

Pearl River Holiday Meet  
 Rockland Community College

December 27, 1983

Frosh-Soph events:

880 yards	-	Sandra Sullivan	2:45.1	-	7th Place
		Chris Bonnell	2:49.6		
		Brian Williams	2:21.5		
Mile	-	Paige Wright	5:55.9		
Long Jump	-	Kathleen Brienza	13'8½"		
Mile relay	-	Kathleen Brienza	70.3		
		Paige Wright	75.3		
		Sandra Sullivan	75.3		
		Chris Bonnell	73.6	4:54.5	5th Place

Open Events:

Shuttle hurdles	-	*Leigh Mackall	9.9	10.0	
		*Lisa Waters	10.2	9.8	
		*Christina Velez	10.4	9.6	
		*Liz Ross	9.4	9.4	
			<u>39.9</u>	<u>39.0</u>	3rd Place
60 dash	-	Jeanne McGuire	7.9	7.7	
		*Cathy Vickery	8.0	7.5	7.7 5th Place
Mile Walk	-	*Anja Kannengeiser	9.36		7th Place
2 miles	-	Karen O'Brien	12.36.8		
Long Jump	-	Wendy Hawthorne	14'10"		
		*Jamie Kraft	19'2"		9th Place
Triple Jump	-	Steve Semprevivo	38'3"		
60 dash	-	Jim McGuire	7.1		
High Jump	-	*Wendy Hawthorne	4'9"		8th Place
Shot Put	-	George Williams	39'5"		
		*Bill Phillips	41'9"		10th Place
1000		Anja Kannengeiser	3:03.8		
600	-	Peter Gehl	1:28.6		
300	-	Jim McGuire	37.2		
		David Hua	43.6		
		Lisa Waters	43.2		
		Liz Ross	42.2	43.0	
		*Cathy Vickery	41.7	41.1	7th Place

Pearl River Holiday Meet - 2

Mile	-	Mike Vaughn	5:27.7
		Paul Laughlin	5:16.7
		Ed Landers	5:12.9
		Bob Ostrander	5:36.8

Comments: This was our first full team meet, and many have shown improvements over their time trial times. The women's hurdle relay has very good potential. Cathy Vickery's times in the sprints are impressive. Jamie Kraft's long jump is a good beginning. Continued improvements are important. Our next full team meet is January 9 at this same place

\* Varsity medal winners

Christmas City Relays  
Lehigh University, Bethlehem, Pa.

December 28, 1983

Sprint Medley	-	(220) - Steve Carter	25.5	
		(220) - Dwight Raymond	28.2	
		(440) - Paul Caminiti	55.8	
		(880) - Keith Tarleton	2:21.5	4:11.0
Mile Relay	-	Paul Caminiti	55.8	
		Jim Parisi	57.0	
		Jamie Kraft	56.3	
		Steve Carter	55.2	3:44.3
Distance Medley	(880) -	Steve Semprevivo	2:15.8	
	(440) -	Mike Marino	57.3	
	(1360) -	George Lane	3:25.9	
	(mile) -	Chris McNiff	4:47.7	11:26.7
4 x 880 relay	-	John Lander	2:11.2	
		George Lane	2:08.6	
		Steve Semprevivo	2:13.1	
		Chris McNiff	2:11.1	8:43.0
Shot Put	-	Dave Pfund	47'3½"	6th Place
		*Stan Laborde	50'	5th place

Comments: The weather for our 3 hour trip to Bethlehem was miserable. Freezing rain made our driving very slow and slippery. Our times were proportionate to the speed of our bus though the conditions on this 220 yard tartan track were excellent. We need to be more aggressive and less tentative on the track.

The final relay of the afternoon, the 4 x 880, provided a glimmer of hope. George Lane's aggressive 2:08 led the way for the best relay race of the day for our team.

We will show improvement. Our next varsity meet is Friday, January 6 at Rockland Community College.

Results - Women's Holiday Track Festival  
Peddie School - December 31, 1983

Sprint Medley -	(440)	Lisa Waters	69.2	
	(220)	Christina Velez	31.6	
	(220)	Cathy Vickery	29.2	
	(880)	Anja Kannengeiser	2:35.2	4:45.2
Distance Medley	(880)	Gwynne Keresty	2:41.9	
	(440)	Jeanne McGuire	68.7	
	(1360)	Norine D'Arcy	8:13.5	
	(mile)	Karen O'Brien	5:49.5	14:03
Mile Relay -		Lisa Waters	68.3	
		Liz Ross	67.5	
		Jeanne McGuire	69.3	
		Cathy Vickery	66.9	4:32
High Jump Relay -		Wendy Hawthorne	4'8"	
		Liz Ross	4'4"	9'

Comments: We thought we could sneak into this obscure meet on New Year's Eve and come away with many awards. Apparently the rest of the state thought the same thing.

Norine D'Arcy and Karen O'Brien had the outstanding performances of our team. Both girls moved up significantly as they passed many competitors. They were very competitive and aggressive. Our mile relay will improve greatly; we have the potential to be very good in the future. Anja Kannengeiser ran a good time in her 880 yard leg all alone in the Sprint Medley.

