# RIDGEWOOD TRACK & FIELD 1983

SEASON SUMMARY



#### Team Members:

#### Seniors

Cristy Diaz
Kathy Granata
Karen Haass
Jennifer Jahrling
Kirsten Kannengieser
Mary Ellen Mileski
Patti Mileski
Karen Prickitt
Beth Pringle
Sharon Stemley

#### Coaches:

Jacob Brown Barbara Drummond Rich Callaway

#### Juniors

Juliane Babbitt
Lisa Cangemi
Cathy DiMedugne
Sue Goetting
Wendy Hawtherne
Anja Kannengieser
Laura Keresty
Meira Kiltie
Jeannie Melley
Alisen McDenald
Courtenay Moody
Kathy Parker
Maryclare Scerbe
Dana Tamily

#### Sophomores

Kelly Aherne
Jessica Berg
Marci Capitani
Khristina Lew
Jeanne McGuire
Karen O'Brien
Lisa Pedene
Laura Pereg
Genny Razik

Genny Razik
Liz Ress
Margaret Scutre
Nicele Seward
Lisa Tarleten
Sally Tarvin
Clare Teumey
Lisa Waters
Sharen Williams

#### Team Record:

#### Dual Meets:

7 wins - no lesses

RHS - 81 Bergenfield - 32

RHS - 95 Paramus - 9

RHS - 97½ I. H. A. - 6½

RHS - 75 FairLawn - 47

RHS - 73 Paramus Catholic - 49

RHS - 88 Hackensack - 34

RHS - 78 Teaneck - 44

## Championship Meets: 6 championships

Ridgewood Womans Relays 37pts 1st
Elks Relays 5th
Bergen County Relays 36pts 1st
Penn Relays (4X800-4th)
Bergen Co. Group IV 1st
Ridgewood Relays (4Xmile nat.rec.) . 1st

NNJIL 1st
Sephemere Sectional 1st
Riverdale Nevice
State Sectional 1st
Bergen Meet of Champs
State Group IV 5th
State Meet of Champs
Bergen Pentathelen
Silver East

Wemen's Prep Classic

# The Record's girls track polls

#### BERGEN GROUP 1-2

	P12.
1. Tenafly (4)	31
1. Saddle Brook (3)	31
3. Rutherford	171/2
4. New Milford	121/2
5. Park Ridge	7
at Maidlead Doub O	Mahwah 2

Also: Midland Park 2, Mahwah 2, Ridgefield Park 1, Cresskill 1.

#### **BERGEN GROUP 3-4**

1. Ridgewood (6)	34
2. Westwood (1)	26
3. Hackensack	18
4. Teaneck	10
5. Fair Lawn	81/2

Also: Bergenfield 5, Englewood 3, Pascack Hills ½.

Selection committee: Randy Krakower, Paramus Catholic; Bob Waterman, Tenafly; William Monaghan, New Milford; Darren Ressler, Saddle Brook; Jacob Brown, Ridgewood; Bill Morrow, Westwood; and John Mayer, The Record.

#### PASSAIC COUNTY

1. Eastside (5)	25
2. Kennedy	19
3. Manchester	9
4. Passaic Tech	8
5. Wayne Valley	7

Also: West Milford 6, Wayne Hills 1. First-place votes in parentheses. Voting done on a 5-4-3-2-1 basis.

Selection committee: Louis Fraulo, Clifton; Chris Smith, Wayne Valley; Bill Matarazzo, Hawthorne; Charlie Weinpel, Passaic Tech; and John Mayer, The Record.

# The Record's girls track polls

#### **BERGEN GROUP 1-2**

1. Tenafly (5)	33
2. Saddle Brook (2)	30
3. New Milford	161/2
3. Rutherford	161/2
5. Park Ridge	. 6
Also: Ridgefield Pk. 2,	Midland Pk. 1
BERGEN GROUP 3-4	
1. Ridgewood (7)	35
2. Westwood	28
3. Hackensack	19
4. Teaneck	12
5. Fair Lawn	:

WE WERE NUMBER 1 IN BERGEN COUNTY ALL SEASON LONG.

# The Record's girls track polls

#### BERGEN GROUP 1-2

	FIS.
1. Tenafly (3½)	311/2
2. Saddle Brook (3½)	311/2
3. New Milford	21
4. Park Ridge	13
5. Cresskill	5
Also: Bogota 2 Butherford 1	

#### **BERGEN GROUP 3-4**

1. Ridgewood (6)	35
2. Westwood	24
3. Old Tappan	23
4. Teaneck	11
5. Dumont	6

Also: Fair Lawn 4, Bergenfield 2.

Selection committee: Randy Krakower, Paramus Catholic; William Monaghan, New Milford; Darren Ressler, Saddle Brook; Jacob Brown, Ridgewood; Bill Morrow, Westwood; Bob Waterman, Tenafly; and John Mayer, The Record.

#### PASSAIC COUNTY

1. Eastside (5)	25
2. Passaic Tech	19
3. Kennedy	16
4. Manchester	6
5. Wayne Valley	4
5. West Milford	4

Also: Wayne Hills 1.

First-place votes in parentheses. Voting done on a 5-4-3-2-1 basis.

Selection committee: Louis Fraulo, Clifton; Chris Smith, Wayne Valley; Bill Matarazzo, Hawthorne; Charlie Weinpel, Passaic Tech; and John Mayer, The Record.

#### BERGEN GROUP 3-4

Pts.

DEMOENT CHICAGO	
1. Ridgewood (7)	35
2. Fair Lawn	27
3. Westwood	22
4. Old Tappan	9
5. Dumont	61/2

#### **BERGEN GROUP 3-4**

1. Ridgewood (7)		35
2. Westwood		27
3. Old Tappan		17
4. Fair Lawn	(1) + 1 - 1	151/2
5. Teaneck		4

Also: Bergenfield 31/2, Dumont 3.

# The Record's girls track polls

BERGEN GROUP 1-2		Pts.
1. Tenafly (4)		32
2. Saddle Brook (3)		31
3. New Milford		21
4. Rutherford		9
5. Cresskill		8
Also: Park Ridge 31/2,	Garfield	1/2.

#### BERGEN GROUP 3-4

BERGEN GROUP 3-4		
1. Ridgewood (7)		35
2. Westwood		28
3. Old Tappan		18
4. Fair Lawn		15
5. Teaneck		5
Alen Personfield 2	Dumont	16

Also: Bergenfield 3, Dumont ½, Englewood ½.

Selection committee: Randy Krakower, Paramus Catholic; William Monaghan, New Milford; Darren Ressler, Saddle Brook; Jacob Brown, Ridgewood; Bill Morrow, Westwood; Bob Waterman, Tenafly; and John Mayer, The Record.

#### PASSAIC COUNTY

1. Eastside (5)	25
2. Passaic Tech	19
3. Kennedy	16
4. Manchester	7
5. West Milford	5

**Also:** Wayne Hills 2, Wayne Valley 1. First-place votes in parentheses. Voting done on a 5-4-3-2-1 basis.

Selection committee: Louis Fraulo, Clifton; Chris Smith, Wayne Valley; Bill Matarazzo, Hawthorne; Charlie Weinpel, Passaic Tech; and John Mayer, The Record.

# The Record's girls track polls

#### Bergen Group 1-2

5. Teaneck

	Pts.
1. Tenafly (4)	32
2. Saddle Brook (3)	31
3. New Milford	201/2
4. Rutherford	10
5. Park Ridge	9
Also: Cresskill 21/2.	
Bergen Group 3-4	
1. Ridgewood (7)	35
2. Westwood	24
3. Fair Lawn	21
4 Old Tannan	/ 12

Also: Dumont 3, Bergenfield 1, Hackensack 1.

		DAGGENFIELD DAGGENFIELD	T H A	FAIRLANIN	PAPAMIS (ATHOR)	HAC KENCACH	TEANECK		RIDENCO RAMS	FLUS MELAYS	Reason ( A TIT	P. D. C. WOOD IN	N. L. C.	Sant Corp. de	Service 14	Brackey CHARK	STATE GROUP	STATE CHANGS		POTAL
KATHY GRANATA	10	0 5	5	15	15	15	13		3/3	4 7/	914	14/	14		7	8	3			6 1/19
KAREN HAASS		4	6	74	4/4	1			1	1/1	2	2 34	2						3	6//12
JENNIFER JAHRLING	1	1	3	1/4															2	5/4
KIRSTEN KANNENGIESER MARY ELLEN MILESKI	3	3				1	1	ó	¥12		2								9	1/12
MARY ELLEN MILESKI	6	4				74	24	3	74	1 1/2	D		7/2		10	7%	6	1	68	3
PATTI MILESKI	64	4				11%	94	3	34	4	11/	1	7%		13	7%	.6	3	8	2/2
KAREN PRICKITT			3		1					1 1/	3	31/	1						15	5/6
BETH PRINGLE	5				8		5/4	2	3/12	1/24/	5	-	7/	-	41/2	7/2			58	3 1/4
SHARON STEMLEY	3	5	5	1		3	5		1			12							25	
Turant				2	,				i/ .	4										, e/
JULIANE BABBITT	1	1	,	2		-	2		31	12		1	-							1/6
ELIZABETH CANGEMI	-	1	1		3	6	3		1	7/	,,	0	,,		12				5	5
WENDY HAWTHORNE ANJA KANNENGIESER	1	11	6	7	>	9	2	3	1/3	19	7	3 1/2	14		4				55	14
	دا	11/4	3	0		1	4		4	3	3	1/2	2		-				47	14
COURTENAY MOODY	+	7	3	7	,		,		1	1/2	^	2					-	_	13	>
SUE GOETTING	1	3	3		1		4-		+	1/3	4	2	-						14	1/3
JESSICA BERG	10 91/4	6	6	1	6		4		ı	1/3	ı	3					+	1	40	1/3
MARCI CAPITANI	91/4	114	11/4	114		11/4	24	2	41	12	8	3/4	3/2	17%	5/2	1/2	1		105	
JEMINE MICLUIRE		64	6% 2 3	-	4/4			11/	21/	1	2	13/4	2	2		1	1		27	1/2
KAREN D'BRIEN	3	8	8	8	6	1	3		1	2 1/2	2	1/2	3	3	1				49	1/2
GENNY RAZIK	1	5	3	5.	5				1	21/2		17.1							24	1/2
LIZ ROSS	L.	11	10/2	8	14	6	6	4	3 17	21/3	4.	21/2	3	2/2	4				72	1/4
MARGARET SCUTRO	9			1	6	3	13	2	42	14/2	7/2		4	11/2	4%	3			81	1/2
SALLY TARVIN				1	1/4	3	3	3	5	12/18	上	2%							19	2/36
LISA WATERS			a		2				2	. 3/3		2/4							8	76
SHARON WILLIAMS		44	44	24					2			1		1/2	,				14	1/4
LISA TARLETON					44				1									1	3	1/2/3/3/4/4
			1		1				1								-			

## TRACK + FIELD SCHEDULE 1983

MEET	DATE	PLACE
CLD TAPPAN (SCRIMMAGE)	TUE MARCH 29TH	R.H.S.
RIDGEHOOD RELAYS	SAT. APRIL 2 2	BERGEN Comm, Coucieté
BERGENFIELD	Moni April 4th	R.H.S.
PARAMUS + IMMACULATE HEART FAIRLAWN STATE COLLEGE ELK'S RELAYS (STATE COLLEGE H.S. VISIT	MON APRIL 11TH	BERGENCATH
ELK'S RELAYS (STATE COLLEGE H.S. VISIT	SAT APRIL 16th	NANUETT, N.X.
PARAMUS CATHOLIC	Mon April 18th	PARAMUS CATH.
BERGEN COUNTY RELAYS	FRI+SAT AIRIL 23	TEANAFLY
PENN RELAYS	THUR + FRI APRIL 28+29	PHILADELPHIA
HACKENSACK + TEANECK	Monday Max 200	HACKENSACK
BERGEN COUNTY GROUP CHAMPS	THUR + SAT MAY 12+14	
NEW JERSEY RELAYS	TUE MAY 10"	RUTGERS
RIDGENOED 4 MILE RELAY REDOC	D TUE MAY 17"	B.C.C.
NNJIL CHAMPS	SAT MAY 215T	
SOPHOMORE SECTIONALS Novice meet RIVERDELL	TUE MAY 24TH WED MAY 25TH TUE JUNE 15T	BERGENFIELD
BERGEN MEET OF CHAMPS	TUE JUNE 1ST	TERNAFLY
STATE SECTIONALS	SAT MAY 28TH	
STATE GROUPS	SAT JUNE 4TH	
STATE CHAMPIONSHIP	WED JUNE 8TH	
SILVER EAST	SUN JUNE 12	PRINCETON
SENIOR PREP MEET	SAT JUNE 25TH	OREGON

FIRST RIDGEWOOD RELAYS BEING THE BEST OF 71 ENTERED TEAMS.

#### Ridgewood Invitational

At Bergen CC Large School Division TEAM SCORES

TEAM SCORES
Ridgewood 37, Toms River East
33, Uniondale 18, Tottenville 17, Truman 17, Raritan 15, Ramapo (N.Y.)
12, Hackensack 11, N. Hunlerdon 9,
Burnt Hills 8, Eastside 7, Neptune 6,
Paul V1 6, New Rochelle 5, Midwood
4, Bushwick 4, Bergenfield 3, Linden
3, Monroe 3, St. Joseph By The Sea
2, Clarkstown South 2, North Rock-

land 1.
Intermediate hurdles — 1, Toms
River East (Evelvn Gora, Barbara
Hurbert, Kelly McDonald), 2:16.8; 2,
Ridgewood, 2:18.2; 3, New Rochelle,
2:18.5; 4, Burnt Hills, 2:26.2; 5, Bergenfield, 2:27.2.
4-mile relay — 1, Paul VI (Dawn
Hillman, Bernadette Mulligan, Karen
Brooks, Dawn Cody), 22:12.2; 2, Totlenville, 2:23.20; 3, Raritan, 22:44.7; 4,
Ridgewood, 22:46.9; 5, Burnt Hills,
22:54.5.
440-yd relay — 1, Truman (Evette

22:54.5.
440-yd relay — 1, Truman (Evelte Cash, Terri Pickney, Audrienne Walters, Cximara Adams), 50.1; 2, Uniondale, 51.6; 3, Eastside, 51.9; 4, Neptune, 52.0; 5, Raritan, 52.2.
Frosh sprint medley — 1, N. Rockland (Myraam Charles, Chris Nicholson, Debbie Collins, Nancy Sayre), 438.2; 2, Clarkstown South, 4:41.7; 3, Truman, 4:41.8; 4, Wayne Valley, 4:43.4; 5, Monroe, 4:47.0.
2-mile relay — 1, Ridgewood (Margaret Scutro, Mary Ellen Mileski, Patti Mileski, Beth Pringle), 9:31.9; 2, N. Hunterdon, 9:57.9; 3, Toms River East, 10:90.3; 4; 51. Joseph, 10:17.9; 5, Raritan, 10:18.3.
Soph sprint medley — 1, N. Rockland (Finula King, Anne Piluso, Linda Lukenda, Barbara Gavin), 4:25.4; 2, Burnt Hills, 4:34.8; 3, N. Hunterdon, 4:39.8; 4, Truman, 4:43.7; 5, Toms River East, 1:49.6; 5, Millondelle, 1:49.8.
Sprint medley — 1, Ramapo (Kim McDole, Michelle Irbey, Jackle Capers, Suzette Francois), 1:47.1; 2, Truman, 1:47.7; 3, Midwood, 1:49.4; 4, Toms River East, 1:49.6; 5, Unionale, 1:49.8.
Sprint medley — 1, Rigewood (Marcie Capitani, Jean McGuire, Mary Ellen Mileski, Patti Mileski), 4:19.4; 2, Bushwick, 4:26.4; 3, Hackler Capitani, Jean McGuire, Mary Ellen Mileski, Patti Mileski), 4:19.4; 2, Bushwick, 4:26.4; 3, Hackler Capitani, Jean McGuire, Mary Ellen Mileski, Patti Mileski), 7. Truman, 4:37.2.
Distance medley — 1, Tottenville (Kathy Kelly, Carleen Rosenberg, Yonne Druson, Patty Kelly), 12:56.3; 2, N. Hunterdon, 13:02.7; 3, Ridgewood, 13:15.0; 4, Clarkstown South, 13:31.3; 5, Raritan, 13:34.9.
Mile relay — 1, Truman (Evette Cash, Natasha Thomas, Cximara Adams, Doreen Hutchinson, 4:03.0; 2, Toms River East, 1:11.5; 3, Ridgewood, 13:15.0; 4, Clarkstown South, 13:31.3; 5, Raritan, 13:34.9.
Long lump — 1, Uniondale (Charmaine Smith, Michelle Galler, Glendara, 4:78.8.
Shuttle hurdles — 1, Raritan (Shorter East, 1:11.5; 3, Ridgewood, 13:15.9; 4, Clarkstown South, 13:33.9; 5, Roterve East, 1:11.6; 5, Neptune, 1:13.3.
Long lump — 1, Uniondale (Charmaine Smith, Michelle Galler, Glendara, 1:2, Spergenfield 1:3-7.9; 5, Bergenfield 1:

field, 13-3.

