

**RIDGEWOOD  
TRACK  
&  
FIELD  
1975**

**SEASON  
SUMMARY**



# 1975 GIRLS TRACK AND FIELD

COACH - JACOB BROWN + BOB STICKLES

## DUAL MEETS - 8 WINS 0 LOSSES

RHS	75	WAYNE VALLEY	34
RHS	96	OLD TAPPAN	13
RHS	61	WAYNE HILLS	48
RHS	81	DEMAREST	28
RHS	65	MONTCLAIR	35
RHS	87	HACKENSACK	22
RHS	86	NORTH BERGEN	23
RHS	86	PARAMUS CATHOLIC	23

## INVITATIONAL MEETS

RUTHERFORD RELAYS 2<sup>ND</sup> PLACE  
 HOLMDALE RELAYS  
 LONG BRANCH RELAYS  
 REDBANK CATHOLIC RELAYS  
 MEET RECORD IN  
 4 mile relay + High jump relay

BERGEN COUNTY CHAMPIONSHIP - 1<sup>ST</sup>  
 JENNIFER BARINGER SHOT } COUNTY  
 BECKY DEETZ H.S. + L.S. } CHAMPS  
 NANCY REED 2 MILE }  
 MILE RELAY }

SECTIONAL CHAMPIONSHIPS - 2<sup>ND</sup>  
 GROUP CHAMPIONSHIP - 7<sup>TH</sup>  
 STATE CHAMPIONSHIP - 4<sup>TH</sup> (TIE)

KANDIE LATHAM 880 - 2:17.7  
 BECKY DEETZ H.S. - 5'9"  
 STATE CHAMPIONS +  
 STATE RECORD HOLDERS

## TEAM MEMBERS

### Seniors

- Carol Antonacci
- Denise Di Nardo
- \* Cathie Doyle
- \* Jean Leach
- \* Kandie Latham
- \* Nancy Reed
- \* Gabriella Stauber

\* VARSITY LETTER WINNERS

### Juniors

- \* Lucy Calderwood
- \* Mary Cooper
- \* Renee DuFilon
- Bonnie Fendrock
- Nancy Fenn
- \* Martha LaMarre
- \* Barbara Lange
- \* Julia Fezzoni
- Nancy Wise

### Sophomores

- \* Jennifer Baringer
- Bonnie Campbell
- \* Sue Davis
- \* Becky Deety
- Deirdre Doyle
- Alice Fowler
- \* Beth Granata
- \* Alison Hefele
- \* Michelle McLaughlin
- Hilary Nocka
- Sam Ong
- \* Sheryl Ottens
- \* Kim Puglisi
- \* Linda Russell
- Gunny Sagers
- \* Irish Seftik
- \* Beth Smith
- \* Margaret Vandermyer
- Jeanette Stemley





# Dual Meets



RIDGEWOOD VS Wayne Valley

DATE 11 April 1975

WEATHER Sunny - Cool

TRACK CONDITIONS Loose (Dry + Powdery)

EVENT	FIRST	SECOND	THIRD	MARK	RIDGE WOOD	OPP.
100 yard low hurdles	17.1 Deety		18.8 DuFlon	17.1	6	3
100 yard dash		12.7 Stanber	12.9 Davis		4	5
1 mile run	6:03.8 Leach	6:09.2 Sefcik	6:14.8 Vandermeys	6:03.8	9	0
440 yard DASH	32.7 36.5 68.2 McLaughlin		33.0 37.8 70.8 Hefele	68.2	6	3
440 yard RELAY		Ottens Cooper English Davis 57.1			0	5
880 yard run	2:39 Latham	2:41 DeYoe	2:49.8 Lange		9	0
220 yard dash					0	9
<del>1 MILE</del> 2 MILE RUN	13:04 Reed	13:41 Iezsoni	13:48.8 Calderwood		9	0
MILE relay	DEETZ 69.5 COOPER 67.5 DEYOE 69.4 LATHAM 66.6			4:33.0	5	0
shot put		31'4" 30'4" 33'2" 33'1" DuFlon	30'6" F 33'2" 32'7" Baringer		4	5
discus	82'5" 86'1" 86'0" 83'10" DeYoe	79'10" 73'3" 82'3" 70'2" Russel		86'1"	8	1
Long jump	Deety ↑		14'1" 12'9 1/2" 14'1 1/2" 14'1 1/2" Cooper	15'0"	6	3
high jump	5'0" 15'0" 13'0" 14'2" 14'6" Deety	4'10" Smith	4'9" Granata	5'0"	⊙	⊙
FINAL SCORE					75	34







RIDGEWOOD VS Old Tappan

DATE 17 April 1975

WEATHER Sunny + Warm

TRACK CONDITIONS Good (labeled Best soft)

EVENT	FIRST	SECOND	THIRD	MARK	RIDGE WOOD	OPP.
110 yard low hurdles	Deety		Hefele <sup>18.7</sup>	17.1	6	3
100 yard dash	Cooper	Davis		13.0	8	1
1 mile run	89, 91, 89, 83.3 Leach <u>5:52.3</u>	91, 92, 93, 91.6 Vandermeijer <u>6:07.6</u>		5:52.3	8	1
440 yard Run	McLaughlin	Cooper	Hefele	67.0	9	0
440 yard Relay	14.1 Stanber	13.8 Otters Puglisi	14.4 Davis	56.2	5	0
880 yard run	72, 1:50.5 2:30.6 Latham	73, 2:37.0 DeYoe	74, 2:43.5 Sefcik	2:30.6	9	0
220 yard dash			Puglisi	30.5	1	8
<del>1 MILE RUN</del> 2 MILE RUN	12:32.8 Reed	13:09.3 Iezzoni	13:46.4 Calderwood	12:32.8	9	0
<del>MILE RELAY</del> MILE relay	73.2 Antonaci	67.8 Deety	69.2 McLaughlin	69.2 Latham	4:39.4	5
shot put	32'6", 30'6 1/2", 30'8" DuFlon 30'2"	⊕ 31'11 1/4", 30'6" Baringer 30' 1/4"	⊕ 30'9 3/4", 27' 1/4" 24' 1/4" LaMarre	32'6 1/2"	9	0
discus	93'2", 95'3", 95'8 3/4" DeYoe 95'11 1/2"	59'2 1/2", 77'3", 85'10 1/2" Russell 80'6"	78'3 3/4" ⊕ 72'3 1/2" 76'6" DuFlon	95'11 1/2"	9	0
Long jump	15'5 3/4", 14'10 1/2", 13'4 3/4" 14'4 1/2" Becky Deety	14'5 1/2", 14'8", 14'1", 15'4 3/4" Sheryl Otters	14'8 1/2", 14'10 3/4" 14'4" Sue Davis	15'5 3/4"	9	0
high jump	5'0" Becky Deety	4'11" Renee DuFlon	4'11" Beth Granata	5'0"	9	0

Team Members Not Competing:

- Fendrock
- Weir
- Fowler
- Nocka
- Fenn

FINAL SCORE

96 13



WEEKLY MEETING  
TRACK CONDITIONS (Good)

EVENT	FIRST	SECOND	THIRD	MARK	TIME	SCORE
100 yard dash	Stauben	Doyle	Antonaci	DiNardo	19.6	20.0, 20.9, 21.7
1 mile run	Ong	Wise	Sayers		96 3:20 5:02 6:41.5	97 3:27 5:35 7:03.5
400 yard run	Stemley	Doyle	Granata	DiNardo	16.6	14.6, 14.0, 15.1
800 yard run	Lange	Campbell			75 2:50.5	77 2:53
1 mile relay	Campbell	Lange	Sefcik	DeYoe	75.2	71.8, 74.1, 71.4 (4:52.5)
100 yard dash	LaMarre	Stemley			63'2 3/4" (F)	65'11" 68'1 1/2"
100 yard dash	LaMarre	Stemley			65'7" (F)	59'5 1/4" 67'5 1/4"
100 yard dash	Mary Cooper	Kim Puglisi			14'4 1/2" (F)	(F) 13'5 3/4"
100 yard dash	Mary Cooper	Kim Puglisi			(F) 14'5 1/2"	(F) 11'10"
100 yard dash	Beth Smith				4'10"	

(B Relay)

(60.3)

(B Relay)

13 29

APRIL 1972

Team members not competing

Handwritten notes in a box at the bottom right.



RIDGEWOOD VS WAYNE Hills

DATE 21 APRIL 1975

WEATHER ~~Inside lane very~~ loose in places.

TRACK CONDITIONS Sunny-Mild-Windy

4th  
200

EVENT	FIRST	SECOND	THIRD	MARK	RIDGE WOOD	OPP.
110 yard low hurdles	Deety 17.0 R	Blasley 17.9 WH	Papaly 18.0 WH	17.0	5	4
100 yard dash	Budeca 12.9 WH	13.1 Davis R	13.25 Sills WH	12.9	3	6
1 mile run	<del>Leach</del> Leach 5:55.5	Machuga WH 6:07	<del>Caldwood</del> Caldwood 6:11	5:55.5	6	3
440 yard RUN	68.9 McLaughlin R	Dacey WH 72.0	74.2 Weir R	68.9	6	3
440 yard RELAY	58.1 Wayne Hills	60.7 Rud		58.1	0	5
880 yard run	2:39.2 myer WH	2:41.7 mona WH	2:42.5 Sefcik	2:39.2	1	8
220 yard dash	30.1 Budeca WH	30.2 Deety R	30.9 WH Sills	30.1	3	6
<del>2 MILE</del>	12:20.5 Zollo WH	Reed 12:23 R	Syone R 13:05.2	12:20.5	4	5
<del>MILE relay</del>	4:38.8 RidgeWood	4:48 Wayne Hills	Deety 70.0 Davis 72.8 Hafele 70.1 McLaughlin 66.9	4:38.8	5	0
shot put	DuFlon R 34' 3 1/2"	La mare, R 31' 2 1/2"	30' 3 3/4" Barnett WH	34' 3 1/2"	8	1
discus	86' 2 1/2" Linda Russel	82' 2 1/4" Barb Barnett	73' 1 1/2" Renee DuFlon	86' 2 1/2"	6	3
Long jump	Davis 14' 7 1/4"	14' 4 1/2" (WH) Jane Machuga	14' 0" (WH) Anne Papale	14' 7 1/4"	5	4
high jump	Renee DuFlon	Beth Grenata	Beth Smith	4' 11"	9	0

3 Way Tie

FINAL SCORE **61 48**



DATE 21 APRIL 1972 WAYSIDE HILLS RIDGEWOOD VS

WEATHER

TRACK CONDITIONS

EVENT	FIRST	SECOND	THIRD	MARK	WOOD	OPT.
100 YARD dash	Hefele 18.9, Doyle 20.0, Antonacci 20.5.					
100 YARD dash	Russell					
100 YARD dash	Leach 86 3:00 4:30 5:52.5	Culterwood 87 3:05 4:42 6:08.5	Campbell 87, 3:05, 4:44, 6:21			
440 YARD RUN	<del>XXXXXXXXXX</del>					
440 YARD RUN	<del>XXXXXXXXXX</del>					
880 YARD RUN	Granata, Russell, Puglisi, Davis					
880 YARD RUN	Sefick 77-84 2:41					
880 YARD RUN	Vandermeegs 80-87 2:47					
880 YARD RUN	Wise 83- 2:55					
220 YARD dash	Roed 86-95-96-98-95-96-99-81 (12:21)					
220 YARD dash	Teyanni 90 3:06 4:49 6:30 8:13 9:54 11:30 (13:03)					
220 YARD dash	San <del>XXXXXXXXXX</del> 15:13					
220 YARD dash	Sayers 16:32					
220 YARD dash	<del>XXXXXXXXXX</del>					
480 YARD dash	La Mare 70' 2 1/4"					
480 YARD dash	Deety 12' 11 1/2" (F) 13' 7" 12' 11 1/2" Puglisi 13' 1" 13' 5 3/4" 13' 1/4" 13' 1"					

84 12



RIDGEWOOD VS

Demarest

DATE

1 May 1975

WEATHER

partly sunny

TRACK CONDITIONS

off

EVENT	FIRST	SECOND	THIRD	MARK	RIDGE WOOD	OPP.
110 yard low hurdles	Toll 17.2	Renee Duflon 18.4	Allison Hejile 18.8		4	5
100 yard dash	Barb Krieger 12.6	Sue Daris 12.7	Margaret <del>Adams</del> Kross 12.8		3	6
1 mile run	Margaret Vandermay 6:02.9	Connolly 6:35.4	Sam Ong 6:44.7		6	8
440 yard DASH	Micki 66.2	Hall 67.1	Huddleston 69.8		5	4
440 yard RELAY		Ridgewood - Demarest -	55.5 56.2	(Cooper, Stamber, English, Daris)	5	0
880 yard run	Barb Lange 2:49:0	Nancy Wise 3:01:3	Reg Connolly 3:05:0		8	1
220 yard dash	Kross 29.2	Cheryl Ottens 29.7	Sue Daris 29.8		4	5
2 MILE	Sulcia Heygani 12:40:1	Lucy Caldwell 13:39:8	Carolyne Graff 15:08:7		8	1
MILE relay		Ridgewood - Demarest -	4:38:6 4:43:1		5	0
					48	25
shot put	Jennifer Banning 35' 9"	Renee Duflon 34' 5 1/2"	Unger 33' 2 1/2"		8	1
discus	Cathy DeYre 97' 7"	Linda Russell 95' 4"	Unger 90' 10"		8	1
High Jump	Smith 4' 7"	Duflon 4' 7"	Abrams 4' 6"		8	1
Long Jump	Ottens 15' 7"	Daris 15' 1/2"	Naka 14' 4 1/2"		9	0
					33	3
					81	28

FINAL SCORE

81 28







RIDGEWOOD VS

Montclair High School

DATE

9 May 1975

WEATHER

Rain ~~Thunder~~

TRACK CONDITIONS

Soft + Slow.  
(Poor)

EVENT	FIRST	SECOND	THIRD	MARK	RIDGE WOOD	OPP.	
100 yard low hurdles	17.2 Becky Deety		17.8 Beth Granata	17.2	6	3	
100 yard dash	11.4 Lucas	12.2 Wormley	12.5 G. Stamber	11.4	1	8	
1 mile run	6:03 Jean Leach	6:06 Trish Sefcik	6:06.5 M. Vandermeys	6:03	9	0	
440 yard <del>dash</del> DASH	64.1 Kandie Latham	67.5 A. Hillman	68.1 R. Coles	64.1	5	4	
440 yard <del>dash</del> RELAY				(?) 54.3	0	5	
880 yard run	2:37.5 Cathye DeYoe	2:42 C. Deram	2:49.8 B. Lange	2:37.5	6	3	
220 yard dash	28.0 H. Lucas	29.0 M. Sellers	29.1 E. Abernathy	28.0	0	9	
<del>1 mile</del> 2 MILE	12:49.1 N. Reed	13:19 J. Tezzoni	13:26.5 L. Calderwood	12:49.1	9	0	
MILE <del>dash</del> relay	69 McLaughlin	72 Cooper	73 DeYoe	68. Latham	4:42	5	0
shot put	34'4" Renee DuFlon	32'4" J. Baringer	30'5" No. Fenn	34'4"	9	0	
discus	89'5" Cathie DeYoe	71'4" Martha LaMarre	70'2" R. DuFlon	89'5"	9	0	
Long jump	} Did not contest Due to rain						
high jump							
JAVELIN	102'1" Jennifer Baringer	61'5" Coles	59'7" Linda Russell	102'1"	6	3	
FINAL SCORE					65	35	

