



**RIDGEWOOD
CROSS
COUNTRY**

1975

**SEASON
SUMMARY**

CROSS COUNTRY - GIRLS 1975

Head Coach - Jacob Brown (Richard VanYperen took over during a 5 week absence)

<u>Duel Meets</u>	3 wins and 2 loses		
1 October	Paramus Catholic H.S.	28-28	(20-17 tie breaker)
13 October	Hackensack H.S.	25-30	
15 October	Passaic Valley H.S.	20-35	
21 October	Paramus Catholic H.S.	42-17	
28 October	DuPaul H.S.	22-37	

<u>Invitational Meets</u>		
4 October	Shore Conference	
24 October	NNJIL Championship	1st Place
1 November	Bergen County Championship	3rd Place
8 November	Sectionals North I New Jersey	8th place (last)

Letter Winners

Barbara Lange
Jan Nicholson
Jamie Nicholson
Jeanette Stemley
* Margaret Vandermeys
Alyson Grunder

Other Team Members

Ginny Sayers
San Ong
Dee Doyle
Julie Jones
Ann Dorsett

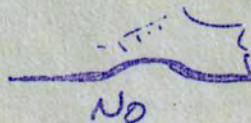
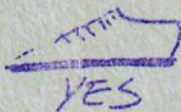


Your daughter has come out for cross country and I am looking forward to working with her and the team this fall. Our schedule of meets is not complete yet but I do encourage you to come and cheer for us on race day.

The main purpose of this note is to tell my feelings about shoes. There are TWO facts that concern us. (1) The R.H.S. athletic budget does not purchase shoes for any of its athletes. (2) The shoe is the most important piece of equipment a distance runner has, in fact the correct shoe is more important to a distance runner than any other athlete. Therefore a distance runner should have a correct shoe.

The Shoe Must have -

① A flat bottom



② A built up, cushioned heel



Some times the cushion material will have several layers. That's good. Some times the built up area will extend up under the ball of the foot - that's good also

③ A strong vamp (area that supports the heel)

Some Shoes to consider -

Adidas - Country, SL 72, SL 76

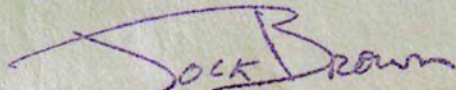
Tiger - Cortey

Nike - Cortey, Marathon

There are also other brands and models that meet the listed requirements. These shoes are expensive (\$15 to \$30 or more) but frankly an important investment because they will help reduce injuries.

Obviously a girl is not required to ~~buy~~ buy any of the above listed shoes. If you have any questions please do not hesitate to call me.

444-531 after 7:30 pm

 Jack Brown

TIME TRIAL 9/19/75

6:40.8

J. Verzone	7:10	13:56.8	
J. Nicholson	7:16	14:36	7:18
M. Vandermeyers	7:16	14:38	7:20
B. Lang	7:30	15:27.5	7:57.5
A. Dorset	7:30		
A. Gruber	7:30	16:49	9:19
B. Presce			
D. Doyle		17:06	
S. Ong		17:12	
J. Ni	7:30	15:10	7:40

J. BROWN

444-5831

CROSS COUNTRY

RIDGEWOOD vs. PARAMUS CATHOLIC

DATE:

10/1/1975

COURSE:

RECORD:

TEAM RECORDS: R. 0-0

PC

DISTANCE: 2 MILES

WEATHER: GOOD

NAME	SCHOOL	TIME	SCORE	
Megan Sexton	1 PC	13:05	RIDGEWOOD	(P.C)
Michele Gurdo	PC	13:06	3	1
Jan Nicholson	R	13:49	4:20	2 17
Marg Vandermaas	R	13:51	6	5 17
Ida Meehan	P.C	14:01	7	9 28
Aliyeon Grunder	R	14:28	8 ²⁰	11 17
Jamie Nicholson	R	14:38	19 17:05 ²⁸	Kathy McNulty ²⁸
Baub Lange	R	14:55	20 17:19	Kathy Stricker
Mary Ann Bogush	P.C	15:12	21 17:22	Anna Korkis
Ann Dorsett	R	15:19	22 17:28	Kathy Sherlog
Dona Schaefel	P.C.	15:27	23 17:31	Patty McCormack
Lynn Conway	P.C	15:34	24 17:46	Ann Principe
Nancy Kelly	P.C	15:57	25 18:40	Rose Devin
Sam Ong	R	16:07	26 19:16	Pam Degnan
Mary Behrens	P.C	16:21	28	
Shaun Kibbut	P.C	16:26		
Anna Clana		16:42		
D. Doyle		16:56		

