1997
TRACK & FIELD

SEASON
SUMMARY
MEET RESULTS
RECORDS
AND
HONORS

1997 Girl's Track and Field **SCHEDULE** 1997 Girl's Track and Field

MARCH	6	pre-season meeting
Monday	10	First Practice
Tuesday	11	3:25
Wednesday	12	3:25
Thursday	13	3:25
Friday	14	3:25
Saturday	15	9am
Monday	17	3:25
Tuesday	18	3:25
Wednesday	19	3:25
Thursday	20	3:25 practice (NNJIL coaches meeting 7pm)
Friday	21	3:25 practice
Saturday	22	10 am practice
Monday	24	3:25 practice **** 4pm time Trials****
Tuesday	25	3:25 practice
Wednesday	26	3:25 practice 8pm Parents Gym #2 Spring Sports Night.
Thursday	27	3:00 practice Day off School! But we <u>do</u> have practice
Friday	28	no practice run on your own (OYO) !!
Saturday	29	10 am practice
Monday	31	3:25 light "tune up" practice.
APRIL	1	3:25 rain out of Montclair meet - practice inside
Wednesday	2	3:25 practice
Thursday	3	3:25 practice
Friday	4	no practice rest and relax for the Ridgewood Relays
Saturday	5	Ridgewood Relays 11:45am at RHS
Sunday	6	OYO
Monday	7	3:25 practice
Tuesday	8	Eastside at Eastside Bus at 3pm
Wednesday	9	3:25 practice
Thursday	10	Barringer dual meet at Bergen Catholic - bus at 3pm
Friday	11	no practice -- rest and relax for the Engelwood Relays
Saturday	12	Engelwood Relays
Sunday	13	OYO
Monday	14	3:25 practice 5:30pm food at Monica's house
Tuesday	15	Kennedy and Bloomfield at Ridgewood be on track at 3:15
Wednesday	16	3:25 practice
Thursday	17	3:25 light practice - get ready for the County Relays
Friday	18	Bergen County Relays Bus: 2pm Don Bosco HS
Saturday	19	Bergen County Relays Bus: 7:30am Tenafly HS
Sunday	20	OYO
Monday	21	10 am practice
Tuesday	22	10 am practice

Wednesday	23	10am practice
Thursday	24	Penn Relays-leave RHS 7am return 9 or 10pm - rest of team OYO.
Friday	25	OYO
Saturday	26	OYO
Sunday	27	OYO
Monday	28	3:25 practice
Tuesday	29	Clifton Dual meet at Ridgewood. Meet on track at 3:15
Wednesday	30	3:25 practice
MAY	1	3:25 practice
Friday	2	no practice
Saturday	3	Bernardsville for top varsity - rest of team at County Seat Meet.
Sunday	4	OYO
Monday	5	3:25 practice 5pm - food at Monica's house
Tuesday	6	Passaic dual meet at Ridgewood. Meet on track at 3:15
Wednesday	7	NNJIL frosh champs at Hackensack. Bus: 2pm - Varsity practice 3:25
Thursday	8	3:25 practice
Friday	9	NNJIL champs long jump and javelin only at Clifton Bus: 2pm
Saturday	10	NNJIL champs bus: 7:30am
Sunday	11	OYO
Monday	12	3:25 practice
Tuesday	13	Montclair rained out - regular practice!
Wednesday	14	Montclair dual meet at Ridgewood
Thursday	15	3:25 practice
Friday	16	Bergen Group 4 champs Bus: 2pm Don Bosco HS
Saturday	17	Bergen Group 4 champs Bus: 7:30am Englewood HS 9am
Monday	19	Ridgewood Relays II Last meet for JV
Tuesday	20	3:25 practice
Wednesday	21	3:25 practice
Thursday	22	Bergen County Frosh Champs at Ridgewood - varsity light practice
Friday	23	no practice
Saturday	24	State Sectional Championship at Clifton Bus 7:45am
Sunday	25	OYO for county and state qualifiers & Sophomores
Monday	26	no practice - Memorial Day
Tuesday	27	Bergen Meet of Champs - Hackensack High School
Wednesday	28	practice for states Sophomore championship at Hackensack
Thursday	29	practice for states
Friday	30	State Group 4 Championship - South Plainfield
Saturday	31	State Group 4 Championship - South Plainfield
JUNE	4	New Jersey State Championship - South Plainfield
Thursday	5	Track and Field Awards Party !! 4pm at McDermotts
Tuesday	10	Easterns St John's University
Saturday	14	Nationals North Carolina State University, Raleigh ,NC

TIME TRIAL **3-24-97**

1200 meters

4:09.4 Meg McDermott
4:15.1 Monica Schiefen
4:15.2 Kelly Behan
4:25.7 Allison Davis
4:28.5 Julie Sprich
4:28.8 Danielle Walther
4:29.4 Julia Brownell
4:30 Taylor Dunn
4:38.2 Alyson Cangemi
4:43.5 Jennifer Dlugasch
4:53.6 Alison Correll
4:53.8 Allyson Brundige
4:54.7 Katie Latanich
4:55.8 Sara Wells
5:02.4 Katie VanYperen
5:12.0 Serena Roth
5:12.3 Irene Janis
6:39. Eugenia Han

DNF - Celeste Sedo
DNS - Carrie Ruggles
MiGoung Choi
Jennifer Claydon
Diane Nelson
Tara O'Neill
Beth Riina
Lillian Yun
Meg Snyder ?
Erin Rooney ?

300 meters

48.7 Leslie Bruno
50.2 Jamie Grasso
50.2 Melissa Masterson
50.5 Kara Belknap
50.7 Ana Law
51.0 Karen Hoogland
51.2 Jessie Porro
51.6 Michele Wilson
51.8 Maureen Smith
53.9 Helena Lamothe
54.3 Sue Davis
55.0 Jen Ferdon
55.7 Lyndea Daniels
55.9 Megan Leininger
56.0 Payal Dixit
57.1 Erin Raiter
57.5 Jillian Coleman
60.7 Emily Shaw
62.3 Brenn C-P
65.2 Beth McBride
67.2 Meeta Shah

DNS - Klar, Stamper,

100 meter hurdles

18.0 Melissa Masterson
18,0 Ana Law
19.1 Karen Hoogland
19.4 Maureen Smith
19.9 Sue Davis
22.4 Lyndia Daniels
24.3 Erin Raiter
26.6 Emily Shaw
27.6 Beth McBride

NNJIL Atlantic

CLIFTON

Coach — Lou Fraulo (25th season)
Last year's record — 8-3
Top competitors back — Seniors: Alicia Mazepa (sprints, jumps, hurdles), Kari Gencho (hurdles, high jump), Liz Greco (throws); junior Amy Glenn (sprints); sophomores: Natalie Popowicz (hurdles, 400M), Melissa Dutch (hurdles, high jump).
Outlook — Fraulo believes this is one of the most well-rounded teams in his 25 years. Mazepa, Dutch, and Popowicz are versatile athletes, and the Mustangs' strong distance team should keep them on the winning side.

PASSAIC

Coach — Tony Barbato (15th season)
Last year's record — 5-2
Top competitors back — Seniors: Nakisha Leon (throws), Yarissa Rodriguez (hurdles), Nakeia Wimberly (throws), Simone Flowers (throws); juniors: Jenine Carter (sprints), Madeline Avent (800), Iesha Griggs (throws), Brianne Johnson (throws); sophomores: Labelle Hillgrove (throws), Naila Gittens (sprints).
Outlook — The Indians are strong and very deep in the weights. Leon and Hillgrove should be two of the better throwers in the area.

KENNEDY

Coach — Alma Pinder (28th season)
Last year's record — 3-4
Top competitors back — Seniors: Jennifer Burney (sprints, jumps), Claudine Anderson (sprints, jumps), Claudine Moore (sprints, jumps), Maydee Oquendo (distance); juniors: Sabrina Nealy (distance), Sylvia Nealy (sprints, jumps), Shammekka Lang (sprints, jumps); sophomores: LaSandra Singleton (sprints), Daveia Thomas (throws).
Outlook — Knights should be one of the better teams in Passaic County, courtesy of distance standouts Maydee Oquendo and Sabrina Nealy and quarter-miler Claudine Anderson. If field events come through, they could win it all.

RIDGEWOOD

Coach — Jacob Brown (26th season)
Last year's record — 7-0
Top competitors back — Seniors: Jess Sokolik (throws), Allison Mathiesen (throws), Carrie Ruggles (distance), Melissa Masterson (jumps, hurdles), Jamie Grasso (sprints), Susan Davis (hurdles); juniors: Karen Hoogland (hurdles), Celeste Sedo (distance).
Outlook — As usual, Ridgewood will be in league, County, and sectional contention. Sokolik, Sedo, and All-County indoor 1,000-meter runner Meg McDermott are potential All-Bergen selections.

MONTCLAIR

Coach — Doris Ellis (29th season)
Top competitors back — Senior Louisa Marrs (distance); juniors: Mikele Barber (400), Lisa Barber (100), Helen Dock (shot), Ellen Dock (discus); sophomore Aleah Williams, (100, 200).
Outlook — Mikele Barber and Williams proved themselves in the Meet of Champions last season and their leadership and improved skills should make it exciting.

TRACK

Ridgewood Relays

BOYS LARGE SCHOOLS

Team results — Scotch Plains 77, Union 66, Bellport 55, Garfield 43, Ridgewood 41, Lakeland 36, Hunterdon Central 34, Middletown North 29, Shaker 28, Cranford 26, Christian Brothers Academy 20, J.P. Stevens 19, Hudson Catholic 14, Irvington 4, Orange 2.

6,400 — 1. Bellport (Rich Velazquez, Ben Hawkins, John Husing, Dan Jening), 18:52.1; 2. Ridgewood, 18:59.6; 3. Ridgewood (B), 19:57.3; 4. Hudson Catholic, 20:07.4; 5. Middletown North, 20:25.7; 6. Shaker, 20:28.3.

400 shuttle hurdles — 1. (tie) J.P. Stevens (S. Tarazevits, R. Prescott, P. Lee, M. Haidri), 1:04.2; 1. (tie) Scotch Plains (Adam Bowser, Blair Woodward, Chris Lasasta, Karl Jennings), 1:04.2; 3. Union, 1:07.4; 4. Garfield, 1:09.6; 5. Shaker, 1:10.0; 6. Christian Brothers, 1:10.3.

400 — 1. Union (Adam Daehnke, Paul Defrancesco, Kwasi Jones, Brian Yaonick), 46.1; 2. Bellport, 46.4; 3. J.P. Stevens, 47.2; 4. Cranford, 47.5; 5. Ridgewood, 47.5; 6. Orange, 48.6.

3,200 — 1. Hunterdon Central (David Zackowitz, Skip Allen, Matej Rutar, Jon Fasulo), 8:20.0; 2. Lakeland, 8:40.7; 3. Bellport, 8:41.1; 4. Irvington, 8:50.6; 5. Union, 8:50.6; 6. Garfield, 8:55.5.

4x200 — 1. Bellport (Ervin Booker, Wil Giffin, Eric Clark, Melvin Cullum), 1:32.6; 2. Union, 1:34.5; 3. Shaker, 1:36.1; 4. Scotch Plains, 1:37.0; 5. J.P. Stevens, 1:37.7; 6. Cranford, 1:38.8.

Sprint medley — 1. Bellport (Rich Velazquez, Eric clark, Wil Griffin, Errin Booker), 3:45.0; 2. Union, 3:47.8; 3. Middletown North, 3:49.2; 4. Shaker, 3:59.7; 5. Hunterdon Central, 4:05.8; 6. Orange, 4:08.6.

Distance medley — Hunterdon Central (Skip Allen, Gary Thau, David Zackowitz, Jon Fasulo), 11:00.5; 2. Scotch Plains, 11:08.0; 3. Bellport, 11:17.3; 4. Cranford, 11:17.5; 5. J.P. Stevens, 11:25.0; 6. Lakeland, 11:29.6.

3x400 IH — 1. Scotch Plains (Chris Lancaster, Adam bowser, Karl Jennings), 3:00.4; Garfield, 3:05.5; 3. Ridgewood, 3:09.0; 4. Lakeland, 3:12.2; 5. Union, 3:13.2; 6. Bellport, 3:20.0.

1,600 — 1. Union (Mike Hulme, Kwasi Jones, Paul Defrancesco, Brian Yawnick), 3:35.8; 2. Middletown North, 3:40.1; 3. Lakeland, 3:41.9; 4. Cranford, 3:43.7; 5. Hunterdon Central, 3:46.4; 6. Garfield, 3:46.7.

Triple jump — 1. Garfield (Labocki, Stansfield, Baranowski), 115-10½; 2. Ridgewood, 101-11½; 3. Shaker, 101-1½; 4. Christian Brothers, 97-4½; 5. Christian Brothers (B), 95-1.

Long jump — 1. Union (Raphael Medy, Adam Daehnke, Deshaun Creekmur), 54-4½; 2. Scotrch Plains, 53-6; 3. Garfield, 52-7; 4. Bellport, 51-6½; 5. Lakeland, 51-4½; 6. Ridgewood, 50-11.

Pole vault — 1. Scotch Plains, 39-6; 2. Huntington Central, 33-0; 3. Garfield, 30-6; 4. Christian Brothers, 29-6; 5. Shaker, 22-0; 6. Lakeland, 20-0.

Javelin — 1. Lakeland (Arden Chlerech, Ende Racz, Kevin Micelli), 437-0; 2. Hudson Catholic, 424-2; 3. Union, 363-3; 4. Cranford, 348-3; 5. Scotrch Plains, 347-1; Hunterdon Central, 345-4.

Discus — 1. Scotch Plains (Tom Stein, Dave Rowley, Brian Sincauage), 368-6; 2. Cranford, 331-2; 3. Garfield, 3:24-11; 4. Shaker, 316-9; 5. Ridgewood, 313-5; 6. Middletown North, 306-2.

High jump — 1. (tie) Ridgewood (Braden, Robinson, Byrne), 17-0; 1. (tie) Christian Brother, 17-0; 1. (tie) Scotch Plains, 17-0; 4. Union, 16-11; 5. Shaker, 16-10; 6. Cranford, 15-3.

GIRLS LARGE SCHOOL

Team results — J.P. Stevens 71, Ridgewood 56, Shaker 43.1, Garfield 42.1, Middletown North 40, Bellport 38, Cranford 28, Old Bridge and Truman 26, Irvington 22, Scotch Plains 14.1, Old Bridge 13, Pennsauken and Lakeland 12, Orange 8, Far Rockaway 6, Fair Lawn 4, Livingston 3.

6,400 — 1. Bellport (Karin DeAcentis, Erin Fehn, Karisa Horsley, Emily Einert), 22:07.6; 2. Ridgewood, 22:13.4; 3. Ridgewood (B), 23:36.2; 4. Middletown North, 24:07.7; 5. Garfield, 25:00.8; 6. Shaker, 25:03.8.

400 shuttle hurdles — 1. J.P. Stevens (Kim Turko, Carla Roa, Adriane Kilar, Eun Jung Kim), 1:05.4; 2. Cranford, 1:05.7; 3. Irvington, 1:06.6; 4. (tie) Ridgewood, 1:10.0; 4. (tie) Shaker, 1:10.0; 6. Middletown North, 1:12.8.

400 — 1. Truman (Erin Haynes, Sasa Benjamin, Erika Phelps, Danielle Chrisphonte), 51.4; 2. Orange, 52.6; 3. Far Rockaway, 53.6; 4. Pennsauken, 53.8; 5. Old Bridge, 54.1; 6. Ridgewood, 54.2.

3,200 — 1. Shaker (Kyla Mulvey, Melissa Mullens, Jen Pollock, Eileen Rose), 9:53.7; 2. Irvington, 10:13.0; 3. Ridgewood, 10:16.8; 4. Pennsauken, 10:41.6; 5. Lakeland, 11:10.5; 6. Middletown North, 11:22.0.

800 — 1. Old Bridge (Genise Hundley, Denise Hundley, Elizabeth Clements, Dayna Maleton), 1:47.2; 2. J.P. Stevens, 1:47.8; 3. Truman, 1:48.1; 4. Scotch Plains, 1:48.4; 5. Shaker, 1:50.9.

Sprint medley — 1. J.P. Stevens (Jasmeen Horne, Lauren Brown, Kim Turko, Kathy Sutkowski), 4:24.1; 2. Shaker, 4:25.2; 3. Bellport, 4:25.9; 4. Ridgewood, 4:30.8; 5. Old Bridge, 4:34.8; 6. Middletown North, 4:38.9.

Distance medley — 1. Bellport (Korin DeAcetis, Danielle Houpe, Erin Fehn, Karisa Horsley), 13:19.3; 2. Irvington, 13:35.8; 3. Ridgewood, 13:38.5; 4. Shaker, 14:07.7; 5. Scotch Plains, 14:22.0; 6. J.P. Stevens, 14:36.2.

3x400 IH — 1. Cranford (Monique Brown, Michelle Chilinski, Becky Taylor), 3:30.5; 2. Ridgewood, 3:40.3; 3. Middletown North, 3:44.0; 4. J.P. Stevens, 3:44.8; 5. Old Bridge, 3:48.3; 6. Shaker, 3:48.7.

1,600 — 1. Truman (Sasha Benjamin, Lashae Zuniga, Danielle Chrisphonte, Rochelle Meggoe), 4:13.1; 2. Shaker, 4:15.3; 3. Middletown North, 4:22.1; 4. Pennsauken, 4:22.4; 5. Ridgewood, 4:25.4; 6. Old Bridge, 4:30.5.

Triple jump — 1. Garfield (Denise Smith, Kam Lam, Jun Austin), 83-6; 2. Bellport, 81-7½; 3. J.P. Stevens, 78-2; 4. Fair Lawn, 74-0½; 5. Ridgewood, 60-9; 6. Shaker, 50-8½.

Long jump — 1. J.P. Stevens (Kim Turko, Adriane Kilar, Lauren Brown), 44-10½; 2. Middletown North, 42-1; 3. Ridgewood, 39-10½; 4. Bellport, 38-9½; 5. Ridgewood (B), 38-6; 6. Livingston, 37-4½.

Javelin — 1. Old Bridge (Michelle Whinna, Nadege Bernadin, Dolores Carreira), 247-6; 2. Garfield, 237-11; 3. J.P. Stevens, 223-11; 4. Scotch Plains, 209-4; 5. Middletown North, 206-6; 6. Livingston, 205-4.