RAIN →



EVENT	FIRST	SECOND	THIRD	MARK	WOOD	OFF.
110 yard low hurdles	17.4	22.5	21.3	20.0	18.6	3
100 yard dash	11.4		13.6		13.0	8
1 mile run	6:03					0
440 yard dash	1:41		69.7		68.5	4
440 yard dash						2
880 yard run	2:57	2:58	2:56			3
520 yard dash	3:20		31.7		31.8	0
880 yard run	2:57	2:58	2:56			0
1 mile run	6:03					0
1 mile run	6:03					0
shot put	31'11"	33'4"	30'2"		30'2 1/2"	0
discus	89'2"	11'4"	60'1"		69'4 1/2"	0
long jump						
high jump						
DAVIS						3

Hefele - Doyle - Antonai - D. Nardo

Davis - Puglisi

Cooper - Deety

Stamber - McLaughlin - Puglisi - Davis (57.3)

Campbell - Wise - Ong - Sayers

Puglisi - Smith

La Marre

Russell

Stemley

Did not contest the event

DAVIS



RIDGEWOOD VS

Hackensack

DATE 12 May 1975

WEATHER Humid - cloudy - Warm

TRACK CONDITIONS Fair

EVENT	FIRST	SECOND	THIRD	MARK	RIDGE WOOD	OPP.
110 yard low hurdles	Deety 16.5	RH Granata 16.6	DuFlon <del>shooking</del> 18.0		9	0
100 yard dash	Donna Morshuk 11.8 H	Davis 11.9	Arva Nam 12.4 H		3	6
1 mile run	Reed 5:43.4	Leach 5:48	Leitch 5:53.2		9	0
440 yard DASH	64.5 1:04.5 P. Morshuk H	Hefele 69	R 70.3 Ottens		4	5
440 yard RELAY	54.5 R	58.4 H			5	0
880 yard run	De Yoe 2:37.3	Sue Nonstrom 2:45 H	B. Reed 2:46.8		6	3
220 yard dash	Tutburn 28.4	M. Laughlin 29.1	J. Ottens 29.7 H		8	1
<del>1/2</del> MILE RUN	S. Impeoni R 13:08	Calderwood R 13:64	SOHANNA ZALESKI 15:15.7		8	1
MILE relay	R 4:27.1	H 4:41.6	Micki - 66.0 Mary - 68.5 Cathy - 67.3 Kandie - 65.3		5	0
shot put	33' 1/4" Barringer R	32' 4" DuFlon R	32' 2" Aidi B. Roman H		8	1
discus	95' 10" De Yoe H	81' 4 1/2" DuFlon	76' 6 3/4" Fa Marie		9	0
Long jump	15-2 Donna Morshuk H	14-10 1/2 Deety	14-8 1/2 Nocha		4	5
high jump	5' 3 3/4" Becky Deety	4' 10" Beth Granata	4' 8" Beth Smith		9	0

(30) (6)

FINAL SCORE

87 22

Beat Rutherford  
Kennedy (Patterson)  
Fort Lee

Hackensack Now 4-2

Lost To Lindhurst  
Saddle Brook by 7



DATE 12 May 1972

Hubbard

WEATHER

FIELD CONDITIONS

EVENT	FIRST	SECOND	THIRD	MARK	TIME		
100 yard Jaw hurdles	18.3	19.5		Hefele	Doyle		
100 yard dash				Stanten	Cooper		
1 mile run	5:54.5			Vandermeys			
440 yard dash	70.3	74.9		Ottens	Smith		
880 yard dash	2:55	2:51	2:53	Campbell	Wise	Ong	
1 mile dash	30.0			Englishi			
1 mile dash				McLaughlin	Cooper	DeYoe	Latham
1 mile dash	30' 2 1/2"	29' 10 1/2"		Nancy Fenn	M. LaMarre		
1 mile dash	73' 10"			Stemley			
1 mile dash	14' 6 1/2"	14' 3"		Ottens	Davis		
1 mile dash	4' 4"			DrFlon			

Members Absent

- Russell
- Antonacci
- DiNardo
- Sayers?







Coach: Pat Holbig

Granata DNF (running with Deety when she hit a hurdle), Hefels 17.9, Doyle 20.0, Antonaci 20.8, Di Nardo 21.3

Ottens 12.8

87-92-98-84 89-92-98-85  
Jean Leach 6:01, Margaret Vandermeys 6:03.

Bart Lange (76) 2:45.6

Ony (DNF)

Fenn 28' 10<sup>3</sup>/<sub>4</sub>" , LaMarre 27' 11<sup>1</sup>/<sub>2</sub>"

Stemley 71' 6" , LaMarre 71' 1<sup>3</sup>/<sub>4</sub>" , (Russell 89' 1<sup>1</sup>/<sub>2</sub>" )

Sue Davis 14' 6" , Hillary Nocka (all fouls)

Beth Granata 5' 0" , Beth Smith 4' 6"











Relay  
And  
Championship  
Meets



1<sup>st</sup> Saddle Brook 24 pts  
2<sup>nd</sup> Ridgewood 22 pts

# Rutherford Girls Relays

Memorial Field  
April 26, 1975  
1:00 PM





# Rutherford Relays a success

## Saddle Brook girls triumph

By PAUL SCHWARTZ

Correspondent

RUTHERFORD — Saddle Brook coach Gerry Gundry completed a unique "double" yesterday at the first Rutherford Girls' Relays.

In 1973 he coached the Falcon boys to victory in the boys' event and this year his girls nipped Ridgewood by two points for the team title. Pascack Valley was third with 18 points.

"The girls work as hard as the boys do, and enjoy it a lot more," said Gundry. "They just need more recognition and a County relay meet wouldn't hurt either."

Jock Brown, Ridgewood's coach, agreed with the need for more local relay meets. "I don't want to go to the Shore for meets anymore," he said.

"Parents still don't look upon girls' track as important as boys'," said Brown. "Parents will plan a picnic and expect the girl to be there. They'd never do that to the boy." Nearly a third of Brown's squad was missing because at least 12 girls were on vacation trips with their parents.

RIDGEWOOD WON the opening event, the four-mile relay. But Saddle Brook took a surprising third in the event, placed two teams in the shuttle hurdles and won the two-mile relay to take the early lead.

Pascack Valley won three events with Joanne Starr, Lynn Thiess, Aleta Fisher, Gloria Tomitsch and Dianne Borkowski sharing in wins in the 440, 880 and mile events, but the Indians failed to place in anything else.

Saddle Brook showed good depth in the running events, taking a second in the distance medley, and first in the sprint medley. Theresa Vaccarella was the only double gold medalist for the Falcons. She anchored the two-mile and sprint medley teams, holding off a late challenge from West Milford in the latter.

RIDGEWOOD MADE the score close by winning the shot put and high jump relays, with Olympic hopeful Becky Deetz playing a large role in each. Deetz, obviously tired from throwing the shot, long jumping and running a leg on the mile relay, passed up a chance to high jump further after clearing 5-1. She has done 5-8½.

TWENTY-SIX teams competed in the relays and 21 of them scored at least one point. The meet was a success, despite gusty winds which hampered long jump and sprint performances, and Brown and Gundry are discussing the possibility of setting up a County girls' relay meet for next season.

Karen Smith of Park Ridge was the standout field performer, tossing the shot 36-2½ and the discus 115-2.



Staff Photo

Becky Deetz of Ridgewood soars through air in long jump.

### RUNNING EVENTS

**FOUR-MILE**—1, Ridgewood (Jan Sefcik, Carol Vandermayns, Jean Leach, Sue Reed) 24:18.1; 2, West Milford, 27:33.3; Saddle Brook, 28:11.7; 4, Queen of Peace, 28:57.5; 5, Rutherford, 28:59.8.

**300 SHUTTLE HURDLES**—1, Wayne Hills (Pam Beasley, Lee Weber, Anne Papale) 53.1; 2, Rutherford, 56.3; 3, Saddle Brook, 57.1; 4, Leonia, 58.2; 5, Saddle Brook B; 58.9.

**440**—1, Pascack Valley (Joanne Starr, Lynn Thiess, Aleta Fisher, Gloria Tomitsch) 53.6; 2, Cliffside Park, 54.1; 3, Midland Park, 54.2; 4, tie between Waldwick and Hawthorne, 55.7.

**TWO-MILE**—1, Saddle Brook (Cindy Marchese, Debbie MacRae, Lorraine D'Amico, Theresa Vaccarella) 11:04.2; 2, Hawthorne, 11:18.3; 3, Kearny, 11:30.2; 4, Rutherford, 11:57.7; 5, Pascack Hills, 12:23.3.

**880**—1, Pascack Valley (Joanne Starr, Lynn Thiess, Aleta Fisher, Gloria Tomitsch) 1:53; 2, Cliffside Park, 1:53.9; 3, Englewood, 1:54.2; 4, Hackensack, 1:57.6; 5, Kearny, 1:58.

**DISTANCE MEDLEY**—1, Glen Ridge (Sue Cavallaro, Monica Speech, Anne Burke, Pat Cavallaro) 14:00.3; 2, Saddle Brook, 14:04.4; 3, Paramus Catholic, 14:07.1; 4, Pascack Hills, 14:49.9; 5, Hackensack, 15:09.3.

**SPRINT MEDLEY**—1, Saddle Brook (Joyce O'Rourke, Marlene Fair, Gloria Scapone, Theresa Vaccarella) 4:46.3; 2, West Milford, 4:46.8; 3, Cliffside Park, 4:49.7; 4, Dumont, 4:59.1; 5, Queen of Peace, 4:59.7.

**MILE**—1, Pascack Valley (Gloria Tomitsch, Jo Anne Starr, Dianne Borkowski, Aleta Fisher) 4:25.1; 2, Cliffside Park, 4:31.8; 3, Midland Park, 4:38; 4, Rutherford, 4:38.5; 5, Hawthorne, 4:41.9.

### FIELD EVENTS

**DISCUS**—1, Park Ridge (Karen Smith, Heidi Mannik, Karen Suehnholz) 255-7; 2, Queen of Peace, 239-8; 3, Ridgewood, 231-9; 4, Rutherford, 225-4; 5, Saddle Brook, 220-10.

**SHOT PUT**—1, Ridgewood (Martha Lamarre, Renee DuFlon, Becky Deetz) 32-8½; 2, Park Ridge, 31-10½; 3, Wayne Hills, 28-3½; 4, Fort Lee, 28-2½; 5, Hackensack, 23-11½.

**HIGH JUMP**—1, Ridgewood (Beth Granata, Renee DuFlon, Becky Deetz) 4-10; 2, Paramus Catholic, 14-5; 3, Rutherford, 12-10; 4, West Milford, 12-0; 5, Queen of Peace, 8-6.

**LONG JUMP**—1, Hawthorne (Heidi Van Wyckhouse, Donna Wilson, Lynn Prendergast) 42-6½; 2, Paramus Catholic, 41-9; 3, Hackensack, 41-5¼; 4, Cliffside Park, 41-3; 5, Ridgewood, 40-9¼.

### TEAM SCORES

Saddle Brook 24, Ridgewood 22, Pascack Valley 18, Cliffside Park 17, Rutherford 14, Hawthorne 12½, Park Ridge 10, West Milford 10, Paramus Catholic 11, West Milford 10, Park Ridge 10, Wayne Hills 9, Queen of Peace 8, Hackensack 7, Midland Park 6, Glen Rock 6, Kearny 4, Pascack Hills 3, Englewood 3, Leonia 2, Dumont 2, Fort Lee 2, Waldwick 1½.



# Rutherford Relays

## advances girls track

The progress has come quickly and quietly. There has been little campaigning and no demands for equal rights. But in a couple of years, girls track in Bergen County has come a long, long way.

Two years, girls competition was limited to some dual meets, an occasional special event in a major boys meet, and the first New Jersey State Interscholastic Athletic Association championships. A Bergen County girls meet was added last year and more girls' events were run in conjunction with major boys' meets.

Many girls' teams now run full league dual meet schedules and tomorrow the growth takes another big step with the running of the Rutherford Girls' Relays—the first relay meet for girls in Bergen County.

**ONLY 20 SCHOOLS** entered last year's inaugural County meet. But 26 are entered at Rutherford tomorrow, accounting for more than 150 relay teams.

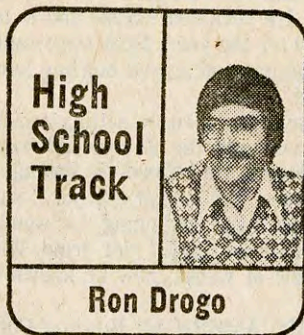
"There's been a quick but comfortable growth," says Rutherford coach Dick Hitt, the meet director. "There hasn't been any big deal or hullabaloo about it, just a nice, steady growth in the interest on girls track. It's growing fast and this is really only the beginning in this area."

Girls athletics in South Jersey have long been far ahead of those in North Jersey. But with an increased schedule, increased interest, and an influx of fine young talent, girls track is about to boom in Bergen.

"Everybody seems to be taking girls track much more seriously this year," says Gerry Gundry, who coached the Falcons' boys team for six years and is now the girls' coach. "People seemed to be just scratching the surface for the first few years, but now people are working harder, coaching harder, and the results are going to be obvious pretty soon."

"I think it's about time people came to the realization there are a lot of serious female athletes around here who have to be given the opportunity to compete," says Pascack Valley boys and girls coach Larry DeCaro. "There are some girls in this County who could develop into Olympic class runners if they get the opportunity. But the high school programs have been lacking. Girls track is just starting to gain some momentum and support. It's going to become very big in the next couple of years."

**DE CARO HAS** some of the finest younger girl runners in the area—like freshmen Aleta Fisher. The 14-year-old has already



Ron Drogo

run a 1:01.1 quarter-mile in a dual meet as well as a 26.8 220 and an 11.8 100. Hitt has sophomore sprinter Cynthia Mayo who has clocked 11.7 in the 100 and Ramsey freshman Doreen Kris last week ran a 1:01.2 leg on the Rams' freshman mile relay at the Bergen County Relays.

And the County already has one nationally-ranked performer in Ridgewood high jumper Becky Deitz. The sophomore qualified for the women's indoor nationals and cleared 5 feet, 8½ inches, the sixth best jump by an American girl this year and the eighth best ever.

"Fortunately, the opportunities for girls are increasing," says DeCaro. "The Rutherford meet is a great thing for girls' track in Bergen County. And as people in other parts of the State realize we're getting serious about it, we'll get more invitations to other meets in the State. Our girls did some real good things in the few indoor races we ran [1:57 in the 880 relay and 53.1 in a 440 relay] and I've gotten a couple of applications for meets around the State because somebody heard we had some good runners."

"The same thing will happen to a lot more schools in Bergen as our development of girls' track continues. These girls are just out there playing games. They're as serious about track as any boy on my team and they can be as successful, given the proper opportunity."

The opportunities will come if, and when, a fuller schedule of girls events are added. The Rutherford meet could be the beginning of full upswing of girls' track in Bergen County.

"I don't want to sound like I'm the great crusader for girls track, but I think this meet is a great idea and is something the girls need more of," says Hitt. "The response has been excellent, especially from Bergen County schools and I think we've reached the stage where there's a place for more meets like this. Girls track could be as big as boys track some day."



