

**RIDGEWOOD
TRACK
&
FIELD**

1986

**SEASON
SUMMARY**

**RHS
GIRLS
TRACK
AND FIELD
1986**

1986

GIRL'S TRACK AND FIELD

SCHEDULE OF MEETS

<u>DATE</u>	<u>MEET</u>	<u>SITE OF COMPETITION</u>	<u>COMMENTS</u>
3/26 Thursday	Old Tappan	Ridgewood	scrimmage
4/1 Tuesday	Paramus Catholic	Paramus Catholic H.S.	first dual meet, all compete
4/5 Saturday	Ridgewood Relays	Bergen Community College	varsity & Frosh relays
4/7 Monday	Immaculate Heart Acad.	Ridgewood 4:00pm	dual meet all compete
4/12 Saturday	Nanuet Relays	Nanuet High School	
4/18 Friday	Bergen County Relays	Hackensack 3:30pm	
4/19 Saturday	Bergen County Relays	Tenafly 8:00am	
4/21 Monday	Hackensack	Hackensack 12:00pm	dual meet note time, during vacation
(we will practice tue, wed, thur during vacation 10am (4pm for throwers))			
4/24 Thursday	Penn Relays	Franklin Field, Philadelphia	
4/25 Friday		4X100 4X400 4X800	
4/28 Monday	Paramus	Ridgewood	dual meet
5/5 Monday	Teaneck	Ridgewood 5:30pm	dual meet boys and girls- tell your parents
5/9 Friday	NNJIL Championship	Ridgewood	
5/10 Saturday	NNJIL Championship	Hinchliffe Stadium, Paterson	
5/13 Tuesday	New Jersey Relays	Plainfield	
5/14 Wednesday	NNJIL Frosh Champs	Hackensack	
5/14 Wednesday	Sophomore section Champs	Bergenfield 3:30pm	
5/16 Friday	Bergen County Champs	Hackensack	
5/17 Saturday	Bergen County Champs	Paramus Catholic High School	
5/19 Monday	Ridgewood Relays II	Bergen Community College	
5/24 Saturday	State Sectionals	Hackensack	
5/26 Monday	Memorial Day Run	Ridgewood	
5/27 Tuesday	Bergen Meet of Champs	Tenafly High School	
5/30 Friday	State Group Champs	Rutgers Stadium	
5/31 Saturday	State Group Champs	Rutgers Stadium	
6/4 Wednesday	NJ State Championship	South Plainfield	
6/17 Tuesday	Eastern States Championship	Uniondale, Long Island	

WAHS Girls Track 1985-86

All-Americans going on parade

What do Elaine Sobansky, Tammie Hart, Stanley Burke and Heidi Gerken have in common?

They're track and field All-Americans who will be giving a little of their knowledge back to members of the Williamsport High School girls' track and field team this weekend at the second annual Lady Millionaire Track Coaches Clinic.

"The purpose of this is to introduce to our athletes those athletes who started just like themselves, and have made good in the fine sport of track and field," says clinic coordinator Marilouise Mazzante, Williamsport cross country coach and coach of the successful girls' varsity track program.

"This exposes our athletes to people who've come through the same ranks, the same levels at which they are starting now."

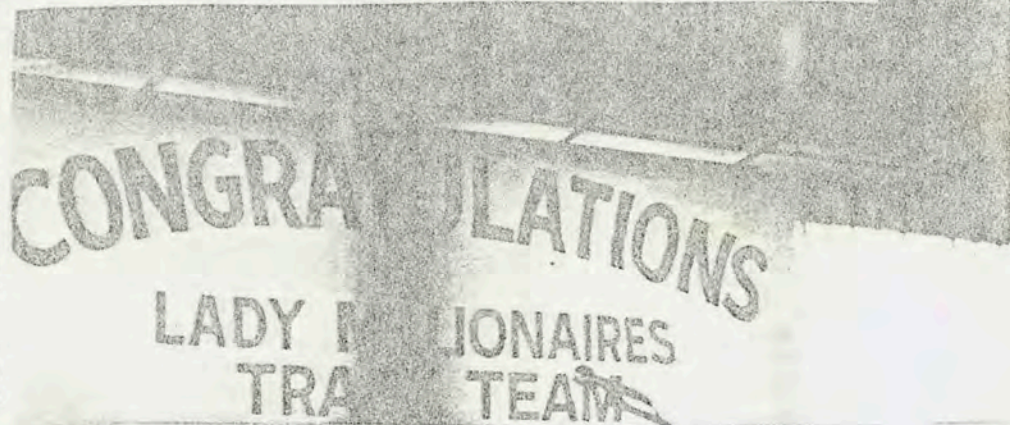
Among those: Burke, an All-American at Lock Haven; Sobansky, an All-American thrower at Penn State; Hart, an All-American sprinter-hurdler at Penn State; Gerken, an All-American middle distance person at Penn State; and Hanna Humphreys, a fine jumper and teacher of technique from State College and Penn State.

Friday's activities include theory lectures in all areas (throw-

ing, jumping, sprint-hurdle and distance) and talk on application of those skills.

Saturday's schedule includes on-the-track instruction and performance of the skills from 1:30 to 4 p.m., open to the public.

This year, the high school will also entertain athletes from Ridgewood High School, Ridgewood, N.J., and coach Jacob Brown, known for his coaching of middle-distance championship-level athletes.



Track Clinic Set Next Two Days

The annual Williamsport Lady Millionaire Track Coaches Clinic, featuring several former high school and collegiate track and field standouts, is set for Friday and Saturday at the WHS Stadium. Saturday's afternoon session from 1:30-4 p.m. is open to the public.

Among the clinicians are Tammie Hart of Williamsport, the Lady Millionaires' first state champ and a five-time All-American at Penn State who is now running competitively for the Bronx International Track Club; Heidi Gerken, a cross-country standout at West Springfield High in Springfield, Va., and at Penn State; Elaine Sobansky, a state shot put and discus throw champ at Trinity High and eight-

time All-American at Penn State.

Hanna Humphreys, jumping standout at State College High and captain of last year's Penn State women's team who is presently the field coach at State College High, and Stan Burke of Montoursville, a Division III All-American high jumper in 1976 and 1978 at Lock Haven University and now Lock Haven's head coach.

Saturday's "Learn by Doing" session will include shot put, sprints, long jump and distance running tips from 1:30-2, discus, triple jump, sprint starts and distance running from 2-2:30, special concentration on areas of individual interest from 2:30-3, javelin, high jump, hurdles and relays from 3-3:30 and a championship relay race from 3:30-4.

13 OF US TOOK
AN EARLY SEASON
TRIP TO WILLIAMSPORT,
LEARNED A LOT OF
TRACK & FIELD, AND
MADE SOME NEW
FRIENDS.

Head Coach: Marilouise Mazzante
Assist. Coach: Scott Grove
Assist. Coach: Phyllis Deitrick

LINEUP SHEET:

SITE OF MEET

RIDGEWOOD

MEET SCRIMMAGE WITH OLD TAPPAN

BUS LEAVES

DATE MARCH 26TH

RETURN FROM MEET

EVENT	ENTRIES FOR RIDGEWOOD			
Long Jump	SPALCKHAVER 11'1" MORRIS J. McDERMOTT 14'1/2" Vd SCHYFF K. McDERMOTT ACKAD	J. TITUS 13'	COLLAZO 13'10" BAUNDERS KING ELVOVE BOYCE 14'1"	
Inter-mediate Hurdles	DE CONGELIO 82.0 (FELL) D'ARCY 72.9	DONNELLY 78.1 SPENGLER 70.6		
100 meter Dash	COMPTON 13.9 WRUBEL 14.8 SPALCKHAVER 16.5 SHEVLIN 15.7 FIGLER 12.9 COCHRAN 14.8 PISCOPO Vd. SCHYFF 13.6 VENIN CANNON 15.3 N. TITUS 15.5 MACLENNAN RAYEVICH 14.4 FUNKE 17.2 L. NORTON 15.9			
1500 m Run	JANET TITUS 6:09.5 REID PHILLIPS	GILMARTIN 6:44.6 HOWELL 6:42.8 DEGELMANN 5:50.9	HUGHES - 5:29.8 DUFFY - 6:12.9 EDWARDS - 6:49.2	
400 meter Dash	K. McDERMOTT 69.8 COMPTON 70.2 GUENTHER			
100 meter Hurdles	J. McDERMOTT Vd. SCHYFF 18.0 GILL	DONNELLY 21.00 RAYEVICH KURISHIMA	DEGELMANN 18.2	
800 meter run	PHILLIPS PHILLIPS 2:51.2 2:51.2	COLLAZO WRIGHT 2:32.0 GILMARTIN 2:54.5	HOWELL - 2:55.9 BRENNAN 3:02.9 SPENGLER 2:32.4	
200 meter Dash	PISCOPO D'ARCY - 29.7 J. TITUS 30.8 JEAN HUGHES 30.6	CANNON FUNKE 33 JENNIFER HUGHES 32.3 K. McDERMOTT 30.0	COCHRAN 31.4 DECONGELIO 30.0 VELEZ DONNELLY 31.7	FIGAR 27.4 DEGELMANN COLLAZO 28.7
3200 m Run	EDWARDS EDWARDS DID NOT RUN	* WE WILL RUN THIS WITH THE BOYS HEAT		
Triple Jump	M.B. MORRIS J. McDERMOTT SPALCKHAVER	RAYEVICH 28' ELVOVE GUENTHER	BRENNAN BOYCE 29'9" VENIN	
4x400 m Relay	<u>DISTANCE</u> WRIGHT D'ARCY HUGHES HUGHES	<u>SPRINT</u> VELEZ COCHRAN COLLAZO FUNKE	<u>FIELD</u> SIGILLITO McDERMOTT McDERMOTT WRUBEL	
Shot Put	RAYEVICH 32'11 1/2" HOERNER 26'10 1/2" SIGILLITO 23'10" D'ARCY 21'2"	MACLENNAN 18' JEN HUGHES 21'8" DUFFY 25'8" GILL 20'3"	PHILLIPS 24'2" CRABTREE 20'1 1/2" PALLONE 21'9" HOROWITZ 18'6"	SHEVLIN 14' N. TITUS 15'3" BARKENBUSH 29'3 1/2" FUNKE 20'6"
Discus	KING HOERNER 71'5" SIGILLITO 75' EDWARDS 46'	MACLENNAN 45' DUFFY 53'3" PHILLIPS CRABTREE 53'7"	PALLONE 59'10" HOROWITZ 53'2" SHEVLIN 43'4" N. TITUS 34'8"	BARKENBUSH 88'5" VASSEL 50'7" FIGLAR - 42'5"
High Jump	SAUNDERS WRUBEL 4'8" Vd SCHYFF 5'0"	J. McDERMOTT 4'4" SPALCKHAVER 3'8" RAYEVICH 4'2"	VASSEL 3'10"	

RIDGEWOOD vs PARAMUS CATHOLIC

WEATHER SUNNY - WARM TO COOL

DATE APRIL 1ST 1986

TRACK CONDITIONS ALL WEATHER (HARD SURFACE)

* EVENT *	* FIRST PLACE *	* SECOND PLACE *	* THIRD PLACE *	* RHS *	* P.C. *
* Long *	* HEIDI CRUZ *	* KELLY JACOBS *	* JENN McDERMOTT *	* * *	* * *
* Jump *	* 15' P.C. *	* 14' 3/4" P.C. *	* 13'3" RHS *	* 1 *	* 8 *
* 400 meter *	* GINNY FIGLAR *	* LYNN DEGELMANN *	* CHRISTINA VELEZ *	* * *	* * *
* Hurdles *	* 1:09.7 RHS *	* 1:10.1 RHS *	* 1:15.2 RHS *	* 9 *	* 0 *
* 100 meter *	* SHASHI JAMES *	* ANN DELA SONDRRA *	* TAMMY RAYEVICH *	* * *	* * *
* Dash *	* ? 12.2 ? P.C. *	* ? 12.5 ? P.C. *	* ? 12.6 ? RHS *	* 1 *	* 8 *
* 1500 meter *	* NANCI TITUS *	* JANET TITUS *	* MEGHAN DUFFY *	* * *	* * *
* Run *	* 6:07.9 RHS *	* 6:11.4 RHS *	* 6:14.1 RHS *	* 9 *	* 0 *
* 400 meter *	* LYNNE COLBAZO *	* NORINE D'ARCY *	* JENNIFER HUGHES *	* * *	* * *
* Dash *	* 1:02.3 RHS *	* 1:04.8 RHS *	* 1:06.6 RHS *	* 9 *	* 0 *
* 100 meter *	* SHERYL VAN DER SCHYFF *	* KELLY STUART *	* KATHLEEN GILL *	* * *	* * *
* Hurdles *	* 18.3 RHS *	* 20.2 P.C. *	* 20.3 RHS *	* 6 *	* 3 *
* 800 meter *	* JENN HUGHES *	* SUE SPENGLER *	* PAIGE WRIGHT *	* * *	* * *
* Run *	* 2:28.0 RHS *	* 2:29.9 RHS *	* 2:30.8 RHS *	* 9 *	* 0 *
* 200 meter *	* SHEILA VAUGHAN *	* HEIDI CRUZ *	* NORINE D'ARCY *	* * *	* * *
* Dash *	* 29.0 RHS *	* 30.2 P.C. *	* 30.3 RHS *	* 6 *	* 3 *
* 3200 meter *	* NANCI TITUS *	* JANET TITUS *	* KATHY SHEULIN *	* * *	* * *
* Run *	* 13:29.4 RHS *	* 13:31.5 RHS *	* 13:34.4 RHS *	* 9 *	* 0 *
* Triple *	* JENN McDERMOTT *	* HEIDI CRUZ *	* SHERYL VAN DER SCHYFF *	* * *	* * *
* Jump *	* 30'10" RHS *	* 30' 4 1/2" P.C. *	* 28'9" RHS *	* 6 *	* 3 *
* 4X400 m. *	* COMPTON - 67 *	* COCHRAN 70.5 *	* * * *	* * *	* * *
* Relay *	* DeLONGELIO 68.4 *	* VAUGHAN 65.3 *	* * * *	* 5 *	* 0 *
* * *	* 4:31.6 RHS *	* * * *	* 4:35.3 P.C. *	* * *	* * *
* Shot *	* TAMMY RAYEVICH *	* FLORENCE BARREAU *	* ELLEN BARKENBUSH *	* * *	* * *
* Put *	* 34'7" RHS *	* 31'10" P.C. *	* 29'10 1/2" RHS *	* 6 *	* 3 *
* * *	* * * *	* * * *	* * * *	* * *	* * *
* Discus *	* ELLEN BARKENBUSH *	* FLORENCE BARREAU *	* TAMMY RAYEVICH *	* * *	* * *
* * *	* 83'11" RHS *	* 77'10" P.C. *	* 75'6" RHS *	* 6 *	* 3 *
* * *	* * * *	* * * *	* * * *	* * *	* * *
* High *	* SHEILA VAUGHAN *	* FLORENCE BARREAU *	* JENNIFER WRUBEL *	* * *	* * *
* Jump *	* ? 4'11" ? RHS *	* ? 4'8" ? P.C. *	* ? 4'5" ? RHS *	* 6 *	* 3 *
* * *	* * * *	* * * *	* * * *	* * *	* * *
				FINAL SCORE	* 88 * 34 *

COMMENTS:

WE LOOKED VERY GOOD FOR APRIL 1ST

800m RUN WAS THE RACE OF THE DAY

TAMMY RAYEVICH'S SHOT PUT WAS THE PERFORMANCE OF THE DAY!

RIDGEWOOD vs PARAMUS CATHOLIC NON-SCORING PERFORMANCES

* EVENT *			
* Long *	VANDER SCHYFF - 12'3"	VENIN - F	
* Jump *	MAC LENNAN - 10'	ELVOVE - F	
* 400 meter *	DE CONGELIO - 1:19.6		
* Hurdles *	DONNELLY - 1:19.4		
* 100 meter *	SPENSLER - 13.2	COMISKEY 15.5	
* Dash *	D'ARLY - 13.1	COMPTON 13.0	
		HOROWITZ 15.6	
* 1600 meter *	GILMARTIN - 6:22	HOWELL 6:26	K. McDERMOTT 6:37
* Run *		BRENNAN 6:27	HEINIG 6:57
* 400 meter *			
* Dash *	POLLACI 1:09.9	MACLENNAN 1:17.7	GURNTHER 1:18.9
* 100 meter *			
* Hurdles *	DONNELLY - 21.2		
* 800 meter *			
* Run *	DEGELMANN - 2:33	FIGLAR 2:35	
* 200 meter *			
* Dash *	COCHRAN - 31.3		
* 3200 meter *			
* Run *	DUFFY - 13:37.8		
* Triple *			
* Jump *	WRUBLE - 28' 1/2"	SPALCKHAVER - 24'10"	M.B. MORRIS 26'0"
* 4X400 m. *			
* Relay *			
* Shot *			
* Put *	HOERNER - 25'4 1/2"	CRABTREE - 20'1"	PALLONE 19'8"
* Discus *			
	SIGILLITO - 74'10"	PHILLIPS - 69'6"	FUNKE - 57'8"
* High *			
* Jump *	J. McDERMOTT 4'3"		

COMMENTS:

RIDGEWOOD RELAYS

APRIL 5th

Bergen Community College

2nd place 36 points

4X1600 "A" Wright(5:20.2), Cannon(5:43), Jennifer H.(5:21), D'Arcy(5:24.6)
21:48.6 2nd place

"B" N.Titus(6:04), J.Titus(----), Shevlin(6:15), Duffy(6:12)
no place

4X100 hurdles: Velez(19.6), Gill(18.8), Donnelly(20.1), & Schyff(16.7)
1:15.8 5th place

4X100 meter Cochran(15.1), Compton(15.0), Rayevich(13.5), DeCongelio(13.6)
57.3

4X800 "A" Jean Hughes(2:25.5), Cannon(2:38.7), Wright(2:31.6), D'Arcy(2:27.2)
10:03.2 3rd place

"B" Titus(2:51), Howell(----), Bernnan(----), Gilmartin(2:48)

4X200 "A" Degelmann(28.1), Collazo(27.2), Spengler(30.7), Figlar(26.7)
1:59.0 1st place

"B" Pollaci(30.1), Compton(28.8), Cochran(31.6), DeCongelio(28.8)
1:59.2

Sprint Medley Degelmann(28.8), Vaughan(27.5), Figlar(62.7), Collazo(2:25.3)
4:24.6 2nd place

Distance Medley Jean H.(----), Vaughan(62.7), Jennifer H.(2:30.6), D'Arcy(5:30.3)
13:04.3 2nd place

4X400 Degelmann(62.3), Spengler(67.2), Collazo(64), Figlar(61.5)
4:15.7 3rd place

High Jump vander Schyff(5'), Vaughan(4'6"), Wrubell(4'6")
14' 4th place

Triple Jump McDermott(30'3"), vander Schyff(28'11"), Wrubell(28'5 1/2")
2nd 2nd place

Long Jump McDermott(12'8"), Spalckhaver(10'7 1/2"), M.B.Morris(10'5 1/2")
no place

Javelin "A" Rayevich(71'5"), Barkenbush(85'5"), Sigillito(83'10")
240'9" 3rd place

"B" Phillips(62'), Duffy(75'), Funke(62'7")
199'7" 5th place

Shot "A" Rayevich(31'6"), Barkenbush(26'7 1/2"), Sigillito(23'11 1/2")
(82'1")

"B" Duffy(23'1 1/2"), Funke(19'9 1/2"), Phillips(22'10")

Discus "A" Barkenbush(86'7"), Rayevich(89'4"), Sigillito(80'6")
256'5" 5th place

"B" Funke(68'10"), Phillips(64'3"), Shevlin(46'7")

COMMENTS: We lost a close one to last years group III state champion. A great start for our young team! Track performance of the meet is Paige Wright's lead off leg in the 4X1600 meters relay. Field Performance is the High Jumping of Sheryl van der Schyff.



Staff photo by Joe Giardelli

Paige Wright of Ridgewood hands off to Norine D'Arcy in the 3,200 relay at the Ridgewood Relays. The Maroons were second.



