



TRUESDILL

1996

RIDGEWOOD TRACK & FIELD

1996 Team Roster

Seniors:

Mike Cohen
Ryan Genovese
Pete Hans
Sague Schnietcher
Spencer Wolfson

Juniors:

Rob Basso
Jeff Braden
Neil Burt
Will Byrne
Brian Daly
Dave Driever
Joe Fortunato
Brian Janes
Mike Jones
Ian King
Brad Langfield
Chris Mala
Matt Mongon
Jon Ng
John Oros
Eric Rogers
Navid Sadri
Dave Whang

Sophomores:

Matt Cangialosi
Brian Cho
Howard Chung
Ozzie Duran
Jon Ferris-Childres
Eugene Han
Rich Katz
Kwang Kim
J.D. Murdock
Andrew Ng
John O'Neill
Sean Powers
Damian Plummer
Andrew Rodney
Chris Roszkowski
Dusty Thomas
Dave Warton
Jason Van Yperen
Brain Zuccala
Steve Robinson

Freshmen:

John Allen
Brendon Brogan
Yeon Chung
Don Choi
Rich Chung
Andrew Cohen
Peter Fenzel
Gabe Fernandez
Anthony Forlino
John Judge
Antonios Karoutsos
Tats Kumagai
Mike Martin
Casey Masterson
Tim McDonagh
Mike Mongon
Matt Murphy
Dave Orens
Dan Oros
Matt Raeburn
Brandon Reese
Chris Rodgers
Roy Simpadian
Steve Spino
Ron Widmer
Ted Winfield
Frank Wimer

Coaches:

Mike Mullin
Jim Grasso
Bob Currier
T.J. Crocker

1996 Team Record

Bergen Catholic- 80	RIDGEWOOD- 51
RIDGEWOOD- 81	Eastside- 50
RIDGEWOOD- 95	Bloomfield- 36
RIDGEWOOD- 106	Barringer- 25
RIDGEWOOD- 68	Montclair- 63
Passaic- 77	RIDGEWOOD- 54
Kennedy- 68	RIDGEWOOD- 63
RIDGEWOOD- 67	Clifton- 64

Team Record..... 5 wins, 3 losses

Bergen Group IV Relays..... 5th place (38 pts)

NNJIL League Meet..... 3rd place (70 pts)
(made us 3rd in league overall)

Bergen County Group IV..... 5th place (71 pts)

State Sectional Group IV..... 5th place (41 pts)

Sophomores:

Soph County Relay Meet..... 1st place

Soph Invitational Meet..... 2nd place

Freshmen:

NNJIL League Meet..... 1st place

Frosh County Relay Meet..... 1st place

Frosh County Individual..... 4th place

1996 Total Point Rankings

<u>Rank</u>	<u>Name (Grade)</u>	<u>Dual Meet Points</u>	<u>Championship</u>	<u>Total</u>
1.	John O'Neill (10)	51	61	112
2.	Mike Cohen (12)	54	48	102
3.	Eric Rogers (11)	38	49	87
4.	J.D. Murdock (10)	38	41	79
5.	Ryan Genovese (12)	54 1/4	10	64 1/4
6.	Ted Winfield (9)	41	6	47
7.	Will Byrne (11)	29 1/2	14	43 1/2
8.	Dave Warton (10)	39	3	42
9.	Jeff Braden (11)	21	18	39
10.	Steve Robinson (10)	28	9	37
11.	Neil Burt (11)	10	26	36
12.	Brian Zuccala (10)	14	21	35
13.	Spencer Wolfson (12)	21	9	30
14.	Chris Mala (11)	29	0	29
15.	Andrew Rodney (10)	10 1/3	14	24 1/3
16.	Damian Plummer (10)	4	16	20
17.	Chris Rodgers (9)	14 1/3	0	14 1/3
18.	John Judge (9)	10 1/3	3	13 1/3
19.	Pete Hans (12)	6	6	12
20.	Brandon Reese (9)	11 1/2	0	11 1/2
21.	Joe Fortunato (11)	8 1/4	3	11 1/4
22.	Andrew Ng (10)	9	0	9
23.	Howard Chung (10)	4	3	7
24.	Dusty Thomas (10)	5	0	5
24.	Tim McDonagh (9)	5	0	5
26.	Dave Driever (11)	0	3	3
26.	Mike Jones (11)	0	3	3
26.	Brad Langfield (11)	0	3	3
29.	Jason Van Yperen (10)	1	0	1

ALL TIME ONE SEASON POINT LEADERS

1.	John Parisi (83)	199 1/4
2.	Bob Keino (93)	189 1/4
3.	Jim Davis (95)	186
4.	Bob Keino (94)	181 1/2
5.	Tim Geckler (89)	174 1/2
6.	Craig Halyard (87)	156 1/2
7.	Doug Shultz (87)	146 3/4
8.	Craig Halyard (88)	144 1/2
9.	Tim Kelley (82)	144
10.	Matt Krever (91)	142 1/2
11.	John Parisi (82)	141
12.	Fletcher Rosenbach (95)	138
13.	Doug Pierson (88)	132 1/4
14.	John Parisi (81)	130 3/4
15.	Tom Hughes (81)	130
16.	Bob Keino (92)	129
17.	Tim Geckler (88)	128
18.	Eric Berntsen (87)	127
19.	Chris Sullivan (85)	126
	Kass Dawson (93)	126

Demarest and Fort Lee Scrimmage Sat. March 30

400 IH: Navid Sadri- 78.1, Jeff Braden- 66.5,
Steve Robinson- 70.7, Chris Rogers- 67.9,
Joe Fortunato- 72.7, Dave Warton- 65.8

100 m: Rob Basso- 13.1, Matt Mongon- 17.8, Eugene Han- 13.7,
Kwang Kim- 13.1, Sean Powers- 15.0, Andrew Ng- 12.2,
Don Choi- 15.3, Casey Masterson- 15.4,
Brandon Reese- 13.3, Steve Spino- 14.6, Ozzie Duran- 13.7

DM: Team 1: Eric Rogers, Rob Basso, Damian Plummer, Mike Cohen
11:31 3:33 61.0 2:15 4:42
Team 2: John O'Neil, Dave Whang, Andrew Rodney, Will Byrne
11:48 3:33.5 59.0 2:17 4:59
Team 3: John Oros, Brian Janes, Jason Van, Mike Jones
13:07 4:07 71.0 2:31 5:18
Frosh 1: Mike Martin, T. Karoutsos, Rich Chung, Tim McDonagh
12:35 3:50 65.0 2:20 5:20
Frosh 2: Peter Fenzel, Ron Widmer, Tats Kumagai, Andrew Cohen
13:33 3:56 68.0 2:48 5:41

400m: Ryan Genovese- 54.8, Bruce Meyers- 68.4,
Joe Fortunato- 60.3, Eugene Han- 63.3, Casey Masterson-72.1,

110 HH: Jeff Braden- 18.9, Andrew Ng- 19.6, Steve Robinson- 20.3,
Ozzie Duran- 20.8

800m: Brian Janes- 2:40.4, Mark Marino- 2:16.8,
Navid Sadri- 2:17.3, Chris Rozkowski- 2:25.0
Jason Van Yperen- 2:32, Anthony Forlino- 2:54.3,
Ron Wimer- 2:35

200m: Ryan Genovese- 25.1, Jon Ng- 29.7, Ozzie Duran- 27.9,
Eugene Han- 28.8, Rich Katz- 31.6, Kwang Kim- 28.6,
Sean Powers- 28.9, Dusty Thomas- 26.3, Brandon Reese- 27.5,
Steve Spino- 30.7, A. Karoutsos- 28.2, Ted Winfield- 26.1

4 x 800m: Team 1: E. Rogers, J. O'Neil, A. Rodney, D. Plummer
8:59 2:11 2:14 2:18.6 2:15.7
Team 2: Mike Cohen, Will Byrne, Mike Jones, John Oros
9:29 2:14 2:13 2:24.5 2:38
Frosh: M. Martin, C. Rogers, R. Chung, T. McDonagh
9:53 2:35 2:22 2:29 2:27
Frosh2: A. Cohen, P. Fenzel, T. Kumagai, M. Raeburn
10:54 2:38 2:43 2:36 2:57

4 x 400: Team 1: J. O'Neil, D. Plummer, E. Rogers, R. Genovese
4:01.5 59.7 62.7 61.4 57.7
Team 2: J. Fortunato, D. Whang, A. Rodney, A. Ng
4:13.5 60.0 63.9 64.2 65.4
Frosh(1): R. Chung, C. Rogers, B. Reese, M. Martin
4:07.6 62.1 61.9 61.5 62.2

*** Couldn't get all other 4 x 400's. Sorry.

Shot: J.D. Murdock- 44'11", Adam Orens- 34'5", Chris Mala- 35'6"
Brian Zuccala- 39'3", Pete Hans- 36'9", Gabe Fernandez- 21'1"
Roy Simpiadan- 27'10"

Disc: Chris Mala- 122'2", Alex Voitec- 85'7", B. Langfield- 102'9"
Brian Zuccala- 91'2", Ian King- 78'7", Pete Hans- 104'7",
J.D. Murdock- 81'9", Gabe Fernandez- 54'1",
Mike Mongon- 45'7"

LJ: Kwon Kim- 15'0", Andrew Ng- 15'11", J.D. Murdock- 15'11",
Dusty Thomas- 16'6", Antonios Karousos- 14'0", Dave Whang- 14'
Ted Winfield- 18'4", Jon Ng- 13'9", Bruce Meyers- 10',
Joe Fortunato- 11'10", Rich Katz- 12'9", Eugene Han- 14'1"

TJ: Jeff Braden- 34'2", Bruce Meyers- 28'6", Joe Fortunato- 30'7"

HJ: Jeff Braden- 5'6", Will Byrne- 5'2", Steve Robinson- 5'2"
Brandon Reese- 4'10"

PV: Dave Warton- 8'6", Chris Rogers- 8'0"

Jav: J.D. Murdock- 160'9", Brian Zuccala- 144'3", Pete Hans- 92'8"

***** A good practice meet. We must be prepared and psyched to go
against Bergen Catholic on Tuesday!

RIDGEWOOD VS. BC.

4/2/96

Event	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	BC
LJ	B. Wilkowski (BC) 19'8"	A. McGilchrist (BC) 19'4 1/4"	Zuck (BC) 18'10"	0	9
400IH	T. Wilkowski (BC) 59.0	M. Miller (BC) 61.9	J. Gay (BC) 62.4	0	9
100	G. Maletta (BC) 11.8	A. Ng (RHS) 12.0	B. Wilkowski (BC) 12.7	3	6
1600	E. Rogers RHS 4:39.3	M. Cohen RHS 4:40.4	J. O'Neil RHS 4:49.7	9	0
400	G. Maletta (BC) 51.2	R. Genovese (RHS) 53.3	B. Wilkowski (BC) 55.8	3	6
110HH	M. Miller (BC) 16.9	J. Gay (BC) 16.9	J. Braden (RHS) 17.4	1	8
800	T. Redmond (BC) 2:03.4	E. Rogers (RHS) 2:08.2	C. Zuck (BC) 2:08.4	3	6
200	R. Genovese (RHS) 24.7	A. McGildcrst (BC) 24.9	M. Chung (BC) 25.0	5	4
3200	M. Cohen RHS 10:05.0	A. Rodney RHS 10:22.7	W. Byrne RHS 10:26.9	9	0
SHOT	S. McGregor (BC) 51'1/2"	J.D. Murdock (RHS) 47'11"	Quinn (BC) 46'6"	3	6
DISCUS	J. Tralango BC 126'9"	J. Fisher BC 125'8"	S. McGregor BC 124'9"	0	9
HJ	J. Braden (RHS) 5'6"	W. Byrne (RHS) 5'4"	M. Tuohy BC 5'4"	8	1
PV	J. Gay BC 9'0"	C. Rogers RHS 8'0"	J. Judge RHS 7'6"	4	5
TJ	A. McGildcrst (BC) 38'11"	T. Winfield (RHS) 37'9"	Wilkowski (BC) 36'9"	3	6
4X400	BC 3:39.6	RHS 3:42.6		0	5

Totals: 51 80

Meet Highlights:

Mike Cohen, Ryan Genovese, and Eric Rogers each with a first and a second place! J.D. with a throw of 47'11 1/2" in the shot for 2nd. Three frosh scoring in varsity events, Ted Winfield in the triple, Chris Rogers and John Judge in the Pole Vault. Sweeps in the mile and 2 mile. An excellent job by all! It was an exciting meet and a great beginning for us. Keep up the good work! Stay Focused!

