

**R.H.S.
Boys
Track
And Field
1993**

R I D G E W O O D H I G H S C H O O L
S P R I N G T R A C K & F I E L D T E A M

1 9 9 3

T E A M & I N D I V I D U A L R E C O R D S

RIDGEWOOD HIGH SCHOOL
TRACK AND FIELD TEAM 1993

VARSITY

Sadek Alsaiddi
Beau Bonner
Christian Buche
Matt Cawley
Mark Cheng
Todd Cotten
Kassim Dawson
Ron Drenth
Josh Fronefield
Andrew Grieco
Vahe Hagopian
Sam Horowitz
David Kaplan
Jason Lahita
Chris Lalonde
Howard Lubinger
Michael Selhorn
Thibaut Van Marcke

Bryan Aderhold
Andy Braden
Glenn Hansen
Bob Keino
James Layfield
Brian McDermott
Michael Nally
Mark Ogren
Tom Ricart
William Warnock
Randy Windschitl
David Wolfson

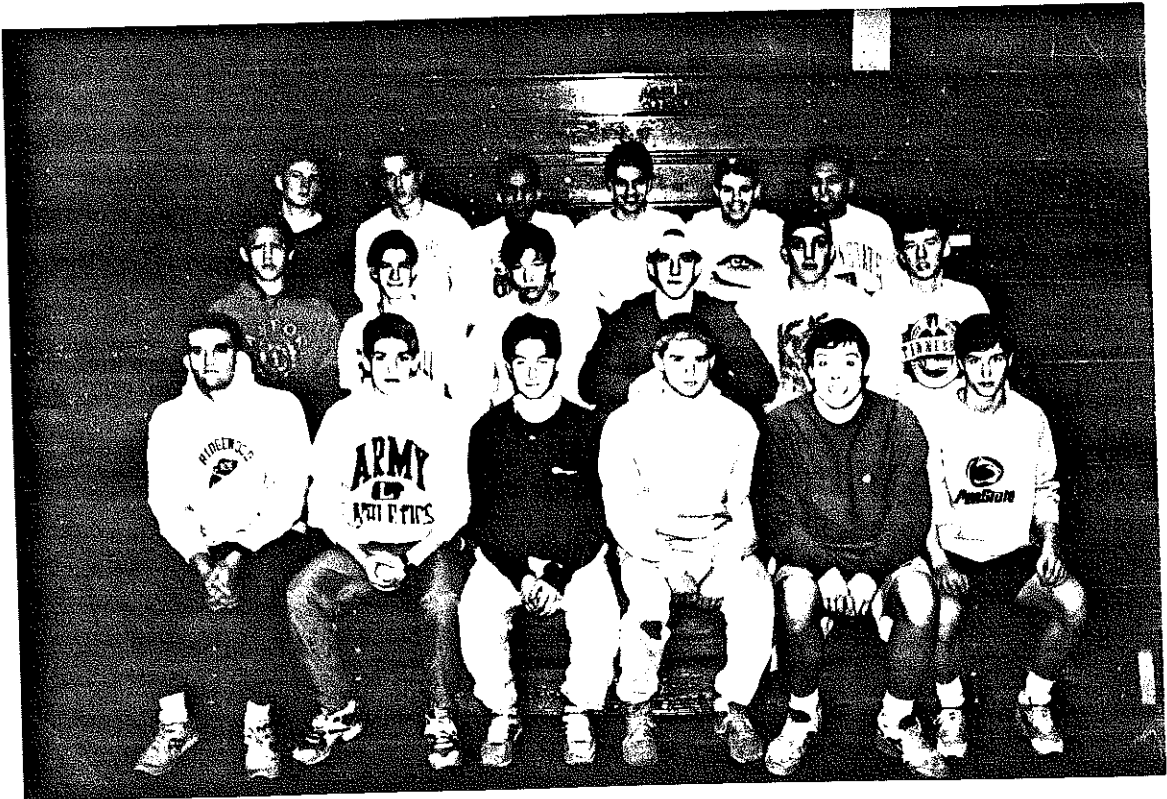
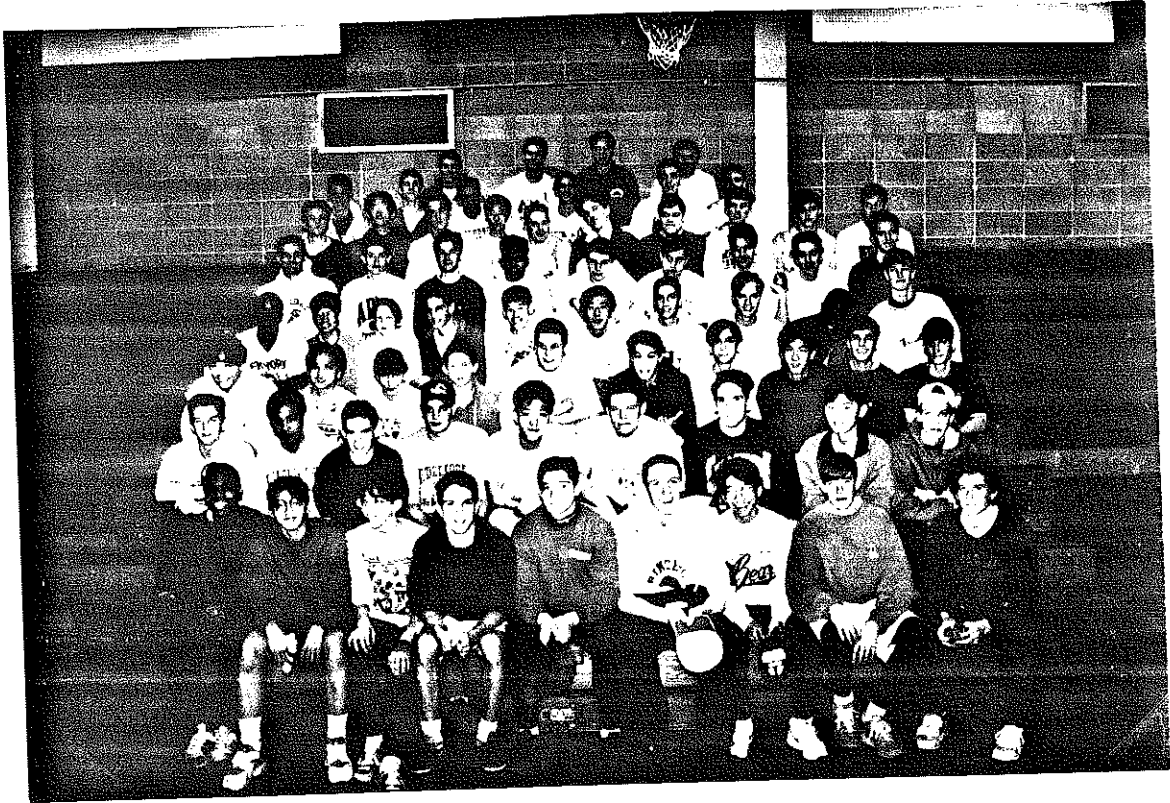
Stefan Aps

David Barry
Neil Barua
Richard Brill
Kevin Brophy
Ryan Cleary
Sean Curran
Jim Davis
Jeffery Hu
Michael Huang
Young Kook Jin
Louis Lembo
Tom Li
Matthew Picarelli
Fletcher Rosenbach
Josh Saladino
Alan Sison
Tom Steiner
Chris Van Cleve
Vincent Veloso

Mike Castagno
James Cheng
Tim Francis
Ryan Genovese
Marc Mansueto
Keith Scarfo
Nicki Wong

Coaches:

Richard VanYperen
Michael Mullin
Charles Johnson
Jim Grasso



1993 TEAM RECORD

Ridgewood

vs.

| | | |
|---------|-----------------|--------|
| 99 | Eastside | 32 |
| 85 1/2 | Kennedy | 45 1/2 |
| 117 | Bloomfield | 14 |
| 87 | Montclair | 44 |
| 108 1/2 | Barringer | 22 1/2 |
| 106 | Clifton | 25 |
| 74 | Bergen Catholic | 57 |
| 52 | Passaic | 79 |

Team Record.....7 wins, 1 loss

Bergen County Relays Groups 3 & 4 tie for 3rd Place

NNJIL Atlantic Division 2nd Place

Bergen County Group 4 3rd Place

State Sectional Group 4 3rd Place

State Group 4 Championship 3rd Place

1993 TOTAL POINT RANKINGS

| RANK | NAME | DUAL MEET POINTS | CHAMPIONSHIP | TOTAL |
|------|-------------------------|------------------|--------------|---------|
| 1. | Robert Keino (11) | 90 1/4 | 99 | 189 1/4 |
| 2. | Kass Dawson (12) | 80 | 46 | 126 |
| 3. | Jason Lahita (12) | 68 3/4 | 43 | 111 3/4 |
| 4. | Todd Cotten (12) | 53 1/4 | 52 | 105 1/4 |
| 5. | Sadek Alsaïdi (12) | 54 | 42 | 96 |
| 6. | Thibaut van Marcke (12) | 30 | 46 | 76 |
| 7. | Doug Randolph (09) | 67 | 3 | 70 |
| 8. | Vahe Hagopian (12) | 43 | 26 | 69 |
| 9. | Sam Horowitz (12) | 44 | 17 | 61 |
| 10. | Chris Lalonde (12) | 30 | 21 | 51 |
| 11. | Ryan Cleary (10) | 15 1/2 | 28 | 43 1/2 |
| 12. | Bill Warnock (11) | 35 | 8 | 43 |
| 13. | Josh Saladino (10) | 16 3/4 | 20 | 36 3/4 |
| 14. | Fletcher Rosenbach (10) | 29 | 6 | 35 |
| 15. | Tom Ricart (11) | 18 | 14 | 32 |
| 16. | Stefan Aps (10) | 17 1/4 | 14 | 31 1/4 |
| 17. | Josh Fronefield (12) | 20 | 3 | 23 |
| 18. | Andy Grieco (12) | 13 | 9 | 22 |
| 19. | Dave Kaplan (12) | | 12 | 12 |
| 20. | Jim Davis (10) | 4 | 3 | 7 |
| 21. | R. B. Brill (10) | 3 | 3 | 6 |
| 22. | Brian McDermott (11) | 1 1/4 | 3 | 4 1/4 |
| 23. | Andy Braden (11) | 1 | 3 | 4 |
| 24. | Matt Cawley (12) | | 3 | 3 |
| | Glenn Hansen (11) | | 3 | 3 |
| 26. | Mark Cheng (12) | 1 1/2 | | 1 1/2 |
| 27. | Michael Nally (11) | 1 1/4 | | 1 1/4 |
| 28. | Dave Barry (10) | 1 | | 1 |
| | Howard Lubinger (12) | 1 | | 1 |

ALL TIME ONE SEASON POINT LEADERS

| | | |
|---|--------------------------|---------|
| | 1. John Parisi (83) | 199 1/4 |
| * | 2. Bob Keino (93) | 189 1/4 |
| | 3. Tim Geckler (89) | 174 1/2 |
| | 4. Craig Halyard (87) | 156 1/2 |
| | 5. Doug Shultz (87) | 146 3/4 |
| | 6. Craig Halyard (88) | 144 1/2 |
| | 7. Tim Kelley (82) | 144 |
| | 8. Matt Krever (91) | 142 1/2 |
| | 9. John Parisi (82) | 141 |
| | 10. Doug Pierson (88) | 132 1/4 |
| | 11. John Parisi (81) | 130 3/4 |
| | 12. Tom Hughes (81) | 130 |
| | 13. Bob Keino (92) | 129 |
| | 14. Tim Geckler (88) | 128 |
| | 15. Eric Berntsen (87) | 127 |
| | 16. Chris Sullivan (85) | 126 |
| * | Kass Dawson (93) | 126 |
| | 18. Jamie McDermott (86) | 125 1/4 |
| | 19. Eric Boucher (91) | 120 1/2 |
| | 20. Tim Kelley (81) | 119 1/2 |

NEW SCOOOL RECORDS
1993

| | | | |
|-------|---------|-----------|------------------------------|
| 3200M | 9:02.73 | Bob Keino | Arcadia, CA 4/10/93 |
| 1600M | 4:11.42 | Bob Keino | So. Plainfield, NJ 6/2/93 |

