

**RIDGEWOOD
TRACK
&
FIELD
1976**

**SEASON
SUMMARY**

1976 GIRL'S TRACK AND FIELD

COACH - JACOB BROWN

ASSISTANT - WAYNE SCHIELE

DUAL MEETS

9 WINS 0 LOSSES

OLD TAPPAN 91-18
PARAMUS CATHOLIC 65-44
CLIFFSIDE PARK 65-44
WAYNE HILLS 61-48
~~TEANECK 62-47~~
TEANECK 62-47
KEARNY 56-53
WAYNE VALLEY 74-35
MONTCLAIR 72-37
HACKENSACK 60-58

INVITATIONAL MEETS

RUTHERFORD RELAYS
HOLMDALE RELAYS
BERNARDSVILLE INVITATIONAL
BETH GRANATA H.S. WINNER
MARTHA LAMARRE SHOT WINNER
RED BANK CATHOLIC RELAYS.
17 GIRLS MEDALED.

BERGEN COUNTY CHAMPIONSHIP 1ST
BECKY DEETZ + ALYSON GRUNDER
COUNTY CHAMPIONS

SECTIONAL CHAMPIONSHIP 3RD
GROUP CHAMPIONSHIP 9TH

STATE CHAMPIONSHIP

BECKY DEETZ H.S. 1ST
MARTHA LAMARRE SHOT 14TH
ALYSON GRUNDER 800 12TH

TEAM MEMBERS

Seniors

- * Martha LaMarre
- * Jan Nicholson

Juniors

- * Bonnie Campbell
- * Sue Davis
- * Becky Deety
- Dee Doyle
- * Beth Granata
- * Alison Hefele
- * Laura Lauffer
- Eileen Laffey
- * Jamie Nicholson
- * Hilary Noeka
- * San Ong
- Liz Potter
- Kim Pughai
- Ginny Sayers
- * Beth Smith
- * Jannette Stemley

Sophomores

- Jenny Bennett
- * Diane Bulwin
- * Lisa Bychowshy
- * Ann Dorsett
- Janet Drake
- * Ann Green
- * Alyson Grunder
- Julie Jones
- Karen Kirby
- * Mary McBride
- * Lisa Passarelli
- Karen Smith
- * Pam Van Hoven

* Varsity LETTER
WINNERS 3

Dear _____

H. R. _____

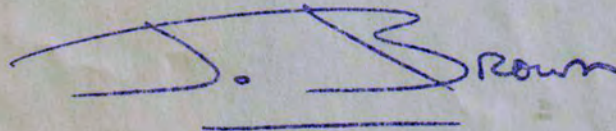
Even though winter is with us can spring be far behind? About this time of year my thoughts turn to flowers, green grass, and track and field athletics. The Ridgewood girls Track and Field Team enjoyed a very successful season last year but now we have a great challenge in front of us: To repeat as a great Track Team and improve our team showing at the state level meets.

What can you do now to prepare? You can make sure your school work is top notch. Spend some extra time and keep ahead in your subjects - Not behind. You can exercise several days a week. You can eat well and get enough rest so you are healthy come March First. In other words get it together for the start of the season.

There is one other important thing to do. Get some other girls out for track and field. We have a real solid group returning but we need some first year stars again this year.

→ Remember how much our squad was helped last year by girls in their first year of running ← recruit, recruit, RECRUIT.

I will try and get to talk to you personally in the next few weeks. We will have an organizational meeting before Feb. vacation. If you have any questions about the season and about recruiting your friends, come and see me.


J. Brown

TRACK & FIELD

Friday, April 9	Old Tappan	Away	4:00 p.m.
Monday, April 12	Paramus Catholic	Away	4:00 p.m.
Wednesday, April 14	Cliffside Park	Home	4:00 p.m.
Monday, April 19	Wayne Hills	Away	4:00 p.m.
Saturday, April 24	Rutherford Relays		1:00 p.m.
Monday, April 26	Teaneck	Home	4:00 p.m.
Wednesday, April 28	Kearny	Home	4:00 p.m.
Saturday, May 1	Bernardsville Invitational		
	or		
	Holmdale Relays		
Monday, May 3	Wayne Valley	Home	4:00 p.m.
Friday, May 7	Montclair	Home	4:00 p.m.
Saturday, May 8	????		
Tuesday, May 11	Hackensack	Away	4:00 p.m.
Saturday, May 15	<u>New Jersey State</u>		All day
	<u>Sectional Championships</u>		
Friday, May 21	North Bergen	Away	4:00 p.m.
Tuesday, May 25	Pascack Hill		
	<u>Bergen County Championship</u>		
Saturday, May 22	State Group Championship	(for those who qualify)	
Saturday, May 29	State Meet of Champions		

This is our schedule of meets. It is expected that team members make all the meets. I am allowing exceptions for some meets but for two meets there are no exceptions. The state sectional championship and the Bergen County Championship.

An athletic season must build to a peak somewhere and these two championship meets are our peaks. They are championships we are capable of winning and I believe they are team goals worth the striving. Goals like this require some work and some sacrifice on the part of individuals on this team. I feel that all other meets are "practice" for the championships. We, of course, would like to win the dual meets but they are not as important as the "big meets". The important thing to remember is that hard work and sacrifice of some enjoyable things are necessary for attainment of a championship. Most of life is like this: work and sacrifice are necessary for achievement. When you are on the athletic field I expect you as track and field athletes to strive for lofty goals.

Please share this schedule with your parents because sometimes they have to make some schedule changes and sacrifices when an athlete is in the family.

Martha LaMarie 652-6785

~~XXXXXXXXXXXX~~

~~XXXXXXXXXXXX~~

✓ Jan Nicholson 444-0390

Rich 652-3990

Bonnie Campbell 652-4790

✓ Sue Davis 652-0575

Becky Deety

Dee Doyle

~~XXXXXXXXXXXX~~

Beth Granada 652-7684

Alison Hefel 447-0487

~~XXXXXXXXXXXX~~

Laura Lanffer 652-7886

Eileen Laffey 447-3769

~~Michelle McLaughlin~~

Jamie Nicholson

Hilary Nocka 444-0416

San Ong 444-3371

Liz Potter 445-5202

Kim Puglisi 444-4487

Gunny Sayers 652-5086

~~XXXXXXXXXXXX~~

Beth Smith 447-0434

Jeanette Stemley 447-0349

~~XXXXXXXXXXXX~~

Jenny Bennett 652-7537

Diane Bolwin 445-5129

Lisa Byhowsky 444-2535

Ann Dorsett 447-2688

Janet Drake 652-4593

~~Melissa Earle~~

~~XXXXXXXXXXXX~~

Aimee Green 445-5290

~~XXXXXXXXXXXX~~

Alison Grunden 652-2536

~~XXXXXXXXXXXX~~

Julie Jones 445-0483

Karen Kirby 652-7557

Mary McBride 652-4553

Lisa Passaielli 652-5539

~~XXXXXXXXXXXX~~

Karen Smith 444-0592

Pam Van Hoven 652-6859

~~XXXXXXXXXXXX~~

~~Sue Kennedy~~ 444-6288

~~XXXXXXXXXXXX~~ 445-8775

Ann Susan
444-4893

Dual Meets

JAMIE - 1:21, 1:33, 1:36, 1:31 = 6:01

JULIE - 1:34, 1:47, 1:47, 1:44 = 6:52

MCLAUGHLIN - 34, 35.2 = 69.2

HEFELE - ~~33.5~~, 35.9 = 69.4

NOLKA - 33, 37 = 70.0

GRUNDER - 33.5, 38.5, 41, 44.4 = 2:37.4

BONNIE C. - 36, 41, 44, 50 = 2:51.7

DORSETT - 39, 43, 44, 47 = 2:52.7

DOYE - 40, 46, 49, 52 = 3:07.3

JAN N. - 1:38, 1:49, 1:51, 1:47, 1:55, 1:52, 1:55.5, 1:30 = 14:17.5

SAN Ong - 1:39, 1:50, 1:50, 1:55, 1:58, 1:50, 1:55, 1:41.8 = 14:50.8

GRUNDER - 33.8, 36.2 = 70

HEFELE - 33.2, 37.3 = 70.5

GREEN - 35.0, 42.5 = 77.5

MCLAUGHLIN - 35.5, 38.4 = 73.9

RIDGEWOOD VS Paramus Catholic H.S. DATE 12 APRIL 1976

WEATHER _____

TRACK CONDITIONS _____

EVENT	FIRST	SECOND	THIRD	MARK	RIDGE WOOD	OPP.
110 yard low hurdles	Heffle ^{RHS} 19.1	Shorlog ^{PC} 19.2	Fassarelli ^{RHS} 19.6		6	3
100 yard dash	Davis ^{RHS} 13.1	D'Allesandro ^{PC} 13.4	Cosgriff ^{PC} 13.4		5 / 11	4 / 7
1 mile run	Meehan ^{PC} 5:58	Nicholson ^{RHS} 5:59	Dorsett ^{RHS} 6:02		4 / 15	5 / 12
440 yard DASH	Murphy ^{PC} 64.3	McLaughlin ^{RHS} 66.7	Nocka ^{RHS} 69.4		4 / 19	5 / 17
440 yard RELAY	^{RHS} 55.9	Heffle Potter Puglisi Davis			5 / 24	0 / 17
880 yard run	Grunder ^{RHS} 2:32	Bogash ^{PC} 2:48	Campbell ^{RHS} 2:48		6 / 30	3 / 20
220 yard dash	Deetz ^{RHS} 28.1	D'Allesandro ^{PC} 29.2	Cosgriff ^{PC} 29.4		5 / 35	4 / 24
1 MILE RUN	Sexton ^{PC} 12:26	Nicholson ^{RHS} 13:49	Ong ^{RHS} 14:04		4 / 39	5 / 29
MILE relay	^{RHS} McLaughlin	Heffle Grunder Deetz	4.23.3		5 / 44	0 / 29
shot put	LaMarre ^{RHS} 32.7	Dottie ^{PC} 30.2	Deetz ^{RHS}		7 / 51	2 / 31
discus	LaMarre ^{RHS} 80 5/2	Dottie ^{PC} 76 1/2	Bulwin ^{RHS} 67 1/2		6 / 57	3 / 34
Long jump	DEETZ 15' 9 3/4"	MURPHY	GREEN 13' 5 1/2"		6	3
high jump	Murphy ^{PC}	Enright ^{PC} Smith ^{RHS}			2 / 7	

FINAL SCORE 65 44

McBride 20.6

Potter 13.5 Drake 14.5 Kennedy 13.2 Bennett 14.1

Jamie 1:24, 1:32, 1:33, 1:25.6 = 5:55.9

Ann 1:30, 1:35, 1:39, 1:32.7 = 6:16.7

Julie 1:32, 1:44, 1:48.5, 1:46.6 = 6:51.1

McLaughlin - 32.8, 33.9 = 66.7

Noelca - 33, 36.3 = 69.3

Green - 34, 36.2 = 70.2

Grunder 35, 36, 41.2, 39.9 = 2:32.1

Campbell 39.5, 43, 41.9, 43.9 = 2:48.3

Doyle 41.5, 43.5, 51.4, 48.6 = 3:05.1

Jan 1:34, 1:46, 1:44, 1:42, 1:44, 1:50, 1:50, 1:49 = 13:49

Sun 1:37, 1:51, 1:49, 1:51, 1:47, 1:48, 1:41, 1:40 = 14:04

Mechi - 69.6

Hefele - 65.2

Grunder - 65.6

Doety - 62.9

Green - 72.5

Doyle - 73.6

McBride - 75.0

Hilary - 70.2

Bonnie - 74.0

Beth Smith - 72.7

Passarelli - 76.5

Potter - 69.5

Puglisi 30.3

Lauffer 30.0

K. Smith 31.5

Drack 32.9

Sayers - 19'10"