Ridgewood plays bridesmaid role

Westwood wins small-school crown

By Mark J. Czerwinski
Correspondent

PARAMUS — Near misses at the Ridgewood Girls Relays are becoming a tradition for the Maroons' track team.

For the second consecutive year, Ridgewood finished second in the team competition at Bergen Community College, losing the large-school division title to North Hunterdon, 40-36.

Girls track

"All the girls ran really aggressive and, even when we came up short, the kids were never timid," said Ridgewood coach and meet codirector Jacob Brown, whose team finished second last year to Plainfield. "I still feel good because North Hunterdon was Group 3 state champion last year and we almost beat them."

Leading the way for North Hunterdon was the team of Sandy LaPlaca, Anne Letko, Jeannie LaPlaca, and Jodi Bilotta. The quartet came through with a key victory in the four-mile relay, edging Ridgewood with a time of 21 minutes 15.4 seconds.

Westwood took first place in the small-school division with 39 points. The Cardinals won two events, the 800-meter relay and the 1,600 relay.

In the 800, the team of Mary Sok, Anisia Wagner, Rhonda Allen, and Aquansa Garth finished in a time of 1:51.9. Sok, Wagner, Garth, and Karen Wessinger then combined to finish the 1,600 in 4:14.8.

North Hunterdon also won the

freshman sprint-medley and the distance-medley relays en route to its large-school first-place finish. Ridgewood took first in the 800 relay and second in the 4-mile relay and the triple jump.

"Nothing really stands out, because we had several good performances," said Brown. "Paige Wright did well leading off the 4-mile relay with a 5:21, an excellent time even for late in the year."

Another strong finisher was Indian Hills. Among the Braves' highlights was a victory in the varsity shuttle hurdles for the team of Jan Pelka, Joy Pelka, Erika Schwartzberg, and Margaret Rottkamp. Indian Hills won the event with a time of 1:07.9, and the Braves are convinced they can do even better.

"We were fourth in the state indoors for the same event with the same four hurdlers," said senior Joy Pelka. "That charged us up for this, and we expect to do even better because we are all so used to each other."

The meet also was significant because it marked the first time that the pole vault was included in a girls track meet in this country.

Two girls from Monroe-Woodbury (N.Y.), Beth Caccia and Jackie Amatuzzo, finished one-two in the event. Caccia vaulted 7 feet 3 inches, and Amatuzzo cleared 6-6.

"You would expect that with a new event like this, the girls would be novices, not really knowing what they are doing," said Brown. "But that wasn't the case. They did well and were obviously very well coached and prepared."

Summaries on Page S-12

Ridgewood Girls Relays

LARGE SCHOOLS

North Hunterdon 40, Ridgewood 36, Indian Hills 25, North Rockland 25, Truman 16.5, Suffern 12, Toms River East 11, Bishop Loughlin 10.5, Harborfields 10, Newburgh Free Academy 9, Comeswoque 7, Heightstown 7, Monroe-Woodbury 7, St. John's 7, Weequahin 5, Franklin 4, Smithstown East 4, Bergenfield 3, Brick 3, New Rochelle, 1.5, Hackensack 1.

Varsity shuttle hurdles - 1, Indian Hills (Jan Pelka, Margaret Rollkamp, Erika Schwarzborg, Joy Pelka), 1:07.9; 2, North Rockland, 1:13.2; 3, Toms River East, 1:14.2; 4, North Hunterdon, 1:14.7; 5, Ridgewood, 1:15.8.

4-mile - 1, North Hunterdon (Sandy LaPlaca, Anne Leiko, Jeannie LaPlaca, Jodi Biolta), 21:15.4; 2, Ridgewood, 21:48.6; 3, Brick, 22:00.1; 4, Suffern, 22:59.8; 5, Bishop Loughlin, 23:05.6.

400 - 1, Newburgh Free Academy (Dawn Brown, Renee DeJesus, Tammie McClain, Chiniqua Monk), 52.2; 2, Weequahin, 52.4; 3, Truman, 52.4; 4, Bishop Loughlin, 52.7; 5, New Rochelle, 52.7.

800 - 1, Ridgewood (Lynn Degelmann, Lynn Collozo, Sue Spangler, Ginny Figlar), 1:53; 2, Franklin, 1:55; 3, Newburgh Free Academy, 1:56.5; 4, St. Joseph, 1:58.3; 5, Monroe-Woodbury, 1:58.4.

Freshman shuttle hurdle - 1, Indian Hills (Doreen Pierce, Carolyn Bernhard, Tori Russo, Pam Slubo), 1:19.7; 2, North Hunterdon, 1:20.2.

Freshman sprint medley - 1, North Hunterdon (Diane Dean, Michele Gafney, Amy Mercovich, Katie McCormick), 4:31.8; 2, North Rockland, 4:48.9; 3, Snaker, 4:56.8; 4, Comeswoque, 4:57; 5, Indian Hills, 4:59.7.

Sophomore sprint medley - 1, St. John's (Eva Jakacfi, Cindy Swift, Arny Rhodes, Mary Anne Riopelle), 4:41.2; 2, Bishop Loughlin, 4:43.5; 3, North Rockland, 4:44.4; 4, Monroe-Woodbury, 4:45; 5, Harborfields, 4:47.8.

4 x 400 - 1, Truman (Nicola Gray, Tabitha Gillard, Monique Stokes, Yolanda Marshall), 9:44.2; 2, North Hunterdon, 9:51.8; 3, Ridgewood, 10:03.2; 4, Toms River East, 10:09.8; 5, Bishop Loughlin, 10:18.6.

Intermediate hurdles - 1, Harborfields (Christine Suchan, Nancy Hughes, Jenny Campbell), 3:35.7; 2, North Hunterdon, 3:38.5; 3, Bergen, 3:43.2; 4, Truman, 13:12; 5, Indian Hills, 3:50.3.

Distance medley - 1, North Hunterdon (Anne Leiko, Holly Colognato, Jeannie LaPlaca, Jodi Biolta), 12:49.7; 2, Ridgewood, 13:04.2; 3, Truman, 13:12; 4, St. John's, 14:00; 5, Bishop Loughlin, 14:13.6.

4 x 400 - 1, Bishop Loughlin (Sharon Biggs, Felicia Williams, Lorraine Rodriguez, Donna Maulon), 4:09.1; 2, North Hunterdon, 4:14.4; 3, Ridgewood, 4:15.7; 4, Weequahin, 4:20.9; 5, Suffern, 4:23.2.

High jump - 1, Indian Hills (Jeanine Murphy, Amy Nehls, Margaret Rollkamp) 14.6; 2, Comeswoque, 14.6; 3, Smithstown East, 14.0; 4, Ridgewood 14.0; 5, Monroe Woodbury, 13.6.

Javelin - 1, North Rockland (T. Rodriguez, N. Caramanica, Bev Andrew), 262-3 1/2; 2, North Hunterdon, 259-5 1/2; 3, Ridgewood A, 240-9; 4, Toms River East, 210-4; 5, Ridgewood B, 199-7.

Shot put - 1, North Rockland (N. Caramanica, Bev Andrew, Kellie Willis), 97-11; 2, Toms River East, 92; Indian Hills, 89-11 1/2; 4, North Hunterdon, 87-8 1/2; 5, Heightstown, 83-8.

Triple jump - 1, Indian Hills (Margaret Rollkamp, Linda Lang, Regina Sorler), 93-8; 2, Ridgewood, 86-4; 3, Suffern, 85-8; 4, Harborfields, 83-6; 5, Smithstown East, 82-2 1/2.

Long jump - 1, Heightstown (Diane Keller, Shery Dudley, Beth Crupper), 41-1 1/2; 2, North Hunterdon, 40-4 1/4; 3, St. John's 39-6; 4, Truman, 38-8; 5, Indian Hills, 38-4 1/4.

Discus - 1, North Rockland (N. Caramanica, Bev Andrews, Jenny Williams), 299-8; 2, North Hunterdon, 281-10; 3, Comeswoque, 261-11; 4, Indian Hills, 259-5; 5, Ridgewood, 256-5.

Pole vault - 1, Monroe-Woodbury (Beth Caccia), 7-3; 2, Monroe-Woodbury, 6-5.

SMALL SCHOOLS

TEAM SCORES

Westwood 39, Bronxville 21, Walkill 21, Notre Dame 19, Shoreham Wading River 19, Pascack Valley 18, Dover 17, New Providence 15, Fox Lane 12, Pope John 10, Central 6, Pequannock 5, Florham Park 5, Pine Plains 3, Rosell 3, Cornwall 3, Tri-Valley 3, Hopatcong 2, Abraham Clark 2, Caldwell 1, Albertus Magnus 1, Asbury Park 1, Saddle Brook 1, Old Tappan 1, Monticello 1/2, Nyack 1/2.

Sophomore sprint medley - 1, Horace Mann (Chris Bussey, Kendall Hines, Lisa Swartz, Antonia Merzon), 4:31.9; 2, Pine Plains, 4:32.5; 3, Shoreham Wading River, 4:34.3; 4, Walkill, 4:38.5; 5, Nanuet, 4:40.4.

3,200 - 1, Fox Lane (Holly Fancher, Dawn Enterlein, Amy Cole, Tina Spiller), 9:49.3; 2, Westwood, 10:22.7; 3, Bronxville, 10:29.7; 4, Tri-Valley, 10:32.7; 5, Caldwell, 10:36.1.

800 - 1, Westwood (Mary Sok, Anisia Wagner, Rhonda Allen, Aquansa Garth), 1:51.9; 2, Central, 1:53.7; 3, Rosell, 1:53.8; 4, Floral Park, 1:53.8; 5, Walkill, 1:53.9.

Freshman sprint medley - 1, Dover (Jen Welch, Kim Haynes, Evelyn Salgado, Michelle English), 4:42.5; 2, Pine Plains, 4:44.4; 3, Cornwall, 4:48.4; 4, Tri-Valley, 4:51.3; 5, Immaculate Conception, 4:55.1.

Freshman 3,200 - 1, Tri-Valley (Karen Furman, Laurie Davis, Cary Landau, Megan Gallagher), 10:43.3; 2, Central, 11:13.3; 3, Bronxville, 11:21.2; 4, Bishop Ahr, 11:24.8; 5, Pascack Hills, 11:27.2.

400 - 1, Notre Dame (Rhonda Elml, Jen Eccleston, Rachelle Clinton, Michelle Coleman), 53.3; 2, Westwood, 53.4; 3, Floral Park, 54.1; 4, Abraham Clark, 54.3; 5, Pascack Valley, 54.4.

4 x 1,600 - 1, Notre Dame (Courtney Finn, Tracey Adams, Katie Ferris, Kathy Moloughny), 22:32.9; 2, Bronxville, 22:42.2; 3, Pine Plains, 22:52; 4, Dover, 23:01.7; 5, Albertus Magnus, 23:27.6.

Intermediate hurdles - 1, Shoreham Wading River (Casey McLaughlin, Jen McNerlyn, Barbara Duffin), 3:35.8; 2, Fonda, 3:38.7; 3, Westwood, 3:40.9; 4, Albertus Magnus, 3:41; 5, Cornwall, 3:42.6.

Distance medley - 1, Fox Lane (Dawn Enterlein, Holly Fancher, Tina Spiller, Amy Cole) 12:56; 2, Shoreham Wading River, 13:16.6; 3, Bronxville, 13:24.8; 4, Notre Dame, 13:35.3; 5, Tri-Valley, 13:36.3.

Sprint medley - 1, Bronxville (Gabby Grebiski, Maddy Cusla, Susan O'Callahan, Deirdre Fleming), 4:21.6; 2, Notre Dame, 4:22.6; 3, Pascack Valley, 4:33.1; 4, Cornwall, 4:39.7; 5, Old Tappan 4:40.3.

1,600 meter - 1, Westwood, (Mary Sok, Anisia Wagner, Karen Wessinger, Aquansa Garth), 4:14.8; 2, Bronxville, 4:17.3; 3, Albertus Magnus, 4:19.7; 4, Central, 4:19.8; 5, Notre Dame, 4:22.9.

Discus - 1, Dover (Welch Heather, Cathy Magliocchelli, Barbara Cloughley), 267-2; 2, Westwood, 252-6; 3, Pope John, 239-2; 4, Pequannock, 238-5; 5, Nyack, 236-6 and Monticello, 236-6.

Long jump - 1, Pascack Valley (K. Baumbach, C. David, L. Traphagen), 45-5; 2, Walkill, 43-8; 3, Westwood, 41-7; 4, New Providence, 40-11; 5, Asbury Park, 39-9 1/4.

Triple jump - 1, Pascack Valley (D. Drego, C. David, K. Baumbach), 90-9 1/4; 2, Walkill, 88-9; 3, Pequannock, 82-9 1/2; 4, Shoreham Wading River, 82-5 1/2; 5, Albertus Magnus, 78-10 1/2.

Javelin - 1, New Providence (Janine Palschakov, Alicia Messina, Jenny Gossett), 289; 2, Dover, 281-5; 3, Westwood, 253-1; 4, Pascack Valley, 246-2; 5, St. John's, 240-10.

High jump - 1, Pope John (Kathy Costello, Kathy Sharkov, Jenny Rawlins), 14-6; 2, Walkill, 14-3; 3, Shoreham Wading River, 13-6; 4, Dover, 13-6; 5, Bronxville, 13-3.

Shot put - 1, Walkill (Emerald Rivera, Vivian Singleton, Jen Kelly), 90-11 1/2; 2, Westwood, 90-9 1/2; 3, Dover, 88-5 1/2; 4, Hopatcong, 87-9; 5, New Providence, 80-8.

Ridgewood Boys Relays

At Paramus Catholic H.S.

LARGE SCHOOLS

TEAM SCORES

Mt. Vernon, 26; Passaic, 24; Iona, 20 1/2; Loughlin, 17; Overbrook, 16; Hackensack, 15; North Rockland, 14; Newburgh, 11 1/2; Talli, 10; Pascack Valley, 10; Kennedy, 9; Passaic Tech, 8; Newtown, 8; Bergen Catholic, 7; Cherokee, 7; Monroe-Woodbury, 7; Hillsboro, 7; New Rochelle, 7; St. Francis, 6; Fair Lawn, 4 1/2; Union, 3.5; Don Bosco, 3; North Hunterdon, 3; Truman, 2; Wayne Valley, 2; Paramus Catholic, 1; Bergenfield, 1.

Sprint medley - 1, Passaic, 3:41.9; 2, Mt. Vernon, 3:44; 3, Newburgh, 3:50.6; 4, Loughlin, 3:51.6; 5, Bergenfield, 3:51.7.

4 mile - 1, Loughlin, 18:37.7; 2, Newburgh, 19:00.7; 3, Cherokee, 17:05.8; 4, Monroe-Woodbury, 19:14.3; 5, Kennedy, 19:18.9.

Shuttle hurdles - 1, Overbrook, 1:03.2; 2, Iona, 1:06.6; 3, Cherokee, 1:08.9; 4, Molloy, 1:09.2; 5, Hillsboro, 1:11.8.

400 - 1, Mt. Vernon, 44.7; 2, New Rochelle, 45.2; 3, North Rockland, 45.7; 4, Passaic Tech, 45.8; 5, Monroe-Woodbury, 46.8.

4 x 400 - 1, Mt. Vernon, 8:11.0; 2, Newtown, 8:17.9; 3, Loughlin, 8:21.1; 4, Talli, 8:21.4; 5, Iona, 8:24.5.

800 - 1, Hackensack, 1:31.3; 2, Talli, 1:35.1; 3, New Rochelle, 1:35.5; 4, Truman, 1:35.6; 5, Passaic Tech, 1:35.7.

Distance medley - 1, Loughlin, 10:53.4; 2, Newtown, 11:05.8; 3, Kennedy, 11:14.2; 4, Overbrook, 11:16.1; 5, Fair Lawn, 11:17.

4 x 400 - 1, Mt. Vernon, 3:27.6; 2, Talli, 3:27.8; 3, Iona, 3:33.6; 4, Overbrook, 3:33.7; 5, Mt. Vernon, 3:36.

400 IH - 1, Overbrook, 2:58.2; 2, Bergen Catholic, 3:02.3; 3, Passaic, 3:07.6; 4, Fair Lawn, 3:08.3; 5, Cherokee, 3:08.6.

Javelin - 1, Iona, 428-10; 2, Pascack Valley, 421-3 1/2; 3, Don Bosco, 414-2; 4, Union, 410; 5, Molloy, 404-10.

Shot put - 1, Passaic, 135-1; 2, North Rockland, 129-4; 3, Hackensack, 123-8; 4, Monroe-Woodbury, 120-5; 5, Cherokee, 119-4.

Discus - 1, Passaic, 405-3; 2, McClancy, 365; 3, North Rockland, 3:54.3; 4, Wayne Valley, 342-7; 5, Monroe-Woodbury, 336.3.

High jump - 1, Kennedy, 18-2; 2, Pascack Valley, 16-8; 3, N. Hunterdon, 16-6; 4, Passaic, 15-10; 5, Iona, 15-8.

Triple jump - 1, St. Francis, 120-5 1/4; 2, Newburgh, 119-11 1/4; 3, Kennedy, 117-7 1/4; 4, Iona, 115-6 1/2; 5, Passaic, 114-7 1/4.

Long jump - 1, Hackensack, 57-4 1/4; 2, North Rockland, 56-6 1/2; 3, Mount Vernon, 54-2 3/4; 4, Pascack Valley, 53-5 1/4; 5, Paramus Catholic, 52-10.

Pole vault - 1, Hillsboro, 33; 2, Iona, 32; 3, Bergen Catholic, 30; 4, (tie), Fair Lawn and Union, 29.

SMALL SCHOOLS

TEAM SCORES

CBA, 30 1/2; Manchester Twp., 29; Ramsey, 28 1/2; Monticello, 21; New Providence, 18; Old Tappan, 15; Hillside, 14 1/2; Immaculate, 13; Northern Highlands, 12; Fox Lane, 10; Saddle Brook, 8 1/2; Bronxville, 7; Westwood, 7; Central, 7; Roselle, 5; Byram Hills, 4; Voorhees, 4; Floral Park, 3; Caldwell, 3; Nanuet, 3; Nyack, 1.

4 x 400 - 1, Monticello, 3:30.7; 2, New Providence, 3:32.2; 3, Roselle, 3:32.4; 4, Manchester Twp., 3:33.4; 5, CBA, 3:34.3.

Fresh 4 x 800 - 1, Central, 9:24; 2, CBA, 9:32; 3, Cornwall, 9:57.6; 4, LaSalle, 9:59.5; 5, Dover, 10:34.

Javelin - 1, Valley Central, 446; 2, Voorhees, 443; 3, Bronxville, 440; 4, Immaculate, 433; 5, Caldwell, 6, 426.

Discus - 1, CBA, 381; 2, Hillside, 380-9; 3, Immaculate, 358-7; 4, Saddle Brook, 348; 5, Manchester Twp., 346-9.

400 IH - 1, Manchester Twp., 3:00.3; 2, CBA, 3:01.9; 3, Westwood, 3:07.6; 4, New Providence, 3:07.7; 5, Ramsey, 3:08.1.

Triple jump - 1, Ramsey, 116-5; 2, Westwood, 110-9 1/4; 3, Byram Hills, 110-9 1/2; 4, No. Highlands, 107-1 1/4; 5, Saddle Brook, 106-8 1/2.

4 x 200 - 1, New Providence, 1:36.6; 2, Ramsey, 1:36.9; 3, Old Tappan, 1:37.8; 4, Hillside, 1:37.9; 5, Byram Hills, 1:38.4.

High jump - 1, Manchester Twp., 17-10; 2, Saddle Brook, 17-2; 3, CBA, 17-2; 4, Monticello, 17-2; 5, Ramsey, 17-2.

4 x 800 - 1, No. Highlands, 8:14.9; 2, Bronxville, 8:27.0; 3, New Providence, 8:28.3; 4, Caldwell, 8:32.5; 5, Westwood, 8:33.4.

4 x 100 - 1, Hillside, 45.8; 2, Old Tappan, 46.4; 3, New Providence, 46.5; 4, Roselle, 46.6; 5, Nyack, 46.7.

