

**1994
TRACK
AND
FIELD**

**MEET RESULTS
RECORDS
AND
HONORS**

GIRLS TRACK AND FIELD

1994

TEAM RECORD

Dual Meets

5 wins, 1 loss, 1 forfeit
 Eastside 102 1/2 - 19 1/2
 Kennedy 88 - 34
 Bloomfield 111 - 11
 Montclair 77 - 45
 Passaic (loss) 64 - 58
 Clifton 102 - 20
 Barringer (no girls-forfeit)

Championship Meets 6 wins

Ridgewood Relays 1st
 Engelwood Relays 1st
 Bergen County Relays 1st
 (record point total - 111)
 Penn Relays
 County Seat Meet
 Williamsport Coaches Meet
 NNJIL Champs 2nd
 Bergen Group 4 1st
 Ridgewood Relays II 1st
 East Coast Relays DM-1st
 State Section 1st
 Bergen Champs (1 champion)
 State Group 4 5th
 State Champs (1 champion)
 Golden West (Rogers-4th)
 Easterns DM-1st
 National Scholastic (Rogers-3rd)

TEAM MEMBERS

Seniors: Kathleen Campbell*(captain), Keely Cheslack-Postava*, Melissa Gilbert*, Elyse Lee*, Shannon McGarrigle*, Jenna Rogers*(captain)(1st team all state), Gizele Watson*.

Juniors: Kate Brunner*@, Maggie Cain, Dara Cattani*, Dorian Cattani, Amanda Dileo, Lindsey Fields, Kim Folk*, Joelle Gruber*, Jen Hoffman, Dana Lipson*, Zena Lobell, Julie McBride, Vanessa McDermott*, Susan McCullagh*, Faith Ninivaggi*, You Jing Park, Tara Ruotolo*, Lauren Stuhr*, Vanessa Worm.

Sophomores: Beth Apsel, Sarah Burton, Geraldine Campbell, Tegan Cheslack-Postava, Tonia Clark*, Stephanie Doyle*@, Christina Grab*, Allison Kender, Elisa Kim, Christina Judge*, Sherisse Liwanag, Allegra Lobell, Sarah McDermott*, Carolyn Moritz, Jen Siegel, Amy Smith*.

Frosh: Mary Beth Anderson, Katie Anne Bradley, Katie Cohn*, Susan Davis*, Sue Fitzgerald, Jamie Grasso, Marli Klar*, Jenny Kinneally, Kitty Lawn, Melissa Masterson*, Allison Mathiesen, Erin McAllister, Laura Nadler, So Young Park, Andrea Remmen, Carrie Ruggles, Rose Sedo, Jessica Sokolik*@, Nora Vardi.

*=letter winner, @=class award

Coaches: Jacob Brown, Jack Elwood, Kate McDermott, Jim Conway

1994 GIRLS' TRACK AND FIELD

RIDGEWOOD HIGH SCHOOL

APRIL

Saturday	2*	Ridgewood Relays	
Monday	4*	Eastside Dual meet	Home
Saturday	9*	Englewood Relays	
Monday	11*	Kennedy and Bloomfield dual meet	Home
Friday	15	Bergen County Relays	Tenafly
Saturday	16	Bergen County Relays	Tenafly
Monday	18*	Montclair dual	Home
Tuesday	26*	Clifton and Passaic dual meet	at Clifton
Thursday	28	Penn Relays	Franklin Field, Philadelphia
Friday	29	Penn Relays	Franklin Field, Philadelphia

MAY

Tuesday	3*	Barringer dual meet	Home (Forfit) (boys B.C.)
Wednesday	4	NNJIL Frosh Champs	Hackensack
Saturday	7*	Williamsport trip & County Seat Meet	
Wednesday	11	Bergen Novice Champs	Hackensack
Friday	13	NNJIL Champs (HJ, LJ, & JAV)	Clifton
Saturday	14	NNJIL Champs	Montclair
Thursday	19	Sophomore Championship	at Hackensack
Friday	20	Bergen Group IV Champs	Hackensack
Saturday	21	Bergen Group IV Champs	Englewood
Monday	23*	Ridgewood Relays II	Ridgewood
Monday	23	East Coast Relays	Morristown
Tuesday	24	Bergen Pentathlon	Ridgewood
Saturday	28	State Sectional Champs NIGRIV	Clifton
Tuesday	31	Bergen Meet of Champs	Tenafly

JUNE

Wednesday	1	Bergen Frosh Championship	Engelwood
Friday	3	State Group IV Champs	South Plainfield
Saturday	4	State Group IV Champs	South Plainfield
Wednesday	8	NJ State Meet of Champs	South Plainfield
Saturday	11	Golden West	Sacramento, CA
Tuesday	14	Easterns	St. Johns
Saturday	18	National Scholastic	NCState, Raleigh, NC

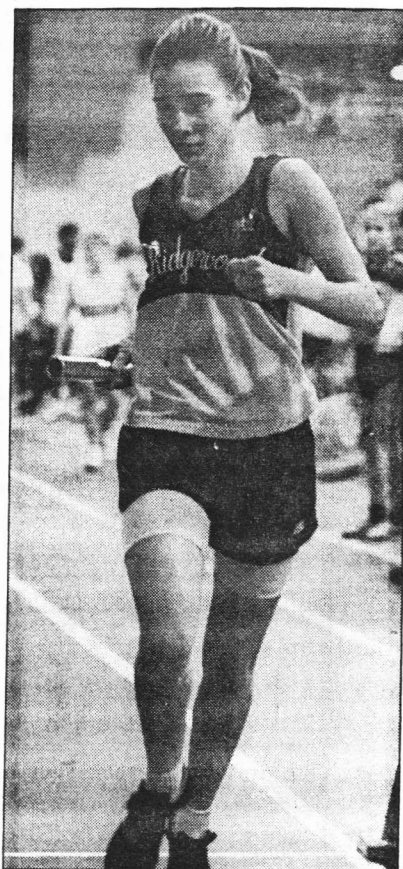
* = All Athletes

Final

Ridgewood girls set track pace



Jenna Rogers of Ridgewood lapped the entire field en route to winning the 3,200-meter run in 11:10.7. She also won the 1,000-meter run.



Ridgewood's Keely Cheslack-Postava crosses the finish line as the winner of the anchor leg of the 3,200-meter relay. The Maroon girls topped the Division A scoring, with the boys second in their division.

WINTER TRACK GETS US READY FOR A
GREAT SPRING!

TIME TRIALS

3-23-94

300 meters

45.8 Vanessa McDermott
 46.4 Shannon McGarrigle
 46.7 Kate Brunner
 46.9 Dara Cattani
 47.6 Christine Judge
 47.8 Lauren Vidal
 48.7 Melissa Masterson
 49.0 Susan McCullagh
 50.1 Tara Ruotolo
 50.3 Carrie Ruggles
 50.4 Christina Grab
 50.6 Julie McBride
 51.2 Dorian Cattani
 51.9 Alison Kender
 52.0 Kitty Lawn
 52.8 Laura Nadler
 53.2 Tonia Clark
 54.6 Sarah Heinz
 56.0 Jamie Grasso
 57.0 Suzanne Cuccio
 57.0 Susan Davis
 61.0 Suzanne Fitzgerald
 65.5 Elisa Kim
 DNF Lindsay Fields

SOFT BALL THROW

DISTANCE

132'	Dana Lipson	109	JENNA ROGERS
130'	Allegra Lobell	96	MAGGIE CAIN
129'	Vanessa McDermott	87	Keeley C-P
125'	Christine Judge	79	AMY SMITH
125'	Tonia Clark	78	Stephanie Doyle
120'	Cheryl Martinetti	78	Sarah McDermott
115'	Susan Davis	78	Elyse Lee
115'	Shannon McGarrigle	71	Vanessa Worm
108'	Lauren Vidal	60	ZENA LOBELL
99'	Susan McCullagh	54	Sarah Burton
96'	Tegan C-P	51	Jan Siegel
98'	Jen Hoffman	48	Katie Lohm
		46	KIM FOLK
		45	Lamen Maxwell
		42	you jins
		42	NORA
		42	Lamen S Lohm

Ridgewood Relays I

April 2, 1994

4x1600	-	"A" Doyle, Smith, S.McDermott, Rogers	22:24.3
		5:33.4 5:47.3 5:48.3 5:15.3	
		"B" Keely C.F., B.Apsel, Folk, Stuhr	22:59
		5:43 5:51 5:44 5:39	
		"C" Cohn, K.Campbell, G.Campbell, Lobell	24:51
		5:57 6:06 6:45 6:01	
4x100	-	Ninnivaggi, Davis, Klar, Masterson	
hurdles			
4x100	-	"A" Clark, Fields, McGarrigle, Brunner	52.8
		"B" Cattani, Kender, Ninnivaggi, Klar	56.2
		"C" Lawn, Nadler, Warnock, Moritz	61.5
4x800	-	"A" S.McDermott, Doyle, Stuhr, Rogers	9:58.1
		2:32.5 2:27.3 2:34.9 2:23.5	
		"B" Lobell, B.Apsel, Cohn, Keely C.F.	11:01.1
		2:47 2:45 2:50 2:34	
4x200	-	"A" McGarrigle, Brunner, Vidal, Cattani	1:51.4
		27.3 27.2 28? 28?	
		"B" Masterson, McCullagh, Ruggles, Cattani	1:59.7
		29.4 29.5 30.2 30.4	
		"C" Heinz, Grasso, Cuccio, Kinneally	2:14.5
		34.3 30.5 36.4 37.0	
sprint	-	V.McDermott, Cattani, Judge, Gilbert	4:34.1
medley		65 29.2 30.6 2:29.3	
distance-		Doyle, Stuhr, Smith, Rogers	13:10.0
medley		4:02.4 66.1 2:37.2 5:22.2	
3x400	-	Keely C.F., Smith, Cohn	3:55.0
hurdles		73.5 74.5 85.0	
4x400	-	S.McDermott, Klar, Judge, V.McDermott	4:34.0
		66.6 73.3 68.6 65.2	
shot put-		Grab, Lipson, Sokolik	72'2"
		23'4" 26'2" 22'8"	
		Mathiesen, DiLeo, McCullagh	64'3"
		20' 20'8" 23'7"	
		A.Lobell, Anderson, Bradley	52'6"
		19'6" 17'4" 15'6"	
		Remmen, Liwanag	
		13'7" 15'11 1/2"	

Ridgewood Relays I (continued)

discus -	Lipson, Grab, DiLeo	223'5 1/2''
	76'10 1/2'' 81' 65'7''	
	Mathiesen, Sololik, A.Lobell	195'9''
	63' 62'7'' 70'2''	
	Bradley, Liwanag, Anderson	152'7''
	52'11'' 41'2'' 58'6''	
javelin -	McCullagh, V.McDermott, Lipson	240'7''
	81'5'' 67'2'' 92'	
	Sololik, DiLeo, Davis	155'6''
	52'9'' 51'4'' 61'5''	
	A.Lobell -53'	
	Mathiesen -41'11'	
	Bradley -31'6''	
	Martinetti -47'8''	
triple -	Clark, McGarrigle, Davis	87'4''
jump	^{30'4"} ^{30'2 1/2"} ^{25'9 1/2"}	
long -	Clark, McGarrigle, Judge	41'9''
jump	^{13'11"} ^{14'5"} ^{13'5"} Maaberson, Klar	
high -	Brunner, V.McDermott, McCullagh	12'9"
jump	Grab, , Davis, NADLER ^{4'3"} ^{4'0"} ^{4'6"} 4'0" 4'0" 4'0"	12'0"

Ridgewood Relays

LARGE SCHOOLS BOYS

Team scoring

Middletown South 66, Elizabeth 61, Don Bosco Prep 43, Ridgewood 40, Middletown North 33, Toms River East 30, Weequahic 26, Lakeland 26, Union 21, Cedar Ridge 16, North Hunterdon 16, Passaic Valley 16, Madison Central 15, Marlboro 15, North Bergen 12, Kellenberg 10, Christ the King 8, Cardinal Spellman 7, Ramapo 5, Shaker 4, Irvington 4, Lincoln 1, Westfield 1, James Madison 1.

1,600 — 1, Toms River East, 3:31.3; 2, Ridgewood, 3:36.2; 3, Weequahic, 3:37.3; 4, Elizabeth, 3:40.3; 5, Middletown South, 3:41.3; 6, Lincoln, 3:44.4.

3x400 hurdles — 1, Elizabeth, 3:03.3; 2, Don Bosco Prep, 3:03.8; 3, Marlboro, 3:10.6; 4, Ridgewood, 3:16.4; 5, North Bergen, 3:16.9; 6, Union, 3:18.0.

400 — 1, Weequahic, 46.3; 2, Don Bosco Prep, 46.5; TIE 3, Cardinal Spellman, 46.7; 4, Ridgewood, 46.7; 5, Toms River East, 46.8; 6, James Madison, 47.4.

6,400 — 1, Kellenberg, 19:04.6; 2, Cedar Ridge, 19:05.6; 3, North Hunterdon, 19:15.4; 4, Shaker, 19:20.0; 5, Union, 19:43.1.

3,200 — 1, Middletown South, 8:29.1; 2, Toms River East, 8:36.4; 3, Elizabeth, 8:39.6; 4, Irvington, 8:40.0; 5, Union 8:46.2; 6, Madison Central, 8:47.6.

Shuttle hurdles — 1, Elizabeth, 1:07.3; 2, Middletown South, 1:08.0; 3, North Bergen, 1:08.1; 4, Don Bosco Prep, 1:08.4; 5, Union, 1:08.9; 6, Marlboro, 1:10.5.

800 — 1, Toms River East, 1:34.1; 2, Weequahic, 1:34.9; 3, Don Bosco Prep, 1:35.4; 4, Elizabeth, 1:36.4; 5, Irvington, 1:37.2; 6, Cardinal Spellman, 1:38.1.

Sprint medley — 1, Middletown South, 3:50.0; 2, Christ the King, 3:51.9; 3, Madison Central, 3:54.0; 4, Middletown North, 3:59.7; 5, Lakeland, 3:59.9; 6, North Hunterdon, 4:05.3.

Distance medley — 1, Ridgewood, 10:48.3; 2, North Hunterdon, 11:19.0; 3, Union, 11:23.3; 4, Elizabeth, 11:25.0; 5, Cedar Ridge, 11:30.8; 6, Middletown North, 11:32.0.

Pole vault — TIE 1, Lakeland; 1, Madison Central; 3, Middletown North; 4, Elizabeth; 5, CBA; 6, North Hunterdon.

Long jump — 1, Middletown South, 53-4; 2, Elizabeth, 53-2; 3, Passaic Valley, 52-6; 4, Lakeland, 52-2; 5, Weequahic, 52-3; 6, Ridgewood, 51-6.

High jump — 1, Middletown South, 17-3; 2, Middletown North, 16-11; 3, Ridgewood, 16-9; TIE 4, Union 16-6; 4, CBA, 16-6; 6, Elizabeth, 16-3.

Triple jump — 1, Don Bosco Prep, 115-3; 2, Ridgewood, 104-4; 3, Elizabeth, 103-5½; 4, Ramapo, 98-6½.

Discus — 1, Lakeland, 367-10; 2, Marlboro, 358-11; 3, Don Bosco Prep, 356-7; 4, Middletown North, 354-10; 5, Middletown South, 352-11; 6, Ramapo, 351-9.

Shot put — 1, Lakeland, 129-3; 2, Elizabeth, 123-8½; 3, Middletown South, 120-10; 4, North Bergen, 120-6½; 5, Passaic Valley, 119-2½; 6, Don Bosco Prep, 119-1.

Javelin — 1, Passaic Valley, 396-11; 2, Middletown South, 389-2; 3, Union, 375-7; 4, Lakeland, 370-11; 5, Middletown North, 369-1; 6, Westfield, 363-3.

SMALL SCHOOLS BOYS

Team scoring

Metuchen 97, Garfield 72, Christian Brothers Academy 53, Cornwall 51, Westwood 47, Hudson Catholic 25.5, Voorhees 23, River Dell 20, Ramsey 18, Passaic Valley 18, LaSalle 16, Jefferson 11.5, Pequannock 9, Cresskill 7, Monroe Township 6, Boonton 5, Glen Ridge 4, Hawthorne 4, Hoboken 1.

3x400 hurdles — 1, Garfield, 3:15.3; 2, Voorhees, 3:16.9; 3, Westwood, 3:19.2; 4, Ramsey, 3:21.4; 5, River Dell, 3:22.3; 6, Jefferson, 3:28.1.

Distance medley — 1, Voorhees, 11:10.1; 2, Cornwall, 11:15.6; 3, Westwood, 11:25.5; 4, Metuchen, 11:35.9; 5, Monroe Township, 11:38.1; 6, Hoboken, 11:47.8.

6,400 — 1, Metuchen, 19:41.8; 2, Jefferson, 20:12.3; 3, Cornwall, 20:17.4; 4, LaSalle, 20:29.8; 5, CBA, 20:31.6; 6, Pequannock, 21:04.3.

Shuttle hurdles — 1, Garfield, 1:09.3; 2, Metuchen, 1:06.5; 3, Ramsey, 1:14.9; 4, Westwood, 1:15.1; 5, River Dell, 1:15.9; 6, Pequannock, 1:18.1.

400 — 1, Metuchen, 44.9; 2, CBA, 46.3; 3, Cornwall, 46.4; 4, Boonton, 47.2; 5, LaSalle, 47.6; 6, Garfield, 47.8.

1,600 — 1, Cornwall, 3:37.9; 2, Hudson Catholic, 3:40.2; 3, Metuchen, 3:42.5; 4, River Dell, 3:44.9; 5, Garfield, 3:45.8; 6, CBA, 3:46.3.

3,200 — 1, Cornwall, 8:20.3; 2, Westwood, 8:47.8; 3, Pascack Valley, 8:51.3; 4, Hudson Catholic, 8:56.7; 5, River Dell, 8:56.9; 6, Metuchen, 9:12.1.

800 — 1, Metuchen, 1:32.3; 2, Garfield, 1:36.2; 3, Cornwall, 1:36.3; 4, CBA, 1:37.5; 5, Pascack Valley, 1:39.7; 6, Voorhees, 1:40.0.

Sprint medley — 1, Metuchen, 3:48.1; 2, CBA, 3:53.3; 3, Pascack Valley, 3:55.5; 4, LaSalle, 4:01.5; 5, Hudson Catholic, 4:03.4; 6, Voorhees, 4:05.0.

Pole vault — 1, CBA, 33-0; 2, Garfield, 26-0; 3, Hudson Catholic, 16-0; TIE 4, Cresskill 9-0; 4, Pascack Valley, 9-0; 6, Jefferson, 8-0.

High jump — 1, Garfield, 17-4; 2, Pascack Valley, 15-6; 3, tie bet. Cornwall and Westwood, 15-3; 5, tie bet. Jefferson and Hudson Catholic, 10-9.

Triple jump — 1, Garfield, 115-9; 2, Ramsey, 109-11; 3, LaSalle, 109-7½; 4, Westwood, 108-3½; 5, Cresskill, 104-0; 6, Pascack Valley, 101-0½.

Long jump — 1, Pequannock, 52-8; 2, Westwood, 51-11; 3, Monroe, 51-5; 4, Voorhees, 51-4; 5, Garfield, 49-11; 6, LaSalle, 49-7.

Discus — 1, CBA, 356-9; 2, Metuchen, 341-4; 3, Westwood, 304-2; 4, River Dell, 300-7; 5, Hudson Catholic, 292-9; 6, Voorhees, 284-9.

Javelin — 1, Metuchen, 412-6; 2, Garfield, 400-11; 3, River Dell, 358-4; 4, Hawthorne, 350-10; 5, Hudson Catholic, 339-5; 6, Boonton, 329-8.

Shot put — 1, CBA, 122-8; 2, Metuchen, 119-1; 3, Garfield, 118-11¾; 4, Glen Ridge, 110-8; 5, Cresskill, 108-2¾.

LARGE SCHOOLS GIRLS

Team scoring

Ridgewood 88, Cardinal Spellman 53, Shaker 47, Kellenberg 35, Toms River East 30, Toms River South 30, Wayne Valley 28, Fair Lawn 25, James Madison 22, Lakeland 21, Middletown North 18, Elizabeth 11, Irvington 11, North Bergen 10, Westfield 7, Ramapo 6, Christ the King 4, Brooklyn Tech 2, Washington Irving 2.

Sprint medley — 1, Ridgewood, 4:33.8; 2, Middletown North, 4:40.3; 3, James Madison, 4:41.2; 4, Christ the King, 4:41.9; 5, Washington Irving, 4:44.4; 6, Irvington, 4:46.7.

Shuttle hurdles — 1, Shaker, 1:10.5; 2, Wayne Valley, 1:13.3; 3, Fair Lawn, 1:14.3; 4, Lakeland, 1:14.8; 5, Kellenberg, 1:15.9; Middletown North, 1:21.10.

3x400 hurdles — 1, Kellenberg, 3:48.4; 2, Wayne Valley, 3:50.1; 3, Ridgewood, 3:55.5; 4, Fair Lawn, 3:56.6; 5, Westfield, 3:58.7; 6, Irvington, 4:03.1.

800 — 1, Cardinal Spellman, 1:48.5; 2, James Madison, 1:48.9; 3, Ridgewood, 1:51.2; 4, Kellenberg, 1:51.8; 5, Irvington, 1:52.0; 6, Elizabeth, 1:52.5.

400 — 1, Cardinal Spellman, 51.7; 2, James Madison, 51.8; 3, Ridgewood, 52.8; 4, Irvington, 53.8; 5, Shaker, 54.3; 6, Elizabeth, 54.8.

1,600 — 1, Cardinal Spellman, 4:10.5; 2, Kellenberg, 4:18.7; 3, Shaker, 4:21.6; 4, Irvington, 4:23.5; 5, Wayne Valley, 4:24.1; 6, Elizabeth, 4:27.5.

3,200 — 1, Ridgewood, 9:57.9; 2, Kellenberg, 10:00.2; 3, Cardinal Spellman, 10:10.2; 4, Toms River East, 10:56.0; 5, Brooklyn Tech, 10:59.1; 6, Lakeland, 11:11.3.

6,400 — 1, Ridgewood, 20:45; 2, Shaker, 23:40; 3, Toms River East, 24:00; 4, Westfield, 25:34.

Distance medley — 1, Ridgewood, 13:09.6; 2, Shaker, 13:37.0; 3, Wayne Valley, 13:37.5; 4, Toms River East, 14:37.6; 5, Middletown North, 14:48.7; 6, Westfield, 14:49.2.

High jump — 1, tie bet. Lakeland and Fair Lawn, 13-4; 3, Wayne Valley, 13-2; 4, Ridgewood, 13-0; TIE 5, Lakeland, 12-9; 5, Toms River South, 12-9.

Long jump — 1, tie bet. Shaker and Cardinal Spellman, 43-0; 3, Ridgewood, 41-0; 4, Wayne Valley, 41-5; 5, Kellenberg, 40-2; 6, Lakeland, 37-4.

Triple jump — 1, Ridgewood, 87-4; 2, Cardinal Spellman, 86-9; 3, Ramapo, 86-7; 4, Fair Lawn, 84-0; 5, Shaker, 83-4½; 6, Kellenberg, 81-9.

Javelin — 1, Ridgewood, 246-7; 2, Toms River South, 226-9; 3, Lakeland, 220-3; 4, Middletown North, 217-8; 5, Elizabeth, 204-0; 6, Fair Lawn, 192-0.

Shot put — 1, Toms River East, 78-8¾; 2, Toms River South, 77-8½; 3, Elizabeth, 76-9; 4, Wayne Valley, 75-2¾; 5, North Bergen, 74-2; 6, Middletown North, 73-4.

Discus — 1, Toms River South, 261-11; 2, North Bergen, 243-3½; 3, Toms River East, 226-8; 4, Ridgewood, 223-5½; 5, Middletown North, 221-3; 6, Fair Lawn, 212-4.

SMALL SCHOOL GIRLS

Team scores

Ramsey 89, Pequannock 43, Notre Dame 39, Westwood 39, Cornwall 38, Metuchen 35, New Providence 21, River Dell 20, DePaul 19, Voorhees 17, St. John Villa 16, Hawthorne 14, Cranford 14, Jefferson 11, Cresskill 10, Shoreham 10, Glen Ridge 9, Boonton 8, Pascack Valley 3, Monroe Township 2.

Distance medley — 1, Notre Dame, 14:04.0; 2, Ramsey, 14:16.4; 3, Metuchen, 14:34.1; 4, Jefferson, 14:44.0; 5, DePaul, 14:47.6; 6, Westwood, 14:57.8.

3x400 hurdles — 1, Ramsey, 3:39.1; 2, Metuchen, 3:42.1; 3, Pequannock, 3:50.5; 4, Voorhees, 3:53.0; 5, Westwood, 3:55.3; 6, Monroe Township, 4:05.2.

6,400 — 1, Ramsey, 24:00.1; 2, Notre Dame, 24:40.9; 3, Westwood, 25:00.9; 4, Pequannock, 25:41.7; 5, River Dell, 26:08.7; 6, Voorhees, 27:20.6.

3,200 — 1, Notre Dame, 10:19.7; 2, Ramsey, 10:49.4; 3, Jefferson, 10:58.4; 4, DePaul, 11:22.1; 5, Voorhees, 11:40.2; 6, Glen Ridge, 12:07.2.

800 — 1, Ramsey, 1:53.7; 2, Cornwall, 1:57.3; 3, St. John Villa, 1:57.9; 4, River Dell, 1:58.3; 5, Cranford, 1:58.9; 6, Pequannock, 1:59.9.

3,200 — 1, Metuchen, 11:20.9; 2, New Providence, 11:33.8; 3, Ramsey, 11:34.3; 4, Cranford, 11:43.9; 5, Glen Ridge, 12:21.1.

Sprint medley — 1, St. John Villa, 4:31.7; 2, Glen Ridge, 4:34.9; 3, Westwood, 4:41.2; 4, Hawthorne, 4:41.8; 5, Notre Dame, 4:50.5; 6, New Providence, 4:53.5.

Shuttle hurdles — 1, Metuchen, 1:09.5; 2, Cornwall, 1:11.9; 3, Voorhees, 1:12.9; 4, Pequannock, 1:15.0; 5, Ramsey, 1:15.2; 6, Jefferson, 1:16.9.

Long jump — 1, Cranford, 42-9; 2, Shoreham, 41-2; 3, Cornwall, 40-7; 4, Pequannock, 38-11; 5, River Dell, 37-11; 6, Pascack Valley, 28-5.

High jump — 1, New Providence, 14-4; 2, Cornwall, 13-6; 3, Voorhees, 13-5; 4, DePaul, 13-3; 5, Cranford, 12-9; 6, Metuchen, 12-6.

Triple jump — 1, Ramsey, 92-0½; 2, Cornwall, 89-3; 3, Westwood, 85-10½; 4, Cresskill, 78-7½; 5, Shoreham, 51-10½; 6, Westwood, 43-11.

Discus — 1, Pequannock, 257-10; 2, Hawthorne, 249-1; 3, Westwood, 247-1; 4, Metuchen, 242-9; 5, Pascack Valley, 235-7; 6, Ramsey, 231-11.

Shot put — 1, Ramsey, 86-2¼; 2, Pequannock, 83-10¼; 3, Westwood, 82-5; 4, River Dell, 79-7; 5, Metuchen, 78-6; 6, DePaul, 75-9¾.

Ridgewood off to flying start

By GREGORY SCHUTTA

Staff Writer

RIDGEWOOD — Easter came a little early this year for the Ridgewood girls track team.

"I use the pops as rewards when one of the girls does well in a meet," Ridgewood coach Jacob Brown said of the candy distributed to his runners after Saturday's Ridgewood Relays. "I'm into immediate gratification. It's all in good fun and it's become a tradition around here."

TRACK

But more important than satisfying a sweet tooth was the confidence the Maroons developed after their convincing 35-point victory in the first meet of the season.

"We've got a lot of young kids, so going out and beating 23 or 24 good teams like this in an early meet means a lot," Brown said.

Ridgewood, which lost the large schools championship by one point last year, guaranteed that history would not repeat itself by jumping out to an early lead and cruising to an 88-53 victory over second-place Cardinal Spellman of New York. Shaker was third with 47 points, and Kellenberg was fourth with 35.

Ramsey won its second consecutive small schools title with an equally convincing 89-43 victory over Pequannock. Westwood tied with Notre Dame for third with 39 points.

Seniors Jenna Rogers and Melissa Gilbert turned in their usual fine performances, anchoring Ridgewood in four victories. Rogers ran the anchor leg as the Maroons won the 3,200, the 6,400, and the distance medley. Gilbert ran the final leg of Ridgewood's winning sprint medley relay team.

Vanessa McDermott and Stephanie Doyle also did well, each running in three of those winning relays.

"But the key was the nice mix of new competitors we had come through and score points on the

varsity level for us today," Brown said.

Among them were freshmen Susan Davis and sophomore Christine Judge. Davis jumped 25 feet, 9 inches to help the Maroons take first in the triple jump while Judge ran the third leg of the winning spring medley.

"The most important thing was that there were no breakdowns," Brown said.

Ramsey also got a lot of help from youngsters Saturday, but they were far from new to the track. The Rams have most of their team back from last year's County Group 3 champions, but still boast just four seniors.

Those seniors came through with flying colors Saturday as Erin Calvey ran the opening leg on the winning 400 and 800 relays, and Nikki Asquith and Madge Forbes each competed for the winning 6,400 relay team. Jen Dougherty threw the shot 34 feet, 4½ inches to lead the winning shot relay.

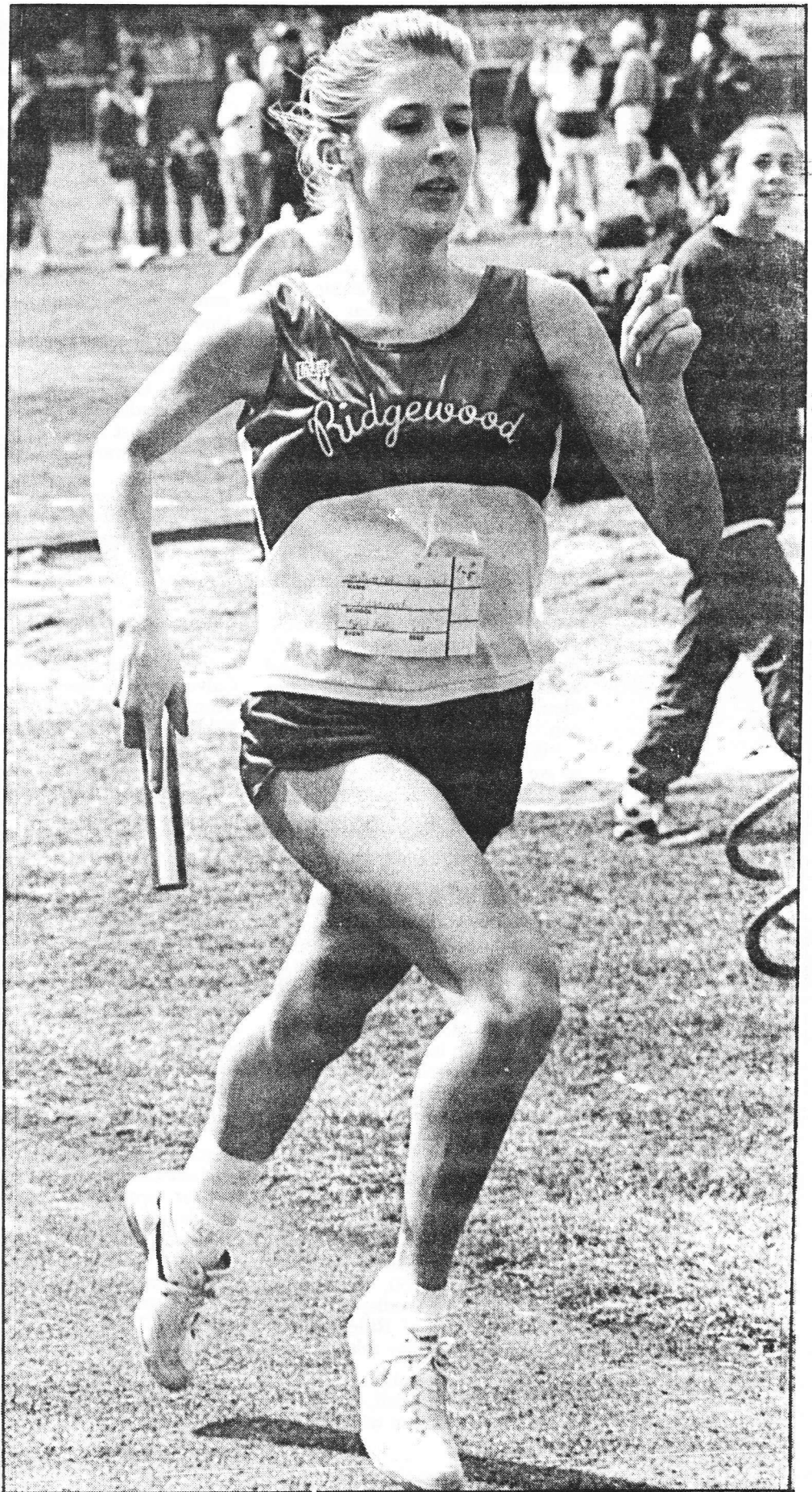
"Everybody contributed," Ramsey coach John Kirchhof said. "We got points from the distance relays, the sprints, and the throws. This is certainly something we can build on."

Especially the work of the sprints. The team of Calvey, Tracy Woods, Brooke Goodwin, and anchor Marcia Bhagwandin won both the 400 and 800. Bhagwandin ran a sizzling 12.6 in the 400 for the win.

On the boys side, Garfield got late wins from the triple jump and intermediate hurdles teams to overtake Christian Brothers Academy for second place in the small schools division. Junior Godfrey Gordon was a member of both teams.

Metuchen was the easy winner with 97 points, followed by Garfield with 72, CBA with 53, and Cornwall with 51. Westwood finished fifth with 47.

Middletown South won the large schools boys title in the tightest race of the day, 66-61, over second-place Elizabeth. Don Bosco Prep was third with 43 points, and Ridgewood finished fourth with 40.



ED HILL/STAFF PHOTOGRAPHER

Melissa Gilbert of Ridgewood runs the winning anchor leg of the 800-meter sprint medley at Saturday's Ridgewood Relays.

LINEUP SHEET:

SITE OF MEET Ridgewood

MEET Dual Meet: Eastside/Ridgewood

BUS LEAVES

DATE 4/4/94

RETURN FROM MEET

EVENT	1 ST ENTRIES FOR RIDGEWOOD	2 ND 3	3 RD 1	RHS	EAST
Long jump	(R) McGarrigle 15' 4"	(R) Clarke 14' 7 1/2"	(R) Judge 13' 2"	9	0
Intermediate Hurdles	(R) Amy Smith 72.7	(R) Keely Cheslock-Postava 73.3	(E) Laina Wallace 74.2	8	1
100 meter dash	(R) Kate Brunner 13.3	(E) Naemah Williams 13.7	(R) Shannon McGarrigle 13.8	6	3
1600 meter run	(R) Lauren Stuhr 5:32.1	(R) Kim Folk 5:34.2	(R) Beth Apsel 5:48.9	9	0
400 meter dash	(R) Vanessa McDermott 63.1	(R) Stephanie Doyle 63.7	(E) Laina Walker 66.8	8	1
100 meter Hurdles	(R) Faith Ninivaggi 18.1	(E) Melissa Jones 19.5	(R) Lindsay Fields 19.9	6	3
800 meter run	(R) Melissa Gilbert 2:31.7	(R) Keely Cheslock-Postava 2:32.1	(E) Na Keisha McIntosh 2:41.5	8	1
200 meter dash	(E) Naemah Williams 28.6	(R) Lauren Vidal 28.9	(E) Tiamecua Fulton 29.1	3	6
3200 meter run	(R) Zena Lobell 12:34.7	(R) Stephanie Doyle 13:21.6	(R) Amy Smith 13:22	9	0
Triple Jump	(R) McGarrigle 31' 4 1/2"	(R) Clarke 31' 3"	(R) McDermott 30' 8"	9	0
4X400 meter relay	Ridgewood 4:34.8	Eastside 4:59.9		5	0
Shot Put	(R) Lipson 25' 7"	(E) Burgess 22' 11"	(R) Grab 22' 9 1/2"	6	3
Discus	(R) Sokolik 76' 1"	(R) Lipson 75' 1"	(E) Noel 74' 2"	8	1
High Jump	(R) Brunner 4' 6"	(R) Christina Grab 4' 6"	Tie: (E) Keisha McIntosh (R) McCullah 4' 4"	8 1/2	1/2

Total: 102 1/2 | 19 1/2

LINEUP SHEET:

SITE OF MEET _____

MEET RIDGEWOOD VS EASTSIDE

BUS LEAVES _____

DATE _____

RETURN FROM MEET _____

EVENT	
Long jump	
Intermediate Hurdles	McBRIDE 78.6
100 meter dash	CLARK 13.9 VIDAL 14.3 GRASSO 14.6 ESPOSITO 15.9 FIELDS 13.9 MASTERSON 14.4 KLAR 14.8 HEINZ 16.0 DARAC 14.1 DORIANC 14.5 NADLER 15.1 ELIAKIM 17.8
1600 meter run	COHN 5:51.4
400 meter dash	JUDGE 67.0 RUGGLES - 70.7 KINNEALLY 87.5 McCULLAGH 66.2 KENDER - 73.2 MORITZ - 75.8
100 meter Hurdles	McBRIDE 20.3 MASTERSON 20.3
800 meter run	V.S. PARK - 3:35.7
200 meter dash	DARACATTANI 29.2 McCULLAGH 29.9 JUDGE 30.4 FIELDS 29.3 GRASSO 30.1 HEINZ 31.8 MASTERSON 29.7 RUGGLES 30.7 CUCCIO 33.5
3200 meter run	LEE 13:22 COHN 13:39.4 FOLK 13:22 KATC. 13:39.4 STUAR 13:21 SIEGEL 14:59.5
Triple Jump	MASTERSON 26' 5" McBRIDE 26' 2"
4X400 meter relay	SPLITS GRAB 72.2 V. McDERMOTT 63.6 JUDGE 69.6 DARAC 67.3
Shot Put	SOKOLIK - 22' 4" DILED - 21' 2" McCULLAGH - 18' 10"
Discus	DILED 68' 1" LOBELLE 54' 11" LIWANG 45' 3" GRAB 70' 4" McALISTER 58' 7" REMMEN 43' 8" BRADLEY 55' 5"
High Jump	V. McDERMOTT 4' 2" JULIE McBRIDE 4' 2"

Top talent's back for spring season

By **PAUL SCHWARTZ**
Correspondent

The boys have stolen most of the thunder in Bergen County track and field in recent years. And with Bob Keino and Anthony Hampton back for a final year, Bergen's boys will not be lacking attention this season.

But the Bergen County girls will more than hold their own, thanks to eight returning first-team All-County competitors from the 1993 spring season.

Leading the pack, of course, is New Jersey State cross-country champion Jenna Rogers, who captured the 1,600 and 3,200 meters last spring. But it wasn't until the national junior championships following the high school season last spring that the Dartmouth-bound senior blossomed into the dominating runner she has become.

Rogers was fifth in the Millrose Games and fifth in the National Indoor Championships in an event that isn't her best. She will set her sights this spring on a sub-5:00 mile and perhaps the county record of 10:34.5 for 3,200 meters set by Patti Mileski of Ridgewood in 1983.

Jean Readie of Queen of Peace returns to defend her 800-meter title and hopes to improve on last year's fifth place in the State Meet of Champions. Readie won the Group 3 State indoor title in the 800 this winter, but was knocked out of the SMOC by illness. A sub-2:15 time would not be surprising.

Kerry Wasser of Saddle Brook won her second Group 1 State high jump title this winter, adding to her 1993 spring outdoor title, and the Falcons senior has a good

GIRLS TRACK

chance of equaling or bettering her second-place finish at the SMOC if she can stay healthy.

Jen Hettel of Wallington, who missed the Group 1 long jump title by a quarter-inch on a comparison of second jumps, came back to finish sixth in the BMOC and may be ready to give the Panthers their first girls State title.

Beth Crusius of Hackensack, the All-Bergen shot putter, also excelled in the discus last season and may be a double medalist at the State meet in June. Indian Hills senior Jessica Jenco will look to improve in the high hurdles, always a difficult event for Bergen girls to break into at State competition.

The most intriguing competition may be the triple jump, where last year's co-honorees, Erika Albies of Pascack Valley and June Hoppie of Englewood, hook up again. They battled throughout indoors, with Hoppie having the best jump in the State at 36 feet, 11 inches, and Albies jumping 36-1. Albies was All-Bergen in the long jump and 55-meter dash this winter and Hoppie was second team in the long jump.

Athletes to watch from last year's second team include the Glen Rock duo of Michelle Stein and Michele Satine, who cover the 100- to 400-meter distances, Jen Dougherty of Ramsey, who battled Crusius all year in the shot last year, and Adwoa Asa-Awuku of New Milford, the fine discus thrower.



PAUL SCHWARTZ
TRACK

Coaches return to duties

The 1994 spring track season, off to a splendid start, got a little brighter this week with the return to coaching of **Gene Prebola** of Indian Hills and **Marty Caspare** of Dumont.

Prebola, who underwent bypass surgery, returned to his head coaching job last week at the Season Opener looking fit and happy to be back.

The veteran coach, a former pro football player and intense competitor, seemed more relaxed as he watched his young team score in three events.

"It's good to be back," said Prebola. "I've missed teaching but I've missed coaching even more."

Caspare returned to his coaching duties following the death last month of his 11-year-old son Ryan after a 19-month battle with leukemia.

"It's a release for him," said close friend and assistant coach **Carl Von Tobel**, who filled in as the head coach during Caspare's absence. "It's something he always loved and something Ryan always loved."

Welcome back to both men and may the 1994 spring season be kind to both of them.

CORRECTION — The National Federation track and field rule that prohibits varsity teams from scoring two relay teams in an event cost Northern Highlands a title and gave Passaic a tie at the Season Opener meet last Saturday.

"We had put the rule in our announcement of the meet," said meet co-director **Brian Rodak**. "We let the teams run more than one varsity team in an event and even let them receive medals, but they can't score."

Hackensack had originally been announced as the winner of the large schools and overall girls championship by a 74-68 margin over Passaic. But Hackensack lost six points for a third-place finish in the shot put and another point in the 4 x 100 relay. They gained a point back in the javelin, however, where Lyndhurst placed two teams. The result was a 68-68 tie with the Indians.

Northern Highlands wasn't quite as lucky. The Highlanders went 1-2 in the 4 x 1600 relay to edge Hasbrouck Heights, 45-38, but lost eight points for second place and finished a point behind the Aviators.

INDOOR WRAPUP — The indoor list as published by the National Scholastic Track Digest includes several area athletes.

Bob Keino of Ridgewood is ranked third at 1000 meters (2:31.0) and first in the mile (4:14.31), 3000 meters (8:38.66), and two-mile (9:21.31, adjusted from 3200 meters). The Don Bosco 4 x 800 team is ranked eighth at 8:02.51 and ninth in the distance medley (10:39.30).

Among the girls, **Jenna Rogers** of Ridgewood is sixth in the mile (5:02.71) and sixth at 3000 meters (10:07.41). Ridgewood's distance medley team ranked 10th (12:33.18) and Passaic's **Robyn Lowe** was seventh in the shot (41-5).

EARLY SIGNS OF SPRING — Top field event performances from last Saturday's Season Opener Invitational:

Shot put — (boys) **Mike Sheehan**, NV/Demarest, 50-1; (girls) **Lowe**, 39-5.

Discus — **Jeff Anselm**, NV/Demarest, 145-4; **Danicqua Starr**, Passaic, 104-6.

Javelin — **Sergio Martinez**, Ridgefield Park, 169-10; **Kathy Guimes**, Ridgefield Park, 106-7.

High jump — **Kevin Willy**, Englewood, 6-2; **Marie Greaux**, Ridgefield Park, 5-0.

Triple jump — **Fred Lee**, NV/Old Tappan, 41-7¼; **Ruth Doe**, Passaic, 34-8.

Long jump — Three tied at 20-4; **Doe**, 15-8¾.

Pole vault — **Pat Destro**, St. Joseph Regional and **Ryota Vetani**, NV/Demarest, 12-0.