## Winter Track Results

Rockland County Invitational      January 6, 1984

60 hurdles	-	Albert Diaz	8.6, 8.5	
		Leigh Mackal	10.4	
		Liz Ross	10.3, 9.6	
60 dash	-	Jim McGuire	7.1	
		Dwight Raymond	7.3	
		Jeanne McGuire	7.4	
		Kathy Vickery	7.5, 7.3	
300 yards	-	Jim Parisi	35.6	
		Marc DeBell	36.3	
		Cathy Vickery	40.2	- 4th Place
		Liz Ross	41.6	
600 yards	-	Paul Caminiti	1:20.8	
		Steve Carter	1:26.1	
		Lisa Waters	1:40.7	
1000 yards	-	Jim Lesch	2:26.7	- 5th Place
		Keith Tarleton	2:43	
		Anja Kannengeiser	2:57.6	- 6th Place
Mile	-	George Lane	4:43.0	
		David Nutt	4:44.7	
		Margaret Scutro	5:16.2	- 2nd Place
2 miles	-	Joe LeMay	9:54.8	- 3rd Place
Shot Put	-	Bill Phillips	39'½"	
Triple Jump	-	Steve Semprevivo	40'8¼"	- 6th Place
Long Jump	-	Wendy Hawthorne	14'3½"	
High Jump	-	Wendy Hawthorne	4'8"	
4 x 220 relay	-	S. Carter	25.8	
		J. Parisi	25.1	
		J. Kraft	24.5	
		D. Raymond	27.6	1:43.1
4 x 440 relay	-	Mike Marino	54.4	
		Justin Henney	57.3	
		Jim Parisi	57.1	
		Paul Caminiti	54.7	3:43.6

Rockland County Invitational - 2

4 x 880 relay - John Lander	2:13.3	
Ed Landers	2:17.6	
Brian Williams	2:14.3	
Chris McNiff	2:09.8	8:54.9
Sandra Sullivan	2:48.3	
Margaret Scutro	2:30.9	
Norine D'Arcy	2:50.5	
Paige Wright	2:47.3	10:57.0

We worked through this meet with a very hard week of practice and with no day off Thursday before the meet. The performances indicate we are growing in strength. Our distance runners are right on schedule and they will continue to show improvement. We saw some very tough competitive situations: Paul Caminiti and Mike Marino ran extremely tough; Kathy Vickery accelerated well through her 300 race; Jim Lesch came back from vacation running a strong 1000 yards. The Team Championship Meet Monday night after an easy weekend should produce good performances. We are gaining experience and confidence.

WINTER TRACK AND FIELD

MEET RESULTS

HACKENSACK SPIKE SHOE TEAM CHAMPIONSHIP

Monday, January 9, 1984

2 Miles:	Dave Nutt	9:51.4	3rd Place	
	George Lane	10:05.5	4th Place	
	Joe Donohue	11:53.4		
	Chris Moran	12:21.6		
	Karen O'Brien	12:29.3	5th Place	
2 Mile Relay:	John Lander	2:07.9		
	Joe LeMay	2:09.7		
	Ed Landers	2:15.6		
	Chris McNiff	2:10.1	8:44.3 3rd Place	
	Keith Tarleton	2:17.5		
	Mike Vaughn	2:22.3		
	Paul Laughlin	2:21.6		
	Bob Ostrander	2:35.7	9.36.1	
	Anja Kannengeiser	2:33.5		
	Gwynne Keresty	2:42.5		
	Chris Bonnell	2:48.1		
	Margaret Scutro	2:25.5	10:28.6 3rd Place	
	600 -	Paul Caminiti	1:21.7	
		Steve Carter	1:22.2	
		Justin Henney	1:24.4	
Lisa Waters		1:39.3		
Megan Duffy		1:59.2		
1000 -	Jim Lesch	2:26.1	2nd Place	
	Keith Tarleton	2:42		
	Margaret Scutro	2:50.4	1st place	
	Anja Kannengeiser	3:01.4	4th place	
	Paige Wright	3:09.6		
300 -	Marc DeBell	36.5		
	Jim Parisi	35.9		
	Jim McGuire	37.4		
	Mike Marino	34.9		
	Dwight Raymond	40.3		
	Cathy Vickery	39.7	2nd Place	
	Jeanne McGuire	41.5	6th Place	
	Liz Ross	41.7		

Mile	-	Joe LeMay	4:35.7	2nd place
		Chris McNiff	4:56.8	
		John Lander	4:55.3	
		Paul Laughlin	5:08.7	
		Mike Vaughn	5:27	
		Bob Ostrander	5:46.2	
		Ed Landers	5:09	
		Norine D'Arcy	6:06	
Mile Relay	-	Mike Marino	55.4	
		Steve Carter	55.6	
		Jim Lesch	55.2	
		Paul Caminiti	54.9	3:41.1 4th Place
		Marc DeBell	57.8	
		Keith Tarleton	60.6	
		Justin Henney	59.0	
		Jim Parisi	55.2	3:52.6
		Liz Ross	67.4	
		Lisa Waters	67.0	
		Jeanne McGuire	66.3	
		Cathy Vickery	63.8	4:24.4 3rd Place
		Christina Velez	70.7	
		Gwynne Keresty	72.5	
		Paige Wright	73.9	
		Chris Bonnell	73.9	4:51
High Jump	-	Wendy Hawthorne	4'8"	
		Maggie Dailey	4'6"	
Triple Jump	-	Wendy Hawthorne	31'8 $\frac{1}{4}$ "	
		Kathleen Brienza	31'2"	
Long Jump	-	Wendy Hawthorne	15'1"	
		Kathleen Brienza	14'1"	
55M Hurdles	-	Albert Diaz	8.2	
		Peter Gehl	8.7	
		Leigh Mackall	10.4	
		Liz Ross	9.9	
		Christina Velez	10.6	
55M Dash	-	Dwight Raymond	7.4	
		Jim McGuire	7.0	
		Cathy Vickery	7.6, 7.6, 7.5	3rd Place
		Jeanne McGuire	7.6, 7.4, 7.6	4th Place
Shot Put	-	Stan Laborde	48'8"	5th Place
		Dave Pfund	48'6"	6th Place
		Bill Phillips	40'4 $\frac{1}{2}$ "	
		George Williams	39'7 $\frac{1}{2}$ "	
		Geoff Garfield	34'3-3/4"	
		Dave Jarolman	28'8 $\frac{1}{4}$ "	



COMMENTS:

We are showing good progress as our times and distances are improving. We finished well behind Teaneck in second place in both the mens and women's divisions.

