

**1985  
RIDGEWOOD  
TRACK & FIELD  
TEAM BOOK**

**RESULTS  
HONORS  
AND  
RECORDS**

## TRACK AND FIELD

1985

## Team Members:

seniors

Marci Capitani  
 Jeanne McGuire  
 Karen O'Brien  
 Genny Razik  
 Liz Ross  
 Margaret Scutro  
 Lisa Waters

juniors

Ellen Barkenbush  
 Megan Duffy  
 Linda Hockey  
 Gwynne Keresty  
 Joy Kim  
 Leigh Mackall  
 Martha Moock  
 Trish Murphy  
 Amy Phillips  
 Cathi Reid  
 Linda Sigillito  
 Christina Velez  
 Paige Wright  
 Maggie Dailey  
 Alexandra Eidenschenk  
 Sybele Eidenschenk  
 Martha Folger

sophomores

Tanya Baker  
 Christine Conners  
 Norine D'Arcy  
 Lisa Daut  
 Lisa Donohue  
 Michelle Essig  
 Charcy Evers  
 Kathleen Gill  
 Erika Gritman - Mgr.  
 Jackie Hennessey  
 Robin Lavin  
 Janet Moritz  
 Mary Beth Morris  
 Pam Parker  
 Ann Spengler  
 Nanci Titus  
 Sheila Vaughan  
 Krisi Wing  
 Andrea Bartliff  
 Margot Hoerrner  
 Erin Crann

frosh

Lynne Degelmann  
 Jen Hughes  
*SINNY EISIAZ*

coaches

Jacob Brown  
 Don Patterson

## Team Record:

Dual Meets

3 wins - 1 loss

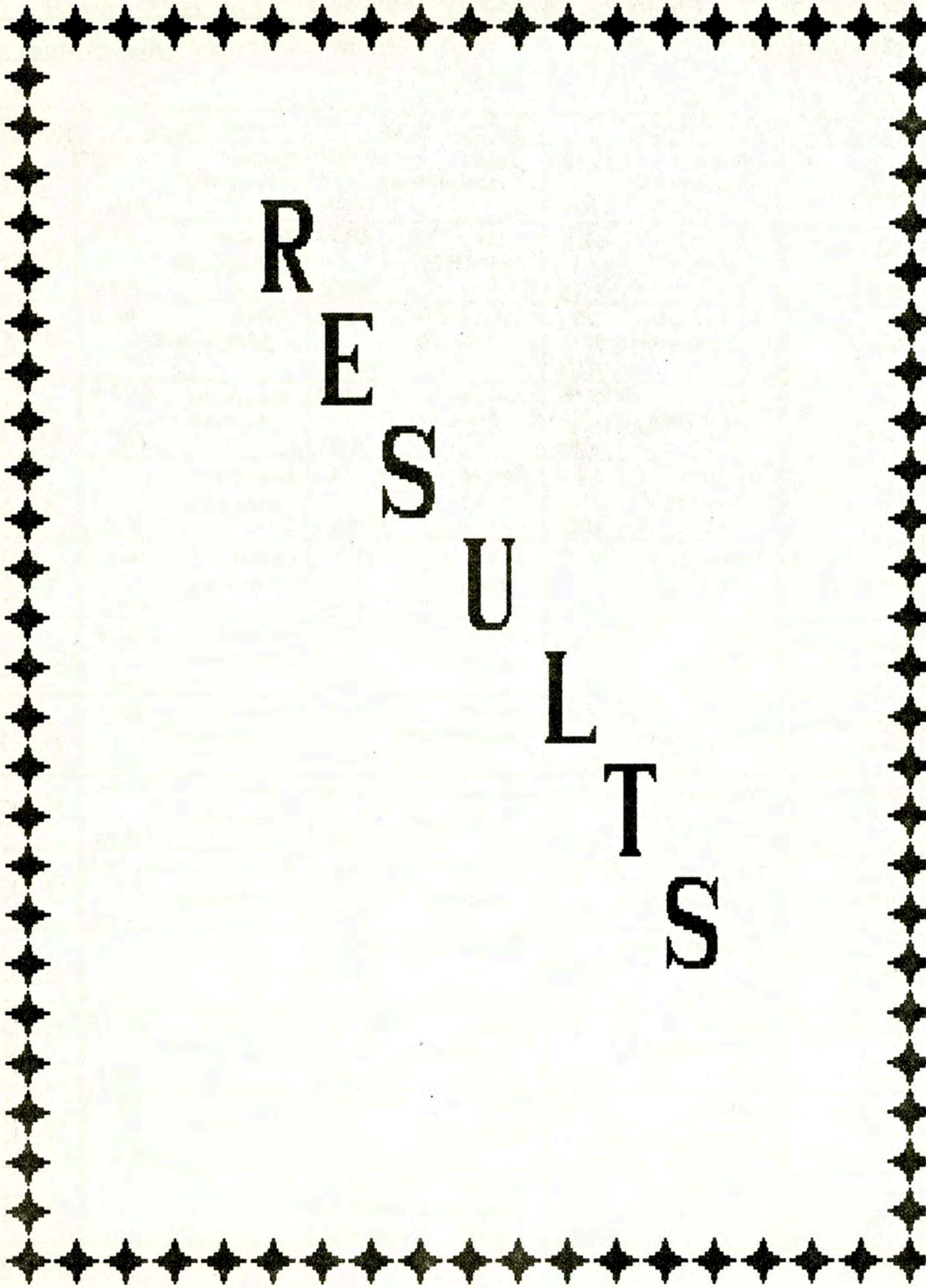
RHS 114 - Paramus Catholic 8  
 Manchester Regional  
 JV Frosh Meet 60-70  
 RHS 72 - Hackensack 50  
 RHS 83 - Paramus 39  
 Teaneck 62 1/2 - RHS 59 1/2

Championship Meets

3 championships

Ridgewood Relays - 2nd place  
 Nanuet Elks Relays - 7th place  
 Bergen County Relays - 1st place  
 Penn Relays  
 Bernardsville - 4X100 1st  
 4X400 1st  
 NNJIL champs - 2nd  
 NJ Relays - DM 1st place  
 Bergen Group IV - 2nd  
 Ridgewood Relays - 1st  
 Sophomore Sectionals  
 NJ NI Sectionals - 1st  
 Bergen Meet of Champs - 4 Champs  
 State Group IV - 3rd  
 Pentathlon  
 State Champs - 1 champion  
 Eastern State Championship





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RIDGEWOOD VS PARAMUS CATHOLIC

WEATHER COLD ! (VERY)

DATE APRIL 2<sup>ND</sup>

TRACK CONDITIONS ALL WEATHER

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	P.C.
Long Jump	LEIGH MACKALL 13' 7" RHS	JACKI HENNESSEY 11' 10" RHS	SHEILA VAUGHAN 11' 9 3/4" RHS	9	0
Inter-mediate Hurdles	LIZ ROSS 67.4 RHS	LISA WATERS 69.1 RHS	JEANNE McGUIRE 69.9 RHS	9	0
100 meter Dash	ALEXANDRA EIDENSCHENK 14.1 RHS	CHRISTINA VALEZ 14.2 RHS	ANN SPENGLER 14.5	9	0
1600 m Run	JEN HUGHES 5:40.4 RHS	KAREN O'BRIEN 6:01.1 RHS	CAROLYN SCRIBO 6:18.6 P.C.	8	1
400 meter Dash	HEIDI CRUZ 68.8 P.C.	ROBIN LAVIN 73.3 RHS	DENISE MAGRALLI P.C.	3	6
100 meter Hurdles	JEANNE McGUIRE 16.9 RHS	LIZ ROSS 17.4 RHS	LEIGH MACKALL 18.7 RHS	9	0
800 meter Run	JEN RAZIK 2:37.3 RHS	PAIGE WRIGHT 2:44.2 RHS	ERIKA GRITMAN 2:51.8 RHS	9	0
200 meter Dash	LINDA SIGILLITO 31.1 RHS	JACKIE HENNESSEY 32.9 RHS	TRACY LAZARRE 36.7 P.C.	8	1
3200 m Run	NORINE D'ARCY 11:57.9 RHS	KAREN O'BRIEN 12:50.3 RHS	PAM PARKER 13:30.1 RHS	9	0
Triple Jump	LEIGH MACKALL 30' 8" RHS	LISA WATERS 29' 9 1/4" RHS	LYNN DAGEEMAN 26' 9" RHS	9	0
4x400 m Relay	RIDGEWOOD 4:56.8	PARAMUS CATH. 5:03.8		5	0
Shot Put	ELLEN BARKENBUSH 26' 5 1/2" RHS	MARCI CAPITANI 24' 9 1/2" RHS	LINDA SIGILLITO 24' 0" RHS	9	0
Discus	ELLEN BARKENBUSH 77' 4" RHS	AMY PHILLIPS 73' 6" RHS	LINDA SIGILLITO 72' 1" RHS	9	0
High Jump	SHEILA VAUGHN 4' 4" RHS	LEIGH MACKALL ANDREA BARTLIFE 4' 4" RHS		9	0
Final Score				114	8



MEET PARAMUS CATHOLICDATE APRIL 2<sup>ND</sup>

EVENT	Non Scoring Performances	
Long Jump	GWYNNE KERESTY 11' 3/4"	
Inter-mediate Hurdles	LYNN DAGLEMAN 71.3	
100 meter Dash	S. EIDENSCHENK 14.3 LISA DAUT 15.2 MARTHA FOLGER 16.4	
1600 m Run	LINDA HOLKEY 6:38 KATE PRINGLE 6:39	Joy Kim - D.Q.
400 meter Dash		
100 meter Hurdles	LYNN DAGLEMAN 19.3 LISA WATERS 19.5 CHRISTINA VALEZ 19.8	TANYA BAKER <u>DNF</u>
800 meter run	AMY PHILLIPS 2:55 JANET MORITZ 2:54	CHRISTINE CONNERS - 3:02 NANCI TITUS - 3:02
200 meter Dash	SHIELA VAUGHN 30.2 MARTHA MOOK 32.9 TRISH MURPHY 33.6	CATHY REID 34.9 LISA DONOHUE 37.3
3200 m Run	KRISI WING 13:45	
Triple Jump	MAGGIE DAILEY 24' 1/2" GWYNNE KERESTY (F)	
4x400 m Relay		
Shot Put	MARQOT HOERRNER 22'8" JANET MORITZ 19' 11 3/4"	
Discus	MARQOT HOERRNER 50'0"	
High Jump	MAGGIE DAILEY 4'0"	



# THE RIDGEWOOD RELAYS

SATURDAY APRIL 6<sup>TH</sup>

TIMES & DISTANCES

3X 400 HURDLES		1 <sup>ST</sup>	ROSS 65.7	McGUIRE 69.5	WATERS 70.9
4X 1600	23:26.6	3 <sup>rd</sup>	HUSHES 5:43.3	O'BRIEN	
4X 100	52.1	4 <sup>TH</sup>	WRIGHT	D'ARCY	
FROSH SPRINT MEDLEY	4:39.0	1 <sup>ST</sup>	FIGLER	DONNELLY	
4X 800			DE CONSELIO	PARSONS	
SOPH SPRINT MEDLEY					
4X 200 m			VALEZ 28.6	VAUGHN 30.3	
SPRINT MEDLEY	4:28.6	5 <sup>TH</sup>	DAGLEMAN 27.8	MACKALL 30.9	
DISTANCE MEDLEY	13:52.0	5 <sup>TH</sup>	CAPITANI 60.5	D'ARCY 2:27.5	
4X 400 m	4:09.6	1 <sup>ST</sup>	DAGLEMAN 28.6	VAUGHN 31.5	
			O'BRIEN 4:19.8	VALEZ 70.6	
			WRIGHT 2:44.7	HUSHES 5:37.0	
			McGUIRE 61.9	WATERS 63.7	
			CAPITANI 61.9	ROSS 61.9	
JAVELIN	272'8"	2 <sup>ND</sup>	CAPITANI 96'0"	BARKENBUSH 87'2"	88'8"
SHOT PUT	73'½"		27'4"	23'5½"	27'3"
DISCUS	195'3½"		BARKENBUSH	SIJILLITO	HOERRNER
LONG JUMP	38'9¼"	5 <sup>TH</sup>	70'8½"	65'8"	59'1"
HIGH JUMP	13'	5 <sup>TH</sup>	BARKENBUSH	PHILLIPS	SIJILLITO
TRIPLE JUMP	90'3"	2 <sup>ND</sup>	14'10½"	11'8¾"	12'2"
			MACKALL	HENNESSEY	VAUGHN
			4'6"	4'0"	4'6"
			BARTLIFF	MACKALL	VAUGHN
			32'3"	32'2¾"	26'4¼"
			WATERS	MACKALL	DAGLEMAN

SEVERAL SPLITS IN THE RUNNING EVENTS WERE MISSED.

THE COACH WAS A MEET DIRECTOR AND HAD SEVERAL OTHER DUTIES !



# Ridgewood effort pleases coach

By John Jackson  
Correspondent

PARAMUS — The conditions were far from ideal at the start of yesterday's Ridgewood Girls Relays at Bergen Community College.

It rained for most of the early morning, and at the start of the meet the sky was overcast, the temperature was on the cold side, and the track was wet.

But only a few minutes into the competition the sun broke through, the temperature warmed up a bit, and the track quickly dried.

Plainfield took advantage of the improved weather to win the large schools competition in the afternoon meet with 33.5 team points. Ridgewood placed second with 29 points, thanks to a strong showing in the field events.

"I was very happy with placing second today," said Ridgewood coach Jacob Brown. "Our experience is in the running events, but the younger kids came through in the field events."

North Hunterdon of Long Island finished

third with 25 points, while Toms River East (23) and North Rockland (19) rounded out the top five.

Ridgewood placed first in the intermediate hurdles, the 1600 medley relay, and the freshman sprint-medley relay. The intermediate hurdles team of Jeanne McGuire, Liz Ross, and Lisa Waters finished in 3:26.1 to win by more than three seconds. Brown was especially pleased with the performance of Ross.

## Girls track

"Clearly for us, Liz Ross's hurdles race was the standout performance of the day," Brown said. "She was up against some good competition and ran a great time."

Ross also ran the anchor leg of the Maroons' winning 1,600 medley relay team, which finished in 4:09.6. Marcy Capitani, Lisa Waters, and McGuire were the other members of the squad.

The Indian Hills team of Amy Nehls, Margaret Rottkamp, and Vicki Hoekstra

won the high jump with a team score of 14-4. Plainfield came in second (13-11), Old Tappan third (13-9), and Ridgewood fifth (12-6).

In the morning session for smaller schools, Westwood finished first with 27 points despite winning only one event — the triple jump.

"I wasn't keeping team scores," said Westwood coach Bill Morrow. "I knew we only won one event, so after we were finished competing, we were getting ready to leave when we found out we'd won. I was surprised."

Westwood also nearly departed at the outset of the meet due to the weather. "We almost left at about 9:30 because the conditions were so bad," Morrow said. "But we decided to take it one event at a time, and, fortunately, the weather cleared up."

The Cardinals' triple jump team turned in a mark of 90-5½. Kelly Barrett led the way with a jump of 31-10½, while Andrea Heinz and Mary Sok recorded jumps of 30-5 and 28-2, respectively. The trio also com-

bined to place second in the long jump.

Other top finishers in the morning session were Shoreham Wading River (24 points), Bronxville (21), Floral Park (18), and Albertus Magnus and Notre Dame (who tied with 12).



Liz Ross  
Stars in hurdles



# Track and field summaries

## Ridgewood Boys Relays

At Paramus Catholic H.S.

### Large schools

#### TEAM SCORES

Union 23, Elizabeth 22, Seton Hall 19, North Rockland 17, McClancy 15, Mount Vernon 15, Centeridge 13, Kingston 12, Eastside 12, Taft 10, Wayne Valley 10, Clarkstown North 8, Middletown South 7, Scotch Plains 7, Old Tappan 7, Paramus Catholic 6, Hackensack 4, Ridgewood 4, St. Peter's 4, Bergenfield 3, Ferris 2, Kennedy 2, Paramus 2, Steplnac 2, Hunterdon Central 2, Monroe-Woodbury 2, August Marlin 1.

6,400 - 1, Clarkstown North (Nick Parente, Sean Kilkenny, Dave Blondin, Mike Roan), 18:36.2; 2, Old Tappan, 18:40.2; 3, McClancy, 19:13.6; 4, Ridgewood, 19:15.6; 5, Scotch Plains, 19:28.9.

Intermediate hurdles - 1, North Rockland (Bill Cluck, Ray Neary, John Darpa), 2:59.9; 2, Union, 2:59.2; 3, Ferris, 3:06.0; 4, Elizabeth 3:06.8; 5, August Marlin, 3:06.9.

400 - 1, Mount Vernon (Ivan Swain, Max Townsend, Millon Hall, Chris Barlow) 44.7; 2, Seton Hall, 44.8; 3, Westside, 44.9; 4, Union, 45.5; 5, Eastside, 45.6.

1,200 - 1, Centerreach (Rick Alliguan, John Lavelle, Bob Russo, Bob Eggerman), 8:26.5; 2, St. Peter's, 8:31.9; 3, Steplnac, 8:36.3; 4, Monroe-Woodbury, 8:40.2; 5, Eastside, 8:46.2.

Sprint medley - 1, Taft (Jose Ferreira, Dan Reinoso, Mark Christie, George Foster), 3:37.4; 2, McClancy, 3:42.5; 3, Seton Hall, 3:42.9; 4, North Rockland, 3:43.1; 5, Westside, 3:43.9.

800 - 1, Seton Hall (Jameel Spencer, Manny Rodrigues, Reggie Smith, Vernon Richards), 1:32.5; 2, Eastside, 1:33.1; 3, Mount Vernon, 1:33.7; 4, Hunterdon Central, 1:34.0; 5, Elizabeth, 1:34.3.

Distance medley - 1, Paramus Catholic (Rob Sullivan, Chris Hartmann, Mike Mahon, Chris Thomas); 2, Old Tappan, 11:09.6; 3, Bergenfield, 11:13.2; 4, Clarkstown North, 11:17.2; 5, Centerreach, 11:20.4.

Long jump - 1, Elizabeth (Worth Gilliam, Craig Robinson, Sherman Gramby), 59-6; 2, Kingston, 58-04; 3, North Rockland, 56-3; 4, Union, 56-2 1/2; 5, Hackensack, 55-7 1/2.

1,600 - 1, Mount Vernon, 3:30.4; 2, Taft, 3:30.5; 3, Hackensack, 3:33.2; 4, Elizabeth, 3:34.8; 5, Eastside, 3:35.5.

Pole vault - 1, Scotch Plains (Konrad Soong, Rob Anclpink, Roger Sirsigh), 34-0; 2, North Rockland, 31-0; 3, Paramus, 23-0; 4, Eastside, 20-0; 5, Middletown South, 12-6.

Shot put - 1, McClancy (Lou D'Angelo, Tim Ueller, Max Lerna), 145-2; 2, Wayne Valley, 136-3; 3, Elizabeth, 135-9; 4, Middletown South, 132-6; 5, Centerreach, 127-8.

400 hurdles - 1, Union (Leslie Dixon, Andre Bowers, Gary Mobley, Tony Stewart), 1:01.5; 2, Elizabeth, 1:05.3; 3, Centerreach, 1:05.6; 4, North Rockland, 1:06.3; 5, Ridgewood, 1:08.5.

Triple jump - 1, Seton Hall A, 121-2 1/2; 2, Kingston, 120-10 1/2; 3, Kennedy, 117-8; 4, Elizabeth, 117-2; 5, Centerreach, 116-6.

High jump - 1, Union (Tony Stewart, Leslie Dixon, Gary Mobley), 18-4; 2, Kingston, 18-2; 3, Eastside, 17-4; 4, Elizabeth, 17-0; 5, Ridgewood, 16-8.

Discus - 1, Wayne Valley 400-9; 2, Middletown South 380-8; 3, Union 359-10; 4, McClancy 354-10; 5, Centeridge 330-9.

### Small schools

#### TEAM SCORES

CBA-Albany 32 1/2, Demarest 29, Manchester Twp. 23, Meluchen 20, Westwood 17, Cherokee 15, Ramsey 14 1/2, Saddle Brook 12, Northern Highlands 11, Roselle 10, Hillside 10, Emerson 9, Montclair-Immaculate 7, Floral Park 6, Garfield 6, Manchester Reg. 4, Harborfields 3, Ridgewood Park 3, Scanlon 3, Pascack Hills 2, Pequannock 2, LaSalle Inst. 1, Mahwah 1, Byram Hills 1, Nanuet 1.

Sprint medley - 1, Northern Highlands (Dave Duffy, Robbie Landel, Greg King, Jeff Brown), 3:48.5; 2, Hillside, 3:51.9; 3, Westwood, 3:52.5; 4, CBA-Albany, 3:54.1; 5, Pequannock, 3:54.4.

6,400 - 1, Ramsey (Mike Chambers, Mark Alman, Mike Boyle, Joshua Metz), 19:17; 2, Westwood, 19:22; 3, Meluchen, 19:34; 4, Ridgewood Park, 19:36; 5, Nanuet, 19:39.

Shuttle hurdles - 1, Manchester Twp. (Mike Bennett, Matt Harris, Pete White-

man, Chuck Kearney), 1:08.1; 2, CBA-Albany, 1:10.1; 3, Meluchen, 1:10.2; 4, Cherokee, 1:11.5; 5, Saddle Brook, 1:14.7.

400 - 1, Demarest (Matt Barrett, Tony Bisontis, Kelth Almoadovar, Lamont Brown), 46.1; 2, Roselle, 46.7; 3, Saddle Brook, 47.0; 4, Cherokee, 47.1; 5, Northern Highlands, 47.2.