Shot put — 1. Old Bridge (Elizabeth Clements, Nadege Bernadin, Michelle Whinna), 90-9; 2. Garfield, 88-4½; 3. J.P. Stevens, 83-9; 4. Ridgewood, 83-4; 5. Scotch Plains, 81-5; 6. Middletown North, 79-7½.

Discus — 1. Garfield (Merna Geirges, Gabby Garbano, Naa-Astewi Koney), 254-0; 2. Middletown North, 245-8; 3. Ridgewood, 237-10; 4. Lakeland, 219-11; 5. J.P. Stevens, 214-5; 6. Old Bridge, 212-4.

High jump — 1. Cranford (Chilinski, Kupka, Weiss), 13-9; 2. J.P. Stevens, 13-8; 3. Lakeland, 13-4; 4. (tie) Shaker, 12-6; 4. (tie) Garfield, 12-6; 6. Scotch Plains, 12-6.

BOYS SMALL SCHOOL

Team scores — Metuchen 86, Voorhees 52, La Salle Institute 49, Ramsey 49, New Milford 38, Jefferson Township 36, Cresskill 35, Highland Park 27, Manchester 25, Midland Park 21, Hawthorne 20, Morris Catholic 17, Christian Brothers Academy 12, Monroe Township 9, Secaucus 6, Wallkill Valley 6, Cedar Grove 4, Glen Ridge 1, Hopatcong 1.

Triple jump — 1. La Salle Institute (Ed Baroes, Bob Federici, Elisha Mooring), 105-11; 2. Ramsey, 105-11; 3. New Milford, 103.1 and New Milford, 103-1; 4. Midland Park, 100½; 5. Cresskill (A), 96-4; 6. Manchester, 93-3.

Long jump — 1. Voorhees (Ross Ludwig, Kevin O'Brien, Sing Lintharong), 54-11½; 2. Metuchen, 54-4½; 3. Highland Park, 52-10½; 4. Secaucus, 51-11; 5. Ramsey, 50-3½; 6. Wallkill Valley, 50-2½.

Pole vault — 1. (tie) Cresskill and Ramsey 27-0; 3. Midland Park, 18-0; 4. Cedar Grove, 16-0; 5. New Milford, 8-0; 5. (tie) La Salle Institute, 8.

Javelin — 1. Hawthorne (Jim Hayes, John Passano, DJ Meehan), 365-4; 2. Highland Park, 357-4; 3. Jefferson, 356-4; 4. Cresskill, 352-4; 5. Metuchen, 347-8; 6. Morris Catholic, 327-4.

Shot put — 1. La Salle (A) (Dan Lill, Jim Rondeau, Tim Dawkins), 120-9½; 2. Cresskill, 111-6; 3. Manchester, 110-3; 4. Highland Park, 109-4½; 5. Hawthorne, 109-1; 6. Hopatcong, 105-9.

Discus — 1. La Salle Institute (Dan Lill, Jim Rondeau, Tim Dawkins), 328-6; 2. Jefferson Township, 319-2; 3. Manchester, 300-8; 4. Ramsey, 300-4; 5. Hawthorne, 297-11; 6. Cresskill, 296-6.

High jump — 1. New Milford, 15-0; 2. Cresskill, 14-0; 3. Voorhees, 10-2; 4. La Salle, 9-10; 5. Midland Park, 5-4; 6. Manchester, 4-10.

6,400 — 1. Jefferson Township (Adam VanAntwerp, Brian Christ, Tom Ford, Mike Sikorski), 19:25.5; 2. Morris Catholic, 19:52.1; 3. New Milford, 20:05.6; 4. Ramsey (B), 20.09.3; 5. Metuchen, 20:49.4; 6. Midland Park, 21:04.5

400 shuttle hurdles — 1. Metuchen (Les Woodgett, Dennis Mahoney, Justin Drum, Tyrone Ross), 1:09.2; 2. Voorhees, 1:09.4; 3. La Salle, 1:12.7; 4. Cresskill, 1:15.7; 5. Jefferson Township, 1:18.9; 6. New Milford, 1:19.4.

400 — 1. Metuchen (Justin Drum, Keith Kreigen, Ryan Marateh, Tyrone Ross), 44.6; 2. Voorhees, 46.3; 3. Hawthorne, 47.0; 4. Highland Park, 47.2; 5. Jefferson Township, 47.9; 6. Monroe Township, 50.9.

3,200 — 1. Metuchen (Steve Dappe, Scott Ferio, Ben Spector, Sean Ryan), 8:36.0; 2. Monroe Township, 9:12.3; 3. New Milford, 9:41.7; 4. Cresskill, 9:44.1; 5. Ramsey, 9:58.7; 6. Glen Ridge, 9:59.1.

800 — 1. Metuchen (Justin Drum, Jordan Melograna, Ryan Manatch, Keith Kreigen), 1:34.5; 2. Voorhees, 1:37.6; 3. Ramsey, 1:39.3; 4. Midland Park, 1:40.2; 5. Wallkill Valley, 1:41.4; 6. Highland Park, 1:41.4.

Sprint medley — 1. Ramsey (Josh Hollens, Brian Schonemen, Mike D'Angelo, Allen Rubel), 3:47.0; 2. Metuchen, 3:48.8; 3. Manchester, 3:50.0; 4. Morris Catholic, 3:55.2; 5. Secaucus, 3:56.7; 6. Wallkill Valley, 4:00.0.

Distance medley — 1. Christian Brothers (Pat Collins, Jelani Cowan, Jamie Kendall, Jamie Rodriguez), 11:18.3; 2. Jefferson Township (B), 11:18.6; 3. Metuchen, 11:25.7; 4. Morris Catholic, 11:47.8; 5. Voorhees, 11:58.1; 6. New Milford, 11:58.9.

3x400 IH — 1. Voorhees (Kevin O'Brien, Mike Kavanaugh, Matt Blazure), 3:14.9; 2. La Salle, 3:15.6; 3. New Milford, 3:25.7; 4. Midland Park, 3:27.5; 5. Christian Brothers, 3:50.9.

1,600 — 1. Metuchen (Steve Deppe, Brian Fish, Jordan Melogrinn, Tyrone Ross), 3:32.3; 2. Ramsey, 3:35.9; 3. Manchester, 3:41.4; 4. Highland Park, 3:50.3; 5. Wallkill Valley, 3:50.9; 6. Midland Park, 3:52.3.

GIRLS SMALL SCHOOL

Team scores — Voorhees 79, Westwood 60, Metuchen 50, Ramsey 45, Hopatcong 37, Arts 31, SWR 29, Highland Park 26, Monroe 25, DePaul 24, Pequannock 23, Midland Park 14, Hawthorne 9, Wallkill Valley 5, Secaucus 4, Glen Ridge 1.

Long jump — 1. Voorhees (Sue Altman, Jocelyn Griggs, Kristin Zelezink), 41-4.; 2. Highland Park, 40-½; 3. Pequannock, 39-5½; 4. Metuchen, 39½; 5. Midland Park, 38-8; 6. Arts, 38-4.

Javelin — 1. Metuchen (Jen Graf, Natalie Crowe, Vzoma Okorie), 239-10; 2. Hopatcong, 230-7; 3. Westwood (A), 228-11; 4. DePaul, 219-10; 5. Hawthorne, 209-1; 6. Westwood (B), 194-2.

6,400 — 1. Voorhees (Ang Webb, Staci Hillmann, Katelin Johnson, Amy Howard), 23:21.4; 2. Westwood, 23:22.8; 3. Ramsey, 23:25.0; 4. Shoreham-Wading River, 23:29.0; 5. Metuchen, 24:41.5; 6. Midland Park, 26:24.7.

400 shuttle hurdles — 1. Metuchen (Keri Redding, Caroline Rivers, Laiya Cherry, Jessica Akey), 1:11.0; 2. Pequannock, 1:11.8; 3. Voorhees, 1:14.1; 4. Monroe, 1:15.3; 5. DePaul, 1:19.3; 6. Hopatcong, 1:20.4.

400 — 1. Hopatcong (Danielle Stoveken, Kate Foley, Kristen Fransen, Audra Irwin), 53.1; 2. Metuchen, 53.6; 3. Shoreham-Wading River, 54.1; 4. Monroe, 55.1; 5. Wallkill Valley, 55.1; 6. Arts, 55.3.

3,200 — 1. Voorhees (Michelle Ottey, Meghan McQuaide, Kira Wentwith, Jessica Alpargh), 10:28.5; 2. Westwood, 10:44.2; 3. Monroe, 10:46.0; 4. Highland Park, 10:49.0; 5. Ramsey, 11:14.0; 6. Pequannock, 11:27.0.

800 — 1. Arts (Sameerah Mitchell, Latrice Clark, Marajoe Ashikwei, Anne Julmiste), 1:48.9; 2. Ramsey, 1:56.1; 3. Hopatcong, 1:56.4; 4. Shoreham-Wading River, 1:58.0; 5. Westwood, 1:58.7; 6. Voorhees, 2:05.4.

Sprint medley — 1. Arts (Latrice Clark, Sameerah Mitchell, Melissa Drakeford, Joi Hayes), 4:36.5; 2. Highland Park, 4:37.4; 3. Metuchen, 4:38.0; 4. Voorhees, 4:38.1; 5. Monroe, 4:39.2; 6. Hopatcong, 4:42.0.

Distance medley — 1. Ramsey (Michelle Scubic, Alyson Campbell, Chrissy McDonnel, Tracy Kirk), 13:45.0; 2. Voorhees, 13:52.3; 3. Westwood, 13:58.8; 4. Highland Park, 14:20.5; 5. Voorhees, 14:39.3; 6. Ramsey (B), 14:39.5.

3x400 IH — 1. Voorhees (Lauren Kent, Heather Witte, Sue Althen), 3:47.6; 2. Ramsey (A), 3:48.8; 3. Pequannock, 3:53.6; 4. DePaul, 3:58.0; 5. Highland Park, 4:02.7; 6. Ramsey (B), 4:05.4.

1,600 — 1. Arts (Anne Julmiste, Sameerah Mitchell, Joi Hayes, Latrice Clark), 4:14.1; 2. Hopatcong, 4:20.0; 3. Metuchen, 4:21.1; 4. Voorhees, 4:25.1; 5. Westwood, 4:28.9; 6. Ramsey, 4:36.3.

THE RIDGEWOOD RELAYS **4/5/97**

Ridgewood 2nd of 18 teams. 1. J.P.Stevens-71, 2.RHS-56, 3.Shaker-43, 4.Garfield-42

4X1600 C.Sedo(5:24), Schiefan(5:38.1), Ruggles(5:41), McDermott(5:32)=22:13.4 2nd
Behan(5:40.7), Walther(?), Cangemi(?), Brownell(5:55.5)=23:36.2 3rd

4X100m HURDLES Masterson, Law, Hoogland, Klar = 1:10.0 4th tie
S. Davis, Daniels, McBride, Raiter= ?? misssed time

4X100 Bruno, Stamper, Lamothe, Grasso = 54.2 6th
"B" - Daniels, Loving, Ferdon, Lenninger = 59.0
"C" - Brenna C-P, Raiter, Donohoe, Shaw = 65.3

4X800 Ruggles(2:38), McDermott(2:27), Sprich(2:38), C. Sedo(2:29) = 10:16.8 3rd
"B" - Roth(3:04), Janis(3:06), Correll(2:52), Nelson(2:55) = 11:57

4X200 Bruno, Stamper, Masterson, Grasso = 1:51.9
"B" - Hoogland, Porro,Loving, Dixit = 1:58.9

4X800 frosh "A" - O'Neill(2:39), A. Davis(2:43), Brownell(2:49), Dunn(2:40) = 10:51.1 1st
"B" - Wells(2:54.1), Snyder(3:10), Claydon(3:08), Latanich(3:00.7) = 12:12.0 4th

SPRINT MEDLEY 400-200-200-800
Belknap(63.8), Grasso(27.1), Lamothe(32.0), Sedo(2:29) = 4:30.8 = 4th
"B" - Porro(67.8), Loving(29.0), Lenninger(33.0), Riina(3:12.2) = 5:21.2

DISTANCE MEDLEY 1200-400-800-1600
Behan(4:07.6), A.Davis(71.1), Schiefen(2:35), Sprich(5:45) = 13:38.5 3rd
"B" - VanYpern(4:28.8), Dixit(77.0), Dlugasch(2:53), Brundige(6:35) = 15:10.2

3X400m HURDLES Klar(71.9), Law(75.0), Hoogland(73.5) = 3:40.3 2nd

3X400m HURDLES soph Daniels(84.8), McBride(97.6), Raiter(90.3) = 4:32.7

4X400 Belknap(66.4),Law(67.7), Masterson(67.2),Bruno(?69.2?) = 4:25.4 5th

3XTRIPLE JUMP Klar(30'2"), Masterson(30'7"), S.Davis(fff) = 60' 9" 5th

3XSHOT PUT Sokolik(30'6 1/2"),Fernandez(25'3 1/2"),Brown(27'6") = 83'4" 4th
Lerman(21'1 1/2"),K.Davis(19'9 1/2"),Newman(19'7") = 60'6"
Bryant(17'2 1/2"),Dorkhom(13'1")

3XHIGH JUMP A.Davis(4'3")

3XLONG JUMP Klar(14'4 1/2"), Grasso(12'11 1/2"), Law(12'6 1/2") = 39'10 1/2" 3rd
A. Davis(12'5"), Lamothe(14'4 1/2"),Leininger(11'11") = 38'6" 5th

3XDISCUS Sokolik(96'9"),Fernandez(71'5"),Wilson(69'8") = 237'10" 3rd
Brown(71'11"),Newman(58'6"),K.Davis(42'8") = 173'1"
Lerman(52'),Dorkhom(41'2").Bryant(36'7") = 129'9"

3XJAVELIN Brown(68'9"),Sokolik(67'7"),Fernandez(43') = 179'4"
Lerman(40'5"),K.DAvis(34'9"),Dorkhom(23'7") = 98'9"

The Ridgewood girls were a bit more successful, taking second place in the girls large-school competition with 56 points to J.P. Stevens' 71. Garfield finished fourth with 42.1 points.

A track spectacular

✔Ridgewood Relays opens outdoor track and field season. See Sports.



Standout Ridgewood track and field athletes Meg McDermott and Kara Belknap react to humorous advice given by assistant coach Jack Elwood.

RIDGEWOOD TRACK AND FIELD — DUAL MEET SUMMARY

RHS vs EASTSIDE HIGH SCHOOL

BAUERLE FIELD

DATE APRIL 10TH 1997

WEATHER COLD - VERY HIGH WINDS

TEAM RECORDS

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	EAST SIDE
Long jump	ANA LAW RHS 15'	KEISHA BENNETT E BETTER 2ND JUMP 14'5"	JAMIE GRASSO RHS 14'5"	6	3
Intermediate Hurdles	DENEY CALDWELL E 70.9	MARLI KLAR RHS 72.4	MELISSA JONES E 73.3	3	6
100 meter dash	TIAMEACUA FULTON E 12.4	JAMMIE GRASSO RHS 13.3	YASHIMA WADDELL E 13.8	3	6
1600 meter run	CELESTE SEDO RHS 5:44.1	MEG McDERMOTT RHS 5:44.7	KELLY BEHAN RHS 5:48	9	0
400 meter dash	TIAMEACUA FULTON E 63.9	LESLEY BRUNO RHS 66.1	KEISHA BENNETT E 67.1	3	6
100 meter Hurdles	MELISSA JONES E 15.1	DENEY CALDWELL E 16.6	MARLI KLAR RHS 17.0	1	8
800 meter run	MEG McDERMOTT RHS 2:27.0	KIMPOLY SWABY E 2:32.0	CELESTE SEDO RHS 2:32.1	6	3
200 meter dash	MELISSA JONES E 26.8	DENEY CALDWELL E 27.2	LESLIE BRUNO RHS 28.3	1	8
3200 meter run	CELESTE SEDO RHS 14:21	KELLY BEHAN RHS 14:22	MONICA SCHIEFEN RHS 14:22.9	9	0
Triple Jump	KEISHA BENNETT E 32'	DENEY CALDWELL E BETTER 2ND JUMP 31'1"	HELENA LAMOTHE RHS 31'1"	1	8
4X400 meter relay	EASTSIDE 4:28	RIDGEWOOD 4:31.5		0	5
Shot Put	JESS SOKOLIK RHS 29'6"	AYANA SELLERS E 28'11½"	RANDI POINTER E 28'8"	5	4
Discus	JESS SOKOLIK RHS 103'5"	RANDI POINTER E 92	ALLISON MATHIESEN RHS 83'6"	6	3
High Jump	GWEN STAMPER RHS 5'2"	ERIN PRIDE E 5'0"	MELISSA MASTERSON RHS 4'10"	6	3
			FINAL SCORE	59	63

THIS WAS A CLOSE + VERY EXCITING MEET IN VERY HARSH · COLD + WINDY CONDITIONS. IT WAS A VERY TOUGH LOSS WITH 3 "HOME CALLS" HURTING US BADLY. WE STAYED TOUGH + HAD A LOT OF CLASS. HOWEVER SOME OF US NEEDED MORE CLOTHES.

CANDY AWARDS TO: LAW, BRUNO, GRASSO, McDERMOTT, BROWN STAMPER, + MASTERSON.