CROSS COUNTRY

DATE: 13 Oct 1975

TEAM RECORDS: R. 0-1

RIDGEWOOD vs. HACKENSACK

COURSE: _____ RECORD: _____

DISTANCE: 2 mile

WEATHER: Sunny, mild

	NAME	SCHOOL	TIME		SCORE
1	M. Vandermeys	R	13:15	RIDGEWOOD	
2	S. Nordstrom	H	13:28	1	2
3	A. Grander	R	13:47	3	5
4	B. Lang	R	13:57	4	6
5	M. Novak	H	14:11	7	8
6	J. Zagleski	H	14:17	10	9
7	J. Nicholson	R	14:23	25	30
8	J. Zaorski	H	14:34		
9	M. Copland	H	14:41		
10	J. Stemley	R	14:45		
11	D. Doyle	R	15:32		
12	S. Ona	R	15:45		
13	A. Dorsett	R	16:11		
14	J. Burrell	H	17:31		
15	S. Cannavacciuolo	H	17:39		
16	D. Guida	H	17:39		
17	D. Gallo	H	19:38		
18					
19					

CROSS COUNTRY

DATE: 10/15/75

TEAM RECORDS: R. 1-1

RIDGEWOOD vs. PV

COURSE: 2 Mi. RECORD: _____

DISTANCE: _____

WEATHER: _____

53

	NAME	SCHOOL	TIME	SCORE
1	Barmore		13:29	RIDGEWOOD
2	Marg Vandermeys		13:39	
3	Barbra Lang		14:35 14:05	
4	Jeanette Stemley		15:14	
5	^{Allyson} Allison Grander		15:20	
6	D Doyle		16:16	
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				

CROSS COUNTRY

DATE: 21 October 1975

TEAM RECORDS: R. _____
P.C. _____

RIDGEWOOD vs. Paramus Catholic

COURSE: Flat ^{lots of McAdams} RECORD: _____

DISTANCE: ?

WEATHER: Sunny WARM

	NAME	SCHOOL	TIME	SCORE	SCORE
1	Michele Guido ^(Soph)	P.C.	9:47	RIDGEWOOD	Paramus Catholic
2	Megan Sexton ^(SR)	P.C.	9:58	4	1
3	Ida Mahan ^(SR)	P.C.	10:34	7	2
4	Margaret Vandermeys ^(SR)	R	10:39	8	3
5	Donna Schaefer ^(Soph)	P.C.	10:41	11	5
6	Mary Ann Bogush ^(Sr)	P.C.	10:42	12	6
7	Allison Grunder	R	10:50	42	17
8	Barbara Lange ^(Soph)	R	11:01		
9	Lynn Conway ^(Sr)	P.C.	11:08		
10	Diane Mc Phee	P.C.	11:11		
11	Jamie Nicholson ^(Soph)	R	11:23		
12	Brenda Brown	P.C.	11:27		
13					
14					
15					
16					
17	Jeanette Stanley	R	11:43.5		
18					
19	Deedre Doyle	R	12:04.5		

CROSS COUNTRY

DATE: 24 Oct 1975

TEAM RECORDS: R. _____

NJSIL - CHAMPIONSHIP

RIDGEWOOD VS.

COURSE: Garetto Mountain RECORD: 11:47.1

DISTANCE: 2.0

WEATHER: Real Nice

NAME	SCHOOL	TIME	SCORE
	P.V.	13:25	RIDGEWOOD
	Hackensack		3
Margaret Vandermeys	RHS	13:40	4
Alyson Grunden	RHS	13:41	6
	Bergenfield		11
Jamie Nicholson	RHS	13:51	12
	Hackensack		36
	P.V.		
	Hackensack		① Ridgewood 36
	Hackensack		② Hackensack 43
Jan Nicholson	Hackensack RHS	15:20	③ P.V (2 girls)
Janette Stemley	RHS	15:21	④ Bergenfield (3 girls)
	Bergenfield		
Julie Jones	RHS	15:55	
	Hackensack		
Deedre Doyle	RHS	16:09	
	Bergenfield		
San Ong	RHS	17:19	
Anni Dorset	RHS	17:39	

