1993 TRACK & FIELD

MEET RESULTS RECORDS AND HONORS

GIRLS TRACK AND FIELD 1993

TEAM RECORD

Dual Meets 6wins - 1 tie	
Eastside	96-26
Kennedy	74-48
Bloomfield	121- 1
Montclair	71-51
Barringer	121- 1
Clifton	96-26
Passaic	61-61

Championship Meets 5 wins	
Ridgewood Relays	2nd
Engelwood Relays	3rd
Bergen County Relays	1st
Penn Relays	7th in DM
Bernards Invitational	
County Seat Meet	
NNJIL Championship	1st
Bergen Group IV	1st
Ridgewood Relays II	1st
State Sectional NIGR4	1st
Bergen Meet of Champs	3 champions
State Group 4 Champs	4th
State Meet of Champs	
Easterns -1 champion	
USATF Juniors - 2 girls	

TEAM MEMBERS

Seniors: Neena Barua*, Claire Blaney*(captain), Emilie Chang*(captain), Renee Pavelski*(captain), Jeanne Reilly*(captain), Terry Shum*, Rachel VanYperen*.

Juniors: Kathleen Campbell, Keely Cheslack-Postava, Victoria Dinsell, Jessica Engel*, Vicki Gellis, Melissa Gilbert*, Liz Grieco, Jen Holcomb, Elyse Lee, Shannon McGarrigle*, Sarah McKeracher, Kristin O'Connor*, Jenna Rogers*, Courtney Shell, Gizele Watson*, Sharon Yeung.

Sophomores: Sarah Apsel, Kate Brunner*, Maggie Cain, Dara Cattani*, Dorian Cattani, Elizabeth Cavanagh, Amanda DiLeo, Lindsay Fields, Erin Fleming, Kim Folk, Alexandra Furger, Joelle Gruber, Jamie Hollender, Gina Ko, Melissa Koske, Dana Lipson*, Sabina Ma, Susan McCullagh, Vanessa McDermott*, Jullian Mitchell, Faith Ninivaggi, Kanako Nakamura, Katie O'Brien, Tara Ruotolo*, Elizabeth Schott, Lauren Stuhr*, Elizabeth Teira, Lauren Vidal, Cecilia Wong, Vanessa Worm.

Frosh: Beth Apsel, Deborah Apsel, Geraldine Campbell, Tegan Cheslack-Postava, Tonia Clark*, Alyson Donnelly, Stephanie Doyle*, Regan Ellinghaus, Christina Grab*, Christine Judge, Allison Kender, Makiko Kitamura, Sherisse Liwanag, Lauren Maxwell, Sarah McDermott*, Carolyn Moritz, Jennifer Siegel, Amy Smith.

*=letterwinner

COACHES: Jacob Brown, Don Cooper, Kate McDermott

1993 GIRL'S TRACK AND FIELD SCHEDULE R.H.S.

Saturday	April 3	Ridgewood Relays	home
Tuesday	6	Eastside dual meet	away Hinchcliff stadium
Saturday	10	Englewood Relays	Englewood W.White Stad.
Monday	12	Kennedy & Bloomfield	home 4:00pm
Friday	16	Bergen County Relays	Tenafly
Saturday	17	Bergen County Relays	Tenafly
Tuesday	20	Montclair & Barringer	at Montclair
Thursday	22	Penn Relays - 4X100m & 4X400m	
Friday	23	Penn Relays - distance medley	
Tuesday	27	Clifton	home
Thursday	29	Passaic	home
Saturday	May 1	County Seat meet	Hackensack or Bernardsville
Friday	7	NNJIL Champs	field events at RHS
Saturday	8	NNJIL Champs	running at Montclair
Wednesday	12	Novice Championship	Hackensack
Friday	14	Bergen Group IV Champs	
Saturday	15	Bergen Group IV Champs	
Monday	17	Ridgewood Relays II	at RHS
Tuesday	18	Bergen Demi Decathalon	at RHS
Thursday	20	Bergen County Frosh Championship	at RHS
Saturday	22	State Sectional Championship	at Clifton
Monday	24	NNJIL Frosh Champs	(rain out from 5th) Hack.
Tuesday	25	Bergen County Meet of Champions	
Friday	28	State Group Championship	
Saturday	29	State Group Championship	
Wednesday	June 2	State Championship	
Tuesday	15	Easterns	
Sat&Sun	26&27	Junior Nationals	

TIME TRIAL MARCH 30, 1993

1200 meters

4:17.7	Jenna Rogers
	Renee Pavelski
	Claire Blaney
	Stephanie Doyle
4:28.6	Lauren Stuhr
4:32.2	Elise Lee
4:32.5	Kim Folk
4:32.7	Venessa Worm
4:33.2	Sarah McDermott
4:33.5	Kathleen Campbell
4:36.6	Erin Flemming
4:41.8	Keeley C-P
4:42.1	Rachael VanYperen
4:43.6	Lauren Maxwell
4:46.1	Sarah Nakasone
4:50.3	Maggie Cain
4:53.7	Dana Lipson
4:58.0	Geraldine Campbell
5:07.4	Kanako Nakamura
5:17.8	Elizabeth Teira
5:35.2	Terry Shum
5:47.1	Jen Siegel
5:50.5	Vicki Gellis
6:29.7	Deborah Apsel

300 meters

46.7	Gizele Watson
47.5	Melissa Gilbert
47.9	Dara Cattani
48.0	Kate Brunner
48.0	Lauren Videl
48.1	Emilie Chang
48.6	Susan McCullagh
49.4	Shannon McGarrigle
49.8	Kristen O'Connor
49.9	Faith Ninivaggi
49.9	Christine Judge
50.2	Tara Ruotolo
50.5	Victoria Dinsell
50.7	Sarah Apsel
51.0	Melissa Koske
51.2	Trish Pappalardo
51.4	Liz Grieco
51.7	Christina Grab
53.7	Tonia Clark
53.9	Dorian Cattani
56.9	Sabina Ma

Ridgewood Relays April 3,1993

4x1600 -"A"	Rogers,	Doyle,	Stuhr,	Lee	23:10.2
	5:22.5	5:57.3	5:44.3	6:06.39	
"B"	Keely C.P.,	S.McDermott,	Folk,	Worm	
	6:13.3	6.23.6	6.03.5	6:03.5	
4x100 hurdles	Ninnivaggi,	O'Connor,	Blaney,	Pavelski	1:13.3
	18.23	19.63	18.78	16.64	
4x100frosh hurdles	Maxwell,	G.Campbell,	Grab,	B.Apsel	1:30.30
	22.48	21.92	22.12	23.78	
4x100 - "A"	Watson,	Brunner,	Cattani,	Gilbert	53.6
"B"	V.McDermott,	Videl,	McCullagh,	McGarrigle	56.3
"C"	Judge,	Doriian Cattani,	Clark,	Rutolo	59.9
4x800 - "A"	Rogers,	Lee,	Stuhr,	Blaney	
	2:32	2:34.3	2:32	2:31.5	
"B"	Keely C.P,	Shum,	Gellis,	Campbell	
	2:45.6	3:10.2	3:18.2	2:36.1	
4x200 - "A"	McGarrigle,	Videl,	McCullagh,	Rutolo	= 2:00.0
	28.99	29.84	31.45	29.70	
"B"	Judge,	Dinsell,	Shum,	S.Apsel	
	29.55	31.17	37.02	31.19	
"C"	Koske,	Grieco,	Mitchell,	Dorian Cattani	
	31.44	30.71,	34.36	31.40	
4x800soph -	Teira,	Lipson,	Nakamura		
	3:19.6	3:04.9	3:15		
	Worm,	Folk,	Cain,	Felming	
	2:52.74	2.50.26	2.59.86	2.58.6	
4x800frosh-	S.McDermott,	G.Campbell,	Maxwell,	Doyle	
	2:54	3:07.98	3:02.7	not timed	
sprint medley -	Gilbert,	Brunner,	Cattani,	Watson	
	63.59	27.28	30.14	2:31.53	4:32.54
distance medely -	Palvelski,	Stuhr,	Blaney,	Rogers	
	3:59.8	67.04	2:36.5	5:30.13	13:13.37
3x400 hurdles -	O'Connor,	Maxwell,	G.Campbell		
	81.3	88.5	94.8		
4x400soph-	Worm,	Fleming,	Cain,	S.Apsel	
	78.1	78.8	78.5	73.1	
4x400 varsity -	Pavelski,	Doyle,	Cattani,	Gilbert	
	62.7	66.6	69.6	67.5	4:26.2

shot put - Gruber 21-5 3/4 57' 3¼"
Cavanagh 18-8
Schott 17 1/2

discus- "A" McKeracher 79-10 - 211'7"
Lipson 66-7
S.Apsel 65-2
"B" Grab 66-7
Gruber 63-4
Schott 56
"C" Mitchell 47-6
Teagan C.P. 45-11
Liwanag 43-6
"D" Engel 56-4
Donnelly 39
Ellinghaus 31-3

javelin - Blaney 91'3'' -"A" ~~260'6~~"
Lipson 89'3''
McCullagh 80' -"A"
V.McDermott 74'4'' -"A"
Engel 66'10''
Cavanagh 65'6''
Fleming 56'
Yeung 48'1''

triple - McGarrigle, Clark, Rutolo,
jump 29'4'' 26'4'' 27'5.5'' 82'10.5''

long -"A" McGarrigle, Ninivaggi, Clark
jump 13'7'' 13'6 3/4'' 11'10'' 38'11 3/4''
"B" Dinsell, Judge, O'Connor
10'4 1/2'' 12' 9'9 1/2''

high - "A" Pavelski, McCullagh, V.McDermott
jump 4'9'' 4'3'' 4' 13'
"B" Brunner, Doyle, Grab
4'3'' N.H. 4' 8'3''

Ridgewood Relays

SMALL SCHOOLS GIRLS

Team scoring

Ramsey 72, Bishop Loughlin 53, Pequannock 49, Jefferson 49, Westwood 41, Metuchen 32, Shoreham Wading River 26, Tri Valley 22, Glen Ridge 20, Manchester 19, Jefferson 17, Voorhees 15, Boonton 11, Cresskill 8, Good Counsel 5, Hawthorne 4, Horace Mann 4, Kinnelon 4, Paterson Catholic 2, St. Vincent 2, Piscataway 1

SMALL SCHOOLS BOYS

Team scoring

CBA A 89, Franklin 62, Garfield 51, Bishop Loughlin 50, Voorhees 46, Ramsey 40, Cresskill 28, Hudson Catholic 25, Boonton 22, Pequannock 16, Holy Cross 14, Rocky Point 12, LaSalle 9, Kinnelon 8, Kennedy 6, Sussex Tech 4, Jefferson 3, Manchester 2, Horace Mann 2, O'Neil 2, Hawthorne 1, Cedar Grove 1, Glen Ridge, Metuchen

Girls discus — 1. Westwood (O'Leary, Krachtus, Rosato), 251-0; 2. Ramsey, 250-8; 3. Pequannock, 243-8; 4. Tri-Valley, 221-6; 5. Glen Ridge, 209-2

Girls javelin — 1. Ramsey (Dougherty, Siemsen, Oliver), 212-4; 2. Metuchen, 198-4; 3. Pequannock, 192-0; 4. Kinnelon, 183-7; 5. Jefferson, 182-2

Girls 4 x 400 — 1. Bishop Loughlin, 4:19.2; 2. Franklin, 4:31.6; 3. Pequannock, 4:36.1; 4. Mancheter, 4:31.6; 5. Metuchen, 4:40.4

Boys 4 x 400 — 1. Bishop Loughlin, 3:34.4; 2. Bishop Loughlin, 3:40.4; 3. Franklin, 3:40.6; 4. CBA, 3:47.1; 5. Bishop Loughlin, 3:48.0

Girls shot put — 1. Ramsey (Jen Dougherty, Megan Siemsen, Khristy Oliver), 87-8; 2. Franklin, 79-2; 3. Jefferson Township, 77-5; 4. Pequannock, 74-2 3/4; 5. St. Vincent, 73-4

Soph girls 4 x 400 — 1. Bishop Loughlin, 4:43.0; 3. Kinnelon, 4:56.3; 5. Westwood, 5:15.0

Boys 3 x 400 IH — 1. Franklin (Jones, Bidler, Deans), 3:13.1; 2. Voorhees, 3:15.9; 3. Bishop Loughlin, 3:17.9; 4. CBA, 3:30.6; 5. Boonton, 3:31.3

Soph boys 4 x 400 — 1. Boonton, 3:59.8; 3. Ramsey, 4:11.1.

Boys javelin — 1. Cresskill (Howard, Iavarone, Haggerty), 422-8; 2. Boonton, 384-2; 3. Garfield, 349-1; 4. Kinnelon, 348-2; 5. Manchester, 338-4.

Frosh girls 4 x 400 — 1. Westwood, 4:56.1; 4. Westwood, 5:44.6; 5. Kinnelon, 5:45.1

Frosh boys 4 x 400 — 1. CBA, 3:56.0.

Girls long jump — 1. Franklin (Robinson, Harris, Lee), 40-2¼; 2. Pequannock, 39-3¾; 3. Westwood B, 37-4¼; 4. Hawthorne, 36-10 1/2; 5. Paterson Catholic, 36-8 1/4

Girls IH — 1. Franklin (Harris, Lee, Guyrzt), 3:52.2; 2. Ramsey, 3:55.7; 3. Voorhees, 4:03.4; 4. Pequannock, 4:05.8; 5. SWR, 4:28.4

Frosh girls IH — 1. Franklin, 4:31.6

Frosh boys 3 x 400 hurdles — 1. Franklin, 3:39.1; 2. Hawthorne, 3:54.8; 4. Hudson Catholic, 4:13.4

Boys discus — 1. Hudson Catholic (Horsefield, DiSalvo, Baksh), 346-2; 2. Cresskill, 348-6; 4. Boonton, 304-8; 5. Kennedy, 303-8.

Boys shot put — 1. Cresskill (Howard, Iavarone, Klouda); 2. Hudson Catholic, 119-10; 3. CBA, 118-1; 4. Sussex Tech, 112-0; 5. Holy Cross, 110-¼

Girls high jump — 1. Glen Ridge (King, Carniol, Langan), 13-3; 2. Shoreham-Wading River, 12-3; 3. Jefferson, 9-3; 4. Boonton, 4-6; 5. Metuchen, 4-0.

Soph boys IH — 1.. CBA, 3:38.5; 2. Ramsey, 3:40.8; 3. Kennedy, 3:42.5; 4. Pequannock, 3:51.9.

Girls shot — 1. Ramsey (Jen Dougherty, Megan Siensen, Kristy Oliver); 2. Franklin, 79-2; 3. Jefferson Township, 77-5; 4. Pequannock, 74-2¾; 5. St. Vincent, 73-4

Boys high jump — 1. Garfield (G. Gordon, I. Restiviski, R. Manzetz), 16-9; 2. CBA, 16-6; 3. Pequannock, 16-3; 4. Voorhees, 11-0; 5. Jefferson, 10-6; LaSalle, 10-6

Boys triple jump — 1. Garfield (S. Silvera, I. Gordon, G. Gordon), 115-3; 2. CBA, 109-6½; 3. Ramsey, 104-3½; 4. CBA, 93-11¾; 5. LaSalle, 72-7½.

Girls distance medley — 1. Tri Valley (N. Landau, J. Ehreats, K. Wilbur, K. Landau), 13:28.8; 2. Glen Ridge, 13:59.8; 3. SWR, 14:29.7; 4. Horace Mann, 14:47.0; 5. Bishop Loughlin, 15:01.7

Boys sprint medley — 1. Franklin, 3:46.7; 2. CBA, 3:48; 3. Bishop Loughlin, 3:48.9; 4. Ramsey, 3:51.2; 5. Kinnelon, 3:53.3

Soph boys 4 x 800 — 1. Hudson Catholic, 11:01.5

Boys 4 x 200 — 1. CBA (M. Smith, S. Morton, D.J. Jones, D. Byrd), 1:34.4; 2. Bishop Loughlin, 1:36.1; 3. Voorhees, 1:38.9; 4. Franklin, 1:40.3; 5. Ramsey, 1:40.5

Girls sprint medley — 1. Bishop Loughlin (Kelly Cole, Ronnie Wilson, Dylana DeGannes, Loren Fecloch), 4:39.2; 2. Ramsey, 4:47.5; 3. Westwood, 4:59.5; 4. Voorhees, 5:03.2; 5. Jefferson, 5:03.3

Boys pole vault — 1. CBA A, 31-0; 2. Franklin, 28-0; 3. Ramsey, 27-6; 4. CBA B, Voorhees 17-0; 5. O'Neil, 11-6.

Frosh boys 4 x 800 — 1. Bishop Loughlin, 9:55.8; 5. Ramsey, 11:47.3

Boys distance medley — 1. Voorhees (J. Heller, R. Latlear, A. Carrio, T. Froster), 11:43.8; 2. Garfield, 11:54.4; 3. Rocky Point, 12:04.0; 4. Ramsey, 12:15.0; 5. Pequannock, 12:16.5

Boys long jump — 1. Garfield (Mike Cardona, Shawn Simvera, Chris Mioduszewski), 54-4½; 2. Pequannock, 53-4½; 3. Holy Cross, 53-½; 4. Kennedy, 52-4¼; 5. Franklin, 51-11¼

Frosh girls 4 x 100 hurdles — 1. Boonton, 1:25.8; 2. Jefferson, 1:27.0; 3. Westwood, 1:28.5; 4. Cresskill, 1:29.0

Frosh girls 4 x 800 — 1. Glen Ridge, 12:57.7; 2. Jefferson, 12:58.3; 3. Westwood, 13:20.0

Girls 4 x 200 — 1. Loughlin (Latoya Rogers, Tamitha Pollins, Vassica Choma, Lornen Telloch), 1:52.9; 2. SWR, 1:59.0; 3. Metuchen, 1:59.6; 4. Good Counsel, 2:02.4; 5. Boonton, 2:02.9

Girls 4 x 1,600 — 1. Ramsey (Allison Pojanowski, Madge Forbes, Nikki Asquith, Kerry Scerbo), 24:37.5; 2. Westwood, 25.53.7; 3. Pequannock, 26.52.7; 4. Boonton, 27.25.5

Soph boys 4 x 110 hurdles — Pequannock, 120.8

Girls 4 x 100 — 1. Bishop Loughlin (Jessica Chong, Tabitha Pullins, Stacey Holder, Latoya Rogers), 53.4; 2. Manchester, 56.7; 3. Ramsey, 56.7; 4. Metuchen, 57.0; 5. SWR, 57.6

Boys 4 x 110 hurdles — 1. Franklin (Chris Jones, Tairk Brooks, Greg Gramble, Lloyd Deans), 103.8; 2. Voorhees, 1:11.8; 3. Garfield, 113.3; 4. LaSalle, 1:14.0; 5. Ramsey, 115.0

Girls 4 x 100 hurdles — 1. Franklin (Dana Greitz, Jada Bokins, Angie Lee, Joy Harris), 1:13.5; 2. Pequannock, 1:13.6; 3. Ramsey, 1:13.7; 4. Metuchen, 1:14.8; 5. Voorhees, 1:16.2

Boys 4 x 1,600 — 1. Loughlin (Shawn Hunt, Jonathan Pan, Stephen Edwards, Jason Murray), 19:34.6; 2. CBA, 20:08.3; 3. Ramsey, 20:17.4; 4. Hudson Catholic, 20:46.3; 5. Horace Mann, 20:48.3

Girls triple jump — 1. Westwood (Joy Chen, A. Defilippis, M. Fensterle), 55-4¼; 2. Cresskill, 52-2½

Frosh girls 4 x 100 hurdles — 1. Boonton, 1:25.8; 2. Jefferson, 1:27.0; 3. Westwood, 1:28.5; 4. Cresskill, 1:29.0

Boys 4 x 100 — 1. CBA (D. Byrd, S. Morton, M. Smith, D.J. Jones), 45.2; 2. Bishop Loughlin, 46.4; 3. Boonton, 46.8; 4. Voorhees, 47.3; 5. Franklin, 47.9

Boys 4 x 800 — 1. Ramsey (Greg Murphy, Ryan Oelker, James Barcela, Pete Wasek), 8:52.5; 2. Franklin, 8:54.8; 3. Rockey Point, 8:56.6; 4. CBA, 8:58.3; 5. Bishop Loughlin, 9:09.3

Girls 4 x 800 — 1. Bishop Loughlin (Rachel Voseph, Kelly Cole, Ronnie Wilson, Dylana DeGiannes), 10:27.9; 2. Tri Valley, 10:53.7; 3. Metuchen, 11:10.2; 4. Ramsey, 11:26.8; 5. Franklin, 11:30.5

LARGE SCHOOLS GIRLS

Team scoring

Hunterdon 76, Ridgewood 75, Kellenberg 44, Shaker 40.5, J.P. Stevens 32, Toms River South 30, St. Francis 30, Lakeland 22, Jefferson 20, Toms River East 20, Lakewood 20, Westfield 19, Westwood 8, Lincoln 5, Middletown North 4.5, Martin Luther 3, Elizabeth 3, Irvington 1, Union Hills 1, Paramus Catholic 1, Fair Lawn 1

LARGE SCHOOLS BOYS

Team scoring

J.P. Stevens 52, Middletown South 52, Plainfield 46, Paramus Catholic 44, Union 40, Christian Brothers Academy 33, St. Francis 28, Truman 22, Stuyvesant 20, Irvington 20, St. Joseph 19, Lakeland 18, Westfield 16, Cedar Ridge 14, Lincoln 14, Ridgewood 13, Marlboro 12, Hackley 12, Fair Lawn 8, Middletown North 3, Hackensack 1

Girls 4 x 100 — 1. Lakewood (Trayton, Froster, Martin, Milton), 51.8; 2. Jefferson, 52.5; 3. Ridgewood, 53.6; 4. Kellenberg, 54.0; 5. Stevens, 54.1

Boys pole vault — 1. St. Joseph (Brian Scimanico, Tom Smid, Dave Fischkelta), 27-0; 2. Fair Lawn, 26-0; 3. Middletown South, 20-0; 4. CBA, 19-0; 5. Stevens, 18-0

Boys javelin — 1. CBA (Gildersleeve, Sollomi, Campbell), 411-1; 2. Middletown South, 382-7; 3. Lakeland, 350-3; 4. Ridgewood, 343-2; 5. St. Francis, 330-0

Sophomore boys 4 x 800 — 1. Westfield, 9:03.3; 2. CBA, 9:12.5; 3. Styvasant, 9:14.8; 4. Middletown South, 9:27.1; 5. Middletown North, 9:30.4

Girls 4 x 200 — 1. Lakewood (Nicky Martin, Avia Foster, Pamela Drayton, Shante Middleton), 1:49.7; 2. Stevens, 1:56.5; 3. Kellenberg, 1:56.9; 4. Kellenberg "B", 1:57.8; 5. Lincoln, 1:58.0

Boys sprint medley — 1. Union (T. Brown, L. Misuracha, A. Hamilton, C. Geck), 3:53.8; 2. Irvington, 3:54.1; 3. St. Francis, 3:55.4; 4. Westfield, 3:55.8; 5. Stevens, 3:59.2

Frosh girls 4 x 100 hurdles — 1. Ridgewood, 1:30.4

Soph girls 4 x 100 hurdles — 1. Hunterdon Central, 1:19.9; 2. Fair Lawn, 1:20.6; 3. Hunterdon "B", 1:31.2

Frosh girls 4 x 800 — 1. Westfield, 11:41.3; 2. Ridgewood, 11:54.9; 3. Hunterdon Central, 12:47.2; 4. Shaker, 12:49.9; 5. Middletown North, 13:26.9

Boys triple jump — 1. St. Francis (F. Daughtry, T. Wrenn, V. McGowan), 111-4; 2. Paramus Catholic, 109-4; 3. St. Joseph, 107-2½; 4. Stevens, 106-11

Boys discus — 1. J.P. Stevens (Hush, Shaw, Bynes), 325-4; 2. Middletown South, 319-2; 3. Paramus Catholic, 309-3; 4. Union, 306-5; 5. CBA, 304-7

Girls 4 x 800 — 1. Ridgewood (Rogers, Lee, Stuhr, Blaney), 10:28.7; 2. Kellenberg, 10:35.9; 3. Hunterdon, 10:45.9; 4. Toms River East, 11:06.7; 5. Shaker, 11:10.8

Girls triple jump — 1. Shaker (M. Putta, S. Fox, M. Valentini), 92-6¼; 2. St. Francis, 87-10½; 3. Stevens, 83-6½; 4. Ridgewood, 82-10½; 5. Martin Luther, 80-3

Girls shot put — 1. Hunterdon (Bianchi, Gutowski, Yerich), 90-4¾; 2. Toms River East, 84-3¾; 3. Toms River South, 81-7; 4. Lakeland, 77-10½; 5. Stevens, 76-3¾

Boys 4 x 800 — 1. Middletown South (J. Graves, D. Hussey, J. Mahlmann, K. Ludovico), 8:49.4; 2. Marlboro, 9:02.4; 3. Hackley, 9:08.6; 4. Irvington, 9:12.9; 5. Union, 9:32.2

Boys long jump — 1. St. Francis (Fred Daughtry, Xerxes Nova, Harold Valestin), 55-6½; 2. Plainfield, 54-11½; 3. Union, 54-8; 4. J.P. Stevens, 53-9¼; 5. Paramus Catholic, 51-10¼

4 x 1,600 boys — 1. Stuyvesant A, 19:31.8; 2. CBA, 19:39.5; 3. Cedar Ridge, 19:41.8; 4. Westfield, 20:07.5; 5. Stuyvesant B, 20:09.8

Frosh boys 4 x 100 hurdles — 1. CBA, 1:21.1; 2. St. Francis, 1:21.8; 3. Union, 1:24.0; 4. Middletown South, 1:24.9; 5. Steven, 1:28.6

Soph boys 4 x 100 hurdles — 1. Plainfield, 1:15.8

Boys 4 x 100 hurdles — 1. Paramus Catholic (Zach Clark, Anthony DiCosmo, Carl Mottley, Monty Mason), 1:04.0; 2. Steven, 1:07.3; 3. Middletown South, 1:09.2; 4. Irvington, 1:11.2; 5. Lakeland, 1:12

Boys 4 x 100 — 1. Plainfield (Lovely, Battle, Williams, Dickens), 45.1; 2. Truman, 45.5; 3. Paramus Catholic, 45.9; 4. Lincoln, 46.6; 5. Union, 46.7

Girls 4 x 1600 — 1. Ridgewood (Stephanie Doyle, Jenna Rogers, Lauren Stuhr, Elyse Lee), 23:10.2; 2. Hunterdon, 23:11; 3. Shaker, 23:24.6; 4. St. Francis, 23:51.8; 5. Ridgewood B, 24:44.2

Boys 4 x 200 — 1. Plainfield (William, Johnson, Battle, Harrington), 1:34.2; 2. Truman, 1:35.1; 3. Union, 1:36.0; 4. J.P. Stevens, 1:38.7; 5. St. Joseph, 1:41.1

Girls 4 x 100 hurdles — 1. Stevens (O'Toole, Fozdar, Frazier, Terry), 1:07.6; 2. Hunterdon Central, 1:13.0; 3. Ridgewood, 1:13.2; 4. Westfield, 1:14.0; 5. Lakeland, 1:17.3

Boys high jump — 1. Paramus Catholic (C. Mottley, M. Mason, Z. Clark), 18-4 ¼; 2. Union, 17-0; 3. Middletown South, 16-11; 4. J.P. Stevens, 16-9; 5. CBA, 16-9

Soph girls 4 x 400 IH — 1. Fair Lawn, 3:59.0; 2. Irvington, 4:09.9; 3. Hunterdon, 4:20.0; 4. St. Francis, 4:24.3

Girls sprint medley — 1. Shaker (M. Clark, Ezzo, Valentini, Hoacke), 4:31.6; 2. Ridgewood, 4:32.5; 3. Toms River South, 4:35.2; 4. St. Francis, 4:43.5; 5. Jefferson, 4:45.7

Soph girls 4 x 800 — 1. St. Francis, 11:37.4; 2. Ridgewood, 11:44.6; 3. Lincoln, 12:45.9; 4. Shaker, 13:30.2; 5. Ridgewood B.

Girls distance medley — 1. Ridgewood (R. Pavelski, L. Stuhr, C. Balney, J. Rogers), 13:13.9; 2. Shaker, 13:49.7; 3. Hunterdon, 14:03.7; 4. Toms River East, 14:12.7; 5. Kellenberg, 14:23.0

Boys shot put — 1. J.P. Stevens (Vic Mamrak, Ykile Shaw, Duane Hush), 125-0; 2. Lakeland, 123-6 ½; 3. Hackley, 117-7 ½; 4. Middletown South, 114-5 ¾; 5. Marlboro, 113-2

Girls 3 x 400 IH — 1. Westfield (E. Aleburgh, S. Follger, T. Nester), 3:50.1; 2. Hunterdon, 3:53.3; 3. St. Francis, 3:53.4; 4. Kellenberg, 4:02.9; 5. Middletown North, 4:10.3

Girls discus — 1. Hunterdon, 260-10; 2. Westwood, 259-10; 3. Toms River South, 229-11; 4. Toms River East, 225-9; 5. Westfield, 224-7.

Girls high jump — 1. Toms River South, 14-0; 2. Hunterdon, 13-6; 3. Kellenberg, 13-3; 4. Ridgewood, 13-0; 5. Shaker, 12-6.

Boys distance medley — 1. Stuyvesant, 11:33.5; 2. Cedar Ridge, 11:38.1; 3. Ridgewood, 11:45.4; 4. Middletown South, 11:48.0; 5. Middletown North, 11:54.5

Girls long jump — 1. Kellenberg, 46-6 ¼; 2. St. Francis, 42-7 ¾; 3. Hunterdon, 41-7; 4. Steven, 41-4 ¼; 5. Shaker, 41-½

Girls javelin — 1. Ridgewood (S. McCullagh, V. McDermott, C. Blaney), 246-3; 2. Lakeland, 225-0; 3. Central B, 221-0; 4. Middletown, 205-7; 5. Central A, 202-6

RIDGEWOOD vs EASTSIDE WEATHER - CLEAR + COOL

DATE APRIL 6TH TRACK CONDITIONS - ALL WEATHER (RIDGEWOOD)

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	EHS
Long Jump	Shannon McGarrigle 15-4 R	Emily Chang 14-10 R	Faith Ninivaggi 14-9 R	9	0
400 meter Hurdles	Renee Pavelski 66.7 R	Claire Blaney 68.3 R	Dadrian Garrison 69.7 E	8	1
100 meter Dash	Sherry Williams 13.1 E	Melissa Gilbert 13.2 R	Theresa McKoy 13.2 E	3	6
1600meter Run	Jenna Rogers 5:26.5 R	Lauren Stuhr 5:38.1 R	Stephanie Doyle 5:45.8 R	9	0
400 meter Dash	Sherr Williams 64.9 E	Gizelle Watson 65.2 R	Lauren Vidal 67.5 R	4	5
100 meter Hurdles	Renee Pavelski 16.2 R	Dadrian Garrison 17.2 E	Kristin O'Connor 19.0 R	6	3
800 meter Run	Stephanie Doyle 2:36.1 R	Sarah McDermott 2:38.6 R	Keely C-P 2:41.5 R	9	0
200 meter Dash	Melissa Gilbert 27.5 R	Theresa McKoy 28.6 E	Janine Nembhard 28.9 E	5	4
3200meter Run	Claire Blaney 12:50.8 R	Jenna Rogers 12:50.8 R	Lauren Stuhr 13:39.8 R	9	0
Triple Jump	Shannon McGarrigle 31-6 3/4 R	Emily Chang 30-1 R	Janine Nembhard 29-3 1/2 E	8	1
4X400 m. Relay	Ridgewood O'CONNOR 69.4 RUTOLO-67.6 APSEL 74.3 V.McDERMOTT 65.9 4:37.0			5	0
Shot Put	Claire Blaney 27-4 R	Renee Pavelski 24-9 R	Donna Kelley 24-9 E	8	1
Discus	Sarah McKaracher 78-7 R	Emilie Chang 72-4 R	Amanda DiLeo 64-1 R	9	0
High Jump	D. GARRISSON E 4'8"	VANESSA McDERMOTT R 4'6"	SUSAN McCULLUGH R 4'6"	4	5
			FINAL SCORE	96	26

10 UNDER 6 MIN

COMMENTS:

GREAT JOB TODAY

10 RUNNERS UNDER 6:00 MINUTES!

FROSH DOYLE + McDERMOTT 1-2 IN THE 800 meters

EXCELLENT TIMES + DISTANCES FOR THIS TIME OF YEAR.

RIDGEWOOD vs EASTSIDE NON-SCORING PERFORMANCES

EVENT					
Long Jump	CLARK - 13'8"				
	JUDGE - 13'3"				
400 meter Hurdles	KEELY C.P - 79.4				
100 meter Dash	BARUA 13.3	DARA CATTANI 13.8	McCULLAGH 14.4		
	McGARRIGLE 13.6	CLARK 14.1	V. McDERMOTT 16.2		
		JUDGE 14.3			
1600meter Run	REILLY - 5:45.3	FOLK - 5:56	VANYPEREN 5:59	CAIN - 6:31.6	GELLIS - 7:13.5
	CAMPBELL - 5:55	WORM - 5:56	FLEMING - 6:01	NAKAMURA - 6:47.6	D. APSEL - 7:24.4
	LEE - 5:56	S. McDERMOTT - 5:56		SHUM - 6:52.7	SIEGEL - 7:43.7
400 meter Dash					
100 meter Hurdles	BLANEY 19.1	GRAB - 21.6			
		CAMPBELL - 21.7			
		MAXWELL - 22.5			
800 meter Run	S. APSEL - 2:46.2	CAIN 2:53.2			
	FOLK - 2:46.4	NAKAMURA 3:05.4			
	WORM - 2:48				
200 meter Dash	WATSON - 30.6	GRIECO - 31.0			
	DARA CATTANI - 29.0	DINSELL - 32.2			
		MITCHEL - 33.7			
3200meter Run	REILLY 13:40.0	LEE - 13:59.5	G. CAMPBELL - 14:07.8	SHUM - 16:12.5	
	FLEMING 13:48.7	K. CAMPBELL - 13:59.7	MAXWELL - 14:10.3	GELLIS - 16:12.5	
	B. APSEL 13:56.6	VANYPEREN - 14:02.9	KEELEY C.P - 14:22.4		
Triple Jump	RUDOLO - 28'3½"				
	NINIVAGGI - 28'5½"				
4X400 m. Relay					
Shot Put	CAVANAGH - 19'10"				
	SCHOTT - 18'10"				
	GUARINO - 17'2"				
Discus	GRAB - 60'7"				
	GRUBER - 59'10"				
High Jump	GRAB - 4'4"				

COMMENTS:

Engelwood Relays April 10,1993

4x1600- Doyle, K.Campbell, Reilly, Stuhr
5:33.5 6:11.05 5:50.9 5:45.5 23:21.0
Worm, VanYperen, Folk, Lee
6:02.9 6:14.6 6:07.9 6:29.9

4x100 - O'Connor, G.Campbell, Maxwell, Ruotolo
hurdles 20.0 21.5 22.8 18.9 83.1

4x100 - Barua, Dara Cattani, Clark, McGarrigle 54.9
Chang, V.McDermott, Pappalardo, Brunner 55.9
Dinsell, MA, Dorian Cattani, McCullagh 61.1

4x800 - "A" Watson, Reilly, Keely C.P., Stuhr
varsity 2:31.0 2:33.8 2:45.9 2:35.6 10:26.2
"B" Cain, Wong, Siegal, Gellis
3:01.3 3:36.4 3:28.8 3:24.5 13.30.9
4x800 - Worm, Fleming, Nakamura, Folk
soph 2:49.2 2:54.4 2:59.1 2.51.0 11:33.7

4x800 - S.McDermott, G.Campbell, Maxwell, Doyle
frosh 2:42.8 2:55.2 2:49.3 2:34.3

4x200 - "B" Dinsell, Barua, Dorian Cattani, McCullagh
varsity 33.3 27.4 32.7 30.4 2:03.1

4x200 - Ruotolo, S.Apsel, Mitchell, MA
soph 29.6 31.2 36.6 32.0

sprint- Watson, Pappalardo, Brunner, Stuhr
medley 65.9 31.4 30.5 2:36.7 4:44.5
frosh - B.Apsel, Clark, G.Campbell, S.McDermott
75.7 32.1 34.9 2.40.0 5:02.7

distance- Pavelski, Gilbert, Blaney, Rogers
medley 3:50.5 61.4 2:28.6 5:16.4 12:36.4

3x400 - "A" Pavelski, Blaney, O'Connor
hurdles 71.0 69.0 76.1
"B" Keely C.P., B.Apsel, Maxwell
80.0 96.2 85.5

4x400 - Blaney, Pavelski, Rogers, Gilbert
varsity 64.7 63.0 66.4 64.2 4:18.3

high - Kate Brunner
jump 4'0''

triple - McGarrigle, Ruotolo
jump 31.1 1/2 28.4 59.5 1/2

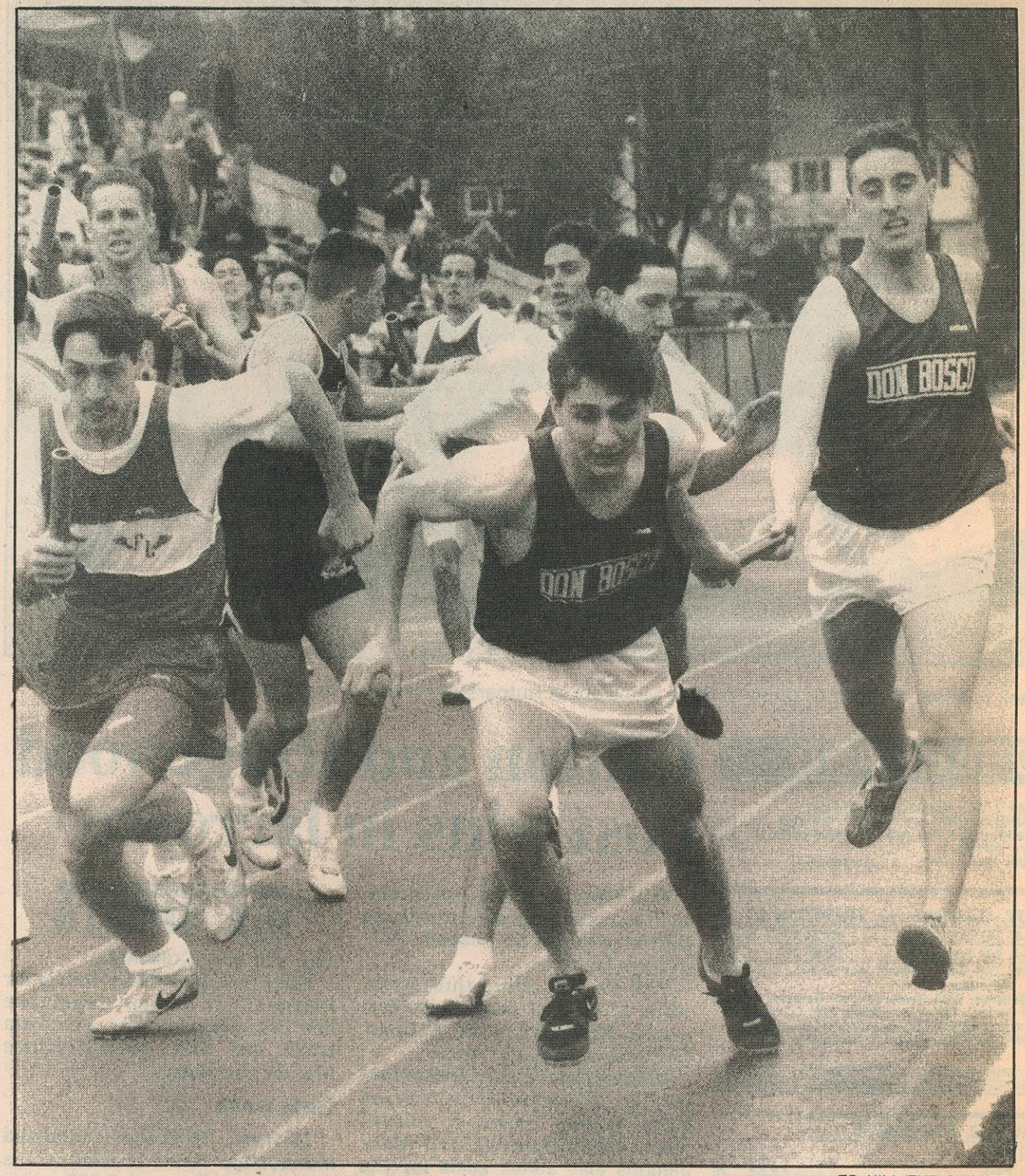
long - Chang, McGarrigle
jump 15. 1/2 13.5 1/2 28.6

javelin-	Lipson	87'5''	> 169'5"
	Chang	82'	
	Holcomb	77'	
	McCullagh	65'10''	
	Cavanagh	58'2''	
	Engel	57'10''	
	Fleming	51'5''	
	Yeung	46'11''	

SHOT -

CAVANAGH	18'10"
DiLEO	18'7"

discus-	McKaracher	87'6''	> 164'7"
	Chang	77'1''	
	Dileo	69'10''	
	S.Apsel	65'	
	Engel	53'1''	
	Teagan C.P.	49'6''	



ED HILL/THE RECORD

Mike Manganello, center, of Don Bosco Prep is off and running after taking baton from teammate Sean Donovan in the boys sprint medley at the Englewood Relays. The Dons failed to place in the event.

ENGLEWOOD RELAYS

RIDGEWOOD GIRLS SETTLE FOR THIRD

By BOB KURLAND
Record Staff Writer

ENGLEWOOD — Ridgewood captured the final event of the water-logged Englewood Relays Saturday, but Madison Central won the girls title by finishing third in the mile at Winton White Stadium.

"We weren't even going to enter a team in the race," said Madison Central coach Walt Miller, "because we had used up our runners earlier."

But with his team tied with Middletown South, he put together a quartet that finished three places ahead of the Lions. The winners recorded 73 points, three more than Middletown South.

Ridgewood was a distant third with 50 points. "We could have done better," said Maroons coach Jacob Brown, "but we were aiming at the distance medley time to qualify for the Penn Relays."

Renee Pavelski's 3:50.5 opening leg and Jenna Rogers' 5:16.4 anchor leg proved the difference as Ridgewood was clocked in the quick time of 12:36.9.

"It started to rain during that race and I felt we wouldn't run that well," said Brown, "but they sped right through the rain. And the same club [Claire Blaney and Melissa Gilbert] came back to win the 4x400.

"This was a good prep for next week's [Bergen] County Relays."

On the boys side, Christian Brothers Academy scored an easy win over Don Bosco Prep, 76½-48.

"We don't have superstars," said CBA coach Tom Heath, "but we have good depth which makes us strong in relays. And we're very young with only one senior, so we expect to be very strong next year."

CBA prepped for this meet last week in the Colonial Relays. "We were doing well against Ridgewood until the kid [Bob] Keino took the stick and kept passing us."

It was a good showing for first-year coach Bill Barry's Ironmen, whose only win came in the intermediate hurdles. Pat Hypolite, Bryce Bushell, and Chris Hall were clocked in an even 3 minutes.

"We lost points when we were disqualified from the shuttle hurdles where we had the fastest time," said Barry. "But we came back from that. Also, some of our top runners, like Martin Hickey and Billy Cronin, were out with injuries."

Barry was especially happy over the showing of Frank Monks who has been sidlined with shinsplints. He ran a 2:02 in the 3,200 and 52 seconds in the 1,600. And sophomore Tim Foley, who was injured during the cross-country season, looked good in the distance medley and 4-mile runs.

"We have some work to do in the Counties because Ridgewood and Hackensack look very tough," Barry said.

The Ridgewood boys finished third but lost points in the pole vault. Vahe Hajopian was the top vaulter at 13 feet but his teammate couldn't clear 9 feet, which would have meant the victory. Tottenville of Staten Island and Christian Brothers of Albany tied for first at 21-6.

Northern Valley at Old Tappan placed fourth in the girls competition behind an outstanding effort by Adria Ferguson. She was clocked in 12 seconds for the 100 meters in the 400, in which the Golden Knights tied for first with James Madison of New York. She was the top long jumper at 15-9½ and anchored the winning sprint medley team in 2:25.

The major irony was that Englewood did not compete in its own meet. Instead, it participated in the Bergen County Scholastic League American Division Relays at Tenafly. The meet was originally scheduled for the previous Saturday.

Summaries on S-19

Englewood Relays

VARSITY GIRLS TEAM SCORING

Madison Central 73, Middletown South 70, Ridgewood 50, Tottenville 31, Northern Valley at Old Tappan 28, Ramsey 22½, Mahwah 20, St. Anthony 20, Wallkill Valley 18, Notre Dame 16, Fair Lawn 11½, Cresskill 10, Pascack Valley 10, Saddle Brook 10, Lyndhurst 9, Pascack Hills 8, Kellenberg 8, West Side 6, Hasbrouck Heights 2 1/3, Archbishop Ward 2, Ridgefield 1.

Sprint medley — 1, NV/Old Tappan (Claudie Kramm, Desiree Parrish, Monica Nathans, Adria Ferguson), 4:29.1; 2, Middletown South, 4:33; 3, Madison Central, 4:35.7; 4, West Side, 4:38.9; 5, Fair Lawn, 4:40.9; 6, St. Francis, 4:42.3.

400M — 1, Tie bet. NV/Old Tappan (Nathans, Parrish, Kramm, Ferguson) and James Madison, 53.7; 3, tie bet. Middletown South and Notre Dame, 54.1; 5, Newark West Side, 54.3; 6, Ridgefield 54.8.

Shuttle hurdles — 1, Madison Central (Catherine Okeloski, Shannon Tracy, Larissa Molina, Stacey Panepinto), 1:09; 2, Middletown South, 1:09.4; 3, Pascack Valley, 1:14.2; 4, Wallkill Valley, 1:15.8; 5, Hasbrouck Heights, 1:16.9; 6, Lyndhurst, 1:17.2.

6,400 — 1, Tottenville (Tone Bratteng, Lauren Ruff, Marcia Francisco, Christine Hillock), 21.39.6; 2, Ridgewood, 23.21; 3, Madison Central, 23:30.7; 4, Mahwah, 23:53.4; 5, Ramsey, 24:15; 6, St. Francis Prep, 24:42.4.

Long jump — 1, Madison Central (Spriano, Tracy), 29-10½; 2, St. Francis, 29-4½; 3, Ridgewood, 28-6; 4, Pascack Valley, 28-5½; 5, NV/ Tappan, 28-3½; 6, Saddle Brook, 27-10½.

800 — 1, Notre Dame (Duffy, Morris, Sweeney, Mariadason), 1:53.2; 2, St. Francis, 1:53.2; 3, Madison Central, 1:54.9; 4, Middletown South, 1:55.5; 5, Kellenberg, 1:56; 6, James Madison, 1:57.

Javelin — 1, Middletown South (Garrad, Kelleher), 189-1; 2, Mahwah, 184-2; 3, Wallkill Valley, 181-7; 4, Lyndhurst, 168-0; 5, Fair Lawn, 164-2; 6, Madison, 158-5.

High jump — 1, Cresskill (Cuomo, Wasser), 9-3; 2, tie bet. Mahwah and NV/Old Tappan, 9-0; 4, Madison Central, 9-0; 5, Middletown South, 8-6; 6, tie bet. Fair Lawn and Ramsey, 8-3.

3,200 — 1, St. Anthony (Michelle Pomarico, Kirsten Gregory, Jessica Klubnick, Shannon Schoppman), 10:08.3; 2, Middletown South, 10:11.1; 3, Kellenberg, 10:14.2; 4, Madison Central, 10:19.3; 5, Ridgewood, 10:26.1; 6, Tottenville, 10:34.7.

Discus — 1, Ramsey (Megan Siemsen, Jen Dougherty), 193-8; 2, Pascack Hills, 189-3; 3, Saddle Brook, 181; 4, Middletown South, 180-2; 5, Wallkill Valley, 178-8; 6, NV/Old Tappan, 169-3.

Triple jump — 1, St.Francis (Miller, Sheehan), 60-11½; 2, Tottenville, 60-½; 3, Ridgewood, 59-5½; 4, Lyndhurst, 59-2½; 5, St. Anthony, 58-6½, 6, Fair Lawn, 57-½

Distance medley — 1, Ridgewood (Renee Pavelski, Melissa Gilbert, Claire Blaney, Jenna Rogers), 5:16.4; 2, Tottenville, 12:41; 3, Middletown South, 13:47.7; 4, Madison Central, 14:09.3; 5, Mahwah, 14:19.2; 6, Notre Dame, 14:25.5.

Intermediate hurdles — 1, Madison Central, 3:35.6; 2, Ridgewood, 3:36; 3, Middletown South, 3:41; 4, Tottenville, 3:54; 5, Fair Lawn, 3:58.1; 6, Hasbrouck Heights, 3:59.

1,600 — 1, Ridgewood (Claire Blaney, Renee Pavelski, Jenna Rogers, Melissa Gilbert), 4:18.6; St. Anthony, 4:20.2; 3, Madison Central, 4:30.3; 4, Fair Lawn, 4:31.6; Archbishop Ward, 4:37; 6, Middletown South, 4:45.

VARSITY BOYS TEAM SCORING

CBA 76 1/3, Don Bosco Prep 48, St. Anthony 41, Tollentine 35, Wallkill Valley 34 1/3, South Shore 30, Ridgewood 28, Bergenfield 23, CBA (N.Y.) 23, St. Francis (N.Y.), 23, Lyndhurst 18, Saddle Brook 18, Bergen Tech 14, Ramsey 14, Shabazz 11, Mahwah 10 1/3, West Side 9, Washington Ville 8, NV/Old Tappan 6, Fair Lawn 4, Paramus 4, Collegiate 3, Pascack Valley 2, Hasbrouck Heights 1, Kellenberg 1.

400 — 1, South Shore, 44.0; 2, West Side, 44.2; 3, Bergen Tech, 45.8; 4, Tottenville, 46.2; 5, Pascack Valley, 46.9; 6, Bergenfield, 47.1.

6,400 — 1, Tottenville (Jimmy Capper, Charlie Ryan, Kevin Stock, Kevin Jermyn), 18:09.8; 2, CBA, 18:36.7; 3, St. Anthony, 19:06.5; 4, Wallkill Valley, 19:11.7; 5, Don Bosco Prep, 19:29.2; 6, Ridgewood.

3,200 — 1, St. Anthony A, 8:11; 2, Washington Ville, 8:16.6; 3, Don Bosco Prep, 8:18.4; 4, St. Francis, 8:23.8; 5, Bergenfield, 8:24.7; 6, Kellenberg, 8:31.

Shuttle hurdles — 1, Wallkill Valley (Mike Veldran, Brian Bonser, Mark Mogavero, Joshua Grzegorzewski), 1:05.3; 2, CBA, 1:09.5; 3, Lyndhurst A, 1:12.7; 4, Ridgewood, 1:13.4; 5, Ramsey, 1:13.9; 6, Bergenfield, 1:14.5.

