

RIDGEWOOD WINTER TRACK & FIELD TEAM 1986-87

Hackensack Spike Shoe Club Christmas Track Meet  
Friday, 12/19/86 at Rockland Community College

What a great way to open the season! Three new school records and 38 medals achieved in our first meet!

The greatest pleasure, though, was watching our young team handle the mass confusion of an indoor track & field meet like a confident veteran team. Not intimidated by the 1,000 athletes in the meet, our team competed intensely. All this after just three weeks of practice.

There is much more to look forward to.

Highlights:

Craig Halyard (soph.) 42'2" triple jump  
Greg Hong (sr.) two 4th places  
Sheryl Van der Schyff (jr.) 1st in high jump  
60 hurdles School Record  
Ginnie Figlar (jr.) 1st in 300 and School Record  
Jen McDermott (soph.) two 1st places  
School Record in triple jump  
Lynne Collazo (soph.) 1st 880 with mid-season time  
Jean Hughes (soph.) 2nd 880  
Jen Hughes (jr.) 1st mile with mid-season time  
Nanci Titus (sr.) 2nd place 2 mile  
Eric Berntsen (sr.) 1st mile  
Pat Rae (soph.) personal best in shot put

All results on next page.

Hackensack Spike Shoe Club Christmas Track Meet  
Friday, December 19, 1986 at Rockland Community College

Varsity 2 miles: Chris Reynen - 11:15  
Nanci Titus - 12:14.3 2nd Place\*\*

Novice 4xlap: Yasmine David - 47.7  
MaryAnn Parker - 47.5  
Amy Donnelly - 42.4  
Carolyn O'Brien - 44.9

Frosh DM: Jerome Chang - 65.4 ( 440)  
John Chidiac - 4:00.6 (1320)  
Mark Tucker - 2:25.0 ( 880)  
Tom Stevenson - 5:28.4 ( mile) 12:59.4 3rd Place

Novice DM: Pam Parker - 2:57 ( 880)  
Tamara Cochran - 74.8 ( 440)  
Pat Kaupas - 5:00 (1320)  
Janet Titus - NT

Varsity 880: Andy Ballou - 2:05.1 3rd Place\*\*  
Doug Shultz - 2:14.6  
Lynne Collazo - 2:24.8 1st Place\*\*  
Jean Hughes - 2:29.0 2nd Place\*\*

Novice 4x880: Matt Giffuni - 2:16.0  
Jon Berntsen - 2:34.8  
Sohail Husaine - 2:53.1  
Tim O'Brien - 3:35.7 10:19.6

Pam Parker - 2:56.1  
Heather Fitzgerald - 3:07.0  
Pat Kaupas - 3:22.2  
Janet Titus - 3:00.6 12:25.9 4th Place

Varsity 300: Daisuke Ozaki - 38.1  
Glenn DeBell - 36.0  
Eric Ellinghaus - 37.8  
Ginnie Figlar - 38.7 1st Place\*\*

Laura Pollaci - 44.2

Varsity mile: Eric Berntsen - 4:30.1 1ST Place\*\*  
Eric Frenzke - 5:05.1  
Jen Hughes - 5:24.2 1st Place\*\*

Frosh 4x440: Mark Tucker - 62.4  
Tom Stevenson - 62.7  
John Chidiac - 65.9  
Jerome Chang - 63.7 4:14.7 2nd Place

Novice 4x440: Yasmine David - 80.3  
Amy Donnelly - 69.4  
Carolyn O'Brien - 74.6  
MaryAnn Tierney - 78.6 4:58.9 2nd Place

**SCHOOL RECORD**

12/19/86 Results continued

Varsity 4x440: Craig Halyard - 55.6  
                   Greg Hong - 58.9  
                   Andy Ballou - 52.9  
                   Doug Shultz - 54.0     3:41.4 2nd Place\*\*

                  Ginnie Figlar - 61.6  
                   Lynne Collazo - 64.5  
                   Laura Pollaci - 70.8  
                   Tammy Rayevich - 71.9     4:28.7 1st Place\*\*

Varsity 60HH:

Sheryl Van der Schyff - 9.0 2nd Place\*\* **SCHOOL RECORD**

Novice 60HH: Amy Donnelly - 11.2

Varsity 60: Glenn DeBell - 7.1  
                   Craig Halyard - 6.7, 6.8  
                   Tim Geckeler - 7.0  
                   Laura Pollaci - 8.1

Frosh Long Jump: Jerome Chang - 15'9 1/4"

Novice Long Jump: Daisuke Ozaki - 17'6 1/2"

Varsity Long Jump: Greg Hong - 19'6 1/4" 4th Place\*\*  
                           Jen McDermott - 16' 1/4" 1st Place\*\*

Varsity Triple Jump: Craig Halyard - 42'2" 2nd Place\*\*  
                           Greg Hong - 40'8 1/2" 4th Place\*\*

Jen McDermott - 34'5" 1st Place\*\* **SCHOOL RECORD**

Tammy Rayevich - 29'5"

Varsity High Jump: Sheryl Van der Schyff - 5'0" 1st Place\*\*

Frosh Shot Put: John Picarelli - 26'4 1/2"

                  Jeff Roth - 16'8"  
                   Jeremy Pollok - 27'4"  
                   Jeff Mitchell - 25'4"

Novice Shot Put: Pat Rae - 39'0"

                  Russ Colford - 27'6"  
                   Jim O'Neill - 27'0"  
                   Doug Van Riper - 27'8"  
                   Alfreda Eldridge - 23'3 3/4"

RIDGEWOOD WINTER TRACK & FIELD TEAM 1986-87

New Jersey Women's High School Winter Track Festival  
Friday, December 26, 1986 at Peddie School

Metropolitan Athletic Congress Track Meet  
Sunday, December 28, 1986 at West Point

Pearl River Holiday Track & Field Meet  
Monday, December 29 at Rockland Community College

Our athletes continue to impress in the still very young season. The women finished tied for third at Peddie School with the Distance Medley team of Lynne Collazo, Ginny Figlar, Jean Hughes, and Jennifer Hughes setting a new meet record and winning watches. At West Point, Ridgewood athletes won the first three events and Craig Halyard added a fourth win in the triple jump setting a new indoor school record. Ginny Figlar also set a new indoor school record in the 300 meters. Finally at the Pearl River Meet, a massive all day affair, we had some strong freshman and sophomore performances. Pat Rae's 3rd place in the Shot Put and Craig Halyard's first place in the 300 yards were the outstanding efforts of the day for our team.

Not everything is going smoothly, however. We have a number of key people injured or still recovering from the flu. Our team is not complete until we get these people healthy: Paul Knapp, Steve Powell, Karen Cannon, Lynn Degelmann, Norine D'Arcy, Sheila Vaughan, Sheryl Vander Schyff, and Nicole MacLennan.

Upcoming Meets:

- Monday, January 5 - North Jersey Spike Shoe Meet at R.C.C.
- Friday, January 9 - Rockland Coaches Invitational at R.C.C.
- Saturday, January 10 - Dartmouth Relays at Dartmouth College
- Saturday, January 17 - State Group IV Relays at Princeton
- Friday/Saturday, January 23,24 - Yale Invitational at Yale
- Saturday, January 31 - Ridgewood Invite at R.C.C.

New Jersey Women's High School Winter Track Festival  
 Friday, December 26, 1986 at Peddie School

Shuttle Hurdle Relay (4x50): S.Decongelio 9.5, C. O'Brien 8.9  
 T. Cochran 8.8, A. Donnelly 9.0 36.2

Distance Medley: Lynne Collazo (880) 2:31.3  
 Ginnie Figlar (440) 65.8  
 Jean Hughes (1320) 3:51.4  
 Jen Hughes ( mile) 5:22.3  
 12:56.7 1st Place

4x880: Jean Hughes 2:41.8  
 Janet Titus 3:20  
 Nanci Titus 2:52.2  
 Team did not finish.