3,200 - 1, CBA-Albany (Jamie Thorpe, John Hogan, Kerry Boyle, Tom Burke), 8:11.7; 2, Floral Park, 8:26.7; 3, Harbor Fields, 8:30.8; 4, Ramsey, 8:31.1; 5, Mahwah, 8:35.0.

800 - 1, Cherokee (Scott Abdul-Salaam, Bruce Kratz, Dave Weinwright, Vince Cataldo), 1:34.7; 2, Demarest, 1:35.7; 3, Scanlon, 1:36.8; 4, Saddle Brook, 1:37.6; 5, Manchester Twp., 1:37.8.

Distance medley - 1, Meluchen (Eric Hecht, Peter Bauer, James Romero, Howard Teitelbaum), 11:42.2; 2, Manchester Reg., 11:06.6; 3, CBA-Albany, 11:14.0; 4, Floral Park, 11:15.7; 5, Ridgewood Pk., 11:19.2.

1,600 relay - 1, Roselle (Ray Rogers, Ron Fritz, Andre Rogers, Ezell Baker), 3:34.3; 2, Demarest, 3:34.3; 3, Manchester Twp., 3:38.2; 4, CBA-Albany, 3:38.5; 5, Cherokee, 3:39.7.

1,200 hurdles - 1, Meluchen (Dave Andrews, Dion Brown, Steve Lo), 3:06.9; 2, CBA-Albany, 3:07.2; 3, Demarest, 3:07.5; 4, Pascack Hills, 3:12.6; 5, Cherokee, 3:14.5.

Pole vault - 1, Saddle Brook (Schloman, Vladoyka, Loshavo), 31-0; 2, Manchester Twp. A, 24-6; 3, Ramsey 22-0; 3, CBA-Albany, 22-0; 5, Manchester Twp. "B", 20-0.

Shot put - 1, Emerson, 136-0; 2, CBA B, 131-7; 3, Hillside, 128-11; 4, Demarest, 127-10; 5, Pequannock, 125-8.

Long jump - 1, Montclair-Immaculate (Steve Theobald, Jim Golden, Kevin Williams), 52-1 1/4; 2, Westwood, 51-3; 3, Garfield, 51-1 1/4; 4, Ramsey, 50-8 1/4; 5, LaSalle, 50-1 1/4.

High jump - 1, Manchester Twp (Chuck Kearney, Sean Derle, Maurio Worlhy), 17-10; 2, Demarest, 17-8; 3, Cherokee, 11-2; 4, Meluchen, 11-0; 5, CBA, 6-0.

Discus - 1, Demarest (Mike Theuerkoff, Kelth Stamp, Tony Bisontis), 393-3; 2, CBA-Albany, 380-7; 3, Emerson, 365-9; 4, Manchester Twp., 363-6; 5, Pequannock, 356-1.

Triple jump - 1, Westwood (Mike Pfeuger, Mark Torstenson, Chris Cusmano), 119-6 1/2; 2, Northern Highlands, 113-3; 3, Garfield, 112-7 1/4; 4, Ramsey, 108-3 1/4; 5, Byram Hills, 106-8.

## Ridgewood Girls Relays

At Bereen CC

### Small schools

#### TEAM SCORES

Westwood 27, Shoreham Wading River 24, Bronxville 21, Floral Park 18, Alberly Magnus 12, Notre Dame 12.

400 - 1, Floral Park (Melina LaScala, Chris O'Sullivan, Barbara Ulbrich, Leah LaScala), 53.0; 2, Asbury Park, 53.1; 3, Westwood, 53.6; 4, Notre Dame, 53.9; 5, Shoreham W.R., 54.5.

800 - 1, Floral Park (M. LaScala, O'Sullivan, Ulbrich, L. LaScala), 1:51.2; 2, Notre Dame, 1:53.5; 3, Asbury Park, 1:54.8; 4, Academic, 1:56.2; 5, Roselle, 1:57.5.

1,600 - 1, Floral Park (M. LaScala, O'Sullivan, Ulbrich, L. LaScala), 4:13.4; 2, Notre Dame, 4:16.0; 3, Newark Central, 4:16.5; 4, Bronxville, 4:19.7; 5, Albertus Magnus, 4:20.1.

3,200 - 1, Bronxville (Elizabeth Foley, Maria Wein, Colette Inervallo, Dairde Fleming), 10:08.2; 2, Westwood, 10:19.7; 3, St. Joseph's by the Sea, 10:42.8; 4, Horace Mann, 10:49.0; 5, Midland Park, 11:00.8.

6,400 - 1, Bronxville (Dale Wininger, Jessica Chapin, Wein, Maria Sachs), 23:08.5; 2, Albertus Magnus, 23:13.4; 3, Shoreham W.R., 23:33.9; 4, Notre Dame, 23:38.4; 5, Pine Plains, 23:54.3.

Sprint medley - 1, Pope John (Kathy Costello, Beth Bennett, Helen Hayden, Kathy Fricli), 4:29.3; 2, Holy Name, 4:33.3; 3, Harborfield, 4:39.4; 4, Bishop Ahr, 4:50.6; 5, Asbury Park, 4:51.3.

Distance medley - 1, Bronxville (Marie Sachs, Elizabeth Daizell, Wininger, Inervallo), 13:08.9; 2, Holmdel, 13:11.0; 3, St. Joseph's by the Sea, 13:19.8; 4, Demarest, 13:20.0; 5, Shoreham W.R., 13:28.4.

800m sprint - 1, Shoreham W.R. (Barbara Duffrin, Debbie Kowalski, Jen MacNerney, Megan Holden), 4:27.6; 2, Mahwah, 4:47.5; 3, Notre Dame, 4:50.1; 4, Pequannock, 4:51.1; 5, Shoreham W.R., 4:54.1.

Freshman sprint medley - 1, Harborfields (Renee Turner, Teresa Dixon, Rosemary O'Brien, Suzanne Kennedy), 4:40.5; 2, Notre Dame, 4:42.0; 3, Shoreham W.R., 4:45.1; 4, Pequannock, 4:47.1; 5, Walkkill, 4:47.7.

Intermediate hurdles - 1, Asbury Park (Marcia Holland, Marie Dunkley, Linda Parker), 3:35.5; 2, Albertus Magnus, 3:36.7; 3, Westwood, 3:43.2; 4, Shoreham W.R., 3:47.4; 5, Ramsey, 3:48.8.

Shuttle hurdles - 1, Shoreham W.R. (Julie Valley, Duffrin, Deb Biederman, Kowalski), 1:13.0; 2, Roselle, 1:14.6; 3, Midland Park, 1:16.5; 4, Pascack Hills, 1:18.1; 5, Bronxville, 1:19.0.

Long jump - 1, Roselle (Allimlece Rogers, Cheryl White, Angela Williams), 41-9 1/2; 2, Westwood, 40-9 1/2; 3, Albertus Magnus, 40-6 1/4; 4, Bishop Ahr, 39-10 3/4; 5, Garfield, 38-11.

High jump - 1, Pequannock (Linda Mann, Lori Mulqueen, Jean McElwreath), 13-9; 2, Westwood, 13-1; 3, Shoreham W.R., 12-9; 4, the bet. Midland Park and Pine Plains, 12-6.

Triple jump - 1, Westwood (Andrea Heinz, Mary Sok, Kelly Barrett), 90-5 1/2; 2, Ramsey, 83-11 3/4; 3, Walkkill, 83-3 3/4; 4, Saddle Brook, 81-6 3/4; 5, St. John Villa, 78-4 3/4.

Shot put - 1, Walkkill A (Emerald Rivera, Vivian Singleton, Lisa Fenn), 91-3; 2, Shoreham W.R., 87-0; 3, Ridgewood Park, 84-2; 4, Pequannock, 81-7 1/2; 5, Westwood, 81-6 1/2.

Discus - 1, Walkkill B (Rivera, Singleton, Kris Gansch), 249-8 1/2; 2, Midland Park, 238-7 1/2; 3, Shoreham W.R., 236-7 1/2; 4, Ridgewood Park, 231-10; 5, Asbury Park, 228-0.

Javelin - 1, Pope John (Beth Bennett, Debbie Smetann, Fricli), 277-3; 2, Ridgewood Park, 273-5; 3, Pequannock, 243-2; 4, Westwood, 229-9; 5, Shoreham W.R., 201-3.

## Ridgewood Girls Relays

Large schools

### TEAM SCORES

Plainfield 33.5, Ridgewood 29, North Hunterdon 25, Toms River East 23, North Rockland 19.

800 meters - 1, North Hunterdon (Dawn LeMaster, Darlene Andrews, Linda Meresana, Joanne Johnson), 1:49.9; 2, Snyder, 1:51.1; 3, Midwood, 1:52.6; 4, Sayreville, 1:53.9; 4, Plainfield, 1:53.9.

Sophomore sprint medley - 1, Snyder (Monica Odorns, Charlene Addison, Cecile Williams, Tanis King), 4:42.6; 2, John Jay, 4:44.3; 3, North Hunterdon, 4:45.8; 4, Monroe Woodbury, 4:48.6; 5, Suffern, 4:49.7.

3,200 meters - 1, Plainfield (Sheryl Smith, Camille Crawford, Remona Jovrnegar, Susan Rountree), 10:02.2; 2, Toms River East, 10:06.1; 3, North Hunterdon, 10:08.6; 4, Hunterdon Central, 10:16.2; 5, West Side, 10:28.6.

Freshman sprint medley - 1, Ridgewood (Amy Donnelly, Stephanie DeCongo, Ginny Figlar, Joyce Parsons), 4:39.0; 2, Snyder, 4:42.3; 3, Plainfield, 4:42.6; 4, Hunterdon Central, 4:48.4; 5, Suffern, 4:52.2.

400 meters - 1, West Side (Chantel Moses, Angie Hill, Charlene Flounory, Wauda Farlet), 50.5; 2, Neplune, 50.7; 3, Plainfield, 51.5; 4, Ridgewood, 52.1; 5, Snyder, 52.3.

6,400 meters - 1, North Hunterdon (Jeannie LaPlaca, Denise Byrnes, Anne Leiko, Jodi Belotta), 22:04.8; 2, Toms River East, 22:19.3; 3, Ridgewood, 23:27.1; 4, Old Tappan, 24:19.3; 5, Hunterdon Central, 24:37.2.

Long jump - 1, Plainfield (Susan Rountree, Tisha McKay, Tawanna Stanley), 45-9 1/2; 2, Old Tappan, 44-0; 3, Sayreville, 43-3 1/2; 4, Snyder, 38-11; 5, Ridgewood, 38-9 1/4.

Sprint medley - 1, Toms River East (Karen Strazella, Diane Brown, Linda Labetti, Kelley McDonell), 4:21.3; 2, Hackensack, 4:22.3; 3, North Hunterdon, 4:25.7; 3, Middletown South, 4:25.7; 5, Ridgewood, 4:28.6.

1,600 meters - 1, Ridgewood (Liz Ross, Marcy Capiten, Lisa Waters, Jeanne McGuire), 4:09.6; 2, Plainfield, 4:14.1; 3, Toms River, 4:17.0; 3, Midwood, 4:17.0; 5, Middletown South, 4:19.9.

High jump - 1, Indian Hills (Amy Nehis, Margaret Rotkamp, Vicki Hookstra), 14-4; 2, Plainfield, 13-11; 3, Old Tappan, 13-9; 4, Suffern, 13-0; 5, Ridgewood 12-6.

Triple jump - 1, Old Tappan (Eileen Trendler, Jackie Kinsella, Barbara Vanni), 91-7; 2, Ridgewood 90-3; 3, Fair Lawn, 88-1 1/4; 4, Bergenfield, 85-1 3/4; 5, Suffern, 84-5 1/4.

Distance medley - 1, Toms River East (Jean Autone, Linda Cabetti, Kathy Frederick, Dina Giacinti), 13:12.9; 2, North Rockland, 13:14.4; 3, Plainfield, 13:21.2; 4, North Hunterdon, 13:38.2; 5, Ridgewood, 13:52.0.

Intermediate hurdles - 1, Ridgewood (Jean McGuire, Liz Ross, Lisa Waters), 3:26.1; 2, Plainfield, 3:29.8; 3, North Hunterdon, 3:35.4; 4, Old Tappan, 3:45.2; 5, Sheker, 3:46.7.

Discus - 1, North Rockland (Beverly Andrew, Meredith Bragg, Nancy Caramacia), 276-10; 2, Indian Hills, 271-7 1/2; 3, Hunterdon Central, 264-4 1/2; 4, Brick, 248-4; 5, North Hunterdon, 242-5.

Javelin - 1, Hunterdon Central (Debbie Gooditis, Debbie Perkovitch, Daria Dragon), 275-6; 2, Ridgewood, 272-8; 3, North Rockland, 264-1; 4, Elizabeth (B) 257-8; 5, North Hunterdon, 247-1.

Shot put - 1, North Rockland (Beverly Andrew, Meredith Bragg, Nancy Caramacia), 94-2; 2, Bricktown, 93-3 1/2; 3, Hunterdon Central, 93-2; 4, Fair Lawn (A), 87-6 1/2; 5, North Hunterdon, 247-1.

High hurdles - 1, Middletown South (Cheryl Martin, Alexis Parakevis, Krissie Mulvihill, Colleen Lenahan), 66.8; 2, Indian Hills, 68.7; 3, Fair Lawn, 70.9; 4, Plainfield, 71-2; Hunterdon Central, 74-3.



# THE NANVET ELKS RELAYS

APRIL 13<sup>TH</sup>

RIDGEWOOD SCORED 31 POINTS AND WAS 7<sup>TH</sup> OF 27 TEAMS

4X 1600	22:37	2 <sup>ND</sup> PLACE	WRIGHT - 5:46.6	O'BRIEN - 5:58
			HUGHES - 5:32	D'ARCY - 5:21
4X 800	10:46	6 <sup>TH</sup> PLACE	VALEZ - 2:29.9	PARKER - 2:49
			O'BRIEN - 2:48	WRIGHT - 2:40
4X 200	2:06.0		BARTLIF - 31.8	DAUT - 29.8
			PHILLIPS -	SIGILLITO -
DISTANCE MEDLEY	12:51.9	2 <sup>ND</sup> PLACE	HUGHES - 3:56	WATERS - 63.1
			CAPITANI - 2:28	D'ARCY - 5:24
SPRINT MEDLEY	4:56.8		GILL - 31.4	DAUT - 31.3
			LAVIN - 69.8	MORITZ - 2:49.3
4X 400	4:27.5	6 <sup>TH</sup> PLACE	SIGILLITO 68.1	CAPITANI 61.6
			LAVIN 71.2	VALEZ 66.6
SHOT PUT			BARKENBUSH 28'3"	HOERNER 24'
DISCUS			BARKENBUSH 74'6"	PHILLIPS 65'
TRIPLE JUMP		2 <sup>ND</sup> PLACE	MACKALL 32'1"	WATERS 30'2" = 62'3"
LONG JUMP			MACKALL 14'2"	VAUGHN 12'4 1/2"
HIGH JUMP		4 <sup>TH</sup> PLACE	VAUGHN 4'4"	BARTLIFF 4'0"

## GIRLS

### TEAM SCORING

Uniondale 62; 5, Fair Lawn 38; 7, Ridgewood 31.  
 400 - 1, Uniondale, 48.9; 5, Fair Lawn, 57.3.  
 1,600 - 1, Uniondale, 4:04.8; 6, Ridgewood, 4:27.4.  
 3,200 - 1, Bishop Laughlin, 9:34.8; 6, Ridgewood, 10:47.5.  
 6,400 - 1, Pearl River, 22:10.7; 2, Ridgewood, 22:37.7.  
 Sprint medley - 1, Bishop Laughlin, 4:16.7.  
 Distance medley - 1, Pearl River, 12:44.9; 2, Ridgewood, 12:51.9.  
 330 shuttle hurdles - 1, Albertus Magnus, 52.6; 2, Fair Lawn, 52.8.  
 Frosh mile relay - 1, Bishop Laughlin, 4:17.4.  
 Shot put - 1, Fair Lawn (Helen King, Amy Lomaro), 61-11 1/2.  
 Discus - 1, Fair Lawn (Helen King, Amy Lomaro), 181-7.  
 Long jump - 1, Uniondale, 30-9 3/4; 5, Fair Lawn, 26-9 1/4; 6, Ridgewood, 26-7 1/4.  
 High jump - 1, Uniondale, 9-2; 4, Ridgewood, 8-4; 5, Fair Lawn, 8-4.

OUR 7<sup>TH</sup> PLACE FINISH WAS UNDERSTANDABLE BECAUSE WE WERE MISSING SEVERAL ATHLETES. WE HAD SEVERAL NEW PEOPLE PRODUCE VARSITY LEVEL PERFORMANCES AND ARE NOW READY TO DO WELL IN THE COUNTY RELAYS.

In the girls events, Fair Lawn's Helen King and Amy Lomaro threw 61-11 1/2 and 181-7 to win the shot put and discus and help the Cutters to a fifth-place tie with 38 points. Uniondale also won the girls meet with 62 points. Ridgewood was seventh with 31 points; the Maroons' finished second in the 6,400 and distance medley relays.



RIDGEWOOD VS MANCHESTER REGIONAL  
 JUNIOR VARSITY  
 DATE APRIL 18<sup>TH</sup>

WEATHER SUNNY + COOL  
 TRACK CONDITIONS LOOSE SURFACE  
SLOW

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	M
Long Jump	VANDER PLOEG 14'3 1/2" m RHS	LISA DANT 12' 1/2" RHS	KERSBERGER 11'7" m	3	6
Inter-mediate Hurdles	LYNN DAGLEMAN 1:16.5 RHS	CONNOLLY 1:20.5 m	T. VETERE 1:27.2 m	5	4
100 meter Dash	A. EIDENSCHENK 14.3 RHS	ANDREA BARTLIFF 14.9 RHS	ANN SPENGLER 15.1 RHS	9	0
1600 m Run	HOPE WRIGHT 6:02.2 RHS	PETKUS 6:16.2 m	MACALLE 6:22 m	5	4
400 meter Dash	KERSHERGER 72.2 m	SIMONE 72.3 m	A. EIDENSCHENK 72.7 RHS	1	8
100 meter Hurdles	VERRONE 18.9 m	L. DAGLEMAN 19.7 RHS	KATHLEEN SILL 20.4 RHS	4	5
800 meter Run			JANET MORITA RHS	1	8
200 meter Dash	VERRONE 27.9 m	TAFURI 30.3 m	LISA DANT 30.5 RHS	1	8
3200 m Run	KRISI WING 13:43.9 RHS		13:48.5 m	5	3
Triple Jump	VANDER PLOEG m 30' 8 1/2"	MACALLE m 27' 1 1/4"	DAILEY RHS 25' 9"	1	8
4x400 m Relay	MANCHESTER				5
Shot Put	HOERNER 24'2" RHS	SIJILLITO 24'1 1/2" RHS	DE FILIPI 21'5" m	8	1
Discus	SIJILLITO 77'0" RHS	DOMBOSKI 67'7 1/2"	HOERNER 63'10" RHS	6	3
JAVELIN	BARKENBUSH 79'11"	SIJILLITO 72'7"	DUFFY 59'9"	9	0
High Jump	VANDER PLOEG 4'2" m	CAMMARATO m BARTLIFF RHS	4'0" 4'0"	2	7

Final Score 60 70



MEET MANCHESTER REGIONAL

DATE APRIL 18<sup>TH</sup> 1985

EVENT	Non Scoring Performances		
Long Jump	SIGILLITO 11'6" HENNESSEY 9'8"	CRANN 9'1" SILL 10'2"	KEREZTY 9'11½"
Inter-mediate Hurdles			
100 meter Dash	CATHY RED 17.5		
1600 m Run	NANCY TITUS 6:37.9 ERICA GRITMAN 6:40.9	JOY KIM 6:46.9	
400 meter Dash	ROBIN LAVIN 73.9		
100 meter Hurdles	MARTHA MOOCK 22.9		
800 meter run	JOY KIM 2:56.5	PAM PARKER 3:00.9	
200 meter Dash	PHILLIPS 30.6	HENNESSEY 31.9 MOOCK 32.3	CRANN 36.8
3200 m Run			
Triple Jump	HENNESSEY 24'10½"		
4x400 m Relay	DAVT 76.4 MORITZ 74.9	TITUS 76.1 KIM 79.6	
Shot Put	DUFFY 21'4½" PHILLIPS 20'9"		
Discus	PHILLIPS 63'4"	DUFFY 55'8½"	
JAVELIN	HOERNER 58'5"	PHILLIPS 55'6"	
High Jump	DAILEY 4'0"		



RIDGEWOOD VS FROSH  
 JUNIOR VARSITY

 WEATHER SUNNY + COOL

 DATE APRIL 18<sup>TH</sup>

 TRACK CONDITIONS LOOSE SURFACE  
 SLOW

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	FROSH
Long Jump	BOYCE 13'0" FROSH	LISA DAUT 12' 1/2" RHS	SISILLITO 11'6" RHS	4	5
Inter-mediate Hurdles	FIGLER 72.0 FROSH	LYNN DAGLEMAN RHS	SPENGLER FROSH	3	6
100 meter Dash	A. EIDENSCHENK 14.3 RHS	<del>ANDERSON</del> DECONGELIO 14.9 FROSH	<del>ANDERSON</del> COMPTON FROSH	5	4
1600 m Run	HOAE WRIGHT 6:02.2 RHS	CANNON FROSH 6:18	NANCY TITUS RHS 6:37.9	6	3
400 meter Dash	FIGLER 66.6 FROSH	A. EIDENSCHENK 72.7 RHS	ROBIN LAVIN 73.9 RHS	4	5
100 meter Hurdles	DAGLEMAN 19.7 RHS	GILL 20.4 RHS	SPENGLER 20.4 FROSH	8	1
800 meter Run	PARSONS 2:44.4 FROSH	JANET MORITZ 2:54.5 RHS	Joy Kim 2:56.5 RHS	4	5
200 meter Dash	DE CONGELLIO FROSH	RAYEVICH FROSH	LISA DAUT	1	8
3200 m Run	KRISI WING 13:43.9 RHS	SCHIELVIN FROSH 14:17		5	3
Triple Jump	BOYCE FROSH 30' 10 1/2"	DAILEY RHS 25' 9"	HENNESSEY RHS 24' 10 1/2"	4	5
4x400 m Relay	FROSH				5
Shot Put	RAYEVICH 26' 11" FROSH	HOERRNER 24' 2" RHS	SISILLITO 24' 1 1/2" RHS	4	5
Discus	SISILLITO 77' 0" RHS	SPENGLER 65' 2" FROSH	RAYEVICH 64' 7" <del>64' 7"</del>	5	4
JAVELIN	BARKENBUSH 79' 11"	SISILLITO 72' 7 1/2"	RAYEVICH 70' 8 1/2" FROSH	8	1
High Jump	VANDERSCHYFF 4' 6" FROSH	FIGLER 4' 4" FROSH	BARTLIFF 4' 0"	1	8
Final Score				62	68



# Ridgewood rolls to title in relays

By John Jackson  
Correspondent

**TENAFly** — It isn't over yet, but the girls Group 3-4 competition of the 1985 Jack Yockers Bergen County Relays has a definite Ridgewood High School flavor.