Generally, we need sharpening and refining. Also, we need more first and second place finishes; we have too many thirds, fourths, and fifths.

Outstanding meet performers:

Cathy Vickery

Margaret Scutro

Jim Lesch

Joe LeMay

Men - 39 points.

Women - 47 points

WINTER TRACK  
MEET RESULTS

YALE INVITATIONAL - JANUARY 20 & 21, 1984  
NEW HAVEN, CONN.

Class Distance Medley:	Chris McNiff	3:22.9	(1200)	
	Paul Caminiti	52.9	(400)	
	John Lander	2:07.3	(800)	
	Joe LeMay	4:35.0	(1600)	
				10:58.1 - Second Place
Class 4 X 400 Relay:	Liz Ross	64.1		
	Lisa Waters	65.2		
	Jeanne McGuire	64.7		
	Margaret Scutro	60.8		
				4:14.8 - First Place
Class 4 X 400 Relay:	Mike Marino	55.1		
	Jim Parisi	54.9		
	Steve Carter	54.5		
	Paul Caminiti	53.4		
				3:37.9 - Fifth Place
Class 4 X 800 Relay:	Gwynne Keresty	2:41.8		
	Sandra Sullivan	2:48		
	Norine D'Arcy	2:41.6		
	Anja Kannengeiser	2:27.5		
				10:38.9 - Sixth Place
Class 4 X 800 Relay:	Jim Lesch	2:06.9		
	Dave Nutt	2:12.8		
	Brian Williams	2:13.1		
	John Lander	2:11.4		
				8:44.2
3000 Meters:	Karen O'Brien	11.09.8		- 3rd unseeded
	Joe LeMay	8:56.5		- 1st unseeded, 6th overall
	Dave Nutt	9:08.1		- 3rd unseeded
	George Lane	9:11.8		- 4th unseeded
55 Meter Hurdles:	Leigh Mackel	10.2		
	Liz Ross	9.1		
	Albert Diaz	8.0, 8.2		

Long Jump: Wendy Hawthorne 14'3"  
Jamie Kraft 16'8"

Shot Put: Dave Pfund 49'2"

1500 Meters: Chris McNiff 4:17.3

800 Meters: Jim Lesch 2:06.7

Championship Distance Medley: Anja Kannengeiser 3:55.7  
Jeanne McGuire 64.1  
Norine D'Arcy 2:42.5  
Margaret Scutro 5:18.6

13:09 - 6th place

This time makes the National list.

We continue to improve. Paul Caminiti, Lisa Waters, Anja Kannengeiser, Dave Pfund and Joe LeMay make significant and noteworthy improvements. Almost everyone achieved a personal best on Yale's excellent track. This meet definitely was the high point of the season this far.

Special note: The girls' 4 x 400 meter relay ran the fastest Bergen County time of the indoor season - 4:14.8

RVY:ja

MEET RESULTS  
WEST POINT INVITATIONAL  
February 3 & 4, 1984

WOMEN:

1500 - Margaret Scutro 4:42.79 P.B. First Place, School Record, County Record

3000 - Karen O'Brien 11:17

55 Meters - Jeanne McGuire 7.5

55 Hurdles - Liz Ross 9.6

200 - Liz Ross 28.9 School Record

4 x 800 - Anja Kannengeiser 2:27.7  
Paige Wright 2:36.2 P.B.  
Gwynne Keresty 2:34.9 P.B.  
Margaret Scutro 2:23.3 P.B. Fourth Place  
10:02.1 School Record

4 x 400 = Liz Ross 64.6  
Lisa Waters 64.6 P.B.  
Jeanne McGuire 63.8 P.B.  
Cathy Vickery 65.9  
4:18.9

MEN:

55 Hurdles - Albert Diaz 8.3

3000 - Joe LeMay 9:10.2

500 - Paul Caminiti 70.2

Distance Medley - (800) Jim Lesch 2:04.7 P.B.  
(400) Steve Carter 55.4  
(1200) Chris McNiff 3:21.3  
(1600) George Lane 4:41.4 P.B.  
11:02.8

4 x 400 - Mike Marino 54.7  
Albert Diaz 54.9  
Jim Lesch 54.5  
Chris McNiff 55.4 P.B.  
3:39.5

The girls did exceedingly well running late Friday night. Three new school records were set. The boys on Saturday did not run up to expectations. Jim Lesch's 800, 400 relay leg double was strong. Chris McNiff was a serendipity when on the spur of the moment he filled in for Paul Caminiti who became ill.

OUTSTANDING PERFORMERS:  
Margaret Scutro  
Paige Wright  
Gwynne Keresty  
Anja Kannengeiser

MEET RESULTS  
 RIDGEWOOD WINTER GAMES  
 February 4, 1984

2 Miles:	Dave Nutt	9:54	First Place	
	Joe Donohue	11:48		
	Bob Ostrander	12:02		
	Chris Moran	12:10		
4 x 880:	Steve Semprevivo	2:14		
	Dave Nutt	2:11.9		
	Brian Williams	2:13.1		
	John Lander	2:10		
				8:49.0
60:	Jim McGuire	7.2, 7.0		
	Dwight Raymond	7.9		
	Paul Antenucci	7.4		
60 Hurdles:	Peter Gehl	8.7	8.7	
	Christina Velez		10.1	
	Leigh Mackal		10.8, 10.4	
1000:	Keith Tarleton	2:37		
	Ed Landers	2:36.7		
	Megan Duffy	3:43		
Long Jump:	Wendy Hawthorne	15'		
	Jamie Kraft	17'5"		
	Steve Semprevivo	19'1½"		
Triple Jump:	Wendy Hawthorne	31'9"	Fourth Place	
	Steve Semprevivo	41'5"	P.B. Fifth Place	
Mile:	John Lander	4:46.5		
	Paige Wright	5:51		
	Norine D'Arcy	5:46		
4 x 400:	Justin Henney	57.8	P.B.	
	Jim Parisi	55.5		
	Marc DeBell	54.7	P.B.	
	Jim McGuire	55.3	P.B.	
				3:43.3
	Liz Ross	63.5	P.B.	
	Lisa Waters	64.0		
	Jeanne McGuire	64.5	P.B.	
	Margaret Scutro	61.6	Fourth Place	
				4:13.6 School Record

