

**RIDGEWOOD  
TRACK  
&  
FIELD**

**2015**

**SEASON  
SUMMARY**



**GIRL'S TRACK AND FIELD****2015****DUAL MEETS**

4 wins - 1 Loss

Northern Highlands	47-93
Ramapo	81-59
Paramus	103-37
Hackensack	79-61
Indian Hills	98-42

**CHAMPIONSHIP MEETS**

1 Championship

Pawlowski Relays	1st - 107.5 pts
Comet Relays	
Arcadia Invite	4 athletes
Bergen Relays	2nd in A
Penn Relays	Jeffers -7 <sup>th</sup> , DM-18th
Big North Div 3	2nd
Bergen A	10th
State Section	6th
BMOC	8 athletes
State Group	9 athletes
SMOC	1 Athlete
NB Nationals	1 Athlete

**SENIORS:** Christina Barrales(mgr), Natasha Baum\*, Sarah Caliguire\*, Katherine Cirillo\*, Tara Cirillo\*, Kelly Cleary\*, Amanda DeVera\*, Libby DeVita\*, Carleen Jeffers\*, Stephanie Kusel\*, Jade Long\*, Katie McKeon\*, Lauren Monnerat\*, Sophie Montgomery\*, Taylor Tai\*, Abby Taylor\*, Monica Vitting\*.

**JUNIORS:** Sophia Barclay, Kerry Callaghan\*, Sophia DeAndrade, Kelly Dwyer, Becca Feder, Francesca Gentile, Sara Gerstein, Sam Halvorsen, Sue Han, Allia Jahanbin, Saskia Keppler\*, Mollie Knee, Tatiana Mehos, Vera Mudry, Isabel Park\* @, Sara Ramge, Katie Reis, Vanessa Reis, Leah Rosenfeld\*, Sara Schmidt, Anya Sherman, Cate Shippee\*, Alie Simpson, Jasmine Steinacker, Emily Stern, Sonal Tulsyani, Erin Walicki, Cayla Whittaker.

**SOPHOMORES:** Kaitlyn Amoruso\*, Emily Antosiewicz, Sophie Benecick, Allison Borrero, Jess Bussinelli, Kim Caruso, Rosie Casey, Sarah Catalano, Corina Cobb, Olivia Columbus, Melissa DiMartino\*, Olivia Doering, Haley Driscoll, Maxine Earl\*, Rita Espinoza, Isabel Faherty, Julia Felsenstein, Kaitlyn Gnall, Casey Hamlet, Charlotte Hamlet, Emma Herzberg, Katherine Kearney, Michelle Kvetnoy, Mary Lane, Mia LoParo, Tory Ludington, Olympia Martin\* @, Amy Mullen, Lauren Pagano, Kavi Patel, Maddy Ponder, Maggie Rapaport, Gaby Rego, Sophia Sheehy\*, Lovisa Sjolander, Mary Skrzypczak, Carly Sokol, Justine Umali, Katie VanBuskirk, Sally Watanabe.

**FROSH:** Cate Becker, Michelle Carey, Amber Cho, Katie Doyle, Hannah Fishbein\*, Suzanne Flynn, Ruby Fontes, Grace Kennedy, Lucia Kim, Evelyn Kotch\*, Anna Kusoffsky, Joan Lee, Melanie Leider, Nicole Lester\* @, Hanna Lowicki, Hailey Marussich, Madison Naskiewicz, Izzy Nolan, Sasha O'Keefe, Rachael Park, Olivia Rau, Brittany Schofield, Kelly Syz, Lexi Uzoaru\* @, Amanda Witschonke.

\* = letter winner      @ = coaches class award

**Coaches:** Jacob Brown, Josh Saladino, Steve Opremcak, Erica Cigolini, Dan Muro, Warren Schopker, and Tom DeVita.



# Track & Field 2015

# Ridgewood High School



## Girl's Track and Field – 2015

First Row(L-R): Grace Kennedy, Kaitlyn Amoruso, Corina Cobb, Sarah Catalano, Haley Driscoll, Jess Bussinelli, Sally Watanabe, Olympia Martin, Louisa Sjolander, Olivia Columbus, Olivia Doering, Kaitlyn Gnall, Isabel Faherty, Katie VanBushirk, Olivia Rau.

Second Row: Sarah Kate Caliguire, Natasha Baum, Lauren Monnerat, Stephanie Kusel, Kelly Cleary, Tara Cirillo, Katherine Cirillo, Amanda De Vera, Katie McKeon, Carleen Jeffers, Sophie Montgomery, Tayler Tai, Abby Taylor, Jade Long, Monica Vitting, Libby DeVita.

Third Row: Sonal Tulsyani, Mary Skrzypczak, Maxine Earl, Evelyn Kotch, Hannah Fishbein, Katie Reis, Maggie Rapaport, Maddy Ponder, Ruby Fontes, Brittany Schofield, Amy Mullin, Lauren Pagano, Kavi Patel, Anna Kusoffski, Hannah Lowicki, Hailey Marussich, Sophie Benecick, Kerry Callaghan, Tatiana Mehos, Coach Jacob Brown.

Fourth Row: Sophia Sheehy, Emily Antosiewicz, Michelle Kvetnoy, Cayla Whittaker, Sue Han, Melanie Leider, Joan Lee, Amber Cho, Amanda Witschonke, Madison Naskiewicz, Kelly Syz, Sasha O'Keefe, Katie Doyle, Suzanne Flynn, Cate Becker, Rachel Park, Lucia Kim.

Back Row: Allia Jahanbin, Nicole Lester, Lexi Uzoaru, Justine Umali, Michelle Carey, Sara Gerstein, Mollie Knee, Sara Ramge, Jasmine Steinacker, Kelly Dwyer, Anya Sherman, Sam Halvorsen, Emily Stern, Becca Feder, Sara Schmidt, Melissa Di Martino, Francesca Gentile, Alie Simpson, Leah Rosenfeld, Cate Shippee, Saskia Keppler, Isabelle Park, Mia LoParo, Casey Hamlet, Julia Felsenstein, Charlotte Hamlet.



# Ridgewood High School Track and Field



## 2015 Seniors 2015

Seniors: First Row (L-R) -Katherine Cirillo, Katie McKeon, Abby Taylor, Amanda DeVera, Tara Cirillo, Tayler Tai, Carleen Jeffers.

Second Row: Natasha Baum, Lauren Monnerat, Stephanie Kusel, Kelly Cleary, Sarah Kate Caliguire, Sophie Montgomery, Jade Long, Libby DeVita, Monica Vitting.



## Track & Field 2015 - Schedule of Meets

- 4/1 - Wednesday- Northern Highlands at Northern Highlands - 4:00pm - \*entire team\*
- 4/4 - Saturday - The Steve Pawlowski Relays at BF-Track in Ridgewood - 9am \*entire team\*
- 4/6 - Monday - Paramus / Ramapo at BF Track - 4:00 - \*entire team\*
- 4/10&11- Friday/Saturday - Arcadia Invitational - Arcadia, California - Limited Entry  
4/11 - Saturday - Comet Relays at Hackensack - 9am - Limited Entry
- 4/13 - Monday - Hackensack at BF Track - 4:00pm - \*entire team\*
- 4/15 - Wednesday- Bergen Relays \*varsity\* HJ, PV, Jav at Ridgewood  
4/17 - Friday - Bergen Relays \*varsity\* at River Dell HS  
4/18 - Saturday - Bergen Relays \*varsity\* at River Dell HS
- 4/21 - day- Indian Hills at Indian Hills - 4:00pm - \*entire team\*
- 4/23 - Thursday - Penn Relays at Franklin Field \*(limited varsity)\*
- 4/30 - Thursday - Big North Freedom Division Championship at Hackensack - 3:30pm - varsity
- 5/4 - Monday - Big North JV/Frosh Champs at Hackensack - entire non varsity team
- 5/8 - Friday - Bergen Group A Champs at Old Tappan HS - varsity  
5/9 - Saturday - Bergen Group A Champs AT Old Tappan HS - varsity
- 5/12 - Tuesday - Novice Championship at Hackensack - 4pm. \*JV & Frosh\*
- 5/14 - Thursday - Bergen Frosh Champs (girls) at BF Track 4pm \*frosh\*
- 5/15 - Friday - Bergen County Meet of Champions at Hackensack High School \*must qualify\*
- 5/18 - Monday - East Coast Relays - \*limited varsity\*
- 5/22 - Friday - State Sectional Champs at Randolph HS \*varsity\*  
5/23 - Saturday - State Sectional Champs at Randolph HS \*varsity\*
- 5/29 - Friday - State Group 4 Champs at Egg Harbor Twp. HS \*must qualify\*  
5/30 - Saturday - State Group 4 Champs at Egg Harbor Twp. HS \*must qualify\*
- 6/3 - Wednesday- NJ State Meet of Champs at TBA \*must qualify\*
- 6/8 - Monday - Track Awards Dinner - 6pm - RHS Cafeteria
- 6/20&21- Saturday&Sunday - New Balance Nationals at North Carolina A&T, Greensboro, North Carolina



## Northern Highlands Dual meet at Northern Highlands April 1, 2015

**100:** I.Park-13.3/ Kuzel-13.6/ Callaghan-13.7/ Gnall-15.0/ R.Park-15.0/ Doering-15.1/ A.Cho-15.5/ J.Bussinelli-15.7/Espinoza-15.9/ Witschonke-16.4/ K.Kearney-17.1/ A. Kusoffsky-18.7.

**200:** I.Park-27.1/ Monnerat-27.7/ Kuzel-27.8/ M.Earl-30.4/ Gnall-32.0/ Doering-32.1/ Bussinelli-32.1/ R.Park-32.6/ Espinoza-32.8/ A.Cho-33.2/ K.Kearney-34.0/ Amanda Witschonke-34.9/ Anna Kusoffsky-35.1.

**400:** 3-Monnerat-63.4/ Vitting-63.5.

**800:** 3-Rosenfeld-2:32.4/ Sheehy-2:33.5/ K.Cirillo-2:41.5/ Mullen-2:45.0/ LoParo-2:49.9/ Mehos-3:19.1/ Fontes-3:35.7/ Jahanbin-3:36.4/ Tulsyani-4:18.7/ Minwo Wee-NT

**1600:** 2-Jeffers-5:14.8/ 3-Cleary-5:32.7/ Fishbein-5:49.5/ Cobb-5:57.1/ Pagano-6:04.5/ T.Cirillo-6:07.7/ Driscoll-6:09.9/ Schofield-6:27.2.

**3200:** 3-Fishbein-12:36.7/ Cobb-13:02.8/ Pagano-13:03.2/ Driscoll-13:05.9

**100H:** 1-McKeon-16.8/ L.DeVita-18.0/ Shippee-18.1/ DeVera-18.1

**400H:** 3-Rosenfeld-69.5/ Shippee-72.4/ DeVera-74.5

**Long Jump:** 1-K. McKeon-15-6/ K. Callaghan-14-2/ C. Shippee-14-2/ L. DeVita-13-8.5/ I. Park-13-5 3/4

**Triple jump:** 1-L DeVita-33-7/-S. Keppler 28-9/-J. Long F/-C. Shippee F

**High Jump:** 2-S. Kepler-4-10/ 3-K. Callaghan-4-10/ L. DeVita-4-6/ 4-6/ K. McKeon-4-2/ S. O'Keefe-4-2

**Pole Vault:** 2-Lester-7-0/ 3- Callaghan-6-6 / M.Earl-NH

**Shot:** Natasha Baum 27-11-.75 / Michelle Carey 24.75 / Lexi Uzoaru 27-3 / Justine Umali 22-6.25 JV: Sara Gerstein 18'7 / Emily Antosiewilz 22'3 / Mollie Knee 19'5

**Discus:** 2nd Natasha Baum 72-11 / Justine Umali 59-2 / Lexi Uzoaru 62-2 / Michelle Carey 43-6 JV: Sara Gerstein 59'2 / Emily Antosiewilz 47'10 / Mollie Knee 48'11

**Javelin:** 1st Katie McKeon 93-11 / Sophia Sheehy 60-3 / Tayler Tai 66-11

**4X400:** 1-Vitting-63.5/ Kusel-66.2/ I.Park-62.7/ Monnerat-62.8 = 4:15.1

**Comment:** Meeting the Indoor Team of the Year when we were on vacation and they were not in our first meet was certainly a challenge. They won; But we had some good performances and showed some real promise moving forward into the season. Shout out's to: Katie McKeon for her 3 wins, our jump/vault crew of DeVita/McKeon/Callaghan/Keppler/Lester, and Isabel Park and Carleen Jeffers for racing well against state level athletes.

