

WE HAPPILY PRESENT THIS BOOK, A RECORD
OF OUR SEASON, TO YOU HOPING THAT YOU UNDERSTAND
THAT IT IS NOT THE STATISTICS WHICH ARE REALLY
IMPORTANT, BUT RATHER IT IS THE PERSONALITY AND
EFFORT THAT WENT INTO EACH PERFORMANCE.

RIDGEWOOD HIGH SCHOOL

TRACK AND FIELD TEAM '82

JEFF BALL

PETER COOK

DOUG HEALY

ALBERT DIAZ

BRIAN KEARNS

JAMIE KRAFT

TIM KELLEY - TRI-CAPTAIN

STAN LABORDE

JIM KETTERSON

JIM LESCH

SCOTT LIBONATE

JOSH LEVY

PAUL MURPHY - TRI-CAPTAIN

JACOB LUNING-PRAK

BILL O'LEARY - TRI-CAPTAIN

MIKE MARINO

CHRIS MC NIFF

ERIC ANDREWS

DAVE NUTT

JEFF ARCHIBALD

SHUYA OHNO

JEFF COHN

DAVE PFUND

CHARLES CORTELLESI

STEVE SEMPREVIVO

TOM DEVRIES

LARRY SKINKER

PETER GAUTIER

GARY GRAIZZARO

COACHES:

ROB LANNI

DICK VAN YPEREN

JOHN MALLOY

JIM REAMER

JOHN PARISI

TONY PASCETTA

TOM RAMIREZ

WILLIE SMYTHE

BRIAN WILLIAMS

A Description of Track

Hard days of grueling workouts and lost weekends are what it's all about. Yeah, it's track. Some call it the minority sport, others call it the brotherhood sport, but I call it a challenge.

Workouts start out in a pain known as stretching. The pain persists until very muscle in our committed bodies is pulled to a relaxed length. Feeling good or bad is the choice when starting the main part of the workout. If you feel bad you work twice as hard if you want to be good. The whistle sounds, thoughts race through your head as though you were running through them: "Shouldn't have come today; I could have been home watching Bugs Bunny; run faster; left knee hurts again; keep going gotta be good; Millrose Games; finally the end." Finished and tired. This is the mark of another completed workout.

The next day is the big team meet. Upon entering the arena one thinks, "This place smells like a monkey cage." Nervousness is dominant. People, thousands of people who always appear to be bigger and better than yourself. After the initial shock subsides, the ritual of stretching and warming up begins. This is all a method of psyching up for a race. When race time is called the endless wait begins. This is the threshold that lies between warmup and race time. It is also the time where the head games that can either win or lose a race begin. The psych up has ended, no more dancing about or getting teammates fired up; just contemplation of the race. A harsh voice breaks through the concentration, "You're on, boys, get your sweats off." Suddenly a wave of panic flares up. You step to the line thinking only of the gun. The gun sounds; your body moves without the control of your mind to guide it. After the first 50 yards, your mind is back and concentrating on the subject at hand. As you round the turn, you realize that you haven't been breathing and try desperately to make up for it. Panic explodes in your body when passing the coach's stand and vaguely hearing your coach along with all the rest yelling, "Too slow, he's catching you!" This inspires most runners to give it their all, even though these threats may not be true. As one flies around the last turn and into the straightaway, you will meet up with one of the unexplained phenomenons of track known as "hitting the brick wall." This is when without warning your speed diminishes substantially, your muscles ache and your body says, "Stop!" The only thing that keeps you going is your mind and the cheers of teammates. During the last ten yards to the finish line a burst of energy hits. This is the energy normally saved for the purpose of walking away from a race. When you cross the finish line, you stop and die. Just about the time you've recovered enough energy to start walking, the coach comes over and says something to the effect of, "Well, maybe next time."

So far it seems like just pain and worry, but the thing that makes it all worthwhile is looking forward to the day when you reach your goal; whether it be setting a record, winning a race or just doing well. The confidence of believing that day will come is incentive enough to keep us going.

Tim Kelley

I'm sitting in my English class,
where my mind is far away;
dreaming dreams of winning
in the track meet held today.

The sun is brightly shining,
making drastic heat;
I pray I can beat Hackensack
in this county meet.

The coach said he believed in me,
that made me feel so great;
then I thought of our school record,
the one that I could break.

When I arrived at the meet
I started to feel pretty scared,
but after realizing how hard I worked
I knew I was prepared.

Thomas threw a 51'
Lucus did the same;
I knew I had to do at least that,
to avoid much shame.

When it was my turn to throw,
I knew what I had to do,
so I slid across the circle
and unleashed a 52'

My teammates all congratulated me.
That day was so much fun,
but without the proper coaching
that day would have never come.

Brian Kearns

1982 NNJIL BOYS TRACK ALL LEAGUE TEAMS

<u>Event</u>	<u>Name</u>	<u>School</u>
110M H.H.	1st - Darryl McFarlane	Teaneck
	2nd - Tim Kelley	Ridgewood
	3rd - Derrick Osbourne	Hackensack
100M Dash	1st - Patrick Cousins	Clifton
	2nd - Ben James	Hackensack
	3rd - Dexter Hairston	Teaneck
200M Dash	1st - Ben James	Hackensack
	2nd - Dexter Hairston	Teaneck
	3rd - Patrick Cousins	Clifton
400M I.H.	1st - Darryl McFarlane	Teaneck
	2nd - John Parisi	Ridgewood
	3rd - Derrick Osbourne	
400M Run	1st - Donald Bernard	Bloomfield
	2nd - Walter Truesdale	Hackensack
	3rd - Charles Cortellesi	Ridgewood
800M Run	1st - John Parisi	Ridgewood
	2nd - William O'Leary	Ridgewood
	3rd - Thomas Cudworth	Bloomfield
1600M Run	1st - Thomas Cudworth	Bloomfield
	2nd - Stephen Schadler	Bergenfield
	3rd - Joseph Jackson	Teaneck
3200M Run	1st - Joseph Jackson	Teaneck
	2nd - Stephen Schadler	Bergenfield
	3rd - Yancy Garrido	Bloomfield
1600M Relay	1st - Walter Truesdale Derrick Osbourne Ben James Dana Williams	Hackensack
	2nd -	Ridgewood
	3rd -	Teaneck
Shot Put	1st - Marcus Thomas	Hackensack
	2nd - Mark Taylor	Passaic Valley
	3rd - Jeff Lucas	Hackensack
Discus	1st - Mark Taylor	Passaic Valley
	2nd - Marcus Thomas	Hackensack
	3rd - Jeff Lucas	Hackensack
Pole Vault	1st - James Levitzke	Hackensack
	1st - Michael Healy	Teaneck
	2nd - Joseph Mamola	Paramus

1982 NNJIL BOYS TRACK ALL LEAGUE TEAMS (Con't)

High Jump	1st - Jerome Sanders	Hackensack
	2nd - Michael Natoli	Clifton
	3rd - Paul Murphy	Ridgewood
Long Jump	1st - Kevin Edwards	Hackensack
	2nd - Mark Plager	Paramus
	3rd - Donald Bernard	Bloomfield
Triple Jump	1st - Edward Alston	Hackensack
	2nd - Kevin Edwards	Hackensack
	3rd - Rob Yancey	Hackensack
Javelin	1st - Carmen Lombardo	Passaic Valley
	2nd - Al Locarno	Hackensack
	3rd - Trey Bauer	Paramus

