

1994-95 WINTER TRACK & FIELD

RESULTS & RECORDS

1994-95 Winter Track Team Roster

Kevin Brophy
R.B. Brill
Ryan Cleary
Jim Davis
Raphael Garcia
Jeff Hu
Mike Huang
Lou Lembo
Statsuki Matsumoto
Fletcher Rosenbach
Brian Palatucci
Josh Saladino
Al Sison
William Tsai
Kate Brunner
Dara Cattani
Erin Flemming
Kim Folk
Vanessa McDermott
Faith Ninivaggi
You-Jung Park
Vanessa Worm

James Cheng
Mike Cohen
Ryan Genovese
Takane Hidano
Tim Francis
Eun-Ho Lee
Nobu Taguchi
Nicky Wong
Jay You
Beth Apsel
Stephanie Doyle
Sarah McDermott

Jeff Braden
Will Byrne
Matt Mongon
Eric Rogers
Mike Wantanabe
Katie Cohn
So Young Park
Carrie Ruggles
Jessica Sokolik

Steve Bertoni
Scott Brill
Javan Hemmel
Steve Robinson
Dan Williams
Jason VanYperen
Damian Plummer
John Weindler
Vicky Lowe
Kate McNamara

Head Coach: Richard VanYperen
Assistant Coaches: Michael Mullin
Stacy Price

Meets

Garfield SP/HJ 12/21
 FDU Holiday Classic 12/17,19
 Season Opener 12/23
 Seton Hall Games 12/27,28
 Pearl River Holiday Meet 12/28
 Foot Locker Indoor Games 12/31
 Garfield 2 1/5
 Ridgewood Winter Games I 1/6
 Bergen County Dev. Meet 1/7
 Dartmouth Invitational 1/7
 Paul Schwartz Invite 1/10
 NJSIAA Group 4 Relays 1/14
 North Jersey Championship 1/17
 Bergen County Dev. II 1/19
 Yale Invitational 1/20,21
 Ridgewood Winter Games II 1/25
 Garfield 3 1/30
 Frosh-Novice Meet 1/31
 Bergen County Relays 2/2
 NNJSIAA Group 4 2/5
 NNJIL Championships 2/6
 Varsity Classic 2/14
 NJSIAA Championship 2/19
 County Championships 2/20
 Garfield Classic 2/22
 Boys Eastern States 2/27
 Girls Eastern States 3/4

Head Coach: Richard VanYperen
 Assistant Coach: Michael Mullin
 Stacy Price

Girls Team: 2nd place North Jersey Championship
 2nd place County Relays
 NNJIL Atlantic Champions
 Boys Team: 1st place North Jersey Championship
 2nd place County Relays
 2nd place NNJIL Atlantic Division

New School Records

Fletcher Rosenback & Jim Davis
 6'6" High Jump
 12' 2" 2x High Jump

RIDGEWOOD GIRL'S TRACK AND FIELD INDOOR RECORDS

EVENT	RECORD	PERFORMER	DATE	PLACE
50 yard dash	6.4	Virginia Figlar	1988	FDU
	6.4	Jennifer McDermott	1989	FDU
60 yard dash	7.3	Cathy Vickery	1984	Rockland
55 meter dash	7.3	Virginia Figlar	1986	Princeton
100 yard dash	12.0	Sue Davis	1976	168 Armory
200 meter dash	27.5	Jeanne McGuire	1985	West Point
300 yard dash	37.25	Virginia Figlar	1987	Harvard
300 meter dash	42.2	Melissa Gilbert	1994	FDU
400 meter dash	57.94	Virginia Figlar	1987	Yale
440 yard dash	58.03	Virginia Figlar	1987	Yale
600 yard run	1:24.58	Virginia Figlar	1988	Harvard
600 meter	1:40.1	Renee Pavelski	1993	FDU
800 meter run	2:13.0	Margaret Scutro	1985	Byrne Arena
1000 meters	2:47.44*	Margaret Scutro	1985	Byrne Arena
1000 yard run	2:32.7	Margaret Scutro	1985	Rockland
1500 meter run	4:33.35	Margaret Scutro	1985	Yale
1 mile run	4:56.53	Margaret Scutro	1985	Dartmouth
3000 meter run	10:03.12	Jennifer Hughes	1988	Yale
2 mile run	10:40.8	Patti Mileski	1983	Harvard
60 yard hurdles (30 in.)	8.63	Sheryl van der Schyff	1988	Yale
Shot Put (4 Kg)	36'9 1/4"	Tammy Rayevich	1988	Hackensack
Long Jump	18'11"	Jennifer McDermott	1989	Harvard
High Jump	39'10 1/2"	Jennifer McDermott	1989	Annapolis
	5'8 1/4"	Becky Deetz	1974	Manley FH Syracuse
4x55 m. Hurdles (33")	39.0	McGuire/Waters Velez/Ross	1984	Rockland
4x60 Hurdles	35.6	McDermott/Cochran	1987	Princeton
	35.6	Degelmann/van der Schyff Degelmann/Wrubel	1988	Princeton
4x220 yd relay	1:52.3	Donnelly/van der Schyff McGuire/Waters		
		Degelmann/Ross	1984	Rockland
4x400 m relay	4:01.9	McDermott/Reilly	1989	FDU
		Collazo/Hughes		
4x880 yd relay	9:38.8	Figlar/Jean Hughes		
		Jen Hughes/Cannon	1988	Harvard
4x800 m relay	9:22.18	Figlar/Jean Hughes		
		Jen Hughes/Collazo	1988	Yale
4x1600 m. relay	22:43.9	Wright/McKenna		
		Mileski/Mileski	1981	E. Strouds.
4x1 mile relay	22:39.8	Hughes/Wright		
		Cannon/Collazo	1986	Rockland
Sprint Medley Relay (400-200-200-800)	4:24.0	Reilly/McDermott		
		Pollcai/Collazo	1988	Princeton
Distance Medley (880-440-3/4-1 mi.)	11:56.5	Pringle/Scutro	1983	Yale
	11:59.1	Mileski/Mileski	1983	Princeton
Shot Put Relay (4 kg.)	66'3"	Rayevich/Eldridge	1988	Hackensack
High Jump Relay	9'10"	Wrubel/van der Schyff	1988	Princeton
Long Jump Relay	32'1 1/4"	McDermott/Wrubel	1987	Brown
Triple Jump Relay	65'11"	Hawthorne/Granata	1983	Rockland

* 2:47.44 National Record

RIDGEWOOD BOY'S TRACK AND FIELD INDOOR RECORDS

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yard dash	6.5	P. McGillicuddy	1971	
100 yard dash	10.8	Ralph Jones	1971	168 Armory
200 meter dash	24.5	Bill Bristow	1980	West Point
300 yard dash	32.9	Matt Krever	1991	Rockland
400 meter dash	50.31	Tim Geckeler	1989	Annapolis
500 meters	69.6	Charles Cortellesi	1983	West Point
600 yard run	1:15.5	Tim Geckeler	1989	Princeton
600 meter run	1:25.9	Sadek Alsaïdi	1993	FDU
800 meter run	1:55.49	John Parisi	1983	West Point
1000 meters	2:31.0	Bob Keino	1994	168th St.
1000 yard run	2:17.4	John Parisi	1983	Princeton
1500 meter run	4:00.4	Bob Keino	1993	FDU
Mile Walk	8:36	Ed Landers	1985	Rockland
1600 meters	4:22.3	Chris Sullivan	1985	Princeton
Mile	4:14.31	Bob Keino	1994	Mad.Sq. Gar
3200m	9:18.11	Bob Keino	1994	Princeton
3000 meter run	8:25.28	Bob Keino	1993	Princeton
60 yard hurdles	7.3	Rich Wankmueller	1975	
45 yard hurdles	5.6	Mike Rogers	1975	
Shot Put	54'9"	Eric Bryant	1981	Saddle Br.
Long Jump	23'5 1/2"	Craig Halyard	1989	Annapolis
High Jump	6'6"	F. Rosenbach/J. Davis	1995	Garfield
Pole Vault	13'3"	John Boylan	1980	Princeton
Triple Jump	49'6 1/2"	Craig Halyard	1989	Princeton
4x55 m hurdles relay	32.4	Jacoby/Buckley Parisi/Kelley	1981	Princeton
4x220 yard relay	1:35.7	Marino/Williams Parisi/Lanni	1983	Rockland
4x400 meter relay	3:27.2	Cortellesi/Williams Lanni/Parisi	1983	Yale
4x800 meter relay	8:04.5	O'Leary/Kelley Ketterson/Parisi	1982	West Point
4x1 mile relay	18:34.1	McNiff/Lander Nutt/LeMay	1984	Rockland
Sprint Medley relay (440-220-220-880)	3:37.1	Darrow/Donlan Caminiti/Sullivan	1985	Rockland
Distance Medley (800-400-1200-1600)	10:20.20	Sullivan/Caminiti Lander/LeMay	1985	Yale
Shot Put Relay	133'4" 97'3"	Laborde/Pfund/Phillips Kearns/Bryant	1984 1981	St. Josephs Par. Cath.
High Jump Relay	12'2"	Davis/Rosenbach	1995	Princeton
Triple Jump Relay	84'9 3/4"	Hong/Halyard	1987	Rockland
Long Jump Relay	40'10 1/2"	Hong/Darrow	1987	Rockland
Pole Vault Relay	31'6" 22'6"	Karl/Nocka/Boyland Boyland/Cronin	1979 1979	Rockland Rockland

GARFIELD SHOT PUT/HIGH JUMP
Wednesday, December 21, 1994

Shot Put: Tim Francis 33'7 1/2"

High Jump: Fletcher Rosenbach 6'0" 3rd Place
Jim Davis 6'0" 2nd Place
Raph. Garcia NH