The Maroons have won the overall team championship; and Liz Ross has taken the Jacob Brown Award, named after the current Ridgewood girls coach, as the meet's outstanding performer.

The Maroons placed first in six of the 15 events completed yesterday and Friday to pile up 42 points. Rain Friday afternoon forced officials to reschedule the triple jump at 1 today at New Milford High School.

Westwood is second with 35½ points, followed closely by Indian Hills at 35. Teaneck is fourth with 24, and Old Tappan is fifth with 21½.

## Track

"All the kids did real well today," Brown said of Ridgewood's performance. "When I had to vote for an outstanding athlete, it was a toss-up between three girls, Ross, Marci Capitani, and Norine D'Arcy. They all had outstanding days."

For Brown and the other coaches who voted for the award, the choice probably came down to a matter of numbers. Ross was a member of more first-place teams — the 400-meter and 1,600-meter relays, and the intermediate hurdles — than the other candidates. Capitani was a member of two winning teams, the 400-meter and 1,600-meter relays; and D'Arcy ran on winning teams in the 3,200-meter relay and the distance-medley relay. D'Arcy ran a personal best 5:17.2 split in the 1,600-meter leg of the distance medley.

The Ridgewood intermediate hurdles team of Ross, Lisa Waters, and Jeanne McGuire established a meet record with a time of 3:24.0. The old mark, 3:29.0, was set in 1981 by Teaneck.

Ramsey and Paramus finished one-two in the 6,400-meter relay but were disqualified for running on the inside line of the lane. As a result, Ridgewood moved into first place and gained three extra points, with Westwood taking second and picking up two additional points. First-place teams in each event receive six points, second-place finishers receive four, third-place finishers three, fourth-place finishers two, and fifth-place finishers one.

The extra point allowed the Maroons to clinch the championship before the triple jump — a strong event for Westwood and a weak one for Ridgewood.

### Groups 3 & 4 Girls Team Scoring

Ridgewood 42, Westwood 39½, Indian Hills 38, Teaneck 30, Old Tappan 21½, Bergenfield 14, Pascack Valley and Fair Lawn 13, Hackensack 8, Demarest 7, Tenafly 3, Cliffside Park 1, Pascack Hills 1.

**Triple Jump** — 1, Teaneck (Pam Bichette, Fatima Goodman, Pamela Gooden), 97-11¾; 2, Westwood, 97-5; 3, Indian Hills, 96-6½; 4, Fair Lawn, 90-11¼; 5, Pascack Valley, 88-7.

**400M** — 1, Ridgewood (Jeanne McGuire, Liz Ross, Lisa Waters, Marci Capitani) 51.6; 2, Westwood 52.5; 3, Pascack Valley 52.8; 4, Teaneck 53.6; 5, Cliffside Park 54.1

**800M** — 1, Teaneck (Michelle Forster, Missy Hicks, Shonna Clay, Sharita Henderson) 1:48.7; 2, Westwood 1:51.1; 3, Old Tappan 1:51.9; 4, Ridgewood 1:52.2; 5, Pascack Valley 1:52.8.

**1,600M** — 1, Ridgewood (Ross, McGuire, Capitani, Waters) 4:07.4; 2, Teaneck 4:13; 3, Old Tappan 4:14.6; 4, Indian Hills 4:14.9; 5, Westwood 4:17.

**3,200M** — 1, Ridgewood (Norine D'Arcy, Jenn Hughes, Christina Valdez, Lynn Dapelman) 10:04.3; 2, Westwood 52.5; 3, Pascack Valley 52.8; 4, Teaneck 53.6; 5, Midland Park 54.1.

**6,400M** — 1, Ridgewood (Karen O'Brien, Jenn Rozik, Krisi Wing, Jenn Hughes) 23:27.4; 2, Westwood 23:42.7; 3, Old Tappan 24:02; 4, Tenafly 24:31.3; 5, Pascack Hills 25:19.3.

**Sprint Medley** — 1, Indian Hills (Chris Kuzma, Eilenn Moore, Vicki Horkstra, Donna Lesch) 4:21.1; 2, Hackensack 4:21.5; 3, Bergenfield 4:22.4; 4, Ridgewood 4:27.4; 5, Pascack Valley 4:32.3.

**Distance Medley** — 1, Ridgewood (D'Arcy, Hughes, Cibelle Edenscherck, Rozik) 12:54.2; 2, Hackensack 13:00.5; 3, Demarest 13:05; 4, Ramsey 13:35.2; 5, Tenafly 13:37.8.

**Shuttle Hurdles** — 1, Indian Hills (Jan Pelka, Margaret Rotkamp, Kuzma, Joy Pelka) 1:08; 2, Fair Lawn 1:09.8; 3, Teaneck 1:10.2; 4, Westwood 1:11.8; 5, Bergenfield 1:14.6.

**Intermediate Hurdles** — 1, Ridgewood (Ross, Waters, McGuire) 3:24 (meet and group record, old record, 3:29.0 by Teaneck, 1981); 2, Bergenfield 3:40; 3, Old Tappan 3:41.1; 4, Westwood 3:41.7; 5, Ramsey 3:43.6.

**Shot Put** — 1, Fair Lawn (Helen King, Michelle Orr, Amy Lomaro) 89-¾; 2, Indian Hills 88-7½; 3, Westwood 84-6¼; 4, Bergenfield 83-5½; 5, Demarest 83-2.

**Discus** — 1, Indian Hills (Jan Pelka, Linda Lang, Hoekstra) 274-9; 2, Westwood 259-2½; 3, Old Tappan 258-7½; 4, Bergenfield 229-3½; 5, Fair Lawn 226-10½.

**Javelin** — 1, Tenafly (Tammy Fieruo, Judy Romero, Amanda Booth) 251-1; 2, Pascack Valley 230-11; 3, Westwood 217; 4, Ridgewood 216-8; 5, Bergenfield 216-4.

**High Jump** — 1, Teaneck (Danielle Hadnot, Debbie MacDonald, Lauren Singleton) 14-4; 2, Indian Hills 14-0, 3, (tie) Westwood and Old Tappan 13-8; 5, Bergenfield 13-0.

**Long Jump** — 1, Indian Hills (Rotkamp, Amy Nehls, Kuzma) 46-10¼; 2, Old Tappan 44-1¾; 3, Pascack Valley 44-¼; 4, Westwood 43-10¾; 5, Teaneck 42-10¾.





Staff photo by Steve Auchard

*Ridgewood's Lisa Waters, left, takes off after taking the baton from teammate Jeanne McGuire during the mile relay at yesterday's Jack Yockers Bergen County Relays. Ridgewood won the race.*



# BEREN COUNTY RELAYS

APRIL  
MAY 19<sup>TH</sup> & 20<sup>TH</sup>

## RESULTS SHEET

FRI AT HACKENSACK

3X 400 Hurdles : 68.9 66.5 68.2 3:23.8  
 McGUIRE, ROSS, WATERS  
 28.3 28.2 30.2 25.3 1:51.8  
 4X 200 : DAGLEMAN (27.7) VAUGHAN (29.7) VALEZ (30.2) CAPITANI (24.8) (1:52.2)  
 3:55.5 3:34.2 68.6 5:17.2  
 Distance Medley : HUGHES, RAZIK, A. EIDENSCHENK, D'ARCY 12:54.9

TRIPLE JUMP : WATERS, MACKALL ~~DAGLEMAN~~ ROSS  
 75'1" 73'6" 73'1"  
 JAVELIN : 221'8" CAPITANI, BARKENBUSH, SIGILLITO  
 27'3/2" 23'27/4" 22'9"  
 SHOT : BARKENBUSH, SIGILLITO HOERNER

SAT AT TENAFLY

4X 100 HURDLES :  
 4X 100 TRIAL : McGUIRE, ROSS, WATERS, CAPITANI  
 (400) 28.85 25.48 D'ARCY 6:50 2:05.2  
 SPRINT MEDLEY : DAGLEMAN (27.7) VAUGHAN VALEZ, ~~WATERS~~ WING 1:27.2  
 5:28.5 6:04 5:49 6:06  
 4X 1600 : HUGHES, O'BRIEN, RAZIK (OK) ~~WATERS~~  
 4X 100 FINAL : 2:33 2:36 2:29 2:26  
 4X 800 : VALEZ, DEGLMAN, HUGHES, D'ARCY  
 67.4 66.7 67.8 61.5  
 FROSH 4X 400 : Jay B. Samsler Boyce Fugler  
 61.9 61.8 64.8 61.8  
 4X 400 : McGUIRE, ROSS, WATERS, CAPITANI

DISCUS : 86'3/2" 79'0" DUFFY 57'3"  
 BARKENBUSH, SIGILLITO, ~~PHILLIPS~~  
 H. J. : SCRATCH VAUGHAN, BARTLIFF, MACKALL  
 L. J. : SCRATCH MACKALL,



RIDGEWOOD VS HACKENSACK

WEATHER OVERCAST and COOL

DATE 4/23/85

TRACK CONDITIONS ALL WEATHER

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	H
Long Jump	SONIA DANIELS 15' 10 1/2" H	LEIGH MACKALL 14' 11 1/4" RHS	ALLISON FINDLATER 13' 11 1/2" H	3	6
Inter-mediate Hurdles	LISA WATERS 68.0 RHS	ALLISON FINDLATER 68.3 H	CHRISTINA VELEZ 75.0 RHS	6	3
100 meter Dash	SONIA DANIELS 12.7 H	LYNN DEGELMAN 13.4 RHS	SHEILA VAUGHAN 14.1 RHS	4	5
1600 m Run	NOREEN D'ARCY 5:21.3 RHS	JEN HUGHES 5:34.9 RHS	KRISI WING 5:56.6 RHS	9	0
400 meter Dash	JASAMINE JONES 61.0 H	LYNN DEGELMAN 61.8 RHS	LISA WATERS 64.4 RHS	4	5
100 meter Hurdles	LEIGH MACKALL 18.3 RHS	ALLISON FINDLATER 18.5 H	KIM CAMPBELL 21.6 H	5	4
800 meter Run	JASAMINE JONES 2:27.6 H	JENNY RAZIK 2:31.7 RHS	CHRISTINE VELEZ 2:37.4 RHS	4	5
200 meter Dash	SONIA DANIELS 26.7 H	LIZ ROSS 28.1 RHS	SHEILA VAUGHAN 29.2 RHS	4	5
3200 m Run	NORINE D'ARCY 11:56.6 RHS	KAREN O'BRIEN 12:57.6 RHS	KELLY PROBIST 13:38.0 H	8	1
Triple Jump	SONIA DANIELS 33' 3 1/2" H	LEIGH MACKALL 31' 7" RHS	LISA WATERS 31' 6 3/4" RHS	4	5
4x400 m Relay	RIDGEWOOD 4:16.7	HACKENSACK DAGLEMAN, RAZIK 65.5, 66.1 WATERS, ROSS 63.9, 61.5	4:49.4	5	0
Shot Put	C. Mc DONALD 33' H	ELLEN BARKENBUSH 26' 6 1/2" RHS	MARCI CAPITANI 25' 1" RHS	4	5
Discus	C. Mc DONALD 111' 7" H	ELLEN BARKENBUSH 81' 2" RHS	WREN 68' 3" H	3	6
High Jump	SHEILA VAUGHAN 4' 6" RHS	LEIGH MACKALL 4' 6" RHS	ANDREA BARTLIFF 4' 4" RHS	9	0
Final Score				72	50



MEET HACKENSACKDATE 4/23/85

EVENT	Non Scoring Performances	
Long Jump	JACKI HENNESSEY 11' 11" SHEILA VAUGHN 12' 4 1/2"	Ridgewood 72, Hackensack 50 100 — Daniels (H) 12.7; Degelman (R) 13.4; Vaughan (R) 14.1. 200 — Daniels (H) 26.7; Ross (R) 28.1; Vaughan (R) 21.2. 400 — Jones (H) 61; Degel- mann (R) 61.8; Waters (R) 64.4. 800 — Jones (H) 2:27.6; Rosik (R) 2:31.7; Velez (R) 2:37.4. 1,600 — D'Arcy (R) 5:21.3; Hughes (R) 5:34.9; Wing (R) 5:56.6. 3,200 — D'Arcy (R) 11:56.5; O'Brien (R) 12:57.6; Proulx (H) 13:38.0. 100 MH — Mackell (R) 18.3; Findleter (H) 18.5; Campbell (H) 21.6. 400 MH — Waters (R) 68; Findleter (H) 68.3; Velez (R) 75. HJ — Vaughan (R) 4-6; Mack- ell (R) 4-6; Barnwiff (R) 4-4. LJ — Daniels (H) 15-10 1/4; Mackell (R) 14-11 1/4; Findleter (H) 13-11 1/4. TJ — Daniels (H) 13-3 1/4; Mackell (R) 31-7; Waters (R) 31-6 1/4. Shot — McDonald (H) 31; Barkenbush (R) 28-6 1/4; Capitani (R) 25-1. Discus — McDonald (H) 111- 7; Barkenbush (R) 81-2; Wren (H) 68-3. 1,600 Relay — Ridgewood, 4:16.7.
Inter- mediate Hurdles		
100 meter Dash	ANN SPENGLER 14.2	
1600 m Run	NANCY TITUS 6:18.5 MEGAN DUFFY 6:19.8	
400 meter Dash	JACKIE HENNESSEY 73.9	
100 meter Hurdles		
800 meter run	Joy Kim 2:46.9 JANET MORITZ 2:51.0	
200 meter Dash	ANDREA BARTLIFF 30.2 MARY BETH MORRIS 32.2	
3200 m Run		
Triple Jump	LYNN DASLEMAN 26' 5" LIZ ROSS 30' 1"	
4x400 m Relay		
Shot Put	MEGAN DUFFY 21' 11"      LINDA SISILLITO 23' 4 1/2" MARÇOT HOERRNER 21' 6 1/2"	
Discus	LINDA SISILLITO 67' 2 1/2"      MEGAN DUFFY 55' 11" MARÇOT HOERRNER 58' 11"	
High Jump		



# THE PENN RELAYS

THURSDAY

APRIL 25<sup>TH</sup> 1985

4 X 100 m    JEANNE McGUIRE    13.6  
                 LIZ ROSS                    12.3  
                 LISA WATERS                12.7  
                 MARCI CAPITANI            12.2

50.8

NEW SCHOOL RECORD

4 X 800        JEN HUGHES                2:30.0  
                 CHRISTINE VALEZ            2:35.5  
                 LYNN DIEGLEMAN          2:40.4  
                 NORINE DARCY              2:25.9

NORINE DROPPED BATON  
BUT TIME WAS ADDED  
TO LYNN'S SPLIT.

10:11.3

4 X 400        LIZ ROSS                    59.6  
                 LISA WATERS                61.9  
                 JEANNE McGUIRE          59.8  
                 MARCI CAPITANI            58.8

4:00.1



RIDGEWOOD VS PARAMUSWEATHER SUNNY & WARMDATE APRIL 30<sup>TH</sup>TRACK CONDITIONS LOOSE, SLOW

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	P
Long Jump	LISA WATERS 14'1" RHS	JEROLEMAN CARLA 13'9½" P	SHEILA VAUGHAN 13'½" RHS	6	3
Inter-mediate Hurdles	CHRISTINA VELEZ 76.0 RHS	KAREN COUGHLIN 85.0 P	NADINE RAMONWICH 87.9 P	5	4
100 meter Dash	ALEXANDRA EIDENSCHENK 13.9 RHS	LYNN DEGELMANN 14.6 RHS	ANN SPENGLER	9	0
1600 m Run	LIZ ROSS 5:33.0 RHS	AMY KEMPF 5:33.2 P	JEN HUGHES 5:42 RHS	6	3
400 meter Dash	JEANNE McGUIRE 63.3 RHS	NORINE D'ARCY 67.0 RHS	KAREN COUGHLIN 74.9 P	8	1
100 meter Hurdles	LISA WATERS LIZ ROSS	18.7 RHS 18.7 RHS	TARA SULLIVAN 20.1 P	8	1
800 meter Run	JEN HUGHES 2:34.0 RHS	REBECCA KING 2:41.6 P	JANET MORITZ 2:49 RHS	6	3
200 meter Dash	SHEILA VAUGHAN 29.8 RHS	LYNN DEGELMANN 30.9 RHS	LINDA SIGILLITO 33.6 RHS	9	0
3200 m Run	SHERYL KRAUSE 13:29 P	KRISI WING 13:59.9 RHS	LAURIE SEIDEL P	3	6
Triple Jump	LISA WATERS 30'11½" RHS	SULLIVAN 28'0" P	SHEILA VAUGHAN 27'10½" RHS	6	3
4X400 m Relay	PARAMUS	RIDGEWOOD WAS D.Q. ON A FALSE START.		0	5
Shot Put * 8# SHOT	SEGAL 30'11½" P	ELLEN BARKENBUSH 30'1½" RHS	MARGOT HOERNER 26'8½" RHS	4	5
Discus	SEGAL 96'4" P	ELLEN BARKENBUSH 79'7" RHS	LINDA SIGILLITO 71'8"	4	5
High Jump	LIZ ROSS 4'8" RHS	SHEILA VAUGHAN 4'8" RHS	TANYA BAKER 4'6" RHS	9	0
Final Score				83	39



MEET PARAMUS HIGH SCHOOLDATE APRIL 30<sup>TH</sup>

EVENT	Non Scoring Performances	
Long Jump	CRANN 10'9 $\frac{1}{4}$ " MURPHY 11'7"	
Inter-mediate Hurdles		
100 meter Dash		
1600 m Run	PAISE WRIGHT 6:00.3 KRISI WING 6:07.2	KAREN O'BRIEN 6:08 NANCY TITUS 6:32.8
400 meter Dash	LISA DAUT 72.8 ROBIN LAVIN 73.8	KATHI REED 77.8 MARTHA MOOCK 74.6
100 meter Hurdles	KATHLEEN GILL 19.8 JACKI HENNESSEY 22.8	
800 meter run	CHRISTINE CONNERS 3:01.9 MARTHA FOLGER 3:08.8	
200 meter Dash	TANYA BAKER 32.2	
3200 m Run	MEGAN DUFFY 14:22.1 NANCY TITUS 14:52.8	JOY KIM 14:53.0 WRIGHT + O'BRIEN <u>D.Q.</u>
Triple Jump	LYNN DEGELMANN	
4X400 m Relay		
Shot Put 8 <sup>#</sup>	SISILCITO 25'11 $\frac{1}{2}$ " MORITZ 22'6 $\frac{1}{2}$ "	PHILLIPS 24'7 $\frac{1}{2}$ " DUFFY 25'11"
Discus	HOERWER 72' MORITZ 55'8 $\frac{1}{2}$ "	PHILLIPS 69'5" DUFFY 53'5"
High Jump		



# Scutro sparkles in mile return

SATURDAY  
MAY 4<sup>TH</sup>  
BERNARDSVILLE

Margaret Scutro of Ridgewood, injured in February while setting the national high school indoor 1,000-meter record at Byrne Arena during the Vitalis/U.S. Olympic Invitational, made her return to competition a strong one yesterday in the Bernards Invitational track meet, losing the mile to Karen Ahearn of Bernards in the final stride in 4:58.8.

## Track

"I'm very pleased with the way she ran," said Ridgewood distance coach Dick Van Yperen. "I don't think she expected to be so close so soon." Bergenfield's Toni Ann Angione was a strong third in 5:00.4.

Liz Ross of Ridgewood was nipped by Anne Bansemir of Nutley in a controversial finish in the 400-meter intermediate hurdles in 64.8, with freshman Adriane Bolan of Wayne Valley third in 65.8.

Ridgewood won both relays, taking the 400 meters in 50.4 and the 1600 meters in 4:05.6. Ross, Jeanne McGuire, and Marci Capitani ran on both teams; Lisa Waters completed the 400 team; and Lynn Degelmann was the final member of the 1,600 team.