HONORABLE MENTION

Pete Sowinski	Bergenfield
James Fredericks	Bloomfield
Doug Troast	Clifton
Karl Eder	Fair Lawn
Ted Romney	Hackensack
John Stella	Paramus
Joseph Coiro	Passaic Valley
Rob Lanni	Ridgewood
Eufard Cooper	Teaneck

1982 NNJIL BOYS TRACK FINAL STANDINGS

Teams	Dual Meet Points	Championship Meet Points	Total Points	Points For All Sports Banner
1. Hackensack	5.4	3.6	9.0	9
2. Teaneck	4.2	3.2	7.4	8
3. Bloomfield	4.8	2.4	7.2	7
4. Ridgewood	3.6	2.8	6.4	6
5. Clifton	2.4	2.0	4.4	5
6. Paramus	3.0	1.0	4.0	4
7. Bergenfield	1.8	1.0	2.8	2.5
8. Passaic Valley	1.2	1.6	2.8	2.5
9. Fair Lawn	.6	.4	1.0	1

DUAL MEET STANDINGS .6 FACTOR

Teams	Won	Lost	Ties	Position Points	Dual Factor Points
1. Hackensack	8	0	0	9	5.4
2. Bloomfield	7	1	0	8	4.8
3. Teaneck	6	2	0	7	4.2
4. Ridgewood	5	3	0	6	3.6
5. Paramus	4	4	0	5	3.0
6. Clifton	2	5	1	4	2.4
7. Bergenfield	2	6	0	3	1.8
8. Passaic Valley	1	6	1	2	1.2
9. Fair Lawn	0	8	0	1	.6

CHAMPIONSHIP MEET STANDINGS (.4) FACTOR

Teams	Points Scored	Position Points	Championship Factor Points
1. Hackensack	84	9	3.6
2. Teaneck	42	8	3.2
3. Ridgewood	33	7	2.8
4. Bloomfield	25	6	2.4
5. Clifton	20	5	2.0
6. Passaic Valley	14	4	1.6
7. Paramus	11	2.5	1.0
8. Bergenfield	11	2.5	1.0
9. Fair Lawn	0	1.0	.4

1982 Team Record

Ridgewood	vs.		
87		Bergenfield	40
111		Fair Lawn	16
61		Bloomfield	66
87		Clifton	43
81		Passaic Valley	49
71		Paramus	59
39		Hackensack	92
62		Teaneck	69

2nd place Bergen County Relays

3rd place N. N. J. I. L. Championships

3rd place Bergen County Group IV Championships

Ranked 4th in Bergen County by The Record

Event Trials Outstanding Performances
March 19, 1982

Stan Laborde - Javelin	122'2"	soph.
	Shot Put	40'4"
Josh Levy - Shot Put	41'2½"	soph.
Brian Kearns - Discus	133'6"	senior
Tim Kelley - 110 HH	15.7	senior
	440 IH	58.6
Bill Jacoby - 110 HH	17.7	senior
John Parisi - 440 IH	57.8	junior
Charlie Cortellesi - 400m	54.9	junior
Steve Semprevivo - 400m	56.5	soph.
Mike Buckley - 400m	56.3	senior
Rob Lanni - 220	23.9	junior
Dave Biase - 220	24.3	senior

Most Valuable Performance Field.

Brian Kearns - Discus

MVP Track:

John Parisi - 440 IH

Bergenfield

at Ridgewood (B.C.C.)

Date: April 1, 1982

Final Score 87 40

very windy

Event	First	Second	Third	RHS	
Long Jump	(R) John Parisi 19'4"	(R) Dave Biase 17'9½"	Tie (R) Charlie Cortellesi 17'9½"	9	0
400m IH	(R) Tim Kelley 58.0	(R) Mike Buckley 60.3	(B) King 63.7	8	1
100m	(B) Pennywell 11.5	(R) Rob Lanni 11.6	(B) Young 11.7	3	6
1600m	(B) Schadler 4:48.7	(R) Ken Spielvogel 4:57.9	(R) Scott Libonate 5:02.6	4	5
400m	(R) Charlie Cortellesi 56.2	(B) Sawinski 56.5	(B) Collier 56.6	5	4
110m HH	(R) Tim Kelley 15.2	(R) Bill Jacoby 17.2	(R) Shuya Ohno 18.0	9	0
800m	(R) Jim Ketterson 2:05.6	(R) Tom Delbries 2:12.3	(B) Ferrone 2:13.7	8	1
100m	(R) Dave Biase	(B) Neal	B Collier	5	4
3200m	(B) Schadler 10:33	(R) Doug Healy 10:48.3	(R) David Nutt 10:51.7	4	5
1600m R	Bergenfield - Pennywell, Sawinski, Mayer, Bauwens		(B) 3:50.3	0	5
Shot	(R) Brian Kearns 47'8½"	(B) Gmitruk 46'3"	(B) King 44'9¾"	5	4
Discus	(R) Brian Kearns 133'2"	(B) King 120'5"	(B) Gmitruk 118'7½"	5	4
H. J.	(R) John Malloy 5'8"	(R) John Parisi 5'8"	(R) Mike Buckley 5'4"	9	0
P. V.	(R) Tom Ramirez 9'0"	_____		5	0
T. J.	(R) Dave Biase 37'5½"	(R) Charlie Cortellesi 36'7¼"	(B) Field 34'3¼"	8	
2v.					

very windy, 70°

Colonial Relays - April 3, 1982

	Trials	Finals
4 x 400 m Relay :	R. Lawni 50.9	53.2
	C. Cortellesi 51.8	52.9
	T. Kelley 51.2	51.9
	J. Parisi 49.9	<u>51.9</u>

* New School Record 3:23.8 3:30.9
Fifth Place

Sprint Medley :	R. Lawni 23.7	200	
	C. Cortellesi 24.7	200	
	J. Ball 55.6	400	
	B. Williams 204.8	800	
	<u>3:46.6</u>		Sixth Place

Distance Medley :	B. O'Leary 2:01.2	800	
	T. Kelley 52.1	400	
	J. Parisi 3:19.3	1200	
	J. Ketterson 4:34.4	1600	
	<u>10:47.2</u>		Seventh Place

St. Joseph's Relays Results

April 10, 1982

4x mile - T. DeVries 4:56.7, D. Nutt 5:13.4, C. McNiff 4:55.8
D. Healy 4:59.4 - 20:04.3

	trials	finals
shuttle high hurdles - J. Parisi	17.3	16.7
B. Jacoby	17.3	17.2
M. Buckley	17.5	16.6
T. Kelley	15.3	15.2
	<u>67.4</u>	<u>65.9</u>

This is a good first outing. Next
stop County Relay Champs!

second place

distance medley - B. O'Leary	3:29.8	1200	
R. Lawni	52.9	400	
B. Williams	2:03.3	800	super-tough!
J. Ketterson	4:33.2	1600	strong race
	<u>10:59.2</u>		<u>fourth place</u>

sprint medley - D. Biase	25.4	200	
B. Sullivan	23.8	200	
C. Cortellesi	52.6	400	
K. Spielvogel	2:06.8	800	great effort!
	<u>3:47.4</u>		<u>fifth place</u>

page 2 - St. Joe's Relays April 10, 1982

3x400 IH -	J. Parisi	56.9	great start!
	T. Kelley	58.7	
	M. Buckley	59.2	

2:54.9	first *
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→ new meet record, new school record

sophomore mile relay -	J. Leach	56.8
	M. Marino	55.7
	J. Kraft	57.1
	S. Semprevivo	55.7

This makes for a bright future.	3:44.3	second
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varsity mile relay -	C. Cortellesi	53.0
	B. Sullivan	54.9
	D. Biase	54.7
	R. Lawni	53.2

3:35.8

high jump -	John Malloy	5'8"
	Paul Murphy	5'8"

11'4"	Fifth
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We entered this meet at the last minute and came ready to run scoring 4 points.