4 x 1,600 - 1, Ramsey, 18:34.5; 2, Monticello, 18:38.5; 3, Old Tappan, 18:54.9; 4, Floral Park, 18:58.1; 5, CBA, 18:59.2.

Fresh 4 x 400 - 1, Central, 3:48.4; 2, CBA, 3:55.3; 3, Hopatcong, 3:55.8; 4, Roselle, 3:57.5; 5, Old Tappan, 3:58.3.

RIDGEWOOD vs I. H. A.

WEATHER SUNNY COOL

DATE MONDAY APRIL 7TH

TRACK CONDITIONS RIDGEWOOD'S ALL WEATHER

* EVENT	* FIRST PLACE	* SECOND PLACE	* THIRD PLACE	* RHS	* * *
* Long	* JEN	* VILLOPOTO	* SHEILA VAUGHAN	* * *	* * *
* Jump	* McDERMOTT	* IHA	* IHA	* 6	* 3
	* 15'1" RHS	* 13'3 1/2" RHS	* 13'2 1/2" RHS		
* 400 meter	* LYNN DEGELMANN	* SUE SPENZLER	* LYNN	* * *	* * *
* Hurdles	* 1:08.7 RHS	* 1:11.4 RHS	* 1:17.4 IHA	* 8	* 1
* 100 meter	* SHEILA VAUGHAN	* JENNIFER	* MICHELLE	* * *	* * *
* Dash	* 14.0 RHS	* CAMP	* COMPTON	* 6	* 3
		* 14.1 IHA	* 14.4 RHS		
* 1600 meter	* Nanci Titus	* MEGAN DUFFY	* TONI VERRONE	* * *	* * *
* Run	* 6:05.0 RHS	* 6:07.5 RHS	* 6:41.0 IHA	* 8	* 1
* 400 meter	* NOREEN	* JEAN HUGHES	* PAIGE WRIGHT	* * *	* * *
* Dash	* DARCY			* 9	* 0
	* 1:03.6 RHS	* 1:04.8 RHS	* 1:06.8 RHS		
* 100 meter	* SHERYL	* REGINA VELEZ	* LYNN VILLOPOTO	* * *	* * *
* Hurdles	* Van der SCHYFF			* 8	* 1
	* 18.1 RHS	* 20.3 RHS	* 22.4 IHA		
* 800 meter	* JENNIFER	* KAREN CANNON	* LAURA	* * *	* * *
* Run	* HUGHES		* GEBHARDT	* 8	* 1
	* 2:27.0	* 2:36.8 RHS	* 2:42.6 IHA		
* 200 meter	* SHEILA VAUGHAN	* STEPHANIE	* MICHELLE	* * *	* * *
* Dash		* DECONGELIO	* VERRONE	* 8	* 1
	* 28.6	* 30.4	* 31.2 IHA		
* 3200 meter	* NORINE DARCY	* JEAN HUGHES	* PAIGE WRIGHT	* * *	* * *
* Run	* 11:49.1 RHS	* 11:56.7	* 12:15.1	* 9	* 0
* Triple	* JEN McDERMOTT	* SHERYL	* TAMMY RAYEVKH	* * *	* * *
* Jump	* 31'8 1/2" RHS	* Van der SCHYFF		* 9	* 0
		* 31'1" RHS	* 29'5" RHS		
* 4X400 m.	* RIDGEWOOD - 4:32.4	* I. H. A.	* 4:59.8	* * *	* * *
* Relay	* Compton - 67.7	* Cannon 72.4		* 5	* 0
	* Hughes - 67.0	* VELEZ 65.7			
* Shot	* TAMMY RAYEVICH	* ELLEN	* KRIS MADIS	* * *	* * *
* Put	* 31'10 3/4" RHS	* BARKENBUSH		* 8	* 1
		* 29'10 1/4" RHS	* 26'1/4" RHS		
* Discus	* ELLEN	* TAMMY	* ALFREDA	* * *	* * *
	* BARKENBUSH	* RAYEVICH	* ELDRIDGE	* 9	* 0
	* 91'4"	* 89'10"	* 80'7"		
* High	* SHERYL	* JENNIFER	* SHEILA VAUGHAN	* * *	* * *
* Jump	* Van der SCHYFF	* WRUBEL		* 9	* 0
	* 5'0" RHS	* 4'10" RHS	* 5'0" RHS		
				* FINAL	* * *
				* SCORE	* 110 * 12 *

COMMENTS:

HEILA VAUGHAN'S 2 FIRSTS + 2 THIRDS LEAD THE TEAM IN POINT PRODUCTION. FROSH JEN McDERMOTT'S TWO JUMP WINS WAS THE PERFORMANCE OF THE DAY. THE 400 WAS THE RACE OF THE DAY

HIGH JUMP + DISCUS WERE GREAT IN THE FIELD

RIDGEWOOD vs IHA

NON-SCORING PERFORMANCES

* EVENT *				
* Long Jump *				
* 400 meter Hurdles *	LYNN COLLARO 1:15.5			
	AMY DONNELLY 1:16.6			
* 100 meter Dash *				
* 1600 meter Run *	SUSAN KING 7:08			
* 400 meter Dash *				
* 100 meter Hurdles *	KATHLEEN GILL 19.5			
	AMY DONNELLY 20.7			
* 800 meter Run *	JANET TITUS 2:47.0			
* 200 meter Dash *	DEJELMANN 27.5	COCHRAN 31.4	SPALCKHAVEL 32.9	
	SPENGLER 30.2	JUANG 35.2	MELONE 34.7	
		G. VELEZ 32.4		
* 3200 meter Run *	LYNNE COLLARO 12:15.1	HOWELL - 14:10	WILLIAMS - 15:29	
	DUFFY 13:03	SHEVLIN 13:26	K. McDERMOTT 15:05	
	N. TITUS 13:01	J. TITUS 13:19	GILMARTIN 15:28	B. WRIGHT - 15:40
* Triple Jump *				
* 4X400 m. Relay *				
* Shot Put *				
* Discus *				
* High Jump *	TAMMY RAYEVICH 4'4"	Laura SAUNDERS 4'0"		
	JEN McDERMOTT 4'2"			

COMMENTS: J.V. FIELD PERFORMANCES WERE NOT RECORDED.

NANUET RELAYS

APRIL 12th

5X100 hurdles Donnelly (19.0), Gill(19.4), Velez(18.8) 2nd place 57.1

4X1600 meter Cannon(5:34), Jean Hughes(5:26), Jennifer Hughes(5:21),
Paige Wright(5:33) First Place 21:56.0

4X100 meter Cochran, Pollaci, DeCongilio, & Spengler
57.0 in trials, 6th in final 56.6

4X800 meter Collazo(2:25.5, Jean Hughes(2:27.9), JenniferHughes(2:34.8)
Norine D'Arcy(2:28.5) 2nd place 9:56.8

4X200 meter Cochran(31.9), Pollaci(29.3), R.Velez(32.6), C.Velez(29.7)
2:03.5

Distance Medley Cannon(4:12.1), Vaughan(63.0), Wright(2:28.5),
D'Arcy(5:29.1) 2nd place 13:11.9

Sprint Medley Degelmann(28.4), Vaughan(29.3), Figlar(60.4),
Collazo(2:30.9) First Place 4:29.2

4X400 meter Degelmann(64.1), Spengler(67.5), DeCongelio(66.9),
Figlar(60.1) 4th place 4:18.6

Long Jump McDermott(13' 2"), van der Schyff(10' 8 1/4") no place
23' 10 1/4"

Shot Put Rayevich(29ft 3 1/2in), Barkenbush(27'11") 3rd Place
57' 4"

High Jump van der Schyff(4' 9"), Wrubel(4' 9") 2nd Place
9' 6"

Triplejump McDermott(30' 7"), Wrubel(29'10") First Place
60' 5"

Discus Rayevich(78' 4"), Barkenbush(64') 5th place
142' 4"

TEAM SCORES:

Ridgewood-81 Suffern-64 Uniondale-60 Nyack-47 Bishop Loughlin-38

Comments:

Our first "big meet" win of the year and the first time we have won the Nanuet Relays. Everyone performed very well, we scored in all but 2 events and there were no outstanding individual performances. Just the right performance for a hard training, future looking, potentially great team at this time of the year.

BERGEN COUNTY RELAYS

18 & 19 APRIL 1986

3X400 Hurdles Degelmann(67.2), Figlar(69.1), Velez(70.5)
3:26.8 First Place

Distance Medley Jean Hughes(3:54.3), Cannon(69.9), Jennifer H.(2:25.7),
D'Arcy(5:26.1)
12:55.4 First Place

4X200 Pollaci, Deconiglio, Rayevich, Vaughan
1:55.0 5th place

Triple Jump McDermott(31'9 1/2"), Rayevich(28'7"), Schyff(28'5")
88'5 1/2" 4th place

Javelin Barkenbush(80'), Sigillito(78'8"), Rayevich(69'1")
227'9" 2nd Place

Shot Put Rayevich(28'8"), Barkenbush(28'4"), Duffy(24'4")
81'4" no place

4X100 Hurdles Donnelly(19.7), Gill(19.2), Spengler(18.6), Velez(19.0)
no place

Sprint Medley Degelmann(27.3), Vaughan(28.9), Figlar(59.2), Collazo(2:23.5)
4:18.6 First Place

4X1600 meters Cannon(5:38.2), N.Titus(6:03.5), Jean H.(5:27.7),
Jennifer H.(5:17.6)
22:29.1 First Place

4X100 meters Velez, McDermott, Pollaci, Vaughan
53.8 Third Place

4X800 meters Collazo(2:27.8), Jean H.(2:29.5), Jennifer H.(2:30.4),
D'Arcy(2:26.7)
9:54.6 First Place

4X400 meters Degelmann(61.9), D'Arcy(62.6), Collazo(62.0), Figlar(58.2)
4:04.9 First Place

High Jump Vaughan(4'10"), Funke(4'8"), McDermott(4'2")
13'8" Second Place

Long Jump Figlar(14'10"), McDermott(13'10"), Funke(12'6")
41'2" no place

Discus Barkenbush(100'7"), Sigillito(91'), Eldridge(83'9")
275'4" Third Place

COMMENTS: Performance of the day: Ginny Figlar's 400 split,
best improvement: Ellen Barkenbush's discus, and come through for the
team award to Candy Funke for her 4'8" in the high jump!

Ridgewood, Westwood win titles behind unknowns

By John Jackson
Correspondent

TENAFLY — Ridgewood and Westwood received solid performances from their team leaders, but it was the lesser-known performers that enabled each school to win its respective girls group title yesterday in the Bergen County Jack Yonkers Relays.

Ridgewood dominated the distance events in the Group 3-4 competition — as expected — with victories in the middle-distance and distance relays, but the Maroons received seven unexpected points in the discus and the high jump. Those points were enough to help Ridgewood edge Teaneck, 53-50.

Westwood used its depth to overcome injuries and win seven events to outdistance New Milford, 60-45, in Group 1-2.

"I expected a duel with Teaneck, and I told my kids before that the meet would be decided by the off events," said Ridgewood coach Jacob Brown. "We got some bright places from some new kids, and clearly our veterans performed beautifully."

All three members of the Maroons discus team threw personal bests for a third-place finish and three points. Senior Ellen Barkenbush threw 100 feet 7 inches, Linda Sigilito had a toss of 91-0, and Alfreda Eldridge — who had not competed on the varsity level before yesterday — threw 83-9.

In the high jump, the Ridgewood team of Sheila Vaughan (4-10), Candy Funke (4-8), and Jennifer

Girls track

McDermott (4-2) combined for a total of 13-8 to take second place and four points. Funke had no varsity experience going into the meet and had not high-jumped until Thursday, when Brown held a tryout because two of his jumpers were away.

Even though it was a day for the younger performers and the unexpected to shine, the veterans turned in solid performances as well. Lynn Degelmann, Norine D'Arcy, Jen Hughes, Ginni Figlar, and Lynn Collazo each were on three first-place teams in the middle-distance and distance events.

The mile-relay team of Degelmann (61.9 split), Collazo (62.0), D'Arcy, and Figlar (57.9) combined for a 4:04.9 to set a meet record. (The old record was 4:06.3 by Englewood in 1982.) Collazo, a freshman, also ran 2:27.8 in the 3,200, and 2:23.5 on the 800 leg of

Group 3-4 Girls

TEAM SCORING

Ridgewood 53, Teaneck 50, Indian Hills 33, Pascack Valley 21, Bergenfield 14½, Cliffside Park, Hackensack 12, Englewood 6, Old Tappan, Ramapo 9, Fair Lawn 8½, Tenafly 4, Paramus, Ramsey 3, Queen of Peace 2.

400 — 1, Teaneck (Sharita Henderson, Missy Hicks, Shonna Clay, Michelle Forrester) 50.0; 2, Indian Hills 53.2; 3, Ridgewood 53.8; Ridgfield 53.8; 4, Englewood 54.5; 5, Cliffside Park 54.8.

800 — 1, Teaneck (Mona Sellers, Sharita Henderson, Donna Gooden, Pam Birchett) 1:48.7; 2, Pascack Valley, 1:51.4; 3, Englewood, 1:53.1; 4, Old Tappan, 1:54.1; 5, Ridgewood, 1:55.0.

1,600 — 1, Ridgewood (Lynn Degelmann, Lynn Collazo, Norine D'Arcy, Ginni Figlar) 4:04.9 (record, old record, 4:06.3 by Englewood, 1982); 2, Teaneck 4:09.9; 3, Tenafly 4:21.7; 4, Cliffside Park 4:22.0; 5, Ramsey 4:22.4.

3,200 — 1, Ridgewood (Lynn Degelmann, Jen Hughes, Jean Hughes, Norine D'Arcy) 9:54.6; 2, Teaneck 10:33.7; 3, Indian Hills 10:46.8; 4, Pascack Valley 10:58.1; 5, Bergenfield 11:32.7.

6,400 — 1, Ridgewood (Karen Cannon, Jen Hughes, Jean Hughes, Nancy Titus) 22:29.1; 2, Ramapo 23:15.4; 3, Paramus 23:59.2; 4, Old Tappan 24:43.4; 5, Hackensack 25:57.9.

Distance medley — 1, Ridgewood (Jean Hughes, Karen Cannon, Jen Hughes, Norine D'Arcy) 12:55.4; 2, Hackensack, 13:03.7; 3, Ramapo, 13:13.4; 4, Ramsey, 13:20; 5, Teaneck, 13:35.1.

Sprint medley — 1, Ridgewood (Lynn Degelmann, Ginni Figlar, Sheila Vaughan, Lynn Collazo) 4:18.6; 2, Hackensack 4:22.2; 3, Pascack Valley 4:24.1; 4, Bergenfield 4:26.3; 5, Tenafly 4:32.4.

3 x 400 IH — 1, Ridgewood (Lynn Degelmann, Ginni Figlar, Christina Velez) 3:26.8; 2, Bergenfield, 3:31.7; 3, Cliffside Park, 3:36.7; 4, Indian Hills, 3:46.8; 5, Teaneck, 3:49.9.

Shuttle hurdles — 1, Indian Hills (Margaret Roltkamp, Ericka Swartzberg, Pam Stirba, Joy Pelka) 1:10.2; 2, Teaneck 1:11.9; 3, Cliffside Park 1:12.3; 4, Bergenfield 1:14.4; 5, Fair Lawn 1:14.5.

Triple jump — 1, Teaneck (Pam Birchett, Fatima Goodman, Donna Gooden) 99-3½; 2, Indian Hills, 99-2½; 3, Pascack Valley, 90-9¼; 4, Ridgewood, 88-5½; 5, Bergenfield, 87-1½.

Shot put — 1, Indian Hills (Barbara Nuzzi, Linda Lang, Jan Pelka), 90-4½; 2, Teaneck, 87-5½; 3, Bergenfield, 83-4½; 4, Ramapo, 82-8½; 5, Hackensack, 82-5.

Discus — 1, Fair Lawn (Julie Sicinski, Michelle Orr, Amy Lomauro) 286-5; 2, Teaneck 277-1; 3, Ridgewood 275-4; Indian Hills 264-9; 5, Hackensack 249-6.

Javelin — 1, Pascack Valley (Lori Moberg, Kathleen Applin, Diane Drago) 239-0; 2, Ridgewood 227-9; 3, Cliffside Park 224-11; Queen of Peace 197-10; 5, Hackensack 195-10.

Long jump — 1, Indian Hills (Linda Lang, Margaret Roltkamp, Amy Nehls) 47-6¾ (group record, old record, 47-1½ by Northern Highlands, 1978); 2, Teaneck 45-3¼; 3, Pascack Valley 44-9½; 4, Old Tappan 43-1¾; 5, Englewood 42-11½.

High jump — 1, Teaneck (Debbie Kim, Lauren Singleton, Debbie McDonald) 15-6 (record, old record, 15-4 by Ridgewood, 1982); 2, Ridgewood 13-8; 3, Old Tappan 13-2; 4 (tie), Bergenfield and Fair Lawn 13-0.



RIDGEWOOD vs HACKENSACK

WEATHER RAINING - COLD - WUK

DATE APRIL 21, 1986

TRACK CONDITIONS WET - all Weather

* EVENT *	* FIRST PLACE *	* SECOND PLACE *	* THIRD PLACE *	* RHS *	* HACK *
* Long *	* NOT *				
* Jump *	* CONTESTED *				
* 400 meter *	* LYNN DEJELMANN *	* CHRISTINA VELEZ *	* AMY DONNELLY *		
* Hurdles *	* 71.3 RHS *	* 72.0 RHS *	* 75.4 RHS *	9	0
* 100 meter *	* SONYA DANIELS *	* GINNY FIGLAR *	* S. DECONGELIO *		
* Dash *	* 13.2 H *	* 13.3 RHS *	* 14.3 RHS *	4	5
* 1600 meter *	* KAREN CANNON *	* NANJI TITUS *	* KIM CAMPBELL *		
* Run *	* 5:46.7 RHS *	* 5:56 *	* 6:02.4 *	8	1
* 400 meter *	* JASMIN JONES *	* LYNNE COLLAZO *	* NORINE D'ARCY *		
* Dash *	* 57.8 H *	* 62.1 RHS *	* 65.4 RHS *	4	5
* 100 meter *	* CHRISTINA VELEZ *	* KATHLEEN GILL *	* AMY DONNELLY *		
* Hurdles *	* 18.8 RHS *	* 20.0 RHS *	* 20.1 RHS *	9	0
* 800 meter *	* JASMIN JONES *	* GINNY FIGLAR *	* VETTER *		
* Run *	* 2:21.4 H *	* 2:28.0 RHS *	* 2:44.9 H *	3	6
* 200 meter *	* SONYA DANIELS *	* LAURA POLLALI *	* JEAN HUGHES *		
* Dash *	* 28.9 H *	* 29.8 RHS *	* 29.8 RHS *	4	5
* 3200 meter *	* KAREN CANNON *	* JANET TITUS *	* NANJI TITUS *		
* Run *	* 12:54.6 RHS *	* 13:06 RHS *	* 13:30 RHS *	9	0
* Triple *	* NOT *				
* Jump *	* CONTESTED *				
* 4X400 m. *	* RHS - COLLAZO 63.5 *		* HACKENSACK *		
* Relay *	* JEAN H. - 65.7 * * NORINE D'ARCY 67.4 *	* JENNIFER H 69.7 * * 4:26.3 *		4:46.5	5
* Shot *	* ELLEN *	* JONES *	* O'RIELY *		
* Put *	* BARKENBUSH * 29'4" RHS *	* 29' 3/2" H *	* 29'1" H *	5	4
* Discus *	* O'RIELY *	* ELLEN * BARKENBUSH * 93'10" RHS *	* JONES * 83'9" H *	3	6
* High *	* CANDY FUNKE *	* JEN McDERMOTT *			
* Jump *	* 4'4" RHS *	* 4'4" *		8	0
				FINAL SCORE	71 32

COMMENTS:

Great Job on a Raining, Vacation day!
 Karen Cannon won 2, NANJI TITUS BROKE 6 min!
 CANDY Funke got her first win and Ginny Figlar
 ran a Brave 800 against Jones.