ENGELWOOD RELAYS

4-9-94

4X1600	Stuhr, Folk, Doyle, Rogers	22:08.0	1st
	5:34.8 5:43.2 5:35 5:14.8		
	Cohn, Apsel Campbell, Lee	24:04.6	3rd
	6:02 5:58 6:02 6:02		
4X100H	Grab, McBride, Ninivaggi, Fields	1:17.0	6th
	20.4 19.5 17.6 19.6		
4X100	McGarrigle, Fields, Brunner, Gilbert	51.9	1st
	Vidal, Cattani, Cattani, Ninivaggi	54.5	
4X800	Smith, Doyle, Keely C-P, Rogers	9:59.9	1st
	2:34.6 2:28.4 2:32.6 2:24.3		
4X200	McGarrigle, Watson, Brunner, Gilbert	1:52.2	DQ
	28.6 29.6 28.7 25.3		
	Judge, Kender, Dorian C., Dara C.	1:58	
	30.5 28.7 31.6 27.5		
	Masterson, Davis, Grasso, Heinz	DQ	
	Fitzgerald, Lawn, Nadler, Ruggles	DQ	
Sprint Medley	V.McDermott, Cattain, Vidal, Watson	4:30.3	1st
	62.5 28.2 27.8 2:31.9		
Distance Medley	Folk, McCullagh, Stuhr, Rogers	13:05.8	1st
	4:06 68.1 2:32 5:18.6		
3X400H	Keely(74.4), Smith(70.7), Doyle(76.7)	3:41.1	3rd
	Cohn(84.6), McBride(77.5), Apsel(88.4)		
	Ruotolo(74.8), Fields(78.5), Masterson(78.5)		
4X400	V.McDermott, Brunner, Watson, Gilbert	4:21.6	1st
	64.6 66.1 67.1 64.0		
High Jump	Brunner(4'3"), McCullagh(4'3")	8'6"	
	Grab(NH), McBride(NH)		
Long Jump	McGarrigle(15'8"), Judge(13'6")	29'2"	1st
	Watson(12'2") Masterson(12"0")	24'2"	
Triple Jump	McGarrigle(31'11"), V.McDermott(31'9 1/2")	63'8 1/2"	3rd
	McBride(28'1"), Masterson(27'6")	55'7"	
Javelin -	Lipson(79'4"), McCullagh(91')	170'4"	3rd
	McDermott(75'4"), Davis(63'2"), Sokolik(42'8"), A.Lobell(50),		
	DiLeo(49'7"), Tegan C-P(54'4"), Mathiesen(32'6"),		
	McAllister(38'10"), Anderson(46'9")		
Shot -	Lipson(22'), Sokolik(25'7")	47'7"	
	Soph- Amy Smith(22'2 1/2"), A.Lobell(21'5 1/4")	43'7 3/4"	5th
	DiLeo(20'2"), McCullagh(20'11"), Tegan C-P(20'7"), Grab(22'3")		
	McAllister(20'6"), Mathiesen(21'2 1/4"), Remmen(16'6 1/4")		
	Anderson(19'4 3/4"), Bradley(16'4 1/4")		
Discus -	varsity- Lipson(68'5"), Grab(59'3"), A.Lobell(61'3"),		
	DeLeo(67'3"), Tegan C-P(68')		
	Frosh- Sokolik(78'5"), Mathiesen(55'9")	134'2"	1st
	Anderson(65'7"), Remmen(53'6")	119'1"	4th
	Bradley(55'4"), McAllister(57'5")	112'9"	

Great Job!! 11 point win over Hackensack. Should be a great meet next weekend.

Ridgewood pulls out title

By GREGORY SCHUTTA
Staff Writer

ENGLEWOOD — How important was Saturday's Bergen County Group 4 girls meet to Ridgewood?

"When you trail Hackensack by one point going into the final event, it's as important as it gets," Ridgewood coach Jacob Brown said.

The defending champion Maroons trailed Hackensack, 126-125, going into the long jump. But Tonia Clarke obliterated her personal best by nearly a foot with a jump of 16 feet, 8 inches, and Shannon McGarrigle tied her best of 16-6½ to give Ridgewood the 138-126 victory over Hackensack, which failed to place a jumper in the final.

"Coming off the league meet, we had better jumps than they did," Brown said. "So on paper things looked positive. I just told the girls to jump what they've been jumping and they'd be all right. And then they go out and jump their personal bests."

Bogota took advantage of a one-two-five finish in the discus to lock up its first County group championship in school history, winning the Group 1 title, 85-75, over second-place Hasbrouck Heights. Glen Rock ran away with its second Group 2 title, 175-71, over second-place Westwood, and Ramsey continued where it left off Friday, rolling to the Group 3 title, 132½-61, over Northern Valley at Demarest.

Ridgewood may have clinched the meet in the long jump pit, but the meet was won on the track earlier in the day, according to Brown.

"I told the girls that we had to score big in the 1,600," Brown said. "Then we just had to stick close to Hackensack in the relay and we would be in good shape."

Jenna Rogers, who set a meet record in the 3,200 Friday, easily won the 1,600 in 5:09.5 with teammates Stephanie Doyle and Lauren Stuhr in third and fourth, respectively. And the relay team finished second to Hackensack, which took the gold in 4:06.1.

"I spoke to Stuhr before the race and told her she had to dig deep in that race," Brown said. "After three laps she looked like she was out of it, but she kicked at the end to score for us. That was big."

So was Melissa Gilbert's performance in the 400 as she turned on the speed in the final straightaway to go from fourth to second behind Hackensack's Delcita Russell.

Ridgewood has nothing on Bogota, however, when it comes to big wins. Sophomore Janine Captan broke her school record with a throw of 106 feet to win the discus. Marie Remiggio, who won the shot Friday, finished second, and senior Chereen Captan was fifth to give the Bucs 20 points in the event.

"When that happened, I looked at one of my captains and said 'Sandra, I think you girls did it,'" Bogota coach Lou Dziubinsky said. "They all just stared at me in disbelief. They said 'Are you sure? Go down there and check to make sure.' I'm happy for them. It's something that's never been done in school history."

Pedra Blackwood took the other gold for Bogota, winning the 100 hurdles in 16.6 seconds, and Kirsten Lafond finished second in both the 3,200 and 1,600.

The Glen Rock girls continued to dominate in Group 2, setting group meet records in the 400, the 1,600 relay, and the discus on the way to the title. Michelle Satine won the 400 in

59.7 to break the old record by nearly a second and joined teammates Sabrina Luciano, Michelle Stein, and Katie Hanley to win the relay in 4:07.9 to break another.

Ramsey, which opened a commanding lead after one day on the strength of a one-two-three sweep in the 400 hurdles, finished one-two in the 1,600, with freshman Dana Satir getting her second gold of the meet.

Three other meet records fell in the sunshine at Englewood's Winton White Stadium. Keisha Latty of Wallington set a meet record in the Group 1 400 with a time of 61.4 seconds, and Midland Park's Kerry Moore broke a 10-year-old Group 1 1,600-meter record with a 5:23.2.

Erika Albies of Pascack Valley jumped 17-8 in the Group 3 long jump to break the record of 17-4¼ set in 1982. Fair Lawn's Juile Denisenko tied the Group 4 high jump record with a leap of 5-4.

Sophomore Willie Mae Washington of Lodi turned in a sparkling performance in Group 2, winning the 100 and the long jump. Her time of 12.5 seconds in the 100 tied a school record she's been lowering on a regular basis all season, and her 16-3½ in the long jump broke her school record by three seconds.

RHS vs Kennedy

DATE 4/11/94
 WEATHER clear + some clouds
 TEAM RECORDS _____

EVENT	FIRST PLACE 5	SECOND PLACE 3	THIRD PLACE 1	RHS	K
Long jump	(R) 14' 10 1/4" Clark	(R) 14' 10" McGarrigle	(R) 13' 5 1/2" Judge	9	0
Intermediate Hurdles	(K) 70.1 Conetta Hicks	(K) 70.3 Amy Smith	(R) 73.4 Stephanie Doyle	4	5
100 meter dash	(K) 13.3 Nicole Carmichael	(R) 13.4 Melissa Gilbert	(R) 13.7 Kate Brunner	4	5
1600 meter run	(R) 5.32 Lauren Stahr	(R) 5.33 Kim Folk	(R) 5.46 Elyse Lee	9	0
400 meter dash	(R) 61.8 Vanessa McDermott	(R) 63.7 Steph Doyle	(K) 65.5 Simone Gayle	8	1
100 meter Hurdles	(R) 17.7 Faith Ninavaggi	(K) 18.9 Conetta Hicks	(R) 19.9 Keely C-P	6	3
800 meter run	(R) 2:33 Cezelle Watson	(K) 2:34 Sarah McDermott	(R) 2:37 Lauren Stahr	9	0
200 meter dash	(K) 27.0 Nicole Carmichael	(R) 28.1 Shannon McGarrigle	(K) 28.4 Lauren Vidal	4	5
3200 meter run	(R) 12.44 Amy Smith	(R) 12.48 Beth Apsel	(K) 12.50 Elyse Lee	9	0
Triple Jump	(R) 31' 6 1/2" McGarrigle	(K) 31' 3 1/4" Clark	(K) 29' 8" Hicks	8	1
4X400 meter relay	(R) 4:30.4	(K) 5:00.0		5	0
Shot Put	(K) 25' 6" Scholik	(R) 25' 5" Lipson	(K) 24' 8 1/2" Thomas	8	1
Discus	(K) 84' 10" Thomas	(K) 71' 10" Hernandez	(R) 71' 10" Di Leo	1	8
High Jump	(K) 4' 10 1/2" Hicks	(R) 4' 6 1/2" Crab	(K) 4' 6 1/2" McCullagh	4	5

AFTER THE FIRST 3 events we were behind 18-9 (100m, 100, Disc) But our distance power, break through performance by Vanessa McDermott, a gutsy hurdle race by Faith Ninavaggi and our throwers coming back in the shot turned the meet into an easy win.

FINAL SCORE **88** **34**

RHS vs Bloomfield

DATE 4/11/94

WEATHER clear + comfortable

TEAM RECORDS _____

EVENT	FIRST PLACE 5	SECOND PLACE 3	THIRD PLACE 1	RHS	B	
Long jump	(R) 14'10 1/4" Clark	(R) 14'10" McGarrigle	(R) 13'5 1/2" Judge	9	0	
Intermediate Hurdles	(R) 70.3 Amy Smith	(R) 73.4 Stephanie Doyle	(R) 73.7 Keely C-P	9	0	
100 meter dash	(R) 13.4 Melissa Gilbert	(R) 13.7 Kate Brunner	(R) 13.8 Faith Ninavaggi	9	0	
1600 meter run	(R) 5.33 Lauren Stahr	(R) 5.46 Kim Folk	(R) 5.47 Elyse Lee	9	0	
400 meter dash	(R) 61.8 Vanessa McDermott	(R) 63.7 Steph Doyle	(R) 67.7 Christine Judge	9	0	
100 meter Hurdles	(R) 17.7 Faith Ninavaggi	(R) 19.9 Keely C-P	(B) 20.1 Beth Calkins	8	1	
800 meter run	(R) 2.33 Gizele Watson	(R) 2.34 Sarah McDermott	(R) 2.37 Lauren Stahr	9	0	
200 meter dash	(R) 28.1 Shannon McGarrigle	(R) 28.4 Lauren Vidal	(R) 29.0 DARA CATTANI - 28.9 Lindsey Fields	9	0	
3200 meter run	(R) 12.44 Amy Smith	(R) 12.48 Beth Apsel	(R) 12.50 Elyse Lee	9	0	
Triple Jump	(R) 31'6 1/2" McGarrigle	(R) 31'3 1/4" Clark	(R) 28'7 1/2" McBride	9	0	
4X400 meter relay	(R) 4:30.4	(B) 4:55.7		5	0	
Shot Put	(B) 31'1 Williams	(R) 25'6 Sokolik	(R) 25'5 Lipson	4	5	
Discus	(R) 71'10" DiLeo	(R) 67'9" Grab	(R) 66'10" Tegan C-P	9	0	
High Jump	(B) 4'6 1/2" Schmidt	(R) 4'6 1/2" Grab	(R) 4'6 1/2" McCullagh	4	5	
				FINAL SCORE	111	11

UNFORTUNATELY WE MET BLOOMFIELD WITH KENNEDY. WE COULD HAVE RESTED SOME PEOPLE AND SPREAD THE POINTS AROUND.

KENNEDY 85
BLOOMFIELD 37

LINEUP SHEET:

SITE OF MEET _____

MEET RIDGEWOOD vs KENNEDY

BUS LEAVES _____

DATE _____

RETURN FROM MEET _____

EVENT	
Long jump	MASTERSON - 12' 7/4" KLAR - 11' 10 1/2"
Intermediate Hurdles	RUCTOLO - 74.1 COHN - 81.2 MC BRIDE - 78.0 APSEL - 84.7
100 meter dash	FIELDS 14.9 KENDER - 15.0 CLARKE - 13.9 VAN ZILE - 16.5 DARA CATT. 14.2 DAVIS - 16.0 GRASSO - 14.4 DORIAN - 14.9
1600 meter run	LOBELL 5:57.9 K. CAMPBELL 6:03.7
400 meter dash	KENDER - 72.1 RUGGLES - 69.3 LAWN - 72.8 HEINZ - 73.0
100 meter Hurdles	MASTERSON - 20.2 MC BRIDE - 22.2 GRAB - 20.8
800 meter run	FOLK 2:41.0 VS. PARK 3:37.6
200 meter dash	DORIAN C - 30.0 MCCULLAGH - 29.2 GRASSO - 31.0 KENDER - 31.5 VAN ZILE - 34.9 JUDGE - 29.7 KLAR - 31.4 KIRKHEALY - 37. LINDSEY FIELDS 29.0 DIFEDE - 34.0
3200 meter run	COHN - 12:55.3
Triple Jump	V. McDERMOTT - 26' 6 1/2" KLAR - 27' 1 1/2" MASTERSON - 28' 6"
4X400 meter relay	KEELY C.P. - 65.3 McDERMOTT - 70.2 MASTERSON - 65.9 DOYLE - 68.6
Shot Put	A. LOBELL - 20' 11 1/2" GRAB - 22' 4" MATHIESEN - 22' 6 1/2"
Discus	SOKOLIK - 66' 4" LIPSON - 69' 1"
High Jump	BRUNNER 4' 6 1/2" NADLER 4' 0" MC BRIDE 4' 2"

BERGEN COUNTY RELAYS

1994

FRIDAY: (sunny, breezy & beautiful)

3X400H Smith, Keeley C-P, Doyle 3:36.7 5th
 70.4 73.1 73.1

4X200 McGarrigle, Vidal, Brunner, Gilbert (1:50.4T) 1:49.1 1st

4X1600 Stuhr, Folk, S.McDermott, Rogers 22:16.4 1st
 5:29 5:36 6:02 5:09

High Jump Brunner, Grab, McCullagh 13'8" Tie for 2nd
 4'8" 4'6" 4'6"

Triple Jump Clark, McGarrigle, V.McDermott 96'2 1/4" 1st
 31'10 1/2" 32'5 1/4" 31'10 1/2"

Javelin Lipson, McCullagh, V.McDermott 256'10" 1st
 91'10" 79'6" 85'6"

Shot Lipson, Sokolik, Gruber 80'11" 7th
 28'6 1/2" 25'6 1/2" 26'10"

SATURDAY: (raining, cloudy, chilly, yucky"apparently, itsucks!"J.Rogers

4X100H Keely C-P, Masterson, Fields, Ninivaggi 1:13.9 5th
 19.2 19.7 17.9 16.9

4X100 Clark, Brunner, McGarrigle, Gilbert (52.7) 52.8 1st

Dist.Med Doyle, S.McDermott, Stuhr, Rogers 12:52.8 1st
 3:53 67 2:36 5:16.7

SprintMed Cattani, Vidal, V.McDermott, Watson 4:33.8 1st
 28.9 28.5 64.3 2:32.1

4X800 Doyle, Stuhr, S.McDermott, Rogers 10:12.2 1st
 2:28.1 2:39.0 2:40.5 2:24.7

Long Jump McGarrigle, Clark, Judge 41'10" 1st
 ? ? ?

Discus Dileo, Grab, Gruber 185'10"
 57'4" 69'6" 59'

Frosh 4X400 Grasso, Davis, Klar, Masterson 4:39.2 1st
 71.2 71.3 69.5 67.4

4X400 McDermott, Watson, Brunner, Gilbert 4:13.3 1st
 63.6 64.1 64.4 61.2

Bergen Champions! We won 10 of 15 events! 22 athletes won medals!
 We set an all time, all group high team score record! Jenna Rogers
 won the outstanding runner award. Shannon McGarrigle won 4 golds!
 Melissa Gilbert anchored 3 wins! Best County relays ever!

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
			RIDGEWOOD	93
1992	GARFIELD	102	RIDGEWOOD	94
1993	GLEN ROCK	77	1994- RIDGEWOOD	111

RECORD POINT
TOTAL !

RECORDS

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

DICK HITT FIELD AWARD

1983	R. WEINPHAL	WW
1984	NEUNER	NM
1985	ROTTICAMP	IH
1986	ROTTICAMP	IH
1987	BAUMBACH	PV
1988	S. PRICE	WW
1989	E. PRIMARANO	LYH
1990	K. WALLACE	WW
1991	T. JONES	TEN
1992	T. MARTIN	HACK
1993	T. GENNAT	FAIRLAWN

JACOB BROWN TRACK AWARD

B. PRINGLE	RDGW
M. SCUTRO	RDGW
L. ROSS	RDGW
J. JONES	HACK
J. JONES	HACK
A. KEMP	PAR
L. COLLAZO	RDGW
J. METZ	PV
J. METZ	PV
J. METZ	PV
D. RILEY	TEANECK
1994 JENNA ROGERS	RIDGEWOOD

THE 1994 TEAM CONTINUED THE RIDGEWOOD
TRADITION OF WINNING AT THE BERGEN RELAYS

Records fall on a fine spring day

By PAUL SCHWARTZ

Correspondent

With the weather reports iffy at best for today's second day of the Jack Yockers Bergen County Relays, county athletes took advantage of the nice weather on Friday to set three group running records and a field event mark on the first day of the two-day meet.

Glen Rock's boys and girls took leads in the small schools division after the first day at Mahwah. The Panthers led River Dell, 52-19, and threaten to turn the girls competitor into a rout after winning three of the seven events and taking second in two others. Midland Park is the leading Group 1 school after the first day with 12 points.

The boys lead three-time defending champion Ridgefield Park, 36-32, with New Milford, the top Group 1 school, third with 27 points.

TRACK

At Tenafly, Ridgewood, as expected, won four events and grabbed a 49-38 lead over Hackensack in a bid for its 10th girls win in 12 years. Ramsey leads Group 3 with 34 points and is third overall.

The most exciting competition may be in the boys large school division with Bergen Catholic leading Don Bosco Prep, 38-36, with Group 3 power Northern Valley at Demarest third with 26 points. Bergen won the discus in an upset over Demarest and got a break when it dropped the baton in the 800 relay but still reached the final when Paramus Catholic was disqualified. The Crusaders took second in the final.

The Glen Rock team of Sabrina Luciano, Michelle Stein, and Ashley Marquard shattered the 3x400 intermediate hurdles mark by more than five seconds, running 3:30.4. Marquard also was part of the winning triple jump team. Andrea Sellitti was part of the winning Panther triple jump and 800 team.

The other girls records also came in the Girls 1-2 events. The Mahwah trio of Danielle Proulx, Beth Manghi, and Jessica Ramirez each cleared five feet for a combined 15-0 total, four inches higher than the previous record.

The Northern Highlands 6,400 quartet of Meghan Maher, Jenn Reeder, Klara Zdenkova, and Kerri Black ran 22:44.3 and shattered the old mark by more than 45 seconds.

In the small school boys, the race of the day came in the intermediate hurdles where Glen Rock edged New Milford by less than half a second in the 3 x 400 intermediate hurdles. Ridgefield Park, the only multiple winner, captured the 800 and the pole vault.

The only group record in the large school meet was a beauty as Hackensack's 800 quartet of Rashidi Brown, out this week for the first time outdoors; Mike McKay, John Mabry, and Joe Dawkins ran 1:30.7 in the heats and 1:31.0 in the final to take the record by a second and easily win the event.

Bob Keino's 4:16 anchor leg lifted Ridgewood to a win in the 6,400, while Don Bosco scored an upset win in the intermediate hurdles.

Demarest won the pole vault but Shaun McGregor's 151-foot discus throw spurred Bergen Catholic to an upset of Demarest in the weight event.

Ridgewood won the 800, 6,400, triple jump, and in an upset, the javelin to outscore the Comets. Hackensack suffered a setback, when a faulty stick pass led to not making the final, costing Hackensack a probable eight points at a minimum.

The top individual performances of the day, included Angie DeMaio's 111-9 javelin throw for Cliffside Park and Jen Dougherty's 37-5 shot put for Ramsey. Anthony DiCosmo of Paramus Catholic led all triple jumpers with a leap of 44-1.

RIDGEWOOD TRACK AND FIELD

DUAL MEET SUMMARY

RHS vs Montclair

DATE April 18, 1994

WEATHER Sunny + Warm

TEAM RECORDS _____

5

3

1

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	M
Long jump	Vinnetta Gordon M 15'2"	Shannon McGarrigle R 14'8"	Tonya Clark R 14'0"	4	5
Intermediate Hurdles	Amy Smith R 70.1	Jennifer Griffith M 73.0	Tara Riutolo R 74.2	6	3
100 meter dash	Vinnetta Gordon M 13.5	Melissa Gilbert R 13.5	Tonya Clark R 13.9	4	5
1600 meter run	Kim Folk R 5:42.8	Sarah McDermott R 5:46.5	Elyse Lee R 5:48.1	9	0
400 meter dash	Vanessa McDermott R 62.1	Angela Mullins M 66.2	Daveeca Coleman M 66.8	5	4
100 meter Hurdles	Vinnetta Gordon M 15.9	Faith Ninivaggi R 17.5	Lydia McKenzie M 19.0	3	6
800 meter run	Gizele Watson R 2:30.4	Melissa Gilbert R 2:32.2	Amy Smith R 2:33.1	9	0
200 meter dash	Kate Brunner R 27.6	Lauren Vidal R 27.9	Angela Mullins M 28.3	8	1
3200 meter run	Stephanie Doyle R 12:09	Kim Folk R 12:18.7	Zena Hobell R 12:54	9	0
Triple Jump	Gordon M 33'4 $\frac{1}{4}$ "	Shannon McGarrigle R 31'4 $\frac{1}{4}$ "	Vanessa McDermott R 30'10 $\frac{1}{4}$ "	4	5
4X400 meter relay	Ridgewood 4:23.4	Montclair 4:27.4		5	0
Shot Put	Aaliyah Najib M 20'9 $\frac{1}{2}$ "	Leah Weinberger M 28'10 $\frac{1}{2}$ "	Tonya Flowers M 27'1"	0	9
Discus	Aaliyah Najib M 80'1"	Tonya Flowers M 87'2"	Christina Grab R 77'5"	1	8
High Jump	Sue McCullagh R 4'8"	Christina Grab R 4'6"	Kate Brunner R 4'6"	9	0

Notable Efforts in Today's meet: Vanessa McDermott anchor leg on the 4x400, Sue McCullagh's PR in High Jump, Kim Folk's win in the 1600, GIZELE WATSON's negative split in the 800, and Maggie Cain's 5:51 in the 1600.

FINAL SCORE

77 45

RIDGEWOOD TRACK AND FIELD

RHS vs MONTCLAIR

EVENT	NON-SCORING PERFORMANCES
Long jump	JUDGE - 13'4 1/2 MASTERSON - 12'10 1/2"
Intermediate Hurdles	KEELY C-P - 74.5 DOYLE - 76.4
100 meter dash	MCGARRIGLE - 14.0 VIDAL - 14.2 LOBELL - 15.7 DARACATTANI - 14.2 GRASSO - 14.6
1600 meter run	APSEL - 5:50.6 SEDO - 5:57.2 WORM 6:14 SIEGEL 7:39.3 CHAIN - 5:51.2 LOBELL - 5:59.2 K. CAMPBELL 6:14
400 meter dash	RUGGLES - 67.0 KENDER 77.2 LAWN - 71.8 Y.S. PARK 96.8
100 meter Hurdles	MASTERSON 19.4 RUOTOLO 19.2 MCCBRIDE 19.4 GRAB 21.0
800 meter run	STUHR 2:33.4 COHN 2:42.8
200 meter dash	DARACATTANI 28.9 JUDGE 29.7 FITZGERALD 33.3 MINIVAGGI 28.9 GRASSO 30.4
3200 meter run	S. McDERMOTT 13:52.1 KEELY C-P - 13:16.7 APSEL 13:57.1
Triple Jump	CLARK - 30'9 1/2" MCCBRIDE 28'1" MASTERSON - 29'2 3/4"
4X400 meter relay	(DARACATTANI 64.9 MASTERSON 68.8 KLAR 68.6 V. McDERMOTT 61.5)
Shot Put	GRUBER - 26'1" SOKOLIK - 25'7" LIPSON - 25'9" HOFFMAN - 21'1 1/2" GRAB - 23'1 1/2"
Discus	LOBELL - 59'10" LIPSON - 72'9" McCALISTER 52'6" REMMEN - 46'8" DILED - 61'9" GRUBER - 69'2" LAWANIS 49'1" ANDERSEN - 67'4" SOKOLIK - 69'4" TERAN (P) - 52'6" BRADLEY - 46'9" MATHIESSEN - 55'7"
High Jump	MCCBRIDE 4'4"

RIDGEWOOD TRACK AND FIELD

DUAL MEET SUMMARY

RHS vs Passaic

DATE 4/26/94

WEATHER _____
TEAM RECORDS _____

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	Passaic
Long jump	Williams P 16'5 1/2	Holloman P 15'9 3/4	Clarke R 15'4 3/4	1	8
Intermediate Hurdles	Holloman P 67.6	Smith R 69.1	Doe R. P 69.9	3	6
100 meter dash	Williams P 12.9	Gilbert R 13.1	Brunner R 13.7	4	5
1600 meter run	Rogers R 5:22.4	Doyle R 5:25.7	Stuhr R 5:28.6	9	0
400 meter dash	Williams P 59.4	Gilbert R 59.4	V. McDermott R 61.9	4	5
100 meter Hurdles	Doe P 15.7	Holloman P 15.7	Ninivaggi R 17.3	1	8
800 meter run	Doyle R 2:25	Rogers R 2:26	S. McDermott R 2:28	9	0
200 meter dash	Williams P 26.6	Gilbert R 26.7	Brunner R 27.9	4	5
3200 meter run	Rogers R 11:47.7	Lobell R 12:20.1	Smith R 12:23.2	9	0
Triple Jump	Doe Ruth P 32.9	McDermott R 32'8 1/4	McGarrigle R 32'7 3/4	4	5
4X400 meter relay	R 4:20.5	P 4:42		5	0
Shot Put	Lowe P 39'4	Starr P 38'0	Leon P 28'11	0	9
Discus	Lowe P	Starr P	Grab R	1	8
High Jump	Holloman P 4'10"	SUE McCULLASH R 4'10"	Brunner R 4'8"	4	5
FINAL SCORE				58	64

RIDGEWOOD TRACK AND FIELD

DUAL MEET SUMMARY

RHS vs Clifton

DATE 4/26/94

WEATHER _____

TEAM RECORDS _____

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	Clifton
Long jump	Clarke R. 15'4 3/4"	McGarrigle R. 15'3 1/2"	Judge R. 14'4 1/4"	9	0
Intermediate Hurdles	Smith R. 69.1	Keely R. 77.8	Ruotolo R. 74.4	9	0
100 meter dash	Gilbert R. 13.1	Brunner R. 13.7	Genchi C 13.9	8	1
1600 meter run	Rogers R. 5:22.4	Doyle R. 5:25.7	Stuhr R. 5:28.6	9	0
400 meter dash	Gilbert R. 59.4	V. McDermott R. 61.9	Watson R. 63.1	9	0
100 meter Hurdles	Ninivaggi R. 17.3	Mazepa C 18.1	Fields R. 18.2	6	3
800 meter run	Doyle R. 2:25	Rogers R. 2:26	McDermott S. R. 2:28	9	0
200 meter dash	Gilbert R. 26.7	Brunner R. 27.9	Genchi C 28.5	8	1
3200 meter run	Rogers R. 11:47.7	LoBell R. 12:20.1	Smith R. 12:23.2	9	1
Triple Jump	Mazepa C 32'9 1/2"	McDermott R. 32'8 1/4"	McGarrigle R. 32'7 1/4"	4	5
4X400 meter relay	R. 4:20.5	DNR		5	0
Shot Put	Sokolik R. 27'9"	Gruber R. 27'8"	McCoy C 25'10"	8	1
Discus	Kiewit C	Grab R. 82'3"	Sokolik R. 80'4"	4	5
High Jump	SUE McCULLAGH R. 4'10"	Mazepa Alycia C	KATE BRUNNER R. 4'8"	6	3
FINAL SCORE				102	20

RIDGEWOOD TRACK AND FIELD

RHS vs PASSAIC & CLIFTON

RIDGEWOOD TRACK AND FIELD

EVENT	NON-SCORING PERFORMANCES		
Long jump	KLAR 14'0"	DAVIS 13' 3/2"	
Intermediate Hurdles			
100 meter dash	GRASSO - 14.4 RUGGLES - 15.0 FITZGERALD - 15.8		
1600 meter run	S. McDERMOTT - 5:43.1 LEE - 5:45.5 CAIN - 5:53.3	COHN - 5:55.3 SEDO - 6:02.5 K. CAMPBELL - 6:07.2	WORM - 6:08.3
400 meter dash			
100 meter Hurdles	RUOTOLO - 18.3 KLAR - 19.2 MASTERSON - 19.2	Mc BRIDE - 20.0 GRAB - 20.8 DAVIS - 21.1	
800 meter run	KEELY C-P - 2:29.5 STUHR - 2:34.2 COHN - 2:46.3	SEDO - 2:47.7	SIESEL - 3:20.3 SX PARK - 3:24.5 XS. PARK - 3:41.7
200 meter dash	JUDGE - 28.5 FIELDS - 28.0 MASTERSON - 28.6	GRASSO - 29.6 HEINZ - 30.4 RUGGLES - 30.8	
3200 meter run	APSEL - 12:48.6 McDERMOTT - 13:42.1		
Triple Jump	CLARK - 31' 10 3/4" McBRIDE - 28' 10 1/2"		
4X400 meter relay	V. McDERMOTT - 63.1 DOYLE - 65.9 BRUNNER - 65.9	WATSON - 65.7 FEJNER - "	
Shot Put	HOFFMAN - 24'5" GRAB - 22'10" MATHIESEN - 23'5"	McALLISTER - 23'5" TEGAN C-P - 21'7" ANDERSON - 18'11"	LEMMEN - 16'9" DILEO - 18'10" BRADLEY - 16'9" LOBELL - 21'2" LIWANIS - 17'3"
Discus	LOBELL - 80'1" GRUBER - 70'9" McALLISTER - 57'2 1/2"	ANDERSON - 68'7" DILEO - 76'5" TEGAN C-P - 75'5"	MATHIESEN - 63'4" REMMEN - 54'6" BRADLEY - 60' LIWANIS - 48'7"
High Jump	GRAB - 4'6" DAVIS - 4'6"		

Penn Relays are truly special

At one point at the Penn Relays Carnival Saturday afternoon, the north side of the grandstand was getting excited over the women's triple jump, where Sheila Hudson was trying to set an American record.

The south side was cheering on a special 100-yard dash with world class stars Andre Cason and Jon Drummond. And everyone was watching as some of the greatest athletes of all-time — four of the five living American Olympic decathlon champs — Bob Mathias, Milt Campbell, Rafer Johnson, and Bill Toomey — were introduced to the crowd along with world record-holder Dan O'Brien and his partner in Reeboks, Dave Johnson.

Then in the next moment, attention turned to a 75-years and older Masters 100-yard dash. When the whole field took a traditional victory lap, the ovation they received was nearly as large as for that of the Olympic heroes.

The Penn Relays is track and field's family reunion. Almost every one of the 43,830 spectators at Saturday's third and final day at Franklin Field can tell you how many Penn Relays they've attended, and where they were when certain great Penn Relays moments occurred.

I attended my first Penn Relays last weekend after nearly 20 years of reporting on track and field. It won't be my last.

Among the 17,000 athletes who competed in 290 separate events were more than 50 college athletes from the area and more than 20 area high school teams. In addition, doz-



PAUL SCHWARTZ
TRACK

ens of former athletes come back every year to watch the meet.

The crowd is perhaps the most knowledgeable American track and field crowd, a crowd that Olympic medalist and world record-holder Kevin Young says is "like crowds in Europe, they're excited and they know what's happening."

And the crowd is loud, not just for the awesome college men's championship 4x800 relay, won by an eyelash by George Mason over Seton Hall, or for another Villanova win in the women's distance medley. But the crowd notices when a 10-year-old boy drops the baton in a shuttle relay held on the infield and then comes back to give his team the lead. And it cheers for the 78-year old man running 14.50 in the special Masters 100.

And they cheer for the Jamaican high school kids. When one of the Jamaican teams finished the 4x400 meters relay, the noise was so loud that the infield shook as if a freight train was passing through the stadium.

There are only two meets that matter to the high school runners from Jamaica, the Jamaican championships and the Penn Relays. And while they may have some advantages over American high school runners (they may be a year older), the excitement and the national pride demonstrated by their supporters, who make up as much as one-third of the crowd, make the heart pump a little faster.

So, too, does the announcing, at times a little distracting, and at times a little too inside even for a track nut like myself. But there's no doubt that when one of the half-dozen announcers calls out the name of an anchor runner in one of the three dozen 4x400 high school relays that make up Saturday morning, that moment will last with that athlete forever.

And moments like that happen all weekend at the Penn Relays. And that's what makes America's oldest track meet so special.

By the final race Saturday, after more than 30 hours of competition, this Penn Relays rookie was exhausted, but exhilarated. And next year on the last weekend of April, I'll proudly tell anyone who asks — this is my second Penn Relays.

The 100th Running of the Penn Relay Carnival 1895-1994

PENN RELAYS

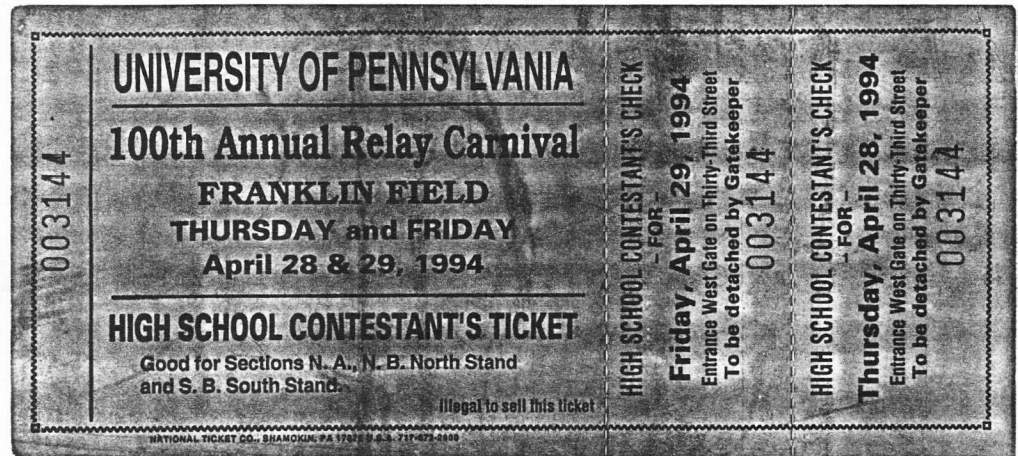
1994

4x100 Tonia Clarke
Kate Brunner
Shannon McGarrigle
Melissa Gilbert 51.0 ? in heat
Close to our school record! Kate needs to go out more aggressively!

4X400 Kate Brunner 63.8
Keely Cheslack-Postava 64.6
Amy Smith 63.2
Vanessa McDermott 61.9 4:13.72 9th in heat
Good running in tough competition by an inexperienced group!

Distance Medley
Stephanie Doyle 3:42.8 (70.2, 76.0, 76.8)
Melissa Gilbert 58.7
Gizele Watson 2:23.5 (69.0, 74.5)
Jenna Rogers 5:04.0 (71.1, 75.5, 79.1, 78.3)

Best RHS time in 11 years. Two PR's but we needed 4. Jenna needs more focus in the 2nd 800



#136 • High School Girls' Distance Medley Championship of America

Friday, April 29, 1994 • 4:50 p.m.

National High School Record • 11:43.53, University (Irvine [Calif], '82) - Laura Sauerwein, Kenya Thornburg, Judy McLaughlin, Polly Plumer
Field & Relays High School Record • 11:40.51, Vere Tech (Hayes [Jam], '92) - Charlene Robinson, Avia Morgan, Janice Turner, Evette Turner

Pl	Time	ID	School	City	Runners
1	11:43.65	C	Vere Technical	Hayes, Jam	Georgiana Junor, Nicola Blake, Claudine Williams, Evette Turner
2	11:45.20	B	Manchester	Mandeville, Jam	Andrine Thompson, Beverly Langley, Tanya Jarrett, Karen Smith
3	11:57.24	G	Centreville	Clifton, Va	Elisa Beres, Shalamar Carruthers, Cammie Heiner, Jessica Heiner
4	11:59.77	E	Saratoga Springs	Saratoga, NY	Suzy Clark, Jamie LaFarr, Tobey Kearns, Erin Davis
5	12:02.65	D	Holmwood Technical	Christiana, Jam	Engrid Williams, Laurel Williams, Tameca Williams, Joylett Simpson
6	12:06.73	L	Ocean City	NJ	Shelly Solheim, Kellie Adams, Janine Minehan, Megan Hartman
7	12:07.78	H	Falmouth	Ma	Patty Gohring, Stacey Williams, Kelly Hallett, Sara Majka
8	12:08.33	J	Monroe-Woodbury	Central Valley, NY	Kim Spyropoulos, Megan Ridgely, Denise Esserman, Julianne Littmann
9	12:08.77	A	St. Jago	Spanish Town, Jam	Korene Hinds, Vanissa Prince, Michelle Burger, Tameca Brown
10	12:10.92	O	Ridgewood	NJ	Stephanie Doyle, Melissa Gilbert, Gizele Watson, Jenna Rogers
11	12:15.82	M	Hunterdon Central	Flemington, NJ	Autumn Fogg, Linda Packard, Betsy Packard, Meghan Busse
12	12:22.81	F	Bay Shore	NY	Emily Germano, Melanie Mickle, Erin Hayes, Chante Daily
13	12:25.80	S	Langley	McLean, Va	Fasty Gotthardt, Shell Gerster, Constance Lee, Margie Stanmeyer
14	12:31.89	T	Pearl River	NY	Liz Kane, Tracey Harris, Jen Barber, Colleen Thompson
15	12:36.21	V	Shawnee	Medford, NJ	Joyce O'Neil, Mandy Dulin, Missy Whitaker, Elizabeth Moore
16	12:37.71	R	Columbia	Maplewood, NJ	Hazel Clark, Ayana Coleman, Aiyanna Burton, Monique Nicholas
17	12:40.65	P	Tottenville	Staten Island, NY	Karen Petersen, Vonetta Shannon, Christine Hillock, Lauren Ruff
18	12:42.68	N	St. John's Prep	Astoria, NY	Antoinette Campbell, Shameeka Quallo, Queena Sloan, Lisa Edwards

4-29-94

The Record's polls BOYS TRACK

BERGEN GROUP 1-2

- 1. Glen Rock** — The Panthers' three-man javelin team threw an outstanding 522 feet, 6 inches to finish fourth in the Wayne Hills Relays. **(Points: 25)**
- 2. Ridgefield Park** — The Scarlets took the week off and hope it helps as they try to retain their league and County titles. **(Points: 16)**
- 3. Englewood** — With Anthony Hampton and Thaniel Robinson tuning up for the Penn Relays, the Raiders impressively won the Thunderbird Relays. **(Points: 15)**
- 4. New Milford** — The Green Knights also took the week off. The BCSL National champions take aim on repeating in two weeks. **(Points: 10)**
- 5. Mahwah** — The Thunderbirds had an outstanding home meet Saturday at the Thunderbird Invitational and finished a solid third, led by event winners Jason Taylor, Jamie Spruill, and Tim Kievit. **(Points: 5)**

Also receiving votes — Hasbrouck Heights 3, Northern Highlands 1.

BERGEN GROUP 3-4

- 1. Don Bosco Prep** — The Ironmen won three events at the Catholic Track Conference Relays and hope to excel at Saturday's 3,200 relay at the Penn Relays. **(Points: 23)**
- 2. Bergen Catholic** — The Crusaders also won two events at the NJCTC relays and ran a speedy 3:26.2 in the 1,600 for second place. **(Points: 19)**
- 3. Northern Valley at Demarest** — The Norsemen overwhelmed the opposition at the Wayne Hills Relays, winning seven events and scoring 116 points. **(Points: 18)**
- 4. Ridgewood** — The Maroons earned a solid second-place finish overall and an A Division title at the Thunderbird, with Tom Ricart winning the 3,200. **(Points: 7)**
- 5. St. Joseph Regional** — The Green Knights struggled a little during the NJCTC meet and hope to move up in the league meet. **(Points: 5)**

Also receiving votes — Hackensack 2, Fort Lee 1.

PASSAIC/MORRIS

- 1. West Milford** — The Highlanders finished second in the Wayne Hills Relays, winning the 1,600 relay to edge Passaic by a point. **(Points: 23)**
- 2. Passaic** — The Indians won the high jump and long jump championships and finished third overall in the Wayne Hills Relays. **(Points: 22)**
- 3. Clifton** — For the second straight week, Clifton won both the sprint and distance medleys, this time at the Wayne Hills Relays. **(Points: 10)**
- 4. Kennedy** — With Neville Rose and Courtney Beckles winning the 800 intermediate hurdles and Chris Ferdinand winning the shot put, the Knights were fourth in the Thunderbird Relays. **(Points: 7)**
- 5. Lakeland** — The Lancers scored 18½ points at the Wayne Hills Relays. **(Points: 6)**

Also receiving votes — Wayne Valley 5, Wayne Hills 2.
Voting on 5-4-3-2-1 basis by The Record sports staff.

The Record's polls GIRLS TRACK

BERGEN GROUP 1-2

- 1. Glen Rock** — The Panthers stepped up in class and finished second to Passaic champion Wayne Valley at the Wayne Hills Relays. They got four wins, two anchored by Michele Satine. **(Points: 25)**
- 2. Northern Highlands** — The Highlanders took the week off and should still be ready to come on strong when May comes around. **(Points: 13)**
- 3. River Dell** — The Golden Hawks also took the week off from major meets. With Ann Clayton in the weights, they might surprise in championships. **(Points: 8)**
- 4. Saddle Brook** — Kerry Wasser and Jen Bornkamp won to help the Falcons win the Thunderbird Invitational. **(Points: 7)**
- 5. Midland Park** — Midland Park also took the week off, with an eye on the Bergen-Passaic Scholastic League championship next week. **(Points: 6)**

Also receiving votes — Ridgefield Park and Westwood 5, Hasbrouck Heights 4, Englewood 2.

BERGEN GROUP 3-4

- 1. Ridgewood** — A dual-meet loss to Passaic doesn't really affect the Maroons, who turned in some fine performances on the track. **(Points: 25)**
- 2. Hackensack** — The Comets took the week off from major meets to train. They hope to narrow the gap on Ridgewood before the County meet in three weeks. **(Points: 17)**
- 3. Ramsey** — The Rams got wins from Jen Dougherty and Dana Satir at the Thunderbird Invitational, but spent most of the meet running in the freshman-sophomore division. **(Points: 15)**
- 4. Teaneck** — A surprise second-place finish in 3,200 helped the young Highwaymen to a fourth-place finish. But they will have to go some to catch archrival Hackensack. **(Points: 6)**
- 5. NV/Demarest** — Helped by Lauren Zipse and Kerry Fraser, who finished second in their events at the Thunderbird, Demarest was third as a team. **(Points: 5)**

Also receiving votes — Tenafly 4, Fair Lawn 3.

PASSAIC/MORRIS

- 1. Wayne Valley** — The Indians won their second straight major meet, the Wayne Hills Relays, and did it by winning the 1,600, 3,200, 6,400, and distance medley events. **(Points: 25)**
- 2. Passaic** — A big dual-meet win over Ridgewood, and wins in the weights by Robyn Lowe and Danicqua Starr at the Wayne Hills meet, move Passaic closer. **(Points: 20)**
- 3. Kennedy** — The Knights won the 800 and intermediate hurdles relays in Thunderbird Invitational record time and captured second in the meet. **(Points: 10)**
- 4. Clifton** — The Mustangs finished back in the pack in the competitive Wayne Hills Relays. **(Points: 7)**
- 5. Eastside** — The Ghosts' seventh-place finish at Wayne Hills returned them to the top five. **(Points: 5)**

Also receiving votes — Lakeland 3, DePaul 3, West Milford 2.
Voting on 5-4-3-2-1 basis by The Record sports staff.