RIDGEWOOD WINTER GAMES

February 4, 1984

4 x 400:	Christina Velez	68.5
	Leigh Mackal	74.0
	Paige Wright	73.3
	Norine D'Arcy	74.0

4:51.8

Shot Put:	Geoff Garfield	33'4"
	Tim Libonate	28'8"
	Dave Jarolman	32'
	Dave Pfund	47'10"
	Bill Phillips	38'11"

This was a hectic oversized meet. We showed maturity, performing well despite much confusion. Steve Semprevivo set a new school record in the triple jump. Marc DeBell, Liz Ross, Jeanne McGuire and Lisa Waters performed very well in the mile relays. The girls' mile relay ran the fastest county time of the indoor season to date.

MEET RESULTS  
 BERGEN COUNTY RELAYS  
 Thursday, February 9, 1984  
 Rockland Community College

4x Mile:	Boys -	Chris McNiff	4:37.6	New School Record First Place (6 points)
		John Lander	4:36.3	
		Dave Nutt	4:38.6	
		Joe LeMay	<u>4:41.6</u>	
			18:34.1	
		Ed Landers	5:08.5	Fifth Place (1 point)
		Paul Laughlin	5:15.5	
		Bob Ostrander	5:40	
		Joe Donohue	<u>5:33</u>	
			21:37	
Girls -	Karen O'Brien	5:44.9	School Record First Place (6 points)	
	Norine D'Arcy	5:50.6		
	Paige Wright	5:47.3		
	Anja Kannengeiser	<u>5:34.2</u>		
		22:57.0		County Champions
4 x 220:	Boys -	Mike Marino	25.3	Fifth Place (1 point)
		Marc DeBell	24.3	
		Steve Carter	24.1	
		Paul Caminiti	<u>24.5</u>	
			1:38.2	
4 x 220:	Boys -	Dwight Raymond	27.2	Fifth Place (1 point)
		Paul Antenucci	26.0	
		Jim Parisi	24.4	
		Jim McGuire	<u>25.1</u>	
			1:42.8	
	Girls -	Jeanne McGuire	28.7	School Record Third Place (3 points)
		Lisa Waters	28.0	
		Kathy Brienze	29.7	
		Liz Ross	<u>28.3</u>	
			1:54.7	
4 x 880:	Boys -	John Lander	2:09	Second Place (4 points)
		Chris McNiff	2:06.9	
		Joe LeMay	2:13.1	
		Jim Lesch	<u>2:03.6</u>	
			8:32.6	

4 x 880: Boys - Ed Landers 2:22  
 Dave Nutt 2:14  
 Keith Tarleton 2:20  
 Brian Williams 2:13.8  
 9:09.8

Girls - Gwynne Keresty 2:36.8  
 Anja Kannengeiser 2:33.5  
 Paige Wright 2:42.5 First Place (6 points)  
 Margaret Scutro 2:18.0  
 10:10.8 County Champions

Sprint Medley: Boys - Marc DeBell 25.5 (220)  
 Steve Carter 24.1 (220)  
 Albert Diaz 54.7 (440)  
 Paul Caminiti 2:14.7 (880)  
 4:01 Fourth Place (2 points)

Girls - Liz Ross 28.8 (220)  
 Kathy Brienze 29.0 (220)  
 Jeanne McGuire 63.1 (440)  
 Norine D'Arcy 2:36.1 (880)  
 4:38.0 Fourth Place (2 Points)

Distance Medley: Boys - Chris McNiff 3:24.4 (3/4 mile)  
 Mike Marino 54.3 (440)  
 John Lander 2:06.6 (880) First Place (6 points)  
 Joe LeMay 4:38.4 (mile)  
 11:03.7 County Champions

Distance Medley: Girls - Karen O'Brien 4:14 (3/4 mile)  
 Lisa Waters 67.2 (440)  
 Gwynne Keresty 2:41.2 (880) First Place (6 points)  
 Margaret Scutro 5:13.8 (mile)  
 13:16.2 County Champions

4 x 440: Boys - Mike Marino 54.9  
 Steve Carter 56.7  
 Jim Lesch 54.6  
 Paul Caminiti 55.1  
 3:41.3 Fourth Place

Jim Parisi 54.7  
 Peter Gehl 60.4  
 Marc DeBell 54.9  
 Albert Diaz 55.0  
 3:45.0

Girls - Liz Ross 64.6  
 Lisa Waters 67.6



Long Jump:	Boys - Jamie Kraft	18'8½"	school record
	Steve Semprevivo	<u>19'2"</u>	
		37'10½"	Third Place (3 points)
	Girls - Wendy Hawthorne	15'7½"	School Record - First Place
	Kathy Brienz	<u>15'5½"</u>	tie (5 points)
		31'1"	County champions
Triple Jump:	Boys - Steve Semprevivo	42'6"	(Individual New School Record)
	Jamie Kraft	<u>35'</u>	
		77'6"	
	Girls - Wendy Hawthorne		Second Place (4 points)
	Kathy Brienza	<u>                    </u>	
High Jump:	Girls - Wendy Hawthorne	4'8"	
	Maggie Dailey	<u>N.H.</u>	
		4'8"	Third Place (3 points)
Soph. Shot Put:	Geoff Garfield	40'2½"	
	Dave Jarolman	<u>33'8½"</u>	
		73'11"	Second Place
Varsity Shot Put:	Dave Pfund	49'8½"	
	Bill Phillips	<u>41'2½"</u>	
		90'11"	Second Place (4 points)
Shuttle Hurdles:	Girls - Christina Velez		School record
	Leigh Mackal		
	Lisa Waters		
	Liz Ross		
		37.6	Second Place (4 points)

The performances at this meet represent the best combined team effort I have seen in Ridgewood's 14 years of Indoor Track.

