



**1995
CROSS
COUNTRY**

**SEASON
SUMMARY**

CROSS COUNTRY**1995****COACH: JACOB BROWN**

DUAL MEETS

Passaic	15-50
Montclair	15-50 (1 girl)
Bloomfield	(no girls)
Kennedy	22-37
Clifton	16-45
Eastside	15-50
Barringer	15-50 (3 girls)
(6 wins)	

CHAMPIONSHIP MEETS

Maroon Invitational	2nd
Bulldog Inv.	1st
Shore Coaches	3rd
Ridgewood Inv.	2nd
NNJIL Champs	1st
Bergen Group 4	1st
NJ Sectional N1Gr4	1st
Bergen Meet of Champs	1st
NJ State Group 4	5th
State Meet of Champs	2 ind
Footlocker Regional	2 ind.
(5 championship wins)	
(RHS team 9th ranked in NJ)	

1995 Girls Cross Country Team:

Seniors

Beth Apstel*(capt), Geraldine Campbell*, Stephanie Doyle*(capt-1st team all bergen-2nd team all state), Christina Grab*, Lauren Maxwell*, Carolyn Moritz*, , Jenn Sielgel*, Amy Smith* (capt-1st team all bergen, 2nd team all state, Bergen county Champ). Mangers: Alyson Donnelly & Meghan Groome.

Juniors

Katie Cohn*, Kitty Lawn, Carrie Ruggles*, Rose Sedo*.

Sophomores

Emily Hermance, Catherine Lowe, Vicki Lowe, Celeste Sedo*.

Frosh

Alison Correll, Christina Dasher, Kristen Egan, Irene Janis, Lucia Knight, Tira Lobell, Julie Sprich

RIDGEWOOD CROSS COUNTRY

1995

September
 Fri, Sat, Sun 15, 16, & 17 CC team Weekend - West Dover, Vermont

Tuesday 19 Passaic and Montclair 4:30pm Brookdale Park

Saturday 24 Maroon Invitational Garret Mountain

Wednesday 27 Bloomfield and Kennedy 4:30pm Veterans Field

Saturday 30 Bulldog Invitational Bergen Community College

October

Saturday 7 Shore Coaches invitational Holmdel Park

Tuesday 10 Clifton 4:30pm Garret Mountain

Thursday 12 Eastside and Barringer 4:40pm Veterans Field

Saturday 14 Ridgewood Invitational Veterans Field

Monday 16 NNJIL Championship Darlington Park

Saturday 21 Bergen County Group 4 Champs Darlington Park
 JV-1:50, Frosh-2:40, Varsity-3:10

Friday 27 Frosh and JV Sectional Champs Darlington Park
 Frosh-3:55, JV-4:25

Saturday 28 NJ State Sectional N1 Group 4 Champs Garret Mt.
 Group 4 girls - 12:05

November

Saturday 4 Bergen County Meet of Champions Darlington Park
 Girls Championship - 2:30

Saturday 11 State Group 4 Championship Holmdel Park
 Group 4 girls - 11:30 am

Saturday 18 State Meet of Champions Holmdel Park
 Girls championship - 11am

Saturday 25 Footlocker Northeast Regional VanCortlandt Park
 Girls Champs-11:40

Jaycee's Arboretum Run Has Fast Turnout for 6th Annual Race

Arboretum 5 Mile Run

Name	Town	Time
Chris Langan	Wyckoff	25:56.2
Dave Patzky	Garfield	26:28.2
Peter Graham	Dumont	27:02.3
Brian McCourt	Midland Park	27:12.9
Michael Cennerazzo	Hackensack	28:37.5
Mark Snyder	N. Haledon	29:14.8
Shannon	Leonia	29:33.9
Art White	Ridgewood	30:17.0
Peter Coy	Demarest	30:21.5
Emily Hodyson	Prlinceton	30:42.3
Drew Hayes	Fair Lawn	30:59.3
John Volkommer	Ridgewood	31:06.7
Richard Basuk	Franklin Lakes	31:22.8
Jenna Rogers	Ho Ho Kus	31:30.6
Eric Knackmuhs	Wyckoff	31:34.2
Stephen Franklin	Wyckoff	31:54.1
Mitch Kahn	Ridgewood	32:11.3
Andrew Opalka	Belleville	32:30.5
Steven Strauss	Allendale	32:45.2
Frank Skuthan	Ridgewood	32:49.9
Bob Farrell	Glen Rock	33:01.2
Bryan Lynch	Glen Rock	33:27.5
Bill Lenart	Elmwood Park	34:04.5
Dan Steele	Clifton	34:19.7
Lauren Avallone	Long Valley	34:50.6
Ross Coomber	Allendale	35:16.6
Robert Jones	Glen Rock	35:32.8
Paul Benuei	W. Milford	35:39.6
Richard Kritzer	Ridgewood	35:48.7
James Barako	Glen Rock	35:51.1
Gary Knackmuhs	Wyckoff	35:54.7
Kenneth Keppler	Paramus	35:56.9
Joe Zantello	Mahwah	36:12.7
Tom Santulli	Waldwick	36:18.8
Annette O'Neill	Ridgewood	36:27.4
Daniel Carrilli	Carlstadt	36:42.5
Paul White	Ridgewood	36:56.9
William Rubel	Ramsey	37:17.4
Don Strauss	Allendale	37:32.5
Lewis Mintzer	Fair Lawn	37:33.0
John Skelly	Ridgewood	37:45.6
Edward Cobb	Glen Rock	37:56.1
Paul Pagan	Rockaway	37:56.5
Steve Schlane	Wyckoff	38:11.5
Vilay Samliaran	Glen Rock	38:17.5
Larry Cuarigilia	Cranford	38:24.6
Toshiko Della	Ridgewood	38:28.7
Rich Gunther	Elmwood Park	38:49.8
Ceraldine Campbell	Ridgewood	38:50.1
Laurence Desind	River Edge	39:02.3
John Shelley	Franklin Lakes	39:12.6
William Woods	Paramus	39:14.2
Bobby Peters	Glen Rock	39:15.0
Cori Mintzer	Fair Lawn	39:15.7
Ian Rutland	Wyckoff	39:31.0
Paul Raeburn	Ridgewood	39:39.0
Walter Desind	Paramus	39:54.1
Daniel Lesso	Glen Rock	40:03.5



Chris Langan, of Wyckoff

14:57.4	David Gohlick	Westwood
15:07.4	Justin Scheler	Leonia
15:17.4	Tom Anzevino	Maywood
15:23.7	Dan Rapatski	Pearl River
15:25.6	Baron Codon	Garfield
15:26.8	Andrew Rehlers	Oakland
15:29.9	Tim Callahan	Glen Rock
15:23.3	John Morash	Pearl River
15:42.1	Jesus Rivera	Clifton
15:43.5	John Demarest	Westwood
15:44.6	Michael Goldman	Scarsdale
15:55.8	Kathryn Donohue	Ridgewood
15:59.1	Andrew Vickrey	Paterson
16:02.4	Keith Welbrocht	Mahwah
16:03.1	Michael Bloodgood	Wood Ridge
16:03.9	Michael Tripaldi	Waldwick
16:12.9	Mark Alleman	Oradell
16:13.3	Jim Himmel	Rutherford
16:25.6	Stephen Lynaugh	Teaneck
16:27.4	Jim Whalen	Bergenfield
16:28.9	Asaf Barouk	Fort Lee
16:31.9	Danielle Renlert	Ringwood
16:35.8	Joe Vebs	Garfield
16:36.7	M. Baranowski	New York
16:45.6	Harvey Strauss	Glen Rock
16:47.2	Richard Jozak	Allendale
17:00.7	Martin Coomber	Westwood
17:02.2	Lloyd Goldberg	Glen Rock
17:05.2	Joe Santonacita	Glen Rock
17:13.3	Jackson Platisky	Fort Lee
17:19.4	Robert Fern	Mahwah
17:24.0	James Angelidis	Fort Lee
17:26.4	Josie Maceri	Ridgewood
17:27.2	Andrew Wejtinski	Wayne
17:33.2	Alan Gettis	Norwood
17:34.0	Steven Babitts	Ramsey
17:36.8	Bob Franzmann	Wayne
17:42.4	Patricia Brill	Garfield
17:1.2	Susan Coomber	Allendale
17:59.9	A. Gourometstos	Fort Lee
18:01.7	Lauren Eld	Fort Lee
18:04.3	Paul Jayson	Fort Lee
18:11.0	Len Crain	Glen Rock
18:16.5	Scott Knackmuhs	Wyckoff
18:26.5	Adam Rudolph	Wyckoff
18:31.4	Kurt Enler	Waldwick
18:32.5	Liz Nestler	Ridgewood
18:32.7	Lou Avezzano	Glen Rock
18:43.1	C. Heinzmanns	New Milford
19:12.5	Tina Yoon	Fort Lee
19:16.9	Jack Kane	Riverdale
19:19.1	Paul Patula	Hawthorne
19:32.9	Kathleen Burke	Glen Rock
19:34.4	Joseph Romano	Hawthorne
19:41.6	C. Heinzmanns Jr.	New Milford
19:43.8	Arthur Deiling	N. Haledon



Father/daughter team, Ted & Kathleen Burke, relax before running in the 2.5 mile race

19:51.4	Ted Burke	Glen Rock
19:58.1	Chris Kontos	Hawthorne
19:59.8	Claudia Gutierrez	Ridgewood
20:06.0	Lawrence Nicholli	Fort Lee
20:08.5	David Nemar	Glen Rock
20:09.4	Kristin Jerome	Glen Rock
20:09.8	Richard Zak	Clifton
20:23.3	William Raftery	Glen Rock
20:36.3	David Vickrey	Ridgewood
20:47.7	Nick Paolazzi Jr.	Paramus
20:57.9	Laura McKay	Glen Rock
21:03.3	Robert McKay	Glen Rock
21:05.7	Lynn Rodriguez	Glen Rock
21:15.3	Kevin Murphy	Wyckoff
21:16.6	Greg Skelly	Belleville
21:29.0	Adria Gettle	Oak Ridge
21:41.9	Kenny Bell	Ramsey
21:47.3	Erin Spiller	Glen Rock
21:52.4	Chuck Schwelerek	Clifton
22:09.8	Doug Salvatorello	Glen Rock
22:13.9	Brian Hogan	Glen Rock
22:18.4	Rosalie Ratcliffe	Waldwick
22:23.1	Larry Sofia	Rochelle Park
23:12.5	Lindsey Reinert	Ringwood
23:12.9	Bill Reinert	Ringwood
23:19.5	Malcolm Greenough	Glen Rock
23:23.6	Lisa Smartz	Westwood
23:24.9	Jack O'Neill	Glen Rock
23:29.8	Pat Reilly	Glen Rock
23:47.6	Brian White	Oakland
23:59.6	F.J. Maione	Oakland
24:17.3	Laura Wilkinson	Ridgewood
24:30.6	Clara Licata	Glen Rock
25:45.2	Hank Hogan	Glen Rock
26:00.8	Ted King	Fair Lawn
26:12.2	Sarah Schmitt	Glen Rock
26:42.9	Sharon Patula	Hawthorne
26:51.7	George Cunningham	Glen Rock
26:51.9	Maria Cunningham	Glen Rock
28:26.0	Karen Barouk	Fort Lee
28:27.0	Brad Volkommer	Ridgewood

CROSS-COUNTRY PREVIEW

4-(Girls)

SEAWNEE: Liz Moore, Michelle Videvich and Melissa Whitaker are gone, but the 2-3-4 runners on last year's SJ champs and No. 5 AG flubbers return: Karen O'Neill and Lisa Setzer and depth is never a problem here.

INDIVIDUALS

As with the boys, there are plenty of candidates here, including two from last year's top five: Autumn Fogg and Meghan Cunniff. Jackie Martin of Hackensack (5th) will miss the season with an injury.

LORENA ADAMS, Manchester Twp (27th): Without question, the find of the 1994-95 season. In CC, she was no worse than 5th in major races prior to the AG. Indoors, she checked everyone by winning the AG 3200 and 4th, while she couldn't repeat this outdoors; she was 4th in the 1600 and 7th in the 3200 with PHS of 5:04.04 and 10:49.5.

KERRY ANDREWS, RBC (14th): She spent most of last fall getting in shape after a spring injury and was ready for the state meet with 19:37 for 4th in the PA race and 19:51 in the AG. Took the winner off again, but came back to place 6th in the AG 3200 outdoors with three races under 11:16.

LAUREN AVALLONE, Morris Catholic: One of the Lakeland superthro, she had a 4:48.53 1500 in JO competition during the summer.

AMY BEYKIRCHE, Placeland: Ran well until the AG meet with a 3rd in the sectionals and a 7th in the Gr. II race. Had a great outdoor season, with a 5th in the AG race and a PR of 11:01.44.

SARAH CHASE, Brick: Was not quite as spectacular as classmate K.C. Meehan last fall, but had a fine spring with an 11:31.28 in the 3200.

KACY CORBETT, Camden Catholic (9th): One of the pleasant surprises of the '94 season, she had three big wins in the SJ Open and her county and conference meets. No indoor season but she managed an 11:33.74 outdoors.

MEGHAN CUNNIFF, RBC (3rd): The find of the '94 CC season, she won seven major races and was 2nd only in AG winner Jamie Weisgerber among Jerseyans in the Footlocker trials. In the spring, she ran 5:04.91 for 1600 and 11:27.68 for 3200.

STEPHANIE DOYLE, Ridgewood (22nd): Just an average CC season with one win in her conference race. Did better on the track with a 6th in the indoor 1600 AG and a 5th in the outdoor race with a best of 5:08.79.

AUTUMN FOGG, Hunterdon Central (2nd): After a brilliant junior campaign on the hills and the track, this perfectly named runner is the one to beat. She took the AG 1600M titles indoors and out and went under 5:00 for the mile at the Golden West.

JERILYN FRATTALONE, RBC (25th): The senior member of the team was a steady factor all year, always in the top 10 in major CC races prior to the AG and with an 11:23.6 outdoors.

KOURTNEY GALLO, IHA (17th): A mild-season slump due to illness spoiled her season somewhat, but she came back with 2nds in the NJCTC and PA races. Her spring season was uneven with an 11:16.9 3200 in her county meet.

MEGHAN GANEY, Ridge (15th): Won her county, conference and sectional races before placing 4th in her group meet. No indoor season, but a great outdoor campaign, capped by a 2nd in the AG 1600 in 5:03.48 and an 11:04.1 sectional win in the 3200 (collapsing just short of the finish in the AG race to miss a possible sub-11:00).

BETH JONES, Randolph: Another of the "near-miss-freshman" coming in from the Lakeland TC national JO champions, the ran 11:05.4 for 3K last summer and it better the longer the race goes.

ANN KLOCKE, Bishop Eastock: Has a lot to make up for after her fatal fall in last year's AG race. She had a great spring, finishing off with a 3rd in the AG 3200 at 11:07.71, bringing her PR down 31 seconds within 17 days.

K.C. MEEHAN, Brick (23rd): The lead member of Brick's middle corps last year was 3rd in the SJ race and 9th in Gr. III before her AG race. She stayed right on the beam last spring with an 11:24.7 in the 3200.

KELLY PAULSON, Hunterdon Central (20th): Was No. 2 runner for HC last fall with a victory in the bi-county meet, a 2nd in the sectionals and a 3rd in Gr. IV. Had a solid indoor season, but retired early outdoors.

JEN PESCE, Teas River North: Had only a moderate freshman CC season with several top 10 finishes, then exploded indoors with an 11:37.46 3200 and improved this to 11:23.27 outdoors.

KAREN PETOUVIS, Paramus: Her CC season was nothing special, but she improved rapidly on the track, and got down to 11:20.08 for 3200 in the perfect conditions at the Bergen MC.

KIM PRIMAVERA, Mt. Olive: Was just too old for the outdoor 14-and-under JO meet, but ran under 5:10 for 1500 meters in the NJ-DUSTAF senior championships.

DANA SATR, Ramsey: Won her conference and county group 5:13.96 and failed to make the AG race. Absent indoors, but ran 11:24.4 outdoors.

CELESTE SEDO, Ridgewood (28th): Another of our "near-miss," she was the 4th freshman finisher in the AG race after placing 5th or 6th in her conference, county group, county MC and sectional races. Had an 11:25.59 in that BCMC race outdoors.

STACY SIMON, Highland: A 2nd in her county race topped the CC season, but she came alive outdoors with an 11:16.38 in the Group IV race.

AMY SMITH, Ridgewood (30th): Given Ridgewood a great 1-2-3 lead. She was regularly in the top 10 flubbers last season and ran 11:35.5 for 3200 in the spring.

STEPHANIE SWYDER, Randolph: The other half of the Randolph 1-2 fresh punch also missed the JO meet by a month or so but has been around 5:20 for the mile and, like Jones, has been under 18:00 in 5K road races.

ANA TAVARES, Newark ES: Took conference honors last fall and was 3rd in her sectional race, but had an off day at the groups. Her indoor season was first rate with a 6th in the AG 3200 and an 11:36.64 2M at the nationals. Ran well in the Penn 3K, but then fell victim to injuries.

Katie Corr - because she votes

TEANECK

Coach — Michelle McMillin
Last year's record — 5-1
Top runner back — Senior Jennifer
Breaker.
Outlook — Quinn is one of Jersey, but Teaneck offers little.

IMMACULATE HEART

Coach — Christine Lopez
Last year's record — 4-2
Top runner back — Seniors
Kawasaki, Dana Catanese,
Heac, sophomore Alexandra
Outlook — The Blue Eagles are
outlook season behind the
seems last season, but
scouts last season, but
scouts last season, but

PARAMUS CATHOLIC

Coach — Tracy Tepp (20th)
Last year's record — 4-4
Top runner back — Juniors
Chenette, sophomore
Outlook — In a tough NJUIL
Dagoy will lead the team
son, who will prove to be

BCSL

Coach — Joseph Talbi
Last year's record — 4-1
Top runner back — Seniors
Atkins, sophomore
Outlook — Coombs leads
the top five and could

CLIFFSIDE PARK

Coach — Joseph Talbi
Last year's record — 4-1
Top runner back — Seniors
Atkins, sophomore
Outlook — Coombs leads
the top five and could

DUMONT

Coach — Norm Fink (20th)
Last year's record — 3-6
Top runner back — Seniors
Garrison, Danielle
Outlook — The Hackensack
3-4 record last year and

ENGLEWOOD

Coach — Reggie Williams
Last year's record — 5-1
Top runner back — Senior
Campbell, sophomore
Outlook — Englewood is
number three and four runners
lost to graduation, and

FORT LEE

Coach — Paul Jayson (18)
Last year's record — 6-1
Top runner back — Senior
Foon, Ed, sophomore
Outlook — Fort Lee returns
seven runners. Led by
County last year, the Bridg
strong Westwood team an

NNJIL Atlantic

Coach — John Pontes (12th season)
Last year's record — 10-1
Top runner back — Seniors
Shelwood, Vicky Marquart,
Outlook — The all sports from a very talented young
group to be competitive.

CLIFTON

Coach — John Pontes (12th season)
Last year's record — 10-1
Top runner back — Seniors
Shelwood, Vicky Marquart,
Outlook — The all sports from a very talented young
group to be competitive.

PASSAIC

Coach — Tony Barbato (eighth season)
Last year's record — 5-3
Top runner back — Seniors
Edwards, Aya Nunes, Seniors
Outlook — The Lady Indians are a young team that will
be led by Dana, Edwards, and Nunes. The team is work-
ing hard and progressing rapidly. It should be success-

KENNEDY

Coach — Vincent Bruno (12th season)
Last year's record — 5-3
Top runner back — Seniors
Outlook — The Lady Knights are looking to improve
from last year's third-place finish in the NJUIL, and are
striving to be in the top five in the sectionals. Kennedy
will be led by two fine All-Americans: runner Amber
Gill and a squad of talented underclassmen.

RIDGEWOOD

Coach — Jacob Brown (24th season)
Last year's record — 7-0
Top runner back — Seniors
Smith, Beth
Outlook — Last year's Bergen County All-County runner
Doyle, Smith, and Sedo, and honorable mention Al-
County runner Adair. The Mirraons look to be very
strong this year behind these four talented runners and
are looking to keep alive their dual meet winning streak,
which dates to 1983.

NNJIL Pacific

Coach — Ed Church (10th season)
Last year's record — 7-0
Top runner back — Seniors
Outlook — The NJIL Pacific champions have strong
runners returning this year but need to replace their
number three and four runners, lost to graduation, and
lead runner Jackie Martin, lost to an injury. These set-
backs should put the Comets in the middle of the
league.

HACKENSACK

Coach — Jose Ortiz (fourth season)
Last year's record — 5-2
Top runner back — Seniors
Keller, Karen Petouvis, Leigh Ann Millay, sophomore
Jennifer Corbett
Outlook — Seniors return six runners with some
experience and are looking for their seniors, O'Brien and
Bhatt, for leadership. Paramus has a good turnout this
year, but most of the runners are inexperienced. How
they develop will be the true measure of their success.

9/9/95



PAUL SCHWARTZ
CROSS-COUNTRY

Picking favorites for fall

The 1995 area cross-country season will open on Tuesday with some dual meets, with the bulk of duals starting Friday, and the major meet schedule opening Saturday with the Season Opener at Darlington County Park.

The girls probably will grab most of the attention this season, despite the loss of Wayne Valley stars **Beth Crenshaw** and three-time Passaic County champion **Amy Mizzone** to graduation, and the injury to defending Bergen County champion **Jackie Martin** of Hackensack, which will sideline her for the fall season.

Ridgewood returns four runners from last year's Bergen County championship team, which finished second in Group 4 and a solid fourth in the State Meet of Champions, led by **Stephanie Doyle** and **Amy Smith**, and is a solid favorite for County honors again. Other talented teams include Immaculate Heart Academy, Hackensack, Ramsey [now in Group 2], and Fair Lawn. Defending State Group 1 champion Bogota returns three of its top five, including County Group 1 champion **Kirsten LaFond**, and Westwood returns four of its top five, including defending County Group 2 champion **Nikki Callaghan** of Westwood.

Other defending group champions returning are Group 3 champ **Dana Satir** of Ramsey, and **Kourtney Gallo** of Immaculate Heart Academy, the Group 4 champion, and now the Bergen favorite. Other returning All-Bergen runners are **Michiyo Kawasaki** of IHA and **Celeste Sedo** of Ridgewood.

Wayne Valley will have difficulty winning a 10th straight Passaic County title with Mizzone, Crenshaw, and **Susan Mizzone** lost to graduation. But the Indians return junior **Sarah Park** and soph **Jackie Pasek**, and should contend with Kennedy, Passaic Valley, and DePaul.

Other returning All-Passaic performers are **Danielle Centurione** of Lakeland, **Neriza Hufnagel** of Kennedy, and **Michelle Scoble** of Clifton.

Among the boys, the most wide-open season in years looms, both individually and among the teams.

The only returning Bergen Group champion is Group 1 defender **Jamie Cortes** of Palisades Park, who figures to battle **Kevin Gilman** of Bergen Catholic, **Jeremy Battles** of River Dell, and the Paramus Catholic trio of **John Bryjak**, **Andrew Zagula**, and **Noah Murphy** for County honors. But there is a host of fine sophomores including **Cary Snyder** of Demarest, **Jeff Clark** of Bogota, **Matt Caporaletti** of Westwood, and Ridgewood juniors **Nell Burt** and **Eric Rogers** who might be heard from before the season is over.

Team honors should be a battle among Paramus Catholic, Ridgewood, Bergen Catholic, and perhaps dark horse Westwood.

The graduation of two-time Passaic County champion **Mike Grant** of Passaic Valley, now at Columbia University, opens up the individual race with Clifton's **Sibi Joseph**, **Chris Morris** of Eastside, and **Bernard Fraser** of Passaic the leading contenders. Look for **Will Blerach** of Passaic Valley to help the Hornets battle defending champ Passaic for the County title.

On the State level, defending girls champion Red Bank Catholic returns its entire team, with Bishop Eustace also returning five top runners and Hunterdon Central returning State individual favorite **Autumn Fogg**. Ridgewood could be in the hunt for Group 4, Ramsey for Group 2, and Bogota and Palisades Park in Group 1.

Defending champ Paul VI and eight-time winner Christian Brothers Academy head the boys field with Highland, North Hunterdon, and Westfield also in the battle. Individually, look for **Brian Bennett** of CBA, **Matt Elmuccio** of Westfield, **Roger Munoz** of Kearny, and **Chris Robinson** of North Hunterdon to be near the top individually.



PAUL SCHWARTZ
CROSS-COUNTRY

Drought jeopardizes Maroon

After a slow first week of competition, the major meet schedule opens this morning with the Season Opener at Darlington County Park in Mahwah. Next week features the Maroon Invitational at Garret Mountain — weather permitting.

And ironically, rain, always a bane of outdoor events in the fall and spring, is the weather that is needed to permit the annual Maroon Invitational to be held.

"Garret Mountain has been closed for about three weeks because of the drought," said Maroon Invitational race director **Mike Glynn**. "And if it's not opened by Wednesday, we'll have to cancel the meet this year which would be a real shame."

This is one of the infrequent Septembers in which there are five Saturdays instead of the usual four. And the extra Saturday leaves the Maroon in the enviable position of being the only local meet on the calendar next week. The Bulldog Invitational at Bergen Community College, normally a rival meet for the Maroon, will battle the Passaic County Coaches Association on Sept. 30.

So with nearly a week of entries left [ordinarily teams can enter by phone as late as Friday], the Maroon already had 25 entries as of Friday.

Glynn will make a decision Wednesday and urges teams who are planning to come to enter despite the uncertainty that the meet will be held.

"We'll issue a complete refund the Monday after the meet is canceled, if it isn't held," said Glynn. "In fact, we'll send their own checks back."

"We're hoping the rains come, we're hoping that if they don't, the people at Garret Mountain can do something for us, because it's a perfect year for our meet," said Glynn.

And the loss of an early-season invitational in a year with so many inexperienced area boys teams would be a crucial blow to the development of those runners. A possibility remains that the meet could be shifted, possibly to William Paterson College in Wayne.

If the dry spell continues, the Passaic County coaches meet, one of the top invitationals in the state, could be imperiled, not to mention dozens of dual meets that are held there every year.

OPENING DAY — The Season Opener will go on as scheduled this morning at Darlington County Park, with a surprise entry — the preseason State favorite Christian Brothers Academy of Lincroft boys team.

The meet is one of only two on the schedule this weekend, including the Williamstown Kiwanis meet in South Jersey.

Paramus Catholic, Bergen County's preseason favorite, will face CBA, along with Toms River East, Bergen Catholic, and Don Bosco.

The top five boys times on the 5,000-meter Darlington course, now in its fourth year, are **Bob Keino**, Ridgewood (1993) at 15:05, **Matt Illian** of Pascack Valley (1993) at 15:52, **Regan Ladisic** of Paramus Catholic (1992) at 15:53, **Leigh Cadigan** of Northern Valley at Old Tappan (1993) at 15:59, and **Bill Grogan** of Bergenfield (1992) at 16:02. The top Passaic time was 16:06 turned in by **Doug Carter** of Wayne Hills (1993), while BC senior **Kevin Gilman** is the top returnee with a best time of 16:17.

The top five girls times include **Jenna Rogers** of Ridgewood (1993), the course record holder at 17:49, **Jackie Martin** of Hackensack (1994) at 18:45, **Regina Gonzales** of Holy Angels (1992) at 18:46, **Carli Gallo** of Mahwah (1992) at 19:00, and **Kourtney Gallo** of Immaculate Heart Academy (1994) at 19:06. Martin is out for the year, and Kourtney Gallo is the top returnee. **Bethany Crenshaw** of Wayne Valley (1994) holds the Passaic County record at 19:26.

This year they're chasing

By **PAUL SCHWARTZ**
Correspondent

MAHWAH — There are different expectations this cross-country season for Karen Petouvis of Paramus and Jamie Cortes of Palisades Park.

Last year, when both ran well enough to earn second-team All-Bergen honors — Cortes as a cross-country standout and Petouvis as the second-best 3,200-meter runner — their success was unexpected and they were able to sneak up on some favored distance stars.

But this year they're among the favorites, and at Saturday's Season Opener Invitational they lived up to their heightened expectations.

Petouvis outran Lynn Dunning of Toms River East by 40 yards in 20 minutes, four seconds — more than a minute faster than her previous best at the 5,000-meter Darlington County Park course in the Varsity A race. In the Boys B race, Cortes defeated Scott Menti of Cresskill by 80 yards in 16:44 to pace the Tigers to an impressive opening-day 34-48 victory over Westwood.

"I want to make first-team All-Bergen this year and I want to be more competitive in every race I run," said Petouvis. "Today when she [Dunning] started first, I fell behind. But I started to work back into the race and when we went into the woods the second time I was able to pass

CROSS-COUNTRY

her. She stayed with me for a while but I was finally able to shake her as we hit the final straightaway."

Cortes' victory was easier as the senior led from start to finish. Midway through the race, he turned to first-year teammate Diego Gioffre and said: "Come on, pick it up!" His inspiration helped Gioffre to third place.

"This year I finally ran all summer and I'm lifting and working out very hard," said Cortes. "If I practiced harder last year I could have made first team. In my last year I don't want to fall short again."

Petouvis and Cortes

Christian Brothers dominated as expected in winning the Varsity A boys race, 19-80 over Paramus Catholic, despite resting its top three runners. The Colts went 1-2-3-5-8 with only Kevin Gilman of Bergen Catholic (4), Bernard Frazier of Passaic (6), and Andrew Zagula of Paramus Catholic (7) breaking the CBA stranglehold.

Toms River East edged Immaculate Heart Academy, 49-54, in Girls Varsity A, but the Blue Eagles placed four runners in the top 12 without top runner Kourtney Gallo, who skipped the race but looked comfortable in a post-race workout. Wayne Valley was third, with junior Sarah Park fourth in the individual race in a personal best 20:38.

Westwood's girls also missed their top runner, injured Nikki Callaghan, but ran well with four runners in the top 15 behind Varsity B race winner Kittatinny, 41-58. Palisades Park placed five runners between seventh and 19th place for an impressive third-place finish with 60 points. But the race stamps the Group 1 Tigers as potential State contenders.

Stacy Hosier of Kittatinny edged Kirsten LaFond of Bogota by 75 yards to win the Varsity B race. Erica Cesario of Bogota was third, but the Bucs finished 11 points behind Palisades Park in their first meet in defense of their Group 1 title.

H.S. scoreboard on S-21

CROSS-COUNTRY

Darlington Season Opener

VARSITY BOYS A

Team scores

CBA 19, Paramus Catholic 80, Bergen Catholic 94, Passaic 115, Passaic Valley 136, Don Bosco 136, Wayne Valley 175, Passaic Tech 209.

1. Bill Hoffman, CBA	16:23.
2. Joe DeChiara, CBA	16:31.
3. Derence Rozler, CBA	16:36.
4. Kevin Gilman, Bergen Catholic	16:39.
5. Walt Brasch, CBA	16:42.
6. Bernard Frazier, Passaic	16:49.
7. Andrew Zagula, Paramus Catholic	16:52.
8. Kevin Dugan, CBA	16:59.
9. Martin Pankiewicz, Garfield	17:02.
10. Romeo Joseph, Hackensack	17:11.
11. Rob Zagula, Paramus Catholic	17:15.
12. Dan Piccirillo, Passaic Valley	17:15.
13. Michael Elkas, Bergen Catholic	17:15.
14. Noah Murphy, Paramus Catholic	17:18.
15. Juan Martinez, Passaic	17:20.
16. Joe Poliseo, Don Bosco	17:25.
17. Jon Lay, Paramus	17:36.
18. Tom Redmond, Bergen Catholic	17:38.
19. Brian Gimplett, CBA	17:40.
20. no card, Passaic	17:42.
21. Jim Wolynetz, Don Bosco	17:43.
22. no card, Wayne Valley	17:48.
23. Will Bierach, Passaic Valley	17:55.
24. Eugene McCarthy, CBA	17:56.
25. John Milon, Paramus Catholic	17:57.

VARSITY BOYS B

Team scores

Palisades Park 34, Westwood 48, Bogota 102, Becton 123, Ridgely 130, Cresskill 161, Secaucus 165.

1. Jamie Cortes, Palisades Park	16:44.
2. Scott Mentl, Cresskill	16:59.
3. Diego Gioffre, Palisades Park	17:09.
4. Peter Startz, Waldwick	17:10.
5. Russ Glancia, New Milford	17:13.
6. Jeff Clark, Bogota	17:15.
7. Matt Caporaletti, Westwood	17:19.
8. Hozalfa Cassubhal, Emerson	17:25.
9. Hugo Juarez, Palisades Park	17:35.
10. Dave Gohlich, Westwood	17:36.
11. Mike Birkhoff, Waldwick	17:37.
12. David Kosoff, Park Ridge	17:53.
13. Luke Hedges, Westwood	17:56.
14. Peter Demarest, Westwood	18:02.
15. Bobby Goers, Palisades Park	18:08.
16. Bjorn Anderson, Kittatinny	18:08.
17. Mike Byrnes, Palisades Park	18:16.
18. Bill McDonald, Lyndhurst	18:30.
19. Justin Scheler, Leonia	18:41.
20. Nick Pignatello, Kittatinny	18:42.
21. Arda Altinchital, Bogota	18:48.
22. Kevin Nebbia, Ridgely	18:53.
23. Pete Japinski, Becton	18:55.
24. Matt Shauger, Kittatinny	18:56.
25. John Demarest, Westwood	18:57.

VARSITY GIRLS A

Team scores

Toms River East 49, IHA 54, Wayne Valley 117, Paramus 118, Holy Angels 131, West Milford 147, Memorial 160, Passaic Valley 195, Garfield 209, Lakeland 221.

1. Karen Petouvis, Paramus	20:04.
2. Lynn Dunning, Toms River East	20:14.
3. Kelly Ortiz, Paramus	20:31.
4. Sarah Park, Wayne Valley	20:38.
5. Michiyo Kawasaki, IHA	20:39.
6. Dana Catanese, IHA	20:51.
7. Eileen Lennon, Holy Angels	20:56.
8. Ginger Lawron, Toms River East	21:03.
9. Alexandra Kenworthy, IHA	21:12.
10. Danielle Centurione, Lakeland	21:28.
11. Jamie Pschorr, Toms River East	21:30.
12. Danielle Reinert, IHA	21:33.
13. Katie Smith, Toms River East	21:53.
14. Kathy Laumbach, West Milford	21:57.
15. Megan Goodwin, Toms River East	21:58.
16. Patricia Brill, Garfield	22:07.
17. Alisha Alexander, Passaic Valley	22:08.
18. Jen Russoman, Toms River East	22:12.
19. Alex Reither, West Milford	22:21.
20. Debra Martino, Garfield	22:21.
21. Jen Knuth, Holy Angels	22:33.
22. Jen Tramontozzi, IHA	22:34.
23. Mary Beth Sexton, Wayne Valley	22:42.
24. Jen Pasek, Wayne Valley	22:50.
25. Jen Stahl, Paramus	22:54.

VARSITY GIRLS B

Team scores

Kittatinny 41, Westwood 58, Palisades Park 60, Bogota 71, Becton 107, Secaucus 145.

1. Stacy Hosier, Kittatinny	21:02.
2. Kirsten LaFond, Bogota	21:19.
3. Erica Cesario, Bogota	21:27.
4. Ryann Lantz, Westwood	21:50.
5. Jessica Drew, Westwood	21:51.
6. Kate Westbrook, Kittatinny	21:59.
7. Tina Govic, Palisades Park	22:17.
8. Maria Mokanos, Palisades Park	22:43.
9. Christy Eustice, Kittatinny	22:45.
10. Amy Sprague, Kittatinny	22:49.
11. Tracy Evans, Becton	22:51.
12. Stephanie Paglione, Palisades Park	22:53.
13. Nutan Arisetty, Westwood	23:20.
14. Carolyn Bettridge, Cresskill	23:36.
15. Janet Luca, Westwood	23:41.
16. Lisa Daito, Ridgely Park	23:44.
17. Sarah Sherman, Kittatinny	23:47.
18. BettyAnn Sidoti, Palisades Park	23:47.
19. Liz Ligouri, Palisades Park	23:47.
20. Colette Kochis, Leonia	24:17.
21. Tanja Basloll, Ridgely Park	24:24.
22. Tammy Beresky, Becton	24:30.
23. Alaina Schinn, Bogota	24:36.
24. Christina Lopez, Becton	24:43.
25. Tracy Hunter, Bogota	24:43.

JUNIOR VARSITY BOYS

No team scores

1. Bill Bulman, CBA	17:32.
2. Byron Larkins, CBA	17:38.
3. Dan Connolly, CBA	17:38.
4. Chris Vignone, CBA	18:15.
5. Chris Ceruelli, Cliffside Park	18:33.

JUNIOR VARSITY GIRLS

No team scores

1. Debi Mitchell, Toms River East	22:07.
2. Heather Dawe, Toms River East	22:22.
3. Lisa Jacobs, Toms River East	22:34.
4. Perzavia Praylow, Ferris	22:58.
5. Beth Oels, Toms River East	23:18.

SOPHOMORE BOYS

Team scores

Don Bosco 59, Garfield 60, Palisades Park 112.

1. Arthur Andreano, Garfield	17:48.
2. Gilby Hawkins, Leonia	18:07.
3. Andrew Giannotti, Westwood	18:15.
4. Alejandro Polanco, Hackensack	18:16.
5. Martin Lojtek, Garfield	18:32.

FRESHMAN BOYS A

Team scores

Vernon 44, Don Bosco 59, Paramus Catholic 71.

1. Sean Licata, Vernon	8:51.
2. Thomas Baldwin, Hackensack	9:01.
3. John Warren, Vernon	9:12.
4. Gerard Colling, Paramus Catholic	9:21.
5. Kevin Haggerty, Vernon	9:22.

FRESHMAN BOYS B

Team scores

Bogota 22, Palisades Park 34.

1. Matt Lannin, Ridgely	9:33.
2. David Lunin, Park Ridge	9:35.
3. Mike Dopf, Westwood	9:36.
4. Sam Sherman, Kittatinny	9:36.
5. Bill Watson, Cresskill	9:36.

FRESHMAN GIRLS

Team scores

Kittatinny 47, Vernon 54, Wayne Valley 65.

1. Sara DeBlasi, Toms River East	10:37.
2. Melissa Galandak, Kittatinny	10:48.
3. Kelli Williams, Vernon	10:52.
4. Sara Bodnar, Kittatinny	10:59.
5. Catherine Getty, Wayne Valley	11:01.

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS MONTCLAIR & PASSAIC
 DATE SEPT 19TH 1995
 TEAM RECORDS: RHS 2-0

DISTANCE 3.1
 COURSE RECORD 19:35 NANCY DENKA (1979)
 COURSE CHARACTER GRASS - SOME MCLADAM
 WEATHER CLEAR + WARM

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	Amy Smith	RHS	20:02	21.	CHRISTINA DASHER	RHS	28:34
2.	KATIE COHN	RHS	21:36	22.	SARAH BURTON	RHS	28:36
3.	CELESTE SEDO	RHS	21:38	23.	ANA NUNEZ	PASSAIC	31:02
4.	GERALDINE CAMPBELL	RHS	21:40	24.	CHERRON OKORONKWO	PASSAIC	31:23
5.	BETH APSEL	RHS	21:41	25.			
6.	CARRIE RUGGLES	RHS	21:42	26.			
7.	LOUISA MARRIS	MONTCLAIR	22:40	27.			
8.	JULIE SPRITCH	RHS	23:51	28.			
9.	LAUREN MAXWELL	RHS	23:52	29.			
10.	ROSE SEDO	RHS	23:58	30.			
11.	NAKISHA DOLLAR	PASSAIC	24:15	31.			
12.	YARISSA RODRIGUEZ	PASSAIC	24:17	32.			
13.	JENNIFER CASTANEDA	PASSAIC	24:18	33.			
14.	TIMESHA EDWARDS	PASSAIC	24:45	34.			
15.	CHRISTINA GRAB	RHS	25:20	35.			
16.	ALLISON CORRELL	RHS	25:26	36.			
17.	CATHERINE LOWE	RHS	26:21	37.			
18.	KRISTEN EGAN	RHS	26:24	38.			
19.	IRENE JANIS	RHS	28:02	39.			
20.	CAROLINE MORITZ	RHS	28:03	40.			

SCORING

RHS	PASSAIC	MONTCLAIR
1	11 (8)	7
2	12 (9)	
3	13 (10)	INCOMPLETE TEAM - FORFIT
4	14 (11)	
5	23 (12)	
FINAL	SCORE: 50	50

COMMENTS:

Amy's winning time was excellent! Our 5 person pack behind Amy had a 6 second split. Very NICE. The Frosh had their first meet and got some experience.

Our team togetherness during warm up was not good. We need to work on that.

Shawnee girls hope to challenge RBC for M of C crown

By JIM LAMBERT

A surprising Shawnee girls' cross-country squad has added its number to the list of teams hoping to spoil Red Bank Catholic's bid for a second consecutive NJSIAA Meet of Champions title. No team has won the crown back-to-back since North Hunterdon annexed its fourth straight in 1986.

Meanwhile, Christian Brothers, No. 1 in The Star-Ledger Boys' Cross-Country Top 10, is expected to extend its state record to eight titles at the Meet of Champions.

Red Bank Catholic, No. 1 team in the Girls' Top 10, could be challenged by second-ranked Shawnee. Last year, Shawnee placed second to Hunterdon Central in Group 4 and fifth at the M of C, but graduation then claimed its No. 1 runner, Liz Moore (Wake Forest), No. 2 Missy Whitaker and No. 3 Michelle Vlodovich.

Nonetheless, Shawnee opened its season on Saturday by whipping No. 4 Hunterdon Central, 33-86, for the Championship Division title at the prestigious Briarwood Invitational in Philadelphia's Fairmount Park. Hunterdon Central was missing No. 3 runner Beth Crawford, who had a fever.

Junior Lisa Setter, who has emerged as Shawnee's front runner, was third at Briarwood in 19:53.9. Senior Karen O'Neil finished fourth in 19:56.6, junior Rachel Wick, who played field hockey last year, was fifth in 20:20.4, senior Karen Fitz was 19th in 20:40.4 and sophomore Nikki Theimenn, who missed most of last season with a broken femur, was 11th in 20:41.0. Filling out Shawnee's top seven are senior Heather Hartshorn and sophomore Lauren Anders.

"I was real surprised," said Shawnee coach Mike Yurcho, who guided his team to the M of C title in 1991. "I knew we were in good shape, but I didn't think we were going to run that well. This was a big confidence booster for this team."

"I figured we'd miss Liz and Missy up front and that maybe this was going to be a rebuilding year for us. But Lisa Setter has been a big surprise for us and Wick is one of the hardest workers I've ever had. I thought it would take Rachel a while to get used to running cross-country, but she's been running right up there with Lisa and Karen for two miles. So, I'd say that what Rachel has done has also been a very pleasant surprise, and she's only going to get better."

Last year, Shawnee lost to Hunterdon Central in all four meetings — Briarwood, the Shore Coaches meet in early October, and the Group 4 and M of C races in November.

"After Hunterdon Central blew us out, I think we lost our confidence," said Yurcho. "Last year's team never jelled. But this is a much tighter group and right now we're looking pretty strong. A month ago, I was thinking that we'd do well in South Jersey and the sectional, and I wasn't sure if we could beat Hunterdon Central. But now our goals have changed. We are hoping to contend for the Group 4 state championship."

The 24th M of C will be held at Holmdel Park on Nov. 18.

"Red Bank Catholic has their whole team back and looks good," said Yurcho, "but you never know what can happen. Look what happened to us two years ago."

CROSS COUNTRY

In 1993, Shawnee rolled through the season, won the sectional title and beat Hunterdon Central by 15 points for the Group 4 championship. But at the M of C, Shawnee, ranked No. 1 at the time, finished fourth while Hunterdon Central won.

RBC will be in action at tomorrow's 16th annual New Jersey Catholic Track Conference Class Cross-Country Championships in Warinanco Park, Elizabeth. Leading the team are sophomore Meghan Cunniff, an All-Stater last year; junior Kerry Andrews, senior Jerilyn Frattalone, junior twins Maureen and Mara Maloney, junior Erin

CROSS COUNTRY TOP 10s

BOYS

- 1-Christian Brothers
- 2-Paul VI
- 3-Highland Regional
- 4-North Hunterdon
- 5-Westfield
- 6-Morris Hills
- 7-Jefferson
- 8-Seton Hall Prep
- 9-Paramus Catholic
- 10-Holmdel

GIRLS

- 1-Red Bank Catholic
- 2-Shawnee
- 3-Bishop Eustace
- 4-Hunterdon Central
- 5-Ridgewood
- 6-Brick
- 7-Immaculate Heart
- 8-Ocean City
- 9-Paul VI
- 10-Westfield

O'Rourke and sophomore Jackie Iovino.

CBA, third-ranked Highland Regional, No. 4 North Hunterdon, No. 5 Westfield, No. 6 Jefferson, No. 7 Morris Hills, No. 8 Seton Hall Prep and No. 10 Holmdel will be in action at the NJCTC meet. But CBA coach Tom Heath will keep most of his front runners out as they gear up for the William & Mary Invitational, a national-caliber race, on Sept. 30 in Williamsburg, Va.

Westfield tomorrow will be without junior Matt Elmuccio, who has been picked by many to win the M of C race. Elmuccio has a minor hamstring strain.

"It's really a day-to-day thing and we're hoping to get him back for the Stewart meet on Sept. 30 at Warinanco," said Westfield coach Jack Martin. Starting times for the NJCTC Class meet: Freshman girls, 10 a.m. Freshman boys, 10:30 a.m. Sophomore girls, 10:50 a.m. Sophomore boys, 11:20 a.m. Junior girls, 11:40 a.m. Junior boys, 12:10 p.m. Senior girls, 12:30. Senior boys, 1 p.m.

A girls' dual meet on Tuesday will pit No. 3 Bishop Eustace against No. 9 Paul VI at Camden County College.

St. Joseph's of Metuchen snapped Old Bridge's dual-meet winning streak at 55 with a 24-31 victory in the opener for both on Tuesday in Metuchen. That streak included 48 straight victories by Cedar Ridge before it merged with Madison Central last year. Coincidentally, the last time the former Cedar Ridge had lost to St. Joseph's, 27-28, in the 1988 season opener.



PAUL SCHWARTZ
CROSS-COUNTRY

Maroon benefits from rain

With Mother Nature cooperating by providing significant rainfall last Sunday and Friday, today's Maroon Invitational will include a record number of teams at its traditional Garret Mountain site.

More than 50 teams will take part, necessitating a division of the varsity races into four separate boys and girls races by group rather than the usual two.

The meet had been imperiled by the long dry spell, although Montclair State University coach **Benjie Benson** offered to try to obtain permission for the meet to be shifted to one of the MSU courses. That problem was eliminated by the rain.

The Ridgewood girls, among the top five in the state for the last three years, make their seasonal major meet debut.

Many of the better area boys teams will venture to the New Jersey Catholic Track Conference class meet at Warinanco Park in Elizabeth.

GOOD PREPARATION — More and more cross-country runners are entering road races early in September to get an early idea of how they may fare, with races such as the Arboretum Run in Glen Rock, the Ramsey Run, and the Verona 5K important preseason tests.

Andrew Zagula of Paramus Catholic, **Rosario Maceri** of Fort Lee, and **Martin Pankiewicz** of Garfield finished 2-3-4 behind former Don Bosco star **Frank Monks**, now a sophomore at Providence College, at the Arboretum Run, with Westwood placing five of its runners in the top 20, led by **Peter Dema-**

rest in 12th place.

Zagula, **Maceri**, and **Pankiewicz** went on to enjoy good first weeks, **Zagula** finishing seventh and **Pankiewicz** ninth in the Varsity A race at the Season Opener meet last week and **Maceri** looking impressive in winning his first dual meet against Westwood.

Wayne Valley also enjoyed some success at the Verona 5K, with **Sarah Park** and **Keith Semenerio** winning their age group. **Dan Piccirillo** of Passaic Valley was third overall in the men's race, with **Semenerio** seventh.

Early season road races may help inexperienced runners recognize their talent and encourage them in the sport. **Bethany Van Alstine** of Midland Park, a freshman at Hawthorne Christian Academy, was the top girls finisher in a 2-mile fun run Saturday at Wyckoff's Eisenhower School. This weekend she'll run in a 5,000-meter race at the state cross course at Holmdel County Park against some of the state's better younger runners.

EARLY SEASON COLLEGE REPORT — Two-time Bergen County champion **Matt Illian** of Pascack Valley was the University of Virginia's top finisher in the Cavaliers' first meet of the year, which was also his first collegiate meet.

Rutgers freshman **Lauren Stuhr**, a former All-Bergen star at Ridgewood, returned to cross-country after a long absence and is running well, according to Rutgers coach **Roberta Anthes**. **Carol Yoon** of Demarest is one of RU's top runners.

USING THEIR HEADS — Unlike some leagues, which burden their athletes with endless numbers of dual meets, the BCSL American is experimenting with multiteam duels along the lines of the Northern Hills Conference, which has been running five and six teams in weekly meets. With less wear on runners, it should help in the championship season.

Last Wednesday's quadrangular meet involving Fort Lee, Rutherford, Tenafly, and Westwood provided some of the area's top individuals a great early season race on the Bergen course at Darlington. Hats off to the Westwood boys and Fort Lee girls, winners of three meets apiece. **Maceri** beat Westwood's **Matt Caporaletti** by 60 yards, while Westwood's **Jessica Drew** came from 30 meters behind to edge **Bridgette Bogert** of Fort Lee at the tape in the girls race.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET MAROON INVITATIONAL
 DIVISION VARSITY GROUP 4
 DATE SEPT 23rd
 WEATHER SUNNY + COOL

COURSE GARRET MOUNTAIN
 COURSE RECORD _____
 RIDGEWOOD RECORD _____
 TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
4		Amy SMITH	20:10
5		STEPHANIE DOYLE	20:17
10		CELESTE SEDO	20:50
21		KATIE COHN	21:29
27		CARRIE RUGGLES	21:48
47		LAUREN MAXWELL	23:20
48		ROSE SEDO	23:21

TEAM TOTAL: 66 TEAM PLACE: 2ND

1-5 SPLIT: 1:38 1-7 SPLIT: 3:11

COMMENTS:

We Had a good day. Tottenville is a great program and we beat Tom's River East who is ranked right behind us in the state. All ran smart. Stephanie was too conservative down the hills and around the lake. Katie ran great down hills. Carries work has paid off with a big move into the all important #5 spot.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET MARION INVITATIONAL

COURSE GARRET MOUNTAIN

DIVISION J.V. 3+4

COURSE RECORD _____

DATE SEPT 23rd

RIDGEWOOD RECORD _____

WEATHER SUNNY + COOL

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
28	(22)	CHRISTINA GRAB	25:02
43	(34)	KATHERINE LOWE	25:55
44	(35)	KITTY LAWN	25:56
59	(44)	JEN SIEGEL	27:06
65	(49)	SARAH BURTON	27:35

TEAM TOTAL: 184 pts TEAM PLACE: 7TH of 17 Teams

1-5 SPLIT: 2:33 1-7 SPLIT: _____

COMMENTS:

Our JV score was hurt with the moving up of our Top Two runners. We would have been 4TH behind Pearl River, Tompkins + Tottenville with Laura + Rose. It will be important for everyone to be present for great JV scores this season. Christina + Katherine ran solid + steady races!

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET MARION INVITATIONAL

COURSE GARRET MOUNTAIN

DIVISION FRESH 3+4

COURSE RECORD _____

DATE Sept 23rd

RIDGEWOOD RECORD _____

WEATHER SUNNY + COOL

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
10		TIRA LOBELL	14:14
11		JULIE SPRICH	14:18
20		ALISON CORRELL	15:01
31		IRENE JANIS	16:02
38		KRISTEN EGAN	16:16
46		CHRISTINA DASHER	16:48
101		LUCIA KNIGHT	(NT)

TEAM TOTAL:

TEAM PLACE: 4TH of 19 schools

1-5 SPLIT: 1:58

1-7 SPLIT:

COMMENTS: FIRST Fresh Team Score for RHS in 3 years! We were beaten by 3 outstanding programs. and beat 15 teams. A tight pack is the goal. The closer the rest of us can get to Tira + Julie the better the team will be.

Palisades Park looks sharp at Maroon Invitational

By PAUL SCHWARTZ
Correspondent

WEST PATERSON — It's only two weeks into the cross-country season, but already some trends are beginning to surface.

The Palisades Park boys team doesn't miss its three graduated runners nearly as much as it thought it would. Passaic is still the team to beat in Passaic County boys cross-country, although Passaic Valley is gaining and might catch the Indians before the year is over.

The Ridgewood girls will be as tough as ever to beat locally, and the Group 1 battle between Bogota and Palisades Park should be interesting to watch all season.

Saturday's Maroon Invitational at Garret Mountain provided more clues, as Palisades Park's boys scored their second consecutive easy victory, winning the Boys Group 1 race, 37-92, over Becton, as Jamie Cortes won his second consecutive major title, this time by 150 yards over Bogota sophomore Jeff Clark.

And even though No. 2 man Diego Gioffre made a wrong turn and failed to finish, Palisades Park got top-10 finishes from Hugo Juarez and Mike Byrnes to aid Cortes in his goal.

"We want to win the Triple Crown again and do well in states," said Cortes, whose 16:58 on the 5,000-meter course was one of the top times of the day. "We

work hard most of the time, but we're trying to keep healthy so we can get through the season healthy. It's important to all of us."

Passaic finished only sixth in a difficult Group 4 behind five New York state powerhouses, led by race winner Clarkstown North, but Indian coach Bart Fazio was enthused by his team's performance.

"Bernard [junior Fraser] took nearly 40 seconds off of his best time," said Fazio of the Passaic County early season favorite's time of 16:57. "Our second runner broke 17:40. We had another under 18 minutes

and our fourth and fifth had their best times ever up here."

Passaic Valley was fourth in Group 3, but only five points out of second place with Dan Piccirillo, Keith Lovas, and Will Bierach finishing 8-12-13. The Hornets need to shore up their 4-5 spots in order to reverse last year's Indian win at the Countess. They have six weeks to do it, however.

Ridgewood's girls made their seasonal debut in the Girls Group 4 race, losing to New York City perennial champion Totientville, 47-66, but Ridgewood coach Jacob Brown was pleased with the 11-point edge over State contender Toms River East, who finished third.