N.N.J.I.L. Freshi Championship

100M - Fitzgerald 15.9 Ruggles 15.0 - 15.1
GRASSO - 13.9 - 13.8 - 14.0 — 4th

200M - Di Fedele 33 GRASSO 29.9 Kinneally 35.0
Ruggles 31.0 Masterson 28.7 — 3rd

400M - Heinz 74 Ruggles 68.9

1600M - Cohn 5:56 — 1st Park 7:30

3200M Cohn 13:54.6 1st SEDO
13:54.7 2nd

100 hurdles - Klar - 19.1 - 18.4 1st

400M Hurdles - Masterson 75.4 - 3rd

Long Jump - Klar 14'2" - 1st

Triple Jump - Masterson 31'¼" 2nd Klar 30'2" 3rd
Davis 29'4" - 4th

High Jump - Davis 4' Nadler 4'4"

4x400 GRASSO 68.7 Davis 74.1 Masterson 67.6
Klar 69.7 - 4:40 - 3rd

Fresh Championship (Cont.)

Shot Put - Remmen 18'1 $\frac{1}{2}$ " Anderson 21'5"
McAllister - 24'8" - 6th Mathiesen 25'2" 5th
Sokolik 25'11 $\frac{1}{2}$ " - 4th

Discus: Remmen 53'3" Mathiesen 65' McAllister 61'8"
Anderson 64'3" Sokolik 81'5" 5th

Javelin: Mathiesen - 53'1" 6th Anderson 54'4" 5th
Sokolik - 57'5" Davis - 76'1" 1st

Comments: This was truly a great track meet for our Fresh team. We scored 63 points in the meet. Kennedy was second with 23. Congratulations to all the Freshmen who showed a great competitive spirit, giving their all in every event.

Special Recognition to Katie Cohn who won the 1600 + 3200 and Marli Klar who won the long jump + 100m hurdles.

Williamsport Coaches Invitational

1994

100 Hurdles	Faith Ninivaggi	16.8 T, 17.1	3rd
300 Hurdles	Amy Smith	48.9 (7.64,5.10,5.32,5.58,5.59,6.02,5.89,6.12)	3rd
100 meters	Tonia Clark	13.8 T (4th in heat)	
800 meters	Sarah McDermott	2:28.1 (34.7,37.0,37.9,38.0)	4th
	Keely C-P	2:29.1 (35.1,37.0,38.0,38.9)	5th
1600 meters	Stephanie Doyle	5:18.5 (76.8,84.3,83.6,73.9)	1st
3200 meters	Jenna Rogers	11:02.8 (80.1,83,81.3,82.6,83.5,84.3,85.9,82.1)	1st
	Amy Smith	11:56.4 (87.5,88,91,91,93,94.3,94,83)	3rd
4X100 relay	Clark,Ninivaggi,Keely C-P,McGarrigle	54.0	
4X800 relay	Keely C-P, McDermott, Doyle, Rogers	9:43.3	1st
	2:27.1 2:28.4 2:21.3 2:26.4		
Long Jump	Tonia Clark	14'2"	
	Shannon McGarrigle	15'4"	3rd
Triple Jump	Tonia Clark	32'10 1/4"	4th
	Shannon McGarrigle	32'8"	5th

Notable efforts: Faith leading to the 4th hurdle, Amy sprinting the 300H, Jenna getting a PR in the 400 and setting a meet record in the 3200, Stephanie running a smart race to win the 1600, and the 4X800 beating a good Williamsport Club. Everyone was a great traveler!!

County Seat Invitational
Saturday May 7, 1994

- 100M - Heinz 15.7 DiFedele 15.4 GRASSO - 13.5 - 13.8
- 200M - GRAB 30.1 GRASSO 29.5 Kender 30.5 DiFedele 33.8
Heinz 30.9 Gilbert 26.6 - 2nd.
- 400M - Judge 64.8
- 800M - Park 3:16.8 Watson 2:26 - 1st
- 1600 - Sedo 6:11 Cohen 5:41.2 - 5th
- 3200 - Apse 12:44.2 Campbell - 12:59.2
- 100m hurdles Klar - 18.5 Masterson - 18.9
- 400 hurdles - 75.7 Masterson
- Long Jump - Judge 14'3 $\frac{1}{4}$ " Klar 15'1 $\frac{1}{2}$ " 4th
- Triple Jump - Masterson 29'9 $\frac{3}{4}$ " - Klar 29'9 $\frac{1}{4}$ "
- High Jump - Brunner NH GRAB 4'4"
- 4x400 - Gilbert 64.5 Watson 65.6 Brunner 63 Judge 65.5
4:18.6 - 2nd

County Seat Invitational
(Cont.)

Discus: Sokolik 82' GRAB 56'6"
Lobell 70'9" Tegan C.P. 61'6"

JAV. Tegan C.P. 57'11" Anderson 57'4"
Sokolik 63'5" Mathiesen 52'

Shot: Remmen 17'9" Anderson 21'2 $\frac{1}{2}$ "
McAllister 21'11" Mathiesen 24'6"
Lobell - 22' Sokolik 27'6 $\frac{1}{2}$ "
GRAB - 21'8" Tegan C.P. 21'2"

NOVICE CHAMPIONSHIP

HACKENSACK

100 meter	Kendeer	15.2	
	VanZile	15.6	
	DiFedele	15.8	
	Kim	17.1	
200 meter	Dorian Cattani	30.5	<u>5th</u>
	Kender	31.1	
	DiFedele	33.5	
	VanZile	34.2	
400 meter	Grasso	69.3	<u>3rd</u>
	Ruggles	70.3	<u>4th</u>
	Lawn	72.5	
800 meter	SY Park	3:21.6	
1600 meter	Cain	5:50.5	<u>1st</u>
	K.Campbell	6:02.6	<u>2nd</u>
	Y.J.Park	7:38.0	
3200 meter	Z.Lobell	12:31.9	<u>1st</u>
	Apsel	12:40.2	<u>2nd</u>
	Cain	13:01.5	<u>3rd</u>
	Sedeo	13:17.9	<u>4th</u>
	Cohn	13:18.7	<u>5th</u>
	Worm	13:22.6	<u>6th</u>
	G.Campbell	14:02.6	
100 hurdles	Ruotolo	19.0T, 18.5F	<u>5th</u>
	McBride	18.8T, 19.3F	<u>6th</u>
400 hurdles	Ruotolo	76.5	<u>6th</u>
long jump	McBride	14'3"	<u>2nd</u>
	Nadler	12'1"	
triple jump	McBride	28'7 1/2"	<u>3rd</u>
high jump	Nadler	4'	
shotput	Hoffman	26'3 1/2"	<u>2nd</u>
	Mathesen	25'4"	<u>4th</u>
Discus	A.Lobell	72'9"	
	DiLeo	73'3"	
	Matheses	65'	
	Bradley	51'6"	
Javelin	A.Lobell	53'3"	
	Anderson	50'5"	
	VanZile	47'	
	DiLeo	46'	
	Hoffman	FFF	
4X400	Grasso(68.4),Lawn(71.4),Ruggles(68.5)		
	Kender(69.6)	4:37.9	<u>1st</u>

The Record's polls **BOYS TRACK**

BERGEN GROUP 3-4

- Don Bosco Prep** — The lead narrows as Bosco readies itself for Saturday's NNJIL Pacific Division championship at Montclair. Distance running might be the key to victory. (Points: 21).
 - Northern Valley/Demarest** — The Norsemen were dominating at the County Seat A Invitational and figure to match or better the 171-point total at Saturday's NBIL 2 meet at Wayne Hills. (Points: 20).
 - Bergen Catholic** — The Crusaders enter the NNJIL Atlantic meet as the favorite after leading the league through the duals. (Points: 19).
 - Ridgewood** — The Maroons trained through the week and hope to keep their chances of upsetting BC for the Atlantic title Saturday. (Points: 6).
 - Garfield** — The Boilermakers won the B-PSL King championship meet and now point toward an upset in the Group 3 County meet. (Points: 5).
- Also receiving votes:** Hackensack 4, St. Joseph 1.

BERGEN GROUP 1-2

- Glen Rock** — The Panthers won their second straight B-PSL Carpenter Division title and now shoot for Group 2 honors. (Points: 23).
- Ridgefield Park** — The Scarlets won the County Seat B division as a nice warm-up to this weekend's wide-open BCSL American championship. Eric Castillo doubled in the 800 and 3,200 and four others won events. (Points: 20).

- Englewood** — Thaniel Robinson, Earl Whilby, and John Perdomo each won a jumping event for the Maroon Raiders at the County Seat B, but Englewood must get it going on the track. (Points: 17).
 - New Milford** — The Green Knights won the Cresskill Relays for the fifth consecutive year and hope to contend for the Group 2 County and State sectional. (Points: 10).
 - Mahwah** — The Thunderbirds struggled against Garfield in the B-PSL King Division meet and hope to improve this week in the Group 2 counties. (Points: 4).
- Also receiving votes:** Hasbrouck Heights 3, River Dell 1, Westwood 1.

PASSAIC

- West Milford** — Two big challenges in six days for the Highlanders, who shoot for Northern Hills Skyline and Passaic County titles. (Points: 23).
 - Passaic** — The Indians had good efforts from Chiffon Allen, Antonio Casterlow, Tyshan Bradshaw, and Rashied Richardson at Bernards. (Points: 22).
 - Clifton** — Brian Torres and Jason Sell turned in excellent performances at the Bernards Invitational. (Points: 10).
 - Kennedy** — Chris Ferdinand is shooting for the NNJIL Atlantic and Passaic County weight titles in the shot and discus. (Points: 7).
 - Lakeland** — The Lancers hope to excel in the Northern Hills Skyline meet at Millburn. (Points: 6).
- Also receiving votes:** Wayne Valley 5, Wayne Hills 2.
- Voting on a 5-4-3-2-1 basis by The Record's sports staff.**

5-13-94

The Record's polls **GIRLS TRACK**

BERGEN GROUP 3-4

- Ridgewood** — The Maroons' split squad won three events at the Williamport Invitational, with Steph Doyle leading the way. Club was fifth at the County Seat with just five athletes. Will battle Passaic for the NNJIL Atlantic title. (Points: 25).
 - Hackensack** — The Comets blew away the field at the County Seat Invitational, with Delcita Russell, Kelly Ann LaPietra, Marissa Jackson, and Beth Crusius scoring wins. Should cruise to the NNJIL Pacific crown. (Points: 20).
 - Ramsey** — The Rams also split up, with Dana Satir, Jen Dougherty, and Erin Oliver scoring well at Bernards and Brooke Goodwin at County Seat. Should easily win the NBIL 2 title. (Points: 15).
 - Tenafly** — The Highwaywomen are coming back, with top-grade performances by Zorinah Figueroa, Tara Quinn, and Natasha Bernard at Bernards. (Points: 6).
 - Immaculate Heart Academy** — Kourtney Gallo regained her All-State cross-country form and the Blue Eagles finished third at County Seat. (Points: 4).
- Also receiving votes:** Demarest 3, Tenafly 2.

BERGEN GROUP 1-2

- Glen Rock** — The Glen Rock relay team won the 4x100 and was third in the 4x400 at Bernards and Lesley Hodgson and Michele Satine turned in good individual performances. (Points: 25).

- Northern Highlands** — Klara Zdenkova, Mary Ryan, and Kerri Black ran well at the County Seat Invitational. (Points: 11).
 - Midland Park** — Midland Park scored well in the B-PSL Carpenter league meet. (Points: 10).
 - Westwood** — Undefeated in the BCSL American, and led by probable County shot put champ Jenicka Carter, the Cardinals shoot for the league title. (Points: 9).
 - Ridgefield Park** — The Scarlets got fine performances from Marie Greaux and Kathy Guimes to finish fourth at the County Seat. (Points: 8).
- Also receiving votes:** River Dell 5, Hasbrouck Heights 4, Englewood 2, Mahwah 1.

PASSAIC

- Wayne Valley** — The Indians should battle for the Northern Hills Skyline title and have a great duel with Passaic for the Passaic County championships. (Points: 24).
 - Passaic** — Natasha Williams, Ruth Doe, and Kathy Holloman joined Robyn Lowe as multiple medalists at Bernards. (Points: 21).
 - Kennedy** — Nicole Carmichael was second in the Bernards 100 and Connetta Hicks also brought home a medal. (Points: 10).
 - Clifton** — Clifton needs a good NNJIL Atlantic meet to move up. (Points: 7).
 - Eastside** — The young Ghosts keep getting better. (Points: 5).
- Also receiving votes:** Lakeland 3, DePaul 3, West Milford 2.
- Voting on a 5-4-3-2-1 basis by The Record's sports staff.**



PAUL SCHWARTZ
TRACK

Efforts worthy of note

Even though championship season didn't officially start until the Bergen-Passaic Scholastic League meet Wednesday and Thursday, and Thursday's field events at the BCSL National and Olympic meet, there have been some championship performances already worthy of note.

Westwood's girls team, in its first year back in the BCSL American division, went undefeated at 8-0 and is a solid contender for the league meet championship Saturday at Englewood.

Shot putter **Jenicka Carter**, freshman 1,600-meter runner **Nicole Callaghan**, and **Maggie Fensterle**, who runs the 400, long jumps, and triple jumps, are the leaders of the team, which figures to battle Ridgely Park and Queen of Peace for league meet honors.

Over 20 members of the Westwood girls team will participate in Sunday's Cystic Fibrosis walk-a-thon at Ridgewood, and have raised more than \$1,000. Coach **Steve Zecher** says the girls met a member of the fund-raising group at the Ridgewood Relays on opening day, and adopted the event as a team project.

The Glen Rock boys and girls teams each went undefeated, a first for the boys team, which finished 13-0. The Panthers beat another fine team, King Division dual champion Garfield, for the first time in more than a decade, and beat perennial power Passaic County Tech for the first time in the

21 years of competition. Glen Rock has to be considered along with the usual Group 2 powers — Ridgely Park, Englewood, and New Milford, in next week's Bergen County championships.

One of the Panthers' top performers is junior **Brendon Stickle**, a fine 400-800 performer whose father, Bob, was **Jacob Brown's** first assistant coach when Brown started the pioneering Ridgewood girls track program in 1974.

Demarest's boys have had a sensational season, winning the Wayne Hills Relays and County Seat Invitational and just missing the Group 3-4 title at the Bergen County Jack Yockers Relays. They are heavy favorites to win the Division 2 NBIL title Saturday at Wayne Hills and the Group 3 title next week at the Bergen County championships. But not just the varsity has had a successful spring.

The freshmen won championships at the Season Opener, Thunderbird Invitational, and County Seat Invitational this spring, and give coach Fred McClain great hope for continued success.

The Demarest frosh are led by sprinter-high jumper **Darian McLeod**, who has run the 400 meters in 52.8, and ran 52.1 on a relay split. Others of note include miler-javelin thrower **Peter Weiss**, high hurdler **Ken Stroger**, half miler **Fasih Hameed**, and pole vaulter **Tom Berrian**.

SYMPATHY — Condolences to the family of former Elmwood Park track and cross-country coach **Ed Berkout**, who died recently at the age of 62. Ed spent more than a dozen years in various roles in the sport at EP, including nine as head cross-country coach and six in boys track. Among the stars he coached were former cross-country champion **Gary Martinsen** and All-Bergen sprinter **John Rizzi**.

COLLEGE CHOICES — More college selections by area track stars — Ridgely Park quarter miler **Damien Gnecco** to Marist (N.Y.) for football, but he'll also run track, Pascack Hills half miler **Alon**

CQ Yarkoni to Brandeis, a Division III power, and IHA intermediate hurdler **Emma France** to East Stroudsburg State (Pa.).

ANOTHER FUTURE STAR — IHA coach **Jean Pessolano** recently gave birth to an 8-pound, 12 ounce boy, **Joe Pessolano**, her third child. Less than a week later, Jean returned to watch the Blue Eagles at a dual meet.

NNJIL CHAMPIONSHIP

FRIDAY

long jump	McGarrigle		
	Clark		
	Klar		
high jump	McCullagh		<u>4th</u>
	Grab		<u>5th</u>
	Brunner		<u>6th</u>
javelin	Lipson	87'6"	<u>1st</u>
	McCullagh	85'9"	<u>2nd</u>
	Davis	75'9"	<u>4th</u>

SATURDAY

100 meter	Brunner	13.1	
	Clark	13.5	
	Dara Cattani	13.7	
200 meter	Gilbert	26.8T, 26.9F	<u>3rd</u>
	Brunner	27.6T, 27.9F	<u>5th</u>
	Vidal	28.8	
400 meter	Gilbert	59.0	<u>2nd</u>
	V.McDermott	65.6 (injury)	
	Judge	64.3	<u>5th</u>
800 meter	Doyle	2:21.4	<u>1st</u>
	Watson	2:25.9	<u>2nd</u>
	S.McDermott	2:26.4	<u>3rd</u>
1600 meter	Rogers	5:17.9	<u>1st</u>
	Doyle	5:24.9	<u>2nd</u>
	Stuhr	5:29.7	<u>3rd</u>
3200 meter	Rogers	10:56.4	<u>1st</u>
	Folk	11:48.8	<u>2nd</u>
	Smith	11:57.8	<u>3rd</u>
100 hurdle	Ninivaggi	16.7T, dnf	
	Klar	17.9T	
	Masterson	18.9T	
400 hurdle	Smith	70.8	<u>4th</u>
	<i>KEELY C-P</i>	73.9	
	Masterson	74.5	
shot	Gruber	28'10"	
	Sokolik	28'1"	
	Lipson	27'1"	
disc	Grab	83'1"	
	Lipson	77'11"	
	Sokolik	73'8'	
triple jump	McGarrigle	34'5"	<u>3rd</u>
	V.McDermott	34'3"	<u>4th</u>
	Clark	32' 1/4"	
4X400	Judge (64.9), V.McDermott (65.6), Watson (63.2),		
	Gilbert (61.5)	4:15.3	<u>1st</u>

The Hackensack girls scored 44 points in the shot and discus, led by seasonal bests by Beth Crusius in each event, and Delcita Russell won the open 400 and anchored a come-from-behind relay win to beat Teaneck, 136-117½. Nutley's Lauren Olmsted tripled (100-200-long jump), as did Kourtney Gallo of IHA (800-1,600-3,200).

Passaic won the Atlantic girls championship, 141-122, over Ridgewood, despite Maroon sweeps in the 800, 1,600 and 3,200. Kathy Holloman won both hurdles for Passaic and scored 32 points in all, while Robyn Lowe won the shot and discus as the Indians outscored Ridgewood, 42-0, in the weights.

SOPHOMORE CHAMPIONSHIP

100 meters	Allison Kender	14.2	
200 meters	Allison Kender	30.4	
400 meters	Christine Judge	65.4	6th
long jump	Christine Judge	14'9"	2nd
triple jump	Christine Judge	28'10"	3rd
high jump	Christina Grab	4'8"	3rd
Discus	Christina Grab	73'3"	
	Allegra Lobell	72'6"	
	Tegan C-P	68'8"	
	Sherisse Liwanag	45'	
javelin	Tegan C-P	58'9"	
	Allegra Lobell	52'	
shot	Allegra Lobell	24'10"	
	Tegan C-P	21'	
	Sherisse Liwanag	16'10"	

Great Jumping by Christine and Christina!!! Rainy day kept performances from being better.

PAUL SCHWARTZ'S BERGEN TRACK PICKS

Boys

	Group 1	Group 2	Group 3	Group 4
100 -	Geohrig, HH	Deschamps, RP	Croix, Gar.	Dawkins, Hack
200 -	Boyle, Bect	Deschamps, RP	Croix, Gar.	Dawkins, Hack
400 -	Whalley, SM	Hampton, Eng.	Croix, Gar.	Hall, Tea.
800 -	Pagliarello, SB	Castillo, RP	Cadigan, OT	Keino, Rwd
1600 -	Ledgerwood, PR	Castillo, RP	Matos, QP	Keino, Rwd
3200 -	Ledgerwood, PR	Castillo, RP	Illian, PV	Keino, Rwd
Relay -	Has. His.	Rid. Pk.	Demarest	Hackensack
110HH -	Boyle, Bect	Hampton, Eng	Sanlise, SJR	Paraison, DB
400IH -	Boyle, Bect	Hampton, Eng	Ostrowski, Dem	Hyppolite, DB
Shot -	Salib, N.A.	Spencer, GR	Sheehan, Dem	McGregor, BC
Disc -	Colella, NA	Spencer, GR	Benedetti, OT	McGregor, BC
Jav -	Scrofani, Em	Schwartz, GR	Balchelor, Ruth	McGregor, BC
LJ -	DuPlessy, Rldg	Hampton, Eng	Guazzo, JH	DiCosmo, PC
HJ -	Trapp, Bect	Robinson, Eng	Kirstein, Dem	Bradley, Tea
TrJ -	DuPlessy, Rldg	Perdomo, Eng	Gordon, Eng	DiCosmo, PC
PVIt -	Castellano, SB	Torres, RP	Uetani, Dem	Destro, SJR
Team -	Hasbrouck Heights	Ridgefield Park	Demarest	Don Bosco

Girls

	Group 1	Group 2	Group 3	Group 4
100 -	Laitly, Wall	Washington, Lodi	Albies, PV	Logan, Tea
200 -	Laitly, Wall	Stein, GR	Thomas, Gar	Gilbert, Rwd
400 -	Laitly, Wall	Saline, GR	Readie, QP	Russell, Hack
800 -	Lana, SB	Drew, West	Readie, QP	Doyle, Rwd
1600 -	Moore, MP	Dallo, RP	Salir, Rams	Rogers, Rwd
3200 -	Moore, MP	Black, NH	Luther, Tena	Rogers, Rwd
Relay -	Hasbrouck Heights	Glen Rock	Ramsey	Teaneck
100HH -	Wasser, SB	Hodgson, GR	Jenco, IH	Denisenko, FrLn
400IH -	Lana, SB	Luciano, GR	Quakenbush, Ry	Bernard, Tea
Shot -	Gravino, SB	Carter, WW	Dougherty, Ry	Crusius, Hk
Disc -	Bornkamp, SB	Asa-Awuku, NM	Dougherty, Ry	Crusius, Hk
Jav -	Remigallo, Bog	Doremus, NM	DeMalo, CP	Lipson, Rwd
HJ -	Wasser, SB	Greaux, RP	Cacclamani, Par	Denisenko, FrLn
LJ -	Hettei, Wall	Hopple, Eng	Albies, PV	Sulton, HA
TrJ -	Spiegel, Bog	Hopple, Eng	Frazier, Dem	McGarrigle, Rwd
Team -	Saddle Brook	Glen Rock	Ramsey	Ridgewood

BERGEN COUNTY GROUP 4 CHAMPIONSHIP

FRIDAY Tenafly

400 hurdles	Tara Ruotolo	72.1	
	Keely C-P	74.6	
	Julie McBride	77.7	
3200 meters	Jenna Rogers	10:40.3	<u>1st</u>
	Stephanie Doyle	11:37.0	<u>5th</u>
	Kim Folk	12:02.7	<u>6th</u>
200 meter	Melissa Gilbert	26.3T, 26.1F	<u>2nd</u>
	Kate Brunner	27.0T, 26.9F	<u>4th</u>
shot put	Joelle Gruber	28'4"	
	Jes Sokolik	27'10 1/2"	
	Dana Lipson	25'3"	
triple jump	Tonia Clark	33'8 3/4"	<u>2nd</u>
	Vanessa McDermott	33'2"	<u>3rd</u>
	Shannon McGarrigle	33'1 1/4"	<u>4th</u>

SATURDAY Engelwood

javelin	Vanessa McDermott	84'6"	<u>3rd</u>
	Sue McCullagh	60'6"	
	Dana Lipson	56'1"	
800	Jenna Rogers	2:20.4	<u>2nd</u>
	Gizelle Watson	2:21.2	<u>3rd</u>
	Sarah McDermott	2:25.5	<u>5th</u>
400	Melissa Gilbert	59.9	<u>2nd</u>
	Christine Judge	64.0	
100 hurdles	Faith Ninivaggi	16.6T, 16.6F	<u>3rd</u>
	Marli Klar	17.6T	
	Melissa Masterson	18.5T	
100 meters	Kate Brunner	?T, 13.0F	<u>3rd</u>
	Tonia Clark	13.4T, 13.4F	<u>4th</u>
	Dara Cattani	13.9T	
high jump	Sue McCullagh	4'10"	<u>4th</u>
	Susan Davis	4'6"	
	Christina Grab	4'6"	
discus	Jes Sokolik	90'8"	<u>4th</u>
	Christina Grab	74'8"	
	Dana Lipson	72'7"	
1600	Jenna Rogers	5:09.5	<u>1st</u>
	Stephanie Doyle	5:19.7	<u>3rd</u>
	Lauren Stuhr	5:25.0	<u>4th</u>
4X400	Brunner(64.0), Doyle(64.5), Watson(61.6), Gilbert(59.1)	4:09.2	<u>2nd</u>
long jump	Tonia Clark	16'8"	<u>2nd</u>
	Shannon McGarrigle	16'6 1/2"	<u>4th</u>
	Marli Klar	15'2 1/2"	<u>6th</u>

What a great comeback after being behind by as many as 14 points through the day! After waiting many hours the long jumpers came up with big performances when RHS needed it the most.

Teaneck's Bradley soars in high jump

By GREGORY SCHUTTA
Staff Writer

TENAFLY — When the high jump bar was lifted beyond 6-foot-4 in the Group 4 high jump at the Bergen County track championships Friday, Teaneck track coach Michelle McMillan had to move from her perch behind the runway to the other end of the track.

"I get too excited," said McMillan in explaining why she missed Mike Bradley making history.

Bradley, who skipped two days of practice because of shin splints this week, became just the third athlete in County history and the first since 1979 to jump 6-9. His jump broke the meet record of 6-8 set last year by Hackensack's Darius Pemberton.

GROUP 3-4 TRACK

"It feels great," a delighted Bradley said after being told he'd broken the record of one of the best jumpers in recent county history. "He's a phenomenal athlete."

Pemberton's wasn't the only record to fall on the first day of the two-day event. Jenna Rogers of Ridgewood erased former Ridgewood standout Jean Hughes from the meet record books with a sensational 10:40.3 in the 3,200 meters, three seconds better than Hughes' time and 16 seconds off her personal best.

That win was the only one of the first day for defending champion Ridgewood, which is locked in a tight battle with Teaneck and Hackensack for the girls Group

4 County title. Teaneck, behind first-place finishes from Natasha Barnard in the 400IH and Aisha Barker in the triple jump, leads with 46 points. Ridgewood has 43 and Hackensack 42.

Ramsey is running away with the girls Group 3 race, winning four of the five events to take a commanding 60-20 lead on Northern Valley at Demarest. Elisa Quakenbush, Erin Oliver, and Sarah Summa set the tone early by sweeping the top three places in the 400 hurdles, the first race of the day. Marcia Bhagwandin, freshman Dana Satir, and Jen Daugherty had the other golds for Ramsey.

Bergen Catholic holds a slim 53-51 lead over Don Bosco Prep for the Group 4 boys title. Hackensack is third with 38 points.

The Comets did provide one of the highlights of the meet as Joe Dawkins led

a team sweep of the 200 meters with a time of 22.1 seconds. John Nabrey was second in 22.4 and Rashidi Brown was third in 22.6.

Godfrey Gordon won the triple jump and the high jump to lead Garfield to a 44-38 lead over Northern Valley at Demarest for the boys Group 3 title. J.J. Croix also flashed across the finish line in 22.4 seconds to win the 200 for Garfield.

For Bradley, who gave up the 100 and the long jump this year to concentrate on the high jump, Friday's meet was just the beginning. He believes he can jump 6-11.

"I know I can do it," he said. "I just have to work on my form. I have the jumping ability. If I can arch my back, I think I can jump seven feet. I do not stop here."

Group 1 meet likely to produce history

By PAUL SCHWARTZ
Correspondent

ENGLEWOOD — When the Bergen County Group 1 track and field championships wind up this afternoon at Winton White Stadium, two teams are likely to have earned their first County title. But after Friday's first day of competition, it's unclear which first-time winners will emerge.

Becton leads Hasbrouck Heights, 56-39½, with Ridgefield having 34 in the boys battle, while Bogota leads Hasbrouck Heights, 33-28, in the girls meet. None of those teams has ever won a group title, although, Saddle Brook, third in Group 1 with 22 points and still a threat, has won six times.

The Group 2 picture is a little clearer with defending champions Glen Rock

GROUP 1-2 TRACK

(girls) and Ridgefield Park (boys) comfortably ahead after the first day. The Panthers lead Westwood, 72-28, while RP leads Englewood, 61-36, with Glen Rock next at 33.

Becton's Chris Boyle won the 400 intermediate hurdles in 57.3 seconds, then lost a thrilling 200-meter dash to John Geohrig of Hasbrouck Heights, with Geohrig setting a group record of 22.5 to edge the Wildcats senior.

"We're optimistic that we can win this meet," said Becton coach Jim Williams, whose team was second to New Milford last week in the Bergen County Scholastic League National meet.

Becton scored in every event but the javelin of the eight contested Friday, and had two scorers in three events. No other group records were set, although Steve DuPlessy of Ridgefield missed a group record by a quarter of an inch with a leap of 45-½. Mike Jester of Dwight-Englewood was the only double winner, in the javelin and discus.

Englewood won three events, but RP had two wins, three seconds, and a third to take its lead. John Deschamps won the 200 and Eric Castillo the 3,200 for the Scarlets.

In the girls' Group 1 competition, Kerry Moore of Midland Park, after sizzling through a 2:40 800, came back with a gritty finish to win the 3,200 meters and set a group record in 11:44.5. The senior held off freshman Kirsten LaFond of Bogota,

who ran 11:49.6, nearly 26 seconds off her personal best set last week.

"I saw her shadow creeping up on me when we started the last lap," said Moore, who appeared to be in trouble before starting her kick. "She beat me in the cross-country groups and I said, 'No way is this happening again.'"

But LaFond's performance, a win by Marie Remiggio in the shot, and two place-winning performances by Pedra Blackwood enabled the Bucs to lead Heights by five points. Keisha Latty of Wallington set a group record in the 200.

Two other group records were set in the Group 2 girls, as June Hoppie of Englewood extended own triple jump mark to 35-6½ and Michelle Stein of Glen Rock won the 200 in 26.1 Glen Rock went 1-2-3 in the intermediates and 1-2-4 in the 200.

Records are shattered at Bergen County track meet

By JIM McCONVILLE

Last weekend's Bergen County track meet produced four local team champions, with the lone boys' squad being the Ironmen of Don Bosco, back in the winner's circle for the first time since 1985.

In a tight Group 4 contest, Bosco edged rival Bergen Catholic for the title by 15 points, securing the win with a second and third in the long jump, the final event.

Of the three girls titlists, Ridgewood had the closest call, with a 12-point win over Hackensack, also using the long jump to vault to victory and

retain its title of a year ago in Group 4. Glen Rock and Ramsey easily won the Group 2 and 3 titles, with the Rockers now two-time champions.

Don Bosco was paced by Andy Paraison's win in the high hurdles and second in the long jump. Pat Hyppolite's intermediate hurdle triumph along with a leg on the winning relay team and a third in the long jump also fueled the Ironmen.

Ridgewood's Bob Keino was a triple winner in the 800, 1600 and 3200 meters, and Paramus Catholic's Anthony DiCosmo took both the long jump and triple jump.

Other multiple winners in

the boys' meets included Dave Ledgerwood of Park Ridge in the 1600 and 3200 meters in Group 1, Pascack Valley's Matt Illian in the same races in Group 3 and Bergen Catholic's Shaum McGregor in the shot put and discus.

The Ridgewood girls were paced to victory by Jenna Rogers' double in the 1600 and 3200 as well as the long jump heroics of Tonia Clarke and Shannon McGarrigle, who both reached personal bests in the event to place second and fourth, respectively. Clarke's 16-foot, 8-inch leap and McGarrigle's 16-foot, 6 1/2-inch jump gave Ridgewood the deciding

points in the overall standings.

Glen Rock continued to show why it is considered one of the premier Group 2 girls programs, as the Rockers had five individual winners and a triumphant relay team. The Panthers set four meet records, including a 4:07.2 time in the relay by Sabrina Luciano, Michelle Stein, Michelle Satine and Katie Hanley that bested the 1986 mark of Westwood. Kim Ferranti's 113-foot, one-inch throw in the discus was two feet better than the old standard set in 1982.

Satine set the Group 2 record in the 400 meters with a 59.7 clocking, taking nine-tenths of

a second off the record set in 1986 by Mary Sok of Westwood. They also scored points in every event in winning by 104 points over runner-up Westwood. Stein broke the 200-meter record that had stood since 1985 by two-tenths of a second with a time of 26.1 seconds.

Ramsey got double wins by Jen Dougherty in the shot put and discus and Dana Satir in the 1600 and 3200 meters in its victory. Marcia Blagwandin won the 100 meters, Elisa Quackenbush the 200, and both ran a leg on the victorious relay team.

Other individuals with mul-

tiple wins included Midland Park's Kerry Moore, who won the 1600 and 3200 meters in Group 1 and broke the 1600-meter record that had been held by Viv Harstead of Park Ridge since 1984 and took three seconds off the 3200-meter mark that stood since 1982.

Pascack Valley's Erika Albies also broke a time-honored standard in the Group 3 long jump, besting the 1982 record with a leap of 17 feet, 8 inches, adding four inches to the mark. Fair Lawn's Julie Denisenko tied the Group 4 high jump mark of 5-foot-4 set in 1986.

**EAST COAST RELAYS
MORRISTOWN HIGH SCHOOL**

5-23-94

distance medley relay	Stephanie Doyle	Melissa Gilbert	Gizele Watson	Jenna Rogers
12:03.5	3:43.4 (72.5 76.5 74.5)	57.4	2:22.0 (67.2 74.8)	5:00.7 (68.5 73.9 78.8 79.6)

TRACK

■ The Ridgewood team of **Stephanie Doyle, Melissa Gilbert, Gizele Watson, and Jenna Rogers** ran the fourth-fastest time in State history, 12 minutes, 3.5 seconds, in winning the distance medley at the East Coast Invitational Track Championships in Morristown.

RIDGEWOOD HIGH SCHOOL
DISTANCE MEDLEY

TOP TEN ALL TIME

11:59.1i 1983 yards-Princeton	Mary Ellen Mileski, 3:39.0	Margaret Scutro, 62.9	Beth Pringle, 2:22.8	Patti Mileski 4:54.4
11:56.5i 1983 meters-Yale	3:35.7	64.0	2:21.0	4:55.8
11:58.6 1982 New Jersey Relays	Patti Mileski, 3:38.4	Trish Fogarty, 61.3	Beth Pringle, 2:18.9	Mary Ellen Mileski 4:59.8
→ 12:03.5 1994 East Coast Relays	Stephanie Doyle 3:43.4	Melissa Gilbert 57.4	Gizele Watson 2:22.0	Jenna Rogers 5:00.7 ←
12:10.6 1981 New Jersey Relays	Patti Mileski, 3:39.2	Trish Fogarty 60.2	Carol Dickstein, 2:19.4	Mary Ellen Mileski 5:12.1
12:10.92 1994 Penn Relays	Stephanie Doyle 3:42.8	Melissa Gilbert 58.7	Gizele Watson 2:23.5	Jenna Rogers 5:04.0
12:15.0 1987	Jennifer Hughes 3:44.4	Lynne Degelman 60.8	Jean Hughes 2:19.1	Norine D'Arcy 5:10.4
12:15.42i 1989	(? Collazo, Hughes, McDermott, Liz Figlar, Reilly?) records not available			
12:21.8 1985	Norine D'Arcy 3:50.9	Liz Ross 60.1	Marci Capattini 2:28.7	Margaret Scutro 5:02.2

RIDGEWOOD RELAYS II

Monday
May 23rd 1994

3 X 400 IH - Keely C.P. ^{75.4}, ~~Rustico~~, ~~McBride~~
 2nd - MASTERSON ^{75.9}, ~~KLAR~~, ~~GRAB~~ KJAR 76.4

Sprints Med 6th - McBride ²⁰⁰, Park ²⁰⁰, Park ²⁰⁰, ~~Rustico~~ John total
 67.3 32.6 43.6 2:42.0 5:05.4

4 X 800 2nd - K at Campbell, GAIN, Horn, Lee total
 2:53.7 2:41.2 2:44.2 2:39.9 10:58.9
 PR

4 X 100 Hurdles 1st - ④ NINIVASSI 16.4, ② 18.4, ① 17.6, ③ Keely C.P. 18.5
~~MASTERSON~~, ~~KLAR~~, ~~GRAB~~ total
 McBride, Keely C.P., ~~Davis~~, GRAB 1:11.3

4 X 200 ⑥ McBride ^{30.0}, ① 29.3, ④ 28.5, ③ 31.7, ② 28.6, ④ VIDAL
 Davis, Masterson, K lar, Nadler 206.5
 ④ 28.7, ③ DARA CATTANI, ~~GRAB~~, Judge, 29.6, ④ VIDAL 29.6
 155.7

DISTANCE Medley - K. CAMPBELL, Sedo, Worm, Lee 29.6
 ④ 4:40.4 72.4 2:52.2 6:04.0
 total: 144.0
 4th

4 X 400 - 4th

High Jump 2nd Mc CULLAS 4'10" & GRAB 4'6"
 3rd NADLER 4'4" & Mc BRIDE 4'6"
 Ice

Long Jump - ① Judge & K lar = 30'1"
 15'5" 14'8" 13'

ALL THROWERS SEE COACH CONWAY FOR LINEUP
 jav - 4th Discus - 3rd Shot - 3rd Joelle Gruber, Jessica Solovik

Grab Sokolik

1
69'8"
84'7"

2
70'9"
F

3
59'10"
83'10" > 155'4"

RIDGEWOOD II

r Gruber
-Mathiesen

F
59'9"

67'
66'7"

47'11"
61'2" 133'7"

JV

Teagan
-Anderson

1
62'5"
F

2
65'6"
51'11"

3
70'10"
59'9" > 130'7"

5th Lipson
-Lobell

72'4"
57'11"

62'3"
65'3"

80' PR
67'9" (147'9")

JAV

Teagan 61'6"
Allison 58'10" > 120'4" 6th
PR

Mary Beth 50'10"
Sen 64'2" 115'
PR

Dana 69'3"
Jess 80'11" PR 150'2" 4th

shot

Jess 27'8"
Joelle 28'4"] 3RD = 56'
Jew H 25' 43/4
Allison 23' 6/2"
TEGAN 19'11"
Christina 23'10"
Allegra 22'
Mary Beth 19' 4 1/2 "

Sophomore girls sectionals

LARGE SCHOOLS

Team scores

Teaneck 35, Eastside 34, West Milford 24, Union Hill 18, Ridgewood and Clifton 16, NV/Demarest 14, North Bergen 13, Memorial 8, Bergenfield 5, Paramus 4, Fair Lawn 1.

SMALL SCHOOLS

Team scores

River Dell 82, Hawthorne 32, Walkkill Valley and Pope John 20, DePaul 18, Ridgefield Park 17, Wood-Ridge 8, Northern Highlands 6, Leonia 5, Roselle 2, Butler 1.

100 - 1, Mary O'Neill, River Dell, 13.5.
200 - 1, Mary O'Neill, River Dell, 27.7.
400 - 1, Christina Herman, Walkkill Valley, 64.5.
800 - 1, Elise James, Teaneck, 2:32.2.
1,600 - 1, Tara Quinn, Teaneck, 5:29.3.
3,200 - 1, Giselle Marcano, Union Hill, 12:15.0.
100 HH - 1, Emily Burgio, Pope John, 16.3.
400 IH - 1, Erica Walsh, Wood-Ridge, 74.1.
Shot put - 1, Amy Clayton, River Dell, 33-4.
Discus - 1, Lauren DiFidi, West Milford, 103-8.
Javelin - 1, Liz Zagatta, Hawthorne, 96-4.
High jump - 1, Emily Burlio, Pope John, 5-0.
Long jump - 1, Christina Herman, Walkkill Valley, 14-10 1/2.
Triple jump - 1, Michelle Taffaro, Ridgefield Park, 30-3.
1,600 relay - 1, Hawthorne, 4:28.1.

NNJIL freshman meet

BOYS

Team scores

Pacific

Hackensack 66 1/2, St. Joseph Regional 33, Paramus Catholic 23, Belleville 18, Paramus 11 1/2, Teaneck 10, Nutley 3.

Atlantic

Clifton 27, Bergen Catholic 26, Passaic 24, Ridgewood 12.

100 - 1, Cooper Rego, St. Joseph Regional, 11.4.
200 - 1, Cooper Rego, St. Joseph Regional, 23.8.
400 - 1, Mike Klinczewicz, Clifton, 57.0.
800 - 1, Romeo Joseph, Hackensack, 2:11.3.
1,600 - 1, Romeo Joseph, Hackensack, 4:55.0.
3,200 - 1, Rob Zagula, Paramus Catholic, 10:42.0.
110 HH - 1, Mike Miller, Bergen Catholic, 18.5.
400 IH - 1, Brett Hanulak, Hackensack, 62.5.
Shot put - 1, Tom Cywrus, Paramus Catholic, 36-7.
Discus - 1, Steve Higgins, Passaic, 96-4.
Javelin - 1, Vincent Madolena, St. Joseph Regional, 134-7.
High jump - 1, Eddie Hodge, Hackensack, 5-8.
Long jump - 1, Cooper Rego, St. Joseph Regional, 18-3 3/4.
Triple jump - Cooper Rego, St. Joseph Regional, 38-10.
Pole vault - 1, Eddie Browne, Hackensack, 8-6.
1,600 relay - 1, Hackensack (Brett Hanulak, Romeo Joseph, Eddie Hodge, Tope Adekambi), 3:52.6.

GIRLS

Team scores

Pacific

Hackensack 43, Nutley and Teaneck 31, Belleville 16, Paramus 3.

Atlantic

Ridgewood 63, Kennedy 23, Clifton and Passaic 15.
100 - 1, Kelly Roberts, Teaneck, 13.9.
200 - 1, Delcita Russell, Hackensack, 27.4.
400 - 1, Delcita Russell, Hackensack, 61.9.
800 - 1, Marissa Jackson, Hackensack, 2:43.3.
1,600 - 1, Katie Cohn, Ridgewood, 5:51.0.
3,200 - 1, Katie Cohn, Ridgewood, 13:54.6.
100 HH - 1, Marli Klar, Ridgewood, 18.3.
400 IH - 1, Zorinah Figueroa, Teaneck, 70.7.
Shot put - 1, Mary Leon, Passaic, 30-4.
Discus - 1, Maritha Hernandez, Kennedy, 89-9.
High jump - 1, Delcita Russell, Hackensack, 4-10.
Long jump - 1, Marli Klar, Ridgewood, 14-2.
Triple jump - Alicia Mazepa, Clifton, 31-7.
1,600 relay - 1, Hackensack (Karen Cassella, Shakin Charles, Judy Lowe, Delcita Russell), 4:29.9.

NBIL freshman meet

BOYS

100 - 1, Gates Councilor, Northern Highlands, 11.8.
200 - 1, Gates Councilor, Northern Highlands, 24.7.
400 - 1, Steve Liu, Ramsey, 55.7.
800 - 1, Peter Weiss, NV/Demarest, 2:12.3.
1,600 - 1, Peter Weiss, NV/Demarest, 4:55.0.
3,200 - 1, Richie Stellingwerf, Indian Hills, 11:22.3.
110 HH - 1, Mike D'Angelo, Ramsey, 17.6.
400 IH - 1, Mike D'Angelo, Ramsey, 65.3.
Shot put - 1, Kevin Hanenberg, Wayne Hills, 34-4.
Discus - 1, Brian McTigui, NV/Demarest, 103-11.
High jump - 1, Mike Toal, Ramapo, 5-4.
Long jump - 1, Michael Kelly, Wayne Hills, 18-6 1/2.
Triple jump - 1, Steve Liu, Ramsey, 36-6.
Pole vault - 1, Marc Freschi, Ramsey, 11-0.
1,600 relay - 1, Northern Highlands, 3:57.2.

GIRLS

100 - 1, Lindsay Murphy, Northern Highlands, 13.3.
200 - 1, Lindsay Murphy, Northern Highlands, 29.7.
400 - 1, Pam Bracinni, Ramsey, 66.0.
800 - 1, Vicki Ludwig, Ramsey, 2:39.3.
1,600 - 1, Sarah Arvesen, Ramsey, 4:07.0.
3,200 - 1, Sarah Arvesen, Ramsey, 13:48.0.
100 HH - 1, Alyson Campbell, Ramsey, 17.6.
400 IH - 1, Jen Conrad, Wayne Hills, 72.0.
Shot put - 1, Erin Hughes, Wayne Hills, 30-4 1/2.
Discus - 1, Meghan Ammerman, Pascack Valley, 86-8.
High jump - 1, Vicki Ludwig, Ramsey, 4-6.
Long jump - 1, Pam Bracinni, Ramsey, 14-10 1/4.
Triple jump - 1, Sandra Fernandez, Pascack Valley, 29-9.
1,600 relay - 1, Ramsey (Allison Campbell, Katie Collins, Pam Bracinni, Vicki Ludwig), 4:40.7.