RIDGEWOOD TRACK AND FIELD

RHS vs EASTSIDE

EVENT	NON-SCORING PERFORMANCES
Long jump	LAMOTHE - 13'9½" MASTERSON - 12'4" KLAR - 13'5"
Intermediate Hurdles	MASTERSON - 76.4 M. SMITH - 78.3
100 meter dash	LAMOTHE - 13.8 DIXIT - 14.6 DONOHOE - 15.6 RODNEY - 16.8 PORRO - 13.9 LEININGER - 14.9 ONNUBU - 16.1 SHAH - 17.7 STAMPER - 14.4 FERDON - 15.2 COLEMAN - 16.6
1600 meter run	SCHIEFEN - 5:57.9 WALTHER - 6:08.9 O'NEILL - 6:12.8 A. DAVIS - 6:07.7 BROWNELL - 6:08.9 CANGEMI - 6:08.9 BRUNDIGE - 6:50.4
400 meter dash	BELKNAP - 67.6 DLUGASCH - 73.1 WILSON - 71.1
100 meter Hurdles	LAW 17.6 RAITER - 20.8 HOOGLAND 18.3 McBRIDE - 25.4 S. DAVIS 18.7
800 meter run	RUGGLES - 2:36.9 DUNN - 2:51.5 WELLS - 3:03.3 JANIS - 3:07.1 SPRICH - 2:37.3 NELSON - 2:53.2 ROTH - 3:04.4 RIINA - 3:12.2 VANYPEREN - 3:02.7 LATANICH - 3:04.4
200 meter dash	GRASSO - 29.1 STAMPER - 30.3 LEININGER - 32.6 RODNEY 36.4 PORRO - 29.4 DIXIT - 30.9 COLEMAN - 34.2 LA MOTHE - 29.9 DANIELS - 32.1 DONOHOE - 35.6
3200 meter run	SPRICH - 14:24.4 BROWNELL - 14:25.4 NELSON - 14:48.1 RUGGLES - 14:24.4 DUNN - 14:31.1 VANYPEREN - 15:45.8 WALTHER - 14:25.4 O'NEILL - 14:44.3 LATANICH - 16:04.8
Triple Jump	KLAR - 30'5" MASTERSON - 30'8" DAVIS - 29'8½"
4X400 meter relay	① BELKNAP - 68.5 ③ LAW - 67.4 ② McDERMOTT - 68.8 ④ BRUNO - 66.8
Shot Put	BROWN - 27'9½" MATHIESEN - 25'2½" K. DAVIS - 18'4" FERNANDEZ - 26'8" THOMPSON - 22'½" BRYANT - 16'9" WILSON - 25'5" NEWMAN - 18'10½" DORKHOM - 15'1¾"
Discus	BROWN - 82' THOMPSON - 53'2" K. DAVIS - 47'8" FERNANDEZ - 72'6" NEWMAN - 52'2" DORKHOLM 42'10" WILSON - 71'5" BRYANT - 50'8"
High Jump	A. DAVIS -

RIDGEWOOD TRACK AND FIELD

DUAL MEET SUMMARY

RHS vs BARRINGER

at BERGEN CATHOLIC

DATE APRIL 10TH 1997

WEATHER SUNNY - COOL - BREEZY

TEAM RECORDS

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	B
Long jump	HELENA LAMOTHE RHS 13'6½"	ANA LAW RHS 13'5"	PAYAL DIXIT RHS 11'11"	9	0
Intermediate Hurdles	ANA LAW RHS 81.1	ERIN RAITER RHS 89.2	BETH McBRIDE RHS 96.8	9	0
100 meter dash	SCHANNEL MIDDLETON B 14.0	HELENA LAMOTHE RHS 14.2	JESS PORRO RHS 14.3	4	5
1600 meter run	KELLY BEHAN RHS 5:47.2	JULIA BROWNELL RHS 6:00.1	ALYSON CANGEMI RHS 6:05.1	9	0
400 meter dash	CELESTE SEDO RHS 65.5	KARA BELKNAP RHS 66.0	KIM HUDSON BARRINGER 66.9	8	1
100 meter Hurdles	NOT CONTESTED.				
800 meter run	KAREN HOOGLAND RHS 2:35.6	JULIE SARICH RHS 2:38.1	KELLY BEHAN RHS 2:42.9	9	0
200 meter dash	LESLEY BRUNO RHS 28.3	JESSIE PORRO RHS 29.3	SCHANNEL MIDDLETON RHS 29.4	8	1
3200 meter run	JULIA BROWNELL 1 LAP SHORT RHS (1/5 MILE) 11:44.1	ALYSON CANGEMI 1 LAP SHORT RHS	DIANE NELSON 1 LAP SHORT RHS	9	0
Triple Jump	MELISSA MASTERSON RHS 31'2"	HELENA LAMOTHE RHS 30'2½"	SUE DAVIS RHS 29'½"	9	0
4X400 meter relay	RIDGEWOOD 5:15.4			5	0
Shot Put	JESS SOKOLIK RHS 30'7½"	SHAYNA BROWN RHS 29'¾"	MICHELLE FERNANDEZ RHS 27'2"	9	0
Discus	JESS SOKOLIK RHS 106'1"	SHAYNA BROWN RHS 84'8"	MICHELLE WILSON RHS 82'10"	9	0
High Jump	GWEN STAMPER RHS 4'8"	ALLISON DAVIS RHS 4'6"	LESLEY BRUNO RHS 4'4"	9	0
			FINAL SCORE	106	7

The Throwers had a great day 5 pr's in the shot and 3 in the Discs. !! Amanda, Shana, and Michelle had Double PR's. Celeste Sedo and Karen Hoogland had notable wins. The Baton exchange of Dlugasch to Wells was outstanding.

RIDGEWOOD TRACK AND FIELD

RHS vs BARRINGER

EVENT	NON-SCORING PERFORMANCES
Long jump	LEININGER - FFFF
Intermediate Hurdles	SMITH DQ (82.8)
100 meter dash	DIXIT - 14.6 FERDON - 15.8 LEININGER - 15.2 NEWMAN - 16.4 ROONEY - 16.9
1600 meter run	R. SEDO - 6:08.5
400 meter dash	WILSON - 67.5 LOVING - 69.4
100 meter Hurdles	NOT CONTESTED
800 meter run	NELSON - 2:47.5 O'NEILL - 2:47.9
200 meter dash	LOVING - 30.2 WELLS - 33.2 JANIS - 34.8 VANYPEREN - 32.6 A. DAVIS - 33.6 RIINA - 34.1 DLUGASCH - 32.1 BRUNDIGE - 33.6 LATANICH - 37.4
3200 meter run	RIINA - 13:49.8 WELLS - 13:53.3 COLEMAN - 13:50.9 LATANICH - 14:00.9 ← 1 lap short 1/5 of a MILE SHORT
Triple Jump	LEININGER - FFFF
4X400 meter relay	DAVIS - 72.6, DLUGASCH - 78.9, DUNN - 80.6, O'NEILL - 83.2
Shot Put	WILSON - 25'9" T. THOMPSON - 19'2½" NEWMAN - 21'½" BRYANT - 18'0" K. DAVIS - 19'8" DORKHOM - 14'6"
Discus	WILSON - 69'7" K. DAVIS - 45'1" T. THOMPSON - 58'4" BRYANT - 44'6" NEWMAN - 56'11" DORKHOM - 41'8"
High Jump	

ENGLEWOOD RELAYS AT WHENTON WHITE STADIUM 4/12/97

4X1600m Sprich(5:46.5), O'Neill(5:57.2), Brownell(5:51.1), Behan(5:40.8) = 23:15.5 2nd

4X100mHURDLES Law(18.3), Smith(19.0), Hoogland(18.0), Klar(16.4) = 1:11.9 1st

4X100m Lamothe, Porro, Stamper, Bruno = 55.5 6th
Dixit, Ferdon, Onwubu, Leininger = 59.7
Shah, Raiter, Daniels, Coleman = 63.8

4X800m C.Sedo(2:26.9), Ruggles(2:28.4), Schiefer(2:36.4), McDermott(2:27.3) = 9:59.1 2nd
A.Davis(2:40.5), Dunn(2:38.6), Brownell(2:47.2), O'Neill(2:43.6) = 10:49.9 2nd

4X200m Lamothe(31.7), Porro(31.0), Stamper(31.9), Bruno(26.3) = 1:59.9 DQ
Dixit(32.6), Ferdon(30.2), Loving(31.7), Wilson(27.4) = 2:01.8

SPRINT MEDLEY-400,200,200,800
Hoogland(67.9), Wilson(30.6), Belknap(27.6), Schiefen(2:35.3) = 4:41.3
Donohoe(76.6), Dlugasch(31.9), Smith(28.8), Wells(2:53.2) = 5:10.4

DISTANCE MEDLEY-1200,400,800,1600
Ruggles(4:03), Law(66), McDermott(2:27), Sedo(5:24) = 12:59.6
Walther(4:15), Dunn(68), Sprich(2:37), Behan(5:44) = 13:44
Roth(4:39), A.Davis(5:52), Janis(2:59), Coleman(7:54) = 15:46.6

3X400mHURDLES no team

4X400m Belknap(68.4), Masterson(65.7), Klar(66.3), Bruno(64.7) = 4:25.2 2nd

HJX2 Stamper(4'6"), Masterson(NH)= 4'6" Bruno(4'4"), A.Davis(NH) = 4'4"
LJX2 Law(15'2"), Lamothe(14'11 1/2") = 30' 1/2" 2nd
TJX2 Klar(30'6 1/2"), Lamothe(30'9 1'2") = 61'4" 4th
SHOTX2 Sokolik (fff), Brown(26'10 1/2" **:** frosh - Bryant(16'4 1/2"), Dorkhom(14'4 3/4") : novice - Fernandez(25'11 1/2"), Wilson(26'10") 1st - K.Davis(20'1 3/4"), Newman(16'11 1/2")
DISCUSX2 Sokolik(103'2"), Fernandez(84'6") 2nd : novice - Wilson(73'4"), Brown(77'8"), - Newman(66'9"), K.Davis(46') : frosh - Bryant(48'), Dorkhom(46')
JAVELINX2 ???

Very nice team win over 22 other track and field teams. We are coming together as a team and we will be ready for a great county relays next week end.

Englewood Relays

AT WHINTON WHITE STADIUM

VARSITY BOYS

Team scores:

Christian Brothers Academy 64, St. Joseph Reg. 55, Old Bridge 50, NV/Old Tappan 41.

EVENTS

400 — 1, Plainfield (Anthony Davis, Jason Edwards, Arron Morton, Kishwayne Virco), 44.2; 2, St. Joseph Reg., 44.6; 3, Old Bridge, 46.8; 4, Collegiate, 47.4; 5, Christian Brothers, 47.9; 6, Ridgewood and Martin Luther King, 48.0.

800 — 1, St. Joseph Reg. (Rego, Unsworth, Ciurciu, Devito), 1:32.5; 2, Plainfield, 1:32.6; 3, South Shore, 1:33.9; 4, Christian Brothers, 1:35.0; 5, West Side, 1:35.6; 6, Hasbrouck Heights, 1:37.

1,600 — 1, Plainfield, 3:29.3; 2, South Shore, 3:36.7; 3, Middletown North, 3:39.8; 4, Old Bridge, 3:40.6; 5, St. Joseph, 3:41.0; 6, Fair Lawn.

3,200 — 1, Old Bridge (Kutcher, Iglesia, Edwards, Gantt), 8:08.7; 2, CBA, 8:19.6; 3, Hackensack, 8:20.4; 4, St. Francis, 8:27.2; 5, Ridgewood, 8:37.6; 6, Garfield, 8:47.0.

6,400 — 1, CBA (Bahsch, Tyburczy, Brian Hoffman, Bill Hoffman), 19:12.6; 2, St. Joseph Reg., 19:35.8; 3, Old Bridge, 19:38.1; 4, J.P. Stevens, 19:53.0; 5, Ramapo, 19:55.7; 6, Ramsey.

Sprint medley — 1, CBA (Brunt, Hanson, Banasiak, Bennett), 3:39.6; 2, J.P. Stevens, 3:41.4; 3, South Shore, 3:42.9; 4, Fair Lawn, 3:44.8; 5, Middletown North, 3:49.1; 6, Paramus, 3:51.1.

400 hurdles — 1, CBA (Kostka, Pfleger, Panzxa, Vuono), 66.0; 2, Hasbrouck Heights, 67.2; 3, Old Bridge, 69.2; 4, Garfield, 69.4; 5, Ridgewood, 70.7.

3X400 hurdles — 1, NV/Old Tappan (Dave Byun, Paul Beibeinn, Mike Ryan), 3:04.1; 2, Old Bridge, 3:06.3; 3, Ridgewood, 3:15.8.

Long jump — 1, Ridgewood (Ted Winfield, Dusty Thomas), 40-4½; 2, NV/Old Taoppan, 39-10; 3, Plainfield, 39-6; 4, Hasbrouck Heights, 37-1½; 5, Garfield, 36-10½; 6, Fair Lawn, 36-10½.

Triple jump — 1, Emerson (Jason Hewitt, Boyle Lee), 79-1½; 2, Garfield, 77-3, St. Joseph Reg., 76-1½; 4, Collegiate, 75-4½; 5, South Shore, 73-10; 6, NV/Old Tappan, 72-6.

Pole vault — 1, CBA (Muller, Vitale), 22-7; 2, NV/Old Tappan, 21-6; 3, J.P. Stevens, 20-0; 4, Garfield and Emerson, 19-6; 6, Saddle Brook, 19-0.

Shot put — 1, Middletown North (Gecik, Cohen), 92-8½; 2, St. Joseph Reg., 88-2; 3, Collegiate, 83-1½; 4, NV/Old Tappan, 82-10½; 5, Wood-Ridge, 82-5¼; 6, Ridgewood, 82-1½.

Discus — 1, NV/Old Tappan (Matt Connely, Mike Green), 250-2; 2, St. Joseph Reg., 244-3; 3, Collegiate, 232-1; 4, St. Joseph Reg. B, 228-2; 5, Plainfield, 227-11; 6, Wood-Ridge, 224-9.

Javelin — 1, Wood-Ridge (Ron Phillips, Frank Kozibroda), 295-10; 2, St. Francis Prep, 281-9; 3, Garfield, 250-11; 4, Ridgewood, 243-8; 5, Ramsey, 224-9; 6, Saddle Brook, 220-4.

VARSITY GIRLS

Team scores:

Ridgewood 65, Middletown North 61, St. Francis 45, J.P. Stevens 45.

400 — 1, J.P. Stevens (Stiffle, Horne, Browne, Briggs), 53.5; 2, Bergenfield, 54.1; 3, St. Francis Prep, 54.9; 4, Middletown North, 55.1; 5, Ramsey, 55.3; 6, Ridgewood, 55.4.

800 — 1, J.P. Stevens (Tyrko, Sytkowski, Brown, Steele), 1:50.0; 2, New Milford, 1:51.2; 3, Middletown North, 1:53.2; 4, Pascack Valley, 1:55.7; 5, Ramsey, 1:57.4; 6, Paramus and Hasbrouck Heights, 1:57.6.

1,600 — 1, Middletown, 4:23.7; 2, Ridgewood, 4:25.1; 3, Saddle Brook, 4:27.8; 4, Ramsey, 4:32.3; 5, Holy Angels, 4:37.6; 6, Hasbrouck Heights, 4:43.6.

3,200 — 1, Hackensack (Delceta Russell, Quatrano Androski, McGuire), 9:57.5; 2, Ridgewood, 9:58.9; 3, Palinfield, 10:19.6; 4, Middletown North, 10:26.3; 5, Ramsey, 10:33.4; 6, St. Francis Prep, 10:42.0.

6,400 — 1, Ramsey (Tracy Kirk, Dana Satir, Sarah Walton, Chrissy McDonnell), 22:58.1; 2, Ridgewood, 23:15.4; 3, St. Francis, 23:16.9; 4, Fair Lawn, 24:13.8; 5, Holy Angels, 24:55.5; 6, Garfield, 24:59.1.

Sprint medley — 1, Plainfield (Lakeema Lewis, Atrice Mathews, Gorshawn Dabney, Priscilla Hazelwood), 4:23.5; 2, Holy Angels, 4:27.7; 3, Richmond Hills, 4:29.2; 4, Pascack Valley, 4:30.2; 5, Middletown North, 4:34.3; 6, J.P. Stevens, 4:36.3.

Distance medley — 1, Ridgewood (Carrie Ruggles, Ana Law, Meg McDermott, Celsete Sedo), 12:59.6; 2, Ramsey, 13:18.4; 3, St. Francis, 13:27.5; 4, Middletown North; 5, St. Francis B; 6, Holy Angels.

400 hurdles — 1, Ridgewood (Ana Law, Mo Smith, Karen Hoogland, Marli Klar), 1:11.8; 2, St. Francis Prep, 1:13.8; 3, Middletown North, 1:14.2; 4, Hasbrouck Heights, 1:14.7; 5, New Milford, 1:14.8; 6, IHA, 1:16.3.

3X400 hurdles — 1, Saddle Brook (Vicki Byrne, Alice Staiial, Luci Geruasio), 3:35.8; 2, St. Francis, 3:46.5; 3, Middletown North, 3:53.1; 4, Ramsey, 3:53.3; 5, J.P. Stevens, 4:01.0; 6, Holy Angels, 4:03.2.

Long jump — 1, Plainfield (Lakeema Lewis, Atrice Lewis), 32-1; 2, Ridgewood, 30-1½; 3, Hasbrouck Heights, 29-7; 4, Ramapo, 29-½; 5, Emerson, 28-9½; 6, Pascack Hills, 28-3.

Triple jump — 1, Ramapo (Laura Orrico, Jen Orthmann), 64-6; 2, Hasbrouck Heights, 62-11; 3, New Milford, 61-9½; 4, Ridgewood, 61-4; 5, Emerson, 60-10½; 6, Wallington, 69-9.

High jump — 1, Ramsey (Burdick, Skobic), 9-8; 2, J.P. Stevens and Bergenfield, 9-4; 4, Holy Angels, 9-0; 5, Ramapo, 8-8; 6, Fair Lawn, 8-4.

Shot put — 1, Garfield (Leona Gina, Czujko Enka), 62-9; 2, Middletown North, 57-0; 3, J.P. Stevens, 56-9; 4, Saddle Brook, 56-¼; 5, Hasbrouck Heights, 55-6¾; 6, Plainfield, 52-9¾.

Discus — 1, Middletown North (Lizz Scherer, Alicia Decker), 190-10; 2, Ridgewood, 187-8; 3, St. Francis, 187-0; 4, Garfield, 171-7; 5, Holy Angels, 161-6; 6, Fair Lawn, 159-2.

Javelin — 1, Garfield (Jen Austin, Maria Jasiak), 184-6; 2, J.P. Stevens, 169-1; 3, Hasbrouck Heights, 159-9; 4, St. Francis, 156-3; 5, Saddle Brook, 1:57.3; 6, Holy Angels, 144-0.

NOVICE BOYS

800 — 1, South Shore, 1:39.2.

1,600 — 1, South Shore, 3:55.2.

3,200 — 1, South Shore, 8:50.4.

Sprint medley — 1, South Shore, 3:54.1.

Distance medley — 1, Old Bridge, 11:45.0.

440 hurdles — 1, Christian Brothers, 1:13.3.

3X400 hurdles — 1, Pascack Hills, 3:23.1.

Long jump — 1, Ramapo, 37-7.

Triple jump — 1, Bergenfield, 75-3½.

Shot put — 1, Middletown North, 83-7.

Discus — 1, Pascack Hills (Matt Winer, Chris Ruskie), 208-11.

FROSH BOYS

800 — 1, Christian Brothers, 1:42.0.

