



**RIDGEWOOD
TRACK
&
FIELD**

1988

**SEASON
SUMMARY**

GO TRACK 1988

1988
GO

ENERGY.

On the Right Track

ALL-STAR WILD RUNNING

Team
run it
Improvement
THE FIRST AND THE BEST™
The bottom line is excellence.

A Cut Above.

miles **THE BEST**

RIDGEWOOD
PARAMUS
COMPETITION

Giving Success a Good Name

QUALITY

reliable exercise **SPEED**

Be a winner...

RIDGEWOOD, N.J.
SUPREME Team

Winning

"REFLECTIONS OF EXCELLENCE"

STUDENT-ATHLETE
Why We Race.
GOOD TIME.

KEEP ON TRACK

BRAVO, BRAVO, BRAVO. THE COMPETITION

Want vs. Need Some want success. Others must

have it. Must. They are not merely interested,

they are passionate. They are not merely moti-

vated, they are possessed. Those thus spirited

become leaders. In all fields.

BLOW OFF DOORS

SUPER 1988

Pull for the Team

Our Strength Always

THE FASTEST

Shines Through!

UNBEATABLE

STUDENT-ATHLETE

Girls Track + Field

87-88

COACHES: JACOB BROWN
 DON PATTERSON
 NANCY LARENA
 KEN SPIELVOGEL

<u>DUAL MEETS</u>	SWINS
PARAMUS CATHOLIC	91-31
I. H. A.	108-14
HACKENSACK	97-25
PARAMUS	96-26
TEANECK	82-40

STATE CHAMPIONS
 "BEST TEAM IN STATE HISTORY"

CHAMPIONSHIPS

9 CHAMPIONSHIPS

RIDGEWOOD RELAYS
 TOMS RIVER RELAYS
 BULLDOG RELAYS (J.V. only)
 BERGEN COUNTY RELAYS
 RANDOLPH RELAYS 64 pts
 WILLIAMSPORT
 NJSIL 109
 BERGEN GROUP IV 128 RECORD POINT TOTAL
 RIDGEWOOD RELAYS II
 STATE SECTIONAL
 STATE GROUP IV 49 3/8 RECORD POINT TOTAL
 BERGEN MEET OF CHAMPS
 STATE MEET OF CHAMPS
 EASTERNS
 KEEBLER SENIOR MEET
 JR PAC NATIONALS
 FIGLAR
 CANNON
 COLLAZO
 McDERMOTT
 HUGHES

SENIORS

KAREN CANNON
 STEPHANIE DeCANCELO
 LYNN DECELMANN (CAPT)
 AMY DONNELLY
 GINNY FIGLAR (CAPT)
 JENNIFER HUGHES (CAPT)
 KATE McDERMOTT
 LAURA POLLACI
 TAMMY RAYEVICH (CAPT)
 HOLLY SCHWIETERING
 SHERYL SANDER SCHYFF
 JENNIFER WRUBEL

JUNIORS

YETTE BALFOUR
 LYNNE COLLAZO
 ALFREDA ELDRIDGE
 LIZ GUENTHER
 JEAN HUGHES
 SHEELYN MARKER
 JENNIFER McDERMOTT
 MAUREEN MONTEFARI
 LOUISE PALLONE
 KERRI REILLY
 DONNA SCHLICHER
 JANET TITUS
 ARIYA VENIN

SOPHOMORES

HEATHER FITZGERALD
 SARAH GIFFUNI
 PATRICIA MONTEFARI

FROSH

ALLISON BARBEAN
 BRIDGET BLANEY
 ANN BURTON
 CHRISTINA CAVANAGH
 DEBBIE COMPTON
 JANICE D'ARCY
 LIZ FIGLAR
 AMY FOST
 GINNY GIFFORD
 VALERIE GOLD
 JENNY JUANG
 STEPHANIE KANE
 EMILY LADWIG
 AMY LINKS
 RACQUEL MAIR
 SUZANNE MANCUSO
 BRYCE MILLS
 EILEEN MORITZ
 TRACY PATTON
 AMY SHERIDAIN
 MEME SPATA
 KATE TANCOS
 AMY TARRIS
 ALLISON WESSEL

Ridgewood girls

By JIM BRENNAN

Of all the area high school track and field programs, it is literally impossible to find one as perennially successful as the Ridgewood girls team. In recent years, it has produced such athletes as Margaret Scutro, who graduated two years ago and was New Jersey state champ in the 1,600 and fourth state-wide in cross country. She is now tops on Georgetown's cross country team.

Under coach Jacob Brown, this 17-year girls program has seen many more peaks than it has valleys, but the 1988 team is something special.

Not only have the Lady Maroons begun their '88 campaign with two relay titles (Ridgewood and Toms River), and two easy dual meet victories over Paramus Catholic and Immaculate Heart, but Brown strongly believes — though he's been criticized for saying so — that there is little question this team will go through its entire schedule without a setback.

"This is by far the best team I've ever had," said Brown. "They're not only good; they're 'powerfully good'. I have 10 girls on the team right now that have the ability that most teams only have one of."

The 1987 version of the Ridgewood girls team won every meet in which they participated last year, except for the state championships where they came in third overall. Brown said this team is even better. Furthermore, many of the members of his team were on the winter squad that recently won the state indoor championship.

Another telling fact that adds credence to Brown's optimism, is that of the 14 events that make up high school track and field competition, six of Ridgewood's records are held by current members of the team.

"Sometimes I just stop to wonder where they all came from," said the veteran coach.

Brown's optimism goes beyond the regular schedule though. He feels this year's team easily has enough talent to take the Group 4 state championship.

One of Ridgewood's most successful girls is Jennifer McDermott, who Brown feels could hold the outdoor school record in the long jump before season's end. Her best jump outdoors to date is 18-1, but she is 7th in the nation indoors where her best is 17-11 $\frac{3}{4}$.

Lynne Collazo is another Maroon at the top of her game, and has nailed down an 800 meter spot on the team this season.

Ginny Figlar is Ridgewood's record holder in the 400 with a time of 57.1. She was also one of Ridgewood's county champs last year in her event.

Jennifer Hughes is the last in a line of Hughes distance runners. She was all county and group champion last year in the 3,200 and is specializing again this year in that event. Hughes also minors in the 1,600.

Sheryl vander Schyff is another of the Maroon record holders. The 100-meter hurdler was all-county indoors this year and her best time outdoors was 15.7. Brown said her goal this season is to excel at the county level.

Karen Cannon, the Maroons' 1,600-meter specialist, will also see competition in the 3,200 and possibly the 800.

Lynn Degelmann, Maroon record holder in the 400-meter hurdles (63.7), was second in the county and fourth in the state in '87.

Tammy Rayevich is Ridgewood's thrower, who Brown calls "a consistent county scorer." She hurls the shot, discus and javelin and is the team's all-around field star.

"I think my biggest challenge this year will be getting the girls to



fast lane

Training
race

Jean Hughes
 Tracy Patton
 Lynn Degelmann
 Amy Sheridan
 Lynne Collazo
 Terri Reilly
 Jenny Juang
 Karen Cannon
 Steph Kane
 Liz Guenther
 Sara Giffuni
 Holly Schweitering
 Donna Schlicher
 Mr. Patterson
 Debbie Compton
 Christina Cavanaugh
 Jen Hughes

Suzanne Mancuso
 Racquel Mair

Tricia Montegari
 Amy Links

Congratulations

Janice O'arcy
 Kate McDermott
 Maureen Montegari
 Sheryl Van der Schyff
 Allison Wessel
 Amy Fost
 Stephanie DeLongello
 Shellyn Marker
 Heather Fitzgerald
 Louise Pallone
 Jen Emily Ladwig
 Ginny Figlar
 NANCY
 Amy Donnelly
 Eileen Moritz
 Jen McDermott
 Janet Titus
 Bridget Blaney
 Liz Figlar
 Tammy Rayevich
 Mr. Brawn
 Laura Polacci
 KEN

Allison Barbeau

1988

TRACK & FIELD

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 061/305	2 062/304	3 063/303	4 064/302	5 065/301
6 066/300	7 067/299	8 068/298 FIRST DAY ROOM 115 3:25	9 069/297	10 070/296	11 071/295	12 072/294
13 073/293	14 074/292	15 075/291	16 076/290	17 077/289 ST. PATRICK'S DAY	18 078/288	19 079/287
20 080/286	21 081/285	22 082/284	23 083/283	24 084/282	25 085/281 STATE COACHES CONFERENCE RUTGERS	26 086/280 SCRIMMAGE OLD TAPPAN 11:00
27 087/279 PALM SUNDAY	28 088/278	29 089/277	30 090/276	31 091/275	1 092/274 GOOD FRIDAY APRIL	2 093/273 PASSOVER RIDGEWOOD RELAYS AT R.H.S. 9:00am-1:00
3 094/272 EASTER SUNDAY	4 095/271	5 096/270	6 097/269	7 098/268	8 099/267	9 100/266 VARSITY TOMS RIVER RELAYS J.V. BULLDOG RELAYS
10 101/265	11 102/264 PARAMUS CATHOLIC HOME 4:00pm	12 103/263	13 104/262	14 105/261 I.H.A. AWAY	15 106/260	16 107/259
17 108/258	18 109/257	19 110/256	20 111/255	21 112/254	22 113/253 BERGEN COUNTY RELAYS	23 114/252 BERGEN COUNTY RELAYS
24 115/251	25 116/250	26 117/249	27 118/248	28 119/247	29 120/246	30 121/245 RANDOLPH RELAYS

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 122/244	2 123/243 HACKENSACK HOME	3 124/242	4 125/241	5 126/240	6 127/239 VARSITY TRAVEL TO WILLIAMSPORT	7 128/238 VARSITY AT WILLIAMSPORT J.V. + FROSH AT HACKENSACK COUNTY SEAT MEET
8 129/237 MOTHERS DAY	9 130/236	10 131/235 PARAMUS AWAY	11 132/234 AT HACKENSACK FROSH	12 133/233 PARAMUS AWAY	13 134/232 3:00 pm N.N.J.I.L. CHAMPIONSHIP RIDGEWOOD	14 135/231 N.N.J.I.L. CHAMPIONSHIP MONTCLAIR 9:00 am
15 136/230	16 137/229 TEAM PHOTO 3:45 TEANECK HOME 5:00	17 138/228	18 139/227 FROSH RELAYS BERGEN COMMUNITY COLLEGE	19 140/226	20 141/225	21 142/224 ARMED FORCES DAY BERGEN COUNTY GROUP II CHAMPIONSHIP
22 143/223	23 144/222 VICTORIA DAY (CANADA) EAST COAST RELAYS RIDGEWOOD RELAYS II B.C.C.	24 145/221	25 146/220 RIVERDELL NOVICE MEET	26 147/219 FROSH N.N.J.I.L. CHAMPS	27 148/218 FROSH COUNTY CHAMPIONSHIP	28 149/217 STATE SECTIONAL CHAMPIONSHIP
29 150/216	30 151/215 MEMORIAL DAY	31 152/214 BERGEN MEET OF CHAMPIONS	1 153/213 JUNE		3 155/211 STATE GROUP II CHAMPIONSHIP	4 156/210 STATE GROUP IV CHAMPIONSHIP
5 157/209	6 158/208	7 159/207	8 160/206 STATE INDIVIDUAL CHAMPS	9 161/205	10 162/204	11 163/203
12 164/202	13 165/201	14 166/200 FLAG DAY EASTERNS UNIONDALE LONG ISLAND	15 167/199	16 168/198	17 169/197	18 170/196 KEEBLER SENIOR MEET ELMHURST, ILLINOIS
19 171/195 FATHERS DAY	20 172/194	21 173/193	22 174/192	23 175/191	24 176/190 NATIONAL JUNIOR CHAMPIONSHIP TALLAHASSEE, FLORIDA	25 177/189
26 178/188	27 179/187	28 180/186	29 181/185	30 182/184		

1200

- 1 Lynne Colazo 4:10.2
- 2 Joan 4:10.4
- 3 Keren 4:14
- 4 Ginny Figler 4:21.8
- 5 Liz Figler 4:22.5
- 6 Jan Hughes 4:24.5
- 7 Heather Fitzgerald 4:37.9
- 8 Stephanie 4:48.9
- 9 Kate 4:50.9
- 10 Sheela N 4:51.4
- 11 Eileen 4:54.4
- 12 Sarah Giffuni 4:59.6
- 13 Patricia Montogari 5:07.6

300

- | | |
|-------------------------|-----------------------|
| 1) Kerri Reilly 1:46.5 | 1) Rocquel 53.1 |
| 2) Jan ma Dermott 1:47 | 2) Amy L. 53.8 |
| 3) Laura Palocci 1:49 | 3) Bridgette 54.5 |
| 1) Amy Donnelly 1:48.3 | 1) Yvette 52.8 |
| 2) Sheril Van. 1:48.5 | 2) Alfreida 55.3 |
| 3) Donna Schlicher 1:50 | 3) Kathy Gross 58.5 |
| 1) Tammy R. 1:51.6 | 1) Ginny Gifford 54.5 |
| 2) Jan Wrabel 1:52 | 2) Amy Terris 60.9 |
| 1) Debbie Norton 53.7 | |
| 2) Michelle T. 54.1 | |
| 3) Holly S. 57.8 | |
| 1) Susie M. 54 | |
| 2) Debbie C. 54.4 | |
| 3) Allison C. 54.8 | |

1988!

Ridgewood

Coach — Jacob Brown (17th season)

Top competitors back — Seniors Lynn Degelmann (hurdles), Ginny Figlar (sprints), Jennifer Hughes (distance), Tammy Reyeich (weights), Sheryl von der Schyff (hurdles, jumps), and Jennifer Wrubel (jumps), juniors Lynne Collazo (middle distance), Jean Hughes (distance), Jennifer McDermott (jumps).

Outlook — Brown says this is the best team Ridgewood has ever had and "probably the best Bergen County has ever seen." Time will tell whether his team can live up to his prediction.

THE RACE IS ON

FORGING AHEAD.

Coach calls Ridgewood team school's best ever

By Kevin G. DeMarras
Correspondent

GIRLS TRACK

RIDGEWOOD — Before the start of the girls track season, Ridgewood coach Jacob Brown thought he had the best team in the school's history. After Saturday's performance at the Ridgewood Relays, Brown is convinced.

Even with four key performers unavailable, the Maroons ran away with the large schools team title, scoring 40 points, nine in front of Toms River East and 11 ahead of North Hunterdon.

"Ridgewood had a great day," Brown said.

The small schools competition was closer, going down to the final event, the 400-meter hurdles relay, before Pope John of Sparta won. The Lions finished with 25 ½ points, Bishop Loughlin of Brooklyn had 23, and Pequannock 21.

Jen McDermott led the way for Ridgewood, which picked up most of its points in the field events. The Maroons won the triple, high, and long jumps and took second in the discus.

McDermott had a leap of 35 feet 11 inches in the triple jump, went 18-1 ¼ in the long jump, and 5-2 in the high jump. She also ran a leg on Ridgewood's 800-meter relay, which was third. Her perfor-

mances helped Brown forget that he was missing his top thrower, who was hurt; two of the best distance runners, who were on vacation; and one of his two best hurdlers, who was sick.

Jen Wrubel was also on the three gold-medal jumping teams. Debbie Norton was in the triple jump, Cheryl VanderScyff in the high jump and Kate McDermott in the long jump.

The Maroons finished first in only one of nine running events — the 4 x 400 meter relay — as Kerri Reilly, running the anchor leg, caught her Mount Vernon opponent on the final curve and won by 10 yards. Lynne Collazo, Liz Figlar, and Ginny Figlar ran the first three legs.

Ridgewood was second in the 6,400-meter relay and among the top five in three other races.

"I'm very happy with our performance, but not surprised," said Brown. "This team is dynamically good. We're always good; this year we're better."

"This is the best team we've ever had. Six of the 14 school records are held by the current kids, and we could break two more this year."

Brown said the Maroons actively sought the team title Saturday, but their focus is on the Bergen County Relays later this month.

Cliffside Park finished seventh with 13 points. The Red Raiders were second to Voorhees in the intermediate hurdles and sprint medley relay and third in the 400-meter hurdles relay and the long jump.

Pequannock was the early leader in the small schools meet, placing second in the intermediate hurdles relay, third in the long jump, and winning the high jump when Sue Lynch, Peg Vigorito and Lori Mulqueen combined to jump 13 feet 8 inches.

Garfield and Saddle Brook scored in field events. The Boiler-makers were second in the javelin (257-2) with Saddle Brook fifth (218-7). In the discus the Panthers were third (228-4), while Garfield was second in the shot (84-1 ¼) and Pascack Valley was third (80-6).

The meet attracted about 50 schools from throughout New Jersey, New York City, Long Island, and Rockland and Westchester counties.

RIDGEWOOD Relays

April 2ND 1988


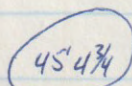
DISCUS: Eldridge - 95'9"
Pallone - 72'7"
Montegari - 56'0" 224'4"

SHOT
Eldridge - 28'10"
Pallone 25'2½"
Spatu 22'5"

TRIPLE JUMP: McDermott - 35'11"
Wambel - 33'6"
Norton - 27'3"

JAVELIN: Eldridge - 83'1"
Schlicher - 81'8"
Montegari - 72'2"

HIGH JUMP
Van der Schuyff 4'8" TANCOS 4'0"
Wambel 5'0" Callage 4'4"
McDermott 5'2" Mancuso 4'0"

LONG JUMP
J. McDermott 18'1"  Norton 11'6"
K. McDermott 12'11" Compton (F)
Wambel 14'4¾"  Tancos 12'4½"

ATHLETE OF THE WEEK

By Bob Kurland
Record Staff Writer

If Jen Mc Dermott continues to set the track world on fire, people may begin to spell her name correctly.

"It's supposed to have a space," the Ridgewood High School junior says, "but no one does it."

Mc Dermott led the Maroons to the team title at Saturday's Ridgewood Relays, winning three field events. She is The Record's first spring Athlete of the Week.

Mc Dermott's name has always been associated with Ridgewood sports. Her brother, Jamie, participated in football and track, and sister Kate played soccer and basketball. But both often had their names spelled without the space.

"It seems we're all interested in sports, but we usually try to do something different than the other," Mc Dermott says.

Despite her success, Mc Dermott believes there's still room for improvement. Saturday, she recorded personal bests in the long jump at 18-1½ and the high jump at 5-2. But her 35-11 in the triple jump was 20 inches off her best.

"I wasn't happy with the triple jump," she says, "but it was the first event of the morning and no one was close to me. I know I could have done better later in the day."

But Mc Dermott has drastically improved already. Her best high jump last season outdoors was 4-8. The triple jump is her best event. At the indoor nationals, she placed seventh against the top competitors from 41 states.

Mc Dermott, surprisingly, didn't take up track until the outdoor season of her freshman year.

"Until then I was into gymnastics because I had taken lessons since I was 5," she says. "By the time I was 11 or 12, I was competing."

Mc Dermott still takes gymnastics lessons twice a week and was named to the All-County first team.

"I took up track to do something different because I was getting tired of gymnastics," she says. "But now that I don't work at it as much, I enjoy it again."

Ridgewood coach Jacob Brown believes the gymnastics background has made Mc Dermott a better track athlete.

"She has the great ability to translate words into physical performance," Brown says. "She listens to direction and understands what you're trying to do and that ability could come from her gymnastics experience. Jen is the type of an athlete who makes a coach look good. If all had her special ability, it would make coaching very easy."

Mc Dermott says the two sports complement each other and compares vaulting with jumping.

"And when coach Brown tells me to do something, such as move an arm or leg in such a way, I understand and can do it right away," she says.

At first, Brown didn't believe Mc Dermott could become a track champion.



"She didn't have a remarkable freshman year, but she had a good sophomore year," Brown says. "And when she did 18 feet in the long jump for the first time, I started wondering about her."

The outdoor season has just begun, but Mc Dermott has already set goals of qualifying for the nationals and Penn Relays in both the triple and long jumps. She won't face that caliber of competition very often in Bergen County.

"I didn't do my best in the triple and yet no one was close to me," Mc Dermott says. "I'd love to be pushed more."

Although running isn't her best event, Mc Dermott ran on the 800-meter relay team that finished third Saturday.

"That's the glory part of track because people see what you're doing," she says. "On the other hand, the field events are held away from the fans and no one knows what you're doing."

When she isn't flipping through the air, leaping over a bar, or studying, Mc Dermott enjoys reading, puzzles, and watching basketball on television.

But most of her time is dedicated to improving her track performances.

"As good as she is," Brown says, "she hasn't reached her potential."

There were other top performances last week by Mike Theuerkauf of Demarest in track; Paul DeSimone of Lyndhurst and Creighton Drury of River Dell in baseball, and Theresa Cangllosi of Holy Angels in softball.



ED HILL/THE RECORD

Liz Figlar takes the handoff from Ridgewood teammate Lynne Collazo in Ridgewood's 1,600-meter win.

**LIFE IS A SERIES OF
COMPROMISES. BUT
THAT'S NO REASON
TO SETTLE FOR ONE**

TOMS RIVER RELAYS

CHAMPION
FOR 1988:
RIDGEWOOD!

RESULTS

RUNNING EVENTS -

① 4 x 1600 METER RELAY

KAREN CANNON - 5:23

JEAN HUGHES - 5:33

LYNNE COLLAZO - 5:37

JENN HUGHES - 5:51

FINAL TIME: 22:24.0

PLACE:

①

② 4 x 800 METER RELAY

JEAN HUGHES - 2:29.6

KAREN CANNON - 2:35.8

GINNY FIGLAR - 2:30.7

JENN HUGHES - 2:42.9

FINAL TIME: 10:19.0

PLACE:

②

③ 3 x 400 INTERMEDIATE HURDLES

AMY DONNELLY - 75.7

LAURA POLLACCI - 73.9

SHERYL VANDERSCHYFF - 78.8

FINAL TIME: 3:48.4

PLACE:

②

4x400 METER RELAY

LYNNE COLLAZO - 59.8
JENN WRUBEL - 65.1
JENNI MC DERHOTT - 62.6
GINNY FIGLAR - 62.1

FINAL TIME: 4:09.6

PLACE: (2)

FIELD EVENTS

HIGH JUMP RELAY

JEN WRUBEL - 4'8"
SHERYL V. - 4'10"

2ND PLACE

LONG JUMP RELAY

JENN WRUBEL - 13'1"		13'8"		14'1"	2ND PLACE
JENN MC DERHOTT - 16'6"		17'0"		16'11"	

JAVELIN RELAY

AIFREDA ELDRIDGE
DONNA SCHLICHER
HAUREN MONTEGARI

3RD PLACE

DISCUS RELAY

ALFREDA ELDRIDGE
LOUISE PALLONE
TAMMY REVEVICH

1ST PLACE

SHOT RELAY

ALFREA ELDRIDGE
LOUISE PALLONE
TAMMY REVEVICH

2ND PLACE

4 X 100 METER RELAY

SHERYL VANDERSCHYFF - 14.25
ALFREDA ELDRIDGE - 14.70
AMY DONNELLY - 13.90
LAURA POLLACCI - 13.65

FINAL TIME - 56.40
PLACE - (5)

SPRINT MEDLEY

KERRI REILLY (200) - 29.6
JEN MC DERMOTT (200) - 26.9
GINNY FIGLAR (400) - 62.6
LYNNE COLLAZO (800) - 2:25.0

FINAL TIME: 4:23.7
PLACE - (2)

4 X 200 METER RELAY

SHERYL VANDERSCHYFF - 30.0
DONNA SCHLICHER - 28.7
JENN MC DERMOTT - 27.6
LAURA POLLACCI - 28.9

FINAL TIME: 1:55.20
PLACE: (3)

DISTANCE MEDLEY

JEAN HUGHES - 2:37.5
AMY DONNELLY - ~~3:11.3~~ 64.3
KAREN CANNON - 3:59.3
JENN HUGHES - 5:47.2

FINAL TIME: 13:35.1
PLACE: (2)

SPLITS From Bulldog RELAYS

April 9th 1988

VARSITY

4x1600 - K McDermott 6:44.2
Marker 6:22.1
Degehnann 6:21.6
Titus DNF

4x800 Degehnann 2:49.8 GIFFUNI 3:05.3
McDermott 3:01.4 GUENTHER 3:26.1
TITUS 2:54.7 MONTEGANI 3:02.6
MARKER 3:03.3

4x200 Degehnann - 30.4
Titus - 33.1
Marker - 34.5
McDermott - 30.6

Long Jump

BLANEY 10'7"
K. McDermott 11' 11 1/2"

FRESH

4x800 MILLES - 2:49.9
KANE - 2:53.7
MORITZ - 2:55.0
FISLAR - 2:37.1

3rd

11:24.5

~~SHOT~~

SHOT

SPATA 22'2"

DISCUS

53'10"

SPRINT MEDLEY - TANCOS - 32.3
MAIR - 30.6
Fost - 82.0
FISLAR - 2:47.4

5:12.1

LINKS - 31.2

WESSEL - 38.2

COMPTON - 84.2

MORITZ - 2:55.1

4x200 - TANCOS ? BLANEY 35.6 LADWIG 37.9
MANCUSO ? MAIR 30.4 JUANG 35.5
Fost 34.5 COMPTON 33.2 LINKS 30.9
MILLS 30.9 SHERIDAN 31.9 PATTON 35.9

The **ANЕК**

Dual

Pc

Meet

RESULTS

Paramu**s**

ha



RIDGEWOOD vs PARAMUS CATHOLIC WEATHER COOL + CLEAR + DRY

DATE April 11th 1988
(5)

TRACK CONDITIONS ALL WEATHER
(3) (1)

* EVENT	* FIRST PLACE	* SECOND PLACE	* THIRD PLACE	* RHS	* P.C.	*
* Long Jump	* Jan McDermott 17ft 5 1/2 in RHS	* G. Figlar 14ft 3 in RHS	* J. Wrubel 13ft 10 in RHS	* 9	* 0	*
* 400 meter Hurdles	* Lynn Degelman 1:09.4 RHS	* Laura Pollaci 1:10.6 RHS	* Amy Donnelly 1:12.0 RHS	* 9	* 0	*
* 100 meter Dash	* Shaji James 13.6 P.C.	* E. Frieda Eldridge 14.2 RHS	* Winnie Abraham 14.3 P.C.	* 3	* 6	*
* 1600 meter Run	* Liz Figlar 5:41.3 RHS	* Carmel Geraghty 5:53.3 PC	* Stephanie Kane 6:21.4 RHS	* 6	* 3	*
* 400 meter Dash	* Kerri Reilly 62.5 RHS	* Lillian Heske 1:05.6 PC	* Donna Schlicher 1:07.0 RHS	* 6	* 3	*
* 100 meter Hurdles	* Sheryl van der Schuyff 16.0 RHS	* Lynn Degelman 18.0 RHS	* Kim Martin 19.5 PC	* 8	* 1	*
* 800 meter Run	* Janet Titus 2:41.4 RHS	* Heidi Cruz 2:42.2 P.C.	* Carmel Geraghty 2:43.7 P.C.	* 5	* 4	*
* 200 meter Dash	* Sheryl van der Schuyff 28.7 RHS	* Shaji James 29.0 P.C.	* Palena Heske 29.5 P.C.	* 5	* 4	*
* 3200 meter Run	* Kelly Stewart 14:06.5 PC	* Sara Gissuni 14:09.9 RHS	* Eileen Moritz 14:09.9 RHS	* 4	* 5	*
* Triple Jump	* J. McDermott 33ft. 10 in RHS	* J. Wrubel 32ft 4 in RHS	* G. Figlar 31ft RHS	* 9	* 0	*
* 4X400 m. Relay	* PARAMUS CATHOLIC	* RIDGEWOOD		* 0	* 5	*
* Shot Put	* Aigreda Eldridge 31ft 9 1/2 in RHS	* Tammy Rayovich 29ft. 6 in RHS	* Louise Pallone 27ft 8 in RHS	* 9	* 0	*
* Discus	* Aigreda Eldridge 90ft 7 in RHS	* Louise Pallone 81ft 9 1/2 in RHS	* Tammy Rayovich 80ft 8 in RHS	* 9	* 0	*
* High Jump	* S. Vanderschuer 4' 10 1/2" RHS	* Jon McDermott 4' 8" RHS	* Jen Wrubel 4' 8" RHS	* 9	* 0	*
				FINAL SCORE	* 91	* 31 *

COMMENTS:

RIDGEWOOD vs PARAMUS CATHOLIC NON-SCORING PERFORMANCES

* EVENT *					
* Long *					
* Jump *	McDERMOTT - 12'0"	M AIR - 13'4 ³ / ₄ "			
* 400 meter *					
* Hurdles *	LINKS - 79.9				
* 100 meter *	SCHLICHER -	M AIR - 14.2	SHERIDAN - 15.0	COMPTON - 14.8	PATTON - 17
* Dash *	McDERMOTT -	BALBOUR - 14.3	VENIN - 15.7	LADWIG - 17	
* *		MANCUSO - 15.0	FOST - 14.9	JUANG - 17	* WESSEL 17.6
* 1600 meter *					
* Run *	MILLS - 6:24.6				
* 400 meter *					
* Dash *					
* 100 meter *					
* Hurdles *	DONNELLY - 19.2				
* 800 meter *					
* Run *	MARKER - 2:45.9	GUENTHER 3:16.3			
* 200 meter *	LINKS - 30.7	BARBEAU - 31.8	FOST - 33.8	JUANG 35.9	
* Dash *	M AIR - 30.7	COMPTON - 32.1	WESSEL - 35.5	LADWIG 35.9	
* *		MANCUSO - 32.6	PATTON - 34.5		
* 3200 meter *					
* Run *	MONTESARI - 14:11.4				
* Triple *					
* Jump *					
* 4X400 m. *					
* Relay *					
* Shot *					
* Put *					
* Discus *	MONTESARI - 56'4"				
* High *	TANCOS 4'2"				
* Jump *					

COMMENTS:

15, 19

RIDGEWOOD vs Immaculate Heart Academy WEATHER Clear Cold

DATE April 14, 1988

TRACK CONDITIONS All weather but falling apart! 440

* EVENT *	* FIRST PLACE *	* SECOND PLACE *	* THIRD PLACE *	* RHS *	* IHA *
Long Jump	* Jen Mc Dermott * 16' 5" * RHS	* Ginny Figlar * 13' 10" * RHS	* Racquel Mair * 13 4 1/4" * RHS	* 9	* 0
400 meter Hurdles	*Lynn Degelmann * 78.8 * RHS	* Amy Donnelly * 78.8 * RHS	* Laura Pollack * 78.8 * RHS	* 9	* 0
100 meter Dash	*Jen Mc Dermott * 12.8 * RHS	* Kerri Reilly * 13.5 * RHS	* Jen Kern * 13.9 * IHA	* 8	* 1
1600meter Run	* Janet Titus * 6:05.1 * RHS	* Tracy Murry * 6:38.8 * IHA	* Sara Giffuni * 6:47.6 * RHS	* 6	* 3
400 meter Dash	* Kate Mc Dermott * 70.5 * RHS	* Nicole Daul * 72.7 * IHA	* Tina Lee * 75.1 * IHA	* 5	* 4
100 meter Hurdles	* Lynn Degelmann * 18.8 * RHS	* Amy Donnally * 19.3 * RHS	* Amy Links * 20.8 * RHS	* 9	* 0
800 meter Run	* Liz Figlar * 2:39.5 * RHS	* Stephanie Kane * 2:49.8 * RHS	* Sheelyn Marker * 2:50.1 * RHS	* 9	* 0
200 meter Dash	* Jen Mc Dermott * 26.5 * RHS	* Kerri Rielly * 28.0 * RHS	* Donna Schlicher * 29.5 * RHS	* 9	* 0
3200meter Run	* Janet Titus * 13:25 * RHS	* Heather Fitzgerald * 13:40.7 * RHS	* Rooney * 14:04 * IHA	* 8	* 1
Triple Jump	*Ginny Figlar * 29'5 1/4" * RHS	* Amy Fost * 26' * RHS	* Allison Barbeau * 25'11 1/4" * RHS	* 9	* 0
4X400 m. Relay	* RHS "A"	* RHS "B"		* 3	* 0
Shot Put	*Alfreda Eldridge * 33'6" * RHS	* Tammy Reyevich * 31' 3" * RHS	* 28' * IHA	* 8	* 1
Discus	*Alfreda Eldridge * 102'8" * RHS	* Tammy Reyevich * 80'11" * RHS	* Louise Pallone * 80'10" * RHS	* 9	* 0
High Jump	* Jen Mc Dermott * 5' * RHS	* 4'4" * IHA	* 4'2" * IHA	* 5	* 4
			FINAL	* *	* *
			SCORE	* 108	* 14

COMMENTS:

On this cold we has several outstanding performances!
 Mc Dermott's sprinting: 12.8 100 and 26.5 200 - these times are close to school records
 Eldridge's throwing; 33'6" shot and 102'8" disc-done after sprinting 100 meters -
 what does this tell us about proper warmup!!!
 The frosh are looking good: Mair, Links, L.Figlar, Kane, Fost, Bargeau scored varsity points!

RIDGEWOOD vs IMMACULATE HEART ACADEMY NON-SCORING PERFORMANCES

* EVENT *				
*Long *				
* Jump *	KATE McDERMOTT	12' 1/4"		
* * *				
400 meter				
* Hurdles*	LINKS	- 81.1		
* * *				
100 meter				
* Dash *	ELDRIDGE	14.3		
* * *				
1600meter				
* Run *	MONTÉGARI	- 6:51.3		
* * *	MORITZ	- 6:59.6		
400 meter	COMPTON	- 76.9	FOST	- 84.8
* Dash *	MAIR	- 73.9	MANCUSO	- 82.0
* * *	BALFOUR	- 71.8	BARBEAU	- 76.9
			WESSEL	- 86.1
			LADWIG	- 85.1
100 meter				
* Hurdles*				
* * *				
800 meter				
* Run *	MILLES	- 2:52.4		
* * *				
200 meter				
* Dash *				
* * *				
3200meter				
* Run *				
* * *				
*Triple *	BLANEY	- 25' 8"		
* Jump *	TANCOS	- 23' 11 3/4"		
* * *				
*4X400 m. *				
* Relay *				
* * *				
*Shot *				
* Put *				
* * *				
*Discus *	MONTÉGARI	- 63' 7"		
* * *	SPATA	- 57' 5"		
* * *				
*High *	TANCOS	- 4' 0"		
* Jump *	SCHWEETERING	- 4' 0"		
* * *				

COMMENTS:

pack power on track

OFFSPRING THAT OUTPACED THE PARENT



LYNNE COLLAZO



GINNY FIGLAR



JENNIFER McDERMOTT



SHERYL VANDER SCHYFF

Coach Brown cites 'work ethic' factor

Though coach Jacob Brown has had a great deal to do with the success of the Ridgewood girls track program throughout the years, he attributes the program's good fortune to the fact that the youth of Ridgewood has a very dedicated work ethic.

"The kids that go through this school system know the value of hard work — whether it be academically or on the training field," said Brown. "I don't have to convince them that hard work is good, and that's one less thing I have to worry about as a coach."

Another reason Brown gave for his teams' successes, is the fact that Ridgewood students have competitive events offered to them as early as elementary school and it gets them interested in track and other individual sports at a competitive level.

"There is a lot of support in the town for running recreationally and competitively. As kids grow up, they get a chance to see things like the Memorial Day Run and other organized running events," said Brown. "I'm lucky to be coaching in a town like this."

With the success of Brown's teams, tradition at Ridgewood has also become an attractive aspect of spring track and field, though the coach claims he doesn't train his athletes any differently than other coaches do.

"We're limited in Ridgewood to the amount of space in which to train. We don't have the abundance of parks and tracks that some other towns do," he said. "Therefore, we've had to adapt to the Ridgewood streets to do our training."

"Many of the courses that we run have acquired nicknames over the years, such as 'O'Leary,' named after Paul O'Leary, who was followed by his brothers Bill and Jim, who is on the boys team now."

Some of the others are "Speidel-Hoffman," named after Mark and Steve respectively. They graduated in the late 70s. Others are 'Latham,' 'Wildlife,' 'Van Yperen,' 'Elwood' and 'The Incredible Shrinking Course'. — BRENNAN

focus on the end (the state championships), and then getting them up for that end," Brown speculated.

He also said that he's not worried about this year's team. "They're a bunch of hard working girls that are really devoted to winning. They're not afraid to 'bust it' when they have to."

NUMBER 1

BERGEN COUNTY RELAYS

FRIDAY APRIL 22ND

3X 400 HURDLES

DEGELMANN - 68.7

POLLACI - 71.5

DONNELLY - 74.6

1ST PLACE 3:34.3

DISTANCE MEDLEY

HUGHES 3:53.7

McDERMOTT 68.9

TITUS 2:39

CANNON 5:22.8

2ND PLACE 13:04.1

4X 200

RIELLY 29.4 26.5

COLLAZO 26.3 27.3

McDERMOTT 27.1 28.0

FIGLAR 25.8 25.8

1ST PLACE ^{1:48.6} 1:47.9

TRIPLE JUMP

McDERMOTT - 33' 4³/₄"

DONNELLY - 28' 10"

FOST - 27' 1¹/₄"

4TH PLACE 89' 4"

HIGH JUMP

McDERMOTT - 4' 8"

COLLAZO - 4' 2"

TANCOS - 4' 2"

TIE FOR 4TH PLACE 13' 0"

SHOT PUT

RAYEVICH 32' 11"

PALLONE 28' 10¹/₄"

HUGHES 22' 4"

5TH PLACE 83' 9¹/₂"

SATURDAY APRIL 23RD

4X 100 HURDLES

DONNELLY - 17.3

POLLACI - 19.4

DE CONSELIO - 18.8

DEGELMANN - 17.9

4TH PLACE 1:15.2

4X 100 m

DONNELLY 14.1

RAYEVICH 14.8

McDERMOTT 13.5

DE CONSELIO 14.0

MADE FINALS 56.5

SPRINT MEDLEY

RIELLY 28.7

POLLACI 26.9

FIGLAR 58.8

COLLAZO 2:20.6

1ST PLACE 4:14.4

4X1600

FITZGERALD 6:00.7
 L. FIGLAR 5:43.3
 CANNON 5:22.5
 JENNIFER HUGHES 5:40.1
 2ND PLACE 22:46.4

4X800

L. FIGLAR
 TITUS
 HUGHES
 CANNON 2:37.0
 NO PLACE 10:39.6

4X400

RIELLY
 DESELMAN
 COLLAZO
 FIGLAR 61.4
 1ST PLACE 4:09.6

FROSH 4X400

TANCOS - 68
 MAIR - 72
 MILLS - 72
 FIGLAR - 69
 2ND PLACE 4:42.9

JAVELIN

MONTESARI 74'3"
 PALLONE 84'6"
 RAYEVICH 107'6"
 1ST PLACE 266'3"

DISCUS

MONTESARI 65'9"
 PALLONE 87'11"
 RAYEVICH 108'10"
 1ST PLACE 262'6"

LONG JUMP

G. FIGLAR 14' 1³/₄"
 MAIR 14' 9³/₄"
 McDERMOTT 16' 5¹/₂"
 1ST place 45' 5¹/₂"

We had a broad based team effort winning 7 events and scoring in 6 others. Ginny Figlar's 4 golds, Tammy Rayevich's 2 Personal Records, and Frosh - Soph scorers Fitzgerald, Tancos, Lng Figlar and Mair were outstanding for Ridgewood.

Ridgewood wins 8 events in Randolph Relays romp

RANDOLPH — Ridgewood won eight of 13 girls events Saturday and romped to the Randolph Relays title. The Maroons finished second in two others.

Jennifer McDermott, Kerri Reilly, Laura Pollaci, and Ginny Figlar teamed to set a school 400-meter relay record in 1 minute, 46.9 seconds. McDermott also took part in two other victories. She had the meet's best long jump — 17 feet, one-quarter inch — teaming with Jen Wrubel and Racquel Mair to win that event, and joined Wrubel and Sheryl vanderSchyff to win the high jump.

Karen Cannon, Lynn Degelmann, and sisters Jennifer and Jean Hughes won the distance medley; Degelmann, Amy Donnelly, and Pollaci won the 3 X 400 hurdles; Cannon, the Hughes sisters, and Liz Figlar won the 3,200 relay; Donnelly, Reilly, and vanderSchyff won the 1,600; and Tammy Rayevich, Alfreda Eldridge, and Louise Pallone won the shot put.

