebella Hebner - Northern HighLands

Girls Secord Team

Name	School	Grade
Abby Taylor	Ridgewood	12
Meghan Adams	Ridgewood	9
Corinna Cobb	Ridgewood	10
Jodi Hinchin	Northern Highlands	11
Veronica Mahler	Northern Highlands	12
Karina North	Northern Highlands	12
Alexandra Harris	Ramapo	10
Megan Brockmeir	IHA	10
Cara Power	IHA	12
Caitlin McPartland	IHA	10

TEAM OF THE YEAR

Ridgewood

Maroons' depth is key to success

By **PAUL SCHWARTZ**

STAFF WRITER

Ridgewood cross-country coach Jacob Brown was encouraged by a hard workout the Maroons ran at a traditional workout site in October.

"We call it 'the Glen Rock Hills' and it's a 7½-mile workout with five hills – it's a hard workout and we usually only get the varsity team plus one or two JV kids to complete it," said Brown. "The most kids we ever had finish the workout was 18 [in 1998]. This year we did it in mid-October and when the kids finished, I counted 22!"

A good omen for one of the finest teams in North Jersey history, a team that set school (and North Jersey records) at the Darlington and Holmdel courses and eventually finished third in the State Meet of Champions.

"That's a marquee workout for us and when we had that many girls do it – I thought – 'Holy Cow! It's going to be that kind of year,'" said Brown, who has coached every Ridgewood girls cross-country team in its 40-year history. And the depth helped the Maroons overcome some early season setbacks and earn The Record Girls Cross-Country Team of the Year honors.

The Maroons had sensational 2014 seasons from the top four runners on last year's sixth-place state medalist team – seniors Carleen Jeffers and Kelly Cleary, junior Sam Halvorsen and sophomore Olympia Martin, but lost the other three returnees, senior Genevieve Felsenstein and junior Leah Rosenfeld to illness and junior Vanessa Reis to injury be-

Girls Top 25

1. Ridgewood
2. Northern Highlands
3. Immaculate Heart
4. Holy Angels
5. Clifton
6. Hackensack
7. Bergen Tech
8. Tenafly
9. Ramsey
10. Glen Rock
11. Wayne Hills
12. River Dell
13. Cresskill
14. Old Tappan
15. Demarest
16. Fair Lawn
17. Pascack Valley
18. Palisades Park
19. Cliffside Park
20. Teaneck
21. Wayne Valley
22. Secaucus
23. Indian Hills
24. Ramapo
25. Garfield

fore the season started.

That's where the great depth of Ridgewood reflected in the Glen Rock workout came through. Meghan Adams had a great freshman year and sophomore Corrina Cobb emerged from a group that included seniors Ari Hasbrouck, Tara and Kate Cirillo and freshman Hannah Fishbein to provide a consistent seventh runner.

But it was the development of senior Abby Taylor that most surprised Brown and solidified the team that gave Ridgewood its best finish in the State Meet of Champions since the 1999 championship team.

FIRST TEAM

(All North Jersey By The Record)



COLLEEN BUCKLEY
Immaculate Heart,
senior

Perhaps the most tenacious runner in North Jersey, Buckley moves up from second team on the strength of a win at Big North United, sixth in Lou Molino Bergen Meet of Champions, second at Non-Public A championships and 26th at State Meet of Champions.



JULIA GUERRA
Indian Hills, junior

She won Bergen Group B race, and took second to Pagano at Big North Freedom, Bergen Meet of Champs and North 1, Group 3 races, each time moving higher on the Darlington County Park (sixth) and Garret Mountain (11th) all-time lists. She was eighth in Group 3.



SAM HALVORSEN
Ridgewood, junior

The second of four repeaters, she was steady and spectacular, winning North 1, Group 4 race, and finishing in top five at Big North Freedom, Bergen A, Meet of Champions and Group 4 before taking 10th in State Meet of Champions.



CARLEEN JEFFERS
Ridgewood, senior

Another repeater, she and her friend and neighbor Halvorsen powered Ridgewood to third place in State Meet of Champions and a Darlington team record. She beat Halvorsen twice in six late-season races, at Bergen A (second) and State Meet of Champions (ninth), the highest finish for a Ridgewood runner at SMOC since 2001.



MICHELLE KUBASEK
Bergen Tech, junior

From obscurity to stardom as quickly as any in a long time, the first-year runner was consistent and sensational after winning Big North Liberty, taking seventh in Bergen A, Bergen Meet of Champs and North 1, Group 4 races, gaining a wild card in Group 4 and then racing to 27th in State Meet of Champions.



OLYMPIA MARTIN
Ridgewood, sophomore

She seemed to come up big when the Maroons really needed it, finishing seventh in Big North Freedom, fifth in Bergen A, ninth in BMOC, eighth in North 1, Group 4 race and then ran a 46-second improvement in taking 47th in State Meet of Champions.



CATHERINE PAGANO
Northern Highlands,
senior

Undefeated up to the Group 3 meet, with wins at Big North Freedom, Bergen A, Bergen Meet of Champs and North 1, Group 3 meets before taking second in state race and an uncharacteristic 40th in State Meet of Champions, she set the Darlington course record at 17 minutes, 29 seconds.



VERONICA ROCCO
Tenafly, senior

Was consistent all season in moving up from second team, winning Big North National, taking second in Bergen B, 13th in Bergen Meet of Champs, fourth in North 1, Group 3, and was 10th in Group 3, running fifth-fastest North Jersey time at Holmdel Park this year.



MARY WATTERS
Holy Angels, senior

Repeated on first team, with third-place finishes in Big North United and Bergen B, fifth in Bergen Meet of Champions and 10th in Non-Public A, before running a solid race at State Meet of Champions.

SECOND TEAM

Kelly Cleary, Ridgewood, senior

Monica Hebner, Northern Highlands, freshman

Jodi Hinchin, Northern Highlands, junior

Meghan Jozefczyk, Clifton, sophomore

Abigail McLaughlin, Bergen Tech, junior

Giavanna Tabbachino, IHA, sophomore

Abby Taylor, Ridgewood, senior

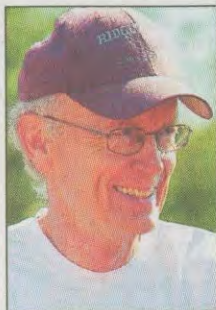
Alex Walter, Glen Rock, freshman

Christina Welzer, Demarest, senior

ALL-BERGEN COUNTY TEAM



GIAVANNA TABBACHINO
Immaculate Heart,
sophomore



Coach of the year:
JACOB BROWN
Ridgewood

Small School Team of the Year: Ramsey

SECOND TEAM

Kelly Cleary, Ridgewood, senior
Isabel Hebner, Northern Highlands, freshman
Monica Hebner, No. Highlands, freshman
Jodi Hinchin, Northern Highlands, junior
Abigail McLaughlin, Bergen Tech, junior
Veronica Rocco, Tenafly, senior
Abby Taylor, Ridgewood, senior
Alex Walter, Glen Rock, freshman
Christina Welzer, Demarest, senior

THIRD TEAM

Meghan Adams, Ridgewood, freshman
Megan Brockmeier, IHA, sophomore
Courtney Brunet, Old Tappan, junior
Ashley Evans, Pascack Valley, sophomore
Courtney Gelselheimer, Demarest, junior
Tara Lyons, Holy Angels, freshman
Veronica Mahler, Northern Highlands, senior
Serena Martinez, Hackensack, junior
Yanibel Pena-DeJesus, Hackensack, senior

HONORABLE MENTION

Jennifer Polo, Cliffside Park; Emily Green, Cresskill; Tara Satnick, Dwight-Englewood; Ingrid Faria, Fair Lawn; Kylie Nugent, Garfield; Jane Burgoyne, Glen Rock; Soribel Moronta, Hackensack; Danielle Dallara, Hasbrouck Heights; Grace Jansson, Kelly Mandella and Rhianon Novelli, Holy Angels; Caitlin McPartland, Jill Neggia and Cara Power, IHA; Madeline Daly, Indian Hills; Karina North, Northern Highlands; Alexandra Lacorazza and Adriana Lopez, Palisades Park; Katerina Harte, Paramus Catholic; Nikki Crisculo, Pascack Valley; Alexandra Harris and Kateryna Tkachenko, Ramapo; Victoria Clinton, Elizabeth Flood, Megan Johnston and Abigail Zammit, Ramsey; Tara Cirillo, Corina Cobb, Ari Hasbrouck, Leah Rosenfeld and Sophia Sheehy, Ridgewood; Shannon Gorla, River Dell; Alison Regan, Rutherford; Nicole McVeigh, Sadle Brook; Olivia Randolph, Teaneck; Kadreya Simeon, Tenafly; Victoria Sloezen, Westwood.

Teams selected by the Bergen County Women's Coaches Association

All-North Jersey lineup

Monday: Girls tennis

Tuesday: Gymnastics and field hockey

Wednesday: Girls soccer

Thursday: Boys soccer

Today: Girls cross-country

Saturday: Boys cross-country

Sunday: Football

Monday: All-County football; Girls volleyball

FIRST TEAM

Colleen Buckley, IHA, senior
Julia Guerra, Indian Hills, junior
Sam Halvorsen, Ridgewood, junior
Carleen Jeffers, Ridgewood, senior
Michelle Kubasek, Bergen Tech, junior
Olympia Martin, Ridgewood, sophomore
Catherine Pagano, No. Highlands, senior
Giavanna Tabbachino, IHA, sophomore
Mary Watters, Holy Angels, senior
Coach of the Year: Jacob Brown, Ridgewood
Large School Team of the Year: Ridgewood

DARLINGTON PARK BERGEN CHAMPIONSHIP COURSE

Ridgewood High School All Time List

17:49.1	Jenna Rogers	1993	20:02	Rachael Anzano	2010
17:59	Sam Halvorsen	2014	20:04	Maggie Harms	2003
17:59	Carleen Jeffers	2014	20:07.1	Katie Cohn	1996
18:23	Meredith Jones	2004	20:12.6	Zena Lobell	1994
18:27	Catherine Pagano	2012	20:16	Tina Gibble	2011
18:37.0	Celeste Sedo	1997	20:16.8	Tara O'Neill	1996
18:41.4	Kelly Behan	1997	20:17.4	Carrie Ruggles	1996
18:45	Olympia Martin	2014	20:17	Courtney Schofield	2009
18:47	Ashlyn Llerandi	2006	20:19	Tara Cirillo	2012&14
18:52.3	Amy Smith	1995	20:19	Corina Cobb	2014
18:53.9	Meghan O'Connell	2003	20:22.8	Jackie Goulart	2001
18:55.5	Clair Nowakowski	2001	20:24.2	Becca Wells	2004
19:02.2	Stephanie Doyle	1994	20:26	Ari Hasbrouck	2014
19:04.6	Justine Lupo	2002	20:29	Jess Krejsa	2005
19:09	Kelly Cleary	2014	20:29	Brenna Fischer	2010
19:12	Vanessa Reis	2013	20:31	Monica Schiefen	1998
19:17	Sarah Daly	2008	20:31	Tira Lobell	1998
19:22	Christy Bertelsen	2005	20:31	Emily Garber	2008
19:27	Caroline Davidson	2011	20:31.8	Larissa Skuthan	2002
19:28.5	Meg McDermott	1998	20:32	Christina Lewis	2007
19:31.6	Lauren Stuhr	1993	20:32	Sophia Sheehy	2014
19:33	Laura Weisberger	2011	20:37	Taylor Dunn	1998
19:33	Emily Fishbein	2012	20:38.1	Vanessa Worm	1994
19:34	Hanako Shigenobu	2011	20:42	Peggy Lynch	2000
19:35	Grayson Llerandi	2010	20:42	Katie Reis	2014
19:36.2	Alyson Cangemi	1999	20:43	Elyse Lee	1993
19:36	Meghan Adams	2014	20:44	Beth Apsel	1994
19:41	Jess Vasquez	2008	20:45	Katie Dougherty	2010
19:43	Leah Rosenfeld	2013	20:45	Fran Felder	2012
19:43	Abby Taylor	2014	20:49	Lauren Pagano	2014
19:45.9	Emily Terrin	2003	20:53.4	Rebecca Johnson	1999
19:46	Stephanie Westerman	04	20:54	Ana Law	1998
19:46	Genevieve Felsenstein	13	20:54	Haley Driscoll	2014
19:47	Danielle Walther	1998	20:55	Lauren Lillis	2000
19:49	Victoria Pan	2011	20:55	Sam Laddin	2007
19:52.2	Julia Brownell	1999	21:00	Megan McCabe	1992
19:56	Charlotte Margel	2007	21:02.4	Kathleen Campbell	1993
19:57	Claire Blaney	1992	21:04	Julie Hurley	2006
19:58	Kim Folk	1994	21:06.6	Casey Dunn	2003
19:58.9	Diana Mangam	2004	21:08	Jordan Ford	2014
19:59	Lesley Jones	2012	21:09	Camille Davis	2011
20:02	Erin Roach	1992	21:11	Summer Neborski	2010
20:02	Jeanne Reilly	1992	21:11	Sarah Davis	2013