Novice: Jeff Braden 5'8" 4th Place

Varsity: Kate Brunner 4'6"
Kate McNamara 5'0" 1st Place

FDU HOLIDAY CLASSIC

Saturday, 12/17/94

55HH: F. Rosenbach 8.5/8.4, J. Davis 8.7/8.4

F. Ninivaggi FS

Monday, 12/19/94

Long Jump: J. Hu 17'6 1/2

Shot Put: T. Francis 33'2"
J. Sokolik 26'10", J. Hoffman 23'5 1/2"

High Jump: F. Rosenbach 5'10", J. Davis 6'0" 3rd Place,
R. Garcia NH, J. Braden 5'8"
K. Brunner NH, K. McNamara 4'8" 5th Place

Pole Vault: M. Huang 11'0", J. Davis 10'0"

SEASON OPENER INVITATIONAL, Friday, December 23, 1994

55HH: J. Hu 9.2/9.1, J. Davis 8.5, F. Rosenbach 8.3
Novice: J Braden 8.4/8.6
Frosh: S. Robinson 11.1

60y:

Novice: M. Huang 7.2, W. Tsai 7.3, R. Genovese 7.3,
N. Taguchi 8.1
Frosh: S. Bretoni 8.3, J. Polise 8.7

3200m: M. Cohen 11:22

4xlap:

Novice: M. Huang 27.2(200), S. Matsumoto 24.8, R. Genovese 24.1,
J. Braden 25.3 1:41.3
R. Garcia 26.4 (200), T. Hidano 28.0, A. Sison 25.7
N. Taguchi 27.5 1:47.5
Frosh: S. Bretoni 30.8(200), S. Brill 31.6, S. Robinson 26.7
J. Polise 31.1 2:00.2

800: R. Cleary 2:06.0
S. McDermott 2:37.5

4x800:

Frosh: D. Plummer 2:27.4, S. Brill 2:50.5, J. Van Yperen 2:40.4
J. Hemmel 2:33.0 10:33.3 3rd Place
Novice: L. Lembo 2:23.8, W. Byrne 2:22.8, K. Scarfo 2:19.0,
E. Rogers 2:16.0 9:21.9 6th Place
A. Sison 2:28.9, M. Wantanabe 2:39.6, T. Hidano 2:38.1,
R. Genovese 2:30.6 10:17.1

300: J. Saladino 39.4, K. Brophy 40.6, W. Tsai 40.9
K. Brunner 45.0, V. McDermott 46.9, K. McNamara 46.7

1600: R.B. Brill 4:55.5 5th Place
S. Doyle 5:34.2 1st Place, K. Folk 5:48.5 3rd Place,
K. Cohn 5:52.2 4th Place

4x400:

Frosh.: D. Plummer 62.5, J. Van Yperen 69.7, S. Robinson 67.9,
J. Hemmel 65.4 4:25.5 3rd Place
Novice: L. Lembo 60.6, W. Byrne 61.8, E. Rodgers 60.3,
K. Scarfo 57.6 4:00.3
J. Hu 59.5, J. Braden 63.9, W. Tsai 56.7,
M. Huang 58.8 3:58.9
Varsity: J. Saladino 53.3, K. Brophy 55.0, R. Garcia 60.1,
R. Cleary 55.1 3:43.4
V. McDermott 65.7, K. Brunner 68.1, K. McNamara 66.0,
S. Doyle 65.5 4:25.4 1st Place

1994 SETON HALL GAMES

Tuesday, December 27, 1994

Mile: Stephanie Doyle 5:49.1

Wednesday, December 28, 1994

Sprint Medley: J. Saladino, K. Brophy, W. Tsai, R. Cleary
55.6 26.0 25.5 2:07.3 3:54.4

Distance Medley: K. Folk, V. McDermott, S. McDermott, S. Doyle
4:14.7 65.3 2:36.4 5:30.4 13:37.8
2nd Place

PEARL RIVER HOLIDAY MEET, Rockland Community College,
Wednesday, December 28, 1994

Frosh./Soph Events

55H: J. Braden 9.5/9.6/10.6 4th Place

Shot Put: J. Sokolik 25'6"

1600: W. Byrne 5:18.7, S. Brill 6:41.4

High Jump: K. McNamara 5'0" 2nd Place, J. Braden 5'8" 2nd Place

300: K. McNamara 42.4

800: S.Y. Park 3:19.7

Varsity Events

Shot Put: T. Francis 31'4 1/2", J. Hoffman 23'1"

High Jump: F. Rosenbach 6'0" 6th Place, J. Davis 5'8", 15th Place
R. Garcia 5'3", K. Brunner 4'10" 7th Place

Pole Vault: M. Huang 10'0" 10th Place, J. Davis 10'6" 9th Place

Long Jump: J. Hu 18'10" 7th Place, R. Garcia 17'2"

55H: F. Rosenbach 8.2/8.3, J. Hu 8.7
F. Ninivaggi 9.1/9.3/9.4 6th Place

3200m: R.B. Brill 11:03.1, M. Cohen 11:36.4

55m: J. Cheng 8.1, N. Wong 8.0
D. Cattani 8.0/8.0

1000y: L. Lembo 2:40.5, A. Sison 2:53.6, E. Ho 3:03.6
Y.J. Park 4:09.7

4x200:

J. Cheng 28.8, S. Matsumoto 26.6, N. Wong 29.2,
A. Sison 27.2 1:51.7

GARFIELD 2, Thursday, January 5, 1995

van departs at 4:45 p.m.

Shot Put: Tim Francis 34'2 1/2"
Jess Sokolik 25'11 3/4", Jen Hoffman 24'9 1/2"

High Jump:

Fletcher Rosenbach 6'0" 4th Place
Jim Davis 6'2" 1st Place
Raph Garcia 5'8" 3rd Place Novice

6TH ANNUAL FOOT LOCKER NEW YORK INDOOR GAMES
Saturday, December 31, 1994 NEW YEAR'S EVE

High Jump: F. Rosenbach 6'2" 1st Place,
J. Davis 6'0" 4th Place, J. Braden 5'6"
K. McNamara 5'0" 2nd Place, K. Brunner 4'8" 4th Place

Long Jump: J. Hu 18'1 1/4", F. Rosenbach 17'2"
K. McNamara 14'11"

Pole Vault: M. Huang 10'6", J. Davis 10'6"

RIDGEWOOD WINTER GAMES, PART I

Friday, January 6, 1995

FDU, Rothman Center

Frosh. Boys 1600m: S. Brill 6:16.7, J. Van Yperen 5:46.6,
J. Hemmel 5:26.7 8th Place, D. Plummer 5:47.8

Novice Boys 1600m: W. Byrne 5:12.5, E. Rogers 4:59.1 5th Place,
E-H. Lee 5:35.0, L. Lembo 4:59.9 6th Place,
M. Cohen 5:10.6

Frosh. Girls 1600m: C. Lowe 7:07.1

Novice Girls 1600m: C. Ruggles 6:35.9, Y.J. Park 7:48.0

Novice Boys 55: J. Cheng 7.7, N. Wong 7.8, M. Huang NT

Varsity Boys 55: W. Tsai 7.0

Varsity Girls 55: D. Cattani 7.8

Frosh. Boys 55HH: S. Robinson 11.5

Novice Boys 55HH: J. Braden 9.7

Varsity Boys 55HH: J. Hu 8.6

Frosh. Girls 55HH: V. Lowe NT

Frosh. 4x800: J. Hemmel, D. Williams, J. Van Yperen, D. Plummer
2:33.0 2:48.7 3:38.2 2:27.4 10:27.5
1st Place

Novice 4x800: W. Byrne, E. Rogers, A. Sison, L. Lembo
2:29.7 2:22.5 2:25.7 2:21.2 9:38.8

Varsity 400: W. Tsai 55.6, J. Hu 56.1
D. Cattani 70.2

Frosh. Boys 4xlap: S. Bertoni, J. Weindler, S. Robinson, J. Polise
30.6(200) 28.3 26.6 30.5 1:55.9
S. Brill, J. Van Yperen, J. Hemmel, D. Plummer
32.8(200) 30.9 27.8 26.9 1:58.5

Novice Boys 4xlap: J. Cheng, R. Genovese, N. Taguchi, N. Wong
28.7(200) 24.2 27.4 27.2 1:47.4
R. Garcia, J. Braden, M. Huang, S. Matsumoto
25.9(200) 26.3 24.3 24.8 1:41.3

Frosh. Boys 200: S. Robinson 28.7, J. Polise 33.0, J. Weindler 30.6

Novice Boys 200: R. Garcia 25.8, R. Genovese 26.4, M. Huang 26.2,
N. Taguchi 28.8, N. Wong 29.6, J. Cheng 28.2, S. Matsumoto 27.1
A. Sison 26.8

Frosh. Girls 200: V. Lowe 32.7

Varsity Girls 1600m: B. Apsel 5:51.6 DQ, K. Cohn 5:50.6 6th Place

BERGEN COUNTY DEVELOPMENT FIELD EVENT MEET
Saturday, January 7, 1995

Shot Put: Jess Sokolik 26'6 1/2 3rd Place Novice,
Jen Hoffman 25'7 1/2"
Tim Francis 31'1/2"

High Jump: Raph Garcia 5'4" 3rd Place Novice
Jeff Braden 5'8" 1st Place Novice

Pole Vault: Michael Huang 10'6" 5th Place
Steve Bertoni NH

Long Jump: Jeff Hu 17'9", Raph Garcia 17'4

1995 DARTMOUTH INVITATIONAL

Dartmouth College, Saturday, January 7, 1995

2 Mile: R.B. Brill 10:38.3

Kim Folk 12:20.3

Long Jump: Faith Ninivaggi 13'9"