Discus - 1, Toms River East

Discus - 1, Toms River East Olscus – 1, 10ms River Easi (Chrystal Einwechte, Joanne Bence, Karen Anderson), 292-1/2; 2, Easi-side, 259-1/2; 3, Ridgewood, 257-9; 4, Hackensack, 252-4; 5, N. Rockland,

246-7½. Shot put — 1, Toms River East (Karen Anderson, Joanne Bence, Kim Newell), 103-4; 2, Hackensack, 97-11; 3, Neptune, 97-6; 4, Tottenville, 96-10; 5, N. Hunterdon, 87-4.

Ridgewood and Fair Lawn enjoyed successful days at the Nanuet Elks Relays for girls yesterday de-

spite the deluge that wiped out al-

most all of the day's scholastic

sporting events.

Ridgewood, competing without the vacationing Mileski twins and four other top quality performers, finished fifth with 32 points, two points ahead of sixth-place Fair Lawn. State College (Pa.) continued its phenomenal 16-year winning streak by scoring 88 points, 49 ahead of second-place Pearl River. State College has won every dual meet, relay meet, and invitational it has ever entered, losing only at the state level.

Ridgewood still placed in both distance events they entered despite the absence of four distance runners. The four-mile team of Margaret Scutro, Karen O'Brien, Genny Razik, and Beth Pringle ran 23:15.5 for fifth, with Pringle's 5:23.4 mile split the second best of the day. The distance medley team of Sharon Williams, Scutro, Razik, and Pringle was second.

Kathy Granata and Sally Tarvin combined for a second-place finish in the high jump at 9-9, and the shuttle hurdle team of Julie Babbitt, Liz Ross, Lisa Waters, and Tarvin was

third in 74.3.

The Maroons took three other fifth places, with the 400 team of Jean McGuire, Karen Haas, Waters, and Marcy Capitani running 54.3 and the mile relay team of Capitani, McGuire, Lisa Tarleton, and Haas running 4:25.3. The shot put team of Jessica Berg and Karen Prickitt also was fifth.

Small School Division TEAM SCORES

TEAM SCORES
Fair Lawn 25, Bronxville 24, Asbury Park 21, Madison Borough 16, Saddle Brook 15, Old Tappan 13, Annuet 13, Westwood 13, Lakeland 10, Bishop Loughlin 10, Shoreham Wading River 9, Ramapo (N.J.) Pine Plains 6, Pascack Valley 6, Albertus Magnus 5, Voornees 4, Metuchen 4, New Milford, 4, Fonda 4, Indian Hills 3/½; Manchester 3/½; Rutherford 3, Vernon 2, Mahwah 2, Midland Park 1.

Intermediate hurdles — 1, Madison

Midland Park 1.
Intermediate hurdles — 1, Madison
Borough (Kim Balen, Cynthia Stolpe,
Susie Besslin), 3:38.1; 2, Fair Lawn,
3:41.9; 3, Metuchen, 3:47.7; 4,
Westwood, 3:50.1; 5, Indian Hills,
3:40.3

3:50.3.

4-mile relay — 1, Bronxville (Lisa Fuller, Vicky Thorp, Margie Clark, Dana Winingder), 23:03; 2, Old Tappan, 23:08; 3, Pine Plains, 23:34; 4, Saddle Brook, 23:39.6; 5, Voorhees, 23:41.

Saddle Brook, 23:39.6; 5, Voorhees, 23:41.

440-yard relay — 1, Asbury Park (Beverly Johnson, Regina Ricks, Tanya Glover, Molly Shephard), 52:2; 2, Nanuet, 53.0; 3, Bishop Loughlin, 53.1; 4, Old Tappan, 54.5; 5, Saddle Brook, 54.6.

Frosh sprint medley — 1, Albertus Magnus (Lisa JoPatten, Lisa McDermott, Ann Hoffman, Della Haley), 43:23; 2, Bronxyille, 4:33.6; 3, Westwood, 4:38.8; 4, Bishop Loughlin, 4:49.8; Demarest, 5:07.3.

2-mite relay — 1, Bronxville (Betsy O'Donnell, Fran O'Malley, Kelly Wernemann, Kim Ford), 9:34; 2, Madison, 10:26.1; 3, Albertus Magnus, 10:26.5; 4, Nanuet, 10:37.7; 5, Pine Plains, 10:43.6.

Soph sprint medley — 1, Ramapo (Michelle Mulfinger, Joni Moellenbeck, Sue Aulela, Theresa Guiney), 4:41.5; 2, Westwood, 4:46.5; 3, Demarest, 4:49.6; 4, Pascack Valley, 5:01.7; 5, Union Hill, 5:05.5.

880-yard relay — 1, Asbury Park (Jane Bradley, Regina Ricks, Tanya Glover, Molly Shephard), 1:49.9; 2, Nanuet, 1:51.4; 3, Madison, 1:51.5; 2, Nanuet, 1:51.4; 3, Madison, 1:50.0.

Sprint medley — 1, Bishop Lough-

Nover, Mony Snephard), 149-3; 2, Nanuet, 1:514; 3, Madison, 1:51.5; 4, Indian Hills, 1:54.9; 5, Saddle Brook, 1:56.0.

Sprint medley — 1, Bishop Louphin, (Lisa Frost, Rennel Blackett, Pam Marlin, Nyla Marshall), 4:25.8; 2, Pascack Valley, 4:39.0; 3, Asbury Park, 4:42.7; 5, Midland Park, 4:44.7.
Distance medley — 1, Bronxville (Lisa Fuller, Caroline Sibray, Margle Clark, Dana Winingder), 13:29.5; 2, Old Tappan, 13:31.7; 3, Voorhees, 13:38.1; 4, Pine Plains, 13:40.2; 5, Westwood, 13:41.1.

Mile relay — 1, Bronxville (Betsy C'Donnell, Deirdre Fiemming, Kim Ford, Kelly Zwernemann), 4:08.7; 2, Fonda, 4:13.2; 3, Nanuel, 4:14.3, 4, Albertus Magnus, 4:16.7; 5, Bishoo Loughlin, 4:19.0.

Shuttle hurdles — 1, Fair Lawn (Susie Kardos, Carolyn Ballan, Heather Fossum, Alison Scarpa), 1:10.8; 2, Ramapo, 1:14.6; 3, Old Tappan, 1:14.7; 4, Saddle Brook, 1:16.0; 5, Metuchen, 1:16.3.

Long jump — 1, Asbury Park (Beverly Johnson, Molly Shephard, Dickson), 44-8/4; 2, Fair Lawn, 42-4/4; 3, Shoreham, 40-2/4; 4, Pascak Valley, 40-11/2; 5, Saddle Brook, 40-3/4.

Triple jump — 1, Fair Lawn (Ali-

34.
Triple iump — 1, Fair Lawn (All-son Scarpa, Carolyn Ballan, Heather Fossum), 94-4/4; 2, Saddle Brook, 99-234; 3, Ramapo, 87-234; 4, Mahwah, 82-8/4; 5, Rutherford, 80-34.
High iump — 1, Shoreham (Lauren Sciontil, Patty Partnickr, Beth Montgomery), 14-2; 2, Ite, Fair Lawn, Saddle Brook, Manchester, 14-0; 5, Ite, Indian Hills, Manchester, 13-6.

13-6.
Discus — 1, Lakeland (Joyce Kenneson, Jenine Stanek, Sue Torrente), 285-10; 2, Westwood, 255-3; 3, New Milford, 249-7; 4, Vernon, 241-4/2; 5, Saddle Brook, 234-11.
Shat put — 1, Westwood (Regina Weinpahl, Dolores DeFina, Cyndi Driscoll), 93-6; 2, Lakeland, 93-1; 3, Manchester, 89-9; 4, Fair Lawn, 89-1; 5, New Milford, 86-2.

Staff photo by Steve Auchard

Kirsten Kannengieser of Ridgewood takes the baton from teammate Margaret Scutro in the distance medley at the Ridgewood Invitational meet.

# Ridgewood, Cutters triumph in meet

By John Mayer

Correspondent

PARAMUS - There were a lot of moans, groans, and disgruntled looks from most of the runners entered in the first Ridgewood Women's Relays at Bergen Community College, but four members of the Fair Lawn track team proved vesterday they were more than ready for the first meet of the outdoor season.

Susie Kardos, Carolyn Ballan, Heather Fossum, and Alison Scarpa teamed for an easy win in the shuttle hurdles relay in leading the Cutters to the small-school division title by a one point over Bronxville, N.Y. Third-place Asbury Park trailed the the high jump.

"This was only the second season that we've had a winter program, and this win really shows what a difference it makes," said Cutters coach Tim Wilson, "With the poor weather, we haven't been able to do much preparing outside, but at least we had the indoor season to fall back on."

In other events for the smaller schools. Westwood won the shot put behind a 39foot 1-inch throw by Regina Weinpahl. The sophomore sprint medley went to Ramapo, which crossed the line five seconds ahead of second-place Westwood.

The Mileski sisters, Patti and Mary Ellen, teamed with Margaret Scutro and Beth Pringle as Ridgewood finished 46 seconds ahead of North Hunterdon in the two-mile relay.

The Maroons' sprint-medley victory did not come so easily. After the first two legs, Mary Ellen Mileski started the 440 leg in fifth place. When she completed her lap and handed off to her sister, she had moved into second. Shortly after Patti began the 880-vard leg, she took the lead and eventually won by a five-second margin.

Kathy Granada's 32-4 leap helped Ridgewood capture the triple jump with a total of 93 feet 71/2 inches. Granada, Wendy Hawthorne (31-41/2), and Liz Ross (29-11) made up the victorious trio. The Maroons also were second in the intermediate hurdles and the high jump, and third in the

"I'm ecstatic with the win," said Ridgewood coach Jacob Brown. "I knew we would do well in the distance events and the high jump, but we have not been scoring well in the hurdles or the weights the past couple of years. This was a very positive sign that we are changing that."

### Girls track

winners by four points. The divisions were based on girls enrollment in the sophomore through senior classes.

In the large-school division, the host Maroons were victorious as they won the two-mile and sprint-medley events along with the triple jump. Toms River East finished four points behind Ridgewood, with Uniondale, N.Y., a distant third.

Fair Lawn, in winning its first majormeet championship, also placed first in the triple jump with a team of Kardos, Ballan, and Fossum. The trio combined for a total of 94 feet 41/4 inches, beating second-place Saddle Brook by more than five feet.

The same trio also provided the Cutters with a runner-up finish in the intermediate hurdles, and Fossum and Ballan teamed with Sabrina Ramirez for second in the long jump. Scarpa, Kardos and Amy Guttman combined to capture second place in

## Ridgewood vs Bergenfield

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	Ber
Long Jump	Kathy Granata RHS 15' 6 1/4"	Wendy Hawthorne RHS 15' 4"	Poveromo B 13' 9 1/4"	8	1
Inter- mediate Hurdles	Noreen King Ber 69.6	K. Kannengieser RHS 70.0	Juliane Babbitt RHS 70.3	4	5
100 meter Dash	Marci Capitani RHS 13.6	RHS Ber		5	_4
1600 m Run	Margaret Scutro RHS 5:22.8	A. Kannengieser RHS 5:29.8	Jenny Razik RHS 5:50.4	9	0
400 meter Dash	Patti Mileski RHS 60.3	Maria Nordburg Ber 61.5	Werner Ber 63.1	5	4
100 meter Hurdles	Noreen King Ber 16.6	Ber Ber RHS		1	8
800 meter Run	Toni Angione 2:23.2 Ber	Margaret Scutro 2:26.3 RHS	Eufemen 2:34.8 Ber	/3	6
200 meter Dash	Mary Ellen Milesk 27.2 RHS	i Marci Capatani 27.4 RHS	Noreen King 27.7 Ber	8	1
3200 m Run	Beth Pringle 11:42.0 RHS	Karen O'Brien 12:19.7 RHS	Cousione 14:08.8 Ber	8	1
Triple Jump	Not Contested due	to poor pit condit	ions		
ЦХЦОО m Relay	4:09.7 Scu P.M	åtani tro ileski . mMileski		5	0
Shot Put	Jessica Berg 27'11 1/2" RHS	Karen Prickett 27' 6" RHS	Butler 26' 4" Ber	8	1
Discus	Jessica Berg 89: 9" RHS	Sharon Stemley 85' 7" RHS	Courtney Moody 85' 3" RHS	9	0
High Jump	Kathy Granata 5' RHS	Wendy Hawthorne 4'10" RHS	Judy Seeback 4'8" Ber	8	1
			Final Score	81	32

# Ridgewood girls win big

RIDGEWOOD — Fresh from capturing the large-school championship in the Women's Relays it hosted at Bergen Community College the past weekend, the powerful Ridgewood High girls track team flashed its strength and depth by opening the dual meet season by overpowering Bergenfield Monday, 81-32.

The Bears had been touted as a threat to the Maroons in the NNJIL this spring, but Ridgewood quickly established its supremacy with a host of outstanding in-

dividual performances.

The Mileski twins, Mary Ellen and Patti,

## Parisi sparks Ridgewood's track victory

RIDGEWOOD - Sparked by senior cocaptain John Parisi's triple win, the Ridgewood High boys track team opened the dual meet season Monday with an impressive 101-30 victory at Bergenfield.

The versatile Parisi won the 400 intermediate hurdles with a 56.6 clocking, spanned 19-1¾ to take the long jump and 38-11¾ for his triple jump victory.

Both sprinter Rob Lanni and weight man

Stan LaBorde were double winners for the Maroons. Lanni timed 11.5 in the 100 meters and 23-flat in the 200. LaBorde won the shot put with a 48-3 toss and took the discus with a 137-8 throw.

Distance runner Steve Schadler doubled for the Bears, his team's only firsts of the meet. Schedler did the 1600 meters in 4:33.1 and the 3200 in 9:43.5, both excellent times. Maroon junior Chris McNiff turned in a solid 4:37.6 in the 1600 and junior Dave Nutt did likewise with a 9:48.9 in the 3200.

Charles Cortellesi led a sweep in the 400 with a 52.4 effort. Junior Mike Marino was second, 53-flat, and soph Paul Caminiti third, 54.1. Junior Jim Lesch led a one-twothree Maroon finish in the 800, winning in 2:04.7. Steve Semprevivo was second and Keith Tarleton third.

Shuya Ohno did likewise in the 110 highs, winning in 16.7 as fellow junior Albert Diaz was second, 17.8, and soph Kevin Babbitt third, 184.

John Malloy won the high jump, with soph Tony Waddy placing second with the same 5-8 height. Soph pole vaulter Justin

Henney won with a 10-6 leap.
Ridgewood won the 1600 relay with a 3:38.6 clocking. Splits were: Milton Mighty, 56.5; Marino, 54-flat; Caminiti, 53.9, and Cortellesi, 54.2.

Parisi ran a 1:56.5 anchor leg for the Maroons in the Kearny Invitational Relays the past weekend to lead his team to third place in the two-mile relay. Chris Sullivan led off in 2:02.3, Lesch timed 2:03.1 and Brian Williams a 2:01.9 prior to Parisi's fine anchor leg.

Ridgewood was fourth in the shot as Peter Gautier unleashed a 44-71/2 throw and Dave Pfund added a 44-foot toss for 88-71/2.

The Maroons came in sixth in the mile relay which Parisi anchored in 50.3. Lanni led off in 51.5, Williams followed with a 52.8 and Cortellesi timed 50.8 before Parisi's

anchor section for a 3:25.4 clocking. Coach Dick Van Yperen was pleased with the Ridgewood showing, citing the efforts of Sullivan, Caminiti, Lanni, Cortellesi, Williams, Lesch, Marino, Ohno and Parisi.

showed their versatility by moving down to the 200 and 400-meter runs and turned in excellent marks. Mary Ellen won the 200 in 27.2, and Patti clocked 60.3 in the 400.

Maroon soph Margaret Scutro clocked 5:22.8 to win the 1600 meters, with teammate Anja Kannengieser, a junior, second in 5:29.8. Senior Beth Pringle was the 3200-meter victor in 11:42, with soph teammate Karen O'Brien second with a 12:19.7 effort. Senior Kathy Granata had a big day in

the jumps as she cleared 5-0 in the high jump and 15-61/4 in the long jump. Junior Wendy Hawthorne also had good marks in those events, 4-10 and 15-4.