Shot put — 1, Shabazz (Keith Baldwin, Romel Cureton), 96-6; 2, St. Anthony A, 91-11; 3, CBA (N.Y.), 88-2; 4, Paramus, 88-0; 5, Ridgewood, 85-11.

Long jump — 1, Wallkill Valley (Bonser, Veldran), 40-1; 2, Bergen Tech, 38-3 1/2; 3, Don Bosco Prep, 38-2½; 4, St.Francis, 38-1½; 5, CBA (N.Y.), 38-0; 6, Lyndhurst, 36-4½.

Triple jump — 1, Bergenfield (Tom George, Jamal Hayletts), 81-6; 2, CBA (N.Y.), 79-9; 3, Don Bosco Prep, 78; 4, St. Francis, 77-9; 5, Bergenfield B, 76-3 1/2; 6, Ridgewood, 75 1/2; 7, Collegiate, 74-2.

800 — 1, CBA (Grabowski, Kant, Feucher, Coughlin), 1:34.1; 2, Don Bosco Prep, 1:37.2; St. Francis, 1:37.4; 4, Lyndhurst, 1:37.6; 5, Ramsey, 1:38; 6, St. Anthony, 1:38.2.

High jump — 1, CBA (John Trojanowski, Kyle Kennedy), 12-0; 2, Wallkill Valley, 11-10; 3, Mahwah, 11-6; 4, CBA B, 11-0; 5, Ramsey, 5-8; 6, Bergenfield, 5-8.

Pole vault — 1, Tie bet. Tottenville (Chris Lum, Alan Koo) and CBA (N.Y.), (Chris Tietz, Bob Wolfgang), 21-6; 3, Ramsey, 20-6; 4, Tie among CBA, Mahwah, and Wallkill, 20-0.

Sprint medley — 1, South Shore (Dwayne Evans, Koron Levine, Richard Boothe, Sean Colbert), 3:40; 2, CBA, 3:41.2; 3, Bergenfield, 3:43.1; 4, Ramsey, 3;44.4; 5, Tottenville, 3:47.3; 6, West Side, 3:48.3.

Javelin — 1, CBA A (Sodami, Sala), 268-5; 2, Saddle Brook, 249-9; 3, Ridgewood, 246-2; 4, Lyndhurst, 246-1; 5, CBA B, 241-5; 6, Collegiate, 240-5; 7, Paramus, 237-8.

Intermediate hurdles — 1, Don Bosco Prep (Pat Hyppolite, Bryce Bushell, Chris Hall), 3:00; 2, CBA, 3:02.5; 3, Ridgewood, 3:09.4; 4, St. Francis, 3:15.4; 5, Bergenfield, 3:19.2; 6, Lyndhurst, 3:22.5.

Distance medley — 1, Tollentine (Chris Granelly, Charley Ryan, Kevin Stock, Kevin Jermaine), 10:35.9; 2, St. Anthony, 10:47; 3, CBA, 11:08.9; 4, Don Bosco Prep, 11:10.8; 5, St. Anthony B, 11:21.4; 6, Kellenberg, 11:21.6; 7, St. Francis, 11:25.5.

1,600 — 1, South Shore (Sean Colberg, Richard Boothe, Koren Levine, Dwayne Evans), 3:33.6; 2, St. Anthony A, 3:36.9; 3, Don Bosco Prep, 3:41.1; 4, Fair Lawn, 3:47; 5, Lyndhurst, 3:49.9; 6, Hasbrouck Heights, 3:50.

Discus — 1, Saddle Brook, 266-10; 2, Ridgewood, 246-9; 3, NV/Old Tappan, 243; 4, CBA (N.Y.), 235-4; 5, Mahwah, 234-7; 6, Shabazz, 232-5.

FRESHMAN BOYS

Shuttle hurdles — 1, Bergenfield (Maha DeCastro, Thomas Wexler, Adam Presser), 1:20.6; 3, NV/Old Tappan; 4, Don Bosco Prep, 1:23.4; 5, CBA, 1:23.6; 6, Paramus,1:27.9.

Discus — 1, CBA (N.Y.) (Tonic, Hitchcock); 203-2; 2, NV/Old Tappan, 191-1; 3, Paramus, 159-3; 5, Pascack Valley, 155-7; 6, Lyndhurst, 150-1.

3,200 — 1, CBA, 9:19; 4, St. Anthony, 9:36.4.

800 — 1, South Shore, 1:40.3; 3, West Side, 1:45.4; 5, Lyndhurst, 1:45.6; 6, Westwood, 1:48.1.

Shot put — 1, CBA (N.Y.) (Tonic, Mokiver), 69-1; 2, Mahwah, 65-9¾; 3, Saddle Brook, 65-2; 4, Westwood, 62-10; 5, NV/Old Tappan, 62-1¾.

Sprint medley — 1, Madison Central (Gina Chrysanthopoulos, Jen Bilinski, Michelle Hewitt, Susan Darmafalski), 4:54.7; 2, West Side, 4:57.3; 3, Ridgewood, 5:03; 4, Westwood, 5:07.3; 6, Bergenfield, 5:19.7.

Intermediate hurdles — 1, CBA (Mike Serfin, Darwin Cauz, Pat Cavanagh), 3:22.3; 2, Bergenfield, 3:37.3; 4, NV/Old Tappan, 3:42.9.

Distance medley — 1, CBA (Eric Savoth, Carlos Costa, Jason Costa, Brian Cunniff), 12:09.1; 4, NV/Old Tappan, 13:01.1.

1,600 — 1, South Shore (Cory Farrison, Pierre Walker, Andre Spence, Richmond Nyamekye), 3:50.7; 3, Lyndhurst A, 4:00.5; 5, Hasbrouck Heights, 4:20.3; 6, Lyndhurst B, 4:20.6.

SOPHOMORE GIRLS

Shuttle hurdles — 1, Lyndhurst, 1:27.5.

Discus — 1, Westwood (Nicole Rosato, Erin Oleary), 169-3; 2, Ramsey, 136-5; 3, Pascack Valley, 117-10; 4, Lyndhurst, 113-3.

3,200 — 1, Bergenfield (Lisa Ryder, Maureen Roch, Ann Sebastian, Chrissy Odalen), 11:00.6; 3, Ridgewood, 11:35.5; 4, Paramus, 11:42.3; 6, Hasbrouck Heights, 12:56.7.

Sprint medley — 1, James Madison (Roxanne John, Julie Campbell, Nadine Brown, Isis Green), 4:51.4; 3, Pascack Hills, 5:06.9; 4, Wallkill Valley, 5:11; 5, Westwood, 5:21.7; 6, Bergenfield, 5:23.6.

1,600 — 1, St. Anthony, 4:28.6; 4, Bergenfield, 5:09.8; 5, Fair Lawn, 5:29.2.

800 — 1, Westwood (Heidi McConnel, Joy Chen, Jenicka Carter, Cathy Lee), 2:07.2; 2, Bergenfield, 2:09; 3, Pascack Valley, 2:09.3; 4, Ridgewood, 2:09.

Shot put — 1, Saddle Brook (Bornkamp, Gravino), 54-6½; 2, Westwood, 54-¼; 3; 3, Ramsey, 46-3½; 5, Pascack Valley, 43-4.

Distance medley — 1, Bergenfield (Lisa Ryder, Maureen Roche, Anu Sebastian, Chrissy Odalen), 14:29.9; 2, Paramus, 15:09.9; 4, Hasbrouck Heights, 16:35.

Intermediate hurdles — 1, Lyndhurst (Scerbo, Wortz, Pastewait), 4:15.9.

SOPHOMORE BOYS

Discus — 1, CBA (Lazewski, Campbell), 215-7; 2, Ridgewood, 199-7; 3, Bergenfield, 194-5; 4, Pascack Hills, 183; 5, Wallkill Valley, 182-4; 6, Ridgewood, 174-2.

Shot put — 1, CBA (Collins, Campbell), 68-10½; 2, Bergenfield, 68-4½; 3, Ridgewood A, 68-3¾; 4,Saddle Brook, 67-1; 5, Hasbrouck Heights, 65-1.

Sprint medley — 1, Pascack Hills, 4:06.9; 2, St. Francis, 4:12.1; 3, West Side, 4:16; 4, Pascack Valley, 4:19.2; 5, NV/Old Tappan, 4:21.1.

800 — 1, NV/Old Tappan (Mike Walter, John Lafontont, Jeff Patrico, Fred Lee), 1:45; 3, Pascack Valley, 1:46; 4, Bergenfield, 1:46.7; 5, Wallkill Valley, 1:47.7.

Shuttle hurdles — 1, Hasbrouck Heights, (Moss, Silva, Terwilliger, Capello), 1:20.2; 2, CBA, 1:23.7; 3, Westwood, 1:27.9.

Sprint medley — 1, NV/Old Tappan, (Damani Sims, Jamie Pollina, Takuma Tatchakawa, Victor Lee), 4:20.6; 3, West Side, 4:22.3; 5, Don Bosco Prep, 4:23.4.

Distance medley — 1, CBA (Jeff Todor, PatCostello, Matt Coleman, Chris McDonnell), 11:49.4; 3, Westwood, 12:06.3; 4, Ridgewood, 12:09.2.

Intermediate hurdles — 1, CBA (Sam Palumbo, Pat Costello, Scott Aydin), 3:23.3; 2, NV/Old Tappan, 3:30.2; 3, Ridgewood, 3:30.4; Ramsey, 3:32.9; 5, Hasbrouck Heights, 3:38.6.

1,600 — 1, South Shore (Josiyn Doris, Howard Kerr, Nathan Ryan, Bernard Sanchez), 3:45.6; 2, Ridgewood, 3:48.4; 4, Hasbrouck Heights, 4:03.2.

FRESHMAN GIRLS

Shuttle hurdles — 1, Madison Central (Walsh, Turner, Warski, Soriano), 1:17.5; 2, Lyndhurst, 1:24; 3, Bergenfield, 1:28.

3,200 — 1, Ridgewood (Stephanie Doyle, Lauren Maxwell, Geraldine Campbell, Saraah McDermott), 11:03.9; 2, Westwood, 11:28.8.

800M — 1, James Madison (Nadine Brown, Roberta Boudhette, Roxanne John, Julene Campbell), 2:01.4; 2, West Side 2:02.3; 6, NV/Old Tappan, 2:11.2.

Discus — 1, Westwood (Schneider, Russo), 136-11; 2, Bergenfield, 129-3; 3, Wallkill Valley, 120-2; 4, Westwood B, 110-7.

Shot put — 1, St. Vincent (Beauchamp, Eugeng), 45-10; 2, Westwood, 44-9; 5, Bergenfield, 41-1.

Distance medley — 1, Tottenville (Amy Antoci, Ann Marie Cresci, Karen Petersen, Kristen Salvesen), 3:53.7; 2, Westwood, 16:37.9.

Intermediate hurdles — 1, Madison Central (Christine Turner, Melissa Walsh, Crystal Soriano), 4:13.5; 2, Bergenfield, 4:23.5.

1,600 — 1, Tottenville, 4:41.7; 2, St. Anthony, 4:47; 3, Westwood, 4:51.7; 4, Hasbrouck Heights, 4:52.9; 6, NV/Old Tappan, 5:12.5

RIDGEWOOD vs KENNEDY WEATHER CLEAR + COOL

DATE APRIL 12TH 1993 TRACK CONDITIONS

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	KENNEDY
Long Jump	NICOLE CARMICHEAL 14'11" K	RENEE PAVELSKI 14'7½" R	SHANNON McGARRIGLE 14'5½" R	4	5
400 meter Hurdles	RENEE PAVELSKI 1:07.4 R	CLAIRE BLANEY 1:08.7 R	CORINETTA HICKS 1:11.2 K	8	1
100 meter Dash	JOY BELGRAVE 13.1 K	NICOLE CARMICHAEL 13.4 K	MELISSA GILBERT 13.6 R	1	8
1600meter Run	JENNA ROGERS 5:23.6 R	LAUREN STUHR 5:43 R	ELYSE LEE 5:57 R	9	0
400 meter Dash	SIMONE GALE 1:05.7 K	VANESSA McDERMOTT 1:06.9 R	DARA CATTANI 1:08.2 R	4	5
100 meter Hurdles	RENEE PAVELSKI 17.1 R	JOY BELGRAVE 18.4 K	CLAIRE BLANEY 19.2 R	6	3
800 meter Run	GIZELE WATSON 2:32.6 R	STEPH. DOYLE 2:32.6 R	LAUREN STUHR 2:33 R	9	0
200 meter Dash	NICOLE CARMICHEAL 27.1 K	MELISSA GILBERT 27.8 R	SIMONE GALE 28.8 K	3	6
3200meter Run	JENNA ROGERS 11:59.8 R	CLAIRE BLANEY 12:30 R	JEANNE REILLY 12:56 R	9	0
Triple Jump	SHANNON McGARRIGLE 31'0" R	JOY BELGRAVE 30'7¾" K	EMILIE CHANG 30'2" R	6	3
4X400 m. Relay	KENNEDY 4:30.9	RIDGEWOOD 4:49.4		0	5
Shot Put	RENEE PAVELSKI 25'5"	DENISE THOMAS 24'11" K	TANIKO MILES 24'6" K	5	4
Discus	EMILIE CHANG 79'11" R	DENISE THOMAS 78'11" K	CHRISTINA GRAB 76'10" R	6	3
High Jump	CORNETTA HICKS 4'10" K	KATE BRUNNER 4'8" R	CHRISTINA GRAB 4'4" R	4	5
			FINAL SCORE	74	48

COMMENTS:

RIDGEWOOD vs BLOOMFIELD WEATHER CLEAR & COLD

DATE APRIL 12TH 1993 TRACK CONDITIONS

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	BL
Long Jump	RENEE PAVELSKI 14'7½" R	SHANNON McGARRIGLE 14'5½" R	EMILIE CHANG 14'4" R	9	0
400 meter Hurdles	RENEE PAVELSKI 1:07.4 R	CLAIRE BLANEY 1:08.7 R	KIRSTIN O'CONNOR 1:15.9 R	9	0
100 meter Dash	MELISSA GILBERT 13.6 R	EMILIE CHANG 13.9	SHANNON McGARRIGLE 14.5 R	9	0
1600meter Run	JENNA ROGERS 5:23.6 R	LAUREN STUHR 5:43 R	ELISE LEE 5:57 R	9	0
400 meter Dash	VANESSA McDERMOTT 1:06.9 R	DARA CATTANI 1:08.2 R	RUPA SHAL 1:11.3 BLOOMFIELD	8	1
100 meter Hurdles	RENEE PAVELSKI 17.1 R	CLAIRE BLANEY 19.2 R	KIRSTIN O'CONNOR 19.7 R	9	0
800 meter Run	GIZELE WATSON 2:32.6 R	STEPH. DOYLE 2:32.6 R	LAUREN STUHR 2:33 R	9	0
200 meter Dash	MELISSA GILBERT 27.8 R	KATE BRUNNER 28.9 R	LAUREN VIDAL 29.4 R	9	0
3200meter Run	JENNA ROGERS 11:59.8 R	CLAIRE BLANEY 12:30 R	JEANNE REILEY 12:56 R	9	0
Triple Jump	SHANNON McGARRIGLE 31'0" R	EMILIE CHANG 30'2" R	TARA RUOTOLO 28'5½" R	9	0
4X400 m. Relay	RIDGEWOOD 4:49.4 KEELY C.P 72.1 S.APSEL 74.3	LAIN 74.8 S.DOYLE 68.3	NO TEAM	5	0
Shot Put	RENEE PAVELSKI 25'5" R	JOELLE GRUBER 24'5" R	AMANDA DILEO 23'1" R	9	0
Discus	EMILIE CHANG 79'11" R	CHRISTINA GRAB 76'10" R	JOELLE GRUBER 64'7" R	9	0
High Jump	KATE BRUNNER 4'8" R	CHRISTINA GRAB 4'4" R	VANESSA McDERMOTT 4'4" R	9	0
			FINAL SCORE	121	1

COMMENTS:

RIDGEWOOD vs KENNEDY & BLOOMFIELD DOUBLE DUAL NON-SCORING PERFORMANCES

EVENT						
Long Jump	CLARK 13' 1½"					
	S. McDERMOTT 12' 6½"					
400 meter Hurdles	KEELY C.P 81.3	B.APSEL 87.5				
	G. CAMPBELL 82.9					
	MAXWELL 83.0					
100 meter Dash	BAJRA DQ	CLARK 14.4				
	BRUNNER 14.0	PAPPALARDO 15.6				
	DARA CATTANI 14.3	MA 16.1				
1600meter Run	FOLK 5:58.2	K. CAMPBELL 6:08.9	B. APSEL 6:38.1	GELLIS 7:06.8		
	WORM 5:59.8	VANYPEREN 6:11.4	NAKAMURA 6:47.6	D. APSEL 7:40.9		
	S. McDERMOTT 6:02.6	FLEMING 6:13.4	MORITZ 6:52.8	SIEGEL 7:46.3		
400 meter Dash	WATSON DQ					
100 meter Hurdles	RUOTOLO 19.8	MAXWELL - 22.0				
	ENGEL 19.8	G. CAMPBELL - 22.2				
	GRAB 21.8					
800 meter Run	S. McDERMOTT 2:38.8	G. CAMPBELL 2:49.9				
	S. APSEL 2:43.3	NAKAMURA 2:52.3				
	KEELY C.P 2:43.5	LAIN 2:52.6				
200 meter Dash	DORIAN CATTANI 30.2					
	DINSELL 31.7					
	MITCHELL 34.1					
3200meter Run	FOLK 13:11.3	MAXWELL - 13:45.1	K. CAMPBELL - 14:52.8			
	WORM 13:11.3	B. APSEL - 13:49.3	LEE - 14:52.8			
	FLEMING 13:42.4	VANYPEREN - 14:05.7	GELLIS - 15:52.7			
Triple Jump						
4X400 m. Relay						
Shot Put	CAVANAGH - 19'0"					
	N. GUARINO - 17'0"					
Discus	DILEO - 60'3"					
High Jump	TRISH PAPPALARDO 4'2"					

COMMENTS:

Bergen County Relays 1993

Friday

3x400 - Pavelski, Blaney, O'Connor
67.1 69.8 73.0 3:29.9 1st place

4x1600- Stuhr, Doyle, Reilly, Rogers
5:29.9 5:33.1 5:47.7 5:17.5 22:07.6 1st place

high - Pavelski, Brunner, V.McDermott
jump 5'0 4'6'' 4'2'' 2nd place

triple- Chang, McGarrigle, Ruotolo
jump 31'8'' 32'1 1/4'' 28'8'' 92'7 1/4'' 2nd place

javelin-Blaney, Holcomb, V.McDermott
91'0'' 84'0'' 64'9'' 239'9'' 3rd place

shot - Gruber, Dileo, Clark
24'3 21'7 1/4'' 21'10'' 67'8 1/4''

Saturday

4x100 - Blaney, O'Connor, Engel, Pavelski 2nd place
hurdles

4x100 - Chang, Baura, McGarrigle, Gilbert 52.7 1st place

distance-Stuhr, V.McDermott, Doyle, Rogers
medley 4:03.0 67.9 2:30.1 5:17.3 12:58.2 1st place

sprint- Gilbert,Brunner,Dara Cattani,Watson
medley 60.9 27.5 29.7 2:32.6 4:30.1 3rd place

4x800 - Doyle, Reilly, Stuhr, Rogers
2:29.1 2:36.0 2:36.6 2:28.6 10:10.2 1st place

4x400 - V.McDermott, Reilly, Blaney, Watson
64.2 64.1 62.8 64.0 4:14.9 2nd place

long - Pavelski, McGarrigle, Chang
jump 13'9'' 14'11'' 14'8 1/2'' 14'8 1/2''1st place

discus- Chang, McKeracher, S.Apsel
93'6'' (f.f.f.) 65'

4x400 - Maxwell, Campbell, Apsel, S.McDermott
frosh 70.1 74.6 74.2 67.0 4:45.6 2nd place

Ridgewood rolls, Glen Rock rallies

By PAUL SCHWARTZ
Correspondent

GIRLS TRACK

TENAFLY — It's become old hat for Ridgewood's girls to win the Bergen County Jack Yockers Relays Group 3-4 championship. The Maroons have won 10 of the last 12 championships — losing only in 1990 and 1991. They easily won their 10th title Saturday, 94-59 over Teaneck, winning five events and taking first, second, or third in 11 of the 15.

But for Glen Rock and first-year coach D.J. Nimphius, the Bergen County Relays Group 1-2 title — or any major title — has eluded them throughout their history. So, not surprisingly, the Panthers' 77-64 win over Mahwah for the Group 1-2 title caused far more excitement for the Glen Rock team than for their next-door neighbors in Ridgewood.

"We've got just six juniors and seniors and 30 kids who are in ninth or 10th grades," said Nimphius after his team scored in everything but the discus and sprint medley relays and won two of the final three events to rally from a three-point deficit with two events remaining to claim its first title. "We're pretty good in the technique [field] events and we can intermediate hurdle with anyone in the county, and I thought we had a shot."

Three-time defending champ Garfield grew to become a Group 3 school this year and chose to skip the meet to compete in the Mahwah Invitational, and perennial contender Saddle Brook also was at Mahwah after being decimated by a band trip.

That left the field wide open, and teams like Lyndhurst (third with 56 points), and Midland Park (fourth with 44, including wins in the 3,200, 6,400, and distance medleys) in addition to Glen Rock and Mahwah, took advantage. None of the top four teams had ever won a Bergen Relays title before.

Glen Rock won the 400, intermediate hurdles, and 1,600, with four runners — Sabina Luciano, Michelle Stein, Michele Satine, and Sue Bochiaro — taking part in two wins apiece.

Kerry Moore and Amy Hamernick of Midland Park were the only triple winners in 1-2, with Moore running three strong anchor legs in her victories.

Ridgewood's win seemed assured from the start, even though the Maroons were disqualified in the 800 relay and trailed Teaneck after the first five events Friday. The Maroons took third in the javelin and second in the high jump, the last two events Friday, and took second in the shuttle hurdles and won the distance medley in Saturday's first two events, while Teaneck could manage just one point in the four events. By then, the Maroons led 60-33, and only the final score was in doubt.

"This is one of our better, more balanced teams," said Ridgewood coach Jacob Brown.

Seven Maroons won at least two gold medals, and Jenna Rogers, Stephanie Doyle, and Lauren Stuhr won three each, in the 3,200, 6,400, and distance medley relays.

Rogers, the top performer on Ridgewood's New Jersey championship cross-country team, continued to shine in the spring after training through the winter, while Stuhr, another mainstay of the cross-country team, and freshman Doyle, who played soccer in the fall, also ran well.

Teaneck senior Dana Riley, who anchored winning teams in the 800 (24.5 200 split) and 1,600 (56.5 400) and helped Teaneck take second in the intermediate hurdles, won the Jacob Brown track award, while Tina Gennet of Fair Lawn, who threw the javelin 120-1, won the Dick Hitt Field Award for outstanding performances.

GIRLS GROUP 3-4

Team scores

Ridgewood 94, Teaneck 59, Hackensack 51, Immaculate Heart Academy 39, Ramsey 36, Queen of Peace 30, NV/Old Tappan 23, Indian Hills 22, Cliffside Park and Bergenfield 21, Fair Lawn 15, Pascack Valley 14, River Dell 10, NV/Demarest 9, Northern Highlands 8, Dumont and Tenafly 5, Holy Angels 3.

400 — 1, Ridgewood (Emilie Chang, Shannon McGarrigle, Mena Bavara, Shannon McGarrigle, Melissa Gilbert), 52.7; 2, Teaneck, 54.1; 3, Immaculate Heart Academy, 55.3; 4, Ramsey, 56.5; 5, Cliffside Park, 56.7; 6, Hackensack, 56.9.

800 — 1, Teaneck (Jenelle Logan, Tanya Hooks, Tiffany Thompson, Dana Riley), 1:50.6; 2, NV/Old Tappan, 1:51.6; 3, Queen of Peace, 1:52.7; 4, Ramsey, 1:57.1; 5, NV/Demarest, 1:57.9; 6, Fair Lawn, 1:59.4.

1,600 — 1, Teaneck (Tiffany Thompson, Dana Riley, Lisa Ordonez, Natasha Bernard), 4:11.9; 2, Ridgewood, 4:15.2; 3, Queen of Peace, 4:19.0; 4, NV/Old Tappan, 4:20.9; 5, Fair Lawn, 4:26.4; 6, Cliffside Park, 4:29.0.

3,200 — 1, Ridgewood (Stephanie Doyle, Lauren Stuhr, Jeanne Reilly, Jenna Rogers), 10:10.8; 2, Immaculate Heart Academy, 10:21.2; 3, Cliffside Park, 10:55.6; 4, Pascack Valley, 10:55.6; 5, Bergenfield, 11:18.1; 6, Hackensack, 11:34.2.

6,400 — 1, Ridgewood (Lauren Stuhr, Stephanie Doyle, Jeanne Reilly, Jenna Rogers), 22:07.7; 2, Immaculate Heart Academy, 22:22.3; 3, Northern Highlands, 22:54.5; 4, Bergenfield, 24:08.0; 5, NV/Demarest, 24;13.7; 6, Cliffside Park, 24:19.2.

Sprint medley — 1, NV/Old Tappan (Claudia Kramm, Monica Nathans, Carol Spielvogel, Adria Frguson), 4:20.5; 2, Queen of Peace, 4:23.9; 3, Ridgewood, 4:30.1; 4, Immaculate Heart Academy, 4:34.8; 5, Hackensack, 4:36.7; 6, Holy Angels, 4:36.9.

Distance medley — 1, Ridgewood (Lauren Stuhr, Vanessa McDermott, Stephanie Doyle, Jenna Rogers), 12:58.8; 2, Immaculate Heart Academy, 13:13.0; 3, Ramsey, 13:52.7; 4, Tenafly, 13:54.8; 5, Cliffside Park, 13:58.9; 6, NV/Demarest, 14:12.6.

3 x 400 IH — 1, Ridgewood (Claire Blaney, Renee Pavelski, Kristen O'Connor), 3:30.9; 2, Teaneck, 3:36.1; 3, Ramsey, 3:38.2; 4, Hackensack, 3:38.6; 5, Cliffside Park, 3:48.4; 6, Bergenfield, 3:49.7.

Shuttle hurdles — 1, Hackensack (Danielle Breuel, Stacey LaPietra, Cheryl Williams, Karen Androski), 1:11.5; 2, Ridgewood, 1:12.2; 3, Pascack Valley, 1:14.8; 4, Dumont, 1:17.2; 5, Cliffside Park, 1:17.2; 6, Teaneck, 1:17.5.

Shot put — 1, Hackensack (Beth Crusius, Maxime Gentles, Karolin Yahoglou), 97-7; 2, Ramsey, 90-6¾; 3, Bergenfield, 87-7; 4, Teaneck, 86-6; 5, Northern Highlands, 86-2½; 6, NV/Old Tappan, 85-3¼.

Discus — 1, Hackensack (Dana Weisfeld, Beth Crusius, Maxime Gentles), 282-11; 2, Bergenfield, 266-10; 3, Ramsey, 260-2; 4, Pascack Valley, 244-8; 4, Queen of Peace, 242-4; 6, Cliffside Park, 240-4.

Javelin — 1, Fair Lawn (Joanna Katzman, Tina Gennat, Liz Donohue), 248-2; Hackensack, 243-0; 3, Ridgewood, 239-9; 4, Cliffside Park, 235-0; 5, Queen of Peace, 220-5; 6, Dumont, 200-3.

High jump — 1, Indian Hills (Quanette Jester, Candice waldron, Jessica Jenco), 14-0; 2, Ridgewood, 13-8; 3, Queen of Peace, 13-0; 4, NV/Demarest, 12-10; 5, tie between Ramsey and Tenafly, 8-10.

Long jump — 1, Ridgewood (Emilie Chang, Renee Pavelski, Shannon McGarrigle), 43-4½; 2, Teaneck, 40-8¼; 3, Indian Hills, 40-3¼; 4, Immaculate Heart Academy, 39-2¼; 5, Holy Angels, 38-1; 6, Hackensack, 12-0.

Triple jump — 1, Teaneck (Aisha Barber, Natasha Bernard, Dana Riley), 96-6¼; 2, Ridgewood, 92-5¼; 3, Indian Hills, 85-7¾; 4, Hackensack, 84-4¾; 5, Fair Lawn, 83-7½; 6, Immaculate Heart Academy, 83-4½.

Freshman 1,600 relay — 1, Teaneck (Boikin, Natarajian, Quinn, James), 4:42.0; 2, Ridgewood, 4:45.6; 3, Immaculate Heart Academy, 5:01.2; 4, Hackensack, 5:29.5.

BERGEN GIRLS RELAY CHAMPIONS

1978	SADDLE BROOK	58 1/2	RAMSEY	44 1/2
1979	SADDLE BROOK	63	TEANECK	41
1980	SADDLE BROOK	46	TEANECK	37 1/2
1981	TENAFLY	49	WESTWOOD	48
1982	TENAFLY	42	RIDGEWOOD	42
1983	TENAFLY	54	RIDGEWOOD	36
1984	NEW MILFORD	50	RIDGEWOOD	52
1985	NEW MILFORD	52	RIDGEWOOD	42
1986	WESTWOOD	60	RIDGEWOOD	53
1987	WESTWOOD	49 1/2	RIDGEWOOD	53
1988	DUMONT	43	RIDGEWOOD	56 1/2
1989	SADDLE BROOK	43	RIDGEWOOD	40
1990	GARFIELD	41	HACKENSACK/	39
			TEANECK/	39
			PAS.VALLEY	39
1991	GARFIELD	49	HACKENSACK	50
1992	GARFIELD	102	RIDGEWOOD	93

RECORDS

GROUP I & II

480 SH	WESTWOOD	1978	1:08.6
3X4 MIH	WESTWOOD	1986	3:37.3
400 M	WESTWOOD	1990	52.7
800 M	WESTWOOD	1987	1:50.1
1600 M	WESTWOOD	1987	4:17.7
3200 M	TENAFLY	1982	10:24.5
6400 M	TENAFLY	1983	23:30.0
SPRINT M	TENAFLY	1982	4:29.2
DIST.MED	TENAFLY	1983	13:32.8
SHOT PUT	RUTHERFORD	1978	98-11 1/2
DISCUS	WESTWOOD	1988	291-7
HIGH JUMP	SADDLE BROOK	1979	14-8
LONG JUMP	TENAFLY	1979	49-0
TRIP.JUMP	TENAFLY	1979	101-3 3/4
JAVELIN	NEW MILFORD	1983	326-3

GROUP III & IV

400	TEANECK	1983	49.1
800 M	ENGLEWOOD	1983	1:46.0
1600 M	RIDGEWOOD	1987	4:02.7
3200 M	RIDGEWOOD	1987	9:37.9
6400 M	RIDGEWOOD	1987	21:37.8
SPRINT M	BERGENFIELD	1983	4:13.6
DIS.MED	RIDGEWOOD	1982	12:24.7
480 SH	HACKENSACK	1980	1:04.7
3X4 IH	RIDGEWOOD	1985	3:24.0
SHOT PUT	RIDGEWOOD	1979	103-5 1/4
DISCUS	DEMAREST	1979	309-0
HIGH JUMP	TEANECK	1986	15-6
LONG JUMP	INDIAN HILLS	1986	47-6 3/4
TRIPLE JUMP	TEANECK	1980	100-0
JAVELIN	WESTWOOD	1981	327-2

RIDGEWOOD vs MONTCLAIR WEATHER CLEAR & SUNNY

DATE APRIL 20TH TRACK CONDITIONS AT MONTCLAIR GREAT TRACK

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	MONTCLAIR
Long Jump	VINETTA GORDON 16'8½" M	SHANNON McGARRIGLE 15'11½" R	EMILIE CHANG 15'10½" R	4	5
400 meter Hurdles	CLAIRE BLANEY 67.0	TIFFANY ANGLIN 71.3 M	KRISTEN O'CONNOR 71.5 R	6	3
100 meter Dash	VINETTA GORDON 12.8 M	MELISSA GILBERT 13.3 R	JENIFER GRIFFITH 13.4 M	3	6
1600meter Run	JENNA ROGERS 5:21 R	JANE MANNERS 5:29 M	LAUREN STUHR 5:38 R	6	3
400 meter Dash	ANGELA MULLINS 1:02	GIZELLE WATSON 1:02 R	JEANNE REILLY	4	5
100 meter Hurdles	TIFFANY ANGLIN 15.0 M	VINETTA GORDON 15.7 M	KRISTEN O'CONNOR 18.8 R	1	8
800 meter Run	CLAIRE BLANEY 2:24.2 R	JENNA ROGERS 2:24.3 R	STEPHANIE DOYLE 2:26.4 R	9	0
200 meter Dash	MELISSA GILBERT 26.9 R	NEENA BARUA 28.0 R	JENIFER GRIFFITH 28.4 M	8	1
3200meter Run	JENNA ROGERS 12:00 R	LAUREN STUHR 12:56.4 R	JEANNE REILLY 12:56.8 R	9	0
Triple Jump	VINETTA GORDON 36'1" M	SHANNON McGARRIGLE 32'5" R	JEN GRIFFITH 31'5" M	3	6
4X400 m. Relay	RIDGEWOOD 4:20	MONTCLAIR 4:48		5	0
Shot Put	SARAH REISSING 34'6" M	AALIYAH NAJEEB 28'5½" M	CLAIRE BLANEY 28' R	1	8
Discus	EMILIE CHANG 90'4½" R	SARAH REISSING 86'10"	SARAH McKERACHER 83'6"	6	3
High Jump	KATE BRUNNER 4'8"	ANGELA MULLINS 4'6"	CHRISTINA GRAB 4'6"	6	3
			FINAL SCORE	71	51

COMMENTS:

Kate Brunner's win in the High Jump gave us the points we needed early in the meet!

RIDGEWOOD vs BARRINGER WEATHER CLEAR + SUNNY

DATE APRIL 20TH TRACK CONDITIONS DRY - ALL WEATHER

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	B
Long Jump	SHANNON McGARRIGLE 15'11¼" R	EMILIE CHANG 15'10½ R	TONIA CLARK 14'2" R	9	0
400 meter Hurdles	CLAIRE BLANEY 1:07 R	KIRSTEN O'CONNOR 71.3 R	TARA RUOTOLO 72.9 R	9	0
100 meter Dash	MELISSA GILBERT 13.3 R	SHANNON McGARRIGLE 13.6 R	NEENA BARJA 13.5 R	9	0
1600meter Run	JENNA ROGERS 5:21 R	LAUREN STUHR 5:38 R	STEPHANIE DOYLE 5:46 R	9	0
400 meter Dash	GIZELE WATSON 1:02 R	JEANNE REILLY 1:04 R	WAITERS 1:04 B	8	1
100 meter Hurdles	KIRSTEN O'CONNOR 18.8 R	JESSICA ENGEL 18.9 R	CHRISTINA GRAB 20.6 R	9	0
800 meter Run	CLAIRE BLANEY 2:24.2 R	JENNA ROGERS 2:24.3 R	STEPHANIE DOYLE 2:26.4 R	9	0
200 meter Dash	MELISSA GILBERT 26.9 R	NEENA BARJA 28.0 R	GIZELE WATSON 28.8 R	9	0
3200meter Run	JENNA ROGERS 11:59.9 R	LAUREN STUHR 12:56.4 R	JEANNE REILLY 12:56.8 R	9	0
Triple Jump	SHANNON McGARRIGLE 32'5" R	EMILIE CHANG	TONIA CLARK 28'3¾" R	9	0
4X400 m. Relay	RIDGEWOOD 4:20. BLANEY 64.1 CATTANI 66.3 WATSON 66.3 GILBERT 63.8	NO TEAM		5	0
Shot Put	CLAIRE BLANEY 28'0" R	KRISTAL ALSTON 27'8" R	JOELLE GRUBER 23'4"	9	0
Discus	EMILIE CHANG 90'4½"	SARAH McKERRACHER 83'6" R	CHRISTINA GRAB 74'6" R	9	0
High Jump	KATE BRUNNER 4'8" R	CHRISTINA GRAB 4'6" R	VANESSA McDERMOTT 4'4" R	9	0
			FINAL SCORE	121	1

COMMENTS:

RIDGEWOOD vs BARRINGER and MONTCLAIR NON-SCORING PERFORMANCES

EVENT			
Long Jump	JUDGE 13' 10¼"		
	S. McDERMOTT 12' 11"		
400 meter Hurdles	KEELY C-P 79.7		
100 meter Dash	CLARK 13.7	NOBELS - 16.6	
	CATTANI 14.0	WONG - 16.9	
	JUDGE 14.4		
1600meter Run	K. CAMPBELL - 5:56.4	GELLIS 7:13.2	
	FOLK - 6:01.1		
	WORM - 6:01.1		
400 meter Dash	V. McDERMOTT 65.5	B. APSEL 73.7	
	DINSELL 69.3	MITCHEL 77.3	
		MA 80.6	
100 meter Hurdles	G. CAMPBELL 21.1		
	MAXWELL 21.1		
800 meter Run	S. McDERMOTT	KEELEY C-P 2:41.2	MAGGIE CAIN - 2:56.0
	S. APSEL 2:49.8	AMY SMITH 2:47.9	DEBBIE APSEL - 3:23.1
		VANESSA WORM 2:50.3	JEN SIEGEL - 3:31.9
200 meter Dash	BRUNNER 28.6	VIDAL 30.0	
		JUDGE 31.1	
		ELLINGHAUS 34.4	
3200meter Run	FOLK - 13:14.8	VANYPEREN - 13:29.5	NAKAMURA - 14:54.6
	FLEMING - 13:19.5	LEE - 14:11.2	
Triple Jump	RUOTOLO 28' 3"		
4X400 m. Relay			
Shot Put	DILEO 22'		
	DONNELLY 18' 4"		
Discus	S. APSEL 65'		
	HOLCOMB 58' 3"		
High Jump	PAPPALARDO 4' 4"		

COMMENTS:

PENN RELAYS

THURSDAY 4-22-93

4 X 100 m 51.9 5TH in HEAT (CHANG, BAURA, McGARRIGLE, GILBERT)

EXCELLENT BATON WORK

4 X 400 m 4:23.3 11TH in HEAT WATSON 65.4, DARAC. 68.4, McGARRIGLE 65.3 REILLY 64.3. POOR PERFORMANCE - VERY COLD ALL DAY HURT OUR ABILITY TO PERFORM.

FRIDAY 4-23-93

DISTANCE MEDLEY 7TH - 4TH AMERICAN TEAM. EXCELLENT PLACE

12:26.72 PAVELSKI 3:53.8, GILBERT 59.5, BLANEY 2:24.1

ROGERS 5:09.7

Distance Medley:

A	St. Jago (Spanish Town, Jamaica)
B	Sun Valley (Aston, Pa)
C	State College (Pa)
D	Monroe-Woodbury (Central Valley, NY)
E	Manchester (Mandeville, Jamaica)
F	Langley (McLean, Va)
G	Simon Gratz (Philadelphia, Pa)
H	Bensalem (Pa)
J	Tottenville (Staten Island, NY)
K	Midwood (Brooklyn, NY)
L	Saratoga Springs (Saratoga, NY)
M	St. John's Villa Academy (Staten Island, NY)
N	Holmwood Technical (Christiana, Jamaica)
O	Bishop Shanahan (West Chester, Pa)
P	Shaker (Latham, NY)
R	Vere Technical (Hayes, Jamaica)
S	Immaculate Heart Academy (Washington Twp, NJ)
T	Falmouth (Ma)
V	Ridgewood (NJ)

RESULTS

R.	11:52.13
E.	12:09.24
N.	12:10.94
J.	12:14.84
D.	12:19.17
K.	12:24.55
V.	12:26.72
G.	12:34.41
C.	12:39.30
P.	12:41.23
T.	12:41.81
L.	12:47.21
B.	12:55.08
F.	12:56.83
O.	13:00.36
S.	13:04.32
H.	13:17.43
M.	13:24.92

RIDGEWOOD HIGH SCHOOL DISTANCE MEDLEY

TOP TEN ALL TIME

11:59.1 i	1983	Mary Ellen Mileski,	Margaret Scutro,	Beth Pringle,	Patti Mileski
11:58.6	1982	PATTI Mileski,	TRISH Fogarty,	Beth PRINGLE,	Mary Ellen Mileski
12:10.6	1981	PATTI MILESKI, 3:39.2	TRISH FOGARTY, 60.2	CAROL DICKSTEIN, 2:19.4	Mary Ellen MILESKI 5:12.1
12:15.0	1987	JENNIFER HUGHES 3:44.4	LYNNE DEGELMAN 60.8	JEAN HUGHES 2:19.1	NORINE D'ARCY 5:10.5
12:15.42 i	1989				
12:21.8	1985	NORINE D'ARCY 3:50.9	LIZ ROSS 60.1	MARCI CAPITTANI 2:28.7	MARGARET SCUTRO 5:02.2
12:24.7	1982	MARY ELLEN MILESKI	JO ANN CASEY	BETH PRINGLE	PATTI MILESKI
12:26.29 i	1987				
→ 12:26.72	1993	R. PAVELSKI 3:53.8,	M. GILBERT 59.5,	C. BLANEY 2:24.1,	J. ROGERS 5:09.7
12:27.2 i	1988				
12:34.5	1991	LIZ FIGLAR,	MELISSA GILBERT,	RENEE PAVELSKI,	EILEEN FITZGERALD
12:29.6 i	1981	3:45.4	61.4	2:29.6	5:18.0
→ 12:36.4	1993	RENEE PAVELSKI 3:50.5	MELLISSA GILBERT 61.4	CLAIRE BLANEY 2:28.6	JENNA ROGERS 5:16.4
12:36.65 i	1986				
12:37.7 i	1985				
12:39.3	1980	MARY ELLEN MILESKI	ALLISON MACGREGOR	KATHY DUFFY	CAROL DICKSTEIN
12:40.8	1988	JEAN HUGHES, 2:21	LYNNE DEGELMAN, 62.3	JEN HUGHES, 3:54	KAREN CANNON 5:23

RIDGEWOOD vs CLIFTON WEATHER BRIGHT & SUNNY around 50°

DATE TUESDAY APRIL 27TH 1993 TRACK CONDITIONS GREAT

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	CLIFTON
Long Jump	SHANNON McGARRIGLE 15' R	EMILIE CHANG 14'6" R	RENEE PAVELSKI 14'2" R	9	0
400 meter Hurdles	RENEE PAVELSKI 69.0 R	CLAIRE BLANEY 69.1 R	KRISTEN O'CONNOR 72.3	9	0
100 meter Dash	SHANNON McGARRIGLE 13.8 R	KATE BRUNNER 13.9 R	TONIA CLARKE 14.0 R	9	0
1600meter Run	LAUREN STUHR 5:33.8 R	AMY SMITH 5:41.4	JEANNE REILLY 5:41.5	9	0
400 meter Dash	MELISSA GILBERT 61.9 R	CLAIRE BLANEY 63.5 R	KHRISTIN VASSALLO 64.2 C	8	1
100 meter Hurdles	JANICE KAMINSKI 16.4 C	RENEE PAVELSKI 16.7 R	KRISH ALBOUN 17.7 C	3	6
800 meter Run	STEPHANIE DOYLE 2:27.1 R	GIZELLE WATSON 2:27.6 R	LISA GIACONIA 2:32.2 C	8	1
200 meter Dash	SHANNON McGARRIGLE 28.1 R	DARA CATTANI 28.7 R	DANIELLE MEIGIR 30.1 C	8	1
3200meter Run	CLAIRE BLANEY 12:13.7 R	ANNA BERRARDO 12:31.1 C	KATHLEEN CAMPBELL 12:36.2 R	6	3
Triple Jump	SHANNON McGARRIGLE 32'5½" R	EMILIE CHANG 31'0" R	TONIA CLARK 29'4" R	9	0
4X400 m. Relay	RIDGEWOOD 4:33.3 (DOYLE 65.9, DARA CATTANI 71.8, S. McDERMOTT 68.4, V. McDERMOTT 66.8)	CLIFTON 4:51.0		5	0
Shot Put	MELISSA SMITH 31'2" C	CLAIRE BLANEY 28'9½" R	KRISTAL ALSTON 25'6" R	4	5
Discus	JILL MATTIELLO 91'3" C	EMILIE CHANG 88'7" R	MEGAN RIEDEN 85'2" C	3	6
High Jump	RENEE PAVELSKI 5'0" R	JANICE KAMINSKI 4'10" C	KRISH ALBOUM 4'6" C	5	4
			FINAL SCORE	96	26

COMMENTS:

RIDGEWOOD vs CLIFTON NON-SCORING PERFORMANCES

EVENT				
Long Jump	JUDGE 13' 3½"			
	MA 10' 10"			
400 meter Hurdles	RUOTOLO 73.4	GRAB 81.1		
	MAXWELL 81.3			
	G. CAMPBELL 82.2			
100 meter Dash				
1600meter Run	S. McDERMOTT 5:43.8	WORM - 5:58.2	G. CAMPBELL 6:32.8	SHUM 6:59.3
	LEE 5:56.4	B. APSEL - 6:02.1	DILEO 6:40.8	GELLIS 7:01.8
	FOLK 5:56.8	MAXWELL - 6:20.4	DONNELLY 6:59.6	
400 meter Dash	V. McDERMOTT 65.8	JUDGE 71.8		
	VIDAL 68.1	NAKAMURA 72.3		
	PAPPALARDO 70.1	ELLINGHAUS 76.7		
100 meter Hurdles	O'CONNOR 18.9			
	ENGEL 19.1			
	GRAB (FELL)			
800 meter Run	VanYPEREN - 2:46.0	CAIN 2:52.4		
	S. APSEL - 2:45.9	LIPSON 3:03.8		
	KEELY C.P - 2:55.2			
200 meter Dash	DORIAN CATTANI 30.7			
	KOSKE 31.4			
	MITCHEL 33.1			
3200meter Run	FLEMING 13:05.8			
Triple Jump	S. APSEL - 25' 10½"			
	MA - 24' 10"			
4X400 m. Relay				
Shot Put	GRUBER 23' 5½"	DONNELLY 15' 9"		
	DILEO 21' 1"			
Discus	McKERACHER - 79' 8"	TEGAN C-P - 43' 10"		
	GRAB - 66' 1"	LIPSON - 54' 8"		
High Jump	GRAB - 4' 4"	McDERMOTT 4' 2"		
	BRUNNER 4' 2"	PAPPALARDO 4' 0"		

COMMENTS:

RIDGEWOOD vs PASSAIC WEATHER 75° HOT and SUNNY

DATE APRIL 29, 1993 TRACK CONDITIONS BEAUTIFUL DAY FOR A TRACK MEET

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	PASSAIC
Long Jump	NATASHA WILLIAMS 16'9¼" P	SHANNON McGARRIGLE 15'11¼" R	EMILIE CHANG 15'6¼" R	4	5
400 meter Hurdles	KATHY HOLLOMA 66.3 P	RENEE PAVELSKI 66.9 R	CLAIRE BLANEY 68.4 R	4	5
100 meter Dash	NATASHA WILLIAMS 12.8 P	JAMINE BLACKMAN 13.0 P	SHANNON McGARRIGLE 13.3 R	1	8
1600meter Run	JENNA ROGERS 5:22.1 R	STEPHANIE DOYLE 5:30.8 R	LAUREN STUHR 5:31.2 R	9	0
400 meter Dash	MELISSA GILBERT 60.8 R	NATASHA WILLIAMS 62.2 P	TAMISHA EDWARDS 62.4 P	5	4
100 meter Hurdles	RUTH DOE 15.1 P	KATHY HOLLOMA 15.3 P	RENEE PAVELSKI 16.2 R	1	8
800 meter Run	CLAIRE BLANEY 2:29.5 R	JENNA ROGERS 2:29.5 R	SARAH McDERMOTT 2:30.5 R	9	0
200 meter Dash	NATASHA WILLIAMS 26.7 P	MELISSA GILBERT 27.0 R	JAMINE BLACKMAN 27.2 P	3	6
3200meter Run	JENNA ROGERS 11:38.6 R	JEANNE REILLY 12:38.6 R	KATHLEEN CAMPBELL 12:51.7 R	9	0
Triple Jump	RUTH DOE 34'7" P	EMILIE CHANG 33'6¾" R	SHANNON McGARRIGLE 33'4¾" R	4	5
4X400 m. Relay	RIDGEWOOD 4:11.9 (BLANEY - 63.0, WATSON - 63.0, PAVELSKI - 60.6, GILBERT - 65.5)	PASSAIC 4:20.4		5	0
Shot Put	ROBYN LOWE 35'1½" P	STAR 31'4½" P	MONA DAVID 29'10½" P	0	9
Discus	MONA DAVID 98'1" P	ROBYN LOWE 94'9" P	EMILIE CHANG 93'7" R	1	8
High Jump	RENEE PAVELSKI 4'8" R	KATHY HOLLOMAN 4'6" P	TRISH PAPPALARDO R 4'6"	6	3
			FINAL SCORE	61	61

COMMENTS:

Two Great Teams had a great Track meet. I'm very impressed with passaic. FIRST TIE IN RHS HISTORY. THEY WON 8 WE WON 6. OUR DEPTH KEPT US IN THE MEET. The league championship now rides on the league meet. As it should. We will move up a notch for that meet. Lots of PRs, Jenna Rogers won 2.

12 RHS ATHLETES SCORED
8 PASSAIC ATHLETES SCORED

RIDGEWOOD vs PASSAIC NON-SCORING PERFORMANCES

EVENT				
Long Jump	CLARKE - 14'6"	V. McDERMOTT - 12'9¼"		
	JUDGE - 13'1½"			
400 meter Hurdles	RUOTOLO - 70.1	DINSELL - 77.3		
		KEELY C.P - 78.1		
100 meter Dash	BRUNNER 13.5	DARA CATTANI 13.7	ELLINGHAUS 15.8	
	BARUA 13.5	MA 15.5	WONG 16.3	
1600meter Run	REILLY 5:41.0	WORM 5:59.1	SMITH - 5:46.0	MORITZ 6:45.8
	LEE 5:57.5	B. APSEL 5:58.1	DILEO - 6:44.7	SHUM 6:56.3
	FOLK 5:57.8	MAXWELL 5:58.5	VANYPREN 6:02.3	GELLIS 7:08.7
400 meter Dash	WATSON 62.7			
	V. McDERMOTT 63.5			
100 meter Hurdles	O'CONNOR - 18.6			
	ENGEL - 19.1			
800 meter Run	STUHR - 2:32.1	KEELY C.P - 2:36.8	S. APSEL - 2:48.4	LIPSON - 3:01.3
		FLEMING - 2:34.3	NAKAMURA - 2:54.8	SHUM - 3:03.2
	SMITH - 2:34.5	CAIN - 2:45.0	G. CAMPBELL - 2:48	
200 meter Dash	BARUA - 28.5	DARA CATTANI 28.3	JUDGE 30.4	
	WATSON - 28.6	VIDAL 29.6	MITCHEL 31.9	
3200meter Run	LEE - 13:18.6			
Triple Jump	CLARK 31'5"			
	RUOTOLO 28'9¼"			
4X400 m. Relay				
Shot Put	BLANEY 29'2"	DILEO 21'10"	DONNELLY 16'6½"	
	ALSTON 26'10½"	GRUBER 21'6"		
Discus	McKERRACHER - 76'1"	TEGAN C.P - 46'2"		
	GRAB - 68'2"	SHOT - 62'3"		
High Jump	BRUNNER 4'6"	GRAB 4'2"		
	V. McDERMOTT 4'6"			

COMMENTS:

4-30-93

NNJIL TRACK

PASSAIC RISES TO THE OCCASION

By GREGORY SCHUTTA
Staff Writer

RIDGEWOOD — With some of the best sprinters and distance runners in North Jersey assembled on the Ridgewood track Thursday, it was several unexpected performances in the throws and the jumps that put the Passaic boys track team over the top against Northern New Jersey Interscholastic League Atlantic Division rivals Ridgewood and Bergen Catholic.