55HH: Fletcher Rosenbach 8.55/8.58
Faith Ninivaggi 9.30/9.20

High Jump: Kate Brunner 4'8"
Kate McNamara 4'10"
Jim Davis 6'0"
Fletcher Rosenbach 6'0"

400m: Vanessa McDermott 65.78
Josh Saladino 53.62

1600m: Stephanie Doyle 5:32.2

4x400: Ryan Cleary 55.5
Jim Davis 58.0
Kevin Brophy 55.9
Josh Saladino 53.0
3:42.3

Vanessa McDermott 66.1
Kate McNamara 68.0
Stephanie Doyle 66.7
Kate Brunner 66.5
4:27.3

1995 PAUL SCHWARTZ INVITATIONAL

Tuesday, January 10
FDU, Rothman Center

55m: N. Wong 8.0, M. Huang 7.3

55HH: S. Robinson 11.1/11.2

J. Braden 9.2

J. Davis 8.6, J. Hu 8.4/8.6 6th Place

F. Rosenbach 8.5

V. Lowe 11.5/dnf

F. Ninivaggi 9.0/9.1/9.8 6th Place

DM: R. Cleary, J. Saladino, B. Palatucci, R.B. Brill

3:30.5

53.5

2:07.5

5:03.0 11:34.5 5th Place

4x800: J. Hemmel, D. Williams, J. Van Yperen, D. Plummer

2:32.8

2:41.8

2:34.2

2:39.4 10:28.2 4th Place

(Frosh)

L. Lembo, A. Sison, E-H. Lee, M. Cohen

2:16.3

2:21.0

2:25.6

2:24.5

9:27.3 3rd Place

(Novice)

K. Folk, C. Ruggles, B. Apsel, K. Cohn

2:43.9

2:54.8

2:45.2

2:45.5

11:09.5 4th Place

300: J. Polise 51.3, S. Brill 50.8, J. Weindler 48.0,

D. Ko 42.7 3rd Place (Frosh)

J. Braden 44.0, R. Genovese 41.8, N. Wong 47.8,

R. Garcia 41.6, S. Matsumoto 42.8

K. Brophy 39.9, J. Davis 41.3, F. Rosenbach 43.6, M. Huang 41.5

D. Cattani 46.9, K. McNamara 47.2

1600: E. Rogers 4:48.5

K. Cohn 5:50.1, B. Apsel 5:49.4 6th Place

K. Folk 5:51.3

800: S. Brill 2:54.7, D. Ko 2:30.0

4x400: D. Williams, S. Robinson, S. Brill, J. Polise

70.9

66.2

79.6

75.8 4:52.5 5th (Frosh)

J. Weindler, J. Hemmel, J. Van Yperen, D. Plummer

69.7

66.5

69.6

61.1 4:26.8 4th (Frosh)

A. Sison, E-H. Lee, L. Lembo, R. Genovese

59.8

62.8

59.5

56.7 3:58.8

B. Palatucci, R. Cleary, K. Brophy, J. Saladino

56.5

55.6

55.2

53.6 3:40.9 1st Place

R. Garcia, J. Hu, R.B. Brill, S. Matsumoto

59.3

56.9

59.7

60.4 3:56.2

F. Rosenbach, J. Davis, E. Rogers, M. Huang

61.3

60.2

60.5

58.7 4:00.5

K. McNamara, K. Cohn, C. Ruggles, D. Cattani

67.2

71.7

72.0

67.5 4:38.4

1995 NJSIAA GROUP IV RELAY CHAMPIONSHIPS

Saturday, January 14

Jadwin Gymnasium, Princeton

D.M.: B. Palatucci (800), J. Saladino, R. Cleary, E. Rogers
2:10.8 54.1 3:30.5 4:53.9 11:29.2
Sarah McDermott, K. Brunner, K. Folk, S. Doyle
2:35.3 65.4 4:13.9 5:35.9 13:30.5

4x55HH: J. Hu, J. Braden, J. Davis, F. Rosenbach
8.1 8.5 8.2 8.2 33.04

4x800: S. Doyle, V. VcDermott, K. Folk, S. McDermott
2:26.8 2:38.5 2:41.8 2:36.5 10:23.81 6thPlace

S.M.: J. Saladino, W. Tsai, K. Brophy, B. Palatucci
55.0 25.5 25.3 2:08.0 3:53.7
V. McDermott, K. Brunner, K. McNamara, S. Doyle
66.5 27.5 28.8 2:33.5 4:36.4

4x400: K. Brophy, W. Tsai, R. Cleary, J. Saladino
55.6 57.2 57.0 55.1 3:44.9
V. McDermott, D. Cattani, K. McNamara, K. Brunner
67.4 66.0 65.3 65.3 4:24.0

2xHJ: F. Rosenbach, J. Davis
6'2" 6'0" 12'2" Tie for 3rd/ SCHOOL RECORD
K. Brunner, K. McNamara
4'6" NH

Boys' Team: 4 points

Girls' Team: 1 point

NORTH JERSEY TRACK & FIELD CHAMPIONSHIPS
Tuesday, January 17, 1995
Rothman Center, FDU

BOYS' TEAM: DIVISION A TEAM CHAMPIONS
GIRLS' TEAM: DIVISION A 2ND PLACE

55: W. Tsai 7.3, M. Huang 7.3
F. Ninivaggi 7.7/7.8, D. Cattani 8.0, K. McNamara 8.2

55HH: F. Rosenbach 8.0/8.3/8.1 1st Place
J. Davis 8.1/8.4/8.3 3rd Place
J. Hu 8.4/8.5, J. Braden 9.9
F. Ninivaggi 9.2/9.1/DNF

3200m: R.B. Brill 10:48.2, M. Cohen 10:50.5
K. Folk 12:17.3 4th Place

4x800: E. Rogers, L. Lembo, K. Brophy, B. Palatucci
2:11.2 2:11.0 2:10.2 2:04.2 8:36.6 1st Place
S. McDermott, K. Cohn, B. Apsel, S. Doyle
2:32.5 2:38.5 2:38.4 2:35.4 10:24.8 1st Place

600: J. Saladino 1:28.4 2nd Place
R. Genovese 1:33.6, A. Sison 1:36.4
V. McDermott 1:45.5 5th Place
K. McNamara 1:50.2

1000: R. Cleary 2:43.1 2nd Place, L. Lembo 2:54.9
S. McDermott 3:19.4, S. Doyle 3:08.1 1st Place

300: W. Tsai 40.4, J. Hu 41.1, J. Davis 41.1, F. Rosenbach 45.0
K. Brunner 44.6 4th Place, D. Cattani 47.5

1600: E. Rogers 4:48.1 5th Place
R.B. Brill 5:08.0, M. Cohen 5:24.2, B. Palatucci 4:58.3
K. Folk 5:47.0 3rd Place, K. Cohn 5:47.8 4th Place,
B. Apsel 5:49.9 6th Place

4x400: R. Cleary, W. Tsai, K. Brophy, J. Saladino
55.0 55.4 55.1 53.5 3:39.0 2nd Place
V. McDermott, K. McNamara, S. Doyle, K. Brunner
64.9 64.3 64.6 62.7 4:16.5 2nd Place

Ridgewood, Hackensack change roles

By PAUL SCHWARTZ

Correspondent

HACKENSACK — It was role reversal night Tuesday at the North Jersey Invitational at the Rothman Center.

While the Ridgewood girls and Hackensack boys usually get most of the attention in team championship events, it was the Ridgewood boys and Hackensack girls who won Division A and overall championships.

The Ridgewood boys edged Hackensack 52-51, when Josh Saladino held off Glen Rock's Mike Stein in a furious finish for second in the final event, the 1,600 relay. The Hackensack girls, scoring in every event, held off a late-charging Ridgewood team, 60-49.

The Pascack Valley boys, led by a double win by Matt Illian, and the Glen Rock girls, helped by a 1-2 finish in the 600, easily won the B divisions of the meet.

The Ridgewood boys jumped out to a huge 28-point lead with just three events remaining behind a 1-3 finish by Fletcher Rosenbach and Jim Davis in the high hurdles, Saladino's second in the 600, a tight win in the 3,200 relay and Ryan Cleary's second in the 1,000. An upset victory by Chiffon Allen of Passaic over State 100-meter champion Joe Dawkins of Hackensack in the 55 also was a factor in the 42-14 lead.

But the Comets stormed back with a 1-2 and a tie for third finish in the 300, with Walter King, Dawkins, and Devon Larkins combining for 23 points. When Adam Zavarino outkicked Ridgewood sophomore Eric Rogers for fourth in the 1,600, the lead was three with the 1,600 remaining.

Hackensack, the best 1,600 relay team in

TRACK

in the state, blew away the field in a meet-record 3 minutes, 30.4 seconds, but Ridgewood was locked in a three-way battle for second with Fort Lee and Glen Rock on the anchor leg.

Saladino quickly took the lead on the first of two laps, but Glen Rock's Stein

TRACK

North Jersey Invitational

At Rothman Center, Hackensack BOYS TEAM SCORING

Division A
Ridgewood Hackensack 51, Passaic 25, Hoboken and Tenafly 16, NV/Demarest 12, NV/Old Tappan 10, Don Bosco Prep 9, Bergenfield 4, Eastside and Fair Lawn 3, West Milford 1.