1993 SPRING INTRASQUAD SCRIMMAGE
Saturday, March 28

Maroon 83, White 61

400IH: J. Lahita 62.2 (M), C. Lalonde 63.7 (W), A. Braden 66.2 (M)
M. Cawley 68.7 (M), J. Hu 74.5 (W)

DM: (3 laps, 1 lap, 2 laps, 4 laps)

(W) B. Keino 2:47.5, R. Drenth 49.0, K. Brophy 1:55.5, J. Fronefield 4:06
(M) T. Ricart 3:08, B. McDermott 47.9, C. Bueche 2:02.7, S. Alsaïdi 4:31

Frosh./Soph. 4xlap:

(M) R. Genovese 53.3, J. Scarfo 50.9, R.B. Brill 52.2, J. Saladino 49.4
(W) N. Wong 61.4, J. Davis 52.1, S. Curran 61.7, N. Burua 54.5

4x1/2lap: (times not recorded accurately)

(M) J. Lowenthal, S. Aps, H. Lubinger, V. Hagopian
(W) B. Warnock, B. Aderhold, R. Drenth, M. Cheng
(M) M. Mansueto, J. Cheng, R. Genovese, C. Bueche

110HH: J. Lahita 17.1 (M), C. Lalonde 18.0 (W), A. Braden 18.6 (M)
F. Rosenbach 19.0 (W), J. Hu 21.9 (W)

Frosh./Soph. SM: (1 lap, 1/2 lap, 1/2 lap, 2 laps)

(M) S. Aps 51.6, J. Cheng 23.6, M. Mansueto 23.4, R. Cleary 2:11.7
(W) V. Veloso 55.6, L. Bonilla 26.7, Y. Jin 25.2, M. Castagno 2:55.3

800: T. Ricart 2:19.0 (M), J. Waldergaard 2:21.4 (W), R.B. Brill 2:22.8 (M)

SM:

(M) V. Hagopian 51.0, J. Lowenthal 20.7, M. Huang 23.9, M. Cawley 2:06.8
(W) N. Burua 54.1, M. Cheng 21.6, F. Rosenbach 24.4, M. Brennan 2:48.3

4xlap:

(M) R. Cleary 53.4, B. McDermott 54.5, J. Saladino 57.9, S. Alsaïdi 45.5
(W) K. Brophy 53.5, B. Aderhold 54.5, B. Keino 58.2, J. Fronefield NT

High Jump: F. Rosenbach 6'0" (W), A. Braden 5'6" (M), H. Lubinger 5'4" (M)
J. Davis 5'2" (W)

Shot Put: K. Dawson 42'7" (W), S. Horowitz 40'8" (M), A. Grieco 40'0" (W)
G. Hansen 39'0" (W), J. Layfield 35'0" (M), M. Picarelli 33'3" (M),
M. Reilly 33'2" (W), C. Van Cleve 30'8" (M), M. Selhorn 29'1" (W),
T. Steiner 27'3" (M), R. Winschitl 29'2" (W), T. Li 26'1" (W), J. Papas 25'6"
(M)
K. Masterson 25'3" (M), B. Bonner 23'11" (M), J. Vazquez 22'11" (W)

Discus: K. Dawson 112'0" (W), S. Horowitz 110'9" (M), G. Hansen 108'2" (W)
A. Grieco 95'0" (W), T. Li 87'5" (W), C. Van Cleve 85'3" (M), R. Wandschitl
83'10" (W), M. Selhorn 81'9" (W), J. Papas 79'0" (M), B. Bonner 74' (M),
M. Picarelli 73'8" (M), J. Layfield 73' (M), T. Steiner 72'11" (M),
K. Masterson 65'11" (M), M. Reilly 59'3" (W), J. Vazquez 53'1" (W)

RIDGEWOOD RELAYS
Saturday, April 3, 1993

3xDiscus:

| | | | |
|---------------|---------|--------------|--------|
| A. Grieco | 96'9" | C. VanCleve | 93'9" |
| G. Hansen | 101'6" | D. Barry | 75' |
| J. Layfield | 91'5" | M. Picarelli | 91'11" |
| | 289'8" | | 260'8" |
| T. Steiner | 87'10" | | |
| R. Windschitl | 74'5" | | |
| T. Li | 89'8" | | |
| | 247'11" | | |

3xShot Put:

| | | | |
|---------------|--------|--------------|--------|
| A. Grieco | 38'11" | M. Picarelli | 34'3" |
| G. Hansen | F | C. VanCleve | 32'10" |
| J. Layfield | 36'7" | D. Barry | 29'6" |
| | | | 96'7" |
| T. Steiner | 28'6" | | |
| R. Windschitl | 29'5" | | |
| T. Li | 30'3" | | |
| | 88'2" | | |

3xJavelin:

| | | | |
|---------------|--------|--------|------------------|
| T. Van Marcke | 146'3" | | |
| D. Kaplan | 109'1" | | |
| G. Hansen | 87'10" | 342'2" | <u>4th Place</u> |

3xLong Jump:

| | |
|-----------|-----------|
| A. Braden | 16'2" |
| M. Huang | 14'5 3/4" |
| A. Sison | 13'1 1/4" |
| | 43'9" |

3xHigh Jump:

| | |
|-----------|-------|
| J. Davis | 5'6" |
| L. Lembo | NH |
| A. Braden | 5'0" |
| | 10'6" |

4x1600:

| | |
|---------------|---------|
| C. Bueche | 5:28.8 |
| T. Ricart | 5:02.4 |
| R.B. Brill | 5:07.0 |
| J. Fronefield | 4:47.5 |
| | 20:25.6 |

4x100:

| | |
|-------------|------|
| B. Warnock | NT |
| M. Mansueto | NT |
| S. Aps | NT |
| V. Hagopian | NT |
| | 51.3 |

4x800:

| | |
|--------------|--------|
| B. McDermott | 2:22.3 |
| M. Brennan | 3:17.4 |
| R.B. Brill | 2:41.2 |
| C. Bueche | 2:29.1 |
| | 10:50 |

4x200:

| | |
|-------------|--------|
| B. Warnock | 25.8 |
| S. Aps | 24.2 |
| B. Aderhold | 25.9 |
| V. Hagopian | 25.6 |
| | 1:41.6 |

JV4x800:

| | |
|-------------|---------|
| M. Castagno | 2:49.3 |
| A. Sison | 2:40.6 |
| L. Lembo | 2:37.1 |
| K. Scarfo | 2:19.9 |
| | 10:26.9 |

JV4x200:

| | |
|-------------|--------|
| M. Mansueto | 29.0 |
| Y.J. Kook | 30.0 |
| M. Huang | 27.7 |
| N. Barua | 28.2 |
| | 1:54.9 |

Sprint Medley:

| | | |
|-------------|--------|-------|
| J. Saladino | 55.7 | (400) |
| B. Warnock | 25.0 | (200) |
| B. Aderhold | 25.8 | (200) |
| K. Brophy | 2:13.3 | (800) |
| | 3:59.7 | |

Distance Medley:

| | | |
|---------------|---------|-----------------|
| T. Ricart | 3:35.2 | (1200) |
| J. Davis | 62.3 | (400) |
| B. McDermott | 2:20.4 | (800) |
| J. Fronefield | 4:47.9 | (1600) |
| | 11:45.7 | <u>3rdPlace</u> |

3x400IH:

| | |
|-------------|--------|
| J. Saladino | 66.4 |
| A. Braden | 67.1 |
| J. Hu | 69.8 |
| | 3:23.3 |

4x400:

| | |
|-------------|--------|
| K. Brophy | 57.2 |
| A. Braden | 62.1 |
| B. Aderhold | 58.7 |
| J. Saladino | 55.8 |
| | 3:53.8 |

Frosh. 4x400:

| | |
|-------------|--------|
| N. Wong | 74.6 |
| J. Cheng | 68.1 |
| R. Genovese | 64.7 |
| M. Mansueto | 65.8 |
| | 4:33.2 |

Soph. 4x400:

| | |
|-----------|-------------------------|
| S. Aps | 56.9 |
| S. Curran | 67.0 |
| J. Davis | 67.3 |
| N. Barua | 64.4 |
| | <u>5th Place</u> 4:15.7 |

Soph. 4x400:

| | |
|-------------|--------|
| M. Castagno | 77.8 |
| K. Scarfo | 62.2 |
| L. Lembo | 68.1 |
| A. Sison | 73.9 |
| | 4:42.0 |

1993 COLONIAL RELAYS
Friday, Saturday, April 3, 4
College of William and Mary

| | | | |
|--------|---------------|--------|------------------|
| 4x800: | Ryan Cleary | 2:05.5 | |
| | Todd Cotten | 2:05.1 | |
| | Sadek Alsaïdi | 2:00.4 | |
| | Bob Keino | 1:53.3 | |
| | | 8:04.3 | <u>4th Place</u> |

| | | | |
|------------------|---------------|---------|------------------|
| Distance Medley: | | | |
| | Sadek Alsaïdi | 3:18.4 | (1200) |
| | Ryan Cleary | 54.4 | (400) |
| | Todd Cotten | 2:04.4 | (800) |
| | Bob Keino | 4:15.7 | (1600) |
| | | 10:32.8 | <u>1st Place</u> |

Discus:
Kass Dawson No Measure

Shot Put:
Sam Horowitz 45'0"
Kass Dawson No Measure



RIDGEWOOD VS. EASTSIDE
 Tuesday, April 6, 1993

| | FIRST PLACE | SECOND PLACE | THIRD PLACE | RHS | EHS |
|------------|--|---------------------------------|--------------------------------|-----|-----|
| LONG JUMP: | Henry Baker (E) 19'7" | Thibaut van Marcke (R) 18'7" | Roger Alexander (E) 18'3" | 99 | 32 |
| others: | A. Braden 17'7", S. Aps 17'10", F. Rosenbach 17'7", M. Huang 15'10 1/2" | | | 3 | 6 |
| 400IH: | Jason Lahita (R) 62.1 | Chris Lalonde (R) 63.4 | Josh Saladino (R) 64.0 | 9 | 0 |
| others: | A. Braden 66.2, J. Hu 70.0, M. Cawley 65.7 | | | | |
| 100: | Keshan Gale (E) 11.7 | Troy Medlock (E) 11.9 | Stefan Aps (R) 12.0 | 1 | 8 |
| others: | T. Van Marcke 12.4, M. Huang 13.2, N. Barua 13.8, M. Cheng 12.2 V. Hagopian 12.4, Y.K. Jin 14.2, V. Veloso 14.1, J. Cheng 13.3 | | | | |
| 1500: | Sadek Alsaïdi (R) 4:37.2 | Ryan Cleary (R) 4:44.6 | Tom Ricart (R) 4:52.2 | 9 | 0 |
| others: | R.B. Brill 4:57.5, K. Scarfo 4:55.8, C. Bueche 5:19.5, M. Castagno 5:54.4 | | | | |
| 400: | Bob Keino (R) 53.2 | Troy Medlock (E) 55.2 | Chris Morris (E) 55.3 | 5 | 4 |
| others: | M. Nally 55.7, B. Aderhold 57.4, N. Barua 62.7, T. Cotten 56.2 R. Drenth 56.8, S. Curran 69.4 | | | | |
| 110HH: | Jason Lahita (R) 16.8 | Chris Lalonde (R) 17.5 | Fletcher Rosenbach (R) 17.6 | 9 | 0 |
| others: | A. Braden 18.1, J. Hu 18.3 | | | | |
| 800: | Bob Keino (R) 2:01.0 | Sadek Alsaïdi (R) 2:04.3 | Todd Cotten (R) 2:06.8 | 9 | 0 |
| others: | L. Lembo 2:32.2, M. Ogren 2:24.0, M. Brennan 3:04.3, A. Sison 2:38.5 | | | | |
| 200: | Keshan Gale (E) 25.1 | Stefan Aps (R) 25.2 | Troy Medlock (E) 25.5 | 3 | 6 |
| others: | M. Cheng 25.7, N. Barua 29.1, R. Drenth 25.8, B. Aderhold 25.7, V. Veloso 30.2, Y.K. Jin 29.1, M. Huang 27.2, V. Hagopian 25.7 J. Cheng 27.8, R. Genovese 28.2, M. Mansueto 27.1 | | | | |
| 3200: | Josh Fronefield (R) 10:32.6 | Tom Ricart (R) 10:39.4 | Ryan Cleary (R) 10:45.2 | 9 | 0 |
| others: | R.B. Brill 10:52.0, K. Scarfo 10:55.2 | | | | |