## Bernards Invitational

### BOYS

100 - 1, Bill Darby, Shabazz, 11.2.  
200 - 1, Greg Rice, Matawan, 22.3.  
400 - 1, Flynn Jackson, East Orange, 50.1.  
800 - 1, Brian Fort, Hopewell Valley, 1:56.0; 5, John Lander, Ridgewood, 1:58.0.  
1600 - 1, Chris Hapeman, Paul VI, 4:16.1; 2, Chris Sullivan, Ridgewood, 4:20.0; 4, Pierre LeTennier, Manchester, 4:23.4.  
3200 - 1, Ron Faith, Paul VI, 9:27.3.  
110 HH - 1, Charles Lackey, Lawrence, 14.6; 2, Raul Cardona, North Bergen, 14.7.  
400 IH - 1, Brian Otley, Wayne Hills, 53.6.  
Long jump - 1, Charles Lackey, Lawrence, 21-13/4; 2, Bud Zuberer, Wayne Valley, 20-10 1/4.  
High jump - 1, Brian Otley, Wayne Hills, 6-10.  
Pole vault - 1, Trent Suko, Voorhees, 13-0.  
Shot put - 1, Dan Bulger, Pequannock, 57-4 1/2; 3, Walt Foster, Wayne Valley, 52-4; 4, Bryant Lightly, Kennedy, 52-1.  
Discus - 1, Dan Bulger, 167-0; 2, Dave Iapoco, Wayne Valley, 165-4; 4, Bryant Lightly, Kennedy, 147-8.  
Javelin - 1, Wayne Ralowski, Hunterdon Central, 190-4; 4, Bud Zuberer, Wayne Valley, 179-7 1/2; 5, Walt Foster, Wayne Valley, 176-0.  
400 relay - 1, East Orange, 44.1.  
GIRLS  
100 - 1, Gisella Harris, Shabazz, 12.7.



200 - 1, Gisella Harris, Shabazz, 25.6.  
400 - 1, Hakima Webb, Shabazz, 58.6.  
800 - 1, Debbie Fordyce, Bernards, 2:18.5.  
1,600 - 1, Karen Ahearn, Bernards, 4:58.7; 2, Margaret Scutro, Ridgewood, 4:58.8; 3, Toni Ann Angione, Bergenfield, 5:00.4.  
3,200 - 1, Jen Van Horn, Wayne Valley, 11:02.4; 2, Missy Duchini, Wayne Valley, 11:05.6.  
100 LH - 1, Kim Goode, Monmouth, 15.3.  
400 IH - 1, Anne Bansemir, Nutley, 64.8; 2, Liz Ross, Ridgewood, 65.8; 3, Adriane Bolan, Wayne Valley, 65.8.  
Long jump - 1, Linda Hayes, Monmouth, 17-13/4.  
High jump - 1, Paige Valderama, Tottenville, 5-9.  
400 relay - 1, Ridgewood (Jeanne McGuire, Liz Ross, Lisa Waters, Marci Capitani), 50.4.  
1,600 relay - 1, Ridgewood (Jeanne McGuire, Liz Ross, Marci Capitani, Lynn Degelmann), 4:05.6.

200	CAPITANI	27.2
400	DEGELMAN	
800	RAEIK	2:30.4
	VALEZ	2:35.6
	MORITZ	2:44.3
	WING	2:43.7
	PARKER	2:46.1
1600	SCUTRO	4:58.8
	D'ARCY	
3200	HUGHES	
	O'BRIEN	12:47.7

100 HURDLES	McGUIRE	
400 HURDLES	ROSS	64.8
	WATERS	69.0
SHOT		
DISC		
JAV	BARKENBUSH	
	CAPITANI	
High Jump	VAUGHAN	4'8"
4X100 RELAY	NEW SCHOOL RECORD	
	50.4	
4X400 RELAY	4:05.6	
	McGUIRE 62.5	DEGELMAN 63.2
	ROSS 60.1	CAPITANI 59.8



RIDGEWOOD VS TEANECK

WEATHER WARM - OVERCAST

DATE MAY 6<sup>TH</sup> 1985

TRACK CONDITIONS ALL WEATHER

5:30 pm TWILIGHT MEET

AT RIDGEWOOD

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	T
Long Jump	BIRCHETT 16' 1 1/4" T	FOODMAN 15' 6" T	LISA WATERS 15' 4 1/2" R	1	8
Inter-mediate Hurdles	LIZ ROSS 65.2 (TRACK RECORD) R	LISA WATERS 68.2 R	CHRISTINA VELEZ 72.4 R	9	0
100 meter Dash	MISSY HICKS 12.5 T	MICHELLE FORRESTER 12.6 T	MARCI CAPITANI 12.7 (EQUALS SCHOOL RECORD) R	1	8
1600 m Run	MARGARET SCUTRO 5:24.4 R	NORINE D'ARCY 5:24.4 R	JEN HUGHES 5:24.4 R	9	0
400 meter Dash	MISSY HICKS 59.2 T	LIZ ROSS 59.9 R	LAUREN SINGLETON 62.3 T	3	6
100 meter Hurdles	DANELLE HADNOTT 15.9 T	JEANNE McGUIRE 16.4 (EQUALS SCHOOL RECORD) R	SHONM CLAY 16.6 T	3	6
800 meter Run	MARGARET SCUTRO 2:20.4 R	LINDA GOWDER 2:25.5 T	JULIE HANTMAN 2:27.2 T	5	4
200 meter Dash	MICHELLE FORRESTER 26.0 T	MARCI CAPITANI 26.2 (SCHOOL RECORD) R	SHONM CLAY 27.1 T	3	6
3200 m Run	NORINE D'ARCY 12:19.4 R	KAREN O'BRIEN 12:22.2 R	JEN HUGHES 12:24.3 R	9	0
Triple Jump	BIRCHETT 35' 6" T	LEISH MACKALL 33' 6" R	LISA WATERS 32' 9 1/2" R	4	5
4x400 m Relay	RIDGEWOOD 3:59.2 (TRACK RECORD)	McGUIRE 60.8 DESELMAN 60.1 ROSS 60.6 CAPITANI 57.9	TEANECK 4:06.6	5	0
Shot Put	ANN WELLINGTON 31' 4 1/2" T	ELLEN BARKENBUSH 29' 1/4" R	ESTHER GOLDMAN 28' 1" T	3	6
Discus	ESTHER GOLDMAN 83' 7 3/4" T	ELLEN BARKENBUSH 79' 1 1/2" R	LINDA SIGILLITO 74' 10 1/2" R	4	5
High Jump	LAUREN SINGLETON 4' 10" T	MACDONALD 4' 8" T	LEISH MACKALL R DANELLE HADNOTT T 4' 6"	1/2	8 1/2
Final Score				59 1/2	62 1/2



MEET TEANECK  
 DATE MAY 6<sup>TH</sup>, 1985

EVENT	Non Scoring Performances	
Long Jump	LISA DAUT 13' 1 <sup>3</sup> / <sub>4</sub> "	LEISH MACKALL 15' 0"
Inter-mediate Hurdles		
100 meter Dash	JEANNE McGUIRE 13.2 ALEXANDRA EIDENSCHENK 13.6 LISA DAUT 14.8	MARTHA MOOCK 15.5
1600 m Run	KRISI WING 6:01.9 PAM PARKER 6:11.9	JOY KIM 6:15.3 NANCY TITUS 6:17.9
400 meter Dash	LYNN DEGELMAN 62.4 ROBIN LAVIN (about 69 TIME WAS MISSED)	
100 meter Hurdles	LEISH MACKALL 18.2	
800 meter run	CHRISTINA VELEZ 2:29.7 PAISE WRIGHT 2:34.7	JANET MORITZ 2:42.8 MARTHA FOLGER 2:57.1
200 meter Dash	LYNN DEGELMAN 27.8 SHEILA VAUGHAN 28.2	CYBELL EIDENSCHENK 28.8
3200 m Run		
Triple Jump	LIZ ROSS 32' 4"	
4X400 m Relay		
Shot Put	MARGOT HOERRNER 25' 1 <sup>1</sup> / <sub>2</sub> " LINDA SISILLITO 25' 4" MEGAN DUFFY 23' 3 <sup>3</sup> / <sub>4</sub> "	MARCI CAPITANI 25' 5 <sup>3</sup> / <sub>4</sub> " AMY PHILLIPS 24' 7 <sup>1</sup> / <sub>4</sub> "
Discus	MEGAN DUFFY 55' 2" MARGOT HOERRNER 50' 9 <sup>1</sup> / <sub>2</sub> " AMY PHILLIPS 65' 8"	
High Jump	SHEILA VAUGHAN 4' 6"	







N.N.J.I.L. Track and Field Championships  
 Friday, May 10, 1985  
 Saturday, May 11, 1985

BERGEN DIVISION

100m Dash

1. Damon Henry H	11.2
2. Joe Johnson H	11.3
3. Andrew Gordon T	11.4
4. Derrick Horner DB	11.4
5. Jeff Kooy DB	11.5

200m Dash

1. Andrew Gordon T	22.8
2. Donal Duff DB	22.8
3. Joe Johnson H	22.8
4. Jeff Kooy DB	23.0
5. Damon Henry H	23.5

400m Dash

1. Hector Carter H	50.4
2. Donal Duff DB	51.6
3. John Scerbo DB	52.3
4. Paul Caminiti R	52.5
5. Dan Russell H	52.5

800m Run

1. Bob Arvidson DB	1:55.3
2. Chris Sullivan R	1:55.5
3. John Lander R	1:57.2
4. Chris Rae R	1:59.7
5. Bill Wilson T	1:59.7

1600m Run

1. Chris Sullivan R	4:23.7
2. David Greenblatt T	4:28.4
3. Doug Palmadessa BC	4:29.8
4. Chris Hartmann PC	4:30.7
5. Ernesto Mendoza H	4:31.0

3200m Run

1. Harry Carle BC	9:24.1
2. Joe LeMay R	9:30.2
3. Chris Hartmann PC	9:46.7
4. Ernesto Mendoza H	10:07.4
5. Tom McAndrews R	10:08.4

100m Dash

1. Missy Hicks T	12.6
2. Sonja Daniels H	12.6
3. Michelle Forrester T	12.8
4. Alexandra Eidenschenk R	13.4
5. Sharita Henderson T	13.4

200m Dash

1. Michelle Forrester T	26.2
2. Sonja Daniels H	26.4
3. Shonna Clay T	26.7
4. Marci Capitani R	26.9
5. Sharita Henderson T	27.5

400m Dash

1. Marci Capitani R	59.9
2. Missy Hicks	61.1
3. Lynn Degelmann R	62.2
4. Lauren Singleton T	62.5
5. Pat Quiroz H	68.6

800m Run

1. Jasmin Jones H	2:14.4
2. Margaret Scutro R	2:15.5
3. Linda Gowder T	2:26.3
4. Kim Dyce H	2:27.5
5. Christine Velez R	2:28.0

1600m Run

1. Margaret Scutro R	5:04.5
2. Jasmin Jones H	5:09.8
3. Norine D'Arcy R	5:22.4
4. Amy Kempf P	5:34.1
5. Linda Gowder T	5:41.0

3200m Run

1. Norine D'Arcy R	12:16.2
2. Karen O'Brien R	12:50.9
3. Cheryl Krause P	13:05.1
4. Cathy deRivera T	13:07.3
5. Carli Chi T	13:27.9



110m H.H.

1. Jerome Pemberton H	14.7
2. Peter Gehl R	15.3
3. Mike Kavanaugh PC	15.4
4. Tedd Evers R	16.0
5. John Lyons DB	16.1

400m I.H.

1. Bob Arvidson DB	56.0
2. Jerome Pemberton H	56.4
3. Marty Cummins BC	59.0
4. Peter Gehl R	59.1
5. Dan Russell H	59.9

4 X 400m Relay

1. Hackensack J. Pemberton, C. Edmonson, J. Hazel, H. Carter	3:26.9
2. Don Bosco M. Dolson, D. Duff, D. Horner, R. Arvidson	3:27.9
3. Ridgewood Gilligan, Parisi, Donlan, Caminiti	3:32.2
4. Bergen Catholic C. Hubbard, R. Stokes, R. Mathews, M. Cummins	3:35.1
5. St. Joseph's Regional M. Duignan, J. Nealon, T. Fedrick, C. Strunck	3:49.6

Long Jump

1. Joe Johnson H	22'3
2. John Lyons DB	20'11
3. Brian Coughlin DB	20'4½
4. Dennis Smith T	20'4
5. B. Darroe R	19'3¾

Triple Jump

1. John Lyons DB	44'2
2. Brice Jones T	42'10¾
3. Brian Coughlin DB	42'7½
4. Dennis Smith T	41'2½
5. Craig Smith T	39'9½

High Jump

1. John Lyons DB	6'2
2. Rich Pierson P	6'0
3. Jamie McDermott R	6'0
4. Tedd Evers R	5'10
5. Dennis Smith T	5'10

100m H.H.

1. Daniele Hadnot T	16.1
2. Shonna Clay T	16.3
3. Liz Ross R	16.8
4. Debbie McDonald T	16.8
5. Allison Findlater H	17.8

400m I.H.

1. Liz Ross R	66.2
2. Lisa Waters R	67.7
3. Jeanne McGuire R	68.0
4. Allison Findlater H	68.1
5. Debbie McDonald T	72.8

4 X 400m Relay

1. Ridgewood L. Waters, L. Ross, L. Degelmann, M. Capitani	4:05.5
2. Teaneck	4:10.0
3. Hackensack K. Dyce, V. Zona, K. Campbell, P. Quiroz	4:37.1
4. Paramus Catholic A. D'Alessandro, M. Rice, D. Towey, E. McClauglin	4:42.1
No fifth place	

Long Jump

1. Sonja Daniels T	15'11
2. Pam Birchette T	15'8
3. Heidi Cruz PC	14'11¼
4. Fatima Goodman T	14'8¾
5. Lisa Waters R	14'5¾

Triple Jump

1. Pam Birchette T	34'3
2. Fatima Goodman T	33'2½
3. Donna Gooden T	32'8½
4. Allison Findlater H	32'0
5. Leigh Mackall R	31'8½

High Jump

1. Lauren Singleton T	5'0
2. Debbie McDonald T	4'10
3. Sheila Vaughan R	4'4
no fourth place	
no fifth place	



Shot Put

1. Erik Manley	DB	49'10½
2. Josh Davis	T	48'11½
3. Joe Caruso	H	48'3
4. Walt Conway	BC	48'2½
5. George Williams	R	47'7

Discus

1. Doug Stuart	H	129'4
2. Josh Davis	T	125'11
3. Joe Caruso	H	123'5
4. George Williams	R	122'5
5. Walt Conway	BC	120'6

Pole Vault

1. Dave Esposito	SJR	12'6
2. Ben Mamola	P	11'0
3. Jason Raphaelides	T	10'6
4. Jim Dilan	DB	10'6
5. Mike Lesane	R	9'6
5. Mike Madden	PC	9'6

TIE

Shot Put

1. Cardrienne McDonald	H	33'7
2. Anne Wellington	T	30'4
3. Ellen Barkenbush	R	30'2½
4. Ester Golman	T	28'11
5. Lisa O'Reilly	H	27'4½

Discus

1. Heidi Segal	P	80'9
2. Anne Wellington	T	80'2
3. Linda Sigilitto	R	80'2
4. Ellen Barkenbush	R	78'8
5. Ester Goldman	T	77'1

TEAM SCORES

1. Teaneck	90	4-0
2. Ridgewood	72	3-1
3. Hackensack	42	2-2
4. Paramus	11	1-3
5. Paramus Catholic	5	0-4

DUAL MEETS

TEAM SCORES

1. Don Bosco	63
2. Hackensack	61
3. Ridgewood	42½
4. Teaneck	33
5. Bergen Catholic	17
6. Paramus Catholic	8½
7. Paramus	8
8. St. Joseph's Regional	7



# THE NEW JERSEY RELAYS - TUESDAY MAY 14<sup>TH</sup> BRICK TOWNSHIP HIGH SCHOOL

4x 200 meter relay 1:47.82 F.A.T.  
McGUIRE, ROSS, WATERS, CAPITANI

7<sup>TH</sup> IN TRIALS DID NOT MAKE FINALS  
\*NEW SCHOOL RECORD\*

DISTANCE MEDLEY 12:21.8  
1<sup>ST</sup> PLACE

CAPITANI - 2:28.7

ROSS - 60.1

D'ARCY - 3:50.9

SCUTRO - 5:02.2

## Bergen teams take three N.J. Relays titles

BRICK TOWNSHIP — Three Bergen County teams won relay events at last night's New Jersey Relays.

Ridgewood's girls distance-medley team of Marci Capitani, Liz Ross, Norine D'Arcy, and Margaret Scutro had the state's best time of 1985 in winning the event in 12:22.0. The Ridgewood boys 6,400-meter relay team of Joe LeMay, Chris Rae, John Lander, and Chris Sullivan ran 17:52.8 in a winning effort. Bergen Catholic's 3,200-meter relay team of Doug Palmadessa, Harry Carle, Doug Mathews, and Keith Conway won in 8:09.5.

Ridgewood took second in the

boys distance medley in 10:18.1, and Teaneck was third in the girls 800 and fourth in the girls 3200.

### New Jersey relays

At Brick Township

#### BOYS EVENTS

4 x 300 relay — 1, Bergen Catholic, 8:09.54 (Doug Palmadessa, 2:01.3; Harry Carle, 2:00; Doug Mathews, 2:04.5; Keith Conway, 2:03.7).

4 x 1,600 relay — 1, Ridgewood, 17:52.8 (Joe LeMay, 4:25.1; Chris Rae, 4:38.5; John Lander, 4:28.1; Chris Sullivan, 4:21.1).

Distance medley — 2, Ridgewood, 10:18.2 (Chris Sullivan, 1:54.8; Paul Caminiti, 51.2; John Lander, 3:10.3; Joe LeMay, 4:21.1).

High jump — 4, Ridgewood, 11-10 (Tedd Evers, 6; Jamie McDermott, 5-10).

#### GIRLS EVENTS

Distance medley — 1, Ridgewood (Marci Capitani, Liz Ross, Norine D'Arcy, Margaret Scutro), 12:22.

2 mile — 4, Teaneck, 9:54.6 (Julie Hantman, Stephanie Giddens, Pat Carter, Linda Gowder).

800 relay — 3, Teaneck, 1:43.7 (Sharita Henderson, Missy Hicks, Shonna Clay, Michelle Forrester).



BERGEN COUNTY

GROUP IV CHAMPIONSHIP

FRIDAY

400 IH	65.5 ROSS 27.2 26.7	68.2 WATERS 28.6	68.3 McGUIRE 27.4 27.5
200	CAPITANI 10:54.0	VAUGHAN 12:41.4	DEGELMAN
3200	SCUTRO 101' 4"	O'BRIEN 74' 5"	WING 82' 10"
JAVELIN	CAPITANI 29' 5"	BARKENBUSH 25' 10 1/2"	SIGILLITO 26' 2"
SHOT	BARKENBUSH	HOGGNER	SIGILLITO
Triax Jump	WATERS	MACKALL	

SATURDAY

100	13.9 VAUGHAN 16.4 16.1 *	16.5 16.6	
100 HURDLES	McGUIRE 2:26.2	ROSS	2:38.5
800 FINALS	D'ARCY 59.7 59.3	62.2 62.0	RAZIK
400	CAPITANI 5:01.6	DEGELMAN 5:20.2	
1600	SCUTRO 63.0	D'ARCY 61.1	5:38.7 HUGHES
4X400	4:07.3 McGUIRE 90' 5"	ROSS, DEGELMAN, CAPITANI	62.8 60.4
DISCUS	BARKENBUSH 14' 11"	SIGILLITO 14' 11"	PHILLIPS
Long Jump	WATERS	MACKALL 4' 8"	4' 8"
High Jump	MACKALL	VAUGHAN	ROSS



## Group 4 girls

### TEAM SCORING

Teaneck 81, Ridgewood 80, Hackensack 45, Fair Lawn 23, Paramus 10.

100 — 1, Sonia Daniels, Hackensack, 12.4; 2, Missy Hicks, Teaneck, 12.3; 3, Sharita Henderson, Teaneck, 13.2; 4, Michelle Forrester, Teaneck, 13.8; 5, Sheila Vaughan, Ridgewood, 13.9.

200 — 1, Michelle Forrester, Teaneck, 25.9; 2, Sonia Daniels, Hackensack, 26.2; 3, Marci Capitani, Ridgewood, 26.7; 4, Shonna Clay, Teaneck, 26.8; 5, Sharita Henderson, Teaneck, 27.4.

400 — 1, Marci Capitani, Ridgewood, 59.3; 2, Missy Hicks, Teaneck, 59.8; 3, Lynn Degelmann, Ridgewood, 62.0; 4, Lauren Singleton, Teaneck, 62.7; 5, Fatima Gooden, Teaneck, 67.4.

800 — 1, Jazmin Jones, Hackensack, 2:24.2; 2, Norine D'Arcy, Ridgewood, 2:26.2; 3, Linda Gowder, Teaneck, 2:30.4; 4, Stephanie Giddens, Teaneck, 2:32.1; 5, Julie Hartman, Teaneck, 2:32.6.

1,600 — 1, Margaret Scutro, Ridgewood, 5:01.6 (meet and group record, old record, 5:09.6 by Scutro, 1984); 2, Jazmin Jones, Hackensack, 5:10.3; 3, Norine D'Arcy, Ridgewood, 5:20.2; 4, Linda Gauder, Teaneck, 5:33.4; 5, Amy Kempf, Paramus, 5:37.4.

3,200 — 1, Margaret Scutro, Ridgewood, 10:54.0 (meet and group record, old record, 10:57.7 by Scutro, 1984); 2, Cheryl Krause, Paramus, 12:27.8; 3, Karen O'Brien, Ridgewood, 12:41.4; 4, Cathy DiRivera, Teaneck, 12:51.7; 5, Lori Seldel, Paramus, 12:57.7.

110 hurdles — 1, Danielle Hadnot, Teaneck, 15.4; 2, Allison Scarpa, Fair Lawn, 15.6; 3, Deb McDonald, Teaneck, 16.1; 4, Jeanne McGuire, Ridgewood, 16.1; Sabrina Ramirez, Fair Lawn, 16.5.

400 hurdles — 1, Liz Ross, Ridgewood, 1:05.5; 2, Lisa Waters, Ridgewood, 1:08.2; 3, Jeanne McGuire, Ridgewood, 1:08.3; 4, Allison Findlater, Hackensack, 1:10.0; 5, Debbie McDonald, Teaneck, 1:11.6.