Division B

Pascack Valley 31, Fort Lee 13, Westwood 9, Glen Rock 6, Rutherford 6, Dumont 5, Secaucus 4.
85 — 1, Chiffon Allen, Passaic, 6.4; 2, Joe Dawkins, Hackensack, 6.4; 3, Ed Wetas, Pascack Valley, 6.5; 4, Mike Micol, Dumont, 6.6; 5, Corvan Bellacki, Eastside, 6.6; 6, Sean Griffin, Eastside, 6.9.
9H — 1, Fletcher Rosenbach, Ridgewood, 8.2; 2, Chiffon Allen, Passaic, 8.2; 3, Jim Davis, Ridgewood, 8.3; 4, Tom Wester, Bergenfield, 8.5; 5, Lloyd Gaddery, Westwood, 8.6; 6, Mark Linn, Paramus, 8.6.
800 — 1, Walter King, Hackensack, 36.5; 2, Joe Dawkins, Hackensack, 36.7; 3, tie between Devon Larkins, Hackensack and Ed Wetas, Pascack Valley, 36.8; 5, Mike Stein, Glen Rock, 37.1; 6, Tony Sesca, West Milford, 37.7.

800 — 1, Neil Conzopol, Demarest, 1:26.5; 2, John Saladino, Ridgewood, 1:28.4; 3, Carlos Mata, Fort Lee, 1:28.7; 4, tie between Denise Marie, Fort Lee, and Bryan Kiel, Fair Lawn, 1:30.5; 5, Daniel Valder, Passaic, 1:31.1.
1,000 — 1, Lolph Gaddigan, Old Tappan, 2:38.2; 2, Ryan Cleary, Ridgewood, 2:43.0; 3, Brent Wacker, Westwood, 2:44.4; 4, Gerrard Fraser, Passaic, 2:47.2; 5, Josh DeSchever, Tenafly, 2:47.4; 6, Alex Canino, Dumont, 2:47.6.
1,600 — 1, Matt Illian, Pascack Valley, 4:30.6; 2, Julio Ortiz, Hoboken, 4:38.4; 3, Jeremy Nuratore, Tenafly, 4:46.4; 4, Adam Zavarino, Hackensack, 4:47.8; 5, Eric Rogers, Ridgewood, 4:48.1; 6, Brian Bell, Don Bosco, 4:49.0.

3,200 relay — 1, Matt Illian, Pascack Valley, 9:35.2 (meet record, old record, 9:37.9 by Rob Reeder, Northern Highlands, 1992); 2, Julio Ortiz, Hoboken, 9:46.8; 3, Jeremy Nuratore, Tenafly, 9:47.1; 4, Felix Olivo, Secaucus, 9:52.1; 5, Adam Zavarino, Hackensack, 10:18.8; 6, Young Chae, Westwood, 10:23.4.
1,600 relay — 1, Hackensack (Joe Dawkins, Devon Larkins, Walter King, Kevin Larkins), 3:30.4 (record, old record 3:30.7 by Don Bosco, 1985 and Eastside, 1992); 2, Ridgewood, 3:38.9; 3, Glen Rock, 3:39.1; 4, Fort Lee, 3:40.7; 5, Passaic, 3:42.1; 6, Demarest, 3:44.1.
5,200 relay — 1, Ridgewood (Eric Rogers, Larry Lembo, Kevin Brophy, Bill Palalucci), 8:36.7; 2, Don Bosco, 8:38.9; 3, Rutherford, 8:42.6; 4, Hackensack, 8:48.3; 5, Tenafly, 8:56.9; 6, Demarest, 9:16.5.

hung in. As the two turned for home in the final stretch, Stein made a final bid, but Saladino held him off to win by a lunge and clinch the meet.

"We brought 15 boys tonight and 11 are seniors and it makes a big difference," said Ridgewood coach Dick Van Yperen. "The seniors have always been the bridesmaids while the girls have dominated many times. I'm very pleased for them."

girls TEAM SCORING

Division A
Hackensack 60, Ridgewood 49, Eastside 25, Tenafly 22, NV/Demarest 11, Paramus 10, Bergenfield 9, Cifton 6, Passaic 2, Fair Lawn 1.

Division B

Glen Rock 31, Saddle Brook 16, Englewood and Westwood 10, Secaucus 6, Manchester 3, Fort Lee and Pascack Hills 2.
85 — 1, Carlene Cummings, Englewood, 7.1 (record, old record, 7.3 by Tisa Stubbs, Englewood, 1993); 2, Tiffany Walker, Hackensack, 7.4; 3, Delicia Russell, Hackensack, 7.5; 4, Tharissa Fulton, Eastside, 7.6; 5, Melissa Roehlert, Glen Rock, 7.6; no sixth place.
9H — 1, Kelly Ann LaPietra, Hackensack, 8.9; 2, Nathelisa McIntosh, Eastside, 8.9; 3, Cheryl Williams, Hackensack, 9.2; 4, Larely Hodgson, Glen Rock, 9.4; 5, Karissa Edmundson, Demarest, 9.4; no sixth place.
300 — 1, Michele Sature, Glen Rock, 43.8; 2, tie between Michelle Stein, Glen Rock and Nathelisa McIntosh, Eastside, 44.1; 4, Kale Brunner, Ridgewood, 44.5; 5, Tharissa Fulton, Eastside, 44.7; 6, Tiffany Walker, Hackensack, 45.1.

600 — 1, Diana Lana, Saddle Brook, 1:41.5; 2, Callin Wittreich, Tenafly, 1:41.9; 3, Delicia Russell, Hackensack, 1:44.8; 4, Ashley Marquard, Glen Rock, 1:45.2; 5, Vanessa McDermott, Ridgewood, 1:45.5; 6, Blythe Boydston, Manchester, 1:45.8.
1,000 — 1, Stephanie Doyle, Ridgewood, 3:08.0; 2, Lisa Ryder, Bergenfield, 3:10.8; 3, Vicki Byrne, Saddle Brook, 3:12.4; 4, Lindsey Fanning, Glen Rock, 3:15.6; 5, Antoinette Dean, Passaic, 3:18.7; 6, Kelly O'Donnovan, Fair Lawn, 3:19.7.
1,600 — 1, Karen Petroulis, Paramus, 5:36.2; Danielle Brunel, Hackensack 5:39.1; 3, Kim Fink, Ridgewood, 5:47.1; 4, Katie Cohn, Ridgewood, 5:47.7; 5, Sara Schwarzman, Fort Lee, 5:49.1; 6, Beth Appel, Ridgewood, 5:49.7.

3,200 — 1, Nikki Callaghan, Westwood, 12:07.2; 2, Anna Barardo, Cifton, 12:12.3; 3, Wendy Anaster, Tenafly, 12:16.3; 4, Kim Fink, Ridgewood, 12:17.2; 5, Tammy French, Pascack Hills, 12:20.8; 6, Karen Androski, Hackensack, 12:44.7.
1,600 relay — 1, Hackensack (George Brown, Kelly Ann LaPietra, Cheryl Williams, Delicia Russell), 4:15.9; 2, Ridgewood, 4:16.4; 3, Tenafly, 4:23.1; 4, Eastside, 4:25.7; 5, Manchester, 4:27.4; 6, Demarest, 4:28.4.
3,200 relay — 1, Ridgewood (Sara McDermott, Katie Cohn, Beth Appel, Stephanie Doyle), 10:24.8; 2, Demarest, 10:40.5; 3, Secaucus, 10:43.8; 4, Hackensack, 10:58.6; 5, Tenafly, 11:06.5; 6, Bergenfield, 11:22.3.

Hackensack also used a 1-3 finish by Kelly Ann LaPietra and Cheryl Williams to grab a lead it never relinquished in the girls meet. Tiffany Walker and Delicia Russell went 2-3 in the dash, and after five of nine events, the Comets led 41-16 over Ridgewood. But a win by Stephanie Doyle of Ridgewood in the 1,000 and a 3-4-6 finish in the 1,600 brought the Maroons within nine points before Georgia Brown, LaPietra, Williams, and Russell won the 1,600 relay in a seasonal best 4:15.9 to secure the win.

"We ran consistently throughout the meet," said LaPietra. "We got a little revenge on Ridgewood, who has beaten us a few times in the past and we showed that we have a deep team by scoring in every event."

In addition to the Hackensack boys 1,600 relay, two other meet records were set in the 14th renewal of the event. Illian, unchallenged as he has been all winter, ran 9:35.1 to break Stamford junior Rob Reeder's 3,200-meter mark. And Englewood freshman Carlene Cummings, in her first varsity race, ran 7.1 in the 55 meters to crack the 12-year old mark set by Tisa Stubbs of Englewood in 1983.

The race of the night may have been the girls 600 as Saddle Brook's Diana Lana held off a late surge by Tenafly sophomore Caitlin Wittreich to win in 1:41.5. "I knew she was back there but I didn't know how close she was," said Lana, who had led the Falcons to a group record in the indoor State Group 1 3,200 relay Saturday. "I was nervous all day about this one."

Wittreich had come from seventh place with a final-lap kick to finish second in 1:41.9.

