



**RIDGEWOOD  
TRACK**

**&  
FIELD**

**1984**

**SEASON  
SUMMARY**



RIDGEWOOD HIGH SCHOOL  
SPRING TRACK & FIELD TEAM

1984

TEAM & INDIVIDUAL RECORDS

# Team ROSTER and Meet Schedule

## TRACK & FIELD 1984

1	LESLIE BARBI	444-7599
2	LISA CANGEMI	445-4266
3	WENDY HAWTHORNE	652-6413
4	ANJA KANNENGIESER	444-9198
5	CURTAINAY MOODY	652-1958
6	DANA TAMILY	444-7331
7	SUSAN TEIKA	
8		
9		
10		
1	JESSICA BERS	652-4274
2	MARCI CARLTON	652-1426
3	JEANNE MCGUIRE	447-2823
4	KAREN O'BRIEN	652-2375
5	LAURA PEROG	652-4927
6	GEMMY RATIK	444-0046
7	LIZ ROSS	652-7250
8	MARGARET SCOTED	445-2578
9	LISA TABLETON	444-1654
10	SALLY TARVIN	444-5282
11	CLARE TUOMEY	445-2053
12	LISA WATERS	445-9245
13	SHARON WILLIAMS	444-4370
14		
15		
16		
17		
18		
19		
20		
21	STEPHANIE ARNOTT	652-8642
22	MEGAN DUFFY	447-3834
23	LINDA HUCKEY	445-0158
24	GLYNNIE KERGISTY	447-1248
25	JAY KIM	652-4439
26	LEIGH MACKALL	652-9376
27	KATE PRINGLE	652-0139
28	LINDA SILLITO	652-0234
29	SANDEA SULLIVAN	447-4628
30	CHRISTINA VALEZ	447-3862
31	PAIGE WRIGHT	652-4627
32	SANDY CARPERSON	445-3487
33	NORINE D'ARCY	
34	ELLEN BARKENBUSH	444-3588
35	AMY PHILLIPS	445-5469
36		
37	JACOB BROWN	444-5831
38	RICH CALLAWAY	935-7354
39	SUE RAFFETTO	444-5466
40		
41		
42		
43		

## May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		PARCOURS CATHOLIC 4:00 pm AT RIDGEWOOD				BERNARDSVILLE
6	7	8	9	10	11	12
	4:00 pm TERANECK AT RIDGEWOOD				BERGEN COUNTY CHAMPS HICKENSACK TENAFLE	
13	14	15	16	17	18	19
		3:00 RIDGEWOOD RELAYS BERGEN COMMUNITY COLLEGE	100TH WIN!	HACKEN SACK DUAL MEET	NO PRACTICE	MINZILL CHAMPS CANCELED!
20	21	22	23	24	25	26
		<del>3:00 RIDGEWOOD RELAYS BERGEN COMMUNITY COLLEGE</del>	3:00 RIVERDELL MOBILE MEET		NO PRACTICE	STATE SECTIONAL
27	28	29	30	31	1	2
		BERGEN COUNTY MEET CHAMPIONS	MEMORIAL DAY		STATE GROUP CHAMPS	STATE GROUP CHAMPS
3	4	5	6	7	8	9
	BERGEN MEET OF CHAMPIONS		STATE CHAMPIONSHIP	BERGEN BENTON THLOW	5-7 pm TRACK PARTY	
10	11	12	13	14	15	16

## April '84

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
						9:00 am CITY SCHOOL WOMEN'S RELAYS BERGEN COMMUNITY COLLEGE
8	9	10	11	12	13	14
		4:00 pm WELLSVILLE AT RIDGEWOOD				<del>6:00 am</del> TOM'S BRIDGE SOUTH RELAYS
15	16	17	18	19	20	21
		4:00 pm PASSAIC AT PASSAIC			BERGEN COUNTY RELAYS HICKENSACK	BERGEN COUNTY RELAYS HICKENSACK
22	23	24	25	26	27	28
PALM SUNDAY	3:30 HICKENSACK AT CITY SCHOOL	PRACTICE 10:00 am	PRACTICE 10:00 am	CONNELLYS	HICKENSACK	
29	30					
EASTER	RAIN OUT					

## June 3

# GIRLS TRACK + FIELD

# The Record's track polls



## Boys

### BERGEN GROUPS 1-2

	Pts.
1. Tenafly (7) _____	35
2. Emerson _____	28
3. Rutherford _____	18
4. Lyndhurst _____	14
5. Mahwah _____	5

**Also:** Midland Park 4, Fort Lee 1.

### BERGEN GROUPS 3-4

1. Don Bosco (7) _____	35
2. Teaneck _____	28
3. Ridgewood _____	21
4. Indian Hills _____	14
5. Old Tappan _____	4

**Also:** Hackensack 3.

**Selection committee:** Al Naimo, Don Bosco; Bob Hillenbrand, Northern Highlands; Marty Caspare, Dumont; Tom Shoebridge, Lyndhurst; Paul Puglise, Waldwick; Rich Conti, Emerson; and Paul Schwartz, The Record.

## PASSAIC

1. Eastside (5) _____	25
2. Wayne Valley _____	18
3. West Milford _____	12
4. Paterson Catholic _____	8
5. Passaic Tech _____	7

**Also:** Passaic 4, Kennedy 1.

**Selection committee:** Bill Shipp, Eastside; Al Demarest, Wayne Valley; Nick Sauter, Passaic Tech; Steve Opremcak, Lakeland; and Paul Schwartz, The Record.

## Girls

### BERGEN GROUPS 1-2

	Pts.
1. New Milford (6) _____	30
2. Saddle Brook _____	23
3. Ridgefield Park _____	14
4. Tenafly _____	13
5. Rutherford _____	5

**Also:** Park Ridge 3, Garfield and Bogota 1.

### BERGEN GROUPS 3-4

1. Ridgewood (6) _____	30
2. Teaneck _____	23
3. Old Tappan _____	19
4. Westwood _____	10
5. Bergenfield _____	4

**Also:** Pascack Valley 3, Dumont 1.

**Selection committee:** Tim Wilson, Fair Lawn; Bruce Hyde, Old Tappan; Bill Monaghan, New Milford; Lou Dziubinsky, Bogota; Darren Ressler, Saddle Brook; and Paul Schwartz, The Record.

## PASSAIC

1. Wayne Valley (4) _____	20
2. Eastside _____	16
3. Clifton _____	12
4. Kennedy _____	8
5. Passaic Tech _____	4

**Selection committee:** Chris Smith, Wayne Valley; Charlie Weipel, Passaic Tech; Al Fraulo, Clifton and Paul Schwartz, The Record.

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

## Girls

### BERGEN GROUPS 1-2

	Pts.
1. New Milford (6) _____	30
2. Tenafly _____	21
3. Saddle Brook _____	20
4. Park Ridge _____	8½
5. Rutherford _____	8

**Also:** Ridgefield Park 2, Garfield ½.

### BERGEN GROUPS 3-4

1. Ridgewood (6) _____	30
2. Teaneck _____	24
3. Old Tappan _____	18
4. Pascack Valley _____	8
5. Bergenfield _____	7

**Also:** Westwood 2, Hackensack 1.

**Selection committee:** Tim Wilson, Fair Lawn; Bruce Hyde, Old Tappan; Bill Monaghan, New Milford; Lou Dziubinsky, Bogota; Darren Ressler, Saddle Brook; and Paul Schwartz, The Record.

## Girls

### BERGEN GROUPS 1-2

	Pts.
1. New Milford (6) _____	30
2. Saddle Brook _____	23
3. Tenafly _____	17
4. Ridgefield Park _____	14
5. Park Ridge _____	5

**Also:** Lyndhurst 1.

### BERGEN GROUPS 3-4

1. Ridgewood (6) _____	30
2. Teaneck _____	23½
3. Old Tappan _____	16½
4. Westwood _____	7½
Bergenfield _____	7½

**Also:** Pascack Valley 3, Fair Lawn 2.

**Selection committee:** Tim Wilson, Fair Lawn; Bruce Hyde, Old Tappan; Bill Monaghan, New Milford; Lou Dziubinsky, Bogota; Darren Ressler, Saddle Brook; and Paul Schwartz, The Record.

### BERGEN GROUPS 3-4

1. Ridgewood (4) _____	28
2. Teaneck _____	26
3. Old Tappan _____	17
4. Westwood _____	10
5. Bergenfield _____	8

**Also:** Hackensack 1.

**Selection committee:** Tim Wilson, Fair Lawn; Bruce Hyde, Old Tappan; Bill Monaghan, New Milford; Lou Dziubinsky, Bogota; Darren Ressler, Saddle Brook; and Paul Schwartz, The Record.

RIDGEWOOD WAS  
#1  
FOR THE ENTIRE  
SEASON

FRIDAY APRIL 6<sup>TH</sup> THE DON BOSCO RELAYS

SHOT PUT RELAY: A TEAM FIRST RACE

BERG 30'1" CANSEMI 26'3 1/2" CAPITANI 27'9"  
84' 1/2"

B TEAM

FAMILY 23' 1/2" SISILITTO 21'6" BARKENBUSH 25'4"

WE START THE SEASON WITH A WIN.

SATURDAY APRIL 7<sup>TH</sup>

## Track summaries

### Ridgewood Girls Relays

#### LARGE SCHOOLS DIVISION TEAM SCORES

Ridgewood 34, Plainfield 22 1/2, North Rockland 19, Columbia (N.J.) 18, Monroe-Woodbury, Tottenville, and Harry S. Truman 17; Brooklyn Tech 16, Suffern 13 1/2, Fair Lawn, James Monroe and Old Tappan 13, Shaker 7, Linden 6, North Hunterdon 5, Consequa and Columbia (N.Y.) 3, Clarkstown South 2.

400 - 1, Truman (Joan Kerr, Adrienne Walters, Natasha Thomas, Cximare Adams), 51.7; 2, Monroe, 51.9; 3, Plainfield, 52.2; 4, Brooklyn Tech 52.9; 5, Ridgewood 53.8.

800 - 1, Suffern (Stephanie Cronin, Erika Lloyd, Terry DiFalco, Robyn Tice), 1:50.3; 2, Plainfield, 1:52.9; 3, Consequa, 1:54.4; 4, Truman, 1:54.6; 5, Old Tappan, 1:54.7.

1,600 - 1, Suffern (Terry DiFalco, Kelly Smith, Erika Lloyd, Stephanie Cronin), 4:12.2; 2, Brooklyn Tech, 4:17.9; 3, Old Tappan, 4:19.6; 4, Plainfield, 4:20.0; 5, Tottenville, 4:23.1.

3,200 - 1, Brooklyn Tech (Charlene Carew, LuAnne Harris, Gloria Azeke, Colette Bonhomme), 9:52.3; 2, North Rockland, 10:01.8; 3, Plainfield, 10:02.0; 4, Tottenville, 10:11.0; 5, North Hunterdon, 10:12.

6,400 - 1, Ridgewood (Karen O'Brien, Ania Kannegiesser, No-reen D'Arcy, Margaret Scutro), 22:29; 2, Monroe-Woodbury, 22:40; 3, Tottenville, 22:47; 4, Columbia (N.J.), 22:48; 5, Shaker, 23:05.

Distance medley - 1, Shaker (Sue Allen, Pam Paley, Laura Duggan, Laura LaMena), 12:54.6; 2, North Hunterdon, 13:02.0; 3, Ridgewood, 13:21.0; 4, Clarkstown South, 13:27.0; 5, Tottenville, 13:28.0.

Sprint medley - 1, North Rockland (Myriam Charles, Lori Schaub,

Cathy Eggers, Jennifer Eggers), 4:18.4; 2, Brooklyn Tech, 4:19.2; 3, Truman, 4:19.4; 4, Monroe, 4:20.4; 5, Plainfield, 4:33.3.

Shuttle hurdles - 1, Columbia (NJ) (Hope Wright, Melissa Van Dorn, Shanda Baxter, Crystal Carter), 1:10.0; 2, Plainfield, 1:11.0; 3, Fair Lawn, 1:12.0; 4, Tottenville, 1:12.9; 5, Ridgewood, 1:13.0.

Intermediate hurdles - 1, Truman (Kellie Newman, Natasha Thomas, Cximare Adams), 3:31.1; 2, Ridgewood, 3:44.1; 3, Old Tappan, 3:46.2; 4, Plainfield, 3:48.2; 5, Fair Lawn, 3:50.9.

Shot put - 1, Tottenville, 94-6; 2, Monroe-Woodbury, 94-1; 3, Columbia (NJ) 90-3; 4, Ridgewood, 83-0; 5, Fair Lawn, 82-10.

Discus - 1, North Rockland (Judy Richardson, Nancy Carmanica, Bev Andrew), 277-11 1/2; 2, Columbia, 244-3; 3, Monroe-Woodbury, 238-11 1/2; 4, Ridgewood, 234-9 1/2; 5, Nyack, 223-6 1/2.

Javelin - 1, Ridgewood (Marci Capitani, Jessica Berg, Kim Barkenbush), 254-9 1/2; 2, Fair Lawn, 214-9 1/2; 3, North Rockland, 201-1 1/2; 4, Linden, 191-10; 5, Plainfield, 187-7 1/2.

Long jump - 1, Old Tappan (Aileen Trendler, Lisa Filipone, April Savoye), 42-1 1/4; 2, Monroe, 41-6 3/4; 3, Ridgewood, 39-9 3/4; 4, Plainfield, 39-8 1/4; 5, Linden, 38-2 1/2.

Triple jump - 1, Ridgewood (Wendy Hawthorne, Lisa Waters, Leigh Mackel), 89-8 1/2; 2, Fair Lawn, 89-7; 3, Linden, 83-8 1/2; 4, Tottenville, 78-8 1/4; 5, Suffern, 74-3 3/4.

High jump - 1, Monroe Woodbury, 14-7; 2, tie between Columbia (NJ), Monroe and Columbia (NY), 14-0; 5, tie between Plainfield and Suffern, 13-8.

#### SMALL SCHOOLS DIVISION

TEAM SCORES  
Central Regional 40 1/2; Bronxville

24, Madison 21, Bishop Laughlin 20, Asbury Park 15 1/2; Notre Dame 15, Pine Plains 11 1/2, Saddle Brook 11, Butler 9, Pascack Valley 8 1/2, Walkkill Valley and Moore Catholic 7, Nanuet, Cornwall Central, and Vernon 6; Albertus Magnus 5, Shoreham 4 1/2, Rumson and Lacey Twp. 4, Holy Name, Clark, and Jefferson 3; Eldred 1 1/2, Roselle 1.

400 - 1, Laughlin (Milaoros Ortiz, Pamela Morton, Donna Moulton, Tonya Williams), 51.6; 2, Asbury Park, 52.5; 3, Notre Dame, 53.3; 4, Walkkill Valley, 53.9; 5, Roselle, 54.0.

800 - 1, Notre Dame (Donna Ikafusi, Tracie Montgomery, Rhonda Elmer, Tara Sherry), 1:53.3; 2, Asbury Park, 1:53.4; 3, Nanuet, 1:53.7; 4, Central Reg., 1:55.9; 5, Lacey Twp., 1:58.3.

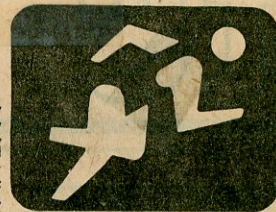
1,600 - 1, Laughlin (Tonya Williams, Renell Blackett, Kim Speights, Pamela Morton), 4:07.0; 2, Bronxville, 4:12.6; 3, Rumson, 4:22.6; 4, Notre Dame, 4:23.3; 5, Walkkill Valley, 4:23.3.

3,200 - 1, Bronxville (Fran O'Malley, Dana Winingder, Deirdre Fleming, Kelly Zwernemann), 9:52.2; 2, Albertus Magnus, 10:22.2; 3, Pine Plains, 10:27.5; 4, Laughlin, 10:30.0; 5, Notre Dame, 10:32.5.

6,400 - 1, Laughlin (Felicia Williams, Lorraine Rodriguez, Kim Speights, A'onya Hassan), 23:15; 2, Bronxville, 23:17.9; 3, Saddle Brook, 24:01; 4, Butler, 24:23; 5, Central Reg., 25:48.

Distance medley - 1, Bronxville (Margie Clark, Brenda Bowling, Dana Winingder, Maria Sachs), 13:25.7; 2, Madison, 13:41; 3, Nanuet, 13:50.8; 4, Pine Plains, 13:55; 5, Notre Dame, 14:07.7.

Sprint medley - 1, Cornwall Central (Jennifer Maggio, Maria Delosa, Laura Meier, Sue Kopacz), 4:32.5; 2, Bronxville, 4:33.6; 3, Holy Name, 4:35.4; 4, Notre Dame, 4:38.0; 5,



Madison, 4:38.6.  
Shuttle hurdles - 1, Madison, 1:11.0; 2, Central Reg., 1:12.5; 3, Shoreham, 1:16.6; 4, Jefferson Twp., 1:16.8; 5, Rumson, 1:17.1.

Intermediate hurdles - 1, Central Regional, 3:37.6; 2, Madison, 3:43.8; 3, Pine Plains, 3:46.9; 4, Pascack Valley, 3:49.6; 5, Moore, 3:50.5.

Shot put - 1, Central Regional (Tracey Lee, Colleen Britton, Sue Bondulich), 100-11; 2, Asbury Park A, 95-4; 3, Clark, 82-6; 4, Saddle Brook, 81-3 1/2; 5, Asbury Park B, 80-9.

Discus - 1, Central Regional (Colleen Britton, Tracey Lee, Dawn Anderson), 257-5; 2, Walkkill Valley, 226-10 1/2; 3, Lacey Twp., 225-9 1/2; 4, Saddle Brook, 220-2; 5, Jefferson, 214-4 1/2.

Javelin - 1, Vernon (Robin Ehnoff, Lisa Korak, Christy Schettel), 296-10 1/2; 2, Pascack Valley, 259-6; 3, Butler, 228-1; 4, Central Regional, 226-4; 5, Saddle Brook, 221-4.

Long jump - 1, Central Regional (Francine Tyler, Chris Lytle, Betty Hester), 41-7 3/4; 2, Butler, 40-7 1/4; 3, tie between Pascack Valley and Asbury Park, 40-5 1/4; 5, Albertus Magnus, 40-13 1/4.

Triple jump - 1, Moore Catholic (Carmen Morandi, Stacy Leibold, Tray McGlynn), 81-1; 3, Central Regional, 80-2 1/4; 4, Saddle Brook, 78-9. No fourth or fifth.