The girls effort to overwhelm Teaneck and Bergenfield was super. They have established themselves as the best girls team in Bergen County.

The boys team won more first places (2) and scored in more relays (9) than ever before. Our distance crew established themselves as the premier runners of the County by handily winning the 4 x mile and the distance medley.

Highlights:	Steve Semprevivo	42'6" triple jump
	Margaret Scutro	2:18.0 880 5:13.8 mile 61.3 440
	Jim Lesch	2:03.6 880
	Dave Pfund	49'8½" (shot)
	John Lander	4:36.3 mile 2:06.6 880
	Chris McNiff	4:37.6 mile 2:06.9 880
	Dave Nutt	4:38.6 mile
	Joe LeMay	4:38.4 mile
	Jwanne McGuire	62.4 440 63.1 440
	Gwynne Keresty	2:36.8 880
	Anja Kannegeiser	5:34.2 mile
	Norine D'Arcy	2:36.1 880

\*Seven School Records

Team Totals

Boys Division "A" (large school)

1. Don Bosco 49½
2. Teaneck 46½
3. Ridgewood 30

Girls Division "A"

1. Ridgewood 43
2. Teaneck 34
3. Bergenfield 31

BOYS STATE GROUP IV RESULTS

Sunday, February 13, 1984

Princeton University

400 Meters:	Paul Caminiti	54.5		
	Steve Carter	56.2		
1600 Meters:	Chris McNiff	4:33.5	P.B.	
	George Lane	4:36.8	P.B.	
55 Meters:	Mike Marino	6.8	P.B.	
	Jim McGuire	6.9	P.B.	
55 Hurdles:	Albert Diaz	8.2		
800 Meters:	Jim Lesch	2:04.7		
	John Lander	2:05.5	P.B.	
3200 Meters:	David Nutt	9:46	P.B.	Sixth Place
	Joe LeMay	10:00.5		

This meet is worthwhile because it gives us a view of the competition within the state and a perspective of what we need to work at to become competitive.

Our distance runners, for the most part, continue to improve. Our sprinters need to take more steps towards improvement.

A Personal Best is always our goal. We had 6 P.B's out of 11 performances.

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Ridgewood Winter Track & Field  
Results  
Bergen County Championships  
February 23, 1984

2 miles: Dave Nutt 9:53.3 3<sup>rd</sup>  
Joe LeMay 10:01.9 4<sup>th</sup>  
George Lane 10:14.3

880: Jim Lesch 2:04.0 2<sup>nd</sup> P.B.  
Anja Kammengaiser 2:23.3 2<sup>nd</sup>  
Gwynne Keresty 2:36.2 P.B.

60 hurdles: Liz Ross 9.4, 9.7  
60 dash: Paul Antenucci 7.0  
Mike Marino 6.8, 6.8  
Jeanne McGuire 7.6, 7.4 2<sup>nd</sup>

600: Lisa Waters 1:36.7 4<sup>th</sup> P.B.

Mile (Fresh.): Norise D'Arcy 5:56.1 1<sup>st</sup> P.B.

440: Jim Parisi 55.3 5<sup>th</sup>  
Marc DeBell 56.4

1000: Margaret Scutro 2:49.5 1<sup>st</sup> P.B.

300: Steve Carter 37.2

Mike Marino 34.1 P.B., 34.2 3<sup>rd</sup>

Paul Antenucci 39.0

Mile: Chris McNiff 4:33.5 4<sup>th</sup> P.B.

John Lawder 4:34.7 5<sup>th</sup> P.B.

Joe LeMay 4:45.9

300 (soph.): Jim Parisi 34.6 1<sup>st</sup> P.B.

Shot Put: Dave Pfund 49'8" 3<sup>rd</sup>

(soph): Geoff Garfield 37' 5<sup>th</sup>

Dave Jarolman 32'8"

Triple Jump: Steve Semprevivo 41'3" 4<sup>th</sup>

Wendy Hawthorne 32'6"

Long Jump: Steve Semprevivo 19'6" 5<sup>th</sup>

Wendy Hawthorne 15'2"

Outstanding Performances:

Chris McNiff	4:33.5	mile	
John Lander	4:34.7	mile	
Margaret Soutro	2:49.5	1000	<u>1<sup>st</sup></u> place
Mike Marino	34.1	300	<u>3<sup>rd</sup></u> place
Anja Kannengieser	2:23.3	880	<u>2<sup>nd</sup></u> place

Mile Relay: Mike Marino 57.4 Marc DeBell 55.6  
Steve Semprevivo 56.4 JohnLauder 58.5  
Jim Parisi 56.1 Joe LeMay 61.7  
Jim Lesch 56.6 Chris McNiff 56.3  
3:46.5 3:52.1

Mile Relay: Liz Ross 63.8  
Lisa Waters 65.5  
Jeanne McBuire 64.4  
Margaret Soutro 60.6  
4:14.3 3<sup>rd</sup>

(over)

Ridgewood Girls Winter Track  
State Group IV Championships  
Princeton, N.J.

February 20, 1984

400 meters: Jeanne McGuire 63.5 P.B. School Record  
Lisa Waters 64.6 P.B.

1600 meters: Margaret Sentro 5:05.5 P.B. First Place

55 meters hurdles: Liz Ross 10.1

55 meters: Jeanne McGuire 7.6, 7.6

800 meters: Margaret Sentro 2:17.8 P.B. First Place <sup>School Record</sup>  
Anja Kannengeiser 2:22.4 P.B. Fifth Place

3200 meters: Norine D'Arcy 12:43 P.B.