4xlap: MaryAnn Tierney 25.3  
 Tamara Cochran 25.1  
 Carolyn O'Brien 25.3  
 Kathy Gross 25.8  
 1:41.5

Sprint Medley: Ginnie Figlar (440) 64.3  
 Jennifer McDermott (220) 29.9  
 Laura Pollaci (220) 29.8  
 Lynne Collazo (880) 2:25.3  
 4:29.3 2nd Place

Mile Relay: Lynne Collazo 65.7 Yasmine David 83.1  
 Jen McDermott 68.1 Tamara Cochran 76.7  
 Amy Donnelly 67.9 Laura Pollaci 73.7  
 Ginnie Figlar 63.3 Carolyn O'Brien 73.2  
 4:25.0 4th Place 5:06.7

Soph Shot Put Relay (men): Russ Colford 28' 1"  
 Pat Rae 38' 7 1/2" 66' 8 1/2" 4th

Women's Shot Put: Jennifer Hughes 21' 4 1/2"  
 Alfreda Eldridge 26' 1" 47' 5 1/2"

**RELAYS**  
**TEAMS:** 1-Vailsburg 20. 2-Columbia 17. 3-Brick and Ridgewood 12. 5-Clifford Scott 11. 6-Ridge 9. 7-Toms River East 8. 8-Plainfield and Central Reg. 7. 10-Clark 6. 11-Howard (Del.) 4. 12-Monmouth Reg. and Rahway 3. 14-West Side, Roselle Catholic and Hunterdon Central 2. 17-Lawrence, Nutley and Padua Academy (Del.) 1.  
**FOUR-LAP (704-YARD) RELAY:** 1-Vailsburg (Lynn Lofton, Nicole Johnson, Monshuan Arnold and Michelle Hackett) 1:29.5. 2-Clifford Scott 1:30.7. 3-Plainfield 1:31.6. 4-West Side 1:31.9. 5-Nutley 1:34.0.  
**MILE RELAY:** 1-Vailsburg (Lynn Lofton, Andrea Harry, Marcia Baker and Sharonda Coleman) 4:22.2. 2-Columbia 4:23.4. 3-Howard 4:24.1. 4-Ridgewood 4:25.7. 5-Padua 4:27.9.  
**TWO-MILE RELAY:** 1-Brick (Erica Schmitt, Maureen Balfato, Tracey McCormick and Dana Zonkie) 10:10.1. 2-Vailsburg 10:10.2. 3-Ridge 10:27.9. 4-Hunterdon Central 10:31.0. 5-Toms River East 10:34.7.  
**SPRINT MEDLEY:** 1-Columbia (Karen Brooks, Tiffany Ruth, Sharonda Jenkins and Christine Grant) 4:27.0. 2-Ridgewood 4:29.8. 3-Brick 4:31.7. 4-Vailsburg 4:34.2. 5-Howard 4:40.5.  
**DISTANCE MEDLEY:** 1-Ridgewood (Lynne Collazo, Ginnie Figlar, Jean Hughes and Jennifer Hughes) 12:56.8, record; former record 12:58.9 by Vailsburg in 1982. 2-Ridge 13:13.6. 3-Brick 13:21.0. 4-Vailsburg 13:48.5. 5-Lawrence 14:01.0.  
**SHUTTLE HURDLES:** 1-Clifford Scott (Karen James, Arlene Steele, Simone Scott and

Aletha Williams) 31.3. 2-Central Reg. 31.9. 3-Rahway 32.7. 4-Columbia 33.2. 5-Toms River East 33.4.  
**TEAM HIGH JUMP:** 1-Clark (Kelly Brennan and Megan McCutcheon) and Columbia (Tiffany Ruth and Melissa VanDyke) 10-0. 3-Central Reg. 9-10. 4-Ridge 9-8. 5-Clark B 9-6.  
**TEAM SHOT PUT:** 1-Toms River East (Shawn Walsh and Opal Leonard) 68-0 1/2, record; former record 66-11 1/2 by Toms River South in 1983. 2-Plainfield 65-3 1/2. 3-Monmouth Reg. 63-5. 4-Roselle Catholic 60-4. 5-Clifford Scott 53-0.  
**INDIVIDUAL EVENTS**  
**50-YARD DASH:** 1-Talisha Lawson, Roselle Catholic 6.0, record; former record 6.2 by Jacqueline Redman, Lincoln, in 1984. 2-Stephanie Saleem, Neptune 6.1. 3-Dawn Bowles, Neptune 6.3. 4-Portia Ramsey, Clifford Scott 6.4. 5-Roxanne Francis, Weequahic 6.5.  
**440-YARD RUN:** 1-Stephanie Saleem, Neptune 1:02.3. 2-Allison Wesley, Plainfield 1:02.4. 3-Jennifer Heggie, Monmouth Reg. 1:04.6. 4-Altmiemie Rogers, Clifford Scott 1:06.2. 5-Pat Elliott, Clifford Scott 1:06.5.  
**MILE RUN:** 1-Tricia Dendy, Howard 5:33.0. 2-Veronique Godieski, Ridge 5:40.3. 3-Theresa Marini, Padua 5:41.3. 4-Jennifer Wiest, Brick 6:08.0. 5-Laura DeCotiis, Nutley 6:09.2.  
**50-YARD HURDLES:** 1-Kim Baumbach, Pascack Valley 6.9, record; former record 7.0 by Kim Duke, Mt. Olive, and Leticia Beverly, Newark Science, in 1983. 2-Karen James, Clifford Scott 7.2. 3-Tiffany Ruth, Columbia 7.3. 4-Diane Brown, Toms River East 7.5. 5-Tina Smith, Lawrence 7.6.

Metropolitan Athletic Congress Track Meet at West Point  
Sunday, December 28, 1986

Long jump: Craig Halyard 19'7" 3rd Place  
Jen McDermott 14'10 1/2"

Triple Jump: Craig Halyard 43'4" 1st Place **SCHOOL RECORD**  
Greg Hong 40'7 1/2" 2nd Place

1000 yards: Chris Rae 2:22.5 1st Place

55m: Craig Halyard 6.9

600 yards: Doug Shultz 1:20.6

Mile: Eric Berntsen 4:34.26 2nd Place  
Jen Hughes 5:18.7 2nd Place

300 meters: Ginnie Figlar 42.3 1st Place **SCHOOL RECORD**

Pearl River Holiday Track & Field Meet  
December 29, 1986 at Rockland Community College

Frosh/Soph Events:

Mile: Janet Titus DNF  
Tom Stevenson 5:19  
Jeff Tucker 6:10

300: Carolyn O'Brien 45.2  
Kathy Gross 47.4  
Craig Halyard 35.0 1st Place

880: J.P. Bryne 2:22.2

4x880: M. Giffuni 2:15.4, M. Tucker 2:21.7, 9:22.2 4th Place  
T. Stevenson 2:19.5, J.P. Bryne 2:25.8  
J. Tucker 2:54.7, J. Chidiac 2:36.4  
S. Tamura 2:34.8, J. Berntsen 2:41.4 10:47.2

4x440: M. Giffuni 58.9, C. Halyard 55.5  
J. Chang 62.9, J.P. Bryne 61.3 3:58.6

Shot Put: Patrick Rae 40'11 1/2" 3rd Place  
Russ Colford 27' 3 1/2"  
Jeff Mitchell 24' 0"  
John Picarelli 26' 9"  
Patrick O'Conner 15'11"

Open Events:

2 miles: Jean Hughes 12:31

1000 yards: Paul Knapp 2:27.2

300 yards: Amy Donnelly 44.2

4x880: N. D'Arcy 2:35.2, N. Titus 2:49.9 11:11.2  
T. Cochran 3:00.4, J. Hughes 2:45.7

P. Knapp 2:12.4, S. Powell 2:22.1  
M. Leung 2:29.3, E. Frenzke 2:20.8 9:24.6

mile: Eric Frenzke 5:02.6

4x440: S. DeCongelio 71.2, N. Titus 71.4  
A. Donnelly 73.3, N. D'Arcy 67.8 4:43.8

Pole Vault: A. Chuck NH

4x220: G. Hong 26.0, A. Chuck 27.2, D. Ozaki 25.9,  
G. DeBell 24.4 1:43.4

Long Jump: Greg Hong 19' 3 1/2"  
Daisuke Ozaki 19' 1 1/2"

North Jersey Spike Shoe Club Team Championship Meet  
January 5, 1987 at Rockland Community College

SUMMARY: Girls won the team championship and Boys finished in the top three. Though we were suffering from the post holiday blues -- there were relatively few personal bests -- our overall performances prove tremendous potential for the end of the season. If this team becomes unified and continues to improve, it might become the best indoor track and field team we have ever had.

Ginny Figlar set another school record; Amy Donnelly scored two times with impressive performances; Craig Halyard had a personal best in the 300; Greg Hong jumped well in the triple jump; Chris Rae ran two strong relay legs; Norine D'Arcy ran well also.