"We got a great race out of Kerry Ruggles in her first taste of varsity action," said Brown. "We knew Amy [Smith] and Stephanie [Doyle] were solid up front and Celeste [Sedo] is coming back to her freshman year form. But we need some of our jayvees from last year to come through to have another successful season."

After Smith, Doyle, and Sedo, All-Bergen performers last year, went 4-5-10 and Katie Cohn was 21st, Ruggles capped the finish in 26th, taking nearly a minute off of her best Garret time.

Morris Catholic edged Palisades Park and Bogota, 53-55-58, in the Group 1 girls race, the closest race of the day.

HIGH SCHOOL SCOREBOARD

CROSS-COUNTRY

Maroon Invitational

At Garret Mountain, West Paterson

Varsity Boys 1

Team scores

Palisades Park 37, Becton 92, Saddle Brook 95, Bogota 106, Emerson 108, Morris Catholic 132, Secaucus 150, Cedar Grove 166.

1. Jamie Cortes, Palisades Park 16:58
2. Jeff Clark, Bogota 17:28
3. Anthony Goley, Saddle Brook 17:56
4. John Nesgoda, Pequannock 18:06
5. Hozafite Casasbahl, Emerson 18:06
6. Hugo Juarez, Palisades Park 18:38
7. Gilby Hawkins, Leonia 18:48
8. Mike Byrnes, Palisades Park 18:50
9. Chris Murphy, Saddle Brook 19:03
10. Chris Namendorf, Secaucus 19:06
11. Chris Paul, Saddle Brook 19:08
12. Pete Japinski, Becton 19:08
13. Bobby Goers, Palisades Park 19:11
14. Tom Gourzis, Becton 19:16
15. John Lolocono, Cedar Grove 19:17
16. Jason Hom, Palisades Park 19:18
17. Arda Altinchoy, Bogota 19:22
18. James Hopkins, Cedar Grove 19:29
19. Chuck Bewalder, Morris Catholic 19:29
20. Ken Fuhrherm, Morris Catholic 19:31

Varsity Boys 2

Team scores

Red Bank Catholic 24, Westwood 44, Haddon Heights 98, Spotswood 121, Walkkill Valley 134, Harrison 173, Dumont 184, Ridgfield Park 191, St. Joseph 224, Wood-Ridge/Hesbroock Heights 230.

1. John Clark, RBC 16:37
2. Rafael Sanchez, St. Benedict's 17:13
3. Martin Kerrigan, RBC 17:25
4. Jon Egbert, Haddon Heights 17:34
5. Matt Caporaletti, Westwood 17:40
6. Doug Campbell, RBC 17:54
7. Luke Hedges, Westwood 17:57
8. Andrew Tortora, Rutherford 17:57
9. Alex Fowle, RBC 17:58
10. David Gohlich, Westwood 18:02
11. Derek Cunningham, RBC 18:03
12. T.J. Shoblock, Spotswood 18:04
13. Dan Fernandez, Rutherford 18:05
14. Bjorn Anderson, Kittatiny 18:15
15. Aaron Bergen, Haddon Heights 18:17
16. Chris Tortora, Rutherford 18:33
17. Peter Demarest, Westwood 18:33
18. Matt Shauger, Kittatiny 18:47
19. Nil Darko, St. Benedict's 18:49
20. Kenny Bauernschmidt, Ridgfield Park 18:51

Varsity Boys 3

Team scores

Pearl River 37, Steinert 85, Paramus 86, Passaic Valley 90, River Dell 140, Raritan 148, Hopatcong 160, Bergenfield 195, Tenafly 214, Parsippany Hills 276.

1. Joe Hartwell, Raritan 16:58
2. Brian Fennell, Pearl River 17:21
3. Henry Riddler, Pearl River 17:24
4. Jeremy Battles, Pearl River 17:25
5. Brian Pansy, Pearl River 17:28
6. Steve Zardana, Steinert 17:32
7. Jason Conit, Steinert 17:35
8. Dan Piccirillo, Passaic Valley 17:41
9. Jon Lay, Paramus 17:56
10. Mike Campbell, Pearl River 17:58
11. Greg Whitescaner, Hopatcong 18:06
12. Keith Lovas, Passaic Valley 18:09
13. Will Bierach, Passaic Valley 18:09
14. Rob Ortiz, Paramus 18:12
15. Mike Hasan, Bergenfield 18:12
16. Nick Risch, Paramus 18:20
17. Brian Campbell, Pearl River 18:20
18. Rob Albright, Steinert 18:21
19. Jason Ben, Tenafly 18:24
20. Frank Pearce, Raritan 18:29

Varsity Boys 4

Team scores

Clarkstown North 62, Clarkstown South 84, Monroe-Woodbury 88, Tottenville 124, Middletown North 128, Passaic 160, St. Francis 203, Edison 224, Clifton 246, West Orange 305, Union 306, Hackensack 313, Passaic Tech 378, Union Hill 395, Kennedy 412, Perth Amboy 416, Ferris 419.

1. Brian McKnight, Monroe-Woodbury 16:28
2. Brendan Sullivan, Clarkstown South 16:42
3. Rich Angellino, Edison 16:47
4. Mike Morris, Clarkstown North 16:53
5. Bernard Fraser, Passaic 16:56
6. Ritesh Lakhani, West Orange 17:01
7. Patrick Kaiser, Middletown North 17:05
8. Matt Diglio, Monroe-Woodbury 17:08
9. Mike Iger, Clarkstown South 17:14
10. James Farrant, Middletown North 17:14
11. Brian McGillick, Clarkstown North 17:15
12. Ross Levine, Tottenville 17:15
13. Tom Dillon, Clarkstown North 17:15
14. Patrick Driscoll, Clarkstown North 17:16
15. Sibi Joseph, Clifton 17:18
16. Shawn Williams, Tottenville 17:20
17. Danny Mulrean, Clarkstown South 17:21
18. Tom Fetter, Middletown North 17:22

Varsity Girls 1

Team scores

Morris Catholic 53, Palisades Park 55, Bogota 58, Science 78, Cedar Grove 150.

1. Lauren Avallone, Morris Catholic 20:44
2. Beth Sands, Pequannock 20:57
3. Meredith Ruff, Morris Catholic 21:06
4. Kirsten LaFond, Bogota 21:28
5. Erica Cesario, Bogota 21:35
6. Naomi Rivera, Science 21:39
7. Sherri White, Science 21:43
8. Cheryl Merklinger, Mount St. Dominic 22:04
9. Tina Govic, Palisades Park 22:08
10. Tracy Evans, Becton 22:42
11. Maria Mokbanos, Palisades Park 23:02
12. Stephanie Paglione, Palisades Park 23:03
13. Allison Bewalder, Morris Catholic 23:24
14. Allison Perkowski, Morris Catholic 23:49
15. Betty Ann Sidoti, Palisades Park 23:56
16. Karen Sudacki, Saddle Brook 24:13
17. Tracy Hunter, Bogota 24:14
18. Christina Lopez, Becton 24:15
19. Liz Ligouri, Palisades Park 24:18
20. Silvia Cadena, Science 24:19

Varsity Girls 2

Team scores

Kittatiny 38, Walkkill Valley 100, Pascack Hills 101, Rutherford 114, Pompton Lakes 116, Dumont 185, Glen Rock 219.

1. Stacy Hoeler, Kittatiny 20:46
2. Kate Westbrook, Kittatiny 20:56
3. Jessica Drew, Westwood 21:16
4. Kristen Lane, Cinnaminson 21:23
5. Tammy French, Pascack Hills 21:29
6. Christy Eustice, Kittatiny 22:06
7. Ricki Frankel, Pascack Hills 22:13
8. Crystal DeGuidice, Walkkill Valley 22:32
9. Gingi Woodard, Pompton Lakes 22:47
10. Aja Carnoso, Pompton Lakes 22:48
11. Colleen Oczkowski, Cinnaminson 22:54
12. Darleen Bryan, Cinnaminson 23:04
13. Helena Brady, Dumont 23:05
14. Dana Vasa, Walkkill Valley 23:05
15. Sarah Sherman, Kittatiny 23:26
16. Crystal Ivory, Walkkill Valley 23:29
17. Amy Sprague, Kittatiny 23:34
18. Meghan Doyle, Rutherford 23:34
19. Melissa Locheed, Rutherford 23:35
20. Tanja Basilio, Ridgfield Park 23:41

Varsity Girls 3

Team scores

Notre Dame 36, Pearl River 37, Paramus 116, Tenafly 148, Steinert 150, Hopatcong 153, Holy Angels 181, Bergenfield 185, Passaic Valley 195, River Dell 245.

1. Kelly McCabe, Notre Dame 19:32
2. Maura Berman, Notre Dame 19:48
3. Kim Megdania, Pearl River 19:49
4. Karen Petouvia, Paramus 20:26
5. Liz Kane, Pearl River 20:32
6. Kelly Ortiz, Paramus 20:40
7. Patti McCormick, Pearl River 20:50
8. Kim Barton, Hopatcong 20:57
9. Erin Geenty, Pearl River 21:02
10. Maureen McGlinchy, Notre Dame 21:33
11. Meghan Hodalski, Notre Dame 21:41
12. Melissa Ahern, Notre Dame 21:41
13. Tara Bach, Pearl River 21:57
14. Regina Plantanza, Pearl River 21:57
15. Eileen Lennon, Holy Angels 21:58
16. Shayne Burakiewicz, Pearl River 22:05
17. Amanda Ewing, Notre Dame 22:12
18. Jessica Rosidinto, Notre Dame 22:13
19. Kate Cosgriff, Tenafly 22:25
20. Alisha Alexander, Passaic Valley 22:26

Varsity Girls 4

Team scores

Tottenville 47, Ridgewood 66, Toms River East 77, Monroe-Woodbury 80, St. Francis 103, Clarkstown South 158, Union 229, Hackensack 232, Clifton 250, Memorial 255, Edison 276.

1. Katie Petersen, Tottenville 19:49
2. Lauren Dunning, Toms River East 20:00
3. Danielle Weiss, Clarkstown South 20:04
4. Amy Smith, Ridgewood 20:10
5. Stephanie Doyle, Ridgewood 20:18
6. Karin Petersen, Tottenville 20:23
7. Nicole Piralli, Monroe-Woodbury 20:28
8. Julie Thomas, St. Francis 20:30
9. Deirdre McNamara, St. Francis 20:42
10. Celeste Sedo, Ridgewood 20:51
11. Kelly McIntosh, Monroe-Woodbury 20:51
12. Krista Stock, Tottenville 21:07
13. Becky Avrin, Tottenville 21:07
14. Chrissy Martin, Hackensack 21:19
15. Susan Roth, Tottenville 21:24
16. Ginger Lawton, Toms River East 21:25
17. Desiree Lobianco, Monroe-Woodbury 21:25
18. Katie Smith, Toms River East 21:27
19. Jen Russoman, Toms River East 21:27
20. Lisa Fatta, Monroe-Woodbury 21:28

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS KENNEDY and Bloomfield
 DATE 9-27-95
 TEAM RECORDS: RHS 4-0
 KENNEDY 3-1

DISTANCE 5,000 VETERANS FIELD + MAPLE PARK
 COURSE RECORD _____
 COURSE CHARACTER FLAT - SAND + GRASS
 WEATHER SUNNY + WARM

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	AMY SMITH	RHS	19:47	21.	CATHERINE LOWE	RHS	27:13
2.	STEPHANE DOYLE	RHS	20:11	22.			
3.	SABRINA NEALY	K	20:22	23.			
4.	MAYDEE DAVENDO	K	20:29	24.			
5.	CELESTE SEDO	RHS	20:35	25.			
6.	BETH HOSEL	RHS	21:03	26.			
7.	NERIZA HILFNAGEL	K	21:12	27.			
8.	CARRIE RUGGLES	RHS	22:04	28.			
9.	KATIE COHN	RHS	22:05	29.			
10.	ROSE SEDO	RHS	22:34	30.			
11.	SYLVIA NEALY	K	23:05	31.			
12.	MARILYN CRUZ	K	23:38	32.			
13.	JULIE SPRITCH	RHS	25:44	33.			
14.	ALISON CORRELL	RHS	25:44	34.			
15.	KITTY LAWN	RHS	26:04	35.			
16.	CAROLYN MORITZ	RHS	26:04	36.			
17.	LUCIA KNIGHT	RHS	26:31	37.			
18.	CHRISTINA DASHER	RHS	26:55	38.			
19.	JEN SIEGEL	RHS	27:00	39.			
20.	EMILY HERMANKE	RHS	27:12	40.			

SCORING

RHS	KENNEDY
1	3
2	4
5	7
6	11
8	12
FINAL	SCORE:
22	37

COMMENTS:

Our team did a great job on short notice. We thought the meet was tomorrow and Kennedy was better than I expected we we ran hard in the middle of the race and preserved our win streak!

Bloomfield had no girls - It will be a profit for league standing purpose.

1-5 2:15
 1-7 2:47

CROSS-COUNTRY

Stewart Memorial meet

■ Morris Catholic finished 12th and Queen of Peace 14th in the Girls B race of the 36th annual meet at Elizabeth Laszlo was Morris Catholic's best individual finisher. Her time of 20:10 put her in sixth place. Teammate Meredith Ruff finished 11th in 20:50. Red Bank Catholic won the team title.

CROSS-COUNTRY

Stewart Memorial meet

■ Kevin Gilman of Bergen Catholic ran a 17:04 to finish fifth in the Boys A competition at the 36th annual meet at Warinanco Park in Elizabeth. Bergen Catholic placed second in the A competition with 216 points, while Delbarton placed fifth in the Boys B bracket with 195 points.

Suffolk Invitational

■ Junior Eric Rogers placed sixth with a 17:22, while senior Mike Cohen finished 10th in 17:35, as Ridgewood (67 points) won the meet. Senior Mike Castagno finished 11th with a 17:39.
■ Michael Hernandez of Good Counsel finished first in the William Paterson Invitational for high schools with a time of 17:32.

Passaic Invitational

At Garret Mountain, West Paterson

GROUP 1 GIRLS

Team scores

Palisades Park 43, Bogota 50, Midland Park 56, Becton 71, Cresskill.

1. Allison Curran, Midland Park 20:55.
2. Erika Caserio, Bogota 21:24.
3. Melissa Londregan, Hawthorne 21:48.
4. Kristen LaFond, Bogota 22:07.
5. Tina Govic, Palisades Park 22:22.
6. Tracey Evans, Becton 22:35.
7. Kelly Baker, Midland Park 22:53.
8. Stephanie Pugliese, Palisades Park 22:56.
9. Rachel Beneventi, Midland Park 23:13.
10. Betty Ann Sidoti, Palisades Park 23:19.

GROUP 2 GIRLS

Team scores

Voorhees 37, Ramsey 46, Mendham 54, Kittatiny 53, Dumont 168.

Individual scores

1. Dana Gatr, Ramsey 20:31.
2. Stacey Hozer, Kittatiny 20:48.
3. Heather Norton, Mendham 21:03.
4. Kate Westbrook, Kittatiny 21:17.
5. Michelle Otter, Voorhees 21:18.
6. Sarah Arnesen, Voorhees 21:30.
7. Jessica Alpaugh, Voorhees 21:36.
8. Sarah Walton, Ramsey 21:37.
9. Casey Beckman, Ramsey 21:47.

GROUP 3 GIRLS

Team scores

Mount Olive 25, Paramus 97, High Point 115, Fort Lee 117, Nutley 145.

Individual scores

1. Kim Primavera, Mount Olive 19:35.
2. Karen Petovla, Paramus 19:52.
3. Kelly Ortiz, Paramus 20:27.
4. Amala Merritt, Neptune 20:35.
5. Alisa Cores, Mount Olive 20:42.
6. Verinda Varbine, Mount Olive 21:00.
7. Jen Cannistra, Sparta 21:05.
8. Bridgite Bogart, Fort Lee 21:07.
9. Becky Lefter, Sparta 21:14.
10. Laura Monchinski, Mount Olive 21:16.

GROUP 4 GIRLS

Team scores

Kennedy 53, Fair Lawn 74, Wayne Valley 91, Vernon 97, Hillsborough 107.

Individual scores

1. Sarah Park, Wayne Valley 20:15.
2. Moseyah Ford, Irvington 21:18.
3. Maydee Oquendo, Kennedy 21:30.
4. Sabrina Nealy, Kennedy 21:35.
5. Amy Wyka, Fair Lawn 21:39.
6. Sara Meroh, Fair Lawn 21:55.
7. Alicia Roth, Hillsborough 21:59.
8. Neriza Hutnagel, Kennedy 22:00.
9. Kathy Laumbach, West Milford 22:10.
10. Tashanna Thomas, Kennedy 22:12.

GROUP 1 BOYS

Team scores

Palisades Park 25, Blair 79, Emerson 85, Bogota 98, Becton 115.

1. Jaime Cortes, Palisades Park 16:41.
2. Jeff Clark, Bogota 16:59.
3. Scott Merrit, Cresskill 17:17.
4. Pete Startz, Waldwick 17:34.
5. Diego Giotre, Palisades Park 17:35.
6. Hugo Jaurez, Palisades Park 17:52.
7. Nozila Casasbal, Emerson 18:00.
8. Mike Burkhoff, Waldwick 18:07.
9. Bobby Goers, Palisades Park 18:19.
10. Mike Byrnes, Palisades Park 18:24.

GROUP 2 BOYS

Team scores

Voorhees 31, Hopewell 36, Kittatiny 94, St. Benedict's 143, Dumont 195.

1. Bryan Powell, Hopewell 17:00.
2. Rafael Sanchez, St. Benedict's 17:03.
3. Jason Heller, Voorhees 17:04.
4. Will Valentines, Pompton Lakes 17:45.
5. Chris Martius, Voorhees 17:51.
6. Jon Whitenight, Hopewell 17:56.
7. Matt Manny, Hopewell 18:16.
8. Nick Mahen, Voorhees 18:20.
9. Bjorn Anderson, Kittatiny 18:21.
10. Sherwin Manansala, Dumont 18:26.

GROUP 3 BOYS

Team scores

Mount Olive 57, High Point 73, Passaic Valley 93, Paramus 93, Phillipsburg 132.

1. Bill Engel, Mount Olive 16:29.
2. Steve Slattery, Mount Olive 16:49.
3. Andrew Knight, Ramapo 17:21.
4. Martin Pankhewicz, Garfield 17:32.
5. Jay Smith, Mount Olive 17:32.
6. Dan Piciorito, Passaic Valley 17:38.
7. Rosario Maceri, Fair Lawn 17:41.
8. J. Cieciuk, High Point 17:49.
9. Arlie Andreano, Garfield 17:54.
10. Chris Vant, Phillipsburg 17:59.

GROUP 4 BOYS

Team scores

Morristown 56, Vernon 73, Passaic 73, Clifton 93, Middletown South 121.

1. Tom Delsordo, Morristown 16:36.
2. Bernard Fraser, Passaic 17:15.
3. Ritesh Laksham, West Orange 17:17.
4. Siol Joseph, Clifton 17:23.
5. Mehul DeSal, Clifton 17:30.
6. Bill Kwanlecho, Middletown South 17:38.
7. Matt Stewart, Vernon 17:45.
8. Matt Grodzowicz, Passaic 17:46.
9. Rich Carniero, Middletown South 17:49.
10. Keith Seminario, Wayne Valley 17:51.

OCTOBER 1, 1995

NORTH JERSEY SPORTS

5-22 THE SUNDAY RECORD B

Palisades Park enjoys run-through for sectionals

By KEVIN T. CZERWINSKI

Staff Writer

CLIFTON — Palisades Park used Saturday's Passaic County Coaches Association Invitational cross-country meet as sort of a "scouting report."

The Tigers went to Garret Mountain with the idea of looking over the course in preparation for the State sectionals, which will be held there this year. Based on their performance, it's easy to see that they liked what they saw.

Palisades Park scored a pair of victories, taking both the boys and girls Group 1 crowns, establishing itself as the early favorite for a pair of State titles. The girls team picked up 43 points, edging defending State Group 1 champ Bogota (50), to

the meet stand in the way of our friendship. We still help each other and talk with each other even though we know it will be a close race."

A little work in August will pay off in October and November. That's the credo Kennedy cross-country coach Vince Bruno preached this summer.

Bruno's words weren't lost on the Lady Knights, who captured the Group 4 girls title. Kennedy picked up 53 points, outdistancing Fair Lawn (74) and Wayne Valley (91).

"The girls ran with the Silk City runners club in the summer and they put in a lot of nice mileage," Bruno said. "That's the reason we've done so well early in the year. All that work over the summer paid

off. I encouraged them all the way. To be competitive in the fall, you have to have a strong August. Now our goal is to try and knock off Wayne Valley in the county."

Kennedy placed four runners in the top 10, the best of which was Maydee Oquendo, who ran third (21:30) behind Wayne Valley's Sarah Park (21:15) and Irvington's Moseyah Ford (21:18).

In other girls action, Mount Olive took the Group 3 title with 25 points. Paramus finished second at 97. Voorhees took the Group 2 girls with 37 points.

Voorhees (31) took the Group 2 boys title while Mount Olive (67) and Morristown (56) took Groups 3 and 4, respectively.

CROSS-COUNTRY

earn its second PCCA Invitational title in three years. The Tigers (25) dominated in the boys race, easily finishing ahead of second-place Blair (79) for their third consecutive PCCA crown.

"This meet was very important for us," Pal Park coach Frank Donohue said. "It gives us a chance to compete on this course, which is very challenging. The State sectionals are here and we really wanted to get a look at the course."

Jaime Cortes paced the Tigers while continuing to add to his reputation as one of the premier distance runners in the state. He tackled the Garret Mountain tract in 16:41, his best time ever on the course. It was just three seconds shy of his

career-best, which he recorded at Darlington.

"This time is really good for me here," Cortes said. "This course is very tough. Darlington is much easier. To record this time here is very good. This helps me toward my goal of looking to break into the 16:20s. I have a good chance to do that and get into the State Meet of Champions."

Tina Govic paced the Palisades Park girls team with a fifth-place finish.

"We knew this would be a close race between us and Bogota," Govic said. "It's a friendly rivalry, though, so we don't let

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BULLDOGS

COURSE B.C.C. Orchard Hills Golf Course

DIVISION VARSITY A

COURSE RECORD 18:15 Jenna Rogers (1993)

DATE 9-30-95

RIDGEWOOD RECORD 18:15

WEATHER SUNNY + WARM BEAUTIFUL

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1		Amy SMITH	19:29.6
2		STEPHANIE DOYLE	19:41
5		CELESTE SEDO	20:16
12		CARRIE RUGGLES	21:13
13		KATIE COHN	21:19
21		BETH APSEL	22:13
22		GERALDINE CAMPBELL	22:27

TEAM TOTAL: TEAM PLACE: 1ST

1-5 SPLIT: 1:50 1-7 SPLIT: 2:58

COMMENTS:

A dual meet between the top two teams in the country! We looked very good against IHA. Amy was in control the whole race! A start to finish win. Stephanie Beat Courtney! Celeste beat #3 and Chrissy + everyone else! Carrie Ran 2 minutes and 50 seconds faster than last year! Katie was a strong #5. Beth and Geraldine almost beat IHA's #5 runner.

I can't believe the record didn't cover the race!

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BULL DOG
 DIVISION J.V.
 DATE 9-30-95
 WEATHER Beautiful

COURSE B.C.C.
 COURSE RECORD _____
 RIDGEWOOD RECORD _____
 TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
3		ROSE SEDO	22:59
4		LAUREN MAXWELL	23:22
15		CHRISTINA GRAB	24:29
17		KITTY LAWN	24:50
25		CAROLYN MORITZ	25:25
30		CATHERINE LOWE	25:50
37		JEN SIEGEL	26:26
54		SARAH BURTON	27:49

TEAM TOTAL: _____ TEAM PLACE: 1ST

1-5 SPLIT: 2:26 1-7 SPLIT: _____

COMMENTS:
 Rose and Lauren were really the first 2 JV runners as the top two were varsity kids from Ferris + Eastside. Not fair that it happens. The team did a nice job of controlling their pace early and going after the race pack late. Christina improved her time nicely! Kitty ran very strong 2nd Half. Catherine Lowe really Raced.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BULL DOG
 DIVISION FROSH
 DATE 9-30-95
 WEATHER _____

COURSE B.C.C.
 COURSE RECORD _____
 RIDGEWOOD RECORD 15:45 GERALDINE CAMPBELL
 TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
7		JULIE SPARICH	16:07
8		TIRA LOBELL	16:08
11		ALISON CORRELL	16:27
19		KRISTIN EGAN	17:07
23		IRENE JANIS	17:26
27		LUCIA KNIGHT	17:37
31		CHRISTINA DASHER	17:51

TEAM TOTAL: 39

TEAM PLACE: 1ST

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

First Frosh win in 3 years. Great job. All of you ran well and looked good during the race.



PAUL SCHWARTZ
CROSS-COUNTRY

Bulldog has plenty of stamina

Don Bozzone directed his last Bulldog Invitational last weekend. But don't think the meet, contested at Orchard Hills Golf Course and the campus of Bergen Community College in Paramus, has taken its last breath.

"We're going to keep it going," said Bozzone, who last spring retired after nearly 20 years as the track and cross-country coach at BCC to concentrate on his own burgeoning masters running career.

Janet Pagan of Paterson, the Bulldogs' new track and cross-country coach who graduated from BCC in 1992, will be the director next year, but expect Bozzone to keep his hand in matters.

"We've given 30 scholarships out from the money we've made in the first 15 years of the meet," said Bozzone, who lives in Paramus.

"This year we're also helping the men's basketball team raise money for its trip to Puerto Rico. This meet is staying around."

As usual, the 15th Bulldog on Saturday was marked by some fine running. For the first time this year, North Jersey powers Ridgewood and Immaculate Heart hooked up in a great duel, with the Maroons edging IHA, 31-41. IHA took four of the top 10 places, led by 3-4 finishers Kourtney Gallo and Dana Catanese. But the Maroons went 1-2 as Amy Smith beat teammate Stephanie Doyle by 50 meters in 19 minutes, 29 seconds on the 5,000-meter course. Sophomore Celeste Sedo was fifth and Carrie Ruggles and Katie Cohn were 12-13 to complete win. South Jersey power Cherokee was a distant third. Hackensack soph Chrissy Martin was sixth.

Led by cross-country newcomer Mahasin Pegeise, who finished third, Rutherford scored a surprising 59-60 win over Group 1 power Metuchen. The Bulldogs showed a terrific pack, with Lauren McCann, Megan Vogel, Meghan Doyle, Jessica Larsen, and Melissa Lockheed finishing within 15 seconds between 12th and 18th places. Pascack Hills' Tammy French finished a solid fifth.

North Jersey boys teams didn't do quite as well. Eastern defeated Archbishop Curley of Delaware, 47-58, for the Boys A title, with defending Group 4 sectional champ North Bergen third at 75, just ahead of Paramus Catholic at 82 points.

Dan Scarpellini was fourth for North Bergen and teammates Wilmer Cardoia and Jose Delapava were 9-10. Andrew Zagula was sixth for PC, and brother Rob was 11th. PC apparently will be without top runner John Bryjak this year. Bryjak is sidelined by a thigh and upper leg injury. Hackensack's Romeo Joseph was 12th.

Newton went 1-2-3 in the Boys B race behind Ray Biersbach and easily swept past Horace Mann, 41-65, with Rutherford third at 94 points. Andrew Tortora led Rutherford with a fourth-place finish and brother Chris was seventh with Dan Fernandez eighth. New Milford soph Russ Giancola was sixth and James Yoo of Pascack Hills finished 11th.

COLLEGE WATCH — Two-time New Jersey champion Bob Keino of Ridgewood is leading the University of Arizona in his sophomore season. The Wildcats are ranked 11th in the latest Division 1 national poll.

Keino won his first two races, at Cal State-Fullerton and the University of Illinois, before taking fourth (second collegian) at the Mountain West Classic in Missoula, Mont., last weekend behind Olympian Ed Eyestone but a spot ahead of eight-time American national cross-country champ Pat Porter. He ran 24:24 for the 5-mile course, a minute faster than last year.

Carol Yoon of Demarest was sixth and Lauren Stuhr of Ridgewood 25th to help Rutgers win its own invitational last weekend.

Stuhr's Ridgewood teammate, 1993 New Jersey state champ Jenna Rogers, was sixth as Dartmouth took second to defending Division 1 national champ Villanova at the Boston College Invitational.

IN THE SCHOOLS

State's best to vie in Shore Invitational at Holmdel Park

By JIM LAMBERT

Significant showdowns, riveting rematches, dramatic duels and high-stakes races will be on tap tomorrow when every team ranked in The Star-Ledger Boys' and Girls' Cross-Country Top 10s gather at hilly Holmdel Park for the Shore Coaches Invitational.

Ten varsity races are on the card.

9:35 a.m. - Girls' E Division. 9:58 a.m. - Girls' D Division. 10:21 a.m. - Girls' C Division. 10:44 a.m. - Boys' A Division. 11:07 a.m. - Boys' D Division. 11:30 a.m. - Boys' C Division. 1:11 p.m. - Boys' A Division. 1:34 p.m. - Boys' B Division. 1:54 p.m. - Girls' A Division. 2:16 p.m. - Girls' B Division.

No. 1 Christian Brothers, ranked eighth in national Foot Locker Super 25, will square off with No. 3 Highland Regional, No. 7 Seton Hall Prep and No. 8 Hunterdon Central in the boys' A Division race. This will be the first in-state test for CBA, which has already proven itself on the national level by winning the prestigious William & Mary Invitational last week in Virginia.

Up front, Highland Regional, the 1994 NJSLAA Group 4 champion, has one of the state's best 1-2 combinations in Nick Noguera and Jay Wassell, who should fight it out with CBA's Eric Savoth, Brian Bennett and Brian Cunniff for the individual title. But for Highland Regional to hang with CBA, it must get lifetime races out of its 3-4-5 runners. Seton Hall Prep, Hunterdon Central and Ridgewood should slug it out for third place.

One of the main events of the card should be the boys' B Division race, which features No. 4 Toms River South against No. 5 Westfield and No. 9 North Hunterdon.

Toms River South, which lost five of its top six to graduation from a team that placed second in Group 3 to North Hunterdon last fall, is one of the biggest early-season surprises. Unranked a week ago, Toms River South broke into the Top 10 by knocking off Westfield, ranked fifth at the time, 78-82, in the A Division at last Saturday's Stewart Memorial meet. Leading the way for Toms River South has been senior Jason Klopheus, a transfer from Pennsylvania. Westfield, behind individual choice Matt Elmuccio, has revenge on its mind and North Hunterdon is seeking to rebound after dropping a 27-28 dual meet to archrival Hunterdon Central on Tuesday. Paramus Catholic and Newton should fight it out for third.

Elmuccio will be pushed by North Hunterdon's Chris Dolan and Chris Robinson and Klopheus.

Second-ranked Paul VI, last year's Meet of Champions winner, has moved from the B to C Division, where it should be a runaway winner. Although Paul VI doesn't have the front-running pop it had last year, it has a tighter pack that includes seniors Greg Blaszkowski and Ryan Anderson.

Steve Slattery, one of a handful of sophomores on a rising Mt. Olive squad, will probably be the early leader and will battle Central Regional's Sean McCafferty and Mainland's Scott Keyser for the individual top spot in the C Division.

The boys' D Division will serve as a sneak preview for the state Group 2 championship race as 1994 Group 2 champion Holmdel goes shoulder-to-shoulder with Group 2 powers Morris Hills, ranked sixth; Jefferson, which returns the nucleus from a team that was second to Holmdel in Group 2 and 11th at the M of C last fall, and Somerville. Another team to watch is '94 D Division champion Pope John, which won the state Parochial B title last year.

Cross-Country

Individually, Pope John's Mike Lalonde, the defending champion, will trade strides with Jefferson's Steve Seebach, two seconds behind Lalonde when he was runner-up in this race last year; Holmdel's Rich Christenson, the '94 state Group 2 champion; Forest Jones of Morris Hills, Scott Clayton of Pinelands and Monroe's Randy Loewenthal.

Haddonfield, led by individual choice Eric Bonnette, '94 Group 1 champion Metuchen, Palsades Park, behind Jamie Cortes, and Point Pleasant Beach, featuring Frank Antonelli, will tangle in the E Division. Bonnette, a transfer from Cherry Hill East, placed seventh in Group 4 and 22d at the M of C last year.

In the girls' competition, Shawnee, ranked No. 2 in the state and 18th by Foot Locker, will clash with Group 4 powers Ridgewood, ranked fourth in the state; No. 9 Hunterdon Central, the '94 Group 4 champion, and upstart Toms River East. Shawnee, which has as solid a five-pack as any team in the state, defeated Hunterdon Central, 33-86, in the season-opening Briarwood Invitational in Philadelphia last month.

Hunterdon Central's Autumn Fogg, undefeated this season, should win the race with the best time of the day and is capable of running around 19 minutes.

The best girls' team race could come in the B Division, where No. 5 Brick, the '94 Group 3 champion; No. 6 Ocean City, the Group 3 runner-up last year; No. 7 Westfield, which beat Hunterdon Central to win the Stewart A Division; No. 10 Immaculate Heart and young and hungry Randolph will lock horns. Abbey Hartman of Ocean City, defending champion Kourtney Gallo of Immaculate Heart and K.C. Meehan of Brick are among the individual favorites.

Third-ranked Paul VI, which beat No. 8 Bishop Eustace in a tri-meet last week, is the class of the C Division. They'll go head-to-head with the likes of Notre Dame, Manchester Township, Mt. Olive, St. Dominic and Camden Catholic. Lorena Adams and Aimee Oppenheimer of Manchester Township, Kacy Corbett of Camden Catholic, Erin Walker of Paul VI and freshman Kim Primavera of Mt. Olive should all be in the lead pack.

In a rematch of last year's dramatic Meet of Champions race, top-ranked Red Bank Catholic, No. 8 in the Foot Locker Super 25, and Bishop Eustace will go at it in the D Division.

The last time they met, RBC escaped with 70-77 victory last November to notch its sixth M of C title. A week before that, Bishop Eustace edged RBC, 27-29, for the Parochial B championship. RBC has its whole team returning, led by All-Staters Meghan Cunniff, the '94 Parochial B champion, Kerry Andrews and Jerilyn Frattalone. Bishop Eustace has struggled early and, although Cunniff is coming off an ankle injury that has slowed her a bit early, RBC is still the favorite. RBC's big three, Ridge's Meghan Ganey, Bishop Eustace's Ann Klocke and Pinelands' Amy Beykirch are the top individuals in the race.

Kittatinny, led by Stacy Hosier, will try to make it two straight in the E Division. Bernards, the 1994 Group 1 runner-up, Metuchen, Palsades Park and Morris Catholic should also be in the thick of things. Keep an eye on Mater Dei freshman Maura Bolger, a potential star.

X-c Top 10s

BOYS

- 1-Christian Brothers
- 2-Paul VI
- 3-Highland Regional
- 4-Toms River South
- 5-Westfield
- 6-Morris Hills
- 7-Seton Hall Prep
- 8-Hunterdon Central
- 9-North Hunterdon
- 10-Ridgewood

GIRLS

- 1-Red Bank Catholic
- 2-Shawnee
- 3-Paul VI
- 4-Ridgewood
- 5-Brick
- 6-Ocean City
- 7-Westfield
- 8-Bishop Eustace
- 9-Hunterdon Central
- 10-Immaculate Heart

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET SHORE COACHES

COURSE HOLMDEL PARK

DIVISION VARSITY A

COURSE RECORD _____

DATE 10-7-95

RIDGEWOOD RECORD _____

WEATHER 55° - RAINY - SLIPPERY

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
4		STEPHANIE DOYLE	19:53
5		AMY SMITH	20:04
21		CELESTE SEDO	21:06
31		CARRIE RUGGLES	21:49
36		KATIE COHN	22:00
40		BETH APSEL	22:06
67		GERALDINE CAMPBELL	23:06

TEAM TOTAL: 97

TEAM PLACE: 3rd

1-5 SPLIT: 2:07

1-7 SPLIT: 3:13

1:54 Girls Varsity A

COMMENTS: *Good race for this time of year. Stephanie ran much faster than last year. Stephanie + Amy went out smart ran a good middle but need to be stronger at the end. We WILL! Celeste, Carrie, and Katie need to go out a little faster. We are less behind Shawnee Today than in 1992 when we won the State Championships.*

- | Lane | Team | Team | Team |
|------|---------------------|------|------------------|
| 1 | Atlantic City | 21 | Union |
| 2 | Marlboro | 22 | Trenton Central |
| 3 | Piscataway | 23 | Cherry Hill East |
| 4 | Highland | 24 | J.P. Stevens |
| 5 | Ridgewood | 25 | Manalapan |
| 6 | Toms River East | 26 | East Brunswick |
| 7 | Millville | 27 | Old Bridge |
| 8 | Bridgewater-Raritan | 28 | Middletown North |
| 9 | Shawnee | 29 | Cherry Hill West |
| 10 | Toms River North | | |
| 11 | Edison | | |
| 12 | Triton | | |
| 13 | Hunterdon Central | | |
| 14 | West Windsor | | |
| 15 | Edgewood | | |
| 16 | Vineland | | |
| 17 | Cherokee | | |
| 18 | Lenape | | |
| 19 | North Bergen | | |
| 20 | Eastside, Paterson | | |

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET SHORE COACHES

COURSE _____

DIVISION JV - A

COURSE RECORD _____

DATE 10-7-95

RIDGEWOOD RECORD _____

WEATHER 55° - RAINY - SLIPPERY

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
20		ROSE SEDO	23:02
37		LAUREN MAXWELL	23:55
71		CHRISTINA GRAB	25:09
97		KITTY LAWN	26:06
114		CAROLYN MORITZ	26:28
127		CATHERINE LOWE	27:04
140		SARAH BURTON (B TEAM)	27:54
161		VICKI LOWE	29:12

TEAM TOTAL:

TEAM PLACE:

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

Shore Invitational

At Holmdel

GIRLS VARSITY A

Top teams

Shawnee 59, Hunterdon Central 98, Ridgewood 97, Toms River North 110, Toms River East 149.

1. Autumn Fogg, Hunterdon Central 19:08.
2. Jean Peace, TRN 19:29.
3. Karen O'Neil, Shawnee 19:41.
4. Stephanie Doyle, Ridgewood 19:53.
5. Amy Smith, Ridgewood 20:04.
21. Celeste Sedo, Ridgewood 21:09.
31. Carrie Ruggles, Ridgewood 21:50.
38. Katie Cohn, Ridgewood 22:00.
38. Tina Traverso, North Bergen 22:05.
40. Beth Appel, Ridgewood 22:06.

GIRLS VARSITY B

Top teams

Brick 58, Middletown South 119, Ocean City 124, Randolph 135, Immaculate Heart Academy 154.

1. Stephanie Snyder, Randolph 19:37.
2. Abbey Hartman, Ocean City 19:48.
3. Beth Jones, Randolph 20:01.
4. Danielle Savia, Ocean City 20:19.
5. Cheryl Wroblewski, Brick 20:27.
11. Kourtney Gallo, IHA 20:52.
17. Dana Catanese, IHA 21:05.
30. Michyo Kawasaki, IHA 21:28.
35. Alex Kenworthy, IHA 21:41.

GIRLS VARSITY C

Top teams

Mount Olive 55, Paul VI 85, Notre Dame 88, Camden Catholic 118, Manchester Twp. 223.

1. Kelly McCabe, Notre Dame 19:45.
2. Lorena Adams, Manchester Twp. 19:47.
3. Kim Primavera, Mount Olive 19:53.
4. Alme Oppenheimer, Manchester Twp. 20:21.
5. Kacy Corbett, Camden Catholic 20:36.
26. Eileen Lennon, Holy Angels 22:08.
41. Heather Dougherty, Ramapo 22:58.
43. Jennifer Knuth, Holy Angels 23:05.

GIRLS VARSITY D

Top teams

Red Bank Catholic 44, Bishop Eustace 84, Ramsey 167, Voorhees 194, Ridge 209.

1. Amy Boykelch, Pinelands 19:37.
2. Kerry Andrews, RBC 20:03.
3. Ann Kloocks, Bishop Eustace 20:07.
4. Jerylyn Frattalone, RBC 20:13.
5. Jessica Thomas, Pt. Pleasant Boro 20:14.
7. Jennie Meighan, Northern Highlands 20:35.
12. Dana Satir, Ramsey 20:57.
28. Sarah Walton, Ramsey 21:38.
30. Tracey Kirk, Ramsey 21:43.
44. Erin Oliver, Ramsey 22:18.
45. Casey Beckman, Ramsey 22:19.

GIRLS VARSITY E

Top teams

St. Rose 97, Kittatinny 101, Haddonfield 182, Mater Dei 194, Maple Shade 225.

1. Maura Bolger, St. Rose 19:52.
2. Lauren Avallone, Morris Cath. 20:25.
3. Laura Nann, Bernards 20:31.
4. Megan Jordan, Shore 20:54.
5. Stacy Hoeler, Kittatinny 20:57.
9. Meredith Ruff, Morris Catholic 21:20.
23. Tina Govic, Palsades Park 22:37.
25. Melissa Londregan, Hawthorne 22:42.
43. Stephanie Paglione, Palsades Park 23:32.
44. Maria Mokanos, Palsades Park 23:32.

IN THE SCHOOLS

CBA, RBC win as Pope John, Mt. Olive surprise

By JIM LAMBERT

The unranked Pope John boys, who wanted to make a statement, were heard loud and clear when they celebrated a surprising sixth-runner tie-breaker victory over Morris Hills, ranked sixth in The Star-Ledger Top 10, in the D Division at the Shore Coaches Cross-Country Invitational yesterday in Holmdel Park.

The young unranked Mt. Olive girls, with four freshmen in their top five, shocked No. 3 Paul VI to capture the C Division title.

Top-ranked Christian Brothers, led by Eric Savoth's 16:19 victory, the fastest boys' time of the day, and the No. 1 Red Bank Catholic girls, the 1994 NJ SIAA Meet of Champions winner, solidified their status as the state's best with runaway victories.

CBA easily defeated No. 3 Highland Regional, the '94 Group 4 champion, 45-122, in the A Division.

Red Bank Catholic, averaging 20:36, rolled over No. 8 Bishop Eustace, 44-34, to win the D Division.

In the boys' D Division, Pope John and Morris Hills finished deadlocked at 105. But Pope John was awarded the victory when its sixth man, Matt Day, placed 39th and beat Morris Hills' sixth man, who was 61st. Day, normally Pope John's fourth man, injured his foot playing soccer in gym class last week and wasn't 100 percent. Pope John's first five were Mike LaLonde, fifth in 17:12; Connor Fox, 14th in 17:32; Ed Juarez, 19th in 17:37; usual No. 6 man Tom Ribnicky, who stepped up and placed 31st in 18:06; and Mark Wooley, 38th in 18:10. Wooley's place was key because he beat Morris Hills' fifth man, Mike Mein, by eight places to force the sixth runner tie-breaker.

Pope John, the 1994 Parochial B state champion, also beat '94 Group 2 champion Holmdel, which finished third, and '94 Group 2 runner-up Jefferson, which placed fourth.

"We wanted to come here and get some respect," said Pope John coach Joe Gaba. "We want to be in the top 10 at the Meet of Champions and this was our first stepping stone toward that. We were hoping we'd step into the state picture today and I think we did."

Mt. Olive, which served notice that it will be in the thick of things in Group 3, received a third from freshman Kim Primavera in 19:59, a seventh from freshman Alisa Corea in 20:45, an eighth from freshman Varinka Barbini in 20:48, an 18th from junior Laura Monchinski in 21:31 and a 19th from freshman Sarah Hall in 21:34. That's an average of 20:55 and a gap of 1:35.

"I really didn't know what to expect from them," said Mt. Olive coach Dave Sulley, hoping his team can return to the M of C for the first time

since winning in 1989. "I was just hoping that we could finish in the top three and get a medal. I knew Paul VI was ranked and was a good team. I just told them to look at this race as a challenge."

The most impressive team performance of the day was turned in by CBA, ranked eighth nationally in the Foot Locker Super 25. CBA, coming off last week's big victory at the prestigious William & Mary Invitational in Virginia, averaged 16:59.4 over Holmdel's 3.1-mile rain-soaked terrain. After Savoth, CBA's scorers were Brian Cunniff, third in 16:38; Terence Rozier-Byrd, 11th in 17:17; Walter Brasch, 13th in 17:19; and Brian Bennett, 17th in 17:24.

Second-ranked Paul VI, the M of C winner, with its top four in the top eight and just four places and 15 seconds apart, averaged 17:27 as it rolled to victory in the boys' C Division. Mainland senior Scott Keyser won the race in 16:27, cutting 35 seconds off his personal Holmdel best.

In a rematch of last week's Stewart Memorial A Division race, No. 5 Westfield avenged its loss to No. 4 Toms River South by winning the boys' B Division with 77 points. Last week, Toms River South beat Westfield, 66-72. No. 9 North Hunterdon edged Toms River South for second, 90-92.

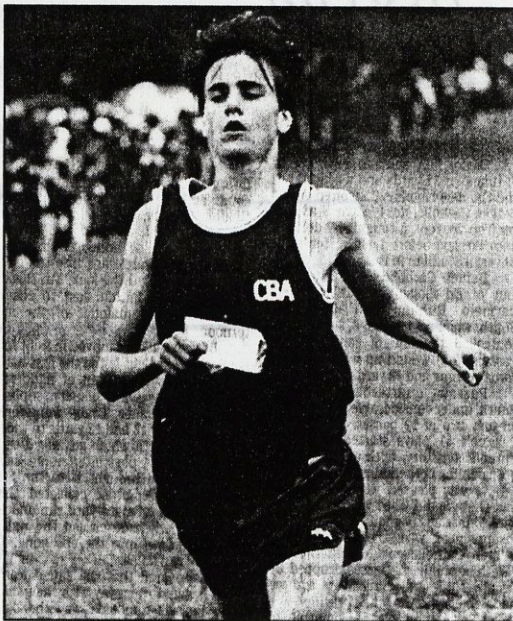
Westfield was led by junior Matt Elmuccio, who again summoned his wicked kick to pull away from Toms River South's Jason Klophaus to win in 16:50. At the Stewart meet, Elmuccio did the same to Klophaus.

In the girls' A Division, second-ranked Shawnee averaged 20:30 and scored 59 points to defeat No. 9 Hunterdon Central, second with 96, and No. 4 Ridgewood, third with 97.

Hunterdon Central senior Autumn Fogg proved why she's considered the overwhelming choice to win the M of C race on this course next month by finishing first in the A Division in 19:08, the fastest girls' time of the day and 23 seconds faster than she ran when she placed second to Shawnee's Liz Moore in this race last year.

"I wanted to run a good time, but I didn't expect to run that fast," she said. "I'm very happy with the way I ran."

In the girls' B Division, No. 5 Brick, with four runners in the top nine, kept its pack within 54 seconds as it defeated unranked Middletown South, 56-119, and No. 6 Ocean City, third with 124. Brick was led by Cheryl Wroblewski, fifth in 20:27; Jaimie Silva, seventh in 20:41; Sarah Chase, eighth in 20:48; and K. C. Meehan, ninth in 20:48.



CBA's Eric Savoth crosses the finish line to win Boys' Varsity A race in Shore Coaches Invitational Cross-Country meet at Holmdel Park

Photo by George McInish

BOYS' A DIVISION

TEAMS: 1-Christian Brothers 45, 2-Highland 122, 3-Ridgewood 149, 4-Cherokee 19, 5-Eastern 202, 6-Vineland 213, 7-East Brunswick 253, 8-Hunterdon Central 259, 9-Middletown North 276, 10-Old Bridge 269.

INDIVIDUALS: 1-Eric Savoth, Christian Brothers 16:19, 2-Jay Wassell, Highland 16:36, 3-Brian Cunniff, Christian Brothers 16:38, 4-Nick Nopier, Highland 16:43, 5-Karl Savage, Eastern 16:53, 6-Adam Daniels, Seton Hall Prep 17:01, 7-Rich Angellilo, Edison 17:06, 8-Skip Allen, Hunterdon Central 17:10, 9-Tom Haggerty, Cherokee 17:14, 10-Willfredo Rivera, Old Bridge 17:16.

BOYS' B DIVISION

TEAMS: 1-Westfield 76, 2-North Hunterdon 90, 3-Toms River South 92, 4-Newton 191, 5-Randolph 201, 6-Paramus Catholic 239, 7-Brick 254, 8-Overbrook 284, 9-St. Joseph's (Met.) 294, 10-Ocean City 305.

INDIVIDUALS: 1-Matt Elmuccio, Westfield 16:50, 2-Jason Klophaus, Toms River South 16:54, 3-Jon Tillman, North Hunterdon 17:06, 4-Ray Biersbach, Newton 17:08, 5-Drew Pronko, Morris Knolls 17:10, 6-Chris Robinson, North Hunterdon 17:12, 7-Chris Dolan, North Hunterdon 17:13, 8-Earl Wise, Overbrook 17:21, 9-Eight Parjak, Newton 17:22, 10-David Hyatt, Toms River South 17:25.

BOYS' C DIVISION

TEAMS: 1-Paul VI 45, 2-Mt. Olive 175, 3-Manchester Township 180, 4>Mainland 223, 5-Debarton 225, 6-Williamstown 262, 7-Central Regional 295, 8-Bishop Ahr 315, 9-Malawan 325, 10-Scotch Plains 328.

INDIVIDUALS: 1-Scott Keyser, Mainland 16:27, 2-Sean McCafferty, Central Regional 16:30, 3-Save Staftery, Mt. Olive 16:50, 4-Ryan Anderson, Paul VI 17:11, 5-Rashid Lynch, Delsea 17:20, 6-Matt McNally, Paul VI 17:24, 7-Adam Huber, Paul VI 17:25, 8-Greg Blazsko, Paul VI 17:26, 9-Ian Hahn, Manchester Township 17:27, 10-Andrew Knight, Ramapo 17:27.

BOYS' D DIVISION

TEAMS: 1-Pope John 105 (won on a sixth runner tie-breaker), 2-Morris Hills 105, 3-Holmdel 120, 4-Jefferson 144, 5-Somerville 275, 6-Sterling 269, 7-Freehold Borough 273, 8-Delaware Valley 349, 9-Clearview 364, 10-Monroe 374.

INDIVIDUALS: 1-Scott Clayton, Pinelands 16:55, 2-Mark Klitz, Cartere 17:16, 3-Joel Brailwalte, Asbury Park 17:24, 4-Forest Jones, Morris Hills 17:10, 5-Mike LaLonde, Pope John 17:12, 6-Matthieu Lentine, Delaware Valley 17:10, 7-Joe Manchio, Sterling 17:19, 8-Rafael Sanchez, St. Benedict's Prep 17:21, 9-P. J. Gallagher, Sterling 17:21, 10-Rich Christenson, Holmdel 17:26.

BOYS' E DIVISION

TEAMS: 1-Haddonfield 90, 2-Palisades Park 107, 3-Meluchen 153, 4-Bernards 168, 5-Maple Shade 182, 6-Montgomery 183, 7-Henry Hudson 228, 8-Sacred Heart 251, 9-St. Rose 129, 10-Whippany Park 281.

INDIVIDUALS: 1-Eric Bonnette, Haddonfield 17:00, 2-Jaime Cortes, Palisades Park 17:10, 3-Ryan Reighn, Haddonfield 17:24, 4-Kevin Sacco, Sacred Heart 17:26, 5-Pal Ryan, Glassboro 17:29, 6-Eugene Daly, Morris Catholic 17:31, 7-Sloan Elk, Haddonfield 17:34, 8-Mike Fulton, Maple Shade 17:35, 9-Diego Gioffre, Palisades Park 17:37, 10-Frank Antonelli, Point Pleasant Beach 17:44.

GIRLS' A DIVISION

TEAMS: 1-Shawnee 59, 2-Hunterdon Central 96, 3-Ridgewood 97, 4-Toms River North 110, 5-Toms River East 149, 6-Bridgewater-Raritan 160, 7-Old Bridge 300, 8-East Brunswick 305, 9-Middletown North 323, 10-Piscataway 361.

INDIVIDUALS: 1-Autumn Fogg, Hunterdon Central 19:08, 2-Jen Pesce, Toms River North 19:29, 3-Karen O'Neil, Shawnee 19:41, 4-Stephanie Doyle, Ridgewood 19:53, 5-Amy Smith, Ridgewood 20:04, 6-Lauren Dunning, Toms River East 20:06, 7-Beth Crawford, Hunterdon Central 20:13, 8-Lisa Selter, Shawnee 20:14, 9-Lisa Flood, Middletown North 20:23, 10-Jamie Wetzel, Toms River North 20:33.

GIRLS' B DIVISION

TEAMS: 1-Brick 56, 2-Middletown South 119, 3-Ocean City 124, 4-Randolph 135, 5-Immaculate Heart Academy 154, 6-Westfield 174, 7-Toms River South 182, 8-Roxbury 209, 9-Holy Cross 251, 10-North Hunterdon 273.

INDIVIDUALS: 1-Stephanie Snyder, Randolph 19:37, 2-Abbey Hartman, Ocean City 20:01, 3-Beth Jones, Randolph 20:01, 4-Danielle Salvia, Ocean City 20:19, 5-Cheryl Wroblewski, Brick 20:27, 6-Verrick Smith, Camden Wilson 20:34, 7-Jaimie Silva, Brick 20:41, 8-Sarah Chase, Brick 20:48, 9-K. C. Meehan, Brick 20:48, 10-Karen Geiger, Toms River South 20:48.

GIRLS' C DIVISION

TEAMS: 1-Mt. Olive 55, 2-Paul VI 85, 3-Notre Dame 88, 4-Camden Catholic 118, 5-Manchester Township 223, 6-Wall 221, 7-Oakcrest 260, 8-Mainland 289, 9-Central Regional 302, 10-Lawrence 309.

INDIVIDUALS: 1-Kelly McCabe, Notre Dame 19:45, 2-Greene Adams, Manchester Township 19:47, 3-Kim Primavera, Mt. Olive, 4-Aimee Oppenheimer, Manchester Township 20:21, 5-Kacy Corbett, Camden Catholic 20:36, 6-Kalie Jones, Middle Township 20:37, 7-Alisa Corea, Mt. Olive 20:45, 8-Varinka Barbini, Mt. Olive 20:48, 9-Maggie Martin, Paul VI 20:53, 10-Maura Brennan, Notre Dame 20:54.