HOLMDEL HIGH SCHOOL  
SECOND ANNUAL  
RELAYS



MAY 3, 1975



1:08.3

Holmdale

# 40th annual

*Redgelund*

2:16.5

(68.2)

Holmdale Kid

# Long Branch

Princeton 10:00

Wankie 36  
75.8

# Relays

Ridgewood

1.56  
2:35.6

DeYoe 3:43.6  
(68)

116.4  
14.4  
30.8

Cooper 4:14.4  
(30.8)  
5:41.4

*Meet Director: Jim McCaskill*

7:15.6

3:01.2 94.2

41  
14  
5

Holmdale: 31  
RBC: 33

# May 10, 1975

8:53.4

6:14.6

10:29.0

4:39

# 9:45 a.m.

5:22

RBC 9:35.8

5:35

Pumpson 9:42.0

Westwood Ave

5:22

Holmdale 9:55.5

York Ave

2:33

Dover 10:05

Brookway

1:42

G.R 10:02.3

# 25¢

5:22

RT 36

8 97

9:37



# Ridgewood girls *Bergen Record* take two relays

WEST LONG BRANCH—Ridgewood, heavily favored to win its second consecutive Bergen County track title Tuesday at Hackensack, won two events and placed in five others yesterday at the Red Bank Catholic Girls' Relay Carnival.

The Maroons won the invitational high jump as Becky Deetz, Beth Granata, and Rene DuFlon combined for a height of 16 feet, 2 inches. Deetz led the way by clearing 5-6. Ridgewood's four-mile team of Jean Leach, Trisha Sefcik, Julia Iezzzone, and Nancy Reed won the A Division race in 23:12.5.

Ridgewood also took second in the A two-mile, third in the mile, fourth in the shot put and discus, and fifth in the shuttle low hurdles. Paterson Eastside won the invitational 880 and was second in the invitational 440 and mile.

Par Ridge won the B division discus. Karen Smith's 123-foot, 8-inch throw led the Owls to a team total 279-11. Queen of Peace was second in the discus and placed in five other events. Midland Park won the B division 440 in 51.8.

ture, Karen Thiabolt, Julie Smithers), 15 feet, 6 inches; 4, Hawthorne, 14-11.

## DIVISION B

- 440 SHUTTLE LH**—1, Holmdel (Jane Mosey, Mary Trudueu, Karen Ferchak, Kathy Sharkey), 1:07.7; 5, Queen of Peace, 1:21.3.
- 880-1**, Bernards (Antonette Mitterando, Pam Nardone, Linda Nardone, Nancy Engel), 1:49.8.
- 2 MILE**—1, Metuchen (Amy Erhardt, Gerri O'Connor, Eliza Erhardt, Anne Kuntze), 10:20.7; 2, Queen of Peace, 10:57.5.
- 440-1**, Midland Park (Ellen Torro, May Ellen Moran, Laurie Jeffer, Mary Sue Sullivan), 51.8; 4, Queen of Peace, 53.3.
- DISTANCE MEDLEY**—1, Holmdel (Carolyn Karew, Lauren Geiss, Perrianne Berzney, Mary Ellen Gerrity), 13:27.3; 3, Palisades Park, 14:03.5.
- 4 MILE**—1, St. Pius X (Mary Ellen Walsh, Marilyn Vaccaro, Kathy Maroney, Mary Jo Witkowski) 24:59.6; 3, Queen of Peace, 27:58.
- MILE**—1, Pt. Pleasant Beach (Lori Maas, Sarah Wesson, Ginny Wilson, Sue O'Hara), 4:10.5; 4, Midland Park, 4:21.4.
- LONG JUMP**—1, St. Joseph's (Toms River) (Kane, Lodato, Johnson), 43 feet, 6 inches.
- SHOT PUT**—1, Holmdel (Holly Flemler, Mary Ann Trudueu, Sharon Jensen), 97 feet; 4, Queen of Peace, 88-2/2.
- DISCUS**—1, Park Ridge (Karen Smith, Karen Sueholz, Mary Helck), 279 feet, 11 inches; 2, Queen of Peace, 260-8/2.
- JAVELIN**—1, Bernards (Theresa Mitterando, Antonette Mitterando, Wendy Jordan), 288 feet, 8 inches; 5, Queen of Peace, 168-5.

## INVITATIONAL EVENTS

- 440 SHUTTLE LH**—1, Red Bank Catholic (Denise Taylor, Patty Crahay, Mary Copperwaite, Kathy Grady), 1:05.6.
- 880-1**, Paterson Eastside (Johnnetta Sparrow, Laurie Lee, Rhonda Carter, Constance Fletcher), 1:43.
- 2 MILE**—1, Toms River North (Donna Coddigan, Debbie Kelchner, Daphne Pappas, Ann McKillop), 9:49.9.
- 440-1**, Mount Vernon (Jackie Warner, Yvonne Long, Michelle Pepples, Sylvia Blyacker), 49.1; 2, Paterson Eastside, 50.
- DISTANCE MEDLEY**—1, Red Bank Catholic (Diane McHugh, Sheri O'Connor, Kathy Doan, Sue Frentz), 13:05.6; 2, Saddle Brook, 13:25.7.
- 4 MILE**—1, Red Bank Catholic (Monica Loncola, Anita Van Dyke, Emily Fitzpatrick, Jeanne Alter), 22:47.5.
- MILE**—1, Toms River South (Rene Ronsom, Kathy Reabold, Ariene Sullivan, Sue Johnson), 4:01.9; 2, Paterson Eastside, 4:04.2.
- LONG JUMP**—1, Red Bank Catholic (Dove, Mooney, Brown), 44 feet, 9/4 inches.
- SHOT PUT**—1, Toms River South (Leslie Peters, Terry Barrett, Rhonda Peterson), 102 feet.
- DISCUS**—1, Jackson Township (Maggie McMenamin, Catherine McMenamin, Helen Connel), 336 feet, 1/4 inches.
- JAVELIN**—1, Red Bank Catholic (Joann Domorasari, Vicki Halpin, Nancy Nielson), 324 feet, 11 1/2 inches.
- HIGH JUMP**—1, Ridgewood (Becky Deetz, Beth Granata, Rene DuFlon), 16 feet, 2 inches.

## DIVISION A

- 440 SHUTTLE LH**—1, Red Bank Reg. (Robin Kirkpatrick, Ashley Avmenter, Susan Newman, Michelle Allgood), 1:07.3; 5, Ridgewood, 1:08.7.
- 880-1**, Monmouth Regional (Linda Byers, Sharon Grigsby, Anita Brown, Yvonne Smith), 1:45.
- 2 MILE**—1, Toms River South (Cathy Reardon, Liz Walters, Katy Sullivan, Veronica McGillicik), 9:57.4; 2, Ridgewood, 10:43.4.
- 440-1**, Monmouth Regional (Sharon Grigsby, Linda Byers, Anita Brown, Yvonne Smith), 49.5.
- DISTANCE MEDLEY**—1, Hillsboro (Sue Brandonburg, Mary Ellen Dwyer, Laura Older, Alice Woychik), 13:58.7; 5, Hawthorne, 15:02.2.
- 4 MILE**—1, Ridgewood (Jean Leach, Trisha Sefcik, Julia Iezzzone, Nancy Reed), 23:12.5.
- MILE**—1, Manasquan (Diane Morgan, Nancy Dillon, Sylvia Serrell, Marcia Lundy), 4:09.7; 5, Ridgewood, 4:11; 5, Cliffside Park, 4:12.
- LONG JUMP**—1, Monmouth Regional (Sharon Grigsby, Anita Brown, Yvonne Smith), 46 feet, 1 inch.
- SHOT PUT**—1, Monmouth Regional (Cathy Stover, Linda Venburg, Sue Reddick), 105 feet, 7 inches; 4, Ridgewood, 97-7.
- DISCUS**—1, Shore Regional (Judy Seger, Kim Seger, Barbara Bell), 288 feet, 2/2 inches; 4, Ridgewood, 277-10/2.
- JAVELIN**—1, Shore Regional (Kay Strolo, Pat Delehanly, Barbara Bell), 319 feet, 5 inches.
- HIGH JUMP**—1, Lakewood (Jody San-



RED BANK CATHOLIC  
GARDEN STATE  
Girls Track and Field Relay Festival



SUE FRENTZ  
RBC

Saturday, May 24th, 1975  
Monmouth College, W. Long Branch, N. J.

PRICE \$1.00



# Girls North Sectional

## Girls' sectional

### NORTH A TRACK EVENTS

- 100—1, Constance Fletcher, Pat. Eastside, 11.6; 2, Hazel Lucas, Montclair, 11.9; 3, Anne DeVito, Cliffside Park, 12.0; 4, Toni Norwood, Boonton, 12.1; 5, Kim Daniels, Parsippany, 12.2.
- 220—1, Hazel Lucas, Montclair, 26.0; 2, Cheryl Gallap, Weequahic, 26.5; 3, Jeanette Sparrow, Pat. Eastside, 26.5; 4, Jo Anne Starr, Pascack Valley, 26.9; 5, Rhonda Carter, Pat. Eastside, 27.0.
- 440—1, Cynthia Blake, East Orange, 59.2; 2, Aleta Fischer, Pascack Valley, 59.7; 3, Jackie Schmidt, Boonton, 1:00.4; 5, Valerie Crenshaw, 1:00.6; 5, Shirley Gallap, 1:01.3.
- 880—1, Kandle Latham, Ridgewood, 2:25.4; 2, Michelle Guido, Paramus Cath., 2:27.2; 3, Kim Meyer, Wayne Hills, 2:28.0; 4, Colaine Jordan, Pat. Eastside, 2:28.5; 5, Maro Bchakjian, Clifton, 2:28.9.
- MILE—1, Sandy Alexander, Roxbury, 5:25.6; 2, Arlene Nelson, Wayne Hills, 5:49.2; 3, Nancy Seeger, Roxbury, 5:49.6; 4, Kerry O'Neill, Kearny, 5:49.7; 5, Tina Silvestri, Kearny, 5:54.4.
- 2-MILE—1, Carol Conlon, Nutley, 11:22.2; 2, Mary Albright, Nutley, 11:54.5; 3, Nina Zallo, Wayne Hills, 12:04.4; 4, Valerie Sheets, Roxbury, 12:06.7; 5, Nancy Reed, Ridgewood, 12:08.2.
- 110 LH—1, Gwen Huntley, Pat. Eastside, 16.6; 2, Taryn Carter, Hackensack, 16.8; 3, Janet Fraser, Roxbury, 17.0; 4, Pam Beasley, Wayne Hills, 17.1; 5, Barbara Dalrymple, Teaneck, 17.3.
- 440 RELAY—1, Pat. Eastside (Constance Fletcher, Laurie Lee, Lisa Harris, Rhonda Carter), 50.8; 2, tie between Pat. Kennedy, and Cliffside Park, 53.4; 4, Parsippany, 54.1; 5, Montclair, 54.4.
- MILE RELAY—1, Pat. Eastside (Constance Fletcher, Jeanette Sparrow, Laurie Lee, Rhonda Carter), 4:14.5; 2, Wayne Valley, 4:14.6; 3, Ridgewood, 4:15.6; 4, Pascack Valley, 4:15.8; 5, Cliffside Park, 4:17.8.

### FIELD EVENTS

- LONG JUMP—1, Hazel Lucas, Montclair, 16-5/4; 2, Della Harris, Pat. Eastside, 15-7/4; 3, Althea Davidson, Pat. Kennedy, 15-4/4; 4, Renee Kolbas, Kearny, 15-4/4; 5, Lauren Lewis, Montclair, 14-11.
- SHOT PUT—1, LaVerne Vira, North Bergen, 37-13/4; 2, Joanne Helm, Wayne Valley, 36-1; 3, Dieder Beaman, Hackensack, 33-5/4; 4, Pat Klaube, North Bergen, 32-5; 5, Renee DuFlon, Ridgewood, 32-1/2.
- DISCUS—1, Joanne Helm, Wayne Valley, 104-1/2; 2, tie between Cathy DeVoe, Ridgewood, and LaVerne Vira, North Bergen, 98-1; 4, Inez Ferguson, Pat. Eastside, 97-9; 5, Barbara Barnett, Wayne Hills, 96-8.
- JAVELIN—1, Joanne Helm, Wayne Valley, 117-2; 2, Nancy Blume, Kearny, 109-7; 3, Margaret Hourihan, Roxbury, 92-11; 4, Terry Riker, West Milford, 89-7; 5, Andrea Krempasky, Wayne Hills, 81-2.
- HIGH JUMP—1, Becky Deetz, Ridgewood, 5-6; 2, Helen Steli, DePaul, 5-1; 3, Beth Granata, Ridgewood, 5-1; 4, Renee DuFlon, Ridgewood, 5-0; 5, Mary Donovan, Paramus Catholic, 5-0.

### TEAM SCORES

Pat. Eastside 36, Ridgewood 25 1/2, Wayne Valley 22, Montclair 18, Roxbury 17, Wayne Hills 14, North Bergen 11 1/2, Nutley 10, Kearny 9, East Orange 8, Pascack Valley 8, Cliffside Park 7 1/2, Hackensack 7, Paramus Catholic 5, Weequahic 5, DePaul 4, Boonton 3, Parsippany 3, West Milford 2, Clifton 1, Teaneck 1.

### NORTH B

- 100—1, Diane Horowitz, Fort Lee, 11.8; 2, Cynthia Mayo, Rutherford, 12.1; 3, Linda Pickering, Lincoln, 12.2; 4, Sharon Grant, Englewood, 12.3; 5, Michelle Morgan, Vailsburg, 12.3.
- 220—1, Linda Pickering, Lincoln, 26.4; 2, Diane Horowitz, Fort Lee, 26.6; 3, Grace Spruiell, West Morris, 27.0; 4, Cynthia Mayo, Rutherford, 27.2; 5, Sharon Grant, Englewood, 27.6.
- 440—1, Penny Fales, Hackettstown, 58.3; 2, Donna Watkins, Glen Ridge, 59.6; 3, Gina Gooden, Vailsburg, 59.9; 4, Terry Vaccarella, Saddle Brook, 1:00.6; 5, Ruth Ford, Lincoln, 1:00.6.
- 880—1, Terry Vaccarella, Saddle Brook, 2:20.8; 2, Sue Cavallaro, Glen Ridge, 2:23.1; 3, Pam Young, Mendham, 2:26.3; 4, Janet Rosenberg, Mendham, 2:27.2; 5, Karen Kruger, Pal Park, 2:27.8.
- MILE—1, Gale Thomson, Dover, 5:31.6; 2, Sara Erb, Jefferson, 5:44.0; 3, Julie Ann Quigley, 5:45.6; 4, Pat Cavallaro, Glen Ridge, 5:48.8; 5, Adelaide Manchester, Jefferson, 5:50.
- 2-MILE—1, Sue Long, Mountain Lakes, 12:09.8; 2, Joanne Sokal, Mount Olive, 12:22.1; 3, Wendy Huron, Dover, 12:25.7; 4, Cindy Marchese, Saddle Brook, 12:28.4; 5, Marie Korp, Jefferson, 12:29.3.
- 110 LH—1, Joyce O'Rourke, Saddle Brook, 15.7; 2, Debbie Koehler, Mount Olive, 16.0; 3, Mary Ann Wojicki, Hackettstown, 16.3; 4, Barbara Ginnlock, Newark West Side, 16.4; 5, Nancy Emmons, West Morris, 16.6.
- 440 RELAY—1, Hackettstown (Sue Cardell, Debbie Cardell, Dana Yankio, Penny Fales), 51.2; 2, Vailsburg, 52.1; 3, Newton, 52.5; 4, West Morris, 52.9; 5, Midland Park, 53.0.
- MILE RELAY—1, Hackettstown (Debbie Sargeant, Sue Cardell, Dana Yankio, Penny Fales), 4:08.5; 2, Pequannock, 4:14.5; 3, Midland Park, 4:17.7; West Morris, 4:18.1; 5, Mendham, 4:20.6.