High jump - 1, Madison (Cynthia Stolpe, Chris Dusser, Kim Baten) 14-4; 2, tie between Pine Plains and Central Regional, 13-8; 4, tie between Eldred and Shoreham, 13-0.

WE SHOWED A LOT OF PRIDE IN RIDGEWOOD TODAY

THE PERFORMANCE OF THE DAY WAS LIZ ROSS' BEAUTIFUL FLIP OVER THE 8<sup>TH</sup> HURDLE. AFTER A MOVE THAT WOULD HAVE RATED A 9.5 IN GYMNASTICS, SHE GOT UP, FINISHED, AND LEAD HER TEAM TO A 2<sup>ND</sup> PLACE.

OTHER NOTABLE EFFORTS - MARGARET SCUTRO'S TRIPLE, MARCI CAPITANI'S JAVELIN, AND JESSICA BERG'S SHOT.

RIDGEWOOD VS BELLEVILLE

WEATHER CLEAR and COOL

DATE APRIL 10<sup>TH</sup> 1984

Wendy Hawthorne won the long, triple, and high jumps and the 100 hurdles as Ridgewood trounced Belleville, 117-5.

TRACK CONDITIONS All WEATHER AT RIDGEWOOD

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	B
Long Jump	WENDY HAWTHORNE 14'8" RHS	JEANNE McGUIRE 13'7½" RHS	RODRIQUEZ 12'7" B	8	1
Inter-mediate Hurdles	LIZ ROSS 1:10.7 RHS	LEIGH MACKALL 1:17.2 RHS	CHRISTINE VALEZ 1:18.2 RHS	9	0
100 meter Dash	MARCI CAPITANI 13.3 RHS	JEANNE McGUIRE 13.5 RHS	DOREEN SENTE 14.4 B	8	1
1600 m Run	KAREN O'BRIEN 5:37.9 RHS	PAGE WRIGHT 5:49.3 RHS	LESLIE BARBI 5:53.6 RHS	9	0
400 meter Dash	SHARON WILLIAMS 1:06.9 RHS	LINDA SIGILLITO 1:09.6 RHS	LISA TARLETON 1:10.5 RHS	9	0
100 meter Hurdles	WENDY HAWTHORNE JEANNE McGUIRE 18.0 RHS	TIE FOR FIRST	LEIGH MACKALL 18.6 RHS	9	0
800 meter Run	MARCI CAPITANI 2:36.9 RHS	LIZ ROSS 2:37.1 RHS	AMY PHILLIPS 2:56.3 RHS	9	0
200 meter Dash	SHARON WILLIAMS 30.7 RHS	CHRISTINE VALEZ 31.5 RHS	MOCCIOTA 33.5 B	8	1
3200 m Run	KAREN O'BRIEN 12:13.5	LESLIE BARBI 13:01.9	BLISS 13:11.2 B	8	1
Triple Jump	WENDY HAWTHORNE 32'0" RHS	LEIGH MACKALL 31'2" RHS	COCCO 25'7¾" B	8	1
4x400 m Relay	RIDGEWOOD 4:49.3 WILLIAMS VALEZ TARLETON SIGILLITO	BELLEVILLE 5:47.2		5	0
Shot Put	JESSICA BERG 29'8" RHS	LISA CANSEMI 28'1" RHS	ELEN BARKENBUSH 25'2" RHS	9	0
Discus	COURTENAY MOODY 94'½" RHS	JESSICA BERG 85' RHS	LISA CANSEMI 72'8" RHS	9	0
High Jump	WENDY HAWTHORNE 4'8" RHS	LIZ ROSS 4'6" RHS	LEIGH MACKALL 4'0" RHS	9	0
Final Score				117	5

MEET BELVILLE DUAL MEET

DATE 10 APRIL 1984

EVENT	Non Scoring Performances
Long Jump	LINDA SIZILLO - 12' 6 1/2" LAURA PEROG - 12' 1"
Inter-mediate Hurdles	
100 meter Dash	LISA TARLETON - 14.6
1500 m Run	KANNENSIESER - 5:57 HOCKEY - 6:00 RAZIK - 5:54.5 KERESTY - 5:57 PRINGLE - 6:15.6
400 meter Dash	
100 meter Hurdles	VALEZ - 19.6
800 meter run	CASPERSON - 2:59 TIERA - 3:08 PEROG - 3:02 KIM - 3:18
200 meter Dash	
3000 m Run	
Triple Jump	PEROG 24' 6"
4x400 m Relay	
Shot Put	MOODY - 22' 1" TAMILY - 23' 4"
Discus	BARKENBUSH - 64' 7" TAMILY - 70' 9"
High Jump	



# TOMS RIVER SOUTH

## GIRLS

## RELAYS

4th  
ANNUAL



4X 1 MILE : WRIGHT 5:48.1  
 O'BRIEN 5:50.0  
 BARBI 5:56.6  
 SCUTRO 5:13.3  
22:47.9

4X 880 : RAZIK - 2:35.5  
 WRIGHT - 2:42  
 O'BRIEN - 2:47  
 KANNENGIESER - 2:35.7  
10:40.8

3X 400 HURDLES - ROSS - 69.1  
 McGUIRE - 74.5  
 VALEZ - 76.3  
3:39.9

4X 110 : SISILLITO  
 HAWTHORNE  
 MACKELL  
 VALEZ  
65.0

AFTER TWO  
 EXCELLENT EXCHANGES  
 DROPPED BATON ON  
 3rd EXCHANGE

HIGH JUMP -  
 HAWTHORNE - 4'6"  
 ROSS - NO HEIGHT

### Toms River Relays

TOMS RIVER — Ridgewood won the sprint medley and finished third in both the hurdle and four-mile relays yesterday before the remainder of the Toms River Girls Relays were postponed because of rain.

The team of Liz Ross, Jean McGuire, Marcie Capitani, and Margaret Scutro posted a 4:19.2 in winning the sprint medley. Christine Velez, McGuire, and Ross combined for a 3:39.9 in the hurdle relay.

The four-mile quartet of Page Wright, Leslie Barbi, Karen O'Brien, and Scutro finished third with a 22:47.9, behind Wayne Valley's 21:31 and Toms River, which was second.

SPRINT MEDLEY  
 RAINED  
 BUCKETS ON  
 THIS RACE

McGUIRE  
 ROSS  
 CAPITANI 62  
 SCUTRO 2:21  
4:19.2

JAVELIN - CAPITANI -  
 BERG -  
 CANGEMI -

SHOT - BERG -  
 CAPITANI -  
 CANGEMI -

RIDGEWOOD VS PASSAIC High School WEATHER COOL - BREEZY - CLOUDS

DATE APRIL 17  
1984

TRACK CONDITIONS VERY LOOSE  
VERY SLOW TRACK

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	P
Long Jump	WENDY HAWTHORNE 14'9 $\frac{1}{4}$ " RHS	RAWLS 13'3 $\frac{1}{2}$ " P	JEANNE McGUIRE 13' RHS	6	3
Inter-mediate Hurdles	LIZ ROSS 68.6 RHS	JEANNE McGUIRE 74.9 RHS	LISA WATERS 76.0 RHS	9	0
100 meter Dash	HARRIS 12.9 P	MARCI CAPITANI 13.0 RHS	ROBINSON 13.8 P	3	6
1600 m Run	LINDA HOCKEY 6:18.8 RHS	MERKERSON 6:29.4 P	KATE PRINGLE 6:31.5 RHS	6	3
400 meter Dash	MARGARET SCURO 62.4 RHS	HARRIS 66.3 P	WILSON 69.8 P	5	4
100 meter Hurdles	JEANNE McGUIRE 17.6 RHS	LIZ ROSS 17.7 RHS	WENDY HAWTHORNE 19.3 RHS	9	0
800 meter Run	ANJA KANNENGIESER 2:33.1 RHS	MARCI CAPITANI 2:36.3 RHS	PAIGE WRIGHT 2:42.9 RHS	9	0
200 meter Dash	HARRIS 28.1 P	ROBINSON 28.6 P	LISA WATERS 29.1 RHS	1	8
3200 m Run	KAREN O'BRIEN 12:51.3 RHS	LESLIE BARBI 13:11.2 RHS	ANJA KANNENGIESER 14:02.9 RHS	9	0
Triple Jump	WENDY HAWTHORNE 32'6" RHS	HARRIS 29'1" P	RAWLS 29'7" P	5	4
4x400 m Relay	RIDGEWOOD 4:37.4	RAZIK - 70.3 WRIGHT - 72.2 KERESTY - 70.9 CAPITANI - 63.6		5	0
Shot Put	JESSICA BERG 31'8 $\frac{3}{4}$ " RHS	MATHIS 29'4" P	LISA CANSEMI 28'8 $\frac{1}{2}$ " RHS	6	3
Discus	JESSICA BERG 88'1" RHS	COURTENAY MOODY 85'2 $\frac{1}{2}$ " RHS	CROCKETT 82'3 $\frac{1}{2}$ " P	8	1
High Jump	WENDY HAWTHORNE 4'11" RHS	LIZ ROSS 4'4" RHS	RAWLS 4'0" P	8	1
Final Score				89	33

MEET RHS vs PASSAIC DUAL

DATE APRIL 17<sup>TH</sup>

EVENT	Non Scoring Performances
Long Jump	SIGILLITO - 11'8" PEROG - 11'6½"
Inter-mediate Hurdles	VALEZ - 78.7
100 meter Dash	SIGILLITO - 17.5
1500 m Run	GUERRIERO - 6:48
400 meter Dash	SIGILLITO - 71.0
100 meter Hurdles	WATERS - 19.7 VELEZ - 19.9
800 meter run	RAZIK - 2:45.6      PEROG - 3:05.7      TIERA - 3:29.2 KERESTY - 2:46.7      KIM - 3:11.5
200 meter Dash	VELEZ - 31.0
3000 m Run	
Triple Jump	SIGILLITO - 27'6½" PEROG - 26'10½"
4x400 m Relay	
Shot Put	TAMILY - 24'5"      BARKENBUSH - 25'0" CAPITANI - 26'¾"
Discus	TAMILY - 76'9¼"      BARKENBUSH - 77'10¼" CANSEMI - 74'11¼"
High Jump	

# Bergen County Relays

20-21 April 1984

FRIDAY

440 H.

ROSS 68.3

WATERS 72.4

MCGUIRE 73.1

800

SIGILLITO 32.9

VALEZ 59.9

KERESTY 1:31.2

WILLIAMS 2:00.4

DISTANCE MEDLEY

(3) KANNENQIESER 71.2 2:25.7 74.5

(4) VALEZ 3:32.4 66.7

(3/4) O'BRIEN 4:54.3 81.9 6:19.5 85.2 7:44.5 95.0

(1) SCUTRO 8:54.1 69.9 10:12.9 78.8 11:35.0 92.1 12:48.0 73.0

JAV

CAPITANI 88'7"

BERG 81'9"

CANGEMI ~~88'6"~~ 83'10"

DISCUS

BERG 93'8"

MOODY 90'0"

CANGEMI 78'11" 263'0"

SATURDAY

SHUTTLE HURDLES

HAWTHORNE 18.3

MCGUIRE 17.4

WATERS 19.1

ROSS 16.4

400

TARLETON 13.2

VALEZ 28.2 15.4

SIGILLITO 43.3 14.7

WILLIAMS 57.5 14.2

71.2

57.5

# Bergen County Relays

20-21 April 1984

6400

O'BRIEN 78.0 2:46.8 88.8 4:16.5 89.7 5:46.7 90.2

D'ARCY 7:07.4 80.7 8:30.7 83.3 10:00.1 89.4 11:34.2 94.1

KANNENQIESER 12:58.7 84.5 14:28.0 89.3 15:56.7 88.7 17:20.9 84.2

RAZIK 18:41.2 80.3 20:12.3 91.1 21:49.1 96.8 23:15.7 86.6

SPRINT MEDLEY

200 MCGUIRE 27.9

200 ROSS 56.7 28.8

400 CAPITANI 1:44.6 57.9

800 SCUTRO 4:16.7 2:22.1

3200

RAZIK 76.3 2:37.3 81.0 2:37.3

KERESTY 3:54.0 76.7 5:16.5 82.5 2:39.2

D'ARCY 6:30.5 74.0 7:54.2 83.7 2:37.7

KANNENQIESER 9:06.7 72.5 10:24.9 78.2 2:30.7

1600

WATERS 64.1

MCGUIRE 62.9 4:10.2

SCUTRO 61.9

CAPITANI 61.3

HJ

HAWTHORNE 4'10"

ROSS 4'6"

TARVIN 4'2" 13'6"

SHOT

BERG

CAPITANI

CANGEMI 83'11/2"

# NM, Ridgewood take home titles

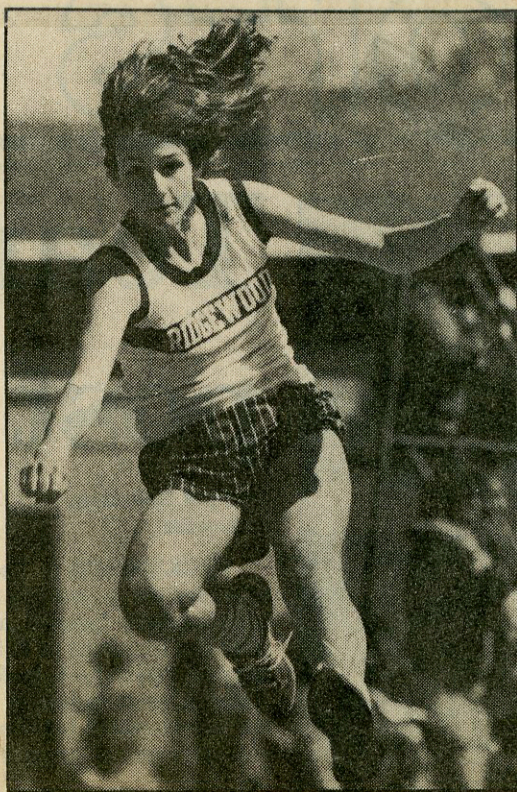
## Neuner, Scutro are standouts

Ridgewood reestablished itself in the Group 3-4 title competition as the best girls team in Bergen County with a deceptively easy 52-36 win over Teaneck in the two-day event.

Margaret Scutro of Ridgewood deservedly earned outstanding runner honors with a 5:02 1600 in the Group 3-4 distance medley, a 2:21 800 in the sprint medley, and a 61-second 400 in the 1,600 relay. But she should at least let teammate Marci Capitani hold the trophy once in a while.

Capitani ran the day's best individual leg, a tremendous 58.9 400, running down defending County champion Venida Rodman of Teaneck after a terrible baton exchange in the sprint medley, to set up Scutro's anchor leg. She then ran a 60.1 anchor leg in the 1,600 to put the icing on Ridgewood's impressive win.

The Maroons won five events to Teaneck's three, and also recorded four seconds to none for their archrivals.



Staff photo by Peter Monsees

*Wendy Hawthorne of Ridgewood prepares for her landing in the Group 3-4 long jump at the Bergen Relays. The Maroons failed to place in the event.*

### Group 3-4 girls

#### TEAM SCORING

Ridgewood 52, Teaneck 36, Old Tappan 23, Pascack Valley 20, Bergenfield 19, Fair Lawn, Hackensack and Indian Hills 18, Westwood 10, Dumont 9, Demarest, Pascack Hills and River Dell 4, Englewood 3, Ramsey 1.

400 - 1, Westwood (Bev Biml, Andrea Heinz, Linda Malto, Anisia Wagner), 53.7; 2, Pascack Valley, 54.2; 3, Teaneck, 54.4; 4, Bergenfield, 55.9; 5, Indian Hills, 56.3.

800 - 1, Teaneck (Tabatha Long, Fatima Goodman, Missy Hicks, Venida Rodman), 1:50.1; 2, Pascack Valley, 1:53.2; 3, Dumont, 1:53.2; 4, Indian Hills, 1:55.3; 5, Pascack Hills, 1:58.5.

1,600 - 1, Ridgewood (Margaret Scutro, Lisa Waters, Jeanne McGuire, Marci Capitani), 4:09.8; 2, Teaneck, 4:17.7; 3, Old Tappan, 4:20.7; 4, Pascack Valley, 4:22.5; 5, Bergenfield, 4:24.0.

3,200 - 1, Hackensack (Kathy Fromhart, Lorie Sellers, Maritza Alvarez, Jasmin Jones), 10:16.5; 2, Ridgewood, 10:24.7; 3, Teaneck, 10:27.0; 4, Demarest, 10:36.8; 5, Indian Hills, 10:42.2.

6,400 - 1, Hackensack (Kathy Fromhart, Lorie Sellers, Maritza Alvarez, Jasmin Jones), 22:45.3; 2, Ridgewood, 23:15.4; 3, River Dell, 23:49.4; 4, Old Tappan, 24:24.6; 5, Pascack Hills, 24:39.7.

Sprint medley - 1, Ridgewood (Jeanne McGuire, Liz Ross, Marci Capitani, Margaret Scutro), 4:16.9; 2, Bergenfield, 4:25.4; 3, Teaneck, 4:28.1; 4, Old Tappan, 4:44.3; 5, Ramsey, 4:46.0.

Distance medley - 1, Ridgewood (Ania Kannengiesser, Karen O'Brien, Christina Valez, Margaret Scutro), 12:46.8; 2, Hackensack, 12:58.7; 3, Bergenfield, 13:02.4; 4, Demarest, 13:24.7; 5, Teaneck, 13:29.8.

Shuttle hurdles - 1, Fair Lawn (Alison Scarpa, Susie Kardos, Sabrina Ramirez, Laura Glazer), 1:09.5; 2, Ridgewood, 1:11.2; 3, Old Tappan, 1:13.5; 4, Pascack Hills, 1:26.0. No fifth.

3 x 400 IH - 1, Ridgewood (Liz Ross, Lisa Waters, Jeanne McGuire), 3:33.5; 2, Old Tappan, 3:34.7; 3, Bergenfield, 3:39.2; 4, Westwood, 3:46.4; 5, Fair Lawn, 3:46.6.

Shot put - 1, Teaneck (Laurissa Palmer, Esther Goldman, Denise Goodman), 87-6<sup>3</sup>/<sub>4</sub>; 2, Bergenfield, 83-11<sup>1</sup>/<sub>2</sub>; 3, Fair Lawn, 83-2<sup>1</sup>/<sub>2</sub>; 4, Pascack Valley, 83-1<sup>1</sup>/<sub>4</sub>; 5, Westwood, 82-1<sup>1</sup>/<sub>2</sub>.