1,600 relay — 1, Ridgewood (Liz Ross, Marci Capitani, Jeanne McGuire, Lynn Degelmann), 4:07.4; 2, Teaneck, 4:15.5; 3, Hackensack, 4:41.7; 4, Fair Lawn, 4:58.9.

Shot put — 1, Cardrienne McDonald, Hackensack, 34-9; 2, Helen King, Fair Lawn, 33-1; 3, Esther Goldman, Teaneck, 31-2¼; 4, Ann Wellington, Teaneck, 30-3; 5, Ellen Barkenbush, Ridgewood, 29-5.

Discus — 1, Cardrienne McDonald, Hackensack, 99-11; 2, Heidi Segal, Paramus, 94-11; 3, Julie Sisinski, Fair Lawn, 93-0; 4, Ellen Barkenbush, Ridgewood, 90-5; 5, Ester Goldman, Teaneck, 86-9.

Javelin — 1, Marci Capitani, Ridgewood, 101-4; 2, Lisa Barclay, Fair Lawn, 100-6; 3, Sue Kardos, Fair Lawn, 88-9; 4, Linda Sigillito, Ridgewood, 82-10; 5, Ellen Barkenbush, Ridgewood, 74-5.

High jump — 1, Lauren Singleton, Teaneck, 5-0; 2, Deb McDonald, Teaneck, 4-10; 3, Liz Ross, Ridgewood, 4-8; 4, Sheila Vaughan, Ridgewood, 4-8; 5, Sue Kardos, Fair Lawn, 4-8.

Long jump — 1, Sonia Daniels, Hackensack, 15-3¾; 2, Lisa Waters, Ridgewood, 14-11; 3, Leigh Mackall, Ridgewood, 14-11; 4, Fatima Goodman, Teaneck, 14-7¼; 5, Pam Birchett, Teaneck, 14-6½.

Triple jump — 1, Pam Birchette, Teaneck, 33-3¾; 2, Donna Gooden, Teaneck, 33-2; 3, Fatima Goodman, Teaneck, 32-10½; 4, Sonia Daniels, Hackensack, 32-1¾; 5, Sabrina Ramirez, Fair Lawn, 31-11.

Teaneck nipped Ridgewood, 81-80, thanks to nine points in the 110-meter high hurdles, the penultimate event of the meet.

Danielle Hadnot (15.4) and Debbie MacDonald (16.1) finished first and third, respectively, to pace the Highwaywomen in the high hurdles. Ridgewood rallied for seven points — to Teaneck's three — in the long jump, the final event, but fell one point short.

Margaret Scutro led Ridgewood. She won the 1,600-meter race with a time of 5:01.6 and broke her own county record in the 3,200 with a 10:54.0. Her best last year was 10:57.7.

This was the third time in less than three weeks that Teaneck and Ridgewood battled head-to-head in a meet. Each time the Highwaywomen prevailed by a narrow margin.

"I have a hard time getting used to the fact that they're better than us," said Ridgewood coach Jacob Brown. "We have a great team, but they have a great team also. They score all over the place."

"This is a young team that had a lot to prove to themselves the last three weeks," said Teaneck coach Cheryl Miller. "We have only two seniors, and most of the team is made up of sophomores. I'm looking forward to good things from this group in the next two years."

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## Girls track

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# RIDGEWOOD RELAYS

MONDAY MAY 20<sup>TH</sup>

TIMES + DISTANCES

3X 400 Hurdles	3:40.0	1 <sup>ST</sup>	VELEZ 75.0, DEEGLMANN 71.8, D'ARCY 73.2
* Sprint Medley	4:13.4	1 <sup>ST</sup>	61.0 27.8 27.0 2:17.6 CAPITANI, McGUIRE, ROSS, SCUTRO
4X 800	11:26.2		2:53.4 2:50.1 2:54.2 2:49.5 KIM, MORITZ, PARKER, WRIGHT
* 4X 100 Hurdles	68.6	2 <sup>ND</sup>	ROSS, McGUIRE, WATERS, MACKALL
4X 200	1:50.2	1 <sup>ST</sup>	McGUIRE, ROSS, WATERS, CAPITANI
Distance Medley		3 <sup>RD</sup>	4:37.7 71.9 3:07.8 6:05.1 MORITZ, PARKER, KIM, WRIGHT

SHOT "A"	54'1"		BARKENBUSH 28'10" HOERRNER 25'3"
"B"	54'2"		SIGILLITO 26'8" DUFFY 26'4"
DISCUS "A"	164'	2 <sup>ND</sup>	BARKENBUSH 84'2" SIGILLITO 79'10"
"B"	119'5"		PHILLIPS 67'3" DUFFY 52'2"
JAVELIN "A"	176'4"		CAPITANI 90'5" SIGILLITO 85'11"
"B"	136'11"		BARKENBUSH 76' DUFFY 60'11"
Long Jump "A"	29'2 <sup>3</sup> / <sub>4</sub> "		MACKALL 14'10 <sup>3</sup> / <sub>4</sub> " WATERS 14'4"
"B"			KERESTY VAUGHAN 13'8"
High Jump "A"			VAUGHAN 4'10" MACKALL

\* NEW SCHOOL RECORD

SEVERAL PERFORMANCES + PLACES IN THE FIELD EVENTS WERE NOT RECORDED

RIDGEWOOD PLACED FIRST AND TOOK HOME A NRE TROPHY



AT. BERGENFIELD HIGH SCHOOL

SOPHOMORE

CHAMPIONSHIP

TUESDAY MAY 21<sup>ST</sup>

100 m	X	15.2	SPENGLER	X
	29.8			
200 m	VAUGHAN			
400 m	LAVIN 71.2			
800 m	77.5 2:30.1	2:51.0	2:49.9	
	D'ARCY	PARKER	MORITZ	
	5:24.4	6:07.9		
1600 m	D'ARCY	TITUS		
3200 m	WING (RAIN DID NOT RUN)			
4x400 Relay	(RAIN DID NOT RUN)			
100 m Hurdles	22.5		20.0	
	HENNESSEY		GILL	
400 Hurdles				
SHOT	HOERRNER	25' 5 1/2"		
DISCUS	HOERRNER	51'		
JAVELIN	HOERRNER	57' 9"		
H. J.	VAUGHAN	4' 8"		
L. J.	10' 6"			
	HENNESSEY		X	
T. J.				

NORINE D'ARCY WON 2 RACES IN ASSERTIVE FASHION

THE HARDEST RAIN I HAVE SEEN IN SOME TIME WASHED  
OUT THE FINAL TWO EVENTS.



North Jersey State Sectional Championship

May 25th

100 hurdles	Jeanne McGuire	16.5	6th
400 dash	Marci Capitani	59.2	2nd
	Genny Figler	60.0	4th
	Lynn Degelmann	62.3	
3200	Margaret Scutro	11:01.1	1st
	Noeine D'Arcy	11:15.4	2nd
	Karen O'brien	12:57.1	
400 hurdles	Liz Ross	64.4 **	1st
	Jeanne McGuire	67.3	3rd
	Lisa Waters	69.4	5th
800	Liz Ross	2:26.1	6th
	Genny Razik	2:28.1	
	Christine Velez	2:32.7	
1600	Margaret Scutro	4:59.6	1st
	Norine D'Arcy	5:18.4	2nd
	Jen Hughes	5:35.5	
4X400 relay	Jeanne McGuire	62.1	1st
	Lynn Degelmann	61.8	
	Jenny Figler	61.6	
	Marci Capitani	59.0	4:04.5
Shot	Ellen Barkenbush		
Discus	Ellen Barkenbush	3 fouls	
Javelin	Marci Capitani	116' **	1st
	Linda Sigillito	88' 11"	
	Ellen Barkenbush	68' 4"	
High Jump	Sheila Vaughan	4' 10"	3rd
Long Jump	Lisa Waters	15' 1 3/4"	6th

\*\* New School Record

An outstanding job by a mature, senior lead team the day after the prom.

Before the meet began, Teaneck and Ridgewood were expected to battle for the Group 4 team title. The two schools had met on four other occasions, with each competition going to the wire.

Ridgewood turned in perhaps its best performance of the season, piling up 51 points, to run away from the field. Teaneck was second (28) and Passaic third (25). Snyder of Jersey City (23½) and Hackensack (23) were a close fourth and fifth, respectively.

"This meet lends more to our power, and Teaneck had a couple of kids hurt," said Ridgewood coach Jacob Brown. "And our kids came through with a great day. Our distance runners

Group 4 girls

TEAM SCORING

Ridgewood 51, Teaneck 28, Passaic 25, Snyder 23½, Hackensack 23, Eastside 16, Kennedy 14½, West Milford 14, Fair Lawn 10, Bayonne 10, Clifton 9, Dickinson 0, Ferris 0, Kearny 0, Lakeland 0, Memorial 0, North Bergen 0, Paramus 0, Passaic Tech 0, Passaic Valley 0.

100 - 1, Viola Harris, Passaic, 12.2; 2, Sonia Daniels, Hackensack, 12.2; 3, Missy Hicks, Teaneck, 12.4; 4, Sandra Leake, Kennedy, 12.9; 5, Anette Pritchett, Passaic, 13.2.

200 - 1, Viola Harris, Passaic, 24.9; 2, Missy Hicks, Teaneck, 25.3; 3, Sonia Daniels, Hackensack, 25.9; 4, Marcia Ramsey, Eastside, 25.9; 5, Anette Pritchett, Passaic, 26.7.

400 - 1, Terri Brown, Kennedy, 58.8; 2, Marci Capitani, Ridgewood, 59.2; 3, Marcia Ramsey, Eastside, 59.4; 4, Ginny Figler, Ridgewood, 60.0; 5, Denyse Jeller, West Milford, 60.3.

800 - 1, Jazmin Jones, Hackensack, 2:15.3; 2, Cindy Keller, West Milford, 2:20.3; 3, Ruthia Jones, Kennedy, 2:24.3; 4, Monica Odoms, Snyder, 2:24.6; 5, Linda Gowder, Teaneck, 2:25.

1,600 - 1, Margaret Scutro, Ridgewood, 4:59.6; 2, Norine D'Arcy, Ridgewood, 5:18.4; 3, Cecilia Williams, Snyder, 5:23.2; 4, Jackie Paz, Clifton, 5:24.7; 5, Cathy Paz, Clifton, 5:26.8.

3,200 - 1, Margaret Scutro, Ridgewood, 11:01.1; 2, Norine D'Arcy, Ridgewood, 11:15.4; 3, Cathy Paz, Clifton, 11:34.4; 4, Jackie Paz, Clifton, 11:35.5; 5, Rose Coley, Kennedy, 12:00.4.

100 IH - 1, Sevel Flowers, Snyder, 15.3; 2, Danielle Hadnot, Teaneck, 15.3; 3, Allison Scarpa, Fair Lawn, 15.6; 4, Debbie McDonalds, Teaneck, 15.7; 5, Jen Czech, Clifton, 16.2.

400 LH - 1, Liz Ross, Ridgewood, 64.4; 2, Sevel Flowers, Snyder, 66.3; 3, Jeanne McGuire, Ridgewood, 67.3; 4, Sharon Allen, Eastside, 68.3; 5, Lisa Waters, Ridgewood, 69.4.

1,600 relay - 1, Ridgewood (Liz Ross, Marci Capitani, Jeanne McGuire, and Lynn Degelmann), 4:04.5; 2, Snyder, 4:07.1; 3, Eastside, 4:09.7; 4, West Milford, 4:10.3; 5, Kennedy, 4:12.6.

Shot put - 1, Kelley McKeand, Bayonne, 35-½; 2, Cardienne McDonald, Hackensack, 33-6½; 3, Helen King, Fair Lawn, 33-4; 4, Towika Mathis, Passaic, 33-3; 5, Dawn Ralston, West Milford, 32-11½.

Discus - 1, Cardienne McDonald, Hackensack, 110-10; 2, Towika Mathis, Passaic, 107-7; 3, Anne Wellington, Teaneck, 104-0; 4, Helen King, Fair Lawn, 102-7; 5, Marina Crockett, Passaic, 102-1.

Javelin - 1, Marci Capitani, Ridgewood, 116-0; 2, Julie Murphy, West Milford, 111-8; 3, Kelly McKeand, Bayonne, 107-9; 4, Lisa Barclay, Fair Lawn, 103-1; 5, Tara McDevitt, Bayonne, 102-10.

Long jump - 1, Marcia Ramsey, Eastside, 17-3; 2, Vila Harris, Passaic, 16-11½; 3, Sevel Flowers, Snyder, 16-5¾; 4, Robin Poaf, West Milford, 15-6¾; 5, Fatima Goodman, Teaneck, 15-6½.

High jump - 1, Lauren Singleton, Teaneck, 5-2; 2, Debbie McDonald, Teaneck, 5-0; 3, Sheila Vaughn, Ridgewood, 4-10; 4, Sevel Flowers, Snyder, 4-10; 5, Shonn Crowe, Kennedy, 4-10.

and hurdlers are hot right now; we're coming on nicely."

Margaret Scutro doubled for the Maroons, winning the 1,600 (4:59.6) and the 3,200 (11:01.1) by wide margins. Liz Ross won the intermediate hurdles (67.3), while Jeanne McGuire placed third and Lisa Waters fifth for Ridgewood.

Marci Capitani set a school record in the javelin with a throw of 116-0 to win the event by more than four feet.



# Scutro's 2:10.9 an 800 record

By John Mayer  
Correspondent

**TENAFLY** — Ridgewood's Margaret Scutro made a mistake in strategy at the Northern New Jersey Interscholastic League meet several weeks ago, and she was overtaken in her specialty, the 800-meter race, by Hackensack's Jazmin Jones.

## Track

At the Bergen County Girls Meet of Champions yesterday, Scutro not only defeated Jones easily but also set a Bergen County record. Scutro crossed the finish line in 2:10.9, eclipsing the time of 2:12.1 set by one of her former teammates, Patti Mileski, in 1983. Jones was second in 2:12.3.

"I was shocked by my time," said Scutro, whose best time this season had been 2:15.5. "After a little more than a lap I couldn't hear anyone behind me, so I knew that I had a comfortable lead."

Scutro's effort in the 800 earned her the Gene "Red" Littler Award, named for the former Tenafly athletic director. The award goes to the athlete who turns in the most outstanding performance at the meet. The senior also was a member of Ridgewood's victorious 1,600-meter relay team.

## Bergen Girls Meet of Champions

### At Tenafly

**100M** — 1, Neretta Freeman, Garfield, 12.5; 2, Sonia Daniels, Hackensack, 12.6; 3, Missy Hicks, Teaneck, 12.6; 4, Kim Baumbach, Pascack Valley, 12.9; 5, Sharita Henderson, Teaneck, 12.9.  
**200M** — 1, Neretta Freeman, Garfield, 25.9; 2, Missy Hicks, Teaneck, 26.01; 3, Sonia Daniels, Hackensack, 26.0; 4, Kim Baumbach, Pascack Valley, 26.7; 5, Ite, Sharita Henderson, Teaneck and Linda Malto, Westwood, 27.1.  
**400M** — 1, Aileen Trendler, Old Tappan, 58.0; 2, Marci Capitani, Ridgewood, 58.7; 3, Michelle Rogers, Tenafly, 60.1; 4, Lynn Degelmann, Ridgewood, 60.7; 5, Kelly Sullivan, Ramapo, 61.7.  
**800M** — 1, Margaret Scutro, Ridgewood, 2:10.9; 2, Jazmin Jones, Hackensack, 2:12.3; 3, Donna Lesch, Indian Hills, 2:19.5; 4, Michelle Mulfinger, Ramapo, 2:21.4; 5, Bernadette O'Leary, Demarest, 2:23.2.  
**1 mile** — 1, Norine D'Arcy, Ridgewood, 5:16.0; 2, Eileen Schultz, Northern Highlands, 5:19.2; 3, Robin Heim, Lyndhurst, 5:20.4; 4, Amy Kempf, Paramus, 5:24.3; 5, Michelle Forzani, Dumont, 5:27.3.  
**3,200M** — 1, Anne McVeigh, Demarest, 11:35.9; 2, Jen Narr, Rutherford, 11:48; 3, Alicia St. John, Ramapo, 11:50; 4, Elaine Brenner, Westwood, 11:52.9; 5, Stacey Looney, Ramapo, 12:00.  
**110M HH** — 1, Liz Ross, Ridgewood, 65.0; 2, Geraldine Brennan, Dumont, 66.3; 3, Cathy Kelly, Old Tappan, 66.5; 4, Jeanne McGuire, Ridgewood, 66.6; 5, Joanne Niece, Demarest, 67.1.  
**400M IH** — 1, Allison Scarpa, Fair Lawn, 15.5; 2, Gina Anigone, Bergenfield, 15.6; 3, Danielle Hadnot, Teaneck, 15.7; 4, Melissa Harris, Old Tappan, 15.8;

5, Geraldine Brennan, Dumont, 16.3.  
**1,600M relay** — 1, Ridgewood, 3:59.7; 2, Old Tappan, 4:01.6; 3, Teaneck, 4:07.3; 4, Westwood, 4:10.4; 5, Ramsey, 4:11.2.  
**Long jump** — 1, Margaret Rottkamp, Indian Hills, 18-5½; 2, Kim Baumbach, Pascack Valley, 17-5¾; 3, Sonia Daniels, Hackensack, 16-11¼; 4, Sylvia Battista, Rutherford, 16-7¾; 5, Amy Nehls, Indian Hills, 16-6½.  
**Triple jump** — 1, Margaret Rottkamp, Indian Hills, 36-6¼; 2, Kim Baumbach, Pascack Valley, 35-3¼; 3, Kelly Barrett, Westwood, 35-1½; 4, Heidi Jensen, Pascack Hills, 33-9¼; 5, Fatima Goodman, Teaneck, 33-7¼.  
**High jump** — 1, Kelly Barrett, Westwood, 5-4; 2, Sylvia Battista, Rutherford, 5-0; 3, Lauren Singleton, Teaneck, 5-0; 4, Lois Glasgow, Old Tappan, 5-0; 5, Lynn Petrolia, New Milford, 5-0.  
**Discus** — 1, Nancy Van Dyke, Midland Park, 117-7; 2, Aileen Trendler, Old Tappan, 108-1; 3, Linda Lang, Indian Hills, 108; 4, Cardrienne MacDonald, Hackensack, 107-1; 5, Michelle Castagnetti, Lyndhurst, 106-9.  
**Javelin** — 1, Jodi Porro, Rutherford, 116-1; 2, Diane Maro, New Milford, 112-10; 3, Marci Capitani, Ridgewood, 112-1; 4, Sue Esposito, New Milford, 111-10; 5, Judy Romero, Tenafly, 105-8.  
**Shot put** — 1, Michelle Castagnetti, Lyndhurst, 37-6½; 2, Cardrienne MacDonald, Hackensack, 37-2½; 3, Regina Hand, Demarest, 37-¾; 4, Jennifer Segfreid, Ramapo, 36-8; 5, Kirsten Christiansen, Rutherford, 36-¾.

400	Marci Capitani	58.7
	Lynn Degelmann	60.7
800	Margaret Scutro	2:10.9
1 Mile	Norine D'Arcy	5:16.0
100 HH	Jeanne McGuire	16.3, 16.3
400 LH	Liz Ross	65.0
	Jeanne McGuire	66.6
	Lisa Waters	67.5
Javelin	Marci Capitani	112' 1"
4X400	Jeanne McGuire	61.5
	Margaret Scutro	59.2
	Liz Ross	59.7
	Marci Capitani	58.5



# STATE Group IV CHAMPIONSHIP

FRI & SAT

MAY 31<sup>ST</sup> & JUNE 1<sup>ST</sup>

## GROUP 4

TEAM SCORES - Plainfield 30, Neptune, Ridgewood and Brick Township 16, Columbia 14, Edgewood 12½, Shawnee 12, Hackensack 10, Passaic, J.P. Stevens and Trenton 8, Atlantic City, Snyder and Washington Township 6, Vineland and Marlboro 5, Pemberton, Hightstown and West Orange 4, Montclair and Southern Regional 3, Lenape, Eastside, Teaneck, Perth Amboy, Middletown North, Hunterdon Central and East Brunswick 2, Toms River East, Middletown South, Bayonne and West Milford 1, Cherry Hill East ½.

100 - 1, Stephanie Saleem, Neptune, 11.8; 2, Viola Harris, Passaic, 12.0; 3, Carmella Johnson, Vineland, 12.1; 4, Sonia Daniels, Hackensack, 12.2; 5, Tracey Wright, Trenton, 12.3.

200 - 1, Stephanie Saleem, Neptune, 23.6; 2, Viola Harris, Passaic, 24.4; 3, Sonya Bryant, Plainfield, 24.8; 4, Carmella Johnson, Vineland, 25.3; 5, Tracey Wright, Trenton, 25.4.

400 - 1, Stephanie Saleem, Neptune, 54.8; 2, Allison Wesley, Plainfield, 51.2; 3, Denise Waldren, Plainfield, 57.7; 4, Marcia Ramsey, Eastside, 58.7; 5, Michelle Gadsden, J.P. Stevens, 58.8.

800 - 1, Lisa Morgan, Columbia, 2:14.8; 2, Jazmin Jones, Hackensack, 2:15.6; 3, Michelle DiMuro, Shawnee, 2:17.7; 4, Kari Toriussen, Middletown North, 2:17.7; 5, Cindy Keller, West Milford, 2:18.4.

1600 - 1, Margaret Sculro, Ridgewood, 4:55.7; 2, Donna Germano, Shawnee, 5:05.5; 3, Sheryl Smith, Plainfield, 5:06.9; 4, Randi Engle, Marlboro, 5:07.7; 5, Kelly McDonnell, Toms River East, 5:12.7.