Ridgewood at Fair Lawn

Date: April 12, 1982

cool & breezy

Final Score

111

16

25 Ridgewood athletes scored points

Event	First	Second	Third	RHS	FL
Long Jump	(R) Jim Lesch 16'3 1/4"	(R) Dave Biase 16'3"	(R) Charlie Cortellesi 15'11"	9	0
400m IH	(R) John Parisi 59.1	(R) Steve Semprevivo 66.6	(FL) Klipper 72.1	8	1
100m	(R) Tim Kelley 12.0	(R) Mike Marino 12.1	(R) Dave Biase 12.2	9	0
1600m	(R) Bill O'Leary 4:51.8	(R) Brian Williams 4:57.4	(R) Tom DeVries 5:02	9	0
400m	(FL) Batalias 56.2	(R) Bob Sullivan 56.2	(R) Jim Lesch 57.9	4	5
110m HH	(R) Bill Jacoby 17.0	(R) Shuya Chuo 18.4	(FL) Klipper 18.6	8	1
800m	(R) Ken Spielvogel 2:15.2	(R) Jeff Archibald 2:20.4	(R) Eric Andrews 2:23.2	9	0
200m	(R) Dave Biase 25.0	(R) Mike Marino 25.1	(R) Jamie Kraft 25.4	9	0
3200m	(R) Dave Nutt 10:43	(R) Doug Healy 10:57.2	(R) Chris McNiff 11:28.8	9	0
1600m R	Ridgewood 3:53.5	Jamie Kraft, Mike Marino, Jim Lesch	Steve Semprevivo	5	0
Shot	(FL) Grossberg 46'1 1/2"	FL 45' 1/2"	(R) Peter Gauthier 44'4 1/2"	1	8
Discus	(R) Brian Kearns 130'9"	(R) Peter Gauthier 121'6"	(R) Grossberg 119'3"	8	1
H. J.	(R) John Malloy 5'10"	(R) Paul Murphy 5'10"	(R) Tim Kelley 5'2"	9	0
P. V.	(R) Larry Skinner 9'	_____	_____	5	0
T. J.	(R) John Parisi 31'3 1/2"	(R) Dave Biase 35'6"	(R) Jim Lesch 34'5 1/4"	9	0
v.	(other results on back)				

Triple Jump:

400m: Gary Graizzaro 62.8

1600m: Scott Libonate 5:10.4

Shot Put: Jacob Luning Prak 29' 11 1/2"

Peter Cook 32' 10 1/4"

Josh Levy 37' 10 1/2"

Dave Pfund 41' 5 1/4" (encouraging)

Dave Eaton 40' 7 1/2"

Staw Laborde 42' 5" (personal best)

Brian Kearns 43' 1 1/2"

Discus: Peter Cook 95' 7 1/2"

Dave Eaton 99' 10"

Staw Laborde 106' 5"

County Relays results - April 17, 1982

Shuttle high hurdles: total time 64.2 First place

John Parisi 16.4

Bill Jacoby 16.3

Mike Buckley 16.3

Tim Kelley 15.2

4x 200: total time 1:37.3

Dave Biase 26.0

Mike Marino 23.9

Bob Sullivan 24.7

Rob Lanni 22.7

Distance Medley: total time 10:37.8 First place

1200 Bill O'Leary 3:15.2

400 Rob Lanni 51.8

800 Brian Williams 2:02.5

1600 Jim Ketterson 4:27.3

400 I.H.: total time 2:50.9 County Record First place
School Record

Tim Kelley 55.6

John Parisi 55.7

Mike Buckley 59.6

County Relays results - April 17, 1982

4x 100 : total time 47.5

Charles Cortellesi	12.4
Jamie Kraft	12.1
Mike Marino	11.5
Robert Sullivan	11.5

Sprint Medley : total time 3:41.3 third place

200 Mike Marino	25.2
200 Robert Sullivan	24.2
400 Charles Cortellesi	52.0
800 John Parisi	1:59.9

4x 800 : total time 8:13.6 Second place

Brian Williams	2:03.8
Ken Spielvogel	2:03.4
Jim Ketterson	2:04.5
Bill O'Leary	2:00.9

High Jump Relay : 17'4"

Dave Biase	5'10"
John Malloy	5'8"
Paul Murphy	5'10"

County Relays results - April 17, 1982

Long jump relay : 51'
Charles Cortellesi 16'7"
Dave Biase 17'
Paul Murphy 17'5"

4x 1600 : total time 19:35.5
Jim Ketterson 4:56.5
Tom DeVries 4:54.1
Brian Williams 4:40.2
Ken Spielvogel 4:54.7

4x 400 : total time 3:31.1
Rob Lawni 53.5
Jeff Ball 54.3
Charles Cortellesi 52.2
Tim Kelley 50.5

Shot Put fourth place Discus - fifth place
Stan Laborde 42'7" 113'4"
Peter Gautier 45'7" 130'7"
Brian Kearns 47'0 139'

Javelin
Dave Pfund 102'5", Stan Laborde 125'7",
Dave Eaton 139'

Ridgewood

vs
~~at~~

Clifton at Bloamfield

Date: April 20, 1982

cool & overcast

Final Score* 87 43

* 3 new Ridgewood athletes were suspended from competition for disciplinary reasons

Event	First	Second	Third	RHS	C
Long Jump	(R) John Parisi 18'8 1/2"	(R) Paul Murphy 18'3 1/4"	(C) Ostenek 17'11"	8	1
400m IH	(R) Tim Kelley 58.8	(R) John Parisi 59.2	(C) 62.7	8	1
100m	(C) Cousins 11.7	(R) Rob Lanni 12.1	(C) Dellaferri 12.5	3	6
1600m	(R) Jim Ketterson 4:42.5	(R) Bill O'Leary 4:45.9	(C) Troast 4:50.1	8	1
400m	(R) Charles Cortellesi 54.5	(C) Dellafera 57.0	(C) Magnus 57.2	5	4
110m HH	(R) Tim Kelley 16.2	(C) Skrivinski 18.0	(R) Shuya Ohno 18.6	6	3
800m	(R) John Parisi 2:01.5	(R) Brian Williams 2:04.8	(C) Flynn 2:20.1	8	1
200m	(C) Cousins 23.5	(R) Rob Lanni 23.8	(R) Tim Kelley 24.9	4	5
3200m	(R) David Nutt 10:39	(C) Zschack 11:25.8	(R) Jeff Cohn 11:56.8	6	3
1600m R	3:37.1 Charles Cortellesi	53.6 Mike Marino	55.3		
	Ridgewood - Jeff Ball	54.7	Rob Lanni 53.5	5	0
Shot	(R) Brian Kearns 47'3 1/2"	(R) Stan Laborde 45'2"	(C) Nahass 43'11 1/2"	8	1
Discus	(R) Brian Kearns 131'8"	(C) Nahass 125'4"	(C) Halkais 125'1"	5	4
H. J.	(C) Natoli 6'1"	(R) Murphy 5'10"	(R) Malloy 5'8"	4	5
P. V.	(C) Ostaneck 10'6"	(C) Hriczov 10'6"	—————	0	8
T. J.	(R) John Parisi 40'3 3/4"	(R) Charles Cortellesi 38'10 1/2"	(R) Paul Murphy 36'7 1/4"	9	0
other performances:					
Jav.	S. Libonate 5:10 (600)		T. DeVries 4:55 (1600)		
	J. Archibald 2:21.4 (800)				

Ridgewood at Bloomfield

Date: April 20, 1982

cool & overcast

Final Score * 60 66

* Seven Ridgewood athletes were suspended from competition for disciplinary reasons.