# Big North Track & Field Dual Meet

## Ridgewood vs Northern Highlands

April 1, 2015

Total Score  
RHS NH

Event	First Place	Second Place	Third Place	RHS	NH	Total	Score
						RHS	NH
400H			Leah Rosenfeld-RHS	1	8	47	93
100m Dash				0	9		
1600m Run		Carleen Jeffers-RHS	Kelly Cleary-RHS	4	5		
400m Dash			Lauren Monnerat-RHS	1	8		
100m Hurdles	Katie McKeon-RHS			5	4		
800m Run			Leah Rosenfeld-RHS	1	8		
200m Dash		Isabel Park-RHS		3	6		
3200m Run			Hannah Fishbein-RHS	1	8		
High Jump		Saskia Keppler-RHS	Kerry Callaghan-RHS	4	5		
Pole Vault		Nicole Lester-RHS-7-0	Kerry Callaghan-RHS-6-6	4	5		
Long Jump	Katie McKeon-RHS			5	4		
Triple Jump	Libby DeVita-RHS			5	4		
Discus		Natasha Baum-RHS		3	6		
Shot Put				0	9		
Javelin	Katie McKeon-RHS			5	4		
4X400relay	Ridgewood	Northern Highlands		5	0		



## Pawlowski Relays April 4, 2015

4x1600: Cobb-6:01.1/ T.Cirillo-6:16.4/ Pagano-6:05.0/ H.Fishbein-5:53.0 = 24:14.7  
Driscoll-6:13.1/ B.Schofield-6:46.1/ Catalano-6:28.4/ Mullen-6:19.5 = 25:46.9

4x800: H.Fishbein-2:42.3/ Jeffers-2:30.9/ Sheehy-2:48.3?/ K.Cirillo-2:49.6? = 10:42.4  
T.Cirillo-2:48.8/ Pagano-2:47.8/ Mullen-2:42.6/ Tai-2:50.5 = 11:31.2  
Schofield-3:02.8/ Sherman-3:04.1/ K.Dwyer-2:59.8/ Catalano-3:03.0 = 12:06.9

DistanceMed: Driscoll-4:27.6/ Callaghan-66.8/ E.Kotch-2:36.6/ Cobb-6:00.1 = 14:17.3

SprintMed: Monnerat-/ Park-/ Kusel-/ Cleary- = 4:32.6

HJ: K. Callaghan-4-8/ S. Kepler-4-8/ L. DeVita-4-8

LJ K. Callaghan-15 1/4/ K. McKeon-14-11 1/2/ I. Park-14-7 1/2/ L. DeVita -14-0/ C. Shippee-13-7/

TJ C. Shippee-31-4 1/2/ L. DeVita-30-9/ J. Long-30-6

Pole Vault: Maxine Earl- 7'6"/ Kerry Callahan- NH/ Nicole Lester- NH

SHOT: Natasha 27 / Lexi 27-2 / Emily 20-4 / Mollie 21-4 / Michelle 22-5

DISC: Natashaa 72-5 / Lexi 67-4 / Emily 50-8 / Mollie 54-8 / Michelle 66-7

JAVELIN: 1st in Relay. Katie 99-4 / Sophia 72 ? / Tayler 66 ? (Unsure of some distances, because I was not there and unable to find girls before I left) I also don't know places some teams may have placed.

**Comment: Results are incomplete from this busy day of track dedication. BUT we won the meet by 1/2 point!!**



## Ramapo/Paramus Double Dual meet at Ridgewood April 6, 2015

**100:** 2-I.Park-13.1/ Kusel-13.2/ DiMartino-13.5/ Patel-13.7/

Results from Coach Cig: Park- 12.8 / Kusel- 13.2 / Patel-13.5 / Buskirk- 16.9 / Watanabe- 15.1 / Columbus- 15.8 / Faherty- 14.1 / Doering- 15.0 / Testa- 15.7 / Bussinelli- 14.8 / DiMartino- 13.5 / Caruso- 14.7 / Kvernoy- 18.2 / Ponder- 19.1 / Witschonke- 15.4 / R. Park- 14.1 / Cho- 14.7 / Naskiewicz- 15.0 / Kusoffsky- 17.7 / Wang- 15.0 / Kim- 15.1 / Leider- 14.6 / Syz- 15.2 / Rau- 14.3 / Nolan- 16.6 / O'Keefe- ? / Amarus- 14.0 / Lester- 14.5 / Casey- ?

**200:** 3-Park-27.0/ Patel-28.4/ Earl-29.4/ Gnall-31.0

Results From Coach Cig: Park- 27.2 / Patel-28.4 / Buskirk- 36.8 / Watanabe- 32.3 / Columbus- 33.7 / Faherty- 30.6 / Doering- 32.6 / Testa- ? / Bussinelli- 32.2 / DiMartino- 29.7 / Caruso- 32.9 / Kvernoy- 38.7 / Ponder- ? / Witschonke- 34.4 / R. Park- 32.5 / Cho- 32.5 / Naskiewicz- 33.7 / Kusoffsky- ? / Wang- 32.6 / Kim- ? / Leider- 32.5 / Syz- ? / Rau- 33/3 / Nolan- injured / O'Keefe- ? / Amarus- 29.7 / Lester- 30.7 / Casey- 30.9

**400:** 3-Monnerat-62.1/ Vitting-64.3/ Sheehy-65.6/

**800:** 2-Rosenfeld-2:28.5/ Cleary-2:31.0/ Kotch-2:33.3/ T.Cirillo-2:46.7/ K.Reis-2:43.2/  
Catalano2:53.6/ Dwyer-2:53.6/ Schofield-2:54.3/ Sherman-3:00.0/ Walicki-3:01.3/ Jahanbin-  
3:43.4/ Waddington-3:54.0

**1600:** 1-Jeffers-5:32.2/ 2-Martin-5:37.2/ Fishbein-5:52.2/ Mullen-6:02.3/ Catalan0-6:19.1/  
LoParo-6:21.0/ Sherman-6:37.3/ Stern-6:37.3.

**3200:** 1-Jeffers-11:44.0/ Taylor-12:15.1/ Martin-12:19.3/ Cobb-12:45.3/ Driscoll-13:05.6.

**100H:** 2-McKeon-16.7/ Montgomery-17-0/ DeVita-17.6/ Shippee-17.6/

**400H:** 2-Rosenfeld-70-2/ Shippee-71.9/ DeVera-74.1/

**Long Jump:** 1- McKeon-16-1.5/ 2-DeVita-15-4/ 3-Park-15-1.5/ Callaghan-13-2.5.

**Triple jump:** 1-DeVita-35-3/ 2-Long-31-10/ 3-Shippee-31-6/ -Montgomery-30-3.

**High Jump:** 1-Montgomery-4-10/ 2-DeVita-4-10/ -Kepler4-6/ Callaghan-4-2/ -Okeefe-4-2/  
KellySez-NH

**Pole Vault:** 1-Earl-7-6/ 2-Lester-7-0/ Callaghan-6-6/ T.Cirillo-NH.

**Shot:** 2-Natasha Baum-28-10/ Lexi Uzoaur-26-10/ Justine Umali-24-11/Michelle Carey-23-  
11.5/ Molly Knee-22-8/ SarahGerstein-16-8.

**Discus:** 2-Natasha Baum-71-6/ Michelle Carey-67-1/ Justine Umali-66-5/ Lexi Uzoaur-62-6/  
SarahGerstein-58-10/ Molly Knee-55-1.

**Javelin:** 1-McKeon-108-6/ Amoruso-91-10/ Tai-66-5/ Sheehy-57-0

**4X400:** 2-Vitting-/Kusel-/I.Park-/Monerat- = 4:11.6

**Comment:** We were very Solid thru out the meet and beat a very good Ramapo Team.

# Big North Track & Field Dual Meet

## Ridgewood vs Ramapo - Girls

April 6, 2015

Total Score  
RHS Ram.

Event	First Place	Second Place	Third Place	RHS Ram		Total Score RHS Ram.	
<b>400H</b>	Erin, Ram, 1:05.8	Leah, R, 1:10.2	Cate, R, 1:11.9	4	5	81	59
<b>100m Dash</b>	Brzozowski, Ram, 12:8	Park, R, 13:1	Kusel, R, 13:2	4	5		
<b>1600m Run</b>	Jeffers, R, 5:32.2	Martin, R, 5:37.2	Harris, Ram, 5:47.1	8	1		
<b>400m Dash</b>	Brzozowski, Ram, 59:8	Racano, Ram, 101:1	McKenna, Ram, 1:00.5	0	9		
<b>100m Hurdles</b>	Brzozowski, Ram, 15:5	McKeon, R, 16:7	Montgomery, R, 17:00	4	5		
<b>800m Run</b>	McKenna, Ram, 2:28.0	Rosenfeld, R, 2:28.5	Cleary, R, 2:31.0	4	5		
<b>200m Dash</b>	Brzozowski, Ram, 26:1	Brzozowski, Ram, 27:0	Park, R, 27:0	1	8		
<b>3200m Run</b>	Jeffers, R, 11:44.0	Taylor, R, 12:15.1	Martin, R, 12:19.3	9	0		
<b>High Jump</b>	Montgomery, R, 4-10	DeVita, R, 4-0	McKenna, Ram, 4-8	8	1		
<b>Pole Vault</b>	Maxine, R, 7-6	Nicole, R, 7-0	Kerry, R, 6-6	9	0		
<b>Long Jump</b>	McKeon, R, 16-1.5	DeVita, R, 15-4	Park, R, 15-1.5	9	0		
<b>Triple Jump</b>	Libby DeVita, R, 35-3	Long, R, 31-10	Shippee, R, 31-6	9	0		
<b>Discus</b>	Amanda, Ram, 81-4	Natasha, R, 71-6	Kara, Ram, 70-7	3	6		
<b>Shot Put</b>	Gimose, Ram, 31-10	Baum, R, 28-10	Rossi, Ram, 27-1.5	3	6		
<b>Javelin</b>	Katie McKeon, R, 108-6	Kara, Ram, 93-1	Kaitlyn, R, 91-10	6	3		
<b>4X400relay</b>	Ramapo, 4:10.2	Ridgewood, 4:11.6		0	5		

**Comment:** Very nice win against a good Ramapo Team! The Jumps were outstanding!  
Katie McKeon and Libby DeVita had breakThru performances!

# Ridgewood vs Paramus - Girls

April 6, 2015

Total Score  
RHS P

Event	First Place	Second Place	Third Place	RHS P		Total Score RHS P	
<b>400H</b>	Amanda, P, 1:08.7	Leah, R, 1:10.2	Cate, R, 1:11.9	4	5	103	37
<b>100m Dash</b>	Park, R, 13:1	Kusel, R, 13:2	DiMartino, R, 13:5	9	0		
<b>1600m Run</b>	Jeffers, R, 5:32.2	Martin, R, 5:37.2	Lama, P, 5:42.7	8	1		
<b>400m Dash</b>	Monnerat, R, 102:1	Vitting, R, 104.3	Sheehy, R, 1:05.6	9	0		
<b>100m Hurdles</b>	Matesic, P, 16:0	Pituras, P, 16:5	McKeon, R, 16:7	1	8		
<b>800m Run</b>	Rosenfeld, R, 2:28.5	Cleary, R, 2:31.0	Kotch, R, 2:33.3	9	0		
<b>200m Dash</b>	Park, R, 27:0	Patel, R, 28:4	Helm, P, 28:9	8	1		
<b>3200m Run</b>	Jeffers, R, 11:44.0	Taylor, R, 12:15.1	Martin, R, 12:19.3	9	0		
<b>High Jump</b>	Montgomery, R, 4-10	T-DeVita, R/K. Pituras, P, 4-10		7	2		
<b>Pole Vault</b>	Jackie, P, 8-6	Jasmin, P, 7-6	Camille, P, 7-6	0	9		
<b>Long Jump</b>	McKeon, R, 16-1.5	DeVita, R, 15-4	Park, R, 15-1.5	9	0		
<b>Triple Jump</b>	DeVita, R, 35-3	Long, R, 31-10	Shippee, R, 31-6	9	0		
<b>Discus</b>	Stephanie, P, 76-4	Natasha, R, 71-6	Slijva, P, 67-6	3	6		
<b>Shot Put</b>	Aponte, P, 31-2.5	Baum, R, 28-10	Uzoares, R, 26-10	4	5		
<b>Javelin</b>	Katie, R, 108-6	Kaitlyn, R, 91-10	Taylor, R, 66-5	9	0		
<b>4X400relay</b>	Ridgewood, 4:11.6	Paramus, 4:27.2		5	0		

# Arcadia California



## Distance Medley:

Kelly: 71.8 / 80.0 / 83.2 ... 3:55.04

Lauren: 60.37

Leah: 69.0 / 73.3 ... 2:22.39

Carleen: 73.3 / 77.0 / 77.2 / 76.9... 5:04.43

**12:22.23**



# Comet Relays Hackensack High School April 11, 2015

Pole Vault: Maxine Earl- 8'/Kerry Callaghan- 7'/ Nicole Lester- 7'

Javelin: Kavi 79.8/ Kaitlyn 84.6/ Katie 100.3

Disc

Michelle Carey: F:54.2:F  
Lexi U: F:58.4:F  
Natasha Baum: 62.10:75.7:68.7

Shot

Michelle Carey: 22.6:?:22.4.5  
Lexi U: 24.4.75:26.6.75:27.1.25  
Natasha Baum: 24.9.5:26.2.75:28.25

Mollie Knee: 46.6, 49.9, 41.1  
Emily A: 49.8, 62.3, 45.10  
Justine Umali: 56.1, 71.1, 70.4  
Sara G: 49.9 , 52.3, F

Mollie Knee: 18.1 1/2, 20.7, 20.7  
Justine Umali:, 18.8 1/2, 21.10, 22.9

HJ Girls L. DeVita 4-10/ S. Montgomery 4-8/ S. Kepler 4-6  
LJ Girls I. Park 14-4.5/ C. Shippee 13-10.5/ N. Lester 12-3