3200 - 1, Margaret Sculro, Ridgewood, 10:40.2; 2, Donna Germano, Shawnee, 10:45.7; 3, Randi Engle, Marlboro, 10:56.0; 4, Sheryl Smith, Plainfield, 11:07.6; 5, Norine D'Arcy, Ridgewood, 11:19.0.

1001H - 1, Hope Wright, Columbia, 14.1; 2, Sevet Flowers, Snyder, 14.4; 3, Sonia Bennett, Edgewood, 14.5; 4, Yolanda Ryner, Plainfield, 14.6; 5, Lynn Pike, Pemberton, 14.7.

400 LH - 1, Donna Powell, Trenton, 61.7; 2, Yolanda Ryner, Plainfield, 61.8; 3, Sonia Bennett, Edgewood, 62.2; 4, Dawn Borschel, East Brunswick, 64.0; 5, Sevet Flowers, Snyder, 64.9.

1600 relay - 1, Plainfield (Jill Johnson, Allison Wesley, Mona Journigan, Denise Waldron), 4:00.7; 2, J.P. Stevens, 4:02.5; 3, Ridgewood, 4:04.0; 4, Columbia, 4:05.1; 5, Snyder, 4:05.5.

Shot put - 1, Paula Glass, Atlantic City, 37-11¼; 2, Karen Deckelnick, Brick, 37-10½; 3, Yolanda Blakenev, J.P. Stevens, 37-¾; 4, Connie Peak, Perth Amboy, 36-0; 5, Kelly McKeand, Bayonne, 35-8½.

Discus - 1, Karen Deckelnick, Brick Twp., 122-3; 2, Cardienne McDonald, Hackensack, 114-2; 3, Natasha Criss, Montclair, 112-0; 4, Stacey Hinson, Lenape, 110-4; 5, Lori Fisher, Shawnee, 109-4.

Javelin - 1, Darcy Vilard, Washington Twp., 130-2; 2, Kim Johnson, West Orange, 124-11; 3, Cheryl Smead, Southern, 120-5; 4, Debbie Gooditis, Hunterdon Central, 118-4; 5, Helene Hogan, Sayreville, 116-2.

High jump - 1, Kelly Miesealski, J.P. Stevens, 5-6; 2, Diane Reiler, Hightstown, 5-4; 3, Denise Waldrow, Plainfield, 5-4; 4, Lauren Singleton, Teaneck, 5-4; 5, Stacey Henderson, Edgewood, 5-2.

Long jump - 1, Sonia Bennett, Edgewood, 18-5½; 2, Loreen Bowles, Neptune, 17-10; 3, Lynn Pike, Pemberton, 17-9; 4, Laurie Wedakind, Sayreville, 17-4½; 5, Kris Mulvinhill, Middletown South, 17-1½.

TIE FOR 3<sup>RD</sup> PLACE WAS OUR BEST FINISH EVER IN THIS MEET.

JEANNE McGUIRE	60.9	
LYNN DEGELMAN	61.1	
LIZ ROSS	61.0	
MARCI CAPITANI	61.0	4:04.0

## OTHER PERFORMANCES:

400 - MARCI CAPITANI - 59.1 (TRIAL)  
59 6<sup>TH</sup> IN FINAL

GENNI FISLER - 60.0

1600 - NORINE D'ARCY - 5:15.6 6<sup>TH</sup>

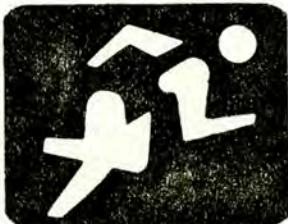
400 HURDLES LIZ ROSS 65.7 6<sup>TH</sup>

JEANNE McGUIRE 67.7

LISA WATERS 67.5

HIGH JUMP SHEILA VAUGHAN 5'0"

JAVELIN MARCI CAPITANI 79'





## Barrett wins pentathlon

WESTWOOD — Kelly Barrett of Westwood recorded the seventh-best mark in county history yesterday to win the Bergen County Pentathlon with a 3,062 score.

Silvia Battista of Rutherford finished second with a 2,906 score, the

teammate, who won the shot put with a throw of 32-4¾; Ross, who won the 800-meter event with a time of 2:29.4; and Battista, whose long jump of 15-5¾ was best.

### Bergen pentathlon

At Westwood H.S.

#### Overall standings

1. Kelly Barrett, Westwood	3,062
2. Silvia Battista, Rutherford	2,906
3. Sue Esposito, New Milford	2,738
4. Liz Ross, Ridgewood	2,731
5. Lynn Petrolia, New Milford	2,671
6. Heidi Jensen, Pascack Hills	2,659
7. Jan Meyer, Midland Park	2,604
8. Diane Maro, New Milford	2,548
9. Nancy Eufemia, Bergenfield	2,482
10. Terri Pieper, Cresskill	2,381

#### Individual events

100M IH — 1, Kelly Barrett, Westwood, 16.2; 2, Silvia Battista, Rutherford, 16.5; 3, Liz Ross, Ridgewood and Jan Meyer, Midland Park, 16.9.

Shot put — 1, Stacey Price, Westwood, 9.87; 2, Kelly Barrett, Westwood, 8.47; 3, Silvia Battista, Rutherford and Terri Pieper, Cresskill, 7.85.

High jump — 1, Kelly Barrett, Westwood, 5-5, 1.65; 2, Jan Meyer, Midland Park, and Lynn Petrolia, New Milford, 1.55.

Long jump — 1, Silvia Battista, Rutherford, 4.72; 2, Kelly Barrett, Westwood, 4.66; 3, Lynn Petrolia, New Milford, 4.61.

800 meters — Liz Ross, Ridgewood, 2:29.4; 2, Nancy Eufemia, Bergenfield, 2:37.5; 3, Maureen Gradley, Westwood, 2:38.8.

### Track

10th-best in county history. Sue Esposito of New Milford (2,738) was third, and Liz Ross of Ridgewood (2,731) finished fourth.

Barrett, who finished third in the competition last year, won two events: the 100-meter intermediate hurdles in 16.2 seconds, three-tenths of a second ahead of Battista, and the high jump, with a leap of 5 feet 5 inches. Barrett finished second in the shot put and the long jump.

Other event winners included Stacey Price, Barrett's Westwood



# Scutro sets meet record in 1,600 win



Margaret Scutro  
Sets county mark

## NJSIAA Meet of Champions summaries

### Boys meet

100 - 1, Ken Reynolds, Willingboro, 10.8; 2, Tony Johnson, Pemberton, 10.8; 3, Shayne Cagle, Asbury Park, 11.1; 4, Kevin Kauffman, Lawrence, 11.2; 5, Shawn Ruffin, Kingsway, 11.2.

200 - 1, William Darby, Shabazz, 22.0; 2, Henry Vaden, Asbury Park, 22.0; 3, Chris Wilkins, Dickinson, 22.3; 4, Charles Wilson, Shabazz, 22.65; 5, Ken Reynolds, Willingboro, 22.7.

400 - 1, Harold Rollins, Lakewood, 47.3; 2, Glenwood Jackson, East Orange, 48.3; 3, Larry Golan, Randolph, 49.2; 4, Keith Bant, Newark West Side, 49.4.

800 - 1, Fred Bronner, Morris Hills, 1:50.6; 2, Joe Barras, Newark East Side, 1:50.8; 3, Bob Roche, Marlboro, 1:51.6; 4, John Peterson, Bernards, 1:54.1; 5, John Lander, Ridgewood, 1:54.4.

1,600 - 1, Lyle Smith, Bernards, 4:12.3; 2, Eric Sturlevani, Morristown, 4:14.0; 3, Bill Barrett, CBA, 4:14.6; 4, Jack Hay, Lenape Valley, 4:15.1; 5, Jeff Davis, Cumberland, 4:15.3.

3,200 - 1, Andy Martin, North Hunterdon, 9:06.3; 2, Ron Faith, Paul (VI) Haddonfield, 9:07.0; 3, Harry Carle, Bergen Catholic, 9:07.6; 4, Gavin Sloane, North Hunterdon, 9:13.0; 5, Hector Rivera, Memorial, 9:16.7.

Mile relay - 1, Edgewood (Chris Cambers, Lee Jerkins, LeRoy Smith, Brian Bennett) 3:14.4; 2, Asbury Park 3:19.6; 3, Shabazz, 3:21.4; 4, Lakewood, 3:21.5; 5, Marlboro, 3:23.4.

110 H - 1, Jonathan Dickey, Penns Grove, 14.5; 2, Jerome Pemberton, Hackensack, 14.6; 3, Leigh Golden, Monmouth, 14.6; 4, Daryl Payne, Plainfield, 14.8; no fifth.

400 IH - 1, Jim Orange, Marlboro, 53.6; 2, Mike Boyo, Rumson Fair Haven, 54.7; 3, John Isemann, Mount Olive, 54.8; 5, James Phillips, Ewing, 55.9.

Shot put - Dan Bulger, Pequannock, 60-3/4; 2, Scott Miller, Elmwood Park, 57-11/4; 3, Dave Weisser, Morristown, 57-2/4; 4, Rich Lewis, Williamstown, 57-1; 5, Bryant Lightly, Kennedy, 56-5/4.

Discus - 1, Russ Willis, Penns Grove, 175-10; 2, Rich Lewis, Williamstown, 172-3; 3, David Porter Passaic, 168-11; 4, Dan Bulger, Pequannock, 168-1; 5, Sean Power, Don Bosco, 160-6.

Javelin - 1, Eric Schuenburn, Holy Cross, 217-0; 2, Jon Mikula, Hanover, 213-5; 3, Eric Ledder, Scotch



Plains, 205-9; 4, Steve Sarranith, Morris Hills, 204-2; 5, Todd Urbanik, Morris Catholic, 204-2.

High jump - 1, tie between Brian Otley, Wayne Hills, and Victor Sherman, Southern, 6-8; 3, Kern Derselt, Pennsauken, 6-8; 4, tie between Ed Malone, Gloucester, Bill Pearson, Lenape Valley, and Steve Squire, Kittatinny, 6-4.

Long jump - 1, Kerry Vivett, Edgewood, 23-11/4; 2, Brad Mayo, West Orange, 23-9/4; 3, Jerry Mathis, JFK-Willingboro, 22-10/4; 4, Keith James, Central, 22-4/4; 5, Jonathan Dickey, Penns Grove, 22-1/4.

Pole vault - 1, Mark Murphy, Haddonfield, 15-0; 2, tie between Chuck Phillips, Manchester Township, Konrad Soong, Scotch Plains, John Baker, Burlington, and Tom Heller, West Orange, 13-6.

### Girls meet

100 - 1, Andrea Conaway, Bordentown, 12.1; 2, Viola Harris, Passaic, 12.3; 3, Renee Carr, Science, 12.4; 4, Angela Hill, Newark West Side, 5, Timi Crawford, Eastern, 12.5.

200 - 1, Andrea Conaway, Bordentown, 25.0; 2, Viola Harris, Passaic, 25.0; 3, Tracy Wright, Trenton, 25.2; 4, Renne Carr, Science, 25.2; 5, Sonya Brant, Plainfield, 25.5.

400 - 1, Stephanie Saleem, Neptune, 53.0; 2, Giselle Harris, Shabazz, 54.0; 3, Darlene Andrews, North Hunterdon, 55.8; 4, Allison Wesley, Plainfield, 57.0; 5, Teresa DiPerna, Princeton, 58.2.

800 - 1, Sonya Vaughan, Notre Dame, 2:11.7; 2,

Jazmin Jones, Hackensack, 2:11.7; 3, Sonia Robinson, Franklin, 2:15.4; 4, Betsy O'Connor, Red Bank Central, 2:17.2; 5, Cindy Keller, West Milford, 2:17.7.

1,600 - 1, Margaret Scutro, Ridgewood, 4:46.4 (Meet record, old record 4:49.3 by Michelle Rowen, Washington Twp. in 1982; 2, Karen Ahearn, Bernards, 4:49.7; 3, Meghan Lee, West Morris, 4:57.1; 4, Deanne Germano, Shawnee, 5:04.0; 5, Sheryl Smith, Plainfield, 5:04.0.

3,200 - 1, Jodi Bilotta, North Hunterdon, 10:32.2; 2, Mindy Rowand, Sterling, 10:32.4; 3, Jen Van Horn, Wayne Valley, 10:39.5; 4, Deanna Germano, Shawnee, 10:43.3; 5, Tracy Beiber, Dayton, 10:47.2.

Mile relay - 1, Plainfield (Jill Johnson, Allison Wesley, Mona Journigan, Denise Waldron), 3:50.4; 2, Science 3:51; 3, Monmouth 3:58.6; 4, Newark West Side 3:59.7; 5, Ridgewood 4:00.3.

100 HH - 1, Leticia Beverly, Science, 14.2; 2, Hope Wright, Columbia, 14.4; 3, Sonya Bennett, Edgewood, 14.6; 4, Hope Jones, Vailsburg, 14.6; 5, Lynn Pike, Pemberton, 14.9.

400 IH - 1, Wanda Faried, Newark West Side, 61.2; 2, Donna Powell, Trenton, 61.9; 3, Anne Banasair, Nulley, 62.8; 4, Michelle Starks, Franklin, 64.5; 5, Gail Giddens, Metuchen, 64.8.

Shot put - 1, Audra Corson, Monmouth, 40-7; 2, Regina Jefferies, Somerville, 40-1; 3, Kim Baite, Walkkill Valley, 39-11; 4, Karen Deckelman, Brick Twp., 38-10; 5, Paula Glass, Atlantic City, 38-9.

Discus - 1, Audra Corson, Monmouth, 128-9; 2, Karen Deckelneck, Brick Twp., 124-10; 3, Diane Urban, Ocean City, 120-1; 4, Lisa Parak, Vernon, 119-8; 5, Nancy Van Dyke, Midland Park, 118-9.

Javelin - 1, Audra Corson, Monmouth, 150-2; 2, Kim Goode, Monmouth, 143-6; 3, Evellin Susec, Clearview, 138-8; 4, Diane Koslowski, Highland Park, 137-5; 5, Jeanelle Dezan, South Brunswick, 135-7.

High jump - 1, Tonya Smolin, Randolph, 5-8; 2, Kelly Hiescabki, J.P. Stevens, 5-6; 3, Carrie Jordan, Central Rep., 5-6; 4, Amy Nehls, Indian Hills, 5-4.

Long jump - 1, Linda Hayes, Monmouth, 18-11/2; 2, Leticia Beverly, Science, 18-6/4; 3, Margaret Rottkamp, Indian Hills, 18-2/2; 4, Marcia Comacho, Somerville, 17-11/4; 5, Talisa Lawson, Roselle Catholic, 17-11/2.

Margaret, John, and the relay (Jeanne 61.6, Lynn 60.8, Liz 59.9, and Marci 58.0) were outstanding!



# EASTERN STATES CHAMPIONSHIPS

TUESDAY JUNE 11<sup>TH</sup>

MITCHELL FIELD, UNIONDALE LONG ISLAND

400 HURDLES:      LIZ ROSS      5<sup>TH</sup>      63.82  
 NEW SCHOOL RECORD  
 3<sup>RD</sup> ALL TIME BERGEN COUNTY

1500 METERS :      MARGARET SCUTRO      2<sup>ND</sup>      4:26.25  
 NEW SCHOOL RECORD  
 NEW COUNTY RECORD

NORINE D'ARCY      8<sup>TH</sup>      4:45.1

4X 400 RELAY      LYNN DEGELMANN      59.      3<sup>RD</sup>      4:00.15  
 GINNI FIGLER      59.  
 LISA WATERS      61.1  
 JEANNE MCGUIRE      60.

## Rottkamp wins at Eastern meet

UNIONDALE, N.Y. — Margaret Rottkamp of Indian Hills won the triple jump last night to highlight a big night by the North Jersey contingent in the Eastern States Girls' Track and Field Championships at Mitchell Field.

### Girls track

Rottkamp leaped 37 feet 6½ inches for the gold medal. She also was fourth in the long jump with an 18-5½ effort.

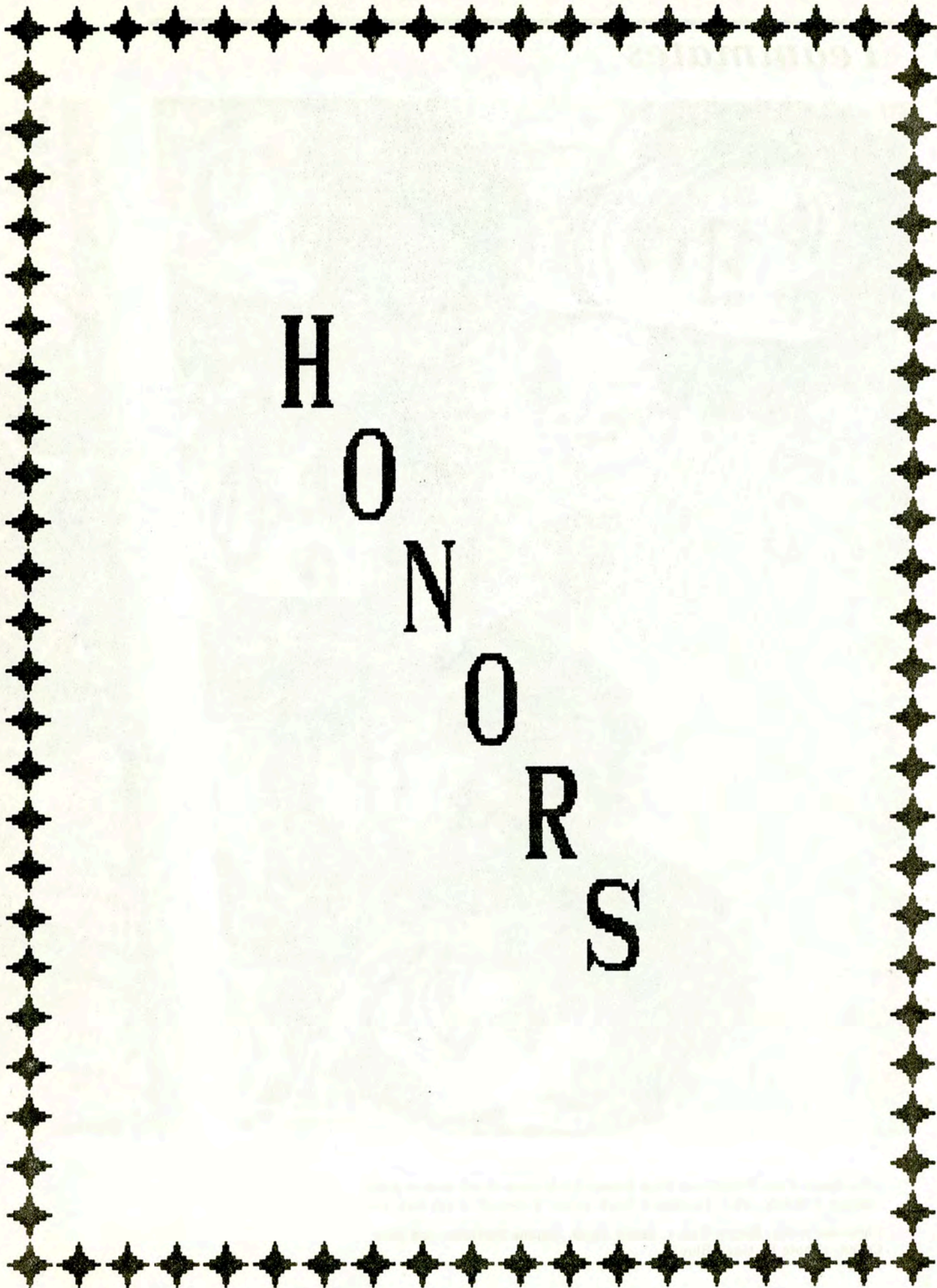
Margaret Scutro of Ridgewood broke the Bergen County 1,600-meter record with a 4:26.2 clocking in finishing second. Noreen D'Arcy of

the Maroons was eighth in the same event in 4:45.1. Ridgewood teammate Liz Ross was third in the 400-meter intermediate hurdles in 63.8, third on the all-time Bergen listing. Ridgewood's mile relay team of Lynn Degelmann, Ginny Figlar, Lisa Waters and Jeanne McGuire was third in 4:00.1.

Hackensack's Jazmin Jones was third in the 800 meters (2:13.4) and Toni Ann Angione sixth (2:17.9).

Other area athletes to place were: Sonja Daniels of Hackensack, fifth in 12.8 in the 100 meters; Wayne Valley's distance medley team, fourth in 12:19.9; and Midland Park's Nancy Van Dyke, third with a throw of 128-9 in the discus throw.





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# Teammates



**Members of the Ridgewood High School track team clown around while taking a break after Tuesday's track meet. Pictured, from left, are Christina Velez, Darcy Evers, Jenny Deeb, Jeanne McGuire and Erin Crann. (Photo by Gary Blue)**



# ATHLETE OF WEEK

By Bob Kurland  
Staff Writer

Running used to be little more than an exciting pastime for Liz Ross. She was good at it, but there was no effort to go past that level.

That all changed last year. "It was in the middle of my junior year when I started taking it seriously," Ross recalls. "I suddenly didn't want to let my teammates down. It was then that I became committed to track."

Ross began a weight-lifting program and practiced more often. "No one made me do it," says the Ridgewood High School senior. "It's something that came from within me."

Ross makes time for her new job of helping to coach young tennis players at Upper Ridgewood Tennis Club and maintaining her grades for Harvard University. But track is Ross's consuming interest.

"These days I can't separate myself from track," says The Record's Athlete of the Week. "The weekends are taken up by the sport, and when not on a track I'm almost always thinking about track."

The concentration has paid off. Ross is having her finest season. Saturday she finished second to Ann Bansemeir of Nutley in the 400-meter intermediate hurdles at a major meet, the Bernards Invitational in Bernardsville. Both were clocked in 64.8 seconds.