GIRLS' D DIVISION

TEAMS: 1-Red Bank Catholic 44, 2-Bishop Eustace 84, 3-Ramsay 157, 4-Voorhes 194, 5-Ridge 209, 6-St. John Vianney 232, 7-Northern Highlands 262, 8-Jefferson 267, 9-Pope John 311, 10-Holmdel 340.

INDIVIDUALS: 1-Amy Beykirch, Pinelands 19:37, 2-Kerry Andrews, Red Bank Catholic 20:03, 3-Ann Klocke, Bishop Eustace 20:07, 4-Jerilyn Fratalone, Red Bank Catholic 20:13, 5-Jessica Thomas, Pt. Pleasant Boro 20:14, 6-Becca Raum, Ridge 20:31, 7-Jennie Maughan, Northern Highlands 20:35, 8-Libby Morris, Somerville 20:42, 9-Maureen Maloney, Red Bank Catholic 20:45, 10-Maria Nitto, Pope John 20:48.

GIRLS' E DIVISION

TEAMS: 1-St. Rose 107, 2-Kittatinny 107, 3-Haddonfield 182, 4-Mater Dei 194, 5-Maple Shade 225, 6-Meluchen 233, 7-Bound Brook 258, 8-Morris Catholic and Palisades Park 271, 10-Bernards 288.

INDIVIDUALS: 1-Maura Bolger, St. Rose 19:52, 2-Lauren Avallone, Morris Catholic 20:25, 3-Laura Anne Bernards 20:31, 4-Megan Jordan, Shore Regional 20:54, 5-Stacy Hosier, Kittatinny 20:57, 6-Melissa Capone, St. Rose 20:59, 7-Adrienne Alexander, Sacred Heart 21:02, 8-Amy Guidice, Haddonfield 21:13, 9-Meredith Ruff, Morris Catholic 21:20, 10-Tammy Locklear, Bound Brook 21:55.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BRETT TAYLOR
 DIVISION FROSH
 DATE 10-7-95
 WEATHER _____

COURSE DARLINGTON (1.9)
 COURSE RECORD _____
 RIDGEWOOD RECORD 11:04 ^{LAUREN} MAXWELL 1992
 TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
3		JULIE SPRICH	11:30
11		ALISON CORRELL	12:10
15		TIRA LOBELL	12:20
18		IRENE JANIS	12:24
21		LUCIA KNIGHT	12:53

TEAM TOTAL: _____ TEAM PLACE: 2ND

1-5 SPLIT: 1:23 1-7 SPLIT: _____

COMMENTS:

We were told at first we beat Vernon BUT a scoring error was discovered! This team has a wonderful positive attitude but Tira's illness and Christina & Kristen's Absence kept us from beating Vernon and bringing home the Win.

Quinn, Menti finish with landmark victories

By PAUL SCHWARTZ

Correspondent

MAHWAH — For Tara Quinn of Teaneck and Scott Menti of Cresskill, Saturday's Brett Taylor Invitational represented their first major cross-country titles. That's a title that both seniors will remember for a long time.

But the most thrilled person at the Darlington County Park meet was veteran Emerson boys coach Mike Ross whose team earned the first major championship in his 22 seasons. The Cavs defeated fellow BCSL Olympic schools Bogota and Park Ridge, 67-94-98, in the Boys B Division.

"I've been lucky enough to have some real good runners. [1986 Bergen County champion] Chris Moore, [1989 sectional

and County Group 1 champ] Paul Coppuzzo and [1989 league champ] Colin McNamara, all of whom ran well in college," said Ross, who is expected to retire as a teacher and coach at the end of the 1995-96 school year. "And we've always done pretty well as a team, but I never really had a fifth runner. This year we have four seniors who have run together since they were freshmen and we have some depth."

Enough depth to place Hozalia Casubhai third with teammates Ron Gerhold, Yashar Darian, and Chris Foster finishing 19-20-21. Two other Cavs, Anthony Saradonopoli and Jae Sang, finished in the top 30 to secure the win.

And the first major title for Ross may not be the last. Emerson is 5-0 in the league, "and if we can get by Ridgefield

CROSS-COUNTRY

Tuesday, we've got a great shot at the league title," he said.

Quinn and Menti were the area's individual standouts of the day, each winning impressively in personal best times.

Quinn held off Karen Petovius of Paramus by less than 20 meters to win the Girls A race in 19:38 on the 5,000-meter course, availing a fifth-place finish in a triangular meet earlier in the week against Paramus and Immaculate Heart.

"After that race coach [Michelle] McMillian and I had a little talk with Tara about commitment," said Teaneck assistant coach Todd Sinclair. "She was much more focused and committed today and I

think the cooler weather helped her."

"I have more confidence in myself this year," said Quinn, a second-team All-Bergen runner last year who rarely runs a poor race but has never been able to hold on in a major. "I'm working harder and I think I'm running smarter."

Kennedy won its second straight major girls title, defeating Fair Lawn for the Girls A title, 53-72.

"We had a major letdown Tuesday after we beat Wayne Valley last week, and we took Holy Angels too lightly," said Kennedy coach Vin Bruno. "They made us pay, 27-30, but now we have the kids' attention again."

Menti impressively won the Boys B race by 70 yards over New Milford sophomore Russ Giancola. His time of 16:45

was a career best by 14 seconds.

"I got sucked into a faster race than I should have at Garret Mountain last week, and I got out too slow at the Season Opener three weeks ago," he said. "Today I wanted to run a controlled race that was suited to me. And I was able to run in the rain."

Rutherford again won impressively. The Bulldogs second-through-sixth runners finished consecutively from eighth to 12th place — within 13 seconds of each other — and Rutherford easily won the Girls B race, 29-46 over Bogota, despite the 1-2 finish of the Bucs' Erica Casario and Kirsten LaFond.

Summaries on S-22

CROSS-COUNTRY

Brett Taylor Invitational

At Darlington County Park, Mahwah

VARSITY GIRLS A

Team scoring

Kennedy 53, Fair Lawn 72, Fort Lee 90, Paramus 98, Memorial 115, Hackensack 134, Clifton 165, Bergenfield 179, Ferris 193, River Dell 228.	
1. Tara Quinn, Teaneck	19:38
2. Karen Petovius, Paramus	19:42
3. Kelly Ortiz, Paramus	19:57
4. Nicki Henry, Demarest	19:59
5. Brigitte Bogert, Fort Lee	20:14
6. Chrissy Martin, Hackensack	20:30
7. Sabrina Neely, Kennedy	20:42
8. Josie Mazeri, Fort Lee	20:44
9. Giselle Marcaro, Union Hill	20:46
10. Maydee Oquendo, Kennedy	20:48
11. Sara Meroth, Fair Lawn	20:48
12. Amy Wyka, Fair Lawn	20:55
13. Neriza Hufnagel, Kennedy	21:00
14. Andrea Mazzarino, Old Tappan	21:29
15. Danielle Centurione, Lakeland	21:34
16. Tashanna Thomas, Kennedy	21:37
17. Jen Stahl, Paramus	21:40
18. Lillibeth Hernandez, Memorial	21:40
19. Patti McWhir, Demarest	21:48
20. Jill Munczinski, Fair Lawn	21:50
21. Alison Silvergald, Clifton	21:58
22. Liliana Hernandez, Memorial	22:04
23. Laraine Noceti, Fair Lawn	22:05
24. Jeanymin Jean, Clifton	22:11
25. Ari Garometsalo, Fort Lee	22:21

VARSITY GIRLS B

Team scoring

Rutherford 29, Bogota 46, Dumont 78, Secaucus 115, Becton 138, Cresskill 139.	
1. Erica Casario, Bogota	20:36
2. Kirsten LaFond, Bogota	20:36
3. Mahasin Pegeles, Rutherford	21:19
4. Helena Brady, Dumont	22:00
5. Tammy French, Pascaok Hills	22:01
6. Kelly Baker, Midland Park	22:02
7. Jen Belthoff, New Milford	22:14
8. Melissa Lockhead, Rutherford	22:30
9. Jessica Larsen, Rutherford	22:32
10. Megan Vogel, Rutherford	22:35
11. Meghan Doyle, Rutherford	22:37
12. Lauren McCann, Rutherford	22:43
13. Carolyn Bettridge, Cresskill	22:46
14. Rachel Beneventi, Midland Park	22:47
15. Tanja Basoli, Ridgefield Park	22:49
16. Gina Monaco, Ridgefield Park	22:49
17. Reiko Takemasa, Pascaok Hills	23:04
18. Lynn Su, Rutherford	23:11
19. Tracy Hunter, Bogota	23:16
20. Holly Garrison, Dumont	23:29
21. Mary Thomas, Dumont	23:29
22. Glaindocha Figaro, Snyder	23:39
23. Gen Kester, Bogota	23:45
24. Alaina Schlun, Bogota	23:48
25. Chris Zengel, Secaucus	23:55

VARSITY BOYS A

Team scoring

Morristown 69, Bergen Catholic 85, Passaic 110, Clifton 115, NV/Demarest 120, Memorial 128, River Dell 200, NV/Old Tappan 214, Bergenfield 269, Union Hill 273, Passaic Tech 284, Bayonne 300, Kennedy 302, Lincoln 415.	
1. Tom DeSordo, Morristown	18:09
2. Cary Snyder, Demarest	18:26
3. Yaldo Pimental, Snyder	18:32
4. Bernard Fraser, Passaic	18:44
5. Angel Ventura, Memorial	18:51
6. Kevin Gilman, Bergen Catholic	18:52
7. Jeremy Battles, River Dell	18:57
8. Rosario Maeri, Fort Lee	18:58
9. Sibi Joseph, Clifton	17:06
10. Romeo Joseph, Hackensack	17:11
11. Mahud Desei, Clifton	17:17
12. Passaic	17:21
13. Mike Apa, Old Tappan	17:22
14. Mike Elias, Bergen Catholic	17:23
15. David Abramovitz, Morristown	17:24
16. Chris Zuck, Bergen Catholic	17:29
17. Mike Hasan, Bergenfield	17:31
18. Jon Lay, Paramus	17:31
19. Justin Franzel, Morristown	17:33
20. Tom Redmond, Bergen Catholic	17:33
21. Passaic	17:36
22. Adam Wilson, Morristown	17:38
23. Brian DeRocco, Morristown	17:38
24. Emanuel Gaakins, Passaic Tech	17:41
25. Nick Riech, Paramus	17:42

VARSITY BOYS B

Team scoring

Emerson 67, Bogota 94, Park Ridge 99, Leonia 130, Westwood 134, Rutherford 134, Paquanook 169, Pascaok Hills 191, Cresskill 194, Becton 222, Wood-Ridge 256, Dumont 282.	
1. Scott Menti, Cresskill	18:45
2. Russ Giancola, New Milford	18:52
3. Hozalia Casaubhai, Emerson	18:57
4. John Neegoda, Paquanook	17:02
5. Jeff Clark, Bogota	17:05
6. Andrew Tortora, Rutherford	17:17
7. Mike Sitor, Mahwah	17:24
8. Anthony Gotay, Saddle Brook	17:27
9. David Kosoff, Park Ridge	17:29
10. Chris Tortora, Rutherford	17:37
11. Dan Fernandez, Rutherford	17:39
12. runner unavailable	17:48
13. Gilby Hawkins, Leonia	18:00
14. Mark Ledgerwood, Park Ridge	18:02
15. James Yoo, Pascaok Hills	18:14
16. Kenny Bauernschmidt, Ridgefield Park	18:17
17. Justin Scheier, Leonia	18:24
18. Chris Corrigan, Bogota	18:25
19. Ron Gerhold, Emerson	18:26
20. Yashar Darian, Emerson	18:29
21. Craig Foster, Emerson	18:32
22. Chris Paul, Saddle Brook	18:35
23. Arda Altinchital, Bogota	18:41
24. Mike Dopf, Westwood	18:46
25. Phil Bocchino, Westwood	18:48

BOYS FRESHMAN A

Team champion — Hackensack 59.
Individual champion — Thomas Baldwin, Hackensack, 8:38.

BOYS FRESHMAN B

Team champion — Emerson 56.
Individual champion — Greg Meluson, Fort Lee 9:07.

BOYS SOPHOMORE

Team champion — Ferris 44.
Individual champion — Paul Berberian, Old Tappan, 17:38.

BOYS JUNIOR VARSITY

Individual champion — Jason Schlereth, Bergen Catholic, 18:24.

GIRLS FRESHMAN

Team champion — Vernon 58.
Individual champion — Heather Wood, Vernon 11:06.

GIRLS FRESHMAN B

Individual champion — Jamie Siegrist, Demarest, 10:20.

GIRLS JUNIOR VARSITY

Individual champion — Afifa Ansari, Morristown, 22:22.

SPORTS

Ridgewood girls among state's best

By JIM McCONVILLE

RIDGEWOOD — If there is a constant in high school team sports, it is that the Ridgewood girls cross country team will be in the thick of the run for league, county and state honors.

This year is no different, as the talented Maroons corps will take their running shoes to Holmdel this weekend for the Shore Invitational, the first true test of their state title aspirations.

"This is the place where every good team in the state comes," head coach Jacob Brown said. "There are 3-5 races, depending on the number of team entries, and not only are we looking to win our race, but we will be checking the times of the other races in which teams we will face in the states run.

"After this weekend, the state rankings will be more based on fact than fantasy. We are fifth in the state right now, but that is based more on last year than this year, and we haven't run against any team ahead of us."

The team has so far shown itself well. The Maroons were second to a team from Staten Island, N.Y., in the Maroon Invitational and won the Bulldog A Invitational — besting the now 9th-ranked team in the state, Immaculate Heart.

The top seven runners are all experienced in the varsity races, with senior Amy Smith now competing in her fourth varsity season. Stephanie Doyle, a senior, is in her third year after playing soccer as a freshman, and Beth Apsel is also a fourth-year



Ridgewood girls cross country team is shown in midweek workout. (Photos by Arlene Forman)

runner and a three-year varsity performer.

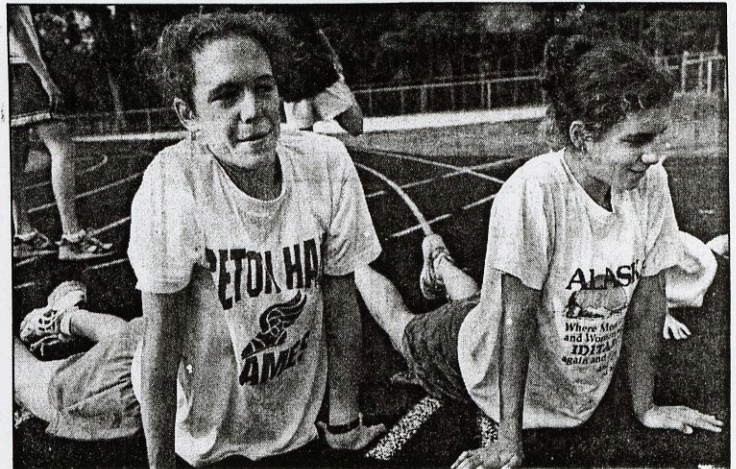
A fourth senior, Geraldine Campbell, is a four-year runner who has battled injuries the past two seasons and is now getting her first extensive varsity action. Two juniors, Katie Cohn and Carrie Ruggles, are up from the junior varsity, while sophomore Celeste Sedo is a second-year varsity runner.

Brown sees the improvement made by Ruggles as the biggest surprise this year. "Most of the other girls have shaved 10 to 20 seconds off their times from a year ago, but Carrie ran 2:30 faster in the Bulldog than she did last year. She was way back on the junior varsity in 1994, but her commitment has helped her dramatic improvement."

Ridgewood is trying to defend its

NNJIL, Bergen County and Group 4 sectional championships from last season and will look to move up from the second-place finish it had in the Shore "A" race last year as well as the fourth-place overall state finish.

"This group is similar to last year," Brown noted. "As to whether or not we can make the step up to the next level, we aren't there yet. But could it happen? Yeah, it could happen."





THE RECORDS POLLS

GIRLS CROSS-COUNTRY

BERGEN GROUP 1-2

- Ramsey (5)** — The Rams remain undefeated in duals and have run well in the North Rockland Varsity 2 and Passaic Coaches Group 2 events, taking second in each. **(Points: 25 points)**
 - Westwood** — The Cardinals' last major race was a second-place finish in the season opener behind Kittatinny. **(Points: 13)**
 - Pailsades Park** — The Tigers are 3-for-3 over archrival Bogota after last week's seven-point win at Passaic Coaches A race. **(Points: 12)**
 - Bogota** — The defending State champion is pressuring Pal Park every week, but needs to find a No. 3 runner to overtake Pal Park and hold off Midland Park. **(Points: 9)**
 - Rutherford** — With intermediate hurdler Mahasin Pegelise becoming a cross-country standout and a solid pack of five other runners finishing within 15 seconds of each other, the Bulldogs won the Bulldog Invitational B race. **(Points: 8)**
- Also receiving votes** — Midland Park 5, Pascack Hills 2, Becton 1.

BERGEN GROUP 3-4

- Ridgewood (4)** — The Maroons continue unbeaten in duals while defeating Immaculate Heart by 10 points at the Bulldog and Toms River East at the Maroon Invitational 4 race. **(Points: 24)**
 - Immaculate Heart (1)** — Kourtney Gallo appears to be one of the runners to beat in Bergen County and her supporting cast showed well in NJCTC Class Meet. **(Points: 21)**
 - Paramus** — Led by Karen Petouvis and Kelly Ortiz, the Spartans have medaled in three consecutive majors. **(Points: 11)**
 - Fair Lawn** — The Cutters were a solid second behind Kennedy in the Passaic Coaches Group 4 meet and have lost only to Ramsey in duals. **(Points: 9)**
 - Northern Highlands** — The Highlanders are undefeated in NBIL duals, and finished second in Varsity 1 race at North Rockland two weeks ago, led by Jennie Meighan. **(Points: 7)**
- Also receiving votes** — Fort Lee 2, Holy Angels 1.

PASSAIC/MORRIS

- Kennedy (4)** — The Knights scored the first victory by a Passaic County team over Wayne Valley in eight years at the Passaic Coaches 4 race with four runners in the top 10. **(Points: 24)**
 - Wayne Valley (1)** — WV stretched its dual-meet winning streak to 183 including a victory over Morris Catholic, after finishing third to Kennedy at Passaic Coaches. **(Points: 21)**
 - West Milford** — Kathy Laumbach's ninth-place finish led the Highlanders at the Passaic Coaches 4 meet. **(Points: 13)**
 - Clifton** — Mustangs need some improvement in their pack to move closer to the top two. **(Points: 11)**
 - Pompton Lakes** — A dual-meet win over Midland Park moves Pompton into fifth place. **(Points: 5)**
- Also receiving votes** — Passaic Valley 2.
Voting on 5-4-3-2-1 basis by The Record sports staff.

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS CLIFTON
 DATE 10-10-95
 TEAM RECORDS: RHS _____

DISTANCE GARRET MOUNTAIN
 COURSE RECORD _____
 COURSE CHARACTER _____
 WEATHER SUNNY - VERY NICE

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	AMY SMITH	RHS	20:39	21.	CATHERINE LOWE	RHS	28:09
2.	CELESTE SEDO	RHS	22:49	22.	SCOBLE	C	
3.	KATIE COHN	RHS	22:52	23.	JEN SIEGEL	RHS	28:23
4.	BETH APSEL	RHS	22:53	24.	SARAH BURTON	RHS	28:27
5.	SILVERGLAD	C	22:55	25.		C	
6.	CARRIE RUGGLES	RHS	23:00	26.			
7.	JUNENH	C		27.			
8.	GERALDINE CAMBELL	RHS	23:25	28.			
9.	ROSE SEDO	RHS	23:37	29.			
10.	LAUREN MAXWELL	RHS	23:53	30.			
11.	SCOBLE	C		31.			
12.	CAROLYN MORITZ	RHS	25:15	32.			
13.	FARMIGA	C	25:25	33.			
14.	LASCAR	C	26:10	34.			
15.	KATAPITUK	C	26:10	35.			
16.	PONTES	C		36.			
17.	GOLIAN	C		37.			
18.	KOGET	C		38.			
19.	HIZSHVAI	C		39.			
20.	YAU	C		40.			

SCORING

RHS	CLIFTON
1	5
2	7
3	(10)
4	11
6	(12)
FINAL 16	SCORE: 45

COMMENTS:

After getting to the Bus late, not being dressed properly and listening to the coaches tantrum we ran well as a team. The Team is what creates the easy win. Amy setting the pace; Celeste, Katie, Beth, Carrie, and Geraldine running with the Top Two Clifton girls - staying together being a Ridgewood Force. Seniors on JV may have run their last race at Garret Mt!

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS CLIFTON FROSH DISTANCE GARRET FROSH 1.9
 DATE 10-10-95 COURSE RECORD _____
 TEAM RECORDS: RHS _____ COURSE CHARACTER _____
 WEATHER _____

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	TIRA LOBELL	RHS	15:23	21.			
2.	JULIE SPRITCH	RHS	15:31	22.			
3.	ALISON CORRELL	RHS	16:18	23.			
4.	KRISTEN EGAN	RHS	16:59	24.			
5.		C	17:49	25.			
6.		C	18:32	26.			
7.		C	18:49	27.			
8.		C	19:05	28.			
9.		C	19:10	29.			
10.				30.			
11.				31.			
12.				32.			
13.				33.			
14.				34.			
15.				35.			
16.				36.			
17.				37.			
18.				38.			
19.				39.			
20.				40.			

SCORING

RHS	CLIFTON
FINAL 50	SCORE: 15

COMMENTS:

Frosh We lost an easy win because we did not have a complete team. We must ALL be ready!
 The positive attitude from those who ran was excellent!

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS EASTSIDE & BARRINGER
 DATE 10-12-95
 TEAM RECORDS: RHS 7 WINS
EASTSIDE 3-4 BARRINGER 0-5

DISTANCE VETERANS FIELD Dual Meet 3.1
 COURSE RECORD _____
 COURSE CHARACTER _____
 WEATHER SUNNY + WARM

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	Stephanie Doyle	RHS	20:55	21.		Eastside	DNF
2.	Amy Smith	RHS	22:17	22.		Eastside	DNF
3.	Kempolly SWAY	E	22:22	23.		Eastside	DNF
4.	Beth Apsel	RHS	22:25	24.			
5.	Katie Cohn	RHS	22:38	25.			
6.	Carrie Ruggles	RHS	23:15	26.			
7.	Celeste Sedo	RHS	24:38	27.			
8.	Lauren Maxwell	RHS	25:05	28.			
9.	Monique BUNION	B	25:16	29.			
10.	Julie SPRITCH	RHS	25:17	30.			
11.	Christina Grab	RHS	25:48	31.			
12.	Alison Correll	RHS	25:52	32.			
13.	Layna Wallace	E	25:56	33.			
14.	Tramecia Fulton	E	25:57	34.			
15.	Kathy Lamm	RHS	26:29	35.			
16.	Carolyn Mority	RHS	26:30	36.			
17.	Kristen Egan	RHS	26:45	37.			
18.	Teesha White	B	26:50	38.			
19.	Deashawn LETTERMAN	B	27:35	39.			
20.	CHRISTINA DASHER		DNF	40.			

SCORING

RHS	EASTSIDE	BARRINGER
1	3	(10)
2	(11)	(11)
4	(12)	(12)
5	DNF	3 girls FOREIT
6	DNF FOREIT	
FINAL 15	SCORE: 50	50

COMMENTS:

PATIENCE WAS THE WORD OF THE DAY! WE DID A GREAT JOB OF GETTING OUT FOR THE PICTURE THEN HAD TO WAIT FOREVER FOR THE OTHER TEAMS TO ARRIVE! WE DID A NICE JOB OF RUNNING WITH THE FIRST EASTSIDE RUNNER. THE TEAM RULES. THESE WINS ENABLED RIDGEWOOD TO REMAIN UNDEFEATED FOR THE 12TH CONSECUTIVE YEAR!

RBC facing big test tomorrow against elite foes in Eastern meet

By JIM LAMBERT

Red Bank Catholic coach Mary Banks feels it's time to see just how good her girls' cross-country team is.

She has decided to take her pack to tomorrow's 23d Manhattan Invitational to compete against some of the nation's elite teams in the girls' Eastern States 2.5-mile race at Van Cortlandt Park in The Bronx. The race is scheduled to begin at 1:37 p.m.

Red Bank Catholic is ranked No. 1 in The Star-Ledger Girls' Cross-Country Top 10 and No. 12 in the nation, according to the Foot Locker Super 25. In tomorrow's race, RBC will take on Saratoga Springs of New York, ranked No. 1 by Foot Locker; defending champion and 1994 national titlist Shenendehowa of New York, ranked No. 2; No. 9 Fayetteville-Manlius of New York and No. 16 Manchester Central of New Hampshire.

X-C

Also in the race are Mt. Olive, which debuts in the Top 10 at No. 4 this week after beating Paul VI (No. 3 at the time) to win the Shore Coaches C Division title last week at Holmdel, No. 6 Hunterdon Central, Ridge and Pascack Hills.

"We anticipated it being loaded with great teams," said Banks. "Last year, we were young and ranked and didn't go. This year, I felt we couldn't shy away from anyone anymore. I think this is the time they need to be there. This is about trying to justify our ranking as well. The team needs to know that the rankings are right. They need to be tested.

"I don't know how we'll do against the first- and second-ranked teams, but I would like us to be the closest to them and have a good race from our front runners."

Sophomore Meghan Cunniff, an All-State choice last year, was RBC's front runner a year ago. She has gotten off to a slow start this season because of a nagging ankle sprain. But Cunniff showed signs of breaking out when she moved up from seventh to fourth for her team and 13th overall with a time of 21:00 late in the D Division race at the Shore Coaches meet.

Cunniff's time was 1:30 slower than what she ran to win the same race a year ago.

"Finishing strong like that was a confidence booster for her," said Banks. "The ankle is fine. It's the taping that she's uncomfortable with. I think if she's comfortable, she'll have a nice race for us."



Maureen Maloney
... Red Bank Catholic



Jerilyn Frattalone
... Red Bank Catholic



Kerry Andrews
... Red Bank Catholic

Whether or not Cunniff can regain last year's front-running form may be the key for RBC tomorrow.

RBC's top two all season have been junior Kerry Andrews, 14th at the state Meet of Champions last year, and senior Jerilyn Frattalone. At the Shore Coaches meet, Andrews was second in 20:03 and Frattalone fourth in 20:13.

Banks expected Andrews to be at the front of her pack, but Frattalone's early-season front-running has been a shot in the arm.

"Jerilyn has been a definite boost for the team" said Banks. "She's worked really hard for three years, has steadily improved and is developing more confidence. Getting under 20 minutes is something we anticipate and she's right there."

Cross Country Top 10s

BOYS

- 1-Christian Brothers
- 2-Paul VI
- 3-Highland Regional
- 4-Westfield
- 5-North Hunterdon
- 6-Toms River South
- 7-Pope John
- 8-Morris Hills
- 9-Ridgewood
- 10-Holmdel

GIRLS

- 1-Red Bank Catholic
- 2-Shawnee
- 3-Brick
- 4-Mt. Olive
- 5-Bishop Eustace
- 6-Hunterdon Central
- 7-Ridgewood
- 8-Toms River North
- 9-Middletown South
- 10-Paul VI

At the Shore meet, junior Maureen Maloney finished ninth in 20:45, junior Jackie Iovino was 16th in 21:02 and junior Erin O'Rourke was 17th in 21:03.

"Jerilyn and Maureen have really stepped it up for us," said Banks. "And Erin and Jackie have done a great job. Everyone is excited about Saturday's race. They are a little nervous, but they've been training real hard and are confident."

Also at tomorrow's Manhattan Invitational, Christian Brothers, ranked No. 1 in The Star-Ledger Boys' Cross-Country Top 10 and No. 6 by Foot Locker, is the heavy favorite to win the G Division race. There are seven boys' varsity races on the card with several New Jersey teams involved.

Tomorrow is the South Jersey Open at Kingsway in Swedesboro, which will also be the site for the South Jersey sectional championships on Oct. 28. The first varsity race starts at 2:25 p.m. The featured matchup will be in the girls' Division 2 race, where No. 3 Brick will meet 10th-ranked Paul VI and Ocean City. At the Shore Coaches meet, Brick finished first and Ocean City, which was ranked sixth at the time, was third in the C Division race. Also in action in the girls' competition will be No. 5 Bishop Eustace in Division 1 and Shawnee, ranked second in the state and 17th by Foot Locker, in Division 3.

On the boys' side at the South Jersey Open, No. 2 Paul should roll in Division 2 and No. 6 Toms River South is favored in Division 3.

Ridge junior Meghann Ganey, fourth in Group 2 and 15th at the M of C last fall, hasn't run this season because of tendinitis in her ankle.

"I'm not sure if or when I'll be able to run this season," said Ganey. "I may try to run at the sectionals."



PAUL SCHWARTZ
CROSS-COUNTRY

Leader and The Pack on course

Always a solid girls cross-country team, Rutherford, in the last two weekends, has taken a giant step toward being much more.

Sophomore Mahasin Pegeise is running cross-country for the first time, and has established herself as a solid No. 1 runner, after an outstanding freshman track season as an intermediate hurdler.

But it is what is behind Pegeise that has made Rutherford a team that can be special.

In a sport where the top five finishers by each team score (and in case of a tie — the top six), one or two fine runners are not enough to ensure team success. That is where the pack comes in. The Nos. 3-4-5-6 runners on a given team are what determines the ultimate record of a team.

And Rutherford's pack has become The Pack in North Jersey cross-country.

First observed in the Bulldogs' one-point win over Metuchen two weeks ago at Bergen Community College, The Pack became even more impressive at the Brett Taylor B meet at Darlington last weekend.

Bogota runners went 1-2 in the race and Pegeise was third. A minute later, after four top runners from four different schools had finished, Melissa Lockheed, Jessica Larsen, Megan Vogel, Meghan Doyle, and Lauren McCann appeared as a sea of Rutherford dark blue and white. Thirteen seconds after Lockheed had finished eighth, McCann finished 12th, and a close meet had turned into a waltz. For good measure, The Bulldogs' seventh finisher, Lynn Su, finished just 28 seconds behind McCann, in 18th place.

"We had about 15 girls working out together twice a week all summer," said Rutherford coach Barbara Gundry. "They said they wanted to run as a pack, because they'd always heard about it. I said they could run as a pack, but they had to make it a fast pack."

Only Larsen is a senior.

McCann, Vogel, and Doyle are juniors and the rest sophomores, so the future is bright for Rutherford.

Don't expect the Bulldogs to finish higher than third in next week's BCSL American championships, behind undefeated Fort Lee and Westwood. The Pack is more effective in larger races. But the Oct. 28 sectionals and Nov. 11 State Group 2 championship may prove interesting for Rutherford.

DUALING THE BEST — In his 14 years as head coach, Northern Valley at Demarest's Ray Siegrist has never won a Northern Bergen Interscholastic League title, even with some very good teams. But after Thursday's double dual win over fellow Division 1 unbeaten Ramapo and Northern Valley at Old Tappan, the Norsemen appear ready to break the trend.

Demarest beat Ramapo, 27-29, and Old Tappan 23-36 on the 5,000-meter course at Old Tappan, clinching the meet when No. 5 runner Greg Sedeo finished 11th, ahead of Ramapo's No. 5.

Ramapo's Andrew Knight outkicked Demarest sophomore Cary Snyder in 16:21 over the flat OT course in a battle of two of Bergen's best.

Eric Knackmuhs of Ramapo was third, ahead of OT's Mike Apa and Paul Berberian. Craig Giammona was sixth for Demarest. The next three Norsemen, led by freshman Brian Connally in seventh, beat their Ramapo counterparts to claim victory. The teams meet again Oct. 24 at Demarest in the league meet.

YOUTH MUST BE SERVED —

The Northern Highlands freshman boys team scored an impressive win last week at the Freshman B race of the Shore Invitational, defeating 48 other schools at the state course at Holmdel.

Led by Tim Meighan in fifth and Charlie Ernst in seventh, the young Highlanders scored 104 points, well ahead of runner-up Delbarton in the smaller schools division. Maple Shade was third. In addition to Meighan and Ernst, Dan Dergola was 15th and Morton Coomber 17th for the Highlanders.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET Ridgewood INVITATIONAL
 DIVISION VARSITY
 DATE 10-14-95
 WEATHER RAIN

COURSE VETS-GRAYDON-MAPLE PARK
 COURSE RECORD _____
 RIDGEWOOD RECORD _____
 TYPE OF COURSE GRASS-SAND

FINISH PLACE	TEAM SCORE	NAME	TIME
3	(3)	Amy Smith	19:44.4
4	(4)	CELESTE SEDO	20:08.5
8	(8)	STEPHANIE DOYLE	20:53.6
12	(12)	KATIE COHN	21:26.9
14	(14)	CARRIE RUGGLES	21:37.8
20		GERALDINE CAMPBELL	22:39.0
23		BETH APSEL	22:48.8

TEAM TOTAL: 41 TEAM PLACE: 2ND

1-5 SPLIT: 1:53 1-7 SPLIT: 3:04

COMMENTS:

GREAT JOB ON A BAD DAY AFTER A BAD WEEK. 2 Duds and THE SAT'S I THINK TOOK THEIR TOLL. Amy WENT AFTER THE PACE AND SET HER UP FOR A GOOD FINISH. WE MUST IMPROVE THE 1-5 SPLIT FOR THE COUNTY and STATE MEETS! I THINK WE ARE READY TO DO THAT.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET RIDGEWOOD INVITATIONAL

COURSE VETS FIELD

DIVISION JUNIOR VARSITY

COURSE RECORD _____

DATE 10-14-95

RIDGEWOOD RECORD _____

WEATHER RAIN

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
7	(7)	ROSE SEDO	22:33
10	(10)	LAUREN MAXWELL	23:14
11	(11)	CHRISTINA GRAB	24:40
14	(14)	KITTY LAWN	26:20
15	(15)	CAROLYN MORITZ	26:20
19		CATHERINE LOWE	27:27
23		JENN SIEGEL	28:08
26		VICKI LOWE	29:29

TEAM TOTAL: 57

TEAM PLACE: 2ND

1-5 SPLIT: 3:47

1-7 SPLIT: 5:35

COMMENTS:

ROSE RAN A VARSITY QUALITY TIME. THE TEAM NEEDS TO WORK ON GETTING THE 1-5 SPLIT DOWN FOR THE UP COMING CHAMPIONSHIPS. HARDER RUNNING IN THE MIDDLE OF THE RACE WILL ACHIEVE THAT. NICE JOB FOR 2ND AGAINST A TOUGH WILLIAMSPORT TEAM

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET RIDGEWOOD INVITATIONAL

COURSE VETS FIELD

DIVISION FROSH

COURSE RECORD _____

DATE 10-14-95

RIDGEWOOD RECORD _____

WEATHER RAIN

TYPE OF COURSE GRASS + SAND

FINISH PLACE	TEAM SCORE	NAME	TIME
2	(2)	TIRA LOBELL	10:36.1
4	(4)	JULIE SPRITCH	10:41.7
8	(8)	ALISON CORRELL	11:22.1
14	(14)	KRISTEN EGAN	11:49.4
15	(15)	IRENE JANIS	11:51.9
18		LUCIA KNIGHT	11:56.3
25		CHRISTINA DASHER	12:36.4

TEAM TOTAL: 43

TEAM PLACE: **FIRST** !

1-5 SPLIT: 1:15

1-7 SPLIT: 2:00

COMMENTS:

A REAL NICE WIN FOR A TEAM THAT IS REALLY COMING TOGETHER! TIRA IS RECOVERING FROM HER SICKNESS, JULIE NEEDS TO WORK ON STAYING WITH TIRA, IRENE HAD A GOOD FINISH, LUCIA NEEDS TO FOCUS ON THE KICK AT THE END. WE ALL RAN WELL.

Underclassmen sparkle in Ridgewood boys' victory

By PAUL SCHWARTZ
Correspondent

RIDGEWOOD — Ridgewood's boys cross-country team has been a joy for coach Larry Coyle all season. And even with the top five Maroons skipping Saturday's Ridgewood Invitational to train for Monday's Northern New Jersey Inter-scholastic League Atlantic championship, Ridgewood won its own invitational for

the first time, 92-103, over South Shore (N.Y.).
"We usually take a breather this week to get ready for the leagues, counties, and states to come, but I wanted to see some of the other kids run," said Coyle, whose team took five of the top 11 places and seven of the first 22. "We had a wonderful time here today, running two of our good sophoms in the varsity race, and we also ran well in the freshman and jayvee races."

CROSS-COUNTRY

Sophomore Andrew Rodney was third in the race, ahead of teammates John O'Neill and David Driever, running a personal-best 17:37.
It was admittedly a watered-down field for the meet, with league titles beginning Monday and the Manhattan Invitational draining off many other possible contenders. But Coyle and Pascaack Valley coach

Bill Henshaw found much to be happy about.
PV finished third with 110 points, with a pack finishing just 27 seconds apart from 17th to 29th. The plaque was a nice surprise for the Indians, who are just 3-6 in duals.

"The Pascaack pack is back," said Henshaw. "I'm pleased that we ran well, because it's been a rough season. But with a freshman running No. 1 [Joe Geraci],

things should get better."
Williamsport, the best team in Pennsylvania, easily defeated Ridgewood, 21-41, in the girls race, placing seven runners in the top 10. Amy Smith was third for the Maroons, followed by Celeste Sedo. Stephanie Doyle was eighth.
"I'm actually pretty proud of the girls," said Ridgewood coach Jacob Brown. "Four of our girls took SAT's this morning and we ran a pretty gutsy race."

Ridgewood Invitational

At Ridgewood BOYS VARSITY

Team scoring

Ridgewood 32, South Shore 103, Pascaack Valley 110, Horace Mann 116, Lawrenceville 123, Raritan 145, Manasquan 207, Broadalbin 208, Colonia 216, Dumont 290.

1. Tenaal Asfaw, Lawrenceville 17:15.
2. Mike Ternoey, Lawrenceville 17:24.
3. Andrew Rodney, Ridgewood 17:37.
4. John O'Neill, Ridgewood 17:51.
5. David Driever, Ridgewood 18:11.
6. R.J. Ratajczak, Broadalbin 18:18.
7. Xavier Jaramillo, South Shore 18:22.
8. Spud Leogene, South Shore 18:24.
9. Will Byrne, Ridgewood 18:25.
10. No card, Horace Mann 18:27.
11. Joe Fortunato, Ridgewood 18:27.
12. Rich Stellingwerf, Indian Hills 18:31.
16. Nate Ekman, Ridgewood 18:37.
17. Joe Geraci, Pascaack Valley 18:39.
20. Nick Mattus, Pascaack Valley 18:43.
21. Scott Pfeifer, Pascaack Valley 18:48.
22. Ryan Genovese, Ridgewood 18:51.
23. Brian Johnston, Pascaack Valley 18:51.

GIRLS VARSITY

Team scoring

Williamsport 21, Ridgewood 41, South Shore 99, Middletown 102, Pascaack Valley 162, St. Joseph Hill 213, Horace Mann 224, Dumont 229, Broadalbin 263, Sacred Heart 267, Matawan 269.

1. Lara Judson, Williamsport 18:56.
2. Sherri Guthrie, Williamsport 19:07.
3. Amy Smith, Ridgewood 19:45.
4. Celeste Sedo, Ridgewood 20:09.
5. Lisa Douglas, Williamsport 20:17.
6. Jamie Carpenter, Williamsport 20:26.
7. Qiana Roberts, Williamsport 20:46.
8. Stephanie Doyle, Ridgewood 20:54.
9. Shannon Wltmer, Williamsport 21:06.
10. Erica Aderhold, Williamsport 21:12.
12. Katie Cohn, Ridgewood 21:27.
14. Carrie Ruggles, Ridgewood 21:36.
20. Geraldine Campbell, Ridgewood 22:39.
23. Beth Agasi, Ridgewood 22:49.
24. Helena Brady, Dumont 22:54.
25. Takeenya Bryant 22:57.

Cumberland Run

At River Dell BOYS

Team scoring

River Dell 49, Rutherford 64, Ridgefield 70, Fort Lee 74, Ridgefield Park 122.

1. Jeremy Battles (RD) 17:08.
2. Rosario Maceri (FL) 17:22.
3. Andrew Tortora (RU) 17:39.
4. Chris Tortora (RU) 17:48.
5. Chris Servelli (CP) 18:02.
6. Dan Fernandez (RU) 18:19.
7. Ken Bauernschmidt (RP) 18:35.
8. Kevin Nebbia (RP) 18:47.
9. Rawn Sahal (R) 18:47.
10. Greg Marchick (RD) 18:05.

GIRLS

Team scoring

Rutherford 31, River Dell 63, Ridgefield Park 76, Ridgefield (no score), Fort Lee (no score).

1. Pam Becker (RD) 22:55.
2. Donna Magliato (R) 23:02.
3. Lauren McCann (RU) 23:06.
4. Tanja Basoli (RP) 23:40.
5. Rebecca Mahon (RU) 23:50.
6. Kerry Niansect (RU) 23:51.
7. Joella Keane (RU) 24:41.
8. Claudia Gutierrez (FL) 24:45.
9. Sarah King (RP) 24:54.
10. Jen Bozek (RU) 24:58.

PREDICTION RACE

- 3.1 mile
Atsak Shamsi, Englewood 18:54.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NNJIL CHAMPS

COURSE _____

DIVISION ATLANTIC VARSITY

COURSE RECORD _____

DATE 10/16/95

RIDGEWOOD RECORD _____

WEATHER _____

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1		Amy Smith	19:01
2		STEPHANIE DOYLE	19:41
3		CELESTE SEDO	20:20
5		KATIE COHN	20:57
10	(9)	CARRIE RUGGLES	21:24
11		GERALDINE CAMPBELL	21:38
12		BETH APSEL	21:42

CROSS COUNTRY

TEAM TOTAL:

TEAM PLACE:

1-5 SPLIT: 2:22

1-7 SPLIT: 2:40

■ Courtney Gallo finished the 3.1 mile course at Darlington in 19:16 to win the individual title and lead IHA to the team title in NNJIL Pacific Division girls.. Amy Smith of Ridgewood won the Atlantic Division in 19:01 as four Maroons finished in the Top 5 to give Ridgewood the team championship.

COMMENTS:

Amy Had THE BEST TIME OF THE DAY. WE DID A NICE JOB AGAINST AN IMPROVING KENNEDY TEAM. WE WILL HAVE TO WATCH OUT FOR THEM AT SECTIONALS!

**At Darlington Park
PACIFIC DIVISION**

Team scores:

IHA 28, Hackensack 69, Paramus 72, Nutley 88, Teaneck 107, Paramus Catholic 145.

Individual results

1. Courtney Gallo, IHA, 19:16; 2. Kelly Ortiz, Paramus, 19:29; 3. Dana Cataneese, IHA, 19:47; 4. Karen Petouvis, Paramus, 19:51; 5. Chrissy Martin, Hackensack, 20:12; 6. Michiyi Kawasaki, IHA, 20:32; 7. Alexandra Kenworthy, IHA, 20:47; 8. Colleen Dougherty, Nutley, 21:05; 9. Tara Quinn, Teaneck, 21:38; 10. Jen Stahl, Paramus, 21:52; 11. Jennifer Tramonozzi, IHA, 22:01; 12. Delcita Russell, Hackensack, 22:13; 13. Amy Barberia, Nutley, 22:21; 14. Judy Lowe, Hackensack, 22:32; 15. Takeenya Bryant, Teaneck, 22:40.

ATLANTIC DIVISION

Team scores:

Ridgewood 21, Kennedy 42, Clifton 83, Passaic 116, Eastside 135.

Individual results

1. Amy Smith, Ridgewood, 19:01; 2. Stephanie Doyle, Ridgewood, 19:41; 3. Celeste Sedo, Ridgewood, 20:20; 4. Sabrina Nealy, Kennedy, 20:53; 5. Katie Cohn, Ridgewood, 20:57; 6. Maydee Oquendo, Kennedy, 21:01; 7. Neriza Hufnagel, Kennedy, 21:02; 8. Luisa Marrs, Montclair, 21:15; 9. Talshanna Thomas, Kennedy, 21:21; 10. Carrie Ruggles, Ridgewood, 21:24; 11. Geraldine Campbell, Ridgewood, 21:38; 12. Beth Apsel, Ridgewood, 21:42; 13. Allison Silverglad, Clifton, 21:53; 14. Michelle Scoble, Clifton, 22:19; 15. Junguin Jean, Clifton, 22:36.

JUNIOR VARSITY

Team scores

Atlantic Division: Ridgewood 20, Clifton A 68, Clifton B 95.

Pacific Division: IHA 21

FRESHMEN

Pacific: IHA A 20, Hackensack 50, IHA B 79.

Atlantic: Ridgewood 18, Clifton 55.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NNTJL CHAMPS
 DIVISION JUNIOR VARSITY
 DATE 10-16-95
 WEATHER SUNNY & COOL

COURSE _____
 COURSE RECORD _____
 RIDGEWOOD RECORD _____
 TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1	(1)	ROSE SEDO	21:28
2	(2)	LAUREN MAXWELL	22:41
3	(3)	CHRISTINA GRAB	23:25
5	(4)	CAROLYN MORITZ	23:33
19	(10)	CATHERINE LOWE	25:49
21		VICKI LOWE	26:05
27		JEN SIEGEL	26:57

TEAM TOTAL: 20 TEAM PLACE: FIRST

1-5 SPLIT: _____ 1-7 SPLIT: _____

COMMENTS:

ROSE RAN A VARSITY QUALITY TIME. CHRISTINA RAN A PR FOR THE 5,000 meter DISTANCE! CATHERINE WAS EXCELLENT AS #5 ASSURING THE POINTS FOR THE WIN. VICKY LOWE ran a PR by 3 min.!!

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NNJIL CHAMPS
 DIVISION FROSH
 DATE 10-16-95
 WEATHER SUNNY + COOL

COURSE DARLINGTON 1.61 MILES
 COURSE RECORD _____
 RIDGEWOOD RECORD 10:58 NEW RECORD
By TIRA!
 TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1	(1)	TIRA LOBELL	10:58
3	(2)	JULIE SPRICH	11:41
8	(4)	ALISON CORRELL	12:15
10	(5)	LUCIA KNIGHT	12:18
11	(6)	KRISTEN EGAN	12:24
	8	CHRISTINA DASHER	12:32
	9	IRENE JANIS	12:34

TEAM TOTAL: 18 TEAM PLACE: 1ST

1-5 SPLIT: 1:26 1-7 SPLIT: _____

COMMENTS:

WE ARE LEAGUE CHAMPS! TEAM 1-5 SPLIT WAS GOOD. TIRA LOBELL SET A NEW RIDGEWOOD FROSH RECORD ON THIS COURSE. LUCIA HAD HER STRONGEST FINISH YET. WE ARE READY FOR THE COUNTIES!

Individual Results

1	Tira Lobell	10:57	Ridge	1	Tira Lobell
2	Julie Sprich	11:08	Ridge	2	Julie Sprich
3	Alison Correll	12:12	Ridge	3	Alison Correll
4	Lucia Knight	12:18	Ridge	4	Lucia Knight
5	Kristen Egan	12:24	Ridge	5	Kristen Egan
6	Christina Dasher	12:32	Ridge	6	Christina Dasher
7	Irene Janis	12:34	Ridge	7	Irene Janis

1995 Varsity Girls Atlantic Division Results

Team Results

Champion	Ridgewood	21 Points
2nd Place	JF Kennedy	42 Points
3rd Place	Clifton	83 Points
4th Place	Passaic	116 Points
5th Place	Eastside	135 Points

Individual Results

1.	Amy Smith	Ridge	19:01	19.	Marilyn Cruz	JFK	23:26
2.	Stephanie Doyle	Ridge	19:41	20.	Kristy Marquart	Clift	23:40
3.	Celeste Sedo	Ridge	20:20	21.	Ulana Farmiga	Clift	23:42
4.	Sabrina Necely	JFK	20:53	22.	Laina Wallace	East	23:42
5.	Katie Cohn	Ridge	20:57	23.	Erin Pride	East	23:42
6.	Maydee Oquendo	JFK	21:01	24.	Madeline Avent	Pass	23:53
7.	Neriza Hufnagel	JFK	21:02	25.	Deirdre Pontes	Clift	24:28
8.	Luisa Marrs	Mont	21:15	26.	Jessica Lasear	Clift	24:32
9.	Taishanna Thomas	JFK	21:21	27.	Zoraida Nieves	East	24:39
10.	Carrie Ruggles	Ridge	21:24	28.	Yarissa Rodriguez	Pass	25:02
11.	Geraldine Campbell	Ridge	21:38	29.	Nakisha Dollar	Pass	25:16
12.	Beth Apsel	Ridge	21:42	30.	Tiamecua Fulton	East	25:27
13.	Alison Silverglad	Clift	21:53	31.	Melissa Phillips	Mont	25:34
14.	Michele Scoble	Clift	22:19	32.	Shameka Lang	JFK	26:15
15.	Jungin Jean	Clift	22:36	33.	Denay Caldwell	East	26:27
16.	Sylvia Nealy	JFK	23:00	34.	Lilly Rivera	Esat	26:49
17.	Timesha Edwards	Pass	23:20	35.	Monique Bunion	Barr	27:08
18.	Jennifer Castaneda	pASS	23:25				

1995 Junior Varsity Girls Atlantic Division Results

Team Results

Champion	Ridgewood	20 Points
2nd Place	Clifton "A"	68 Points
3rd Place	Clifton "B"	95 Points

Individual Results

1.	Rose Sedo	Ridge		12.	Eva Hizsnxa	Clift	
2.	Lauren Maxwell	Ridge		13.	A. Goliaw	Clift	
3.	Christina Grab	Ridge		14.	W. You	Clift	
4.	Carolyn Moritz	Ridge		15.	?????????	Clift	
5.	Rina Kava	JFK		16.	Jen Siegel	Ridge	
6.	Christi Chillemi	Clift		17.	Joy Scable	Clift	
7.	Mykeisha Robinson	JFK		18.	Randy Grieco	Clift	
8.	Winter Kosit	Clift		19.	A. Mistry	Clift	
9.	Ana Nunez	Pass		20.	Rivera	Clift	
10.	Catherine Lowe	Ridge		21.	Nadine Bonafide	Clift	
11.	Vicki Lowe	Ridge		22.	Cherron Okorankwo	Pass	

NOTE: Malfunction in watch resulted in no times

1995 Freshman Girls Atlantic Division Results

Team Results

Champion	Ridgewood	18 Points
2nd Place	Bloomfield	55 Points

Individual Results

1.	Tiera Lobell	Ridge	10:57	10.	Lesley Perritt	Clift	12:15
2.	Julie Spritch	Ridge	11:08	11.	Denise Zuniga	Clift	12:41
3.	LaSandra Singelton	JFK	11:47	12.	Naila Gittens	Pass	12:57
4.	Alison Correll	Ridge	12:12	13.	Alexandra Garzan	Clift	13:24
5.	Lucia Knight	Ridge	12:15	14.	Lina Mistey	Clift	14:00
6.	Kirsten Egan	Ridge	12:16	15.	Mayuri Patel	Clift	NT
7.	Melissa Dutch	Clift	12:27	16.	Maria Feliciano	Pass	NT
8.	Christina Dasher	Ridge	12:28	17.	Monica Vallejo	Pass	NT
9.	Irene Janis	Ridge	12:31				



**PAUL SCHWARTZ
CROSS-COUNTRY**

Amazing streaks still alive

With the championship season in full swing with five league championships held last week and the Bergen County group championships set for this afternoon, two dual-meet performances must be saluted before we look forward.

Both the Wayne Valley and Ridgewood girls teams have completed an amazing 12th straight year of unbeaten dual meets, running Ridgewood's winning streak to 79 meets and Wayne Valley's to 195. All meets during the streaks have taken place within their respective leagues, the Northern New Jersey Interscholastic League for Ridgewood and the Northern Hills for Wayne Valley.

"This year every meet was pretty tough for us," said Wayne Valley coach Conan Ward, the third Indians coach during the streak, after Bill Stearns (six years) and Joann Mosley (one). "We had lost some great runners from last year and we had only one runner with a lot of varsity experience. And the others hadn't really responded when they had filled in at varsity in the past. I thought we'd have a difficult time continuing the streak."

But hard work over the summer from a group that included junior Sarah Park, the lone varsity returnee, who is favored to win the Passaic County championship on Election Day, helped the streak continue.

Other members of this year's Wayne Valley varsity include junior Lauren Katz, a former soccer player who came out for the first time. Other juniors — Mary Beth Sexton, Kerri Cleland, and Lauren Friedman — stepped forward, as did soph Jen Pasek.

And the Indians even overcame an injury to their best soph, Jackie Pasek, with the help of freshmen Catherine Getty, Jessica Monahan, Danise Cavallero, and Eryn Taormina.

"Montville and Morris Catholic are both very good teams and we were able to beat both of them in close meets. The last two meets we really began to run well, and I'm hoping it carries us into the sectionals and counties," said Ward.

Wayne Valley's last loss was to a fine DePaul team in 1983, led by Parochial A champion Rene Murphy.

"This year's team may not have the stars, but we may have the most depth we've ever had," said Ward. "I'm so proud of what they've accomplished."

Ward credits tradition as well as talent and hard work for the long streak.

"Tradition is a large part of our success," says Ward. "The kids who are already here always welcome the new kids and carry things on."

"Look at Ridgewood, they always have good leadership, great depth, and kids who love to run and love to compete."

Ridgewood's streak in numbers is smaller than Wayne Valley's, but that is more a function of the leagues than anything else.

The Northern Hills runs up to 17 teams in quadrangular and quintangular meets on five or six dates, while the NNJIL has cut to only four dates and dual or triangular meets within its own divisional, so Ridgewood won only seven meets each of the last three years while Wayne Valley was winning 17.

But the Ridgewood streak, which extends back to a 27-30 loss to Hackensack on Oct. 4, 1983, is at least as significant.

Since then, only two meets have been as close as nine points (a 24-31 win over Paramus in 1985 and 24-33 over Hackensack in 1986). And in the last six years, only this year's Kennedy team put as many as two runners ahead of Ridgewood's fifth in any meet.

"It's a real credit to the girls and their love of running," said veteran Ridgewood coach Jacob Brown.

This year's team is led by seniors Amy Smith and Stephanie Doyle, soph Celeste Sedo, and juniors Katie Cohn and Carrie Ruggles. But the Maroons also have runners like senior Beth Apsel and solid jayvee runners able to fill in to keep the streak going.