RIDGEWOOD vs *HACKENSACK*

NON-SCORING PERFORMANCES

* EVENT *			
*Long *			*
* Jump *			*
* * *			*
400 meter	Kathleen Gill-82.0		*
* Hurdles*			*
* * *			*
100 meter	Tamara Cochran-15.1		*
* Dash *			*
* * *			*
1600meter	Janet Titus-6:05	Suzanne Williams-6:22	*
* Run *	Kathy Shevlin-6:05	Kate McDermott-6:21	*
* * *			*
400 meter	Jennifer Hughes-67.4		*
* Dash *			*
* * *			*
100 meter	Lynn Degelmann-?19?		*
* Hurdles*			*
* * *			*
800 meter	Tamara Cochran-2:45		*
* Run *			*
* * *			*
200 meter	Stephanie DeCongilio-30.4	Amy Donnelly-31.1	*
* Dash *	Jennifer McDermott-29.8	Candy Funke-32.5	*
* * *			*
3200meter	Kathy Shevlin-13:48	Kate McDermott-15:15	*
* Run *	Suzanne Williams-14:02		*
* * *			*
*Triple *			*
* Jump *			*
* * *			*
*4X400 m. *	Degelmann-69.8, Figlar ??,		*
* Relay *	Pollaci-74.1, Cochran-74.4 :	4:46.5	*
* * *			*
*Shot *	Linda Sigillito-25'4"	Louise Pallone-24'1"	*
* Put *	Megan Duffy-24'3"	Kristie Crabtree- 22'	*
* * *			*
*Discus *	Candy Funke-73'4 "	Louise Pallone-60'2"	*
* * *	Linda Sigillito-70'7"		*
* * *			*
*High *			*
* Jump *			*
* * *			*

COMMENTS:

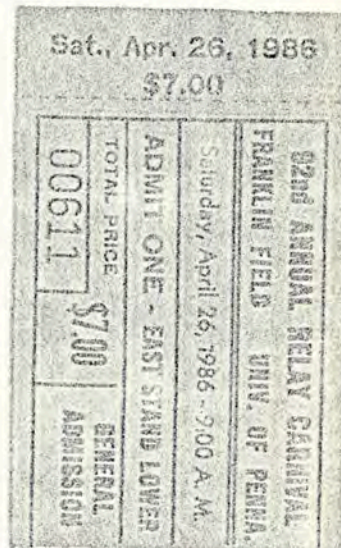
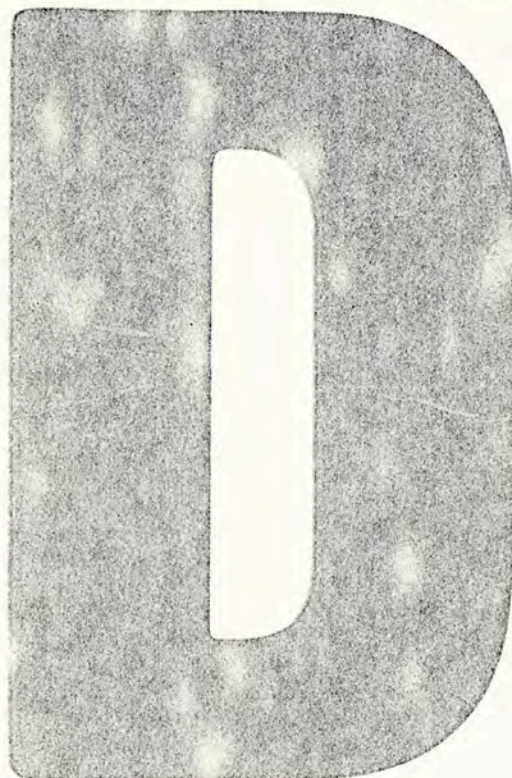
COMMENTS:

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adidas®



4x100 meters 52.4 Degelmann, Vaughan, Velez, Figlan
Excellent Anchor leg by Figlan - she gained on most runners.

4x800 meters 9:29.1 COLLAZO 2:20.7, JEAN HUGHES 2:25.2, JENNIFER H. 2:21.8
D'ARCY 2:21.3

We ran our fastest 4x800 in 3 years and missed making finals by 2 seconds! We were 12TH of the 93 entered Teams.

3,000 meters 10:57.5 Noime D'Arcy

4x400 meters 4:07.9 Degelmann 61.7, Figlan 60.0, Jean Hughes 63.1
Vaughan 63.1

RIDGEWOOD vs Paramus

WEATHER - sunny & warm

DATE - April 28, 1986

TRACK CONDITIONS - all weather

* EVENT	* FIRST PLACE	* SECOND PLACE	* THIRD PLACE	* RHS	* PARAMUS*
* Long Jump	* JEN McDERMOTT	* GINNY FIGLAR	* KAJSA RAMSLOV	* 8	* 1
	* 14' 10 1/2"	* 14' 1/2"	* 13' 1" (P)		
* 400 meter Hurdles	* LYNN DEGELMANN	* CHRISTINA VELEZ	* SUSAN SPENGLER	* 9	* 0
	* 69.9	* 71.1	* 72.7		
* 100 meter Dash	* GINNY FIGLAR	* JEN McDERMOTT	* LAURA POLLACI	* 9	* 0
	* 13.5	* 14.1	* 14.2		
* 1600 meter Run	* JENNIFER HUGHES	* NORINE DIARCY	* REBECCA KING	* 8	* 1
	* 5:18.1	* 5:29.8	* 5:47.5 (P)		
* 400 meter Dash	* LYNNE COLLAZO	* STEPHANIE DECONGELIO	* GINA CHANEY	* 8	* 1
	* 61.6	* 67.9	* 72.1 (P)		
* 100 meter Hurdles	* SHERYL vanden SCHYFF	* CHRISTINA VELEZ	* JENNIFER SLAVIN	* 8	* 1
	* 17.1	* 17.7	* 17.9 (P)		
* 800 meter Run	* SUSAN SPENGLER	* JANET TITUS	* BETSEY HOWELL	* 9	* 0
	* 2:35.7	* 2:40.8	* 2:44.1		
* 200 meter Dash	* GINNY FIGLAR	* SHEILA VAUGHAN	* LAURA POLLACI	* 9	* 0
	* 27.4	* 28.1	* 30.8		
* 3200 meter Run	* NORINE DIARCY	* JEAN HUGHES	* AMY KEMPF	* 8	* 1
	* 11:57.5	* 12:03.4	* 12:11.6		
* Triple Jump	* SHERYL vanden SCHYFF	* JEN McDERMOTT	* LYNN DEGELMANN	* 9	* 0
	* 32' 11 3/4"	* 32' 2"	* 29' 11 1/2"		
* 4X400 m. Relay	* RIDGEWOOD	* 4:45.3	* PARAMUS	* 5	* 0
	* COLLAZO 64.9	* JEAN H. 73.4			
	* JENNIFER H. 75.4	* DIARCY 71.6	* 5:12.5		
* Shot Put	* TAMMY RAVEKICH	* ELLEN BARKENBUSH	* AMY PHILLIPS	* 9	* 0
	* 30' 2 1/4"	* 29' 8"	* 25' 6 1/2"		
* Discus	* ELLEN BARKENBUSH	* LINDA SIGILLITO	* A. ELDRIDGE	* 9	* 0
	* 97' 5 1/2"	* 81' 9"	* 78' 8 1/2"		
* High Jump	* TIE - SHERYL vanden SCHYFF	* JEN McDERMOTT		* 9	* 0
	* SHEILA VAUGHAN 4' 6"	* 4' 6"			
				FINAL SCORE	* 117 * 5 *

COMMENTS:

IMPROVEMENT HIGHLIGHTS - JENNIFER HUGHES, SHERYL vanden SCHYFF, CHRISTINA VELEZ, GINNY FIGLAR ALL MOVED UP THE TOP TEN LIST! EVEN THOUGH THE SCORE WAS LOP SIDED WE WERE SLOPPY TODAY. WE MOVED HURDLES POORLY, WERE NOT PROPERLY WARMED UP, AND IN GENERAL SHOWED A ROUGHNESS THAT IS PROBABLY DUE TO OUR WEEK OF VACATION.

* EVENT *				
* Long *	MELONE	11' 2 1/2"		
* Jump *	ELVOVE	10' 7"		
* 400 meter *	DONNELLY	8 1/2		
* Hurdles *	GILL	82		
* 100 meter *				
* Dash *				
* 1600 meter *	CANNON - DNF			
* Run *	SHEVLIN -	6:13		
* 400 meter *				
* Dash *	VAUGHAN - D.Q.			
		(FALSE-START)		
* 100 meter *	DEGELMANN -	18.5	DONNELLY	19.5
* Hurdles *			GILL	19.5
* 800 meter *	COCHRAN	2:47	Mc DERMOTT -	2:52
* Run *	WILLIAMS	2:50	ACKAD -	2:56
* 200 meter *	MACLENNAN -	33.9		
* Dash *	VENIN	32.4		
* 3200 meter *				
* Run *	NANCI TITUS -	12:40		
* Triple *	RAYEVICH	29' 8 1/4"		
* Jump *	MELONE	24' 3 1/4"		
* 4x400 m. *				
* Relay *				
* Shot *	FUNKE	19' 8 3/4"	PALLONE	23' 6 1/2"
* Put *	DUFFY	23' 1/4"	CRABTREE	21' 3 1/2"
			VAN SICKLE	21' 8 3/4"
			SIGILLITO	25' 4"
* Discus *	FUNKE	73' 3/4"	SHEVLIN	42' 4 1/2"
			PHILLIPS	65' 6"
			VAN SICKLE	53' 11"
* High *	FUNKE -	4' 4"	SAUNDERS -	4' 2"
* Jump *	RAYEVICH -	4' 4"		

COMMENTS:

RIDGEWOOD vs TEANECK

WEATHER - SUNNY and WARM

DATE - May 5, 1986

TRACK CONDITIONS - all weather

* EVENT	* FIRST PLACE	* SECOND PLACE	* THIRD PLACE	* RHS	* THS
*Long	* Jennifer	* Pam	* Fatima	*	*
* Jump	* McDermott	* Birchette	* Goodman	* 5	* 4
	* 16'10 1/4" R	* 16' 4 1/4" T	* 15' 7 1/2' T	*	*
*400 meter	* Lynn	* Sue	* Christina	*	*
* Hurdles	* Degelmann	* Spengler	* Velez	* 9	* 0
	* 66.7 R	* 71.0 R	* 71.7 R	*	*
*100 meter	* Michelle	* Shonna	* Missy	*	*
* Dash	* Forrester	* Clay	* Hicks	* 0	* 9
	* 12.4 T	* 12.5 T	* 12.7 T	*	*
*1600meter	* Jennifer	* Norine	* Jean	*	*
* Run	* Hughes	* D'Arcy	* Hughes	* 9	* 0
	* 5:17.0 R	* 5:24.9 R	* 5:35.4 R	*	*
*400 meter	* Missy	* Lynne	* Lauren	*	*
* Dash	* Hicks	* Collazo	* Singleton	* 3	* 6
	* 59.6 T	* 61.5 R	* 62.5 T	*	*
*100 meter	* Debbie	* Shonna	* Sheryl	*	*
* Hurdles	* McDonald	* Clay	* van der Schyff	* 1	* 8
	* 16.2 T	* 16.2 T	* 17.0 R	*	*
*800 meter	* Norine	* Paige	* Sue	*	*
* Run	* D'Arcy	* Wright	* Spengler	* 9	* 0
	* 2:27.6 R	* 2:28.1 R	* 2:28.7 R	*	*
*200 meter	* Michelle	* Lynn	* Shonna	*	*
* Dash	* Forrester	* Degelmann	* Clay	* 3	* 6
	* 26.1 T	* 26.6 R	* 26.6 T	*	*
*3200meter	* Norine	* Jennifer	* Paige	*	*
* Run	* D'Arcy	* Hughes	* Wright	* 9	* 0
	* 11:54.6 R	* 11:54.6 R	* 11:58.6 R	*	*
*Triple	* Pam	* Fatima	* Jennifer	*	*
* Jump	* Birchett	* Goodman	* McDermott	* 1	* 8
	* 35'6 1/4" T	* 35'5 1/2" T	* 34'7 1/2"	*	*
*4X400 m.	* Ridgewood	4:06.9	*	*	*
* Relay	* Degelmann(62.3),Collazo(62.3)* Teaneck	4:13.2	*	* 5	* 0
	* Vaughan(62.9),Figlar(60.5) *		*	*	*
*Shot	* Anne	* Tammy	* Ellen	*	*
* Put	* Wellington	* Rayevich	* Barkenbush	* 4	* 5
	* 34' 1 3/4" T	* 33' 2 1/2" R	* 30' 8 1/4" R	*	*
*Discus	* Anne	* Cheryl	* Tammy Rayevich &	*	*
	* Wellington	* Cole	* Ellen Barkenbush*	* 1	* 8
	* 115' 6" T	* 101' 2" T	* 98' 8" R	*	*
*High	* Lauren	* Sheryl	* Debbie	*	*
* Jump	* Singleton	* vander Schyff	* McDonald	* 3	* 6
	* 5'4" T	* 5'2" R	* 5'2" T	*	*
			FINAL	*	*
COMMENTS:			SCORE	* 62	* 60

Probably the most exciting dual meet we have ever had.
Performance of the meet was Frosh Jennifer McDermott's long jump!

DATE - May 2, 1982

TRACK CONDITIONS -

* EVENT *
 * Long * FIGLAR 14'4" MCLONE 11'4 3/4"

* Jump * WRUBEL 13'10 1/2"

* 400 meter *
 * Hurdles *
 * 100 meter * FIGLAR - 12.8 DECONGLIO - 13.9

* Dash * VAUGHAN - 13.2

* 1600 meter * SHEVLIN 6:04.2 HOWEL 6:14.5 ACKARD 6:15.7

* Run * J. TITUS 6:04.2 GILMARTIN 6:19.8 WILLIAMS 6:21.0

* 400 meter * FIGLAR (DQ)

* Dash * VELEZ 18.0 DONNELLY 19.9

* Hurdles * GILL ? 18-19?

* 800 meter * JEAN HUGHES 2:30.5 KATE McDERMOTT - 2:47.3

* Run * TAMARA COCHRAN - 2:48.7

* 200 meter * VAUGHAN - 27.8 COMPTON 29.7 GURTHNER 29.7

* Dash * POLLACI - 28.8 MACLENNON 33.2

* 3200 meter * N. TITUS 12:40.6

* Triple * vander SCHYFF 33'2" RAYEVICH - 29'4"

* Jump * WRUBEL 30'3 1/4"

* 4X400 m. *
 * Relay *
 * Shot * PALLONE 27'3 1/2" VANSICKLE 22'9 1/4"

* Put * CRABTREE 23'4"

* Discus * SIGILLITO 80'6" PALLONE 65'7"

* High * VAUGHAN - 5' McDERMOTT - 4'8"

* Jump * WRUBEL - 4'10" FUNKE - 4'8"

COMMENTS: MANY PERSONAL BESTS IN NON SCORING EFFORTS

FIGLAR'S 12.8 and SCHYFF'S 33'2" EVEN MAKE THE

TOP TEN LIST!

PERFORMANCE OF THE NON SCORERS WAS NANCY TITUS'

DEFEAT OF TEANECK'S FIRST 3200 meter RUNNER.

N.N.J.I.L. CHAMPIONSHIP

BERGEN DIVISION

2ND PLACE - 77 POINTS

Friday at Ridgewood

400 hurdles:	Lynn Degelmann	67.9	<u>1st place</u>
	Christina Velez	71.1	<u>2nd place</u>
	Susan Spengler	DQ	
200 meter	Ginny Figlar	26.9 & 26.7	<u>3rd place</u>
	Shiela Vaughan	27.6	<u>5th place</u>
	Laura Pollaci	28.7	
3200 meters	Jennifer Hughes	11:20.0	<u>1st place</u>
	Norine D'Arcy	11:38.4	<u>3rd place</u>
	Jean Hughes	11:54	
Discus	Tammy Rayevich	???	
	Ellen Barkenbush	99'6"	<u>4th place</u>
	Linda Sigillito	90'2"	<u>5th place</u>
Shot	Tammy Rayevich	31'	<u>4th place</u>
	Ellen Barkenbush	???	
	Louise Pallone	???	
High Jump	Shiela Vaughan	4'11"	<u>2nd place</u>
	Sheryl van der Schyff	4'8"	<u>5th place</u>
	Jen Wrubell	???	
Long Jump	Jennifer McDermott	16' 1"	<u>1st place</u>
	Ginny Figlar	13'10"	
	Jen Wrubell	13' 7"	

Saturday Hinchcliff Stadium, Paterson

100 Hurdles:	Sheryl vander Schyff	17.9, 17.3	<u>2nd place</u>
	Christina Velez	18.5, 17.9	<u>4th place</u>
	Amy Donnelly	20.3, dnf	
100 dash:	Lynne Degelmann	13.4, 13.4	<u>5th place</u>
	Shiela Vaughan	14.0, 13.9	
	Tammy Rayevich	14.2	
800 Meters:	Lynne Collazo	2:23.9	<u>2nd place</u>
	Jennifer Hughes	2:26.1	<u>3rd place</u>
	Paige Wright	2:27.0	<u>4th place</u>
400 Meters:	Ginny Figlar	62.2, 59.2	<u>1st place</u>
	Susan Spengler	66.0	
	Laura Pollaci	68.3	
1600 meters:	Norine D'Arcy	5:26.4	<u>3rd place</u>
	Jean Hughes	5:42.1	<u>5th place</u>
	Nancy Titus	???	
Triple Jump:	Jen McDermott	35' 6"	<u>2nd place</u>
	Jennifer Wrubel	31' 1 1/2"	
	Sheryl vander Schyff	30' 5"	
4X400 relay:	Degelmann(63.2), Vaughan(62.0), Collazo(60.9), Figlar(59.9)	4:06.1	<u>1st place</u>

COMMENTS: Our second place to Teaneck, while a disappointment still enabled us to capture the league championship for the first time since 1983! Track performances of the meet: Jennifer Hughes' 3200meter! Comeback racing effort: Ginny Figlar's last 50 meters of the 400! Field performance of the meet: Jen McDermott's triple jump!

High School

Track and field summaries



NNJIL Bergen girls

TEAM SCORES

Teaneck 90, Ridgewood 77, Hackensack 35, Paramus 16, Paramus Catholic 5, Immaculate Heart Academy 0.

100M — 1, Sonia Daniels, Hackensack, 12.8; 2, Shonna Clay, Teaneck, 12.8; 3, Pam Birchell, Teaneck, 13.2; 4, Sharita Henderson, Teaneck, 13.4; 5, Lynn Degelmann, Ridgewood, 13.5.

200M — 1, Missy Hicks, Teaneck, 26.3; 2, Sonia Daniels, Hackensack, 26.3; 3, Ginny Figlar, Ridgewood, 26.9; 4, Sharita Henderson, Teaneck, 26.9; 5, Sheila Vaughan, Ridgewood, 27.7.

400M — 1, Ginny Figlar, Ridgewood, 59.2; 2, Missy Hicks, Teaneck, 59.3; 3, Lauren Singleton, Teaneck, 1:01.7; 4, Pal Carter, Teaneck, 1:03.8; 5, Janel Brown, Hackensack, 1:04.5.

800M — 1, Jazmen Jones, Hackensack, 2:09.5 (Bergen County record, old record, 2:10.9 by Margaret Scutro, Ridgewood, 1985); 2, Lynne Collazo, Ridgewood, 2:23.9; 3, Jennifer Hughes, Ridgewood, 2:26.1; 4, Paige Wright, Ridgewood, 2:27.0; 5, Stephanie Giddens, Teaneck, 2:27.2.

1,600M — 1, Jazmen Jones, Hackensack, 4:57.6; 2, Amy Kempf, Paramus, 5:17.0; 3, Norine D'Arcy, Ridgewood, 5:26.4; 4, Rebecca King, Paramus, 5:36.4; 5, Jean Hughes, Ridgewood, 5:42.1.