Discus - 1, Ridgewood (Jessica Berg, Cangemi, Moody), 263-0; 2, Indian Hills, 240-10; 3, Fair Lawn, 237-5; 4, Hackensack, 228-11; 5, Westwood, 227-8.

Javelin - 1, Dumont (Mary Anne Sonzogni, Rose DeNoia, Eileen McCann), 260-11; 2, Pascack Valley, 259-0; 3, Ridgewood, 238-10; 4, Bergenfield, 228-6; 5, Fair Lawn, 216-0.

Long jump - 1, Old Tappan (Lisa Filipone, Kathy Kelly, April Savoye), 41-2<sup>1</sup>/<sub>2</sub>; 2, Pascack Valley, 41-1<sup>3</sup>/<sub>4</sub>; 3, Teaneck, 40-7<sup>3</sup>/<sub>4</sub>; 4, Indian Hills, 40-<sup>3</sup>/<sub>4</sub>; 5, Bergenfield, 38-3<sup>1</sup>/<sub>2</sub>.

Triple jump - 1, Teaneck (Fatima Goodman, Venida Rodman, Chris Withers), 94-6<sup>3</sup>/<sub>4</sub>; 2, Fair Lawn, 89-1<sup>1</sup>/<sub>2</sub>; 3, Englewood, 88-2<sup>1</sup>/<sub>4</sub>; 4, Indian Hills, 87-10; 5, River Dell, 86-2<sup>1</sup>/<sub>4</sub>.

High jump - Indian Hills (Amy Nehls, Margaret Rottkamp, Vicky Hoekstra), 13-8; 2, tie between Bergenfield, Old Tappan, and Ridgewood, 13-6; 5, Teaneck, 13-4.



HIGH SCHOOL GIRLS 4 X 400 METER RELAY (EVENTS 28 - 29)

Event #28

1, Ridgewood (NJ) (Jeanne McGuire, Liz Ross, Margaret Scutro, Marci Capitani), 3:59.3; 2, Robinson (Fairfax, VA), 4:02.8; 3, Coatesville (PA), 4:05.7; 4, Camden (NJ), 4:10.6; 5, Dayton Reg. (Springfield, NJ), 4:12.6

4X 100 meter Relay  
 McGuire  
 Ross  
 WATERS  
 CAPITANI 52.0

4X 800 meter Relay  
 Kannergiesen - 2:28.2  
 Ruzick - 2:33.2  
 D'Arcy - 2:33.4  
 Scutro - 2:21.7  
9:56.5

4X 400 meter Relay  
 Ross - 60.6  
 MCGUIRE - 61.1  
 SCUTRO - 58.4  
 CAPITANI - 59.1  
3:59.3

# Ridgewood takes 1st in 1600-meter relay

By ARNIE LESHIN

Staff Writer

PHILADELPHIA — You could sense they wanted it. And by the time Margaret Scutro handed the baton to anchor-leg Marci Capitani, you knew they had it.

No, this one was not going to get away. After 13 years of coaching girls' track and field at Ridgewood High School, Jacob Brown was about to receive a pleasant surprise. His all junior quartet of Liz Ross, Jeannie McGuire, Scutro and Capitani did themselves proud yesterday at Franklin Field.

"These kids ran real nice, I guess it's the year of the sprints," said Brown after his 1600-meter relay team had won its race in a school-record time of 3:59.3, winning not only gold medals, but an impressive looking circular plaque. "Yes, I'm pleasantly surprised and very proud of them."

In their last two appearances at the heralded Penn Relay Carnival, the Maroons came away somewhat disappointed. In both years, the school, led by the Mileski twins — Patti and Mary Ellen — did manage to gain the final of the 3200-meter relay. Medals were won by making the championship race, but Ridgewood's best was a fourth-place finish last year.

This time, in the 3200 race, it was worse. The Maroons were way off the pace at the start and never a

factor. Almost three hours later, however, Brown's disappointment had turned to joy.

Brown did not foresee his good fortunes in the 1600, an event that Ridgewood had previously been blanked in at the Penn Relays. The Maroons' best time at the distance this season had been 4:08.6.

But Ross went out in 1:00.6, passing off to McGuire just slightly out of the lead. McGuire turned in a 1:01.1 and Ridgewood was in the same position.

Next came Scutro, and she had that look of confidence as she burst past the leader on the final turn and passed to Capitani after timing 58.4.

"Marci wasn't even with us for the indoor season," Brown said, "because she was on the basketball team. But with her help our sprint teams are coming on. And they've worked very hard, with our alternate over there — Lisa Waters — just missing out."

Capitani never looked back. She just came down the stretch, bursting out with a huge smile as she broke the tape and headed for her teammates and the celebration. She clocked 0:59.1 and Ridgewood had the unexpected.

Brown also praised his assistant coach, Rich Callaway, for rounding the 1600 team into form.

Yes, the unexpected saved the day for the Maroons.

RIDGEWOOD VS PARAMUS CATHOLIC

WEATHER SUNNY, WARM, VERY WINDY

DATE MAY 1<sup>ST</sup>

TRACK CONDITIONS ALL WEATHER

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	P.C.
Long Jump	CLARKE 17' 4 1/2" P.C.	WENDY HAWTHORNE 15' 2 3/4" RHS	PRIMUS 14' 4 1/4" P.C.	3	6
Inter-mediate Hurdles	LIZ ROSS 1:08.9 RHS	JEANNE McGUIRE 1:10.6	LISA WATERS 1:12.4	9	0
100 meter Dash	MARCI CAPITANI 12.9 RHS	MAUREEN RICE 13.9 P.C.	LISA TARLETON 14.1 RHS	6	3
1600 m Run	NOREEN D'ARCY 5:40.4 RHS	PAISE WRIGHT 5:51.8 RHS	DONNA FLOREK 6:31.7 PC	8	1
400 meter Dash	MARCI CAPITANI 1:00.7 RHS	LISA WATERS 1:04.9 RHS	ANN D'ALESSANDRO 1:05.5 P.C.	8	1
100 meter Hurdles	CLARKE 16.6 P.C.	JEANNE McGUIRE 16.6 RHS	LIZ ROSS 16.8 RHS	4	5
800 meter Run	JENNY RAZIK 2:34.6 RHS	LINDA HOLKEY 2:42.5 RHS	SANDY SULLIVAN 2:47.5 RHS	9	0
200 meter Dash	PRIMUS 28.0 PC	RICE 28.8 PC	LISA TARLETON 30.2 RHS	1	8
3200 m Run	KAREN O'BRIEN 12:44.6	LESLIE BARBI 13:04.8 RHS	DONNA FLOREK 15:03.1 PC	8	1
Triple Jump	PRIMUS 34' 11" PC	WENDY HAWTHORNE 32' 9 1/2" RHS	LISA WATERS 30' 1/2" RHS	4	5
4x400 m Relay	PARAMUS CATHOLIC 4:34.3 RICE - SHODA D'ALESSANDRO - CLARKE	RIDGEWOOD 4:41.0 TARLETON, VALEZ SISILLITO, WILLIAMS		0	5
Shot Put	JESSICA BERG 29' 5" RHS	BARRAU 27' 3" PC	LISA CANSEMI 27' 1" RHS	6	3
Discus	JESSICA BERG 97' 5" RHS	COURTENAY MOODY 92' 2" RHS	DANA TAMILY 77' 4" RHS	9	0
High Jump	WENDY HAWTHORNE 4' 8" RHS	LIZ ROSS 4' 6" RHS	SALLY TARVIN 4' 6" RHS	9	0
Final Score				84	38

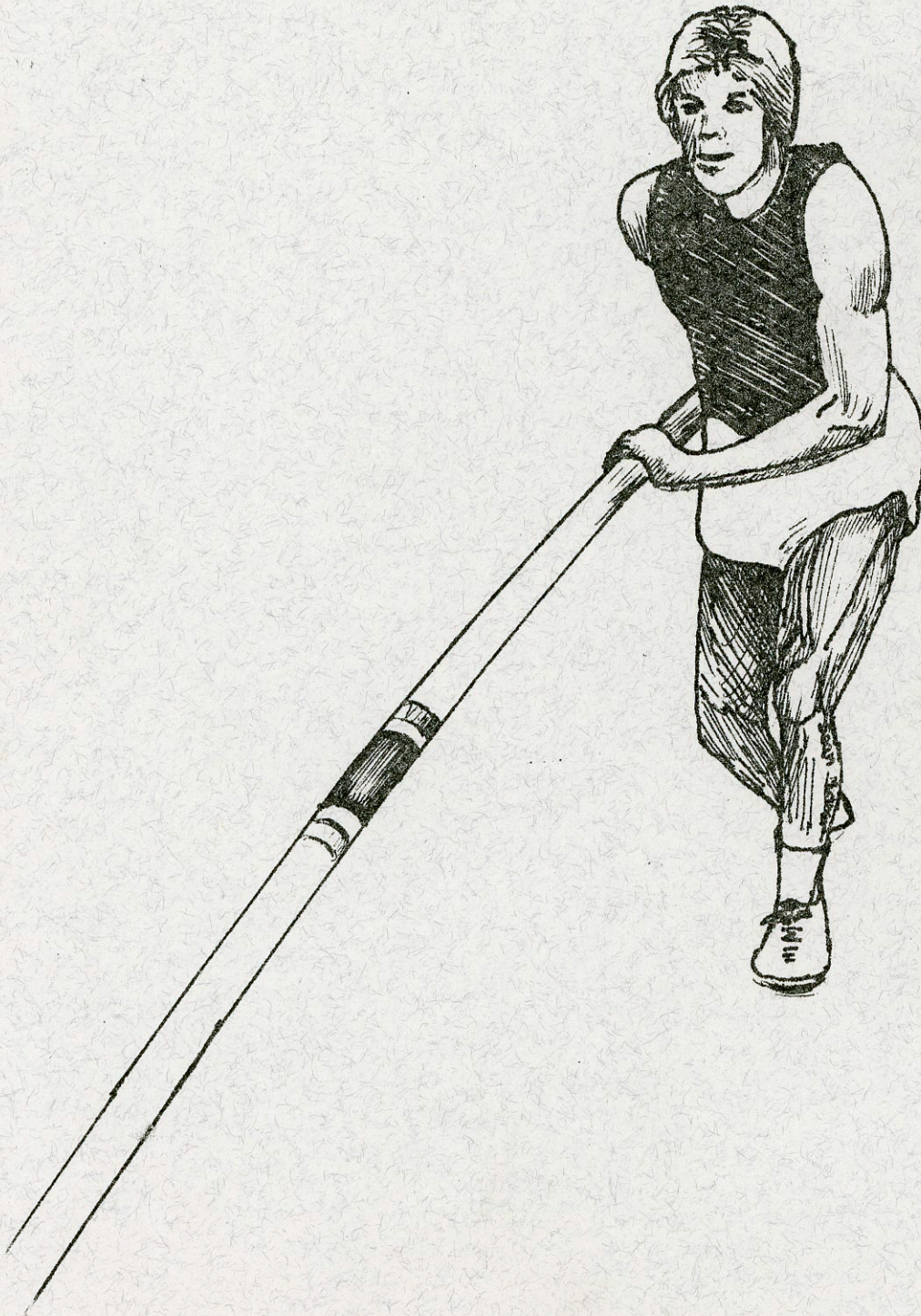


DUAL VS

MEET PARAMUS CATHOLICDATE MAY 1<sup>ST</sup>-1984

EVENT	Non Scoring Performances
Long Jump	LEIGH MACKALL 14' 1/4" LINDA SIGILLITO 13' 2"
Inter-mediate Hurdles	CHRISTINA VALEZ 73.4
100 meter Dash	
1500 m Run	MEGAN DUFFY 6:34.1
400 meter Dash	SHARON WILLIAMS - 1:09.3 CHRISTINA VALEZ - 1:12.8
100 meter Hurdles	LEIGH MACKALL - 19.8
800 meter run	KATE PRINGLE - 2:50 Joy Kim 3:01 LAURA PEROG - 2:59 SUE TIERA
200 meter Dash	SHARON WILLIAMS - 29.1 SALLY TARVIN - 30.1 <del>LISA TA</del> LINDA SIGILLITO - 31.1
3000 m Run	
Triple Jump	LEIGH MACKALL - 30' 4"
4x400 m Relay	
Shot Put	ELLEN BARKEN BUSH - 24' 11 1/2" DANA TAMILY - 24' 5"
Discus	LISA CANSEMI 76' 2" ELLEN BARKENBUSH 66' 11"
High Jump	

# BERNARDS 10<sup>TH</sup> ANNUAL TRACK & FIELD INVITATIONAL MAY 5, 1984



Margaret Scutro ran the second fastest 1,600 meters in Bergen County history yesterday in earning one of four area first places in the Bernards Invitational.

Scutro ran 4:58.2, second only to former teammate Patty Mileski's 4:54.4 in defeating Lisa Herman of Wayne Valley, second in 5:09.7. Jen Van Horn of Wayne Valley ran

## Track

10:53.5 to gain the 3,200-meter championship, while the Ridgewood team of Scutro, Liz Ross, Jeannie McGuire, and Marci Capitani ran 4:02.5 in winning the 1,600 relay.

The only winner of a boys event was Walt Foster of Wayne Valley, who threw the javelin 193 feet. Second-place finishers were: Joe LeMay of Ridgewood, who ran the 3,200 in 9:31.9; Don Romeo of Wayne Valley with 169-7 in the javelin; and Ridgewood's Ross in the girls intermediate hurdles at 65.3.

Rick Iapoco of Wayne Valley was third at 144 feet in the discus. Fourth places went to Dave Nutt of Ridgewood in the 3,200 (9:44.8), Paul Caminitti of Ridgewood (51.2) in the 400, and Chris Sullivan of Ridgewood (4:27.3) in the 1,600. Anja Kanningiesser was fourth in the girls 800 in 2:23.4.

RIDGEWOOD VS TEANECK

WEATHER Warm - Partly Cloudy

DATE 5/7/84

TRACK CONDITIONS All Weather - Fast

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	T
Long Jump	CHRISTINE WITHERS 16'8" TEANECK	WENDY HAWTHORNE 15'7" RHS	LEIGH MACKEL 15'0" RHS	4	5
Inter-mediate Hurdles	LIZ ROSS 66.6 RHS	JEANNE McGUIRE 66.9 RHS	LISA WATERS 70.9 RHS	9	0
100 meter Dash	MICHELE FORRESTER 12.4 T	MARCI CAPITANI 12.7 RHS	HICKS 12.9 T	3	6
1600 m Run	MARGARET SCUTRO 5:17.0 RHS	LINDA FOWDER 5:28.7 T	NORINE D'ARCY 5:29.3 RHS	6	3
400 meter Dash	MARCI CAPITANI 58.4 RHS	VENIDA RODMAN 59.2 T	TABITHA LONG 63.9 T	5	4
100 meter Hurdles	CHRISTINE WITHERS 16.2 TEANECK	JEANNE McGUIRE 16.4 RHS	LIZ ROSS 16.5 RHS	4	5
800 meter Run	MARGARET SCUTRO 2:23.4 RHS	ANJA KANNENGIESER 2:24.5 RHS	KAREN ZASKY 2:27.9 T	8	1
200 meter Dash	MICHELE FORRESTER 25.6 T	<del>VENIDA</del> RODMAN 26.9 T	HICKS 26.9 T	0	9
3200 m Run	MARGARET SCUTRO 11:24.3 RHS	NORINE D'ARCY 12:07.2	LINDA FOWDER 12:21.7 T	8	1
Triple Jump	CHRISTINE WITHERS 37' 3/2" T	WENDY HAWTHORNE 32' 5 3/4" RHS	GOODMAN 32' 2 1/4" T	3	6
4x400 m Relay	TEANECK 4:02.6	RIDGEWOOD 4:05.6	ROSS - 62.8 WATERS - 62.8 McGUIRE - 61.4 CAPITANI - 58.6	0	5
Shot Put	PALMER 37' 5" TEANECK	JESSICA BERG 30' 1" RHS	HAIRSTON 30' 1/2" T	3	6
Discus	PALMER 94' 1" TEANECK	COURTENAY MOODY 93' 4" RHS	JESSICA BERG 87' 6 1/2" RHS	4	5
High Jump	LAUREN SINGLETON 5' 0" TEANECK	WENDY HAWTHORNE 4' 10" RHS	KIM ALEXANDER 4' 10" T	3	6
			Final Score	60	62

9 TRACK RECORDS AND 3 RHS SCHOOL RECORDS WERE BROKEN IN THIS MEET!

MEET TEANECK DUAL MEET

DATE MAY 7<sup>TH</sup> 1984

EVENT	Non Scoring Performances
Long Jump	LINDA SIZILLITO - 13' 4 $\frac{3}{4}$ "
Inter-mediate Hurdles	
100 meter Dash	LISA TARLETON - LINDA SIZILLITO -
1500 m Run	KAREN O'BRIEN - LINDA HOCKEY - MEGAN DUFFY -
400 meter Dash	GWYNNE KERESTY - CHRISTINA VALEZ - 65.2
100 meter Hurdles	SALLY TARVIN - 17. LEISH MACKALL - 18.7
800 meter run	Genny RAZIK - 2:29.8 KATE PRINGLE - 2:48.4 JOY KIM - 3:04 LAURA PEROG - 2:54.4 Amy PHILIPS - 2:43.0 SUE TIERRA - 3:22.6
200 meter Dash	CHRISTINA VALEZ - LISA TARLETON -
300 m Run	LESLIE BARBI - 12:45.3 ANJA KANNENGIESER - 12:36.1
Triple Jump	LISA WATERS - 32' 0" LINDA SIZILLITO - 26' 5" LEISH MACKEL - 31' 8"
4x400 m Relay	
Shot Put	DANA TAMILY 25' 4 $\frac{1}{2}$ " ELLEN BARKENBUSH 22' 9" LISA CANÇEMI 28' 1"
Discus	LISA CANÇEMI - 76' 7 $\frac{1}{4}$ " DANA TAMILY - 71' 4 $\frac{1}{4}$ " ELLEN BARKENBUSH - 74' 8 $\frac{3}{4}$ "
High Jump	SALLY TARVIN 4' 6" LIZ ROSS 4' 6"

# Ridgewood is only team to clinch a group crown

By Paul Schwartz  
Correspondent

**TENAFLY** — Only Ridgewood can rest comfortably after yesterday's second day of the Bergen County girls group track championships. The Maroons dominated Group 4, scoring 81 points in 14 events to lead runner-up Teaneck by 23 points before the meet was stopped with the long jump still remaining.