1,600 — 1, South Shore, 3:54.7.

3,200 — 1, Christian Brothers, 8:58.8.

Sprint medley — 1, Old Bridge, 4:00.1.

Distance medley — 1, Christian Brothers, 11:52.2.

440 hurdles — 1, Christian Brothers, 1:17.3.

3X400 hurdles — 1, NV/Old Tappan, 3:44.6.

Long jump — 1, Ramsey, 33-7½.

Triple jump — 1, Pascack Valley, 66-6½.

Shot put — 1, Wood-Bridge, 72-10¼.

Discus — 1, Wood-Bridge, 200-10.

NOVICE GIRLS

800 — 1, Ridgewood, 2:01.6.

1,600 — 1, Ramsey, 4:58.5.

Sprint medley — 1, Pascack Hills, 4:50.0.

Distance medley — 1, Middletown North, 11:19.1.

400 hurdles — 1, Pascack Valley, 1:16.5.

Long jump — 1, Pascack Valley, 26-9.

Triple jump — 1, Garfield, 57-4½.

Shot put — 1, Ridgewood, 52-9½.

Discus — 1, Pascack Hills (Cara Lintner, Tiffanie Graham), 153-5.

FROSH GIRLS

800 — 1, Fair Lawn, 2:06.7.

1,600 — 1, Ramsey, 4:50.5.

3,200 — 1, St. Francis, 10:35.8.

Sprint medley — 1, Bergenfield, 4:50.1.

Distance medley — 1, Ridgewood.

Long jump — 1, St. Francis, 27-1.

Triple jump — 1, New Milford, 53-8½.

Shot put — 1, Pascack Hills (Danielle Faustini, Mary Kate DuLaney), 49-1½.

Discus — 1, Holy Angels, 129-9.

Passaic Relays

VARSITY BOYS

Team scoring

1. Passaic 70; 2. Lakeland 58; 3. Clifton 55; 4. DePaul 48; 5. Kenndy 44; 6. Passaic Valley 42; 7. Eastside 32; 8. tie, West Milford, Wayne Hills 27; 10. Wayne Valley 25; 11. Passaic Tech 22; 12. Hawthorne 12; 13. Eastern Christian 10; 14. Pompton Lakes 7; 15. Manchester 4; 16. Paterson Catholic 1.

400 — 1. Clifton (Andre McCormick, Mike Sanchez, Joe Haro, Tony Brown), 3:46.4; 2. Pasasic, 3:46.8; 3. DePaul, 3:52.3; 4. Manchester, 3:53.5; 5. Lakeland, 4:01.2; 6. Passaic Tech, 4:02.4.

800 — 1. Clifton (McCormick, Sanchze, Haro, Brown), 1:33.2; 2. Passaic Valley, 1:35.1; 3. Eastside, 1:36.4; 4. Kennedy, 1:36.9; 5. DePaul, 1:37; 6. Wayne Valley, 1:37.9

1,600 — 1. Passaic Valley (Chipolone, Laski, Buckowycz, Platvoet), 3:39.4; 2. Clifton, 3:44.1; 3. Eastside, 3:44.6; 4. Lakeland, 3:44.9; 5. Eastern Christian, 3:45.3; 6. Wayne Hills, 3:50.6.

3,200 — 1. Wayne Valley (Lakner, Mussano, Kaufman, Wallace), 8:35.1; 2. Passaic, 8:40.3; 3. Passaic Valley, 8:46.9; 4. Kennedy, 9:16.4; 5. Clifton, 9:27.1; 6. West Milford, 9:39.9.

6,400 — 1. Passaic (Bernard Fraser, Juan Martinez, Nilesh Patel, Matt Erszkowitz), 18:53; 2. Passaic Valley, 19:54; 3. Kennedy, 20:06; 4. Clifton, 20:24; 5. Wayne Hills, 20:27; 6. DePaul, 20:41.

Distance medley — 1. Passaic (Rashad Whitmier, Patel, Erszkowicz, Fraser), 11:07.2; 2. Clifton, 11:45.9; 3. Lakeland, 11:46.4; 4. Kennedy, 11:49.3; 5. DePaul, 12:17.1; 6. West Milford, 12:17.7.

Sprint medley — 1. Clifton (Joe Pontes, Haro, McCormick, Brown), 3:46.4; 2. Pasaic, 3:46.8; 3. DePaul, 3:52.3; 4. Manchester, 3:53.5; 5. Lakeland, 4:01.2; 6. Passaic Tech, 4:02.4.

Shuttle hurdles — 1. Lakeland (Williams, Van Dunk, Verba, King), 1:10.07; 2. Wayne Hills, 1:10.55; 3. DePaul, 1:16.04; 4. Passaic Tech, 1:16.6; 5. Clifton, 1:16.8.

400 int. hurdles — 1. Wayne Valley (Scott Wallace, Tim Chang, Mike Chan), 3:04.3;½. Lakeland, 3:07.7; 3. DePaul, 3:08.3; 4. Wayne hills, 3:11.8; 5. Clifton, 3:18.1; 6. West Milford, 3:19.7.

Shot put — 1. Passaic (Matt Durham, Joshua Simmon, Steven Higgins), 135-6½; 2. West Milford, 129-8; 3. Lakeland, 122-0; 4. DePaul, 120-2; 5. Wayne Hills, 118-11; 6. Clifton 118-3.

Javelin — 1. Hawthorne (John Passano, D.J. Meehan, Jim Hayes), 424-9; 2. West Milford, 423-11; 3. Pompton Lakes, 409; 4. Lakeland, 403-10; 5. Passaic Valley 393; 6. Passaic Tech 365.

Pole vault — 1. DePaul (Lee Anderson, Brad Cramer), 20-6; 2. Lakeland, 20-0; 3. Wayne Hills, 19-6; 4. Wayne Valley, 19-0; 5. Kennedy, 18-0.

Long jump — 1. Kennedy (Jason Hibbard, Tyrone Johnson, Francois Daniels), 58-9; 2. Passaic Valley, 58-6; 3. Eastside, 57-9; 4. Lakeland, 57-2; 5. Passaic Tech, 55-6; 6. Paterson Catholic, 54-11.

Triple jump — 1. Kennedy (Antonio Charles, Johnson, Hibbard), 120-3½; 2. Passaic Tech, 114-9; 3. Eastern Christian 108-3; 4. Passaic, 107-6; 5. Eastside, 101.

High jump — 1. Passaic (Linden Richmond, Tom Smith, Rhakeem Oliver), 18-2; 2. tie, Lakeland, Passaic Tech, 11.4.

VARSITY GIRLS

Team scoring

1. Clifton, 70; 2. Eastside, 68½; 3. Kennedy, 68; 4. Lakeland, 41; 5. Passaic, 40; 6. West Milford, 33; 7. DePaul, 26½; 8. Passaic Valley, 16; 9. Wayne Valley, 14; 10. Passaic Tech, 13; 11. tie, Wayne Hills, Hawthorne, 12.

400 — 1. Eastside (Yashenia, Tiamccua, Melanie, Melissa), 51.1; 2. Kennedy, 53.1; 3. Passaic Tech, 53.3; 4. Hawthorne, 55.3; 5. Clifton, 55.6; 6. Eastern Christian, 56.1.

800 — 1. Kennedy, (Anderson, Hodge, Lang, Moore), 1:52.2; 2. Eastside, 1:52.3; 3. Passaic Tech, 1:55; 4. West Milford, 1:55.1; 5. Eastern Christian, 1:59.1; 6. Passaic, 2:01.6.

1,600 — 1. Eastside (Tiamccua, Melissa, Keisha, Denay), 4:19.9; 2. Clifton, 4:21.7; 3. Passaic, 4:25.1; 4. Kennedy, 4:45.7; 5. Eastern Christian, 4:49.8

3,200 — 1. Kennedy (Sylvia Nealy, Talshanna Thomas, Sabrina Nealy, Maydee Oquendo), 10:36.3; 2. Lakeland, 10:49.7; 3. Eastside, 11:11.9; 4. Eastern Christian, 11:18.6; 5. Wayne Valley, 11:19.2; 6. Clifton, 11:19.8.

6,400 — 1. Kennedy (Sabrina Nealy, Sylvia Nealy Tarshonna Thomas, Maydee Oquendo), 23:29; 2. Lakeland, 24:04; 3. Passaic Valley, 24:11; 4. Clifton, 24:28; 5. DePaul, 27:02.

Distance medley — 1. Kennedy (Sa. Nealy, Shammeka Lang, Claudine Anderson, Oquendo), 13:28.8; 2. West Milford, 13:50.5; 3. Passaic Valley, 13:51.2; 4. Eastern Christian, 14:01.7; 5. Clifton, 14:16.1; 6. Wayne Valley, 14:34.2.

Sprint medley — 1. Clifton (Kari Genchi, Amy Glenn, Natalie Popowicz, Chanise Stoute), 4:32; 2. Passaic, 4:41.1; 3. Eastern Christian, 4:43.2; 4. Passaic Valley, 4:45.1; 5. West Milford, 4:47.4; 6. Eastside, 4:51.1

Shuttle hurdles — 1. Eastside (Denay, Erin, Nicole, Melissa), 1:08.7; 2. Clifton, 1:09.7; 3. Wane Hills, 1:16.2; 4. DePaul, 1:17.1

400 int. hurdles — 1. Clifton (Popowicz, Melissa Dutch), 2:17.7; 2. Eastside, 2:24.9; 3. Lakeland, 2:29.8; 4. DePaul, 2:31.7; 5. Wayne Valley, 2:43.2.

High jump — 1. Lakeland (Kim Fife, Heather Marabito), 9-4; 2. Clifton, 9-2; 3. Hawthorne, 9-0; 4. tie, Kennedy, Passaic, 8-8; 5. tie, DePaul, Eastside, 4-6.

Triple jump — 1. Clifton (Alicia Mazepa, Annie Cowan), 63-¾; 2. Eastside, 62-10; 3. Kennedy, 61-8; 4. Passaic, 61-1; 5. Hawthorne, 59-11; 6. Passaic Tech, 59-3.

Long jump — 1. Clifton (Shannon Wellins, Mazepa), 31-2; 2. Eastside, 29-11; 3. Passaic, 28-11; 4. Wayne Valley, 28-10; 5. West Milford, 27-11; 6. Eastern Christian, 27-10.

Javelin — 1. tie, Lakeland (Lisa Killie, Rebecaa Pearson), West Milford (Lauren Krenter, Sara Schechter), 170-3; 2. DePaul, 166-3; 3. Passaic Valley, 154-1; 4. Hawthorne, 153-5; 5. Wayne Valley, 151-2.

Discus — 1. Passaic (Simone Flowers, Nakisha Leon), 223-10; 2. West Milford, 194-11; 3. Kennedy, 174-10; 4. Wayne Valley, 174-1; 5. DePaul, 173-2; 6. Clifton, 156-5.

Shot put — 1. Passaic (LaBelle Hillgrove, Leon), 7J-10¼; 2. DePaul, 62-5½; 3. Wayne Hills, 58-7; 4. Clifton, 57-7; 5. West Milford, 56-9; 6. Kennedy, 53-11.

RIDGEWOOD TRACK AND FIELD

RHS vs Kennedy

DUAL MEET SUMMARY

DATE April 15th 1997

WEATHER Sunny, Breezy, Cool

TEAM RECORDS

EVENT	FIRST PLACE (5)	SECOND PLACE (3)	THIRD PLACE (1)	RHS	Kennedy
Long jump	Klar, Marli (R) 14'10 1/2"	Lamothe (R) 14'3 1/2"	Grasso (R) 13'10 1/2"	9	0
Intermediate Hurdles	Klar, Marli (R) 1:10	Law, Ana (R) 1:13	Shammekka (K) 1:14.8	8	1
100 meter dash	Moore (K) 12.9	Rhonda (K) 13.4	Grasso (R) 13.6	1	8
1600 meter run	Sedo, Celeste (R) 5.22.3	McDermott (R) 5.23 4	Behan, Kelly (R) 5.29.7	9	0
400 meter dash	Moore (K) 61.5	Anderson (K) 62.3	Bruno (R) 63.2	1	8
100 meter Hurdles	Klar (R) 16.8	Law (R) 17.3	Masterson (R) 17.6	9	0
800 meter run	Sedo (R) 2.25	McDermott (R) 2.25.1	Ruggles (R) 2.27.8	9	0
200 meter dash	Claudine (K) 27.6	Bruno (R) 28.1	Porro (R) 28.7	4	5
3200 meter run	Behan (R) 11:47	Oquendo (K) 12:12	Monica (R) 12:48	6	3
Triple Jump	Anderson (K) 31'4"	Masterson (R) 31'3"	Lamothe (R) 30'10"	4	5
4X400 meter relay	Kennedy (K) 4:19.6	(R) 4.20.1		0	5
Shot Put	Sokolik (R) 30'11 1/2"	Brown (R) PR 30'10"	Miller (K) 29'3"	8	1
Discus	Sokolik (R) 107-10	Graham (K) 86-1	Mathisen (R) 85-2	6	3
High Jump	Stamper (R) 5'0"	Masterson (R)	Davis (R) 4'6"	9	0
			FINAL SCORE	83	39

83

RIDGEWOOD TRACK AND FIELD

RHS vs Bloomfield

DUAL MEET SUMMARY

DATE April 15th 1997

WEATHER Sunny, Breezy, Cool

TEAM RECORDS

EVENT	FIRST PLACE (5)	SECOND PLACE (3)	THIRD PLACE (1)	RHS	Bpal
Long jump	Klar, Marli (R) 14'10½"	Lamothe (R) 14'3½"	Grasso (R) 13'10½"	9	0
Intermediate Hurdles	Marli Klar (R)	Ana Law (R)	Daglas (B)	8	1
100 meter dash	Grasso (R) 13.6	Jessie Porro (R) 13.7	Helena Lamothe (R) 14.0	9	0
1600 meter run	Sedo (R) 5.22.3	McDermott (R) 5.23.4	Behan (R) 5.29.7	9	0
400 meter dash	Bruno (R) 63.2	Belknap (R) 64.8	Wilson (R) 65.8	9	0
100 meter Hurdles	Klar (R) 16.8	Law (R) 17.3	Masterson (R) 17.6	9	0
800 meter run	Sedo (R) 2.25	McDermott (R) 2.25.1	Ruggles (R) 2.27.8	9	0
200 meter dash	Bruno (R) 28.1	Porro (R) 28.7	Grasso (R) 29.5	9	0
3200 meter run	Behan (R) 11:47	Monica (R) 12:48	Brownell (R) 12:53	9	0
Triple Jump	Masterson (R) 31'3"	Lamothe (R) 30'10"	Klar (R) 30'5"	9	0
4X400 meter relay	Ridgewood 4.20.1			5	0
Shot Put	Sokolik (R) 30'11½	Brown (R) PR 30'10"	Garkabrant (B) 29'7"	8	1
Discus	Sokolik (R) 107-10	Mathisen (R) 85-2	Wilson (R) 80-2 PR	9	0
High Jump	Stamper (R)	(B)	Masterson (R)	6	3
			FINAL SCORE	117	5

RIDGEWOOD TRACK AND FIELD

RHS vs KENNEDY & BLOOMFIELD

EVENT	NON-SCORING PERFORMANCES
Long jump	LAW - 13'2" STAMPER - 13'1"
Intermediate Hurdles	HOOGLAND - 75.8
100 meter dash	STAMPER 14.4 LEININGER - 15.2 DIXIT 14.4 COLEMAN - 16.7 LOVING 14.7
1600 meter run	SCHIEFEN 5:43.7 WALTHER 5:54.7 BRUNDIGE 6:34.3
400 meter dash	
100 meter Hurdles	S. DAVIS 18.6 M. BRIDE - 23.1 SMITH 19.2 RAITER - 24.3 DANIELS 20.8
800 meter run	SPRICH - 2:28.1 (PR) DUNN - 2:39.3 VanYperen - 2:50.7 LATANICH - 2:54.7 HOOGLAND - 2:29.5 (PR) BROWNELL - 2:40.9 DLUGASCH - 2:52.2 RIINA - 2:57.2 A. DAVIS - 2:38.3 (PR) NELSON - 2:43.8 WELLS - 2:53.3 ROTH + JANIS - 3:03.1
200 meter dash	SMITH 30.1 WILSON 29.6 ONWUBU 33.9 ROONEY 35.7 LOVING 30.7 MC BRIDE 34.3 DANIELS 30.9 RAITER 34.3
3200 meter run	O'NEILL - 12:57.9 SPRICH - 14:08.4 WELLS - 14:57.4 WALTHER - 13:11.9 A. DAVIS - 14:10.9 JANIS - 14:57.9 RUGGLES - 14:08.4 DUNN - 14:11.9 LATANICH - 15:01.6
Triple Jump	KLAR - 30'5" S. DAVIS - FFFF
4X400 meter relay	SPLITS BELKNAP - 66.9, MASTERSON - 64.2, LAW - 65.9, BRUNO - 63.4
Shot Put	MATHIESON - 26'1" K. DAVIS - 19'8" DORKHOM - 15'8" FERNANDEZ - 25'11" BRYANT - 18'7" WILSON - 25'5" NEWMAN - 17'6"
Discus	BROWN - 71'7" NEWMAN - 52'8" BRYANT - 43'4" FERNANDEZ - 77'3" K. DAVIS - 45'8" DORKHOM - 41'0"
High Jump	MASTERSON - 4'6" BRUNO - 4'0"

BERGEN COUNTY RELAYS

Friday at Don Bosco High School

3X400 hurdles:	Klar(70.2), Hoogland(73.9), Law(76.1) = 3:39.8 **3rd**
4X200 meter:	Porro(29.4), Grasso(29.4), Lamothe(28.2), Bruno(27.7) = 1:54.8 trial (splits in the final were inaccurate) = 1:56.5 **3rd**
4X1600 meter:	McDermott(5:28.6), Behan(4:20-3 laps), Ruggles(5:45), Sedo(5:34.1) = no official time officials error on 2n exchange . race run in snow storm. **1st**
High Jump:	Bruno(NH), Masterson(4'2"), Stamper(4'2") = 8'4" tie for **6th**
Long Jump:	Klar(14'10 1/2"), Lamothe(14'3"), Law(13' 2 1/2") = 41' 5 1/2" **3rd**
Javelin:	Brown(64'3"), Wilson(56'6"), Sokolik(56'6") = no place
Shot Put:	Sokolik(32' 6 1/2"), Brown(27'5"), Fernandez(26'6") = 86' 1/2" **3rd**

Saturday at Tenafly High School

4X100 hurdles:	Masterson(17.3), Law(17.5), Hoogland(18.9), Klar(16.7) = 1:10.5 **2nd**
4X100 meter	Porro, Grasso, Lamothe, Bruno = trial 53.8 final 53.8 **3rd**
Distance Medley:	McDermott(3:59.5), Wilson(66.1), Ruggles(2:31.2) Sedo(5:27.8) = 13:04.4 **1st**
Sprint Medley:	Porro(30.1), Grasso(28.2), Belknap(64.4), Hoogland(2:32.2) = 4:34.5 **3rd**
4X800 meters:	Sedo(2:29.3), Sprich(2:37.0), Ruggles(2:33), McDermott(2:33.2) = 10:12.5 **1st**
Frosh 4X400:	Smith(66.8), Wells(71.2), Nelson(70.2), Brownell(71.2) = 4:39.2 **2nd**
4X400:	Belknap(64.7), Masterson(65.3), Law(65.3), Bruno(63.4) = 4:18.8 **3rd**
Triple Jump:	Lamothe(32'5 1/2"), Masterson(32'1"), Klar(30'11 1/2") = 95'6" tie for **2nd**
Discus:	Sokolik(119'10"), Mathiesen(92'7"), Fernandez(90') = 302' 5" **1st**

So Close!!! Friday may have been the worst weather I have ever seen at a spring track meet! Jess Sokolik broke a 9 year old school record when she threw the discus 119'10". The team moved to 2nd on the all time RHS list with their 302'5". The distance team was out standing with 3 wins. The rest of the team did very well. We scored in every event except the Javelin. But Hackensack was just a little bit better across the board.