21:13.4	Brianne Fenzel	2004	22:11.4	Elana Chalmers	2004
21:13	Megan Morris	2007	22:12	Christine Kim	2009
21:13	Christine Kim	2010	22:14	Vanessa McDermott	1993
21:15.0	Roberta Jones	2003	22:14	Catherine Merck	2010
21:15	Emma Follender	2008	22:15.9	Sara Delaney	2004
21:19	Emily Stern	2013	22:18	Tayler Tai	2011
21:21	Alex Scibetta	2008	22:19	Emily Brodtkin	2013
21:22	Megan Granski	2008	22:22	Aisling Casey	2012
21:23.2	Lianne Hansen	2002	22:26.8	Nadine Chalmers	2004
21:24	Tara Cirillo	2011	22:26	Kate McDonagh	2001
21:25	Renee Olsen	2008	22:26.7	Sujean Park	2002
21:25	Taylor Tai	2013	22:27	Liz O'Connor	1997
21:26	Julie Sprich	1996	22:28	Lauren Maxwell	1993
21:28	Rose Sedo	1995	22:28	Vera Mudry	2013
21:37	Alexandra Oros	2000	22:29	Ava Fiddle	2009
21:27	Katie Martin	2009	22:30	Sara Wells	1998
21:34	Margaret Mullen	2010	22:30	Anya Sherman	2013
21:35	Emily Reimer	2010	22:30	Margaret Merck	2013
21:38	Geraldine Campbell	1995	22:31	Julia Foresman	2000
21:38	Maureen Muchel	2006	22:34.9	Jenna Rubinoff	2002
21:39.5	Katherine Cirillo	2013	22:36.9	Alex Jones	2004
21:40	Claire Burns	2002	22:40	Erin Walicki	2014
21:41	Megan Lucky	2011	22:40	Kylie Simpson	2013
21:43.6	Marya Goodman	2005	22:41	Sarah Schmidt	2013
21:44	Brigid O'Connor	2010	22:42	Rosa Dillon	2004
21:45	Sarah Catalano	2014	22:42	Cayla Whitaker	2014
21:46	Quinn Daly	2014	22:44	Deidre Casey	2010
21:46.5	Krista Rynkowski	2003	22:44	Colleen Dwyer	2012
21:47	Gabby Jordan	2011	22:46	Chrissy Martin	1998
21:48	Marina Krygin	2010	22:46	Jackie Macchi	2001
21:48	Emily Cumbo	2012	22:46.7	Rachael Ryan	2002
21:49	Lesley Bruno	1997	22:49	Whitney Betancort	2008
21:50	Lizzie Fine	2010	22:51	Julcsi Csorba	2014
21:51	Erin Dwyer	2013	22:52	Amanda deVera	2014
21:53	Brittany Frank	2011	22:54	Jen Schablik	2010
21:56	Katy Aldave	1998	22:55	Jess Connor	2006
21:55	Cassie Canzani	2001	22:56	Katie Latanich	1999
21:56	Okwuchi Onwubu	2008	22:57	Ann Bigos	2006
21:57	Rachael VanYperen	1992	22:57	Becca Stern	2012
21:57	Katie O'Brien	1993	22:58	Izzy Stern	2012
21:59	Kara Belknap	1997	23:01	Alice Smith	2010
22:00	Kristen Carle	2012	23:01	Kathleen Simon	2010
22:01	Diane Nelson	1997	23:02	Melissa Masterson	1996
22:02	Justina Cho	2006	23:02	Mackenzie Broatch	2012
22:02	Caitlin Daniels	2009	23:03	Tori Mullin	2006
22:04	Jasmin Steinacker	2014	23:03	Blake Parsekian	2012
22:05	Vanessa Vinici	2006	23:04	Maggie Cain	1993

23:05	Kitty Lawn	1996	23:59	Grace Eckels	2011
23:06.2	Caroline Gable	2002	23:59.0	Tammie Armstrong	2002
23:10	Erin MacLennan	2011	23:59	Meryl Saunders	2008
23:10	Amanda Muccio	2013	23:59	Kylie Daniels	2013
23:11	Alison Correll	1996	24:01	Amanda DiLeo	1994
23:12	Lissett Dillon	2006	24:02	Bridget Mullen	2012
23:17	Sam Bussinelli	2010	24:03	Alex Shea	2006
23:18	Clare Weeks	1999	24:05	Tara Pehush	1997
23:18	Kristen Espenak	2001	24:06	Sujata Rajpurohit	2004
23:19	Ruth VanYperen	1999	24:08	Lara Poole	2007
23:19	Colleen Herlihy	1999	24:08	Lauren Tedeschi	2009
23:20	Sarah Apsel	1993	24:10	Olivia French	2008
23:20	Caroline Moore	2008	24:13	Kitty Lawn	1995
23:22	Eurih Lee	2007	24:13	Lizzy Volgelback	1997
23:22	Emma Hareas	2012	24:13	Jess Rhoten	1998
23:23	Carolyn Moritz	1995	24:16	Petra Janosikova	2010
23:23	Ali Schoff	2006	24:17	Andi Scibetta	2010
23:24	Christina Grab	1995	24:19	Adella Iliev	2008
23:24	Lindsay Haas	2013	24:20	Jessie Kirshner	2010
23:25	Lauren G-Heuwetter	1994	24:22	Blair Anzalone	2012
23:25	Brittany Ghaderi	2006	24:24	Carolina Focella	2010
23:25	Irene Janis	1997	24:25	Amelia Fogg	2012
23:26	Nikki Shea	2006	24:27	Diana Soriano	2013
23:30	Sarah Durnan	1992	24:29	Shannon McCarthy	2001
23:30	Shauana Swan	2000	24:32	Serena Roth	1996
23:30	Lauren Kirshner	2009	24:33	Megan Callaghan	2011
23:30	Christina Barrales	2013	24:36	Vickie Gellis	1993
23:34	Madeline Conboy	2006	24:37	Milena Loren	2008
23:36	Mercedes Whitman	2010	24:37	Lovisa Sjolander	2014
23:37	Alex Furger	1992	24:38	SarahKate Caliguire	13
23:42	Jamie Nudell	2009	24:41	Brittany Hemmel	1999
23:43	Tatiana Mehos	2014	24:44	Alyson Donnley	1993
23:44	Kat Francis	2010	24:44	Christina Dasher	1997
23:45	Baker Earl	2013	24:45	Katie Simpson	2003
23:46	Cara McBrearty	2006	24:45	Megan Goodman	2007
23:47	Mo Smith	1997	24:48	Terry Shum	1992
23:47	Kerry Doherty	2001	24:49	Baker Earl	2011
23:47	Julia Honoroff	2008	24:52	Mandy Warton	1993
23:48	Kanako Nakamura	1993	24:52	Cara Beirne	2008
23:48	Chantal Guerriero	2007	24:55	Vicky Lowe	1995
23:50	Catherine Cleary	2011	24:55	Catherine Lowe	1995
23:51.4	Jill Herlihy	2002	24:57	Stephanie Sonnick	2008
23:51	Ali Korinis	2007	25:00	Jen Dlugasch	1997
23:52	Emily Rick	2011	25:00	Carolyn Cosgrove	1997
23:54	Lauren Lennon	1998	25:00	Devon Fromm	2004
23:54	Kelly Dwyer	2014	25:00	Nicole Chiaramonte	2008
23:54.8	Brianne Lupo	2004	25:00	Sarah Lavin	2009

25:01.3	Lauren Anderson	2002	26:29	Meghan Thurlow	2014
25:02.1	Jane Horwitz	2002	26:30	Kelsie McKenna	2010
25:04	Joelle Gruber	1993	26:33	Courtney Campbell	2011
25:04	Kaitlyn Amoruso	2014	26:41	Shannon Osborn	1993
25:05	Molly Rapaport	2007	26:41	Emily Hermance	1995
25:07	CJ Chiaramonte	2012	26:46	Julie Culver	1992
25:08	Kristin Egan	1997	26:48	Madison Moras	2014
25:11	Nora Apsel	1997	26:49	Claire Kelly	2013
25:16	Megan McKeon	2010	26:54	Allison Milch	2010
25:20	Dara Hourdajian	1998	26:56	Amy McDonald	1997
25:22	Sarah Burton	1995	26:58	Maddie Leonard	2014
25:22	Erin Cron	1997	26:59	Carley Cebek	2011
25:24	Grace McCormick	2014	27:02	Marisa Gorman	2010
25:30	Elizabeth Kopec	2012	27:06	Emma Szymanski	2012
25:31	Jamie Hollender	1993	27:07	Rita Espinoza	2014
25:32	Catherine Cleary	2009	27:15	Kaitlyn Argila	2008
25:35	Kendall Marquard	2008	27:17	Maggie O'Shea	2008
25:42	Sarah Bigos	1999	27:20	Megan Groome	1994
25:42.3	Kim Wheeler	2002	27:29	Elizabeth Cavanagh	1992
25:44	Emily Geiger	2009	27:31	Lily Josefsberg	2007
25:46	Kim Noble	2009	27:39	Megan Bain	1997
25:51	Grace Harris	2013	27:41	Zoe Bergen	2008
25:53.7	Aimee Martin	2002	27:42	Emily Keeney	2014
25:55	Kate Strum	1997	27:44	Cara Dimino	2008
25:55	Julia Sullivan	2010	27:46	Erin Raiter	1997
25:57	Katy Feldhahn	2012	27:49	Kate Mcwhiney	1999
25:59	Leilani Laqui	2006	27:53	Helen Peng	2009
26:00	Kathy Koo	2007	27:55	Abby Scanlon	2010
26:01	Jie Sun	2006	28:05	Meg Snyder	1998
26:02	Liz Strahle	1997	28:06	Cara Farley	2014
26:03	Petra Abramenko	2014	28:11	You Jung Park	1994
26:04	Sarah Sandler	2012	28:25	Jessica Stanley	1992
26:07	Priscilla Chow	2006	28:34	Beth Riina	1998
26:11	Mollie Knee	2012	28:36	Hanna Husby	2009
26:14	Remy Telesco	2008	28:42	Lucie Kloak	2009
26:14	Allie Seibold	2010	28:45.8	Dana Flynn	2004
26:16	Christine Dimino	2010	28:48	Deborah Apsel	1993
26:16	Maryam Jahanbin	2013	29:05	Becky Tanner	2010
26:19	Milena Loren	2009	29:15	Sara Bragg	2010
26:21	Emma Herzberg	2014	29:27.8	Amanda Cloke	2005
26:22	Emma Brickfield	2011	29:28	Alex Antonacci	2008
26:23	Jen Siegel	1995	29:32	Allia Jahanbin	2013
26:23	Casey Callan	2001	29:37	Meta Shaw	1998
26:24	Kathryn Kearney	2014	29:39	Sasha O'Keefe	2014
26:25.4	Reine Duffy	2002	29:44	Audrey Gao	2014
26:27	Nora Varadi	1994	29:51.8	Chris Feeney	2002
26:27	Madison Heibel	2014	29:56	Kelsey Cirillo	2008