In the 400 intermediate hurdles, senior Kirsten Kannengieser won in 70 seconds, followed by teammate Juliane Babbitt, a junior who timed 70.3.

Sophomore Marci Capitani turned in a 27.4 in the 200 to finish second to Mary Ellen

Toni Ann Angione had the best effort of the day for Bergenfield, clocking 2:23.5 to win the 800 meters as Scutro was second

Next dual meet for coach Jacob Brown's Maroons is Monday at Bergen Catholic, a three-way involving Paramus and Immaculate Heart.

Winning efforts in the Women's Relays came in the two-mile and sprint medley running events and the triple jump. Teaming with the Mileskis in the two-mile relay were Scutro and Pringle as the Maroons outdistanced North Hunterdon by 46 seconds.

Mary Ellen turned in a nifty third leg in

the sprint medley, fifth to second place, then

on to win by five seconds.

The triple jump victory was led by Granata's 32-4 leap. Hawthorne did 31-4½ and soph Liz Ross 29-11 as the Maroons won with a 93-7½ total.

Ridgewood also did important scoring with seconds in the intermediate hurdles and high jump and a third in the discus

## Flesch hurls no-hit game

NORTHWEST BERGEN - Three of the area's top girls softball pitchers went to work Monday, and all turned in solid earlyseason efforts. Leading the way was Ramapo senior Renee Flesch who struck out five in a no-hit performance as the Green Raiders defeated Midland Park, 16-4, in opening action for both clubs.

The Parkers had scoring opportunities thanks to nine walks. Sandy Gordon, Sue Fitzgerald and Jenny Bloom had three hits apiece for Ramapo.

In other games, Ramsey bested Pascack Valley, 7-1; Glen Rock stopped Bergenfield, 9-5, and Fair Lawn romped past Ridgefield Park, 12-9.

Kathy Kaminski, a Ramsey freshman hurled a two-hitter as she fanned 10 and walked nine. Cindy Childs socked a homer and singled for the Rams.

Senior Mindy Feinberg tossed the win for the Rockers, and her teammates made it an easy one as they tallied all nine runs in the first frame with the aid of free tickets



Maroon Star Patti Mileski, the Ridgewood High distance running star who moved down to the 400 meters in Monday's meet with Bergenfield, is about the cross the finish line with a 60.3 victory. (Photo by Steve O'Connor)

## O'Connell stars for Ridgewood

NORTHWEST BERGEN -O'Connell, Ridgewood High's outstanding junior pitcher who compiled a 14-4 mound record last season, picked up where she left off Tuesday by blanking Northern Highlands, 3-0, in the Maroon opener.

Second baseman Debbie Spell led the Maroon attack with a home run and a single in four trips. The homer was a solo shot in the fifth. O'Connell, who tossed a four-hitter, struck out three and walked only one. She also went three for three at the plate.

Diane Beard went two for four for the winners. Sophomore catcher Debbie O'Conell picked Highlands' first baserunner off first in the third. Ridgewood will host Old Tappan today and Ramapo tomorrow as they prepare to open defense of their NNJIL title Wednesday at Bergenfield.

Glen Rock and Mahwah also triumphed Tuesday. The Rockers won their second straight, 8-4 at Fort Lee, and the T'birds topped Pequannock, 3-2, to even their record

Senior Mindy Feinberg hurled a two-hitter for the Rockers, fanning 11 and passing five. She also had a big day at the plate, getting four hits in five at bats and scoring three times

Nancy James collected three hits in four trips, scoring twice and driving in a run, and rightfielder Barb Feinstein delivered the big hit for the Rockers, a base-clearing double in the four-run third.

T'bird senior Cathy Klaschka also turned in a two-hit performance, striking out eight as her team hit the win column after an opening loss to Emerson.



Distance Power — Margaret Scutro, outstanding sophomore member of the powerful Ridgewood High girls track team's distance running contingent, sets the pace in the 1600 meters which she won in 5:22.8 Monday as the Maroons overpowered Bergenfield. (Photo by Steve O'Connor)

RIDGEWOOD VS PARAMUS

DATE APRIL 11TH AT BERGEN CATHOLIC

WEATHER COOL-OVERCAST SOME RAIN

TRACK CONDITIONS ALL WEATHER

Y'S OF A MILE

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	P.
Long Jump	NOT CONTES DUE TO POO	TED R CONDITIONS			
Inter- mediate Hurdles	LIZ ROSS RHS 72.2	D. CIARAMELLA P 73.8	JENNY JAHRLING RHS 79.2	6	3
100 meter Dash	MARCI CAPITANI RHS 13.6	K. CHIMENTI P 13.8	KAREN HAASS RHS 14.1	6	3
1600 m Run	ANTA KANNENGIESER. RHS 5:46.5	KAREN O'BRIEN RHS 5:49.0	GENNY RAZIK RHS 5:51.5	9.	0
400 meter Dash	JEANNE McGUIRE RHS 66.2	SHARON WILLIAMS RHS 66.4	DAMMIENTO P. 70.4	8	1
100 meter Hurdles	LIZ ROSS RHS 18.8	WENDY HAWTHORNE RHS 18.8	D. CIARAMELLA P. 19.0	8	1
800 meter Run	ANJA KANNENGIESER RHS 2:40.8	LAURA KERESTY RHS 2:41.0	GENNY RAZIK RHS 2:49.0	9	0
200 meter Dash	MARCI CAPITANI R.H.S. 28.6	RAREN HAASS RHS 29.5	K. CHEMENTI RHS 29.9	8	1
3200 m Run	KAREN D'BRIEN RHS 12:56.5	GENNY RAZIK RHS 13:43	LAURA KERESTY RHS 14:04	9	0
Triple Jump	NOT CONTE	ST ED			
4X400 m Relay	RIDGEWOOD 3:31.5	(4/5 MILE RELAY)		5	0
Shot Put	JESSICA BERG RHS 28'11"	RAREN PRICKITT RHS 25'8/2"	LISA CANSEMI RHS 25' 2½"	9	C
Discus	SHARON STEMLEY RHS 85'7"	COURTNEY MOODY RHS 78'21/2"	JESSICA BERG RHS 77'8"	9	C
High Jump	KATHY GRANATA RHS 4'10"	WENDY HAWTHORNE RHS 4'9"	LIZ ROSS RHS 4'2"	9	0
			Final Score	95	9

EVE4T	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	IHA
Long Jump	NOT CONTESTE DUE TO POOR		•		
Inter- mediate Hurdles	LIZ ROSS R.H.S. 72.2	JENNY JAHRLING R.H.S. 79.2	LISA WATERS R.H.S, 86.2	9	0
100 meter Dash	MARCI CAPITANI RHS 13.6	KAREN HAASS RHS	S. CULL I.H.A. 14.5	8	1
1600 m Run	ANJA KANNENGIESER RHS. 5:46.5	R.H.S. S: 49.0	GENNY RAZIK RHS S:SI.S	9.	C
400 meter Dash	SEANNE McGUIRE RHS 66.2	SHARON WILLIAMS RHS 66.4	L. HAYDEN I.HA. 78.5	8	1
100 meter Hurdles	LIZ ROSS RHS	WENDY HAWTHORNE RHS 18.8	LISA WATERS RH.S. 20.0	9	C
800 meter Run	ANJA KANNENGIESER RHS 2:40.8	LAURA KERESTY RHS 1:41.0	GENNY RAZIK RHS 2:49	9	C
200 meter Dash	MARCI CAPITANI RHS 28.6	KAREN HAASS RHS 29.5	S. CULL IHA 30.6	8	1
3200 m Run	KAREN O'BRIEN RHS 12:56,5	C.C. IHA 13:17.5	GENNY RAZIK RHS 13:43	6	(1)
Triple Jump	NOT CONTES	,			
ĻХĻОО m Relay	3:31.5	A 4 LAP RELAY		5	C
Shot Put	JESSICA BERG RHS 28'11"	KAREN' PRICKITT RHS 25'8/2"	RHS 25' 2/2"	9	(
Discus	SHARON STEMLEY RHS 85'7"	COURTNEY MOODY RHS 78'2/2"	JESSICA BERG RHS 77'8"	9	(
High Jump	KATHY GRANATA RHS 4'10"	WENDY HAWTHORNE RHS 4'6"		8%	/
			Final Score	197%	1

PARAMUS CATHOLIC I.H.A. and PARAMUS EVENT NON SCORING PERFORMANCES Long WATERS - 13'5/2 Jump 90 Inter-PARKER mediate Hurdles PEDONE 14.8 100 meter 14.6 PEDONE Dash PEROG 16.6 MCDOWALD 14.9 SCERBO 15.2 1500 m Run 400 meter SCERBO 72.9 Dash McDONALD 71.8 100 meter JAHRLING 20.1 PARKER Hurdles PARKER 20.5 800 meter PEROG 2:53.8 run SEWARD 2:58.8 AHERNE - 34.9 DI MODUGNO - 31.7 200 meter TARLETON 30.5 TOUMEY 32.0 PEROG 34.9 HAASS 29.6 Dash TOUMEY 30.9 SEWARD 33.5 PARKER 32.7 3000 m Run Ross 29'1". Triple Jump WATERS 28'4" 4X400 m Relay 24'3" GOETTING 25'2/2 CANGEMI Shot Put GOETTING 24'3" TAMILY 22'0" 21'734" MOODY PRICKETT 73'10" Discus 63'5" GOETTING 28,8, CANGEMI High Jump

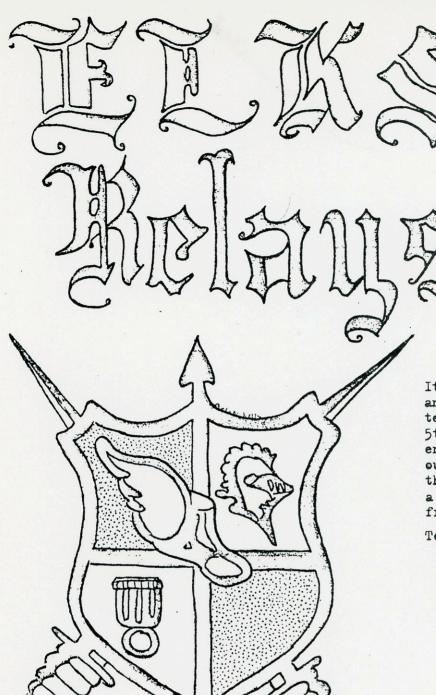
R.H.S. (vs)

WEATHER SUNNY

DATE APRIL 13TH

TRACK CONDITIONS ALL WEATHER

EVENT	FIRST PLACE	SECOND PLACE		RHS	F.H.S
Long Jump	KATHY GRANATA RHS 16FT 5 IN	CAROLIN BALLAN  15'7/4"	FOSSUM FHS 14'9"	5	4
Inter- mediate Hurdles	CAROLYN BALLAN FHS 69.0	LIZ ROSS RHS 70.8	JULIFANE BABBITT RHS 71.9	4	5
100 meter Dash	MARCI CAPITANI RHS 13.3	KAREN HAASS RH.S. 13.5	L. JACALONE RHS 14.0	8	-1
1600 m Run	KAKEN O'BRIEN RHS S:41.7	ANJA KANNENGIESER RHS 5:46.4	LAURA KERESTY R.H.S. 6:03.6	9	0
400 meter Dash	LIZ ROSS RHS 66.5	K. LAPSLEY F.H.S. 67-3	SHARON WILLIAMS R.H.S. 67.5	6	3
100 meter Hurdles	. 0 /	H. Fosson FITS 16.8	JULIEANE BABBITT RHS 17.6		8
800 meter Run	JENNY RAZIK RHS 2:41.4	LAURA KERESTY RHS 2:41.6	SCHLESINGER FHS 2:49.2	8	1
200 meter Dash	MARCI CAPITANI R.H.S. 27.5	RH.S. 28.5	LAPSLEY F.H.S. 29.1	8	1
3200 m Run	ANJA KANNENGIESER RHS 12:10.3	KAREN O'BRIEN RHS 12:20.2	NguyEN FHS 13:42.7	8	1
Triple Jump	KATHY GRANATA RH.S. 34' 31/4"	CAROLYN BALLAN F.H.S. 32'9"	SCARPA FHS 32° 34"	5	4
ЦХЦОО m Relay	RIDGEWOOD WILLIA HAASS JAHRL CAPIT	INS 4:391		5	0
Shot Put	Rose Desics F.H.S. 35'51/2"	L. SICINSKI F.HS. 31'10%"	JESSICA BERG RHS 29'5/2"	1	8
Discus	ROSE DESICS F.H.S. 100' 98"	L. SICINSKI F.HS. 93' 8"	SHARON STEMLEY R.H.S. 85'9"	1	8
High Jump	KATHY GRANATA RHS 4'11"	AMY GUTMAN FHS 4'10"	SALLY TARVIN RHS 4'8"	6	3
			Final Score	75	47



It rained hard all day long and we were a vacation weakened team but we still placed 5th. It was our weekend to entertain State College. At our party the night before the meet we became closer as a team and made some new friends from Pennsylvania.

#### Team Results:

State College	88
Pearl River	39
New Rochelle	38
North Rockland	33
Ridgewood	32
Fairlawn	30

Nonvet-Pearl River N.Z.

RIDGEWOOD VS PARAMUS CATHOLIC WEATHER COOL OVERCAST

DATE APRIL 18TH

TRACK CONDITIONS ALL WEATHER BUT
IN POOR SHAPE.

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	P.C.
Long Jump	KATHY GRANATA RHS 16' 31/2"	CLARKE P.C. " 15' 101/2"	PRIMUS P.C. 14'21/2"	5	4
Inter- mediate	LIZ ROSS RHS 71.5	CLARK P.C. 73.4	LISA WATERS RHS 73.4	6	3
100 meter Dash	PRIMUS P.C. 13.5	JEANNE M. GUIRE RHS 13.8	GARIPOLI P.C. 14.9	3	.6
1600 m Run	CARNEY P.C. 5:49.7	KAREN O'BRFEN RHS S:54.7	JULIANE BABBITT RHS 6:55.4	4.	5
400 meter Dash	BETH PRINGLE RHS 63.5	KAREN HAASS RHS 66.0	SALLY TARVIN RHS 67.6	9	0
100 meter Hurdles	CLARK P.C. 18.3	HACKETT P.C. 18.8	LISA WATERS R.H.S. 19.9	1	8
800 meter Rum	GENNY RAZIK RH.S. 2:37.4	. KRAMER P.C. 2:42.2	MEYERS P.C. 2:44.2	5	4
200 meter Dash	PRIMUS P.C. 28.3	MARGARET SCUTRO R.H. S. 28.4	R.H.S. 29.6	4	5
3200 m Run	BETH PRINGLE MARGARET SCUTRO KAREN D'BRIEN	ALL OF 13:05.5 RIDGEWOOD		9	0
Triple Jump	KATHY GRANATA RHS 33'8"	CLARKE P.C. 33'1"	PRIMUS P.C. 32'	5	4
hxh00 m Relay	RIDGEWOOD TACK TARK ROSS HAA	ETON CATHOLIC		5	0
Shot Put	BARRAU P.C. 36' 34"	JESSICA BERG RHS 28'3"	KAREN PRICKITT RHS 25'4"	4	5
Discus	BARRAU AC. 100' 11"	JESSICA BERG RHS 85'9"	COURTNEY MOODY RHS 81'8"	4	5
High Jump	KATHY SRANATA RHS 4'10"	WENDY HAWTHORNE RHS 4'10"	SALLY TARVING LIZ ROSS RHS 4'4"	9	0
			Final Score	73	49

#### **Bergen County Relays**

Girls Group 3-4 All distances in meters TEAM SCORES

REAM SCORES
Ridgewood 36½, Fair Lawn 31,
Westwood 30, Old Tappan 27, Durnonl 21, Teaneck 20, Hackensack
19, Indian Hillis 13½, Englewood 11,
Bergenfield 8½, Pascack Valley 6,
Ramapo 4, Cliffside Park 4, Paramus Catholic 3, Paramus 2, Pascack
Hills 2, Ramsey 1, Demarest 1, River
Dell 0,

400 hurdles — 1, Fair Lawn (Fossum, Ballan, Kaudos), 3:36.5; 2, Ramapo, 3:37.5; 3, Indian Hills, 3:43.0; 4, Ridgewood, 3:47.5; 5, Bergenfield,

Sulfi, Ballal, Raddovs, Acadovs, A. Ridgewood, 3:47.5; 5, Bergenfield, 3:48.5.

Shuttle hurdles — 1, Fair Lawn Fossum, Scarpa, Kaudos, Ballan), 1:08.6; 2, Westwood, 1:09.0; 3, Indian Hills, 1:11.2; 4, Old Tappan, 1:11.9; 5, Bergenfield, 1:12.4.