Bulwin - 24'3"

Soldano - 63'10"

Sayers 61'9 1/2"

Lisa Passarelli 13'1 3/4"

Noelca 12'10 1/2"

Lauffer 12'10"

RIDGEWOOD VS Cliffside Park

DATE 14 April 1976

AT RIDGEWOOD

WEATHER SUNNY Warm 60's

TRACK CONDITIONS loose

5

3

1

EVENT	FIRST	SECOND	THIRD	MARK	RIDGE WOOD	OPP.
110 yard low hurdles	^{Dawn} Donavan 15.6	Esposito 17.3	PAGE 17.9	15.6	0	19
100 yard dash	De Vito 12.1	12.3 Davis R.W	Kennedy R.W 13.1	12.1	4/4	5/14
1 mile run	6:14:5 R.W. ^{Jan} Nicholson	meyer 6:34:8(?)	Jones R.W. 6:44:8	6:14:5	6/10	3/17
440 yard DASH	Goultran 64.7	Hefele R.W 66.4	McLaughlin R.W 66.6	64.7	4/14	5/22
440 yard RELAY	C.P. 34.6	R.W. 55.3			0/14	5/27
880 yard run	2:47:05 Nocka R.W	2:47:08 Green R.W	2:48:04 Campbell R.W		9/23	0/27
220 yard dash	27.2 De Vito	28.2 R.W Deetz	29.2 Downovan		3/26	6/33
2 MILE RUN	^{SAMIE} Nicholson 13:14:6	Ona 14:46:6	Spirito 16:34		8/34	1/34
MILE RELAY	R.W. 4:32:7	C.P. 4:43:7			5/39	0/34
shot put	LaMarra R.W. 33' 10 1/4"	Deetz R.W 31' 6 3/4"	JAYNE 28' 6" DERRIS		8/	1/
discus	JAYNE DERRIS 92' 6" (CP)	R.W., LaMarra 90'	EILEEN KOHEREN Cliffside Park 85' 11"		3/	6/
Long jump	Deetz R.W. 16' 2 1/2"	De Vito	Bykowski R.W. 15' 2 1/2"		6/11	3/
high jump	R.W. Deetz	R.W. Smith	R.W. Kennedy		9/	0/
					65	44
					65	44

coaches:
Barbra Lemley
Manny Pardo

FINAL SCORE

65 44

Hefele - 19.6 Potter 14.0
 Passavelli -
 McBride - 20.1

Jan Nicholas - 1:28, 1:37, 1:38, 1:32 = 6:15.0
 Julie Jones - 1:36, 1:41, 1:46, 1:41.8 = 6:44.8
 Dee Doyle - 1:37, 1:42, 1:49, 1:46.8 = 6:54.8

Hefele - 31.6, 34.8 = 66.4
 McLaughlin - 31.7, 34.9 = 66.6

Nocha - 87, 80 = 2:47 (1:27 - 1:20)
 Green - 88, 79.1 = 2:47.1 (1:28 - 1:19.1)
 Campbell - 88, 80 = 2:48.0 (1:28 - 1:20)

Jimmie - 1:27, 1:37, 1:37, 1:41, 1:42, 1:43, 1:50, 1:37.9 = 13:14.6
 Sam - 1:38, 1:49, 1:53, 1:57, 1:56, 1:57, - , - = 14:47.0

McLaughlin - 66.0
 Nocha - 71.0
 Potter - 68.2
 Hefele - 67.5

DAVIS - 30.8
 LAUFFER - 30.0
 BENNETT - 33.2
 SMITH - 31.6
 KIRBY - 31.9
 DRAKE - 33.4

Barbara Lambert
 M. J. Lambert

RIDGEWOOD VS

Wayne Hills

DATE 19 APRIL 1976

WEATHER HOT (mid 90's) Down to low 80's by the end of the meet

TRACK CONDITIONS All Weather

EVENT	FIRST	SECOND	THIRD	MARK	RIDGE WOOD	OPP.
110 yard low hurdles	Beasley 16.7	Papale 17.2	Granata 17.7		11 / 1	8 / 8
100 yard dash	Davis 12.2	Budesa 12.5	Felano 13.2		5 / 6	4 / 12
1 mile run	Nelson 5:39.1	Nicholson (SAMIE) 6:04.4	Schneider 6:23.5		3 / 9	6 / 18
440 yard DASH	Deetz 61.2	Dacey 63.4	Budesa 65.0		5 / 14	4 / 22
440 yard RELAY	RIDGEWOOD (Puglisi, Davis, Potter, McLaughlin) 54.6	Murphy, Felano, Then Papale 55.2			5 / 19	0 / 22
880 yard run	Morra 2:27.3	Grunder 2:29.6	WILSON CAMPBELL 2:46.8		4 / 23	5 / 27
220 yard dash	Papale 28.9	McLaughlin 29.6	Langner (Lauffer) 29.7		4 / 27	5 / 32
1 MILE MILE RUN	Zollo 11:54.0	Nicholson (Jan) 13:53.0	Cronan 13:58.8		3 / 30	6 / 38
1 MILE MILE relay	Budesa, Dacey, Morra, Brasley 4:22.2	Deetz, Potter, McLaughlin, Grunder 4:28.6			0 / 30	5 / 43
shot put	La Marre 34	Deetz 32 32'9"	Brooks 29'		8 / 38	1 / 44
discus	LAMARRE 98'2"	Herald 76'7"	Stemley 67'11"		6 / 44	3 / 47
Long jump	Deetz 14'8 1/2"	Davis 14'6 1/2"	Weis 13'7 3/4"		8 / 52	1 / 48
high jump	Granata 4'6"	Smith 4'6"	Van Hoven 4'6" (3WAY TIE)		9 / 61	0 / 48
FINAL SCORE					61	48

30-43

31-5

McBride - 18.8
Doyle - 20.3

Potter - 13.5
Bennett - 14.1

McBride 73.0 Pughisi 30.4

Jammie - ⁽⁴⁵⁻⁴¹⁾ 1:26, 1:35, 1:32, 1:31.5 = 6:04.5
Ann Dorsett - ⁽⁴⁶⁻⁴⁶⁾ 1:32, 1:45, = 7:11.4

Alyson Grunden - 35, 70, - 2:29.8
Campbell - 2:46.8
Doyle - 3:01.6

Jan 1:32, 3:13, 5:01, 6:52, 8:46, 10:38, 12:18, 13:53
Sun 1:33.5, 3:15, 5:08, 7:07, 9:06, 11:03, 13:01, 14:49

McLaughlin - 69.6
Potter - 70.0
Grunden - 65.0
Deety - 64.0 4:28.6

Shot

Sayers
Stemley

Disc

Sayers
Stemley

Potter - 13' 1/2"
Lauffer - 12' 7"

M. Bride = 20.0

Kirby - 13.4

Campbell = 1:29.5, 1:36.5, 1:32, 1:27.3 = 6:05.3

Dorsett - 1:29.5, 1:37.5, 1:44, 1:41.7 = 6:32.7

Jamme - 1:23, 1:29, 1:27, 1:30.1 = 5:49.1

M. Manernin - 33.7, 74.2

Lauffer 33.5, 37.1 = 70.6

Alyson - 70

Green - 76 = 2:44.6

Doyle - 85 = 3:06.0

Bennett - 86 = 3:28.0

Jan - 1:25, 3:00, 4:38, 6:18, 7:58, 9:40, 11:24, 12:57

Jan - , 14:12.3

Julie - , 15:48

RIDGEWOOD VS. WARING VALLEY

DATE May 3, 1976

WEATHER partly cloudy, mild

TRACK CONDITIONS good

EVENT	FIRST	SECOND	THIRD	MARK	RIDGE WOOD	OPP.
X 110 yard low hurdles	Beth Granada 17.2 (R)	Nancy Tompkins 17.4 (W)	Lisa Pesarelli 18.4 (R)		6/6	3/3
X 100 yard dash	Sue Davis (R) 12.3	Liz Potter 12.8 Potter	Karen Bardo 13.3 Beth Koch 13.3		8/14	1/4
X 1 mile run	Jamie Wholson (R) 6:15.8	Anne Dorset 6:25.4	Julie Jones (R) 6:38		9/23	0/4
X 440 yard DASH	Valerie Grenshaw (W) 64.6	Allison Hettlee (R) 68.1	Karen (W) Vodka 70.2		3/26	6/10
X 440 yard RELAY	Beth Granada (R) 55.8 Liz Potter Sue Davis	Koch Cassera 59.3 Kaplan			5/31	0/10
X 800 yard run	Allison Grenader (R) 2:33.5	Anne Green (R) 2:45.2	Hilary Nocka (R) 2:46.3		9/40	0/10
X 220 yard dash	Valeri Krenshaw (W) 28.4	Laura Kautler (R) 29.9	Kim Piggins (R) 30.2		4/44	5/15
X 2 MILE RUN	Tom Nicholson 13:40.2	San Ong 14:04.8	Debbie Owen 15:11.8		8/52	1/16
X MILE relay	Davis Bonanni 43.3 Drake Vodokalis Grenshaw	Sue Davis 43.83 Liz Potter Laura Kautler Allison Hettlee			0/52	5/21
X shot put	Martha Lamarre (R) 34.1	Van Daler (W) 29-5	CONNELL (W) 27-8 1/2		5/57	4/25
X discus	Lamarre (R) 85-10 1/2	Loentscher (W) 75-9 1/2	Connell (W) 72-9"		5/62	4/29
X Long jump	Sue Davis (R) 16'2 1/4"	Vadacolis (W) 15'12"	Lisa Bykowski (R) 14'7 1/4"		6/68	3/2732
X high jump	Beth Granada (R) 4'10"	Koch (W) 4'8"	Beth Smith (R) 4'7"		6/74	3/35
					74	35
					74	35

FINAL SCORE

274-2000

1-6

McBride - 18.6

Hefele - 19.0

Kirby - 13.6

Jamie - 1:30, 1:30, 1:32, 1:44 = 6:16

Ann - 1:33, 1:33, 1:41, 1:38 = 6:25

Julie - 1:33, 1:41, 1:48, 1:36 = 6:38

Hefele - 32, 36.1 = 68.1

McBride - 35, 39.3 = 74.3

Passarelli - 36.7, 42.5 = 79.2

GRANATA - 14.9

POTTER - 13.7

PUGLISI - 14.0

DAVIS - 13.0 - 55.8

Alyson - (28) 73, 80.5 = 2:33.5

Hillary - (30) 77, 89.5 = 2:46.5

Ann - (31.5) 81, 84.5 = 2:45.5

Karen Smith - 32.8

Jan 1:30, 1:38, 1:42, 1:44, 1:48, 1:49, 1:51, 1:38.2 = 13:40.2

Sam 1:31, 1:43, 1:49, 1:51, 1:52, 1:49, 1:50, 1:43.8 = 14:08.8

Davis - 70.7

Potter - 69.8

Lauffer - 70.2

Hefele - 67.5 - 4:38.2

Beth Granata 17.0

Potter - 12.9

Sharon Shuman 18.8

Kirby - 13.4

Lisa Pascerelli 18.9

Mary McBride 18.6

Bonnie 1:29, 1:33.5, 1:34.5, 1:36 = 6:13

Ann 1:31, 1:38, 1:41, 1:37.5 = 6:27.5

Julie 1:31, 1:39, 1:41, 1:38.2 = 6:29.2

Karen Smith 75.0

Janet Drake 33.6, 74

Hefele 33.6,

[Redacted]

[Redacted]

Alyson 28, 72, 79.6 = 2:31.6

Ann 33, 82, 84.4 = 2:46.4

Hilary 34, 86.6, = DNF

[Redacted]

