

RIDGEWOOD HIGH SCHOOL  
WINTER TRACK & FIELD - 1983

NEW INDOOR RECORDS

BOYS

440 yds	Rob Lanni	51.7	Rockland Community College
300 yds	Rob Lanni	33.5	Rockland Community College
800 meters	John Parisi	1:55.5	West Point
1000 yds	John Parisi	<del>2:18.3</del> 2:17.4	<del>Lawrenceville</del> PRINCETON
Long Jump	Jamie Kraft	19'11-3/4"	Rockland Community College
Triple Jump	John Parisi	39'9-3/4"	Rockland Community College
4 x 220 yards	M.Marino/B.Williams J. Parisi/R.Lanni	1:35.7	Rockland Community College
4 x 400 meters	C.Cortellesi/B.Williams R. Lanni/J.Paris	3:27.2	Yale
Triple Jump Relay	S.Semprevivo/J.Kraft	75'8"	Rockland Community College
500 meters	Charles Cortellesi	69.6	West Point

GIRLS

600 yards	Mary Ellen Mileski	1:27.3	Rockland
880 yard run	Beth Pringle	2:19.4	Princeton
1000 yard run	Mary Ellen Mileski	2:37.2	Lawrenceville
1500 meter run	Mary Ellen Mileski	4:44.8	Yale
3000 meter run	Patti Mileski	10:04.1	Yale
2 mile run	Patti Mileski	<del>10:49.7</del> 10:40.8	HAVARD 168th St. Armory, N.Y.C.
Long Jump	Kathy Granata	16'6 1/2"	Rockland Community College
Triple Jump	Kathy Granata	34'3"	Rockland Community College
Distance Medley (880-440-3/4-1mile)	B.Pringle/M.Scutro M.E.Mileski/P.Mileski	11:59.1*	Princeton

RIDGEWOOD HIGH SCHOOL

Winter Track and Field

New Jersey State Group IV Championships  
February 13, 1983

400 m: Rob Lanni 52.3 qualified sixth  
52.2 final - sixth place

Charles Cortellesi 53.5

55mHH: Albert Diaz 8.7  
Shuya Ohno 8.7

1600 m: Chris McNiff 4:45.4

800m: John Parisi 1:58.7 second place  
Brian Williams 2:03.5

3200m: David Nutt 10:07.2  
Joseph LeMay 9:56.1 P.B.

RESULTS OF YALE INVITATIONAL - January 22, 1983

WOMEN'S DISTANCE MEDLEY (4000m)

800m: Beth Pringle 2:21.0

400m: Margaret Scutro 64.0

1200m: Mary Ellen Mileski 3:35.7

1600m: Patti Mileski 4:55.8 New National Record - 11:56.5

(The Previous Record - State College, Pa. 12:02.8 - 1982)

WOMEN'S 1500m: Mary Ellen Mileski 4:44.8 3rd place - New School Record

WOMEN'S 3000m: Patti Mileski 10:04.06 3rd place - New School Record

MEN'S 400m: Charles Cortellesi 52.0

Rob Lanni 52.9

MEN'S 800m: John Parisi 1:55.88 D.Q. for cutting too early on California Start  
finished second

MEN'S 1000m: Brian Williams 2:48.8

MEN'S 1600m RELAY:

Charles Cortellesi 52.7

Brian Williams 51.9

Rob Lanni 51.6

John Parisi 51.0 New School Record

3:27.2 Second Place

55 HH - Albert Diaz 8.1  
Shuya Ohno 8.7  
Peter Gehl 9.7

60M - Rob Lanni 6.4  
Willie Lorenzi 7.4

High Jump - Kathy Granata 4'10" Third Place  
Wendy Hawthorne 4'8" fifth place

Mike Relay - Charles Cortellosi 54.5 - Mike Marino 54.6  
Brian Williams 53.9 - John Parisi 53.0

3:36.0 Second Place

Mary Ellen Mileski 63.7 - Kathy Granata 68.9  
Beth Pringle 65.7 - Patti Mileski 61.5

4:19.8 Second Place

Additional Notes;

Our goal was to win team championships in both the boys' & girls' divisions. We fell three points short of reaching that goal (see team scores). If this meet was decided on a combined score basis, Ridgewood would have won by over thirty points over the next best combined team.