Distance medley — 1, Ridgewood, 1:249.2; 2, Westwood, 13:14.2; 3, Old Tappan, 13:17.6; 4, Hackensack, 13:20.9; 5, Indian Hills, 13:24.4.

Sprint medley — 1, Bergenfield (Diann Buller, Noreen King, Maria Nordberg, Toni Ann Angione), 4:13.6; 2, Ridgewood, 4:17.2; 3, Teaneck, 4:26.3; 4, Hackensack, 4:32.8; 5, Demarest, 4:33.6.

400 relay — 1, Teaneck (Forrester, Rodman, Golden, Samuels), 49.1; 2, Dwight-Morrow, 51.3; 3, Old Tappan, 35.5; 4, Dumont, 54.0; 5, Westwood, 54.1.

3200 relay — 1, Ridgewood (Scurro, Akannengreser, Keresty, Pringle), 9:55.7; 2, Westwood, 10:04.9; 3, Hackensack, 10:21.9; 4, Pascack Valley, 10:26.4; 5, Indian Hills, 10:31.9, 1600 relay — 1, Ridgewood (Pringle, Scutro, Patli Mileski, Mary Ellen Mileskiy, 24:11.1; 2, Teaneck, 4:15.2; 3, Westwood, 4:15.7; 4, Pascack Valley, 4:18.1; 5, Indian Hills, 4:18.4, 4 x 1600 — 1, Ridgewood, (O'Brien, Razik, Patli Mileski, Mary Ellen Mileski), 22:33.2; 2, Old Tappan, 23:10.9; 3, Hackensack, 23:43.5; 4, Pascack Valley, 1:41.1; 2, Teaneck, 4:15.2; 3, Westwood, 1:53.5; 4, Pascack Valley, 1:54.0; 5, Indian Hills, 5:18.5; 1, Sindian Hills, 5:18.5; 1, Sindian Hills, 5:18.5; 1, Sindian Hills, 5:18.5; 1, Sindian Hills, 6:19.7; 3, Sindian, 1:19.7; 4, Hackensack, 13-11/2; 5, Ramsey, 25:53.3. 800 relay — 1, Englewood (Liaski, 1:45.4; 5, Lang jump — 1, Old Tappan, (Palanuck, Fillipone, Boone), 45-5/2; 2, Dumont, 44-4/2; 3, Teaneck, 41-5/2; 4, Fair Lawn, 43-10/2; 5, Paramus Catholic, 43-9.

Ridgewood coach Jacob Brown normally has plenty on his mind. Things like where

he is going to put his new team trophies, what races to run the Mileski twins in, and figuring out how many records his team

He didn't have the luxury of dreaming those thoughts yesterday. A scrappy Fair Lawn squad has his team backed against the wall, and the Maroons reacted the only way they know how. They won three of the final four events for a comee-from-behind victory.

"When we were down by 13 I started to get concerned," Brown said. "We had missed placing by a half-inch in the long jump, and by two inches in the shot put. But the event order put our power late and Fair Lawn's power early. So we still kept the possibility of winning alive, because we knew we would win some of the late events."

Ridgewood did just that. The Maroons won easily in the 6,400 relay as Patti and Mary Ellen Mileski breezed through the race. The Mileskis came back to lead Ridgewood to victory in the 1,600 relay. "I



thought we would win the 6,400 relay and the 3,200 relay but I didn't think we would win the 1,600-relay," Brown said. "I thought we might score in the 4 x 400, but the win put us over the top."

NOTES — Beth Pringle won the most valuable track athlete for the relays. Pringle ran a 3:45 1,200 in the distance medley, a 2:19.6 200 in the 800 relay, and a 63.0 100 in the 400. Regina Weinpahl was the field winner as she upped her County shot put record to 41-4. She also threw the javelin 120-4, the discus 98-5, and ran a 15.3 leg in the shuttle hurdles.

# Ridgewood

High jump — 1, Dumont (Tracy Engell, Lisa Baldachino, Cindy Hall-strom), 14-4; 2, tie, Old Tappan, Fair Lawn and Westwood, 14-0; 5, tie, Bergenfield, Ridgewood and Indian Hills, 13-10.

Bergenfield, Ridgewood and Indian Hills, 13-10.
Shot put — 1, Westwood (DeFina, Milo, Weinphal), 98-31/4; 2, Fair Lawn, 94-91/2; 3, Hackensack, 93-6; 4, Paramus Catholic, 85-9; 5, Ridgewood, 85-73/4.
Discus — 1, Hackensack (McDonald, Tyler, Judkins), 263-7; 2, Fair Lawn, 255-11; 3, Indian Hills, 252-6; 4, Old Tappan, 248-0; 5, Westwood, 244-3.
Javelin — 1, Dumont (McCann, Javelin — 1, Dumont (McCann, Javelin — 1), Dumont (McCann, Milos, 252-6), All McCann, Javelin — 1, Dumont (McCann, Javelin — 1), Dumont (McCann, Milos, 252-6), All McCann, Javelin — 1, Dumont (McCann, McCann, McCann

Javelin — 1, Dumont (McCann, Deneia, Engell), 259-2; 2, Cliffside Park, 247-5; 3, Ridgewood, 240-4; 4, Paramus, 238-7; 5, Westwood, 237-1.

team champs

THURSDAY: 4X 100m 53.8

4 x 400 m KAREN HAASS 66.2, Mequire 66.2

LIZ KOSS 64.2, MARCI CAPITANI 60.9 4:17.5

4x 800 m M.E. MILESKI 2:26.2, SCUTRO 2:23.8

BETH PRINGLE 2:20.2, P. MILESKI 2:14.9 9:25.2

## FRIDAX

EVENT # 61 GIRLS' 4 X 800 1. MXXXX Bernards, Bernardsville, MJ 9:03.4 (#3 A-T Tasha Knox 2:13.2, Jenny Rahn 2:19.6' Amy Neyer 2:17.3, Med Na 1dron 2:08.3 2. Columbia, Maplewood, MJ 9:07.1 (#6 A-T) Chris Talleyrand 2:18.8, Lisa Morgan 2:17.3, PamRiley 2:15.3, Felicia Blake 2:15.7 9:09.4 3. Clarendon, Jamaica Daphne Fearon 2:14.9, Sharon Powell 2:13.9, Marcia Beckford 2:21.8, Donna Pryce 2:18.8' 9:10.3 (非13 A-T) 4. Ridgewood, NJ Maryk Ellen Mileski 2:17.2, Margaret Scutro 2:19.1, Beth Pringle 2:16.7, Patti Miloski 2:17.3 5. Bay Shore, MY 9:11.6 (#15 A-T) Jennie Graham 2:16.0, XX Kathy Pitcher 2:21.9, \*Michelle Billings 2:12.7, Mari Parks 2:21.0 6. State College , PA Tracey Horner 2:16.9, Liz Borgel 2:20.2, Heidi Roe 2:19.0, Dana De Tuerk 2:18.8 7. St. Croix Central, V.I. Pearl Haggins 2:23.4, Iyieadira Petrus 2:20.3, Carol Josse 2:23.1, Terry Gordon 2:12.8 8. Tech, Brooklyn, NY Charlene Carev 2:18.6, Julia Marshall 2:21.5, Andrea Allard 2:21.9, M Tonja Rice 2:18.0 DNF Perkiomen Valley, Graterford, PA



Lisa Howard 2:16.1, Kate Coll 2:22.1

# Ridgewood girls fourth in relay

PHILADELPHIA, PA — The Ridgewood High School girls 3200-meter relay team finished fourth in the Penn Relays event Friday with an impressive clocking of 9:10.3.

Mary Ellen Mileski timed 2:17.2 on the lead leg, then sophomore Margaret Scutro turned in a 2:19. Beth Pringle ran the third leg in 2:16.7 and Patti Mileski finished in 2:17.3.

Bernards was the winner with a 9:03.4 clocking, and Columbia High ws runnerup with a 9:07.1 as New Jersey teams finished one-two.

RIDGEWOOD VS HACKENSACK

WEATHER SUNNY and WARM

DATE MAY 2 ND

TRACK CONDITIONS All WEATHER

AT HACKENSACK

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	H
Long Jump	KATHY GRANATA IS'9" RHS	WENDY HAWTHORNE 14' 73/4" RHS	DAVIS 13'9/2" H.	8	1
Inter- mediate Hurdles	LIZ ROSS 68.2 RHS	REINGOLD 71.4 H	KIRSTEN KANNENGIESER 72.1 R.H.S.	6	3
100 meter Dash	MARCI CAPITANI 13.4 RHS	S. JACKSON 13.6 H	WIL ≤0 N 13.7 H	5	-4
1600 m Run	MARGARET SCUTRO 5:29.1 RHS	BETH PRINCLE 5:29.4 RHS	ANJA KANNENGIESER 5:30.5 RHS	9	0
400 meter Dash	PATTI MILESKI 61.0 RHS	MARY ELLEN MILESKI 61.1 RHS	S. JACKSON 620 H	8	1
100 meter Hurdles	REINGOLD 16.7 H	SALLY TARVIN 18.1 RHS	LIZ ROSS 18.4 RHS	4	5
800 meter Run	PATTI MILESKI 2:23.1 RHS	MARGARET SCUTRO 2:23.4 RHS	BETH PRINGLE 2:23.7 RHS	9	0
200 meter Dash	MARCI CAPITANI 27.3 RHS	M.E. MILESKI 28.2 RHS	KAREN HAASS 28.7 RHS	9	0
3200 m Run	MARGARET SCUTRO 11: 59.4 R.H.S.	M. ALVAREZ 12:04.4	KAREN O'BRIEN 12:18.6 RHS	6	3
Triple Jump	KATHY GRANATA 34'4" RHS	WENDY HAWTHORNE 32' 3/4" RHS	COOK 30' 2%" H	8	1
ЦХЦОО m Relay	RIDGEWOOD CAPITAN PRINGLE MILESK MILESK	HACKENSACK 4:19.7		5	0
Shot Put	McDONALD 31'4"	ADKINS 28'5" H	771ER 28'2"	0	9
Discus	TYLER 99'4"	SHARON STEMLEY 87'11" RHS	ADKINS 87'5" H	3	6
High Jump	KATHY SRANATA 4'10" RHS	WENDY HAWTHORNE 4'8" RHS	LISA HANES 4'6"	8	1
	1 112		Final Score	88	34

DATE MAY 200

Kathy Granata won the high jump and the TRACK CONDITIONS ALL WEATHER long jump to lead Ridgewood to victories over Hackensack and Teaneck in a NNJIL triangular

AT HACKENSACK meet.

	meet.		4	31	
EVEUT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	TEA
Long Jump	KATHY GRANATA 15'9" RHS	CHRISTINE WITHERS 15' 6 4" TEANECK	WENDY HAWTHORNE 14' 734" RHS	6	3
Inter- mediate Hurdles	LIZ ROSS 68.2 RH.S.	PALMER 71.0 TEANECK	KIRSTEN KAWNENGIESER 72.1 RHS	6	3
100 meter Dash	FORESTER 12.7 T	GOLDEN 12.8 T	SAMUELS 13.0 T	0	9
1600 m Run	MARGARET SCUTRO 5:29.1 RHS	BETH PRINGLE 5:29.4 RHS	ANJA KANNENGIESER 5:30.5 .RHS	9	0
400 meter Dash	V. ROD MAN 58.7 TEANECK	PATTI MILESKI 61.0 RHS	MARY ELLEN MILESKI 61.1 RHS	4	5
100 meter Hurdles	CHRISTINE WEATHERS 16.6 T	SALLY TARVIN 18.1 RHS	LIZ ROSS 18.4 RHS	4	5
800 meter Rum	PATTI MILESKI 2:23.1 RHS	MARGARET SCUTRO 2:23.4 RHS	BETH ARINGLE 2:23.7 RHS	9	0
200 meter Dash	FORESTER 26.2 TEANECK	GOLDEN 26.4 TENNECK	MARCI CAPITANI 27.3 RHS	1	8
3200 m Run	MARGARET SCUTED 11:59.9 RHS	KAREN D'BRIEN 12:18.6 RHS	ANJA KANNENGIESER 12:31 RHS	9	0
Triple Jump	CHRISTINE WITHERS 35'101/2" TEANECK	KATHY SRANATA 34'4" RHS	WENDY HAWTHORNE 32' 34" RHS	4	5
ЦХЦОО m Relay	RIDGEWOOD 4:07.9 CAPITANI, PRINGLE M.MILESKI, P. MILESKI	TEANECK 4:12.8		5	0
Shot Put	PALMER 31' TENNECK	LISA CANSEMI 27' S光" RHS	JESSICA BERG 27'4" RHS	4	5
Díscus	SHARON STEMLEY 87'1" RHS	JESSICA BERG 8517" RHS	COURTENAY MOODY 78'7" RHS	9	0
High Jump	KATHY GRANATA 4'10" RHS	WENDY HAWTHORNE 4'6" RHS	JEFFERSON 4'6" TEANECK	8	
			Final Score	78	44



EVENTS AND ORDER OF EVENTS - STARTS 4:00 P.M.

- 1. 4 x 100 meter relay trials (men)
- 2. High hurdle relay trials (men)
- 4.40 3. 4 x 800 meter relay (men)
- 5:0( 4. 4 x 800 meter relay (women)
  - 5. 4 x 100 meter relay final (men)
  - 6. High hurdle relay final (men)
  - 7. 4 x 1600 meter relay (men)
  - 8. 4 x 200 meter relay trials (men)
- 6:15 9. 4 x 200 meter relay trials (women) 1:56.1 3 x 400 intermediate hurdles (men)
  - 11. Sprint medley relay (men) (200, 200, 400, 300)
  - 12. 4 x 200 meter final (men)
  - 13. 4 x 200 meter final (women)
  - 14. Distance medley relay (men) (800, 400, 1200, 1600)
- 7:00 15. Distance medley relay (women)
  - 16. 4 x 400 meter relay (men)
  - 17. 4 x 400 meter relay (women)

FIELD EVENTS (all 2 man relays) (Swents 18=23 to start at 4:00 P.M.)

- 18. Shot put relay (men)
- 19. Javelin relay (men)
- 20. Pole vault relay (men)
- 21. High jump relay (men)
- 22. Long jump relay (men)
- 23. Discus throw relay (women)
- Discus throw relay (men) to follow discus relay (women)
- 25. Shot put relay (women) to follow shot put relay (men)

3:48.6 2:26 3:44.5 70.3 5:00.1

Results

**Incomplete** 

	RELAY R	ESULT S	HEET		
TEAM	1st Les	2" LES	3ª LEG	4th LEG	TOTAL TIME
20149 26:41	5119.7	10:32.0	15:38.4	20:34:4	
RIDGEWOOD	(5:19.7)	(5:12.3)	(5:06.4)	(4156.0)	20:34.4
(5.3	MARGARET Scutro	BETH PRINGLE	M. MILESKI	P.MILESKI	U
	5.52.0	10:48.6	15;44.9	21:149	21:14.8
MEPHAM	(5:25.0)	(5123.4)	(9:56 3)	(5:30.0)	21.11.1
5.u.			CHRIS		(2)
	5:31.5	11:06.8	17:05.7	23:07-2	23:07.2
OLD TAPPAN	(5:31.5)	(5:35.3)	(5:58.9)	(6:01.5)	-
T.W.					(5)
	5:28.6	11:16.3	16:59.2	22:57.7	22:57.7
CLARKSTOUN	(5:28.6)	(5:47.7)	(5: 42.9)	(5:58.5)	$-\frac{22.57.7}{4}$
SOUTH M.G.				7	
VALLEY	Ride	COMIC	od g	irls 5	21:49.40
5TREAM					4
CENTRAL 9.1	set 4	4-mil	e ma	rk	
	PARAMUS —	Margaret Scutro, ary Ellen Mileski,	1981. Scutro, a sophor	REQ.	-
	and Patti Mileski	teamed yesterday od set a national	opening leg in 5:19.7, gle following with a 5:12.3 on the second	MICH Dent I III	-
	4	ls outdoor track	Mileski completed t 5:06.4 and Patti Mile chor leg in 4:56.0.	he third leg in in	20:34.20
10:49.5.	Track		"These girls have for this all season," coach Jacob Brown	been working said Ridgewood	20:34 4
	Ridgewood Rela	ur-mile relay at the ays at Bergen Com-	some of the better i	teams from the on order that our	
	event in 20:34	ne completed the 1.4, regaining the gewood held at one	kids would be p worked." Mepham, N.Y., I	High School fin-	
	time in 1980 wi Seven schools ha since then, the	th a time of 21:25.7.  ad bettered that time  most recent being	ished second to t 21:14.9, Valley Strea was third in 21:4	m, N.Y., Central 9.4, Clarkstown	-
	Miramonte High	h of Orinda Califor- 8 clocking in May of	South finished fourt Old Tappan was fif	h in 22:57.7, and th in 23:07.2.	

