

# 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



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."



# 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 Vandermays, 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 Pale) 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 DuFon, Becky Deetz) 32-8½; 2, Park Ridge, 31-10½; 3, Wayne Hills, 28-3½; 4, Fort Lee, 28-2½; 5, Hackensack, 23-11½.

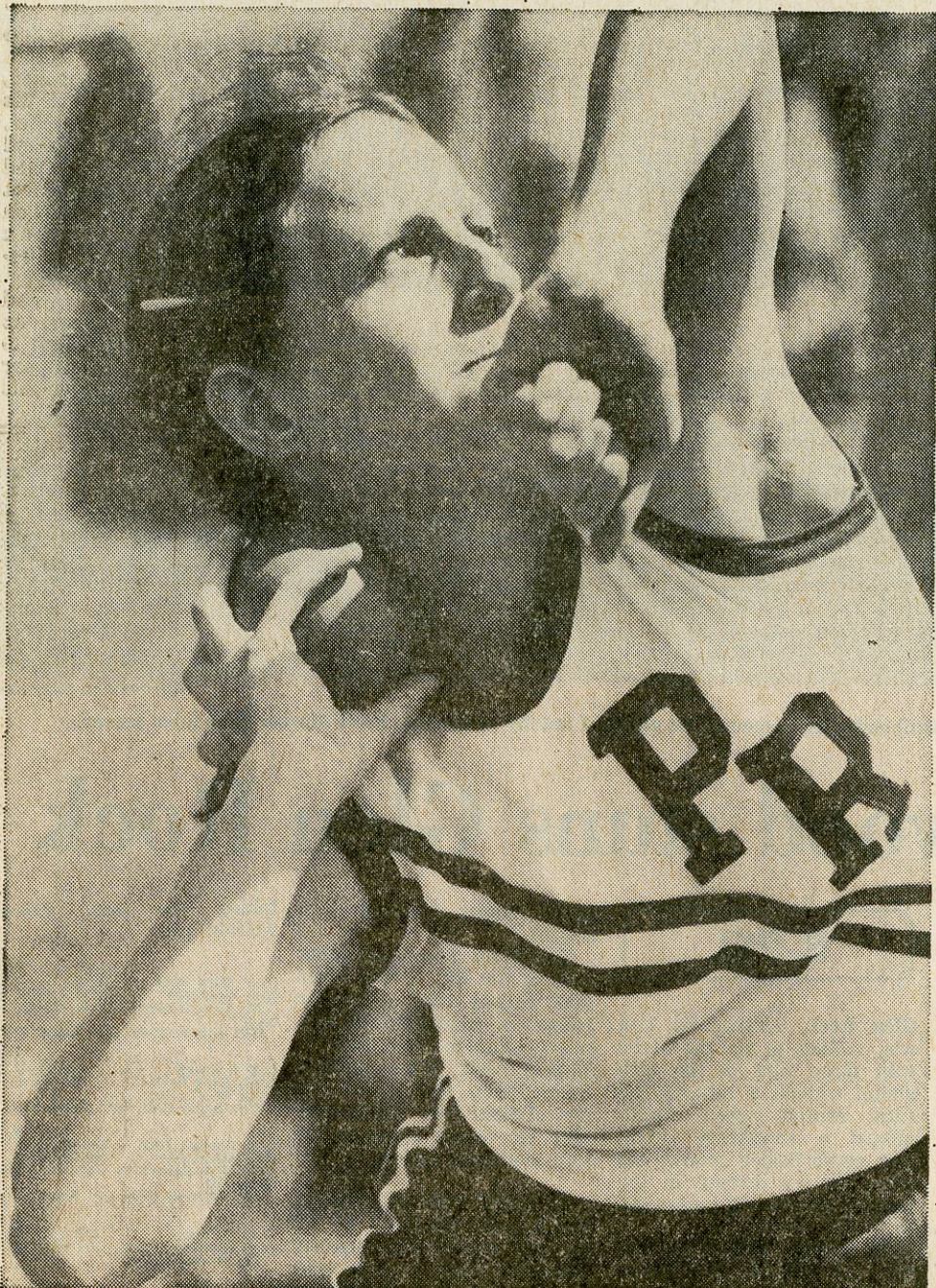
**HIGH JUMP**—1, Ridgewood (Beth Granata, Renee DuFon, Becky Deetz) 4-10; 2, Paramus Catholic, 14-5; 3, Rutherford, 12-10; 4, West Milford, 12-0; 5, Queen of Peace, 8-5.