5/24/94

BERGEN PENTATHLON

CHRISTINA GRAB - 1806 POINTS

100H - 20.6

LJ - 3.78

200 - 29.7

SHOT - 7.52

800 - 2:50.59

Keen competition at sectionals

By **PAUL SCHWARTZ**
Correspondent

Dividing the State sectional track meet by groups for the first time — with Groups 2 and 3 at Wayne Hills and 1 and 4 at Clifton — shouldn't dampen the competitiveness of the most unpredictable meet of the year.

With only the top six finishers in each event qualifying for next week's State Groups meet at South Plainfield, aggressive moves must be tempered with caution to avoid the dreaded seventh-place finish.

But with teams from Bergen, Hudson, Passaic, and Sussex in top form, this meet may be the most exciting of the year.

Here's a closer look:

GROUP 1 — Secaucus and Bogota won the first three sectional titles, with the Patriots winning in 1976 and 1977, and Bogota in 1978. Neither team has won since, but one of those teams should on Saturday.

Led by a terrific weight team, Bogota won its first Bergen Group title by 10 points over Hasbrouck Heights last week. But Secaucus has tremendous running talent and was runner-up to New Milford last year. The Green Knights have moved to Group 2.

NJSIAA GIRLS TRACK

Returning sectional champs include 100 and 200 titlist Keisha Latty of Wallington, Kerry Moore of Midland Park (1,600 and 3,200), shot putter Marie Remiggio of Bogota, and long jumper Jen Hettel of Wallington.

Look for Latty to threaten the 100 sectional record, and Moore in the 1,600 and 3,200 with a push from Renee Zengel of Secaucus.

GROUP 2 — Glen Rock won its first team title last year and figures to have no trouble repeating with Westwood, Wallkill Valley, and Northern Highlands trailing far behind.

Tracia Barnes of Manchester returns to defend her 100 and 200 titles, Michele Satine of Glen Rock is back to defend her 400 crown, and high jumper Marie Greaux of Ridgely Park hopes to repeat as well. Look for Willie Mae Washington of Lodi and Michelle Stein of Glen Rock to battle Barnes in both sprints.

Sectional records should be threatened by Satine in the 400 and by Sabrina Luciano of Glen Rock in the intermediate hurdles.

GROUP 3 — Wayne Valley and Ramsey continue a battle that

started in the fall when the Rams upset the Indians. Wayne Valley has won six of the last eight titles, and after a courageous effort in the Passaic County championships, should probably hold off the young Rams.

Seven sectional champs return, including 100-400 winner Jen Roy of Wayne Valley, 3,200 winner Amy Mizzone of Wayne Valley, high hurdler Jessica Jenco of Indian Hills, shot putter Jen Dougherty of Ramsey, discus thrower Jamie Houston of High Point, and long jumper Erika Albies of Pasack Valley.

The best hope for a sectional record comes in the long jump, where Albies hopes to become an 18-footer.

GROUP 4 — Nine individual champions return, but that doesn't necessarily mean that defending champ Ridgewood will repeat. The Maroons will get heavy competition from Passaic, Hackensack, and Teaneck in trying for their seventh title.

Nicole Carmichael of Kennedy can begin her quest for the Group 4 100 and 200 titles by repeating at the sectionals. Tracy Pombo of Vernon hopes to repeat in the 800, and it should be a great race with Steph Doyle of Ridgewood. Jenna



ERIKA ALBIES
Long jumper aiming for 18 feet

Rogers of Ridgewood is favored to repeat in the 1,600 and 3,200 and will be looking to take the 5.8 seconds off her 3,200 time necessary for a Bergen County record. Kathy Holloman, (high hurdles), Robyn Lowe (shot), and Natasha Williams (long jump) of Passaic return, as does Maxime Gentles of Hackensack, who won last year's discus title.

Sectional records appear possible in the 200 (Carmichael), 3,200 (Rogers) and the high hurdles (Holloman).

The Record's polls **BOYS TRACK**

BERGEN GROUP 3-4

- 1. Don Bosco Prep** — It was a little closer than the Ironmen expected, but wins by Pat Hyppolite and Andy Paraison and a great 4 x 400 relay keyed their first Group 4 title since 1985. **(Points: 24).**
- 2. Bergen Catholic** — The Crusaders looked terrific, with Shaun McGregor doubling in the weights and the Crusaders young runners on the track. A Group 4 title next year is a possibility. **(Points: 19).**
- 3. NV/Demarest** — Demarest got a scare in Group 3, but secured the win with wins by the 4 x 400 relay team and long jumper Brian Frazier in the last two events. **(Points: 16).**
- 4. Garfield** — The only thing the Bollermakers didn't do to Demarest was outscore them. The Bollermakers probably were probably a weight person away from their first title. **(Points: 11).**

5. Ridgewood — Bob Keino tripled as expected, but the Maroons also got 43½ points from other sources to edge the Comets for the fifth spot. **(Points: 3).**

Also receiving votes: Hackensack 2.

BERGEN GROUP 1-2

- 1. Ridgefield Park** — What a performance by the Scarlets in the Bergen County Group 2 meet. Seventeen first-, second- and third-place finishes pushed Ridgefield Park to an 88-point winning margin. **(Points: 25).**
- 2. Englewood** — No boys team in any group matched the six first places by the Raiders, including a meet-record 4 x 400 relay and wins by Jon Perdomo and Thanniel Robinson. A lack of depth showed. **(Points: 14).**
- 3. Glen Rock** — Brendan Stickle and Justin Schwartz scored impressive victories, but the Panthers may be a year away from Group 2 championship success. **(Points: 12).**
- 4. Becton** — The Wildcats captured their first track title ever with an exciting performance in Bergen Group 1, keyed by Chris Boyle's double win and five second-place finishes. **(Points: 10).**
- 5. Hasbrouck Heights** — The Aviators lost by a heartbreaking half-point despite two group records, a triple sprint win by Jee Geohrig, and an 800 win by Joe DeRobertis. **(Points: 9).**

Also receiving votes: Ridgefield 3, New Milford 1, Westwood 1.

PASSAIC

- 1. West Milford** — The Highlanders look to challenge in a wide open sectional title hunt. It would be their first title and they need their best performance to have a chance. **(Points: 25).**
- 2. Passaic** — The Indians also are also in the hunt for the Group 4 sectional if Chiffon Allen is healthy. The Indians weight men might be the key. **(Points: 20).**
- 3. Lakeland** — Lakeland hopes to crack the top five in the sectional meet in Group 4, but that's a tall order. **(Points: 9).**
- 4. Clifton** — Brian Torres and Jason Sell hope to qualify strongly for the State group meet next week. **(Points: 8).**
- 5. Wayne Hills** — Doug Carter hopes to lead his distance team to South Plainfield for the Group 3 sectionals. **(Points: 7).**

Also receiving votes: Paterson Catholic 4, Passaic Valley 2.

Voting on a 5-4-3-2-1 basis by The Record sports staff.

The Record's polls **GIRLS TRACK**

BERGEN GROUP 3-4

1. Ridgewood — The Maroons won a tough battle with Hackensack for the Group 4 Bergen County crown. They went 2-3-4 in the long jump — the meet's final event — for the title. Now they try for a sectional crown in the most competitive section. **(Points: 24).**

2. (tie) Hackensack — The Comets battled their rivals to the final event, with their outstanding weight and relay teams paving the way. **(Points: 18).**

Ramsey — The Rams dominated Group 3 with Marcla Bhagwandin, Dana Satir, and Jen Dougherty combining for 66 points in individual events. **(Points: 18).**

4. Teaneck — The Highwaywomen look better each week and may be a real threat at the sectional meet Saturday. Aisha Barber is one of the area's top jumpers. **(Points: 10).**

5. Immaculate Heart Academy — Kourtney Gallo finally beat Ridgewood's Jenna Rogers in the Bergen 4 800. **(Points: 4).**

Also receiving votes: Demarest 1.

BERGEN GROUP 1-2

- 1. Glen Rock** — Just when it looks like the Panthers are as good as they can get, they get better. They scored in every event and set four group records. **(Points: 25).**
- 2. Westwood** — Jessica Drew and Jenicka Carter had wins in Group 2 and the Cardinals showed depth in placing in 10 events to take second. **(Points: 13).**
- 3. Bogota** — The Bucs scored their first County group championship with an impressive performance in the weight events. Pedra Blackwood won the high hurdles. Now there's a chance for their first sectional title since 1978. **(Points: 11).**
- 4. Northern Highlands** — An excellent distance team with no doubling moved Northern Highlands into third place in Group 2. **(Points: 8).**
- 5. New Milford** — Shannon Doremus has a chance to be one of the top javelin throwers in the State. The Green Knights finished fourth in Group 2. **(Points: 6).**

Also receiving votes: River Dell 4, Hasbrouck Heights 3, Dwight-Englewood 2, Wallington 1, Saddle Brook 1, Cresskill 1.

PASSAIC

- 1. Wayne Valley** — After a great win against Passaic, Wayne Valley hopes to reverse its State sectional loss to Ramsey in the cross-country season. The key matchup is Dana Satir vs. Amy Mizzone in the 800 and 1,600. **(Points: 24).**
- 2. Passaic** — The Indians came up short in an attempt to repeat their 1993 title, but will be a contender for the Group 4 sectional championship. **(Points: 21).**
- 3. Kennedy** — The Knights figure to do fairly well in the State sectionals although fifth place seems their highest finish. **(Points: 15).**
- 4. West Milford** — The Highlanders have some young talent, but here's hoping Deanna Gastrock makes her last State sectional meet memorable. **(Points: 7).**
- 5. Manchester** — The Falcons hope Tracia Barnes takes her first step toward an outdoor group championship. **(Points: 4).**

Also receiving votes: Eastside 2, Pompton Lakes 1, Clifton 1.

Voting on a 5-4-3-2-1 basis by The Record sports staff.



PAUL SCHWARTZ
TRACK

Call her the pride of Lodi

Lodi is not a track and field powerhouse. But every few years, the Rams come up with an outstanding athlete. In the late Eighties it was high jumper-miler Dawn Reis, who still holds the Group 2 sectional high jump title. And for this year and the next two years, the Rams have sprinter-jumper Willie Mae Washington.

Washington was a double winner in Saturday's Bergen County Group 2 championships, winning the 100 meters handily and winning the long jump with a leap of 16 feet, 3½ inches. She holds school records in both events, as well as the 200, an event she finished fourth in Friday after a stumble. And she's only a sophomore.

"She was going to come out last year, but something came up and she didn't," said Lodi coach Lou Jasmine. "She played basketball this year and [coach] Bill Masopust kept telling me 'You got to get her. You got to get her.'"

Washington has high goals. After the County meet, she told Record reporter Greg Schutta, "I was shaking, but then I calmed down. Running these big meets is good because they'll get me to the Olympics, which is what I want. The competition makes me run faster."

And Washington did all that on an empty stomach.

"When we got to the meet, she wanted to eat and I said no," said Jasmine. "After the long jump, she wanted to eat and I said no. After the trials she wanted to eat and I said no. I think after this [the two wins] we'll take her out for a little something to eat."

Maybe some sirloin steak.

Don Bosco's shuttle hurdles team of D.J. Rowe, Tom McCabe, Pat Hyppolite, and Andy Paraison combined for a 61.3 third-place clocking, the area's best in several years.

Bergen Catholic easily defeated Christian Brothers Academy, 139-92, to win the New Jersey Catholic Track Conference sophomore championship Sunday. Greg Melletta won the 200 meters in 23.5, Kevin Gilman won the 3,200 in 10:17.2, and Anthony McGilchrist won the triple jump to lead the young Crusaders. Bergen also won the 4 x 200 relay in 1:37.0 and 4 x 400 in 3:30.5.

ALL-BERGEN MEETINGS SET

— The All-Bergen boys and girls track teams will be selected June 6. The girls team will be chosen at a 4 p.m. meeting at Ramsey High School, with the boys meeting set for 7 p.m. at Bergen Catholic. Coaches who are nominating an athlete are welcome to attend, but only league representatives will be permitted to vote.

SUMMER TRACK — The New Jersey Division of USA Track and Field will hold a regional 14 and under Junior Olympic Preliminary Qualifier on June 5 at Winton White Stadium in Englewood, beginning at 1 p.m. Call the New Jersey Striders at 822-8085 for more information. The State championship will be held June 18 at West Morris Central High School.

The 15-18 year State title is set for Mahwah on June 25 at 2:30 p.m. Call 822-8085 for more information.

The New Jersey Striders summer adult and youth series will run for six consecutive Thursday nights beginning June 9 and running for the next six Thursdays. The meet begins at 6:30 p.m. each week.

WRAPPING UP — Nine of the 124 predicted winners in the Bergen County championships did not compete in the events they were chosen in. Of the 115 who did, 77 predicted winners won (67 percent). Twenty-four others were second or third and just six did not medal (three because of false starts). Boys 4 was the most predictable, with 14 of 16 predicted winners coming in. Girls 4 was the toughest, with only seven of 13 predicted winners coming in.

LINEUP SHEET:

SITE OF MEET CLIFTON

MEET STATE SECTIONAL

BUS LEAVES 7:30 Van
8:30 Bus

DATE SATURDAY 5-28

RETURN FROM MEET _____

EVENT	ENTRIES FOR RIDGEWOOD
100 meter dash	T=13.4 S=13.6 F=13.2 BRUNNER CLARK MCGARRISLE(?)
200 meter dash	T=20.6 F=16.8 GILBERT (5) BRUNNER 27.5
400 meter dash	(2) 58.8 GILBERT WATSON McDERMOTT 62.4
800 meter run	(1) 2:18.6 PR DOYLE (3) 2:22.9 WATSON S. McDERMOTT (5) 2:27.0
1600 meter run	(1) 5:06.8 ROGERS (2) 5:19.3 DOYLE (3) 5:23.0 STUHR
3200 meter run	(1) 10:43.0 ROGERS (7) 11:57.9 FOLK COHN (STUHR ROHN SMITH) PB
100 meter hurdles	T=16.4 S=16.3 F=16.1 NINIVASSI (3) PR KLAR T=17.4 S=17.8 MASTERSON
400 meter hurdles	PR 71.0 PR RUOTOLA PR 71.1 KEELY C.P. PR 73.3 MASTERSON
Long Jump	(2) 16' 5 1/2 MCGARRISLE (4) 16' 2 1/2 CLARK JUDGE 15' 5"
Triple Jump	
High Jump	4' 8" NH Mc CULLASH, GRAB, BRUNNER
Shot Put	28' 13/4 PR SOKOLIK 28' 33/4 GRUBER
Discus	* PR 106.4 SOKOLIK 73' 3" GRAB
Javelin	84' 9 1/2 6th MCDERMOTT 80' 10" PR DAVIS 71' 7" SOKOLIK
4X400 meter relay	63.3 MCDERMOTT (3) WATSON 62.5 BOYLE (4) BRUNNER 63.1 JUDGE (4) GILBERT 61.6 4:10.5

670-1927

670-1929

SECTIONAL TRACK AND FIELD

Heights ends drought

By **PAUL SCHWARTZ**
Correspondent

CLIFTON — It's been a long time between sectional track and field championships for Hasbrouck Heights. But the South Bergen school, which last won at the 1970 Group 1 sectionals, won the boys and girls titles Saturday at the Group 1 and 4 sectional site.

The Aviators boys, who were edged by a half-point by Becton in last week's Bergen County Group 1 meet, dominated the Wildcats this time, winning five events and scoring a 107½-65½ win over their rivals. The Aviators girls, losers to Bogota in league and County group action, edged Secaucus and Bogota, 69-68-59, to win their first title.

When West Milford boys coach Tim Gillen planned the Highlanders season, the Northern Hills Skyline and Passaic County titles were high on his wish list. But his team delivered the third part of the triple crown with an exciting 65-63½-62½ win over Hackensack and Ridgewood for its first Group 4 sectional title. The only familiar winner in the meet was the Ridgewood girls, who dominated Group 4, 95-64, over Hackensack for a record sixth sectional title.

The Hasbrouck Heights girls got several breaks en route to the victory. First, two Secaucus javelin throwers expected to score heavily decided to attend an out-of-state volleyball camp. Then heavily-favored Keisha Latty of Wallington stumbled at the start of the 200 meters, enabling freshman Miranda

Reeves to pull off an upset. That race came soon after Jenny Vega had pulled off another upset, defeating Diana Lana of Saddle Brook in the intermediate hurdles.

"I'm very suprised by this," said Heights coach Jeff Kresch. "Vega beating Lana was so important, and Jenn Grasso stepped up and won the 400. And Reeves was willing to give up her gold medal to Latty, but Latty wouldn't take it."

"It's never the same meet from the leagues, to the counties, to the sectionals, but our kids kept the same good attitude."

The boys never broke a sweat in overwhelming the field. John Geohrig won the 100 and 200 and anchored the winning relay, and Joe DeRobertis won the 800 as he did last week. But Heights did a lot more.

"Our attitude could have gone South after we lost the Counties, because we pointed so much to that meet," said Kresch. "But we went 4-5-6 in the long jump, Joe came back to take second in the pole vault, which he didn't do last week, and we got 22 points in the weights. They came up big."

Last week the Aviators had four points in the shot, discus, and javelin.

West Milford won only one event, as Scott Pohlmann outdueled Nathan Cogdell of Vernon and Kevin Roberts of Lakeland to win the pole vault. But the Highlanders set three school records

and had three seconds and four thirds to earn the narrow victory.

"Pohlmann set a school record and Tony Sessa lowered his record in the 400 [in a second-place performance]. Then we got the relay down to 3:28.1 [third place]," said West Milford coach Tim Gillen. "But I thought the key was getting 14 points in the 100 and Tyrese Griffin taking a third in the 200. That got us off well and we were able to hold on."

West Milford's third in the relay enabled the Highlanders to close out Hackensack, which had an impressive 10.7/22.1 double win from Joe Dawkins and won the relay in 3:23.2. But the discus remained, and Ridgewood, the beneficiary of an almost routine 1:55.4/4:19.8/9:18.0 triple by Bob Keino — his third in three weeks — and a surprise high hurdles win by Fletcher Rosenbach, still had a chance to win.

The Maroons needed to go 1-3 in the discus to overcome West Milford, but managed second and fourth and the Highlanders had their title.

Ridgewood was sensational winning the girls with 52 distance points and a great come-from-behind win in the relay, anchored by Melissa Gilbert. But the star of the girls meet was Nicole Carmichael of Kennedy.

The junior scored an 11.9/25.4 sprint double and anchored the Kennedy runners-up in the relay in a sizzling 56.6, after the Knights first runner dropped the baton in the first 10 yards.

GIRLS TEAM CHAMPIONS FROM 1976

GROUP IV - GIRLS

100M	CASSANDRA GRANT
200M	NATALIE JORDEN
400M	NATALIE JORDEN
800M	MARY ELLEN MILESKI
1600M	PATTI MILESKI
3200M	PATTI MILESKI
1600RLY	
100HH	KAREN GAINES
400LH	RENTA TERRY
SHOT	SUE PIEKARZ
DISCUS	SUE PIEKARZ
JAVELIN	MICHELE ZIEGLER
LONG JUMP	JEN MCDERMOTT
HIGH JUMP	MICHELE DUDZINSKI

PASSAIC	1992
EASTSIDE	1981
EASTSIDE	1982
RIDGEWOOD	1983
RIDGEWOOD	1983
RIDGEWOOD	1983
EASTSIDE	1981
TEANECK	1980
HACKENSACK	1981
CLIFTON	1987
CLIFTON	1987
KEARNEY	1980
RIDGEWOOD	1988
PASSAIC VALLEY	1992

11.9	EASTSIDE-50	1976
24.8	EASTSIDE-52	1977
55.1	EASTSIDE-44	1978
213.9	TEANECK-56	1979
4.58.7	TEANECK-42	1980
10.37.0	EASTSIDE-471/2	1981
3.53.6	EASTSIDE-35	1982
14.0	RIDGEWOOD-53	1983
62.1	RIDGEWOOD-55	1984
39'31/2	RIDGEWOOD-51	1985
138"1"	TEANECK-40	1986
132'6"	RIDGEWOOD-551/2	1987
18'5"	RIDGEWOOD-98	1988
5'41/4"	TEANECK-46	1989
	TEANECK-46	1990
	HACKENSACK-39	1991
	HACKENSACK-84	1992**
	RIDGEWOOD-118	1993

RIDGEWOOD CONTINUED THE TRADITION →

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

Girls' sectional summaries

SOUTH JERSEY GROUP 4

TEAMS: 1-Shawnee 91. 2-Willingboro 83. 3-Jackson 64. 4-Cherry Hill West 30. 5-Edgewood 29. 6-Highland and Toms River North 24. 8-Atlantic City 16. 9-Washington 14. 10-Southern Regional 12. 11-Eastern Regional and Millville 10. 13-Cherry Hill East 8. 14-Cherokee 6. 15-Toms River East 5. 16-Vineland and Overbrook 3. 18-Brick 2.

100-METER DASH: 1-Neena Moore, Cherry Hill West 12.2. 2-Kim Hargrove, Willingboro 12.4. 3-Onome Pella, Cherry Hill East 12.4. 4-Melanie Bell, Highland 12.5. 5-Dana Gripenburg, Toms River North 12.8. 6-Rochelle Parris, Atlantic City 12.8.

200-METER DASH: 1-Tiffany Butler, Willingboro 25.5. 2-Kim Hargrove, Willingboro 26.0. 3-Melanie Bell, Highland 26.1. 4-Rochelle Parris, Atlantic City 26.1. 5-Onome Pella, Cherry Hill East 26.1. 6-Dana Gripenburg, Toms River North 26.1.

400-METER RUN: 1-Tiffany Brisbane, Willingboro 58.0. 2-Mandy Duin, Shawnee 59.2. 3-Corey Thomas, Willingboro 1:00.1. 4-Megan Wagner, Toms River North, and Lisa Blair, Jackson 1:00.4. 6-Tracy Littley, Edgewood 1:01.0.

800-METER RUN: 1-Missy Whitaker, Shawnee 2:20.1. 2-Liz Moore, Shawnee 2:20.6. 3-Rene Springstead, Millville 2:21.1. 4-Janis Lenke, Toms River North 2:24.3. 5-Tamara Wesemael, Jackson 2:25.4. 6-Lisa Wilson, Willingboro 2:25.6.

1,600-METER RUN: 1-Liz Moore, Shawnee 5:23.4. 2-Karen O'Neil, Shawnee 5:26.6. 3-Nicole Amoros, Jackson 5:32.4. 4-Noel Whitali, Toms River East 5:35.8. 5-Joyce O'Neil, Shawnee 5:36.7. 6-Patty Pollard, Overbrook 5:38.9.

3,200-METER RUN: 1-Karen O'Neil, Shawnee 11:33.8. 2-Liz Moore, Shawnee 11:36.2. 3-Stacey Simon, Highland Regional 11:41.1. 4-Val Banks, Millville 11:45.6. 5-Heather Harshorn, Shawnee 11:55.1. 6-Noel Whitali, Toms River East 11:55.8.

100-METER HIGH HURDLES: 1-Tiffany Riggs, Eastern Regional 14.5. 2-Stephanie Maughan, Shawnee 14.8. 3-Kia VanWright, Willingboro 15.0. 4-Jen Rutherford, Jackson 15.8. 5-Melissa Pickering, Washington 15.8. 6-Kristin Pomante, Vineland 16.2.

400-METER INTERMEDIATE HURDLES: 1-Jen Rutherford, Jackson 1:06.7. 2-Louise Agoston, Jackson 1:08.1. 3-Shawnnica Brown, Edgewood 1:08.2. 4-Tomoko Jensen Otsu, Shawnee and Melissa Pederson, Overbrook 1:08.4. 6-Emily Bohm, Southern Regional 1:09.2.

HIGH JUMP: 1-Melissa Pickering, Washington 5-4. 2-Sajdah Abdullah, Southern Regional 5-2. 3-Stephanie Maughan, Shawnee 5-0. 4-Amy Beadle, Toms River North 5-0. 5-Misty Farel, Washington 5-0. 6-Kim Hargrove, Willingboro 5-0.

LONG JUMP: 1-Neena Moore, Cherry Hill West 16-11½. 2-Melanie Bell, Highland Regional 16-5½. 3-Keisha Hicklyn, Cherry Hill West 16-5¼. 4-Shanique Rice, Willingboro 16-4¼. 5-Stephanie Maughan, Shawnee 16-3¼. 6-Lisa Blair, Jackson 16-2½.

SHOT PUT: 1-Phalicia Masson, Willingboro 39-3¼. 2-Christi Ziemia, Edgewood 34-7½. 3-Tammy Pellen, Jackson 34-3. 4-Annese Donnell, Atlantic City 34-2¼. 5-Takisha Williams, Vineland 33-10. 6-Jena Bryant, Willingboro 33-6¼.

DISCUS: 1-Tammy Pellen, Jackson 131-4. 2-Phalicia Masson, Willingboro 111-11. 3-Jill Delucio, Cherokee 105-3. 4-Tamia Murphy, Atlantic City 104-9. 5-Megan Vargo, Brick 102-10. 6-Annese Donnell, Atlantic City 101-9.

JAVELIN: 1-Christine Ziemia, Edgewood 115-9. 2-Melissa Vassel, Toms River North 101-4. 3-Tammy Pellen, Jackson 100-11. 4-Dana Pilla, Cherry Hill West 100-10. 5-Tiffany Palmer, Southern Regional 96-10. 6-Sandy Kurtz, Toms River North 95-11.

1,600-METER RELAY (4x400): 1-Willingboro (Shawnee, Tiffany Butler, Corey Thomas and Tiffany Brisbane) 4:01.6. 2-Jackson 4:07.5. 3-Shawnee 4:08.6. 4-Edgewood 4:09.2. 5-Atlantic City 4:09.3. 6-Toms River North 4:09.4.

NO. JERSEY, SECTION 2 GROUP 4

NORTH JERSEY, SECTION 1 GROUP 4

TEAMS: 1-Ridgewood 95. 2-Hackensack 64. 3-Teaneck 51½. 4-Paterson Kennedy and Passaic 36. 6-Fair Lawn 30. 7-Vernon 27½. 8-North Bergen 22. 9-Snyder 20. 10-West Milford 18. 11-Kearny 12. 12-Lakeland 10. 13-Union Hill 7. 14-Paterson Eastside 4.

100-METER DASH: 1-Nicole Carmichael, Paterson Kennedy 11.9. 2-Denise Clarke, North Bergen 12.5. 3-Tiffany Walker, Hackensack 12.8. 4-Kate Brunner, Ridgewood 13.2. 5-Dannille Logan, Teaneck 13.3. 6-Mitchelle Plummer, Hackensack 13.3.

200-METER DASH: 1-Nicole Carmichael, Paterson Kennedy 25.4. 2-Delcila Russell, Hackensack 25.5. 3-Claudia Spaulding, Snyder 1:06.2. 4-Shonya Walker, Snyder 26.6. 5-Melissa Gilbert, Ridgewood 26.8. 6-Gail Crook, Snyder 27.1.

400-METER RUN: 1-Delcila Russell, Hackensack 58.6. 2-Melissa Gilbert, Ridgewood 58.8. 3-Claudia Spaulding, Snyder 1:00.2. 4-Natasha Bernard, Teaneck 1:00.7. 5-Karen Ratti, Fair Lawn 1:01.0. 6-Missy Bailey, Vernon, and Zorinah Figueroa, Teaneck 1:02.0.

800-METER RUN: 1-Stephanie Doyle, Ridgewood 2:18.6. 2-Tracy Pomo, Vernon 2:20.2. 3-Gizelle Watson, Ridgewood 2:22.1. 4-Elisse James, Teaneck 2:25.6. 5-Sarah McDermott, Ridgewood 2:27.0. 6-Stacey Bartlett, Vernon 2:28.1.

1,600-METER RUN: 1-Jenna Rogers, Ridgewood 5:06.6. 2-Steph Doyle, Ridgewood 5:19.3. 3-Lauren Stuhr, Ridgewood 5:23.0. 4-Tara Quinn, Teaneck 5:25.6. 5-Danielle Breuel, Hackensack 5:26.0. 6-Amanda Eckert, Vernon 5:26.8.

3,200-METER RUN: 1-Jenna Rogers, Ridgewood 10:43.1. 2-Paula Costa, Kearny 11:27.9. 3-Deanna Gastrock, West Milford 11:29.3. 4-Margaret Conklin, Kearny 11:39.1. 5-Tara Quinn, Teaneck 11:46.0. 6-Danielle Breuel, Hackensack 11:46.7.

100-METER HIGH HURDLES: 1-Julie Denisenko, Fair Lawn 15.4. 2-Lakiesha Smith, Teaneck 15.9. 3-Faith Niniavarg, Ridgewood 16.1. 4-Melissa Jones, Paterson Eastside 16.2. 5-Cheryl Williams, Hackensack 16.3. 6-KellyAnn LaPietra, Hackensack 16.3.

400-METER INTERMEDIATE HURDLES: 1-Natasha Bernard, Teaneck 1:06.1. 2-Zorinah Figueroa, Teaneck 1:07.7. 3-KellyAnn LaPietra, Hackensack 1:08.0. 4-Julie Denisenko, Fair Lawn 1:09.2. 5-Karen Ratti, Fair Lawn 1:09.7. 6-Rebecca Leon, Vernon 1:10.2.

HIGH JUMP: 1-Julie Denisenko, Fair Lawn 5-0. 2-Conetta Hicks, Paterson Kennedy 4-10. 3-Laurie Donnelly, West Milford 4-10. 4-Christa Weiss, Vernon 4-8. 5-Sue McCullagh, Ridgewood 4-8. No sixth place.

LONG JUMP: 1-Denise Clarke, North Bergen 17-0. 2-Shannon McGarrigle, Ridgewood 16-5½. 3-Ruth Doe, Passaic 16-5. 4-Tonia Clark, Ridgewood 16-2½. 5-Michele Larkin, Snyder 16-0. 6-Aisha Barber, Teaneck 15-11.

SHOT PUT: 1-Robyn Lowe, Passaic 39-¼. 2-Danique Starr, Passaic 37-½. 3-Beth Crusius, Hackensack 35-¾. 4-Sherrye Mason, Union Hill 31-7. 5-Aimee Bautista, Union Hill 2¾. 6-Maxime Gentles, Hackensack 31-1.

DISCUS: 1-Robyn Lowe, Passaic 116-1. 2-Beth Crusius, Hackensack 112-3. 3-Lauren DiFidi, West Milford 109-3. 4-Lizandra Rijos, North Bergen 109-1. 5-Danique Starr, Passaic 108-6. 6-Sherrye Mason, Union Hill 106-10.

JAVELIN: 1-Tara Shapin, Lakeland 98-11. 2-Jen Cooper, Vernon 97-9. 3-Beth Crusius, Hackensack 96-7. 4-Maxime Gentles, Hackensack 95-6. 5-Joanna Katzman, Fair Lawn 87-11. 6-Vanessa McDermott, Ridgewood 84-9.

1,600-METER RELAY (4x400): 1-Ridgewood (Vanessa McDermott, Kate Brunner, Gizelle Watson and Melissa Gilbert) 4:10.5. 2-Paterson Kennedy 4:11.0. 3-Teaneck 4:13.1. 4-Vernon 4:13.9. 5-Hackensack 4:13.9. 6-Snyder 4:15.3.

CENTRAL JERSEY GROUP 4

TEAMS: 1-Columbia 112. 2-Randolph 53½. 3-Westfield 51. 4-Plainfield 51. 5-Montclair 34. 6-Elizabeth 25. 7-Roxbury 24. 8-Linden 23. 9-West Orange 22. 10-East Side 20. 11-Bloomfield 10. 12-East Orange 4. 13-Union 2½. 14-Irvington and Clifford Scott 2. 16-Livingston 1.

100-METER DASH: 1-Darriea Pigott, West Orange 11.7 record; former record 11.8. In-shallah Saunders, Plainfield, 1993. 2-Charmaine Walker, Plainfield 12.2. 3-Joy Ononuju, Columbia 12.3. 4-Ayana Coleman, Columbia 12.4. 5-Alicia Davis, Plainfield 12.5. 6-Nahshida Green, Linden 12.7.

200-METER DASH: 1-Darriea Pigott, West Orange 25.0. 2-Charmaine Walker, Plainfield 25.9. 3-Joy Ononuju, Columbia 26.0. 4-Natasha Clary, Plainfield 26.2. 5-Michelle Walker, Elizabeth 26.4. 6-Samaria Quaintance, Randolph 26.5.

400-METER RUN: 1-Hazel Clark, Columbia 57.5. 2-Samaria Quaintance, Randolph 58.8. 3-Michelle Walker, Elizabeth 59.2. 4-Juah Phillips, East Orange 59.5. 5-Venus Myers, Phillips 60.7. 6-Latisha Conte, Linden 61.7.

800-METER RUN: 1-Hazel Clark, Columbia 2:21.6. 2-Suzy Kozub, Westfield 2:22.6. 3-Monique Nicholas, Columbia 2:24.4. 4-Suzie Hutchins, Randolph 2:27.0. 5-Gloria Campos, Elizabeth 2:28.1. 6-Christine Fieurmond, Clifford Scott 2:29.5.

1,600-METER RUN: 1-Monique Nicholas, Columbia 5:22.7. 2-Suzie Hutchins, Randolph 5:24.6. 3-Ana Tavearez, East Side 5:40.9. 4-Janina Alvarez, East Side 5:43.2. 5-Karen McGuire, Westfield 5:49.7. 6-Kellie Goncalves, Westfield 5:54.8.

3,200-METER RUN: 1-Monique Nicholas, Columbia 11:31.8. 2-Ana Tavearez, East Side 11:35.8. 3-Kellie Goncalves, Westfield 12:32.3. 4-Becky Flores, Columbia 12:49.1. 5-Sonia Neal, East Side 12:51.2. 6-Emily Bosland, Livingston 12:56.9.

100-METER HIGH HURDLES: 1-Natasha Clary, Plainfield 14.3. 2-Connie Lobb, Roxbury 14.5. 3-Vinetta Gordon, Montclair 14.9. 4-Aiyanna Burton, Columbia 15.0. 5-Tiffany Hester, Westfield 15.2. 6-Courtney Evans, Columbia 15.6.

400-METER INTERMEDIATE HURDLES: 1-Connie Lobb Roxbury 64.5. 2-Aiyanna Burton Columbia 67.0. 3-Courtney Evans Columbia 68.4. 4-Taherah Thomas, Plainfield 70.2. 5-Aibela Almeida, Linden 70.8. 6-Samantha Taylor, Columbia 71.3.

HIGH JUMP: 1-Hazel Clark Columbia 5-2. 2-Monique Payne Westfield 5-0. 3-Michelle Walker, Elizabeth, and Tobl Biazdinski, Linden 4-10. 5-Taura Barnes Montclair 4-10. 6-lauren Waters, Randolph, and Karida Walker, Union 4-8.

LONG JUMP: 1-Vinetta Gordon, Montclair 17-¼. 2-Michelle Walker, Elizabeth 16-11¼. 3-Aiyanna Burton, Columbia 16-9. 4-Latisha Conte Linden 16-8½. 5-Tiffany Hester Westfield 16-6. 6-Emily Bosland, Livingston 16-4½.

SHOT PUT: 1-Nicole Williams, Bloomfield 33-9. 2-Latoya Hartley, Linden 33-9½. 3-Aaliyah Nalib, Montclair 32-¼. 4-Kim Goode, Plainfield 32.2. 5-Kelly Roche, West Orange 31-11½. 6-Cathy Wegrzyn, Union 31-5½.

DISCUS: 1-Tonya Flowers, Montclair 110-7. 2-Shi-Kia Carter, Westfield 108-10. 3-Rebecca Stavenick, Westfield 100-3. 4-Laura Quinnan, Randolph 96-11. 5-Dawn Walker, Randolph 96-10. 6-Cathy Wegrzyn, Union 96-10.

JAVELIN: 1-April Coss, Randolph 103-2. 2-Lisa Robinson, Randolph 92-9. 3-Deanna Tardive Roxbury 86-9. 4-Rebecca Stavenick, Westfield 85-10. 5-Gloria Campos, Elizabeth 85-2. 6-Latoya Hartley, Linden 71-7.

1,600-METER RELAY (4x400): 1-Columbia (Ayana Coleman, Aiyanna Burton, Joy Ononuju and Hazel Clark) 3:57.1. 2-Randolph 4:02.1. 3-Plainfield 4:04.0. 4-Westfield 4:12.9. 5-Irvington 4:17.0. 6-Clifford Scott 4:18.7.

TEAMS: 1-Hunterdon Central 99. 2-East Brunswick 80. 3-Trenton 77. 4-Piscataway 44. 5-J. P. Stevens 29. 6-Middletown South 23. 7-Sayreville 20. 8-Marlboro 16. 9-Middletown North 12. 10-Woodbridge 9. 11-Bridgewater-Raritan 7. 12-Howell 6. 13-Edison 5. 14-West Windsor 4.

100-METER DASH: 1-Keri Herman, East Brunswick 12.5. 2-Elizabeth Williams, Trenton, Asita Ranadhe, East Brunswick, and Bassey Adiah, Piscataway 12.8. 5-Tiffany Stallings, J. P. Stevens 12.9. 6-Charmaine Cadette, Edison 13.0.

200-METER DASH: 1-Lorine Suah, Trenton 26.5. 2-Keri Herman, East Brunswick 26.5. 3-Danya Gordon, Trenton 26.6. 4-Aiita Ranadive, East Brunswick 26.6. 5-Bassey Adiah, Piscataway 27.0. 6-Marie Allen, Piscataway 27.2.

400-METER RUN: 1-Afia Asamoah, Piscataway 58.4. 2-Dessaly Jolley, Trenton 59.3. 3-Danya Gordon, Trenton 59.3. 4-Fartu Di-agene, Trenton 1:00.0. 5-Melissa Matthews, Bridgewater-Raritan 1:02.2. 6-Lynn Tyrell, Woodbridge 1:02.9.

800-METER RUN: 1-Autumn Fogg, Hunterdon Central 2:20.4. 2-Betsy Packard, Hunterdon Central 2:20.6. 3-L. Flood, Middletown North 2:21.5. 4-Kari Ann Smith, West Windsor 2:24.2. 5-Beth Cranford, Hunterdon Central 2:24.2. 6-Afia Asamoah, Piscataway 2:25.2.

1,600-METER RUN: 1-Autumn Fogg, Hunterdon Central 5:12. 2-Tarra Short, Middletown Central 5:15.5. 3-Meghan Busse, Hunterdon Central 5:23.9. 4-Jennifer Geiger, Piscataway, and L. Flood, Middletown North 5:35. 6-Darshana Patel, Piscataway 5:35.3.

3,200-METER RUN: 1-Meghan Busse, Hunterdon Central 11:31.4. 2-Danielle Barajas, Woodbridge 11:36.0. 3-Darshana Patel, Piscataway 11:37.0. 4-Kelly Paulson, Hunterdon Central 11:50.9. 5-Erica Goetz, Hunterdon Central 12:02.7. 6-Danielle Batuch, Middletown South 12:19.2.

100-METER HIGH HURDLES: 1-Jeanne Rabil, East Brunswick 15.2. 2-Kelly Owens, Marlboro 15.3. 3-Kimberly Turko, J. P. Stevens, and Dawn Harris, Piscataway 15.8. 5-Linda Packard, Hunterdon Central 16.3. 6-Reema Fozdar, J. P. Stevens 16.6.

400-METER INTERMEDIATE HURDLES: 1-Linda Packard, Hunterdon Central 1:04.8. 2-Dessaly Jolley, Trenton 1:06.3. 3-Jeanne Rabil, East Brunswick 1:06.5. 4-Pam Hariton, East Brunswick 1:06.9. 5-Justine La Batch, Middletown South 1:07.3. 6-Akosua Asamoah, Piscataway 1:10.6.

HIGH JUMP: 1-Kathy Kilar, J. P. Stevens 5-2. 2-Laura Zemsky, Sayreville 5-0. 3-Cristy Richards, Hunterdon Central 5-0. 4-Kristell Rusak, Bridgewater-Raritan 4-10. 5-Jessica Ronere, Sayreville 4-10. 6-Ayanna Siebes, Piscataway 4-10.

LONG JUMP: 1-Laura Zemsky, Sayreville 16-10½. 2-Kelly Owens, Marlboro 15-9½. 3-Sherry Cheng, East Brunswick 15-9. 4-Kim Turko, J. P. Stevens 15-9. 5-Kim Scamm, Hunterdon Central 15-6. 6-Jeanne Rabil, East Brunswick 15-5.

SHOT PUT: 1-Tara Hollowell, Trenton 39-¼. 2-Corey Gutowski, Hunterdon Central 36-11. 3-Lenka Richards, J. P. Stevens 35-4. 4-Mandi Plawka, East Brunswick 33-8. 5-Casey Gutowski, Hunterdon Central 33-3. 6-Lindsey Yerich, Hunterdon Central 32-6.

DISCUS: 1-Tara Hollowell, Trenton 128-9. 2-Mandi Plawka, East Brunswick 118-0. 3-Corey Gutowski, Hunterdon Central 111-2. 4-Allyson Jason, Middletown North 105-3. 5-Lindsey Yerich, Hunterdon Central 103-3. 6-Lenka Richards, J. P. Stevens 102-11.

JAVELIN: 1-Sherry Cheng, East Brunswick 123-6. 2-Jen Garrard, Middletown South 116-8. 3-A. Miller, Howell 110-9. 4-Amanda Collins, Edison 106-8. 5-Lindsey Yerich, Hunterdon Central 103-5. 6-K. Milkirkovic, Middletown North 100-9.

1,600-METER RELAY (4x400): 1-Trenton (Lorine Suah, Stephanie Klay, Danya Gordon and Dessaly Jolley) 4:05.1. 2-Piscataway 4:06.9. 3-Hunterdon Central 4:07.0. 4-East Brunswick 4:08.8. 5-Middletown North 4:13.4. 6-Bridgewater-Raritan 4:14.1.

GROUP 3 SECTION

GIRLS' GROUP 3 SOUTH

GROUP 3 NORTH I
TEAMS: 1-Wayne Valley 117, 2-Ramsey 110, 3-High Point 46, 4-Tenafly 25, 5-Passaic Valley 24, 6-Garfield 21, 7-Cliffside Park 19½, 8-Old Tappan 19, 9-Berghelien and Demarest 18, 11-Ramapo 9½, 12-Hopatcong 7, 13-Parusmus 4, 14-Indian Hills 1.
100-METER DASH: 1-Erika Albies, Passaic Valley 12.6, 2-Marcia Bhagwandin, Ramsey 12.8, 3-Karen Bueno, High Point 12.9, 4-Kristen Richi, Ramapo 13.0, 5-Nicole Wilson, Berghelien 13.1, 6-Nancy Schemly, Wayne Valley 13.4.
200-METER DASH: 1-Jen Roy, Wayne Valley 25.9, 2-Marcia Bhagwandin, Ramsey 26.8, 3-Karen Bueno, High Point 26.9, 4-Erin Calvey, Ramsey 27.3, 5-Nicole Wilson, Berghelien 27.5, 6-Maia Dowdell, Wayne Valley 27.7.
400-METER RUN: 1-Jen Roy, Wayne Valley 57.7, 2-Erin Calvey, Ramsey 1:01.1, 3-Jen Prigaro, Wayne Valley 1:01.4, 4-Michelle Theos, Ramapo 1:01.8, 5-Kaley Abato, High Point 1:01.9, 6-Jen Dolecki, Indian Hills 1:02.3.
800-METER RUN: 1-Dana Satir, Ramsey 2:19.8, 2-Caitlin Wittreich, Tenafly 2:21.7, 3-Sara Park, Wayne Valley 2:25.5, 4-Lisa Ryder, Berghelien 2:28.3, 5-Kyoko Ishigami, Demarest 2:28.4, 6-Persephe Jones, Tenafly 2:30.4.
1,600-METER RUN: 1-Dana Satir, Ramsey 5:13.3, 2-Beth Crenshaw, Wayne Valley 5:13.8, 3-Amy Mizzone, Wayne Valley 5:16.8, 4-Casey Beckman, Ramsey 5:30.1, 5-Beth Chaffee, Berghelien 5:36.6, 6-Monica Chlupsa, Wayne Valley 5:37.9.
3,200-METER RUN: 1-Bethany Crenshaw, Wayne Valley 11:01.6, 2-Amy Mizzone, Wayne Valley 11:30.5, 3-Beth Chaffee, Berghelien 12:12.0, 4-Caitlin Scrin, Passaic Valley 12:22.0, 5-Wendy Amster, Tenafly 12:30.0, 6-Susan Mizzone, Wayne Valley 12:53.1.
500-METER HURDLES: 1-Melene Thomas, Garfield 15.1, 2-Katie Holmgren, Wayne Valley 16.3, 3-Kohar Jones, Tenafly 16.4, 4-Kerry Frazer, Demarest 16.5, 5-Cheryl Spilewski, Old Tappan, and Lucille Tonio, Old Tappan 17.3.
400-METER INTERMEDIATE HURDLES: 1-Jen Roy, Wayne Valley 1:05.4, 2-Elisa Quackenbush, Ramsey 1:07.6, 3-Holly Platt, Cliffside Park, and Erin Oliver, Ramsey 1:08.4, 5-Jen Prigaro, Wayne Valley 1:10.0, 6-Kohar Jones, Tenafly 1:10.
HIGH JUMP: 1-Erin Oliver, Ramsey 4.8, 2-Katie Holmgren, Wayne Valley, Marita Pepe, Hopatcong, and Jen Maxfield, Tenafly 4.8, 5-Danielle Pacallier, Cliffside Park, and Jen Orthman, Ramapo 4.8.
LONG JUMP: 1-Erika Albies, Passaic Valley 17-11¼, 2-Jen Roy, Wayne Valley 17-11¼, 3-Brooke Goodwin, Ramsey 16-5¼, 4-Melene Thomas, Garfield 16-5¼, 5-Kerry Frazer, Demarest 16-4½, 6-Jessica Alcoria, Demarest 16¼.
SHOT PUT: 1-Jen Dougherty, Ramsey 37-3, 2-Jaime Houston, High Point 34-0, 3-Jean Marie Marconi, Old Tappan 33-7, 4-Nicole Pickens, Ramapo 31-5½, 5-Angie DeMaio, Cliffside Park 31-5, 6-Gina Leon, Garfield 31-2.
DISCUS: 1-Jaime Houston, High Point 121-3, 2-Jen Dougherty, Ramsey 106-8, 3-Katie Holmgren, Wayne Valley 106-2, 4-Jean Marie Marconi, Old Tappan 106-0, 5-Sue Slossar, Berghelien 95-2, 6-Joanna Rock, Wayne Valley 94-2.
JAVELIN: 1-Angie DeMaio, Cliffside Park 103-8, 2-Sue Kopciynski, High Point 95-4, 3-Debra Martino, Garfield 92-1, 4-Allison Langfelder, Old Tappan 87-0, 5-Jen Dougherty, Ramsey 85-3, 6-Denise Howell, Hopatcong 83-2.
1,600-METER RELAY (4x400): 1-Ramsey (Erin Carvey, Brooke Goodwin, Elisa Quackenbush and Dana Satir) 4:11.8, 2-Wayne Valley 4:12.1, 3-High Point 4:17.6, 4-Demarest 4:19.1, 5-Old Tappan 4:19.8, 6-Tenafly 4:23.4.