Brian Williams, Mary Ellen Mileski and Beth Pringle scored in three running events.

Kathy Granata scored in four events.

John Parisi and Patti Mileski remain undefeated.

Rob Lanni pulled a groin muscle in the 60 meters; he was unable to run in the mile relay.

TEAM SCORES: Top 5

Boys: Eastside 47, Ridgewood 44, Bergen Catholic 39, Teaneck 37, Wayne Valley 34.

Girls: Ridgewood 58, Fair Lawn 36, Teaneck 31, Wayne Valley 30, Hackensack and Kennedy 17.



SPIKE SHOE CLUB  
TEAM CHAMPIONSHIP

January 10, 1983

2 miles - David Nutt 10:00.6 (P.B.) Fourth Place  
Joe LeMay 10:13.4 (P.B.)  
Patti Mileski 10:52.4 First Place - Meet Record  
John Lander 11:13

2 mile Relay - Jim Lesch 2:10.2 - Chris McNiff 2:09  
Boys Tom DeVries 2:12 - Brian Williams 2:06.5 Third Place  
8:38.7

2 mile Relay - Beth Pringle 2:28.7 - Laura Keresty 2:48.6  
Girls Leslie Barbi 2:50.7 - Mary Ellen Mileski 2:19.3 Second Place  
10:27.3

600 yds. - John Parisi 1:16.6 First place - meet record  
Steve Semprevivo 1:22.5  
Steve Carter 1:26.6

1000 yds. - Brian Williams 2:25.5 Second place (P.B.)  
Jim Lesch 2:34.3  
Beth Pringle 2:56.5 Second place  
Laura Keresty 3:27

300 yds. - Rob Lanni 33.5 Second Place  
Mike Marino 34.8  
Jamie Kraft 35.8  
Willie Lorenzi 37.1  
Albert Diaz 37.2

Mile - Tom DeVries - 5:05.1  
Chris McNiff - DNF  
Mary Ellen Mileski - 5:12.7 First Place - meet record  
Leslie Barbi - 6:16.8

Shot Put - Stan Laborde - 44'2"  
Peter Gautier - 45'5 $\frac{1}{4}$ "  
Tom Bochenstein - 38'4-3/4"  
Bill Phillips - 34'4"  
George Williams 34'1 $\frac{1}{2}$ "

Triple Jump - John Parisi - 39'1 $\frac{1}{4}$ "  
Jamie Kraft - 38'8" (P.B.)  
Kathy Granata - 33'11 $\frac{1}{2}$ " second place  
Wendy Hawthorne - 32'9" fourth place

Long Jump - John Parisi - 19'1 $\frac{1}{2}$ "  
Jamie Kraft - 18'6 $\frac{1}{2}$ "  
Steve Semprevivo - 16'9"  
Albert Diaz - 16'2 $\frac{1}{2}$ "  
Steve Carter - 15'3 $\frac{1}{2}$ "  
Kathy Granata 15'8-3/4" fifth place  
Wendy Hawthorne - 14'11-3/4"

ROCKLAND COUNTY INVITATIONAL

January 7, 1983

RESULTS

2 miles - Joe LeMay 10:26.8 (PB)  
Beth Pringle 11:42.2 first place

1000 yds. - Chris McNiff 2:35.4  
Mary Ellen Mileski 2:42.6 first place - meet record - *school record*  
Laura Keresty 3:24.8

600 yds. - Albert Diaz 1:23.6  
Steve Carter 1:25.8

880 Relay - Mike Marino 24.5 - Brian Williams 24.2 - first place  
John Parisi 23.9 - Rob Lanni 23.2 1:35.8

Mile - David Nutt 4:52.6 300 yds. Rob Lanni 33.3 -  
Tom DeVries 5:01.2 Third place - *School record*  
Patti Mileski 5:08.7 - First place - meet record Mike Marino 34.5 (PB)