**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, 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.





Staff Photo by Peter Karas

Park Ridge's Margie Thompson is all business as she competes in the shot put relay.



# 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 Aodey, Mary Trudeau, 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 Trudeau, 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.

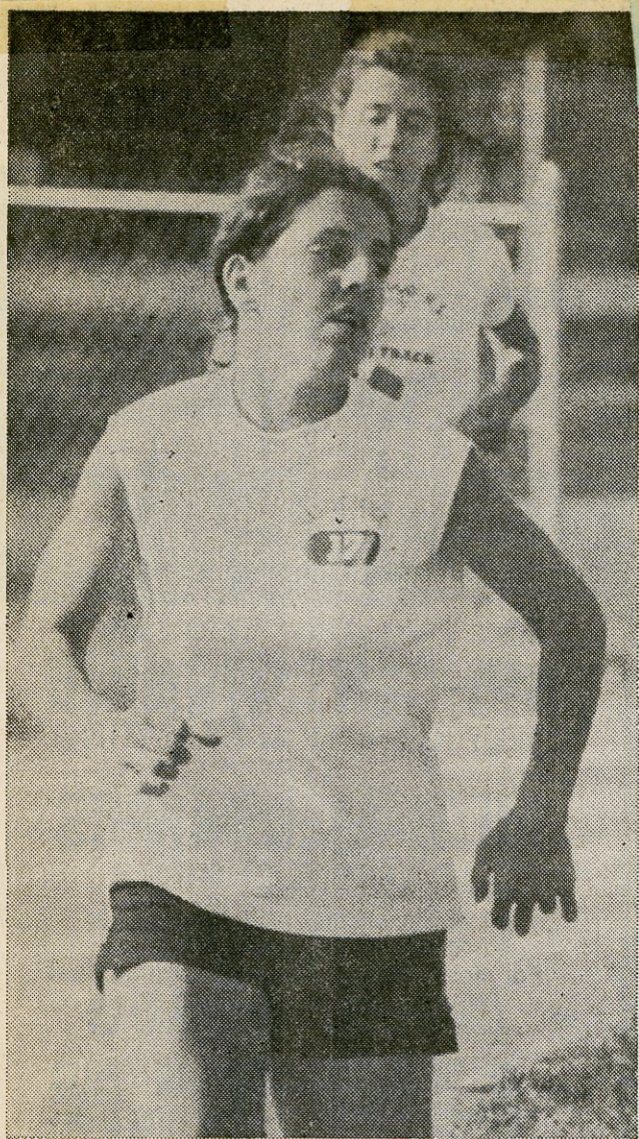
## INVITATIONAL EVENTS

- 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 Connell), 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, Asley 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 Rearold, 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 Strolov, Pat Delehanly, Barbara Bell), 319 feet, 5 inches.
- HIGH JUMP**—1, Lakewood (Jody San-





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.**



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 closer. 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.