| | FIRST PLACE | SECOND PLACE | THIRD PLACE | | |
|-----------|--|---------------------------|--------------------------|---|---|
| SHOT PUT: | Sam Horowitz (R) 45'6 1/4" | Kass Dawson (R) 43'10" | Andy Grieco (R) 41'4" | | |
| others: | J. Layfield 34'0", G. Hansen 39'2 1/2", M. Picarelli 36'9 3/4" | | | 9 | 0 |

| | | | | | |
|---------|---|--------------------------------|---------------------------|---|---|
| DISCUS: | Kass Dawson (R) 116'7" | Sam Horowitz (R) 114'8 1/2" | Andy Grieco (R) 108'2" | | |
| others: | C. VanCleve 97'5 1/2", G. Hansen 96'9", D. Wolfson 100' | | | 9 | 0 |

| | | | | | |
|------------|---------------------------------|--------------------------------|-------------------------|---|---|
| HIGH JUMP: | Roger Alexander (E) 6'2" | Fletcher Rosenbach (R) 6'2" | Andy Braden (R) 5'8" | | |
| others: | H. Lubinger 5'8", J. Davis 5'8" | | | 4 | 5 |

| | | | | | |
|-------------|---|------------------------|-----------------------|---|---|
| POLE VAULT: | Vahe Hagopian (R) 12'0" | M. Winston (E) 9'0" | Jim Davis (R) 8'0" | | |
| others: | C. Lalonde NH, M. Mansueto NH, J. Saladino 7'0" | | | 6 | 3 |

| | | | | | |
|--------------|-------------------------------------|--------------------------|-----------------------------|---|---|
| TRIPLE JUMP: | Thibaut Van Marcke (R) 39'6 1/2" | Kass Dawson (R) 37'3" | Chris Lalonde (R) 36'11" | | |
| | | | | 9 | 0 |

| | | | | | |
|-----------|---|--|--|--------|---|
| 4X400:(R) | B. Keino 55.5, J. Saladino 55.4, J. Lahita 55.3, T. Cotten 56.6 | | | | |
| | | | | 3:42.7 | |
| | | | | 5 | 0 |

R. Drenth 57.2, B. Aderhold 59.0, M. Nally 59.1, S. Aps 62.9 3:58.0
L. Lembo 63.0, M. Cawley 58.1, F. Rosenbach 63.5, M. Ogren 62.1 4:06.6

FINAL SCORE: 99 32

COMMENTS: A strong first meet against a weak and out of shape opponent. We swept eight events and only lost four events. Our throwers swept the shot put and discus. Especially good performances from our high jumpers and distance runners are encouraging for this early in the season.

| | | |
|-------------|--------------------|--------------|
| MEET BESTS: | Thibaut van Marcke | 39'6 1/2" TJ |
| | Vahe Hagopian | 12'0" PV |
| | Fletcher Rosenbach | 6'2" HJ |
| | Kass Dawson | 37'3" TJ |
| | Sam Horowitz | 45'6 1/4" SP |

ENGLEWOOD RELAYS
Saturday, April 10, 1993 at Winton White Stadium

4xmile: J. Fronefield, R. B. Brill, T. Ricart, T. Cotten
4:59.0 5:11.1 4:56.3 4:49.4 19:55.7 6th Place

4x110HH: C. Lalonde, F. Rosenbach, A. Braden, J. Lahita
18.4 17.8 19.6 17.3 1:13.0 4th Place

4x100: B. Warnock, M. Cheng, D. Randolph, S. Aps
13.6 12.3 11.6 11.3 48.4

4x300: J. Lahita, J. Fronefield, M. Nally, R. Cleary
2:13.1 2:16.7 2:17.8 2:05.4 8:52.9

4x200: M. Cheng, V. Hagopian, S. Aps, J. Saladino
26.6 24.3 25.7 25.2 1:41.7

Sprint Medley: R. Drenth, B. Aderhold, B. Warnock, T. Cotten
57.7 25.7 25.0 2:08.7 3:57.1

M. Nally, M. Cheng, S. Aps, B. McDermott
58.2 25.3 25.9 2:15.7 4:05.1

Frosh.Sprint Medley: M. Mansueto, J. Cheng, N. Wong, K. Scarfo
62.3 29.3 32.0 2:13.7 4:17.3 3rd Place

Distance Medley: T. Cotten, R. Drenth, R. Cleary, J. Fronefield
3:34.7 58.6 2:10.8 4:56.3 11:40.4

Soph. D.M.: K. Brophy, J. Hu, N. Barua, R. B. Brill
3:33.1 64.3 2:29.6 5:02.0 12:08.9 4th Place

3x400IH: J. Lahita, C. Lalonde, M. Cawley
63.8 64.5 65.5 3:13.8 3rd Place

Soph.3x400IH: J. Saladino, J. Hu, F. Rosenbach
66.1 74.7 69.3 3:30.4 3rd Place

4x400: B. Aderhold, R. Drenth, V. Hagopian, N. Barua
57.9 59.7 59.8 64.6 4:01.9

Soph.4x400: R. Cleary, F. Rosenbach, K. Brophy, J. Saladino
55.5 59.9 56.5 56.1 3:48.0 2nd Place

Frosh.4x400: J. Cheng, N. Wong, M. Mansueto, K. Scarfo
66.3 71.3 64.1 60.4 4:22.0

2xHJ: F. Rosenbach NH, D. Randolph NH
H. Lubinger NH, A. Braden NH

2xLJ: D. Randolph 18'4 1/2", T. Van Marcke 17'9 1/2" 36'2"
S. Aps 17'7", A. Braden 16'5" 34'0"

2xTJ: T. VanMarcke 39'5", C. Lalonde 35'7 1/2" 6th Place

2xJav.: T. VanMarcke 139'9", D. Kaplan 106'5" 3rd Place

2xPole Vault: V. Hagopian 13'0", J. Saladino NH

2xShot: K. Dawson 42'7", S. Horowitz 43'4" 85'11" 5th Place

A. Grieco 39'1", G. Hansen 37'4" 76'5"

B. Bonner 26'9", D. Kaplan 30'4" 57'1"

R. Windschitl 27'0", D. Wolfson 34'7" 61'7"

Soph.2xShot: C. Van Cleve 32'11", M. Picarelli 35'5" 68'3"

D. Barry 29'10", T. Li 31'6" 61'4"

T. Steiner 30'3", T. Francis 26'10 1/2" 57'1 1/2"

2xDiscus: K. Dawson 131'9", S. Horowitz 115'0" 246'9" 2nd Place

A. Grieco 109'8", G. Hansen 97'6" 206'6"

R. Windschitl 82'8", D. Wolfson 92'9" 175'5"

B. Bonner 83'0", D. Kaplan 61'3" 144'3"

Soph.2xDiscus: C. Van Cleve 79'11", M. Picarelli 94'2" 174'2"

D. Barry 104'11", T. Li 95'0" 199'11" 2nd Place

T. Steiner 76', T. Francis 79' 155'0"

1993 JACK YOCKERS RELAYS (COUNTY RELAYS)
Friday & Saturday, April 16 & 17

Pole Vault: V. Hagopian, Josh Saladino NH, C. Lalonde NH

Triple Jump: T. van Marcke, Kass Dawson, C. Lalonde
38'11 1/2" ~~37'11 1/4"~~ ~~37'11 3/4"~~ 114'1/2" 5th Place

Discus: Kass Dawson, Sam Horowitz, A. Grieco
135'4" 103'7" ~~123'5"~~ 362'4" 6th Place

3x400IH: J. Lahita, C. Lalonde, J. Saladino
60.7 62.6 ~~61.8~~ 3:05.1 4th Place

4x200: B. Warnock, B. Aderhold, V. Hagopian, S. Aps
25.4 ~~24.9~~ 25.1 24.7 1:39.1 DQ

4x1600: S. Alsaiddi, T. Ricart, T. Cotten, B. Keino
4:33.1 ~~4:43.4~~ ~~4:34.5~~ 4:23.8 18:13.7 1st Place

3xJav.: T. van Marcke, D. Kaplan, S. Horowitz
159'9" ~~121'2"~~ 90'6" 371'5" 4th Place

4x110HH: C. Lalonde, A. Braden, F. Rosenbach, J. Lahita
18.3 17.6 19.3 16.9 1:12.3

4x100: B. Warnock, S. Aps, J. Saladino, D. Randolph 47.6

3xHJ: H. Lubinger, F. Rosenbach, D. Randolph
NH 5'8" 6'0"

3xShot: K. Dawson, S. Horowitz, A. Grieco
44'5 1/2" 45'9" 40'5" 130'7 3/4" 3rd Place

3xLJ: T. van Marcke, D. Randolph, S. Aps
16'3" ~~20'5 3/4"~~ ~~19'1"~~ 55'9 3/4" 6th Place

DM: S. Alsaiddi, R. Cleary, J. Lahita, B. Keino
3:16.9 ~~54.2~~ 2:07.3 ~~1:16.2~~ 10:34.5 1st Place Meet Record

SM: K. Brophy, B. Warnock, V. Hagopian, T. Cotten
55.1 25.2 25.0 ~~2:03.3~~ 3:48.6 5th Place

4x800: S. Alsaiddi, R. Cleary, T. Cotten, B. Keino
2:03.6 ~~2:04.1~~ 2:04.7 1:56.8 8:09.4 1st Place Meet Record

4x400: S. Aps, J. Saladino, K. Brophy, R. Cleary
55.7 ~~54.4~~ 56.2 54.9 3:41.1

50 points gave us a tie for third with Paramus Catholic, and Don Bosco 5 points out of first. A missed opportunity for a championship came because we were not ready for prime time competition. Note the shaded personal best performances. There has to be more of those kind of efforts to win a team championship.

RIDGEWOOD VS. KENNEDY
Monday, April 12, 1993

| | | | RHS | JFKHS |
|---|-------------------------------|---------------------------------|--------|--------|
| | | | 85 1/2 | 45 1/2 |
| FIRST PLACE | SECOND PLACE | THIRD PLACE | | |
| LONG JUMP: Darryl Grayson (K) 19'1" | Doug Randolph (R) 18'0" | Tyrone Joyner (K) 17'11 1/4" | | |
| others: A. Braden 17'0", S. Aps 16'11", F. Rosenbach 16'1/2", T. Van Marcke 17'4" | | | 3 | 6 |
| <hr/> | | | | |
| 400IH: Jason Lahita (R) 59.0 | Courtney Beckles (K) 60.4 | Omar Headley (K) 62.1 | | |
| others: J. Hu 67.5, M. Cawley 64.8, C. Lalonde 62.4 | | | 5 | 4 |
| <hr/> | | | | |
| 100: Bill Warnock (R) 12.3 | Stefan Aps (R) 12.3 | Darryl Grayson (K) 12.4 | | |
| others: T. Van Marcke 12.7, M. Huang 13.2, M. Cheng 12.7, M. Mansueto 13.4 V. Hagopian 12.8, Y.K. Jin 14.2, J. Cheng 13.6, R. Genovese 13.9 | | | 8 | 1 |
| <hr/> | | | | |
| 1600: Todd Cotten (R) 4:38.4 | Josh Fronefield (R) 4:46.0 | Tom Ricart (R) 4:51.0 | | |
| others: R.B. Brill 5:11.0, C. Bueche 5:11.0, K. Brophy 4:53.5 | | | 9 | 0 |
| <hr/> | | | | |
| 400: Bob Keino (R) 52.8 | Sadek Alsaïdi (R) 54.0 | Ryan Cleary (R) 55.2 | | |
| others: M. Nally 56.9, B. Aderhold 59.2, N. Barua 62.7, R. Drenth 56.8, S. Curran 68.7, V. Veloso 67.9 | | | 9 | 0 |
| <hr/> | | | | |
| 110HH: Omar Headley (K) 16.6 | Jason Lahita (R) 16.7 | B. Reed (K) 16.8 | | |
| others: A. Braden 19.3, J. Hu 19.7, F. Rosenbach 18.6, C. Lalonde 17.7 | | | 3 | 6 |
| <hr/> | | | | |
| 800: Bob Keino (R) 2:04.3 | Sadek Alsaïdi (R) 2:09.0 | Ryan Cleary (R) 2:10.0 | | |
| others: L. Lembo 2:27.8, M. Ogren 2:24.8, B. McDermott 2:15.1 | | | 9 | 0 |
| <hr/> | | | | |
| 200: Darryl Grayson (K) 24.2 | Courtney Beckles (K) 24.4 | Bill Warnock (R) 24.6 | | |
| others: M. Cheng 25.8, N. Barua 28.0, R. Drenth 26.7, B. Aderhold 25.8, V. Veloso 31.2, Y.K. Jin 30.6, M. Huang 28.0, J. Cheng 28.0, R. Genovese 28.2, M. Mansueto 27.4 | | | 1 | 8 |
| <hr/> | | | | |
| 3200: Todd Cotten (R) 10:21.9 | Tom Ricart (R) 10:32.4 | R.B. Brill (R) 11:18.0 | | |
| | | | 9 | 0 |