30:26	Amy Chidiac	1993
30:35	Melissa Haworth	2010
31:33	Sonal Tulsyani	2013
31:42	Sofia DeAndrade	2014
31:12	Becca Tanner	2011
32:00	Angelica Esposito	2013
34:31	Michelle Szymanski	2005

All Time Ridgewood List
course established 1992

course record:

17:25 Catherine Pagano- 2014
Northern Highlands HS

Team Time Course Record:

93:34 Ridgewood HighSchool 2014
(18:42.8 - 5 girl average)

compiled 12-2014

DARLINGTON PARK FROSH COURSE

1 LOOP 1.61 miles

9:49	Justine Lupo	2000	11:04	Lauren Maxwell	1992	11:45	Kathleen Nowakowski	98
9:50	Hanna Fishbein	2014	11:04	AshleyBridgefarmer	2000	11:45	Emma Follender	2006
9:51	Christy Bertelsen	2004	11:04	Christine Kim	2008	11:47.7	Jess Connor	2005
9:56.6	Sam Halvorsen	2012	11:04	Tina Gibble	2008	11:47	Katie Latanich	1996
9:59.8	Kelly Cleary	2011	11:04	Summer Neborsky	2008	11:47	Kendal Marguard	2007
10:06.9	Grayson Llerandi	2007	11:05	Isabelle Stern	2012	11:49	Kristen Espenak	1999
10:11	Evelyn Kotch	2014	11:06.7	Brittany Ghaderi	2005	11:49	SuJean Park	2001
10:12	Leah Rosenfeld	2012	11:07.5	Annie Bigos	2004	11:49	Catie Keating	2013
10:16.1	Marya Goodman	2003	11:09	Emma Hareas	2012	11:52	Cara Farley	2013
10:16	Tara O'Neill	1996	11:09.2	Elana Chamlers	2003	11:52	Kelly Dwyer	2012
10:20	Brittany Schofield	2014	11:09	Geraldine Campbell	1992	11:52	Sophia Florida	2014
10:21	Clair Nowakowski	1998	11:09	Cara Beirne	2007	11:53	Andrea Remmen	1993
10:22	Rachael Ryan	2001	11:10	Julie Hurley	2004	11:53	Meryl Saunders	2006
10:22	Beatrice Davis	2014	11:10	Lauren Pagano	2013	11:55	Kelsie McKenna	2010
10:23	GenevieveFelsenstein	11	11:11	Beth Apse	1992	11:56	Lucia Knight	1995
10:25	Katie Dougherty	2009	11:11	Lianne Hansen	2000	11:57	Alison Correll	1995
10:27	Laura Weisberger	2010	11:11	Catherine Merck	2008	11:57	Caroline Gable	2000
10:27	Katherine Cirillo	2011	11:11	Rebecca Stern	2010	11:57	Jen Schablik	2009
10:30.1	Ashlyn Llerandi	2003	11:11	Kaitlyn Amoroso	2013	11:57	Amelia Fogg	2011
10:31	Emily Fishbein	2010	11:13	Natisha Skuthan	1994	11:58	Shelly Seidenberg	2000
10:32	Alyson Cangemi	1996	11:13	Bridget Mullen	2011	11:59	Kate Mewhiney	1997
10:33	Claire Burns	2001	11:14	Kerry Doherty	1999	11:59	Kat Francis	2009
10:33	Courtney Schofield	2006	11:16.0	Cara McBrearty	2004	11:59	Mackenzie Broatch	2010
10:34.8	Justin Cho	2005	11:16	Julia Honoroff	2007	11:59	Kylie Daniels	2011
10:35	Renee Olsen	2007	11:17.0	Elyse Clarendon	2005	11:59	Tatiana Mehos	2012
10:35	Sophia Sheey	2013	11:18.1	Alex Jones	2003	12:00	Zoe Bergen	2007
10:36	Jess Rohten	1996	11:20	Shannon McCarthy	2000	12:00	Madi Heibel	2013
10:36	Brenna Fisher	2007	11:20	Lauren Kirshner	2008	12:01	Katie Doyle	2014
10:38	Megan Lucky	2010	11:21	Meredith Jones	2002	12:03	Madison Moras	2013
10:38	Tara Cirillo	2011	11:21	Lauren Mason	2006	12:03	Olivia Lavin	2012
10:38	Lindsay Haas	2012	11:21	Lauren Tedeschi	2008	12:04	Grace Kwon	2008
10:39	Erin Dwyer	2012	11:21	Katy Feldhahn	2011	12:06	Milena Loren	2006
10:40	Rebecca Johnson	1997	11:21	Anyia Sherman	2012	12:08	Tammie Armstrong	2000
10:41	Ali Korinis	2007	11:22	Julie Sprich	1995	12:08	Kathryn Kearney	2013
10:43	Hanako Shigenobu	2008	11:23	Julia Foresman	1998	12:09	Carolyn Cebek	2010
10:45	Alice Smith	2009	11:23	Cayla Whittaker	2012	12:10	Ally McDade	2013
10:47.0	Charlotte Margel	2005	11:24	Brianne Lupo	2003	12:11.8	Devon Fromm	2003
10:48	Casey Dunn	2000	11:24	Baker Earl	2011	12:12	Jenna Rubinoff	1999
10:48	Erin MacLennan	2010	11:24.5	Madeline Conboy	2005	12:14	Allyson Donnelly	1992
10:49	Alexandra Oros	1998	11:25	Katie Simpson	2001	12:17	Sarah Bigos	1998
10:49	Jess Krejsa	2002	11:29	Cate Becker	2014	12:17	SarahKateCaliguire	11
10:49	Emily Garber	2006	11:29	Lia Ward	2014	12:19	Melanie Leider	2014
10:50	Margaret Merck	2010	11:30	Kate McDonagh	1999	12:19	Tara Moore	2014
10:50	Taylor Tai	2011	11:30.6	Molly Rappaport	2005	12:20	Alison Milch	2010
10:51.8	Sam Laddin	2005	11:33	Mia Barbera	2012	12:20	Claire Kelly	2012
10:51.8	Lisett Dillon	2005	11:34	Ruth VanYperen	1998	12:22	Erin Cron	1996
10:52	Emily Stern	2012	11:34	Julia Sullivan	2010	12:22	Emily Keeney	2013
10:53	Jackie Goulart	1998	11:35	Nora Apse	1996	12:23	Kristin Egan	1995
10:54	Peggy Lynch	1998	11:35	Grace Eckels	2010	12:23	Jill Herlihy	2000
10:54	Jackie Macchi	1999	11:35	Diana Soriano	2012	12:23	Grace Harris	2012
10:55	Colleen Dwyer	2009	11:37	Sara Delaney	2001	12:24	Brielle Silletti	2008
10:57	Ava Fiddle	2007	11:37	Blake Parsekian	2009	12:25	Jenn Cortright	2001
10:58	Tira Lobell	1995	11:37	Poyani Bavishi	2012	12:25	Mikaela Bradley	2008
10:59	Mauren Muchel	2004	11:38	Lily Josefsberg	2007	12:28	Christina Dasher	1995
10:59	Kathleen Simon	2010	11:38	Shayna Jennings	2012	12:29	Catherine Lowe	1994
11:00	Nikki Lattieri	2000	11:39	Colleen Herlihy	1998	12:30	CJ Chiaramonte	2009
11:00	Catherine Cleary	2008	11:39	Sarah Catalano	2013	12:31	Liz Bedford	1999
11:01	Lesley Bruno	1996	11:39	Bridget Walicki	2014	12:32	Pippa Scott	1998
11:01	Kristen Carle	2010	11:40	Jane Horwitz	2001	12:32	Katie Martin	2006
11:01	Emily Rick	2011	11:41	Emily Reimer	2008	12:32	Christine Domino	2010
11:02	Diane Nelson	1996	11:41	Isabelle Garrity	2012	12:34	Irene Janis	1995
11:03	Okwuchi Onwubu	2006	11:41	Molly Knee	2012	12:34	Tory Mullin	2005
11:03	Sam Bussinelli	2010	11:43	Brittany Hemmel	1997	12:34	Kaitlyn Nyhuis	2014
11:03	Riley Ban	2014	11:44	Andie Scibetta	2008	12:35	Deborah Apse	1992

12:35	Emily Geiger	2008
12:37	Nora Varadi	1993
12:37	Nicole chiaramonte	2007
12:38	Caroline Hadfield	2014
12:39	Abby Scanlon	2010
12:40	Pricilla Chow	2005
12:40.3	Jess Murphy	2000
12:40	Kaitlyn Argila	2007
12:41	Mary Anne Lthgow	2006
12:41	Emma Brickfield	2010
12:42	Cara Dimino	2007
12:44	Ashley Amo	2000
12:44	Maddie McKenna	2011
12:49	Emma Herzberg	2013
12:53	Kelly Phillips	2006
12:53	Tatum Flood	2012
12:53	Sarah Sandler	2010
12:58	Becky Tanner	2010
13:00	Dana Flynn	2004
13:02	Pam Safirstein	2006
13:02	Stephanie Sonnick	2007
13:03	Ali Bonanno	2006
13:03	Amanda Metzger	2006
13:04	Katie Minitier	2006
13:05	Aimee Martin	2000
13:10	Julie Culiver	1992
13:15	Hunter Tarvin	2012
13:15	Ailish Bennett	2014
13:16	Sasha O'Keefe	2014
13:18	Lauren Breiter	2008
13:18	Audrey Gao	2014
13:19	Sara Bragg	2010
13:20	Jen Siegel	1992
13:20	Vicki Lowe	1994
13:24	Casey Gervolino	2012
13:25	Adella Ilieva	2006
13:31	Chelsea Muggeridge	2006
13:29	Pam Safirstein	2006
13:35	Mary Skrzypczak	2013
13:39	Mary Taylor	2006
13:43.9	Ali Wardley	2003
13:44	Nicole Hroncich	2008
14:01	Alllia Jahanbin	2012
14:06	Olivia Carroll	2012
14:18	Lauren Gadon	2005
14:26	Sonal Tuisgani	2012
14:36	Samantha Delaney	2012
14:47	Sam Hernandez	2012
15:36.5	Daisy Watson	2005

All Time Ridgewood List
 course established 1992
 * Course record: 9:?? 2014
 Monica Hebner
 N.Highlands High School
 compiled 12/2014