Ridgewood vs. Bergen Catholic Tue. April 2.

***** Results *****

- 400 IH: Jeff Braden- 64.5 , Howard Chung- 69.3,
Sague Schneittacher- 70.7, Navid Sadri- 71.4,
Steve Robinson- 67.5, Joe Fortunato- 70.2
Chris Rogers- 68.9
- 100m: Andrew Ng- 12.0, Ted Winfield- 12.3, Rob Basso- 13.2,
Eugene Han- 13.4, Matt Mongon- 17.5, Kwang Kim- 13.2,
Sean Powers- 14.1, Don Choi- 15.9, Casey Masterson- 15.2,
Spencer Wolfson- 12.3, Steve Spino- 14.6, Ozzie Duran- 13.3,
Antonios Karoutsos- 13.8, Dave Orens- 16.2, Rich Katz- 14.9.
- 1600m: Eric Rogers- 4:39.5, Mike Cohen- 4:40.4, John O'Neil- 4:49.
Mark Marino- 5:15, John Oros- 5:27, Brian Janes- 5:39,
Mike Martin- 5:18, Rich Chung- 5:19, Tim McDonagh- 5:08,
Peter Fenzel- 5:37, Tats Kumagai- 5:47, Andrew Cohen- 5:29,
John Allen- 5:38, Frank Wimer- 6:28, Matt Raeburn- 6:23,
Anthony Forlino- 6:26, Chris Rozkowski- 5:10.
- 400m: Ryan Genovese- 53.3, Dave Whang- 60.1, Joe Fortunato- 58.8,
Casey Masterson- 75.8, Brandon Reese- 64.1,
Yeon-Guk Chung- 68.5, Don Choi- 78.1, Matt Murphy- 65.0.
- 110 HH: Jeff Braden- 17.2, Sague Schneittacher- 20.6,
Steve Robinson- 20.2, Ozzie Duran- 20.4.
- 800m: Eric Rogers- 2:08.2, Damian Plummer- 2:13,
John O'Neil- 2:16.9, Mark Marino- 2:23, John Oros- 2:40.9,
Brian Janes- 2:40.9, C. Rozkowski- 2:36, Mike Martin- 2:32,
Rich Chung- 2:32, Peter Fenzel- 2:34, Tats Kumagai- 2:35.6,
John Allen- 2:39, Chris Rogers- 2:22, Matt Raeburn- 2:50,
Anthony Forlino- 2:50, Navid Sadri- 2:23.
- 200m: Ryan Genovese- 24.7, Andrew Ng- 25.9, Ted Winfield- 26.7,
Dusty Thomas- 25.5, Dave Whang- 27.1, Rob Basso- 27.1,
Jon Ng- 27.1, Ozzie Duran- 27.6, Eugene Han- 28.0,
S. Wolfson- 25.0, Rich Katz- 29.4, Kwang Kim- 27.4,
Sean Powers- 28.6, S. Spino- 29.7, A. Karoutsos- 28.4,
D. Orens- 32.9, J. Judge- 28.4, C. Masterson- 32.3.
M. Mongon- 35.6, Matt Murphy- 29.4.
- 3200m: Mike Cohen- 10:05.0, Will Byrne- 10:26.9,
Andrew Rodney- 10:22.7, Dave Driever- 11:00.4,
Mike Jones- 11:14.6, Jason Van Yperen- 11:28.5,
Tim McDonagh- 11:35.9, Andrew Cohen- 12:06.3.
- 4 x 400m: D. Plummer, J. O'Neil, Eric Rogers, Ryan Genovese.
58.2 54.4 55.4 55.2 3:43.2
- LJ: Ted Winfield- 18'1/4", Andrew Ng- 15'10 1/2",
J.D. Murdock- 16'11 1/2", Howard Chung- 14'10",
Dusty Thomas- 16'10".

TJ: Jeff Braden- 33'7 1/2", Ted Winfield- 37'9",
Howard Chung- 34'6 1/2", Kwang Kim- 32'2"

HJ: Jeff Braden- 5'6", Sague- NH, Steve Robinson- 5'2",
Will Byrne- 5'4", Brandon Reese- NH.

PV: Chris Rogers- 8'0", Antonios Karoutsos- NH, John Judge- 7'6",
Peter Fenzel- NH.

Shot: J.D. Murdock- 47'11 1/2", A. Orens- 36'8 1/2",
P. Hans- 33'11", B. Zuccala- 39'5", C. Mala- 37'3 1/2"
Ian King- 29'8", Gabe Fernandez- 26'1 1/2",
Roy Simpodian- 25'7".

Disc: C. Mala- 118'9", B. Langfield- 100'0", B. Zuccala- 102'4",
P. Hans- 79'0", J.D. Murdock- 89'10", Ian King- 91'0",
Roy Simpadian 58'4", Mike Mongon- 48'8",
Gabe Fernandez- 63'4".

Ridgewood Relays Sat. April 6.

4 x 1600m:

Team 1: W. Byrne, A. Rodney, D. Plummer, D. Driever
20:10 (6th) 5:00.4 5:01.5 5:00.4 5:07.9
Team 2: M. Jones, J. Van Yperen, M. Marino, C. Roszkowski
21:29.7 5:03 5:37.3 5:28 5:21.4
Team 3: N. Burt, J. Oros, N. Sadri, B. Janes
21:37 4:52.3 5:38.9 5:25.3 5:40.5

4 x 110 HH:

Team 1: S. Robinson, S. Schnaittacher, O. Duran, J. Braden
1:24.0 20.1 20.0 21.0 23.0

4 x 100m:

Ted Winfield, Spencer Wolfson, Dave Whang, Rob Basso
Team time: 49.1

4 x 200m:

Team 1: S. Wolfson, T. Winfield, D. Thomas, D. Whang
1:43.4 25.5 26.3 25.0 26.6
Team 2: R. Basso, J. Ng, E. Han, J. Fortunato
1:49 26.7 28.3 26.1 28.0
Team 3: A. Karoutsos, S. Spino, M. Mongon, J. Judge
2:02.5 27.5 30.0 35.7 29.3
Team 4: D. Orens, C. Masterson, D. Choi, M. Murphy
2:04.5 33.0 32.0 30.0 29.5

Soph 4 x 800m:

Team 1: D. Plummer, A. Rodney, C. Roszkowski, J. Van Yperen
9:19.1 (5th) 2:10.9 2:17.2 2:24.2 2:36.8

Frosh 4 x 800m:

Team 1: T. McDonagh, M. Martin, C. Rodgers, R. Chung
9:28.4 (2nd) 2:24.4 2:24.6 2:19.5 2:19.9
Team 2: J. Allen, P. Fenzel, T. Kumagai, A. Cohen
10:13.4 (5th) 2:36.6 2:28.9 2:33.4 2:34.5
Team 3: A. Forlino, M. Raeburn, F. Wimer, R. Widmer
11:28.4 2:59.9 2:44.3 2:50.8 2:53

Distance Medley:

Team 1: E. Rogers, R. Genovese, J. O'Neil, M. Cohen
10:56.0 (2nd) 3:19.5 53.3 2:08.1 4:35.1
Team 2: M. Jones, M. Marino, D. Driever, W. Byrne
11:58.1 3:41.9 59.1 2:20.4 4:56.8

3 x 400IH:

Team 1: Jeff Braden, Chris Rodgers, Steve Robinson
3:24.4 68.4 68.4 67.6
Team 2: J. Fortunato, S. Schnettacher, J. Ng
3:25.5 66.8 68.5 70.1

4 x 400's:

Varsity:

Team 1: D. Plummer, J. O'Neil, E. Rogers, R. Genovese
3:45.0 56.6 57.5 55.7 55.3
Team 2: D. Whang, N. Burt, N Sadri, J. Fortunato
3:53.0 58.4 58.0 58.0 58.6
Team 3: D. Driever, J. Ng, B. Janes, J. Oros
4:22.6 63.8 64.2 68.7 69.7
Team 4: A. Rodney, C. Roszkowski, S. Robinson, J. Braden
4:16.6 62.3 68.9 62.4 63.0
Team 5: E. Han, O. Duran, M. Mongon, S. Schnettacher
4:33.1 62.9 66.1 83.2 60.8

Frosh:

Team 1: C. Rodgers, M. Martin, R. Chung, B. Reese
4:04.3 (5th) 63.6 59.8 59.3 61.9
Team 2: A. Karoutsos, J. Judge, C. Masterson, M."guitar" Murphy
4:33.4 64.1 67.3 75.0 66.8
Team 3: T. McDonagh, J. Allen, A. Cohen, P. Fenzel
4:28.6 67.4 69.5 68.6 63.1
Team 4: D. Orens, D. Choi, S. Spino, T. Kumagai
4:51.6 74.6 77.3 74.5 65.6
Team 5: R. Widmer, R. Simpadian, A. Forlino, M. Raeburn
4:53 72.3 72.8 77.6 70.6

Field Events:

Pole Vault:

Team 1: A. Rodney, Chris Rogers, John Judge- All NH

Long Jump:

Team 1: D. Thomas- 16 1/2 T. Winfield- 19'1/2 S. Wolfson- F
Team 2: D. Whang- 16'2 J. Fortunato- 14'11"
Team 3: J. Ng- 12'10" E. Han- 12'4 1/2"

Triple Jump:

Team 1: D. Thomas- S. Wolfson T. Winfield-
100'2" (4th) 32'4" 33'9 1/2" 34' 1 1/2"
Team 2: D. Whang- A. Karoutsos C. Masterson-
58' 1/2" (6th) 30'6 1/2" F 27'6"

High Jump:

Team 1: J. Braden- W. Byrne- S. Robinson-
11'0" 5'8 NH 5'4
Team 2: J. Fortunato- B. Reese- S. Schneittacher-
NH NH NH NH

Shot Put:

Team 1: J.D. Murdock- B. Zuccala- P. Hans-
117'6 1/2 (5th) 43'3" 39'6" 34'9 1/2"
Team 2: C. Mala- G. Fernandez R. Simpadian-
92' 1/2" 37'1" 30'7" 24'4 1/2"

Disc:

Team 1: C. Mala-
321'5" 116'5"

Team 2: I. King-
237'9" 89'3"

P. Hans-
106'9"

J.D. Murdock-
99'3"

B. Zuccala-
97'10"

G. Fernandez-
69'3"

Jav:

Team 1: J.D. Murdock-
337'2" 130'10"

B. Zuccala-
145'6"

P. Hans
90'10"

RIDGEWOOD VS. Eastside

4/4/96

Event	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	East
LJ	M. Ingram E 18'9"	T. Winfield RHS 18'6"	M. Moody E. 18'1 1/2	3	6
400IH	J. Braden RHS 65.2	S. Robinson RHS 65.9	C. Rodgers RHS 66.6	9	0
100	S. Griffin E 11.2	M. Ingram E 11.5	A. NG RHS 12.3	1	8
1600	E. Rogers RHS 4:46.8	J. O'Neil RHS 4:47.9	T. Watson E 4:48.7	8	1
400	R. Genovese RHS 53.9	M. Moody E 55.5	D. Whang RHS 57.0	6	3
110HH	J. Braden RHS 17.0	O. Campbell E 17.9	S. Robinson 19.0	6	3
800	N. Samuda E 2:04.9	J. O'Neil RHS 2:05.7	E. Rogers 2:07.1	4	5
200	S. Griffin E 22.9	M. Ingram E. 23.6	R. Genovese RHS 24.2	1	8
3200	M. Cohen RHS 10:10.3	A. Rodney RHS 10:37.7	W. Byrne RHS 10:58.9	9	0
SHOT	J.D. Murdock RHS 46'11 1/2	B. Zuccala RHS 40'6"	P. Hans RHS 38'3"	9	0
DISCUS	C. Mala RHS 120'1"	B. Langfield RHS 100'9"	P. Hans RHS 99'9"	9	0
HJ	S. Griffin E 6'0"	M. Moody E 5'8"	J. Braden RHS 5'4"	1	8
PV	A. Rodney RHS 8'0"	J. Judge RHS 7'6"	C. Rodgers RHS 7'6"	9	0
TJ	T. Winfield RHS 37'8 1/2	E. O'Neil E 36'9"	J. Braden RHS 34'8 1/2	6	3
4X400	Eastside 3:42.1	Ridgewood 3:49.2		0	5

Totals: 81 50

Meet Highlights:

The throwers sweeping both the shot and the disc! Great job by Jeff Braden getting 2 first's and 2 third's! Andrew Rodney and the funky bunch sweeping the pole vault! Super job by all. Congratulations on your first win. Keep up the great work!