Event	First	Second	Third	RHS	
Long Jump	(BI) Dow Bernard 19'7 ³ / ₄ "	(BI) Bob Hill 19'4 ³ / ₄ "	(BI) Otto Torrisi 19'2 ¹ / ₂ "	0	9
400m IH	(R) Tim Kelley 58.8	(R) John Parisi 59.2	(BI) Fredricks 60.4	8	1
100m	(BI) Bob Hill 11.7	(R) Rob Lanni 12.1	(R) Mike Marino 13.1	4	5
1600m	(BI) Tom Cedworth 4:35.6	(R) Jim Ketterson 4:42.5	(R) Bill O'Leary 4:45.9	4	5
400m	(BI) Filipone 53.8	(R) Charles Cortellesi 54.5	(BI) Radomski 55.2	3	6
110m HH	(R) Tim Kelley 16.2	(R) Shuya Ohno 18.6	(BI) Hayducka 20.4	8	1
800m	(R) John Parisi 2:01.5	(BI) Fredericks 2:03.2	(R) Brian Williams 2:04.8	6	3
200m	(BI) Dow Bernard 23.6	(R) Rob Lanni 23.8	(BI) Bob Hill 24.0	3	6
3200m	(BI) Yancy Garrido 10:00	(R) Dave Nutt 10:39	(BI) Schwack 11:03.6	3	6
1600m R	Bloomfield 3:38.0			0	5
Shot	(R) Brian Kearns 47'3 ¹ / ₂ "	(BI) Russ 45'4 ¹ / ₂ "	(R) Stan Laborde 45'2"	6	3
Discus	(R) Brian Kearns 131'8"	(BI) Russ 128'	(R) Peter Gauthier 121'10"	6	3
H. J.	(R) Paul Murphy 5'10"	(BI) Otto Torrisi 5'10"	(BI) Hiner 5'8"	5	4
P. V.	(BI) McCormick 10'6"	—————	—————	0	5
T. J.	(R) John Parisi 40'3 ³ / ₄ "	(BI) Bob Hill 40'1"	(BI) Torrisi 38'11"	5	4
Other performances:					
Jav:	S. Libonate 5:10 (1600)	T. DeVries 4:55 (1600)			
	J. Archibald 2:21.4 (800)	J. Cohn 11:56.8 (3200)			

Penn Relays Results - April 23 & 24

Friday, April 23

Championship Distance Medley

John Parisi (1200)	3:15.3
Tim Kelley (400)	51.9
Bill O'Leary (800)	2:00.2
Jim Ketterson (1600)	4:32.3
	<hr/>
	10:38.7

Saturday, April 24

4x 800 Relay

Bill O'Leary	2:01.0
Brian Williams	2:01.8
Tim Kelley	2:01.6
John Parisi	1:58.2
	<hr/>
	8:02.6

4x 400 Relay

John Parisi	51.7
Charles Cortellesi	51.9
Tim Kelley	49.4
Rob Lawri	51.4
	<hr/>
	3:26.4

Ridgewood

at Passaic Valley

Date: April 29, 1982

Clear, warm
wet track

Final Score 81 49

Event	First	Second	Third	RHS	P.V.
400 I.H.	(R) Tim Kelley 59.1	(PV) Cody 59.8	(R) Mike Buckley 62.1	6	3
Long Jump Long Jump	(PV) Coiro 19'1"	(PV) Humes 18'8"	(R) Paul Murphy 18'1/2"	1	8
400 I.H. 100m	(PV) Coiro 11.7	(R) Rob Lanni 11.8	(PV) Tedeschi 11.9	3	6
1600m	(R) Brian Williams 4:47.9	(R) Tom DeVries 4:57.3	(PV) Conti 5:00.8	8	1
400m	(R) Charles Cortellesi 53.5	(PV) DePrenda 54.9	(R) Steve Semprevivo 55.2	6	3
110m HH	(R) Tim Kelley 15.4	(R) Bill Jacoby 17.1	(PV) Dargos 19.0	8	1
800m	(R) John Parisi 2:01.3	(R) Bill O'Leary 2:05.7	(PV) Cody 2:08	8	1
200m	(R) Rob Lanni 23.5	(PV) Tedeschi 24.1	(PV) Singh 24.4	5	4
3200m	(R) Jim Ketterson 10:17.6	(R) David Nutt 10:32.6	(R) Doug Healy 10:50.1	9	0
1600 m R	Passaic Valley 3:46.9			0	5
Shot	(R) Brian Kearns 47'7 1/2"	(PV) Lombardo 46'11"	(PV) Gnada 45'6"	5	4
Discus	(PV) Lombardo 135'8"	(R) Brian Kearns 135'	(R) Petr Gauthier 122'4 1/2"	4	5
H. J.	(R) Paul Murphy 5'10"	(R) John Malloy 5'10"	(R) David Biase 5'8"	9	0
P. V.	(R) Larry Skinker 9'6"	(PV) Otero 9'		5	3
T. J.	(PV) Coiro 41'7"	(R) John Parisi 39'3/4"	(R) Dave Biase 38'3"	4	5
other performances:					
Jav. Discus - P. Cook 108'5"		Shot - J. Levy 37'6"		800 - J. Archibald 2:21	
D. Eaton 104'9"		D. Pfund 42'9"		E. Andrews 2:23	
D. Pfund 84'8"		P. Gauthier 45'4"		3200 - J. Cohn 11:40.9	
		D. Eaton 39'8 1/2"			

Ridgewood

vs
at

Paramus

Date: April 29, 1982

clear, warm
wet track

Final Score

71 59

Event	First	Second	Third	RHS	P
Long Jump	(P) Plager 20'9"	(R) Paul Murphy 18'7½"	(R) Dave Biase 17'7½"	4	5
400m IH	(R) Tim Kelley 59.1	(P) Plager 60.0	(R) Mike Buckley 62.1	6	3
100m	(R) Rob Lawni 11.8	(P) Finver 12.4	(R) Dave Biase 12.4	6	3
1600m	(R) Brian Williams 4:47.9	(P) Turner 4:50.4	(P) Dey 4:54.5	5	4
400m	(R) Charles Cortellesi 53.5	(R) Steve Semprevivo 55.2	(R) Mike Marino 56.2	9	0
110m HH	(R) Tim Kelley 15.5	(P) Plager 16.2	(P) Carney 16.7	5	4
800m	(R) John Parisi 2:01.3	(P) Blankenship 2:05.5	(R) Bill O'Leary 2:05.7	6	3
200m	(R) Rob Lawni 23.5	(P) Generalie 24.9	(R) Bob Sullivan 25.0	6	3
3200m	(R) Jim Ketherson 10:17.6	(P) Turner 10:20.6	(R) David Nutt 10:32	6	3
1600m R	Paramus 3:44.0	Ridgewood 5. Semprevivo 55.6 A. Diaz 60.7	J. Leach 57.5 M. Marino 55.7	0	5
Shot	(P) Van Saders 49'4"	(R) Brian Kearns 47'7½"	(P) Stella 47'6"	3	6
Discus	(P) Stella 111½"	(R) Brian Kearns 135'	(P) Bauer 128'10"	3	6
H. J.	(P) Mawo 6'6"	(R) Paul Murphy 5'10"	(R) John Malloy 5'10"	4	5
P. V.	(P) Mamola 11'6"	(R) Larry Skinker 9'6"	—	3	5
T. J.	(P) Plager 43'1"	(R) John Parisi 39'¾"	(R) Dave Biase 38'3"	4	5
Jav.					