GARRET MOUNTAIN

18:15.0	Patti Mileski	1982
18:21.6	Mary Ellen Mileski	1981
18:32	Margaret Scutro	1984
18:52	Sam Halvorsen	2014
18:55	Carleen Jeffers	2014
19:08.6	Celeste Sedo	1997
19:09.1	Kelly Behan	1997
19:18	Jenna Rogers	1993
19:19	Justine Lupo	2003
19:20	Ashlyn Llerandi	2006
19:21	Carol Dickstein	1980
19:22	Jean Hughes	1988
19:26	Meredith Jones	2005
19:28	Clair Nowakowski	2001
19:30	Olympia Martin	2014
19:32	Norine D'Arcy	1985
19:32	Lynne Collazo	1988
19:33	Kathy Duffy	1980
19:35	Colleen Wright	1981
19:35	Jennifer Hughes	1985
19:36	Liz Figlar	1990
19:39	Karen O'Brien	1984
19:43	Vanessa Reis	2013
19:44	Sue Hart	1980
19:56.6	Meghan O'Connell	2003
20:00	Kelly Cleary	2014
20:05	Meg McDermott	1998
20:07	Abby Taylor	2014
20:09	Stephanie Doyle	1994
20:10.5	Meghan O'Connell	2002
20:10	Eileen Fitzgerald	1990
20:10	Amy Smith	1995
20:13	Christy Bertelsen	2005
20:14	Kirsten Kannengieser	82
20:14	Emily Terrin	2003
20:14	Hanako Shigenobu	2010
20:18	Chris McKenna	1980
20:18	Caroline Davidson	2010
20:21	Lauren Stuhr	1993
20:25	Grayson Llerandi	2010
20:28.2	Emily Terrin	2002
20:28	Anja Kannengieser	1983
20:28	Leslie Barbie	1983
20:28	Danielle Walther	1998
20:29	Claire Blaney	1992
20:29	Alyson Cangemi	1999
20:31	Julia Brownell	1999
20:31	Maggie Harms	2003
20:31	Stephanie Westerman	04
20:34	Linda Hockey	1985
20:34	Rachael Anzano	2010
20:36	Kim Folk	1994
20:37	Leah Rosenfeld	2013
20:37	Meghan Adams	2014

ALL TIME RIDGEWOOD LIST

20:40	Sarah Daly	2007
20:43	Diana Mangam	2004
20:51	Erin Roach	1992
20:52	Jackie Goulart	2001
20:52	Charlotte Margel	2007
20:53	Kathy Shevlin	1987
20:53	Jeanne Reilly	1992
20:53	Christina Lewis	2007
20:54	Zena Lobell	1994
20:55	Carrie Ruggles	1996
20:56	Jess Vasquez	2007
20:56	Brenna Fischer	2010
20:58	Darcy Nicholson	1984
21:05	Nanci Titus	1986
21:07	Jess Krejsa	2005
21:09.6	Tara O'Neill	1997
21:12	Emily Fishbein	2012
21:13	Emily Garber	2009
21:13	Gen. Felsenstein	2013
21:15	Genny Razik	1981
21:16.0	Larisa Skuthan	2003
21:17	Corinna Cobb	2014
21:18.4	Taylor Dunn	1999
21:19	Laura Weisberger	2011
21:20	Beth Pringle	1982
21:20	Tina Gibble	2010
21:21	Lisa Waters	1984
21:21.9	Becca Wells	2003
21:22	Monica Scheifen	1996
21:24	Sam Laddin	2007
21:26	Marci Capitani	1984
21:26	Brianne Fenzel	2004
21:27.3	Peggy Lynch	2000
21:28	Carolyn O'Brien	1987
21:28	Katie Cohn	1996
21:31	Steph Kane	1988
21:33	Megan McCabe	1991
21:34	Beth Apsel	1994
21:36	Fran Felder	2011
21:37	Lesley Jones	2011
21:42	Victoria Pan	2011
21:44	Kelly Keibort	1980
21:44	Janet Titus	1986
21:45	Nicole MacLennan	1986
21:46	Renee Olsen	2009
21:46	Ari Hasbrouck	2014
21:49	Rebecca Johnson	1999
21:50	Tara Cirillo	2013
21:53	Lisa deCastro	1990
21:55*	Jen Bauman	1989
21:57	Katie Dougherty	2010
22:01	Kathleen Campbell	1991
22:01	Julia Foresman	2001
22:01	Margaret Mullen	2010

22:02	Vanessa Worm	1994
22:02	Lauren Lillis	2000
22:02	Christina Kim	2010
22:02	Kelly Cleary	2011
22:04	Pam Parker	1984
22:04	Alexandra Oros	1999
22:05	Elyse Lee	1993
22:05	Camille Davis	2011
22:05	Lauren Pagano	2014
22:10	Cristy Diaz	1982
22:10	Courtney Schofield	2007
22:15	Gabby Gordan	2011
22:19	Lauren Goodell	1984
22:19	Katie Martin	2009
22:19.2	Lianne Hansen	2002
22:21	Maureen Muchel	2006
22:23.9	Casey Dunn	2002
22:23*	Eileen Moritz	1989
22:25	Rose Sedo	1994
22:26	Janet Moriz	1984
22:26	Megan Morris	2007
22:28	JoAnn Casey	1980
22:29	Wendy Hawthorne	1981
22:32	Alex Scibetta	2009
22:32	Okwuchi Onwubu	2009
22:32	Sarah Davis	2013
22:33	Megan Duffy	1984
22:35	Julie Babbitt	1980
22:28	Kristen Carle	2011
22:34	Taylor Tai	2013
22:37	Liz Nitti	1980
22:38	Justina Cho	2006
22:39	Ana Law	1998
22:39	Caitlin Daniels	2009
22:42	Krisi Wing	1984
22:48	Julie Hurley	2006
22:47	Linda Sigillito	1984
22:49.3	Claire Burns	2002
22:50	Julie Spritch	1998
22:53	Lynn Degelmann	1986
22:53.5	Sujean Park	2003
22:55	Marya Goodman	2005
22:57	Brigid O'Connor	2010
22:58*	Missy Klein	1989
22:58	Emily Stern	2013
22:59	Kate McDonagh	2001
23:00*	Jill Apostle	1989
23:00	Brittany Frank	2011
23:00	Emily Cumbo	2012
23:04	Marina Krygin	2010
23:05.2	Krista Rynkowski	2003
23:08	Elyse Clarendon	2006
23:09	Emily Reimer	2010
23:10	Amy Donnelly	1986
23:10	Katherine Cirillo	2013
23:14	Heather Fitzgerald	1988
23:14	Jess Connor	2007

23:16	Roberta Jones	2003
23:17	Vanessa Vinci	2006
23:17	Summer Neborsky	2010
23:20	Lauren Maxwell	1995
23:20	Katy Aldave	1998
23:22	Cathi Reid	1985
23:22	Rosa Dillon	2005
23:22	Megan Lucky	2011
23:25	Deidre Casey	2010
23:26	Margaret Ostling	1986
23:27	Kylie Simpson	2013
23:28	Diane Nelson	1999
23:29	Kara Belknap	1997
23:29	Haley Driscoll	2014
23:31	Eileen Moritz	1990
23:32	Lesley Bruno	1997
23:34	Lissett Dillon	2005
23:36	Sara Wells	1997
23:36	Becca Stern	2011
23:37	Catherine Merck	2011
23:38	Sheelyn Marker	1987
23:39	Cassie Canzani	2000
23:40*	Heather Fitzgerald	1989
23:40	Sarah Apsel	1994
23:41	Jess Rhoten	1997
23:41	Nadine Chalmers	2004
23:43	Ava Fiddle	2009
23:43	Emily Brodtkin	2013
23:44	Liz O'Connor	1997
23:44	Sarah Catalano	2014
23:45	Michelle Sarkadi	1982
23:46	Christina Velez	1985
23:47	Ellen Ostrander	1984
23:50	Rachael VanYpern	1992
23:54	Emily Rick	2011
23:54	Jordan Ford	2014
23:55	Sam Bussinelli	2011
23:56	Jenna Rubinoff	2001
23:56	Catherine Cleary	2011
24:00	Meagan Goodman	2007
24:01.5	Sara Delaney	2004
24:01	Elana Chalmers	2004
24:08	Lizzie Fine	2011
24:08	Erin Dwyer	2013
24:10	Tori Mullen	2007
24:13	Jen Schablik	2010
24:13	Margaret Merck	2013
24:14	Kathleen Simone	2011
24:15	Jasmine Steinacker	2014
24:17	Christina Barrales	2013
24:18	Vanessa McDermott	1992
24:19	Colleen Herlihy	1999
24:19	Jackie Macchi	2001
24:20	Colleen Dwyer	2010
24:22	Amanda deVera	2014
24:23	Vera Mudry	2013
24:24	Shauna Swan	2000

24:26	Stephanie DeCongelio	1986	25:31	Michelle White	1991
24:26	Emma Follender	2007	25:32	Blair Anzalone	2011
24:28	Kate Tancos	1987	25:35	Jessica Scadron	1988
24:29	Ruth VanYperen	1999	25:35	Madeline Conboy	2006
24:29	Ann Bigos	2006	25:36	Julcsi Csorba	2014
24:30	Bryce Mills	1987	25:37	Jamie Nudell	2009
24:30	Ali Schoff	2006	25:39	Megan Callaghan	2011
24:30	Sara Schmidt	2013	25:39.6	Jill Herlihy	2002
24:31	Aisling Casey	2012	25:40	Andie Scibetta	2010
24:32	Brittany Ghaderi	2006	25:41	Cara McBrearty	2006
24:32	Chantal Guerriero	2007	25:42	Mindy LaValle	1980
24:32	Mercedes Whitman	2010	25:42	Meryl Saunders	2007
24:33	Alice Smith	2010	25:44*	Jenny Schwartz	1989
24:34	Cara Hardt	1991	25:45	Geraldine Campbell	1992
24:34	Maureen Smith	1997	25:45	Kylie Daniels	2013
24:35	Anya Sherman	2014	25:46	Sarah Lavin	2009
24:36	Lauren G-H	1994	25:47	Adella Iliev	2009
24:37	Carol Lombaerde	1980	25:49	Katy Feldhahn	2011
24:37	Megan McLoughlin	2006	25:50	Julia Honoroff	2007
24:38	Quinn Daly	2014	25:51	Kylie Daniels	2011
24:39	Kat Francis	2010	25:52	Molly Rapaport	2006
24:40.9	Caroline Gable	2002	25:52	Sarah Sandler	2011
24:44.0	Tammie Armstrong	2002	25:55	Katherine Lowe	1995
24:44	Kate Pringle	1983	25:56	Kitty Lawn	1995
24:44	Lizzy Vogelbach	1997	25:57	Kanako Nakamura	1994
24:44	Irene Janis	1997	25:58	Shannon McCarthy	2001
24:45	Erin MacLennan	2011	25:58	Emily Geiger	2009
24:47	Izzy Stern	2014	25:58	Grace Eckels	2011
24:51.7	Rachael Ryan	2003	26:00	Kathy Koo	2007
24:52	Ellen Mackey	1980	26:03	Riley Ban	2014
24:52	Kaitlyn Amoruso	2014	26:09.3	Aimee Martin	2002
24:53	Betsy Gershman	1990	26:09	Pat Kaupas	1986
24:53	Sarah Durnan	1992	26:09	Emma Brickfield	2011
24:54	Christina Grab	1994	26:11	Alison Spencer	1987
24:54	Kristen Espenak	2001	26:11	Carolina Focella	2010
24:56	Katie Latanich	1999	26:12	Amelia Fogg	2012
24:57	Baker Earl	2012	26:12	Melina Loren	2007
24:58	Lauren Kirshner	2009	26:12	Blake Parsekian	2009
25:01	Blake Parsekian	2012	26:12	Julcsi Csorba	2013
25:02	Kerry Dougherty	2000	26:14	Becca Stern	2012
25:02	Bridget Mullen	2011	26:15	Alex Shea	2005
25:03	Jessie Kirshner	2010	26:18	Megan McKeon	2010
25:04	Mary Ann Skau	1987	26:19	Amy Titus	1987
25:04	Serena Roth	1997	26:19	Kristen Egan	1997
25:04	Ali Korinis	2007	26:19	Eun-Joo Lee	1997
25:05	Cate Becker	2014	26:27	Carolyn Moritz	1994
25:07	Mackenzie Broatch	2012	26:28	Rebecca Castagno	1991
25:08	Tara Pehush	1997	26:28	Nora Apsel	1997
25:09	Eurih Lee	2007	26:30	Erin Cron	1997
25:10	Niki Shea	2005	26:30	Lily Josefsberg	2007
25:11	Lindsay Haas	2013	26:33	Bridget Blaney	1990
25:12	Christina Dasher	1997	26:33	Kate Strum	1997
25:15	Erin Walicki	2014	26:33	Stephanie Sonnick	2010
25:22	Cayla Whittaker	2013	26:34	Magli Durand-Viel	1985
25:23	Lara Poole	2007	26:35	Catherine Cleary	2009
25:28	CJ Chiaramonte	2012	26:37	Sara Bigos	1999
25:29	Amanda DiLeo	1994	26:37	Mackenzie Broatch	2013