FOCUS ON N. JERSEY SPORTS

Pasack Hills girls team captured a class mile relay in 4 minutes, 16.2 seconds Thursday at the Penn Relays. Chris Coche, Tiffany Crennell, Shiela Roosa, and Kim Henry made up the winning team. Pasack Valley placed third.

The Saddle Brook boys mile relay team came in third Saturday in its class mile relay with a time of 3:32.7. The four runners were Carmen Pizzuto, Scott Zotollo, Anthony Primavera, and Rich Wisse.

The Tenafly girls mile relay team of Teri Bieber, Ana Cafenjiu, Katie Waterman, and Stacey Grimm finished second with a time of 4:17.3. North Penn won in 4:17.2.

Mark DeAngelis of Tenafly finished fourth in the open boys high jump with a jump of 6-5. Finishing ahead of him were Gregg Mullen of Hatboro-Horshan, Pa., (6-9), Jay Richards of North Penn (6-7), and Gerard Williams of Friendly, Md., (6-7).

Secaucus placed third in the

boys 1,600-meter relays with a time of 3:33.9. The team was composed of Pete Birchby, Felix Wawra, Anthony Kim, and Jim Brower.



RANDOLPH RELAYS

4x 100 m Hurdles

Degelmann	17.1
Donnelly	18.2
Rayevich	18.3
vander Schyff	<u>16.1</u>
1 ST PLACE	69.5
BUT <u>D.Q.</u>	

DISTANCE MEDLEY

Jean Hughes	2:21
Degelmann	62.3
Jennifer Hughes	3:54
Karen Cannon	<u>5:23</u>
1 ST PLACE	12:40.8

4x 100 meters

Pollaci	
vander Schyff	
Wrubell	
Fyglan	<u> </u>
2 ND place	51.6

4x 1600 meters

LIZ FIGLAR	-	5:43.3
KANE	-	6:19
FITZGERALD	-	6:11.5
TITUS	-	<u>6:15</u>
2 ND PLACE		24:28.2

4x 200 meters

J. McDermott	26.8
Rielly	25.8
Pollaci	29.6
G. Fyglan	<u>24.4</u>
1 ST place	1:46.9

SCHOOL RECORD!

Randolph Relays

BOYS

TEAMS: 1-Randolph 45, 2-Morristown 29, 3-Nutley 26, 4-Hunterdon Central 22, 5-West Morris 18, 6-Scotch Plains 17, 7-Parsippany Hills 15, 8-Vernon 14, 9-Mt. Olive 8, 10-Whippany Park and Hanover Park 6, 12-Green Brook and Hillsborough 5, 14-Hopatcong 4, 15-Boonton 2.

400-METER RELAY: 1-Nutley (Erik Sorensen, Kamar Clifton, Dan Hark and Marty Razzolo) 44.6.

800-METER RELAY: 1-Nutley (Erik Sorensen, Kamar Clifton, Darn Hark and Marty Razzolo) 1:32.6 record, former record 1:33.3, Morristown, 1981.

1,600-METER RELAY: 1-Randolph (Mike Cardinale, Chris Kolacy, Tony Williams and Dan Patch) 3:32.6.

3,200-METER RELAY: 1-Hunterdon Central (Todd Leuthold, John Hyland, Greg Ichel and Jim Brown) 8:26.

6,400-METER RELAY: 1-Parsippany Hills (James Meszaros, Kevin McGill, Dave Franz and Jeff Perry) 19:16.3.

DISTANCE MEDLEY: 1-Morristown (Geoff Klingsporn, Rich Newton, Alan Connell and Greg Klingsporn) 10:54.4.

SHUTTLE HURDLES: 1-Nutley (Jersey Chen, Steve Lee, Jermont Chen and Mike Hall) 1:06.3.

HURDLES TEAM RACE: 1-Parsippany Hills (Eric Camulli, Jeff Graziano and Aaron Shellnick) 2:59.9.

TEAM HIGH JUMP: 1-Morristown (Lattimore, Aiken and McIntosh) 16-9.

TEAM POLE VAULT: 1-Hanover Park (Jeff Danus, Jerry Bissett and Brian Schineder) 35-6 record, former record 34-0, Middletown South, 1985.

TEAM LONG JUMP: 1-Randolph (Cecil Barrett, Scott Sandler and Jeff Cooper) 56-7 1/2 record, former record 54-10 1/2, Mt. Olive, 1985.

TEAM SHOTPUT: 1-Randolph (Steve Soderlund, Greg Haff and Chris Brooks) 137-9 1/2.

TEAM DISCUS: 1-Scotch Plains (Depko, Lozowski and Owens) 381-4.

TEAM JAVELIN: 1-Vernon (Sherwood, Westloske and Wassmer) 485-1 record, former record 477-11, Don Bosco Prep, 1984.

GIRLS

TEAMS: 1-Ridgewood 64, 2-Randolph 38 1/2, 3-Hunterdon Central 36 1/2, 4-Mt. Olive 23, 5-Boonton 11, 6-Morris Knolls, Whippany Park 9, 8-Morristown 8, 9-Vernon 3, 10-Jefferson and Hanover Park 2, 12-Dover and Hopatcong 1.

400-METER RELAY: 1-Randolph (Jessica Shilakes, Leslie Jackson, Nina Berry and Stephanie Neuman) 51.0.

800-METER RELAY: 1-Ridgewood (Kery Reilly, Laura Pallaci, Jennifer McDermott and Ginny Figlar) 1:49.9.

1,600-METER RELAY: 1-Ridgewood (Ginny Figlar, Amy Donnelly, Sheryl Vanderschiff and Kery Reilly) 4:12.1.

3,200-METER RELAY: 1-Ridgewood (Jennifer Hughes, Jean Hughes, Karen Cannon and Liz Figlar) 10:07.4.

6,400-METER RELAY: 1-Randolph (Gina Willoughby, Jennifer Novoa, Joanne Crane and Jeanine Henseler) 24:18.8.

DISTANCE MEDLEY RELAY: 1-Ridgewood (Jean Hughes, Jennifer Hughes, Karen Cannon and Lynn Degelmann) 12:40.8.

SHUTTLE HURDLES: 1-Randolph (Amanda Berger, Colleen Whitehead, Michelle Ying and Jennifer Colello) 1:10.3.

HURDLES TEAM RACE: 1-Ridgewood (Lynn Degelmann, Amy Donnelly and Laura Pallaci) 3:33.7.

TEAM HIGH JUMP: 1-Ridgewood (Jen Wrubel, Sheryl Vanderschiff and Jen McDermott) 14-8.

TEAM LONG JUMP: 1-Ridgewood (Mair, Jen Wrubel and Jen McDermott) 45-8 1/2.

TEAM SHOT PUT: 1-Ridgewood (Pallone, Eldridge and Rayvich) 89-3 3/4.

TEAM DISCUS: 1-Hunterdon Central (Tanya Solis, Chris Bogard and Gwen Stuart) 318-3 record, former record 301-3, Notre Dame, 1984.

TEAM JAVELIN: 1-Boonton (Megan Reuner, Kris Zierold and Lisa Kohut) 258-2.

4 X 800

CANNON	2:32
Jennifer HUGHES	2:32
Liz FIGLAR	2:38
Jean Hughes	2:24
<u>1ST PLACE</u>	10:07.4

4 X 400

RIELLY	59.7
DONNELLY	63.8
NANDU SCHYFF	70.4
G. FIGLAR	59.9
<u>1ST PLACE</u>	4:12.1

3X 400 HURDLES

DEZELMAN	69.0
POLLACI	72.5
DONNELLY	73.7
<u>1ST PLACE</u>	3:33.7

DISCUS

RAYEVICH	106'4"
ELDRIDGE	102'1"
PALLONE	90'0"
<u>2ND PLACE</u>	298'5"

SHOT

RAYEVICH	33'1"
ELDRIDGE	31'2"
PALLONE	25'¾"
<u>1ST PLACE</u>	89'¾"

JAVELIN

RAYEVICH	99'4"
SCHLICHER	84'10"
MONTEGARI	73'4"
<u>2ND PLACE</u>	257'6"

HIGH JUMP

WRUBELL	5'0"
McDERMOTT	4'10" ?
NANDU SCHYFF	5'0"
<u>1ST PLACE</u>	

LONG JUMP

McDERMOTT	17' ¼"
WRUBELL	14' 6½"
MAIR	13' 6¾"
<u>1ST PLACE</u>	45' 8½"

We endured WIND, RAIN, HAIL, COLD and even some SUN to record some outstanding performances. Jimmy Figlar's 3 anchor runs, Jean Hughes 800s, Tammy Rayevich's throwing, Jen McDermott long jump, the 4x200 teams SCHOOL RECORD and the throws team places. Great Team meet for Ridgewood

RIDGEWOOD vs HACKENSACK

WEATHER cool, overcast, occ. lt rain

DATE May 2nd, 1988

TRACK CONDITIONS all weather

* EVENT	* FIRST PLACE	* SECOND PLACE	* THIRD PLACE	* RHS	* HHS	
* Long Jump	* Jen Mc Dermott 17'9" RHS	* Jen Wrubel 14' 1 1/2" RHS	* Raquael Mair 13'5 1/4" RHS	* 9	* 0	
* 400 meter Hurdles	* Lynn Degelmann 69.9 RHS	* Amy Donnelly 72.6 RHS	* Erica Ballinger 73.1 HHS	* 8	* 1	
* 100 meter Dash	* Jen Mc Dermott 12.8 RHS	* Ginny Figlar 12.9 RHS	* Sharon Martell 14.7 HHS	* 8	* 1	
* 1600 meter Run	* Jennifer Hughes 5:22.8 RHS	* Karen Cannon 5:22.8 RHS	* Jean Hughes 5:22.8 RHS	* 9	* 0	
* 400 meter Dash	* Kerri Reilly 61.5 RHS	* Arleen Mack 67.6 HHS	* Donna Schlicker 68.0 RHS	* 6	* 3	
* 100 meter Hurdles	* Sheryl vander Schyff 16.2 RHS	* Amy Donnelly 18.9 RHS	* Steph DeCongelio 19.9 RHS	* 9	* 0	
* 800 meter Run	* Erica Ballinger 2:31.6 HHS	* Janet Titus 2:34.6 RHS	* Heather Fitzgerald 2:36.8 RHS	* 4	* 5	
* 200 meter Dash	* Ginny Figlar 26.1 RHS new school record	* Kate Mc Dermott 30.2 RHS	* Charmaine Biby 30.3 HHS	* 8	* 1	
* 3200 meter Run	* Liz Figlar 12:15.8 RHS	* Pat Quiroz 12:36.0 HHS	* Steph Kane 13:42.3 RHS	* 6	* 3	
* Triple Jump	* Jen Mc Dermott 36'1 1/2" RHS	* Jen Wrubel 33'2" RHS	* Erica Ballinger 30'7" HHS	* 8	* 1	
* 4X400 m. Relay	* RIDGEWOOD Degelmann, Links, Mair Donnelly	* 4:28.0	* HACKENSACK 4:32	* 5	* 0	
* Shot Put	* Alana O'Reilly 34'7 1/4" HHS	* Alfreda Eldridge 33'9" RHS	* Tammy Rayevich 31' RHS	* 4	* 5	
* Discus	* Alana O'Reilly 112'8" HHS	* Alfreda Eldridge 100'9" RHS	* Louise Pallone 88'	* 4	* 5	
* High Jump	* Sheryl vanderSchyff 5' RHS	* Jen Wrubel 4'10" RHS	* Jen McDermott 4'6" RHS	* 9	* 0	
COMMENTS:	Ginny Figlar's school record, Jen Mc Dermott's consistent jumping, the 1600 and frosh Liz Figlar's first varsity win were outstanding			FINAL SCORE	* 97	* 25
	We are showing readiness for the upcoming championship meets.					

RIDGEWOOD vs HACKENSACK

NON-SCORING PERFORMANCES

* EVENT *			
* Long *	████████	13'3 1/4"	K. McDERMOTT
* Jump *	SCHWEITERING	12'2"	
* 400 meter *	LINKS	79.4	
* Hurdles *	DECONGELIO	78.3	
* 100 meter *	SHERIDAN	15.2	WESSEL PATTON
* Dash *	SCHWIETERING		
* 1600 meter *			
* Run *			
* 400 meter *			
* Dash *			
* 100 meter *			
* Hurdles *			
* 800 meter *	GIFFUNI	2:47.0	GUENTHER 3:03.5
* Run *	MONTEGARI	2:49.2	
* 200 meter *	DECONGELIO		TANCOS - 30.2
* Dash *			BERGEAU - 32.0
* *			D'ARCY - 32.6
* 3200 meter *	MORITZ	14:56	
* Run *			
* Triple *	BLANEY	26' 2 1/2"	
* Jump *	BARBEAU	26' 11 1/2"	
* 4X400 m. *			
* Relay *			
* Shot *	PALLONE	27' 7"	
* Put *			
* Discus *	RAYEVICH	87' 8 1/2"	
* *	MONTEGARI	65' 11"	
* High *	TANCOS	4' 4"	
* Jump *	SCHWIETERING	4' 0"	

COMMENTS:

Big day for Ridgewood track

FOCUS ON SCHOOL SPORTS

WILLIAMSPORT, Pa. — Jen McDermott of Ridgewood set two Bergen County records in the long jump and triple jump Saturday at the Williamsport Coaches Track and Field Invitational at Williamsport High School.

McDermott long jumped 18 feet 9 inches and triple jumped 38-8½ to shatter the marks set in 1986 by Indian Hills' Margaret Rottkamp. The triple jump record is the second longest in state history. In addition to field events, McDermott sprinted a school-record 25.6 seconds in the 200 meters.

"She [McDermott] had a national class day," said Ridgewood coach Jacob Brown. "In all my 17 years of coaching, I've never seen such a big day by an individual."

Tammy Rayevich of Ridgewood won both the javelin (112-0) and discus (110-2), and placed fourth in the shot put (32-11). Lynne Colazzo won the 800 in 2:22.3 for the Maroons in the non-scoring event that attracted 24 schools.

The Maroons 4x400 relay team — Karen Cannon, Lynne Colazzo, Jennifer Hughes, and Jean Hughes — took second with a time of 4:11.7. The same combination was fourth in the 4x800.

"It was certainly a great accomplishment for our team," Brown said. "We finished right up there with Williamsport and it should prepare us for the individual meets in the next month."

ANNE WELLINGTON of Teaneck won the shot put with a throw of 39 feet 5½ inches at the Bernardsville Invitational at Bernards High School and was second in the discus (109-8).

Kevin McCabe of Ridgewood finished second in the 3,200 with a time of 9:36.5, and Gregg Wykford of Pascack Valley was second in the 1,600 in 4:31.7.

Williamsport
Pennsylvania

9TH ANNUAL COACHES TRACK & FIELD INVITATIONAL

WILLIAMSPORT, PA.
5/7/88

100 HURDLES - Donnelly 18.4

300 HURDLES - Degelmann 47.7 (2ND)

100 DASH - De Congelio 13.6

200 DASH - Jen McDermott* 25.4, 25.6 (1ST)
Kate McDermott

400 DASH - Ginny Figlar 58.2 (2ND)
Reilly 61.6 (5TH)

800 RUN - Collazo 2:23.3 (1ST)
Titus 2:44.8

1600 RUN - Jean Hughes 5:22.3 (2ND)
Liz Figlar 5:42.4

3200 RUN - Jennifer Hughes 11:43.1 (3RD)
Karen Cannon 11:18.1 (1ST)

4X800 - Cannon - 2:23.2
Collazo - 2:19.0
Jennifer Hughes - 2:22.0
Jean Hughes - 2:21.2
9:25.8 (1ST)

4X100 De Congelio - 14.6
Eldridge - 13.8
Donnelly - 13.3
Degelmann - 13.2
55.0

4X400 Degelmann - 65.4
Donnelly - 64.9
Reilly - 62.3
Figlar - 61.0
4:13.7 (2ND)

Long Jump - McDermott 18'9" (1ST)
Wrubell 15'8"

TRIPLE Jump - McDermott 38' 8 1/2" (1ST)
Wrubell 34' 4 1/4"

High Jump - WRUBELL 4'8" (5TH)

SHOT - Rayerich - 32'11 1/4" (4TH)
Eldridge - 32'6" (5TH)

DISCUS - Rayerich - 110'2" (1ST)
Eldridge - 101'0" (4TH)

JAVELIN - Rayerich - 112'2" (1ST)
Eldridge - 86'8"

100 Meter Hurdles

1. Samantha Geary - WHS	15.4	TMR
2. Heather Jones - Sel	15.6	
3. Teresa Coffey - WHS	15.9	
4. Debi Stubbs - Ath	16.2	
5. Jeanette Lore - Hugh	16.4	
6. Jessica Pagana - Sel	16.7	

300 Meter Hurdles

1. Teresa Coffey - WHS	45.8	
2. Lynn Degleman - Ridgewood	47.7	
3. Debi Stubbs - Ath	47.8	
4. Samantha Geary - WHS	48.3	
5. Jeanette Lore - Hugh	49.1	
6. Crissy Schreffler - Sel	49.5	

100 Meter Dash

1. Dana Harbst - Ath	12.6	
2. Lori Lsemhagen - Mtv	12.7	
3. Julia Palmer - WHS	12.7	
4. Jennifer Bomboy - NW	13.0	
5. Chrissy Schreffler - Sel	13.1	
6. Sabrina Varano - Dan	13.2	

200 Meter Dash

1. Jennifer McDermott - Ridgewood	25.6	- NMR
2. Yolando Washington - WHS	25.6	
3. Dana Harbst - Ath	26.2	
4. Susan Cole - Mans	26.7	
5. Jennifer Bomboy - NW	26.8	
6. Julia Palmer - WHS	27.0	

400 Meter Dash

1. Leah Walker - WHS	57.7	
2. Ginny Figlar - Ridgewood	58.2	
3. Jennifer Bomboy - NW	59.3	
4. Yolando Washington - WHS	60.2	
5. Kerri Reilly - Ridgewood	61.6	
6. Heather Waldman - Mtg	62.9	

800 Meter Run

1. Lynn Collazo - Ridgewood	2:23.3	
2. Brenda Paulhamus - JS	2:26	
3. Wnedy Metzger - Dan	2:28.4	
4. S. Weaver - Mtv	2:29.6	
5. Wendy Heatley - Lib	2:30.9	
6. Shannon Masten - WHS	2:31.8	

1600 Meter Run

1. Kathy Wurster - WHS	5:14	NMR
2. Jean Hughes - Ridgewood	5:22.3	
3. Brenda Paulhamus - JS	5:22.5	
4. Cheri Muckle - WHS	5:22.7	
5. Tammy Higley - Shik	5:37.7	
6. Liz Figlar - Ridgewood	5:42.4	

3200 Meter Run

1. Karen Cannon - Ridgewood	11:36.1	NMR
2. Kathy Wurster - WHS	11:36.1	
3. Jennifer Hughes - Ridgewood	11:43.8	
4. Tammy Higley - Shik	12:25.1	
5. Mindy Sollenberger - WR	12:27.9	
6. Karen Edsell - Troy	12:32.2	

400 Meter Relay

1. Williamsport (Verneal Brown, Julie Palmer, Teresa Coffey, Leah Walker)	50.3	
2. Montoursville	51.3	
3. Athens	52.0	
4. Danville	52.4	
5. Northwest	53.4	
6. Selinsgrove	53.7	

1600 Meter Relay

1. Williamsport (Lorinda Largent, Yolando Washington, Teresa Coffey, Monique Keiser)	4:05.4	
2. Ridgewood	4:13.7	
3. Danville	4:19.7	
4. Montoursville	4:19.7	
5. Athens	4:24.3	
6. Warrior Run	4:24.9	

3200 Meter Relay

1. Ridgewood (Ginny Figlar, Jean Hughes, Jennifer Hughes, Lynne Colazo)	9:25.8	
2. Williamsport	9:51.9	
3. Danville	10:25.9	
4. Jersey Shore	10:27.8	
5. Lewisburg	10:28	
6. Milton	10:34.4	

High Jump

- 1. Lisa Bomboy - NW 4-10
- 2. Cleo Wagner - Dan 4-8
- 3. Tobi Diggs - WHS 4-8
- 4. Renee Hoyt - Will 4-8
- 5. Jennifer Wrubal - RW 4-8
- 6. M. Eston - Mtv 4-6
- Ann Ranken - SW 4-6

Long Jump

- 1. Jennifer McDermott - Ridgewd 18-9 NMR
- 2. Sue Klopp - WHS 17-3
- 3. Kim Jones - WHS 17-1
- 4. Kim Murray - Milt 16-10 3/4
- 5. Lori Isemhagen - Mtv 16-8 3/4
- 6. Taria Gerges - Well 16-6

Triple Jump

- 1. Jennifer McDermott - Ridgewd 38-8 1/2 NMR
- 2. Sue Klopp - WHS 37-8 1/2
- 3. Lisa Bomboy - NW 36-7 1/2
- 4. Julia Palmer - WHS 35-11 3/4
- 5. Michelle Duffy - Dan 35-6 3/4
- 6. Dana Evans - Mtv 35-2

Javelin

- 1. Tammy Rayevich - RW 112-2
- 2. Sue Cochran - Well 111-7
- 3. Linda Zobel - Lew 111-7
- 4. Shelly Davis 108-6
- 5. Sue Read - JS 108-4
- 6. Michele Leam - Elk 107-10

Discus

- 1. Tammy Rayevich - Ridgewood 110-2
- 2. Liz Nicodemus - Well 108-10
- 3. Missy Mundrick - WHS 100-2
- 4. Alfreda Eldridge - Ridgewd 101-0
- 5. Jayme Brough - Lew 101-0
- 6. C. Stutzman - Mtv 100-11

Shot Put

- 1. Liz Nicodemus - Well 35-5 3/4
- 2. Ivy Leckey - JS 35-3
- 3. Kim Turofski - SC 33-11
- 4. Tammy Rayevich - Ridgewood 32-11 1/4
- 5. Alfreda Eldridge - Ridgewood 32-6
- 6. Tonia Bowersox - Milt 32-1/2

100 Meter Hurdles

- 1. Samantha Geary - WHS 15.4
- 2. Heather Jones - Sei 15.6
- 3. Teresa Coffey - WHS 15.9
- 4. Dedi Stubbs - ACh 16.2
- 5. Jeannette Lore - Hugh 16.4
- 6. Jessica Pagana - Sei 16.7

300 Meter Hurdles

- 1. Teresa Coffey - WHS 45.8
- 2. Lynn Degleman - Ridgewood 47.7
- 3. Dedi Stubbs - ACh 47.8
- 4. Samantha Geary - WHS 48.3
- 5. Jeannette Lore - Hugh 49.1
- 6. Crissy Schreffler - Sei 49.5

100 Meter Dash

- 1. Dana Harbst - ACh 15.6
- 2. Lori Isemhagen - Mtv 15.7
- 3. Julia Palmer - WHS 15.7
- 4. Jennifer Bomboy - NW 13.0
- 5. Crissy Schreffler - Sei 13.1
- 6. Sabrina Varano - Dan 13.2

500 Meter Dash

- 1. Jennifer McDermott - Ridgewd 25.6
- 2. Yolanda Washington - WHS 25.6
- 3. Dana Harbst - ACh 26.2
- 4. Susan Cole - Mans 26.7
- 5. Jennifer Bomboy - NW 26.8
- 6. Julia Palmer - WHS 27.0

400 Meter Dash

- 1. Leah Walker - WHS 57.7
- 2. Ginny Figlar - Ridgewood 58.2
- 3. Jennifer Bomboy - NW 59.3
- 4. Yolanda Washington - WHS 60.2
- 5. Kerry Kelly - Ridgewood 61.6
- 6. Heather Waldman - Mtv 62.9

800 Meter Run

- 1. Lynn Collazo - Ridgewood 2:23.3
- 2. Brenda Paulhamus - JS 2:28
- 3. Kedy Metzger - Dan 2:28.4
- 4. S. Weaver - Mtv 2:29.6
- 5. Wendy Heatley - Lip 2:30.9
- 6. Shannon Masten - WHS 2:31.8

COUNTY SEAT MEET

HACKENSACK

MAY 7TH

DISTANCE MEDLEY

4x400

MILLS - 4:39.5

GIFFORD 71.1

LINKS - 69.6

SHERIDAN 72.5

FITZGERALD - 2:51.7

MORITZ 77.1

MONTESARI - 6:49.5 15:30.2

TANCOS 70.9 4:51.8

100 m - Cwanagh - 16.2

800m - Fitzgerald - 2:49.6

D'Arcy - 15.0

Montegari - 2:59.9

Juang - 16.4

Giffuni - 2:59.9

Barbeau - 16.9

HIGH JUMP Relay

GIFFORD - 3'10"

TANCOS - 4'0" 7'10" 5TH

SHOT PUT RELAY

DISCUS RELAY

FROSH JAVELIN

Pallone - 27'4½"

Pallone - 92'3"

BARBEAU - 48'6"

Barbeau - 21'10½"

M. Montegari - 62'2"

MORITZ - 35'9"

We accomplished few goals in this meet. It was poorly organized & we weren't paying attention and therefore missed a couple of races. Louise Pallone's Discus was one bright spot.

RIDGEWOOD vs Paramus H.S.

WEATHER OVERCAST

DATE May 12, 1988

TRACK CONDITIONS HARD PACKED

* EVENT	* FIRST PLACE	* SECOND PLACE	* THIRD PLACE	* RHS	* PHS
* Long Jump	* 13'8" R * Ginny Figlar	* 13'5" R * Raquel Mair	* 13'4½" * Jen Wrubel	* 9	* 0
* 400 meter Hurdles	* 1:11.8 R * Lynn Degelmann	* 1:14.1 R * Amy Donnelly	* 1:16.3 P * Jen Slavin	* 8	* 1
* 100 meter Dash	* 13.4 R * Kerr Rielly	* 14.5 R * Jean Hughes	* 14.8 R * Alfreda Eldridge	* 9	* 0
* 1600 meter Run	* 5:40.9 P * Laurie Seidel	* 5:44.7 P * Laura Albro	* 5:57.8 R * Janet Titus	* 1	* 8
* 400 meter Dash	* 63.7 R * Jean Hughes	* 66.2 P * Vicki Fay	* 67.6 P * Jen Goldberg	* 5	* 4
* 100 meter Hurdles	* 18.0 P * Jen Slavin	* 18.1 R * Lynn Degelmann	* 18.8 P * Takako Marimoto	* 3	* 6
* 800 meter Run	* 2:29.6 R * Jen McDermott	* 2:41.4 R * Steeph Cane	* 2:46.5 P * Jen Goldberg	* 8	* 1
* 200 meter Dash	* 26.8 R * Ginny Figlar	* 30.5 R * Donna Schlicher	* 30.7 R * Kate McDermott	* 9	* 0
* 3200 meter Run	* 12:11.7 R * Lynn Allazo	* 12:23.7 R * Liz Figlar	* 12:35.7 P * Laurie Seidel	* 8	* 1
* Triple Jump	* 33'5½ R * Jen Wrubel	* 29'5½ P * Hiral Patel	* 27'8½ R * Allison Barbeau	* 6	* 3
* 4X400 m. Relay	* 4:44.4 * Ridgewood * DeConiglio	* 5:11.5 * Paramus * Degelmann * Donnelly	* 5:11.5 * Paramus * Degelmann * Donnelly	* 5	* 0
* Shot Put	* 30'9½ R * Alfreda Eldridge	* 30'5¾ R * Tammy Rayvich	* 30'3¾ P * Jen Slavin	* 8	* 1
* Discus	* 106'1 R * Tammy Rayvich	* 100'11½ R * Alfreda Eldridge	* 99'7½ P * Annada Lin	* 8	* 1
* High Jump	* 4'10 * J. McDermott	* 4'10 * J. Wrubel	* 4'4 * H. Schwedering	* 9	* 0
				FINAL SCORE	* 96 * 26 *

COMMENTS:

RIDGEWOOD vs

NON-SCORING PERFORMANCES

* EVENT *										
*Long *									*	
* Jump *									*	
* * *									*	
400 meter	1:19.2				DE LONGELIO	1:38.5 (?)			*	
* Hurdles*									*	
* * *					Amy Links				*	
100 meter	14.2	14.9	15.3	15.8	15.9	16.3	WESSEL	- 17.8	*	
* Dash *									*	
* * *					R. Marc J. Hughes	Gifford	Schwietring	Cannon	Blaney	*
1600meter									*	
* Run *					FITZGERALD	- 6:35.3			*	
* * *									*	
400 meter	72.3				JENNIFER HUGHES	67.9			*	
* Dash *					KAREN CANNON	72.2			*	
* * *					Amy Sheridan	- 72.7			*	
100 meter					Donnelly	- 19.5			*	
* Hurdles*					De Longelis	- 19.9			*	
* * *					LINKS	- ~19.5			*	
800 meter					Montegani	- 2:56.7			*	
* Run *					Giffoni	- 2:58			*	
* * *									*	
200 meter	32.2				34.7			35.8	GIFFORD - 32.3	*
* Dash *									*	
* * *					Debbe Compton	Bridget Blaney		Jenny Juang	*	
3200meter									*	
* Run *									*	
* * *									*	
*Triple *									*	
* Jump *									*	
* * *									*	
*4X400 m. *									*	
* Relay *									*	
* * *									*	
*Shot *									*	
* Put *									*	
* * *									*	
*Discus *									*	
* * *									*	
* * *									*	
*High *									*	
* Jump *									*	
* * *									*	

COMMENTS:

SUNDAY, MAY 15, 1988

Individuals overshadow teams

By Paul Schwartz
Correspondent

ment at the Northern New Jersey
Interscholastic League Bergen Di-
vision track meet Friday and Sat-
urday.

MONTCLAIR — Individual ex-
cellence upstaged team achieve-

Three Bergen County records

NNJIL TRACK

were broken or tied and several others were approached in the two-day classic, won easily by Ridgewood's girls and Hackensack's boys.

Ridgewood's Jen McDermott broke the newest record in Bergen County, her week-old record in the girls long jump, becoming the first girl in Bergen County history to long jump 19 feet. And Don Bosco's Derrick Horner tied the oldest record in Bergen history by long jumping 24-1½ to tie the 23-year-old mark set by Rich Cirner of Paramus in 1965. Walt McCall of Hackensack set the third record with a 48.6 performance in the 400 meters.

Both McDermott and Horner rallied from 1987 injuries that all but wiped out their seasons.

Horner suffered through a series of hamstring pulls in 1987 but has had a magnificent 1988 season, winning the indoor 60-meter state all-groups title. He has dominated the sprints this spring and did again in the NNJIL meet, winning the 100 in 10.8 and the 200 in 22.0, both times just off county records. And in the long jump, on his final attempt, he made county history.

He led the event into the final round, with a good but not great 21-11½ jump. Then Ridgewood's Craig Halyard leaped 22 feet and Tony Hayes of Hackensack went 22-5, the first 22-foot jumps of the year.

Horner then flew to his record-tying leap, nearly a foot better than his personal best, set indoors. Fifteen minutes later, he was still stunned.

"I had no idea I could jump that far," said Horner, who is headed for Harvard next school year. "When I got in the pit, everybody was excited but I didn't know how far I'd jumped. I still don't know how I jumped that far, because my style is the faster I go the farther I jump. I'm not that great on technique."

If Horner is not strong on technique, junior McDermott is. She too, suffered through much of 1987 with a hip injury before coming back stronger than ever this year.

"It's so frustrating to go to all the meets and want to compete so

badly and not be able to," she said. "You just have to let it heal. I always dreamed of doing this, and normally I don't show the emotion I did today."

The official's call of 19 feet brought shrieks of joy from McDermott and her teammates. And McDermott also tripled, winning the triple jump at 38-2½, six inches off her county record and winning the 100.

McCall's county record was the quietest but in some ways the most impressive. Less than an hour earlier, he had taken an important second place for Hackensack in the 800 that helped the Comets to a comfortable 67-41 margin over Don Bosco. He still had enough to run the 48.6 in the 400, taking a 10th of a second off the six-year-old mark of Jim Woods of River Dell and showing the ability to take the record below 48 seconds before the end of the season.

"People like Walter McCall and Gerard Pescatore have sacrificed some of their own personal goals to help the team overcome its injuries and struggles this year," said Hackensack coach Ed Church.

Other individual top 10 performances included:

● Horner's 10.8 100 (tie for second all time).

● Horner's 21.8 (in the heat) 200 (tie for second) and Hayes' 22.0 (tie for sixth).

● Stan Finney of Hackensack's 49.6 400 (seventh).

● Mark Bednarz' 1:53.1 in the 800 (fourth).

● Halyard's 47-10¾ triple jump (second, 1¾ inches off the county record), Gerald Spear's 46-9 TJ (third), and Sean Gayle's 45-4¾ TJ (10th).

● In the girls meet Jean Hughes of Ridgewood ran 5:03.4 in the 1,600 (fifth fastest) and Amy Kempf of Paramus ran 5:05.0 (seventh).

● Finally, Anne Wellington of Teaneck threw the discus 121-10, four inches from the top 10 and the longest throw in Bergen County in five years.

■ Summaries

S-19

NNJIL CHAMPIONSHIP FRI + SATURDAY MAY 13+14

FRIDAY at RIDGEWOOD

400 HURDLES - Degelmann - 67.2 Polleri 72.4 Donnelly 74.0
 200 DASH - G. Figlar 25.8, 26.0 Reilly 27.5, 27.1 Schlicher - 29.7
 3200 RUN - Jennifer Hughes 11:02.3 L. Figlar 12:11.9 Kane 13:22
 DISCUS - Rayevich 103'4" Eldridge 100'3" Pallone 80'
 SHOT - Rayevich 30'3" Eldridge 30'2½" Pallone 25'10½"
 TRIPLE JUMP - Jen McDermott 38'2½" Jen Wrubell 33'9¼" Barbeau - 29'11½"
 HIGH JUMP - vander Schyff 5'0" Wrubell 4'10" McDermott 4'10"

SATURDAY at MONTCLAIR

100 HURDLES - vander Schyff 15.5★ Donnelly - 19.0 DeConzelio (Fell)
 100 DASH - Jen McDermott 12.6, 12.6 Degelmann - 13.5, 13.6 K. McDermott 14.1
 800 RUN - Collazo 2:24.9, L. Figlar 2:29.0, FITZGERALD 2:52.3
 400 DASH - G. Figlar 58.2, Donnelly (Fell)
 1600 RUN - Jean Hughes 5:03.4 Cannon - 5:17.4 Collazo 5:25.6
 LONG JUMP - Jen McDermott 19'0"★ Wrubell 16'2½" MAIR 13'7½"
 4X400 RELAY - 4:02.9 Degelmann 60.5, Jean HUGHES 63.1, Reilly 60.5, G. Figlar 58.3

Ridgewood dominated this meet - winning 12 of 14 events. ★ New school records were set by vander Schyff and McDermott. Great distance times by Jean and Jennifer Hughes. Great sprint times by Ginny Figlar.

NNJIL Bergen girls

TEAM SCORING

Ridgewood 109, Teaneck 58½, Passaic 24, Hackensack 15, Immaculate Heart Academy 12½, Paramus Catholic 5.
 100 - 1, Jen McDermott, Ridgewood, 12.6; 2, Daphne Blick, Teaneck, 12.9; 3, Nicole Golden, Teaneck, 13.2; 4, Lynn Degelmann, Ridgewood, 13.4; 5, Cameron Terry, Teaneck, 13.6.
 200 - 1, Ginny Figlar, Ridgewood, 26.0; 2, Nicole Golden, Teaneck, 26.1; 3, Matilda Miranda, Teaneck, 26.5; 4, Daphne Blick, Teaneck, 26.6; 5, Keri Reilly, Ridgewood, 27.1.
 400 - 1, Ginny Figlar, Ridgewood, 58.2; 2, Matilda Miranda, Teaneck, 60.7; 3, Jennifer Powell, Teaneck, 63.1; 4, Lalena Heske, Paramus Catholic, 66.8; 5, Arlene Mack, Hackensack, 67.0.
 800 - 1, Lynne Collazo, Ridgewood, 2:24.9; 2, Vickee Foy, Paramus, 2:25.5; 3, Liz Figlar, Ridgewood, 2:29.0; 4, Erica Ballinger, Hackensack, 2:29.3; 5, Jenny Prioleau, Teaneck, 2:31.0.
 1,600 - 1, Jean Hughes, Ridgewood, 5:03.4; 2, Amy Kempf, Paramus, 5:05.0; 3, Karen Cannon, Ridgewood, 5:17.4; 4, Vickee Foy, Paramus, 5:22.1; 5, Lynne Collazo, Ridgewood, 5:25.6.
 3,200 - 1, Jean Hughes, Ridgewood, 11:02.3; 2, Amy Kempf, Paramus, 11:12.2; 3, Vickee Foy, Paramus, 11:45.3; 4, Liz Figlar, Ridgewood, 12:11.9; 5, Vicki Zona, Hackensack, 12:35.5.
 110 MH - 1, Sheryl Vander Schyff, Ridgewood, 15.5; 2, Lynn Villopoto, Immaculate Heart Academy, 17.4; 3, Jennifer Slavin, Paramus, 17.5; 4, Ericka Freeman, Teaneck, 17.7; 5, Trenace Mickens, Teaneck, 18.3.
 400 IH - 1, Lynn Degelmann, Ridgewood, 67.2; 2, Jenny Prioleau, Teaneck, 68.7; 3, Lynn Villopoto, Immaculate Heart Academy, 69.5; 4, Jennifer Powell, Teaneck, 69.6; 5, Laura Pollaci, Ridgewood, 72.4.
 Shot put - 1, Anne Wellington, Teaneck, 37-10; 2, Alana O'Reilly, Hackensack, 32-10; 3, Tammy Rayevich, Ridgewood, 30-3; 4, Alfreda Elridge, Ridgewood, 30-2½; 5, Rebecca Slavin, Paramus, 28-2.

Discus - 1, Anne Wellington, Teaneck, 121-10; 2, Alana O'Reilly, Hackensack, 107-6; 3, Tammy Rayevich, Ridgewood, 103-4; 4, Alfreda Elridge, Ridgewood, 100-3; 5, Annica Lin, Paramus, 92-9.
 High jump - 1, Sheryl Vander Schyff, Ridgewood, 5-0; 2, Jen McDermott, Ridgewood, 4-10; 3, Jen Wrubel, Ridgewood, 4-10; 4, Jen Clark, Immaculate Heart Academy, 4-8; 5, lie between Nicole Davi, Immaculate Heart Academy and Malaika Walls, Teaneck, 4-6.
 Triple jump - 1, Jen McDermott, Ridgewood, 38-2½; 2, Malaika Walls, Teaneck, 34-6¼; 3, Jen Wrubel, Ridgewood, 33-9¼; 4, Daphne Blick, Teaneck, 33-1¾; 5, Shonne St. John, Paramus Catholic, 31-1¼.
 Long jump - 1, Jen McDermott, Ridgewood, 19-0 (Bergen County record, old record, 18-9 by McDermott, 1988); 2, Jen Wrubel, Ridgewood, 16-2½; 3, Jane Loftus, Immaculate Heart Academy, 15-6½; 4, Daphne Blick, Teaneck, 15-2½; 5, Winnie Abraham, Paramus Catholic, 14-7.
 1,600 relay - 1, Ridgewood (Lynn Degelmann, Jean Hughes, Kerri Reilly, Ginny Figlar), 4:02.9; 2, Teaneck, 4:05.5; 3, Hackensack, 4:28.3; 4, Paramus 4:33.8; 5, Paramus Catholic, 4:39.0.