Junior Tyshan Bradshaw, primarily a high jumper and hurdler, threw the discus 138 feet, 11 inches as Passaic took two of the top three places in the event. He also threw the shot 43-3½ to eke out third place behind two Ridgewood throwers.

Freshman Chiffon Allen jumped 20-11 to win the long jump by nearly 3 inches over teammate Ricchard Carter, and jumped 43 feet to lead a Passaic sweep in the triple jump that clinched the meet over Ridgewood, 79-52.

"I just taught Chiffon how to long and triple a couple of weeks ago," said Passaic assistant coach Bob Brady, who was filling in for head coach Carl Meredith. "The first time he triple jumped, he did 41 feet."

According to Ridgewood boys coach Dick Van Yperen, it was an unprecedented day at Ridgewood as five undefeated teams, including the Ridgewood and Passaic girls teams, met on the track.

The Ridgewood girls ran the 1,600 relay in 4 minutes, 11.9 seconds in the final event of the day to pull out a 61-61 tie with the Passaic girls. In that meet, Kathy Holloman of Passaic set a school record in the 400 intermediate hurdles at 66.3 seconds, breaking the record of 67.9 by Maria Topczij in 1987.

The Ridgewood boys earned a split in the meet, beating Bergen Catholic, 74-57.

For Brady, the dual-meet sweep of BC and Ridgewood gives his team a big boost going into Saturday's Bernards Invitational and puts the Indians in the driver's seat for the league championship going into next week's league championship meet.

DANIELLE P. RICHARDS/STAFF PHOTOGRAPHER

Gary Delgado of Passaic grabbing the bar after failing to clear 11 feet in meet against Bergen Catholic and Ridgewood.

"When we can go head to head with teams of this caliber, it's a big rise for the kids," Brady said. "We were out of our element — not in our city, not on our track — but the kids did everything we could ask and more."

In one of the feature events, Passaic's Kevin Rembert ran the 100 in 11 seconds flat to beat Carter, Bergen Catholic's T.J. McDermott, Allen, and BC's Mark Fabish.

Rembert also won the 400 in 50.4 seconds and finished third in the 200 in 22.8 behind Carter and McDermott. Ron Gonzalez won the 110-meter hurdles in 14.3 seconds and the 400 hurdles in 56.8 and finished second in the high jump.

Junior Bob Keino, coming off his spectacular performance at the Penn Relays over the weekend, won the 800 in 1:56.6 and the 3,200 in 9:49.9 to lead Ridgewood. He also finished third in the 400 meters.

"That was definitely a great performance by Keino," said Van Yperen. "You don't see that triple that often. He ran the 400 for the team and did well for us."

Passaic's sweep makes next week's league championship meet, which is weighed evenly with the dual-meet record, even more important for the three teams.

"I think it puts more pressure on Passaic," said Van Yperen. "They're strong in the sprints, but will be meeting up with other strong sprinters in the league championship. We're strong in the middle. I think they'll be broken up in their strength and we won't."

According to Van Yperen, a win by Ridgewood and a third-place finish by Passaic next week will give the Maroons the league championship. If Passaic finishes second, they clinch at least a tie.

"This was a big step towards an undefeated season," Brady said. "If we perform as well in the league as we did today, we've got no problem."

County Seat. MAY 1st

1600m ★ Fleming, ★ Folk, ★ Worm } 5 53.1 ★ S. McDermott 5.39.1
B. Apsel 602.5

Frosh Soph 4x200: Clark 28.9, Judge 30.2, Rutolo 30.3, V. McDermott 28.6 — 158.04

Frosh Soph 800 M. Run: Smith 2:30.8, ★ Apsel S. 2:33.5, 800 Novice ★ Van Ypren 234.8, ★ K.C.P 231.8

400IH: O'Connor 72.1, Ruotolo 72.1, J. Campbell 83.2, Keely C.P. 78.9

3200m Varsity: ★ Folk 1m 6:16 2m 12:43.3, ★ Worm 1m 6:16 2m 12:50

100m HH: O'Connor 18.6, ★ B. Apsel 22.98

100m: ★ Clark 12.81, Judge 12.85

3 pte jump: Clark FF 28'10"¼

High Jump: McDermott 4', 3 missers 4'6"

Shot: Alston 1 26¼", 2 26'3", 3 27'

Jav F.S: Cavanagh ★ 74'10" 5th, Fleming 61'8"

McDermott F F ? No Factor

Varsity: Holcomb 1 65'1, 2 50'9", 3 F, 4, 5, 6

Lipson 77'7", 87'6", 90'7", 72'8", 91'4", ★ 95'6" tie 4th

GIRLS DIVISION

Team scoring

Passaic 96, Wayne Valley 74, NV/Old Tappan 38, Northern Highlands 30, Hackensack and Hasbrouck Heights 29, Englewood 18, Passaic Valley and Cliffside Park 15, River Dell 14, Indian Hills 12½, Garfield 10½, Eastside and Pascack Hills 10, IHA, Manchester anbd Ridgefield Park 8, NV/Demarest, Paramus and Ridgewood 6, Pequannock and Westwood 5, Wayne Hills 4, Bergenfield 2.

100 — 1, Natasha Williams, Passaic, 12.7; 2, Tracia Barnes, Manchester, 12.7; 3, Adria Ferguson, NV/Old Tappan, 12.9; 4, Mary O'Neil, River Dell, 13.1; 5, Nancy Tinnirello, Bayonne, 14.0.

200 — 1, Sherry Williams, Eastside, 26.2; 2, Natasha Williams, Passaic, 27.3; 3, Mary O'Neil, River Dell, 27.7; 4, Monica Nathans, NV/Old Tappan, 27.9; 5, Marianne Deregibus, Wayne Hills, 28.3.

400 — 1, Jen Roy, Wayne Valley, 58.6; 2, Jen Prigaro, Wayne Valley, 60.6; 3, Claudia Kramm, NV/Old Tappan, 62.8; 4, Timesha Edwards, Passaic, 62.9; 5, Marianne Deregibus, Wayne Hills, 63.1; 6, Meggin Searle, Hasbrouck Heights, 63.8.

800 — 1, Adria Ferguson, NV/Old Tappan, 2:23.9; 2, Kerri Black, Northern Highlands, 2:24.0; 3, Abby Good, Indian Hills, 2:26.1; 4, Alison Morgan, Englewood, 2:29.0; 5, Michelle Dette, Wayne Valley, 2:32.1; 6, Jen Reeder, Northern Highlands, 2:32.8.

1,600 — 1, Amy Mizzone, Wayne Valley, 5:30.3; 2, Klara Zdenkova, Northern Highlands, 5:38.6; 3, Charlotte Halvorsen, Northern Highlands, 5:38.8; 4, Cris Capelan, Cliffside Park, 5:44.3; 5, Nancy Fiedler, River Dell, 5:50.4; 6, Rosalyn Gonzalez, Cliffside Park, 5:58.2.

3,200 - 1, Amy Mizzone, Wayne Valley, 11:26.4; 2, Martina Brosnahan, IHA, 11:37.0; 3, Carol Yoon, NV/Demarest, 12:00.0; 4, Chris Capelan, Cliffside Park, 12:23.4; 5, Susan Mizzone, Wayne Valley, 12:42.6; 6, Kim Folk, Ridgewood, 12:43.3.

100 HH — 1, Ruth Doe, Passaic, 15.2; 2, Kathy Hollomon, Passaic, 15.2; 3, Jessica Jenco, Indian Hills, 15.9; 4, Michele Dudzinski, Passaic Valley, 16.5; 5, Mary Ryan, Northern Highlands, 17.3; 6,Stacy Vicherilla, Passaic Valley, 18.2.

400 IH — 1, Kathy Holloman, Passaic, 1:07.9; 2, Jennifer Grasso, Hasbrouck Heights, 1:08.8; 3, Ruth Doe, Passaic, 1:08.9; 4, Mary Ryan, Northern Highlands, 1:11.3; 5, Kristin O'Connor, Ridgewood, 1:12.0.

1,600 relay — 1, Wayne Valley (Jen Prigaro, Katie Holmgren, Michelle Dette, Jen Roy), 4:16.6; 2, Passaic, 4:20.8; 3, Hasbrouck Heights, 4:23.5; 4, Englewood, 4:34.5; 5, River Dell, 4:47.6.

Shot put — 1, Robyn Lowe, Passaic,38-1; 2, Beth Crusius, Hackensack, 34-10; 3, Maxime Gentles, Hackensack, 34-6; 4, Sue Albert, Pequannock, 32-6; 5, Erin Burke, Bergenfield, 31-9; 6, Melissa Jaten, Northern Highlands, 31-5.

Discus — 1, Melissa Maldonado, Pascack Hills, 113-6; 2, Beth Crusius, Hackensack, 107-5; 3, Maxime Gentles, Hackensack, 100-2; 4, Nancy Belbo, Hasbrouck Heights, 98-10; 5, Mona David, Passaic, 98-9; 6, Sue Albert, Pequannock, 98-7.

Javelin — 1, Nancy Belbo, Hasnrouck Heights, 121-4; 2, Jen Russo, Wayne Valley, 111-8; 3, Angie DeMaio, Cliffside Park, 104-5; 4, tie between Rust, Garfield and Lipson, Ridgewood, 95-6; 6, Beth Crusius, Hackensack, 92-3.

High jump — 1, Michele Dudzinski, Passaic Valley, 5-5; 2, tie between Monica Nathans, NV/Old Tappan, Marie Greaux, Ridgefield Park and Tara Setmayer, Paramus, 5-0; 5, Jenelle Gleason, Ridgefield Park, 4-10; 6, tie bwteen Luesta Thomas, Garfield and Candice Waldron, Indian Hills, 4-8.

Triple jump — 1, Ruth Doe, Passaic, 34-¾; 2, June Hoppie, Englewood, 32-0; 3, Luesta Thomas, Garfield, 31-4; 4, Maggie Fensterle, Westwood, 30-7¼; 5, Alison Morgan, Englewood, 30-6¾; 6, Melene Thomas, Garfield, 30-4.

Long jump — 1, Jen Roy, Wayne Valley, 16-7; 2, Ruth Doe, Passaic, 16-3; 3, Adria Ferguson, NV/Old Tappan, 16-0; 4, Michelle Dette, Wayne Valley, 15-9½; 5, Natasha Williams, Passaic, 15-4; 6, Maggie Fensterle, Westwood, 15-2½.

GIRLS FRESHMAN-SOPHOMORE

100 HH — 1, Tania Branginho, Elizabeth, 16.2.
400 IH — 1, Holly Platt, Cliffside Park, 1:09.4.
100 — 1, Denita Allen, Cliffside Park, 13.0.
800 — 1, Danielle Breuel, Hackensack, 2:28.8.
1,600 — 1, Michiyo Kawasaki, IHA, 5:26.2.
800 relay — 1, Hackensack (Brown, Walker, Williams, LaPietra), 1:56.1.
1,600 relay — 1, Cliffside Park (Allen, Bonilla, Mensik, Platt), 4:20.3.
Shot put — 1, Carter, Westwood, 32-5½.
Discus — 1, Minnifield, Passaic, 87-6.
Javelin — 1, Guimes, Ridgefield Park, 96-2.
High jump — 1, Branginho, Elizabeth, 5-0.

4x400 — BERNARDSVILLE

dmi	stapt	Gizelle	Mallison	
1:04.3	1:04.1	1:01.6	58.8 + 1.4 = 60.2	4:08.6 / 4:10.0

100m Hurdles

	Trials	semis	Final
Renée Pavelski -	~~16.0~~ 13.9 1st	~~X~~	15.6

1st Place Bernardsville 100m Hurdle CHAMPION!

100m Dash

	Trials	semis	Final
Neena Barua -	2nd place 13.7	6th place 13.2	

400m Relay

1st leg	2nd	3rd	Anchor	Total
				52.2 (3rd)

Finals: ____

DISCUS CHANG 97'2" (3rd), SARAH 75'10"

JAVELIN CHANG 99'7" (4TH), BLANEY 89'9"

1600m Run

	1st quarter	2nd	3rd	4th	Final tim
Jenna Rogers -	74.0	2:29.0 (75.0)	3:49.5 (80.5)	5:06.2 (76.7)	5:06.2
Stephanie Doyle -	77.4	2:38.1 (80.7)	3:59.5 (81.4)	5:13.2 (73.7)	5:13.
	116.76	121.25	121.25	1:13.85	

800m Run

	1st 200	2nd	quarter	3rd	4th	Final
2:21.2 Claire Blaney -	31.9 33.45	34.77	1:08.22	37.73	34.79	2:21.2
2:2 Gizelle Watson -	33.3		1:09.6			2:23.0
2:23.8 Lauren Stuhr -	33.3		1:10.0			2:23.8

3200m Run

	1/4	1st 800	3/4	2nd 800	3rd	4th	Final
Jeanne Reilly -	88	3:02	93 4:35	95 6:10	7:45	9:22	96 10:56	94 12:20

*12:21.6

Long Jump

Shannon McGarvey - 15-10-3/4, E. CHANG 14'3½"

400 Hurdles

4TH Renée Pavelski 1:08.11

Bright spots in the Bernards

By PAUL SCHWARTZ
Correspondent

TRACK

BERNARDSVILLE — The area stars who appeared at the Bernards Invitational on Saturday lived up to their billing in one of New Jersey's top invitational track and field meets. Bob Keino of Ridgewood, Dana Riley of Teaneck, Anthony Hayne of Ridgefield Park, and Joy Belgrave of Kennedy all performed impressively in their specialties.

But the highlights of the meet for area track fans may have been the performances of some less-publicized athletes, like Renee Pavelski of Ridgewood and Robert Mompoint of Teaneck, and some outstanding non-winning performances, like those from Jenna Rogers and Stephanie Doyle of Ridgewood, Jen Dougherty of Ramsey, and Courtney Beckles of Kennedy.

Pavelski's victory in the 100-meter high hurdles was totally unexpected until the final hurdle, when she caught Joycelyn Harris and won in 15.6.

"I got a very slow start and I kept looking ahead trying to catch up," said Pavelski, who also had fourth-place finishes in the intermediate hurdles and high jump. "I finally saw her start to slow down before she reached the final hurdle and I leaned for the finish. When I knew I had a chance to win, I really wanted that watch [awarded to the winning athlete in each event]."

Mompoint's win in the shot put, with a career high 53-foot, 8-inch toss, put him into the thick of what promises to be a tremendous battle for County honors. But it was even more impressive because four months ago it appeared Mompoint would not be able to compete in his senior track campaign.

"I broke my right ankle the Monday after Christmas when I was playing basketball," said Mompoint, who was fourth in the discus.

Riley wasn't feeling well before the 400-meter final, where she was seeded second behind Kisha Blanton of Neptune. But when Riley doesn't feel well, she usually runs well, and this time was no exception. She blew away the field to win in 55.0, just a tenth of a second off her Bergen County record. She then took second in 25.1 in the 200.

Keino ran an evenly paced 1:54.6 in the 800 to easily defeat a great field that included two-time indoor 800 State champion Robert Motz of Rahway. Keino had a 57.3 opening quarter and repeated the effort in the final lap.

Hayne won the javelin easily at 199-8, and Kennedy's Belgrave ran 12.2 to run away with the 100 meters.

Rogers, a junior, and Doyle, a freshman, easily broke personal bests running behind three-time New Jersey cross-country champion Monal Chokshi of Bridgewater-Raritan in the 1,600 meters. Rogers ran 5:06.2 and Doyle 5:13.4 behind Chokshi's 4:57.0.

Other good performances were by Beckles, second in the 400 hurdles; Vahe Hagopian of Ridgewood, second in the pole vault; and the Teaneck 1,600 relay, second in a seasonal best 3:24.2. Tina Gennat of Fair Lawn was second in the javelin at 117-9, while Jen Dougherty of Ramsey was second in the shot at 36 feet and the discus at 99-6.

GIRLS

100 — 1, Joy Belgrave, Kennedy, 12.2; 2, Denise Clarkes, North Bergen, 12.5; 3, Kelly Morris, Neptune, 12.7; 4, Jenelle Logan, Teaneck, 12.8; 5, Camille Simpson, Rahway, 12.9.

200 — 1, Dine Potter, Marist, 24.8; 2, Dana Riley, Teaneck, 25.1; 3, Nicole Carmichael, Kennedy, 25.8; 4, Natasha Dilday, Neptune, 26.1; 5, Anitra Byrd, Lenape, 26.7.

400 — 1, Dana Riley, Teaneck, 55.0 (meet record, old record, 55.4 by Tracey Carter, Plainfield, 1982 and Giselle Harris, Shabazz, 1986); 2, Dine Potter, Marist, 56.4; 3, Kisha Blanton, Neptune, 56.8; 4, Afia Asamoah, Piscataway, 59.2; 5, Lisa Hornick, Metuchen, 60.4.

800 — 1, Hazel Clark, Kent Place, 2:17.0; 2, Marissa DeFreese, Rahway, 2:17.3; 3, Claire Blaney, Ridgewood, 2:21.2; 4, Meghan Walsh, Bernards, 2:21.6; 5, Kim Vormschlag, Pingry, 2:22.0; 6, Gizelle Watson, Ridgewood, 2:23.0.

800 (unseeded) — 1, Lauren Gruenfeld, Metuchen, 2:32.8; ; 4, Elise James, Teaneck, 2:34.9.

1,600 — 1, Monal Chokshi, Bridgewater-Raritan, 4:57.0; 2, Jenna Rogers, Ridgewood, 5:06.2; 3, Stephanie Doyle, Ridgewood, 5:13.4; 4, Lizzy Ruzzo, South Plainfield, 5:17.1; 5, Kelsey Barfuss, Bernards, 5:23.2.

1,600 (unseeded) — 1, Jen Geiger, Piscataway, 5;34.0; 5, Tara Quinn, Teaneck, 5:48.4.

3,200 — 1, Tara Pointer, Nottingham, 11:27.8; 2, Jeanne Reilly, Ridgewood, 12:21.0; 3, Jessica Braun, Bridgewater-Raritan, 12:27.0; 4, Sonya Swahla, Piscataway, 12:43.8. no fifth.

100 HH — 1, Renee Pavelski, Ridgewood, 15.6; 2, Joycelyn Harris, Franklin, 15.7; 3, Shanika Johnson, Piscataway, 16.0; 4, Alley Penningroth, Princeton, 16.3; 5, Elena Chomiszak, Linden 16.3.

400 IH — 1, Angela Lee, Franklin, 62.2; 2, Andrea Jensen, New Providence, 66.0; 3, Alley Penningroth, Princeton, 67.7; 4, Renee Pavelski, Ridgewood, 68.3; 5, Natasha Bernard, Teaneck, 69.2.

Shot put — 1, Alley Penningroth, Princeton, 38-9; 2, Jen Dougherty, Ramsey, 36-0; 3, Lisa LaMonte, Ridge, 32-5½; 4, Ilisa Halverson, Pingry, 31-½; 5, Denise Hardware, South Plainfield, 30-11½.

Discus — 1, Brenda Start, Montville, 107-7; 2, Jen Dougherty, Ramsey, 99-6; 3 Emilie Chang, Ridgewood, 97-2; 4, Amy Bianciella, DePaul, 94-9.

Javelin — 1, Jackie Davis, Nottingham, 128-1; 2, Tina Gennat, Fair Lawn, 117-9; 3, Jen Durfoo, West Milford, 101-7; 4, Emile Chang, Ridgewood, 99-7; 5, Ilana Bridgewater-Raritan, 99-2.

High jump — 1, Elana Chomiszak, Linden, 5-6; 2, Kerry O'Gwen, Ridge, 5-2 3, Concetta Hicks, Kennedy, 5-2; 4, tie between Renee Pavelski, Ridgewood and Lisa LaMonte, Ridge, 5-2.

Long jump — 1, Angela Lee, Franklin, 16-3¾; 2, Cammille Simpson, Rahway, 16-3¾; 3, Shannon McGarrigle, Ridgewood, 15-10¾; 4, Lisa LaMonte, Ridge, 15-9; 5, Nicole Carmichael, 15-4¾.

400 relay — 1, Neptune (Kelly Morris, Natasha Dilday, Kisha Blanton, Kenya Thomas), 49.7; 2, Kennedy, 50.1; 3, Ridgewood, 52.5; 4, Bridgewater-Raritan, 53.2; 5, Snyder, 53.5.

1,600 relay — 1, Neptune (Natasha Dilday, Kelly Morris, Kisha Blanton, Kenya Thomas), 3:58.8; 2, Kennedy, 4:09.7; 3, tie between Ridgewood and New Providence, 4;10.0; 5, Piscataway, 4:17.8.

BLANEY WORKS FOR THE LEAD!

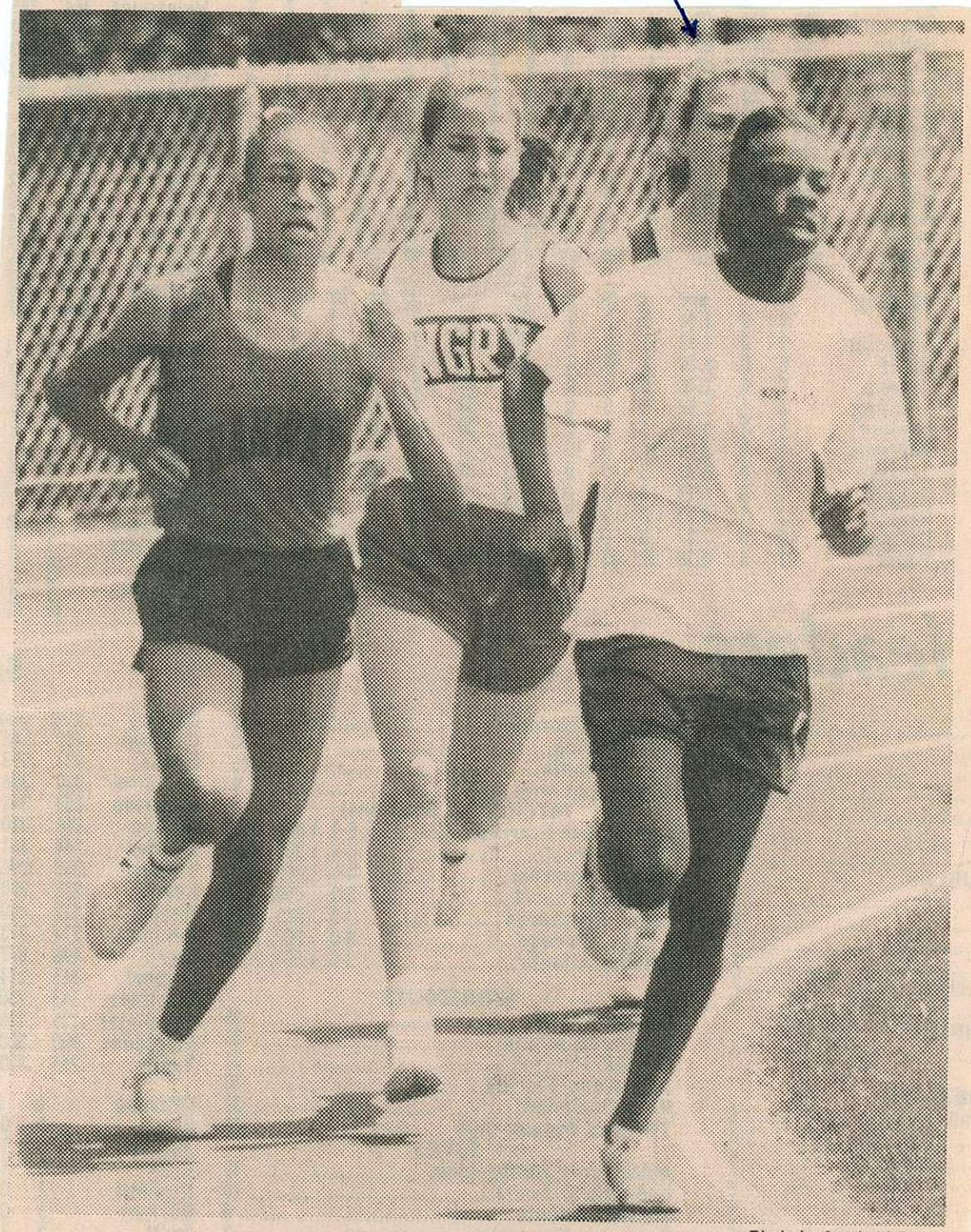


Photo by Samir Id-Deen

Hazel Clark of Kent Place leads the field en route to victory in the 800-meter run during the Bernards Invitational yesterday. Clark won in 2:17.0. Marissa DeFreese of Rahway (left) was second in 2:17.3

and Claire Blaney took third with a 2:21.1

LINEUP SHEET:

SITE OF MEET FRIDAY - RIDGEWOOD / SATURDAY - MONTCLAIR

MEET NNJIL CHAMPS

BUS LEAVES 7:30 am

DATE FRIDAY & SATURDAY

RETURN FROM MEET ? 3:00 ?

EVENT	ENTRIES FOR RIDGEWOOD			
100 meter dash	13.1 13.0 GILBERT,	13.3 BARUA,		13.3 CLARKE
200 meter dash	26.9 26.6 GILBERT,	27.9 BARUA,	28.0 McGARRIGLE	
400 meter dash	T 62.7 29.0 WATSON, F 29.4 62.3	V. T 29.9 63.3 McDERMOTT, F 32.6 64.4		
800 meter run	2:20.6 BLANEY,	2:21.8 ROGERS,	2:21.0 DOYLE	
1600 meter RUN	5:12.7 ROGERS,	5:22.3 STUAR,	5:16.4 DOYLE	
3200 meter RUN	11:02.4 ROGERS,	12:11 REILLY,	12:13.2 SMITH	
100 meter Hurdles	15.9 15.8 PAVELSKI,	18.8 O'CONNOR,	18.8 ENGEL	
400 meter Hurdles	67.6 BLANEY,	65.6 PAVELSKI,	71.1 O'CONNOR	
TRIPLE jump	33'2" McGARRIGLE,	33'1" CHANG,	32' ½" CLARKE	
LONG Jump	15'6½ McGARRIGLE,	14'6½ CHANG,	14 CLARKE	M P P RHS M RHS
High jump	5'2" PAVELSKI,	4'4" BRUNNER,	V. 4'2" McDERMOTT	RHS K + CLARKE K P + Bloom
Shot Put	27'2½" BLANEY,	25'11" ALSTON		P P C M P M
Discus	95'7" CHANG,	84'1½" McKERACHER,	71'4½" GRAB	P K P RHS P C
Javelin	86'10" LIPSON, (1)	74'0" CAVANAGH (2)	68'8" HOLCOMB (4)	
4X400 meter relay	BLANEY, 30.0 33.1 62.9	WATSON, 29.2 34.1 63.6	PAVELSKI, 28.2 32.6 60.4	GILBERT, 30.8 32.3 63.0 4:09.9 (2ND)

Depth carries Ridgewood to dominant performance

By PAUL SCHWARTZ
Correspondent

TRACK

It's been quite a year for the Ridgewood girls track team. Jenna Rogers, Claire Blaney, Amy Smith, Lauren Stuhr, and Jeanne Reilly were all part of the Maroon team that won the State Meet of Champions last fall.

The Maroons won the two major indoor area meets, the Bergen Relays and the North Jersey Invitational, won the outdoor Bergen Relays, and Saturday beat a fine Passaic team to win the NNJIL Atlantic title. And with the County and State meets coming up, this team has depth and talent and the ability to score in almost every event.

"I've never been prouder of a team," said Ridgewood track coach Jacob Brown, the only coach the Maroons have ever had. "I really like this team and they're showing what our depth can do."

The Maroons scored 68 of a possible 72 points in the 800, 1,600, and 3,200, with the five cross-country runners scoring 52 of the points. Freshman Stephanie Doyle had seconds in two events.

The Maroons also got points in multiple events from Melissa Gilbert (100 and 200), Gizele Watson (400 and relay), Renee Pavelski (both hurdles, the high jump, and relay), Shannon McGarrigle (long and triple jumps) and Emilie Chang (long and triple jumps and discus). The Maroons also got points from four other athletes.

Ridgewood's girls scored 68 of a possible 72 points in the 800, 1,600, and 3,200 to defeat Passaic, 138-119, in the Atlantic meet, after tying in the dual meet nine days ago. Rogers won the 1,600 and 3,200 in the day's best times of 5:12.5 and 11:02.0, respectively, and took third behind Claire Blaney and freshman Stephanie Doyle in the 800.

The Maroons also went one-two-four in the 1,600 and 3,200, got a high jump-intermediate hurdles double from Renee Pavelski, and scored in every event but the shot put.

Dana Riley won three events and anchored a fourth win for Teaneck and Martina Brosnahan of IHA won a distance triple, but Nutley got five wins from Lauren Olmsted and Melissa Branigan to win the Pacific girls meet. IHA was second, with Teaneck third and Hackensack a close fourth.

ATLANTIC GIRLS

Team scores

Ridgewood 138, Passaic 119, Kennedy 82, Montclair 61, Clifton 29, Bloomfield 2, Barringer and Eastside 0.

100 — 1, Nicole Carmichael, Kennedy, 12.43; 2, Joy Belgrave, Kennedy, 12.69; 3, Natasha Williams, Passaic, 12.92; 4, Vinetta Gordon, Montclair, 13.13; 5, Melissa Gilbert, Ridgewood, 13.7; 6, Jeanie Blackman, Passaic, 13.22.

200 — 1, Nicole Carmichael, Kennedy, 2.68; 2, Joy Belgrave, Kennedy, 26.28; 3, Natasha Williams, Passaic, 26.22; 4, 4, Melissa Gilbert, Ridgewood, 26.94; 5, Jennifer Griffith, Montclair, 27.29; 6, Jeanie Blackman, Passaic, 27.8.

400 — 1, Simone Gayle, Kennedy, 60.93; 2, Natasha Williams, Passaic, 62.11; 3, Gizele Watson, Ridgewood, 62.52; 4, Timesha Edwards, Passaic, 63.24; 5, Angela Mullins, Montclair, 64.0; 6, Vanessa McDermott, Ridgewood, 64.66.

800 — 1, Claire Blaney, Ridgewood, 2:20.8; 2, Stephanie Doyle, Ridgewood, 2:21.2; 3, Jenna Rogers, Ridgewood, 2:21.8; 4, Jane Manners, Montclair, 2:24.2; 5, Tawana Prescott, Passaic, 2;24.7; 6, Lisa Giaconia, Clifton, 2:27.7.

1,600 — 1, Jenna Rogers, Ridgewood, 5:12.5; 2, Stephanie Doyle, Ridgewood, 5:16.8; 3, Jane Manners, Montclair, 5:171; 4, Lauren Stuhr, Ridgewood, 5:22.4; 5, Lisa Giaconia, Clifton, 5:38.; 6, Tawana Prescott, Clifton, 5:56.7.

3,200 — 1, Jenna Rogers, Ridgewood, 11:02.0; 2, Jeanne Reilly, Ridgewood, 12:11.4; 3, Anna Berardo, Clifton, 12;11.6; 4, Amy Smith, Ridgewood, 12:12.0; 5, Neriza Hufnagel, Kennedy, 13:00.2; 6, Antoinette Dean, Passaic, 13:38.0.

100 HH — 1, Tiffany Anglin, Montclair, 14.49; 2, Ruth Doe, Passaic, 14.98; 3, Vinetta Gordon, Montclair, 15.36; 4, Kathy Holloman, Passaic, 15.41; 5, Renee Pavelski, Ridgewood, 16.16; 6, Janice Kaminski, Clifton, 16.39.

400 IH — 1, Renee Pavelski, Ridgewood,65.83; 2, Kathy Holloman, Passaic, 66.33; 3, Claire Blaney, Ridgewood, 67.90; 4, Connetta Hicks, Kenedy, 68.29; 5, Ruth Doe, 70.10; 6, Kristin O'Connor, Ridgewood, 71.34.

Shot put — 1, Robyn Lowe, Passaic, 36-11; 2, Danicqua Starr, Passaic, 34-0½; 3, Melissa Smith, Clifton, 33-6; 4, Sara Kate Reissig, Montclair, 32-8½; 5, Mona David, Passaic, 30-1; 6, Aalivah Najieb, Montclair, 28-2.

Discus — 1, Mona David, Passaic, 108-11; 2, Tamiko Miles, Kennedy, 99-10; 3, Robyn Lowe, Passaic, 99-0; 4, Emilie Chang, Ridgewood, 95-7; 5, Dabique Starr, Passaic, 90-4; 6, Sue Kievit, Clifton, 86-7.

Javelin (non-scoring) — 1, Danna Lipsim, Ridgewood, 86-10; 2, Liz Cavinalle, Ridgewood, 74-0; 3, Tanisha Minniefield, Passaic, 69-9; 4, Jen Holcomb, Ridgewood, 68-8; 5, Miriam Perez, Passaic, 47-10; 6, Torise Hiller, Passaic, 41-5.

High jump — 1, Renee Pavelski, Ridgewood, 5-2; 2, Janice Kaminski, Clifton, 5-0; 3, Gayle Simmone, Kennedy, 5-0; 4, Connetta Hicks, Kennedy, 4-10; 5, Jessica Schmah, Bloomfield, 4-8; 6, Kathy Holloman, Passaic, 4-8.

Long jump — 1, Vinetta Gordon, Montclair, 17-4½; 2, Ruth Doe, Passaic, 17-4¼; 3, Natasha Williams, Passaic, 15-7½; 4, Shannon McGarrigle, Ridgewood, 15-6½; 5, Leah Weinberger, Montclair, 14-10; 6, Emilie Chang, Ridgewood, 14-6½.

Triple jump — 1, Vinetta Gordon, Montclair, 37-0½; 2, Ruth Doe, Passaic, 36-1; 3, Shannon McGarrigle, Ridgewood, 33-2; 4, Emilie Chang, Ridgewood, 33-1; 5, Joy Belgrave, Kennedy, 32-7; 6, Tonia Clark, Ridgewood, 32-0½.

1,600 relay — 1, Kennedy (Nicole Carmichael, Simone Gayle, Connetta Hicks, Joy Belgrave), 4:06.05; 2, Ridgewood, 4:10.18; 3, Passaic, 4:16.20; 4, Clifton, 4;27.09. No fifth or sixth places.

STEVE AUCHARD/STAFF PHOTOGRAPHER

Ridgewood's Jenna Rogers, right, is a threat to win the Group 4 girls 3,200 meters in this weekend's group meet.

ATLANTIC DIVISION FINAL STANDINGS

BOYS

Place	Team	Dual Meets	Championship Meet	Final Ponits
1st	Passaic	8-0	1st	9.0
2nd	Ridgewood	7-1	2nd	8.0
3rd	Bergen Catholic	6-3	4th	6.5
3rd	Montclair	5-4	3rd	6.5
5th	JF Kennedy	4-4	5th	5.0
6th	Clifton	3-5	6th	3.5
6th	Eastside	4-4	7th	3.5
8th	Barringer	0-8	8th	2.5
8th	Bloomfield	1-7	9th	2.5

GIRLS

Place	Team	Dual Meets	Championship Meet	Final Points
1st	Ridgewood	6-0-1	1st	8.0
2nd	Passaic	6-0-1	2nd	7.0
3rd	JF Kennedy	4-3	3rd	6.0
4th	Montclair	4-3	4th	5.0
5th	Clifton	4-3	5th	4.0
6th	Bloomfield	1-6	6th	3.0
7th	Eastside	2-5	7th	2.0
8th	Barringer	0-7	7th	1.0

LINEUP SHEET:

MEET Bergen Novice

DATE May 12TH

SITE OF MEET HACKENSACK

BUS LEAVES 2:00 out of School at 1:45

RETURN FROM MEET 7:30 or 8:00

EVENT	ENTRIES FOR RIDGEWOOD
100 meter dash	14.2, 14.5, 14.4 (4TH) JUDGE; 15.9 ELLINGHAUS; 15.3 MA
200 meter dash	(1ST) 27.7 BRUNNER; 30.6 DINSELL; 32.4 MITCHELL; 33.6 KITAMURA
400 meter dash	
800 meter run	2:44.1 VAN YOEREN; 2:38.1 KEELEY C.P; 2:44.1 S. APSEL; 3:28.3 SIEGEL; MAXWELL - 2:46.2; CAIN - 2:46.2
1600 meter RUN	FOLK 5:56.0; SHUM 6:51.2; WORM 5:59.0; GELLIS 7:09.8; B. APSEL 5:57.0; DILEO 6:42.1; LEE - 5:54.7; FLEMING 5:56.4; NAKAMURA 6:31.8; MORITZ 6:56.4
3200 meter RUN	K. CAMPBELL 13:02.6; FOLK - 12:55.3; WORM - 13:08.4; FLEMING - 12:58.6
100 meter Hurdles	18.8, 19.3 (5TH) ENGEL; 20.8 GRAB
400 meter Hurdles	73.1 (1ST) RUOTOLO; 76.6 (4TH) KEELEY C.P
Long jump	12'4" JUDGE
Triple Jump	29'4" (3RD) RUOTOLO; S. APSEL; 24'8" MA
High jump	(2ND) 4'4" BRUNNER; 4'4" (6TH) McDERMOTT; 4'4" GRAB; 4'0" KITAMURA
Shot Put	26'2½" ALSTON; 25' GRUBER; 19'10" SCHOTT; 19'5" DONNELLY
Discus	84'6" (4TH) GRAB; 46' SCHOTT; 39'2" HOLLENDER; 42'3" YEUNG; 60'5" TEGEN C.P
Javelin	(3RD) 79'4" McDERMOTT; (1ST) 93' LIPSON; 77'4" (4TH) CAVANASA; 67' HOLCOMB
4X400 meter relay	

LINEUP SHEET:

SITE OF MEET FRIDAY - SATURDAY -

MEET BERGEN GROUP IV CHAMPS

BUS LEAVES

DATE FRI & SAT 14TH + 15TH MAY

RETURN FROM MEET

EVENT	ENTRIES FOR RIDGEWOOD	
100 meter dash	13.5 (3rd) BARUA, GILBERT 2ND 13.2, 13.7 (5TH) McGARRIGLE	16
200 meter dash	27.5 27.4 (2nd) GILBERT, 28.2 RIDE 28.0 (Brd) BARUA, 28.0 28.2 (4th) BRUNNER	18
400 meter dash	V. McDERMOTT 30.5 64.6 3rd in Heat	
800 meter run	(1) 2:21.5 BLANEY (3) WATSON (2) STUHR	24
1600 meter run	(1) 507.2 ROGERS 5:21.5 (3) DOYLE 537.5 (6) S. McDERMOTT	17
3200 meter run	10:58.9 (1ST) ROGERS 5:23 · 5:35 12:08.5 (5TH) REILLY 6:05-6:00 12:27.7 7TH SMITH 6:05 6:22	12
100 meter hurdles	16.0 (1) PAVELSKI 19.2 O'CONNOR 19.0 ENGEL	10
400 meter hurdles	66.0 (1ST) PAVELSKI 67.5 (2ND) BLANEY 71.4 O'CONNOR 6 7.5 11.4 3:24.9	18
Long Jump	15'2 15'6" 15'5 15'1½" (1ST) McGARRIGLE 16'7", 14'9 14'11" 14'5 14'2½ (3rd) CLARKE	16
Triple Jump	33'2" (2ND) McGARRIGLE 33'2" (3rd) CHANG 29'7" CLARKE	14
High Jump	(1) PAVELSKI 5'2" (5) BRUNNER 4'6"	12
Shot Put	26'2½" ALSTON	
Discus	92'1" (5TH) CHANG 80'2" McKERACHER 77'3" GRAB	2
Javelin	103'4" (2ND) CHANG 89'6" (6TH) BLANEY 94'11" (3rd) LIRSON	15
4X400 meter relay	BLANEY 63.0 WATSON 63.2 PAVELSKI 60.2 GILBERT 62.8	ALT: -McDERMOTT -DOYLE

4:08.7

TRACK

Bergen County meet

At Englewood

GIRLS GROUP 1

Team scoring

New Milford 86, Midland Park 71, Wallington 57, Hasbrouck Heights 50, Saddle Brook 47, Cresskill 44, Bogota 27, Palisades Park 23, Dwight-Englewood 19, Emerson 16, Waldwick 14, North Arlington 6, Park Ridge 5.

100 — 1, Ami Racich, Cresskill, 13.1; 2, Keisha Latty, Wallington, 13.6; 3, Jen Hettel, Wallington, 13.6; 4, Joslin Kwan, Emerson, 13.7; 5, Shannon Doremus, New Milford, 14.1; 6, Vanessa Hurley, New Milford, 14.3.

200 — 1, Kiesha Latty, Wallington, 27.6; 2, Jenn Hettel, Wallington, 27.9; 3, Tammy Anagnostis, New Milford, 28.4; 4, Shannon Doremus, New Milford, 28.5; 5, Terri Alston, Midland Park, 28.6; 6, Natalie Ardito, Saddle Brook, 29.8.

400 — 1, Tricia Saunders, Cresskill, 62.1; 2, Jen Hettel, Wallington, 63.4; 3, Tammy Anagnostis, New Milford, 63.9; 4, Diana Lana, Saddle Brook, 64.2; 5, Jeanie Peterson, Emerson, 64.5; 6, Terri Alston, Midland Park, 65.8.

800 — 1, Kerry Moore, Midland Park, 2:23.9; 2, Amy Hamernick, Midland Park, 2:26.3; 3, Karen Stevens, Waldwick, 2:26.6; 4, Diana Lana, Saddle Brook, 2:28.7; 5, Meggin Searle, Hasbrouck Heights, 2:28.8; 6, Karen Goers, Palisades Park, 2:35.7.

1,600 — 1, Kerry Moore, Midland Park, 5:25.5; 2, Jeanne Kehrberger, Waldwick, 5:51.1; 3, Karen Goers, Palisades Park, 5:53.2; 4, Anna Castelli, Palisades Park, 5:53.8; 5, Eva Harmel, Wallington, 5:55.2; 6, Maryam Hellberg, Cresskill, n.t.

3,200 — 1, Kerry Moore, Midland Park, 11:52.9; 2, Allison Curran, Midland Park, 12:29.0; 3, Karen Goers, Palisades Park, 12:36.6; 4, Amy Hamernick, Midland Park, 12:40.1; 5, Anna Castelli, Palisades Park, 12:43.0; 6, Maryam Hellberg, Cresskill, 13:02.6.

100 HH — 1, Shannon Dillon, New Milford, 15.5 (ties group record of Nancy Larena, Saddle Brook, 1983); 2, Kerry Wasser, Saddle Brook, 16.5; 3, Tina Gale, Cresskill, 16.9; 4, Dana Uhl, Park Ridge, 16.9; 5, Jenny Spiegel, Bogota, 17.4; 6, Jain Lattes, Dwight-Englewood, 19.0.

400 IH — 1, Shannon Dillon, New Milford, 65.4 (group record, old record, 66.4 by Betsy Della, Leonia, 1984); 2, Diana Lana, Saddle Brook, 69.5; 3, Jenn Grasso, Hasbrouck Heights, 70.1; 4, Jenny Spiegel, Bogota, 72.7; 5, Michele Carcich, Hasbrouck Heights, 73.5; 6, Amy Vega, Hasbrouck Heights, 74.5.

Shot put — 1, Marie Remiggio, Bogota, 32-9; 2, Nancy Belbo, Hasbrouck Heights, 32-1; 3, Adwoa Asa-Awuku, New Milford, 31-2; 4, Jeannine Carroll, Saddle Brook, 29-9½; 5, Carolyn Trotta, Saddle Brook, 29-1; 6, Jen Webster, Emerson, 28-11½.

Discus — 1, Adwoa Asa-Awuku, New Milford, 106-6; 2, Nancy Belbo, Hasbrouck Heights, 99-2; 3, Marie Remiggio, Bogota, 97-11; 4, Jeanine Carroll, Saddle Brook, 94-0; 5, Janine Caplan, Bogota, 92-9; 6, Jenn Webster, Emerson, 87-6.

Javelin — 1, Nancy Belbo, Hasbrouck Heights, 106-11; 2, Shannon Dillon, New Milford, 99-5; 3, Diana Sanchez, Cresskill, 88-7; 4, Tracey McNie, North Arlington, 87-2; 5, Marie Remiggio, Bogota, 84-4; 6, Jen Hall, Hasbrouck Heights, 83-7.

High jump — 1, Kerry Wasser, Saddle Brook, 5-4; 2, Ami Racich, Cresskill, 5-2; 3, Shannon Dillon, New Milford, 4-10; 4, Jain Lattes, Dwight-Englewood, 4-8; 5, Tina Gale, Cresskill, 4-8; 6, Allison Heal, New Milford, 4-6.

Long jump — 1, Jenn Hettel, Wallington, 17-5; 2, Jain Lattes, Dwight-Englewood, 15-7½; 3, Kristin Curran, Midland Park, 15-3; 4, Maritiss Leyva, Palisades Park, 14-10¾; 5, Natalie Ardito, Saddle Brook, 14-10¼; 6, Keisha Latty, Wallington, 14-9¼.

Triple jump — 1, Shannon Dillon, New Milford, 33-10¾; 2, Kristin Curran, Midland Park, 33-5½; 3, Jain Lattes, Dwight-Englewood, 33-3½; 4, Keisha Latty, Wallington, 32-3; 5, Amy Vega, Hasbrouck Heights, 31-11; 6, Jenny Spiegel, Bogota, 31-4¼.

1,600 relay — 1, Hasbrouck Heights (Meggin Searle, Amy Vega, Jen Grasso, Michelle Carcich), 4;21.1; 2, Emerson, 4:27.8; 3, New Milford, 4;32.2; 4, Midland Park, 4:38.4; 5, North Arlington, 4:42.8; 6, Park Ridge, 4:43.8.

GIRLS GROUP 2

Team scoring

Glen Rock 135, Mahwah 103, River Dell and Lyndhurst 40, Westwood 36, Ridgefield Park 28, Leonia and Englewood 27, Pascack Hills 24, Rutherford 5.

100 — 1, Michelle Stein, Glen Rock, 12.9; 2, Mary O'Neil, River Dell, 13.3; 3, Beth Manghi, Mahwah, 13.6; 4, Jane Joseph, Englewood, 13.7; 5, Nicole Capian, Leonia, 13.9; 6, Joanne Faustini, River Dell, 14.1.

200 — 1, Michelle Stein, Glen Rock, 26.7; 2, Mary O'Neil, River Dell, 27.2; 3, Michelle Satine, Glen Rock, 27.2; 4, Caroline Sgro, River Dell, 28.1; 5, Nicole Capian, Leonia, 28.5; 6, Jamayla Scott, Englewood, 28.9.

400 — 1, Michele Satine, Glen Rock, 61.3; 2, Laura Kavanaugh, Mahwah, 63.0; 3, Sara Soutter, Leonia, 63.7; 4, Maggie Fensterle, Westwood, 63.7; 5, Ashley Marquard, Glen Rock, 64.3; 6, Alison Morgan, Englewood, 67.6.

800 — 1, Erin Koster, Glen Rock, 2:25.4; 2, Carli Gallo, Mahwah, 2:30.9; 3, Amy Weiherbee, Glen Rock, 2:31.9; 4, Tracey Hammond, Mahwah, 2:34.4; 5, Jessica Drew, Westwood, 2:34.5; 6, Alison Morgan, Englewood, 2:35.3.

1,600 — 1, Carli Gallo, Mahwah, 5:30.7; 2, Jill Fiedler, River Dell, 5:43.3; 3, Nancy Siegel, Leonia, 5:43.5; 4, Julie Insignares, Mahwah, 5:48.6; 5, Jen Bollerman, Westwood, 5:48.8; 6, Jean Del Colliano, Mahwah, 5:58.9.

3,200 — 1, Carli Gallo, Mahwah, 12:05.9; 2, Nancy Siegel, Leonia, 12:10.8; 3, Jen Bollerman, Westwood, 12:24.0; 4, Tracey Hammond, Mahwah, 12:30.3; 5, Catherine Schmitt, Glen Rock, 12:43.0; 6, Julie Insignares, Mahwah, 12:54.0.

100 HH — 1, Michelle Stein, Glen Rock, 16.8; 2, Sue Nunez, Ridgefield, 17.3; 3, Dana Rumpeltin, Lyndhurst, 17.5; 4, Kristen Corkin, Lyndhurst, 17.7; 5, Ryan Lartz, Westwood, 18.3; 6, Lesley Hodgson, Glen Rock, 18.3.

400 IH — 1, Sabrina Luciano, Glen Rock, 69.5; 2, Ashley Marquard, Glen Rock, 69.7; 3, Kate Hatchadorian, Pascack Hills, 73.2; 4, Donna Moore, Lyndhurst, 73.4; 5, Genevieve Dalton, River Dell, 74.2; 6, Jen Keane, Rutherford, 75.4.

Shot put — 1, Jenicka Carter, Westwood, 31-5; 2, Donna Moore, Lyndhurst, 29-2¼; 3, Nicole Picerno, Lyndhurst, 28-6; 4, Dayna Krachtus, Westwood, 28-3½; 5, Erica Breda, River Dell, 28-3¼; 6, Kim Ferranti, Glen Rock, 27-10.

Discus — 1, Melissa Maldonado, Pascack Hills, 104-3; 2, Keisti Nukk, Mahwah, 99-7; 3, Nicole Picerno, Lyndhurst, 95-7; 4, Erin O'Leary, Westwood, 90-6; 5, Dayna Krachtus, Westwood, 90-3; 6, Amy Clayton, River Dell, 89-2.

Javelin — 1, Kristy Nukk, Mahwah, 122-1; 2, Kathy Guimes, Ridgefield Park, 97-6; 3, Sara Hessler, Glen Rock, 92-10; 4, Debbie Chadwick, Rutherford, 90-3; 5, Donna Moore, Lyndhurst, 84-5; 6, Liz Gilmartin, Glen Rock, 80-0.

High jump — 1, Jessica Ramirez, Mahwah, 5-0; 2, Danielle Proulx, Mahwah, 4-8; 3, Lesley Hodgson, Glen Rock, 4-8; 4, Marie Greaux, Ridgefield Park, 4-8; 5, Jenelle Gleason, Ridgefield Park, 4-6; 6, Laura Kavanaugh, Mahwah, 4-6.

Long jump — 1, Michelle Stein, Glen Rock, 16-4; 2, Kate Hatchadourian, Pascack Hills, 15-10¼; 3, Marie Greaux, Ridgefield Park, 15-3½; 4, Kelli Burke, Glen Rock, 15-2½; 5, Cindy Kaminski, Lyndhurst, 15-0¾; 6, Michelle Patacsil, Leonia, 14-11.