2 miles: Steve Powell 11:04.8  
Chris Reynen 11:26.3  
Nanci Titus 12:47.3 4th Place

2:01.9 2:05.7 2:16.2 2:04.5  
4x880: Chris Rae, Eric Berntsen, Eric Frenzke, Andy Ballou  
8:28.3 1st Place MEET RECORD

NT NT NT NT  
Tom Stevenson, J. P. Bryne, Matt Giffuni, Mark Tucker  
9:31.1

2:33.5 2:31.2 2:39.1 2:54.6  
Norine D'Arcy, Jen Hughes, Lynne Collazo, Pam Parker  
10:39.4 1st Place

2:57.6 3:04.4 3:20.9 3:04.6  
Janet Titus, Heather Fitzgerald, Pat Kaupas, Tamara Cocharan  
12:27.5

600: Eric Ellinghaus 1:27.1  
Tammy Rayevich 1:59.7  
Amy Donnelly 1:39.5 3rd Place

1000: John Chidiac 2:53.3  
Matt Giffuni 2:38.7  
Tim O'Brien 2:59.9  
Jeff Tucker 3:04.2  
Lynne Collazo 2:49.4 2nd Place  
Pam Parker 3:32

300: Craig Halyard 34.6  
Glenn DeBell 35.5  
Ginnie Figlar 38.1 1st Place SCHOOL RECORD  
Laura Pollaci 44.5

Mile: Eric Berntsen 4:42.1 3rd Place  
Chris Reynen 5:23.3  
Jennifer Hughes 5:27.6 1st Place  
Nanci Titus 5:57.7 4th Place

54.3 54.2 55.8 54.1  
4x440: Doug Shultz, Andy Ballou, Craig Halyard, Chris Rae  
3:38.4 3rd Place  
61.5 55.9 58.3 58.9  
Steve Powell, Greg Hong, Glenn DeBell, Eric Ellinghaus  
3:54.6  
61.9 63.6 63.9 59.6  
Jerome Chang, Tom Stevenson, Mark Tucker, J.P. Bryne  
4:09  
65.5 65.3 66.5 61.1  
Lynne Collazo, Norine D'Arcy, Amy Donnelly, Ginnie Figlar  
4:18.4 1st Place  
72.2 73.0 72.0 75.2  
Laura Pollaci, T. Rayevich, S. DeCongelio, Tamara Cochran  
4:52.4  
71.0 73.2 81.5 77.7  
Carolyn O'Brien, Maryann Tierney, MaryAnn Parker, Pam Parker  
5:03.4

55H: Doug Shultz 8.5 / 8.3 / NT (fell in finals)  
Amy Donnelly 10.9  
Carolyn O'Brien 10.9

55: Bill Darrow 6.7 / 6.6 / 6.6 3rd Place  
Tim Geckeler 6.8 / 6.9  
Ginny Figlar 7.6 / 7.6 / 7.5 5th Place

Shot Put: Patrick Rae 39' 5"  
Russ Colford 25' 3"  
John Picarelli 26' 3"  
Pat O'Connor 23' 3"  
Jeremy Pollock 28' 9"  
Jerry Vandeweigh 26' 8"  
Jerry Holland 34' 7"  
Tammy Rayevich 31' 9 3/4" 4th Place  
Alfreda Eldridge 28' 5 1/2"

Long Jump: Greg Hong 19' 3 1/2"  
Craig Halyard 19' 7 1/2"  
Tim Geckeler 18' 3"  
Daisuke Ozaki 18'  
Tammy Rayevich 11' 8 1/4"

Triple Jump: Greg Hong 41' 6 1/4" 5th Place  
Craig Halyard 40' 8 1/4"

Pole Vault: Anthony Chuck NH

Rockland Coaches Invitational  
Friday, January 9, 1987 at Rockland Community College

2 Miles: Steve Powell 10:48.2

4x220: M. Tierney, C. O'Brien, K. Gross, L. Pollaci  
32.0 31.0 31.2 29.7 2:04.6

1000: Matt Giffuni 2:37.5

Invitational 1000: Lynne Collazo 2:48.0 1st Place  
Jean Hughes 3:02.8

600: Eric Ellinghaus 1:25.7, Chris Reynen 1:32.2  
Tamara Cochran 1:46.5, Amy Donnelly 1:36.5

Frosh. 4x440: J. Berntsen, John Chidiac, M. Tucker, J. Chang  
70.3 65.2 61.5 59.3 4:16.1

4x440: L. Collazo, A. Donnelly, M. Tierney, G. Figlar  
66.8 66.5 73.9 61.2 4:28.1 3rd Place  
Mile: Tom Stevenson 5:19.5, J.P. Bryne 5:13.9  
Jen Hughes 5:27.3 1st Place, Nanci Titus 5:51.2

300: Glenn DeBell 35.4  
Ginny Figlar 38.2 2nd Place, Laura Pollaci 43.6

4x880: M. Giffuni, S. Powell, C. Reynen, J. P. Bryne  
2:16.1 2:14.7 2:27.4 2:20.4 9:18.4  
2:43.1 2:34.9 2:55.0 2:57.8 10:40.6  
Jen. Hughes, Jean Hughes, P. Parker, T. Cochran

Shot Put: Pat Rae 39' 4", Jerry Holland 35' 8 1/2"  
Tammy Rayevich 31', Alfreda Eldridge 27' 5 1/2"

High Jump: Sheryl Vander Schyff 5' 1" 2nd Place

55m Hurdles: Sheryl Vander Schyff 9.4/9.7/9.2 3rd Place

Triple Jump: J. Chang 35'10 1/4"

Pole Vault: Anthony Chuck NH

PERSONAL BESTS:

Steve Powell - 2 miles, 880  
Eric Ellinghaus - 600  
Jerome Chang - 440  
J.P. Bryne - 880  
Tamara Cochran - 880

Lynne Collazo - 1000  
Amy Donnelly - 600  
Glenn DeBell - 300  
Pam Parker - 880  
Sheryl Vander Schyff - HJ

Dartmouth Relays  
Saturday, January 10, 1987 at Dartmouth College

Long Jump: Greg Hong 20'0"

Mile: Chris Rae 62/2:10/3:21/ 4:34.2

2 Miles: Eric Berntsen 71/2:24/3:36/4:51/6:06/7:22/8:39/ 9:48.3

4x880: A. Ballou 2:06.5  
E. Frenzke 2:15.3  
E. Berntsen 2:06.6  
C. Rae 2:05.5  
8:33.9

4x440: D. Shultz 54.4  
D. Ozaki 56.9  
G. Hong 56.0  
C. Halyard 54.6  
3:41.9

Snowy New Hampshire and Vermont provided a beautiful backdrop for this quality indoor meet. We saw the best high school runners in the East at this meet, and in the midst of this intense competition gained valuable experience. The racing lessons we learned will pay dividends in future races.

New Jersey State Relay Championships at Princeton University  
 Saturday, January 17, 1987

Ridgewood girls are State Relay Champions!

This is a first for our Winter Track & Field program. Ginny Figlar medaled 3 times running outstanding 440 legs on the Distance Medley, Sprint Medley and anchoring the Mile Relay. Lynne Collazo ran the most exciting race of the day, racing in second place in the final leg of the 4x880 to outkick the Brick Township anchor with only 60 yards to go, nipping her at the finish and setting a new school record.

The boys finished a disappointing 5th in the Distance Medley because of a dropped baton and challenged from far behind to finish a close second in the 4x880. Bill Darrow ran two outstanding sprint legs in non-scoring races, and Eric Berntsen ran 3 strong races, 2 for medals.

Drama: Our meet began at 9:30 a.m. and approximately 11 hours later our Ridgewood girls were tied with Trenton Central for first place with only the mile relay remaining. Both teams were put in the seeded heat of the mile relay. Our lead off leg, Lynne Collazo, ran unnecessarily in the 4th lane (she was incorrectly instructed to do so by a meet official) the first lap and found herself 15 yards behind the Trenton Central lead off. When Lynne handed off one lap later, she had a 5 yard lead and we never looked back. Our mile relay finished 2nd in the race and Trenton Central did not score. Our girls won the State Relay Championship!