<b>4 x1600</b>	O. Martin	81-84 (2:45)-91-85 (2:56)	5:41		
	H. Fishbein	81-85 (2:46)-88-86 (2:54)	5:40		
	C. Cobb	87-89 (2:56)-90-92 (3:02)	5:58		
	A. Taylor	86-86 (2:52)-84-92 (2:56)	5:48	23:06 2 <sup>nd</sup>	
	L. Pagano	85-93 (2:58) 95-91 (3:06)	6:04		
	A. Mullin	87-93 (3:00) 96-90 (3:06)	6:06		
	S. Catalano	91-99 (3:10) 107-98 (3:25)	6:35		
	H. Driscoll	90-93 (3:03) 95-96 (3:11)	6:14	24:59	
	<b>4 x 100</b>	I. Park	13.3		
		M. Vetting	13.8		
S. Kusel		13.1			
K. Patel		13.1	53.4		
k. Amoruso		14.9			
K. Caruso?		15.0			
R. Casey		13.9			
		14.0			
N. Lester		15.1			
O. Rau		16.1			
M. Leider	15.7				
R. Park	13.2	60.0			

4x100m:

Vitting Park Kusel Patel = 53.1  
Amaruso Casey Faherty Caruso = 58.0  
Lester Rau Leider R. Park = 60.3

4x800m:

Martin 2:43.5 Fishbein 2:46.7 Cobb 2:44.2 Taylor 2:40.5 = 10: ??  
Pagano 2:54.9 Mullen 2:56.7 Catalano 2:57.9 Driscoll 2:58.2 = 11:47.8

4x200m:

Vitting 29.8 Park 27.7 Kusel 28.3 Patel 28.1 = 1:53.0  
Amaruso 30.1 Caruso 33.6 Faherty 31.6 Casey 29.8 = 2:05.2  
Lester 31.5 Rau 32.4 Leider 33.6 R. Park 31.2 = 2:08.6

Sprint Med:

Vitting 68.2 D. Martino 31.0 Park 28.6 Kotch 72.0/82.0 = 2:34.1

4x100H:

McKeon 16.5 DeVita 17.7 Montgommery 18.4 Shippee 17.4 = 1:10.0

## **Hackensack Dual meet at Ridgewood April 13, 2015**

**100:** Monnerat – 14.0 DiMartino – Kusel –

**200:** Park – 27.1 DiMartino – 28.7 Patel – 29.7 Caliguire – 34.3

**400:** Monnerat – 61.5 Park – 61.3 Vitting – 63.9 Sheehy – 64.0 Jasmine S. – 71.7 Rosie – 69.4 Sarah – 71.3

**JV Sprints:** Verona Wang – 76.8/33.4/ Madison Naskiewicz – 78.0/ Joan Lee – 79.2/34.4/ Anna Kusoffsky – 80.0/42.3/ Rachel Park – 75.9/31.4/ Grace Kennedy – 71.8/31.1/ Kim Caruso – 83.4/31.6 / Jess Bussinelli – 75.1/ Caitlin Amoruso – 66.3/ Becca Feder – 70.6/ Sara Schmidt – 69.2/ Francesca Gentire – 69.3/ Alie Simpson – 68.8/ Madeline Ponder – 94.4/42.1/ Michelle Kvetnoy – 93.9/41.1/ Olivia Doering – 75.2/ Sally Watanabe – 74.1/ Isabel Faherty – 72.3/30.3/ Olivia C. – 76.2/ Emma Herzberg – 79.1/ Katie Van Buskirk – ?/ Leider – 15.5/ Olivia Rau – ?/Earl – 29.9/ Naskiev – 34.3/ Lester – 31.7 Witchonka – 35.1/ Kaitlyn Gnall – 15.9/ Suzanne Flynn – 32.9/ Lucia Kim – 34.4/ Izzy Nolan – 35.8/

**800:** Jeffers-2:26.2/Rosenfeld-2:27.6/ Cleary-2:38/ Cobb-2:44/ Reis-2:46/ T.Cirillo-2:47/ Pagano-2:51/ k.Dwyer-2:53/ B.Schofield-2:54/ Driscoll-2:57.6.

**1600:** Jeffers-5:19.5/ Martin-5:30.7/ Cleary-5:32/ A.Taylor-5:33/ Kotch-5:45/ LoParo-6:31/ Emi Stern-6:41/ Sherman-6:41/ Walicki-6:47/ Cate Becker-6:49/ J.Felsenstein-7:24/ M.Skrzypczak-7:28.

**3200:** Jeffers-11:38.8/ Martin-11:57.6/ A.Taylor-12:28.6/ H.Fishbein-12:36.8/ A.Mullen-13:22.6/ S.Catalano-13:47.4

**100H:** McKeon – 16.5 Shippee – 17.4 Montgomery – 17.4 Amanda – ?

**400H:** Rosenfeld – 69.4 DeVera – 74.5 Shippee – 69.9

**Long Jump:** McKeon-16-0/ Park-15-10.75/ Montgomery-15-8/ Shippee-14-8.5.

**Triple jump:** Long-31-10/ Montgomery-31-8.5/ Shippee-31-7.5/ Kepler-29-2.5. Rau-F/ Syz-F

**High Jump:** Montgomery-4-8/ Keppler-4-6/ K.Doyle-4-2/ K.Syz-NH.

**Pole Vault:** Earl-9-0/ Lester-7-6/ Callahan-7-0 / T.Cirillo-NH.

**Shot:** Baum-28-3/ Uzoaru-28-0/ Justine-21-8/ Michelle-21-8/ Knee-21-10.5/ Antosiewicz-21-1.5/ Gerstein-20-10.

**Discus:** Carey-70-6/ Baum-66-4/ Uzoaru-64-8/ Umali-62-0.

**Javelin:** McKeon-89-9/ Amoruso-84-3/ Tai-64-8/ Patel-F.

**4X400:** Vitting – 64.1 Park – 62.8 Kusel – 63.4 Monnerat – 63.8 = 4:14.07

**Comment:** Our depth countered Hackensack's 45 points from 3 athletes!!

# Big North Track & Field Dual Meet

## Boys Ridgewood vs Hackensack

April 13, 2015

Event	First Place	Second Place	Third Place	RHS HHS		Total Score	
				RHS	HHS	RHS	HHS
<b>400H</b>	Stadulis, R, 60:7	Mack, R, 61:3	Menah, H, 61:8	8	1	79	61
<b>100m Dash</b>	Smith, H, 11:6	Grant, R, 11:6	Taylor, H, 11:8	3	6		
<b>1600m Run</b>	Kutaro Tamura, R, 4:34:6	Kenny Marshall, R, 4:35:7	Gideon, H, 4:41:9	8	1		
<b>400m Dash</b>	Michael Thurston, R, 51:5	Tai, R, 54:0	Ward, R, 55:3	9	0		
<b>110m Hurdles</b>	Grant, H, 16:7	Hirada, R, 16:9	Viola, H, 17:6	3	6		
<b>800m Run</b>	Michael Thurston, R, 2:00:9	Tamura, R, 2:04:0	Byrne, R, 2:07:1	9	0		
<b>200m Dash</b>	Smith, H, 23:1	Taylor, H, 23:3	Mack, R, 23:9	1	8		
<b>3200m Run</b>	Gonzalas, H, 9:56:4	R, 10:08:8	Kenny Marshall, R, 10:10:4	4	5		
<b>High Jump</b>	Villa, H, 5-10	Romero, R, 5-8	Davilla, R, 5-6	4	5		
<b>Pole Vault</b>	Abernethy, R, 13-0	Forbes, H, 11-0	Schechter, R, 10-6	6	3		
<b>Long Jump</b>	Smith, H, 20-8.75	Davilia, R, 19-11.75	Proctor, H, 19-6	3	6		
<b>Triple Jump</b>	Smith, H, 42-0	Davilla, R, 41-6.5	Punjabi, R, 40-5	4	5		
<b>Discus</b>	Steven, H, 112-3	Kenny, R, 110	Demar, H, 109-1	3	6		
<b>Shot Put</b>	Demar, H, 47-1	Pastorins, R, 43-11.5	Ekert, R, 41-5	4	5		
<b>Javelin</b>	Ben R, 135-8	Georgio, H, 125-11	Steven, H, 118-0	5	4		
<b>4X400relay</b>	Ridgewood, 3:33:5			5	0		

# Big North Track & Field Dual Meet

## Girls Ridgewood vs Hackensack

April 13, 2015

Event	First Place	Second Place	Third Place	RHS HHS		Total Score	
				RHS	HHS	RHS	HHS
<b>400H</b>	Dana Lynch, H, 1:09:2	Leah Rosenfeld, R, 69:4	Cate Shippee, R, 69:9	4	5	85	55
<b>100m Dash</b>	Amber Redmond, H, 12:7	Ross, H, 13:2	Monnerat, R, 14:0	1	8		
<b>1600m Run</b>	Carleen Jeffers, R, 5:19:5	Martinez, H, 5:27:1	Olympia Martin, R, 5:30:7	6	3		
<b>400m Dash</b>	Isabrel Park, R, 61:3	Lauren Monnerat, R, 61:5	Monica Vitting, R, 63:9	9	0		
<b>100m Hurdles</b>	Dana Linch, H, 15.4	Katie McKeon, R, 16.5	Sophie Montgomery, R, 17.4	4	5		
<b>800m Run</b>	Carleen Jeffers, R, 2:26.2	Leah Rosenfeld, R, 2:27.6	Mendoza, H, 2:33.8	8	1		
<b>200m Dash</b>	Dana Lynch, H, 27:0	Isabelle Park, R, 27:1	Davis, H, 28:8	3	6		
<b>3200m Run</b>	Carleen Jeffers, R, 11:38:8	Olympia Martin, R, 11:37:6	Pena, H, 12:14:6	8	1		
<b>High Jump</b>	Amber Redmond, H, 4-10	Montgomery, R, 4-8	Keppler, R, 4-6	4	5		
<b>Pole Vault</b>	Maxeine Earl, R, 9-0	Lester, R, 7-6	Callahan R, 7-0	9	0		
<b>Long Jump</b>	Amber Redman, H, 16-6.75	Katie McKeon, R, 16-0	Isabella Park, R, 15-10.75	4	5		
<b>Triple Jump</b>	Amber Redman, H, 32-6.75	Long, R, 31-10	Montgomery, R, 31-8.5	4	5		
<b>Discus</b>	Amarys Berry, H, 105-4	Carey, R, 70-6	Baum, R, 66-4	4	5		
<b>Shot Put</b>	Amarys Berry, H, 36-9	Baum, R, 28-3	Uzoaru, R, 28-0	4	5		
<b>Javelin</b>	McKeon, R, 89-9	Amoruso, R, 84-3	Hassan, H, 67-2	8	1		
<b>4X400relay</b>	Ridgewood, 4:14:1	Hackensack, 4:31:2		5	0		

## RIDGEWOOD TRACK &amp; FIELD

## Athletes at Arcadia



PHOTOS COURTESY OF JACOB BROWN

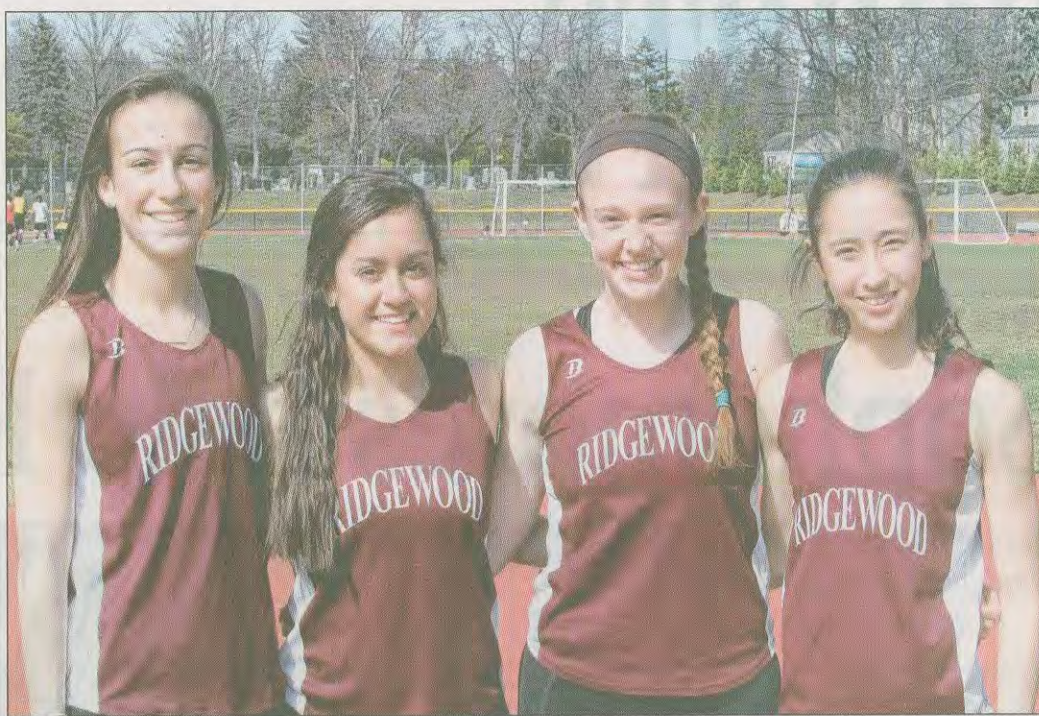
A select number of Ridgewood High School track and field athletes qualified to participate in last weekend's Arcadia Invitational in California. The RHS girls distance medley relay finished 20th in a season-best 12:22.23, which also qualified the squad for next week's Penn Relays. The Maroon boys entered the distance medley championship (sixth, 10:40.08), 4-x-800 invitational (15th, 8:06.18) and sprint medley rated (fifth, 3:38.09) relay races, while sending one individual, junior Armand Punjabi (above) to compete in the triple jump. Punjabi placed 10th with a distance of 40 feet, two inches.