RIDGEWOOD vs TEANECK

WEATHER WARM HUMID

DATE 5/16/88

TRACK CONDITIONS ALL WEATHER
RIDGEWOOD

* EVENT	* FIRST PLACE	* SECOND PLACE	* THIRD PLACE	* RHS	* TEANECK*
* Long	* JEN McDERMOTT	* WALLS	* DAPHNE BLICK	* 5	* 4
* Jump	* 18'8 1/2" R	* 15'5 1/4" T	* 14'9 1/2" T		
* 400 meter	* LYNN DEGELMANN	* JENNIFER POWELL	* LAURA POLLACI	* 6	* 3
* Hurdles	* 66.4 R	* 68.5 T	* 71.6 R		
* 100 meter	* NICOLE GOLDEN	* GINNY FIŞLAR	* DAPHNE BLICK	* 3	* 6
* Dash	* 12.8 T	* 12.8 R	* 13.0 T		
* 1600 meter	* KAREN CANNON	* JENNIFER HUGHES	* JEAN HUGHES	* 9	* 0
* Run	* 5:28.5 R	* 5:28.6 R	* 5:28.6 R		
* 400 meter	* GINNY FIŞLAR	* MATILDA MIRANDA	* KERI REILLY	* 6	* 3
* Dash	* 57.9 R	* 60.3 T	* 60.3 R		
* 100 meter	* SHERYL vander SCHYFF	* TRENACE MICKENS	* LYNN DEGELMANN	* 6	* 3
* Hurdles	* 15.3 R	* 16.6 T	* 16.7 R		
* 800 meter	* JEAN HUGHES	* KAREN CANNON	* JENNIFER HUGHES	* 9	* 0
* Run	* 2:31.7 R	* 2:31.8 R	* 2:31.8 R		
* 200 meter	* NICOLE GOLDEN	* GINNY FIŞLAR	* DAPHNE BLICK	* 3	* 6
* Dash	* 26.4 T	* 26.6 R	* 26.8 T		
* 3200 meter	* JANET TITUS	* LIZ FIŞLAR	* STEPHANIE KANE	* 9	* 0
* Run	* 13:00.3 R	* 13:42.4 R	* 13:42.5 R		
* Triple	* JEN McDERMOTT	* MALAIKA WALLS	* DAPHNE BLICK	* 5	* 4
* Jump	* 36' 6 3/4" R	* 33' 8 1/2" T	* 32' 1/4" T		
* 4X400 m.	* RIDGEWOOD	* TEANECK		* 5	* 0
* Relay	* DEGELMANN 62.2 POLLACI-66.2 McDERMOTT 61.1 REILLY 59.4	* 4:09.3	* 4:16.3		
* Shot	* ANNE WELLINGTON	* ALFREDA ELDRIDGE	* TAMMY RAYEVICH	* 4	* 5
* Put	* 36' 10 1/2" T	* 31' 2" R	* 30' 8 1/2" R		
* Discus	* ANNE WELLINGTON	* ALFREDA ELDRIDGE	* TAMMY RAYEVICH	* 4	* 5
	* 126' 1" T	* 104' R	* 102' 2" R		
* High	* JEN McDERMOTT	* SHERYL vander SCHYFF	* MALAIKA WALLS	* 8	* 1
* Jump	* 4' 10" R	* 4' 10" R	* 4' 8" T		
				* 82	* 40

COMMENTS:

The RHS - Teaneck dual meet continues to be the top dual meet in Bergen county year after year. Ann Wellington threw a Ridgewood Field Record in the Discus. Sheryl vander Schyff bested her school record and came within a 10th of the Track record. Keri Reilly broke 60 seconds in the relay. Ginny Figlar ran the fastest 400 in the county so far this season. All performances were of championship quality.

RIDGEWOOD vs TEANECK

NON-SCORING PERFORMANCES

* EVENT *				
* Long *	KATE McDERMOTT	13' 10 1/4"		*
* Jump *	RAQUEL MAIR	13' 10 1/4"		*
* 400 meter *	DECONCELIO	75.6		*
* Hurdles *	LINKS	80.8		*
* 100 meter *	MAIR	N.T.		*
* Dash *	SCHLICHER	N.T.		*
* 1600 meter *	STEPH KANE	5:52.2	TRICIA MONTEFARI	6:38.6
* Run *	LIZ FISLAR	5:51.8	SARA SIFFUNI	6:36.8
* 400 meter *	AMY SHERIDAN	69.7	JANICE D'ARCY	72.0
* Dash *	GINNY GIFFORD	70.5	BRIDGET BLANEY	73.3
* *	ALLISON BARBEAU	~71.0	DEBZIE COMPTON	74.8
* 100 meter *			CRISTINA CAVANAGH	78.6
* Hurdles *			JENNY JUANES	78.6
* *			LAURA POLLALI	64.8
* 800 meter *	FITZGERALD -		MORITZ -	
* Run *	QUENTHER -			
* *	MARKER -			
* 200 meter *	KATE McDERMOTT	30.4		
* Dash *				
* 3200 meter *				
* Run *				
* Triple *	AMY FOST	27' 5"	BRIDGET BLANEY	26' 10 1/4"
* Jump *	ALLISON BARBEAU	27' 8 1/2"		
* 4X400 m. *				
* Relay *				
* Shot *	LOUISE PALLONE	28' 2"		
* Put *	ALLISON BARBEAU	20' 2"		
* Discus *	LOUISE PALLONE	89' 3"		
* *	MAUREEN MONTEFARI	61' 7"		
* High *	KATE TANCOS	4' 2"		
* Jump *	HOLLY SCHWIETERING	4' 4"		

COMMENTS:

BERGEN COUNTY GROUP IV CHAMPIONSHIP

MAY 19th 20

FRIDAY AT RIDGEWOOD

400 HURDLES - Degelmann 65.4 Pollaci 70.2
Donnelly 72.8

200 - McDermott 25.7 Figlar 25.7
Schlicher

3200 - Jean Hughes 10:43.8 Cannon 10:46.4
Liz Figlar 11:48.6

SHOT - Eldridge 32' 2³/₄ Rayevich 32' 3⁴/₄"
Pallone 29' 10¹/₂"

TRIPLE JUMP - McDermott 37' 4¹/₂" Barbeau 29' 1¹/₄"

SATURDAY AT NEW MILFORD

100 H - vanderSchuyff 15.4 Donnelly 19.0
De Angelis Full (Draf)

100 - McDermott 12.7 Mair 13.8

800 - Collazo 2:19.5 Cannon 2:26.9
Titus 2:31

400 - G. Figlar 58.0 Collazo 61.7 Reilly 61.7

1600 - Jennifer Hughes 5:06.2 Liz Figlar 5:29.6 Kane 5:38.8

4X400 - Degelmann 62.2 Collazo 61.2 Reilly 61.3 Figlar 58.4

DISCUS - Rayevich 118' 11" Eldridge 106' 6" Pallone 91' 9"

LONG JUMP - J. Mc Dermott 17' 3¹/₂" Mair 14' 10" K. McDermott 13' 7¹/₄"

HIGH JUMP - vander Schuyff 5' 0"

JAVELIN - Rayevich 100' 7" Schlicher 98' 3" Montegari 63' 0"

The most outstanding Team effort Ridgewood has ever done! Jean, Karen, and Tammy were beyond outstanding!

Group 4 girls

TEAM SCORING

Ridgewood 128, Teaneck 60, Hackensack 20, Immaculate Heart Academy 14; Fair Lawn 11.
100 - 1, Jennifer McDermott, Ridgewood, 12.7; 2, Nicole Golden, Teaneck, 12.8; 3, Daphne Blick, Teaneck, 13.1; 4, Jen Camp, IHA, 13.6; 5, Cameron Terry, Teaneck, 13.6.
200 - 1, Jen McDermott, Ridgewood, 25.7; 2, Ginny Figlar, Ridgewood, 25.7; 3, Daphne Blick, Teaneck, 26.3; 4, Malida Miranda, Teaneck, 26.3; 5, Nicole Golden, Teaneck, 26.6.
400 - 1, Ginny Figlar, Ridgewood, 58.0; 2, Malida Miranda, Teaneck, 59.5; 3, Lynn Collazo, Ridgewood, 61.7; 4, Keri Reilly, Ridgewood, 61.7; 5, Jennifer Powell, Teaneck, 62.4.
800 - 1, Lynne Collazo, Ridgewood, 2:19.5; 2, Karen Cannon, Ridgewood, 2:26.9; 3, Erica Ballinger, Hackensack, 2:27.3; 4, Jenny Prioleau, Teaneck, 2:29.1; 5, Melissa Wyka, Fair Lawn, 2:32.3.
1,600 - 1, Jennifer Hughes, Ridgewood, 5:06.2; 2, Liz Figlar, Ridgewood, 5:29.6; 3, Vicki Zona, Hackensack, 5:37.8; 4, Stephanie Kane, Ridgewood, 5:38.8; 5, Pat Quiroz, Hackensack, 5:55.0.
3,200 - 1, Jean Hughes, Ridgewood, 10:43.8; 2, Karen Cannon, Ridgewood, 10:46.4; 3, Liz Figlar, Ridgewood, 11:48.6; 4, Melissa Wyka, Fair Lawn, 12:14.0; 5, Teresa Rooney, IHA, 12:38.7.
110 HH - 1, Sheryl Vander Schyff, Ridgewood, 15.4; 2, Trenace Mickens, Teaneck, 17.1; 3, Lynn Villopolo, IHA, 17.3; 4, Sara Weinberg, Fair Lawn, 17.6; 5, Amy Donnelly, Ridgewood, 18.4.
400 IH - 1, Lynn Degelmann, Ridgewood, 65.4; 2, Lynn Villopolo, IHA, 68.5; 3, Jennifer Powell, Teaneck, 68.7; 4, Jenny Prioleau, Teaneck, 69.9; 5, Laura Poliaci, Ridgewood, 70.2.
Shot put - 1, Anne Wellington, Teaneck, 34-10; 2, Alana O'Reilly, Hackensack, 33-1; 3, Alfreda Elridge, Ridgewood, 32-2³/₄; 4, Tammy Rayevich, Ridgewood, 32-2³/₄; 5, Jeanine Stankiewicz, Fair Lawn, 30-5¹/₂.
Discus - 1, Tammy Rayevich, Ridgewood, 118-11 (group and meet record, old group record, 114-11 by Anne Wellington, Teaneck, 1986, old meet record, 118-5 by Nancy Van Dyke, Midland Park, 1985); 2, Anne Wellington, Teaneck, 107-11; 3, Alfreda Elridge, Ridgewood, 106-6; 4, Alana O'Reilly, Hackensack, 102-0; 5, Jeanine Staniewicz, Fair Lawn, 96-0.
Javelin - 1, Tammy Rayevich, Ridgewood, 100-7; 2, Beth Schlicher, Ridgewood, 98-3; 3, Maryann Jeske, Fair Lawn, 95-3; 4, Alana O'Reilly, Hackensack, 84-2; 5, Sara Weinberg, Fair Lawn, 81-3.
Triple jump - 1, Jen McDermott, Ridgewood, 37-4¹/₂ (group record, old record 36-3¹/₂ by Kathy Granata, Ridgewood, 1983); 2, Malika Walls, Teaneck, 33-6¹/₂; 3, Daphne Blick, Teaneck, 32-11¹/₄; 4, Kim Faulkner, Teaneck, 31-5; 5, Jane Loftis, IHA, 30-1¹/₂.
Long jump - 1, Jen McDermott, Ridgewood, 17-3³/₄; 2, Raquel Mair, Ridgewood, 14-10; 3, Jane Loftus, IHA, 14-5¹/₄; Sharon Martell, Hackensack, 14-1¹/₂; 5, Malika Walls, Teaneck, 13-8¹/₄.
High jump - 1, Sheryl Vander Schyff, Ridgewood, 5-0; 2, Malika Walls, Teaneck, 4-8. No third, fourth or fifth places.
1,600 relay - 1, Ridgewood, 4:12.2; 2, Teaneck, 4:10.3; 3, Hackensack, 4:40.3.

EAST COAST RELAYS

KEARNY HIGH SCHOOL

23 MAY 1988

4X 800 (2 MILE RELAY)

GINNY FISLAR 2:17.3

JENNIFER HUGHES 2:20.2

JEAN HUGHES 2:16.6

1ST PLACE

LYNNE COLLAZO 2:16.3

9:10.4

NEW SCHOOL RECORD!

A SEASON LONG GOAL WAS REALIZED WHEN WE BROKE THE SCHOOL RECORD FOR 4X 800. THIS TIME CONVERTS TO A 9:07.6 FOR 4X 800. WE BEAT AN EXCELLENT CARDINAL O'HARE TEAM.

JAVELIN RELAY

TAMMY RAYEVICH 94

DONNA SCHLICHER 91

4TH PLACE

NEW SCHOOL RECORD!

DISCUS RELAY

TAMMY RAYEVICH 113' 11"

ALFREDA ELDRIDGE 97' 3"

4TH PLACE

211 2"

NEW SCHOOL RECORD

TAMMY RAYEVICH CONTINUES HER EXCELLENT DISCUS THROWING

EAST COAST TRACK AND FIELD RELAY
5/23/88 CHAMPIONSHIPS
KEARNY H.S., KEARNY, N.J.

2 MILE RELAY

1) GINNY FIGLAR -	2:17.3
2) JENNIFER HUGHES -	2:20.2
3) JEAN HUGHES -	2:16.6
4) LYNNE COLLAZO -	2:16.3
<u>TOTAL TIME</u> -	<u>9:10.4</u>

1ST PLACE

NEW SCHOOL
RECORD!!!

EAST COAST CHAMPIONS

RIDGEWOOD RELAYS II

BERGEN COMMUNITY COLLEGE

23 MAY 1988

3X 400 HURDLES

POLLACI 72.3
 DONNELLY 73.5 2ND place
 LINKS 81.6

FROSH SPRINT MEDLEY

MAIR 71.0
 LINKS
 KANE 2ND PLACE
 FIGLAR 2:28.0 4:40.5

4X 100 HURDLES

De LONGELIO 18.7
 LINKS 21 20.8
 DONNELLY 18.5 2ND PLACE
 SCHYFF 15.8 73.6

FROSH 4X 200

FOST 30.9
 KANE 31.4
 FIGLAR 30.2 4TH PLACE
 MAIR 28.5 2:01.0

4X 200

WRUBEL 27.2
 SCHYFF 27.4
 DE LONGELIO 29.7 3RD place
 K. McDERMOTT 30.0 1:54.3

FROSH 4X 200

D'ARCY 31.8
 CAVANAUGH 34.5
 JUANQ 35.8
 WESSEL 35.4 2:17.4

4X 800

Pollaci 2:47.9 Marken + 2:50.5
 Reilly 2:56.2 Guffoni - 2:59.3
 McDerrott 2:33.6 Donnelly - 2:44.0
 Degelmann 2:38.6 Fitzgerald - 2:52.2
3RD PLACE 10:56.1 4TH place 11:26.0

FROSH DISTANCE MEDLEY

KANE 4:12.6
 BARBEAU 72.9
 MORITZ 2:49.3 1ST PLACE
 FIGLAR 5:45.3 14:00.0

RIDGEWOOD RELAYS II

SHOT

PALLONE 28'5"
 BARBEAU 19'6"

DISC

PALLONE 87'1"
 MONTEGARI 65'9"

JAVELIN

PALLONE 61
 MONTEGARI 70'6"

HIGH JUMP

vander SCHYFF 4'8"
 Wrubel 4'8"
1st place 9'4"

LONG JUMP

J. McDERMOTT 16'9" 1st PLACE
 WRUBEL 15'
 31'9" NEW SCHOOL RECORD!

MAIR 14'8"

McDERMOTT 12'9"

27'7"

3rd PLACE

Team Scores:

Ridgewood 34
 Ramapo 20
 Fairlawn 17
 Englewood 13
 Pascack Hills 12

Another victory for Ridgewood School Record by our long jumpers and our Fresh S.M and J.M. relays were outstanding

RIVER DELL

NOVICE MEET

THURSDAY MAY 26TH

<u>1600m</u>	$\frac{1}{4}$	$\frac{1}{2}$	$\frac{3}{4}$	final
SARA:	1:31	3:14	4:57	6:34.6
TRICIA:	1:33	3:13	4:56	6:34.6

800m

Janet:	73, /	2:34.7	(1)
Heather:	80, /	2:49.5	(5)
Liz:	83, /	2:58.7.	
Shulan:	80, /	2:49	(6)

THE EIGHTH ANNUAL RIVER DELL NOVICE TRACK & FIELD CHAMPIONSHIP - 5/26/88

BOYS: ((THE GRANT C. DANZER AWARD - MIKE ROBERTS (ENGLEWOOD))

- 100M: (1) John Yoler (RP) 11.9 (2) Neufeld (PH) 12.1 (3) Roberts (E) 12.3
 (4) Tomaskovik (WV) 12.4 (5) Komishock (PP) 12.7 (6) Ciberski (WH) 13.5
- 200M: (1) Mike Roberts (E) 25.3 (2) Pular (PH) 25.5 (3) Donohue (WH) 25.8
 (4) Tomaskonic (WV) 25.8 (5) Martin (Ri) 25.9
- 110H: (1) Derek Chen (GR) 17.0 (2) Padano (WH) 17.2 (3) Goldblatt (P) 17.6
 (4) Malaniak (Ly) 17.8 (5) Garuwiler (Ru) 18.7 (6) Gettings
- 400H: (1) Bryan Vladyka (WV) 62.7 (2) Blake (Ly) 62.7 (3) Goldblatt (P) 65.1
 (3) Murilla (RP) 65.1 (5) Atkison (PP) 65.2
- 400M: (1) Bob Dougherty (Ri) 55.6 (2) Boyce (WH) 56.0 (3) Barenburg (PH) 56.2
 (4) Deold (FLWn) 56.3 (5) Greaney (RP) 57.6
- 800M: (1) Rich Capitani (Ri) 2:13.1 (2) Toscano (P) 2:14 (3) Anis (Ri) 2:16
 (4) Carl (Ri) 2:16.7 (5) Mirenda (Ly) 2:18.2
- 1600: (1) Edwin Amaya (H) 4:56 (2) Tennant (GR) 5:00 (3) Sullivan (P) 5:02.9
 (4) Anis (Ri) 5:03 (5) Roca (PH) 5:05.7
- 3200: (1) Ryan Ing (GR) 11:03.7 (2) Sudo (RD) 11:05.6 (3) Berntsen (Ri) 11:12.2
 (4) Cochrane (WV) 11:13.5 (5) DePol (P) 11:20.1
- SHOT: (1) Jablonski (P) 45' 4" (2) Ruedt (WH) 42' 1" (3) Miller (RD) 40' 3"
 (3) Marchesani (W) 40' 3" (5) Buccerone (W) 39' 10 1/2"
- DISC: (1) Chris Jones (PH) 124' 7" (2) Freeman (PH) 120' (3) Ebrahimi (PH) 120'
 (4) Stanchich (OT) 117' 10" (5) Puglia (WH) 117' 3"
- L.J.: (1) Jerome Chang (Ri) 18' (2) Gettings (WV) 17' 7" (3) Ahne (P) 17' 7"
 (4) Puso (Ru) 16' 11" (5) Yoler (RP) 16' 11"
- H.J.: (1) Todd Goldman (Le) 5' 8" (2) Nielson (RD) 5' 6" (3) Parisi (RP) 5' 6"
 (4) Berrevoets (RP) 5' 4" (5) Doerr (RD) 5' 4"
- P.V.: (1) Rich Mogull (Ri) 11' 0" (2) Church (H) 10' 6" (3) Hauerstein (FLWn)
 (4) Cady (PH) 9' 6" (5) Fox (RP) Malaniak (Ly) 9' 6"

GIRLS: ((PAUL SCHWARTZ AWARD - CINDY SHERIDAN (PASCACK HILLS))

- 100M: (1) Kris Washington (E) 13.9 (2) Barksdale (E) 14.1 (3) Rivera (QP) 14.4
 (4) Gressle (FLee) 14.4 (5) Thaler (CP) 14.4 (6) Parish (WH) 14.9
- 200M: (1) Beth Parish (WH) Briggs (Le) 29.6 (3) Barksdale (E) 30.0
 (4) Washington (E) 30.0 (5) Thaler (CP) 30.8
- 100H: (1) Carolyn Bernhard (IH) 18.0 (2) Patel (RP) 18.2 (3) Ungo (FLee) 18.6
 (4) Chung (P) 19.1 (5) Annmarie Gallione (B)
- 400H: (1) Mei Chung (P) 78.3 (2) James (GR) 78.5 (3) Gallo (GR) 79.5
 (4) Scalione (B) Ulbrich (Le) 82.5 (6) Gallione (B)
- 400M: (1) Beth Parish (WH) 76.9 (2) Barksdale (E) 77 (3) Lafarga (QP) 77.6
 (4) Vaccaro (B) 77.6 (5) Shoemaker (GR) 69.9
- 800M: (1) Janet Titus (Ri) 2:34.7 (2) Stein (P) 2:43.4 (3) LaFarga (QP) 2:44.7
 (4) Doyle (B) 2:45.7 (5) Fitzgerald (Ri) 2:47.5
- 1600: (1) Laura Albra (P) 6:08.2 (2) McLaughlan (IH) 6:11.5 (3) Edelstein (FLWn)
 (4) Miller (GR) 6:24.7 (5) Bate (FLWn)
- 3200: (1) Nancy Wu (E) 14:30.4 (2) Von Urff (RD) 15:00 (3) Abdelhady (CP) 15:10
 (4) Rab (Ru) 16:00 (5) Schack (GR) 17:17.5
- SHOT: (1) Sharon Pedalino (IH) 30' 1" (2) Patterson (FLee) 29' 8" (3) Sheridan
 28' 1" (4) Schneider (QP) 26' 5" (5) Rivera (CP) 25' 11"
- DISC: (1) Cindy Sheridan (PH) 101' 4" (Record) (2) Johnson (Ly) 90' (3) Pedalino
 (IH) 82' 10" (4) Rivera (CP) 81' 4" (5) Patterson (FLWn)
- L.J.: (1) Tava James (GR) 13' 5" (2) Ungo (FL) 13' 4" (3) Reynang (QP) 12' 8"
 (4) Englishman (Ly) 12' 6 1/2" (5) Crisafulli (B) 12' 6 1/4"
- H.J.: (1) Kristen Kholer (IH) 4' 8" (2) Cathy Chow (GR) 4' 4" (3) Kropinicki
 (RP) Richardson (RP) 4' 4" (5) Maceri (CP)

Coaches: Please remember that a novice medal in running means that athlete is no longer a novice in running next season. A novice medal in a field event ends the novice period for an athlete in that field event. Three adjustments were made in final results because athletes won medals in this meet last year. Extra medals were handed out wherever possible. Thanks for another great meet.

DIRECTORS: Rob Stevenson and Bill Keith

N. N. J. I. L. FROSH CHAMPIONSHIP

HACKENSACK

100 - CAVANASH 16.5
 FOST 14.2
 MAIR 13.6, 13.6 (3rd)

1500 - KANE 5:35.8 (2nd)
 FIGLAR 5:35.8 (1st)

200 - JUANÇ - 34.1
 MAIR - 29.3, 28.9 (4th)

400 SHERIDAN - 70.5
 GIFFORD - 69.0

800 - KANE 2:38.4 (2nd)
 FIGLAR 2:38.4 (1st)

4x400 RELAY LINKS 69.0
 FIGLAR 66.6
 KANE 71.4
 72.2

DISCUS - BARBEAU 57'3" (2nd)

4:39.4

JAVELIN - BARBEAU 50'2"

LONG JUMP - MAIR 15'9" (1st)

TRIPLE JUMP - BARBEAU 29'3" (2nd)

TEAM: 2nd PLACE

3 Bergen schools capture crowns

By Christopher Lawlor
Correspondent

WAYNE — The Ridgewood, Wayne Valley, Westwood, and Waldwick girls track teams captured group titles Saturday at the New Jersey State Interscholastic Athletic Association North Jersey Section 1 track and field championships at Wayne Hills High School.

Ridgewood, which successfully defended its team title, established a sectional record with 98 points and easily outdistanced league rival Teaneck with 36 points. Wayne Valley took Group 3 with 40 points over Ramapo and Bergenfield. Westwood (59 points) held off Newton and Kittatiny in Group 2, while Waldwick (45 points) edged Saddle Brook and Midland Park for the Group 1 crown.

In Group 2, Westwood captured the first three spots in the 200 meters and the discus. Mary Sok won the 200 in 27.4 seconds. Teammates Keirsten Wallace (27.8) and Lori Jones (28.0) were second and third, respectively. In the discus, Lisa Mahle led the trio of Cardinals with a throw of 110 feet 3 inches.

"In both the discus and the 200, we scored 26 points, and that was nearly enough to win the meet," said Westwood coach Jeff Weiss. "Going into the meet, I figured that we could win by 18 points and we had enough room to drop in a few of the events, but we didn't."

Ridgewood, with victories in 11 events — 100, 200, 400, 800, 1,600, 3,200, 110 high hurdles, 400 intermediate hurdles, long jump, 4x400 relay, and javelin — dominated

GIRLS TRACK

Group 4. Jennifer McDermott took the 100 (12.5) and the 200 (25.6) to become the Maroons' only double winner. Lynne Collazo took the 800 in 2:17.9, and Jean Hughes won the 1,600 (5:18). Tammy Rayvich won the javelin with a throw of 103-5.

Wayne Valley's Kathy Garrigan high jumped 5-3 for the Indians' only victory. Wayne Valley secured its title because its team members placed in the top five in numerous events.

Michele Straut paced Waldwick in Group 1 by winning two events. Straut set a state group sectional record in the 3,200 (11:42.6) and took the 1,600 (5:30.2). In the 800, Jane-Anne Mennell of the Warriors was a surprise winner with a time of 2:31.6. The 4x400 relay team turned in a winning time of 4:18.8, and Keelan Craw won the shot put with a throw of 37-0.

"I sort of knew that we'd win the meet when she [Mennella] won the 800 — it was a pleasant surprise," said Waldwick coach Tony Caiazzo. "I never keep score during the meet, but I had a vague idea we were in the lead towards the end."

Amy Kempf of Paramus took the 1,600 (5:08.6) and 3,200 (10:57) in Group 3, while Anne Wellington of Teaneck won the Group 4 shot put and discus (120-7). Charlene Milwood of Englewood captured the 400 and 800 in Group 3. Danalyn Adams of Pompton Lakes was first in both the 100 and 200 in Group 1.

GROUP 4

TEAMS: 1-Toms River East 34 1/2, 2-Edgewood 31, 3-Washington 21, 4-Camden 18, 5-Brick 16, 6-Southern Regional 15, 7-Cumberland 14, 8-Cherry Hill East 12, 9-Jackson 9 1/2, 10-Lenape 9, 11-Vineland and Toms River North 7 1/2, 13-Shawnee 7, 14-Pennsauken 6, 15-Overbrook 5, 16-Millville and Toms River South 4, 18-Atlantic City, Cherokee and Pemberton 1.

100-METER DASH: 1-Hilda Walker, Cumberland 12.8, 2-Jennifer McDevitt, Washington 12.9, 3-Stella Gould, Vineland 12.9, 4-Cheryl Green, Millville 13.0, 5-Suzanne Horner, Shawnee 13.1.

200-METER DASH: 1-Kimara Mitchell, Washington 26.2, 2-Jeanneice Cheatham, Edgewood 26.5, 3-Jennifer McDevitt, Washington 27.4, 4-Nicole Morris, Camden 27.4, 5-Nicole Hutchinson, Millville 27.5.

400-METER RUN: 1-Kimara Mitchell, Washington 1:00.2, 2-Kayrn Smith, Lenape 1:01.3, 3-Monica Campbell, Jackson 1:01.4, 4-Yvette Casiano, Edgewood 1:02.0, 5-Tameka Coleman, Overbrook 1:03.7.

800-METER RUN: 1-Nancy Goddall, Toms River East 2:19.4, 2-Kathy Schuid, Toms River South 2:22.8, 3-Joanne Tate, Shawnee 2:22.9, 4-Maureen Batiato, Brick 2:23.5, 5-Magda Hernandez, Pemberton 2:25.7.

1,600-METER RUN: 1-Diane DeOliviera, Toms River North 5:18.4, 2-Mary Hoernlein, Brick 5:23.0, 3-Patty Hoernlein, Brick 5:31.3, 4-Michelle Bull, Toms River East 5:36.1, 5-Jennifer Sagaria, Edgewood 5:37.8.

3,200-METER RUN: 1-Mary Hoernlein, Brick 11:13.9, 2-Katherine Kasuba, Edgewood 11:53.0, 3-Patty Hoernlein, Brick 12:12.2, 4-Michelle Bull, Toms River East 12:16.9, 5-Jennifer Sagaria, Edgewood 12:27.3.

100-METER HURDLES: 1-Janneice Cheatham, Edgewood 14.7 ties record; Sonya Bennett, Edgewood, 1986, 2-Charlene Sheppard, Camden 15.2, 3-Diane Brown, Toms River East 15.4, 4-Lisa Baskerville, Edgewood 15.4, 5-Shamain Walker, Millville 15.7.

400-METER HURDLES: 1-Charlene Sheppard, Camden 1:05.4, 2-Sharon Grasso, Toms River East 1:06.3, 3-Lisa Baskerville, Edgewood 1:07.2, 4-Mary Yerman, Toms River North, and Geri Galassi, Jackson 1:09.1.

HIGH JUMP: 1-Kari Hendrickson, Pennsauken 5-0, 2-Ina Nicosia, Vineland 5-0, 3-Lisa Dawn, Toms River East 5-0, 4-Antwanette Sease, Camden 5-0, 5-Crystal Kouser, Washington 4-10.

LONG JUMP: 1-Hilda Walker, Cumberland 17-7, 2-Charlene Sheppard, Camden 17-6 1/4, 3-Lisa Baskerville, Edgewood 17-8 1/4, 4-Gina Guervara, Jackson 15-5 1/4, 5-Gloria Weeks, Vineland 15-4 1/4.

SHOT PUT: 1-Charity Smead, Southern Regional 42-0 1/4, 2-Sandy Hinson, Lenape 39-3, 3-Shawn Walsh, Toms River East 37-5 1/2, 4-Angela Solomon, Overbrook 34-1 1/4, 5-Paulette Cheeks, Atlantic City 34-1.

DISCUS: 1-Charity Smead, Southern Regional 128-0, 2-JoAnne Jennings, Cherry Hill East 117-9, 3-Jill Bush, Toms River East 117-0, 4-Shawn Walsh, Toms River East 108-3, 5-Bridget Sedivi, Cherokee 107-5.

JAVELIN: 1-Liz Griesback, Cherry Hill East 118-9, 2-Darlene Divver, Toms River South 118-7, 3-Charity Smead, Southern Regional 117-4, 4-Laurette Gibbs, Overbrook 115-4, 5-Tracy Ritter, Lenape 112-9.

1,600-METER RELAY: 1-Edgewood (Yvette Casiano, Kim Cooke, Kenye Roberts, Lisa Baskerville) 4:07.3, 2-Toms River East 4:08.3, 3-Jackson 4:08.4, 4-Cumberland 4:09.4, 5-Washington 4:22.7.

3,200-METER RUN: 1-Paula Vanguiero, Newark East Side 11:28.1, 2-Lisa Miers, Phillipsburg 11:42.5, 3-Jessica Wilhelm, Phillipsburg 11:57.4, 4-Pam Hoover, Roxbury 12:11.1, 5-Carla Fernandes, Newark East Side 12:22.7.

100-METER HURDLES: 1-Tiffany Ruth, Columbia 14.7, 2-Angela Coleman, Columbia 15.3, 3-Angela Nigro, Linden 15.5, 4-Kiaia Langley, Columbia 16.1, 5-Erin Hurley, Morristown 17.3.

400-METER HURDLES: 1-Eileen Samolsky, Livingston 1:04.7, 2-Carla Debiasi, Roxbury 1:05.8, 3-Angela Nigro, Linden 1:07.3, 4-Tara Roehner, Morristown 1:09.0, 5-Kaia Langley, Columbia 1:10.1.

HIGH JUMP: 1-Katie Isaacson, Westfield 5-2, 2-Michele Dunn, Montclair 5-0, 3-Krista Snyder, Phillipsburg 4-10, 4-Angela Coleman, Columbia 4-10, 5-Angela Nigro, Linden, and Tiffany Ruth, Columbia 4-8.

LONG JUMP: 1-Nicole Sumner, Linden 17-2, 2-Jen Schweizer, Morris Knolls 17-2, 3-Angela Coleman, Columbia 16-9, 4-Heather Zechman, Phillipsburg 16-5 1/2, 5-Tiffany Ruth, Columbia 16-4.

SHOT PUT: 1-Rachel Swift, Phillipsburg 41-2 1/2, 2-Natasha Criss, Montclair 38-5 1/4, 3-Remonia Johnson, Plainfield 37-9 1/2, 4-Tahir Noel, Plainfield 33-5 1/2, 5-Tina Miller, Belleville 31-6.

DISCUS: 1-Rachel Swift, Phillipsburg 124-1, 2-Natasha Criss, Montclair 121-3, 3-Remonia Johnson, Plainfield 94-10, 4-Tahir Noel, Plainfield 89-11, 5-Katie Isaacson, Westfield 89-9.

JAVELIN: 1-Rachel Swift, Phillipsburg 100-7, 2-Joyce Kwiatkowski, Livingston 97-9, 3-Debbie Dalrymple, Phillipsburg 94-11, 4-Teresa Motta, Linden 92-2, 5-Karen Addison, Columbia 89-9.

1,600-METER RELAY: 1-Columbia (Sharon-da Jenkins, Kaia Langley, Kendra Calaway and Christine Grant) 4:14.0, 2-Union 4:20.1, 3-Plainfield 4:21.0, 4-Phillipsburg 4:21.7, 5-Morristown 4:24.1.

North Jersey,

Section 2

GROUP 4

NORTH JERSEY SECTION 2 GROUP 4 GIRLS

TEAMS: 1-Phillipsburg 47, 2-Columbia 43 1/2, 3-Plainfield 25, 4-Montclair 15, 5-Linden 14 1/2, 6-Morris Knolls 14, 7-Westfield 13, 8-Morristown 12, 9-Livingston 10, 10-Roxbury 8, 11-Newark East Side 7, 12-West Orange 6, 13-Union and Elizabeth 4, 15-Belleville 1.

100-METER DASH: 1-Sharonda Jenkins, Columbia 12.4, 2-Tondra Taylor, Elizabeth 12.4, 3-Tiffany Ruth, Columbia 12.5, 4-Stephanie Williams, Phillipsburg 12 1/2, 5-Leah Brownlee, West Orange 12 1/2.

200-METER DASH: 1-Allison Wesley, Plainfield 25.2, 2-Sharonda Jenkins, Columbia 25.9, 3-Stephanie Williams, Phillipsburg 26.3, 4-Leah Brownlee, West Orange 26.9, 5-Michele Dunn, Montclair 27.0.

400-METER RUN: 1-Allison Wesley, Plainfield 57.0, 2-Jen Schweizer, Morris Knolls 57.6, 3-Lois Crawford, West Orange 58.7, 4-Michele Dunn, Montclair 1:01.9, 5-Wendi Williams, Morristown 1:03.80.

800-METER RUN: 1-Karen Cosgrove, Morris Knolls 2:22.4, 2-Christine Grant 2:24.9, 3-Jenae Anzelone, Westfield 2:26.4, 4-Christine Walsh, Westfield 2:30.0, 5-Julie Iden, Morristown 2:30.5.

1,600-METER RUN: 1-Eliane Lonerty, Morristown 5:17.7, 2-Lisa Miers, Phillipsburg 5:30.4, 3-Jessica Wilhelm, Phillipsburg 5:32.9, 4-Pam Hoover, Roxbury 5:38.7, 5-Jen Ruff, Westfield 5:43.4.

100-METER DASH: 1-Hilda Walker, Cumberland 12.8, 2-Jennifer McDevitt, Washington 12.9, 3-Stella Gould, Vineland 12.9, 4-Cheryl Green, Millville 13.0, 5-Suzanne Horner, Shawnee 13.1.

200-METER DASH: 1-Kimara Mitchell, Washington 26.2, 2-Jeanneice Cheatham, Edgewood 26.5, 3-Jennifer McDevitt, Washington 27.4, 4-Nicole Morris, Camden 27.4, 5-Nicole Hutchinson, Millville 27.5.

400-METER RUN: 1-Kimara Mitchell, Washington 1:00.2, 2-Kayrn Smith, Lenape 1:01.3, 3-Monica Campbell, Jackson 1:01.4, 4-Yvette Casiano, Edgewood 1:02.0, 5-Tameka Coleman, Overbrook 1:03.7.

800-METER RUN: 1-Nancy Goddall, Toms River East 2:19.4, 2-Kathy Schuid, Toms River South 2:22.8, 3-Joanne Tate, Shawnee 2:22.9, 4-Maureen Batiato, Brick 2:23.5, 5-Magda Hernandez, Pemberton 2:25.7.

1,600-METER RUN: 1-Diane DeOliviera, Toms River North 5:18.4, 2-Mary Hoernlein, Brick 5:23.0, 3-Patty Hoernlein, Brick 5:31.3, 4-Michelle Bull, Toms River East 5:36.1, 5-Jennifer Sagaria, Edgewood 5:37.8.

3,200-METER RUN: 1-Mary Hoernlein, Brick 11:13.9, 2-Katherine Kasuba, Edgewood 11:53.0, 3-Patty Hoernlein, Brick 12:12.2, 4-Michelle Bull, Toms River East 12:16.9, 5-Jennifer Sagaria, Edgewood 12:27.3.

100-METER HURDLES: 1-Janneice Cheatham, Edgewood 14.7 ties record; Sonya Bennett, Edgewood, 1986, 2-Charlene Sheppard, Camden 15.2, 3-Diane Brown, Toms River East 15.4, 4-Lisa Baskerville, Edgewood 15.4, 5-Shamain Walker, Millville 15.7.

400-METER HURDLES: 1-Charlene Sheppard, Camden 1:05.4, 2-Sharon Grasso, Toms River East 1:06.3, 3-Lisa Baskerville, Edgewood 1:07.2, 4-Mary Yerman, Toms River North, and Geri Galassi, Jackson 1:09.1.

HIGH JUMP: 1-Kari Hendrickson, Pennsauken 5-0, 2-Ina Nicosia, Vineland 5-0, 3-Lisa Dawn, Toms River East 5-0, 4-Antwanette Sease, Camden 5-0, 5-Crystal Kouser, Washington 4-10.

LONG JUMP: 1-Hilda Walker, Cumberland 17-7, 2-Charlene Sheppard, Camden 17-6 1/4, 3-Lisa Baskerville, Edgewood 17-8 1/4, 4-Gina Guervara, Jackson 15-5 1/4, 5-Gloria Weeks, Vineland 15-4 1/4.

SHOT PUT: 1-Charity Smead, Southern Regional 42-0 1/4, 2-Sandy Hinson, Lenape 39-3, 3-Shawn Walsh, Toms River East 37-5 1/2, 4-Angela Solomon, Overbrook 34-1 1/4, 5-Paulette Cheeks, Atlantic City 34-1.

DISCUS: 1-Charity Smead, Southern Regional 128-0, 2-JoAnne Jennings, Cherry Hill East 117-9, 3-Jill Bush, Toms River East 117-0, 4-Shawn Walsh, Toms River East 108-3, 5-Bridget Sedivi, Cherokee 107-5.

JAVELIN: 1-Liz Griesback, Cherry Hill East 118-9, 2-Darlene Divver, Toms River South 118-7, 3-Charity Smead, Southern Regional 117-4, 4-Laurette Gibbs, Overbrook 115-4, 5-Tracy Ritter, Lenape 112-9.

1,600-METER RELAY: 1-Edgewood (Yvette Casiano, Kim Cooke, Kenye Roberts, Lisa Baskerville) 4:07.3, 2-Toms River East 4:08.3, 3-Jackson 4:08.4, 4-Cumberland 4:09.4, 5-Washington 4:22.7.

3,200-METER RUN: 1-Paula Vanguiero, Newark East Side 11:28.1, 2-Lisa Miers, Phillipsburg 11:42.5, 3-Jessica Wilhelm, Phillipsburg 11:57.4, 4-Pam Hoover, Roxbury 12:11.1, 5-Carla Fernandes, Newark East Side 12:22.7.

100-METER HURDLES: 1-Tiffany Ruth, Columbia 14.7, 2-Angela Coleman, Columbia 15.3, 3-Angela Nigro, Linden 15.5, 4-Kiaia Langley, Columbia 16.1, 5-Erin Hurley, Morristown 17.3.

400-METER HURDLES: 1-Eileen Samolsky, Livingston 1:04.7, 2-Carla Debiasi, Roxbury 1:05.8, 3-Angela Nigro, Linden 1:07.3, 4-Tara Roehner, Morristown 1:09.0, 5-Kaia Langley, Columbia 1:10.1.