Distance Medley:	A. Ballou	(880)	2:05.7	
	D. Shultz	(440)	58.8	(dropped baton)
	C. Rae	(1320)	3:22.0	
	E. Berntsen	(mile)	4:30.5	
			10:57.0	<u>5th Place</u>

	L. Collazo	(880)	2:24.6	
	G. Figlar	(440)	59.4	
	Jean Hughes	(1320)	3:58.2	
	Jenn Hughes	(mile)	5:27.6	
			12:49.8	<u>4th Place</u>

	24.0	25.8	25.2	23.8	1:38.8	DQ
4x220:	C. Halyard,	G. Hong,	G. DeBell,	B. Darrow		

	29.3	28.4	29.2	30.3	1:57.2
S. Vaughan,	L. Degelmann,	J. McDermott,	A. Donnelly		

	9.7	8.9	8.8	8.2	35.6	<u>5th Place</u>
4x60 H:	T. Cochran,	J. McDermott,	L. Degelmann,	S. VanderSchyff		

4x880: A. Ballou 2:05.2  
 D. Shultz 2:07.5  
 E. Berntsen 2:04.0  
 C. Rae 2:00.1  
 8:16.8 2nd Place

Jenn Hughes 2:34.2  
 N. D'Arcy 2:27.0  
 J. Hughes 2:30.0  
 L. Collazo 2:23.4  
 9:54.7 1st Place

**SCHOOL RECORD**

(220) 24.4 (220) 24.8 (440) 54.3 (880) 2:04.4 3:47.9  
 Sprint Medley: C. Halyard, B. Darrow, D. Shultz, E. Berntsen

(220) 30.2 (220) 28.3 (440) 58.8 (880) 2:31.3  
 Sheila Vaughan, L. Degelmann, G. Figlar, N. D'Arcy 5th Place

67.6 66.0 66.1 58.0 4:17.7 2nd Place  
 4x440: L. Collazo, N. D'Arcy, A. Donnelly, G. Figlar

High Jump: S. VanderSchyff 5'0", S. Vaughan 4'8" 9'8" 4th Place

Shot Put: T. Rayevich 31'11", A. Eldridge 26'7" 58'6"

Summary Evaluation: The girls are progressing well and this win was especially complimentary of their ability to compete despite the deadening effect of competing over an 11 hour meet. The boys show signs of being on the verge of putting everything together. The competitive level on the Group IV level in the State is especially keen this year, and our boys are about 2 weeks away from becoming a complete team.

We prepared well for this meet knowing that it would be a long day and we reacted well to the endurance test of this 15 hour day.

SUFFERN INVITATIONAL INDOOR TRACK & FIELD MEET  
Monday, January 19, 1987 at Rockland Community College

Frosh 2 miles: Tom Stevenson 11:05 6th Place  
Heather Fitzgerald 15:02.3

Soph 2 miles: Mike Frank 11:44, Tim O'Brien 12:24.7

1000: Eric Frenzke 2:33.6  
Karen Cannon 3:10.7

Frosh 880: Mark Tucker 2:18.3 5th Place  
John Chidiac 2:28.7

Soph 880: Matt Giffuni 2:07.7 5th Place

Frosh 600: Heather Fitzgerald 1:53.8

Soph 600: Pat Kaupas 1:59.9

60 Hurdles: Tammy Rayevich NT, Stephanie DeCongelio 10.1

Triple Jump: Tammy Rayevich 28'0"  
Jennifer McDermott 33'10 1/2" 5th Place

Frosh-Soph Shot Put: Pat Rae 35'11 1/2"  
Russ Colford 29'  
Doug Scussel 27'10"  
John Picarelli 25' 8"  
Alfreda Eldridge 26' 8 1/2" 4th Place

Varsity Shot Put: Tammy Rayevich 34' 5 3/4" 4th Place

Personal Bests: Matt Giffuni - outstanding 880 time.  
Tammy Rayevich - improved over 2 feet in the shot put  
Mark Tucker - Frosh 880 5th Place  
Tom Stevenson - good first 2 mile race

(over)

OLYMPIC INVITATIONAL MILE RELAY TRIALS  
January 20, 1987, at Princeton University

4x440:	Lynn Degelmann	64.0
	Amy Donnelly	64.2
	Lynne Collazo	62.2
	Ginny Figlar	57.8
		4:08.2 <u>3rd Place</u>

Qualified for Olympic Invite on February 14, 1987.

All four girls ran personal bests this year improving the mile relay time by 9 seconds over our previous personal best.

(over)

YALE INTERSCHOLASTIC INVITATIONAL - January 23 & 24, 1987  
Yale University, New Haven, CT

Friday, January 23

Girls 4x200: 28.9 28.2 29.4 30.2 1:56.7

S. Vaughan, L. Degelmann, L. Pollaci, T. Rayevich

Boys Distance Medley:

52.3 3:11.9 2:02.0 4:26.9 10:33.1 1st Place

D. Shultz, C. Rae, A. Ballou, E. Berntsen

400 1200 800 1600

Girls 4x400: 66.5 64.6 62.9 69.1 5th Place

J. McDermott, A. Donnelly, L. Degelmann, T. Cochran

Boys 4x400: 53.5 56.3 56.5 56.2 3:42.6

C. Halyard, G. Hong, G. DeBell, D. Ozaki

Girls 4x800: 2:51.0 2:23.9 2:24.1 2:25.0

10:04.0 4th Place

P. Parker, Jenn. Hughes, N. D'Arcy, Jean Hughes

Boys 4x800: 2:10.2 2:13.4 2:12.4 2:13.6 8:49.6

D. Shultz, S. Powell, E. Frenzke, M. Giffuni

Saturday, January 24

Girls 3000 Meters - Nanci Titus 11:36.5

Boys 55 Meters - Bill Darrow 6.6

Girls 55 Hurdles - Sheryl Van der Schyff - False Start

Girls High Jump - Sheryl Van der Schyff - 5'0"

Girls Long Jump - Jennifer McDermott - 15'6"

Girls Distance Medley: Championship

57.8 2:17.0 3:48.1 5:18.9 1st Place

G. Figlar, L. Collazo, N. D'Arcy, J. Hughes

400 800 1200 1600

Girls 400 Meters - Ginny Figlar - 57.94 1st Place

Girls 800 Meters - Jean Hughes - 2:25.0

Boys 800 Meters - Andy Ballou - 2:03.0

Girls Special 1000 Meters - Lynne Collazo - 3:12.1

Boys Special 1000 Meters - Chris Rae - 2:32.6 5th Place

Boys 3000 Meters - Eric Berntsen - 8:51.46 6th Place

The was the best weekend of our indoor program. It is unusual to have so many athletes accepted at this highly competitive meet and our athletes won more than their share of medals setting new personal bests and one national best on Yale's fast track against the best high school athletes in the East.

Personal Bests:

Boys Distance Medley - set a new meet record also.

Girls Distance Medley - lapped half the field and fastest time this indoor season nationally.

Ginny Figlar - two golds, DM & 400m

Jean Hughes - two fast 800m times; 2:25.0

Jennifer Hughes - 2:23.9 800m leg

Norine D'Arcy - 2:24.1 800m leg and 3:48.1 1200m leg

Lynne Collazo - 2:17.0 800m leg

Eric Berntsen - 4:26.9 1600m leg & 8:51.46 3000m

Chris Rae - 3:11.9 1200m leg & 2:32.6 1000m

Andy Ballou - 2 fast 800m times; 2:02 & 2:03.0

Doug Shultz - 52.3 400m leg

HACKENSACK SHOT PUT MEET RESULTS  
Thursday, January 29, 1987

Novice Division: Jeremiah Holland 38' 5" P.B.  
Ernie Bacinkus 37' 6"

Sophomore: Patrick Rae 39' 2"  
Russ Colford 26' 9 1/2"  
(girls) Alfreda Eldridge 29' 9" 2nd Place P.B.

Girls Varsity: Tammy Rayevich 33' 4" 5th Place

Freshmen: John Picarelli 26' 10 1/2" P.B.  
Jeremy Pollock 27' 7"  
Jeff Roth 18' 5" P.B.