# Ridgewood girls set national mark

By BRIAN FARRELL

PARAMUS - Appraised as a team effort with individual challenges, Ridgewood's Margaret Scutro, Beth Pringle and Mary Ellen and Patti Mileski combined to establish a national high school girls' outdoor track record in the four-mile relay Tuesday evening with a time of 20:34.4 in the fifth annual Ridgewood Relays at Bergen Community College.

In regaining the mark that Ridgewood set in 1980 (21:25.7), the Maroon quartet broke by 15.4 seconds the record (20:49.8) logged in May of 1981 by Miramonte High School of Orinda, Calif. — the seventh team that had improved upon Ridgewood's 1980 mark. It also eclipsed the indoor mark (20:41) set in 1982 by a Quincy, Massachusetts team at Harvard University.

Records are kept by Track and Field News.
The four-mile relay event started at 6:45 p.m. and concluded the regular relay meet that included 20 county girls' teams as well as races for sophomore boys. The lady Maroons, 7-0 in dual meets and ranked first in the county for Group Three-Four schools, also finished first in the overall meet.

Two Long Island, NY, schools — Mepham (21:14.9) of Belmar and Valley Stream Central (21:49.4) — finished second and third, respectively, followed by Clarkstown South, NY (22:57.7) and Old Tappan (23:07.2) — all of which are top teams from the metropolitan area.

Setting the pace with the best time (4:56.0) was number four Maroon runner Patti Mileski followed by number three Mary Ellen (5:06.4), number two Pringle (5:12.3 — a personal best) and lead off runner Scutro (5:19.7).

"We were trying (after the race) to analyze if there was a spark to our win," said coach Jacob Brown, "but it was a team effort. Each had her own challenge within a challenge, and they all ran really super.'

When Patti got the baton, we were in a national record pace, and she remained loose and just kept going," Brown said. "She realized it.'

What prompted Brown to add the four-mile relay race to the meet and try to break. the national mark was the lady Maroons' record-setting efforts earlier in the year in two indoor distance medleys (a race of different distances for each runner). "That sort of gave us the idea to do this," he said.

In January, the same foursome set a national record at Yale University's metric course with a time of 11:56.5

In February, running at Princeton University's longer course (an English track, about 15 yards more), the quartet broke its January mark with a time of 11:59.1

"It then became evident that these kids were good enough to try for this one (the four-mile relay record), too," Brown pointed out.

"It's a feather in our cap, certainly, and means that we have the best in something,' Brown said. "They're really the best! Each came to the race with her own level of readiness, and (the record) certainly gives them recognition for their hard work.

Brown indicated that winning a race like the four-mile relay is a difficult task for two reasons. "It's hard to get four kids to run their best at the same time and then to push themselves. That's the hard thing about setting a national record — to get each runner at her peak."

By spring, all four are quite prepared for running as each competed in cross-country and indoor track.

Scutro is very relaxed for a sophomore," Brown said. "She runs seriously but keeps things in perspective."

"Pringle (a senior) has a lot of confidence in herself," the coach said. "She's really running right now as well as she has ever run. She's really on a hot streak and is making things happen."

Brown refers to Mary Ellen and Patti Mileski — both seniors — as the team's anchor runners.

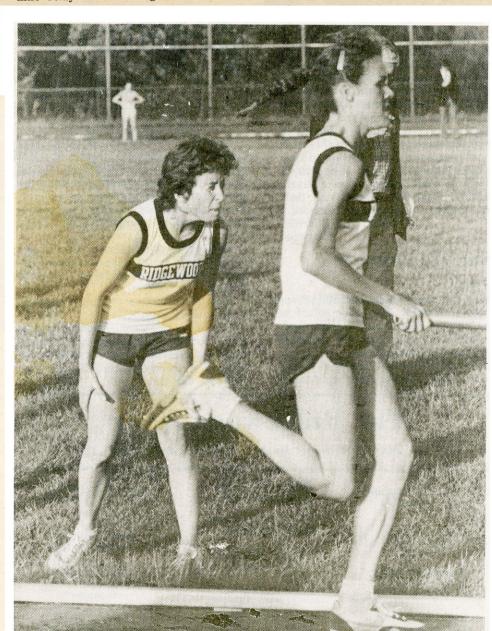
"Mary Ellen's the super, second runner that no one else has. We have the twins where most teams have just one (pacesetter) in a race like this.'

On Patti's top showing, Brown said: "She had to run a certain time and ran faster than that. She stayed relaxed and came through instead of getting tense and tight. She remained loose and just ran."



Record-Setters - Members of Ridgewood High's national fourmile relay record-setting team are shown with coach Jacob

Brown. Girls are (from left): Beth Pringle, Patti Mileski, Mary Ellen Mileski and Margaret Scutro. (Photo by Mike Grattini)



Ridgewood High School sophomore Margaret Scutro, having just finished her relay leg, watches Beth Pringle pursue the national high school girls outdoor track record for the four-mile relay Tuesday at Bergen Community College. Twins Mary Ellen and Patti Mileski also figured in the 20:34.4 clocking. See story on page 39. (Photo by Mike



Smooth Exchange - Beth Pringle's baton pass to Mary Ellen Mileski shows the kind of perfection executed the past week when the Ridgewood High girls track team set a national scholastic girls outdoor record in the four-mile relay with a 20:34.4 clocking at Bergen Community College. Margaret Scutro and Patti Mileski ran the other legs. (Photo by Mike Grattini) .squid discourse

### Bergen meet

Group 4 girls TEAM SCORING

Group 4 girls

TEAM SCORING
Ridgewood 82, Fair Lawn 49,
Teaneck 47, Paramus Catholic 30,
Hackensack 25, Paramus 7.
200 – 1, Michelle Forrester, Teaneck, 25.9; 2, Marleze Golden, Teaneck, 26.4; 3, Marcy Capatani,
Ridgewood, 26.8; 4, Ssycret Jackson,
Hackensack, 26.8; 5, Heather Samuels, Teaneck, 26.8; 5, Heather Samuels, Teaneck, 26.8; 5, Lauren Clarke,
Paramus Catholic, 1:09.4; 4, Kirsten Kannengleser, Ridgewood, 1:11.3; 5,
Heather Fossum, Fair Lawn, 1:11.7; 3200 – 1, Pathi Mileski, Ridgewood, 1:11.93, (record, old record)
11:38.4 by Mary Ellen Mileski, Ridgewood, 1:19.3; 2, Mary Ellen Mileski, Ridgewood, 1:19.5; 3, Maritza Alvarez, Hackensack, 11:52.1; 4, Karen O'Brien, Ridgewood, 1:57.1; 5, Linda Gouder, Teaneck, 12:24.9, Triple iump – 1, Kathy Granata, Ridgewood, 36-3½ (record, old record 34-9½ by Beverly Terry, Hackensack, 1982); 2, Lauren Clarke, Paramus Catholic, 35-10½; 3, Carolyn Ballan, Fair Lawn, 33-1½; 5, Venida Rodman, Teaneck, 12:24.9, High lump – 1, Kathy Granata, Ridgewood, 1982-19; 5, Venida Rodman, Teaneck, 12:24.9, High lump – 1, Kathy Granata, Ridgewood, 1981-1981, Fair Lawn, 33-1½; 5, Venida Rodman, Teaneck, 1981-1981, Milles Ridgewood, 1981-1981, Ridgewood, 1981-1981, Ridgewood, 1982-1982, 2081-1981, Ridgewood, 1982-1982, 2081-1981, Ridgewood, 1982-1982, 2081-1981, Ridgewood, 1982-1982, 2081-1981, Ridgewood, 1982-1982, Ri

32-V2.
High lump — 1, Kathy Granata, Ridgewood, 5-1; 2, Wendy Hawthorne, Ridgewood, 4-10; 3, Susie Kardos, Fair Lawn, 4-8; 4, Lisa Hanes, Hackensack, 4-8; 5, tie, Cynthia Jefferson, Teaneck, and Sally Tarvin, Ridgewood, 4-6.
Discus — 1, Rose Desics, Fair Lawn, 11-10 (record, old record 110-6 by Laurie Brandt, Paramus Catholic, 1982); 2, Pascale Barrau, Paramus Catholic, 107-0; 3, Kim Tyler, Hackensack, 104-10; 4, Courtney Moody, Ridgewood, 98-9; 5, Laura Sicinski, Fair Lawn, 98-6.
Javelin — 1, Stephanie DeCarlo, Paramus, 100-10 (record, old record 94-10 by Marre Blen Mileski, Ridgewood, 1982); 2, Krislin Lapsley, Fair Lawn, 97-4; 3, Marcy Capalani, Ridgewood, 95-4; 4, Pascale Barrau, Paramus Catholic, 93-10; 5, Mary Ellen Mileski, Ridgewood, 95-2, 20-2; 2, Pathy Mileski, Ridgewood, 220-2; 3, Linda Gouder, Teaneck, 2:28-2; 4, Karen Zasky, Teaneck, 2:30-4; 5, Alison Findlater, Hackensack, 2:31.
100 IH — 1, Carolyn Ballan, Fair Lawn, 15.7; 2, Lauren Clarke, Paramus Catholic, 15.8; 3, Heather Fossum, Fair Lawn, 16.3; 4, Beth Reingold, Hackensack, 16.7; 5, Sherry Primus, Paramus Catholic, 175.
100 — 1, Michelle Forester, Teaneck, 12.5 (ties record set by Stephanie Lauphlin, Teaneck, 1981); 2, Marteze Golden, Teaneck, 12.5 (ties record set by Stephanie Lauphlin, Teaneck, 1981); 2, Marteze Golden, Teaneck, 12.8; 3, Heather Samuels, Teaneck, 1981); 2, Marteze Golden, Teaneck, 12.8; 3, Heather Samuels, Teaneck, 1981); 2, Marteze Golden, Teaneck, 12.8; 3, Heather Samuels, Teaneck, 1981); 2, Marteze Golden, Teaneck, 12.8; 3, Heather Samuels, Teaneck, 1981); 2, Marteze Golden, Teaneck, 1981); 2, Marteze Golden,

#### **NNJIL** girls

TEAM SCORING

Ridgewood 62, Teaneck 42, Bergenfield 4143, Fair Lawn 32/3, Paramus Catholic 28, Hackensack 18, Irnmaculate Heart Academy and

18, Immaculate Heart Academy and Paramus 0.

100 IH — 1, Noreen King, Bergenfield, 15.4 (ties league record set by Judith Palmer, Teaneck); 2, Carolyn Ballan, Fair Lawn, 16.2; 3, Heather Fossum, Fair Lawn, 16.4; 4, Lauren Clarke, Paramus Catholic, 16.7; 5, Beth Reingold, Hackensack, 16.8.

100 — 1, Michele Forrester, Teaneck, 12.5 (record, old record 12.6 by Stephanie Loughlin, Teaneck and Caroline Morris, Hackensack); 2, Marteze Golden, Teaneck, 12.7; 3, Heather Samuels, Teaneck, 12.7; 3, Heather Samuels, Teaneck, 13.1; 4, Jeanne McGuire, Ridgewood, 13.3; 5, Noreen King, Bergenfield, 13.5.

200 — 1, Michele Forrester, Teaneck, 25.7; 2, Marteze Golden, Teaneck, 25.7; 2, Marteze Golden, Teaneck, 27.1; 4, Sherry Primus, Paramus Catholic, 27.4; 5, Noreen King, Bergenfield, 28.5.

400 LM — 1, Maria Nordberg, Bergenfield, 64.2; 2, Carolyn Ballan, Fair Lawn, 66.7; 3, Liz Ross, Ridgewood, 66.8; 5, Paramus Catholic, 66.5.

800 — 1, Warci Capitani, Ridgewood, 64.8; 5, Judy Oriol, Paramus Catholic, 66.5.

800 — 1, Mary Ellen Mileski, Ridgewood, 64.8; 5, Judy Oriol, Paramus Catholic, 66.5.

800 — 1, Mary Ellen Mileski, Ridgewood, 2:14.7; 2, Maria Nordberg, Bergenfield, 2:18.9; 3, Beth Pringle, Ridgewood, 2:21.4; 4, Margarel Scutro, Ridgewood, 5:10.1; 4, Ridgewood,

LEAGUE CHAMPIONSHIP

(Duals count 65%, league meet 35%)

	Duals	Meet	Lotais
Ridgewood	5.200	2.800	8.000
Teaneck	4.225	2.450	6.675
Bergenfield		2.100	6.325
Fair Lawn	2.600	1.750	4.350
Hackensack		1.050	4.300
Paramus Catholi	c 1.950	1.400	3.350
Paramus	1.300	0.525	1.825
Immaculate Hea	rt0.650	0.525	1.175



#### Section 1 sophomore girls track

At Bergenfield H.S. All distances in meters Group 1-2 champion: Saddle Brook Group 3-4 champion: Ridgewood

100 — Vicky Hoekstra, Indian Hills, 13.1 200 — Marci Capitani, Ridgewood,

400 - Marci Capitani, Ridgewood, 1:00.6 800 - Margaret Scutro, Ridge-

300 – Margaret Scutro, Ridge-wood, 2:22.0
1,600 – Toni Ann Angione, Ber-genfield, 5:15.9
3,200 – Toni Ann Angione, Ber-genfield, 11:35.0
100 LH – Antwanette Wilkens, Dickinson, 15:3
400 IH – Joan Moellenbeck, Ram-apo, 1:07.4
High jump – Donna Sharpe, Pat-erson Catholic, 4-10
Long jump – Maureen Shanna-han, Saddle Brook, 33-294
Triple jump – Brown, Englewood, 15-74

15-71/4
Shot put — Cardriane McDonald,
Hackensack, 31-11
Discus — Sheila Brock, Englewood, 97-1
Javelin — Marci Capitani, Ridgewood, 95-11
1,600 walk — Sally Tarvin, Ridgewood, 10:55.0
1,600 relay — Ridgewood, 4:19.6

## High School Scoreboard Sectional track summaries

HACKENSACK - A week ago the Saddle Brook, Tenafly, and Westwood girls track teams all finished a disappointing second in their league meets. But all three made amends yesterday in joining Ridgewood as team champions at the New Jersey State Interscholastic Athletic Association North Section 1 meet.

Ridgewood again proved in a class by itself as the Maroons finished with 53 points, 22 ahead of an impressive Fair Lawn squad. Patti Mileski won the 3,200 in meet- and County-record time of 10:37.0, and later added a gold medal in the 1.600 in a meet-record 4:58.7.

Kathy Granata added a victory for Ridgewood in the high jump and teammate Wendy Hawthorne followed right behind her.

**Group 4 girls** TEAM SCORING

Ridgewood 53, Fair Lawn 31, Teaneck 32, Eastside 17, Ferris 14, Hackensack 14, Kennedy 13, Memorial 10, Passaic 6, Passaic Tech 6, West Milford 6, Snyder 5, Dickinson 4, Wayne Hills 4, Kearney 4, North Bergen 3, Cliffon 2, Passaic Valley 0. 100 – 1, Michelle Forrester, Teaneck, 12.4; 2, Yvette Morris, Ferris,

12.7; 3, Marteze Golden, Teaneck, 12.7; 4, Heather Samuels, Teaneck, 13.0; 5, Marcia Ramsey, Eastside,

13.0. 200 — 1, Michelle Forrester, Tea-neck, 25.6; 2, Yvette Morris, Ferris, 26.2; 3, Marteze Golden, Teaneck, 26.3; 4, Marcia Ramsey, Eastside, 26.4; 5, Heather Samuels, Teaneck,

26.6.

400 — 1, Venida Rodman, Teaneck, 58.7; 2, Michelle Witherspoon, Kennedy, 60.8; 3, Marci Capatani, Ridgewood, 60.8; 4, Stacey Pierce, PCT, 60.8; 5, Tracy Floyd, Eastside, 61.9.

100 IH — 1, Kim Morrison, Ferris, 15.1; 2, Jackie Goode, Eastside, 15.3; 3, Syvette Flowers, Snyder, 15.6; 4, Carolyn Ballan, Fair Lawn, 15.6; 5, Heather Fossum, Fair Lawn, 16.1.

400 LH — 1, Carolyn Ballan, Fair Lawn, 64.8; 2, Liz Ross, Ridgewood, 68.1; 3, Anthwyanette Wilkins, Dickinson, 68.3; 4, Chris Metzger, Clifton, 71.4; 5, Beth Reingold, Hackensack, 71.4

71.4; 5, Beth Reingold, Hackensack, 71.4.

800 — 1, Mary Ellen Mileski, Ridgewood, 2:13.9 (record, old record, 2:14.6 by Patti Mileski, Ridgewood, 1982); 2, Margaret Sturo, Ridgewood, 2:19.1; 3, Cindy Keller, West Milford, 2:22.5; 4, Allison Findlater, Hackensack, 2:24.5; 5, Kim Dvce, Hackensack, 2:24.5; 5, Kim Dvce, Hackensack, 2:26.7.