TRACK

Bergen County Relays

GROUP 3-4 GIRLS

Team scoring

(Six of 15 events)

Hackensack 31, Ridgewood 24⅓, NV/Demarest 23, Garfield and Teaneck 20, Paramus Catholic 16, Cliffside Park 12, NV/Old Tappan 11, Pascack Valley and Immaculate Heart Academy 8, River Dell 4⅓, Bergenfield 3, Holy Angels and Fort Lee 2, Fair Lawn ⅓.

3x400 IH — 1, Teaneck (Zorinah Figueroa, Kelly Johnson, Miriam Muhammad), 3:36.8; 2, Hackensack, 3:37.4; 3, Ridgewood, 3:39.8; 4, Immaculate Heart Academy, 3:42.2; 5, Cliffside Park, 3:49.5; 6, NV/Demarest, 4:03.8.

800 — 1, Teaneck (Anike Elegbe, Erika Jungblut, Zorinah Figueroa, Keely Roberts), 1:52.4; 2, NV/Old Tappan, 1:56.2; 3, Ridgewood, 1:56.5; 4, River Dell, 1:56.7; 5, Fort Lee, 1:59.0. (Hackensack won in 1:50.3.)

6,400 — Event protested.

Shot put — 1, Garfield (Maria Jasciak, Gina Leon, Erika Czujko), 94-3½; 2, NV/Demarest, 92-9; 3, Ridgewood, 86-½; 4, IHA, 82-9; 5, Hackensack, 80-2½; 6, NV/Old Tappan, 79-8.

Javelin — 1, Garfield (Gina Leon, Maria Jasciak, Jenn Austin), 271-7; 2, NV/Demarest, 257-11; 3, Cliffside Park, 247-2; 4, Paramus Catholic, 214-8; 5, Holy Angels, 209-6; 6, Hackensack, 187-2.

Long jump — 1, Hackensack (Gwen Scannel, Devon Hudson, Bridgitte Atkinson), 44-7½; 2, Pascack Valley, 42-2½; 3, Ridgewood, 41-5½; 4, Paramus Catholic, 41-5¼; 5, NV/Old Tappan, 41-3; 6, Bergenfield, 40-11.

High jump — 1, Hackensack (Delcita Russell, Bridgette Atkinson, Mary Jones), 14-2; 2, Paramus Catholic, 13-8; 3, NV/Demarest, 13-4; 4, Cliffside Park, 13-0; 5, Bergenfield, 9-2; 6, tie between Fair Lawn, Ridgewood, and River Dell, 8-4.

GIRLS GROUP 3-4

Team scores

Hackensack 103, Ridgewood 97 1/3, NV/Demarest 42*, Teaneck 40, Garfield 29, Paramus 22, NV/Old Tappan 19, Holy Angels 18, Pascack Valley 16, Tenafly and IHA 14, Fort Lee and Cliffside Park 12, River Dell 8 1/3, Bergenfield 7, Paramus Catholic 6, Fair Lawn 2 1/3, Ramapo 2.

* Group 3 champion.

400 — 1, Hackensack (Devon Hudson, Keyana Pompey, Gwen Scanel, Mary Jones), 52.5; 2, Teaneck, 53.2; 3, Ridgewood, 53,8; 4, Bergenfield, 54.0; 5, River Dell, 54.2; 6, NV/Demarest, 58.7.

1,600 — 1, Hackensack (Marissa Jackson, Latoya Thomas, Shauna Koenig, Delcita Russell), 4:11.4; 2, Teaneck, 4:17.1; 3, Ridgewood, 4:18.8; 4, Fort Lee, 4:24.8; 5, Pascack Valley, 4:26.8; 6, Tenafly, 4:29.6.

3,200 — 1, Ridgewood (Celeste Sedo, Carrie Ruggles, Julie Sprich, Meg McDermott), 10;12.5; 2, Hackensack, 10:23.2; 3, Paramus, 10;24.0; 4, NV/Demarest, 10:42.9; 5, IHA, 10:51.3; 6, Tenafly, 10:57.4.

6,400 — 1, Ridgewood (Meg McDermott, Kelly Behan, Carrie Ruggles, Celeste Sedo), n.t.; 2, Hackensack, n.t; 3, Tenafly, 23:32.8; 4, Paramus, 23:39.3; 5, Fort Lee, 24:04.8; 6, Holy Angels, 24:31.9.

Shuttle HH — 1, Hackensack (Marissa Jackson, Mary Jones, Katie Pope, Bridgette Atkinson), 1:09.9; 2, Ridgewood, 1:10.5; 3, NV/Demarest, 1:12.6; 4, Holy Angels, 1:15.5; 5, Pascack Valley, 1:15.9; 6, Garfield, 1:17.0.

Distance medley — 1, Ridgewood (Carrie Ruggles, Michele Wilson, Meg McDermott, Celeste Sedo), 13:04.4; 2, Hackensack, 13;17.7; 3, Tenafly, 13:24.4; 4, Fort Lee, 13:35.4; 5, Fair Lawn, 13;36.7; 6, Holy Angels, 13:41.1.

Sprint medley — 1, Holy Angels (Nicole Loeffelman, Justine Daigneault, Kerry Reilly, Julie Clifford); 4:24.9; 2, Hackensack, 4:29.4; 3, Ridgewood, 4:34.5; 4, Pascack Valley, 4:35.7; 6, River Dell, 4:44.9.

Triple jump — 1, Hackensack (Marissa Jackson, Devon Hudson, Mary Jones), 99-6; 2, tie between NV/Demarest and Ridgewood, 95-6; 4, Teaneck, 94-7¾; 5, NV/Old Tappan, 90-10; 6, Ramapo, 89-3½.

Discus — 1, Ridgewood (Michelle Fernandez, Allison Muthiesen, Jessica Sokolik), 302-5; 2, Garfield, 275-4; 3, NV/Old Tappan, 251-6; 4, IHA, 250-11; 5, Paramus Catholic, 245-4; 6, NV/Demarest, 242-4.

Freshman 1,600 — 1, Bergenfield (Sonya Vaz, Stephanie Crespo, Degan Barrington, Tiffany Ginyard-Potts), 4:34.2; 2, Ridgewood, 4:39.2; 3, Teaneck, 4:42.2; 4, IHA, 4:43.5; 5, Fair Lawn, 4:46.6; 6, Paramus, 4:47.5.

GROUP 1-2 GIRLS

Team scoring

(Five of 15 events)

Glen Rock 26, Ramsey 24, Westwood 22, Rutherford 19, Dumont and Saddle Brook 12, Englewood 11, Hasbrouck Heights 10, New Milford 9, Ridgefield Park 7, Midland Park 2, Pascack Hills 1.

3x400 IH — 1, Glen Rock (Katie Hanley, Colleen McCorry, Carolyn Tempe), 3:32.5; 2, Saddle Brook, 3:36.3; 3, Dumont, 3:38.1; 4, Rutherford, 3:38.2; 5, New Milford, 3:41.4; 6, Midland Park, 3:59.2.

800 — 1, Englewood (Patricia Campbell, Carlene Cummings, Charlene Hooper, Lakeya Jacobus), 1:49.6; 2, Glen Rock, 1:50.4; 3, New Milford, 1:56.1; 4, Ramsey, 1:58.2; 5, Hasbrouck Heights, 1:59.3; 6, Rutherford, 1:59.5.

6,400 — 1, Ramsey (Tracy Kirk, Chrissy McDonnell, Sarah Walton, Dana Satir), 23:12.1; 2, Glen Rock, 23:19.6; 3, Westwood, 24:02.5; 4, Rutherford, 24:27.8; 5, Dumont, 25:01.5; 6, New Milford, 26:22.3.

Shot put — 1, Westwood (Christina Partlow, Betty Nichols, Danielle McGugins), 88-3½; 2, Hasbrouck Heights, 84-3; 3, Ridgefield Park, 81-4¾; 4, Saddle Brook, 80-9½; 5, Rutherord, 80-9; 6, Englewood, 80-1½.

Long jump — postponed to today.

High jump — 1, Ramsey (Cheryl Burdick, Michelle Skubic, Laura Schmarge), 14-0; 2, Rutherford, 13-0; 3, Westwood, 12-6; 4, Dumont, 8-8; 5, tie between Midland Park, Ridgefield Park, and Pascack Hills, 8-4.

GIRLS GROUP 1-2

Team scores

Glen Rock 86, Ramsey 60*, Rutherford 57, Englewood 53, Westwood 46, Dumont 42, Saddle Brook and New Milford 30, Ridgefield Park 19, Hasbrouck Heights 15, Pascack Hills 7, Emerson 6, Midland Park 3, Palisades Park 1

* Group 2 champion

400 — 1, Glen Rock (Liz Matanle, Lauren Hamer, Quinn Brady, Melissa Bochiaro), 51.7; 2, Englewood, 52.3; 3, Rutherford, 54.3; 4, Ramsey, 56.2; 5, Westwood, 56.4.

1,600 — 1, Glen Rock (Carolyn Tampe, Colleen McCorry, Eileen Chazan, Erin Lautermilch), 4:20.6; 2, Ramsey, 4:24.1; 3, Saddle Brook, 4:26.1; 4, Englewood, 4:26.4; 5, Westwood, 4:30.3; 6, Hasbrouck Heights, 4:40.8.

3,200 — 1, Ramsey (Alyson Campbell, Chrissy McDonnell, Robin McGee, Dana Satir), 10:06.3 (record, old record, 10:08.7 by Ramsey, 1996); 2, Glen Rock, 10:13.1; 3, Saddle Brook, 10:33.7; 4, Rutherford, 10;49.8; 5, Westwood, 10:58.5; 6, Midland Park, 11:53.1.

Shuttle HH — 1, Glen Rock (Carolyn Tampe, Colleen McCorry, Andrea Sellitti, Katie Hanley), 1:06.6 (group record, old record, 1:07.4 by Dumont, 1996); 2, Dumont, 1:08.1; 3, Rutherford, 1:10.0; 4, New Milford, 1:11.9; 5, Ramsey, 1;13.7; 6, Ridgefield Park, 1:21.3.

Distance medley — 1, Ramsey (Chrissy McDonnell, Michelle Skubic, Dana Satir, Tracy Kirk), 13:14.4; 2, Glen Rock, 13:31.1; 3, Westwood, 13:57.2; 4, Dumont, 14;13.9; 5, Pascack Hills, 14:21.3; 6, Rutherford, 14:35.8.

Sprint medley — 1, Glen Rock (Melissa Bochiaro, Elizabeth Matanle, Lauren Hamer, Erin Lautermilch), 4:30.4; 2, Rutherford, 4:36.9; 3, Dumont, 4:44.7; 4, New Milford, 4:49.1; 5, Emerson, 4:50.0; 6, Westwood, 4:50.1.

Long jump — 1, Englewood (Carlene Cummings, Tammi Jordan, Jamila Griffith), 47-2; 2, New Milford, 44-7½; 3, Dumont, 44-6¼; 4, Emerson, 40-8½; 5, Ramsey, 40-7½; 6, Rutherford, 40-1½.

Triple jump — 1, Englewood (Carlene Cummings, Tammi Jordan, Jamila Griffith), 101-5½ (Bergen County group and meet record, old record 101-3¾ by Tenafly, 1979); 2, Glen Rock, 96-11¼; 3, Dumont, 94-7; 4, New Milford, 92-7; 5, Rutherford, 91-5½; 6, Westwood, 84-6½.

Discus — 1, Englewood (Shayvonne Gibson, Rhonda Williams, Valerie Epps), 281-3; 2, Westwood, 245-6; 3, Saddle Brook, 239-4; 4, Pascack Hills, 237-5; 5, Rutherford, 232-1; 6, Ridgefield park, 231-7.

Javelin — 1, Ridgefield Park (Leonora Colon, Erica Pearsall, Kristen Guimes), 273-10; 2, Rutherford, 264-6; 3, Glen Rock, 253-7; 4, Hasbrouck Heights, 248-10; 5, Westwood, 228-4; 6, New Milford, 226-2.

Freshman 1,600 — 1, Westwood (Tara Valcarel, Betsy Smerch, Jill Rabadan, Kirsten Sheldon), 4:43.5; 2, Mahwah, 4:54.7; 3, Rutherford, 5:05.7; 4, Hasbrouck Heights, 5:23.6; 5, Lyndhurst, 5:27.0.

PENN RELAYS

4X100 meter realay: Jess Porro, Gwen Stamper, Michelle Wilson, Jamie Grasso = 54.6

4X400 meter realy: Kara Belknap(62.7), Michelle Wilson(64.1), Ana Law(64.5), Marli Klar(63.5) = 4:14.4 (4:15.02 - 9th)

RIDGEWOOD TRACK AND FIELD

DUAL MEET SUMMARY

RHS vs Clifton

DATE 4-29-97

WEATHER Sunny, Warm

TEAM RECORDS

EVENT	FIRST PLACE (5)	SECOND PLACE (3)	THIRD PLACE (1)	RHS	Clifton
Long jump	Mazepa, Alicia 15'11" (C)	Cowan, Ann 14'1" (C)	Grasso, Jamie 14'0" (R)	1	8
Intermediate Hurdles	Popowicz, Natalie 68.4 (C)	Masterson, Melissa 72.3 (R)	Hoogland, Karen 74.8 (R)	4	5
100 meter dash	Glenn, Amy 13.3 (C)	Grasso, Jamie 13.4 (R)	Lamothe, Helena 13.8 (R)	4	5
1600 meter run	Sedo, Celeste PR 5:18.8 (R)	McDermott, Meg 5:23.1 (R)	Behan, Kelly 5:24.5 (R)	9	0
400 meter dash	Popowicz, Natalie 62.2 (C)	Genchi, Kari 63.0 (C)	Bruno, Lesley 65.0 (R)	1	8
100 meter Hurdles	Mazepa, Alicia 15.9 (C)	Dutch, Melissa 16.6 (C)	Law, Ana 17.5 (R)	1	8
800 meter run	Sedo, Celeste 2:24.7 (R)	Stoute, Chenise 2:25.3 (C)	McDermott, Meg 2:25.4 (R)	6	3
200 meter dash	Genchi, Kari 27.6 (C)	Glenn, Amy 27.8 (C)	Dutch, Melissa 28.2 (C)	0	9
3200 meter run	Sedo, Celeste 12:29.8 (R)	Behan, Kelly 12:29.8 (R)	Scheiffen, Monica 12:45.6 (R)	9	0
Triple Jump	Mazepa, Alicia 33'8 1/2" (C)	Masterson, Melissa 31'8" (R)	Lamothe, Helena 31'4" (R)	4	5
4X400 meter relay	CLIFTON 4:11.9	RIDGEWOOD 4:17.5		0	5
Shot Put	Sokolik, Jessica 31'11 1/2" (R)	Brown, Shayna PR 31'2" (R)	Grecco, Liz 28'9" (C)	8	1
Discus	Sokolik, Jessica 114'9" (R)	Brown, Shayna PR 84'4" (R)	Grecco, Liz 80'5" (C)	8	1
High Jump	MAZEPA, ALICIA 5'0" (C)	POPOWICZ, NATALIE 5'0" (C)	STAMPER, GWEN 4'10" (R)	1	8
			FINAL SCORE	56	66

COUNTY SEAT INVITATIONAL SATURDAY MAY 3RD

Rain - Rain - Rain

800 meters: Sprich(2:48.7), Nelson(2:48.7), A.Davis(2:50.2), Dlugasch(2:55.9), Wells(2:56.3), Latanich(3:00.1), VanYperen(3:02.7), Janis(3:10.1), riina(3:10.5).

1600 meters: Schiefen(5:46.2) 2nd, O'Neill(5:49.2)3rd**PR**, Dunn(5:52.8)5th**PR**, Brownell(5:57.1), Walther(5:58.3), Coleman(6:12.8).

4X200 meters: Smith(33.8), Ferdon(33.1), Daniels(34.8), Sprich(30.2) = 2:11.8

4X400 meters: Walther(76.5), Brownell(77.6), Smith(74.1), Schiefen(76.3) = 5:04.5

Tara O'neill and Taylor Dunn had PR's in the Rain! Jen Ferdon ran a nice leg on the 4X200!

BERNARDS SPRING INVITATIONAL SUNDAY MAY 4TH

Rain delayed from Saturday!!

Discus: Jess Sokolik (117'4", 108'10", 119'4", 105'4", 107'10", 123'3") **1st**
New School Record

High Jump: Gwen Stamper (NH)

1600 meter: Kelly Behan (5:26.6) DQ - running inside line. (1st in unseeded section)
(37.7,77.6,2:40.3-82.7,404.5-84.3,82.1)

Meg McDermott (5:24.7) **5th**
(37.7, 76.2, 2:35.4-79.2, 4:00.6-85.2, 84.2)

3200 meter: Celeste Sedo (11:25.8) **PR** **1st**
(39.6,85.7,88.8,86.2,86.4,88.3,87.3,84.2,79.4)

We had wonderful weather and some great performances! Jess's discus and Celeste 3200 were classic great competitions!