Ridgewood

vs.
at

Teaneck

Date: May 4, 1982

warm (72°)

Final Score

62

69

Event	First	Second	Third	RHS	T
Long Jump	T Hairston 19'6 1/2"	T Cooper 19'3 1/4"	R Paul Murphy 18'9"	1	8
400m IH	T McFarland 54.2	R Tim Kelley 56.9	R Mike Buckley 58.6	4	5
100m	T Hairston 11.3	R Rob Lanni 11.6	T Norris 12.0	3	6
1600m	R Bill O'Leary 4:33.4	T Jackson 4:34.3	R Brian Williams 4:41.1	6	3
400m	R Charles Cortellesi 52.0	T Hayden 52.1	T Norris 53.7	5	4
110m HH	T McFarland 14.3	R Tim Kelley 15.5	T Brown 15.7	3	6
800m	R John Parisi 1:59.1	T Thompson 2:04.5	T Norris 2:06.2	5	4
200m	T Hairston 23.5	R Rob Lanni 23.6	T Brown 23.6	3	6
3200m	R Jim Ketterson 9:48.4	T Jackson 9:50.1	T Taffet 10:21.4	5	4
1600m R	T- 3:24.4	R- C. Cortellesi 52.6 R. Lanni 50.9	T. Kelley 51.6 J. Parisi 50.6	3:26.5	0 5
Shot	T Starou 48'7 1/2"	R Brian Kearns 45'5 1/2"	R Peter Gaudier 44'10"	4	5
Discus	R Brian Kearns 134'2"	R Peter Gaudier 127'7"	T Cooper 124'9"	8	1
H.J.	R Paul Murphy 6'2"	R John Malby 5'10"	R Dave Brise 5'6"	9	0
P.V.	T Healy 12'	R Tom Ramirez 9'6"	T Fleisig 9'	3	6
T.J.	T Cooper 42'3"	R Dave Brise 38'4 1/4"	T Brown 38'3"	3	6
other performances: 800 - T. DeVries 2:07.7 Shot - D. Pfand 40'5"					
J. Archibald 2:18 D. Eaton 38'					
E. Andrews 2:19					
3200 - D. Wetta 10:23 1600 - D. Healy 4:50					
S. Libonate 11:15 C. McNiff 4:59					
J. Cohn 11:51.3					

Ridgewood at Hackensack

Date: May 4, 1982 warm (72°)

Final Score 39 92

Event	First	Second	Third	RHS	H
Long Jump	H Edwards 21'5 1/2"	H Sanders 20'2"	R Paul Murphy 18'9"	1	8
400m IH	H Osbourne 56.0	R Tim Kelley 56.9	R Mike Buckley 58.6	4	5
100m	H James 11.3	R Rob Lanni 11.6	H Williams 11.6	3	6
1600m	R Bill O'Leary 4:33.4	H Trice 4:34.3	R Brian Williams 4:41.1	6	3
400m	H Truesdale 51.3	R Charles Cortellesi 52.0	H Williams 52.1	3	6
110m HH	H Osbourne 15.4	R Tim Kelley 15.5	H Carter 16.3	3	6
800m	R John Parisi 1:59.1	H Lynch 2:01.6	H McLean 2:02.8	5	4
200m	H James 23.0	R Rob Lanni 23.6	H Parisi-Dixon 24.6	3	6
3200m	R Jim Ketterson 9:48.4	H Hubbard 10:00.2	H Taylor 10:22.7	5	4
1600m R	Hackensack - 3:24.3	Ridgewood - 3:26.5		0	5
Shot	H Lucas 56'4"	H Thomas 54'5"	H Romney 48'5 1/2"	0	9
Discus	H Lucas 144'	H Thomas 139'2"	R Brian Kearns 134'2"	1	8
H.J.	H Sanders 6'4"	R Paul Murphy 6'2"	R John Malloy 5'10"	4	5
P.V.	H Alston 11'6"	H Levitzke 11'6"	H DeLellis 11'6"	0	9
T.J.	H Sanders 42'7 1/4"	H Edwards 41'7"	R Dave Biase 38'4"	1	8
Jav.	H Locarno 165'	H Thomas 138'	R Dave Eaton 130'9"	1	8

Englewood Memorial Meet - May 1, 1982

110 HH - Tim Kelley - trials 15.2 - semis 15.5 - finals 15.0
2nd place

Bill Jacoby - trials 17.7

400 IH - Tim Kelley 55.9 2nd place

High Jump - Paul Murphy 6'

Discus - Brian Kearns 139'2" 5th place (personal best)

400m - Rob Lanni 52.8

Mike Marino 56.1

Steve Sempresivo 54.6

1600m - Jim Ketterson 4:43.8

Ken Spielvogel 4:44.2

800m - Bill O'Leary 2:00.7 2nd place

Brian Williams 2:02.5 5th place

1600m Relay - Charlie Cortellesi 51.8

Rob Lanni 51.6

Tim Kelley 53.0

John Parisi 50.2 3:26.6 2nd place

Shot Put - Brian Kearns 44'8"

Group IV Bergen County Championships - May 7th 8

High Jump - Paul Murphy 6'2" second place

John Malloy 5'8" tie for third place

Triple Jump - Paul Murphy 39'7" personal best

Shot Put - Brian Kearns 46'4"

Peter Gauthier 42'11"

Dave Pfund 42'9½" personal best

Javelin - Dave Eaton 134'9" personal best

400m - Mike Marino 55.0

Charles Cortellesi 52.4 trials 51.9 finals

Steve Sarnprevivo 53.7

800m - John Parisi 1:58.6 first place

Bill O'Leary 2:01.4 third place

Brian Williams 2:02.6 fifth place

1600m - Ken Spielvogel 4:45

Brian Williams 4:56.6

3200m - Jim Ketterson 9:46.1 second place

Doug Healy 10:24.7 personal best

Dave Nutt 10:30.8 personal best

400 IH - John Parisi 56.4 second place

110 HH - Bill Jacoby 16.9

100m - Rob Lawni 11.6 trials 11.8 finals

200m - Rob Lawni 23.7 trials 23.5 Finals second place
Mike Marino 25.2

1600m Relay - Charles Cortellesi 53.7

Steve Semprevivo 53.2

Rob Lawni 52.3

John Parisi 52.1

3:31.3 fourth place

Discus - Brian Kearns 141'6" third place - personal best

Peter Gautier 124'6"

total points - 34½

New Jersey Relays - Rutgers Stadium
May 11, 1982

4x 800 Relay

Bill O'Leary	1:58.9	personal best
Jim Ketterson	2:02.6	
Brian Williams	1:59.1	personal best
John Parisi	<u>1:55.4</u>	personal best
total time	7:56.0	fifth place school record