The team championships in Groups 1, 2, and 3 will not be decided until tomorrow. Six events were suspended at three sites yesterday because of slippery surfaces.

Saddle Brook and Park Ridge are tied in Group 1 with 37 points, with the high jump remaining at Paramus. New Milford leads Tena-fly, 43-38, in Group 2 with the long jump and high jump to be contested

here. Old Tappan leads surprising Pascack Valley and Bergenfield, 37-36-35, in Group 3, with the long jump and high jump set for New Milford.

Ridgewood's victory avenged a 62-60 dual-meet loss to Teaneck Monday.

## Girls track

"We always considered the County meet more important, but it's clear that the kids were looking for revenge," said coach Jacob Brown. "The javelin and discus helped us, and we scored more in the triple jump and the 200 than we did in the dual meet. Their distance kids also didn't do as well as they had."

Ridgewood was led by its precocious juniors, Margaret Scutro and Marci Capitani. Scutro had a tre-

mendous triple of 2:19.4 for 800 meters, 5:09.6 for the 1,600, and 10:57.7 for the 3,200, and ran the leadoff leg for the runner up mile relay team. Capitani won the 400 and javelin, took second to Michelle Forrester of Teaneck in the 200, and anchored the relay. Liz Ross scored the Maroons' other win in the intermediate hur-

GREAT TEAM EFFORT !!!  
ESPECIALLY FROM OUR  
JUNIORS WHO PERFORMED  
WELL AFTER THE JUNIOR  
FROM LAST NIGHT.

## Track Bergen meet

### Group 4 girls

Team scoring  
(Excluding long jump)

Ridgewood 81, Teaneck 58, Hackensack 40, Fair Lawn 27, Paramus Catholic 14.

100 — 1, Michelle Forrester, Teaneck, 12.2 (meet and group record, old record, 12.5 by Stephanie Laughlin, Teaneck, 1981 and Forrester, 1983); 2, Sonya Daniels, Hackensack, 12.5; 3, Jeanne McGuire, Ridgewood, 13.1; 4, Missy Hicks, Teaneck, 13.2; 5, Fatima Goodman, Teaneck, 13.7.

200 — 1, Michelle Forrester, Teaneck, 26.1; 2, Marci Capitani, Ridgewood, 26.4; 3, Venida Rodman, Teaneck, 26.8; 4, Sonia Daniels, Hackensack, 26.9; 5, Missy Hicks, Teaneck, 26.9.

400 — 1, Marci Capitani, Ridgewood, 59.7; 2, Venida Rodman, Teaneck, 1:01.2; 3, Tabatha Long, Teaneck, 1:02.9; 4, Fatima Goodman, Teaneck, 1:05.7; 5, Kirsten Lapsley, Fair Lawn, 1:06.0.

800 — 1, Margaret Scutro, Ridgewood, 2:19.1; 2, Jasmin Jones, Hackensack, 2:25.9; 3, Anja Kannengieser, Ridgewood, 2:27.8; 4, Julie Hanlman, Teaneck, 2:28.0; 5, Karen Zasky, Teaneck, 2:31.0.

1,600 — 1, Margaret Scutro, Ridgewood, 5:09.6 (meet and group record, old record, 5:12.7 by Scutro, 1983); 2, Jasmin Jones, Hackensack, 5:23.5; 3, Norine D'Arcy, Ridgewood, 5:24.0; 4, Maritza Alvarez, Hackensack, 5:25.0; 5, Lorie Sellers, Hackensack, 5:30.9.

3,200 — 1, Margaret Scutro, Ridgewood, 10:57.7; (meet and group record, old record, 11:19.3 by Patti Mileski, Ridgewood, 1983); 2, Maritza Alvarez, Hackensack, 11:34.7; 3, Karen O'Brien, Ridgewood, 11:59.7; 4, Lorie Sellers, Hackensack, 12:11.2; 5, Linda Gowder, Teaneck, 12:19.0.

1,600 relay — 1, Teaneck (Michelle Forrester, Venida Rodman, Tabatha Long, Fatima Goodman), 2, Ridgewood, 4:08.0; 3, Hackensack, 4:22.8; 4, Fair Lawn, 4:36.4.

100 HH — 1, Allison Scarpa, Fair

Lawn, 15.9; 2, Lauren Clarke, Paramus Catholic, 15.9; 3, Sherry Primus, Paramus Catholic, 16.2; 4, Beth Reingold, Hackensack, 17.1; 5, Danielle Hadnot, Teaneck, 17.2.

400 IH — 1, Liz Ross, Ridgewood, 1:06.9; 2, Jeanne McGuire, Ridgewood, 1:09.1; 3, Lisa Waters, Ridgewood, 1:11.1; 4, Kim Alexander, Teaneck, 1:11.8; 5, Beth Reingold, Hackensack, 1:13.2.

Shot put — 1, Lisa Scinski, Fair Lawn, 37-1½; 2, Laurissa Palmer, Teaneck, 33-3½; 3, Cardrienne McDonald, Hackensack, 33-0; 4, Helen King, Fair Lawn, 31-7¼; 5, Jessica Berg, Ridgewood, 31-6.

Discus — 1, Cardrienne McDonald, Hackensack, 114-8 (group record, old record, 111-10 by Rose Desics, fair lawn, 1983); 2, Lisa Scinski, Fair Lawn, 107-0; 3, Cournevy Moody, Ridgewood, 101-9; 4, Jessica Berg, Ridgewood, 92-2; 5, Laurissa Palmer, Teaneck, 88-10.

Javelin — 1, Marci Capitani, Ridgewood, 101-10 (group record, old record, 100-10 by Stephanie DeCarlo, Paramus, 1982); 2, Kristin Lapsley, Fair Lawn, 98-7; 3, Jessica Berg, Ridgewood, 84-5; 4, Lisa Cangermi, Ridgewood, 75-10; 5, Nancy Hubbard, Hackensack, 75-3.

High jump — 1, Lori Singleton, Teaneck, 4-10; 2, Wendy Hawthorne, Ridgewood, 4-10; 3, Susy Kardos, Fair Lawn, 4-8; 4, Sonia Daniels, Hackensack, 4-6.

Triple jump — 1, Chris Withers, Teaneck, 35-5¼; 2, Lauren Clarke, Paramus Catholic, 34-9¾; 3, Sherry Primus, Paramus Catholic, 34-7; 4, Wendy Hawthorne, Ridgewood, 33-4¼; 5, Leigh Mackall, Ridgewood, 32-3.

### GROUP 4 GIRLS

Team scoring  
Ridgewood 85, Teaneck 64, Hackensack 40, Fair Lawn 27, Paramus Catholic 20.

Long jump — 1, Chris Withers, Teaneck, 16-3½; 2, Sherry Primus, Paramus Catholic, 15-4¾; 3, Wendy Hawthorne, Ridgewood, 14-10½; 4, Lauren Clarke, Paramus Catholic, 14-10¼; 5, Leigh Mackall, Ridgewood, 13-10.

RELAY SPLITS: WATERS - 63.0  
MCGUIRE - 62.0  
ROSS - 63.3  
CAPITANI - 59.9

### NON SCORING PERFORMANCES

WILLIAMS - 31.5 200 m  
SIGILLITO - 14.5 100 m  
13'2½" Long Jump  
BARBI - 13:01.5 3200 m  
RAZIK - 2:32.5 800 m  
WRIGHT - 5:38.5 1600 m  
MCGUIRE - 16.8 100 HURDLES  
ROSS - 16.9 100 HURDLES  
N.H. HIGH JUMP  
TARVIN - 17.4 100 HURDLES  
N.H. HIGH JUMP  
FAMILY - 69'1" DISCUS  
CANGEMI SHOT  
BARKENBUSH SHOT



**MARGARET  
SCUTRO**  
OF RIDGEWOOD

# ***Athlete of Week***

# THE RIDGEWOOD RELAYS AT BERGEN COMMUNITY COLLEGE MAY 15<sup>TH</sup> 1984.

## Ent. Hurdles

Ross 67.5  
McGuire 68.2  
Waters 70.2

1st

3:25.9

"RECORD"

## Sprint medley

McGuire 27.0  
Ross 55.5 28.5  
Capitani 1:55.9 60.4  
Sautro 3:00.7 64.8 4:12.6 71.9

DR

4:12.6

## 4x800

A. Kannegieser 71.3 2:28.5 77.2  
Wright 3:45.2 76.7 5:07.8 82.6  
D'Arcy 6:24.0 76.2 7:44.2 80.2  
Razik 9:00.2 74.0 10:21.2 80.8 2:36.8

1st

10:21.2

## B.

Hockey 78.6 2:41.6 83.0  
Keresty 4:02.5 80.9 5:23.5 81.0 2:41.9  
Sullivan 6:40.8 77.3 8:05.2 84.4 2:41.7  
Phillips 9:23.9 78.7 10:50.2 86.3 2:45.0

2nd

10:50.2

## C.

Perog 78.6 2:58.8 100.2  
Duffy 4:29.6 90.9 6:10.3 100.7 3:11.5  
Kim 7:33.4 83.1 9:12.4 99.0 3:02.1  
Pringle 10:39.7 87.3 12:11.7 92.0 2:58.3

6th

12:11.7

## Shuttle Hurdles

Mackel 18.2  
Waters 37.1 18.9  
McGuire 53.3 16.2  
Ross 70.5 17.2

3rd

1:11:0.5

## Distance Medley

A. D'Arcy 80.5 2:44.9 84.4 4:09.8 84.9 2nd  
Williams 5:21.0 71.2  
Wright 6:37.8 76.8 8:01.0 83.2  
O'Brien 9:24.4 83.1 10:54.0 89.6 12:25.2 91.2 13:55.5 90.3

B. Sullivan 83.3 2:56.0 92.7 4:26.1 90.1 5th

Valez 74.3 5:40.4 14:58.5

Phillips 7:01.3 80.9 8:26.4 85.1

Hockey 9:57.1 90.7 11:36.8 99.7 13:18.0 101.2 14:58.5 100.5

Kannegieser 63.0 2nd

Razik 2:09.0 66.0

Hockey 3:15.0 66.0 4:16.0

Capitani 4:16.0 64.0

## Discus

A: Cangemi 74'7" 6th  
Berg 69'6" 5th  
B. Family 74'3 1/2" 5th  
Barkenbush 71'5 1/2" 146'2 1/2"

## Shot

A. Berg 30' 1/2" 3rd  
Cangemi 29'0" 59' 1/2" 24'9"  
B. Family 23'11" 48'8"

## Javelin

A. Capitani 87'9" 2nd  
Berg 75'7" 165'4"  
B. Cangemi 72'6"  
Barkenbush 67'8" 137'2"

## HJ

Hawthorne 4'10" 9'1"  
Tarvin 4'3" 9'1"

## LJ

A. Hawthorne 14'11" 28'5"  
Mackel 13'6" 28'5"  
B. Waters 14'9" 3rd  
Sigillito 13'4" 28'1"

TOTAL: 47 points

# RIDGEWOOD'S 100<sup>TH</sup> WIN

By JIM JONES

**RIDGEWOOD** — Coach Jacob Brown's Ridgewood High girls track team made Bergen County history the past week. The Maroons piled up 47 points Tuesday to win the eight-school Ridgewood Relays, and that was victory No. 100 for the school. Brown's Ridgewood program is the first in Bergen County to reach the century mark.

On Thursday, Ridgewood made it 101 with an 84-38 romp over Hackensack.

The Maroon 3 by 400 intermediate hurdles team, formed by juniors Lisa Waters, Liz Ross and Jeanne McGuire, set a school record of 3:25.9 in the Ridgewood Relays which Brown believes may also be a county standard.

The other victory in that meet was by the 4 by 800 quartet of Anja Kannengieser, Paige Wright, Noreen D'Arcy and Genny Razik.

Senior field events standout Wendy Hawthorne won three events in the victory over Hackensack. She spanned 33-10½ in the triple jump, 15-4¾ in the long jump and cleared 4-10 in the high jump.

The Maroons had a number of excellent marks in the running contests. Junior distance running star Margaret Scutro clocked 59.3 in the 400 meters. Karen O'Brien, who was second to Scutro in 62.2, won the 3,000 meters with a 12:02.1 clocking. D'Arcy was second, 12:28.3, and she won the 1,600 meters in 5:28.

Ross and Waters finished one-two in the 400 hurdles with 68.4 and 69.7 times. Marci Capitani clocked 12.9 in the 100 meters, and Ridgewood's 1,600-meter relay quartet turned in a 4:15.9 mark.

Since the league meet was cancelled, Ridgewood will be idle until Saturday when the state sectionals will be contested in Hackensack.



**Record-Setters** — Four of the standouts on Ridgewood High's powerful girls track team, all record-setters, are shown above. In front are Liz Ross (left) and Jeanne McGuire. Back: Lisa Waters and Margaret Scutro. (Photo by Laura Knapp)



**Ridgewood girls  
run for 100th win**



RIDGEWOOD VS

HACKENSACK

WEATHER

SUNNY & WARMDATE 17 MAY

TRACK CONDITIONS

ALL WEATHER

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	H
Long Jump	WENDY HAWTHORNE 15'4 $\frac{3}{4}$ " RHS	BACKFORD 15'1" H	LEIGH MACKALL 15'0" RHS	6	3
Inter-mediate Hurdles	LIZ ROSS 68.4 RHS	LISA WATERS 69.7 RHS	ALISON FINLATER 72.1 H	8	1
100 meter Dash	MARCI CAPITANI 12.9 RHS	WILLIAMS 12.9 H	JEANNE McGUIRE 13.2 RHS	6	3
1600 m Run	NORINE D'ARCY 5:28.0 RHS	MARITZA ALVAREZ 5:30.1 H	KAREN O'BRIEN 5:30.4 RHS	6	3
400 meter Dash	MARGARET SCUTRO 59.3 RHS	JEANNE McGUIRE 62.2 RHS	FINLATER 65.5 H	8	1
100 meter Hurdles	BETH RHEINGOLD 17.0 H	LIZ ROSS 17.4 RHS	LEIGH MACKALL 18.1 RHS	4	5
800 meter Run	ANJA KANNENGIESER 2:22.4 RHS	JASMIN JONES 2:22.9 H	MARCI CAPITANI 2:24.5 RHS	6	3
200 meter Dash	SONIA DANIELS 27.2 H	JEANNE McGUIRE 28.1 RHS	MARGARET SCUTRO 28.6 RHS	4	5
3200 m Run	KAREN O'BRIEN 12:02.1 RHS	NORINE D'ARCY 12:28.3 RHS	LESLIE BARBI 12:31.5 RHS	9	0
Triple Jump	WENDY HAWTHORNE 33'10 $\frac{1}{2}$ " RHS	LEIGH MACKALL 32'3" RHS	BOLLERMAN 31'5" H	8	1
4x400 m Relay	RIDGEWOOD 4:15.9	CAPITANI - 61.2 TARLETON - 65.6 VALEZ - 66.7 KANNENGIESER - 62.2	HACKENSACK 4:34.3	5	0
Shot Put	CARDRIENNE McDONALD 31'8 $\frac{1}{2}$ " H	JESSICA BERG 29'9" RHS	LISA CANSEMI 29'5" RHS	4	5
Discus	CARDRIENNE McDONALD 115'9" H	JESSICA BERG 87'5" RHS	DANA TAMILY 79'8" RHS	4	5
High Jump	WENDY HAWTHORNE 4'10" RHS	DANIELS 4'6" H	LIZ ROSS 4'4" RHS	6	3
Final Score				84	38

MEET HACKENSACK DUAL MEETDATE 17 MAY 1984

EVENT	Non Scoring Performances
Long Jump	WATERS - 14'11" SIGILLITO - 13'1"
Inter-mediate Hurdles	CHRISTINA VALEZ - 73.6
100 meter Dash	LISA TARLETON - 14.2
1500 m Run	PAISE WRIGHT - 5:43      MEGAN DUFFY - 6:31 LINDA HOCKEY - 6:04
400 meter Dash	SHARON WILLIAMS - 66.0
100 meter Hurdles	LISA WATERS - 18.3 CHRISTINA VALEZ - 18.3
800 meter run	GWYNE KERESTY - 2:35      KATE PRINGLE - 2:51 SANDY SULLIVAN - 2:37      LAURA PEROG - 2:54 AMY PHILLIPS - 2:41      JOY KIM - 2:56      SUE TIERRA 3:08
200 meter Dash	LISA TARLETON - 29.5
300 m Run	
Triple Jump	LISA WATERS - 30'9½" LINDA SIGILLITO - 27'9"
4x400 m Relay	
Shot Put	ELLEN BARKENBUSH - 25'5½" DANA FAMILY - 24'5"
Discus	LISA CANSEMI - 77'7" ELLEN BARKENBUSH - 68'7"
High Jump	

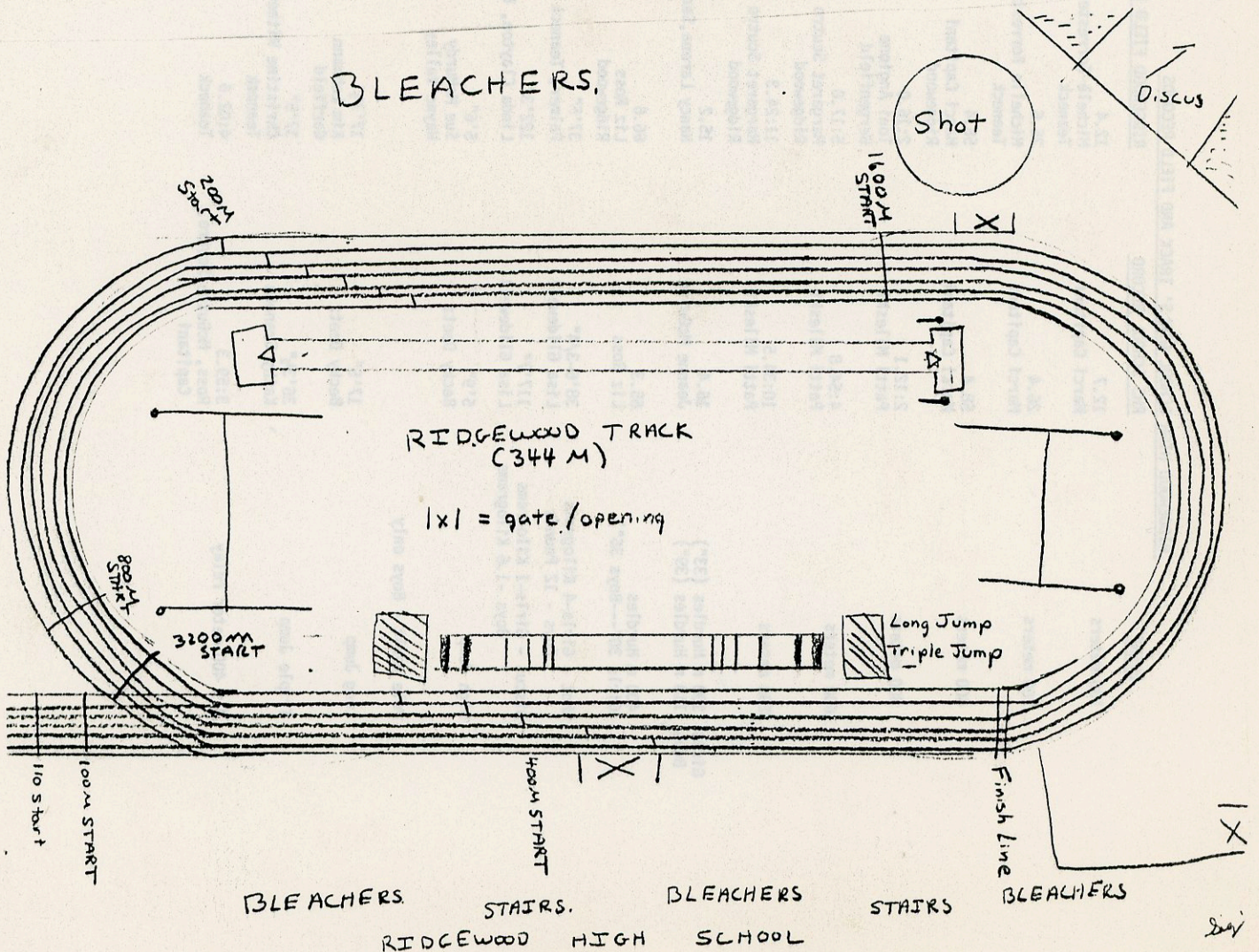
RIDGEWOOD HIGH SCHOOL vs. HACKENSACK HIGH SCHOOL

N.N.J.I.L. DIVISION II - BOYS AND GIRLS TRACK AND FIELD MEET

ORDER OF EVENTS: BOYS FIRST, GIRLS SECOND

400: p.m.