2 mile Relay - Chris McNiff 2:11.2 - Jim Lesch 2:14.8 - 8:32.9  
Brian Williams 2:05.5 - John Parisi 2:01.4 - fifth place

Mile Relay - Jamie Kraft 55.5 - Steve Semprevivo 54.9 - 3:38.4  
Mike Marino 54.6 - Rob Lanni 54.4 - fourth place

Shot - Stan Laborde 48'6" (PB) forth Place  
Peter Gautier 43'  
Kristin Paul 24'10"

Triple Jump - John Parisi 39'9½" (PB)  
Jamie Kraft 38'6½" (PB)

Long Jump - Jamie Kraft 18'2½" (PB)  
Steve Semprevivo 17'6"  
Kathy Granata 14'11-3/4" sixth place  
Wendy Hawthorne 14'9"

High Jump - Kathy Granata 4'10" - Third place  
Wendy Hawthorne 4'8" - fifth place

Additional Information:

We trained through this meet and experimented with different events, yet we finished as the fifth place team out of a field of 30 teams.  
Mary Ellen Mileski set a new meet record in the Girls 1000.  
Patti Mileski set a new meet record in the Girls Mile.  
Rob Lanni set a new school record in the 300.  
The 880 yard relay of Mike Marino, Brian Williams, John Parisi, and Rob Lanni finished first beating all seeded teams by winning the unseeded heat. This was also a school record.  
Stan Laborde was in second place going into the finals of the shot put. This was his first competition this year.

PEARL RIVER HOLIDAY TRACK MEET \_DECEMBER 28, 1982  
ROCKLAND COMMUNITY COLLEGE

60 yd. dash

Rob Lanni 6.7 - 8th place  
Willie Lorenzi 7.4

880 Relay

Steve Carter 26.3  
Mark Hoefflin 27.7  
Shuya Ohno 28.9  
Willie Lorenzi 26.8 1:49.7

2 Mile Run

Dave Nutt  
10:13.9 6th place

1000- John Parisi 2:25.6 1st place  
Jim Lesch 2:31.9

300- Jamie Kraft 35.6  
Mike Marino 34.8  
Albert Diaz 36.3  
Mike Dittamo 41.8  
Steve Carter 36.8

600- Brian Williams 1:17.9 6th place  
Steve Semprevivo 1:20.6

Mile -Beth Pringle 5:33.8 7th place  
Chris McNiff 4:48.6 8th Place  
Tom DeVries 4:53.4



LONG JUMP -	Wendy Hawthorne	15'5½"	9th place
	Kathy Granata	16'53/4"	4th place
HIGH JUMP -	Wendy Hawthorne	4'10"	3rd place
	Kathy Granata	4'10"	2nd place
SHOT	- Peter Gautier	43'1½"	
MILE RELAY-	Brian Williams	54.3	
	Steve Sempevivo	54.9	
	Mike Marino	53.1	
	Rob Lanni	51.8	3:342 1st place

OTHER INFORMATION:

- 10 medals were awarded for each event
- approximately 1000 -1500 athletes competed
- Dave Nutt, <sup>Junior</sup> senior, improved his 2 mile time by 2 seconds
- strong 6th place 1:17.9 for Brian Williams, senior
- John Parisi, senior, won 1000 in a slow 2:25.6 he remains undefeated
- Wendy Hawthorne, Junior, improved 6 inches in long jump
- mile relay remains undefeated. This time two substitutes Mike Marino and Steve Semprevivo both juniors ran. This event should be Ridgewood's strongest as the season progresses
- only half the team participated because of Christmas vacation. Mileski twins trained through this meet.
- upcoming indoor meets:

Rockland County Invite - 1/7/83 - 5 - 10p.m.

Rockland Community College

We are aiming towards this meet as a team - Spike Shoe Club Team  
Championship Meet 1/10/83 5 - 10p.m. Rockland Community College.