N.N.J.I.L. Champs at Hackensack

Date: May 15, 1982

Final Score 33

3rd place

Event	First	Second	Third	RHS
Long Jump	Paul Murphy 18'5 ³ / ₄ " (3 rd)	Jim Lesch 16'3 ¹ / ₄ "		
400m IH	* John Parisi 55.7	* Albert Diaz 62.3		3
100m	Rob Lanni 11.6	* Mike Marino 11.9	Jim Lesch 12.5	
1600m	Ken Spielvogel 4:45.2 (3 rd) 51.6	Tom DeVries 4:53.7		
400m	* Charles Cortellesi 51.7 (2 nd) 15.5	* Steve Semprevivo 53.7	* Mike Marino 54.5	3
110m HH	Tim Kelley 15.1 (1 st)	* Bill Jacoby 16.1 (2 nd)	Shuya Ohno 17.7 (3 rd)	4
800m	* John Parisi 1:57.2	* Bill O'Leary 1:58.6	* Brian Williams 1:59.6	13
200m	* Rob Lanni 23.1 (4 th) 23.2 (4 th)	* Mike Marino 24.8	* Albert Diaz 25.1	2
3200m	Jim Ketterson 9:51.7	Doug Kealy 10:26	* Dave Nutt 10:28	2
1600m R	Rob Lanni 52.8	* Brian Williams 53.7	Charles Cortellesi 52.2 (3 rd) 3:33.5	3
Shot	Brian Kearns 46'1"	Peter Gautier 43'6"	* Dave Pfund 44'	
Discus	Peter Gautier 127'6" (3 rd)	Brian Kearns 125'2"		
H. J.	Paul Murphy 6'0"	John Malloy 5'8"		3
P. V.				
T. J.	Paul Murphy 37'7"			
Jav.	Dave Eaton 138'			
* personal bests (14)				33
splits on back				

400 m

S. Semprevivo (200) 25.7 (400) 53.7/28.0

C. Cortellesi (200) 24.7 (400) 51.6/25.9

M. Marino (200) 25.8 (400) 54.6/28.8

1600 m

K. Spielvogel 66 2:16/70 3:30/74 4:45.2/75.2

T. DeVries 66 2:18/72 3:35/77 4:53.7/78.7

3200 m

Jim Ketterson 67 2:16/69 3:29/73 4:44/75
6:04/80 7:24/80 8:47/83 9:51.7/64.7

Doug Healy 71 2:29/78 3:45/76 5:03/74
6:23/80 7:46/83 9:09/83 10:26/77

Dave Nutt 71 2:29/78 3:49/78 5:07/78
6:27/80 7:49/82 9:09/80 10:28/79

1982

Bergen County Meet of Champions

May 18, 1982

* personal bests

- 110 Ht - Tim Kelley - trials 15.8, semis 15.3, finals 15.6 5th place
400 Ht - Tim Kelley - 55.4 * ~~second~~ place third place
100m - Rob Lanni 11.8
200m - Rob Lanni - trials 23.6 - finals 23.3 fifth place
400m - Charles Cortellesi - trials 51.9 - finals * 50.8 third place
1600m - Chris McNiff - * 4:51.8
Jim Ketterson - * 4:26.7 fifth place
800m - Tom DeVries - 2:10.6
John Parisi - 1:57.2 third place
Bill O'Leary - 1:58.7 fifth place
Brian Williams - 2:03.2
Discus - Brian Kearns - 141'6"
Peter Gautier - 126'
Shot - Brian Kearns - 44'3"
Peter Gautier - 42'2"
3200m - Doug Healy - 10:32.6
Dave Nutt - 10:34
high jump - Paul Murphy - 5'10" fourth place
John Malloy - 5'10"
4ph. 1600m Relay - Jim Lesch 56.7, Albert Diaz * 54.3,
Mike Marino * 54.3, Steve Sempresivo 53.6
3:38.9 second place

Sophomore Relays - May 19, 1982

3X400 I.H. - Albert Diaz 61.9 ~~third~~ place
Steve Sempresivo 62.3
Jim Lesch 69.9

Sprint Medley - 200 Jamie Kraft 26.8 fifth place
200 Shuya Ohno 25.8
400 Mike Marino 53.9
800 Chris McNiff 2:10.6 3:57.1

4X200m - Mike Marino 26.4 fifth place
Jim Lesch 24.1
Albert Diaz 24.7
Steve Sempresivo 23.7 1:39.6

Chris McNiff 27.8
Josh Levy 26.0
Peter Cook fell during exchange
Jamie Kraft 1:50.4

4X400m - Jim Lesch 56.0 second place
Albert Diaz 55.7
Mike Marino 54.2
Steve Sempresivo 54.4 3:40.3

River Dell Novice Meet - May 19, 1982

1600m - Tom DeVries - *4:53.4 fifth

Scott Libonate - *4:54.2

400m - Gary Graizzaro - 60.7

Willie Smythe - 62.5

800m - Eric Andrews - 2:20.3

Jeff Archibald - 2:20.3

3200m - Jeff Cohn - *11:22.8

Shot Put - Peter Gantier - *45'8" first

Discus - Peter Gantier - 124' second

Pole Vault - Tom Ramirez - 9'0"

Soph. Relays field events

Shot Put - Stan Laborde - 46'1" second place

Dave Pfund - 40'10"

Peter Cook - 35'1"

Josh Levy - 37'7"

Discus - Stan Laborde - 108'5"

Peter Cook - 98'3"

Josh Levy -

Dave Pfund -

New Jersey State Sectionals - Tewatly, May 22, 1982
cool 50°, wet & slippery track

- 110 Ht - Tim Kelley - trials 16.1, semis. 15.2, finals 15.2 fourth place
100m - Mike Marino - 12.1
 Jamie Kraft - 12.2
400m - Rob Lanni - disqualified for running on line
 Mike Marino - 55.0
 Charles Cortellesi - 51.9 trials / 51.8 finals fifth place
200m - Jim Lesch - 26.1
 Mike Marino - 24.9
 Rob Lanni - 23.6
400 IH - Tim Kelley - 56.7 State Sectional Champion
 Albert Diaz - 62.3
 Steve Semprevivo - 63.4
800m - John Parisi - 1:59.2 second place
 Bill O'Leary - 2:00.9 fourth place
 Brian Williams - 2:08
1600m - Jim Ketterson - 4:54
 Chris McNiff - 4:52
3200m - Jim Ketterson - 10:09
 David Nutt - 10:29
Discus - Brian Kearns - 148'3"
1600m Relay - Rob Lanni - 53.8 Charles Cortellesi 51.6
 Tim Kelley - 53.2 John Parisi 51.6
 third place 3:30.3

Sophomore Invitational Championships at Hackensack
May 27, 1982

400 I.H. - Albert Diaz 60.0
Steve Semprevivo 61.8
Jim Lesch 62.6

400m - Steve Semprevivo 53.6 Mike Marino 54.8
Jim Lesch 56.4

100m - Mike Marino 12.1
Jamie Kraft 12.2

1500m - Chris McNiff 4:32.6

110 Ht - Shuya Ohno 17.5 trials - 16.9 semis

200m - Jamie Kraft 25.3

3000m - Dave Nutt 9:58.5
Chris McNiff 10:10.8

Shot Put - Dave Pfund 46'1" third place
Josh Levy 39'10"
Peter Cook 34'

Discus - Peter Cook 98'
Josh Levy
Jacob Luning Prak

Javelin - Josh Levy 120'

1600m Relay - Jim Lesch 57.7 Mike Marino 53.8
Albert Diaz 55.3 Steve Semprevivo 53.1
fifth place 3:39.9

1982 State Group II Championships at Rutgers
May 28, 29.

400 IH - Tim Kelley 55.3 new school record

800 m - John Parisi 1:56.3 personal best

Bill O'Leary 2:04

400m - Charles Cortellesi 51.2

110 HH - Tim Kelley 15.1

1600m Relay - John Parisi 50.7

Rob Lanni 50.2

Tim Kelley 51.2

Charles Cortellesi 50.0

3:22.1 new school record

NEW SCHOOL RECORDS:

400 Inter. Hurdles.....	Tim Kelley	55.3	Rutgers, May 28, 1982
3x400 Inter.Hurdle Relay...	Tim Kelley	55.6	
	John Parisi	55.7	County Record
	Mike Buckley	59.6	Tenafly, April 17, 1982
		<u>2:50.9</u>	
High Jump (3) 17'4"	Dave Biase	5'10"	
	Paul Murphy	5'10"	Hackensack, April 16, 1982
	John Malloy	5'8"	
		<u>17'4"</u>	
4x800m Relay	Bill O'Leary	1:58.9	
	Jim Ketterson	2:02.6	
	Brian Williams	1:59.1	Rutgers, May 11, 1982
	John Parisi	1:55.4	
		<u>7:56.0</u>	
4x400 m Relay	John Parisi	50.7	
	Rob Lanni	50.2	
	Tim Kelley	51.2	Rutgers, May 29, 1982
	Charles Cortellesi	50.0	
		<u>3:22.1</u>	

RIDGEWOOD HIGH SCHOOL TRACK & FIELD RECORDS

SCHOOL RECORDS

BEST OF 1982

Event	Name	Results	Year	Name	Results
100 y	Henderson	9.8	1961	*****	
100 m	*****			R. Lanni	11.6
200 m	*****			R. Lanni	23.1
220 y	Bain	21.1	1953	*****	
120 y HH	Rogers	14.1	1975	*****	
110 m HH	*****			T. Kelley	15.0
330 y IH	Muth	38.5		*****	
400 m IH	T. Kelley	55.3	1982	T. Kelley	55.3
400 y	Nepola	49.7	1970	*****	
400 m	*****			C. Cortellesi	50.8
800 y	Rae	1:54.6	1971	*****	
800 m	*****			J. Parisi	1:56.3
Mile	Tomai	4:18.6	1975	*****	
1500 m	Hughes	4:03.1	1981	*****	
1600 m	*****			J. Ketterson	4:26.7
3000 m	Hughes	8:39.4	1981	*****	
3200 m	*****			J. Ketterson	9:46.1
Steeple	Hughes	10:09.8	1981	*****	
Two Mile	B. Mason	9:26.5	1972	*****	
High J.	Rutherford	6-7	1972	P. Murphy	6-2
Long J.	Henderson	22-5	1961	J. Parisi	19-4
Triple J.	Rogers	42-7 3/4	1975	J. Parisi	40-3 3/4
Javelin	Saul	185-11	1974	D. Eaton	134
Pole V.	Boylan	13-6	1980	L. Skinker	9-6
				T. Ramirez	9-6
Shot Put	E. Bryant	54-11	1980	B. Kearns	47-8 1/2
Discus	Marshall	157-11	1971	B. Kearns	148-3
<u>Relays</u>					
(4x100)		45.0	'75 '72	Cortellesi, Kraft, Marino, Sullivan	47.5
(2x220y) (4x200m)		1:34.0	1975	*****	
(4x400m)		3:22.1	1982	Biase, Marino, Sullivan, Lanni	1:37.3
(4x800m)		7:56	1982	Lanni, Cortellesi, Kelley, Parisi	3:22.1
Sprint M.		3:34.5	1972	O'Leary, Williams, Ketterson, Parisi	7:56
Dist. M.		10:25.7	1981	Marino, Sullivan, Cortellesi, Parisi	3:41.3
(4xmile) (4x1600m)		18.21.8 18:29.0	1981 1981	Parisi, Kelley, O'Leary, Ketterson	10:38.7
(4x120y) HH (4x110m) HH		59.2	1975	*****	
(3x330y) (3x400m)		1:58.0 2:50.9*	1975 1982	Ketterson, DeVries, Williams, Spielvogel	19:35.5
				Parisi, Jacoby, Buckley, Kelley	64.2
				Kelley, Parisi	
				Buckley	2:50.9

*New County Record

RIDGEWOOD HIGH SCHOOL TRACK & FIELD RECORDS

SCHOOL RECORDS

BEST OF 1982

Event	Name	Results	Year	Name	Results
<u>Field</u>					
Javelin		403-8	1979	Pfund, Laborde, Eaton	367-0
Shot Put		140-4 3/4	1981	Laborde, Gautier, Kearns	135-2
Discus		417-5	1971	Laborde, Gautier, Kearns	382-11
Triple Jump		115-2½	1981		
Long Jump (3)		57-3 3/4	1981	Cortellesi, Biase, Murphy	51-0
Long Jump (2)		38-9	1981		
Pole V. (2)		21-6	1981		
Pole V. (3)		22-0	1981		
High Jump (3)		17-4	1982	Biase, Malloy, Murphy	17-4
High Jump (2)		11-6	1981	Malloy, Murphy	11-4

TOTAL POINT RANKINGS

RANK	NAME	DUAL MEET PTS.	CHAMPIONSHIP	TOTAL
1.	Tim Kelley	69	75	144
2.	John Parisi	75	66	141
3.	Rob Lanni	46 $\frac{1}{4}$	36	82 $\frac{1}{4}$
4.	Charles Cortellesi	40 $\frac{1}{4}$	35	75 $\frac{1}{4}$
5.	Brian Kearns	58	12	70
6.	Bill O'Leary	23	37	60
	Jim Ketterson	33	27	60
8.	Paul Murphy	38	15	53
9.	Brian Williams	19	31	50
10.	John Malloy	19	9	28
11.	David Nutt	17	3	20
12.	Peter Gautier	10	6	16
	Larry Skinker	16	0	16
14.	Steve Semprevivo	11 $\frac{1}{4}$	3	14 $\frac{1}{4}$
15.	Mike Marino	13 $\frac{1}{2}$	0	13 $\frac{1}{2}$
16.	Doug Healy	7	3	10
	Tom DeVries	7	3	10
	Stan Laborde	10	0	10
19.	Jim Lesch	8 $\frac{1}{4}$	0	8 $\frac{1}{4}$
20.	Shuya Ohno	8	0	8
	Tom Ramirez	8	0	8
22.	Jeff Ball	1 $\frac{1}{4}$	6	7 $\frac{1}{4}$
23.	Scott Libonate	1	3	4
24.	Jeff Archibald	3	0	3
25.	Jamie Kraft	1 $\frac{1}{4}$	0	1 $\frac{1}{4}$
26.	Jeff Cohn	1	0	1
	Eric Andrews	1	0	1
	Chris Mc Niff	1	0	1

Individual competitive record

Tim Kelley

110 H H

15.2 (4/1)
15.3 (4/10) SHH
15.2 (4/17) SHH
16.2 (4/20)
15.4 (4/29)
15.5 (5/4)
15.5/15.1 (5/15)
15.8/15.3/15.6 (5/18)
16.1/15.3/15.2 (5/22)
15.1 (5/29)

400 IH

58.0 (4/1)
58.7 (4/10)
55.6 (4/17)
58.8 (4/20)
59.1 (4/29)
56.9 (5/4)
55.9 (5/11)
56.4 (5/18)
55.4 (5/18)
56.7 (5/22)
55.3 (5/28)

1600m Relay

51.2/51.9 (4/3)
50.5 (4/17)
49.4 (4/24)
51.6 (5/4)
53.0 (5/11)
51.9 (5/22)
51.2 (5/29)

3200m Relay

2:01.6 (4/24)