Ridgewood vs. Eastside Thur. April 4.

***** Results *****

400 IH: Jeff Braden- 65.3, Chris Rodgers- 66.7,
Steve Robinson- 65.9, Jon Ng- 69.5,
Joe Fortunato- 69.2

100m: Andrew Ng- 12.1, Ted Winfield- 12.4, Spencer Wolfson- 12.2
Rob Basso- 13.1, Eugene Han- 13.4 ,
Kwang Kim- 13.1, Ozzie Duran- 13.5, Antonios Karoutsos- 13.2
Rich Katz- 14.1 , Yeon-Guk Chin- 12.6

1600m: Eric Rogers- 4:46.7, John O'Neil- 4:47.8
Will Byrne- 4:50 Andrew Rodney- 4:52, Mark Marino- 5:19
John Oros- 5:34 Brian Janes- 5:52, Dave Driever- 5:15,
Jason Van Yperen- 5:26, Chris Roszkowski- 5:20,
Damian Plummer- 4:56, Mike Martin- 5:14,
Tim McDonagh- 5:03, Peter Fenzel- 5:38
Tats Kumagai- 5:49, Andrew Cohen- 5:27, John Allen- 5:46,
Frank Wimer- 6:10, Matt Raeburn- 6:17,
Anthony Forlino- 6:24, Ron Widmer- 5:42.

400m: Ryan Genovese- 53.9, Dave Whang- 57.0, Dusty Thomas- 58.5,
Brandon Reese- 59.2, Don Choi- 71.3, Matt Murphy- 66.8

110 HH: Jeff Braden- 17.0,
Steve Robinson- 18.8, Ozzie Duran- 21.4

800m: Eric Rogers- 2:07, Damian Plummer- 2:11.1,
John O'Neil- 2:05.5, Mark Marino- 2:23.2, John Oros- 2:41,
Brian Janes- 2:42.5, C. Roszkowski- 2:34 ,
Navid Sadri- 2:19.5, Mike Martin- 2:23.5,
Peter Fenzel- 2:31.7 , Tats Kumagai- 2:31,
John Allen- 2:46.5, Chris Rogers- 2:22.2 ,
Matt Raeburn- 2:56.2 , Anthony Forlino- 2:56.8,
Ron Widmer- 2:41.

200m: Ryan Genovese- 24.1, Spencer Wolfson- 25.0,
Ted Winfield- 25.5, Dusty Thomas- 26.6, Dave Whang- 25.8,
Rob Basso- 27.1, Jon Ng- 28.0 , Eugene Han- 27.0
Rich Katz- 29.6, Kwang Kim- 26.8, S. Spino- 29.8
A. Karoutsos- 28.5, D. Orens- 31.6, J. Judge- 28.9
C. Masterson- 31.3, M. Mongon- 35.5, Matt Murphy- 29.3,
J. Fortunato- 25.9.

3200m: Mike Cohen- 10:10.1 , Will Byrne- 10:58
Andrew Rodney- 10:37.3 , Dave Driever- 11:05.9
Mike Jones- 11:03.0

4 x 400m: D. Plummer, J. O'Neil, Eric Rogers, Ryan Genovese.
58.6 58.6 56.2 54.6 3:48.0
C. Rodgers, M. Martin, T. McDonagh, B. Reese
63.5 61.5 67.6 59.9 4:12.5

LJ: Ted Winfield- 18'6" Andrew Ng- 15'4 1/2"
J.D. Murdock- 15'9 1/2" , S. Wolfson- 17'3"
Dusty Thomas- 16'8"

TJ: Jeff Braden- 34'8 1/2" , Ted Winfield- 37'8 1/2"
Kwang Kim- F

HJ: Jeff Braden- 5'4" Steve Robinson- 5'4"
Will Byrne- 5'4" , Brandon Reese- 5'0"

PV: Chris Rogers- 7'6" , Antonios Karoutsos- NH , John Judge- 7'6"
Peter Fenzel- NH , Andrew Rodney- 8'0"

Shot: J.D. Murdock- 46'11 1/2" , P. Hans- 38'3" ,
B. Zuccala- 40'6" , C. Mala- 37'4" ,
Roy Simpodian- 29'6"

Disc: C. Mala- 120'1" B. Langfield- 100'9" , B. Zuccala- 89'11"
P. Hans- 99'9" , J.D. Murdock- 97'3" , Ian King- 89'5" ,
Roy Simpadian- 61'7" .

Englewood Relays

Sat. April 10, 1996

***** Results *****

4 x 1600m:

Team 1: E. Rogers, M. Cohen, N. Burt, J. O'Neil
19:03.2 (1st) 4:41.7 4:44.6 4:51.0 4:46.9
Team 2: W. Byrne, A. Rodney, D. Plummer, M. Jones
19:54.4 (3rd) 5:02 4:51.6 4:59.7 5:01.1
Team 3: D. Driever, N. Sadri, J. Van Yperen, M. Marino
21:11.3 5:03.3 5:18.1 5:26.3 5:23.6

4 x HH:

Team 1: S. Robinson, H. Chung, J. Ng, J. Braden
1:17.4 (6th) 18.9 20.0 21.8 16.6

4 x 100m:

Team 1: T. Winfield, D. Whang, S. Wolfson, A. Ng
DQ

4 x 800m:

Novice:

Team 1: J. Van Yperen, A. Rodney, B. Janes, J. Oros
9:58.4 2:27.4 2:15.5 2:38.4 2:38.0

Frosh:

Team 1: C. Rodgers, M. Martin, T. McDonagh, R. Chung
9:21.4 (2nd) 2:18.1 2:19.8 2:24.5 2:19.0
Team 2: P. Fenzel, T. Kumagai, A. Cohen, R. Widmer
10:12.6 2:25.5 2:32.8 2:33.4 2:40.0
Team 3: D. Oros, A. Forlino, B. Brogan, F. Wimer
11:07.3 2:36.6 2:48.8 2:50.0 2:52.4

4 x 200m:

Varsity:

Team 1: R. Genovese, D. Thomas, A. Ng, D. Whang
1:40.5 24.0 25.1 25.2 26.3

Novice:

Team 1: R. Basso, B. Cho, M. Cangialosi, E. Han
1:51.4 26.6 29.4 28.3 27.3
Team 2: S. Powers, J. Ferris-Childres, M. Mongon, R. Katz
2:02.1 28.8 28.1 35.5 29.8

Frosh:

Team 1: Y. Chung, A. Karoutsos, J. Judge, M. Murphy
1:52.2 (4th) 26.1 27.3 29.1 29.7
Team 2: D. Orens, R. Simapadian, D. Choi, S. Spino
2:05.9 32.9 31.2 32.1 29.8

Sprint Medley: (400-200-200-800)

Novice:

Team 1: N. Sadri, J. Fortunato, H. Chung, D. Plummer
4:06.1 (4th) 60.0 26.3 26.2 2:13.7

Frosh:

Team 1: B. Reese, A. Karoutsos, J. Allen, R. Chung
4:10.9 (2nd) 57.9 27.7 28.1 2:17.2

Distance Medley: (1200-400-800-1600)

Varsity:

Team 1: E. Rogers, R. Genovese, J. O'Neil, M. Cohen
11:10.9 (1st) 3:22.4 53.1 2:11.3 4:44.1

Team 2: W. Byrne, D. Driever, M. Marino, M. Jones
12:03.9 (5th) 3:40 2:20.8 60.0 5:03.1

Frosh:

Team 1: M. Martin, J. Allen, C. Rodgers, T. McDonagh
12:33.4 (1st) 3:55.1 66.0 2:26.6 5:05.7

Team 2: T. Kumagai, P. Fenzel, B. Brogan, A. Cohen
13:33.5 (2nd) 4:03.0 65.0 2:51.8 5:33.7

3 x 400IH:

Varsity:

Team 1: J. Braden, S. Robinson, J. Fortunato
3:12.8 (4th) 64.0 63.3 65.5

Novice:

Team 1: C. Rodgers, J. Ng, H. Chung
3:24.4 (2nd) 67.8 68.8 68.8

4 x 400's:

Novice:

Team 1: D. Whang, N. Sadri, E. Han, R. Basso
4:03.7 (2nd) 60.3 58.5 61.9 63.2

Team 2: B. Cho, S. Powers, R. Katz, M. Cangialosi
4:20.1 66.1 65.5 66.6 61.8

Frosh:

Team 1: P. Fenzel, M. Martin, R. Chung, B. Reese
4:00.3 (2nd) 61.5 59.7 58.9 60.1

Team 2: F. Wimer, J. Judge, T. Kumagai, M. Murphy
4:26.2 (4th) 72.1 64.4 62.0 66.4

Team 3: D. Orens, B. Brogan, D. Oros, S. Spino
4:52.1 78.6 77.0 72.1 66.6

Team 4: R. Widmer, A. Forlino, M. Reis, D. Choi
4:56.3 72.0 74.5 71.8 74.6

Long Jump:

Varsity:

Team 1: S. Wolfson, T. Winfield
34'6 1/2" 16'11 1/2" 17'7"

Team 2: A. Ng, D. Thomas
32'6" 15'10 1/2" 16'7 1/2"

Team 3: D. Whang, K. Kim
31'6 1/2" 15'9 1/2" 15'9"

Frosh:

Team 1: Y. Chung, A. Karoutsos
16'6" 16'6" F

Triple Jump:

Team 1: T. Winfield, H. Chung
67'11 1/2" 36'11 1/2" 31'0"

Team 2: D. Thomas, K. Kim
33'9" 33'9" F

Team 3: J. Braden, D. Whang
62'8 1/2" 34' 1/2" 28'8"

Frosh:

Team 1: A. Karoutsos, Y. Chung
65'4 1/2" 32'2 1/2 33'2"

High Jump:

All teams NH

Pole Vault:

All Teams NH

Shot Put:

Team 1: B. Zuccala, J.D. Murdock
85'7 1/2" (3rd) 41' 1/2" 44'7"

Team 2: P. Hans, C. Mala
72' 9 1/2" 35'9" 37' 1/2"

Frosh:

Team 1: R. Simpidian, G. Fernandez
59'0" (3rd) 32'4" 26'8"

Disc:

Team 1: C. Mala, P. Hans
221'1" 115'2" 98'4"

Team 2: J.D. Murdock, B. Zuccala
185'4" 86'8" 98'6"

Team 3: B. Langfield, G. Fernandez
163'4" 98'4" 65'2"

Jav:

Team 1: B. Zuccala, J.D. Murdock
295'5" (1st) 139'11" 155'6"

Team 2: P. Hans, C. Mala
214'4" 114'4" 100'6"

***** Nice job as a team. A lot of relays were medeling and that's great!
Keep up the good work. Get psyched for a big relay meet next Friday
and Saturday... The County Relays.