26:37.5	Katie Simpson	2003	28:02	Pippa Scott	1999
26:37.9	Shannon McCarthy	2003	28:06	Courtney Campbell	2011
26:39	Jenny Schwartz	1990	28:10	Katie Schumacker	1992
26:41	Sujata Rajpurohit	2004	28:20	Elizabeth Kopec	2011
26:43	Terry Shum	1991	28:21.4	Devon Fromm	2004
26:44	Kendal Marguard	2007	28:23	Vicki Gellis	1991
26:47	Evelyn Kotch	2014	28:26	Amy McDonald	1997
26:49.2	Kim Wheeler	2002	28:32.5	Reine Duffy	2002
26:52.0	Lauren Anderson	2002	28:38	Kate Mcwiney	1999
26:54	Hanna Fishbein	2014	28:38	Allie Seibold	2010
26:54.2	Brianne Lupo	2004	28:39	Allison Milch	2011
26:58	Meryl Saunders	2009	28:41	Kaitlyn Argila	2007
26:59	Tatiana Mehos	2014	28:53	Erin Raiter	1997
27:00	Cara Beirne	2007	28:59	Kathleen Nowakowski	98
27:01	Diana Soriano	2013	29:12	Tara Moore	2014
27:06	Jen Siegel	1995	29:15	Deborah Apsel	1992
27:06	Leilani Laqui	2006	29:22	Claire Kelley	2013
27:07	Joelle Gruber	1994	29:23	Nicole Chiaramonte	2007
27:08	Nicole Chiaramonte	2010	29:26	You-Jung Park	1994
27:09.3	Brittany Ghaderi	2005	29:28	Carly CeBek	2011
27:14	Liz Guenther	1987	29:33	Madison Moras	2014
27:17	Jie Sun	2006	29:35	Christine DiMino	2011
27:17	Melanie Leider	2014	29:44	Julie Culver	1994
27:18	Grace McCormick	2014	29:45	Katie Minitier	2007
27:18.1	Jane Horwitz	2002	29:46	Tanya Panossian	1990
27:26	Liz Strahle	1997	29:46	Allyson Donnelly	1992
27:27	Megan Bain	1997	29:46	Hannah Husby	2010
27:33	Helen Peng	2011	29:51	Cara Farley	2014
27:34	Nina Bjorklund	1985	29:52	Mollie Knee	2013
27:34	SaraKate Caliguire	2013	29:57	Kaitlyn Argila	2010
27:35	Sarah Burton	1995	30:06	Cara Dimino	2007
27:36	Kelly Dwyer	2014	30:36	Amanda Cloke	2005
27:38	Valerie Gold	1987	31:08	Sophia Barclay	2013
27:42	Maryam Jahanbin	2012	31:14	Jessica Burnette	1991
27:44	Marisa Gorman	2009	31:28	Alyssa Padavani	2006
27:45	Izzy Garrity	2013	32:23	Melissa Haworth	2010
27:46	Casey Callan	2001	32:58	Allia Jahanbin	2013
27:46	Alison Graham	2011	38:14	Sonal Tulsyani	2013
27:48	Priscilla Chow	2006	39:24	Amy Chiadic	1991
27:58	Emma Szymanski	2012			

* altered course (286 yds Longer)

^ no times from 2008-course short due to renovation of the boathouse.

Garret Mountain, WoodLawn, NJ (formerly West Paterson)

course established: 1980

Course Record: 17:58.5 Christi Constantin, Kinnatinny High School

RHS Team Average Record = 1-19:21 - 11/1/1980. 2-19:28.8 - 11/8/2014

RHS list compiled 11/2014

GARRET MOUNTAIN - FROSH COURSE - ALL TIME RIDGEWOOD LIST

12:59.5	Hanna Fishbein	2014
13:00.5	Justine Lupo	2000
13:14.3	Grayson Llerandi	2007
13:14	Emily Fishbein	2010
13:17.6	Ashlyn Llerandi	2003
13:19.6	Marya Goodman	2003
13:20.7	Maggie Harmes	2003
13:22	Kelly Cleary	2011
13:25	Jess Vasquez	2005
13:33	Evelyn Kotch	2014
13:34	Charlotte Margel	2005
13:38	Katie Dougherty	2009
13:40	Lissett Dillon	2005
13:40	Olympia Martin	2013
13:44`	Hanako Shigenobu	2008
13:52	Sophia Sheehy	2013
13:56	Brenna Fischer	2007
13:58	Tara Cirillo	2011
13:59	Katherine Cirillo	2011
14:00.9	Casey Dunn	2000
14:00	Laura Weisberger	2010
14:04	Courtney Schofield	2006
14:08	Sam laddin	2005
14:13	Beatrice Davis	2014
14:14	Tiera Lobel	1995
14:15	Ali Korinis	2007
14:16	Renee Olsen	2007
14:18	Julie Spritch	1995
14:18.1	Julie Hurley	2004
14:29	Erin MacLennan	2010
14:30	Megan Lucky	2010
14:33	Christine Kim	2008
14:34	Emily Garber	2006
14:34	Catherine Cleary	2008
14:35	Justina Cho	2005
14:36	Tina Gibble	2008
14:42.9	Elana Chalmers	2003
14:43.0	Maureen Muchel	2004
14:44	Emily Rick	2011
14:44	Lauren Pagano	2013
14:45	Clair Nowakowski	1998
14:46	Margaret Merck	2010
14:47.0	Ava Fiddle	2007
14:47	Riley Ban	2014
14:48	Taylor Tai	2011
14:48	Brittany Schofield	2014
14:48	Cate Becker	2014
14:49	Summer Neborsky	2008
14:50	Betsy Gershman	1990
14:51	Elyse Clarendon	2005
14:52	Tory Mullen	2005
14:53	Kathleen Campbell	1990
14:54	Brittany Ghaderi	2005

14:54	Kaitlyn Amoruso	2013
14:56	Alexandra Oros	1998
14:56	Kristen Carle	2010
14:56.3	Sarah Catalano	2013
14:57	Natasha Skuthan	1994
14:58	Jackie Goulart	1998
14:59	Okwuchi Onwubu	2006
14:59	Bridget Mullen	2011
15:00	Geraldine Campbell	1992
15:00	Beth Apsel	1992
15:00	Lauren Apsel	1992

(only times under 15 minutes listed)

Compiled 11/2014

HOLMDEL PARK STATE CHAMPIONSHIP COURSE 5,000 METERS

18:29 Patti Mileski 1982
 18:34.2 Jenna Rogers 1993
 18:36 Catherine Pagano 2012
18:41.9 Carleen Jeffers 2014
 18:44 Margaret Scutro 1984
18:49.6 Sam Halvorsen 2014
 18:58.3 Kelly Behan 1997
 19:10.3 Celeste Sedo 1997
 19:12.9 Stephanie Doyle 1995
 19:13 Mary Ellen Mileski 1982
 19:23 Meredith Jones 2004
 19:25.8 Clair Nowakowski 2001
 19:39.9 Amy Smith 1995
 19:41.8 Meghan O'Connell 2003
 19:42 Caroline Davidson 2011
 19:47 Carol Dickstein 1979
19:47.8 Olympia Martin 2013
 19:51 Emily Fishbein 2011
 19:52 Jean Hughes 1988
 19:52.7 Justine Lupo 2003
 19:54.4 Meg McDermott 1998
 19:55 Kathy Duffy 1980
 19:59 Sue Hart 1980
 19:59 Ashlyn Llerandi 2005
 20:00 Laura Weisberger 2011
 20:00.6 Emily Terrin 2003
20:02 Vanessa Reis 2013
 20:08 Norine D'Arcy 1985
 20:14 Hanako Shigenobu 2011
20:26 Kelly Cleary 2013
 20:15 Kim Folk 1994
 20:24.2 Alyson Cangemi 1999
 20:25 Chris McKenna 1980
 20:26 Sarah Daly 2008
 20:27 Charlotte Margel 2007
 20:27 Jess Vasquez 2008
 20:29 Jen Hughes 1984
 20:29 Liz Figlar 1989
 20:31 Beth Pringle 1982
 20:31 Lauren Stuhr 1993
 20:31 Christy Bertelsen 2004
20:31 Abby Taylor 2014
 20:32 Eileen Fitzgerald 1989
 20:32 Diana Mangam 2004
 20:33 Zena Lobell 1994
 20:37 Jeanne Reilly 1992
 20:37 Rachael Anzano 2010
 20:38 Danielle Walther 1998
 20:40 Karen O'Brien 1984
 20:45 Maggie Harms 2003
 20:45 Genevieve Felsenstein 2013
 20:47 Steph Westerman 2004 & 2005
 20:48 Lynne Collazo 1986
 20:49.3 Julia Brownell 1998
 20:50 Claire Blaney 1992
20:52 Tara Cirillo 2012
 20:53 Grayson Llerandi 2010
 20:56 Carrie Ruggles 1996
 20:56 Vickie Pan 2011
 20:56 Lesley Jones 2011

20:58 Erin Roach 1992
 21:00 Becca Wells 2004
 21:02 Christina Lewis 2007
 21:02.2 Taylor Dunn 1999
 21:03 Brenna Fischer 2010
 21:04 Tara O'Neill 1996
 21:05 Kirsten Kannengieser 1982
 21:05 Brianne Fenzel 2004
 21:05.2 Peggy Lynch 2000
21:07 Meghan Adams 2014
 21:08 Tina Gibble 2011
 21:09.0 Jackie Goulart 2001
 21:11 Katie Cohn 1996
21:12 Leah Rosenfeld 2012
 21:17 Kathy Shevlin 1986
21:17 Corinna Cobb 2014
 21:20 Linda Hockey 1985
 21:20 Vanessa Worm 1994
 21:20 Monica Schiefen 1996
 21:22 Colleen Wright 1981
 21:28 Anja Kannengieser 1982
 21:32 Larisa Skuthan 2003
 21:36 Beth Apsel 1994
 21:40 Sam Laddin 2007
 21:43 Barbara Remmers 1979
21:43 Ari Hasbrouk 2013
 21:44.1 Tira Lobell 1998
 21:45 Kathleen Campbell 1993
 21:46 Darcy Nicholson 1984
 21:46 Megan Granski 2008
 21:47 Jess Krejsa 2005
 21:47 Emily Garber 2009
 21:49 Carolyn O'Brien 1987
 21:49 Megan McCabe 1992
 21:49 Elyse Lee 1993
21:50.7 Katie Reis 2014
 21:55 Courtney Schofield 2007
 21:56 Steph Kane 1988
 21:56.4 Ana Law 1998
 21:57 Nanci Titus 1986
22:06 Sophia Sheehy 2014
 22:09 Fran Felder 2011
 22:12 Nicole MacLennan 1986
 22:12.8 Lauren Lillis 2000
 22:15 Katie Dougherty 2010
 22:16.4 Rebecca Johnson 1999
 22:18 Katie Martin 2009
 22:19 Leslie Barbie 1983
 22:19 Rose Sedo 1994
 22:19 Lisa Waters 1984
 22:21 Camille Davis 2011
 22:23 Jen Bauman 1989
 22:26 Eileen Moritz 1989
 22:25 Natasha Skuthan 1997
 22:27.2 Alexandra Oros 1999
 22:28 Marci Capitani 1984
22:32 Lauren Pagano 2014
 22:33.7 Julia Foresman 2001
 22:33 Emma Follender 2008
 22:33 Renee Olsen 2009