[Redacted]

Pughis 32.6

Jan 92, 309, 4:51, 6:34, 8:18, 10:03, 11:45, 13:21.0

Sam 92, 3:14, 5:05, 7:01, 8:57, 11:55, 12:52, 14:45.3

Dee Doyle 95, 3:26, 5:32, 15:05, 17:18.0

Hefele - 68.0

Lauffer - 67.3

Potter - 69.2

Grander - 66.7

4:30.2

GIRL'S TRACK AND FIELD MEET

RIDGEWOOD HIGH SCHOOL AGAINST MONTCLAIR HIGH SCHOOL

ORDER OF EVENTS

100 yard dash	11.9	Sue Davis	Discus	High Jump
110 yard hurdles	19.5	Sue Davis		
100 yard dash	27.9	Kandis Latham	Shot put	Long Jump
1 mile run	19.5	Kandis Latham		
440 yard dash	20.5	Kandis Latham		
440 yard relay (4x110)	19.5	Kandis Latham		
880 yard run	21.7	Kandis Latham		
220 yard dash	19.5	Kandis Latham		
2 mile run	23.6.1	Nancy Reed		
4x400 mile relay	23.6.1	Nancy Reed		
2 mile run	23.6.3	Nancy Reed		

SCORING

- first place - 5 points
- second place - 3 points
- third place - 1 point
- first place - 5 points
- relay - 3 points

OFFICIALS

- Starter - Mr. Hughes
- Timers - Mr. Thompson
- field judges - Mr. Remer
- Mr. Strube

RIDGEWOOD VS Hackensack High School DATE 11 May 1976

WEATHER Overcast and rain

TRACK CONDITIONS dry and granular

EVENT	FIRST	SECOND	THIRD	MARK	RIDGE WOOD	OPP.
110 yard low hurdles	H 15.7 Taryn Carter	R 16.4 Beth Granata	H 18.1 Paula Hunt	15.7	3	6
100 yard dash	H 12.0 J. Atkins	R 12.2 Sue Davis	H 12.3 A. Mann	12.0	3	6
1 mile run	R 6:00.5 Jamie Nicholson	H 6:07.2 S. Norstrum	R 6:10.0 Bonnie Campbell	6:00.5	6	3
440 yard dash	R 65:9 Allyson Grunder	H 67.2 R. Williams	H 70.6 M. Larkins	65.9	5	4
440 yard relay	Hackensack 54.6 A. Mann, E. Smith, T. Carter, J. Atkins	Ridgewood 55.0 Passerilli, Patter Puglisi, Davis		54.6	0	5
880 yard run	H 2:34.1 M. Fudge	R 2:39.2 Ann Green	H 2:41.0 M. Copland	2:34.1	3	6
220 yard dash	H. 27.9 J. Atkins	R 29.2 Laura Lauffer	H 29.7 A. Mann	27.9	3	6
2 Mile Run	R 13:14.5 Jan Nicholson	H 13:41.4 M. Novack	R 13:58.0 San Ong	13:14.5	6	3
Mile relay	Ridgewood 4:33.7 Davis, Lauffer, Hefele, Grunder	Hackensack 4:35.8				
shot put	R 33'7" Martha LaMarre	H 30'3" Harris	R 27'7 1/2" Diane Bulwin		6	3
discus	H 81' 0" Rhonda Harris	R 80' 1 1/2" Martha LaMarre	H 78'7" Susan Mann		3	6
Long jump	R 16'2 1/4" Sue Davis	R 16' 1" Ann Green	R 14'9" Lisa Byhowsky		9	0
high jump	R Tie for 1st 4'6" Beth Granata Beth Smith		H 4'4" Paula Hunt		8	1
Javelin	H 77'0" Paula Hunt	H 71'2" Arleen Weston	H 68'6" Rhonda Harris		0	9
					60	58

FINAL SCORE

Mc Bride - 18.9
 Passarelli - 19.0

Puglisi - 12.7
 Passarelli - 13.0

Jamie - 1:27, 1:29, 1:30.5, 1:33.8 = 6:00.3

Bonnie - 1:29, 1:28, 1:36.7, 1:37.3 = 6:11

Anne - 1:29, 1:34.5, 1:41.9, 1:34.3 =

Grunder = 31.2 34.7 = 65.9

Smith = 33.0 39.4 = 72.4

Drake = 33.0 39.9 = 72.9

Nocken - 38, 42, 42.5, 47.3 = 2:49.8

Green - 38, 43, 39, 39.2 = 2:39.2

Doyle - 40, 43, 46.5, 44.9 = 2:54.4

Jan - 6:41, 6:33.5 = 13:14.5

Sar - 6:42, =

Julie - 6:52, 8:57 = 15:49.0

Hefelo - 29.5

Potter - 30.6

Potter - 25' 7 1/2"

SAVELIN

Davis - 74.3

Lauffer - 67.1

Hefelo - 66.7

Grunder - 65.6
 4:33.7

LAMARRE - 56' 0"

BULWIN - 66' 3"

DISCUS -

BULWIN - 71' 4"

SAYERS - 68' 7"

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 Track Club)
220 yard dash	27.9 Kandie Latham 1975	26.8 26.4 Hazel Lucas (Montclair H.S.) 1976 Jackie Schmidt (CJTC) Gloria Gooden (SOAC)
440 yard dash	59.5 Kandie Latham 1974	59.6 Jackie Schmidt (CJTC)
880 yard run	2:17.7 Kandie Latham 1975	2:28.9 Kandie Latham (Ridgewood H.S.)
1 mile run	5:36.1 Nancy Reed 1975	5:36.1 Nancy Reed (Ridgewood H.S.)
2 mile run	12:08.2 Nancy Reed 1975	12:03.3 Jane Green (Skeeters Track Club)
110 yard hurdles	16.1 Becky Deetz 1975	^{DANN} 15.6 Donavan (Cliffside Park H.S.) (1976)
Shot Put - 8 lb	36 ft 9 1/4 in Jennifer Baringer 1975	37 ft 5 1/2 in Loraine Vira (North Bergen H.S.)
Discus - 1 kg	103 ft 1 in Cathie Defoe 1975	103 ft 1 in Cathie DeYoe (Ridgewood High School)
High Jump	5 ft 9 in Becky Deetz 1975	5 ft 3 3/4 in Becky Deetz (Ridgewood High School)
Long Jump	16 ft 10 1/2 in Becky Deetz 1975	^{RENEE} 16 ft 10 in Colbash (Kearny High School) (1976)

Relay
And
Championship
Meets

2nd Annual
Rutherford
Girls
Relays

Memorial Field
April 24, 1976
1:00 p.m.



Hawthorne girl wins

RUTHERFORD — Hawthorne won the 300-yard shuttle low hurdles and the 440-yard relay yesterday enroute to claiming the team championship at the Rutherford Girls Relays.

The Bears the only team to take two first places, finished with 22 points, five more than second-place Memorial of West New York.

Hawthorne took the hurdles in 50.4, outdistancing second-place Rutherford by four-tenths of a second, and defeated second-place Bernards by nine-tenths of a second for its victory in the 440.

Other area winners included Hackensack in the four-mile, Wayne Hills in the two-mile, Cliffside Park in the 880, Paramus Catholic in the distance medley (beating second-place Memorial) by one-tenth of a second, Ramsey in the mile, Ridgewood in the high jump (despite the absence of Becky Deetz) and Rutherford in the shot put.

Rutherford, which placed fourth in the team scoring behind Memorial and third-

place Cliffside, got a 38-foot-4½ throw from Laura Matthews in the shot put.

RUNNING EVENTS

4 MILE—1, Hackensack (Nordstrom, Novak, Fudge, Copeland) 23:58.6; 2, Ridgewood, 24:03.7; 3, Memorial (WNY), 24:42.2.

300 SHUTTLE IH—1, Hawthorne (Van Dyke, Van Der Eeems, Giannella), 50.4; 2, Rutherford, 50.9; 3, Glen Ridge, 51.9.

440—1, Hawthorne (Dembek, Kosch, Giannella, Pendergast), 52.7; 2, Bernards, 53.6; 3, Kearny, 53.7.

2-MILE—1, Wayne Hills (Moera, Meyers, Budeska, Zollo), 10:23.7; 2, Saddle Brook, 10:39.9; 3, Waldwick, 1:54.1.

880—1, Cliffside Park, 1:52.4; 2, Kearny, 1:52.1; 3, Waldwick, 1:54.1.

DISTANCE MEDLEY—1, Paramus Catholic, 13:28; 2, Memorial (WNY), 13:28.1; 3, Glen Ridge, 13:32.7.

SPRINT MEDLEY—1, Ferris (Grant, Robinson, Legette, McMillan), 4:32.1; 2, Wayne Hills, 4:34.6; 3, Pascack Valley, 4:39.9.

MILE—1, Ramsey (Kobza, Nagle, Ma-loof, Kriss), 4:16.1; 2, Cliffside Park, 4:18.9; 3, Kearny, 4:21.2.

FIELD EVENTS

DISCUS—1, Memorial (WNY) (Carrero, D. Bisceglia, Sinisi), 272-feet-7¾; 2, Queen of Peace, 252-6; 3, Cliffside Park, 251-¾.

HIGH JUMP—1, Ridgewood (Granata, Smith, Van Houba), 14-7; 2, Paramus Catholic, 14-3; 3, Bernards, 14-0.

LONG JUMP—1, Glen Ridge (Watkins, Oates, Dorinberg), 44-4; 2, Hawthorne, 43-¾; 3, Cliffside Park, 43-½.

SHOT PUT—1, Rutherford (Matthews, Burgess, O'Brien), 97-2; 2, Memorial (WNY), 94-7; 3, Paramus Catholic, 83-6½.

TEAM SCORING

Hawthorne 22, Memorial (WNY) 17, Cliffside Park 16, Rutherford 15, Kearny, Paramus Catholic and Bernards 13, Glen Ridge and Wayne Hills 12, Ridgewood 11, Hackensack and Ramsey 8, Ferris 6, Saddle Brook and Waldwick 5, Queen of Peace 4, Pascack Valley 3, Fort Lee 2, Palisades Park, Union Hill 1.



BECKY DEETZ

Deetz leaps 5-6 1/2

DES MOINES — Becky Deetz of Ridgewood finished sixth yesterday in the girls' high jump competition at the Drake Relays. Deetz leaped 5-6½ to finish behind a star-studded lineup which included Canadian stars Julie White and Louise Walker.

The Canadians finished one-two, with White winning at 6¾, a meet record, and Walker finishing at 5-11½. Louise Ritter was third at 5-10¼.

MEET PROGRAM



BERNARDS SPRING INVITATIONAL

Rain, Records Both Fall At Bernards Invitational

By WADE WALKER

BERNARDSVILLE — Royce Flippin had just finished plodding through the puddles to a dripping-wet victory (4:24.6) in the mile run. As the Princeton speedster trotted past some Bernards runners, he shouted, "If you see Chris (Hallinan), tell him he doesn't know what he missed. I felt like I had flippers on."

Hallinan, Bernards' fine distance runner, and Millburn's Steve O'Connell were two of several athletes who decided to forgo competing in yesterday's Bernards Invitational. But the unremitting rain and slippery conditions didn't seem to bother some.

Mount Olive's Kevin Young, zippering along as if he had on pontoons, led from start to finish and took the 880 in a record time of 1:54.3. North Hunterdon's Dave Scherer was far back in second place in 1:58.7. Ed Hanlon of Caldwell was third in 1:59.0 and Dick Dunne of Bernards fourth in 1:59.6, as the first five finishers were all under the two-minute

mark. Young snapped the meet record of 1:55.5 set by Westfield's Andy Hubsch.