Margaret Sentro is a State Group Champion in two events! Anja Kannengeiser continues to run well, improving her time. Fifth place in the State Group IV meet is a great achievement.

The team total of 13 points put Ridgewood in a tie for second place in the team championship.



# Results

Ridgewood Winter Track  
New Jersey Track Championships  
Princeton, February 27, 1984

Girls' 1600 meters: Margaret Scutro 5:06.1 2<sup>nd</sup> place

Girls' 800 meters: Margaret Scutro 2:18.4 2<sup>nd</sup> place  
Anja Kannegeiser 2:27.6

One meet remains. Margaret Scutro (1600, and 1600 meter relay), Anja Kannegeiser (1000), Jeanne McGuire (60, 1600 meter relay), Liz Ross (1600 meter relay), and Lisa Waters (1600 meter relay) will run at Harvard Saturday, March 3<sup>rd</sup>.

Meet Results  
Ridgewood Winter Track & Field  
Girls' Easterns, March 3, 1984

60 yards: Jeanne McGuire 7.4

4x440: Liz Ross 62.7 P.B.

Lisa Waters 62.8 P.B.

Jeanne McGuire 62.5

Margaret Scutro 60.2

4:08.2 New School Record

1000: Anja Kannengeiser 2:52.9 P.B.

mile: Margaret Scutro 5:02.3 5<sup>th</sup> Place  
New School Record

A very fine winter season has  
ended on an extremely positive note.

## Angione takes Eastern mile

CAMBRIDGE, Mass. — Toni Ann Angione of Bergenfield, who won a New Jersey State Meet of Champions title Monday, captured the one-mile run yesterday in the Girls Eastern States Track Championships at Harvard University.

Angione won her specialty in 4:58.2, while Margaret Scutro of Ridgewood took fifth with a

---

### Indoor track

5:02.3. Wayne Valley's distance medley team took fourth.

Several other efforts by local athletes were impressive, but did not earn them places. The Ridgewood mile relay team ran a 4:08.2 to finish ninth. Ridgewood's Anna Kannengiesser ran a 2:52 in the 1,000 meters, Sue Kardos of Fair Lawn reached the quarterfinals of the hurdles with an 8.9 clocking, and Bergenfield's Judy Seebach long jumped 15-8.

March 19, 1984

The Ridgewood High School Winter Track and Field Team season is now over. Here is a final packet of information in a sense summing up our season.

Much more was achieved beyond these statistics. Thank you for the support you have given us this season.

Richard Van Yperen

1984

WINTER TRACK

All-County Selections

Boys

800: 2nd team Jim Lesch

Honorable Mention: mile - Chris McNiff  
John Lander

2 miles- Dave Nutt  
Joe LeMay  
George Lane

Long & Triple Jump - Steve Semprevivo  
Mile Relay - Ridgewood

Girls

800: 1st team Margaret Scutro  
1000: 1st team Anja Kannengeiser  
2nd team Margaret Scutro

60: 2nd team Jeanne McGuire  
mile: 2nd team Margaret Scutro

mile relay: 2nd team - Ridgewood: Liz Ross, Lisa Waters, Jeanne McGuire,  
Margaret Scutro

Honorable Mention: High & Triple & Long Jumps - W. Hawthorne  
2 miles - Karen O'Brien  
600 - Lisa Waters  
60 & 300 - Cathy Vickery  
Hurdles - Liz Ross

All-Suburban Selections

Boys

3200 - Dave Nutt 1st team  
Joe LeMay 2nd team

Shot Put - David Pfund 1st team

Long & Triple Jump - Steve Semprevivo 1st team

800: Jim Lesch 2nd team

Girls

Mile: Margaret Scutro - 1st team

1000: Anja Kannengeiser - 1st team

600: Lisa Waters - 1st team

60: Jeanne McGuire - 1st team

High Jump - Wendy Hawthorne - 1st team

Mile relay - Liz Ross, Lisa Waters, Jeanne McGuire, Margaret Scutro - 1st team

2 miles: Karen O'Brien - 2nd team

300: Cathy Vickery - 1st team

Press Release:

Ridgewood High School  
Winter Track & Field - 1983-84  
New Indoor Records

Boys

Triple Jump	Steve Semprevivo	42'6"	Rockland Community College
4x1 mile relay	C. McNiff/J. Lander D. Nutt/J. Lemay	18:34.1	Rockland Community College
Long Jump Relay	S. Semprevivo/J. Kraft	37'10 $\frac{1}{2}$ "	Rockland Community College
Triple Jump Relay	S. Semprevivo/J. Kraft	77'6"	Rockland Community College
Shot Put Relay	Laborde/Pfund/Phillips	133'4"	St. Josephs

Girls

55 meters	Jeanne McGuire	7.4	Rockland Community College
60 yards	Cathy Vickery	7.3	Rockland Community College
200 meters	Liz Ross	28.9	West Point
300 yards	Cathy Vickery	39.7	Rockland Community College
400 meters	Jeanne McGuire	63.5	Princeton
800 meters	Margaret Scutro	2:17.9	Princeton
1500 meters	Margaret Scutro	4:42.77*	West Point
60 Hurdles	Liz Ross	9.1	Yale
4x55m hurdles	L. Mackall/L. Waters C. Velez/L. ross	39.0	Rockland Community College
4x60 yd. hurdles	L. Mackall/L. Waters C. Velez/L. Ross	37.6	Rockland Community College
4x220 yards	J. McGuire/L. Waters K. Brienza/L. Ross	1:54.7	Rockland Community College
4x440 yds.	L. Ross/L. Waters J. McGuire/M. Scutro	4:13.6	Rockland Community College
4x400 meters	L. Ross/L. Waters J. McGuire/M. Scutro	4:14.8	Yale
4x800 meters	A. Kannengeiser/P. Wright G. Keresty/M. Scutro	10:02.1	West Point
4x1 mile	K. O'Brien/N. D'Arcy P. Wright/A. Kannengeiser	22:57.0	Rockland Community College
Long Jump Relay	W. Hawthorne/K. Brienza	31'1"	Rockland Community College
Mile	Margaret Scutro	5:02.3	Harvard