- |                            |                                   |
|----------------------------|-----------------------------------|
| 400 hurdles                | Long Jump followed by triple jump |
| 100 meter dash             | Shot put followed by Discus       |
| 1600 meter run             | High Jump - in gym #1             |
| 400 meter dash             |                                   |
| 100 meter hurdles          |                                   |
| 800 meter run              |                                   |
| 200 meter dash             |                                   |
| 3200 meter run             |                                   |
| 1600 meter relay (4 x 400) |                                   |



RIDGEWOOD HIGH SCHOOL BOYS' TRACK AND FIELD RECORDS

EVENT	RHS SCHOOL RECORD	RIDGEWOOD FIELD RECORD
100 meters	11.5 Rob Lanni	10.7 Hairston Teaneck (Since 1981 only)
200 meters	21.1 Dave Bain	23.1 Hairston and Gordon Teaneck
400 meters	49.7 Nepola	50.8 Hyden Teaneck
800 meters	1:54.0 John Parisi	1:58.8 Chris Sullivan Ridgewood
1600 meters	4:18.6 Tom Tomai	4:25.2 Joe LeMay Ridgewood
3200 meters	9:26.5 Bruce Mason	9:46.2 Dave Nutt Ridgewood
Girls 100 m Hurdles (33") Boys 110 m Hurdles (39")	14.1 Mike Rogers	14.5 Green, Teaneck
400 m Hurdles (Girls 30" --- Boys 36")	53.9 John Parisi	55.7 John Parisi Ridgewood
Shot - Girls-4 Kilograms Boys - 12 Pounds	54'11" Eric Bryant	52'9" Eric Bryant, Ridgewood
Discus - Girls-1 Kilograms Boys -1.6 Kilograms	157'11" John Marshall	145'11" Taylor, Passaic Valley
High Jump	6'7" Pete Rutherford	6'6" Browne Teaneck
Pole Vault - Boys only	13'6" John Boylan	13'3" Levitzky, Hackensack
Long Jump	22'5" Dave Henderson	21'6½" Green Teaneck
Triple Jump	43'1½" John Parisi	44'3¼" Browne Teaneck
4 x 400 meter relay	3:22.1 Parisi, Lanni, Kelly, Cortelllessi	3:24.8 Teaneck

54'4"  
DAVE FRUND

RIDGEWOOD HIGH SCHOOL GIRLS' TRACK AND FIELD RECORDS

EVENT	RHS SCHOOL RECORD	RIDGEWOOD FIELD RECORD
100 meters	12.7 Marci Capitani	12.4 Michelle-Forrester Teaneck
200 meters	26.4 Marci Capitani	25.6 Michelle Forrester Teaneck
400 meters	58.4 Marci Capitani	58.4 Marci Capitani Ridgewood
800 meters	2:12.1 Patti Mileski	2:16.0 Toni Angione Bergenfield
1600 meters	4:54.8 Patti Mileski	5:17.0 Margaret Scutro Ridgewood
3200 meters	10:34.5 Patti Mileski	11:24.3 Margaret Scutro Ridgewood
Girls 100 m Hurdles (33") Boys 110 m Hurdles (39")	16.4 Jeanne McGuire	15.2 Nancy Larena, Saddle Brook
400 m Hurdles (Girls 30" --- Boys 36")	65.3 Liz Ross	66.6 Liz Ross Ridgewood
Shot - Girls-4 Kilograms Boys - 12 Pounds	38'6-3/4" Lisa Glidewell	37'5" Palmer, Teaneck
Discus - Girls-1 Kilograms Boys -1.6 Kilograms	117'7" Lisa Glidewell	122'3" Linda Clayton, Demarest
High Jump	5'9" Becky Deetz	5'6" Sue McMurdy Wayne Valley
Pole Vault - Boys only	17'5" Becky Deetz	17'7½" Kim Lehmann Garfield
Long Jump	36'3½" Kathy Granata	37'5" Christine Withers Teaneck
Triple Jump	3:59.3 Ross, McGuire, Scutro, Capitani	4:02.6 Teaneck

# RIVERDELL NOVICE MEET

5-23 - 5-24

RAIN

SUNNY WARM TRACK: DIRT.

100 H/H FINALS

MACKELL 18.3 5<sup>th</sup> 18.4 - 183

20.6

200

VELEZ 33.2 (5 Yds <sup>TUO</sup> LONG)

LONG JUMP

MACKELL 14-9 1<sup>ST</sup>

SIGILLITO 12-6

100 DASH TR. SEMI

SIGILLITO 14.5 15.2

1600 M

HOCKEY 6:05.6 3<sup>RD</sup>

DUFFY 6:35.8

400 M

76.3 1<sup>ST</sup>

VALERZ 76.3 1<sup>ST</sup>

800 M

HOCKEY 2:37.7 3<sup>RD</sup>

SULLIVAN 2:37.8 4<sup>TH</sup>

KEKISTY 2:39.1

PRINGLE 2:48

PEROG 2:52

## Track summaries River Dell Novice

### GIRLS

100M - 1, Diane Forbes, Passaic Tech, 13.4; 2, Mary Ryan, Indian Hills, 13.5; 3, Amy Nehls, Indian Hills, 13.5.

200M - 1, Amy Nehls, Indian Hills, 2; 2, Mary Ryan, Indian Hills, 3; 3, Stacy Collins, Wayne Hills and Diane Forbes, Passaic Tech.

100H - 1, Michele Bardgett, Indian Hills, 18.2; 2, Sabrina Ramirez, Fair Lawn, 18.2; 3, Betsey Dalsass, Indian Hills, 18.2.

400H - 1, Christine Velez, Ridgewood, 75.3; 2, Lisa Cooper, Indian Hills, 75.8; 3, Jenny Jacobsen, River Dell, 77.5.

400M - 1, Jenn Snow, Indian Hills, 65.1; 2, Jill Stark, Paramus, 68.1; 3, Sue Graziano, River Dell, 68.5.

800M - 1, Lisa Hofmaier, Indian Hills, 2:35.2; 2, Jen Snow, Indian Hills, 2:36.6; 3, Linda Mackey, Ridgewood, 2:37.7.

1600M - 1, Cheryl Krause, Paramus, 5:32.7\*; 2, Rebecca King, Paramus, 5:49.0; 3, Linda Hockey, Ridgewood, 6:05.5.

3200M - 1, Cheryl Krause, Paramus, 12:41.0; 2, Sue Krebs, Union Hill, 12:56.5; 3, Liz Paulino, Union Hill, 13:07.7.

Shot put - 1, Joann Stella, Paramus, 29-9; 2, Judy Dorry, Cliffside Park, 28-6; 3, Amy Lomauro, Fair Lawn, 28-1.

Discus - 1, Michele Orr, Fair Lawn, 90-9; 2, Geraldine Twomey, Cliffside Park, 86-7; 3, Joann Rude, Wayne Valley, 83-6.

High jump - 1, Sue Tramm, Emerson, 4-8; 2, Jenny Jacobsen, River Dell, 4-8; 3, Karen Cahill and Chris Cahill, Wayne Hills, 4-6.

Long jump - 1, Mary Mackell, Ridgewood, 14-9<sup>1</sup>/<sub>2</sub>; 2, Andrea DeMott, River Dell, 14-2<sup>1</sup>/<sub>4</sub>; 3, Betsy Dalsass, Indian Hills, 13-11<sup>3</sup>/<sub>4</sub>.

\* Meet record

WHO IS THIS  
NEW GIRL  
MACKEY!

MARY!

SHOT PUT:

DISCUS

BARKENBUSH 24'7"

BARKENBUSH 68'7"

# Sectional track

## Group 4

### TEAM SCORING

Ridgewood 55, Teaneck 44, Hackensack 22, Fair Lawn 19, Snyder 17, West Milford 17, Passaic Valley 10, Eastside 10, Passaic 8, Bayonne 7, Clifton and Kennedy 5, North Bergen 4, Kearny, 2.

100 - 1, Michelle Forrester, Teaneck, 12.2; 2, Viola Harris, Passaic, 12.8; 3, Sonya Daniels, Hackensack,

12.8; 4, Missy Hicks, Teaneck, 12.8; 5, Vernida Rodman, Teaneck, 12.9.

200 - 1, Michelle Forrester, Teaneck, 25.8; 2, Viola Harris, Passaic, 26.2; 3, Kim Davis, Snyder, 26.5; 4, Sonya Daniels, Hackensack, 26.6; 5, Marcia Ramsey, Eastside, 27.1.

400 - 1, Marci Capitani, Ridgewood, 59.2; 2, Venida Rodman, Teaneck, 59.2; 3, Terri Brown, Kennedy, 59.8; 4, Debbie Marafioti, Bayonne, 64.1; 5, Kim Davis, Snyder, 67.9.

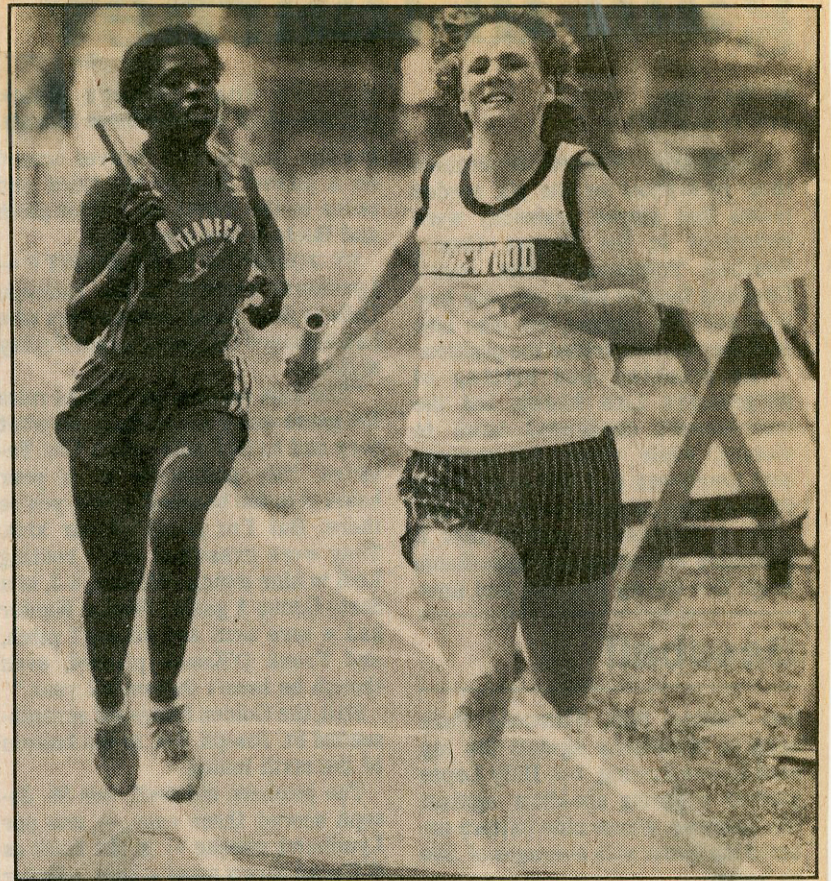
800 - 1, Cindy Keller, W. Milford, 2:20.5; 2, Jasmine Jones, Hackensack, 2:22.3; 3, Anla Kannengieser, Ridgewood, 2:25.7; 4, Julie Hanlman, Teaneck, 2:30.1; Monica Odoms, Snyder, 2:30.3.

1,600M - 1, Margaret Scutro, Ridgewood, 5:14.3; 2, Allyson Perre, Passaic Valley, 5:29.7; 3, Maritza Alvarez, Hackensack, 5:30.5; 4, Donna Schiefer, Kearny, 5:34.4; 5, Rose Coley, Kennedy, 5:39.0.

3,200M - 1, Margaret Scutro, Ridgewood, 10:56.8; 2, Allyson Perre, Passaic Valley, 11:32.0; 3, Maritza Alvarez, Hackensack, 11:32.8; 4, Cathy Paz, Clifton, 11:44.4; 5, Rose Coley, Kennedy, 11:51.1.

100H - 1, Sevette Flowers, Snyder, 15.3; 2, Alison Scarpa, Fair Lawn, 15.9; 3, Christina Withers, Teaneck, 15.9; 4, Gwen Fisher, Passaic Valley, 16.5; 5, Danielle Hadnot, Teaneck, 16.5.

400LH - 1, Liz Ross, Ridgewood, 67.3; 2, Tara McDermitt, Bayonne, Jeanne McGuire, Ridgewood, 69.4; 4, Lisa Waters, Ridgewood, 69.9; 5, Elaine Antonioti, Clifton, 71.4.



Staff photo by Peter Monsees  
**Marci Capitani anchors Ridgewood to victory in the Group 4 mile relay as she outduels Venida Rodman of Teaneck down the stretch.**

Ridgewood and Teaneck dominated in Group 4, with Ridgewood having a 55-44 margin despite getting only 15 points from its distance runners, less than half the usual haul. Margaret Scutro won handily in the

## Girls track

1,600 and 3,200, but the Maroons needed outstanding performances by Marci Capitani and Wendy Hawthorne and good team depth to earn the title.

Capitani won a photo-finish 400 with Venida Rodman of Teaneck, and edged Rodman again on the anchor leg of the relay. Hawthorne took the high jump with a career best of 5-2, and also was third in the long jump. Teaneck was led by sophomore sprinter Michelle Forrester, who doubled in 12.2 and a season-best 25.8.

RIDGEWOOD HAD ONE OF ITS BEST TEAM EFFORTS WITH NINE ATHLETES SCORING AND QUALIFYING FOR THE GROUP CHAMPIONSHIP.

### NON SCORING PERFORMANCE:

100m	McGUIRE	13.2			
100 HURDLES	McGUIRE	16.6	16.4	16.6	} NEW SCHOOL RECORD
	ROSS	16.6	16.4		
3200m	O'BRIEN				
800m	RAEIK	2:35.7			
1600m	D'ARCY	5:37.9			
DISCUS	BERG	93'9"			
DISCUS	TAMILY	77'3"			
JAVELIN	CAPITANI	89'4"			
SHOT	BERG	29			
SHOT	CANSEM	29			

1600m RELAY SPLITS: ROSS - 64.3 McGUIRE - 62.3

SCUTRO - 59.8 CAPITANI - 58.9

# Ridgewood High School

## Girl's Track & Field

Be It Known That

NORINE D'ARCY

---

Helped the Ridgewood High School Girl's Track Program achieve it's 100<sup>th</sup> win. The team reached this milestone May 15, 1984, with a victory at the Ridgewood Spring Relays. Her contribution of hard work and spirit are greatly appreciated by the High School and the coaching staff.

*Richard Callaway*  
Coach Rich Callaway

*Sant Row*  
Coach Jacob Brown

*Robert Honsinger*  
Principal - Robert Honsinger

# NEW JERSEY STATE GROUP IV CHAMPIONSHIP

## Group 4 girls

### TEAM SCORES

J.P. Stevens, Trenton, 22; Pemberton, 20; Plainfield, Neptune, 15; Nutley, 12; Columbia, 10; Teaneck, 8; Morristown, Manalapan, Middletown South, 7; Cedar Ridge, Madison Central, 6; Edgewood, Union, Marlboro, Shawnee, Lenape, Pennsauken, 4; Brick Township, Washington Twp., Cherry Hill East, Millville, 3; Hightstown, Middletown North, Freehold, 2; West Milford, Atlantic City, Lakewood, Snyder, 1.

Long jump - 1, Michelle Walker (Neptune), 17-11/4; 2, Kerri Hobbs (Lenape), 16-11/4; 3, Krissie Mulvihill (Middletown South), 16-11/2; 4, Lynn Pike (Pemberton), 16-9/4; 5, Telern Brown (Lakewood), 16-4/2.

100 - 1, Wendy Verren (Trenton), 11.7; 2, Michelle Forrester (Teaneck), 12.2; 3, Rubye Hutchinson (Millville), 12.3; 4, Towanda Cooper (Plainfield), 12.3; 5, Tananna Stanley (Plainfield), 12.6.

110 HH - 1, Anne Bansemir (Nutley), 14.7; 2, Porsche Butler (Pennsauken), 15.1; 3, Michelle Walker (Neptune), 15.2; 4, Hope Wright (Columbia), 15.2; 5, Sevette Flowers (Snyder), 15.7.