RIDGEWOOD TRACK AND FIELD

DUAL MEET SUMMARY

RHS vs Passaic

DATE May 6th 1997

WEATHER Partly Sunny, Breezy, Wet

TEAM RECORDS

EVENT	FIRST PLACE (5)	SECOND PLACE (3)	THIRD PLACE (1)	RHS	Passaic
Long jump	Avent, Madeline 14'3" (P)	Grasso, Jamie 14'1½" (R)	Carter, Jeanine 14'1" (P)	3	6
Intermediate Hurdles	Rodriguez, Yarissa 69.4 (P)	Klar, Marli 69.5 (R)	Masterson, Melissa 69.9 (R)	4	5
100 meter dash	Carter, Jenine 13.0 (P)	Grasso, Jamie 13.6 (R)	Porro, Jessie 13.9 (R)	4	5
1600 meter run	McDermott, Meg 5:52.8 (R)	Sedo, Celeste 5:52.9 (R)	Brownell, Julia 5:53.3 (R)	9	0
400 meter dash	Avent, Madeline 60.7 (P)	Gittens, Naila 63.2 (P)	Bruno, Lesley 64.1 (R)	1	8
100 meter Hurdles	Klar, Marli 16.8 (R)	Rodriguez, Yarissa 17.2 (P)	Masterson, Melissa 17.7 (R)	6	3
800 meter run	Ruggles, Carrie 2:31.1 (R)	McDermott, Meg 2:31.5 (R)	Sedo, Celeste 2:32.6 (R)	9	0
200 meter dash	Grasso, Jamie P.R. 28.3 (R)	Bruno, Lesley 28.4 (R)	Carter, Jeanine 28.5 (P)	8	1
3200 meter run	Sedo, Celeste 12:39.7 (R)	Ruggles, Carrie 12:41.5 (R)	Schiefen, Monica 12:41.7 (R)	9	0
Triple Jump	Masterson, Melissa 31'1" (R)	Lamothe, Helena 31'0" (R)	Klar, Marli 30'4½" (R)	9	0
4X400 meter relay	Passaic 4:09.8	Ridgewood 4:17.1		0	5
Shot Put	Leon, Nakisha 38'7" (P)	Hillgrove, Labelle 38'1" (P)	Flowers 33'9½" (P)	0	9
Discus	Sokolik, Jess 112'7" (R)	Leon, Nakisha 104'10" (P)	Hillgrove, Labelle 90'2" (P)	5	4
High Jump	Gittens, Naila 4'8" (P)	Stamper, Gwen 4'8" (R)	Rodriguez, Yarrisa 4'6" (P)	3	6
			FINAL SCORE	70	52

Good Job Jamie!!

SENIORS DID THE JOB TODAY !

SENIORS SCORED 40 POINTS

MARLI, CARRIE, and JAMIE WON 3 EVENTS IN A ROW and PUT THE MEET OUT of REACH

RIDGEWOOD TRACK AND FIELD

RHS vs PASSAIC

EVENT	NON-SCORING PERFORMANCES
Long jump	LAW - 13'7" SMITH - 11'9½" LAMOTHE - 12'7½" KLAR - FFFF
Intermediate Hurdles	HOOGLAND - 72.9
100 meter dash	LAMOTHE - 13.9 FERDON 15.6 ROONEY 16.5 STAMPER - 14.5 ONWUBU 15.6 BRENNA C.P - 17.2 DIXIT - 15.3 DONOHUE 15.9 SHAH - 17.7
1600 meter run	WALTHER - 5:56.9 O'NEILL - 6:10.5 DUNN - 5:59.4 BRUNDIGE - 6:30.3
400 meter dash	WILSON - 64.8
100 meter Hurdles	LAW - 17.9 S. DAVIS - 19.1 RAITER 21.1 HOOGLAND 18.5 SMITH - 19.5 MCBRIDE 22.9 DANIELS - 20.3
800 meter run	SPRICH - 2:34.4 WELLS - 2:50.9 LATANICH - 2:55.9 A. DAVIS - 2:41.1 DLUGASCH - 2:52.1 ROTH - 3:06.4 NELSON - 2:49.9 RIINA - 2:54.7 JANIS - 3:06.4
200 meter dash	PORRO 28.6 ONWUBU - 32.2 ROONEY - 36.1 DIXIT 31.5 FERDON - 32.8 SHAH - 38.5 BRENNA C.P - 38.7
3200 meter run	WALTHER 13:28.3 SPRICH 14:26.7
Triple Jump	LAW - 28'11" STAMPER - FFFF
4X400 meter relay	BRUNO (64.1), MASTERSON (63.4), WILSON (63.9), HOOGLAND (65.9)
Shot Put	BROWN - 32'7" FERNANDEZ - 26'8" NEWMAN - 19'1½" SOKOLIK - 31'2½" WILSON - 24'9"
Discus	FERNANDEZ - 85'3" BROWN - 73'6" WILSON - 75'8" NEWMAN - 67'7"
High Jump	BRUNO - 4'4" A. DAVIS - 4'2"

PHOTO FINISH



MEL EVANS/STAFF PHOTOGRAPHER

Passaic's Bernard Fraser begins the lunge that enabled him to nip Ridgewood's John O'Neill at the tape in the 1,600 meters. Both runners were clocked in 4:30.4 in the dual meet at Ridgewood. **Track summaries and scoreboard on S-14**

Track

Ridgewood's Jess Sokolik won the girls discus at the Bernards Invitational track and field meet Sunday with a throw of 123 feet, 3 inches. It was the ninth-best throw in Bergen County history and best since 1991. The Maroons also got a win from Celeste Sedo, who ran 11:25.8 in the 3,200 meters. Teammate Meg McDermott was fifth in the 1,600 in 5:24.7.

Ramsey's Cheryl Burdick set a school record in winning the high jump at 5-4. Only nine athletes have jumped higher in Bergen history. The Rams' Dana Satir was third in the 1,600 in 5:15.3 and Alyson Campbell was fifth in the intermediate hurdles in 68.9.

Teaneck's girls team placed first in the 1,600 with a time of 4:08.39. Keely Roberts, Erika Jungblut, Amber Douglas, and Kelly Johnson comprised the team. Roberts also teamed with Shawnte Roberts, Anika Elegbe, and Adrian Green to take second in the 400.

Keely Roberts also placed third in the 100 meters and second in the long jump. Ntianu Onomono placed third in the 110 hurdles while Elegbe took fifth in the 100 meters and fifth in the long jump.

Johnson was fifth in the 800 meters.

Teaneck's boys team of Joe Fleming, Floyd Lewis, Jamil Jacobs, and Alden Shorter took second in the 400 relay (3:27). Fleming took second in the 400 hurdles and shorter was fourth in the 400 meters.

NNJIL FROSH CHAMPS **MAY 7th**

100 meter: Donohoe(16.0), Rooney(16.3), Brenna C-P(16.7), Shah(16.8).

200 meter: Bruno(27.9)**PR** 1st, Donohoe(32.9).

400 meter: Bruno(64.1) 2nd, Dlugasch(69.9).

800 meter: A. Davis(2:39.6) 3rd **PR**, Nelson(2:48.9) 5th, VanYperen(2:54.5), Wells(2:55.2), Latanich(3:00.9), Riina(3:05.2).

1600 meters: Brownell(5:56.9) 5th, O'Neill(6:03.8)6th, Dunn(6:04.3).

3200 meters: Brownell(13:00.4) 3rd.

100 Hurdles: Smith(18.9t, 18.9f) **PR** 3rd.

High Jump: A.Davis(4'2") 3rd, Bruno(4') 4th.

Shot Put: Bryant(18'5"), Dorkom(17' 11 1/2") **PR**

Discus: Bryant(51'2"), Dorkom(47'7")

4X400 relay: Smith(71.2), A.Davis(73.0), Dunn(70.7), Bruno(66.8) = 4:41.6 1st

Atlantic Division Champs
Girls: 53 1/2 points
Boys and Girls Combined: 147 points

We showed good balance. We only won 2 events but won the meet with team depth. Some excellent multievent efforts today! A sprint triple from Lesley, a distance double from Julia, a hurdle and relay from Mo, and the unusual 800 and high jump from Alison. Great Job!!

WEATHER, OR NOT



MEL EVANS/STAFF PHOTOGRAPHER

Hundreds of track and field athletes will compete for league championships around North Jersey today. Scheduled championships include the NNJIL Atlantic and Pacific meets at Clifton; the BCSL National/Olympic meet at New Milford; BCSL American meet at Tenafly; and Northern Hills Conference meet at Millburn.

NNJIL CHAMPS **FRIDAY AND SATURDAY MAY 9 AND 10**

Friday at Clifton Stadium:

Long Jump: Ana Law(14'7"), Jamie Grasso(14' 6 1/2"), Helena Lamothe(14'2")

Javelin: Shanna Brown(75'8")**PR**2nd, Jess Sokolik(70'10") 3rd, Michele Wilson(65'6")**PR.**

Saturday at Clifton Stadium:

100: Jamie Grasso(13.1t,13.1f)**PR**6th**,** Jess Porro(13.6)**PR**, Helena Lamothe(13.5)**PR**.

200: Jammie Grasso(27.4)**PR**, Leslie Bruno(27.8)**PR**, Jess Porro(28.2)**PR**.

400: Leslie Bruno(63.3), Kara Belknap(63.7)**PR**, Michele Wilson(64.6).

800: Celeste Sedo(2:23.7)1st, Meg McDermott(2:24.4)2nd, Carrie Ruggles(2:27.3)4th.

1600: Celeste Sedo(5:24.8)1st, Meg McDermott(5:31.5)2nd, Kelly Behan(5:33.4)3rd.

3200: Celeste Sedo(11:55.6)1st, Kelly Behan(11:57.9)3rd,Monica Schiefen(12:57.5)6th.

100 Hurdles: Marli Klar(16.9t,16.2f)4th, Melissa Masterson(17.3t,17.1f)6th, Karen Hoogland(18.1).

400 Hurdlses: Melissa Masterson(70.5)5th, Marli Klar(71.7), Karen Hoogland(73.8).

Triple Jump: Melissa Masterson(31'8"), Helena Lamothe(31'3"), Marli Klar(30'8")

High Jump: Gwen Stamper(4'6")5th, Leslie Bruno(4'4").

Shot Put: Shanna Brown(34'1 1/2")**PR**4th, Jess Sokolik(32'8 1/4")6th, Michelle Fernandez(26'6").

Discus: Jess Sokolik(118'11")1st, Shanna Brown(81'), Michelle Fernandez(78').

4X400 relay: Burno(64.1), Belknap(64.5), Wilson(64.1), Masterson(64.7) = 4:17.5

We had a close 6 point loss to Eastside. We had a good team day lots of PR's but we just didn't have the overall team power that East Side had. We could reverse this placing in two weeks with some work and focus. Great day for Celeste. Jess Sokolik had a great discus competition. Shanna Brown did a great job in the shot and Jamie was tuff in the sprints!!

TRACK

NJCTC Relays

At Hub Stine Field, Plainfield

VARSITY GIRLS

400 — 1. Marylawn of the Oranges (Doris Fadoju, Oinike Bello, Ugomma Chukwu, Janelle Childs), 52.6; 2. Marist and St. Rose 54.6; 4. Bishop Eustace 54.5; 5. Paramus Catholic 54.9; 6. Msgr. Donovan 56.4.

800 — 1. Red Bank Catholic (Kelly Wines, Michelle Kantor, Jacki Saracino, Megan Winchell), 1:48.6; 2. St. Rose 1:52.6; 3. Marylawn of the Oranges 1:53.5; 4. Roselle Catholic 1:54.0; 5. St. John Vianney 1:55.6.

1,600 — 1. Red Bank Catholic (Jackie Iovino, Kristin Kowit, Meghan Cunniff, Megan Winchell), 4:05.0, record; former record, 4:07.9, by Oak Knoll in 1985; 2. Bishop Eustace, 4:13.5; 3. Msgr. Donovan, 4:27.0; 4. Roselle Catholic, 4:33.6; 5. St. John Vianney, 4:36.7; 6. Paramus Catholic 4:37.6.

3,200 — 1. Red Bank Catholic (Erin O'Rourke, Melanie Bauman, Kerry Andrews, Meghan Cunniff), 9:54.9; 2. St. John Vianney 10:01.0; 3. St. Rose 10:08.5; 4. Bishop Eustace 10:15.4; 5. Roselle Catholic 10:33.0; 6. St. John Vianney "B" 10:40.9.

Shuttle medley — 1. Red Bank Catholic (Kristin Kowit, Jacki Sparacino, Megan Winchell, Meghan Cunniff), 4:18.6; 2. Bishop Eustace 4:41.1; 3. Msgr. Donovan 4:50.0; 4. Bishop Ahr 5:05.8; 5. Benedictine Academy 5:05.5; 6. Bishop Eustace 5:11.5.

Distance medley — 1. St. John Vianney (Coleen Burns, Noelle Lytwyn, Megan Bruno, Karen Decina), 13:08.8; 2. Bishop Eustace 13:14.1; 3. Red Bank Catholic 13:18.4; 4. Roselle Catholic 13:42.4; 5. Msgr. Donovan 13:50.4; 6. St. John Vianney "B" 13:54.2.

Intermediate hurdles — 1. Red Bank Catholic (Kristin Kowit, Liz Hazard, Michele Collins), 3:35.4; 2. Roselle Catholic 3:39.3; 4. St. Rose 3:43.0; 4. Bishop Eustace 3:44.0; 5. St. Dominic Academy 3:47.7; 6. Marist 3:51.2.

High jump — 1. Notre Dame (Catherine Mullen, Deirdre Mullen), 10-2, ties record set by Notre Dame in 1995; 2. Paramus Catholic 10-0; 3. St. Dominic Academy 9-8; 4. St. Rose and Red Bank Catholic 9-4.

Long jump — 1. Maura O'Rourke, Red Bank Catholic, 15-10½; 2. Jain Ja Williams, Notre Dame, 15-7; 3. Nicole Cottman, Marist, 15-7; 4. Regina Hendricks, Bishop Eustace, 15-6¼; 5. Kristin Kowit, Red Bank Catholic, 15-6; 6. Catherine Mullen, Notre Dame, 15-4¼.

Shot put — 1. Notre Dame (Tamika Hall and Melanie Capbell), 63-8, record, former record, 63-1¼, by Bishop Eustace in 1996; 2. Red Bank Catholic 61-4½; 3. Bishop Eustace 58-7½; 4. Msgr. Donovan 58-3½; 5. St. Dominic Academy 56-10½; 6. Paramus Catholic 56-8½.

Discus — 1. Msgr. Donovan (Melissa Webber and Kristin CArlson), 193-1; 2. Notre Dame 192-2; 3. Paramus Catholic 183-8; 4. St. Dominic Academy 175-11; 5. Red Bank Catholic 173-10; 6. Notre Dame 164-0.

Javelin — 1. Notre Dame (Lauren Primerano and Megan McBride), 212-0; 2. Paramus Catholic 185-2; 3. Msgr. Donovan 173-0; 4. St. John Vianney 167-2; 5. Red Bank Catholic 163-1; 6. Roselle Catholic 162-11.

5/6+5/7

B-PSL Championships

At Passaic Tech

GIRLS

King Division

200 — 1. Gingi Woodard, Pompton Lakes, 27.4; 2. Tiana Robinson, Passaic Tech, 28.2; 3. Ebony Knighton, Passaic Tech, 28.2; 4. Justine Daigneault, Holy Angels, 29.2; 5. Rasheeda Manuel, Passaic Tech, 29.4; 6. Keeko Harris, Holy Angels, 29.6.

3,200 — 1. Meghan O'Toole, Garfield, 12:09.6; 2. Jennifer Knuth, Holy Angels, 12:28.0; 3. Shana Pitcher, Pompton Lakes, 12:28.6; 4. Aja Carnoso, Pompton Lakes, 12:56.0; 5. Jenn Rooney, Holy Angels, 12:56.4; 6. Noelle Avoletta, Pompton Lakes, 13:07.8.

400 IH — 1. Katie Moutenot, Holy Angels, 1:10.4; 2. Agnes Rusin, Garfield, 1:13.5; 3. Teresa Kutarina, Garfield, 1:16.3; 4. Kam Lam, Garfield, 1:17.1; 5. Sasha Daubins, Passaic Tech, 1:17.8; 6. Dorothy Wnuck, Pompton Lakes, 1:18.5.

High jump — 1. Amanda Witt, Holy Angels, 5-0; 2. Denise Smith, Garfield, 4-8; 3. Kerry Juske, Elmwood Park, 4-4; 4. Ksenia Merska, Garfield, 4-4.

Triple jump — 1. Ebony Knighton, Passaic Tech 32-10¾; 2. Stacy Kinner, Elmwood Park, 31-11½; 3 Jennifer Austin, Garfield, 31-3½; 4. Sacha Dawkins Passaic Tech, 30-11½; 5. Raeanne Brancato, Elmwood Park, 30-5¾; 6. Rasheda Manuel, Passaic Tech 30-1¼.

Shot put — 1. Erika Czujko, Garfield, 36-10¾; 2 Keisha Owen, Lodi, 35-8; 3. Gina Leon, Garfield, 34-2 4. Maria Jasiak, Garfield, 32-6½; 5. Alyce Porawski, Holy Angels, 28-1; 6. Amanda Witt, Holy Angels, 27-11½.

Javelin — 1. Jen Austin, Garfield, 125-0; 2. Angela Christov, Holy Angels, 96-9; 3. Maria Jasiak, Garfield, 95-3; 4. Nina O'Dell, 88-4; 5. Gina Leon, Garfield, 80-2; 6. Meghan Burke, Holy Angels, 76-2.

Carpenter Division

200 — 1. Melissa Bocchino, Glen Rock, 27.0; 2. Eileen Chazan, Glen Rock, 28.0; 3. Valerie Gross, Hawthorne, 28.0; 4. Janessa Jeltima, Eastern Christian, 28.2; 5. Elizabeth Matanle, Glen Rock, 28.9; 6. Rashida Boyd, Glen Rock, 29.6.

3,200 — 1. Erin Lautermilch, Glen Rock, 12:28.9; 2. Robyn Unrath, Eastern Christian, 12:39.7; 3. Karen Finnerty, 13:01.9; 4. Lauren Bolger, Saddle Brook, 13:02.7; 5. Kelly Baker, Midland Park, 13:06.1; 6. Aleksandra Kazimieruzal, Glen Rock, 13:32.3.