| | FIRST PLACE | SECOND PLACE | THIRD PLACE | | |
|--------------|--|-------------------------------|--------------------------------|---|---|
| SHOT PUT: | Chris Ferdinand (K) 46'11" | Sam Horowitz (R) 46'1" | Kass Dawson (R) 45'10" | | |
| others: | C. Van Cleve 34'1", G. Hansen 36'8", M. Picarelli 35'7" A. Grieco 41'8" | | | 4 | 5 |
| DISCUS: | Kass Dawson (R) 131'8" | Chris Ferdinand (K) 122'7" | Sam Horowitz (R) 114'0" | | |
| others: | G. Hansen 92'9", D. Barry F, A. Grieco 109'9" | | | 6 | 3 |
| HIGH JUMP: | Fletcher Rosenbach (R) 6'0" | Doug Randolph (R) 5'10" | Carlos Curry (K) 5'8" | | |
| others: | H. Lubinger 5'4", A. Braden 5'2" | | | 8 | 1 |
| POLE VAULT: | Vahe Hagopian (R) 12'0" | Andrew Gayle (K) 10'6" | Chris Lalonde (R) 8'0" | | |
| others: | M. Mansueto NH, J. Saladino 7'0" | | | 6 | 3 |
| TRIPLE JUMP: | Courtney Beckles (K) 41'1 1/2" | Omar Headley (K) 39'4 3/4" | T. Van Marcke (R) 39'1 1/4" | | |
| others: | A. Braden 33'5", B. McDermott 34'0", C. Lalonde 35'10" | | | 1 | 8 |
| 4X400:(R) | B. Keino 53.1, J. Saladino 55.3, S. Alsaiddi 54.6, R. Cleary 56.4 3:39.3 | | | 5 | 0 |
| | R. Drenth 58.52 B. Aderhold 59.2, J. Lahita 55.8, K. Brophy 3:50.9 L. Lembo 67.3, M. Cawley 59.8, M. Ogren 63.6, S. Aps 56.3 4:07.1 | | | | |

FINAL SCORE: 85 1/2 45 1/2

COMMENTS: A cold overcast day may have tempered final times and jumps, but we are at our competitive best against JFK. By comparison to the first three teams we have faced this season, our team has lots of depth and character. Today JFK could not even enter the 3200m and chose not to enter a 4x400 team. We fielded a full team and had three relay teams at the end of the meet.

MEET BESTS: Jason Lahita 59.0 400IH
 Bill Warnock 1st/100 & 3rd/200
 Todd Cotten Tough double win in 1600 & 3200.
 Bob Keino 3 wins
 Kass Dawson 131'8" Discus
 Sam Horowitz 46'1" Shot

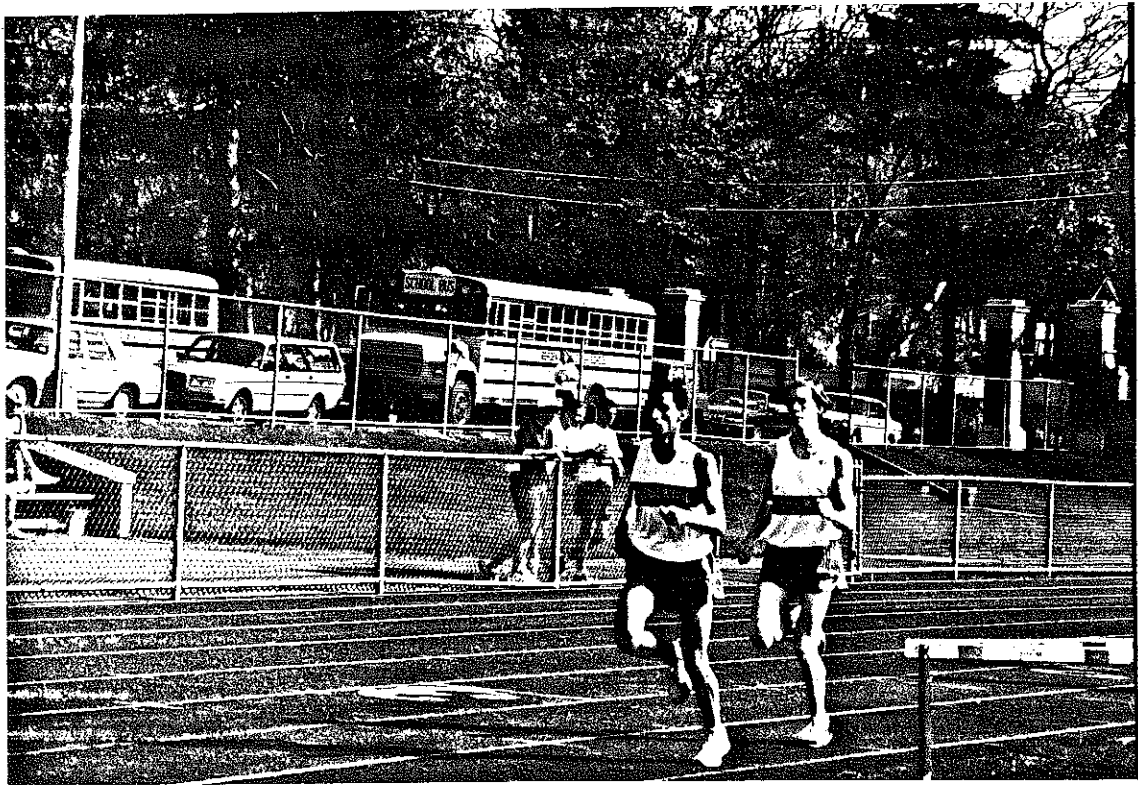
RIDGEWOOD VS. BLOOMFIELD
Monday, April 12, 1993

| | FIRST PLACE | SECOND PLACE | THIRD PLACE | RHS 117 | BHS 14 |
|------------|---|--------------------------------|--------------------------------|------------|-----------|
| LONG JUMP: | Doug Randolph (R) 18'0" | Daron Fanfair (B) 17'8 1/2" | Thibaut vanMarcke (R) 17'4" | | |
| others: | A. Braden 17'0", S. Aps 16'11", F. Rosenbach 16'1/2" | | | 6 | 3 |
| 400IH: | Jason Lahita (R) 59.0 | Chris Lalonde (R) 62.4 | Josh Saladino (R) 63.4 | | |
| others: | J. Hu 67.5, M. Cawley 64.8 | | | 9 | 0 |
| _100: | Bill Warnock (R) 12.3 | Stefan Aps (R) 12.3 | Doug Randolph (R) 12.6 | | |
| others: | T. Van Marcke 12.7, M. Huang 13.2, M. Cheng 12.7, M. Mansueto 13.4 V. Hagopian 12.8, Y.K. Jin 14.2, J. Cheng 13.6, R. Genovese 13.9 | | | 9 | 0 |
| 1600: | Todd Cotten (R) 4:38.4 | Josh Fronefield (R) 4:46.0 | Tom Ricart (R) 4:51.0 | | |
| others: | R.B. Brill 5:11.0, C. Bueche 5:11.0, K. Brophy 4:53.5 | | | 9 | 0 |
| 400: | Bob Keino (R) 52.8 | Sadek Alsaiddi (R) 54.0 | Ryan Cleary (R) 55.2 | | |
| others: | M. Nally 56.9, B. Aderhold 59.2, N. Barua 62.7, R. Drenth 56.8, S. Curran 68.7, V. Veloso 67.9 | | | 9 | 0 |
| 110HH: | Jason Lahita (R) 16.7 | Daron Fanfair (B) 17.6 | Chris Lalonde (R) 17.7 | | |
| others: | A. Braden 19.3, J. Hu 19.7, F. Rosenbach 18.6 | | | 6 | 3 |
| 800: | Bob Keino (R) 2:04.3 | Sadek Alsaiddi (R) 2:09.0 | Ryan Cleary (R) 2:10.0 | | |
| others: | L. Lembo 2:27.8, M. Ogren 2:24.8, B. McDermott 2:15.1 | | | 9 | 0 |
| 200: | Daron Fanfair (B) 24.4 | Bill Warnock (R) 24.6 | Stefan Aps (R) 24.7 | | |
| others: | M. Cheng 25.8, N. Barua 28.0, R. Drenth 26.7, B. Aderhold 25.8, V. Veloso 31.2, Y.K. Jin 30.6, M. Huang 28.0, J. Cheng 28.0, R. Genovese 28.2, M. Mansueto 27.4 | | | 1 | 8 |
| 3200: | Todd Cotten (R) 10:21.9 | Tom Ricart (R) 10:32.4 | R.B. Brill (R) 11:18.0 | | |
| | | | | 9 | 0 |

| | FIRST PLACE | SECOND PLACE | THIRD PLACE | | |
|--------------|--|-----------------------------|-----------------------------|-----|----|
| SHOT PUT: | Sam Horowitz (R) 46'1" | Kass Dawson (R) 45'10" | Andrew Grieco (R) 41'8" | | |
| others: | C. Van Cleve 34'1", G. Hansen 36'8", M. Picarelli 35'7" | | | 9 | 0 |
| DISCUS: | Kass Dawson (R) 131'8" | Sam Horowitz (R) 114'0" | Andrew Grieco (R) 109'9" | | |
| others: | G. Hansen 92'9", D. Barry F | | | 9 | 0 |
| HIGH JUMP: | Fletcher Rosenbach (R) 6'0" | Doug Randolph (R) 5'10" | Daron Fanfair (B) 5'8" | | |
| others: | H. Lubinger 5'4", A. Braden 5'2" | | | 8 | 1 |
| POLE VAULT: | Vahe Hagopian (R) 12'0" | Chris Lalonde (R) 8'0" | Josh Saladino (R) 7'0" | | |
| others: | M. Mansueto NH | | | 9 | 0 |
| TRIPLE JUMP: | T. Van Marcke (R) 39'1 1/4" | Chris Lalonde (R) 35'10" | Mike Vsis (B) 35'5 1/4" | | |
| others: | A. Braden 33'5", B. McDermott 34'0" | | | 8 | 1 |
| 4X400:(R) | B. Keino 53.1, J. Saladino 55.3, S. Alsaïdi 54.6, R. Cleary 56.4 3:39.3 | | | 5 | 0 |
| | R. Drenth 58.52 B. Aderhold 59.2, J. Lahita 55.8, K. Brophy 3:50.9 L. Lembo 67.3, M. Cawley 59.8, M. Ogren 63.6, S. Aps 56.3 4:07.1 | | | | |
| | FINAL SCORE: | | | 117 | 14 |

COMMENTS: Suddenly, we are undefeated with three wins to start the season. It is not our fault that these teams are obviously not ready for full competition. We are, and despite bad weather we are in pretty good shape for this stage in the season. However, there is much to do to reach our fullest potential, but we show signs of being very capable if we continue to improve.