BERGEN COUNTY INDOOR DEVELOPMENT MEET II
Thursday, January 19, 1995
Rothman Center, FDU

Frosh. 55: S. Bertoni 8.5, J. Weindler 8.4

Nov. 55: J. Cheng 7.7, N. Wong 7.9, N. Taguchi 7.9

Frosh. 4x800: J. Hemmel, S. Brill, J. Van Yperen, D. Plummer
2:24.5 2:49.3 2:37.8 2:31.6 10:23.3
5th Place

Novice 4x800: R. Garcia, M. Wantanabe, S. Matsumoto, T. Hidano
2:26.7 2:40.8 2:34.3 2:34.3 10:16.1

Novice 200: M. Mongon 39.5, J. Cheng 28.0, N. Wong 28.8,
J. You 28.2, N. Taguchi 28.7, R. Garcia 26.1, S. Matsumoto 26.5

Frosh. 200: S. Bertoni 28.3, J. Weindler 28.6, D. Plummer 28.1

1995 YALE INVITATIONAL
Coxe Cage, Yale University
Friday & Saturday, January 20, 21

Friday:

3:10 DM: K. Folk, K. Brunner, S. McDermott, S. Doyle
4:09.8 65.3 2:31.8 5:27.5 13:14.35
4:30 DM: B. Palatucci, J. Saladino, R. Cleary, E. Rogers
3:31.6 54.1 2:06.8 4:50.5 11:23.0
7:20 4x400: W. Tsai, J. Davis, E. Rogers, F. Rosenbach
55.9 58.5 60.2 57.9 3:52.4

Saturday:

9:15 3000m: K. Folk 11:28.0 (12:08 3200)
10:00 3000m: M. Cohen 10:07.8
10:30 3000m: R.B. Brill 9:38.1
11:00 55HH: F. Rosenbach 8.4
11:30 55H: F. Ninivaggi FS
12:00 HJ: K. McNamara 4'10"
2:00 HJ: F. Rosenbach 6'2", J. Davis 6'0"
3:10 400: J. Saladino 54.1
4:00 800: S. McDermott 2:28.9
4:40: Mile: S. Doyle 5:18.23 7th Place
6:15 4x800: R. Cleary, J. Saladino, K. Brophy, B. Palatucci
2:06.2 2:05.7 2:11.9 2:05.2 8:29.0

RIDGEWOOD WINTER GAMES II
Wednesday, January 25, 1995
Rockland Community College

Long Jump: F. Ninivaggi 14'4" 10th, K. McNamara F
J. Hu 17'9", R. Garcia 18'4"

Triple Jump: J. Hu 37'2"

High Jump: K. Brunner 4'6", K. McNamara 5'1" 2nd
F. Rosenbach 6'3" 2nd, J. Davis 6'0" 8th, R. Garcia 5'9" 10th
Soph. High Jump: J. Braden 5'6" 5th

Pole Vault: M. Huang NH, J. Davis 10'0"
Frosh. Pole Vault: S. Bertoni NH

3200: M. Cohen 10:59.2, R.B. Brill 10:51.9
S. Doyle 11:38.2 2nd, K. Folk 12:22.3 7th, B. Apsel 12:31.5

55: M. Huang 7.3, W. Tsai 7.3
D. Cattani 8.0/7.9

Frosh. 55: J. Weindler 8.3, S. Bertoni 8.6
Soph. 55: M. Mongon 10.6

55HH: F. Ninivaggi 9.2/9.1/9.2 4th
J. Hu 8.7, J. Davis 8.2/8.3, F. Rosenbach 8.3
Soph. 55HH: J. Braden 9.6

600: A. Sison 1:29.1, R. Genovese 1:28.8
Soph. 600: E. Rogers 1:28.8
Frosh. 600: J. Hemmel 1:35.9, D. Williams 1:40.5,
J. Van Yperen 1:40.8, D. Plummer 1:33.5

4x800: R. Cleary, J. Saladino, K. Brophy, B. Palatucci
2:07.1 2:11.7 2:13.4 2:09.4 8:41.6 4th

300: W. Tsai 36.0
K. Brunner 39.9 7th D. Cattani 42.8

1000: S. McDermott 2:55.2 6th

Soph. 1600: C. Ruggles 6:21.1, K. Cohn 5:42.1 2nd
E. Rogers 4:51.7 3rd, W. Byrne 5:08.6

Shot Put: J. Hoffman 26'4 1/2", J. Sokolik 25'3"

GARFIELD SHOT PUT/HIGH JUMP
Monday, January 30, 1995

High Jump: Jim Davis 6'6" 2ND PLACE NEW SCHOOL RECORD
Fletcher Rosenbach 6'2" 3rd Place tie

Kate Brunner 4'8", Kate McNamara 4'10" 3rd Place tie

Novice: Jeff Braden 5'8" 1st Place, Raph Garcia 5'8" 2nd Place tie

Shot Put: Tim Francis 32'8"

Jess Sokolik 25'6 3/4",
Jen Hoffman 27'10 1/2" 6th Place (Novice) PB

THE ARMORY FROSH-NOVICE MEET

Tuesday, January 31, 1995

Shot Put: Tim Francis 33'9 1/2"
Jessica Sokolik 26'7 1/2", Jen Hoffman 28'1 1/2" PB

High Jump: Jeff Braden 5'6", Raph Garcia 5'6"

Pole Vault: Steve Bertoni NH

55HH: Jeff Braden 10.0
Steve Robinson 11.7
Jess Sokolik 12.2

55: Matt Mongon 10.2, Nobu Taguchi 7.8, Jay You 7.5
Steve Bertoni 8.4, John Weindler 8.2

800: Satsuki Matsumoto 2:35.5, Takane Hidano 2:32.6,
Al Sison 2:16.1
Scott Brill 2:49.7

400: Ryan Genovese 57.4

4x800: Javan Hemmel, Jason Van Yperen, Dan Williams, Damian Plummer
2:25.3 2:30.7 2:40.2 2:23.8 9:59.9
2nd Place

200: Raph Garcia 25.1, Matt Mongon 37.6, Jay You 27.6,
Nobu Taguchi 28.8, Ryan Genovese 25.5, Satsuki Matsumoto 26.2,
Al Sison 26.9, Takane Hidano 28.2
Steve Bertoni 30.1, John Weindler 29.5, Steve Robinson 28.1
Joe Polise 32.0

1600: Scott Brill 6:08.0

4x400: Dan Williams, Javan Hemmel, Jason Van Yperen, Damian Plummer
66.3 65.1 68.1 60.3 4:19.8

Steve Bertoni, Joe Polise, John Weindler, Steve Robinson
71.3 76.5 68.3 70.5 4:46.5

1995 WINTER TRACK BERGEN COUNTY RELAYS

Thursday, February 2nd

168th Street Armory, NYC

4x1600:	R.B. Brill	4:55.0	B. Apsel	5:54.5
	M. Cohen	5:01.6	K. Cohn	5:35.4
	W. Byrne	5:05.4	C. Ruggles	6:08.9
	E. Rogers	4:49.3	K. Folk	5:38.8
		19:51.3	4th Place	23:16.6 1st Place
4x55HH:	J. Davis, J. Hu, J. Braden, F. Rosenbach			33.8 3rd Place
4x200:	K. Brophy, R. Garcia, M. Huang, W. Tsai			
	25.3	24.9	25.8	24.2 1:40.2 5th Place
	D. Cattani, F. Ninivaggi, V. McDermott, K. Brunner			
	29.2	28.7	29.2	27.9 1:55.2 4th Place
4x800:	B. Palatucci	2:06.4	K. Cohn	2:42.5
	L. Lembo	2:11.5	K. Folk	2:38.6
	J. Saladino	2:04.2	B. Apsel	2:39.1
	R. Cleary	2:02.4	S. McDermott	2:30.6
		8:24.5	1st Place	10:30.6 3rd Place
SM:	W. Tsai	54.7	K. Brunner	66.0
	K. Brophy	24.9	F. Ninivaggi	28.6
	R. Genovese	25.1	V. McDermott	28.8
	B. Palatucci	2:05.4	S. Doyle	2:24.4
		3:50.0	4th Place	4:27.8 1st Place
DM:	R. Cleary	3:29.0	K. Folk	4:14.8
	J. Saladino	54.5	D. Cattani	68.6
	B. Palatucci	2:08.7	S. McDermott	2:33.1
	E. Rogers	4:51.8	S. Doyle	5:32.0
		11:23.9	3rd Place	13:28.5 2nd Place
4x400:	W. Tsai, K. Brophy, R. Cleary, J. Saladino			
	56.2	55.0	55.0	54.8 3:41.0 6th Place
	V. McDermott, K. McNamara, S. Doyle, K. Brunner			
	66.6	65.5	64.6	65.0 4:21.6 3rd Place
2xShot:	T. Francis, F. Rosenbach			
	34'4 1/2"	31'2 1/2"		
	J. Sokolik, J. Hoffman			
	27'0"	28'9 1/2"		
2xLJ:	R. Garcia, J. Hu			
	15'11 1/4"	17'4 1/2"		
	K. McNamara, F. Ninivaggi			
	14'1/2"	14'3"	3rd Place	
2xTJ:	F. Rosenbach, J. Hu			
	36'6 3/4"	37'8"	4th Place	
	K. McNamara, F. Ninivaggi			
	31'2"	28'10"	3rd Place	
2xPV:	J. Davis, M. Huang			
	10'6"	10'6"	3rd Place tie	
2xHJ:	J. Davis, F. Rosenbach		K. McNamara, K. Brunner	
	6'0"	6'0"	1st Place	5'0" 4'8" 1st Place

Boys' Team 2nd Place

Girls' Team 2nd Place

1995 NJSIAA BOYS AND GIRLS WINTER TRACK STATE GROUP CHAMPIONSHIP
Sunday, February 5
Jadwyn Gym, Princeton University

400: Josh Saladino 55.2

Vanessa McDermott 67.0

3200: R.B. Brill 10:30.9, Mike Cohen 10:49.5

55HH: Faith Ninivaggi 9.0/8.9/8.9

3200: Kim Folk 12:02.2, Beth Apsel 12:44.5

800: Ryan Cleary 2:17.0, Brian Palatucci 2:07.4

Sarah McDermott 2:31.4

1600: Eric Rogers 4:46.1

Stephanie Doyle 5:21.8 3rd Place

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

Kate Brunner 4'6"

1995 NNJIL INDOOR CHAMPIONSHIPS

Monday, February 6
168th Street Armory

3200: R. B. Brill 10:30.0 2nd Place, Mike Cohen 11:00.6 5th Place,
Will Byrne 11:27.3, Eric Rogers 10:30.7 3rd Place
Kim Folk 12:01.1 2nd Place