3,200M — 1, Jennifer Hughes, Ridgewood, 11:20.0; 2, Amy Kempf, Paramus, 11:23.2; 3, Norine D'Arcy, Ridgewood, 11:38.4; 4, Jean Hughes, Ridgewood, 11:54.3; 5, Rebecca King, Paramus, 11:59.3.

110M HH — 1, Debbie McDonald, Teaneck, 16.3; 2, Sheryl Vander Schyff, Ridgewood, 17.4; 3, Jennifer Slavin, Paramus, 17.5; 4, Christina Velez, Ridgewood, 17.8; 5, Trenance Mickens, Teaneck, 18.1.

400M IH — 1, Lynn Degelmann, Ridgewood, 1:07.9; 2, Christina Velez, Ridgewood, 1:11.1; 3, Janel Brown, Hackensack, 1:14.8; 4, Joyce Cooper, Teaneck, 1:14.9; 5, Kim Alexander, Teaneck, 1:15.8.

Shot put — 1, Ann Wellington, Teaneck, 32-9; 2, Florence Barrau, Paramus Catholic, 31-7; 3, Barbara Brown, Teaneck, 31-4½; 4, Tammy Ravevich, Ridgewood, 31-0; 5, Nine Jones, Hackensack, 30-8.

Discus — 1, Ann Wellington, Teaneck, 112-6; 2, Terry O'Reilly, Hackensack, 101-6; 3, Cheryl Cole, Teaneck, 101-2; 4, Ellen Barkenbush, Ridgewood, 99-6; 5, Linda Sigillito, Ridgewood, 90-2.

Long jump — 1, Jen McDermott, Ridgewood, 16-1; 2, Falima Goodman, Teaneck, 15-11½; 3, Pam Birchell, Teaneck, 15-8; 4, Sharita Henderson, Teaneck, 14-11½; 5, Kelly Jacob, Paramus Catholic, 14-10¼.

Triple jump — 1, Donna Gooden, Teaneck, 35-10; 2, Jen McDermott, Ridgewood, 35-6; 3, Falima Goodman, Teaneck, 35-6; 4, Pam Birchell, Teaneck, 35-1½; 5, Sonia Daniels, Hackensack, 32-1.

High jump — 1, Lauren Singleton, Teaneck, 5-2; 2, Sheila Vaughan, Ridgewood, 4-11; 3, tie between Kim Alexander, Teaneck and Debbie McDonald, 4-11; 5, Sheryl Vander Schyff, 4-8.

1,600 relay — 1, Ridgewood (Lynn Degelmann, Lynne Collazo, Sheila Vaughan, Ginny Figlar), 4:06.1; 2, Teaneck, 4:14.0; 3, Hackensack, 4:28.0; 5, Paramus, 4:45.

NNJIL Passaic-Essex girls

TEAM SCORES

Kennedy 54, Passaic 48½, Montclair 44, Clifton 29, Eastside 25½, Nutley 22, Bloomfield 1, Belleville 0.

100M — 1, Viola Harris, Passaic, 12.2; 2, Kim Bagley, Montclair, 12.6; 3, Debbie Barrett, Kennedy, 12.7; 4, Dannelle Pritchett, Passaic, 12.7; 5, Regina Ladson, Eastside, 12.9.

200M — 1, Viola Harris, Passaic, 24.9; 3, Kim Bagley, Montclair, 26.1; 3, Debbie Barrett, Kennedy, 26.4; 4, Dannelle Pritchett, Passaic, 26.4; 5, Sue Marquez, Passaic, 27.3.

400M — 1, Viola Harris, Passaic, 55.8; 2, Anne Bansemeir, Nutley, 58.3; 3, Terri Brown, Kennedy, 59.6; 4, tie between Sue Marquez, Passaic and Dawn Carter, Eastside, 1:01.3.

800M — 1, Ruthia Jones, Kennedy, 2:25.3; 2, Michelle Dunn, Montclair, 2:28.0; 3, Tremaine Wright, Kennedy, 2:28.1; 4, Maria Topczij, Passaic, 2:31.5; 5, Rosalind Merckson, Passaic, 2:33.1.

1,600M — 1, Rose Coley, Kennedy, 5:16.5; 2, Margie Cuzzo, Montclair, 5:18.0; 3, Jackie Paz, Clifton, 5:23.2; 4, Cathy Paz, Clifton, 5:28.2; 4, Chrissy Klimek, Clifton, 5:36.3.

3,200M — 1, Cathy Paz, Clifton, 11:21.1; 2, Jackie Paz, Clifton, 11:21.6; 3, Rose Coley, Kennedy, 11:24.7; 4, Tremaine Wright, Kennedy, 11:50.0; 5, Chrissy Klimek, Clifton, 11:53.6.

110M HH — 1, Anne Bansemeir, Nutley, 14.9; 2, Carol Jones, Montclair, 15.1; 3, Sharon Allen, Eastside, 15.4; 4, Christine Kersey, Eastside, 17.0; 5, Jimeta Mosley, Passaic, 18.4.

400M IH — 1, Anne Bansemeir, Nutley, 1:04.1; 2, Sharon Allen, Eastside, 1:06.1; 3, Carol Jones, Montclair, 1:09.5; 4, Suzette Diaz, Eastside, 1:09.7; 5, Jimeta Mosley, Passaic, 1:10.4.

Shot put — 1, Sue Plekarz, Clifton, 36-8½; 2, Tomika Mathis, Passaic, 35-½; 3, Natasha Criss, Montclair, 34-11½; 4, Kim Rozler, Passaic, 33-11; 5, Sue Robinson, Kennedy, 33-½.

Discus — 1, Sue Plekarz, Clifton, 121-7; 2, Natasha Criss, Montclair, 110-2; 3, Tomika Mathis, Passaic, 102-6; 4, Dionne Wade, Passaic, 94-2; 5, Sue Robinson, Kennedy, 91-7.

Long jump — 1, Viola Harris, Passaic, 17-9; 2, Sandra Leake, Kennedy, 17-7; 3, Debbie Barrett, Kennedy, 16-3½; 4, Jackie Bailey, 15-10½; 5, Tomika Brown, Kennedy, 15-6.

Triple jump — 1, Sandra Leake, Kennedy, 37-½; 2, Sharon Allen, Eastside, 36-4½; 3, Carol Jones, Montclair, 35-0; 4, Jackie Bailey, Eastside, 34-4; 5, Regina Ladson, Eastside, 34-½.

High jump — 1, Anne Bansemeir, Nutley, 5-4; 2, Michelle Dunn, Montclair, 5-0; 3, Tracey George, Montclair, 4-10; 4, Shonn Crowe, Kennedy, 4-10; 5, Debbie Barrett, 4-10.

1,600M relay — 1, Kennedy (Ruthia Jones, Sandra Leake, Rose Coley, Terri Brown), 4:03.1; 2, Montclair, 4:07.0; 3, Eastside, 4:07.5; 4, Passaic, 4:14.5; 5, Bloomfield, 4:29.3.

First Place Team Trophy

100 meters: Figlar 13.4 - 13.7 4th place
Decongelio 14.3

200 meters: Degelmann 28.1 - 28.5 4th place

400 meters: Figlar 60.5 3rd place
Pollaci 68.5

800 meters: Jennifer Hughes - 2:29.6 1st place
Spengler - 2:34.5 3rd place
Kate McDermottit - 2:52.0
Howell - 2:56.6
Williams - 2:57.0
Edwards - 3:04.5

1600 meters: Jennifer Hughes - 5:22.8 1st place
~~Figlar 60.5~~ - 6:12.4
Ackad - 6:39
Henig - 6:59

3200 meters: Jennifer Hughes - 11:50.9 1st place

100 meter Hurdles: Donnelly - 20.3

400 hurdles: Degelmann - 69.5
Spengler - 73.0

Long Jump : Figlar - 13' 3 1/4"
Wrubell - 13' 2 1/2"
Melone - 11' 2"

Triple Jump: Wrubell - 29' 11" 2nd place
Rayevich - 29' 8"
Melone - 22' 8"

High Jump: Wrubell - 4' 10"

Shot: Van Sickle ??

Discus: Rayevich - 80' 3" 3rd place

Javelin: Rayevich - 80' 3" 3rd place

4 X 400 meter Relay: Degelmann(69.7) - Pollaci(66.9) -
Spengler(68.1) - Figlar(62.3) 4:27.0 3rd place

Sophomore girls track

State Section 1
Championship
At Bergenfield
Group 1-2 winner: DePaul

Group 3-4 winner: Ridgewood
400M LH - Adriene Bolan, Wayne Valley, 67.5.
100M - Dannett Pritchett, Passaic, 13.2.
1,600M - Jen Hughes, Ridgewood, 5:22.9.
400M - Sandy Robinson, Eastside, 60.1.
100M IH - Adriene Bolan, Wayne Valley, 16.7.
800M - Jen Hughes, Ridgewood, 2:29.8.
200M - Dannett Pritchett, Passaic, 27.2.
3,200M - Jen Hughes, Ridgewood, 11:50.9.
1,600M relay - Eastside, 4:16.6.
Shot put - A. Wellington, Teaneck, 33-10.
Discus - A. Wellington, Teaneck 113.
Javelin - Tina Dhondt, Lakeland, 91-11.
High jump - Adriene Bolan, Wayne Valley, 5-2.
Triple jump - Michaela Steiner, Bergenfield, 31-9 1/2.
Long jump - Linda Blake, Northern Highlands, 14-0 1/4.

E.B.J.L.L. LEAGUE CHAMPIONSHIPS - FROSH - '66

400 Hurdles	1st Collazo 70.9			
3000	1st Hughes 11:19	2nd Titus 12:16		
1500	1st Hughes 5:15	3rd Titus 5:40.55		
400	1st Collazo 62.7	MacLennan 73.2	Guenther 74.1	
800	1st Hughes 2:35	3rd Brennan 2:51.1		
1600 Relay	Collazo 63.2	Titus 69.8	Brennan 71.0	McDermott 64 1st 4:28
High Jump	2nd (Tie) McDermott 4'4"			
Long Jump	1st McDermott 14' 11"			
Triple Jump	1st McDermott 34' 11 3/4"			
Shot Put	4th Pallone 25' 6"	5th Eldridge 24' 1"	Crabtree 20' 4"	
Discus	2nd Eldridge 83' 3"	4th Pallone 78' 2"		
Javelin	2nd Eldridge 65' 10"	4th Pallone 63' 5"	Crabtree 59' 6"	

1st PLACE - LEAGUE CHAMPS 76.5 pts.

1st PLACE - COMBINED CHAMPS (boys & girls) 106 pts.

Congratulations on a superb performance. We have won this for the second year in a row.

League Champs with **8 - 1st** places, 4 - 2nd places 2 - 3rd places 3 - 4th places 1 - 5th place

Triple Gold medal winners:

Jean Hughes, Lynn Collazo,

Jennifer McDermott

THE JERSEY RELAYS
May 13, 1986

PLAINFIELD HIGH SCHOOL TRACK

4 X 100 meters	Lynn Degelmann Shiela Vaughan Christina Velez Ginny Figlar	6th place	<u>52.6</u>
4 X 800 meters	Jennifer Hughes (2:23.6) Jean Hughes (2:25.2) Paige Wright (2:26.4) Norine D'Arcy (2:22.4)	4th place	<u>9:37.4</u>
Sprint Medley Relay	Lynn Degelman (27.9) Shiela Vaughan (27.8) Ginny Figlar (59.7) Lynne Collazo (2:21.1)	5th place	<u>4:16.3</u>

We had a consistent day. All our teams ran with the best in New Jersey. Our times indicate we are ready for big performances in the state meets. Pacing was a problem in many races because we had to go out a bit faster than we would want. Baton work by the 4X100 team was good!

BERGEN COUNTY CHAMPIONSHIP

FRIDAY AT HACKENSACK & SATURDAY AT P.C.

2nd place 91 points

FRIDAY:

400 hurdles:	Degelmann	67.2	1st place
	Velez	69.3	2nd place
	Spengler	72.0	3rd place
200 meter	Figlar	28.7 & 27.1	3rd place
	Vaughan	29.0 & 28.2	
3200	Jennifer Hughes	11:23.7	2nd place
	Norine D'Arcy	11:46.1	3rd place
	Jean Hughes	12:01.7	4th place
Shot Put	Rayevich	33' 3 1/2"	2nd place
	Barkenbush	31' 8 1/2"	5th place
Triple Jump	McDermott	35' 1/2"	2nd place
	vander Schyff	31' 11"	
	Wrubell	30' 7"	
Javelin	Rayevich	86' 1"	3rd place
	Sigillito	81' 1"	5th place
	Barkenbush	73' 11"	

SATURDAY:

100meters	Degelmann	13.3 - 13.5	5th place
	McDermott	13.5 - 13.6	6th place
	Vaughan	13.7	did not make final
100 Hurdles	vander Schyff	17.3	2nd place
	Velez	17.4	3rd place
800 meters	Collazo	2:23.6	1st place
	Spengler	2:26.8	3rd place
	Jean Hughes	2:28.1	4th place
400 meters	Figlar	58.5	2nd place
	Pollaci	66.0	
	DeCongelio	68.9	
1600 meters	D'Arcy	5:18.4	1st place
	Jennifer Hughes	5:25.6	2nd place
	Paige Wright	5:31.4	3rd place
4 X 400 relay	Figlar(60.3), Velez(63.6)		
	D'Arcy(62.5), Collazo(62.4)	4:08.9	1st place
High Jump	vander schyff	4' 8"	3rd place
	Vaughan	4' 8"	5th place
Discus	Barkenbush	103' 5"	5th place
	Rayevich	102' 8"	
	Sigillito	92' 6"	
Long Jump	McDermott	15' 10"	1st place
	Figlar		

Our second close loss to Teaneck in a row. We will take our 2-2 record vs them for a deciding 5th time in state sectionals next week. Norine D'Arcy and Ginny Figlar showed real "spark" in their races on saturday. Jennifer McDermott continues to impress in the long jump.

Bergen girls

Group 1

TEAM SCORES

New Milford 67, Midland Park 51, Mahwah 26, Saddle Brook 21, Palisades Park 12, Bogota 11, Glen Rock 10, Cresskill 8, Waldwick 8, Park Ridge 7, Wallington 5, Ridgefield 4, Dwight-Englewood 3, Leonia 2, Emerson 2, Hasbrouck Heights 1 1/2, North Arlington 1/2.

100 — 1, Chris Vadon, Glen Rock, 13.1; 2, Jen Whitby, Bogota, 13.3; 3, Colleen Simon, New Milford, 4; Patti O'Hagan, Midland Park, 13.5; 5, Viv Hughes, Bogota, 13.7.

200 — 1, Jen Whitby, Bogota, 28.5; 2, Sue Esposito, New Milford, 28.8; 3, Colleen Simon, New Milford, 29.0; 4, Donna Caruso, Cresskill, 29.1; 5, Patti O'Hagan, Midland Park, 29.2.

400 — 1, Susan Erosso, New Milford, 1:02.4; 2, Sue Wisse, Saddle Brook, 1:04.3; 3, Chantal Metzler, Ridgefield, 1:04.8; 4, Michelle Giunta, Midland Park, 1:05.1; 5, Beverly Black, Mahwah, 1:05.6.

800 — 1, Michele Berardo, Palisades Park, 2:27.6; 2, Joanne Carranza, Cresskill, 2:29.5; 3, Kathleen Gahwiler, Mahwah, 2:29.6; 4, Bridget Conolly, Midland Park, 2:30.4; 5, Michele Straub, Waldwick, 2:32.1.

1,600 — 1, Nancy Montevichi, Mahwah, 5:38.2; 2, Bridget Conolly, Midland Park, 5:40.5; 3, Michele Berardo, Palisades Park, 5:43.5; 4, Sue Kowalski, Mahwah, 5:45.2; 5, Dawn Stasjon, Saddle Brook, 5:45.9.

3,200 — 1, Caroline Harrison, Midland Park, 12:23.5; 2, Bridget Conolly, Midland Park, 12:30.0; 3, Michele Berardo, Palisades Park, 12:35.4; 4, Sue Kowalski, Mahwah, 12:37.2; 5, Dawn Stasjon, Saddle Brook, 12:46.4.

110 HH — 1, Dina DeFrancesco, Saddle Brook, 15.8; 2, Jan Meyer, Midland Park, 15.8; 3, Kim Taylor, New Milford, 16.3; 4, Marlon Krause, Emerson, 16.7; 5, Diane Maro, New Milford, 17.1.

400 IH — 1, Jan Meyer, Midland Park, 1:10.2; 2, Maria Weber, Mahwah, 1:10.6; 3, Dina DeFrancesco, Saddle Brook, 1:12.9; 4, Lisa Dabney, Leonia, 1:13.7; 5, Kim Taylor, New Milford, 1:14.2.

1,600 relay — 1, New Milford (Esposito, Cerbo, Cottrill, Maro), 4:22.2 (group record, 4:22.7 by Park Ridge, 1982); 2, Waldwick, 4:24.2; 3, Midland Park, 4:24.4; Mahwah, 4:25.7; 5, Cresskill, 4:27.0.

Shot put — 1, Ginny Erickson, Midland Park, 32-11; 2, Camille Wright, New Milford, 32-24; 3, Laura Pawlick, Dwight-Englewood, 30-7 1/2; Yvonne Kurta, Mahwah, 29-9 1/2; Eller, Montouri, Park Ridge, 28-9 1/2.

Discus — 1, Jeanna Verdichio, Park Ridge, 99-1; 2, Ginny Erickson, Midland Park, 93-3; 3, Camille Wright, New Milford, 90-6; 4, Maria Iavarone, Cresskill, 85-5; 5, Eileen Montouri, Park Ridge, 85-5.

Javelin — 1, Diane Maro, New Milford, 114-11; 2, Sue Esposito, New Milford, 106-8; 3, Melissa Buffington, New Milford, 94-6; 4, Yvonne Kurta, Mahwah, 93-11; 5, Christine Dimp, Ridgefield, 92-3.

High jump — 1, Lynn Petrolia, New Milford, 5-0; 2, Jan Meyer, Midland Park, 5-0; 3, Jacqueline Beebe, Midland Park, 4-10; 4, Lisa DiBello, Hasbrouck Heights, 4-10; 4, Jo Tripp, North Arlington, 4-10.

Long jump — 1, Kim Taylor, New Milford, 16-2 1/2; 2, Cindy Rose, Wallington, 15-2 3/4; 3, Dina DeFrancesco, Saddle Brook, 15-1 1/4; 4, Lynn Petrolia, New Milford, 14-9 1/4; 5, Lee Duck, Waldwick, 14-7 1/4.

Triple jump — 1, Lynn Petrolia, New Milford, 34-9 1/4; 2, Chris Vadon, Glen Rock, 33-8 1/2; 3, Dina DeFrancesco, Saddle Brook, 31-3 3/4; 4, Kim Giordano, Waldwick, 31-3 1/4; 5, Cindy Robe, Wallington, 31-1 1/2.

Group 2

TEAM SCORES

Westwood 72, Dumont 40, Pascack Hills 25, Rutherford 24, Garfield 20, River Dell 19, Lyndhurst 18, Ridgefield Park 9, Lodi 8, Fort Lee 4.

100 — 1, Neretta Freeman, Garfield, 12.4 (group record, old record, 12.5 by Freeman, 1985); 2, Lisa Dombal, Pascack Hills, 13.2; 3, Rhonda Allen, Westwood, 13.4; 4, Maureen Maguire, Dumont, 13.5; 5, Jenny Santiago, Dumont, 13.7.

200 — 1, Neretta Freeman, Garfield, 27.6; 2, Mary Sok, Westwood, 27.9; 3, Chris Bernich, Pascack Hills, 28.4; 4, Sue Fox, Ridgefield Park, 28.6; 5, Rhonda Allen, Westwood, 28.7.

400 — 1, Mary Sok, Westwood, 1:00.6 (group record, old record, 1:01.0 by Jeanne Quinn, Tenafly, 1981-82); 2, Maureen McMahon, River Dell, 1:02.7; 3, Chris Bernich, Pascack Hills, 1:02.7; 4, Anisia Wagner, Westwood, 1:04.1; 5, Sue Fox, Ridgefield Park, 1:04.2.