MEET BESTS: Doug Randolph 1st(LJ), 2nd(HJ), 3rd(100)
Chris Lalonde PB in 400IH
Josh Saladino PB in 400IH
Christian Bueche PB in 1600m



RIDGEWOOD VS. MONTCLAIR
Tuesday, April 20, 1993

| | FIRST PLACE | SECOND PLACE | THIRD PLACE | RHS | MHS |
|------------|--|--------------------------------|--------------------------------|-----|-----|
| LONG JUMP: | Cook (M) 20'2" | Doug Randolph (R) 19'5 1/2" | Aquil (M) 19'5" | 87 | 44 |
| others: | A. Braden 17'2 1/2", S. Aps 17'8", F. Rosenbach 16'8 1/2", T. Van Marcke 18'3" | | | 3 | 6 |
| 400IH: | A. Smith (M) 54.6 | Jason Lahita (R) 57.2 | M. Goodwin (M) 60.0 | | |
| others: | J. Hu 69.7, M. Cawley 66.3, C. Lalonde 61.0, J. Saladino 61.0 | | | 3 | 6 |
| 100: | Bill Warnock (R) 11.8 | Reid (M) 11.9 | Skannal (M) 11.9 | | |
| others: | T. Van Marcke 12.1, M. Cheng 12.4, V. Hagopian 12.6, J. Cheng 13.9, Y.K. Jin 13.7, N. Wong 14.5, B. Aderhold 12.9 | | | 5 | 4 |
| 1600: | Sadek Alsaiddi (R) 4:36.2 | Todd Cotten (R) 4:40.9 | Josh Fronefield (R) 4:41.7 | | |
| others: | R.B. Brill 5:15.4, C. Bueche 5:13.3, K. Scarfo 5:10.4 | | | 9 | 0 |
| 400: | Bob Keino (R) 51.4 | Jannah (M) 52.0 | Ryan Cleary (R) 54.2 | | |
| others: | B. Aderhold 57.1, R. Drenth 56.0 | | | 6 | 3 |
| 110HH: | Goodwin (M) 15.8 | Jason Lahita (R) 16.5 | Fletcher Rosenbach (R) 17.2 | | |
| others: | A. Braden 18.0, J. Hu 19.8, C. Lalonde 17.7 | | | 4 | 5 |
| 800: | Bob Keino (R) 1:57.2 | Blyenne (M) 2:00.0 | Sadek Alsaiddi (R) 2:04.0 | | |
| others: | B. McDermott 2:10.2, R. Cleary 2:08.1, K. Brophy 2:14.5, A. Sison 2:37.6, M. Castagno 2:52.9 | | | 6 | 3 |
| 200: | Myles (M) 23.1 | Brooks (M) 23.8 | Skannal (M) 24.2 | | |
| others: | M. Cheng 25.2, N. Barua 27.0, R. Drenth 25.7, B. Warnock 24.8 V. Veloso 29.2, J. Cheng 28.7, S. Curran 30.8 | | | 0 | 9 |
| 3200: | Todd Cotten (R) 10:24.9 | Josh Fronefield (R) 10:33.0 | Tom Ricart (R) 10:47.3 | | |
| others: | K. Scarfo 11:09.4, C. Bueche 11:19.9 | | | 9 | 0 |

| | FIRST PLACE | SECOND PLACE | THIRD PLACE | | |
|--------------|---|-------------------------------|---------------------------------|--------------|-------|
| SHOT PUT: | Kass Dawson (R) 46'4 1/2" | Sam Horowitz (R) 45'4 1/2" | Montclair 43'8" | | |
| others: | G. Hansen 36'6", M. Picarelli 35'7", A. Grieco 43'1" | | | | |
| | A. Grieco 41'8" | | | 8 | 1 |
| DISCUS: | Kass Dawson (R) 142'7" | Andy Grieco (R) 130'0" | Monclair | | |
| others: | G. Hansen 99'5", D. Barry 104'0", S. Horowitz 116'1" | | | 8 | 1 |
| HIGH JUMP: | Doug Randolph (R) 6'2" | Ponton (M) 6'2" | Fletcher Rosenbach 6'2" | | |
| others: | H. Lubinger 5'8", A. Braden 5'4", J. Davis 5'8" | | | 6 | 3 |
| POLE VAULT: | Vahe Hagopian (R) 9'6" | Chris Lalonde (R) 9'0" | Jim Davis (R) 8'0" | | |
| others: | J. Saladino NH | | | 9 | 0 |
| TRIPLE JUMP: | Doug Randolph (R) 40'5" | Campbell (M) 39'11" | Thibaut van Marcke 38'5 1/2" | | |
| others: | A. Braden 34', C. Lalonde 37'1 1/2" | | | 6 | 3 |
| 4X400:(R) | B. Keino 52.5, J. Saladino 54.3, S. Alsaiddi 52.9, J. Lahita 51.6 3:31.3 | | | | |
| | | | | 5 | 0 |
| B. Warnock | 60.5, B. McDermott 56.9, M. Nally 54.5, M. Cawley 57.7 3:49.6 | | | | |
| R. Drenth | 57.1, B. Aderhold 57.4, S. Aps 56.6, K. Brophy 57.1 3:47.2 | | | | |
| | | | | FINAL SCORE: | 87 44 |

COMMENTS: This was an outstanding meet for the whole team. We are beginning to look like a complete track team with quality performances in all areas.

MEET BESTS: Jason Lahita 57.2 400IH/51.6 4x400 anchor
 Bill Warnock 1st/100
 Kass Dawson 142'7" Discus/46'4 1/2" Shot double win
 Doug Randolph 40'5" Triple Jump/ 6'2" High Jump
 Fletcher Rosenbach 6'2" High Jump

TEAM RECORD: 5-0

RIDGEWOOD VS. BARRINGER
Tuesday, April 20, 1993

| | FIRST PLACE | SECOND PLACE | THIRD PLACE | RHS 108 1/2 | BHS 22 1/2 |
|------------|--|--------------------------------|---------------------------------|----------------|---------------|
| LONG JUMP: | Doug Randolph (R) 19'5 1/2" | Sato (B) 18'8 1/4" | Thibaut van Marcke(R) 18'3" | | |
| | others: A. Braden 17'2 1/2", S. Aps 17'8", F. Rosenbach 16'8 1/2" | | | 6 | 3 |
| 400IH: | Jason Lahita (R) 57.2 | Josh Saladino (R) 61.0 | C. Lalonde(R)/Souder(B) 61.9 | | |
| | others: J. Hu 69.7, M. Cawley 66.3 | | | 8 1/2 | 1/2 |
| 100: | Hall (B) 11.3 | Bill Warnock (R) 11.8 | M. Cheng(R)/Manning(B) 12.3 | | |
| | others: T. Van Marcke 12.1, V. Hagopian 12.6, J. Cheng 13.9, Y.K. Jin 13.7, N. Wong 14.5, B. Aderhold 12.9 | | | 3 1/2 | 5 1/2 |
| 1600: | Sadek Alsaïdi (R) 4:36.2 | Todd Cotten (R) 4:40.9 | Josh Fronefield (R) 4:41.7 | | |
| | others: R.E. Brill 5:15.4, C. Bueche 5:13.3, K. Scarfo 5:10.4 | | | 9 | 0 |
| 400: | Hall (B) 50.6 | Bob Keino (R) 51.4 | Ryan Cleary (R) 54.2 | | |
| | others: B. Aderhold 57.1, R. Drenth 56.0 | | | 4 | 5 |
| 110HH: | Jason Lahita 16.5 | Souder (M) 16.8 | Fletcher Rosenbach (R) 17.2 | | |
| | others: A. Braden 18.0, J. Hu 19.8, C. Lalonde 17.7 | | | 6 | 3 |
| 800: | Bob Keino (R) 1:57.2 | Sadek Alsaïdi (R) 2:04.0 | Ryan Cleary (R) 2:08.1 | | |
| | others: B. McDermott 2:10.2, K. Brophy 2:14.5, A. Sison 2:37.6, M. Castagno 2:52.9 | | | 9 | 0 |
| 200: | Hall (B) 22.7 | Stefan Aps (R) 24.8 | Bill Warnock (R) 24.8 | | |
| | others: M. Cheng 25.2, N. Barua 27.0, R. Drenth 25.7, V. Veloso 29.2, J. Cheng 28.7, S. Curran 30.8 | | | 4 | 5 |
| 3200: | Todd Cotten (R) 10:24.9 | Josh Fronefield (R) 10:33.0 | Tom Ricart (R) 10:47.3 | | |
| | others: K. Scarfo 11:09.4, C. Bueche 11:19.9 | | | 9 | 0 |

| | FIRST PLACE | SECOND PLACE | THIRD PLACE | | |
|-----------|--------------------------------------|-------------------------------|--------------------------|---|---|
| SHOT PUT: | Kass Dawson (R) 46'4 1/2" | Sam Horowitz (R) 45'4 1/2" | Andy Grieco (R) 43'1" | | |
| others: | G. Hansen 36'6", M. Picarelli 35'7", | | | 9 | 0 |

| | | | | | |
|---------|----------------------------------|---------------------------|----------------------------|---|---|
| DISCUS: | Kass Dawson (R) 142'7" | Andy Grieco (R) 130'0" | Sam Horowitz (R) 116'1" | | |
| others: | G. Hansen 99'5", D. Barry 104'0" | | | 9 | 0 |

| | | | | | |
|------------|-------------------------------|--------------------------------|-------------------------|---|---|
| HIGH JUMP: | Doug Randolph (R) 6'2" | Fletcher Rosenbach (R) 6'2" | Howard Lubinger 5'8" | | |
| others: | A. Braden 5'4", J. Davis 5'8" | | | 9 | 0 |

| | | | | | |
|-------------|---------------------------|---------------------------|-----------------------|---|---|
| POLE VAULT: | Vahe Hagopian (R) 9'6" | Chris Lalonde (R) 9'0" | Jim Davis (R) 8'0" | | |
| others: | J. Saladino NH | | | 9 | 0 |

| | | | | | |
|--------------|-------------------------------------|-------------------------------------|---------------------------|---|---|
| TRIPLE JUMP: | Doug Randolph (R) 40'5" | Thibaut van Marcke (R) 38'5 1/2" | Kass Dawson (R) 37'11" | | |
| others: | A. Braden 34', C. Lalonde 37'1 1/2" | | | 9 | 0 |

| | | | | | |
|---|--|--|--|---|---|
| 4X400:(R) | B. Keino 52.5, J. Saladino 54.3, S. Alsaïdi 52.9, J. Lahita 51.6 3:31.3 | | | 5 | 0 |
| B. Warnock 60.5, B. McDermott 56.9, M. Nally 54.5, M. Cawley 57.7 | 3:49.6 | | | | |
| R. Drenth 57.1, B. Aderhold 57.4, S. Aps 56.6, K. Brophy 57.1 | 3:47.2 | | | | |

FINAL SCORE: 108 1/2 22 1/2

MEET BESTS: Josh Saladino 61.0 400IH
 Doug Randolph Triple winner LJ/HJ/TJ
 Kass Dawson Double winner SP/Discus

TEAM RECORD: 5-0

1993 PENN RELAYS
FRANKLIN FIELD
Friday & Saturday, April 24, 25

4x100: Bill Warnock, Thibaut van Marcke, Josh Saladino, Stefan Aps
47.63

| | | |
|-------------------------|----------------|---------------------------|
| Distance Medley: (1200) | Todd Cotten | 3:19.6 |
| (400) | Jason Lahita | 53.1 |
| (800) | Sadek Alsaiddi | 2:01.5 |
| (1600) | Bob Keino | 4:08.2 |
| | | 10:22.36 <u>3rd Place</u> |

| | |
|-----------------------|-------------------------|
| 4x800: Sadek Alsaiddi | 2:02.4 |
| Ryan Cleary | 2:01.2 |
| Todd Cotten | 2:04.9 |
| Bob Keino | 1:52.6 |
| | 8:01.1 <u>3rd Place</u> |

| | |
|---------------------|--------|
| 4x400: Jason Lahita | 53.2 |
| Kevin Brophy | 56.4 |
| Stefan Aps | 54.3 |
| Josh Saladino | 53.5 |
| | 3:37.4 |

Bob Keino's two anchor legs earned him Most Valuable High School Performer of the meet.