800: Brian Palatucci 2:03.4 3rd Place, Ryan Cleary 2:02.8 2nd Place,
Lou Lembo 2:11.3, Alan Sison 2:15.4
Stephanie Doyle 2:27.3 1st Place, Sarah McDermott 2:37.0 2nd Place

55: Kate Brunner 7.7/7.8 5th Place

55HH: Fletcher Rosenbach 8.1/8.0/8.2 1st Place, Jeff Hu 8.4/8.2,
Jeff Braden 8.8
Faith Ninivaggi 9.0/9.2 2nd Place

400: Joshua Saladino 53.9, Ryan Genovese 56.2
Vanessa McDermott 64.8 2nd Place

Nov. 800: M. Wantanabe 2:31.2, T. Hidano 2:31.0, E-H. Lee 2:24.2,
Y-J. Park 3:34.5, E. Flemming 2:55.9, S-Y. Park 3:23.3

Frosh. 800: J. Hemmel 2:23.7, D. Plummer 2:21.2,
D. Williams 2:37.1, J. Van Yperen 2:32.0, S. Brill 2:51.0

Frosh. 200: S. Bertoni 29.4, J. Weindler 29.8
V. Lowe 33.4

200: Kevin Brophy 25.3, Raph Garcia 25.0, Al Sison 27.0,
Josh Saladino 25.0, Mike Huang 25.6, Satsuki Matsumoto 26.4
Kate Brunner 27.8 1st Place, Faith Ninivaggi 29.3 5th Place

Nov. 200: M. Mongon 38.6, J. Cheng 27.8, N. Taguchi 29.6,
N. Wong 28.1, J. You 28.3

1600: Eric Rogers 4:51.4 2nd Place, R.B. Brill 5:00.0,
Mike Cohen 5:17.7
Stephanie Doyle 5:45.9 1st Place, Kim Folk 5:47.5 3rd Place,
Kate Cohn 5:47.5 2nd Place, Sarah McDermott 6:02.4 4th Place,
Carrie Ruggles 6:05.6 6th Place

Frosh 4x400: J. Hemmel, D. Williams, J. Van Yperen, D. Plummer
69.6 69.4 66.7 60.0 4:25.9
4x400: Brian Palatucci, Kevin Brophy, Ryan Cleary, Josh Saladino
54.8 54.8 54.3 54.1 3:37.9 3rd
Vanessa McDermott, Steph Doyle, Kate McNamara, Kate Brunner
64.9 65.4 66.0 62.9 4:19.1 1st

Long Jump: Jeff Hu 17'5", Raph Garcia 17'9" 6th Place
Kate McNamara 13'10" 2nd Place, Faith Ninivaggi 13'7" 6th Place

OVER

Triple Jump: Jeff Hu 37'1" 4th Place
Kate McNamara 31'10" 3rd Place, Vanessa McDermott 29'8" 6th Place

High Jump: Fletch Rosenbach 6'2" 1st Place, Jim Davis 6'2" 2nd Place,
Jeff Braden 5'8" 4th Place, Raph Garcia 5'8" 5th Place
Kate McNamara 4'8" 1st Place, Kate Brunner 4'6" 2nd Place

Shot Put: Tim Francis 34'8"
Jess Sokolik 25'0", Jen Hoffman 25'7 1/2"

Pole Vault: Jim Davis 11'0" 1st Place, Mike Huang 10'6" 2nd Place

Boys' Team: 2nd Place - Bergen Catholic 107.5, Ridgewood 103

Girls Team: NNJIL CHAMPIONS - Ridgewood 129, Eastside 88

THE 168TH STREET INDOOR VARSITY CLASSIC

Tuesday, February 14, 1995

Bold means goal reached.

3200m: Stephanie Doyle 11:34.0 2nd Place,
Kim Folk 12:00.5 3rd Place
Mike Cohen 10:48.7, Eric Rogers 10:25.4 **4**th Place
R.B. Brill 11:10.1

55HH: Jeffrey Hu 8.3/8.3
Faith Ninivaggi 8.9/8.8/9.1

55m: Dara Cattani 7.9/7.9

800: Sarah McDermott 2:28.6
Josh Saladino 2:05.6, Ryan Cleary 2:04.0, Lou Lembo 2:11.7
Allan Sison 2:12.8

400: Ryan Genovese 57.0

Frosh. 800: Damian Plummer 2:24.9 5th Place,
Jason Van Yperen 2:31.7, Scott Brill 2:50.9,
Dan Williams 2:38.0

200: Kate Brunner 28.0, Dara Cattani 28.8
Mike Huang 25.4, Raph Garcia 24.7, Ryan Genovese 25.7,
Allan Sison 26.5, Steve Bertoni 30.0

1600: Katie Cohn 5:43.2 1st Place, Carrie Ruggles 6:02.0 5th Place
RB Brill 4:58.8, Will Byrne 5:02.8

4x400: 65.5 66.2 63.2 64.6 4:19.4
Vanessa McDermott, Kate McNamara, Stephanie Doyle, Kate Brunner
4th Place

Long Jump: Kate McNamara 15'4"
Jeffrey Hu 17'9"

Shot Put: Jen Hoffman 27'5 1/2", Jessica Sokolik 25'2 1/4"
Tim Francis 34'11 1/4"

Pole Vault: Mike Huang 10'

High Jump: Jeff Braden 5'10", Raph Garcia NH, Jim Davis NH,
Fletch Rosenbach NH
Kate McNamara NH

1995 NJSIAA INDOOR CHAMPIONSHIP MEET
 Sunday, February 19
 Jadwyn Gym, Princeton University

1600: Stephanie Doyle 5:13.93 6th Place PB

74.8 2:35.2 3:57.9 76.0
 368 38 39.8 40.4 41.3 42.4 5:13.8

1995 NJSIAA Championships

Women

1600 Meter Run

Time	NO.	Name	School
5:10.52	1047**	Hazel Clark	Columbia
5:11.07	1048**	Kathleen Linck	Bishop Eustace
5:11.07	1049	Autumn Fogg	Hunterdon Central
5:14.78	1050	Lorena Adams	Manchester Twp
5:17.86	1051	Jackie Coscia	Mount Olive
5:18.02	1052**	Amy Mizzone	Wayne Valley
5:22.01	1053	Stephanie Doyle	Ridgewood
5:22.61	1054	Meghan Cunniff	Red Bank Catholic
5:23.90	1055	Kelly Pauson	Hunterdon Central
5:24.59	1056	Kourtney Gallo	Immaculate Heart
5:24.66	1057	Shelly Solheim	Ocean City
5:26.76	1058	Amy Beykirch	Pinelands
5:28.48	1059	Laura Meadors	Ocean Township
5:28.70	1060	Kira Horvath	East Brunswick
5:29.34	1061	Karen Petouvis	Paramus
5:30.26	1062	Ana Tavares	East Side-Newark
5:34.55	1063	Lauren Kelly	Morris Hills
5:35.26	1064**	Katie Flood	Morris Catholic
5:36.51	1065	Sarah Scott	North Hunterdon
5:39.08	1066	Amy Giudice	Haddonfield
5:43.03	1067	April Rizzuto	Kingsway
5:48.85	1068	Ryann Lantz	Westwood
5:52.09	1069	Sarah Greenway	Summit
5:52.43	1070	Becca Long	Morris Catholic

**Indicates GROUP MEET Champions

Ridgewood's Cleary makes

By PAUL SCHWARTZ

Correspondent

HACKENSACK — For some, the Bergen County championships is the culmination of a seasonal goal. For others, it's a consolation prize after coming up short in, or not qualifying for, the State Meet of Champions, held a day earlier. But for Ryan Cleary of Ridgewood, Monday's 1,000-meter run at the meet at the Rothman Center was a chance to exorcise demons that had haunted most of his 3½ years of running.

Cleary came from behind and caught Dan Sheth of Paramus Catholic at the wire in a career-best 2 minutes, 41.2 seconds for his first County championship and

TRACK

first individual win of any kind in a major meet since his freshman year.

"Finally," said the senior with a big grin. "I'm just trying to have some fun and enjoy myself this year — until the last lap today when I realized I had a chance to win. I'm excited because it's been so long since I won a race."

Cleary, always pegged as a potential champion, missed much time throughout the last 2½ years with a series of stress fractures. He decided to skip cross-country and play football last fall. Then, at the Northern New Jersey Interscho-

lastic League meet two weeks ago, he was spiked, knocking him off his feet for almost a week. But Monday all of that was well in Cleary's past.

"I'm going to keep the same attitude now that I've won a race," said Cleary. "But it'll make it a lot easier for me now that I've won."

For Carlene Cummings, the wonderfrosch from Englewood, a double win in the hurdles and 55-meter dash came a day after an excellent third-place finish at the SMOC. Despite Cummings' fine finish in Sunday's meet, she was not content.

"I set high standards for myself and I hate to lose," said Cummings, who kept racing back and

SCHOOL

TUESDAY, FEBRUARY 21, 1995

amends in County 1,000

forth in the County meet between the hurdles and dash for trials, semis, and finals. "I know I can do it and even though those girls at States were very good, I always think I can win."

For Walter King of Hackensack, Monday's only triple winner, the meet provided some redemption for a disappointing SMOC — one that the talented junior was left out of after being eliminated in Group 4's 400 race due in part to a meet administration error, and not being able to run the 1,600 relay because two teammates had been suspended from school.

But King easily won the 400 in 50.9 and set personal bests in the long and triple jumps at 21 feet,

8½ inches and 43-¾ Monday.

"I'm happy because I did well today," said King, a junior. "What happened at the State meet devastated me and left me very disappointed. But Coach [Ed] Church said I had to learn how to cope with it, and I'm just going to have to work harder so that I don't get in that position next time."