800 — 1, Karen Weinger, Westwood, 2:25.5; 2, Maureen Grady, Westwood, 2:33.6; 3, Dawn Benedetto, Lyndhurst, 2:33.8; 4, Tricia McCann, Dumont, 2:35.7; 5, Sue Murray, Dumont, 2:36.3.

1,600 — 1, Jennifer Nare, Rutherford, 5:18.0; 2, Kim Heinz, Pascack Hills, 5:35.2; 3, Sherree Purcell, Ridgefield Park, 5:36; 4, Coni Faustini, River Dell, 5:37; 5, Nancy Heck, River Dell, 5:39.9.

3,200 — 1, Jennifer Nare, Rutherford, 11:38.3 (group record, old record, 11:39.2 by Eileen Keyes, Tenafly, 1982); 2, Robyn Heim, Lyndhurst, 11:50.0; 3, Sherree Purcell, Ridgefield Park, 12:07.0; 4, Kim Heinz, Pascack Hills, 12:10.4; 5, Terr Grivas, Dumont, 12:11.5.

110 HH — 1, Christine Brown, Westwood, 16.9; 2, Andrea Heinz, Westwood, 17.4; 3, Chrissy Altmers, Dumont, 17.7; 4, Jenny Jacobson, River Dell, 17.7; 5, Beth Hooper, Lyndhurst, 17.8.

400 IH — 1, Gert Brennan, Dumont, 1:08.4; 2, Karen Weinger, Westwood, 1:10.8; 3, Jenny Jacobson, River Dell, 1:12.0; 4, Beth Hooper, Lyndhurst, 1:14.4; 5, Chris Brown, Westwood, 1:14.6.

1,600 relay — 1, Westwood (Mary Sok, Anisia Wagner, Alvansa Gartin, Karen Weinger), 4:09.2 (group record, old record, 4:13.5 by Rutherford, 1981); 2, Dumont, 4:23.5; 3, Pascack Hills, 4:26.9; 4, Lyndhurst, 4:32.6; 5, River Dell, 4:33.6.

Shot put — 1, Kristin Christensen, Rutherford, 39-8 1/2 (group record, old record, 38-5 1/2 by Heather Scello, Rutherford, 1981); 2, Theresa Brown, Fort Lee, 34-1; 3, Darlene Saner, Westwood, 33-2 1/2; 4, Giovanna Tomasello, Garfield, 32-3 1/4; 5, Kathy Palvis, Dumont, 32-3 1/4.

Discus — 1, Kristin Christensen, Rutherford, 110-0; 2, Debbie Pickens, Westwood, 99-0; 3, Darlene Saner, Westwood, 96-2; 4, Mary Anne Passador, Lodi, 92-2; 5, Lisa Matle, Westwood, 90-0.

Javelin — 1, Robyn Heim, Lyndhurst, 96-2; 2, Maureen Grady, Westwood, 92-5; 3, Sandy McCarmy, Dumont, 88-6; 4, Caroline Sosa, Garfield, 86-9; 5, Stacy Price, Westwood, 81-9.

High jump — 1, Dawn Reis, Lodi, 5-0; 2, Nancy Heck, River Dell, 4-10; 3, Bernadette O'Conno, Dumont, 4-10; 4, Jen Jacobson, River Dell, 4-6.

Long jump — 1, Gert Brennan, Dumont, 16-10; 2, Lisa Dombal, Pascack Hills, 16-11 1/4; 3, Andrea Heinz, Westwood, 15-2 1/4; 4, Chris Coche, Pascack Hills, 14-9; 5, Melinda Maguire, Dumont, 14-1.

Triple jump — 1, Gert Brennan, Dumont, 34-5 1/4 (group record, old record, 34-4 by Kim Gilman, New Milford, 1982); 2, Neretta Freeman, Garfield, 33-8 1/2; 3, Mary Sok, Westwood, 33-8 1/4; 4, Andrea Heinz, Westwood, 31-9 1/4; 5, Rhonda Allen, Westwood, 30-6 1/4.

Group 3

TEAM SCORES

Indian Hills 49, Ramapo 46, Pascack Valley 36, Bergenfield 20, Englewood 19, Paramus 16, Northern Highlands 13, Demarest 12, Cliffside Park 11, Tenafly 11, Old Tappan 5, Queen of Peace 2.

100 — 1, Sara Pileri, Ramapo, 12.5; 2, Margaret Rotkamp, Indian Hills, 12.8; 3, Nyrol Morrissey, Englewood, 13.4; 4, Dawn Davis, Englewood, 13.5; 5, Georgette Milwood, Englewood, 13.9.

200 — 1, Sara Pileri, Ramapo, 26.7; 2, Margaret McAlister, Demarest, 27.2; 3, Erica Varva, Tenafly, 27.3; 4, Shariene Milwood, Englewood, 27.4; 5, Stacey Swanson, Bergenfield, 27.7.

400 — 1, Shariene Milwood, Englewood, 1:00.1; 2, Kelly Sullivan, Ramapo, 1:00.5; 3, Sara Pileri, Ramapo, 1:00.9; 4, Stacy Swanson, Bergenfield, 1:01.0; 5, Margaret McAlister, Demarest, 1:02.3.

800 — 1, Christine LaV, Pascack Valley, 2:24.1; 2, Karen Van Stenberg, Bergenfield, 2:24.7; 3, Alicia St. John, Ramapo, 2:25.0; 4, Charlene Mullinpar, Ramapo, 2:25.3; 5, Karen Fontana, Cliffside Park, 2:25.8.

1,600 — 1, Amy Kerof, Paramus, 5:19.4; 2, Karen Van Stenberg, Bergenfield, 5:24.2; 3, Karen Fontana, Cliffside Park, 5:26.1; 4, St. John, Ramapo, 5:28.1; 5, Rebecca King, Paramus, 5:30.

3,200 — 1, Amy Kerof, Paramus, 11:42.3; 2, Alicia St. John, Ramapo, 11:49.9; 3, Rebecca King, Paramus, 11:56.2; 4, Stacey Looney, Ramapo, 12:00.1; 5, Jen Luskio, Indian Hills, 12:07.7.

110 HH — 1, Kim Baumbach, Pascack Valley, 14.5 (group and meet record, old group and meet record, 15.2 by Renee Carter, Englewood, 1981); 2, Joy Pelka, Indian Hills, 15.4; 3, Linda Blake, Northern Highlands, 16.0; 4, Erika Varga, Tenafly, 16.2; 5, Jan Pelka, Indian Hills, 16.3.

400 IH — 1, Kim Baumbach, Pascack Valley, 1:03.3 (group and meet record, old group and meet record, 1:04.3 by Judy Palmer, Teaneck, 1982, old group record, 1:05.5 by Joan Moltenbaker, Ramapo, 1983); 2, Karen Van Stenberg, Bergenfield, 1:07.3; 3, Joanne Nice, Demarest, 1:08.5; 4, Charlene Mullinpar, Ramapo, 1:08.5; 5, Linda Blake, Northern Highlands, 1:09.5.

1,600 relay — 1, Northern Highlands (Blake, Hwang, Ahlers, Donaldson), 4:14.7; 2, Old Tappan, 4:18.3; 3, Tenafly, 4:18.3; 4, Ramapo, 4:18.8; 5, Cliffside Park, 4:19.3.

Shot put — 1, Jen Siegfried, Ramapo, 38-5 1/2; 2, Jan Peika, Indian Hills, 34-10 1/2; 3, Vicky Lopez, Bergenfield, 33-11 1/4; 4, Jeanne Guinick, Tenafly, 30-4; 5, Linda Lang, Indian Hills, 30-0.

Discus — 1, Linda Lang, Indian Hills, 104-9; 2, Jen Siegfried, Ramapo, 99-1; 3, Jan Peika, Indian Hills, 95-4; 4, Dawn Umland, Cliffside Park, 90-1; 5, Jennine DeSocia, Old Tappan, 86-3.

Javelin — 1, Diane Drag, Pascack Valley, 100-0; 2, Cindy Bailey, Cliffside Park, 96-7.3; 3, Lori Meberg, Pascack Valley, 86-2; 4, Darlene Schreiner, Queen of Peace, 82-6; 5, Kathleen Apolin, Pascack Valley, 81-4.

High jump — 1, Amy Nalis, Lodi, 5-4 (group record, old record, 5-4 by Kelly Barrett, Westwood, 1981); 2, Margaret Rotkamp, Indian Hills, 5-0; 3, Dianne Bryant, Northern Highlands, 4-10; 4, Donna Bamarian, Demarest, 4-8; 5, Maria Werner, Bergenfield, 4-5.

Long jump — 1, Margaret Rotkamp, Indian Hills, 16-10 1/2; 2, Kim Baumbach, Pascack Valley, 16-8 1/2; 3, Amy Nalis, Indian Hills, 16-4; 4, Dawn Davis, Englewood, 15-10; 5, Nichole Steiner, Bergenfield, 14-7 1/2.

Triple jump — 1, Margaret Rotkamp, Indian Hills, 37-9 1/4 (meet, group and Bergen County record, old meet record, 36-11 1/2 by Debra Steiner, Ridgefield, 1982, old group record, 36-11 1/2 by Rotkamp, 1985, old Bergen County record, 37-9 1/4 by Rotkamp, 1986); 2, Kim Baumbach, Pascack Valley, 35-5; 3, Dawn Davis, Englewood, 34-5 1/2; 4, Carmel Reist, Demarest, 32-11 1/2; 5, Erica Varva, Tenafly, 32-6 1/2.

Group 4

TEAM SCORES

Teaneck 98, Ridgewood 91, Hackensack 33, Fair Lawn 15.

100 — 1, Missy Hicks, Teaneck, 12.7; 2, Sonia Daniels, Hackensack, 12.7; 3, Shonna Clay, Teaneck, 12.8; 4, Pam Birchett, Teaneck, 13.0; 5, Lynn Depelmann, Ridgewood, 13.5.

200 — 1, Missy Hicks, Teaneck, 26.5; 2, Sonia Daniels, Hackensack, 26.5; 3, Ginny Figlar, Ridgewood, 27.1; 4, Sharita Anderson, Teaneck, 27.6; 5, Donna Goodan, Teaneck, 28.0.

400 — 1, Jazmen Jones, Hackensack, 56.8 (meet, group and Bergen County record, old meet record, 58.9 by Maria McVeigh, Demarest, 1981-1982, old group record, 59.1 by Selma Ashby, Teaneck, 1981, old Bergen County record, 57.2 by Aileen Trindler, Old Tappan, 1984); 2, Ginny Figlar, Ridgewood, 58.5; 3, Missy Hicks, Teaneck, 59.9; 4, Michaela Forrester, Teaneck, 1:01.2; 5, Lauren Simpson, Teaneck, 1:02.3.

800 — 1, Lynn Colazzo, Ridgewood, 2:23.6; 2, Stearnie Glodan, Teaneck, 2:25.4; 3, Sue Spangler, Ridgewood, 2:26.8; 4, Jean Hughes, Ridgewood, 2:28.1; 5, Pat Carter, Teaneck, 2:30.

1,600 — 1, Norine D'Arcy, Ridgewood, 5:18.4; 2, Jennifer Hughes, Ridgewood, 5:25.3; 3, Paige Wright, Ridgewood, 5:31; 4, Cathy Deriviera, Teaneck, 5:43; 5, Vicki Zora, Hackensack, 5:47.

3,200 — 1, Jazmen Jones, Hackensack, 10:49.9 (meet and group record, old record, 10:54.0 by Margaret Sculro, Ridgewood, 1985); 2, Jennifer Hughes, Ridgewood, 11:23.7; 3, Norine D'Arcy, Ridgewood, 11:46.1; 4, Jean Hughes, Ridgewood, 12:01.7; 5, Cathy Deriviera, Teaneck, 12:45.1.

110 HH — 1, Shonna Clay, Teaneck, 16.9; 2, Sherri Vandenberg, Ridgewood, 17.3; 3, Christine Vez, Ridgewood, 17.4; 4, Rachel Schlesinger, Fair Lawn, 17.4; 5, Laura Glazer, Fair Lawn, 17.9.

400 IH — 1, Lynn Depelmann, Ridgewood, 1:07.2; 2, Christine Vez, Ridgewood, 1:09.3; 3, Sue Spangler, Ridgewood, 1:12.0; 4, Janet Brown, Hackensack, 1:12.2; 5, Kim Alexander, Teaneck, 1:13.2.

1,600 relay — 1, Ridgewood (Figlar, Vez, D'Arcy, Colazzo), 4:08.9; 2, Teaneck, 4:12.4; 3, Hackensack, 4:15.8.

Shot put — 1, Anne Wallington, Teaneck, 34-4; 2, Tammy Ravich, Ridgewood, 33-3; 3, Sue Wallington, Teaneck, 33-2 1/2; 4, Nina Jones, Hackensack, 31-10; 5, Elin Barkenbus, Ridgewood, 31-5.

Discus — 1, Anne Wallington, Teaneck, 114-11 (group record, old record, 114-8 by Catherine MacDonal, Hackensack, 1981); 2, Sherri Colby, Teaneck, 113-9; 3, Amy Lombard, Fair Lawn, 105-0; 4, Lara O'Reilly, Hackensack, 103-11; 5, Elin Barkenbus, Ridgewood, 102-5.

Javelin — 1, Lisa Barcan, Fair Lawn, 105-3 (group record, old record, 101-10 by Marc Cantiani, Ridgewood, 1982); 2, Tanya Darlington, Teaneck, 86-7; 3, Tammy Ravich, Ridgewood, 86-1; 4, Nina Jones, Hackensack, 84-5; 5, Linda Spillo, Ridgewood, 81-1.

High jump — 1, Lauren Simpson, Teaneck, 5-4 (group record, old record, 5-2 by Lauren McManus, Teaneck, 1981); 2, Debbie McDonald, Teaneck, 5-0; 3, Sherri Vandenberg, Ridgewood, 4-8; 4, Lisa Barcan, Fair Lawn, 4-8; 5, Sheri Valour, Ridgewood, 4-8.

Long jump — 1, Jen McGovern, Ridgewood, 15-10; 2, Shari Mercedes, Teaneck, 15-2 1/2; 3, Pam Birchett, Teaneck, 15-1; 4, Patricia Goodman, Teaneck, 15-2 1/2; 5, Donna Goodan, Teaneck, 14-10.

Triple jump — 1, Pam Birchett, Teaneck, 25-5 1/2; 2, Jen McGovern, Ridgewood, 25-3 1/2; 3, Patricia Goodman, Teaneck, 24-7 1/2; 4, Donna Goodan, Teaneck, 24-5 1/2; 5, Shari Daniels, Hackensack, 23-7 1/2.

TEAM SCORES: RIDGEWOOD-39, RAMAPO-24, HACKENSACK-21, DUMONT-20, BERGENFIELD-17
N. HIGHLANDS-17

3X400 hurdles: Degelmann(69.5), Velez(70.0), Spengler(72.0)
3:31.5 1st place

Sprint Medley: Rayevich(30.7), McDermott(27.4), Vaughan(64.0), Figlar(??)
4:30.0 3rd place

4X800: Reid(2:46.2), Parker(2:50.4), Howell(2:45.3), McDermott(2:39.9)
11:01.9 3rd place

4X100 m Hurdles: Gill(18.0), Spengler(19.4), Schyff(17.2), Velez(17.8)
72.5 5th place

4X200: Degelmann, Jen McDermott, Vaughan, Figlar
1:51.0 2nd place

Distance Med: Janet Titus dnf and relay didn't get a time

4X400: Crabtree(66.9), Vaughan(63.9), J McDermott(64.0), Figlar(62.1)
4:17.1 3rd place

Long Jump: McDermott(14'2") & Figlar(13'2"), Spalchaver(10') & Funke(??)
no place 27'4"

High Jump: van der Schyff(5') & Vaughan(4'10")
9'10" 1st place

Discus: Rayevich(96'6") & Barkenbush(94'4")
190'10" 1st place and NEW SCHOOL RECORD

Funke(68'1") & Sigillito(89'5") = 157' 6"
Pallone(67'4") & Eldridge(82'3") = 149'7"

Shot: Barkenbush(31'9") & Rayevich (31'11")
63'6" 3rd place and NEW SCHOOL RECORD

Pallone(27'1"), Eldridge(25'7"), Sigillito(??)

Javelin: Sigillito(87') & Rayevich(82')
169'11" 2nd place

Eldridge(55'8"), Pallone(66'7"), Barkenbush(71), Duffy(73'11")

COMMENTS: We were victorious on the strength of our field and sprints.
performances of the meet are the new SCHOOL RECORDS by Barkenbush and Rayevich!

STATE SECTIONAL CHAMPIONSHIP - NORTH 1, GROUP IV -

HACKENSACK

3rd place, 24 points

400 meter dash: Ginny Figlar 58.9 - 2nd place800 meter run: Lynne Colazo 2:21.0 - 2nd place
Paige Wright 2:30.01600 meter run: Norine D'Arcy 5:16.8 - 3rd place
Jennifer Hughes 5:18.9 - 5th place
Jean Hughes 5:32.53200 meter run: Norine D'Arcy 11:19.9 - 4th place
Jennifer Hughes 11:30.6 - 5th place100 hurdles: Sheryl vander Schyff (17.5, 17.2) 17.1 - 5th place
Christina Velez 17.8 & 17.9
Kathleen Gili 17.8400 hurdles: Susan Spengler 70.4 - 4th place
Christina Velez 70.7
Lynne Degelmann 71.4Shot: Ellen Barkenbush 31' 10"
Tammy Rayevich 32' 1/2"Discus: Ellen Barkenbush 97' 8"
Tammy Rayevich 93' 2"Javelin: Linda Sigillito 91' 6" 5th place
Tammy Rayevich 77' 5"
Ellen Barkenbush 69' 5"Long Jump: Jennifer McDermott - 15' 7" 3rd place
Jennifer Wrubel - 14' 1/4"
Sheryl van der Schyff - 13' 9"High Jump: Sheryl vander Schyff - 4' 8"
Jennifer Wrubel - 4' 8"
Shiela Vaughan - no height4 X 400 relay: Degelmann - 65.7
Vaughan - 62.5
Collazo - 62.3
Figlar - 60.3 4:10.7 4th place

Comments: Our third place team finish is a major disappointment. There were many places where a couple of inches, half a foot, more effort on take off, or more desire in the middle of the race would have netted us a much better result. We seemed to lack our early season spark. This is a young team that needs to learn the importance of saving the "spark" for the end of the season.

Personal bests were turned in by Lynne Collazo, Susan Spengler, Kathleen Gili, and Linda Sigillito. Outstanding were Linda and Susan for qualifying for "states" after being back in the pack all season long!