RIDGEWOOD HIGH SCHOOL WINTER TRACK

BERGEN COUNTY RELAYS

February 8, 1983

High Jump: W. Hawthorne 4'8" - K. Granata 5'-0" / 9'8" second

Triple Jump: S. Semprevivo 37'9" - J. Kraft 37'11" / 75'8" fifth

W. Hawthorne 32'1" - K. Granata 33'10" / 65'11" second

Long Jump: S. Carter 15'4" - J. Kraft 19'11-3/4" / 35'3-3/4"  
 W. Hawthorne 14'10-3/4" - K. Granata 15'4-3/4" / 30'3 1/2" second

4x Mile: B. Williams 4:44.9 - D. Nutt 4:49.5  
J. LeMay 4:44.8 - C. McNiff 4:49.6 19:07.8 second  
 B. Pringle 5:27 - L. Keresty 6:01.8  
 K. O'Brien 6:10.3 - P. Mileski 5:16.4 22:55.5 first

Distance Medley: J. Lander 3:47.6 - T. DeVries 2:20.8  
M. Dittamo 67.7 - J. LeMay 4:51.6 12:07.7  
 L. Barbi 4:21.2 - L. Keresty 2:39.6  
 B. Pringle 65.8 - P. Mileski 5:06.9 13:13.5 first

4x 220: C. Cortellesi 24.8 - Mike Marino 25.0  
 J. Kraft 24.6 - Rob Lanni 22.4 1:36.9 fifth

4x 880: J. Lesch 2:08.8 - T. DeVries 2:12  
 S. Semprevivo 2:11.7 - C. McNiff 2:10.5 8:43

Sprint Medley: A. Diaz 26.1 - M. Marino 52.8  
 S. Carter 25.2 - D. Nutt 2:19.2 4:03.7

4x 440: C. Cortellesi 53.7 - R. Lanni 51.9  
B. Williams 52.9 - J. Parisi 52.6 3:31.2 first  
 S. Semprevivo 55.2 - J. Kraft 55.4  
 A. Diaz 56.2 - M. Marino 53.9 3:40.6 sixth

Shot Put: T. Boschenstein 40'2" - G. Williams 33'4" / 73'6"  
 B. Phillips 35'6" - H. Cubberly 32'7" / 68'1"

RIDGEWOOD HIGH SCHOOL WINTER TRACK RESULTS

PRINCETON RELAYS 2/5/83

Women's Distance Medley (yards)

880: Beth Pringle 2:22.8

440: Margaret Scutro 62.9

3/4 mile: Mary Ellen Mileski 3:39.0

mile: Patti Mileski 4:54.4

11:59.1 National Record

Second National Record in two weeks. The other record was the Distance Medley in meters. These girls now own the National Record in the Women's Distance Medley in both meters and yards.

WEST POINT INVITATIONAL 2/5/83

400 meters: Rob Lanni 52.5

500 meters: Charles Cortellesi 69.6 sixth place

800 meters: John Parisi 1:55.49 Meet Record; Bergen County Record;  
School Record

1000 meters: Brian Williams 2:44.7

1600 meters

Relay : Mike Marino 53.7

Brian Williams 52.7

Rob Lanni 52.7

John Parisi 52.4

3:31.5

Northern New Jersey Interscholastic Championships  
Hudson County CYO Meet, - February 19, 1983

Girls 880-	Laura Keresty	2:34.9 P.B.	
	Karen O'Brien	2:49.5 P.B.	
Two Mile Run	Dave Nutt	10:01.1	
	Joe LeMay	10:05.4	
440	Mike Marino	56.0	
	Jamie Kraft	57.5	
60HH	Albert Diaz	8.4	
	Shuya Ohno	9.0	
	Peter Gehl	9.4	
Boys 880	Steve Semprevivo	2:15.5	
	Jim Lesch	2:12.7	
Mile	Chris McNiff	4:47.1	
	John Lander	5:09	
Mile Relay	Jamie Kraft	55.8	
	Albert Diaz	57.6	
	Steve Semprevivo	55.4	
	Mike Marino	55.8	3:44.6



GIRL'S NEW JERSEY STATE GROUP IV CHAMPIONSHIPS  
February 21, 1983

1600m	Mary Ellen Mileski	5:16.2	3rd place*
800m	Beth Pringle	2:19.4 p.b.	2nd place*
3200	Patti Mileski	10:54.6	1st place*
High Jump	Wendy Hawthorne	4'10"	

13 points - second place to Columbia (16pts.)