110 HH - 1, Carlette Smith (Rahway), 14.1; 2, Hope Jones (Vailsburg), 15.1; 3, Ratona Stokes (Ewing), 15.5; 4, Elmira Troche (Rahway), 15.6; 5, Gina Angione (Bergenfield), 15.8.

400 - 1, Stephanie Saleem (Neptune), 56.0; 2, Donna Powell (Trenton), 56.5; 3, Regina Bibbs (Morristown), 57.4; 4, Venida Rodman (Teaneck), 58.1; 5, Debbie Morgan (Middletown-South), 58.6.

200 - 1, Wendy Vereen (Trenton), 23.7; 2, Carmella Johnson (Vineland), 25.0; 3, Michelle Forrester (Teaneck), 25.1; 4, Stephanie Saleem (Neptune), 25.5; 5, Towanda Cooper (Plainfield), 25.5.

Discus - 1, Lillian Rivera (Pemberton), 122-7; 2, Dorothy Foti (Cedar Ridge), 116-0; 3, Sue Watkins (Roxbury), 113-11; 4, Zelda Dunns (Cumberland), 110-10; 5, Cardrienne McDonald (Hackensack), 110-6.

1,600 - 1, Janet Smith (Stevens), 4:59.1; 2, Margaret Scuro (Ridge-wood), 5:02.8; 3, Rose Simenna (Manalapan), 5:10.8; 4, Kathy Milton (Stevens), 5:17.0; 5, Linda Sweeny (Hightstown), 5:17.1.

1,600 relay - 1, Trenton (Annette Walker, Tamirian Nieves, Donna Powell, Wendy Vereen), 3:56.4; 2, Plainfield, 3:59.9; 3, Morristown, 4:00.2; 4, Teaneck, 4:01.3; 5, East Brunswick, 4:03.2.

400HH - 1, Ann Bansmeir (Nutley), 62.4; 2, Sonia Bennett (Edgewood), 63.9; 3, Yolanda Raynor (Plainfield), 64.4; 4, Maggie Donald (Brick Township), 64.7; 5, Allison Reio (Hightstown), 65.

Javelin - 1, Lillian Rivera (Pemberton), 134-4; 2, Robyn Petras (Union), 124-5; 3, Darcy Vilord (Washington Township), 117-6; 4, Debbie Cooper (Columbia), 117-4; 5, Susan McGuire (Morristown), 113-4.

3,200M - 1, Janet Smith (Stevens), 10:34.6; 2, Randi Eagle (Marlboro), 11:08.8; 3, Lori Watson (Cherry Hill East), 11:17.8; 4, Kathy Milton (Stevens), 11:19.5; 5, Cheryl Smith (Plainfield), 11:27.8.

Shot put - 1, Lillian Rivera (Pemberton), 40-6/4; 2, Jodi Melnik (Manalapan), 38-8; 3, Debbie Cooper (Columbia), 37-8; 4, Dorothy Full (Cedar Ridge), 36-1; 5, Karlin Deck-

elnick (Brick), 35-8.

800M - 1, Laura Fiedler (Madison Central), 2:14.9; 2, Michele DiMuro (Shawnee), 2:15.8; 3, Lisa Morgan (Columbia), 2:16; 4, Kari Torjussen (Middletown North), 2:17.9; 5, Cindy Keller (West Milford), 2:18.1.

High jump - 1, Kelly Mieszalski (Stevens), 5-2; 2, Denise Walden (Plainfield), 5-2; 3, Darryle Sue Mueller (Middletown South), 5-2; 4, Marie Micek (Freehold), 5-2; 5, Laurie Carter (Atlantic City), 5-2.

THEY EVEN LEFT  
RIDGEWOOD OUT  
OF THE TEAM SCORE.

← MARGARET WAS OUR ONLY  
MEDAL WINNER.

HAWTHORNE - 5'0" 6<sup>TH</sup> PLACE  
MOODY - NO MEASURE ALL THROWS UNDER 100'  
BERG - 99'5" IN JAVELIN  
ROSS - 65.1 6<sup>TH</sup> PLACE IN HURDLES  
McGUIRE - 68.4  
WATERS - 69.7  
CAPITANI - 60.6

KANNENGIESER - 2:24.2

4x400 RELAY: ROSS 60.8, McGUIRE 62.7

SCURO 60.7, CAPITANI 59.3 4:03.4  
6<sup>TH</sup> PLACE.



NOT OUR BEST DAY!  
BUT NEXT YEAR WE  
WILL WIN THIS THING.



# Young dominate meet of champs

By John Brennan

Correspondent

**TENAFLY** — Late-season track meets offer an opportunity for stellar senior athletes to give the fans one more reason to remember them. The meets also give underclassmen a chance to show that new stars will

## Girls track

be ready to replace those graduating seniors.

Yesterday's Bergen Girls Meet of Champions showed off plenty of young talent, but the seniors managed just three first-place finishes. There were four sophomore and five junior winners, with the most impressive win of all belonging to a Hackensack freshman named Jasmine Jones.

Jones never had run faster than 5:22 in the mile, but yesterday she ran the race of her life to hold off Stephanie Zwirn of Pascack Hills. Zwirn ran an impressive 5:12.2, just behind Jones's time of 5:11.4.

"I saw her shadow coming down the stretch, but I knew I had enough left to win," a delighted Jones said after setting a school record. "I had so much energy right from the start that I had to be careful not to go out too fast. I think I'm doing pretty well for a freshman."

Jones also anchored Hackensack's mile relay, which won its heat and finished third overall, behind Ridgewood and Old Tappan. The Maroons won in 3:58.8 with the all-junior quartet of Liz Ross, Jeanne McGuire, Marci Capitani, and Margaret Scutro.

Sophomore Michelle Forrester of Teaneck won both the 100 and 200 in this meet for the second straight year. Forrester tied the county record of 24.9 in the 200 despite facing little competition, and her 12.1

mark in the 100 was just .1 seconds off her own county record.

Aileen Trendler of Old Tappan set a county record by running the 400 meters in 57.2 seconds. Trendler, another sophomore, edged Marci Capitani of Ridgewood, who ran 57.7.

The triple jump went to Margaret Rottkamp of Indian Hills, who jumped a career best of 35-10 $\frac{3}{4}$  on her final attempt to edge Trendler, who jumped 35-8 $\frac{3}{4}$ . "I knew that jump was Aileen's personal best, and I decided there was no way she would beat me," said the sophomore Rottkamp.

Karen Weissinger of Westwood was the other soph winner, taking the 800 in 2:20.3.

Another Westwood victor was junior Kelly Barrett, the county and Group 3 sectional champ. Yesterday Barrett jumped a career-best 5-6 to tie the meet record, and just missed on her third attempt at 5-8.

Sue Frazier of Rutherford set a meet record with her long jump of 17-9. Other junior winners were Cardienne MacDonald of Hackensack, with a throw of 110-5 in the discus, and Lisette Zachgo of Pascack Valley, who threw 40-11 $\frac{3}{4}$  in the shot put.

It remained for Trish Neuner of New Milford, Maritza Alvarez of Hackensack, and Kim Lehmann of Garfield to prevent the seniors from being shut out. Neuner's throw of 119-9 won the javelin, Alvarez won the 3,200 in 11:31.7, and Lehmann was first in the 400 hurdles in 64.3.

Alison Scarpa of Fair Lawn prevented Lehmann from repeating in both hurdles events by edging her, 14.9 to 15.1, in the 100 hurdles.

## Bergen girls track Meet of Champions

All races but mile in meters

**100** — 1, Michelle Forrester, Teaneck, 12.1; 2, Sonia Daniels, Hackensack, 12.2; 3, Kim Baumbach, Pascack Valley, 12.7; 4, Neretta Freeman, Garfield, 12.7; 5, Gerry Brennan, Dumont, 12.7.

**200** — 1, Michelle Forrester, Teaneck, 24.9; 2, Sonia Daniels, Hackensack, 25.7; 3, Kim Baumbach, Pascack Valley, 26.3; 4, Linda Matto, Westwood, 26.5; 5, Neretta Freeman, Garfield, 26.6.

**400** — 1, Aileen Trendler, Old Tappan, 57.2; 2, Marci Capitani, Ridgewood, 57.7; 3, Michelle McFarlane, Fort Lee, 60.8; 4, Vicki Hoekstra, Indian Hills, 61.4; 5, Maria Werner, Bergenfield, 61.6.

**800** — 1, Karen Weissinger, Westwood, 2:20.3; 2, Donna Lesch, Indian Hills, 2:20.9; 3, Amy DiMaggio, Ridgefield Park, 2:21.8; 4, Alex Bongard, Pascack Hills, 2:22.7; 5, Bernie O'Leary, Demarest, 2:22.9.

**1 mile** — 1, Jasmine Jones, Hackensack, 5:11.4; 2, Stephanie Zwirn, Pascack Hills, 5:12.2; 3, Vivian Harstead, Pascack Hills, 5:12.2; 4, Ann McVeigh, Demarest, 5:25.2; 5, Patti Hoppin, Ramsey, 5:29.9.

**3,200** — 1, Maritza Alvarez, Hackensack, 11:31.7; 2, Kiku Teramoto, Indian Hills, 11:55.4; 3, Eileen Schultz, Northern Highlands, 11:58.7; 4, Karen O'Brien, Ridgewood, 12:01; 5, Vicki Gusciora, Saddle Brook, 12:06.8.

**100 hurdles** — 1, Allison Scarpa, Fair Lawn, 14.9; 2, Kim Lehmann, Garfield, 15.1; 3, Gina Angione, Bergenfield, 15.6; 4, Betsy Delia, Leonia, 15.8; 5, Susan O'Gara, Ridgefield Park, 16.3.

**400 hurdles** — 1, Kim Lehmann, Garfield, 64.3; 2, Betsy Delia, Leonia, 64.7; 3, Melissa Harris, Old Tappan, 65.7; 4, Liz Ross, Ridgewood, 66.2; 5, Karin Van Dyke, Ramsey, 66.5.

**High jump** — 1, Kelly Barrett, Westwood, 5-6; 2, Betsy Delia, Leonia, 5-0; 3, Amy Nehls, Indian Hills, 5-0; 4, Wendy Hawthorne, Ridgewood, 5-0; 5 (tie), Maureen Shanahan, Saddle Brook; Kim Lehmann, Garfield; Lynn Petrolia, New Milford; and Judy Seebach, Bergenfield, 4-10.

**Long jump** — 1, Sue Frazier, Rutherford, 17-9; 2, Lisa Filippone, Old Tappan, 17-5 $\frac{1}{2}$ ; 3, Margaret Rottkamp, Indian Hills, 17-2; 4, Kim Baumbach, Pascack Valley, 16-10 $\frac{3}{4}$ ; 5, Chris Withers, Teaneck, 16-9 $\frac{1}{4}$ .

**Triple jump** — 1, Margaret Rottkamp, Indian Hills, 35-10 $\frac{3}{4}$ ; 2, Aileen Trendler, Old Tappan, 35-8 $\frac{3}{4}$ ; 3, Chris Withers, Teaneck, 35-6 $\frac{1}{2}$ ; 4, Dayna Meyers, New Milford, 34-2; 5, Judy Seebach, Bergenfield, 34-0.

**Shot put** — 1, Lisette Zachgo, Pascack Valley, 40-11 $\frac{3}{4}$ ; 2, Lisa Sicinski, Fair Lawn, 37-11 $\frac{3}{4}$ ; 3, Kirsten Christensen, Rutherford, 34-10 $\frac{1}{2}$ ; 4, Michelle Castagnetti, Lyndhurst, 33-11 $\frac{1}{2}$ ; 5, Dolores DeFina, Westwood, 33-11 $\frac{1}{2}$ .

**Discus** — 1, Cardienne MacDonald, Hackensack, 110-5; 2, Lisa Sicinski, Fair Lawn, 107-5; 3, Liz Allen, Pascack Hills, 106-11; 4, Courtney Moody, Ridgewood, 105-6; 5, Lisette Zachgo, Pascack Valley, 104-8.

**Javelin** — 1, Trish Neuner, New Milford, 119-9; 2, Kathy Powers, Pascack Valley, 110-9; 3, Sharon Dubis, Wallington, 107-4; 4, Joanne Brown, Bogota, 99-9; 5, Sherry Duncan, New Milford, 98-11.

**1,600 relay** — 1, Ridgewood (Liz Ross, Jeanne McGuire, Marci Capitani, Margaret Scutro), 3:58.8; 2, Old Tappan (Kinsella, Kelly, Harris, Trendler), 4:00.3; 3, Hackensack (Reingold, Finleder, Daniels, Jones), 4:08.9; 4, Indian Hills (Moore, Snow, Hoekstra, Lesch), 4:10.5; 5, Westwood (Heinz, Wagner, Matto, Weissinger), 4:11.1.

# THE STATE CHAMPIONSHIP AT SOUTH PLAINFIELD

## Track summaries

### BOYS

100-METER DASH: 1-Brandy Wells, Montclair 10.6. 2-Les Dixon, Union 10.7. 3-Wilton Morgan, Lakewood 10.8. 4-David Jackson, Camden Wilson 10.8. 5-Tim Robinson, West Windsor 10.8.

200-METER DASH: 1-David Jackson, Camden Wilson 21.2. 2-Brandy Wells, Montclair 21.5. 3-Wilton Morgan, Lakewood 21.6. 4-Les Dixon, Union 21.6. 5-Gary Satterwhite, Rahway 21.7.

400-METER RUN: 1-Dennis Mitchell, Edgewood 46.5 record; former record 47.0, Tony Valentine, Plainfield, 1983. 2-Darren Outler, Lenape 47.1. 3-Brian Bennett, Edgewood 47.4. 4-Ken Moore, Overbrook 47.4. 5-William Hamilton, Elizabeth 48.0.

800-METER RUN: 1-Fred Bronner, Morris Hills 1:52.2. 2-Bob Carroll, Christian Brothers 1:52.7. 3-Tony DiGiovanni, Cranford 1:53.7. 4-Mike Glenn, Trenton 1:53.9. 5-Darren McKithen, Trenton 1:53.9.

1,600-METER RUN: 1-Jim Nielsen, Bernards 4:13.6. 2-Bill Barrett, Christian Brothers 4:14.5. 3-Caiphus Vilakazi, Pascack Hills 4:17.4. 4-Jim Herdman, Hunterdon Central 4:17.9. 5-Ted Neu, Seton Hall Prep 4:18.4.

3,200-METER RUN: 1-Jim Nielsen, Bernards 9:02.7 record; former record 9:04.0, Chris Blanchet, Bernards, 1983. 2-Andy Martin, North Hunterdon 9:05.4. 3-Andy Jacob, Westfield 9:09.8. 4-Caiphus Vilakazi, Pascack Hills 9:14.5. 5-Ken Picciano, Pennsauken 9:21.6.

110-METER HIGH HURDLES: 1-Chris Abram, Franklin 14.0. 2-John Diggs, Kingsway 14.1. 3-Terrance James, Willingboro 14.1. 4-David Jones, Montclair 14.2. 5-Keith Bullock, Edgewood 14.2.

400-METER INTERMEDIATE HURDLES: 1-Bruce Berry, West Orange 52.5. 2-Charles Coburn, Montclair 53.3. 3-David Jones, Montclair 53.4. 4-Doug Miller, Tenafly 53.6. 5-John Murnin, Brick 53.7.

LONG JUMP: 1-Evans Tobler, Trenton 24-13/4. 2-Kevin Mobley, Neptune 23-5/2. 3-Matt Rose, Bordentown 23-43/4. 4-Brad Mayo, West Orange 23-23/4. 5-Jerry Mathis, Willingboro Kennedy 23-0.

HIGH JUMP: 1-Damon Julian, Edgewood 6-8. 2-Felix Davis, Trenton 6-8. 3-Jesse Jenkins, Toms River South 6-8. 4-Brian Olley, Wayne Hills 6-4. 5-Hal Matthews, Scotch Plains; Brian Hass, Holmdel, and Andy Gross, Holy Cross 6-4.

POLE VAULT: 1-Mark Murphy, Haddonfield 14-6. 2-Jim Vickers, Christian Brothers Academy 14-0. 3-Dan Bertolami, Woodbridge 14-0. 4-Jeff Hoofon, Ramsey 13-6. 5-Bernard Wilson, Paterson Eastside 13-6.

SHOT PUT: 1-Andy Papathanassiou, Emerson Borough 62-9. 2-John Harrington, Hanover Park 60-13/4. 3-Joe Quartaro, Seton Hall Prep 56-8 1/2. 4-Dan Bulger, Pequannock 55-9. 5-Charles Anderson, Edgewood 54-11 1/4.

DISCUS: 1-Rich Lewis, Williamstown 169-11. 2-John Harrington, Hanover Park 166-5. 3-Sieve Muse, Willingboro Kennedy 166-4. 4-Dan Murray, Vernon 165-4. 5-Tom Hartung, Columbia 161-8.

JAVELIN: 1-Craig Gelfound, Cedar Ridge 224-1. 2-Howard Copeland, Piscataway 218-3. 3-Wirt Gilliam, Elizabeth 214-11. 4-Frank Crossen, South Brunswick 210-9. 5-William Denby, Willingboro 203-2.

1,600-METER RELAY: 1-Camden Wilson (Larry Maxwell, Aaron Bloodworth, Al Banks, and Dave Jackson) 3:15.5. 2-Plainfield 3:15.6. 3-Asbury Park 3:17.1. 4-Rahway 3:17.5. 5-Willingboro 3:19.8.

### GIRLS

100-METER DASH: 1-Denise Liles, Kingsway 11.9. 2-Towanda Cooper, Plainfield 12.2. 3-Michelle Forrester, Teaneck 12.3. 4-Yolanda Perez, Union Hill 12.3. 5-Andrea Conaway, Bordentown 12.3.

200-METER DASH: 1-Denise Liles, Kingsway 24.4. 2-Michelle Forrester, Teaneck 25.1. 3-Andrea Conaway, Bordentown 25.3. 4-NaDeen Bridgeforth, Marylawn 25.5. 5-Carmella Johnson, Vineland 25.9.

400-METER RUN: 1-Stephanie Saleem, Neptune 54.6. 2-Jackie Bobien, Clifford Scott 55.2. 3-Angela Pulliam, Newark Central 55.8. 4-Regina Bibbs, Morristown 55.8. 5-Donna Powell, Trenton 57.2.