Freshman Matt Tai runs the 400-meter distance medley for the Ridgewood boys.



Junior Leah Rosenfeld runs the 800-meter distance medley leg for the RHS girls.



PHOTOS COURTESY OF JACOB BROWN

From left, senior captains Katherine Cirillo, Lauren Monnerat, Katie McKeon and Carleen Jeffers lead the Ridgewood girls track and field team for the 2015 season.

## GIRLS TRACK &amp; FIELD

## Maroons open coach's final season with a win

BY GREG TARTAGLIA  
Sports Editor

RIDGEWOOD – No matter how much multitasking Jacob Brown does, he keeps at least one eye on his athletes at all times.

The Ridgewood High School girls track and field coach was chatting about his 44th and final season Wednesday at Ben Franklin Middle School. And that was in between a practice with the Maroon distance runners and the opening events of the Jack Yockers Bergen County Relays, in which RHS was competing the high jump and pole vault.

The latter happened to catch Brown's attention when Maxine Earl vaulted 7-foot-6.

"I tell you what, Earl just looked really good going over [the bar]," the coach said with an admiring lilt. "She cleared that by six inches or a foot.

"I need to get my camera and take pictures of this," he said, turning to head for his car.

Brown's love and appreciation of the sport is just one of the reasons the Ben Franklin facility was recently rededicated as the Jacob Brown Track & Field Complex. The founder of the RHS girls program, who will retire at season's end, was conferred the honor in a surprise ceremony prior to the April 4 Steve Pawlowski Ridgewood Relays.

The Maroons then went out and edged Ramsey, 110½-110, to win the large schools title.

"One of our big goals, especially since it's Mr. Brown's last year, was to win the Pawlowski Relays," Ridgewood senior quad-captain Katie McKeon said. "So it was a great thing that we were able to [do that]."

Last season, RHS endured some uncharacteristic finishes for a program that has dominated Bergen County since its inception in Spring 1972. Its best major-meet showing was fourth at the Big North Freedom Division championships – yet another rea-



Ridgewood junior Kerry Callaghan competed in Wednesday's Group A pole vault relay at the Bergen County Relays.

son that the Pawlowski Relays win was so significant.

"Two years ago, we had a really big graduating senior class, so last year was more like a rebuilding year," McKeon admitted. "And I think this year, we're ready to come back."

"A lot of the seniors, and a lot of these kids have matured," Brown said, "and we've added a couple good freshmen."

Wednesday's Group A field events were a prelude to the rest of the Bergen County Relays, which will be in full swing this afternoon and tomorrow at River Dell. Ridgewood captured the Group A title most recently in 2013.

Unfortunately for the Maroons, McKeon developed bursitis in her foot this week, which likely will limit the hurdler-jumper-javelin thrower's availability for the County Relays.

"We are going with as strong a lineup as we can," said Brown. "There's a very good Northern

Highlands team in there, and a very good River Dell team, so we've got our work cut out for us."

His team has plenty of other strong athletes as well. Among the Maroons' four gold-medal squads at Pawlowski were the 4-x-400 (4:17.5), sprint medley (4:32.6), javelin (258 feet, 8 inches) and high jump (14 feet) relays.

Senior captain Lauren Monnerat anchored a 4-x-400 that included seniors Stephanie Kusel and Monica Vitting and junior Isabel Park. Monnerat, Park and Kusel combined with senior Kelly Cleary to win the sprint medley.

McKeon, Sophia Sheehy and Tayler Tai comprised the winning javelin relay, while senior Libby DeVita and juniors Kerry Callaghan and Saskia Keppler joined forces for the high jump victory.

Callaghan also competes in the pole vault with Earl, a sophomore, and freshman Nicole Lester. All

See GIRLS TRACK, page C3



# Bergen County Relays 2015

## Wednesday at Ridgewood

3xPoleVault: 2(t)-M.Earl-9-0/ N.Lester-8-0/ K.Callaghan-7-0. 24-0

3xHighJump: 1(t)-Montgomery-4-10/ DeVita-4-8/ Kepler-4-6 = 14-0

3XJavelin: 4-Amoruso-86-5/ Sheehy-83-3/ Patel-68-9 = 238-5

We had a good start to the meet. We have 19 points and are in good shape after 3 events.

## Friday at River Dell

3x400IH: 4-Rosenfeld-70.5/ Shippee-71.7/ DeVera-73.1 =

4x200: 6-Kusel-27.8?/ Monnerat-28.7/ Kavi-29.2/ Park-26.8 = 1:50.3

3xTJ: DeVita/Long/Montgomery - DNC -Did not hand in entry card.

3xDiscus: 8-M.Carey-61-6/ L.Uzoaru-70-1/ N.Baum-74-2.

4x1600m: 1-Martin-5:20.1/ A.Taylor-5:30.0/ Cleary-5:22.9/ Jeffers-5:12.3 = 21:24.7

New meet record! 5th on ATL RHS list!

Very poor Friday for us. The sprint and hurdles looked and ran slow. The Triple Jump team did not get their card in to the clerk on time. Only the 4 x 1600 team saved the day by winning in a new meet record time,

## Saturday at River Dell

4x100Hurdles: 5-DeVita-16.9/ Montgomery-17.2/ Shippee-16.9/ DeVera-17.2 = 1:08.4

4X100: 6-Park-/ DiMartino-/ Kusel-/ Monnerat. = 51.3

Dist.Med: 2 - Jeffers-3:46.1/ Monnerat-62.1/ Rosenfeld-2:26.1/ Cleary-5:25.6. = 12:38.1

SpMed: 7-Vitting-64.9/ DeMartino-28.7/ Patel-29.1/ Martin-2:45.6. = 4:48.8

4X800: 2-Rosenfeld-2:27.1/ Kotch-2:28.4/ Martin-2:38.1/ 2:38.9 =

4x400-frosh: Lester-74.0/ Flynn-70.9/ Kennedy-71.5/ R.Park-74.8 = 4:51.4

4x400: 4-Vitting-65.1/ Kusel-65.3 /Park-61.8 /Monnerat-62.4 . = 4:14.6

3xShot: 7-L.Uzoaru-29-10.75/ N.Baum-27-9.5/ M.Carey-24-7. =

3XLJ: 3-l.Park-16-1/ K.Callaghan-15-6/ L.DeVita-14-4.5. = 45-11.5

We had a good day. We ended 2<sup>nd</sup> to Highlands. ½ point ahead of Teaneck! (our 2<sup>nd</sup> ½ half point meet! – remember every place counts!) We can build from this meet to the championships in May.



# ATHLETES OF

By **CHUCK O'DONNELL**

STAFF WRITER

You couldn't blame Michael Thurston for being tired after running in three races during the Jack Yockers Bergen County Relays in Oradell.

But two things managed to put a little spring back in the Ridgewood junior's stride Saturday as he got ready to run his fourth and final event, the 4-x-400.

First, he wanted to do his best. He knew his teammates were counting on him to help them hold on to second place in the Division A standings.

Then his coach, Josh Saladino, told him he had a good chance of being named the track athlete of the meet with another solid showing.

Thurston reached down and tapped into a reserve of energy. His 49.9 split helped him secure the honor. It also helped Ridgewood take third in the 4-x-400 and finish second in the team standings.

The Record Male Athlete of the Week had a great meet, splitting a 4:28.2 in the 4-x-1,600, a 1:55.2 in the sprint medley and a 1:57.8 in the 4-x-800. The Maroons took second, first and first in those events, respectively, but he feels as if he left his best effort for his final race.

"I was pretty happy with my 400 time after running all my other races this weekend and still being as strong as I was," Thurston said. "It gives me a real positive outlook on things for the rest of the season."

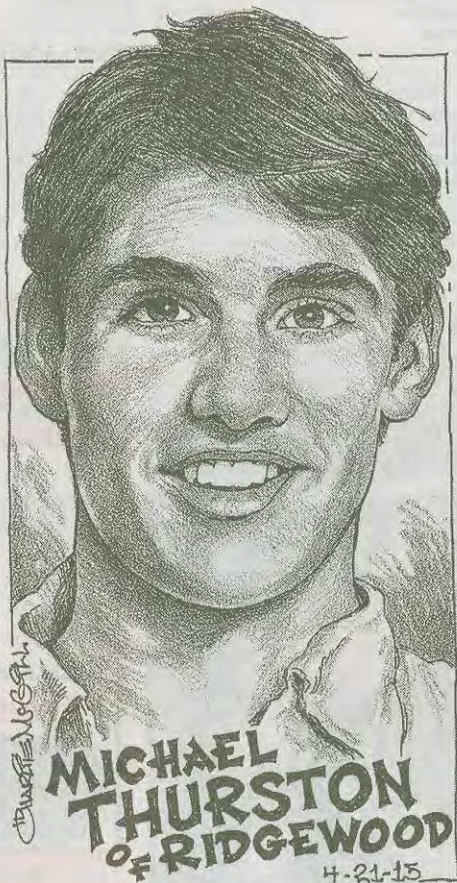
Thurston said he's tried to take more of a leadership role on the team this year, because the Maroons lost many seniors to graduation. As he puts it, he wants to "set the tone" for the team.

Turns out, he's a leader of sorts away from the track, too.

Thurston is a member of the school's Adventure Leadership Peer Support program, or ALPS. In ALPS, Thurston and others mentor younger Ridgewood High School students. The adventure part of it is fun, too. The group is going white-water rafting next month.

"The goal is to just help them out and just being there if anyone needs anything in school or anything," he said.

**Also nominated:** Max Kostin of Fair Lawn for volleyball; Jairus Paul of Mahwah for track; Chris Martucci of Ridgefield, Dan Corvo of Pascack Valley, Eddie Nikoceciv of Cliffside Park, Robbie Leuck of Emerson and Ryan Morrone of Wood-Ridge for baseball.



## MALE ATHLETE

**Sport:** Track **Class:** Junior **Age:** 17

**Accomplishment:** Thurston helped Ridgewood win two events and take second and third in two others during the Jack Yockers Bergen County Relays.

## Indian Hills Dual meet at Indian Hills April 21, 2015

**100:** Monnerat 13.6 / DiMartino 13.9 / Kusel 13.4 / Calihan 13.5 / Earl 13.6 / Lester 14.0 / Casey 14.5 / Gentile 14.9 / Simpson 15.3 / Caliguire 15.8 / Schmidt 14.3 / Ramgze 14.6 / Feder 14.9 / Espinoza 15.2 / Cavetnoy 15.6 / Ponder 16.7 / Caruso 15.9 / Herzberg 18.0 / Deering 18.0 / Faherty 14.3 / Gnoll 14.9 / Watanabe 15.1 / Bussinelli 15.4 / Han 15.6 / Columbus 15.9 / Carney 16.7 / Sokol 16.9 / C. Hamlet 17.1

**200:** Monnerat 27.2 / Vitting 28.2 / DiMartino 28.6 / Amaruso 28.5 / Patel 28.8

**400:** Park 62.0 / Vitting 63.2 / Steinacker 70.9 / Kennedy 71.4 / Flynn 72.6 / Doyle 75.4 / Park 75.7 / Rau 77.4 / Lee 79.1 / Witchionke 76.9 / Naskiewicz 77.5 / Leider 77.7 / O'Keefe 77.9 / Syz 81.3 / Kusoffsky 91.8 / Cho 76.9 / Marussich 80.1 / Lowicki 81.9 / Nolan 84.8

**800:** Olympia Martin R 2:29.2 / Sheehy-2:31 / K.Reis-2:35 / Mullen-2:37 / Fishbein-2:45 / T.Cirillo-2:46 / Schofield-2:47 / K.Dwyer-2:48 / Catalano-2:50 / Mehos-3:08 / Borrero-3:24 / Jahanbin-3:36 / deAndrade-3:37 / Barclay-3:43 / Ludington-3:52 / Tulgsani-4:26.

**1600:** Abby Taylor - 5:31.0 / Evelyn Kotch- 5:36.4 / Fishbein-5:44 / Pagano-5:54 / Sherman-6:24 / LoParo-6:24 / Walikcki-6:25 / E.Stern-6:34 / Whittacker-6:37 / C.Becker-6:37 / S.Felsenstein-7:02.

**3200:** A.Taylor-12:32 / Cobb-12:42 / Driscoll-13:09

**100H:** DeVita 18.4 / DeVera 17.6 / Shippee 17.4 / Montgomery 16.9

**400H:** Rosenfeld 68.9 / Shippee 70.5 / DeVera 76.1

**Long Jump:** Isabel Park 16-5 1/4 / Kerry Callahan 15-10 / Sophie Montgomery 15-8 1/2 / I.DeVita-15-6.5 / Long-13-7.75.