Triple jump — 1, June Hoppie, Englewood, 35-5¼ (group record, old record, 35-5 by Mary Sok, Westwood, 1987); 2, Ashley Marquard, Glen Rock, 33-4; 3, Danielle Proulx, Mahwah, 33-0½; 4, Sarah Hessler, Glen Rock, 32-11¼; 5, Alison Morgan, Englewood, 32-9; 6, Valerie Daub, Lyndhurst, 32-8½.

1,600 relay — 1, Glen Rock (Erin Koster, Ashley Marquard, Sabrina Luciano, Michelle Satine), 4:15.1; 2, Englewood, 4:24.8; 3, River Dell, 4:25.7; 4, Mahwah, 4:26.3; 5, Leonia, 4:26.9; 6, Lyndhurst, 4:30.2.

GIRLS GROUP 3

Team scoring

Ramsey 109, NV/Old Tappan 60, Queen of Peace 54, Cliffside Park 53, Northern Highlands 47, Pascack Valley 41, Indian Hills 40, Garfield 16, Paramus 15, NV/Demarest 10, Ramapo 8, Tenafly 5, Dumont 4, Bergenfield 2.

100 — 1, Denita Allen, Cliffside Park, 13.3; 2, Adria Ferguson, Old Tappan, 13.5; 3, Kirsten Riehl, Ramapo, 13.5; 4, Monica Nathans, Old Tappan, 13.5; 5, Erin Calvey, Ramsey, 13.8; 6, Michelle Theos, Paramus, 13.9.

200 — 1, Jean Readie, Queen of Peace, 26.0; 2, Adria Ferguson, Old Tappan, 26.3; 3, Denita Allen, Cliffside Park, 27.2; 4, Erin Calvey, Ramsey, 27.7; 5, Michelle Theos, Paramus, 28.2; 6, Claudia Kramm, Old Tappan, 28.3..

400 — 1, Jean Readie, Queen of Peace, 60.1; 2, Claudia Kramm, Old Tappan, 62.1; 3, Jen Dolecki, Indian Hills, 62.3; 4, Sarah Summa, Ramsey, 62.7; 5, Cindy Hansen, Queen of Peace, 63.0; 6, Brooke Goodwin, Ramsey, 63.4.

800 — 1, Jean Readie, Queen of Peace, 2:15.2 (group and meet record, old record, 2:17.0 by Toni Ann Angione, Bergenfield, 1985); 2, Allison Pojanowski, Ramsey, 2:21.9; 3, Kerri Black, Northern Highlands, 2:26.2; 4, Abby Good, Indian Hills, 2:27.1; 5, Tasha James, Paramus, 2:27.8; 6, Megan Kerr, Tenafly, 2:31.2.

1,600 — 1, Allison Pojanowski, Ramsey, 5:28.7; 2, Klara Zdenkova, Northern Highlands, 5:32.4; 3, Kerri Black, Northern Highlands, 5:34.1; 4, Jenn Reeder, Northern Highlands, 5:34.5; 5, Caitlin Schrein, Pascack Valley, 5:34.9; 6, Chris Capelan, Cliffside Park, 5:37.4.

3,200 — 1, Cris Capelan, Cliffside Park, 11:59.2; 2, Kristen Maher, Northern Highlands, 11:59.6; 3, Jenn Reeder, Northern Highlands, 12:01.4; 4, Caitlin Schrein, Pascack Valley, 12:04.0; 5, Carol Yoon, Demarest, 12:07.9; 6, Charlotte Halvorsen, Northern Highlands, 12:15.3.

100 HH — 1, Jessica Jenco, Indian Hills, 15.6; 2, Tracy Woods, Ramsey, 16.9; 3, Mary Ryan, Northern Highlands, 17.1; 4, Luesta Thomas, Garfield, 17.1; 5, Kelly Gregory, Demarest, 17.8; 6, Reneen Conrad, Bergenfield, 18.1.

400 IH — 1, Sarah Summa, Ramsey, 68.3; 2, Jessica Jenco, Indian Hills, 68.6; 3, Allison Pojanowski, Ramsey, 69.2; 4, Holly Platt, Cliffside Park, 69.8; 5, Mary Ryan, Northern Highlands, 69.9; 6, Megan Kerr, Tenafly, 70.0.

Shot put — 1, Jen Dougherty, Ramsey, 35-7; 2, Megan Siemsen, Ramsey, 34-5; 3, Angie DeMaio, Cliffside Park, 34-2½; 4, Izetta Williams, Cliffside Park, 31-9; 5, Nicole Pickens, Ramapo, 31-3; 6, Beth Sirignano, Old Tappan, 31-1.

Discus — 1, Megan Siemsen, Ramsey, 97-11; 2, Marlie McClain, Pascack Valley, 94-10; 3, Jen Dougherty, Ramsey, 93-11; 4, Beth Sirignano, Old Tappan, 93-1; 5, Angie DeMaio, Cliffside Park, 92-3; 6, Tara Burke, Bergenfield, 91-7.

Javelin — 1, Angie DeMaio, Cliffside Park, 96-6; 2, Lauren Mazurkiewicz, Queen of Peace, 90-8; 3, Tracey Rust, Garfield, 88-7; 4, Jen Dougherty, Ramsey, 84-6; 5, Kristine Henry, Queen of Peace, 82-8; 6, Caitlin Schrein, Pascack Valley, 82-2.

High jump — 1, Tara Seimayer, Paramus, 4-10; 2, Monica Nathans, Old Tappan, 4-10; 3, tie between Jean Readie, Queen of Peace, and Katie Gilmour, Dumont, 4-8; 5, Lisa Fairman, Ramsey, 4-8; 6, Jen Maxfield, Tenafly, 4-8.

Long jump — 1, Adria Ferguson, Old Tappan, 16-10½; 2, Erika Albies, Pascack Valley, 16-1¾; 3, Lina Sapienza, Old Tappan, 15-3½; 4, Brooke Goodwin, Ramsey, 15-0½; 5, Kate Lager, Demarest, 13-11¼; 6, Faryn Weller, Indian Hills, 13-10¾.

1,600 relay — 1, Indian Hills (Jen Dolecki, Waldron, Jessica Jenco, Abby Good), 4:13.1; 2, Ramsey, 4:13.6; 3, Queen of Peace, 4:21.9; 4, Demarest, 4:22.0; 5, Tenafly, 4:23.9. No sixth place.

GIRLS GROUP 4

Team scoring

Ridgewood 182, Teaneck 74, Fair Lawn 65, Hackensack 63, Immaculate Heart Academy 43, Holy Angels 32.

100 — 1, Jennile Logan, Teaneck, 12.9; 2, Melissa Gilbert, Ridgewood, 13.2; 3, Nenna Barua, Ridgewood, 13.5; 4, Joanna Katzman, Fair Lawn, 13.5; 5, Shannon McGarrigle, Ridgewood, 13.7; 6, Amy Sutton, Holy Angels, 14.0.

200 — 1, Dana Riley, Teaneck, 25.8; 2, Melissa Gilbert, Ridgewood, 27.2; 3, Neena Barua, Ridgewood, 27.8; 4, Kate Brauner, Ridgewood, 27.8; 5, Jenelle Logan, Teaneck, 27.9; 6, Tiffany Thompson, Teaneck, 28.0.

400 — 1, Dana Riley, Teaneck, 58.1; 2, Karen Ratti, Fair Lawn, 62.8; 3, Janel Hebert, Fair Lawn, 63.8; 4, Kristen Becker, IHA, 64.6; 5, Marisa Gaither, Teaneck, 67.8.

800 — 1, Claire Blaney, Ridgewood, 2:21.5; 2, Lauren Stuhr, Ridgewood, 2:22.8; 3, Gizele Watson, Ridgewood, 2:23.0; 4, Danielle Breuel, Hackensack, 2:25.5; 5, Michiyo Kawasaki, IHA, 2:27.3; 6, Tina Gennat, Fair Lawn, 2:30.1.

1,600 — 1, Jenna Rogers, Ridgewood, 5:07.2; 2, Martina Brosnahan, IHA, 5:21.0; 3, Stephanie Doyle, Ridgewood, 5:21.4; 4, Michiyo Kawasaki, IHA, 5:26.7; 5, Regina Gonzales, Holy Angels, 5:27.4; 6, Sarah McDermott, Ridgewood, 5:37.4.

3,200 — 1, Jenna Rogers, Ridgewood, 10:58.8; 2, Martina Brosnahan, IHA, 11:31.5; 3, Regina Gonzales, Holy Angels, 11:47.9; 4, Danielle LoBue, IHA, 11:59.5; 5, Jeanne Reilly, Ridgewood, 12:06.6; 6, Karen Androski, Hackensack, 12:09.9.

100 HH — 1, Renee Pavelski, Ridgewood, 15.5; 2, Julie Danisenko, Fair Lawn, 16.4; 3, Kelly LaPietra, Hackensack, 16.6; 4, Emma France, IHA, 17.2; 5, Cheryl Williams, Hackensack, 17.7; 6, Nikki Yuzek, Teanecki, 18.2.

400 IH — 1, Renee Pavelski, Ridgewood, 66.2; 2, Claire Blaney, Ridgewood, 67.6; 3, Emma France, IHA, 68.7; 4, Natasha Bernard, Teaneck, 69.4; 5, Julie Danisenko, Fair Lawn, 69.7; 6, Karen Ratti, Fair Lawn, 69.9.

Shot put — 1, Beth Crusius, Hackensack, 35-11½; 2, Maxime Gentles, Hackensack, 34-1½; 3, Karolin Yahyouglu, Hackensack, 33-5½; 4, Sue Hoffman, Holy Angels, 32-7¼; 5, Lashante Buffard, Teaneck, 31-4; 6, Jennile Logan, Teaneck, 30-4½.

Discus — 1, Sue Hofmann, Holy Angels, 106-7; 2, Maxime Gentles, Hackensack, 104-1; 3, Beth Crusius, Hackensack, 102-7; 4, Jennille Logan, Teaneck, 98-3; 4, Emilie Chang, Ridgewood, 92-1; 6, Dana Weisfeld, Hackensack, 91-3.

Javelin — 1, Tina Gennat, Fair Lawn, 109-3 (group record, old record, 107-1 by Amy Titus, Ridgewood, 1990); 2, Emilie Chang, Ridgewood, 103-4 3, Dana Lipson, Ridgewood, 94-11; 4, Beth Crusius, Hackensack, 91-8; 5, Maxime Gentles, Hackensack, 90-6; 6, Claire Blaney, Ridgewood, 89-6.

High jump — 1, Renee Pavelski, Ridgewood, 5-2; 2, Julie Denisenko, Fair Lawn, 4-10; 3, tie between Shaked Laks, Fair Lawn, and Emma France, IHA, 4-6; 5, Kate Brunner, Ridgefield, 4-6.

Long jump — 1, Shannon McGarrigle, Ridgewood, 16-7; 2, Amy Sutton, Holy Angels, 15-8; 3, Tonia Clarke, Ridgewood, 14-11; 4, Shaked Lakes, Fair Lawn, 14-8; 5, Joanna Katzman, Fair Lawn, 13-2½; 6, Aisha Barber, Teaneck, 12-3.

Triple jump — 1, Dana Riley, Teaneck, 33-4½; 2, Emilie Chang, Ridgewood, 33-2; 3, Shannon McGarrigle, Ridgewood, 33-2; 4, Natasha Bernard, Teaneck, 32-1; 5, Aisha Barber, Teaneck, 32-0; 6, Tiffany Walker, Hackensack, 32-0.

1,600 relay — 1, Teaneck, 4:04.1; 2, Ridgewood, 4:08.6; 3, Fair Lawn, 4:17.7; 4, Hackensack, 4:26.1; 5, IHA, 4:29.7; 6, Holy Angels, 4:34.0.

Ridgewood Relay II May 17, 1993

3x400 - Pavelski, Blaney, O'Connor
hurdles 65.0 67.1 70.2 → NEW SCHOOL RECORD! 3:22.3

- Ruotolo, Keely C.P., Maxwell
72.3 72.4 76.2

sprint medley
frosh - Smith, Judge, Clark, S.McDermott
65.6 31.1 27.8 2:35.1 4:39

varsity- Gilbert, Dinsell, O'Connor, Watson
61.1 28.5 28.5 2:26.7 4:24.8

4x800 - VanYperen, Worm, Folk, Keely C.P.
2:43.9 2:42.6 2:44.8 2:36.8 10:48.1

Smith, Fleming, Cain, Nakamura
2:39.8 2:44.3 2:43.9 2:49.7 10:59.5

4x100 - O'Connor, Engel, Grab, Ruotolo
hurdles 18.2 19.1 18.5

4x200 - Clarke, Brunner, Judge, Barua
29.8 26.7 29.0 27.3 1:52.7

Kitamura, Mitchell, Ellinghaus, MA
32.4 33.7 32.8 31.0 2:21.3

distance-K.Campbell, S.McDermott, S.Apsel, Lee
medley 4:18.2 66.4 2:38 5:52 13:50.8

Shum, Lipson, Dileo, Gellis
6:49.8 75.0 4:49.9 3:21.2

4x400 - Judge, Dinsell, B.Apsel, V.McDermott
69.3 71.2 69.6 64.1

shot - Alston 27'11"+ Gruber 21'4" = 49'3" 4th place

Shott 18'6" + Dileo 17'1/4" = 35'6 1/4"

discus - Chang 91'11" + Grab 27'6" = 164'5" 2nd place

Dileo 79'9" + Tegan C.P. 50'8" = 130'5"

javelin- Lipson 103'2" + Chang 100'5" = 203'7" 1st place → NEW SCHOOL RECORD

V. McDermott 81'3"+Cavanagh 79'7"=160'10" 4th place

Blaney 70'5" + Pavelski 79'10" =150'3"

high jump -	Grab 4'4'' + Brunner 4'4'' = 8'8''	5th place
long jump -	Pavelski, Clarke 15'1 1/2'' + 14'3'' = 29'4 1/2''	1st place
	Judge 14'1 1/2''+ Chang 15'2 1/2''= 29'4''	2nd place
	B.Apsel 10'4'' + C.Blaney 13'6'' = 23'10''	6th place

TEAM SCORES:

RIDGEWOOD 84, TEANECK 57, OLD TAPPAN 46, QUEEN of PEACE 33, PARAMUS 30, FORT LEE 18, FAIRLAWN 14, CRESSKILL 10, HACKENSACK 8, PARAMUS CATHOLIC 24.

MEET BERGEN PENTATHLON

LOCATION RIDGEWOOD

DATE 5-18-1993

DIVISION WOMEN (29)

PENTATHLON SCORE SHEETS (4)

	NAME		HURDLES	POINTS	100	POINTS	SCORE	SHOT PUT	POINTS	SCORE	HIGH JUMP	POINTS	SCORE	800m	POINTS	TOTAL SCORE	
12	PAVELSKI (1)	RID	15.7	751	13.0	673	2474	7.58	372	24'10½"	1.55	678	1801	2:21.1	809	3283	☆
(1) 10	LAPIETRA	NACK	16.7	631	14.0	504	1597	5.50	240		1.10	222	1093	2:42.7	543	2140	
11	UHL	PR	17.5	541	13.9	520	1631	5.65	249		1.21	321	1111	3:00.3	363	1994	
10	WILLIAMS	NACK	17.5	541	14.4	450	1176	4.62	185		—	0	726	2:54.3	420	1596	
(2) 10	GIUFFRIDA	PAR	17.8	509	14.5	436	1499	6.95	332		1.10	222	1063	2:43	539	2038	
9	WALLACE	PR	21.7	176	14.7	407	1239	5.61	247		1.30	409	832	2:59	375	1614	
11	CONRAD	BERG	18.7	419	16.6	150	1049	5.79	258		1.10	222	899	3:40.7	81	1130	
(3) 10	RYDER	BERG	19.6	336	14.9	379	1289	5.71	253		1.21	321	910	2:34.5	638	1927	
10	ROCHE	BERG	19.6	336	15.5	299	1112	5.75	255		1.10	222	813	2:45	517	1629	
9	MAXWELL	RID	21.7	176	15.2	338	959	5.23	223		1.10	222	621	2:43.4	535	1494	☆
9	APSEL	RID	22.1	151	15.8	261	784	4.07	150		1.10	222	523	2:47	496	1280	☆
9	CAMPBELL	RID	22.2	145	16.2	213	502	3.96	144		—	0	289	2:55.3	410	912	☆
12	JEROME	BERG	20.4	270	13.8	536	1492	6.69	315		1.21	321	906	2:52	443	1885	
12	SOUTTER	LEO	20.4	270	13.8	536	1574	7.38	359		1.30	409	1038	2:39.7	577	2151	
11	PLUMMER	NACK	21.7	176	14.8	393	1082	6.31	291		1.10	222	689	3:28.1	149	1291	
(2) 9	CHANG	PAR	20.1	294	14.5	436	1210	5.79	258		1.10	222	774	2:51.4	450	1660	
(3) 9	SANCHEZ	CR	21.4	196	15.0	365	1286	6.70	316		1.30	409	921	3:00.5	361	1647	
(1) 9	GRAB	RID	21.5	186	14.2	480	1331	5.76	256		1.30	409	851	2:58	384	1715	☆
10	WEST	NACK	21.8	170	14.3	465	881	5.60	246		—	0	416	3:19	209	1090	
9	RODRIGUEZ	BERG	23.0	101	15.7	273	643	5.97	269		—	0	370	4:06.1	14	657	

1. RENÉE PAVELSKI RIDGEWOOD 3283
2. JEAN READIE QUEEN of PEACE 2719
3. AMY RACICH CRESSKILL 2417
4. SOUTTER LEONIA 2151
5. LA PIETRA HACKENSACK 2140

TOP 3 BY GRADE

12TH
1. RENEE PAVELSKI
2. AMY RACICH
3. SOUTTER

11TH
1. JEAN READIE
2. URRIOLA
3. [illegible]

10TH
1. LA PIETRA
2. GIUFFRIDA
3. RYDER

9TH
1. CHRISTINA GRAB
2. CHANG
3. SANCHEZ

MEET BERGEN PENTATHLON

LOCATION RIDGEWOOD

DATE 5-18-1993

DIVISION WOMEN

PENTATHLON SCORE SHEETS

4

	NAME		HURDLES	POINTS	100	POINTS	SCORE	SHOT PUT	POINTS	SCORE	HIGH JUMP	POINTS	SCORE	800m	POINTS	TOTAL SCORE
9	KARKKAINEN	BERG	24.1	53	16.6	150	934	6.80	322		1.30	409	784	3:43.6	69	1003
10	WALKER	NACK	20.7	247	14.2	480	1370	5.41	234		1.30	409	890	3:12.7	257	1627
9	CHRISTIANA	BERG	21.1	217	15.4	311	1007	5.78	257		1.10	222	696	2:45.6	511	1518
9	JONARDJIAN	BERG	21.6	183	17.4	50	439	4.97	206		—	0	389	3:06.9	304	743
9	SLOSSER	BERG	19.6	336	15.2	338	1313	5.35	230		1.30	409	975	3:34.1	114	1427
9	GUMBEL	BERG	20.8	239	14.9	379	921	6.50	303		—	0	542	3:26.2	161	1082
11	READIE (2)	QP	18.3	458	12.9	691	1896	5.43	235		1.40	512	1205	2:20.1	823	2719
12	RACICH (3)	CR	18.3	458	13.5	585	2131	7.27	352		1.60	736	1546	3:09	286	2417
11	URCIOLA	QP	19.4	354	13.9	520	1580	7.77	385		1.21	321	1060	2:49.6	468	2048

Bergen Frosh Championships Thursday May 20

100- Clarke - T=13.5 S=14.0 F=13.6 2nd place
Judge - T=14.1 S=14.2
Ellinghaus- T=15.3

200- Clarke - 29.6 6th place
Ellinghaus- 32.9
Kitamura - 33.0

400- Doyle - 63.1 1st place

800- Doyle - 2:31.6 3rd place
S.McDermott- 2:31.6 2nd place
D.Apsel - 3:23.6
Siegel - 3:25.2

1600-S.McDermott- 5:33.3 3rd place
B.Apsel - 6:05.0
Moritz - 6:23.8

3200-G.Campbell - 13:56.8

100 hurdles- Grab- 22.0

400 hurdles- Maxwell - 80.5
G.Campbell- 83.9

long jump- Clarke 14.11 1/2 1st place
Judge 13.5

triple jump- Clarke 27.7 6th place

high jump- Grab 4.4 4th place
Kitamura 3.11

shot put- Donnelly 16'7"

discus - Grab 73.2
Tegan C.P 45'2"

javelin - Tegan C.P 56'1"

4x400- Maxwell, Judge, B.Apsel, S.McDermott
70.2 73.3 70.7 66.9 5th place

1993-BERGEN COUNTY FROSH CHAMPIONSHIP

EVENT 100 m - 1-Mary O'Neill, River Dell, 13.3; 2-Tonia Clarke, Ridgewood, 13.7; 3-M. Thomas, Garfield, 13.7; 4-Natalie Ardito, Saddle Brook, 14.1; 5-Andi LoBue, IHA, 14.3; 6-Jessica Drew, Westwood, 14.4.

EVENT 200 m - 1-Mary O'Neill, River Dell, 27.9; 2-M. Thomas, Garfield, 28.6; 3-Tracy Ziomek, Queen of Peace, 28.8; 4-Caroline Sgro, River Dell, 29.0; 5-Andi LoBue, IHA, 29.5; 6-Tonia Clarke, Ridgewood, 29.6.

EVENT 400 m - 1-Stephanie Doyle, Ridgewood, 63.7; 2-Kourtney Gallo, IHA, 64.7; 3-Tracy Ziomek, Queen of Peace, 65.7; 4-Jessica Drew, Westwood, 65.8; 5-Tameka Jackson, Hackensack, 66.5; 6-Lisa Considine, Rutherford, 67.2.

EVENT 800 m - 1-Kristen Becker, IHA, 2:28.7; 2-Sarah McDermott, Ridgewood, 2:31.5; 3-Stephanie Doyle, Ridgewood, 2:31.6; 4-Elise James, Teaneck, 2:37.8; 5-Ashlee Welton, Northern Highlands, 2:39.9; 6-Andrea Christiana, Bergenfield, 2:40.1.

EVENT 1600 - 1-Michiyo Kawasaki, IHA, 5:29.6; 2-Kristen Maher, Northern Highlands, 5:32.3; 3-Sarah McDermott, Ridgewood, 5:33.8; 4-Sanielle Reinart, IHA, 5:39.2; 5-Tara Quinn, Teaneck, 5:46.8; 6-Jill Fiedles, River Dell, 5:50.8.

EVENT 3200 - 1-Michyio Kawasaki, IHA, 12:12.3; 2-Tara Quinn, Teaneck, 12:39.1; 3-Kathy Thompson, River Dell, 12:40.7; 4-Amy Herf, Northern Highlands, 13:19.0; 5-Pam Becker, River Dell, 13:41.3; 6-Bridget Ford, Westwood, 13:45.6.

EVENT 100 Hurdles - 1-Zouzana Mensik, Cliffside Park H.S., 17.8; 2-M.Damjanouska, Garfield, 18.1; 3-Tonuzzi, Dumont H.S., 18.5; 4-Taryn Giancarlo, Lyndhurst, 18.5; 5-Amy Rogoff, Pascack Valley, 18.8; 6-Michele Carcich, Hasbrouck Heights, 18.6.

EVENT 400 meter hurdles - 1-Zouzana Mensik, Cliffside Park, 72.3; 2-Tamika Baykin, Teaneck, 72.4; 3-Michele Carcich, Hasbrouck Heights, 72.6; 4-Tonuzzi, Dumont H.S., 76.01; 5-Yihan Cheng, Paramus, 1:16.6; 6-M. Damjanouska, Garfield, 77.02.

EVENT RELAY - 1-Kristen Becker, Andi LoBue, Jen Alani, Kourtney Gallo, IHA, 4:29.8; 2-Melissa Johnson, Gail Weissinger, Anna Lui, Jessica Drew, Westwood, 4:35.7; 3-Tara Quinn, Michelle Davis, Elise James, Tamica Baykin, Teaneck, 4:37; 4-O'Neil, Sgro, Fiedler, Kourich, River Dell, 4:38.4; 5-Michelle Carcich, Jill Bronner, April Rossillo, Jessica Hordych, Hasbrouck Heights, 4:39.9; 6-Apsel, Maxwell, McDermott, Judge, Ridgewood, 4:41.0.

EVENT DISCUS - 1-M.McClain, Pascack Valley, 94'2"; 2-Amy Clayton, River Dell, 86'10"; 3-Amy Karkarhin, Bergenfield, 84'10"; 4-Lara Schneider, Westwood, 77'8"; 5-Karolyn Sadowski Northern Highland, 75'10"; 6-Christina Grab, Ridgewood, 73:1'.

EVENT SHOT PUT - 1-Karolyn Sadowski, Northern Highlands, 31'6"; 2-Anna Gravino, Saddle Brook, 30' 1/2"; 3-Melanie Thomas, Garfield, 28'9"; 4-Jessica Dunphy, River Dell, 24' 11 11/2"; 5-Cara Russo, Westwood, 24'7 1/2"; 6-Amy Clayton, River Dell, 24'7".

EVENT JAVELIN - Danielle Pacailler, Cliffside Pk., 82'2"(winner); 2-Diana Sanchez, Cresskill, 78'11"; 3-Emily Pieroni, River Dell, 76'11"; 4-Denise Serritella, Farfield, 71'5"; 5-Martie McClain, Pascack Valley, 68'6"; 6-Meryania Dam, Garfield, 67'4".

EVENT - HIGH JUMP - 1-Paciller, Cliffside Pk., 4'7"; 2-Sanchez, Crestkill, 4'5"; 3-Leighann, Ridgefield Pk., 4'5"; 3-Carcich, Hasbrouck Hts., 4'5" (Tie); Grab, Ervin, Fitzpatrick, Taffaro, 4'3".

EVENT TRIPLE JUMP - 1-M. Thomas, Garfield, 31' 9 1/2"; 2-D. Sanchez, Cresskill, 29'; Angela P., Garfield, 28' 10"; S. Murai, Cresskill, 28'7"; M. Taffaro, Ridgefield Pk, 28'3"; M. Lauette, Ridgefield Pk., 28".

(OVER)

EVENT - LONG JUMP - Tonia Clarke, Ridgewood, 14' 11 1/2"; Angela Provensano, Garfield, 14' 6 1/2"; Natalie Ardito, Saddle Brook, 14' 2 1/2"; Andrea LoBue, IHA, 14' 1 1/2"; Angela Perkins, Westwood, 13' 8"; Christine Judge, Ridgewood, 13'5".

TEAM SCORE- IHA 60, GARFIELD 58, RIVERDELL 56¾, RIDGEWOOD 52¾
CLIFFSIDE PARK 40, TEANECK 28, CRESSKILL 28, N. HIGHLANDS 26¾, WESTWOOD 22,
SADDLEBROOK 18, HASBROUK HTS 14, PASCACK VALLEY 14, Q of P. 12, DUMONT 10,
BERGENFIELD 7, LYNDHURST 4, PARAMUS 2, HACKENSACK 2, RUTHERFORD 1

CHAMPIONS BY GROUP

GROUP IV	IHA
GROUP III	GARFIELD
GROUP II	RIVERDELL
GROUP I	CRESSKILL

RESULTS

SITE OF MEET: Clifton

MEET: State Sectional Championship

BUS LEAVES: 7:15 am

DATE: Saturday

RETURN FROM MEET:

EVENT	ENTRIES FOR RIDGEWOOD
100 meter dash	13.6 Clark; 13.6, 13.0, 13.1 McGarrigle; 13.9 Chang
200 meter dash 5	28.0, 27.9 Brunner; 26.8, 26.7 Gilbert
400 meter dash	65.6 McDermott
800 meter run 18	2:21.3 Blaney; 2:25.9 Watson; 2:25.3 Stuhr
1600 meter run 22	5:10.8 Rogers; 5:21.0 Doyle; 5:35.0 Stuhr
3200 meter run 10	11:03.6 Rogers
100 meter hurdles 6	16.2, 15.9, 15.6 Pavelski; 18.7 O'Connor; 18.4, 19.2 Engel
400 meter hurdles 18	67.3 Pavelski; 67.3 Blaney; 71.9 O'Connor
Long Jump 8	16'4" McGarrigle; Chang; 14'9" Clark
Triple Jump	
High Jump 7	4'10" Pavelski; NH Brunner
Shot Put	
Discus	99'11" Chang; Gras
Javelin 18	100'2" Chang; 93'3" Blaney; 103'3" Lipson
4X400 meter relay 8	Gilbert, 61.2; Blaney, 62.4; Watson, 62.9; Pavelski, 61.4; 4:07.8

New Jersey State Interscholastic ATHLETIC ASSOCIATION

THIS IS TO CERTIFY

_____ (PLAYER)

as a member of the RIDGEWOOD HIGH School

TRACK & FIELD (SPORT) Team in 1993 (YEAR) in GROUP 4 (CLASSIFICATION) NORTH 1 (SECTION)

SECTIONAL 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.

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOC. 1918

Robert F. Kanaby
EXECUTIVE DIRECTOR

_____ PRINCIPAL

Brian Ronna
COACH

BLUE RIBBON AWARDS - 001
Somerset, New Jersey

North Jersey Section 1

GROUP 4

TEAMS: 1-Ridgewood 118. 2-Passaic 75. 3-Paterson Kennedy 61. 4-Teaneck 31. 5-Hackensack 31. 6-Vernon 30. 7-Kearny 22. 8-Clifton 21. 9-Fair Lawn 14½. 10-Passaic Valley 11. 11-Lakeland 7. 12-North Bergen 6. 13-West Milford 5. 14-Passaic Tech 2.

100-METER DASH: 1-Nicole Carmichael, Paterson Kennedy 12.2. 2-Joy Belgrave, Paterson Kennedy 12.5. 3-Denise Clarke, North Bergen 12.6. 4-Tracy Pombo, Vernon 12.7. 5-Natasha Williams, Passaic 12.8. 6-Jenille Logan, Teaneck 13.2.

200-METER DASH: 1-Nicole Carmichael, Paterson Kennedy 25.6. 2-Joy Belgrave, Paterson Kennedy 26.1. 3-Dana Riley, Teaneck 26.3. 4-Melissa Gilbert, Ridgewood 26.7. 5-Natasha Williams, Passaic 27.7. 6-Kate Brunner, Ridgewood 27.9.

400-METER RUN: 1-Dana Riley, Teaneck 56.7. 2-Simone Gayle, Paterson Kennedy 1:01.6. 3-Kristin Vassallo, Clifton 1:02.3. 4-Tiffany Thompson, Teaneck 1:02.8. 5-Karen Ratti, Fair Lawn 1:03.3. 6-Lori Devine, West Milford 1:03.4.

800-METER RUN: 1-Tracy Pombo, Vernon 2:20. 2-Claire Blaney, Ridgewood 2:21. 3-Lauren Stuhr, Ridgewood 2:25.3. 4-Gizele Watson, Ridgewood 2:25.9. 5-Danielle Brevel, Hackensack 2:25.9. 6-Tawana Prescott, Passaic 2:27.4.

1,600-METER RUN: 1-Jenna Rogers, Ridgewood 5:10.8. 2-Steph Doyle, Ridgewood 5:21. 3-Paula Costa, Kearny 5:25. 4-Lauren Stuhr, Ridgewood 5:35. 5-Amanda Eckert, Vernon 5:38. 6-Shannon McKenna, Kearny 5:40.

3,200-METER RUN: 1-Jenna Rogers, Ridgewood 11:03.6. 2-Paula Costa, Kearny 11:50. 3-Margaret Conklin, Kearny 12:08.1. 4-Anna Berardo, Clifton 12:11.1. 5-Lisa Giaconia, Clifton 12:15. 6-Karen Androski, Hackensack 12:18.9.

100-METER HIGH HURDLES: 1-Kathy Holloman, Passaic 14.8. 2-Ruth Doe, Passaic 14.8. 3-Renee Pavelski, Ridgewood 15.6. 4-Janice Kaminski, Clifton 16.2. 5-Rebecca Leon, Vernon 16.3. 6-Michelle Dudzinski, Passaic Valley 16.3.

400-METER INTERMEDIATE HURDLES: 1-Renee Pavelski, Ridgewood 1:07.3. 2-Claire Blaney, Ridgewood 1:07.5. 3-Connetta Hicks, Paterson Kennedy 1:07.5. 4-Natasha Barnard, Teaneck 1:09.3. 5-Kathy Holloman, Passaic 1:09.7. 6-Karen Coveleski, Vernon 1:10.6.

HIGH JUMP: 1-Michelle Dudzinski, Passaic Valley 5-0. 2-Renee Pavelski, Ridgewood 4-10. 3-Corey Klecha, Vernon 4-10. 4-Janice Kaminski, Clifton 4-10. 5-Carrie Denisenko, Fair Lawn, and Danielle Comment, Lakeland 4-10.

LONG JUMP: 1-Natasha Williams, Passaic 16-7. 2-Shannon McGarrigle, Ridgewood 16-4. 3-Ruth Doe, Passaic 16-0½. 4-Danielle Picchio, Lakeland 15-7¼. 5-Kim Thomas, Passaic Tech 15-5½. 6-Joy Belgrave, Paterson Kennedy 15-5.

SHOT PUT: 1-Robyn Lowe, Passaic 37-8¼. 2-Danicqua Starr, Passaic 36-8¾. 3-Beth Crusius, Hackensack 35-8¾. 4-Maxine Gentles, Hackensack 31-11. 5-Mona David, Passaic 31-9½. 6-Colleen Carver, Lakeland 31-5½.

DISCUS: 1-Maxine Gentles, Hackensack 111-10. 2-Beth Crusius, Hackensack 110-5. 3-Robyn Lowe, Passaic 107-9. 4-Mona David, Passaic 108-2. 5-Donicqua Starr, Passaic 106-10. 6-Susan Kievit, Clifton 100-0.

JAVELIN: 1-Tina Gennat, Fair Lawn 117-5. 2-Danna Lipson, Ridgewood 103-3. 3-Emilie Chang, Ridgewood 100-2. 4-Holly Donnelan, West Milford 96-9. 5-Claire Blaney, Ridgewood 93-3. 6-Amy Chippendale, Kearny 91-1.

1,600-METER RELAY: 1-Paterson Kennedy (Nicole Carmichael, Simone Gayle, Connetta Hicks and Joy Belgrave) 4:01.7. 2-Ridgewood 4:07.8. 3-Teaneck 4:10.6. 4-Vernon 4:11.1. 5-Passaic 4:14.0. 6-Fair Lawn no time.

North Jersey Section 2

GROUP 4

TEAMS: 1-Plainfield 131. 2-Columbia 68. 3-Randolph 45. 4-Montclair 41. 5-West Orange 39. 6-Elizabeth, Westfield and Livingston 18. 9-Roxbury 16. 10-Linden 15. 11-East Orange 10. 12-Clifford Scott 5. 13-Irvington and East Side 4. 15-Union 3.

100-METER DASH: 1-Inshallah Saunders, Plainfield 11.8 record; former record 11.9, Regina Trotter, Weequahic, 1990. 2-Darriea Pigott, West Orange 12.1. 3-Alicia Davis, Plainfield 12.7. 4-Joy Ononuju, Columbia 12.7. 5-Vinnetta Gordon, Montclair 13.0. 6-Diana Sallo, Randolph 13.1.

200-METER DASH: 1-Inshallah Saunders, Plainfield 24.7. 2-Darriea Pigott, West Orange 25.4. 3-Lillian LaBoy, Plainfield 26.0. 4-Natasha Clary, Plainfield 26.6. 5-Sara Huber, Randolph 26.9. 6-Jennifer Griffith, Montclair 27.1.

400-METER RUN: 1-Lillian LaBoy, Plainfield 57.6. 2-Rhea Moore, Columbia 58.7. 3-Shalonda Martin, East Orange 59.2. 4-Latticia Currie, East Orange 1:03.9. 5-Angela Mullins, Montclair 1:04.8. 6-Anisa Dujnic, Westfield 1:05.8.

800-METER RUN: 1-Rhea Moore, Columbia 2:24.2. 2-Zatoya Brown, Plainfield 2:25.1. 3-Tracy Lee, Plainfield 2:26.5. 4-Christine Fleurimond, Clifford Scott 2:26.5. 5-Shannon McGinn, Randolph 2:29.1. 6-Katura Hudson, Clifford Scott 2:29.0

1,600-METER RUN: 1-Jane Manners, Montclair 5:21.6. 2-Heather Bury, West Orange 5:22.2. 3-Monique Nicholas, Columbia 5:24.3. 4-Elsa Pereira, East Side 5:27.9. 5-Katie Kubik, Randolph 5:41.0. 6-Mary Ladolcetta, Livingston 5:44.2.

3,200-METER RUN: 1-Heather Bury, West Orange 11:39.1. 2-Monique Nicholas, Columbia 12:07.1. 3-Valerie Levy, Randolph 12:30.7. 4-Emily Bugland, Livingston 12:45.4. 5-Marie Neilan, Livingston 12:46.8. 6-Cari McPhee, Randolph 13:11.3.

100-METER HIGH HURDLES: 1-Tiffany Anglin, Montclair 14.6. 2-Demeika Tweedy, Plainfield 15.1. 3-Connie Lobb, Roxbury 15.2. 4-Kerry Gayle, Columbia 15.4. 5-Vinnetta Gordon, Montclair 15.7. 6-Melanie Clary, Plainfield 15.7.

400-METER INTERMEDIATE HURDLES: 1-Connie Lobb, Roxbury 1:03.1. 2-Melanie Clary, Plainfield 1:03.2. 3-Kerry Gayle, Columbia 1:05.1. 4-Aiyanna Burton, Columbia 1:07.7. 5-Taheerah Thomas, Plainfield 1:08.5. 6-Kristen Tuazon, Livingston 1:10.6.

LONG JUMP: 1-Demeika Tweedy, Plainfield 19-1½ record; former record 17-9, Tracy Young, Union, 1981, Demeika Tweedy, 1992. 2-Vinnetta Gordon, Montclair 16-7¾. 3-Aliya Purdy, Randolph 16-3. 4-Tania Branquinho, Elizabeth 16-0¼. 5-Latisha Conte, Linden 15-6. 6-Kerry Gayle, Columbia 15-4½.

HIGH JUMP: 1-Elana Chomiszak, Linden 5-6. 2-Tania Branquinho, Elizabeth 5-4. 3-Ada Yung, Randolph 5-2. 4-Kiersten Schehr, West Orange, and Aiyanna Burton, Columbia 4-8. 6-Tobi Bladzinski, Linden 4-8.

SHOT PUT: 1-Nicole Sims, Plainfield 44-0. 2-Kim Hicks, Plainfield 42-4. 3-Sara Kate Riessig, Montclair 35-0. 4-Dawn Walker, Randolph 32-5½. 5-Gloria Nash, West Orange 31-9. 6-Cathy Wegrzyn, Union 30-0½.

DISCUS: 1-Nicole Sims, Plainfield 133-0 record; former record 131-8, Nicole Sims, 1992. 2-Shi-Kia Carter, Westfield 111-5. 3-Kim Hicks, Plainfield 104-2. 4-Addison Bostic, Randolph 93-2. 5-Dawn Walker, Randolph 92-0. 6-Cathy Wegrzyn, Union 91-9.

JAVELIN: 1-Ali Gravvanis, Livingston 96-10½. 2-April Coss, Randolph 94-11. 3-Gloria Campos, Elizabeth 87-8. 4-Aziza Davis, Columbia 83-3. 5-Erin Allenbaugh, Westfield 79-0¾. 6-Joanna Rulf, Westfield 71-1¼.

1,600-METER RELAY: 1-Columbia (Aiyanna Burton, Joy Ononuju, Kerry Gayle and Rhea Moore) 3:59.9. 2-Plainfield 4:02.1. 3-Westfield 4:16.0. 4-Irvington 4:18.8. 5-Linden 4:20.9. 6-Randolph 4:23.6.

Central Jersey

GROUP 4

TEAMS: 1-Trenton 123¾. 2-East Brunswick 68¼. 3-Hunterdon Central 55. 4-Marlboro 37¼. 5-Middletown South 27¼. 6-Madison Central 26. 7-J. P. Stevens 18. 8-Manalapan 16. 9-Bridgewater-Raritan 12. 10-Piscataway 10. 11-Edison and West Windsor 8. 13-Sayreville 7¾. 14-Perth Amboy 4. 15-Woodbridge 2. 16-Middletown North 1.

100-METER DASH: 1-Minee Blamo, Trenton 12.3. 2-Fartu Diange, Trenton 12.7. 3-Traci Bell, Trenton 12.8. 4-Keri Herman, East Brunswick 12.9. 5-Demetria Carpenter, East Brunswick 13.1. 6-Anita Ranadive, East Brunswick 13.3.

200-METER DASH: 1-Minee Blamo, Trenton 24.8. 2-Keri Herman, East Brunswick 26.1. 3-Traci Bell, Trenton 26.7. 4-Anita Ranadive, East Brunswick 26.8. 5-Demetria Carpenter, East Brunswick 26.9. 6-Dessalyn Jolley, Trenton 27.2.

400-METER RUN: 1-Dessalyn Jolley, Trenton 58.7. 2-Fartu Diange, Trenton 58.8. 3-Afia Asamoah, Piscataway 58.8. 4-Keesha Whittaker, West Windsor 1:01.8. 5-Amy Bizup, East Brunswick 1:02.5. 6-Loraine Suah, Trenton 1:02.9.

800-METER RUN 1-Alyssa Trzeszkowski, Middletown South 2:18.4. 2-Kimberly Hopkins, Trenton 2:19.8. 3-Tara Sulkowski, Madison Central 2:20.6. 4-Kariesa Jensen, Marlboro 2:22.3. 5-Kari Ann Smith, West Windsor 2:24. 6-Lisa Flood, Middletown North 2:24.

1,600-METER RUN: 1-Kariesa Jensen, Marlboro 5:17.4. 2-Megan Smith, Middletown South 5:23.5. 3-Meghan Busse, Hunterdon Central 5:23.9. 4-Betsy Packard, Hunterdon Central 5:25.6. 5-Sonya Swahla, Piscataway 5:31.2. 6-Virginia Picciano, Madison Central 5:31.8.

3,200-METER RUN: 1-Monal Chokshi, Bridgewater-Raritan 11:03.4. 2-Tamara Weiss, Manalapan 11:23.9. 3-Kimberly Hopkins, Trenton 11:36.3. 4-Meghan Busse, Hunterdon Central 11:38.9. 5-Danielle Barajas, Woodbridge 11:43.3. 6-Meghan Smith, Middletown South 11:47.4.

100-METER HIGH HURDLES: 1-Tracey Terry, J. P. Stevens 15.0. 2-Jeanne Rabii, East Brunswick 15.6. 3-Christine Pasterczyk, Middletown South, Kelly Owens, Marlboro, Lisa Rabii, East Brunswick, and Bridget Wagner, Hunterdon Central 16.1.

400-METER INTERMEDIATE HURDLES: 1-Minee Blamo, Trenton 1:04.3. 2-Lisa Rabii, East Brunswick 1:05.2. 3-Linda Packard, Hunterdon Central 1:05.9. 4-Justine Labatch, Middletown South 1:06.9. 5-Jeanne Rabii, East Brunswick 1:07.4. 6-Evelyn Trzeciak, Piscataway 1:08.6.

HIGH JUMP: 1-Bridget Wagner, Hunterdon Central 5-4. 2-Michelle Weinstein, Manalapan 5-0. 3-Laura Zemsky, Sayreville 5-0. 4-Kathy Kilar, J. P. Stevens 5-0. 5-Angela Bradley, J. P. Stevens, Cristy Richards, Hunterdon Central; Jessica Roneree, Sayreville, and Lakiya Miller, Trenton 4-10.

LONG JUMP: 1-Minee Blamo, Trenton 16-3½. 2-Shannon Tracy, Madison Central 16-2. 3-Robin Dollson, Trenton 15-11¼. 4-Bridget Wagner, Hunterdon Central 15-9. 5-Angela Bradley, J. P. Stevens 15-8½. 6-Kara Quick, Sayreville 14-9½.

SHOT PUT: 1-Trisha Harris, Marlboro 39-3 record; former record 38-11, Angie Abrahms, Marlboro. 2-Tara Hollowell, Trenton 38-0¼. 3-Corey Gutowski, Hunterdon Central 36-3¼. 4-Melanie Williams, Perth Amboy 35-10. 5-Lenka Richards, J. P. Stevens 33-2. 6-Terri Brooks, Madison Central 33-1.

DISCUS: 1-Trisha Harris, Marlboro 133-3. 2-Tara Hollowell, Trenton 120-2. 3-Bridget Wagner, Hunterdon Central 114-4. 4-Mandi Plawner, East Brunswick 111-9. 5-Athena Kalogiros, Edison 103-2. 6-Corey Gutowsky, Hunterdon Central 102-10.

JAVELIN: 1-Sherry Cheng, East Brunswick 115-8. 2-Robin Dollson, Trenton 115-6. 3-Amanda Collins, Edison 103-9. 4-Amy Leach, Madison Central 101-4. 5-Ilana Saltzbart, Bridgewater-Raritan 98-5. 6-Erin Kelleher, Middletown South 95-8.

1,600-METER RELAY: 1-East Brunswick (Ajita Ranadive, Pam Hariton, Keri Herman and Lisa Rabii) 4:05.6. 2-Trenton 4:06.3. 3-Madison Central 4:12.0. 4-Hunterdon Central 4:13.2. 5-West Windsor 4:13.3. 6-Piscataway 4:17.3.

South Jersey

GROUP 4

TEAMS: 1-Shawnee 82. 2-Willingboro 80. 3-Toms River North 46. 4-Vineland 39. 5-Jackson and Edgewood 23. 7-Lakewood and Cherry Hills West 20. 9-Brick 15. 10-Toms River East 14. 11-Eastern 13. 12-Southern Regional 12. 13-Cherry Hill East 10. 14-Highland Regional and Washington 8. 16-Millville and Atlantic City 7. 18-Cherokee 3. 19-Overbrook 2.

100-METER DASH: 1-Nena Moore, Cherry Hill West 12.4. 2-Suzette Murray, Vineland 12.6. 3-Kia VanWright, Willingboro 12.6. 4-Nickeya Martin, Lakewood 12.6. 5-Tiffany Butler, Willingboro 12.6. 6-Keysha Cheeseborough, Vineland 12.6.

200-METER DASH: 1-Nickeya Martin, Lakewood 25.0. 2-Suzette Murray, Vineland 25.0. 3-Tiffany Butler, Willingboro 25.8. 4-Nena Moore, Cherry Hill West 26.3. 5-Dana Grippenburg, Toms River North 26.5. 6-Yvette Ball, Millville 26.5.

400-METER RUN: 1-Lisa Blair, Jackson 59.7. 2-Tiffany Brisbane, Willingboro 1:00.5. 3-Sha Bright, Willingboro 1:01.1. 4-Megan Wagner, Toms River North 1:01.1. 5-Kim Rinkerman, Toms River East 1:01.1. 6-Rochelle Parris, Atlantic City 1:01.8.

800-METER RUN: 1-Missy Whitaker, Shawnee 2:19.5. 2-Liz Moore, Shawnee 2:20.2. 3-Tasha Minkins, Willingboro 2:21.1. 4-Alyson Lemke, Toms River North 2:23.6. 5-Diedre Cargil, Cherokee 2:24.1. 6-Michele Barnard, Eastern 2:24.2.

1,600-METER RUN: 1-Liz Moore, Shawnee 5:15.6. 2-Stacy Pagliughi, Vineland 5:24.2. 3-Michele Reo, Brick 5:24.6. 4-Karen O'Neil, Shawnee 5:28.0. 5-Amy O'Donnell, Toms River East 5:28.4. 6-Laura Compton, Brick 5:33.7.

3,200-METER RUN: 1-Liz Moore, Shawnee 11:27.1. 2-Michele Reo, Brick 11:32.0. 3-Julie Goldstein, Shawnee 11:38.5. 4-Karen O'Neil, Shawnee 11:39.1. 5-Amy O'Donnell, Toms River East 11:40.5. 6-Val Banks, Millville 11:41.5.

100-METER HIGH HURDLES: 1-Tiffany Riggs, Eastern 15.1. 2-Regina Messina, Toms River North 15.1. 3-Kia VanWright, Willingboro 15.1. 4-LaRae Grey, Willingboro 15.5. 5-Sue Ertle, Toms River North 15.7. 6-Yvette Ball, Millville 15.8.

400-METER INTERMEDIATE HURDLES: 1-Tomoko Jensen-Otsu, Shawnee 1:05.2. 2-LaRae Grey, Willingboro 1:05.4. 3-Tracy Checharik, Toms River East 1:06.7. 4-Stephanie Burgin, Shawnee 1:08.4. 5-Melissa Pederson, Overbrook 1:10.0. 6-Ellen Harrigan, Vineland 1:10.1.

HIGH JUMP: 1-Syrena Wright, Edgewood 5-2. 2-Christine Chillimi, Shawnee 5-2. 3-Amy Beadle, Toms River North 5-0. 4-Sadjah Abdullah, Southern Regional 5-0. 5-Lisa Billotti, Toms River North 5-0. 6-Erin Nicosia, Vineland 5-0.

LONG JUMP: 1-Teneacia Smith, Cherry Hill East 17-4. 2-Melannie Bell, Highland Regional 17-2¾. 3-Nena Moore, Cherry Hill West 17-2¾. 4-Yvette Ball, Millville 16-11¾. 5-Sue Ertle, Toms River North 16-5. 6-C. J. Stewart, Vineland 16-3¾.

SHOT PUT: 1-Marshia McCleary, Willingboro 35-7¾. 2-Phailcia Mason, Willingboro 34-8½. 3-Donnell Annese, Atlantic City 34-2¼. 4-Ali Zakiyah, Edgewood 33-3. 5-Lori Citarella, Southern Regional 33-0½. 6-Tammy Pellien, Jackson 32-3.

DISCUS: 1-Tammy Pellien, Jackson 120-0. 2-Syreeta Wright, Edgewood 103-8. 3-Naya Brangerberg, Vineland 102-3. 4-Dana Simonelli, Toms River North 99-10. 5-Kristen Biedler, Jackson 99-5. 6-Ali Zakiyyah, Edgewood 98-8.

JAVELIN: 1-Tiffany Palmer, Southern Regional 121-7. 2-Julie Sanders Washington Township 117-7. 3-Dawn Dale, Toms River North 116-8. 4-Melissa Vasel, Toms River North 111-1. 5-Christine Ziemba, Edgewood 104-10. 6-C. J. Stewart, Vineland 100-5.

1,600-METER RELAY: 1-Willingboro (Sha Bright, Tasha Minkins, LaRae Grey and Tiffany Brisbane) 4:05.6. 2-Shawnee 4:08.5. 3-Lakewood 4:08.9. 4-Vineland 4:14.4. 5-Toms River East 4:14.8. 6-Cherokee 4:22.5.

GROUP 3 NI

TEAMS: 1-Wayne Valley 93. 2-Ramsey 53. 3-Sparta 50. 4-Old Tappan 40. 5-Cliffside Park 35. 6-Garfield 28. 7-High Point 25. 8-Paramus 21. 9-Indian Hills 16. 10-Northern Highlands 14. 11-Tenafly 12. 12-Pascack Valley 10. 13-Bergenfield and Demarest 9. 15-Ramapo 8. 16-Lincoln 6. 17-Wayne Hills and Snyder 2.