\*County Record

RIDGEWOOD BOY'S TRACK AND FIELD INDOOR RECORDS

<u>EVENT</u>	<u>RECORD</u>	<u>PERFORMER</u>	<u>DATE</u>	<u>PLACE</u>
60 yard dash	6.5	P. McGillicuddy	1971	
100 yard dash	10.8	Ralph Jones	1971	168th St. Armory
200 meter dash	24.5	Bill Bristow	1980	West Point
300 yard dash	33.5	Rob Lanni	1983	Rockland Community College
440 yard dash	51.7	Rob Lanni	1983	Rockland Community College
500 meters	69.6	Charles Cortellesi	1983	West Point
600 yard run	1:15.6	Tom Rae	1971	
800 meter run	1:55.49	John Parisi	1983	West Point
1000 yard run	2:17.4	John Parisi	1983	Princeton
1500 meter run	4:16.4	Joe Adamo	1979	West Point
1 mile run	4:27.4	Tom Tomai	1975	
2 mile run	9:25.8	Tom Hughes	1981	Princeton
3000 meter run	8:50.5	Tom Hughes	1981	Princeton
60 yard hurdles	7.3	Rich Wankmueller	1975	
45 yard hurdles	5.6	Mike Rogers	1975	
Shot Put	54'9"	Eric Bryant	1981	Saddle Brook H.S.
Long Jump	19'11 3/4"	Jamie Kraft	1983	Rockland Community College
High Jump	6'2"	Pete Rutherford	1972	
Pole Vault	13'3"	John Boylan	1980	Princeton
Triple Jump	42'6"	Steve Semprevivo	1984	Rockland Community College
4x55m hurdles relay	32.4	Jacoby/Buckley Parisi/Kelley	1981	Princeton
4x220 yard relay	1:35.7	Marino/Williams Parisi/Lanni	1983	Rockland Community College
4x400 yard relay	3:27.2	Cortellesi/Williams Lanni/Parisi	1983	Yale
4x800 meter relay	8:04.5	O'Leary/Kelley Ketterson/Parisi	1982	West Point
4x1 mile relay	18:34.1	McNiff/Lander Nutt/LeMay	1984	Rockland Community College
Sprint Medley relay (440-220-220-880)	3:43.5	Drapkin/Moghrabi Voigt/Hoffman	1977	
Distance Medley (800-400-1200-1600)	10:31.9	P. O'Leary/Hiney Jones/Hughes	1981	West Point
Shot Put Relay	133'4" 97'3"	Laborde/Pfund/Phillips Kearns/Bryant	1984 1981	St. Josephs Paramus Catholic
High Jump Relay	11'2"	Bristow/Dougherty	1979	Rockland Community College
Triple Jump Relay	77'6"	Semprevivo/Kraft	1984	Rockland Community College
Long Jump Relay	37'10 1/2"	Semprevivo/Kraft	1984	Rockland Community College
Pole Vault Relay	31'6" 22'6"	Karl/Nocka/Boylan Boylan/Cronin	1979 1979	Rockland Community College Rockland Community College

\*\*\*Compiled March 1984\*\*\*

Metric records are listed when they surpass the old "yard" record.

## RIDGEWOOD GIRL'S TRACK AND FIELD INDOOR RECORDS

<u>EVENT</u>	<u>RECORD</u>	<u>PERFORMER</u>	<u>DATE</u>	<u>PLACE</u>
50 yard dash	6.8	Carrie O'Donnell	1979	Peddie School
60 yard dash	7.3	Cathy Vickery	1984	Rockland Community College
55 meter dash	7.4	Jeanne McGuire	1984	Rockland Community College
100 yard dash	12.0	Sue Davis	1976	168th St. Armory NYC
200 meter dash	29.2	Michelle Smith	1979	West Point
300 yard dash	39.7	Cathy Vickery	1984	Rockland Community College
400 meter dash	63.5	Jeanne McGuire	1984	Princeton
600 yard dash	1:27.3	Mary Ellen Mileski	1983	Rockland Community College
800 yard run	2:17.9	Margaret Scutro	1984	Princeton
1000 yard run	2:37.2	M.E. Mileski	1983	Lawrenceville
1500 meter run	4:42.77	Margaret Scutro	1984	West Point
1 mile run	5:02.3	Margaret Scutro	1984	Harvard
3000 meter run	10:04.8	Patti Mileski	1983	Yale
2 mile run	10:40.8	Patti Mileski	1983	Harvard
60 yard hurdles (30 in.)	9.1	Liz Ross	1984	Yale
Shot Put (8 lb)	38'	Lisa Glidewell	1980	West Point
(4 Kg)	33'11"	Lisa Glidewell	1980	Saddle Brook H.S.
Long Jump	16'2"	Michelle Smith	1979	Rockland Community College
Triple Jump	34'1 $\frac{1}{4}$ "	Monica Richter	1981	Rockland Community College
High Jump	5'8 $\frac{1}{4}$ "	Becky Deetz	1974	Manley Field House Syracuse, N. Y.
4x55 m. Hurdles (33")	39.0	Mackall/Waters	1984	Rockland Community College
4x60 yd Hurdles	37.6	Velez/Ross	1984	Rockland Community College
4x220 yard relay	1:54.7	McGuire/Waters Brienza/Ross	1984	Rockland Community College
4x400m relay	4:14.8	Ross/Waters	1984	Yale
4x440 yd. relay	4:13.6	McGuire/Scutro	1984	Rockland Community College
4x800m relay	10:02.1	Kannengeiser/Wright Keresty/Scutro	1984	West Point
4x1600 m. relay	22:43.9	Wright/McKenna Mileski/Mileski	1981	East Stroudsburg, Pa.
4x1 mile relay	22:57.0	O'Brien/D'Arcy Wright/Kannengeiser	1984	Rockland Community College
Sprint Medley Relay (400-200-200-800)	4:30.5	P. Mileski/Fogarty Bagnaturo/M. Mileski	1981	Red Bank Reg. H.S.
Distance Medley (880-440-3/4-1 mi.)	11:56.5 m. 11:59.1 y.	Pringle/Scutro Mileski/Mileski	1983 1983	Yale Princeton
Shot Put Relay (8 lb.)	73'5 $\frac{1}{2}$ "	Glidewell/Sauerman	1980	SaddleBrook H.S.
High Jump Relay	9'8"	Richter/Daily Hawthorne/Granata	1980 1983	SaddleBrook H.S. Rockland Community College
Long Jump Relay	31'1"	Hawthorne/Brienza	1984	Rockland Community College
Triple Jump Relay	65'11"	Hawthorne/Granata	1983	Rockland Community College