400 IH — 1. Katie Hanley, Glen Rock, 1:05.9; 2. Vicki Byrne, Saddle Brook, 1:07.7; 3. Colleen McCorry, Glen Rock, 1:09.2; 4. Andrea Selliti, Glen Rock, 1:11.3; 5. Alice Stachal, Saddle Brook, 1:12.3; 6. Laura Glentz, Midland Park, 1:12.4.

High jump — 1. Suzanne Nelson, Hawthorne, 5-0; 2. Andrea Selliti, Glen Rock, 4-8; 3 (tie) Sarah Goodell, Midland Park, 4-4; 3. Trisha Kirkman, Hawthorne, 4-4.

Triple jump — 1. Katie Hanley, Glen Rock, 32-10; 2. Alice Stachal, Saddle Brook, 32-3; 3. Andrea Selliti, Glen Rock, 32-2; 4. Suzanne Nelson, Hawthorne, 30-4; 5. Kelly Smith, Waldwick, 30-3; 6. Colleen McCorry, Glen Rock, 30-3.

Shot put — 1. Allison Marks, Saddle Brook, 32-2; 2. Kristin Nazario, Waldwick, 30-5¼; 3. Camille Hulko, Saddle Brook, 30-1½; 4. Katie Finn, Glen Rock, 29-0½; 5. Jessica Bizzoco, Glen Rock, 27-8¾; 6. Laura Schapper, Midland Park, 26-6.

Javelin — 1. Liz Varas, Glen Rock, 98-3; 2. Quinn Brady, Glen Rock, 95-10; 3. Wendy Vanderwall, Midland Park, 91-3; 4. Gina Petrozzi, Midland Park, 85-9; 5. Lisa Kucharski, Hawthorne, 83-11; 6. Mary Centrella, Hawthorne, 80-3.

GIRLS SCORES

King Division

Garfield 159, Holy Angels 126, Passaic Tech 79, Pompton Lakes 59, Elmwood Park 24, Lodi 8.

800M — 1. Julie Clifford, Holy Angels, 2:23.1; 2. Agnes Rusin, Garfield, 2:30.2; 3. Meghan O'Toole, Garfield, 2:31.4; 4. Jennifer Knuth, Holy Angels, 2:33.2; 5. Karen Auteri, Pompton Lakes, 2:41.9; 6. Simone Petrella, Holy Angels, 2:48.6.

Long jump — 1. Tinana Robinson, PCT, 16-½; 2. Gingi Woodard, Pompton Lakes, 15-2¼; 3. Jen Austin, Garfield, 14-8; 4. Nicole Loeffelman, Holy Angels, 14-7; 5. Samantha Benson, Holy Angels, 14-5½; 6. Raeanne Brancato, Elmwood Park, 14-1½.

100M — 1. Ebony Knighton, PCT, 12.6; 2. Tinana Robinson, PCT, 13.2; 3. Gingi Woodard, Pompton Lakes, 13.4; 4. Keeko Harris, Holy Angels, 13.5; 5. Justine Daingeault, Holy Angels, 13.7; 6. Raeanne Brancato, Elmwood Park, 14.2.

400M — 1. Kerry Reilly, Holy Angels, 1:05.2; 2. Rasheda Manuel, PCT, 1:06; 3. Agnes Rusin, Garfield, 1:06.7; 4. Megan Oeste, Holy Angels, 1:07.3; 5. Teresa Kutornia, Garfield, 1:08.7; 6. Jen Austin, Garfield, 1:08.9.

Discus — 1. Gina Leone, Garfield, 102-5; 2. Naa Atswei, Garfield, 95-10; 3. Gabby Gargano, Garfield, 90-7; 4. Alyce Parawski, Holy Angels, 87-11; 5. Quatta March, PCT, 81-11; 6. Amy Lang, Pompton Lakes, 81-8.

100M HH — 1. Gingi Woodard, Pompton Lakes, 16.8; 2. Katie Moutenot, Holy Angels, 17.0; 3. Kam Lam, Garfield, 17.8; 4. Raeanna Brancato, Elmwood Park, 18.5; 5. Kerry Tusko, Elmwood Park, 18.6; 6. Nicole Vitulli, Garfield, 18.9.

1,600M — 1. Julie Clifford, Holy Angels, 5:30.6; 2. Meghan O'Toole, Garfield, 5:35.7; 3. Jennifer Knuth, Holy Angels, 5:49.9; 4. Karen Auteri, Pompton Lakes, 5:53.7; 5. Shana Pitcher, Pompton Lakes, 5:58.6; 6. Patti Brill, Garfield, 6:12.

1,600 relay — 1. Holy Angels (Reilly, Oeste, Moutenot, Clifford), 4:23.6; 2. PCT, 4:25.9; 3. Garfield, 4:54.4.

Carpenter Division

Glen Rock 219, Eastern Christian 70, Saddle Brook 55, Hawthorne 44, Midland Park 35, Waldwick 18

Long jump — 1. Melissa Bochiaro, Glen Rock, 16-11; 2. Katie Hanley, Glen Rock, 16-1½; 3. Janessa Jeltema, Eastern Christian, 15-3; 4. Rachelle Scarpa, Eastern Christian, 14-5¼; 5. Erin Magee, Waldwick, 14-5; 6. Kristin Monarque, Midland Park, 13-7½.

Discus — 1. Quinn Brady, Glen Rock, 100-10; 2. Allison Marks, Saddle Brook, 99-9; 3. Carol VanOsterbridge, Hawthorne, 86-3; 4. Jill Schuuman, Eastern Christian, 82-0; 5. Tara Castalano, Saddle Brook, 81-3; 6. Cammila Hulko, Saddle Brook, 79-4.

800M — 1. Tracy DellaTorre, Glen Rock, 2:23; 2. Erin Lautermilch, Glen Rock, 2:27.7; 3. Jessica VanDenend, Eastern Christian, 2:27.9; 4. Lucia Gervasio, Saddle Brook, 2:34.6; 5. Cathleen Murphy, Glen Rock, 2:37.8; 6. Robyn Unrath, Eastern Christian, 2:38.

100M — 1. Melissa Bochiaro, Glen Rock, 12.8; 2. Val Gross, Hawthorne, 13.3; 3. Rashida Boyd, Eastern Christian, 13.6; 4. Janessa Jeltema, Eastern Christian, 13.6; 5. Kiersha Harris, Eastern Christian, 13.7; 6. Lauren Haner, Glen Rock, 14.2.

400M — 1. Vicki Byrne, Saddle Brook, 1:02.8; 2. Eileen Chazan, Glen Rock, 1:04.4; 3. Alicia Jeltema, Eastern Christian, 1:05.2; 4. Carolyn Tambe, Glen Rock, 1:06.7; 5. Janene Breckenridge, Hawthorne, 1:06.9; 6. Jenn Ferrity, Midland Park, 1:07.1

100M HH — 1. Katie Hanley, Glen Rock, 15.6; 2. Andrea Selletti, Glen Rock, 16.8; 3. Colleen McCorry, Glen Rock, 17.1; 4. Alile Stachal, Saddle Brook, 17.2; 5. Rachelle Scarpa, Eastern Christian, 17-8; 6. Ali Dunkorsloot, Midland Park, 18.4.

Mile — 1. Tracy DellaTorre, Glen Rock, 5:31.2; 2. Jessica VanDenend, Eastern Christian, 5:47.1; 3. Kate Kehrberger, Waldwick, 5:57.5; 4. Kathleen Bunke, Glen Rock, 6:02.2; 5. Kelly Baker, Midland Park, 6:06.3. 6. Karen Finnety, Midland Park, 6:18.4.

1,600 — 1. Glen Rock (Tambe, Bochiaro, McCorry, Chazan), 4:23; 2. Eastern Christian, 4:29.9; 3. Saddle Brook, 4:32.7; 4. Midland Park, 4:44.5.

North Hudson girls

At Secaucus

TEAM SCORING

Secaucus 91, Union Hill 40, Memorial 36, North Bergen 21, Hoboken 3, Emerson-UC 1.

100M — 1. Jamie Bronowich, Secaucus, 13.2; 2. Tracy Fojas, Secaucus, 14.0; 4. Karen Parara, Memorial, 14.7; 6. Deborah Nervado, Memorial, 15.7.

200M — 1. Tracy Fojas, Secaucus, 29.1; Alyssa Young, North Bergen, 29.4; Dana Murphy, Secaucus, 30.4; 5. Gina Prospero, Secaucus, 31.3.

400M — 1. Alice Sanchez, North Bergen, 1:06.5; 2. Alyssa Young, North Bergen, 1:07.0; 3. Liliana Hernandez, Memorial, 1:09.5.

800M — 1. Anmilis Ortiz, Memorial, 2:43.1; 2. Alice Sanches, North Bergen, 2:43.8; 4. Juana Jaramila, Memorial, 2:54.1; 5. Hillary Makarski, Secaucus, 2:54.4.

1,600M — 1. Liliana Hernandez, Memorial, 5:54.1; 3. Yanci Periera, Memorial 6:06.0; 4. Anmilis Ortiz, Memorial, 6:06.3.

3,200M — 1. Maureen Amador, Union Hill, 13:17; 3. Liliana Hernandez, Memorial, 13:34; 5. Margaret DeCastro, Secaucus, 14:08.

100M LH — 1. Dana Murphy, Secaucus, 19.8; 2. Rita Levieva, Secaucus, 21.2; 3. Alyssa Young, North Bergen, 21.3; 4. Kelly Hamilton, Secaucus, 25.1.

400M IH — 1. Dana Murphy, Secaucus, 1:21.1; 2. Tracy Fojas, Secaucus, 1:24.6; 3. Gina Prospero, Secaucus, 1:29.0.

1,600M relay — 1. Union Hill, 5:11.9; 2. Secaucus, 5:17.6; 3. Hoboken, 5:42.2.

Long jump — 1. Kelly Hamilton, Secaucus, 12-1; 2. Dana Murphy, Secaucus, 11-5½; 3. Gina Prospero, Secaucus, 11-2; 4. karen Parara, Memorial, 10-8.

High jump — 1. Jamie Bronowich, Secaucus, 4-2; 2. Michele Meneses, Memorial, 4-0.

Discus — 1. Lacey Martens, Secaucus, 95-0; Michele Meneses, Memorial, 72-2; Tiffany Canaveral, Memorial, 72-2; Sara Murphy, Secaucus, 66-4.

Javelin — 1. Tanga Guillen, Memorial, 77-9; 2. Janiida Tejada, Secaucus, 77-1; Carla Russo, Secaucus, 73-8; 4. Sara Murphy, Secaucus, 70-8; 5. Tiffany Canaveral, Memorial, 60-5.

Shot put — 1. Tanya Guillen, Memorial, 27-2½; 2. Lacey Martens, Secaucus, 25-0¼; 4. Karen Parara, Memorial, 24-2¾; 5. Tiffany Canaveral, Memorial, 22-11¾; 6. Janelda Tejada, Secaucus, 22-6.

Bernards Invitational

LOCAL WINNERS

BOYS

High jump — Linden Richmond, Passaic, 6-10.

1,600M relay — Teaneck (Floyd Lewis, Joe Fleming, Jamal Jacobs, Alden Shorter), 3:27.0.

GIRLS

3,200M — Celeste Sedo, Ridgewood, 11:25.8.

High jump — Cheryl Burdik, Ramsey, 5-4.

Shot put — Nakisha Leon, Passaic, 40-11½.

Discus — Jess Sokolok, Ridgewood, 123-3.

1,600M relay — Teaneck (Keely Roberts, Erica Jungblut, Anber Doubglas, Kelley Johnson), 4:08.3.

NNJIL Atlantic girls

Team scoring

Eastside 114, Ridgewood 108, Clifton 78, Montclair 61, Passaic 55, Kennedy 44, Bloomfield 4.

100 — 1, Aleah Williams, Montclair, 11.66; 2, Lisa Barber, Montclair, 11.78; 3, Tiamecua Fulton, Eastside, 12.57; 4, Nacole Moore, Kennedy, 12.71; 5, Jenine Carter, Passaic, 13.21; 6, Jamie Grasso, Ridgewood, 13.23.

200 — 1, Aleah Williams, Montclair, 23.72; 2, Mikele Barber, Montclair, 23.92; 3, Tiamecua Fulton, Eastside, 26.3; 4, Claudine Anderson, Kennedy, 27.07; 5, Chantel Coppedge, Montclair, 27.52; 6, Jenine Carter, Passaic, 28.50.

400 — 1, Mikele Barber, Montclair, 56.91; 2, Tiamecua Fulton, Eastside, 58.99; 3, Natalie Popowicz, Clifton, 1:00.91; 4, Claudine Anderson, Kennedy, 1:01.79; 5, Sylvia Nealy, Kennedy, 1:02.58; 6, Kari Genchi, Clifton, 1:02.68.

800 — 1, Celeste Sedo, Ridgewood, 2:23.87; 2, Meg McDermott, Ridgewood, 2:24.55; 3, Kempolly Swaby, Eastside, 2:25.96; 4, Carrie Ruggles, Ridgewood, 2:27.52; 5, Chanise Stoute, Clifton, 2:28.46; 6, Madeline Avent, Passaic, 2:30.39.

1,600 — 1, Celeste Sedo, Ridhewood, 5:24.91; 2, Meg McDermott, Ridgewood, 5:31.68; 3, Kelly Behan, Ridgewood, 5:33.58; 4, Sabrina Nealy, Kennedy, 5:34.00; 5, Maydee Oquendo, Kennedy, 5:43.19; 6, Edith Werpachowska, Clifton, 6:00.82.

3,200 — 1, Celeste Sedo, Ridgewood, 11:55.80; 2, Sabrina Nealy, Kennedy, 11:56.45; 3, Kelly Behan, Ridgewood, 11:58.08; 4, Maydee Oquendo, Kennedy, 12:05.93; 5, Pia Giunto, Clifton, 12:52.35; 6, Monica Schiefen, Ridgewood, 12:57.68.

110 HH — 1, Melissa Jones, Eastside, 14.61; 2, Denay Caldwell, Eastside, 15.3; 3, Alicia Mazepa, Clifton, 15.38; 4, Marli Klar, Ridgewood, 16.51; 5, Erin Pride, Eastside, 16.72; 6, Melissa Masterson, Ridgewood, 17.41.

400 IH — 1, Melissa Jones, Eastside, 1:05.37; 2, Natalie Popowicz, Clifton, 1:06.04; 3, Denay Caldwell, Eastside, 1:06.14; 4, Keisha Bennett, Eastside, 1:10.41; 5, Melissa Masterson, Ridgewood, 1:10.70; 6, Yarissa Rodriguez, Passaic, 1;10.71.

Shot put — 1, Nakisha Leon, Passaic, 41-3½; 2, Labelle Hillgrove, Passaic, 41-1; 3, Simone Flowers, Passaic, 34-3; 4, Shayna Brown, Ridgewood, 34-1½; 5, Fanta Turay, Montclair, 33-9½; 6, Jessica Sokolik, Ridgewood, 32-8¼.

Discus — 1, Jessica Sokolik, Ridgewood, 118-11; 2, Nakisha Leon, Passaic, 116-2, 3, Simone Flowers, Passaic, 106-1; 4, Leslie Graham, Kennedy, 98-10; 5, Helen Dock, Montclair, 94-10; 6, Ellen Dock, Montclair, 94-9.

Javelin — 1, Jill Zajac, Clifton, 76-1; 2, Shayna Brown, Ridgewood, 75-8; 3, Jessica Sokolik, Ridgewood, 70-10; 4, Randi Pointer, Eastside, 68-8; 5, Nicole Best, Eastside, 66-9; 6, Heather Miller, Kennedy, 65-9.

High jump — 1, Natalie Popowicz, Clifton, 5-0; 2, Alicia Mazepa, Clifton,5-0; 3, Erin Pride, Eastside, 4-10; 4, Amanda Fetterly, Bloomfield, 4-8;5, Gwen Stamper, Ridgewood, 4-6; 6, Shammekka Lang, Kennedy, 4-6.

Long jump — 1, Alicia Mazepa, Clifton, 16-9; 2, Melissa Jones, Eastside, 16-3½; 3, Madeline Avent, Passaic, 15-7¼; 4, Kempolly Swaby, Eastside, 15-4¼; 5, Keisha Bennett, Eastside, 14-7¼; 6, Anna Law, Ridgewood, 14-7.

Triple jump — 1, Alicia Mazepa, Clifton, 32-11½; 2, Denay Caldwell, Eatside, 32-9; 3, Claudia Anderson, Kennedy, 32-8¼; 4, Keisha Bennett, Eastside, 31-9½; 5, Melissa Masterson, Ridgewood, 31-8; 6, Helena Lemonte, Ridgewood, 31-3.

1,600 relay — 1, Eastside (Denay Caldwell, Melissa Jones, Keisha Bennett, Kempolly Swaby), 4:07.82; 2, Montclair, 4:11.30; 3, Passaic, 4:12.36; 4, Clifton, 4:17.10; 5, Ridgewood, 4:17.70.

NNJIL Pacific girls

Team scoring

Hackensack 183, Teaneck 97, Paramus Catholic 50, IHA 48, Nutley 41, Paramus 27, Belleville 17.

100 — 1, Delcita Russell, Hackensack, 12.72; 2, Keely Roberts, Teaneck, 12.76; 3, Devon Hudson, Hackensack, 13.13; 4, Mary Jones, Hackensack, 13.29; 5, Anike Elegbe, Teaneck, 13.32.

200 — 1, Delcita Russell, Hackensack, 26.63; 2, Amike Elegbe, Teaneck, 27.45; 3, Keyana Pompey, Hackensack, 27.92; 4, Jackie DeFilippis, Nutley, 28.17; 5, Shante Marshall, Teaneck, 28.33; 6, Devon Hudson, Hackensack, 28.84.

400 — 1, Delcita Russell, Hackensack, 59.91; 2, Keely Roberts, Teaneck, 1:01.09; 3, Marissa Jackson, Hackensack, 1:01.41; 4, Erika Jungblut, Teaneck, 1:04.34; 5, Nicole Carbora, IHA, 1:05.69; 6, Andrea Aligo, IHA, 1:05.79.