100-METER RUN: 1-Jen Roy, Wayne Valley 12.4. 2-Adria Ferguson, Old Tappan 12.8. 3-Kristen Riehl, Ramapo 13.1. 4-Denita Allen, Cliffside Park 13.2. 5-Jen Armona, Sparta 13.3. 6-Sandra Alston, Lincoln 13.3.

200-METER RUN: 1-Denita Allen, Cliffside Park 27.4. 2-Michelle Theos, Paramus 27.8. 3-Erin Calvey, Ramsey 28.5. 4-Sandra Alston, Lincoln 28.6. 5-Alyssa Potts, Sparta 28.7. 6-Mary Ann Moloughney, Bergenfield 28.8.

400-METER RUN: 1-Jen Roy, Wayne Valley 60.7. 2-Jen Prigaro, Wayne Valley 61.4. 3-Claudia Kramm, Old Tappan 62.7. 4-Judy Jerome, Bergenfield 63.7. 5-Jen Dolecki, Indian Hills 64.0. 6-Tasha James, Paramus 64.1.

800-METER RUN: 1-Adria Ferguson, Old Tappan 2:21.6. 2-Allison Pojanowski, Ramsey 2:24.5. 3-Tasha James, Paramus 2:30.3. 4-Cara Madzy, Sparta 2:30.7. 5-Lisa Ryder, Bergenfield 2:31.5. 6-Marilyn Bonilla, Cliffside Park 2:32.6.

1,600-METER RUN: 1-Cara Madzy, Sparta 5:20.6. 2-Amy Mizzone, Wayne Valley 5:22.3. 3-Allison Pojanowski, Ramsey 5:31.6. 4-Kerri Black, Northern Highlands 5:34.1. 5-Ann Reeder, Northern Highlands 5:37.2. 6-Klara Zidenkova, Northern Highlands 5:38.7.

3,200-METER RUN: 1-Amy Mizzone, Wayne Valley 11:28.5. 2-Cara Madzy, Sparta 11:38.1. 3-Cris Capelan, Cliffside Park 11:57.7. 4-Carol Yoon, Demarest 12:01.9. 5-Kristen Maher, Northern Highlands 12:08.1. 6-Charlotte Halvorsen, Northern Highlands 12:09.9.

100-METER HIGH HURDLES: 1-Jessica Jenco, Indian Hills 15.8. 2-Luesta Thomas, Garfield 16.7. 3-Michelle Dette, Wayne Valley 16.8. 4-Mary Ryan, Northern Highlands 16.9. 5-Suzana Mensik, Cliffside Park 17.0. 6-Raina Shroff, Wayne Hills and Jill McFarlane, Sparta 17.2.

400-METER INTERMEDIATE HURDLES: 1-Jill McFarlane, Sparta 1:09.7. 2-Megan Kerr, Tenafly 1:09.9. 3-Michelle Dette, Wayne Valley 1:10.7. 4-Kyoko Ishigami, Demarest 1:11.0. 5-Elisa Quakenbush, Ramsey 1:12.2. 6-Heather Zawislak, High Point 1:12.4.

HIGH JUMP: 1-Michelle Dette, Wayne Valley 5-2. 2-Luerta Thomas, Garfield 5-0. 3-Tara Setmayer, Paramus 4-10. 4-Jen Maxwell, Tenafly 4-10.

LONG JUMP: 1-Erica Albies, Pascack Valley 16-9. 2-Jen Roy, Wayne Valley 16-8½. 3-Adria Ferguson, Old Tappan 16-4½. 4-Melene Thomas, Garfield 15-9. 5-Michele Lankins, Snyder 15-7. 6-Michelle Dette, Wayne Valley 15-5.

SHOT PUT: 1-Jen Dougherty, Ramsey 35-2½. 2-Jaime Houston, High Point 33-1¾. 3-Angie DeMaio, Cliffside Park 33-1. 4-Lisa Olsen, Sparta 32-2¼. 5-Nicole Pickens, Ramapo 32-¾. 6-Megan Siemsen, Ramsey 31-2¾.

DISCUS: 1-Jaime Houston, High Point 119-5. 2-Lisa Olsen, Sparta 108-0. 3-Megan Siemsen, Ramsey 101-0. 4-Jen Dougherty, Ramsey 100-1. 5-Tara Burke, Bergenfield 100-6. 6-Kristie Oliver, Ramsey 95-6.

JAVELIN: 1-Jennifer Russo, Wayne Valley 117-4. 2-Tracy Rust, Garfield 96-9. 3-Jamie Houston, High Point 95-7. 4-Angie DeMaio, Cliffside Park 90-8. 5-Lisa Olsen, Sparta 89-5. 6-Jen Dougherty, Ramsey 88-8.

1,600-METER RELAY: 1-Old Tappan (Claudia Kramm, Adria Ferguson, Monica Nathans and Cheryl Spilewski) 4:14.7. 2-Ramsey 4:16.7. 3-Wayne Valley 4:21.0. 4-Indian Hills 4:33.4. 5-Cliffside Park 4:23.6. 6-Demarest no time.

GROUP 3 NII

TEAMS: 1-Nutley 52. 2-West Morris 46. 3-Mt. Olive 42. 4-Phillipsburg 36. 5-Weequahic 35. 6-Orange, Rahway and Warren Hills 30. 9-Cranford 29. 10-West Side 21. 11-Morristown 20. 12-Montville 16. 13-Parsippany and Morris Knolls 10. 15-Shabazz 9. 16-West Essex, Scotch Plains and Parsippany Hills 6.

100-METER DASH: 1-Keshia Golding, Orange 12.4. 2-Cammille Simpson, Rahway 12.4. 3-Nayo Williams, Orange 12.4. 4-Tonia Beard, Shabazz 12.7. 5-Lauren Olmstead, Nutley 12.8. 6-Jeanene Stettner, Phillipsburg 12.8.

200-METER DASH: 1-Charlisha McLean, Weequahic, 25.04. 2-Keshia Golding, Orange 25.08. 3-Nayo Williams, Orange 26.0. 4-Tonia Beard, Shabazz 26.0. 5-Cammille Simpson, Rahway 26.01. 6-Lauren Olmstead, Nutley 26.07.

400-METER RUN: 1-Amy McLucas, West Side 1:00.5. 2-Charlisha McLean, Weequahic 1:00.5. 3-Cecelia Alston, Weequahic 1:01.5. 4-Tara Miezejeski, West Morris 1:02.0. 5-Lisa Chang, Morris Knolls 1:02.7. 6-Jennifer Chang, Morris Knolls 1:03.2.

800-METER RUN: 1-Marissa Defreese, Rahway 2:18.5. 2-Latoya Stephens, West Side 2:24.5. 3-Corrine Szewcyk, West Essex 2:26.9. 4-Marisa Cevasco, West Morris 2:28.10. 5-Shari Domow, Morris Knolls 2:28.4. 6-Robyn Poetsch, West Morris 2:29.

1,600-METER RUN: 1-Jackie Coscia, Mt. Olive 5:24.5. 2-Jaime McKenna, Phillipsburg 5:38.7. 3-Chris Landwehrle, Morristown 5:46.8. 4-Kelli Cerniglia, Nutley 5:50.2. 5-Maria Vassallo, Cranford 5:50.3. 6-Megan O'Brien, West Morris 5:50.4.

3,200-METER RUN: 1-Jackie Coscia, Mt. Olive 11:45.2. 2-Chris Landwehrle, Morristown 12:04.4. 3-Megan O'Brien, West Morris 12:21.0. 4-Brooke Carney, Warren Hills 12:24.8. 5-Nadine Oweis, West Morris 12:43.5. 6-Krista Stroever, West Morris 12:47.9.

100-METER HIGH HURDLES: 1-Melissa Branigan, Nutley 15.5. 2-Beatrice Schlotzhauer, Mt. Olive 16.2. 3-Vanessa Santini, Nutley 16.7. 4-Sasha Raupp, West Morris 17.0. 5-Brenda Start, Montville 17.1. 6-Beth McCoy, West Morris 17.5.

400-METER INTERMEDIATE HURDLES: 1-Melissa Branigan, Nutley 1:07.8. 2-Cindi Wallace, Mt. Olive 1:07.9. 3-Kelly Rissmiller, Phillipsburg 1:14.4. 4-Erin Landrigan, Nutley 1:14.6. 5-Erin O'Brien, Cranford 1:14.9. 6-Amy McBrair, Morris Knolls 1:15.4.

HIGH JUMP: 1-Shaliek Wright, Cranford 5-2. 2-Anne Langan, Parsippany 5-0. 3-Christine McGriff, Scotch Plains 5-0. 4-Beatrice Schlotzhauer, Mt. Olive 5-0. 5-Melissa Branigan, Nutley 5-0. 6-Nicole Stecher, Phillipsburg 5-0.

LONG JUMP: 1-Cammille Simpson, Rahway 17-8. 2-Sasha Raupp, West Morris 16-3. 3-Lauren Olmstead, Nutley 16-0¼. 4-Dawn Dietz, Parsippany Hills 15-11. 5-Shaliek Wright, Cranford 15-7¼. 6-Semma Patel, Cranford 14-11½.

SHOT PUT: 1-Terry Warmen, Phillipsburg 36-7. 2-Felicia Goett, Warren Hills 34-9¼. 3-Becky Ritchie, West Morris 34-6½. 4-Theresa Cocozzielo, Morris Knolls 31-10½. 5-Eileen Tissott, Parsippany Hills 31-5¼. 6-Phthya Jackson, Shabazz 30-10.

DISCUS: 1-Terry Warmen, Phillipsburg 115-3. 2-Felicia Goett, Warren Hills 112-2. 3-Brenda Start, Montville 108-7. 4-Lauren Flynn, Cranford 105-8. 5-Becky Ritchie, West Morris 101-3. 6-Taryn Rucinski, Nutley 97-3.

JAVELIN: 1-Sarma Leiping, Warren Hills 105-11⅛. 2-Brenda Start, Montville 105-0⅞. 3-Maritza Reymundo, Morristown 100-7¼. 4-Vanessa Santini, Nutley 96-10¾. 5-Eileen Tissott, Parsippany Hills 94-9⅝. 6-Taryn Kucinski, Nutley 92-7¼.

1,600-METER RELAY: 1-Weequahic (Shanzen Sowell, Cecilia Alston, Tamara Barker and Charlisha McLean) 4:06.2. 2-Cranford 4:11.7. 3-West Morris 4:13.5. 4-West Side 4:14.7. 5-Mt. Olive 4:20.0. 6-Nutley 4:21.3.

GROUP 3 CENTRAL

TEAMS: 1-Franklin 61. 2-Neptune 60. 3-North Hunterdon and Watchung Hills 45. 5-Ocean Township 32. 6-Red Bank 27. 7-Matawan 24. 8-Wall 24. 9-Monmouth Regional 21. 10-Colonia 16. 11-Hamilton West 14. 12-Hightstown 11. 13-Cedar Ridge, Hamilton North and Long Branch 10. 16-Ewing 8. 17-Raritan and Hillsborough 7. 19-South Brunswick 1.

100-METER DASH: 1-Joycelyn Harris, Franklin 12.5. 2-Ree Mann, Red Bank 12.5. 3-Tysha Crichlow, Neptune 12.6. 4-Leslie Westbrook, Monmouth Regional 12.7. 5-Tonya Sims, Red Bank 12.7. 6-Tijaran Baity, Neptune 12.7.

200-METER DASH: 1-Joycelyn Harris, Franklin 25.4. 2-Angela Lee, Franklin 25.4. 3-Yetunde Daniels, Ocean Township 26.1. 4-Tysha Grichlow, Neptune 26.1. 5-Leslie Westbrook, Monmouth Regional 26.2. 6-Natasha Dilday, Neptune 26.2.

400-METER RUN: 1-Kisha Blanton, Neptune 55.5 record; former record 56.4, Kisha Blanton, Neptune, 1992. 2-Angela Lee, Franklin 56.4. 3-Ree Mann, Red Bank 57.4. 4-Peggy Miller, North Hunterdon 1:01.3. 5-Iana Daniels, Ocean Township 1:01.7. 6-Kathy Limpert, North Hunterdon 1:01.9.

800-METER RUN: 1-Kisha Blanton, Neptune 2:15.9. 2-Tara Powers, Wall 2:18.9. 3-Liz Finnerty, Wall 2:25.3. 4-Pam Moses, North Hunterdon 2:25.7. 5-Johanna Greenberg, Colonia 2:26.1. 6-Kathy Gurbisz, Monmouth Regional 2:26.3.

1,600-METER RUN: 1-Tara Powers, Wall 5:18.0. 2-Cathy Williams, Watchung Hills 5:23.4. 3-Colleen Manning, North Hunterdon 5:26.5. 4-Erin Quinn, Ocean Township 5:32.8. 5-Lisa Marshall, Hillsborough 5:35.8. 6-Jill Walter, Hillsborough 5:36.1.

3,200 METER RUN: 1-Tara Pointin, Hamilton North 11:14.3. 2-Erin Quinn, Ocean Township 11:14.4. 3-Cathy Williams, Watchung Hills 11:40.0. 4-Colleen Manning, North Hunterdon 11:45.2. 5-Laura Meadors, Ocean Township 11:46.3. 6-Carrie McGourty, North Hunterdon 11:47.

100-METER HIGH HURDLES: 1-Amy Smith, Neptune 15.3. 2-Rhonda Underwood, Matawan 15.3. 3-Tammy Samuels, Hamilton West, and Joycelyn Harris, Franklin 15.5. 5-Erika Smith, Neptune 15.7. 6-Julie Asprocolas, South Brunswick 16.1.

400-METER INTERMEDIATE HURDLES: 1-Angela Lee, Franklin 1:02.5. 2-Ola Zaka, Hamilton West 1:06.8. 3-Kahlilah Jennings, Ewing 1:08.7. 4-Amy Smith, Neptune 1:08.8. 5-Rhonda Underwood, Matawan 1:09.1. 6-Novelette Herbert, Red Bank 1:09.1.

HIGH JUMP: 1-Liz Myers, Hightstown 5-0. 2-Jannie Huang, Watchung Hills, and Ellen Trophy, Raritan 4-10. 4-Rhonda Underwood, Matawan, and Kia Quick, Monmouth Regional 4-10. 6-Kathy Gurbisz, Monmouth Regional 4-10.

LONG JUMP: 1-Angela Lee, Franklin 15-10¾. 2-Rhonda Underwood, Matawan 15-10½. 3-Jannie Huang, Watchung Hills 15-3½. 4-Tanya Sims, Red Bank 15-4. 5-Amy Smith, Neptune 14-11. 6-Kahlilah Jennings, Ewing 14-9½.

SHOT PUT: 1-Lorraine Smith, Watchung Hills 37-10. 2-Felicia Williams, Long Branch 33-2. 3-Keri Hennessy, Monmouth Regional 33-1. 4-Christy Crank, Red Bank 33-0¼. 5-Heather Campbell, Monmouth Regional 32-3½. 6-Aliya Carter, Ewing 32-3½.

DISCUS: 1-Becky Prikril, Cedar Ridge 108-8. 2-Lorraine Smith, Watchung Hills 102-4. 3-Cailyn Gilvary, Ocean Township 99-6. 4-Shineyere Ogugkwe, Matawan 96-1. 5-Felicia Williams, Long Branch 96-0. 6-Summer Jones, Hightstown 94-9.

JAVELIN: 1-Jackie Davis, North Hunterdon 128-1. 2-Corinne Gimmo, North Hunterdon 108-5. 3-Marie Keshavarz, Colonia 103-9. 4-Lori Robinovitz, Hillsborough 100-9. 5-Ree Mann, Red Bank 100-5. 6-Krista Stuphen, North Hunterdon 99-7.

1,600-METER RELY 1-Neptune (Natasha Dilday, Kenya Thomas, Kisha Blanton and Kelly Morris) 3:59.7. 2-Colonia 4:19.9. 3-North Hunterdon 4:22.0. 4-Ocean Township 4:24.1. 5-Monmouth Regional 4:26.2. 6-Franklin 4:38.7.

GROUP 3 SOUTH

TEAMS: 1-Ocean City 91. 2-Bridgeton 76. 3-Mainland 46. 4-Camden and Delsea 41. 6-Pennsauken 25. 7-Absegami 23. 8-Deptford 21. 9-Williamstown 19. 10-Toms River South 13¾. 11-Rancocas Valley 13. 12-Egg Harbor Township 8. 13-Manchester Township 7. 14-Lacey 6¾. 15-Oakcrest 2. 16-Triton 1¾.

100-METER DASH: 1-Arline Shavon, Pennsauken 12.3. 2-Lois Marks, Deptford 12.6. 3-Tika Bryant, Bridgeton 12.6. 4-Demya Walker, Rancocas Valley 12.6. 5-Shanta Dickens, Delsea 12.9. 6-Dana Buenrh, Williamstown 12.9.

200-METER DASH: 1-Chantell Parks, Camden 25.3. 2-Lois Marks, Deptford 25.7. 3-Arline Shavon, Pennsauken 25.6. 4-Helen Wilks, Bridgeton 25.7. 5-Demya Walker, Rancocas Valley 26.1. 6-Joan Coleman, Camden 26.2.

400-METER RUN: 1-Medina Salaam, Camden 57.3. 2-Chantell Parks, Camden 57.9. 3-Shelly Solheim, Ocean City 4-Dana Burnett, Williamstown 58.6. 5-Summer Springs, Camden 58.9. 6-Maria Dixon, Pennsauken 1:02.5.

800-METER RUN: 1-Shelly Solheim, Ocean City 2:19.4. 2-Ali Foreman, Mainland 2:22.4. 3-Megan Hartman, Ocean City 2:22.4. 4-Tammy Gazia, Lacey 2:23.5. 5-Mary Barnes, Toms River South 2:25.3. 6-Janine Minehan, Ocean City 2:26.0.

1,600-METER RUN: 1-Megan Hartman, Ocean City 5:19.8. 2-Cathy McGuigen, Bridgeton 5:27.5. 3-Emeshe Arzon, Delsea 5:32.4. 4-Magee DeFelice, Ocean City 5:34.9. 5-Kim Hutchinson, Bridgeton 5:35.4, 6-Liz Lento, Ocean City 5:43.2.

3,200-METER RUN: 1-Megan Hartman, Ocean City 11:12.0. 2-Ali Foreman, Mainland 11:17.6. 3-Emeshe Arzon, Delsea 11:45.5 4-Cathy McGuigen, Bridgeton 11:48.7. 5-Kristin Ursion, Mainland 12:01.1. 6-Krsten Duyck, Ocean City 12:18.4.

100-METER HIGH HURDLES: 1-Lakisha Powell, Delsea 14.6. 2-Helen Wilks, Bridgeton 14.7. 3-Kellie Adams, Ocean City 15.4. 4-Adele Conover, Manchester Township 15.5. 5-Laurie McArthur, Absegami 15.9. 6-Rene Ponticello, Lacey 16.0.

400-METER INTERMEDIATE HURDLES: 1-Lakisha Powell, Delsea 1:06.3. 2-Lanette Moyer, Pennsauken 1:06.9. 3-Tricia Jessel, Ocean City 1:07.3. 4-Erica Williams, Bridgeton 1:07.8. 5-Adele Conover, Manchester Township 1:08.0. 6-Kellie Adams, Ocean City 1:08.36.

HIGH JUMP: 1-Joi Johnson, Ocean City 5-8. 2-Leslie Gardner, Toms River South 5-0. 3-Isata Bah, Rancocas Valley 5-0. 4-Jerrice Williams, Triton; Stacy Partridge, Lacey, and Renee Vogel, Toms River South 4-10.

LONG JUMP: 1-Helen Wilks, Bridgeton 18-6 record; former record 18-4¾, Tonya Lee, Rancocas Valley, 1988. 2-Tika Bryant, Bridgeton 17-6¼. 3-Lakisha Powell, Delsea 17-4½. 4-Lois Marks, Deptford 17-2¾. 5-Kellie Adams, Ocean City 16-11¼. 6-Deniya Walker, Rancocas Valley 16-9½.

SHOT PUT: 1-Qiana DeShields, Bridgeton 37-2. 2-Leslie Weldon, Williamstown 36-3½. 3-Sharon Shaw, Mainland 35-8¾. 4-Typhanie Bates, Williamstown 35-8½. 5-Marcella Goodrum, Absegami 33-6¼. 6-Sara Stoeder, Manchester Township 32-8¼.

DISCUS: 1-Qiana DeShields, Bridgeton 109-11. 2-Ann Fiola, Absegami 109-0. 3-Serena Dice, Ocean City 103-5. 4-Erin Corrigan, Ocean City 103-1. 5-Dianne Segaha, Toms River South 103-0. 6-Renee McCallay, Deptford 102-10.

JAVELIN: 1-Nicole Plum, Mainland 110-0. 2-Jessica Manning, Egg Harbor 108-8. 3-Anna Fiola, Absegami 105-7. 4-Denise Flippen, Absegami 104-0. 5-Dana Wilks, Bridgeton 101-4. 6-Serena Dice, Ocean City 100-7.

1,600-METER RELAY: 1-Camden (Summer Springs, Tenisha Revels, Medina Salaam and Chantell Parks) 4:10.5. 3-Ocean City 4:11.1. 4-Manchester Township 4:12.1. 5-Oakcrest 4:18.9. 6-Delsea 4:23.3.

GROUP 2 N.I.

TEAMS: 1-Glen Rock 99. 2-Mahwah 72. 3-Wallkill Valley 50. 4-River Dell 36. 5-Manchester Regional 32. 6-Newton 25. 7-Kittatinny 22. 8-Westwood 21. 9-Lenape Valley 20. 10-Ridgefield Park 14½. 11-Lyndhurst 11. 12-Pascack Hills 10. 13-Leonia 9. 14-Hopatcong 7. 15-Englewood 4. 16-Rutherford 1.

100-METER DASH: 1-Tracia Barnes, Manchester Regional 12.5. 2-Mary O'Neil, River Dell 12.7. 3-Michele Satine, Glen Rock 12.8. 4-Tamara Vreeland, Wallkill Valley 13.2. 5-Diane Joseph, Englewood 13.3. 6-Cynthia Kaminski, Lyndhurst 13.6.

200-METER DASH: 1-Tracia Barnes, Manchester Regional 26.7. 2-Michelle Stein, Glen Rock 26.7. 3-Mary O'Neil, River Dell 27.3. 4-Lauren Conteras, Lenape Valley 27.5. 5-Tamara Vreeland, Wallkill Valley 28.2. 6-Caroline Sagro, River Dell 28.5.

400-METER RUN: 1-Michelle Satine, Glen Rock 61.2. 2-Nicole Rodriguez, Lenape Valley 1:03.2. 3-Sara Soutter, Leonia 1:03.8. 4-Maggie Fensterle, Westwood 1:04.4. 5-Tamara Vreeland, Wallkill Valley 1:04.8. 6-Chareme Banks, Englewood 1:07.8.

800-METER RUN: 1-Carli Gallo, Mahwah 2:29.9. 2-Erin Koster, Glen Rock 2:29.9. 3-Amy Wetherbee, Glen Rock 2:34.3. 4-Jill Fiedler, River Dell 2:34.4. 5-Blythe Boydson, Manchester Regional 2:35.1. 6-Jessica Drew, Westwood 2:37.1.

1,600-METER RUN: 1-Carli Gallo, Mahwah 5:34. 2-Jill Fiedler, River Dell 5:42.6. 3-Chrissy Mucha, Newton 5:45.7. 4-Amy Wetherbee, Glen Rock 5:46.3. 5-Kara Senkier, Kittatinny 5:47.5. 6-Nancy Seigel, Leonia 5:50.2.

3,200-METER RUN: 1-Carli Gallo, Mahwah 12:07.9. 2-Chrissy Mucha, Newton 12:09.6. 3-Lucy Hammond, Mahwah 12:14.9. 4-Jen Bollerman, Westwood 12:16.3. 5-Nancy Siegel, Leonia. 6-Gretchen Risko, Newton 12:35.6.

100-METER HIGH HURDLES: 1-Kelly Nugent, Kittatinny 16.2. 2-Jamie Kuhne, Wallkill Valley 16.5. 3-Michelle Stein, Glen Rock 16.6. 4-Courtney Maxson, Hopatcong 16.7. 5-Lesley Hodgson, Glen Rock 16.7. 6-Sue Nunez, Ridgefield Park 17.4.

400-METER INTERMEDIATE HURDLES: 1-Kelly Nugent, Kittatinny 67.0. 2-Jamie Kuhne, Wallkill Valley 1:10.1. 3-Ashley Marquard, Glen Rock 1:10.9. 4-Sabrina Luciano, Glen Rock 1:11.2. 5-Nicole Deckee, Manchester Regional 1:13. 6-Dalton Genevieve, River Dell 1:14.6.

HIGH JUMP: 1-Marie Greaux, Ridgefield Park 5-2. 2-Jessica Ramirez, Mahwah 4-10. 3-Lesley Hodgson, Glen Rock 4-10. 4-Danielle Proulx, Mahwah 4-8. 5-Laura Kavanagh, Mahwah 4-8. No sixth.

LONG JUMP: 1-Cynthia Kaminski, Lyndhurst 15-5½. 2-Michelle Stein, Glen Rock 15-½. 3-Gavyn Michelmore, Newton 15-½. 4-Samantha Michelmore, Newton 14-9¼. 5-Jamie Kuhne, Wallkill Valley 14-8¼. 6-Joy Chen, Westwood 14-6.

SHOT PUT: 1-Stacie Gado, Wallkill Valley 32-5½. 2-Sara Scheese, Lenape Valley 31-8. 3-Jenicka Carter, Westwood 31-7¼. 4-Maria Salerno, Manchester Regional 30-11¼. 5-Tammy Happe, Wallkill Valley 30-8¼. 6-Mara Thiele, Hopatcong 28-10¾.

DISCUS: 1-Melissa Maldonado, Pascack Hills 110-8. 2-Kim Ferranti, Glen Rock 104-5. 3-Kristy Nukk, Mahwah 103-6. 4-Stacie Zado, Wallkill Valley 102-4. 5-Dayna Krachtus, Westwood 90-11. 6-Nicole Rosato, Westwood 89-6.

JAVELIN: 1-Kristy Nukk, Mahwah 122-0. 2-Stacie Gado, Wallkill Valley 121-3. 3-Sarah Hessler, Glen Rock 102-7. 4-Kathy Guimes, Ridgefield Park 101-6. 5-Denise Howell, Hopatcong 97-10. 6-Deb Chadwick, Rutherford 91-5.

1,600-METER RELAY: 1-Glen Rock (Erin Koster, Ashley Marquard, Sabrina Luciano and Michele Satine) 4:16.5. 2-River Dell 4:24.9. 3-Mahwah 4:27.7. 4-Manchester Regional 4:27.9. 5-Westwood 4:29.3. 6-Englewood 4:31.4.

GROUP 2 NII

TEAMS: 1-Summit and Pequannock 74. 3-Mendham 62. 4-Hanover Park, Jefferson and Roselle 36. 7-Boonton 27. 8-Millburn 15. 9-Morris Hills 14. 10-Gov. Livingston and Dover 13. 12-Hillside and Whippany Park 12. 14-Caldwell 6. 15-Chatham 3.

100-METER DASH: 1-Renee Hebert, Pequannock 12.0. 2-Nakya Cohen, Roselle 13.0. 3-Heather Young, Summit 13.1. 4-Alice Jeffreys, Boonton 13.6. 5-Jen Evans, Jefferson 13.6. 6-Beth Reynolds, Boonton 13.7.

200-METER DASH: 1-Heather Young, Summit 26.9. 2-Renee Hebert, Pequannock 26.9. 3-Jen Evans, Jefferson 27.8. 4-Latoya Gilder, Roselle 27.8. 5-Alice Jeffreys, Boonton 27.9. 6-Kristine Adams, Gov. Livingston 28.1.

400-METER RUN: 1-Stacey Walker, Summit 1:03.1. 2-Megan Brocail, Hanover Park 1:03.2. 3-Laura Mancinelli, Pequannock 1:03.6. 4-Susi Henchy, Dover 1:04.7. 5-Tiwisha Rogers, Hillside 1:05.2. 6-Kim Smythe, Gov. Livingston 1:05.5.

800-METER RUN: 1-Courtney Baugh, Mendham 2:25.3. 2-Jenni Heim, Summit 2:25.5. 3-Holly Thomas, Mendham 2:27. 4-Janice Chen, Whippany Park 2:27.9. 5-Megan Cooper, Summit 2:28.7. 6-Sarah Papke, Jefferson 2:30.0.

1,600-METER RUN: 1-Courtney Baugh, Mendham 5:21.5. 2-Lauren Whitehead, Mendham 5:22.2. 3-Janice Chen, Whippany Park 5:37.9. 4-Sarah Papke, Jefferson 5:41.1. 5-Chrissy Woodward, Chatham 5:43.1. 6-Kim Helmer, Millburn 5:46.1.

3,200-METER RUN: 1-Lauren Whitehead, Mendham 11:49.2. 2-Tiombe Ewing, Hillside 12:15.7. 3-Colleen Boyle, Caldwell 12:33.8. 4-Sarah Zornetzer, Mendham 12:45.8. 5-Tara Woolford, Summit 12:50.2. 6-Sarah Riggs, Jefferson 12:55.6.

100-METER HIGH HURDLES: 1-Dawn Ryan, Hanover Park 16.0. 2-Sharon Hubnor, Boonton 16.8. 3-Megan Fail, Gov. Livingston 16.9. 4-Renee Hebert, Pequannock 17.1. 5-Deidre O'Donnell, Gov. Livingston 17.2. 6-Kim Young, Summit 17.2.

400-METER INTERMEDIATE HURDLES: 1-Dawn Ryan, Hanover Park 1:06.7. 2-Judy Mendez, Dover 1:08.2. 3-Sharon Hubner, Boonton 1:10.5. 4-Detriah Tyler, Roselle 1:11.2. 5-Jessica Restaino, Pequannock 1:13.5. 6-Karin Kettering, Summit 1:17.0.

HIGH JUMP: 1-Detriah Tyler, Roselle 5-0. 2-Wendy Coy, Mendham 4-10. 3-Kristina Reilly, Millburn 4-10. 4-Pam Brandell, Jefferson 4-8. 5-Megan Cooper, Summit 4-8. No sixth.

LONG JUMP: 1-Heather Young, Summit 15-10½. 2-Britt Boegershausen, Millburn 15-8¼. 3-Renee Hebert, Pequannock 15-2¼. 4-Latoya Gilder, Roselle 15-0. 5-Detriah Tyler, Roselle 14-9½. 6-Sue VanRiper, Chatham 14-4½.

SHOT PUT: 1-Sue Albert, Pequannock 33-10½. 2-Jen Rogers, Jefferson 33-2½. 3-Tammy Nittoli, Morris Hills 32-7. 4-Kiki Buchal, Summit 32-5. 5-Nicole Adams, Hillside 30-11¾. 6-Gail Crawford, Whippany Park 30-3½.

DISCUS: 1-Sue Albert, Pequannock 104-11. 2-K. K. Buchal, Summit 99-11. 3-Tammy Nittoli, Morris Hills 88-11. 4-Meg Anderson, Pequannock 87-1. 5-Vikki Squazzo, Gov. Livingston 86-11. 6-Despine Gatanas, Dover 86-8.

JAVELIN: 1-Pam Brandell, Jefferson 96-1½. 2-Sue Albert, Pequannock 84-7½. 3-Stacie Egan, Boonton 83-2¼. 4-Kristen Hoffman, Mendham 82-1. 5-Karen Ferry, Morris Hills 80-11½. 6-Joann Lynch, Gov. Livingston 80-0.

1,600-METER RELAY: 1-Summit (Jenni Heim, Megan Cooper, Lindsay Clark and Stacey Walker) 4:14.4. 2-Hanover Park 4:17.6. 3-Pequannock 4:27.5. 4-Roselle 4:29.2. 5-Mendham 4:32.9. 6-Whippany Park 4:33.2.

GROUP 2 CENTRAL

TEAMS: 1-Asbury Park 115. 2-Ridge 43. 3-Voorhees 37. 4-Princeton 35. 5-Allentown 29. 6-Delaware Valley 28. 7-Carteret 22. 8-South Plainfield, Lawrence and Somerville 20. 11-North Plainfield 19. 12-Holmdel 14. 13-Monroe and Hopewell Valley 10. 15-New Brunswick and Freehold Borough 6.

100-METER DASH: 1-Chrissy Raines, Asbury Park 13.4. 2-Beth Cleary, Ridge 13.6. 3-Sarah Willard, Holmdel 13.6. 4-Kirsten Tolbert, Asbury Park 13.7. 5-Melissa Praitis, Delaware Valley 13.7. 6-Letisha Marrow, Lawrence 13.8.

200-METER DASH: 1-Patty Kertesz, Delaware Valley 26.9. 2-Chrissy Raines, Asbury Park 27.2. 3-Aimee Hill, Ridge 27.5. 4-Beth Cleary, Ridge 27.8. 5-Mina Farbood, Holmdel 28.3. 6-Kirsten Tolbert, Asbury Park 28.3.

400-METER RUN: 1-Claudean Osbourne, Asbury Park, 1:00.0. 2-Holly Jorgensen, Delaware Valley 1:01.9. 3-Amy Murello, North Plainfield 1:03.8. 4-Catherine Sarsten, Voorhees 1:04.3. 5-Amy Camuso, Freehold Borough 1:04.6. 6-Mary Woods, Voorhees 1:05.1.

800-METER RUN: 1-Claudean Osbourne, Asbury Park 2:25.5. 2-Velieta Graham, Asbury Park 2:26.9. 3-Becca Davis, Ridge 2:27.4. 4-Kate Blofson, Princeton 2:30.4. 5-Amy Gerhach, Lawrence 2:32.8. 6-Dena Martino, Holmdel 2:33.4.

1,600-METER RUN: 1-Velieta Graham, Asbury Park 5:23.4. 2-Lizzy Russo, South Plainfield 5:28.1. 3-Cathy Miller, Somerville 5:33.1. 4-Becca Davis, Ridge 5:36.3. 5-Mary Shannon, Hopewell Valley 5:48.9. 6-Elaine Farber, Princeton 5:51.7.

3,200-METER RUN: 1-Lizzy Russo, South Plainfield 11:42.5. 2-Velieta Graham, Asbury Park 11:58.8. 3-Sarah Foster, Princeton 12:06.6. 4-Mary Shannin, Hopewell Valley 12:22.9. 5-Tara Prudente, Freehold Borough 12:24.3. 6-Becca Raum, Ridge 12:32.0.

100-METER HIGH HURDLES: 1-Deona Coles, Asbury Park 15.7. 2-Ailey Penningroth, Princeton 15.7. 3-Meghan Barter, Voorhees 17.1. 4-Stephanie Toomer, Hopewell Valley 17.4. 5-Jeana Merkiel, North Plainfield 17.5. 6-Jen Shawn, Voorhees 17.5.

400-METER INTERMEDIATE HURDLES: 1-Deona Coles, Asbury Park 1:04.1 record; former record 1:04.4, Rachel Spear, Princeton, 1991. 2-Natatili Stanford, Carteret 1:04.2. 3-Ailey Penningroth, Princeton 1:05.6. 4-Linnea Leaver, Voorhees 1:09.9. 5-Meghan Carter, Voorhees 1:12.0. 6-Donyne Choo, Holmdel 1:12.1.

HIGH JUMP: 1-Kerry O'Gwen, Ridge 5-4. 2-Lauren Hyer, Lawrence 5-0. 3-Joyce Joseph, New Brunswick 5-0. 4-Natatili Stanford, Carteret 4-10. 5-Kristen Gletz, Voorhees, and Jeana Merkiel, North Plainfield 4-10.

LONG JUMP : 1-Natatili Stanford, Carteret 16-3¾. 2-Keri Hollister, Allentown 16-1¼. 3-Dana Biedrzycki, Somerville 15-2. 4-Aimee Hill, Rige 15-0½. 5-Deona Coles, Asbury Park 14-11. 6-Mira Manickam, Lawrence 14-8.

SHOT PUT: 1-Ailey Penningroth, Princeton 38-7. 2-Keri Hollister, Allentown 38-3¾. 3-Sonia Walton, Asbury Park 33-8. 4-Florence Seraphin, Asbury Park 33-1. 5-Janeen Sor, South Plainfield 33-1. 6-Kim Wolfer, Allentown 32-6½.

DISCUS: 1-Kim Wolfer, Allentown 103-0. 2-Danielle Robbins, North Plainfield 101-0. 3-Stephanie Moravek, Somerville 99-9. 4-Florence Seraphin, Asbury Park 95-6. 5-Melissa Tizis, Allentown 94-7. 6-Bunni Songanuga, North Plainfield 92-0.

JAVELIN: 1-Nicole Scarmato, Monroe 115-11. 2-Aileen Cranley, Delaware Valley 106-1. 3-Catherine Sansten, Voorhees 104-8. 4-Abby Crouse, Voorhees 104-0. 5-Beth Quade, Somerville 99-9. 6-Danielle Robbins, North Plainfield 96-1.

1,600-METER RELAY: 1-Asbury Park (Deona Coles, Chrissy Raines, Beth Taran, Claudean Osbourne) 4:17.1. 2-Lawrence 4:22.2. 3-Voorhees 4:25.4. 4-Holmdel 4:28.9. 5-Freehold Borough 4:44.0. No sixth.

GROUP 2 SOUTH

TEAMS: 1-Kingsway 95. 2-Buena 83. 3-Clearview 37. 4-Northern Burlington 33. 5-West Deptford 30. 6-Gateway 27. 7-Cinnaminson 26. 8-Moorestown 24. 9-Woodstown 21. 10-Haddon Township 14. 11-Delran 10. 12-Salem and Sterling 8. 14-Point Pleasant Boro 7. 15-Pennsville 6. 16-Pinelands 5.

100-METER DASH: 1-Tamika Nelson, Buena 12.3. 2-Neke Moore, Northern Burlington 12.8. 3-Laverne Haines, West Deptford 12.8. 4-Vicky Brown, Buena 12.8. 5-Alanna Pritchett, Delran 12.9. 6-Joy Woods, Salem 13.0.

200-METER DASH: 1-Tamika Nelson, Buena 26.6. 2-Vicky Brown, Buena 26.2. 3-Laverne Haines, West Deptford, and Leeia Ferguson, Gateway 27.1. 5-Ermine Cazeau, Buena 27.5. 6-Neke Moore, Northern Burlington 27.7.

400-METER RUN: 1-Lindy Szymanski, Clearview 57.7. 2-Alisha Lawson, Buena 1:00.7. 3-Christina Hutton, Kingsway 1:01.1. 4-Syeebra Brent, Kingsway 1:01.8. 5-Leeia Ferguson, Gateway 1:02.6. 6-Christine Bonilla, Pinelands 1:02.8.

800-METER RUN: 1-Lindy Szymanski, Clearview 2:21.3. 2-Aisha Lawson, Buena 2:27.2. 3-Shannan Hafner, Cinnaminson 2:28.6. 4-Claudine Smith, Buena 2:29.4. 5-Autumn Oczskowski, Cinnaminson 2:29.6. No sixth.

1,600-METER RUN: 1-Erin More, Kingsway 5:37.0. 2-Allison Crist, Haddon Township 5:38.2. 3-Laurie Garrison, Kingsway 5:38.9. 4-Teresa Rost, Moorestown 5:39.5. 5-Denise Hafner, Cinnaminson 5:41.6. 6-April Rizvita, Kingsway 5:42.9.

3,200-METER RUN: 1-Colleen Sunderland, Northern Burlington 12:06.9. 2-April Rizutto, Kingsway 12:26.4. 3-Natalie Burt, Pennsville 12:44.3. 4-Cheryl Menold, Kingsway 12:47.5. 5-Megan Gerelus, Haddon Township 12:57.2. 6-Maggie O'Brien, Clearview 12:57.6.

100-METER HIGH HURDLES: 1-Tamika Nelson, Buena 15.4. 2-Latoya Holmes, West Deptford 17.1. 3-Crystal Winston, Cinnaminson 17.1. 4-Amanda Bush, Kingsway 17.2. 5-Marsha Maguire, Haddon Township 17.2. 6-Dolores Glaerer, Gateway 17.3.

400-METER INTERMEDIATE HURDLES: 1-Molly Fidler, Clearview 1:06.3. 2-Laura Bonilla, Buena 1:08.0. 3-Amanda Bush, Kingsway 1:02.3. 4-April Schmidt, Sterling 1:10.7. 5-Erin Eyink, Kingsway 1:11.7. 6-Andrea Flem, Gateway 1:12.2.

HIGH JUMP: 1-Shatich Rivers, Moorestown 5-2. 2-Kristina Hartel, Kingsway 5-0. 3-Christine McCabe, Point Pleasant Boro 4-10. 4-Melissa Powell, Woodstown 4-8. 5-Leigh Wagner, Gateway 4-8. No sixth.

LONG JUMP: 1-Shatich Rivers, Moorestown 16-7¾. 2-Neke Moore, Northern Burlington 16-6¼. 3-Veronica West, Kingsway 16-1. 4-Mary Ellen Anderson, Pinelands 15-9¾. 5-Maria Maguire, Haddon Township 15-6¾. 6-Lisa Caraballo, West Deptford 15-1.

SHOT PUT: 1-Celeste Battle, Kingsway 34-8¾. 2-Leesha Devine, Delran 34-6¼. 3-Emily Hilton, Northern Burlington 34-2¼. 4-Christina Mullane, Sterling 33-0¾. 5-Nakiesha Scarbrough, Salem 33-0¾. 6-Denise Scarbrough, Salem 32-3.

DISCUS: 1-Celeste Battle, Kingsway 106-3. 2-Stephanie Owen, Woodstown 102-11. 3-Jen Perrone, Gateway 99-7. 4-Denise Scarbrough, Salem 97-10. 5-Tara Conrad, Woodstown 97-7. 6-Carla Holmes, Kingsway 96-1.

JAVELIN: 1-Katie White, West Deptford 136-5 record; former record 132-5, Evelyn Susec, Clearview, 1985. 2-Trishia Anderson, Cinnaminson 112-6. 3-Jen Perrone, Gateway 105-4. 4-Joanna Richards, Woodstown 104-7. 5-Stephanie Owen, Woodstown 102-4. 6-Felicia Bianco, Buena 98-6.

1,600-METER RELAY: 1-Buena (Alisha Lawson, Aisha Lawson, Claudine Smith and Laura Bonilla 4:10.9. 2-Kingsway 4:15.1. 3-Clearview 4:15.5. 4-Gateway 4:24.5. 5-Cinnaminson 4:27.4. 6-Woodstown 4:28.0.

GROUP 1 NI

TEAMS: 1-New Milford 67. 2-Secaucus 57. 3-Midland Park 53. 4-Wallington and Saddle Brook 45. 6-Hasbrouck Heights 36. 7-Bogota 29. 8-Cresskill 26. 9-Emerson BoroughBorough 21. 10-Pompton Lakes 16. 11-Palisades Park 15. 12-Waldwick and Academic 11.

100-METER DASH: 1-Keisha Latty, Wallington 13.0. 2-Jen Hettel, Wallington 13.2. 3-Ami Racich, Cresskill 13.4. 4-Joslin Kivan, Emerson Borough 13.5. 5-Shannon Doremus, New Milford 13.5. 6-Latisha Davis, Academic 13.8.

200-METER DASH: 1-Keisha Latty, Wallington 27.5. 2-Shannon Doremus, New Milford 28.4. 3-Jen Hettel, Wallington 28.4. 4-Erin Earley, Pompton Lakes 28.7. 5-Latisha Davis, Academic 28.8. 6-Terri Alston, Midland Park 28.9.

400-METER RUN: 1-Angelyn Manapat, Emerson Borough 1:03.4. 2-Meggin Searle, Hasbrouck Heights 1:03.4. 3-Audrey Ting, Secaucus 1:04.0. 4-Shana Wymbs, Pompton Lakes 1:04.3. 5-Tricia Saunders, Cresskill 1:04.4. 6-Tammy Anagnostis, New Milford 1:04.9.

800-METER RUN: 1-Karen Stevens, Waldwick 2:29.8. 2-Amy Hammernick, Midland Park 2:31.6. 3-Sandy Echeverri, Secaucus 2:32.6. 4-Audrey Ting, Secaucus 2:35.0. 5-Mary Mehlig, Midland Park 2:35.7. 6-Eva Hamiel, Wallington 2:39.8.

1,600-METER RUN: 1-Kerry Moore, Midland Park 5:18.6 record; former record 5:20.2, Liv Harstead, Park Ridge, 1983. 2-Renee Zengel, Secaucus 5:36.9. 3-Sandy Echeverri, Secaucus 5:38.5. 4-Karen Goers, Palisades Park 5:47.4. 5-Anna Castelli, Palisades Park 5:49.1. 6-Cathy Saunders, Cresskill 5:53.9.

3,200-METER RUN: 1-Kerry Moore, Midland Park 11:46.9. 2-Renee Zengel, Secaucus 12:14.9. 3-Sandy Echeverri, Secaucus 12:20.3. 4-Karen Goers, Palisades Park 2:30.3. 5-Allison Curran, Midland Park 12:39.4. 6-Anna Castelli, Palisades Park 12:44.

100-METER HIGH HURDLES: 1-Shannon Dillon, New Milford 15.4. 2-Kerry Wasser, Saddle Brook 16.2. 3-Pedra Blackwood, Bogota 16.7. 4-Tina Gale, Cresskill 16.7. 5-Dana Uhl, Park Ridge 17.0. 6-Amy Smialowicz, Waldwick 17.2.

400-METER INTERMEDIATE HURDLES: 1-Shannon Dillon, New Milford 67.5. 2-Diana Lana, Saddle Brook 1:10.7. 3-Jeannie Petersen, Emerson Borough 1:11.4. 4-Jeanine Puccio, New Milford 1:12.1. 5-Amy Pagano, Pompton Lakes 1:13.1. 6-Antonia Catanzaro, Secaucus 1:13.4.

HIGH JUMP: 1-Ami Racich, Cresskill 5-3. 2-Kerry Wasser, Saddle Brook 5-2. 3-Shannon Dillon, New Milford 5-2. 4-Stephanie Cuomo, Saddle Brook 4-8. 5-Terri Alston, Midland Park 4-8.

LONG JUMP: 1-Jen Hettel, Wallington 16-3¼. 2-Kristin Curran, Midland Park 15-3. 3-Christine Ward, Secaucus 14-3. 4-Maritess Leyva, Palisades Park 14-2½. 5-Kelly Johnson, Pompton Lakes 14-1. 6-Natalie Ardito, Saddle Brook 14-1.

SHOT PUT: 1-Marie Remiggio, Bogota 33-0. 2-Angela Zampella, Academic 32-9. 3-Adwoa Asa-Awukia, New Milford 30-4¼. 4-Jeannie Carroll, Saddle Brook 30-1½. 5-Carolyn Trotta, Saddle Brook 28-11½. 6-Anna Graviano, Saddle Brook 28-10¼.

DISCUS: 1-Adwoa Asa-Awukia, New Milford 101-4. 2-Jeannie Carroll, Saddle Brook 99-4. 3-Nancy Belbo, Hasbrouck Heights 96-6. 4-Janine Captan, Bogota 94-3. 5-Marie Remiggio, Bogota 93-2. 6-Jennifer Webster, Emerson Borough 91-6.

JAVELIN: 1-Nancy Belbo, Hasbrouck Heights 117-2. 2-Marie Remiggio, Bogota 100-9. 3-Jen Hall, Hasbrouck Heights 87-6. 4-Michelle Moyle, Pompton Lakes 86-10. 5-Jane Bochicchio, Secaucus 86-6. 6-Shannon Doremus, New Milford 85-9.

1,600-METER RELAY: 1-Midland Park (Mart Mehlig, Amy Hamernick, Terry Alston and Kerry Moore) 4:18.5. 2-New Milford 4:21.3. 3-Hasbrouck Heights 4:21.7. 4-Secaucus 4:37.4. 5-Cresskill 4:37.8. 6-North Arlington 4:41.1.

GROUP 1 NII

TEAMS: 1-New Providence 78. 2-Glen Ridge 74. 3-Science 72. 4-Madison Borough 42. 5-Mountain Lakes 35. 6-Dayton Regional and Verona 27. 8-Roselle Park 26. 9-Butler 20. 10-Kinnelon 15. 11-Cedar Grove 12. 12-Brearley Regional 4. 13-Johnson Regional 1.

100-METER DASH: 1-Eileen Scully, Verona 13.3. 2-Kathryn Dilatush, Kinnelon 13.3. 3-Karen Carniol, Glen Ridge 13.4. 4-Heather Dugan, New Providence 13.5. 5-Monica Risso, Roselle Park 13.7. 6-Cherise Dudziec, Kinnelon 13.7.

200-METER DASH: 1-Eileen Scully, Verona 27.0. 2-Karen Carniol, Glen Ridge 27.04. 3-Monica Risso, Roselle Park 28.0. 4-Jodi Bruden, Dayton Regional 28.01. 5-Kristen Dugan, New Providence 28.02. 6-Ligeia Ferguson, Newark Science 28.03.

400-METER RUN: 1-Heather Dugan, New Providence 1:00.0. 2-Carolyn King, Glen Ridge 1:01.2. 3-Stacy Stewart, Science 1:02.0. 4-Brooke Love, Dayton Regional 1:03.0. 5-Azetta David, Science 1:03.2. 6-Amy Grabow, Mountain Lakes, 1:03.5.

800-METER RUN: 1-Carolyn King, Glen Ridge 2:27.3. 2-Stacy Stewart, Science 2:28.3. 3-Michelle Menzel, New Providence 2:36.0. 4-Becky Sullivan, Madison Borough 2:40.7. 5-Pauline Robey, New Providence 2:44.9. 6-Melissa Pollard, Butler 2:45.1.

1,600-METER RUN: 1-Jessica King, Glen Ridge 5:23.4. 2-Kelly Carpenter, Mountain Lakes 5:34.4. 3-Patsy Cors, Mountain Lakes 5:42.4. 4-Karen Kaminski, Cedar Grove 5:43.5. 5-Lina Aguirre, Madison 5:44.3. 6-Danielle Struble, Butler 5:53.5.

3,200-METER RUN: 1-Jessica King, Glen Ridge 11:29.4. 2-Kelly Carpenter, Mountain Lakes 11:52.6. 3-Lina Aguirre, Madison 12:23.1. 4-Patsy Cors, Mountain Lakes 12:36.0. 5-Nora Lee, Butler 13:08.9. 6-Angela Carrelli, Dayton Regional 13:22.0.

100-METER HIGH HURDLES: 1-Andrea Jensen, New Providence 15.4. 2-Cory Taylor, Madison Borough 15.7. 3-Adrienne Appello, Roselle Park 17.5. 4-Laurie Petersen, Cedar Grove 17.6. 5-Yolanda Bennett, Science 17.6. 6-Cherry Allen, New Providence 17.8.