# 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, Pascack Hills	OF	PATTY CANNON, Leonia
MARY ANN COLLURA, Fair Lawn	OF	TAMMY MALO, Pascack 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 Capaci, Ramsey; Kathy Howitt, Teaneck; Lliada DeRenzo, Pascack Hills; Denise Ferrari, Ridgefield;  
 Mary Ellen Tooman, Leonia.  
**OUTFIELD**—Lisa Boyd, Hackensack; Janet Gildred, Pascack Valley; Donna Meyer, New Milford; Margie Peterson, Ramsey; Sheila Adler, Glen Rock; Ann Miller, Teaneck; Cathy Barton, Pascack 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, Pascack 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, Pascack Valley
DIANE HOROWITZ, Fort Lee	200	CINDY MAYO, Rutherford
JOYCE O'ROURKE, Saddle Brook	110 LH	TARYN CARTER, Hackensack
ALETA FISCHER, Pascack Valley	440	THERESA VACCARELLA, Saddle Brook
THERESA VACCARELLA, Saddle Brook	880	KANDIE LATHAM, Ridgewood
JEAN CHODNICKI, Saddle Brook	MILE	JEAN LEACH, Ridgewood
NANCY REED, Ridgewood	2 MILE	MEGAN SEXTON, Paramus Catholic
PASCACK VALLEY (JoAnne Starr, Aleta Fischer, Gloria Tomitsch, Lynn Thies)	440 RELAY	MIDLAND (Park Ellen Tupper, Mary Sue Sullivan, Lori Jaffer, Mary Ellen Moran)
RIDGEWOOD (Mickle McLaughlin, Mary Cooper, Cathy DeYoe, Kandie Latham)	MILE RELAY	PASCACK 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, Pascack Valley; Kathy Kraus, Demarest; Michella Sami, Cliffside Park; Sharon Grant, Englewood.  
**HURDLES**—Becky Deetz, Ridgewood; Dawn Donovan, Cliffside Park.  
 440—Ellen Turro, Midland Park; Karen Jones, Teaneck; Barbara McHale, Fort Lee.  
 880—Michelle Guido, Paramus Catholic; Gloria Tomitsch, Pascack 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 Fraeth, Cliffside Park.  
**LONG JUMP**—Mary Ellen Murphy, Paramus Catholic; Laurie Ahlberg, Waldwick.

## Gymnastics

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

### Honorable Mention

Sue Kelsner, Tenafly; Patricia Pettricone, Northern Highlands; Debbie Philis, Ramsey; Patti Reager, Paramus.



# 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

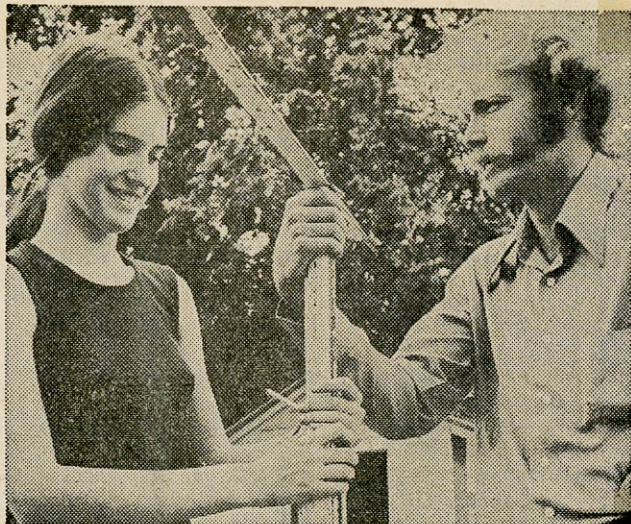
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But it wasn't easy. Beatrice Harendza of Lawrence raced to a 61.5 first lap, which would have just missed placing her in the top five of the 440, and led by 40 yards with a little more than 50 yards to go.

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.