HIGH JUMP: 1-Katie Isaacson, Westfield 5-2, 2-Michele Dunn, Montclair 5-0, 3-Krista Snyder, Phillipsburg 4-10, 4-Angela Coleman, Columbia 4-10, 5-Angela Nigro, Linden, and Tiffany Ruth, Columbia 4-8.

LONG JUMP: 1-Nicole Sumner, Linden 17-2, 2-Jen Schweizer, Morris Knolls 17-2, 3-Angela Coleman, Columbia 16-9, 4-Heather Zechman, Phillipsburg 16-5 1/2, 5-Tiffany Ruth, Columbia 16-4.

SHOT PUT: 1-Rachel Swift, Phillipsburg 41-2 1/2, 2-Natasha Criss, Montclair 38-5 1/4, 3-Remonia Johnson, Plainfield 37-9 1/2, 4-Tahir Noel, Plainfield 33-5 1/2, 5-Tina Miller, Belleville 31-6.

DISCUS: 1-Rachel Swift, Phillipsburg 124-1, 2-Natasha Criss, Montclair 121-3, 3-Remonia Johnson, Plainfield 94-10, 4-Tahir Noel, Plainfield 89-11, 5-Katie Isaacson, Westfield 89-9.

JAVELIN: 1-Rachel Swift, Phillipsburg 100-7, 2-Joyce Kwiatkowski, Livingston 97-9, 3-Debbie Dalrymple, Phillipsburg 94-11, 4-Teresa Motta, Linden 92-2, 5-Karen Addison, Columbia 89-9.

1,600-METER RELAY: 1-Columbia (Sharon-da Jenkins, Kaia Langley, Kendra Calaway and Christine Grant) 4:14.0, 2-Union 4:20.1, 3-Plainfield 4:21.0, 4-Phillipsburg 4:21.7, 5-Morristown 4:24.1.

1988

NJSIAA track

Ridgewood, Wayne Valley burn up

By John Kanson
Staff Writer

WAYNE — Despite temperatures in the upper 80's Saturday and Friday night being prom and night, there were plenty of outstanding performances at the New Jersey State Interscholastic Athletic Association Section I girls' track and field championships at Wayne Hills.

Ridgewood won the Group 4 title, scoring 98 points, to run away from Teaneck (36) and Passaic (30%).

Wayne Valley dominated in Group 3 with 40 points, to High Point's 21 and Ramapo's 19. Waldwick and Westwood won their respective Group 1 and 2 titles.

Three meet records were set, two in 3,200-meter races.

Junior Christi Constantin of Kittatinny broke her own record by almost eight seconds in winning the Group 2 race in 10:37.6.

In Group 3, Amy Kempf of Paramus broke Missy Duchini's (Wayne Valley) three-year-old meet record by almost 14 seconds with a 10:57.4 effort.

Megan Burke of Glen Rock broke the eight-year-old Group 1 long jump standard, with a jump of 17 feet, 3 1/2 inches. The old mark was 16-11 1/2.

Senior Karen Cannon was one

meter race; and senior Sheryl van der Schyff, with a 15.2 in the 110 high hurdles.

McDermott won the long jump at 18-5. Jean Hughes won the 1,600 in 5:18.0, senior Ginny Figlar the 400 in 56.1, Lynn Degelmann the 400-IH in 67.9, Lynn Collazo the 800 in 2:17.9.

In the javelin, the Maroons took the top-two spots, as senior Tammy Raynich and junior Donna Schlicher had throws of 103-5 and 100-3, respectively.

For Wayne Valley, it was another well-balanced effort, as the Indians scored in both the long-distance and field events.

"Our biggest advantage was we were able to score in all events," said Indians coach Bill Stearns. "We had a lot of adversity this year, with kids being sick or injured. Every week somebody else pulled the team through."

Adrienne Bolan won the 110HH in 15.9, and was an inch under teammate Kathy Garrison's winning 5-3 in the high jump.

Cathy Feeney and Laura Drake trailed behind Kempf's meet record effort in the 3200, but their respective 11:26.6 and 11:29.9, good for second- and third-place points, helped the Indians to the team Group 3 title.

Stearns expects new challenges from a strong Clifford Scott team at next week's state group meet.

NJSIAA STATE GROUP MEET

SECTION I

GIRLS

Champion and top area performers

Group 4
TEAM SCORES—1. Ridgewood, 98. 2. Teaneck 36. 3. Passaic, 30%.

100-1. Jennifer McDermott, Ridgewood, 12.5; 3. Siara Anderson, Eastside, 13.0; 5. Teresa Mayes, PCT, 13.2. 110HH—1. Sheryl van der Schyff, Ridgewood, 15.2; 2. Lujinda Batten, Passaic, 15.8; 3. Tanya Scott, Passaic, 16.4; 4. Jeelein Familia, Passaic, 16.5. 200—1. Jennifer McDermott, Ridgewood, 25.6; 3. Darnette Pritchett, Passaic, 26.5; 4. Starla Anderson, Eastside, 26.7; 5. Teresa Able, Kennedy, 28.9. 400-1. Ginny Figlar, Ridgewood, 56.1; 2. Nicole Thomas, Passaic, 56.4; 3. Keri Reilly, Ridgewood, 59.7; 5. Darnette Pritchett, Passaic, 61.2. 400H—1. Lynn Degelmann, Ridgewood, 67.9; 2. Suzette Diaz, Eastside, 68.4; 5. Leginda Batten, Passaic, 71.7. 800-1. Lynn Collazo, Ridgewood, 2:17.9; 3. Melissa Wyka, Fair Lawn, 2:26.1; 4. Liz Figlar, Ridgewood, 2:26.6. 1600-1. Jean Hughes, Ridgewood, 5:18.0; 2. Rachel McLaughlin, Lakeland, 5:18.7; 3. Karen Cannon, Ridgewood, 5:21.3; 4. Jennifer Hughes, Ridgewood, 5:28.3. 3200-1. Karen Cannon, Ridgewood, 10:50.8; 3. Jennifer Hughes, Ridgewood, 11:13.9; 5. Jean Hughes, Ridgewood, 11:26.2. Shot-1. Anne Wellington, Teaneck, 38-1; 3. Kimyada Slappy, Passaic, 33-9/2; 4. Chris Piekarz, Clifton, 33-4; 5. Tammy Rezebich, Ridgewood, 33-3/2. Discus-1. Anne Wellington, Teaneck, 120.7; 2. Tammy Rezebich, Ridgewood, 113-8/2; 4. Kimyada Slappy, Passaic, 105-11/2. Javelin-1. Tammy Rezebich, Ridgewood, 103-5; 2. Donna Schlicher, Ridgewood, 100-3; 3. Tina Dhondi, Lakeland, 94-4; 4. Becky Duiko, PV, 87-3. High Jump-1. Gwen Manning, PCT, 5-2; 2. Shert van der Schyff, Ridgewood, 4-10; 4. Jennifer Wrubel, Ridgewood, 4-10; 5. Tanya Scott, Passaic, 4-10. Long Jump-1. Jennifer McDermott, Ridgewood, 18-5; 2. Darnette Pritchett, Passaic, 17-5; 3. Tamika Brown, Kennedy, 15-10 1/4; Racquel Mair, Ridgewood, 15-9 1/4; 5. Jennifer Wrubel, Ridgewood, 15-8 1/4. 1600 Relay-1. Ridgewood, 4:01.7; 3. Eastside, 4:15.6; 5. Lakeland, 4:25.0.

Group 3

TEAM SCORES—1. Wayne Valley 40. 2. High Point 21. 3. Ramapo 19.

100-1. Sara Pieri, Ramapo, 12.5. 100HH-1. Adrienne Bolan, Wayne Valley, 15.9; 2. Allison Orsi, Indian Hills, 15.8; 3. Kathy Garrison, Wayne Valley, 16.2. 200-1. Sara Pieri, Ramapo, 25.6. 400-1. Shariene Milwood, D. Morrow, 59.3; 4. Katie Westhella, Ramapo, 64.1; 5. Beth Parrish, Wayne Hills, 65.1. 400H-1. Lora Mattels, Cliff. Park, 67.3. 800-1. Shariene Milwood, D. Morrow, 2:20.7; 2. Lisa Ber-

Scraper Star Ledger
May 24

Lift Neptune, Asbury Park to crowns

By GRANT EDWARDS

Dawn Bowles of Neptune and Felicia Dupree of Asbury Park won four gold medals each to lead their teams to Central Jersey titles yesterday in East Brunswick.

Bowles won the 100-meter dash in 11.9, the 200 in 24.3, the 100-meter hurdles in a record 13.3 and the long jump with a leap of 17-8½. Neptune out-

GIRLS' TRACK

scored North Hunterdon, 48-37, in Group 4. Jodi Bilotta scored her fourth straight sectional triple for North Hunterdon, winning the 800-meter run in 2:14.8, the 1,600 in 5:02.9 and the 3,200 in 10:38.9.

Dupree won the 100-meter dash in 12.5, the 100-meter hurdles in 14.8, the high jump at 5-2 and the long jump at 16-6. Asbury Park won in Group 1 with a 71½-33 margin over New Brunswick. Denise Moore, like Dupree, a sophomore, won the 200 and 400 in 25.6 and 1:00.7 for New Brunswick.

The other Central Jersey winners were Voorhees in Group 3, 39-26 over Red Bank and Monmouth Regional for the fifth straight year in Group 2, 51-34½ over South Plainfield. Faye Haskins doubled for Monmouth, winning the 200 in 25.0 and the 400 in a record 55.9. Deb Karch doubled for Voorhees, taking the 400-meter hurdles in 1:07.7 and the 800-meter run in 2:26.8.

Michelle Samuels of Red Bank was a triple winner in Group 3 with a record 56.7 in the 400 and a 12.1 in the 100 and 25.2 in the 200.

Tanisha McGriff led Newark Science to a 56-51 margin over New Providence in the North Jersey, Section 2 meet at Morristown, ending a six-year string for New Providence. McGriff won the 20 in 26.0, the 400 in a record 57.7, the long jump at 16-4 and also anchored a record 4:01.9 win in the 1,600-meter relay.

Rachel Swift swept the weight events to lead Phillipsburg to a 47-43½ upset of Columbia in the Group 4 meet at Morristown. She set a record of 21-2½ in the shot put and won the discus at 124-1 and the javelin at 103-7. Tiffany Ruth won the 100-meter hurdles for Columbia in 14.7 and Sharonda Jenkins took the 100-meter dash in 12.4.

Newark Central ran away with the Group 2 meet, 48-23 over Caldwell and Hackettstown, in the same meet. Lakiasha Harris won the 100-meter dash in 12.2 and led a sweep of the first three places in the 200 in 25.4. Schowanda Jones was second in the 200 and won the 58.7 and Adrienne Davis took the long jump at 17-11.

Clifford Scott repeated in Group 3, 59-37, over Mt. Olive, with Yvonne Thomas winning the 200-meter dash in 25.6 and the 400 in 58.2. Teammates Simone Scott and Arlene Steele won the two hurdles, Scott running 15.3 in the 100-meter race and Steele 1:04.7 in the 400.

The powerful Ridgewood team ran away with the North Jersey, Section 1, Group 4 meet at Wayne Hills, outscoring Tenafly, 98-36. Jen McDermott tripled for Ridgewood in the 100 in 12.5, the 200 in 25.6 and the long jump at 18-5. Ginny Figlar won the 400 in 56.1 and Lynne Collazzo the 800 in 2:17.9 as Ridgewood won 12 of the 14 events.

Wayne Valley took the North Jersey, section 1, Group 3 meet there, 40-21 over High Point, with Adrienne Bolan winning the 100-meter hurdles in 15.9 and Kathy Garrigan the high jump at 5-3. Group 2 went to Westwood, 59-32 over Newton and Kittatinny, with Mary Sok doubling the 200 and 400 in 27.4 and 1:01.8 and Lisa Mahle leading a sweep of the first three places in the discus at 110-3. Michelle Straut won the 1,600 in 5:30.2 and the 3,200 in 11:42.6 to lead Waldwick to a 45-32 victory over Saddle Brook in Group 1.

In the South Jersey meet at Hadron Township, Shelley Mitchell led Lakewood to a 46-29 victory over Ocean City in Group 3, winning the high jump at a record 5-9 and anchoring a 4:08.3 victory in the 1,600-meter relay. Mitchell also finished second to Portia Burdette's 14.3 record for Camden Wilson in the 100-meter hurdles and to Tonya Lee of Rancocas Valley in a 1:01.6 400-meter hurdles.

The other winners in South Jersey meet were Toms River East, 34½-31 over Edgewood, in Group 4, with Nancy Goodall winning the 800 in 2:19.4; Kingsway, 54-35½ over Cinnaminson, in Group 2, with Lori Townsend winning the 3,200 in 11:43.0 and Tanya Kier the 400-meter hurdles in 1:06.3, and Paulsboro, 46-29½ over Woodbury, in Group 1, with Tawana Rone taking the 400-meter run in 1:00.8 and the long jump at 16-7¼.



Central Jersey GROUP 4

TEAMS: 1-Neptune 48, 2-North Hunterdon 37, 3-Hunterdon Central 31, 4-Trenton 28, 5-Manalapan 25, 6-Hightstown 11, 7-Marlboro 9, 8-Madison Central 8, 9-East Brunswick, Middletown South and Piscataway 5, 12-Sayreville and J. P. Stevens 4, 14-Edison 2, 15-Perth Amboy 1.

100-METER DASH: 1-Dawn Bowles, Neptune 11.9, 2-Sonia Brown, Neptune 12.5, 3-Julia Hollander, Middletown North 13.1, 4-Amy Mereovich, North Hunterdon 13.1, 5-Haylee Schneider, Hightstown 13.2.

200-METER DASH: 1-Dawn Bowles, Neptune 24.3, 2-Gwen Farrow, Neptune 25.8, 3-Sonia Brown, Neptune 26.2, 4-Kim Kellogg, Manalapan 26.7, No fifth.

400-METER RUN: 1-Renee Rutherford, Trenton 57.0, 2-Leanne Swartz, East Brunswick 58.7, 3-Kim Kellogg, Manalapan 59.0, 4-Tracey Johnson, Neptune 59.3, 5-Lisa Mealing, North Hunterdon 59.9.

800-METER RUN: 1-Jodi Bilotta, North Hunterdon 2:14.8, 2-Julia McKenna, J. P. Stevens 2:18.9, 3-Kate McCormack, North Hunterdon 2:21.1, 4-Chris Corey, Manalapan 2:21.4, 5-Laura Pellegrino, Madison Central 2:25.3.

1,600-METER RUN: 1-Jodi Bilotta, North Hunterdon 5:02.9, 2-Melissa Niechwiadowicz, Madison Central 5:10.5, 3-Chris Baldes, Manalapan 5:12.6, 4-Chris Corey, Manalapan 5:15.2, 5-Joanna Norvell, Hunterdon Central 5:18.8.

3,200-METER RUN: 1-Jodi Bilotta, North Hunterdon 10:38.9, 2-Chris Baldes, Manalapan 11:18.1, 3-Melissa Niechwiadowicz, Madison Central 11:24.2, 4-Sandy LaPlaca, North Hunterdon 11:40.0, 5-Joanna Norvell, Hunterdon Central 11:45.0.

HIGH HURDLES: 1-Dawn Bowles, Neptune 13.3, 2-Yvonne Prilo, Trenton 15.0, 3-Gwen Farrow, Neptune 15.1, 4-Deb Wehri, North Hunterdon 15.5, 5-Shemeka Adams, Trenton 15.6.

INTERMEDIATE HURDLES: 1-Yvonne Prilo, Trenton 1:04.2, 2-Jocelyn Doyle, Hunterdon Central 1:06.3, 3-Tanisha Hodge, Manalapan 1:07.5, 4-Carol Baconi, Neptune 1:08.5, 5-Deb Wehri, North Hunterdon 1:09.0.

HIGH JUMP: 1-Missy Wissner, Hunterdon Central 5-0, 2-Haylee Schneider, Hightstown 4-10, 3-Mary K. Nordling, Sayreville 4-10, 4-Shiloh Costello, North Hunterdon, and Jill Bachonski, Perth Amboy 4-10.

LONG JUMP: 1-Dawn Bowles, Neptune 17-8½, 2-Renee Rutherford, Trenton 16-8, 3-Jill Stewart, Marlboro 16-5½, 4-Karen Johnson, Piscataway 16-4, 5-Tiffany Williams, East Brunswick 16-4.

SHOT PUT: 1-Angie Abrams, Marlboro 36-10¼, 2-Tricia Gall, Manalapan 34-10, 3-Christine Williams, Trenton 34-8½, 4-Lisa Hair, Hightstown 33-9, 5-Candy Bunnell, North Hunterdon 31-11½.

DISCUS: 1-Gwen Stuart, Hunterdon Central 115-9, 2-Chris Bogard, Hunterdon Central 114-0, 3-Candy Bunnell, North Hunterdon 107-8, 4-Tricia Gall, Manalapan 107-3, 5-Cheryl Mackey, Edison 102-0.

JAVELIN: 1-Missy Wissner, Hunterdon Central 114-2, 2-Lisa Hair, Hightstown 105-4, 3-Karen Johnson, Piscataway 102-5, 4-Christy Mogan, Middletown South 101-3, 5-Cheryl Mackey, Edison 94-1.

1,600-METER RELAY: 1-Neptune (Tracey Johnson, Bintu Sankoh, Gwen Farrow and Sonia Brown) 4:04.6, 2-Trenton 4:05.6, 3-Hunterdon Central 4:06.4, 4-North Hunterdon 4:15.3, 5-Sayreville 4:27.6.

TEAM: 1-Clifford Scott 58, 2-Mt. Olive 37, 3-Vailsburg 24, 4-Morris Hills 19, 5-Randolph 14, 6-West Morris 13, 7-Cranford 12, 8-Shabazz 11, 9-Weequahic 10, 10-Hanover Park 8, 11-Parsippany Hills 7, 12-Scotch Plains 6, 13-Mendham 3, 14-Summit, Montville, Parsippany, West Essex and Nutley 0.

100-METER DASH: 1-Roxanne Francis, Weequahic 12.10, 2-Simone Scott, Clifford Scott 12.30, 3-Valencia Kearny, Shabazz 12.50, 4-Kena Ennis, Scotch Plains 12.60, 5-Pat Elliott, Clifford Scott 12.70.

200-METER DASH: 1-Yvonne Thomas, Clifford Scott 25.60, 2-Roxanne Francis, Weequahic 26.00, 3-Melissa Tercher, Scotch Plains 26.20, 4-Arlene Steele, Clifford Scott 27.00, 5-Kena Ennis, Scotch Plains 27.70.

400-METER RUN: 1-Yvonne Thomas, Clifford Scott 58.20, 2-Marcia Baker, Vailsburg 58.60, 3-Lisa Wright, Shabazz 59.70, 4-Kerry Fortier, Mendham 60.60, 5-Pat Elliott, Clifford Scott 61.30.

800-METER RUN: 1-Marcia Baker, Vailsburg 2:18.50, 2-Althia Williams, Clifford Scott 2:21.40, 3-Andrea Harry, Vailsburg 2:22.20, 4-Kelly Donnellon, Mt. Olive 2:22.50, 5-Joanne Crane, Randolph 2:27.00.

1,600-METER RUN: 1-Krisfen Opdyke, West Morris 5:22.40, 2-Amy Shearman, Hanover Park 5:29.50, 3-Diane Behling, Mt. Olive 5:32.30, 4-Courtney Griffith, Summit 5:40.50, 5-Maria Parasugo, Mendham 5:40.60.

3,200-METER RUN: 1-Diane Behling, Mt. Olive 11:43.90, 2-Nicole Willet, Morris Hills 11:51.00, 3-Amy Shearman, Hanover Park 11:53.70, 4-Cathy Clarke, Cranford 11:59.10, 5-Joan Rodney, Vailsburg 12:06.90.

100-METER HURDLES: 1-Simone Scott, Clifford Scott 15.30, 2-Verta Maloney, Mt. Olive 15.50, 3-Karen Brown, Clifford Scott 15.50, 4-Dawn Sullivan, Morris Hills 15.70, 5-Michelle Ying, Randolph 17.10.

400-METER HURDLES: 1-Arlene Steele, Clifford Scott 64.70, 2-Karen Brown, Clifford Scott 67.90, 3-Lakeisha McLean, Vailsburg 70.40, 4-Juanita Maloney, Mt. Olive 71.10, 5-Michelle Ying, Randolph 71.20.

HIGH JUMP: 1-Dawn Sullivan, Morris Hills 5-2, 2-Juanita Maloney, Mt. Olive 5-0, 3-Sara Pothoff, Mt. Olive 4-10, 4-Arlene Steele, Clifford Scott 4-10, 5-Nina Berry, Randolph 4-8.

LONG JUMP: 1-Jen Schissel, Mt. Olive 16-6 1/2, 2-Verta Maloney, Mt. Olive 16-5, 3-Marketa Monse, Vailsburg 16-2 1/2, 4-Jessica Shilakes, Randolph 15-10 1/2, 5-Coleen McKenna, Hanover Park 15-8 1/2.

Group 4 girls

TEAM SCORING

Ridgewood 98, Teaneck 36, Passaic 30 1/2, Kearny 10, Hackensack 10, Lakeland 8, Passaic Tech 7, Kennedy 3 1/2, West Milford 3, Clifton 2, North Bergen 2, Fair Lawn 2.

100 - 1, Jennifer McDermott, Ridgewood, 12.5; 2, Nicole Golden, Teaneck, 12.7; 3, Starla Anderson, Eastside, 13.0; 4, Daphne Blick, Teaneck, 13.1; 5, Teresa Mayes, Passaic Tech, 13.1.

200 - 1, Jennifer McDermott, Ridgewood, 25.6; 2, Nicole Golden, Teaneck, 26.3; 3, Dannelle Pritchett, Passaic, 26.5; 4, Starla Anderson, Eastside, 26.7; 5, Daphne Blick, Teaneck, 26.9.

400 - 1, Ginny Figlar, Ridgewood, 56.1 (Bergen County record, old record, 56.2 by Jasmin Jones Hackensack, 1987); 2, Nicole Thomas, Passaic, 56.4; 3, Keri Reilly, Ridgewood, 59.7; 4, Matilda Miranda, Teaneck, 59.8; 5, Dannelle Pritchett, Passaic, 1:01.2.

800 - 1, Lynne Collazo, Ridgewood, 2:17.9; 2, Liz Duarte, Kearny, 2:23.5; 3, Melissa Wyka, Fair Lawn, 2:26.6; 4, Liz Figlar, Ridgewood, 2:26.6; 5, Erica Baitinger, Hackensack, 2:29.0.

1,600 - 1, Jean Hughes, Ridgewood, 5:18.0; 2, Rachel McLaughlin, Lakeland, 5:18.7; 3, Karen Cannon, Ridgewood, 5:21.3; 4, Jennifer Hughes, Ridgewood, 5:28.3; 5, Vicki Zona, Hackensack, 5:31.7.

3,200 - 1, Karen Cannon, Ridgewood, 10:50.8; 2, Liz Duarte, Kearny, 10:54.5; 3, Jennifer Hughes, Ridgewood, 11:13.9; 4, Ullool Desai, Kearny, 11:25.5; 5, Jean Hughes, Ridgewood, 11:26.2.

110 HH - 1, Sheryl Vander Schyff, Ridgewood, 15.2; 2, Luginda Baiten, Passaic, 15.8; 3, Tania Scott, Passaic, 16.4; 4, Jeselin Familia, Passaic, 16.5; 5, Trenace Mickens, Teaneck, 16.5.

400 IH - 1, Lynn Depeimann, Ridgewood, 1:07.9; 2, Suzette Diaz, Eastside, 1:08.4; 3, Jenny Prioleau, Teaneck, 1:08.4; 4, Jennifer Powell, Teaneck, 1:09.4; 5, Luginda Baiten, Passaic, 1:11.7.

1,600 relay - 1, Ridgewood, 4:01.7; 2, Teaneck, 4:09.2; 3, Eastside, 4:15.6; 4, West Milford, 4:23.5; 5, Lakeland, 4:25.0.

100 relay - 1, Jen McDermott, Ridgewood, 18-5 (meet and group record, old record, 18-3 1/2 by Lisa Washington, Kennedy, 1981); 2, Dannelle Pritchett, Passaic, 17-5; 3, Tamika Brown, Kennedy, 15-10 1/4; 4, Recouel Mail, Ridgewood, 15-9 1/4; 5, Jenn Wrubel, Ridgewood, 15-8 3/4.

High jump - 1, Gwen Manning, Passaic Tech, 5-2; 2, Sheryl van der Schyff, Ridgewood, 4-10; 3, Josie DeLa Cruz, North Bergen, 4-10; 4, Jen Wrubel, Ridgewood, 4-10; 5, tie between Tayne Scott, Ridgewood, and Malaika Walls, Teaneck, 4-10.

Shot put - 1, Anne Wellington, Teaneck 38-1; 2, Alana O'Reilly, Hackensack, 34-0; 3, Kimyatta Slappy, Passaic, 33-9 1/2; 4, Chris Plekartz, Clifton, 33-4; 5, Tammy Ravevich, Ridgewood, 33-3 1/2.

Discus - 1, Anne Wellington, Teaneck, 120-7; 2, Tammy Ravevich, Ridgewood, 113-8; 3, Alana O'Reilly, Hackensack, 111-8; 4, Kimyatta Slappy, Passaic, 105-1; 5, Michelle Price, West Milford, 104-10.

Javelin - 1, Tammy Ravevich, Ridgewood, 103-5; 2, Donna Schlicher, Ridgewood, 100-3; 3, Tina Dhondt, Lakeland, 94-4; 4, 3, Beth Dulko, Passaic Valley, 87-3; 5, Alana O'Reilly, Hackensack, 86-8.

Newark Science, Monmouth Regional, Clifford Scott and Ridgewood emerged from Saturday's state girls' sectional track and field meet as the favorites to move on to group championships when the state high school championships continue Friday and Saturday at South Plainfield.

Science, listing just six girls on its roster, ended a six-year reign by New Providence, 56-51, at the North Jersey, Section 2, Group 1 meet on Saturday at Morristown. Tanisha McGriff set the pace for the Newark school by winning the 200-meter dash in a record 26.0, the 400-meter run in a record 57.7 and the long jump at 16-4 and anchoring a record 4:01.9 in the 1,600-meter relay.

Monmouth, which has won the last three state Group 2 titles, won the Central Jersey title, 51-34 1/2, from South Plainfield at the latter's field. Senior Faye Haskins was the key figure in the victory, winning the 200-meter dash in 25.0 and the 400 in a record 55.9 as well as anchoring a 4:01.5 gold effort in the 1,600-meter relay. But Theresa Hill also made a major contribution with her 17-8 victory in the long jump, filling the gap created by the graduation of three-time state champion Linda Hayes.

The Clifford Scott victory in North Jersey, Section 2, Group 3 at Morristown was all the more impressive because it came despite the absence of Rhonda Saunders, the 1987 state group 100- and 200-meter champion, who was out with a leg injury. Yvonne Thomas made up for that by winning the 200 in 25.6 and the 400 in 58.2 and anchoring a 4:02.2 relay victory. Simone Scott won the 100-meter hurdles in 15.5 and was second in the 100-meter dash.

Ridgewood was simply devastating in the North Jersey, Section 1, Group 4 meet at Wayne Hills, winning 11 of the 14 events for a 98-36 spread over Teaneck. Jen McDermott led the parade, winning the 100-meter dash in 12.5, the 200 in 25.6 and the long jump at 18-5, a meet record.

The state's top individual stars were in the same sectional meet, the Central Jersey, Group 4 contest at South Plainfield. Dawn Bowles won four events for Neptune and Jodi Bilotta took three for North Hunterdon - and that one victory more for Bowles was most of the difference in a 48-37 Neptune victory.

Bowles was in rare form with an 11.9 in the 100-meter dash, a 24.3 in the 200, a record 13.3 in the 100-meter hurdles and a 17-8 1/2 in the long jump. Bilotta, who won three events for the fourth straight year, took the 800 in 2:14.8, the 1,600 in 5:02.9 and the 3,200 in 10:38.9.

Bowles' four-way victory was matched at the same meet by Felicia Dupree, who led Asbury Park to the Group 1 title by winning the 100-meter hurdles in 14.8, the 100-meter dash in 12.5, the high jump at 5-2 and the long jump at 16-6.

Tonya Lee of Rancocas Valley competed against one another in the 400-meter hurdles in the South Jersey, Group 3 meet at Haddon Township. Lee won the duel in 1:01.6 and took the long jump at a record 18-4 1/4. Mitchell won the high jump at 5-9; was second in the 100-meter hurdles and anchored a 4:08.3 relay victory as Lakewood defeated Ocean City, 48-29.

GROUP 3

TEAMS: 1-Lakewood 46, 2-Ocean City 29, 3-Willingboro 21, 4-Central Regional 19, 5-Eastern 18, 6-Bridgeton 17, 7-Rancocas Valley 14, 8-Mainland 13, 9-Camden Wilson 12, 10-Egg Harbor 8, 11-Willingboro Kennedy 7, 12-Brick Memorial and Williamstown 6, 14-Deptford and Lacey 1.

100-METER DASH: 1-Paula Brewton, Central Regional 12.3, 2-Shana Williams, Bridgeton 12.4, 3-Kelly Lofland, Camden Wilson 12.7, 4-Pattie Lowe, Bridgeton 12.7, 5-Ruth Francis, Lakewood 12.7.

200-METER DASH: 1-Paula Brewton, Central Regional 25.8, 2-Rhonda Jackson, Willingboro 25.8, 3-Ruth France, Lakewood 26.3, 4-Pattie Lowe, Bridgeton 26.4, 5-Karen Corsey, Deptford 26.5.

400-METER RUN: 1-Nina Coleman, Willingboro 60.0, 2-Rhonda Jackson, Willingboro 60.8, 3-Pam McFarland, Ocean City 61.1, 4-Colleen Alayne, Lakewood 61.3, 5-Tasha Hester, Central Regional 70.0.

800-METER RUN: 1-Donna Bryski, Point Pleasant Boro 2:16.6, 2-Nina Coleman, Willingboro 2:18.1, 3-Allison Amicone, Ocean City 2:18.6, 4-Terry Dougherty, Ocean City 2:19.3, 5-Colleen Alayne, Lakewood 2:22.6.

1,600-METER RUN: 1-Kelli Dougherty, Ocean City 5:28.2, 2-Jen Weber, Egg Harbor 5:30.5, 3-Mary Lou Gibson, Brick Memorial 5:33.5, 4-Mary Jo Dougherty, Ocean City 5:34.5, 5-Deanna Hynes, Central Regional 5:35.8.

3,200-METER RUN: 1-Allison Amicone, Ocean City 11:31.0, 2-Jen Weber, Egg Harbor 11:38.2, 3-Mary Lou Gibson, Brick Memorial 11:46.4, 4-Deanna Hynes, Central Regional 11:48.0, 5-Mary Jo Dougherty 11:54.4.

100-METER HURDLES: 1-Portia Burdett, Camden Wilson 14.3, 2-Shelly Mitchell, Lakewood 14.4, 3-Sonya Hopkins, Williamstown 15.8, 4-Julian Peterson, Ocean City 15.8, 5-Tasha Chung, Willingboro Kennedy 15.8.

400-METER HURDLES: 1-Tonya Lee, Rancocas Valley 1:01.6, 2-Shelly Mitchell, Lakewood 1:03.5, 3-Potia Burdett, Camden Wilson 1:04.9, 4-Kim Reed, Lakewood 1:08.7, 5-Theresa Liffeton, Bridgeton 1:10.0.

HIGH JUMP: 1-Shelly Mitchell, Lakewood 5-9, 2-Shelia Hemphill, Mainland 5-2, 3-Yolanda Laird, Lakewood 5-0, 4-Kim Reed, Lakewood 5-0, 5-Kelly McElroy, Mainland 4-10.

LONG JUMP: 1-Tonya Lee, Rancocas Valley 18-4 1/4, 2-Shana Williams, Lakewood 17-2, 3-Paula Brewton, Central Regional 16-7, 4-Kris Miragliuolo, Rancocas Valley 15-9 1/2, 5-Sonya Hopkins, Williamstown 15-9 1/4.

1,600-METER RELAY: 1-Lakewood (Kim Reed, Ruth Francis, Colleen Alayne and Shelly Mitchell) 4:08.3, 2-Ocean City 4:10.5, 3-Willingboro 4:16.0, 4-Bridgeton 4:18.1, 5-Lacey 4:20.7.

1,600-METER RELAY: 1-Clifford Scott (Arlene Steele, Pat Elliott, Karen Brown and Yvonne Thomas) 4:02.20, 2-Vailsburg 4:07.40, 3-Shabazz 4:10.00, 4-Randolph 4:16.70, 5-Mt. Olive 4:28.50.

STATE SECTIONAL CHAMPIONSHIP

WAYNE HILLS HIGH SCHOOL

100 HURDLES: DONNELLY 18.4, DECONCELIO 19.3, NANKU SCHYFF 16.5, 16.2, 15.2
 (1ST PLACE) SCHOOL RECORD

100 DASH: MAIR 13.7 (P.B.), JEN McDERMOTT 12.7, 12.5
 (1ST PLACE) SCHOOL RECORD

3200: CANNON 10:50.8 (1ST), JENNIFER HUGHES 11:13.9 (3RD)
 JEAN HUGHES 11:26.2 (5TH)

400: G. FIGLAR 56.1 (1ST) BERGEN COUNTY RECORD! REILLY 59.7 (3RD)

400 HURDLES: DEGELMANN 67.9 (1ST), POLLACI 72.0
 DONNELLY 73.1

800: COLLAZO 2:17.9 (1ST), LIZ FIGLAR 2:26.6 (4TH), TITUS DNF

200: JEN McDERMOTT 26.5 (1ST), KATE McDERMOTT 29.9

1600: JEAN HUGHES 5:18.0 (1ST), CANNON 5:21.3 (3RD)
 JENNIFER HUGHES 5:28.3 (4TH)

4X400 RELAY: 4:01.7 (1ST) DEGELMANN 62.2, COLLAZO 60.0

REILLY 60.9, FIGLAR 58.6

DISCUS: RAYEVICH 113'8" (2ND), ELDRIDGE 93'9", PALLONE 89'2"

SHOT: RAYEVICH 33'3 1/2", ELDRIDGE 31'6", PALLONE 30'10"

JAVELIN: RAYEVICH 103'5" (1ST), SCHLICHER 100'3" (2ND), ELDRIDGE 85'6"

LONG JUMP: JEN McDERMOTT 18'5" (1ST), MAIR 15'9 1/4" (4TH), WRESEL 15'8 3/4" (5TH)

HIGH JUMP:

RIDGEWOOD WON 11 OF 14 EVENTS IN THIS CHAMPIONSHIP OF THE 4 NORTHERN COUNTIES!

North Jersey,

Section 1

GROUP 4

TEAMS: 1-Ridgewood 98. 2-Teaneck 36. 3-Passaic 30½. 4-Kearny and Hackensack 10. 6-Lakeland 8. 7-Passaic Tech. 7. 8-Paterson Kennedy 3½. 9-West Milford 3. 10-Clifton, North Bergen and Fair Lawn 2.

100-METER DASH: 1-Jennifer McDermott, Starla Anderson, Paterson Eastside 13.0. 4-Daphine Bick, Teaneck 13.1. 5-Teresa Mayes, Passaic Tech 13.1.

200-METER DASH: 1-Jennifer McDermott, Ridgewood 25.6. 2-Nicole Golden, Teaneck 12.7. 3-Danette Pritchett, Passaic 26.5. 4-Starla Anderson, Paterson Eastside 26.7. 5-Daphine Bick, Teaneck 26.9.

400-METER RUN: 1-Ginny Figlar, Ridgewood 56.1 record; former record 56.2. Jasmin Jones, Hackensack 198.7. 2-Nicole Thomas, Passaic 56.4. 3-Keri Reilly, Ridgewood 59.7. 4-Mahida Miranda, Teaneck 59.8. 5-Danette Pritchett, Passaic 1:01.2.

800-METER RUN: 1-Lynne Collazo, Ridgewood 2:17.9. 2-Liz Duarte, Kearny 2:23.5. 3-Melissa Wyka, Fair Lawn 2:26.6. 4-Liz Figlar, Ridgewood 2:26.6. 5-Erica Ballinger, Hackensack 2:29.0.

1,600-METER RUN: 1-Jean Hughes, Ridgewood 5:18.0. 2-Rachel McLaughlin, Lakeland 5:18.7. 3-Karen Cannon, Ridgewood 5:21.3. 4-Jennifer Hughes, Ridgewood 5:28.3. 5-Vicki Zona, Hackensack 5:31.7.

3,200-METER RUN: 1-Karen Cannon, Ridgewood 10:50.8. 2-Liz Duarte, Kearny 10:54.5. 3-Jennifer Hughes, Ridgewood 11:13.9. 4-Uloopi Dessi, Kearny 11:25.5. 5-Jean Hughes, Ridgewood 11:26.2.

100-METER HURDLES: 1-Sherry Vander Schyff, Ridgewood 15.2. 2-Luginda Batten, Passaic 15.8. 3-Tania Scott, Passaic 16.4. 4-Jaeelin Fammilla, Passaic 16.5. 5-Trenace Mickens, Teaneck 16.5.

400-METER HURDLES: 1-Lynn Degelmann, Ridgewood 1:07.9. 2-Suzette Diaz, Paterson Eastside 1:08.4. 3-Jenny Prioleau, Teaneck 1:08.4. 4-Jennifer Powell, Teaneck 1:09.4. 5-Luginda Batten, Passaic 1:11.7.

HIGH JUMP: 1-Gwen Manning, Passaic Tech. 5.2. 2-Sherry VanderSchyff, Ridgewood 4-10. 3-Jodie DeLaCruz, North Bergen 4-10. 4-Jen Wurubel, Ridgewood 4-10. 5-Tayne Scott, Ridgewood, and Malaika Walls, Teaneck 4-10.

LONG JUMP: 1-Jennifer McDermott, Ridgewood 18-5 record; former record 18-3½. Lisa Washington, Paterson Kennedy 1981. 2-Danette Pritchett, Passaic 17-5. 3-Tamika Brown, Paterson Kennedy 15-10½. 4-Racquel Mailr, Ridgewood 15-9¼. 5-Jen Wurubel, Ridgewood 15-8¼.

SHOT PUT: 1-Anne Wellington, Teaneck 38-1. 2-Alana O'Reilly, Hackensack 34-0. 3-Kimyata Slappy, Passaic 33-9½. 4-Chris Plekarz, Clifton 33-4. 5-Tammy Rayevich, Ridgewood 33-3½.

DISCUS: 1-Anne Wellington, Teaneck 120-7. 2-Tammy Rayevich, Ridgewood 113-8. 3-Alana O'Reilly, Hackensack 111-8. 4-Kimyata Slappy, Passaic 105-1. 5-Michelle Price, West Milford 104-10½.

JAVELIN: 1-Tammy Rayevich, Ridgewood 103-5. 2-Donna Schlicher, Ridgewood 100-3. 3-Tina Diondi, Lakeland 94-4. 4-Beth Durko, Passaic Valley 87-3. 5-Alana O'Reilly, Hackensack 86-8.

1,600-METER RELAY: 1-Ridgewood (Lynn Degelmann, Lynn Collazo, Keri Reilly and Ginny Figlar) 4:01.7. 2-Teaneck 4:09.2. 3-Paterson Eastside 4:15-6. 4-West Milford 4:23.5. 5-Lakeland 4:25.

North Jersey,

Section 2

GROUP 4

NORTH JERSEY, SECTION 2
GROUP 4 GIRLS

TEAMS: 1-Phillipsburg 47. 2-Columbia 43½. 3-Plainfield 29. 4-Monclair 15. 5-Linden 14½. 6-Morris Knolls 14. 7-Westfield 13. 8-Morrisstown 12. 9-Livingston 10. 10-Roxbury 8. 11-Newark East Side 7. 12-West Orange 6. 13-Union and Elizabethtown 4. 15-Belleville.

100-METER DASH: 1-Sharonda Jenkins, Columbia 12.4. 2-Tondra Taylor, Elizabethtown 12.4. 3-Tiffany Ruth, Columbia 12.5. 4-Stephanie Williams, Phillipsburg 12½. 5-Leah Brownlee, West Orange 12½.