Bergen County Relays 1996 Fri, Sat 4/19,20

***** Results *****

Friday April 19 Events at Don Bosco HS:

3 x 400 IH: D. Warton, S. Robinson, J. Braden
3:10.3 63.6 64.4 62.3

4 x 200m: S. Wolfson, D. Thomas, A. Ng, R. Genovese
1:41.8 26.1 25.6 27.0 23.5

4 x 1600m: N. Burt, W. Byrne, J. O'Neil, M. Cohen
18:53.5 (1st) 4:41.6 4:54.3 4:42.7 4:34.9

Triple Jump: T. Winfield, S. Wolfson, D. Warton
108'11 3/4" 37'8 1/4" 35' 1/2" 36'2"

Pole Vault: D. Warton, C. Rodgers, J. Judge
9' 9' NH NH

Discus: C. Mala, P. Hans, B. Langfield
329'4" 111'9" 108'7" 109'0"

Saturday April 20 Events at Tenafly HS:

4 x 110HH: S. Robinson, J. Braden, S. Schnettacher, J. Ng
1:13.4 17.8 16.2 19.5 19.9

4 x 100m: T. Winfield, R. Basso, D. Whang, D. Thomas
47.9

DM: Eric Rogers, D. Plummer, J. O'Neil, M. Cohen
10:53.5 (1st) 3:18.6 54.8 2:04.4 4:36.0

SM: R. Genovese, S. Wolfson, D. Thomas, E. Rogers
3:50.1 53.2 24.7 23.7 2:08.0

4 x 800m: J. O'Neil, D. Plummer, N. Burt, E. Rogers
8:28.1 (2nd) 2:05.9 2:08.0 2:08.2 2:06.0

4 x 400m(Frosh): T. Karoutsos, M. Martin, R. Chung, B. Reese
3:56.1 (3rd) 61.4 58.4 59.1 57.4

4 x 400m: D. Warton, D. Plummer, N. Burt, R. Genovese
3:42.1 55.8 56.3 56.0 54.0

High Jump: J. Braden, S. Robinson, W. Byrne
16'8" (4TH) 6'0" 5'4" 5'4"

Shot: J.D. Murdock, B. Zuccala, P. Hans
120'1" 47'6" 37'8" 34'11"

Long Jump: T. Winfield, S. Wolfson, D. Thomas
55'5" (5TH) 19'7 1/2" 17'9 1/2" 18'0"

Javelin: J.D. Murdock, B. Zuccala, P. Hans
417'11" (4TH) 163'2" 157'11" 109'7"

Team Results:

Bergen Catholic- 93

Hackensack- 63 1/2

Demarest- 53

Teaneck- 49

RIDGEWOOD- 38

Don Bosco- 37

Indian Hills- 29

Paramus Catholic- 29

River Dell- 28

Ramapo- 18

Garfield- 18

Fort Lee- 17 1/2

Old Tappan- 10

St. Joe's- 9

Paramus- 6

Tenafly- 2

Fair Lawn- 1

3 teams 0 pts.

***** A great job to come in 5th in
the county! It is a nice
accomplishment for a young team.
Keep up the good work and
great positive attitudes!

RIDGEWOOD VS. Montclair
4/22/96

Event	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	Mont
LJ	Williams (M) 22'0"	T. Winfield (R) 19'7 1/2	Brown (M) 19'3"	3	6
400IH	Quince (M) 61.3	Robinson (R) 63.0	Warton (R) 64.5	4	5
100	Granderson (M) 11.2	Tyree (M) 11.8	Bowens (M) 11.9	0	9
1600	M. Cohen (R) 4:44.1	J. O'Neill (R) 4:48.0	D. Plummer (R) 4:56.2	9	0
400	Brown (M) 52.9	R. Genovese (R) 53.9	J. Fortunato (R) 56.5	4	5
110HH	Avry (M) 15.0	Quince (M) 15.9	S. Robinson (R) 17.3	1	8
800	J. O'Neill (R) 2:04.2	E. Rogers (R) 2:04.4	D. Plummer (R) 2:11.4	9	0
200	Granderson (M) 23.0	Tyree (M) 23.5	Bowers (M) 24.2	0	9
3200	M. Cohen (R) 10:26.2	M. Sullivan (R) 10:57.6	J. VanYperen (R) 11:25.6	9	0
SHOT	J.D. Murdock (R) 46'7"	Ferguson (M) 43'9"	Johnson (M) 42'5 1/2	5	4
DISCUS	Ferguson (M) 130'	Stanify (M) 126'	Johnson (M) 113'7"	0	9
HJ	W. Byrne (R) 5'8"	Nelson (M) 5'8"	S. Robinson (R) 5'2"	6	3
PV	D. Warton (R) 8'6"	J. Judge (R) 8'	C. Rodgers (R) 8'	9	0
TJ	T. Winfield (R) 37'11"	D. Warton (R) 36'7"	S. Wolfson (R) 36'1"	9	0
4X400	Montclair 3:33.5	Ridgewood 3:44.8		0	5

Total- 68 63

Highlights:

A great win against a very athletic team. Congrats on being 2-1. Super effort by Joe Fortunato getting third in the 400, Steve Robinson placing in 3 events and Will Byrne winning the HJ. Get ready for Bloomfield and Barringer tomorrow.

Ridgewood vs. Montclair Mon. April 22

***** Results *****

400 IH: Joe Fortunato- 66.2 D. Warton- 64.4
Steve Robinson- 62.8 Jon Ng- 68.3
T. Kumagai- 73.4 C. Rodgers- 65.8

100m: Andrew Ng- 11.8 Ted Winfield- 11.9 Spencer Wolfson- 11.8
Rob Basso- 12.5 Eugene Han- 12.3 Don Choi- 14.2
Sean Powers- 12.5 M. Cangialosi- 12.1
Ozzie Duran- 12.5 A. Karoutsos- 12.3 S. Spino- 14.0
Dave Orens- 14.6 Rich Katz- 12.8 Yeon-Guk Chin- 12.3

1600m: John O'Neil- 4:48 Will Byrne- 5:10 M. Cohen- 4:44
R. Chung- 5:11 P. Fenzel- 5:29
Brian Janes- 5:37 Dave Driever- 5:02.9
C. Roszkowski- 5:13 Damian Plummer- 4:56.2
Andrew Cohen- 5:14.3 T. McDonagh- 4:57.0
Matt Raeburn- 6:18 Anthony Forlino- 6:34

400m: Ryan Genovese- 53.8 Dave Whang- 57.9 Joe Fortunato- 56.3
Brandon Reese- 57.5 R. Basso- 61.9
Don Choi- 71.1 J. Ferris Childres- 61.3, B. Meyers- 64.4

110 HH: J. Ng- 20.1 H. Chung- 20.1
Steve Robinson- 17.3 Ozzie Duran- 20.1

800m: E. Rogers- 2:04.4 D. Plummer- 2:11.4 John O'Neil- 2:04.2
Brian Janes- 2:36
C. Roskowski- 2:34.7 Navid Sadri- 2:13.6
Peter Fenzel- 2:25.6 Tats Kumagai- 2:33.9
Chris Rogers- 2:15.3 Matt Raeburn- 2:57 A. Forlino- 2:47.0
A. Cohen- 2:30.3 R. Chung- 2:18.6 T. McDonagh- 2:24.0

200m: Ryan Genovese- 23.8 D. Thomas- 24.6 Spencer Wolfson- 24.3
Ted Winfield- 24.3 Andrew Ng- 24.3 Dave Whang- 25.6
Rob Basso- 27.2 Jon Ng- 28.4 Ozzie Duran- 27.3
Eugene Han- 26.2 Rich Katz- 28.2
Sean Powers- 28.9 S. Spino- 29.5 A. Karoutsos- 27.4
D. Orens- 31.1 J. Judge- 28.6
M. Cangialosi- 26.8 B. Reese- 27.0
J. Ferris-Childres- 27.9

3200m: Mike Cohen- 10:25.9 Will Byrne- 11:43.6
Mike Jones- 10:56.9 Dave Driever- 11:43.6
Jason Van Yperen- 11:24.8

4 x 400m: D. Plummer, J. O'Neil, D. Warton, R. Genovese
3:44.8 58.7 56.1 55.8 54.3

LJ: Ted Winfield- 19'7 1/2" Andrew Ng- 17'1"
S. Wolfson- 16'10" Y. Chung- 16'5 1/2"
Dusty Thomas- 17'10"

TJ: D. Warton- 36'7" Ted Winfield- 37'11"
D. Thomas- 34'7 1/2" S. Wolfson- 36'1"
Y. Chung- 32'

HJ: Steve Robinson- 5'2" W. Byrne- 5'8"

PV: Chris Rogers- 8' A. Karoutsos- NH John Judge- 8'
D. Warton- 8'6" A. Forlino- NH

Shot: J.D. Murdock- 46'7" B. Zuccala- 41'4"
P. Hans- 37'9" C. Mala- 38'6"
G. Fernandez- 25'6" R. Simpadian- 30'11 1/2"
M. Mongon- 21'10"

Disc: C. Mala- 113'5" B. Langfield- 106'5" B. Zuccala- 86'7"
P. Hans- 113'3" J.D. Murdock- 101'9" Ian King- 104'5"
Roy Simpadian- 73'5" M. Mongon- 51'6"
Gabe Fernandez- 56'3"

RIDGEWOOD VS. Bloomfield

4/24/96

Event	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	Blom
LJ	Caradang (B) 19'	T. Winfield (R) 18'10"	D. Thomas (R) 18'3"	4	5
400IH	Pietrykoski (B) 61.1	Bowers (B) 62.0	Warton (R) 64.1	1	8
100	S. Wolfson (R) 12.2	A. Ng (R) 12.5	T. Winfield (R) 12.5	9	0
1600	Klien (B) 4:51.2	W. Byrne (R) 4:53.1	T. McDonagh (R) 4:55.7	4	5
400	R. Genovese (R) 53.8	J. Fortunato (R) 55.8	Newitt (B) 61.0	8	1
110HH	S. Robinson (R) 17.6	Bowers (B) 17.6	H. Chung (R) 19.5	6	3
800	J. O'Niell (R) 2:03.0	E. Rogers (R) 2:03.7	D. Plummer (R) 2:09	9	0
200	R. Genovese (R) 24.2	S. Wolfson (R) 24.4	D. Thomas (R) 24.8	9	0
3200	M. Cohen (R) 10:02.7	E. Rogers (R) 10:45.7	Klien (B) 10:46.7	8	1
SHOT	J.D. Murdock (R) 45'11 1/2	B. Zuccala (R) 42'10"	C. Mala (R) 39'4"	9	0
DISCUS	C. Mala (R) 122'4"	Curtis (B) 114'4"	P. Hans (R) 106'10	6	3
HJ	Curtis (B) 5'6"	W. Byrne (R) 5'4"	S. Robinson (R) 5'4"	4	5
PV	D. Warton (R) 9'0"	C. Rogers (R) 8'0"	J. Judge (R) 8'0"	9	0
TJ	Caradang (B) 39'1 1/2	T. Winfield (R) 38'9"	S. Wolfson (R) 36'6 1/2	4	5
4X400	Ridgewood 3:49.4			5	0

Total= 95 36

RIDGEWOOD VS. Barringer

4/24/96

Event	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	Barr
LJ	T. Winfield (R) 18'10"	D. Thomas (R) 18'3"	A. Ng (R) 16'8"	9	0
400IH	D. Warton (R) 64.1	S. Robinson (R) 68.0	C. Rodgers (R) 69.0	9	0
100	Mouphouet (B) 11.6	Gibor (B) 11.9	Isaac (B) 12.2	0	9
1600	W. Byrne (R) 4:53.1	T. McDonagh (R) 4:55.7	N. Sadri (R) 5:09	9	0
400	Mourphout (B) 52.9	R. Genovese (R) 53.8	Sayekawh (B) 55.5	3	6
110HH	S. Robinson (R) 17.6	H. Chung (R) 19.5	J. Ng (R) 20.2	9	0
800	J. O'Neill (R) 2:03.0	E. Rogers (R) 2:03.7	D. Plummer (R) 2:09.0	9	0
200	Mourphout (B) 23.5	R. Genovese (R) 24.2	Isaac (B) 24.2	3	6
3200	M. Cohen (R) 10:02.6	E. Rogers (R) 10:45.7	T. McDonagh (R) 10:46.7	9	0
SHOT	J.D. Murdock (R) 45'11 1/2	B. Zuccala (R) 42'10"	C. Mala (R) 39'4"a	9	0
DISCUS	C. Mala (R) 122'4"	P. Hans (R) 106'10"	B. Zuccala (R) 106'2"	9	0
HJ	W. Byrne (R) 5'4"	S. Robinson (R) 5'4"	B. Reese (R) 5'4"	9	0
PV	D. Warton (R) 9'0	C. Rogers (R) 8'0"	J. Judge (R) 8'0"	9	0
TJ	T. Winfield (R) 38'9"	S. Wolfson (R) 36'6 1/2	D. Warton (R) 35'1 1/2	9	0
4X400	Barringer 3:47.3			0	5