### FIELD EVENTS

- LONG JUMP—1, Donna Watkins, Glen Ridge, 16-8; 2, Mary Sue Sullivan, Midland Park, 16-1 1/4; 3, Kim Panek, West Morris, 15-4 1/4; 4, Lorraine Cuono, Kinnelon, 15-4; 5, tie between Carolyn Quitza, Mount Olive, and Irene Weemstra, High Point, 14-11.
- JAVELIN—1, Donna Forte, Mount Olive, 110-11; 2, Maria Montella, Mount Olive, 107-0; 3, Diana Diebert, West Morris, 106-5; 4, Ellen Caille, Jefferson, 92-3; 5, Leslie Jenkins, Our Lady of Valley, 90-6.
- HIGH JUMP—1, Donna Lenz, West Morris, 5-0; 2, Allison Manchester, Jefferson, 4-11; 3, Gina Gooden, Vailsburg, 4-11; 4, Carolyn Quitza, Mount Olive, 4-11; 5, Helen Flemming, Dover, 4-10.
- DISCUS—1, Anne Usinowicz, Butler, 128-6 1/2; 2, Karen Smith, Park Ridge, 126-5 1/2; 3, Dianna Diebert, West Morris, 106-3; 4, Chris Ruto, Fort Lee, 102-8; 5, Debbie Marion, Butler, 99-2.
- SHOT PUT—1, Anne Usinowicz, Butler, 38-7; 2, Pam Giorda, Hawthorne, 36-5; 3, Chris Ruto, Fort Lee, 33-4 1/4; 4, Diana Diebert, West Morris, 32-7 3/4; 5, Michelle Verbehe, West Morris, 32-7 1/2.

### TEAM SCORES

West Morris Central 26, Hackettstown 23, Mount Olive 20 1/2, Jefferson 17, Glen Ridge 16, Saddle Brook 15 1/2, Fort Lee 15, Butler 13, Vailsburg 11, Lincoln 10 1/2, Dover 10, Midland Park 7, Mountain Lakes 6, Rutherford 6, Hawthorne 4, Park Ridge 4, Mendham 4, Englewood 3, Newton 3, Verona 3, Kinnelon 2, Montville 2, Pequannock 2, West Side 2, Our Lady of Valley 1, Pal Park 1, High Point 1/2.



BERGEN COUNTY

— WOMAN'S —



TRACK AND FIELD

CHAMPIONSHIP





HACKENSACK - COUNTY MEET

5-27-75

Shot Put

		<u>1st</u>	<u>2nd</u>	<u>3rd</u>
1.5				
Disc	R. Duflon	31' 11 1/4"	31' 11 1/2"	32' 8 1/2"
Shot	M. LaMarre	28' 8"	26' 9"	24' 1/4"
JAV.	J. Baringer	33' 5 1/4"	32' 5"	Foul
Finals -	Baringer	34' 4"	34' 8"	Foul
	Duflon			
	H. Nocka	14' 3"		
	B. Deetz	16' 5"	13' 4 1/2"	16' 2 1/2"
	S. Ottens	14' 8 1/2"	15' 4" (Foul)	15' 3 1/2"
	H. Nocka	14' 2 3/4"	Foul	14' 3"
Finals -	Ottens	14' 6"	14' 2 1/2"	15' 3 3/4"
	Deetz	16' 0"	15' 8"	16' 1 1/4"
		<u>Disc</u>		
	C. Deyoe	99' 5"	92' 0"	99' 10"
	L. Russell	87' 9"	60' 7"	86' 5"
	R. Duflon	82' 0"	76' 0"	89' 2"
Finals -	Russell	76' 11"	82' 3"	67' 1"
	Duflon	96' 1"	Foul	94' 0"
	Deyoe	97' 4"	99' 7"	Foul



# Bergen County Girl's Track & Field Championship May 27, 1975

## Hackensack High School

### RUNNING EVENTS

- 100**—1, Diane Horowitz, Fort Lee, 11.4 (Record, old record 11.8 by Vanessa Hugley, Glen Rock, 1974); 2, Ann DeVito, Cliffside Park, 11.5; 3, Joann Starr, Pascack Valley, 11.6; 4, Lori Jeffer, Midland Park, 11.6; 5, Sharion Grant, Englewood, 12.1.
- 220**—1, Katy Kraus, Demarest, 27.4 (Record, old record 28.2 by Pat Noonan, Ridgewood Park, 1974); 2, Michelle Sami, Cliffside Park, 27.5; 3, Sharion Grant, Englewood, 27.6; 4, Mary Ellen Moran, Midland Park, 28.4; 5, Dori Kris, Ramsey, 28.5.
- 110 LH**—Joyce O'Rourke, Saddle Brook, 15.8 (Record, old record 16.7 by Susan Johl, Demarest, 1974); 2, Karen Carter, Hackensack, 16.0; 3, Mary Donovan, Cliffside Park, 16.6; 4, Judy Racanello, Rutherford, 16.9; 5, Susan Johl, Demarest, 17.1.
- 440**—1, Aleta Fisher, Pascack Valley, 1:00.3 (Record, old record 1:01.6 by Kandie Latham, Ridgewood, 1974); 2, Terry Vaccarella, Saddle Brook, 1:01.1; 3, Ellen Turro, Midland Park, 1:01.7; 4, Karen Jones, Teaneck, 1:02.9; 5, Barbara McHale, Fort Lee, 1:03.
- 880**—1, Terry Vaccarella, Saddle Brook, 2:21 (Record, old record 2:24.3 by Jane Green, Ridgewood, 1974); 2, Kandie Latham, Ridgewood, 2:22.5; 3, Michelle Guido, Paramus Catholic, 2:29.3; 4, Donna Morshuk, Hackensack, 2:30.3; 5, Kathy DeYoe, Ridgewood, 2:31.
- MILE**—1, Jean Chodnicki, Saddle Brook, 5:50.4 (Record, old record 5:52.2 by Nancy Reed, Ridgewood, 1974); 2, Jean Leach, Ridgewood, 5:52.1; 3, Trish Seffick, Ridgewood, 5:54.9; 4, Debbie McRae, Saddle Brook, 5:56.5; 5, Margaret Vandermeys, Ridgewood, 5:58.5.
- 2 MILE**—1, Kathy Reed, Ridgewood, 12:31.8; 2, Cindy Marchese, Saddle Brook, 12:42; 3, Julia Iezzone, Ridgewood, 13:00.5; 4, Lucy Calderwood, Ridgewood, 13:17.5; 5, Silvana Scalisi, Palisades Park, 13:36.3.
- 440 RELAY**—1, Englewood (Sharion Grant, Donna Butcher, Sandra Smith, Sharon Pearson), 53.0 (Record, old record 54.4 by Glen Rock, 1974); 2, Pascack Valley, 53.2; 3, Midland Park, 53.5; 4, Cliffside Park, 53.6; 5, Tie between Ridgewood and Demarest, 54.3.
- MILE RELAY**—1, Ridgewood (Mickey McLaughlin, Mary Cooper, Kathy DeYoe, Kandie Latham), 4:15 (Record, old record 4:23.9 by Ridgewood, 1974); 2, Pascack Valley, 4:19.7; 3, Cliffside Park, 4:21.7; 4, Midland Park, 4:22; 5, Fort Lee, 4:29.5.

### FIELD EVENTS

- SHOT PUT**—1, Jen Barringer, Ridgewood, 34 feet, 8 inches (Record, old record 30-3 by Chris Rufo, Fort Lee, 1974); 2, Chris Rufo, Fort Lee, 34-4; 3, DeDe Beamon, Hackensack, 33-8<sup>3</sup>/<sub>4</sub>; 4, Renee DuFlon, Ridgewood, 33-<sup>3</sup>/<sub>4</sub>; 5, Gail Ungar, Demarest, 31-3<sup>3</sup>/<sub>4</sub>.
- DISCUS**—1, Karen Smith, Park Ridge, 124 feet, 3 inches (Record, old record 108-8 by Smith, 1974); 2, Chris Rufo, Fort Lee, 107-4; 3, Kathy DeYoe, Ridgewood, 99-10; 4, Renee DuFlon, Ridgewood, 96-1; 5, Linda Russell, Ridgewood, 87-9.
- HIGH JUMP**—1, Becky Deetz, Ridgewood, 5 feet, 4 inches (Record, old record 4-10 by Renee DuFlon, Ridgewood, 1974); 2, Renee DuFlon, Ridgewood, 4-10; 3, Mariellen Murphy, Paramus Catholic, 4-10; 4, Mary Donovan, Paramus Catholic, 4-9; 5, Debbie Freeth, Cliffside Park, 4-9.
- LONG JUMP**—1, Becky Deetz, Ridgewood, 16 feet, 5 inches; 2, Laurie Ahlberg, Waldwick, 15-11; 3, Terry Page, Cliffside Park, 15-6<sup>3</sup>/<sub>4</sub>; 4, Cheryl Ottens, Ridgewood, 15-4; 5, Judy Racanello, Rutherford, 15-1<sup>3</sup>/<sub>4</sub>.

### TEAM SCORES

Ridgewood 62<sup>1</sup>/<sub>2</sub>, Saddle Brook 28, Cliffside Park 20, Pascack Valley 17, Fort Lee 16, Midland Park 12, Englewood 10, Hackensack 9, Demarest 8<sup>1</sup>/<sub>2</sub>, Paramus Catholic 8, Park Ridge 6, Waldwick 4, Rutherford 3, Teaneck 2.



By **RON DRAGO**

Staff Writer

**HACKENSACK** — Terry Vaccarella's magic number, for the time being, is 2:20. Both the Saddle Brook half-miler and coach Jerry Gundry are sure she can break 2:20, and probably go close to 2:15, in the 880.

But Vaccarella's real goal is far from a 2:20 half-mile. It's more like a 2:05 and a possible shot at the 1976 Olympics.

"I KNOW IT means a lot of work in the next year, but coach keeps telling me I can be an Olympic-class runner," she says. "I think it would be fun to try for the Olympics."

Vaccarella consider her performance in yesterday's Bergen County girls track championships a little below par. She won the 880 in a meet record 2:21, four-tenths off her best time, and clocked 1:01.1 to take second in the 440.

Those 10 points led Saddle Brook to a second-place finish with 28, far behind powerful Ridgewood which won its second straight County title with 62½.

"I was strictly a quarter-miler until this year," says Vaccarella, who joined the Falcon girls' team for the fun of it three years ago. "I didn't start running halves until last indoor season and my first one was around 2:32 last winter.

"I've taken 10 or 12 seconds off my time already, so maybe I can take another 10 or 12 off by working more in the summer. I guess something like 2:05 would give me a chance of trying for the Olympics, but I'm not really sure I can do that."

**VACCARELLA, WHO** will enroll at Bergen Community College in the fall and hopefully run on the men's cross-country team, will spend her

summer in AAU competition with either the Nutley Track Club or with Ridgewood coach Jock Brown's Skeeters.

Vaccarella chased another potential Olympic-class runner in the 440, Pascack Valley freshman Aleta Fisher. The 14-year-old Fisher clocked 1:00.3, setting a meet mark but missing her personal best by six-tenths.

Ridgewood's awesome display featured a double by Becky Deetz, already a nationally-ranked high jumper. The 5-foot-8 sophomore cleared 5-4 in her specialty and added a 16-5 victory in the long jump

**THE MAROONS WON** three other events with Kathy Reed clocking 12:31.8 in the two-mile, the mile-relay team setting a meet record 4:15 with Kandie Latham anchoring in 1:00.5, and Jen Barringer putting the shot 34-8.

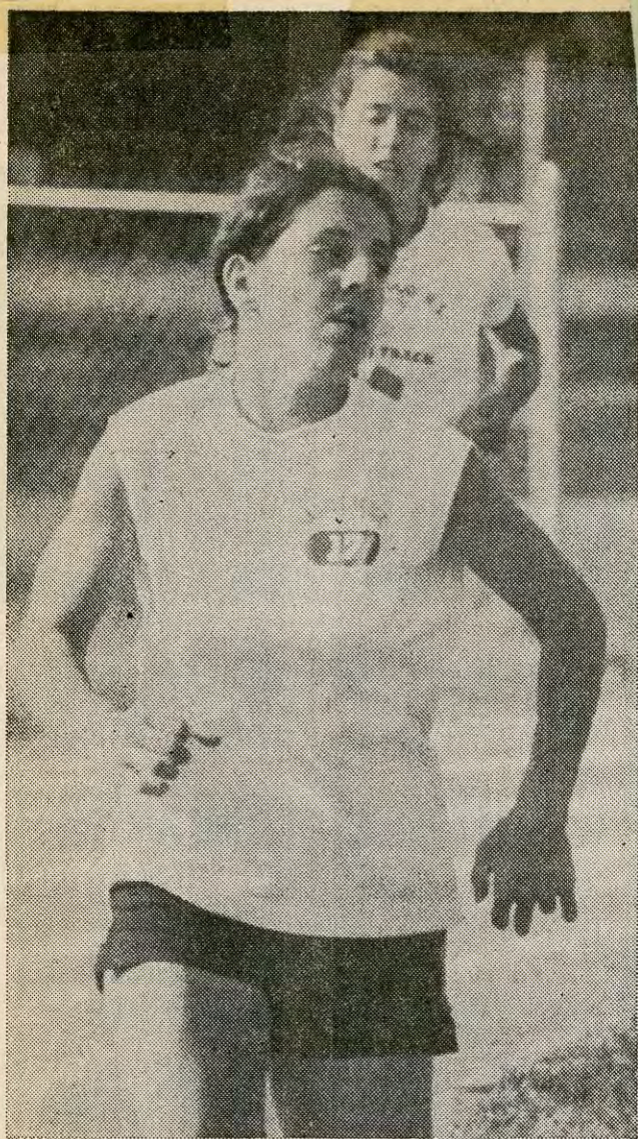
"I thought it would be a little clearer. In fact, I was a little worried about Saddle Brook," said Brown. "But all of the girls came through some even better than I expected.

Saddle Brook had two winners besides Vaccarella, but couldn't match Ridgewood's phenomenal debut. Joyce O'Rourke won the 110 low hurdles in 15.8 and Jean Chodnic timed 5:50.4 for the mile. But the Falcons did not score a point in the field, while Ridgewood totaled 31.

**ELEVEN OF THE** 13 marks set last year's inaugural meet were broken. Only the long jump and two-mile did not produce meet records

One of the finest individual performances was provided by Park Ridge's Karen Smith. She threw the discus 124 feet, 3 inches, almost 1 foot better than she had in winning last year.