200-METER DASH: 1>Allison Wesley, Plainfield 25.2. 2-Sharonda Jenkins, Columbia 25.9. 3-Stephanie Williams, Phillipsburg 26.3. 4-Leah Brownlee, West Orange 26.9. 5-Michele Dunn, Monclair 27.0.

400-METER RUN: 1>Allison Wesley, Plainfield 57.0. 2-Jen Schweizer, Morris Knolls 57.6. 3-Lois Crawford, West Orange 58.7. 4-Michele Dunn, Monclair 1:01.9. 5-Wend Williams, Morrisstown 1:03.80.

800-METER RUN: 1-Karen Cosgrove, Morris Knolls 2:22.4. 2-Christine Grant 2:24.9. 3-Jeniece Anzelone, Westfield 2:26.4. 4-Christine Walsh, Westfield 2:30.0. 5-Julie Iden, Morrisstown 2:30.5.

1,600-METER RUN: 1-Elaine Doherty, Morrisstown 5:17.7. 2-Lisa Miers, Phillipsburg 5:30.4. 3-Jessica Wilhelm, Phillipsburg 5:32.9. 4-Pam Hoover, Roxbury 5:38.7. 5-Jen Ruff, Westfield 5:43.4.

3,200-METER RUN: 1-Paula Vanguairo, Newark East Side 11:28.1. 2-Lisa Miers, Phillipsburg 11:57.4. 4-Pam Hoover, Roxbury 12:11.1. 5-Carla Fernandes, Newark East Side 12:22.7.

100-METER HURDLES: 1-Tiffany Ruth, Columbia 14.7. 2-Angele Coleman, Columbia 15.3. 3-Columbia 16.1. 5-Erin Hurley, Morrisstown 17.3.

400-METER HURDLES: 1-Eileen Samolsky, Livingston 1:04.7. 2-Carla DeBiasi, Roxbury 1:05.8. 3-Angela Nigro, Linden 1:07.3. 4-Tara Roehrer, Morrisstown 1:09.0. 5-Kalja Langley, Columbia 1:10.1.

HIGH JUMP: 1-Katie Isaacson, Westfield 5-2. 2-Michele Dunn, Monclair 5-0. 3-Krista Snyder, Phillipsburg 4-10. 4-Angela Coleman, Columbia 4-10. 5-Angela Nigro, Linden, and Tiffany Ruth, Columbia 4-8.

LONG JUMP: 1-Nicolas Sumner, Linden 17-2. 2-Jen Schweizer, Morris Knolls 17-2. 3-Angela Coleman, Columbia 16-9. 4-Heather Zechman, Phillipsburg 16-5½. 5-Tiffany Ruth, Columbia 16-4.

SHOT PUT: 1-Rachel Swift, Phillipsburg 41-3. 2-Natasha Criss, Monclair 38-5¼. 3-Remonia Johnson, Plainfield 37-9½. 4-Tahir Noel, Plainfield 33-5½. 5-Tina Miller, Belleville 31-6.

DISCUS: 1-Rachel Swift, Phillipsburg 124-1. 2-Natasha Criss, Monclair 121-3. 3-Remone Johnson, Plainfield 94-10. 4-Tahir Noel, Plainfield 89-11. 5-Katie Isaacson, Westfield 89-9.

JAVELIN: 1-Rachel Swift, Phillipsburg 103-7. 2-Joyce Kwakowski, Livingston 97-9. 3-Debbie Dairymple, Phillipsburg 94-11. 4-Teresa Motta, Linden 92-2. 5-Karen Adisson, Columbia 89-9.

1,600-METER RELAY: 1-Columbia (Sharonda Jenkins, Kalja Langley, Kendra Calaway and Christine Grant) 4:14.0. 2-Union 4:20.1. 3-Plainfield 4:21.0. 4-Phillipsburg 4:21.7. 5-Morrisstown 4:24.1.

Central Jersey

GROUP 4

TEAMS: 1-Neptune 48. 2-North Hunterdon Central 31. 4-Trenton 28. 5-Manalapan 25. 6-Hightstown 11. 7-Marlboro 9. 8-Madison Central 8. 9-East Brunswick, Middletown South and Piscataway 5. 12-Sayreville and J. P. Stevens 4. 14-Edison 2. 15-Perth Amboy 1.

100-METER DASH: 1-Dawn Bowles, Neptune 11.9. 2-Sonia Brown, Neptune 12.5. 3-Julia Hollander, Middletown North 13.1. 4-Amy Meroevich, North Hunterdon 13.1. 5-Haylee Schneider, Hightstown 13.2.

200-METER DASH: 1-Dawn Bowles, Neptune 24.3. 2-Gwen Farrow, Neptune 25.8. 3-Sonia Brown, Neptune 26.2. 4-Kim Kellogg, Manalapan 26.7. No fifth.

400-METER RUN: 1-Renee Rutherford, Trenton 57.0. 2-Leanne Swartz, East Brunswick 58.7. 3-Kim Kellogg, Manalapan 59.0. 4-Tracy Johnson, Neptune 59.3. 5-Lisa Mealing, North Hunterdon 59.9.

800-METER RUN: 1-Jodi Biotta, North Hunterdon 2:14.8. 2-Julia McKenna, J. P. Stevens 2:18.9. 3-Kate McCormack, North Hunterdon 2:21.1. 4-Kate Corey, Manalapan 2:21.4. 5-Laura Pellegrino, Madison Central 2:25.3.

1,600-METER RUN: 1-Jodi Biotta, North Hunterdon 5:02.9. 2-Melissa Niechwiadowicz, Madison Central 5:10.5. 3-Christa Baldes, Manalapan 5:12.6. 4-Christa Corey, Manalapan 5:15.2. 5-Joanna Norvelli, Hunterdon Central 5:18.8.

3,200-METER RUN: 1-Jodi Biotta, North Hunterdon 10:38.9. 2-Christa Baldes, Manalapan 11:18.1. 3-Melissa Niechwiadowicz, Madison Central 11:24.2. 4-Sandy LaPlaca, North Hunterdon 11:40.0. 5-Joanna Norvelli, Hunterdon Central 11:45.0.

HIGH HURDLES: 1-Dawn Bowles, Neptune 13.3. 2-Yvonne Prilo, Trenton 15.0. 3-Gwen Farrow, Neptune 15.1. 4-Deb Wehri, North Hunterdon 15.5. 5-Shemeka Adams, Trenton 15.6.

INTERMEDIATE HURDLES: 1-Yvonne Prilo, Trenton 1:04.2. 2-Jocelyn Doyle, Hunterdon Central 1:06.3. 3-Tanisha Hodge, Manalapan 1:07.5. 4-Carol Baconi, Neptune 1:08.5. 5-Deb Wehri, North Hunterdon 1:09.0.

HIGH JUMP: 1-Missy Wisner, Hunterdon Central 5-0. 2-Haylee Schneider, Hightstown 4-10. 3-Mary K. Nording, Sayreville 4-10. 4-Shiloh Costello, North Hunterdon, and Jill Bachonski, Perth Amboy 4-10.

LONG JUMP: 1-Dawn Bowles, Neptune 17-8½. 2-Renee Rutherford, Trenton 16-8. 3-Jill Stewart, Marlboro 16-5½. 4-Karen Johnson, Piscataway 16-4. 5-Tiffany Williams, East Brunswick 16-4.

SHOT PUT: 1-Angie Abrams, Marlboro 38-10¼. 2-Tricia Gali, Manalapan 34-10. 3-Christine Williams, Trenton 34-8½. 4-Lisa Hair, Hightstown 33-9. 5-Candy Bunnell, North Hunterdon 31-11½.

DISCUS: 1-Gwen Stuart, Hunterdon Central 115-9. 2-Christ Bogard, Hunterdon Central 114-0. 3-Candy Bunnell, North Hunterdon 107-8. 4-Tricia Gali, Manalapan 107-3. 5-Cheryl Mackey, Edison 102-0.

JAVELIN: 1-Missy Wisner, Hunterdon Central 114-2. 2-Lisa Hair, Hightstown 105-4. 3-Karen Johnson, Piscataway 102-5. 4-Christy Mogan, Middletown South 101-3. 5-Cheryl Mackey, Edison 94-1.

1,600-METER RELAY: 1-Neptune (Tracy Johnson, Bintu Sankoh, Gwen Farrow and Sonia Brown) 4:04.6. 2-Trenton 4:05-6. 3-Hunterdon Central 4:06-4. 4-North Hunterdon 4:15-3. 5-Sayreville 4:27-6.

South Jersey

GROUP 4

TEAMS: 1-Toms River East 34½. 2-Edgewood 31. 3-Washington 21. 4-Camden 18. 5-Brick 16. 6-Southern Regional 15. 7-Cumberland 14. 8-Cherry Hill East 12. 9-Jackson 9½. 10-Lenape 9. 11-Vineland and Toms River North 7½. 13-Shawnee 7. 14-Pennsauken 6. 15-Overbrook 5. 16-Millville and Toms River South 4. 18-Atlantic City, Cherokee and Pemberton 1.

100-METER DASH: 1-Hilda Walker, Cumberland 12.8. 2-Jennifer McDevitt, Washington 12.9. 3-Stella Gould, Vineland 12.9. 4-Cheryl Green, Millville 13.0. 5-Suzanne Horner, Shawnee 13.1.

200-METER DASH: 1-Kimara Mitchell, Washington 26.2. 2-Jeanneice Cheatham, Edgewood 26.5. 3-Jennifer McDevitt, Washington 27.4. 4-Nicole Morris, Camden 27.4. 5-Nicole Hutchinson, Millville 27.5.

400-METER RUN: 1-Kimara Mitchell, Washington 1:00.2. 2-Kayn Smith, Lenape 1:01.3. 3-Monica Campbell, Jackson 1:01.4. 4-Yvette Casiano, Edgewood 1:02.0. 5-Tameka Coleman, Overbrook 1:03.7.

800-METER RUN: 1-Nancy Goodall, Toms River East 2:19.4. 2-Kathy Schuld, Toms River South 2:22.8. 3-Joanne Tate, Shawnee 2:22.9. 4-Maureen Batiato, Brick 2:23.5. 5-Magda Hernandez, Pemberton 2:25.7.

1,600-METER RUN: 1-Diane DeOliviera, Toms River North 5:18.4. 2-Mary Hoernlein, Brick 5:23.0. 3-Patty Hoernlein, Brick 5:31.3. 4-Michelle Bull, Toms River East 5:36.1. 5-Jennifer Sagaria, Edgewood 5:37.8.

3,200-METER RUN: 1-Mary Hoernlein, Brick 11:33.9. 2-Katherine Kasuba, Edgewood 11:53.0. 3-Patty Hoernlein, Brick 12:12.2. 4-Michelle Bull, Toms River East 12:16.9. 5-Jennifer Sagaria, Edgewood 12:27.3.

100-METER HURDLES: 1-Jannee Cheatham, Edgewood 14.7 files record; Sonya Bennett, Edgewood, 1986. 2-Charlene Sheppard, Camden 15.2. 3-Diane Brown, Toms River East 15.4. 4-Lisa Baskerville, Edgewood 15.4. 5-Shamain Walker, Millville 15.7.

400-METER HURDLES: 1-Charlene Sheppard, Camden 1:05.4. 2-Sharon Grasso, Toms River East 1:06.3. 3-Lisa Baskerville, Edgewood 1:07.2. 4-Mary Yerman, Toms River North, and Geri Galassi, Jackson 1:09.1.

HIGH JUMP: 1-Karl Hendrickson, Pennsauken 5-0. 2-Ira Nicosia, Vineland 5-0. 3-Lisa Dawn, Toms River East 5-0. 4-Antwanette Sease, Camden 5-0. 5-Crystal Kouser, Washington 4-10.

LONG JUMP: 1-Hilda Walker, Cumberland 17-7. 2-Charlene Sheppard, Camden 17-6¼. 3-Lisa Jackson 15-5¼. 5-Gloria Weeks, Vineland 15-4¼. 6-Gina Guervara, Baskerville, Edgewood 15-4¼. 7-Charlene Sheppard, Camden 15-4¼. 8-Gina Guervara, Baskerville, Edgewood 15-4¼. 9-Gina Guervara, Baskerville, Edgewood 15-4¼. 10-Lenape 15-4¼. 11-Shawn Walish, Toms River East 37-5½. 4-Angela Solomon, Overbrook 34-1¾. 5-Paulette Cheeks, Atlantic City 34-1.

DISCUS: 1-Charity Smead, Southern Regional 128-0. 2-JoAnne Jennings, Cherry Hill East 117-9. 3-Jill Bush, Toms River East 117-0. 4-Shawn Cherokee 107-5.

JAVELIN: 1-Liz Griesback, Cherry Hill East 118-9. 2-Darlene Dwyer, Toms River South 118-7. 3-Charity Smead, Southern Regional 117-4. 4-Laurette Gibbs, Overbrook 115-4. 5-Tracy Ritter, Lenape 112-9.

1,600-METER RELAY: 1-Edgewood (Yvette Castano, Kim Cooke, Kenye Roberts, Lisa Baskerville) 4:07.3. 2-Toms River East 4:08.3. 3-Jackson 4:08.4. 4-Cumberland 4:09.4. 5-Washington 4:22.2.

is invited to participate
 in the
 Tenth Annual
 Bergen Girls Meet of Champions
 Tuesday, May 31, 1988
 at
 Tenafly High School in the

100:	McDERMOTT	12.5	3 rd	L.J.:	Mc Dermott	19' ¾"	1 st
200:	^{G.} FISLAR	26.0	3 rd		WRUBEL	16' 3"	
400:	^{G.} FISLAR	57.0	1 st	T.J.:	McDERMOTT	38' 6½"	1 st
	REILLY	59.4	3 rd		WRUBEL	33"	
800:	COLLAZO	2:13.8	1 st	H.J.:	wanda SCHYFF	5' 0"	2 nd
	TITUS				Wrubel	4' 10"	
1 MILE				DISC:	RAYEVICH	109' 7"	2 nd
1/2 :	JEAN HUGHES	5:04.7	1 st		ELDRIDGE	95' 2"	
	KANE	5:52.2		JAV:	RAYEVICH	107' 3"	3 rd
3200:	CANNON	11:06.8	1 st		SCHLICHER	103' 3"	5 th
	JENNIFER HUGHES	11:30.1	2 nd				
	LIE FISLAR	12:12.0	7 th	SHOT:	RAYEVICH	34' 4¼"	
100 H:	wanda SCHYFF	15.0			ELDRIDGE	32' ½"	
	POLLACI	70.2					
400 H:	DEGELMANN	64.8	1 st				
RELAY:	DEGELMANN (60.4), COLLAZO (59.4), REILLY (59.5), FISLAR (56.1) 3:55.4						

8 FIRST PLACES, 2 BERGEN COUNTY RECORDS, AND BOTH
 OUTSTANDING ATHLETE AWARDS

BERGEN MEET OF CHAMPIONS

Girls events

Af Tenafly

100 — 1, Sara Pieri, Ramapo, 12.4; 2, Nicole Golden, Teaneck, 12.4; 3, Jennifer McDermott, Ridgewood, 12.5; 4, Daphne Blick, Teaneck, 12.5; 5, Carmen Matteis, Cliffside Park, 13.2.

200 — 1, Sara Pieri, Ramapo, 25.6; 2, Daphne Blick, Teaneck, 25.9; 3, Ginny Figlar, Ridgewood, 26.0; 4, Nicole Golden, Teaneck, 26.1; 5, tie between Chris Coche, Pascack Hills and Teri Bieber, Tenafly, 26.4.

400 — 1, Ginny Figlar, Ridgewood, 57.0 (meet record, old record, 57.2 by Aileen Trendler, Old Tappan, 1984); 2, Matilda Miranda, Teaneck, 58.7; 3, Kerri Reilly, Ridgewood, 59.4; 4, Chris Coche, Pascack Hills, 59.6; 5, Mary Sok, Westwood, 60.3.

800 — 1, Lynne Collazo, Ridgewood, 2:13.8; 2, Shariene Milwood, Englewood, 2:18.9; 3, Dawn Reis, Lodi, 2:19.0; 4, Vickie Foy, Paramus, 2:21.2; 5, Tiffany Crennel, Pascack Hills, 2:23.7.

1 mile — 1, Jean Hughes, Ridgewood, 5:04.7; 2, Amy Kempf, Paramus, 5:09.7; 3, Alicia St. John, Ramapo, 5:21.1; 4, Michelle Straut, Waldwick, 5:23.6; 5, Dee Keough, Mahwah, 5:24.9.

3,200 — 1, Karen Cannon, Ridgewood, 11:06.8; 2, Jennifer Hughes, Ridgewood, 11:30.1; 3, Melissa Wyka, Fair Lawn, 11:46.5; 4, Stephanie Rodgers, Pascack Valley, 11:53.9; 5, Kim Heinz, Pascack Hills, 12:00.3.

100 HH — 1, Beth Mayland, Northern Highlands, 14.9; 2, Sheryl Vander Schyff, Ridgewood, 15.0; 3, Allison Orsi, Indian Hills, 16.2; 4, Trenance Mickens, Teaneck, 16.6; 5, Adele Borghoni, Pascack Valley, 16.7.

400 IH — 1, Lynn Degelmann, Ridgewood, 64.8; 2, Lora Matteis, Cliffside Park, 66.4; 3, Jenny Prioleau, Teaneck, 66.4; 4, Katie Waterman, Tenafly, 67.2; 5, Lynda Blake, Northern Highlands, 67.7.

Shot put — 1, Keelan Craw, Waldwick, 40-1; 2, Stacey Price, Westwood, 40-1/4; 3, Anne Wellington, Teaneck, 37-7/8; 4, Young Park, Dwight-Englewood, 37-3; 5, Jennifer Beyea, Bergenfield, 37-1.

Discus — 1, Anne Wellington, Teaneck, 121-0; 2, Tammy Rayevich, Ridgewood, 109-7; 3, Jeanine DeSocio, Old Tappan, 107-7; 4, Alana O'Reilly, Hackensack, 107-7; 5, Lisa Mahle, Westwood, 106-8.

Javelin — 1, Elena Primerano, Lyndhurst, 134-10 (meet record, old record, 134-0 by Barbara Wolff, Tenafly, 1983); 2, Stacey Price, Westwood, 108-5; 3, Tammy Rayevich, Ridgewood, 107-3; 4, Jackie Romero, Tenafly, 106-4; 5, Donna Schlicher, Ridgewood, 103-3.

High jump — 1, Dawn Reis, Lodi, 5-2; 2, Sheryl Vander Schyff, Ridgewood, 5-0; 3, tie between Chris Bella, Pascack Valley, and Suzanne Meyer, Midland Park, 5-0; 5, tie between Maria Capozzoli, Queen of Peace, and Chris Gilmour, Dumont, 4-10.

Long jump — 1, Jen McDermott, Ridgewood, 19-3/4 (Bergen County and meet record, old County record, 19-0 by McDermott, 1988, old meet record, 18-7/2 by Margaret Rottkamp, Indian Hills, 1986); 2, Michaela Steiner, Bergenfield, 17-9; 3, Carmen Matteis, Cliffside Park, 17-4 1/2; 4, Beth Mayland, Northern Highlands, 17-2 1/2; 5, Joanne Lamstein, River Dell, 16-10.

Triple jump — 1, Jen McDermott, Ridgewood, 38-6 1/2; 2, Lynda Blake, Northern Highlands, 35-10 1/4; 3, Kim Giordano, Waldwick, 35-4 3/4; 4, Joanne Lamstein, River Dell, 35-1 1/2; 5, Michaela Steiner, Bergenfield, 34-9 1/2.

Invitational triple jump — 1, Jen McDermott, Ridgewood, 38-6 1/2 (meet record, old record, 37-8 1/4 by Karen Gaines, Teaneck, 1986); 2, Tamika Brown, Kennedy, 37-11 1/2; 3, Kathy Garrigan, Wayne valley, 36-2 1/4; 4, Lynda Blake, Northern Highlands, 35-10 1/4; 5, Kim Giordano, Waldwick, 35-4 3/4.

1,600 relay — 1, Ridgewood (Lynn Degelmann, Lynne Collazo, Kerri Reilly, Ginny Figlar), 3:55.4 (Bergen County and meet record, old Bergen record, 3:55.8 by Englewood, 1981, old meet record, 3:57.8 by Teaneck, 1981).

Boys events

Long jump — 1, Derrick Horner, Don Bosco, 22-11 (meet record, old record, 21-9 1/2 by Kevin Edwards, Hackensack, 1984); 2, Larry Peters, Hackensack, 21-8; 3, Gerald Spears, Teaneck, 21-7; 4, Doug Pierson, Ridgewood, 21-2; 5, Wall McCall, Hackensack, 20-8 1/2.

Triple jump — 1, Gerald Spears, Teaneck, 46-10 1/2 (record, old record, 46-9 1/2 by Ed Alston, Hackensack, 1981); 2, Sean Gayle, Teaneck, 46-3 1/4; 3, Craig Halyard, Ridgewood, 46-0; 4, Joe Reissner, Dumont, 43-6 1/4; 5, Dave Frazier, Rutherford, 43-5 1/4.

WEDNESDAY, JUNE 1, 1988

Ridgewood rolls at Bergen meet

By Paul Schwartz
Correspondent

GIRLS TRACK

TENAFLY — It was only a tune-up for Ridgewood before the Maroons take aim at the New Jersey State Interscholastic Athletic Association Group 4 championship at South Plainfield this weekend.

But Ridgewood showed why it is perhaps the greatest girls track team in Bergen County history by dominating the 10th annual Bergen Girls Meet of Champions Tuesday night.

The Maroons won eight of the 15 events, setting four meet and two Bergen County records, and earned medals in every event but the shot put.

Ginny Figlar and Jennifer McDermott were the two most-dominant Maroons.

Figlar set a meet record of 57.0 in winning the 400 meters and anchored the Ridgewood 1,600-relay team to a Bergen County record of 3:55.4. Those performances earned her the Red Littler Award for outstanding track performance.

But McDermott might have been even better. The junior won the invitational triple jump, which included the top jumpers from Passaic County, leaping a meet-record 38 feet 6 1/2 inches on her last jump. She also extended her own county record to 19-3/4 in the long jump, earning the Lou Lanzalotto Field Event Award.

Other Ridgewood winners included Lynne Collazo (800), Jean Hughes (1,600), Karen Cannon (3,200), and Lynn Degelmann (400 hurdles).

But the Maroons weren't the whole show. Field-event stars Elena Primerano of Lyndhurst and Keelan Craw of Waldwick joined with sprinter Sara Pieri of Ramapo to gain some glory as well.

Primerano, recovering from an early-season slump that saw her well off her best throws in the javelin, set a meet record with a throw of 134-10, the longest in Bergen County in five years and the second-longest in the state this year.

Craw had perhaps the most dra-

matic win. The sophomore, who won the state Group 1 shot put title last year, was stunned by an insult from a driver passing by as she moved into the circle for her next-to-last throw.

But she responded with a career-best mark of 40-1, edging favored Stacey Price of Westwood by 3/4-inch. Price threw another 40 footer on her last throw, but it was not enough.

Pieri, who was edged last year in a dramatic 100 showdown with eventual state champ Neretta Freeman of Garfield, won an extremely tight race with Teaneck's Nicole Golden, this time in the 100. But the Dartmouth-bound Pieri buried the field in the 200, with a 25.6 clocking to become the first sprinter to double since Freeman in 1985.

Other winners included high jumper Dawn Reis of Lodi, who repeated her 1987 win, and discus thrower Anne Wellington of Teaneck, who had a fine throw of 121-0 after a shaky start. Beth Mayland of Northern Highlands won a wire-to-wire duel with Sheryl Vander Schyff of Ridgewood in the 100 hurdles, with a speedy 14.9 time.

Boys track

TENAFLY — Gerald Spears of Teaneck won the triple jump and finished third in the long jump to earn Most Outstanding Field Athlete honors at the conclusion of the Bergen County Boys Meet of Champions Tuesday night.

Spears leaped a meet record 46 feet 10 1/2 inches in the triple jump to nip teammate Sean Gayle by 7/4 inches. Craig Halyard of Ridgewood, who set a state record of 48-1 1/2 the day before, was third with a jump of 46 feet.

Derrick Horner of Don Bosco capped his scholastic career with a meet-record leap of 22-11 to dominate the long jump. Larry Peters of Hackensack was second, followed by Spears.



JOE GIARDELLI/RECORD FILE PHOTO

McDermott will be seeking gold this weekend.

Group 4

Going for the Gold: Local athletes are unlikely to match last year's total of five golds and 18 total medals. But long-jumper Jen McDermott of Ridgewood, 400 stars Ginny Figlar of Ridgewood and Nicole Thomas of Passaic, high-jumper Gwen Manning of Passaic Tech, and the Ridgewood relay team can help make it close.

Medal Harvest: For Ridgewood, distance stars Lynne Collazo, Jean and Jennifer Hughes, and Karen Cannon might be joined by Dannette Pritchett of Passaic and hurdler Sheryl Vander Schyff, also of Ridgewood.

Dark Horse: Anne Wellington of Teaneck should take medals in the shot and discus. She is ready to go 130 feet in the discus, which would produce a gold medal. If Bilotta or Bowles can be taken, Collazo might do it in the 800.

— PAUL SCHWARTZ

Ridgewood may end up a local 'first'

GIRLS TRACK

Fri. June 3, 1988

No local school has ever won a state title in the 13-year history of the girls group track championships.

But this year, only two super athletes, Jodie Bilotta of North Hunterdon and Dawn Bowles of Neptune, may stand between Ridgewood and the New Jersey State Interscholastic Athletic Association Group 4 title.

Bilotta and Bowles are expected to win three events each at the meet today and Saturday at Jost Field in South Plainfield, and their teammates should help the two schools score about 25 points apiece. Ridgewood could score in as many as 12 events. A victory or two, two or three seconds, and several thirds, fourths, and fifths might give the Maroons enough to win.

Here's a look, group by group:

Group 1

Going for the Gold: Defending state shot put champ Keelan Craw of Waldwick is on course for another title. Teammate Michelle Straut leads an impressive local 3,200 field and freshman Megan Burke of Glen Rock is top-seeded in the long jump.

Medal Harvest: The top five seeds in the 3,200 could make things exciting for local fans. All five are Bergen athletes. Camille Wright of New Milford in the weights, and Chris Dinga in the javelin, Jolene Ernst of Pompton Lakes in the 400 all can excel.

Dark Horse: Soph Danalyn Adams of Pompton Lakes is unbeaten in the 100. If she can run 12.5, she can stay unbeaten for another week.

Group 2

Going for the Gold: Stacey Price of Westwood should snap back from a heartbreaking loss to Craw at the Bergen Meet of Champs and win the shot. Dawn Reis of Lodi is a contender in the high jump and Elena Primerano of Lyndhurst is ready to win the javelin.

Medal Harvest: Lisa Mahle of Westwood in the discus and Dee Keough in the 3,200 are strong contenders.

Dark Horse: Mary Sok of Westwood always performs well in the group meet, especially in the 400.

Group 3

Going for the Gold: Look for Paramus' Amy Kempf to add the 1,600 and 3,200 titles to her Group 3 cross-country title in the fall. Ramapo's Sara Pieri looks for gold in the 200.

Medal Harvest: The 1,600, 3,200, and long jump could be fruitful for local runners, and weight stars Jen Beyea of Bergenfield and Jeanine DeSocio of Old Tappan should score.

Dark Horse: Look for high-jumper Kathy Garrigan of Wayne Valley and 400-800 runner Sharlene Milwood of Englewood to be in the thick of their races.

RIDGEWOOD GIRLS TRACK TEAM WINS STATE GR. IV TITLE

The team was outstanding as it captured the State Inter-scholastic Athletic Association Group IV meet this weekend. It was a season long goal that was achieved by our hard work and dedication. School Records were turned in by Jen McDermott in the 100m and Tammy Rayevich in the javelin. We only had victories in two events. Jen McDermott's incredible 18'8" long jump and the amazing mile relay won a come from behind victory in 3:59.9. This was a great team effort where we placed in all but 2 events. Everyone did well and got all the points they could get. This is a team that knows what it takes to be champions and has done it.

Results

Jen McDermott 100m. 12.4 2nd. (2.56 FAT)

Jen McDermott 200m. 26.0 2nd.

Ginny Figlar 400m. 56.8 2nd.

Lynne Collazo 800m. 2:15.3 2nd.

Jean Hughes 1600m. 5:03.9 2nd

Jennifer Hughes 5:06.1 3rd

Karen Cannon 5:10.9 5th

Jean Hughes 3200m. 10:47.5 2nd

Karen Cannon 11:02.1 3rd

Jennifer Hughes 11:09.6 5th

Lynn Degelmann 400IH. 66.3 5th

Sheryl Van der Schyff 100HH. 15.3 5th

Jen McDermott Long Jump. 18'8" 1st *

Sheryl Van der Schyff HIGH JUMP 4'8" tie for 4th

Tammy Rayevich JAVELIN 122-3 3rd

Lynn Degelmann 64.9 4 X 400m. 3:59.9 1st *

Kerri Reilly 58.9

Lynne Collazo 59.5

Ginny Figlar 56.6

* This was the first time in Bergen County History that a team won this title in the spring.

Bilotta wins 800, Reynolds, Williams

By GRANT EDWARDS

Jodi Bilotta of North Hunterdon won her ninth and 10th group track and field titles as the public school championships got under way last night at South Plainfield High School. The meet continues at 9 a.m. today and the Parochial meet will be held at nearby Hub Stine Field in Plainfield.

Bilotta first won the Group 4 800-meter run by 15 meters from Lynne Collazzo of Ridgewood, the indoor state all-group champion, in 2:13.13. Bilotta came back 90 minutes later and ran through the rain to win the 1,600-meter run by 15 meters from Jean Hughes of Ridgewood in 5:00.9.

Ridgewood just about put away its first Group 4 title, however, scoring 18 3-8 points in the first day's program. Jennifer McDermott won the long jump for Ridgewood at 18-8½ and Jennifer Hughes followed her sister Jean across the line in the 1,600.

Dawn Bowles of Neptune set the only record for the first day's competi-

TRACK

tion when she won her heat in the 100-meter hurdles in 13.7. She also led the Group 4 100-meter trials in 11.9 and the 200-meter trials in 24.85.

Jen Schenberg of Kinnelon was also a double winner in the girls' meet, taking the Group 1 800-meter run in 2:18.16 and the 1,600 in 5:22.45.

Conrad Reynolds of Ridge provided the major surprise of the boys' meet when he won the Group 2 javelin at 216-3, the best mark in the state this year. Reynolds had thrown the javelin 215 feet last summer, but was bothered this spring by a sore elbow and an ailing back.

Bryan Spoonire of Asbury Park evened his score with Mike Mykytok of Bound Brook, winning the Group 1 1,600-meter run by 10 meters in 4:22.11. Spoonire had lost to Mykytok in an upset in last week's Central Jersey meet on the same track. The two runners renew their rivalry today in the

3,200-meter run.

Art Almeida of Kearny won the Group 4 1,600-meter run in 4:21.4 from Tim Greer of Toms River East with a late surge, but could not quite catch Joael Araujo of Newark East Side, who successfully defended his 800-meter title in 1:55.8.

Elizabeth got off to a good start in its bid for its first state boys' Group 4 title since 1949 when Derrick Williams won the shot put in 57-6½. Sophomore Juan Jones also qualified for both sprint finals for Elizabeth.

GIRLS

GROUP 1 GIRLS

800-METER RUN: 1-Jen Schenberg, Kinnelon 2:18.16. 2-Kelly Berke, Montgomery 2:23.41. 3-Knowell Adams, Paulsboro 2:26.63. 4-Liz Garrett, Glassboro 2:28.33. 5-Beth Richel, New Providence 2:28.92.

1,600-METER RUN: 1-Jen Schenberg, Kinnelon 5:22.45. 2-Traci Schock, Palmyra 5:24.99. 3-Jenny Nuccitelli, Saddle Brook 5:28.09. 4-Jennifer Behr, Chatham Borough 5:31.51. 5-Kate O'Sullivan, Montgomery 5:34.20.

HIGH JUMP: 1-Jen Sahli, Spotswood 5-2. 2-Meghan Murphy, Point Pleasant Beach, and Deanna Rysz, Haddonfield 5-0. 4-Michelle Maden, Bound Brook 4-10. 5-Ellen Cosgrove, Audubon 4-10.

LONG JUMP: 1-Megan Burke, Glen Rock 16-9. 2-Lee Duck, Waldwick 16-6. 3-Kisha Cargill, Highland Park 16-5½. 4-Patty O'Hagan, Midland Park 16-1. 5-Ammie Waliace, Haddonfield 15-10¾.

GROUP TWO GIRLS

800-METER RUN: 1-Heather Turnquist, Bernards 2:18.62. 2-Dawn Reis, Lodi 2:19.85. 3-Sandra Esposito, Ridge 2:20.09. 4-Jennifer Heggie, Monmouth Regional 2:20.26. 5-Ericka Williams, South Plainfield 2:23.81.

1,600-METER RUN: 1-Sandra Tignor, Princeton 5:02.55. 2-Karin Swartz, Princeton 5:02.71. 3-Christi Constantin, Kittatiny 5:07.34. 4-Deirdre Keough, Mahwah 5:17.14. 5-Veronique Godleski, Ridge 5:18.71.

HIGH JUMP: 1-Dawn Reis, Lodi 5-4. 2-Laura MacAvoy, Johnson Regional, and Melynda Heckman, Newton 5-2. 4-Sandrine Tokoto, Moorestown 5-2. 5-Lori Mulqueen, Pequannock 5-0.

LONG JUMP: 1-Adrienne Davis, Newark Central 18-1¼. 2-Felicia Lewis, Princeton 17-6. 3-Kisha Martin, Monmouth Regional 17-6. 4-Cindy Herceg, Holmdel 17-5½. 5-Kim Mitchell, Hillside 17-4½.

DISCUS: 1-Lisa Kohut, Boonton 120-2. 2-Lisa Mahle, Westwood 108-1. 3-Colleen Sheerin, Carteret 106-9. 4-Stacey Price, Westwood 106-9. 5-Tanya Sherrod, South Plainfield 104-9.

GROUP 3 GIRLS

800-METER RUN: 1-Marcia Baker, Vailsburg 2:16.63. 2-Nina Coleman, Willingboro 2:16.86. 3-Donna Bryski, Point Pleasant Boro 2:17.13. 4-Shariene Millwood, Englewood 2:18.34. 5-Colleen Alleyne, Lakewood 2:18.74.

1,600-METER RUN: 1-Amy Kempf, Paramus 5:05.9. 2-Vickie Foy, Paramus Catholic 5:10.5. 3-Alicia St. John, Ramapo 5:13.9. 4-Kristen Opdyke, West Morris 5:17.0. 5-Cathy Feeney, Wayne Valley 5:20.7.

HIGH JUMP: 1-Shelley Mitchell, Lakewood 5-6. 2-Dawn Ellery, Hightstown 5-4. 3-Lisa Adams, Bridgewater West 5-2. 4-Dawn Sullivan, Morris Hills 5-2. 5-Nancy Lin, West Windsor 5-2.

LONG JUMP: 1-Lisa Adams, Bridgewater West 17-10¾. 2-Carmen Mattels, Cliffside Park 17-7. 3-Kathy Garrigan, Wayne Valley 17-2. 4-Paula Brewton, Central Regional 17-1½. 5-Jessica Shilakes, Randolph 16-10½.

DISCUS: 1-Kassia Stanberry, Franklin 117-1. 2-Debbie Boheim, High Point 115-11. 3-Niclette Muse, Willingboro Kennedy 115-11. 4-Shana Williams, Bridgeton 111-2. 5-Samara Brown, Lakewood 110-6.

GROUP 4 GIRLS

800-METER RUN: 1-Jodi Bilotta, North Hunterdon 2:13.13. 2-Lynne Collazzo, Ridgewood 2:15.52. 3-Nancy Goodall, Toms River East 2:15.52. 4-Julia McKenna, J. P. Stevens 2:17.83. 5-Karen Cosgrove, Morris Knolls 2:20.99.

1,600-METER RUN: 1-Jodi Bilotta, North Hunterdon 5:00.9. 2-Jean Hughes, Ridgewood 5:03.9. 3-Jennifer Hughes, Ridgewood 5:06.1. 4-Mary Hoernlein, Brick 5:08.8. 5-Karen Cannon, Ridgewood 5:10.7.

HIGH JUMP: 1-Gwen Manning, Passaic Tech 5-2. 2-Michelle Dunn, Montclair 5-0. 3-Missy Wissner, Hunterdon Central 5-0. 4-Katie Isaacson, Westfield; Ina Nicosia, Vineland; Dawn Lisa, Toms River East; Anlwannette Sease, Camden; Heilyee Schneider, Hightstown; Shiloh Costello, Hunterdon Central; Sheryl VanderSchuyff, Ridgewood, and Jill Rachonski, Perth Amboy 4-10.

LONG JUMP: 1-Jen McDermott, Ridgewood 18-8½. 2-Hilda Walker, Cumberland 17-6. 3-Lisa Baskerville, Edgewood 17-5½. 4-Charlene Sheppard, Camden 17-4¼. 5-Nicole Sumner, Linden 17-2.

DISCUS: 1-Rachel Swift, Phillipsburg 128-9. 2-Natasha Cris, Montclair 125-5. 3-Charly Smead, Southern Regional 121-8. 4-Chris Bogard, Hunterdon Central 118-2. 5-Shawn Walsh, Toms River East 116-4.

SOUTH PLAINFIELD — Veteran observers called it the coldest day in memory for the New Jersey State Interscholastic Athletic Association track and field group championships.

But area athletes sizzled in the rain and sub-60 degree temperatures of Friday, dominating several events while earning seven titles out of the 37 contested.

Lodi's one-girl track team, Dawn Reis, had the most outstanding day, winning the Group 2 high jump and running a sensational race to finish second in the 800 meters, both within a span of less than 90 minutes.

Reis cleared 5-feet-4 inches on her second attempt to earn one of five titles won by North Jersey girls, including three from the Bergen-Passaic Scholastic League.

"I was tired after the 800," said an excited Reis, who punctuated every sentence with a delighted giggle. "And I missed my first two

jumps at 5-2. But I finally pulled it together on the last attempt and got a good jump at 5-4."

Reis made a great move in the final 20 yards to finish second in the 800, just behind Heather Turnquest of Bernards.

"I got kicked so many times in the race, I wasn't sure how I'd feel," she said. "But I still energy left at the end of the race and decided to try and pass the third-place girl."

Glen Rock freshman Meghan Burke defeated some familiar foes to win the Group 1 long jump with a leap of 16-9. Lee Duck of Waldwick was second, and Patti O'Hagan of Midland Park fourth, making it a near-sweep for the B-PSL.

"I was intimidated at the Girls Meet of Champions Tuesday but not today because I had beaten Lee and Patti," said Burke. "When I saw that the three of us were doing well, I felt a lot better."

As dominant as the Bergen girls were in the Group 1 long jump, runners in the Group 3, 1,600-meter race were even more overpowering.

TRACK

Group 3 cross-country champion Amy Kempf of Paramus ran 5:05.9 for the win. Kempf bested freshman teammate Vickee Foy, Ramapo senior Alicia St. John, and in fifth place, and state indoor 1,600-champ Cathy Feeney of Wayne Valley.

"I was very confident when I found out my strongest competition was from our area," said Kempf. "I was tired because I got in at 4 a.m. from the prom, but I wanted this very badly."

The third B-PSL gold medal belonged to Gwen Manning of Passaic Tech, who jumped 5-2 while the rain was at its peak to win the Group 4 high jump.

"It was drizzling through the whole meet," said Manning. "The other girls were complaining about it, but I just relaxed and kept my mind on what I wanted to do."

A clearance on her first jump proved to be decisive.

Another outstanding victory came from Jen McDermott of Ridgewood, who could have won the Group 4 long jump with any of her six jumps. Her best leap, 18-8½, helped the Maroons to 18½ first-day points and a commanding position in the team race. Jean and Jennifer Hughes, and Karen Cannon went 2-3-5 in the 1,600, and Lynne Collazo was second in the 800 for the other first-day points by the Maroons.