THE RECORD'S POLLS

GIRLS CROSS-COUNTRY



BERGEN GROUP 1-2

- 1. Ramsey (5)** — The Rams finished undefeated in duals, and off their good performance in the Shore Invitational, should have enough to hold off Westwood in the Group 2 showdown. (Points: 25).
 - 2. Westwood** — The Cardinals won the BCSL American championship as Nikki Callaghan is rounding into the form that brought her a sectional title last year. (Points: 20).
 - 3. Pallsades Park** — The Tigers had no trouble winning the BCSL National championship, taking six of the top 11 places. But the gap has closed against Bogota, and the Tigers must run their best race of the year to beat the Bucs in Group 1 today. (Points: 11).
 - 4. Bogota** — The BCSL Olympic meet was a walkover, as the Bucs took seven of the top 15 spots, led by race winner Erica Casarolo. (Points: 10).
 - 5. Rutherford** — The Bulldogs finished a disappointing fourth in the BCSL American championships. Mahasin Pegelse was a solid fourth but the Bulldogs pack had an uncharacteristically poor race and finished well back. (Points: 8)
- Also receiving votes** — Midland Park 1.

BERGEN GROUP 3-4

- 1. Ridgewood (5)** — Ridgewood breezed to the NNJIL Atlantic title after a second-place finish behind Pennsylvania power Williamsport at Ridgewood Invitational. (Points: 25).
 - 2. Immaculate Heart** — The Blue Eagles easily won the NNJIL Pacific crown but are just a little short of matching Ridgewood in Group 4. (Points: 20).
 - 3. Paramus** — The Spartans lost by three points to unranked Hackensack in an NNJIL Pacific meet and need to run much better to hold off Northern Highlands, Tenafly, and Fort Lee in the Group 3 County race. (Points: 9).
 - 4. Northern Highlands** — The Highlanders edged Fair Lawn, 28-29, in a tight dual meet this week. Jennie Melghan is favored to win Group 3. (Points: 7).
 - 5. Fair Lawn** — The Cutters were inconspicuous most of the season, but were a solid second behind Kennedy in the Passaic Coaches Group 4 meet and have lost only twice in duals. (Points: 8)
- Also receiving votes** — Hackensack 3, Tenafly 1, Fort Lee 1, Holy Angels 1.

PASSAIC/MORRIS

- 1. Kennedy (5)** — The Knights were a solid runner-up to Ridgewood at NNJIL Atlantic meet and appear ready to claim their first Passaic title since 1982. Their next big race is Saturday's Group 4 sectional. (Points: 25).
 - 2. Wayne Valley** — The Indians stretched their dual-meet winning streak to 194 and are improving with every meet. Their Northern Hills title win Friday sets up consecutive showdowns with Kennedy in the sectional and County championships. (Points: 20).
 - 3. West Milford** — The Highlanders should contend for sectional and County honors. (Points: 13).
 - 4. Clifton** — The Mustangs need top-15 performances from Allison Silverglad, Michelle Scobie, and Jinguin Jean at the NNJIL Atlantic meet. (Points: 11).
 - 5. Pompton Lakes** — The B-PSL championship is Monday, and the sectional Group 1 race Saturday could move Pompton Lakes up in the poll. (Points: 5).
- Also receiving votes** — Passaic Valley 1, Lakeland 1. Voting on 5-4-3-2-1 basis by The Record sports staff.

NORTH JERSEY SPORTS

BERGEN CROSS-COUNTRY

Runners facing sloppy title quest

By PAUL SCHWARTZ

Correspondent

The forecast calls for rain Saturday afternoon during the annual Bergen County Group cross-country championships at Darlington Park in Mahwah, but that won't dampen the spirits of the County's best runners.

The always anticipated group championships will, as usual, provide their share of expected winners and surprise performers and teams, with the top three teams in each group plus the top individuals plus up to 10 wild cards qualifying for the Bergen County Meet of Champions at Darlington on Nov. 4.

Here's a closer look at the eight races.

BOYS GROUP 1 — Palisades Park is favored to become the first team since Bogota (1982-84) to win three straight Group 1 titles. Seven of the top 10 individuals return from last year, including defending champ Jamie Cortes, heavily favored to become the first Group 1 repeat titlist since David Gendleman of Dwight-Englewood in 1983 and 1984. Look for BCSL Olympic rivals Emerson, Bogota, and Park Ridge, plus Becton and Saddle Brook to battle for the other two team spots. Peter Startz of Waldwick and BCSL Olympic champ Scott Menti of Cresskill should also excel.

BOYS GROUP 2 — Westwood, off its BCSL American win, is heavily favored to repeat, with a wide-open battle for second and third. The top returnee is 1994 fifth-place finisher Steve Calijone of Mahwah, with Andrew and Chris Tortora of Rutherford and soph Matt Caporaletti of Westwood also in the hunt.

BOYS GROUP 3 — With defending champ Paramus Catholic now in Group 4, look for Demarest, Ramapo, Paramus, Queen of Peace, and undefeated Garfield to scrap for the title. A fine individual race looms between Cary Snyder of NV/Demarest, Jeremy Battles of River Dell, BCSL American

champ Marco Alves of Queen of Peace, and Andrew Knight of Ramapo.

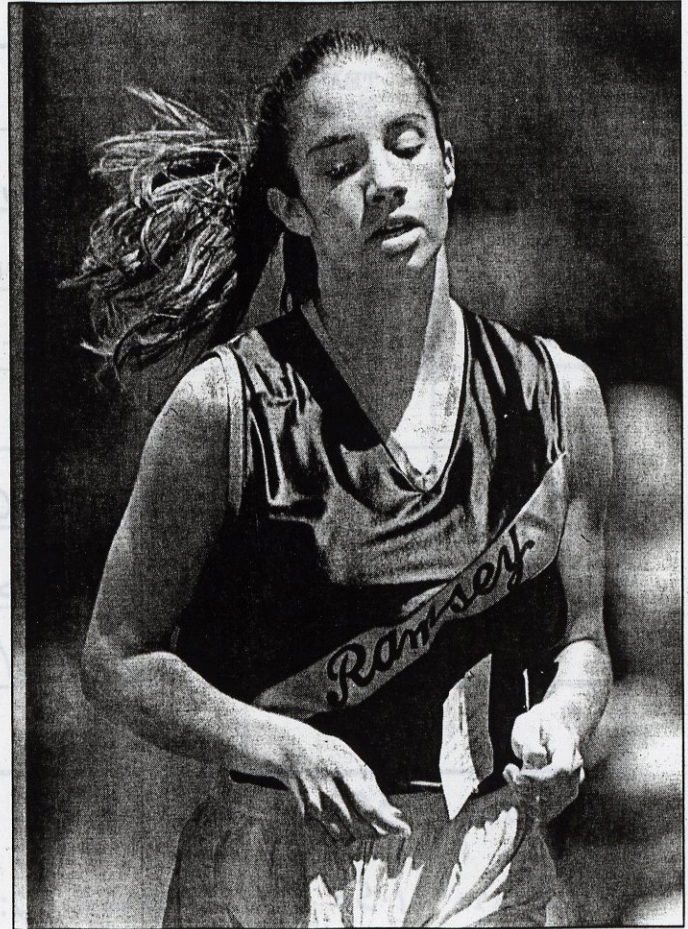
BOYS GROUP 4 — Don Bosco is the defending champ but Ridgewood is the prohibitive favorite to claim its 11th title since 1978. PC should be second with Don Bosco, Hackensack, and Bergen Catholic in a dogfight for third. Kevin Gilman of BC hopes to defend his title against Noah Murphy and Andrew Zagula of PC, Kurt Eler of Don Bosco, and Neil Burt of Ridgewood.

GIRLS GROUP 1 — It looked like a walkover for BCSL National champ Palisades Park until recently, but here comes defending champ Bogota, and it could be the closest of the girls races. Defending champ Kirsten LaFond of Bogota and teammate Erica Cesario are favored individually, along with Tina Govic of Pal Park and Allison Curran of probable third-place Midland Park.

GIRLS GROUP 2 — A showdown between defending champ Westwood and defending Group 3 champ Ramsey with Rutherford probably third. Look for Ramsey to win but the battle between Group 2 champ Nikki Callaghan of Westwood and Group 3 champ Dana Satir of Ramsey should be a doozy.

GIRLS GROUP 3 — Another wide-open race with Northern Highlands, Paramus, Fort Lee, Tenafly, and Garfield in the hunt. Individually, Jennie Meighan of Northern Highlands is probably the favorite, but Karen Petovis and Kelly Ortiz of Paramus and Brigitte Bogert of Fort Lee should be in the hunt.

GIRLS GROUP 4 — Ridgewood will have very little trouble in winning its 12th straight and 15th title in 16 years with Immaculate Heart Academy second and a battle between Fair Lawn, Hackensack, and Holy Angels for the third slot. Defending champion Kourtney Gallo of IHA leads seven of last year's top 10, with Amy Smith and Steph Doyle of Ridgewood and Tara Quinn of Teaneck also in contention.



TERRENCE JAMES/STAFF PHOTOGRAPHER

Dana Satir hopes to lead Ramsey to a Girls Group 2 championship Saturday.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN COUNTY GROUP CHAMPS

COURSE DARLINGTON

DIVISION GROUP 4

COURSE RECORD _____

DATE 10-21-95

RIDGEWOOD RECORD _____

WEATHER HEAVY RAIN & HIGH WIND

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1	(1)	Amy Smith	19:23
2	(2)	STEPHANIE DOYLE	19:31
4	(4)	CELESTE SEDO	20:05
9	(9)	CARRIE RUGGLES	20:57
12	(12)	KATIE COHN	21:19
16		GERALDINE CAMPBELL	21:43
17		BETH APSEL	21:50

TEAM TOTAL: 28

TEAM PLACE: 1ST

1-5 SPLIT: 1:56

1-7 SPLIT: 2:27

COMMENTS: I remember a meet at Bernardsville in the 70's; I remember one of the Manhattan meets about 10 years ago; I remember the distance medley at the Bergen Relays when Jenna Rogers had the baton on anchor; None of these rainy meets come close to what we all experienced today! We had rain, wind, more rain, and more wind. When some of you ran out to play in the high wind I started to fear for your lives!. But you guys are the toughest I know. Our teams had a great day and we showed Ridgewood can win under any circumstances.

Amy had the best time of the day, Stephanie beat Kourtney, Celeste is looking all bergen, Carrie ran her best race to date, Katie recovered from sickness well, Geraldine ran a great middle and was factor in team scoring and Beth was positive, staying WITH IHA's #5 till the very end. I'm proud to be Ridgewood!

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN COUNTY GROUP CHAMPIONSHIPS

COURSE DARLINGTON

DIVISION JUNIOR VARSITY

COURSE RECORD _____

DATE 10-21-95

RIDGEWOOD RECORD _____

WEATHER HEAVY RAIN & HIGH WIND!

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1	(1)	ROSE SEDO	22:03
2	(2)	LAUREN MAXWELL	22:51
6	(6)	CHRISTINA GRAB	23:24
7	(7)	CAROLYN MOZITZ	23:41
11	(11)	KITTY LAWN	24:13
25		KATHERINE LOWE	25:48
26		VICKI LOWE	25:48
33		JEN SIEGEL	26:23
36		EMILY HERMANCE	26:41

TEAM TOTAL: 27 TEAM PLACE: 1ST

1-5 SPLIT: 2:10 1-7 SPLIT: _____

COMMENTS:

Rose Ran a solid winning Race.
 Carolyn was very tough in the
 2ND and Third mile.

Bergen County champs - Great job

- RIDGEWOOD - 27
- RUTHERFORD - 97
- IHA - 98
- HOLLY ANSELS - 116
- RAMAPO - 147
- GARFIELD - 225

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN COUNTY GROUP CHAMPS

COURSE DARLINGTON

DIVISION FROSH

COURSE RECORD _____

DATE 10-21-95

RIDGEWOOD RECORD _____

WEATHER HEAVY RAIN & HIGH WIND

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	FINISH TIME
4		TIRA LOBELL	11:06
8		JULIE SPRICH	11:34
16		LUCIA KNIGHT	12:13
18		ALISON CORRELL	12:20
33		CHRISTINA DASHER	13:14

TEAM TOTAL: 79

TEAM PLACE: 2ND

1-5 SPLIT: 2:18

1-7 SPLIT: _____

COMMENTS:

WE RAN 2ND TO A VERY TOUGH RAMSEY TEAM. WE DID A GOOD JOB AS A SHORT HANDED TEAM EVERYONE HAD TO RUN WELL AND FINISH. WE DID.

- RAMSEY 23
- RIDGEWOOD 79
- I HA 91
- GARFIELD 133
- HACKENSACK 181

CROSS-COUNTRY

Bergen Championships

At Darlington Park, Mahwah

GIRLS GROUP 1

Team scores

Palisades Park 39*, Bogota 49*, Midland Park 61*, Becton 81, Cresskill 130, Emerson 147.

1. Kiraten LaFond, Bogota	20:49.
2. Erica Cesario, Bogota	21:07.
3. Tina Govic, Palisades Park	21:32.
4. Allison Curran, Midland Park	21:51.
5. Tracy Evans, Becton	22:03.*
6. Stephanie Paglione, Palisades Park	22:24.
7. Kelly Baker, Midland Park	22:33.
8. Maria Mokanos, Palisades Park	22:45.
9. Donna Magliato, Ridgely	22:49.*
10. Rachel Beneventi, Midland Park	22:52.
11. Betty Ann Sidoti, Palisades Park	23:02.
12. Tracy Hunter, Bogota	23:17.
13. Liz Liguori, Palisades Park	23:28.
14. Carolyn Bettridge, Cresskill	23:30.
15. Christine Lopez, Becton	23:31.
16. Alaina Schinn, Bogota	23:48.
17. Christine Ackerson, Midland Park	23:57.
18. Jessica Fernandez, Palisades Park	24:02.
19. Hope Dembanaki, Becton	24:13.
20. Virginia Yun, North Arlington	24:17.
21. Robyn Masi, Emerson	24:21.
22. Gen Kester, Bogota	24:22.
23. Sandra Ruymen, Becton	24:32.
24. Karen Sudacki, Saddle Brook	24:37.
25. Mary Mirkovic, Palisades Park	24:38.

GIRLS GROUP 2

Team scores

Ramsey 22*, Westwood 64*, Rutherford 89*, Pascack Hills 115, Dumont 118, Glen Rock 135.

1. Nikki Callaghan, Westwood	19:47.48.
2. Dana Satir, Ramsey	19:48.00.
3. Casey Beckmann, Ramsey	20:56.
4. Sarah Walton, Ramsey	20:56.
5. Tracy Kirk, Ramsey	20:56.
6. Jessica Drew, Westwood	21:16.
7. Aleksandra Kazmierczak, Glen Rock	21:29.*
8. Erin Oliver, Ramsey	21:31.
9. Helena Brady, Dumont	21:47.*
10. Laura Montelth, Ramsey	21:50.
11. Ryann Lantz, Westwood	22:05.
12. Tammy French, Pascack Hills	22:08.*
13. Jen Belthoff, New Milford	22:13.*
14. Kim Hewitt, Ramsey	22:17.
15. Mahasin Pegelas, Rutherford	22:20.
16. Lauren McCann, Rutherford	22:21.
17. Charlene Hooper, Englewood	22:30.
18. Reiko Takemasa, Pascack Hills	22:34.
19. Gina Monaco, Ridgely	22:38.
20. Jessica Lareen, Rutherford	22:39.
21. Kathleen Burke, Glen Rock	23:10.
22. Allison Herron, Pascack Hills	23:19.
23. Janet Luca, Westwood	23:30.
24. Lynn Su, Rutherford	23:41.
25. Jennifer Bozek, Rutherford	23:41.

GIRLS GROUP 3

Team scores

Northern Highlands 50*, Holy Angels 124*, Tenafly 136*, Paramus 139, Indian Hills 140, NV/Demarest 142, Fort Lee 168, Pascack Valley 197, Garfield 205, Bergenfield 221, Ramapo 227, Queen of Peace 247, River Dell 297.

1. Jen Melghan, Northern Highlands	20:12.
2. Nikki Henry, Demarest	20:15.*
3. Karen Petouvis, Paramus	20:23.*
4. Brigitte Bogert, Fort Lee	20:50.*
5. Joelle Mazeri, Fort Lee	21:05.*
6. Jamie Siegrist, Demarest	21:12.*
7. Eileen Lennon, Holy Angels	21:14.
8. Mandy Smeal, Northern Highlands	21:16.
9. Wendy Amster, Tenafly	21:18.
10. Meghan O'Toole, Garfield	21:20.*
11. Tovash Oppenheimer, Northern Highlands	21:30.
12. Kelly Ortiz, Paramus	21:41.*
13. Liz Kerr, Northern Highlands	21:43.
14. Jennifer Knuth, Holy Angels	21:50.
15. Patti McWhirr, Demarest	22:01.*
16. Kate Coe-griff, Tenafly	22:07.*
17. Susan Coomber, Northern Highlands	22:12.
18. Andrea Mazarino, Old Tappan	22:14.*
19. Jen Stahl, Paramus	22:18.*
20. Jenn Pisan, Indian Hills	22:21.
21. Cheryl Joll, Queen of Peace	22:23.
22. Angela Lulno, Indian Hills	22:24.
23. Katie Lynch, Indian Hills	22:25.
24. Kristin Neilson, Indian Hills	22:31.
25. Rachel Harrison, Pascack Valley	22:34.

GIRLS GROUP 4

Team scores

Ridgewood 28, Immaculate Heart Academy 37*, Hackensack 75*, Fair Lawn 85.

1. Amy Smith, Ridgewood	19:23.
2. Stephanie Doyle, Ridgewood	19:31.
3. Kourtney Gallo, IHA	19:48.
4. Celeste Sedo, Ridgewood	20:05.
5. Dana Catanese, IHA	20:28.
6. Jackie Martin, Hackensack	20:33.
7. Michlyo Kawasaki, IHA	20:49.
8. Alexandra Kenworthy, IHA	20:53.
9. Carrie Ruggles, Ridgewood	20:57.
10. Chrissy Martin, Hackensack	21:01.
11. Sara Meroth, Fair Lawn	21:07.*
12. Katie Cohn, Ridgewood	21:19.
13. Amy Wyka, Fair Lawn	21:22.*
14. Tara Quinn, Teaneck	21:30.*
15. Danielle Reinert, IHA	21:37.
16. Geraldine Campbell, Ridgewood	21:43.
17. Beth Apse, Ridgewood	21:50.
18. Delicia Russell, Hackensack	22:02.
19. Jill Munczinski, Fair Lawn	22:10.*
20. Loraine Noceti, Fair Lawn	22:18.*
21. Jen Tramantozzi, IHA	22:38.
22. Judy Lowe, Hackensack	23:06.
23. Julia Gutilla, IHA	23:09.
24. Taquesena Bryant, Teaneck	23:13.
25. Latoya Thomas, Hackensack	23:23.

BOYS GROUP 1

Team scores

Palisades Park 34*, Emerson 98*, Saddle Brook 99*, Bogota 120, Park Ridge 123, Leonia 148, Becton 175, Ridgely 197, Cresskill 238, Midland Park 284, North Arlington 297.

1. Jamie Cortes, Palisades Park	16:36.
2. Peter Startz, Waldwick	16:43.*
3. Diego Gloffre, Palisades Park	16:57.
4. Scott Menti, Cresskill	17:01.*
5. Hugo Juarez, Palisades Park	17:02.
6. Jeff Clark, Bogota	17:07.*
7. Joel Casubhal, Emerson	17:12.*
8. Anthony Gotay, Saddle Brook	17:19.
9. Geiby Hawkins, Leonia	17:30.*
10. Bobby Goers, Palisades Park	17:31.
11. Dave Kosoff, Park Ridge	17:32.*
12. Doug Yarosz, Saddle Brook	17:33.
13. Mark Ledgerwood, Park Ridge	18:16.
14. Kevin Nebbia, Ridgely	18:28.
15. Mike Byrnes, Palisades Park	18:29.
16. Justin Scheler, Leonia	18:36.
17. Ron Gerhold, Emerson	18:39.
18. Arda Altinchital, Bogota	18:40.
19. Chris Paul, Saddle Brook	18:44.
20. Yasdan Darlan, Emerson	18:45.
21. Craig Foster, Emerson	18:46.
22. Mark Fantin, Bogota	18:52.
23. Chris Murphy, Saddle Brook	18:54.
24. David Lunin, Park Ridge	18:54.
25. Jason Hon, Palisades Park	18:58.

BOYS GROUP 2

Team scores

Westwood 39*, Mahwah 97*, Rutherford 101*, Ramsey 105, Pascack Hills 123, New Milford 126, Dumont 130, Hasbrouck Heights/Wood-Ridge 192, Glen Rock 218.

1. Matt Caporaletti, Westwood	17:07.
2. Rues Giancola, New Milford	17:10.*
3. Dan Fernandez, Rutherford	17:27.
4. Mike Sikok, Mahwah	17:28.
5. Dave Gohlch, Westwood	17:35.
6. Andrew Tortora, Rutherford	17:40.
7. Chris Tortora, Rutherford	17:43.
8. Steve Callione, Mahwah	17:56.
9. Bill McDonald, Lyndhurst	18:01.*
10. Luke Hedges, Westwood	18:06.
11. James Yoo, Pascack Hills	18:19.
12. Ken Bauernschmidt, Ridgely	18:21.
13. Luis Duarte, Lodi	18:23.
14. Andrew Giannotti, Westwood	18:24.
15. Allan Rubel, Ramsey	18:32.
16. Peter Demarest, Westwood	18:40.
17. Jason Shuff, New Milford	18:46.
18. Marc Giannotti, Westwood	18:54.
19. Denis Goldman, Dumont	18:54.
20. Dennis Canino, Dumont	18:55.
21. Phil Bocchino, Westwood	18:56.
22. John Walsh, Ramsey	19:01.
23. Arvin Aguinaldo, Mahwah	19:19.
24. Jack Run, Dumont	19:24.
25. Harjeev Khanduja, Ramsey	19:30.

BOYS GROUP 3

Team scores

NV/Demarest 56*, Northern Highlands 99*, Garfield 109*, Ramapo 119, Paramus 123, River Dell 139, Bergenfield 213, Indian Hills 318.

1. Andrew Knight, Ramapo	16:33.*
2. Cary Snyder, Demarest	16:51.
3. Marco Alves, Queen of Peace	17:07.*
4. Martin Pankiewicz, Garfield	17:26.
5. Mike Apa, Old Tappan	17:33.*
6. Artie Andreano, Garfield	17:35.
7. Jeremy Battles, River Dell	17:43.*
8. Brian Connelly, Demarest	17:44.
9. Rosario Maceri, Fort Lee	17:45.*
10. Craig Glammone, Demarest	17:46.
11. Jon Lay, Paramus	17:51.*
12. Jason Izen, Tenafly	17:52.*
13. Shuji Nishida, Northern Highlands	17:53.
14. Chip Corwith, Northern Highlands	17:54.
15. Paul Berberian, Old Tappan	17:58.*
16. Ken Jackman, Ramapo	17:59.*
17. Mike Hasan, Bergenfield	18:02.*
18. Tim Muratore, Tenafly	18:03.*
19. Faah Hammeed, Demarest	18:10.
20. Eric Knackmuhs, Ramapo	18:15.
21. Dave Valente, Queen of Peace	18:19.
22. Steve Corsale, Northern Highlands	18:24.
23. Nick Mateus, Pascack Valley	18:27.
24. Tim Melghan, Northern Highlands	18:32.
25. Greg Sdeo, Demarest	18:37.

BOYS GROUP 4

Team scores

Ridgewood 28*, Paramus Catholic 70*, Don Bosco 72*, Bergen Catholic 93, Hackensack 101, Fair Lawn 172.

1. Kevin Gilman, Bergen Catholic	16:46.*
2. Mike Castagno, Ridgewood	17:04.
3. Neil Burt, Ridgewood	17:05.
4. Mike Cohen, Ridgewood	17:06.
5. Noah Murphy, Paramus Catholic	17:18.
6. Eric Rogers, Ridgewood	17:20.
7. Andrew Zagula, Paramus Catholic	17:25.
8. Rob Zagula, Paramus Catholic	17:28.
9. Romeo Joseph, Hackensack	17:27.*
10. Joe Poliseo, Don Bosco	17:39.
11. Kurt Erler, Don Bosco	17:40.
12. Jim Wolynetz, Don Bosco	17:50.
13. Mike Jones, Ridgewood	17:54.
14. Will Byrne, Ridgewood	17:56.
15. Tom Redmond, Bergen Catholic	17:57.*
16. David Driever, Ridgewood	17:58.
17. Thomas Baldwin, Hackensack	18:00.*
18. Hugh Sponeiler, Hackensack	18:04.*
19. Joe D'Angelo, Don Bosco	18:05.
20. Jim Sheehy, Don Bosco	18:06.
21. Andrew Reiners, Don Bosco	18:07.
22. Chris Zuck, Bergen Catholic	18:09.
23. Alejandro Polanco, Hackensack	18:20.
24. Kevin Colling, Paramus Catholic	18:22.
25. John Bombardier, Fair Lawn	18:29.

* team and individual qualifiers for Bergen Meet of Champions Nov. 4

JV girls team champion — Ridgewood 27.

JV girls individual champion — Rose Sedo, Ridgewood, 22:03.

JV boys small schools team champion — Westwood 38.

JV boys small schools individual champion — Marc Sebastian, Palisades Park, 18:31.

JV boys large schools team champion — Ridgewood 15.

JV boys large schools individual champion — John O'Neill, Ridgewood, 17:50.

Freshman girls team champion — Ramsey 23.

Freshman girls individual champion — Julie Clif-ford, Holy Angels, 10:45.

Freshman boys small schools team champion — Garfield 79.

Freshman boys small schools individual champi-on — Joe Geraci, Pascack Valley, 9:06.

Freshman boys large schools team champion — Paramus Catholic 51.

Freshman boys large schools individual champi-on — Tim McDonough, Ridgewood, 9:13.

Champions show they're stormproof

By PAUL SCHWARTZ
Correspondent

MAHWAH — Neither wind nor rain nor heat nor dark of day stays the Bergen County cross-country runners from the swift completion of their appointed rounds.

With apologies to the United States Postal Service and Herodotus, postal workers have nothing on the runners in Saturday's Bergen County group championships.

Somehow, at the height of the storm that wiped out many other events on the area high school schedule, Palisades Park, Westwood, Northern Valley at Demarest and Ridgewood managed to earn team championships Saturday in impressive style.

Even a tornado-like gust of wind as the Group 1 boys were finishing, which knocked down a tree 10 feet from the scoring van, couldn't stop Jamie Cortes and Palisades Park from repeating easily, 34-98 over Saddle Brook.

Cortes, who ran 16:36 for the 5,000 meters to defeat Peter Startz of Waldwick by 35 meters, led the Tigers to their third straight title and became the first runner in 11 years to repeat in Group 1. The Tigers had four runners in the top 10.

"This is such an unusual bunch," said Palisades Park coach Frank Donahue. "They're able to get pumped up every week and they think they can do some great things."

"Our team is really strong," said Cortes, who with Group 3 winner Andrew Knight of Ramapo and Group 4 winner Kevin Gilman of Bergen Catholic are the favorites to win the Bergen Meet of Champions in two weeks. "We want to be in the top three as a team in the BMOC."

Westwood coach Steve Lurie described

BOYS CROSS-COUNTRY

his team's 39-97 win over Mahwah in Group 2 as workmanlike.

The Cardinals placed seven runners in winning for the second straight year, led by Matt Caporaletti, who held off fellow soph Russ Giancola of New Milford to win in 17:07.

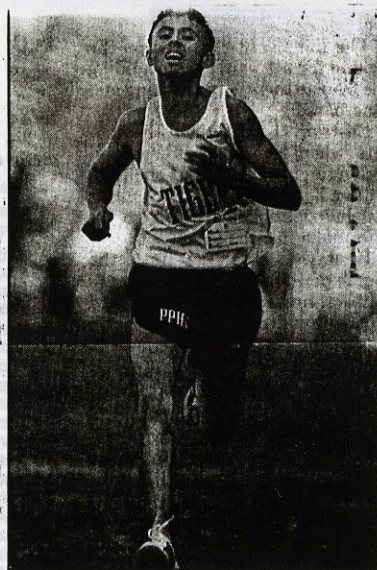
"They do what they need to do and I'm extremely pleased with their effort," said Lurie. "Last year's team was a lot better and next year's team could be a lot better, but this team gets the job done."

Knight continued to improve and move into the BMOC picture with the best time of the sloppy day, running 16:33 to win Group 3 by more than 90 meters over soph Cary Snyder of Northern Valley at Demarest. But the Norsemen won their first team title, impressively, 56-99 over Northern Highlands.

"I ran about a month last fall with a fracture in my hip," said Knight. "But by the spring I was healthy again and things have gone really well this year. Cary is so tough and I'm hoping to come back Tuesday in the league meet and keep running well."

For longtime coach and co-meet director Ray Siegrist, the victory was a sweet one and became possible when Snyder's family decided in August not to leave Demarest.

"Once he came back, and we got [fifth man] Fashi Hammed to come out, I knew we'd have a chance," said Siegrist. "Then we had to keep [freshman] Connelly's mileage down so he didn't overdo it." Brian Connelly finished eighth as Demarest took five of the top 25 spots.



BETH BALBIERZ/STAFF PHOTOGRAPHER
Palisades Park's Jamie Cortes ran 16:36 to win the Group 1 individual cross-country title for the second straight year.

Ridgewood's pack became even more deadly as the Maroons went 2-3-4-6-13-14-17 to easily defeat Paramus Catholic and win their 11th Group 4 title.

Kevin Gilman of Bergen Catholic ran 16:46 and repeated by nearly 90 yards over Mike Castagno, the first of the Maroon pack. All seven Ridgewood runners finished within 54 seconds of each other.

Gilman, who had struggled most of the year before winning the Northern New Jersey Interscholastic League Atlantic title Monday, credited his victory to a solid practice regimen and an increase in confidence.

"I'm really pleased with the fact that all seven of our runners ran well in the same race for the first time," said Ridgewood coach Larry Coyle. "I'm really looking forward to the sectionals and the next three or four weeks."

Local scoreboard on S-21

Ridgewood, NH, Ramsey, PP win

MAHWAH — The weather conditions went from bad to worse to abysmal, but it didn't affect the powerful performances of Saturday's team winners at the girls Bergen County group cross-country championships.

Ridgewood won its 12th straight Group 4 championship despite an inspired effort by Immaculate Heart Academy, while Northern Highlands rode first-year cross-country runner Jennie Meighan's win to an easy 50-124 victory over Holy Angels in Group 3.

Ramsey placed seven runners in the top 13 to easily capture Group 2 over Westwood, 22-64, despite Nikki Callaghan's repeat win in the most exciting individual race of the day. And Palisades Park overcame its doubts to defeat defending Group 1 champion Bogota, 39-49.

IHA had a great race in Group 4, placing four runners in the top eight. But as usual, Ridgewood came through in grand style, going 1-2-4 and placing its seven runners in the top 17.

Amy Smith ran the day's best time, 19:23, to defeat senior teammate Stephanie Doyle by 35 meters. Celeste Sedo was fourth.

GIRLS CROSS-COUNTRY

"It was like slow motion at times today," said Smith, who has been All-Bergen three times. "I never ran in so much water in my life."

"This race is always something we work for, and the girls always seem to come through here," said Ridgewood coach Jacob Brown. "It was nice to have IHA in our race, because they're always a test for us."

Meighan played three years of field hockey before switching to cross-country this year, but had run well in track in the past.

The Highlanders placed five runners in the top 17 to earn their victory in a team battle in which the next five teams finished within 18 points. Holy Angels and Tenafly qualified for the Bergen Meet of Champions on Nov. 4.

Ramsey's performance in Group 2 marked it again as a threat to win the State Group 2 title. But its remarkable performance was almost overshadowed by Callaghan's gritty win.

Callaghan overtook Group 2 defender Dana Satir of Ramsey midway through the race and stretched her lead to over 50 meters. But Satir, a 2:15 800-meter runner, started a strong kick in the final 400 meters and cut into Callaghan's lead step by step as they pounded down the final straightaway.

Callaghan won by just a step in 19:47.5, with Satir leading a 2-3-4-5-8 finish by Ramsey.

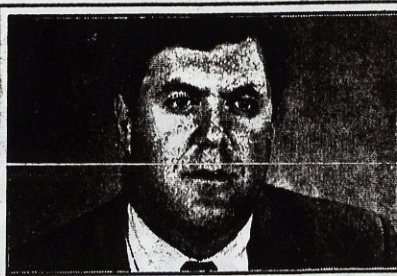
"I give her a lot of credit," said Satir. "I thought I was going to get her with my kick but I couldn't get there."

Palisades Park had led Bogota all season but the Bucs appeared to be closing the gap as both teams won their divisions at the BCSL meet at West Hudson Park Tuesday.

"This was a spectacular win after a turbulent week of practice," said Pal Park coach Frank Donahue.

Kirsten LaFond kept her Group 1 title with her best race of the year, a 70-yard win over Bogota teammate Erica Cesario in 20:49. But Pal Park's Tina Govic led a 3-6-8-9-13 finish as the Tigers begin to look toward the Nov. 11 group race.

— PAUL SCHWARTZ



PAUL SCHWARTZ
CROSS-COUNTRY

Organizers look like champions

It's been a rainy season in local cross-country, and the weather reports were not favorable for today's sectional championships at Garret Mountain.

But if the sectionals go as smoothly as the Bergen County group championships went on Saturday in the monsoon at Darlington County Park, the weather won't matter.

All-Bergen standout Celeste Sedo, also a fine swimmer, who finished fourth in Group 4, said after the race that she had competed in swim meets where she was drier.

But with tremendous cooperation from coaches, runners, fans, and officials, the meet went off almost without a hitch. Congratulations go to co-directors Ray Siegrist and Brian Redak, who organized the meet and kept things humming despite the weather.

WHAT NEXT? — When the 1992 Northern Valley at Demarest freshman girls won the Bergen County freshman championship, Siegrist, the head coach, lived up to a bet and shaved his mustache.

And when the boys cross-country team completed an undefeated dual season and won the Northern Bergen Interscholastic League title on Tuesday, Siegrist paid off another bet and shaved his head. But this time he had company, as seen in the picture in *The Record* Thursday.

"The day after I made the bet, the kids came up and told me if we won, they'd shave their heads too. I'm not sure everyone really wanted to do it, but everyone went along and did it," said Siegrist.

Today, Demarest is favored to win the Group 3 sectional race. Stay tuned for further details.

NOTES FROM THE COURSE —

Ramsey coach John Kirchoff was thrilled with his girls team's overwhelming victory. "We got so many positives out of this, and our kids are totally into the team concept, I can't wait for our next meet," said Kirchoff.

A new star on the horizon may be Glen Rock freshman Aleksandra Kazimierczak, who finished seventh in the Group 2 race and earned a spot in the Bergen Meet of Champs.

Delayed in starting her career by a late physical, she immediately showed her talent and ended up fourth in the Bergen-Passaic Scholastic League King meet Monday and will join a Glen Rock team shooting for a third straight State outdoor track championship in the spring.

Group 3 champ Jennie Meighan of Northern Highlands fell twice going up the back hill Saturday, but even though it is her first year running cross-country (after three years of field hockey), she didn't panic and won the race. She also won the NBIL meet Tuesday.

"I think because this is my first year of cross-country I'm really fresh," said Meighan, who has run track her first three years at Northern Highlands. "I never get bored running."

Junior Luis Duarte of Lodi may be the best distance runner at the school in more than two decades. Duarte was 13th at the Bergen Group 2 meet, just missing a bid to the BMOG and then took sixth at the B-PSL King meet.

Pretty good for a one-man cross-country team. "He runs all our dual meets with us," said Garfield coach Bob Franzman. "He's got talent and he works hard."

"I just wish I had a team to run with," said Duarte, who hopes to become the first Lodi runner since Jeff Navarra in 1973 to reach the State meet Saturday.

The Indian Hills girls team — with no seniors — ran very well in placing fifth at the Group 3 race last week. The Braves missed by just four points qualifying for its first BMOG. Today, Indian Hills will shoot for its first trip to the State group meet.

Jenn Pisani, Angela Luino, Katie Lynch, and Kristin Nelson all finished in the top 25 at the County group meet, and coach Irwin Miller says the experience will help them next year.

CBA, RBC girls, Ridgewood head respective fields

By JIM LAMBERT

CROSS COUNTRY

The races will keep getting bigger and the stakes higher tomorrow when the gun goes off at 10 a.m. at four sites around the state in the NJSIAA boys' and girls' cross-country sectional championships.

North Jersey, Section 1 will be held at Garret Mountain in West Paterson, North Jersey, Section 2 at Warinanco Park in Elizabeth, Central Jersey at Holmdel Park and South Jersey at Kingsway High in Swedesboro.

The top five teams and top 10 individuals in each group from each section will qualify for the state group championships on Nov. 11 at Holmdel Park. At that meet, the top three teams in each public school and parochial group will move on to the state Meet of Champions on Nov. 18 at Holmdel. Also, the top 10 individuals who otherwise don't run for one of the three qualifying teams will join the M of C field.

The schedule for tomorrow's four sectional meets:

Group 2 girls at 10 a.m. Group 3 girls at 10:25 a.m. Group 2 boys at 10:50 a.m. Group 3 boys at 11:15 a.m. Group 1 girls at 11:40 a.m. Group 4 girls at 12:05 p.m. Group 1 boys at 12:30 p.m. Group 4 boys at 12:55 p.m.

Also tomorrow, the New Jersey Catholic Track Conference Championships will follow the North Jersey, Section 2 meet at Warinanco at approximately 2 p.m. Christian Brothers, ranked No. 1 in The Star-Ledger Boys' Cross-Country Top 10, is expected to be challenged by No. 7 Pope John. Paul VI, ranked second among boys' teams, is not competing in the NJCTC meet as had earlier been rumored.

In the girls' race, top-ranked Red Bank Catholic will head the field.

In the girls' competition at North Jersey, Section 1, Ridgewood, ranked seventh, should have little trouble repeating in Group 4. Defending Group 3 champion Wayne Valley has moved to Group 4 and runnerup Ramsey has dropped to Group 2. That leaves Fort Lee and Paramus to battle it out for Group 3. Defending Kittatinny, led by 1994 individual champion Kara Senkier, and Ramsey will lock horns in Group 2, while defending Bogota, featuring 1994 individual champion Kristin LaFond, and Palisades Park will slug it out in Group 1.

In Group 4 at Garret Mountain, the Ridgewood boys, ranked 10th, are picked to dethrone North Bergen. Defender Roger Munoz of Kearny will be challenged by Dan Scarpellini of North Bergen for the individual title. Old Tappan defends in Group 3, favorite Ray Bliersbach heads Newton in Group 2 and individual choice Jamie Cortes should lead Palisades Park to a successful defense in Group 1.

In girls' action in North Jersey, Section 2, defending champion Westfield and Randolph will square off for the third time this season in what

should be a tight one. Westfield beat Randolph at the Stewart Memorial meet last month, and Randolph came out on top at the Shore Coaches meet earlier this month. Randolph features Stephanie Snyder, a freshman, while Westfield relies on a close pack. Mt. Olive, ranked sixth, should run away and retain the title in Group 3 behind freshman favorite Kim Primavera. Chatham in Group 2 and Kinnelon, which boasts favorite Melody Davis, in Group 1 will aim to keep their crowns.

For the boys, fourth-ranked Westfield, spearheaded by Matt Elmuccio, should roll in Group 4. Elmuccio will be pushed by Morristown's Tom DelSordo. Steve Slattery is the choice to win Group 3 and lead Mt. Olive to first place. No. 9 Morris Hills and defending Jefferson will hook up in an expected close one in Group 2 and Whippany Park is favored to dethrone Science in Group 1.

Defending champion and fifth-ranked Hunterdon Central, featuring Autumn Fogg, the overwhelming pick to win the girls' M of C title, will mix it up with No. 9 Middletown South in Central Jersey, Group 4. Wall is the choice to supplant Ocean Township as Group 3 kingpin. Ridge and Voorhees will tangle in Group 2. Group 1 is up for grabs between defending Bernards, behind Somerset County and Colonial Hills champion Laura Nann, and Bound Brook. Bound Brook was fifth with 159 points and Bernards sixth with 160 at the Somerset County meet.



Hunterdon Central, led by Skip Allen, and Old Bridge, behind Wilfredo Rivera, will clash for the Central Jersey, Group 4 boys' title. Look for North Hunterdon, ranked fifth, to repeat in dominating fashion in Group 3. With Chris Robinson, Jon Tillman and Chris Dolan, North Hunterdon could take the top three spots. Holmdel is clearly the class of Group 2 and in Group 1, Bernards is favored to replace Metuchen at the top.

In South Jersey, Shawnee, ranked second, should breeze to another Group 4 girls' title and No. 3 Brick is expected to handle No. 10 Ocean City to retain its Group 3 championship. Haddonfield in Group 2 and Maple Shade in Group 1 are seeking to keep their titles.

One of the most intriguing matchups will take place in the boys' South Jersey, Group 4 race, where third-ranked and defending champion Highland Regional, led by defending individual Jay Wassell, will go head-to-head with No. 6 Toms River East. One of the marquee matchups is in Group 3 between Mainland's Scott Keyser, Central Regional's Sean McCafferty and Toms River South's Jason Klophaus. In the Group 3 team battle, No. 8 Toms River should keep its title. Pinelands in Group 2, led by Scott Clayton, and Point Pleasant Beach in Group 1, behind Frank Antonelli, are defending.

IN THE

SCHOOLS

A special section on N.J. high schools.
Material provided by Dorf Feature Service
of Mountainside. (908) 789-3355

CROSS COUNTRY TOP 10 TEAMS

BOYS

- 1-Christian Brothers
- 2-Paul VI
- 3-Highland Regional
- 4-Westfield
- 5-North Hunterdon
- 6-Toms River East
- 7-Pope John
- 8-Toms River South
- 9-Morris Hills
- 10-Ridgewood

GIRLS

- 1-Red Bank Catholic
- 2-Shawnee
- 3-Brick
- 4-Bishop Eustace
- 5-Hunterdon Central
- 6-Mt. Olive
- 7-Ridgewood
- 8-Toms River North
- 9-Middletown South
- 10-Ocean City

CROSS COUNTRY SCHEDULE

Tomorrow—NJSIAA North Jersey, Section 1 Championships, Garret Mountain. NJSIAA North Jersey, Section 2 Championships, Warinanco Park (in the morning). NJSIAA Central Jersey Championships, Holmdel Park. NJSIAA South Jersey Championships, Kingsway. New Jersey Catholic Track Conference Championships, Warinanco Park (in the afternoon). Elizabeth, Oct. 31—Passaic County Championships, Garret Mountain, West Paterson.

Nov. 1—New Jersey Prep Championships, Blair. Tri-County Conference Championships, Kingsway. 2—Union County Championships, Warinanco Park, Elizabeth. 3—Essex County Championships, Branch Brook Park, Newark.

Olympic Conference Championships, Gloucester County College. Skyland Conference Championships, Deer Path Park. 4—Bergen County Meet of Champions, Darlington Park, Mahwah. Morris County Championships, Nabisco, East Hanover. Hudson County Championships, Bayonne County Park. Shore Conference Championships, Holmdel Park. 11—NJSIAA Group Championships, Holmdel Park. 18—NJSIAA Meet of Champions, Holmdel. 25—Foot Locker Northeast Regional, Van Cortlandt Park, New York City.

Dec. 9—Foot Locker National Championships, San Diego.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET The Big One

COURSE Darlington

DIVISION J-V!!

COURSE RECORD _____

DATE 10-27-95

RIDGEWOOD RECORD _____

WEATHER Cloudy, might rain

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1	1	Rose Sedo	21:44
6	4	Lauren Maxwell	22:30
15	8	Carolyn Moritz*	23:23
21	13	Christina Grab	23:58
34	22	Vicky Lowe	24:55
35	23	Catherine Lowe	24:55
39	27	Sarah Burton	25:22
58		Jenn Siegel	26:41

TEAM TOTAL: 48

TEAM PLACE: 3rd

1-5 SPLIT: 3:11

1-7 SPLIT: _____

COMMENTS:

Passaic Ran their Variatus and Jefferson was Tough! Carolyn and Jenn ran Darlington PR's in their final races! Vicky and Catherine had very big improvements!

PASSAIC	37
JEFFERSON	47
RHS	48
PCT	122
RUTHERFORD	123
RAMAPO	168
GARFIELD	192
RUTHERFORD B	235

Seven triples possible at today's sectionals

By PAUL SCHWARTZ
Correspondent

It's not unusual each year for some boys and girls teams in Bergen and Passaic counties to achieve the cross-country triple crown, winning league, County, and State sectional championships.

But seven teams will be looking to complete the triple today at the State sectionals at Garret Mountain, a feat that hasn't been achieved since 1986.

This is a do-or-die race for individuals and teams hoping to compete at the State group meet at Holmdel Nov. 11. Only the top five teams and 10 individuals qualify in each group. Everybody else stays home.

Here's a closer look, group by group, at the races, which start at 10 a.m.:

BOYS GROUP 1 — Palisades Park is a shoo-in to win its third triple and contend for the State Group 1 title. Pal Park won the sectional last year. Jamie Cortes of Pal Park should move up to win the individual title. Look for Emerson, Saddle Brook, Bogota, and Park Ridge to move on,

along with Pete Startz of Waldwick and Scott Mentl of Cresskill.

BOYS GROUP 2 — Westwood, which edged Newton by a point in last year's meet, is unlikely to repeat but could pull off an upset if Leigh Parciak is not healthy. Look for Ramsey, Mahwah, and Rutherford to contend for places in the State meet. Individually, Ray Biersbach of Newton should breeze, with sophs Matt Caporaletti of Westwood and Russ Giancola of New Milford next in line.

BOYS GROUP 3 — Northern Valley at Demarest hasn't won a sectional title in 30 years and will have to battle Union Hill (trying for a 10th straight bid to the States), Passaic Valley, Ramapo, and Garfield for this one. Northern Highlands might also qualify for the states. Individually, Andrew Knight of Ramapo will hope to beat soph Cary Snyder of Demarest for the fourth time, with Isidro Pimentel of Snyder a threat.

BOYS GROUP 4 — Ridgewood, which will be aiming for its seventh triple crown, should rebound from last year's eight-point loss to two-time defending champ North Bergen. Hackensack, Passaic, and Clifton will try to grab top-five slots. Individually, Kearny's Roger Munoz should

have little trouble repeating. Dan Scarpellone of North Bergen and any of four Ridgewood runners could be next, with Bernard Frazier of Passaic also in contention.

GIRLS GROUP 1 — Palisades Park shoots for its third triple, but must beat defending Group 1 champ Bogota to get it. The Bucs will go 1-2 with defender Kirsten LaFond and Erica Cesario, but Pal Park's Tina Govic has been running better to lead the Tiger pack. A battle to advance looms between Hawthorne, Midland Park, Becton, and Secaucus.

GIRLS GROUP 2 — One of the most interesting races of the day. Ramsey has visions of a Group 2 State championship, and Kittatinny is a perennial Group 2 contender, the winner of eight of 10 previous sectionals, and a qualifier for states every year since 1980. Ramsey, winners of league and Bergen 2 races this week, seems primed for a victory behind Dana Satir, Casey Beckmann, and Sarah Walton. Westwood should be third and Rutherford will battle Walkill Valley and Pompton Lakes for the remaining slots. Individually, look for a battle royal between Nikki Callaghan of Westwood, Satir, and Stacy Holser of Kittatinny.

GIRLS GROUP 3 — Northern Highlands appears a heavy favorite although Sparta and High Point could cause problems. Look for Jen Meighan of Highlands to win the race, with Nikki Henry of Demarest, Kelly Ortiz and Karen Petouvis of Paramus, and Becky Leher and Jen Canistra of Sparta also battling. It's a wide-open field for qualification with Tenafly, Paramus, Indian Hills, Demarest, and perhaps Passaic Valley in contention.

GIRLS GROUP 4 — Ridgewood should have little trouble winning a fourth straight title, ninth triple, 11th sectional, and a record 20th consecutive year as a states qualifier. Look for Amy Smith or Steph Doyle of Ridgewood to win the race easily, scoring fewer than 40 points. The interest comes in the other qualifiers as Fair Lawn, Hudson champ North Bergen, Hackensack (with a recovering Jackie Martin an outside individual threat), West Milford, Vernon, Lakeland, Kearny (shooting for a 16th straight trip to states), Kennedy, Wayne Valley, and Clifton battle for four spots. Wayne Valley, a perennial Group 3 champ (nine times), hopes to advance for the 13th straight year.



THE RECORD'S POLLS

BOYS CROSS-COUNTRY

BERGEN GROUP 1-2

1. Palisades Park (5) — The Tigers continue to fly high, running a terrific race to win a third straight Group 1 County title. Next up, a repeat sectional 1 victory and maybe next week a runner-up spot behind Ridgewood at the Bergen Meet of Champions. (Points: 25).

2. Westwood — The Cardinals won the BCSL American and Group 2 championships impressively, led by sophomore Matt Caporaletti, Dave Gohlisch, and Luke Hedges. Newton may be a more difficult test in the Group 2 sectionals. (Points: 20).

3. Saddle Brook — The Falcons edged Emerson by a point for second in Bergen Group 1 and then won the B-PSL Carpenter meet, taking seven of the top 15. Chris Paul and Chris Murphy provide needed depth. (Points: 13).

4. Emerson — The Cavos won their first BCSL Olympic title for retiring coach Mike Woods. Emerson then finished a solid third in the Group 1 Bergen meet. (Points: 12).

5. Mahwah — The Thunderbirds, led by top finishers Mike Sliok and Steve Callione, were a surprise second in the Bergen Group 2 meet. (Points: 3).

Also receiving votes — Rutherford 2.

BERGEN GROUP 3-4

1. Ridgewood (5) — The Maroons roll along with a terrific seven-man race at the Bergen 4 meet Saturday. Ridgewood, with Neil Burt, Mike Castagno, and Mike Cohen leading the way, is favored to win its eighth sectional title. (Points: 25).

2. NV/Demarest — The Norsemen won their first Bergen 3 title Saturday with a strong effort led by sophomore Cary Snyder and freshman Brian Connelly. Craig Glamma then helped lead them to their first NBIL title since 1959. (Points: 17).

3. Paramus Catholic — The Paladins were second in Group 4 but still have depth problems. A possible solution may be John Brylak, who is slowly coming back from an injury that appeared to end his season. (Points: 15).

4. Don Bosco Prep — Bosco is coming on and ran an excellent pack race of its own in finishing a close third with six runners finishing between 10th and 21st within 28 seconds. (Points: 13).

5. Ramapo — Andrew Knight continues to shine, winning the NBIL and County Group 3 honors as Ramapo finished a solid second in the league meet. (Points: 2).

Also receiving votes — Bergen Catholic 1, Garfield 1, Northern Highlands 1.

PASSAIC/MORRIS

1. Passaic (4) — The Indians put three in the top 12 in the NJJUL Atlantic meet to finish second to Ridgewood last Monday. Passaic hopes to make the State Group 4 meet for the third time. (Points: 24).

2. Passaic Valley (1) — The Hornets finished third in an exciting Northern Hills Skyline meet won by Delbarton with West Orange second. Dan Piccirillo, Will Bierach, and Keith Lovas give PV a solid 1-2-3 punch. (Points: 21).

3. Clifton — The Mustangs were a solid fourth in NJJUL Atlantic, led by Sibi Joseph and Mahal Desai. Clifton tries to make the State Group 4 meet for the first time in eight years. (Points: 14).

4. Wayne Valley — Mark Kaufman and Adam Fechner had top 15 finishes as Indians finished fourth in the Northern Hills Skyline. (Points: 10).

5. Passaic Tech — The Bulldogs finished second to Saddle Brook in the B-PSL Carpenter meet and hope to improve in the County championship. (Points: 5).

Also receiving votes — Pompton Lakes 1. Voting on 5-4-3-2-1 basis by The Record sports staff.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NORTH JERSEY SECTION CHAMPS

COURSE GARRET MOUNTAIN

DIVISION GROUP 4

COURSE RECORD _____

DATE 10-28-95

RIDGEWOOD RECORD _____

WEATHER RAIN-MUD-PUDDLES

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1	(1)	Amy Smith	20:14
2	(2)	STEPHANIE DOYLE	20:40
9	(9)	CELESTE SEDO	21:45
25	(25)	KATIE COHN	22:53
29	(29)	CARRIE RUGGLES	22:58
42		BETH APSEL	23:29
104		GERALDINE CAMPBELL	28:34

TEAM TOTAL: 66

TEAM PLACE: CHAMPIONS

1-5 SPLIT: 2:44

1-7 SPLIT: 19 TEAMS

COMMENTS:

Amy and Stephanie ran well. The rest of us went out too slow and never recovered. We worked hard this week and we wore training shoes but we must be able to recover from an early pacing error.

NJSIAA SECTIONAL CROSS-COUNTRY

Ridgewood boys, Ramsey girls shine

By PAUL SCHWARTZ

Correspondent

WEST PATERSON — Living up to the day's motto of survive and advance, all of North Jersey's top public school cross-country teams and individuals made it through a second straight messy week at the North Jersey I State sectionals at Garret Mountain on Saturday.

The sun came out at noon, but it was too late to save the course from its soupy mess, which left some winners covered from head to toe in mud.

Five North Jersey teams completed triple crowns of league, County group, and sectional championships, including the Palisades Park, Northern Valley at Demarest, and Ridgewood boys, and the Ramsey and Passaic schools grabbed 31 of the 40 available team slots for the Nov. 11 State Group meet at Holmdel, and 15 of the 20 individual slots.

The most impressive performances were turned in by the Ramsey girls in Group 2 and the Ridgewood boys in Group 4.

Led by Dana Satir, who opened a lead early in the race and ran away to a 160-meter victory in the day's first race, the Rams confirmed their status as a Group 2 contender with an impressive 30-56 win over Kittatinny, a perennial Group 2 top-five finisher.

The Rams took six of the top 13 spots, with Tracy Kirk finishing fourth and Casey Beckmann and Sarah Walton finishing 7-8.

"I was worried about today," said Ramsey coach John Kirchoff. "It was our third race in eight days and we ran so well in the league and counties that I thought we might have a hard time doing it again."