GIRLS

<u>Name</u>	<u>School</u>	<u>Time</u>
1. Joyce Barmore	Passaic Valley	13:25
2. Sue Porpstrom	Hackensack	13:39
3. Marge Vandermeep	Ridgewood	13:40
4. Alyson Grunder	Ridgewood	13:41
5. Lorraine Fedyna	Bergenfield	13:44
6. Jamie Nicholson	Ridgewood	13:51
7. Maura Novak	Hackensack	13:56
8. Eileen Hannigan	Passaic Valley	14:17
9. Mary Coppazzi	Hackensack	14:47
10. Johanna Zaglieri	Hackensack	14:57
11. Jan Nicholson	Ridgewood	15:20
12. Janette Stanley	Ridgewood	15:21
13. Jean Purcell	Bergenfield	15:31
14. Julie Jone	Ridgewood	15:53
15. Janet Laorski	Hackensack	15:58
16. Debbie Doyle	Ridgewood	16:07
17. Marilyn Trivante	Bergenfield	16:08
18. San Ong	Ridgewood	17:18
19. Ann Dorset	Ridgewood	17:19

CROSS COUNTRY

DATE: 28 Oct 1975

TEAM RECORDS: R. 2-2
D.P. 3-3

RIDGEWOOD vs. DuPAUL

COURSE: RECORD: 12:49

DISTANCE: 2.0 miles

WEATHER: COOL - HUMID - OVERCAST

	NAME	SCHOOL	TIME	SCORE	SCORE
1	DONNA DUGGAN ^(I)	DuPAUL	13:11.8	RIDGEWOOD	DuPAUL
2	MARGARET VANDERMEYS	RHS	13:31	2	1
3	ALYSON GRUNDER	RHS	13:39	3	5
4	JAMIE NICHOLSON	RHS	13:46	4	8
5	MARY PIASECKI ^(II)	DuPAUL	13:49	6	11
6	BARB LANGE	RHS	14:10	7	12
7	SEANETTE STEMLEY	RHS	14:37	22	37
8	KATHY Mc GUGART	DuPAUL	14:51		
9	DEE DOYLE	RHS	14:53		
10	SAN Ong	RHS	15:02		
11	LAURA Hamm	DuPAUL	15:10		
12	ANN DORSETT	RHS	16:00.5		
13	KATHY GRAY	DuPAUL	16:15		
14	SANDY ASERMILY	DuPAUL	16:46		
15	KATHY STASKO	DuPAUL	19:50		
16					
17					
18					
19					

(Jan Nicholson did not run.)

CROSS COUNTRY

DATE: 1 November 1975

TEAM RECORDS: R.

Bergen County Championship

RIDGEWOOD VS.

COURSE: Garell Mt. RECORD:

DISTANCE: 2.0

WEATHER: Cool WINDY - But good running weather.

	NAME	SCHOOL	TIME	SCORE
1	Margaret Vandermeys	13 TH	13:42	RIDGEWOOD
2	Barb Lang	19 TH	13:59	
3	Alyson Brunder	25 TH	14:10	
4	Jamie Nicholson	30 TH	14:34	
5	Jan Nicholson	43 TH	15:14	
6	San Ong	45 TH	15:24	
7	Dee Doyle	53	15:58	
8	Ann Dorsett	54	16:05	Saddle Brook 29
9	Liz Orbe	(DNF)		Paramus Catholic 44
10				Ridgewood 130
11	E.			Palisades Park 134
12				Hackensack 163
13				DuMont 196
14				other schools with # of finishers
15				Becton (2) Old Tappan (1)
16				Bergenfield (3)
17				Bogota (3) Ramsey (2)
18				Demarest (2) Rutherford (3)
19				Fort Lee (1)
				No. Highlands (1)
				Pascack Hills (3)

Saddle Brook's girls County champs again

WEST PATERSON — Winning has become a habit for the Saddle Brook girls' cross-country team, which yesterday successfully defended its team title in the second annual Bergen County championships by beating Paramus Catholic, 29-44, at Garret Mountain.