And the Bergen County shot-put battle to see whether Jason Miller of Elmwood Park or Mike Theuerkauf of Demarest would be the first one to get to 60 feet ended when Miller threw 60-1 on his final Group 2 throw.

But both Theuerkauf and Miller won state titles, with Theuerkauf earning his second Group 3 crown with a fine throw of 58-3¼.

"It's nice to see them fly out again," said Theuerkauf, who won as a sophomore but failed to make the finals last year. "Now I can go after the 'elusive' 60-footer."

Theuerkauf was trailing after the trials, but popped the 58-footer on his first throw in the finals. He had earlier drawn the crowd's attention by just fouling on consecutive throws estimated at 62 feet.

"I know I can get a big throw and when it comes, it'll be 61 or 62," he said.

Miller, who clinched the Group 2 title with an opening throw of 59-6½, was clearly elated by his 60-foot throw.

"When I heard the judge say 60, I couldn't think — I was so happy," said Miller, who will attend West Point this fall. "It's what I've been shooting for for weeks and months."

But Miller is certain that even though he was the first thrower in the state to reach the coveted mark, he'll only get better.

"This will help me because I know I can do better, and it helps my head to know I can have a competition won and still get my best throw on my last throw," he said.

WANT TO SUCCEED, NOT JUST SURVIVE

Ridgewood rolls to Group 4 title

By Michele Nerone
Correspondent

SOUTH PLAINFIELD — Ridgewood has been a dominant force all season, but in Saturday's New Jersey State Interscholastic Athletic Association Group Championships, the Maroons proved they are one of the state's premier teams, easily capturing the Group 4 title.

Ridgewood became the first girls team in Bergen County history to win a group title, and the Maroons also broke the record for most points by a Group 4 team, scoring 49½ points to shatter the previous mark of 35½ points set by Matawan in 1973.

The Maroons accomplished this with solid teamwork, not behind one or two runners. Ridgewood won only two events — Jen McDermott in the long jump and the 1,600-meter relay — but it placed in 12 of 14 events.

"Normally, the championship is won by a team with two superstars," said Ridgewood coach Jacob Brown. "We placed in 12 events. That's an astounding thing to do. All of the kids did well today. We had a meeting, and they were psyched."

McDermott earned two seconds — in the 100 and 200 — both times behind Dawn Boules of Neptune. The Maroons received a big boost in the 3,200, with Jean Hughes, Karen Cannon, and Jennifer Hughes finishing second, third, and fifth, respectively.

Lynn Degelmann, Kerri Reilly, Lynne Collazo, and Ginny Figlar won the 1,600 relay in 3 minutes, 59.9 seconds to edge out Neptune. Reilly brought Ridgewood from last place to third, setting up the Maroons' victory.

"Not to be conceited, but I knew all along that this track team was

GIRLS TRACK

exceptional," Brown said. "I knew it right from the beginning. They won everything [during the] indoors [season]."

Stacey Price of Westwood captured the Group 2 title in shot put with a throw of 42-feet-1. For Price, a sophomore, it was her second straight state championship.

"It was the best throw of the day and it was way overdue," Price said. "I've been waiting for this for four years. Shawn Walsh [of Toms River South] beat me in the indoors [championships] on the last throw. That's not going to happen in the Meet of Champions. This is my year, and no one is going to take it away from me."

Nicole Thomas of Passaic, a senior who has run track for only two years, won the 400 meters over Figlar with a time of 57.74.

Michele Straut used a burst of energy in the last 200 yards to win the Group 1 3,200 title over sophomore Cathy Acevedo of Saddle Brook. Straut, a Waldwick senior, trailed Acevedo by almost 70 yards with a half lap to go.

Laura Gilligan of Glen Rock beat out Beth-Ellen Haberstrodt at the finish to take third place.

Amy Kempf of Paramus won the Group 3 3200 race in 10:51.18, and teammate Vickee Fox took a fifth. Catherine Feeney finished second for Wayne Valley (11:14.97).

Waldwick's Keelan Craw won the Group 1 shot put with a toss of 37-8¼, and Lisa Kohut of Boonton captured the Group 2 javelin with a throw of 136-1 and the discus with a throw of 120-2. She also was fifth in the shot put.

■ Related story

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NUMBER ONE

Ridgewood girls

By John Kanson

Staff Writer

SOUTH PLAINFIELD — The Ridgewood girls' track and field team continued where it left off after last week's Section 1 meet. This time the Maroons conquered all the Group 4 teams in the state at the New Jersey State Interscholastic Athletic Association state group meet Saturday.

Ridgewood scored 49½ points to 28 for runner-up Neptune to continue its dominance. The Maroon Raiders showed great depth, especially in the 3200, and the 1600 team relay.

Jody Bilotta of North Hunterdon won the 3200 in 10:44.2, but Ridgewood took four of the five other medal places.

Junior Jean Hughes (10:47.5,

second), and seniors Karen Cannon (11:02.1, third) and Jennifer Hughes (11:09.6, fifth) scored team points for the Maroon.

"These gals are doing great. They're three quality kids who really deserve it," coach Jacob Brown said.

In the 1600 relay, junior Kerri Reilly brought the Maroons into third, senior Ginny Figlar took over the lead in the gun lap and cemented the team win. Senior Lynn Degelman and junior Lynne Collezo ran the other legs.

Ridgewood's Jen McDermott won the long jump with a 18-8.5 effort.

Figlar was also second to Nicole Thomas of Passaic in the 400.

Thomas won the state Group 4 title in a personal best 56.4 for the Indians.

"She's one of the hardest working kids I've had in seven years of coaching," Passaic coach Tony Barbato said.

"I really feel cross-country helped Nicole. She could do 54.55," Barbato said.

Thomas hopes to attend Rutgers in the fall.

In Group 3, senior Amy Kempf of Paramus continued to prove she's the best long distance runner in the area by winning the 3200 by 23 seconds in 10:51.1, a personal best.

Sophomore Cathy Feeney of Wayne Valley finished strong for second in 11:14.9.

"(Kempf) is really running well," Feeney said. "I tried to stay with (the pack), but it's hard. It's better than having too much distance to make up."

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win track crown

In the Group 1 400 IH, Carmen Pizzuto of Saddle Brook won in 54.0. The senior came back after a disappointment in the 110 HH.

"Carmen hit the eighth hurdle in the 110 and went down," coach Howard Schuman said. "He came back for the second best 400 of the day."

Saddle Brook's Cathy Acevedo was second to Waldwick's Michele Straut in the 3200. Straut, a senior, passed Acevedo during the final lap.

"I wanted to out-sprint her at the end. I just stayed back and waited," Straut said.

Waldwick coach Tony Calazzo was not surprised by the tactics.

"She's a very smart runner. She knew how much to give to reel her in," he said.

Craig Hallyard of Ridgewood

won the boys' Group 4 long jump with a 22-3 effort.

Lisa Kohut of Boonton won the girls' Group 2 javelin competition with a throw of 136-1.

Montclair's 1600 boys' relay team won the Group 4 title in 3:23.0. Dan Cuzzo took third in the pole vault for the Mounties jumping 14-0.

In the Group 4 3200, Passaic County champ Adolfo Colon qualified for next Wednesday's Meet of Champions with a fifth place finish in a personal best 9:33.7.

Colon's middle laps were weak, but he came on at the end.

"I get strong the last two laps," Colon said. "I was ready to give up, but something inside me said what kind of attitude is that."

Senior Lamont Harris of Eastside was second in the Group 4

boys' 400 IH in 44.1.

NJSIAA TRACK AND FIELD SUMMARIES

Group 1 girls

TEAM SCORING

Newark Science, 23; Waldwick, 18; Kinnelon, Haddon Heights and Woodbury, 15; New Brunswick, 14; Paulsboro, 12; Haddonfield, 10; Passaic and Passaic Tech, 6; Glen Rock, 9; Spotswood, 8; Newark Arts and Saddle Brook, 7; Keyport and Montomery, 6; Asbury Park and Highland Park, 5; Chatham Boro, Cresskill and Palmyra, 4; Point Pleasant Beach, 3; Pompton Lakes, Pitman, Clayton, Mountain Lakes and Audubon, 3; New Milford, Bound Brook, Glassboro and Midland Park, 2.

100 — 1, Dionne Jones, Haddon Heights, 12:69; 2, Tusharka Phillips, Science, 12:94; 3, Melissa Holmes, Woodbury, 13:02; 4, Christa Cooper, Paulsboro, 13:14; 5, Tina Rouse, Arts, 13:27.

200 — 1, Denise Moore, New Brunswick, 25:40; 2, Tanisha McGriff, Science, 25:81; 3, Dianne Jones, Haddon Heights, 26:13; 4, Tawana Rone, Paulsboro, 26:57; 5, Melissa Holmes, Woodbury, 27:2.

400 — 1, Tanisha McGriff, Science, 54:69 (group record, old record, 57:49 by McGriff, 1987); 2, Denise Moore, New Brunswick, 58:77; 3, Jolene Ernst, Pompton Lakes, 59:92; 4, Alisyn Beckwith, Pitman, 60:25; 5, Tawana Rone, Paulsboro, 61:11.

800 — 1, Jen Schenberg, Kinnelon, 2:18:0; 2, Kelly Berke, Montomery, 2:23:3; 3, Knowell Adams, Paulsboro, 2:26:5; 4, Liz Garruti, Glassboro, 2:28:2; 5, Beth Ritchel, New Providence, 2:28:8.

1,600 — 1, Jen Schenberg, Kinnelon, 5:22:2; 2, Traci Schock, Palmyra, 5:24:8; 3, Jenny Niccietti, Saddle Brook, 5:28:9; 4, Jennifer Behr, Chatham Boro, 5:31:4; 5, Kate O'Sullivan, Montomery, 5:34:3.

3,200 — 1, Michele Straul, Waldwick, 11:58:07; 2, Cathy Acevedo, Saddle Brook, 11:58:07; 3, Laura Gilligan, Glen Rock, 12:04:60; 4, Beth-Ellen Haberstroff, Chatham Boro, 12:04:62; 5, Kate Sullivan, Montomery, 12:11:20.

5,000 — 1, Jennifer Heisinger, Woodbury, 15:33; 2, Heather Carney, Paulsboro, 15:77; 3, Anissa Tucker, Science, 15:91; 4, Vicky Duika, Spotswood, 16:06; 5, Rochelle Williams, Haddonfield, 16:82.

800 IH — 1, Tina Rouse, Arts, 65:31; 2, Jennifer Heisinger, Woodbury, 66:37; 3, Taylor Merritt, New Providence, 67:33; 4, Danielle Cunningham, Clayton, 69:14; 5, Jenny Keegan, Haddonfield, 69:41.

Shot put — 1, Keelan Crow, Waldwick, 37-8 1/4; 2, Michele Brvanti, Asbury Park, 36-9 1/2; 3, Karli Schartz, Mt. Lakes, 34-11 1/2; 4, Michele Nasalka, Highland Park, 33-5 1/2; 5, Danielle Cunningham, Clayton, 32-11 1/2.

Discus — 1, Karen Cunningham, Haddon Heights, 118-5; 2, Maria Iavarone, Cresskill, 99-3; 3, Jenny Gossett, New Providence, 99-7; 4, Camille Wright, New Milford, 92-9; 5, Michelle Brvanti, Asbury Park, 91-5.

Javelin — 1, Tracy Allocco, Keyport, 116-0; 2, Jenny Gossett, New Providence, 110-1; 3, Heidi Huber, Kinnelon, 109-5; 4, Becky Morse, Audubon, 109-0; 5, Heather Kersey, Woodbury, 108-7.

Long jump — 1, Megan Burke, Glen Rock, 16-9; 2, Lee Duck, Waldwick, 16-6; 3, Kisha Carrig, Highlands Park, 16-5 1/2; 4, Patty O'Hagen, Midland Park, 16-1; 5, Armine Wallace, Haddonfield, 15-10 1/2.

High jump — 1, Jen Sahli, Spotswood, 5-2; 2, He between Meghan Murphy, Point Pleasant Beach, and Deanna Rysz, Haddonfield, 5-0; 4, Michelle Madden, Bound Brook, 4-10; 5, Ellen Cosgrove, Audubon, 4-10.

1,600 relay — 1, Newark Science (Edging, Phillips, Preston, McGriff), 3:58:41; 2, Haddonfield, 4:10:77; 3, New Providence, 4:11:84; 4, Waldwick, 4:13:53; 5, Pitman, 4:16:75.

Group 1 girls

TEAM SCORING

Iral 22; Westwood and Boonton 13; Delsea 11; Kingsway and Lodi 10; Killbuck and Hillsdale 9; Chatham Boro, Bridgeview East, Bernards and South Plainfield, 6; Haddonfield and Madison 5; Lincoburst, Hockanckton, Ridge 4; A.L. Johnson and Newton 3; 1/2, Carteret, Mahwah and Pequannock 3; Walkill Valley and Moorestown 2; North Plainfield 1.

100 — 1, Tiffany O'Neil, Clearview, 12:55; 2, Kim Mitchell, Hillsdale, 12:62; 3, Alsah Agee, Monmouth, 12:63; 4, Lakisha Harris, Newark Central, 12:69; 5, Erica Campbell, Hockanckton, 13:08.

200 — 1, Faye Haskins, Monmouth, 25:29; 2, Drexel Lane, Monmouth, 25:51; 3, Lakisha Hays, Newark Central, 25:74; 5, Tiffany O'Neil, Clearview, 25:83.

400 — 1, Drexel Lane, Monmouth, 56:5; 2, Faye Haskins, Monmouth, 56:91; 3, Shawanda Jones, Newark Central, 57:56; 4, Adrienne Davis, Newark Central, 58:1; 5, Hary Sok, Westwood, 59:32.

800 — 1, Hary Sok, Westwood, 2:18:5; 2, Dawn Reis, Lodi, 2:19:7; 3, Sandra Espalino, Ridge, 2:19:9; 4, Jennifer Hill, Monmouth, 2:20:1; 5, Ericka Williams, South Plainfield, 2:22:6.

1,600 — 1, Sandra Tabor, Princeton, 5:02:3; 2, Karlin Swartz, Princeton, 5:02:3; 3, Christl Constantini, Killbuck, 5:07:1; 4, Diandra Keough, Mahwah, 5:17:1; 5, Veronica Godieski, Ridge, 5:18:5.

3,200 — 1, Christi Constantini, Killbuck, 10:36:84 (group record, old record, 10:47:3 by Lisa Pakulka, Hopatcong, 1982); 2, Sandra Tabor, Princeton, 10:54:09; 3, Karen Swartz, Princeton, 11:24:84; 4, Lori Townsend, Kingsway, 11:35:64; 5, Diandra Keough, Mahwah, 11:37:52.

5,000 — 1, Karen Maestry, Bridgeview East, 14:7; 2, Arnita Green, Delsea, 14:7; 3, Sherri Hickman, Hockanckton, 15:1; 4, Melissa Lantolis, Madison, 15:1; 5, Michele Smith, South Plainfield, 15:5.

800 IH — 1, Tonya Kier, Kingsway, 64:38; 2, Veronica Parker, Delsea, 65:57; 3, Melissa Lantolis, Madison, 66:54; 4, Eileen Nasolillo, Pequannock, 66:56; 5, Rachel Spear, Princeton, 66:59.

Shot put — 1, Stacey Price, Westwood, 42-1; 2, Karen Harris, Hillsdale, 39-10; 3, Tanva Sherrord, South Plainfield, 36-4; 4, Lillie Ellison, Walkill Valley, 36-2; 5, Lisa Kohul, Boonton, 36-1/2.

Discus — 1, Lisa Kohul, Boonton, 120-2; 2, Lisa Mahie, Westwood, 108-1; 3, Colleen Sheerin, Carteret, 106-9; 4, Stacey Price, Westwood, 106-9; 5, Tanva Sherrord, South Plainfield, 104-9.

Javelin — 1, Lisa Kohul, Boonton, 136-1; 2, Elena Primerano, Lyndhurst, 124-0; 3, Cindy Hercy, Holmdel, 132-4; 4, Anna Leech, Delsea, 127-7; 5, Jonine Hoffman, No. Plainfield, 112-5.

Long jump — 1, Adrienne Davis, Newark Central, 17-9 1/2; 2, Faicia Lewis, Princeton, 17-6; 3, Kisha Martin, Monmouth, 17-6; 4, Cindy Hercy, Holmdel, 17-3; 5, Kim Mitchell, Hillsdale, 17-2 1/2.

High jump — 1, Dawn Reis, Lodi, 5-4; 2, He between Laura MacAvoy, Johnson, and Melinda Heckman, Newton, 5-2; 4, Sandrine Tokoto, Moorestown, 5-2; 5, Lori Mulqueen, Pequannock, 5-0.

1,600 relay — 1, Monmouth (Dollie Humi, Drexel Lane, Jen Hegale, Faye Haskins), 3:56:5; 2, Newark Central, 4:05:4.

Group 3 girls

TEAM SCORING

Lakewood, 28; Clifford Scott, 22; Paramus, 17; Willingboro, 13; Red Bank Regional, 11; Weequehac, 10; Vailsburg and Bridgewater West, 9; High Point, 8; Woodrow Wilson, 7; Voorhees, Eastern, Central Regional, Wayne Valley and Franklin Twp., 6; West Windsor, 5; Rancocas Valley, Parsippany Hills, Ewing and Cliffside Park, 4; Raritan, Somerville, JFK-Iselin, JFK-Willingboro and Point Pleasant Boro and Ramapo 3; Cranford, Ocean City, Morris Hills, West Morris (Mendham), Bridgeton and Endicott, 2; Vernon, Hamilton East, Pasack Hills, Randolph and Mount Olive 1.

100 — 1, Roxanne Francis, Weequehac, 12:39; 2, Paula Brewton, Central Regional, 12:55; 3, Lisa Donaldson, JFK-Iselin, 12:67; 4, Michele Samuels, Red Bank Reg., 12:74; 5, Simone Scott, C.J. Scott, 12:82.

200 — 1, Yvonne Thomas, C.J. Scott, 25:01; 2, Roxanne Francis, Weequehac, 25:23; 3, Michelle Samuels, Red Bank, 25:41; 4, Rhonda Jackson, Willingboro, 25:46; 5, Simone Scott, C.J. Scott, 26:09.

400 — 1, Michelle Samuels, Red Bank, 56:02; 2, Yvonne Thomas, C.J. Scott, 57:10; 3, Rhonda Jackson, Willingboro, 57:80; 4, Nina Coleman, Willingboro, 59:73; 5, Chris Coche, Pasack Hills, 60:78.

800 — 1, Marcia Baker, Vailsburg, 2:15:5; 2, Nina Coleman, Willingboro, 2:16:7; 3, Donna Brzyski, Point Pleasant Boro, 2:17:0; 4, Sharlene Milwood, Englewood, 2:18:3; 5, Colleen Allevy, Lakewood, 2:18:2.

1,600 — 1, Amy Kempf, Paramus, 5:05:9; 2, Vickie Foy, Paramus, 5:10:5; 3, Alicia St. John, Ramapo, 5:13:9; 4, Kristen Obyke, West Morris, 5:17; 5, Catherine Feeney, Wayne Valley, 5:20:7.

3,200 — 1, Amy Kempf, Paramus, 10:51:18; 2, Catherine Feeney, Wayne Valley, 11:14:97; 3, Colleen Kenney, In Feeney, Wayne Valley, 11:14:97; 4, Allison Amicone, Ocean City, 11:18:19; 5, Vickie Foy, Paramus, 11:23:07.

5,000 — 1, Shelly Mitchell, Lakewood, 14:4; 2, Porria Burdett, Woodrow Wilson, 14:6; 3, Simone Scott, C.J. Scott, 15:2; 4, Adrienne Bolan, Wayne Valley, 15:3; 5, Verita Maloney, Mt. Olive, 15:7.

800 IH — 1, Shelly Mitchell, Lakewood, 60:56 (group record, old record, 60:69 by Tonya Lee, Rancocas Valley, 1987); 2, Tonya Lee, Rancocas Valley, 60:73; 3, Porria Burdett, Woodrow Wilson, 63:90; 4, Karen Brown, C.J. Scott, 65:22; 5, Arlene Steele, C.J. Scott, 66:41.

Shot put — 1, Tisha Kerrin, Eastern, 39-5 1/2; 2, Tina Stewart, Ewing, 38-11; 3, Terri Coli, Somerville, 38-1/2; 4, Samara Brown, Lakewood, 37-2 1/2; 5, Debbie Bohelm, High Point, 35-10 1/2.

Discus — 1, Kassia Stanberry, Franklin, 117-1; 2, Debbie Bohelm, High Point, 115-1; 2, Nicolette Muse, Kennedy-Willingboro, 115-1; 4, Shana Williams, Bridgeton, 111-2; 5, Samara Brown, Lakewood, 110-6.

Javelin — 1, Beth Whitmore, Voorhees, 136-2; 2, Nancy Rincione, Parsippany Hills, 122-7; 3, Meg Miller, High Point Reg., 122-2; 4, Michelle Faulkner, Crawford, 119-1; 5, Sue Scheer, Hamilton East, 117-3.

Long jump — 1, Lisa Adams, Bridgewater West, 17-10 1/2; 2, Carmen Matteis, Cliffside Park, 17-7; 3, Kathy Garrigan, Wayne Valley, 17-2; 4, Paula Brewton, Central, 17-1 1/2; 5, Jessica Shlakez, Randolph, 16-10 1/2.

High jump — 1, Stacey Mitchell, 5-6; 2, Dawn Ellery, West Windsor, 5-4; 3, Lisa Adams, Bridgewater West, 5-2; 4, Dawn Sullivan, Morris Hills, 5-2; 5, Nancy Lin, West Windsor, 5-2.

1,600 relay — 1, Lakewood (Kim Reed, Ruth Francis, Colleen Allevy, Shelly Mitchell), 3:58:3; 2, Clifford Scott, 3:58:4; 3, Vailsburg, 4:05:1; 4, Willingboro, 4:09:5; 5, Vernon, 4:09:9.

Group 4 girls

TEAM SCORING

Lakewood, 49 1/2; Neplume, 28; North Hunterdon Regional, 15; Trenton, 10 1/2; Toms River East, 10 1/2; Phillipsburg, 10; Montclair and Hunterdon Central, 9; Columbia, 7 1/2; Passaic and Passaic Tech, 6; Washington Twp., 5 1/2; Cherry Hill East and Cumberland 4; Princeton, Plainfield, Teaneck, Lenape, Edgewood and Morris Knolls, 3; Camden, 2 1/2; Roxbury, Kearny, Brick Twp. and Hightstown 1 1/2.

100 — 1, Dawn Bowles, Neplume, 12:05; 2, Jennifer McDermott, Ridgewood, 12:56; 3, Sharonda Jenkins, Columbia, 12:58; 4, Sonia Brown, Neplume, 12:66; 5, Stephanie Williams, Phillipsburg, 12:87.

200 — 1, Dawn Bowles, Neplume, 24:70; 2, Jennifer McDermott, Ridgewood, 26:24; 3, Allison Westley, Plainfield, 26:41; 4, Kimara Mitchell, Washington Twp., 26:60; 5, Sonia Brown, Neplume, 26:79.

400 — 1, Nicole Thomas, Passaic, 54:59; 2, Ginny Figlar, Ridgewood, 56:96; 3, Kimara Mitchell, Washington Twp., 57:93; 4, Jen Schweizer, Morris Knolls, 58:34; 5, Renee Binnerford, Trenton, 59:01.

800 — 1, Jodie Blonitz, North Hunterdon, 2:12:9; 2, Lynne Collazo, Ridgewood, 2:15:3; 3, Nancy Goodall, Toms River East, 2:17:2; 4, Julie McKenney, Stevens, 2:17:7; 5, Karen Cosgrove, Morris Knolls, 2:20:8.

1,600 — 1, Jodie Blonitz, North Hunterdon, 5:00:9; 2, Joan Hughes, Ridgewood, 5:03:9; 3, Jennifer Higgs, Ridgewood, 5:06:9; 4, Mood, 5:10:9.

3,200 — 1, Jodie Blonitz, North Hunterdon, 10:44:49; 2, Joan Hughes, Ridgewood, 10:47:53; 3, Karen Cannon, Ridgewood, 11:02:39; 4, Liz Durie, Kearny, 11:04:38; 5, Heather Hughes, Ridgewood, 11:09:49.

5,000 — 1, Dawn Bowles, Neplume, 13:4 (meel record, old record, 13:6 by Carol Lewis, Willingboro, 1980); 2, Tiffany Roth, Columbia, 14:4; 3, Gwen Farrow, Neplume, 15:0; 4, Yvonne Pribo, Trenton, 15:0; 5, Sheryl VanderSchiff, Ridgewood, 15:3.

800 IH — 1, Yvonne Pribo, Trenton, 43:01; 2, Jocelyn Doyle, Hunterdon Central, 45:59; 3, Eileen Sawolsky, Livingston, 65:95; 4, Carla Deblasi, Roxbury, 66:34; 5, Lynn Deplaiman, Ridgewood, 66:43.

Shot put — 1, Charly Smead, Southern Reg., 41-11 1/4; 2, Shawn Walsh, Toms River East, 41-1/2; 3, Rachel Swift, Phillipsburg, 40-9; 4, Sandy Hinson, Lenape, 39-0; 5, Natasha Criss, Montclair, 38-7 1/4.

Discus — 1, Rachel Swift, Phillipsburg, 128-9; 2, Natasha Criss, Montclair, 125-5; 3, Charly Smead, Southern, 121-8; 4, Chris Board, Hunterdon Central, 118-2; 5, Shawn Walsh, Toms River East, 116-7.

Javelin — 1, Charly Smead, Southern Reg., 145-11; 2, Liz Griesback, Cherry Hill East, 123-4; 3, Termy Raychik, Ridgewood, 122-3; 4, Darlene Divver, Toms River East, 122-9; 5, Tracy Rither, Lenape, 118-3.

Long jump — 1, Jen McDermott, Ridgewood, 18-8 1/2; 2, Hilda Walker, Cumberland, 17-6; 3, Lisa Baskerville, Edgewood, 17-5 1/2; 4, Charlene Sheppard, Camden, 17-4 1/4; 5, Nicole Sumner, Linden Tech, 17-2.

High jump — 1, Gwen Manning, Passaic, 5-2; 2, Michele Dunn, Montclair, 5-0; 3, Missy Wisner, Hunterdon Central, 5-0; 4, He among Kaile Isaacson, Westfield, Lisa Nicolsa, Vineland; Dawn Lisa, Toms River East; Antwanette Saas, Camden; Shery Vander Schuff, Ridgewood; Hollie Schmeider, Hightstown; Shiloh Costello, North Hunterdon; and Jul Rachtoski, Perth Amboy, 4-10.

1,600 relay — 1, Ridgewood (Lynn Deplaiman, Kerri Reilly, Lynne Collazo, Ginny Figlar), 3:59:9; 2, Neplume, 4:03:1; 3, Teaneck, 4:03:1; 4, Trenton, 4:06:2; 5, Columbia, 4:06:2.

Local trio is good as gold in states

By Christopher Lawlor
Correspondent

SOUTH PLAINFIELD — Mike Theuerkauf of Demarest, Walter McCall of Hackensack, and Jennifer McDermott of Ridgewood each took first place Wednesday night at the State Meet of Champions at Yost Field.

Theuerkauf won the discus with in a personal best of 62 feet, 6½ inches, McCall took the gold in the 400-meter run in a Bergen County record 47.69 seconds, and McDermott long-jumped 19-¼ on her final attempt.

"I'm glad I ended the season like this," Theuerkauf said. "I was in a slump for a couple of weeks in the season, but my coach [Fred McClain] told me to stick with it and never give up. Sometimes you get stuck in slumps for a whole season and never get out — I tried to keep my confidence level up."

It was a busy night for the Ridgewood girls contingent with several athletes involved in events.

The 1,600 relay team was fourth with a time of 3:54.29. The event was won by Monmouth Regional (3:51.79). Karen Cannon was fourth in the 3,200 (10:57.74), McDermott took fifth in the 200 (25.63), Lynn Collazo was third in the 800 (2:15.2), and Jean Hughes was fifth in the 1,600 (5:08.2).

In the girls distance events — 800, 1,600, 3,200 — Jodie Bilotta of North Hunterdon lived up to her top billing and was the lone triple winner. In the 1,600, Hughes said the pace was too slow, despite leading for 1,200 meters.

"She [Bilotta] had already run in two races and the slow race was to her advantage," Hughes said. "We all fell into a trap, and by the final lap, we were all dead."

In the girls weight events, Natasha Criss of Montclair captured the discus with a toss of 127-7 and Lisa Kohut of Boonton was third (124-8). Kohut was fourth in the javelin with a throw of 130-4. Westwood's Stacey Price was second in the shot put (41-8¼).

TRACK

Stan Finney of Hackensack (10.99) was fourth in the 100, and Dave Singletary of Passaic County Tech (11.0) was fifth. In the 400 intermediate hurdles, Lamont Harris of Eastside took second (53.8) and Saddle Brook's Carmen Pizzuto was fifth (55.02).

Craig Halyard of Ridgewood was fourth in the long jump (22-6¼) and ran a leg of the fifth-place 1,600 relay team.

"To finish in the top five of the meet was definitely a goal for me," Halyard said. "I just tried to concentrate on the jumps and not look around at all the events goings on — I was glad to be around so many good jumpers."

STATE MEET OF CHAMPIONS

At Yost Field, South Plainfield

Boys

110 HH — 1. Kerry Ferrell (Piscataway) 14.2, 2. Todd Wallhall (Seton Hall Prep) 10.7.
400 IH — 1. Jordan Gray (Freehold Township) 53.0, 2. Lamont Harris (Eastside), 53.8, 4. Rob Dilts (Morris Knolls) 54.4, 5. Carmen Pizzuto (Saddle Brook) 55.02.
100 — 1. Donald Brooks (Pleasantville) 10.5, 4. Stan Finney (Hackensack) 10.9, 5. Dave Singletary (Passaic Tech) 10.9.
200 — 1. Tim O'Rourke (Lacey Township) 21.6.
400 — 1. Walter McCall (Hackensack) 47.6.
800 — 1. Rich Kenah (Immaculate Conception) 1:51.5, 2. Mark Bednarz (Paramus Catholic) 1:53.1, 3. Joel Araujo (Newark East Side) 1:54.4, 5. Dan Talch (Randolph) 1:55.1.
1,600 — 1. Jason DiJoseph (Paul VI, Haddonfield) 4:13.5, 4. Frank Wiggins (Hanover Park) 4:18.4.
3,200 — 1. John Coyte (Christian Brothers) 9:05.6, 3. Art Almeida (Kearny) 9:12.3.
Shot put — 1. Mike Theuerkauf (Demarest) 62-6½, 3. Pete Sheehan (Caldwell) 59-11½, 4. Doug Gruenberg (Roxbury) 57-7½.
Discus — 1. Greg Hardy (JFK-Willingboro) 169-2, 2. Pete Sheehan (Caldwell) 167-8.
Javelin — 1. John Zollinger (St. Joseph's) 218-4, 5. Mark Fletcher (Delbarton) 201-2.
High jump — 1. Demetrius Cope (Burlington City) 6-6.
Long jump — 1. Terrence Sorrell (Salern) 23-2¼, 4. Craig Halyard (Ridgewood) 22-6½.
Pole vault — 1. Jeff Sherman (Westfield) 14-8, 2. Andy Brethorst (Morris Knolls) 14-0.
Mile relay — 1. West Side 3:16.4, 5. Ridgewood 3:19.1.

Girls

100 HH — 1. Dawn Bowles (Neptune) 13.2; record, former record, 13.5, by Darlene Grant, Overbrook, in 1979.
400 IH — 1. Tonya Lee (Rancocas Valley) 58.9; record, former record, 1:00.3, by Donna Powell, Trenton, in 1986.
100 — 1. Roxanne Francis (Weequahic) 12.0.
200 — 1. Dawn Bowles (Neptune) 24.2, 2. Yvonne Thomas (Clifford Scott) 24.73, 5. Jennifer McDermott (Ridgewood) 25.5.
400 — 1. Michelle Samuels (Red Bank) 55.6, 5. Shawanda Jones (Newark Central) 56.6.
800 — 1. Jodie Bilotta (North Hunterdon) 2:11.0, 2. Marcia Baker (Vailsburg) 2:13.2, 3. Lynn Collazo (Ridgewood) 2:14.8, 5. Jen Schenberg (Kinnelon) 2:16.2.
1,600 — 1. Jodie Bilotta (North Hunterdon) 5:00.7, 5. Jean Hughes (Ridgewood) 5:08.1.
3,200 — 1. Jodie Bilotta (North Hunterdon) 10:24.6, 4. Karen Cannon (Ridgewood) 10:57.7, 5. Liz Duarte (Kearny) 10:59.1.
Shot put — 1. Shawn Walsh (Toms River East) 41-10½, 2. Stacey Price (Westwood) 41-8¼.
Discus — 1. Natasha Criss (Montclair) 127-7, 3. Lisa Kohut (Boonton) 124-8.
Javelin — 1. Charity Smead (Southern Regional) 148-2, 4. Lisa Kohut (Boonton) 130-4.
High jump — 1. Shelley Mitchell (Lakewood) 5-8, 2. Dawn Sullivan (Morris Hills) 5-4.
Long jump — 1. Jennifer McDermott (Ridgewood) 19-¼, 2. Adrienne Davis (Newark Central) 19-0.
Mile relay — 1. Monmouth Regional (Dollie Hurt, Jennifer Heggie, Drexel Long, Faye Haskins) 3:51.6, 3. Clifford Scott 3:53.1; 4. Ridgewood 3:54.1.

SHERYL VANDER SCHYFF 15.5 7TH

LYNN DEGELMANN 65.3 8TH

GINNY FIGLAR 56.6 6TH

JENNIFER HUGHES 5:11.0

JENNIFER HUGHES 11:04.6 6TH

TAMMY RAYEVICH 128'4" 6TH

DEGELMANN - 61.4

REILLY - 58.1

COLLAZO - 58.3

FIGLAR - 56.3

3:54.29 FAT

The Fourth Annual
Girls' Eastern States
Championships

4:00 PM

June 14, 1988

Mitchel Park
Uniondale, New York

JEN McDERMOTT	LONG JUMP	19'5" W	(2.95m)	1 ST PLACE
	TRIPLE JUMP	38'6"		3 RD PLACE
TAMMY RAYEVICH	JAVELIN	111'0"		4 TH PLACE
DONNA SCHLICHER	JAVELIN	88'6"		7 TH PLACE
KAREN CANNON	3000 METERS	10:13.6		3 RD PLACE

DISTANCE MEDLEY RELAY -

JENNIFER HUGHES - 3:42.1

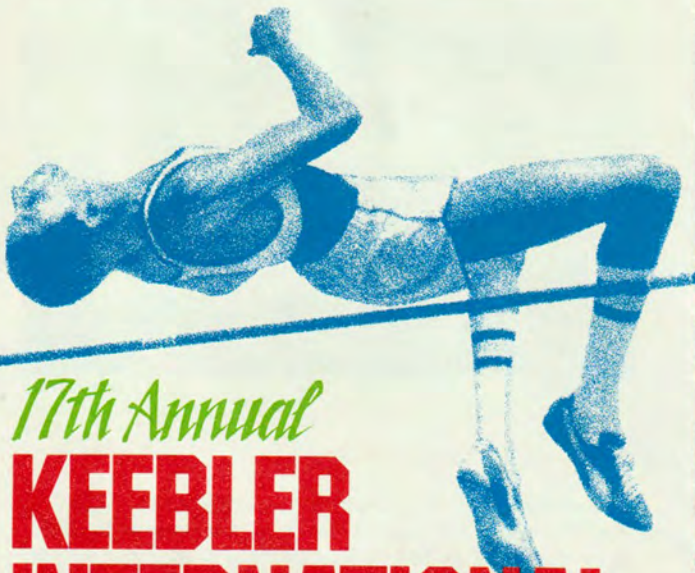
GINNY FISLAR - 55.7

LYNNE COLLARD - 2:16.7

JEAN HUGHES - 5:07.4 - 12:01.8 1ST PLACE

FASTEST TIME IN NATION
THIS SEASON

The Chicago Sun-Times presents



17th Annual
**KEEBLER
INTERNATIONAL**
Prep Track & Field Invitational

Saturday
June 18, 1988
East Field
York High School
Elmhurst, Illinois



SCHEDULE OF EVENTS

10:30 AM	Boys Discus, Girls Discus, Boys Hammer
11:30 AM	Opening Ceremonies
11:45 AM	Girls Long Jump, Boys Long Jump, Boys High Jump, Boys Pole Vault, Boys Javelin, Boys Shot Put
12:00 PM	Boys 300 Meter Hurdles
12:10 PM	Girls 300 Meter Hurdles
12:20 PM	Boys 3000 Meter Steeplechase
12:35 PM	Boys 100 Meter Dash
12:45 PM	Girls 100 Meter Dash
12:55 PM	Boys Two Mile Run
1:10 PM	Girls Two Mile Run
1:15 PM	Girls Shot Put, Boys Triple Jump
1:30 PM	Boys 400 Meter Dash
1:40 PM	Girls 400 Meter Dash
1:45 PM	Girls High Jump
1:50 PM	Boys 800 Meter Run
2:00 PM	Girls 800 Meter Run
2:10 PM	Boys 110 Meter Hurdles
2:25 PM	Girls 100 Meter Hurdles
2:35 PM	Boys One Mile Run
2:45 PM	Girls One Mile Run
2:55 PM	Boys 200 Meter Dash
3:00 PM	Girls 200 Meter Dash
3:15 PM	Chicagoland 1600 Meter Relay

GINNY FIGLAR - 56.67
2ND IN 400

KAREN CANNON - 11:27.4
8TH IN 2 MILE RUN

HERE'S TO A GREAT '88!

Figlar is second in Illinois meet

ELMHURST, Ill. — Ginny Figlar of Ridgewood finished second in the girls 400-meter dash in 56.55 seconds and Walter McCall of Hackensack was third in 47.18 in the boys 400 Saturday at the Keebler Invitational International Track Meet.

More than 200 of world's top high school seniors participated in the meet.

Karen Cannon of Ridgewood finished seventh in the 3,200-meter run in 11.27.1.

Anita Howard of Augusta, Ga., won both the 100- and 200-meter run in 11.59 and 23.61.

The meet had 16 events for boys and 11 events for girls, who competed in the meet for the first time.

Beverly McDonald of Jamaica finished second in the 100 and 200 meters in 12.0 and 24.38.

TRACK

In the 800 meters, Rick Gladhill of Mt. Clements, Mich., finished first in 1:49.33, his personal best. Aaron Rogers of Chicago finished second in 1:49.35, also his personal best.

Kevin Clements of El Paso, Texas, the nation's top prep pole vaulter, set a personal record vaulting 17 feet, 3 inches.

In the girls two-mile run, Lisa Harvey of Alberta, Canada, beat Janet Haskin of Onaga, Kan. by two-hundredths of a second in 10:27.99.

Wilma Rudolph, the first American woman to win three gold medals in track and field at an Olympiad (Rome 1960), served as honorary chairperson for the meet.

SPECTACULAR PERFORMANCE IS NOTHING NEW TO CHICAGO.

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Girls

LONG JUMP—1, Tanya Lidy, Pampa, Tex., 19-7¼; 2, Dahlia Duhanev, Clarendon, Jamaica, 18-10¼; 3, Karen Alcorn, Oregon City, Ore., 18-3¼; 4, Angie Brown, Tampa, Fla., 18-2¼; 5, Anita Hooks, Roanoke, Va., 18-2; 6, Joannie Johnson, Englewood, Colo., 18-1¾.

DISCUS—1, Janet Hill, Shreveport, La., 174-0; 2, Kristie Oleen, Blaine, Minn., 152-8; 3, Diane Ferrari, Denver, Pa., 151-9; 4, Tara Lemmons, Sweetwater, Tex., 141-6; 5, Kristi Lowe, Grand Forks, N.D., 137-3; 6, Terika Smith, Evanston, Ill., 136-0.

300-METER INTERMEDIATE HURDLES—1, Michelle DeCoux, Oakland, Cal., 42:59; 2, Camille Hendrix, Philadelphia, Pa., 43:23; 3, Nikki Dinish, Seattle, Wash., 43:24; 4, Dorchelle Webster, Sanford, Fla., 43:73; 5, Lori Brown, Eisenhower H.S., Blue Island, Ill., 43:89; 6, Lisa Vanderkooi, Chicago Christian H.S., Palos Heights, Ill., 44:59; 7, Regina Weatherford, Los Angeles, 45:19; 8, Angela Ward, Mobile, Ala., 46:19.