Group 4

TEAM SCORES

24
Teaneck 40, Eastside 33, Ridgewood 30, Passaic 24, Clifton, Kennedy 20, Hackensack 14, Fair Lawn, West Milford 10, Ferris 8, Kearny, Passaic Tech 6, Passaic Valley 4, Lakeland 3, Bayonne 2, Memorial 1.
100 - 1, Missy Hicks, Teaneck, 12.4; 2, Dannelle Pritchett, Passaic, 12.5; 3, Regina Ladson, Eastside, 12.7; 4, Sonja Daniels, Hackensack, 12.8; 5, Veronica Gooden, Eastside, 12.8.
200 - 1, Viola Harris, Passaic, 25.3; 2, Missy Hicks, Teaneck, 25.7; 3, Dannelle Pritchett, Passaic, 26.4; 4, Shonna Clay, Teaneck, 26.6; 5, Sue Marquez, Passaic, 26.8.
400 - 1, Viola Harris, Passaic, 57.1; 2, Ginny Figlar, Ridgewood, 58.9; 3, Sandra Leake, Kennedy, 60.4; 4, Terri Brown, Kennedy, 60.4; 5, Nikki Huntley, Eastside, 60.5.
800 - 1, Jazmen Jones, Hackensack, 2:18.8; 2, Ruthie Jones, Kennedy, 2:24.4; 3, Tara McDevill, Bayonne, 2:24.4; 4, Allyson, Perre, Passaic Valley, 2:25.5; 5, Stephanie Giddens, Teaneck, 2:27.3.
1,600 - 1, Jazmen Jones, Hackensack, 5:01; 2, Rose Coley, Kennedy, 5:15.9; 3, Noreen D'Arcy, Ridgewood, 5:16.8; 4, Cathy Paz, Clifton, 5:17.2; 5, Jenn Hughes, Ridgewood, 5:18.9.
3,200 - 1, Cathy Paz, Clifton, 11:12.3; 2, Jackie Paz, Clifton, 11:14.5; 3, Liz Duarle, Kearny, 11:18.2; 4, Noreen D'Arcy, Ridgewood, 11:19.9; 5, Jen Hughes, Ridgewood, 11:30.6.
5 mile relay - 1, Eastside (Tusandy Robinson, Nikki Huntley, Dawn Carter, Sharon Allen), 4:01.5; 2, Kennedy 4:02.9; 3, Teaneck 4:05.1; Ridgewood 4:10.7; 5, Passaic Tech 4:28.1.
100 HH - 1, Sharon Allen, Eastside, 15.3; 2, Debbie McDonald, Teaneck, 15.3; 3, Christine Kersey, Eastside, 16.1; 4, Shonna Clay, Teaneck, 16.1; 5, Amy Phillips, Ridgewood, 17.1.
400 IH - 1, Sharon Allen, Eastside, 66.0; 2, Harriet Fulton, Ferris, 69.2; 3, Jeanne Faasse, West Milford, 69.8; 4, Susan Spengler, Ridgewood, 70.4; 5, Suzette Diaz, Eastside, 70.6.
Shot put - 1, Susan Robinson, Kennedy, 35-4 1/2; 2, Anne Wellington, Teaneck, 34-5; 3, Tomika Mathis, Passaic, 34-4; 4, Sue Plekarz, Clifton, 33-9 3/4; 5, Kelly O'Donnell, Passaic, 32-8.
Discus - 1, Sue Plekarz, Clifton, 121-9; 2, Amy Lamauro, Fair Lawn, 121-3; 3, Tomika Mathis, Passaic, 115-8; 4, Kim Fisher, Passaic Valley, 112-11; 5, Aurella Bergman, North Bergen, 105-5.
Javelin - 1, Lisa Barclay, Fair Lawn, 104-9; 2, Jane Murphy, West Milford, 102-7; 3, Kelle Krol, West Milford, 98-2; 4, Becky Dulko, Passaic Valley, 96-11; 5, Linda Sigillito, Ridgewood, 91-6.
High jump - 1, Lauren Singleton, Teaneck, 5-0; 2, Harriet Fulton, Ferris, 5-0; 3, Jean Hanhan, Lakeland, 5-0; 4 (tie), Debbie McDonald, Teaneck, Kim Alexander, Teaneck, 4-10.
Long jump - 1, Regina Ladson, Eastside, 15-10 3/4; 2, Fatima Goodman, Teaneck, 15-8 1/4; 3, Jen McDermott, Ridgewood, 15-7; 4, Pam Bircusell, Teaneck, 15-6; 5, Sandra Leake, Kennedy, 15-5.

BERGEN COUNTY MEET OF CHAMPIONS
TUESDAY MAY 27th

TENAFLY HIGH SCHOOL

400 meter dash: Ginny Figlar - 59.9 1st place County Champion!

800 meter run: Lynne Collazo - 2:22.4 2nd place
Susan Spengler - 2:28.3
Jean Hughes - 2:30.3

1 mile run: Jennifer Hughes - 5:14.3 1st place County Champion!
Paige Wright - 5:26.0 5th place

3200 meter run: Norine D'Arcy - 11:29.9 2nd place

100 meter Hurdles: Sheryl vander Schyff - 16.2 & 16.9

400 meter Hurdles: Christina Velez - 67.4 3rd place

shot put: Tammy Rayevich - 33' 1/4" 7th place

Discus: Ellen Barkenbush - 107' 4th place
Tammy Rayevich - 104' 4" 6th place

High Jump: Shiela Vaughan - 4' 8"

Long Jump: Jennifer McDermott - 17' 5th place

Triple Jump: Jennifer McDermott - 35' 1/2" 5th place

4 X 400 Relay: Collazo(61.8), D'Arcy(62.0), Vaughan(61.6), Figlar(59.8)
4:05.2 2nd place

COMMENTS: Ridgewood had a fine day. We won two county championships and 9 of our 14 invited athletes came home with medals from this prestigious meet! Seven athletes had personal bests. All three of our senior entrants (Paige Wright, Christina Velez, and Ellen Barkenbush) ended their Ridgewood careers with their best efforts! Performance of the meet has to be a three way tie between McDermott's long jump, Hughes' mile, and Barkenbush's discus. Frosh McDermott was in the best long jump competition in Bergen County history, her outstanding effort netting her "only" a 5th place medal.

High School

Jones runs away from

By Paul Schwartz

Correspondent

TENAFLY — Jazmen Jones says she runs better when she's running by herself. And the Hackensack junior is making sure no one is near her when she runs.

Last night at the Bergen County Girls Meet of Champions, Jones pulled away from the 800-meter field with a 62.2-second opening 400 on the way to a 2:08.9 time that shattered her 10-day-old Bergen County record. She won by nearly 90 meters over Ridgewood freshman Lynne Collazo in lowering the nation's best 1986 time by a high school runner.

"I don't know why I run better when I'm by myself," said Jones, who was awarded the Eugene "Red" Littler Award as the meet's outstanding performer. "Maybe it's because I feel more pressure when I'm running against someone than when I'm running against the clock."

Jones is making it clear that if she runs her race, no one will be near her at the finish.

Girls track

Margaret Rottkamp also has put some distance between herself and her competitors. Rottkamp won her fourth and fifth Meet of Champions titles with a Bergen record leap of 18 feet 7½ inches in the long jump and a leap of 36-6 in the triple jump. The Indian Hills senior responded to the challenge of the finest long jump competition in county history by breaking the 7-year-old record, held by Caroline Morris of Hackensack, on her third jump. Pascack Valley's Kim Baumbach had jumped 17-11¼ to move into fourth place on the all-time list moments before Rottkamp made her record leap.

800 field

"It helped to have such a good competition," said Rottkamp, who is unbeaten in the long jump and triple jump the last two years in Bergen County. "Kim was jumping well and so was everyone else. It made it easy to concentrate."

All five jumpers who won medals in the long jump went at least 17 feet.

Baumbach tied the meet record in the 100-meter low hurdles, winning in 14.6. Neretta Freeman of Garfield tied the record in the 100-meter dash, edging Missy Hicks of Teaneck in 12.1.

But Freeman's bid for a second consecutive sprint-double was spoiled when Hicks fired out of the blocks in the 200 en route to a 25.5 clocking. Hicks later ran a leg on Teaneck's winning 1,600-relay team.

Junior Kirsten Christensen of Rutherford had the day's best weight performance, winning the shot put at 40-1¾, the third longest throw in county history. Amy LoMauro of Fair Lawn won the discus at 113-8, and Diane Maro of New Milford continued her season-long domination of the javelin with a toss of 114-9.

Debbie McDonald of Teaneck edged teammate Lauren Singleton and favorite Amy Nehls of Indian Hills in the high jump, at 5-2.

In the distance races, Jennifer Narr of Rutherford held off Norine D'Arcy of Ridgewood in the 3,200 to win in 11:16.8, and sophomore Jen Hughes of Ridgewood won the mile in 5:14.3. Ginny Figlar of Ridgewood won the 400, and Karen Van Steenburgh of Bergenfield ran a 1:04.9 to win the intermediate hurdles.

Of the 13 individual event winners, only Rottkamp (a double-winner), Maro, and Van Steenburgh are seniors.

Bergen girls Meet of Champions

100 — 1, Neretta Freeman, Garfield, 12.1 (ties meet record set by Michelle Forrester, Teaneck, 1981); Missy Hicks, Teaneck, 12.2; 3, Sara Pieri, Ramapo, 12.3; 4, Dina Castronova, Old Tappan, 12.4; 5, Sonia Daniels, Hackensack, 12.6.

200 — 1, Missy Hicks, Teaneck, 25.5; 2, Neretta Freeman, Garfield, 25.5; 3, Sara Pieri, Ramapo, 26.4; 4, Dina Castronova, Old Tappan, 26.5; 5, Sonia Daniels, Hackensack, 26.8.

400 — 1, Ginny Figlar, Ridgewood, 59.9; 2, Mary Sok, Westwood, 1:00.2; 3, tie between Aquansa Garth, Westwood and Elena Primerano, Lyndhurst, 1:01.0; 5, Sharlene Millwood, Englewood, 1:01.1.

800 — 1, Jazmen Jones, Hackensack, 2:08.9 (meet and Bergen County record, old County record, 2:09.5 by Jones, 1986, old meet record, 2:10.9 by Margaret Scutro, Ridgewood, 1985); 3, Stephanie Giddens, Teaneck, 2:24.9; 4, Christine Lally, Pascack Valley, 2:26.2; 5, Pat Carter, Teaneck, 2:26.3.

1 mile — 1, Jen Hughes, Ridgewood, 5:14.3; 2, Amy Kempf, Paramus, 5:17.8; 4, Robyn Heim, Lyndhurst, 5:21.8; 4, Karen Fontana, Cliffside Park, 5:24.9; 5, Paige Wright, Ridgewood, 5:26.0.

3,200 — 1, Jennifer Narr, Rutherford, 11:16.8; 2, Norine D'Arcy, Ridgewood, 11:29.9; 3, Rebecca King, Paramus, 11:45.1; 4, Alicia St. John, Ramapo, 11:55.1; 5, Terri Grivas, Dumont, 11:56.0.

100 HH — 1, Kim Baumbach, Pascack Valley, 14.6 (ties meet record set by Karen Gaines, Teaneck, 1980); 2, Joy Pelka, Indian Hills, 15.1; 3, Dina De-Francesco, Saddle Brook, 15.3; 4, Debbie McDonald, Teaneck, 15.6; 5, Erica Varga, Tenafly, 16.0.

400 IH — 1, Karen Van Steenburgh, Bergenfield, 1:05.0; 2, Geraldine Brennan, Dumont, 1:05.9; 3, Karen Weissinger, Westwood, 1:07.0; 4, Christina Velez, Ridgewood, 1:07.4; 5, Charlene Mullinger, Ramapo, 1:08.6.

1,600 relay — 1, Teaneck (Fatima Goodman, Missy Hicks, Lauren Singleton, Stephanie Giddens) 4:03.0; 2, Ridgewood, 4:05.2; 3, Westwood, 4:05.2; 4, Bergenfield, 4:11.3; 5, Northern Highlands, 4:13.9.

High jump — 1, Debbie McDonald, Teaneck, 5-2; 2, tie between Lauren Singleton, Teaneck and Amy Nehls, Indian Hills, 5-2; 4, Dawn Reis, Lodi, 5-0; 5, Lynn Petrolia, New Milford, 5-0.

Triple jump — 1, Margaret Rottkamp, Indian Hills, 36-6; 2, Kim Baumbach, Pascack Valley, 6-2; 3, Donna Gooden, Teaneck, 35-6½; 4, Fatima Goodman, Teaneck, 35-5; 5, Jen McDermott, Ridgewood, 35-½.

Long jump — 1, Margaret Rottkamp, Indian Hills, 18-7½ (meet and Bergen County record, old County record, 18-7¼ by Caroline Morris, Hackensack, 1979, old meet record, 18-5½ by Rottkamp, 1985); 2, Kim Baumbach, Pascack Valley, 17-11¼; 3, Kim Taylor, New Milford, 17-4¼; 4, Gerri Brennan, Dumont, 17-3½; 5, Jen McDermott, Ridgewood, 17-0.

Shot put — 1, Kirsten Christensen, Rutherford, 40-1¼; 2, Jennifer Siegfried, Ramapo, 38-10¼; 3, Theresa Brown, Fort Lee, 35-5¼; 4, Ann Wellington, Teaneck, 35-4¼; 5, Darlene Saner, Westwood, 34-5½.

Discus — 1, Amy LoMauro, Fair Lawn, 113-8; 2, Ann Wellington, Teaneck, 112-3; 3, Kirsten Christensen, Rutherford, 111-3; 4, Ellen Barkenbush, Ridgewood, 107-0; 5, Shannon Tarr, Pascack Hills, 105-6.

Javelin — 1, Diane Maro, New Milford, 114-9; 2, Sue Esposito, New Milford, 105-3; 3, Diane Drago, Pascack Valley, 102-10; 4, Maureen Gradley, Westwood, 100-7; 5, Lisa Barclay, Fair Lawn, 99-6.

FRIDAY MAY 30th

400 hurdles: Susan Spengler 72.4
 800 meters: Lynne Collazo 2:22.0 6th place
 3200 meters: Jennifer Hughes 11:21.4 3rd place
 Norine D'Arcy 11:26.5 4th place
 Long Jump: Jennifer McDermott 16' 1" 8th place

SATURDAY MAY 31st

Javelin: Linda Sigillito no measurement, about 85'
 400 meters: Ginny Figlar 59.8
 100 hurdles: Sheryl vander Schyff 16.0 NEW SCHOOL RECORD
 1600 meters: Norine D'Arcy 5:10.3 5th place
 Jennifer Hughes 5:18.4
 4 X 400 relay: Collazo(62.7), D'Arcy(63.8), Vaughan(62.6), Figlar(59.5)
 4:08.4

Group 4**TEAM SCORES**

Plainfield 32, Trenton Central 17, Lenape 14, Hackensack 12, Newton 12, Shawnee 11, Passaic 11, Hunterdon Central 10, J.P. Stevens 8, Southern Reg. 8, Toms River East 8, Columbia 7, Clifton 7, Atlantic City 6, Ridgewood 6, Brick Twp. 5, Eastern 5, Phillipsburg 5, Woodbridge 4, Elizabeth 4, Edgewood 4, Morris Knolls 4, Franklin 3, Cherry Hill East 3, Montclair 3, Sayreville 3, Vineland 3, Hightstown 2, East Orange 1, Perth Amboy 1, West Milford 1, Madison Central 1, Kennedy 1, Eastside 1, Teaneck 1/2, Westfield 1/2.

100 - 1, Sonya Brant, Plainfield, 12.0; 2, Tracey Wright, Trenton, 12.0; 3, Tim Crawford, Eastern, 12.2; 4, Kim Bagley, Montclair, 12.4; 5, Dannelle Pritchett, Passaic, 12.4.

200 - 1, Sonya Brant, Plainfield, 24.1; 2, Viola Harris, Passaic, 24.5; 3, Tracey Wright, Trenton Central, 24.7; 4, Dawn Bowles, Neptune, 25.1; 5, Kim Bagley, Montclair, 25.2.

400 - 1, Viola Harris, Passaic, 55.5; 2, Cheryl Baker, Trenton Central, 56.9; 3, Allison Wesley, Plainfield, 57.4; 4, Tim Crawford, Eastern, 58.3; 5, Sue Bekeli, Brick Township, 58.9.

800 - 1, Jazmen Jones, Hackensack, 2:10.0; 2, Kelly McDonnell, Toms River East, 2:15.5; 3, Justina Doyle, Hunterdon Central, 2:16.0; 4, Chris Danks, Shawnee, 2:16.7; 5, Yvette Stokes, Madison Central, 2:18.9.

1600 - 1, Jazmen Jones, Hackensack, 4:53.2; 2, Kelly McDonnell, Toms River East, 5:07.0; 3, Deanna Germano, Shawnee, 5:06.3; 4, Sheryl Smith, Plainfield, 5:07.1; 5, Norine D'Arcy, Ridgewood, 5:10.3.

3200 - 1, Deanna Germano, Shawnee, 11:24.4; 2, Sheryl Smith, Plainfield, 11:20.6; 3, Jen Hughes, Ridgewood, 11:21.4; 4, Norine D'Arcy, Ridgewood, 11:26.5; 5, Jackie Paz, Clifton, 11:34.9.

110 MH - 1, Dawn Bowles, Neptune, 14.3; 2, Hope Wright, Columbia, 14.5; 3, Mabalanzl Bewayo, Columbia, 14.9; 4, Dawn Tucker, Elizabeth, 15.0; 5, Stephanie Ross, East Orange, 14.9.

400 IH - 1, Donna Powell, Trenton, 1:02.7; 2, Yolanda Ryner, Plainfield, 1:02.9; 3, Tina Brown, Vineland, 1:04.1; 4, Sonia Bennett, Edgewood, 1:04.1; 5, Sharon Allen, Eastside, 1:05.1.

1600 relay - 1, Plainfield (Allison Wesley, Joan Miller, Lakheesia Harrison, Yolanda Rynck) 3:52.5; 2, Brick, 3:56.2; 3, Franklin, 3:57.6; 4, J.P. Stevens, 3:59.6; 5, Kennedy, 4:01.2.

Long jump - 1, Kerri Hobbs, Lenape, 18-13/4; 2, Dawn Bowles, Neptune, 17-6; 3, Laurie Wedkind, Sayreville, 17-6; 4, Sonya Bennett, Edgewood, 17-23/4; 5, Tisha McKay, Plainfield, 17-0.

High jump - 1, Kelly Mieszkolski, J.P. Stevens, 5-8; 2, Andrea Harris, Woodbridge, 5-8; 3, Erin Halpin, Cherry Hill East, 5-8; 4, Diane Keller, Hightstown, 5-6; 5, Debbie McDonald, Teaneck, 5-2; 5, Ranvini Vernugopal, Westfield, 5-2.

Discus - 1, Sue Piekartz, Clifton, 131-6; 2, Jodi Becker, Morris Knolls, 123-11; 3, Becky Burgher, Hunterdon Central, 120-4; 4, Rachel Swift, Phillipsburg, 118-9; 5, Stacey Hinson, Lenape, 117-8.

Javelin - 1, Charly Smead, Southern Reg., 122-0; 2, Debbie Gooditis, Hunterdon Central, 115-10; 3, Kathy Patterson, Lenape Regional, 108-6; 4, Maria Medeiros, Elizabeth, 107-9; 5, Jane Murphy, West Milford, 105-10.

Shot put - 1, Paula Glass, Atlantic City, 38-10 1/2; 2, Sandy Hinson, Lenape, 37-7; 3, Rachel Swift, Phillipsburg, 37-5; 4, Charly Smead, Southern Reg., 36-8 1/4; 5, Connie Peak, Perth Amboy, 35-10 1/2.

COMMENTS: Norine and Jennifer did a grand job, qualifying for the state championship in difficult heat and beating some athletes who they had lost to earlier in the season. Our young athletes were very good in non-scoring efforts: Sheryl breaking the school record in the 100 meter hurdles, Jennifer continuing her excellent long jumping, and Lynne just missing states with her 6th place finish in the 800. Hopefully our young team learned the focus it takes to do ones best and score at the state group championship.

NJSIAA TRACK & FIELD CHAMPIONSHIPS

GIRLS RESULTS

100 - 1, Denise Liles, Kingsway, 11.5; 2, Andrea Conaway, Bordenstown, 11.9; 3, Angela Hill, Westside-Newark, 11.9; 4, Artelia Turner, Woodrow, Wilson, 12.3; 5, Karen Corsey, Deptford, 12.6.

200 - 1, Denise Liles, Kingsway, 23.9; 2, Sonya Brant, Plainfield, 24.4; 3, Angela Hill, Westside-Newark, 24.9; 4, Andrea Conaway, Bordenstown, 25.2; 5, Artelia Turner, Woodrow Wilson, 25.3.

400 - 1, Darlene Andrews, North Hunterdon, 56.6; 2, Viola Harris, Passaic, 56.2; 3, Allison Wesley, Plainfield, 56.2; 4, Sue Beketi, Brick, 57.8; 5, Teresa DiPerna, Princeton, 58.0.

800 - 1, Gisele Harris, Shabazz, 2:07.4; 2, Jazmen Jones, Hackensack, 2:09.6; 3, Justina Doyle, Hunterdon Central, 2:15.9; 4, Ruth Lockbaum, Glassboro, 2:15.7; 5, Chris Danks, Shawnee, 2:16.0.

1,600 - 1, Jodi Bilotto, North Hunterdon, 4:54.2; 2, Kelly McDonnell, Toms River East, 4:57.7; 3, Karen Ahern, Bernards, 4:58.4; 4, Jen Van Horn, Wayne Valley, 4:59.9; 5, Shannon Wlucke, Mater Dei, 5:00.3.