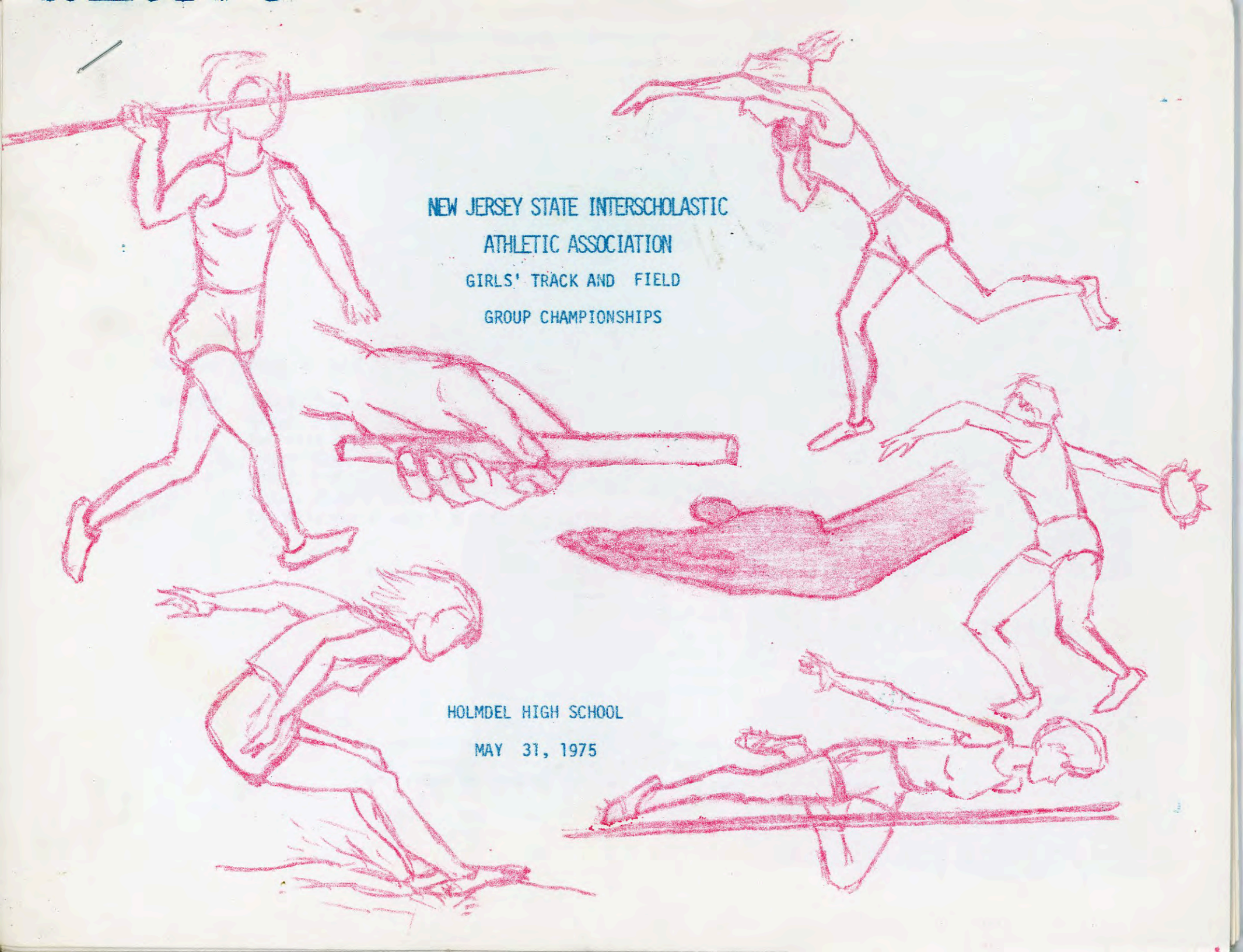




Staff Photo by Peter Karas

**Saddle Brook's Terry Vaccarella set a State record of 2:18.6 in winning the 880 in State Girls' championships yesterday. Ridgewood's Becky Deetz set high jump record. See page C-8.**





NEW JERSEY STATE INTERSCHOLASTIC  
ATHLETIC ASSOCIATION  
GIRLS' TRACK AND FIELD  
GROUP CHAMPIONSHIPS

HOLMDEL HIGH SCHOOL

MAY 31, 1975



# Girl's Track & Field NJ Group Champs May 31, 1975 at Holmdel High School

## Girls Division A

- 110 LH**—1, Julie Smithers, Lakewood, 14.6 (Ties national record held by Joni Huntley, Sheridan, Oregon).
- 100**—1, Hazel Lucas, Montclair, 11.3; 4, Connie Fletcher, Paterson Eastside, 11.4.
- 220**—1, Hazel Lucas, Montclair, 25.2; 3, Jeanetta Sparrow, Paterson Eastside, 25.8.
- 440**—1, Carla Hunt, Holy Cross, 57.1 (State record, old record, 57.5 by Marie Clough, Franklin, 1974).
- 880**—1, Kandie Latham, Ridgewood, 2:23.5; 2, Maro Bchajian, Clifton, 2:24.6; 4, Colaine Jordan, Paterson Eastside, 2:25.0; 5, Kim Meyer, Wayne Hills, 2:25.7.
- MILE**—1, Sue Frontz, Red Bank Catholic, 5:08.6.
- 2-MILE**—1, Margaret Poynter, North Hunterdon, 11:21.9 (State record, old record, 11:22.4, by Carol Conlon, 1975).
- 440 RELAY**—1, Paterson Eastside (Constance Fletcher, Jeanetta Sparrow, Dawn Harris, Rhonda Carter), 50.0.
- MILE RELAY**—1, Red Bank Catholic (Margaret Meehan, Shiela O'Connor, Joan Atkins, Ellen Kean), 4:02.8; 5, Wayne Valley, 4:09.8.
- SHOT PUT**—1, Sharon Redvict, Monmouth, 39-3¼; 4, Lorraine Vira, North Bergen, 36-3; 5, Joanne Helm, Wayne Valley, 36-2.
- DISCUS**—1, Helene Connell, Jackson, 112.4; 4, Joanne Helm, Wayne Valley, 102-8.
- JAVELIN**—1, Keri Camarigg, Wall Twp., 141-11 (State record, old record 124-11 by Camarigg, 1974).
- HIGH JUMP**—1, Becky Deetz, Ridgewood, 5-9 (State record, old record, 5-6, held by Deetz and Julie Smithers, Lakewood).
- LONG JUMP**—1, Julie Smithers, Lakewood, 17-10½; 2, Mary Ellen Haggerty, Paul VI, 17-10.

### TEAM SCORES

Red Bank Catholic 25, Monmouth 18, Lakewood 16, Toms River South 15, Montclair 14, Paterson Eastside 13, Ridgewood 12, Rumson 9, Holy Cross 9, South Plainfield 9, North Hunterdon 9, Jackson 6, Wall Township 6, Wayne Valley 5, Rancocas Valley 5, Camden 4, Nutley 4, Roxbury 4, Clifton 4, Paul VI 4, Toms River North 3, Franklin 3, East Brunswick 3, Neptune 3, Pemberton 3, Central 3, Long Branch 2, J.P. Stevens 2, Wayne Hills 2, West Deptford 2, North Bergen 2.

## Girls Division B

- 110 LH**—Michelle Allgood, Red Bank, 14.9.
- 100**—1, Liz Young, Manalapan, 11.0.
- 220**—1, Liz Young, Manalapan, 24.8 (State record, old record by Young, 25.2, 1974).
- 440**—1, Penny Fales, Hackettstown, 58.7.
- 880**—1, Terry Vaccarella, Saddle Brook, 2:18.6 (State record, old record, 2:19.9, by Ursula Eder, Gateway, 1974).
- MILE**—1, Hilary Noden, Hopewell Valley, 4:56.7 (National record, old record, Lynnette Morin, West Allis, Wisc., 5:02.2, 1974; old state record, 5:03.9 by Noden, 1974).
- 2-MILE**—1, Pam Adams, Gateway, 11:29.4.
- 440 RELAY**—1, Red Bank (Michelle Allgood, Mimi Aymonier, Donna Jones, Kim Palmer), 50.1.
- MILE RELAY**—1, Hackettstown (Sue Cardell, Debbie Sargeant, Dana Yankev, Penny Fales), 4:06.3; 2, Pequannock, 4:09.0; 4, Midland Park, 4:15.1.
- SHOT PUT**—1, Anne Usinowicz, Butler, 36-11; 2, Pam Giorda, Hawthorne, 36-9½.
- DISCUS**—1, Anne Usinowicz, Butler, 116-8; 3, Debby Marion, Butler, 104-11.
- JAVELIN**—1, Barbara Bell, Shore, 119-5.
- HIGH JUMP**—1, Martha Megill, Asbury Park, 5-5.
- LONG JUMP**—1, Cindy Lowen, High and Park, 16-7.

### TEAM

Manalapan 19, Hackettstown 18, Red Bank 16, Butler 15, Highland Park 13, Woodbury 13, Gateway 10, Point Pleasant Boro 9, Mater Dei 9, Holmdel 8, Mt. Olive 8, Asbury Park 8, Hopewell Valley 7, Shore 6, Glen Ridge 6, Saddle Brook 6, West Windsor 5, Pequannock 4, Hawthorne 4, Mountain Lakes 4, Jefferson 4, Lincoln 3, Princeton 3, Bayley-Ellard 3, Haddonfield 3, Dover 3, West Morris Central 3, Bernards 2, Midland Park 2, Vailsburg 2, Fort Lee 1, Hightstown 1.



# Deetz, Vaccarella set marks

By **PAUL SCHWARTZ**  
Correspondent

**HOLMDEL** — Shoes are to a high jumper as a glove is to a baseball player. The shoes must be comfortable, not stiff, and the jumper must be confident they suit her purpose.

When Becky Deetz of Ridgewood was told Friday she couldn't use her spikes at the New Jersey State Interscholastic A.A. Girls' Track and Field Championships, she naturally was displeased.

So displeased was the Maroon sophomore, she only leaped 5-foot-9 to set a State record. In so doing, she passed the qualifying heights for the U.S. Olympic trials for the 1976 Games.

"I had to buy a new pair of shoes yesterday," said Deetz after her record-setting effort, one of eight at yesterday's all-groups meet. "I always have trouble finding a pair that fit and after I bought them, I had to wear them all day yesterday [Friday] to break them in.

Deetz was pushed to her record leap in Division A by Julie Smithers of Lakewood, another sophomore, who cleared 5-6 easily while Deetz was missing her first two attempts at the height.

"I hadn't jumped for 40 minutes because of a rules dispute involving some other girl," said Deetz, "and my rhythm was way off. But I didn't want to be beaten."

**DEETZ MADE 5-6** on her last attempt, then cleared 5-7 and 5-8 on her first attempt. Smithers went out after clearing 5-7. The tall Ridgewood star made the record height on her first try and then just

missed on her second of three tries at 5-10.

Deetz wasn't the only Bergen County athlete to bring home a State record.

Terry Vaccarella of Saddle Brook finally broke the 2:20 barrier in taking the B Division half-mile in 2:18.6, more than a second better than the previous record.

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## Summaries on C-10

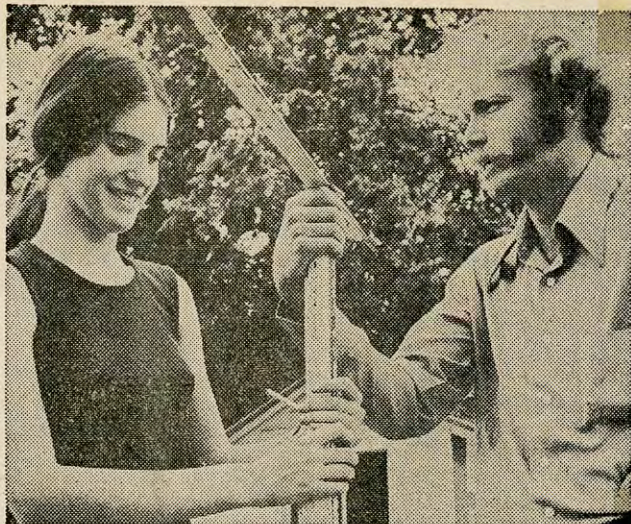
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But it wasn't easy. Beatrice Harendza of Lawrence raced to a 61.5 first lap, which would have just missed placing her in the top five of the 440, and led by 40 yards with a little more than 50 yards to go.

But the extra-fast pace and the stifling heat and humidity took its toll 10 yards shy of the finish. Harendza collapsed and Vaccarella, running steadily, raced by to win.

"I thought I was going to be slaughtered and that I was running badly," said Vaccarella. "When I saw her slow up, I went after her and when she started to fall, I was just getting ready to pass her. I couldn't figure out how she was so far ahead."

**HILARY NODEN** of Hopewell Valley set a National high school record as she became the first high school girl to break five minutes in the mile, with a time of 4:56.7. Smithers, despite her loss in the high jump, ran a 14.6 in the 110 low hurdles, tying the National mark.



Staff Photo by Gordon Corbett Jr.

**Ridgewood high jumper Becky Deetz confers with coach Jack Brown. Deetz cleared 5-9 yesterday to win State title.**

Kandie Latham of Ridgewood was the only other Bergen County winner, as she held off a late challenge in the A Division 880 to earn a rematch with Vaccarella in next week's Meet of Champions at Rutgers. Other qualifiers were Diane Horowitz of Fort Lee, fifth in the B 220; and Midland Park's mile relay, fourth in the B Division.

Red Bank Catholic won the A meet, with Ridgewood seventh, while Manalapan won the B Division by a point over Hackettstown.



State  
Championship    43 Teams Scored

Woodbury	7	3		(10)	West Morris	2	6		(8)
Manalapan	4	6	2	(12)	Ocean Twp	1			
Montclair	3	4		(7)	Ridgewood	6	6		(10)
Holy Cross	2	4		(6)	Ashbury Park	4			
<del>Essex</del> Hopewell Valley	6				Jefferson Twp	3			
Rumson Fair Haven	4	3	6	(13)	Libanwood	1/2	1	4	(6 1/2)
Roxbury	3	1		(4)	Hughland Park	2			
Rancocas Valley	2				Princeton	3			
Iselin	1				Saddle Brook	2			
South Plainfield	6	2		(8)	Holmdel	1			
Toms River North	3				East Brunswick	3			
Hackensack	2	1	3	(6)	Red Bank	2	3		(5)
Wayne Valley	1	4		(5)	Haddonfield	1			
Nantley	6				Wall Twp	3			
Gateway	4	4		(8)	J. P. Stevens	2			
North Haverden	3	1		(4)	Point Pleasant Beach				
Noter Dame	2				Paterson Eastside	4			
Monmouth	6	6	6	6	(24)	Pequanock	2		
Hawthorne	4				Long Branch	1			
Franklin Twp	3								
Butler	2								
Toms River South	1	3	1/2	4	4	(13 1/2)			
Park Ridge	6								
Jackson	4								

Monmouth	24
Toms River South	13 1/2
Rumson Fair Haven	13
Ridgewood	12
Manalapan	12
WOODBURG	10



# NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

## GIRLS' TRACK AND FIELD CHAMPIONSHIPS

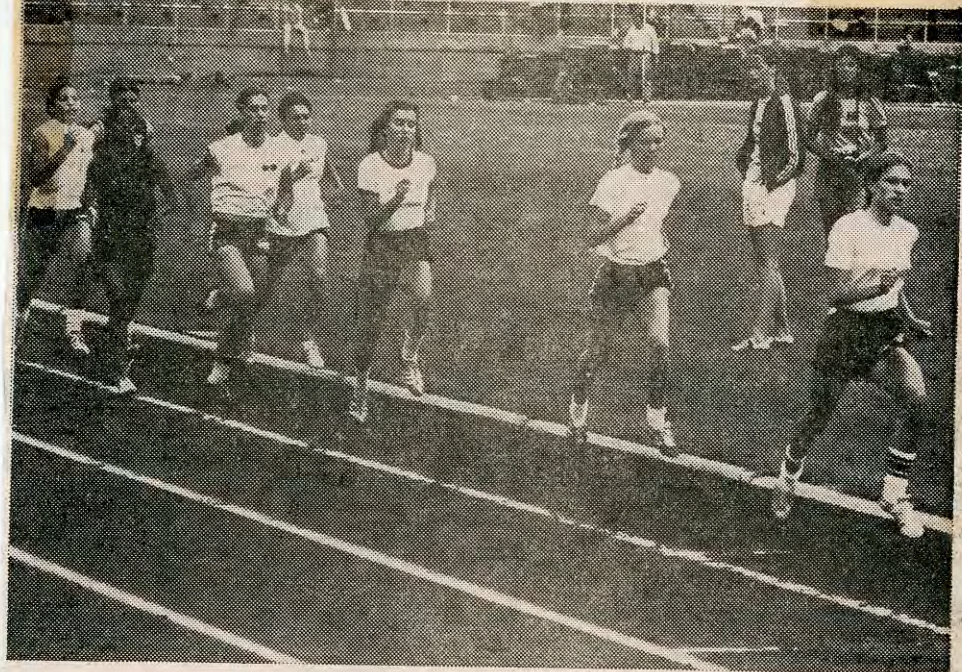
SATURDAY, JUNE 7, 1975

RUTGERS UNIVERSITY

### NJ SMOC - 1975

- 100**—1, Vonnie Coker, Woodbury, 11.1; 2, Liz Young, Manalapan, 11.3; 3, Hazel Lucas, Montclair, 11.3; 4, Carla Hunt, Holy Cross, 11.3; 5, Lori Lewis, Woodbury, 11.4.
- MILE**—1, Hillary Noden, Hopewell Valley, 4:58; 2, Joy Kelly, Rumson-Fair Haven, 5:13.7; 3, Sandy Alexander, Roxbury, 5:14.2; 4, Kathy Christman, Rancocas Valley, 5:15.6; 5, Lori Stanley, Iselin, 5:15.8.
- 440**—1, Claire Gursky, South Plainfield, 57.2; 2, Carla Hunt, Holy Cross, 57.4; 3, Anne McKillop, Toms River North, 57.6; 4, Penny Fales, Hackettstown, 57.8; 5, Valerie Crenshaw, Wayne Valley, 58.9.
- 2 MILE**—1, Carol Conlon, Nutley, 11:11.6 (State record, old record 11:21.9 by Margaret Poynter, No. Hunterdon, 1975); 2, Pam Adams, Gateway, 11:33; 3, Margaret Poynter, No. Hunterdon, 11:39.4; 4, Jane Plunkett, Notre Dame, 12:00.1; 5, Valerie Sheets, Roxbury, 12:10.2.
- SHOT PUT**—1, Sharon Redvict, Monmouth, 41 feet; 2, Pam Giorda, Hawthorne, 38-10; 3, Iris Turner, Franklin Township, 38-1; 4, Anne Usinowicz, Butler, 38-0; 5, Rhonda Peterson, Toms River South, 37-11.
- DISCUS**—1, Karen Smith, Park Ridge, 119 feet, 10 inches; 2, Helene Connell, Jackson, 117-10; 3, Rhonda Peterson, Toms River South, 111-9; 4, Diana Deibert, West Morris, 111-4; 5, Dianne Lazear, Ocean Twp., 106-1.
- HIGH JUMP**—1, Becky Deetz, Ridgewood, 5 feet, 6 inches; 2, Martha McGill, Asbury Park, 5-3; 3, Allison Manchester, Jefferson Twp., 5-3; 4, Tie Julie Smithers, Lakewood and Diane Hayes, Toms River South, 5-3.
- LONG JUMP**—1, Yvonne Smith, Monmouth, 18 feet, 1 inch; 2, Lucy Jenkins, Toms River South, 17-9; 3, Deirdre Reilly, Rumson-Fair Haven, 16-11; 4, Cindy Lowen, Highland Park, 16-10½; 5, Julie Smithers, Lakewood, 16-9.
- 220**—1, Liz Young, Manalapan, 25.0; 2, Hazel Lucas, Montclair, 25.3; 3, Lori Lewis, Woodbury, 25.5; 4, Claire Gursky, South Plainfield, 25.6; 5, Sue Krostad, No. Hunterdon, 26.0.
- 880**—1, Kandie Latham, Ridgewood, 2:17.7 (State record, old record 2:18.6 by Terry Vaccarella, Saddle Brook, 1975); 2, Ursula Eder, Gateway, 2:19.3; 3, Kathy Woodbridge, Princeton, 2:20.1; 4, Terry Vaccarella, Saddle Brook, 2:20.2; 5, Perianne Berezney, Holmdel, 2:23.
- 110 LH**—1, Yvonne Smith, Monmouth, 14.2 (State record, old record 14.5 by Smith, 1975); 2, Julie Smithers, Lakewood, 14.4; 3, Debbie Deutsch, East Brunswick, 14.7; 4, Michelle Allgood, Red Bank, 15.0; 5, Susan Marshall, Haddonfield, 15.5.
- JAVELIN**—1, Donna Forte, West Morris, 125 feet, 3 inches; 2, JoAnn Helm, Wayne Valley, 122-7; 3, Keru Camarigg, Wall Twp., 121-11; 4, Patricia Hurley, J.P. Stevens, 112-7; 5, Gena Lenz, Pt. Pleasant Beach, 111-7.
- 440 RELAY**—1, Monmouth (Beyers, Grigsby, Brown, Smith), 49.2 (State record, old record 49.8 by Manalapan, 1975); 2, Paterson Eastside, 49.4; 3, Red Bank, 49.5; 4, Manalapan, 50.2; 5, Hackettstown, 50.4.
- MILE RELAY**—1, Rumson-Fair Haven (Osinski, Klem, Emery, Jones), 4:02.2; 2, Toms River South, 4:02.9; 3, Hackettstown, 4:06.7; 4, Pequannock, 4:07.3; 5, Long Branch, 4:08.3.





**Record Effort** — Kandie Latham of Ridgewood High is running third (to photo) on the backstretch of the 800 during Saturday's girls' state championship track meet at New Brunswick. Leading is Beatrice Harendza of Lawrence North, with Ursala Eder of Gateway second. Kandie makes her move (photo right), looking fresh at the start of the final 220 yards as Harendza fades. Eder hung in for second place as Kandie won in a record 2:17.7 clocking. Jane Green of Ridgewood was the winner in the 880 last year. (Photos by Jock Brown)





## Kandie & Becky: NJ track queens

### Village girls best in state

NEW BRUNSWICK — Kandie Latham ran the best race of her career Saturday at the New Jersey State Interscholastic Athletic Assn. Meet of Champions to set a new record for girls in the half mile in 2:17.7, and Becky Deetz won the high jump at 5-6 — giving Ridgewood two state champions.

Latham's victory capped a strong race with dramatic highlights. She was running against the state's best, including Saddle Brook's Terry Vaccarella who had set a state record, 2:18.6, in winning Division B honors May 30. Latham won Division A in 2:23.5.

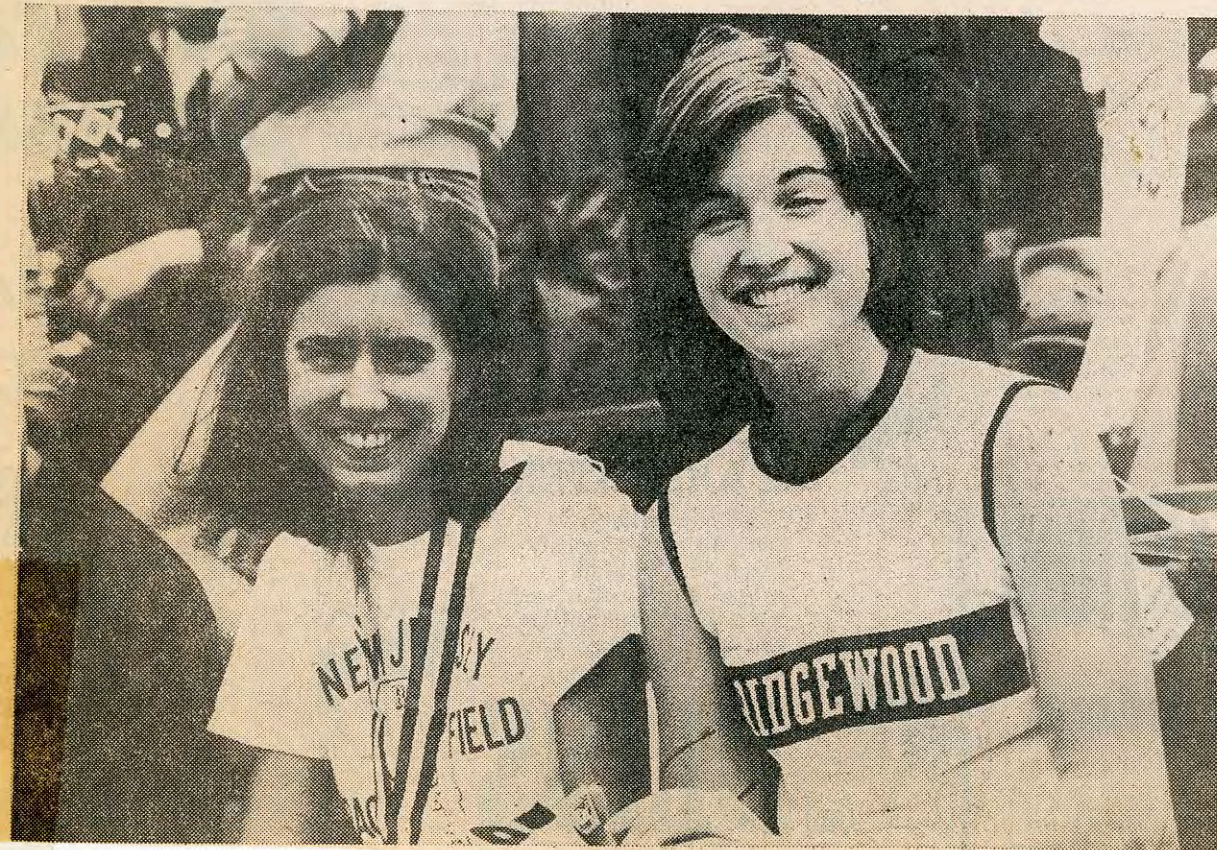
#### Kick Wins It

Latham paced herself well and moved to the lead in the last 220, outdistancing a late bid by Vaccarella who finished fourth in 2:20.2.

Deetz cleared 5-6, three inches better than the second contender, but three inches less than her best mark of 5-9 in a record-setting jump May 30.

Coach Jock Brown knew Deetz would bring a championship to Ridgewood and

he felt Latham could win the half mile too. He just had to wait all season as Latham ran good, steady races and saved the best for last.



Winning Smiles — They belong to Ridgewood High's two state champion girls in track and field — Kandie Latham (left), halfmile, and Becky Deetz, high jump — following their victories in New Brunswick Saturday. (Photo by Jeck Brown)



## SETS NATIONAL HURDLE MARK

## Smith dominates girls' track

Yvonne Smith of Monmouth set a national record in the hurdles, a meet record in the long jump and also anchored a record-breaking 440-yard relay team to feature action in the second annual NJSIAA girls' all-group track and field championships yesterday at Rutgers Stadium in Piscataway.

In a dazzling show of all-around ability, Yvonne first beat defending champion Julie Smithers in the 110-yard low hurdles in 14.2, lowering her own pending mark of 14.5 from the Shore Conference meet two weeks ago. Miss Smithers was also under the former record at 14.4.

Miss Smith defended her

long jump title at 18-1, topping her own meet record by almost a foot and then capped her day by anchoring the Monmouth relay team to a close victory over Paterson East-side in 49.2.

The girls broke just about every meet record in a string of outstanding efforts. Liz Young of Manalapan lowered her 220-yard mark to 24.7 in the trials, then won the finals in 25.0. But she lost her bid for a double when Vonnie Coker of Woodbury beat her in the 100-yard dash in 11.1.

Hilary Noden of Hopewell Valley, who has never lost a high school race in New Jersey, repeated as one-mile champion in 4:58.0, taking

eight seconds off her meet record but was short of the national standard she set last week at 4:56.7 in the group meet.

Carol Conlon of Nutley averaged her group meet loss to Maggie Poynter of North Hunterdon and also set a state and pending national mark of 11:11.6 as she won the two-mile by 130 yards.

Records also fell in the 440 and 880-yard runs, with Clare Gursky of South Plainfield winning the former race in 57.1 from Carle Hunt of Holy Cross and Kandic Latham of Ridgewood taking the latter in 2:17.7.

Three field event marks were broken in addition to the

long jump. Becky Deetz of Ridgewood, who had jumped 5-9 last week in the group meet, raised the high mark to 5-6, sophomore Sharon Rodvict of Monmouth posted a shot put record of 40-1½ and Donnie Forte of Mount Olive set a javelin standard of 124-11.

While no official team standings were kept in the meet, Monmouth easily dominated affairs with its four victories.

**LONG JUMP** — 1, Yvonne Smith, Monmouth, 18 feet 1 inch, record; former record, 17 feet 1¾ inches, by Smith in 1974. 2, Lucy Jenkins, Toms River South, 17 feet 9 inches. 3, Deirdre Reilly, Rumson, 16 feet 11 inches. 4, Cindy Lowen, Highland Park, 16 feet 10½ inches. 5, Julie Smithers, Lakewood, 16 feet 9 inches.

**HIGH JUMP** — 1, Becky Deetz, Ridgewood, 5 feet 6 inches, record; former record, 5 feet 1 inch, by Marthan Megill, Asbury Park, in 1974. 2, Martha Megill, Asbury Park, 5 feet 3 inches. 3, Allison Manchester, Jefferson Township, 5 feet 3 inches. 4, Diane Hayles, Toms River South, 5 feet 3 inches. 5, Julie Smithers, Lakewood, 5 feet 3 inches.

**SHOT PUT** — 1, Sharon Redvict, Monmouth, 41 feet, record; former record, 40 feet 1½ inches, by Martha Suhayda, Monmouth, in 1974. 2, Pam Giorda, Hawthorne, 38 feet 10 inches. 3, Iris Turner, Franklin Township, 38 feet 1 inch. 4, Anne Usinowicz, Butler, 38 feet. 5, Rhonda Peterson, Toms River South, 37 feet 17 inches.

**JAVELIN** — 1, Donna Forte, Mount Olive, 125 feet 3 inches, record; former record, 124 feet 11 inches, by Keri Camarigg, Wall Township, in 1974. 2, JoAnn Helm, Wayne Valley, 124 feet 2 inches. 3, Keri Camarigg, Wall Township, 121 feet 11 inches. 4, Pat Hurley, North Edison, 112 feet 7 inches. 5, Gina Lenz, Point Pleasant Borough, 111 feet 7 inches.

**DISCUS** — 1, Karen Smith, Park Ridge, 119 feet 10 inches. 2, Helene Connell, Jackson Township, 117 feet 10 inches. 3, Rhonda Peterson, Toms River South, 11 feet 9 inches. 4, Diana Diebert, West Morris, 111 feet 4 inches. 5, Diane Lazear, Ocean Township, 106 feet 1 inch.

**100-YARD DASH** — 1, Vonnie Coker, Woodbury, 11.1. 2, Liz Young, Manalapan, 11.3. 3, Hazel Lucas, Montclair, 11.3. 4, Carla Hunt, Holy Cross, 11.3. 5, Lori Lewis, Woodbury, 11.4.