100 METERS—1, Anita Howard, Augusta, Ga., 11:59; 2, Beverly McDonald, Clarendon, Jamaica, 12:12; 3, Jovennie McDuffie, Orlando, Fla., 12:16; 4, Lena Roberts, South Shore H.S., Chicago, 12:32; 5, Chryste Gaines, Dallas, Tex., 12:34; 6, Troquel Eden, Shreveport, La., 12:38; 7, Karen Bonfield, Huntington Station, N.Y., 12:68; 8, Angie LaLumondier, Crystal City, Mo., 12:69.

400 METERS—1, Nekita Williamson, Carnesville, Ga., 55:76; 2, Ginny Figlar, Ridgewood, N.J., 56:67; 3, Antonia Jones, Dallas, Tex., 56:76; 4, Melinda Williamson, Mobile, Ala., 56:84; 5, Melissa Williamson, Mobile, Ala., 57:55; 6, Cindy Stallworth, South Bend, Ind., 57:70.

HIGH JUMP—1, Tina Baum, Huron, S.D., 5-10; 2, Alison Smith, Clarendon, N.Y., 5-10; 3, Laurel Roberts, Oregon City, Ore., 5-9; 4, Karol Damon, Redlands, Cal., 5-9; 5, Chris Coolidge, Rock Island H.S., Rock Island, Ill., 5-7; 6, Tara Mayner, Jacksonville H.S., Jacksonville, Ill., 5-7.

SHOT PUT—1, Christy Ward, Grants Pass, Ore., 46-8; 2, Kim Kessell, Middle Island, N.Y., 44-½; 3, Kristie Oleen, Blaine, Minn., 43-2¼; 4, Sarah Neely, Bath, Mich., 42-11¼; 5, Angela Edwards, Grants Pass, Ore., 42-10¼; 6, Janet Hill, Shreveport, La., 41-5½; 7, Kelli Bruner, Billings, Mt., 40-4½; 8, Terika Smith, Evanston H.S., Evanston, Ill., 39-4½; 9, Diane Ferrari, Denver, Pa., 39-1.

100-METER HURDLES—1, Dawn Bowles, Neptune, N.J., 13:41; 2, Cinnamon Sheffield, Dallas, Tex., 13:99; 3, Dorchelle Webster, Sanford, Fla., 14:52; 4, Regina Weatherford, Los Angeles, 14:88; 5, Camille Hendrix, Philadelphia, Pa., 14:90; 6, Angela Ward, Mobile, Ala., 15:35; 7, Felicia English, Mobile, Ala., 15:51.

MILE RUN—1, Christine Gentile, Babylon, N.Y., 4:55:36; 2, Katrina Price, Riverside-Brookfield H.S., Riverside, Ill., 4:57:12; 3, Clare Eichner, Wauwatosa, Wis., 5:01:03; 4, Kari Bertrand, E. Syracuse, N.Y., 5:01:54; 5, Tami Van-senus, Highland, Ind., 5:03:33; 6, Janet Bowie, Woodside, Cal., 5:06:49; 7, Rose Schneider, Ashland, Ore., 5:09:69.

200 METERS—1, Anita Howard, Augusta, Ga., 23:67 (meet record); 2, Beverly McDonald, Clarendon, Jamaica, 24:38; 3, Troquel Eden, Shreveport, La., 25:05; 4, Lena Roberts, South Shore H.S., Chicago, 25:17; 5, Angie LaLumondier, Crystal City, Mo., 25:34; 6, Karen Bonfield, Huntington Station, N.Y., 25:46.

CHICAGOLAND 1,600-METER RELAY—1, West Suburban Conference (Melissa Mack, Barb LaMonica, Vicky Allen, Shellee O'Neill), 4:06:26; 2, Mid-Suburban Conference, 4:11:23; 3, NIC 10 Conference, 4:12:2; 4, Northeast Conference, 4:23:8.

800 METERS—1, Jodi Bilotta, Annandale, N.J., 2:09:1; 2, Sharon Moore, Brooklyn N.Y., 2:10:9; 3, Shellee O'Neal, Downers Grove North H.S., Downers Grove, Ill., 2:11:3; 4, Debbie Tinnell, Lubbock, Tex., 2:14:1; 5, Michelle Torelli, Springfield, Pa., 2:14:5; 6, Heather Grimshaw, Seekonk, Mass., 2:17:6.

TWO-MILE RUN—1, Lisa Harvey, Calgary, Canada, 10:27:99; 2, Janet Haskin, Onaga, Kan., 10:28:01; 3, Dana Miroballi, Wheeling H.S., Wheeling, Ill., 10:50:75; 4, Katy McCandless, Palo Alto, Cal., 10:58:86; 5, Lisa Dressel, Spokane, Wash., 11:11:07; 6, Lucy Nusrata, Corvallis, Ore., 11:18:21; 7, Sarah Bliss, St. Charles, Mo., 11:22:06; 8, Karen Cannon, Ridgewood, N.J., 11:27:4.

Track and field

Keebler International Invitational
At York H.S., Elmhurst

Boys

TRIPLE JUMP—1, Keith Holley, Virginia Beach, Va., 50-4½; 2, Tyrone Joyner, Farmville, N.C., 50-3½; 3, Larry Moore, Virginia Beach, Va., 50-¼; 4, Morris Dinges, Brighton, Colo., 49-5; 5, Dwayne Murphy, Bloom H.S., Chicago Heights, Ill., 48-11¼; 6, Robert Ross, St. Louis, Mo., 48-9; 7, Gary Johnson, Morgan City, La., 47-7.

TWO-MILE RUN—1, Reggie Williams, Sacramento, Cal., 9:02:29; 2, Ernie Shepard, Piedmont, S.C., 9:04:34; 3, Spenser Punter, Calgary, Canada, 9:06:95; 4, Donovan Bergstrom, Egin, Minn., 9:07:85; 5, Pat McDonough, Largo, Fla., 9:11:16; 6, Harley Hanson, Rosholt, S.D., 9:14:16; 7, Mark Scheirer, Metamora H.S., Metamora, Ill., 9:20:25.

DISCUS—1, Pat Felder, Renton, Wa., 192-7; 2, Adam Seiff, Hurst, Tex., 189-1; 3, John Wirtz, San Jose, Ca., 184-9; 4, Kevin Fitzpatrick, Brooksville, Fla., 183-10; 5, Terrence Parker, St. Louis, Mo., 175-3; 6, Jason Pankau, Lake Park H.S., Roselle, Ill., 174-11.

POLE VAULT—1, Greg Fenza, Ottawa, 16-6; 2, Morry Sanders, Peary, Ark., 16-6; 3, tie, Lane White, Tolleson, Ariz., and Mike Hines, Columbia, Mo., 16-3; 5, Todd Lehmen, Phoenix, Ariz., 16-3; 6, Walter Mooneyhan, Heber Springs, Ark., 16-0.

HAMMER—1, Paul Kortick, Providence, R.I., 208-2; 2, Richard Collins, Roscrea, Ireland, 199-10; 3, Tom Dineen, Naas, Ireland, 194-7; 4, Damian Luper, Napa, Ca., 192-8; 5, Andy Lormoi, Warwick, R.I., 190-7; 6, Reed Parks, Warwick, R.I., 188-5; 7, Mike Scott, Windsor, Ct., 181-2; 8, Jonathan Dupre, Providence, R.I., 175-11.

3,000-METER STEEPLECHASE—1, Shawn Proffitt, Cincinnati, O., 9:36:7; 2, Edward Evans, Thurles, Ireland, 9:39:9; 3, Dan Baldwin, S. Huntington, N.Y., 9:48:5; 4, Fred Carter, Denver, Colo., 9:55:4; 5, Jason West, Fremd H.S., Palatine, Ill., 9:59:0; 6, Todd Walters, Monroe, N.C., 10:03:3; 7, Carl Roelle, Prineville, Ore., 10:03:6; 8, Peter Aquilone, Brooklyn, N.Y., 10:33:3.

100 METERS—1, Chris Barnes, Sillsbee, Tex., 10:64; 2, Ian Hilton, Toronto, Canada, 10:66; 3, Duaine Ladejo, Medina, O., 10:80; 4, Audreese Reese, Galveston, Tex., 10:83; 5, Raymond Johnson, Jamaica, 10:84; 6, Dino Napier, El Paso, Tex., 10:88; 7, Tim O'Rourke, Lanoka Harbor, N.J., 11:10; 8, Jermaine McCall, Baltimore, Md., 11:22.

JAVELIN—1, Art Skipper, Sandy, Ore., 233-5; 2, Todd Johnson, Fargo, N.D., 221-10; 3, Mike Hieb, Oregon City, Ore., 220-4; 4, Matt Murphy, Missoula, Mt., 208-7; 5, Rob Moffatt, Cle Elum, Wash., 207-0; 6, Mike Held, Lake Oswego, Ore., 203-2; 7, Mark Morris, Los Alamos, N.M., 198-2.

LONG JUMP—1, Keith Holley, Virginia Beach, Va., 25-4; 2, Marcel Richardson, Lansing, Mich., 25-2½; 3, Rogers Nichols, Freeport, Tex., 24-9¼; 4, Jerry Harris, Tyler, Texas, 24-3¼; 5, Jon Vaughn, Florissant, Mo., 24-2¼; 6, Peller Phillips, Seattle, Wash., 23-11¼; 7, Jason Robinson, Toronto, Canada, 23-5¼; 8, Johnny Nolan, Proviso West H.S., Hillside, Ill., 22-11¼.

400 METERS—1, Jerome Williams, Yonkers, N.Y., 46:45; 2, Rodney Moore, Elyria, O., 47:07; 3, Walter McCall, Hackensack, N.J., 47:18; 4, Joe Barb, La Marque, Tex., 47:83; 5, Jerry Wilson, Mansfield, La., 48:62; 6, Andre Brown, Mobile, Ala., 48:70.

HIGH JUMP—1, Kevin Clements, El Paso, Ill., 7-3; 2, Eric Hannah, Dunedin, Fla., 7-0; 3, tie, Clint Dockery, Reidsville, N.C., and Reggie Berton, Lancaster, Cal., 6-11; 5, tie, R.D. Cogswell, Topeka, Kan., and Scott Benson, Rapid City, S.D., 6-10.

SHOT PUT—1, Aaron Gowell, Shelby, Mich., 64-7¼; 2, Kevin Coleman, Larkin H.S., Elgin, Ill., 63-8¼; 3, Kaleaph Carter, Huntington Beach, N.Y., 61-2½; 4, Kenneth Marshall, Franklin, La., 58-7¼; 5, Roman Donaldson, Quincy, Fla., 56-2¼.

110-METER HIGH HURDLES—1, Robert Brooks, Greenwood, S.C., 13:90; 2, Bob Gray, Portland, Ore., 14:00; 3, Ed Williams, Bloom Trail H.S., Chicago Heights, Ill., 14:08; 4, Jerry Roney, Baltimore, Md., 14:09; 5, Kelvin McQueen, Uniondale, N.Y., 14:32; 6, Jamie Banna, Kalspell, Md., 14:71; 7, Steven Golding, Kingston, Jamaica, 14:73; 8, Trevor McAlmont, Ontario, Canada, 14:76.

MILE RUN—1, Robert Kennedy, Websterville, Ore., 4:09:17; 2, Steve Holman, Richfield, Minn., 4:09:26; 3, Chip Smith, Albuquerque, N.M., 4:11:29; 4, Jerry Schumacher, Waukesha, Wis., 4:13:61; 5, George Tambourides, Friendswood, Tex., 4:19:7; 6, Pat Ballistreri, Glendale, Wis., 4:23:6; 7, Matt Michael, Lincoln, N.J., 4:23:7; 8, Chris Childs, Bellevue, Wash., 4:24:1; 9, Danny Dechalet, Houston, Tex., 4:35:7.

200 METERS—1, Chris Barnes, Sillsbee, Tex., 21:19; 2, Dino Napier, El Paso, Tex., 21:21; 3, Raymond Johnson, Clarendon, Jamaica, 21:57; 4, Jon Vaughn, Florissant, Mo., 21:55; 5, Jerome Williams, Yonkers, N.Y., 21:68; 6, James Worthen, Washington, D.C., 21:77; 7, Tim O'Rourke, Lanoka Harbor, N.J., 22:03.

CHICAGOLAND 1,600-METER RELAY—1, Chicago Prep Conference (Gerald McCadd, Sean Brodie, Wuah Boayue, Harold McCadd), 3:19:3; 2, Catholic League, 3:21:4; 3, SICA East, 3:22:8; 4, Upstate Eight, 3:26:2; 5, Central Suburban, 3:26:3; 6, SICA South, 3:27:0.

800 METERS—1, Rick Gladhill, Mt. Clemens, Mich., 1:49:33; 2, Aaron Rogers, Chicago Vocational H.S., 1:49:35; 3, Dennis Webster, Clarendon, N.Y., 1:50:00; 4, Alan Foster, Beaverton, Ore., 1:50:29; 5, Gilbert Contreras, El Paso, Tex., 1:50:71; 6, Rob Carter, Clinton H.S., Clinton, Ill., 1:50:79; 7, Alex Accetta, Durango, Colo., 1:51:10.

ATHLETE OF THE WEEK

By Bob Kurland
Record Staff Writer

Ginny Figlar wanted to finish her high school career on her feet. But she almost didn't.

The Ridgewood senior staggered across the finish line in 56.55 seconds in the 400 meters Saturday at the Keebler Invitational in Elmhurst, Ill., and was helped to the sideline by an official. Figlar applied ice and gulped Gatorade. "I wasn't going to miss the ceremony," she says.

Figlar finished second in a field of six of the top 400-meter runners in the country. The awards were given out Olympic-style.

"I made it to my step, and they placed the medal around my neck," says Figlar. "That was a real exciting moment for me."

After it was over, her legs started to give out and she was helped to the first-aid tent. Forty-five minutes later, she emerged in top shape.

There was nothing mysterious about her postrace problems — it was 98 degrees Saturday in Elmhurst. "There were a lot of people passing out," she says.

"She did a tremendous job," says Ridgewood coach Jacob Brown. "She's a very strong and heady runner."

Figlar has had many thrills during her high school career, but nothing to equal the Keebler, which attracted more than 200 of the country's finest scholastic competitors. "I went there with the idea of breaking 56 seconds," she says. "I had done 55.7 last Tuesday, when our distance medley team won the Eastern States [12:01, top time in country]. So I had confidence I could do it. But I didn't count on the weather."

She checked out her competitors and was slightly intimidated. "The top seed had run 55 seconds, so I was just hoping I wouldn't get blown away." (The top seed finished last.)

Her final two high school performances earned her The Record's Athlete of the Week honors.

"I felt less pressure out there," she says, "maybe because I didn't know anyone. When I run here, it's the opposite. It was a great way to end my school career. At the opening, we marched around the track and they played the Olympic march. Then Wilma Rudolph [three gold medals in the 1960 Games] wished us well."

Next season, Figlar will be a member of the University of Virginia mile-relay team, and might run the 400-meter hurdles. "I selected the school because of its high academics and the fact that I'll get a chance to be a member of the team right away," Figlar says. "I'm going to study business."

Her one regret that is she'll have to give up soccer. "I really love that sport and will miss it a lot. Maybe I'll ask the coach if I can play."

Figlar has always been a fast runner, but hadn't thought of competing in track until eighth grade. "A



GINNY FIGLAR
OF RIDGEWOOD

CHARLES McGAH 6-21-88

friend of mine was into track, so I joined up to be with her. As a freshman, she decided she didn't care for track, but I found that I like it and stayed with it."

Brown says that from the start, she demonstrated she was a tough competitor. "She ran the hurdles as a freshman, but we never needed her for that on the varsity. She could be a good college hurdler, but I feel her ultimate strength is the 800."

Figlar holds Bergen County individual records in the 400 (56.1) and 600 (1:24.58), and was a member of the top mile-relay team (3:55.8). And her sister Liz is a promising freshman runner in the half-mile and mile.

"Ginny is just an outstanding athlete," says Brown. As an example of her athletic ability, he cited a relay in which an opponent fell in front of her. Figlar did what any soccer player would have done: She jumped over the girl and continued.

"It feels good that I've finished my high school career," says Figlar. "I'm a little sad, but I am happy to be moving on to college."

TAC JR NATIONALS

JUNE 24+25

TALLASSEE, FLORIDA
FLORIDA STATE UNIVERSITY

LONG JUMP - JENNIFER McDERMOTT
11TH 5.78 m (+4.75)
18' 11 ³/₄ w

TRIPLE JUMP - JENNIFER McDERMOTT

800 METERS - LYNNE COLLAZO
2:14.56 9TH overall

3000 METERS - JEAN HUGHES
10:11.21 10TH

1988

ALL-BERGEN GIRLS TRACK



Sara Pieri
Ramapo
100, 200



Ginny Figlar
Ridgewood
400, 1,600 relay



Lynne Collazo
Ridgewood
800, 1,600 relay



Jean Hughes
Ridgewood
1,600



Amy Kempf
Paramus
3,200



Karen Cannon
Ridgewood
3,200



Beth Mayland
Northern Highlands
100 hurdles



Sheryl Varider Schyff
Ridgewood
100 hurdles



Lynn Degelmann
Ridgewood
400 hurdles, 1,600 relay



Kerri Reilly
Ridgewood
1,600 relay



Jen McDermott
Ridgewood
Triple jump, long jump



Dawn Reis
Lodi
High jump



Stacey Price
Westwood
Shot put



Anne Wellington
Teaneck
Discus



Elena Primerano
Lyndhurst
Javelin

Ridgewood dominates All-Bergen selections

By Christopher Lawlor
Correspondent

The Ridgewood girls track team continued its dominance in Bergen County as eight members were named to the first-team All-County squad. In addition to fine performances in the league meets, local invitationals, and sectional competitions, 12 of the 14 selections participated in the State Meet of Champions in South Plainfield June 8.

Here's a closer look at the first team:

SARA PIERI, Ramapo, 100 and 200 meters — Pieri recorded the top times in the county at 100 meters (12.4 seconds) and 200 (25.6), both at the county Meet of Champions. "She was an inspiration and a role model for most of the younger runners," said Ramapo coach Joe Buesing. She will compete for Dartmouth in the fall.

GINNY FIGLAR, Ridgewood, 400- and 1,600-meter relay — Figlar concluded her high school career last weekend at the Keebler International Prep Invitational in Elmhurst, Ill., with a second-place finish and set a county record in the 400 (56.1) at the state Group 4 sectional meet. The Virginia-bound senior also ran a leg of the distance medley relay at the Eastern States Invitational in Hempstead, N.Y.

LYNNE COLLAZO, Ridgewood, 800 and 1,600 relay — The junior overcame a midseason hip injury to finish third in the state Meet of Champions in the 800 and ran her best time in the 800 (2:13.6) at the Bergen County Meet of Champions. "I'm pleased how she was able to come back after the injury and the way she finished the season," says Ridgewood coach Jacob Brown. Collazo competed this weekend in The Athletics Congress National Junior Meet in Tallahassee, Fla.

JEAN HUGHES, Ridgewood, 1,600 — Hughes is a versatile runner who could excel from the 400 to the 3,200. Her time of 10:43 in the 3,200 was one of the fastest in the nation on the high school level and qualified her for the TAC Junior Meet this weekend in Florida, where the distance was 3,000 meters. Hughes, a junior, ran her best time in the 1,600 (5:03) at the county Meet of Champions.

AMY KEMPF, Paramus, 3,200 — "She was our best runner and competed in the 1,600, 3,200, and even the 800 when we needed her," said Paramus coach Jim Garofalo. Kempf, who will compete for Wisconsin-Parkside, a National Association of Intercollegiate Athletics power, captured the Group 3 sectionals in 3,200 with a sectional record time of 10:57.4.

KAREN CANNON, Ridgewood, 3,200 — Of the five Ridgewood graduating seniors, Brown said Cannon realized her potential in the state sectionals at Wayne Hills when she defeated Liz Duarte of Kearny with a time of 10:46. Cannon will attend Georgetown in the fall and run cross country and track.

BETH MAYLAND, Northern Highlands, 100 hurdles — "She combined better than average speed with near flawless hurdling skills to become one of the best hurdlers in the area," said Northern Highlands

GIRLS TRACK

coach Bill Lenskold. Mayland, who will attend Brown, recorded the fastest time in the county for the 100 high hurdles (14.9) at the county Meet of Champions. However, in the state Group 3 sectionals she failed to qualify for the state Meet of Champions.

SHERYL VANDER SCHYFF, Ridgewood, 100 hurdles — In the county Meet of Champions, vander Schyff will be remembered for her remarkable duel with Mayland of Northern Highlands, in which she took second (15.0). She was fourth in the state Group 4 meet and seventh at the state Meet of Champions. She plans to run for Rutgers in the fall.

LYNNE DEGELMANN, Ridgewood, 400 hurdles, 1,600 relay — Degelmann recorded her best time in the 400 intermediate hurdles (1:04.6) at the county Meet of Champions and ran a leg of the fourth-place 1,600 relay team (1:54.29) at the state Meet of Champions. The senior cocaptain of the Maroons will compete for Delaware next year.

KERRI REILLY, Ridgewood, 1,600 relay — Reilly, a junior, was used in the sprints and sprint relays during the early portion of the schedule and ran her best split on the 1,600 relay in the Group 4 state meet with a time of 57.9. She should return next spring as one of the top 400-meter runners in the state.

JEN McDERMOTT, Ridgewood, triple jump and long jump — After losing the long jump title at the Pathmark National Indoor Championships at Yale in March, McDermott was unbeatable outdoors. At the Easterns she sailed 19 feet 5 inches for 12th best jump in the nation. "We're very high on her. She'll be one of the top jumpers in the country next year," Brown said of the junior, who competed in Florida this weekend.

McDermott was selected to practice with the U.S. jump coach in August at the U.S. Olympic Training facility in Colorado Springs, Colo.

DAWN REIS, Lodi, high jump — Reis started her midseason surge with a victory at the Bergen-Passaic Scholastic League King Division championships with a jump of 5-2. Later at the Group 2 state championships she cleared 5-4 to earn a berth in the state Meet of Champions.

STACEY PRICE, Westwood, shot put — Price capped her senior year at the state Meet of Champions with a second-place finish (41-8 $\frac{3}{4}$). She earned all-league honors and helped the Cardinals to the North Jersey Group 2, Section 1 title. She recorded a toss of 42-1 to capture the state sectional meet.

ANNE WELLINGTON, Teaneck, discus — At the county Meet of Champions, Wellington's winning throw in the discus measured 121-0. She also won the discus (121-10) and the shot put (37-10) at the NNJIL Bergen Division Championships.

ELENA PRIMERANO, Lyndhurst, javelin — Primerano uncorked a throw of 134-10, the longest in the county in five years, to win the Group 2 sectional meet in Wayne last month. She also captured the county Group 2 title.

All-Bergen girls track

First team

100 — SARA PIERI, Ramapo _____ Senior
200 — SARA PIERI, Ramapo _____ Senior
400 — GINNY FIGLAR, Ridgewood _____ Senior
800 — LYNNE COLLAZO, Ridgewood _____ Junior
1,600 — JEAN HUGHES, Ridgewood _____ Junior
3,200 — KAREN CANNON, Ridgewood _____ Senior
3,200 — AMY KEMPF, Paramus _____ Senior
100 HH — BETH MAYLAND, No. Highlands _____ Senior
100 HH — SHERYL VANDERSCHYFF, Ridgewood _____ Senior
400 IH — LYNN DEGELMANN, Ridgewood _____ Senior
High jump — DAWN REIS, Lodi _____ Senior
Long jump — JEN McDERMOTT, Ridgewood _____ Junior
Triple jump — JEN McDERMOTT, Ridgewood _____ Junior
1,600 relay — RIDGEWOOD (Lynn Degelmann, Kerri Reilly, Lynne Collazo, Ginny Figlar)
Shot put — STACEY PRICE, Westwood _____ Senior
Discus — ANNE WELLINGTON, Teaneck _____ Senior
Javelin — ELENA PRIMERANO, Lyndhurst _____ Junior

Second team

100 — JEN McDERMOTT, Ridgewood _____ Junior
200 — JEN McDERMOTT, Ridgewood _____ Junior
400 — MATILDA MIRANDA, Teaneck _____ Sophomore
800 — SHARLENE MILLWOOD, Englewood _____ Junior
1,600 — AMY KEMPF, Paramus _____ Senior
400 IH — LORA MATTEIS, Cliffside Park _____ Junior
High jump — MARY BETH GLOWACKI, Qn. of Peace Sr.
Long jump — MICHAELA STEINER, Bergenfield _____ Senior
Triple jump — KIM GIORDANO, Waldwick _____ Junior
1,600 relay — TEANECK (Jenny Prioleau, Nicole Golden, Jennifer Powell, Matilda Miranda)
Shot put — KEELAN CRAW, Waldwick _____ Junior
Shot put — ANNE WELLINGTON, Teaneck _____ Senior
Discus — TAMMY RAYEVICH, Ridgewood _____ Senior
Javelin — TAMMY RAYEVICH, Ridgewood _____ Senior

Third team

100 — NICOLE GOLDEN, Teaneck _____ Freshman
200 — GINNY FIGLAR, Ridgewood _____ Senior
400 — AMY GIANNANTONIO, Cresskill _____ Sophomore
800 — DAWN REIS, Lodi _____ Senior
1,600 — JENNIFER HUGHES, Ridgewood _____ Senior
3,200 — JEAN HUGHES, Ridgewood _____ Junior
100 HH — ALLISON ORSI, Indian Hills _____ Junior
400 IH — JENNY PRIOLEAU, Teaneck _____ Freshman
High jump — CHRISTINE BELLA, Pascack Valley _____ Senior
High jump — SUZANNE MEYER, Midland Park _____ Senior
Long jump — CARMEN MATTEIS, Cliffside Park _____ Senior
Triple jump — MICHAELA STEINER, Bergenfield _____ Senior
Triple jump — LYNDA BLAKE, No. Highlands _____ Senior
1,600 relay — ENGLEWOOD (Sharlene Millwood, Rachael Williams, Georgette Millwood, Nycol Morrissey, Denise Barksdale)
Discus — JANINE DE SOCIO, Old Tappan _____ Senior
Javelin — STACEY PRICE, Westwood _____ Senior

Honorable mention

100 — Barbara Bator, Queen of Peace; Daphne Blick, Teaneck; Dina Castronovo, Old Tappan; Shaji James, Paramus Catholic; Carmen Matteis, Cliffside Park; Taylor Meding, Northern Highlands; Danielle Nese, Rutherford; Keirsten Wallace, Westwood.
200 — Teri Bieber, Tenafly; Daphne Blick, Teaneck; Dina Castronovo, Old Tappan; Chris Coche, Pascack Hills; Nicole Golden,

Teaneck; Lori Jones, Westwood; Carmen Matteis, Cliffside Park; Beth Mayland, Northern Highlands; Matilda Miranda, Teaneck; Danielle Nese, Rutherford; Kerri Reilly, Ridgewood; Mary Sok, Westwood.

400 — Chris Coche, Pascack Hills; Lynne Collazo, Ridgewood; Amy Giannantonio, Cresskill; Samantha Jenco, Indian Hills; Taylor Meding, Northern Highlands; Georgette Millwood, Englewood; Danielle Nese, Rutherford; Kim Reid, Pascack Valley; Kerri Reilly, Ridgewood; Mary Sok, Westwood.

800 — Erica Ballinger, Hackensack; Karen Cannon, Ridgewood; Tiffany Crennel, Pascack Hills; Liz Figlar, Ridgewood; Vickee Foy, Ridgewood; Jessica Gallina, Ramapo; Amy Kempf, Paramus; Dee Keough, Mahwah; Kim Reid, Pascack Valley; Keri Riley, Northern Highlands; Michelle Straut, Waldwick; Melissa Wyka, Fair Lawn.

1,600 — Karen Cannon, Ridgewood; Lynne Collazo, Ridgewood; Liz Figlar, Ridgewood; Vickee Foy, Paramus; Kim Heinz, Pascack Hills; Dee Keough, Mahwah; Jenny Nuccitelli, Saddle Brook; Dawn Reis, Lodi; Stephanie Rogers, Pascack Valley; Alicia St. John, Ramapo; Michelle Straut, Waldwick.

3,200 — Cathy Acevedo, Saddle Brook; Liz Figlar, Ridgewood; Vickee Foy, Paramus; Laura Gilligan, Glen Rock; Kim Heinz, Pascack Hills; Jennifer Hughes, Ridgewood; Dee Keough, Mahwah; Jenny Nuccitelli, Saddle Brook; Stephanie Rogers, Pascack Valley; Alicia St. John, Ramapo; Michelle Straut, Waldwick; Melissa Wyka, Fair Lawn.

100 hurdles — Tricia Abrahams, Bergenfield; Lynda Blake, Northern Highlands; Adele Borgognoni, Pascack Valley; Tara Cassidy, Ramapo; Cori Frankel, Old Tappan; Janice Grube, Bergenfield; Kathy Kelly, Dumont; Kim Martin, Paramus Catholic; Trenance Mickens, Teaneck; Heidi Rohdenburg, Saddle Brook.

400 int. hurdles — Tricia Abrahams, Bergenfield; Lynda Blake, Northern Highlands; Tiffany Crennel, Pascack Hills; Cori Frankel, Old Tappan; Michelle Giunta, Midland Park; Janice Grube, Bergenfield; Stacey Hyland, Northern Highlands; Jennifer Powell, Teaneck; Lynn Villopoto, Immaculate Heart Academy; Katie Waterman, Tenafly.

Shot put — Suzy Beck, Northern Highlands; Jennifer Beyea, Bergenfield; Jeanine DeSocio, Old Tappan; Barbara Dziuba, Garfield; Alfreda Eldridge, Ridgewood; Lisa Mahle, Westwood; Alana O'Reilly, Hackensack; Young Park, Dwight-Englewood; Tammy Rayevich, Ridgewood; Camille Wright, New Milford.

Discus — Jennifer Beyea, Bergenfield; Alfreda Eldridge, Ridgewood; Annica Lin, Paramus; Lisa Mahle, Westwood; Alana O'Reilly, Hackensack; Young Park, Dwight-Englewood; Debbie Pickens, Westwood; Stacey Price, Westwood; Lisa Scholl, Ramsey; Camille Wright, New Milford.

Javelin — Donna Caruso, Cresskill; Christine Dinga, Ridgefield; Kristen Kille, River Dell; Jackie Romero, Tenafly; Beth Schlicher, Ridgewood; Darlene Schriener, Queen of Peace.

High jump — Maria Capozzoli, Queen of Peace; Karen Franz, Bergenfield; Chris Gilmour, Dumont; Christin Harvey, Pascack Hills; Kathy Kelly, Dumont; Jen Krokus, Old Tappan; Joanne Lamstein, River Dell; Beth Mayland, Northern Highlands; Jen McDermott, Ridgewood; Allison Orsi, Indian Hills; Kim Reid, Pascack Valley; Sheryl Vander Schyff, Ridgewood; Malaika Walls, Teaneck; Jennifer Wilson, Midland Park; Jen Wrubel, Ridgewood.

Long jump — Barbara Bator, Queen of Peace; Megan Burke, Glen Rock; Dina Castronovo, Old Tappan; Lee Duck, Waldwick; Joanne Lamstein, River Dell; Beth Mayland, Northern Highlands; Sharlene Millwood, Englewood; Allison Orsi, Indian Hills; Keirsten Wallace, Westwood.

Triple jump — Chris Bella, Pascack Valley; Megan Burke, Glen Rock; Lee Duck, Waldwick; Kathy Kelly, Dumont; Joanne Lamstein, River Dell; Mary Sok, Westwood; Keirsten Wallace, Westwood; Malaika Walls, Teaneck; Jen Wrubel, Ridgewood.

1,600 relay — Bergenfield, Northern Highlands, Old Tappan, Pascack Hills, Queen of Peace, Tenafly, Waldwick.

Ridgewood Athletes – Introductions at the All-County Dinner – June 1988

Ginny Figlar – Senior. 1st team in the 400m. 3rd year in a row. Part of all county mile relay for 2 years. Set county record of 56.1 in state sectional championship. Undefeated in Bergen competition. She won league, county and sectional championships. She anchored the record setting 4X400 relay. Ran a 2:17.3 relay split on Ridgewood's 4x800 team which broke the old county record. Ginny is attending the University of Virginia. She will race in the Keebler Prep Championship this Saturday in Illinois.

Karen Cannon – Senior. 1st team in the 3200. Because of injury, sickness, and lack of cross-country background Karen did not make a mark of Bergen Distance running as an underclass person. A consistent senior year changed that. Karen had a major invitational win at the Williamsport coaches meet and then broke into the national lists with her 10:46 in the Bergen Group meet. She won the Bergen meet of champs and finished 4th in the New Jersey meet of champions. Karen along with Ginny Figlar have been invited to the Keebler Senior Prep Championship this Saturday. Karen will attend Georgetown University.

Lynn Degelmann – Senior. 1 team in the 400 Hurdles. A close 2nd team last year, Lynn overcame a March tonsillectomy to get in shape and remain undefeated in Bergen Competition. Lynn capped her hurdle season with an 8th overall in the state meet of champions. Team leader Lynn is the leadoff leg on Ridgewood's all county relay. She will attend the University of Delaware.

Sheryl vander Schyff – Senior. A versatile performer on the Ridgewood powerhouse. Sheryl's best event was the 100 Meter Hurdles. She was NNJIL champion, Bergen Group 4 champion and state sectional champion. She helped her team's record point barrage in the state group 4 with a 5th place and went on to score 8th overall in the state of New Jersey. Sheryl's best race was her close loss to co-first teamer, Beth Mayland. The race between Beth and Sheryl was one of the most exciting in Bergen County all season. Sheryl has a best time of 15.0 and is coached by a former all county athlete from Saddle Brook, Nancy Larena. Sheryl will attend Rutgers University.

Jennifer McDermott – Junior. This 11th grade county record holder dominated her events as no one else has this season. Jennifer is first team all-county in the Long and Triple Jump. She set county records in both events and was undefeated in both. She won the state championship in an exciting ¼" battle and is first team all-state in the Long Jump. Jennifer is jumping in Easterns tonight, will jump in Junior Nationals next week, and has been invited to an Olympic development training camp this August in Colorado Springs.

Lynne Collazo – Junior. This Junior 800m 1st teamer began the season as the girl to beat. She had just won the state indoor 800 title. Early in April she suffered a frustrating hip injury and was hobbled to running light practices and slow relay efforts early in the season. As the championship season started, she was running slow times but was able to notch wins at Williamsport, in the NNJIL, County group 4, and the state sectional meet. Then in the Bergen Meet of Champs with the right push and a finally healthy hip, Lynne ran an outstanding 2:13.6. She placed 3rd in the state meet of champs and will race in Junior Nationals next week in Tallahassee.

Jean Hughes – Junior. This junior distance ace could probably run any race from the 400 to 3200 with great success. She has run outstanding 800, 1600, 3200 times this year, qualifying for Junior Nationals in the 3200 along with her teammate Karen Cannon. She shined best in the 1600 however remaining undefeated in the county, notching league, Bergen Group 4, Bergen Meet of Champs and State Sectional championship titles. Jean was 4th in the State Meet of Champs.

The Relay – This group of athletes, all individual champions in their own right, was undefeated in the county. They broke Englewood's county record in the Bergen Meet of Champions and then improved the record to 3:54.29 in the state meet of champions with a 4th place finish. On the way to the states Ridgewood won the state sectional championship and the state group 4 championship. Ginny Figlar anchor, Lynn Degelmann leadoff and Lynn Collazo 3rd position you have heard about before. Kerri Reilly had an outstanding championship season in the open 400 placing 4th in the Bergen Group 4 and 3rd in the State sectionals. In the relay she ran in the all-important 2nd position. Saving her best efforts for the last two meets. She ran a crowd-pleasing effort in the state group 4 meet making up 40 meters on the leaders and setting up Ridgewood's win. Kerri saved her best split for last with a 57.9 or 58.1 (depending on which coach's watch you take) in the state championship record run. Look for Kerri up here next year in the open 400.

Nothing succeeds like success...