Don Bosco Prep's Tom McCabe celebrated a season of commitment to the sport by winning the 800 meters in 2:00.3, a day after finishing fifth in the SMOC.

"I wouldn't have believed it at the beginning of the year," said McCabe, who had run the half-mile only once before the winter. "But the coaches have given us

some intense workouts and I really feel comfortable now."

The top field performance of the day came in the girls triple jump, when Hackensack senior Tiffany Walker tacked on 18 inches to her best previous jump, going a state-best 36-7¼ to beat Ashley Marquard of Glen Rock and soph Kerri Frazer of Demarest, both of whom also recorded personal bests.

"I had trouble with my steps in the long jump," said Walker. "But in the triple jump I was able to keep my sprint under control and hit the board right. I'm so excited because this was something I really wanted."

1995 BERGEN COUNTY INDOOR TRACK & FIELD CHAMPIONSHIPS

Monday, February 20

Rothman Center, FDU

3200: Eric Rogers 10:44.5 6th Place, Mike Cohen 10:48.2
R.B. Brill 11:19.3
Steph Doyle 11:49.7 2nd Place, Kim Folk 12:12.1 4th Place

55HH: Jeff Hu 8.3/8.2/8.3 4th Place, Fletch Rosenbach 8.3/8.3
Faith Ninivaggi 9.0/8.7/8.9 3rd Place

55m: Dara Cattani 7.9/7.9/7.9 5th Place

600m: Josh Saladino 1:29.0 4th Place

Frosh. 1600: Javan Hemmel 5:26.1, Damian Plummer 5:29.1,
Jason Van Yperen 5:40.4, Dan Williams 5:52.6, Scott Brill 6:16.0

400m: Vanessa McDermott 64.0 3rd Place

1000m: Ryan Cleary 2:41.2 1st Place
Sarah McDermott 3:15.8 4th Place

Soph. 1600: Will Byrne 5:22.5

300m: Raph Garcia 39.8
Kate Brunner 45.5 5th Place, Dara Cattani 47.1

1600: Kate Cohn 5:38.1 4th Place

800m: Brian Palatucci 2:03.3 2nd Place, Lou Lembo 2:11.3,
Al Sison 2:13.7, Eun-Ho Lee 2:26.9
Erin Fleming 2:57.0

Frosh. 300: Damian Plummer 43.3
Vicky Lowe 51.3

Soph. 300: Matt Mongon 62.1

4x400: R. Cleary 55.6, W. Tsai 56.3, K. Brophy 53.9, J. Saladino 53.8
3:39.7 4th Place
V. McDermott 63.7, S. McDermott 64.7, S. Doyle 62.3, K. Brunner 64.9
4:15.4 4th Place

High Jump: Jim Davis 6'2" 2nd Place, Fletch Rosenbach 6'2" tie 3rd,
Raph Garcia 5'8", Jeff Braden 5'8"
Kate McNamara 5'0" 3rd Place

Long Jump: Jeff Hu 18'10", Raph Garcia 18'10 1/2"
Faith Ninivaggi 15'6", Kate McNamara 15'1 1/2"

Pole Vault: Mike Huang 11'0"

Triple Jump: Jeff Hu NM Shot Put: Tim Francis 33'9"

HIGH SCHOOL

TRACK

Bergen Championships

At Rothman Center, Hackensack

BOYS

- 55** — 1, Ed Weiss, Pascoack Valley, 8.6; 2, Cooper Rego, St. Joseph Regional, 8.8; 3, Angel Colon, St. Joseph Regional, 8.8; 4, Jon Carroll, Ramapo, 8.7; 5, Mike Miceli, Dumont, 8.7.
- 55 HH** — 1, Mike Santise, St. Joseph Regional, 8.0; 2, Keljuan Kelit, Indian Hills, 8.2; 3, Tom Viscardi, Bergen Catholic, 8.2; 4, Jeff Hu, Ridgewood, 8.3; 5, Mike Martin, Bergen Catholic, 8.3.
- 300** — 1, Joe Dawkins, Hackensack, 36.4; 2, Ed Weiss, Pascoack Valley, 36.8; 3, Greg Meletta, Bergen Catholic, 37.1; 4, Jonathan Surran, Westwood, 38.3; 5, Giancarlo Grieco, Dumont, 38.7.
- 400** — 1, Walter King, Hackensack, 50.9; 2, Jose Lopes, Queen of Peace, 51.8; 3, Will Poppe, Bergen Catholic, 4, Carlos Mata, Fort Lee, 53.7; 5, Jared Metz, Pascoack Valley, 53.9.
- 800** — 1, Neli Concepcion, Demarest, 1:27.4; 2, Brendan Stickies, Glen Rock, 1:28.8; 3, Mike Martin, Bergen Catholic, 1:28.9; 4, Josh Saladino, Ridgewood, 1:29.0; 5, Demba Mans, Fort Lee, 1:30.3.
- 800** — 1, Tom McCabe, Don Bosco, 2:00.3; 2, Brian Palatucci, Ridgewood, 2:03.3; 3, Chris White, Northern Highlands, 2:03.5; 4, Mike Elkas, Bergen Catholic, 2:05.2; 5, Marc Henry, Northern Highlands, 2:05.6.
- 1,000** — 1, Ryan Cleary, Ridgewood, 2:41.2; 2, Dan Sheth, Paramus Catholic, 2:41.3; 3, Josh DeScherer, Tenafly, 2:43.4; 4, Pete Griffo, Rutherford, 2:45.6; 5, Alex Fonti, Bergen Catholic, 2:48.5.
- 1,600** — 1, Bret Wask, Westwood, 4:34.7; 2, Jeremy Muratore, Tenafly, 4:37.8; 3, Young Chae, Westwood, 4:40.1; 4, Jeremy Batties, River Dell, 4:44.4; 5, Peter Startz, Waldwick, 4:46.0.
- 3,200** — 1, Chris Tortora, Rutherford, 10:19.8; 2, John Downey, Queen of Peace, 10:19.9; 3, Andy Shin, Old Tappan, 10:29.7; 4, Andrew Zapula, Paramus Catholic, 10:36.9; 5, Kevin Gilman, Bergen Catholic, 10:41.6.
- Shot put** — 1, Shaun McGregor, Bergen Catholic, 53-10; 2, Eric Koob, Ramapo, 47-1¼; 3, Pec, Paramus Catholic, 46-7; 4, Esposito, St. Joseph Regional, 46-2; 5, John Pandich, Demarest, 45-1¼.
- High jump** — 1, Keljuan Kelit, Indian Hills, 6-4; 2, Jim Davis, Ridgewood, 6-2; 3, tie between Mike Santise, St. Joseph Regional and Fletcher Rosenbach, Ridgewood; 6-2; 5, Jeff Ochips, Fair Lawn, 6-2.
- Long jump** — 1, Walter King, Hackensack, 21-8¼; 2, Anthony DiCesmo, Paramus Catholic, 21-3¼; 3, Bob Stancil, Paramus Catholic, 20-10¼; 4, Tim Jordain, Westwood, 20-10¼; 5, Fred Lee, Old Tappan, 20-8.
- Triple jump** — 1, Walter King, Hackensack, 43-¾; 2, Victor Lee, Old Tappan, 41-7¼; 3, Lloyd Goldberg, Westwood, 41-5¼; 4, Mike Santise, St. Joseph Regional, 40-9; 5, Tim Jordain, Westwood, 40-8¼.
- Pole vault** — 1, Ryota Uetani, Demarest, 13-0; 2, Joe Kim, Fort Lee, 12-8; 3, Colin Mutchler, Old Tappan, 12-6; 4, Max Kosoy, Fair Lawn, 12-0; 5, Keen Pei, Hackensack, 11-6.
- 1,600 relay** — 1, Bergen Catholic (Mike Martin, Alex Fonti, Greg Meletta, Will Poppe), 3:33.8; 2, Queen of Peace, 3:38.1; 3, St. Joseph Regional, 3:39.4; 4, Ridgewood, 3:39.7; 5, Teaneck, 3:40.2.
- Fresh 300** — 1, Steve Benedict, Fort Lee, 40.7; 2, Bryan Fenkart, Midland Park, 40.9; 3, Neal Okarter, Westwood, 41.0.
- Fresh 1,600** — 1, Matt Caporaletti, Westwood, 4:58.0; 2, Russ Giancola, New Milford, 5:01.3; 3, Paul Berberian, Old Tappan, 5:12.2.
- Fresh 1,600 relay** — 1, Westwood (Neal Okarter, Matt Caporaletti, John Demarest, Mike Bloodgood), 4:20.4; 2, Paramus, 4:21.0; 3, Bergenfield, 4:21.4.
- 800 300** — 1, Alden Shorter, Teaneck, 38.9; 2, Lorraine Defreese, Mahwah, 39.0; 3, Jim Kurz, Glen Rock, 39.5.
- 800 1,600** — 1, Romeo Joseph, Hackensack, 4:52.8; 2, Steve Calljone, Mahwah, 4:53.1; 3, Marco Alves, Queen of Peace, 4:55.6.

GIRLS

55 — 1, Carlene Cummings, Englewood, 7.1; 2, Tiffany Walker, Hackensack, 7.4; 3, Kristen Caldwell, Ramapo, 7.9; 4, Kelly Frisco, Ramapo, 7.9; 5, Dara Cattani, Ridgewood, 7.9.

55 HH — 1, Carlene Cummings, Englewood, 8.7; 2, Kerri Frazer, Demarest, 8.7; 3, Faith Ninivaggi, Ridgewood, 8.9; 4, Lesley Hodgson, Glen Rock, 8.9; 5, Julie Denisenko, Fair Lawn, 9.1.