Kandie Latham of Ridgewood High is all smiles after winning the girls 880 yesterday at Rutgers

**TWO-MILE RUN** — 1, Carol Conlon, Nutley, 11:11.6, record; former record, 11:37.4, by Eileen Meenan, Maier Del., in 1974. 2, Pam Adams, Gateway, 11:33.0. 3, Margaret Poynter, North Hunterdon, 11:36.4. 4, Jane Plunkett, Notre Dame, 12:00.1. 5, Valerie Sheets, Roxbury, 12:10.2.

**ONE-MILE RUN** — 1, Hilary Noden, Hopewell Valley, 4:58.0, record; former record, 5:06.0, by Noden in 1974. 2, Joe Kelly, Rumson, 5:13.7. 3, Sandy Alexander, Roxbury, 5:14.2. 4, Kathy Christman, Roncoas Valley, 5:15.6. 5, Lori Stanley, Iselin, 5:15.8.

**110-YARD LOW HURDLES** — 1, Yvonne Smith, Monmouth, 14.2, record; former record, 15.01, by Julie Smithers, Lakewood, in 1974. 2, Julie Smithers, Lakewood, 14.4. 3, Debiele Deutsch, East Brookfield, 14.8. 4, Michelle Allgood, Red Bank, 15.0. 5, Susan Marshall, Had-donfield, 2:23.0.

**880-YARD RUN** — 1, Kandic Latham, Ridgewood, 2:17.7, records; former record, 2:20.8, by Jane Green, Ridgewood, in 1974. 2, Susan Eder, Gateway, 2:19.3. 3, Kathy Woodruff, Princeton, 2:20.1. 4, Terry Woodruff, Princeton, 2:20.2. 5, Penelope Berzney, Holmdel, 2:23.0.

**440-YARD RUN** — 1, Clare Gursky, South Plainfield, 57.1, record; former record, 57.5, by Marie Clough, Franklin Township, in 1974. 2, Carla Hunt, Holy Cross, 57.4. 3, Anne McKillion, Toms River North, 57.6. 4, Penny Fales, Hackettstown, 57.8. 5, Valerie Crenshaw, Wayne Valley, 58.9.

**220-YARD DASH** — 1, Liz Young, Manalapan, 25.0, 2, Hazel Lucas, Montclair, 25.3. 3, Lori Lewis, Woodbury, 25.6. 5, 4, Clare Gursky, South Plainfield, 25.6. 5, Sue Kropstead, North Hunterdon, no time. (Young set record of 24.7 in heat; former record, 25.2, by Young in 1974).

**440-YARD RELAY** — 1, Monmouth (Sharon Grigsby, Linda Byers, Anita Brown and Yvonne Smith), 49.2, record; former record, 50.4, by Manalapan, in 1974. 2, Paterson East Side, 49.4. 3, Red Bank, 49.5. 4, Manalapan, 50.2. 5, Hackettstown, 50.4.

**ONE-MILE RELAY** — 1, Rumson (Susan Olniski, Karen Emery, Tina Klem and Casey Jones), 4:02.2, record; former record, 4:03.5, by Toms River South, in 1974. 2, Toms River South, 4:02.5. 3, Hackettstown, 4:06.7. 4, Pequannock, 4:08.0. 5, Long Branch, 4:08.4.



# Latham sets State record

NEW BRUNSWICK—Kandie Latham wasn't exactly happy when Ridgewood girls' track coach Jock Brown asked her to run a half-mile leg on a two-mile relay team last season. She preferred to stick with the 440.

But Latham is very happy today to be a half-miler because yesterday she proved herself the best in New Jersey. The Ridgewood senior set a State record of 2:17.7 in upsetting Saddle Brook's Terry Vaccarella and Gateway's Ursula Eder in the New Jersey State Interscholastic A.A. Meet of Champions.

"I'm a little surprised, but not really shocked," said Brown. "Her one half last year was a 2:21 and that's why I decided she should be strictly a half-miler this year. I thought she was capable of something like this, but she hadn't shown it all season. She sure picked the right day for it."

Latham joined teammate Becky Deetz and Park Ridge's Karen Smith as the Bergen winners. Deetz, the State record-holding soph, won the high jump as expected at 5-6. Smith, who needed an appeal to be accepted into the meet, threw the discus 119-10.

Latham came from behind after Lawrence's Beatrice Harendza set the early pace and Eder led for a while. Vaccarella made a late bid, but finished fourth in 2:20.2,

well off the mark of 2:18.6 she had set last week.

"I took it easy most of the week to be well rested for the race," Latham said. "I didn't even work out Thursday or Friday. I just wanted to go out in about .67, run relaxed and see if I was close enough to win in the last 220. I figured the girl who went out so fast [Harendza] would fade like she did last week, so I just went after Eder. It worked out pretty well, didn't it?"

Smith wasn't sure she could compete until Wednesday. She hadn't qualified in last week's Group meet because she fouled twice and then simply threw for a mark and it wasn't good enough to place in the top five.

But the reason she had fouled was the circle used at Holmdel High School was 2½ inches too small and coach Diane McDermott appealed to Meet of Champions director Mary Jo Blair.

"We knew we were right and assumed all along Karen would throw today," said McDermott. "But it wasn't official until Wednesday."

"I felt I got ripped off of a gold medal last week," Smith said. "My two foul throws were better than any one else and I knew I was the best. It was sort of eating me inside to be deprived like that, so I was making the most of today."

Smith's throw was two feet better than runner-up Helene Connell of Jackson Township, but less than she had thrown in the State sectionals and in the Bergen County championships.

Another Smith, Yvonne of Monmouth Regional, was easily the top performer of the meet. Her incredible performance included a national record 14.2 in the 110 low hurdles, an 18-foot, 1-inch victory in the long jump, and the anchor leg on the Monmouth 440-yard relay team that set a State record of 49.2.

100—1, Vonnice Coker, Woodbury, 11.1; 2, Liz Young, Manalapan, 11.3; 3, Hazel Lucas, Montclair, 11.3; 4, Carla Hunt, Holy Cross, 11.3; 5, Lori Lewis, Woodbury, 11.4.

MILE—1, Hillary Noden, Hopewell Valley, 4:58; 2, Joy Kelly, Rumson-Fair Haven, 5:13.7; 3, Sandy Alexander, Roxbury, 5:14.2; 4, Kathy Christman, Rancocas Valley, 5:15.6; 5, Lori Stanley, Iselin, 5:15.8.

440—1, Claire Gursky, South Plainfield, 57.2; 2, Carla Hunt, Holy Cross, 57.4; 3, Anne McKillop, Toms River North, 57.6; 4, Penny Fales, Hackettstown, 57.8; 5, Valerie Crenshaw, Wayne Valley, 58.9.

2 MILE—1, Carol Conlon, Nutley, 11:11.6 (State record, old record 11:21.9 by Margaret Poynter, No. Hunterdon, 1975); 2, Pam Adams, Gateway, 11:33; 3, Margaret Poynter, No. Hunterdon, 11:39.4; 4, Jane Plunkett, Notre Dame, 12:00.1; 5, Valerie Sheets, Roxbury, 12:00.

SHOT PUT—1, Sharon Redvick, Monmouth, 41 feet; 2, Pam Giorda, Hawthorne, 38-10; 3, Iris Turner, Franklin Township, 38-1; 4, Anne Usinowicz, Butler, 38-0; 5, Rhonda Peterson, Toms River South, 37-11.

DISCUS—1, Karen Smith, Park Ridge, 119 feet, 10 inches; 2, Helene Connell, Jackson, 117-10; 3, Rhonda Peterson, Toms River South, 111-9; 4, Diana Delbert, West Morris, 111-4; 5, Dianne Lazzeri, Ocean Twp., 106-1.

HIGH JUMP—1, Becky Deetz, Ridgewood, 5 feet, 6 inches; 2, Martha McGill, Asbury Park, 5-3; 3, Allison Manchester, Jefferson Twp., 5-3; 4, Tie Julie Smithers, Lakewood and Diane Hayles, Toms River South, 5-3.

LONG JUMP—1, Yvonne Smith, Monmouth, 18 feet, 1 inch; 2, Lucy Jenkins, Toms River South, 17-9; 3, Deirdre Reilly, Rumson-Fair Haven, 16-11; 4, Cindy Lowen, Highland Park, 16-10½; 5, Julie Smithers, Lakewood, 16-9.

220—1, Liz Young, Manalapan, 25.0; 2, Hazel Lucas, Montclair, 25.3; 3, Lori Lewis, Woodbury, 25.5; 4, Claire Gursky, South Plainfield, 25.6; 5, Sue Krostad, No. Hunterdon, 26.0.

800—1, Kandie Latham, Ridgewood, 2:17.7 (State record, old record 2:18.6 by Terry Vaccarella, Saddle Brook, 1975); 2, Ursula Eder, Gateway, 2:19.3; 3, Kathy Woodbridge, Princeton, 2:20.1; 4, Terry Vaccarella, Saddle Brook, 2:20.2; 5, Perianne Berezney, Holmdel, 2:23.

110—1, Yvonne Smith, Monmouth, 14.2 (State record, old record 14.5 by Smith, 1975); 2, Julie Smithers, Lakewood, 14.4; 3, Debbie Deutsch, East Brunswick, 14.7; 4, Michelle Allgood, Red Bank, 15.0; 5, Susan Marshall, Haddonfield, 15.5.

JAVELIN—1, Donna Forte, West Morris, 125 feet, 3 inches; 2, JoAnn Helm, Wayne Valley, 122-7; 3, Keru Camarillo, Wall Twp., 121-11; 4, Patricia Hurley, J.P. Stevens, 112-7; 5, Gena Lenz, Pt. Pleasant Beach, 111-7.

440 RELAY—1, Monmouth (Beyers, Grigsby, Brown, Smith), 49.2 (State record, old record 49.8 by Manalapan, 1975); 2, Paterson Eastside, 49.4; 3, Red Bank, 49.5; 4, Manalapan, 50.2; 5, Hackettstown, 50.4.

MILE RELAY—1, Rumson-Fair Haven (Osinski, Klem, Emery, Jones), 4:02.2; 2, Toms River South, 4:02.9; 3, Hackettstown, 4:06.7; 4, Pequannock, 4:07.3; 5, Long Branch, 4:08.3.



Karen Smith won the discus

RON DROGO



## Meet Results 1975:

### Rutherford Relays

4X1mile: 1. Sefick-6:12.5, Vandermeys-6:03.9, Leach-5:58.2, Reed-5:54.0 = 24:18.6

4x100yd: McLaughlin, Ottens, Puglisi, Davis = 56.0

4x440yd: Deetz-70.1, Puglisi-73.5, Davis-72.9, McLaughlin-65.7 = 4:42.2

3x8#shot: 1. LaMarre-29'8", DuFlon-34'4", Deetz-28'8.5" = 92'8.5"

3xDiscus: 3. Results not recorded.

3xHighJump: 1. Deetz-?, DuFlon-?, Granata-? = 14'10"

3xLongJump: 5. Deetz-13'2", Davis-13'4", Ottens-14'3.25" = 40'9.25"

### Holmdel Relays

4x110 Hurdles:

4x110 relay: RHS-54.4

4x220 relay: Stauber-29.9, Ottens-28.0, Puglisi-29.6, Davis-29.1 = 1:56.6

Distance Medley: Latham-2:29.3, McLaughlin-64.3, Leach-4:11.9, Reed-5:42.6 = 13:28.1

4X880 : Vandermeys-2:44.5, Ong-2:57, Lange-2:56, Calderwood-2:46 = 112.4

4X440: RHS "A" : McLaughlin-66.5, Cooper-66.0, DeYoe-65.6, Latham-65.0 = 4:223.1

RHS "B" : Stauber-69.5, Smith-72.9, Ottens-67.6, Hefele-67.0 = 4:37.0

### Long Branch Relays

1 7/8 mile DM: Latham, Cooper, DeYoe, ?? = 10:29.0

4x440yd: McLaughlin-67.1, Cooper-71.4, DeYoe-69.6, Latham-66.5 = 4:33.6

### Red Bank Catholic Relays

4x110H: Allison-18.4, Renee-17.3, Beth-16.7, Becky-16.1 = 68.7

4x220: Stauber-29.0, Ottens-27.4, Puglisi-29.5, Davis-28.7 = 1:54.6

4x880: Lange-2:38.8, LucyC-2:46.5, Margaret V-2:44.9, Cathy-2:33.3 = 10:43.5

DisMed: San-2:54.8, Allison-67.2, Wise-4:52, Campvell-6:29.2 =

4x1mile: Leach-5:44.8, Sefcik-5:58.2, Julia I -5:45.1, Reed-5:44.8 = 23:12.9

4x440: Micki-62.5, Cooper-65.1, DeYoe-63.3, Latham-60.1 = 4:11.0

3xJavelin: Jen-75'1", Linda-64', Martha-?? = ??

3xHJ: Renee-4'11.5", Beth-5'3.5", Becky5'4.5" = 15'7.5"

(the official incorrectly took the measurement from the standard and did not measure the bar which had a 1.5 inch sag in the middle. Coach Brown measured the bar after the competition was over but the official refused to change the result which was reported as 16'2")

3xDiscus: DeYoe-99'11", DuFlon-89'5", Russell-89'9.5" = 279'1 1/2"

3xShotPut: Martha-27'11", Renee-33'6", Jennifer-36'2" = 97'7"



### Bergen Champs

100yd: Davis-NT, Cooper-NT, Stauber-NT

220yd: Ottens-28.8, Puglisi-28.9, Stauber-29.1

440yd: McLaughlin-NT, Hefele-NT, Smith-NT

880yd: Latham-?, DeYoe-NT, Lange-NT.

1 mile: Leach- ?, Sefick-?, Vanderemays- ?.

2mile: Reed-?, Iezzonia-?, Calderwood-?.

4x110: Stauber, Ottens, Puglisi, Davis = 54.2

4x440: McLaughlin-64.5, Cooper-66.2, DeYoe-63.8, Latham-60.7 = 4:15

110ydH: Deetz-fell, Granata- 17.1(s), Hefel-NT

Discus: DeYoe-99'10", DuFlon-96'1", Russell-87'9"

Shot 8#: Baringer-34'8". DuFlon-32'8.5"

HighJump: Deetz-5'4", DuFlon-4'10", Granata-4'9"

LongJump: Deetz-16'5", Ottens-15' 3 3/4", Nocka-14'3".

### NJ North Sectionals

Ridgewood results lost

### NJ Group Champs

880: 1-Kandie Latham-2:18.

1 mile: Jean Lewach-5:43.9

2 mile: Nancy Reed-NT (9<sup>th</sup> overall)

Shot: DuFlon: ??