GROUP 3 NORTH II
TEAMS: 1-Nutley 103, 2-West Morris 58, 3-Rahway 42, 4-Mt. Olive 40, 5-Parsippany 36, 6-Phillipsburg 34, 7-Morris Knolls 28, 8-Scotch Plains 24, 9-Orange 22, 10-Warren Hills 18, 11-Parsippany Hills 13, 12-West Side 6, 13-Cranford 3, 14-West Essex and Shabazz 2.
100-METER DASH: 1-Lauren Olmsted, Nutley 12.3, 2-Jeanene Stettner, Phillipsburg 12.7, 3-Francine Brown, Parsippany, and Desmona Kilkenny, Mt. Olive 12.9, 5-Jen Gersberg, Parsippany 13.0, 6-Danielle White, Scotch Plains 13.1.
200-METER DASH: 1-Lauren Olmsted, Nutley 25.7, 2-Talibah Stephens, Orange 26.7, 3-Jeanene Stettner, Phillipsburg 26.8, 4-Lisa Kim, Parsippany 27.0, 5-Yekaterina Nagornewa, Rahway 27.2, 6-Margot Iglesias, Cranford 27.3.
400-METER RUN: 1-Marissa DeFreese, Rahway 58.7, 2-Yekaterina Nagornewa, Rahway 60.5, 3-Talibah Stephens, Orange 61.3, 4-Shannon Rowe, Morris Knolls 61.6, 5-Tara Miezieski, West Morris 62.3, 6-Lashanda Dance, Scotch Plains 64.7.
800-METER RUN: 1-Marissa DeFreese, Rahway 2:19.7, 2-Kristin Sheaves, Morris Knolls 2:25.7, 3-Latoya Stephens, West Side 2:26.1, 4-Lacene Koszi, Scotch Plains 2:26.8, 5-Corinne Szewczyk, West Essex 2:27, 6-Maryanne Betron, Phillipsburg 5:48.4.
1,600-METER RUN: 1-Marissa DeFreese, Rahway 5:11.0, 2-Jackie Coscia, Mt. Olive 5:15.4, 3-Brooke Carney, Warren Hills 5:26.5, 4-Megan O'Brien, West Morris 5:33.5, 5-Kelli Cerniglia, Nutley 5:42.4, 6-Maryanne Betron, Phillipsburg 5:48.4.
3,200-METER RUN: 1-Jackie Coscia, Mt. Olive 11:07, 2-Brooke Carney, Warren Hills 11:35.2, 3-Megan O'Brien, West Morris 11:56.9, 4-Katie Harmuth, Warren Hills 12:17.6, 5-Julie Zapata, Mt. Olive 12:18.5, 6-Tiana Brown, Scotch Plains 12:26.4.
100-METER HIGH HURDLES: 1-Melissa Branigan, Nutley 14.5, 2-Beatrice Schlotzhauer, Mt. Olive 15.3, 3-Sasha Raupp, West Morris 16.1, 4-Nicole Aurillo, Parsippany Hills 16.6, 5-Felicia Curry, Parsippany 16.7, 6-Tanya Gillette, Mt. Olive 16.8.
400-METER INTERMEDIATE HURDLES: 1-Melissa Branigan, Nutley 66.3, 2-Danielle Bianco, Parsippany Hills 67.2, 3-Beatrice Schlotzhauer, Mt. Olive 70.7, 4-Erin Buck, Nutley 71.1, 5-Amanda Cote, Scotch Plains 71.5, 6-Felicia Curry, Parsippany 71.8.
HIGH JUMP: 1-Melissa Branigan, Nutley 5-2, 2-Anne Langan, Parsippany 5-0, 3-Erin Buck, Nutley 5-0, 4-Melitta Loncar, Parsippany 4-10, 5-Marissa DeFreese, Rahway 4-10, 6-Shaliek Wright, Cranford 4-10.
LONG JUMP: 1-Lauren Olmsted, Nutley 17-5½, 2-Sasha Raupp, West Morris 17-3½, 3-Danielle White, Scotch Plains 16-½, 4-Kristin Sheaves, Morris Knolls 15-10, 5-Lisa Kim, Parsippany 15-9¼, 6-Dawn Dietz, Parsippany 15-8¼.
SHOT PUT: 1-Becky Ritchie, West Morris 36-1¾, 2-Terry Warman, Phillipsburg 35-9¼, 3-Lori Watkins, Scotch Plains 32-¼, 4-Taryn Rucinski, Nutley 31-1¼, 5-Phthya Jackson, Shabazz 30-1½, 6-Liz Frame, Scotch Plains 29-6.
DISCUS: 1-Terry Warman, Phillipsburg 112-0, 2-Jennifer Shaw, Nutley 109-5, 3-Becky Ritchie, West Morris 106-9, 4-Heather Lamb, Parsippany 100-8, 5-Lori Watkins, Scotch Plains 99-5, 6-Elleene Budd, Phillipsburg 97-8.
JAVELIN: 1-Becky Ritchie, West Morris 110-2, 2-Cleopatra Frances, Orange 99-2, 3-Allyson Rucinski, Nutley 95-1, 4-Taryn Rucinski, Nutley 91-5, 5-Ingrid Kjekstad, Morris Knolls 91-0, 6-Shaliek Wright, Cranford 89-7.
1,600-METER RELAY (4x400): 1-Morris Knolls (Anne Peparczyk, Shannon Rowe, Kristin Sheaves and Keri Hyman) 4:12.0, 2-Nutley 4:19.0, 3-West Morris 4:19.7, 4-Parsippany 4:25.1, No other places.

GROUP 3 CENTRAL
TEAMS: 1-Madison Central 68, 2-Neptune 53, 3-Franklin 52, 4-Watchung Hills 40, 5-Matawan 35, 6-Monmouth Regional 33, 7-Colonia 27, 8-North Brunswick 23, 9-North Hunterdon-21-10-Hamilton West and Ocean Township 18, 12-Hamilton North 12, 13-Ewing and South Brunswick 8, 15-Long Branch 6, 16-Hillsborough and Hightstown 4, 18-Red Bank and Raritan 2.
100-METER DASH: 1-Joycelyn Harris, Franklin 12.1, 2-Nowelette Herber, Neptune 12.4, 3-Kelly Morris, Neptune 12.5, 4-Taniya Alexander, Neptune 12.9, 5-Karen Phillip, South Brunswick 13.0, 6-Alicia Scott, Red Bank 13.0.
200-METER DASH: 1-Joycelyn Harris, Franklin 24.9, 2-Yetunde Daniels, Ocean Township 24.9, 3-Kelly Morris, Neptune 26.2, 4-Courtney Quinn, Neptune 26.4, 5-Shaunte Sheard, Franklin 26.5, 6-Michelle Cardone, North Hunterdon 26.5.
400-METER RUN: 1-Yetunde Daniels, Ocean Township 58.2, 2-Michelle Cardone, North Hunterdon 59.2, 3-Megan Whitaker, Franklin 59.9, 4-Courtney Quinn, Neptune 62.0, 5-Shaunte Sheard, Franklin 62.8, 6-Nanielle Perdomo, North Brunswick 63.3.
800-METER RUN: 1-Tara Sulkowski, Madison Central 2:19.6, 2-Jen Welsh, Colonia 2:24.5, 3-Elodie Montivero, Long Branch 2:24.9, 4-Kate Doyle, North Hunterdon 2:25.5, 5-Kari Duzceminski, Hamilton North 2:25.6, 6-Lisa Marshall, Hillsborough 2:25.7.
1,600-METER RUN: 1-Cathy Williams, Watchung Hills 5:22.1, 2-Maria Cicio, Madison Central 5:23.5, 3-Mohanna Greenberg, Colonia 5:24.1, 4-Seema Dixit, Madison Central 5:27.9, 5-Stacy Imler, Raritan 5:28.8, 6-Lisa Marshall, Hillsborough 5:33.1.
3,200-METER RUN: 1-Cathy Williams, Watchung Hills 11:30.1, 2-Maria Cicio, Madison Central 11:48.4, 3-Carrie McGourty, North Hunterdon 11:54.5, 4-Kristy Walters, Hamilton West 11:56.6, 5-Jill Walters, Hillsborough 12:03, 6-Sarah Pyndus, Red Bank 12:08.5.
100-METER HIGH HURDLES: 1-Rhonda Underwood, Matawan 14.6, 2-Joycelyn Harris, Franklin 14.6, 3-Amy Smith, Neptune 14.7, 4-Nowelette Herber, Neptune 15.2, 5-Erika Smith, Neptune 15.6, 6-Chenell Williams, Hamilton West 15.9.
400-METER INTERMEDIATE HURDLES: 1-Megan Whitaker, Franklin 1:04.1, 2-Rhonda Underwood, Matawan 1:07.1, 3-Audrey Nicolas, North Brunswick 1:08.1, 4-Catherine Olsiewski, Madison Central 1:09.0, 5-Lorna Magnus, Hightstown 1:10.7, 6-Alii Dunlap, North Hunterdon 1:11.7.
HIGH JUMP: 1-Kathy Gurbisz, Monmouth Regional 5-4, 2-Chris Turner, Madison Central 5-2, 3-Kia Quick, Monmouth Regional 5-0, 4-Tian Stuloga, Colonia 5-0, 5-Sara Stafford, Matawan 5-0, 6-Amy Smith, Neptune 4-10.
LONG JUMP: 1-Tiana Bazemore, North Brunswick 16-5, 2-Rhonda Underwood, Matawan 16-1, 3-Jennifer Eggleton, Hamilton West 15-11½, 4-Zuwena Salim, South Brunswick 15-10½, 5-Allison Candelmo, Colonia 15-8½, 6-Sykaana Bell, Monmouth Regional, and Amy Smith, Neptune 15-5¼.
SHOT PUT: 1-Lorraine Smith, Watchung Hills 41-7, 2-Aliya Carter, Ewing 34-11, 3-Heather Campbell, Monmouth Regional 34-5¼, 4-Tanisha Brown, Franklin 33-8¾, 5-Keri Hennessey, Monmouth Regional 33-0, 6-Tina Anthony, Matawan 30-9.
DISCUS: 1-Lorraine Smith, Watchung Hills 107-0, 2-Crystal Soriano, Madison Central 102-6, 3-Shaye Hackett, Hamilton West 101-2, 4-Keri Hennessey, Monmouth Regional 92-0, 5-Yvette Morris, South Brunswick 91-0, 6-Arcia Joasil, Hamilton West 90-3.
JAVELIN: 1-Jackie Davis, Hamilton North 120-3, 2-Amy Leach, Madison Central 107-9, 3-Natalie Rodriguez, Colonia 107-9, 4-Lisa Lachani, North Brunswick 107-7, 5-Deb Quatrone, Hightstown 103-2, 6-Krista Sutphen, North Hunterdon 102-0.
1,600-METER RELAY: 1-Madison Central (Tara Sulkowski, Adene Wirski, Catherine Olsiewski and Amy Leach) 4:09.3, 2-Neptune 4:10, 3-Matawan 4:16.3, 4-Monmouth Regional 4:17.7, 5-North Brunswick 4:21.2, 6-Colonia 4:30.

TEAMS: 1-Ocean City 91, 2-Camden 79, 3-Bridgeton 69, 4-Oakcrest 34, 5-Toms River South 30, 6-Rancocas Valley 27, 7-Williamstown 22, 8-Absegami 19, 9-Manchester Township 13, 10-Camden Wilson 11, 11-Egg Harbor 10, 12-Gloucester Tech 9, 13-Pennsauken 8, 14-Mainland and Deptford 8, 16-Lakewood 6, 17-Lacey 3, 18-Lower Cape May and Delsea 1.
100-METER DASH: 1-Nichole Hill, Oakcrest 11.8 record; former record 12.0, Angie Bourne, Egg Harbor, 1989, 2-Demya Walker, Rancocas Valley 12.1, 3-Shaylika Bryant, Bridgeton 12.1, 4-Medina Sjaama, Camden 12.2, 5-Chantell Parks, Camden 12.2, 6-Hadmon Monir, Camden Wilson 12.4.
200-METER DASH: 1-Nichole Hill, Oakcrest 24.8 ties record Robin Stephens, Lakewood, 1981, and Artrelia Turner, Camden Wilson, 1987, 2-Chantell Parks, Camden Wilson, 1987, 3-Shaylika Bryant, Bridgeton 25.0, 4-Der Walker, Rancocas Valley 25.9, 5-Melissa Pree, Manchester 26.3, 6-Tiffany Jones, Camden 26.3.
400-METER RUN: 1-Aisha Lawson, Camden 57.0, 2-Dana Burnett, Williamstown 58.1, 3-Chantell Parks, Camden 59.6, 4-Shelly Solheim, Ocean City 60.1, 5-Faith Nichols, Bridgeton 60.9, 6-Orethia Jones, Absegami 61.7.
800-METER RUN: 1-Aisha Lawson, Camden 2:19.2, 2-Megan Hartman, Ocean City 2:19.6, 3-Shelly Solheim, Ocean City 2:22.7, 4-Aisha Lawson, Camden 2:23.2, 5-Coren Dapuzzo, Manchester Township 2:23.5, 6-Janina Minehan, Ocean City 2:24.4.
1,600-METER RUN: 1-Megan Hartman, Ocean City 5:07.2 record; former record 5:11 Doreen Startare, Paul VI, 1979, and Mindy Rowand, Sterling, 1986, 2-Maggie DeFellece, Ocean City 5:21.6, 3-Danielle Salvia, Ocean City 5:25.2, 4-Courtney Harp, Toms River South 5:28.0, 5-Julie Schick, Mainland 5:32, 6-Lorena Adams, Manchester Township 5:33.
3,200-METER RUN: 1-Megan Hartman, Ocean City 10:54.8 record; former record 11:01.8, Mindy Rowand, Sterling, 1986, 2-Lorena Adams, Manchester Township 11:21.9, 3-Julie Schick, Mainland 11:44, 4-Kristen Duyck, Ocean City 11:51.4, 5-Kar Geiger, Toms River South 11:59.7, 6-Jen Cuno, Delsea 12:10.1.
100-METER HIGH HURDLES: 1-Helen Wilks, Bridgeton 14.3, 2-Kellie Adams, Ocean City 14.4, 3-Melanie Gonzalez, Lakewood 14.7, 4-Renee Vogel, Toms River South 15.0, 5-LC Marks, Deptford 15.1, 6-Larice McArthur, Absegami 15.4.
400-METER INTERMEDIATE HURDLES: 1-Kellie Adams, Ocean City 64.4, 2-Tynisha Revels, Camden 65.8, 3-Summer Springs, Camden 65.9, 4-Angel Warren, Camden Wildc 66.4, 5-Gerwana Alexander, Gloucester Tech 67.1, 6-Renee Vogel, Toms River South 67.8.
HIGH JUMP: 1-Helen Wilks, Bridgeton 5-2, 2-Demya Walker, Rancocas Valley 5-0, 3-Aliia Adams, Absegami 5-0, 4-Mandi Walicki, Ocean City 5-0, 5-Cheryl Petocz, Lacey 4-10, 6-Steve Partridge, Lacey 4-10.
LONG JUMP: 1-Shaylika Bryant, Bridgeton 18-5½, 2-Helen Wilks, Bridgeton 18-3½, 3-Lo Marks, Deptford 17-11¼, 4-Demya Walker, Rancocas Valley 17-8¾, 5-Kellie Adams, Ocean City 17-6¼, 6-Faith Nichols, Bridgeton 17-0½.
SHOT PUT: 1-Tiffany Bates, Williamstown 38-9, 2-Tori Weston, Toms River South 36-6¾, 3-Lisa Larned, Egg Harbor 35-10¼, 4-Jami Gagini, Bridgeton 34-9½, 5-Leslie Weldon, Williamstown 34-7, 6-Kanoice Pace, Lower Cape May 34-6.
DISCUS: 1-Helen Wilks, Bridgeton 119-4, 2-Marcella Goodrum, Absegami 116-4, 3-Ryanne Segalia, Toms River South 108-5, 4-Tori Weston, Toms River South 106-11, 5-Erin Corrigan, Ocean City 102-5, 6-Erica Plasket, Rancocas Valley 102-1.
JAVELIN: 1-Karen Austin, Oakcrest 120-2, 2-Tiffany Oliver, Pennsauken 117-7, 3-Tysheema Lane, Gloucester Tech 105-3, 4-Mindy Wood, Egg Harbor 105-3, 5-Jaimi Gaggi, Bridgeton 102-3, 6-Ryanne Segalia, Toms River South 99-2.
1,600-METER RELAY (4x400): 1-Camden (Aisha Lawson, Alisha Lawson, Summer Springs and Tynisha Revels) 3:56.3, 2-Ocean City 4:02.0, 3-Camden Wilson 4:02.9, 4-Oakcrest 4:08.2, 5-Williamstown 4:12.3, 6-Gloucester Tech 4:16.5.

GROUP 2 SECTION

GROUP 1 NORTH I

TEAMS: 1-Glen Rock 136. 2-Manchester Regional 48. 3-Westwood 37½. 4-New Milford 31. 5-Northern Highlands and Walkill Valley 29½. 6-Ridgefield Park 20. 8-Mahwah, River Dell and Lodi 18. 11-Sparta 16. 12-Newton 12. 13-Lenape Valley 7. 14-Kittatinny 6. 15-Lyndhurst 5. 16-Englewood 2½.

100-METER DASH: 1-Tracia Barnes, Manchester Regional 25.9. 2-Michelle Stein, Glen Rock 26.3. 3-Tamara Vreeland, Walkill Valley 26.8. 4-Michelle Satine, Glen Rock 26.9. 5-Willie Mae Washington, Lodi 27.0. 6-Laure Contreras Lenape Valley 27.3.

200-METER DASH: 1-Tracia Barnes, Manchester Regional 25.9. 2-Michelle Stein, Glen Rock 26.3. 3-Tamara Vreeland, Walkill Valley 26.8. 4-Michelle Satine, Glen Rock 26.9. 5-Willie Mae Washington, Lodi 27.0. 6-Laure Contreras Lenape Valley 27.3.

400-METER RUN: 1-Michelle Satine, Glen Rock 59.6. 2-LaToya Barnes, Manchester Regional 1:03.1. 3-Maggie Fensterle, Westwood 1:03.3. 4-Joanne Faustine, River Dell 1:03.8. 5-Jessica Churchill, Kittatinny 1:04.0. 6-Patricia Campbell, Englewood, and Christina Herman, Walkill Valley 1:04.3.

800-METER RUN: 1-Katie Hanley, Glen Rock 2:23.5. 2-Jessica Drew, Westwood 2:25.3. 3-Blythe Boydston, Manchester Regional 2:27.7. 4-Klara Zdenkova, Northern Highlands 2:28.3. 5-Melissa Pokrywa, Newton 2:28.6. 6-Amy Weatherbee, Glen Rock 2:29.5.

1,600-METER RUN: 1-Kerri Black, Northern Highlands 5:30.6. 2-Chrissy Mucha, Newton 5:40.0. 3-Anne Wentle, Glen Rock 5:42.2. 4-Jenny Nickles, Glen Rock 5:45.9. 5-Stacy Hosier, Kittatinny 5:46.0. 6-Charlotta Halvorsen, Northern Highlands 5:46.4.

3,200-METER RUN: 1-Jen Meighan, Northern Highlands 11:46.9. 2-Nicole Callaghan, Westwood 11:55.7. 3-Jen Cannistra, Sparta 11:57.9. 4-Anne Wente, Glen Rock 12:03.7. 5-Jenn Reeder, Northern Highlands 12:04.2. 6-Jen Nickles, Glen Rock 12:04.7.

100-METER HIGH HURDLES: 1-Lesley Hodgson, Glen Rock 15.8. 2-Shannon Doremus, New Milford 16.1. 3-Sabrina Luciano, Glen Rock 16.2. 4-Dana Rumpelfin, Lyndhurst 16.7. 5-Mary Ryan, Northern Highlands, and Ryan Lantz, Westwood 16.8.

400-METER INTERMEDIATE HURDLES: 1-Jamie Kuhne, Walkill Valley 1:04.9. 2-Sabrina Luciano, Glen Rock 1:05.1. 3-Nicole Decker, Manchester Regional 1:09.1. 4-Lesley Hodgson, Glen Rock 1:10.1. 5-Ashley Marguard, Glen Rock 1:10.3. 6-Mary Ryan, Northern Highlands 1:12.1.

HIGH JUMP: 1-Marie Greaux, Ridgefield Park 5-3. 2-Lesley Hodgson, Glen Rock 5-2. 3-Jessica Ramirez, Mahwah 5-0. 4-Danielle Proulx, Mahwah 4-10. 5-Beth Mangi, Mahwah 4-10. No sixth place.

LONG JUMP: 1-Jamie Kuhn, Walkill Valley 17-3¼. 2-Willie Mae Washington, Lodi 17-2½. 3-Melissa Bochiario, Glen Rock 16-9¼. 4-Marie Greaux, Ridgefield Park 16-3¼. 5-June Hoppe, Englewood 16-2. 6-Michelle Stein, Glen Rock 15-9½.

SHOT PUT: 1-Janicka Carter, Westwood 34-5¼. 2-Amy Clayton, River Dell 32-4¼. 3-Sara Cheese, Long Valley 32-3¼. 4-Lisa Olsen, Sparta 31-11¼. 5-Kelli Burke, Glen Rock 31-8¼. 6-Adwoa Asa-Awuku, New Milford 30-10.

DISCUS: 1-Kim Ferranti, Glen Rock 110-0. 2-Adwoa Asa-Awuku, New Milford 116-5. 3-Kathy Guimes, Ridgefield Park 108-4. 4-Reagan Clynne, Glen Rock 98-0. 5-Jen Colvin, Kittatinny 96-7. 6-Amy Clayton, River Dell 93-8.

JAVELIN: 1-Lauren Miller, Glen Rock 119-1. 2-Shannon Doremus, New Milford 116-5. 3-Kathy Guimes, Ridgefield Park 108-4. 4-Allyson Carrol, Mahwah 104-2. 5-Erin Pelt, Newton 103-8. Marisa Giancarlo, Lyndhurst 98-7.

1,600-METER RELAY (4x400): 1-Glen Rock (Sabrina Luciano, Michelle Stein, Katie Hanley, Michelle Satine) 4:06.8. 2-Manchester Regional 4:14.1. 3-New Milford 4:17.8. 4-Westwood 4:20.0. 5-Walkill Valley 4:21.4. 6-River Dell 4:26.4.

GROUP 2 N-II

TEAMS: 1-Summit 63. 2-Mendham 58. 3-Gov. Livingston 48. 4-Chatham 44. 5-Dayton Regional 30. 6-Millburn 28½. 7-Caldwell 28. 8-Boonton 25. 9-Montville 24. 10-Hillside 22. 11-Roselle 14. 12-Jefferson 10. 13-Hackettstown 9½. 14-Johnson Regional 9. 15-Hanover Park and Dover 8. 17-Morris Hills 2.

100-METER DASH: 1-Beth Reynolds, Boonton 12.9. 2-Kristine Adams, Gov. Livingston 13.3. 3-Amy Drowsowski, Johnson Regional, Leigh Ann Milosica, Johnson Regional, and Kristen Veltri, Montville 13.5. 6-Sarah Leyrer, Gov. Livingston, and Britt Boegenhasen, Millburn 13.7.

200-METER DASH: 1-Beth Reynolds, Boonton 27.0. 2-Jody Bruder, Dayton Regional 27.4. 3-Kristine Adams, Gov. Livingston 27.4. 4-Stacy Walker, Summit 27.9. 5-Megan Kowalski, Gov. Livingston 28.8. 6-Stacy Selander, Gov. Livingston 29.0.

400-METER RUN: 1-Stacy Walker, Summit 63.1. 2-Susi Henchy, Dover 63.6. 3-Karen O'Connor, Hanover Park 64.9. 4-Brooke Galfo, Montville 65.2. 5-Saleemah White, Hillside 66.2. 6-Raegan Keidak, Hackettstown 68.3.

800-METER RUN: 1-Courtney Baugh, Mendham 2:26.3. 2-Jenni Heim, Summit 2:28.8. 3-Chrissy Woodward, Chatham 2:29.9. 4-Megan Cooper, Summit 2:30.9. 5-Gina Russomano, Caldwell 2:31.2. 6-Heather Norton, Mendham 2:31.2.

1,600-METER RUN: 1-Courtney Baugh, Mendham 5:28.5. 2-Laura Wissolik, Chatham 5:35.3. 3-Rowna Spence, Montville 5:39.0. 4-Chrissy Woodward, Chatham 5:40.0. 5-Colleen Boyle, Caldwell 5:40.4. 6-Lauren Whitehead, Mendham 5:42.4.

3,200-METER RUN: 1-Laura Wissolik, Chatham 11:42.7. 2-Sarah Papke, Jefferson 11:49.8. 3-Colleen Boyle, Caldwell 12:07.1. 4-Lauren Whitehead, Mendham 12:13.4. 5-Tara Woolford, Summit 12:26.4. 6-Sarah Greenway, Summit 12:34.6.

100-METER HIGH HURDLES: 1-Megan Frail, Gov. Livingston 16.7. 2-Sue VanRiper, Chatham 16.8. 3-Robin Seipel, Montville 16.9. 4-Kim Young, Summit 17.0. 5-Andria Laracca, Hanover Park 17.3. 6-Nicole Skeahan, Hackettstown, and Deirdre O'Donnell, Gov. Livingston 17.4.

400-METER INTERMEDIATE HURDLES: 1-Megan Cooper, Summit 1:11.7. 2-Sue VanRiper, Chatham 1:12.7. 3-Jamie Levine, Dayton Regional 1:13.5. 4-Colleen Groome, Montville 1:13.7. 5-Midhi Mehia, Morris Hills 1:14.3. 6-Jodi Nykun, Mendham 1:14.6.

HIGH JUMP: 1-Wendy Coy, Mendham 5-0. 2-Erin Scott, Caldwell 5-0. 3-Jodi Bruder, Dayton Regional 5-0. 4-Sarah Leyrer, Gov. Livingston 5-0. 5-Audrey Sternick, Mendham, and Kristen Edgreen, Summit 4-10.

LONG JUMP: 1-Jodi Bruder, Dayton Regional 15-10¼. 2-Dineasha Potter, Gov. Livingston 15-7½. 3-Jodi Nykun, Mendham 15-5. 4-Britt Boegenhasen, Millburn 15-1. 5-Sherryta Freeman, Hillside 14-11½. 6-Kim Young, Summit 14-11¼.

SHOT PUT: 1-Nicole Adams, Hillside 36-3¼. 2-Janelle Roe, Mendham 33-10½. 3-Keisha Chandler, Roselle 33-6½. 4-Nurit Bloom, Millburn 30-½. 5-Jen Rogers, Jefferson 29-10½. 6-Jenn Deppert, Boonton 29-10.

DISCUS: 1-Nurit Bloom, Millburn 104-0. 2-Amanda Koziak, Hackettstown 97-2. 3-Keisha Chandler, Roselle 94-9. 4-Lisa Banta, Boonton 93-3. 5-Nicole Adams, Hillside 91-9. 6-Stacy O'Connor, Mendham 87-7.

JAVELIN: 1-Meagan Stout, Caldwell 96-8. 2-Lindsay Clark, Summit 95-3. 3-Jelena Stier, Millburn 93-4. 4-Milena Sterio, Hillsboro 92-9. 5-Keisha Chandler, Roselle 87-11. 6-Meagan Tracey, Johnson Regional 87-3.

1,600-METER RELAY (4x400): 1-Summit (Jen Heim, Stacy Walker, Lindsay Clark and Megan Cooper) 4:21.5. 2-Gov. Livingston 4:38.6. 3-Hillside 4:40.9. 4-Mendham 4:42.8. No other places.

GROUP 2 CENTRAL

TEAMS: 1-Ridge 72. 2-Asbury Park 56. 3-South Plainfield 51. 4-Delaware Valley 46. 5-Voorhees 32. 6-Holmdel and Wall 26. 8-Allentown 25. 9-Lawrence 21. 10-North Plainfield 18. 11-Hopewell Valley 17. 12-Carteret 14. 13-Monroe 12. 14-Somerville and Princeton 10. 16-Iselin Kennedy 8.

100-METER DASH: 1-Kelli Muse, Allentown 13.3. 2-Temi Songonuga, North Plainfield 13.3. 3-JoAnne Kertesz, Delaware Valley 13.5. 4-Kirsten Tolbert, Asbury Park 13.6. 5-Melissa Prattis, Delaware Valley 13.6. 6-Letisha Marrow, Lawrence 13.6.

200-METER DASH: 1-JoAnne Kertesz, Delaware Valley 28.0. 2-Kelli Muse, Allentown 28.0. 3-Robin Newbegin, Ridge 28.2. 4-Lavelle McCray, South Plainfield 28.2. 5-Kirsten Tolbert, Asbury Park 28.2. 6-Beth VanDoren, Somerville 28.4.

400-METER RUN: 1-Velieta Graham, Asbury Park 59.0. 2-Dionne Williams, Iselin Kennedy 62.8. 3-Katie Gayeski, Somerville 63.3. 4-Tracey Foose, Princeton 63.5. 5-Stephanie Eddy, Voorhees 63.7. 6-Justande Pasius, Asbury Park 63.8.

800-METER RUN: 1-Velieta Graham, Asbury Park 2:18.5. 2-Tara Powers, Wall 2:19.4. 3-Lia Finnerty, Wall 2:24.1. 4-Hagan McCurdy, Ridge 2:24.9. 5-Meghan Ganey, Ridge 2:24.9. 6-Becca Davis, Ridge 2:26.1.

1,600-METER: 1-Velieta Graham, Asbury Park 5:21.6. 2-Meghan Ganey, Ridge 5:23.7. 3-Amy MacDonald, Holmdel 5:30.2. 4-Becca Davis, Ridge 5:34.2. 5-Becca Raun, Ridge 5:36.3. 6-Colleen Feeny, Allentown 5:44.2.

3,200-METER RUN: 1-Amy MacDonald, Holmdel 11:24.5. 2-Meghan Ganey, Ridge 11:29.8. 3-Heather Perrine, Wall 11:52.3. 4-Sarah Foster, Princeton 12:09.2. 5-Colleen Feeny, Allentown 12:16. 6-Becca Raun, Ridge 12:17.8.

100-METER HIGH HURDLES: 1-Tamika Toppin, South Plainfield 14.9. 2-Samantha Mckoy, Lawrence 15.4. 3-Crystal Murphy, Hopewell Valley 15.6. 4-Stephanie Toomer, Hopewell Valley 16.2. 5-Janice Brenner, Monroe 16.6. 6-Meghan Barter, Voorhees 17.0.

400-METER INTERMEDIATE HURDLES: 1-Linnea Leaver, Voorhees 1:09.7. 2-Tara Omalowanicz, South Plainfield 1:10.9. 3-Kristin Geltz, Voorhees 1:11.8. 4-Melanie Poruchynsky, Holmdel 1:12.1. 5-Meghan Barter, Voorhees 1:13.4. 6-Rose Thomas, Asbury Park 1:13.8.

LONG JUMP: 1-Lisa LaMonte, Ridge 16-3¼. 2-Brandy Willver, Delaware Valley 15-8. 3-Stephanie Toomer, Hopewell Valley 15-6. 4-Melanie Byrd, Voorhees 15-5. 5-D. Bledzycki, Somerville 15-3½. 6-J. Griggs, Voorhees 15-3½.

HIGH JUMP: 1-Lisa LaMonte, Ridge 5-4. 2-Tamika Toppin, South Plainfield 5-4. 3-Kristine Geltz, Voorhees 5-0. 4-Kristine Ferrer, Delaware Valley 4-10. 5-Mira Manicmar, Lawrence 4-10. 6-Melissa Prattis, Delaware Valley 4-10.

SHOT PUT: 1-Janeen Csordos, South Plainfield 35-11¼. 2-Lisa LaMonte, Ridge 34-3. 3-Sonia Walton, Asbury Park 34-2¼. 4-Florence Seraphin, Asbury Park 33-11¼. 5-Tammi Ricciardi, Wall 32-11¼. 6-Amber Mozingo, South Plainfield, 32-10¼.

DISCUS: 1-Danielle Robbins, North Plainfield 109-10. 2-Amy Heck, Carteret 108-0. 3-Florence Seraphin, Asbury Park 108-0. 4-Melissa Kizis, Allentown 106-3. 5-Janeen Csordos, South Plainfield 100-5. 6-Michelle Byer, Hopewell Valley 99-11.

JAVELIN: 1-Nicole Scarmato, Monroe 109-2. 2-Christine Curtin, South Plainfield 103-4. 3-Amy Heck, Carteret 105-6. 4-Ailene Ganky, Delaware Valley 104-6. 5-Lindsay Taylor, Princeton 102-4. 6-Sandra Brown, Delaware Valley 95-2.

1,600-METER RELAY: 1-Lawrence 4:17.3. 2-Ridge 4:19.0. 3-Holmdel 4:19.7. 4-Wall 4:24.8. 5-Asbury Park 4:26.4. 6-Somerville 4:28.4.

GROUP 2 SOUTH

TEAMS: 1-Moorestown 86. 2-Pleasantville 50.2. 3-West Deptford 50. 4-Kingsway 4. 5-Buena 44. 6-Cinnaminson 38. 7-Northern Burlington 35. 8-Salem 24. 9-Woodstown 1. 10-Pineblands 16. 11-Haddon Township and Gateway 7. 13-Point Pleasant Boro 6. 14-Middle Township 4.5. 15-Delran 4.

100-METER DASH: 1-Fateen Abdel-Baait, Pleasantville 12.8. 2-Joy Woods, Slaem 12.8. 3-Natalee Edwards, Pleasantville 13.0. 4-Alanna Pritchett, Delran 13.3. 5-Laure Haines, West Deptford 13.4. 6-Patrice Hendricks, Northern Burlington 13.4.

200-METER DASH: 1-Fateen Abdel-Baait, Pleasantville 25.7. 2-Lauren Haines, West Deptford 26.8. 3-Patrice Hendricks, Northern Burlington 27.3. 4-Ermine Cazeau, Buena 27.4. 5-Tracy Edwards, Pleasantville 27.4. 6-Tracy Wileczek, West Deptford 28.1.

400-METER RUN: 1-Shaunna Ross, Moorestown 1:01.9. 2-Meredith Bray, Northern Burlington 1:02.4. 3-Lauren Meyer, Kingsway 1:02.8. 4-Love Braxton, Moorestown 1:03.3. 5-Larren Tice, Kingsway 1:03.8. 6-Kim Price, Middle Township, and Tracy Edwards, Pleasantville 1:04.4.

800-METER RUN: 1-Autumn Oczkowski, Cinnaminson 2:24.9. 2-Shannon Hafner, Cinnaminson 2:27.0. 3-Meredith Senholzi, West Deptford 2:30.7. 4-Claudine Smith, Buena 2:33.2. 5-Leah Williams, Moorestown 2:33.3. 6-Sue Master, Gateway 2:34.9.

1,600-METER RUN: 1-Colleen Sunderland, Northern Burlington 5:19.5. 2-Katie Ryan, Moorestown 5:24.7. 3-Amy Beykirch, Pineblands 5:25.9. 4-Shannon Hafner, Cinnaminson 5:28.5. 5-Katie Janes, Middle Township 5:37.6. 6-April Rizzuto, Kingsway 5:38.0.

3,200-METER RUN: 1-Colleen Sunderland, Northern Burlington 11:14.7. 2-Katie Ryan, Moorestown 11:20.8. 3-Amy Beykirch, Pineblands 11:23.2. 4-Jamie Weiserger, Woodstown 11:30.0. 5-Denise Hafner, Cinnaminson 11:58.3. 6-Katie Janes, Middle Township 12:03.

100-METER HIGH HURDLES: 1-Shatich Rivers, Moorestown 14.9. 2-Laura Boniello, Buena 15.3. 3-Randy Coia, Gateway 15.3. 4-Bernadette Reynolds, Pleasantville 16.2. 5-Maria Maguire, Haddon Township 16.2. 6-Susan Shute, Haddon Township 16.3.

400-METER INTERMEDIATE HURDLES: 1-Laura Boniello, Buena 1:05.3. 2-Natalee Edwards, Pleasantville 1:05.6. 3-Amada Bush, Kingsway 1:09.9. 4-Tory Henricks, Pineblands 1:10.4. 5-Michelle Whittaker, Haddon Township 1:10.7. 6-Sherry Anne Kluskins, Middle Township 1:11.1.

HIGH JUMP: 1-Becky Creedon, West Deptford 5-4. 2-Shatich Rivers, Moorestown 5-4. 3-Chris McCabe, Point Pleasant Boro 5-2. 4-Kristina Hartel, Kingsway 5-2. 5-Robin Berner, Moorestown, Melissa Powell, Woodstown, and Shavanna Ross, Moorestown 4-10.

LONG JUMP: 1-Shatich Rivers, Moorestown 17-2. 2-Tabitha Gary, Moorestown 15-9½. 3-Veronica West, Kingsway 15-8¾. 4-Lisa Carabello, West Deptford 15-6¼. 5-Maria Maguire, Haddon Township 15-5¼. 6-Michelle Taylor, West Deptford 14-11¼.

SHOT PUT: 1-Juliet Lancaster, West Deptford 35-10½. 2-Shatich Rivers, Moorestown 35-3¼. 3-Denise Scarbrough, Salem 33-0. 4-Shareese Jones, Cinnaminson 32-1. 5-Alisha Heyward, Kingsway 32-0¾. 6-Kerri Sullivan, Kingsway 31-9¼.

DISCUS: 1-Denise Scarbrough, Salem 103-9. 2-Stephanie Owen, Woodstown 101-11. 3-Michelle Cain, West Deptford 97-0. 4-Tracy Giordillo, Buena 95-5. 5-Jody Williams, Kingsway 93-11. 6-Melissa Lodge, Kingsway 93-5.

JAVELIN: 1-Lisa Keen, Buena 101-1. 2-Tricia Anderson, Cinnaminson 101-0. 3-Jodee Gahrs, Kingsway 98-4. 4-Stephanie Owen, Woodstown 97-6. 5-Amy Simmler, Kingsway 95-6. 6-Shareese Jones, Cinnaminson 93-8.

1,600-METER RELAY (4x400): 1-Pleasantville (Fateen Abdel-Baait, Natalee Edwards, Tracy Edwards and Bernadette Reynolds) 4:11.5. 2-Moorestown 4:23.3. 3-Kingsway 4:23.7. 4-Buena 4:24.1. 5-West Deptford 4:25.8. 6-Middle Township 4:29.9.

GROUP 1 NORTH I

TEAMS: 1-Hasbrock Heights 69. 2-Secaucus 68. 3-Bogota 59. 4-Saddle Brook 53. 5-Midland Park 34. 6-Walton 33. 7-Hawthorne 24. 8-Ridgefield 23. 9-Cresskill and Emerson 18. 11-Leonia 15. 12-Academic 11. 13-Palisades Park 5. 14-Waldwick 3.

100-METER DASH: 1-Keisha Laffy, Wallington 12.0. 2-Miranda Reeves, Hasbrock Heights 13.3. 3-Joslin Kwan, Emerson 13.5. 4-Jen Hettel, Wallington, and Nicole Caplan, Leonia 13.7. 5-Lauren Bogner, Cresskill 13.7.

200-METER DASH: 1-Miranda Reeves, Hasbrock Heights 27.6. 2-Audrey Ting, Secaucus 28.3. 3-Gina Papa, Secaucus 28.6. 4-Nicole Caplan, Leonia 28.7. 5-Jen Hettel, Wallington 28.8. 6-Natalie Ardito, Saddle Brook 28.9.

400-METER RUN: 1-Jen Grasso, Hasbrock Heights 1:02.2. 2-Audrey Ting, Secaucus 1:02.3. 3-Gina Papa, Secaucus 1:02.7. 4-Jeannie Petersen, Emerson 1:02.9. 5-Shana Lyms, Pompton Lakes 1:04.2. 6-Tricia Saunders, Cresskill 1:04.4.

800-METER RUN: 1-Diana Lana, Saddle Brook 2:22.0. 2-Keisha Laffy, Wallington 2:23.7. 3-Amy Hamernick, Midland Park 2:27.6. 4-Cathy Saunders, Cresskill 2:30.4. 5-Sandy Echeverri, Secaucus 2:32.0. 6-Renee Zengel, Secaucus 2:32.3.

1,600-METER RUN: 1-Kerry Moore, Midland Park 5:27.8. 2-Renee Zengel, Secaucus 5:34.9. 3-Kristen LaFond, Bogota 5:36.5. 4-Nancy Seigel, Leonia 5:43.7. 5-Anna Castellini, Palisades Park 5:45.0. 6-Tina Govca, Palisades Park 5:46.0.

3,200-METER RUN: 1-Renee Zengel, Secaucus 11:49.3. 2-Kerry Moore, Midland Park 11:50.0. 3-Kristen LaFond, Bogota 11:55.3. 4-Nancy Seigel, Leonia 12:07.8. 5-Anna Castellini, Palisades Park 12:09.0. 6-Sandy Echeverri, Secaucus 12:10.9.

100-METER HIGH HURDLES: 1-Kerry Wasser, Saddle Brook 16.1. 2-Jenny Siegel, Bogota 16.2. 3-Petra Blackwood, Bogota 16.5. 4-Amy Vega, Hasbrock Heights 16.6. 5-Daniela Gagliano, Waldwick 16.7. 6-Heather Woodbridge, Hasbrock Heights 17.2.

400-METER INTERMEDIATE HURDLES: 1-Amy Vega, Hasbrock Heights 68.6. 2-Diana Lana, Saddle Brook 69.0. 3-Jean Grosso, Hasbrock Heights 69.5. 4-Antonia Catanzaro, Secaucus 70.0. 5-Jeannie Petersen, Emerson 70.8. 6-Petra Blackwood, Bogota 72.3.

HIGH JUMP: 1-Kerry Wasser, Saddle Brook 5.2. 2-Michelle Carcich, Hasbrock Heights 4.10. 3-Danielle Hayes, Hawthorne 4.8. 4-Terri Alston, Midland Park 4.8. 5-Lindsey Bliss, Pompton Lakes 4.6. No sixth place.

LONG JUMP: 1-Jennifer Hettel, Wallington, 16-5/2. 2-Kelly Johnson, Pompton Lakes 15-6/2. 3-Jeannie Petersen, Emerson 15-1/2. 4-Miranda Reeves, Hasbrock Heights 15-1/2. 5-Sandy Echeverri, Secaucus 14-11. 6-Ariadna Forsay, Waldwick 14-9/2.

SHOT PUT: 1-Angela Zappella, Academic 35-1/2. 2-Marie Remiggio, Bogota 34-10/2. 3-Anna Gravino, Saddle Brook 31-5/4. 4-Chareen Caplan, Bogota 30-4/4. 5-Kim Wootton, Pompton Lakes 30-4/4. 6-Connie Zappella, Academic 29-7.