Totals= 106 25

Ridgewood vs. Bloomfield and Barringer Wed. April 24

***** Results *****

400 IH: D. Warton- 63.8 Chris Rodgers- 68.8
Steve Robinson- 67.9 Joe Fortunato- 65.7
John Ng- 69.4 T. Kumagai- 74.1
Howard Chung- 66.4

100m: Andrew Ng- 12.2 Ted Winfield- 12.2 Spencer Wolfson- 12.2
Rob Basso- 12.8 Eugene Han- 12.7 Matt Mongon- 16.9
Kwang Kim- 12.4 Sean Powers- 13.7
Steve Spino- 14.0 M. Cangialosi- 13.4
Dave Orens- 14.6 Rich Katz- 12.9 Yeon-Guk Chin- 12.3

1600m: Will Byrne- 4:53.2 N. Sadri- 5:09.2
Jason Van Yperen- 5:15.4 Rich Chung- 5:09.8
C. Roszkowski- 5:14.2 Andrew Cohen- 5:15.9
Tim McDonagh- 4:55.5 Peter Fenzel- 5:25
Matt Raeburn- 6:02.8 Anthony Forlino- 6:02.8

400m: Ryan Genovese- 53.4 Joe Fortunato- 55.5
Brandon Reese- 58.0 D. Whang- 57.0
John Judge- 65.8 B. Meyers- 67.1
J. Ferris-Childres- 62.5

110 HH: Steve Robinson- 17.3
J. Ng- 20.1 H. Chung- 18.9

800m: Eric Rogers- 2:03.4 Damian Plummer- 2:09.9
John O'Neil- 2:03.0
John Judge- 2:44 Chris Rodgers- 2:19.2
Navid Sadri- 2:18.4 Rich Chung- 2:19.9
Peter Fenzel- 2:30.5 Tats Kumagai- 2:41
Matt Raeburn- 2:53 Anthony Forlino- 2:45
T. McDonagh- 2:18.9 A. Cohen- 2:25.2

200m: Ryan Genovese- 23.7 D. Thomas- 24.6 Spencer Wolfson- 24.2
Andrew Ng- 24.8 Ted Winfield- 25.9 Dave Whang- 25.6
Rob Basso- 26.4 Jon Ng- 28.4
Eugene Han- 25.9 Rich Katz- 28.8 Kwang Kim- 27.2
Sean Powers- 28.1 S. Spino- 29.2 A. Karoutsos- 27.2
D. Orens- 31.6 J. Ferris-Childres- 28.1
M. Mongon- 35.0 M. Cangialosi- 26.1 H. Chung- 25.3

3200m: Eric Rogers- 10:45.7 Mike Cohen- 10:02.8
Tim McDonagh- 10:47.0 A. Cohen- 12:01.1

4 x 400m: D. Warton, J. Fortunato, B. Reese, D. Whang
3:49.2 57.6 55.9 59.1 56.6

LJ: Ted Winfield- 18'10" Andrew Ng- 16'8 1/2"
S. Wolfson- 15'10" Y. Chung- 15'9"
Dusty Thomas- 18'3"

TJ: Ted Winfield- 38'9 1/2" D. Warton- 35'9 1/2"
D. Thomas- 35'0" S. Wolfson- 36'6 1/2"
Y. Chung- 33'5"

HJ: Steve Robinson- 5'4"
Will Byrne- 5'4" Brandon Reese- 5'4"
B. Meyers- NH

PV: Chris Rogers- 8' A. Karoutsos- NH John Judge- 8'
D. Warton- 9' A. Forlino- NH

Shot: J.D. Murdock- 45'11 1/2" B. Zuccala- 42'10"
P. Hans- 37'1" C. Mala- 39'4"
G. Fernandez- 26'10" M. Mongon- 22'6"

Disc: C. Mala- 122'4" B. Langfield- 105'7" B. Zuccala- 106'2"
P. Hans- 106'10" J.D. Murdock- 91'9" Ian King- 96'7"
Gabe Fernandez- 65'6" M. Mongon- 52'10"

Meet Highlights:

Congratulations on 2 wins! You are now 4-1 in the league with 3 tough meets left vs. Passaic, Clifton, and Kennedy. Great job by, Mike Cohen 10:02 in the 2 mile, Tim McDonagh for running in three races and setting PB's in all three, Brian Zuccala for a throw of 42'10" in the shot and Chris Mala for a throw of 122'4" in the disc. There are other nice performances but these stand out. You are doing a great job and continue to get better. Keep it up, you will be very busy in May with many meets!

Penn Relays Thur. 4/25- Sat. 4/27

***** Results *****

4 x 100m

Ted Winfield
Dusty Thomas Team Total= 50.0
Dave Warton
Ryan Genovese

4 x 400m

John O'Neill- 56.5
Damian Plummer- 56.3 Team Total= 3:43.10
Eric Rogers- 56.5
Ryan Genovese- 53.8

RIDGEWOOD VS. Passaic

5/2/96

Event	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	Pass
LJ	C. Allen (P) 20'1 1/2	Rase. Johnson (P) 19'7	Rash. Johnson 17'8 1/2"	0	9
400IH	S. Robinson (R) 62.7	J. Fortunato (R) 63.2	D. Warton (R) 63.7	9	0
100	C. Allen (P) 11.1	Rase. Johnson (P) 11.6	S. Wolfson (R) 11.8	1	8
1600	B. Frazer (P) 4:35	J. O'Neill (R) 4:37	N. Burt (R) 4:39	4	5
400	Rash. Johnson (P) 50.7	R. Genovese (R) 53.7	Banks (P) 54.0	3	6
110HH	Comer (P) 16.3	S. Robinson (R) 16.6	Schneittache (R) 18.0	4	5
800	B. Frazer (P) 2:02.0	J. O'Neill (R) 2:05.9	E. Rogers (R) 2:07.1	4	5
200	C. Allen (P) 22.5	Rase. Johnson (P) 23.1	R. Genovese (R) 23.2	1	8
3200	M. Cohen (R) 10:05	N. Burt (R) 10:16	A. Rodney (R) 10:26	9	0
SHOT	Durnham (P) 51'9"	J.D. Murdock (R) 47'7"	Higgins (P) 45'4 1/2	3	6
DISCUS	Durnham (P) 138'5"	C. Mala (R) 122'3"	Pilipski (P) 115'6"	3	6
HJ	L. Richmond (P) 6'0"	T. Smith (P) 5'6"	B. Reese (R) W. Byrne 5'2	1	8
PV	D. Warton (R) 8'6"	A. Rodney (R) C. Rodgers J. Judge 7'0		9	0
TJ	C. Allen (P) 43'7"	S. Wolfson (R) 36'	Natashe (P) 34'4"	3	6
4X400	Passaic 3:34.0			0	5

Totals= 54 77

Ridgewood vs. Passaic Tue. April 30

***** Results *****

400 IH: D. Warton- 63.7 Joe Fortunato- 63.2
Steve Robinson- 62.7
Chris Rogers - 66.5
Howard Chung- 67.7

100m: Andrew Ng- DQ Spencer Wolfson- 11.8
Rob Basso- 13.1 Eugene Han- 12.6 M. Cangialosi- 12.6
Kwang Kim- 12.8 Don Choi- 14.9
Steve Spino- 15.5 Ozzie Duran- 13.3 A. Karoutsos- 13.4
Dave Orens- 15.2 Rich Katz- 14.2 Yeon-Guk Chin- 12.3
M. Mongon- 16.9

1600m: Mike Cohen- 4:40.8 E. Rogers- 4:46 J. O'Neill- 4:37.0
Will Byrne- 4:55.7 N. Sadri- 5:34 N. Burt- 4:39.6
Brian Janes- 5:54 Dave Driever- 5:05 J. Van Yperen- 5:16
C. Roszkowski- 5:32 Mike Martin- 5:02 J. Oros- 5:40
Tim McDonagh- 5:04 Peter Fenzel- 5:29 Andrew Cohen- 5:16
Matt Raeburn- 6:21 R. Chung- 5:14 M. Jones- 4:59.1
F. Wimer- 6:05

400m: Ryan Genovese- 53.7 Dave Whang- 57.3 Joe Fortunato- 56.5
Dave Warton - 57.1 Brandon Reese- 59.4

110 HH: Sague Schneittacher- 18.0 H. Chung- DNF
Steve Robinson- 16.6 Ozzie Duran- 21.0
J. Ng- 19.5

800m: Eric Rogers- 2:07.1 D. Plummer- 2:09.9 J. O'Neill- 2:05.9
Brian Janes- 2:43 J. Oros- 2:41 M. Marino- 2:13.3
C. Rozkowski- 2:39. Navid Sadri- 2:15.5 Mike Martin- 2:21
Peter Fenzel- 2:27 R. Chung- 2:15.1 J. VanYperen- 2:30
Chris Rogers- 2:15.1 Matt Raeburn- 2:55
Ron Widmer- 2:48 T. McDonagh- 2:24.9 A. Cohen- 2:29
J. Judge- 2:41

200m: Ryan Genovese- 23.2 Spencer Wolfson- 24.1
Andrew Ng- 25.2 Dave Whang- 25.2 Rob Basso- 26.8
Jon Ng- 29.5 Ozzie Duran- 27.0
Eugene Han- 25.8 Rich Katz- 29.4
Sean Powers- 28.3 S. Spino- 29.4 A. Karoutsos- 27.0
D. Orens- 30.8
M. Mongon- 34.1 Matt Murphy- 28.7 M. Cangialosi- 25.4
J. Allen- 28.3 J. Ferris-C- 27.4

3200m: Mike Cohen- 10:05 Neil Burt- 10:16
Andrew Rodney- 10:26 Dave Driever- 11:01
Mike Jones- 10:59

4 x 400m: D. Plummer, J. Fortunato, J. O'Neill, R. Genovese
3:42.5 57.3 56.2 55.0 54.0

LJ: Andrew Ng-
S. Wolfson-
Dusty Thomas-

Y. Chung-

TJ: D. Warton-
D. Thomas-
Y. Chung-

S. Wolfson- 36'

HJ: Sague- 5'2"
Will Byrne- 5'2"

Steve Robinson- 5'2"
Brandon Reese- 5'2"

PV: Chris Rogers- 7'
D. Warton- 8'6"

John Judge- 7'
Andrew Rodney- 7'

Shot: J.D. Murdock- 47'7" B. Zuccala- 41'8 1/2"
C. Mala- 40'2"
R. Simpadian- 35'0"
M. Mongon- 20'10 1/2"

Disc: C. Mala- 122'3" B. Langfield- 103'10"
J.D. Murdock- 101'5" B. Zuccala- 106'6"
R. Simpadian- 70'1"

Meet Highlights:

A sweep of the intermediate hurdles, pole vault and 2 mile were the stand outs. Also, Ryan Genovese running a 23.2 in the 200m. I think we got beat by a team that is a little tougher than us right now. We can and will get better! We have a huge meet vs. both Kennedy and Clifton on Tuesday. Both teams are our equal. The team that rises and wants it more will win! Be focused and ready!

Bernards Spring Invitational Sat. May 4

***** Results *****

Events:

100m: Ted Winfield- 12.2

200m: Ryan Genovese- 23.8 Spence Wolfson- 25.0

800m: Damian Plummer- 2:08.5

1600m: Eric Rogers- 4:30.6 (6th) John O'Neill- 4:32.4

3200m: Mike Cohen- 9:47.0 (1st) A Watch Winner!!