\*qualified for New Jersey State Meet of Champs, Monday February 28, 1983

MEET RESULTS:

BISHOP LOUGHLIN GAMES 12/18/82

Women's 2 mile - Patti Mileski 10:49.8 new school record - first place  
Women's 1000 - Mary Ellen Mileski 2:56.9  
Men's 1000 - Brian Williams 2:33  
Men's 600 - John Parisi 1:16.2 fifth place

Hackensack Spiked Shoe Christmas Meet 12/20/82

60HH - Shuya Ohno 8.9 fifth  
Albert Diaz 8.8 third (unofficial)  
Peter Gehl 9.8  
Shot Put - Peter Gautier 43'7½"  
Triple Jump - Kathy Granata 34'3" new school record 2nd place  
Wendy Hawthorne 33'1½" 3rd place  
High Jump - Kathy Granata 4'10" 2nd place  
Wendy Hawthorne 4'8" 3rd place  
Long Jump - Kathy Granata 16'6½" 1st place New school record  
Wendy Hawthorne 14'11-3/4" 4th place  
880 - Jim Lesch 2:14.7  
Beth Pringle 2:32.3 1st place  
Laura Keresty 2:52.1

300 - Rob Lanni 34.0  
Mike Marino 34.8  
Brian Williams 35.3  
Paul Caminiti 36.4  
Steve Carter 38.0

Mile Relays:

Mile - Chris McNiff 4:43.9 3rd place  
Tom DeVries 5:06.6  
Beth Pringle 5:52.9  
John Lauder 5:19.3

(A.) Steve Semprevivo 56.3  
Brian Williams 54.2  
Rob Lanni 52.9  
John Parisi 51.5

2 mile - Dave Nutt 10:16.1 4th place  
Joe LeMay 10:29.7  
George Lane 11:06.1

3:34.9 1st place  
(B.) Jim Lesch 59.3  
Jamie Kraft 56.5  
Albert Diaz 59.1  
Mike Marino 53.1  
3:48.0 4th place

RIDGEWOOD HIGH SCHOOL WINTER TRACK RESULTS

BERGEN COUNTY CHAMPIONSHIPS

February 24, 1983

Two Miles: David Nutt 9:59.7 4th place P.B.  
Joe LeMay 10:01.7 6th place

600 yards: Mary Ellen Mileski 1:27.3 1st place County Record-School Record

440 yards: Rob Lanni 51.7 1st place P.B. School Record

1000 yards: Patti Mileski 2:39.7 1st place P.B.

Soph. Mile: Joe LeMay 4:48.9 4th place  
John Lander 5:13  
Karen O'Brien 5:56.3 4th place

300 yards: Rob Lanni 34.2, 33.4 2nd place

Mile: John Parisi 4:42.6  
Chris McNiff 4:45.1  
Laura Keresty 5:54.2 3rd place P.B.

880: Jim Lesch 2:08.7 P.B.

Shot Put: David Pfund 43'5 $\frac{1}{4}$ "  
Tom Boschenstein 39'9"  
Peter Gautier 44'1"

Long Jump: Wendy Hawthorne 14'8 $\frac{1}{2}$ "

High Jump: " " 4'8" 5th place

Triple Jump: " " 32'9" 3rd place



RIDGEWOOD HIGH SCHOOL WINTER TRACK RESULTS

NEW JERSEY MEET OF CHAMPIONS

February 28, 1983

1600m: Mary Ellen Mileski 5:34.3

800m: John Parisi 1:58.7  
Beth Pringle 2:21

3200m: Patti Mileski 11:03.5 second place

RIDGEWOOD HIGH SCHOOL WINTER TRACK RESULTS  
GIRLS' EASTERNS

Harvard, March 6, 1983

2 miles: Patti Mileski      10:40.8      Eastern States Champion  
P.B.  
School Record  
County Record

Mile: Mary Ellen Mileski      5:22.9

BOYS' EASTERNS

Princeton, March 7, 1983

1000 yards: John Parisi      2:17.4      5th place  
P.B.  
School Record