DISCUS: 1-Chereen Caplan, Bogota 106-9. 2-Marie Remiggio, Bogota 106-1. 3-Laura Mulder, Hawthorne 101-8. 4-Jenn Bornkamp, Saddle Brook 100-4. 5-Janine Caplan, Bogota 97-10. 6-Cinda Grippi, Pompton Lakes 89-0.

JAVELIN: 1-Liz Zagatta, Hawthorne 104-2. 2-Kim Wootton, Pompton Lakes 103-1. 3-Diana Sanchez, Cresskill 86-7. 4-Cathy Saunders, Cresskill 85-1. 5-Christine Ward, Secaucus 84-10. 6-Brianne Higgins, Cresskill 84-7.

1,600-METER RELAY (4x400): 1-Secaucus (Sandy Echeverri, Antonio Catanzaro, Audrey Ting and Gina Papa) 4:15.0. 2-Hasbrock Heights 4:16.9. 3-Midland Park 4:22.0. 4-Saddle Brook 4:24.1. 5-Hawthorne 4:26.0. 6-Cresskill 4:33.2.

GROUP 1 NORTH II

TEAMS: 1-Science 99. 2-Pequannock 72. 3-Mountain Lakes 65. 4-Madison 45. 5-Glen Ridge 36. 6-Arts 30. 7-New Providence 29. 8-Butler 23. 9-Roselle Park 20. 10-Kinnelon 13. 11-Whippany Park 8. 12-Verona and Cedar Grove 2.

100-METER DASH: 1-Ligeia Ferguson, Science 12.5. 2-Karen Carniol, Glen Ridge 12.8. 3-Camille Brown, Arts 12.8. 4-Cherise Dudziak, Kinnelon 12.9. 5-Samira Hall, Science 13.1. 6-Kris Dugan, New Providence 13.1.

200-METER DASH: 1-Ligeia Ferguson, Science 26.7. 2-Camille Brown, Arts 27.1. 3-Samira Hall, Science 27.4. 4-Karen Carniol, Glen Ridge 27.4. 5-Latrice Clark, Arts 27.8. 6-Kris Dugan, New Providence 27.8.

400-METER RUN: 1-Stacy Walker, Science 58.7. 2-Camille Brown, Arts 59.5. 3-Latrice Clark, Arts 61.8. 4-Hanifa Johnson, Science 63.2. 5-Laura Mancinelli, Pequannock 63.4. 6-Kelly Shenton, Pequannock 63.6.

800-METER RUN: 1-Stacy Walker, Science 2:23.4. 2-Jannah Grant, Science 2:27.8. 3-Kristy Petonak, Pequannock 2:27.8. 4-Eileen Duffy, Mountain Lakes 2:32.1. 5-Nancy George, Whippany Park 2:33.5. 6-Amanda Wesley, Mountain Lakes 2:38.3.

1,600-METER RUN: 1-Jessica King, Glen Ridge 5:07.7 record; former record 5:11.5. Ann Gladue, Bayley-Elland, 1978. 2-Kristy Petonak, Pequannock 5:35.3. 3-Kelly Carpenter, Mountain Lakes 5:36.1. 4-Eileen Duffy, Mountain Lakes 5:39.6. 5-Jannah Grant, Science 5:46.4. 6-Nora Lee, Butler 5:48.7.

3,200-METER RUN: 1-Jessica King, Glen Ridge 10:54.5 record; former record 11:05.1. Roxanne Polo, Whippany Park, 1982. 2-Kelly Carpenter, Mountain Lakes 11:54.0. 3-Jen Tiley, Mountain Lakes 12:26.8. 4-Angela Landau, Pequannock 12:44.5. 5-Melody Davis, Kinnelon 12:00.1. 6-Tracy Gilris, Whippany Park 12:56.8.

100-METER HIGH HURDLES: 1-Cory Taylor, Madison 15.7. 2-Cara Natoli, Mountain Lakes 16.3. 3-Christine Wilkerson, Pequannock 16.9. 4-Adrienne Appelo, Roselle Park 17.3. 5-Coby Carrier, Mountain Lakes 17.6. 6-Yolanda Bennett, Science 17.6.

400-METER INTERMEDIATE HURDLES: 1-Cara Natoli, Mountain Lakes 66.0. 2-Cory Taylor Madison 67.2. 3-Kristen Sivka, Kinnelon 68.2. 4-Hanifa Johnson, Science 68.8. 5-Christine Wilkerson, Pequannock 69.1. 6-Kelly Shenton Pequannock 69.2.

HIGH JUMP: 1-Tara Farkus New Providence 5-0. 2-Jamillah Jabbar, Science 4-10. 3-Mimi Chalupt, Butler 4-8. 4-Lileen Duffy, Mountain Lakes 4-8. 5-Cara Natoli, Mountain Lakes, Malinda Strange, Madison, and Karen Carniol, Glen Ridge 4-6.

LONG JUMP: 1-Cara Natoli, Mountain Lakes 16-3/4. 2-Maunda Strange, Madison 15-11/4. 3-Adrienne Appelo, Roselle Park 15-7. 4-Samira Hall, Science 15-5. 5-Kelly Shenton, Pequannock 15-1/2. 6-Coby Carrier, Mountain Lakes 15-0/2.

SHOT PUT: 1-Sue Albert Pequannock 35-1/2. 2-Kathy Jones, Madison 32-0/2. 3-Jen Simmonds, Roselle Park 31-4. 4-Krista Gunderson, Butler 31-1/2. 5-Kate Oliver, Madison 30-4/2. 6-Candace Mims, Whippany Park 28-8.

DISCUS: 1-Sue Albert Pequannock 108-2. 2-Chereen King Madison 104-6. 3-Krista Gunderson, Butler 97-6. 4-Emily Lacroix, Pequannock 89-8. 5-Jaime Rehus, Glen Ridge 87-6. 6-Rachael Smith, New Providence 85-2.

JAVELIN: 1-Rachael Smith, New Providence 110-10. 2-Sue Albert, Pequannock 95-3. 3-Sarah Wright, Butler 91-2. 4-Jennifer Simmonds, Roselle Park 88-9. 5-Sarah James, Cedar Grove 88-8. 6-Jaime Rehus, Glen Ridge 86-3.

1,600-METER RELAY (4x400): 1-Science (Ligeia Ferguson, Samira Hall, Hanifa Johnson and Stacy Walker) 4:09.8. 2-Pequannock 4:21.9. 3-New Providence 4:24.7. 4-Whippany Park 4:26.9. 5-Verona 4:27.7. 6-Kinnelon 4:29.7.

GROUP 1 CENTRAL

TEAMS: 1-Metuchen 126%. 2-Bound Brook 78. 3-Bernards 74 1/4. 4-Montgomery 52%. 5-Rumson 27 1/4. 6-Highland Park 28. 7-Middlesex 15. 8-Spotswood 13. 9-Manville 19. 10-Keypoint 8 1/2. 11-Dunellen 1.

100-METER DASH: 1-Dominique Pino, Metuchen 12.5. 2-Lanyka Brown, Metuchen 12.6. 3-Tiffany Ellis, Metuchen 12.9. 4-DeBoney Brailwhite, Keypoint, and Angela Sprunger, Metuchen 13.6. 6-Melanie Sudnick, Spotswood 13.9.

200-METER DASH: 1-Dominique Pino, Montgomery 26.8. 2-Lanyka Brown, Metuchen 27.0. 3-Tammy Locklear, Bound Brook 27.7. 4-Gina Nye, Metuchen 28.0. 5-Melanie Sudnick, Spotswood 28.8. 6-Kyrra Mosley, Dunellen 29.2.

400-METER RUN: 1-Tiffany Ellis, Metuchen 1:00.3. 2-Tammy Locklear, Bound Brook 1:01.3. 3-Angela Sprunger, Metuchen 1:02.0. 4-Meg Stevens, Montgomery 1:03.4. 5-Rachel Lorch, Metuchen 1:03.8. 6-Kristen Henderson, Rumson 1:03.9.

800-METER RUN: 1-Meghan Walsh, Bernards 2:24.5. 2-Allison Luvker, Bernards. 3-Kelsey Barfus, Bernards 2:31.2. 4-Amy Sorokoll, Rumson 2:32.0. 5-Natalie Nowakowski, Spotswood 2:33.3. 6-Liz Gruentfeld, Metuchen 2:35.4.

1,600-METER RUN: 1-Meghan Walsh, Bernards 5:31.6. 2-Kelsey Barfus, Bernards 5:36.3. 3-Lisa Anderson, Rumson 5:37.2. 4-Sarah Forcye, Bernards 5:46.0. 5-Joy Bashew, Metuchen 5:55.4. 6-Lisa Ullman, Middlesex 5:57.0.

3,200-METER RUN: 1-Lisa Anderson, Rumson 11:51.4. 2-Kelsey Barfus, Bernards 12:20.0. 3-Marianna Mykytko, Bound Brook 12:25.5. 4-Roshannah Pearlmann, Highland Park 12:25.9. 5-Kim Bigelow, Bernards 12:46.6. 6-Joy Bashew, Metuchen 12:56.2.

100-METER HIGH HURDLES: 1-Lanyka Brown, Metuchen 14.9. 2-Talya Williams, Highland Park 15.9. 3-Marissa Stocklin, Montgomery, and Dominique Pino, Montgomery, 16.7. 5-Kelli Redding, Metuchen 16.8. 6-Colleen Kozak, Rumson 17.1.

400-METER INTERMEDIATE HURDLES: 1-Kathy Brodka, Manville 68.9. 2-Kelli Redding, Metuchen 59.8. 3-Heather Wagner, Middlesex 70.5. 4-Erica Fenlon, Metuchen and Julie Macan, Metuchen 1:14.8. 6-Erin Clendeny, Bernards 1:11.9.

HIGH JUMP: 1-Sontrique Richardson, Bound Brook 4-10. 2-Talya Williams, Highland Park 4-10. 3-Sarah Deming, Bernards; Colleen Kozak, Rumson, Marissa Stocklin, Montgomery, and Julie Macan, Metuchen 4-8.

LONG JUMP: 1-Dominique Pino, Montgomery 16-2. 2-Sontrique Richardson, Bound Brook 15-6. 3-Tiffany Ellis, Metuchen 15-3. 4-Marissa Stocklin, Montgomery 14-11. 5-Lanyka Brown, Metuchen 14-9. 6-Kelli Redding, Metuchen 14-8.

SHOT PUT: 1-Shawna Peoples, Bound Brook 35-2. 2-Cathy Masucci, Bound Brook 33-8. 3-Shirley Forer, Highland Park 32-9. 4-Janelle Pocknett, 31-2. 5-Marissa Stocklin, Montgomery 31-1. 6-Keri Milano, Bernards 31-1.

DISCUS: 1-Jamie Vignali, Metuchen 110-8. 2-Cathy Masucci, Bound Brook 105-2. 3-Cara McDermit, Metuchen 97-2. 4-Dayna Kucharz, Bernards 96-3. 5-Shawna Peoples, Bound Brook 93-1. 6-Alicia Rosario, Metuchen 86-1.

JAVELIN: 1-Jen Graf, Metuchen 114-2. 2-Tonia Pisarek, Middlesex 107-9. 3-Kim Figueroa, Bound Brook 96-8. 4-Hope Balazs, Spotswood 92-3. 5-Jaquie Stephens, Bernards 91-6. 6-Dayna Kucharz, Bernards 88-6.

1,600-METER RELAY (4x400): 1-Metuchen (Angela Sprunger, Rachael Lorch, Kelli Redding and Tiffany Ellis) 4:17.6. 2-Bound Brook 4:23.9. 3-Bernards 4:25.5. 4-Spotswood 4:33.8. 5-Rumson 4:36.4. 6-Montgomery 4:38.0.

GIRLS' GROUP 1 SOUTH

TEAMS: 1-Haddonfield 80. 2-Schalick 77.

3-Paulsboro 77. 4-Pitman 49. 5-Maple Shade 26. 6-Riverside and Florence 20. 8-Heights 19. 9-Glassboro 18. 10-Penns Grove 16. 11-Burlington Township 9. 12-Woodbury 7. 13-Palmyra and Audubon 6.

100-METER DASH: 1-Mieaha Camper, Riverside 11.7 record; former record 11.8. 2-Kelly Kingsway, Woodbury, 1981, and Denise DeLoath, Kingsway, 1986. 2-Candye DeLoath, Schalick 12.3. 3-Chanel Fortune, Paulsboro 12.7. 4-Fanta Wallace, Haddon Heights 12.8. 5-Chavone Carter, Glassboro 12.8. 6-Jill Capie Haddon Heights 13.3.

200-METER DASH: 1-Mieaha Camper, Riverside 25.3. 2-Candye DeLoath, Schalick 25.3. 3-Tina Johnson, Burlington Township 27.1. 4-Mayia Yadam, Glassboro 26.9. 5-Chanel Fortune, Paulsboro 27.7. 6-Mandy Davis, Schalick 28.5.

400-METER RUN: 1-Kim Evans, Schalick 1:01.6. 2-Brooke Murray, Pitman 1:01.6. 3-Kristy Fryberger, Paulsboro 1:02.4. 4-Sadiyyah Watmoon, Glassboro 1:02.4. 5-Laura Yahnke, Pitman 1:03.3. 6-Mary Love, Haddonfield 1:04.2.

800-METER RUN: 1-Lisa Madden, Haddonfield 2:25.4. 2-Lisa Madden, Haddonfield 2:25.9. 3-Lace Headnick, Pitman 2:30.4. 4-Judice, Haddonfield 2:34.9. 5-Kelly McNamara, Audubon 2:40.6. 6-Joelle Clap, Haddon Heights 2:40.9.

1,600-METER RUN: 1-Jen Rafferty, Riverside 5:27.7. 2-Lisa Madden, Haddonfield 5:27.7. 3-Julie Bernethick, Haddonfield 5:27.7. 4-Tiffany Goldy, Pitman 5:39.7. 5-Jane Adams, Paulsboro 5:44.3. 6-Jen Woods, Woodbury 5:47.9.

3,200-METER RUN: 1-Jen Rafferty, Riverside 11:38.1. 2-Lisa Madden, Haddonfield 11:53.3. 3-Jen Woods, Woodbury 12:15.0. 4-Tiffany Goldy, Pitman 12:02.5. 5-Jane Adams, Paulsboro 12:15.0. 6-Annis Whitcomb, Haddonfield 12:26.2.

100-METER HIGH HURDLES: 1-Maabo Kludze, Maple Shade 15.8. 2-Dareth Delles, Paulsboro 16.7. 3-Fiona Sheehan, Pitman 16.7. 4-Christine Morgan, Haddonfield 17.1. 5-Katrina Turner, Haddon Heights 17.3. 6-Wanda Sharpe, Paulsboro 17.3.

400-METER INTERMEDIATE HURDLES: 1-Kim Evans, Schalick 1:07.6. 2-Wanda Sharpe, Paulsboro 1:08.0. 3-Jill Giannini, Maple Shade 1:11.5. 4-Denise Cook, Paulsboro 1:11.5. 5-Maabo Kludze, Maple Shade 1:13.1. 6-Je Richards, Schalick 1:13.7.

HIGH JUMP: 1-Brooke Murray, Pitman 2-Beth Ann Castagno, Haddonfield, and Erin Chamberlin, Haddonfield 4-10. 4-Laura Yahnke, Pitman 4-10. 5-Erin Knoll, Audubon 4-8. 6-Candye DeLoath, Schalick 4-8.

LONG JUMP: 1-Jill Giannini, Maple Shade 16-10 3/4. 2-Maya Yadam, Glassboro 16-10 3/4. 3-Sherricka Martin, Penns Grove 15-11. 4-Kim Evans, Schalick 15-10. 5-Tina Johnson, Burlington Township 15-7 1/2. 6-Elyna Sheehan, Pitman 15-6 1/4.

SHOT PUT: 1-Stacey Pierce, Penns Grove 34-8. 2-Beth Rump, Schalick 31-3. 3-Stephanie Mills, Haddonfield 31-4 1/4. 4-Ma Boardley, Palmyra 31-3. 5-Nicole Zammarelli, Paulsboro 30-1. 6-Danyelle Pollard, Paulsboro 29-9 1/2.

DISCUS: 1-Nicole Zammarelli, Paulsboro 100-3. 2-Wendy Hendrickson, Paulsboro 99-3. 3-Misty Askin, Paulsboro 93-3. 4-Michele Goode, Schalick 91-5. 5-Jen Goode, Schalick 91-5. 6-Diana Porter, Burlington Township 91-4.

JAVELIN: 1-Kelly McCarthy, Haddon Heights 119-1. 2-Rebecca Collins, Schalick 94-10. 3-Michelle Goode, Schalick 94. 4-Stephanie Mills, Haddonfield 93-8. 5-Mo Walsh, Palmyra 91-11. 6-Holly Locatore, Paulsboro 85-7.

1,600-METER RELAY (4x400): 1-Paulsboro (Kristy Fryberger, Belynda Niemi, Chanel Fortune and Wanda Sharpe) 4:16.7. 2-Schalick 4:18.2. 3-Haddonfield 4:19.8. 4-Pitman 4:25.5. 5-Audubon 4:40.2. 6-Haddon Heights 4:44.7.

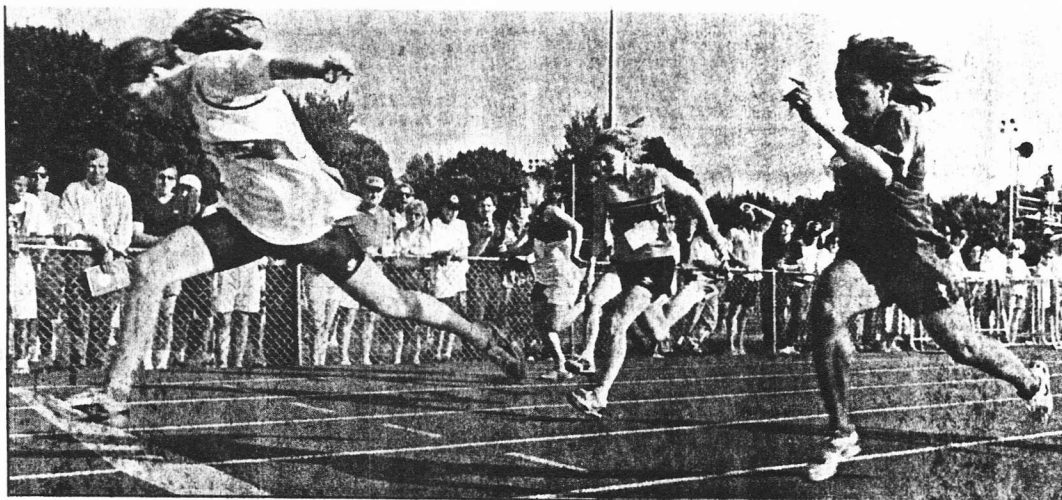
BERGEN MEET OF CHAMPS TENAFLY 5-31

100 meters	Tonia Clark	13.8(T)	
200 meters	Kate Brunner	26.9(T)	
400 meters	Melissa Gilbert	59.1	<u>2nd</u>
800 meters	Gizelle Watson (32,67)	2:19.1	<u>3rd</u>
	Sarah McDermott (34,69)	2:26.2	8th
1600 meters	Stephanie Doyle (80,81,77,75)	5:14.7	<u>2nd</u>
	Lauren Stuhr (80,81,80,82.3)	5:23.1	<u>4th</u>
3200 meters	Jenna Rogers (75.8,77.1,79.9,80.3,79.9,80.9,82.2,77.8)	10:33.9	<u>1st COUNTY RECORD</u>
	Kim Folk (83,85,87,87,89,96,95,93)	12:06.9	<u>4th</u>
100 hurdles	Faith Ninivaggi 15.9(T),15.8(S)	15.4	<u>4th</u>
long jump	Shannon McGarrigle Tonia Clark	16' 3/4" 15' 8"	<u>6th</u>
triple jump	Vanessa McDermott Shannon McGarrigle	33'6" 32' 11 3/4"	<u>6th</u>
high jump	Susan McCullagh	NH	
4X400	McDermott - 63.1 Brunner - 62.6 Watson - 61.6 Gilbert - 60.3	4:07.4	<u>4th</u>

Outstanding efforts from Gizelle Watson in the 800, Faith Ninivaggi in the hurdles and Jenna Rogers in the 3200 meters. Jenna won outstanding female runner of the meet!

Jenna Rogers of Ridgewood has a shot at the 12-year-old County 3,200-meter record of 10:34.5 in her final area appearance. The 800- and 1,600-meter runs should also be exciting races. Competitive races are also expected in the 100, 400, and intermediate hurdles.

In the field events, the high jump appears wide open, along with the triple jump and all three weights.



DANIELLE P. RICHARDS/STAFF PHOTOGRAPHER

Erika Albles of Pascack Valley lunges across the finish line to win the girls 100 meters at the Bergen Meet of Champions.

Record day for Rogers, Dawkins

By BOB KURLAND
Staff Writer

TENAFLY — Senior Jenna Rogers of Ridgewood set a Bergen County record for the 3,200 meters while sophomore Joe Dawkins of Hackensack left himself something to shoot for in the future as he broke the 100- and 200-meter County records Tuesday in the fourth annual Lou Lanzalotto Bergen Meet of Champions at Tenafly.

Rogers cruised the two miles in 10 minutes, 33.9 seconds, to smash the seven-year mark set by another Ridgewood runner, Jennifer Hughes. Her reward was a huge blood blister that forced her to limp off the track.

"I had another one that just healed," said the sizzling senior. "I went out looking for the record today because it was my last meet in the county. But I still have the States, and Golden West, and maybe the North Carolina meet to break it again."

While it didn't bother her running with the competition far behind in the two mile, she said, "It kind of helped when I started lapping people because it gave me someone to chase. I hope to lower my time in the States and cut my time in the mile under five minutes."

She'll visit the foot doctor today. "In the past I never had problems with blisters, so I'm not sure what to expect," she said.

Dawkins didn't have any problems as he breezed in 10.4 seconds in the 100 and 21.5 in the 200.

"I went into the meet looking for a 10.4 and 21.5," said Dawkins. "The idea was to get my time down so I could reach my goal of winning the States. I feel I'll have to improve my 200 time to win, but I'll be pushed more."

"The 100 is my favorite because it's probably the most exciting race," said Dawkins. "I really enjoy it."

Ramsey's Jen Dougherty shattered her school records by winning the discus with a toss of 121 feet, 3 inches — nearly nine feet longer than she's ever thrown —

TRACK

and the shot with a throw of 37-10 3/4.

"I felt that this was my last chance here as a senior, so I'd better get it out there," said the senior, who is heading for Niagara, which doesn't have a track team.

"I'm going there for volleyball, but hopefully we can get the school to start a women's track team," Dougherty said. "I'm looking to go further in the States."

Her youthful teammate, freshman Dana Satir, captured the 1,600 in 5:13.7, which was a tad slower than her best. "The competition will be tougher in the State and I hope it'll push me under 5:10."

"I also like the 800, but the mile is a little more relaxing," says Satir, who will have three more cracks at the title in her career. Ridgewood's Bob Keino said farewell to Bergen County track by breaking his 800-meter meet record, winning easily in 1:53.4. It's possible he'll crack the County record of 1:50.3 in the States.

Almost perfect weather conditions led to the fine performances.

Bergen Meet of Champions

Boys
Shot put — 1, Mike Sheehan, Demarest, 53-8; 2, Sean McGrooper, Bergen Catholic, 51-4 1/2; 3, Frank Chamberlain, Mahwah, 51-2; 4, Andy Zoumas, Bergenfield, 48-5; 5, Ron Flinchum, Demarest, 47-9; 6, Damian Ciriak, Fair Lawn, 47-2 1/2.
400 — 1, Bob Keino, Ridgewood, 1:53.4 (meet record, 1:53.8, Keino, 1993); 2, Mario Hickey, Don Bosco, 1:57; 3, Frank Monks, Don Bosco, 1:57.8; 4, Brendan Sicolas, Glen Rock, 1:58.7; 5, Brian Hillard, Rutherford, 1:58.7; 6, Brian DeKorle, Ramapo, 1:59.1.
Long jump — 1, John Deschamps, Ridgewood Park, 21-6 1/2; 2, Andy Parolton, Don Bosco, 21-2 1/4; 3, Jerry Zielinski, Lyndhurst, 21-2; 4, Mike Bradley, Teaneck, 20-10 1/4; 5, Anthony Hampton, Englewood, 20-6 1/4; 6, Fred Lee, Old Tappan, 20-1 1/4.
400 IH — 1, Chris Bovie, Belton, 56; 2, Mike Martin, Bergen Catholic, 56; 3, Devott Larkins, Hackensack, 56; 4, Alan Yarkoni, Pascack Hills, 57; 5, Billy Bryant, Bergen Catholic, 57; 6, Damian Grecco, Ridgewood Park, 57.
400 — 1, Chris Hall, Teaneck, 49; 2, Matt Chacko, Bergen Catholic, 50; 3, Neil Conception, Demarest, 50; 4, Jim Coughlin, Elmwood Park, 51; 5, Eric Witzmann, Wausick, 51; 6, Jaime Saez, Bergenfield, 52.
100 — 1, Joe Dawkins, Hackensack, 10.4 (meet record, 10.5, Dawkins and Darluis Pemberton of Hackensack, 1993); 2, John Mabry, Hackensack, 11.0; 3, John Deschamps, Ridgewood Park, 11.0; 4, Sam Aguilar, Ridgewood Park, 11.1; 5, Anthony Alvarez, Paramus Catholic, 11.2; 6, Ed Weiss, Pascack Valley, 11.3.
Javelin — 1, Justin Schwartz, Glen Rock, 184-8; 2, Ian Gordon, Garfield, 184-11; 3, Roland Batchelor, Rutherford, 182-8; 4, Sean Irving, Rutherford, 181-11; 5, Jason DiSalvo, Glen Rock, 172-7; 6, John Haney, Glen Rock, 168-3.



DANIELLE P. RICHARDS/STAFF PHOTOGRAPHER

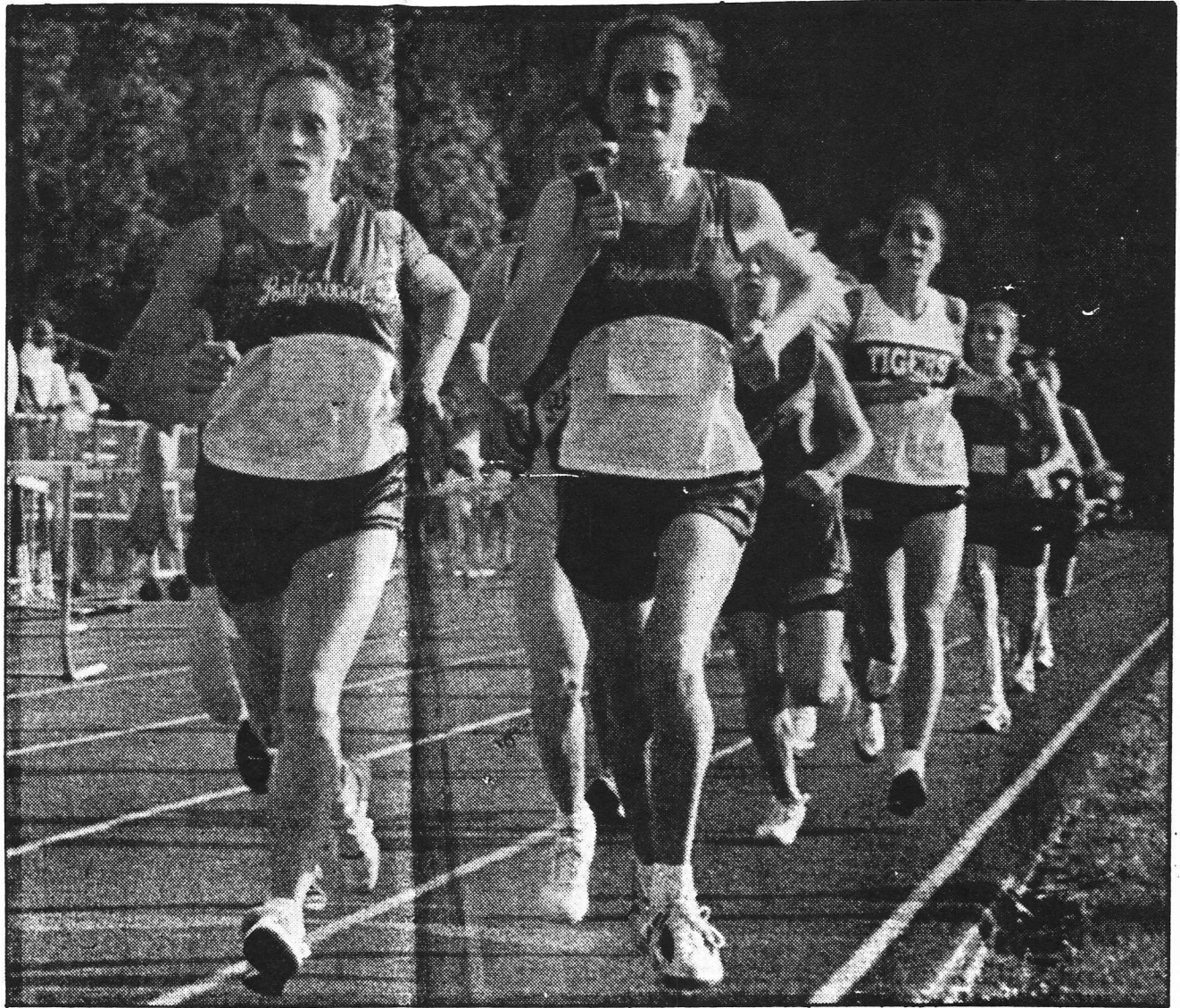
Joe Dawkins of Hackensack, left, embraces teammate John Mabry after they finished one-two in the boys 100 meters.

1,000 — 1, Eric Castillo, Ridgewood Park, 4:28.3; 2, Jason Webec, Bergen Catholic, 4:31.2; 3, Bret Weak, Westwood, 4:32.2; 4, Henock Assafa, Fort Lee, 4:33.3; 5, David Laderwood, Park Ridge, 4:37.6; 6, Andrew Knight, Ramapo, 4:40.5.
1,200 — 1, Matt Ziljan, Pascack Valley, 9:28.4; 2, Jake Lavrine, Don Bosco, 9:37.7; 3, Jose Tapia, Cliffside Park, 10:04; 4, Kevin Gillman, Bergen Catholic, 10:08.4; 5, Pete Isaacson, Don Bosco, 10:09.5; 6, Geoff Ryan, Pascack Valley, 10:17.9.
High jump — 1, Godfrey Gordon, Garfield, 6-6; 2, Mike Bradley, Teaneck, 6-6; 3, Steve Dulesky, Ridgewood, 6-4; 4, Kevin Krstein, Demarest, 6-4; (tie) Donald Haller, Ridgewood Park, and Thameol Robinson, Englewood, 6-4.
400 relay — 1, Bergen Catholic (Greg Meletis, Mike Martin, Willie Posso, Matt Chacko), 3:21.5; 2, Don Bosco, 3:23.1; 3, Demarest, 3:25.1; 4, Englewood, 3:25.1; 5, Glen Rock, 3:26.1; 6, Teaneck, 3:26.5.
200 — 1, Joe Dawkins, Hackensack, 21.5 (meet record, 21.9, Mike Rlox, Bergen Catholic, 1987 and James Whiting, Hackensack, 1992); 2, John Mabry, Hackensack, 22.2; 3, John Goehrip, Hasbrouck Heights, 22.5; 4, Mike Guazzo, Indian Hills, 22.6; 5, Ed Weiss, Pascack Valley, 22.8; 6, Mike Pestilo, Don Bosco, 22.8.
Discus — Shaun McGrooper, Bergen Catholic, 161-3; 2, Paul Rotliser, New Milford, 152-5; 3, Glenn Hanston, Ridgewood, 150-5; 4, Mike Spencer, Glen Rock, 148-7; 5, Kurt Hockmeyer, Ramsey, 144-3; 6, Nick Phillips, Ramapo, 143-7.
400 — Chris Hall, Teaneck, 49; 2, Mathews Chacko, Bergen Catholic, 50; 3, Neil Conception, Demarest, 50.8; 4, Jim Coughlin, Elmwood Park, 51.0; 5, Erik Witzmann, Wausick, 51.2; 6, Jaime Saez, Bergenfield, 52.9.
Triple jump — 1, Jon Perdomo, Englewood, 44-4 1/2; other places unavailable.

GIRLS

Long jump — 1, Willie Mae Washington, Lodi, 16-11 1/2; 2, Jen Heitl, Washington, 16-7 1/2; 3, Erika Albles, Pascack Valley, 16-6 1/4; 4, Amy Sullivan, Holy Angels, 16-4 1/2; 5, Aisha Barber, Teaneck, 16-1; 6, Shannon McGarrigle, Ridgewood, 16-4.
Discus — 1, Jen Dougherty, Ramsey, 121-3; 2, Beth Crusius, Hackensack, 118-10; 3, Jean Marie Marconi, Old Tappan, 111-4; 4, Adwoe Aisa-Awuku, New Milford, 106-7; 5, Jeanine Caplan, Bozola, 106; 6, Maxine Goulines, Hackensack, 104-11.
200 — 1, Jen Resdie, Queen of Peace, 2:15.9; 2, Kouriney Gallo, IHA, 2:18.3; 3, Glazee Watson, Ridgewood, 2:19.2; 4, Diana Lina, Sadler Brook, 2:20.2; 5, Katie Hanley, Glen Rock, 2:21.3; 6, Jessica Drew, Westwood, 2:22.9.
High jump — 1, Marie Crauz, Ridgewood Park, 5-2; 2, Julie Dentenke, Fair Lawn, 5-2; 3, tie between

Leslie Hodgson, Glen Rock, and Kerry Wesser, Sadler Brook, 5-0; 5, Jain Lattes, Dwight Englewood, 5-0; 6, tie between Emma France/IHA, and Jessica Ramirez, Mahwah, 5-0.
400 IH — 1, Natasha Bernard, Teaneck, 64.3; 2, Sabrina Luciano, Glen Rock, 64.5; 3, Emma France, IHA, 67.1; 4, Erin Oliver, Ramsey, 67.6; 5, Eloisa Guackenbush, Ramsey, 67.6; 6, Pedro Blackwood, Bozola, 68.
Shot put — 1, Jen Dougherty, Ramsey, 37-10 1/4; 2, Jenicka Carter, Westwood, 36-9; 3, Beth Crusius, Hackensack, 35-1 1/2; 4, Marie Ramello, Bozola, 34-8 1/4; 5, Amy Clayton, River Dell, 34-6 1/4; 6, Adwoe Aisa-Awuku, New Milford, 32-9.
600 — 1, Daclia Russell, Hackensack, 58.2; 2, Melissa Gilbert, Ridgewood, 59.1; 3, Michele Saline, Glen Rock, 60.8; 4, Zorinah Figueroa, Teaneck, 60.8; 5, Michele Theos, Paramus, 61.3; 6, Marissa Jackson, Hackensack, 61.6.
100 — 1, Erika Albles, Pascack Valley, 12.5; 2, Willie Mae Washington, Lodi, 12.7; 3, Mary O'Neill, River Dell, 12.8; 4, Melissa Bochiano, Glen Rock, 12.9; 5, Kristian Riani, Ramapo, 13.0; 6, Keisha Lally, Wallington, 13.1.
1,000 — 1, Dana Selir, Ramsey, 5:13.7; 2, Stephanie Dovic, Ridgewood, 5:14.7; 3, Kerry Moore, Midland Park, 5:19.5; 4, Lauren Shur, Ridgewood, 5:23.1; 5, Danielle Brusil, Hackensack, 5:26.6; Casey Berkman, Ramsey, 5:29.6.
300 IH — 1, Melene Thomas, Garfield, 14.4 (meet record; old mark, 14.5 set by Vanessa Williams, Teaneck, 1991); 2, Julie Dentenke, Fair Lawn, 15.0; 3, Lesley Hodgson, Glen Rock, 15.2; 4, Faith Ninivaggi, Ridgewood, 15.4; 5, Lakisha Smith, Teaneck, 16.2; 6, Cheryl Williams, Hackensack, 18.1.
100 — 1, Andy Parolton, Don Bosco, 14.1; 2, Anthony Hampton, Englewood, 14.1; 3, Chris Bovie, Belton, 14.7; 4, Mike Sanlita, St. Joseph, 14.8; 5, Heath Ostrowski, Demarest, 14.8; 6, Steve Dulesky, Ridgewood, 15.0.
Triple jump — 1, Ashley Marquard, Glen Rock, 35-7 1/2; 2, Kerry Fraser, Demarest, 35-6 1/2; 3, Melene Thomas, Garfield, 35-3 1/4; 4, June Hoppie, Englewood, 35-1 1/4; 5, Aisha Barber, Teaneck, 35-1; 6, Vanessa McDermott, Ridgewood, 33-6 1/2.
Javelin — 1, Lauren Maszkiewicz, Queen of Peace, 2; Debra Chewick, Rutherford, 111-0; 3, Kathy Guilmas, Ridgewood Park, 109-7; 4, Angie DeMalo, Cliffside Park, 108-10; 5, Doremus Shannon, New Milford, 104-1; 6, Allison Carroll, Mahwah, 99-2.
200 — 1, Michele Stein, Glen Rock, 25.5; 2, Marcia Shewardian, Ramsey, 27; 3, Mary O'Neill, River Dell, 26.2; 4, Keisha Lally, Wallington, 26.5; 5, Michele Theos, Paramus, 27.0; 6, Keeley Roberts, Teaneck, 27.0.
1,200 — 1, Jenna Rogers, Ridgewood, 10:33.9 (meet record; old mark of 10:56.4 set by Jennifer Hughes, Ridgewood, 1987); 2, Tara Quinn, Teaneck, 11:30.1; 3, Kristen Lalond, Bozola, 11:37.6; 4, Kim Fook, Ridgewood, 12:06.9; 5, Maria Arias, Hackensack, 12:16.5; 6, Nancy Siegel, Leonia, 12:20.
1,000 relay — 1, Glen Rock (Sabrina Luciano, Michele Stein, Katie Heevey, Michele Saline), 4:00.3; 2, Teaneck, 4:01.3; 3, Hackensack, 4:01.4; 4, Ridgewood, 4:07.4; 5, Fair Lawn, 4:09.6; 6, Ramsey, 4:10.



Ridgewood runners Stephanie Doyle (right) and Lauren Stuhr placed second and fourth, respectively, in the 1,600 meters.

BERGEN GIRLS FROSH CHAMPIONSHIP
WHENTON WHITE STADIUM 6-1-94

100 meters: 1. Miranda Reeves, Has. Heights, 13.2. 2. L.Murphy, Northern Heighlands, 13.5. 3. Altia Richardson, Dwight Morrow, 13.6. 3. Keely Roberts, Teaneck, 13.7 4. Jessica Nathans, NVOT, 13.9. 6. Flavia Merrin Hackensack 14.1.
RHS Grasso,14.2,14.3. Fitzgerald,15.9. Sokolik,15.9

200 meters: 1.Keely Roberts, Teaneck, 27.7. 2. Katie Carlisle, IHA, 28.0. 3. Patricia Campbell, Dwight Morrow, 28.2. 4. Miranda Reeves, Has.brook Heights, 28.4. 5. Melissa Masterson, Ridgewood 28.6. 6. Murphy N.Highlands 28.6.
RHS Grasso,29.6. Ruggles,31.2. Lawn,32.3.

400 meters: 1. Patricia Campbell, Dwight Morrow, 63.6. 2. Katie Carlisle, IHA, 63.7. 3.Janelle Giblin, IHA, 64.9. 4. Andrea Mazzarino, NVOT, 65.5. 5.Kerri O'Connor, Dumont, 65.9. 6. Rania Margonis, Ridgefield, 66.0.
RHS Ruggles,67.9. Lawn,72.4.

800 meters: 1. Caitlin Wittreich, Tenafly, 2:28.3. 2. Rebecca Zaklin, NVOT, 2:32.8. 3.Karen Petouvis, Paramus, 2:34.8. 4.Vicki Ludwig, Ramsey, 2:38.4. 5. Lindsey Bartholomew, Teaneck, 2:46.0. 6. Meghan Howell, Pascack Hills, 2:46.1.
RHS Sedo,2:52.0. Park,3:27.4.

1600 meters: 1. Katie Cohn, Ridgewood, 5:55.5. 2. Rose Sedo, Ridgewood, 5:56.6. 3. Sarah Arvesen, Ramsey, 5:57.6. 4. Tricia Clancy, Lyndhurst, 6:09.3. 5. Sarah Walton, Ramsey, 6:11.2. 6. Lorraine Noceti, fairlawn, 6:13.0.

3200 meters: 1.Katie Cohn, Ridgewood, 13:03.4. 2. Wendy Amster, Tenafly, 13:05.6. 3. Sarah Arvesen, Ramsey, 13:46.0. 4. Sarah Walton, Ramsey, 13:46.7. 5. Gina Monaco, Ridgefield Park, 13:51.3. 6. Lorraine Noleti, FairLawn, 13:52.8.

100 meters hurdles: 1. Marlie Klar, Ridgewood, 17.3. 2.Knechel N.Highlands, 17.5. 3. Alyson Campbell, Ramsey, 17.9. 4.Loren Pacailler, Clifside Park, 18.1. 5. Herndon, N.Highlands 18.3. 6. Janet Andrews, Bergenfield, 19.0.
RHS Davis,19.5.

400 meter hurdles: 1. Zorinah Figueroa, Teaneck, 70.4. 2. Alyson Campbell, Ramsey 72.4. 3. Melissa Masterson, Ridgewood, 73.8. 4. Karen Petouvis, Paramus, 74.2. 5. Robin O'Hare, Paramus, 75.7. 6.Loren Pacailler, Clifside Park, 76.0

4X400 relay: 1. Teaneck 4:24.8 (Keely Roberts, Safiye Duru, Zorinah Figueroa, Lindsey Barthelomeu) 2.Tenafly 4:28.5 3. Dumont, 4:42.8. 4.Ridgewood, 4:44.2 5. Northern Highlands, 4:44.5. 6. Paramus, 4:46.5
RHS (Grasso-69.3, Davis-77.4, Klar-68.4, Masterson-71.2)

Shot: 1. Chaya Tesker, NVOT, 29'8 1/2" 2. Jess Sokolik, Ridgewood, 28'6". 3. Holly Froum, Riverdell, 27'8" 4. Claudia Heim, IHA, 27'6" 5. Valerie Epps, Engelwood, 27'3" 6. Tami Jordan, Dwight Morrow, 27'3".
RHS McAllister, 24'10". Anderson, 19'11 1/2".

Discus: 1. Jess Sokolik, Ridgewood, 100' 7". 2. Tammi Jordan, Dwight Morrow, 85'3". 3. Chaya Jordan, NVOT, 82'4" 4. Rohnda Williams, Dwight Morrow, 79' 5. Holly Froam, Riverdell, 78'1" 6. Meahan Ammerman, PV, 77'11"
RHS McAllister, 68'11". Anderson, 66'1"

Javelin: 1. Lauren Pacalier, Clifside Park, 79'9". 2. Lidia Kouach, CP, 76'8" 3. Corry Kaminski, Lyndhurst, 76'6" 4. Catherine Catano, Ridgefield Park, 67'3" 5. Lauren Balsamo, Riverdell, 63'6". 6. Sue Davis, Ridgewood 59'8"
RHS Sokolik, 59'. Anderson, 51'.

Long Jump: 1. M. Reeves, H. Heights 15'1" 2. Marli Klar, Ridgewood 14'10". 3. Patricia Campbell, Dwight Engelwood 14'9" 4. Liz Grumbles, N.Highlands 14'8" 5. Jane Hwang Cresskill 14'6 1/2" 6. Mika Samuel, Tenafly 14'2"
RHS Nadler, 13'2".

Triple Jump: 1. Kerri O'Connor, Dumont 32'10" 2. Miranda Reeves, Hasbrook Heights, 32'4 1/2" 3. Melissa Masterson, Ridgewood 31'5 1/2" 4. Rania Margonis, Ridgefield, 30'2" 5. Marli Klar, Ridgewood 30' 1 1/2" 6. Mika Samuel, Tenafly 29' 5"

High Jump: 1. Loren Picailier, Clifside Park, 4'10". 2. Keely Roberts, Teaneck, 4'8". 3. Samanth Saunders, Ridgefield, 4'6" 4. Janet Andrews, Bergenfield, 4'6". 5. Vicki Ludwig, Ramsey 4'6" 6. Sue Davis, Ridgewood, 4'4"
RHS Nadler, 4'2".

Team Score: 1. Ridgewood 76, Teaneck 44, Dwight Morrow 40, Ramsey 38, Clifside Park 34, Hasbrook Heights 32, Teanfly 28, IHA 26, northern Highlands 25, River Dell 22

Group 4: Ridgewood
Group 3: Ramsey
Group 2: Dwight Morrow
Group 1: Hasbrook Heights

Ridgewood's Frosh team was **outstanding** today. The future is bright!!