Coach Howie Schulman seems anxious to move into bigger company even though he is running five freshmen in his top seven.

"I really didn't know what to expect at the beginning of this," a happy Schulman said after his team's win. "Three of our top five from last year graduated, and I thought our bubble of success might have burst."

It didn't quite happen that way. Although Paramus Catholic's Michelle Guido beat defending champion Jean Chodnicki, a Saddle Brook junior, the Falconttes placed 2-3-5-9-10 for their 29 points and added an 11th place for good measure and displacement.

"I'm very happy with the girls," he said, "particularly the freshmen [Lucille Pasciolla, third; Jo Ann Licata, fifth; Mary Cullen, 10th; and Gina DeCassals, 11th].

"Both Mary and Gina improved on their times here from earlier this year by three

minutes. I hope we can show how good we are two weeks from now when we get together with the two other top teams in the state."

This Saturday are the girls Sectionals at Garret Mountain, a meet Saddle Brook should win easily. The following Saturday is the Meet of Champions at Holmdel County Park in Holmdel.

"We have to run against Red Bank Catholic and North Hunterdon," Schulman said of the Meet of Champs. "We'll see how good we are."

LURIE

Girls varsity

1. Michelle Guido (Paramus Catholic) 11:58.7x
 2. Jean Chodnicki (Saddle Brook) 12:25
 3. Lucille Pasciolla (Saddle Brook) — 12:29
 4. Megan Sexton (Paramus Catholic) 12:53
 5. Jo Ann Licata (Saddle Brook) 13:08
 6. Kelly Neilan (Fort Lee) — 13:13
 7. Ida Meehan (Paramus Catholic) — 13:28
 8. Lisa Maloof (Ramsey) — 13:32
 9. Debbie Macrae (Saddle Brook) 13:35
 10. Mary Cullen (Saddle Brook) 13:39
 11. Gina DeCassals (Saddle Brook) — 13:39
 12. Sandy Newett (Northern Highlands) 13:42
 13. Margaret Vandermeys (Ridgewood) 13:42
 14. Karen Krueger (Palisades Park) — 13:45
 15. Mary Ann Bogush (Paramus Catholic) 13:50
 16. Linda Haenggi (Pascack Hills) 13:52
 17. Diane MacPhee (Paramus Catholic) 13:56
 18. Lorraine Fedyna (Bergenfield) 13:57
 19. Barbara Lange (Ridgewood) 13:58
 20. Susan Nordstrom (Hackensack) — 13:59
 21. No card was turned in — 14:00
 22. Donna Schaefer (Paramus Catholic) 14:03
 23. Sharon DeSotto (Palisades Park) — 14:04
 24. Mary Novak (Hackensack) — 14:05
 25. Alyson Grunder (Ridgewood) 14:07
- x—Meet record; old record, 12:33.5, by Jean Chodnicki, Saddle Brook, 1974.

TEAM SCORES

Saddle Brook 29, Paramus Catholic 44, Ridgewood 130, Palisades Park 134, Hackensack 163 and Dumont 196. (Becton, Bergenfield, Bogota, Demarest, Fort Lee, Northern Highlands, Pascack Hills, Old Tappan, Ramsey and Rutherford did not run full teams).

Bergen County cross-country championships

N.J.S.A. NORTH JERSEY SECTION 1 NOV. 8, 1975 Group 1 Girls

1.	Michelle Guido, Paramus Catholic	11:57
2.	Lucille Pasciella, Saddle Brook	12:08
3.	Rosemary Gonzalez, Memorial West New York	12:09
4.	Leslie Chiocco " " " "	12:18
5.	Nina Zollo, Wayne Hills	12:22
6.	Jean Chocanichi, Saddle Brook	12:27
7.	Marc Schakjian, Clifton	12:33
8.	Harlene Nelson, Wayne Hills	12:34
9.	Megan Sexton, Paramus Catholic	12:51
10.	Joyce Barmore, Passaic Valley	12:54
11.	JoAnn Licata, Saddle Brook	12:56
12.	Lisa Maloof, Ramsey	13:06
13.	Donna Duggan, DePaul	13:11
14.	Janice Morra, Wayne Hills	13:15
15.	Maureen Siegfried Memorial West New York	13:18
16.	Lillian Cassano	13:27
17.	Nancy Schmidt Memorial West New York	13:32
18.	Laurie Layton, Memorial West New York	13:33
19.	Mary Culler, Saddle Brook	13:35
20.	Amy McLaughlin, Saddle Brook	13:59
21.	Tina Silvestri, Kearny High	13:41
22.	Margaret Vandenmeers, Ridgewood	13:48
23.	Liz Garino, Paterson Catholic	13:50
24.	Gina DeCassali, Saddle Brook	13:51
25.	Yuko Minagishi, Pascack Hills	13:54