22:34.1	Lesley Bruno	1998
22:37.0	Casey Dunn	2003
22:40.7	Hailey Driscoll	2014
22:43	Julie Sprich	1996
22:46	Missy Klein	1989
22:47.0	Diane Nelson	1898
22:54	Genny Razik	1981
22:55	Lisa deCastro	1991
22:56	Marina Krygin	2010
22:57	Alex Scibetta	2008
22:58	Laura Campbell	1979
22:59	Megan Morris	2007
23:00	Robin Lavin	1984
23:03	Margaret Mullen	2010
23:06	Geraldine Campbell	1995
23:11	Julie Hurley	2006
23:12	Janet Titus	1986
23:12	Kara Belknap	1997
23:12	Caroline Moore	2008
23:13	Taylor Tai	2013
23:14	Gabby Jordan	2011
23:16	Summer Neborsky	2010
23:16	Kristen Carle	2011
23:17	Okwuchi Onwubu	2008
23:18	Lauren Maxwell	1993
23:22	Katherine Cirillo	2013
23:23	Linda Sigillito	1984
23:25	Heather Fitzgerald	1988
23:25	Caitlin Daniels	2009
23:27.1	Cassie Canzani	2001
23:27.4	Kate McDonough	2001
23:29	Christine Kim	2010
23:29.6	Lianne Hansen	2001
23:31	Rachael VanYperen	1992
23:33	Sarah Davis	2011
23:34	Emily Stern	2013
23:43	Erin Dwyer	2014
23:44	Alison Correll	1996
23:47	Lizzie Fine	2010
23:49	Janet Moritz	1984
23:49	Jill Apostle	1989
23:49	Brittany Frank	2011
23:54.0	Shanna Swan	2000
24:01	Pam Parker	1984
24:05.7	Chrissy Martin	1998
24:08.7	Sara Wells	1999
24:13	Kitty Lawn	1996
24:19	Maggie Cain	1994
24:23.6	Jenna Rubinoff	2000
24:23	Caroline Gable	2001
24:23	Megan Lucky	2011
24:25.7	Kristen Espenak	2001
24:26	Jess Rhoten	1997
24:26.2	Katie Latanich	1999
24:30.2	Clare Weeks	1998
24:31	Emily Reimer	2010
24:35	Christina Grab	1994
24:36	Krisi Wing	1984
24:37	Ruth VanYpern	2000
24:38	Sarah Apsel	1994
24:43	Alex Furger	1992
24:48	Justina Cho	2007
24:49	Katie O'Brien	1992

24:53	Kanako Nakamura	1994
24:56	Melissa Masterson	1996
25:15	Vanessa McDermott	1992
25:16	Carolyn Moritz	1994
25:28	Katy Aldave	1998
25:37.3	Jenna Rubinoff	2002
25:41.4	Kerry Doherty	2001
25:42	Sarah Durnan	1992
25:55.5	Jackie Macchi	2001
25:55.8	Shannon McCarthy	2001
25:58.5	Tammie Armstrong	2001
26:01	Carolyn Cosgrove	1996
26:04.6	Jill Herlihy	2001
26:13	Serena Roth	1996
26:22	Lizzie Vogelback	1997
26:22	Katty Aldave	1997
26:24.9	Colleen Herlihy	2001
26:36	Nora Varadi	1994
26:43.9	Brittany Hemmel	1999
26:51	Irene Janis	1996
26:53	Amanda Warton	1993
26:53	Lauren Lennon	2000
27:00	Tara Pehush	1997
27:00	Dara Hourdajian	1998
27:04	Catherine Lowe	1995
27:18	Joelle Gruber	1993
27:30	Kristen Egan	1997
27:36	Alyson Donnelly	1993
27:54	Sarah Burton	1995
28:02	Sara Bigos	1999
28:06	Terry Shum	1992
28:10	Jen Siegel	1994
28:20	Jamie Hollender	1993
28:25	Jen Schwartz	1988
28:32.4	Casey Callan	2001
28:50	Shannon Osborn	1993
29:01	Julie Culiver	1994
29:07	Liz Strahle	1997
29:12	Vicki Lowe	1995
29:16	Vicki Gellis	1992
29:35	Meg Snyder	1998
29:48	Kate Strum	1997
29:50	Elizabeth Cavanagh	1992
29:57	Amy Titus	1988
29:57	Katie Schumaecker	1992
30:30	Adrienne Reid	1988
30:33	Anne Burton	1988
30:38	Pipa Scott	1999
31:22.0	Reine Duffy	2001
32:01	Amy McDonald	1997
32:06	Erin Raiter	1997
33:50	Deborah Apsel	1993
34:33	Amy Chidiac	1993
nt	Meghan Groome	1994

AllTimeRidgewoodList * CourseEstablished1979
 course record: 17:28.0
 Megan Venables, Highland Reg. 2010
RHS Team Average Record
 19:38.3-2014 * 19:44-1980 * 19:46.8-2013
 Compiled 11/14

RIDGEWOOD GIRLS CROSS COUNTRY HISTORY

<u>year</u>	<u>duals</u>	<u>league</u>	<u>bergen</u> <u>gr IV</u>	<u>bergen</u> <u>champs</u>	<u>state</u> <u>section</u>	<u>state</u> <u>group</u>	<u>state</u> <u>champ</u>
1974	4-2			2nd		7th	
1975	3-2	1st		3rd		8th	
1976	5-1	1st		3rd	2nd	4th	
1977	4-2	2nd		4th	4th	11th	
1978	2-1	2nd	2nd	6th	2nd	12th	
1979	5-0	1st	2nd	2nd	1st	3rd	8th
1980	6-0	1st	1st	1st	1st	1st	2nd
1981	7-0	1st	1st	1st	1st	4th	
1982	5-0	1st	1st	1st	1st	3rd	4th
1983	4-1	3rd	2nd	1st	3rd	12th	
1984	5-0	1st	1st	1st	1st	5th	
1985	5-0	1st	1st	1st	2nd	6th	
1986	4-0	1st	1st	1st	1st	3rd	7th
1987	4-0	1st	1st	1st	2nd	6th	
1988	4-0	1st	1st	1st	2nd	12th	
1989	7-0	1st	1st	1st	2nd	8th	
1990	8-0	1st	1st	1st	1st	6th	
1991	9-0	1 st	1st	2nd	2nd	3rd	9th
1992	7-0	1st	1st	1st	1st	1st	1st
1993	6-0	1st	1st	1st	1st	3rd	3rd
1994	6-0	1st	1st	1st	1st	2nd	4th
1995	6-0	1st	1st	1st	1st	5 th	
1996	6-0	1 st	2 nd	1 st	1 st	3 rd	8 th
1997	6-0	1 st	1 st	1 st	1 st	3 rd	2 nd
1998	7-0	1 st	1 st	1 st	1 st	1 st	3 rd
1999	6-0	1 st	1 st	1 st	1 st	1 st	1 st
2000	7-0	1 st	1 st	1 st	1 st	6 th	
2001	6-0	1 st	1 st	1 st	1 st	5 th	11 th
2002	7-0	1 st	1 st	4 th	1 st	8 th	
2003	7-0	1 st	1 st	1 st	1 st	3 rd	8 th
2004	8-0	1 st	1 st	1 st	3 rd	4 th	5 th
2005	8-0	1 st	1 st	1 st	3 rd	11 th	
2006	7-1	1 st	3 rd	4 th	5 th	18 th	
2007	6-2	1 st	2 nd	2 nd	4 th	9 th	
2008	7-1	1 st	2 nd	3 rd	2 nd	9 th	
2009	12-1	2 nd	3 rd	6 th	5 th	19 th	
2010	6-0	1st	1st	2nd	1st	6th	
2011	5-0	1st	1st	1st	2nd	3rd	10th
2012	6-0	1st	1st	1st	1st	9th	
2013	5-1	1st	1st	1st	2nd	3rd	6th
2014	5-0	2nd	1st	1st	1st	4th	3rd
Totals:							
	243-15	35	29	28	22	4	2

OTHER CHAMPIONSHIPS OF NOTE

1980 Easterns States Championships
 1982 Ridgewood Invitational
 1990 Bergen Classic
 1991 Essex Catholic Invitational
 1992 Bulldog
 1993 Bulldog
 1994 Bulldog
 1995 Bulldog

1997 Bulldog
 1999 Shore Coaches A race
 2001 Shore Coaches B race
 2002 Ridgewood Invitational
 2010 Ridgewood Invitational
 2012 Ridgewood Invitational
2013 Maroon Invitational
2014 Harry Groves Spike Shoe

FIRST TEAM ALL BERGEN COUNTY

1976 Alyson Grunder
1977 Klara Grape
1978 Barbara Remmers
1979 Mary Ellen Mileski and Carol Dickstein
1980 M.E. & Patti Mileski, C.Dickstein, Kathy Duffy, Sue Hart
1981 Mary Ellen & Patti Mileski, and Colleen Wright
1982 Mary Ellen & Patti Mileski, and Margaret Scutro
1983 Margaret Scutro
1984 M. Scutro, Karen O'Brien, Jen Hughes
1985 Jen Hughes, Linda Hockey, Norine D'Arcy
1986 Jen Hughes and Jean Hughes
1987 Jen Hughes and Jean Hughes
1988 Jean Hughes and Lynne Collazo
1989 Liz Figlar and Eileen Fitzgerald
1990 Liz Figlar, Eileen Fitzgerald, and Jenna Rogers
1991 Eileen Fitzgerald and Jenna Rogers
1992 ClaireBlaney, JeanneReilly, J.Rogers, A.Smith, LaurenStuhr
1993 Jenna Rogers, Amy Smith, Lauren Stuhr
1994 Amy Smith, Stephanie Doyle, Kim Folk, Celeste Sedo
1995 Amy Smith, Stephanie Doyle
1996 Celeste Sedo
1997 Celeste Sedo, Kelly Behan
1998 Meg McDermott
1999 Clair Nowakowski, Kelly Behan, Alyson Cangemi
2000 Clair Nowakowski, Justine Lupo
2001 Clair Nowakowski, Justine Lupo
2002 Justine Lupo, Meghan O'Connell
2003 Justine Lupo, Meghan O'Connell, Emily Terrin
2004 Meredith Jones, Ashlyn Llerandi
2005 Meredith Jones, Ashlyn Llerandi
2006 Ashlyn Llerandi
2008 Sarah Daly
2010 Caroline Davidson
2011 Caroline Davidson, Hanako Shigenobu, Emily Fishbein, Laura Weisberger
2012 Catherine Pagano
2013 Sam Halvorsen, Carleen Jeffers
2014 Sam Halvorsen, Carleen Jeffers, Olympia Martin

All State & All American

1978 Barbara Remmers 2nd team
1981 Patti Mileski 1st team, M.E.Mileski 3rd team
1982 Patti 1st & M.E. 2nd - Patti 1st team all american
1983 Margaret Scutro 3rd team
1984 Margaret Scutro 1st team HM-all american
1985 Norine D'Arcy 3rd team
1990 Liz Figlar 2nd team
1991 Jenna Rogers 1st team
1992 Jenna Rogers 2nd team
1993 Jenna Rogers 1st team *STATE CHAMPION*
1995 Amy Smith 2nd team, Stephanie Doyle 2nd team
1996 Celeste Sedo 3rd team
1997 Kelly Behan 1st & *STATE CHAMPION*, Celeste Sedo 1st team
1999 Clair Nowakowski 2nd team, Alyson Cangemi 2nd team Gr 4
2001 Clair Nowakowski 1st team.
2014 Sam Halvorsen, Carleen Jeffers - 2nd team all state

HISTORY OF BERGEN COUNTY CROSS COUNTRY HIGH SCHOOL GIRL'S CHAMPIONSHIP

1974

Individuals: 1-Jean Chodnicki, Saddle Brook. 2-Theresa Vaccarella, Saddle Brook. 3-Megan Sexton, Paramus Catholic
Teams: 1-Saddle Brook. 2-Ridgewood. 3-Paramus Catholic. (only 3 schools had full teams)

1975

Individuals: 1-Michelle Guido, Paramus Catholic. 2-Jean Chodnicki, Saddle Brook. 3-Lucelle Pasciolla, Saddle Brook
Teams: 1-Saddle Brook. 2-Paramus Catholic. 3-Ridgewood. 4-Palisades Park. 5-Hackensack. 6-Dumont

1976

Individuals: 1-Michelle Guido, Paramus Catholic. 2-Jean Chodnicki, Saddle Brook. 3-Kelly Neilan, Fort Lee
Teams: 1-Saddle Brook. 2-Paramus Catholic. 3-Ridgewood. 4-Bergenfield. 5-Demarest. 6-Paramus

1977 (two group championships were held - There was no Meet of Champions)

Group 1 & 2:

Individuals: 1-Lynn Scali, Saddle Brook. 2-Mary Boltach, Saddle Brook. 3-Violetta Josevska, Garfield.