"The course was a lot worse than Darlington was last week," said Beckmann. "But we worked the lake loop



ED HILL/STAFF PHOTOGRAPHER

They are off and running in the boys Group 2 run in the State sectional meet at Garret Mountain. Newton won the team title.

very well and stayed on our feet." Ridgewood's race was the last of the day and the Maroons stamped themselves as a Group 4 contender with a 34-81 win over Kearny that wasn't that close. The Cardinals went 1-3 as Roger Munoz won his second straight title by 100 meters, but Ridgewood packed its seven runners within 39 seconds from

fourth to 14th, finishing all of its runners before other teams finished three. The Maroons did it while resting Nos. 6 and 7 runners Will Byrne and Mike Jones.

"I confess I'm certainly locking two weeks down the road," said Maroons coach Larry Coyle. "I wanted to give those two kids a bit of a breather. They've done the job for us and the best thing was to give them a break, let them train, and get over their aches and pains. Depth is perhaps our greatest strength, so why play with it."

The one upset took place in girls Group 1 as Bogota nipped favored Palisades Park, 47-50. Erica Cesario won the race by 66 meters over Hawthorne's Tina Romic, with Bucs teammate Kirsten LaFond finishing third. But it was the performances of the 3-4-5 runners, Tracy Hunter, Alaina Schinn, and Joie Polimeda that propelled the Bucs past a Pal Park team that ran well.

"Jay [Bogota coach Mahoney] told me in the beginning he thought we'd split these," said Pal Park coach Frank Donahue. "We ran well today, but they were just a little bit better."

"Our first three kids have been consistent all year but Joie's been battling a pulmonary problem and hasn't finished a few races. Today she was able to run well and that carried us through," said Mahoney.

The Pal Park boys survived Jamie Cortes' third-place finish behind Group 1 winner Pete Startz of Waldwick with an easy 34-78 win over Saddle Brook. The Tigers had six runners in the top 15. Cortes fell early in the race and finished well back of Startz, who had finished second in the County Group 1 race last week.

Northern Valley at Demarest, after shaving their heads in honor of their league win earlier in the week, held off High Point, 84-93, in boys Group 3. Andrew Knight of Ramapo completed his triple crown, running away with a 100-meter victory and establishing himself as the favorite for next week's Bergen Meet of Champions.

Jennie Meighan of Northern Highlands (Group 3) and Amy Smith of Ridgewood (Group 4) earned triple crowns while leading their teams to easy victories. Ridgewood's girls earned their ninth triple crown and fifth in six years.

H.S. scoreboard on S-23

CROSS-COUNTRY

NJSIAA Section 1 meet

At Garret Mountain, West Paterson

GIRLS GROUP 1

Team scores

Bogota 47*, Palsades Park 50*, Midland Park 89*, Becton 99*, Hawthorne 127*, Cresskill 172, Emerson 176, Secaucus 181.

1. Erica Cesarlo, Bogota	21:06.
2. Tina Romic, Hawthorne	21:21.
3. Kirsten LaFond, Bogota	21:32.
4. Melissa Londregan, Hawthorne	22:03.
5. Tina Govic, Palsades Park	22:07.
6. Allison Curran, Midland Park	22:32.
7. Tracy Evans, Becton	22:43.
8. Stephanie Paglione, Palsades Park	22:59.
9. Donna Maglaito, Ridgefield	23:20.*
10. Betty Ann Sidoti, Palsades Park	23:31.
11. Tracy Hunter, Bogota	23:55.
12. Maria Mokanos, Palsades Park	24:01.
13. Kelly Baker, Midland Park	24:08.
14. Christina Lopez, Becton	24:09.
15. Rachel Beneventi, Midland Park	24:13.
16. Alaina Schinn, Bogota	24:15.
17. Carolyn Bettridge, Cresskill	24:22.
18. Liz Liguori, Palsades Park	24:25.
19. Jolie Polimeda, Bogota	24:32.
20. Jessica Fernandez, Palsades Park	24:38.
21. Gen Kester, Bogota	24:46.
22. Robyn Masi, Emerson	25:05.
23. Virginia Yun, North Arlington	25:15.
24. Gina Papa, Secaucus	25:20.
25. Hope Dembinski, Becton	25:23.

GIRLS GROUP 2

Team scores

Ramsey 30*, Kittatinny 56*, Westwood 99*, Rutherford 131*, Walkkill Valley 132*, Pompton Lakes 177, Dumont 188, Pascack Hills 191, Glen Rock 217, Harrison 303.

1. Dana Satir, Ramsey	20:13.
2. Stacy Hosler, Kittatinny	20:52.
3. Nikki Callaghan, Westwood	21:06.
4. Tracy Kirk, Ramsey	21:12.
5. Crystal DeGuida, Walkkill Valley	21:18.
6. Kate Westbrook, Kittatinny	21:20.
7. Casey Beckmann, Ramsey	21:25.
8. Sarah Walton, Ramsey	21:27.
9. Aleksandra Kazmierczak, Glen Rock	21:41.*
10. Erin Oliver, Ramsey	21:54.
11. Tammy French, Pascack Hills	22:01.
12. Jessica Drew, Westwood	22:06.
13. Laura Monteith, Ramsey	22:08.
14. Melissa Gale Jar, Kittatinny	22:16.
15. Mahasin Pejerle, Rutherford	22:33.
16. Christy Eustace, Kittatinny	22:38.
17. Helena Brajer, Dumont	22:42.
18. Sarah Sherman, Kittatinny	22:59.
19. Ryann Lantz, Westwood	23:04.
20. Dana Vass, Walkkill Valley	23:06.
21. Ava Carnosso, Pompton Lakes	23:10.
22. Jen Belthoff, New Milford	23:11.
23. Teresa Becker, Kittatinny	23:14.
24. Lauren McCann, Rutherford	23:19.
25. Jessica Larsen, Rutherford	23:24.

GIRLS GROUP 3

Team scores

Northern Highlands 63*, Tenafly 152*, Lakeland 156*, NV/Demarest 159*, Fort Lee 170*, High Point 177, Pascack Valley 187, Hopatcong 193, Paramus 196, Indian Hills 210, Sparta 221, Garfield 234.

1. Jen Meighan, Northern Highlands	20:30.
2. Kelly Ortiz, Paramus	20:52.*
3. Rebecca Leihar, Sparta	21:14.*
4. Karen Petouvis, Paramus	21:17.*
5. Aisha Alexander, Passaic Valley	21:20.*
6. Josie Maceri, Fort Lee	21:27.
7. Jamie Slegrist, Demarest	21:29.
8. Nicole Henry, Demarest	21:31.
9. Kim Barton, Hopatcong	21:35.*
10. Kate Cosgriff, Tenafly	21:43.
11. Brigitte Bogert, Fort Lee	21:56.
12. Meghan O'Toole, Garfield	22:00.
13. Tovah Oppenheimer, Northern Highlands	22:01.
14. Mandy Smeal, Northern Highlands	22:02.
15. Liz Kerr, Northern Highlands	22:05.
16. Wendy Amster, Tenafly	22:10.
17. Danielle Centurione, Lakeland	22:14.
18. Patty Brill, Garfield	22:51.
19. Meredith Miller, High Point	22:53.
20. Laura Crescenzo, Lakeland	22:55.
21. Jill LaBorde, Pascack Valley	23:00.
22. Kelly Miller, High Point	23:02.
23. Jen Cannistra, Sparta	23:04.
24. Sue Coomber, Northern Highlands	23:05.
25. Jenn Pisanl, Indian Hills	23:05.

GIRLS GROUP 4

Team scores

Ridgewood 66*, Kearny 89*, Wayne Valley 124*, Kennedy 127*, Fair Lawn 131*, Hackensack 164, North Bergen 168, Memorial 195, West Milford 213, Vernon 229, Clifton 310, Teaneck 317, Ferris 336, Union Hill 337, Eastside 391, Dickinson 427.

1. Amy Smith, Ridgewood	20:14.
2. Stephanie Doyle, Ridgewood	20:40.
3. Julie Corbett, Kearny	21:00.
4. Jackie Martin, Hackensack	21:12.*
5. Sabrina Nealy, Kennedy	21:18.
6. Chrissy Martin, Hackensack	21:22.*
7. Sarah Park, Wayne Valley	21:24.
8. Donna Ciecikiewicz, North Bergen	21:34.*
9. Celeste Sedo, Ridgewood	21:45.
10. Sara Meroth, Fair Lawn	21:47.
11. Maydee Oquendo, Kennedy	21:52.
12. Amy Wyka, Fair Lawn	22:00.
13. Giselle Marcano, Union Hill	22:05.
14. Neriza Hufnagel, Kennedy	22:06.
15. Margaret Conklin, Kearny	22:15.
16. Tara Quinn, Teaneck	22:26.
17. Mary Beth Sexton, Wayne Valley	22:27.
18. Kathy Laumbach, West Milford	22:38.
19. Tina Travers, North Bergen	22:41.
20. Erin MacConchle, Kearny	22:41.
21. Kempolly Swaby, Eastside	22:48.
22. Lillibeth Hernandez, Memorial	22:50.
23. Kelli Williams, Vernon	22:51.
24. Christine Kornas, Kearny	22:52.
25. Katie Cohn, Ridgewood	22:53.

* qualified for State group meet Nov. 11

North Jersey Invitational

At Darlington Park, Mahwah

Junior varsity girls

Top three teams — Passaic 37, Jefferson 47, Ridgewood 48.

1. Rose Sedo, Ridgewood	21:45.
2. Tracy Polke, Jefferson	22:19.
3. Colleen Christ, Jefferson	22:23.
4. Jen Minchin, Passaic Valley	22:34.
5. Lauren Maxwell, Ridgewood	22:36.
6. Madeline Avert, Passaic	22:36.
7. Vicki Ludwig, Ramsey	22:44.
8. Jen Ligler, Passaic Valley	22:45.
9. Lidia Niculcea, Kittatinny	22:50.
10. Danielle Petetic, Cliffside Park	22:51.

Freshman girls

Top three teams — Ramsey 21, Ridgewood 54, Immaculate Heart 109.

1. Meghan O'Toole, Garfield	10:26.
2. Nancy Sinclair, St. Mary's	10:34.
3. Rhianna Richards, Ramsey	10:50.
4. Melissa McCullough, Ramsey	10:51.
5. Kristen Schmalz, Ramsey	10:55.
6. Megan Campbell, Ramsey	10:57.
7. Tira Lobell, Ridgewood	10:59.
8. Cheryl Burdick, Ramsey	11:03.
9. Debbie Hegner, Kittatinny	11:08.
10. Julie Sprich, Ridgewood	11:21.



ED HILL/STAFF PHOTOGRAPHER
Jenny Meighan of Northern Highlands approaches the finish line at Garret Mountain en route to the Group 3 individual title.

GIRLS X-C

Joeger, ninth in 21:05, and Jundla Cullen, 15th in 21:41. Middleborough last won the Group 4 sectional in 1992. Hunterdon Central last two.

Things might have been tighter if Hunterdon Central had normal No. 4 Erica Goetz, who had a fever and didn't run. Hunterdon Central's Autumn Fogg won for the third straight year in 19:39 and teammate Beth Crawford was second.

It is suspected that we could run Hunterdon Central," said Middleborough coach Nancy Taylor. "I think they didn't have Goetz, but that would take away from us winning. We've been rotating our top five all season and this is the first time they all ran at the same time. I felt this way all year."

Goetz did not have a middle school record, so I knew it would take a couple years of nurturing with this group and we'd be ready to challenge and compete at the Meet of Champions. But I was a bit tough because Group 4 is so competitive."

Nicholas, usually Ridge's third or fourth runner, couldn't believe that she had won the Group 2 race to help her team win its first sectional championship in 2006.

"I'm very surprised," said Nicholas, who finished a second ahead of Becca Raum, second in 20:00. Becca has always been a minute or more off me all year, so I didn't think I could win. I was shocked when I saw the finish line first. I just felt an incredible feeling."

Central Jersey Group 1, Bernards and Bound Brook, the 1993 champion, finished tied for first with 81. But Bernards' won the tiebreaker because its sixth runner, Kate finished 39th in 25:37 to beat Bound Brook's sixth, Nicole Patullo, in 30:08. It was the second tight race in less than a week for Bernards around Brook. At the Somerset Championships on Monday, Bound Brook finished sixth with 159 and Bernards was seventh with 160.

Neptune senior Amala Merritt, who is going cross-country for the first time this season, made a bold move to the front and ran away for a 20:35 victory in Group 3. Merritt beat runner-up Perrine, the sectional champion in Group 2 in 1993, by 30 seconds.

"This is the first major title I've won in cross-country," said Merritt, who reported that she was talked into it by Caleb Morris, and former Neptune track star, Kisha Blanton. "When I made my move, I heard another coach tell the girl behind me that I should keep it up. That made me feel better."

TEAMS: 1-Mt. Olive 41. 2-Cranford 63. 3-Scotch Plains 81. 4-Phillipsburg 96. 5-West Morris 102. 6-Parsippany 172. 7-Nutley 182. 8-Monville 230. 9-Warren Hills 242.

INDIVIDUALS: 1-Steve Slattery, Mt. Olive 17:44. 2-Christopher Zammit, Cranford 17:44. 3-Bill Engel, Mt. Olive 17:52. 4-James Canterbury, Scotch Plains 17:56. 5-Deon Bascom, West Side 18:17. 6-Jay Smith, Mt. Olive 18:19. 7-Daniel Bryer, Cranford 18:25. 8-Greg Beck, Parsippany 18:27. 9-Aaron Kinsman, Phillipsburg 18:28. 10-Adam Williams, Cranford 18:36.

GROUP 2

TEAMS: 1-Morris Hills 34. 2-Jefferson 41. 3-Caldwell 103. 4-Chatham 109. 5-Dover 145. 6-Dayton Regional 201. 7-Millburn 206. 8-Mendham 244. 9-Hackettstown 264. 10-Gov. Livingston 271. 11-Summit 279. 12-Boonton 295. 13-Hillside 309.

INDIVIDUALS: 1-Adam VanAntwerp, Jefferson 17:22. 2-Tyler Morris Hills 17:24. 3-Brian Bergen, Caldwell 17:36. 4-Kevin Dull, Morris Hills 17:39. 5-Mike McCurdy, Morris Hills 17:42. 6-Steve Seeback, Jefferson 17:45. 7-Greg Marx, Dayton Regional 17:48. 8-Michael Lis, Dover 17:49. 9-Mike Sikorski, Jefferson 17:49. 10-Trevor Basile, Morris Hills 17:52.

GROUP 3

TEAMS: 1-Whippany Park 40. 2-Science 91. 3-Kinnelon 126. 4-Madison Borough 128. 5-Peapack 138. 6-New Providence 154. 7-Arts 163. 8-North Warren 173. 9-Cedar Grove 204. 10-Verona 210. 11-Lakes 242. 12-Quakertown 244. 13-Morris Hills 246. 14-Cedar Grove 246. 15-Verona 246.

INDIVIDUALS: 1-John Nespeda, Pequanock 17:43. 2-Romel Fernandez, Science 17:57. 3-Brian Solitor, Whippany Park 18:28. 4-Mark Allemen, Whippany Park 18:34. 5-Joe Symans, Verona 18:48. 6-Edwin Lou, Arts 18:52. 7-Kevin Iskra, North Warren 18:55. 8-Eric Prol, Kinnelon 18:54. 9-Morgan Davies, Madison Borough 19:03. 10-Peter Degnan, Whippany Park 19:07.

NORTH JERSEY, SECTION 1

GROUP 4

TEAMS: 1-Ridgewood 34. 2-Kearny 81. 3-Passaic 106. 4-Wilton 130. 5-Vernon 135. 6-Memorial 141. 158. 7-North Bergen 169. 8-Hackensack 176. 9-Union Hill 259. 10-Wayne 266.

GROUP 1

TEAMS: 1-Westfield 52. 2-Randolph 71. 3-East Side 86. 4-Roxbury 90. 5-Columbia 117. 6-Morris Hills 121. 7-Morris Knolls 185. 8-Irvington 186. 9-Union 201. 10-Livingston 245.

INDIVIDUALS: 1-Stephanie Snyder, Randolph 20:00. 2-Beth Jones, Randolph 20:22. 3-Ana Tavares, East Side 20:29. 4-Zillah Drymon, Roxbury 20:38. 5-Megan McDonnell, Kinnelon 20:52. 6-Terry Millette, Westfield 20:54. 7-Sonia Noal, East Side 20:54. 8-Dara Crocker, Columbia 21:07. 9-Suzi Kozub, Westfield 21:07. 10-Lauren Sauti, Westfield 21:08.

GROUP 2

TEAMS: 1-Mt. Olive 19. 2-Monville 98. 3-Scotch Plains 104. 4-Cranford 112. 5-Rahway 127. 6-Nutley 140. 7-Warren Hills 166. 8-Parsippany 172. 9-West Morris 223.

INDIVIDUALS: 1-Kim Primavera, Mt. Olive 20:15. 2-Varinka Barбини, Mt. Olive 21:11. 3-Laura Monchinski, Mt. Olive 21:15. 4-Alisha Corea, Mt. Olive 21:32. 5-Sarah Hall, Mt. Olive 21:33. 6-Lisa Soderberg, Warren Hills 21:37. 7-Elizabeth Eskow, Phillipsburg 21:38. 8-Cynthia Owens, West Side 22:03. 9-Kristin Sammon, Mt. Olive 22:08. 10-Kelly White, Rahway 22:13.

GROUP 3

TEAMS: 1-Jefferson 49. 2-Caldwell 103. 3-Mendham 105. 4-Chatham 118. 5-Millburn 130. 6-Hackettstown 135. 7-Morris Hills 137. 8-Gov. Livingston 186. 9-Summit 218. 10-Dover 233. 11-Dayton Regional 293.

INDIVIDUALS: 1-Lauren Kelly, Morris Hills 20:36. 2-Alyson Morgan, Hackettstown 20:56. 3-Kym deGroot, Jefferson 21:22. 4-Sherrya Fremeau, Hillside 21:50. 5-Heather Norton, Mendham 21:50. 6-Lindsay Mann, Caldwell 21:57. 7-Aimee Millet, Chatham 21:59. 8-Cindy Bredefeld, Jefferson 22:04. 9-Renee Knapp, Gov. Livingston 22:07. 10-Brenna McDonough, Mendham 22:15.

GROUP 1

TEAMS: 1-Science 69. 2-Pequanock 83. 3-New Providence 90. 4-Verona 96. 5-Whippany Park 106. 6-Kinnelon 122. 7-Cedar Grove 131. 8-Builer 152.

INDIVIDUALS: 1-Bethany Sands, Pequanock 17:58. 2-Melody Davis, Kinnelon 22:24. 3-Sherry White, Science 22:39. 4-Katie Clancy, Verona 22:46. 5-Kelly Walsh, Verona 23:09. 6-Laura Perry, Whippany Park 23:20. 7-Renee Traupe, Pequanock 23:28. 8-Alex Mackowiak, New Providence 23:30. 9-Naomi Rivera, Science 23:32. 10-Guyana Harris, Kinnelon 23:45.

NORTH JERSEY, SECTION 2

GROUP 4

TEAMS: 1-Ridgewood 66. 2-Kearny 89. 3-Wayne Valley 124. 4-Paterson Kenedy 127. 5-Fair Lawn 131. 6-Hackensack 133. 7-Union Hill 151. 8-Memorial (W.N.J.) 195. 9-West Milford 213. 10-Vernon 229. 11-Cliffon 317. 12-Tenack 317. 13-Ferris 336. 14-Union Hill 337. 15-Paterson Eastside 391. 16-Dickinson 427.

INDIVIDUALS: 1-Amy Smith, Ridgewood 20:14. 2-Stephanie Doyle, Ridgewood 20:40. 3-Julia Corbett, Kearny 20:44. 4-Jackie Martin, Hackensack 21:12. 5-Subrina Neely, Paterson Kenedy 21:18. 6-Chrissy Martin, Hackensack 21:22. 7-Sarah Park, Wayne Valley 21:24. 8-Donna Cieckiewicz, North Bergen 21:34. 9-Celeste Sedo, Ridgewood 21:45. 10-Sara Merthor, Fair Lawn 21:47.

GROUP 3

TEAMS: 1-Northern Highlands 63. 2-Tenally 152. 3-Lakeland 156. 4-Demarest 159. 5-Fort Lee 170. 6-High Point 177. 7-Pascack Valley 187. 8-Hopatcong 193. 9-Paramus 196. 10-Indian Hills 210. 11-Sparta 221. 12-Garfield 234.

INDIVIDUALS: 1-Jen Meighan, Northern Highlands 20:30. 2-Kelly Ortiz, Karamen 20:52. 3-Rebecca Leher, Sparta 21:14. 4-Karen Pelouvis, Paramus 21:17. 5-Aisha Alexander, Passaic Valley 21:20. 6-Josie Maceri, Fort Lee 21:27. 7-Janice Siegrist, Demarest 21:29. 8-Nicole Henry, Demarest 21:31. 9-Kim Barton, Hopatcong 21:35. 10-Kate Cosgriff, Tenally 21:43.

GROUP 2

TEAMS: 1-Ramsey 30. 2-Kittatinny 56.

3-Garfield 118. 4-Passaic Valley 145. 5-Paramus 155. 6-Northern Highlands 193. 7-Ramapo and Old Tappan 212. 9-River Dell 237. 10-Tenally 245. 11-Pascack Valley 254. 12-Bergenfield 298. 13-Hopatcong 312. 14-Snyder 317. 15-Sparta 334. 16-Lincoln 419. 17-Lakeland 510. 18-Indian Hills 563.

INDIVIDUALS: 1-Andrew Knight, Ramapo 16:53. 2-Cary Snyder, Demarest 17:12. 3-Isidoro Pimentel, Snyder 17:13. 4-Jeremy Battles, River Dell 17:25. 5-Marin Pankiewicz, Garfield 17:45. 6-Jim Sielustu, High Point 17:46. 7-Dan Piccolo, Passaic Valley 17:57. 8-Rosario Maceri, Fort Lee 17:58. 9-Art Andreano, Garfield 17:59. 10-Mike Apa, Old Tappan 18:05.

GROUP 2

TEAMS: 1-Newton 31. 2-Westwood 81. 3-Kittatinny 107. 4-Walkkill Valley 164. 5-Rutherford 178. 6-Mahwah 188. 7-Ramsey 199. 8-New Milford 203. 9-Pascack Hills 237. 10-Dumont 238. 11-Sussex Tech 265. 12-Pompton Lakes 282. 13-Harrison 310. 14-Wood-Ridge and Hasbrouck Heights 317. 16-Glen Rock 388.

INDIVIDUALS: 1-Ray Biersbach, Newton 16:51. 2-Leigh Parick, Newton 17:26. 3-Will Towle, Newton 17:39. 4-Matt Caporaitelli, Westwood 17:50. 5-Bjorn Anderson, Kittatinny 17:53. 6-Russ Gianola, New Milford 17:53. 7-Mike Sik, Mahwah 17:59. 8-Andrew Tortora, Rutherford 18:03. 9-Luke Vnenchak, Newton 18:11. 10-Chris Tortora, Rutherford 18:13.

TEAMS: 1-Palisades Park 34. 2-Saddle Brook 78. 3-Emerson Borough 102. 4-Park Ridge 105. 5-Bogota 118. 6-Becton 145. 7-Leonia 188. 8-Ridgedale 222. 9-Cresskill 253. 10-Secaucus 254. 11-Midland Park 257. 12-North Arlington 277.

INDIVIDUALS: 1-Peter Starz, Waldwick 17:09. 2-Jeff Clark, Bogota 17:21. 3-Jamie Cortes, Palisades Park 17:37. 4-Hozafia Casabani, Emerson Borough 17:45. 5-Hugo Juarez, Palisades Park 17:46. 6-Scott Meni, Cresskill 17:54. 7-Anthony Gotay, Saddle Brook 18:02. 8-Diego Giffre, Palisades Park 18:08. 9-Bobby Goers, Palisades Park 18:13. 10-Gilby Hawkins, Leonia 18:15.

CENTRAL JERSEY

TEAMS: 1-East Brunswick 68. 2-Old Bridge

TEAMS: 1-North Hunterdon 24. 2-Hightstown 87. 3-South Brunswick 133. 4-Watching Hills 135. 5-Hamilton North 147. 6-Hamilton East 161. 7-Ocean Township 186. 8-Lawrence 208. 9-Franklin 226. 10-Sayreville 258.

INDIVIDUALS: 1-Chris Robinson, North Hunterdon 16:49. 2-Chris Dolan, North Hunterdon 16:55. 3-Jon Tillman, North Hunterdon 17:30. 4-Joe Geissmar, Hamilton West 17:32. 5-Bradley Klapper, Hightstown 17:40. 6-Todd Ahern, Hightstown 17:41. 7-Romeo Azvedo, Watching Hills 14:50. 8-Juan York, North Hunterdon 17:57. 9-Robert Mendez, Hamilton North 18:00. 10-Nathan Cicco, North Hunterdon 18:01.

GROUP 2

TEAMS: 1-Holmdel 55. 2-Somerville 78. 3-Voorhees 97. 4-Freehold Borough 166. 5-Matawan 166. 6-Carteret 168. 7-Delaware Valley 202. 8-Hopewell Valley 224. 9-Monroe 259. 10-Ridge 269.

INDIVIDUALS: 1-Mark Kitz, Carteret 17:10. 2-Jason Heller, Voorhees 17:14. 3-Rich Christenson, Holmdel 17:24. 4-Eric Egnoff, Freehold Borough 17:31. 5-Dan Gersham, Matawan 17:31. 6-Joe Briathwaite, Asbury Park 17:38. 7-Rich Stinson, Somerville 17:39. 8-Dave Elmquist, Holmdel 17:40. 9-Erik Olson, Holmdel 17:40. 10-Dustin Hladay, Somerville 17:41.

GROUP 1

TEAMS: 1-Bernards 31. 2-Metuchen 60. 3-Henry Hudson 76. 4-Montgomery 84. 5-Keansburg 145. 6-Shore Regional 177. 7-South River 229. 8-Middlesex 231. 9-Keypoint 237. 10-Hoffman 338.

INDIVIDUALS: 1-Jeff Finucane, Bernards 17:51. 2-Christian Blackmore, South River 18:01. 3-Sean Ryan, Metuchen 18:08. 4-Jay McGovern, Henry Hudson 18:11. 5-Peter Vaglio, Bernards 18:20. 6-Chris Fillion, Bernards 18:22. 7-Chris Pukarski, Metuchen 18:23. 8-Shawn Bolger, Henry Hudson 18:28. 9-Ben Strain, Bernards 18:30. 10-Chris Kulik, Bernards 18:32.

SOUTH JERSEY

GROUP 4

TEAMS: 1-Toms River East 70. 2-Cherokee 108. 3-Eastern 132. 4-Highland 135. 5-Vineland 136. 6-Shawnee 192. 7-Overbrook 203. 8-Toms River North 214. 9-Trifton 242. 10-Cherry Hill

6-Cumberland 167. 7-Brick 188. 8-Rancocas Valley 197. 9-Lacey 223. 10-Delsea 224. 11-Middle Township 236. 12-Ocean City 244. 13-Egg Harbor 262. 14-Central Regional 288. 15-Camden Wilson 269. 16-Absegami 342. 17-Deptford 375. 18-Oakcrest 403.

INDIVIDUALS: 1-Sean McCaffery, Central Regional 15:11. 2-Scott Keyser, Mainland 15:19. 3-Jason Kliphaus, Toms River South 15:27. 4-Eric Herbst, Ocean City 15:34. 5-Randall Lynch, Delsea 15:44. 6-Ed Letts, Middle Township 15:45. 7-Thirson Cox, Camden Union 15:53. 8-Ian Hahn, Manchester Township 15:55. 9-Gary Johnson, Egg Harbor 15:57. 10-Ari Lathers, Middle Township 15:58.

GROUP 2

TEAMS: 1-Haddonfield 56. 2-Sterling 118. 3-Clearview 171. 4-Bridgeton 172. 5-Pineland 187. 6-Kingsway 190. 7-Buena 200. 8-Point Pleasant 211. 9-Haddon Heights 245. 10-Moorestown 252. 11-Cinnaminson 256. 12-West Deptford 256. 13-Westampton Tech 268. 14-Delran 348. 15-Pennsville 350. 16-Audubon 374. 17-Woodstown 446. 18-Northern Burlington 458. 19-Gateway 510.

INDIVIDUALS: 1-Eric Bonnette, Haddonfield 15:44. 2-Aaron King, West Deptford 15:57. 3-Scott Clayton, Pineland 16:06. 4-Sloan Fisk, Haddonfield 16:11. 5-Patrick Gallagher, Sterling 16:16. 6-Ryan Reighn, Haddonfield 16:19. 7-Nason Hinnman, Clearview 16:32. 8-John Baumgartner, Kingsway 16:38. 9-Jon Eggenry, Haddon Heights 16:41. 10-Ryan Gorman, Pennsville 16:46.

GROUP 1

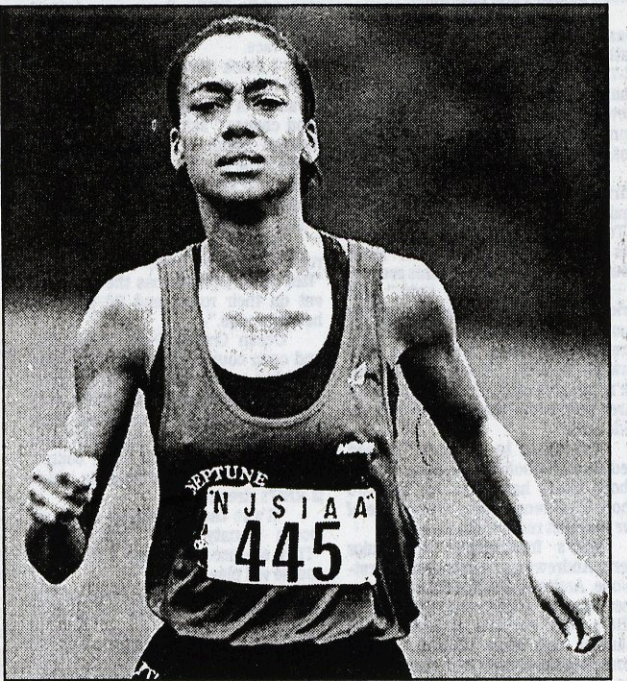
TEAMS: 1-Maple Shade 40. 2-Haddon Township 47. 3-Schalck 54. 6-Riverside 172. 7-Pennc Grove 185. 8-Burlington Township 191. 9-Bordentown 213. 10-Woodbury 235. 11-Wildwood 263.

INDIVIDUALS: 1-Pat Ryan, Glassboro 16:16. 2-Frank Antonelli, Point Pleasant Beach 16:28. 3-Jun Yong, Haddon Township 16:41. 4-Mike Fulton, Maple Shade 16:43. 5-Ron Varum, Haddon Township 16:58. 6-Tom Skaggs, Maple Shade 17:03. 7-Brian Dalessandro, Woodbury 17:10. 8-Charles MacNeill, Schalck 17:17. 9-Scott Davis, Schalck 17:27. 10-Chris Berrios, Glassboro 17:39.

TEAMS: 1-Maple Shade 40. 2-Haddon Township 47. 3-Schalck 54. 6-Riverside 172. 7-Pennc Grove 185. 8-Burlington Township 191. 9-Bordentown 213. 10-Woodbury 235. 11-Wildwood 263.

INDIVIDUALS: 1-Pat Ryan, Glassboro 16:16. 2-Frank Antonelli, Point Pleasant Beach 16:28. 3-Jun Yong, Haddon Township 16:41. 4-Mike Fulton, Maple Shade 16:43. 5-Ron Varum, Haddon Township 16:58. 6-Tom Skaggs, Maple Shade 17:03. 7-Brian Dalessandro, Woodbury 17:10. 8-Charles MacNeill, Schalck 17:17. 9-Scott Davis, Schalck 17:27. 10-Chris Berrios, Glassboro 17:39.

GIRLS STATE SECTIONAL CROSS-COUNTRY RESULTS



Neptune's Amala Merritt wins Central Jersey Group 3 race at Holmdel Park

3-Westwood 99. 4-Rutherford 131. 5-Walkkill Valley 132. 6-Pompton Lakes 177. 7-Dumont 188. 8-Pascack Hills 191. 9-Glen Rock 217. 10-Harrison 303.

INDIVIDUALS: 1-Dana Satir, Ramsey 21:13. 2-Stacy Hoser, Kittatinny 20:52. 3-Nikki Callaghan, Westwood 21:06. 4-Tracy Kirk, Ramsey 21:12. 5-Crystal DeGuida, Walkkill Valley 21:16. 6-Kate Westbrook, Kittatinny 21:20. 7-Casey Beckmann, Ramsey 21:25. 8-Sarah Walton, Ramsey 21:27. 9-Aleksandra Kaczmarek, Glen Rock 21:40. 10-Erin Oliver, Ramsey 21:54.

GROUP 1

TEAMS: 1-Bogota 47. 2-Palisades Park 50. 3-Midland Park 89. 4-Becton 99. 5-Hawthorne 127. 6-Cresskill 172. 7-Emerson Borough 176. 8-Secaucus 181.

INDIVIDUALS: 1-Erica Cesario, Bogota 21:06. 2-Tina Romic, Hawthorne 21:21. 3-Kirsten Lafond, Bogota 21:32. 4-Melissa Londregan, Hawthorne 22:03. 5-Tina Govic, Palisades Park 22:07. 6-Ailison Curran, Midland Park 22:32. 7-Tracy Evans, Becton 22:43. 8-Stephanie Pagliano, Palisades Park 23:20. 9-Donna Magliola, Ridgedale 23:20. 10-Betty Ann Sidoti, Palisades Park 23:31.

CENTRAL JERSEY

GROUP 4

TEAMS: 1-Middletown South 43. 2-Hunterdon Central 57. 3-West Windsor 98. 4-Middletown North 125. 5-Bridgewater-Raritan 130. 6-Old Bridge 144. 7-Piscataway 153. 8-East Brunswick 185. 9-Hillsborough 242. 10-J. P. Stevens 285.

11-Manalapan 301. 12-Marlboro 347. 13-Edison 355. 14-Freehold Township 384.

INDIVIDUALS: 1-Autumn Fogg, Hunterdon Central 19:39. 2-Beth Crawford, Hunterdon Central 20:01. 3-Lisa Flood, Middletown North 20:19. 4-Jean Griffin, Middletown South 20:45. 5-Marianne McClain, Bridgewater-Raritan 20:47. 6-Kira Horvath, East Brunswick 20:56. 7-Cullen Glass, Middletown South 20:58. 8-Cale Guiney, Middletown South 21:07. 9-Teresa Joeger, Middletown South 21:05. 10-Deviani Sengupta, Bridgewater-Raritan 21:07.

GROUP 3

TEAMS: 1-Wall 58. 2-Ocean Township 59. 3-North Hunterdon 74. 4-Raritan 157. 5-Watching Hills 174. 6-North Brunswick 183. 7-Lawrence 220. 8-Hamilton East 230. 9-Sayreville 240. 10-Red Bank 251. 11-Colonia 262. 12-South Brunswick 269. 13-Neptune 277.

INDIVIDUALS: 1-Amala Merritt, Neptune 20:35. 2-Heather Perrine, Wall 21:05. 3-Nicole Venic, Wall 21:17. 4-Natasha Yeager, Wall 21:25. 5-Lisa Anderson, North Hunterdon 21:31. 6-Jaime Harbstreit, Ocean Township 21:37. 7-Christy Holmes, Lawrence 21:42. 8-Dinah Drewry, Watching Hills 21:48. 9-Samantha Haydu, Ocean Township 21:51. 10-Samantha Simonette, North Hunterdon 21:57.

GROUP 2

TEAMS: 1-Ridge 40. 2-Voorhees 64. 3-Somerville 75. 4-Holmdel 109. 5-Hopewell Valley 150. 6-Long Branch 168. 7-Delaware Valley 175. 8-Princeton 192. 9-Carteret 248. 10-Freehold

Borough 259.

INDIVIDUALS: 1-Claire Nicholas, Ridge 20:48. 2-Becca Raum, Ridge 20:49. 3-Valeria Graham, Asbury Park 21:02. 4-Libby Morris, Somerville 21:05. 5-Denise Reed, Long Branch 21:37. 6-Megan Fielder, Voorhees 21:40. 7-Carrie Szemanski, Somerville 21:41. 8-Gillian Kost, Somerville 21:42. 9-Hagan McCurdy, Ridge 21:47. 10-Michelle O'Neil, Voorhees 21:49.

GROUP 1

TEAMS: 1-Bernards 81 (sixth runner tie-breaker). 2-Bound Brook 81. 3-Rumson 86. 4-Metuchen 88. 5-Keansburg 135. 6-Montgomery 136. 7-Middlesex 186. 8-Shore Regional 202. 9-Highland Park 216. 10-Keypoint 288. 11-South River 326. 12-Hoffman 345.

INDIVIDUALS: 1-Lauren Nann, Bernards 19:58. 2-Megan Jordan, Shore Regional 20:29. 3-Tamyja Ackley, Bound Brook 21:05. 4-Melissa DeStilo, Bound Brook 21:23. 5-Sarah Fordyce, Bernards 22:24. 6-Emily Robinson, Rumson 22:56. 7-Deanna Rusch, Bernards 22:59. 8-Meghan Wolfe, Bound Brook 23:05. 9-Sam Ehrlich, Highland Park 23:09. 10-Elaime Cook, Montgomery 23:23.

SOUTH JERSEY

GROUP 4

TEAMS: 1-Shawnee 37. 2-Toms River East 84. 3-Toms River North 96. 4-Eastern 171. 5-Millville 192. 6-Cherokee 203. 7-Southern Regional 222. 8-Edison 228. 9-Jackson 233. 10-Overbrook 258. 11-Lenape 332. 12-Vineland 335. 13-Washington 336. 14-Atlantic City 343. 15-Trifton 370. 16-Edgewood 382. 17-Cherry Hill East 468.

INDIVIDUALS: 1-Jenn Pasce, Toms River North 17:57. 2-Laura Dunning, Toms River East 18:26. 3-Karen O'Neil, Shawnee 18:40. 4-Jamie Wetzel, Toms River North 18:47. 5-Lisa Selter, Shawnee 18:59. 6-Kaya Holmes, Millville 19:02. 7-Rachel Wick, Shawnee 19:04. 8-Stephanie Somers, Cherokee 19:06. 9-Kim O'Donnell, Eastern 19:15. 10-Lauren O'Brien, Shawnee 19:17.

GROUP 3

TEAMS: 1-Brick 59. 2-Ocean City 72. 3-Toms River South 108. 4-Manchester Township 152. 5-Absegami 187. 6-Oakcrest 219. 7-Mainland 220. 8-Egg Harbor 239. 9-Camden Union 254. 10-Middle Township 256. 11-Deptford 256. 12-Central Regional 265. 13-Lacey 280. 14-Williamstown 282. 15-Delsea 372.

INDIVIDUALS: 1-Abbey Hartman, Ocean City 17:51. 2-Shari Howell, Deptford 18:14. 3-Lorena Adams, Manchester Township 18:27. 4-Cheryl Wroblewski, Brick 19:28. 5-Aimee Oppenheimer, Manchester Township 18:41. 6-Danielle Galvia, Ocean City 18:42. 7-K. C. Meenan, Brick 18:44. 8-Venick Smith, Camden Union 18:49. 9-Magee DeFelle, Ocean City 19:06. 10-Katie Jones, Middle Township 19:10.

GROUP 2

TEAMS: 1-Haddonfield 58. 2-Point Pleasant Boro 79. 3-Pineland 112. 4-Woodstown 127. 5-Clarks Summit 143. 6-Clearview 171. 7-Kingsway 192. 8-Deiran 206. 9-Buena 223. 10-Audubon 223. 11-Moorestown 227. 12-West Deptford 251. 13-Sterling 293.

INDIVIDUALS: 1-Amy Beikirch, Pineland 18:14. 2-Jenica Thomas, Point Pleasant Boro 18:29. 3-Jaime Glenn, Point Pleasant Boro 18:34. 4-Amy Guidice, Haddonfield 19:31. 5-Annis Whitlow, Haddonfield 19:34. 6-Suzanne Dorrell, Woodstown 19:37. 7-Jennifer Murphy, Point Pleasant Boro 19:39. 8-Breanna Damm Moorestown 20:02. 10-Kristen Lane, Cinnaminson 20:10.

GROUP 1

TEAMS: 1-Maple Shade 39. 2-Schalck 44. 3-Haddon Township 48. 4-Point Pleasant Beach 92. 5-Pfizerman 137. 6-Wildwood 142. 7-Paulsboro 154.

INDIVIDUALS: 1-Amber Hart, Point Pleasant Beach 19:34. 2-Sharon Crow, Haddon Township 20:22. 3-Lisa Roberts, Schalck 20:52. 4-Lisa Woodward, Maple Shade 20:46. 5-Sandy Ogbin Schalk 20:56. 6-Cindy Thompson, Maple Shade 21:13. 7-Michelle Wilkier, Maple Shade 21:14. 8-Melissa Davis, Schalck 21:17. 9-Jessica Neff, Point Pleasant Beach 21:19. 10-Dana Ely, Maple Shade 21:32.

TEAMS: 1-Ramsey 30. 2-Kittatinny 56.

IN THE SCHOOLS

No. 1 RBC girls to face strong foes in Shore X-c meet

By JIM LAMBERT

Judging by what the coaches are saying, tomorrow's girls' race at the Shore Conference Cross-Country Championships, which is one of the most eagerly awaited showdowns of the season, should be a real barn burner.

Red Bank Catholic will put its No. 1 ranking in The Star-Ledger Girls' Top 10 on the line against No. 3 Brick and No. 7 Middletown South. The race is scheduled to go off at 3:45 p.m. at Ocean County Park, Lakewood.

This will be the first meeting of the season between Brick and Red Bank Catholic. RBC beat Middletown South, 47-72, to win the Monmouth County Championship and Brick defeated Middletown South, 56-119, in the B Division race at last month's Shore Coaches Invitational at Holmdel Park.

In the boys' race at 4:10 p.m., No. 1 Christian Brothers is favored to repeat against No. 5 Toms River East and No. 7 Toms River South. Toms River East has finished ahead of Toms River South in all three meetings this season.

It should be pretty tight," said Brick girls' coach Bill McGuire, whose team is looking for its first Shore Conference title since winning a fifth straight in 1989. "If we run the way we're capable of, it should be close. All three teams are running great and it's wide open."

"It's going to be close," agreed Red Bank Catholic coach Mary Banks, whose teams have won the last two Shore Conference titles. "This is one of our toughest races of the season."

RBC's frontrunners are junior Kerry Andrews and senior Jerilyn Fratalone. Andrews won the Shore Conference race as a freshman. The rest of RBC's pack consists of junior twins Maureen and Mara Maloney; sophomore Meghan Cunniff, the runner-up in the Shore Conference race last year, who has struggled to regain her freshman form, and sophomore Jackie Iovino and junior Erin O'Rourke. RBC will be without Maureen Maloney, the No. 3 or 4 runner most of the season, who is sidelined with an injured foot. Junior Maureen Vasile will take her place.

Brick's lineup, although intact, won't be 100 percent. Junior Jaimie Silva, normally Brick's No. 2 runner, has been running with a stress fracture in her left leg. That injury caused her to drop to No. 4 in the pack in the NJSIAA South Jersey, Group 3 state sectional race last Saturday at Kingsway in Swedesboro. But without Silva's courageous effort, Brick would've had a tough time retaining its title.

"She has clearance to run and has been training in the pool," McGuire said. "She has dropped a little bit, but is still in the middle of our pack."

Much to McGuire's surprise and delight, Brick's No. 1 runner has been freshman Cheryl Wroblewski.

"We knew she'd be good," said McGuire. "But we were just hoping

that she'd be in our top five. She's made a big jump."

The rest of Brick's five are sophomores K.C. Meehan and Sarah Chase and senior Jen Newman. At the South Jersey meet, Brick's first four were separated by 57 seconds and its five by 1:25. RBC's first five were separated by just 36 seconds when they won the New Jersey Catholic Conference title on Saturday in Elizabeth's Warnanco Park.

At the Shore Coaches meet, Brick's top five averaged 20:49 and were separated by 54 seconds in the B race, while RBC's five averaged 20:36 and were separated by 59 seconds in the D race.

"I think we're the favorite, but Brick has been running very strong and if Jaimie is healthy, they have a very good chance," said Banks. "And Middletown South is really coming together. The key for us is for our front-runners to get out early and our 4-5-6 runners to keep a small gap. I'm anxious to see how we'll run."

"For us to win, our top five have to run close to their max," said McGuire. "Red Bank Catholic has the most talent on their roster and I'd say they have the edge."

Ocean County Park, a flat, fast and open course, is Brick's home, and RBC has yet to run on it this season. The Shore Conference alternates sites each year between Ocean County Park and Holmdel Park. Last year, RBC won at Holmdel, which is its home course. Holmdel is ideal for hill climbing, which is RBC's strength.

"It's to their advantage to run at Ocean County Park," said Banks. "They are used to it and I think the course will play into it."

Middletown South, fresh off its 43-57 upset victory over Hunterdon Central in the Central Jersey, Group 4 race, should be in the thick of things. Middletown South relies on pack running rather than front running, and it has paid off. Middletown South's top five are senior Jen Griffin, juniors Colleen Glass, Teresa Joerger and Tara Cullen and freshman Cate Guiney.

Individually, Toms River North sophomore Jenn Pesce, the Ocean County champion, Pinelands junior Amy Beykirch, Manchester Township junior Lorena Adams and St. Rose freshman Maura Bolger, the Monmouth County champion, will hook up in what should be a dramatic girls' race.

The boys' individual race could also be a dandy as CBA's Eric Savoth, Brian Bennett and Brian Cunniff, Central Regional's Sean McCafferty and Toms River South's Jason Klophaus go head-to-head.

"I think Savoth, Bennett, Cunniff and Klophaus will all be factors," said McCafferty, who beat Klophaus and avenged an earlier loss to Mainland's Scott Keyser to win the South Jersey, Group 3 title. "But Savoth is the best right now. I'll try and stay up there as long as I can and, hopefully, I'll have a shot with a half mile left."



Kerry Andrews
... Red Bank Catholic

CROSS COUNTRY TOP 10s

BOYS

- 1-Christian Brothers
- 2-Paul VI
- 3-Westfield
- 4-North Hunterdon
- 5-Toms River East
- 6-Pope John
- 7-Toms River South
- 8-Morris Hills
- 9-Ridgewood
- 10-Cherokee

GIRLS

- 1-Red Bank Catholic
- 2-Shawnee
- 3-Brick
- 4-Bishop Eustace
- 5-Mt. Olive
- 6-Ridgewood
- 7-Middletown South
- 8-Hunterdon Central
- 9-Ocean City
- 10-Paul VI

The freshman girls' class in Morris County is being called the best ever there. And tomorrow, two of those talented newcomers, Stephanie Snyder of Randolph and Kim Primavera of Mt. Olive, are expected to wage a memorable duel for the individual title at the Morris County Championships on the grounds of Nabisco in East Hanover. The girls' varsity race is slated to go off at 2:30 p.m. and the boys' varsity race will follow. Fourth-ranked Mt. Olive is favored to win the girls' title.

In the boys' race, two of the state's top sophomores, defending champion Steve Slattery of Mt. Olive and Tom DelSordo of Morristown, will go shoulder-to-shoulder. Defending Morris Hills, ranked eighth, is favored to win for a record 11th time. Morris Hills and Morristown are tied for the most boys' county titles with 10 each.

A scoring error in Saturday's Central Jersey, Group 3 girls' race has been detected. Lawrence, mistakenly placed seventh, has correctly been switched to fifth, which is the final qualifying spot for the state Group 3 championship race on Nov. 11 at Holmdel Park. Watchung Hills, bumped from fifth to sixth, has been added as a wild-card entry into the Group 3 championship race.

The Union County Cross-Country Championships, scheduled for yesterday, were postponed due to the soggy ground and rescheduled for this Monday at 2:45 p.m. at Warnanco Park in Elizabeth. Westfield is heavily favored to sweep the titles.



PAUL SCHWARTZ
CROSS-COUNTRY

Two races the fans want to see

Today's Bergen County Meet of Champions and Tuesday's Passaic County meet are not the most important meets on the schedule. That honor belongs to the State group meet Nov. 11 and the State Meet of Champions a week later.

But the County championships are the only place where all the top runners in a given area get to run against each other in the same race, making them perhaps the most awaited meets of the year.

Today, at Darlington County Park in Mahwah, Ridgewood is favored to sweep the boys and girls Bergen meets for the fourth time.

In the boys race, the Maroons, who last won the title in 1991, should have little trouble, with their top five runners all expected to be within the top 25 in the race. The team interest will come in the battle for second place, with Group 1 champion Palisades Park, Group 2 champ Westwood, Group 3 champ Northern Valley at Demarest, Paramus Catholic, and Don Bosco Prep all possible team runners-up.

Pal Park and Paramus Catholic have the best 1-2-3 punch, but Demarest has gotten better with every race, Westwood is young but solid, and Don Bosco has the second-best pack behind Don Bosco.

Individually, the race appears to be between Group 1 champ Jamie Cortes of Palisades Park, Group 3 champ Andrew Knight of Ramapo, and two-time Group 4 champ Kevin Gilman of Bergen Catholic.

Knight seems to get better with each race while Cortes, who fell in the Group 1 race, has to recover from his first area loss. Gilman, eighth last year and sixth as a sophomore, has the most experience, but needs to break open the race early to have a chance to win.

Jeremy Battles of River Dell has struggled all year but is the top returnee with a sixth-place finish last year. But if there is to be a dark horse, it might Waldwick's Peter Startz, 18th last year. He won the Group 1 sectional.

Ridgewood's girls should win their fourth straight and 15th title in 16 years behind the 1-2-3 punch of Amy Smith, Steph Doyle, and Celeste Sedo but not without a battle from last year's runner-up, Ramsey and Immaculate Heart Academy. The Maroons' back people struggled a little in Ridgewood's Group 4 sectional meet, but always rise to the BMOC occasion.

Individually, defending champion Jackie Martin of Hackensack returns, but at less than full strength and isn't likely to contend, although she can get a top-five finish.

Smith, third last year, should win, with Doyle and last year's runner-up, Kourtney Gallo of IHA, close behind. Nikki Callaghan of Westwood and Dana Satir of Ramsey, who staged a great battle for the Group 2 title, should battle Martin for the other top-five spots.

Tuesday's Passaic meet at Garret Mountain is harder to predict. Passaic's fine third-place finish in the Group 4 sectional make the defending champions a favorite to repeat in the boys race. But Clifton also ran well, and has the top trio in the race and Passaic Valley could also challenge.

Bernard Fraser, third last year, should bring the Indians its first individual title in 10 years, but look for Dan Piccirillo of PV and Sibi Joseph of Clifton to give him a battle.

Several weeks ago, it looked as if Wayne Valley's nine-year streak was surely over in the girls race. But last Saturday the Indians finished three points ahead of favored Kennedy in the Group 4 sectional to turn the race into a battle.

The key will be the 4-5 runners. Lakeland is the likely third-place finisher and West Milford should also be in the top five.

Individually, Sarah Park of Wayne Valley, second last year and Sabrina Nealy of Kennedy, 15th last season, are the probable championship contenders although Aisha Alexander, a PV freshman and Maydee Oquendo of Kennedy could also be near the top.

THE RECORD'S POLLS

GIRLS CROSS-COUNTRY



BERGEN GROUP 1-2

- 1. Ramsey (5)** — The Rams keep getting better, as an easy win over a solid and always State-contending Kittatinny team shows. A second-place BMOOC finish is likely, and if Ridgewood slips . . . (Points: 25)
- 2. Westwood** — The Cardinals were third in the always-difficult Group 2 race, but need better races from their back runners to crack the top five at the BMOOC. (Points: 20)
- 3. Pallsades Park** — The Tigers lost a heartbreaker by three points to Bogota at the sectional Group 1 meet after running an excellent race to win the Bergen 1 title the week before. The Tigers need to close the gap between second and fifth to reverse a loss in the BMOOC race. (Points: 11)
- 4. Bogota** — The defending State Group 1 champs ran their best race of the season in repeating at the sectionals. The 1-2 punch of Erica Cesario and Kirsten LaFond always makes the Bucs dangerous, but the improving 3-4-5 runners may make them champions again. (Points: 10)
- 5. Rutherford** — The Bulldogs, despite injuries to several of their fine pack, were fourth in the Group 2 sectional and head to the states. (Points: 9)

BERGEN GROUP 3-4

- 1. Ridgewood (5)** — Ridgewood didn't have it quite as easy as expected on the mushy Garret Mountain course, but won a fourth straight Group 4 sectional title and 11th overall. (Points: 25)
 - 2. Immaculate Heart** — The Blue Eagles ran well for second behind Ridgewood in the Bergen 4 race and will battle Ramsey for second in the Bergen Meet of Champions before a hoped-for Parochial A top-three finish. (Points: 20)
 - 3. Northern Highlands** — The Highlanders continue to shine with an easy Group 3 sectional victory. Tovah Oppenheimer, Mandy Smeal, and Liz Kerr could be keys to a top-three finish at the BMOOC. (Points: 14)
 - 4. Fair Lawn** — The Cutters ran their best race of the season for a fifth-place finish in the sectional Group 4 race as Sara Meroth and Amy Wyka led the way. The Cutters did not qualify as a BMOOC team but will race four individuals. (Points: 8)
 - 5. Hackensack** — Despite a slow return to form for injured defending BMOOC champ Jackie Martin, third in last week's Group 4 sectional, the Comets finished sixth and failed to qualify for the State group meet. (Points: 6)
- Also receiving votes — Tenafly 1

PASSAIC/MORRIS

- 1. Kennedy (5)** — The Knights barely hang on to first despite their first loss to a Passaic team in a fourth-place finish at State Group 4 meet. Kennedy makes its first trip to the states in 12 years and remains slightly favored at the Passaic meet on Election Day. (Points: 23)
 - 2. Wayne Valley** — The Indians ran their best race of the season in placing third in the Group 4 sectional and reaching the states for the 13th straight season. A defeat of Kennedy might be the key to their 10th straight County title. (Points: 20)
 - 3. Lakeland** — The Lancers make their first team trip to the states, after an outstanding third-place finish in the Group 3 sectionals. Danielle Centurione and Laura Crescenzo finished in the top 20 to lead Lakeland. (Points: 14)
 - 4. West Milford** — The Highlanders, led by Kathy Laumbach's 18th-place finish at the Group 4 sectional, were ninth in the rugged Group 4 race but should run well in the counties. (Points: 10)
 - 5. Clifton** — The Mustangs did not run well at the sectional meet, but hope to snap back at Passaic Counties. (Points: 5)
- Also receiving votes — Pompton Lakes 1.
Voting on 5-4-3-2-1 basis by The Record sports staff.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET B.M.O.C.