Team Scores

Memorial West New York 55, Palisades Park, 163, DePaul 216,

Hackensack 227, Saddle Brook, 58, Paramus Catholic 117

Wayne Hills 123, Pascack Hills 232, Ridgewood 232

No Teams. Passaic Valley Ramsey, Northern Valley Demarest

Margaret Vandermeys	13:43	22 ND
Deanne Steimley	15:07	49 TH
Jamie Nicholson	15:22	51 ST
Jan Nicholson	15:27	53 RD
Alyson Gauder	16:05	57 TH
Dee Doyle	16:13	58 TH
San Ong	16:30	59 TH

Michelle Guido is winner of girls' sectional race

WEST PATERSON — Michelle Guido of Paramus Catholic won the individual championship in yesterday's North Jersey Section 1 girls' cross-country meet, but favored Saddle Brook was upset by Memorial of West New York in the team race.

Saddle Brook finished second with 58 points, three points behind the winners. Saddle Brook freshman Lucille Pasciolla placed second in 12:08, 11 seconds behind Guido, but teammate Jean Chodnicki, Saddle Brook's leading runner all year, placed sixth, 30 seconds off Guido's pace.

Memorial was led by a third-place finish by Rosemarie Gonzales and a fourth-place by Leslie Chiocco. Paramus Catholic finished third.

Sandy Alexander of Roxbury led her team to the Section 2 championship and set a Garret Mountain girls' record in the process. Alexander ran 11:49.1, beating Carol Conlon of Nutley, the New Jersey two-mile champion last spring, by more than 14 seconds.

The first five teams and first 15 individuals in each sectional race advance to the

State meet next Saturday at Holmdel County Park in Holmdel.

91 Entries probably
75 or 80 starters.

Splits of Interest in
North 2 race

Starting line to pole starting
the 3 mile course

1ST girl - 23.4 seconds
middle of pack 27.2 seconds
Last 4 or 5 sec later
(33 sec.)

1. Michelle Guido (Paramus Cath.) — 11:57
2. Lucille Pasciolla (Saddle Brook) — 12:08
3. Rosemarie Gonzales (Memorial-WNY) — 12:09
4. Leslie Chiocco (Memorial-WNY) — 12:18
5. Nina Zollo (Wayne Hills) — 12:22
6. Jean Chodnicki (Saddle Brook) — 12:27
7. Maro Bchakian (Clifton) — 12:33
8. Charlene Nelson (Wayne Hills) — 12:34
9. Megan Sexton (Paramus Cath.) — 12:51
10. Joyce Barmore (Passaic Valley) — 12:54
11. Jo Anne Licata (Saddle Brook) — 12:56
12. Lisa Maloof (Ramsey) — 13:06
13. Donna Dugan (DePaul) — 13:11
14. Janice Morra (Wayne Hills) — 13:15
15. Maureen Siegfried (Memorial-WNY) — 13:15

TEAM SCORES

Memorial (WNY) 55, Saddle Brook 58, Paramus Catholic 117, Wayne Hills 123, Palisades Park 162, Hackensack 227, Ridgewood and Pascack Hills 232.

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

GIRLS' CROSS COUNTRY CHAMPIONSHIP

Saturday, November 15, 1975

Holmdel Park

10:00AM

DISTANCE OF THE COURSE.....TWO MILES
HILL AND DALE

MEET DIRECTOR.....MARY JO BLAIR

REFEREE - STARTER.....JOE GOODSPEED

CHIEF TIMER.....CHUCK BLAIR

ASSISTANT TIMER.....SUZANNE CASTLEMAN

CHIEF JUDGE.....LARRY BOVA

CLERK/CHECKER.....SUSAN STOCKFISCH

RECORDER.....MIKE UHRICH

ASSISTANT RECORDER.....VICKI ROBERTS

COURSE INSPECTORS.....JILL GUNTER
JEANNE CIARAMELLI
MARY LOWE
DON TAGLIARENI
VERNON WORLES

FIRST AID UNIT.....HOLMDEL FIRST AID

Inspectors will be stationed at vital points on the course to insure that no participant cuts the course.