Teams: 1-Saddle Brook. 2-Midland park. 3-Rutherford.

Group 3 & 4

Individuals: 1-Michelle Guido, Paramus Catholic. 2-Kelly Neilan, Fort Lee. 3-Lisa Maloof, Ramsey.

Teams: 1-Bergenfield. 2-Paramus Catholic. 3-Ramsey. 4-Ridgewood. 5-Fairlawn. 6-Dumont

1978 (two group championships were held & the first Meet of Champions was held)

Group Meet: Winners: 1&2. Saddle Brook HS & Violetta Josevski-Garfield. 3&4. Bergenfield HS & Barb Remmers-Ridgewood.

Meet of Champs:

Individuals: 1-Mary Ellen McGowan-Pascack Valley. 2-Barb Remmers-Ridgewood. 3-Debie Meberg-Old Tappan

Teams: 1-Old Tappan. 2-Bergenfield. 3-Ramsey. 4-Saddle Brook. 5-Garfield. 6-Ridgewood.

1979

Group Meet: Winners: 1&2. Cresskill HS & Violetta Josevska-Garfield. 3&4. Old Tappan HS & Mary Ellen Mileski-Ridgewood.

Meet of Champs:

Individuals: 1-Violetta Josevska-Garfield. 2-Mary Ellen Mileski-Ridgewood. 3-Mary Ellen McGowan-Pascack Valley

Teams: 1-Old Tappan. 2-Ridgewood. 3-Pascack Valley. 4-Dumont. 5-Cresskill. 6-Saddle Brook.

1980

Group Meet: Winners: 1&2. Rutherford HS & Laura Falci-Saddle Brook. 3&4. Ridgewood HS & Mary Ellen & Patti Mileski - Ridgewood.

Meet of Champs:

Individuals: 1-Patti McCluskey-Dumont. 2-Patti Mileski-Ridgewood. 3-Mary Ellen McGowan-Pascack Valley.

Teams: 1-Ridgewood. 2-Pascack Valley. 3-Northern Highlands. 4-Hackensack. 5-Old Tappan. 6-Rutherford.

1981 (current format of 4 group champions and a meet of champs established)

Group Meet: Winners: 1-Cresskill HS & Trisha Madden-Cresskill. 2-Tenafly HS & Eileen Keyes - Tenafly. 3-Pascack Valley HS & Julie Craig - Northern Highlands. 4-Ridgewood HS & Patti & Mary Ellen Mileski - Ridgewood.

Meet of Champs:

Individuals: 1-Patti & Mary Ellen Mileski-Ridgewood. 3-Pattie McCluskey - Dumont.

Teams: 1-Ridgewood. 2-Pascack Valley. 3-Northern Highlands. 4-Hackensack. 5-Old Tappan. 6-Rutherford.

1982

Group Meet: Winners: 1-Saddle Brook HS & Michele Berardo-Pal Park. 2-Tenafly HS & Laura McKenna - Tenafly. 3-Old Tappan HS & Toni Ann Angione - Bergenfield. 4-Ridgewood HS & Patti & Mary Ellen Mileski - Ridgewood.

Meet of Champs:

Individuals: 1-Patti Mileski-Ridgewood. 2-Toni Ann Angione-Bergenfield. 3-Laura McKenna-Tenafly

Teams: 1-Ridgewood. 2-Old Tappan. 3-River Dell. 4-Dumont. 5-Tenafly. 6-Hackensack

1983

Group Meet: Winners: 1-. 2-. 3-. 4-Hackensack HS & Margaret Scutro - Ridgewood

Meet of Champs:

Individuals: 1-Toni Ann Angione-Bergenfield. 2-Margaret Scutro-Ridgewood. 3-Eileen Schultz-Northern Highlands.

Teams: 1-Ridgewood. 2-Hackensack. 3-River Dell. 4-Saddle Brook. 5-Old Tappan. 6-Dumont

1984

Group Meet: Winners: 1-SaddleBrook HS & Vicky Gusciora - SaddleBrook. 2-Dumont HS & Michele Forzani - Dumont. 3-Old Tappan HS & Toni Ann Angione - Bergenfield. 4-Ridgewood HS & Margaret Scutro - Ridgewood.

Meet of Champs:

Individuals: 1-Toni Ann Angione-Bergenfield. 2-Margaret Scutro-Ridgewood. 3-Jazmin Jones, Hackensack.

Teams: 1-Ridgewood. 2-Old Tappan. 3-Dumont. 4-Paramus. 5-RiverDell. 6-Teaneck.

1985

Group Meet: Winners: 1-?-2-?-3-?. 4-Ridgewood HS & Jasmine Jones - Hackensack.

Meet of Champs:

Individuals: 1-Jazmin Jones, Hackensack. 2-Norine D'Arcy, Ridgewood. 3-Jen Hughes, Ridgewood.

Teams: 1-Ridgewood. 2-Old Tappan. 3-Paramus. 4-Northern Highlands. 5-RiverDell. 6-Dumont.

1986

Group Meet: Winners: 1-?-2-?-3-?. 4-Ridgewood HS & Jasmine Jones - Hackensack.

Meet of Champs:

Individuals: 1-Jazmin Jones, Hackensack. 2-Terri Grivas, Dumont. 3-Jen Hughes, Ridgewood.

Teams: 1-Ridgewood. 2-Mahwah. 3-Hackensack. 4-Paramus. 5-Old Tappan. 6-Dumont.

1987

Group Meet: Winners: 1-Saddle Brook HS & Cathy Acevedo - Saddle Brook. 2-Paramus HS & Amy Kempf. 3-Dumont HS & Dee Keough Mahwah. 4-Ridgewood HS & Jean Hughes - Ridgewood

Meet of Champs:

Individuals: 1-Amy Kempf, Paramus. 2-Dee Keough, Mahwah. 3-Jen Hughes, Ridgewood.

Teams: 1-Ridgewood. 2-Paramus. 3-Dumont. 4-SaddleBrook. 5-Garfield. 6-Ramsey.

1988

Group Meet: Winners: 1-?-2-?-3-?. 4-Ridgewood HS & Jean Hughes - Ridgewood

Meet of Champs:

Individuals: 1-Lynne Collazo, Ridgewood. 2-Jean Hughes, Ridgewood. 3-Dee Keough, Mahwah.

Teams: 1-Ridgewood. 2-Bergenfield. 3-Garfield. 4-Dumont. 5-Hackensack. 6-Riverdell

1989

Group Meet: Winners: 1-Palsades Park HS & Cathy Acevedo - Saddle Brook HS. 2-Northern Highlands HS & Dee Keough - Mahwah. 3-Ramsey HS & Kathy McAuliffe - Ramsey. 4-Ridgewood HS & Melissa Wyka - FairLawn.

Meet of Champs:

Individuals: 1-Melissa Wyka, Fairlawn. 2-Liz Figlar, Ridgewood. 3-Eileen Fitzgerald, Ridgewood.

Teams: 1-Ridgewood. 2-Palisades Park. 3-Ramsey. 4-Dumont. 5-Hackensack. 6-Northern Highlands

1990

Group Meet: Winners: 1-Palsades Park HS & Jessica Grieco, Emerson. 2-Rutherford HS & Carli Gallo, Mahwah. 3-Bergenfield HS & Breda McGowan, Bergenfield. 4-Ridgewood HS & Liz Figlar, Ridgewood.

Meet of Champs:

Individuals: 1-Liz Figlar, Ridgewood. 2-Eileen Fahey, Rutherford. 3-Eileen Fitzgerald, Ridgewood.

Teams: 1-Ridgewood. 2-Hackensack. 3-Garfield. 4-Palsades Park. 5-Fort Lee. 6-Dumont.

1991

Group Meet: Winners: 1-Palsades Park HS & Kerry Moore, Midland Park. 2-Pascack Hills HS & Carli Gallo, Mahwah. 3-Northern Highlands HS & Caroline Preece, Northern Highlands. 4-Ridgewood HS & Jenna Rogers, Ridgewood.

Meet of Champs:

Individuals: 1-Caroline Preece, Northern Highlands. 2-Jenna Rogers, Ridgewood. 3-Hadas Tal, Fair Lawn.

Teams: 1-Northern Highlands. 2-Ridgewood. 3-Hackensack. 4-Clifside Park. 5-Rutherford. 6-Palsades Park.

1992

Group Meet: Winners: 1-Midland Park HS & Kerry Moore - Midland Park. 2-Mahwah HS & Carli Gallo - Mahwah. 3-Northern Highlands HS & Charlotte Halvorsen - Northern Highlands. 4-Ridgewood HS & Regina Gonzales Holy Angels.

Meet of Champs:

Individuals: 1-Regina Gonzales, Holy Angels. 2-Carli Gallo, Mahwah. 3-Jenna Rogers, Ridgewood.

Teams: 1-Ridgewood. 2-IHA. 3-Northern highlands. 4-Mahwah. 5-Bergenfield. 6-Midland Park.

1993

Group Meet: Winners: 1-Midland Park HS & Nancy Siegel - Leonia. 2-Northern Highlands HS & Jenn Reeder - Northern Highlands. 3-Ramsey HS & Emily Luther - Tenaflly. 4-Ridgewood HS & Jenna Rogers - Ridgewood.

Meet of Champs:

Individuals: 1-Jenna Rogers, Ridgewood. 2-Kerry Moore, Midland Park. 3-Kourtney Gallo, IHA.

Teams: 1-Ridgewood. 2-IHA. 3-Northern Highlands. 4-Ramsey. 5-Midland Park. 6-Palisades Park.

1994

Group Meet: Winners: 1-Bogota HS & Kristen LaFonde - Bogota. 2-Westwood HS & Nikki Callaghan - Westwood. 3-Ramsey HS & Dana Satir - Ramsey. 4-Ridgewood HS & Kourtney Gallo - IHA.

Meet of Champs:

Individuals: 1-Jackie Martin, Hackensack. 2-Kourtney Gallo, IHA. 3-Amy Smith, Ridgewood.

Teams: 1-Ridgewood. 2-Ramsey. 3-Hackensack. 4-IHA. 5-Northern Highlands. 6-Westwood

1995

Group Meet: Winners: 1-Palisades park HS & Kirsten LaFond-Bogota. 2-Ramsey HS & Nikki Callaghan - WestWood. 3-Northern highlands HS & Jen Meighan - Northern Highlands. 4-Ridgewood HS & Amy Smith - Ridgewood.

Meet of Champs:

Individuals: 1-Amy Smith, Ridgewood. 2-Stephanie Doyle, Ridgewood. 3-Kelly Ortiz, Paramus.