400-METER INTERMEDIATE HURDLES: 1-Andrea Jensen, New Providence 1:05.2. 2-Cory Taylor, Madison Borough 1:08.6. 3-Kristen Slivka, Kinnelon 1:10.4. 4-Adrienne Appello, Roselle Park 1:10.4. 5-Katie McElliott, New Providence 1:11.4. 6-Hanifa Johnson, Science 1:12.6.

HIGH JUMP: 1-Tara Farkus, New Providence 5-0. 2-Nancy Bodenstein, Madison Borough 5-0. 3-Sarah Leyrer, Dayton Regional 5-0. 4-Carolyn King, Glen Ridge; Angela Tanella, Cedar Grove, and Karen Carniol, Glen Ridge 4-10.

LONG JUMP: 1-Jodi Bruder, Dayton Regional 16-5¾. 2-Leslie Herzog, Mountain Lakes 16-1. 3-Andrea Jensen, New Providence 15-5. 4-Tricia Anglin, Brearley Regional 14-11. 5-Adrienne Appello, Roselle Park 15-5¾. 6-Leigh-Ann Miloscia, Johnson Regional 13-6¼.

SHOT PUT: 1-Frances Smith, Science 36-11¼. 2-Tina Richardson, Science 34-11¾. 3-Elba Delavina, Glen Ridge 31-4½. 4-Kathy Jones, Madison Borough 29-10¾. 5-Jen Simmonds, Roselle Park 29-7¼. 6-Krista Gunderson, Butler 28-10½.

DISCUS: 1-Tina Richardson, Science 105-4. 2-Frances Smith, Science 102-3. 3-Daniella Gibbs, Verona 98-10. 4-Jenn Smith, New Providence 95-1. 5-Jen Luparella, Madison 95-0. 6-Krista Gunderson, Butler 90-7.

JAVELIN: 1-Sarah Wright, Butler 113-9⅛. 2-Frances Smith, Science 103-8½. 3-Jamie Rehus, Glen Ridge 94-1⅜. 4-Jen Simmonds, Roselle Park 93-4. 5-Barbara Restaino, Cedar Grove 86-10½. 6-Rachel Smith, New Providence 86-10.

1,600-METER RELAY: 1-New Providence (Kristen Dugan, Heather Dugan, Jessica Lizzi and Andrea Jensen) 4:10.3. 2-Science 4:17.7. 3-Glen Ridge 4:24.6. 4-Butler 4:28.1. 5-Dayton Regional 4:38.0. 6-Verona 4:45.5.

GROUP 1 CENTRAL

TEAMS: 1-Bernards 87. 2-Metuchen 83. 3-Rumson 60. 4-Montgomery 53. 5-Bound Brook 52. 6-Highland Park 36. 7-Spotswood 27. 8-Manville 20. 9-Keyport 8. 10-Dunellen 7. 11-Middlesex 1.

100-METER DASH: 1-Lanyka Brown, Metuchen 13.2. 2-Deboney Braithwaite, Keyport 13.3. 3-Penny Ramsey, Bernards 13.7. 4-Angela Sprunger, Metuchen 13.7. 5-Tammy Locklear, Bound Brook 13.7. 6-Jen Wisbeski, Bound Brook 13.7.

200-METER DASH: 1-Lisa Hornick, Metuchen 26.4. 2-Lanyka Brown, Metuchen 27.0. 3-Dominique Pino, Montgomery 27.1. 4-Myrra Mosley, Dunellen 28.2. 5-Sarah Fisher, Rumson 28.3. 6-Sontrice Richardson, Bound Brook 28.6.

400-METER RUN: 1-Lisa Hornick, Metuchen 59.0 record; former record 59.9, Heather Turnquist, Bernards, 1990. 2-Meg Stevens, Montgomery 1:01.4. 3-Tiffany Ellis, Metuchen 1:01.7. 4-Angela Sprunger, Metuchen 1:04.4. 5-Jeanelle Sowden, Montgomery 1:04.9. 6-Dana Kucharz, Bernards 1:05.8.

800-METER RUN: 1-Meghan Walsh, Bernards 2:24.1. 2-Kelsey Barfuss, Bernards 2;31.0. 3-Liz Gruenfeld, Metuchen 2:34.4. 4-Alyson Cook, Spotswood 2:36.9. 5-Erin Sullivan, Rumson 2:37.5. 6-Joy Bashew, Metuchen 2:37.6.

1,600-METER RUN: 1-Kelsey Barfuss, Bernards 5:25.8. 2-Meghan Walsh, Bernards 5:27.0. 3-Mary Newman, Highland Park 5:29.7. 4-Lisa Anderson, Rumson 5:37.0. 5-Natalie Kwiatkowski, Spotswood 5:47.8. 6-Joy Bashew, Metuchen 5:49.8.

3,200-METER RUN: 1-Kelsey Barfuss, Bernards 11:32.6. 2-Mary Newman, Highland Park 11:35.5. 3-Lisa Anderson, Rumson 11:48.8. 4-Meghan Walsh, Bernards 11:55.6. 5-Joy Bashew, Metuchen 12:42.9. 6-Kim Bigelow, Bernards 12:55.0.

100-METER HIGH HURDLES: 1-Kathy Brodka, Manville 16.9. 2-Mary Anne McGuire, Rumson 16.9. 3-Jessie Kehoe, Bernards 17.3. 4-Sharon Kwiatkowski, Spotswood 17.3. 5-Colleen Kozak, Rumson 17.5. 6-Maria VanMastrigt, Dunellen 17.5.

400-METER INTERMEDIATE HURDLES: 1-Kathy Brodka, Manville 1:06.3. 2-Melissa Eiring, Spotswood 1:09.0. 3-Dominique Pino, Montgomery 1:10.4. 4-Kelli Redding, Metuchen 1:11.3. 5-Melanie Rudnick, Spotswood 1;12.5. 6-Sara Glass, Bernards 1:14.3.

HIGH JUMP: 1-Sarah Glass, Bernards 4-10. 2-Marissa Stocklin, Montgomery, and Sara Fisher, Rumson 4-10. 4-Alana Constantino, Bound Brook 4-8. 5-Sontrice Richardson, Bound Brook 4-8. 6-Colleen Kozak, Rumson 4-8.

LONG JUMP: 1-Robin Zdanowicz, Highland Park 15-2¼. 2-Sontrice Richardson, Bound Brook 14-4½. 3-Colleen Kozak, Rumson 14-3¼. 4-Penny Ramsey, Bernards 13-10½. 5-Jessie Kehue, Bernards 13-8¼. 6-Melissa Eiring, Spotswood 13-7¾.

SHOT PUT: 1-Shawna Peoples, Bound Brook 34-7. 2-Renee Evans, Rumson 32-1. 3-Marissa Stocklin, Montgomery 31-6. 4-Mary Ann McGuire, Rumson 30-3½. 5-Maria VanMastrigt, Dunellen 29-5. 6-Becky Shoblick, Spotswood 29-2.

DISCUS: 1-Alana Constantino, Bound Brook 107-6. 2-Marissa Stocklin, Montgomery 94-9. 3-Shirley Forer, Highland Park 88-5. 4-Cara McDermott, Metuchen 86-1. 5-Janelle Locknett, Metuchen 83-8. 6-Becky Shoblock, Spotswood 83-2.

JAVELIN: 1-Alana Constantino, Bound Brook 121-7. 2-Mary Ann McGuire, Rumson 99-2. 3-Robin Zdanowicz, Highland Park 94-1. 4-Hope Balasz, Spotswood 91-5. 5-Delores Hepburn, Metuchen 86-11. 6-Kelsey Barfuss, Bernards 84-6.

1,600-METER RELAY: 1-Montgomery (Jeanelle Sowden, Dominique Pino, Jennifer Tilghman and Megan Stevens) 4:17.0. 2-Metuchen 4:18.0. 3-Bernards 4:33.3. 4-Bound Brook 4:34.5. 5-Rumson 4:39.3. 6-Middlesex 4:40.9.

GROUP 1 SOUTH

TEAMS: 1-Haddonfield 80. 2-Paulsboro 78. 3-Schalick 54. 4-Pleasantville 48. 5-Haddon Heights 40. 6-Maple Shade 34. 7-Pitman 31. 8-Florence and Penns Grove 20. 10-Riverside 10. 11-Audubon 5. 12-Woodbury 4. 13-Palmyra 3. 14-Clayton 2. 15-Glassboro, Gloucester City and Point Pleasant Beach 1.

100-METER DASH: 1-Mieaha Camper, Florence 12.4. 2-Candyce DeLoatch, Schalick 12.5. 3-Petrina DiOrio, Maple Shade 12.8. 4-Chanel Fortune, Paulsboro 12.8. 5-Fateen Baaith, Pleasantville 13.0. 6-Tina Taylor, Audubon 13.2.

200-METER DASH: 1-Mieaha Camper, Florence 25.6. 2-Candyce DeLoatch, Schalick 26.2. 3-Fateen Baaith, Pleasantville 26.6. 4-Chanel Fortune, Paulsboro 26.8. 5-Patrina DiOrio, Maple Shade 27.0. 6-Maya Yladom, Glassboro 27.0.

400-METER RUN: 1-Sahar Baaith, Pleasantville 1:00.3. 2-Kim Evans, Schalick 1:00.4. 3-Donnesha Johnson, Pleasantville 1:03.4. 4-Kristy Fryberger, Paulsboro 1:04.3. 5-Laura Yahnke, Pitman 1:04.5. 6-Brooke Murray, Pitman 1:04.7.

800-METER RUN: 1-Julie Bennetich, Haddonfield 2:24.0. 2-Becky Reynolds, Haddonfield 2:32.4. 3-Maabo Kludze, Maple Shade 2:32.7. 4-Caroline Blake, Haddonfield 2:33.3. 5-Christine Simon, Paulsboro 2:34.4. 6-Jackie Adams, Paulsboro 2:35.3.

1,600-METER RUN: 1-Julie Bernetich, Haddonfield 5:25.6. 2-Jackie Adams, Paulsboro 5:27.7. 3-Jen Rafferty, Riverside 5:32.6. 4-Alison Oliver, Haddonfield 5:41.4. 5-Lisa Madden, Haddonfield 5:46.2. 6-Karen Wilkes, Point Pleasant Beach 5:48.0.

3,200-METER RUN: 1-Jackie Adams, Paulsboro 11:38.5. 2-Lisa Madden, Haddonfield 11:43.8. 3-Jen Rafferty, Riverside 11:50.0. 4-Alison Oliver, Haddonfield 12:02.0. 5-Tracy Shanahan, Haddonfield 12:14.0. 6-Tiffany Golda, Pitman 12:21.1.

100-METER HIGH HURDLES: 1-Maabo Kludze, Maple Shade 16.2. 2-Aileen Nagy, Schalick 16.8. 3-Katrina Turner, Haddon Heights 16.8. 4-Dora Wright, Paulsboro 17.0. 5-Christen Morgan, Haddonfield 17.1. 6-Deanna Downes, Paulsboro 17.4.

400-METER INTERMEDIATE HURDLES: 1-Dora Wright, Paulsboro 1:10.2. 2-Natalee Edwards, Pleasantville 1:10.3. 3-Kelly McDowell, Schalick 1:11.4. 4-Jill Giannini, Maple Shade 1:11.7. 5-Fiona Sheehan, Pitman 1:12.3. 6-Denise Cook, Paulsboro 1:12.3.

HIGH JUMP: 1-Brooke Murphy, Pitman 5-0. 2-Ellie Humphreys, Pitman 4-10. 3-Becky Reynolds, Haddonfield 4-10. 4-Brooke Speers, Haddon Heights 4-10. 5-Katrina Turner, Haddon Heights 4-8. 6-Jennifer Boulden, Gloucester 4-8.

LONG JUMP: 1-Mortisa Shinklin, Penns Grove 16-1¾. 2-Dora Wright, Paulsboro 16-0½. 3-Natalee Edwards, Pleasantville 15-10½. 4-Crystal Moore, Woodbury 15-5¼. 5-Gina Rowe, Clayton 15-2¾. 6-Kim Evans, Schalick 15-2.

SHOT PUT: 1-Stacey Pierce, Penns Grove 33-3¾. 2-Paige Cokos, Haddonfield 32-11¼. 3-Alexis Kurtz, Schalick 30-2¼. 4-Nicole Zammarrelli, Paulsboro 29-11¼. 5-Betsy Wallace, Palmyra 29-7.

DISCUS: 1-Brooke Speers, Haddon Heights 104-11. 2-Paige Cokos, Haddonfield 102-7. 3-Nicole Zammarrelli, Paulsboro 90-4. 4-Wendy Hendrickson, Paulsboro 89-2. 5-Julie Juzaitis, Haddonfield 87-9. 6-Jen Goode, Schalick 86-4.

JAVELIN: 1-Courtney Allshouse, Haddon Heights 125-7. 2-Brooke Speers, Haddon Heights 120-7. 3-Ellie Humphreys, Pitman 115-6. 4-Tina Taylor, Audubon 98-0. 5-Christine Simon, Paulsboro 98-0. 6-Hort Jacki, Palmyra 93-3.

1,600-METER RELAY: 1-Pleasantville (Dannesha Johnson, Natalee Edwards, Fateen Baaith and Sahar Baaith) 4:17.1. 2-Schalick 4:17.2. 3-Maple Shade 4:25.1. 4-Paulsboro 4:26.2. 5-Haddonfield 4:26.8. 6-Pitman 4:34.1.

CATHOLIC TRACK CONFERENCE

CTC

GIRLS

TEAMS: 1-Notre Dame 82. 2-St. Dominic 63. 3-Bishop Eustace 60. 4-Mater Dei and Red Bank Catholic 42. 6-Montclair Immaculate 34. 7-Immaculate Heart 26. 8-Queen of Peace 22. 9-Marist 20. 10-Roselle Catholic 19. 11-Paramus Catholic 12.

100-METER DASH: 1-Dine Potter, Marist 11.9 record; former record 12.1, Talisa Lawson, Roselle Catholic, 1985. 2-Pasha Summers, Montclair Immaculate 12.3. 3-Jobena Tabron, Notre Dame 12.6. 4-Romelin Bueno, St. Mary's (J.C.) 12.8. 5-Cristina Hernandez, St. Dominic 12.8. 6-Loraine Kolibas, Roselle Catholic 12.9.

200-METER DASH: 1-Dine Potter, Marist 24.8 record; former record 25.5, Talisa Lawson, Roselle Catholic, 1985. 2-Pasha Summers, Montclair Immaculate 25.9. 3-Jean Readie, Queen of Peace 26.3. 4-Romelin Bueno, St. Mary's (J.C.) 26.7. 5-Jobena Tabron, Notre Dame 27.1. 6-Cristina Hernandez, St. Dominic 28.2.

400-METER RUN: 1-Cheri Selby, St. Dominic 59.4. 2-Rita McCarthy, St. Dominic 1:00.7. 3-Lesley McDonald, Roselle Catholic 1:02.7. 4-Joanna Salapska, St. Dominic 1:03.5. 5-Kristin Ryan, Bishop Ahr 1:04.5. 6-Katrina Blake, Notre Dame 1:05.0.

800-METER RUN: 1-Martina Brosnahan, Immaculate Heart 2:22.8. 2-Kelly Dobson, Mater Dei 2:23.9. 3-Kristen Becker, Immaculate Heart 2:25.1. 4-Michiyo Kawasaki, Immaculate Heart 2:25.9. 5-Kathleen Linck, Bishop Eustace 2:30.3. 6-Susanne Healy, St. Dominic 2:31.5.

1,600-METER RUN: 1-Kathleen Linck, Bishop Eustace 5:10.1. 2-MaryPat Ericson, Red Bank Catholic 5:14.6. 3-Jerilyn Frattalone, Red Bank Catholic 5:23.0. 4-Kelly McCabe, Notre Dame 5:25.8. 5-Jen Middleton, Notre Dame 5:27.4. 6-Roxanne Hughes, Bishop Eustace 5:28.4.

3,200-METER RUN: 1-Roxanne Hughes, Bishop Eustace 11:57.4. 2-Jen Middleton, Notre Dame 12:03.6. 3-Maria Gutowski, Bishop Eustace 12:07.0. 4-Maude Melchior, Bishop Eustace 12:22.4. 5-Nora Campbell, Notre Dame 12:27.0. 6-Kelly McCabe, Notre Dame 12:32.3.

100-METER HIGH HURDLES: 1-Cheri Selby, St. Dominic 16.0. 2-Rasheedah Brown, Roselle Catholic 16.4. 3-Christine Greco, Red Bank Catholic 16.4. 4-Maureen Munday, Mater Dei 17.0. 5-Rose Vidal, Notre Dame 17.0. 6-Patty Maurer, Roselle Catholic 17.3.

400-METER INTERMEDIATE HURDLES: 1-Kelly Dobson, Mater Dei 1:06.6. 2-Cheri Selby, St. Dominic 1:06.8. 3-Christine Greco, Red Bank Catholic 1:07.7. 4-Karen Middleton, Notre Dame 1:07.7. 5-Rita McCarthy, St. Dominic 1:08.6. 6-Maria Hendricks, Bishop Eustace 1:09.3.

HIGH JUMP: 1-Maria Hendricks, Bishop Eustace 5-0. 2-Jean Readie, Queen of Peace 4-10. 3-Emma France, Immaculate Heart, and Sandra Barroqueiro, Queen of Peace 4-8. 5-Rose Vidal, Notre Dame 4-8. 6-Patty Maurer, Roselle Catholic 4-8.

LONG JUMP: 1-Pasha Summer, Montclair Immaculate 16-7¾. 2-Karen Middleton, Notre Dame 16-7½. 3-Christine Greco, Red Bank Catholic 16-3. 4-Rose Vidal, Notre Dame 16-2½. 5-Patty Maurer, Roselle Catholic 15-7½. 6-Cheri Selby, St. Dominic 15-5.

SHOT PUT: 1-Elandra Farrior, Notre Dame 34-4¾. 2-Pasha Summers, Montclair Immaculate 33-9½. 3-Donna Perrone, Bishop Eustace 32-10. 4-Candy Hall, Union Catholic 32-8. 5-Tanya Parrotta, Notre Dame 32-5. 6-Erin Belz, Notre Dame 32-3½.

DISCUS: 1-Jen Brzucki, Mater Dei 123-6 record; former record 121-0, Laura Boms, Mater Dei, 1990. 2-Jackie Jones, Red Bank Catholic 97-6. 3-Tanya Parrotta, Notre Dame 95-5. 4-Evangeline Rosel, Paramus Catholic 93-5. 5-Christine Greco, Red Bank Catholic 89-4. 6-Leslie Carrea, Queen of Peace 88-5.

JAVELIN: 1-Tanya Parrotta, Notre Dame 103-2. 2-Stephanie Krawstchuk, Paramus Catholic 97-5. 3-Jen Brzucki, Mater Dei 96-6. 4-Mary Kowalski, St. Dominic 89-3. 5-Danielle Lamborne, Bishop Eustace 88-7. 6-Erin Belz, Notre Dame 87-6.

1,600-METER RELAY: 1-St. Dominic (Joanna Salapska, Tara McLean, Cristina Hernandez and Rita McCarthy) 4:10.4. 2-Notre Dame 4:15.3. 3-Bishop Eustace 4:22.5. 4-Mater Dei 4:25.6. 5-Queen of Peace 4:26.0. 6-Immaculate Heart 4:29.8.

TRACK

Bergen freshman boys

GROUP 1-2

Team champion — Lyndhurst

100 — 1, Mike Stein, Glen Rock ..... 11.3.
200 — 1, Mike Stein, Glen Rock ..... 24.2.
400 — 1, Brian Noto, Saddle Brook ..... 54.0.
800 — 1, Will Taylor, River Dell ..... 2:11.2.
1,600 — 1, Peter Startz, Waldwick ..... 4:56.0.
3,200 — 1, Scott Menti, Cresskill ..... 10:53.8.
110 HH — 1, Domarcki, Lyndhurst ..... 17.1.
400 IH — 1, Lloyd Goldberg, Westwood ..... 63.2.
Shot put — 1, Eric Pacheco, Lyndhurst ..... 39-6½.
Discus — 1, John Williams, Mahwah ..... 100-7.
Javelin — 1, John Hanley, Glen Rock ..... 137-7.
High jump — 1, Ron Russo, Waldwick ..... 5-5.
Long jump — 1, Joe Villamor, Saddle Brook . 17-2¾.
Pole vault — 1, David Kellen, Becton ..... 9-6.
1,600 relay — 1, River Dell (Taylor, Wu, Morchick, Johanneson), 3:53.7.

GROUP 3-4

Team champion — Hackensack

100 — 1, Joe Dawkins, Hackensack ..... 10.9.
200 — 1, Joe Dawkins, Hackensack 23.1
(set meet record of 23.0 in trials)
400 — 1, Devon Larkins, Hackensack ..... 53.6.
800 — 1, Kevon Larkins, Hackensack ..... 2:08.7.
1,600 — 1, Jack Eaitrovaan, Cliffside Park ... 4:47.7.
3,200 — 1, Kevin Gilman, Bergen Catholic ... 10:21.9.
110 HH — 1, Mike Guazzo, Indian Hills 15.9
(set meet record of 15.8 in semifinals).
400 IH — 1, Devon Larkins, Hackensack ..... 58.9.
Shot put — 1, Shawn McGregor, Bergen Catholic 43-7.
Discus — 1, Shawn McGregor, Bergen Catholic 133-1.
Javelin — 1, Shawn McGregor, Bergen Catholic 123-5.
High jump — 1, O'Neil Smith, Hackensack ..... 5-8.
Long jump — 1, Mike Guazzo, Indian Hills .... 19-4.
Triple jump — 1, Jim Lee, NV/Old Tappan . 38-9½
Pole vault — 1, Eric Cetta, NV/Demarest ..... 10-0.
1,600 relay — 1, Hackensack (Devon Larkins, Kevon Larkins, Ibraham Womack, Patrick Smith), 3:41.5.

NNJIL freshman meet

Boys scoring

Bergen Catholic 80, Hackensack 56, Passaic and Teaneck 28, Nutley 21, Clifton 14, Paramus 8, Kennedy and Paramus Catholic 5, Ridgewood 4.

100 — 1, Joe Dawkins, Hackensack ..... 11.0.
200 — 1, Aiden White, Teaneck ..... 24.8.
400 — 1, Devon Larkins, Hackensack ..... 53.0.
800 — 1, Michael Pietoso, Nutley ..... 2:08.5.
1,600 — 1, Michael Pietoso, Nutley ..... 4:38.0.
3,200 — 1, Kevin Gilman, Bergen Catholic ... 10:19.0.
110 HH — 1, Cedric Maybank, Teaneck ..... 17.4.
400 IH — 1, Devon Larkins, Hackensack ..... 57.8.
Shot put — 1, Shawn McGregor, Bergen Catholic 41-6.
Discus — 1, Shawn McGregor, Bergen Catholic 123-2.
Javelin — 1, Michael Hoffman, Bergen Catholic 124-4.
High jump — 1, O'Neill Smith, Hackensack .... 5-10.
Long jump — 1, Chiffon Allen, Passaic ..... 21-0.
Triple jump — 1, Chiffon Allen, Passaic ..... 41-8.
Pole vault — 1, Dave Maiocchi, Hackensack ... 9-6.
1600 Relay — 1, Hackensack (Devon Larkins, Kevon Larkins, Ibraham Womack, Patrick Smith), 3:41.3.

Girls scoring

Hackensack 71, Teaneck 69, IHA 57, Clifton 51, Nutley 49, Ridgewood 41½, Kennedy 17, Paramus 14, Belleville 1½.

100 — 1, Tonia Clarke, Ridgewood ..... 13.6.
200 — 1, Andi LoBue, IHA ..... 29.3.
400 — 1, D. Meier, Clifton ..... 66.4.
800 — 1, Kourtney Gallo, IHA ..... 2:33.5.
1,600 — 1, Danielle Reinert, IHA ..... 5:39.0.
3,200 — 1, Tara Quinn, Teaneck ..... 12:25.0.
110 HH — 1, Kristy Olmstead, Nutley ..... 18.5.
400 IH — 1, Tamika Boykin, Teaneck ..... 72.3.
Shot put — 1, Tricia Olivo, Nutley ..... 26-2½.
Discus — 1, Christina Grab, Ridgewood ..... 79-11.
Javelin — 1, Danielle Allotta, IHA ..... 68-0.
High jump — 1, Christina Grab, Ridgewood .... 4-6.
Long jump — 1, Tonia Clarke, Ridgewood ... 15-2½.
Triple jump — 1, Tonia Clarke, Ridgewood .... 30-0.
1,600 relay — 1, IHA (Andi LoBue, Danielle Reinert, Colleen O'Brien, Kourtney Gallo); 4:31.3.

GIRLS SECTIONAL RECORDS

EVENT	NAME	SCHOOL	YEAR	T/D
GROUP IV				
100M	CASSANDRA GRANT	PASSAIC	1992	11.9
200M	NATALIE JORDEN	EASTSIDE	1981	24.8
400M	NATALIE JORDEN	EASTSIDE	1982	55.1
800M	MARY ELLEN MILESKI	RIDGEWOOD	1983	2.13.9
1600M	PATTI MILESKI	RIDGEWOOD	1983	4.58.7
3200M	PATTI MILESKI	RIDGEWOOD	1983	10.37.0
1600RLY		EASTSIDE	1981	3.53.6
100HH	KAREN GAINES	TEANECK	1980	14.0
400LH	RENITA TERRY	HACKENSACK	1981	62.1
SHOT	SUE PIEKARZ	CLIFTON	1987	39'31/2
DISCUS	SUE PIEKARZ	CLIFTON	1987	138'1"
JAVELIN	MICHELE ZIEGLER	KEARNEY	1980	132'6"
LONG JUMP	JEN MCDERMOTT	RIDGEWOOD	1988	18'5"
HIGH JUMP	MICHELE DUDZINSKI	PASSAIC VALLEY	1992	5'41/4"

TEAM CHAMPIONS FROM 1976

GROUP I	GROUP II	GROUP III	GROUP IV	YEAR
SEACUCUS-30	RUTHERFORD-43	CLIFSIDE PRK.-35	EASTSIDE-50	1976
SEACUCUS-40 1/2	RUTHERFORD-72	LINCOLN-45	EASTSIDE-52	1977
BOGOTA-35	HAWTHORNE-39	RAMSEY-43	EASTSIDE-44	1978
PARK RIDGE-43	SADDLE BROOK-50	LINCOLN-38	TEANECK-56	1979
PARK RIDGE-50	HOPATCONG-37 HIGH POINT-37	WESTWOOD-371/2	TEANECK-42	1980
PARK RIDGE-50	TENAFLY-42	LINCOLN-37	EASTSIDE-471/2	1981
PARK RIDGE-42	TENAFLY-38 SADDLE BROOK-38	WESTWOOD-371/2	EASTSIDE-35	1982
SADDLE BROOK-53	TENAFLY-55	WESTWOOD-41	RIDGEWOOD-53	1983
SADDLE BROOK-35	GARFIELD-33	OLD TAPPAN-30	RIDGEWOOD-55	1984
NEW MILFORD-47	RUTHERFORD-37	OLD TAPPAN-381/2	RIDGEWOOD-51	1985
NEW MILFORD-51	WESTWOOD-47	WAYNE VALLEY-36	TEANECK-40	1986
NEW MILFORD-44	KITTATINNY-55	WAYNE VALLEY-38	RIDGEWOOD-551/2	1987
WALDWICK-45	WESTWOOD-59	WAYNE VALLEY-40	RIDGEWOOD-98	1988
SADDLE BROOK-52	ENGLEWOOD-381/2	WAYNE VALLEY-43	TEANECK-46	1989
SADDLE BROOK-45	GARFIELD-36	PASCACK VAL.-40	TEANECK-46	1990
SADDLE BROOK-42	GARFIELD-37	PASCACK VAL.-28	HACKENSACK-39	1991
SADDLE BROOK-99	WALKILL VALY.-73	WAYNE VALLY-96	HACKENSACK-84	1992**

**NEW SCORING INSTITUTED IN 1992: 10,8,6,4,2,1.

BERGEN COUNTY MEET OF CHAMPS TENAFLY HIGH SCHOOL
Tuesday May 25th

100 meter dash:	Gilbert	12.7,12.9,13.0	5th
	McGarrigle	13.0,13.2	
	Barua	13.3,13.2	
200 meter dash	Gilbert	26.3,26.3	1st
	Barua	27.1,27.0	5th
	Brunner	27.2,27.7	6th
800 meter run	Blaney	DQ (2:20)	
	Watson	2:22.3	3rd
	Stuhr	2:22.3	4th
1600 meter run	Doyle	5:15.6	3rd
	S. McDermott	5:29.7	5th
3200 meter run	Rogers	10:58.7	1st
100 m. hurdles	Pavelski	15.6,15.8	3rd
400 m hurdles	Pavelski	65.5	1st
Long Jump	McGarrigle	15'6"	4th
Triple Jump	McGarrigle		
	Chang	33'7"	3rd
High Jump	Pavelski	5'	2nd
Javelin	Chang	122'10"	2nd
	Lipson	90'	
4X400 relay	Pavelski-59.9, Watson-62.1, Blaney-60.2, Gilbert-59.7. 4:02.1		2nd

3 Champions
12 athletes earned medals
Renee Pavelski 4 medals
Melissa Gilbert 3 medals

TRACK

Lou Lanzalotto Meet of Champions

at Tenafly

BOYS RESULTS

100M — 1, Joe Dawkins, Hackensack, 10.5 (meet record: old mark of 10.6 set by Lamonte Brown, Demarest, 1986); 2, Darius Pemberton, Hackensack, 10.5 (meet record); 3, Kendall Williams, Bergen Tech, 10.9; 4, Rommel Chatman, Midland Park, 10.9; 5, James Whiting, Hackensack, 11.0; 6, Tim McDermott, Bergen Catholic, 11.0.

200M — 1, Joe Dawkins, Hackensack, 22.2; 2, John Deschamps, Ridgefield Park, 22.2; 3, James Whiting, Hackensack, 22.2; 4, Tim McDermott, Bergen Catholic, 22.2; 5, Leo Viana, Cliffside Park, 22.4; 6, Ed Weiss, Pascack Valley, 22.8.

400M — 1, Courtney Davis, Hackensack, 48.8; 2, Anthony Hampton, Englewood, 49.2; 3, Craig Murphy, Ramsey, 49.8; 4, Maurice Minott, Englewood, 49.8; 5, Chris Hall, Teaneck, 49.9; 6, Steve DeRosa, Tenafly, 51.2.

800M — 1, Bob Keino, Ridgewood, 1:53.8 (meet record, old mark of 1:54.1 set by Jim Siedliski, Pascack Hills, 1984); 2, Bill Geogan, Bergenfield, 1:56.7; 3, Frank Monks, Don Bosco Prep, 1:58.2; 4, Joe Oliver, Northern Highlands, 1:58.2; 5, Sean Gerloff, Fair Lawn, 1:59.3; 6, Brian Shuff, New Milford, 1:59.6.

1,600M — 1, Frank Baldassare, Ramapo, 4:21.6; 2, Sean Durkin, Don Bosco, 4:22.1; 3, Mike Phaff, 4:23.4; 4, Mark Ervin, Northern Highlands, 4:27.9; 6, Sadek Alsaidi, Ridgewood, 4:32.

3,200 — 1, Todd Cotten, Ridgewood, 9:40; 2, Misha Simmonds, Dumont, 9:44.2; 3, Leigh Cadigan, Old Tappan, 9:47.9; 4, Diasuke Kusaka, Cresskill, 9:48.6; 5, Eric Castillo, Ridgefield Park, 9:49.4; 6, Geoff Ryan, Pascack Valley, 9:51.7.

110 HH — 1, Darius Pemberton, Hackensack, 14.0; 2, Monty Mason, Paramus Catholic, 14.0; 3, Chris Boyle, Becton, 14.6; 4, Bryce Bushell, Don Bosco, 14.9; 5, Dom Guazzo, Indian Hills, 15.1; 6, Justin Shellaway, Northern Highlands, 15.3.

400M IH — 1, Pat Hyppolite, Don Bosco, 56.5; 2, Jason Lahita, Ridgewood, 57.3; 3, Devon Larkins, Hackensack, 57.5; 4, Tie between Bill Bryant, Bergen Catholic and Chris Hall, Don Bosco, 57.9; 6, Justin Shellaway, Northern Highlands, 58.0.

1,600M relay — 1, Hackensack (James Whiting, Lamond Nicholson, Darius Pemberton, Courtney Davis), 3:19.1 (County record: old mark of 3:21 set by Hackensack,1991); 2, Bergen Catholic, 3:20.4; 3, Englewood, 3:21; 4, Teaneck, 3:24.1; 5, Don Bosco, 3:25.5; 6, Tenafly, 3:26.2.

High jump — 1, Dave Kruse, Tenafly, 6-6; 2, Thanniel Robinson, Englewood, 6-4; 3, Tyrone Byers, Mahwah, 6-4; 4, Godfrey Gordon, Garfield, 6-4; 5, Steve Duplessey, Ridgefield, 6-2; 6, Matt Walker, Englewood, 6-2.

Long jump — 1, Darius Pemberton, Hackensack, 22-10½; 2, Rommel Chatman, Midland Park, 22-5½; 3, Dave Lopez, Paramus Catholic, 21-6; 4, Dom Guazzo, Indian Hills, 20-11½; 5, Leo Viana, Cliffside Park, 20-11; 6, Naeem Noble, Paramus Catholic, 20-7½.

Triple jump — 1, John Perdomo, Englewood, 43-8½; 2, Jamal Hayletts, Bergenfield, 43-5¾; 3, Chris Bellin, Pascack Valley, 43-4¼; 4, Steve Duplessy, Ridgefield, 43-3; 5, Kevin Weeks, Bergenfield, 42-8½; 6, Anthony DiCosmo, Paramus Catholic, 42-5¾.

Pole vault — 1, Mike VanGrouw, Mahwah, 13-6; 2, Matt Duffy, Dumont, 13-0; 3, Vahe Hagopian, Ridgewood, 12-6; 4, Tie among Mike Bobovnik, Fort Lee, Marko Marsella, and Niel Borgognoni, Paramus Catholic, 12-0.

Javelin — 1, Anthony Hayne, Ridgefield Park, 199-9; 2, Justin Schwartz, Glen Rock, 176-8; 3, Mike Haggerty, Cresskill, 172-7; 4, Dave Marko, Paramus, 171-10; 5, Steven Schaefer, Lyndhurst, 160-0; 6, Mike Pessy, Becton, 157-10.

Discus — 1, Robert Mompoint, Teaneck, 146-7; 2, Matt Distehurst, St. Joseph, 146-1; 3, Frank Romano, Cliffside Park; 4, 143-0; 5, Keith Benedetti, Old Tappan, 142-9; 6, Rich Goldsmith, Demarest, 142-4.

Shot put — 1, Robert Mompoint, Teaneck, 57-5; 2, Mike Sheehan, Demarest, 55-3; 3, Dave Marko, Paramus, 52-4; 4, Guy Iavarone,Cresskill, 51-4; 5, Sam Horowitz, Ridgewood, 50-1; 6, Kass Dawson, Ridgewood, 49-4.

GIRLS RESULTS

100M — 1, Adria Ferguson, Old Tappan, 12.4; 2, Michelle Stein, Glen Rock, 12.4; 3, Jennielle Logan, Teaneck, 12.7; 4, Mary O'Neill, River Dell, 12.7; 5, Melissa Gilbert, Ridgewood, 13.0; 6, Monica Nathens, Old Tappan, 13.2.

200M — 1, Melissa Gilbert, Ridgewood, 26.3; 2, Mary O'Neill, River Dell, 26.3; 3, Michele Satine, Glen Rock, 26.8; 4, Erin Calvey, Ramsey, 27.1; 5, Neena Darva, Ridgewood, 27.1; 6, Kate Brunner, Ridgewood, 27.7.

400M — 1, Dana Riley, Teaneck, 55.7 (meet record: old marek of 55.8 set by Riley, 1992); 2, Claudia Kramm, Old Tappan, 61.9; 2, Meggin Searle, Hasbrouck Heights 62.7; 4, Kristen Becker, IHA, 63.1; 5, Jen Dolecki, Indian Hills, 63.6; 6, Cindy Hasen, Queen of Peace, 64.3.

800M — 1, Jean Readie, Queen of Peace, 2:15.3; 2, Adria Ferguson, Old Tappan, 2:17.1; 3, Gizelle Watson, Ridgewood, 2:22.3; 4, Lauren Stuhr, Ridgewood, 2:22.3; 5, Danielle Breuel, Hackensack, 2:23.1; 6, Kerri Black, Northern Highlands, 2:23.4.

1,600M — 1, Martina Brosnhan, IHA, 5:07.6; 2, Kerry Moore, Midland Park, 5:13.7; 3, Stephanie Doyle, Ridgewood, 5:15.6; 4, Michiyo Kawasaki, 5:21; 5, Sarah McDermott, Ridgewood, 5:29.6; 6, Charlotte Halvorsen, Northern Highlands, 5:34.

100 HH — 1, Jessica Jenco, Indian Hills, 15.0; 2, Shannon Dillon, New Milford, 15.2; 3, Renee Pavelski, Ridgewood, 15.7; 4, Kerry Waser, Saddle Brook, 15.8; 5, Luesta Thomas, Garfield, 16.5; 6, Julie Denisenko, Fair Lawn, 16.5.

400 IH — 1, Renee Pavelski, Ridgewood, 65.5; 2, Shannon Dillon, New Milford, 1:06.4; 3, Natasha Barnard, Teaneck, 1:08.9; 4, Tie between Diana Lana, Saddle Brook, and Sarah Summa, Ramsey, 1:10.1; 6, Elisa Quackenbush, Ramsey, 1:10.2.

3,200M — 1, Jenna Rogers, Ridgewood, 10:58.9; 2, Regina Gonzales, Holy Angels, 11:34.3, Carli Gallo, Mahwah, 11:48.7; 4, Carol Ypon, Demarest, 11:52.3; 5, Kristen Maher, Northern Highlands, 11:53.1; 6, Danielle LoBue, IHA, 11:54.3.

1,600M relay — 1, Teaneck (Natasha Bernard, Tiffany Thompson, Marisa Gaither, Dana Reilly), 4:01.3; 2, Ridgewood, 4:02.1; 3, Glen Rock, 4:02.2; 4, Ramsey, 4:07.6; 5, Old Tappan, 4:09; 6, Queen of Peace, 4:09.4.

High jump — 1, Amy Racich, Cresskill, 5-2; 2, Renee Pavelski, Ridgewood, 5-0; 3, Jessica Ramirez, Mahwah, 5-0; 4, Monica Nathens, Old Tappan, 5-0; 5, Kerry Wasser, Saddle Brook, 5-0; 6, Jean Readie, Queen of Peace, 5-0.

Long jump — 1, Jen Hettel, Wallington, 16-11 1/2; 2, Adria Ferguson, Old Tappan, 16-11 1/2; 3, Erica Albies, Pascack Valley, 16-8; 4, Shannon McGarrigle, Ridgewood, 15-6; 5, Jain Lattes, Dwight-Englewood, 15-5; 6, Amy Sutton, Holy Angels, 15-4.

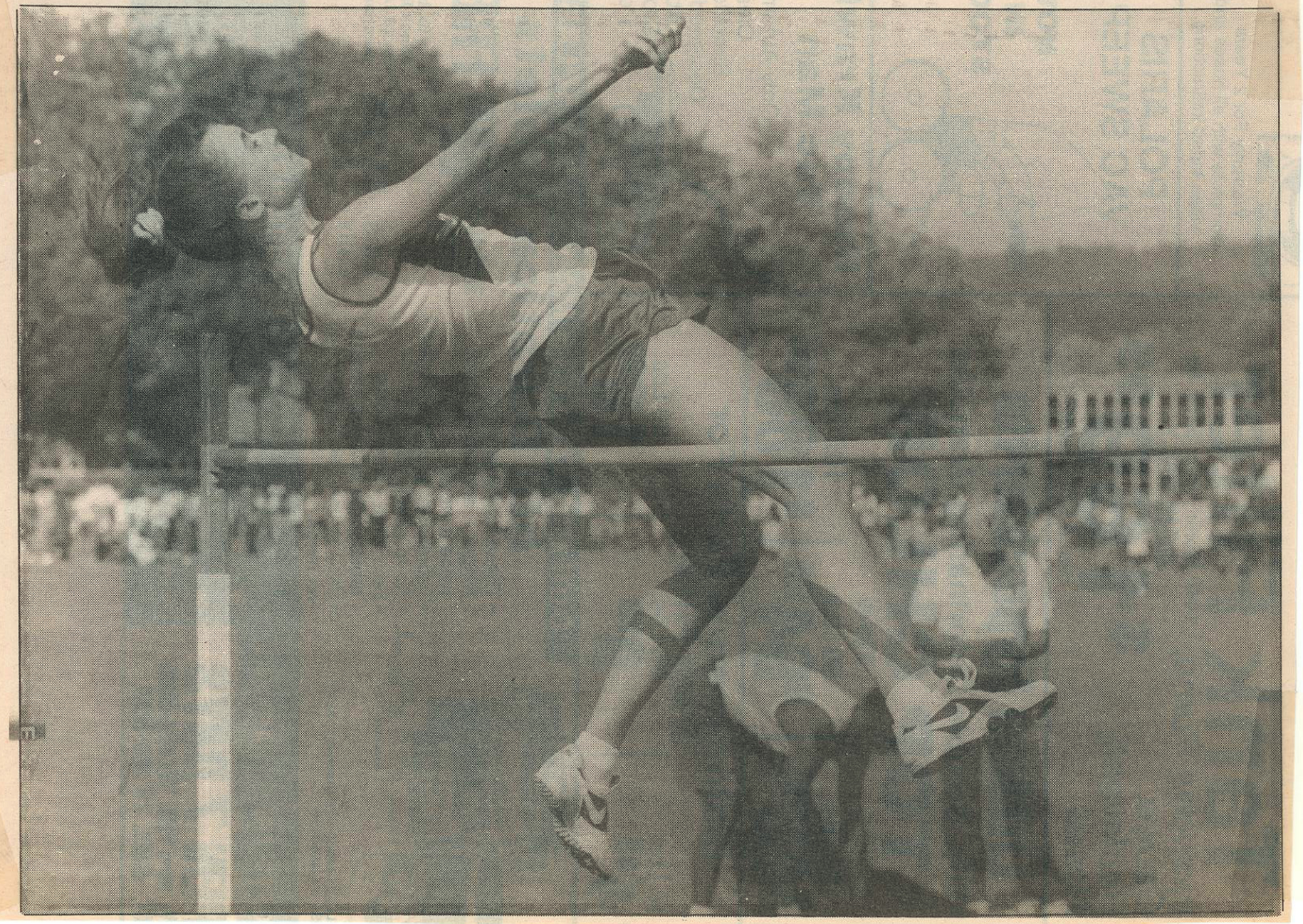
Triple jump — 1, Erika Albies, Pascack Valley, 34-5; 2, Debra Nagan, Pascack Valley, 33-8 1/4; 3, Emilie Chang, Ridgewood, 33-7; 4, Melene Thomas, Garfield, 33-1 1/2; 5, Brooke Goodwin, Ramsey, 33-0; 6, Kristin Curran, Midland Park, 32-7 1/2.

Discus — 1, Beth Crusius, Hackensack, 117-4; 2, Melissa Maldonada, Pascack Hills, 111-1; 3, Adwoa Asa Awuka, New Milford, 107-7; 4, Kristy Nukk, Mahwah, 105-6; 5, Maxine Gentles, Hackensack, 103-11; 6, Sue Hoffman, Holy Angels, 102-4.

Javelin — 1, Kristy Nukk, Mahwah, 129-8; 2, Emilie Chang, Ridgewood, 122-10; 3, Tina Gennat, Fair Lawn, 120-4; 4, Nancy Belbo, Hasbrouck Heights, 109; 5, Sarah Hessler, Glen Rock, 108-9; 6, Kathy Guimes, Ridgefield Park, 106-3.

Shot put — 1, Beth Crusius, Hackensack, 37-4 1/2; 2, Jen Doughty,Ramsey, 36-2 1/4; 3, Megan Siemsen, Ramsey, 34-4; 4, Izetta Williams, Cliffside Park, 33-6; 5, Maria Remiggio, Bogota, 33-2 1/2; 6, Erin Burke, Bergenfield, 33-3/4.

Meet of Champions



STATE GROUP IV CHAMPIONSHIP

Friday May 28

100m hurdles: Renee Pavelski 15.8 6th in heat

3200 meter run: Jenna Rogers 11:03.31 FAT 2nd
38.9,80.2,86.9,81.8,81.7,82.8,84.3,85.1,80.6

High Jump: Renee Pavelski 5' no place

Saturday May 29

400 hurdles: Renee Pavelski 1:04.93 FAT 4th
7.40,5.38,5.37,5.47,5.44,?,?,?,5.82,5.88,6.42

1600 meter run: Jenna Rogers 5:08.82 FAT 1st
38.1,76.1,77.0,78.0,77.6
Steph Doyle 5:15.27 FAT 4th
36.3,75.4,80.3,81.2,78.3

200 meter dash: Melissa Gilbert 26.5
Kate Brunner 27.7

800 meter run: Claire Blaney 2:20.81 FAT 5th
16.1,32.5,68.4,1:45.9
Gizelle Watson 2:27.0 1st in heat
32.5, 70.0,1:50.1
Lauren Stuhr 2:30.4
32.8,70.0,1:50.1

Long Jump: Shannon McGarrigle 15'8"

Javelin: Dana Lipson 98'6"

4X400 relay: Pavelski 60.6, Watson 63.2, Blaney 62.0,
Gilbert 62.3. 4:08.0 6th

29 points 4th place team

Gallo leaves her mark with outstanding effort

By GREGORY SCHUTTA
Staff Writer

GIRLS TRACK

SOUTH PLAINFIELD — To paraphrase Spike Lee in those sneaker commercials, "It hadda be da tattoo."

On the night before arguably the biggest race of her career, Mahwah's Carli Gallo had five dolphins tatooed onto her right ankle, and she still managed to outkick South Plainfield's Lizzy Russo to win the State Group 2 girls 3,200-meter championship in 11 minutes, 37.33 seconds.

"I never really look ahead on these things," Gallo said of the odd timing. "Yesterday happened to be the day I got the appointment. It's just something I always wanted to do. They [the dolphins] brought me luck."

Kerry Wasser of Saddle Brook and Dana Riley of Teaneck probably went with more traditional good-luck charms.

Riley confirmed her place as the top girls' 400-meter runner in the state, making her move on the final turn to win the Group 4 State 400-meter championship going away in 54.68 seconds, breaking her own County record.

Wasser, a junior, took advantage of the absence of two-time State Group 1 high jump champion Ami Racich of Cresskill by clearing 5-2 on her third and final attempt to win her first State Group 1 high jump championship.

Sophomore Adwoa Asa-Awuku of New Milford later won the Group 1 discus with a throw of 112-4.

Amy Mizzone of Wayne Valley ran the fifth-fastest time in Passaic County history and school history, 11:10.27, to finish second in the Group 3 3,200 meters. Her teammate, Michelle Dette, finished second in the high jump, clearing 5-4 on her second attempt.

Ruth Doe of Passaic finished second in the Group 4 100-meter high hurdles in 14.92 seconds, three-tenths of a seconds behind champ Tiffany Anglin of Montclair. Jenna Rogers of Ridgewood finished second in the Group 4 3,200-meter championship in 11:03.1.

Passaic Valley's Michelle Dudzinski cleared 5-6 on her final attempt to finish second in the Group 4 high jump. Linden's Elvana Chomiszak cleared the height on her second attempt for the win.

Shannon Dillon of New Milford took third place in the Group 1 hurdles in 15.79 seconds.

Gallo, who last year appeared to have the race won when she was caught down the stretch by South Plainfield's Monika Patel, was not about to let that happen again as she charged from the back of the pack and parked herself on the shoulder of Russo, the leader.

CARLI GALLO
Captures 3,200 meters

She finally made her move on the bell lap to win by three seconds over Asbury Park's Velieta Graham. Russo finished fourth.

"I moved up gradually," she said. "I didn't want to get overanxious. I waited until the last lap because I didn't think I had enough to hold them off."

Wasser battled Sarah Glass of Bernards, exhaustion from the hurdle heats, and her own nerves to win her first State Group title.

Girls' state track summaries

GROUP 4

100-METER DASH: 1-Inshallah Saunders, Plainfield 11.64. 2-Minee Blamo, Trenton 11.91. 3-Nicole Carmichael, Paterson Kennedy 12.25. 4-Darriea Pigott, West Orange 12.29. 5-Joy Belgrave, Paterson Kennedy 12.39. 6-Kia VanWright, Willingboro, and Nena Moore, Cherry Hill West 12.40.

200-METER DASH: 1-Inshallah Saunders, Plainfield 24.42. 2-Minee Blamo, Trenton 24.55. 3-Nicky Martin, Lakewood 24.85. 4-Dana Riley, Teaneck 25.09. 5-Lillian Laboy, Plainfield 25.11. 6-Nicole Carmichael, Paterson Kennedy 25.17.

400-METER RUN: 1-Dana Riley, Teaneck 54.68. 2-Rhea Moore, Columbia 57.51. 3-Sha Bright, Willingboro 57.85. 4-Dessalyn Jolley, Trenton 57.42. 5-Tiffany Brisbane, Willingboro 58.26. 6-Lisa Blair, Jackson 58.69.

800-METER RUN: 1-Tracy Pombo, Vernon 2:18.66. 2-Alyssa Trzeszkowski, Middletown South 2:18.94. 3-Rhea Moore, Columbia 2:19.73. 4-Tasha Minkins, Willingboro 2:20.01. 5-Claire Blaney, Ridgewood 2:20.81. 6-Tara Sulkowski, Madison Central 2:21.20.

1,600-METER RUN: 1-Jenna Rogers, Ridgewood 5:08.82. 2-Liz Moore, Shawnee 5:14.05. 3-Kariesa Jensen, Marlboro 5:14.70. 4-Steph Doyle, Ridgewood 5:15.27. 5-Karen O'Neil, Shawnee 5:17.30. 6-Megan Smith, Middletown South 5:17.33.

3,200-METER RUN: 1-Monal Chokshi Bridgewater-Raritan 10:47.85. 2-Jenna Rogers, Ridgewood 11:03.31. 3-Liz Moore, Shawnee 11:18.69. 4-Karen O'Neil, Shawnee 11:19.75. 5-Tamara Weiss, Manalapan 11:25.58. 6-Paula Costa, Kearny 11:29.16.

100-METER HIGH HURDLES: 1-Tiffany Anglin, Montclair 14.46. 2-Ruth Doe, Passaic 14.92. 3-Tracy Terry, J. P. Stevens 14.93. 4-Connie Lobb, Roxbury 15.07. 5-Kathy Holloman, Passaic 15.24. 6-Tiffany Riggs, Eastern 15.30.

400-METER INTERMEDIATE HURDLES: 1-Minee Blamo, Trenton 1:03.1. 2-LaRae Grey, Willingboro 1:04.56. 3-Melanie Clary, Plainfield 1:04.56. 4-Renee Pavelski, Ridgewood 1:04.93. 5-Kerry Gayle, Columbia 1:04.94. 6-Tomoko Jensen-Otsu, Shawnee 1:05.03.