Scoring will be in compliance with the National Alliance Track and Field Rules, 1975 Edition.

Awards - A trophy will be awarded to the State Champion in team competition. At least five competitors of a team must finish to be eligible for this award. A trophy will also be awarded to the Individual first place finisher. Medals will be awarded to the competing team members of those schools finishing first, second and third, and to the first fifteen (15) runners to finish.

JILL GREENE '75

CONGRATULATIONS to the following individuals and teams that earned an award in the NJSIAA Girls' Sectional Cross Country Championships:

NORTH I

Individual Qualifiers:

- | | |
|--|--------------------------------------|
| 1. Michelle Guido, Paramus Catholic | 9. Megan Sexton, Paramus Catholic |
| 2. Lucille Pascialla, Saddle Brook | 10. Joyce Barmore, Passaic Valley |
| 3. Rosemary Gonzales, Memorial West NY | 11. JoAnn Licata, Saddle Brook |
| 4. Leslie Chiocco, Memorial West NY | 12. Lisa Maloof, Ramsey |
| 5. Nina Zollo, Wayne Hills | 13. Donna Duggan, DePaul |
| 6. Jean Choenichi, Saddle Brook | 14. Janice Morra, Wayne Hills |
| 7. Maro Bchakjian, Clifton | 15. Maureen Siegfried, Memorial W.NY |
| 8. Harlene Nelson, Wayne Hills | |

Team Qualifiers

1. Memorial West - New York High School
2. Saddle Brook High School
3. Paramus Catholic High School
4. Wayne Hills High School
5. Palisades Park High School

NORTH II

Individual Qualifiers:

- | | |
|--------------------------------------|------------------------------------|
| 1. Sandy Alexander, Roxbury | 9. Mary Albright, Nutley |
| 2. Carol Conlon, Nutley | 10. Valerie Sheets, Roxbury |
| 3. Maureen Sullivan, Morris Catholic | 11. Nancy Seeger, Roxbury |
| 4. Gale Gomson, Dover | 12. Barbara Scheid, Caldwell |
| 5. Ellen Fresca, Caldwell | 13. Sue Meszaros, Jefferson Twp. |
| 6. Jenny White, Pequannock | 14. Martha Crandau, Pequannock |
| 7. Marj Kord, Jefferson Township | 15. Wendy Meszaros, Jefferson Twp. |
| 8. Kathy Rowe, Butler | |

Team Qualifiers

1. Roxbury High School
2. Jefferson Township High School
3. Caldwell High School
4. Dover High School
5. Butler High School

CENTRAL

Individual Qualifiers:

- | | |
|---------------------------------------|-------------------------------------|
| 1. Hilary Noden, Hopewell Valley | 9. Daryl Lamb, Red Bank Catholic |
| 2. Sue Frentz, Red Bank Catholic | 10. Megan Almerind, Matawan |
| 3. Nancy Fitzgerald, Cedar Ridge | 11. Sue Rivell, North Hunterdon |
| 4. Maggie Poynter, North Hunterdon | 12. Mary Banks, Raritan |
| 5. Ere Thompson, Red Bank Catholic | 13. Heather Pullen, North Hunterdon |
| 6. Marianne Meehan, Red Bank Catholic | 14. Cammy King, Bernards |
| 7. Anita Van Dyke, Red Bank Catholic | 15. Katie Thompson, Mater Dei |
| 8. Anne Kunzo, Metuchen | |

CENTRAL

Team Qualifiers

1. Red Bank Catholic High School
2. North Hunterdon High School
3. Metuchen High School
4. Delaware Valley High School
5. Raritan High School

SOUTH

Individual Qualifiers:

- | | |
|--|---------------------------------------|
| 1. Kathy Christman, Rancocas Valley | 9. Jennifer Hand, Toms River South |
| 2. Kathy Reabold, Toms River South | 10. Joanna Zarrillo, Mainland |
| 3. Terry Demarest, Point Pleasant Boro | 11. Maureen Dillon, St. Joseph's, TR |
| 4. Cathy Morris, Brick Township | 12. Robbin Dwyer, Point Pleasant Boro |
| 5. Jeanne Fox, Brick Township | 13. Cathy Burger, Mainland |
| 6. Cathy Young, Rancocas Valley | 14. Moira Bartley, Paul VI |
| 7. Amy Stephanik, Mainland | 15. Kathleen Keenan, Toms River North |
| 8. Ruth Yanai, Moorestown | |

Team Qualifiers

1. Brick Township High School
2. Point Pleasant Boro High School
3. Mainland High School
Rancocas Valley High School
5. Toms River South High School

Coaches are to inform each competitor that she is responsible for turning in the number card she received when she completed the race. That number represents her proof of place in the competition and must be immediately given to her coach. Coaches will tally all cards and include all seven finishers on the tally card provided in the packet. For team scoring, the coach will include the best five (5) finishers in the race for the team score. Your runner will not be given credit for her placement if her number card is not turned in with the tally sheet. Coaches are advised not to delay in turning their score cards to the scorer's table located in the shelter near the start of the race. Coaches are reminded that their signature is required on the tally card, and please tally the card as indicated.

Enclosed in the packet is a copy of the program with a course maps. (Additional programs may be purchased at the scorer's table.) New numbers have been provided; please have each competitor where a number that has been provided for this competition. Any team member or individual competitors must wear a number that has been assigned in the competition. Failure to wear the number provided will subject that individual to disqualification from the competition. Individuals are requested to wear the numbers on front of their uniform. Please use two pins to firmly secure the number. (You must provide your own pins for the competition.)

Those teams listed will be competing for the state TEAM championship, and all competitors running will be eligible for the individual awards.

Girls' Cross Country has grown tremendously these past few years. This year we have added two sections, and we still find things crowded in some areas...so changes will be made for the future. Our state association, New Jersey State Athletic Association, directed by Mr. James G. Growney and assisted by Mrs. Florence Peragallo, has played an active role in developing worthwhile programs for girls. It is most fortunate that we have such a fine association working for us in New Jersey.

A note of thanks to Susan Bridenburg, Barbara Howarth and Pat McMahon for efficiently directing the sectional meets. A special thanks to Tom Patierno of Passaic Valley High School, John Ragone, and Ike Willis of Pennsauken High School for assisting the meet directors.

A special note of thanks to the officials of Holmdel Park and the Monmouth County Parks Commission for allowing us the use of this excellent site for this year's competition. We appreciate their efforts in helping us develop excellent programs in our state for both boys and girls. You are asked to take care of the area(s) that you visit in the park because we feel that we are most fortunate in conducting our championship on such a fine site.

Best wishes for a successful day, and thank you for your active support for the growth and development of girls' cross country programs in New Jersey.

"...L H I D N ... snow"

mjb

P.S.

Lane assignments will be posted on the wall in the shelter.

Girls' Cross Country "Trivia" at Holmdel Park

Twenty fastest times at Holmdel Park by girls on the two mile course:

<u>Runner</u>	<u>School</u>	<u>Year</u>	<u>Time</u>	<u>Meet/Date</u>
1. Hilary Noden	Hopewell Valley	Soph.	12:30	State meet 11/10/73
2. Sheila Kelly	Red Bank Catholic	Sr.	12:35	State meet 11/10/73
3. Hilary Noden	Hopewell Valley	Fr.	12:41	State meet 10/28/72
4. Janet Kronick	Franklin Township	Soph.	12:42	State meet 10/28/72
5. Sheila Kelly	Red Bank Catholic	Sr.	12:45	RBC/Ran.Val 10/26/73
7 6. Sheila Kelly	Red Bank Catholic	Sr.	12:57	RBC/Mat. Dei 10/31/73
10 7. Kathy Kolarsick	Red Bank Catholic	Jr.	12:58	State meet 11/10/73
11 8. Cathy Young	Rancocas Valley	Soph.	12:59	State meet 11/10/73
12 9. Eileen Meenan	Mater Dei	Sr.	13:00	State meet 11/10/73
15 10. Sara Erb	Jefferson Township	Soph.	13:05	State meet 10/28/72
Janet Kronick	Franklin Township	Sr.	13:05	Frk.Twp./RBC 10/10/74
16 11. Cathy Young	Rancocas Valley	Soph.	13:08	Ran.Val/RBC 10/26/73
18 12. Eileen Meenan	Mater Dei	Sr.	13:10	Mat.Dei/RBC 10/31/73
19 13. Janet Kronick	Franklin Township	Jr.	13:12	State meet 11/10/73
20 14. Charlotte Walker	Matawan Regional	Sr.	13:13	State meet 10/28/72
21 15. Kathy Christman	Rancocas Valley	Soph.	13:16	Ran.Val/RBC 10/26/73
22 16. Sara Erb	Jefferson Township	Jr.	13:17	State meet 11/10/73
23 17. Valerie Sheets	Roxbury	Soph.	13:18	State meet 11/10/73
24 18. Karen Culver	Red Bank Catholic	Soph.	13:19	RBC/Frk.Twp. 10/10/74
25 19. Sheila Kelly	Red Bank Catholic	Sr.	13:20	RBC/Nep. 10/2/73
26 20. Cathy Young	Rancocas Valley	Fr.	13:21	State meet 10/28/72
Susan Frentz	Red Bank Catholic	Jr.	13:21	RBC/Frk.Twp. 10/10/74

* A special thanks to Mr. Harry Copperthwaite for compiling the above data....

Top 25 additions:

- ⑥ Carol Conlan 12:47
- ⑦ Sandy Alexander 12:52
- ⑧ Michele Guido 12:53
- ⑫ Maggie Poynter 13:00
- ⑬ Nancy Fitzgerald 13:01
- ⑭ Sue Frette 13:04
- ⑰ Heather Pullen 13:09
- ⑱ Lucille Pasciolla 13:10
- ⑳ Mauran Sullivan 13:18

NJSIAA CROSS COUNTRY CHAMPIONSHIP

Girls - 1975

10:00AM at Holmdel Park

November 15,

Name	School	Time
1. CAROL CONLON	MULLY	12:47
2. SANDY ALEXANDER	ROXBURY	:52
3. M. GUIDO	PARAMUS CATH.	:53
4. MAGGIE PUNTER	N. HUNTERDON	13:00
5. NANCY FITZGERALD	CEDAR RIDGE	:01
6. SUE FRENTZ	R.B.C.	:04
7. HEATHER PULLEN	N. HUNTERDON	:09
8. LUCILLE PASCIOLLA	SADDLE BROOK	:10
9. MARILYN SULLIVAN	MIRIAM CATHOLIC	:16
10. ROSEMARY GONZALEZ	INDUSTRIAL	:27
11. LESLIE CHIDLO	M.M.	:29
12. ANNE KUNZE	MILWAUKEE	:50
13. SHERRI O'CONNOR	R.B.C.	:35
14. KATHY REABOLD	TOMS RIVER SOUTH	:38
15. JEANNE FOX	BRICK	:46

Top fifteen finishers

1975 NJSIAA CROSS COUNTRY CHAMPIONSHIP

for GIRLS - Team Scores

Holmdel Park

Team	Top five finishers					Total	Place
1. Butler	66	72	90	123	145	494	19
2. Brick Township	15	17	58	82	84	256	5
3. Caldwell	35	37	91	95	137	395	12
4. Delaware Valley	27	85	96	99	100	407	16
5. Dover	33	73	76	108	112	402	14
6. Jefferson Twp.	54	77	79	105	119	434	18
7. Mainland	31	60	64	132	133	420	17
8. Memorial	10	11	69	74	90	254	4
9. Metuchen	12	38	41	43	130	264	6
10. North Hunterdon	4	7	19	45	49	124	2
11. Palisades Park	94	97	125	126	129	571	20
12. Paramus Catholic	3	22	81	93	104	303	10
13. Point Pleasant Boro	26	57	61	70	71	285	8
14. Rancocas Valley	29	55	78	116	121	399	13
15. Raritan	20	48	101	102	103	374	11
16. Red Bank Catholic	6	13	23	24	32	98	1
17. Roxbury	2	28	50	62	111	253	3
18. Saddle Brook	8	18	80	83	89	278	7
19. Toms River South	14	44	63	67	107	295	9
20. Wayne Hills	21	34	87	127	134	403	15