1,600 — 1, Patti Mileski, Ridgewood, 1982); 2, Beth Pringle, Ridgewood, 4:58.7 (record, old record, 5:05.7 by Mary Ellen Mileski, Ridgewood, 5:05.5; 3, Lisa Herrman, Wayne Valley, 5:13.2; 4, Julie Ott, West Milford, 5:19.9; 5, Jessica Dickman, Memorial, 5:24.3.

3,200 — 1, Patti Mileski, Ridge-

3,200 - 1, Patti Mileski, Ridge-wood, 10:37.0 (meet and County

record, old meet record, 11:15:2 by record, old meet record, 11:01:0 by Toni Ann Angione, Bergenfield, 1983); 2, Donna Schiefer, Kearny, 11:02.4; 3, Rose Coley, Kennedy, 11:27.8; 4, Maritza Alvarez, Hackensack, 11:40.0; 5, Karen O'Brien, Ridgewood, 11:48.1, 1,600 relay — 1, Eastside (Jackle Goode, Tracy Floyd, Ann Peterson, Marcia Ramsey), 4:07.7; 2, Kennedy, 4:09.3; 3, Teaneck, 4:12.3; 4, Ridgewood, 4:14.3; 5, Passaic Tech, 4:15.3. Long jump — 1, Juana Fernandez, Memorial, 16-6; 2, Carolyn Ballan, Fair Lawn, 16-0; 3, Margaret Bugg, PCT, 15-8; 4, Michelle Witherspoon, 15-6; 5, Kathy Granata, Ridgewood, 15-5.

15-6; 5, Kalhy Granala, Ridgewood, 15-5.
High jump — 1, Kalhy Granala, Ridgewood, 5-2; 2, Wendy Hawthorne, Ridgewood, 5-0; 3, Juana Fernandez, Memorial, 4-10; 4, fie, Syvetle Flowers, Snyder and Cathy Davidson, West Milford, 4-8.
Discus — 1, Heather Hamilton, Passaic, 122-7 (record, old record, 114-61/2 by Monica Vollmin, Wayne Valley, 1980); 2, Kim Tyler, Hackensack, 102-4; 3, Audette Jones, Eastside, 99-8; 4, Rose Desics, Fair Lawn, 94-11; 5, Lisa Judkins, Hackensack, 94-7.
Javelin — 1, Kristen Lapsley, Fair Lawn, 94-11; 2, Mary Ellen Mileski, Ridgewood, 95-0; 3, Jessica Fisher, North Bergen, 93-4; 4, Marci Capatani, Ridgewood, 95-0; 5, Jennifer Jacobus, Wayne Valley, 91-11.
Shot put — 1, Rose Desics, Fair Lawn, 36-91/2; 2, Lisa Sicinski, Fair Lawn, 33-7; 3, Cardianne McDonald, Hackensack, 33-0; 4, Marlene Palmer, Teaneck, 31-91/2; 5, Domio Bianca, Dickinson, 31-91/2.

## Bergen Meet of Champions

## Bergen County Girls Meet of Champions

100 - 1, Michelle Forrester, Teaneck, 12.4 (meet record 12.3 in trials, 1, Michelle Forrester, Teaneck, 12.4 (meet record 12.3 in trials, old record 12.5 by Lori Morton, Westwood, 1980 and Caroline Morris, Hackensack, 1981); 2, Lisa Alexander, Englewood, 12.6; 3, Marteze Golden, Teaneck, 12.6; 4, Tisa Stubbs, Englewood, 12.8; 5, Linda Matto, Westwood, 12.8.
1, Michelle Forrester, Teaneck, 25.3 (ties meet record with Stephanie Lauphlin, Teaneck, 1981); 2, Lisa Alexander, Englewood, 25.6; 3, Marteze Golden, Teaneck, 26.0; 4, Stacia Palahnuk, Old Tappan, 26.7; 5, Heather Samuels, Teaneck, 26.8.
1, Tisa Stubbs, Englewood, 58.5; 2, Venida Rodman, Teaneck, 59.5; 3, Alieen Trendler, Old Tappan, 59.7; 4, Marci Capitani, Ridgewood, 60.2; 5, Andrea DeMott, River Dell, 60.8.
1, Mary Ellen Mileski, Ridgewood, 2:14.5; 2, Tracey Legato, Westwood, 2:22.2; 3, Debbie Hillery, Leonia, 2:22.9; 4, Anne Marie McVelgh, Demarest, 2:24.2; 5, Allison Findlater, Hackensack, 2:24.3.

2:24.3.

- 1, Patti Mileski, Ridgewood, 4:54.8 (County and meet record, old record 5:01.2 by Mary Ellen Mileski, Ridgewood, 1980); 2, Toni Ann Angione, Bergenfield, 4:58.5; 3, Margaret Scutro, Ridgewood, 5:10.6; 4, Vickie Gusciora, Saddle Brook, 5:15.5; 5, Viv Harstead, Park Ridge, 5:22.7.

- 1, Beth Pringle, Ridgewood, 11:13.6 (meet record, old record 11:23.5 by Toni Ann Angione, Bergenfield, 1982); 2, Sue Ellen McSweeney, Old Tappan, 11:18.1; 3, Laura McKenna, Tenafly, 11:27.7; 4, Marlitza Alvarez, Hackensack, 11:35.5; 5, Kiku Teramoto, Indian Hills, 11:479

11:27.7; 4, Maritza Alvarez, Hackensack, 11:35.2; 5, Kiku Teramolo, Indian Hills, 11:47.9.

100 HH — 1, Kim Lehmann, Garfield, 15.2; 2, Elileen O'Connor, Dumont, 15.3; 3, Regina Weinpahl, Westwood, 15.4; 5, Noreen King, Bergenfield, 15.7; 6, Della Biscaldi, Tenaffy, 15.7.

400 LH — 1, Kim Lehmann, Garfield, 1:04.2; 2, Carolyn Ballan, Fair Lawn, 1:05.2; 3, Joan Moellenbeck, Ramapo, 1:06.4; 4, Nancy Fedele, Cliffside Park, 1:06.8; 5, Belsy Della, Leonia, 1:07.4.

1600 Relay — 1, Ridgewood (Marci Capatani, Beth Pringle, Mary Ellen Mileski, Patti Mileski), 4:02.7; 2, Westwood, 4:08.0; 3, Teaneck, 4:10.2; 4, Pascack Valley, 4:12.0; 5, Tenafty, 4:12.8. High Jump — 1, Nancy Larena, Saddle Brook, 5-6 (meet record, old record 5-3 by Stephanie Bembridge, Northern Highlands, 1980); 2, Kathy Granata, Ridgewood, 5-2; 3, Cindy Hallstrom, Dumont, 5-2, 4, Kelly Barrett, Westwood, 5-2; 5, Kim Lehmann, Garfield, 5-0, Long Jump — 1, Eileen O'Connor, Dumont, 17-8/2 (meet record, old record 17-4/2 by Caroline Morris, Hackensack, 1981); 2, June Longernecker, Dumont, 17-7/2; 3, Carolyn Ballan, Fair Lawn, 16-10/4; 4, Stacia Palahnuk, Old Tappan, 16-10/4; 5, Lauren Clarke, Paramus Catholic, 16-9.

Triple Jump — 1, Eileen O'Connor, Dumont, 36-2/2; 2, Kathy Granata, Ridgewood, 35-8; 3, Margaret Roltkamp, Indian Hills, 35-1/4; 4, Kim Lehmann, Garfield, 34-11/4; 5, Stacia Palahnuk, Old Tappan, 34-

Lehmann, Garfield, 34-1134; 5, Stacia Palahnuk, Old Tappan, 34-

Lenmann, Garnero, Gar

Shot Put — 1, Regina Weinpahl, Westwood, 42-31/2 (County and meet record, old County record 42-2 by Weinpahl, 1983; old meet record 39-2 by Celia Mistretla, Park Ridge, 1981 and Weinpahl, 1982); 2, Pascale Barrau, Paramus Catholic, 38-5; 3, Rose Desics, Fair Lawn, 35-8; 4, Debbie Ivancich, Pascack Valley, 35-5; 5, Kirsten Teschauer, Old Tappan, 34-61/2.
Javelin — 1, Barbara Wolff, Tenafly, 134-0 (meet record, old record 125-3 by Sue Parker, Pascack Valley, 1982); 2, Regina Weinpahl, Westwood, 121-7; 3, Sheri Duncan, New Milford, 115-10; 4, Dawn Pavlu, Ridgefield, 113-2; 5, Tracy Engell, Dumont, 112-7.

## **NJSIAA track summaries**

400 LH — 1, Andrea Johnson, Plainfield, 61.0; 2, Zonya Cross, Edgewood, 61.1; 3, Anne Bansemir, Nutley, 62.5; 4, Kim Duke, Columbia, 62.7; 5, Angela Hecky, Trenton, 63.8.

800M — 1, Mary Ellen Mileski, Ridgewood, 2:14.6; 2, Lisa Morgan, Columbia, 2:15.0; 3, Stacy Bilotta, North Hunterdon, 2:16.1; 4, Lisa St. Clair, Plainfield, 2:16.3; 5, Kim Hageman, Hamilton East, 2:16.3.

3,200M — 1, Janet Smith, J.P. Stevens, 10:30.1; 2, Michele Rowan, Washington Twp., 10:30.6; 3, Stacy Bilotta, North Hunterdon, 10:43.8; 4, Patit Mileski, Ridgewood, 10:49.1; 5, Tracy Bagley, North Hunterdon, 10:57.1.

Long lump — 1, Karen Frederick,

Patil Mileski, Kidgewood, IV.84.1; 3, Tracy Bagley, North Hunterdon, 10:57.1.

Long jump — 1, Karen Frederick, Edison, 18-3/3; 2, Juana Fernandez, Memorial (Wny.), 17-734; 3, Rubye Hulchinson, Miliville, 17-712; 4, Tracy Young, Union, 17-6/4; 5, Shawn Knight, Miliville, 17-3.

Discus — 1, Karen Anderson, Toms River East, 139-0; 2, Ellen Biton, North Hunterdon, 117-3; 3, Julieta Stack, Atlantic City; 4, Cassie Bennison, Roxbury, 114-10; 5, Noreen Morris, Westfield, 113-2.

Javelin — 1, Joan Williams, Cedar Ridge, 125; 2, Lillian Rivera, Pemberlon, 120-10; 3, Cassie Benison, Roxbury, 120-5; 4, Julieta Stack, Atlantic, 119-3; 5, Robyn Petrus, Union, 116-7;

100 — 1, Wendy Vereen, Trenton, 11.3, (record, old record, Michele Glover, Willingboro, 11.4, 1981); 2, Denise Mitchell, Edgewood, 11.7; 3, Pam Hudson, North Hunterdon, 11.9; 4, Michelle Forrester, Teaneck, 12 (county record, old record, Forrester, in trials, 12.1); 5, Yvette Morris, Ferris, 12.0.

100 H — 1, Zonya Cross, Edgewood, 14.1; 2, Kim Duke, Columbia, 14.5; 3, Kim Morrison, Ferris, 14.6; 4, Laurie Courzo, Morrison, Ferris, 14.6; 4, Laurie Courzo, Morrison, 14,8; 5, Jackie Goode, Eastside, 14.9.

5-2; 4, Kim Jackson, Washington, 5-2; 5, Laurie Jackson, Atlantic City, 5-

Edgewood, 14.1; 2, KIM Duke, Columbia, 14.5; 3, Kim Morrison, Ferris, 14.6; 4, Laurie Couzzo, Morristown, 14.8; 5, Jackie Goode, Eastside, 14.9.

400 — 1, Felicia Blake, Columbia, 56.7; 2, Michelle DiMuro, Shawnee, 57.2; 3, Jill Rudrow, Jackson, 57.9; 4, Regina Bibbs, Morristown, 58.3; 5, Venida Rodman, Teaneck, 58.7.

200 — 1, Wendy Vereen, Trenton, 23.1 (record, old record Michele Glover, Willingboro, 1981, 11.4); 2, Denise Mitchell, Edgewood, 24.0; 3, Pam Hudson, North Hunterdon, 24.4; 4, Michelle Forrester, Teaneck, 25; 5, Gina Bibbs, Morristown, 25.7.

Shot put — 1, Karen Anderson, Toms River East, 39-5; 2, Cheryl Anderson, Union, 37-3/2; 3, Sue Watkins, Roxbury, 37-0; 4, Sue Murray, East Brunswick, 36-9; 5, Kim New-ell, Toms River East, 38-2.

1, Wildele and Union 11, Roxbury and East Brunswick, 36-9; 5, Kim New-ell, Toms River East, 38-2.

1, Woo — 1, Michele Rowan, Washington Twp., 4:48.0; 2, Pathi Mileski, 1600 — 1, Michele Rowan, Washington Township 12, Plainfield and Union 11, Roxbury and Finder Mith, J.P., Stevens, 5:02.0.

1, Woo — 1, Michele Rowan, Washington Twp., 4:48.0; 2, Pathi Mileski, 1600 — 1, Michele Rowan, Washington Twp., 4:48.0; 2, Pathi Mileski, 36-9; 3, Kim New-ell, Toms River East, 36-2.

1, Woo — 1, Michele Rowan, Washington Michele Rowan, Was

## **Meet of Champions** track summaries

#### Girls meet

Girls meet

100 — 1, Wendy Vereen, Trenton, 11.3; 2, Pam Hudson, North Hunterdon, 11.8; 3, Denise Liles, Kingsway, 12.0; 4, Renee Carr, Newark Central, 12.2; 5, Ava Farmer, Haddon Heighls, 12.2; 200 — 1, Wendy Vereen, Trenton, 23.0; 2, Pam Hudson, North Hunterdon, 23.9; 3, Denise Liles, Kingsway, 23.9; 4, Ava Farmer, Haddon Heights, 25.0; 5, Renee Carr, Newark Central, 25.3, 400 — 1, Angela Pulliam, Newark Central, 55.4; 2, Jackie Bobian, Scott, 55.8; 3, Felicia Blake, Columbia, 56.8; 4, Diane Hayes, Randolph, 57.4; 5, Giuna Bibbs, Morristown, 57.5.

800 — 1, Bobbie McGee, West Side, 2:09.6; 2, Kelly Toole, Morris Hills, 2:10.3; 3, Kim Sannito, Caldwell, 2:10.4; 4, Giselle Harris, Shabazz, 2:12.5; 5, Mary Ellen Mileski, Ridgewood, 2:15.6.

1,400 — 1, Meg Waldron, Bernards, 4:51.7; 2, Maura Hennessey, Morris Hills, 4:55.2; 3, Tracy Bigley, North Hunterdon, 4:58.2; 4, Toni Ann Angione, Bersenfield, 4:58.9; 5, Dawn Cody, Paul VI, 5:00.3, 3,200 — 1, Michelle Rowan, Washington Two, 10:20.6; 2, Janet Smith, J.P. Stevens, 10:29.3; 3, Pathy Mileski, Ridgewood, 10:34.5; 4, Stacy Billotta, North Hunterdon, 10:39.0; 5, Noel LeFrancis, West Morris, 11:88.9.

11:08.9.

100 HH — 1, Zonya Cross, Edgewood, 13.9; 2, Ruth Dickey, Penns Grove, 14.1; 3, Carlette Smith, Rahway, 14.4; 4, Jackie Goode, Eastside, 14.4; 5, Kim Morrison, Ferris, 14.6.

400 IH — 1, Andrea Johnson, Plaifnield, 61.3; 2, Angela Hickey, Trenton, 62.5; 3, Sandy Humphrey, South Brinswick, 63.2; 4, Anne Bangsier, Nutley, 63.3; 5, Erna deWaart, BRW, 63.5.

1,600 relay — 1, Trenton, 3:48.4; 2, Newark Central, 3:49.1; 3, Columbia, 3:51.0; 4, Shabazz, 3:55.3; 5, Plainfield, 3:56.2.

Shot put — 1, Regina Weignabl, Westwood, 41.6; 2

3:49.1; 3, Columbia, 3:51.0; 4, Shabazz, 3:55.3; 5, Plainfield, 3:56.2.

Shot put — 1, Regina Weinpahl, Westwood, 41-6; 2, Karen Anderson, TRE, 39-9; 3, Sherry Hair, Hightstown, 37-7; 4, Sue Murray, East Brunswick, 37-5; 5, Audra Carson, Monmouth, 37-3.

Discus — 1, Karen Anderson, TRE, 124-3; 2, Audra Corson, Monmouth, 119-6; 3, Julietia Stack, Atlantic City, 119-2; 4, Wenda Matheson, Parsippany, 119-0; 5, Noreen Morris, Westfield, 118-0.