HighJump: 1-Deetz-5'9"

4x440: McLaughlin-62.56, Cooper-64.4, DeYoe-63.6, Latham-62.7 = 4:13.2

### NJ State Championship

880 Yard Run: 1-Kandie Latham – 2:17.7

High Jump: 1-Becky Deetz -5'6"







	Wayne Valley	Old Tappan	Wingate Hills	Demarest	Montclair	Hackensack	North Bergen	Paramus C.	Rutherford	Holmdale	SECTIONAL	County	GROUPS	STATES	
Jen Baringer	1	3	-	5	8	5	3	5				6			36
Bonnie Campbell				-		5	1								6
Sue Davis	1	9 1/4	8 1/4		4 1/4	4 1/4	6 1/4		1/3	1/4	1/8				33 23/24
Becky Deety	16 1/4	16 1/4	9 1/4	-	5	13	13	13	4/3	6	12	6	6		110 1/2
Deirdre Doyle															
Alice Fowler				-											
Beth Granata	1	1	4	-	1	6			2	3					18
Alison Hefele	1	2	1 1/4	2 1/4		3	3								12 1/2
Michelle McLaughlin	5	6 1/4	6 1/4	6 1/4	1 1/4	4 1/4	6 1/4	6 1/4	1/2	1	1 1/2				44 3/4
Hilary Nocka				1		1									2
San Ong				1											1
Sheryl Ottens		4 1/4		8		1	2 1/4	5 1/4	1/3	1/4	2 1/8				23 11/24
Kim Puglisi		2 1/4		1 1/4		1 1/4	2 1/4	1 1/4		1/4	1/8				8 5/8
Linda Russell	3	3	5	3	1		3		1		1				20
Ginny Sayers							1								1
Trish Sefcik	3	1	1	-	3	1	1	1	1 1/2	1/2		3			16
Beth Smith	3		1	5		1	2								12
Margaret Vanderwey	1	3		5	1				1 1/2		1				12 1/2
Janette Stemley															
	75	96	61	81	65	87	86	86	22	4	27 1/2	62 1/2	12	12	



# 1975 Girls Track Team Rankings

## 100 yard Dash

Davis 11.9

Cooper 12.0

Stamber 12.5

Pughisi 12.7

Ottens 12.8

Russell N.T.

## 440 yard Dash

McLaughlin 63.1 (62.5<sub>n</sub>)

Latham 64.1 (60.1<sub>n</sub>)

Hefele 68.0 (67.0<sub>n</sub>)

Cooper 68.5 (64.4<sub>n</sub>)

Deety 69.7 (67.8<sub>n</sub>)

Ottens 70.3 (67.6<sub>n</sub>)

Smith 72.8

Russell 72.6

Weir 74.2

Doyler 78.8

DiNardo 84.2

## 220 yard Dash

Latham 27.9

Ottens 28.9 (27.4<sub>n</sub>)

McLaughlin 29.1

Stamber 29.5 (29.0<sub>n</sub>)

Davis 29.8 (28.7<sub>n</sub>)

Pughisi 30.0 (29.5<sub>n</sub>)

Deety 30.2

Smith 31.3

Weir 32.2

Fenn 33.6

DeYoe (63.3<sub>n</sub>)



880 yard run

Latham 2:17.7

DeYoe 2:31.0

Lange 2:39

Leach 2:42.0 (2:36.7)

Sefcik 2:42.5 (2:36.2)

Vandermeys 2:47 (2:44.5<sub>n</sub>)

Wise 2:51

Campbell 2:53

Ong 2:53

Sayers 3:30

Caldernwood (2:46<sub>n</sub>)

Ieyzoni (2:34.5)

1 mile run

Reed 5:36.1

Leach 5:43.9

Ieyzoni 5:47 (5:44.8<sub>n</sub>)

Sefcik 5:51.0

Vandermeys 5:54.5

Caldernwood 6:08.5

Campbell 6:21

2 mile run

Reed - 12:08.2

Ieyzoni - 12:38

Caldernwood - 12:54

Campbell - 14:16.5

Ong - 15:13

Wise 15:57

Sayers 16:32

San Ong 6:41.5

Wise 7:03.5 (6:29.2<sub>n</sub>)

Fendrock 7:17

Sayers 7:32

Fowler 7:32



## 110 hurdles

Deety 16.3

Granata 16.6

DuFlon 17.8

Hefele 17.9

Doyle 19.5

Stauber 19.6

Antonaci 20.3

DuNardo 21.0

## High Jump

Deety 5'9"

Granata 5'3½"

DuFlon 5'2"

Smith 4'11"

## Shot Put

Barungen 36' 9¼"

DuFlon 34' 5½"

LaMarre 31' 2½"

Fenn 30' 7"

## Discus

DeYoe 103'1"

DuFlon 96'1"

Russell 95'4"

LaMarre 79'4"

Stemley 73'10"

## Long Jump

Deety 16'5"

Ottens 15'9¾"

Davis 15'½"

Noelka 14'8½"

Cooper 14'5½"

Puglisi 13'5¾"



10 leading scorers

Deety 110 1/2 points

DuFlon 74

DeYoe 70 3/4

Latham 62

McLaughlin 44 3/4

Reed 42

Baringer 36

Davis 33 23/24

Leach 32 1/2

Tezzoni 29 1/2



# Relay Records

D.M. 878, 440  $\frac{3}{4}$  mile 13:28.3 Holmdal 3  
Relay May  
William Mueli Leach Reed

440 hurdles Allison, Renee, Beth, Beckey 68.7

880m 1:54.6 Stanke Otteno Pugliese Davis

440m 53.7

4 mile relay Leach, Sefcik, Ingorn, Reed 23:12.5

1 mile relay 4:11.0

Discus relay DeLoe, DuFilon Russell 279'  $\frac{1}{2}$ "

Shot relay Barringer DuFilon LaMarre 97' 7"

H.J. relay Beachy Bath Renee 15'  $7\frac{1}{2}$ "

L.J. relay Deety Otteno Davis

about 43' 3"  
check into  
this



# Girls All-Bergen Teams

## Softball

First Team	Position	Second Team
ANNE FOSTER, Glen Rock	1B	MARLA ZELLER, Englewood
VERONICA STENGEL, Ridgefield Park	2B	MARY FINNEGAN, Paramus
NANCY LOIACONO, Ridgefield Park	SS	MARY ANNE HEDRICK, Paramus
GWEN GHIOSAY, New Milford	3B	MARY ELLEN TOOMAN, Leonia
LORI ARMSTRONG, Westwood	OF	DEBBIE YOUNG, Westwood
KAREN PERSAK, Rutherford	OF	DIANE SACCO, Becton
LORRIE LEVY, Pascoack Hills	OF	PATTY CANNON, Leonia
MARY ANN COLLURA, Fair Lawn	OF	TAMMY MALO, Pascoack Hills
SUE MOULTON, Paramus	C	BARBARA ORTENZIO, Becton
EILEEN FINNEGAN, Westwood	P	ALLISON D'AMELIO, Ridgefield Park
SUSAN GORCZYCA, Rutherford	P	MARYANN DELORENZO, Park Ridge
ROBIN BYRA, Fair Lawn	P	PATRICIA KRETZMER, Ramsey
JANET BUTLER, Paramus	P	JEAN DANE, Demarest

### Honorable Mention

**FIRST BASE**—Robin Kamerling, River Dell; Lori Conidine, Rutherford; Barbara Pallas, Wood-Ridge.  
**SECOND BASE**—Janet Omstead, Old Tappan; Eleni Reikes, Emerson; Linda Hohn, Wood-Ridge.  
**SHORTSTOP**—Cindy Orlando, Wood-Ridge; Karen Lopatto, Becton; Sue Harnisch, Demarest.  
**THIRD BASE**—Mary Caspi, Ramsey; Kathy Howitt, Teaneck; Lliada DeRanzo, Pascoack Hills; Denise Ferrari, Ridgefield;  
 Mary Ellen Tooman, Leonia.  
**OUTFIELD**—Lisa Boyd, Hackensack; Janet Gildred, Pascoack Valley; Donna Meyer, New Milford; Margie Peterson, Ramsey; Sheila Adler, Glen Rock; Ann Miller, Teaneck; Cathy Barton, Pascoack Valley; Pam Jaeger, Tenafly; Patty Cannon, Leonia; Nancy Lamb, Emerson; Janine Compsi, Wood-Ridge; DeSimone, Park Ridge; Roseanne Nathanson, Ridgefield.  
**CATCHER**—Nancy Fuchs, Ramsey; Cathy Stackpole, Pascoack Valley; Arlene Monahan, Westwood; Cathy Pfund, Ridgefield.  
**PITCHER**—Beverly Tornquist, Fort Lee; Sheila Casey, Old Tappan; Robin Cox, Wood-Ridge; Gayle Nicholson, Rutherford.

## Track

First Team	Event	Second Team
DIANE HOROWITZ, Fort Lee	100	JOANNE STARR, Pascoack Valley
DIANE HOROWITZ, Fort Lee	200	CINDY MAYO, Rutherford
JOYCE O'ROURKE, Saddle Brook	110 LH	TARYN CARTER, Hackensack
ALETA FISCHER, Pascoack Valley	440	THERESA VACCARELLA, Saddle Brook
THERESA VACCARELLA, Saddle Brook	880	KANDIE LATHAM, Ridgewood
JEAN CHODNICKI, Saddle Brook	1 MILE	JEAN LEACH, Ridgewood
NANCY REED, Ridgewood	2 MILE	MEGAN SEXTON, Paramus Catholic
PASCOACK VALLEY (JoAnne Starr, Aleta Fischer, Gloria Tomitsch, Lynn Thies)	440 RELAY	MIDLAND PARK (Eleni Tuzer, Mary Sue Sullivan, Lori Jaffer, Mary Ellen Moran)
RIDGEWOOD (Mickie McLaughlin, Mary Cooper, Cathy DeYoe, Kandie Latham)	MILE RELAY	PASCOACK VALLEY (JoAnne Starr, Aleta Fischer, Diane Borkowski, Gloria Tomitsch)
JEN BARINGER, Ridgewood	SHOT PUT	KAREN SMITH, Park Ridge
KAREN SMITH, Park Ridge	DISCUS	CHRIS RUFO, Fort Lee
BECKY DEETZ, Ridgewood	HIGH JUMP	BETH GANATA, Ridgewood
BECKY DEETZ, Ridgewood	LONG JUMP	MARY SUE SULLIVAN, Midland Park

### Honorable Mention

**SPRINTS**—Anne DeVito, Cliffside Park; Lori Jaffer, Midland Park; JoAnne Starr, Pascoack Valley; Kathy Kraus, Demarest; Michella Sami, Cliffside Park; Sharon Grant, Englewood.  
**HURDLES**—Becky Deetz, Ridgewood; Dawn Donovan, Cliffside Park.  
 440—Eilen Tuzer, Midland Park; Karen Jones, Teaneck; Barbara McHale, Fort Lee.  
 880—Michelle Guido, Paramus Catholic; Gloria Tomitsch, Pascoack Valley; Karen Krueger, Palisades Park.  
**MILE AND 2-MILE**—Trish Seffick, Ridgewood; Debbie McRea, Saddle Brook; Margaret Vandermaes, Ridgewood; Cindy Marchese, Saddle Brook; Julie Iezzen, Ridgewood; Lucy Calderwood, Ridgewood.  
**440 RELAY**—Englewood, Cliffside Park.  
**MILE RELAY**—Cliffside Park, Midland Park.  
**SHOT PUT**—Chris Rufo, Fort Lee; Dede Beamon, Hackensack; Renee DuFlon, Ridgewood; Gail Ungar, Demarest.  
**DISCUS**—Cathy DeYoe, Ridgewood; Renee DuFlon, Ridgewood; Linda Russell, Ridgewood.  
**HIGH JUMP**—Renee DuFlon, Ridgewood; Mary Ellen Murphy, Paramus Catholic; Mary Donovan, Paramus Catholic; Debbie Freeth, Cliffside Park.  
**LONG JUMP**—Mary Ellen Murphy, Paramus Catholic; Laurie Ahlbers, Waldwick.

## Gymnastics

First Team	Event	Second Team
RENEE MASSEY, Paramus	VAULTING	JOANNE LARDNER, Tenafly
CHRIS SCHNEIDE, Indian Hills		MARJORIE RAPP, Paramus
KAREN STRAND, Pascoack Hills		HELEN WILSON, Tenafly
SANDI LUCIANO, Pascoack Hills	UNEVEN PARALLEL BARS	MARJORIE RAPP, Paramus
CARY PLUCINSKY, Paramus		KAREN STRAND, Pascoack Hills
SUE SHOVLIN, Pascoack Hills		
DEBBIE STEIDL, Indian Hills		
JEANNE ARFMANN, Tenafly	BALANCE BEAM	TINA PARODY, Northern Highlands
KAREN QUILICI, Demarest		CARY PLUCINSKY, Paramus
LISA RACE, Pascoack Valley		HELEN WILSON, Tenafly
JANIS KREISS, Pascoack Hills	FLOOR EXERCISE	CAROLINE ENRIGHT, Hasbrouck Heights
LISA RACE, Pascoack Valley		SANDI LUCIANO, Pascoack Hills
HELEN WILSON, Tenafly		KAREN STRAND, Pascoack Hills

### Honorable Mention

Sue Kolser, Tenafly; Patricia Pettricone, Northern Highlands; Debbie Philis, Ramsey; Pattie Reaner, Paramus.



RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD RECORDS

<u>EVENT</u>	<u>SCHOOL RECORD</u>	<u>TRACK RECORD</u>
100 yard dash	11.9 Sue Davis 1975	11.4 Venesa Hugley (Skeeters T.C.)
220 yard dash	27.9 <del>30.0</del> <del>Nancy Miller</del> Kandie Latham <del>1974</del> 1975	26.8 Hazel Lucas (Montclair H.S.) Jackie Schmidt (CJTC) Gloria Gooden (ECAC)
440 Yard dash	59.5 Kandie Latham 1974	59.6 (Central Jersey T.C.) Jackie Schmidt
880 yard run	<del>2:20.8</del> 2:17.7 <del>Jane Green</del> KANDIE LATHAM 1974 1975	2:28.9 Kandie Latham (Ridgewood H.S.)
1 mile run	<del>5:30.0</del> 5:36.1 Nancy Reed <del>1974</del> 1975	<del>5:30.0</del> SAME <del>(Skeeters Track Club)</del>
2 mile run	12:08.2 Nancy Reed 1975	12:03.3 Jane Green (Skeeters Track Club)
110 yard hurdles	16.3 Becky Deetz 1975	16.3 Becky Deetz (Ridgewood High School)
shot put - 8 lb	36 ft <sup>9/4</sup> in Jennifer Baringer 1975	37 ft 5 1/2 in Loraine Vira (North Bergen High School)
discus - 1 kg	103 <del>100</del> ft <sup>1</sup> / <sub>3</sub> in Cathie DeYoe <del>1974</del> 1975	<del>101 ft 3 3/4 in</del> SAME Cheryl Smith (Piscataway T.C.)
high jump	5'9" <del>5 ft 8 1/2 in</del> Becky Deetz 1975	5 ft 3 3/4 in Becky Deetz (Ridgewood High School)
long jump	<del>16'5"</del> <del>15 ft 7 in</del> 16'10 1/2 Cheryl Ottens 1975 Becky Deetz 1975	<del>15 ft 7 3/4 in</del> D'Arcy Honeycutt (unattached) 16'1 1/2" Mary Ellen Murphy Paramus C. H.S.





Ridgewood High School  
Girl's Track Team 1975

First Row (l to r): Hilary Nocka, Becky Deetz, Margaret Vandermeys,  
Trish Sefcik, Cathie DeYoe, Linda Russell, Sue Davis, Sheryl Ottens.  
Second Row: Barbara Lange, Micki McLaughlin, Lucy Calderwood, Julia Iezzoni,  
Bonnie Campbell, Gabriela Stauber, Denise DiNardo, Ginny Sayers.  
Third Row: Jeanette Stemley, Kandie Latham, Carol Antonacci, Beth Smith  
Renee DuFlon, Deirdre Doyle.  
Forth Row: Kim Puglisi, Mary Cooper, Jennifer Baringer, Martha LaMarre,  
Nancy Reed, Nancy Wise, San Ong.

Missing from picture: Jean Leach, Nancy Fenn, Beth Granata, Alison Hefele.