Ridge's Jim Schoenberg turned in an outstanding performance, winning the high hurdles in 15.0, the intermediates in 40.4 and tying for fourth in the high jump (6 feet). Livingston's Bob Billet was an easy victor in the discus with a throw of 155 feet, 2 inches. He also finished fifth in the shot (50-1/2), which was won by Kim Miller of Gill-St. Bernard's with a toss of 53 feet, 9 3/4 inches. Mike Murphy of Hanover Park took third in the shot (52-11).

Phil St. George of West Essex won the long jump (20-9) and is a good bet to do well in the pole vault, which will be contested tomorrow along with the javelin. In perhaps the most unusual race of the day, Pequannock's Brian Douglas lost both shoes while running the quarter-mile, but still finished first in 50.2, a meet record.

In the girls competition, the feature race was the two-mile where the first four finishers eclipsed the

meet record of 12:12.5 held by Sue Long of Mountain Lakes. Winner Nina Zollo of Wayne Hills sped to victory in an unbelievable 11:16.3, five seconds off the national record. Maggie Poynter of North Hunterdon was second in 11:30.0 while Long took third in 11:55.2.

Boys

100 — 1, T. Strong (Princeton), 10.4; 2, Skoller (Livingston); 3, Shelton (Hightstown); 4, Hagens (Madison); 5, Porter (Clifford Scott).

220 — 1, T. Strong (Princeton), 23.1; 2, Seager (Mendham); 3, Tuggle (Bernards); 4, Porter (Clifford Scott); 5, Smythe (Glen Ridge).

x-440 — 1, B. Douglas (Pequannock), 50.2; 2, Festante (Berkeley Hts.); 3, Smythe (Glen Ridge); 4, Russell (Clifford Scott); No fifth.

x-880 — 1, K. Young (Mt. Olive), 1:54.3; 2, Scherer (North Hunterdon); 3, Hanlon (Caldwell); 4, Dunne (Bernards); 5, Gambino (Bridgewater West).

Mile — 1, R. Flippin (Princeton), 4:24.6; 2, Leaman (West Essex); 3, Herigel (No. Hunterdon); 4, Egal (Hightstown); 5, Joffe (Watchung Hills).

2-Mile — 1, B. Penn (Watchung Hills), 9:33.1; 2, J. Logan (Bernards); 3, Sloss (No. Hunterdon); 4, Lewis (Bernards); 5, Kennedy (Millburn).

120 HH — 1, J. Schoenberg (Ridge), 15.0; 2, Lipsey (Millburn); 3, Whitlock (Bernards); 4, Severson (Hillsborough); No fifth.

330 IH — 1, J. Schoenberg (Ridge), 40.4; 2, Titus (Watchung Hills); 3, Whitlock (Bernards); 4, Klecha (Pequannock); 5, Cooke (Cedar Grove).

High Jump — 1, F. Berkelhammer (Princeton), 6-2; 2, Kern (Boonton); 3, Schulte (Glen Ridge); 4, tie, Schoenberg (Ridge) and Conklin (Franklin Boro).

Long Jump — 1, P. St. George (West Essex), 20-9; 2, Allen (Watchung Hills); 3, Rochow (Mt. Olive); 4, Turner (Princeton); 5, Stewart (Mendham).

Pole Vault — To be contested tomorrow.

Shot — 1, K. Miller (Gill-St. Bernard's), 53-9 3/4; 2, Bulger (Pequannock); 3, Murphy (Hanover Park); 4, Bulmer (Glen Ridge); 5, Billet (Livingston).

Discus — 1, B. Billet (Livingston), 155-2; 2, Ferdon (Glen Ridge); 3, Martin (Berkeley Hts.); 4, Mozek (West Essex); 5, Opydyke (Hanover Park).

Javelin — To be contested tomorrow.

Mile Relay — 1, Clifford Scott (O. Porter, J. Davis, M. Jenkins, B. Russell), 3:37.2; 2, Hightstown; 3, Bernards; No fourth or fifth.

Freshman Mile — 1, C. Logan (Bernards), 4:43.3; 2, Barry (Kinnelon); 3, Sullivan (Bernards); 4, Keohane (Oratory); 5, Trombadore (Bound Brook).

Girls

100 — 1, S. Krogstad (No. Hunterdon), 12.0; 2, Cuono (Kinnelon); 3, Stafford (Kinnelon); 4, McIver (Clifford Scott); 5, Jewsen (Bernards).

220 — 1, S. Krogstad (No. Hunterdon), 27.1; 2, Newsom (Madison); 3, Hutchins (Clifford Scott); 4, Lundin (Madison); 5, McDonald (Clifford Scott).

440 — 1, B. Newsom (Madison), 59.9; 2, Schmidt (Boonton); 3, White (Hunterdon Central); 4, Bradley (Hightstown); No fifth.

x-880 — 1, S. Guidotte (Hunterdon Central), 2:21.8; 2, McCormick (Hightstown); 3, Damutz (Hightstown); 4, Leuchten (Mt. Lakes); 5, Sennity (Hightstown).

Mile — 1, E. Frasca (Caldwell), 5:36.3; 2, Nelson (Wayne Hills); 3, Holman (Hightstown); 4, Bradley (Hightstown); 5, O'Donnell (Hunterdon Central).

x-2-Mile — 1, N. Zollo (Wayne Hills), 11:16.3; 2, Poynter (No. Hunterdon); 3, Long (Mt. Lakes); 4, Sturzenegger (West Essex); 5, McCormick (Hightstown).

110 LH — 1, T. DeWaart (Bridgewater West), 16.3; 2, Nardone (Bernards); 3, Niese (West Essex); 4, Malnor (Kinnelon); 5, Stern (Mt. Olive).

High Jump — 1, B. Granata (Ridgewood), 4-10; 2, Hegel (Hunterdon Central); 3, Quitzeu (Mt. Olive); 4, Wolfe (Mt. Lakes); 5, tie, Dobbs (Bernards) and Lorent (West Essex).

Long Jump — 1, Nardone (Bernards), 16-2 1/4; 2, Cuono (Kinnelon); 3, Weiss (Pequannock); 4, Watkins (Glen Ridge); 5, Vander Ark (Mt. Olive).

Shot — 1, M. LaMarre (Ridgewood), 34-10; 2, Prassinios (Madison); 3, Johnson (Mt. Olive); 4, Sulla (Franklin Borough); 5, Montella (Mt. Olive).

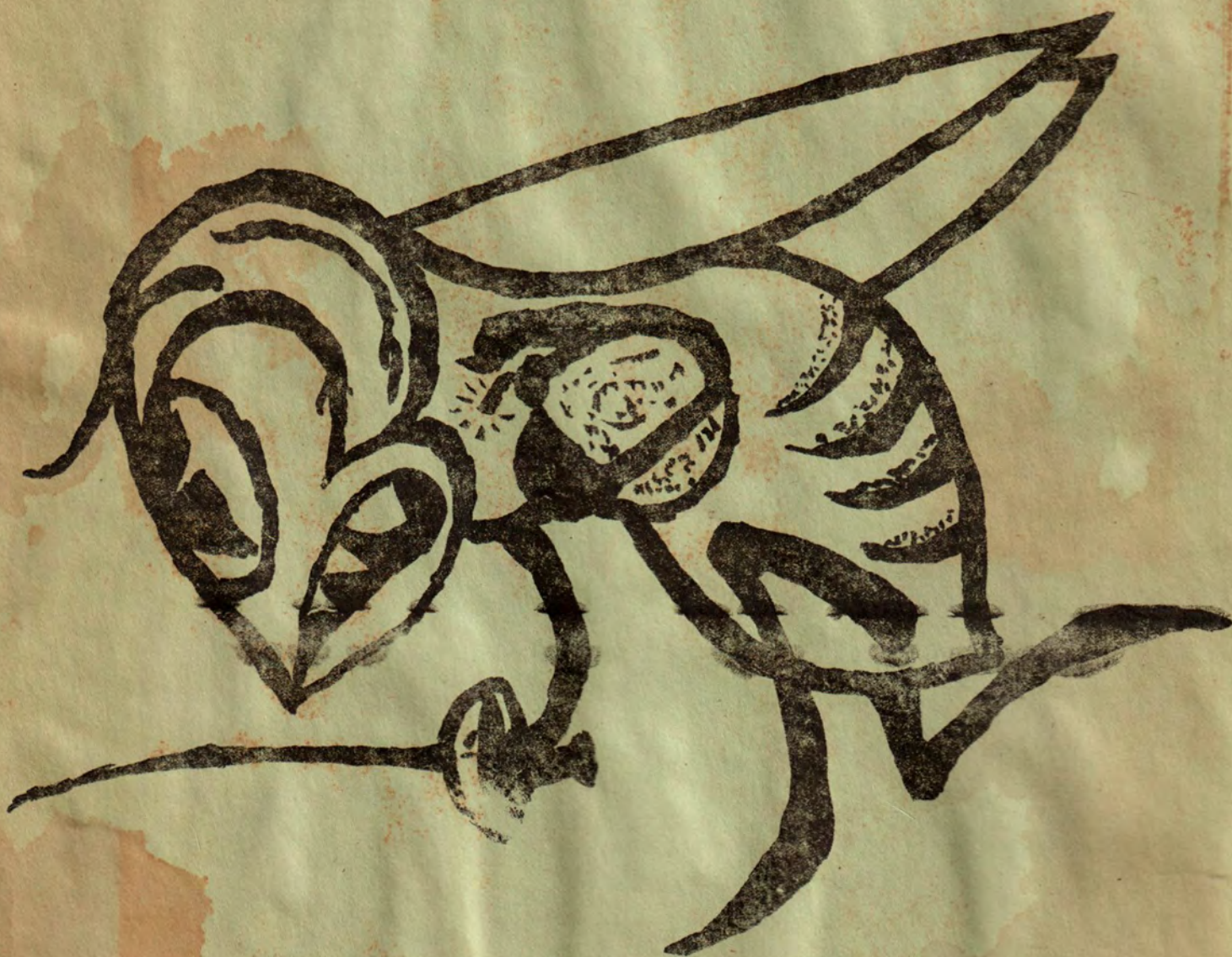
Discus — 1, S. Johnson (Mt. Olive), 95-8 1/2; 2, Forte (Mt. Olive); 3, Kortez (Hunterdon Central); 4, LaMarre (Ridgewood); 5, Ice (Bernards).

Javelin — 1, To be contested tomorrow.