Javelin — 1, Audra Corson, Monmouth, 143-1; 2, Joan Williams, Cedar Ridge, 130-2; 3, Lillian Rivera, Pemberton, 126-7; 4, Julietia Stack, Atlantic City, 125-11; 5, Roboyn Petrus, Union, 125-2.

Long lump — 1, Clare Connor, Rahway, 19-11; 2, Karen Frederick, Edison, 18-4; 3, Tracy Young, Union, 18-3½; 4, Leicia Beverley, Newark Central, 18-3½; 5, Jenny Hazzard, Hillside, 18-0.

High lump — 1, Tanva Smolin, Randolph, 5-8; 2, Tracy Young, Union, 5-6; 4, Callin Hadtke, New Providence, 5-4; 5, Nancy Larena, Saddle Brook, 5-4.

**Ridgewood Results Not Recorded!** 

PS74 NIPPON

Announcing...



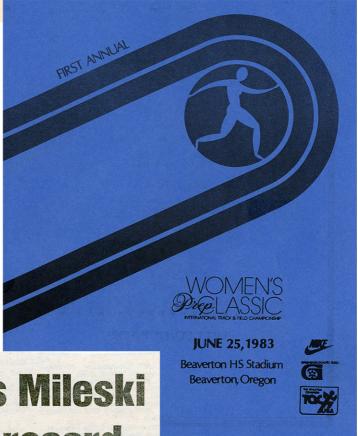




# Oregon bid to Mileskis

RIDGEWOOD — Mary Ellen and Patti Mileski, Ridgewood High's recordsmashing running twins, have been invited to compete in the Oregon Prep Relays Saturday. The girls will leave Thursday, the day after graduation, with coach Jacob Brown for the prestigious event.

Efforts are being made to raise money to help cover the air fare and expenses. Those interested in contributing should make checks payable to RHS Assn. and sent them to coach Brown, c/o Ridgewood High School.



# Ridgewood's Mileski sets Bergen record

BEAVERTON, Ore.—Ridgewood's Patty Mileski set a Bergen County record Saturday by winning the 1,500-meter race in 4:29.9 in the Women's Prep Classic Track and Field Meet.

A team of New Jersey girls also won the mile relay in the meet, which included senior-year high-school athletes. Mileski and her twin, Mary Ellen, teamed with Fair Lawn's Carolyn Ballan and Newark West Side's Bobbie McGee for a 4:04 victory.

Ballan also finished third in the intermediate hurdles in 62.8, the third fastest performance in Bergen County history. Mary Ellen Mileski took fifth with a 2:19 in the 800 meters.

McGee also placed first in the 800 with a time of 2:09.8.

# Ridgewood girls set pace

By THE STAFF

NORTHWEST BERGEN - Ridgewood High's powerful squad dominates the 1983 All-Suburban girls track and field team selected by The Sunday News. Leading the way are the record-setting Mileski sisters, Mary Ellen and Patti who paced the Maroons' domination of the middle-distance and distance events in Bergen County along with the 1600 relay.

"Coach of the Year" is Jacob Brown. mastermind behind the outstanding Ridgewood High track supremacy. He guided the Maroons to the NNJIL, sectional and county Group 4 titles in hot competition and his performers broke a host of records. Ridgewood also won the county relays and the 71-team relays it hosted at Bergen

Community College.

The Mileskis were joined by senior Beth Pringle and sophomore Margaret Scutro in setting a national high school girls outdoor record in the four-mile relay - a 20:34.4

The same foursome won the County Relay and Bergen Group 1600-relay, and to display the depth of the Maroons, sophomore Marci Capatani took Scutro's place in the quartet as they won the NNJIL event in 4:02.5, best time in the county in '83, and also the County Meet of Champions relay with a

All the girls mentioned are All-Suburban first-teamers, along with Maroon jumping standout Kathy Granata, a senior. Granata is the first athlete at Ridgewood to break any of Becky Deetz's records. She spanned 36-3½ to snap her triple jump mark. She is also the all-star high jumper (5-3).

Mary Ellen Mileski broke her sister Patti's county mark in the 800 with a 2:13.9 in winning the state sectionals. After breezing through county competition, she won the state Group 4 race in 2:14.6.

Patti, best distance runner in Bergen and one of the finest in the state, set county records in both events. She clocked 4:54.4 in the NNJIL 1600 race and 10:37.0 in the state sectional 3200. Although she finished fifth in the state Meet of Champions, she lowered the 3200 standard to 10:34.5.

The Mileskis are headed for Texas A&M on track scholarships.

#### Two-event standouts

Two Fair Lawn athletes claim two places on the star squad - Carolyn Ballan (400 hurdles and long jump) and Rose Desics (shot put and discus).

Selected in the 400 meters is Glen Rock's Diedre James, the county Group 1 winner. and Ramapo sophomore standout Joan Moellenbeck claims the 100 hurdles position. She also excelled in the 400 hurdles.



Maroon Standouts - Jacob Brown, All-Suburban girls track "Coach of the Year", is shown with his Rigewood national high school four-mile relay record-setters. Left: Beth Pringle and Patti Mileski. Right: Patti Mileski and Margaret Scutro. (Photo by

## All-Suburban girls track

FIRST TEAM 100 - Marci Capatani, Ridgewood...Soph. 200 - Marci Capatani, Ridgewood...Soph. 400 - Diedre James, Glen Rock.....Sr. 800 - M. E. Mileski, Ridgewood......Sr. 1600 - Patti Mileski, Ridgewood......Sr. 3200 - Patti Mileski, Ridgewood......Sr. 100 H - Joan Moellenbeck, Ramapo.. Soph. 400 H - Carolyn Ballan, Fair Lawn.....Sr. 1600 Relay - Ridgewood (Marci Capatani. Soph.; Mary Ellen Mileski, Sr.; Patti Mileski, Sr.; Beth Pringle, Sr.; Margaret Scutro, Soph.) HJ - Kathy Granata, Ridgewood ..... Sr. LJ - Carolyn Ballan, Fair Lawn.....Sr.

TJ - Kathy Granata, Ridgewood ..... Sr. SP - Rose Desics, Fair Lawn.....Sr. Disc - Rose Desics, Fair Lawn.....Sr. Coach of the Year - Jacob Brown, Ridgewood

SECOND TEAM

400 - Kathy Massop, Glen Rock......Jr. 800 - Margaret Scutro, Ridgewood.Soph.

1600 - Beth Pringle, Ridgewood......Sr.

3200 — Beth Pringle, Ridgewood......Sr. 100 H - Cathy Massop, Glen Rock......Jr. 400 H - Pam Swanborn, Midland Park..Jr. 1600 Relay - Indian Hills (Monica Eason, Sr.; Vickie Hoekstra, Soph.; Donna Lesch. Soph.; Pam Watt, Soph.)

HJ - Wendy Hawthorne, Ridgewood, Jr. LJ — Kathy Granata, Ridgewood.....Sr. TJ - Margaret Rottkamp, Indian Hills..

SP — Nikki Stamatelatos, Indian Hills .....Sr.

Disc - Alicia McKenna, Ramapo......Jr. HONORABLE MENTION

Sprints — Jeanne McGuire, Ridgewood, Soph. 800 — Patti Hoppin, Ramsey, Jr.; Michele Mulfinger, Ramapo, Soph. 1600 -Kiku Teramoto, Indian Hills, Jr.; 3200 — Karen O'Brien, Ridgewood, Soph.; Eileen Schultz, No. Highlands. 400 H - Joan Moellenbeck, Ramapo, Soph.; Karen Van Dyke, Ramsey, Soph.; Liz Ross, Ridgewood, Soph. HJ - Amy Nehis, Indian Hills. TJ -Pam Swanborn, Midland Park, Jr.

### RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD

#### 1983 PERFORMANCE LIST

100 meter dash	200 meter dash	400 meter dash
13.3 Marci Capitani 13.3 Jeanne McGuire 13.5 Karen Haass 14.4 Sharon Williams 14.5 Alison McDenald 14.6 Lisa Pedone 14.5 Clare Toumey 15.0 Maryclare Scerbo 15.3 Nicole Seward 15.6 Jeannie Melley 15.8 Cathy DiModugno 16.0 Laura Perog 16.5 Kelly Aherne	26.8 Marci Capitani 27.2 Mary Ellen Mileski 28.4 Margaret Scutro 28.5 Karen Haass 28.6 Jeanne McGuire 29.6 Lisa Tarleton 29.9 Sharon Williams 30.0 Sally Tarvin 30.5 Lisa Pedone 30.9 Clare Toumey 31.7 Cathy DiModugno 32.2 Kathy Parker 32.9 Maryclare Scerbo 33.5 Nicole Seward 34.5 Kelly Aherne 34.9 Laura Perog	60.2 Marci Capitani 60.3 Patti Mileski 61.1 Mary Ellen Mileski 63.5 Beth Pringle 63.9 Karen Haass 65.7 Sharen Williams 66.2 Jeanne McGuire 66.5 Liz Ross 66.0 Sally Tarvin 69.0 Lisa Tarleton 70.3 Lisa Pedene 71.8 Jenny Jahrling 71.8 Alisen MacDonald 72.1 Clare Toumey 72.9 Maryclare Scerbe 76.0 Cathy DiMedugno
800 meter run  2:13.9 Mary Ellen Mileski 2:17.9 Margaret Scutro 2:20.2 Patti Mileski 2:21.4 Beth Pringle 2:36.0 Laura Keresty 2:37.4 Genny Razik 2:40.8 Anja Kannengieser 2:52. Laura Perog 2:55.7 Nicole Seward (relay splits) 2:14.9 Patti Mileski 2:16.7 Beth Pringle 2:27.5 Anja Kannengieser 2:40. Karen O'Brien	1600 meter run	(relay Splits) 58.9 Mary Ellen Mileski 59.6 Patti Mileski 60.1 Marci Capitani 60.3 Margaret Scutro 61.6 Beth Pringle 64.0 Sally Tarvin 64.2 Liz Ross 66.0 Kirsten Kannengieser 66.1 Karen Haass 66.5*Sharon Williams 67 Lisa Tarleton 72 Jenny Jahrling
3200 meter run	100 meter hurdles 4	00 meter hurdles

10:34.5 Patti Mileski	
11:13.6 Beth Pringle	
11:19.5 Mary Ellen Miles	k
11:48.1 Karen O'Brien	
11:59.4 Margaret Scutro	
12:08.0 Anja Kannengiese	r
13:43 Genny Razik	

### 1600 meter walk

9:49.3 Anja Kannengieser 10:55.0 Sally Tarvin 11:15.2 Nicole Seward 11:15.4 Genny Razik

17 6	Sally Tarvin
17.6	Juliane Babbitt
18.2	Liz Ross
18.5	Wendy Hawthorne
19.6	Moria Kiltie
19.8	Lisa Waters
20.0	Kathy Parker
20.1	Jenny Jahrling

Liz Ress
Kirsten Kannengieser
Sally Tarvin
Juliane Babbitt
Lisa Waters
Jenny Jahrling
Moria Kiltie

90.0 Kathy Parker

#### Pentathelen

2835 points Kathy Granata

\*Unconverted imperial times (relay splits are listed when they better open times)

#### RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD 1983 PERFORMANCE LIST

#### High Jump

#### 5' 3" Kathy Granata 51 Wendy Hawtherne 4 8" Sally Tarvin

4' 6" Liz Ross

#### Long Jump

16' 5 " Kathy Granata 15' 4" Wendy Hawthorne 13' 7" Lisa Waters 12'102" Marci Capitani

#### Triple Jump

36' 32" Kathy Granata 32' 34" Wendy Hawthorne 29'11 " Liz Ross

29' 3%" Jenny Jahrling 28 9%" Lisa Waters

#### Shot Put 4 kg

33' 4" Jessica Berg 28'102" Lisa Cangemi 28' 6" Karen Prickett 26' 5%" Sue Geetting 24' 2½" Sally Tarvin 22'11 Dana Tamily 21' 7% Courtney Moody

#### Discus 1 kg

98' 9" Courtenay Moody 91' 2" Jessica Berg 87' 8" Sharon Stemley 79' 9" Lisa Cangemi 76' 9" Karen Prickett 74' 8" Dana Tamily 63' 5" Sue Goetting

#### Javelin

97' 1" Mary Ellen Mileski 95'11" Marci Capitani 89'2" Karen Prickett 83' 7" Jessica Berg 60' 8" Sue Goetting

Rid**gewo**ed High School

## Girl's Track and Field Records

EVENI	RECORD	PERFORMER	DATE	PLACE
100 Meter Dash	12.8	Judy Davis Trish Fogarty	198Ø 1981	Bergenfield, NJ Teaneck, NJ
220 Yard Dash	26.6	Judy Davis	1980	Hawthorne, NJ
400 Meter Dash	58.7	Judy Davis	1980	Tenafly, NJ
800 Meter Dash	2:12.1	Patti Mileski	1982	Tenafly, NJ
1500 Meter Run	4:44.8 i	Mary Ellen Mileski	1983	Yale
One Mile Run	4:54.8	Patti Mileski	1983	Tenafly, NJ
3000 Meter Run	10:04.1 i	Patti Mileski	1983	Yale, Conn.
3200 Meter Run	10:34.5	Patti Mileski	1983	S.Plainfield,NJ
100 Meter Hurdles	16.6	Monica Richter	1982	Tenafly, NJ
400 Meter Hurdles	68.2	Liz Ross	1983	Hackensack, NJ
Shot Put-4 kg 38'	6 3/4"	Lisa Glidewell	1980	Tenafly, NJ
Discus-1 kg	117' 7"	Lisa Glidewell	1980	Tenafly, NJ
Javelin	110,	Kim Slawak	1979	Jackson Twp. HS
High Jump	5'9"	Becky Deetz	1975	Holmdale, NJ
Long Jump	17'5"	Becky Deetz	1976	Hackensack, NJ
Triple Jump 36'	3 1/2"	Kathy Granata	1983	Hackensack, NJ
4 x 110 Yard Relay	51.6	J.Smith/O'Donnell Stewart/Davis	1978	Hawthorne HS
4 x 200 M. Relay	1:50.0	Semprevivo/Haass Vickery/Fogarty	1982	Rutgers, NJ
4 x 400 M.Relay	4:01.4	Capitani/Scutro M.Mileki/P.Mileski	1983	Rutgers, NJ
4 x 800 M. Relay	9:10.3	M.Mileski/Scutro Pringle/ P. Mileski	1983	Philidelphia
4 x 1 Mile Relay	20:34.4	Scutro/Pringle M.Mileski/ P.Milesk	1983 i	Bergen C.C.
Sprint Medley (440-220-220-880)	4:15.5	M.Mileski/Bagnaturo Semprevivo/P.Milesk		Bergen C.C.
Distance Medley (880-440-1320-1 mi	11:59.1 i le)	Pringle/Scutro M.Mileski/P.Mileski	1983	Princeton,NJ

4 x 100 M Hurdles 68.7	Porro/Pessa O'Conner/ Brienza	1979	Paramus Catholic	
3 x 400 M Hurdles 3:38.2	Ross/Babbitt Kannengieser	1983	Bergen C.C.	
(3 Person Field Relays)				
Shot Put 8 lb. 106'9 1/2"	Glidewell/Saurman Slawek	1979	Rutherford	
Discus Relay 305' 2"	Glidewell/Miles Sauerman	1980	New Milford, HS	
Javelin Relay 265'5"	P.Mileski/M.Mileski O'Rourke	1981	New Milford, HS	
High Jump Rly. 15' 7 1/2"	DuFlon/Granata Deetz	1975	Monmouth College	
Long Jump Relay 47' 1/2"	Porro/Smith O'Rourke	1979	New Milford HS	
Triple Jump Relay 97'7"	MacGregor/Porro Pessa	1979	New Milford HS	
(2 Person Field Relays)				
Shot Put Rly. 4 KG 59'10"	Berg/Prickett	1983	Bergen C.C.	
8 LB 73'5 1/2" i	Glidewell/Saurman	1986	Saddle Brook HS	
Discus Relay 183' 7"	Moody/Berg	1983	Bergen C.C.	
Javelin Relay 177' 2"	Prickett/Capitani	1983	Rockland C.C.	
High Jump Relay 10'	Richter/Roeske Richter/Granata	1981 1982	Paramus Catholic Bergen C.C.	
Long Jump Relay 30°3 1/2" i	Granata/Hawthe	rne 1	983 Rockland C.C.	
Triple Jump Relay 65' 11" i	Granata/Hawthorne	1983	Rockland C.C.	
*******				
Pentatholon 3453	Becky Deetz	1975	Summitt, NJ	
1 Mile Walk 9:49.3	Anja Kannengieser	1983	Hackensack	
Marathon 3 H 32 Min	Klara Grape	1977	Shore Marathon	
RECORDS FOR POINTS SCORED				
Total Points (career) 276 17 Senior Year 139 7			1980,81,82 1982	
Junior Year 140	1/4 Deecy Porr	0	1978	
Sophomore 110 1			1975	
9th Grade 65	1/3 Mary Ellen	mileski	1100	