PAUL SCHWARTZ
TRACK

Not quite a perfect season

As another track season nears its conclusion, there are as always some burrs under track followers' saddles.

This year's biggest pet peeves are the four-person dual finals in the Section 1 high hurdles and 100- and 200-meter runs, and sports that interfere out of season with spring sports.

First, the dual finals. Since each of the other sections has an eight-lane track to run a sectional meet, the NJSIAA track committee ruled that to be equitable, Section 1 [with only six-lane tracks] must qualify eight athletes for the final and run the 5-8 seeds in the first heat and the 1-4 seeds in the second.

In the case of the Group 4 boys sectional meet, confusion led to an erroneous team score that almost deprived Hackensack of a tie with West Milford for the sectional title.

If a track has just six lanes, run a six-person final. All runners should be able to directly compete with everyone in their final. Coaches and athletes are aware of the problems and accept it. A dual final may sound fairer, but instead it is unfair and confusing.

Second, the growing problem of overlapping sports. Secaucus lost

last week's Group 1 sectional girls meet to Hasbrouck Heights by one point, and the difference may have been that two Patriot javelin throwers were at an out-of-season club volleyball tournament in Pennsylvania. Especially in the spring season, basketball, volleyball, and soccer interfere with the spring sports, and especially for girls, place an unfair burden on the young athlete.

Secaucus coach **Stan Fry-cyznski** didn't complain about the loss of his two throwers, one a junior and one a sophomore, because he said this camp might have an impact on a college scholarship later on. Isn't that what summer camps are supposed to be for? And the Reebok-sponsored workout session for prime high school football players held three Saturdays ago interfered with several area spring games and meets.

If the NJSIAA can't legislate against it, and they can't, then the NCAA should bar college coaches from attending events outside a sport's season, except during summer vacation periods.

It's amazing that with all the emphasis on specializing on one sport year-round, most athletes in those year-round sports — at least in Bergen and Passaic Counties — are just flat-out not as good as they used to be. Sort of makes you wonder about the idea of specializing at 16.

A GREAT COMEBACK — **De-anna Gastrock** of West Milford had a sensational cross-country career, earning all-Passaic honors four times and finishing in the top 25 of the State Meet of Champions twice. But spring track was never quite as successful for the senior.

And after what happened during this past cross-country season, it appeared as if she'd never have any spring success.

Gastrock developed an ulcer that kept her out of action throughout the winter, then suffered an injury.

"The ulcer was bad, but then when I got hurt it was really hard," said Gastrock. But a switch to a bland diet and an extended regimen of aerobics helped Gastrock recover in time for spring track. This spring has been the best season of her career.

"I'm so excited," Gastrock said after running a personal-best 11:29.3 3,200 for third at the State Group 4 sectionals Saturday. "I thought I'd stop running after all the frustrations, but now I can't wait to run in college."

Gastrock, the fourth seed in today's State Group 4 3,200 meter run, will attend the University of Rhode Island next year.

Moore in battle for more respect

By PAUL SCHWARTZ
Correspondent

It's hard to be a two-time State group outdoor track champion and a four-time State champion overall and not be favored to win an event in your own group.

But that's what Midland Park senior Kerry Moore faces this weekend at the New Jersey State group championship at South Plainfield.

Despite winning the 1992 and 1993 Group 1 1,600 championships and earning crowns indoors and in cross-country, Moore has almost no pressure on her as she faces Jessica King of Glen Ridge, who has come from nowhere to dominate the Group 1 distances this spring.

Moore, headed for Trenton State next year, is a fighter, though, and King should be careful not to take things for granted.

Other returning State titlists from North Jersey include Group 1 high jump champ Kerry Wasser of Saddle Brook and Group 4 1,600 champ Jenna Rogers of Ridgewood.

Here's a look, group by group:

GROUP 1 GIRLS — Wasser and teammate Diana Lana are top-seeds off of last week's sectional meet, Lana favored in the 800. The Secaucus relay team is seeded second and Keisha Latty of Wallington (800), Renee Zengel of Secaucus (3,200), Chareen Captan of Bogota (discus), and Jen Hettel of Wallington (long jump) are all three seeds.

Hettel, Wasser (high hurdles), Remiggio, and Sandy Echeverri of Secaucus (800) won medals last year with Hettel losing the long jump by a half-inch to a better second jump.

Dark horses — Laura Mulder of Hawthorne in a wide-open discus, Kim Wooton of Pompton Lakes in the javelin.

GROUP 2 — There are nine returning medalists in this group, three from Glen Rock, and the Panthers might become the first Bergen County Group 2 girls team to win a State title.

Their returning medalists are Michelle Stein in the 200, Michele Satine in the 400 and the relay. Other returning medalists include Tracia Barnes of Manchester (100 and 200), Mary O'Neil of River Dell (200), Kathy Guimes of Ridgefield Park (javelin), Marie Greaux of Ridgefield Park and Jessica Ramirez of Mahwah (high jump).

But things should get even better this year with Barnes favored over Stein and Lodi's Willie Mae Washington in the 100, Satine (second in the 400), Katie Hanley of Glen Rock (third, 800), Sabrina Luciano of Glen Rock (second, intermediate hurdles), Kim Ferranti

GIRLS TRACK

of Glen Rock (top-seed, discus), Adwoa Asa-Awuku of New Milford (third, discus after winning Group 1 last year), and Lauren Miller of Glen Rock (top-seed, javelin), if all the seeds hold up, Glen Rock would score 75 points, easily enough to win the Group. In all, area athletes could win as many as 25 medals in the Group.

Dark horses — Washington (long jump), Kerri Black, Northern Highlands (1,600); Jenicka Carter, Westwood (shot).

GROUP 3 — Wayne Valley returns Amy Mizzone and Jen Roy, who combined for four medals last year, which helped the Indians to a close fifth place finish last year.

But Indian teammate Beth Crenshaw (fourth seeded in the 1,600 and second in the 3,200) may outshine both this year, although Roy is highly-seeded in the 400, intermediate hurdles and long jump this year and Mizzone is also seeded in the 1,600 and 3,200.

Ramsey freshman Dana Satir is fifth seeded in the 800 and third in the 1,600, and teammate Jen Dougherty is third-seeded in the shot and after her 121 foot discus throw in Tuesday's Bergen Meet of Champs has to be considered in that event. Erika Albies of Passack Valley is in a hot battle for the long jump title.

Dark horses — The Ramsey relay (if Satir runs only one individual event), Melene Thomas of Garfield (high hurdles), Caitlin Wittreich of Tenafly (800).

GROUP 4 — Rogers, if she's recovered from a blood blister suffered in setting a Bergen County record at the BMOC should romp in the 1,600 and 3,200. But the star here might be Nicole Carmichael of Kennedy who has a solid shot at the 100 and 200 titles. State indoor champ Robyn Lowe of Passaic is the top-seed in a tight shot put, and Stephanie Doyle of Ridgewood is top-seeded in the 800, but not really the favorite.

Beth Crusius of Hackensack hopes to improve on last year's sixth place discus performance and Deanna Gastrock of West Milford, enjoying her finest track season is third-seeded in the 3,200. Hackensack's Delcita Russell takes her first shot at a 400 title that she will win before she graduates.

Dark horses — Ruth Doe, Passaic (long jump), Kennedy (relay), Natasha Bernard, Teaneck (intermediate hurdles).

PAROCHIAL — Jean Readie of Queen of Peace (A 800), Kourtney Gallo of Immaculate Heart (A 1,600) and Emma France of IHA (A intermediate hurdles) have the best chances for gold in the meet at Plainfield.

GROUP RESULTS ?

I WAS IN CHICAGO FOR
KATHERINE'S GRADUATION
+ NEVER RECEIVED NON
SCORING RESULTS.

GROUP
RESULTS

3200-METER RUN

The unsolved mystery here was why Liz Moore did not run the Gr. IV race. She was present, but perhaps had to leave early for the prom. Anyway, Jenna Rogers had a runaway in 10:50.17 with Monique Nicholas getting eight valuable points for Columbia in the dash for Second.

Two other winners got under 11:00, Jessica King predictably in Gr. I and Beth Crenshaw in Gr. III. (What might have happened had not Hartman fell is anyone's guess.) Colleen Sunderland of North Burlington sailed to a Gr. II win with three freshman in her wake. Roxanne Hughes and Cathy O'Brien had easy wins in the Parochial meet.

IV: 1-Rogers 10:50.17. 2-Nicholas 11:22.16. 3-Breuel, Hack :25.37. 4-Gastrock, WstMfd :29.22. 5-Busse :29.22. 6-Simon, Hbhd :37.28.

III: 1-Crenshaw 10:55.80. 2-Hartman 11:03.50. 3-Coscia :04.48. 4-A. Mizzone, WW :22.10. 5-Adams, Mchtr :25.69. 6-Carney, Wm Hls :45.88.

II: 1-Sunderland 11:18.79. 2-Ryan :23.00. 3-Beykirch :26.77. 4-McDonald, Hmdl :34.02. 5-Ganey, Ridge :36.07. 6-Wissolik, Chlm :37.20.

I: 1-King 10:58.54. 2-Pafferty, Rusde 11:39.79.

PA: 1-Hughes 11:21.24. 2-Frattalone, REC :36.33. 3-Corbett, Cmrcath :40.35.

PB: 1-O'Brien 11:31.64. 2-LaLonde, FU :37.82.



Ridgewood's Jenna Rogers had little trouble winning the Group 4 3,200 meters despite having to battle blisters all week.

"It was awful on Tuesday," she said. "The entire front of my foot was swollen. My brother had to carry me to the car."

If she continues to run like she did on Friday, her brother may consider doing that more often. Rogers left the field in the dust early and cruised to the finish nearly half a lap ahead of the pack with a time of 10:50.13.

"I just wanted to make sure my foot was OK for next week [the State Meet of Champs]," Rogers said of what turned out to be a tuneup for her. "The foot still hurts a little. I think it's because this foot is smaller than the other one. I think the answer is buying two pairs of shoes."

KLAUS-PETER STEITZ/STAFF PHOTOGRAPHER

Jenna Rogers of Ridgewood won the Group 3,200 meters in 10:50.13.

Glen Rock takes the big prize

By GREGORY SCHUTTA

Staff Writer

SOUTH PLAINFIELD — When all was said and done Saturday, the Glen Rock girls did not win a single gold medal at the State group track championships at Frank Jost Field. But they ran off with the biggest trophy of all. That's what team sports are all about.

Michelle Stein, running her third race of the day, and Michelle Satine and Katie Hanley, each running their second, teamed with Sabrina Luciano to finish second in the 1,600 meter relay in 4 minutes, 3.12 seconds, and clinch the State Group 2 championship for the Panthers.

Kennedy's Nichole Carmichael also added to her medal collection, outracing Darria Pigott of West Orange by one-tenth of a second to win the Group 4 200-meter title.

"We did what we had to do," said Satine, who ran the anchor leg during the New Jersey State Interscholastic Athletic Association meet.

"We ran for the rest of the team," said Luciano, the leadoff runner.

"Personally, I thought we were a year away," coach D.J. Nimphius said. "I thought maybe we could

GIRLS TRACK

take second."

But when the Panthers went into the final event in a deadlock with Moorestown, 55-55, and boasted of the top-seeded relay team in Group 1, they were in the driver's seat.

Luciano led off and established an easy rhythm behind Pleasantville's Fateen Abdel-Baath, who earlier had won two sprint medals. Hanley, a freshman, moved up from third leg to second to give Stein an extra minute's rest, and made up some ground on the final straightaway.

"I was very tired," said Stein, who earlier ran the 100 and 200. "But I knew if I didn't give it my all, we wouldn't have a chance."

"Michelle [Stein] does not have a clock in her head," Nimphius said. "She's a pure racer. She'll just go out and beat you."

And that's almost what she did, handing off to Satine just a fraction of a second behind Pleasantville. Satine, also coming off the 200, tried to make a move on the

final turn, but fell short and settled for second place.

Moorestown, running in a slower heat, finished fifth in 4:13.31.

"It would have been better if we had gotten first, but it's still nice that we won the team title," Satine said. "A lot of teams down here have one great kid. We have a great team."

Nimphius agreed.

"We went to the hotel last night with 25 points, and the kids were curious if we could actually win this," he said. "I told them, 'You're going to have to nickel and dime them.'"

That's what they did, piling up the points with third-, fourth-, and even sixth-place finishes. Boys coach Paul White, who coaches the girls in the throws, cited Kim Ferranti, who finished fifth in the discus despite competing with a bad knee.

Stein finished second in the 200 and fifth in the 100 Saturday, and Satine finished second in the 400 Friday and fourth in the 200 on Saturday. Hanley, a freshman, was third in the 800 in 2:20.50.

"That's the way it is on this

team," said Luciano, who finished third in the 400 hurdles Friday. "I went into the highs thinking what's the use. I'm not going to do well. But I got some points for the team."

Nimphius said the meet turned during Saturday's high jump, when Leslie Hodgson leaped 5 feet, 4 inches, to finish second and edge Moorestown's Shatich Rivers on the strength of fewer misses.

The State title also completed Glen Rock's title collection, which began with the Bergen Relays in April, and added league, Bergen Group 1, State sectional, and a first in the Wildcat Relays.

Carmichael's showdown with Pigott ended in a draw Saturday as the two best girls sprinters in the State split the 100- and 200-meter titles. Pigott won the 100 earlier in the day in 12.07, eight-hundredths of a second faster than Carmichael.

"I would have liked to win both, but I guess it's good that we each won one," Carmichael said. "We'll see what happens next week [in the State Meet of Champions]."

Ridgewood's Jenna Rogers, limping noticeably on her blistered right foot, failed in her attempt at two Group 4 medals. She finished third in Saturday's 1,600 in



ALAN HOGUE/STAFF PHOTOGRAPHER

An elated Kerry Moore of Midland Park after anchoring Midland Park to victory in its 1,600-meter relay heat. MP failed to place, however.

5:06.50. Her teammate, Stephanie Doyle was fourth in 5:09.35.

Kerry Moore of Midland Park finished in 5:12.84 to take second in the Group 1 1,600 meters, and

Pequannock's Sue Albert followed up Friday's gold-medal performance in the shot to finish second in the Group 1 discus with a throw of 108-4.

SUMMARIES ON S-19

STATE MEET OF CHAMPIONS

1600 meters	Stephanie Doyle (73.8, 79, 81, 72.1)	5:08.32	<u>6th</u>
800 meters	Gizele Watson (69.3, 72.4)	2:21.6	11th
3200 meters	Jenna Rogers (76.6, 81.6, 78.3, 80.1, 80.6, 82.3, 83.9, 79.5)	10:42.96	<u>1st</u>

STATE CHAMPION !

TRACK

Meet of Champions

BOYS EVENTS

110-meter high hurdles — 1. Desmond Powell, Oakcrest, 14.08; 2. Keith Fleming, Egg Harbor, 14.19; 3. Tarig Holman, Randolph, 14.42; 4. Mike Walker, South Brunswick, 14.52; 5. Sultan Tucker, Delsea, 14.52; 6. Andy Paraison, Don Bosco, 14.54.

400 intermediate hurdles — 1. Anthony Hampton, Englewood, 51.92, record; old record, 52.0 by Craig Morris, Monmouth Reg., 1980; 2. Keith Fleming, Egg Harbor, 53.83; 3. Dean Kallakmanis, Cedar Ridge, 54.46; 4. Mike Walker, South Brunswick, 54.5; 5. Benji Fellicelli, Marlboro, 54.7; 6. Keyved Zahir, Arts, 55.3.

100 — 1. Joe Dawkins, Hackensack, 10.69; 2. Bobby Orro, Pemberton, 10.73; 3. Dennis Sturdivant, Vineland, 10.74; 4. Randy Swanson, Delsea, 10.92; 5. Kokia Shanks, Weequahic, 10.93; 6. Kaream James, Pleasantville, 11.04.

200 — 1. Brondon Jenkins, Delran, 21.46; 2. Joe Dawkins, Hackensack, 21.63; 3. Kokia Shanks, Weequahic, 21.96; 4. Herb Simons, Pleasantville, 21.99; 5. Calvin Roebuck, Colonia, 22.28; 6. John Mabry, Hackensack, 22.54.

400 — 1. Royce Reed, Bridgeton, 47.75; 2. Ian Arcia, Montclair, 47.99; 3. Kevin Hampson, West Side, 48.57; 4. Steve Lang, Toms River East, 48.72; 5. Terrance King, Long Branch, 49.49; 6. Jamie Heckel, Pl. Pleasant Boro, 49.8.

800 — 1. Robert Motz, Rahway, 1:52.98; 2. Neil Jasey, Columbia, 1:55.13; 3. Ellilos Richemann, Newark Central, 1:55.71; 4. Matt Kalwinsky, Toms River North, 1:55.80; 5. Darran Simon, John F. Kennedy, 1:56.11; 6. Nakwon Harris, Delran, 1:56.36.

1,600 — 1. Bob Keino, Ridgewood, 4:13.43; 2. Chris Bennett, CBA, 4:20.76; 3. Pat Nocito, Vineland, 4:23.23; 4. Matt Elmuccio, Westfield, 4:24.09; 5. Chris Greer, Toms River South, 4:24.58; 6. Jim Pilla, Mater Dei, 4:24.6.

3,200 — 1. Anthony DeBenedictis, Roselle Park, 9:22.63; 2. Matt Illian, Pascack Valley, 9:25.07; 3. Tony Barroco, Kearny, 9:25.51; 4. Geoff Wayton, Mainland, 9:25.65; 5. Brian Zink, CBA, 9:27.07; 6. Eamon Blanchard, Lacey, 9:36.24.

Shot put — 1. Ray Wilks, Bridgeton, 60-7; 2. Matt White, Willingboro, 60-6½; 3. Lou Gordon, Bridgeton, 60-5½; 4. Jeff Shalayda, St. Joseph's, 58-5¾; 5. Matt Klaus, Haddon Twp., 57-3½; 6. Frank Moore, Middle Twp., 57-0¾.

Discus — 1. Larry Cornelius, Howell, 177-8; 2. Ray Wilks, Bridgeton, 174-10; 3. Brian Erny, Manchester, 170-7; 4. Frank Moore, Middle Twp., 166-8; 5. Marlen Kroll, Cedar Ridge, 166-4; 6. Dave Biles, Linden, 164-0.

Javelin — 1. Carnellus Cruz, Oakcrest, 211-5; 2. Mark Coldren, Hamilton East, 201-2; 3. Roman Pompei, Hamilton West, 199-4; 4. Matt Ludman, Cherokee, 195-6; 5. Jason Poles, Delsea, 190-5; 6. Justin Schwartz, Glen Rock, 188-7.

High jump — 1. Jarrett Carr, Pennsauken, 6-10; 2. Jamil Sanders, Bridgeton, 6-8; 3. Ryan O'Connell, Mainland, 6-8; 4. Andrew Damberville, West Orange, 6-8; 5. Willie Hill, Vineland, 6-8; 6. Godfrey Gordon, Garfield, 6-6.

Long jump — 1. Ron Lewis, Asbury Park, 24-1¾; 2. Khamisi Jackson, Monroe, 23-9¾; 3. William Spearman, Camden Wilson, 23-0¼; 4. Repher Martin, Dover, 22-9¾; 5. Al Beverly, Cumberland, 22-6; 6. Damon Johnson, Vineland, 22-4½.

Pole vault — 1. Tim Evans, Matawan, 13-6; 2. Jeff Tilley, Pennsville, 13-6; 3. Tom Baumann, Montgomery, 13-6; 4. John Trojanowski, CBA, 13-6; 5. Frank Loatman, Bridgeton, and Pat Destro, St. Joseph Reg., 13-0.

1,600 relay — 1. Willingboro (Napoleon Davis, Torrey Debro, Briane Pitt, Kenyon Reid), 3:18.48; 2. Rahway, 3:20.03; 3. Trenton Central, 3:20.44; 4. Camden, 3:21.07; 5. Lakewood, 3:21.3; 6. Irvington, 3:21.48.

GIRLS EVENTS

100 hurdles — 1. Helen Wilks, Bridgeton, 14.45; 2. Melanie Gonzalez, Lakewood, 14.62; 3. Kia Van Wright, Willingboro, 14.65; 4. Tiffany Riggs, Eastern, 14.73; 5. Connie Lobb, Roxbury, 14.77; 6. Stephanie Maughan, Shawnee, 14.89.

400 hurdles — 1. Jenn Roy, Wayne Valley, 1:02.17; 2. Megan Whitaker, Franklin, 1:03.45; 3. Kellie Adams, Ocean City, 1:04.24; 4. Iie bef. Rhonda Underwood, Matawan, and Alyanna Burton, Columbia, 1:04.36; 6. Connie Lobb, Roxbury, 1:04.47.

100 — 1. Nicole Carmichael, Kennedy-Paterson, 12.04; 2. Miaha Camper, Florence, 12.22; 3. Joycelyn Harris, Franklin, 12.26; 4. Charmaine Walker, Plainfield, 12.33; 5. Medina Salaam, Camden, 12.39; 6. Nichole Hill, Oakcrest, 12.39.

200 — 1. Nicole Carmichael, Kennedy-Paterson, 24.47; 2. Darrlea Pigoff, West Orange, 24.79; 3. Joycelyn Harris, Franklin, 25.01; 4. Nichole Hill, Oakcrest, 25.15; 5. Miaha Camper, Florence, 25.35; 6. Chantell Parks, Camden, 25.36.

400 — 1. Yetunde Daniels, Ocean Township, 56.87; 2. Cheri Selby, St. Dominic Academy, 56.97; 3. Dana Burnett, Williamstown, 57.49; 4. Mandy Dulin, Shawnee, 57.76; 5. Afia Asamoah, Piscataway, 57.88; 6. Tiffany Brisbane, Willingboro, 57.94.

800 — 1. Hazel Clark, Columbia, 2:10.24; 2. Marissa DeFreese, Rahway, 2:13.90; 3. Kari Vigerstol, Holy Cross, 2:14.76; 4. Tracy Pombo, Vernon, 2:14.89; 5. Shelly Solheim, Ocean City, 2:15.53; 6. Stacy Stewart, Science, 2:17.25.

1,600 — 1. Megan Hartman, Ocean City, 4:54.71; 2. Autumn Fogg, Hunterdon Central, 4:59.88; 3. Jessica King, Glen Ridge, 5:01.57; 4. Kathleen Linck, Bishop Eustace, 5:05.91; 5. Cathy O'Brien, Morris Catholic, 5:07.61; 6. Stephanie Doyle, Ridgewood, 5:08.32.

3,200 — 1. Jenna Rogers, Ridgewood, 10:42.96; 2. Jessica King, Glen Ridge, 10:51.31; 3. Beth Crenshaw, Wayne Valley, 10:56.87; 4. Jackie Coscia, Mt. Olive, 10:57.17; 5. Colleen Sunderland, Northern Burlington, 11:03.33; 6. Meghan Busse, Hunterdon Central, 11:13.78.

Shot put — 1. Tara Hollowell, Trenton Central, 41-6¾; 2. Robynn Lowe, Passaic, 41-5½; 3. Lorraine Smith, Watchung Hills, 40-9½; 4. Typhanie Bates, Williamstown, 40-4; 5. Phalicia Mason, Willingboro, 38-10½; 6. Corey Gulowski, Hunterdon Central, 38-3.

Discus — 1. Tammy Pellen, Jackson, 137-9; 2. Tara Hollowell, Trenton Central, 132-8; 3. Helen Wilks, Bridgeton, 121-9; 4. Jaime Houston, High Point, 120-9; 5. Danielle Robbins, North Plainfield, 118-5; 6. Katie Holmgren, Wayne Valley, 116-6.

Javelin — 1. Jackie Davis, Hamilton North, 134-11; 2. Sherry Cheng, East Brunswick, 132-10; 3. Nicole Scarmato, Monroe, 119-3; 4. Karen Austin, Oakcrest, 119-0; 5. Tiffany Palmer, Southern Regional, 118-8; 6. Christine Ziemba, Edgewood, 117-11.

Long jump — 1. Demya Walker, Rancocas Valley, 18-10¼; 2. Nina Moore, Cherry Hill West, 18-7; 3. Vinnell Gordon, Montclair, 18-2¾; 4. Jen Roy, Wayne Valley, 18-1½; 5. Maia Yladon, Glassboro, 18-0; 6. Lois Marks, Depford, 17-9¼.

High jump — 1. Kathy Kilar, J.P. Stevens, 5-8; 2. Misty Farrell, Washington Township, 5-6; 3. Lesley Hodgson, Glen Rock, 5-4; 4. Laura Zemsky, Sayreville, 5-4; 5. Kim Stoll, Holy Spirit, 5-4; 6. Melissa Pickering, Washington Township, 5-4.

1,600 relay — 1. Willingboro (Shawnee Bright, Corey Thomas, Tiffany Butler, Tiffany Brisbane), 3:51.44; 2. Camden, 3:52.78; 3. Columbia, 3:55.26; 4. Teaneck, 3:59.07; 5. Glen Rock, 3:59.08; 6. Ocean City, 4:00.22.

Wheelchair 400 — 1. Jennifer Hazen, Bloomfield, 1:34.67; 2. Gail Alberts, Johnson Regional, 2:06.6.

1,600 — Jennifer Hazen, Bloomfield, 6:34.2.

NORTH JERSEY SPORTS

MEET OF CHAMPIONS TRACK

Hampton clocks an all-time best

By GREGORY SCHUTTA
Staff Writer

SOUTH PLAINFIELD — As Anthony Hampton crossed the finish line in Wednesday's State Meet of Champions 400-meter hurdles, he couldn't help but take a quick peek at the electronic clock. What he saw made him shout with joy and pump his fist in the air.

"When I crossed that line and saw the 51, I knew that it was a good time regardless of the tenths," the Englewood senior said after winning his second straight SMOC 400 hurdles championship.

And he was right. Hampton's time of 51.92 seconds broke the meet record of 52 flat and lowered his previous personal best of 52.08, which he set while finishing second in last year's National Scholastic championships.

"I'm surprised I ran that fast," said Hampton, who beat his closest competition by nearly two seconds. "I did it all on my own. I didn't have anybody pushing me."

That won't be the case when he returns to the National championships, June 17-18, in North Carolina.

"The guy who beat me last year was

also a junior, so he'll probably be back also," Hampton said. "He ran about what I ran today, so it makes me real confident right now."

Jen Roy of Wayne Valley was not too confident after hitting the final hurdle in Friday's Group 3 400 hurdles, but she overcame that to win her first State championship in 1:02.17.

"I was really nervous for this one," said the senior, who also finished fourth in the long jump. "I just wanted to run a clean race."

Roy, Franklin's Megan Whitaker, and Ocean City's Kellie Adams were running step-for-step with two hurdles left when Roy pulled away.

"I was determined not to hit that hurdle again," she said. "I was so excited when I crossed the line. I wanted to finish my career with a title, and I took home the biggest one. That's not bad."

One high school career that most New Jersey high school track fans hated to see end was Bob Keino's.

The Ridgewood senior made his farewell tour of a New Jersey track by cruising to his second consecutive SMOC 1,600-meter championship in 4:13.43. But he failed to better the 4:09.35,

which he set in Saturday's Group 4 championship.

"I was hoping to get the record, but the weather wasn't too good," said Keino, who's bound for Arizona. "It was real windy on the backstretch."

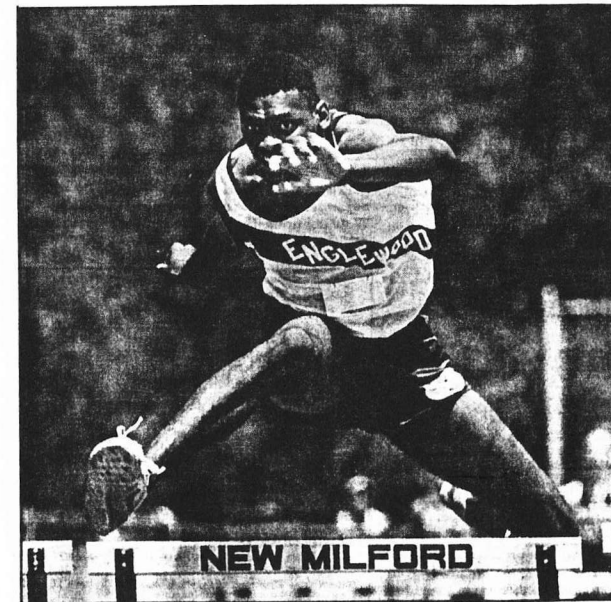
Even without the record, Keino will long be remembered as one of the best runners the state has ever seen.

"I never could have imagined any of this when I came here," he said. "I think what I'll miss most is the people I've met."

Nicole Carmichael of Kennedy pulled off the double she just missed getting in Saturday's Group 4, winning the 100 and 200 meters. Carmichael avenged her loss in Saturday's Group 4 100 with a time of 12.04 seconds, and downed rival Darria Pigott of West Orange for the second time in five days with a time of 24.47 in the 200.

Joe Dawkins of Hackensack came close to pulling off the same double, winning a very close 100 in 10.69 seconds. But Brondon Jenkins of Delran spoiled the party by winning the 200 in 21.46, two-tenths of a second faster than Dawkins.

Jenna Rogers gave Ridgewood its sec-



STEVE AUCHARD/STAFF PHOTOGRAPHER

Anthony Hampton set a Meet of Champions record in the 400 hurdles.

ond gold of the day by winning the girls 3,200 meters in 10:42.96. Beth Crenshaw of Wayne Valley, the Group 3 champion, was third.

Matt Illian of Pascack Valley came up just short in the boys 3,200 meters. Illian was shoulder-to-shoulder with

Roselle Park's Anthony DeBenedictis coming out of the final turn, but DeBenedictis outkicked him in the stretch to win in 9:22.63.

Robyn Lowe of Passaic finished second in the girls shot put with a throw of 41 feet, 5½ inches.

GOLDEN WEST INVITATIONAL
 AMERICAN RIVER COLLEGE
 SACRAMENTO, CALIFORNIA

6-11-94

3200 meters

Jenna Rogers 10:44.59 4th
 (20.5,81.3,77.6,77.0,79.6,80.7,82.7,83.2,82.7)



EASTERN STATES CHAMPIONSHIP
 ST. JOHN'S UNIVERSITY 6-14-94

distance medley
 relay 12:14.59

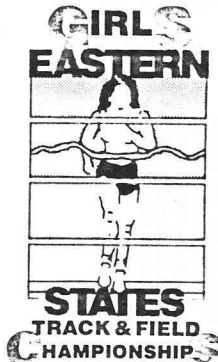
Stephanie
 Doyle 3:46.0
 (72.2
 75.7
 78.1)

Melissa
 Gilbert 59.8

Gizele
 Watson 2:25.9

Jenna
 Rogers 5:03.0
 (71.8
 76.3
 77.8
 76.8)

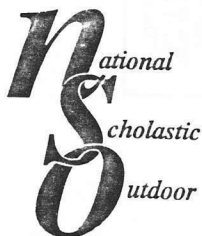
1ST



NATIONAL SCHOLASTIC CHAMPIONSHIP
 RALEIGH, NORTH CAROLINA 6-17-94

3000 meters

Jenna Rogers 9:58.15 3rd
 (75.6,78.7,79.0,80.2,81.4,82.7,80.3,41.1)



1994 SEASONAL BEST PERFORMANCES

100 METERS

13.0 Brunner
 13.1 Gilbert
 13.4 Clark
 13.5 Grasso
 13.7 Dara Cattani
 13.8 McGarrigle
 13.8 Ninivaggi
 13.9 Fields
 14.2 Vidal
 14.2 Kender
 14.4 Masterson
 14.5 DorianCattani
 14.8 Klar
 15.0 Ruggles
 15.1 Nadler
 15.6 VanZile
 15.7 Heinz
 15.7 A. Lobell
 15.8 DiFedele
 15.8 Fitzgerald
 15.9 Esposito
 15.9 Sokolik
 16.0 Davis
 17.1 Kim

200 METERS

26.1 Gilbert
 26.9 Brunner
 27.9 Vidal
 28.0 Fields
 28.1 McGarrigle
 28.5 Judge
 28.6 Masterson
 28.9 Ninivaggi
 28.9 Dara Cattani
 29.2 McCullagh
 29.5 Grasso
 30.0 DorianCattani
 30.1 Grab
 30.4 Kender
 30.4 Heinz
 30.7 Ruggles
 31.4 Klar
 32.3 Lawn
 33.3 Fitzgerald
 33.5 DiFedele
 33.5 Cuccio
 34.2 VanZile
 35.0 Kineally

400 METERS

58.8 Gilbert
 61.8 V. McDermott
 63.1 Watson
 63.7 Doyle
 64.0 Judge
 66.2 McCullagh
 67.0 Ruggles
 69.3 Grasso
 71.8 Lawn
 72.1 Kender
 73.0 Heinz
 75.8 Moritz
 87.5 Kinneally
 96.8 Y.J.Park

RELAY SPLITS

57.4 Gilbert
 61.5 V.McDermott
 61.6 Watson
 62.6 Brunner
 63.2 Smith
 64.5 Doyle
 64.9 Judge
 64.9 Keely C-P
 64.9 Dara Cattani
 65.9 Masterson
 68.4 Klar
 68.4 Grasso
 68.5 Ruggles
 69.6 Kender
 71.4 Lawn
 72.2 Grab
 74.1 Davis

800 METERS

2:18.6 Doyle
 2:19.1 Watson
 2:20.4 Rogers
 2:25.5 S.McDermott
 2:29.1 Keely C-P
 2:31.7 Gilbert
 2:33.1 Smith
 2:33.4 Stuhr
 2:41.0 Folk
 2:42.8 Cohn
 2:47.7 Sedo
 3:16.8 S.Y. Park
 3:20.3 Siegel
 3:37.6 Y.J. Park
 relay
 2:27.1 Keely C-P
 2:29.3 Gilbert

1200 METER RELAY

SPLIT
 3:42.8 Doyle
 4:06 Folk

1600 METERS

5:06.5 Rogers
 5:08.32 Doyle
 5:1 Stuhr
 5:34.2 Folk
 5:41.2 Cohn
 5:43.1 S.McDermott
 (5:43 r) Keely C-P
 5:45.5 Lee
 5:48.9 B.Apsel
 5:50.5 Cain
 5:56.6 Sedo
 5:57.9 Z.Lobell
 6:02.6 K.Campbell
 6:08.3 Worm
 (6:45 r) G.Campbell
 7:30.0 Y.J. Park
 7:39.3 Siegel
 relay
 5:00.7 Rogers

3200 METERS

10:33.9 Rogers
 11:37.0 Doyle
 11:48.8 Folk
 11:56.4 Smith
 12:20.1 Lobell
 12:40.2 B.Apsel
 12:41.8 Cohn
 12:50 Lee
 12:59.2 K.Campbell
 13:01.5 Cain
 13:16.7 Keely C-P
 13:17.9 Sedol3
 13:21 Stuhr
 13:22.6 Worm
 13:42.1 S.McDermott
 14:02.6 G.Campbell
 14:59.5 Siegel

3000 METERS

9:58.15 Rogers

100 M HURDLES

15.4 Ninivaggi
 17.3 Klar
 17.4 Masterson
 18.2 Fields
 18.3 Ruotolo
 18.8 McBride
 19.5 Davis
 19.9 Keely C-P
 20.8 Grab

300 M HURDLES

48.9 Smith

400 M HURDLES

69.1 Smith
 71.1 Keely C-P
 71.8 Ruotolo
 73.1 Doyle
 73.3 Masterson
 77.7 McBride
 81.2 Cohn
 84.7 B.Apsel

LONG JUMP

16' 8" Clark
 16' 6 1/2" McGarrigle
 15' 5" Judge
 15' 2 1/2" Klar
 14" 3" McBride
 13' 9" Masterson
 13' 3 1/2" Davis
 13' Nadler
 12' 2" Watson

TRIPLE JUMP

34' 5" McGarrigle
 34' 3" McDermott
 33' 8 3/4" Clark
 31' 5 1/2" Masterson
 30' 2" Klar
 29' 4" Davis
 28' 10 1/2" McBride
 28' 10" Judge

HIGH JUMP

4' 10" McCullagh
 4' 8" Grab
 4' 8" Brunner
 4' 6" Davis
 4' 6" McBride
 4' 4" Nadler

SHOT PUT

28' 10" Gruber
 28' 6 1/2" Lipson
 28' 1" Sokolik
 26' 3 1/2" Hoffman
 25' 4" Mathiesen
 24' 10" McAllister
 23' 7" McCullagh
 23' 10" Grab
 21' 7" Teagen C-P
 21' 2 1/2" Anderson
 21' 2" A.Lobell
 17' 9" Remmen
 17' 3" Liwanag
 16' 9" Bradley

DISCUS

106' Sokolik
 83' 1" Grab
 80' 1" A.Lobell
 80' Lipson
 76' 5" DiLeo
 73' 6" Anderson
 70' 10" Teagen C-P
 70' 9" Gruber
 68' 11" McAllister
 65' 1" Mathiesen
 60' Bradley
 54' 6" Remmen
 49' 9" Liwanag

JAVELIN

92' Lipson
 91' McCullagh
 85' 6" V.McDermott
 80' 11" Sokolik
 80' 10" Davis
 64' 2" Hoffman
 61' 6" Teagen C-P
 58' 7" Anderson
 53' 8" Mathiesen
 53' 7" A.Lobell

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
13.0	Kate Brunner	1994
13.1	J.Reilly & E.Chang	1990

200 METER DASH

25.4	Jennifer Mc Dermott	1988
25.7	Ginny Figlar	1988
26.1	Melissa Gilbert	1994
26.2	Marci Capitani	1985
26.6*	Judy Davis	1979
26.6	Lisa Bagnaturo	1981
26.9	Kate Brunner	1994
27.0	Neena Barua	1993
27.2	Mary Ellen Mileski	1983
27.2	Shannon McGarrigle	1991

400 METER DASH

56.1	Ginny Figlar	1988
57.7	Marci Capitani	1984
58.42i	Jennifer McDermott	1989
58.7	Judy Davis	1979
58.8	Melissa Gilbert	1994
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

400 m. RELAY SPLITS

55.7	Ginny Figlar	1988
57.1	Lynne Collazo	1989
57.4	Melissa Gilbert	1993
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
59.5	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
2:18.6	Stephanie Doyle	1994
2:19.2	Beth Pringle	1982

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 Duffly	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
5:02.	Jenna Rogers	1994
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
5:08.32	Stephanie Doyle	1994

3000 METER RUN

9:58.15	Jenna Rogers	1994
10:03.12i	Jennifer Hughes	1988
10:04.1i	Patti Mileski	1983
10:04.7	Carol Dickstein	1981
10:11.2i	Jean Hughes	1988
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 Duffly	1981

3200 METER RUN

10:33.9	Jenna Rogers	1994
10:34.5	Patti Mileski	1983
10:40.2	Margaret Scutro	1985
10:43.8	Jean Hughes	1988
10:46.4	Karen Cannon	1988
10:56.4	Jennifer Hughes	1987
10:58.6	Norine D'Arcy	1987
11:13.6	Beth Pringle	1983
11:18.0	Colleen Wright	1981
11:19.5	Mary Ellen Mileski	1983

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

100 METER HURDLES

15.0	Sheryl van der Schyff	1986
15.4	Faith Ninivaggi	1994
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
17.3	Marlie Klar	1994
17.4	Tarvin 84, Velez	1986
17.4	Melissa Masterson	1994

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
69.1	Amy Smith	1994

SHOT PUT

38' 6 3/4"	Lisa Glidewell	1980
36' 8"	Tammy Rayevich	1988
35' 8 3/4"	Alfreda Eldridge	1989
33' 4"	Jessica Berg	1983
32' 7"	Janet Sauerman	1980
32' 6 1/2"	Ellen Barkenbush	1986
30' 10 1/2"	Louise Pallone	1987
29' 7"	Debbie Compton	1991
29' 2"	Claire Blaney	1993
28' 10"	Joelle Gruber	1994

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
106'	Jess Sokolik	1994
105' 6"	Courtney Moody	1984
103' 1"	Cathie DeYoe	1975
102' 9"	Sarah Miles	1979

TRIPLE JUMP

39' 10 1/2"	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' 5"	Shannon McGarrigle	1994
34' 4 1/2"	Jen Wrubel	1988
34' 3"	Vanessa McDermott	1994
34' 2"	Emilie Chang	1992
33' 10 1/2"	Wendy Hawthorne	1984
33' 8 3/4"	Richter 85, T.Clark	94

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' 8"	Tonia Clark	1994
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 1/4"	Deecy Porro	1977
16' 2"	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	10:03.121	Jennifer Hughes	1988	New Haven, CT
3200 METER RUN	10:33.9	Jenna Rogers	1994	Tenafly, NJ
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 1/21''	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
<u>TRACK RELAYS</u>			
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.
<u>3 PERSON FIELD RELAYS</u>			
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
<u>2 PERSON FIELD RELAYS</u>			
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.