Mile Relay — 1, Hightstown (E. Bradley, L. Koch, M.L. Damutz, M. McCormick), 4:11.8; 2, Hunterdon Central; 3, Bernards; 4, Wayne Hills; 5, Madison.

x-meet record

HOLMDEL HIGH SCHOOL
THIRD ANNUAL GIRLS RELAY



MAY 1, 1976

RED BANK CATHOLIC 3rd ANNUAL GARDEN STATE Girls Track and Field Relay Festival

Our Captains Say "Hello"



COLLEEN
RAFTER

MONICA
LONCOLA

NANCY
MUNN

HOLLY
O'HERN

Saturday, May 8, 1976

PRICE \$1.00

Group A

440 - RELAY

HEAT 1

Lane	School
1	Manasquan
2	Linden
3	Northern Highlands
4	Ridgewood ✓ <u>55.6</u>

HEAT 2

Lane	School
1	St. Joseph
2	John F. Kennedy
3	Red Bank Catholic - B

880 - RELAY

HEAT 1

Lane	School
1	John F. Kennedy
2	St. Joseph
3	Manasquan <i>Granata - 30.3</i>
4	Cliffside Park <i>Potter - 29.7</i>

HEAT 2

Lane	School
1	Northern Highlands <i>Pughisi - 29.6</i>
2	Ridgewood ✓ <i>Davis - 28.5</i>
3	Red Bank Catholic - B <i>1:58.0</i>

MILE RELAY

HEAT 1

Lane	School
1	Morristown
2	Manasquan <i>4:20.5</i>
3	Cliffside Park <i>4:17.8</i>
4	Point Pleasant Boro <i>4:21.6</i>

HEAT 2

Lane	School
1	John F. Kennedy <i>Grunden - 67.2</i>
2	St. Joseph <i>Hefele - 68.6</i>
3	Ridgewood ✓ <i>Potter - 69.4</i>
4	Red Bank Catholic - B <i>Deety - 65.3</i>

2 - MILE RELAY

HEAT 1 - FINAL

Lane	School
1	John F. Kennedy
2	St. Joseph
3	Linden
4	Morristown
5	Ridgewood ✓ <i>Hefele 2:43.5</i>
6	Manasquan <i>Noeka 2:49.7</i>
7	Hawthorne <i>Green 2:43.2</i>

Grunden 2:34.7

4 - MILE RELAY

HEAT 1 - FINAL

Lane	School
1	St. Joseph
2	Toms River South
3	Point Pleasant Boro
4	Southern Regional
5	Paramus Catholic
6	Morristown
7	Manasquan
8	Red Bank Catholic - B

SHUTTLE HURDLES

HEAT 1 -

Lane	School
1	Manasquan <i>Hefele 19.5</i>
2	St. Joseph <i>17.6 McSwine 37.1</i>
3	Ridgewood ✓ <i>16.7 Granata 53.8</i>

HEAT 2

Lane	School
1	Cliffside Park <i>Passarelli 1:12.0</i>
2	Linden
3	Red Bank Catholic - B

8 - MILE RELAY

HEAT 1 - FINAL

Lane	School
1	Memorial <i>Dorsett - 13:55.4</i>
2	Ridgewood <i>Ong - 14:03.4</i>
3	Manasquan <i>Campbell - 14:00.4</i>

DISTANCE MEDLEY

HEAT 1 - FINAL

Lane	School
1	Memorial <i>Nicholson - 13:27.1</i>
2	Shore
3	Southern
4	Linden

JAVELIN

FLIGHT 1 - FINAL

Lane	School
1	St. Joseph
2	Hackensack
3	Red Bank Catholic - B
4	Red Bank Regional

10:51.3

DISCUS

FLIGHT 1

Lane	School
1	Point Pleasant Boro
2	Memorial
3	Cliffside Park <i>LAMARCE - 85</i>
4	St. Joseph <i>BULLWIN - 65</i>

FLIGHT 2

Lane	School
1	Manasquan
2	Red Bank Catholic - B
3	Red Bank Regional
4	Linden <i>STEMLEY - 63</i>

SHOT PUT

FLIGHT 1

Lane	School
1	Red Bank Regional <i>35' 7 1/2</i>
2	Point Pleasant Boro <i>31'</i>
3	Manasquan
4	Ridgewood ✓

FLIGHT 2

Lane	School
1	Red Bank Catholic - B
2	Hawthorne
3	St. Joseph
4	Memorial

HIGH JUMP

FLIGHT 1

Lane	School
1	John F. Kennedy <i>Smith 4' 6 1/2</i>
2	Memorial <i>Granata 5' 0 1/2</i>
3	Linden <i>Deety 5' 6 1/2</i>
4	Ridgewood ✓

LONG JUMP

FLIGHT 1

Lane	School
1	Ridgewood <i>BKHOWSKY - 14' 3 1/4</i>
2	St. Joseph <i>DEETZ - 15' 2 3/4</i>
3	Morristown
4	Cliffside Park <i>DEETZ - 15' 2 3/4</i>

FLIGHT 2

Lane	School
1	Point Pleasant Boro
2	John F. Kennedy
3	Linden

44' 7"



Ridgewood Standout — These are the four runners who set a Ridgewood High School girls' track record for the eight-mile relay this spring and are aiming for Tuesday's county meet at Hackensack. In front are San Ong and Bonnie Campbell. Back: Ann Dorsett and Jan Nicholson.

BERGEN - COUNTY

- WOMAN'S -



TRACK AND FIELD

CHAMPIONSHIP



M E E T R E C O R D S

100 Yard Dash	- Diane Horowitz - Fort Lee - 1975 -	11.4
220 Yard Dash	- Kathy Kraus - Demarest- 1975 -	27.4
110 Yd. Hurdles	- Joyce O'Hourke - Saddle Brook-1975-	15.8
440 Yard Dash	- Aleta Fisher - Pascack Valley-1975-	60.3
880 Yard Run	- Jane Green - Ridgewood - 1974 -	2:24.5
Mile Run	- Jeane Chodnicki- Saddle Brook-1975-	5:50.4
Two Mile Run	- Meg Sexton - Paramus Catholic-1974-	12:25.6
440 Yard Relay	- Englewood - 1975 -	53.0
Mile Relay	- Ridgewood - 1974 -	4:25.0
Shot Put	- Jenny Baringer - Ridgewood - 1975-	34'8"
Discus	- Karen Smith - Park Ridge - 1975 -	123'11"
High Jump	- Becky Deetz - Ridgewood - 1975 -	5'4"
Long Jump	- Vanessa Hugley - Glen Rock - 1974-	16'9 3/4"

Triple Jump and Javalin Are new events. Meet Records will be set today.

T E A M C H A M P I O N S

1974 - Ridgewood

1975 - Ridgewood

Deetz triples in County meet

By Jenny Kellner

Correspondent

HACKENSACK — For someone whose specialty is the high jump, Ridgewood's Becky Deetz did an awful lot of running yesterday.

Deetz spent yesterday afternoon dashing back and forth between the four events in which she was entered at the Bergen County Girls Track and Field Championships. But neither the running nor the chill weather seemed to have any effect as she set three meet, including two County, records and anchored Ridgewood's mile relay team to third place as Ridgewood captured its third consecutive County team championship yesterday at Hackensack High School.

Deetz accounted for more than

half of Ridgewood's 32 points, with her County-record efforts of 17-5 in the long jump and 35-2½ in the triple jump, and her 5-5 high jump, as well as running a 61.1 split in the mile relay. "It's obvious that without her we never would have pulled it off," said Ridgewood coach Jock Brown. "The other teams have really improved since last year."

Ridgewood scored 62½ points to win easily last year, but needed Deetz's high-jump victory over Mary Donovan yesterday to stave off Paramus Catholic, which finished in second place only seven points back. Rutherford, with 22, and Teaneck, Fort Lee and Hackensack with 20 each followed.

"You can't help but hope for someone with her [Deetz's] ability to win,

but it was good to know that the other teams were in the running," said Rutherford coach John Parise. "I felt even we could have won it if our sprinter, Cindy Mayo, had been in better form."

But it was Teaneck, in its first year of varsity competition, which surprised a lot of people by dominating the sprint events. Erin Mallory nipped Cliffside Park's Anne Divito at the wire to win the 100 in 11.5, and Teaneck's 440 relay team of Pat King, Sharon Trumpet, Mallory and Janice Henry shaved seven-tenths seconds off the meet record to win in 52.3.

In all, 10 meet records were broken. A 5:27.5 mile run by Paramus Catholic's Michelle Guido was 22.8 seconds faster than the former rec-

ord, which was held by teammate Meg Sexton. Sexton smashed her own record of 12:25.6 in the two-mile run, finishing in 11:57.4.

In the 110 low hurdles, Hackensack's Taryn Carter caught Henry at the far turn and won in 15.7, a tenth of a second faster than the old record. Doreen Kris of Ramsey beat record holder Aleta Fisher of Pascack Valley in the 440 in 59.2. Fisher's 60.3 matched the old record. Cliffside Park set a record in the mile relay with a 4:11.8 clocking.

Deetz, however, drew most of the attention, breaking the County record for the long jump by 7¼ inches, and finishing almost two feet ahead of the runner-up in the triple jump, a new event.

Bergen girls track meet

RUNNING EVENTS

100—1. Erin Mallory, Teaneck, 11.5; 2. Anne Divito, Cliffside Park, 11.6; 3. Joanne Starr, Pascack Valley, 11.6; 4. Cindy Mayo, Rutherford, 12.0; 5. Sandy Keurlian, Old Tappan, 12.0.

220—1. Joanne Starr, Pascack Valley, 27.2 (Record, old record 27.4 by Kathy Kraus, Demarest, 1975); 2. Debra Leopold, Bergenfield, 27.5; 3. Diane Horowitz, Fort Lee, 27.5; 4. Cindy Mayo, Rutherford, 27.7; 5. Donna Atkins, Hackensack, 28.1.

110 LH—1. Taryn Carter, Hackensack, 15.7 (Record, old record 15.8 by Joyce O'Rourke, Saddle Brook, 1975); 2. Dawn Donovan, Cliffside Park, 16.0; 3. Darlene Robinson, New Milford, 16.1; 4. Kathy Frey, Rutherford, 16.4; 5. Beth Granada, Ridgewood, 16.4.

440—1. Doreen Kris, Ramsey, 59.2 (Record, old record 60.3 by Aleta Fisher, Pascack Valley, 1975); 2. Aleta Fisher, Pascack Valley, 60.3; 3. Barbara McHale, Fort Lee, 62.0; 4. Pam Gouillon, Cliffside Park, 62.3; 5. Lori Smith, Park Ridge, 63.3.

880—1. Alyson Grunder, Ridgewood, 2:27.9; 2. Ann Boyes, Pascack Hills, 2:29.6; 3. Michelle Fudge, Hackensack, 2:30.9; 4. Peggy Bonin, North Highlands, 2:34.6; 5. Mary Ann Bogush, Paramus Catholic, 2:34.6.

MILE—1. Michelle Guido, Paramus Catholic, 5:27.6 (Record, old record 5:50.4 by Jean Chodnicki, Saddle Brook, 1975); 2. Linda Rios, Rutherford, 5:31.9; 3. Jean Chodnicki, Saddle Brook, 5:36.5; 4. Karen Kruger, Park

Ridge, 5:40.2; 5. Jamie Nicholson, Ridgewood, 5:41.0.

2 MILE—1. Megan Sexton, Paramus Catholic, 11:57.4 (Record, old record by Sexton, 12:26, 1975); 2. Lucille Passiolo, Saddle Brook, 12:22.4; 3. Kelly Neilan, Fort Lee, 12:29.8; 4. Amy McLaughlin, Saddle Brook, 12:51.5; 5. Silvana Scalse, Palisades Park, 12:55.7.

440 RELAY—1. Teaneck (Pat King, Sharon Trumpet, Erin Mallory, Janice Henry), 52.3. (Record, old record 53.0 by Englewood 1975); 2. Demarest, 52.6; 3. Englewood, 52.7; 4. Hackensack, 53.0; 5. Rutherford, 53.0.

MILE RELAY—1. Cliffside Park (Anne Divito, Jean Vescascio, Dawn Donovan, Pam Govilan) 4:11.8 (Record, old record 4:15.0 by Ridgewood, 1975); 2. Ramsey, 4:14.8; 3. Ridgewood, 4:24.6; 4. North Highlands, 4:27.0; 5. Rutherford, 4:28.6.

FIELD EVENTS

SHOT PUT—1. Laura Matthews, Rutherford, 36-9 (Record, old record 34-8 by Jenny Barringer, Ridgewood, 1975); 2. Rhonda Harris, Hackensack, 34-0; 3. Pam Young, Fort Lee, 33-7½; 4. Colette Kloetz, Ramsey, 33-4½; 5. Elizabeth Williams, Teaneck, 33-2½.

DISCUS—1. Barbara Reimers, Becton, 97-0; 2. Pat Weil, North Highlands, 96-9; 3. Sue Zak, Rutherford, 96-9; 4. Pam Young, Fort Lee, 96-7; 5. Colette Kloetz, Ramsey, 95-9.