**Triple jump:** Libby DeVito 35-1 1/2 / Jade Long 32-2 1/2 / Montgomery-31-5.5 / Shippee-29-0.5.

**High Jump:** Sophie Montgomery 5-0 / Libby DeVita- 5-0 / Kepler-4-8 / Callaghan-4-6

**Pole Vault:** Maxine Earl R 8-6 / Nicole Lester R 8-6

**Shot:** Lexi 26.2 / Michelle 25.8 / Natasha 25.9 / Sara 18.11 / Emily 21.7.5 / Justine 22.2 / Mollie 21.4.5

**Discus:** Sara 66. / Emily 46.8 / Justine 75.5 / Lexi 72.11 / Michelle 61. / Mollie 60.10 / Natasha 72.10

**Javelin:**

**4X400:** Frosh: R.Park-73.1 / Witchonke-76.8 / K.Doyle-73.9 / G.Kennedy-71.7 = 4:55.4

JV: Sheehy 64.2 / DeVera 67.1 / Martin 71.1 / Patel 65.2 = 4:27.5

**Comment:** A good dual meet day for our entire team. We won the met 98 to 42.

# Big North Track & Field Dual Meet

## Ridgewood vs Indian Hills

April 21, 2015

Total Score  
RHS IH

Event	First Place	Second Place	Third Place	RHS	IH	Total Score
				RHS	IH	
400H	R-68.9	IH-70.2 - Kate Holland	R-70.6	6	3	98 42
100m Dash	R-13.2	R-13.2	R-13.5	9	0	
1600m Run	IH-5:30.8 Madeline Daly	R-5:31.0	R-5:36.4	4	5	
400m Dash	R-62.1	R-63.2	IH-64.2 Megan Chesney	8	1	
100m Hurdles	R-17.1	R-17.5	R-17.9	9	0	
800m Run	IH-2:21.2 Julia Guera	IH-2:27.5 Kate Holland	R-2:29.2	1	8	
200m Dash	R-27.2	R-28.2	R-28.6	9	0	
3200m Run	R-12:32.9	IH-12:39.7 Madeline Daly	R-12:42.9	6	3	
High Jump	R	R	R	9	0	
Pole Vault	R	R	R	9	0	
Long Jump	R	R	R	9	0	
Triple Jump	R	R	R	9	0	
Discus	IH	IH	R	1	8	
Shot Put	IH	IH	R	1	8	
Javelin	R	R	IH	8	1	
4X400relay	Indian Hills-4:25.2			0	5	

# Penn Relays 2015



## Thursday:

4X100: I. Park-13.6/ M. DiMartino-13.4/ S.Kusel-13.3/ K. Patel-13.6 = 54.05

4X400: I. Park-64.63/ S. Kusel-65.59/ K.Patel-68.17/ M.Vitting-64.52 = 4:22.90

3000m: 7-Carleen Jeffers – 9:52.73  
79.4-77.4-79.5-80.0-(5:17.2)-79.0-78.7-79.1-38.7  
New School Record, 2<sup>nd</sup> all-time in Bergen County.

Distance Medley: 16/16 – Martin-4:02,05/ Monnerat-6:10/6/ Rosenfeld-2:29,60/ Cleary-5:38.81 = 13:11.52

**Comment:** The weather turned colder than expected and we were not prepared. That said: Carleen had a great day, breaking a 21 year old school record and Lauren ran a solid leg in front of her future Gettysburg teammates. The rest of us did not react well to this very tough Penn Relays day.



## Big North Freedom Division Championship at Hackensack April 30, 2015

- 100:** 9-DeMartino-13.83/ 11-Kusel-14.04/ 12-Earl-14.18.
- 200:** 10-DeMartino-28.91/ 11-Kennedy-31.74.
- 400:** 9-Vitting-64.15/ 12-Steinacker-69.53/ 13-Kennedy-70.35.
- 800:** 3-Rosenfeld-2:26.27/ 9-Kotch-2:31.95/ 10-Sheehy-2:35.10.
- 1600:** 2-Jeffers-5:15.93/ 7-Cleary-5:33.11/ 11-Fishbein-5:44.43.
- 3200:** 2-Martin-11:30.12/ 3-Taylor-11:57.52/ 9-Cobb-12:38.97.
- 100H:** 4-Montgomery-16.92t,17.11/ -McKeon-16.93/ 11-DeVita-18.42.
- 400H:** 5-Rosenfeld-68.57/ 8-Shippee-73.29/ 9-DeVera-73.31.
- Long Jump:** 1-Park-16-00.5/ 6-Callaghan-14-8.0/ FFF-McKeon
- Triple jump:** 1-DeVita-33-11.25/ 4-Montgomery-32-10.5/ 6-Long-31-10.5.
- High Jump:** 2-Montgomery-4-10/ 5(t)-Keppler-4-6/ 7-DeVita-4-6.
- Pole Vault:** 1(t)-Earl-8-6/ 6-Lester-8-0/ 8(t)-Callaghan-7-6.
- Shot:** 4-Uzoaru-32-2.5/ 9-Baum-27-10/ 14-Carey-25-1.25
- Discus:** 4-Uzoaru-80-07/ 9-Baum-74-08/ 11-Umali-73-11.
- Javelin:** 1-Sheehy-99-08/ 2-McKeon-92-10/ 4-Amoruso-90-04.
- 4X400:** 3-Ridgewood (Vitting-64.4/Kusel-64.5/Rosenfeld-62.3/Park-62.6) = 4:13.94



**Comment:** We had a good day. Our 2nd place finish enables us to finish 2nd overall in the league standing. Notables: Throwers scored lots of points! Wins from Isabel Park, Libby DeVita, and Maxine Earl. Sophie Montgomery scored in three events.



## GIRLS TRACK &amp; FIELD

## RHS enjoys field day in Freedom meet

BY MATTHEW BIRCHENOUGH  
Assistant Sports Editor

Another championship meet for the Ridgewood High School girls track team resulted in another runner-up finish to a powerful Northern Highlands squad in the Big North Freedom Division meet April 30 at Hackensack.

"We did what I was hoping we would do, which was to beat everybody else," RHS head coach Jacob Brown said earlier this week.

The Maroons secured 115.5 team points, second to only to the Highlanders, who earned 146 points and previously took first right ahead of Ridgewood in the Jack Yockers Bergen County Relays in mid-April.

For a Ridgewood team that is known for its strength in the distance events, it was impressive that the team's four first-place finishes all came in field events: Sophia Sheehy in the javelin; Libby DeVita in the triple jump; Isabel Park in the long jump; and Maxine Earl in the pole vault.

Sheehy, a sophomore, overwhelmed the competition in the javelin, throwing 99 feet, 8 inches, nearly seven feet farther than second-place finisher and teammate Katie McKeon, who recorded a distance of 92-10. Kaitlyn Amoruso, another sophomore, wasn't far behind her fellow Maroons, earning fourth place with a throw 90-4.

"Javelin's interesting because we tend to throw it at the end of practice, because there can't be a ton of people all over the place," Brown said. "They all have to kind of stay a little later, and they work hard and they focus on it, and that really showed off by all three of them scoring."

Sheehy also runs the 800, "but she has an arm on her," according to her coach.

Although McKeon's throw wasn't the best of her season, Brown was encouraged with the



VIORL FLORESCU/STAFF PHOTOGRAPHER

Senior Sophie Montgomery clears the bar in the high jump at last week's Freedom Division championship meet in Hackensack. Montgomery's effort earned her second in the event, and the Maroons finished runner-up behind Northern Highlands.

strides that the senior captain has taken in recovering from bursitis in her foot that held her out of the County Relays two weeks prior.

In the triple jump, the senior DeVita leapt 33-11¼ to edge Ramapo freshman Amanda Katz by an inch for the top spot in the event.

"Triple jumping responds to athleticism. It's very hard to triple jump, and she's worked hard at it," Brown said. "It's just cool to have her be able to win the league to get the medal to show all her great success in it."

Two more Ridgewood seniors

earned points in the event as Sophie Montgomery's effort of 32-10½ took fourth, and Jade Long bounded 31-10½ for sixth place. Montgomery also added a silver in the high jump and a fourth in the 100 hurdles.

Park's effort in the long jump also proved to be just enough to take the gold with a distance of 16-0½ just beating out the 16-0 by Ramapo's Katherine Brzozowski. Maroons junior Kerry Callaghan jumped 14-8 to take sixth.

"[Jumps coach] Steve Opremechek, feels that [Park is] really ready to pop a big one," Brown

said. "The Hackensack facility, the kids don't tend to jump real far there. Her 16-foot jump in Hackensack, maybe at Old Tappan that might translate into something a lot farther."

"I think she's going to surprise some people over the next few weeks," he added.

While DeVita and Park narrowly out-jumped their counterparts from Ramapo, Earl tied with the Green Raiders' Kirsten Skead after both cleared 8-6 in the pole vault, a rare circumstance in championship meets.

"In a championship meet,

you're never supposed to have a tie for first place," said Brown, who added that an official mistakenly thought Earl and Skead were in different divisions because the National Division meet was being held concurrently at Hackensack. "Because they were already on to a new height, the meet director ruled that they would have a tie if the coaches would agree to it, and we agreed because it didn't matter in the team standings."

"She won that one as far as I'm concerned," Brown said of Earl.

Ridgewood freshman vaulter Nicole Lester continued her

impressive debut season by clearing 8-0 to take sixth place.

The Maroons received typical solid performances from their distance runners, who ran just one race each in the meet.

"We kind of went into the league meet looking to spread our kids out," Brown said. "I ran all my distance runners just once [to] spread things out and get points everywhere."

Senior Carleen Jeffers took second in the 1,600 behind Indian Hills' Julia Guerra. Meanwhile, in the 3,200, sophomore Olympia Martin also took a silver medal with a time of 11:30.12, less than a second behind former Ridgewood and current Northern Highlands star Catherine Pagano. Ridgewood teammate Abby Taylor took third in the race.

Meanwhile, junior Leah Rosenfeld captured a fifth-place finish in the 400 hurdles and a bronze medal in the 800.

The next challenge for the Maroons comes at this weekend's Gene "Red" Littler Bergen County championships at Old Tappan, where the team's toughest competition likely again will be Northern Highlands.

While Brown is hopeful his team can fight for second place, he's also looking for some more top individual performances from his athletes.

"At counties, you start getting some add-ons in terms of what you're trying to do," he said. "Obviously, you're trying to score well as a team, but you're also looking for your individuals to put up some marks to get them invited to the [Bergen Meet of Champions]."

The BMOC will be held May 15 at Hackensack.

"We're starting to get the duality of track," Brown said. "Yeah, we want some points in the team score, but we also want some individual performances to get these kids in the championship meet."

Email: [birchenough@northjersey.com](mailto:birchenough@northjersey.com)

## Big North Frosh/ Novice Champs at Hackensack May 4, 2015

**100:** -S.Schmidt-13.9/ A.Simpson-14.7t,13.9s/ R.Casey-14.1t,14.3s/ K.Gnall-14.2t,14.4s/  
J.Steinacker-14.4/ SuzanneFlynn-14.5t,14.5s,14.7f/ RachelPark-14.8t,14.5s/ I.Faherty-14.6/  
F.Gentile-14.7/ AmberCho-15.3t,14.9s/ M.Naskiewicz-15.4/ G.Kennedy-15.8/ B.Fedder-15.1/  
M.Leider-15.2/ J.Bussinelli-15.2/ K.vanBuskirk-15.4/ OliviaDoering-15.5/ S.Han-15.8/  
SarahRange-15.8/ O.Colubbus-16.0/ E.Herzberg-16.1/ LuciaKim-16.2/ HannahLowicki-16.2/  
R.Espinoza-16.4/ SK.Caliguire-16.7/ H.Marassick-16.8/ J.Lee-16.8/ M.Kvetnoy-18.0/  
AnnaKusoffsky-18.4. (Rau, ChHamley, CaHamley, C.Solol-DNS)

**200:** -I.Faherty-30.5/ S.Range-30.6/ RachelPark-31.3/ M.Leider-32.3/ JoanLee-33.7/  
A.Witschonke-NT/ KellySyz-NT.

**400:** 1-J.Steinacker-68.8/ 2-S.Watanabe-72.3/ A.Witschonke-75.9/ G.Kennedy-69.6

**800:** -K.Reis-2:40.9/ A.Mullen-2:49.9/ KellyDwyer-2:53.9/ B.Schofield-2:57.9/ S.Catalano-  
3:05.1/ C.Becker-3:09.1/ T.Mehos-3:10.3/ S.DeAndrade-3:30.8/ R.Fontes-3:33.0/ A.Borrero-  
3:37.2/ A.Jahanbin-3:43.8/ S.Tulsyani-4:28.7.

**1600:** 1-L.Pagano-6:00.8/ T.Cirillo-6:12.1/ H.Driscoll-6:14.0/ E.Walicki-6:35.2/ C.Whittaker-  
6:43.1/ J.Felsenstein-7:37.2/ M.Skrzypczak-7:39.8.