COURSE DARLINGTON

DIVISION _____

COURSE RECORD _____

DATE 11-4-95

RIDGEWOOD RECORD JENNA ROGERS

WEATHER SUNNY & COLD

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1	(1)	AMY SMITH	18:52.3
2	(2)	STEPHANIE DOYLE	19:02.2
13	(10)	CELESTE SEDO	20:10.2
21	(16)	KATIE COHN	20:26.9
22	(17)	CARRIE RUGGLES	20:27.2
42		ROSE SEDO	21:29.2
52		BETH APSEL	21:54.1

TEAM TOTAL: 46

TEAM PLACE: CHAMPIONS

1-5 SPLIT: 1:35

1-7 SPLIT: 3:02

COMMENTS:

The Team did a great job today. 30 minutes before the race everyone seemed confident with smiles on their faces! The warm up was perfect! Amy went to the front at the gun and was never challenged. A great confident move. Stephanie improved her PR by 27 seconds and not to be outdone Katie and Carrie improved by 31 seconds! Rose ran a strong race in the substitution role equalling her PR. With desire and confidence great things can be accomplished!

Knight holds on; Ridgewood sweeps

By PAUL SCHWARTZ
Correspondent

MAHWAH — As Andrew Knight pounded down the final straightaway towards the finish line at the Bergen County Meet of Champions, he was running scared. Scared of the footsteps he was hearing behind him, footsteps that had dogged him from when he had taken the lead two-thirds of the way into the 5,000-meter race.

"I had no idea who was behind me," said the Ramapo senior after he held on for the victory in the year's best time of 16:18, just 25 meters ahead of surprising runner-up Kurt Erler of Don Bosco Prep. "I thought it might be Kevin [Bergen Catholic's Gilman, who led for much of the race] or Jamie Cortes [of Palisades Park] or even [Peter] Startz of Waldwick. I figured I could hold on, but I wasn't sure."

Knight was joined in victory by Amy Smith of Ridgewood and the Ridgewood boys and girls teams, all of whom won as expected, and won comfortably. But Knight's victory was anything but comfortable.

"My lungs are still hurting from the cold," Knight said about 20 minutes after the race. "If we were practicing in it, you can get used to it. But it was 70 degrees Friday and 45 today."

Gilman took the race out hard as usual, with Knight second and Erler, who was 11th in the Bergen Group 4 race two weeks ago, third. Gilman led until the 2-mile mark, when Knight, loser of only one race all season, blew by with Erler close behind.

"I injured my back lifting about two

CROSS-COUNTRY

months ago, and I haven't raced very much," said Erler, who finished second to Gilman in the NNJIL meet last month. "But my coaches thought I could do it anyway and I trained through a lot of races."

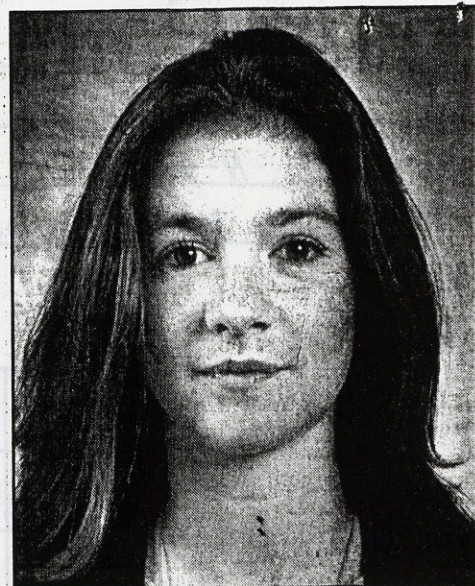
Ridgewood easily defeated Palisades Park and Don Bosco Prep as expected, 51-84-85. The Maroons placed five runners between 10th and 18th places in a tight 13 second pack, but sophomore John O'Neil was a wild-card entry and didn't count in the team scoring.

No matter. Even with David Driever in 38th place as the fifth finisher, it was easily enough for the Maroons to dethrone Paramus Catholic, which finished fourth.

"Ironically our depth did win it for us, although the two kids we rested last week didn't benefit the way I thought they would," said Coyle, whose team won for the sixth time. "But those kids won some races for us early in the year."

The Ridgewood girls faced a stiff test in attempting to win the BMOC for the fourth straight time and 15th time in 16 years. Both Ramsey (Group 2) and Immaculate Heart Academy (Parochial A) will contend for State titles next week, and both ran well Saturday. But Ridgewood rose to the occasion and beat IHA and Ramsey, 46-70-71.

"We put some pressure on Katie and Carrie," said Smith, who ran 18:53 to become just the fourth girl in four years to break 19 minutes on the course. "We told them they had to come through if we were going to win this."



AMY SMITH
Wins girls race

And juniors Katie Cohn and Carrie Ruggles, both of whom struggled in the Maroons' sectional win last week, came through, placing 21st and 22nd, respectively, easily setting personal bests on the Darlington course.

"We were both disappointed the way we ran last week," said Cohn. "The cold weather helped us I think, and Ramsey and IHA have been so hot, we knew that if Carrie and I didn't run well, we'd be in trouble."

"It's probably fair to say that was true," said Ridgewood coach Jacob Brown. "The kids gave them some heat, but they took it and came through as I knew they would."

So did Smith. As they have been nearly all season, she and teammate Stephanie Doyle ran one-two almost the entire race and Smith never broke stride from the opening gun until she crossed the finish line.

"I just went out to run fast and keep it going as long as I could," said Smith. "That's all I've tried to do most of the season."

CROSS-COUNTRY

Bergen Meet of Champions

At Darlington County Park, Mahwah

GIRLS TEAM SCORING

Ridgewood 46, Immaculate Heart Academy 70, Ramsey 71, Northern Highlands 105, Holy Angels 141, Hackensack 181, Westwood 188, Bogota 210, Palisades Park 233, Rutherford 241, Tenafly 245, Midland Park 273.

1. Amy Smith, Ridgewood	18:53.
2. Stephanie Doyle, Ridgewood	19:03.
3. Kelly Ortiz, Paramus	19:09.
4. Jennie Melghan, Northern Highlands	19:11.
5. Dana Satir, Ramsey	19:17.
6. Jackie Martin, Hackensack	19:30.
7. Kourtney Gallo, IHA	19:32.
8. Nikki Henry, Demarest	19:41.
9. Nikki Callaghan, Westwood	19:45.
10. Dana Catanese, IHA	19:53.
11. Tracy Kirk, Ramsey	20:04.
12. Karen Petouvis, Paramus	20:05.
13. Celeste Sedo, Ridgewood	20:11.
14. Jamie Siegrist, Demarest	20:12.
15. Chrissy Martin, Hackensack	20:13.
16. Meghan O'Toole, Garfield	20:18.
17. Michio Kawasaki, IHA	20:19.
18. Erica Cesario, Bogota	20:23.
19. Sarah Walton, Ramsey	20:24.
20. Eileen Lennon, Holy Angels	20:27.
21. Katie Cohn, Ridgewood	20:27.
22. Carrie Ruggles, Ridgewood	20:28.
23. Brigitte Bogert, Fort Lee	20:28.
24. Sara Meroth, Fair Lawn	20:30.
25. Casey Beckmann, Ramsey	20:35.
26. Mandy Smeal, Northern Highlands	20:39.
27. Tovah Oppenheimer, Northern Highlands	20:44.
28. Aleksandra Kazimierzczak, Glen Rock	20:49.
29. Danielle Reinert, IHA	20:50.
30. Josie Maceri, Fort Lee	20:50.
31. Jennifer Knuth, Holy Angels	20:59.
32. Alexandra Kenworthy, IHA	21:00.
33. Amy Wyka, Fair Lawn	21:05.
34. Kirsten LaFord, Bogota	21:06.
35. Liz Kerr, Northern Highlands	21:07.
36. Erin Oliver, Ramsey	21:09.
37. Jessica Drew, Westwood	21:12.
38. Tina Govic, Palisades Park	21:13.
39. Laura Montelth, Ramsey	21:15.
40. Julie Clifford, Holy Angels	21:18.
41. Allison Curran, Midland Park	21:22.
42. Rose Sedo, Ridgewood	21:30.
43. Kate Cosgriff, Tenafly	21:33.
44. Wendy Amster, Tenafly	21:33.
45. Kim Gonzalez, Holy Angels	21:36.
46. Andrea Mazzarino, Old Tappan	21:36.
47. Mahasin Pegelse, Rutherford	21:41.
48. Ryann Lantz, Westwood	21:42.
49. Susan Coomber, Northern Highlands	21:42.
50. Jenn Rooney, Holy Angels	21:44.

BOYS TEAM SCORING

Ridgewood 51, Palisades Park 84, Don Bosco Prep 85, Paramus Catholic 106, NV/Demarest 132, Garfield 175, Westwood 195, Saddle Brook 227, Rutherford 227, Emerson 243, Northern Highlands 264, Mahwah 277.

1. Andrew Knight, Ramapo	16:19.
2. Kurt Erler, Don Bosco	16:23.
3. Cary Snyder, Demarest	16:35.
4. Jeremy Battles, River Dell	16:37.
5. Peter Startz, Waldwick	16:40.
6. Marco Alves, Queen of Peace	16:41.
7. Kevin Gilman, Bergen Catholic	16:44.
8. Andrew Zagula, Paramus Catholic	16:44.
9. Jeff Clark, Bogota	16:47.
10. Mike Cohen, Ridgewood	16:48.
11. Jamie Cortes, Palisades Park	16:51.
12. Neil Burt, Ridgewood	16:52.
13. Eric Rogers, Ridgewood	16:52.
14. Rob Zagula, Paramus Catholic	16:53.
15. Martin Pankiewicz, Garfield	16:58.
16. Scott Menti, Cresskill	16:58.
17. Mike Castagno, Ridgewood	16:58.
18. John O'Neill, Ridgewood	17:01.
19. Hugo Juarez, Palisades Park	17:02.
20. Romeo Joseph, Hackensack	17:02.
21. Diego Gioffre, Palisades Park	17:06.
22. Andrew Tortora, Rutherford	17:06.
23. Joe Poliseo, Don Bosco	17:09.
24. Tom Redmond, Bergen Catholic	17:12.
25. Hozalfa Cassabhal, Emerson	17:13.
26. Mike Apa, Old Tappan	17:15.
27. Geiby Hawkins, Leonia	17:24.
28. John Bryjak, Paramus Catholic	17:24.
29. Bobby Goers, Palisades Park	17:25.
30. Arlie Andreano, Garfield	17:26.
31. Anthony Gotsy, Saddle Brook	17:30.
32. Jon Poliseo, Don Bosco	17:31.
33. Mike Silok, Mahwah	17:32.
34. Rosario Maceri, Fort Lee	17:32.
35. Matt Caporaletti, Westwood	17:33.
36. Andrew Rodney, Ridgewood	17:34.
37. Joe D'Angelo, Ridgewood	17:35.
38. David Driever, Ridgewood	17:35.
39. Brian Connelly, Demarest	17:36.
40. Russ Glancola, New Milford	17:37.
41. Jason Izen, Tenafly	17:38.
42. Tim Muratore, Tenafly	17:38.
43. Mike Hasan, Bergenfield	17:39.
44. Craig Giammona, Demarest	17:39.
45. David Kosoff, Park Ridge	17:41.
46. John Lay, Paramus	17:42.
47. Jim Wolymetz, Don Bosco	17:44.
48. Chris Tortora, Rutherford	17:44.
49. Jim Sheehy, Don Bosco	17:47.
50. Paul Berberlin, Old Tappan	17:48.

HCIAA Championships

BOYS TEAM SCORING

1, Kearny, 43; 2, Memorial, 54; 3, St. Peter's, 111; 4, North Bergen, 115; 5, Hudson Catholic, 124; 6, Snyder, 131; 7, Ferris, 192; 8, Bayonne, 202; 9, Union Hill, 215; 10, Harrison, 269; 11, Dickinson, 295; 12, Lincoln, 315.

1. Rodger Munoz, Kearny	16:26
2. Isidro Pimantel, Snyder	16:48
3. Dan Scardellini, North Bergen	16:53
4. Angel Ventura, Memorial	17:02
5. Miguel Frade, Kearny	17:19
6. Adam Dalton, Hudson Cath.	17:34
7. Wilmer Cardona, North Bergen	17:42
8. Sergio Coelho, Kearny	17:56
9. Juan Hernandez, Memorial	18:04
10. Aurelio Saladrigas, Memorial	18:05
11. Paul Cunha, Kearny	18:06
12. Ryan Dworkin, St. Peter's	18:14
13. Joshua Maarleveld, Hoboken	18:19
14. Martin Travers, North Bergen	18:19
15. Conor Murphy, St. Peter's	18:22

GIRLS TEAM SCORING

1, Kearny, 27; 2, North Bergen, 45; 3, Memorial, 81; 4, St. Dominic, 106; 5, Ferris, 123; 6, Union Hill, 147; 7, Dickinson, 197; 8, Bayonne, 245; 9, Secaucus, 264; 10, Holy Family, 274; 11, Harrison, 299.

1. Julie Corbett, Kearny	20:38
2. Donna Ciekiewicz, North Bergen	20:45
3. Erin Mac Conchie, Kearny	21:27
4. Kristy Perkins, Kearny	21:32
5. Geselle Marciano, Union Hill	21:37
6. Tina Traveas, North Bergen	21:39
7. Margaret Conklin, Kearny	21:45
8. Luz Jaramillo, Memorial	22:06
9. Gillian Permay, North Bergen	22:09
10. Sharron Lemmon, North Bergen	22:16
11. Perzavia Praylow, Ferris	22:20
12. Christine Kornas, Kearny	22:25
13. Wendy Slocum, St. Dominic	22:28
14. Christina Buenano, Kearny	22:29
15. Libibeth Hernandez, Memorial	22:32

CROSS-COUNTRY

Passaic boys meet

11-8

Team scoring

Passaic 44, Clifton 50, Passaic Valley 56, Wayne Valley 131, Passaic Tech 162, Eastside 163, West Milford 215, Kennedy 225, Eastern Christian 246, Lakeland 265, DePaul 269, Pompton Lakes 305, Manchester 317

1. Bernard Fraser (P)	17:11.
2. Mehul Desai (C)	17:12.
3. Dan Piccirillo (PV)	17:23.
4. Sibi Joseph (C)	17:39.
5. Chris Morris (E)	17:48.
6. Will Bierach (PV)	17:49.
7. Phil Aiello (C)	17:56.
8. Juan Martinez (P)	18:04.
9. Matt Ersckoelcz (P)	18:15.
10. Keith Semineri (WV)	18:18.
11. Nilesh Patel (P)	18:21.
12. Keith Lovas (PV)	18:27.
13. Gomer Inocencio (C)	18:31.
14. Doug Markley (PV)	18:34.
15. Rudy Ullow (P)	18:46.
16. Mark Kaufman (WV)	18:47.
17. Joel Sanchez (P)	18:49.
18. Adam Fechner (WV)	18:50.
19. Todo Hartley (EC)	18:56.
20. Fernando Pizarro (K)	18:59.

Course: Garret Mountain; Distance: 5K.

Passaic girls meet

11-8

Team scoring

Kennedy 37, Wayne Valley 82, Passaic Valley 111, Lakeland 125, Clifton 126, Pompton Lakes 157, West Milford 178, Passaic 178, Hawthorne 207, Eastern Christian 255, Passaic Tech 260.

1. Sabrina Nealy (K)	20:54.
2. Tina Romic (H)	21:01.
3. Maydee Oquendo (K)	21:08.
4. Alisha Alexander (PV)	21:11.
5. Sarah Park (WV)	21:20.
6. Neriza Hufnagel (K)	21:25.
7. Danielle Centurione (L)	21:30.
8. Melissa Londregan (H)	21:42.
9. Eileen Conn (D)	21:48.
10. Mary Beth Sexton (WV)	22:03.
11. Talshanna Thomas (K)	22:10.
12. Gingi Woodard (PL)	22:14.
13. Kempolly Swaby (E)	22:18.
14. Aja Carnosso (PL)	22:19.
15. Veronica Raggi (L)	22:20.
16. Jen Minchin (PV)	22:27.
17. Allison Silverglad (C)	22:34.
18. Laura Crecenzo (L)	22:38.
19. Sylvia Nealy (K)	22:46.
20. Leah Steenstra (EC)	22:47.

Course: Garret Mountain; Distance: 5K.

W V IOSES crown to Kennedy

By **ANDREW SELIGMAN**
Correspondent

WEST PATERSON — After playing second fiddle all year to Northern New Jersey Interscholastic League rival Ridge-wood, the Passaic boys cross-country team took center stage Wednesday and repeated as Passaic County champion.

Passaic, with 44 points, edged Clifton by six. Passaic Valley finished third with 56 points.

CROSS-COUNTRY

The girls competition saw a changing of the guard, as Kennedy ended Wayne Valley's nine-year reign and gained a measure of revenge in the process. Wayne Valley beat favored Kennedy by three points in Saturday's Group 4 sectional, and that definitely weighed heavily on the Knights' minds.

"It's so good because we've had a competition with Wayne Valley," said sophomore Sabrina Nealy, who finished first in 20:54. "We're just so happy we won. Our coach is taking us out — hopefully somewhere fancy. We're still going to practice hard and work harder."

Nealy was running fifth about halfway through the race, but rallied near the end. Tina Romic of Hawthorne was second in 21:00, while Kennedy's Maydee Oquendo (21:08) placed third. Passaic Valley's Aisha Alexander finished fourth in 21:11, while Wayne Valley's top finisher, Sarah Park, second last year, rounded out the top five with a 21:20.

In the boys race, Passaic's Bernard Fraser finished first in 17:11, but Clifton's Mehul Desai, Sibi Joseph, and Phil Aiello placed second, fourth, and seventh, respectively.

Summaries on S-10

Cunniff leads RBC; CBA triumphs again

By **JIM LAMBERT**

Red Bank Catholic, No. 1 in The Star-Ledger Girls' Cross-Country Top 10, received a season-best performance from sophomore Meghan Cunniff, who placed sixth, and ran its top team race of the year for a surprisingly easy victory over No. 3 Brick and No. 7 Middletown South to take its third straight Shore Conference championship yesterday at Ocean County Park in Lakewood.

Individually, both races provided plenty of drama. In the girls' race, junior Amy Beykirch of Pinelands, who lost to Jenn Pesce, a Toms River North sophomore, at the Ocean County Championships on the same course on Oct. 20, pulled away from Pesce at the 2.5-mile mark to win the biggest race in her career in a personal-best 18:08.8. According to race officials, the flat and fast course is closer to 3.0 miles than it is to 3.1. At the Ocean County meet, Pesce won in 18:24 and Beykirch was second in 18:34.

In the boys' race, junior Brian Bennett broke away from teammate Eric Savoth and Sean McCafferty of Central Regional over the final half mile to win in 15:37.1 and lead No. 1 ranked Christian Brothers to its 14th straight title. CBA averaged 15:57, which, according to CBA coach Tom Heath, surpassed the course record team average of 16:13 that his CBA team ran in 1991.

But the story of the day was how convincing Red Bank Catholic's victory was over two of the state's better teams.

Based on the times both teams had been running all season, almost everyone, including the coaches, figured it was going to be a tossup between Red Bank Catholic and Brick.

But RBC, with junior Kerry Andrews fifth in 18:38.0 and Cunniff sixth in 18:38.5, put its fourth runner in ahead of Brick's second, averaged 18:51 and had a spread of 45 seconds between Andrews and No. 5 Erin O'Rourke. O'Rourke finished 17th in 19:23.1 for a team total of 40 points. Brick was second with 89 and Middletown South third with 99.

"I can't really point to any one person who ran well because everyone did," said Red Bank Catholic coach Mary Banks. "But Meghan's race was outstanding. We felt the pressure coming into the race. We knew Brick was strong and Middletown South was hungry. This is definitely the best team race we've had this season. I've been looking for us to run a race like this all year. This win is very big and the sweetest of the three that we've won."

Cunniff, third at the Meet of Champions and a Star-Ledger All-State choice last year, has struggled to regain her freshman form. Yesterday's performance was a step in the right direction. Most of this season, Cunniff has been anywhere from third to fifth in her team's pack.

"I knew I had to have a good race some time and today it finally happened," said a thrilled and relieved Cunniff. "This is the the best race I've had this season and this should give me more confidence for the rest of the season."

"This win is really key for us," said Andrews. "Mentally, this is the most focused we've been all season. We wanted to win this real bad."

When Pesce beat Beykirch in their only other meeting in the Ocean County meet, she broke Beykirch at the two-mile mark on her way to the 10-second victory. This time, Beykirch stayed at Pesce's side and refused to let her get away.

"Losing to her was a learning experience for me," said Beykirch. "It made me want this even more. Losing made me more hungry."

"I knew I had to stick to her shoulder and not let her get away this time. When I was with her at two miles I began to gain some confidence and when I started to pull away I tried to sprint for as long as I could. I didn't know if she was back there just waiting to kick. She pushed me the whole way. Yeah, this is the biggest victory I've ever had. I dreamed about winning this, but I never really thought about it. This is a great feeling."

In the boys' race, Savoth and Bennett stayed side by side, with McCafferty a step back between in a three-man pack for the first 2.5 miles. Then Bennett, the best kicker in the race, used his superior leg turnover to win his biggest race in 15:37.7. McCafferty was second in 15:39.0 and Savoth, losing his first in-state race of the season, was third in 15:40.2.

McCafferty, who ran for CBA as a sophomore two years ago, Savoth and Bennett all ran together at CBA's Colt Camp in the Poconos over the summer.

"The three of us made a pact over the summer that we'd make this race exciting," said Bennett. "I felt good with a half mile to go because I know I have more speed than they do. I felt I'd be able to outkick them."

"I'm not surprised that I won, because from race to race you never know what's going to happen. This was a breakout race for me. I've been waiting to pop a good one."

"In a way I think it's better that I lost because it gives me more to look forward to," said McCafferty, alluding to the state group championships next Saturday and the state Meet of Champions on Nov. 19 at Holmdel. "Sure, I would have liked to have won, but from here on out I think a different guy is going to win each week and I still feel Savoth is the one to beat because he's so tough at Holmdel."

BOYS

TEAMS: 1-Christian Brothers, 24. 2-Toms River East 98. 3-Holmdel 128. 4-Brick 179. 5-Manchester Township 198.

INDIVIDUALS: 1-Brian Bennett, Christian Brothers 15:37.1. 2-Sean McCafferty, Central Regional 15:39.0. 3-Eric Savoth, Christian Brothers 15:40.2. 4-Brian Cunniff, Christian Brothers 16:02.2. 5-Scott Clayton, Pinelands 16:05.3. 6-Eric Herbst, Lacey 16:08.2. 7-Terrence Rozier-Byrd, Christian Brothers 16:10.2. 8-Mike Ratta, Brick 16:16.5. 9-Joe DiChiara, Christian Brothers 16:17.6. 10-Rich Christenson, Holmdel 16:20.3.

GIRLS

TEAMS: 1-Red Bank Catholic 40. 2-Brick 89. 3-Middletown South 99. 4-Toms River East 134. 5-Toms River North 146.

INDIVIDUALS: 1-Amy Beykirch, Pinelands 18:08.8. 2-Jenn Pesce, Toms River North 18:20.5. 3-Jessica Thomas, Point Pleasant Boro 18:35.2. 4-Lauren Dunning, Toms River East 18:36.1. 5-Kerry Andrews, Red Bank Catholic 18:38.0. 6-Meghan Cunniff, Red Bank Catholic 18:38.5. 7-Cheryl Wroblewski, Brick 18:39.7. 8-Lorena Adams, Manchester Township 18:52.2. 9-Jerilyn Frattalone, Red Bank Catholic 18:55.4. 10-Mara Maloney, Red Bank Catholic 19:00.4.



Photo by Ed Curry

Pinelands' Amy Beykirch (left) and Toms River North's Jenn Pesce head for finish line in Shore Conference Cross Country Championships yesterday in Lakewood.



PAUL SCHWARTZ
CROSS-COUNTRY

Fraulo comes out a winner

Lou Fraulo might have taken a lot of criticism Monday afternoon when he postponed the Passaic County cross-country championships set for Tuesday, based on the weather report.

But Fraulo, the meet director, had also directed the sectional meet at a soggy Garret Mountain the week before, and decided that discretion was the better part of valor.

"I did it for safety reasons," said Fraulo, whose judgment was more than vindicated when Wednesday's weather, while cold, was much better than Tuesday's. "I was really worried that it would be impossible to run the race and people would get hurt."

Instead, Passaic County runners got a chance to enjoy their most important meet of the season in comparatively benign conditions. Nice call, Lou.

GET YOUR ENTRIES IN — Entries for the annual national cross-country Northeast Regionals championships Nov. 25 at Van Cortlandt Park are due Wednesday. For information, call (212) 720-3752 days or director Phil Zodda 1-718-377-7737.

BMOC MUSINGS — There are always far more stories to be written about the annual Bergen Meet of Champions than there is space to write about them. This year's race was no exception.

Paramus sophomore Kelly Ortiz lost her shoes before the Group 3 Bergen race three weeks ago, and finished 12th instead of perhaps winning. She found her shoes after the race, and at the BMOC finished a sizzling third.

"I just decided to run as hard as I could for as long as I could," said Ortiz. "As we got into the final straightaway, someone yelled that if I passed one more person, I'd get a [third place] trophy. So I pushed even harder."

Bergen County boys champion Andrew Knight is one of the most analytical and talkative runners in recent years. His victory on Saturday was not a surprise after the fine year he had enjoyed, but he was not one of the preseason favorites after missing most of the 1994 fall campaign with a hip injury.

Knight says he knows that at the end of the summer, few people thought he would win the event. "But my form held so well and I worked out so well, I knew I could go for this and get it."

Jeremy Battles of River Dell had struggled all season following early season shinsplints. That made it unlikely that last year's sixth place BMOC could be duplicated — until Battles ran his best race of the year Saturday and finished fourth.

"I knew it was coming," said Battles. "And I had added incentive."

Battles' coach, Bill Keith, had undergone surgery a day before the race and Battles didn't learn of the surgery until just before his race.

"I knew something was up because he missed practice this week," said Battles. "At first I thought there was something wrong in his family and then I found out it was him. He's done a lot for me and I wanted to run well for him."

For Holy Angels, the fifth-place finish by the girls in front of perennial standouts Hackensack and Westwood continued the Angels' best year. Holy Angels had earlier breezed to the Bergen-Passaic Scholastic League King crown and was second in Bergen Group 3. Today the team hopes to earn a trip to its first State Meet of Champions.

Ridgewood competed in its 22nd boys Meet of Champions. The Maroons have missed qualifying only in 1993. Mahwah and Don Bosco both competed in a fifth straight BMOC, while Palisades Park competed in its fourth straight.

On the other side of the spectrum, Northern Valley at Demarest competed in just its third BMOC and first since 1987, while Emerson's third appearance was its first since 1980.

No. 1 RBC quest continues in group meet tomorrow

By JIM LAMBERT

Red Bank Catholic, No. 1 in The Star-Ledger Top 10, will continue its quest to become the first girls' team since North Hunterdon in 1986 to win back-to-back titles at the NJSIAA Meet of Champions when it squares off against No. 4 Bishop Eustace in one of the featured races at tomorrow's state group cross-country championships at Holmdel Park.

There are 12 races on the card:

Parochial A girls at 9:30 a.m. Parochial B girls at 10 a.m. Parochial A boys at 10:30 a.m. Parochial B boys at 11 a.m. Group 4 girls at 11:30 a.m. Group 1 girls at 12 p.m. Group 4 boys at 12:30 p.m. Group 1 boys at 1 p.m. Group 3 girls at 1:30 p.m. Group 2 girls at 2 p.m. Group 3 boys at 2:30 p.m. Group 2 boys at 3 p.m.

The top three teams, plus the first 10 individual finishers, who are not otherwise members of one of the aforementioned squads, in each of the 12 races will advance to the state Meet of Champions on Nov. 18 at Holmdel.

The girls' Parochial B race features Red Bank Catholic and Bishop Eustace. Last year, Bishop Eustace beat Red Bank Catholic, 27-29. But RBC avenged the loss with a 70-77 triumph over Bishop Eustace at the M of C. In their lone meeting of this season, the D race at the Shore Coaches Invitational at Holmdel on Oct. 7, RBC came out top, 44-84.

In its best race of the season, RBC beat No. 3 Brick by 49 points and No. 7 Middletown South by 59 to win the Shore Conference title last week on the flat 3.0-mile course at Ocean County Park in Lakewood. Last week, sophomore Meghan Cunniff showed signs of regaining the form that helped her win the Parochial B race and place third at the M of C last year. Cunniff, who had been running from third to fifth on her team, finished sixth overall and was No. 2 on the team behind steady No. 1 Kerry Andrews.

Bishop Eustace is led by Ann Klocke. Klocke, Andrews and RBC's Cunniff and Jerilyn Frattalone should all be in the lead pack, which should also include St. Rose freshman Maura Bolger. Bolger, who ran 19:34 to win the Monmouth County title at Holmdel last month, sat out the Shore Conference meet with shin splints. She's been cleared to run tomorrow.

In the girls' Parochial A race, No. 10 Paul VI is the choice to repeat against Immaculate Heart.

The most competitive team race of the day is expected to come in girls' Group 4, where No. 2 Shawnee, No. 6 Ridgewood, Middletown South, No. 8 Hunterdon Central, Westfield, Randolph and Toms River East will go toe-to-toe. Shawnee's depth makes it the choice to regain the title it last won in

CROSS COUNTRY

1993.

Autumn Fogg of Hunterdon Central, the defending Group 4 champion and runner-up in the M of C last year, is the favorite in Group 4 based on her 19:08 at the Shore Coaches meet, one of the top girls' time at Holmdel this season. But look out for Randolph freshman Stephanie Snyder and Toms River North sophomore Jenn Pesce. Snyder has run 19:37 at Holmdel and is dropping her times each week, while Pesce,

CROSS COUNTRY TOP 10s

BOYS

- 1-Christian Brothers
- 2-Westfield
- 3-North Hunterdon
- 4-Toms River East
- 5-Highland Regional
- 6-Paul VI
- 7-Pope John
- 8-Toms River South
- 9-Morris Hills
- 10-Ridgewood

GIRLS

- 1-Red Bank Catholic
- 2-Shawnee
- 3-Brick
- 4-Bishop Eustace
- 5-Mt. Olive
- 6-Ridgewood
- 7-Middletown South
- 8-Hunterdon Central
- 9-Ocean City
- 10-Paul VI

who has a Holmdel best of 19:29, will have something to prove after finishing second to Fogg at the Shore Coaches meet and runner-up to Pinelands' Amy Beykirch at the Shore Conference meet.

No. 3 Brick, the defending champion; No. 5 Mt. Olive, which has four freshmen among its top five, and No. 9 Ocean City will clash in the girls' Group 3 race. Brick beat Ocean City by 13 points at the South Jersey sectional. Individually, Ocean City's Abbey Hartman is the one to beat, with Mt. Olive's Kim Primavera and Deptford's Shari Hewel also in the hunt.

In Group 2, Ridge seeks its first title since 1987, while Haddonfield, which won the Group 1 trophy in 1993, defends its 1994 Group 2 title. Ramsey is searching for its first state championship. Individually, Beykirch, whose personal best at Holmdel is 19:37, is the class of the race.

Bogota, led by Erica Cesario, is the defending champion in Group 1.

Bernards, featuring Laura Nann, is after its first title since 1986. Maple Shade and Bound Brook should also be factors.

In the boys' Group 4 race, No. 2 Westfield, second the last two years, is favored to win its first state title since 1981. Last year, Westfield was second to Highland Regional, but this year its 2-5 runners are tighter than they've been in the past and that should be the difference. However, No. 4 Toms River East, No. 5 Highland and No. 10 Ridgewood are all capable of pulling off the upset. Cherokee, which beat Highland in the sectionals, and Randolph should also be in the thick of things.

Westfield is led by junior Matt Elmuccio, the defending champion, who'll clash with Highland's Jay Wasell and Nick Nogue, Roger Munoz of Kearny, Karl Savage of Eastern and Tom DelSordo of Morristown.

The boys' Group 3 race has the potential to be the most dramatic individual matchup of the day. The North Hunterdon duo Chris Robinson and Chris Dolan, Sean McCafferty of Central Regional and Scott Keyser of Mainland are the favorites, but look out for Jason Klopheus of TRS and Steve Slattery of Mt. Olive. Andrew Knight of Ramapo could be a darkhorse.

This will be the third meeting of the season between McCafferty and Keyser. They split the first two. Keyser won the C Division race by three seconds over McCafferty at the Shore Coaches meet, but McCafferty avenged that defeat by winning at the South Jersey sectional. Slattery was third behind both in the Shore Coaches meet.

No. 3 North Hunterdon, with one of the state's best threesomes in Robinson, Dolan and Jon Tillman, is the choice to make it four straight in Group 3, with No. 8 Toms River South, Mt. Olive and Hightstown fighting it out for the next two spots.

In Group 2, No. 9 Morris Hills is the pick to dethrone Holmdel and capture its first state title since winning its third straight Group 3 crown in 1977. Holmdel, Jefferson, Haddonfield and Newton will also be in the hunt. Defending champion Rich Christenson of Holmdel will have a tough time against a field that includes Ray Biersbach of Newton, Eric Bonnette of Haddonfield, Mark Kitz of Carteret and Scott Clayton of Pinelands.

Palisades Park, which has never won a state title; Bernards, which hasn't won since 1986; 1993 champion Maple Shade and defending champion Metuchen will mix it up in Group 1. Pat Ryan of Glassboro, Frank Antonelli of Point Pleasant Beach, Peter Startz of Waldwick, Jeff Finucane of Bernards and Jaime Cortes of Palisades Park should form the lead pack.

No. 1 Christian Brothers is expected to reclaim its position as the boys' Parochial A kingpin. Paul VI, ranked sixth, ended CBA's run of three straight titles last year and then went on to win the M of C to finish as the state's top-ranked team.

CBA, favored to extend its state record to eight M of C victories, has New Jersey's best one-two punch in senior Eric Savoth and junior Brian Bennett and probably the state's top No. 3 man in Brian Cunniff, Meghan's brother. At the Shore Conference meet, Bennett was first and Savoth third. It was the first in-state loss of the season for Savoth, whose style is better suited for the hills of Holmdel. Seton Hall junior Adam Daniels should be right up there with Bennett and Savoth and is capable of springing an upset.

No. 7 Pope John, behind individual favorite Mike LaLonde, is a heavy favorite to win for the third straight time in Parochial B.

Bergen teams hopeful that streak continues

By **PAUL SCHWARTZ**
Correspondent

In each of the last four years, Bergen County girls cross-country teams have won a title at the New Jersey State Group championships at the Holmdel County Park course.

Saturday, the Ramsey and Immaculate Heart girls carry the best hopes of extending the streak started by Northern Highlands when it won the Group 3 title in 1991. The Ridgewood girls won Group 4 in 1992, Northern Highlands won Group 2 in 1993, and Bogota won Group 1 last year.

Ridgewood attempts to qualify for its fifth straight State Meet of Champions in Group 4, while Bogota and Palisades Park battle for a Group 1 slot and Northern Highlands a return to Group 3.

Here's a closer look:

GIRLS GROUP 1 (Noon) — Maple Shade and Schalick battle to succeed Bogota as Group 1 champion with Bernards, Bound Brook, Palisades Park, and Bogota battling for the final qualifying slot. Individually, Erica Cesario of Bogota will battle Laura Nann of Bernards and Megan Jordan of Shore. **Local prospects:** In addition to Bogota, Palisades Park, and Cesario, look for Bogota's Kirsten LaFond, Tina Govic of Pal Park, Tina Romic and Melissa Londregan of Hawthorne, and Allison Curran of Midland Park to contend.

GIRLS GROUP 2 (2 p.m.) — Ramsey's bid for a title will depend on the same consistency and brilliance the Rams have shown all season. But Group 2 is always a nightmare and with Ridge, Voorhees, defending champ Haddonfield, Jefferson, and the always rugged Kittatinny in the field, the Rams can't afford a letdown. Individually, Dana Satir of Ramsey will battle Amy Beykirch of Pinelands and Lauren Kelly of Morris Hills. **Local prospects:** In addition to Satir, Nikki Callaghan of Westwood and Tracy Kirk of Ramsey should qualify.

CROSS-COUNTRY

GIRLS GROUP 3 (1:30 p.m.) — For Northern Highlands to qualify in this strong group, they'll have to defeat three from the group of Mount Olive, Wall, Ocean Township, defending champ Brick, and Ocean City. It will be tough, but not impossible. Abbey Hartman of Ocean City, Shari Hewel of Deptford, Lorena Adams of Manchester, freshman Kim Primavera of Mount Olive, and Jennie Meighan of Northern Highlands will contend for the individual title. **Local prospects:** Kelly Ortiz and Karen Petovis of Paramus, and Aisha Alexander of Passaic Valley could qualify.

GIRLS GROUP 4 (11:30 a.m.) — Don't ever count Ridgewood out in a State meet, but the Maroons must beat one of the State power trio of Shawnee, Middletown South, and Hunterdon Central. Defending Group 4 champ Autumn Fogg of Hunterdon Central should win again, although Jenn Pesce of Toms River North, Lauren Dunning of Toms River East, and Ridgewood's Amy Smith will battle to stay close. **Local prospects:** Smith, Doyle, Celeste Sedo of Ridgewood, Jackie Martin of Hackensack, and Sabrina Nealy of Kennedy can all qualify.

GIRLS PAROCHIAL A (9:30 a.m.) — IHA may be ready to contend for the State title and outrun Paul VI, Notre Dame, and Holy Cross. From 1 to 5, IHA is solid and if Kourtney Gallo, Michiyo Kawasaki, and Dana Catanese can run in the top 15, the Blue Eagles should earn their first title. Kelly McCabe will win the individual title. **Local prospects:** Holy Angels may be ready to battle for a qualifying slot after missing by just 14 points last year. Eileen Lennon and Jennifer Knuth qualified for the Angels last year and should do so again.

GIRLS PAROCHIAL B (10 a.m.) — Red Bank Catholic, Bishop Eustace, and St. John Vianney are among the best teams in the state and Meghan Cunniff of RBC should repeat. **Local prospects:** Eileen Conn of DePaul just missed last year and should make it this time around.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET STATE GROUP CHAMPIONSHIP

COURSE HOLMDEL PARK

DIVISION GROUP 4

COURSE RECORD _____

DATE 11-11-95

RIDGEWOOD RECORD _____

WEATHER COOL + HUMID
OVERCAST

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
7	(7)	AMY SMITH	20:09.3
9	(9)	STEPHANIE DOYLE	20:18.7
57	(52)	KATIE COHN	21:50.0
65	(60)	CARRIE RUGGLES	21:57.3
68	(63)	CELESTE SEDO	21:59.8
90		ROSE SEDO	22:57.8
96		BETH APSEL	23:13.7

TEAM TOTAL: 191

TEAM PLACE: 5TH

1-5 SPLIT: 1:50

1-7 SPLIT: _____

COMMENTS: Unfortunately we ran our worst Team race of the year on the day we needed our best. Group 4 was very tough and we just didn't get in their and mix it up well. Stephanie made a nice move coming out of the woods but was unable to sustain it. With Amy being sick, Celeste having a sprained ankle and Beth's legs being sore I guess it was not our team day. Katie Cohn was the only PR on a time basis and that only by 1 second. The rest of us averaged 48 seconds slower than our Holmdel PR's! Next year we must do a better job of saving the best for last. The Team had a great year on the whole. Next week we must cheer for Amy and Stephanie!

CROSS-COUNTRY

NJSIAA Group Championship

At Holmdel Park, Holmdel

BOYS GROUP 1

Team scores

Palisades Park 58*, Bernards 96*, Henry Hudson 131*, Montgomery 141, Metuchen 167, Maple Shade 175, Haddon Twp. 218, Whippany Park 221, Science 267, Bogota 301, Schallick 304, Saddle Brook 304, Emerson 322, Park Ridge 334, Pt. Pleasant Beach 368, Kinnelon 370, Keansburg 375, Pequannock 397, Paulsboro 454.

1. Pat Ryan, Glassboro 17:05.*
2. Jamie Cortes, Palisades Park 17:11.
3. Jeff Clark, Bogota 17:13.*
4. Pete Startz, Waldwick 17:23.*
5. Diego Giotto, Palisades Park 17:26.
6. Frank Antonelli, Pt. Pleasant Beach 17:26.*
7. John Nesogoda, Pequannock 17:30.*
8. Bobby Goers, Palisades Park 17:31.
9. Hugo Juarez, Palisades Park 17:36.
10. Mike Fulton, Maple Shade 17:38.*
14. Hozafia Casaubal, Emerson 17:52.*
17. Gilby Hawkins, Leonia 17:59.
22. Scott Ment, Cresskill 18:12.
33. Anthony Gotsy, Saddle Brook 18:33.
37. David Kosoff, Park Ridge 18:40.
40. Doug Yarosz, Saddle Brook 18:43.
47. Mark Sebastian, Palisades Park 18:47.
54. Jason Hom, Palisades Park 19:03.
58. Mark Ledgerwood, Park Ridge 19:06.
59. Eric Prol, Kinnelon 19:06.

BOYS GROUP 2

Team scores

Holmdel 65*, Morris Hills 103*, Haddonfield 112*, Jefferson 115, Somerville 145, Voorhees 157, Newton 178, Sterling 290, Clearview 290, Pinelands 303, Bridgeton 306, Chatham 332, Freehold 345, Caldwell 348, Matawan 349, Dover 393, Kittatiny 407, Westwood 414, Rutherford 484, Wallkill Valley 600.

1. Eric Bonnette, Haddonfield 17:14.
2. Rich Christenson, Holmdel 17:18.
3. Mark Klitz, Carteret 17:21.*
4. Scott Clayton, Pinelands 17:23.*
5. Adam Van Antwerp, Jefferson 17:24.*
6. Erik Olson, Holmdel 17:30.
7. Jason Heller, Voorhees 17:34.*
8. Joel Brithwaite, Asbury Park 17:38.*
9. Sloan Flisk, Haddonfield 17:44.
10. Ray Biersbach, Newton 17:44.*
29. Russ Giancole, New Milford 18:27.
30. Mike Sikok, Mahwah 18:32.
31. Mike Sikorski, Jefferson 18:32.
33. Dave Mangold, Jefferson 18:38.
42. Jason Strauch, Jefferson 18:52.
48. Matt Caporaletti, Westwood 18:57.

BOYS GROUP 3

Team scores

North Hunterdon 34*, Mainland 111*, Toms River South 124*, Hightstown 174, Manchester Twp. 178, Cumberland 199, Willamstown 217, Watchung Hills 222, South Brunswick 230, Demarest 246, Mount Olive 248, Cranford 276, Passaic Valley 348, Paramus 357, West Morris Central 358, Hamilton North 381, Phillipsburg 384, Scotch Plains 388, Garfield 394, High Point 494.

1. Scott Keyser, Mainland 16:32.
2. Sean McCafferty, Central 16:35.*
3. Steve Slattery, Mount Olive 16:52.*
4. Jason Klopahua, Toms River South 16:59.
5. Andrew Knight, Ramapo 17:03.*
6. Chris Robinson, North Hunterdon 17:08.
7. Chris Dolan, North Hunterdon 17:11.
8. Ed Letta, Middle Township 17:16.*
9. Jonathan Tillman, North Hunterdon 17:22.
10. Art Lathers, Middle Twp. 17:27.*
15. Ieldro Pimentel, Snyder 17:42.*
16. Cary Snyder, Demarest 17:46.
17. Jeremy Battles, River Dell 17:47.
25. Rosario Macci, Fort Lee 18:05.
30. Dan Piccirilli, Passaic Valley 18:18.
36. Mike Aps, Old Tappan 18:35.
41. Arthur Anderson, Garfield 18:39.
43. Brian Connelly, Demarest 18:41.
44. Keith Lovas, Passaic Valley 18:41.
47. Nick Risch, Paramus 18:42.

BOYS GROUP 4

Team scores

Westfield 91*, Ridgewood 124*, Highland 139*, Toms River East 141, East Brunswick 210, Vineland 237, Kearny 240, Cherokee 252, Newark Eastside 262, Old Bridge 273, Hunterdon Central 278, Morris-town 280, Randolph 291, Eastern 298, Middletown North 305, Passaic 322, West Windsor 355, Vernon 357, Clifton 436.

1. Matt Elmucolo, Westfield 16:28.
2. Jay Wassell, Highland 16:35.
3. Roger Munoz, Kearny 16:37.*
4. Nick Noguier, Highland 16:49.
5. Karl Savage, Eastern 16:58.*
6. Drew Pronko, Morris Knolls 17:02.*
7. Mark Freund, Eastern 17:03.*
8. Willfredo Rivera, Old Bridge 17:07.*
9. Tom DelSordo, Morristown 17:08.*
10. Skip Allen, Hunterdon Central 17:12.*
15. Neil Burt, Ridgewood 17:17.
18. Bernard Fraser, Passaic 17:17.
19. Mike Cohen, Ridgewood 17:24.
22. Mike Castagno, Ridgewood 17:27.
27. Mehul Desai, Clifton 17:43.
38. Andrew Rodney, Ridgewood 17:44.
43. John O'Neill, Ridgewood 17:48.
47. Eric Rogers, Ridgewood 17:52.

BOYS PAROCHIAL A

Team scores

CBA 22*, Paul VI 68*, Paramus Catholic 121*, Seton Hall 132, Bergen Catholic 169, St. Joseph's (Metuchen) 187, Don Bosco 192, Bishop Ahr 197, Delbarton 207, Notre Dame 309, Hudson Catholic 321, St. Peter's 327, Magr. Donovan 348, Holy Cross 364, Queen of Peace 377, Camden Catholic 391.

1. Eric Savoth, CBA 16:28.
2. Adam Daniels, Seton Hall 16:31.*
3. Brian Bennett, CBA 16:38.
4. Brian Cunliff, CBA 16:50.
5. Terence Rozler-Byrd, CBA 16:54.
6. Austin O'Reilly, Msgr. Donovan 17:07.*
7. Andrew Zagula, Paramus Catholic 17:08.
8. Ryah Anderson, Paul VI 17:15.
9. Bill Hoffman, CBA 17:20.
10. Matt McNally, Paul VI 17:23.
11. Kevin Gilman, Bergen Catholic 17:24.*
13. Marco Alves, Queen of Peace 17:30.*
17. Kurt Erler, Don Bosco 17:41.*
19. Rob Zagula, Paramus Catholic 17:42.
25. John Bryjak, Paramus Catholic 17:58.
28. Mike Elkas, Bergen Catholic 18:01.
31. Chris Zuck, Bergen Catholic 18:10.
32. Noah Murphy, Paramus Catholic 18:12.
34. Joe Polisso, Don Bosco 18:20.
38. Kevin Colling, Paramus Catholic 18:28.
39. Andrew Reiners, Don Bosco 18:30.
45. Tom Redmond, Bergen Catholic 18:41.
49. Joe D'Angelo, Don Bosco 18:45.
53. Jim Sheehy, Don Bosco 18:53.
54. Brian Belluzzi, Bergen Catholic 18:55.
59. Jim Wolynetz, Don Bosco 19:08.
60. Dave Valente, Queen of Peace 19:10.

BOYS PAROCHIAL B

Team scores

Pope John 30*, Red Bank Catholic 80*, St. John Vianney 128*, Bishop Eustace 137, Pingry 160, Sacred Heart 201, Roselle Catholic 204, St. Rose 254, Gloucester Catholic 272, St. James 285, Union Catholic 298, Immaculate 327, Mater Dei 338, Newark Academy 388, Morris Catholic 400, Wildwood Catholic 405, Montclair Immaculate 442, Eastern Christian 449, St. Joseph (Hammonton) 454, Oratory 457, St. Mary's 616.

1. Mike La Londe, Poep John 16:59.
2. John Clark, RBC 17:16.
3. Mike McGowan, Bishop Eustace 17:17.*
4. Kevin Sacco, Sacred Heart 17:28.
5. Connor Fox, Pope John 17:32.
6. Ed Juarez, Pope John 17:32.
7. Kevin Weatherill, St. James 17:39.*
8. Mark Woolley, Pope John 17:42.
9. Andrew Gruel, Pingry 17:49.*
10. Matt Day, Pope John 17:52.
29. Eugene Daly, Morris Catholic 18:36.
39. Todd Hartley, Eastern Christian 19:06.
50. Corey Kunz, St. Joseph Regional 19:10.

GIRLS GROUP 1

Team scores

Maple Shade 122*, Bound Brook 134*, Schallick 141*, Metuchen 146, Bogota 157, Bernards 188, Palisades Park 204, Rumson-Fair Haven 243, Science 269, Pequannock 275, Keansburg 285, New Providence 288, Midland Park 327, Verona 340, Haddon Twp. 361, Whippany Park 372, Hathorne 376, Pt. Pleasant Beach 400, Becton 492.

1. Laura Nann, Bernards 19:24.*
2. Megan Jordan, Shore 20:32.*
3. Erica Cedario, Bogota 21:11.*
4. Tina Romic, Hawthorne 21:19.*
5. Amber Hart, Pt. Pleasant Beach 21:20.*
6. Melissa Deatlo, Bound Brook 21:29.
7. Kirsten LaFond, Bogota 21:31.*
8. Beth Sanda, Pequannock 21:35.*
9. Laura Perry, Whippany Park 21:36.*
10. Sharon Crow, Haddon Twp. 21:57.*
12. Tina Govo, Palisades Park 22:10.*
13. Allison Curran, Midland Park 22:22.
18. Melissa Londregan, Hawthorne 22:42.
20. Meiyodi Davis, Kinnelon 22:49.
24. Renee Trappe, Pequannock 22:57.
29. Stephanie Paglione, Palisades Park 23:12.
38. Aina Schinn, Bogota 23:41.
45. Marie Mokanos, Palisades Park 23:55.
50. Tracy Hunter, Bogota 24:12.
51. Rachel Benevanti, Midland Park 24:16.
57. Tracy Commune, Pequannock 24:35.
59. BettyAnn Sidota, Palisades Park 24:37.

GIRLS GROUP 2

Team scores

Ramsay 83*, Voorhees 139*, Haddonfield 142*, Ridge 150, Pt. Pleasant Boro 152, Somerville 169, Kittatiny 191, Jefferson 199, Holmdel 218, Wood-stown 295, Pinelands 316, Mendham 328, Caldwell 340, Westwood 345, Hopewell Valley 360, Millburn 363, Wallkill Valley 374, Cinnaminson 423, Rutherford 456.

1. Amy Beykrich, Pinelands 20:01.*
2. Jessica Thomas, Pt. Pleasant Boro 20:10.*
3. Jamie Glenn, Pt. Pleasant Boro 20:35.*
4. Lauren Kelly, Morris Hills 20:41.*
5. Libby Morris, Somerville 20:55.*
6. Stacy Hosler, Kittatiny 20:59.*
7. Nikki Callaghan, Westwood 21:01.*
8. Amy Gludice, Haddonfield 21:10.
9. Alyson Morgan, Hackettstown 21:13.*
10. Claire Nicholas, Ridge 21:15.*
11. Tracy Kirk, Ramsey 21:20.
15. Kim Hyde, Jefferson 21:39.
18. Dana Satir, Ramsey 21:49.
21. Sarah Walton, Ramsey 21:58.
23. Casey Beckmann, Ramsey 22:02.
27. Erin Oliver, Ramsey 22:08.
29. Aleksandra Kazmierczak, Glen Rock 22:15.
41. Lisa Green, Jefferson 22:35.
53. Laura Monteith, Ramsey 22:54.
58. Maggie Sinclair, Jefferson 23:12.
59. Lindsey Hartel, Jefferson 23:12.

GIRLS GROUP 3

Team scores

Brick 60*, Ocean City 91*, Mount Olive 98*, Wall 154, Toms River South 162, Manchester Twp. 167, North Hunterdon 186, Northern Highlands 186, Ocean Twp. 192, Fort Lee 328, Absegami 351, Lawrence 378, Demarest 387, Lakeland 396, Montville 409, Watchung Hills 417, Raritan 423, Cranford 435, Rahway 443, Tenafly 444, Scotch Plains 491.

1. Abbey Hartman, Ocean City 19:29.
2. Shari Hewat, Deptford 19:49.*
3. Lorana Adams, Manchester Twp. 19:54.*
4. Cheryl Wroblewski, Brick 20:07.*
5. Aimee Oppenheimer, Manchester Twp. 20:18.*
6. K.C. Meehan, Brick 20:19.
7. Amala Merritt, Neptune 20:25.*
8. Kim Primavera, Mount Olive 20:30.
9. Jennie Melghan, Northern Highlands 20:37.*
10. Sarah Chase, Brick 20:49.
20. Kelly Ortiz, Paramus 21:16.
28. Karen Petouvia, Paramus 21:30.
29. Nikki Henry, Demarest 21:34.
31. Mandy Smeal, Northern Highlands 21:36.
35. Tovah Oppenheimer, Northern Highlands 21:52.
39. Josie Maceri, Fort Lee 22:03.
40. Jamie Slegrist, Demarest 22:07.
42. Danielle Centurione, Lakeland 22:15.
43. Aleha Alexander, Passaic Valley 22:16.

GIRLS GROUP 4

Team scores

Shawnee 68*, Westfield 143*, Middletown South 148*, Toms River North 189, Ridgewood 191, Hunterdon Central 194, Toms River East 202, Randolph 211, Columbia 263, Kennedy 282, Newark Eastside 285, Roxbury 298, Bridgewater-Raritan 306, Kearny 316, Middletown North 319, West Windsor-Plainsboro 351, Eastern 388, Wayne Valley 416, Millville 420, Fair Lawn 497.