800-METER RUN: 1-Lisa Williams, Newark Vailsburg 2:13.7. 2-Melody Sye, Ocean City 2:14. 3-Lisa Morgan, Columbia 2:14.2. 4-Sonja Vaughan, Notre Dame 2:14.7. 5-Michelle DiMuro, Shawnee 2:14.8.

1,600-METER RUN: 1-Janet Smith, North Edison 4:52.1. 2-Stacy Bilotta, North Hunterdon 4:52.7. 3-Margaret Scutro, Ridgewood 4:52.9. 4-Toni Ann Angione, Bergenfield 4:54.9. 5-Pat Addis, Williamstown 5:00.7.

3,200-METER RUN: 1-Janet Smith, North Edison 10:25.3. 2-Jenny VanHorn, Wayne Valley 10:45.0. 3-Randi Engle, Marlboro 10:55.8. 4-Tracy Biber, Springfield 10:56.2. 5-Kathy Millon, North Edison 11:01.6.

100-METER HIGH HURDLES: 1-Carlette Smith, Rahway 14.0. 2-Leticia Beverly, Newark Central 14.5. 3-Hope Jones, Newark Vailsburg 14.5. 4-Anne Bansemir, Nutley 14.6. 5-Nadeen Bridgeforth, Marylawn 14.7.

400-METER INTERMEDIATE HURDLES: 1-Kim Duke, Mount Olive 1:00.7 record; former record 1:01.2, Andrea Johnson, Plainfield, 1982. 2-Anne Bansemir, Nutley 1:01.3. 3-Ratone Stokes, Ewing 1:02.7. 4-Courtney Callahan, Haddonfield 1:03.3. 5-Yolanda Ryner, Plainfield 1:03.6.

LONG JUMP: 1-Janine Hazzard, Hillside 18-4. 2-Allison Russell, Manasquan 18-2 1/2. 3-Leticia Beverly, Newark Central 18-2 1/4. 4-Tatiana Smolin, Randolph 18-1 1/4. 5-Linda Hayes, Monmouth Reg. 17-10 1/2.

HIGH JUMP: 1-Tatiana Smolin, Randolph 5-8. 2-Joann Hampstead, South Brunswick 5-4. 3-Kelly Barrett, Westwood 5-4. 4-Maryann Ferragine, Montville, and Carrie Jordan, Central Reg. 5-2.

SHOT PUT: 1-Lillian Rivera, Pemberton 41-6 1/2. 2-Lisette Zachgo, Pascack Valley 41-3/4. 3-Melanie Brown, Newark Vailsburg 39-5. 4-Michelle Houston, Toms River South 38-10 1/2. 5-Audra Corson, Monmouth Reg. 38-7.

DISCUS: 1-Lillian Rivera, Pemberton 125-8. 2-Audra Corson, Monmouth Reg. 122-0. 3-Sue Watkins, Roxbury 120-8. 4-Kathy Drummond, Springfield 117-2. 5-Vincenzia Underwood, Matawan 114-4.

JAVELIN: 1-Lillian Rivera, Pemberton 138-5. 2-Debbie Cooper, Columbia, 137-7. 3-Kim Goode, Monmouth Reg., 135-1. 4-Diane Kozlowski, Highland Park 134-9. 5-Tracy Yurgin, Pitman 134-2.

1,600-METER RELAY: 1-Newark West Side (Brenda Jackson, Doria Arrington, Angela Hill and Wadda Faried) 3:50.6. 2-Franklin 3:55.7. 3-Newark Central 3:57.3. 4-Morristown 3:57.7. 5-Clifford Scott 3:59.4.

MARGARET WAS THIRD IN A NEW SCHOOL AND COUNTY RECORD.

N.N.J.I.L. DIVISION II FINAL STANDINGS

1	TEANECK	4-0
2	RIDGEWOOD	3-1
3	HACKENSACK	2-2
4	PASSAIC	1-3
5	BELLEVILLE	0-4

ALL LEAGUE SELECTIONS - 1984

EVENT :	FIRST TEAM	SECOND TEAM	THIRD TEAM
100	MICHELLE FORRESTER <u>TEANECK</u>	VIOLA HARRIS <u>PASSAIC</u>	MARCI CAPITANI <u>RHS</u>
200	MICHELLE FORRESTER <u>TEANECK</u>	VIOLA HARRIS <u>PASSAIC</u>	SOMSA DANIELS <u>HACK.</u>
400	MARCI CAPITANI <u>RHS</u>	VENIDA RODMAN <u>TEA</u>	MARGARET SCUTRO <u>RHS</u>
800	ANJA KANNENGIESER <u>RHS</u>	JAZMIN JONES <u>HACK.</u>	JULIE HANTMAN <u>TEA</u>
1600	MARGARET SCUTRO <u>RHS</u>	NORINE D'ARCY <u>RHS</u>	MARITZA ALVAREZ <u>HACK</u>
3200	MARITZA ALVAREZ <u>HACK.</u>	KAREN O'BRIEN <u>RHS.</u>	LINDA COWDER <u>TEA</u>
100 HURDLES	CHRISTINE WITHERS <u>TEANECK</u>	BETH REINGOLD <u>HACK</u>	DANIEL HADNOT <u>TEA</u> JEANNE MCGUIRE <u>RHS</u>
400 HURDLES	LIZ ROSS <u>RHS</u>	JEANNE MCGUIRE <u>RHS</u>	LISA WATERS <u>RHS</u>
LONG JUMP	CHRISTINE WITHERS <u>TEA</u>	WENDY HAWTHORNE <u>RHS</u>	LEISH MACKALL <u>RHS</u>
TRIPLE JUMP	CHRISTINE WITHERS <u>TEA</u>	WENDY HAWTHORNE <u>RHS</u>	VIOLA HARRIS <u>PASSAIC</u>
HIGH JUMP	LAUREN SINGLETON <u>TEA</u>	CO-FIRST TEAM	KIM ALEXANDER <u>TEA</u>
	WENDY HAWTHORNE <u>RHS</u>		
SHOT PUT	LAURISSA PALMER <u>TEANECK</u>	CARDRIENNE McDONALD <u>HACKENSACK</u>	JESSICA BERG <u>RHS</u>
DISCUS	CARDRIENNE McDONALD <u>HACKENSACK</u>	COURTENAY MOODY <u>RHS</u>	LAURISSA PALMER <u>TEA</u>
1600 meter Relay			HACKENSACK
HONORABLE MENTION		LESLIE BARBI	



Smiling Stars — All-Suburban first-teamers Marci Capitani (left) and Liz Ross played key roles in the outstanding season enjoyed by the Ridgewood High girls track team this spring. (Photo by Steve O'Connor)

## All-Suburban girls track

### Class

#### FIRST TEAM

- 100 — Jeanne McGuire, Ridgewood..... Jr.  
 200 — Marci Capitani, Ridgewood.....Jr.  
 400 — Marci Capitani, Ridgewood.....Jr.  
 800 — Anja Kannengieser, Ridgewood....Sr.  
 1600 — Margaret Scutro, Ridgewood.....Jr.  
 3200 — Margaret Scutro, Ridgewood.....Jr.  
 110 H — Alison Scarpa, Fair Lawn.....Jr.  
 400 H — Joan Moellenbeck, Ramapo..... Jr.  
 1600 Relay — Ridgewood (Liz Ross, Jeanne McGuire, Marci Capitani, Margaret Scutro, Lisa Waters, all juniors.)  
 SP — Lisa Sicinski, Fair Lawn.....Sr.  
 Disc — Lisa Sicinski, Fair Lawn.....Sr.  
 HJ — Wendy Hawthorne, Ridgewood.....Sr.  
 LJ — Margaret Rottkamp, Indian Hills .....Soph.  
 TJ — Margaret Rottkamp, Indian Hills .....Soph.  
 Javelin — Marci Capitani, Ridgewood....Jr.  
 Coach of the Year — Jean Hoff, Indian Hills

#### SECOND TEAM

- 100 — Alicia Ten Brink, Glen Rock.....Sr.  
 200 — Jeanne McGuire, Ridgewood.....Jr.  
 400 — Lisa Waters, Ridgewood.....Jr.  
 800 — Jennifer Edwards, Midland Pk.....Jr.

- 1600 — Noreen D'Arcy, Ridgewood.....Fr.  
 3200 — Eileen Schultz, No. Highlands.....Jr.  
 110 H — Joan Moellenbeck, Ramapo.....Jr.  
 400 H — Karen Van Dyke, Ramsey.....Jr.  
 SP — Kathy Massop, Glen Rock.....Sr.  
 Disc — Courtenay Moody, Ridgewood....Sr.  
 HJ — Alison Scarpa, Fair Lawn.....Jr.  
 LJ — Wendy Hawthorne, Ramsey.....Sr.  
 TJ — Cathy Massop, Glen Rock.....Sr.  
 Javelin — Jessica Berg, Ridgewood.....Jr.

#### HONORABLE MENTION

- 200 — Alicia Ten Brink, Glen Rock. 800 — Patti Hoppin, Ramsey, Sr. 100 Hurdles — Jeanne McGuire, Ridgewood; Kathy Massop, Glen Rock. 400 Hurdles — Liz Ross, Ridgewood; Maria Weber, Mahwah. 3200 — Karen O'Brien, Ridgewood; Kiku Teramoto, Indian Hills. LJ — Debbie Tsai, Waldwick; Kathy Massop, Glen Rock. Javelin — Anna Ullrich, Mahwah.

# ALL COUNTY TRACK & FIELD - GIRLS

	FIRST TEAM	SECOND TEAM	THIRD TEAM
100	Michelle Forester <sup>10 TEANECK</sup>	Sonja Daniels (Hackensack) <sup>9</sup>	Kim Brambach (P.V.) <sup>9</sup>
27.4	Michelle Forester <sup>10 TEA</sup>	Sonja Daniels (Hack) <sup>9</sup>	Kim Brambach (P.V.) <sup>9</sup>
200	Michelle Forester <sup>10</sup>	Sonja Daniels (Hack)	Kim Brambach (P.V.)
62.0	Aileen Tandler <sup>10</sup>	Marci Capitani <sup>11</sup>	Venida Rodman (Tea) <sup>9</sup>
400	Aileen Tandler O.T. Bergenfield	Marci Capitani	Venida Rodman (Tea)
2:25	Toni Ann Angione <sup>11</sup>	Karen Weissinger <sup>10 WEST WOOD</sup>	Jaymin Jones (Hack) <sup>9</sup>
800	Toni Ann Angione <sup>11</sup>	Karen Weissinger <sup>10 WEST WOOD</sup>	Jaymin Jones (Hack) <sup>9</sup>
5:30	Margaret Sentro <sup>11</sup>	Toni Ann Angione (Berg) <sup>11</sup>	JAZMIN JONES (Hack) <sup>9</sup>
1600	Margaret Sentro <sup>11</sup>	Toni Ann Angione (Berg) <sup>11</sup>	JAZMIN JONES (Hack) <sup>9</sup>
12:25	Margaret Sentro <sup>11</sup>	Maritza Alvarez (Hack) <sup>12</sup>	Ann McVeigh <sup>11</sup>
3200	Margaret Sentro <sup>11</sup>	Maritza Alvarez (Hack) <sup>12</sup>	Ann McVeigh <sup>11</sup>
16.4	Kim Lehmann <sup>12 GAR.</sup>	Alison Scarpa F.L. <sup>11</sup>	GINA ANGIONE (Bergenfield) <sup>10</sup>
100 AH	<del>Kim Lehmann</del>	Alison Scarpa F.L. <sup>11</sup>	Melissa Harris O.T. <sup>11</sup>
400 LH	Kim Lehman Gar <sup>12</sup>	Betsy Delia Leonia <sup>12</sup>	Liz Ross <sup>11 HS</sup>
1600	Ridgewood: Capitani	Betsy Delia Leonia <sup>12</sup>	Liz Ross <sup>11 HS</sup>
2500	Sentro	Teaneck	Old Tappan
	McGinnis		
	ROSS		
	WATERS		
SHOT			
DISC			
JAV			
HJ			
LJ			
TJ			

1984

BEST PERFORMANCE LIST

SPRING TRACK + FIELD

100

- Marci Capitani 12.7
- Jeanne McGuire 13.0
- Lisa Tarleton 14.1
- Linda Sigillito 14.5

400

- Marci Capitani 57.7
- Margaret Scutro 59.3
- Jeanne McGuire 62.2
- Lisa Waters 64.9
- Christina Valey 65.2
- Sharon Williams 66.0
- Linda Sigillito 69.6
- Lisa Tarleton 70.5

200

- Marci Capitani 26.4
- Jeanne McGuire 28.1
- Margaret Scutro 28.6
- Lisa Waters 29.1
- Sharon Williams 29.1
- Lisa Tarleton 29.5
- Sally Tarvin 30.1
- Christina Valey 31.0
- Linda Sigillito 31.1

400 relay Split - When they better open times.

- Margaret ~~Scutro~~ Scutro 58.0
- Liz Ross 60.6
- Jeanne McGuire 60.6
- Lisa Waters 62.8
- Anja Kannangieser 63.0
- Jenny Razik 66.0
- Linda Hockey 66.0
- Christina Valey 66.7

800

Margaret Scentro - 2:19.1  
 Anja Kannengieser - 2:22.4  
 Marci Capitani - 2:24.5  
 Jenny Razik - 2:29.8  
 Gwynne Keresty - 2:35.0  
 Sandy Sullivan - 2:37.0  
 Lij Ross - 2:37.1  
 Linda Hockey - 2:37.7  
 Amy Phillips - 2:41.0  
 Paige Wright - 2:42.9  
 Kate Pringle - 2:48  
 Laura Perog - 2:52  
 Joy Kim - 2:56  
 Sandy Casperson - 2:59  
 Sue Trera - 3:08

(Relay Splits)

Norine D'Arcy 2:33.4 ~  
 Megan Duffy 3:11.0 ~

1600

Margaret Scentro - ~~4:58.2~~ 4:52.94  
 Norine D'Arcy - 5:24.0  
 Karen O'Brien - 5:30.4  
 Paige Wright - 5:38.5  
 Leslie Barbi - 5:53.6  
 Jenny Razik - 5:54.5  
 Gwynne Keresty - 5:57.0  
 Anja Kannengieser - 5:57  
 Linda Hockey 6:00.0  
 Kate Pringle 6:15.6  
 Megan Duffy 6:31.0  
 Stacy Guerriero 6:48

(Relay Splits)

Anja Kannengieser 5:46.7 ~

3200

Margaret Scentro 10:56.8  
 Karen O'Brien 11:59.7  
 Norine D'Arcy 12:07.2  
 Leslie Barbi 12:31.5  
 Anja Kannengieser 12:36.1

100 meter Hurdles

Jeanne McGuire	16.4
Liz Ross	16.5
Sally Tarvin	17.4
Wendy Hawthorne	18.0
Leigh Mackall	18.1
Lisa Waters	18.3
Christina Valey	18.3

400 meter Hurdles

Liz Ross	65.1
Jeanne McGuire	66.9
Lisa Waters	67.5
Christina Valey	72.8
Leigh Mackall	77.2

High Jump

Wendy Hawthorne	5'2"
Liz Ross	4'6"
Sally Tarvin	4'6"
Leigh Mackall	4'0"

Long Jump

Wendy Hawthorne	15'9 $\frac{1}{4}$ "
Leigh Mackall	15'0"
Lisa Waters	14'11"
Jeanne McGuire	13'7 $\frac{1}{2}$ "
Linda Sigillito	13'4 $\frac{3}{4}$ "
Laura Perog	11'6 $\frac{1}{2}$ "

Triple Jump

Wendy Hawthorne	33'10 $\frac{1}{2}$ "
Leigh Mackall	32'3"
Lisa Waters	32'0"
Linda Sigillito	27'9"
Laura Perog	26'10 $\frac{1}{2}$ "



## Shot Put

Jessica Berg 31' 8 $\frac{3}{4}$ "  
Lisa Cangemi 29' 5"  
Marcia Capitani 27' 9"  
Ellen Barkenbush 25' 5 $\frac{1}{2}$ "  
Dana Tamily 25' 4 $\frac{1}{2}$ "  
Courtenay Moody 22' 1"  
Linda Sigillito 21' 6"

## Discus

Courtenay Moody 105' 6"  
Jessica Berg 97' 5"  
Dana Tamily 79' 8"  
Lisa Cangemi 78' 11"  
Ellen Barkenbush 74' 8 $\frac{3}{4}$ "

## Javelin

Marcia Capitani 101' 10"  
Jessica Berg 99' 5"  
Lisa Cangemi 75' 10"  
Ellen Barkenbush 64' 8"

**Ridgewood High School  
Girl's Track and Field Records**

<u>EVENT</u>	<u>RECORD</u>	<u>PERFORMER</u>	<u>DATE</u>	<u>PLACE</u>
100 Meter Dash	12.7	Marci Capitani	1984	Ridgewood, NJ
200 Meter Dash	26.4	Marci Capitani	1984	Hackensack, NJ
400 Meter Dash	57.7	Marci Capitani	1984	Tenafly, NJ
800 Meter Dash	2:12.1	Patti Mileski	1982	Tenafly, NJ
1500 Meter Run	<del>4:44.8 i</del>	<del>Mary Ellen Mileski</del>	<del>1983</del>	<del>Yale</del>
	4:42.79 i	MARGARET SCUTRO	1984	WEST POINT
1600 Meter Run	4:52.94	Margret Scutro	1984	
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	16.4	Jeanne McGuire	1984	
400 Meter Hurdles	65.1	Liz Ross	1984	Rutgers, 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 Slawek	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/D'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	3:58.8	Ross/McGuire Capitani/Scutro	1984	Tenafly, 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.Mileski	1983	Bergen C.C.
Sprint Medley (440-220-220-880)	4:15.5	M.Mileski/Bagnaturo Semprevivo/P.Mileski	1981	Bergen C.C.
Distance Medley (880-440-1320-1 mile)	11:59.1 i	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	3:25.9	Ross/McGuire Waters	1984	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	1980	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	Paramus Catholic
Long Jump Relay	<del>30' 3 1/2"</del> <sup>31' 1"</sup> i	<del>Granata/Hawthorne</del> <sup>HAWTHORNE/ BRIENZA</sup>	<del>1983</del> <sup>1984</sup>	Rockland C.C.
Triple Jump Relay	65' 11" i	Granata/Hawthorne	1983	Rockland C.C.