**3200:** -Emily Stern-14:56.7

**100H:** no entrants.

**400H:** no entrants.

**Long Jump:** Olivia Rau-12-3.75

**Triple jump:** Olivia Rau-28-3.75/ Katie Doyle-27-11.5/ Kelly Syz-24-2.75

**High Jump:** Katie Doyle-4-2

**Pole Vault:** Tara Cirillo-6-0.

**Shot:** Sara Gerstein 20-8 / Emily Antosiewicz 22-9 / Mollie Knee- 22-10

**Discus:** Sara Gerstein 42-7 / Emily Antosiewicz 55-0/ Mollie Knee - 53-2

**Javelin:** no entrants

**4X400:** Range-75.3/R.Park-76.1/T.Cirillo-70.8/S.Watanabe-72.6 = 4:54.7

**Comment:** Good Day in Hackensack. Nice weather, some medals and some PR's!



## Bergen County Group A Championship at Old Tappan High School

### Friday May 8:

400H: 8-Rosenfeld-69.95/ -Shippee-71.10/ -DeVera-74.02.  
100m 14-Kusel-13.67/ -Callaghan-14.04/ -DeMartino-14.09.  
1600m 17-Fishbein-5:44.58/ -L.Pagano-5:57.69. Kelly Cleary-DNS  
400m 15-Vitting-64.42/ -Shippee-64.68/ -Steinacker-67.24.  
4x800 3- Ridgewood, (Rosenfeld-2:22, Fishbein-2:28, Kotch-2:29,Cleary-2:28) = 9:58.14  
Discus: 10-Umali-86-3/ -Uzoaru-78-4, Baum-72-3.  
LongJump: 17-Callaghan-14-6/ -Park-14-0.5/ -McKeon-FFF.  
HighJump: 7-Montgomery-4-10, Keppler-4-8/ DeVita-4-8.

### Saturday May 9:

100H: 4-McKeon-16.70t,16.69f/ -DeVera-18.73/ -Shippee-19.76(fell)  
800m: 11-Rosenfeld-2:24.98/ -Sheehy-2:29.82/ -Kotch-2:31.87  
4X100m: 3-Ridgewood, (Kusel,DeMartino,Park,Vitting) = 51.66  
3200m: Martin, Taylor, Cobb. - DNS (missed the race)  
200m 15-Kusel-28.13/ -DiMartino-28.53/ -Vitting-28.58.  
4x400: 6-Ridgewood, (Vitting-66.2, Kusel-62.9,Sheehy-65.1,Park-62.1) = 4:16.46  
PoleVault: 5-Maxine Earl-8-6. / Lester-8-0/ Callaghan-7-6  
Javelin: 9-Sheehy-87-9/ -Amoruso-86-8/ McKeon-DNS  
Shot: 11-Uzoaru-29-4.75/ -Baum-26-1/ -Carey-22-11.  
TripleJump: 3-Libby DeVita-34-6.5/ -Long-33-0.5/ -Montgomery-29-4.

**Comment:** Everything that could go wrong at a Track meet did go wrong for us this weekend. We will focus on making things go right for us in two weeks at Randolph.



Sheehy to Park in the 4x4

## Novice Champs at Hackensack May 12, 2015

**100:** -Schmidt-14.1t,14.0s/ -Businelli-14.0/ -Gentile-14.1/ -Faherty-14.3/ -R.Park-14.5/  
-Simpson-14.7/ -Gnall-14.8/ -Feder-14.9/ -Leider-15.1/Columbus-15.5/ -Naskiewicz-15.6/ -  
Deoring-15.7/ -Calliguire-15.7/ -vanBuskirk-15.8/ -C.Hamlet-16.0/ -C.Hamlet-16.1/ -Kim-16.1/ -  
Lee-16.1/ -Lowicki-16.2/ -Herzberg-16.6/ -Espinoza-17.1/ -Kusoffsky-18.1/ -Ponder-18.6.

**200:** -Rachel Park-31.3/ -Kelly Syz-32.8/ -Joan Lee-34.3.

**400:** -J.Steinacker-68.1/ -Sarah Ramge-70.6/ -Grace Kennedy-71.3/ -Sally Watanabee-  
71.4/ -Susanne Flynn-73.7/ -Amanda Witschonke-83.0.

**800:** **2**-Katie Reis-2:42.8/ -Amy Mullen-2:46.0/ B.Schofield-2:55.6/ -S.Catalano-2:56.7/  
-Kelly Dwyer-2:57.3/ -Allia Jahanbin-3:38.3/ -SonalTulsyani-4:29.4.

**1600:** **1**-Lauren Pagano-6:02.4/ -T.Cirillo-6:18.0/ -E.Walicki-6:27.6/ -K.Whittaker-6:30.1/  
A.Sherman-6:31.0/ -Cate Becker-6:44.8.

**3200:** **1**-Hayley Driscoll-13:12.6/ **3**-Emily Stern-14:45.1

**100H:** No Entrants

**400H:** No Entrants

**Long Jump:** -Olivia Rau-??

**Triple jump:** -Kerry Callaghan-31-3.25/ -Olivia Rau-??

**High Jump:** No Entrants

**Pole Vault:** **1**-Nicole Lester-9-0/ ?-Kerry Callaghan-8-6/ -Tara Cirillo-7-0

**Shot:** -Carey-26/ -Knee-23-8/ -Antosiewicz-22-2/ Umali-21/ -Gerstein-19.

**Discus:** -Umali-86-7/ -Carey-70-2/ -Antosiewicz-62-10/ -Gerstein-58-6/ -Knee-53-9.  
(Lexi Uzoaru threw 76-1 but was DQed because she was not a novice)

**Javelin:** No Entrants

**4X400:** No Entry

**Comment:** Our Distance Runners lead the way with 2 wins and a 2nd place medal.

# Bergen Frosh Champs at Ridgewood May 14, 2015

**100:** -R.Park-14.1/ -Kennedy-14.2/ Leider-14.8/ -Cho-14.9/ J.Lee-16.0/ -Lowicki-16.3/ Marussich-17.2.

**200:** -Kennedy-30.2/ -Cho-32.0/ -Naskiewicz-32.1/ -Leider-NT/ -L.Kim-34.6/ -Syz-NT/ -Kusoffsky-NT.

**400:** -Flynn-71.6/ -Witschonke-78.0.

**800:** **4**-Kotch-2:28.2/ Schofield-2:45.6/ -Becker-3:02.4/ Fontes-3:22.1.

**1600:** **4**-Hanna Fishbein-5:35.5.

**3200:** **2**-Hanna Fishbein-12:01.6

**100H:**

**400H:**

**Long Jump:** -Rau-12-8/ -Doyle-11-8.

**Triple jump:** -Rau-29-10/ -Kelly Syz-26-10/ -Katie Doyle-FFF

**High Jump:** -Doyle-4-2/ - O'Keefe-4-2.

**Pole Vault:** **1**-Nicole Lester-9-0.

**Shot:** **4**-Lexi Uzoaru-30-7/ -Michelle Carey-27-6

**Discus:** **5**-Lexi Uzoaru-82-4/ -Michelle Carey-78-4

**Javelin:**

**4X400:** 8-Ridgewood (Kennedy-69.8/R.Park-70.9/Flynn-72.9/Kotch-63.3) = 4:37.0

**Comment:** Nicole Lester wins a championship! Hanna Fishbein and Lexi Uzoaru win 2 medals. Evelyn Kotch runs a great anchor on the 4x4! We finish 7th of 27 scoring teams

# BMOC at Hackensack Friday May 15, 2015



Javelin: 14-Katie McKeon-94-11/ 15-Sophia Sheehy-94-3.



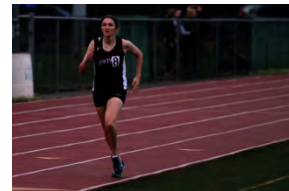
Triple Jump: 7-Libby DeVita-34-1.75.



1600m: 3-Carleen Jeffers-5:06.38/ 9-Kelly Cleary-5:19.30



800m: 4-Leah Rosenfeld-2:24.98/ 19-Sophia Sheehy-2:29.82.



3200m: 2-Olympia Martin-11:05.76/ 12-Abby Taylor-11:55.68.



**Comment: 3 Medals! Olympia is now #12 on the RHS All Time List in the 3200. Carleen is now # 13 on the All Time List in the 1600m**

## East Coast Relays May 18, 2015 at Randolph High School

4x100m: 24 - Ridgewood (Kusel, DiMartino, Park, Monnerat) = 52.65

3xLong Jump: 7-Ridgewood (McKeon-15-6/ Park-14-8.5/ L.DeVita-14-1) = 44-4

3xTriple Jump: 4-Ridgewood (Long-32-10/ L.DeVita-32-3.25/ Montgomery-31-6) = 96-7.25

3xHigh Jump: 4-Ridgewood (Montgomery-5-0/ L.DeVita-4-10/ Keppler-4-6) = 14-4

3XJavelin: 10-Ridgewood (McKeon-90-6, Amoruso-88-11, Sheehy-85-9) = 265-02

**Comment:** Our last chance to break the 1979 Ridgewood School record in the Long Jump relay came up short. The Porro, O'Rourke, Smith mark will remain for another year! Our 290' Javelin relay record also remained untouched for another year! The TJ and HJ teams won medals and Sophie had the performance of the day for Ridgewood, clearing 5-0. We all gained valuable experience for the sectional meet this coming weekend.



Sophie, Katie, Jade, Saskia, and Libby!

## North 1 Group 4 Sectional Championship at Randolph High School

### Friday:

400H: 10-Rosenfeld-70.06/ 20-Shippee-72.58/ 24-DeVera-74.64  
100m: 19-Kusel-13.36/ 22-DiMartino-13.57/ 23-Callaghan-13.63  
1600m: **4**-Jeffers-5:07.10/ 10-Martin-5:21.40/ 13-5:28.83.  
400m: 10-Park-63.29/ 19-Vitting-65.78/ 22-Shippee-66.37  
Shot: 20-Lexi Uzoaru-29-10/ 24-Baum-27-9.5/ 31-Carey-26-0  
Javelin: 7-Sheehy-102-3/ 10-McKeon-92-8/ 12-Amoruso-92-5  
Long Jump: **4**-Park-16-7.5/ 8-McKeon-15.5/ 15-L.DeVita-14-7.25  
Pole Vault: **6**-Earl-9-6/ 7-Callaghan-9-0/ 7-Lester-9-0  
4x800m: **2**-Ridgewood-9:43.82(Rosenfeld-2:23.3,Kotch-2:25.3,Cleary-2:27.4,Jeffers-2:27.5)

### Saturday:

100H: 11-McKeon-16.64/ 21-DeVera-17.92/ 23-Shippee-18.01.  
800m: **5**-Rosenfeld-2:23.29/ 9-Kotch-2:29.06/ 11-Sheehy-2:30.11  
4X100m: **5**-Ridgewood-50.93 (Kusel, DiMartino, Park, Monnerat)  
200: 18-27.69-DiMartino-27.69/ 28-Vitting-28.42  
3200: **1**-Jeffers-10:48.61/ **6**-Martin-11:05.82/ 13-Cleary-11:47.03  
Discus: 10-Uzoaru-86-2/ 21-Baum-72-5/ 23-Umali-71-3  
Triple Jump: **4**-L.DeVita-34-8.5/ 9-Long-32-6.5/ 20-Montgomery-30-10.25  
High Jump: **2**-Montgomery-5-2/ 11-L.DeVita-4-8/ 15-Keppler-4-6.  
4x400m: **3**-Ridgewood-4:09.10 (Vitting63.9, Kusel-62.8, Park-61.4, Monnerat-61.9)

**Comment:** We scored in 10 events and had one Champion. We placed 6th of 18 scoring teams only 10 points from 2nd place. A number of our seniors ended their careers with medals! Congratulations!



## State Group 4 at Egg Harbor Twp High School

### Friday:

Long Jump: 21-Isabelle Park-15-7.

Pole Vault: 18-Maxine Earl-9-0.



### Saturday:

3200m: 2- Carleen Jeffers-10:44.39. 19-Olympia Martin-11:49.15.

4x100m: 23- Ridgewood (Vitting/ Callahan/ DiMartino/ Park) = 52.68

4X400m: 20- Ridgewood (Vitting/ Kotch/ Sheehy/ Park) = 4:18.39

**Comment:** Carleen runs a PR, gets second, and moves on to the Meet of Champs next Wednesday at South Plainfield.



# SMOC June 3, 2015 South Plainfield, Frank Jost Field

3200m: **3**-Carleen Jeffers - 10:29.97.  
76.6/80.5/79.6/80.0/78.4/77.5/79.2/78.2  
5:16.6 5:13.3  
**New RHS Record! Third All Time in Bergen County!**



Epiphany Grisbaum, Sierra Castaneda, Grace Dwyer, Carleen Jeffers, Eve Glassergreen



Jacob Brown, Carleen Jeffers, & Paul Schwartz



## New Balance Nationals - Greensboro, North Carolina



Friday June 19:

5000m: 4-Carleen Jeffers-16:58.19 - **All American!!**  
New RHS and Bergen County Record. 4th All Time in New Jersey!  
Due to rain delays this race was run at 11:45pm!

Saturday June 20:

2 Mile Run: 21/23-Carleen Jeffers-11:13.94  
Carleen's legs had nothing left after last night's 5000.  
But she finished her career at Ridgewood an All American and no what it's!



# Better late than never

## RUNNER OF THE YEAR

### Carleen Jeffers, Ridgewood

By **PAUL SCHWARTZ**  
STAFF WRITER

Ridgewood's Carleen Jeffers remembers the day she realized she might be a runner.