Ridgewood Winter Games at Rockland Community College  
Saturday, January 31, 1987

2 Miles: E. Berntsen 9:34.3 1st Place MEET RECORD  
S. Powell 10:48.1  
Jennifer Hughes 11:28.4 1st Place  
N. D'Arcy 11:49.3 2nd Place

600: D. Shultz 1:17.5 7th Place  
E. Ellinghaus 1:24.9  
L. Degelmann 1:38.6  
A. Donnelly 1:34.9  
T. Cochran 1:44.2

2:05.1 2:16.8 2:09.4 2:09.7 8:41  
4x880: E. Berntsen, S. Powell, M. Giffuni, E. Frenzke

2:27.2 2:26.8 2:30.4 2:24.3 9:48.9  
N. D'Arcy, Jean Hughes, Jenn Hughes, L. Collazo  
SCHOOL RECORD 4th Place

300: G. DeBell 36.6, C. Halyard 34.0  
G. Figlar 37.2/37.3 1st Place SCHOOL RECORD  
S. Vaughan 41.6, L. Pollaci 41.9

1000: C. Rae 2:17.6 1st Place MEET RECORD  
M. Giffuni 2:33.5, C. Reynen 2:47.4  
K. Cannon 3:00.8, P. Parker 3:23.1

5:13.7 5:23.8 5:26.1 6:12.9  
Frosh Mile: T. Stevenson, M. Tucker, J. Berntsen, S. Husaine  
H. Fitzgerald 6:24.4

4:59.0 5:18.4 4:57.9 5:30.2 6:14.2  
Mile: E. Frenzke, C. Reynen, S. Powell, T. O'Brien, J. Tucker,  
5:21.5  
M. Frank  
Jean Hughes 5:31.5 4TH Place  
L. Collazo 5:19.8 2nd Place  
N. Titus 5:52.9  
Karen Cannon 5:45.2

53.9 53.1 52.1 52.5 3:31.7 4th Place  
4x440: C. Halyard, D. Shultz, B. Darrow, C. Rae

54.8 57.4 56.5 59.2 3:47.9  
E. Berntsen, M. Giffuni, E. Frenzke, E. Ellinghaus

67.3 60.6 62.6 63.4 4:13.9  
J. Berntsen, J. Chang, M. Tucker, T. Stevenson

65.4 66.7 64.7 59.1 4:15.6 1st Place  
N. D'Arcy, A. Donnelly, L. Degelmann, G. Figlar

69.1            65.1            70.1            65.3    4:29.6  
4X440: S. DeCongelio, L. Collazo, T. Cochran, S. Vaughan

69.9            75.3            76.0            78.7    4:59.8  
L. Pollaci, K. Cannon, K. Gross, M. Parker

Frosh Shot: Jeremy Pollock    30' 10 1/2"    6th Place  
              John Picarrelli    28' 1 1/2"  
              Patrick O'Connor    21' 9 1/2"

Soph Shot: Patrick Rae            38' 4"    8th Place  
              Russ Colford            25' 8 1/2"

(girls)    Alfreda Eldridge    28' 4"    4th Place

Shot: Jerry Holland    36' 7 1/2"  
              Patrick Rae            40' 5"

(girls) Tammy Rayevich    33' 11"    3rd Place  
              Alfreda Eldridge    28' 3 1/2"

High Jump: Sheryl Vander Schyff    5' 2"    4th Place  
              Sheila Vaughan            4' 9"

Pole Vault: A. Chuck    10'

Long Jump: C. Halyard            19' 11"  
              J. Chang                17' 1 1/2"

(girls)    J. McDermott            15' 7"    6th Place

              S. Vander Schyff        14' 3/4"  
              M. Melone                10 1/4"

Triple Jump: C. Halyard            43' 3/4"    6th Place

              D. Ozaki                35'  
              J. Chang                34' 4"

(girls)    J. McDermott            33' 2"    9th Place

              T. Rayevich             29'  
              S. Vander Schyff        32' 8"

60: Bill Darrow            6.6/6.5/6.5    6th Place TIES SCHOOL RECORD

              G. DeBell                6.9

              D. Ozaki                7.4

              G. Figlar                7.5/7.4/7.4    5th Place

              L. Pollaci                8.9

              M. Bonazzi              10.5

60H: D. Shultz            8.3/8.0

              S. Vander Schyff        9.3/8.9/8.8    7th Place SCHOOL RECORD

              T. Cochran                10.0/10.8

              S. DeCongelio            10.5/10.5

              A. Donnelly                10.7

SUMMARY: The Girls' team won by 40 points and the Boys' team finished third in this 90 team meet.

It is too difficult to highlight this meet because we put together a full team effort. Everyone seemed to compete at their personal best level. Ridgewood uniforms seemed to always competing for the lead in every competition. We had a great day!

Next Meets: Bergen County Relays - Thursday, 2/5

Boys State Group IV Championships - Sunday, 2/8

Girls State Group IV Championships - Sunday, 2/15

BERGEN COUNTY RELAYS At Rockland Community College  
Thursday, February 5, 1987

**BOYS AND GIRLS BERGEN COUNTY  
RELAY CHAMPIONS**

4xmile: Eric Frenzke 4:58.8  
Steve Powell 4:50.4  
Chris Rae 4:36.1  
Eric Berntsen 4:34.0  
18:59.3 1st Place

John Berntsen 5:21.0  
Tim O'Brien 5:31.3  
Mike Frank 5:31.4  
Tom Stevenson 5:22.5  
21:38.2

Nanci Titus 5:56.1  
Karen Cannon 5:55.2  
Jean Hughes 5:25.6  
Jennifer Hughes 5:32.9  
22:49.8 1st Place

Shuttle hurdles: Tamara Cochran  
Lynn Degelmann  
Jennifer McDermott  
Sheryl Vander Schyff 36.7 1st Place

Carolyn O'Brien 11.3  
Amy Donnelly 9.9  
Stephanie Decongelio 9.4  
Tammy Rayevich 9.7  
40.3

4x220: Greg Hong 24.5  
Glenn DeBell 25.3  
Craig Halyard 24.7  
Bill Darrow 22.0 1:36.5 3rd Place

Sheila Vaughan 29.6  
Laura Pollaci 29.6  
Amy Donnelly 29.5  
Ginny Figlar 26.1  
1:54.8 2nd Place

Kathy Gross 31.8  
Maria Melone 34.4  
Missy Bonazzi 32.4  
Erica Hayflick 33.3 2:11.9

Frosh. 4x880: Tom Stevenson 2:22.4  
 Sedai Tamura 2:29.9  
 Sohail Husaine 2:46.0  
 Mark Tucker 2:24.6 10:02.7 2nd Place

4x880: Steve Powell 2:11.7  
 Eric Berntsen 2:02.1  
 Eric Frenzke 2:09.6  
 Matt Giffuni 2:08.4 8:31.8 1st Place

Tim O'Brien 2:26.1  
 Jeff Tucker 2:48.7  
 Sean Bleifer 2:34.2  
 Sedai Tamura 2:36.0 10:25

Norine D'Arcy 2:34.1  
 Jean Hughes 2:27.6  
 Jennifer Hughes 2:34.3  
 Nanci Titus 2:40.8 10:16.8 1st Place

Karen Cannon 2:43.0  
 Janet Titus 2:51.7  
 Pam Parker 2:52.4  
 Heather Fitzgerald 2:51.6 11:18.7

SM: Bill Darrow (220) 23.3  
 Glenn DeBell (220) 25.7  
 Doug Shultz (440) 53.6  
 Chris Rae (880) 2:01.0 3:43.6 1st Place

Sheila Vaughan (220) 29.7  
 Lynn Degelmann (220) 27.2  
 Ginny Figlar (440) 58.6  
 Lynne Collazo (880) 2:34.4  
 4:29.9 1st Place

Missy Bonazzi (220) 33.3  
 Erika Hayflick (220) 32.9  
 Laura Pollaci (440) 69.9  
 Pam Parker (880) 2:57.5 5:13.6

DM: Doug Shultz (880) 2:12.1  
 Craig Halyard (440) 55.5  
 Chris Rae (1320) 3:24.5  
 Eric Berntsen (mile) 4:36.5  
 11:08.6 1st Place

DM: Jennifer Hughes (1320) 4:00.7  
 Amy Donnelly (440) 65.6  
 Jean Hughes (880) 2:30.5  
 Norine D'Arcy (mile) 5:25.6  
 13:02.5 1st Place

Pam Parker (880) 2:54.9  
 Tamara Cochran (440) 72.9  
 Karen Cannon (1320) 4:13.5  
 Nanci Titus (mile) 5:54.7  
 14:15.6

Frosh 4x440: Charles Blackford 62.5  
 Jerome Chang 60.5  
 John Chidiac 66.4  
 Sedai Tamura 60.5 4:14.7

Soph. 4x440: Kathy Gross 76.0  
 Janet Titus 74.7  
 Maryann Parker 79.6  
 Carolyn O'Brien 70.6 4:55.9

4x440: Greg Hong 55.9  
 Matt Giffuni 55.6  
 Craig Halyard 55.7  
 Doug Shultz 53.4  
 3:40.6 4th Place

Lynne Collazo 64.7  
 Lynn Degelmann 64.8  
 Norine D'Arcy 65.5  
 Ginny Figlar 58.0  
 4:13.0 1st Place

Stephanie DeCongelio 70.1  
 Sheila Vaughan 65.4  
 Sheryl Vander Schyff 67.7  
 Tamara Cochran 69.6 4:32.8

Frosh Shot Put: Jeremy Pollock 28' 5 1/2"  
 John Picarrelli 27' 4 1/2"  
 Geoffrey Roth 18' 5 3/4"  
 Patrick O'Connor 20' 10 1/2"