HIGH JUMP—1. Becky Deetz, Ridgewood, 5-5 (Record, old record 5-4 by Deetz, 1975); 2. Mary Donovan, Paramus Catholic, 5-0; 3. Sharon Greyson, Teaneck, 4-10; 4. Mary Ellen Murphy, Paramus Catholic, 4-9; 5. Beth Granada, Ridgewood, 4-8.

LONG JUMP—1. Becky Deetz, Ridgewood, 17-5 (Record, old record 16-9¾ by Vanessa Hugley, Glen Rock, 1974); 2. Janice Henry, Teaneck, 16-2¼; 3. Michelle Cottiers, Ridgewood, 16-1; 4. Mary Ellen Murphy, Paramus Catholic, 15-10¼; 5. Andrea Bevaqua, Leonia, 15-8.

TRIPLE JUMP—1. Becky Deetz, Ridgewood, 35-2½ (Record, new event); 2. Mary Ellen Murphy, Paramus Catholic, 33-¾; 3. Ellen Kohrner, Cliffside Park, 31-11½; 4. Hilary Nocka, Ridgewood, 31-9½; 5. Michelle Cottiers, Ridgewood, 31-2.

JAVELIN—1. Pam Young, Fort Lee, 96-5 (Record, new event); 2. Paula Hunt, Hackensack, 90-7; 3. Kim Shelley, Ridgewood, 80-11; 4. Janice Wilczynski, Saddle Brook, 79-6; 5. Chris Eliot, Rutherford, 83-5.

TEAM SCORING

Ridgewood 32, Paramus Catholic 25, Rutherford 22, Teaneck, Fort Lee, Hackensack 20, Cliffside Park 19, Pascack Valley, Ramsey 13, Saddle Brook 11, North Highlands 8, Ridgewood Park 7, Becton 6, Bergenfield, Demarest, Pascack Hills 4, Palisades Park, New Milford, Englewood 3, Old Tappan, Park Ridge, Leonia 1.

ESDAY, MAY 26, 1976



Staff Photo by W. Peter Mones

Becky Deetz of Ridgewood long jumped 17 feet, 5 inches for one of her three victories in the Bergen County girls' championships.

N.J.S.I.A.A.

STATE

SECTIONAL

MEET



WAYNE HILLS

No. 3

MAY 15

J.M.

1976



N.J.S.I.A.A.

1976 GIRLS TRACK AND FIELD CHAMPIONSHIPS

STATE CHAMPIONSHIPS

JACKSON MEMORIAL HIGH SCHOOL

SATURDAY, MAY 29, 1976



RIDGEWOOD HIGH SCHOOL

John G. McCutcheon, Principal

TO: Mr. McCutcheon
FROM: Jock Brown
RE: 24 hour relay

The girl's Track Team would like to sponsor a Bicentennialⁿ 24 hour relay at the high school track on the 28th and 29th^h of May. The distance runners from the team will run the relay. Other team members and the coaches will "officiate" and help with logistical matters.

The enclosed material explains the rules of the relay and expresses one person's view of the effort. As you can see a number of teams ran this event last year and there is a lot of experience with them. The big question everyone asks is why. I think it would promote the activity of running, but more importantly it is the type of an event that challenges a distance runner. It is the type of endeavor that is satisfying and rewarding. Distance runners are a special breed of athlete and I believe this would be a very special educational experience for them. ^e

I would be responsible for the organizing and running of the event. Thanks for your consideration.

*Needs Mr. Fleckner's o.k.
If this is forthcoming, o.k.
J. McCutcheon*



24 HOUR RELAY

JAMIE NICHOLSON	118# 7:25 ¹¹⁸	116 6:58 ¹¹⁶	119 7:09	119 7:10.6	115 6:45.5	116 6:30.7	115 6:40
Jan Nicholson	143 7:21 ¹⁴³	143 7:39 ¹⁴³	143 7:41 ¹⁴³	143 7:24.0	143 7:13.7	144 7:02	144 7:25.1
Ann Dorsett	120 7:32 ¹²⁰	120 7:32	119 7:50.4	118 7:27.2	120 7:21.6	120 7:45.3	120 7:20.2
Dee Doyle	110 ^{1/2} 7:57 ^{109 1/2}	109 1/2 7:59 ¹⁰⁹	109 7:48 ¹⁰⁹	109 8:14.8	108 1/2 8:01	109 7:39.2	110 8:10.0
San Ong	117 7:51 ¹¹⁶	117 7:48	117 7:35 ^{116 1/2}	115 7:47	115 7:46	116.5 7:42.9	117 7:51.2
Melany Nocka	134 8:28 ¹³⁴	135 8:00 ¹³⁵	135 7:51	134 7:52.5	134 7:40	136 7:58	136 7:46.0
Alison Hefele	120 7:13 ¹²⁰	120 7:12 ^{119 1/2}	120 7:22 ¹²⁰	120 7:25.6	121 1/2 7:24.5	123 7:31.8	121 7:12.1

1 2 3 4 5 6 7

mile 50

Jami Nicholson	118 6:52.0	121 6:52.7	119 6:40	120 7:03.8	120 7:40.8	118 7:00.7	119 7:50.8
Jan Nicholson	144 7:18.8	144 7:22.2	144 7:02.5	120 7:17.8	120 8:02.4	118 7:51.8	119 9:00.6
Ann Dorsett	120 7:00	122 7:30.6	120 7:11.4	120 7:24.9	118 7:43	120 7:27.2	120 7:27.2
Dee Doyle	110 7:52.5	111 7:43.8	109 7:58	117 8:13.6	118 8:42	118 8:35.4	119 9:13.6
San Ong	117 7:56	115 8:07.6	116 7:53.8	117 8:15.0	117 8:22	117 8:24.4	117 8:45.2
Melany Nocka	136 7:29.3	136 7:48.8	135 7:51.7	136 8:30.4	136 8:40.3	136 8:43.2	136 8:53.5
Alison Hefele	122 7:35.8	122 7:53.4	122 7:53	122 7:41.8	122 8:23.6	122 8:20.0	122 8:29.0