"I thought I won because I had more energy at the end, while she was slowing down," says Ross. "So when I was placed second, that was frustrating." The time was the ninth fastest ever posted by a girl in Bergen County. Ross hopes to knock at least a second off it by the time the state championships arrive.

Also at Bernards she ran the third legs on the winning 1,600 and 400 relays. She grabbed the baton in the 1,600 in fourth place and opened a 20-yard lead with a 60.1-second leg as Ridgewood finished in 4:05.6. The Maroons won the shorter relay in 50.4 seconds, the seventh best in Bergen County records.

"We have a great relay group of six girls," says Ross. "We're friends on and off the track."

In addition to her specialties, Ross had always wanted to try the mile. "We were in the bus going to Paramus last week when I asked coach [Jacob] Brown to let me run the mile. He laughed at me but then said I could if I also ran the high hurdles. I agreed, and I just went out there with no idea of how to pace



myself. I didn't even understand the times when they yelled them out. It was really a lot of fun until the last lap, when I was getting tired."

Brown describes her mile race: "She was about 30 yards behind Amy Kempf, who is a good runner, when she pulls out with a great kick and wins by six inches in 5:33."

Ross wasn't thinking of winning until about the last 150 yards. "I was running strong and asking myself if I could catch her. Then I heard her teammates screaming at her to hold me off, so I just went after her."

The usually smiling Ross, who tries to affect a mean look before a race, is still striving to improve. "Mr. Brown is working on my hurdling technique, because at times I go over with alternate legs instead of the lead leg. But this year I have the confidence that every time I go out I'll do my best. My teammates have confidence in me, and I have confidence in them. I'm going to miss them next year when I'm in college."

Ridgewood will miss Ross on many levels, including track and tennis — she was named to the All-Northern New Jersey Interscholastic League team in singles — and for her academic excellence and charm.





CHANCE MCGRAW 5-7-85

RIDGEWOOD'S  
LIZ  
ROSS



# The Record's track polls



## Girls

### BERGEN GROUP 1-2

	Pts.
1. New Milford (5) _____	25
2. Midland Park _____	20
3. Dumont _____	13
4. Rutherford _____	9
5. Saddle Brook _____	6½

Also: Ridgfield Park 1½.

### BERGEN GROUP 3-4

1. Ridgewood (5) _____	25
2. Westwood _____	20
3. Indian Hills _____	15
4. Teaneck _____	10
5. Old Tappan _____	5

**Selection committee:** Jack Gardner, Midland Park; Marty Caspare, Dumont; Bill Morrow, Westwood; Jacob Brown, Ridgewood; Paul Schwartz, The Record.

### PASSAIC COUNTY

1. Wayne Valley (3) _____	19
2. Eastside (1) _____	15
3. Clifton _____	14
4. Passaic _____	7
5. West Milford _____	4

Also: Kennedy 1.

**Selection committee:** Bill Stearns, Wayne Valley; Lou Fraulo, Clifton; John Jackson and Paul Schwartz, The Record.

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

### BERGEN GROUP 3-4

1. Ridgewood (4) _____	28
2. Westwood (1) _____	22
3. Teaneck (1) _____	17
Indian Hills _____	17
5. Hackensack _____	4

Also: Old Tappan 2.

## The Record's final girls track polls

### BERGEN GROUP 1-2

	Pts.
1. Rutherford (3) _____	22
New Milford (2) _____	22
3. Midland Park _____	11½
4. Dumont _____	9½
5. Saddle Brook _____	4

### BERGEN GROUP 3-4

1. Ridgewood (4) _____	24
2. Teaneck (1) _____	19½
3. Old Tappan _____	12½
4. Westwood _____	11
5. Indian Hills _____	6

**Selection Committee:** Jack Gardner, Midland Park; Marty Caspare, Dumont; Bill Morrow, Westwood; Jacob Brown, Ridgewood; Paul Schwartz, The Record.

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

### PASSAIC COUNTY

1. Passaic (2) _____	18
Wayne Valley (2) _____	18
3. Eastside _____	10
Clifton _____	10
5. West Milford _____	9

Also: Clifton 1.

**Selection Committee:** Bill Stearns, Wayne Valley; Lou Fraulo, Clifton; Paul Schwartz and John Jackson, The Record.

## The Record's girls track polls

### BERGEN GROUP 1-2

	Pts.
1. Rutherford (5) _____	29
2. New Milford (1) _____	24
3. Midland Park _____	16
4. Dumont _____	13
5. Saddle Brook _____	7

Also: Lyndhurst 1.

### BERGEN GROUP 3-4

1. Teaneck (4) _____	28
2. Indian Hills (2) _____	23
3. Ridgewood _____	19
4. Old Tappan _____	9
5. Westwood _____	7

Also: Hackensack 4.

**Selection Committee:** Jack Gardner, Midland Park; Marty Caspare, Dumont; Bill Morrow, Westwood; Ja-

cob Brown, Ridgewood; Paul Schwartz and John Jackson, The Record.

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

### PASSAIC COUNTY

1. Passaic (4) _____	20
2. Wayne Valley _____	15
3. Eastside _____	13
4. West Milford _____	7
5. Clifton _____	5

**Selection Committee:** Lou Fraulo, Clifton; Bill Stearns, Wayne Valley; John Jackson and Paul Schwartz, The Record.

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

RIDGEWOOD STARTED THE SEASON #1 ; SLIPPED TO #3  
AFTER THE LEAGUE + COUNTY LOSS ; BUT REGAINED #1 POSITION  
WITH THE STATE MEET PERFORMANCES.



# All-league girls track

## NNJIL Bergen

### FIRST TEAM

100 — Missy Hicks, Teaneck  
200 — Michelle Forrester, Teaneck  
400 — Marci Capitani, Ridgewood  
800 — Jasmen Jones, Hackensack  
1,600 — Margeret Scutro, Ridgewood  
3,200 — Noreen Darcy, Ridgewood  
100 IH — Daniel Hadnot, Teaneck  
400 LH — Liz Ross, Ridgewood  
High jump — Lauren Singleton, Teaneck  
Long jump — Sonia Daniels, Hackensack  
Discus — Cardrienne McDonald, Hackensack  
Triple Jump — Pam Birchette, Teaneck  
Shot put — Cardrienne McDonald, Hackensack  
Mile relay — Ridgewood (Lynn Degelmann, Marci Capitani, Jean McGuire, Liz Ross, Lisa Waters)

### SECOND TEAM

100 — Sonia Daniels, Hackensack  
200 — Sonia Daniels, Hackensack  
400 — Missy Hicks, Teaneck  
800 — Margeret Scutro, Ridgewood  
1,600 — Jasmen Jones, Hackensack  
3,200 — Karen O'Brien, Ridgewood  
100 IH — Shonna Clay, Teaneck  
400 LH — Lisa Waters, Ridgewood  
High jump — Debbie McDonald, Teaneck  
Long jump — Pam Berchette, Teaneck  
Discus — Heidi Seagel, Paramus  
Shot — Anne Wellington, Teaneck  
Mile relay — Teaneck  
Triple jump — Fatima Goodman, Teaneck

### HONORABLE MENTION

Maureen Rice, Paramus Catholic;  
Kim Dyce, Hackensack; Amy Kempf,  
Paramus; Linda Gouler, Teaneck; Jane McGuire, Ridgewood.

## All-County Comments:

**MARGARET SCUTRO, Ridgewood, 1,600 and 3,200 meters** — This is Scutro's second straight appearance on the squad in both the 1,600 — she set the county record of 4:46.4 in the state meet of champions — and the 3,200, but she also holds the county record in the 800. Although the senior had not run many 800 races, she was pitted against Hackensack's Jones in the Bergen meet of champions. The result was a 2:10.9, which bested the 2:12.3 mark set by another Ridgewood performer, Patti Mileski, in 1983. Scutro doubled in the 1,600 (4:55.7) and 3,200 (10:40.2) in the NJSIAA group meet. Scutro is headed for Georgetown in the fall.

**LIZ ROSS, Ridgewood, 400-meter intermediate hurdles** — Ross proved that she was the best and most consistent hurdler in the county. The senior won the county meet (65.5), the county meet of champions (65.5), and the sectional meet (64.4). Ross also holds the third-best time in county history, a 63.8 recorded earlier in the season.

**RIDGEWOOD, 1,600 meter relay** — The Ridgewood team repeats as the county's best. Seniors Marci Capitani, Jeanne McGuire, Lisa Waters, and Liz Ross are the returnees and freshman Lynn Degelmann is the newcomer. The team won the county meet (4:07.4), the sectional meet (4:04.5), and the Bergen meet of champions (3:59.7, seventh-best in county history), and placed third in the Group 4 relay in the state meet (4:04.0).



# All-Bergen girls track

## First team

**100** — NERETTA FREEMAN, Garfield — Sophomore  
**200** — NERETTA FREEMAN, Garfield — Sophomore  
**400** — AILEEN TRENDLER, Old Tappan — Junior  
**800** — JAZMIN JONES, Hackensack — Sophomore  
**1,600** — MARGARET SCUTRO, Ridgewood — Senior  
**3,200** — MARGARET SCUTRO, Ridgewood — Senior  
**110 HH** — ALISON SCARPA, Fair Lawn — Senior  
**110 HH** — DANIELLE HADNOTT, Teaneck Sophomore  
**400 IH** — LIZ ROSS, Ridgewood — Senior  
**1,600 relay** — RIDGEWOOD (Liz Ross, Senior; Jeanne McGuire, Senior; Lisa Waters, Senior; Marci Capitani, Senior; Lynn Degelmann, Freshman)  
**Shot put** — MICHELLE CASTAGNETTI, Lyndhurst Sr.  
**Discus** — NANCY VAN DYKE, Midland Park — Senior  
**Javelin** — DIANE MARO, New Milford — Junior  
**Long jump** — MARGARET ROTTKAMP, Indian Hills Jr.  
**Triple jump** — MARGARET ROTTKAMP, Indian Hills Jr.  
**High jump** — KELLY BARRETT, Westwood — Senior  
**High jump** — AMY NEHLS, Indian Hills — Junior

## Second team

**100** — SONJIA DANIELS, Hackensack — Sophomore  
**200** — MISSY HICKS, Teaneck — Sophomore  
**400** — MARCI CAPITANI, Ridgewood — Senior  
**800** — TONI ANN ANGIONE, Bergenfield — Senior  
**1,600** — TONI ANN ANGIONE, Bergenfield — Senior  
**3,200** — NORINE D'ARCY, Ridgewood — Sophomore  
**400 IH** — GERALDINE BRENNAN, Dumont — Junior  
**1,600 relay** — OLD TAPPAN (Aileen Trendler, Junior; Lois Glasgow, Sophomore; Cathy Kelly, Sophomore; Melissa Harris, Senior; Jackie Kinsella, Sophomore)  
**Shot put** — REGINA HAND, Demarest — Senior  
**Shot put** — JENNIFER SIEGFRIED, Ramapo — Senior  
**Discus** — CARDRIENNE McDONALD, Hackensack Sr.  
**Javelin** — JODI PORRO, Rutherford — Junior  
**Long jump** — KIM BAUMBACH, Pascack Valley Soph.  
**Triple jump** — KIM BAUMBACH, Pascack Valley Soph.  
**Triple jump** — KELLY BARRETT, Westwood — Senior

## Third team

**100** — MISSY HICKS, Teaneck — Sophomore  
**200** — MICHELLE FORRESTER, Teaneck — Junior  
**400** — MICHELLE ROGERS, Tenafly — Senior  
**800** — DONNA LESCH, Indian Hills — Senior  
**1,600** — NORINE D'ARCY, Ridgewood — Sophomore  
**3,200** — ANNE MCVEIGH, Demarest — Senior  
**3,200** — JENNIFER NARR, Rutherford — Sophomore  
**110 HH** — GINA ANGIONE, Bergenfield — Junior  
**400 IH** — KATHY KELLY, Old Tappan — Sophomore  
**1,600 relay** — Teaneck (Michelle Forrester, Junior; Missy Hicks, Sophomore; Linda Gowder, Senior; Stephanie Giddens, Sophomore; Lauren Singleton, Sophomore)  
**Discus** — LINDA LANG, Indian Hills — Sophomore  
**Javelin** — MARCI CAPITANI, Ridgewood — Senior  
**Long jump** — SONJIA DANIELS, Hackensack — Soph.  
**High jump** — LAUREN SINGLETON, Teaneck — Soph.  
**High jump** — SYLVIA BATTISTA, Rutherford — Senior

## Honorable mention

**100 (12.9)** — Lisa Alexander, Englewood; Michelle Forrester, Teaneck; Linda Matto, Westwood; Rhonda Allen, Westwood; Kim Baumbach, Pascack Valley; Dina Castronova, Old Tappan; Sharita Henderson, Teaneck.

**200 (27.1)** — Andrea DeMott, River Dell; Aileen Trendler, Old Tappan; Kelly Sullivan, Ramapo; Shonna Clay, Teaneck; Marci Capitani, Ridgewood; Linda Matto, Westwood; Kim Baumbach, Pascack Valley; Rhonda Allen, Westwood; Sharita Henderson, Teaneck.

**400 (61.5)** — Kelly Sullivan, Ramapo; Missy Hicks, Teaneck; Ginny Figlar, Ridgewood; Lynn Degelmann, Ridgewood.

**800 (2:25)** — Michele Mulfinger, Ramapo; Margaret Scutro, Ridgewood; Karen Weissinger, Westwood; Jenn Edwards, Midland Park; Bernadette O'Leary, Demarest; Linda Gowder, Teaneck; Karln Van Dyke, Ramsey.

**1,600 (5:40)** — Michele Forzani, Dumont; Ann McVeigh, Demarest; Amy Kempf, Paramus; Carollae Harrison, Midland Park; Robyn Heim, Lyndhurst; Jen Narr, Rutherford; Michelle Berardo, Palisades Park; Donna Lesch, Indian Hills; Alicia St. John, Ramapo; Jazmin Jones, Hackensack; Eileen Schultz, Northern Highlands; Elaine Brenner, Westwood; Linda Gowder, Teaneck; Jodi Porro, Rutherford; Marie Duff, Ramsey; Vicki Gusclora, Saddle Brook.

**3,200 (12:30)** — Vicki Gusclora, Saddle Brook; Robyn Heim, Lyndhurst; Alicia St. John, Ramapo; Eileen Schultz, Northern Highlands; Michelle Berardo, Palisades Park; Caroline Harrison, Midland Park; Darlene Coutts, Park Ridge; Michele Forzani, Dumont; Elaine Brenner, Westwood; Stacey Looney, Ramapo; Eleni Demitriades, Old Tappan; Cheryl Krause, Paramus; Kym Miller, River Dell; Alice Finelli, Queen of Peace.

**110 HH (16.1)** — Joy Pelka, Indian Hills; Gerri Brennan, Dumont; Sue O'Gara, Ridgefield Park; Melissa Harris, Old Tappan; Sylvia Battista, Rutherford; Debbie McDonald, Teaneck; Kelly Barrett, Westwood; Jeanne McGuire, Ridgewood.

**400 IH (68.5)** — Chris Levatino, Fort Lee; Michelle Mulfinger, Ramapo; Nancy Eufemia, Bergenfield; Chris Kuzma, Indian Hills; Lisa Waters, Ridgewood; Jeanne McGuire, Ridgewood; Allison Findlater, Hackensack; Karen Weissinger, Westwood; Joanne Niece, Demarest; Terri Pieper, Cresskill; Melissa Harris, Old Tappan; Jan Meyer, Midland Park.

**1,600 relay (4:17)** — Indian Hills; Bergenfield; Westwood; Demarest; Ramsey; Hackensack.

**High jump (5-0)** — Maureen Shanahan, Saddle Brook; Lynn Petrolia, New Milford; Margaret Rottkamp, Indian Hills; Allison Scarpa, Fair Lawn; Stephanie Steiner, Ridgefield; Chris Vadon, Glen Rock; Debbie McDonald, Teaneck; Eileen McCluskey, Dumont; Lois Glasgow, Old Tappan.

**Long jump (16-0)** — Gerri Brennan, Dumont; Sue Frazier, Rutherford; Maureen Shanahan, Saddle Brook; Amy Nehls, Indian Hills; Annette Kriepke, Ramapo; Sylvia Battista, Rutherford; Lynn Petrolia, New Milford; Dawn Davis, Englewood.

**Triple jump (33-0)** — Sue Frazier, Rutherford; Neretta Freeman, Garfield; Michele Forzani, Dumont; Gerri Brennan, Dumont; Aileen Trendler, Old Tappan; Bernadine Han, Cresskill; Terri Pieper, Cresskill; Pam Birchette, Teaneck; Fatima Goodman, Teaneck; Andrea Heinz, Westwood; Donna Gooden, Teaneck; Heidi Jensen, Pascack Hills.

**Shot put (34-0)** — Cardrienne McDonald, Hackensack; Helen King, Fair Lawn; Sharon Dubis, Wallington; Nancy Van Dyke, Midland Park; Kirsten Christiansen, Rutherford.

**Discus (95-0)** — Aileen Trendler, Old Tappan; Sheila Brock, Englewood; Dawn Umland, Cliffside Park; Kathy O'Brien, Emerson; Michelle Castagnetti, Lyndhurst; Lori Thiemann, Ridgefield Park; Kirsten Christiansen, Rutherford; Jan Pelka, Indian Hills; Helen King, Fair Lawn; Amy LoMauro, Fair Lawn.

**Javelin (105-0)** — Lori Thiemann, Ridgefield Park; Sue Esposito, New Milford; Judy Romero, Tenafly; Sharon Dubis, Wallington.





**Neretta Freeman**  
Garfield  
100, 200 meters



**Aileen Trendler**  
Old Tappan  
400 meters



**Jazmin Jones**  
Hackensack  
800 meters



**Margaret Scutro**  
Ridgewood  
1,600, 3,200 meters



**Alison Scarpa**  
Fair Lawn  
110 high hurdles

1985

**ALL-BERGEN GIRLS TRACK**



**Danielle Hadnott**  
Teaneck  
110 high hurdles



**Liz Ross**  
Ridgewood  
400 int. hurdles



**Michelle Castagnetti**  
Lyndhurst  
Shot put



**Nancy Van Dyke**  
Midland Park  
Discus



**Liz Ross**



**Jeanne McGuire**



**Lisa Waters**  
Ridgewood  
1,600-meter relay



**Marci Capitani**



**Lynn Degelmann**



**Diane Maro**  
New Milford  
Javelin



**Margaret Rottkamp**  
Indian Hills  
Long jump, triple jump



**Kelly Barrett**  
Westwood  
High jump



**Amy Nehls**  
Indian Hills  
High jump



# Girls' All-State track

## FIRST TEAM

POS.	PLAYER	SCHOOL	HT.	WT.	CLASS
100	Andrea Conaway	Bordentown	5-2	102	Junior
200	Stephanie Saleem	Neptune	5-7	115	Soph
400	Stephanie Saleem	Neptune	5-7	115	Soph
800	Giselle Harris	Newark Shabazz	5-8	125	Junior
1600	Margaret Scutro	Ridgewood	5-5	125	Senior
3200	Jodi Bilotta	North Hunterdon	5-4	96	Frosh
100H	Leticia Beverly	Newark Science	5-3	115	Senior
400H	Waudda Faried	Newark West Side	5-11	135	Senior
HJ	Tatiana Smolin	Randolph	5-11	135	Senior
LJ	Linda Hayes	Monmouth	5-3	135	Soph
SP	Audra Corson	Monmouth	5-9	200	Senior
DT	Audra Corson	Monmouth	5-9	200	Senior
JT	Audra Corson	Monmouth	5-9	200	Senior



Margaret Scutro  
... Ridgewood

## SECOND TEAM

100	Stephanie Saleem, Neptune
200	Andrea Conaway, Bordentown
400	Giselle Harris, Newark Shabazz
800	Sonja Vaughan, Notre Dame
1600	Karen Ahearn, Bernards
3200	Mindy Rowand, Sterling
100H	Hope Wright, Columbia
400H	Donna Powell, Trenton
HJ	Kelly Mieszkalski, North Edison
LJ	Leticia Beverly, Newark Science
SP	Regina Jeffries, Somerville
DT	Karen Deckelnick, Brick Township
JT	Kim Goode, Monmouth

## THIRD TEAM

Denise Liles, Kingsway
Viola Harris, Passaic
Darlene Andrews, North Hunterdon
Ruth Lockbaum, Glassboro
Meghan Lee, West Morris
Jen VanHorn, Wayne Valley
Sonya Bennett, Edgewood
Anne Bansemir, Nutley
Carrie Jordan, Central Regional
Margaret Rottkamp, Indian Hills
Kim Batte, Wallkill Valley
Nancy VanDyke, Midland Park
Evelyn Susec, Clearview

## 1985 ALL-USA HIGH SCHOOL GIRLS TRACK TEAM

# ACROSS THE USA IN SPORTS

FROM USA TODAY'S NATIONAL NEWS NETWORK

### About the All-USA team

Today's Across the USA in Sports report features the 1985 All-USA high school girls track and field team and state-by-state honorable-mention selections.

Athletes on the All-USA team, outstanding performers from the 1984-1985 season, are grouped in seven general-event categories. Honorable mentions were limited to a maximum of 11 from any state.

Selection of the 1985 USA TODAY All-USA high school girls track team was coordinated by Fred Baer, secretary of the Track and Field Writers of America. The team was compiled by *Track and Field News* high school editor Jack Shepard.

Selection criteria included national ranking (on the USA TODAY and *Track and Field News* seasonal lists), ranking on the list of all-time high school performances, the number and quality of those performances and the results of competition at the state and national level.