State Sectional Champion - 400 IH
Second team N.N.J.I.L. - 110 H H
County & School record holder - 3x400 IH,
school record holder - 1600m Relay
third Bergen County Meet of Champs - 400 IH
school record holder - 400 IH
fourth State Sectional - ~~110~~ H H

Individual competitive record

John Parisi

Long Jump

19' 4" (4/1/82)

18' 8½" (4/20)

400m IH

56.7 (4/10)

59.1 (4/12)

55.7 (4/17)

59.2 (4/20)

55.7 (5/15)

800

2:01.5 (4/20)

2:01.3 (4/29)

1:59.1 (5/4)

1:58.6 (5/8)

1:57.2 (5/15)

1:57.2 (5/18)

1:59.2 (5/22)

1:56.4 (5/29)

1600m R

49.9 (4/3/82)

51.7 (4/24)

50.6 (5/4)

50.2 (5/1)

52.1 (5/8)

51.6 (5/22)

50.7 (5/29)

3200m R

1:58.2 (4/24)

1:59.9 (4/17)

1:55.4 (5/11)

Shuttle 110m IH

17.3 (4/10)

16.4 (4/17)

Triple Jump

39' 3½" (4/12)

40' 3¾" (4/20)

39' 3¾" (4/29)

First team N.N.J.I.L. 800m

Second team N.N.J.I.L. 400m IH

third County Meet of Champs.

County Group IV Champion

second State Sectionals group IV

County School

record setter 3 x 400m IH

school

record setter 3200m Relay

school

record setter 1600m Relay

Individual competitive record

Rob Lawri

100m

11.6 (4/1)
12.1 (4/20)
11.8 (4/29)
11.6 (5/4)
11.6/11.8 (5/8)
11.6 (5/15)
11.8 (5/18)

200m

23.8 (4/20)
23.5 (4/29)
23.6 (5/4)
23.7/23.5 (5/8)
23.2/23.1 (5/15)
23.6/23.3 (5/18)
23.6 (5/22)

1600m R

50.9/53.2 (4/3)
53.2 (4/10)
53.5 (4/17)
53.5 (4/20)
51.4 (4/24)
50.9 (5/4)
51.6 (5/1)
52.3 (5/8)
52.8 (5/15)
53.8 (5/22)
50.2 (5/29)

S. M.

23.7 (200) (4/3)

400m

52.8 (5/1)

D. M.

52.9 (400) (4/10)
51.8 (400) (4/17)

second place Bergen County Groups
fourth N. N. J. I. L. Championships
fifth place County Meet of Champs

4x200

22.7 (4/17)

Individual competitive record

Charles Cortellesi

400 m

56.2 (4/1)
54.5 (4/20)
53.5 (4/29)
52.0 (5/4)
52.4 / 51.9 (5/8)
51.7 / 51.6 (5/15)
51.9 / 50.8 (5/18)
51.9 / 51.6 (5/22)
51.1 (5/29)

1600m Relay

51.8 / 52.9 (4/3)
53.0 (4/10)
52.2 (4/17)
53.6 (4/20)
51.9 (4/24)
52.6 (5/4)
51.8 (5/11)
53.7 (5/8)
52.2 (5/15)
51.6 (5/22)
50.0 (5/29)

Sprint Medley

24.7 (200) (4/3)
52.6 (400) (4/10)
52.0 (400) (4/17)

Long Jump

17' 9 1/2" (4/1)
15' 11" (4/12)
16' 7" (4/17)

Triple Jump

36' 7 1/4" (4/1)
38' 10 1/2" (4/20)

Third N.N.J.I.L. Championships (5/15)
Third County Meet of Champs (5/18)
Fifth State Sectional Group IV (5/22)
school record setter 1600m Relay

Individual competitive record

Brian Kearns

Shot

47' 8 1/2" (4/1)
43' 1 1/2" (4/12)
47' 0" (4/17)
47' 3 1/2" (4/20)
47' 7 1/2" (4/29)
45' 5 1/2" (5/4)
44' 8" (5/11)
46' 4" (5/17)
46' 1" (5/15)
44' 3" (5/18)

Discus

133' 2" (4/1)
130' 9" (4/12)
139' (4/17)
131' 8" (4/20)
135' (4/29)
134' 2" (5/4)
139' 2" (5/11)
141' 6" (5/17)
125' 2" (5/15)
141' 6" (5/18)
148' 3" (5/19)

fifth place Englewood Memorial
third place Bergen County Group IV

Individual competitive record

Bill O'Leary

800

2:05.7 (4/29)
2:00.7 (5/1)
2:01.4 (5/8)
1:58.6 (5/15)
1:58.7 (5/18)
2:00.9 (5/22)
2:04 (5/29)

3200m R

2:00.9 (4/17)
2:01 (4/24)
1:58.9 (5/11)

1600

4:51.8 (4/12)
4:45.9 (4/20)
4:33.4 (5/4)

D.M.

2:01.2 (800) (4/3)
3:29.8 (1200) (4/10)
3:15.2 (1200) (4/17)
2:00.2 (800) (4/23)

second N.N.J.I.L. Champs
second team all-N.N.J.I.L.
fifth Bergen Co. Meet of Champs
third Bergen Co. Group IV
fourth State Sect. group IV

Individual competitive record

Jim Ketterson

1600m

4:42.5 (4/20)

4:43.8 (5/1)

4:26.7 (5/18)

4:54 (5/22)

3200m

10:17.4 (4/29)

9:48.4 (5/4)

9:46.1 (5/8)

9:51.7 (5/15)

10:09 (5/22)

3200m Relay

2:04.5 (4/17)

2:02.6 (5/11)

800m

2:05.6 (4/1)

4x 1600m

4:56.5 (4/17)

Distance Medley

4:34.4 (1600) (4/3)

4:33.2 (1600) (4/10)

4:27.3 (1600) (4/17)

4:32.3 (1600) (4/23)

second County Group IV Champs
4x 800m school record setter
fourth N.W.J.I.L. - 3200m
fifth Bergen County Meet of Champs
1600m

Individual competitive record

Paul Murphy

high jump

5'8" (4/10)
5'10" (4/12)
5'10" (4/17)
5'10" (4/20)
5'10" (4/29)
6'2" (5/4)
6' (5/11)
6'2" (5/8)
6' (5/15)
5'10" (5/18)
5'10" (5/19)

long jump

17'5" (4/17)
18'3/4" (4/20)
18'1/2" (4/29)
18'9" (5/4)
18'5 3/4" (5/15)

triple jump

36'7 1/4" (4/20)
39'7" (5/7)
37'7" (5/15)

third place N.N.J.I.L. Champs - H.J.
second place Bergen County Group IV - H.J.
fourth place Bergen County Meet of Champs
H.J.

third team N.N.J.I.L.

Individual competitive record

1982

Brian Williams

800

2:04.8 (4/20)

2:02.5 (5/1)

2:02.6 (5/8)

1:59.6 (5/15)

2:03.2 (5/18)

2:08 (5/22)

1600

4:57.4 (4/12)

4:47.9 (4/29)

4:41.1 (5/4)

Sprint Medley

2:04.8 (800)(4/3)

3200m Relay

2:03.8 (4/17)

2:01.8 (4/24)

1:59.1 (5/11)

4x1600m Relay

4:40.2 (4/17)

Distance Medley

2:03.3 (800)(4/10)

2:02.5 (800)(4/17)

1600m Relay

53.7 (5/15)

fifth Englewood Memorial Meet 5/1
third N.N.J.I.L. Championships 5/15
fifth County Group IV Champs 5/8
record setter 4x800m Relay 5/11