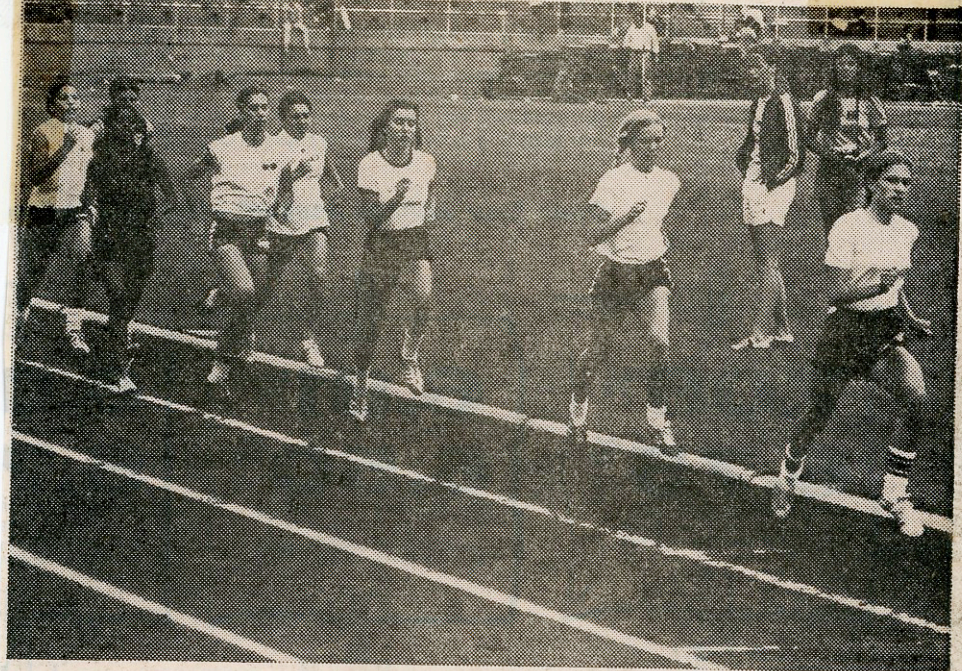
Staff Photo by Gordon Corbett Jr.

**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.





**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 Eastside 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 Brook, 14.8. 4, Michelle Allgood, Red Bank, 15.0. 5, Susan Marshall, Had-dorf Park, 15.0. 5, Susan Marshall, Had-dorf Park, 15.0.

**880-YARD RUN** — 1, Kandic Latham, Ridgewood, 2:17.7, records; former record, 2:20.8, by Jane Green, Ridgewood in 1974. 2, Rosita Eder, Gateway, 2:19.3. 3, Kathy Woodruff, Princeton, 2:20.1. 4, Terry Woodruff, Princeton, 2:20.2. 5, Perlamie 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 McKillop, Toms River North, 57.6. 4, Penny Falls, 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 Osinski, Karen Emery, Tina Kien 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, Caria 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, Caria Hunt, Holy Cross, 57.4; 3, Anne McKillip, 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, 110-4; 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, 16-10/2; 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 L.H.—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.



Karen Smith won the discus

RON DROGO



# Nothing false about Rizzi's victory

By **RON DROGO**

Staff Writer

**NEW BRUNSWICK**—A false start almost cost John Rizzi a spot in the final of the 100-yard dash at yesterday's New Jersey State Interscholastic A.A. Meet of Champions. But it was more false starts in the final that aided the Elmwood Park senior in winning the State title.

Rizzi jumped the gun once in his trial heat and, rather than risk a second false start and disqualification, sat in the blocks when the race went off. As a result, he barely gained a qualifying spot by finishing second in his heat.

There were three false starts, none involving Rizzi, before the final finally got off cleanly. When the race did go, Rizzi had a flying start and sped to a record-tying 9.8 victory.

"**THE FALSE STARTS** can upset your timing," he said. "After I jumped once in the heat, I was a little afraid to get out of the blocks. But after three other guys false started in the final, I knew they'd be sitting back a little and I took a chance on timing the gun."

"In a 100 with this kind of competition, you're not going to win unless you get out of the blocks. I got the kind of start I needed."

Rizzi barely hung on to edge Kevin Halloway of Palmyra and Pat Blair of Franklin, both of whom were also timed in 9.8. It was Rizzi's seventh major-meet victory of the year and kept him undefeated in the 100 for the last two years.