HIGH JUMP: 1-Elana Chomiszak, Linden 5-6. 2-Michele Dudzinski, Passaic Valley 5-6. 3-Syretta Wright, Edgewood 5-2. 4-Bridget Wagner, Hunterdon Central 5-2. 5-Jessica Roneree, Sayreville, and Christine Chillemi, Shawnee 5-2.

LONG JUMP: 1-Demeika Tweedy, Plainfield 19-8¾. 2-

SHOT PUT: 1-Kim Hicks, Plainfield 44-1¼. 2-Nicole Sims, Plainfield 41-9¼. 3-Trisha Harris, Marlboro 38-9. 4-Marsha McCleary, Willingboro 38-7¾. 5-Tara Hollowell, Trenton 37-3¼. 6-Phallicia Mason, Willinboro 36-4½.

DISCUS: 1-Trisha Harris, Marlboro 135-5-. 2-Tara Hollowell, Trenton 123-2. 3-Bridget Wagner, Hunterdon Central 115-1. 4-Kim Hicks, Plainfield 112-3. 5-Mandi Plawner, East Brunswick 111-9. 6-Beth Crusius, Hackensack 109-10.

JAVELIN: 1-Dawn Dale, Toms River North 132-4. 2-Tiffany Palmer, Southern Regional 121-0. 3-Amanda Collins, Edison 118-6. 4-Tina Gennat, Fair Lawn 117-11. 5-Christine Ziemba, Edgewood 114-4. 6-Sherry Cheng, East Brunswick 111-9.

1,600-METER RELAY: 1-Willingboro (Sha Bright, Tasha Minkins, Tiffany Brisbane and LaRae Grey) 4:00.9. 2-Paterson Kennedy 4:04.1. 3-Columbia 4:04.6. 4-Teaneck 4:05.3. 5-Plainfield 4:05.9. 6-Ridgewood 4;08.0.

GROUP 3

100-METER DASH: 1-Joycelyn Harris, Franklin 12.1. 2-Rea Mann, Red Bank 12.34. 3-Tysha Crichlow, Neptune 12.42. 4-Tonya Sims, Red Bank 12.42. 5-Leslie Westbrook, Monmouth Regional 12.52. 6-Kishia Golding, Orange 12.57.

200-METER DASH: 1-Angela Lee, Franklin 24.86. 2-Joycelyn Harris, Franklin 25.17. 3-Chantell Parks, Camden 25.51. 4-Charlisha McLean, Weequahic 25.78. 5-Tysha Crichlow, Neptune 25.91. 6-Helen Wilks, Bridgeton 26.01.

400-METER RUN: 1-Kisha Blanton, Neptune 55.26. 2-Angela Lee, Franklin 55.26. 2-Chantell Parks, Camden 57.09. 4-Jen Roy, Wayne Valley 57.93. 5-Shelly Solheim, Ocean City 58.0. 6-Charlisha McLean, Weequahic 58.2.

800-METER RUN: 1-Kisha Blanton, Neptune 2:14.57. 2-Shelly Solheim, Ocean City 2:17.91. 3-Adria Ferguson, Old Tappan 2:18.20. 4-Marissa DeFreese, Rahway 2:20.71. 5-Megan Hartman, Ocean City 2:22.34. 6-Tara Powers, Wall 2:22.54.

1,600-METER RUN: 1-Tara Powers, Wall 5:12.13. 2-Megan Hartman, Ocean City 5:15.66. 3-Cathy McGuigen, Bridgeton 5:18.44. 4-Cara Madzy, Sparta 5:19.34. 5-Jackie Coscia, Mt. Olive 5:19.97. 6-Amy Mizzone, Wayne Valley 5:20.20.

3,200-METER RUN: 1-Megan Hartman, Ocean City 11:05.41. 2-Amy Mizzone,, Wayne Valley 11:10.27. 3-Ali Foreman, Mainland 11:11.52. 4-Tara Pointin, Hamilton North 11:12.81. 5-Cara Madzy, Sparta 11:15.89. 6-Erin Quinn, Ocean Township 11:17.02.

100-METER HIGH HURDLES: 1-Lakisha Powell, Delsea 14.69. 2-Helen Wilks, Bridgeton 14.70. 3-Joycelyn Harris, Franklin 14.83. 4-Melissa Branigan, Nutley 15.32. 5-Amy Smith, Neptune 15.38. 6-Jessica Jenco, Indian Hills 15.46.

400-METER INTERMEDIATE HURDLES: 1-Angela Lee, Franklin 1:03.9. 2-Lakisha Powell, Delsea 1:06.59. 3-Ola Zak, Hamilton West 1:06.93. 4-Cindi Wallace, Mt. Olive, and Rhonda Underwood, Matawan 1:07.57. 6-Kellie Adams, Ocean City 1:08.09.

HIGH JUMP: 1-Joi Johnson, Ocean City 5-6. 2-Michelle Dette, Wayne Valley 5-4. 3-Alita Adams, Absegami 5-4. 4-Shalick Wright, Cranford 5-2. 5-Leslie Gardner, Toms River South, and Isata Bah, Rancocas Valley 5-0.

LONG JUMP: 1-Helen Wilks, Bridgeton 18-3. 2-Tika Bryant, Bridgeton 17-11¼. 3-Camille Simpson, Rahway 17-9¾. 4-Jen Roy, Wayne Valley 17-6½. 5-Sasha Raupp, West Morris 16-10¾. 6-Adria Ferguson, Old Tappan 16-10¾.

SHOT PUT: 1-Lorraine Smith, Watchung Hills 38-8½. 2-Typhani Bates, Williamstown 37-5. 3-Qiana DeShields, Bridgeton 37-1¾. 4-Terry Warman, Phillipsburg 36-4½. 5-Leslie Weldon, Williamstown 36-4. 6-Felicia Goett, Warren Hills 35-8.

DISCUS: 1-Qiana DeShields, Bridgeton 119-7. 2-Jamie Houston, High Point 119-0. 3-Brenda Starr, Montville 113-6. 4-Becky Prikril, Cedar Ridge 113-5. 5-Ann Fiola, Absegami 112-6. 6-Terry Warman, Phillipburg 107-8.

JAVELIN: 1-Jackie Davis, Hamilton North 132-8. 2-Jennifer Russo, Wayne Valley 123-2. 3-Marie Keshvarz, Colonia 118-5. 4-Brenda Starr, Montville 115-2. 5-Dana Mannion, Egg Harbor 114-6. 6-Serena Dice, Ocean City 112-5.

1,600-METER RELAY: 1-Camden (Summer Springs, Joan Coleman, Tynisha Revels and Chantell Parks) 3:58.11. 2-Neptune 3:59.43. 3-Weequahic 4:01.16. 4-Wayne Valley 4:10.29. 5-Ocean City 4:11.08. 6-Mainland 4:11.92.

GROUP 2

100-METER DASH: 1-Tamika Nelson, Buena [illegible] cia Barnes, Manchester Regional 12.67. 3-Neke Moore, Northern Burlington 12.83. 4-Michele Satine, Glen Rock 12.87. 5-Laverne Haines, West Deptford 12.90. 6-Renee Herbert, Pequannock 12.92.

200-METER DASH: 1-Tamika Nelson, Buena 25.9. 2-Michelle Stein, Glen Rock 26.2. 3-Tracie Barnes, Manchester Regional 26.5. 4-Mary O'Neil, River Dell 26.7. 5-Leela Ferguson,, Gateway 26.9. 6-Renee Herbert, Pequannock 26.9.

400-METER RUN: 1-Claudean Osbourne, Asbury Park 58.9. 2-Cindy Szymanski, Clearview 59.0. 3-Alisha Lawson, Buena 59.9. 4-Leela Ferguson, Gateway 1:00.3. 5-Michele Satine, Glen Rock 1:00.4. 6-Holly Jorgenson, Delaware Valley 1:00.4.

800-METER RUN: 1-Velieta Graham, Asbury Park 2:21.28. 2-Cindy Szymanski, Clearview 2:22.0. 3-Claudean Osbourne, Asbury Park 2:25.45. 4-Erin Koster, Glen Rock 2:28.29. 5-Jenni Heim, Summit 2:28.82. 6-Courtney Baugh, Mendham 2:28.85.

1,600-METER RUN: 1-Velieta Graham, Asbury Park 5:19.78. 2-Courtney Baugh, Mendham 5:20.61. 3-Lauren Whitehead, Mendham 5:25.13. 4-Becca Davis, Ridge 5:25.25. 5-Carli Gallo, Mahwah 5:26.79. 6-Cathy Miller, Somerville 5:31.2.

3,200-METER RUN: 1-Carli Gallo, Mahwah 11:37.33. 2-Velieta Graham, Asbury Park 11:40.16. 3-Lauren Whitehead, Mendham 11:40.83. 4-Lizzy Russo, South Plainfield 11:40.83. 5-Sarah Foster, Princeton 12:06.32. 6-Tracey Hammond, Mahwah 12:14.77.

100-METER HIGH HURDLES: 1-Tamika Nelson, Buena 15.02. 2-Deona Coles, Asbury Park 15.80. 3-Dawn Ryan, Hanover Park 16.23. 4-Kelly Nugent, Kittatinny 16.44. 5-Renee Herbert, Pequannock 16.49. 6-Alley Penningroth, Princeton 16.64.

400-METER INTERMEDIATE HURDLES: 1-Deona Coles, Asbury Park 1:05.2. 2-Molly Fowler, Clearview 1:06.2. 3-Kelly Nugent, Kittatinny 1:06.5. 4-Natatili Stanford, Carteret 1:07.4. 5-Alley Penningroth, Princeton 1:07.6. 6-Laura Boniello, Buena 1:08.3.

HIGH JUMP: 1-Kerry O'Gwen, Ridge 5-4. 2-Shatich Rivers, Moorestown 5-4. 3-Kristina Hartel, Kingsway 5-2. 4-Jessica Ramirez, Mahwah 5-2. 5-Marie Greaux, Ridgefield Park, and Joyce Joseph, New Brunswick 5-0.

LONG JUMP: 1-Neke Moore, Northern Burlington 17-0¼. 2-Keri Hollister, Allentown 16-9. 3-Shatich Rivers, Moorestown 16-8½. 4-Natatili Stanford, Carteret 16-2½. 5-Mary Ellen Anderson, Pinelands 15-10½. 6-Renee Herbert, Pequannock 15-8½.

SHOT PUT: 1-Alley Penningroth, Princeton 39-4¼. 2-Keri Hollister, Allentown 37-1 3/4. 3-Celeste Battle, Kingsway 36-10¾. 4-Tammy Nittoli, Morris Hills 36-6¼. 5-Denise Scarbrough, Salem 34-0¾. 6-Sue Albert, Pequannock 34-0½.

DISCUS: 1-Sue Albert, Pequannock 110-10. 2-Kiki Bucha, Summit 110-0. 3-Denice Scarbrough, Salem 105-8. 4-Melissa Maldonado, Pascack Hills 104-6. 5-Florence Seraphin, Asbury Park 103-11. 6-Kim Wolfer, Allentown 103-8.

JAVELIN: 1-Stacie Gado, Wallkill Valley 141-5. 2-Katie White, West Deptford 131-8. 3-Kristy Nukk, Mahwah 123-3. 4-Tricia Anderson, Cinnaminson 121-0. 5-Kathy Guimes, Ridgefield Park 109-8. 6-Joanna Richards, Woodstown 109-3.

GROUP 1

100-METER DASH: 1-Mieaha Camper, Florence 12.25. 2-Candyce DeLoatch, Schalick 12.57. 3-Petrina DiOrio, Maple Shade 12.71. 4-Eileen Scully, Verona 12.84. 5-Cathryn DiLatush, Kinnelon 12.90. 6-Heather Dugan, New Providence 12.92.

200-METER DASH: 1-Candyce DeLoatch, Schalick 25.94. 2-Lisa Hornick, Metuchen 26.26. 3-Fateen Baaith, Pleasantville 26.45. 4-Eileen Scully, Verona 26.47. 5-Chanel Fortune, Paulsboro 26.73. 6-Karen Carniol, Glen Ridge 26.93.

400-METER RUN: 1-Sahar Baaith, Pleasantville 58.56. 2-Lisa Hornick, Metuchen 58.74. 3-Heather Dugan, New Providence 1:00.20. 4-Kim Evans, Schalick 1:00.95. 5-Meg Stevens, Montgomery 1:01.28. 6-Carolyn King, Glen Ridge 1:01.49.

800-METER RUN: 1-Megan Walsh, Bernards 2:26.45. 2-Julie Bernetich, Haddonfield 2:27.63. 3-Kelsey Bartuss, Bernards 31.72. 4-Sandy Echeverri, Secaucus 2:31.8. 5-Audrey Ting, Secaucus 2:31.86. 6-Liz Gruenfeld, Metuchen 2:33.77.

1,600-METER RUN: 1-Kerry Moore, Midland Park 5:15.79. 2-Jessica King, Glen Ridge 5:18.36. 3-Kelsey Barfuss, Bernards 21.03. 4-Julie Bernetich, Haddonfield 5:21.28. 5-Meaghan Walsh, Bernards 5:24.88. 6-Jen Rafferty, Riverside 5:29.40.

3,200-METER RUN: 1-Jessica King, Glen Ridge 11:31.86. 2-Kelsey Barfuss Bernards 11:35.83. 3-Mary Newman, Highland Park 11:38.14. 4-Kerry Moore, Midland Park 11:43.59. 5-Lisa Anderson, Rumson 11:48.87. 6-Jen Rafferty, Riverside 11:50.50.

100-METER HIGH HURDLES: 1-Andrea Jensen, New Providence 15.66. 2-Cory Taylor, Madison Borough 15.70. 3-Shannon Dillon, New Milford 15.79. 4-Maabo Ludze, Maple Shade 16.33. 5-Kerry Wasser, Saddle Brook 16.68. 6-Sharon Kwiatkowski, Spotswood 16.83.

400-METER INTERMEDIATE HURDLES: 1-Andrea Jensen, New Providence 1:04.66. 2-Shannon Dillon, New Milford 1:05.8. 3-Kathy Brodka, Manville 1:06.05. 4-Cory Taylor, Madison Borough 1:06.54. 5-Melissa Eiring, Spotswood 1:08.4. 6-Dominique Pino, Montgomery 1:09.32.

HIGH JUMP: 1-Kerry Wasser, Saddle Brook 5-2. 2-Sarah Glass, Bernards 5-0. 3-Alana Costantino, Bound Brook; Carolyn King, Glen Ridge, and Shannon Dillon, New Milford 4-10. 6-Tara Farkus, New Providence 4-10.

LONG JUMP: 1-Jodi Pruder, Dayton Regional 16-9. 2-Jen Hettel, Wallington 16-9. 3-Dori Wright, Paulsboro 15-7¼. 4-Gina Rowe, Clayton 15-7¼. 5-Kristin Curran, Highland Park 15-4. 6-Sontrice Richardson, Bound Brook 15-3¾.

SHOT PUT: 1-Frances Smith, Science 37-7¾. 2-Marissa Stocklin, Montgomery 35-1½. 3-Tina Richardson, Science 34-10¾. 4-Elba Delavina, Glen Ridge 33-4. 5-Shawna Peoples, Bound Brook 33-1. 6-Marie Remiggio, Bogota 33-0½.

DISCUS: 1-Adwon Asa-Awuku, New Milford 112-3. 2-Brooke Speers, Haddon Heights 110-1. 3-Alana Costantino, Bound Brook 105-0. 4-Nancy Belbo, Hasbrouck Heights 104-0. 5-Tina Richardson, Science 103-3. 6-Paige Cokos, Haddonfield 101-9.

PAROCHIAL A

TEAMS: 1-Notre Dame 91. 2-Holy Cross 74. 3-Paul VI 62. 4-St. Dominic 57. 5-Red Bank Catholic 33. 6-Holy Spirit 30. 7-Holy Angels 25. 8-Immaculate Heart 24. 9-Queen of Peace 20. 10-Msgr. Donovan 16. 11-Camden Catholic 2.

100-METER DASH: 1-Cristina Hernandez, St. Dominic 13.02. 2-Jobena Tabron, Notre Dame 13.14. 3-Jen McCormac, Paul VI 13.25. 4-Sherri Quarles, Holy Cross 13.28. 5-Teresa Dansbary, Camden Catholic 13.36. 6-Amy Sutton, Holy Angels 13.75.

200-METER DASH: 1-Jacuay Reid, Paul VI 27.04. 2-Sherri Quarles, Holy Cross 27.23. 3-Jobena Tabron, Notre Dame 27.57. 4-Melissa Audige, Montclair Immaculate 28.15. 5-Tracey Ziomek, Queen of Peace 28.49. 6-Paige Stranko, Holy Cross 29.04.

400-METER RUN: 1-Cheri Selby, St. Dominic 1:00.06. 2-Jenise DeFilippis, Msgr. Donovan 1:01.30. 3-Rita McCarthy, St. Dominic 1:01.71. 4-Kristin Elia, Paul VI 1:02.69. 5-Joanna Salapska, St. Dominic 1:03.45. 6-Corey Hribar, Notre Dame 1:03.76.

800-METER RUN: 1-Kari Vigerstol, Holy Cross 2:18.92. 2-Jean Readie, Queen of Peace 2:19.27. 3-Denise Larsson, Notre Dame 2:26.92. 4-Kelly McCabe, Notre Dame 2:27.94. 5-Chrissy Robertson, Holy Cross 2:28.36. 6-Jen Harris, Paul VI 2:29.11.

1,600-METER RUN: 1-Kari Vigerstol, Holy Cross 5:08.60. 2-Martina Brasnahan, Immaculate Heart 5:13.67. 3-Mary Pat Erickson, Red Bank Catholic 5:18.67. 4-Danielle Rollick, Paul VI 5:20.88. 5-Jerilyn Frattalone, Red Bank Catholic 5:22.01. 6-Michyio Kawasaki, Immaculate Heart 5:24.53.

3,200-METER RUN: 1-Mary Pat Erickson, Red Bank Catholic 11:17.44. 2-Michelle Dippolito, Holy Cross 11:27.70. 3-Kelly McCabe, Notre Dame 11:34.17. 4-Regina Gonzales, Holy Angels 11:34.60. 5-Michiyo Kawasaki, Immaculate Heart 11:39.51. 6-Jenn Middleton, Notre Dame 11:51.54.

100-METER HIGH HURDLES: 1-Cheri Selby, St. Dominic 15.60. 2-Amy Henshall, Paul VI 16.19. 3-Karen Middleton, Notre Dame 16.37. 4-Christine Grecco, Red Bank Catholic 16.52. 5-Rose Vidal, Notre Dame 16.79. 6-Julie McGuigan, Holy Spirit 17.14.

400-METER HURDLES: 1-Cheri Selby, St. Dominic 1:07.67. 2-Emma France, Immaculate Heart 1:08.12. 3-Rose Vidal, Notre Dame 1:08.59. 4-Amy Henshall, Paul VI 1:10.17. 5-Karen Middleton, Notre Dame 1:10.57. 6-Christine Grecco, Red Bank Catholic 1:12.22.

HIGH JUMP: 1-Kim Stoll, Holy Spirit 5-6. 2-Jen Molinelli, Msgr. Donovan 5-4. 3-Anita Marino, Paul VI, and Judy Sweet, Holy Cross 4-10. 5-Jean Readie, Queen of Peace 4-10. 6-Rose Vidal, Notre Dame 4-10.

LONG JUMP: 1-Kim Stoll, Holy Spirit 16-9¾. 2-Christine Grecco, Red Bank Catholic 16-1¾. 3-Karen Middleton, Notre Dame 15-11½. 4-Amy Sutton, Holy Angels 15-6¾. 5-Jen McCormack, Paul VI 15-6. 6-Cheri Selby, St. Dominic 15-3½.

SHOT PUT: 1-Sandi Ruple, Holy Cross 32-7. 2-Sue Hoffman, 32-1. 3-Erin Belz, Notre Dame 31-11. 4-Tanya Parrotta, Notre Dame 31-5¼. 5-Elandra Farrior, Notre Dame 30-0¾. 6-Heather Carney, Paul VI 29-5½.

DISCUS: 1-Tonya Parrotta, Notre Dame 98-3. 2-Sue Hoffman, Holy Angels 96-8. 3-Erin Belz, Notre Dame 94-3. 4-Elandra Farrior, Notre Dame 91-10. 5-Christine Greco, Red Bank Catholic 91-0. 6-Sandi Ruple, holy Cross 89-0.

JAVELIN: 1-Sandi Ruple, Holy Cross 100-4. 2-Lauren Mazurkiewicz, Queen of Peace 100-2. 3-Patty Walter, Paul VI 100-1. 4-Jen McGuigan, Holy Spirit 99-2. 5-Tanya Parrotta, Notre Dame 90-6. 6-Keri Lowndes, Holy Spirit 90-3.

1,600-METER RELAY: 1-Paul VI (Jen McCormac, Amy Henshall, Danielle Rollick and Jacquay Reid) 4:10.2. 2-St. Dominic 4:12.6. 3-Holy Cross 4:16.6. 4-Holy Spirit 4:16.8. 5-Notre Dame 4:19.4. 6-Immaculate Heart 4:21.7.

PAROCHIAL B

TEAMS: 1-Morris Catholic 107. 2-Bishop Eustace 80. 3-Mater Dei 43. 4-Pope John 38. 5-Montclair Immaculate 33. 6-Roselle Catholic 25. 7-Marist 24. 8-Pingry 19. 9-Paterson Catholic 18. 10-Dwight-Englewood 15. 11-Union Catholic 13. 12-St. Rose 7. 13-Sacred Heart 6. 14-Wildwood Catholic, St. Mary's (J.C.) and DePaul 2.

100-METER DASH: 1-Vanessa Lewis, Morris Catholic 12.13 record; former record 12.2, Talisa Lawson, Roselle Catholic, 1987. 2-Dine Potter, Marist 12.50. 3-Pasha Summers, Montclair Immaculate 12.80. 4-Shalane Ward, Paterson Catholic 12.98. 5-Carla Cianciarulo, Bishop Eustace 13.01. 6-Loraine Kolibas, Roselle Catholic 13.08.

200-METER DASH: 1-Vanessa Lewis, Morris Catholic 24.5 record; former record 25.0, Talisa Lawson, Roselle Catholic, 1985. 2-Dine Potter, Marist 25.0. 3-Pasha Summers, Montclair Immaculate 26.63. 4-Shalane Ward, Paterson Catholic 26.75. 5-Romelin Bueno, St. Mary's (J.C.) 26.7 (hand time). 6-Carla Cianciarulo, Bishop Eustace 27.16.

400-METER RUN: Vanessa Lewis, Morris Catholic 56.92 record; former record 58.03, Dine Potter, Marist, 1992. 2-Dine Potter, Marist 57.71. 3-Christina Suggs, Sacred Heart 1:03.47. 4-Dina DaCosta, Morris Catholic 1:04.27. 5-Lesley McDonald, Roselle Catholic 1:04.75. 6-Kristin Ryan, Bishop Eustace 1:04.84.

800-METER RUN: Kelly Dobson, Mater Dei 2:22.24. 2-Kathleen Linck, Bishop Eustace 2:25.67. 3-Cathy O'Brien, Morris Catholic 2:29.17. 4-Erin Melifont, Pope John 2:30.20. 5-Patty Hegarty, Morris Catholic 2:33.03. 6-Meghan Fay, Bishop Eustace 2:35.37.

1,600-METER RUN: 1-Kathleen Linck, Bishop Eustace 5:10.21 record; former record 5:12.7, Shannon Wrucke, Mater Dei, 1986. 2-Roxanne Hughes, Bishop Eustace 5:33.0. 3-Cathy O'Brien, Morris Catholic 5:42.05. 4-Vicky Paladino, Morris Catholic 5:45.2. 5-Eileen Cona, DePaul 5:47.34. 6-Maggie Ward, St. Rose 5:50.55.

3,200-METER RUN: 1-Roxanne Hughes, Bishop Eustace 11:41.57. 2-Cathy O'Brien, Morris Catholic 11:46.69. 3-Maria Gutowski, Bishop Eustace 11:52.94. 4-Mande Melchior, Bishop Eustace 12:01.79. 5-Katie Cieplik, Morris Catholic 12:13.34. 6-Vicki Paladino, Morris Catholic 12:14.07.

100-METER HIGH HURDLES: 1-Rasheedah Brown, Roselle Catholic 16.57. 2-Melissa Tulig, Pope John 16.78. 3-Patty Maurer, Roselle Catholic 16.84. 4-Kara Olivo, Morris Catholic 17.34. 5-Maureen Munday, Mater Dei 17.35. 6-Jain Lattes, Dwight-Englewood 17.71.

400-METER LOW HURDLES: 1-Kelly Dobson, Mater Dei 68.25. 2-Jen Brown, Pingry 69.91. 3-Melissa Tulig, Pope John 70.39. 4-Meaghan McGovern, St. Rose 70.70. 5-Maria Hendricks, Bishop Eustace 71.92. 6-Maureen Munday, Mater Dei 73.59.

HIGH JUMP: 1-Maria Hendricks, Bishop Eustace 5-0. 2-Erin Sharkey, Pope John 4-10. 3-Jain Lattes, Dwight-Englewood 4-10. 4-Emily Bienko, Pope John 4-8. 5-Lisa Grassi, Wildwood Catholic 4-8. 6-Heather Tyrell 4-8.

LONG JUMP: 1-Vanessa Lewis, Morris Catholic 16-9. 2-Jain Lattes, Dwight-Englewood 15-10. 3-Jaime Welsch, Morris Catholic 15-6. 4-Carrie Duzenski, Bishop Eustace 15-3½. 5-Patty Maurer, Roselle Catholic 15-1½. 6-Pasha Summers, Montclair Immaculate 15-1.

SHOT PUT: Donna Perrone, Bishop Eustace 33-0. 2-Candice Hall, Union Catholic 32-11¾. 3-Emily Rogic, Morris Catholic 32-9. 4-Pasha Summers, Montclair Immaculate 32-2½. 5-Ann Schwartz, St. Rose 31-2½. 6-Nicole Taylor, Montclair Immaculate 30-8.

DISCUS: 1-Jenn Brzucki, Mater Dei 119-1 record; former record 115-6, Laura Boms, Mater Dei, 1990. 2-Nicole Taylor, Montclair Immaculate 101-0. 3-Dara Frimmer, Pingry 99-10. 4-Candy Hall, Union Catholic 99-1. 5-Erin Sharkey, Pope John 93-3. 6-Shannon Mason, Montclair Immaculate 91-10.

JAVELIN: 1-Jenn Brzucki, Mater Dei 99-3. 2-Emily Rogic, Morris Catholic 98-2. 3-Rachel Wright, Montclair Immaculate 94-11. 4-Anja Hubacher, Pingry 89-4. 5-Janet Hassenplug, Morris Catholic 88-10. 6-Candice Hall, Union Catholic 82-0.

1,600-METER RELAY: 1-Paterson Catholic (Carolee Jarrett, Patricia Byrd, April Lowe and Shantal Watson) 4:18.49. 2-Morris Catholic 4:20.35. 3-Pope John 4:21.60. 4-Roselle Catholic 4:21.67. 5-Bishop Eustace 4:23.40. 6-Pingry 4:25.56.

1,600 relay — 1, Buena (Alisha Lawson, Aisha Lawson, Claudine Smith, Laura Bonilello), 4:07.88; 2, Asbury Park, 4:14.83; 3, Glen Rock (Erin Koster, Ashley Marquard, Sabrina Luciano, Michele Saline), 4:15.93; 4, Kingsway, 4:16.93; 5, Summit, 4:17.00; 6, Clearview, 4:21.02 GROUP I

1,600 relay — 1, Pleasantville (Donnesha Johnson, Natalee Edwards, Faleen A. Baaith, Sahar A. Baaith), 4:07.05; 2, Metuchen, 4:12.17; 3, New Providence, 4:12.53; 4, Schalick, 4:17.91; 5, Science, 4:19.02; 6, Montgomery, 4:19.48 GROUP II

Ridgewood star is 1,600 champ

By DANNY CAFARO
Staff Writer

SOUTH PLAINFIELD — Jenna Rogers has an ultra-sweet demeanor that seems to contradict her spirited competitive streak. Apparently she also has an extra long modest streak.

"I don't consider myself that strong in the mile," the Ridgewood junior said Saturday after winning the State Group 4 girls 1,600-meter championship in 5 minutes, 8.82 seconds. "I get more nervous because it's shorter. My strength is endurance more than speed."

Rogers combined both elements with an unplanned strategy to make up for a sluggish start in the first 400 meters.

GIRLS TRACK

"The first lap I was boxed in," said the 5-foot-9 blonde, who paced Ridgewood to a fourth-place finish. "But then I realized I had to get out of the pack. Sometimes I run too fast in the first lap so it kind of helped me."

Rogers said she wanted to do better after finishing second in the two-mile run on Friday to four-time State champion Monal Chokshi of Bridgewater-Raritan.

"I was close to her but I got caught up in what she was going to do instead of running my race," said Rogers, who said she was somewhat in awe of Chokshi, who is headed to Stanford on a full scholarship.

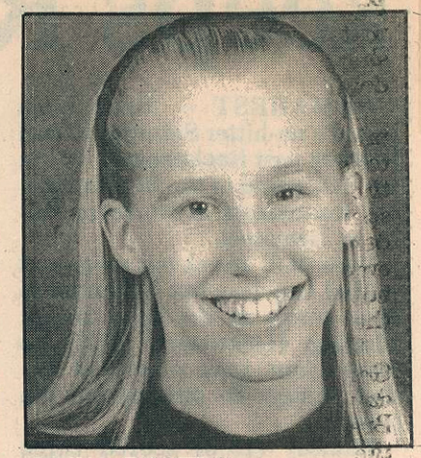
Rogers' success in the mile has her undecided over which event she will enter in the State Meet of Champions on Wednesday.

"I thought the two mile was my race, but now I'm not so sure," said Rogers, who ran a 10:58.8 mile in the Bergen Meet of Champions on Tuesday. "I might consider the mile instead."

Midland Park's Kerry Moore defended her State Group 1 title in the 1,600-meter run. Her time (5:15.79) was two seconds slower than her personal best, which she set in Tuesday's Bergen Meet of Champions.

"The breeze on the back stretch helped me breathe a little easier," said Moore, who took fourth in the two mile on Friday. "But it might have slowed me a little."

Moore has an unusual method of motivating herself. She writes her ideal split times on her hand. After each quarter she glances at the times to make sure she is on pace.



JENNA ROGERS
Wins 1,600 meters

"It keeps me on top of the times I'm shooting for," Moore said with a shrug and a smile.

Why mess with success?

Manchester's Tracia Barnes took second in the Group 2 100 and third in the 200.

"I'm happy I made it this far, but I could have done better," said Barnes, a junior transfer from Paterson Catholic. "Believe me, I'll be back."

Shannon Dillon ran a superb race in the 400 low hurdles to place second and lead New Milford to a third-place finish in Group 1.

Glen Rock's Michelle Stein was edged by three-tenths of a second in the 200-meter run as the Rockers placed fourth, one point ahead of Mahwah (23) in Group 2.

Jennifer Russo earned a silver medal with a 123-foot, 2-inch javelin throw as Wayne Valley placed fifth in Group 3.

Hasbrouck Heights basketball star Nancy Belbo, a first-year track athlete, placed second in the Group 1 javelin with a throw of 124 feet, 6 inches.

"There's no telling what she would have done had she been out for four years," Hasbrouck Heights coach Jeff Kresch said.

Kennedy's 1,600 relay team of Nicole Carmichael, Simone Gayle, Connetta Hicks, and Joy Belgrave finished second.

Wallington's Jen Hettel took second in the long jump (16-9).

Summaries on S-19

STATE MEET OF CHAMPIONS SOUTH PLAINFIELD

Renee Pavelski 400 IH 1:05.5 8th in state
(7.10,4.99,5.19,5.40,5.62,5.71,6.02,6.08,6.11,6.41,6.79)

Claire Blaney 800 meters 2:22.8 12th in state
(31.1,35.8,37.6,38.5)

Jenna Rogers 1600 meters 5:03.47 FAT 3rd in state
(71.4,77.3,78.2,77.6,)

Steph Doyle 1600 meters 5:24.2 15th in state
(71.4,81.5,86.9,84.4)

4X400 meters 4:02.0 9th in state
Renee Pavelski - 60.0
Gizelle Watson - 62.0
Claire Blaney - 60.8
Melissa Gilbert- 59.3

STATE MEET OF CHAMPIONS

BOYS

110 hurdles — 1. Kyle Matlock, Ewing 14.02; 2. Donovin Darius, Woodrow Wilson 14.11; 3. Robert Allen, Buena 14.29; 4. Preston Beckley, Eastern 14.30; 5. Desmond Powell, Oakcrest 14.34; 6. Carl Eklof, Middletown South 14.54.

400 hurdles — 1. Anthony Hampton, Dwight Morrow 52.37; 2. Donovin Darius, Woodrow Wilson 53.01; 3. Erik Bowser, Scotch Plains 53.95; 4. Aaron Smith, Montclair 54.41; 5. (tie) Hakim Lundy, Franklin and Jason Ellis, Lakewood 54.7.

100 — 1. Bobby Orro, Pemberton 10.66; 2. Tony Luny, Franklin 10.91; 3. Derek Ward, Kingsway 10.92; 4. Kevin Rembert, Passaic 10.93; 5. Joe Dawkins, Hackensack 10.94; 6. Ramone Worthy, Woodrow Wilson 11.05.

200 — 1. Steve Harper, Atlantic City 21.77; 2. Byron Johnson, Asbury Park 21.88; 3. Tony Lundy, Franklin 22.13; 4. Dennis Sturdivant, Vineland 22.17; 5. Kokia Shanks, Weequahic 22.22; 6. Ronnie McBride, Hopatcong 22.29.

400 — 1. Barry Douglas, Willingboro 48.12; 2. Kevin Hampson, Newark West Side 48.86; 3. Ronnie McBride, Hopatcong 48.93; 4. Charles Simpson, Lenape 49.07; 5. Steve Harper, Atlantic City 49.57; 6. James White, Snyder 49.59.

800 — 1. Rick Pilchman, Caldwell 1:53.46; 2. Steve Jacob, Metuchen 1:54.40; Damon Morris, Kingsway 1:55.61; 4. Brian Viscomi, Kittatinny 1:55.62; 5. Chris Cooke, Essex Catholic 1:56.20; 6. Brikan Gibbs, Randolph 1:56.21.

1,600 — 1. Bob Keino, Ridgewood 4:11.42; 2. Rich Morris, Jackson 4:11.78; 3. Jim Graves, Middletown South 4:18.04; 4. Doug Walsh, Carteret 4:20.64; 5. Scott McDonnell, Mount Olive 4:21.91; 6. Sean Durkin, Don Bosco 4:22.31.

3,200 — 1. Per Chilstrom, Columbia 9:26.07; 2. Sean Durkin, Don Bosco 9:26.61; 3. Tony Barroco, Kearny 9:30.97; 4. Mike Andino, Memorial 9:32.22; 5. Geoff Wayton, Mainland 9:32.48; 6. Matt Brill, Sterling 9:33.03.

Shot put — 1. Tyrone Garland, Matawan 63-5 3/4; 2. Dave Biles, Linden 58-8 3/4; 3. Michael Craig, Trenton 58-1; 4. Adam Slaninko, St. Joseph's 56-1 1/2; 5. Romel Cureton, Shabazz 56-1 1/2; 6. Bob Bohlman, Edgewood 55-9 1/4.

Discus — 1. Tyrone Garland, Matawan 176-1; 2. Larry Cornelius, Howell 172-11; 3. Ray Wilks, Bridgeton 172-3; 4. Mike Craig, Trenton 168-4; 5. Erick Swartz, Dayton 164-8; 6. Karengton Gilder, Elizabeth 162-2.

Javelin — 1. Anthony Haynes, Ridgefield Park 200-10; 2. Jon Griffin, Bridgeton 198-0; 3. Cornelius Cruz, Oakcrest 194-9; 4. Art Dreher, Englewood 186-2; 5. Gerard Sessa, Morris Hills 185-3; 6. Mike Johnson, Pope John 183-1.

High jump — 1. Darius Pemberton, Hackensack 6-10; 2. Mike Starks, Haddon Heights 6-10; 3. Andrew Damberville, West Orange 6-8; 4. Jamil Sanders, Bridgeton 6-6; 5. (tie) Sean Morton, Willingboro and Ed Watts, South Brunswick 6-6.

Long jump — 1. Preston Beckley, Eastern 23-11; 2. Darius Pemberton, Hackensack 23-3 1/2; 3. Brian Bonser, Walkill Valley 22-4 1/2; 4. Darryl Lovely, Plainfield 22-4; 5. Jason Gregory, Vineland 22- 3/4; 6. Glenn Murray, Sterling 21-9 1/2.

Pole vault — 1. Jason King, Lenape 15-4; 2. (tie) Chris Wise, Lenape and Brian Horne, Palmyra 13-6; 4. Peter Ciaglia, Long Branch 13-6; 5. (tie) Marco Morsella, Lyndhurst; Charles Parker, Rumson; Jared Rose, East Brunswick; Matt Dixon, Bridgeton; Joe Russo, Bound Brook; Rich Bruno, Holmdel 13-0.

1,600 relay — 1. Willingboro (Brian Pitt, Scott Jones, Kenyon Reid, Barry Douglass) 3:16.87; 2. Lakewood 3:18.73; 3. Franklin 3:18.76; 4. Bergen Catholic 3:20.25; 5. Montclair 3:20.70; 6. Overbrook 3:21.45.

GIRLS

100 hurdles — 1. Tracey Terry (J.P. Stevens) 14.49, 2. Tiffany Anglin (Montclair) 14.62, 3. Lakisha Powell (Delsea) 14.79, 4. Jocelyn Harris (Franklin) 14.93, 5. Connie Lobb (Roxbury) 14.95, 6. Ruth Doe (Passaic) 14.99.

400 hurdles — 1. Angela Lee (Franklin) 1:01.30, 2. Minee Blamo (Trenton) 1:02.31, 3. Tomoko Jensen-Otsu (Shawnee) 1:04.17, 4. LaRae Grey (Willingboro) 1:04.32, 5. Deona Coles (Asbury Park) 1:04.56, 6. Andrea Jensen (New Providence) 1:04.74.

100 — 1. Inshalla Saunders (Plainfield) 11.98, 2. Minee Blamo (Trenton) 12.14, 3. Vanessa Lewis (Morris Catholic) 12.14, 4. Rea Mann (Red Bank) 12.34, 5. Darrlea Pigott (West Orange) 12.44, 6. Jocelyn Harris (Franklin) 12.53.

200 — 1. Inshallah Saunders (Plainfield) 24.77, 2. Vanessa Lewis (Morris Catholic) 24.84, 3. Nicole Carmichael (JFK-Paterson) 25.14, 4. Nicky Martin (Lakewood) 25.38, 5. Dine Porter (Marist) 25.40, 6. Minee Blamo (Trenton) 25.42.

400 — 1. Dana Riley (Teaneck) 55.41, 2. Kisha Blanton (Neptune) 56.11, 3. Dine Porter (Marist) 56.34, 4. Chantell Parks (Camden) 57.40, 5. Vanessa Lewis (Morris Catholic) 57.58, 6. Cheri Selby (St. Dominic) 58.62.

800 — Velieta Graham (Asbury Park) 2:14.19, 2. Tracy Pombo (Vernon) 2:15.05, 3. Shelly Solheim (Ocean City) 2:15.37, 4. Adria Ferguson (Old Tappan) 2:15.83, 5. Jean Readie (Queen of Peace) 2:17.55, 6. Kisha Blanton (Neptune) 2:18.20.

1,600 — 1. Kari Vigerstol (Holy Cross) 5:00.85, 2. Liz Moore (Shawnee) 5:01.63, 3. Jenna Rogers (Ridgewood) 5:03.47, 4. Martina Brasnahan (Immaculate Heart) 5:05.15, 5. Kerry Moore (Midland Park) 5:08.14, 6. Megan Hartman (Ocean City) 5:08.19.

3,200 — 1. Monal Chokshi (Bridgewater-Raritan) 10:45.27, 2. Ali Foreman (Mainland) 11:12.01, 3. Amy Mizzone (Wayne Valley) 11:17.78, 4. Erin Quinn (Ocean Twp.) 11:20.69, 5. Michelle Dippolito (Holy Cross) 11:22.01, 6. Tara Pontin (Hamilton North) 11:24.08.

Shot put — 1. Nicole Sims (Plainfield) 44-3, 2. Kim Hicks (Plainfield) 43-9 1/2, 3. Ailey Penningroth (Princeton) 39-10, 4. Tara Hallowell (Trenton) 39-7, 5. Lorraine Smith (Watchung Hills) 38-11 3/4, 6. Trisha Harris (Marlboro) 38-6 1/2.

Discus — 1. Trisha Harris (Marlboro) 127-8, 2. Jen Brzucki (Mater Dei) 126-9, 3. Brooke Speers (Haddon Heights) 116-9, 4. Brenda Starr (Montville) 116-1, 5. Tara Hallowell (Trenton) 114-6, 6. Amndi Plawner (East Brunswick) 111-11.

Javelin — 1. Stacie Gado (Walkill Valley) 131-0, 2. Dawn Dale (Toms River North) 130-2, 3. Tina Gennat (Fair Lawn) 124-10, 4. Jackie Davis (Hamilton North) 123-5, 5. Katie White (West Deptford) 123-0, 6. Alana Constantino (Bound Brook) 119-0.

High jump — 1. Kim Stoll (Holy Spirit) 5-8, 2. Joi Johnson (Ocean City) 5-6, 3. Elana Chomiszak (Linden) 5-6, 4. Michelle Dudzinski (Passaic Valley) 5-6, 5. Kerry O'Gwenn (Ridge) 5-4, 6. Michele Dette (Wayne Valley) and Jen Molinelli (Monsignor Donovan) 5-2.

Long jump — 1. Demeika Tweedy (Plainfield) 19-3 3/4, 2. Nena Moore (Cherry Hill West) 18-2 1/4, 3. Natatili Stanford (Carteret) 18-1 1/4, 4. Tika Bryant (Bridgeton) 17-11 3/4, 5. Vinetta Gordon (Montclair) 17-9 1/2, 6. Jen Hettel (Wallington) 17-8 1/4.

1,600 relay — 1. Willingboro (Sha Bright, Tasha Minkins, Tiffany Brisban, LaRae Grey) 3:52.06, 2. Camden 3:56.74, 3. Weequahic 3:57.55, 4. Neptune 3:58.38, 5. Plainfield 4:00.17, 6. Buena 4:01.46

USATJ NEW JERSEY CHAMPIONSHIP TRENTON STATE COLLEGE 6/13/93

Renee Pavelski

Javelin 21.66
(17.85,17.57,18.41,21.36,21.66,16.29

Long Jump 4.32 (14'2")
(4.07,4.22,4.32)

100 Hurdles 16.29 FAT 3rd overall
2nd in NJ

GIRLS EASTERN STATES CHAMPIONSHIP MITCHEL FIELD
6/15/93 UNIONDALE, LONGISLAND

Renee Pavelski

High Jump 5'0"
800 meters 2:19.93 FAT 6th

Jenna Rogers

3000 meters 10:13.03 FAT 1st
(75.0,83.3,82.0,82.8,82.5,82.5,82.1,42.8)

Rogers, Gennat winners at Eastern States meet

TRACK

UNIONDALE, N.Y. — Two Bergen County competitors made strong showings Tuesday at the Eastern States Girls Track and Field Championships.

Ridgewood's Jenna Rogers was one of the first-place finishers, taking top honors in the 3,000 meters in 10:13.03. Fair Lawn's Tina Gennat also earned first-place laurels, winning the javelin with a toss of 127 feet, 9 inches.

Michele Dette of Wayne Valley placed third in the long jump (17-1) and 10th in the high jump (5-2). Passaic Valley's Michele Dudzinski finished third in the high jump (5-6).

Hackensack's Beth Crusius was fifth in the discus (109-8), Ridgewood's Renee Pavelski sixth in the 800 meters (2:19.93), and Ramsey's Allison Posanowski took eighth (2:22.80).

USA Junior Championships -Spokane, Washington -June 26, 1993

Heptathlon Division: Women EVENT # 50

----Clerk of the Course (c) 1991 Tournament Specialists-----

ENTRANT # NAME AFFIL PLACE MARK

---------- Clerk of the Course (c) 1991 Tournament Specialists ----------

ENTRANT / AFFILIATION		TOTAL	100m Hdl	High Jum	Shot Put	200m Das	Long Jum	Javelin	800m Run
Melissa Flandera Magnificat HS	# 109	(5086)	14.47 (913)	1.62 (759)	12.34 (684)	25.85 (810)	5.61 (732)	32.58 (526)	2:32.50 (662)
Nicole Haynes USC	# 51	(4913)	15.13 (825)	1.56 (689)	11.20 (608)	26.62 (744)	5.47 (691)	42.00 (706)	2:33.45 (650)
Tiffany Lott Pine View HS	# 156	(4910)	14.41 (921)	1.60 (736)	10.76 (579)	26.44 (759)	5.23 (623)	39.78 (663)	2:35.25 (629)
Susie Keller Harvey HS	# 438	(4896)	15.09 (830)	1.68 (830)	10.06 (533)	26.54 (751)	5.06 (576)	33.66 (546)	2:19.50 (830)
Melanie Sklepko Jaguars TC	# 45	(4834)	15.06 (834)	1.58 (712)	8.67 (443)	26.14 (785)	5.35 (657)	36.70 (604)	2:21.85 (799)
Norine Nadeau Bucknell	# 176	(4514)	15.91 (725)	1.58 (712)	9.49 (496)	27.31 (686)	5.02 (565)	38.60 (640)	2:30.21 (690)
Candace Mason UNATTACHED	# 181	(4513)	15.55 (770)	1.68 (830)	8.60 (438)	27.11 (703)	5.05 (573)	29.50 (467)	2:26.91 (732)
Shania Hambrick Moreno Valley HS	# 296	(4434)	15.48 (779)	1.68 (830)	8.45 (428)	25.37 (853)	4.78 (500)	21.38 (315)	2:27.15 (729)
Aimee Stout Clemson	# 132	(4141)	15.31 (801)	1.48 (599)	10.04 (532)	27.66 (658)	4.93 (540)	22.86 (342)	2:31.95 (669)
Renee Pavelski Ridgewood HS	# 204	(4011)	16.13 (698)	1.56 (689)	8.06 (403)	27.61 (662)	4.77 (498)	19.56 (281)	2:23.22 (780)
Amber Lott Pine View HS	# 71	(4005)	15.54 (772)	1.58 (712)	7.42 (362)	26.56 (749)	4.79 (503)	22.70 (339)	2:40.46 (568)
Satsuki Mitchell Lake WA TC	# 111	(3017)	16.80 (619)	1.58 (712)	7.38 (359)	26.92 (718)	5.18 (609)		NO MARK

USA Junior Championships | Spokane, Washington | June 26, 1993
3000 Meters | Division: Women | EVENT # 28

Records -				
	World Jr.	: 8:40.22	Zola Budd, GBR	June 6, 1984
	USA Jr.	: 8:57.27	Ceci Hopp, Stanford	July 27, 1982
	American	: 8:25.83	Mary Decker, Athletics West	Sept. 7, 1985
	Stadium	: 9:36.75	Shelley Smathers, U of Mont.	1993

---------- Clerk of the Course (c) 1991 Tournament Specialists ----------

ENTRANT #	NAME	GR	AFFILIATION	PLACE	MARK
FINAL RESULTS					
313	Shelley Taylor		Arkansas	1	9:44.33
133	Amanda White		UNATTACHED	2	9:49.86
288	Sarah Brandy		Ashland HS	3	9:56.16
125	Stacy Swank		Rice	4	9:59.66
38	Julia Stamps		SR Express	5	10:02.54
205	Jenna Rogers		Ridgewood HS	6	10:09.73
164	Emily Nay		Capitol HS	7	10:13.72
136	Carisa Brown		Central Oregon	8	10:18.34
316	Amanda Warthan		Indiana Nike TC	9	10:38.49
39	Kim Nelson		Canyon HS	10	10:44.14
275	Nancy Keeler		Toledo	11	10:51.86
295	Kally Fischer		Missouri	12	11:00.90
56	Carrie Garritson		UNATTACHED		SCRATCHED
120	Karen Godlock		Polk Cty Blue Streaks		SCRATCHED

BERGEN GROUP 3-4

1. **Ridgewood** — Some solid performances at the Penn Relays followed by a rout of Clifton on Tuesday keep the Maroons on top. **(Points: 25)**

BERGEN GROUP 3-4

1. **Ridgewood** — The Maroons won medals in 13 of 15 events at the Bernards Invitational, with Renee Pavelski scoring an upset in the high hurdles. **(Points: 25)**

BERGEN GROUP 3-4

1. **Ridgewood** — The Maroons, who got 68 of a possible 72 points in the distance races, held off talented Passaic to win the NNJIL Atlantic crown. **(Points: 25)**

BERGEN GROUP 3-4

1. **Ridgewood** — The only team standing between the Maroons and a State sectional title appears to be Passaic. Jenna Rogers is quickly becoming one of the state's best distance stars. **(Points: 25)**

The Record's polls GIRLS TRACK

BERGEN GROUP 1-2

1. **Glen Rock** — The Panthers won their first Group 2 sectional title to earn a triple crown, then ran 4:02.2 in the BMOC 1,600 relay. **(Points: 25)**
2. **Mahwah** — Carli Gallo scored a rare triple win in the 800, 1,600, and 3,200 to keep the Thunderbirds in second. **(Points: 20)**
3. **New Milford** — Shannon Dillon and Adwoa Asa-Awuku led the way as New Milford won the sectional 1 title in a battle with Secaucus and Midland Park. **(Points: 12)**
4. **Midland Park** — Amy Hamernick and the Curran sisters joined with Kerry Moore to give the Panthers their best finish of the year. **(Points: 10)**
5. **River Dell** — The young Golden Hawks, led by Mary O'Neil, won the Group 2 freshman title, and were fourth in Group 2 sectionals. **(Points: 4)**

Also receiving votes: Wallington 2, Lyndhurst 1, Saddle Brook 1.

BERGEN GROUP 3-4

1. **Ridgewood** — A 43-point margin over powerful Passaic completed an impressive triple crown win for the first Ridgewood sectional crown in five years. Melissa Gilbert, Jenna Rogers, and Renee Pavelski scored wins in the MOC. **(Points: 25)**
2. **Teaneck** — The Highwaywomen finished in a tie for fourth in the Group 4 sectionals, but remain in second. Dana Riley's riveting mile relay anchor was a highlight of the MOC. **(Points: 12)**
3. **Ramsey** — The Rams stay in third despite a 40-point loss to Wayne Valley in the Group 3 sectionals. Jen Dougherty could contend for the State 3 shot put title. **(Points: 10)**
4. **Hackensack** — Beth Crusius won the shot and discus at the Lanzalotto meet and MaximeGentles took the discus in the sectionals. **(Points: 8).**
5. **NV/Old Tappan** — Adria Ferguson earned three golds, three silvers, and two bronzes at the Lanzalotto and sectional meets. **(Points: 5)**

Also receiving votes: Queen of Peace 3, Immaculate Heart and Cliffside Park 1.