300 — 1, Michele Saline, Glen Rock, 43.3; 2, Marissa Jackson, Hackensack, 44.5; 3, Keely Roberts, Teaneck, 44.6; 4, Marcia Bhagwandin, Ramsey, 45.0; 5, Kate Brunner, Ridgewood, 45.5.

400 — 1, Delcita Russell, Hackensack, 62.4; 2, Georgia Brown, Hackensack, 63.2; 3, Vanessa McDermott, Ridgewood, 64.0; 4, Marcia Bhagwandin, Ramsey, 64.5; 5, Charlene Hooper, Englewood, 64.8.

800 — 1, Caitlin Wittreich, Tenafly, 1:43.8; 2, Dana Catanese, IHA, 1:47.1; 3, Gail Weisinger, Westwood, 1:49.7; 4, Heather Daugherty, Ramapo, 1:53.9; 5, Maureen Roche, Bergenfield, 1:56.2.

800 — 1, Kourtney Gallo, IHA, 2:25.4; 2, Georgia Brown, Hackensack, 2:29.8; 3, Lauren Zipse, Demarest, 2:30.2; 4, Dana Catanese, IHA, 2:31.0; 5, Kelly Ortiz, Paramus, 2:31.6.

1,000 — 1, Lisa Ryder, Bergenfield, 3:10.8; 2, Danielle Breuel, Hackensack, 3:11.3; 3, Vicky Byrne, Saddle Brook, 3:13.2; 4, Sarah McDermott, Ridgewood, 3:15.8; 5, Jessica Drew, Westwood, 3:18.9.

1,600 — 1, Diana Lana, Saddle Brook, 5:24.7; 2, Tara Quinn, Teaneck, 5:31.6; 3, Karen Petouris, Paramus, 5:31.7; 4, Katie Cohn, Ridgewood, 5:38.0; 5, Sara Schwartzfarb, Fort Lee, 5:47.8.

3,200 — 1, Kourtney Gallo, IHA, 11:38.8; 2, Stephanie Doyle, Ridgewood, 11:49.7; 3, Tara Quinn, Teaneck, 12:02.6; 4, Kim Folk, Ridgewood, 12:12.1; 5, Chrissy Odalen, Bergenfield, 12:38.6.

Shot put — 1, Jenicka Carter, Westwood, 37-¼; 2, Anna Gravino, Saddle Brook, 32-2¼; 3, Erika Czujko, Garfield, 31-9¼; 4, Jennille Logan, Teaneck, 31-8¼; 5, Adwoa Aaa-Awuku, New Milford, 31-6¼.

High jump — 1, Lesley Hodgson, Glen Rock, 5-2; 2, Julie Denisenko, Fair Lawn, 5-2; 3, Jen Maxfield, Tenafly, 5-0; 4, Kate McNamara, Ridgewood, 5-0; 5, tie between Janet Andrews, Bergenfield and Keely Roberts, Teaneck, 4-8.

Long jump — 1, Kerri Frazer, Demarest, 17-4; 2, Alisha Barber, Teaneck, 16-11; 3, Melissa Bocchiaro, Glen Rock, 16-7¼; 4, Tiffany Walker, Hackensack, 16-3; 5, Sue Farley, IHA, 16-2.

Triple jump — 1, Tiffany Walker, Hackensack, 36-7¼; 2, Ashley Marquard, Glen Rock, 35-11¼; 3, Kerri Frazer, Demarest, 35-9¼; 4, Alisha Barber, Teaneck, 34-9¼; 5, Sue Farley, Teaneck, 33-6¼.

1,600 relay — 1, Hackensack (KellyAnn LaPietra, Cheryl Williams, Marissa Jackson, Delcita Russell), 4:09.4; 2, Glen Rock, 4:10.8; 3, Teaneck, 4:11.2; 4, Ridgewood, 4:15.4; 5, Demarest, 4:24.1.

Fresh 300 — 1, Erika Jungblut, Teaneck, 44.3; 2, Charlene Hooper, Englewood, 46.0; 3, Kelly McClain, Demarest, 46.7.

Fresh 1,600 — 1, Sara Meroth, Fair Lawn, 5:38.9; 2, Amy Wyke, Fair Lawn, 5:42.4; 3, Ana Hristic, Fort Lee, 5:43.4.

Fresh 1,600 relay — 1, Demarest (Kim Bogdan, Lauryn Stroger, Leigh Wiseman, Kelly McClain), 4:48.1; 2, Teaneck, 5:00.2; 3, Rutherford, 5:01.8.

800 300 — 1, Krista Saunders, Fort Lee, 46.0; 2, Holly Garrison, Dumont, 46.3; 3, Kerri O'Connor, Dumont, 47.1.

800 1,600 — 1, Lauren McCann, Rutherford, 6:06.4; 2, Julie Maxfield, Tenafly, 6:13.7; 3, Jenn Thorater, Old Tappan, 6:17.1.

Novice shot put — 1, Valerie Epps, Englewood, 28-0; 2, Chaya Tasker, Old Tappan, 27-11; 3, Anna Papoucasakis, Waldwick, 24-11.

1995 GARFIELD CLASSIC
Wednesday, February 22
Garfield H.S.

High Jump: Fletcher Rosenbach 6'6" 1st Place/Ties School Record
Jim Davis 6'2" 4th Place



PAUL SCHWARTZ
TRACK

Returning the field to track

Once a year in Northern New Jersey, the area's high jumpers and shot putters take center stage for one night. And Wednesday's Garfield Classic lived up to its name.

Matching the top qualifiers from a three-meet series of events in the two standard indoor field events, the Classic, in its second year, was a great success.

The series of high jump-shot put meets run by Garfield girls coach Bob Chiswell and former Saddle Brook girls coach Darren Ressler is now eight years old and has helped winter track and field from becoming merely track.

Fletcher Rosenbach of Ridgewood tied a Ridgewood school record set earlier this year by teammate Jim Davis by clearing 6-foot-6 on his first attempt to win the boys high jump. Jeff Ochlipa of Fair Lawn, who finished second, cleared 6-4 for the first time Wednesday.

"Every time Jim and I practice or compete, we compete as teammates, not really competitors," said Rosenbach, who hopes that he, Davis and one of two other Ridgewood jumpers can break the County outdoors record of 18-8 for the three-man high jump relay.

The girls high jump featured the continuing comebacks of winner Jen Maxfield of Tenafly and runner-up Julie Denisenko of Fair Lawn, who struggled all winter because of injury but looked good in clearing 5-2 Wednesday.

"I had a stress fracture in each of my legs this winter," said Maxfield, who just missed at 5-4. "I didn't feel comfortable at all until mid-January and I didn't feel perfect until Monday. Now I'm going to keep going to dance class and running to finally get me ready for spring."

Girls shot put winner Jenicka Carter of Westwood, who finished fifth at the State Meet of Champions on Sunday and won the Bergen County meet Monday, looked tired but still managed a throw of 36 feet, 3½ inches to defeat Passaic sophomore Naklesha Leon, who threw a personal best of 35½, her third personal record of the night.

"I'm having a little problem with my leg from Monday," said Carter. "But when she went ahead of me on the second throw, it helped me. I like it better when there's competition."

But the highlight of the night came in the boys shot put, with the top three finishers scoring personal bests. Bergen Catholic junior Shaun McGregor threw 55-11, more than a foot better than his best.

"I didn't work out over Christmas break and I lost my technique," said McGregor, who broke his series record by more than a foot. "The last two weeks I've starting throwing better. I drew a circle in the garage at home and I've been working on my gliding. I'm really excited now about Easterns on Monday and for the spring."

Personal bests also were recorded by Ramapo senior Eric Koob (48-10) and Paramus Catholic junior Greg Pec (47-6½). Pec was the biggest surprise, improving more than six feet over the course of the series.

FUTURE ATTRACTIONS —
Monday's boys Eastern States meet at the 168th St. Regiment Armory promises to be an exciting meet. Meet co-director Dick Van Yperen said that more than 125 schools are entered in the meet, which begins at 6 p.m.

The All-Bergen boys and girls track teams will be selected Tuesday, March 7 at Ramsey High School. All winter track coaches are invited to the 7 p.m. meeting.

The Bergen County Coaches Association will sponsor a free field events clinic on Monday, March 13 at Northern Valley at Demarest. The clinic, which runs from 7-9 p.m., is open to coaches and athletes.

1995 GIRLS EASTERN STATES CHAMPIONSHIPS
Saturday, March 4
Harvard University

60HH: Faith Ninivaggi 8.9/8.8

2 Mile Run: Kim Folk 11:47.1 PB

1000y: Sarah McDermott 2:52.4 PB

Mile Run: **Stephanie Doyle 5:13.83 3rd Place**

FOR THE 1994-95 WINTER TRACK & FIELD TEAM

If you are reading this note, you have made it through looking at all the stats of our season. Though the names and numbers on these pages will seem only too familiar right now, they will become increasingly important as the years pass.

It is my desire, that as you periodically pull this booklet out to reminisce in future years, you will be reminded of all that went into producing the results recorded on the pages. These results represent hours of hard work and effort. The times, distances, and places will lose their significance, but your personal involvement, the character development, and the close relationships you had during this season will be lasting.

Track and Field teaches that life is not about winning and losing as much as about perseverance, pain, and practice adding up to personal best efforts. I admire your willingness to move beyond your comfort zone and practice in all kinds of unfriendly weather, your ability to put your body through the disciplines of conditioning, and your commitment to persevere when injuries or setbacks occur. No matter what the score or place these characteristics make you a winner.

As I enter into another area of service moving to Kenya this year, I want to leave this book of records as a reminder of the time we spent together during the winter of 1994-95. My prayer is that you forget the negatives and claim the positives for your future.

This team will always have a special remembrance for me. I wish you all the best for your future.

Van Man