RIDGEWOOD HIGH SCHOOL
DISTANCE MEDLEY

TOP TEN ALL TIME

11:59.1i 1983 yards-Princeton	Mary Ellen Mileski, 3:39.0	Margaret Scutro, 62.9	Beth Pringle, 2:22.8	Patti Mileski 4:54.4
11:56.5i 1983 meters-Yale	3:35.7	64.0	2:21.0	4:55.8
11:58.6 1982 New Jersey Relays 5/11/82	Patti Mileski, 3:38.4	Trish Fogarty, 61.3	Beth Pringle, 2:18.9	Mary Ellen Mileski 4:59.8
12:02.29 1988 Easterns 6/14/88	Jen Hughes 3:42.1	Ginny Figlar 55.7	Lynne Collazo 2:16.7	Jean Hughes 5:07.4
12:03.5 1994 East Coast Relays 5/23/94	Stephanie Doyle 3:43.4	Melissa Gilbert 57.4	Gizele Watson 2:22.0	Jenna Rogers 5:00.7
12:10.6 1981 New Jersey Relays	Patti Mileski, 3:39.2	Trish Fogarty 60.2	Carol Dickstein, 2:19.4	Mary Ellen Mileski 5:12.1
12:10.92 1994 Penn Relays	Stephanie Doyle 3:42.8	Melissa Gilbert 58.7	Gizele Watson 2:23.5	Jenna Rogers 5:04.0
12:14.59 1994 Easterns 6/14/94	3:46.0	59.8	2:25.9	5:03.0
12:15.0 1987	Jennifer Hughes 3:44.4	Lynne Degelman 60.8	Jean Hughes 2:19.1	Norine D'Arcy 5:10.4
12:15.42i 1989	(? Collazo, Hughes, McDermott, Liz Figlar, Reilly?) records not available			
12:21.8 1985	Norine D'Arcy 3:50.9	Liz Ross 60.1	Marci Capattini 2:28.7	Margaret Scutro 5:02.2

GIRLS TRACK BESTS OF SEASON

100-METER DASH

Nicole Carmichael, Kennedy	11.9
Natasha Williams, Passaic	12.4
Willie Mae Washington, Lodi	12.5
Tracia Barnes, Manchester	12.5
Erika Albies, Pascack Valley	12.5
Michelle Stein, Glen Rock	12.6
Mary O'Neil, River Dell	12.7
Jennille Logan, Teaneck	12.7
Shalane Ward, Paterson Catholic	12.7
Tlamecua Fulton, Eastside	12.7

200-METER DASH

Nicole Carmichael, Kennedy	24.2
Jen Roy, Wayne Valley	25.3
Michelle Stein, Glen Rock	25.5
Tracia Barnes, Manchester	25.8
Delcita Russell, Hackensack	26.0
Melissa Gilbert, Ridgewood	26.1
Marcia Bhagwandin, Ramsey	26.1
Mary O'Neil, River Dell	26.2
Michele Satine, Glen Rock	26.4

400-METER DASH

Jen Roy, Wayne Valley	57.7
Delcita Russell, Hackensack	57.99
Natasha Williams, Passaic	58.4
Melissa Gilbert, Ridgewood	59.0
Jean Readie, Queen of Peace	59.6
Michele Satine, Glen Rock	59.6
Zorinah Figueroa, Teaneck	59.8
Michelle Theos, Paramus	60.3
Marissa Jackson, Hackensack	60.4
Caitlin Wittreich, Tenafly	60.6

1,600-METER RUN

Jenna Rogers, Ridgewood	5:06.6
Stephanie Doyle, Ridgewood	5:08.32
Kourtney Gallo, IHA	5:10.1
Dana Satir, Ramsey	5:11.16
Kerry Moore, Midland park	5:12.84
Beth Crenshaw, Wayne Valley	5:13.8
Amy Mizzone, Wayne Valley	5:16.2
Lauren Stuhr, Ridgewood	5:23.0
Tara Quinn, Teaneck	5:25.5
Danielle Breuel, Hackensack	5:25.6

3,200-METER RUN

Jenna Rogers, Ridgewood	10:33.9
Beth Crenshaw, Wayne Valley	10:55.8
Kourtney Gallo, IHA	11:23.9
Deanna Gastrock, West Milford	11:29.22
Amy Mizzone, Wayne Valley	11:16.13
Danielle Breuel, Hackensack	11:31.7
Tara Quinn, Teaneck	11:36.1
Stephanie Doyle, Ridgewood	11:37.0
Kerry Moore, Midland Park	11:43.1
Dana Satir, Ramsey	11:43.2

1,600-METER RELAY

Teaneck	3:59.07
Glen Rock	3:59.08
Hackensack	4:01.4
Ridgewood	4:07.4
Manchester	4:09.21
Fair Lawn	4:09.6
Ramsey	4:10.0
Kennedy	4:10.8
Secaucus	4:11.19
Wayne Valley	4:12.1

100 HIGH HURDLES

Melene Thomas, Garfield	14.4
Kathy Holloman, Passaic	14.6
Julie Denisenko, Fair Lawn	15.0
Ruth Doe, Passaic	15.2
Leslye Hodgson, Glen Rock	15.2
Faith Ninivaggi, Ridgewood	15.4
KellyAnn LaPietra, Hackensack	15.9
Lakiesha Smith, Teaneck	15.9
Kerry Wasser, Saddle Brook	16.0

Kira Kelly, West Milford	16.0
Sabrina Luciano, Glen Rock	16.13

400 INTERMEDIATE HURDLES

Jen Roy, Wayne Valley	62.1
Natasha Bernard, Teaneck	64.3
Sabrina Luciano, Glen Rock	64.5
Kathy Holloman, Passaic	65.8
Emma France, IHA	66.2
KellyAnn LaPietra, Hackensack	66.5
Amy Vega, Hasbrouck Heights	67.19
Zorinah Figueroa, Teaneck	67.4
Elisa Quakenbush, Ramsey	67.6
Erin Oliver, Ramsey	67.6

SHOT PUT

Robyn Lowe, Passaic	42-2½
Jen Dougherty, Ramsey	37-10¾
Danicqua Starr, Passaic	37-7½
Beth Crusius, Hackensack	36-9
Jenicka Carter, Westwood	36-9
Sue Albert, Pequannock	35-6.25
Katie Holmgren, Wayne Valley	35-3
Marie Remiggio, Bogota	34-10½
Amy Clayton, River Dell	34-6½
Jain Lattes, Dwight-Englewood	34-6

DISCUS

Jen Dougherty, Ramsey	121-3
Kim Ferranti, Glen Rock	119-7
Robyn Lowe, Passaic	118-11
Beth Crusius, Hackensack	118-10
Katie Holmgren, Wayne Valley	116-6
Laura Mulder, Hawthorne	113-2
Jean-Marie Marconi, Old Tappan	112-6
Danicqua Starr, Passaic	110-3
Lauren DiFidi, West Milford	109-3
Maxime Gentles, Hackensack	109-2

JAVELIN

Shannon Doremus, New Milford	119-4
Lauren Miller, Glen Rock	119-1
Lauren Mazurkiewicz, Queen of Peace	116-2
Kathy Guimes, Ridgefield Park	114-8
Kim Wooton, Pompton Lakes	114-1
Debbie Chadwick, Rutherford	112-8
Allyson Carroll, Mahwah	110-8
Angie DeMaio, Cliffside Park	110-7
Liz Zagatta, Hawthorne	107-9
Debra Martino, Garfield	103-8

HIGH JUMP

Julie Denisenko, Fair Lawn	5-4
Leslye Hodgson, Glen Rock	5-4
Marie Greaux, Ridgefield Park	5-3
Kerry Wasser, Saddle Brook	5-2
Katie Holmgren, Wayne Valley	5-2
Lauri Donnelly, West Milford	5-2

LONG JUMP

Jen Roy, Wayne Valley	18-½
Erika Albies, Pascack Valley	17-11¾
Ruth Doe, Passaic	17-5¾
Jen Hettel, Wallington	17-4
Willie Mae Washington, Lodi	17-2¾
Kerri Frazier, Demarest	16-10
Aisha Barber, Teaneck	16-10
Melissa Bochiario, Glen Rock	16-9¼
Tonia Clarke, Ridgewood	16-8
Natasha Williams, Passaic	16-8

TRIPLE JUMP

Kerry Fraser, Demarest	36-4½
Ashley Marguard, Glen Rock	35-7½
June Hoppie, Englewood	35-6½
Jain Lattes, Dwight-Englewood	35-5½
Erika Albies, Pascack Valley	35-5
Melene Thomas, Garfield	35-3¾
Aisha Barber, Teaneck	35-3
Ruth Doe, Passaic	34-6½
Leslye Hodgson, Glen Rock	34-5½
Shannon McGarrigle, Ridgewood	34-5

NNJIL ALL LEAGUE GIRLS SPRING TRACK

<u>Pacific Division</u>			<u>Event</u>	<u>Atlantic Division</u>		
<u>Athlete</u>	<u>School</u>	<u>Class</u>		<u>Athlete</u>	<u>School</u>	<u>Class</u>
Lauren Olmstead	Nutley	12	100m	Nicole Carmichael	JF Kennedy	11
Jennille Logan	Teaneck	11		Natasha Williams	Passaic	12
Lauren Olmstead	Nutley	12	200m	Nicole Carmichael	JF Kennedy	11
Delcita Russell	Hackensack	9		Natasha Williams	Passaic	12
Delcita Russell	Hackensack	9	400m	Natasha Williams	Passaic	12
Zorinah Figueroa	Teaneck	9		Melissa Gilbert	Ridgewood	12
Kourtney Gallo	Immaculate HA	10	800M	Stephanie Doyle	Ridgewood	10
Ellise James	Teaneck	10		Gizele Watson	Ridgewood	12
Kourtney Gallo	Immaculate HA	10	1600m	Jenna Rogers	Ridgewood	12
Tara Quinn	Teaneck	10		Stephanie Doyle	Ridgewood	10
Kourtney Gallo	Immaculate HA	10	3200m	Jenna Rogers	Ridgewood	12
Tara Quinn	Teaneck	10		Kim Folk	Ridgewood	11
Melissa Branigan	Nutley	11	100m LH	Kathy Holloman	Passaic	12
KellyAnn LaPietra	Hackensack	11		Vinetta Gordon	Montclair	12
Natasha Bernard	Teaneck	12	400m IH	Kathy Holloman	Passaic	12
KellyAnn LaPietra	Hackensack	11		Connetta Hicks	JF Kennedy	12
Lauren Olmstead	Nutley	12	LJ	Vinetta Gordon	Montclair	12
Aisha Barber	Teaneck	11		Kathy Holloman	Passaic	12
Aisha Barber	Teaneck	11	TJ	Vinetta Gordon	Montclair	12
Natasha Bernard	Teaneck	12		Ruth Doe	Passaic	12
Lauren Cacciamani	Paramus	10	HJ	Connetta Hicks	JF Kennedy	12
Erin Buck	Nutley	11		Kathy Holloman	Passaic	12

NNJIL ALL LEAGUE GIRLS SPRING TRACK

Pacific Division

Event

Atlantic Division

<u>Athlete</u>	<u>School</u>	<u>Class</u>		<u>Athlete</u>	<u>School</u>	<u>Class</u>
Taryn Rucinski	Nutley	11	J	Dana Lipson	Ridgewood	11
Jen Shaw	Nutley	11		Susan McCullagh	Ridgewood	11
Beth Crusius	Hackensack	12	SP	Robyn Lowe	Passaic	12
Pearl Elliot	Hackensack	12		Danicqua Starr	Passaic	11
Beth Crusius	Hackensack	12	D	Robyn Lowe	Passaic	12
Maxime Gentles	Hackensack	12		Danicqua Starr	Passaic	11
Hackensack	Marissa Jackson	9	1600m R	Ridgewood	Sarah McDermott	10
	Delcita Russell	9		Ridgewood	Gizele Watson	12
	KellyAnn LaPietra	11		Ridgewood	Christine Judge	10
	Danielle Jewl	11		Ridgewood	Melissa Gilbert	12
Teaneck	Natasha Barnard	12		Eastside	Tomika Taylor	9
	Elise James	10		Eastside	Laink Wallace	10
	Erin Montgomery	11		Eastside	Nakeisha McIntosh	10
	Zorinah Figueroa	9		Eastside	Tamecua Fulton	10

HONORABLE MENTION

Girls Atlantic Division

Barringer	Zorynette Rosario	9
Bloomfield	Nicole Williams	12
Clifton	Anna Berardo	11
Eastside	Tiomecua Fulton	9
JF Kennedy	Simone Gayle	12
Montclair		
Passaic	Antoinette Dean	10
Ridgewood	Shannon McGarrigle	12

FINAL GIRLS STANDINGS ATLANTIC DIVISION

<u>School</u>	<u>Record</u>	<u>Pts</u>	<u>League</u>		<u>Final Points</u>
			<u>Meet Place</u>	<u>Pts</u>	
Passaic	7-0	8	1st	8	16
Ridgewood	6-1	7	2nd	7	14
JF Kennedy	5-2	6	4th	5	11
Montclair	3-4	4	3rd	6	10
Clifton	4-3	5	6th	3	8
Eastside	2-5	3	5th	4	7
Bloomfield	1-7	2	7th	2	4
Barringer	0-8	1	8th	1	2

1994 All-Suburban girls track

FIRST TEAM

100 M — Michelle Stein, Glen Rock.....Sr.
 200 M — Michelle Stein, Glen Rock.....Jr.
 400 M — Melissa Gilbert, Ridgewood.....Sr.
 800 M — Dana Satir, Ramsey.....Fr.
 1600 M — Jenna Rogers, Ridgewood.....Sr.
 3200 M — Jenna Rogers, Ridgewood.....Sr.
 110 HH — Julie Denisenko, Fair Lawn.....Jr.
 400 LH — Sabrina Luciano, Glen Rock.....Jr.
 1600 Relay — Glen Rock (Katie Hanley, Fr.; Sabrina Luciano, Jr.; Michele Satine, Jr.; Michelle Stein, Jr.)
 HJ — Julie Denisenko, Fair Lawn.....Jr.
 LJ — Melissa Bochiaro, Glen Rock.....Fr.
 TJ — Ashley Marquard, Glen Rock.....Jr.
 SP — Jen Dougherty, Ramsey.....Sr.
 Disc — Jen Dougherty, Ramsey.....Sr.
 Jav — Lauren Miller, Glen Rock.....Sr.

SECOND TEAM

100 M — Marcia Bhagwandin, Ramsey.....Jr.
 200 M — Marcia Bhagwandin, Ramsey.....Jr.
 400 M — Michele Satine, Glen Rock.....Jr.
 800 M — Amy Hamernick, Midland Park.....Jr.
 1600 M — Kerry Moore, Midland Park.....Sr.
 110 HH — Leslie Hodgson, Glen Rock.....Jr.
 400 LH — Elisa Quackenbush, Ramsey.....Soph.
 1600 Relay — Ramsey (Marcia Bhagwandin, Jr.; Erin Calvey, Soph.; Brooke Goodwin, Soph.; Elisa Quackenbush, Soph.)
 HJ — Leslie Hodgson, Glen Rock.....Jr.
 LJ — Tonia Clarke, Ridgewood.....Jr.
 SP — Nicole Pickens, Ramapo.....Sr.
 Disc — Kim Ferranti, Glen Rock.....Jr.
 Jav — Allyson Carroll, Mahwah.....Jr.
 Sophomore of the Year — Stephanie Doyle, Ridgewood

JENNA ROGERS, Ridgewood —

Quite possibly the best girls distance runner ever for the Maroons, this senior closed out a magnificent career with a fourth in the Golden West run, her only loss at 3200 meters all season. She lost only to Doyle at 800 meters in the county Group 4 and was third in the state Group 4. Otherwise she won every other race, and holds the Bergen county record at 3200 with a 10:33.9, one of her five top-10 3200 times. Headed for Dartmouth in September, she ran a season-best 5:03.47 in the 1600, ninth all-time in the county.

STEPHANIE DOYLE, Ridgewood

— This sophomore ran in the shadow of Rogers but she still was a consistent performer who ran the second best 1600 time in Bergen county this year. She won the 800 meters and was second in the 1600 in the NNJIL Atlantic meet, and she was third in the 1600 in the county Group 4 run. She won the 800 and was second in the 1600 in the sectional Group 4, then was second in the BMOC 1600. After a fourth in the state Group 4, she ran her best of 5:08.32 for sixth in the SMOC.



Melissa Gilbert (center) of Ridgewood and Glen Rock's Michele Satine (left), shown competing in the Lou Lanzalotto Bergen Meet of Champions 400-meter race, are both All-Suburban first-teamers. The race was won by Hackensack's Delcita Russell, with Gilbert second and Satine third. (Photo by Tony Vassallo)

ALL-BERGEN GIRLS TRACK

First team

100M — WILLIE MAE WASHINGTON, Lodi Sophomore
 200M — MICHELLE STEIN, Glen Rock Junior
 400M — DELCITA RUSSELL, Hackensack Freshman
 800M — JEAN READIE, Queen of Peace Senior
 1,600M — JENNA ROGERS, Ridgewood Senior
 3,200M — JENNA ROGERS, Ridgewood Senior
 100M HH — MELENE THOMAS, Garfield Sophomore
 400M LH — NATASHA BERNARD, Teaneck Senior
 Shot put — JENNIFER DOUGHERTY, Ramsey Senior
 Discus — BETH CRUSIUS, Hackensack Senior
 Javelin — SHANNON DOREMUS, New Milford Senior
 High jump — MARIE GREAU, Ridgely Park Senior
 Long jump — ERIKA ALBIES, Pascack Valley Senior
 Triple jump — KERRY FRASER, Demarest Freshman
 1,600M relay — GLEN ROCK (Sabrina Luciano, junior; Katie Hanley, freshman; Michelle Stein, junior; Michele Satine, junior)

Second team

100M — ERIKA ALBIES, Pascack Valley Senior
 200M — MARCIA BHAGWANDIN, Ramsey Junior
 400M — MELISSA GILBERT, Ridgewood Senior
 800M — KOURTNEY GALLO, IHA Sophomore
 1,600M — KOURTNEY GALLO, IHA Sophomore
 3,200M — KOURTNEY GALLO, IHA Sophomore
 100M HH — JULIE DENISENKO, Fair Lawn Junior
 400M LH — SABRINA LUCIANO, Glen Rock Junior
 Shot put — JENICKA CARTER, Westwood Junior
 Discus — JENNIFER DOUGHERTY, Ramsey Senior
 Javelin — LAUREN MAZURKIEWICZ, Qn. of Peace Jr.
 High jump — JULIE DENISENKO, Fair Lawn Junior
 Long jump — JENNIFER HETTEL, Wallington Senior
 Triple jump — JUNE HOPPIE, Englewood Senior
 1,600M relay — TEANECK (Natasha Bernard, senior; Zorinah Figueroa, freshman; Keely Roberts, freshman; Erin Montgomery, junior).

Third team

100M — MARY O'NEILL, River Dell Sophomore
 200M — DELCITA RUSSELL, Hackensack Freshman
 400M — MICHELE SATINE, Glen Rock Junior
 800M — DANA SATIR, Ramsey Freshman
 1,600M — DANA SATIR, Ramsey Freshman
 3,200M — TARA QUINN, Teaneck Sophomore
 100M HH — LESLEY HODGSON, Glen Rock Junior
 400 LH — KELLYANN LAPIETRA, Hackensack Junior
 Shot put — BETH CRUSIUS, Hackensack Senior
 Discus — KIM FERRANTI, Glen Rock Junior
 Javelin — LAUREN MILLER, Glen Rock Senior
 High jump — LESLEY HODGSON, Glen Rock Junior
 Long jump — WILLIE MAE WASHINGTON, Lodi Soph.
 Triple jump — ASHLEY MARQUARD, Glen Rock Junior
 1,600M relay — HACKENSACK (Georgia Brown, junior; Marissa Jackson, freshman; Kellyann LaPietra, junior; Delcita Russell, freshman.)

Honorable mention

100 (12.9) — MaryAnn Moloughney and Nicole Wilson, Bergenfield, Melissa Bochlario and Michelle Stein, Glen Rock, Tiffany

Walker, Hackensack, Kirsten Riehl, Ramapo, Marcia Bhagwandin, Ramsey, Jennille Logan, Teaneck, Keisha Latty, Wallington.

200 (27.0) — Melene Thomas, Garfield, Michele Satine, Glen Rock, Willie Mae Washington, Lodi, Michelle Theos, Paramus, Kate Brunner and Melissa Gilbert, Ridgewood, Mary O'Neill, River Dell, Jennille Logan and Keely Roberts, Teaneck, Keisha Latty, Wallington.

400 (61.9) — Karen Ratti, Fair Lawn, Marissa Jackson, Hackensack, Jean Readie, Queen of Peace, Michelle Theos, Paramus, Aylene Baldassare, Ramapo, Erin Calvey, Ramsey, Natasha Bernard and Zorinah Figueroa and Erin Montgomery, Teaneck, Caitlin Wittreich, Tenafly, Keisha Latty, Wallington.

800 (2:26.0) — Katie Hanley, Glen Rock, Amy Hamernick, Midland Park, Kerri Black, Northern Highlands, Stephanie Doyle, Sarah McDermott, Jenna Rogers and Gizelle Watson, Ridgewood, Diana Lana, Saddle Brook, Elise James, Teaneck, Caitlin Wittreich, Tenafly, Keisha Latty, Wallington, Jessica Drew, Westwood.

1,600 (5:31.0) — Danielle Breuel, Hackensack, Kerry Moore, Midland Park, Kerri Black, Jennie Meighan and Jenn Reeder, Northern Highlands, Casey Beckmann, Ramsey, Stephanie Doyle and Lauren Stuhr, Ridgewood, Tara Quinn, Teaneck.

3,200 (12:00.0) — Kirsten LaFond, Bogota, Maria Arias and Danielle Breuel, Hackensack, Nancy Siegel, Leonia, Kerry Moore, Midland Park, Jennie Meighan, Northern Highlands, Dana Satir, Ramsey, Stephanie Doyle, Kim Folk and Amy Smith, Ridgewood, Nicole Callaghan, Westwood.

100 HH (16.4) — Pedra Blackwood and Jenny Spiegel, Bogota, Sabrina Luciano, Glen Rock, KellyAnn LaPietra and Cheryl Williams, Hackensack, Shannon Doremus, New Milford, Irene Oustergard, Park Ridge, Faith Ninivaggi, Ridgewood, Kerry Wasser, Saddle Brook, Lakiesha Smith, Teaneck, Kohar Jones, Tenafly.

400 IH (68.5) — Pedra Blackwood, Bogota, Holly Platt, Cliffside Park, Julie Denisenko, Fair Lawn, Jenn Grasso and Amy Vega, Hasbrouck Heights, Emma France, IHA, Erin Oliver and Elisa Quakenbush, Ramsey, Diana Lana, Saddle Brook, Zorinah Figueroa, Teaneck.

Shot put (32-8) — Marie Remiggio, Bogota, Angie DeMaio, Cliffside Park, Jain Lattes, Dwight-Englewood, Gina Leon, Garfield, Pearl Elliot and Maxime Gentles, Hackensack, Adwoa Asa-Awuku, New Milford, Jean Marie Marconi, Old Tappan, Nicole Pickens, Ramapo, Amy Clayton, River Dell.

Discus (102-5) — Chareen Captan, Janine Captan and Marie Remiggio, Bogota, Maxime Gentles, Hackensack, Adwoa Asa-Awuku, New Milford, Jean Marie Marconi, Old Tappan, Jessica Sokolik, Ridgewood, Jenn Bornkamp, Saddle Brook, Jennille Logan, Teaneck.

Javelin (100-0) — Marie Remiggio, Bogota, Angie DeMaio, Cliffside Park, Dianna Sanchez, Cresskill, Debra Martino, Garfield, Yolanda Sheppard, Glen Rock, Melissa Giancarlo, Lyndhurst, Allyson Carroll, Mahwah, Kathy Guilmes, Ridgely Park, Debbie Chadwick, Rutherford.

High jump (5-0) — Katie Gilmour, Dumont, Jain Lattes, Dwight-Englewood, Emma France, IHA, Beth Manghi, Danielle Proulx and Jessica Ramirez, Mahwah, Lauren Cacciamani, Paramus, Kerry Wasser, Saddle Brook, Jen Maxfield, Tenafly.

Long jump (16-4) — Kerry Fraser, Demarest, June Hopple, Englewood, Melene Thomas, Garfield, Melissa Bochlario, Glen Rock, Quinette Jester, Indian Hills, Amy Sutton, Holy Angels, Brooke Goodwin, Ramsey, Marie Greau, Ridgely Park, Tonia Clarke and Shannon McGarrigle, Ridgewood, Alisha Barber, Teaneck.

Triple jump (34-0) — Jain Lattes, Dwight-Englewood, Melene Thomas, Garfield, Lesley Hodgson, Glen Rock, Jessica Jenco, Indian Hills, Erika Albies, Pascack Valley, Vanessa McDermott and Shannon McGarrigle, Ridgewood, Alisha Barber, Teaneck, Jen Hettel, Wallington.

1,600 relay (4:20) — Demarest, Fair Lawn, Hasbrouck Heights, Immaculate Heart Academy, New Milford, Old Tappan, Queen of Peace, Ramsey, Ridgewood, Tenafly.

ALL-PASSAIC GIRLS TRACK

First team

100M — NICOLE CARMICHAEL, Kennedy Junior
 200M — TRACIA BARNES, Manchester Senior
 400M — NATASHA WILLIAMS, Passaic Senior
 800M — SARAH PARK, Wayne Valley Freshman
 1,600M — AMY MIZZONE, Wayne Valley Junior
 3,200M — BETH CRENSHAW, Wayne Valley Junior
 100M HH — KATHY HOLLOMAN, Passaic Senior
 400M IH — JEN ROY, Wayne Valley Senior
 1,600M relay — KENNEDY (Connetta Hicks, senior; Erica Finn, freshman; Simone Gayle, senior; Nicole Carmichael, junior)
 Shot put — ROBYN LOWE, Passaic Senior
 Discus — DANIEQUA STARR, Passaic Junior
 Javelin — KIM WOOTTON, Pompton Lakes Senior
 High jump — CONNETTA HICKS, Kennedy Senior
 Long jump — RUTH DOE, Passaic Senior
 Triple jump — ALICIA MAZEPA, Clifton Freshman
 All-around — DEANNA GASTROCK, West Milford Senior
 All-around — KATIE HOLMGREN, Wayne Valley Junior

Second team

100M — TIAMEQUA FULTON, Eastside Freshman
 200M — SIMONE GAYLE, Kennedy Senior

400M — NAKISHA MCINTOSH, Eastside Sophomore
 800M — BLYTH BOYDSTON, Manchester Freshman
 1,600M — MONICA CHULPSA, Wayne Valley Junior
 3,200M — ANNA BERARDO, Clifton Junior
 100M HH — TIFFANY STARR, Clifton Sophomore
 400M IH — LAINA WALLACE, Eastside Sophomore
 1,600M relay — MANCHESTER (Latoya Barnes, senior; Nicole Decker, senior; Tracia Barnes, senior; Blyth Boydston, freshman)

Shot put — NAKISHA LEON, Passaic Freshman
 Discus — LAURA MULDER, Hawthorne Senior
 Javelin — TARA CHAPIN, Lakeland Senior
 High jump — KARIN LAGGEMANN, DePaul Senior
 Long jump — NANCY SCHEMLEY, Wayne Valley Fresh.
 Triple jump — KELLY JOHNSON, Pompton Lakes Junior
 All-around — KIRA KELLY, West Milford Sophomore
 All-around — DENISE THOMAS, Kennedy Junior

Honorable mention

Joy Schutte, Lakeland; Antonette Dean, Passaic; Erin Earley, Pompton Lakes; Sarah Frankel, Wayne Valley; Chrissy Moran, Wayne Hills; Rebecca Velez, Kennedy; Tomika Taylor, Eastside; Lauren Difisi, West Milford; Elizabeth Zagatta, Hawthorne; Chris Randzin, Passaic Valley; Sue Klevit, Clifton; Nicole Decker, Manchester.

This class can run with any in history

By PAUL SCHWARTZ
Correspondent

The 1994 Bergen County girls senior class is one of the finest in the 20-year history of area high school track, as its performances throughout the spring season have proved.

But even though eight seniors are part of the All-Bergen County girls track team, the future of track in the area remains bright as freshmen Kerry Frazer of Demarest and Delcita Russell of Hackensack and sophoms Willie Mae Washington of Lodi and Melene Thomas of Garfield proved in earning their first All-Bergen selections.

Four of the eight seniors, Jean Readie of Queen of Peace, Jenna Rogers of Ridgewood, Beth Crusius of Hackensack, and Erika Albies of Pascack Valley, complete their careers with back-to-back All-Bergen honors, although Albies and Crusius are selected in different events from 1993. And eight of the selections are among the top 10 in their events in Bergen history.

Here's a closer look at the team:

WILLIE MAE WASHINGTON, Lodi, 100 meters — One of the new faces on the track and field scene this year, Washington won the Bergen Group 2 100-meter dash, finished second in the Bergen-Passaic Scholastic league King, sectional Group 2, and the Lou Lanzalotto Bergen Meet of Champions at 100 meters before finishing sixth in the State Group 2 race. She also won several major championships in the long jump, including the Bergen Meet of Champions, and figures to have a chance at becoming Lodi's first State Group champion.

All-County listings on S-20

MICHELLE STEIN, Glen Rock, 200 meters — The only individual on the first team from the State Group 2 champions and the only junior on the first team, Stein was undefeated in Bergen County at 200 meters and was part of the Panthers' 1,600-meter relay team that was also All-Bergen. Stein won the B-PSL Carpenter, Bergen Group 2 (setting a record), and the BMOC at 200 meters and finished second in the sectional Group 2 and State Group 2 races at the same distance. She also won major championships in the 100 and long jump and was fifth in the State Group 2 100.

DELICITA RUSSELL, Hackensack, 400 meters — An honorable mention choice last fall in cross-country, she seems suited for stardom in the footsteps of Jasmin Jones, now a national class competitor at 800 and 1,500 meters. The 800 might turn out to be her best event but, for now, she'll settle for the 400. She won the Northern New Jersey Interscholastic League Pacific, Bergen Group 4, sectional 4, and BMOC championships in the one-lapper and was third in Group 4 State competition. She also won titles at 100 and 200 meters and medaled in the high jump. Her career best of 57.99 seconds is 12th all-time in Bergen County.

JEAN READIE, Queen of Peace, 800 meters — One of the greatest all-around runners in county history, Readie, an All-Bergen sprinter as a sophomore and All-Bergen at 800 meters as a junior, she is the sixth-ranked 400 runner in Bergen history and 10th in the 800. This year she won the Bergen County Scholastic League American, Bergen Group 3, and BMOC titles at 800 meters and finished second in the Parochial A championship. She also won league and County 400 titles. She will attend Georgetown University next year.

JENNA ROGERS, Ridgewood, 1,600 and 3,200 meters — The queen of New Jersey distance running, Rogers' only losses to New Jersey runners in more than 30 cross-country and track races all year were in the Bergen Group 4 800, to a teammate, and in the State Group 4 1,600, in which she was third. Rogers was undefeated in the 3,200 from the Williamsport Invitational through league, County, State sectional, BMOC, and State competition until finishing fourth in the Golden West 3,200 in California. She won the BMOC in a County-record 10:33.9 and has five of the top 10 3,200 times in Bergen history.

At 1,600 meters, she won the NNJIL Atlantic, Bergen Group 4, and sectional 4 titles before taking third in the State Group 4 meet. Her best clocking of 5:03.47 was ninth all-time in that event. Rogers, also the State cross-country champion, will run at Dartmouth next season. She earned the Jacob Brown track award at the Bergen County Jack Yockers Relays and the Tom Zaccone track award at the BMOC for her performances at those events.

MELENE THOMAS, Garfield, 100-meter hurdles — The second sensational sophomore on the team, she won the B-PSL King, Bergen, and sectional Group 3 titles before running a 14.4 to win the BMOC in a meet record, just two-tenths of a second off the County record, tying for second all-time. She also reached the Group 2 State final in the event.

Thomas also medaled in the 200, long jump, and triple jump, including a third place in the BMOC triple jump. She figures to join Neretta Freeman, Kim Lehmann, and Violetta Josevska as Garfield girls track superstars.

NATASHA BERNARD, Teaneck, 400-meter hurdles — After finishing second at the Bernards Invitational, Bernard won four consecutive titles, winning the NNJIL Pacific, Bergen Group 4, Sectional 4, and BMOC titles, before finishing sixth in the State Group 4 race. She also medaled in the 400 and triple jump this year. The Maryland-bound senior is ranked 11th all-time in Bergen County history in the event.

JEN DOUGHERTY, Ramsey, shot put — A fine volleyball player, Dougherty reached even greater heights in the weight events, and had the longest shot put and discus throws in Bergen County this year. She won the Mahwah Invitational, Bergen Group 3, Northern Bergen Interscholastic League Division 2, sectional 3, and BMOC titles in the shot, was third at Bernards and the State Group 3 competition. She won three major titles in the discus, including a fifth-place finish in the State Group 3 meet. Her 37-10 $\frac{3}{4}$ shot put is 16th all-time in Bergen and her 121-3 in the discus is 15th all-time. The Niagara-bound Dougherty won the Dick Hitt Award for outstanding field performance at the Bergen County Jack Yockers Relays and won the field event award at the BMOC.

BETH CRUSIUS, Hackensack, discus — Last year's All-Bergen shot putter returns as the county's top discus thrower after winning titles at the County Seat and NNJIL Pacific meets and second-place finishes at the Bergen Group 4, sectional 4, and BMOC meets. She was also fifth at the State Group 4 meet. She also won three major titles this year in the shot and several medals in the javelin. She ranks in the top 25 in both the shot and discus all-time in Bergen County.

SHANNON DOREMUS, New Milford, javelin — The former Becton softball player turned New Milford star javelin thrower won championships at the BCSL National and Bergen Group 2 meets, was second in the sectional Group 2, and fifth in the BMOC. Her throw of 119-4 was the top throw in the area this year and in the top 25 all-time. She also won the 100, 200, and high hurdles at the BCSL National meet to help the Knights win their league title.

MARIE GREAUX, Ridgefield Park, high jump — Another former softball player turned track star, she won the County Seat, BCSL American, sectional Group 2, and BMOC titles in the high jump, was second at the Bergen Group 2 meet, and was fourth at the State Group 2 meet. In the long jump, she won the league title, medaled in three other major titles, and was seventh in the Group 2 long jump. Her best high jump of 5-3 has been surpassed by only 17 Bergen County jumpers.

KERRY FRAZER, NV/Demarest, triple jump — This freshman burst on the scene with a 35-foot jump for second place at the Mahwah Invitational and was consistently outstanding all season, jumping a personal best 36-4 $\frac{1}{2}$, believed to be the best freshman jump in New Jersey history and 12th all-time in Bergen history. She won the NBIL Division 2 and Bergen Group 3 titles and had seconds at the County Seat and BMOC. She also medaled in most major long jumps and high hurdles and has an unlimited future.

ERIKA ALBIES, Pascack Valley, long jump — Last year's All-Bergen triple jumper moves over to the long jump after leaping a career-best 17-11 $\frac{1}{4}$, the eighth longest in Bergen County. She won the Bernards, NBIL Division 2, Bergen Group 3, and State sectional Group 3 championships, was third in the BMOC, and was a finalist in the Group 3 long jump. She also won three major 100 titles, including the BMOC. She'll jump at the University of Rhode Island next year.

GLFN ROCK 1,600-meter relay — The team of Stein, half-miler Katie Hanley, intermediate hurdler Sabrina Luciano, and quarter-miler Michele Satine lost only one race to an area team all year, by a hundredth of a second to Teaneck in the SMOC, where the Panthers were fifth. Glen Rock won the B-PSL Carpenter, Bergen Group 2, sectional 2, and BMOC titles, setting meet records at the Bergen and sectional meets. Glen Rock was also second in Group 2, clinching the Rockers' team title, and had a best time of 3:59.08.

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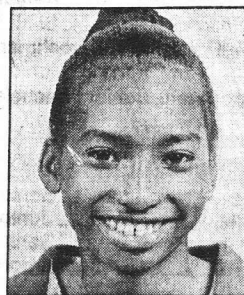
ALL-BERGEN GIRLS TRACK



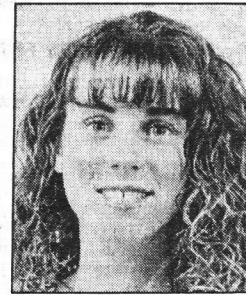
Willie M. Washington
Lodi
100M



Michelle Stein
Glen Rock
200M, 1600 Relay



Delcita Russell
Hackensack
400M



Jean Readie
Queen of Peace
800M



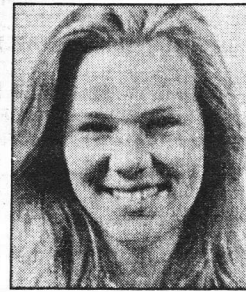
Jenna Rogers
Ridgewood
1600M, 3200M



Melene Thomas
Garfield
100M HH



Natasha Bernard
Teaneck
400M IH



Jen Dougherty
Ramsey
Shot put



Beth Crusius
Hackensack
Discus



Shannon Doremus
New Milford
Javelin



Marie Greaux
Ridgefeld Park
High jump



Erika Albies
Pascack Valley
Long jump



Kerry Frazier
NV/Demarest
Triple jump



Sabrina Luciano
Glen Rock
1600M Relay



Katie Hanley
Glen Rock
1600M Relay



Michele Satine
Glen Rock
1600M Relay

All-State girls' track

FIRST TEAM

POS.	PLAYER	SCHOOL	HT.	WT.	CLASS
100	Darriea Pigott	West Orange	5-8	127	Junior
200	Nicole Carmichael	Paterson Kennedy	5-4	115	Junior
400	Yetunde Daniels	Ocean Township	5-6	115	Soph
800	Hazel Clark	Columbia	5-9½	119	Junior
1,600	Megan Hartman	Ocean City	5-4	110	Senior
3,200	Jenna Rogers	Ridgewood	5-9	125	Senior
HH	Helen Wilks	Bridgeton	5-8	140	Senior
IH	Jen Roy	Wayne Valley	5-6	118	Senior
HJ	Kathy Kilar	J. P. Stevens	5-6	115	Soph
LJ	Demya Walker	Rancocas Valley	6-3	135	Junior
SP	Tara Hollowell	Trenton	5-8	210	Junior
DIS	Tammy Pellien	Jackson	6-0	220	Soph
JAV	Jackie Davis	Hamilton North	5-5½	138	Junior

SECOND TEAM

100	Nicole Carmichael, Pat. Kennedy
200	Darriea Pigott, West Orange
400	Cheri Selby, St. Dominic Acad.
800	Marissa DeFreese, Rahway
1,600	Autumn Fogg, Hunterdon Central
3,200	Jessica King, Glen Ridge
HH	Joycelyn Harris, Franklin
IH	Megan Whitaker, Franklin
HJ	Laura Zemsky, Sayreville
LJ	Shaytika Bryant, Bridgeton
SP	Robyn Lowe, Passaic
DIS	Tara Hollowell, Trenton
JAV	Sherry Cheng, East Brunswick

JENNA ROGERS: Despite blood blisters so bad that she occasionally needed the assistance of her brother to get her around the house, the Dartmouth-bound Rogers, a senior at Ridgewood who won the M of C cross-country title in November, won the M of C 3,200 in 10:42.96. Rogers also won the Group 4 3,200 in 10:50.17. At the North Jersey, Section 1 meet, she finished first in both the Group 4 3,200 in 10:43.1 and 1,600 in 5:06.6. At the Bergen County M of C, Rogers broke the meet record by winning the 3,200 in 10:33.9, the fifth fastest time in state history and the quickest in the state since 1988.

THIRD TEAM

Mieaha Camper, Florence
Joycelyn Harris, Franklin
Aisha Lawson, Camden
Kari Vigerstol, Holy Cross
Liz Moore, Shawnee
Beth Crenshaw, Wayne Valley
Melanie Gonzalez, Lakewood
Kellie Adams, Ocean City
Melissa Pickering, Washington
Nena Moore, Cherry Hill West
Lorraine Smith, Watchung Hills
Helen Wilks, Bridgeton
Karen Austin, Oakcrest



Jenna Rogers
... Ridgewood

Final girls' track performance list

100-METER DASH (hand times): 11.7—Darriea Pigott, West Orange; Mieaha Camper, Florence. 11.8—Nichole Hill, Oakcrest. 11.9—Joycelyn Harris, Franklin; Nicole Carmichael, Paterson Kennedy. 12.0—Keisha Latty, Wallington.

100-METER DASH (automatic times): 12.03—Nicole Carmichael, Paterson Kennedy. 12.07—Darriea Pigott, West Orange. 12.27—Mieaha Camper, Florence. 12.26—Joycelyn Harris, Franklin. 12.29—Medina Salaam, Camden. 12.32—Kelli Morris, Neptune. 12.33—Charmaine Walker, Plainfield.

200-METER DASH (hand times): 24.2—Nicole Carmichael, Paterson Kennedy. 24.7—Joycelyn Harris, Franklin. 24.8—Nichole Hill, Oakcrest. 24.9—Yetunde Daniels, Ocean Township. 25.0—Darriea Pigott, West Orange; Chantell Parks, Camden.

200-METER DASH (automatic times): 24.27—Darriea Pigott, West Orange. 24.47—Nicole Carmichael, Paterson Kennedy. 25.01—Joycelyn Harris, Franklin. 25.15—Nichole Hill, Oakcrest. 25.18—Vanessa Lewis, Morris Catholic. 25.23—Mieaha Camper, Florence.

400-METER RUN (hand times): 57.0—Hazel Clark, Columbia; Aisha Lawson, Camden. 57.6—Cheri Selby, St. Dominic Academy. 57.7—Jen Roy, Wayne Valley. 57.9—Chantell Parks, Camden; Tiffany Brisbane, Willingboro.

400-METER RUN (automatic times): 56.36—Yetunde Daniels, Ocean Township. 57.23—Cheri Selby, Mt. St. Dominic. 57.29—Tiffany Brisbane, Willingboro. 57.49—Dana Burnett, Williamstown. 57.76—Mandy Dulin, Shawnee. 57.81—Aisha Lawson, Camden.

800-METER RUN: 2:10.24—Hazel Clark, Columbia. 2:13.90—Marissa DeFreese, Rahway. 2:14.76—Kari Vigerstol, Holy Cross. 2:14.89—Tracy Pombo, Vernon. 2:15.53—Shelly Solheim, Ocean City. 2:16.89—Jean Reade, Queen of Peace.

1,500-METER RUN: 4:35.05—Liz Moore, Shawnee. 4:44.50—Marissa DeFreese, Rahway. 4:45.4—Amy McDonald, Holmdel. 4:58.74—Hazel Clark, Columbia.

1,600-METER RUN: 4:54.71—Megan Hartman, Ocean City. 4:59.88—Autumn Fogg, Hunterdon Central. 5:01.57—Jessica King, Glen Ridge. 5:03.06—Liz Moore, Shawnee. 5:04.9—Jackie Coscia, Mt. Olive. 5:05.3—Kari Vigerstol, Holy Cross.

3,000-METER RUN: 10:13.55—Jackie Coscia, Mt. Olive. 10:41.5—Megan Phillips, Ocean Township. 10:43.80—Jessica King, Glen Ridge. 10:50.9—Hazel Clark, Columbia.

3,200-METER RUN: 10:33.9—Jenna Rogers, Ridgewood. 10:51.31—Jessica King, Glen Ridge. 10:54.8—Megan Hartman, Ocean City. 10:55.80—Beth Crenshaw, Wayne Valley. 10:57.17—Jackie Coscia, Mt. Olive. 11:03.33—Colleen Sunderland, Northern Burlington.

100-METER HIGH HURDLES (hand times): 14.3—Joycelyn Harris, Franklin; Helen Wilks, Bridgeton; Natasha Clary, Plainfield. 14.4—Kia VanWright, Willingboro; Kellie Adams, Ocean City; Melene Thomas, Garfield.

100-METER HIGH HURDLES (automatic times): 14.38—Helen Wilks, Bridgeton. 14.44—Joycelyn Harris, Franklin. 14.51—Melanie Gonzalez, Lakewood. 14.55—Connie Lobb, Roxbury. 14.58—Natasha Clary, Plainfield. 14.60—Tiffany Riggs, Eastern.

400-METER INTERMEDIATE HURDLES: 61.32—Angela Lee, Franklin. 61.47—Joycelyn Harris, Franklin. 62.17—Jen Roy, Wayne Valley. 62.77—Megan Whitaker, Franklin. 63.14—Aiyanna Burton, Columbia. 63.19—Connie Lobb, Roxbury.

HIGH JUMP: 5-8—Kathy Kilar, J. P. Stevens. 5-6—Kim Stoll, Holy Spirit; Misty Farrell, Washington. 5-5—Mandi Wolicki, Ocean City; Shalick Riva, Moorestown; Shaliek Wright, Cranford. 5-4—Brooke Murray, Pitman; Lisa LaMonte, Ridge; Kirsten Edreen, Summit; Amy Beadle, Toms River North; Demya Walker, Rancocas Valley; Julie Denisenko, Fair Lawn; Kathy Gurbis, Monmouth Regional; Melissa Pickering, Washington; Becky Creeden, West Deptford; Lesley Hodgson, Glen Rock; Laura Zemsky, Sayreville.

LONG JUMP: 18-10¼—Demya Walker, Rancocas Valley. 18-7—Nena Moore, Cherry Hill West. 18-5½—Shaytika Bryant, Bridgeton. 18-3½—Helen Wilks, Bridgeton. 18-2¾—Vinnetta Gordon, Montclair. 18-0¼—Jen Roy, Wayne Valley.

TRIPLE JUMP: 36-4¼—Kerry Frazier, Demarest. 36-2½—Vinnetta Gordon, Montclair. 35-½—June Hoppie, Englewood. 35-5½—Jain Lattes, Dwight-Englewood. 35-5—Ashley Marquard, Glen Rock. 35-3—Aisha Barker, Teaneck.

SHOT PUT: 43-3¼—Lorraine Smith, Watchung Hills. 42-2¼—Robyn Lowe, Passaic. 41-6¼—Tara Hollowell, Trenton. 40-5½—Typhanie Bates, Williamstown. 39-3¼—Phalicia Mason, Willingboro.

DISCUS: 137-9—Tammy Pellien, Jackson. 135-4—Tara Hollowell, Trenton. 124-7—Helen Wilks, Bridgeton. 124-3—Phalicia Mason, Willingboro. 121-3—Jamie Houston, High Point; Jen Dougherty, Ramsey. 118-11—Robyn Lowe, Passaic.

JAVELIN: 136-6—Sherry Cheng, East Brunswick. 134-11—Jackie Davis, Hamilton North. 125-2—Tiffany Palmer, Southern Regional. 121-4—Christine Ziemba, Edgewood. 120-2—Karen Austin, Oakcrest. 119-6—Assunda Miller, Howell.

400-METER RELAY (4x100): 47.45—Willingboro. 48.29—Franklin. 48.30—Willingboro. 48.80—Camden. 49.48—Plainfield. 49.50—Neptune.

800-METER RELAY (4x200): 1:41.20—Willingboro. 1:42.5—Franklin. 1:44.2—Neptune. 1:44.9—Trenton. 1:45.46—Glen Rock. 1:45.9—Plainfield.

1,600-METER RELAY (4x400): 3:50.45—Camden. 3:51.44—Willingboro. 3:52.26—Columbia. 3:58.90—Franklin. 3:58.97—Ocean City. 3:59.07—Teaneck.

3,200-METER RELAY (4x800): 9:21.7—Ocean City. 9:42.0—Hunterdon Central. 9:48.2—Camden. 9:51.0—Shawnee. 9:57.6—Ridge. 9:57.9—Ridgewood.

6,400-METER RELAY: 21:57.7—Hunterdon Central. 22:08.0—Ridgewood. 22:23.0—Shawnee. 22:25.8—Wayne Valley.

SPRINT MEDLEY RELAY: 4:06.6—Columbia. 4:11.50—Camden. 4:13.0—Ocean City. 4:13.6—Shawnee. 4:15.90—Rahway. 4:17.38—Glen Rock.

DISTANCE MEDLEY RELAY: 12:03.50—Ridgewood. 12:06.73—Ocean City. 12:15.82—Hunterdon Central. 12:35.20—Bishop Eustace. 12:36.21—Shawnee. 12:37.71—Columbia.

SHUTTLE HURDLES: 60.40—Neptune. 62.0—Moorestown. 64.40—Columbia. 65.0—J. P. Stevens. 66.50—Roxbury. 67.5—Nutley.

INTERMEDIATE HURDLES RELAY: 3:23.90—Columbia. 3:27.0—Glen Rock. 3:28.3—Franklin. 3:29.2—East Brunswick. 3:29.5—Science. 3:29.6—Wayne Valley.