Sharlene Milwood, Englewood	59.3
<u>Kerri Reilly, Ridgewood</u>	<u>59.4</u>
Chris Coche, Pascack Hills	59.6
Mary Sok, Westwood	59.82 AT
Jolene Ernst, Pompton Lakes	59.92 AT
Lisa Berkowitz, Wayne Valley	60.9

800 meters

<u>Lynne Collazo, Ridgewood</u>	<u>2:13.8</u>
Nicole Thomas, Passaic	2:18.1
Sharlene Milwood, Englewood	2:18.3
Dawn Reis, Lodi	2:19.0
Lisa Berkowitz, Wayne Valley	2:19.0
Vickee Foy, Paramus	2:21.2
Tiffany Crennel, Paramus	2:21.9
Amy Kempf, Paramus	2:22.1
Kim Reid, Pascack Valley	2:22.3
Keri Riley, Northern Highlands	2:23.3

1,600 meters

<u>Jean Hughes, Ridgewood</u>	<u>5:03.0</u>
Amy Kempf, Paramus	5:05.0
<u>Jennifer Hughes, Ridgewood</u>	<u>5:06.2</u>
<u>Vickee Foy, Paramus</u>	<u>5:10.5</u>
<u>Karen Cannon, Ridgewood</u>	<u>5:10.9</u>
Alicia St. John, Ramapo	5:13.9
Dee Keough, Mahwah	5:17.1
Cathy Feeney, Wayne Valley	5:17.2
Rachel McLaughlin, Lakeland	5:18.7
Lisa Berkowitz, Wayne Valley	5:20.0

3,200 meters

<u>Jean Hughes, Ridgewood</u>	<u>10:43.8</u>
<u>Karen Cannon, Ridgewood</u>	<u>10:46.4</u>

Amy Kempf, Paramus	10:51.18 AT
<u>Jennifer Hughes, Ridgewood</u>	<u>11:09.69 AT</u>
Cathy Feeney, Wayne Valley	11:14.97 AT
Vickee Foy, Paramus	11:20.8
Dee Keough, Mahwah	11:28.2
Laura Drake, Wayne Valley	11:29.9
Alicia St. John, Ramapo	11:34.8
Nadine Nunez, Passaic	11:38.3

Triple jump

<u>Jen McDermott, Ridgewood</u>	<u>38-8½</u>
Tamika Brown, Kennedy	37-11½
Kim Giordano, Waldwick	36-9¼
Michaela Steiner, Bergenfield	36-7½
Lynda Blake, No. Highlands	36-4½
Kathy Garrigan, Wayne Valley	36-2¼
Lee Duck, Waldwick	35-6¼
Joanne Lamstein, River Dell	35-1½
Mary Sok, Westwood	34-10¼
Malaika Walls, Teaneck	34-6¼

Long jump

<u>Jen McDermott, Ridgewood</u>	<u>19-¾</u>
Michaela Steiner, Bergenfield	17-9
Carmen Mattels, Cliffside Park	17-7
Dannette Pritchett, Passaic	17-5
Megan Burke, Glen Rock	17-3½
Kathy Garrigan, Wayne Valley	17-2¾
Beth Mayland, N. Highlands	17-2½
Lee Duck, Waldwick	17-2
Tamika Brown, Kennedy	17-1½
Joanne Lamstein, River Dell	16-10¾

1,600 relay

<u>Ridgewood</u>	<u>3:54.29 AT</u>
Teaneck	4:03.1
Englewood	4:06.8
Tenafly	4:09.9
Northern Highlands	4:10.1
Queen of Peace	4:13.8
Waldwick	4:13.93 AT
Old Tappan	4:15.5
Eastside	4:15.6
Kennedy	4:15.7

100-meter high hurdles

Beth Mayland, N. Highlands	14.9
<u>Sheryl Vander Schyff, Ridgewood</u>	<u>15.0</u>
Adrienne Bolan, Wayne Valley	15.2
Lujinda Batten, Passaic	15.8
Kathy Garrigan, Wayne Valley	15.8
Tanya Scott, Passaic	15.9
Kim Martin, Paramus Catholic	16.08 AT
Linda Hicks, Paterson Catholic	16.0
Allison Orsi, Indian Hills	16.1
Tricia Abrahams, Bergenfield	16.1

400-meter low hurdles

<u>Lynn Degelmann, Ridgewood</u>	<u>64.8</u>
Lore Mattels, Cliffside Park	66.4
Jenny Prioleau, Teaneck	66.4
Stacy Hyland, No. Highlands	67.0
Katie Waterman, Tenafly	67.2
Lynda Blake, No. Highlands	67.2
Adrienne Bolan, Wayne Valley	67.9
Tricia Abrahams, Bergenfield	68.3
Suzette Dias, Eastside	68.4
Lynn Villopoto, IHA	68.5

Shot put

Stacey Price, Westwood	42-1
Keelan Craw, Waldwick	40-1
Anne Wellington, Teaneck	39-5½
Young Park, Dwight-Englewood	37-3
Jennifer Beyea, Bergenfield	37-1
Kimyada Slappy, Passaic	36-10
Alana O'Reilly, Hackensack	35-6
Dionne Wade, Passaic	35-1¼
Jeanine DeSocio, Old Tappan	35-0
<u>Tammy Rayevich, Ridgewood</u>	<u>34-5¼</u>

Discus

Anne Wellington, Teaneck	121-10
<u>Tammy Rayevich, Ridgewood</u>	<u>118-1</u>
Jeanine DeSocio, Old Tappan	118-0
Dionne Wade, Passaic	117-9
Alana O'Reilly, Hackensack	111-8
Kimyada Slappy, Passaic	111-5
Young Park, Dwight-Englewood	111-2
Lisa Mahle, Westwood	110-3
Camille Wright, New Milford	107-10
Jennifer Beyea, Bergenfield	107-5

Javelin

Elena Primerano, Lyndhurst	134-10
<u>Tammy Rayevich, Ridgewood</u>	<u>128-5</u>
Kristen Kile, River Dell	111-5
Leslee Frederickson, W. Valley	111-0
Stacey Price, Westwood	110-3
Chris Dinga, Ridgefield	110-1
Amy Biasucci, Wayne Valley	106-10
Jackie Romero, Tenafly	106-4
<u>Donna Schlicher, Ridgewood</u>	<u>103-3</u>
Darlene Schriener, Q. of Peace	102-5

High jump

Dawn Reis, Lodi	5-5
Kathy Garrigan, Wayne Valley	5-4
Adrienne Bolan, Wayne Valley	5-4
Gwen Manning, Passaic Tech	5-2
Mary Beth Glowacki, Q. of Peace	5-2
Tanya Scott, Passaic	5-2
<u>Sheryl Vander Schyff, Ridgewood</u>	<u>5-0</u>
Chris Bella, Pascack Valley	5-0
Suzanne Meyer, Midland Park	5-0
Allison Orsi, Indian Hills	5-0
Karen Franz, Bergenfield	5-0

GIRLS

100 meters

Carmen Mattels, Cliffside Park	12.3
Sara Pleri, Ramapo	12.4
Nicole Golden, Teaneck	12.4
<u>Jen McDermott, Ridgewood</u>	<u>12.56 AT</u>
Dina Castronovo, Old Tappan	12.5
Daphne Blick, Teaneck	12.5
Keirsten Wallace, Westwood	12.7
Taylor Meding, N. Highlands	12.8
Danayn Adams, Pompton Lakes	12.8
Dannette Pritchett, Passaic	12.9
Nicole Thomas, Passaic	12.9

200 meters

<u>Jennifer McDermott, Ridgewood</u>	<u>25.63 AT</u>
Sara Pleri, Ramapo	25.6
<u>Ginny Figlar, Ridgewood</u>	<u>25.7</u>
Daphne Blick, Teaneck	25.9
Nicole Golden, Teaneck	26.1
Dannette Pritchett, Passaic	26.3
Tamika Brown, Kennedy	26.3
Matilda Miranda, Teaneck	26.3
Starla Anderson, Eastside	26.3
Four tied at 26.4	

400 meters

<u>Ginny Figlar, Ridgewood</u>	<u>56.1</u>
Nicole Thomas, Passaic	56.52 AT
Matilda Miranda, Teaneck	58.7
Dannette Pritchett, Passaic	59.1

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HIGH SCHOOL

Track bests of 1988 season

Track aces sizzle in cold season

The Record
June 12
1988

By Paul Schwartz
Correspondent

TRACK

The 1988 spring track season was marked by unusually cold weather and sizzling performances.

The cool temperatures that affected all but two weekends of the 10-week season were the worst in the memory of most track coaches and fans, but it didn't stop area performers from enjoying one of the finest seasons in many years.

The two-year domination of Group 4 boys by area teams ended, although Hackensack finished second in state Group 4 despite a series of injuries and defections. Ridgewood's girls, however, more than made up for the end of the boys' reign with a record-setting 49 $\frac{3}{4}$ -point win in the Group 4 competition.

Jacob Brown's team from the Northern New Jersey Interscholastic League scored in all nine running events and three field events to earn its first group title. The Maroons set records for points scored in the Bergen Relays, league, county, and sectional Group 4 meets.

Ridgewood was generally considered to have the finest girls track team in state history.

Area girls teams finished in the top five in every group, with Waldwick finishing second and Kinneelon third in Group 1, Paramus third in Group 3, Boonton and Westwood tied for fourth in Group 2, and Queen of Peace and DePaul fifth in Parochial A and B, respectively.

Individually, the season was dominated by five competitors: Jen McDermott of Ridgewood, Walt McCall of Hackensack, Derrick Horner of Don Bosco, Nicole Thomas of Passaic, and Lamont Harris of Eastside.

McDermott was just amazing. After suffering an injury-plagued sophomore year, the junior leaped into prominence the first week in May by setting Bergen County records in the long and triple jumps at the Williamsport (Pa.) Coaches Track and Field Invitational. Her triple jump of 38-8 $\frac{1}{2}$ established a New Jersey record.

McDermott was undefeated in the jumps, and won the state long-jump title with a leap of 19- $\frac{1}{4}$, or $\frac{1}{4}$ -inch short of the county record she set in the Bergen Girls Meet of Champions.

McCall became only the second athlete in Bergen County history to break 48 seconds for either the 400 meters or 440 yards. He was undefeated at 400 meters, setting a Bergen record of 47.69 seconds in destroying a quality field in the State Meet of Champions, including defending champ David Fields of Monmouth.

Horner was the finest sprinter in New Jersey but was unable to participate in the state meet, as graduation conflicted with the Parochial A title meet.

The Harvard-bound senior did not lose a race at 100 or 200 meters all year, tying the county record of 10.6 in winning the Eastern States Championship. He also tied the oldest Bergen County record, set in 1965, by long jumping 24-1 $\frac{1}{2}$ at the NNJIL meet.

A mediocre sprinter as a junior, Thomas turned into a sensational 400- and 800-meter runner as a senior, climaxing her season with a state Group 4 title in the 400 with a 56.34 clocking.

Earlier, she had dominated Passaic County competition in both the 400 and 800. Thomas also

helped the Indians to impressive runner-up performances in both the Passaic County and sectional 4 meets and a record-setting NNJIL Passaic-Essex championship.

Harris, the major returnee from the 1987 State Group 4 championship, was undefeated in area competition in the 110 and 400 hurdles. He helped hold an inexperienced Ghosts squad together and led to them to respectable third-place finishes in both county and NNJIL competition and a fourth in the state sectionals.

Harris finished second in the intermediates in both the state Group 4 and Meet of Champions.

Other outstanding performances came from junior Craig Halyard of Ridgewood, who set a state record in the triple jump with a leap of 48-1 $\frac{1}{4}$ and ran on the Ridgewood 1600-relay team, which set a county mark of 3:19.25 in finishing fifth in the state finals; junior Mark Bednarz of Paramus Catholic, second in the state in the 800, with a best of 1 minute 52.7 seconds; and Demarest shot putter

Mike Theuerkauf, who won his fourth straight Group 3 sectional title, but trailed Jason Miller of Elmwood Park all year until he uncorked a monstrous 62-6 $\frac{1}{2}$ toss on his last scholastic throw to win the state title.

Ridgewood's Ginny Figlar set a county record in the 400 at 56.1 and the Ridgewood mile-relay team ran 3:54.29 for another county mark. Elena Primerano of Lyndhurst had a career best 134-10 in the javelin for the top throw in five years in the area. Westwood's Stacey Price, who repeated her second-place finish in the shot, had a terrific throw of 42-1 in winning the Group 2 state title.

In Passaic County, Adolfo Colon of Passaic Tech was the top distance runner, taking a fourth in the Group 4 3,200, while teammate and long jumper Sherwin Tann also qualified for the state Meet of Champions. Dave Singletary of Passaic Tech was fifth in the state championship 100, recovering well from an early-season injury.

Swift, Bowles, Smead among picks

By GRANT EDWARDS

Two athletes who have dominated their events in New Jersey competition, Jodi Bilotta of North Hunterdon and Dawn Bowles of Neptune, head The Star-Ledger 1988 Outdoor Track and Field All-State Team with three first-team slots apiece.

Bilotta, All-State in both 1,600 and 3,200 meters in her sophomore and junior years, added the 800 this season and won all three races last Wednesday night at the Meet of Champions in South Plainfield. For the third consecutive outdoor season, she won every major race she entered.

Bowles, All-State last year in the 100-meter hurdles, yesterday was selected as the Scholastic Coach-Ga-

torade Circle of Champions New Jersey Girls' Track Athlete of the Year.

Bowles dominated the 100- and 200-meter dashes. She won every race by a wide margin and did not score a triple at the Meet of Champions only because a tight time schedule kept her from entering three events.

A third multiple first-team selection is Charity Smead of Southern Regional in the shot put and javelin. Completing the team are Michelle Samuels of Red Bank in the 400 meters, Tonya Lee of Rancocas Valley in the 400-meter hurdles, Jen McDermott of Ridgewood in the long jump, Shelley Mitchell of Lakewood in the high jump and Rachel Swift of Phillipsburg in the discus.

JODI BILOTTA: The senior had the state's fastest times in all three of her events: 2:11.0 for the 800, 4:51.2 for the 1,600 and 10:24.18 for the 3,200. Her leading times in the 800 and 3,200 came at the Meet of Champions. The 1,600 was run at the Mid-State Conference meet. Bilotta will remain active, trying for a berth on the U. S. junior team that will go to the world championships in Sudbury, Ontario, next month. Bilotta will be at Stanford next fall.

DAWN BOWLES: Bowles, headed for Fairleigh Dickinson in the fall, used the high school season as a warmup for the summer campaign. She has qualified for the U. S. Olympic Trials in Indianapolis in the hurdles, where her best time of 13.1 in the 100 at the Monmouth County Meet in Holmdel stands as the state record. Her top automatic time of 13.33 places her among the top 10 of any age group in the nation.

In the 100 and 200, Bowles is also among the nation's top high school runners with times of 11.9 and 23.8. She tripled her three specialties at the Monmouth County, Shore Conference, Central Jersey and Group 4 meets.

CHARITY SMEAD: Smead was undefeated in both the shot put and javelin until the Meet of Champions, when she failed to make the shot put final. She made up for that with a 148-2 throw, the best effort of the season in

the state, to win the javelin. Smead four times had beaten the All-Groups shot put winner, Shawn Walsh of Toms River East.

MICHELLE SAMUELS: The sophomore was unbeaten in the 400 this spring and dominated the run in the Shore Conference. She finished her sweep with a 55.81 victory in the Meet of Champions to better her winning 56.1 in the Shore Conference Meet.

TONYA LEE: The Bergen County senior and Lakewood's Mitchell staged a great rivalry in the 400-meter hurdles. Lee won the first round at the South Jersey, Group 3 meet in 1:01.6. Mitchell took the Group 3 title in 1:00.56. Lee came back with a meet record of 58.9 (59.03 automatic time) at the All-Groups Meet. She will now try to meet the Olympic Trials qualifying time of 58.80.

JEN MC DERMOTT: The junior saved her two longest jumps for the Group 4 championships and the Meet of Champions. In the meet, her winning long jump of 18-8½ was the season's best in New Jersey. But she erased that standard with a 19-0¼ in the Meet of Champions that concluded the state season.

SHELLEY MITCHELL: Mitchell was by herself in the high jump all season, just as she had been during the indoor season. She cleared 5-8 or better in every major meet except Group 3, when rain fell during the event. Her best of 5-9 came in the sectionals. Mitchell, who is headed to Penn State in the fall, is one of the best all-around athletes in the nation, with the 100-meter hurdles, 400-meter run and long jump also in her repertoire.

RACHEL SWIFT: Swift, the first to win girls all-state honors in track and field for Phillipsburg, earned her berth by taking two of three state meet contests from Natasha Criss of Montclair. Swift won at the North Jersey, Section 2, Group 4 meet at 124-1, and in the Group 4 championships with a throw of 128-9. Criss each time was second. Then Swift finished a close second in the Meet of Champions, where she threw 126-7 and Swift 127-1.



Jen McDermott
...Ridgewood

winning performance

All-State girls' track

FIRST TEAM

POS.	PLAYER	SCHOOL	HT.	WT.	CLASS
100	Dawn Bowles	Neptune	5-6	118	Senior
200	Dawn Bowles	Neptune	5-6	118	Senior
400	Michelle Samuels	Red Bank	5-5	118	Soph
800	Jodi Bilotta	North Hunterdon	5-7	117	Senior
1,600	Jodi Bilotta	North Hunterdon	5-7	117	Senior
3,200	Jodi Bilotta	North Hunterdon	5-7	117	Senior
100H	Dawn Bowles	Neptune	5-6	118	Senior
400H	Tonya Lee	Rancocas Valley	5-7	116	Senior
HJ	Shelley Mitchell	Lakewood	5-7	125	Senior
LJ	Jan McDermott	Ridgewood	5-7	125	Junior
SP	Charity Smead	Southern Regional	5-10	189	Senior
DI	Rachel Swift	Phillipsburg	5-9	191	Senior
JA	Charity Smead	Southern Regional	5-10	189	Senior

SECOND TEAM

100	Roxanne Francis, Weequahic
200	Yvonne Thomas, Clifford Scott
400	Faye Haskins, Monmouth Regional
800	Marcia Baker, Vailsburg
1,600	Karin Swartz, Princeton
3,200	Christi Constantia, Kitatinny
100H	Portia Burdett, Camden Wilson
400H	Shelley Mitchell, Lakewood
HJ	Mary Beth Labosky, Holy Cross
LP	Arlenne Davis, Newark Central
SP	Shawn Walsh, Toms River East
DI	Natasha Criss, Montclair
JA	Cindy Herceg, Holmdel

THIRD TEAM

	Kimberly Mitchell, Hillside
	Roxanne Francis, Clifford Scott
	Drexel Long, Monmouth Regional
	Lynn Collazo, Ridgewood
	Christi Constantia, Kitatinny
	Sandra Tignor, Princeton
	Tiffany Ruth, Columbia
	Yvonne Prilo, Trenton
	Dawn Sullivan, Morris Hills
	Lisa Adams, Bridgewater West
	Stacey Price, Westwood
	Lisa Kohut, Boonton
	Beth Whitmore, Voorhees

top track performances

Delbarton. 206.9—Rich Kyasky, River Dell.
400-METER RELAY: 42.24—Willingboro. 42.6—Elizabeth. 42.7—Montclair. 42.89—Plainfield. 43.1—West Side.
800-METER RELAY: 1:28.7—Elizabeth. 1:29.2—Willingboro. 1:30.3—Monmouth Regional; Montclair. 1:30.4—Morristown.
1,600-METER RELAY: 3:16.4—West Side. 3:16.6—Willingboro. 3:19.0—Toms River South; Vailsburg. 3:19.2—Plainfield.
3,200-METER RELAY: 7:51.2—Christian Brothers. 7:59.7—Newark East Side. 8:04.3—Asbury Park. 8:04.66—Toms River South. 8:06.05—West Side.
6,000-METER RELAY: 16:22.4—Christian Brothers. 17:26.1—Christian Brothers "B."
6,400-METER RELAY: 17:42.5—Christian Brothers. 18:17.3—Brick. 18:20.5—Morristown. 18:20.8—Hanover Park. 18.25.3—Princeton.
SPRINT MEDLEY: 3:31.0—Montclair Immaculate. 3:32.2—Willingboro. 3:33.2—West Side. 3:34.5—Randolph. 3:35.7—Hanover Park.
DISTANCE MEDLEY: 10:10.1—Christian Brothers. 10:22.9—Paul VI (Hadd.). 10:32.1—Hanover Park. 10:36.3—Toms River East. 10:41.2—Asbury Park.
SHUTTLE HURDLES: 1:00.5—Shabazz. 1:00.6—Morristown. 1:00.7—Seton Hall Prep. 1:00.8—Union. 1:01.3—Piscataway.
STEEPLECHASE: 9:22.8—John Coyle, Christian Brothers.

GIRLS' TRACK PERFORMANCE LEADERS

100-METER DASH: 11.9—Dawn Bowles, Neptune. 12.0—Roxanne Francis, Weequahic. 12.1—Rhonda Saunders, Clifford Scott; Michelle Samuels, Red Bank. 12.2—Aisha Agee, Monmouth Regional. Tonya Brown, Neptune; Shana Wil-

400-METER RUN: 55.6—Michelle Samuels, Red Bank. 55.9—Tanisha McGriff, Newark Science; Faye Haskins, Monmouth Regional. 56.1—Ginny Figlar, Ridgewood. 56.2—Drexel Long, Monmouth Regional.
800-METER RUN: 2:11.0—Jodi Bilotta, North Hunterdon. 2:13.2—Marcia Baker, Vailsburg. 2:13.8—Lynn Collazo, Ridgewood. 2:15.2—Donna Brzyski, Point Pleasant Boro. 2:15.52—Nancy Goodall, Toms River East.
1,500-METER RUN: 4:51.1—Sandy Wright, Paul VI (Hadd.). 4:55.1—Kris Opdyke, West Morris.
1,600-METER RUN: 4:51.2—Jodi Bilotta, North Hunterdon. 5:02.55—Sandra Tignor, Princeton. 5:02.71—Karin Swartz, Princeton. 5:02.9—Jean Hughes, Ridgewood. 5:03.5—Christi Constantia, Kitatinny.
3,000-METER RUN: 9:46.0—Jodi Bilotta, North Hunterdon. 10:03.2—Sandra Tignor, Princeton. 10:11.1—Amy Kempf, Paramus.
3,200-METER RUN: 10:24.18—Jodi Bilotta, North Hunterdon. 10:26.1—Christi Constantia, Kitatinny. 10:34.8—Sandra Tignor, Princeton. 10:43.8—Jean Hughes, Ridgewood. 10:46.8—Karen Cannon, Ridgewood.
100-METER HURDLES: 13.1—Dawn Bowles, Neptune. 14.2—Tiffany Ruth, Columbia. 14.3—Portia Burdett, Camden Wilson. 14.4—Shelley Mitchell, Lakewood. 14.6—Arnita Greene, Delsea.
400-METER HURDLES: 58.9—Tonya Lee, Rancocas Valley. 1:00.5—Shelley Mitchell, Lakewood. 1:02.2—Yvonne Prilo, Trenton. 1:02.7—Portia Burdett, Camden Wilson. 1:03.0—Lakisha Bullock, Roselle Catholic.
HIGH JUMP: 5.9—Shelley Mitchell, Lakewood. 5.6—Lisa Adams, Bridgewater West; Nancy Lin, West Windsor; Mary Beth Labosky, Holy

Bridgewater West.
TRIPLE JUMP: 38.8½—Jan McDermott, Ridgewood. 36.7½—Michelle Steiner, Bergenfield. 36.5¼—Tamika Brown, Paterson Kennedy. 36.4½—Lynda Blake, Northern Highlands. 35.9—Kathy Garrigan, Wayne Valley.
SHOT PUT: 43.5¼—Charity Smead, Southern Regional. 42.1—Stacy Price, Westwood. 41.10½—Shawn Walsh, Toms River East. 41.8—Rachel Swift, Phillipsburg. 41.0¾—Tisha Kerrin, Eastern.
DISCUS: 132.0—Tisha Kerrin, Eastern. 129.7—Charity Smead, Southern Regional. 128.9—Rachel Swift, Phillipsburg. 127.7—Natasha Criss, Montclair. 126.2—Chris Bogard, Hunterdon Central.
JAVELIN: 149.2—Charity Smead, Southern Regional. 141.10—Cindy Herceg, Holmdel. 136.2—Beth Whitmore, Voorhees. 136.1—Lisa Kohut, Boonton. 134.10—Elaine Primerano, Lyndhurst.
400-METER RELAY: 47.7—Neptune. 48.3—Clifford Scott. 48.9—Columbia. 49.2—Weequahic. 49.48—Trenton. 49.5—Newark Science.
800-METER RELAY: 1:40.7—Clifford Scott. 1:40.8—Neptune. 1:42.5—Newark Science. 1:43.3—Monmouth Regional. 1:44.4—Trenton.
1,600-METER RELAY: 3:51.6—Monmouth Regional. 3:52.5—Newark Science. 3:53.1—Clifford Scott. 3:54.1—Ridgewood. 3:57.4—Lakewood.
3,200-METER RELAY: 9:07.6—Ridgewood. 9:41.6—Vailsburg. 9:57.9—North Hunterdon. 10:01.1—Kearny. 10:03.5—Wayne Valley. 10:05.6—Morris Knolls.
6,400-METER RELAY: 22:13.0—Wayne Valley. 22:24.3—Paramus. 22:24.8—Ridgewood. 22:45.2—Madison Central.
SPRINT MEDLEY: 4:07.2—Monmouth Regional. 4:09.2—Clifford Scott. 4:14.4—Ridgewood. 4:17.2—Lakewood. 4:17.4—Vailsburg.

ALL N. J. I. L. TEAM



GINNY FIGLAR

TRACK

RIDGEWOOD

1988

Arvidson

President

New Jersey State Interscholastic Athletic Association

ATHLETIC



ASSOCIATION

THIS IS TO CERTIFY

SHERYL VANDERSCHEFF
(PLAYER)

as a member of the RIDGEWOOD HIGH SCHOOL School

GIRLS TRACK AND FIELD Team in 1988 in IV
(SPORT) (YEAR) (CLASSIFICATION)

STATE CHAMPIONS

and is hereby entitled to the seal and honors given in this sport by this Association.

In Witness Whereof, we have hereunto affixed our signatures



[Signature]
PRINCIPAL

Robert F. Kambly
EXECUTIVE DIRECTOR

[Signature]
COACH

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

100 METER HURDLES

15.0	Sheryl van der Schyff	1988
16.1	Jeanne McGuire	1985
16.5	Liz Ross	1984&85
16.6	Monica Richter	1982
16.7	Linn Degelmann	1988
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

400 METER HURDLES

63.7	Lynn Degelmann	1987
63.82	Liz Ross	1985
66.6	Jeanne McGuire	1985
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
70.0	Laura Pollaci	1988
70.2	Julianne Babbitt	1983

SHOT PUT

38' 6 3/4''	Lisa Glidewell	1980
36' 8''	Tammy Rayevich	1988
33' 9''	Alfreda Eldridge	1988
33' 4''	Jessica Berg	1983
32' 7''	Janet Sauerman	1980
32' 6 1/2''	Ellen Barkenbush	1986
30' 10 1/2''	Louise Pallone	1987
29' 5''	Lisa Cangemi	1984
28' 8 1/2''	Claudia O'Rourke	1981
28' 6''	Karen Prickett	1983

JAVELIN

128' 4''	Tammy Rayevich	1988
118' 4''	Deanie Barth	1987
116'	Marci Capitani	1985
110'	Kim Slawek	1979
105' 6''	Claudia O'Rourke	1981
103' 3''	Donna Schlicher	1988
102' 1''	Jennifer Baringer	1975
101' 10''	Mary Ellen Mileski	1982
99' 5''	Jessica Berg	1984
97' 3''	Alfreda Eldridge	1988

DISCUS

118' 11''	Tammy Rayevich	1988
117' 7''	Lisa Glidewell	1980
115' 6''	Janet Sauerman	1980
107'	Ellen Barkenbush	1986
106' 6''	Alfreda Eldridge	1988
105' 6''	Courtney Moody	1984
103' 1''	Cathie DeYoe	1975
102' 9''	Sarah Miles	1979
98' 2''	Martha LaMarre	1976
97' 11''	Claudia O'Rourke	1981

TRIPLE JUMP

38' 8 1/2''	Jennifer McDermott	1988
36' 3 1/2''	Kathy Granata	1983
35' 2 1/4''	Becky Deetz	1976
34' 11 1/2''	Deecy Porro	1978
34' 4 1/2''	Jen Wrubel	1988
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

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' 2''	Sheryl vanderSchyff	1987
5' 2''	Wrubel 87, McDermott 88	

LONG JUMP

19' 5''	w Jennifer McDermott	1988
17' 5''	Becky Deetz	1976
16' 5''	Kathy Granata	1983
16' 3''	Jen Wrubel	1988
16' 2 1/4''	Sue Davis	1976
16' 2 1/4''	Deecy Porro	1977
16' 2 ''	i Michelle Smith	1979
16' 1 ''	Ann Green	1976
15' 11 ''	Chris O'Rourke	1979
15' 10 1/4''	Wendy Hawthorne	1984

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

100 METER DASH

12.4	Jennifer McDermott	1988
12.6	Ginny Figlar	1987
12.7	Marci Capitani	1984&5
12.8	Judy Davis	1980
12.8	Trish Fogarty	1981
13.0	Cathy Vickery	1982
13.2	Lisa Bagnaturo	1981
13.2	Jeanne McGuire	1985
13.4	Lynne Degelmann	1985
13.4	Keri Reilly	1988

200 METER DASH

25.4	Jennifer Mc Dermott	1988
25.7	Ginny Figlar	1988
26.2	Marci Capitani	1985
26.6*	Judy Davis	1979
26.6	Lisa Bagnaturo	1981
27.2	Mary Ellen Mileski	1983
27.4	Trish Fogarty	1981
27.4	Karen Haass	1981
27.4	Lynne Degelman	1985
27.5	Cathy Vickery	1982

400 METER DASH

56.1	Ginny Figlar	1988
57.7	Marci Capitani	1984
58.7	Judy Davis	1979
59.3	Margaret Scutro	1984
59.4	Keri Reilly	1988
59.5*	Kandie Latham	1974
59.9	Liz Ross	1985
60.0	Lynne Degelmann	1987
60.3	Patti Mileski	1983
60.5	Lynne Collazo	1987

400 m. RELAY SPLITS

55.7	Ginny Figlar	1988
58.0	Marci Capitani	1985
58.0	Margaret Scutro	1984
58.1	Keri Reilly	1988
58.3	Lynn Collazo	1988
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

800 METER RUN

2:10.9	Margaret Scutro	1985
2:12.1	Patti Mileski	1982
2:13.8	Lynn Collazo	1988
2:13.9	Mary Ellen Mileski	1983
2:17.0	Jean Hughes	1987
2:17.7*	Kandie Latham	1975
2:18.0	Norine D'Arcy	1987
2:19.2	Beth Pringle	1982
2:20.8*	Jane Green	1974
2:21.8	Carol Dickstein	1981

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
4:46.9	Jean Hughes	1987
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

1600 METER RUN

4:46.4	Margaret Scutro	1985
4:54.8*	Patti Mileski	1983
5:01.2*	Mary Ellen Mileski	1980
5:03.4	Jean Hughes	1988
5:05.5	Beth Pringle	1983
5:05.6	Norine D'Arcy	1987
5:06.2	Jennifer Hughes	1988
5:10.9	Karen Cannon	1988
5:18.9	Nanci Titus	1987
5:23.1*	Anja Kannengieser	1982

3000 METER RUN

10:03.12	Jennifer Hughes	1988
10:04.1	Patti Mileski	1983
10:04.7	Carol Dickstein	1981
10:11.2	Jean Hughes	1988
10:13.6	Karen Cannon	1988
10:13.9	Mary Ellen Mileski	1982
10:22.8	Beth Pringle	1982
10:26.6	Norine D'Arcy	1986
10:28.2	Kathy Duffy	1981
10:39.3	Colleen Wright	1982

3200 METER RUN

10:34.5	Patti Mileski	1983
10:40.2	Margaret Scutro	1985
10:43.8	Jean Hughes	1988
10:46.4	Karen Cannon	1988
10:56.4	Jennifer Hughes	1987
10:58.6	Norine D'Arcy	1987
11:13.6	Beth Pringle	1983
11:18.0	Colleen Wright	1981
11:19.5	Mary Ellen Mileski	1983
11:30.1*	Kathy Duffy	1979

RIDGEWOOD HIGH SCHOOL

1988 BEST PERFORMANCES LIST

<u>100 METERS</u>	<u>200 METERS</u>	<u>400 METERS</u>
12.4 JENNIFER McDERMOTT	25.4 JENNIFER McDERMOTT	56.1 GINNY FISLAR
12.8 GINNY FISLAR	25.7 GINNY FISLAR	59.4 KERI REILLY
13.4 KERI REILLY	28.0 KERI REILLY	61.7 LYNNE COLLAZO
13.5 LYNN DESELMANN	28.7 SHERYL VANDER SCHYFF	63.7 JEAN HUGHES
13.6 STEPHANIE DECONCELIO	28.9 RACQUEL MAIR	64.8 LAURA POLLACKI
13.7 RACQUEL MAIR	29.5 DONNA SCHLICHER	67.0 DONNA SCHLICHER
14.1 KATE McDERMOTT	29.5 KATE TANCOS	67.9 JENNIFER HUGHES
14.2 ALFREDA ELDRIDGE	29.9 KATE McDERMOTT	69.0 JENNY GIFFORD
14.2 AMY FOST	31.4 DEBBIE COMPTON	69.7 AMY SHERIDAN
14.3 YVETTE BALFOUR	32.0 ALLISON BARBEAU	70.5 KATE McDERMOTT
14.5 JEAN HUGHES	32.3 GINNY GIFFORD	71.0 ALLISON BARBEAU
14.5 DEBBIE COMPTON	32.6 JANICE D'ARCY	71.8 YVETTE BALFOUR
14.6 GINNY GIFFORD	34.1 JENNY JUANG	72.0 JANICE D'ARCY
14.9 JENNIFER HUGHES	34.7 BRIDGET BLANEY	72.2 KAREN CANNON
15.0 JANICE D'ARCY	35.6 CHRISTINA CAVANAUGH	73.3 BRIDGET BLANEY
15.0 AMY SHERIDAN		73.9 RACQUEL MAIR
15.0 SUE MANCUSIO		74.8 ^{DEBBIE} COMPTON
15.7 ARIYA VENIN		78.6 CHRISTINA CAVANAUGH
15.8 HOLLY SCHWEITERING		78.6 JENNY JUANG
15.9 KAREN CANNON		82.0 SUE MANCUSIO
16.2 CHRISTINA CAVANAUGH		84.8 AMY FOST
16.3 BRIDGET BLANEY		85.1 EMILY LADWIG
16.4 JENNY JUANG		86.1 ALLISON WESSELL
16.9 ALLISON BARBEAU		
17.0 TRACY PATTON		
17.0 EMILY LADWIG		
17.6 ALLISON WESSELL		

800 METERS

2:13.8 LYNNE COLLAZO
 2:26.6 LIZ FIGLAR
 2:26.9 KAREN CANNON
 2:29.6 JEN McDERMOTT
 2:31.8 JENNIFER HUGHES
 2:31.8 JEAN HUGHES
 2:34.6 JANET TITUS
 2:36.8 HEATHER FITZGERALD
 2:38.4 STEPH KANE
 2:47 SARAH GIFFUNI
 2:49 SHEELYN MARKER
 2:49.2 TRICIA MONTEGARI
 2:52.4 BRYCE MILLS
 2:58.7 LIZ GUENTHER

1600 METERS

5:03.4 JEAN HUGHES
 5:06.2 JENNIFER HUGHES
 5:10.9 KAREN CANNON
 5:25.6 LYNNE COLLAZO
 5:29.6 LIZ FIGLAR
 5:38.8 STEPH KANE
 5:57.8 JANET TITUS
 6:00.7 HEATHER FITZGERALD
 6:21.6 LYNN DEGELMANN
 6:22.1 SHEELYN MARKER
 6:34.6 TRICIA MONTEGARI
 6:34.6 SARAH GIFFUNI
 6:44.2 KATE McDERMOTT
 6:59.6 JANET MORITZ

3200 METERS

10:43.8 JEAN HUGHES
 10:46.4 KAREN CANNON
 11:04.6 JENNIFER HUGHES
 11:48.6 LIZ FIGLAR
 12:11.7 LYNNE COLLAZO
 13:00.3 JANET TITUS
 13:22 STEPH KANE
 13:40.7 HEATHER FITZGERALD
 14:09.9 JANET MORITZ
 14:09.9 SARAH GIFFUNI

3000 METERS

10:13.6 KAREN CANNON
 10:11.21 JEAN HUGHES

100 HURDLES

15.0 SHERYL VANDER SCHYFF
 16.7 LYNN DEGELMANN
 18.4 AMY DONNELLY
 19.3 STEPHANIE DE CONÇEILIO
 19.5 AMY LINKS

400 HURDLES

64.8 LYNN DEGELMANN
 70.0 LAURA POLLACI
 72.0 AMY DONNELLY
 75.6 STEPHANIE DE CONÇEILIO
 79.2 AMY LINKS

1500 METERS

5:35.8 STEPH KANE
 5:35.8 LIZ FIGLAR

300 HURDLES

47.7 LYNN DEGELMANN

<u>SHOT</u>	<u>DISCUS</u>	<u>JAVELIN</u>
34' 4 1/2" TAMMY RAYEVICH	118' 11" TAMMY RAYEVICH	128' 4" TAMMY RAYEVICH
33' 9" ALFREDA ELDRIDGE	106' 6" ALFREDA ELDRIDGE	103' 3" DONNA SCHLICHER
30' 10" LOUISE PALLONE	91' 9" LOUISE PALLONE	97' 3" ALFREDA ELDRIDGE
22' 5" MEME SPATA	65' 9" MAUREEN MONTEGARI	73' 4" MAUREEN MONTEGARI
22' 4" JENNIFER HUGHES	57' 7" ALLISON BARBEAU	61' LOUISE PALLONE
21' ALLISON BARBEAU	57' 5" MEME SPATA	50' 2" ALLISON BARBEAU

<u>LONG JUMP</u>	<u>TRIPLE JUMP</u>	<u>HIGH JUMP</u>
19' 5" (w) JENNIFER McDERMOTT	38' 8 1/2" JENNIFER McDERMOTT	5' 2" JENNIFER McDERMOTT
16' 3" JEN WRUBEL	34' 4 1/4" JEN WRUBELL	5' 0" SHERYL VANDER SCHYFF
15' 9 1/4" RACQUEL MAIR	31' 0" GINNY FIGLAR	5' 0" JEN WRUBELL
14' 3" GINNY FIGLAR	29' 11 1/2" ALLISON BARBEAU	4' 4" LYNNE COLLAZO
13' 11 1/4" KATE McDERMOTT	28' 10" AMY DONNELLY	4' 4" KATE TANCOS
12' 11" KATE TANCOS	27' 5" AMY FOST	4' 4" HOLLY SCHWIETERING
12' 2" HOLLY SCHWIETERING	27' 4 1/2" BRIDGET BLANEY	4' 0" SUE MANCUSO
11' 9 1/2" AMY FOST	27' 3" DEBBIE NORTON	3' 10" GINNY GIFFORD
11' 6" DEBBIE NORTON	23' 11 3/4" KATE TANCOS	
10' 7" BRIDGET BLANEY		

RELAYS

<u>4X100</u>	<u>4X200</u>	<u>4X400</u>	<u>4X800</u>	<u>4X1600</u>	<u>SPRINT MEDLEY</u>	<u>DISTANCE MEDLEY</u>
		3:54.29				
		3:55.4				

SPLITS WHEN THEY BETTER OPEN TIMES

<u>400</u>	<u>800</u>
55.7 GINNY FIGLAR	2:16.6 JEAN HUGHES
58.1 KERI REILLY	2:17.3 GINNY FIGLAR
58.3 LYNNE COLLAZO	2:20.2 JENNIFER HUGHES
60.4 LYNN DEGELMANN	2:23.2 KAREN CANNON
63.1 JEAN HUGHES	2:38.6 LYNN DEGELMANN
63.8 AMY DONNELLY	2:44.0 AMY DONNELLY
66.6 LIZ FIGLAR	2:47.9 LAURA POLLACI
68 KATE TANCOS	2:49.9 BRYCE MILLS
69.0 AMY LINKS	2:55.0 EILEEN MORITZ
71.4 STEPH KANE	2:56.2 KERI REILLY
71.7 RACQUELL MAIR	3:01.4 KATE McDERMOTT
72.0 BRYCE MILLS	
77.1 EILEEN MORITZ	

1988 TRACK AND FIELD PARTY

I wrote my remarks this year so I wouldn't miss anything. Coaching the 1988 Ridgewood Girls was a unique experience and I want to express all my emotions both positive and negative.

This team had its destiny. As 9th graders you were our last separate jr hi team and you were probably the best of Jack Parish's long line of great 9th grade teams. The 4X400 relay was 6th in the varsity county final and several of the girls ran in the varsity championships at the end of the season.

The next three years (86, 87, & 88) were years of dominance for Ridgewood track. ^{you won} ~~winning~~ all dual meets for 3 seasons ^{you won} ~~winning~~ all championships except the state in 87. ~~and~~ ^{you won} ~~winning~~ all meets and ~~setting~~ ^{you set} point scoring records in all championship meets in 1988. Ridgewood's ~~pinacle~~ ^{Pinnacle} achievement was the 1988 State Championship when we scored in 12 of 14 events piling up a record 49 3/8 points. At this point Ed Grant, a long time Jersey track writer called us the "greatest girls team in state history." Upon reflection and checking some old results I'm sure he is right.

Working with you was not always easy. Most of you refused to take leadership from peers and some were downright difficult to coach. I felt like a college coach this spring. I had supreme confidence in you as athletes but also found you a bunch of self-centered premedonas quite often. This is a common lament heard from my college friends. Part of being a great athlete is confidence almost to the point of arrogance. Learning to blend that into a supportative team framework was something we didn't accomplish. It is ironic that what I consider myself best at: creating a loving supportive team was what this team was worst at. The future challenge for seniors going to college and underclass people returning next year is to keep your confidence but be supportive of a teammates efforts. It is helpful to look beyond ourselves sometimes. We can gain personal strength by helping a teammate with her challenges.

What this team was best at was kicking ass! I always knew we would win. When I studied the 4 state sectional results and realized we could absolutely dominate at the state championship meet I got scared! Could I be wrong? Could a record day actually happen? Could my confident posturing be just so much hot air? Naw! ~~We~~ ^{We} romped and stomped, ~~and~~ ^{and} chewed them up and spit them out! You are a team that would beat most division II and III college teams and some division I teams. You are probably a better team than you realize. Most of you have college potential. I challenge you to realize it. I hope one of you write a story about this team some day. There are many examples in professional sports where the great season begets a book. Our great season deserves at least a short story and certainly has all the elements to make for good reading.

As one would expect I won coach of the year honors this spring. But as all in sports know athletes and assistant coaches win this award for the head coach. THANKS! I worked with a great group of coaches. Ken ~~Springer~~ ^{SPRINGER} is a great motivator of women distance runners, Nancy Larena can teach competitive spark with a look and a shout, and Don Patterson is a great technician whose thoughtful approach is an important counter balance to my

scattered passion. I think this is the greatest group of coaches ever assembled for a girls track team in at least Bergen county and perhaps the entire state. Few division I college staffs are as good.

You will notice that I have mentioned no names of teammates in my remarks. That is both ~~deliberate~~^{DELIBERATE} and unique as it is traditional for me to say several things about each senior. When one has so many great athletes it is hard to give each her due and ~~deliberately~~^{INHERENTLY} unfair to single any one out for special comments. I have strong feelings of concern for all of you. Some of you are easier to work with than others. Some of you make me angry a lot. Some of you fill me with great joy. Some of you have not grown up yet. Some of you need a hug. Some of you need a kick in the ass. All of you have incredible futures.

One thing I realize standing here is I love all of you and consider myself a lucky man to have been associated with you.

Saul Brown