"I missed the States last year because of a mix-up with the athletic director, so I really wanted to prove myself this year," said the Crusader speedster who ran 9.7 in winning the Group 2 title last week. "I guess this is the best way to end a really great year."

While Rizzi's victory was somewhat unexpected, Fort Lee's Scott Hersh win in the discus was expected. His throw of 178 feet, 1 inch was almost 11 feet ahead of Union's Bob Mattia. Bruce Heide of Springfield, expected to be Hersh's toughest competition, settled for third at 165-3, and Saddle Brook's Randy Stalter hit a personal best of 161-5 for fifth.

"I kind of expected to win, but I was surprised by nobody else throwing 170 and Mattia beating Heide," said Hersh after his eighth major-meet win

of the good season. "I only had the one good throw, but luckily it was enough."

**THE TOP NON-WINNING** performance by a Bergen County athlete came from Mark Saner of St. Joseph Regional. Maintaining the consistency he has shown in recent weeks, the burly senior took second in the shot put with a 62-4 toss, two inches off his personal best but well behind Mattia's 65-foot winner.

Rich Rothschild of Paramus chased Snyder's Ernie Baker most of the way, then faded to fourth in the 880 with a 1:55.8 clocking. Baker led from beginning to end in winning in 1:54.2.

Paramus Catholic was the only Bergen team to have two runners place. Lou Mastro was third in the 330 intermediates in 38.6 and Brian Hart clocked 14.4 for a fourth in the 120 highs. Ridgewood's Parke Muth had a 38.8 for fourth in the intermediates.

Demarest's Craig Venskus ran third in the mile in 4:21.2. Bogota's John Bahnsen clocked 4:24.5 in winning the unseeded section and Glen Rock's Joe Avenoso had a 4:28.1 in the same race. Joe Hurley of Don Bosco had a personal best 49.5 to finish fifth in the 440.

**300 1H**—1, Karl Hunter, Newark Tech, 38.0 (Record, old record 38.6 by Joe Ancona, Mahwah, 1974); 2, Gary Moore, Overbrook, 38.2; 3, Lou Mastro, Paramus Catholic, 38.6; 4, Parke Muth, Ridgewood, 38.8; 5, Gary Gorman, Randolph, 38.8.

**100**—1, John Rizzi, Elmwood Park, 9.8 (Ties meet record by Van Butler, Trenton, 1971; John Chambers, Neptune, 1973; Jeff Thornton, Woodbury, 1974); 2, Kevin Halloway, Palmyra, 9.8; 3, Pat Blair, Franklin, 9.8; 4, Mike Siletto, Ocean, 9.9; 5, Kevin Hampton, Paulsboro, 10.0.

**MILE**—1, Steve O'Connell, Millburn, 4:17.9; 2, Mike Szostak, Colonia, 4:19.1; 3, Craig Venskus, Demarest, 4:21.2; 4, John Enright, Morristown, 4:21.7; 5, Ivan Solero, St. Joseph's (Metuchen), 4:22.3.

**DISCUS**—1, Scott Hersh, Fort Lee, 178 feet, 1 inch; 2, Bob Mattia, Union, 167-6; 3, Bruce Heide, Springfield, 165-3; 4, Ken Manahan, Deptford, 164-7; 5, Randy Stalter, Saddle Brook, 161-5.

**440**—1, Karl Hunter, Newark Tech, 48.5; 2, Mike Peniston, Neptune, 49.1; 3, Jim Jeffress, Trenton, 49.3; 4, Paul Reilly, Morris Knolls, 49.3; 5, Joe Hurley, Don Bosco, 49.5.

**880**—1, Ernie Baker, Snyder, 1:54.2; 2, Larry Brown, Willingboro, 1:55.5; 3, Tony Uzdevins, Williamstown, 1:55.5; 4, Rich Rothschild, Paramus, 1:55.8; 5, Jim Somers, Columbia, 1:56.3.