77 MILES

98 MILES

8 9 10 11 12 13 14

24 HOUR RELAY

~~~~~

|                  |        |         |         |        |        |        |         |
|------------------|--------|---------|---------|--------|--------|--------|---------|
| Jamie Nichols on | 8:22.0 | 8:07.4  | 6:42.8  | 7:28.4 | 6:50.8 | 7:54.2 | 7:54.5  |
| Jan Nicholson    | 9:37.4 | 10:12.8 | 10:50.0 | 8:02.4 | 8:46.8 | 8:35.6 | 9:44.6  |
| Ann Dorsett      | 7:03.0 | 8:05.8  | 7:22.7  | 7:40.6 | 7:01   | 7:44.2 | 7:06:01 |
| Dee Doyle        | 8:55.8 | 8:41.8  | 9:39.2  | 8:71.2 | 9:22.4 | 8:13.6 | 9:31.1  |
| San Ong          | 8:34.8 | 8:44.4  | 8:27.3  | 9:34.8 | 8:38.6 | 9:27.0 | 8:46.3  |
| Hilary Nocka     | 8:39.5 | 8:44.4  | 10:03.0 | 8:16.3 | 8:54.0 | 7:52.7 | 8:17.9  |
| Alison Hefele    | 8:59.6 | 9:28.0  | 8:23.3  | 8:29.0 | 8:30   | 9:06.8 | 8:17.8  |
|                  | 105    | 112     | 119     | 126    | 133    | 140    | 147     |
|                  | 15     | 16      | 17      | 18     | 19     | 20     | 21      |

5/29/76

|                 |        |        |        |         |        |        |        |
|-----------------|--------|--------|--------|---------|--------|--------|--------|
| JAMIE NICHOLSON | 8:15.2 | 6:51.9 | 7:34.8 | 6:34.2  | 7:52.3 | 6:16.0 |        |
| JAN NICHOLSON   | 8:17.3 | 9:57.2 | 7:27.3 | 9:17.8  | 8:18.4 | 7 Laps | 5:51.4 |
| ANN DORSETT     | 7:20.1 | 6:11.9 | 7:40.1 | 7:02.6  | 7:56.2 |        |        |
| DEE DOYNE       | 8:43.7 | 9:37.8 | 8:16.6 | 10:08.0 | 8:29.8 |        |        |
| SAN ONG         | 9:46.4 | 8:52.4 | 8:07.2 | 9:21.7  | 7:52.8 |        |        |
| HILARY NOCKA    | 8:30   | 9:25.1 | 7:15.2 | 8:40.0  | 6:52.8 |        |        |
| ALISON HEFELE   | 8:30.2 | 7:46.2 | 8:56.8 | 7:56.9  | 8:11.8 |        |        |
|                 | 154    | 161    | 168    | 175     | 182    | 189    | 196    |
|                 | 22     | 23     | 24     | 25      | 26     | 27     | 28     |

352  
 1056  
 347 1/3  
 1403 1/3

183 miles 1403 1/3 yards



|                              | del<br>Tappan | Paramus<br>Catholic | cliffside<br>Park | WAYNE<br>HILLS | TENNEK | KEARNY | WAYNE<br>VALLEY | MONTELMAR<br>H.S. | HACKENSACK | Rutherford | Holmdel | RBC<br>BERNESEVILLE | BERGEN<br>COUNTY<br>CHAMPS | SECTIONAL<br>GROUP<br>CHAMPS | STATES | TOTAL  |
|------------------------------|---------------|---------------------|-------------------|----------------|--------|--------|-----------------|-------------------|------------|------------|---------|---------------------|----------------------------|------------------------------|--------|--------|
| Martha LaMare <sup>1</sup>   | 10            | 10                  | 8                 | 10             | 10     | 8      | 10              | 10                | 8          | 1/3        |         | X X                 |                            | 5-3                          |        | 92 2/3 |
| Jan Nicholson <sup>6</sup>   | 5             | 3                   | 5                 | 3              | 5      | 5      | 5               | 5                 | 5          | 1          |         | X                   |                            | 2                            |        | 44     |
| Bonnie Campbell              | 3             | 1                   | 1                 | 1              | 5      |        | -               | 5                 | 1          |            |         | X                   |                            |                              |        | 17     |
| Sue Davis <sup>3</sup>       | 10 1/4        | 6 1/4               | 3                 | 9 1/4          | 7      | 9      | 11 1/4          | 9                 | 9 1/4      |            |         | X                   |                            | 1                            | 75 1/4 |        |
| Becky Deety <sup>2</sup>     | -             | 13 1/4              | 16                | 13             | -      | 3      | -               | 3                 |            |            |         | X                   | 18 3/4                     | 12 1/4                       | 85 3/4 |        |
| Dee Doyle                    | 1             |                     |                   |                | 3      |        |                 |                   |            |            |         |                     |                            |                              |        | 4      |
| Beth Granata <sup>5</sup>    | -             | -                   | -                 | 4              | -      | 8      | 11 1/4          | 10                | 7          | 2          |         | X X                 | 2                          |                              | 44 1/4 |        |
| Alison Hefele <sup>8</sup>   | 9 1/4         | 7 1/2               | 4 1/4             | -              | -      | -      | 3               | 6 1/4             | 1 1/4      |            | 1/2     | X                   | 3/4                        | 3/4                          | 33 1/2 |        |
| Laura Lanffer                | 1 1/4         |                     |                   | 1              | 2 1/4  | 3      | 3               | 2 1/4             | 4 1/4      |            | 1/2     |                     | 3/4                        | 3/4                          | 19 1/2 |        |
| Michelle McLoughlin          | 6 1/4         | 4 1/4               | 2 1/4             | 4 1/4          | 1 1/4  | -      | -               | -                 | -          |            |         |                     |                            |                              | 18 1/4 |        |
| Jamie Nicholson <sup>7</sup> | 5             | 3                   | 5                 | 3              | 5      | 5      | 5               | -                 | 5          | 1          |         |                     | 1                          |                              | 38     |        |
| Hilary Noeka                 | 6             | 1                   | 6 1/4             | -              | -      | -      | 1               |                   |            |            | 1/2     | X                   | 2                          |                              | 16 1/4 |        |
| San Gng                      | 3             | 1                   | 3                 |                | 3      | 1      | 3               | 1                 | 1          |            |         | X                   |                            |                              | 15     |        |
| Liz Potter                   | 1 1/4         | 1 1/4               | 1 1/4             | 1 1/4          | 1 1/4  |        | 4 1/4           | 1 1/4             |            |            |         |                     |                            |                              | 11 3/4 |        |
| Kim Inglisi                  | 1 1/4         | 1 1/4               |                   | 1 1/4          |        | 1      | 2 1/4           |                   |            |            |         |                     |                            |                              | 7      |        |
| Gunny Sagers                 |               |                     |                   |                |        |        |                 |                   |            |            |         |                     |                            |                              |        |        |
| Beth O'Smith <sup>9</sup>    | 5             | 2                   | 3                 | 3              | 2      | 5      | 1               | 1                 | 4          | 2          |         | X                   |                            |                              | 28     |        |
| Jeanette Stanley             |               |                     |                   | 1              | 2      |        |                 |                   |            | 1/3        |         |                     |                            |                              | 3 1/3  |        |
| Diane Bulkin                 | 4             | 1                   |                   |                |        | 1      |                 | 2                 | 1          | 1/3        |         | X                   |                            |                              | 9 1/3  |        |
| Lisa Bychowsky               |               |                     | 1                 |                |        |        | 1               |                   | 1          |            |         | X                   |                            |                              | 3      |        |
| Ann Dorsett                  | 1             | 1                   |                   |                | 1      |        | 3               | 3                 |            | 1          |         | X                   |                            |                              | 10     |        |
| Janet Drake                  |               |                     |                   |                |        |        |                 |                   |            |            |         |                     |                            |                              |        |        |
| Ann Green <sup>10</sup>      | 5 1/4         | 1                   | 3                 |                | 1      |        | 3               | 3                 | 6          |            |         | X                   |                            |                              | 22 1/4 |        |
| Alyson Grander <sup>4</sup>  | 6 1/4         | 6 1/4               |                   | 3              | 6 1/4  | 5      | 5               | 6 1/4             | 6 1/4      | 1          | 1/2     | X                   | 6 3/4                      | 4 1/4                        | 58 1/4 |        |
| Julie Jones                  |               |                     | 1                 |                |        |        | 1               | 1                 |            |            |         |                     |                            |                              | 3      |        |
| Mary McBride                 |               |                     |                   |                |        |        |                 | 3                 |            |            |         | X                   |                            |                              | 3      |        |
| Lisa Passarelli              | 3             | 1                   |                   |                |        | 1      | 1               |                   |            |            |         | X                   |                            |                              | 6      |        |
| Karen Smith                  |               |                     |                   |                |        |        |                 |                   |            |            |         |                     |                            |                              |        |        |
| Pam VanHoven                 | 1             |                     |                   | 3              | 5      | 1      |                 |                   |            | 2          |         |                     |                            |                              | 12     |        |
| Sue Kennedy                  | 3             |                     | 2                 |                | 2      |        |                 |                   |            |            |         |                     |                            |                              | 7      |        |
|                              | 91            | 65                  | 65                | 61             | 62     | 56     | 74              | 72                | 60         | 11         | 2       |                     | 39                         | 27-10-                       | 688    |        |



D.B.

RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD  
BEST PERFORMANCES 1976

110 Hurdles

Beth Granata 16.3  
Mary McBride 17.8  
Lisa Passarelli 18.6  
Alison Hefele 19.0  
Dee Doyle 20.2

100 yard Dash

12.0 Sue Davis  
12.7 Kim Puglisi  
12.8 Liz Potter  
13.0 Lisa Passarelli  
13.1 Sue Kennedy  
13.4 Karen Kirby  
14.1 Jenney Bennett  
14.5 Janet Drake

220 yard dash

28.0 Sue Davis  
28.1 Becky Deetz  
29.2 Laura Lauffer  
29.3 Ann Green  
29.5 Alison Hefele  
29.6 Micki McLaughlin  
30.2 Kim Puglisi  
30.6 Liz Potter  
31.5 Karen Smith  
31.9 Karen Kirby  
32.0 Sue Kennedy  
32.6 Mary McBride  
32.9 Janet Drake  
33.2 Jenny Bennett  
34.1 Eileen Laffey

440 yard dash

61.2 Becky Deetz  
65.9 Alyson Grunder  
66.4 Alison Hefele  
66.6 Micki McLaughlin  
69.1 Laura Lauffer  
69.4 Hillary Nocka  
69.5 Karen Smith  
70.2 Ann Green  
70.8 Janet Drake  
73.0 Mary McBride  
74.2 Corinn McManernin  
79.3 Lisa Passarelli

mile relay (440 split)

61.3 Becky Deetz  
63.2 Alyson Grunder  
64.8 Laura Lauffer  
63.7 Alison Hefele  
66.0 Micki McLaughlin  
68.2 Liz Potter  
70.2 Hillary Nocka  
72.5 Ann Green  
72.7 Beth Smith  
73.6 Dee Doyle  
74.0 Bonnie Campbell  
74.3 Sue Davis  
75.0 Mary McBride  
76.5 Lisa Passarelli

880 yard run

2:23.1 Alyson Grunder  
2:37.1 Ann Green  
2:42.3 Hillary Nocka  