Shot: J.D. Murdock- 48' 1/2" (4th) Brian Zuccala- 42'7"

Disc: Chris Mala- 112'5"

Jay: J.D. Murdock- 158'9" Brian Zuccala- 145'3"

Long Jump: Ted Winfield- 19'1"

County Seat Meet Sat. May 4

Results

1600m run: (Frosh) R. Chung- 5:09.6, A. Cohen- 5:18.1
P. Fenzel- 5:15.2, M. Martin- 5:06 (6th), T. McDonagh- 4:53.1 (2nd)
R. Widmer- 5:32.2, F. Wimer- 6:06.5

1600m run: (Novice) C. Roszkowski- 5:05.6 (6th),
J. Van Yperen- 5:34.2

800m relay: (Frosh)

M. Murphy, J. Allen, Y. Chung, B. Reese
32.6 26.5 27.9 24.4 1:51.4

(Novice)

A. Ng, H. Chung, E. Han, D. Thomas
25.0 27.7 26.1 23.4 1:42.1

M. Cangialosi, O. Duran, J. Ferris, B. Cho
27.2 26.9 27.7 27.9 1:49.7

800m run: (Frosh) R. Chung- 2:15 (3rd), T. McDonagh- 2:21
A. Cohen- 2:27.5, M. Raeburn- 2:41.6, P. Fenzel- 2:26.4
M. Martin- 2:27.5, J. Judge- 2:36, R. Widmer- 2:49.7
A. Forlino- 2:48

(Novice) J. Van Yperen- 2:25

400 IH: (Frosh) C. Rodgers- 65.5 (4th), T. Kumagai- 72.9
(Novice) S. Robinson- 63.5 (1st), H. Chung- 66.5
S. Schnettacher- 67.1

1600m relay: (Frosh)

R. Chung, M. Martin, C. Rodgers, B. Reese
60.0 60.9 60.3 57.6 3:58.8 (4th)

T. Kumagai, C. Masterson, J. Allen, J. Judge
66.0 69.2 65.0 64.2 4:24.4

D. Choi, Y. Chung, M. Murphy, S. Spino
69.0 67.8 68.2 69.0 4:34.0

(Novice)

A. Ng, E. Han, D. Thomas, H. Chung
61.2, 60.1 65.0 62.9 4:09.2 (5th)

J. Ferris, M. Cangialosi, B. Cho, K. Kim
60.1 62.2 66.0 62.0 4:10.3 (6th)

R. Katz, J. Van, S. Powers, C. Roszkowski
66.5 65.5 68.6 68.0 4:23.0

110m HH: (Novice) S. Robinson- 18.9, H. Chung- 19.4
O. Duran- 19.4/20.0, S. Schnettacher- 17.8/17.3/20.9

Field Events

Triple Jump: (Frosh) Y. Chung- 32'11" (3rd),
B. Reese- 32'2 1/2" (5th)
(Novice) K. Kim- F

Long Jump: (Frosh) Y. Chung- 15'3"
(Novice) D. Thomas- 17'10" (3rd), A. Ng- 15'10", K. Kim- 15'9"
H. Chung- 14'8"

High Jump: (Frosh) Brandon Reese- 5'6" (2nd)

Shot Put: (Frosh) R. Simpadian- 31'7 1/2", M. Mongon- 19'11"
Gabe Fernandez- 26'10"

Disc: (Frosh) R. Simpadian- 71'10", M. Mongon- 48'9"
Gabe Fernandez- 65'6"

RIDGEWOOD VS. Kennedy

5/7/96

Event	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	Kenn
LJ	Hibbert (K) 19'6 3/4"	Johnson (K) 18'8"	T. Winfield (R) 18'6 1/4"	1	8
400IH	Wilas (K) 58.8	Sadler (K) 58.8	Sterling (K) 58.9	0	9
100	R. Genovese (R) 11.9	S. Wolfson (R) 12.1	A. Ng (R) 12.2	9	0
1600	J. O'Neill (R) 4:40.5	M. Cohen (R) 4:40.6	E. Rogers (R) 4:41	9	0
400	N. Rose (K) 52.2	R. Genovese (R) 52.8	Jones (K) 54.8	3	6
110HH	Thuman (K) 15.6	Hicks (R) 15.9	Wildes (R) 16.1	0	9
800	J. O'Neill (R) 2:04.9	E. Rogers (R) 2:05.5	N. Rose 2:07.0	8	1
200	R. Genovese (R) 23.9	Sterling (K) 24.0	S. Wolfson (R) 24.5	6	3
3200	M. Cohen (R) 10:04.9	N. Burt (R) 10:05.3	A. Rodney (R) 10:24.7	9	0
SHOT	J.D. Murdock (R) 46'10"	Johnson (K) 43'4"	B. Zuccala (R) 42'0"	6	3
DISCUS	Leech (K) 132'6"	C. Mala (R) 117'8"	J.D. Murdock (R) 108'2"	4	5
HJ	B. Reese (R) 5'6"	Hicks (K) 5'6"	Johnson (K) 5'4"	5	4
PV	N. Rose (K) 10'6"	D. Warton (R) 10'0"	Kennedy (K) 9'6"	3	6
TJ	Hibbart (K) 41'0"	N. Rose (K) 40'9 3/4"	Bulgin (K) 40'4"	0	9
4X400	Kennedy			0	5

Totals= 63 68

RIDGEWOOD VS. Clifton

5/7/96

Event	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	Clif
LJ	Aranzamenbez (C) 20' 1/4"	T. Winfield (R) 18'6 1/4"	Moreno (C) 18'4"	3	6
400IH	Inocerio (C) 60.6	Hanson,H (C) 62.1	D. Warton (R) 62.8	1	8
100	T. Brown (C) 11.8	A. McCormick (C) 11.8	R. Genovese (R) 11.9	1	8
1600	J. O'Neill (R) 4:40.5	M. Cohen (R) 4:40.6	E. Rogers (R) 4:41	9	0
400	Montana (C) 51.9	Mikolajcek (C) 52.7	R. Genovese (R) 52.8	1	8
110HH	Piotrowski (C) 17.7	J. Braden (R) 18.0	S. Schnaitt. (R) 18.3	4	5
800	J. O'Neil (R) 2:04.9	E. Rogers (R) 2:05.5	Inocercio (c) 2:08.3	8	1
200	Brown (C) 23.3	McComick (C) 23.4	R. Genovese (R) 23.9	1	8
3200	M. Cohen (R) 10:04.9	N. Burt (R) 10:05.3	A. Rodney (R) 10:24.7	9	0
SHOT	J.D. Murdock (R) 46'10 1/4	B. Zuccala (R) 42'0"	C. Mala (R) 41'9"	9	0
DISCUS	C. Mala (R) 117'8"	Volpe (C) 110'7"	J.D. Murdock (R) 108'2"	6	3
HJ	B. Reese (R) 5'6"	W. Byrne (R) 5'4"	S. Robinson Sague 5'2	9	0
PV	D. Warton (R) 10'0"	Piotrawski (C) 10'0"	Guera (C) 9'6"	5	4
TJ	Aranzamenbez (C) 43'4"	Moreno (C) 39' 1/4"	T. Winfield (R) 38'10"	1	8
4X400	Clifton			0	5

Totals= 67 64

Ridgewood vs. Clifton and Kennedy Tue. May 7

***** Results *****

400 IH: D. Warton- 62.9 Joe Fortunato- 64.1
Steve Robinson- 65.9 Jeff Braden- 62.6
Howard Chung- 68.5 Jon Ng- 67.9
S. Schneittaacher- 18.2

100m: A. Ng- 12.1 R. Genovese- 11.9 S. Wolfson- 12.1
Ted Winfield- 12.3 Eugene Han- 12.7 M. Cangialosi- 13.4
Sean Powers- 13.9 J. Ferris- 13.9
M. Mongon- 16.9

1600m: Mike Cohen- 4:40.5 E. Rogers- 4:41 J. O'Neill- 4:40.5
Will Byrne- 4:57 N. Sadri- 5:12 N. Burt- 4:42.7
Brian Janes- 5:39 Dave Driever- 5:03 J. Van Yperen- 5:13
C. Roszkowski- 5:27 J. Oros- 5:36 M. Jones- 4:53

400m: Ryan Genovese- 52.8 Dave Whang- 57.7 J. Fortunato- 56.1
J. Ferris-C- 60.1 E. Han- 59.3

110 HH: S. Schneittacher- 18.2 J. Braden- 17.8
Steve Robinson- 18.6 J. Ng- 19.8
H. Chung- 19.8

800m: Eric Rogers- 2:05.7 D. Plummer- 2:08.6 J. O'Neill- 2:04.9
Brian Janes- 2:36 J. Oros- 2:42 J. Van Yperen- 2:29
C. Rozkowski- 2:35 Navid Sadri- 2:15 M. Marino- 2:20

200m: Ryan Genovese- 23.7 S. Wolfson- 24.3 A. Ng- 24.9
Dave Whang- 25.7 Jon Ng- 29.2 H. Chung- 26.4
Eugene Han- 26.1 Rich Katz- 29.4 M. Mongon- 34.6
Sean Powers- 29.6 J. Ferris-C- 27.8

3200m: Mike Cohen- 10:04.9 Neil Burt- 10:05.2
Andrew Rodney- 10:24 Dave Driever- 10:48.9
Mike Jones- 10:48.4 E. Rogers- 10:39.2

4 x 400m: D. Plummer, J. Fortunato, J. O'Neill, D. Warton
3:48.0 56.7 58.3 55.6 57.4

LJ: Ted Winfield- 18'4" Andrew Ng-
S. Wolfson-
D. Thomas-

TJ: Ted Winfield- 38'10 1/4" D. Warton-
S. Wolfson-

HJ: Sague- 5'2 Steve Robinson- 5'2
Will Byrne- 5'4 Brandon Reese- 5'6
J. Braden- 5'2

PV: Chris Rogers- NH John Judge- NH
D. Warton- 10'0" Andrew Rodney- NH

Shot: J.D. Murdock- 46'10" B. Zuccala- 105'5"
C. Mala- 41'9"

Disc: C. Mala- 117'8" B. Langfield- 103'11"
B. Zuccala- 105'5" J.D. Murdock- 108'2"

Meet Highlights:

We ended up beating Clifton but losing to Kennedy. Every point counted in this meet! Great job by Brandon Reese for winning the high jump against both teams at 5'6", also Dave Warton in the PV clearing a PB of 10'0". Another great effort by John O'Neill for winning both the 1600m and the 800m. The throwers also brought in big points for the team in this meet. Congratulations on finishing your dual meet season with a record of 5-3 which I think is very good. Get ready for the championship season!!!

NNJIL FROSH CHAMPIONSHIPS: RESULTS

Wednesday May 8, 1996

<u>EVENT</u>	<u>ATHLETE</u>	<u>TIME</u>	<u>PLACE</u>	<u>POINTS</u>
400 IH	T. Kumagia	69.3		
	C. Rodgers	65.3	4th	4 pts
100m	J. Allen	14.4		
	A. Karoutsos	12.8		
	D. Orens	14.6		
	T. Winfield	12.1	6th	1 pt
	Y. Chung	11.9	4th	4 pts
	D. Choi	14.7		
	M. Murphy	13.7		
	S. Spino	14.1		
C. Magerson	14.9			
1600m	B. Brogan	5:45.6		
	A. Cohen	5:10.6		
	A. Furalino	5:51.3		
	T. McDonough	4:54.4	3rd	6 pts
	M. Raeburn	5:57.1		
	R. Widmer	5:29.3		
	F. Wimer	5:57.9		
	D. Orens	5:35.7		
	M. Morby	5:02.1	5th	2 pts
	P. Fenzel	5:15.2		
R. Chung	5:02.9	6th	1 pts	
400m	J. Allen	65.7		
	R. Reese	56.7	5th	2 pts
	M. Murphy	65.4		
	C. Spino	65.1		
100 IH	J. Allen	23.2		

<u>EVENTS</u>	<u>ATHLETE</u>	<u>TIME</u>	<u>PLACE</u>	<u>POINTS</u>
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800m	R. Chung	DQ.		
	T. Kumagai	2:27.9		
	C Rodgers	2:12.9	2nd	8 pts
	P. Fenzel	2:23.4		
	J. Judge	2:34.1		

200m	J. Allen	30.1		
	A. Karoutsos	27.2		
	D. Orens	30.6		
	T. Winfield	25.9		
	C. Masterson	31.4		
	Y. Chung	25.4	2nd	8 pts
	D. Choi	31.1		
	M. Murphy	29.3		
S. Spino	28.1			

3200m	A. Cohen	11:35.8		
	T. McDonagh	10:36.8	2nd	8 pts
	M. Martin	11:19.9	6th	1 pts
	R. Widmer	12:27.1		

Shot Put	R. Simpidian	34' - 0"	5th	2 pts
	M. Mongon	19' - 9"		

Pole Vault	J. Judge	7' - 6"	4th	4 pts
	C. Rodgers	8' - 0"	3rd	6 pts

Triple Jump	Y. Chung	34' - 7"	5th	2 pts
	A. Karoutsos	35' - 11"	3rd	6 pts
	B. Reese	34' - 8"	4th	4 pts
	C. Masterson	28' - 0"		
	T. Winfield	39' - 7"	1st	10 pts

Javelin Throw	R. Simpidian	84' - 4"		
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<u>EVENTS</u>	<u>ATHLETE</u>	<u>TIME</u>	<u>PLACE</u>	<u>POINTS</u>
High Jump	B. Reese	5' - 4"	6th	1 pts
Long Jump	Y. Chung A. Karoutsos C. Masterson T. Winfield	15' - 10" 14' - 2" 13' - 5" 18' - 4"	2nd	8 pts
Discus	R. Simpidian M. Mongon	69' - 11" 58' - 3/4"		
4 X 400m Relay	C. Rodgers R. Chung M. Martin B. Reese	60.6 57.7 61.5 57.3	TOTAL 3:57.4 3rd	6

TOTALS - 94 POINTS.