PASSAIC/MORRIS

1. **Passaic** — A tight battle with Wayne Valley turned on a sweep in the discus and a 1-2 shot put finish. **(Points: 25)**
2. **Wayne Valley** — The Indians finished within eight points of powerful Passaic with Amy Mizzone and Jen Roy combining for six wins. **(Points: 20)**
3. **Kennedy** — The sprint twins, Nicole Carmichael and Joy Belgrave, racked up 1-2 finishes in the 100 and 200 and led the Knights to an easy 1,600 relay win also. **(Points: 15)**
4. **Clifton** — Kristin Vassallo, Anna Berardo, Lisa Giaconia, Janice Kaminski, and Sue Klevit placed in the State sectionals. **(Points: 6)**
5. **Manchester** — Tracia Barnes scored a double win in the Group 2 sectional sprints and Falcons finished fifth in Group 2. **(Points: 4)**

Also receiving votes: DePaul 3, Lakeland 2.

Voting on 5-4-3-2-1 basis by The Record sports staff.

GIRLS TRACK BESTS OF SEASON

100M — Nicole Carmichael, Kennedy, 12.25 AT; Joy Belgrave, Kennedy, 12.2; Jen Roy, Wayne Valley, 12.4; Adria Ferguson, NV/Old Tappan, 12.4; Michelle Stein, Glen Rock, 12.4; Tracia Barnes, Manchester, 12.5; Jeanie Blackman, Passaic, 12.5; Natasha Williams, Passaic, 12.6; Jean Readie, Queen Of Peace, 12.7; Mary O'Neil, River Dell, 12.7; Jennile Logan, Teaneck, 12.7.

200M — Dana Riley, Teaneck, 25.09 AT; Nicole Carmichael, Kennedy, 25.14 AT; Jen Roy, Wayne Valley, 25.8; Jean Readie, Queen Of Peace, 26.0; Joy Belgrave, Kennedy, 26.1; Tracia Barnes, Manchester, 26.23; Sherry Williams, Eastside, 26.2; Michelle Stein, Glen Rock, 26.2; Adria Ferguson, NV/Old Tappan, 26.3; Melissa Gilbert, Ridgewood, 26.3; Mary O'Neil, River Dell, 26.3.

400M — Dana Riley, Teaneck, 54.68; Jean Readie, Queen of Peace, 57.0; Jen Roy, Wayne Valley, 57.93; Natasha Williams, Passaic, 59.8; Jen Prigaro, Wayne Valley, 59.9; Michelle Satine, Glen Rock, 60.4; Simone Gayle, Kennedy, 60.93; Marianne DeRegibus, Wayne Hills, 61.6; Claudia Kramm, NV/Old Tappan, 61.9; Tricia Saunders, Cresskill, 62.1.

800M — Jean Readie, Queen of Peace, 2:15.2; Adria Ferguson, NV/Old Tappan, 2:15.83; Claire Blaney, Ridgewood, 2:20.81; Stephanie Doyle, Ridgewood, 2:21.2; Jenna Rogers, Ridgewood, 2:21.8; Allison Pojanowski, Ramsey, 2:21.9; Gizelle Watson, Ridgewood, 2:22.3; Lauren Stuhr, Ridgewood, 2:22.3; Martina Brosnahan, Immaculate Heart Academy, 2:22.8; Danielle Breuel, Hackensack, 2:23.1.

ED HILL/STAFF PHOTOGRAPHER

Michelle Dette's best high jump for Wayne Valley was 5-4.

1,600M — Jenna Rogers, Ridgewood, 5:03.47; Martina Brosnahan, Immaculate Heart Academy, 5:05.15; Kerry Moore, Midland Park, 5:08.14; Stephanie Doyle, Ridgewood, 5:13.4; Amy Mizzone, Wayne Valley, 5:19.7; Michiyo Kawasaki, Immaculate Heart Academy, 5:21.0; Lauren Stuhr, Ridgewood, 5:22.4; Carli Gallo, Mahwah, 5:26.79; Kerri Black, Northern Highlands, 5:26.7; Jenn Reeder, Northern Highlands, 5:27.0.

3,200M — Jenna Rogers, Ridgewood, 10:58.8; Amy Mizzone, Wayne Valley, 11:10.27; Martina Brosnahan, Immaculate Heart Academy, 11:31.5; Regina Gonzales, Holy Angels, 11:34.3; Carli Gallo, Mahwah, 11:37.33; Michiyo Kawasaki, Immaculate Heart Academy, 11:39.51; Kerry Moore, Midland Park, 11:43.59; Carol Yoon, NV/Demarest, 11:52.3; Kristen Maher, Northern Highlands, 11:53.1; Danielle LoBue, Immaculate Heart Academy, 11:54.3.

100M HH — Ruth Doe, Passaic, 14.45; Kathy Holloman, Passaic, 14.8; Jessica Jenco, Indian Hills, 15.0; Shannon Dillon, New Milford, 15.2; Renee Pavelski, Ridgewood, 15.5; Joy Belgrave, Kennedy, 15.6; Michele Dudzinski, Passaic Valley, 15.8; Kerry Wasser, Saddle Brook, 15.8; Danielle Picchio, Lakeland, 16.0; Janice Kaminski, Clifton, 16.2; Dadrian Garrison, Eastside, 16.2.

400M IH — Renee Pavelski, Ridgewood, 64.93; Kathy Holloman, Passaic, 65.0; Shannon Dillon, New Milford, Jennifer Grasso, Hasbrouck Heights, 66.8; Connetta Hicks, Kennedy, 66.9; Dadrian Garrison, Eastside, 66.9; Emma France, Immaculate Heart Academy, 67.18; Claire Blaney, Ridgewood, 67.5; Megan Kerr, Tenafly, 68.1; Sarah Summa, Ramsey, 68.3.

Shot put — Robyn Lowe, Passaic, 38-1; Beth Crusius, Hackensack, 37-4½; Danicqua Starr, Passaic, 36-8¾; Jen Dougherty, Ramsey, 36-2¼; Maxime Gentles, Hackensack, 34-6; Megan Siemsen, Ramsey, 34-5; Angie DeMaio, Cliffside Park, 34-2¼; Melissa Smith, Clifton, 33-10½; Marie Remiggio, Bogota, 33-10; Izetta Williams, Cliffside Park, 33-6.

Discus — Beth Crusius, Hackensack, 117-4; Adwoa Asa-Awuku, New Milford, 115-5; Melissa Maldonado, Pascack Hills, 113-6; Maxime Gentles, Hackensack, 111-10; Mona David, Passaic, 109-8; Robyn Lowe, Passaic, 107-9; Danicqua Starr, Passaic, 106-10; Sue Hoffman, Holy Angels, 106-7; Kristy Nukk, Mahwah, 105-6; Tamiko Miles, Kennedy, 105-0.

Javelin — Kristy Nukk, Mahwah, 129-8; Tina Gennat, Fair Lawn, 124-10; Jennifer Russo, Wayne Valley, 124-7; Nancy Belbo, Hasbrouck Heights, 124-6; Emilie Chang, Ridgewood, 122-10; Angie DeMaio, Cliffside Park, 111-4; Kathy Guimes, Ridgefield Park, 111-0; Sarah Hessler, Glen Rock, 108-9; Tracey Rust, Garfield, 107-6; Holly Donellen, West Milford, 107-3.

High jump — Michele Dudzinski, Passaic Valley, 5-6; Ami Racich, Cresskill, 5-4; Kerry Wasser, Saddle Brook, 5-4; Michelle Dette, Wayne Valley, 5-4; Renee Pavelski, Ridgewood, 5-2; Marie Greaux, Ridgefield Park, 5-2; Shannon Dillon, New Milford, 5-2; Connetta Hicks, Kennedy, 5-2; Jessica Ramirez, Mahwah, 5-2; Monica Nathans, NV/Old Tappan, 5-0; Tara Setmayer, Paramus, 5-0; Jean Readie, Queen of Peace, 5-0; Jain Lattes, Dwight-Englewood, 5-0; Luesta Thomas, Garfield, 5-0; Simone Gayle, Kennedy, 5-0.

Long jump — Jen Roy, Wayne Valley, 17-10; Jen Hettel, Wallington, 17-8¼; Ruth Doe, Passaic, 17-4¼; Adria Ferguson, NV/Old Tappan, 16-11½; Danielle Picchio, Lakeland, 16-10½; Dadrian Garrison, Eastside, 16-10; Erika Albies, Pascack Valley, 16-9; Michele Dudzinski, Passaic Valley, 16-7½; Shannon McGarrigle, Ridgewood, 16-7; Natasha Williams, Passaic, 16-7.

Triple jump — Ruth Doe, Passaic, 36-1; June Hoppie, Englewood, 35-5¼; Erika Albies, Pascack Valley, 35-2; Shannon Dillon, New Milford, 33-10½; Debra Nagan, Pascack Valley, 33-8¼; Brooke Goodwin, Ramsey, 33-7¼; Emilie Chang, Ridgewood, 33-7; Kristin Curran, Midland Park, 33-5½; Dana Riley, Teaneck, 33-4½; Ashley Marquard, Glen Rock, 33-4.

1,600M relay — Teaneck, 4:01.3; Kennedy, 4:01.7; Ridgewood, 4:02.1; Glen Rock, 4:02.2; Ramsey, 4:07.6; NV/Old Tappan, 4:09.0; Queen of Peace, 4:09.4; Wayne Valley, 4:10.29; Passaic, 4:11.7; Indian Hills, 4:13.1.

— COMPILED BY PAUL SCHWARTZ

1993 SEASONAL BEST PERFORMANCES

100 METERS

12.7w	Gilbert
13.0	McGarrigle
13.0	Pavelski
13.2	Barua
13.3	Clark
13.5	Brunner
13.7	Dara Cattani
13.9	Chang
14.1	Judge
14.2	Grab
14.4	McCullagh
15.2	Maxwell
15.3	Ma
15.3	Ellinghaus
15.6	Pappalardo
15.8	Beth Apsel
16.2	V.McDermott
16.2	G.Campbell
16.3	Wong
16.6	Nobels

200 METERS

26.3	Gilbert
27.0	Barua
27.2	Brunner
28.0	McGarrigle
28.3	Dara Cattani
28.6	Watson
29.4	Vidal
29.6	Clark
30.2	DorianCattani
30.4	Judge
30.6	Dinsell
31.0	Grieco
31.4	Koske
31.9	Mitchel
32.9	Ellinghaus
33.0	Kitamura

400 METERS

60.8	Gilbert
62.0	Watson
63.1	Doyle
63.5	Blaney
63.5	V. McDermott
64.0	Reilly
67.5	Videl
68.2	Dara Cattani
69.3	Dinsell
70.1	Pappalardo
71.8	Judge
72.3	Nakamura
73.7	Apsel
76.7	Ellinghaus
77.3	Mitchel
80.6	Ma

RELAY SPLITS WHEN FASTER

59.3r	Gilbert
59.9r	Pavelski
60.2r	Blaney
66.3r	Dara Cattani
66.4r	Rogers
66.9r	S.McDermott
67.6r	Rutolo
69.4r	O'Connor
70.2r	Maxwell
70.7r	Beth Apsel

800 METERS

2:19.93	Pavelski
2:20.81	Blaney
2:21.2	Doyle
2:21.8	Rogers
2:22.3	Watson
2:22.3	Stuhr
2:30.5	S.McDermott
2:30.8?	Smith
(2:34.5)	
2:31.8?	Keeley C-P
(2:36.8)	
2:33.5?	S.Apsel
(2:43.3)	
2:34.8?	VanYperen
(2:46.0)	
2:43.3	Fleming
2:43.4	Maxwell
2:45.0	Cain
2:46.4	Folk
2:47.0	Beth Apsel
2:47.9	G. Campbell
2:48.0	Worm
2:52.3	Nakamura
2:58	Grab
3:01.3	Lipson
3:03.2	Shum
3:23.1	D. Apsel
3:25.2	Siegel

RIDGEWOOD HIGH SCHOOL

1600 METERS

5:03.47	Rogers
5:13.4	Doyle
5:22.4	Stuhr
5:29.7	S.McDermott
5:41.0	Reilly
5:41.4	Smith
5:53.1	Folk
5:53.1	Worm
5:53.1	Flemming
5:54.7	Lee
5:55.7	K.Campbell
5:57.0	B. Apsel
5:58.5	Maxwell
5:59.0	VanYperen
6:23.8	Moritz
6:31.6	Cain
6:31.8	Nakamura
6:32.8	G.Campbell
6:40.8	DiLeo
6:51.2	Shum
6:59.6	Donnelly
7:01.8	Gellis
7:24.4	D.Apsel
7:43.7	Sielel

3200 METERS

10:58.7	Rogers
12:06.6	Reilly
12:12.0	Smith
12:13.7	Blaney
12:36.2	K.Campbell
12:43.3	Folk
12:50.0	Worm
12:56.4	Stuhr
12:58.6	Fleming
13:18.6	Lee
13:29.5	VanYperen
13:45.1	Maxwell
13:49.3	B.Apsel
13:56.8	G.Campbell
14:22.4	Keeley C-P
14:54.6	Nakamura
15:52.7	Gellis
16:12.5	Shum

3000 METERS

10:13.03	Rogers

100 M HURDLES

15.6	Pavelski
18.4	Engel
18.6	O'Conner
19.1	Blaney
19.8	Ruotolo
20.6	Grab
21.1	Maxwell
21.1	G.Campbell
22.1	Beth Apsel

400 M HURDLES

64.93	Pavelski
67.0	Blaney
70.1	Ruotolo
70.2	O'Connor
76.6	Keeley C-P
77.3	Dinsell
80.5	Maxwell
81.1	Grab
82.2	G. Campbell
87.5	Beth Apsel

LONG JUMP

16'7"	McGarrigle
15'10 1/2"	Chang
15'2 1/2"	Clark
15'1 1/2"	Pavelski
14'9"	Ninivaggi
14'1 1/2"	Judge
12'11"	S.McDermott
12'9 1/4"	V.McDermt
10'10"	Ma
10'4 1/2"	Dinsell
10'4"	B. Apsel
9' 9 1/2"	O'Connor

TRIPLE JUMP

33'7"	Chang
33'4 3/4"	McGarrigle
32' 1/2"	Clark
29'4"	Ruotolo
28'5 1/2"	Ninivaggi
25'10 1/2"	S.Apsel
24'10"	Ma

HIGH JUMP

5'2"	Pavelski
4'8"	Brunner
4'6"	McCullagh
4'6"	V.McDermott
4'6"	Pappalardo
4"6"	Grab
4'0"	Kitamura

SHOT

29'2"	Blaney
27'8"	Alston
25'5"	Pavelski
25'	Gruber
23'1"	DiLeo
21'10"	Clark
19'10"	Cavanagh
19'10"	Schott
19'5"	Donnelly
19'	Grab
17'2"	Guarino

DISCUS

99'11"	Chang
87'6"	McKeracher
79'9"	DiLeo
77'3"	Grab
66'7"	Lipson
65'2"	S.Apsel
64'7"	Gruber
62'3"	Schott
58'3"	Holcomb
56'4"	Engel
50'8"	Tegan C-P
47'6"	Mitchel
43'6"	Liwanag
39'	Donnelly
31'3"	Ellinghaus

JAVELIN

122'10"	Chang
103' 3"	Lipson
93' 3"	Blaney
84	Holcomb
81' 3"	V.McDermott
80	McCullagh
79'10"	Pavelski
79' 7"	Cavanagh
66'10	Engel
56' 1	Tegan C-P
56'	Fleming
48' 1"	Yeung

1993 NNJIL ALL LEAGUE SPRING TRACK

First Team Girls Atlantic

Event	Athlete	School	Class
100m	Joy Belgrave	JF Kennedy	12
200m	Nicole Carmichael	JF Kennedy	10
400m	Simone Gayle	JF Kennedy	11
800m	Claire Blaney	Ridgewood	12
1600m	Jenna Rogers	Ridgewood	11
3200m	Jenna Rogers	Ridgewood	11
100mLH	Tiffany Anglin	Montclair	11
400mIH	Renee Pavelski	Ridgewood	12
High Jump	Renee Pavelski	Ridgewood	12
Long Jump	Vinetta Gordon	Montclair	11
Triple Jump	Vinetta Gordon	Montclair	11
Shot Put	Robyn Lowe	Passaic	11
Discus	Mona Davis	Passaic	12
Javelin	Donna Lipsom	Ridgewood	10
1600m Relay	Nicole Carmichael	JF Kennedy	10
	Simone Gayle	JF Kennedy	11
	Connetta Hicks	JF Kennedy	11
	Joy Belgrave	JF Kennedy	11

1993 NNJIL ALL LEAGUE SPRING TRACK

Second Team Girls Atlantic

Event	Athlete	School	Class
100m	Nicole Carmichael	JF Kennedy	10
200m	Joy Belgrave	JF Kennedy	12
400m	Natasha Williams	Passaic	11
800m	Stephanie Doyle	Ridgewood	9
1600m	Stephanie Doyle	Ridgewood	9
3200m	Jeanne Rielly	Ridgewood	12
100mLH	Ruth Doe	Passaic	11
400mIH	Kathy Holloman	Passaic	11
High Jump	Janice Kaminski	Clifton	12
Long Jump	Ruth Doe	Passaic	11
Triple Jump	Ruth Doe	Passaic	11
Shot Put	Danicqua Starr	Passaic	10
Discus	Tamiko Miles	JF Kennedy	12
Javelin	Liz Cavanille	Ridgewood	10
1600m Relay	Claire Blaney	Ridgewood	12
	Gilece Watson	Ridgewood	11
	Renee Pavelski	Ridgewood	12
	Melissa Gilbert	Ridgewood	11

HONORABLE MENTION

School	Atlantic Girls	Atlantic Boys
Passaic	Tawana Prescott	Antonio Casterlow
Ridgewood	Emilie Chang	Sadek Alsaidi
Clifton	Melissa Smith	Brian Torres
Bloomfield	Jessica Schimpf	Daron Fanfair
JF Kennedy	Denise Thomas	Darryl Grayson
Eastside	Sheila McIntoch	Keshan Gales
Barringer	Amina Gardner	Darrel Hall
Montclair	Jane Manners	Dereck Ponton
Bergen Catholic		Brian Gilman

School	Pacific Girls	Pacific Boys
Paramus	Michelle Theos	Jason Jones
Nutley	Alex Gill	Dave Hagedorn
Teaneck	Jennille Logan	Christopher Westerman
Belleville	Christine Rykowski	Brian Harvey
Hackensack	Kelly Ann LaPietra	Dave Velasquez
Paramus Catholic		Jeff DeSalvo
St. Josephs Mont.		Matt Distelhurst
Don Bosco Prep		Chris Jones
Immaculate Heart		

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

100 METER DASH

12.3	Jennifer McDermott	1989
12.6	Ginny Figlar	1987
12.7	Marci Capitani	1984&5
12.8	Judy Davis	1980
12.8	Trish Fogarty	1981
12.9	Melissa Gilbert	1992
13.0	Cathy Vickery	1982
13.0	Shannon McGarrigle	1993
13.1	Emilie Chang	1990
13.1	Jeanne Reilly	1990

200 METER DASH

25.4	Jennifer Mc Dermott	1988
25.7	Ginny Figlar	1988
26.2	Marci Capitani	1985
26.2	Melissa Gilbert	1991
26.6*	Judy Davis	1979
26.6	Lisa Bagnaturo	1981
27.0	Neena Barua	1993
27.2	Mary Ellen Mileski	1983
27.2	Shannon McGarrigle	1991
27.2	Kate Brunner	1993

400 METER DASH

56.1	Ginny Figlar	1988
57.7	Marci Capitani	1984
58.42i	Jennifer McDermott	1989
58.7	Judy Davis	1979
59.3	Margaret Scutro	1984
59.4	Kerri Reilly	1988
59.5*	Kandie Latham	1974
59.9	Liz Ross	1985
60.0	Lynne Degelmann	1987
60.3	Patti Mileski	1983

400 m. RELAY SPLITS

55.7	Ginny Figlar	1988
57.1	Lynne Collazo	1989
58.0	Marci Capitani	1985
58.0	Margaret Scutro	1984
58.1	Kerri Reilly	1988
58.3	Jennifer McDermott	1989
58.9	Mary Ellen Mileski	1983
59.1*	Kandie Latham	1974
59.3	Melissa Gilbert	1993
59.5	Lynn Degelman	1985

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
2:17.77	Liz Figlar	1990
2:18.0	Norine D'Arcy	1987
2:19.2	Beth Pringle	1982
2:19.65	Claire Blaney	1992

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
4:46.4	Lynne Collazo	1989
4:46.9	Jean Hughes	1987
4:47.2	Carol Dickstein	1981
4:53.9i	Eileen Fitzgerald	1990
4:54.4	Kathy Duffy	1980
5:06.4	Colleen Wright	1981

1600 METER RUN

4:46.4	Margaret Scutro	1985
4:54.8*	Patti Mileski	1983
5:01.2*	Mary Ellen Mileski	1980
5:03.47	Jenna Rogers	1993
5:03.4	Jean Hughes	1988
5:05.5	Beth Pringle	1983
5:05.69	Eileen Fitzgerald	1990
5:05.6	Norine D'Arcy	1987
5:06.2	Jennifer Hughes	1988
5:10.9	Karen Cannon	1988

3000 METER RUN

10:03.12i	Jennifer Hughes	1988
10:04.1i	Patti Mileski	1983
10:04.7	Carol Dickstein	1981
10:11.21	Jean Hughes	1988
10:13.03	Jenna Rogers	1993
10:13.6	Karen Cannon	1988
10:13.9	Mary Ellen Mileski	1982
10:22.8	Beth Pringle	1982
10:26.6i	Norine D'Arcy	1986
10:28.2	Kathy Duffy	1981

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
10:58.7	Jenna Rogers	1993
11:13.6	Beth Pringle	1983
11:18.0	Colleen Wright	1981
11:19.5	Mary Ellen Mileski	1983

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

100 METER HURDLES

15.0	Sheryl van der Schyff	1988
15.6	Renee Pavelski	1992
16.1	Jeanne McGuire	1985
16.5	Liz Ross	1984&85
16.6	Monica Richter	1982
16.7	Linn Degelmann	1988
17.2	Faith Ninivaggi	1992
17.4	Tarvin 84, Velez	1986
17.6	Charolette LeSane	1981
17.6	Jessica Engel	1992

400 METER HURDLES

63.5	Lynne Collazo	1989
63.7	Lynn Degelmann	1987
63.82	Liz Ross	1985
64.93	Renee Pavelski	1993
66.6	Jeanne McGuire	1985
67.0	Claire Blaney	1993
67.4	Christina Velez	1986
67.5	Lisa Waters	1984&85
69.0	Kerri Reilly	1989
69.3	Patti Mileski	1981

SHOT PUT

38' 6 3/4''	Lisa Glidewell	1980
36' 8''i	Tammy Rayevich	1988
35' 8 3/4''	Alfreda Eldridge	1989
33' 4''	Jessica Berg	1983
32' 7''	Janet Sauerman	1980
32' 6 1/2''i	Ellen Barkenbush	1986
30'10 1/2''	Louise Pallone	1987
29' 7''	Debbie Compton	1991
29' 2''	Claire Blaney	1993
28' 8 1/2''	Claudia O'Rourke	1981

JAVELIN

128' 4''	Tammy Rayevich	1988
122'10''	Emilie Chang	1993
118' 4''	Deanie Barth	1987
116'	Marci Capitani	1985
110'	Kim Slawek	1979
108' 6''	Amy Titus	1990
108' 6''	Claire Blaney	1991
105' 6''	Claudia O'Rourke	1981
103' 3''	Donna Schlicher	1988
103' 3''	Dana Lipson	1993

DISCUS

118'11''	Tammy Rayevich	1988
117' 7''	Lisa Glidewell	1980
115' 6''	Janet Sauerman	1980
107'11''	Alfreda Eldridge	1989
107'	Ellen Barkenbush	1986
106' 9''	Alison Barbeau	1990
105' 6''	Courtney Moody	1984
103' 1''	Cathie DeYoe	1975
102' 9''	Sarah Miles	1979
100' 2''	Alison Barbeau	1991

TRIPLE JUMP

39'10 1/2''i	Jennifer McDermott	1989
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
34' 2 ''	Emilie Chang	1992
33'10 1/2''	Wendy Hawthorne	1984
33' 9 ''	Shannon McGarrigle	1992
33' 8 3/4''	Monica Richter	1982
33' 6''	Leigh MacKall	1985

HIGH JUMP

5' 9''	Becky Deetz	1975&76
5' 5''	Renee Pavelski	1992
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''	Richter 82, Hawthorne	84
5' 2''	Sheryl vanderSchyff	1987
5' 2''	Wrubel 87, McDermott	88

LONG JUMP

19' 4''	Jennifer McDermott	1989
17' 5''	Becky Deetz	1976
16' 9''	Shannon McGarrigle	1992
16' 6 1/2''	Racquel Mair	1989
16' 5''	Kathy Granata	1983
16' 3 1/2''	Emilie Change	1992
16' 3''	Jen Wrubel	1988
16' 2 ''i	Michelle Smith	1979
16' 2 1/4''	Deecy Porro	1977
16' 2 ''i	Michelle Smith	1979

RIDGEWOOD HIGH SCHOOL INDIVIDUAL GIRL'S TRACK AND FIELD RECORDS

EVENT	RECORD	PERFORMER	DATE	PLACE
100 METER DASH	12.3	Jennifer McDermott	1989	Wayne Hills HS
200 METER DASH	25.4	Jennifer McDermott	1988	Williamsport, PA
400 METER DASH	56.1	Ginny Figlar	1988	Wayne Hills HS, NJ
800 METER RUN	2:10.9	Margaret Scutro	1985	Tenafly, NJ
1500 METER RUN	4:26.25	Margaret Scutro	1985	Uniondale, NY
1600 METER RUN	4:46.4	Margaret Scutro	1985	S. Plainfield
3000 METER RUN	10:03.12i	Jennifer Hughes	1988	New Haven, CT
3200 METER RUN	10:34.5	Patti Mileski	1983	S. Plainfield
100 METER HURDLES	15.0	Sheryl van der Schyff	1988	Tenafly, NJ
400 METER HURDLES	63.5	Lynne Collazo	1989	Ridgewood, NJ
SHOT PUT	38' 6 3/4''	Lisa Glidewell	1980	Tenafly, NJ
JAVELIN	128' 4''	Tammy Rayevich	1988	S. Plainfield
DISCUS	117' 7''	Lisa Glidewell	1980	Tenafly, NJ
TRIPLE JUMP	39'10 1/2i''	Jennifer McDermott	1989	Annapolis, MD
HIGH JUMP	5' 9''	Becky Deetz	1975	Holmdale, NJ
LONG JUMP	19' 4''	Jennifer McDermott	1989	S. Plainfield, NJ
PENTATHOLON	3453	Becky Deetz	1975	Summitt, NJ
1 MILE WALK	9:49.3	Anja Kannengieser	1983	Hackensack, NJ
MARATHON	3 Hr 32 Min	Klara Grape	1977	Shore Marathon

RIDGEWOOD HIGH SCHOOL
GIRL'S TRACK AND FIELD RELAY RECORDS

EVENT	RECORD	PERFORMERS	DATE&PLACE
TRACK RELAYS			
4 X 100 METER RELAY	50.4	McGuire/Ross/Waters/Capitani	1985 Bernardsville, NJ
4 X 200 METER RELAY	1:46.9	McDermott/Reilly/Pollace/G.Figlar	1988 Randolph, NJ
4 X 400 METER RELAY	3:54.29	Degelmann/Reilly/Collazo/G.Figlar	1988 South Plainfield, NJ
4 X 800 METER RELAY	9:10.4	G.Figlar/Hughes/Hughes/Collazo	1988 Kearney, NJ
4 X 1 MILE RELAY	20:34.4	Scutro/Pringle/M.Mileski/P.Mileski	1983 Bergen C. C.
SPRINT MEDLEY	4:10.5	Degelmann,Reilly,Figlar,Collazo	1987 Plainfield, NJ
DISTANCE MEDLEY	11:59.1 i	Pringle/Scutro/M.Mileski/P.Mileski	1983 Princeton, NJ
4 X 100 M HURDLES	68.6	Ross/Waters/MacKall/McGuire	1985 Bergen C.C.
3 X 400 M HURDLES	3:22.3	Pavelski,Blaney,O'Connor	1993 Ridgewood H.S.
3 PERSON FIELD RELAYS			
SHOT PUT RELAY 8#	106' 9 1/2''	Glidewell/Sauerman/Slawek	1979 Rutherford, NJ
DISCUS RELAY	305' 2''	Glidewell/Miles/Sauerman	1980 New Milford, NJ
JAVELIN RELAY	284' 1''	Blaney/Chang/Holcomb	1992 Tenafly H.S.
HIGH JUMP RELAY	15' 7 1/2''	DuFlon/Granata/Deetz	1975 Monmouth College
LONG JUMP RELAY	47' 1/2''	Porro/Smith/O'Rourke	1979 New Milford HS
TRIPLE JUMP RELAY	97' 7''	MacGregor/Porro/Pessa	1979 New Milford HS
2 PERSON FIELD RELAYS			
SHOT PUT RELAY 4KG	66' 3''i	Rayevich/Eldridge	1988 Princeton, NJ
DISCUS RELAY	211' 2''	Rayevich/Eldridge	1988 Kearney, NJ
JAVELIN RELAY	203'7''	Lipson,Chang	1993 Ridgewood H.S.
HIGH JUMP RELAY	10'	Richter/Roeske	1981 Paramus Catholic HS
LONG JUMP RELAY	31' 9''	Wubell/Mc Dermott	1988 Bergen CC
TRIPLE JUMP RELAY	65'11''i	Granata/Hawthorne	1983 Rockland C.C.

ALL-BERGEN GIRLS TRACK

First team

100 — ADRIA FERGUSON, NV/Old Tappan — Senior
200 — DANA RILEY, Teaneck — Senior
400 — DANA RILEY, Teaneck — Senior
800 — JEAN READIE, Queen of Peace — Junior
1,600 — JENNA ROGERS, Ridgewood — Junior
3,200 — JENNA ROGERS, Ridgewood — Junior
100 HH — JESSICA JENCO, Indian Hills — Junior
400 IH — RENEE PAVELSKI, Ridgewood — Senior
400 IH — SHANNON DILLON, New Milford — Senior
Shot put — BETH CRUSIUS, Hackensack — Junior
Discus — MELISSA MALDONADO, Pascack Hills — Senior
Javelin — KRISTY NUKK, Mahwah — Senior
High jump — AMI RACICH, Cresskill — Senior
High jump — KERRY WASSER, Saddle Brook — Junior
Long jump — JEN HETTEL, Wallington — Junior
Triple jump — JUNE HOPPIE, Englewood — Junior
Triple jump — ERIKA ALBIES, Pascack Valley — Junior
1,600 relay — TEANECK (TIFFANY THOMPSON, Jr.; MARISA GAITHER, Jr.; NATASHA BARNARD, Jr.; DANA RILEY, Sr.)

Second team

100 — MICHELLE STEIN, Glen Rock — Sophomore
200 — MICHELLE STEIN, Glen Rock — Sophomore
400 — MICHELE SATINE, Glen Rock — Sophomore
800 — ADRIA FERGUSON, NV/Old Tappan — Senior
1,600 — MARTINA BROSNAHAN, Immaculate Heart — Sr.
3,200 — REGINA GONZALES, Holy Angels — Senior
100 HH — SHANNON DILLON, New Milford — Senior
Shot put — JEN DOUGHERTY, Ramsey — Junior
Discus — ADWOA ASA-AWUKU, New Milford — Sophomore
Javelin — NANCY BELBO, Hasbrouck Heights — Senior
Long jump — ADRIA FERGUSON, NV/ Tappan — Senior
1,600 relay — RIDGEWOOD (RENEE PAVELSKI, Sr.; CLAIRE BLANEY, Sr.; GIZELLE WATSON, Jr.; MELISSA GILBERT, Jr.)

Third team

100 — MARY O'NEIL, River Dell — Freshman
200 — MELISSA GILBERT, Ridgewood — Junior
400 — CLAUDIA KRAMM, NV/Old Tappan — Senior
800 — CLAIRE BLANEY, Ridgewood — Senior
1,600 — KERRY MOORE, Midland Park — Junior
3,200 — CARLI GALLO, Mahwah — Senior
3,200 — KERRY MOORE, Midland Park — Senior
100 HH — RENEE PAVELSKI, Ridgewood — Senior
400 IH — CLAIRE BLANEY, Ridgewood — Senior
Shot put — MEGAN SIEMSEN, Ramsey — Senior
Discus — BETH CRUSIUS, Hackensack — Junior
Javelin — TINA GENNAT, Fair Lawn — Senior
High jump — JESSICA RAMIREZ, Mahwah — Junior
High jump — MARIE GREAUX, Ridgefield Park — Junior
Long jump — ERIKA ALBIES, Pascack Valley — Junior
Triple jump — DEBRA NAGAN, Pascack Valley — Senior
1,600 relay — GLEN ROCK (ERIN KOSTER, Sr.; ASHLEY MARQUARD, Soph.; MICHELLE STEIN, Soph.; MICHELE SATINE, Soph.)

Honorable mention

100 — Michele Satine, Glen Rock; Monica Nathans, NV/Old Tappan; Jean Readie, Queen of Peace; Melissa Gilbert, Ridgewood; Jennille Logan, Teaneck; Keisha Latty, Wallington.

200 — Michele Satine, Glen Rock; Adria Ferguson, NV/Old Tappan; Jean Readie, Queen of Peace; Erin Calvey, Ramsey; Neena Barua and Kate Brunner, Ridgewood; Mary O'Neil, River Dell; Keisha Latty, Wallington.

400 — Tricia Saunders, Cresskill; Karen Ratti, Fair Lawn; Jen Grasso, and Meggin Searle, Hasbrouck Heights; Kristen Becker, IHA; Jen Dolecki, Indian Hills; Cindy Hansen and Jean Readie, Queen of Peace; Gizelle Watson, Ridgewood.

800 — Erin Koster, Glen Rock; Danielle Breuel, Hackensack; Martina Brosnahan, IHA; Kerry Moore, Midland Park; Kerri Black, Northern Highlands; Allison Pojanowski, Ramsey; Stephanie Doyle, Jenna Rogers, Lauren Stuhr and Gizelle Watson, Ridgewood.

1,600 — Regina Gonzales, Holy Angels; Michiyo Kawasaki, IHA; Carli Gallo, Mahwah; Kerri Black, Charlotte Halvorsen, Jenn Reeder and Klara Zdenkova, Northern Highlands; Allison Pojanowski, Ramsey; Stephanie Doyle, Sarah McDermott and Lauren Stuhr, Ridgewood.

3,200 — Chris Capelan, Cliffside Park; Carol Yoon, NV/Demarest; Martina Brosnahan, Michiyo Kawasaki, and Danielle LoBue, IHA; Charlotte Halvorsen and Kristen Maher, Northern Highlands.

100 HH — Julie Danisenko, Fair Lawn; Luesta Thomas, Garfield; Dana Uhl, Park Ridge; Kerry Wasser, Saddle Brook.

400 IH — Jennifer Grasso, Hasbrouck Heights; Emma France, IHA; Jessica Jenco, Indian Hills; Erika Quakenbush and Sarah Summa, Ramsey; Diana Lana, Saddle Brook; Natasha Bernard, Teaneck; Megan Kerr, Tenafly.

Shot put — Erin Burke, Bergenfield; Marie Remiggio, Bogota; Angie DeMaio and Izetta Williams, Cliffside Park; Maxime Gentles and Karolin Yahoglu, Hackensack; Jenicka Carter, Westwood.

Discus — Tara Burke, Bergenfield; Kim Ferranti, Glen Rock; Maxime Gentles, Hackensack; Nancy Belbo, Hasbrouck Heights; Sue Hoffman, Holy Angels; Nicole Picerno, Lyndhurst; Kristy Nukk, Mahwah; Jen Dougherty and Megan Siemsen, Ramsey.

Javelin — Angie DeMaio, Cliffside Park; Tracey Rust, Garfield; Sarah Hessler, Glen Rock; Lauren Mazurkiewicz, Queen of Peace; Kathy Guimes, Ridgefield Park; Emilie Chang and Danna Lipson, Ridgewood.

High jump — Jain Lattes, Dwight-Englewood; Luesta Thomas, Garfield; Shannon Dillon, New Milford; Monica Nathans, NV/Old Tappan; Jean Readie, Queen of Peace; Tara Setmayer, Paramus; Renee Pavelski, Ridgewood.

Long jump — Jain Lattes, Dwight-Englewood; Melene Thomas, Garfield; Amy Sutton, Holy Angels; Cynthia Kaminski, Lyndhurst; Kristi Curran, Midland Park; Kate Hatchadourian, Pascack Hills; Shannon McGarrigle, Ridgewood.

Triple jump — Jain Lattes, Dwight-Englewood; Melene Thomas, Garfield; Ashley Marquard, Glen Rock; Danielle Proulx, Mahwah; Kristin Curran, Midland Park; Shannon Dillon, New Milford; Brooke Goodwin, Ramsey; Emilie Chang and Shannon McGarrigle, Ridgewood; Dana Riley, Teaneck.

1,600 relay — Fair Lawn; Hasbrouck Heights; Immaculate Heart Academy; Indian Hills; Midland Park; New Milford; NV/Old Tappan; Queen of Peace; Ramsey.

ALL-PASSAIC GIRLS TRACK

First team

100M — JOY BELGRAVE, Kennedy — Senior
200M — NICOLE CARMICHAEL, Kennedy — Sophomore
400M — NATASHA WILLIAMS, Passaic — Junior
800M — AMY MIZZONE, Wayne Valley — Sophomore
1,600M — MONICA CHLUPSA, Wayne Valley — Sophomore
3,200M — ANA BERARDO, Clifton — Sophomore
100M HH — RUTH DOE, Passaic — Junior
400M LH — KATHY HOLLOMAN, Passaic — Junior
Long jump — JEN ROY, Wayne Valley — Junior
Triple jump — JANENE NEMBHARD, Eastside — Sophomore
High jump — MICHELE DUDZINSKI, Passaic Valley — Senior
Discus — MONA DAVID, Passaic — Senior
Javelin — JEN RUSSO, Wayne Valley — Senior
Shot put — ROBYN LOWE, Passaic — Junior
1,600M relay — KENNEDY (NICOLE CARMICHAEL, CONNETTA HICKS, SIMONE GAYLE, JOY BELGRAVE)
All-around — MICHELLE DETTE, Wayne Valley — Senior

Second team

100M — SHALANE WARD, Paterson Catholic — Senior
200M — TRACIA BARNES, Manchester — Junior
400M — JEN PRIGARO, Wayne Valley — Sophomore
800M — TAWANA PRESCOTT, Passaic — Junior
1,600M — MELISSA LONDREGAN, Hawthorne — Freshman
3,200M — SUE MIZZONE, Wayne Valley — Sophomore
100M HH — DADRIAN GARRISON, Eastside — Senior
400M LH — CONNETTA HICKS, Kennedy — Junior
Long jump — DADRIAN GARRISON, Eastside — Senior
Triple jump — LAINA WALLACE, Eastside — Senior
High jump — SUE MICHALIK, Depaul
Discus — DEBBIE WANETTI, Lakeland — Junior
Javelin — HOLLY DANNELLIAN, West Milford — Senior
Shot put — STARR DANICQUA, Passaic — Sophomore
1,600M relay — PASSAIC (TINESHA EDWARDS, JEANIE BLACKMAN, KATHY HOLLOMAN, TAWANA PRESCOTT)
All-around — LORI DEVINE, West Milford — Senior

Honorable mention

Mary Goll, West Milford; Tamiko Miles, Kennedy; Naumah Williams, Eastside; Timesha Edwards, Passaic; Liz Zagatta, Hawthorne; Shana Wynbs, Pompton Lakes; Bly Re Boydston, Manchester; Nancy Lucas, Eastern Christian; Mariane Deregibus, Wayne Hills; Jeanne Parisi, Wayne Valley; Danielle Picchio, Lakeland; Kerri Kimberly, Passaic Valley; Amy Bianciella, DePaul; Kim Thomas, Passaic Tech. Myrtle DeLara. Clifton.

1993

ALL-BERGEN GIRLS TRACK

Adria Ferguson
NV/Old Tappan
100M

Dana Riley
Teaneck
200M, 400M, Relay

Jean Readie
Queen of Peace
800M

Jenna Rogers
Ridgewood
1,600M, 3,200M

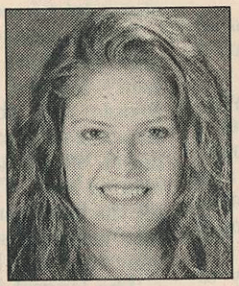
Jessica Jenco
Indian Hills
100M HH

Renee Pavelski
Ridgewood
400M LH

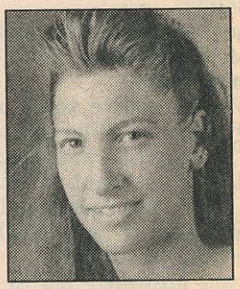
Shannon Dillon
New Milford
400M IH

Beth Crusius
Hackensack
Shot Put

Melissa Maldonado
Pascack Hills
Discus



Kristy Nukk
Mahwah
Javelin



Ami Racich
Cresskill
High Jump

Kerry Wasser
Saddle Brook
High Jump

Jen Hettel
Wallington
Long Jump

June Hoppie
Englewood
Triple Jump

Erika Albies
Pascack Valley
Triple Jump

Tiffany Thompson
Teaneck
1600M Relay

Marisa Gaither
Teaneck
1600M Relay

Natasha Barnard
Teaneck
1600M Relay

By PAUL SCHWARTZ
Correspondent

The key word on the 1993 All-Bergen County girls track team is junior. Eight of the 15 first-team members have one year of school remaining, and the same holds true for three of the four members of the 1,600-meter relay team.

High jumper Ami Racich of Cresskill, half-miler Jean Readie of Queen of Peace, and State champion 400-meter star Dana Riley of Teaneck are repeaters from last year.

Here's a closer look:

JENNA ROGERS, Ridgewood, 1,600 and 3,200 meters — Another junior, she lost to State 3,200 champion Monal Chokshi at the Bernards 1,600, and didn't lose again in eight races until she was second to Chokshi at the State Group 4 3,200. In between, she won NNJIL Atlantic, Bergen Group 4, and Group 4 sectional 1,600 and 3,200 titles without a push and won the Lanzalotto 3,200 in near-record time. She won the State Group 4 1,600 title and was third in the SMOC 1,600 in a personal best. She then won the Eastern States 3,000 meters in 10:13.03, a career best.

RENEE PAVELSKI, Ridgewood, 400-meter intermediate hurdles — Another very versatile athlete, she won intermediate hurdles races in the NNJIL Atlantic, Bergen 4, Section 4, and Lanzalotto meets before finishing fourth in State Group 4 with a personal best. She also was third in the Lanzalotto high hurdles, winning three major titles in that event, and won two major titles in the high jump, taking second at the Lanzalotto meet. She was sixth in the Eastern States 800.

GIRLS' ALL-STATE TRACK AND FIELD

FIRST TEAM

EVENT	NAME	SCHOOL	HT.	WT.	CLASS
100	Inshallah Saunders	Plainfield	5-5	125	Senior
200	Inshallah Saunders	Plainfield	5-5	125	Senior
400	Dana Riley	Teaneck	5-6	110	Senior
800	Velieta Graham	Asbury Park	5-8	130	Frosh
1,600	Kari Vigerstol	Holy Cross	5-8	105	Soph
3,200	Monal Chokshi	Bridgewater-Raritan	5-4	105	Senior
HH	Tracey Terry	J. P. Stevens	5-5	135	Senior
IH	Angela Lee	Franklin	5-4½	118	Soph
HJ	Kim Stoll	Holy Spirit	5-10	135	Junior
LJ	Demeika Tweedy	Plainfield	5-6	120	Senior
SP	Nicole Sims	Plainfield	6-0	230	Senior
DIS	Trisha Harris	Marlboro	5-10	160	Senior
JAV	Stacie Gado	Wallkill Valley	5-3	125	Senior

SECOND TEAM

100	Minee Blamo, Trenton
200	Vanessa Lewis, Morris Catholic
400	Kisha Blanton, Neptune
800	Tracy Pombo, Vernon
1,600	Liz Moore, Shawnee
3,200	Jenna Rogers, Ridgewood
HH	Tiffany Anglin, Montclair
IH	Connie Lobb, Roxbury
HJ	Elana Chomiszak, Linden
LJ	Helen Wilks, Bridgeton
SP	Kim Hicks, Plainfield
DIS	Jen Brzucki, Mater Dei
JAV	Dawn Dale, Toms River North

THIRD TEAM

Ree Mann, Red Bank
Nickeya Martin, Lakewood
Dine Potter, Marist
Jean Readie, Queen of Peace
Martina Brosnahan, Immaculate H
Megan Hartman, Ocean City
Lakisha Powell, Delsea
Melanie Clary, Plainfield
Joi Johnson, Ocean City
Cammille Simspon, Rahway
Ailey Penningroth, Princeton
Tara Hollowell, Trenton
Katie White, West Deptford

ATHLETE OF THE WEEK

INJURY FREE, ROGERS LETS TALENT SHOW

By BOB KURLAND
Staff Writer

Running was something Jenna Rogers felt was for other people.

"I never liked it when I was younger. So when I played soccer they put me at fullback so I didn't have to do much running."

That was back in the sixth grade. These days she's so into the sport that she won the 3,000-meter run at the Eastern States in a personal best of 10:13.03. Next week, she will compete in the national junior championships in Spokane, Wash.

"I now enjoy it," says Rogers, The Record's Athlete of the Week. "Until this season, I wasn't thrilled with track although I loved cross-ountry."

The Ridgewood High School junior never lived up to expectations during her first two outdoor seasons although she was All-County in cross-country. "But this is the first year I've been healthy and, suddenly, I discovered I like track — especially about the time I won the league [Northern New Jersey Interscholastic League] two-mile run by taking 28 seconds off my best time of last year."

Along the way she dominated Group 4 in the County and State in the 1,600 and she captured the Lou Lanzalotto Bergen County Meet of Champions 3,200 test.

The Ho-Ho-Kus resident didn't even give a thought to track until the sixth grade when she competed in a mile run and wound up setting a school record.

"I'm an endurance runner who doesn't have great speed," she says. "I really don't have a great kick."

Said Ridgewood coach Jacob Brown: "In cross-country, she just wears people down in the second and third miles."

With her junior year winding down, she'll start to think seriously about college. But, first, she will take a trip to Belize, a small country near Guatemala. "A bunch of us are going down and will probably take part in some construction work."

As for college, she's thinking about an Ivy League school, but her success in track will probably bring her scholarship offers. In the classroom, she's in the top 10 percent of her class. She plans to take her Scholastic Aptitude Test again to try to reach her goal of 1,300.

She's not certain what she'll study — "I like all subjects, especially psychology and French" — but she has given some thought to physical therapy. "I've had enough contact with it, until this season, when I was happy to avoid the trainer."

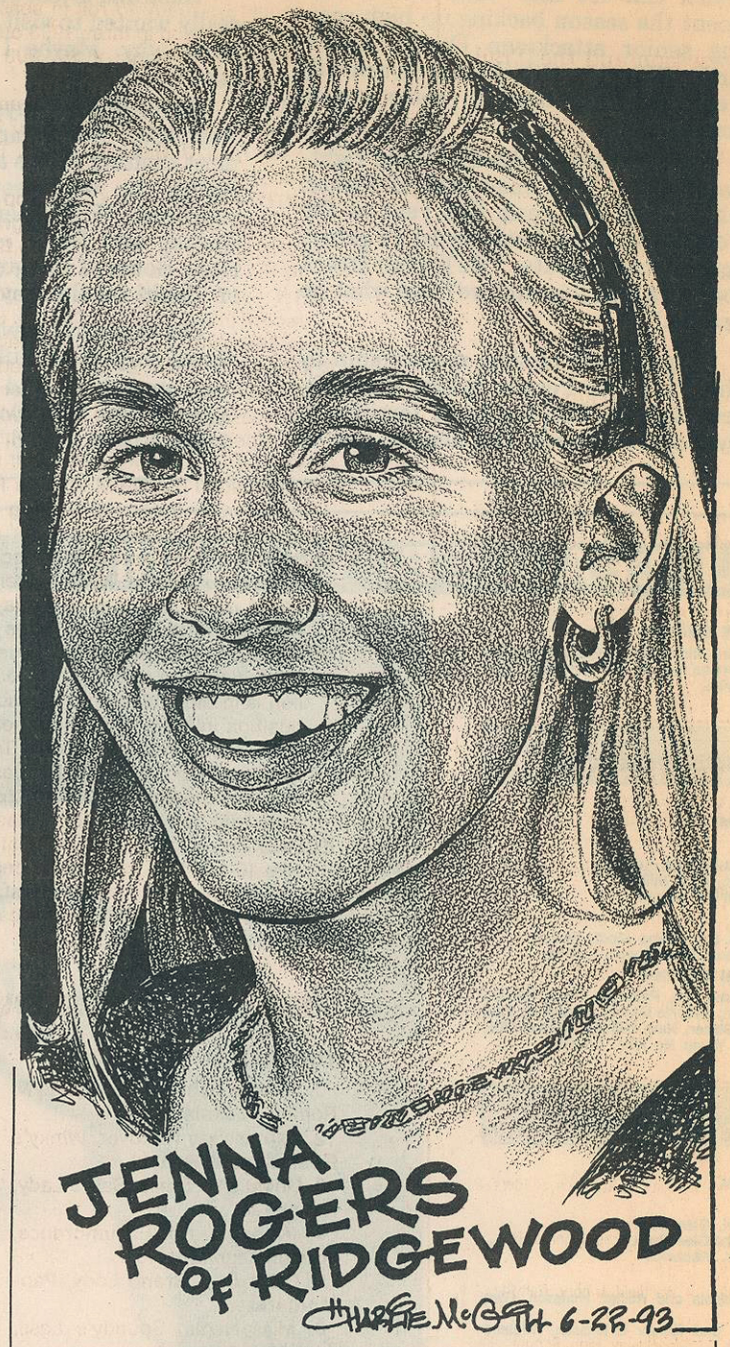
Brown feels they've finally come up with a training program that has kept Rogers healthy. "Being healthy has allowed her desire and talent to come out," says the coach. "But, until this year, I felt her future was in cross-country. Now, I think she'll run much faster and be one of the premier distance runners in the state."

She is also a member of the French and environmental clubs and has just been accepted into the National Honor Society.

"She's a very motivated runner," says Brown, "something a distance runner needs because you have to do most of the training by yourself. She's very bright and so gregarious that the other members of the team are always teasing her about talking to everyone.

"It's safe to say she's more valuable to the team than the points she contributes."

Runner-up for Athlete of the Week was **Tina Gennat** of Fair Lawn for track.



SPORT: TRACK

POS: Distances **CLASS:** Junior **AGE:** 17

LATEST ACCOMPLISHMENT

Captured the 3,000-meter run in the Eastern States in the fastest time of her career.

BACKGROUND

Started running in the sixth grade and until this season was better known for cross-country.

QUOTE

"I enjoy running because although I'm doing my own thing, I'm also part of a team."

Seniors

1993 Ridgewood Track and Field

RIDGEWOOD HIGH SCHOOL

MAROONS