Soph Shot Put: Russ Colford 28' 0"  
 Doug Scussel 24' 8"

Alfreda Eldridge 28' 3"  
 Maryann Parker 18' 7 1/2" 46' 10 1/2"  
2nd Place

Varsity Shot Put: Jeremiah Holland 36'11"  
Patrick Rae 37'10 1/2"  
Tammy Rayevich 32'10 3/4"  
Alfreda Eldridge 30' 3" 63' 1 3/4"  
1st Place

Long Jump: Bill Darrow 20'11 1/2" *School Record*  
Greg Hong 19'11" 40'10 1/2" 2nd Place

Charles Blackford 15' 5 1/2"  
Jerome Chang 17' 7 1/4"

Triple Jump: Craig Halyard 43' 3/4" *School Record*  
Greg Hong 41' 9" 84' 9 3/4" 1st Place

Jerome Chang 35' 6 1/2"  
Mark Tucker 29' 9 1/2"

Jennifer McDermott 30' 1/4"  
Sheryl Van der Schyff 34' 3 3/4" 64'7" 1st Place

Maria Melone 25' 6"  
Tammy Rayevich 30' 2 3/4"

Pole Vault: A. Chuck 11' 6" 4th Place

Our goal for this season was to win both team titles at the Bergen county Relays and establish our program as the best in the County. The goal has been realized with a team effort. The long, hard and cold hours of working out this winter have paid off.

NJSIAA BOYS WINTER TRACK STATE GROUP IV CHAMPIONSHIPS  
Sunday, February 8, 1987 at Princeton University

SUMMARY: Our team point total of 11 points put us 4th behind Piscataway's and Morristown's 12 points and team champions Westfield's 16 points.

Chris Rae is the State Group IV 800 meters Champion again this year, and his time is the second fastest of all the runners in the State. Eric Berntsen finished 2nd in the 3200 meters and 5th in the 1600 meters.

400m: D. Shultz 53.0, C. Halyard 55.4

3200m: E. Berntsen 9:39.38 2nd Place  
S. Powell 10:37.6

55m HH: D. Shultz 8.4

55m: C. Halyard 6.7/6.8

800m: C. Rae 1:58.55 1st Place  
A. Ballou 2:04.4

1600m: C. Rae 4:35.1  
E. Berntsen 4:31.29 5th Place

Chris Rae of Ridgewood turned in the next best time in the 800 with a 1:58.55 in Group 4 and Yockel had the second fastest time with his victory in the 1,600.

GROUP 4

TEAMS: 1-Westfield 16. 2-Piscataway and Morristown 12. 4-Ridgewood 11. 5-Paterson Eastside and Toms River North 9. 7-Toms River East and East Side 8. 9-Elizabeth 7. 10-Trenton and Neptune 6. 12-Memorial (W.N.Y.) 5. 13-Middletown South 4. 14-J. P. Stevens 3. 15-Paterson Kennedy, East Brunswick and Clifton 2. 18-Kearny, Cherry Hill East, Hightstown, Edgewood, Bayonne and Teaneck 1.

55-METER DASH: 1-Barry Bacon, Neptune 6.4. 2-Earl Jackson, Morristown 6.6. 3-Dwayne Stevens, Elizabeth 6.7. 4-Scott Dorsey, Morristown 6.7. 5-Charles Rankin, Bayonne 6.8.

400-METER RUN: 1-Jon Copeland, Piscataway 50.09. 2-Andrew Cameron, Paterson Eastside 50.14. 3-Dwayne Stevens, Elizabeth 51.05. 4-David Miller, Camden 51.22. 5-Dennis Scott, Paterson Eastside 51.39.

800-METER RUN: 1-Chris Rae, Ridgewood 1:58.55. 2-Joel Araujo, East Side 1:59.37. 3-Derrick Stackhouse, Trenton 1:59.61. 4-Carlos Cedeno, Memorial (W.N.Y.) 1:59.68. 5-Mike Kresloff, Cherry Hill East 2:00.49.

1,600-METER RUN: 1-Tim Yockel, Westfield 4:26.59. 2-Carlos Martins, East Side 4:26.63. 3-A. J. Monaco, Toms River North 4:27.07. 4-David Lee, East Brunswick 4:28.21. 5-Eric Berntsen, Ridgewood 4:31.29.

3,200-METER RUN: 1-Tim Koerner, Toms River North 9:33.52. 2-Eric Berntsen, Ridgewood 9:39.38. 3-Jorge Rivera, Memorial (W.N.Y.) 9:44.78. 4-William Crowell, Trenton 9:49.13. 5-Art Almeida, Kearny 9:53.48.

55-METER HIGH HURDLES: 1-Kerry Ferrell, Piscataway 7.58. 2-Andrew Cameron, Paterson Eastside 7.59. 3-Rajah Mosley, J. P. Stevens 7.75. 4-Jay McGilton, Toms River East 7.93. 5-Ken Green, Teaneck 7.94.

HIGH JUMP: 1-Todd Britt, Morristown 6-6. 2-Dennis McGorty, Westfield 6-6. 3-Joe Dougherty, Toms River East 6-4. 4-Archie Lawrence, Trenton; Joe Cullen, Hightstown; Kelly Robinson, Edgewood 6-2 (Britt won by clearing 6-8 on his fourth attempt in a jumpoff with McGorty).

SHOT PUT: 1-Drew Cary, Westfield 56-9/4. 2-Mike Citarella, Middletown South 54-11. 3-Mark Paccione, Toms River East 53-4. 4-Wallace Hayes, Paterson Kennedy 51-2/2.

VITALIS/U.S. OLYMPIC INVITATIONAL INDOOR TRACK MEET  
February 14, 1987, at Byrne Arena

Suburban High School Girls 4x400 Relay:

Lynn Degelmann	63.2
Amy Donnelly	64.2
Sheila Vaughan	63.4
Ginny Figlar	59.0

4:09.8 5th Place

1987 BERGEN COUNTY INDOOR TRACK AND FIELD CHAMPIONSHIPS  
February 19, 1987, at Rockland Community College

2 miles: Eric Berntsen 9:33.3 1st Place  
Norine D'Arcy 11:35.1 1st Place  
Jean Hughes 11:36.8 2nd Place  
Nanci Titus 12:08.1 4th Place

600: Doug Shultz 1:15.8 2nd Place  
Ginny Figlar 1:29.4 1st Place  
Amy Donnelly 1:37.2 5th Place

Frosh. mile: Jon Berntsen 5:18.3, Sohail Husaine 5:58.6  
Heather Fitzgerald 6:17

440: Lynn Degelmann 61.1 1st Place

1000: Eric Frenzke 2:28.3 5th Place

Soph. mile: Janet Titus 6:04.3

300: Sheila Vaughan 41.6/40.6 3rd Place

Mile: Chris Rae 4:25.7 1st Place  
Jennifer Hughes 5:19.5 1st Place  
Karen Cannon 5:45.2 3rd Place

880: Matt Giffuni 2:08.9 2nd Place  
Brian Williams 2:15.7  
Lynne Collazo 2:26.8 2nd Place  
Pam Parker 2:51.6

Frosh. 300: Jerome Chang 38.0

4x440: C. Halyard, B. Darrow, D. Shultz, C. Rae  
54.4 54.2 52.7 53.3 3:34.6 1st Place

L. Degelmann, N. D'Arcy, A. Donnelly, G. Figlar  
63.8 65.8 65.3 60.5 4:15.4 1st Place

60Hurdles: Sheryl Van der Schyff 9.1/9.0/9.0 3rd Place

60: Bill Darrow 6.8/6.6/6.8 5th Place  
Craig Halyard 6.8/6.7

Triple Jump: Craig Halyard 42' 6 3/4" 4th Place  
Greg Hong 37' 6 3/4"  
Jerome Chang 34'  
Jennifer McDermott 33' 9" 4th Place  
Sheryl Van der Schyff 33' 1" 5th Place

Long Jump:	Greg Hong	20' 5"	<u>3rd Place</u>
	Bill Darrow	18' 10"	
	Jerome Chang	17' 5 1/2"	
	Jennifer McDermott	16' 1/4"	<u>4th Place</u>
High Jump:	Sheryl Van der Schyff	5' 0"	<u>2nd Place</u>
	Sheila Vaughan	4' 8"	
Pole Vault:	Anthony Chuck	11' 0"	<u>4th Place</u>
Shot Put:	Jeremiah Holland	37' 2 1/2"	
	Alfreda Eldridge	28' 8"	<u>1st Place Soph. Girls</u>
		27' 3 1/2"	(Varsity Girls)
Frosh.:	Jeremy Pollack	32' 4 1/2"	<u>5th Place Frosh. Boys</u>
	Jerry VanDeWeghe	27' 4 1/2"	
	John Picarelli	27' 8 1/4"	

## Bergen County indoor track championships

at Rockland Community College  
(all events in yards)

### GIRLS

60 - 1, Missy Hicks, Teaneck, 7.2; 2, Neretta Freeman, Garfield, 7.3; 3, Shonna Clay, Teaneck, 7.5; 4, Sonja Daniels, Hackensack, 7.5; 5, Terri Bieber, Tenafly, 7.5.