RIDGEWOOD VS. CLIFTON
Tuesday, April 27, 1993

| | FIRST PLACE | SECOND PLACE | THIRD PLACE | RHS 106 | CHS 25 |
|------------|---|------------------------------|--------------------------------|------------|-----------|
| LONG JUMP: | Doug Randolph (R) 19'4" | Sell (C) 18'5" | Stefan Aps (R) 18'5" | | |
| others: | A. Braden 15'3", F. Rosenbach 16'5 1/2", T. van Marcke 17'5 1/2" | | | 6 | 3 |
| 400IH: | Jason Lahita (R) 59.1 | Josh Saladino (R) 61.7 | C. Lalonde(R) 62.4 | | |
| others: | J. Hu 67.7, M. Cawley 64.3, A. Braden 66.8 | | | 9 | 0 |
| 100: | Bill Warnock (R) 11.9 | Jason Sell (C) 12.0 | Joe Nieridk (C) 12.3 | | |
| others: | T. Van Marcke 12.2, J. Cheng 13.6, Y.K. Jin 14.2, N. Wong 14.4, M. Cheng 12.5, W. McClam 12.4 | | | 5 | 4 |
| 1600: | Brian Torres (C) 4:29.1 | Sadek Alsaiddi (R) 4:29.2 | Josh Fronefield (R) 4:46.6 | | |
| others: | R.E. Erill 5:02.0, C. Bueche 5:07.0, K. Scarfo 4:57.0 K. Brophy 4:56.4 | | | 9 | 0 |
| 400: | Bob Keino (R) 52.9 | Jason Sell (C) 54.4 | Stefan Aps (R) 54.6 | | |
| others: | M. Nally 54.8, V. Veloso, 63.7, R. Genovese 63.2, M. Huang 59.7, N. Barua 62.8, S. Curran 66.2 | | | 6 | 3 |
| 110HH: | Jason Lahita (R) 17.2 | Chris Lalonde (C) 17.8 | Fletcher Rosenbach (R) 18.4 | | |
| others: | A. Braden 18.5, J. Hu 18.6 | | | 9 | 0 |
| 800: | Bob Keino (R) 2:00.6 | John Schriver (C) 2:03.4 | Ryan Cleary (R) 2:05.7 | | |
| others: | B. McDermott 2:12.6, M. Ogren 2:21.2, J. Fronefield 2:15.9 | | | 6 | 3 |
| 200: | Bill Warnock (R) 24.3 | Vahe Hagopian (R) 25.6 | Mark Cheng (R) 25.9 | | |
| others: | W. McClam 26.3, Y.K. Jin 29.8, M. Huang 27.6, V. Hagopian 25.6 J. Cheng 28.6, S. Curran 30.7 | | | 9 | 0 |
| 3200: | Todd Cotten (R) 9:58.3 | Tom Ricart (R) 10:23.8 | R. B. Brill (R) 10:50.7 | | |
| others: | K. Scarfo 11:07.1, M. Castagno 12:35.8, A. Sison 12:28.9 | | | 9 | 0 |

| | FIRST PLACE | SECOND PLACE | THIRD PLACE | | |
|--------------|---|-------------------------------|---------------------------------|-----|----|
| SHOT PUT: | Sam Horowitz (R) 45'1" | Kass Dawson (R) 44'11 1/2" | Andy Grieco (R) 41'2 3/4" | | |
| others: | G. Hansen 41'2", M. Picarelli 34'3", J. Layfield 35'1" | | | 9 | 0 |
| DISCUS: | Kass Dawson (R) 128'8" | Sam Horowitz (R) 116'7" | David Barry (R) 105'6" | | |
| others: | G. Hansen 101'5", D. Barry 105'6", A. Grieco 98'2" | | | 9 | 0 |
| HIGH JUMP: | Fletcher Rosenbach (R) 5'8" | Doug Randolph (R) 5'8" | Jim Davis (R) 5'6" | | |
| others: | H. Lubinger 5'6" | | | 9 | 0 |
| POLE VAULT: | Vahe Hagopian (R) 9'6" | Mike Migro (C) 9'0" | Mark Papa (C) 8'0" | | |
| others: | J. Saladino 8'0", C. Lalonde 8'0", J. Davis 7'0" | | | 5 | 4 |
| TRIPLE JUMP: | Thibaut vanMarcke (R) 38'1" | Victor Wu (C) 37'11 1/2" | Doug Randolph (R) 37'10 1/2" | | |
| others: | A. Braden 33'8 1/2", C. Lalonde 37'0" | | | 6 | 3 |
| 4X400:(R) | M. Nally 56.9, J. Saladino 55.5, S. Aps 55.2, B. McDermott 57.8 3:45.5 | | | 5 | 0 |
| | B. Warnock 62.1, M. Ogren 60.3, M. Cawley 58.5, K. Brophy 58.5 | | | | |
| | FINAL SCORE: | | | 106 | 25 |

MEET BESTS: Bill Warnock Double winner 100/200
 Todd Cotten PB 3200/sub 10:00
 Matt Cawley PB 400IH
 David Barry PB Discus
 Glenn Hansen PB Shot Put
 Hurdles sweep!

TEAM RECORD: 6-0

COMMENTS: This was a lackluster team performance against another weak team in our league. Thursday, however, we have to be at our best against undefeated teams Passaic and Bergen Catholic. Maybe we were just tuning up for that meet. The mettle of our dual meet ^{team} will be tested. Will we get the necessary second and third places to remain undefeated?



RIDGEWOOD VS. BERGEN CATHOLIC
Thursday, April 29, 1993

| | FIRST PLACE | SECOND PLACE | THIRD PLACE | RHS 74 | BC 57 |
|------------|---|------------------------------|---------------------------------|-----------|----------|
| LONG JUMP: | Doug Randolph (R) 20'2" | Stefan Aps (R) 20'1/2" | Thibaut van Marcke 19'3 1/2" | | |
| others: | A. Braden 17'8" | | | 9 | 0 |
| 400IH: | Jason Lahita (R) 57.8 | Bill Bryant (BC) 59.8 | Tom Vascardi (BC) 60.3 | | |
| others: | J. Hu 66.2, M. Cawley 63.6, A. Braden 66.6 | | | 5 | 4 |
| 100: | T.J. McDermott (BC) 11.1 | Mark Fabish (BC) 11.5 | Bill Warnock (R) 11.7 | | |
| others: | T. Van Marcke 12.1, Y.K. Jin 13.7, M. Cheng 12.4, W. McClam 12.1, J. Cheng 12.8 | | | 5 | 4 |
| 1600: | Gerry Breen (BC) 4:29.3 | Sadek Alsaiddi (R) 4:30.0 | Todd Cotten (R) 4:30.8 | | |
| others: | R.B. Brill 5:01.0, C. Bueche 5:11.4, K. Scarfo 4:59.7 K. Brophy 5:01.0, M. Castagno 5:52.4, T. Ricart 4:46.7 | | | 4 | 5 |
| 400: | Mark Fabish (BC) 51.3 | Bob Keino (R) 52.4 | Matt Chacko (BC) 52.8 | | |
| others: | M. Nally 54.2, V. Veloso 63.7, R. Genovese 62.4, M. Huang 59.1, N. Barua 60.7, S. Curran 64.2, S. Aps 53.6, B. Aderhold 56.6, R. Drenth 55.6, | | | 3 | 6 |
| 110HH: | Tom Vascardi (BC) 16.2 | Jason Lahita (R) 16.7 | Bill Bryant (BC) 16.9 | | |
| others: | A. Braden 18.1, J. Hu 17.5, C. Lalonde 16.8 | | | 3 | 6 |
| 800: | Bob Keino (R) 1:56.6 | Brian Zima (BC) 2:00.0 | Sadek Alsaiddi (R) 2:03.4 | | |
| others: | B. McDermott 2:14.2, R. Cleary 2:04.1, A. Sison 2:32.8 | | | 6 | 3 |
| 200: | T.J. McDermott (BC) 22.5 | Matt Chacko (BC) 23.8 | Bill Warnock (R) 24.1 | | |
| others: | S. Aps 24.8, M. Cheng 25.4, R. Drenth 25.1, M. Mansueto 27.1, J. Cheng 27.7, R. Genovese 27.3 | | | 1 | 8 |
| 3200: | Bob Keino (R) 9:49.4 | Todd Cotten (R) 10:02.7 | Brian Gilman (BC) 10:12.4 | | |
| others: | J. Fronefield 10:32.8, T. Ricart 10:16.8, R.B. Brill 10:47.3 C. Bueche 11:26.8 | | | 9 | 0 |

| | FIRST PLACE | SECOND PLACE | THIRD PLACE | | |
|-----------|--------------------------------------|-------------------------------|------------------------------|---|---|
| SHOT PUT: | Kass Dawson (R) 48'1 1/2" | Sam Horowitz (R) 44'7 1/2" | Andy Grieco (R) 43'1 1/2" | | |
| others: | G. Hansen 40'7", J. Layfield 37'1/2" | | | 9 | 0 |

| | | | | | |
|---------|--|----------------------------|---------------------------|---|---|
| DISCUS: | Kass Dawson (R) 137'10" | Sam Horowitz (R) 121'9" | Sean Quinn (BC) 118'0" | | |
| others: | G. Hansen 107'8", D. Barry 95'2", A. Grieco 114'4" | | | 8 | 1 |

| | | | | | |
|------------|---------------------------------|---------------------------------|--------------------------|---|---|
| HIGH JUMP: | Doug Randolph (R) 6'0" | Fletcher Rosenbach (R) 5'10" | Brian Zima (BC) 5'10" | | |
| others: | H. Lubinger 5'6", J. Davis 5'8" | | | 8 | 1 |

| | | | | | |
|-------------|-----------------------------------|-----------------------------|-------------------------------|---|---|
| POLE VAULT: | Vahe Hagopian (R) 11'6" | John Deboyace (BC) 10'0" | Russ Ditchfield (BC) 10'0" | | |
| others: | J. Saladino 8'0", C. Lalonde 8'0" | | | 5 | 4 |

| | | | | | |
|--------------|-------------------------------------|--------------------------------|---------------------------------|---|---|
| TRIPLE JUMP: | T.J. McDermott (EC) 41'5 1/2" | Doug Randolph (R) 40'3 1/4" | Thibaut van Marcke (R) 40'2" | | |
| others: | A. Braden 37'3/4", C. Lalonde 36'8" | | | 4 | 5 |

4X400: Bergen Catholic
(R) R. Cleary 53.5, J. Saladino 53.6, S. Alsaïdi 53.1, J. Lahita 51.5
3:31.6

FINAL SCORE: 74 57

MEET BESTS: Doug Randolph 20'2" LJ/40'3 1/4" TJ
Bob Keino 400/800/3200 triple
Thibaut vanMarcke 3 personal bests in 100/LJ/TJ
Kass Dawson 48'1 1/2" Shot Put
Stefan Aps 20'1/2" LJ/ 53.6 400
Jason Lahita 57.8 400IH

TEAM RECORD: 7-1

COMMENTS: A quality meet with many personal best performances. We rose to the challenge and beat a good Bergen Catholic team with outstanding performances in the field events, outscoring BC 43 to 11 in the field events.