1. Autumn Fogg, Hunterdon Central 18:53.*
2. Jenn Peace, Toms River North 19:13.*
3. Lauren Dunning, Toms River East 19:43.*
4. Stephanie Snyder, Randolph 19:43.*
5. Beth Crawford, Hunterdon Central 19:52.*
6. Lisa Setter, Shawnee 20:03.
7. Amy Smith, Ridgewood 20:10.*
8. Karen O'Neil, Shawnee 20:16.
9. Stephanie Doyle, Ridgewood 20:19.*
10. Zillah Drymon, Roxbury 20:21.*
21. Jackie Martin, Hackensack 20:45.
24. Sabrina Nealy, Kennedy 20:49.
35. Maydes Oquendo, Kennedy 21:16.
51. Neriza Hufnagel, Kennedy 21:43.
54. Chrissy Martin, Hackensack 21:48.
57. Katie Cohn, Ridgewood 21:50.
58. Sara Meroth, Fair Lawn 21:51.

GIRLS PAROCHIAL A

Team scores

Paul VI 41*, Immaculate Heart Academy 54*, Notre Dame 84*, Camden Catholic 96, Holy Angela 134, Holy Cross 156, Magr. Donovan 172, St. Dominic Academy 191, Bishop Ahr 249.

1. Kacy Corbett, Camden Catholic 19:47.*
2. Kelly McCabe, Notre Dame 20:11.
3. Kourtney Gallo, IHA 20:27.
4. Sian Fernas, Paul VI 20:33.
5. Andrea Dipolito, Holy Cross 21:00.*
6. Michelle Rollick, Paul VI 21:05.
7. Dana Catanese, IHA 21:06.
8. Maggie Martin, Paul VI 21:13.
9. Erin Walker, Paul VI 21:20.
10. Liz Heckley, Holy Cross 21:23.
11. Danielle Reinert, IHA 21:24.
15. Eileen Lennon, Holy Angela 21:44.*
16. Michiko Kawasaki, IHA 21:48.*
17. Alexandra Kenworthy, IHA 21:59.*
23. Jen Knuth, Holy Angela 22:19.*
28. Julie Clifford, Holy Angela 22:48.
29. Kim Gonzalez, Holy Angela 22:49.
39. Jennifer Rooney, Holy Angela 24:00.
42. Jen Tramotozzi, IHA 24:24.
43. Julia Guttilla, IHA 24:24.
48. Elizabeth Halder, Holy Angela 24:42.
52. Heather Miller, Holy Angela 25:11.

GIRLS PAROCHIAL B

Team scores

Red Bank Catholic 31*, Bishop Eustace 38*, Mater Dei 144*, St. John Vianney 159, Pingry 180, St. Rose 182, Pope John 172, Sacred Heart 211, Morris Catholic 221, Villa Walsh 268, Roselle Catholic 287, Immaculate 292, St. James 372, DePaul 372, Eastern Christian 395.

1. Ann Kloocke, Bishop Eustace 19:20.
2. Meghan Cunliff, Red Bank Catholic 19:35.
3. Kerry Andrews, Red Bank Catholic 19:49.
4. Sara Tindall, Pingry 19:51.*
5. Andrienne Del Sol, Bishop Eustace 19:55.
6. Kristin Ryan, Bishop Eustace 20:12.
7. Mara Maloney, Red Bank Catholic 20:30.
8. Jerilyn Frattonale, Red Bank Catholic 20:33.
9. Kate Mlynarski, Bishop Eustace 20:38.
10. Maria Nitto, Pope John 20:42.*
12. Lauren Avallone, Morris Catholic 20:59.*
44. Eileen Conn, DePaul 23:03.
57. Allison Perkowski, Morris Catholic 23:58.

* qualified for Meet of Champions

Ramsey girls, Pal Park boys claim State titles

By PAUL SCHWARTZ
Correspondent

HOLMDEL — When the skies opened up midway through the State Group cross-country championships at Holmdel County Park Saturday, the Ramsey girls and Palisades Park boys put on their spiked shoes and earned State championships.

Ramsey shook off the subpar health of lead runner Dana Satir and breezed to the Group 2 girls title, 83-139, over Voorhees, earning its first girls Group title. Palisades Park placed four runners in the top nine and easily won its first Group 1 boys title, 58-96, over longtime power Bernards.

The two wins in the rain-soaked second half of the meet enabled North Jersey to

place five teams and 16 other individuals in Saturday's State Meet of Champions, also at Holmdel.

Ridgewood's boys (Group 4) and Immaculate Heart Academy's girls (Parochial A) both ran excellent races which in other years may have won titles. But both were second this time, Ridgewood losing to Westfield, 91-124, and IHA falling to Paul VI of Haddonfield, 41-54. Paramus Catholic's boys completed a fine second half of the year and took third in Parochial A.

Individually, the news was not quite as promising. Bergen County champions Amy Smith of Ridgewood (seventh in Group 4) and Andrew Knight of Ramapo (fifth in Group 3) qualified easily for the SMOC, but Passaic champs Bernard Fraser of Passaic (18th in Group 4) and Sa-

CROSS-COUNTRY

brina Nealy of Kennedy (24th in Group 4) just missed, Fraser by less than a second. The top individual finisher was Jamie Cortes of Palisades Park, second in Group 2 to lead a remarkable showing of seven area runners in the top 14.

Here's a closer look:

GIRLS GROUP 2 — Satir spent most of the week out of school, recovering from an ovarian cyst that burst Sunday night. She didn't run a step until Saturday's race. It cost her a chance at an individual title, but she gutted out an 18th-place finish. The Rams placed their top five runners in a 48-second pack between 11th and 27th.

In fact, the team of Tracy Kirk (11th), Sarah Walton (21st), Casey Beckmann (23rd), Oliver and Laura Monteith (53rd) would have won had Satir not been able to run. Nikki Callaghan of

Westwood was the top local individual, in seventh.

BOYS GROUP 1 — The Three Amigos came through as usual, as Cortes was second, Diego Gioffre fifth, and Hugo Juarez ninth. But Palisades Park coach Frank Donohue credited Bob Goers, who finished eighth, with the key race to secure the first Group 1 title by an area team since Park Ridge won in 1973.

The Tigers began thinking seriously of the State title after a second-place finish in the Shore Invitational meet six weeks ago. "When we did so well in the Shore meet, losing only to a Group 2 school, we started thinking about winning this," said Cortes. "This is just great."

The North Jersey dominance individually included sophomore Jeff Clark of Bogota, a fast-closing third, and Pete Startz of Waldwick, who was fourth.

BOYS GROUP 4 — Ridgewood ran its usual sterling race, placing its top five within 31 seconds and its top six within 35, but fell to a West-

field team led by group champ Matt Elmuccio.

GIRLS PAROCHIAL A — It was hard for IHC coach Charlotte LoSchlavo to be very happy about the Blue Eagles' highest finish ever in the Parochial A meet and a second trip to the SMOC. Kourmey Gallo was third to lead IHA, her third straight top-three finish in the race. Dana Catanese was seventh. But it was the great races of Danielle Reinert (11th) and sophomore Alex Kenworthy (17th) that set the Eagles up for their near-miss.

BOYS PAROCHIAL A — A month ago, the chances of Paramus Catholic qualifying for its fourth Meet of Champions were about the same as the Jets making the playoffs. But with the return from injury of John Bryjak and the return to form of Andrew Zagula, who finished seventh Saturday, PC held off Seton Hall for the third spot.

Bergen County runner-up Kurt Erter of Dor Bosco had a cramp and finished 17th, but will join Kevin Gilman of Bergen Catholic and Marco Alves of Queen of Peace as wild cards.

CROSS-COUNTRY

IN THE SCHOOLS

Elmuccio, Fogg, RBC girls, CBA boys take aim at titles

By JIM LAMBERT

The Red Bank Catholic girls will seek a rare repeat, Christian Brothers will try to regain its title and Westfield's Matt Elmuccio and Hunterdon Central's Autumn Fogg will aim for the final jewel in running's triple crown tomorrow during the NJSIAA's 24th Cross-Country Meet of Champions in Holmdel Park.

The girls' race will start at 11 a.m. and the boys' race at 11:45.

The boys' course record of 15:16.2 was set in 1988 by Jason DiJoseph of Paul VI in the Parochial A race. Brendan Hefferman of North Hunterdon set the M of C record of 15:31 in 1991. Janet Smith of J.P. Stevens ran 17:35.5 in 1983, which is the girls' meet and course record.

The triple crown consists of M of C titles both indoors and outdoors in track and one in cross-country. Elmuccio and Fogg each won M of C track titles indoors and outdoors in the 1,600 last year.

Red Bank Catholic, No. 1 in the Star-Ledger Top 10, is favored to become the first girls' team since North Hunterdon won its fourth straight in 1986 to win back-to-back M of C titles. Last year, Hunterdon Central was a heavy favorite to win the girls' M of C race for the second straight time, but had a subpar race and allowed RBC to spring the upset. RBC won last year with 70 points. Bishop Eustace, which has never won the M of C, placed second with 77 points while Hunterdon Central, which didn't qualify for tomorrow's race, was third with 97.

This time around, No. 2 Shawnee, No. 3 Brick, which won M of C titles in 1977 and 1988, and No. 4 Bishop Eustace are among the teams looking to spoil RBC's historic quest. RBC is tied with North Hunterdon for the most M of C titles with six.

CROSS COUNTRY

"Shawnee is very strong and so are some of the other teams," said RBC coach Mary Banks. "Anything can happen. Look what happened last year. But our team is confident. They are always confident when they are running well as a team and right now they are running well. They are very focused and motivated to try to win again."

At last Saturday's state group championships at hilly Holmdel, RBC, running before the heavy rain came, had the best average of the day (20:14) and a gap of 1:09 as it defeated Bishop Eustace, 31-38. Bishop Eustace had the second-best average (20:16), followed

by Group 4 champion Shawnee (20:27.2). Brick, running when the course was a quagmire, averaged 20:41.

It wasn't raining when Shawnee ran, but its No. 3, Rachel Wick, who had the flu all week, dropped out with a mile left when the symptoms returned. Shawnee's usual No. 6, Nikki Thiemann, stepped up and finished No. 3 for the team and 11th overall in 20:20.6.

"I think it's a tossup between a few teams," said Shawnee coach Mike Yurcho, who guided Shawnee to M of C title in 1991. "I think Red Bank Catholic, ourselves, Brick and Bishop Eustace all have a chance and I think our chances are as good as anybody's."

RBC has remained ranked No. 1 since the preseason, but is considerably stronger now, thanks to the resurgence of sophomore Meghan Cunniff. Cunniff an All-Stater who was third at the M of C last year, got off to a slow start this season partly because of a sprained ankle. She was her team's No. 3 runner until the Shore Conference meet two weeks ago, when she was RBC's No. 2 behind Kerry Andrews. This past week, Cunniff was RBC's No. 1 for the first time this season when she placed second in the Parochial B race. Cunniff and Andrews give RBC the best one-two punch in the state.

"We know that everyone is looking to knock us off, but we want to prove to everyone that we can win again," said Cunniff, the brother of CBA star Brian Cunniff.

There isn't nearly as much drama surrounding the boys' team race. CBA, ranked No. 1, is just too far ahead of everyone else and should run away with its eighth M of C trophy, thus extending its state record. CBA won the M of C in 1979, '80, '86, '87, '90, '91 and '93. Last year, Paul VI won by outscoring runner-up CBA, 63-81.

Last week, CBA's top five, running when it was dry, averaged 16:49 and had a spread of 52 seconds. By comparison, No. 2 Westfield, running in pretty good conditions when it won Group 4, had the second-best average at 17:16. Group 3 champion North Hunterdon, which ran when the course was a swamp, was next with a 17:28 average, followed by Group 4 runner-up Ridgewood (17:31).

A public school has not won the boys' M of C race since Bernards in 1986. Westfield, which won its lone M of C race in 1976, is among the teams trying to end that drought.

"This race is the ultimate challenge," said Westfield coach Jack Martin, whose team placed third at the M of C in each of the last two years. "We are tremendous underdogs, but a lot can happen."

CBA has the state's top trio in Eric Savoth, Brian Bennett and Brian Cunniff. Savoth and Bennett like to go out hard together and set the early pace. Savoth and Bennett are among the individual favorites.

The 16:19 that Savoth ran to win the A Division race at the Shore Coaches Invitational last month is the fastest time run at Holmdel this season. Last week, Savoth ran 16:27.2 to win the Parochial A race.

Also running 16:27.2 last week was Westfield's Elmuccio, who won Group 4 and owns the best kick in the race.

"I should be right there at the end and I feel good about my chances of winning," said Elmuccio, who at the M of C was fourth as a freshman and eighth after cramping last year.

Other top individuals include Mainland's Scott Keyser, the Group 3 winner; Central Regional's Sean McCafferty, Seton Hall Prep's Adam Daniels, North Hunterdon's Chris Robinson, Highland Regional's Jay Wassell, Kearny's Roger Munoz and Mt. Olive's Steve Slattery.

This will be the fourth meeting of the season between Keyser and McCafferty. Keyser holds a 2-1 edge with both victories coming at Holmdel, including last week's two-second win in Group 3. McCafferty beat Keyser at the South Jersey sectional on Kingsway's flat layout.

"I do feel six of seven guys can win," said McCafferty, second at the Shore Conference meet behind Bennett and ahead of Savoth. "I think I will be there, but it will come down the last mile and if it's a slow pace, it will definitely favor Elmuccio."

As for the girls' individual race, look for Fogg to go out hard and dare someone to catch her. That's what she did last week when she wasn't pushed and became the only girl in the state this season to break 19 minutes at Holmdel as she won Group 4 in 18:53. Fogg was second at last year's M of C to Woodstown's Jamie Weisgerber.

Fogg will be challenged by a field that includes Toms River North sophomore Jenn Pesce, who was second to Fogg in Group 4 in 19:12; Bishop Eustace junior Ann Klocke, the Parochial B winner in 19:20; Bernards sophomore Laura Nann, who won Group 1 in 19:23; Group 2 champion Amy Beykirch of Pinelands, who beat Pesce to win the Shore Conference title; Group 3 champion Abbey Hartman and Cunniff.

"I will try to stay with whoever is in the lead, not let them out of my sight and run like a maniac," said Klocke.

CROSS COUNTRY TOP 10s

BOYS

- 1-Christian Brothers
- 2-Westfield
- 3-North Hunterdon
- 4-Ridgewood
- 5-Highland Regional
- 6-Paul VI
- 7-Pope John
- 8-Toms River East
- 9-Holmdel
- 10-Palisades Park

GIRLS

- 1-Red Bank Catholic
- 2-Shawnee
- 3-Brick
- 4-Bishop Eustace
- 5-Westfield
- 6-Middletown South
- 7-Ocean City
- 8-Paul VI
- 9-Mt. Olive
- 10-Immaculate Heart

While on the subject of the State group meet, congratulations should go to Lou Fraulo of Clifton and Fred Torres of Clifton and his Elite Racing System. The computerized scoring of the State cross-country meet worked wonderfully under sometimes messy conditions, making it easier for coaches, athletes, and the press to get accurate results.

HAPPY ENDING — Several weeks ago an item in this column mentioned how Luis Duarte of Lodi was the best distance runner at the school in more than two decades.

I got a call from John Militello of Clifton the next week. Militello told me about winning the 1936 State cross-country championship for Lodi. As a result, a Where Are They Now story on him was planned.

On Nov. 9, Frank Sproviero mentioned to me that he was going to be the master of ceremonies for Lodi's Hall of Fame dinner the next day and for the first time, an inductee was unable to be found. You guessed it — John Militello.

Twenty-four hours later, the 77-year-old Militello was the hit of the Hall of Fame dinner and Lodi's unbroken record of success in finding its honorees was intact.

ALL-BERGEN MEETINGS SET — Varsity head coaches are invited to attend the All-Bergen boys selection meeting at 7 p.m. Monday at Northern Valley at Demarest High School and the girls meeting at 4 p.m. Tuesday at Memorial School in Maywood.

SAY A PRAYER — For popular longtime track official John Gallione, who is soon to undergo open-heart surgery at Columbia Presbyterian Hospital after suffering several heart attacks.

As a result, 31 of the 63 finishers in the Parochial A girls division will race today, nearly half of the field. By contrast, some of the best runners in the state, running in the 140-plus and much stronger Group 3 and Group 4 fields will not race, including Jackie Martin of Hackensack, fifth in the SMOC last year, and Passaic champion Sabrina Nealy of Kennedy.

Among the girls this year, there are nine wild-card qualifiers who ran slower than 22 minutes (the slowest running 22:30.6) for the 5,000-meter distance, while 10 runners under 21 minutes (the fastest running 20:22.1) are not in the races.

Among the boys, 11 runners finishing in 17:55 or slower (including one at 18:15.8) are in and six runners, under 17:30 are out (including Passaic County champ Bernard Fraser of Passaic at 17:17).

That's just flat-out unfair. And this year, the long-advanced argument that the reason the top runners by time are not invited back — because bad weather might slow the course for those who run later in the day, doesn't hold water (pun intended).

The heavy rainfall in the afternoon did not prevent the boys and girls Group 3 races from having significantly faster times than some of the earlier races, run in dry, perfect conditions.

Enough is enough. Change the rules. Allow the top 10 runners in each race to qualify and the next 25 fastest times. Let the best runners run in the State Meet of Champions.



**PAUL SCHWARTZ
CROSS-COUNTRY**

Wild-card selections are flawed

For the third straight year, this column has a beef with the selection of wild-card entrants from the State group meet to today's State Meet of Champions at Holmdel County Park.

This year, there will be 31 boys and 24 girls who failed to finish in the top 10 as individual qualifiers to the SMOC, but again they won't be the right 31 boys and 24 girls.

The qualifying standards for the SMOC remain simple — members of the top three teams in each of the 12 group races and the top 10 individuals not on those teams advance. In theory, that makes for 120 wild cards. But since the top 10 finishers in each group have qualified for nearly 20 years, only those finishers outside the top 10 can be classified as wild cards.

THE RECORD'S POLLS



GIRLS CROSS-COUNTRY

BERGEN GROUP 1-2

- Ramsey (5)** — The Rams reached their season-long goal with a surprisingly easy State Group 2 championship win. Solid performances by Tracy Kirk, Sarah Walton, Casey Beckmann, and Erin Oliver helped the Rams overcome Dana Satir's pain-filled race. (Points: 25)
- Westwood** — The Cardinals were seventh in the Bergen Meet of Champions and struggled through the Group 2 State race to finish on a down note. But junior Nikki Callaghan qualified for the SMOC again. (Points: 20)
- Bogota** — The defending State Group 1 champs defended like champions and almost stole their second straight title, finishing a solid fifth, led by Erica Cesario and Kirsten LaFond, who again qualified for the SMOC. (Points: 14)
- Pailsades Park** — The Tigers lost their last three races to Bogota to slip behind their arch-rivals in the final ranking. Tina Govic returns to the SMOC again. (Points: 11)
- Rutherford** — The Bulldogs staggered down the stretch, but with everyone back next year, look for large strides forward. (Points: 5)

BERGEN GROUP 3-4

- Ridgewood (5)** — Ridgewood had a disappointing fifth-place finish in the State Group 4 race, although Bergen champ Amy Smith and Stephanie Doyle advanced to the SMOC. But it doesn't take away from another Triple Crown season, capped by the 15th BMOG title in 16 years. (Points: 25)
 - Immaculate Heart Academy** — The Blue Eagles had their best finish ever in the Parochial A championship, finishing second behind a fine Paul VI team. (Points: 20 points)
 - Northern Highlands** — The Highlanders finished seventh in Group 3 on a sloppy, miserable day, and senior Jennie Meighan qualified for the SMOC. The Highlanders also finished a solid fourth at the BMOG. (Points: 15)
 - Holy Angels** — The Angels finished fifth in Parochial A for the second straight year, but won the B-PSL King title, and finished fifth in the BMOG, their best finish ever. (Points: 6)
 - Fair Lawn** — The Cutters struggled in the Group 4 championship but their overall year was good, highlighted by solid fifth-place sectional 4 and third-place NBL finish. (Points: 4)
- Also receiving votes** — Hackensack 3, Tenafly 2.

PASSAIC/MORRIS

- Kennedy (5)** — The Knights scored a sensational victory in the Passaic County championship, ending Wayne Valley's nine-year streak. Then the Knights finished in 10th place in the State Group 4 race. (Points: 23)
 - Wayne Valley** — The Indians made a gallant effort to retain the Passaic County title, but fell short of a determined Kennedy effort. Sarah Park ran well in the County meet. (Points: 20)
 - Lakeland** — The Lancers finished fourth in the County meet but retained third in the final poll. The Lancers defeated PV for third in the league championship, then easily outpointed the Hornets in qualifying for the State meet. (Points: 11)
 - Passaic Valley** — The Hornets had their race of the year with a third-place finish in the Passaic County championship. Soph Aisha Alexander completed a fine season with a top 50 finish in Group 3 and fourth in the County meet. (Points: 9)
 - Clifton** — The Mustangs did not run well at the sectional meet and ran fifth at the Passaic Counties. (Points: 5)
- Also receiving votes** — West Milford 3, Hawthorne and Pompton Lakes 1.
Voting on 5-4-3-2-1 basis by The Record sports staff.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET STATE MEET OF CHAMPS

COURSE _____

DIVISION _____

COURSE RECORD _____

DATE 11-18-95

RIDGEWOOD RECORD _____

WEATHER _____

TYPE OF COURSE _____

FINISH PLACE		NAME	TIME
4		STEPHANIE DOYLE	19:12.9
15		AMY SMITH	19:39.9

Stephanie ran a breakthrough race today! Picture perfect in its execution. Stephanie went out at pace which put her in a pile of runners in about 25th position. But she kept pace and worked through the pack, ran a great bowl, and coming out of the bowl was only 5 seconds out of 2nd place! She worked the grass after the bowl and by the 2 mile mark was in 2nd place. In the woods after the tennis courts several runners passed her but in the sprint to the finish she held on for 4th in New Jersey!

Amy also ran a great race coming back from her cold-slowed week of practice. She ran a PR at Holmdel and finished in outstanding fashion. A PR is a great way to end a career at Holmdel.

RBC repeats behind Cunniff; Fogg wins

By JIM LAMBERT

Repeat.

That's a word the Red Bank Catholic girls, No. 1 in The Star-Ledger Top 10, have heard all season.

And yesterday at the 24th NJSIAA Cross-Country Meet of Champions in Holmdel Park, Red Bank Catholic responded to the call when it became the first girls' team to repeat at the M of C since North Hunterdon won a fourth straight in 1986.

And they did it in dominating fashion.

Behind resurgent sophomore Meghan Cunniff, who was second in a personal best of 19:04.1 for Holmdel, RBC had four girls under 20 minutes for the first time in school history and averaged 19:39 to finish first with 37 points. No. 4 Bishop Eustace was a distant second with 77 points and No. 2 Shawnee placed third with 87.

Red Bank Catholic has now won seven M of C titles, breaking the state record it had shared with North Hunterdon.

Individually, Hunterdon Central senior Autumn Fogg, second to Woodstown's Jaime Weisgerber last year, took control right away and was never threatened as she captured the final jewel in running's triple crown by finishing first 18:56.8. Fogg had also won the 1,600 indoors last winter and the 1,600 outdoors this past spring. Fogg is the first champ, boy or girl, from Hunterdon Central.

Last week, Red Bank Catholic had averaged 20:14 to beat Bishop Eustace, which averaged 20:16, by a 31-38 margin

for the Parochial B title. Based on that tight result, it figured to be a close race between RBC, Bishop Eustace, and Group 4 champion Shawnee yesterday.

"I thought if we ran better than we did last week, we had a shot at beating them," said Bishop Eustace coach Bob Klessing, whose team also placed second to RBC at the M of C last year. "And we did run better, but I never expected RBC to run the way they did. I have to give them credit. They rose to the occasion for the second straight week. And in both races, we forced them to run their best race."

"We ran fantastic," said RBC coach Mary Banks. "The team was so aware of what they had to do and were so motivated and focused to repeat. It was a total team race. I felt they would all run their best times and they did. Meghan running the way she did the last three weeks really gave this team a lot of confidence. Meghan was the driving force for this team."

Cunniff, an All-Stater who was third in the M of C last year, got off to a slow start this season because of a sprained ankle and insufficient conditioning. She ranged from RBC's third to fifth for most of the early season.

But Cunniff broke out at the Shore Conference race on Nov. 4, where she was RBC's No. 2, and then last week was her team's No. 1 for the first time when she placed second in Parochial B in 19:35.

"I was so frustrated with the way I was running early in the season," said Cunniff, whose brother, Brian, helped No. 1 Christian Brothers win the boys'

title yesterday. "There were times when I didn't think I'd run the way I did last year. But it finally came together. We were so psyched for this. We were pumped up to repeat. We were confident that we could do it and it's something that has been on our minds all season. We knew that everyone would be trying to knock us off, so we had to run a great race, and we did."

Fogg made two big surges, one right before going into the bowl and one on the way out, and nobody could match her moves.

"That's where I wanted to make my surges," said Fogg, who won Group 4 last week in 18:53. "Last week, they gained on me at those spots and I didn't want that to happen again. I was afraid to read the newspaper this week because everyone was picking me to win. That made me nervous. But I'm very happy and relieved now that I've won."

GIRLS

TEAMS: 1-Red Bank Catholic 37, 2-Bishop Eustace 77, 3-Shawnee 87, 4-Brick 128, 5-Middletown South 133, 6-Westfield 148, 7-Mt. Olive 179, 8-Paul VI 236, 9-Ocean City 250, 10-Immaculate Heart 282, 11-Kamsey 294, 12-Noire Dame 317, 13-Haddonfield 333, 14-Voorhees 364, 15-Bound Brook 426, 16-Mater Dei 474, 17-Schalick 482, 18-Maple Shade 517.

INDIVIDUALS: 1-Autumn Fogg, Hunterdon Central, 18:56.8, 2-Meghan Cunniff, Red Bank Catholic, 19:04.1, 3-Abbey Harriman, Ocean City, 19:07.7, 4-Stephanie Doyle, Ridgewood, 19:12.9, 5-Shari Hewel, Deptford, 19:15.2, 6-Laura Nann Bernards, 19:16.0, 7-Jenn Pesce, Toms River North, 19:17.2, 8-Lauren Dunning, Toms River East, 19:21.4, 9-Ann Klocke, Bishop Eustace, 19:25.4, 10-Lorena Adams, Manchester Township, 19:26.5, 11-Stephanie Snyder, Randolph, 19:28.9, 12-Kerry Andrews, Red Bank Catholic, 19:30.9, 13-Jerilyn Fratellone, Red Bank Catholic, 19:31.3, 14-Adrienne del Sol, Bishop Eustace, 19:31.8, 15-Amy Smith, Ridgewood, 19:39.9, 16-Beth Crawford, Hunterdon Central, 19:41.0, 17-Cheryl Wroblewski, Brick, 19:45.0, 18-Sara Tindall, Pingry, 19:45.8.

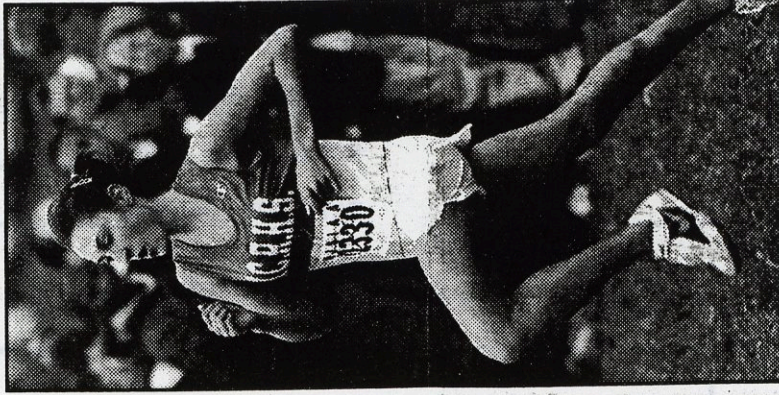


Photo by Frank Wojciechowski

Autumn Fogg of Hunterdon Central is on her way to victory in the girls' cross country Meet of Champions yesterday at Holmdel Park.

19-Andrea Dipolitto, Holy Cross, 19:46.6, 20-Jessica Thomas, Point Pleasant Boro, 19:47.4, 21-Kim Primavera, Mt. Olive, 19:51.3, 22-Mara Maloney, Red Bank Catholic, 19:54.4, 23-Kacy Corbett, Camden Catholic, 19:56.0, 24-Cate Guiney, Middletown South, 19:56.3, 25-Amala Merritt, Neptune, 19:59.8.

Doyle, Knight save best for Meet of Champions

By PAUL SCHWARTZ
Correspondent

HOLMDEL — For Stephanie Doyle of Ridgewood and Andrew Knight of Ramapo, the quality of their pre-meet practices retained their importance even at the end of the long cross-country season. As a result, both runners ran their best races of the year at the New Jersey State Meet of Champions Saturday.

Doyle ran 19:12.9, the sixth-fastest race by a Bergen County girl in the long history of the Holmdel County Park course — the State venue ever since the race became 5,000 meters in 1979. Knight, the Bergen County champion, was 10th in 16:21.8, the 12th-fastest boys time recorded by a Bergen runner.

Favored Red Bank Catholic and Autumn Fogg of Hunterdon Central won girls titles, while Christian Brothers won its sixth boys title in 10 years. Chris Robinson of North Hunterdon was the surprise boys winner.

"Usually we taper off the week after the group meet before the Meet of Champions, and we haven't always run well in the Meet of Champs," said Doyle. "This year we told Coach [Jacob Brown] we wanted to work as hard as we usually did."

So Doyle and teammate Amy Smith, running as individuals in the SMOC for the first time in their illustrious four-year careers, did their usual series of workouts in preparation for the race, despite a subpar Smith, who was suffering the effects of a lingering cold.

And when the gun went off, Doyle, a disappointing ninth last week in the State Group 4 meet, shot to the front, just off the pace set by Fogg, and ran in a pack of four, taking over second place with little more than a mile to go.

"I was positive the whole race," said Doyle. "It's the last big race of the year and I felt confident all the way."

Doyle slipped to fifth as the pack made its way to the final downhill toward the finish line and she felt a moment of doubt.

"I got a little nervous because a whole bunch of girls seemed to be

CROSS-COUNTRY

catching up," said Doyle. "But when I passed the Deptford girl [Shari Hewel] and knew I was going to finish with a good race, I thought — wow, this is neat."

Smith ran a personal best of 19:39.9 for 15th place and was pleased with her effort. Immaculate Heart edged Ramsey for 10th place, as the Rams ran without the injured Dana Satir.

Knight credited the decision of coaches Matt Kohlbrenner and Steve Opremchak to run speed workouts at the Mahwah track the last three Tuesdays for his spectacular race, more than 40 seconds faster than his fifth place Group 3 race of the week before.

"I had a goal to make the top seven today and I knew I could break 16:30 because several guys who I'd beaten had run in the 16:30s before the weather got bad last week," said Knight. "And with the great mental and physical

workout I had Tuesday, I knew I'd run with confidence."

That he did, even after running the first mile in a slower-than-expected 5:20. He was 14th at the mile mark and then picked up the pace.

"I wanted to run this race like a two-mile race and hang on," said Knight. "I know my last mile was slow, but I gave it all I had."

Ridgewood's boys ran another fine team race, placing a strong fifth with its usual tight 24-second pack from first to fifth.

"This was a great experience for our underclassmen," said Ridgewood coach Larry Coyle, who will have five runners returning next year. "They learned you have to get out better on this course and it'll help them next year."

Palisades Park's Group 1 State champions ran a terrific race and finished seventh overall in the 18-team field, led by Jamie Cortes in 29th place. Waldwick's Peter Startz was the second area finisher overall in 27th.

MEET OF CHAMPIONS SUMMARIES

At Holmdel County Park

GIRLS TEAM SCORING

Red Bank Catholic 37, Bishop Eustace 77, Shawnee 87, Brick 128, Middletown South 133, Westfield 148, Mount Olive 179, Paul VI 236, Ocean City 256, Immaculate Heart Academy 282, Ramsey 294, Notre Dame 317, Haddonfield 333, Voorhees 364, Bound Brook 426, Mater Del 474, Schalick 482, Maple Shade 517.

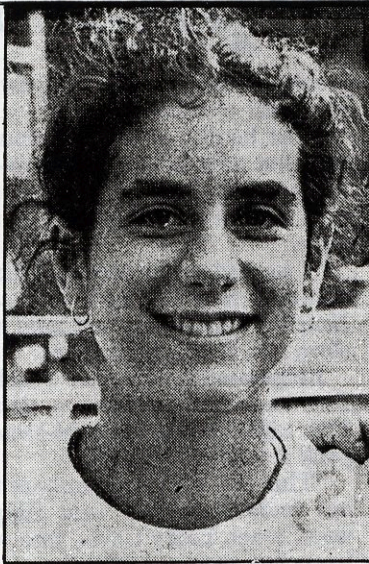
1. Autumn Fogg, Hunterdon Central	18:56.8
2. Meghan Cunniff, Red Bank Catholic	19:04.1
3. Abbey Hartman, Ocean City	19:07.7
4. Stephanie Doyle, Ridgewood	19:12.9
5. Shari Hewel, Deptford	19:15.2
6. Laura Nann, Bernards	19:16
7. Jenn Pesce, Toms River North	19:17.2
8. Lauren Dunning, Toms River East	19:21.4
9. Ann Klocke, Bishop Eustace	19:25.4
10. Lorena Adams, Manchester Twp.	19:26.4
11. Stephanie Synder, Randolph	19:28.9
12. Kerry Andrews, Red Bank Catholic	19:30.9
13. Jerilyn Frattalone, Red Bank Catholic	19:31.3
14. Adrienne Del Sol, Bishop Eustace	19:31.8
15. Amy Smith, Ridgewood	19:39.9
16. Beth Crawford, Hunterdon Central	19:41.2
17. Cheryl Wroblewski, Brick	19:45
18. Sara Tindall, Pingry	19:45.8
19. Andrea Dippolito, Holy Cross	19:46.6
20. Jessica Thomas, Pt. Pleasant Boro	19:47.4
35. Lauren Avallone, Morris Catholic	20:12.4
39. Kourtney Gallo, IHA	20:20.6
44. Nikki Callaghan, Westwood	20:26.9
53. Jennie Meighan, Northern Highlands	20:36.0
66. Dana Catanese, IHA	20:50.6
68. Tracy Kirik, Ramsey	20:54.1
78. Casey Beckmann, Ramsey	21:06
83. Meredith Ruff, Morris Catholic	21:10.4
87. Kirsten LaFond, Bogota	21:18.4
91. Danielle Reinert, IHA	21:22.2
93. Erica Cesario, Bogota	21:22.6
95. Sarah Walton, Ramsey	21:24

BOYS TEAM SCORING

CBA 51, North Hunterdon 88, Paul VI 118, Paul VI 118, Westfield 128, Ridgewood 162, Highland 198, Palisades Park 245, Morris Hills 261, Bernards 273, Haddonfield 279, Pope John 312, Toms River South 312, Mainland 314, Holmdel 319, Red Bank Catholic 336, Paramus Catholic 368, Henry Hudson 375, St. John Vianney 400.

1. Chris Robinson, North Hunterdon	16:02.9
2. Scott Keyser, Mainland	16:06.1
3. Steve Slattery, Mount Olive	16:09
4. Matt Elmucio, Westfield	16:12.9
5. Sean McCafferty, Central	16:13.4
6. Jay Wassell, Highland	16:15
7. Chris Dolan, North Hunterdon	16:15.6
8. Roger Munoz, Kearny	16:17
9. Adam Daniels, Seton Hall	16:20.7
10. Andrew Knight, Ramapo	16:21.8
11. Eric Seyoth, CBA	16:22.7
12. Brian Bennett, CBA	16:32.8
13. Brian Cunniff, CBA	16:35
14. Wilfredo Rivera, Old Bridge	16:36.7
15. Pat Ryan, Glassboro	16:38.9
16. Karl Savage, Eastern	16:40.1
17. John Clark, Red Bank Catholic	16:40.9
18. Ryan Anderson, Paul VI	16:41.8
19. Eric Bonnette, Haddonfield	16:43.3
20. Terence Rozier-Byrd, CBA	16:44.9
27. Peter Startz, Waldwick	16:53.9
29. Jamie Cortes, Palisades Park	16:56.0
43. Kevin Gilman, Bergen Catholic	17:07.6
44. Mike Cohen, Ridgewood	17:08.1
45. Neil Burt, Ridgewood	17:08.6
57. Jeff Clark, Bogota	17:18.4
59. Mike Castagno, Ridgewood	17:19.9
60. Kurt Erier, Don Bosco	17:20.3
62. Diego Gloffire, Palisades Park	17:21.8
65. Marco Alves, Queen of Peace	17:23.1
72. John Neegoda, Pequannock	17:27.7
73. Eric Rogers, Ridgewood	17:28.2
77. John O'Neill, Ridgewood	17:32
79. Hugo Juarez, Palisades Park	17:32.9
80. Robert Zagula, Paramus Catholic	17:33.3
88. Andrew Rodney, Ridgewood	17:37.8

STEPHANIE
LOOKS
LIKE BETH!



STEPHANIE DOYLE
Ridgewood High

State Meet of Champions pacesetters

BOYS DIVISION

- 10. Andrew Knight, Ramapo..... 16:21.8
- 27. Peter Startz, Waldwick..... 16:53.9
- 43. Kevin Gilman, Bergen Cath.... 17:07.6
- 44. Mike Cohen, Ridgewood..... 17:08.1
- 45. Neil Burt, Ridgewood..... 17:08.6
- 59. Mike Castigno, Ridgewood..... 17:19.9
- 60. Kurt Erier, Don Bosco..... 17:20.3
- 73. Eric Rogers, Ridgewood..... 17:28.2
- 77. John O'Neill, Ridgewood..... 17:32.0
- 80. Robert Zagula, Paramus Cath.
..... 17:33.4
- 86. Andrew Rodney, Ridgewood... 17:37.8

GIRLS DIVISION

- 4. Stephanie Doyle, Ridgewood.. 19:12.9
- 15. Amy Smith, Ridgewood..... 19:39.9
- 39. Kourtney Gallo, Immac. Heart. 20:20.6
- 44. Nikki Callaghan, Westwood.... 20:28.9
- 53. Jennie Melghan, No. Highlands
..... 20:36.0
- 66. Dana Catanese, Immac. Heart. 20:50.6
- 68. Tracy Kirk, Ramsey..... 20:54.1
- 78. Casey Beckmann, Ramsey.... 21:06.0
- 91. Danielle Reinert, Immac. Heart
..... 21:22.2
- 95. Sarah Walton, Ramsey..... 21:24.0

Doyle, Knight star in state CC windup

By DENNIS WILSON

(Sports In The Garden State)

Stephanie Doyle of Ridgewood turned in an outstanding performance the past Saturday morning, racing to a fourth-place finish in the 24th annual NJSIAA girls cross country Meet of Champions.

Ramapo's Andrew Knight was fastest to the finish among the local harriers in the boys division, placing 10th.

Doyle was clocked in 19:12.9 as she completed the hilly 3.1-mile course through Holmdel Park in Monmouth County with her time ranking as the sixth-fastest ever posted by a Bergen County athlete in this prestigious race.

She started fast, running in a pack of four just off the lead pace established by gold medalist Autumn Fogg of Hunterdon Central. As the pack moved into the third mile of the

course, Doyle edged into the runnerup slot behind Fogg before dropping back to fifth on the final downhill segment. But she rallied in the stretch to pass Shari Hewel of Deptford to finish fourth behind Fogg, Megan Cunniff of Red Bank Catholic and Abbey Hartman of Ocean City.

Her Maroon teammate Amy Smith turned in a personal-best time of 19:39.9 to finish in 15th place.

Knight was clocked in 16:21.8 as he was first among the local harriers to complete the boys race. His time was the 12th fastest ever by a Bergen County runner since the race distance was changed to 5,000 meters in 1979.

Ridgewood finished sixth in the boys team standings as Mike Cohen led the Maroons with a 44th-place finish in 17:08.1.



PAUL SCHWARTZ
CROSS-COUNTRY

Honoring season's top efforts

With the exception of today's Northeast qualifier for the Foot Locker national championships, the 1995 cross-country season is over. So it's time for the third annual Schwartz Awards honoring the top performances and performers of the North Jersey season.

RUNNERS OF THE YEAR —

Two easy selections this year, Bergen County champions Andrew Knight of Ramapo and Amy Smith of Ridgewood. Knight never lost to a North Jersey runner and finished 10th in the State Meet of Champions, running his best race of the year.

Smith lost only to teammate Stephanie Doyle at the Shore Invitational and at the State Meet of Champions, both at Holmdel. But the rest of the year she dominated and became the fastest girl on the Darlington County Park course in more than two years in winning the BMOG title.

ROOKIES OF THE YEAR —

For the boys, juniors Hugo Juarez and Diego Gioffre of Palisades Park, in their first seasons, share the honor. The duo, recruited by last year's Rookie winner Jamie Cortes, ran 2-3 all season for the Pal Park Group 1 champions, who also finished seventh in the SMOC and second in the BMOG, the best Bergen Group 1 performance ever.

Freshmen Jamie Siegrist of Northern Valley at Demarest and Tina Romic of Hawthorne share the honor for the girls.

Siegrist, the daughter of Demarest coach Ray Siegrist, had an excellent year. Her best performance was a 14th place in the Bergen Meet of Champions. She moved to the head of a good freshman class in Bergen with a consistently successful season.

Romic, better known as the East's No. 2 14-and-under tennis player, decided to run scholastically for a change of pace and excelled immediately, finishing second in Passaic County and fourth in the Group 1 State championship race. She is the Bears' first female representative to the SMOC.

RACES OF THE YEAR — From an individual standpoint, the Bergen County Group 2 championship battle between juniors Nikki Callaghan of Westwood and Dana Satir of Ramsey was an easy choice. It was one of the most thrilling finishes ever. Callaghan held off the faster Satir in the long stretch run at Darlington and won by less than a yard.

From the team standpoint, a three-way tie — Ramsey and Palisades Park in winning the girls Group 2 and boys Group 1 State titles, and Kennedy's girls for breaking the nine-year streak of Wayne Valley at the Passaic County championship.

The Ramsey and Palisades Park wins confirmed the superiority of those teams.

WHAT ABOUT NEXT YEAR? —

An early look at next year's local prospects shows a positive sign. Twelve girls and 10 boys who finished in the top 20 of the Bergen Meet of Champions return, as do the top five girls and eight of the top 10 in Passaic County. Only two of Passaic's top 10 boys return, however.

Among the Bergen boys, sophomores Cary Snyder of Demarest (third), Jeff Clark of Bogota (ninth), Rob Zagula of Paramus Catholic (14th), and John O'Neil of Ridgewood (18th) return, along with juniors Marco Alves of Queen of Peace, Neil Burt and Eric Rogers of Ridgewood, Martin Pankiewicz of Garfield, Juarez, and Romeo Joseph of Hackensack.

Among the girls, freshmen Siegrist (14th) and Meghan O'Toole of Garfield (16th), sophomores Kelly Ortiz of Paramus (third), Jackie Martin of Hackensack (sixth), Tracy Kirk of Ramsey (11th), Celeste Sedo of Ridgewood (13th), Chrissy Martin of Hackensack (15th), and Erica Cesario of Bogota (18th); and juniors Satir, Callaghan, Karen Petouvis of Paramus, and Sarah Walton of Ramsey return.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET FOOT LOCKER

COURSE VANCOURTLAND 5 K

DIVISION _____

COURSE RECORD _____

DATE 11-25-95

RIDGEWOOD RECORD 19:03 ^{JENNA} ROGERS 1993

WEATHER COLD + CLEAR

TYPE OF COURSE _____

FINISH PLACE	NAME	TIME
39	AMY SMITH	19:26.3
41	STEPHANIE DOYLE	19:28.4

Good solid races by Amy and Stephanie. We were in good pace and position but needed to run the back hills harder. The cowpath was tight but the runners thinned out in the back hills; an ideal situation for moving through the pack and finishing strong. I think we "settled" for our normal excellence instead of trying to jump to the next level. We were 10th and 11th for New Jersey and ran solid VanCourtland times; 2nd and 3rd on the all time RHS list.

★ 1995 NNJIL ALL LEAGUE CROSS COUNTRY ★

GIRLS PACIFIC

FIRST TEAM

<u>RUNNER</u>	<u>SCHOOL</u>	<u>CLASS</u>
KOURTNEY GALL	IMMACULATE HEART ACAD	12
KELLY ORTIZ	PARAMUS	10
DANA CATANESE	IMMACULATE HEART ACAD	12
KAREN PETOUVIS	PARAMUS	11
CHRISSY MARTIN	HACKENSACK	10
MICHIYO KAWASAKI	IMMACULATE HEART ACAD	12
ALEXANDRA KENWORTHY	IMMACULATE HEART ACAD	10
COLLEEN DOUGHERTY	NUTLEY	10
TARA QUINN	TEANECK	12

SECOND TEAM

<u>RUNNER</u>	<u>SCHOOL</u>	<u>CLASS</u>
JEN STAHL	PARAMUS	10
JENNIFER TRAMONTOZZI	IMMACULATE HEART ACAD	12
DELICITA RUSSELL	HACKENSACK	11
AMY BARBERIA	NUTLEY	11
JUDY LOWE	HACKENSACK	11
TAKEENYA BRYANT	TEANECK	
DANIELLE REINERT	IMMACULATE HEART ACAD	12
DANIELLE BENEDEK	NUTLEY	10
DEVON HUDSON	HACKENSACK	10

HONORABLE MENTION

<u>SCHOOL</u>	<u>RUNNER</u>	<u>CLASS</u>
NUTLEY	NANCY FRIKERT	11
PARAMUS	ERIN O'BRIAN	12
IMMACULATE HEART ACAD	JULIA GUTTILLA	10
HACKENSACK	LYNN SIMONS	12
PARAMUS CATHOLIC	LIA GALLERENZO	12
TEANECK	JUSTINE GALLOWAY	
BELLEVILLE	NO TEAM	

★ 1995 NNJIL ALL LEAGUE CROSS COUNTRY ★

GIRLS ATLANTIC

FIRST TEAM

<u>RUNNER</u>	<u>SCHOOL</u>	<u>CLASS</u>
AMY SMITH	RIDGEWOOD	12
STEPHANIE DOYLE	RIDGEWOOD	12
CELESTE SEDO	RIDGEWOOD	10
SABRINA NEALY	JF KENNEDY	10
KATIE COHEN	RIDGEWOOD	11
MAYDEE OQUENDO	JF KENNEDY	11
NERIZA HUFNAGEL	JF KENNEDY	12
LUISA MARRS	MONTCLAIR	11
TAISHANNA THOMAS	JF KENNEDY	11

SECOND TEAM

<u>RUNNER</u>	<u>SCHOOL</u>	<u>CLASS</u>
CARRIE RUGGLES	RIDGEWOOD	11
GERALDINE CAMPBELL	RIDGEWOOD	12
BETH APSEL	RIDGEWOOD	12
ALLISON SILVERGLAD	CLIFTON	12
MICHELE SCGBLE	CLIFTON	12
JUNGIN JEON	CLIFTON	12
SYLVIA NEALY	JF KENNEDY	10
TIMESHA EDWARDS	PASSAIC	12
JENNIFER CASTANEDA	PASSAIC	10

HONORABLE MENTION

<u>RUNNER</u>	<u>SCHOOL</u>	<u>CLASS</u>
LAUREN MAXWELL	RIDGEWOOD	12
MARILYN CRUZ	JF KENNEDY	10
KRISTY MARQUART	CLIFTON	12
MADELINE AVENT	PASSAIC	10
ERIN PRIDE	EASTSIDE	10
	BARRINGER	
	BLOOMFIELD	NO TEAM
	MONTCLAIR	NO NOMINATION

ALL-LEAGUE GIRLS CROSS-COUNTRY

NNJIL Atlantic

FIRST TEAM

Amy Smith, Ridgewood
Stephanie Doyle, Ridgewood
Celeste Sedo, Ridgewood
Sabrina Nealy, Kennedy
Katie Cohen, Ridgewood
Maydee Oquendo, Kennedy
Neriza Hufnagel, Kennedy
Luisa Marrs, Montclair
Talahanna Thomas, Kennedy

SECOND TEAM

Carrle Ruggles, Ridgewood
Geraldine Campbell, Ridgewood
Beth Apse, Ridgewood
Allison Silverglad, Clifton
Michele Scoble, Clifton
Jungin Jeon, Clifton
Sylvia Nealy, Kennedy
Timesha Edwards, Passaic
Jennifer Castaneda, Passaic

HONORABLE MENTION

Lauren Maxwell, Ridgewood; Marilyn Cruz, Ken-
edy; Kristy Marquart, Clifton; Madeline Avent, Passaic;
Erin Pride, Eastside.

NNJIL Pacific

FIRST TEAM

Kourtney Gall, Immaculate Heart
Kelly Ortiz, Paramus
Dana Catanese, Immaculate Heart
Karen Petouvis, Paramus
Chrissy Martin, Hackensack
Michiyo Kawasaki, Immaculate Heart
Alexandra Kenworthy, Immaculate Heart
Colleen Dougherty, Nutley
Tara Quinn, Teaneck

SECOND TEAM

Jen Stahl, Paramus
Jennifer Tramontozzi, Immaculate Heart
Delcita Russell, Hackensack
Amy Barberia, Nutley
Judy Lowe, Hackensack
Takeenya Bryant, Teaneck
Danielle Reinert, Immaculate Heart
Danielle Benedek, Nutley
Devon Hudson, Hackensack

HONORABLE MENTION

Nancy Frikert, Nutley; Erin O'Brian, Paramus; Julia
Gutilla, Immaculate Heart; Lynn Simons, Hacken-
sack; Lia Gallerenzo, Paramus Catholic; Justine Gal-
loway, Teaneck.

NBIL Division 1

FIRST TEAM

Nicki Henry, NV/Demarest
Patti McWhirr, NV/Demarest
Sara Meroth, Fair Lawn
Jill Muczinski, Fair Lawn
Erin Ryder, Bergenfield
Jamie Siegrist, NV/Demarest
Amy Wyka, Fair Lawn

SECOND TEAM

Alayne Baldassare, Ramapo
Andrea Christiana, Bergenfield
Heather Daugherty, Ramapo
Jacqueline Duca, Fair Lawn
Elaine Mazor, Ramapo
Andrea Mazzarino, NV/Old Tappan
Laraine Noceti, Fair Lawn

HONORABLE MENTION

Michelle Brooks and Stephanie Millar, Wayne Hills;
Mari Endo, NV/Demarest; Angela Johardjian, Bergen-
field; Anna Kertser, Fair Lawn; Nikki Schmidt, Ram-
apo.

NBIL Division 2

FIRST TEAM

Casey Beckmann, Ramsey
Tracy Kirk, Ramsey
Jennie Melghan, Northern Highlands
Laura Montelth, Ramsey
Dana Satir, Ramsey
Mandy Smeal, Northern Highlands
Sarah Walton, Ramsey

SECOND TEAM

Tammy French, Pascack Hills
Kim Hewitt, Ramsey
Liz Kerr, Northern Highlands
Kristen Maher, Northern Highlands

Kristin Neilson, Indian Hills
Erin Oliver, Ramsey
Tovah Oppenheimer, Northern Highlands
Jenn Pisani, Indian Hills

HONORABLE MENTION

Sue Coomber, Northern Highlands; Maryam Jowza,
Pascack Valley; Jill Laborde, Pascack Valley; Angela
Luino, Indian Hills; Katie Lynch, Indian Hills.

B-PSL Carpenter

FIRST TEAM

Tina Romic, Hawthorne
Allison Curran, Midland Park
Melissa Londregan, Hawthorne
Aja Carnosso, Pompton Lakes
Kelly Baker, Midland Park
Rachel Beneventi, Midland Park
Leah Steenstra, Eastern Christian
Gingl Woodward, Pompton Lakes
Courtney Reilly, Pompton Lakes

SECOND TEAM

Christine Ackerson, Midland Park
Maggie Gunderman, Pompton Lakes
Karen Sudackl, Saddle Brook
Stephanie Zechmeister, Pompton Lakes
Erin Earley, Pompton Lakes
Christine DeYoung, Pompton Lakes
Cressida Baccay, Hawthorne
Faith Steenstra, Eastern Christian
Lucia Gervasio, Saddle Brook

HONORABLE MENTION

Ayumi Takarabe, Eastern Christian; Kelly Velas-
quez, Hawthorne; Sarah Goodell, Midland Park; Am-
ber Taylor, Pompton Lakes; SuAnn Rolick, Saddle
Brook; Allyson Stevens, Waldwick.

B-PSL King

FIRST TEAM

Eileen Lennog, Holy Angels
Jennifer Knuth, Holy Angels
Meghan O'Toole, Garfield
Aleksandra Kazmierczak, Glen Rock
Liz Halder, Holy Angels
Kim Gonzalez, Holy Angels
Jenn Rooney, Holy Angels
Patty Brill, Garfield
Debra Martino, Garfield

SECOND TEAM

Kathleen Burke, Glen Rock
Heather Miller, Holy Angels
Christine Francois, Passaic Tech
Rasheeda Manuel, Passaic Tech
Nicole Vitulli, Garfield
Diane Stankiewicz, Garfield
Betty Cerat, Passaic Tech
Julie Clifford, Holy Angels
Lynn Rodriguez, Garfield

HONORABLE MENTION

Melene Thomas, Garfield; Kara Grady, Glen Rock;
Becky Kennedy, Holy Angels; Jillian Sonnema, Man-
chester; Nicole Willis, Passaic Tech.

BCSL American

FIRST TEAM

Wendy Amster, Tenafly
Brigitte Bogert, Fort Lee
Helena Brady, Dumont
Nikki Callaghan, Westwood
Kate Cosgriff, Tenafly
Jessica Drew, Westwood
Charlene Hooper, Englewood
Ana Hristic, Fort Lee
Ryann Lantz, Westwood
Josie Maceri, Fort Lee
Mahasin Pegelise, Rutherford

SECOND TEAM

Nutan Arisetty, Westwood
Tanja Basloli, Ridgely Park
Pam Becker, River Dell
Lauren Eld, Fort Lee
Cheryl Joll, Queen of Peace
Jessica Larsen, Rutherford
Janet Luce, Westwood
Lauren McCann, Rutherford
Gina Monaco, Ridgely Park
Mary Stahley, Queen of Peace
Mary Thomas, Dumont
Lindsay Tulp, Tenafly
Jana Zabinski, Tenafly

HONORABLE MENTION

Lisa Cartuccio, Queen of Peace; Amy Chen,
Westwood; Lisa Dalto, Ridgely Park; Aamaris De-
Soto, Queen of Peace; Meghan Doyle, Rutherford;
Bridget Ford, Westwood; Holly Garrison, Dumont; Ari
Gourometsios, Fort Lee; Claudia Gutierrez, Fort Lee;
Jessica Hanson, Dumont; Joelle Keane, Rutherford;

Melissa Lockheed, Rutherford; Julie Maxfield, Tenafly;
Danielle Petesic, Cliffside Park; Cole Razzano, Tenafly;
Lynn Su, Rutherford; Megan Vogel, Rutherford; Tina
Yoon, Fort Lee.