## The best in the USA

### Distances (1500 through 5,000 meters)

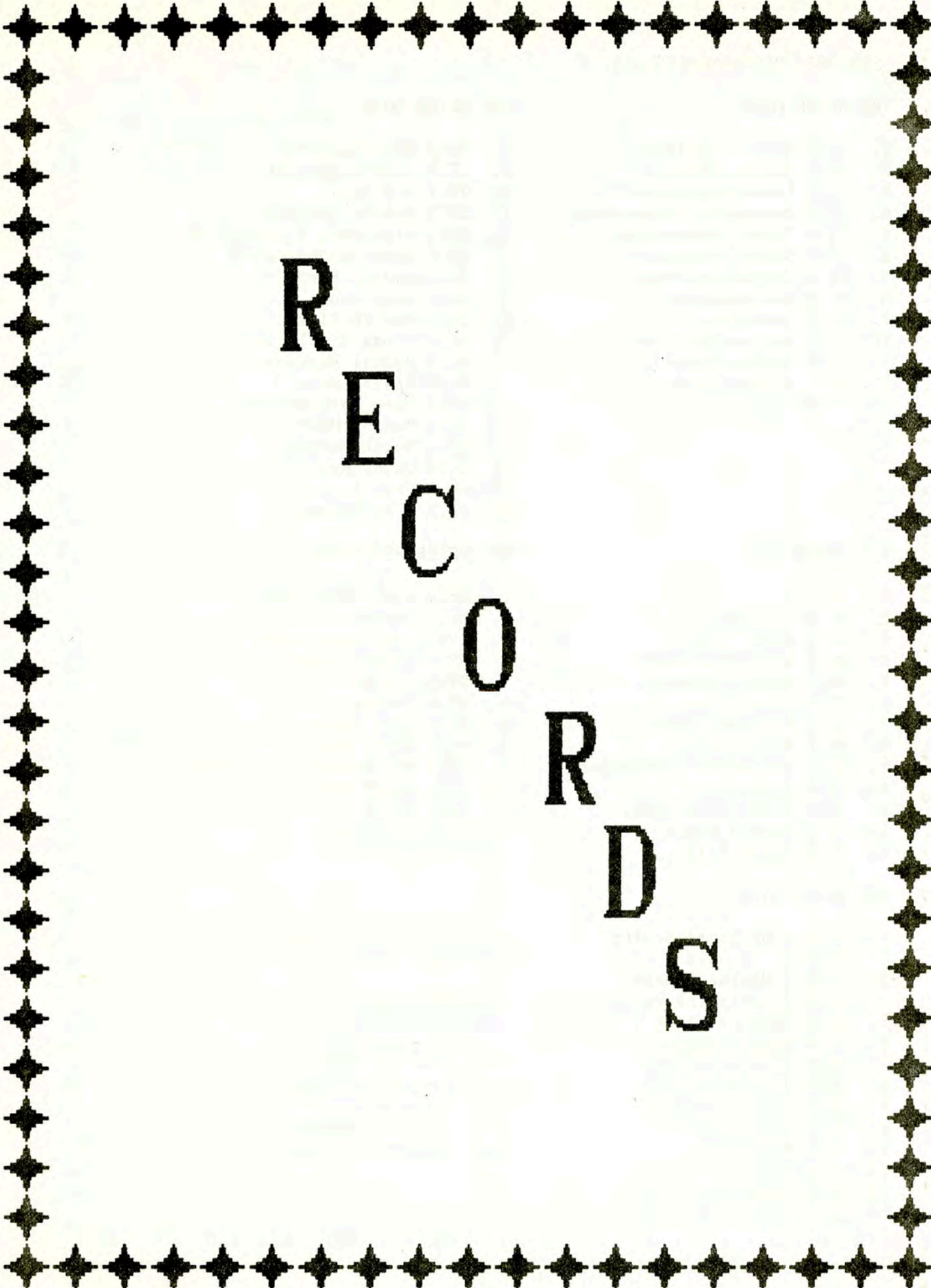
Name	School	Year	Time (Event)
Stacy Prey	Rochester (N.Y.) Brighton	Sr.	9:36.56 (3,000)
Suzy Favor	Stevens Point (Wis.)	Jr.	4:19.53 (1,500); 4:48.6+ (mile)
Kathy Franey	Massapequa (N.Y.)	Sr.	4:23.92 (1,500); 9:33.29 (3,000)
Mary Pat Hickey	Central Clarence (N.Y.)	Sr.	4:24.90 (1,500)
Laura Matson	Bloomfield Hills (Mich.)	Jr.	4:41.1+ (mile)
	Andover		
Rebecca Chamberlin	San Jose (Calif.) Leigh	Jr.	10:27.50+ (2-mile)
Kristy Orre	Clayton (Ohio) Northmont	Sr.	9:29.36 (3,000); 10:23.6+ (2-mile); 16:56.3 (5,000)
Sammie Resh	Shelton (Neb.)	Sr.	9:32.0 (3,000)
Cathy Schiro	Dover (N.H.)	Sr.	9:15.3 (3,000); 16:00.4 (5,000)
Margaret Scutro	Ridgewood (N.J.)	Sr.	4:48.1+ (mile)
Lori Wolter	Prairie du Chien (Wis.)	Sr.	4:47.2+ (mile); 9:32.39 (3,000)
	Sauk Prairie		10:15.7+ (2-mile)

### Scutro named to All-American squad

Margaret Scutro of Ridgewood has been named to the USA Today 1985 All-USA high school girls track team in the distance events.

Scutro, a freshman at Georgetown University in Washington, D.C., set a meet record of 4 minutes 46.4 seconds in a 1,600-meter race at the New Jersey State Interscholastic Athletic Association Meet of Champions in the spring while competing for Ridgewood High School.





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1985 BEST PERFORMANCES LIST

100 METER DASH

1. 12.7 Marci Capitani
2. 13.2 Jeanne McGuire
3. 13.4 Lynn Degelmann
4. 13.4 Alexandra Eidenschenk
5. 13.6 Cybel Eidenschenk
6. 13.9 Sheila Vaughan
7. 14.2 Christina Velez
8. 14.2 Ann Spengler
9. 14.8 Lisa Daut
10. 14.9 Andrea Bartliff
11. 15.5 Martha Moock
12. 16.4 Martha Folger
13. 17.5 Cathy Reid

200 METER DASH

1. 26.2 Marci Capitani
2. 27.4 Lynn Degelmann
3. 28.1 Liz Ross
4. 28.2 Sheila Vaughan
5. 28.5 Alexandra Eidenschenk
6. 28.8 Cybel Eidenschenk
7. 30.2 Andrea Bartliff
8. 30.5 Lisa Daut
9. 30.6 Amy Phillips
10. 31.1 Linda Sigillito
11. 31.9 Jackie Hennessey
12. 32.2 Tanya Baker
13. 32.2 Mary Beth Morris
14. 32.3 Martha Mock
15. 33.6 Trish Murphy
16. 34.9 Cathy Reid
17. 36.8 Erin Crann
18. 37.3 Lisa Donohue

400 METER DASH

1. 58.7 Marci Capitani
2. 59.9 Liz Ross
3. 60.0 Ginny Figler
4. 60.7 Lynn Degelmann
5. 63.3 Jeanne McGuire
6. 64.4 Lisa Waters
7. 67.0 Norine D'Arcy
8. 69.5 Robin Lavin
9. 72.4 Alexandra Eidenschenk
10. 72.8 Lisa Daut
11. 73.9 Jackie Hennessey
12. 74.6 Martha Moock
13. 77.8 Cathy Reid

400 METER RELAY SPLIT

1. 58.0 Marci Capitani
2. 59.2 Margaret Scutro
3. 59.5 Lynn Degelmann
4. 59.5 Ginny Figler
5. 59.6 Liz Ross
6. 59.8 Jeanne McGuire
7. 61.1 Lisa Waters
8. 66.1 Genny Razik
9. 68.6 Alexandra Eidenschenk
10. 74.9 Janet Moritz
11. 76.1 Nanci Titus
12. 76.4 Lisa Daut
13. 79.6 Joy Kim

800 METER DASH

1. 2:10.9 Margaret Scutro
2. 2:26.1 Liz Ross
3. 2:26.2 Norine D'Arcy
4. 2:28.0 Christina Velez
5. 2:28.1 Genny Razik
6. 2:34.0 Jen Hughes
7. 2:34.7 Paige Wright
8. 2:42.8 Janet Moritz
9. 2:43.7 Krisi Wing
10. 2:46.1 Pam Parker
11. 2:46.9 Joy Kim
12. 2:51.8 Erica Gritman
13. 2:55 Amy Phillips
14. 2:57.1 Martha Folger

15. 3:01.9 Christine Connors
16. 3:02 Nanci Titus

800 METER RELAY SPLIT (listed if better than open or only time run)

- 2:25.2 Norine D'Arcy
- 2:28.0 Marci Capitani
- 2:29 Jen Hughes
- 2:36 Lynn Degelmann
- 2:48 Karen O'Brien



### 1200 METER RELAY SPLITS

1. 3:50.9 Norine D'Arcy
2. 3:55.5 Jen Hughes
3. 4:19.8 Karen O'Brien
4. 4:37.7 Janet Moritz

### 1500 METER RUN

1. 4:26.25 Margaret Scutro
2. 4:45.1 Norine D'Arcy

### 3200 METER RUN

1. 10:40.2 Margaret Scutro
2. 11:15.4 Norine D'Arcy
3. 12:22.2 Karen O'Brien
4. 12:24.3 Jen Hughes
5. 13:30.1 Pam Parker
6. 13:43.9 Krisi Wing
7. 14:22.1 Megan Duffy
8. 14:52.8 Nanci Titus
9. 14:53.0 Joy Kim

### 100 METER HURDLES

1. 16.1 Jeanne McGuire
2. 16.5 Liz Ross
3. 18.2 Leigh Mackall
4. 18.7 Lisa Waters
5. 19.3 Lynn Degelmann
6. 19.8 Christina Velez
7. 19.8 Kathleen Gill
8. 22.3 Jackie Hennessey
9. 22.9 Martha Moock

### SHOT PUT

1. 30' 2 1/2" Ellen Barkenbush
2. 26' 8" Linda Sigillito
3. 26' 6 1/2" Margot Hoerrner
4. 26' 4" Megan Duffy
5. 25' 5 3/4" Marci Capitani
6. 24' 7 1/4" Amy Phillips
7. 19' 11 3/4" Janet Moritz

### JAVELIN

1. 116' Marci Capitani
2. 88' 11" Linda Sigillito
3. 87' 2" Ellen Barkenbush
4. 60' 11" Megan Duffy
5. 58' 5" Margot Hoerrner
6. 55' 6" Amy Phillips

### 1600 METER RUN

1. 4:46.4 Maragaret Scutro
2. 5:15.6 Norine D'Arcy
3. 5:24.4 Jen Hughes
4. 5:33.0 Liz Ross
5. 5:49(relay) Genny Razik
6. 5:56.6 Krisi Wing
7. 6:00.3 Paige Wright
8. 6:01.1 Karen O'Brien
9. 6:07.9 Nanci Titus
10. 6:11.9 Pam Parker
11. 6:15.8 Joy Kim
12. 6:19.8 Megan Duffy
13. 6:38 Linda Hockey
14. 6:39 Kate Pringle
15. 6:40.9 Erica Gritman

### 400 METER HURDLES

1. 63.82 Liz Ross
2. 66.6 Jeanne McGuire
3. 67.5 Lisa Waters
4. 71.8 Lynn Degelmann
5. 72.4 Christina Velez
6. 73.2 Norine D'Arcy

### DISCUS

1. 90' 5" Ellen Barkenbush
2. 80' 2" Linda Sigillito
3. 73' 6" Amy Phillips
4. 72' Margot Hoerrner
5. 57' 3" Megan Duffy
6. 55' 8" Janet Moritz

### HIGH JUMP

1. 5' Sheila Vaughan
2. 4' 8" Liz Ross
3. 4' 6" Leigh Mackall
4. 4' 6" Tanya Baker
5. 4' 6" Andrea Bartliff
6. 4' Maggie Dailey



## LONG JUMP

1. 15' 4 1/2"	Lisa Waters
2. 15'	Leigh Mackall
3. 13' 8"	Sheila Vaughan
4. 13' 1 3/4"	Lisa Daut
5. 11' 11"	Jackie Hennessey
6. 11' 7"	Trish Murphy
7. 11' 6"	Linda Sigillito
8. 11' 3 1/4"	Gwynne Keresty
9. 10' 9 1/4"	Erin Crann
10. 10' 2"	Kathleen Gill

## TRIPLE JUMP

1. 33' 6"	Leigh Mackall
2. 32' 9 1/2"	Lisa Waters
3. 32' 4"	Liz Ross
4. 27' 10 1/2"	Sheila Vaughan
5. 26' 9"	Lynn Degelman
6. 25' 9"	Magie Dailey
7. 24' 10 1/2"	Jackie Hennessey

## PENTATHALON

1. 2731	Liz Ross
2. ??	Lynn Degelman

## NEW SCHOOL RECORDS

4X100 Meter Relay	50.4	McGuire, Ross, Waters, Capitani	BERNARDSVILLE
4X200 Meter Relay	1:47.82	McGuire, Ross, Waters, Capitani	BRICK TWP H.S.
4X100m Hurdles	68.6	Ross, Waters, Mackall, McGuire	BERGEN C.C.
3X400m Hurdles	3:24.0	McGuire, Waters, Ross	HACKENSACK H.S.
Javelin Relay	272' 8"	Capitani, Barkenbush, Sigillito	BERGEN C.C.
Sprint Medley	4:13.4	McGuire, Ross, Capitani, Scutro	BERGEN C.C.
200 Meter Dash	26.2	Marci Capitani	RIDGEWOOD
800 Meter Run	2:10.9	Margaret Scutro	NEW MILFORD
1600 Meter Run	4:46.4	Margaret Scutro	SOUTH PLAINFIELD
100 Meter Hurdles	16.1	Jeanne McGuire	HACKENSACK
400 Meter Hurdles	63.82	Liz Ross	UNIONDALE, N.Y.
Javelin	116'	Marci Capitani	HACKENSACK



**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	26.2	Marci Capitani	1985	Ridgewood
400 Meter Dash	57.7	Marci Capitani	1984	Tenafly, NJ
800 Meter Dash	2:10.9	Margaret Scutro	1985	New Milford
1500 Meter Run	4:26.25	Margaret Scutro	1985	Uniondale, N.Y.
1600 Meter Run	4:46.4	Margret Scutro	1985	S.Plainfield
3000 Meter Run	10:04.1	Patti Mileski	1983	Yale, Conn.
3200 Meter Run	10:34.5	Patti Mileski	1983	S.Plainfield, NJ
100 Meter Hurdles	16.1	Jeanne McGuire	1985	Hackensack
400 Meter Hurdles	63.82	Liz Ross	1985	Uniondale, N.Y.
Shot Put-4 kg	38' 6 3/4"	Lisa Glidewell	1980	Tenafly, NJ
Discus-1 kg	117' 7"	Lisa Glidewell	1980	Tenafly, NJ
Javelin	116'	Marci Capitani	1985	Hackensack
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 100 M. relay	50.4	McGuire/Ross Waters/Capitani	1985	Bernardsville, NJ
4 x 200 M. Relay	1:47.82	McGuire/Ross Waters/Capitani	1985	Brick Twp., 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	Philadelphia
4 x 1 Mile Relay	20:34.4	Scutro/Pringle M.Mileski/ P.Mileski	1983	Bergen C.C.
Sprint Medley (400-200-200-800)	4:13.4	McGuire/Ross Capitani/Scutro	1985	Bergen C.C.



Distance Medley (880-440-1320-1 mile)	11:59.1 i	Fringle/Scutro M.Mileski/P.Mileski	1983	Princeton, NJ
4 x 100 M Hurdles	68.6	Ross/Waters Mackall/ McGuire	1985	Bergen C.C.
3 x 400 M Hurdles	3:24.0	McGuire/Waters Ross	1985	Hackensack H.S.
(3 Person Field Relays)				
Shot Put 8 lb.	106' 9 1/2"	Glidewell/Sauerman Slawek	1979	Rutherford
Discus Relay	305' 2"	Glidewell/Miles Sauerman	1980	New Milford, HS
Javelin Relay	272' 8"	Capitani/Barkenbush Sigilito	1985	Bergen C.C.
High Jump Rly.	15' 7 1/2"	DuFlon/Granata Deetz	1975	Monmouth College
Long Jump Relay	47' 1/2"	Porro/Smith D'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.
B 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	1981	Paramus Catholic
Long Jump Relay	30' 3 1/2"	Granata/Hawthorne	1983	Rockland C.C.
Triple Jump Relay	65' 11" i	Granata/Hawthorne	1983	Rockland C.C.
*****				
Pentathlon	3453	Becky Deetz	1975	Summitt, NJ
1 Mile Walk	9:49.3	Anja Kannengieser	1983	Hackensack
Marathon	3 H 32 Min	Klara Grape	1977	Shore Marathon

#### RECORDS FOR POINTS SCORED

Total Points (career)	276 17/24	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 & 5
12.8	Judy Davis	1980
12.8	Trish Fogarty	1981
13.0	Cathy Vickery	1982
13.2	Lisa Bagnaturo	1981
13.2	Jeanne McGuire	1985
13.4	Lynn Degelman	1985
13.4	Alexandra Eidschenk	1985
13.5	Karen Haass	1983
13.5	Karen Bell	1980

## 200 METER DASH

26.2	Marci Capitani	1985
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
27.4	Lynn Degelman	1985
27.5	Cathy Vickery	1982
27.6	Stephanie Semprevivo	1982
27.9*	Kandie Latham	1975

## 400 METER DASH

57.7	Marci Capitani	1984
58.7	Judy Davis	1979
59.3	Margaret Scutro	1984
59.5*	Kandie Latham	1974
59.9	Liz Ross	1985
60.0	Ginny Fegler	1985
60.3	Patti Mileski	1983
60.7	Lynn Degelman	1985
61.1	Mary Ellen Mileski	1983
61.2*	Becky Deetz	1976

## 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

## 400 m. RELAY SPLITS

58.0	Marci Capitani	1985
58.0	Margaret Scutro	1984
58.9	Mary Ellen Mileski	1983
59.1*	Kandi Latham	1974
59.5	Lynn Degelman	1985
59.5	Ginny Figler	1985
59.6	Liz Ross	1985
59.6	Patti Mileski	1983
59.8	Jeanne McGuire	1985
60.1*	Angelia Stewart	1978

## 800 METER RUN

2:10.9	Margaret Scutro	1985
2:12.1	Patti Mileski	1982
2:13.9	Mary Ellen Mileski	1983
2:17.7*	Kandie Latham	1975
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

## 1500 METER RUN

4:26.25	Margaret Scutro	1985
4:44.8	Mary Ellen Mileski	1983
4:44.9	Patti Mileski	1981
4:45.1	Norine D'Arcy	1985
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

## 1600 METER RUN

4:46.4	Margret Scutro	1985
4:54.8*	Patti Mileski	1983
5:01.2*	Mary Ellen Mileski	1980
5:05.5	Beth Pringle	1983
5:15.6	Norine D'Arcy	1985
5:23.1*	Anja Kannengieser	1982
5:24.4	Jen Hughes	1985
5:25.8	Colleen Wright	1982
5:29.9*	Laura Campbell	1979
5:30.4	Karen O'Brien	1984

## 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

## 3200 METER RUN

10:34.5	Patti Mileski	1983
10:40.2	Margaret Scutro	1985
11:13.6	Beth Pringle	1983
11:15.4	Norine D'Arcy	1985
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

## 100 METER HURDLE

16.1	Jeanne McGuire	1985
16.5	Liz Ross	1984 & 5
16.6	Monica Richter	1982
17.4	Sally Tarvin	1984
17.6	Julianne Babbitt	1983
17.6	Charollette 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 Velez	1984

## 400 METER HURDLES

63.82	Liz Ross	1985
66.6	Jeanne McGuire	1985
67.5	Lisa Waters	1984 & 5
69.3	Patti Mileski	1981
70.0	Kirsten Kannengieser	1983
70.1	Sally Tarvin	1983
70.2	Julianne Babbitt	1983
71.8	Mary Ellen Mileski	1981
71.8	Lynn Degelman	1985
72.4	Christina Velez	1985



## SHOT PUT 4KG

38' 6 3/4"	Lisa Glidewell	1980
33' 4"	Jessica Berg	1983
32' 7"	Janet Sauerman	1980
30' 2 1/2"	Ellen Barkenbush	1985
29' 5"	Lisa Cangemi	1984
28' 8 1/2"	Claudia O'Rourke	1981
28' 6"	Karen Prickett	1983
27' 9"	Marci Capitani	1984
26' 8"	Linda Sigilito	1985
26' 6 1/2"	Margot Hoerrner	1985

## SHOT PUT 6LB

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' 2 1/2"	Ellen Barkenbush	1985
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	1976
33' 10 1/2"	Wendy Hawthorne	1984
33' 8 3/4"	Monica Richter	1982
33' 6"	Leigh Mackall	1985
33' 4 1/2"	Ingrid Pessa	1979
32' 9 1/2"	Hillary Nocka	1976
32' 9 1/2"	Lisa Waters	1985
32' 7"	Kathy Boyce	1981

## 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
5'	Sheila Vaughan	1985

## PENTATHLON

3453 Points	Becky Deetz	1975
2835 Points	Kathy Granata	1983
2731 Points	Liz Ross	1985
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'Rourke	1979

## JAVELIN

115'	Marci Capitani	1985
110'	Kim Slawek	1979
105' 6"	Claudia O'Rourke	1981
102' 1"	Jennifer Baringer	1975
101' 10"	Mary Ellen Mileski	1982
99' 5"	Jessica Berg	1984
94' 9"	Lisa Erickson	1977
89' 2 1/2"	Karen Prickett	1983
88' 11"	Linda Sigilito	1985
88' 7"	Janet Sauerman	1980

## 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.