RIDGEWOOD VS. PASSAIC
Thursday, April 29, 1993

| | FIRST PLACE | SECOND PLACE | THIRD PLACE | RHS 52 | BC 79 |
|------------|---|----------------------------------|-------------------------------|-----------|----------|
| LONG JUMP: | Chiffon Allen (P) 20'11" | Ricchard Carter (P) 20'8 1/4" | Doug Randolph (R) 20'2" | | |
| others: | A. Braden 17'8", T. vanMarcke 19'3 1/2" | | | 1 | 8 |
| 400IH: | Ron Gonzalez (P) 56.8 | Jason Lahita (R) 57.8 | Josh Saladino (R) 60.3 | | |
| others: | J. Hu 66.2, M. Cawley 63.6, A. Braden 66.6 | | | 4 | 5 |
| 100: | Kevin Rembert (P) 11.0 | Ricchard Carter (P) 11.1 | Chiffon Allen (P) 11.3 | | |
| others: | T. Van Marcke 12.1, Y.K. Jin 13.7, M. Cheng 12.4, W. McClam 12.1, J. Cheng 12.8, B. Warnock 11.7 | | | 0 | 9 |
| 1600: | Sadek Alsaiddi (R) 4:30.0 | Todd Cotten (R) 4:30.8 | Ryan Cleary (R) 4:39.2 | | |
| others: | R.E. Brill 5:01.0, C. Bueche 5:11.4, K. Scarfo 4:59.7 K. Brophy 5:01.0, M. Castagno 5:52.4, T. Ricart 4:46.7 | | | 9 | 0 |
| 400: | Kevin Rembert (P) 50.4 | Bob Keino (R) 52.4 | Antonio Casterlow (P) 52.7 | | |
| others: | M. Nally 54.2, V. Veloso 63.7, R. Genovese 62.4, M. Huang 59.1, N. Barua 60.7, S. Curran 64.2, S. Aps 53.6, B. Aderhold 56.6, R. Drenth 55.6, | | | 3 | 6 |
| 110HH: | Ron Gonzalez (P) 14.3 | Ricchard Carter (P) 16.1 | Chantell Brown (P) 16.3 | | |
| others: | A. Braden 18.1, J. Hu 17.5, C. Lalonde 16.8, J. Lahita 16.7 | | | 0 | 9 |
| 800: | Bob Keino (R) 1:56.6 | Sadek Alsaiddi (R) 2:03.4 | Teron Stark (P) 2:03.4 | | |
| others: | B. McDermott 2:14.2, R. Cleary 2:04.1, A. Sison 2:32.8 | | | 8 | 1 |
| 200: | Ricchard Carter (P) 22.3 | Kevin Rembert (P) 22.8 | Delroy Thompson (P) 23.2 | | |
| others: | S. Aps 24.8, M. Cheng 25.4, R. Drenth 25.1, M. Mansueto 27.1, J. Cheng 27.7, R. Genovese 27.3, B. Warnock 24.1 | | | 0 | 9 |
| 3200: | Bob Keino (R) 9:49.4 | Todd Cotten (R) 10:02.7 | Tom Ricart (P) 10:16.8 | | |
| others: | J. Fronefield 10:32.8, R.E. Brill 10:47.3, C. Bueche 11:26.8 | | | 9 | 0 |

| | FIRST PLACE | SECOND PLACE | THIRD PLACE | | |
|-----------|---|-------------------------------|----------------------------------|---|---|
| SHOT PUT: | Kass Dawson (R) 48'1 1/2" | Sam Horowitz (R) 44'7 1/2" | Tyshon Bradshaw (P) 43'3 1/2" | | |
| others: | G. Hansen 40'7", J. Layfield 37'1/2", A. Grieco 43'1 1/2" | | | 8 | 1 |

| | | | | | |
|---------|--|----------------------------|----------------------------------|---|---|
| DISCUS: | Tyshon Bradshaw (P) 139'4" | Kass Dawson (R) 137'10" | Rasheid Richardson (P) 125'0" | | |
| others: | G. Hansen 107'8", D. Barry 95'2", A. Grieco 114'4", S. Horowitz 121'9" | | | 3 | 6 |

| | | | | | |
|------------|---|--------------------------|---------------------------|---|---|
| HIGH JUMP: | Rishon Turner (P) 6'2" | Ron Gonzalez (P) 6'0" | Doug Randolph (R) 6'0" | | |
| others: | H. Lubinger 5'6", J. Davis 5'8", F. Rosenbach 5'10" | | | 1 | 8 |

| | | | | | |
|-------------|----------------------------|----------------------|------------------------------|---|---|
| POLE VAULT: | Vahe Hagopian (R) 11'6" | Delgado (P) 10'6" | Lalonde/Saladino (R) 8'0" | | |
| | | | | 5 | 4 |

| | | | | | |
|--------------|--|---------------------------|----------------------------|---|---|
| TRIPLE JUMP: | Chiffon Allen (P) 43'8" | Ron Gonzalez (P) 42'3" | Rishon Turner (P) 41'7" | | |
| others: | A. Braden 37'3/4", C. Lalonde 36'8", D. Randolph 40'3 1/4", T. van Marcke 40'2" | | | 0 | 9 |

| | | | | | |
|---------------|----------------|-------------------|-------------------|----------------|----|
| 4X400: | Passaic 3:30.8 | | | | |
| (R) R. Cleary | 53.5, | J. Saladino 53.6, | S. Alsaiddi 53.1, | J. Lahita 51.5 | |
| | 3:31.6 | | | | |
| | | | | 0 | 5 |
| | | | FINAL SCORE: | 52 | 79 |

MEET BESTS: Sadek Alsaiddi 4:30.0 1600/ 2nd 800
 Tom Ricart 10:16.8 3rd Place 3200m
 4x400 3:31.6

TEAM RECORD: 7-1

COMMENTS: A quality meet with many personal best performances. We were beat by a better team. Our bests at this point in the season are not enough to win this dual meet, but one week from now we may be ready to win the NNJIL Championship Meet and tie for the NNJIL title.

BERNARDS SPRING INVITATIONAL
Saturday, May 1, 1993

110HH: Jason Lahita 16.8, Chris Lalonde 16.9

100: Bill Warnock 11.8

4x100: B. Warnock, J. Saladino, T. van Marcke, S. Aps
46.8 2nd Place

200: Bill Warnock 24.1

1600: Sadek Alsaiddi 4:30.7 5th Place, Todd Cotten 4:40.2

800: Bob Keino 1:54.6 1st Place, Ryan Cleary 2:00.7

400IH: Jason Lahita 56.9 3rd Place

3200: Josh Fronefield 10:18.8, Tom Ricart 10:29.2

4x400: J. Lahita, J. Saladino, S. Alsaiddi, R. Cleary
52.3 53.3 52.4 53.6 3:31.5 4th Place

Javelin: Thibaut van Marcke 170'5" 4th Place

Shot Put: Kass Dawson 44'9 1/2", Sam Horowitz 42'0",
Andy Grieco 42'8"

Discus: Kass Dawson 126'5", Sam Horowitz 121'11",
Andy Grieco 118'6"

Pole Vault: Vahe Hagopian 12'6" tie 2nd Place

High Jump: Fletcher Rosenbach 6'0", Howard Lubinger NH

Long Jump: S. Aps 18'7 1/2", Thibaut van Marcke 17'10 1/2"

1993 COUNTY SEAT INVITATIONAL
Hackensack High School
Saturday, May 1

Frosh. 1600: Keith Scarfo 4:58.7 3rd Place

Novice 1600: R. B. Brill 4:56.5, Christian Bueche 5:07.4,
Kevin Brophy 4:55.4
6th Place
5th Place

Novice 4x200:

(A) M. Cheng

R. Drenth

M. Nally

M. Huang 1:41.6 5th Place

(B) J. Hu

J. Davis

N. Barua

M. Cawley 1:46.2

Novice 400IH: Matt Cawley 62.7 2nd Place, Jeff Hu 65.1

Novice 4x400: R. Drenth 58.6 (dropped baton)

M. Cawley 57.3

K. Brophy 55.9

M. Nally 55.3 3:47.0

DQ for throwing baton

Varsity 3200: R. B. Brill 10:57.8

Novice 110HH: Jeff Hu 17.5/18.0

Novice 100: Mark Cheng 11.8

Novice High Jump: Jim Davis 5'8" 2nd Place

Frosh. Shot Put: Tim Francis 26'10"

Novice Shot Put: D. Barry 33'8", T. Li 31'10",

M. Picarelli 36'8", T. Steiner 30'6",

C. Van Cleve 37'3", B. Bonner 30'5", M. Selhorn 31'6"

J. Layfield 37'0"

Novice Discus: Tom Li 98'2", C. Van Cleve 100'7"

D. Barry 89'5", J. Layfield 96'5"

Javelin: D. Kaplan 121'8" 6th Place

1993 NNJIL CHAMPIONSHIP MEET
Friday & Saturday, May 7 & 8

Pole Vault: Vahe Hagopian 13'3" 2nd Place

Long Jump: Stefan Aps 18'2", Thibaut van Marcke 17'7"

Shot Put: Kass Dawson 49'1/2" 2nd Place
Sam Horowitz 45'11 1/2" 3rd Place
Andy Grieco 42'6"

Discus: Kass Dawson 138'3" 1st Place
Sam Horowitz 103'8"
Andy Grieco 119'1" 5th Place

High Jump: Fletcher Rosenbach 5'10" tie 4th Place
Jim Davis 5'6", Howard Lubinger 5'6"

Javelin: Thibaut van Marcke 164'3" 1st Place
Dave Kaplan 122'2" 4th Place

3200m: Bob Keino 9:48.9 1st Place
Todd Cotten 9:49.1 2nd Place
Tom Ricart 10:06.2 4th Place

110HH: Jason Lahita 16.5, Chris Lalonde 16.4,
Fletcher Rosenbach 16.9

100: Bill Warnock 11.8

400: Stefan Aps 53.4/53.77 5th Place, Michael Nally 53.8
Kevin Brophy 56.1

800: Bob Keino 1:55.1 1st Place
Sadek Alsaïdi 2:00.9 4th Place
Ryan Cleary 2:01.1 5th Place

200: Bill Warnock 24.0, Michael Nally 24.7,
Vahe Hagopian 25.4

400IH: Jason Lahita 56.94 4th Place
Josh Saladino 61.5, Chris Lalonde 60.2

1600: Bob Keino 4:20.4 1st Place
Sadek Alsaïdi 4:35.9 5th Place
Todd Cotten 4:34.7 4th Place

4x400: R. Cleary, S. Aps, J. Saladino, J. Lahita
54.4 55.3 54.1 51.7 3:35.46
2nd Place

2nd Place with 105 points.

1993 NORTH JERSEY NOVICE CHAMPIONSHIPS
Wednesday, May 12
Hackensack H.S.

- 400IH: **M. Cawley 63.3 2nd Place**
J. Hu 66.2, A. Braden 69.0
- 100: M. Huang 13.0, Y. K. Jin 14.0, M. Cheng 12.3
B. Warnock 11.8/11.5/11.9 4th Place
- 1600: C. Bueche 5:13.8, K. Brophy 4:58.0, R.B. Brill 5:05.5
A. Sison 5:58.3
- 400: M. Huang 59.5, R. Drenth 55.5, V. Veloso 64.7,
B. Aderhold 56.9, N. Barua 60.6
- 110HH: J. Hu 17.2/17.2
- 800: **M. Nally 2:07.9 5th Place**, B. McDermott 2:12.8,
M. Ogren 2:20.7, A. Sison 2:36.2
- 200: M. Huang 28.2, Y. K. Jin 29.3, V. Veloso 29.2,
N. Barua 27.9, B. Aderhold 25.3, M. Cheng 25.4,
B. Warnock 24.4 tie 1st Place, A. Sison 29.6
- 3200: R.B. Brill 10:59.4 2nd Place, C. Bueche 11:27.6
- 4x400: **M. Cawley, R. Drenth, K. Brophy, M. Nally**
58.1 57.0 56.3 56.4 3:47.8 3rd Place
- High Jump: H. Lubinger 5'4", **J. Davis 5'8" 2nd Place**
- Long Jump: **A. Braden 17'9" 3rd Place**, R.B. Brill 13'5",
A. Sison 12'8"
- Triple Jump: A. Braden 34'2 1/2"
- Shot Put: M. Selhorn 31'0", B. Bonner 31'0",
J. Layfield 35'8", **Glenn Hansen 42'7" 2nd Place**,
C. Van Cleve 36'9 1/4", D. Barry 33'4", T. Steiner 35'0"
R. Windschitl 31'7", T. Li 34'10"
- Discus: T. Steiner 84'6", C. Van Cleve 92'9", T. Li 100'0",
D. Barry 110'8" 6th Place, J. Layfield 98'0",
D. Wolfson 99'0", R. Windshitl 72'7", B. Bonner 83'7",
G. Hansen 120'2" 2nd Place

3RD PLACE BOYS TEAM

Group IV Bergen County Championships
Friday, May 14 & Saturday, May 15

Javelin: Thibaut van Marcke, David Kaplan
165'2" 1st Place 103'0"

Discus: Kass Dawson, Andy Grieco, Sam Horowitz
135'8" 1st Place 130'10" 3rd Place 119'9"

Triple Jump: Thibaut van Marcke 40'6" 5th Place

Pole Vault: Vahe Hagopian NH

High Jump: Fletcher Rosenbach, Jim Davis
6'0" 5'10"

400IH: Jason Lahita, Josh Saladino, Chris Lalonde
57.5 3rd Place 60.1 60.3

200: Bill Warnock 24.7, Stefan Aps 24.7

3200: Bob Keino 9:15.8 1st Place GROUP RECORD
Todd Cotten, Tom Ricart
9:45.4 3rd Place 10:20.3

110HH: Jeff Hu, Chris Lalonde, Fletcher Rosenbach
17.7 17.0/16.5 6th Place 17.2

100: Bill Warnock 11.5

800: Bob Keino 1:53.9 1st Place MEET RECORD
Ryan Cleary, Michael Nally
2:03.8 2:12.0

400: Jason Lahita, Stefan Aps, Josh Saladino
53.9 53.2 54.0

1600: Bob Keino 4:16.6 1st Place MEET RECORD
Todd Cotten, Tom Ricart
4:32.3 4th Place 4:52.2

4x400: R. Cleary, J. Saladino, S. Aps, J. Lahita
54.3 53.5 54.7 52.2 5th Place

Long Jump: Stefan Aps, Thibaut van Marcke
18'7 1/2" 18'10 1/2" 6th Place

Shot Put:

Kass Dawson, Sam Horowitz, Andy Grieco
47'9" 2nd Place 46'5 1/2" 3rd Place 44'9 3/4" 4th Place
3RD PLACE WITH 96 POINTS

Five athletes scored 77 points of our total score. Our senior throwers were the stars with Andy Grieco having the meet of his career. Bob Keino set three new records winning three events.