3,200 - 1, Jodi Bilotto, North Hunterdon, 10:24.6; 2, Mindy Rowand, Sterling, 10:36.5; 3, Tracey Biber, Dayton, 10:43.7; 4, Laura Chandler, Holmdel, 10:52.5; 5, Jennifer O'Donohue, Egg Harbor, 11:04.2.

5 mile relay - 1, Plainfield (Allison Wesley, Yolanda Ryner, Joan Miller, Sonya Brant) 3:52.9; 2, Shabazz 3:54.4; 3, Willingboro 3:56.6; 4, Brick 3:57.2; 5, Franklin 3:59.4.

100 HH - 1, Dawn Bowles, Neptune, 13.9; 2, Tonya Lee, Rancocas Valley, 14.4; 3, Stephanie Ross, East Orange, 14.4; 4, Hope Wright, Columbia, 14.4; 5, Gail Giddens, Meluchen, 14.5.

400 HH - 1, Donna Powell, Trenton, 60.3; 2, Anne Bansemir, Nulley, 61.1; 3, Shelley Mitchell, Lakewood, 62.1; 4, Tonya Lee, Rancocas Valley, 62.4; 5, Yolanda Ryner, Plainfield, 62.3.

High jump - 1, Kelly Mieszkalski, J.P. Stevens, 5-8; 2, Erica Halpin, Cherry Hill East, 5-6; 3 (tie), Stephanie Carter, Notre Dame, Barbara Baysa, Morris Hills, Monie Holzhauser, Matawan, 5-4.

Low jump - 1, Margaret Rottkamp, Indian Hills, 18-2 3/4; 2, Kerri Hobbs, Lenape, 18-1 1/2; 3, Tonya Lee, Rancocas Valley, 17-11 1/2; 4, Artelia Turner, Woodrow Wilson, 17-5 3/4; 5, Teles Brown, Lakewood, 17-4 1/2.

Shot put - 1, Krislin Christensen, Rutherford, 40-11 3/4; 2, Paula Glass, Atlantic City, 40-11; 3, Tina Childs, Monmouth, 40-5 1/4; 4, Carie Brown, Overbrook, 40-1 1/4; 5, Jennifer Siegfried, Ramapo, 39-1/2.

Discus - 1, Lisa Parak, Vernon, 133-6; 2, Sue Piekartz, Clifton, 129-8; 3, Tina Childs, Monmouth, 119-0; 4, Allison Greene, North Hunterdon, 117-7; 5, Tammy Paries, Clearview, 116-2.

Javelin - 1, Jeanette Degan, South Brunswick, 146-9; 2, Carie Broom, Overbrook, 143-9; 3, Lisa Parak, Vernon, 133-1; 4, Lisa Kohut, Boonton, 130-8; 5, JoAnn Sienkiewicz, Delran, 130-1.

NORINE D'ARCY - 1600m 11TH

JENNIFER HUGHES - 3200m 9TH

GIRL'S EASTERN STATES CHAMPIONSHIPS
JUNE 17TH 1986
MITCHEL FIELD, UNIONDALE

LONG JUMP: JEN McDERMOTT 17' 1 $\frac{1}{4}$ " 5TH

TRIPLE JUMP: JEN McDERMOTT 35' 8 $\frac{1}{2}$ " 7TH

DISCUS: ELLEN BARKENBUSH

DISTANCE MEDLEY: NORINE D'ARCY - 3:50.0
LYNN DESELMAN - 63.4
LYNNE COLLARO - 2:32.5
JENNIFER HUGHES - 5:19.7

12:45.43 FAT 5TH place

TRACK + FIELD

LETTER LIST

1986

12th Grade

Ellen Barkenbush *

Linda Sigillito *

Christina Veley *

11th Grade

Noirine D'Arcy *

Candy Funke

Kathleen Gill

Nanci Titus

Sheila Vaughan *

10th Grade

Karen Cannon

Lynn Degelmann *

Stephanie De Congelis

Amy Donnelly

Ginny Figlar *

Jennifer Hughes *

Laura Pollaci

9th Grade

Lynne Collazo

Jean Hughes

Jennifer McDermott

Janet Titus

NWJIL All League Selections

1986

- 100 - 1. SONJA DANIELS Hack 11TH
- 2. Shonna Clay T 11TH
- 3. Pam Burchett T 11TH

- 400 Hurdles 1. Lynn Dagehnamm RHS 10TH
- 2. Christina Veley RHS 12TH
- 3. Susan Spangler RHS 10

- 200 - 1. Missy Hicks T. 11TH
- 2. Sonja Daniels H. 11
- 3. Ginny Figlar RHS 10TH

- SHOT 1. Ann Wellington T 10
- 2. TAMMY R
- 3. FLORENCE BARRAU P.C. 11

- 400 - 1. GINNY FIGLAR RHS 10TH
- 2. MISSY HICKS T 11TH
- 3. LAUREN SINGLETON T 11TH

- DISCUS 1 ANN WELLINGTON T 10
- 2 ALANA O'REILLY H 10
- 3 CHERYL COLE T 11

- 800 1. JAZMEN JONES H 11TH
- ~~2. JAZMEN JONES H 11TH~~
- 2. LYNNE COLAZO RHS 9TH
- 3. JENNIFER HUGHES RHS 10TH

- LONG JUMP 1. JENNIFER McDERMOTT RHS 9TH
- 2. PAM BIRCHETT T 11TH
- 3. FATIMA GOODMAN T 12

- 1600 1. JAZMEN JONES H 11TH
- 2. AMY KEMPF PARAMUS 10TH
- 3. NORINE D'ARCY RHS 11TH

- TRIPLE JUMP 1. PAM BIRCHETT 11TH
- 2. FATIMA GOODMAN 12TH
- 3. JENNIFER McDERMOTT 9TH

- 3200 1. JENNIFER HUGHES RHS 10TH
- 2. AMY KEMPF PARAMUS 10TH
- 3. NORINE D'ARCY RHS 11TH

- HIGH JUMP 1. LAUREN SINGLETON T 11TH
- 2. SHEILA VAUGHAN RHS 11TH
- 3. DEBBIE McDONALD T 11TH

- 100 Hurdles 1. DEBBIE McDONALD T 11TH
- 2. SHONNA CLAY T 11TH
- 3. SHEYL vanden SCHYFF RHS 10TH

- MILE RELAY 1. RIDGEWOOD
- 2. TEANECK
- 3. HACKENSACK

TEAM HONORABLE MENTION: DANIELIA LEDNICER Hack 12TH, REBECCA KING PARAMUS 11TH, KELLY JACOB P.C. 9TH, MICHELLE FORRESTER T 12TH, PAIGE WRIGHT RHS 12TH.

100m
200m
400m
800m
1600m
3200m

SELECTIONS:

Neretta Freeman JR. Gar
Missy Hicks JR. Tea.
Ginny Figlar Soph Rid
Jasmine Jones JR. Hack.
Jasmine Jones SR. Hack
Jennifer Nara Ruth JR.

Missy Hicks JR. Tea
Neretta Freeman JR Gar
Mary Salk Soph West
Lynne Collazo FR Rid
Noreen D'Arcy JR Rid
NOREEN D'Arcy JR Rid
Jennifer Hughes Soph Rid

Sarah Pieri SR. Ramo
Sarah Pieri Soph Ramo
Missy Hicks JR. Tea
Karen Weissinger SR. W
Robyn Hiem JR. Lync.

100 H H
400 H H
Relay
SHOT

ALL COUNTY

Kim Baumbach JR. P.V.
Kim Baumbach - JR. P.V.
Teaneck
Kirsten Christensen Ruth JR.

Joy Pelka SR. JWB Hills
Karen Van Steenberg SR Ber.
Ridgewood
Jennifer Sigfried SR Rama

Dina DeFrancesco JR.
Geraldine Brennan SR
Westwood
Theresa Brown F
Ann Wellington T

Discus
Jav
LJ
TJ
HJ.

BERGEN

Amy Lomawro SR Fairlawn
~~Diane~~ Maro SR D.M.
Margaret Rothkamp SR. I.H.
Margaret Rothkamp SR I.H.
Amy DeHls SR I.H.

Ann Wellington Tea
Susan Esposito JR. D.M.
Kim Baumbach JR. P.V.
Geraldine Brennan SR. Dum.
Kim Baumbach JR. P.V.
Debbie MacDonald JR. Tea.

Kirsten Christensen JR K
Lisa Barclay SR Fairl
Donna Gooden JR. T
Lynn Petrolia JR N
Lauren Singleton JR. T

SR FATIMA Goodman
SR Stephanie Giddens
SR Lauren Singleton
SR Missy Hicks
SR Michelle Forrester

Lynn Degelmann So.
Lynne Collazo FR
Ridgewood
Shiela Vaughan SR.
Dorine D'Arcy JR.
Ginny Figlar Soph

SR Mary So
Anisia B
Kwansa G
Karen W

RIDGEWOOD HIGH SCHOOL GIRLS' TRACK AND FIELD RECORDS

<u>EVENT</u>	<u>RHS SCHOOL RECORD</u>	<u>RIDGEWOOD FIELD RECORD</u>
100 meters	12.7 Marci Capitani	12.4 Michele Forrester Teaneck
200 meters	26.2 Marci Capitani	25.6 Michele Forrester Teaneck
400 meters	57.7 Marci Capitani	58.4 Marci Capitani Ridgewood
800 meters	2:10.9 Margaret Scutro	2:16.0 Toni Ann Angione Bergenfield
1600 meters	4:46.4 Margaret Scutro	5:17.0 Margaret Scutro & Jennifer Hughes Ridgewood
3200 meters	10:34.5 Patti Mileski	11:20.0 Jennifer Hughes Ridgewood
100 m Hurdles (33")girls 110 m Hurdles (39")boys	16.0 Sheryl van der Schyff	15.2 Nancy Larena Saddle Brook
400 m Hurdles (girls 30"---Boys 36")	63.82 Liz Ross	65.2 Liz Ross Ridgewood
Shot - Girls-4 Kilograms Boys -12 Pounds	38' 6 3/4" Lisa Glidewell	37' 5" Laurissa Palmer Teaneck
Discus - Girls-1 Kilogram Boys-1.6 Kilograms	117' 7" Lisa Glidewell	122' 3" Linda Clayton Demarest
High Jump	5' 9" Becky Deetz	5' 6" Sue McMurdy Wayne Valley
Pole Vault - Boys only		
Long Jump	17' 5" Becky Deetz	17' 7 1/2" Kim Lehmann Garfield
Triple Jump	36' 3 1/2" Kathy Granata	37' 5" Christine Withers Teaneck
4X400 meter relay	3:58.8 Ross, McGuire Scutro, Capitani	3:59.2 Ridgewood High School McGuire, Degeimann Ross, Capitani

RIDGEWOOD HIGH SCHOOL INDIVIDUAL GIRL'S TRACK AND FIELD RECORDS

EVENT	RECORD	PERFORMER	DATE	PLACE
100 METER DASH	12.7	Marci Capitani	1984&5	Ridgewood, NJ
200 METER DASH	26.2	Marci Capitani	1985	Ridgewood, NJ
400 METER DASH	57.7	Marci Capitani	1984	Tenafly, NJ
800 METER RUN	2:10.9	Margaret Scutro	1985	Tenafly, NJ
1500 METER RUN	4:26.25	Margaret Scutro	1985	Uniondale, NY
1600 METER RUN	4:46.4	Margaret Scutro	1985	S. Plainfield
3000 METER RUN	10:04.1	Patti Mileski	1983	New Haven, CT
3200 METER RUN	10:34.5	Patti Mileski	1983	S. Plainfield
100 METER HURDLES	16.0	Sheryl van der Schyff	1986	Rutgers Stadium
400 METER HURDLES	63.82	Liz Ross	1985	Uniondale, NY
SHOT PUT	38' 6 3/4"	Lisa Glidewell	1989	Tenafly, NJ
JAVELIN	116'	Marci Capitani	1985	Hackensack
DISCUS	117' 7"	Lisa Glidewell	1980	Tenafly, NJ
TRIPLE JUMP	36' 3 1/2"	Kathy Granata	1983	Hackensack
HIGH JUMP	5' 9"	Becky Deetz	1975	Holmdale, NJ
LONG JUMP	17' 5"	Becky Deetz	1976	Hackensack, NJ
PENTATHLON	3453	Becky Deetz	1975	Summitt, NJ
1 MILE WALK	9:49.3	Anja Kannengieser	1983	Hackensack, NJ
MARATHON	3 Hr 32 Min	Klara Grape	1977	Shore Marathon

**RIDGEWOOD HIGH SCHOOL
GIRL'S TRACK AND FIELD RELAY RECORDS**

EVENT	RECORD	PERFORMERS	DATE & PLACE
TRACK RELAYS			
4 X 100 METER RELAY	50.4	McGuire/Ross/Waters/Capitani	1985 Bernardsville, NJ
4 X 200 METER RELAY	1:47.82	McGuire/Ross/Waters/Capitani	1985 Brick Twp. NJ
4 X 400 METER RELAY	3:58.8	Ross/McGuire/Capitani/Scutro	1984 Tenafly, NJ
4 X 800 METER RELAY	9:10.3	M.Mileski/Scutro/Pringle/P.Mileski	1983 Philadelphia, PA
4 X 1 MILE RELAY	20:34.4	Scutro/Pringle/M.Mileski/P.Mileski	1983 Bergen C. C.
SPRINT MEDLEY	4:13.4	McGuire/Ross/Capitani/Scutro	1985 Bergen C. C.
DISTANCE MEDLEY	11:59.1	Pringle/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 RELAY 8#	106' 9 1/2''	Glidewell/Sauerman/Slawek	1979 Rutherford, NJ
DISCUS RELAY	305' 2''	Glidewell/Miles/Sauerman	1980 New Milford, NJ
JAVELIN RELAY	272' 8''	Capitani/Barkenbush/Sigilito	1985 Bergen C.C.
HIGH JUMP RELAY	15' 7 1/2''	DuFlon/Granata/Deetz	1975 Monmouth College
LONG JUMP RELAY	47' 1/2''	Porro/Smith/O'Rourke	1979 New Milford HS
TRIPLE JUMP RELAY	97' 7''	MacGregor/Porro/Pessa	1979 New Milford HS
2 PERSON FIELD RELAYS			
SHOT PUT RELAY 4KG	63' 6''	Barkenbush/Rayevich	1986 Bergen C.C.
DISCUS RELAY	190' 10''	Barkenbush/Rayevich	1986 Bergen C.C.
JAVELIN RELAY	177' 2''	Prickett/Capitani	1983 Bergen C.C.
HIGH JUMP RELAY	10'	Richter/Roeske	1981 Paramus Catholic HS
LONG JUMP RELAY	30' 3 1/2''	Granata/Hawthorne	1983 Rockland C.C.
TRIPLE JUMP RELAY	65' 11''	Granata/Hawthorne	1983 Rockland C.C.

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
12.8	Ginny Figlar	1986
13.0	Cathy Vickery	1982
13.2	Lisa Bagnaturo	1981
13.2	Jeanne McGuire	1985
13.4	Lynne Degelman	1985
13.4	Alexandra Eidenschenk	1985
13.5	Karen Haass	1983

200 METER DASH

26.2	Marci Capitani	1985
26.6*	Judy Davis	1979
26.6	Lisa Bagnaturo	1981
26.7	Ginny Figlar	1986
27.2	Mary Ellen Mileski	1983
27.4	Trish Fogarty	1981
27.4	Karen Haass	1981
27.4	Lynne Degelman	1985
27.5	Cathy Vickery	1982
27.6	Stephanie Semprevivo	1982

400 METER DASH

57.7	Marci Capitani	1984
58.5	Ginny Figlar	1986
58.7	Judy Davis	1979
59.3	Margaret Scutro	1984
59.5*	Kandie Latham	1974
59.9	Liz Ross	1985
60.3	Patti Mileski	1983
60.7	Lynne Degelman	1985
61.1	Mary Ellen Mileski	1983
61.2*	Becky Deetz	1976

400 m. RELAY SPLITS

58.0	Marci Capitani	1985
58.0	Margaret Scutro	1984
58.2	Ginny Figlar	1986
58.9	Mary Ellen Mileski	1983
59.1*	Kandie Latham	1974
59.5	Lynn Degelman	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
2:21.0	Lynne Collazo	1986
2:21.8	Carol Dickstein	1981
2:22.4	Anja Kannengieser	1984
2:23.1*	Alyson Brunder	1976

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	Margaret Scutro	1985
4:54.8*	Patti Mileski	1983
5:01.2*	Mary Ellen Mileski	1980
5:05.5	Beth Pringle	1983
5:10.8	Norine D'Arcy	1985
5:14.3*	Jennifer Hughes	1986
5:20.0i	Karen Cannon	1986
5:23.1*	Anja Kannengieser	1982
5:25.8	Colleen Wright	1982
5:26.0*	Paige Wright	1986

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
10:26.6i	Norine D'Arcy	1986
10:28.2	Kathy Duffy	1981
10:39.3	Colleen Wright	1982
11:34.2i	Karen O'Brien	1985
11:45.0	Sally Rielle	1981
11:59.7	Cris Speranza	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	1981
11:19.5	Mary Ellen Mileski	1983
11:20.0	Jennifer Hughes	1986
11:30.1*	Kathy Duffy	1979
11:40.1*	Barbara Remmers	1979
11:47.0i	Jean Hughes	1986

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

100 METER HURDLES

16.0	Sheryl van der Schyff	1986
16.1	Jeanne McGuire	1985
16.5	Liz Ross	1984&85
16.6	Monica Richter	1982
17.4	Sally Tarvin	1984
17.4	Christina Velez	1986
17.6	Julianne Babbitt	1983
17.6	Charolette LeSane	1981
17.9	Lisa Guerriero	1981
18.0	Wendy Hawthorne	1984

400 METER HURDLES

63.82	Liz Ross	1985
66.6	Jeanne McGuire	1985
66.7	Lynn Degelman	1986
67.4	Christina Velez	1986
67.5	Lisa Waters	1984&85
69.3	Patti Mileski	1981
70.0	Kirsten Kannengieser	1983
70.1	Sally Tarvin	1983
70.2	Julianne Babbitt	1983
71.0	Sue Spengler	1986

SHOT PUT

38' 6 3/4"	Lisa Glidewell	1980
34'	Tammy Rayevich	1986
33' 4"	Jessica Berg	1983
32' 7"	Janet Sauerman	1980
32' 6 1/2"	Ellen Barkenbush	1986
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

JAVELIN

116'	Marci Capitani	1985
110'	Kim Stawek	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
91' 6"	Linda Sigilito	1986
89' 2"	Karen Prickett	1983
88' 7"	Janet Sauerman	1980

DISCUS

117' 7"	Lisa Glidewell	1980
115' 6"	Janet Sauerman	1980
107'	Ellen Barkenbush	1986
105' 6"	Courtney Moody	1984
104' 4"	Tammy Rayevich	1986
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

TRIPLE JUMP

36' 3 1/2"	Kathy Granata	1983
35' 6"	Jennifer McDermott	1986
35' 2 1/4"	Becky Deetz	1976
34' 11 1/2"	Deecy Porro	1978
33' 10 1/2"	Wendy Hawthorne	1984
33' 8 3/4"	Monica Richter	1982
33' 6"	Leigh Mackall	1985
33' 4 1/2"	Ingrid Pessa	1979
33' 2"	Sheryl van der Schyff	1986
32' 9 1/2"	Hillary Nocka	1976

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' 1/2"	Sheryl vanderSchyff	1986
5'	Sheila Vaughan	1985

LONG JUMP

17' 5"	Becky Deetz	1976
17'	Jennifer McDermott	1986
16' 5"	Kathy Granata	1983
16' 2 1/4"	Sue Davis	1976
16' 2 1/4"	Deecy Porro	1977
16' 2"	Michelle Smith	1979
16' 1"	Ann Green	1976
15' 11"	Chris O'Rourke	1979
15' 10 1/4"	Wendy Hawthorne	1984
15' 9 3/4"	Cheryl Ottens	1975