<sup>\*</sup> Imperial records are retained until bettered by metric marks

## RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD ALL TIME TOP TEN

	100 METER	DASH	200 METER DASH	
		***. *** **** ***.*	ZEE HEIER MOOD	400 METER DASH
	Judy Davis	1980	26.6* Judy Davis 1979	
	Trish Fogarty	1981	26.6 Lisa Bagnaturo 1981	58.7 Judy Davis 1979
	Cathy Vickery	1982	26.8 Marci Capitani 1983	59.5∗ Kandie Latham 1974
	Lisa Bagnaturo	1981	27.2 Mary Ellen Mileski 1983	60.2 Marci Capitani 1983
	Marci Capitani	1983	27.4 Trish Fogarty 1981	60.3 Patti Mileski 1983
	Jeanne McGuire	1983	27.4 Karen Haass 1981	61.1 Mary Ellen Mileski 1983
	Karen Haass Karen Bell	1983	27.5 Cathy Vickery 1982	61.2* Becky Deetz 1976
	Kathy Bade	1980 1980	27.6 Stephanie Semprevivo 1982	61.7* Jane Green 1973
	Brit Nylund	1981	27.9* Kandie Latham 1975	61.7 Trish Fogarty 1981 62.0* Deecy Porro 1979
10:,	Dire Nyrunu	1701	28.0* Mary Hiller 1973	62.0* Deecy Porro 1979 62.2 JoAnn Casey 1981
	100 YARD D	ASH	28.0* Sue Davis 1976&77	82.2 Johnn Casey 1781
			400 m. RELAY SPLITS	800 METER RUN
11.5	Judy Davis	1978	and the state of t	
11.8	Sue Davis	1977	58.9 Mary Ellen Mileski 1983	2:12.1 Patti Mileski 1982
	Mary Cooper	1975	59.1* Kandi Latham 1974	2:13.9 Mary Ellen Mileski 1983
	Sheila Judge	1972	59.6 Patti Mileski 1983	2:17.7* Kandie Latham 1975
	Julie Roach	1977	60.1 Marci Capitani 1983	2:17.9 Margret Scutro 1983
	Mary Hiller	1973	60.1* Angelia Stewart 1978	2:19.2 Beth Pringle 1982
	Michelle Smith	1978	60.3 Margret Scutro 1983	2:20.8* Jane Green 1974
	Fran Whelan	1973	60.7* Jane Green 1974	2:21.8 Carol Dickstein 1981
	Gabrella Stauber	1975	61.3 Trish Fogarty 1982	2:23.1* Alyson Grunder 1976
12.5	Julie Smith 19	78%79	61.4 Lisa Bagnaturo 1981	2:23.5* Alison MacGregor 1978
	d program bayer operation	P". 1 15. 1	61.6 Beth Pringle 1983	2:25.4* Cyndi Hansen 1974
	1500 METER	KUN		TEARAGE AS EASTERN THE THE A TEAL LINE
4:44.8	3 Mary Ellen Miles	ski 1983	1600 METER RUN	3000 METER RUN
4:44.9		1981	4:54.8* Patti Mileski 1983	10:04.1 Patti Mileski 1983
4:45.3			5:01.2* Mary Ellen Mileski 1980	10:04.7 Carol Dickstein 1981
4:47.2		1981	5:05.5 Beth Pringle 1983	10:13.9 Mary Ellen Mileski 1982
4:54.4	Kathy Duffy	1980	5:10.6* Margret Scutro 1983	10:22.8 Beth Pringle 1982
5:06.4		1981	5:23.1* Anja Kannengieser 1982	10:28.2 Kathy Duffy 1981
5:09.4		1981	5:25.8 Colleen Wright 1982	10:39.3 Colleen Wright 1982
5:10.6	Chris McKenna	1980	5:29.9* Laura Campbell 1979	11:45.0 Sally Rielle 1981
5:28.3	Cris Speranza	1980	5:31.0* Barbara Remmers 1978	11:59.7 Cris Speranza 1980
5:29.8	Sally Rielle	1981	5:34.8* Debby Wee 1978	12:04.0 Mary Keegan 1980
5:31.8	B Mary Keegan	1980	5:35.6* Kathy Duffy 1979	12:55.1 Kristin Conradi 1980
	3200 METER	RUN	100 METER HURDLE	400 METER HURDLES
16:34.	5 Patti Mileski	1983	16.6 Monica Richter 1982	68.2 Liz Ross 1983
	6 Beth Pringle	1983	17.6 Sally Tarvin 1983	69.3 Patti Mileski 1981
	Ø Colleen Wright	1982	17.6 Julianne Babbitt 1983	70.0 Kirsten Kannengieser 1983
	5 Mary Ellen Mile		17.9 Lisa Guerriero 1981	70.1 Sally Tarvin 1983
	1* Kathy Duffy	1979	17.6 Charolette LeSane 1981	70.2 Jullianne Babbitt 1983
	1∗ Barbara Remmers		18.2 Liz Ross 1983	71.8 Mary Ellen Mileski 1981
11:48.	1 Karen O' Brien	1983	18.5 Wendy Hawthorne 1983	72.8 Britt Nyland 1981
11:50.	7 Anja Kannengies	er 1982	19.0 Kirsten Kennengieser 1981	73.0 Lisa Waters 1983
11:59.	4 Margret Scutro	1983	18.4 Vance Dailey 1981	73.7 Trish Fogarty 1981
12:60	2* Nancy Reed	1975	19.3 Mary Taylor 1982	75.4 Gretchen Sigler 1981

### RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD ALL TIME TOP TEN

100 METER DASH	200 METER DASH	
10 5 1.d. D 1004		400 METER DASH
12.8 Judy Davis 1980	26.6* Judy Davis 1979	F0 7 1 1 D
12.8 Trish Fogarty 1981	26.6 Lisa Bagnaturo 1981	58.7 Judy Davis 1979
13.0 Cathy Vickery 1982	26.8 Marci Capitani 1983	59.5* Kandie Latham 1974
13.2 Lisa Bagnaturo 1981	27.2 Mary Ellen Mileski 1983	60.2 Marci Capitani 1983
13.3 Marci Capitani 1983	27.4 Trish Fogarty 1981	60.3 Patti Mileski 1983
13.3 Jeanne McGuire 1983	27.4 Karen Haass 1981	61.1 Mary Ellen Mileski 1983
13.5 Karen Haass 1983	27.5 Cathy Vickery 1982	61.2* Becky Deetz 1976
13.5 Karen Bell 1980	27.6 Stephanie Semprevivo 1982	61.7* Jane Green 1973
13.6 Kathy Bade 1980 13.7 Brit Nylund 1981	27.9* Kandie Latham 1975	61.7 Trish Fogarty 1981
13.7 Brit Nylund 1981	28.0* Mary Hiller 1973	62.0* Deecy Porro 1979
100 YARD DASH	28.0* Sue Davis 1976%77	62.2 JoAnn Casey 1981
3.8/8/ 1.E11/17 1/E11/1	AGG - DELAY COLUE	800 METER RUN
11.5 Judy Davis 1978	400 m. BELAY SELITS	800 MEIER RUN
11.8 Sue Davis 1977	E0 0 Mary E1) Milanti +007	2:12.1 Patti Mileski 1982
12.0 Mary Cooper 1975	58.9 Mary Ellen Mileski 1983 59.1* Kandi Latham 1974	2:13.9 Mary Ellen Mileski 1983
12.2 Sheila Judge 1972		2:17.7* Kandie Latham 1975
12.2 Julie Roach 1977	59.6 Patti Mileski 1983	2:17.9 Margret Scutro 1983
12.3 Mary Hiller 1973	60.1 Marci Capitani 1983	2:19.2 Beth Pringle 1982
12.3 Michelle Smith 1978	60.1* Angelia Stewart 1978	2:17.2 Beth Pringle 1782 2:20.8* Jane Green 1974
12.5 Fran Whelan 1973	60.3 Margret Scutro 1983	2:21.8 Carol Dickstein 1981
12.5 Gabrella Stauber 1975	60.7* Jane Green 1974	
12.5 Julie Smith 1978&79	61.3 Trish Fogarty 1982	2:23.1* Alyson Grunder 1976
12.3 odile smith 17/00/7	61.4 Lisa Bagnaturo 1981	2:23.5* Alison MacGregor 1978
1500 METER RUN	61.6 Beth Pringle 1983	2:25.4* Cyndi Hansen 1974
1500 METER RUN	A COLOR DATE OF THE PROPERTY OF THE PARTY OF	77.73.73.73 b/(F7TT F77) F3) 1b1
4:44.8 Mary Ellen Mileski 1983	1600 METER RUN	3000 METER RUN
4:44.9 Patti Mileski 1981	1.51 6. 5 11: 11: 1: 1:	10:04.1 Patti Mileski 1983
4:45.3 Mary Ellen Mileski 1980	4:54.8* Patti Mileski 1983	10:04.1 Facti Hileski 1703 10:04.7 Carol Dickstein 1981
4:47.2 Carol Dickstein 1981	5:01.2* Mary Ellen Mileski 1980	10:13.9 Mary Ellen Mileski 1982
4:54.4 Kathy Duffy 1980	5:05.5 Beth Pringle 1983	10:22.8 Beth Pringle 1982
5:06.4 Colleen Wright 1981	5:10.6* Margret Scutro 1983	19:28.2 Kathy Duffy 1981
5:09.4 Beth Pringle 1981	5:23.1* Anja Kannengieser 1982	10:39.3 Colleen Wright 1982
5:10.6 Chris McKenna 1980	5:25.8 Colleen Wright 1982	11:45.0 Sally Rielle 1981
5:28.3 Cris Speranza 1980	5:29.9* Laura Campbell 1979	11:59.7 Cris Speranza 1980
5:29.8 Sally Rielle 1981	5:31.0* Barbara Remmers 1978	
	5:34.8* Debby Wee 1978	
5:31.8 Mary Keegan 1980	5:35.6* Kathy Duffy 1979	12:55.1 Kristin Conradi 1980
3200 METER RUN	100 METER HURDLE	400 METER HURDLES
and the control of th		
10:34.5 Patti Mileski 1983	16.6 Monica Richter 1982	68.2 Liz Ross 1983
11:13.6 Beth Pringle 1983	17.6 Sally Tarvin 1983	69.3 Patti Mileski 1981
11:18.0 Colleen Wright 1982	17.6 Julianne Babbitt 1983	70.0 Kirsten Kannengieser 1983
11:19.5 Mary Ellen Mileski 1983	17.9 Lisa Guerriero 1981	70.1 Sally Tarvin 1983
11:30.1* Kathy Duffy 1979	17.6 Charolette LeSane 1981	70.2 Jullianne Babbitt 1983
11:40.1* Barbara Remmers 1979	18.2 Liz Ross 1983	71.8 Mary Ellen Mileski 1981
11:48.1 Karen O' Brien 1983	18.5 Wendy Hawthorne 1983	72.8 Britt Nyland 1981
11:50.7 Anja Kannengieser 1982	19.0 Kirsten Kennengieser 1981	73.0 Lisa Waters 1983
11:59.4 Margret Scutro 1983	18.4 Vance Dailey 1981	73.7 Trish Fogarty 1981
12:08.2* Nancy Reed 1975	19.3 Mary Taylor 1982	75.4 Gretchen Sigler 1981

#### SHOT PUT 4KG

38' 6 3/4"	Lisa Glidewell 1980
33' 4"	Jessica Berg 1983
32' 7"	Janet Sauerman 1980
28'10 1/2"	Lisa Cansemi 1983
28' 8 1/2"	Claudia O'Rourke 1981
28' 6"	Karen Prickett 1983

#### SHOT PUT BLB

39"	1/4"	Sarah Miles	1979
38'		Lisa Glisewell	1980 i
36"	9 1/2"	Jennifer Baring	ger 197
36'	1/2"	Janet Saurman	1980
367	3"	Martha LaMarre	1976
343	5 1/2"	Renee DuFlon	1975
		Kim Slawek	1979
30'	7"	Nancy Fenn	1975
		Cathy Fontaine	1977

#### TRIPLE JUMP

36'	3	1/2"	Kathy Granata	1983
35'	2	1/4"	Becky Deetz	1976
34'	11	$1/2^n$	Deecy Porro	1978
33'	8	3/4"	Monica Richter	1982
33'	4	1/2*	Ingrid Pessa	1979
32'	9	1/2"	Hillary Nocka	1976
32'	7		Kathy Boyce	1981
32'	5	1	Leslie Payne	1979
32'	3	1/2"	Nichole Kokole	tsos 1980
32'	3	1/4"	Wendy Hawthorne	1983

#### DISCUS

117'	7"	Lisa Glidewell	1989
115'	6"	Janet Saurman	1930
103'	1 "	Cathie DeYoe	1975
102'	9"	Sarah Miles	1979
98'	9"	Courtney Moody	1983
98'	2"	Martha LaMarre	1976
97'	11"	Claudia O'Rourke	1981
96'	1"	Renee DuFlon	1975
95"	4"	Linda Russell	1975
91'	2"	Jessica Berg	1983

ADD - NOTABLE RELAY - SPLITS

#### HIGH JUMP

5'	9"	Becky Deetz 19	75&76
5'	4 "	Kathy Granata	1982
5'	3 1/2"	Beth Granata	1975
5'	2"	Mary Sayers	1974
5'	2*	Renee DuFlon	1975
5'	2"	Sharon Roeske	1981
5'	2"	Monica Richter	1982
5'		Ingrid Pessa	1979
5'		Wendy Hawthorne	1982
4'	11"	Beth Smith	1975

#### PENTATHOLON

3453	POINTS	Becky Deetz 1975
2835	POINTS	Kathy Granata 1983
2723	POINTS	Monica Richter 1982
2677	POINTS	Deecy Porro 1979
2429	POINTS	Mary Ellen Mileski 1981
2283	POINTS	Wendy Hawthorne 1982
2231	POINTS	Nicole Kokoletsos 1980
2187	POINTS	Kirsten Kannengieser 1981
2142	POINTS	Chris D'Rouke 1979
2022	POINTS	Lisa Glidewell 1979

#### JAVELIN

119'		Kim	Slaw	iek		1979
105'	6"	Clau	dia	0'F	Rourke	1981
102'	1"	Jenr	ifer	Ba	aringer	1975
191'	Ø B	Mary	E11	en	Mileski	1982
95'	11"	Marc	i Ca	pit	ani	1983
94'	9"	Lisa	Eri	cks	on	1977
89'2	1/2	2" Ka	ren	Pri	ckett	1983
88'	7 <sup>11</sup>	Jane	t Sa	ura	ian	1980
85'	9"	Lenn	i Ma	gui	re	1977
837	7"	Jess	ica	Ber	g	1983

#### LONG JUMP

177	5"	Becky Deetz	1976	
16'	5"	Kathy Granata	1983	
16'	2 1/4"	Sue Davis	1976	
16'	2 1/4"	Deecy Porro	1977	
16'	1 "	Ann Green	1976	
16'	2"	Michelle Smith	1979	i
15'	11"	Chris O'Rourke	1979	
15'	9 3/4"	Cheryl Ottens	1975	
15'	8 3/4"	Kathy Boyce	1981	
15'	5 1/2"	Mary Sayers	1974	
	16' 16' 16' 16' 15' 15' 15'	16' 5" 16' 2 1/4" 16' 2 1/4" 16' 1" 16' 2" 15' 11" 15' 9 3/4" 15' 8 3/4"	16' 5" Kathy Granata 16' 2 1/4" Sue Davis 16' 2 1/4" Deecy Porro 16' 1" Ann Green 16' 2" Michelle Smith 15' 11" Chris O'Rourke 15' 9 3/4" Cheryl Ottens 15' 8 3/4" Kathy Boyce	16' 5" Kathy Granata 1983 16' 2 1/4" Sue Davis 1976

## \* UNCONVERTED IMPERIAL TIMES i INDOORS

The change to metric racing distances several years ago has created confusion in trying to compare the "new" metric performances with the "old" imperial performances. The difference between comparable metric and imperial distances is usually small enough that a "conversion factor" can be added or subtracted from the old imperial performances to obtain an idea of what the result would have been had the race been done at a metric distance. The following factors can be used to change the imperial performancess on this chart so a more accurate comparison can be obtained.

220 yards to 200 meterssubtract 0.1 seconds

440 yards to 400 meterssubtract 0.3 seconds

880 yards to 800 meterssubtract 0.7 seconds

1 mile to 1600 meterssubtract 1.6 seconds

2 miles to 3200 meterssubtract 3.5 seconds

8 pound shot to 4 kilogram shot-subtract 2 feet.