FROSH./SOPH. RELAYS
Monday, May 17, 1993

Soph. 3x400IH: Josh Saladino 61.6
Fletcher Rosenbach 62.6
Jeff Hu 64.3 3:08.3 1st Place

Frosh. Sprint Medley: (400) Ryan Genovese 59.8
(200) James Cheng 26.5
(200) Marc Mansueto 27.5
(800) Keith Scarfo 2:10.4
4:03.8 4th Place

Soph. Sprint Medley: (400) Stefan Aps 53.6
(200) Mike Huang 26.5
(200) Jim Davis 28.0
(800) Ryan Cleary 2:01.9
3:50.1 1st Place

(400) Neil Barua 61.7
(200) Young Kook Jin 26.0
(200) Vinny Veloso 30.3
(800) Kevin Brophy 2:17.7 4:15.7 6th Place

Frosh. 4x200: James Cheng 27.3
Ryan Genovese 28.1
Marc Mansueto 26.4
Nicki Wong 28.9 1:50.7

Soph. 4x200: Stefan Aps 24.0
Josh Saladino 25.1
Mike Huang 26.8
Jim Davis 26.9 1:42.8 4th Place

Neil Barua 41.8
Sean Curran 30.2
Vinny Veloso 27.6
Young Kook Jin 27.7 2:07.3

Soph. 2xtriple: R.B. Brill 27'0"
Al Sison 29'6 1/2" 56'6 1/2"

Soph. Distance Medley: (1200) R.B. Brill 3:41.1
(400) Jim Davis 61.2
(800) Kevin Brophy 2:13.1
(1600) Ryan Cleary 4:48.2
11:43.6 3rd Place

Frosh. 4x400: Mike Castagno 70.2
Keith Scarfo 60.0
Ryan Genovese 61.6
Marc Mansueto 67.3 4:19.0

Soph. 4x400: Ryan Cleary 54.1
Kevin Brophy 55.6
Josh Saladino 54.8
Stefan Aps 55.4 3;39.8 1st Place

Neil Barua 62.2
R.B. Brill 62.5
Mike Huang 60.5
Jeff Hu 58.0 4:03.0

Frosh. 2xLJ: James Cheng 13'1", Keith Scarfo 12'11" 26'0"
Ryan Genovese 13'5", Marc Mansueto 14'1" 27'6"

Soph. 2xLJ: Stefan Aps 17'11 1/2", Fletcher Rosenbach 16'8"
34'7 1/2" 5th Place
Mike Huang 14'1", Al Sison 13' 27'1"

Soph. 2xHJ: Jim Davis 5'6", Fletcher Rosenbach 6'4" 11'10"
1st Place

Frosh. 2xShot Put: Tim Francis 29'8 1/2", Marc Mansueto 26'7"

Soph. 2xShot Put: Dave Barry 28'0", Tom Li 32'6" 60'6"
Chris Van Cleve 36'8", Tom Steiner 32'7" 69'3" 4th Place

Frosh. Discus: Tim Francis 86'10"

Soph. 2xDiscus: Dave Barry F, Tom Li 105'3"
Tom Steiner 83'1", Chris Van Cleve 85'1" 168'2"

SOPHS: 2ND PLACE WITH 57 POINTS

1993 BERGEN COUNTY DEMI-DECATHALON
Tuesday, May 18, at Ridgewood H.S.

| | | | |
|----------------|-----------|--------|------------|
| Chris Lalonde: | 110HH | 16.7 | 656 points |
| | Shot Put | 8.61m | 403 |
| | 100 | 12.8 | 461 |
| | High Jump | 5'0" | 411 |
| | 1500m | 4:48.7 | 627 |
| | | Total | 2558 |
| | | | 4th Place |

| | | | |
|------------------|-----------|-------|------|
| Howard Lubinger: | 110HH | 20.3 | 326 |
| | Shot Put | 8.20m | 382 |
| | 100 | 12.5 | 513 |
| | High Jump | 5'9" | 593 |
| | 1500m | DNF | 0 |
| | | Total | 1814 |

| | | | |
|--------------|-----------|--------|------|
| Andy Braden: | 110HH | 17.3 | 593 |
| | Shot Put | 8.90m | 420 |
| | 100 | 12.5 | 513 |
| | High Jump | 5'3" | 472 |
| | 1500m | 5:09.5 | 506 |
| | | Total | 2505 |

1993 BERGEN COUNTY FRESHMEN CHAMPIONSHIPS
Friday, May 21 at Hackensack H.S.

400IH: James Cheng 82.0

3200: Michael Castagno 12:28.7, Ryan Genovese 11:52.8

100: Marc Mansueto 12.7, Nicki Wong 14.0

400: Ryan Genovese 61.0

1600: Keith Scarfo 4:48.9 6th Place
Michael Castagno 5:47.4

200: Ryan Genovese 27.9, Nicki Wong 30.8,
Marc Mansueto 26.6, James Cheng 27.4

800: Keith Scarfo 2:18.6

Shot Put: Tim Francis 33'1/2"

1993 NORTH JERSEY SECTION 1 CHAMPIONSHIPS
Saturday, May 22 at Wayne Hills H.S.

Pole Vault: Vahe Hagopian 13'0" 1st Place

Javelin: Thibaut van Marcke 153'2" 4th Place,
David Kaplan 114'1"

Discus: Kass Dawson 135'0" 3rd Place
Andy Grieco 119'4", Sam Horowitz 121'0"

Shot Put: Kass Dawson 46'9" 6th Place,
Sam Horowitz 45'5", Andy Grieco 41'3"

High Jump: Fletcher Rosenbach 6'0" 6th Place

110HH: Jason Lahita 16.5/16.3/16.1,
Chris Lalonde 16.6/16.7/16.3,
Fletcher Rosenbach 17.6/17.3

100: Bill Warnock 11.8

3200: Bob Keino 9:14.9 1st Place,
Todd Cotten 9:40.0 2nd Place,
Sadek Alsaïdi 10:02.8 6th Place

400: Stefan Aps 54.7, Michael Nally 54.2

800: Ryan Cleary 2:04.2, Sadek Alsaïdi 2:07.6

200: Bill Warnock 24.5, Stefan Aps 24.5

400IH: Jason Lahita 59.6, Chris Lalonde 63.7,
Josh Saladino 61.8

1600: Bob Keino 4:17.4 1st Place,
Todd Cotten 4:35.1 6th Place,
Tom Ricart 4:48.7

4x400: Ryan Cleary, Josh Saladino, Sadek Alsaïdi, Jason Lahita
53.2 53.2 53.2 52.4
3:32.0 4th Place

3RD PLACE WITH 56 POINTS

1993 NNJIL FRESHMEN CHAMPIONSHIPS
Monday, May 24 at Hackensack H.S.

400IH: James Cheng 77.4

100: Marc Mansueto 13.1/12.8/12.8 6th Place
Nicki Wong 14.3

1600: Mike Castagno 5:43.8

400: Ryan Genovese 59.9

200: Nicki Wong 29.3, James Cheng 27.8, Ryan Genovese 27.5
Marc Mansueto 26.6

3200: Keith Scarfo 11:17.0
Mike Castagno 12:21.2

| | | | |
|--------|---------------|------|--------|
| 4x400: | Ryan Genovese | 65.1 | |
| | Nicki Wong | 68.3 | |
| | James Cheng | 65.2 | |
| | Keith Scarfo | 61.2 | 4:19.7 |

Shot Put: Tim Francis 33'6" 5th Place

Discus: Tim Francis 82'2"

1993 BERGEN COUNTY MEET OF CHAMPIONS
Tuesday, May 25 at Tenafly H.S.

Pole Vault: Vahe Hagopian 12'6" 3rd Place

High Jump: Fletcher Rosenbach 5'10'

Shot Put: Kass Dawson 49'4" PB 6th Place,
Sam Horowitz 50'1" PB 5th Place,
Andy Grieco 40'7"

Discus: Kass Dawson 128'4", Andy Grieco 126'9"

Javelin: Thibaut van Marcke 142'4"

110HH: Chris Lalonde 17.1

800: Bob Keino 1:53.8 PB 1st Place

400IH: Jason Lahita 57.3 2nd Place

1600: Sadek Alsaïdi 4:32.0 6th Place

3200: Todd Cotten 9:40.0 PB 1st Place,
Tom Ricart 10:22.5

4x400: Bob Keino, Ryan Cleary, Sadek Alsaïdi, Jason Lahita
51.7 52.0 52.1 52.0
3:27.9 PB

1993 SOPH. INVITATIONAL
Wednesday, May 26 at Hackensack H.S.

Triple Jump: Josh Saladino 35'5 1/2", Alan Sison 3xfoul

400IH: Josh Saladino 60.4 3rd Place,
Jeff Hu 64.9, Sean Curran 77.2, Alan Sison 77.4

100: Stefan Aps 11.8/11.8/11.6 1st Place,
Jim Davis 13.7, Michael Huang 12.8, Vinny Veloso 13.6

1600: R.B. Brill 5:02.0, Alan Sison 5:53.9
Ryan Cleary 4:43.2 1st Place

400: Sean Curran 68.4, Neil Barua 61.9. Tom Steiner 69.7

110HH: Fletcher Rosenbach 20.6, Jeff Hu 17.1,
Dave Barry 23.5

200: Michael Huang 27.0, Vinny Veloso 28.6,
Josh Saladino 24.4 tie 5th, Stefan Aps tie 5th Place

800: Alan Sison 2:41.7

3200: R.B. Brill 11:16.8

4x400: S. Aps, J. Hu, J. Saladino, R. Cleary
54.6 58.6 53.7 53.8 1st Place

High Jump: Jim Davis 5'8"

Shot Put: Dave Barry 3xfoul, Tom Li 34'4",
Tom Steiner 3xfoul, Chris Van Cleve 37'9"

Discus: Chris Van Cleve 84'7", Tom Li 95'4"
Dave Barry 87'6", Tom Steiner 78'11"

Long Jump: Stefan Aps 18'10" 3rd Place
Jim Davis 15'0"

2ND PLACE WITH 25 POINTS

1993 STATE GROUP CHAMPIONSHIPS
Friday & Saturday, May 28 & 29
at Frank Jost Field, South Plainfield

Friday, May 28

Shot Put: Kass Dawson 47'10 1/4"

3200: Bob Keino 9:06.06 1st Place New Group IV Record
Todd Cotten 9:35.65 6th Place

Javelin: Thibaut van Marcke 156'1"

Saturday, May 29

Discus: Kass Dawson 118'0"

Pole Vault: Vahe Hagopian 13'6" 2nd Place
ties SCHOOL RECORD

1600: Bob Keino 4:13.18 1st Place

3RD PLACE WITH 29 POINTS

1993 NEW JERSEY STATE MEET OF CHAMPIONS
Wednesday, June 2 in South Plainfield

Pole Vault: Vahe Hagopian NH

3200: Todd Cotten 9:48.4

1600: Bob Keino 4:11.42 1st Place
County Record/School Record