"We were at a summer cross-country practice a week before school started my junior year. I had just joined the team and we went for mile repeats at Darlington Park," Jeffers said. "I ran my first mile with Kelly [Cleary]. We finished and Mr. [Jacob] Brown looked me in the eye and said, 'You can run, kid.' I was over the moon. It was the coolest compliment anyone had ever given me."

Twenty-one months later, Jeffers will put the finishing touches on a remarkable two-year high school career by competing in the two-mile run and the 5,000 meters at the New Balance Nationals. She is The Record Girls Runner of the Year.

Jeffers was a softball catcher and a bass player in Ridgewood's orchestra and band before taking up running. After a summer race with her father, Mike, who ran at Dumont in the 1970s, she was hooked. Running became a passion.

Her parents were friends with their neighbors, the Halvorsens, who had a daughter, Sam, who was an up-and-coming member of Ridgewood's cross-country team.

"[Sam and I] really weren't

close before I started running," Jeffers said. "We had different groups of friends, but our parents were friends, and we got together for an awkward barbecue right before I started."

When Jeffers joined Halvorsen on the team, they instantly grew close.

"She's my running partner, best friend and neighbor, and she was there for everything," Jeffers said. "She made it fun, even though there's a lot of hard work involved."

They did everything seemingly step for step, running for back-to-back All-North Jersey cross-country teams and leading Ridgewood to sixth-place and third-place finishes, respectively, in the 2013 and 2014 state Meet of Champions. They became two of New Jersey's top distance runners.

But Halvorsen suffered a serious concussion last winter while snowboarding, and it left Jeffers to train on her own for the first time in her career.

"When she stopped running, I got into a little bit of trouble," Jeffers said. "She's the logical one and kept me balanced, because I do tend to get overenthusiastic."

With help from the rest of her teammates and head coach Brown, Jeffers got it together and had a great spring season, finishing her New Jersey career by running a Ridgewood record 10:29.79 to finish third in the



KEVIN R. WEXLER/STAFF PHOTOGRAPHER

**Carleen Jeffers did not participate in any high school running until she joined the cross-country team in her junior year.**

3,200 at the state Meet of Champions.

"I cannot put into words how amazing a coach Mr. Brown is," said Jeffers, who will run at Brown University as a collegian. "I love him as a person, but I never realized how much he knows until my junior year, when coaches were saying they wanted me under 10:55 before they'd consid-

er me. At the time, my best was 11:12, but he just said, 'We'll get you there, and of course he did.'"

Even though she's a late comer to running, Jeffers is sold on the sport, now and in the future.

"It's what I think about when I wake up and when I go to sleep; it gives me confidence, it gives me another family, and it gives me fun."

Seniors: Cleary, DeVera, DeVita, and McKeon



# Top Performance List – Ridgewood – 2015

## 100m

13.1 Park  
13.36-(13.2) Kusel  
13.57-(13.9) DeMartino  
13.53-(13.5) Callaghan  
14.18-(13.6) Earl  
13.6 Monnerat

## 200m

27.0 - Park  
27.2 - Monnerat  
27.69 – DiMartino  
28.13-(27.8) - Kusel  
28.42-(28.2)– Vitting  
28.4 – Patel  
28.5 – Amaruso

## 400m

61.3 – Park  
61.5 – Monnerat  
64.15-(63.2) Vitting  
64.68 - Shippee  
65.6 – Sheehy  
67.24 - Steinacker

## 800m

2:23.29 Rosenfeld  
2:26.2 Jeffers  
2:28.2 Kotch (2:25.3r)  
2:29.2 - Martin  
2:29.82 – Sheehy  
2:31.0 – Cleary (2:27.4r)  
(2:28r)-Fishbein

## 1600m

5:06.38 Jeffers  
5:19.30 Cleary  
5:21.40 Martin (5:20.1r)  
5:31.0 A.Taylor (5:30.0r)  
5:35.5 Fishbein  
5:36.4 Kotch  
5:54 L.Pagano

## 3000m

9:52.73 Jeffers

## 3200m

10:29.97 Jeffers  
11:05.76 Martin  
11:47.03 Cleary  
11:55.68 A.Taylor  
12:36.8 Fishbein  
12:38.97 Cobb

## 5000m

16:58.19 Jeffers

## 100H

16.64 (16.5) McKeon  
16.92 (16.9) Montgomery  
17.92 (17.6) DeVera  
18.01 (17.4) Shippee  
18.42 (18.0) DeVita

## 400IH

68.57 Rosenfeld  
71.10 (69.9) Shippee  
73.31 (73.1) DeVera

## High Jump

5-2 Montgomery  
5-0 DeVita  
4-10 Keppler  
4-10 Callaghan  
4-2 O’Keefe  
4-2 K.Doyle

## Long Jump

16- 7.5 Park  
15-10 Callaghan  
15-8 Montgomery  
15-6.5 DeVita  
15-6 McKeon

## Triple Jump

35- 1.5 L.DeVita  
33- 0.5 Long  
32-10.5 Montgomery  
31- 7.5 Shippee  
31- 3.25 Callaghan  
29-10 Rau  
29- 2.5 Kepler

## Pole Vault

9-6 Earl  
9-0 Lester  
9-0 Callaghan  
7-0 T.Cirillo

## Shot

32- 2.5 - Uzorau  
28-10 - Baum  
27- 6 Carey  
24-11 – Umali

## Discus

86-7 – Umali  
86-2 – Uzorau  
78-4 - Carey  
74-8 – Baum

## Javelin

108- 6 – McKeon  
102- 0 - Sheehy  
92- 5 – Amoruso  
68- 9 – Patel  
66-5 – Tai

## Relay Bests:

4x100m  
50.93

4x400m  
4:09.10

4x800m  
9:43.82

4x1600m  
21:24.7

DMR  
12:22.23

Times listed in 1/10ths are hand times. Times listed in 1/100ths are FAT times. Superior hand times from a different race are listed in ( ).

## RIDGEWOOD HIGH SCHOOL INDIVIDUAL GIRL'S TRACK AND FIELD RECORDS

EVENT	RECORD	PERFORMER	DATE	PLACE
100 meter dash	12.42	Emily Barr	2008	Clifton Stadium, NJ
200 meter dash	25.54	Emily Barr	2008	Hackensack HS, NJ
400 meter dash	56.1	Ginny Figlar	1988	Wayne Hills HS, NJ
800 meter run	2:10.9	Margaret Scutro	1985	Tenafly, NJ
1500 meter run	4:26.25	Margaret Scutro	1985	Uniondale, LI, NY
1600 meter run	4:46.4	Margaret Scutro	1985	South Plainfield, NJ
3000 meter run	9:52.73	Carleen Jeffers	2015	Franklin Field, PA
3200 meter run	10:29.97	Carleen Jeffers	2015	South Plainfield, NJ
5000 meter run	16:58.19	Carleen Jeffers	2015	Greensboro, NC
100 meter hurdles	14.54	Lara-Jane Que	2007	Egg HarborTwp, NJ
400 meter hurdles	61.36	Micaela McPadden	2013	South Plainfield, NJ
300 meter hurdles	49.48	Victoria Oliva	2010	Arcadia, CA
Shot Put	38' 6 3/4"	Lisa Glidewell	1980	Tenafly, NJ
Javelin	135' 11"	Jaclyn Wypler	2006& 2007	Egg Harbor, NJ Hackensack, NJ
Discus	123' 3"	Jess Sokolik	1997	Bernardsville HS, NJ
Triple Jump	39'10 1/2"i	Jennifer McDermott	1989	Annapolis, MD
High Jump	5' 9"	Becky Deetz	1975	Holmdale HS, NJ
Long Jump	19' 4"	Jennifer McDermott	1989	South Plainfield, NJ
Pole Vault	12' 5 3/4"	Kayla Polcari	2011	Franklin Field, PA
Heptathlon	4011	Renee Pavelski	1993	Spokane, WA
1 mile walk	9:49.3	Anja Kannengieser	1983	Hackensack, NJ
Marathon	3hr 32min	Klara Grape	1977	Shore Marathon

## RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD RELAY RECORDS

EVENT	RECORD	PERFORMERS	DATE & PLACE
<u>TRACK RELAYS</u>			
4 X 100 meter relay	49.67	Que/Barr/Martinez/Cigolini	2007 Penn Relays, PA
2 X 200 meter relay	1:44.67	Martinez/Barr/Michel/Cigolini	2007 Morristown HS, NJ
4 X 400 meter relay	3:54.29	Degelmann/Reilly/Collazo/G.Figlar	1988 South Plainfield, NJ
4 X 800 meter relay	9:00.43	McPadden/Shigenobu/Davidson/Pagano	2012 Greensboro, NC
4 X 1 mile relay	20:34.4	Scutro/Pringle/M.Mileski/P.Mileski	1983 Bergen CC, ParamusNJ
Sprint Medley	4:03.21	Que/Cigolini/Wisener/Law	2007 Greensboro, NC
Distance Medley	11:50.73	Davidson/McPadden/Shigenobu/Pagano	2012 Greensboro, NC
4 X 100 meter hurdles	1:00.77	Martinez/Law/Wisener/Que	2007 Morristown, NJ
3 X 400 meter hurdles	3:14.90	Law/Wisener/Llerandi	2007 Morristown, NJ
<u>3 PERSON FIELD RELAYS</u>			
Shot Put Relay 8#	106' 9 1/2"	Glidewell/Sauerman/Slawek	1979 Rutherford, NJ
Discus Relay	305' 2"	Glidewell/Miles/Sauerman	1980 New Milford HS, NJ
Javelin Relay	290'	Laddin/Spilka/Vasquez	2008 Demarest HS, NJ
High Jump Relay	15' 7 1/2"	DuFlon/B.Granata/Deetz	1975 Monmouth College, NJ
Long Jump Relay	47' 1/2"	Porro/Smith/O'Rourke	1979 New Milford HS, NJ
Triple Jump Relay	102' 9"	Lamothe/Law/Melli	1999 Ridgewood, NJ
Pole Vault Relay	29'	K.Polcari, M.DeVita, Brown	2011 Ramsey HS, NJ
<u>2 PERSON FIELD RELAYS</u>			
Shot Put Relay 4kg	66' 3"i	Rayevich/Eldridge	1988 Jadwin, Princeton, NJ
Discus Relay	211' 2"	Rayevich/Eldridge	1988 Kearney, NJ
Javelin Relay	217' 8"	Wypler, Vasquez	2007 Delbarton HS, NJ
High Jump Relay	10'	Richter/Roeske	1981 ParamusCatholicHS, NJ
Long Jump Relay	33'	Bogart/Law	2007 Morristown, NJ
Triple Jump Relay	69' 4 2"	Law/Lamothe	1999 Engelwood, NJ
Pole Vault Relay	21' 0"	K.Polcari/M.DeVita	2010 Randolph, NJ

Updated (6/15)

# RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD

## ALL TIME TOP TEN

### 100 METER DASH

12.42	Emily Barr	2008
12.1 (12.76)	Erica Cigolini	2007
12.3	Jennifer McDermott	1989
12.6	Ginny Figlar	1987
12.6	Lara-Jane Que	2005,06,&07
12.7	Marci Capitani	1984&5
12.7	Cait Fiocchi	2002
12.7	Micaela McPadden	2013
12.85	Moriah Jennings	2012
12.8	Judy Davis	1980
12.8	Trish Fogarty	1981
12.8	Trish McGowan	2002
12.8	Jess Krejsa	2003

### 200 METER DASH

25.54(25.4)	Emily Barr	2008
25.3 (25.67)	Erica Cigolini	2007
25.4	Jennifer McDermott	1988
25.7	Ginny Figlar	1988
26.02	Micaela McPadden	2012
26.1	Melissa Gilbert	1994
26.1	Lara-Jane Que	2005
26.2	Marci Capitani	1985
26.3	Kate Brunner	1995
26.3	Jess Krejsa	2003
26.51	Mia Martinez	2008
26.6*	Judy Davis	1979

### 400 METER DASH

56.1	Ginny Figlar	1988
57.7	Marci Capitani	1984
57.7	Micaela McPadden	2013
58.42i	Jennifer McDermott	1989
58.7	Judy Davis	1979
58.8	Melissa Gilbert	1994
58.9	Alice Wisener	2007
59.16 (59.0)	Emily Barr	2008
59.3	Margaret Scutro	1984
59.4	Kerri Reilly	1988
59.5 *	Kandie Latham	1974
59.9	Liz Ross	1985

### 400 m. RELAY SPLITS

55.7	Ginny Figlar	1988
57.1	Lynne Collazo	1989
57.1	Micaela McPadden	2012
57.3	Cristina Law	2007
57.4	Melissa Gilbert	1993
57.7	Emily Barr	2008
58.0	Marci Capitani	1985
58.0	Margaret Scutro	1984
58.1	Kerri Reilly	1988
58.3	Jennifer McDermott	1989
58.5	Alice Wisener	2007
58.6	Victoria Oliva	2010
58.7	Charlotte Criqui	2010
58.8	Katherine Zucaro	2000
58.9	Mary Ellen Mileski	1983
59.1*	Kandie Latham	1974