Teams: 1-Ridgewood. 2-IHA. 3-Ramsey. 4-Northern Highlands. 5-Holy Angels. 6-Hackensack.

1996

Group Meet: Winners: 1. Bogota HS & Tracy Della Torre-Glen Rock. 2.Ramsey HS & Dana Satir-Ramsey. 3.Indian Hills HS & Megan O'Toole-Garfield. 4.Hackensack HS & Celeste Sedo-Ridgewood

Meet of Champs:

Individuals: 1-Dana Satir, Ramsey. 2-Celeste Sedo, Ridgewood. 3-Patti Martin, Hackensack

Teams: 1-Ridgewood. 2-Ramsey. 3-Hackensack. 4-WestWood. 5-Northern Highlands. 6-Bogota.

1997

Group Meet: Winners: 1.Bogota HS & Nancy Sinclair-St Mary's. 2.Ramsey HS & Tracy Kirk-Ramsey. 3.Indian Hills HS & Mandy Smeal-Northern Highlands. 4.Ridgewood HS & Celeste Sedo-Ridgewood.

Meet of Champs:

Individuals: 1-Celeste Sedo, Ridgewood. 2-Kelly Behan, Ridgewood. 3-Mandy Smeal, Northern Highlands

Teams: 1-Ridgewood. 2-Hackensack. 3-Ramsey. 4-IHA. 5-Indian Hills. 6-Westwood

1998

Group Meet: Winners: 1-Bogota HS & Tracy Della Torre - Glen Rock. 1-Ramsey HS & Melisa Conway - Ramsey. 3-Holy Angels HS & Fredyla Urena - Clifside Park. 4-Ridgewood HS & Patty Martin - Hackensack.

Meet of Champs:

Individuals: 1-Melissa Conway, Ramsey. 2-Beth Androski, Hackensack. 3-Jenica Asadorian, West Wood

Teams: 1-Ridgewood. 2-Ramsey. 3-Indian Hills. 4-Hackensack. 5-IHA. 6-Glen Rock.

1999

Group Meet: Winners: 1-Ridgefield HS & Tamara Figilia - North Arlington. 2-Ramsey HS & Melisa Conway - Ramsey. 3-Old Tappan HS & Shahnaz Igbal - Bergenfield. 4-Ridgewood HS & Beth Andronski - Hackensack.

Meet of Champs:

Individuals: 1-Beth Androski, Hackensack. 2-Shahnaz, Bergenfield. 3-Clair Nowakowski, Ridgewood.

Teams: 1-Ridgewood. 2-Ramsey. 3-Indian Hills. 4-IHA. 5-Old Tappan. 6-Ramapo

2000

Group Meet Winners: 1-Saddle Brook HS & Erin Henry - Glen Rock. 2-Ramsey HS & Melissa Conway - Ramsey. 3-Indian Hills HS & Jen Meyers - Ramapo. 4. Ridgewood HS & Clair Nowakowski - Ridgewood.

Meet of Champs:

Individuals: 1-Melissa Conway, Ramsey. 2-Erin Henry, Glen Rock. 3-Shaneika Bernard, Hackensack

Teams: 1-Ridgewood. 2-Indian Hills. 3-Ramsey. 4-Old Tappan. 5 IHA. 6-Dumont

2001

Group Meet: Winners: 1-Glen Rock HS & Erin Henry - Glen Rock. 2-Ramsey HS & Jenna Baubergen - Indian Hills. 3-NV/Old Tappan HS & Carol Bullen - Paramus. 4-Ridgewood HS & Clair Nowakowski - Ridgewood.

Meet of Champs:

Individuals: 1-Clair Nowakowski, Ridgewood. 2-Erin Henry, Glen Rock. 3-Shaneika Bernard, Hackensack

Teams: 1-Ridgewood. 2-IHA. 3-Glen Rock. 4-Hackensack. 5-Pascack Valley. 6-Ramsey.

2002

Group Meet Winners: 1-Glen Rock HS & Darlene Pekaar - SaddleBrook. 2-Indian Hills HS & Liz Bissell - Indian Hills. 3-NV/OldTappan HS & Julia Emanuel - Tenaflly. 4-Ridgewood HS & Justine Lupo - Ridgewood.

Meet of Champs:

Individuals: 1-Theresa Hearn, IHA. 2-Caitlin Hemmer, IHA. 3-Jenna Bauberger, Indian Hills.

Teams: 1-IHA. 2-NV/OldTappan. 3-Paramus. 4-Ridgewood. 5-NV/Demarest. 6-Glen Rock.

2003

Group Meet Winners: **D**-Palisades Park HS & Amy VanAlstine Midland Park . **C**-Ramsey HS & Lauren Zaccione - Mahwah. **B**-Indian Hills & Cheyenne Ogletree - Garfield. **A**-Ridgewood HS & Meghan O'Connell - Ridgewood.

Meet of Champs:

Individuals: 1-Meghan O'Connell, Ridgewood. 2-Cheyenne Ogletree, Garfield. 3-Jenna Bauberger, Indian Hills.

Teams: 1-Ridgewood. 2-IHA. 3-Indian Hills. 4-Tenaflly. 5-NV/OldTappan. 6-Palisades Park.

2004

Group Meet Winners: **D**-Palisades Park HS & Amy VanAlstine - Midland Park. **C**-Ramsey HS & Gelsey Johnson - Westwood. **B**-Ramapo HS & Cheyenne Ogletree - Garfield. **A**-Ridgewood HS & Meredith Jones - Ridgewood.

Meet of Champs:

Individuals: 1-Cheyenne Ogletree, Garfield. 2-Meredith Jones, Ridgewood. 3-Amy VanAlstine, Midland Park.

Teams: 1-Ridgewood. 2-Paramus. 3-Old Tappan. 4-Ramapo. 5-Indian Hills. 6-Palsades Park.

2005

Group Meet Winners: **D**-Palisades Park HS & Amy VanAlstine - Midland Park. **C**-Ramsey HS & Stacy Bond- Ramsey. **B**-Holy Angels Academy & Andrea Rothschild - Damerest. **A**-Ridgewood HS & Jessica Setless - Paramus.

Meet of Champs:

Individuals: 1-Amy VanAlstine, Midland Park. 2-Andrea Rothschild, Demarest. 3-Kesley Ramsey, Ramapo.

Teams: 1-Ridgewood. 2-IHA. 3-Paramus. 4-Holy Angels. 5-Ramsey. 6-Indian Hills.

2006

Group Meet Winners: **D**-Waldwick HS & Catie Messick - New Milford. **C**-Ramsey HS & Stacy Bond - Ramsey. **B**-Holy Angels Academy & Kesley Ramsey - Ramapo. **A**-IHA & Sarah Pagano - IHA.

Meet of Champs:

Individuals: 1-Kesley Ramsey, Ramapo. 2-Sarah Pagano, IHA. 3-Patty Hannon, Paramus.

Teams: 1-Holy Angels Academy. 2-IHA. 3-Northern Highlands. 4-Ridgewood. 5-Indian Hills. 6-Ramapo.

2007

Group Meet Winners: **D**-Waldwick & Ewelina Marut, Becton. **C**-Ramsey & Alexandra Clinton, Ramsey. **B**-Holy Angels & Jillian Rothschild. **A**-IHA & Sarah Pagano - IHA

Meet of Champs:

Individuals: 1-Sarah Pagano, IHA. 2-Erin McKenna, Ramapo. 3-Mary Kaye Duff, IHA.

Teams: 1-IHA. 2-Ridgewood. 3-Holy Angels. 4-Northern Highlands. 5-Old Tappan. 6-Ramsey.

2008

Group Meet Winners: **D**-Hasbrouck Heights & Cassand Lacorazza, Palisades Park. **C**-Ramsey & Alexandra Clinton, Ramsey. **B**-Holy Angels & Suzana Markolovic, HolyAngels. **A**-IHA & Sarah Pagano - IHA

Meet of Champs:

Individuals: 1-Sarah Pagano, IHA. 2-Alexandra Clinton, Ramsey. 3-Kaleigh Kenny, Holy Angels.

Teams: 1-Holy Angels. 2-IHA. 3-Ridgewood. 4-Northern Highlands. 5-Indian Hills. 6-Mahwah.

2009

Group Meet Winners: **D**-Hasbrouck Heights & Rebecca Fortoul, Hasbrouck Heights. **C**-Ramsey & Alexandra Clinton, Ramsey. **B**-Holy Angels & Jen Molke, HolyAngels. **A**-IHA & Erin Thompson - IHA

Meet of Champs:

Individuals: 1-Erin Thompson, IHA. 2-Alexandra Clinton, Ramsey. 3-Emily Dunne, Holy Angels.

Teams: 1-Holy Angels. 2-IHA. 3-Ramsey. 4-Westwood. 5-Northern Highlands. 6-Ridgewood.

2010

Group Meet Winners: **D**-Hasbrouck Heights & Rebecca Fortoul, Hasbrouck Heights. **C**-Westwood & Rebecca Janovic, Pascack Hills. **B**-Holy Angels & Emily Dunne, HolyAngels. **A**-Ridgewood & Erin Thompson, IHA

Meet of Champs:

Individuals: 1-Erin Thompson, IHA. 2-Jen Molke, Holy Angels. 3-Emily Dunne, Holy Angels.

Teams: 1-Holy Angels. 2-Ridgewood. 3-IHA. 4-Indian Hills. 5-Northern Highlands. 6-Westwood.

2011

Group Meet Winners: **D**-Bogota & Elizabeth O'Brien, Bogota. **C**-Glen Rock & Kate Scandale, Glen Rock. **B**-Holy Angels & Deanna DiLandro, Ramapo. **A**-Ridgewood & Ariana North, Northern Highlands.

Meet of Champs:

Individuals: 1-Ariana North, Northern Highlands. 2-Josette Norris, Tenaflly. 3-Caroline Davidson, Ridgewood.

Teams: 1-Ridgewood. 2-Northern Highlands. 3-IHA. 4-Holy Angels. 5-Indian Hills. 6-Old Tappan.

2012

Group Meet Winners: **D**-Bogota & Juliana Lee, Palisades Park. **C**-Rutherford & Corinne Myers, Westwood. **B**-Holy Angels & Josette Norris, Tenaflly. **A**-Ridgewood & Ariana North, Northern Highlands.

Meet of Champs:

Individuals: 1-Ariana North, Northern Highlands. 2-Josette Norris, Tenaflly. 3-Catherine Pagano, Ridgewood.

Teams: 1-Ridgewood. 2-Holy Angels. 3-IHA. 4-Indian Hills. 5-Tenaflly. 6-Northern Highlands.

2013

Group Meet Winners: **D**-Cresskill & Hanna Jerome, Dwight Engelwood. **C**-Ramsey, & Katie Sullivan, Rutherford. **B**-Holy Angels & Josette Norris, Tenaflly. **A**-Ridgewood & Sam Halvorsen, Ridgewood.

Meet of Champs:

Individuals: 1-Josette Norris, Tenaflly. 2-Sam Halvorsen, Ridgewood. 3-Carleen Jeffers, Ridgewood.

Teams: 1-Ridgewood. 2-Holy Angels. 3-IHA. 4-Northern Highlands. 5-Indian Hills. 6-Ramsey.

2014

Group Meet Winners: **D**-Cresskill & Alexandra Lacorazza, Palisades Park. **C**-Ramsey, & Alex Walter, Glen Rock. **B**-Holy Angels & Julia Guerra, Indian Hills. **A**-Ridgewood & Catherine Pagano, Northern Highlands.

Meet of Champs:

Individuals: 1-Catherine Pagano, Northern Highlands. 2-Julia Guerra, Indian Hills. 3-Sam Halvorsen, Ridgewood.

Teams: 1-Ridgewood. 2-Northern Highlands. 3-IHA. 4-Holy Angels. 5-Hackensack. 6-Bergen Cty VT.