# NEW JERSEY TRACK

CONGRATULATIONS  
TO  
MARGARET

\*\*\*\*\*  
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## ALL-STATE TEAMS

### Boys

#### First Team

55M	Dennis Mitchell, Edgewood	Sr.
400M	Dennis Mitchell, Edgewood	Sr.
800M	Mike Glenn, Trenton	Sr.
1600	Mike Glenn, Trenton	Sr.
3200	Brad Hudson, North Hunterdon	Jr.
55HH	Daryn Ramsey, Neptune	Sr.
HJ	Felis Davis, Trenton	Sr.
LJ	Evans Tobler, Trenton	Sr.
PV	Dan Bertolami, Woodbridge	Sr.
TJ	Kevin Johnson, Seton Hall Prep	Sr.
SP	James Gilligan, Toms River East	Sr.
880R	Edgewood	
MR	Montclair	
2R	Plainfield	
SHR	Montclair	
DMR	Bernards	
SHR	Long Branch	

#### Second Team

55M	Brandy Wells, Montclair	Sr.
400M	Will Hamilton, Elizabeth	Sr.
800M	Fred Bronner, Morris Hills	Jr.
1600	Steve Schadler, Bergenfield	Sr.
3200	Andy Martin, North Hunterdon	Jr.
55HH	Jason Mouring, Columbia	Sr.
HJ	Scott Harrison, Willingboro	Sr.
LJ	Kevin Nobley, Neptune	Sr.
PV	Chris Matteo, Bishop Bustace	
TJ	Marko Juntunen, Mount Olive	Sr.
SP	Pat Toland, Middletown North	Sr.
880R	Montclair	
MR	Plainfield	
2R	Bernards	
SHR	Christian Brothers	
DMR	Christian Brothers	
SHR	Neptune	

#### Third Team

55M	Vernon June, St. Benedict's	Sr.
400M	Horst Johnson, Plainfield	Jr.
800M	Tony DiGiovanni, Cranford	Sr.
1600M	Jim Nielson, Bernards	Sr.
3200M	Bill Barrett, CBA	Jr.
55HH	George Berry, Camden	
HJ	Paul Tyson, Camden	Sr.
LJ	Kevin Johnson, Seton Hall	Sr.
PV	Jeff Hooten, Ramsey	
TJ	Desmond Jonas, Hackensack	
SP	Joe Quartaro, Seton Hall	Sr.
880R	Columbia	
MR	Edgewood	
2R	Trenton	
SHR	Trenton	
	North Hunterdon	
	Asbury Park	

### Girls

#### First Team

55M	Wendy Vereen, Trenton	Sr.
400M	Denise Mitchell, Edgewood	Sr.
800M	Giselle Harris, Shabazz	So.
1600	Toni Ann Angione, Bergenfield Jr.	
3200	Missy Duchini, Wayne Valley	Fr.
55H	Wendy Vereen, Trenton	Sr.
HJ	Tatiana Smolin, Randolph	Jr.
LJ	Claire Connor, Rahway	Sr.
SP	Lillian Rivera, Pemberton	Sr.
880R	Trenton	
MR	West Side	
2MR	Bernards	
SHR	Vailsburg	
DMR	Wayne Valley	
SHR	Rahway	

#### Second Team

55M	Denise Mitchell, Edgewood	Sr.
400M	Stephanie Saleem, Neptune	Fr.
800M	Margaret Scutro, Ridgewood	Jr.
1600	Margaret Scutro, Ridgewood	Jr.
3200	Jenny Van Horn, Wayne Valley	So.
55H	Zonya Cross, Edgewood	Sr.
HJ	Kelly Barrett, Westwood	
LJ	Leticia Beverly, Newark Cent.	Jr.
SP	Michelle Houston, Toms Rvr So	Sr.
880R	Neptune	
MR	Shabazz	
2R	Columbia	
SHR	Shabazz	
DMR	Bernards	
SHR	Edgewood	

#### Third Team

55M	Claire Connor, Rahway	Sr.
400M	Jackie Bobien, Scott	Sr.
800M	Patty Addis, Williamstown	Sr.
1600M	Jenny Van Horn, Wayne Valley	So.
3200M	Tracy Bigley, No. Hunterdon	Sr.
55H	Claire Connor, Rahway	Sr.
HJ	Claire Connor, Rahway	Sr.
LJ	Lisa Galbreath, Vailsburg	
	West Side	
SP	Kim Nowell, Toms River East	Sr.
880R	West Side	
MR	Edgewood	
2R	No. Hunterdon	
SHR	Columbia	
DMR	North Hunterdon	
SHR	Trenton	