BCSL National

FIRST TEAM

Tina Govic, Palsades Park
Stephanie Paglione, Palsades Park
Jen Belthoff, New Milford
Maria Mokanos, Palsades Park
Liz Liguori, Palsades Park
Gina Papa, Secaucus
Giselle DeAlomelda, Harrison

Coach of the Year — Frank Donohue, Palsades Park

SECOND TEAM

Betty Ann Sidoti, Palsades Park
Jessica Fernandez, Palsades Park
Christine Zengel, Secaucus
Dana Murphy, Secaucus
Hanna Chiang, Palsades Park
Laura Cannito, New Milford
Elena Sullivan, Leonia

HONORABLE MENTION

Jaime Wong, New Milford; Bleessilda Romanssanta,
Harrison; Trisha Clancy, Lyndhurst; Kelli Settembrino,
Lyndhurst; Jamie Impreduto, Secaucus; Amy Fryc-
zynski, Secaucus; Faby Leiva, Harrison.

BCSL Olympic

FIRST TEAM

Erica Cesario, Bogota
Kirsten LaFond, Bogota
Nancy Sinclair, St. Mary's
Tracy Evans, Beeton
Carolyn Bettridge, Cresskill
Jole Polimeda, Bogota
Tracy Hunter, Bogota

Coach of the Year — Jay Mahoney, Bogota

SECOND TEAM

Robyn Masi, Emerson
Alaina Schinn, Bogota
Christina Lopez, Beeton
Donna Magliato, Ridgely
Virginia Yun, North Arlington
Gen Kester, Bogota
Elizabeth Koehane, Bergen Tech

HONORABLE MENTION

Almy Rojas, Bogota; Kinga Turek, North Arlington;
Hope Demberska, Beeton; Sheela Gupta, Bergen Tech;
Tami Berekay, Beeton; Christine Fiorento, Emerson;
Jessica Krakover, Cresskill.

Northern Hills Skyline

FIRST TEAM

Sarah Park, Wayne Valley
Danielle Centurione, Lakeland
Aisha Alexander, Passaic Valley
Mary Beth Sexton, Wayne Valley
Cynthia Owens, West Side
Kathy Laumbach, West Milford
Alex Reilher, West Milford
Lisa Martinelli, West Milford

Coach of the Year — John Hayes, West Milford

SECOND TEAM

Veronica Raggi, Lakeland
Kerri Cleeland, Wayne Valley
Laura Cresenzo, Lakeland
Lauren Katz, Wayne Valley
Jen Pasek, Wayne Valley
Tricia Boyle, West Milford
Jen Minchin, Passaic Valley

Northern Hills Suburban

FIRST TEAM

Lauren Avallone, Morris Catholic
Beth Sands, Pequannock
Meredith Ruff, Morris Catholic
Rowena Spence, Montville
Lindsay Mann, Caldwell
Julie Silverman, Millburn
Eileen Conn, DePaul
Crystal Jenkins, Caldwell

Coach of the Year — Mike O'Brien, Caldwell

SECOND TEAM

Danielle Gerard, Caldwell
Debbie Dreyfus, Millburn
Adina Birnbaum, Montville
Kapl Monoylos, Millburn
Leigh Rossi, Montville
Renee Trappe, Pequannock
Alison Perkowski, Morris Catholic



This is the 1995 All-Suburban Girls Cross Country Team. Front (from left): Tracy Kirk and Sarah Walton, Ramsey; Jennie Melghan, Northern Highlands; Dana Satir and Casey Beckmann,

Ramsey. Back: Carrie Ruggles, Stephanie Doyle, Katie Cohn, Amy Smith and Celeste Sedo, all Ridgewood. (Photo by Tony Vassallo)

1995 All-Suburban girls cross-country

FIRST TEAM

Casey Beckman, Ramsey.....	Senior
Katie Cohn, Ridgewood.....	Junior
Stephanie Doyle, Ridgewood.....	Senior
Tracy Kirk, Ridgewood.....	Sophomore
Jennie Meighan, Northern Highlands.....	Senior
Carrie Ruggles, Ridgewood.....	Junior
Dana Satir, Ramsey.....	Junior
Celeste Sedo, Ridgewood.....	Sophomore
Amy Smith, Ridgewood.....	Senior
Sarah Walton, Ramsey.....	Junior

FRESHMAN OF THE YEAR
Tina Romic, Hawthorne

COACH OF THE YEAR
Jacob Brown, Ridgewood

SECOND TEAM

Allison Curran, Midland Park.....	Senior
Aleksandra Kazmierczak, Glen Rock.....	Freshman
Liz Kerr, Northern Highlands.....	Sophomore
Melissa Londregan, Hawthorne.....	Senior
Sarah Meroth, Fair Lawn.....	Sophomore
Laura Monteith, Ramsey.....	Senior
Kristin Neilson, Indian Hills.....	Sophomore
Erin Oliver, Ramsey.....	Senior
Tovah Oppenheimer, Northern Highlands.....	Junior
Jenn Pisani, Indian Hills.....	Freshman
Mandy Smeal, Northern Highlands.....	Sophomore
Amy Wyka, Fair Lawn.....	Sophomore

KATIE COHN, Ridgewood — Every good team needs solid runners in the fourth and fifth spots, and this junior qualifies as a solid fourth runner who should only get better next year. She placed 13th in the Bulldog A Meet, 36th in the Shore A Meet and 12th in the Ridgewood Invitational in the early season, then was fifth in the NNJIL Atlantic Division run and 12th in the Bergen Group 4 race. She finished 25th in the Group 4 state-sectional run, 21st in the BMOC and 51st in the state Group 4 event.

STEPHANIE DOYLE, Ridgewood

— In nine major races, she never finished worse than ninth, and while the victory lane was never achieved, this senior had a stellar season nonetheless. She opened the campaign by placing fifth at the Maroon Invitational, and then took second in the Bulldog A Meet, fourth in the Shore A Meet and eighth in the

CARRIE RUGGLES, Ridgewood — The most improved runner would also fit this junior, as she shaved the most time off her runs this season compared to last year, more than a minute on average. She placed 26th in the Maroon Invitational, 12th in the Bulldog A Meet, 31st in the Shore A Meet and 14th in the Ridgewood Invitational to get the season rolling and had post-season finishes of 10th in the NNJIL Atlantic Division run, ninth in the Bergen Group 4 Meet and 22nd in the BMOC.

Ridgewood Invitational. Four straight second-place finishes behind teammate Smith followed in the NNJIL Atlantic Division race, the Bergen Group 4 run, the Group 4 state-sectional event and the BMOC. After placing ninth in the state Group 4 run, she had her best race last, coming in fourth in the SMOC.

CELESTE SEDO, Ridgewood

— With six top 10 finishes this year, this Maroon proved there was no sophomore jinx for her, and she could very well be the number-one runner for her team next year. Her season got underway with a 10th-place finish in the Maroon Invitational, a fifth in the Bulldog A Meet, a 21st in the Shore A Meet and a fourth in the Ridgewood Invitational. After placing third in the NNJIL Atlantic Division race, she was fourth in the Bergen Group 4 meet, ninth in the Group 4 state-sectional run and 13th in the BMOC.

AMY SMITH, Ridgewood

— The season saw this senior appear in the winner's circle five times, as she closed out her high school career with eight top 10 finishes in nine major races. A fourth-place showing in the Maroon Invitational got things started, and she won her first race in the Bulldog A Meet before running fifth in the Shore A Meet and third in the Ridgewood Invitational. Four straight wins opened the post-season, as she won the NNJIL Atlantic Division event, the Bergen Group 4 run, the Group 4 state-sectional race and the BMOC. A seventh-place finish in the state Group 4 run and a 15th-place showing in the SMOC concluded her campaign and high school career.

JACOB BROWN, Ridgewood

— There continues to be no stopping the Maroons when it comes to Bergen County competition, as they increased their 12-year unbeaten streak in dual meets to 79 and continued their prowess in the post-season. The team eclipsed team titles in the Bulldog A, the NNJIL Atlantic Division, the Bergen Group 4, the Group 4 state-sectional and BMOC meets and was second in the state Group 4 race. Year after year, the veteran mentor continues to run a strong program, and the talent on the Maroon junior varsity level suggests that there should be little change in his program's prestigious status next season.

Veteran Bergen stars in class all their own

By **PAUL SCHWARTZ**
Correspondent

Five seniors make up more than half of the 1995 All-Bergen girls cross-country team. But each of the five graduating runners completed their careers having reached All-County status in different ways.

For Bergen champion Amy Smith of Ridgewood, All-County status came as a freshman and was never lost, as Smith became one of the few four-time All-Bergen honorees. For Kourtney Gallo of Immaculate Heart Academy, improvement came as a sophomore, and this was her third selection.

Stephanie Doyle of Ridgewood went from the junior varsity midway through her sophomore season to a second straight All-Bergen slot, while Nikki Henry of Northern Valley at Demarest made her big move this year from honorable mention to the first team. Jennie Meighan of Northern Highlands, a fine track athlete, decided not to play field hockey this fall and made a most successful transition.

Rounding out the 1995 All-Bergen team selected by the Bergen County Women's Coaches Association are sophomores Kelly Ortiz of Paramus and Jackie Martin of Hackensack, and juniors Dana Satir of Ramsey and Nikki Callaghan of Westwood.

Here's a closer look:

NIKKI CALLAGHAN, Westwood — Injuries slowed her early in the season, but Callaghan came back to repeat on the first team by winning the Bergen County Scholastic League American championship and the Bergen 2 title within five days in October, the latter with a thrilling stretch duel with Satir. She was third in the sectional Group 2 race, seventh at State Group 2, and ninth in the Bergen Meet of Champions before placing 44th in the State Meet of Champs, an improvement over last year.

STEPHANIE DOYLE, Ridgewood — Part of the best 1-2 punch in New Jersey, Doyle had nine top-10 finishes in 10 races, missing only with a solid 41st place in the Northeast Regional. She was second in the Northern New Jersey Interscholastic League Atlantic, Bergen 4, sectional 4, and BMOC races, each time to teammate Smith. She was fourth in the Shore A, fifth in the Maroon Invitational 4, eighth in the Ridgewood Invitational, and ninth in State Group 4. But her top race was a fourth place at the SMOC.

KOURTNEY GALLO, Immaculate Heart — Gallo concluded one of the finest careers in Bergen County cross-country history with her third selection. In her final three years she had 19 finishes in the top five of major meets, including five in eight major meets this year. She won the NNJIL Pacific, was third in Bergen 4, State Parochial A, and the Catholic Track Conference Senior Class race as well as the NJCTC championship. She was seventh in the BMOC, 11th at the Shore B race, and a disappointing 39th in the

SMOC. But she snapped back with her best race of the year, 35th in the Foot Locker Northeast Regional, tops in Bergen and the eighth New Jersey finisher.

NIKKI HENRY, NV/Demarest — Perhaps the most improved runner in Bergen County this year, Henry teamed with freshman Jamie Siegrist to help the Norsewomen to one of their best seasons. Her top race was the Bergen 3 championship where she finished second. She also was fourth in the Brett Taylor A race, seventh in the Northern Bergen Interscholastic League, eighth in the BMOC and Sectional 3 races, and 29th in a sloppy Group 3 State race. Her best time at Darlington is 21st all-time.

JACKIE MARTIN, Hackensack — The 1994 Bergen County champion, who was fifth in the state as a freshman, suffered through an injury-shortened season which limited her to little practice and only four major races. But Martin managed to place fourth in the sectional 4 race, sixth in both the Bergen 4 and BMOC races, and 21st in State Group 4. Had the State correctly advanced the fastest runners in the State meet, she easily would have qualified for the SMOC.

JENNIE MEIGHAN, Northern Highlands — Meighan made her only cross-country season a very successful one, placing in the top 10 in seven of the her nine major meets. She won three of them — the NBIL, Bergen 3, and sectional 3 — in eight days, earning one of two 1995 area triple crowns. She also was fourth in the BMOC, fifth in the Red Raider B, seventh in the Shore D, ninth in State Group 3, and a respectable 53rd in the SMOC. Her best time of 19:11 at Darlington is ninth all-time.

KELLY ORTIZ, Paramus — One of the bright young stars in cross-country, Ortiz's season was solid and included seven top-10 finishes in 10 major races. She was second in sectional 3 and the NNJIL Pacific championships and was third in the Season Opener A, Passaic Invitational 3, Brett Taylor A, and in her best race, the BMOC. She also was sixth in the Maroon Invitational 3, 12th in Bergen 3 (after losing her shoes), and 20th in the Group 3 State meet. Her best time at Darlington is 19:09 for eighth place overall.

DANA SATIR, Ramsey — The top runner on the impressive State Group 2 champions, Satir moved up from second team to become one of the state's top runners. She won the Section 2 and Passaic Invitational 2 titles, was second in the NBIL 2 and Bergen 2 races, fourth in the Red Raider A, fifth in the BMOC, and 12th in the Shore D. Despite a burst cyst, she ran courageously in the State Group 3 race, placing 18th, enough to help the Rams win. With a year left, she already ranks 11th on the all-time Darlington list.

AMY SMITH, Ridgewood — It's not surprising

1995

ALL-BERGEN GIRLS CROSS-COUNTRY



Nikki Callaghan
Westwood



Kourtney Gallo
Immaculate Heart



Stephanie Doyle
Ridgewood



Nikki Henry
NV/Demarest



Jackie Martin
Hackensack



Jennie Meighan
Northern Highlands



Kelly Ortiz
Paramus



Dana Satir
Ramsey



Amy Smith
Ridgewood

that her fourth and final year was Smith's most successful, including wins in the NNJIL Atlantic, Bergen and sectional 4, and BMOC, third in the Ridgewood Invitational, fourth in the Maroon 4, fifth in the Shore Invitational A, and seventh in the

State Group 4 race. She was 15th in the SMOC and 39th in the Northeast Regional. In 34 major races for her career, Smith was in the top 10 22 times. Her best time at Darlington (18:53) is the fourth fastest on the course.

ALL-BERGEN GIRLS CROSS-COUNTRY

First team

NIKKI CALLAGHAN, Westwood _____ Junior
 STEPHANIE DOYLE, Ridgewood _____ Senior
 KOURTNEY GALLO, Immaculate Heart _____ Senior
 NIKKI HENRY, NV/Demarest _____ Senior
 JACKIE MARTIN, Hackensack _____ Sophomore
 JENNIE MEIGHAN, Northern Highlands _____ Senior
 KELLY ORTIZ, Paramus _____ Sophomore
 DANA SATIR, Ramsey _____ Junior
 AMY SMITH, Ridgewood _____ Senior

Second team

CASEY BECKMANN, Ramsey _____ Senior
 DANA CATANESE, Immaculate Heart _____ Senior
 ERICA CESARIO, Bogota _____ Sophomore
 MICHIO KAWASAKI, Immaculate Heart _____ Senior
 TRACY KIRK, Ramsey _____ Sophomore
 CHRISSY MARTIN, Hackensack _____ Sophomore
 KAREN PETOUVIS, Paramus _____ Junior
 CELESTE SEDO, Ridgewood _____ Sophomore
 SARAH WALTON, Ramsey _____ Senior

Third team

BRIGITTE BOGERT, Fort Lee _____ Senior
 KATIE COHN, Ridgewood _____ Junior

KIRSTEN LAFOND, Bogota _____ Junior
 EILEEN LENNON, Holy Angels _____ Senior
 SARA MEROTH, Fair Lawn _____ Sophomore
 DANIELLE REINERT, Immaculate Heart _____ Senior
 CARRIE RUGGLES, Ridgewood _____ Junior
 JAMIE SIEGRIST, NV/Demarest _____ Freshman
 MANDY SMEAL, Northern Highlands _____ Sophomore

Honorable mention

Tracy Evans, Becton; Erin Ryder, Bergenfield; Tracy Hunter and Joie Polimeda, Bogota; Carolyn Bettridge, Cresskill; Patti McWhirr, NV/Demarest; Helena Brady, Dumont; Charlene Hooper, Englewood; Jill Muczinski and Amy Wyka, Fair Lawn; Ana Hristic and Josie Maceri, Fort Lee; Patti Brill, Debra Martino and Meghan O'Toole, Garfield; Aleksandra Kazimierczak, Glen Rock; Julie Clifford, Kim Gonzales, Liz Halder, Jen Knuth and Jenn Rooney, Holy Angels; Alexandra Kenworthy, Immaculate Heart Academy; Kelly Baker, Rachel Beneventi and Allison Curran, Midland Park; Jen Belthoff, New Milford; Susan Coomber, Liz Kerr and Tovah Oppenheimer, Northern Highlands; Andrea Mazzarino, NV/Old Tappan; Tina Govic, Liz Liguori, Maria Mokanos and Stephanie Paglione, Palisades Park; Jen Stahl, Paramus; Laura Monteith and Erin Oliver, Ramsey; Beth Apsel, Geraldine Campbell and Rose Sedo, Ridgewood; Mahasin Pegeise, Rutherford; Nancy Sinclair, St. Mary's; Tara Quinn, Teaneck; Wendy Amster and Kate Cosgriff, Tenafly; Jessica Drew and Ryann Lantz, Westwood.

ALL-PASSAIC GIRLS CROSS-COUNTRY

First team

AISHA ALEXANDER, Passaic Valley _____ Sophomore
 DANIELLE CENTURIONE, Lakeland _____ Junior
 EILEEN CONN, DePaul _____ Senior
 NERIZA HUFNAGEL, Kennedy _____ Senior
 MELISSA LONDREGAN, Hawthorne _____ Senior
 SABRINA NEALY, Kennedy _____ Sophomore
 MAYDEE OQUENDO, Kennedy _____ Junior
 SARAH PARK, Wayne Valley _____ Junior
 TINA ROMIC, Hawthorne _____ Freshman

Second team

AJA CARNOSSO, Pompton Lakes _____ Sophomore
 LAURA CRECENZO, Lakeland _____ Freshman

JEN MINCHIN, Passaic Valley _____ Junior
 VERONICA RAGGI, Lakeland _____ Senior
 MARY BETH SEXTON, Wayne Valley _____ Junior
 ALISON SILVERGLAD, Clifton _____ Senior
 KEMPOLY SWABY, Eastside _____ Junior
 TAISHANNA THOMAS, Kennedy _____ Junior
 GINGI WOODARD, Pompton Lakes _____ Sophomore

Honorable mention

Michele Scobie, Clifton; Maureen Garvey, DePaul; Leah Steenstra, Eastern Christian; Erin Pride, Eastside; Cressida Baccay, Hawthorne; Sylvia Nealy, Kennedy; Gena Shutte, Lakeland; Jillian Sonnema, Manchester; Jennifer Castandra, Passaic; Christine Francois, Passaic Tech; Jen Ligieri, Passaic Valley; Courtney Reilly, Pompton Lakes; Catherine Getty, Wayne Valley; Kathy Laumbach, West Milford.

All-State girls' X-c team

FINAL CROSS-COUNTRY TOP 10s

BOYS

- 1-Christian Brothers
- 2-North Hunterdon
- 3-Paul VI
- 4-Westfield
- 5-Ridgewood
- 6-Highland Regional
- 7-Toms River East
- 8-Palisades Park
- 9-Morris Hills
- 10-Bernards

GIRLS

- 1-Red Bank Catholic
- 2-Bishop Eustace
- 3-Shawnee
- 4-Brick
- 5-Middletown South
- 6-Westfield
- 7-Mt. Olive
- 8-Toms River North
- 9-Ridgewood
- 10-Paul VI

FIRST TEAM

RUNNER	SCHOOL	HT.	WT.	CLASS
Amy Beykirch	Pinelands	5-6	95	Junior
Meghan Cunniff	Red Bank Catholic	5-2	102	Soph
Autumn Fogg	Hunterdon Central	5-7	113	Senior
Abbey Hartman	Ocean City	5-4	114	Junior
Shari Hewel	Deptford	5-8½	119	Junior
Ann Klocke	Bishop Eustace	5-6	100	Junior
Laura Nann	Bernards	5-3	98	Soph
Jenn Pesce	Toms River North	5-8	115	Soph

SECOND TEAM

Lorena Adams, Manchester Township
 Kerry Andrews, Red Bank Catholic
 Maura Bolger, St. Rose
 Stephanie Doyle, Ridgewood
 Lauren Dunning, Toms River East
 Kelly McCabe, Notre Dame
 Amy Smith, Ridgewood
 Stephanie Snyder, Randolph

THIRD TEAM

Kacy Corbett, Camden Catholic
 Beth Crawford, Hunterdon Central
 Adrienne del Sol, Bishop Eustace
 Jerilyn Frattalone, Red Bank Catholic
 Kim Primavera, Mt. Olive
 Jessica Thomas, Point Pleasant Boro
 Sara Tindall, Pingry
 Cheryl Wroblewski, Brick



Best in Bergen County

This is Ridgewood High's girls cross country team that joined the Maroon boys in winning Bergen Meet of Champions titles and went on to place fifth in the state Group 4 meet. Front (from left): Amy Smith, Carrie Ruggles, Stephanie Doyle, Geraldine Campbell, Beth Apsel and Katie Cohn. Center: Coach Jacob Brown, Lauren Maxwell, Christina Dasher, Alison Correll, Tira Lobell, Catherine Lowe and Vicky Lowe. Back: Emily Hermance, Irene Janis, Kristin Egan, Lucia Knight, Rose Sedo, Julie Sprich and Christina Grab. Not present: Celeste Sedo, Kitty Lawn, Carolyn Moritz and Jen Siegel. Smith and Doyle, who placed one-two for the county champions, qualified for this weekend's State Meet of Champions. (Photo by Arlene Forman)

VETERAN'S FIELD CHAMPIONSHIP COURSE

5000 METERS

18:20.5	Patti Mileski	1981	22:24	Geraldine Campbell	94
18:22.7	Mary Ellen Mileske	1982	22:37.0	Cristy Diaz	1981
18:28.0	Jenna Rogers	1993	22:40	Lauren Maxwell	1994
18:40.9	Margaret Scutro	1984	22:37	Lisa Waters	1983
19:03	Jean Hughes	1987	22:47.6	Rachael VanYperen	1992
19:12	Stephanie Doyle	1994	22:52	Margaret Ostling	1986
19:13	Jennifer Hughes	1986	22:53.1	Linda Sigillito	1984
19:29	Celeste Sedo	1994	23:03.8	Robin Lavin	1984
19:37	Lynne Collazo	1987	23:11.6	Krisi Wing	1984
19:39.7	Karen O'Brien	1982	23:15.1	Sharon Williams	1982
19:41	Kim Folk	1994	23:21	Cara Hardt	1991
19:44	Amy Smith	1995	23:21	Maggie Cain	1994
19:50.5	Beth Pringle	1982	23:22.2	Alex Furger	1992
19:50.7	Lauren Stuhr	1993	23:23.8	Janet Moritz	1984
19:56.	Colleen Wright	1981	23:27	Sarah Apsel	1994
20:02	Norine D'Arcy	1985	23:34	Cathy Reid	1985
20:07	Kathy Shevlin	1987	23:43	Natasha Skuthan	1994
20:15.1	Claire Blaney	1992	23:45	Ellen Ostrander	1986
20:16.0	Kirsten Kannengieser	82	23:45	Christina Grab	1994
20:22	Carolyn O'Brien	1987	23:48	Jen Bauman	1987
20:23	Nanci Titus	1986	23:48	Marianne Skau	1987
20:24	Eileen Fitzgerald	1991	23:52	Eileen Moritz	1988
20:24.6	Chris McKenna	1981	24:10.9	Megan Duffy	1984
20:25.6	Anja Kannengieser	1981	24:13	Michelle White	1991
20:32	Zena Lobell	1994	24:23	Carolyn Moritz	1994
20:42	Vanessa Worm	1994	24:24	Lauren G-H	1994
20:47	Janet Titus	1986	24:25.7	Kanako Nakamura	1993
20:50	Liz Figlar	1988	24:38	Madoka Kurishima	1985
20:50	Beth Apsel	1994	24:35	Kate Pringle	1983
20:53.4	Erin Roach	1992	24:41	Kitty Lawn	1994
20:54	Lynn Degelmann	1986	24:49	Christina Velez	1985
21:01	Katie Cohn	1994	25:05.3	Allison Donnelly	1993
21:05	Linda Hockey	1985	25:17.3	Joelle Gruber	1993
21:06.2	Genny Razik	1982	25:19	Amanda DiLeo	1994
21:11.6	Marci Capitani	1984	25:20.1	Vicki Gellis	1993
21:14.9	Jeanne Reilly	1992	25:49	Terri Shum	1992
21:24	Nicole MacLennan	1986	26:11	Rebecca Castagno	1991
21:26	Megan McCabe	1991	26:37	Pat Kaupas	1986
21:37.8	Carrie Ruggles	1095	26:40	Mandy Warton	1993
21:38	Leslie Barbi	1983	26:47	Meghan Groome	1994
21:42	Rose Sedo	1994	26:50	Jen Siegel	1994
21:46.4	Darcy Nicholson	1984	26:57	Nora Varadi	1994
21:52.0	Elyse Lee	1993	27:07	Sarah Burton	1994
21:53	Lisa deCastro	1991	27:15	Jamie Hollender	1992
21:53.7	Kathleen Campbell	1993	27:27	Catherine Lowe	1995
22:05	Pam Parker	1986	27:56	Shannon Osborn	1993
22:09	Heather Fitzgerald	1988	28:17	You Jung Park	1994
22:12.4	Michelle Sarkadi	1982	28:50	Deborah Apsel	1993
22:18	Sheelyn Marker	1987	28:53	Julie Culver	1994
22:18.9	Julie Babbitt	1981	29:29	Vicki Lowe	1995
22:19.4	Lauren Goodell	1981	32:39	Jessica Burnette	1991
22:19.9	Alison Barbi	1981			
22:23	Amy Donnelly	1986			
22:23.1	Vanessa McDermott	1993			

course established 1981
compiled

11-95

DARLINGTON PARK

17:49.1	Jenna Rogers	1993
18:52.3	Amy Smith	1995
19:02.2	Stephanie Doyle	1994
19:31.6	Lauren Stuhr	1993
19:37.8	Celeste Sedo	1994
19:57	Claire Blaney	1992
19:58	Kim Folk	1994
20:02	Erin Roach	1992
20:02	Jeanne Reilly	1992
20:12.6	Zena Lobell	1994
20:26.9	Katie Cohn	1995
20:27.2	Carrie Ruggles	1995
20:38.1	Vanessa Worm	1994
20:43	Elyse Lee	1993
20:44	Beth Apsel	1994
21:00	Megan McCabe	1992
21:02.4	Kathleen Campbell	1993
21:28	Rose Sedo	1995
21:38	Geraldine Campbell	1995
21:57	Rachael VanYperen	1992
21:57	Katie O'Brien	1993
22:14	Vanessa McDermott	1993
22:28	Lauren Maxwell	1993
23:04	Maggie Cain	1993
23:20	Sarah Apsel	1993
23:23	Carolyn Moritz	1995
23:24	Christina Grab	1995
23:25	Lauren G-Heuwetter	1994
23:30	Sarah Durnan	1992
23:37	Alex Furger	1992
23:48	Kanako Nakamura	1993
24:01	Amanda DiLeo	1994
24:13	Kitty Lawn	1995
24:36	Vickie Gellis	1993
24:44	Alyson Donnley	1993
24:48	Terry Shum	1992
24:52	Mandy Warton	1993
24:55	Vicky Lowe	1995
24:55	Catherine Lowe	1995
25:04	Joelle Gruber	1993
25:22	Sarah Burton	1995
25:31	Jamie Hollender	1993
26:23	Jen Siegel	1995
26:27	Nora Varadi	1994
26:41	Shannon Osborn	1993
26:41	Emily Hermance	1995
26:46	Julie Culver	1992
27:20	Megan Groome	1994

BERGEN CHAMPIONSHIP COURSE

27:29	Elizabeth Cavanagh	1992
28:11	You Jung Park	1994
28:25	Jessica Stanley	1992
28:48	Deborah Apsel	1993
30:26	Amy Chidiac	1993

DARLINGTON PARK FROSH COURSE

1 LOOP 1.61 miles		
10:58	Tira Lobell	1995
11:04	Lauren Maxwell	1992
11:09	Geraldine Campbell	1992
11:11	Beth Apsel	1992
11:13	Natisha Skuthan	1994
11:22	Julie Sprich	1995
11:53	Andrea Remmen	1993
11:56	Lucia Knight	1995
11:57	Alison Correll	1995
12:14	Allyson Donnelly	1992
12:23	Kristin Egan	1995
12:28	Christina Dasher	1995
12:29	Catherine Lowe	1994
12:34	Irene Janis	1995
12:35	Deborah Apsel	1992
12:37	Nora Varadi	1993
13:10	Julie Culiver	1992
13:20	Jen Siegel	1992
13:20	Vicki Lowe	1994

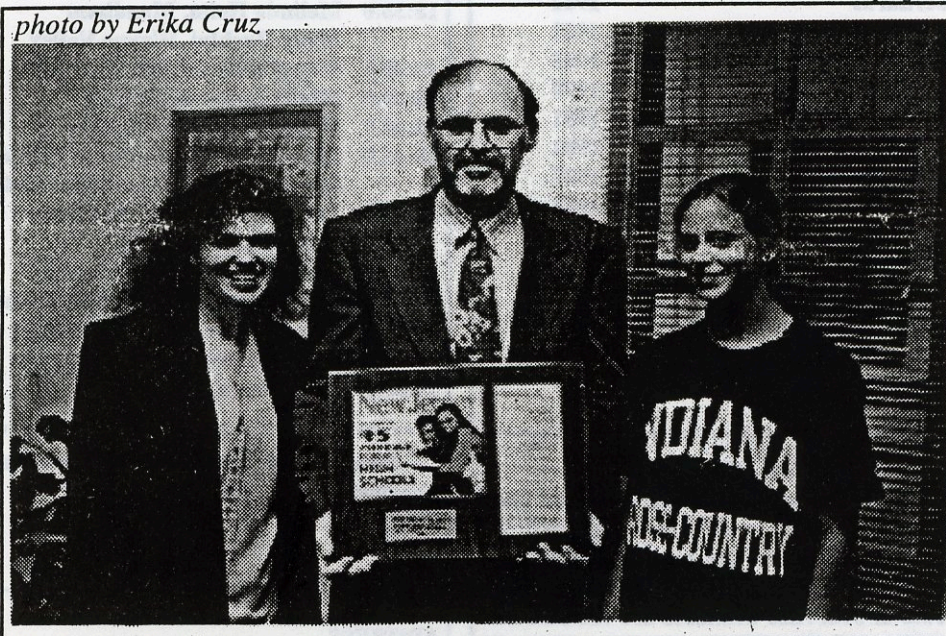
All Time Ridgewood List
 course established 1992
 compiled 11-95

VANCOURTLAND PARK 5K RIDGEWOOD ALL TIME

Kinney-Footlocker Eastern Regional Championship - Ridgewood All Time List.

19:03.3	Jenna Rogers	1993
19:26.3	Amy Smith	1995
19:28.4	Stephanie Doyle	1995
19:45.3	Jenna Rogers	1992
19:56.8	Stephanie Doyle	1994
20:02.0	Jenna Rogers	1991
20:14.9	Kim Folk	1994
20:19.8	Celeste Sedo	1994
21:16	Liz Figlar	1990
21:24.3	Lauren Stuhr	1992
22:22.8	Beth Apsel	1994

photo by Erika Cruz



Dr. Crews, Mrs. McKeon, and Julie Sprich proudly display NJ Monthly award.

FRESH
IN
THE
NEWS!

HOLMDEL PARK

STATE CHAMPIONSHIP COURSE

5,000 METERS

18:29	Patti Mileski	1982	22:55	Lisa deCastro	1991
18:34.2	Jenna Rogers	1993	22:58	Laura Campbell	1979
18:44	Margaret Scutro	1984	23:00	Robin Lavin	1984
19:12.9	Stephanie Doyle	1995	23:06	Geraldine Campbell	1995
19:13	Mary Ellen Mileski	1982	23:12	Janet Titus	1986
19:39.9	Amy Smith	1995	23:18	Lauren Maxwell	1993
19:47	Carol Dickstein	1979	23:23	Linda Sigillito	1984
19:52	Jean Hughes	1988	23:25	Heather Fitzgerald	1988
19:55	Kathy Duffy	1980	23:31	Rachael VanYperen	1992
19:59	Sue Hart	1980	23:49	Janet Moritz	1984
20:08	Norine D'Arcy	1985	23:49	Jill Apostle	1989
20:15	Kim Folk	1994	24:01	Pam Parker	1984
20:17	Celeste Sedo	1994	24:19	Maggie Cain	1994
20:25	Chris McKenna	1980	24:35	Christina Grab	1994
20:29	Jen Hughes	1984	24:36	Krisi Wing	1984
20:29	Liz Figlar	1989	24:38	Sarah Apsel	1994
20:31	Beth Pringle	1982	24:43	Alex Furger	1992
20:31	Lauren Stuhr	1993	24:49	Katie O'Brien	1992
20:32	Eileen Fitzgerald	1989	24:53	Kanako Nakamura	1994
20:33	Zena Lobell	1994	25:15	Vanessa McDermott	1992
20:37	Jeanne Reilly	1992	25:16	Carolyn Moritz	1994
20:40	Karen O'Brien	1984	25:17	Kitty Lawn	1994
20:48	Lynne Collazo	1986	25:42	Sarah Durnan	1992
20:50	Claire Blaney	1992	26:36	Nora Varadi	1994
20:58	Erin Roach	1992	26:53	Amanda Warton	1993
21:05	Kirsten Kannengieser	82	27:04	Catherine Lowe	1995
21:17	Kathy Shevlin	1986	27:18	Joelle Gruber	1993
21:20	Linda Hockey	1985	27:36	Alyson Donnelly	1993
21:20	Vaness Worm	1994	27:54	Sarah Burton	1995
21:22	Colleen Wright	1981	28:06	Terry Shum	1992
21:28	Anja Kannengieser	1982	28:10	Jen Siegel	1994
21:36	Beth Apsel	1994	28:20	Jamie Hollender	1993
21:43	Barbara Remmers	1979	28:25	Jen Schwartz	1988
21:45	Kathleen Campbell	1993	28:50	Shannon Osborn	1993
21:46	Darcy Nicholson	1984	29:01	Julie Culiver	1994
21:49	Carolyn O'Brien	1987	29:12	Vicki Lowe	1995
21:49	Megan McCabe	1992	29:16	Vicki Gellis	1992
21:49	Elyse Lee	1993	29:50	Elizabeth Cavanagh	1992
21:49	Carrie Ruggles	1995	29:57	Amy Titus	1988
21:50	Katie Cohn	1995	29:57	Katie Schumaecker	1992
21:56	Steph Kane	1988	30:30	Adrienne Reid	1988
21:57	Nanci Titus	1986	30:33	Anne Burton	1988
22:12	Nicole MacLennan	1986	33:50	Deborah Apsel	1993
22:19	Leslie Barbie	1983	34:33	Amy Chidiac	1993
22:19	Rose Sedo	1994	nt	Meghan Groome	1994
22:19	Lisa Waters	1984			
22:23	Jen Bauman	1989			
22:26	Eileen Moritz	1989			
22:28	Marci Capitani	1984			
22:46	Missy Klein	1989			
22:54	Genny Razik	1981			

course established 1979
compiled 11/95

HISTORY

BOYS ALL-GROUP CHAMPIONS

YEAR	INDIVIDUAL	TIME	TEAM	SITE
1972	Harry Kronick, Frankin Twp	12:33	(None)	Ocean Cty Pk
1973	Greg Stremmel, Gateway	14:22	St. Joseph Met	Bridgewater
1974	Marty Ludwikowski, CH West	14:42	Morris Catholic	Bucleuch Pk
1975	Kevin Byrne, Paramus Cath	14:43	Morris Catholic	Pennsauken
1976	Bob Siehl, Morris Hills	14:43	Westfield	Holmdel
1977	Estoquio Gonzalez, Memorial	15:21	Bergen Catholic	Holmdel
1978	Joe Weber, Kearny	15:49	Memorial	Holmdel
1979	Jim Smith, Haddonfield	16:09	Christian Bros	Holmdel
1980	Cliff Sheehan, Westfield	15:50	Christian Bros	Holmdel
1981	Tom Fischer, Manalapan	16:01	Bernards	Holmdel
1982	John Carlotti, Bernards	15:53	Bernards	Holmdel
1983	Brad Hudson, No Hunterdon	15:38	North Hunterdon	Holmdel
1984	Andy Martin, No Hunterdon	15:52	Paul VI	Holmdel
1985	Ron Faith, Paul VI	16:10	Bernards	Holmdel
1986	Carlos Martins, Newark ES	16:10	Christian Bros	Holmdel
1987	Jason DiJoseph, Paul VI	15:58	Christian Bros	Holmdel
1988	Jason DiJoseph, Paul VI	15:33	Paul VI	Holmdel
1989	Bryan Spoonire, Asbury Pk	16:05	Paul VI	Holmdel
1990	Bryan Spoonire, Asbury Pk	15:56	Christian Bros	Holmdel
1991	Brendan Heffernan, No Hunt	15:31	Christian Bros	Holmdel
1992	Bob Keino, Ridgewood	15:52	Don Bosco Prep	Holmdel
1993	Bob Keino, Ridgewood	15:51	Christian Bros	Holmdel
1994	Eamon Blanchard, Lacey	16:06	Paul VI	Holmdel

HOLMDEL BESTS(1979-94)

15:16.2	Jason DiJoseph, Paul VI	1988
15:31.0	Brendan Heffernan, North Hunterdon	1991
15:35.1	Andy Martin, North Hunterdon	1984
15:38.0	Brad Hudson, North Hunterdon	1983
15:41.0	Mike Mykytok, Bound Brook	1988
	Tom Fischer, Manalapan	1981
15:47.0	Urie Ridgeway, Bridgeton	1988
15:48.0	Carlos Hanze, Central Ocean	1981
15:48.5	Bill Babcock, North Hunterdon	1984
15:49.0	John Coyle, Christian Brothers	1987
15:50.0	Cliff Sheehan, Westfield	1980
	Bob Keino, Ridgewood	1993
15:53.0	John Carlotti, Bernards	1982
15:56.0	Rich Rizzuto, Lakewood	1982
	Jim Herdman, Hunterdon Central	1983
	Bryan Spoonire, Asbury Park	1990
15:58.0	Paul Marabito, Christian Brothers	1981
	Chris Koerner, Toms River North	1982
15:59.0	Matt Mitchell, Christian Brothers	1987
16:01.1	Tony Williams, Paterson Kennedy	1982
16:01.4	Rich Hubbard, Hackensack	1982
	Bruce Miller, Cherry Hill East	1983
16:02.0	Herb Williams, Lakewood	1985
	Don Deckert, Oakcrest	1980
	Eamon Blanchard, Lacey	1994
16:02.2	Bill Barrett, Christian Brothers	1984

NEW JERSEY TRACK

This "program" for the all-group meet has been prepared from the archives of NEW JERSEY TRACK, which has chronicled the sport of track and field in the state for the past 25 years. It is published 13 times a year from September through June, mailed first class at the annual rate of \$18. Also available are the Fall and Spring editions of the NEW JERSEY HIGH SCHOOL TRACK AND FIELD ANNUAL, which cost \$5 apiece and are available today near the finish line or, before and after the races, at the check-in and prize-giving area in the lodge. Subscription forms are in the adjoining column.

GIRLS ALL-GROUP CHAMPIONS

(All Races at Holmdel)

YEAR	INDIVIDUAL	TIME	TEAM
1972	Hilary Noden, Hopewell Valley	12:41	Red Bank Catholic
1973	Hilary Noden, Hopewell Valley	12:30	Red Bank Catholic
1974	Hilary Noden, Hopewell Valley	11:21	Red Bank Catholic
1975	Carol Conlon, Nutley	12:47	Red Bank Catholic
1976	Lucy Sheldrick, Union Hill	12:22	Red Bank Catholic
1977	Nancy Seeger, Roxbury	17:46	Brick
1978	Ann Gladue, Bayley-Ellard	18:47	Toms River North
1979	Ann Gladue, Bayley-Ellard	18:17	Hunterdon Central
1980	Janet Smith, North Edison	18:43	North Hunterdon
1981	Janet Smith, North Edison	18:01	North Hunterdon
1982	Michelle Rowen, Washington Twp	17:40	Bernards
1983	Janet Smith, North Edison	17:35	North Hunterdon
1984	Toni Ann Angione, Bergenfield	18:29	North Hunterdon
1985	Jodi Bilotta, North Hunterdon	18:44	North Hunterdon
1986	Jodi Bilotta, North Hunterdon	18:56	North Hunterdon
1987	Jodi Bilotta, North Hunterdon	18:34	Kearny
1988	Christi Constantin, Kittatinny	17:55	Brick
1989	Monal Chokshi, Bridgewater	19:13	Mount Olive
1990	Monal Chokshi, Bridgewater	18:44	Voorhees
1991	Monal Chokshi, Bridgewater	19:13	Shawnee
1992	Heather Bury, West Orange	19:15	Ridgewood
1993	Jenna Rogers, Ridgewood	18:55	Hunterdon Central
1994	Jamie Weisgerber, Woodstown	18:51	Red Bank Catholic

HOLMDEL BESTS(1979-94)

17:35.5	Janet Smith, North Edison	1983
17:40.0	Michelle Rowen, Washington Twp	1982
17:54.0	Christi Constantin, Kittatinny	1988
18:19.0	Theresa Gschwind, Summit	1981
18:26.0	Meg Waldron, Bernards	1981
	Jen Van Horn, Wayne Valley	1984
18:27.0	Lisa Pakutka, Hopatcong	1981
	Karen Ahearn, Bernards	1985
18:29.0	Patti Mileski, Ridgewood	1982 ←
	Toni Ann Angione, Bergenfield	1984
18:32.0	Jodi Bilotta, North Hunterdon	1985
18:34.0	Jenna Rogers, Ridgewood	1993 ←
18:38.0	Melinda Holm, Mendham	1981
	Missy Duchini, Wayne Valley	1983
18:39.0	Monal Chokshi, Bridgewater	1990
18:40.0	Mindy Rowand, Sterling	1984
18:44.0	Margaret Scutro, Ridgewood	1985 ←
18:45.0	Anne Marie Letko, North Hunterdon	1985
	Jeanne LaPlaca, North Hunterdon	1983
18:50.0	Jamie Weisgerber, Woodstown	1994
	Dawn Cody, Paul VI	1982
18:52.0	Leslie Gale, St. John Vianney	1982
18:53.0	Autumn Fogg, Hunterdon Central	1995
18:54.0	Lisa Herman, Wayne Valley	1983
	Tracy Bigley, North Hunterdon	1982
18:55.0	Amy Meyer, Bernards	1982

WHO WILL BE NEXT ON THIS LIST

Please fill out the form below and send to Edward J. Grant, 101 Greenwich Ct., Madison, N.J., if you wish to subscribe to NJ TRACK.

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RIDGEWOOD HIGH SCHOOL GIRLS CROSS COUNTRY
 DUAL MEET WIN STREAK HISTORY

- 1978 9/19 LOST TO BERGENFIELD (26-31)
 but beat Bloomfield (1 girl)
 9/26 Paramus (15-50)
 10/10 Paramus Catholic (20-41)
- 1979 9/25 Fairlawn (15-48)
 10/2 Teaneck (17-44) and Hackensack (15-50)
 10/16 Bergenfield (22-33) and Wayne Valley (3 girls)
- 1980 9/23 Bergenfield (15-49) and Wayne Valley (3 girls)
 9/30 Passaic Valley (20-38)
 10/2 Fairlawn (2 girls)
 10/7 Ramsey (19-38), Teaneck (16-45) & Hackensack (15-50)
 10/21 Clifton (15-50)
- 1981 9/28 Bergenfield (15-48)
 9/24 Passaic Valley (20-40)
 10/1 Fairlawn (15-50)
 10/6 Hackensack (18-43) and Teaneck (16-47)
 10/13 Paramus Catholic (20-41)
 10/20 Clifton (15-48)
- 1982 9/28 Paramus Catholic (15-50)
 10/5 Bergenfield (20-41) and Teaneck (15-50)
 10/12 IHA (16-47)
 10/19 Hackensack (19-42)
- 1983 9/20 Belleville (3 girls)
 9/27 Passaic (15-50)
 10/4 LOST TO HACKENSACK (30-27)
 10/11 Paramus Catholic (15-49)
 10/18 Teaneck (18-40)
- 1984 9/14 Paramus Catholic (15-50)
 9/18 IHA (15-50)
 10/4 Hackensack (23-36)
 10/9 Paramus (21-38)
 10/16 Teaneck (17-46)
- 1985 9/20 Paramus Catholic (1 girl)
 9/26 IHA (15-50)
 10/8 Hackensack (20-43)
 10/15 Paramus (24-31)
 10/17 Teaneck (18-39)
- 1986 9/19 Teaneck (4 girls finished)
 9/30 IHA (15-50)
 10/14 Hackensack (24-33)
 10/16 Paramus (24-35)

4 years
 22 Races
 29 Teams

4 years
 22 Races
 29 Teams

- 1987
 - 9/22 Paramus Catholic (15-50)
 - 9/29 IHA (15-50)
 - 10/13 Hackensack (18-42)
 - 10/15 Paramus (22-34)
- 1988
 - 9/27 Paramus Catholic (18-45)
 - 10/4 Passaic (23-36) and Eastside (2 girls)
 - 10/11 Clifton (15-40) and Kennedy (no girls)
 - 10/18 Teaneck (15-48)
- 1989
 - 9/16 Paramus Catholic (19-43)
 - 9/19 Passaic (20-40)
 - 9/26 Kennedy (3 girls)
 - 10/3 Clifton (22-33) and Eastside (2 girls)
 - 10/10 Montclair (15-50) and Barringer (3 girls)
- 1990
 - 9/18 Passic (15-50) and Bloomfield (15-50)
 - 9/25 Kennedy (17-46)
 - 10/2 Clifton (19-42) and Eastside (15-50)
 - 10/9 Montclair (20-38) and Barringer (2 girls)
 - 10/16 IHA (15-46)
- 1991
 - 9/13 IHA (19-42)
 - 9/20 Paramus Catholic (16-47)
 - 9/24 Bloomfield (15-48), Passaic (15-49) and St. Domic (15-50)
 - 10/1 Kennedy (20-43)
 - 10/7 Clifton (18-37) and Eastside (1 girl finished)
 - 10/16 Montclair (19-44)
- 1992
 - 9/15 Passaic (15-50)
 - 9/17 Belleville (15-50)
 - 9/22 Kennedy (15-48)
 - 9/30 IHA (19-40)
 - 10/8 Clifton (16-47) and Bloomfield (no girls)
 - 10/13 Eastside (3 girls) and Montclair (2 girls)
- 1993
 - 9/21 Passaic (15-50) and Barringer (no girls)
 - 9/28 Kennedy (15-50)
 - 10/5 Eastside (15-50) and Montclair (2 girls)
 - 10/13 Clifton (18-45) and Bloomfield (no girls)
- 1994
 - 9/20 Montclair (2 girls) and Passaic (15-50)
 - 9/28 Kennedy (15-46) and Bloomfield (no girls)
 - 10/4 Eastside (19-42) and Barringer (3 girls)
 - 10/11 Clifton (17-48)
- 1995
 - 9/19 Passaic (15-50) and Montclair (1 girl)
 - 9/27 Kennedy (22-37) and Bloomfield (no girls)
 - 10/10 Clifton (16-45)
 - 10/12 Eastside (15-50) and Barringer (3 girls)

1989
 1990
 1991
 1992
 1993
 1994
 1995

12 YEARS
 58 RACES
 79 Teams

RIDGEWOOD GIRLS CROSS COUNTRY

<u>year</u>	<u>duals</u>	<u>league</u>	<u>bergen</u> gr IV	<u>bergen</u> champs	<u>state</u> section	<u>state</u> group	<u>state</u> champ
1974	4-2			2nd		7th	
1975	3-2	1st		3rd		8th	
1976	5-1	1st		3rd	2nd	4th	
1977	4-2	2nd		4th	4th	11th	
1978	2-1	2nd	2nd	6th	2nd	12th	
1979	5-0	1st	2nd	2nd	1st	3rd	8th
1980	6-0	1st	1st	1st	1st	1st	2nd
1981	7-0	1st	1st	1st	1st	4th	
1982	5-0	1st	1st	1st	1st	3rd	4th
1983	4-1	3rd	2nd	1st	3rd	12th	
1984	5-0	1st	1st	1st	1st	5th	
1985	5-0	1st	1st	1st	2nd	6th	
1986	4-0	1st	1st	1st	1st	3rd	7th
1987	4-0	1st	1st	1st	2nd	6th	
1988	4-0	1st	1st	1st	2nd	12th	
1989	7-0	1st	1st	1st	2nd	8th	
1990	8-0	1st	1st	1st	1st	6th	
1991	9-0	1st	1st	2nd	2nd	3rd	9th
1992	7-0	1st	1st	1st	1st	1st	1st
1993	6-0	1st	1st	1st	1st	3rd	3rd
1994	6-0	1st	1st	1st	1st	2nd	4th
1995	6-0	1st	1st	1st	1st	5th	

FIRST TEAM ALL BERGEN COUNTY

- 1976 Alyson Grunder
- 1977 Klara Grape
- 1978 Barbara Remmers
- 1979 Mary Ellen Mileski and Carol Dickstein
- 1980 M.E. & Patti Mileski, C. Dickstein, Kathy Duffy, Sue Hart
- 1981 Mary Ellen & Patti Mileski, and Colleen Wright
- 1982 Mary Ellen & Patti Mileski, and Margaret Scutro
- 1983 Margaret Scutro
- 1984 M. Scutro, Karen O'Brien, Jen Hughes
- 1985 Jen Hughes, Linda Hockey, Norine D'Arcy
- 1986 Jen Hughes and Jean Hughes
- 1987 Jen Hughes and Jean Hughes
- 1988 Jean Hughes and Lynne Collazo
- 1989 Liz Figlar and Eileen Fitzgerald
- 1990 Liz Figlar, Eileen Fitzgerald, and Jenna Rogers
- 1991 Eileen Fitzgerald and Jenna Rogers
- 1992 Claire Blaney, Jeanne Reilly, J. Rogers, A. Smith, Lauren Stuhr
- 1993 Jenna Rogers, Amy Smith, Lauren Stuhr
- 1994 Amy Smith, Stephanie Doyle, Kim Folk, Celeste Sedo
- 1995 Amy Smith, Stephanie Doyle

ALL STATE

1978	Barbara Remmers	2nd team
1981	Patti Mileski	1st team, M.E.Mileski 3rd team
1982	Patti	1st & M.E. 2nd - Patti 1st team all american
1983	Margaret Scutro	3rd team
1984	Margaret Scutro	1st team HM-all american
1985	Norine D'Arcy	3rd team
1990	Liz Figlar	2nd team
1991	Jenna Rogers	1st team
1992	Jenna Rogers	2nd team
1993	Jenna Rogers	1st team *STATE CHAMPION*
1995	Amy Smith	2nd team, Stephanie Doyle 2nd team

OTHER CHAMPIONSHIPS OF NOTE

1980	Easterns States Championships
1982	Ridgewood Invitational
1990	Bergen Classic
1991	Essex Catholic Invitational
1992	Bulldog
1993	Bulldog
1994	Bulldog
1995	Bulldog

FIRST TEAM ALL BERGEN COUNTY

1976	Alyson Grunder
1977	Klara Grape
1978	Barbara Remmers
1979	Mary Ellen Mileski and Carol Dickstein
1980	M.E. & Patti Mileski, C. Dickstein, Kathy Duffy, Sue Hart
1981	Mary Ellen & Patti Mileski, and Colleen Wright
1982	Mary Ellen & Patti Mileski, and Margaret Scutro
1983	Margaret Scutro
1984	M. Scutro, Karen O'Brien, Jen Hughes
1985	Jen Hughes, Linda Hockey, Norine D'Arcy
1986	Jen Hughes and Jen Hughes
1987	Jen Hughes and Jen Hughes
1988	Jen Hughes and Lynne Colazo
1989	Liz Figlar and Eileen Fitzgerald
1990	Liz Figlar, Eileen Fitzgerald, and Jenna Rogers
1991	Eileen Fitzgerald and Jenna Rogers
1992	ClareBlaney, Jeannette, J. Rogers, A. Smith, Lauren Stubb
1993	Jenna Rogers, Amy Smith, Lauren Stubb
1994	Amy Smith, Stephanie Doyle, Kim Folk, Celeste Sedo
1995	Amy Smith, Stephanie Doyle



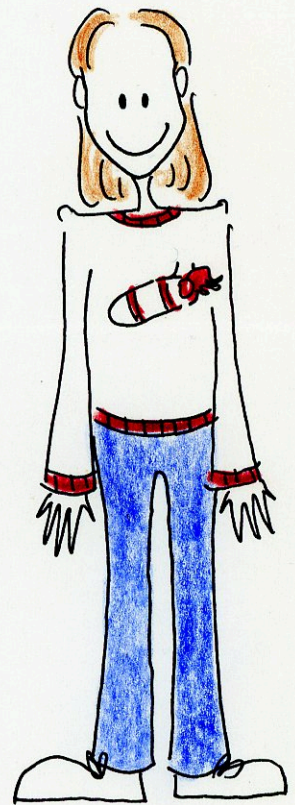


TEAM DINNER

TONIGHT AT 6:00 PM

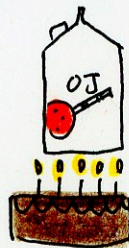
AT

Emily Hermance's house
327 McKinley Place
On the corner of Mountain and McKinley



PLEASE BRING:

- SENIORS: drinks
- JUNIORS: drinks
- SOPHOMORES: Desert
- FRESH MEN: Salads



Bring Sweatshirt in case we eat outside.