### 800 METER RUN

2:10.9	Margaret Scutro	1985
2:12.1	Patti Mileski	1982
2:13.8	Lynn Collazo	1988
2:13.9	Mary Ellen Mileski	1983
2:16.08	Cristina Law	2007
2:17.08	Catherine Pagano	2012
2:17.0	Jean Hughes	1987
2:17.44	Hanako Shigenobu	2012
2:17.7*	Kandie Latham	1975
2:17.77	Liz Figlar	1990
2:17.8	Stephanie Doyle	1995
2:18.0	Norine D'Arcy	1987
2:18.33	Caroline Davidson	2012
2:18.13	Meg McDermott	1998
2:19.2	Beth Pringle	1982
2:19.2	Jennifer Zucaro	2000

### 1500 METER RUN

4:26.25	Margaret Scutro	1985
4:44.8	Mary Ellen Mileski	1983
4:44.9	Patti Mileski	1981
4:45.1	Norine D'Arcy	1985
4:46.4	Lynne Collazo	1989
4:46.9	Jean Hughes	1987
4:47.2	Carol Dickstein	1981
4:53.9i	Eileen Fitzgerald	1990
4:54.4	Kathy Duffy	1980
4:55.52	Caroline Davidson	2011
4:59.3	Emily Terrin	2004
5:05.45	Emily Fishbein	2011
5:06.4	Colleen Wright	1981

### 1600 METER RUN

4:46.4	Margaret Scutro	1985
4:54.8*	Patti Mileski	1983
4:54.76	Catherine Pagano	2013
5:01.2*	Mary Ellen Mileski	1980
5:02.0	Jenna Rogers	1994
5:03.4	Jean Hughes	1988
5:04.28	Clair Nowakowski	2001
5:04.91	Sam Halvorsen	2014
5:05.05	Caroline Davidson	2011
5:05.5	Beth Pringle	1983
5:04.69	Eileen Fitzgerald	1990
5:05.6	Norine D'Arcy	1987

### 3000 METER RUN

9:52.73	Carleen Jeffers	2015
9:58.15	Jenna Rogers	1994
10:03.12i	Jennifer Hughes	1988
10:04.1i	Patti Mileski	1983
10:04.7	Carol Dickstein	1981
10:11.21	Jean Hughes	1988
10:13.6	Karen Canon	1988

### 5000 METER RUN

16:58.19	Carleen Jeffers	2015
17:55.55	Sam Halvorsen	2014
19:48.03	Victoria Pan	2011

### 3200 METER RUN

10:29.97	Carleen Jeffers	2015
10:33.9	Jenna Rogers	1994
10:34.5	Patti Mileski	1983
10:39.88	Catherine Pagano	2013
10:40.2	Margaret Scutro	1985
10:43.8	Jean Hughes	1988
10:46.4	Karen Cannon	1988
10:51.67	Sam Halvorsen	2014
10:59.02*i	Celeste Sedo	1998
10:56.4	Jennifer Hughes	1987
10:58.6	Norine D'Arcy	1987
11:05.76	Olympia Martin	2015

## 100 METER HURDLES

14.4 (14.54) Lara-Jane Que	2007
14.55 Sarah DeVita	2010
14.95 Mia Martinez	2008
15.0 Sheryl van der Schyff	1988
15.1 Cristina Law	2007
15.4 Faith Ninivaggi	1994
15.6 Renee Pavelski	1992
15.6 Alice Wisener	2007
15.77 Katie McKeon	2014
15.7 Cassie Wong	2006
15.93 Sirai Rameriz	2013
16.0 Ana Law	1999
16.09 Kate Michel	2008
16.1 Jeanne McGuire	1985

## JAVELIN

135' 11" Jaclyn Wypler	2006&07
128' 4" Tammy Rayevich	1988
122' 10" Emilie Chang	1993
118' 4" Deanie Barth	1987
116; Marci Capitani	1985
110' Kim Slawek	1979
108' 6" Amy Titus	1990
108' 6" Claire Blaney	1991
<b>108' 6" Katie McKeon</b>	<b>2015</b>
106' 6" Grayson Llerandi	2012
105' 6" Claudia O'Rourke	1981

## HIGH JUMP

5' 9" Becky Deetz	1975&76
5' 5" Renee Pavelski	1992
5' 4" Kathy Granata	1982
5' 4" Meg Anderson	2002
5' 3 1/2" Beth Granata	1975
5' 2" Mary Sayers	1974
5' 2" Renee DuFlon	1975
5' 2" Sharon Roeske	1981
5' 2" Monica Richter	1982
5' 2" Wendy Hawthorne	1984
5' 2" Sheryl vander Schyff	1987
5' 2" Jen Wrubel	1987
5' 2" Jennifer McDermott	1988
5' 2" Corinne Hyslop	2001
5' 2" Sarah DeVita	2010&11
<b>5' 2" Sophie Montgomery</b>	<b>2015</b>

All Marks reported in 1/10s are hand times.

All Marks reported in 1/100s are FAT.

\* - Mark made at English distance.

No conversions are made on this list.

When FAT and Hand times are listed, athlete ran both marks at different meets.

## 400 METER HURDLES

61.36 Micaela McPadden	2014
61.97 Cristina Law	2007
63.5 Lynne Collazo	1989
63.7 Lynn Degelmann	1987
63.82 Liz Ross	1985
64.93 Renee Pavelski	1993
65.11 Kate Michel	2008
65.27 Alice Wisener	2007
65.92 Katherine Zucaro	2001
66.0 Hanako Shigenobu	2012
66.51 Catherine Buckley	2009
66.56 Ashlyn Llerandi	2007
66.6 Jeanne McGuire	1985
66.7 Emily Barr	2008

## DISCUS

123' 3" Jess Sokolik	1997
118' 11" Tammy Rayevich	1988
117' 7" Lisa Glidewell	1980
115' 6" Janet Sauerman	1980
111' 3" Megan Gonzalez	2009
107' 11" Alfreda Eldridge	1989
107' 1" Jaclyn Wypler	2006
107' Ellen Barkensush	1986
106' 9" Alison Barbeau	1990
105' 6" Courtney Moody	1984
103' 6" Christina Grab	1996
103' 1" Cathie Deyoe	1975

## LONG JUMP

19' 4" Jennifer McDermott	1989
17' 9" Brooke Bogart	2005
17' 5" Becky Deetz	1976
17' 5" Cristina Law	2007
17' 0" Cait Fiocchi	2002
16' 9 1/2" Tonia Clarke	1995
16' 9" Shannon McGarrigle	1992
16' 9" Alisa Vetter	2001
<b>16' 7 1/2" Isabelle Park</b>	<b>2015</b>
16' 7" Helena Lamothe	1999
16' 6 1/2" Racquel Mair	1989
16' 6 1/2" Katie McKeon	2014
16' 6" Kayla Polcari(?-LowPit)	2009
16' 5" Kathy Granata	1983
16' 5" Trish McGowan	2003
16' 4 3/4" Kayla Polcari	2011
16' 3 1/2" Emilie Chang	1992
16' 3" Jen Wrubel	1988
16' 3" Marli Klar	1995

## POLE VAULT

12' 5 3/4" Kayla Polcari	2011
11' 8" Ann Polcari	2008
11' 7" Cassie Wong	2006
11' 4" Mimi DeVita	2011
11' 0" Kerri Norton	2004
10' 6" Elyse Norton	2004
10' 6" Ashlyn Llerandi	2006
9' 9" Evann Borgman	2003
9' 9" Ramelle Brown	2009
9' 6" Robin Lee	2008
9' 6" Ilana Brown	2012
<b>9' 6" Maxine Earl</b>	<b>2015</b>

## SHOT PUT

38' 6 3/4" Lisa Glidewell	1980
36' 8" i Tammy Rayevich	1988
36' 7" Megan Gonzalez	2009
36' 2" Shayna Brown	1997
35' 8 3/4" Alfreda Eldridge	1989
34' 10" Jess Sokolik	1996
34' 9" Kristina Schwehm	2000
34' 0" Jaclyn Wypler	2007
33' 9" Kathleen Willett	2004
33' 4" Jessica Berg	1980
32' 7" Janet Sauerman	1980
32' 7" Yoon Jang	2010

## TRIPLE JUMP

39' 10 1/2" i Jennifer McDermott	1989
37' 8 1/2" Trish McGowan	2003
36' 3 1/2" Kathy Granata	1983
36' 0" Brooke Bogart	2007
35' 6 1/2" Ana Law	1999
35' 4" Helena Lamothe	1999
35' 3" Cristina Law	2007
35' 2 1/4" Becky Deetz	1976
<b>35' 1 1/2" Libby DeVita</b>	<b>2015</b>
35' 1/4" Vanessa McDermott	1995
34' 11 1/2" Deecy Porro	1978
34' 11 1/2" Alisa Vetter	2001
34' 7 1/4" Tonia Clarke	2009 1995
34' 6 1/2" Emily Flynn	2014
34' 5" Shannon McGarrigle	1994
34' 4 1/2" Jen Wrubel	1988



# Ridgewood Girl's Track and Field History

Year	Dual Meets	Bergen Relays	NNJIL Champs	Bergen Champs	State Section	State Group 4	Other Championships
1972	2-2	-	-	-	-	?	-
1973	5-2	-	-	-	10th	?	-
1974	4-1	-	-	1st (MOC)	1st	?	-
1975	8-0	-	-	1st	2nd	7th	-
1976	9-0	-	-	1st	3rd	9th	-
1977	4-5	? (first relays)	3rd(firstMeet)	5th (gr3&4)	?	?	-
1978	9-1	4th	3rd	3rd	4th	?	-
1979	7-2	2nd	3rd	2nd	?	?	1
1980	9-0	4th	2nd*	3rd	3rd	?	1
1981	8-1	4th	3rd	4th (gr4)	2nd	?	-
1982	7-1	1st	2nd	1st	3rd	15th	-
1983	7-0	1st	1st	1st	1st	5th	2
1984	3-1	1st	(NoMeet)	1st	1st	14th	1
1985	3-1	1st	2nd	2nd	1st	3rd	1
1986	5-0	1st	2nd *	2nd	3rd	14th	1
1987	5-0	1st	1st	1st	1st	3rd	3
1988	5-0	1st	1st	1st	1st	1st	5
1989	5-1	1st	1st	2nd	2nd	6th	1
1990	4-2	4th	3rd	3rd	4th	9th	1
1991	7-0	2nd	1st	3rd	5th	12th	3
1992	6-1	1st	2nd	2nd	3rd	17th	-
1993	6-0-1	1st	1st	1st	1st	4th	1
1994	5-1	1st	2nd	1st	1st	5th	3
1995	7-0	1st	1st	2nd	3rd	20th	2
1996	7-0	1st	2nd	2nd	3rd	22nd	1
1997	5-2	2nd	2nd	2nd	3rd	18th	2
1998	7-0	1st	3rd	1st	2nd	28th	-
1999	6-1	1st	3rd	1st	6th	33rd	2
2000	6-1	1st	3rd	1st	3rd	no score	2
2001	7-1	2nd	1st	2nd	1st	11th	-
2002	6-2	3rd	3rd	2nd	3rd	no score	-
2003	4-1	3 <sup>rd</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>	12 <sup>th</sup>	-
2004	6-0	4 <sup>th</sup>	1 <sup>st</sup>	4 <sup>th</sup>	2 <sup>nd</sup>	no score	-
2005	8-0	1st	1st	2nd	3rd		2
2006	8-0	2 <sup>nd</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	10 <sup>th</sup>	-
2007	8-0	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	14 <sup>th</sup>	1
2008	8-0	2 <sup>nd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	no score	1
2009	8-0	2 <sup>nd</sup>	1 <sup>st</sup>	4 <sup>th</sup>	3 <sup>rd</sup>	42 <sup>nd</sup>	1
2010	7-1	2nd	3rd *NJTCC	4th	6th		-
2011	4-1	1st	1st	3rd	2nd		1
2012	3-0-1	2nd	2nd	1st	4th		1
2013	3-2	1st	3rd	2nd	2nd		-
2014	2-2-1	6th	4th	9th	7th	15/47	-
2015	4-1	2nd	2nd	10th	6th	23/31	1
<b>Totals:</b>	<u>256-37-3</u>	<u>20</u>	<u>15</u>	<u>16</u>	<u>11</u>	<u>1</u>	<u>41</u>

Total Wins = **360**

\*2nd in NNJIL Championship Meet but won the League Banner on dual meet record.  
 1977-2009 The league was called the NNJIL with various alignments over the years  
 2011-present -Ridgewood is in the Freedom Division of the Big North.

# 4 x 4 Relay



This is the last of the Jack Parish inspired booklets by Jacob Brown. What started out as a simple way to keep last year's results in easy reach for scouting the next meet became a full scale yearly memory book. My love of photography and skill with Photoshop made it all the better. I hope it gives future readers a sense of how great these teams were and the joy we had competing in Track and Field.

Comments on the cover page: In 1985 I started using a cover page that I had created on an apple 2e with an image writer printer. I liked the look and continued using it. When the 2e and image writer were no longer supported by the school I hid mine away in a closet in the back of my classroom. I couldn't find a cover page template on the newer programs that I liked quite as much. It got so the only time this computer was used was for the annual printing of the booklet cover page! Somewhere along the line I realized this could not go on forever and I printed some template covers with all possible dates. Photoshop took care of the booklet covers from that point till now.

Jacob Brown  
Ridgewood Girl's Track & Field Coach – 1972 to 2015