2:43.5(relay)Alison Hefele  
2:46.8 Bonnie Campbell  
2:52.7 Ann Dorsett  
2:54.4 Dee Doyle  
3:28.0 Jenny Bennett

one mile run

5:40.5 Jamie Nicholson  
5:50.4(relay)Alyson Grunder  
6:00.3 Bonnie Campbell  
6:05.8(relay)Jan Nicholson  
6:14.1 Ann Dorsett  
6:29.2 Julie Jones  
6:54.8 Dee Doyle

two mile run

12:46.3 Jamie Nicholson  
12:55.9 Jan Nicholson  
13:49.0 Ann Dorsett  
13:58.0 San Ong  
14:00.4(relay)Bonnie Campbell  
15:30.1 Jeanette Stemley  
15:48.0 Julie Jones  
17:18.0 Dee Doyle



BEST PERFORMANCES 1976

high jump

5'7" Becky Deetz  
 5'1" Beth Granata  
 4'10" Beth Smith  
 4'8" Pam VanHoven  
 4'8" Sue Kennedy  
 4'2" Mary McBride

shot put (8#)

36'3" Martha LaMarre  
 32'9" Becky Deetz  
 27'7½" Diane Bulwin  
 27'3½" Liz Potter  
 25' 5" Lena Soldano  
 24' 4" Beth Smith  
 21'10" Ginny Sayers  
 20'9" Jeanette Stemley

long jump

17'5" Becky Deetz  
 16'2½" Sue Davis  
 16'1" Ann Green  
 15'2½" Lisa Bychowsky  
 13'11½" Lisa Passarelli  
 13'1½" Liz Potter  
 12'11½" Hillary Nocka  
 12'10" Laura Lauffer

discus (1 kg)

98'2" Martha LaMarre  
 80'½" Diane Bulwin  
 72'3" Jeanette Stemley  
 69'5½" Ginny Sayers  
 63'10" Lena Soldano

triple jump

35' 2¼" Becky Deetz  
 32' 9½" Hillary Nocka  
 29' 9 ¾" Beth Granata

javelin

74' 10½" Martha LaMarre  
 66'3" Diane Bulwin

LEADING SCORERS

Martha LaMarre - 92 1/3  
 Becky Deetz - 85 3/4  
 Sue Davis - 75 1/4  
 Alyson Grunder - 58 1/4  
 Beth Granata - 44 1/4  
 Jan Nicholson - 44  
 Jamie Nicholson - 38  
 Alison Hefele - 33 1/2  
 Beth Smith - 28  
 Ann Green - 22 1/4

TEAM ACCOMPLISHMENTS

9 wins and 0 losses in dual meets  
 Old Tappan 91-18  
 Paramus Catholic 65-44  
 Cliffside Park 65-44  
 Wayne Hills 61-48  
 Teaneck 62-47  
 Kearny 56-53  
 Wayne Valley 74-35  
 Montclair 72-37  
 Hackensack 60-58

18 WINS IN A ROW

Bergen County Champions  
 3rd in State Sectional (north I grIV)  
 Becky Deetz State Champion -  
 High Jump



RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD RECORDS *Alumni Record in 1978*

| <u>EVENT</u>                                 | <u>Record</u> | <u>Performer</u>                      | <u>Date</u> | <u>Place</u>   |
|----------------------------------------------|---------------|---------------------------------------|-------------|----------------|
| 100 yard dash                                | 11.9          | Sue Davis                             | 1975        | Ridgewood      |
| 220 yard dash                                | 27.9          | Kandie Latham                         | 1975 21 MAY | Ridgewood      |
| 440 yard dash                                | 59.5          | Kandie Latham                         | 1974 3 June | Albany, N.Y.   |
| 880 yard run                                 | 2:17.7        | Kandie Latham                         | 1975        | Rutgers        |
| 1 mile run                                   | 5:36.1        | Nancy Reed                            | 1975        | Ridgewood      |
| 2 mile run                                   | 12:08.2       | Nancy Reed                            | 1975        | Wayne Hills HS |
| 110 yard hurdles                             | 16.1          | Becky Deetz                           | 1975        |                |
| Shot Put - 8 lb                              | 36' 9"        | Jennifer Baringer                     | 1975        | Ridgewood      |
| Discus - 1 kg                                | 103' 1"       | Cathie DeYoe                          | 1975        | Ridgewood      |
| Javelin                                      | 102' 1"       | Jennifer Baringer                     | 1975        | Montclair HS   |
| High Jump                                    | 5' 9"         | Becky Deetz                           | 1975        | Holmdale HS    |
| Long Jump                                    | 17' 5"        | Becky Deetz                           | 1976        | Hackensack HS  |
| Triple Jump                                  | 35' 2"        | Becky Deetz                           | 1976        | Hackensack HS  |
| 4X110 yard relay                             | 53.7          | Stauber/Ottens<br>Puglisi/Davis       | 1975        | Monmouth Col.  |
| 4X220 yard relay                             | 1:54.6        | Stauber/Ottens<br>Puglisi/Davis       | 1975        | Monmouth Col.  |
| 4X440 yard relay                             | 4:11.0        | McLaughlin/Cooper<br>DeYoe/Latham     | 1975        | Monmouth Col.  |
| 4X380 yard relay                             | 9:46.3        | Latham/Reed<br>Hansen/Green           | 1974        | Monmouth Col.  |
| 4X1 mile relay                               | 23:12.5       | Leach/Sefcik<br>Iezzoni/Reed          | 1975        | Monmouth Col.  |
| 4X2 mile relay                               | 55:27.6       | Dorsett/Campbell<br>Ong/Jan Nicholson | 1976        | Red Bank NJ    |
| Sprint Medley relay<br>(220-110-110-440)     | 1:56.5        | Hiller/Whelan<br>DeYoe/Latham         | 1973        | Ocean Twp. HS  |
| Sprint Medley relay<br>(440-220-220-380)     | 4:42.0        | Nocka/Hefele<br>Lauffer/Grunder       | 1976        | Holmdale HS    |
| Distance Medley relay<br>(380-440-220-1mile) | 10:40.1       | Hansen/Sayers<br>Cooper/Green         | 1974 3 MAY  | Holmdale HS    |
| Distance Medley relay<br>(380-440-3/4-mile)  | 13:28.3       | Latham/McLaughlin<br>Leach/Reed       | 1975        | Holmdale HS    |
| 4X110 Hurdles                                | 68.7          | Hefele/DuFlon<br>Granata/Deetz        | 1975        | Monmouth Col.  |
| 3X110 Hurdles                                | 55.3          | McBride/Doyle/Granata                 | 1976        | Rutherford NJ  |
| Shot Put relay                               | 97' 7"        | LaMarre/DuFlon<br>Baringer            | 1975        | Monmouth Col.  |
| Discus relay                                 | 279' 1"       | Russell/DuFlon/DeYoe                  | 1975        | Monmouth Col.  |
| High Jump relay                              | 15' 7"        | DuFlon/Granata/Deetz                  | 1975        | Monmouth Col.  |
| Long Jump relay                              | 44' 7"        | Bychowsky/Davis/Deetz                 | 1976        | Red Bank NJ    |



# Alumni Records:

JANE GREEN - 880 - 2:23 - 1976 ?  
 1 mile - 5:23 - 1976 ?

LATHAMAMI 440 - 59.5 - 1976

240 - 29.0 - 1976

## OTHER RHS RECORDS:

MARATHON ALYSON GRUNDER 3:58:08  
 JAMIE NICHOLSON 3:58:14

ONE MILE WALK ANN DORSETT 10:07.4

## PENTATHLON

19 June 1976 Nutley N.S.



RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD

ALL TIME TOP TEN

110 Hurdles

- 16.1 Becky Deetz 1975
- 16.3 Beth Granata 1976
- 16.8 Mary Sayers 1974
- 17.8 Renee DuFlon 1975
- 17.8 Mary McBride 1976
- 17.9 Alison Hefele 1975
- 18.6 Lisa Passarelli 1976
- 19.5 Dee Doyle 1975
- 19.6 Gabrella Stauber 1975
- 20.2 Carol Throckmorton 1974

880 Yard Run

- 2:17.7 Kandie Latham 1975
- 2:20.8 Jane Green 1974
- 2:23.1 Alyson Grunder 1976
- 2:25.4 Cyndi Hansen 1974
- 2:31.0 Cathie DeYoe 1975
- 2:36.8 Nancy Reed 1974
- 2:34.9 Erica d'Elia 1973
- 2:37.1 Ann Green 1976
- 2:39.0 Barbara Lange 1975
- 2:42.0 Jean Leach 1975

100 Yard Dash

- 11.9 Sue Davis 1975
- 12.0 Mary Cooper 1975
- 12.2 Sheila Judge 1972
- 12.3 Mary Hiller 1973
- 12.5 Fran Whelan 1973
- 12.5 Gabrella Stauber 1975
- 12.6 Teri Davis 1974
- 12.7 Kim Puglisi 1975&76
- 12.8 Sheryl Ottens 1975
- 12.8 Liz Potter 1976

One Mile Run

- 5:36.1 Nancy Reed 1975
- 5:39.3 Jane Green 1974
- 5:40.5 Jamie Nicholson 1976
- 5:43.0 Erica d'Elia 1973
- 5:43.9 Jean Leach 1975
- 5:47.0 Julia Iezzoni 1975
- 5:51.0 Trish Sefcik 1975
- 5:54.5 Margaret Vandermeys 1975
- 5:58.0 Cathy Hallerbach 1974
- 6:00.3 Bonnie Campbell 1976

220 Yard Dash

- 27.9 Kandie Latham 1975
- 28.0 Mary Hiller 1973
- 28.0 Sue Davis 1976
- 28.1 Becky Deetz 1976
- 28.6 Sheila Judge 1972
- Cathie DeYoe 28.6 1973
- 28.8 Teri Davis 1974
- 28.9 Joan DeHaven 1973
- 28.9 Sheryl Ottens 1975

Two Mile Run

- 12:08.2 Nancy Reed 1975
- 12:38.0 Julia Iezzoni 1975
- 12:46.3 Jamie Nicholson 1976
- 12:54.0 Lucy Calderwood 1975
- 12:55.9 Jan Nicholson 1976
- 13:49.0 Ann Dorsett 1976
- 13:53.0 Mary Sefcik 1974
- 13:58.0 San Ong 1976
- 14:16.5 Bonnie Campbell 1975
- 14:31.0 Nancy Wise 1974

440 Yard Dash

- 59.5 Kandie Latham 1974
- 61.2 Becky Deetz 1976
- 61.7 Jane Green 1973
- 63.1 Mickie McLaughlin 1975
- 64.0 Vickie Wagner 1973
- 64.3 Cyndi Hansen 1974
- 65.9 Alyson Grunder 1976
- 66.1 Marybeth Fileti 1973
- 66.4 Alison Hefele 1976
- 68.5 Mary Hiller 1973
- Mary Cooper 1975

*Handwritten notes and corrections:*

110 Hurdles  
 16.1 Becky Deetz 1975  
 16.3 Beth Granata 1976  
 16.8 Mary Sayers 1974  
 17.8 Renee DuFlon 1975  
 17.8 Mary McBride 1976  
 17.9 Alison Hefele 1975  
 18.6 Lisa Passarelli 1976  
 19.5 Dee Doyle 1975  
 19.6 Gabrella Stauber 1975  
 20.2 Carol Throckmorton 1974

880 Yard Run  
 2:17.7 Kandie Latham 1975  
 2:20.8 Jane Green 1974  
 2:23.1 Alyson Grunder 1976  
 2:25.4 Cyndi Hansen 1974  
 2:31.0 Cathie DeYoe 1975  
 2:36.8 Nancy Reed 1974  
 2:34.9 Erica d'Elia 1973  
 2:37.1 Ann Green 1976  
 2:39.0 Barbara Lange 1975  
 2:42.0 Jean Leach 1975

100 Yard Dash  
 11.9 Sue Davis 1975  
 12.0 Mary Cooper 1975  
 12.2 Sheila Judge 1972  
 12.3 Mary Hiller 1973  
 12.5 Fran Whelan 1973  
 12.5 Gabrella Stauber 1975  
 12.6 Teri Davis 1974  
 12.7 Kim Puglisi 1975&76  
 12.8 Sheryl Ottens 1975  
 12.8 Liz Potter 1976

One Mile Run  
 5:36.1 Nancy Reed 1975  
 5:39.3 Jane Green 1974  
 5:40.5 Jamie Nicholson 1976  
 5:43.0 Erica d'Elia 1973  
 5:43.9 Jean Leach 1975  
 5:47.0 Julia Iezzoni 1975  
 5:51.0 Trish Sefcik 1975  
 5:54.5 Margaret Vandermeys 1975  
 5:58.0 Cathy Hallerbach 1974  
 6:00.3 Bonnie Campbell 1976

220 Yard Dash  
 27.9 Kandie Latham 1975  
 28.0 Mary Hiller 1973  
 28.0 Sue Davis 1976  
 28.1 Becky Deetz 1976  
 28.6 Sheila Judge 1972  
 Cathie DeYoe 28.6 1973  
 28.8 Teri Davis 1974  
 28.9 Joan DeHaven 1973  
 28.9 Sheryl Ottens 1975

Two Mile Run  
 12:08.2 Nancy Reed 1975  
 12:38.0 Julia Iezzoni 1975  
 12:46.3 Jamie Nicholson 1976  
 12:54.0 Lucy Calderwood 1975  
 12:55.9 Jan Nicholson 1976  
 13:49.0 Ann Dorsett 1976  
 13:53.0 Mary Sefcik 1974  
 13:58.0 San Ong 1976  
 14:16.5 Bonnie Campbell 1975  
 14:31.0 Nancy Wise 1974

440 Yard Dash  
 59.5 Kandie Latham 1974  
 61.2 Becky Deetz 1976  
 61.7 Jane Green 1973  
 63.1 Mickie McLaughlin 1975  
 64.0 Vickie Wagner 1973  
 64.3 Cyndi Hansen 1974  
 65.9 Alyson Grunder 1976  
 66.1 Marybeth Fileti 1973  
 66.4 Alison Hefele 1976  
 68.5 Mary Hiller 1973  
 Mary Cooper 1975



ALL TIME TOP TEN

High Jump

|        |                      |
|--------|----------------------|
| 5' 9"  | Becky Deetz 1975&76  |
| 5' 3½" | Beth Granata 1975    |
| 5' 2"  | Mary Sayers 1974     |
| 5' 2"  | Renee DuFlon 1975    |
| 4' 11" | Beth Smith 1975      |
| 4' 8½" | Patrice Donovan 1973 |
| 4' 8"  | Pam VanHoven 1976    |
| 4' 8"  | Sue Kennedy 1976     |
| 4' 6"  | Sue Leahy 1972       |
| 4' 6"  | Joan DeHaven 1973    |

Shot Put

|         |                        |
|---------|------------------------|
| 36' 9½" | Jennifer Baringer 1975 |
| 36' 3"  | Martha LaMarre 1976    |
| 34' 5½" | Renee DuFlon 1975      |
| 32' 9"  | Becky Deetz 1976       |
| 30' 7"  | Nancy Fenn 1975        |
| 27' 7½" | Diene Bulwin 1976      |
| 27' 5"  | Barb Jones 1973        |
| 27' 3½" | Liz Potter 1976        |
| 26' 5½" | Pat Driscoll 1973      |

Long Jump

|         |                     |
|---------|---------------------|
| 17' 5"  | Becky Deetz 1976    |
| 16' 2¼" | Sue Davis 1976      |
| 16' 1"  | Ann Green 1976      |
| 15' 9¾" | Sheryl Ottens 1975  |
| 15' 5½" | Mary Sayers 1974    |
| 15' 2½" | Lisa Bychowsky 1976 |
| 15' 2"  | Cathie DeYoe 1973   |
| 14' 9"  | Mary Cooper 1975    |
| 14' 8½" | Hillary Nocka 1975  |
| 14' 8½" | Teri Davis 1974     |

Discus

|         |                       |
|---------|-----------------------|
| 103' 1" | Cathie DeYoe 1975     |
| 98' 2"  | Martha La Marre 1976  |
| 96' 1"  | Renee DuFlon 1975     |
| 95' 4"  | Linda Russell 1975    |
| 88' 7¾" | Sue Holsten 1973      |
| 80' 7"  | Mary Hiller 1973      |
| 80' ½"  | Diane Bulwin 1976     |
| 77' 7½" | Mary Breitweiser 1973 |
| 73' 10" | Jeanette Stemley 1975 |
| 71' 5"  | Maureen Range 1973    |

Triple Jump

|         |                    |
|---------|--------------------|
| 35' 2¼" | Becky Deetz 1976   |
| 32' 9½" | Hillary Nocka 1976 |
| 29' 9¾" | Beth Granata 1976  |

Javelin

|          |                        |
|----------|------------------------|
| 102' 1"  | Jennifer Baringer 1975 |
| 74' 10½" | Martha LaMarre 1976    |
| 66' 3"   | Diane Bulwin 1976      |
| 60' 1"   | Jeanette Stemley 1975  |
| 59' 7"   | Linda Russell 1975     |

NOTABLE RELAY SPLITS

440

|      |                     |
|------|---------------------|
| 59.1 | Kandie Latham 1974  |
| 60.7 | Jane Green 1974     |
| 61.3 | Becky Deetz 1976    |
| 62.8 | Cathie DeYoe 1974   |
| 63.2 | Alyson Grunder 1976 |

880

|        |               |
|--------|---------------|
| 2:19.3 | Jane Green    |
| 2:21.0 | Kandie Latham |
| 2:34.5 | Julia Iezzoni |

MILE

|        |               |
|--------|---------------|
| 5:44.8 | Julia Iezzoni |
|--------|---------------|