**Congratulations to the : NNJIL Atlantic Division Champs
NNJIL Overall League Champs**

Your teammates, and coaches are very proud of you. The RHS 1996 freshman class is a track force. All the league knows it now. Way to show pride in your team and yourselves.

MVC - MOST VALUABLE COACH Josh Saladino.

Everyone who competed needs to thank coach for all his work. Filling out cards keeping everyones times and his enthusiasm all were important for our team.

THANKS COACH

1996 NNJIL Championships Fri. 5/10, Sat 5/11

***** Results *****

Long Jump:

Ted Winfield, Andrew Ng
18'6" 16'4"

Javelin:

J.D. Murdock, Brian Zuccala, Roy Simpadian
174'7" (2nd) 154'2" (3rd) 105'2"

3200m:

Mike Cohen, Neil Burt, Andrew Rodney
9:54.6 (1st) 10:01.8 (2nd) 10:15.1 (3rd)

110 HH:

Jeff Braden, Steve Robinson, Sague Schneittacher
16.0 17.0 16.9

100m:

Yeon Chung, Spencer Wolfson, Ted Winfield
12.2 11.9/11.8 12.2

400m:

Ryan Genovese, Joe Fortunato,
54.6 54.9

800m:

John O'Neill, Eric Rogers, Damian Plummer
2:01.6 (4th) 2:02.5 (5th) 2:07.6

200m:

Ryan Genovese, Spencer Wolfson, Yeon Chung
23.9 24.5 25.7

400 IH:

Jeff Braden, Steve Robinson, Dave Warton
62.6 63.2 64.0

1600m:

Eric Rogers, John O'Neill, Mike Cohen
4:38.48 (3rd) 4:37.66 (2nd) 4:45.75 (6th)

4 x 400m:

Joe Fortunato, John O'Neil, Damian Plummer, Ryan Genovese
54.5 57.8 55.9 57.9 =3:46.1

High Jump:

Jeff Braden, Brandon Reese, Will Byrne
5'10" (6th) 5'6" 5'10" (5th)

Discus:

Chris Mala, Brian Zuccala, J.D. Murdock
125'1" 99'2" 97'5"

Shot Put:

J.D. Murdock, Brian Zuccala, Chris Mala
50'4 1/2" (3rd) 42'4 1/4" 41' 1/2"

Triple Jump:

Ted Winfield, Dave Warton, Spencer Wolfson
36'11" 35'11 1/2" 38'1 1/2" (6th)

Pole Vault:

Dave Warton, John Judge, Chris Rodgers
NH 9'0" (6th) NH

Team Totals:

1. Bergen Catholic- 117 1/2
2. Passaic- 107
3. RIDGEWOOD- 70
4. Kennedy- 69
5. Montclair- 60
6. Eastside- 36
7. Clifton- 23
8. Barranger- 10 1/2
9. Bloomfield- 3

Comments:

Congratulations on coming in third in this meet and third in the overall league standings (which combines dual meet record and the league meet). I was impressed with the way everyone came to compete. It was hard fought and again, every place counted! Be prepared for the county group IV meet next Friday and Saturday.

North Jersey Novice Meet Tue. 5/14/96

***** Results *****

400IH:

S. Schnettacher- 64.8, Joe Fortunato- 62.8(6th), Jon Ng- 65.4,
S. Robinson- 62.6(5th), H. Chung- 67.8, D. Warton- 62.3(4th).

100m:

A. Ng- 11.7/11.9/11.7(1st), M. Mongon- 16.6, B. Cho- 13.9,
S. Powers- 13.3, K. Kim- 12.7

1600m:

N. Sadri- 5:06.9, J. Oros- 5:13, M. Jones- 4:54.9(2nd),
B. Janes- 5:36.6, D. Driever- 5:03.1(3rd), W. Byrne- 4:52.3(1st),
C. Roszkowski- 5:05.5, J. Van Yperen- 5:07.

400m:

Joe Fortunato- 55.2(1st), D. Whang- 56.6(4th), E. Han- 61.0,
J. Ferris- 60.2.

110HH:

S. Schnettacher- 17.8/16.5(1st), J. Ng- 19.3,
S. Robinson- 17.7/17.3(3rd), H. Chung- 19.3.

800m:

N. Sadri- 2:17, J. Oros- 2:33.6, B. Janes- 2:29,
J. Van Yperen- 2:26.5.

200m:

A. Ng- 24.6(2nd), M. Mongon- 34.9, R. Basso- 26.7, B. Cho- 28.9,
S. Powers- 27.9, D. Whang- 25.2(4th), E. Han- 25.9,
J. Ferris- 27.3, H. Chung- 26.1, M. Cangialosi- 25.9, K. Kim- 26.5.

3200m:

M. Jones- 11:20.3(3rd), D. Driever- 10:56.9(1st),
C. Roszkowski- 11:13.6(2nd).

4 x 400m:

J. Fortunato, D. Whang, D. Warton, E. Han
53.9 56.2 55.1 59.6 Total= 3:44.8(2nd)

Disc:

J.D. Murdock- 114'7"(1st), I. King- 89'3", B. Langfield- 91'5"

Jav:

R. Basso- 83'8"

High Jump:

S. Schnettacher- 5'4", S. Robinson- 5'4",

Long Jump:

A. Ng- 16'4"(6th), H. Chung- 16'1 1/2", K. Kim- 15'10"

Triple Jump:

D. Warton- 36'10 1/2", K. Kim- 34' 1/2"

Pole Vault:

D. Warton- 8'6" (4th)

Comments:

An excellent Job!! We medaled in 11 out of 16 events(6 of the events we were 1st in) and that's very good! There were many personal bests with many outstanding times, heights and distances. For those of you that this was your last meet, thank you for a great season of hard work and dedication... it paid off!

Bergen County Group IV Meet Fri. 5/17 and Sat. 5/18

***** Results *****

Friday's Events:

Discus:

Chris Mala, J.D Murdock, Brian Zuccala
116'10" 115'5" 100'10"

Long Jump:

Andrew Ng, Spencer Wolfson
17' 17'

High Jump:

Jeff Braden, Will Byrne, Brandon Reese
5'8" (4th) NH NH

400 IH:

S. Robinson, D. Warton, J. Fortunato
62.6 63.1 60.9

200m:

Ryan Genovese, Spencer Wolfson, Andrew Ng
23.8 24.7 24.7

3200m:

Mike Cohen, Neil Burt, Andrew Rodney
9:46.3 (1st) 10:03.1 (4th) 10:12.4 (6th)

Saturday's Events:

110 HH:

Jeff Braden, Steve Robinson, Sague Schnettacher
16.0/16.2 (4th) 16.7 16.4

100m:

Andrew Ng, Spencer Wolfson
12.0 12.1

800m:

John O'Neill, Eric Rogers, Damian Plummer
2:01.7 (4th) 2:06.6 2:08.8

400m:

Ryan Genovese, Dave Whang, Brandon Reese
53.8 57.8 56.4

1600m:

John O'Neill, Eric Rogers, Neil Burt
4:32.9 (1st) 4:33.3 (2nd) 4:34.4 (4th)

4 x 400m:

John O'Neill, Damian Plummer, Bradon Reese, Ryan Genovese
55.8 58.3 56.8 53.8

Triple Jump:

Spencer Wolfson, Dave Warton
37' 35'

Pole Vault:

Dave Warton
10'6" (5th)

Javelin:

J.D. Murdock, Brian Zuccala, Chris Mala
163'10" (1st) 138'5" (6th) 94'2"

Shot Put:

J.D. Murdock, Brian Zuccala, R. Simpidian
49'6 1/2" (2nd) 42'5" 34'1"

Totals:

Bergen Catholic- 132
Teaneck- 101
Hackensack- 98
Don Bosco- 72
RIDGEWOOD- 71
Paramus Catholic- 14
Fair Lawn- 8

FRESHMAN COUNTY RELAYS *5/20*

<u>RESULTS</u>	<u>ATHLETE</u>	<u>TIME</u>	<u>PLACE</u>	<u>POINTS</u>	
3 X 400M IH	C Rodgers	67.5			
	T. Kumagia	72.5			
	J. Allen	81.2	3:41.2	1 st 10	
Sprint Medley	T. Winfield,	26.1			
	Y. Chung,	26.3			
	B. Reese	56.2			
	R. Chung	2:11.2	3:59.8	1 st 10	
	S. Spino,	29.5			
	C. Masterson,	31.2			
	J. Allen,	66.7			
T. Kumagia	2:37.9	4:45.4			
4 x 800m Relay	A. Furlino,	2:53.0			
	M. Haeburn,	2:59.0			
	R. Widmer,	2:54.8			
	F. Wimer	3:02.8	11:49.7		
	M. Martin	2:15.2			
	A. Cohen	2:27.0			
	P. Fenzel	2:23.5			
	T. McDonagh	2:21.1	9:26.8	1 st 10	
	4 x 200m Relay	S. Spino	29.4		
		C. Masterson	31.7		
D. Choi		30.0			
D. Orens		27.9	2:00.3	5 th 2	
M. Murphy		32.8			
J. Allen		31.2			
J. Judge		27.8			
R. Widmer		31.1	2:03.0		
Distance M.	B. Brogan	4:26.6			
	T. Kamagia	62.5			
	D. Oros	2:49.5			
	A. Cohen	5:22.1	13:40.6		
	R. Chung	3:44.9			
	M. Murphy	62.7			
	C. Rodgers	2:15.5			
	T. McDonagh	5:04.9	12:08.1	1 st 10 points	

4 x 400m	P. Fenzel	63.8			
	B. Brogan	76.9			
	J. Judge	65.5			
	F. Wimer	76.7	4:42.9		
	D. Oros	71.5			
	S. Spino	80.0			
	A. Furlino	72.9			
	M. Raeburn	72.8	4:56.8		
	M. Murphy	61.5			
	D. Choi	83.0			
	D. Orens	77.0			
	A. Cohen	66.6	4:47.8		
	C. Rodgers	58.6			
	M. Martin	59.2			
	R. Chung	58.8			
B. Reese	57.1	3:53.6	2 nd	8 points	

<u>FIELD</u>	<u>ATHLETE</u>	<u>DISTANCE</u>	<u>PLACE</u>	<u>POINTS</u>
SHOT PUT	R. Simpidian	30' - 10.5"		
	G. Fernandez	27' - 7.5"	58' - 6"	
HIGH JUMP	B. Reese	5' - 4"		
	T. Winfield	5' - 6"	10' - 10"	1 st 10
JAVELIN	R. Simpidian	96' - 2"		
	G. Fernandez	60' - 2"	156' - 4"	6 th 1
	Y. Chung	99' - 0"		
	M. Mongol	64' - 8"	163' - 8"	5 th 2
DISCUS	R. Simpidian	90' - 9"		
	M. Mongon	65' - 5"	156' - 2"	
POLE VAULT	C. Rodgers	8 - 0		
	J. Judge	8 - 6	16' - 8"	1 st 10
TRIPLE JUMP	Y. Chung	34' - 6.5"		
	C. Masterson	26' - 6.5"	61' - 1"	
	T. Winfield	38' - 1"		
	B. Reese	34' - 0"	72' - 1"	1 st 10
LONG JUMP	T. Winfield	17' - 3"		
	Y. Chung	15' - 9"	33' - 0"	2 nd 8

TOTALS 1 ST 91 POINTS

SOPHOMORE COUNTY RELAYS

5/20

RESULTS:

3 X 400M: H. Chung, S. Robinson, D. Werton
65.8 61.3 61.9 3:09 (1st)

SM: E. Han, J. Ferris, A. Ng, J. O'Neil
57.8 27.3 24.3 2:10.3 3:59.7 (4th)

4 X 800: A. Rodney, J. VanYperen, C. Rozkowski, D. Plummer
2:14.5 2:25 2:26.2 2:09.6 2:15.3 (4th)

4 X 200: H. Chung, S. Robinson, E. Han, A. Ng
26.7 25.0 26.3 23.9 1:41 (3rd)

B. Cho, S. Powers, M. Langialosi, J. Ferris
28.9 28.3 26.0 27.8 1:51

DM: J. O'Neil, C. Rozkowski, D. Plummer, A. Rodney
3:23.7 62.1 2:12.4 4:58.2 11:36.4 (1st)

4 X 400: D. Werton, S. Robinson, E. Han, D. Plummer
55.4 57.3 59.8 59.7 3:52.2 (5th)

S. Powers, B. Cho, M. Langialosi, J. VanYperen
60.7 68.7 61.0 64.5 4:14.9

FIELD EVENTS:

SHOT PUT: J. D. Murdock, B. Zuccala
45' 5 1/2" 41' 86' 5 1/2" (1st)

HIGH JUMP: S. Robinson, J. Ferris NH

JAVELIN: J. D. Murdock, B. Zuccala
157' 4" 124' 11" 282' 3" (1st)

DISCUS: J. D. Murdock, B. Zuccala
108' 6" 104' 9" 213' 3" (3rd)

POLE VAULT: D. Warton, A. Rodney
9 NH 9'

TRIPLE JUMP: D. Warton, H. Chung
35' 32' 5" 67' 5" (8th)

LONG JUMP: A. Ng, H. Chung
16' 3" 16' 4" 32' 7" (5th)

COMMENTS: You are the County Champs! Congratulations on what was a great day of competition. The team scored 65 points. Good job! Keep working and get ready for next week, the final Reg. meet of the season.

COUNTY FROSH CHAMPIONSHIPS

Friday May 24, 1996

RESULTS

400 IH	T. Kumagia	69.1	C. Rodgers	65.8		
100m	J. Allen	14.3	D. Choi	14.9	C. Masterson	14.5
	D. Orens	14.6	S. Spino	14.4	Y. Chung	11.9 - 3rd
400m	J. Allen	66.9	S. Spino	67.6	B. Reese	57.2 - 6th
110 HH	J. Allen	24.5				
800m	P. Fenzel	2:22.2	R. Chung	2:12.1	- 2nd	
	J. Judge	2:46.7	C. Rodgers	2:14.6	- 6th	
	T. Kumagai	2:27.5				
200m	J. Allen	30.1	D. Choi	30.5	D. Orens	30.7
	S. Spino	28.9	C. Masterson	32.2	Y. Chung	25.1 - 5th
3200m	A. Cohen	11:25.6	R. Widmer	11:52.4		
	T. McDonagh	11:02.0	- 4th			
1600m	R. Chung	5:09.3	A. Cohen	5:15.7	P. Fenzel	5:27.3
	A. Furalino	5:59.8	M. Martin	5:12.8	D. Oros	5:54.7
	M. Raeburn	6:14.1	R. Widmer	5:39.3	J. Judge	5:47.3
	T. McDonagh	4:58.7	- 5th			
Shot Put	M. Mongon	18' 11"				
Pole Vault	J. Judge	NH	C. Rodgers	8' 6"	- 5th	
Triple Jump	B. Reese	35' 1"	Y. Chung	36' 3"	- 3rd	
High Jump	B. Reese	6' 0"	- 2nd	*The new Bergen County Group IV freshman record.		
Long Jump	Y. Chung	16' 6"	C. Masterson	10' 10.5"		
Discus	M. Mongon	57' 2"				
4 X 400m Relay	C. Rodgers	60.5	R. Chung	60.8		
	M. Martin	60.5	B. Reese	56.9	TOTAL	3:58.8

45 TOTAL POINTS - 4TH PLACE

State Sectionals Sat. 5/25

***** Results *****

High Jump:

Jeff Braden, Will Byrne, Brandon Reese
NH NH NH

Long Jump:

Andrew Ng, Yeon Chung
16'3 15'7"

Pole Vault:

Dave Warton, John Judge
10' NH

Sat. 5/22:

3200m:

Mike Cohen, Neil Burt, Andrew Rodney
9:43.0 (2nd) 9:58.8 10:07.8

110 HH:

Jeff Braden, Sague Schnettacher, Steve Robinson
16.0 20.8 16.5

100m:

Yeon Chung
12.1

400m:

Ryan Genovese, Joe Fortunato, Brandon Reese
53.9 53.6 58.3

800m:

John O'Neill, Eric Rogers, Damian Plummer
2:01.9 (6th) 2:03.3 2:08.4

200m:

Ryan Genovese, Yeon Chung, Brandon Reese
24.0 25.5 25.6

400 IH:

Joe Fortunato, Steve Robinson, Dave Warton
64.6 64.2 63.2

1600m:

John O'Neill, Eric Rogers, Neil Burt
4:32.7 (2nd) 4:35.0 (5th) 4:40.9

4 x 400:

Joe Fortunato, Damian Plummer, Dave Warton, Ryan Genovese
55.7 56.1 55.6 55.6 = 3:43.0

Shot Put:

J.D. Murdock, Brian Zuccala, Chris Mala
46'3" (3rd) 41'10" 38'9"

Javelin:

J.D. Murdock, Brian Zuccala
170'10" (1st) 151'10" (3rd)

Discus:

Chris Mala, J.D. Murdock, Brian Zuccala
115'8" 117'10 111'5"

Comments:

We came in 5th in this meet out of 18 teams. Our point total was 41. We had some very good performances with Mike Cohen, John O'Neill, Eric Rogers, J.D. Murdock, and Brian Zuccala all making it to the State Group IV Championships this weekend. Congratulations.

SOPHOMORE INVITATIONAL

MAY 29, 1996

RESULTS:

400IH: S. Robinson 62.2, D. Warton 61.4 - 6th, H. Chung 69.1

100m: A. Ng 11.9/12.0, M. Cangialosi 12.2, O. Duran 12.3, B. Cho 13.1

1600m: C. Rozkowski 5:14.4, J. VanYperen 5:11.6, D. Plummer 4:53.1,
A. Rodney 4:49.3 - 5th

400m: E. Han 59.5

110HH: S. Robinson 16.6/16.9 - 3rd, H. Chung 18.6

800m: J. VanYperen 2:37.2, D. Plummer 2:09.7 - 6th

200m: A. Ng 26.1, B. Cho 30.2, M. Cangialosi 27.2, O. Duran 28.2
E. Han 27.0, D. Thomas 27.3

3200m: C. Rozkowski 11:12.4, A. Rodney 10:17.9 - 1st

Relay: D. Warton 56.8, E. Han 59.4, S. Robinson 59.7, D. Plummer 57.2
3:53.2 - 6th

Shot: B. Zuccala 43' 5" - 4th

Javelin: B. Zuccala 143' 10" - 3rd

HJ: S. Robinson 5' 2" - 3rd

LJ: A. Ng 16' 5 1/2", H. Chung 16' 8 1/2", D. Thomas 17' 8"

TJ: D. Warton 38' - 4th, H. Chung 31' 11"

PV: D. Warton 10' 6" - 4th

45 POINTS - 2nd PLACE

State Group IV Meet 5/31, 6/1 1996

***** Results *****

3200m:

Mike Cohen- 9:43.9

1600m:

John O'Neill- 4:32.5

Eric Rogers- 4:34.3

Shot Put:

J.D. Murdock- No Mark

Javelin:

J.D. Murdock- 171'3" (3rd) **Qualified for State Meet of Champs.

Brian Zuccala- No Mark

1996 State Meet of Champions June 5

Javalin:

J.D. Murdock- 172'2" (10th in the state!!)

FINAL STANDINGS
1996 Atlantic Division Boys Spring Track

<u>SCHOOL</u>	<u>Dual Meet Record</u>	<u>Championship Meet Placing</u>	<u>Final Points</u>
Bergen Catholic	8-0	1st	9.0
Passaic	7-1	2nd	8.0
Ridgewood	5-3	3rd	7.0
JF Kennedy	5-3	4th	5.5
Montclair	2-6	5th	5.5
Clifton	5-3	7th	4.0
Eastside	2-6	6th	3.0
Bloomfield	1-7	9th	2.0
Barringer	2-6	8th	1.0

FINAL STANDINGS
1996 Atlantic Division Girls Spring Track

<u>SCHOOL</u>	<u>Dual Meet Record</u>	<u>Championship Meet Placing</u>		<u>Final Points</u>
Eastside	6-1	1st	Tie	7.5
Ridgewood	7-0	2nd	Tie	7.5
Passaic	5-2	5th		6.0
JF Kennedy	3-4	4th		4.5
Montclair	2-5	3rd		4.5
Clifton	4-3	6th		3.0
Barringer	1-6	7th		2.0
Bloomfield	1-6	8th		1.0

FINAL STANDINGS
1996 Pacific Division Boys Spring Track

<u>SCHOOL</u>	<u>Dual Meet Record</u>	<u>Championship Meet Placing</u>	<u>Final Points</u>
Hackensack	7-0	1st	8.0
Teaneck	6-1	2nd	7.0
Don Bosco Prep	5-2	3rd	6.0
Paramus Catholic	4-3	5th	5.0
St. Joseph's Reg.	2-5	4th	4.0
Nutley	3-4	6th	3.0
Paramus	1-6	7th	2.0
Belleville	0-7	8th	1.0

FINAL STANDINGS
1996 Pacific Division Girls Spring Track

<u>SCHOOL</u>	<u>Dual Meet Record</u>	<u>Championship Meet Placing</u>		<u>Final Points</u>
Teaneck	6-0	2nd	Tie	6.5
Hackensack	5-1	1st	Tie	6.5
Nutley	4-2	3rd		5.0
Immaculate Heart	3-3	4th		4.0
Paramus	1-5	5th	Tie	2.5
Paramus Catholic	2-4	6th	Tie	2.5
Belleville	0-6	7th		1.0

NNJIL ATLANTIC DIVISION BOYS ALL LEAGUE
(first team selections are followed by second team selections)

<u>Event</u>	<u>Athlete</u>	<u>School</u>
100 meters	Jarad Granderson Sean Griffin	Montclair Eastside
200 meters	Greg Meletta Jarad Granderson	Bergen Catholic Montclair
400 meters	Rasheen Johnson Tony Brown	Passaic Clifton
800 meters	Tom Redmond Bernard Fraser	Bergen Catholic Passaic
1600 meters	Bernard Fraser John O'Neil	Passaic Ridgewood
3200 meters	Mike Cohan Neil Burt	Ridgewood Ridgewood
110 m hurdles	Justin Avery Neville Rose	Montclair JF Kennedy
400 m hurdles	Neville Rose Tom Witkowski	JF Kennedy Bergen Catholic
1600 m Relay	Bergen Catholic Montclair	

NNJIL ATLANTIC DIVISION BOYS ALL LEAGUE

(first team selections are followed by second team selections)

<u>Event</u>	<u>Athlete</u>	<u>School</u>
Shot Put	Shaun McGregor	Bergen Catholic
	Matt Durham	Passaic
Discus	Shaun McGregor	Bergen Catholic
	Matt Durham	Passaic
Javelin	Justin Tralongo	Bergen Catholic
	James Murdock	Ridgewood
Pole Vault	Nevile Rose	JF Kennedy
	Jim Gay	Bergen Catholic
Long Jump	Chiffon Allen	Passaic
	Anthony McGilchrist	Bergen Catholic
Triple Jump	Chiffon Allen	Passaic
	Anthony McGilchrist	Bergen Catholic
High Jump	Chiffon Allen	Passaic
	Lindan Richmond	Passaic

HONORABLE MENTION

<u>School</u>	<u>Athlete</u>
Bergen Catholic	Kevin Gilman
JF Kennedy	Kerry Wiles
Eastside	Shawn Griffin
Ridgewood	Eric Rogers
Bloomfield	Thomas Pietrykoski
Montclair	David Tyree
Passaic	
Clifton	Andrew Aranzamendez
Barringer	