60 HH - 1, Kim Baumbach, Pascack Valley, 8.6; 2, Beth Mayland, Northern Highlands, 8.8; 3, Sheryl Vander Schyff, Ridgewood, 9.0; 4, Dina DeFrancesco, Saddle Brook, 9.1; 5, Heidi Rhodenburg, Saddle Brook, 10.1.

300 - 1, Aquansa Garth, Westwood, 38.2; 2, Chris Bernich, Pascack Hills, 40.3; 3, Sheila Vaughn, Ridgewood, 40.6; 4, Chris Coche, Pascack Hills, 40.9; 5, Denise Tripodi, Wood-Ridge Heights, 41.9.

440 - 1, Lynn Degelmann, Ridgewood, 1:01.1; 2, Stacey Swensen, Bergenfield, 1:03.1; 3, Jackie Kinsella, Old Tappan, 1:03.9; 4, Caroline David, Pascack Valley, 1:04.3; 5, Chris Bernich, Pascack Hills, 1:04.7.

600 - 1, Ginny Figlar, Ridgewood, 1:29.4; 2, Stephanie Giddens, Teaneck, 1:34.1; 3, Pat Carter, Teaneck, 1:36.4; 4, Mary Sok, Westwood, 1:36.8; 5, Amy Donnelly, Ridgewood, 1:37.2.

880 - 1, Jasmin Jones, Hackensack, 2:11.7; 2, Lynne Collazo, Ridgewood, 2:26.8; 3, Amy Kempf, Paramus, 2:27.0; 4, Chris Lally, Pascack Valley, 2:32.5; 5, Katie Waterman, Tenafly, 2:37.9.

1000 - 1, Jasmin Jones, Hackensack, 2:40.9; 2, Amy Kempf, Paramus, 2:51.3; 3, Leigh Barker, Tenafly, 3:10.6; 4, Teby Donaldson, Northern Highlands, 3:16.6; 5, Julie Kinn, Northern Highlands, 3:25.8.

Mile - 1, Jennifer Hughes, Ridgewood, 5:19.5; 2, Jennifer Narr, Rutherford, 5:29.5; 3, Karen Cannon, Ridgewood, 5:45.2; 4, Kim Heinz, Pascack Hills, 5:57.0; 5, Pat Quiroz, Hackensack, 6:02.6.

2 Miles - 1, Norine D'Arcy, Ridgewood, 11:35.1; 2, Jean Hughes, Ridgewood, 11:36.8; 3, Alicia St. John, Ramapo, 12:05.7; 4, Nancy Titus, Ridgewood, 12:08.1; 5, Cathy Acevedo, Saddle Brook, 12:26.8.

4x40 Relay - 1, Ridgewood (Lynn Degelmann, Lynne Collazo, Amy Donnelly, Ginny Figlar), 4:15.4; 2, Pascack Valley, 4:25.0; 3, Tenafly, 4:27.0; 4, Bergenfield, 4:29.3; 5, Old Tappan, 4:30.0.

Shot Put - 1, Kirsten Christiansen, Rutherford, 40-10; 2, Alana O'Reilly, Hackensack, 34-8 1/2; 3, Kerri McIntyre, Bergenfield, 34-2 1/2; 4, Darlene Saner, Westwood, 32-6 1/2; 5, Camille Wright, New Milford, 30-10.

Long Jump - 1, Kim Baumbach, Pascack Valley, 17-11 1/2; 2, Michelea Steiner, Bergenfield, 16-3 1/2; 3, Pam Birchette, Teaneck, 16-1 3/4; 4, Jen McDermott, Ridgewood, 16-1 1/2; 5, Margaret McCallister, Demarest, 15-11 1/2.

High Jump - 1, Debbie McDonald, Teaneck, 5-2; 2, tie between Janice Meyer, Midland Park and Sheryl Vander Schyff, Ridgewood, 5-0; 4, tie between Sue Bella, Pascack Valley and Lynn Petrolia, New Milford, 5-0.

Triple Jump - 1, Kim Baumbach, Pascack Valley, 36-7. No other places available.

### BOYS

60 - 1, Derrick Horner, Don Bosco, 6.4; 2, La-Monte Brown, Demarest, 6.4; 3, Mike Rios, Bergen Catholic, 6.6; 4, Van Harris, Teaneck, 6.7; 5, Bill Darrow, Ridgewood, 6.8.

60HH - 1, Kenny Green, Teaneck, 8.0; 2, Bob Ghelli, Bergen Catholic, 8.0; 3, Kerry Pemberton, Hackensack, 8.1; 4, Tom Di-Buono, New Milford, 8.1; 5, Joe Jondi, Rutherford, 8.2.

300 - 1, Derrick Horner, Don Bosco, 32.7; 2, Walt McCall, Hackensack, 33.2; 3, Shad Testa, Pascack Valley, 33.4; 4, Van Harris, Teaneck, 33.7; 5, Rich Baker, Wood-Ridge Heights, 34.1.

440 - 1, Walt MacCall, Hackensack, 52.4; 2, Joe Tondi, Rutherford, 53.5; 3, Jim Baginski, Saddle Brook, 53.9; 4, Paul Lizotte, Saddle Brook, 54.1; 5, Brendan Gallahue, Bergen Catholic, 54.8.

600 - 1, Bruno Sgambellone, Palisades Park, 1:15.6; 2, Doug Shultz, Ridgewood, 1:15.8; 3, Rob Sayegh, Fair Lawn, 1:17.4; 4, Glenn Petri, Fair Lawn, 1:17.6; 5, Dave King, Northern Highlands, 1:17.9.

880 - 1, Ed Wagner, Westwood, 2:08.0; 2, Matt Giffini, Ridgewood, 2:08.9; 3, Tony Primavera, Saddle Brook, 2:09.0; 4, James Sullivan, Bergen Catholic, 2:10.0; 5, Frank Pucher, Don Bosco, 2:10.2.

1000 - 1, Will Repole, Northern Highlands, 2:23.0; 2, Gerard King, Hackensack, 2:23.3; 3, Robb Lages, Palisades Park, 2:25.6; 4, James Sullivan, Bergen Catholic, 2:27.7; 5, Eric Frenzke, Ridgewood, 2:28.3.

Mile - 1, Chris Rae, Ridgewood, 4:25.7; 2, Rich Harrington, St. Joseph Regional, 4:32.5; 3, Rich Wisse, Saddle Brook, 4:32.8; 4, Jason Kaplan, Westwood, 4:36.9; 5, Chris Meyers, Ramsey, 4:39.4.

2 Miles - 1, Eric Bernitsen, Ridgewood, 9:33.3; 2, Jason Kaplan, Westwood, 9:34.0; 3, Norbert Berenvi, Old Tappan, 9:39.1; 4, Dave Clayton, Wood-Ridge Heights, 9:57.0; 5, Will Koslow, Fort Lee, 9:59.4.

4x40 Relay - 1, Ridgewood (Craig Halyard, Bill Darrow, Doug Shultz, Chris Rae), 3:34.6; 2, Northern Highlands, 3:36.7; 3, Bergen Catholic, 3:40.2; 4, Saddle Brook, 3:41.3; 5, Fair Lawn, 3:41.4.

Shot Put - 1, Mike Theuerkauf, Demarest, 55-7; 2, Ralph Orta, New Milford, 52-0; 3, Jim Murphy, Indian Hills, 51-1 1/2; 4, Jason Miller, Elmwood Park, 51-3/4; 5, Mike Hammond, Hackensack, 48-8.

Long Jump - 1, Derrick Horner, Don Bosco, 21-6 1/2; 2, Scott Zottolo, Saddle Brook, 20-10 1/2; 3, Greg Hong, Ridgewood, 20-5; 4, Jin Chang, Garfield, 20-5; 5, Chris Cusumano, Westwood, 20-1 3/4.