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Pentathlon	3453	Becky Deetz	1975	Summitt, NJ
1 Mile Walk	<del>9:49.3</del> <sup>9:36</sup> i	Anja Kannengieser	<del>1983</del> <sup>1984</sup>	ROCKLAND COMM. COLL. Hackensack
Marathon	3 H 32 Min	Klara Grape	1977	Shore Marathon

RECORDS FOR POINTS SCORED

Total Points (career)	276 17/24	Monica Richter	1980,81,82
Senior Year	139 7/12	Monica Richter	1982
Junior Year	140 1/4	Deecy Porro	1978
Sophomore	110 1/12	Becky Deetz	1975
9th Grade	65 1/3	Mary Ellen Mileski	1980

\* Imperial records are retained until bettered by metric marks

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

100 METER DASH

12.7	Marci Capitani	1984
12.8	Judy Davis	1980
12.8	Trish Fogarty	1981
13.0	Cathy Vickery	1982
13.0	Jeanne McGuire	1984
13.2	Lisa Bagnaturo	1981
13.5	Karen Haass	1983
13.5	Karen Bell	1980
13.6	Kathy Bade	1980
13.7	Brit Nylund	1981

100 YARD DASH

11.5	Judy Davis	1978
11.8	Sue Davis	1977
12.0	Mary Cooper	1975
12.2	Sheila Judge	1972
12.2	Julie Roach	1977
12.3	Mary Hiller	1973
12.3	Michelle Smith	1978
12.5	Fran Whelan	1973
12.5	Gabrella Stauber	1975
12.5	Julie Smith	1978&79

1500 METER RUN

4:44.8	Mary Ellen Mileski	1983
4:44.9	Patti Mileski	1981
4:45.3	Mary Ellen Mileski	1980
4:47.2	Carol Dickstein	1981
4:54.4	Kathy Duffy	1980
5:06.4	Colleen Wright	1981
5:09.4	Beth Pringle	1981
5:10.6	Chris McKenna	1980
5:28.3	Cris Speranza	1980
5:29.8	Sally Rielle	1981
5:31.8	Mary Keegan	1980

3200 METER RUN

10:34.5	Patti Mileski	1983
10:56.8	Margret Scutro	1984
11:13.6	Beth Pringle	1983
11:18.0	Colleen Wright	1982
11:19.5	Mary Ellen Mileski	1983
11:30.1*	Kathy Duffy	1979
11:40.1*	Barbara Remmers	1979
11:48.1	Karen O'Brien	1983
11:50.7	Anja Kannengieser	1982
12:07.2	Norine D'Arcy	1984

200 METER DASH

26.4	Marci Capitani	1984
26.6*	Judy Davis	1979
26.6	Lisa Bagnaturo	1981
27.2	Mary Ellen Mileski	1983
27.4	Trish Fogarty	1981
27.4	Karen Haass	1981
27.5	Cathy Vickery	1982
27.6	Stephanie Semprevivo	1982
27.9*	Kandie Latham	1975
28.0*	Mary Hiller	1973
28.0*	Sue Davis	1976&77

400 m. RELAY SPLITS

58.0	Margaret Scutro	1984
58.9	Mary Ellen Mileski	1983
59.1*	Kandie Latham	1974
59.6	Patti Mileski	1983
60.1*	Angelia Stewart	1978
60.3	Margret Scutro	1983
60.6	Liz Ross	1984
60.6	Jeanne McGuire	1984
60.7*	Jane Green	1974
61.3	Trish Fogarty	1982

1600 METER RUN

4:52.94	Margret Scutro	1984
4:54.8*	Patti Mileski	1983
5:01.2*	Mary Ellen Mileski	1980
5:05.5	Beth Pringle	1983
5:23.1*	Anja Kannengieser	1982
5:24.0	Norine D'Arcy	1984
5:25.8	Colleen Wright	1982
5:29.9*	Laura Campbell	1979
5:30.4	Karen O'Brien	1984
5:31.0*	Barbara Remmers	1978

100 METER HURDLE

16.4	Jeanne McGuire	1984
16.5	Liz Ross	1984
16.6	Monica Richter	1982
17.4	Sally Tarvin	1984
17.6	Julianne Babbitt	1983
17.6	Charolette LeSane	1981
17.9	Lisa Guerriero	1981
18.0	Wendy Hawthorne	1984
18.1	Leigh Mackall	1984
18.3	Lisa Waters	1984
18.3	Christina Valey	1984

400 METER DASH

57.7	Marci Capitani	1984
58.7	Judy Davis	1979
59.3	Margaret Scutro	1984
59.5*	Kandie Latham	1974
60.3	Patti Mileski	1983
61.1	Mary Ellen Mileski	1983
61.2*	Becky Deetz	1976
61.7*	Jane Green	1973
61.7	Trish Fogarty	1981
62.0*	Deecy Porro	1979

800 METER RUN

2:12.1	Patti Mileski	1982
2:13.9	Mary Ellen Mileski	1983
2:17.7*	Kandie Latham	1975
2:19.1	Margret Scutro	1984
2:19.2	Beth Pringle	1982
2:20.8*	Jane Green	1974
2:21.8	Carol Dickstein	1981
2:22.4	Anja Kannengieser	1984
2:23.1*	Alyson Brunder	1976
2:23.5*	Alison MacGregor	1978

3000 METER RUN

10:04.1	Patti Mileski	1983
10:04.7	Carol Dickstein	1981
10:13.9	Mary Ellen Mileski	1982
10:22.8	Beth Pringle	1982
10:28.2	Kathy Duffy	1981
10:39.3	Colleen Wright	1982
11:45.0	Sally Rielle	1981
11:59.7	Cris Speranza	1980
12:04.0	Mary Keegan	1980
12:55.1	Kristin Conradi	1980

400 METER HURDLES

65.1	Liz Ross	1984
66.9	Jeanne McGuire	1984
67.5	Lisa Waters	1984
69.3	Patti Mileski	1981
70.0	Kirsten Kannengieser	1983
70.1	Sally Tarvin	1983
70.2	Jullianne Babbitt	1983
71.8	Mary Ellen Mileski	1981
72.8	Britt Nyland	1981
72.8	Christina Valey	1984

## SHOT PUT 4KG

38' 6 3/4"	Lisa Glidewell	1980
33' 4"	Jessica Berg	1983
32' 7"	Janet Sauerman	1980
31' 8 3/4"	Jessica Berg	1984
29' 5"	Lisa Cangemi	1984
28' 8 1/2"	Claudia O'Rourke	1981
28' 6"	Karen Prickett	1983
27' 9"	Marci Capitani	1984

## SHOT PUT 8LB

39'	1/4"	Sarah Miles	1979
38'		Lisa Glisewell	1980 i
36' 9 1/2"		Jennifer Baringer	1975
36'	1/2"	Janet Sauerman	1980
36' 3"		Martha LaMarre	1976
34' 5 1/2"		Renee DuFlon	1975
32' 1 1/2"		Kim Slawek	1979
30' 7"		Nancy Fenn	1975
30' 1"		Cathy Fontaine	1977

## TRIPLE JUMP

36' 3 1/2"	Kathy Granata	1983
35' 2 1/4"	Becky Deetz	1976
34' 11 1/2"	Deecy Porro	1978
33' 10 1/2"	Wendy Hawthorne	1984
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"	Leslie Payne	1979
32' 3 1/2"	Nichole Kokoletsos	1980

## DISCUS

117' 7"	Lisa Glidewell	1980
115' 6"	Janet Sauerman	1980
105' 6"	Courtney Moody	1984
103' 1"	Cathie DeYoe	1975
102' 9"	Sarah Miles	1979
98' 2"	Martha LaMarre	1976
97' 11"	Claudia O'Rourke	1981
97' 5"	Jessica Berg	1984
96' 1"	Renee DuFlon	1975
95' 4"	Linda Russell	1975

## HIGH JUMP

5' 9"	Becky Deetz	1975&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' 2"	Wendy Hawthorne	1984
5'	Ingrid Pessa	1979
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
2658 POINTS	Wendy Hawthorne	1984
2429 POINTS	Mary Ellen Mileski	1981
2231 POINTS	Nicole Kokoletsos	1980
2187 POINTS	Kirsten Kannengieser	1981
2142 POINTS	Chris O'Rouke	1979
2022 POINTS	Lisa Glidewell	1979

## JAVELIN

110'	Kim Slawek	1979
105' 6"	Claudia O'Rourke	1981
102' 1"	Jennifer Baringer	1975
101' 10"	Mary Ellen Mileski	1982
101' 10"	Marci Capitani	1984
99' 5"	Jessica Berg	1984
94' 9"	Lisa Erickson	1977
89' 2 1/2"	Karen Prickett	1983
88' 7"	Janet Sauerman	1980
85' 9"	Lenni Maguire	1977

## LONG JUMP

17' 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' 10 1/4"	Wendy Hawthorne	1984
15' 9 3/4"	Cheryl Ottens	1975
15' 8 3/4"	Kathy Boyce	1981

\* 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 performances on this chart so a more accurate comparison can be obtained.

220 yards to 200 meters-  
subtract 0.1 seconds

440 yards to 400 meters-  
subtract 0.3 seconds

880 yards to 800 meters-  
subtract 0.7 seconds

1 mile to 1600 meters-  
subtract 1.6 seconds

2 miles to 3200 meters-  
subtract 3.5 seconds

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

# THE FIRST 100 WINS FOR RIDGEWOOD GIRLS TRACK

WIN NUMBER	DATE	MEET	SCORE
1.	1972 MAY 11 <sup>TH</sup>	DUAL MEET VS OLD TAPPAN	40½ - 35½
2.	MAY 26 <sup>TH</sup>	DUAL MEET VS DWIGHT MORROW	60 - 31
3.	1973 APRIL 12 <sup>TH</sup>	DUAL MEET VS PARAMUS CATHOLIC	65½ - 39½
4.	APRIL 19 <sup>TH</sup>	TRIANGULAR MEET VS MONTCLAIR	65 - 37
5.	APRIL 19 <sup>TH</sup>	AND GLEN RIDGE	65 - 23
6.	MAY 4 <sup>TH</sup>	DUAL MEET VS SADDLE BROOK	93 - 12
7.	MAY 7 <sup>TH</sup>	DUAL MEET DEMEREST	92 - 13
8.	1974 APRIL 25	DUAL MEET VS MONTCLAIR	75 - 33
9.	MAY 6	DUAL MEET VS OLD TAPPAN	72 - 37
10.	MAY 8	DUAL MEET VS WAYNE VALLEY	59 - 50
11.	MAY 18 <sup>TH</sup>	NORTH A STATE SECTIONAL CHAMPIONSHIP 1 <sup>ST</sup> PLACE (TIE) 22 POINTS	
12.	MAY 21	DUAL MEET VS PARAMUS CATHOLIC	80 - 27
13.	MAY 31	BERGEN COUNTY CHAMPIONSHIP 1 <sup>ST</sup> PLACE	63 POINTS
14.	1975 APRIL 11 <sup>TH</sup>	DUAL MEET VS WAYNE VALLEY	75 - 34
15.	APRIL 17	DUAL MEET VS OLD TAPPAN	96 - 13
16.	APRIL 21	DUAL MEET VS WAYNE HILLS	61 - 48
17.	MAY 1	DUAL MEET VS DEMAREST	81 - 28
18.	MAY 9	DUAL MEET VS MONTCLAIR	65 - 35
19.	MAY 12	DUAL MEET VS HACKENSACK	87 - 22
20.	MAY 19	DUAL MEET VS NORTH BERGEN	86 - 23
21.	MAY 21	DUAL MEET VS PARAMUS CATHOLIC	86 - 23
22.	MAY 27	BERGEN COUNTY CHAMPIONSHIP 1 <sup>ST</sup> PLACE	62½ POINTS
23.	1976 APRIL 9	DUAL MEET VS OLD TAPPAN	91 - 18
24.	APRIL 12	DUAL MEET VS PARAMUS CATHOLIC	65 - 44
25.	APRIL 14 <sup>TH</sup>	DUAL MEET VS CLIFFSIDE PARK	65 - 44

26.		APRIL 19	DUAL MEET VS	WAYNE HILLS	61-48
27.		APRIL 26	DUAL MEET VS	TEANECK	62-47
28.		APRIL 28	DUAL MEET VS	KEARNY	56-53
29.		MAY 3	DUAL MEET VS	WAYNE VALLEY	74-35
30.		MAY 7	DUAL MEET VS	MONTCLAIR	72-37
31.		MAY 11 <sup>TH</sup>	DUAL MEET VS	HACKENSACK	60-58
32.		MAY 25 <sup>TH</sup>	BERGEN COUNTY CHAMPIONSHIP 1 <sup>ST</sup> PLACE		32 POINTS
33.	1977	APRIL 18	DOUBLE DUAL MEET VS	FAIRLAWN	75-34
34.		APRIL 18		VS PARAMUS	74-35
35.		MAY 2	DUAL MEET VS	WAYNE VALLEY	61-48
36.		MAY 9	DUAL MEET VS	PASSAIC VALLEY	65-17
37.	1978	APRIL 6 <sup>TH</sup>	DUAL MEET VS	PARAMUS CATHOLIC	84-25
38.		APRIL 11	DOUBLE DUAL MEET VS	TEANECK	
39.		APRIL 11		VS PASSAIC VALLEY	98½-19
40.		APRIL 16	DOUBLE DUAL MEET VS	CLIFTON	107-11
41.		APRIL 16		VS BLOOMFIELD	86-32
42.		APRIL 24	DUAL MEET VS	FAIRLAWN	70-48
43.		MAY 4	DOUBLE DUAL MEET VS	PARAMUS	98-20
44.		MAY 4		VS WAYNE VALLEY	78-40
45.		MAY 8	DUAL MEET VS	HACKENSACK	77-41
46.	1979	APRIL 10	DUAL MEET VS	PASSAIC VALLEY	107-11
47.		APRIL 16	DOUBLE DUAL MEET VS	CLIFTON	106-12
48.		APRIL 16		VS BLOOMFIELD	89-29
49.		APRIL 23	DOUBLE DUAL MEET VS	BERGENFIELD	73-45
50.		APRIL 23		VS FAIRLAWN	91-27

51. APRIL 28 RUTHERFORD RELAYS FIRST PLACE 37½PTS.
52. MAY 9<sup>TH</sup> DOUBLE DUAL MEET VS WAYNE VALLEY 79½-38½
53. MAY 9 VS PARAMUS 108 - 10
54. 1980 APRIL 7 DUAL MEET VS TEANECK 58 - 44
55. APRIL 16 DOUBLE DUAL MEET VS BLOOMFIELD 81 - 37
56. APRIL 16 VS FAIRLAWN 72 - 46
57. APRIL 21 DUAL MEET VS PARAMUS 81 - 37
58. APRIL 26 RUTHERFORD RELAYS FIRST PLACE 40 POINTS
59. MAY 5 DOUBLE DUAL MEET VS HACKENSACK 61 - 57
60. MAY 5 VS WAYNE VALLEY 72½-45½
61. DOUBLE DUAL MEET VS CLIFTON 90-19
62. VS PASSAIC VALLEY 90-19
63. MAY 19 DUAL MEET VS BERGENFIELD 86-32
64. 1981 APRIL 1 DOUBLE DUAL MEET VS BLOOMFIELD 81-41
65. APRIL 1 VS FAIRLAWN 103-19
66. APRIL 6 DUAL MEET VS TEANECK 65-57
67. APRIL 20 DUAL MEET VS PARAMUS 86-36
68. APRIL 30 DOUBLE DUAL MEET VS CLIFTON 85½-36½
69. APRIL 30 VS PASSAIC VALLEY 79-43
70. MAY 4 DUAL MEET VS WAYNE VALLEY 79½-42½
71. MAY 13 DUAL MEET VS BERGENFIELD 75½-46½
72. 1982 APRIL 1 DUAL MEET VS BERGENFIELD 74-48
73. APRIL 5 DOUBLE DUAL MEET VS PARAMUS 78-44
74. APRIL 5 VS PASSAIC VALLEY 79½-42½
75. APRIL 12 DUAL MEET VS FAIRLAWN 83-39



76. APRIL 19 BERGEN COUNTY RELAYS 1<sup>ST</sup> PLACE 42 PTS.
77. APRIL 19 DOUBLE DUAL MEET VS CLIFTON 75-47
78. APRIL 19 VS BLOOMFIELD 97-25
79. MAY 3 DUAL MEET VS HACKENSACK 79-43
80. MAY 8 BERGEN COUNTY GROUP IV CHAMPIONSHIP 1<sup>ST</sup> 69½ PTS.
81. 1983 APRIL 2 RIDGEWOOD WOMEN'S RELAYS 1<sup>ST</sup> PLACE 37 PTS.
82. APRIL 4 DUAL MEET VS BERGENFIELD 81-32
83. APRIL 11 DOUBLE DUAL MEET VS PARAMUS 95-9
84. APRIL 11 I. H. A. 97½-6½
85. APRIL 13 DUAL MEET VS FAIRLAWN 75-47
86. APRIL 18 DUAL MEET VS PARAMUS CATHOLIC 73-49
87. APRIL 23 BERGEN COUNTY RELAYS 1<sup>ST</sup> PLACE 36½ PTS.
88. MAY 2 DOUBLE DUAL MEET VS HACKENSACK 88-34
89. MAY 2 VS TEANECK 78-44
90. MAY 14 BERGEN COUNTY GROUP IV CHAMPIONSHIP 1<sup>ST</sup> 82 PTS
91. MAY 17 RIDGEWOOD RELAYS 1<sup>ST</sup> PLACE
92. MAY 21 N. N. J. I. L. CHAMPIONSHIP 1<sup>ST</sup> PLACE 62 PTS.
93. MAY 28 NORTH I GROUP IV SECTIONAL CHAMPIONSHIP 1<sup>ST</sup> 53 POINTS
94. 1984 APRIL 7<sup>TH</sup> RIDGEWOOD WOMEN'S RELAYS 1<sup>ST</sup> 34 POINTS
95. APRIL 10<sup>TH</sup> DUAL MEET VS BELLEVILLE 117-5
96. APRIL 17<sup>TH</sup> DUAL MEET VS PASSAIC 89-33
97. APRIL 21 BERGEN COUNTY RELAYS GROUP III IV 1<sup>ST</sup> 52 POINTS
98. MAY 1<sup>ST</sup> DUAL MEET VS PARAMUS CATHOLIC 84-38
99. MAY 12<sup>TH</sup> BERGEN COUNTY GROUP IV CHAMPIONSHIP 1<sup>ST</sup> 85 POINTS
100. MAY 15<sup>TH</sup> RIDGEWOOD RELAYS 1<sup>ST</sup> PLACE 47 POINTS