**JAVELIN**—1, Mike Coffey, Morristown, 209 feet, 6 inches; 2, Lance Sorchik, High Point, 202-8; 3, Jeff Oallivie, Highland Reg., 193-3; 4, Tom Painchard, Sayreville, 191-9; 5, Harold Campbell, Morris Hills, 186-10.

**120 HH**—1, Keith Curtis, Camden, 14.0; 2, Gary Moore, Overbrook, 14.3; 3, Bruce Freeman, Shabazz, 14.4; 4, Brian Hart, Paramus Catholic, 14.4; 5, Bob Walsh, Brearley Reg., 14.7.

**POLE VAULT**—1, Bill Hartley, Southern Reg., 14 feet, 6 inches; 2, Mike Bizzaro, Union, 14-0; 3, Bruce Wodder, North Hunterdon, 14-0; 4, Steve Clausen, Randolph, 14-0; 5, Ed Patterson, Holmdel, 14-0.

**220**—1, Kevin Halloway, Palmyra, 21.4; 2, Pat Blair, Franklin, 21.6; 3, Mike Siletto, Ocean Twp., 21.9; 4, Steve Coleman, Haddon Heights, 21.9; 5, Darryl Richardson, East Orange, 22.4.

**LONG JUMP**—1, Bob Calhoun, Scotch Plains, 22 feet, 6 inches; 2, Ed Washington, Camden, 21-10; 3, Frank Brown, Overbrook, 21-9/4; 4, Greg Filipek, Triton, 21-7/2; 5, Craig Nielsen, Bergenfield, 21-4/2.

**2 MILE**—1, Marty Ludwikowski, Cherry Hill West, 9:10.8; 2, Bob Amitrani, Cranford, 9:11.1; 3, Ed Blakely, Haddon Twp., 9:16.8; 4, Chuck Farrell, Manasquan, 9:22.1; 5, Chris Hallinan, Bernards, 9:24.3.

**HIGH JUMP**—1, Roscoe Johnson, Plainfield, 6 feet, 6 inches; 2, Ed Szostak, Toms River South, 6-6; 3, Rocky Harrison, Woodbury, 6-6; 4, John Demby, Morris Hills, 6-6; 5, Derek Middlebrook, West Essex, 6-6.

**SHOT PUT**—1, Bob Mattia, Union, 65 feet; 2, Mark Saner, St. Joseph Reg., 62-4; 3, Ray Mattia, Union, 61-11; 4, Bruce Heide, Springfield, 60-3; 5, Jim Casson, Paul VI, 59-0.

**MILE RELAY**—1, Neptune (Rich Bowles, Mark Gray, Dan Blue, Mike Peniston), 3:20; 2, Long Branch, 3:22.0; 3, Burlington Twp., 3:22.7; 4, Camden, 3:22.8; 5, Nutley, 3:24.5.

#### TEAM SCORES

Union 17, Camden 12, Newark Tech 12, Overbrook 11, Palmyra 10, Neptune 10, Franklin 7, Fort Lee 6, Elmwood Park 6, Millburn 6, Cherry Hill West 6, Southern Reg. 6, Snyder 6, Scotch Plains 6, Plainfield 6, Morristown 6, Springfield 5, Paramus Catholic 5, Ocean Twp. 5, Long Branch 4, Colonia 4, St. Joseph Reg. 4, Cranford 4, South River 4, Willingboro 4, High Point 4, Randolph 3, Demarest 3, Trenton 3, Morris Knolls 3, Morris Hills 3, Haddon Twp. 3, North Hunterdon 3, Burlington Twp. 3, Woodbury 3, Williamstown 3, Shabazz 3, Highland Reg. 3, Deptford 2, Ridgewood 2, Morristown 2, Bernards 2, Haddon Heights 2, Triton 2, Paramus 2, Sayreville 2, Saddle Brook 1, Paulsboro 1, St. Joseph's Metuchen 1, Don Bosco 1, Paul VI 1, Holmdel 1, Nutley 1, East Orange 1, Bergenfield 1, Columbia 1, Brearley Reg. 1.