High Jump - 1, Darryl Roberts, Teaneck, 6-6; 2, Dave Walker, Saddle Brook, 6-0; 3, Mark DeAngelis, Tenafly, 6-0; 4, Mike Lange, Bergen Catholic, 5-10; 5, tie between Greg Conkling, Waldwick and Tom Di-Buono, New Milford, 5-10.

Triple Jump - 1, La-Monte Brown, Demarest, 45-9; 2, Chris Cusumano, Westwood, 42-11; 3, Derrick Horner, Don Bosco, 42-8; 4, Craig Halyard, Ridgewood, 42-6 3/4; 5, Sean Gayle, Teaneck, 40-10.

Pole Vault - 1, John Wohner, Bergen Catholic, 12-0; 2, Gerard Maran, Bergen Catholic, 11-6; 3, Craig Ebersson, Fair Lawn, 11-6; 4, Anthony Chuck, Ridgewood, 11-0; 5, Chi Chen, Saddle Brook, 11-0.

NEW JERSEY STATE INDOOR TRACK AND FIELD CHAMPIONSHIPS  
Monday, February 23, 1987 at Princeton University

400m: Ginny Figlar 58.42 1st Place STATE CHAMPION!  
Lynn Degelmann 61.0

3200m: Jennifer Hughes 11:26.9 3rd Place  
Norine D'Arcy 11:30.4 4th Place  
Eric Berntsen 9:41.8

800m: Jean Hughes 2:25.5  
Chris Rae 2:00.4 4th Place

4x440: Lynne Collazo 64.8  
Amy Donnelly 65.1  
Norine D'Arcy 63.9  
Ginny Figlar 60.3  
4:14.23 3rd Place

COMMENTS: What a race for Ginny Figlar to overcome intense pressure and catch Plainfield's Alison Wesley at the tape. It took a super effort down the home stretch and a relook at the finish photo to give her the title.

Not the best from our distance runners, but invaluable lessons were learned.

Total number of places earned by our team in this meet of champions is the most ever for our program. If the meet was scored with team points the Ridgewood girls team would be State Champions scoring 13 points.

BOYS

55-METER DASH: 1-Barry Bacon, Neptune 6.45. 2-Anthony Tucker, Hillside 6.49. 3-Chris Donaldson, Willingboro 6.59. 4-Ken Henry, Ocean City 6.64. 5-Derrick Horner, Don Bosco Prep 6.65.

400-METER DASH: 1-Andrew Cameron, Paterson Eastside 50.54. 2-Dwayne Stevens, Elizabeth 50.72. 2-Dennis Scott, Paterson Eastside 50.76. 4-Jon Copeland, Piscataway 51.03. 5-Don Carter, Seton Hall 51.16.

800-METER RUN: 1-Rodney Smith, Hillside 1:58.5. 2-Rich Kenah, Montclair Immaculate 1:58.8. 3-Derrick Stackhouse, Trenton 1:59.8. 4-Chris Rae, Ridgewood 2:00.4. 5-Mike Kresloff, Cherry Hill West 2:00.7.

1,600-METER RUN: 1-James Barnes, St. Benedict's 4:18.26. 2-Carlos Martins, Newark East Side 4:22.92. 3-Matt Mitchell, Christian Brothers 4:24.29. 4-Jason Kaplan, Westwood 4:27.4. 5-A. J. Monaco, Toms River North 4:28.80.

3,200-METER RUN: 1-John Coyle, Christian Brothers 9:23.56. 2-Jason Kaplan, Westwood 9:27.86. 3-Cesar Gaudin, Union Hill 9:28.49. 4-Tim Koerner, Toms River North 9:35.81. 5-Dan Gough, Haddonfield 9:36.68.

55-METER HIGH HURDLES: 1-George Bland, Penns Grove 7.43. 2-Kerry Ferrell, Piscataway 7.67. 3-Andrew Cameron, Paterson Eastside 7.69. 4-Iie, Byram Hunt, Lakewood, and Sean O'Connell, Morris Catholic 7.81.

HIGH JUMP: 1-Terry Ferguson, Cherry Hill West 6-10. 2-Todd Britt, Morristown 6-8. 3-Iie, Curtis Blue, Mount Olive, and Anthony Welch, Willingboro 6-4. 5-Archie Lawrence, Trenton 6-4.

SHOT PUT: 1-Dave Dixon, Mainland 58-3/2. 2-Mike Theuerkauf, Demarest 57-10. 3-Drew Cary, Westfield 55-6 1/2. 4-Tom Vandermark, St. Joseph's (Met.) 54-7. 5-Mike Citarella, Middletown South 53-0.

MILE RELAY: 1-Paterson Eastside (Lamont Harris, Dennis Scott, Myron Williams and Andrew Cameron) 3:29.1. 2-Morristown 3:30.1. 3-Edgewood 3:30.1. 4-Shabazz 3:31.6. 5-Seton Hall 3:31.8.

GIRLS

55-METER DASH: 1-Talisa Lawson, Roselle Catholic 7.24. 2-Missy Hicks, Teaneck 7.39. 3-Althea Allen, Academic (J.C.) 7.40. 4-Kim Mitchell, Hillside 7.44. 5-Rhonda Saunders, Clifford Scott 7.50.

400-METER RUN: 1-Virginia Figlar, Ridgewood 58.42. 2-Allison Wesley, Plainfield 58.45. 3-Tonya Lee, Rancocas Valley 58.79. 4-Tanisha McGriff, Newark Science 1:00.17. 5-Shelly Mitchell, Lakewood 1:00.23.

800-METER RUN: 1-Jasmin Jones, Hackensack 2:11.5, record; former record 1:13.40 by Gisele Harris, Shabazz, 1985. 2-Christine Grant, Columbia 2:18.24. 3-Justine Doyle, Hunterdon Central 2:19.70. 4-Beth Starr, Lawrence 2:21.08. 5-Betsy O'Connor, Red Bank Catholic 2:23.69.

1,600-METER RUN: 1-Anne Letko, North Hunterdon 5:09.99. 2-Mary Hoernlein, Brick 5:13.52. 3-Elaine Doherty, Morristown 5:14.38. 4-Sherri Paddock, Morris Hills 5:15.82. 5-Diane DeOliveira, Toms River North 5:19.76.

3,200-METER RUN: 1-Anne Letko, North Hunterdon 10:51.5. 2-Liz Duarte, Kearny 11:19.0. 3-Jennifer Hughes, Ridgewood 11:26.9. 4-Norine D'Arcy, Ridgewood 11:30.4. 5-Sandra Tignor, Princeton 11:33.2.

55-METER HURDLES: 1-Dawn Bowles, Neptune 8:19. 2-Stephanie Ross, East Orange 8:22. 3-Alanna Poirier, Mt. Olive 8:39. 4-Gial Giddens, Metuchen 8:47. 5-Kim Baumbach, Pascack Valley 8:57.

HIGH JUMP: 1-Erin Halpin, Cherry Hill East 5-6. 2-Karen Way, Southern Regional 5-6. 3-Kelly Mieszkalski, J. P. Stevens 5-6. 4-Barbara Baysa, Morris Hills, and Tonya Lee, Rancocas Valley 5-6.

SHOT PUT: 1-Kirsten Christensen, Rutherford 39-10. 2-Stacey Hinson, Lenape 38-6. 3-Erica Jones, Plainfield 37-3. 4-Shawn Walsh, Toms River East 37-3. 5-Sue Piekarz, Clifton 37-3.

MILE RELAY: 1-Plainfield (Allison Wesley, Anita Beale, Joan Miller and Racquel Elliott) 4:09.88. 2-Vailsburg 4:11.15. 3-Ridgewood 4:14.23. 4-Newark Central 4:15.43. 5-Willingboro 4:18.48.

1987 GIRLS EASTERN STATES INDOOR INTERSCHOLASTIC TRACK AND FIELD  
CHAMPIONSHIPS

Sunday, March 1, 1987 at Harvard University

Long Jump: Jennifer McDermott 16' 3 1/2" Personal Best

60 Hurdles: Sheila Van der Schyff 9.1

300: Ginny Figlar 37.25 COUNTY RECORD

4x440: Jennifer McDermott 63.0  
Amy Donnelly 65.1  
Sheila Vaughan 62.3  
Ginny Figlar 57.4

4:07.8 SCHOOL RECORD

Distance Medley: Norine D'Arcy (1320) 3:54.1  
Lynn Degelmann (440) 63.3  
Lynne Collazo (880) 2:20.8  
Jennifer Hughes (mile) 5:09.3  
12:27.5

Personal Best  
4th Place