800 — 1, Erika Papaccioli, Paramus, 2:27.11; 2, April Quatrano, Hackensack, 2:29.71; 3, Kelly Johnson, Teaneck, 2:29.92; 4, Mary Dariano, IHA, 2:31.13; 5, Shauna Koenig, Hackensack, 2:32.16; 6, Jeri Chico, Paramus, 2:32.95.

1,600 — 1 Kelly Ortiz, Paramus, 5:26.89 2, Patti Martin, Hackensack, 5:36.14; 3, Claire McGuire, Hackensack, 5:45.10; 4, Beth Androski, Hackensack, 5:45.13; 5, Colleen Dougherty, Nutley, 5:46.32; 6, Mary Daula, IHA, 5:47.62.

3,200 — 1, Patti Martin, Hackensack, 11:44.61; 2, Beth Androski, Hackensack, 12:10.74; 3, Claire McGuire, Hackensack, 12:13.30; 4, Mary Daula, IHA, 12:18.39; 5, Amy Barberia, Nutley, 12:35.45; 6, Marissa Castronova, Nutley, 12:53.23.

110 HH — 1, Marissa Jackson, Hackensack, 15.22; 2, Zorinah Figueroa, Teaneck, 15.40; 3, Bridgette Atkinson, Hackensack, 15.91; 4, Ntianu Onumano, Teaneck, 16.65; 5, Michele Calabro, IHA, 16.96; 6, Mary Jones, Hackensack, 17.43.

400 IH — 1, Zorinah Figueroa, Teaneck, 1:08.23; 2, Michele Calabro, IHA, 1:09.41; 3, Katie Bonchonsky, Nutley, 1:14.48; 4, Marissa Jackson, Hackensack, 1:14.60; 5, Yezaida Santiago, Belleville, 1:14.95; 6, Amy Giacobone, IHA, 1:15.76.

Shot put — 1, Claudia Helm, IHA, 31-6¾; 2, Colleen Kelly, Paramus Catholic, 31-2; 3, Tessa Wyche, Belleville, 30-2¼; 4, Bridgette Atkinson, Hackensack, 28-3; 5, Allyson Rucinski, Nutley, 28-1½; 6, Barbara Krug, Paramus Catholic, 27-2.

Discus — 1, Colleen Kelly, Paramus Catolic, 104-2; 2, Allyson Rucinski, Nutley, 100-6; 3, Claudia Helm, IHA, 99-11; 4, Adrienne Green, Teaneck, 84-3; 5, Stephanie Abalatta, IHA, 79-6; 6, Michelle Inflonski, Belleville, 77-6.

Javelin — 1, Ann Woetzel, Paramus Catholic, 105-6; 2, Krystal Buczynski, Paramus Catholic, 102-9; 3, Alyson Rucinski, Nutley, 93-11; 4, Dilma Hernandez, Belleville, 81-9; 5, Diana Cifelli, Belleville, 75-9; 6, Tricia France, IHA, 70-1.

High jump — 1, Bridgette Atkinson, Hackensack, 5-2; 2, Ann Woetzel, Paramus Catholic, 5-2; 3, Delcita Russell, Hackensack, 5-0; 4, Rosalyn Perez, Paramus Catholic, 4-8; 5, Amy Murray, Paramus Catholic, 4-8; 6, Dara Jermott, Teaneck, 4-6.

Long jump — 1, Keely Roberts, Teaneck, 16-9½; 2, Gwen Scanel, Hackensack, 16-3½; 3, Robyn DeLorenzo, Nutley, 15-11½; 4, Erika Jungblut, Teaneck, 15-5½; 5, Bridgette Atkinson, Hackensack, 15-0½; 6, Anike Elegbe, Hackensack, 15-0.

Triple jump — 1, Devon Hudson, Hackensack, 35-2½; 2, Mary Jones, Hackensack, 33-4¾; 3, Erika Jungblut, Teaneck, 32-5; 4, Gwen Scanel, Hackensack, 32-3¼; 5, Michele Calabro, IHA, 31-6½; 6, Anike Elegbe, Teaneck, 31-3.

1,600 relay — 1, Teaneck (Keely Roberts, Erika Jungblut, Kelly Johnson, Zorinah Figueroa), 4:11.51; 2, Hackensack, 4:25.02; 3, Paramus, 4:29.40; 4, IHA, 4:38.43; 5, Nutley, 4:57.42.

BCSL American girls

Team scoring

Englewood 101, Westwood 88, Rutherford 85, Fort Lee 48, Dumont 41½, River Dell 38½, Tenafly 36, Cliffside Park 31, Ridgefield Park 27, Queen of Peace 0.

100M — 1, Carlene Cummings, Englewood, 12.4; 2, Genoveve Palmieri, Rutherford, 13.2; 3, Brittany Saunders, Fort Lee, 13.3; 4, Christine Candela, Dumont, 13.5; 5, Kira Sergieveva, Fort Lee, 13.5; 6. Jessica Hansen, Dumont, 13.6.

200M — 1, Janna Kohout, River Dell, 26.2; 2, Krista Saunders, Fort Lee, 26.8; 3, Mahasin Pegeise, Rutherford, 27.2; 4, Lakeya Jacobus, Englewood, 27.4; 5, Holly Garrison, Dumont, 27.5; 6, Jackie Babbini, Cliff. Park, 27.7.

400M — 1, K. Saunders, Fort Lee, 60.7; 2, Pegeise, Rutherford, 1:01.7; 3, Lauren Sherry, River Dell, 1:02.7; 4, Charlene Hooper, Englewood, 1:03.4; 5, Amy Chen, Westwood, 1:05; 6. Keri O'Connor, Dumont, 1:05.1.

800M — 1, Caitlin Wittreich, Tenafly, 2:24.4; 2, Nicole Stinson, Westwood, 2:27.9; 3, Kelly Hecking, Rutherford, 2:30.1; 4, Emily Drew, Westwood, 2:30.9; 5, Lauren McCann, Rutherford, 2:32; 6. Helena Suric, Cliff. Park, 2:33.4.

1,600M — 1, Kate Cosgriff, Tenafly, 5:20.9; 2, Jenica Asadorian, Westwood, 5:22.4; 3, Nikki Callahan, Westwood, 5:32.1; 4, Josie Maceri, Fort Lee, 5:38.1; 5, Hecking, Rutherford, 5:41; 6. Suric, Cliff. Park, 5:42.1.

400 relay — 1, Rutherford (Palmeri, Bozec, Woo, Espinosa), 52.7; 2, Englewood, 54.4; 3, Westwood, 55.2; 4, Dumont, 55.7; 5, Cliff. Park, 55.5; 6. Tenafly, 56.9.

3,200 — 1, Josie Meceri, Fort Lee, 12:03; 2, Callahan, Westwood, 12:05.5; Lauren Eid, Fort Lee, 12:09.3; 3, Asadorian, Westwood, 12:30.4; 4, McCann, Rutherford, 12:35; 5, Wendy Amster, Tenafly, 12:39.1.

110M HH — 1, Cummings, Englewood, 14.9; 2, Garrison, Dumont, 15.9; 3, Catherine Hunt, Dumont, 16.7; 4, Babbini, Cliff. Park, 16.8; 5, Karen Hammerle, River Dell, 16.9; 6. Kim Wilson, Dumont, 17.1.

400 IH — 1, Wittreich, Tenafly, 1:05.2; 2, Pegeise, Rutherford, 1:06.5; 3, Kohout, River Dell, 1:06.6.; 4, Babbini, Cliff. Park, 1:08.9; 5, Garrison, Dumont, 1:08.8; 6, Hammerle, River Dell, 1.10.6.

1,600 relay — 1, River Dell (Hammerle, Kohout, Woods, Shenay), 4:14.6; 2, Westwood, 4:16.5; 3, Englewood, 4:16.6; 4, Rutherford, 4:20; 5, Tenafly, 4:24.2; 6, Fort Lee, 4:24.2.

Long jump — 1, Cummings, Englewood, 19-1½; 2, Jordan, Englewood, 17-4¼; 3, Wu, Rutherford, 16-¼; 4, Hunt, Dumont, 15-4¼; 5, O'Connor, Dumont, 15-2; 6. Seregova, Fort Lee, 14-9½ and Espinoza, Rutherford, 14-9½.

Triple jump — 1, Cummings, Englewood, 37-10¼; 2, Jordan, Englewood, 35-10¼; 3, O'Connor, Dumont, 33-8¾; 4, Chen, Westwood, 33-7½; 5, Boarye, Tenafly, 32-11¼; 6. Espinoza, Rutherford, 31-1¼.

High jump — 1, Jordan, Englewood, 4-10; 2, Pegeise, Rutherford and Pacailler, Cliff. Park, 4-10; 4, Barone, River Dell and Rienzi, Rutherford, 4-6; 6. Herbase, Dumont and Henzinger, River Dell, 4-6.

Discus — 1, Epps, Englewood, 103-1; 2, Guimes, Ridge. Park, 102-2; 3, McGugins, Westwood, 100-8; 4, Pumicuci, Cliff. Park, 97-5; 5, Williams, Englewood, 89-4; 6. Gibson, Englewood, 88-½.

Javelin — 1, Nicholas, Westwood, 102; 2, Colon, Ridge. Park, 101-3; 3, Babbini, Cliff. Park, 100-4; 4, Busenbouner, Rutherford, 95-0; 5, Bumpass, Rutherford, 95-6; 6. Picailler, Cliff. Park, 93-9.

Shot put — 1, Arroyo, Ridge. Park, 34-2½; 2, McGuggins, Westwood, 33-6; 3, Billotti, Rutherford, 32-10½; 4, Partlow, Westwood, 31-10; 5, Nicholas, Westwood, 31-7½; 6. Guimes, Ridge. Park, 31-¼.

BCSL Olympic girls

Team scoring

Hasbrouck Heights 175, Emerson 61, Wallington 55, Ridgefield 53, Park Ridge 39, St. Mary's 28, Bogota 25, Cresskill 8, Wood-Ridge 8.

100 — 1, Miranda Reeves, Hasbrouck Heights, 13.1; 2, Alessia Cirilli, Hasbrouck Heights, 13.6; 3, Irene Leidenfrost, ParkRidge, 13.7; 4,Samantha Kwan, Emerson,13.7; 5, Melinda Diodonet, Bogota, 13.93; 6, Chakella Brown,St. Mary's, 14.5.

3,200 — 1, Nancy Sinclair ,St. Mary's, 12:41.6; 2, Danielle Nugent, Hasbrouck Heights, 13:19.3; 3, Erin Mullane, Park Ridge, 13:34.1; 4, Rene Cherkezian, Cresskill, 13:44.2; 5,lori Reisinger, Ridgefield, 13:44.2; 6, Dorothy Cwynar, Wallington, 13:47.8.

200 — 1, Miranda Reeves, Hasbrouck Heights, 27.5; 2, Alessia Cirilli, Hasbrouck Heights, 28.1; 3 Irene Leidenfrost, Park Ridge, 28.7; 4, Rachel Thomas, Wallington, 29.2; 5, Jill Sgool, Hasbrouck Heights, 29.5; 6, Melinda Diodonet, Bogota, 29.6.

400 IH — 1, Rania Margonis, Ridgefield, 1:08.9; 2, Melissa Kane, Emerson, 1:10.1; 3, Nicol Florio, Hasbrouck Heights, 1:10.2; 4, Gen Kesler, Bogota, 1:10.8; 5, Samantha Ryan, Emerson, 1:12.1; 6, Koryna Zyla, Wallington, 1:15.6.

Shot put — 1, Loren Gmitter, Hasbrouck Heights, 31-10½; 2, Renee Wilson, Hasbrouck Heights, 31-4¾; 3, Elizabeth Mullane, Park Ridge, 27-8½; 4, Odette Servillio, Park Ridge, 27-2¼; 5, Brianne McDonald, Emerson, 27-½; 6, Wood, Bogota, 26-1.

Javelin — 1, Nancy Correa, Hasbrouck Heights, 99-1; 2, Elizabeth Sorio, Cresskill, 87-10; 3, Lindsey Reggo, Ridgefield, 87-6; 4, Odette Russo, Park Ridge, 86-7; 5, Lara Sgrullio, Park Ridge, 79-3; 6, Lauren Gmitter, Hasbrouck Heights, 74-9.

Triple jump — 1, Miranda Reeves, Hasbrouck Heights, 32-7½; 2, Meghan McCauley, Emerson, 31-8; 3, Adriana Dinardo, Hasbrouck Heights, 31-6½; 4, Stephanie Santeramo, Wallington, 31-3½; 5, Beata Piela,Wallington, 29-8; 6, Samantha Kwan, Emerson, 29-5.

Long jump — 1, Meghan McCauley, Emerson, 14-11½; 2, Stephanie Santaramo, Wallington, 14-7½; 3, Miranda Reeves, Hasbrouck Heights, 14-4¾; 4, Justine Catanio, 13-10¾; 5, Andriana Dinardo, Hasbrouck Heights, 13-3; 6, Genvieve Kester, Bogota, 13-1½.

High jump — 1, Rania Margonis, Ridgefield, 4-8; 2, Stephanie Santaramo, Wallington, 4-6; 3, Meghan McCauley, Emerson, 4-4; 4, Alessia Cirilli, Hasbrouck Heights, 4-4; 5, Carla Colucci, Emerson, 4-4; 6, Beata Piela,Wallington, 4-4.

800 — 1, Melissa Kane, Emerson, 2:35.5; 2, Nancy Sinclair, St. Mary's, 2:38.6; 3, Genevieve Kester, Bogota, 2:39. 7; 4, Danielle Nugent, Hasbrouck Heights, 2:40.4; 5, Maureen Kelly, Emerson, 2:45.7; 6 Adriana DiNarda, Hasbrouck Heights, 2:47.8.

1,600 — 1, Nancy Sinclair, St. Mary's, 5:50.9; 2, Danielle Nugent, Hasbrouck Heights, 6:07.1; 3, Erin Mullane, Park Ridge, 6:11.3; 4, Dorothy Cwyna, Wallington, 6:14.8; 5, Renee Enerkezian, Cresskill, 6:22.4; 6, Lori Reisinger, Ridgefield, 6:22.6.

100 HH — 1, Alessia Cirilli, Hasbrouck Heights, 17.1; 2, Rania, Margonis, Ridgefield, 17.7; 3, Jill Sgroi, Hasbrouck Heights, 18.3; 4, Amy Gawrys, Wallington, 18.3; 5, Kim Wipper, Hasbrouck Heights, 19; 6, Ayumi Shibata, Cresskill, 19.3.

400 — 1, Genevieve Kester, Bogota, 1:05.6; 2, Rachel Thomas, Wallington, 1:06.3; 3, Andrea Fernillo, Hasbrouck Heights, 1:06.4; 4, Rani Margonis, Ridgefield, 1:06.9; 5, Melinda DioDonet, Bogota, 1:06.9; 6. Nicole Florio, Hasbrouck Heights, 1:07.

Discus — Lauren Gmitter, Hasbrouck Heights, 103-4; 2, Melissa Ayers, Wood-Ridge, 92-1; 3, Nancy Correa, Hasbrouck Heights, 85-7; 4, Eleni Papalanou, Hasbrouck Heights, 79-1; 5, Katie lacowella, Cresskill, 76-10; 6, Liz Mullane, Park Ridge, 76-6.

1,600 relay — 1, Emerson (Kerrie Cozic, Carla Colucci, Samantha Kwan, Melissa Kane), 4:31.5; 2, Hasbrouck Heights, 4:31.6; 3, Wallington, 4:42.9; 4,

BCSL National girls

Team scoring

New Milford 203, North Arlington 67, Palisades Park 40, Bergen Tech 31½, Lyndhurst 31½, Leonia 24, Becton 23, Dwight-Englewood 22, Secaucus 17.

3,200 — 1, Jen Belthoff, New Milford, 12:43.4; 2, Stephanie Pasione, Palisades Park, 13:17; 3, Jennifer O'Shea, New Milford, 13:23.1; 4, Tami Beresky, Becton, 13:25.2; 5, Bridget Hooks, North Arlington, 13:27; 6, Pam Hellmold, Leonia, 13:31

1,600 — 1, Jennifer Belthoff, New Milford, 5:53.8; 2, Jennifer O'Shea, New Milford, 6:05.2; 3, Stephanie Paglione, Palisades Park, 6:08; 4, Evelina Pozner, North Arlington, 6:12.1; 4, Colette Cochis, Leonia, 6:15.5; 6, Tami Befesky, Becton, 6:16.4.

100 — 1, Shoshanah Haricha, New Milford, 13.0 (ties meet record set by Danielle Neese, Rutherford, and Gina Papa, Secaucus); 2, Nicole Parkinson, Bergen Tech, 13.4; 3, Jamie Bronowich, Secaucus, 13.5; 4, Charnie Carter, Lyndhurst, 13.6; 5, Chisa Christian, Palisades Park, 13.6; 6, Natalia Roudenko, New Milford, 14.

100 HH — 1, Vivian Cordero, New Milford, 16.8; 2, Stephanie O'Connor, New Milford, 17.2; Deidre O'Shea, New Milford, 17.5; 4, Sharon Stewart, North Arlington, 17.7; 5, Gwen Gobbo, Palisades Park, 17.9; 6, Tina Klimenns, Lyndhurst 18.6.

400 — 1, LaToya Binns, New Milford, 1:02.3; 2, Virginia Yun, North Arlington, 1:06.4; 3, Angie DeLeon, Palisades Park, 1:067; 4, Kim Campanaro, North Arlington, 1:07.1; 5, Leah Moslos, Leonia, 1:08,2; 6, Tanya Perkins, Bergen Tech, 1:10.2.

800 — 1, Sheila Gupta, Bergen Tech, 2:38.6; 2, Laura Cannito, New Milford, 2:40.2; 3, Jennifer Belthoff, New Milford, 2:40.4; 4, Pam Hellmond, Leonia, 2:44.4; 5, Christina Michelson, Palisades Park, 2:46.5; 6, Sishu Maru, Dwight-Englewood, 2:49.3.

Triple jump — 1, Charnie Carter, Lyndhurst, 35-½; 2, LaToya Binns, New Milford, 33-3; 3, Katie Nardin, Leonia, 31-½; 4, Natalia Roudenko, New Milford, 30-4; 5, Gwen Gobbo, Palisades Park,30-2½; 6, Bukola Akinfaderin, Leonia, 29-7.

Shot put — 1, Laura Piskaldo, North Arlington, 31-3; 2, Tennille Jordan, New Milford, 29-1; 3, Maria Fillipelli, North Arlington, 28-4¾; 4, Jackie Dellossa, Palisades Park, 27-9½; 5, Jen Huber, Becton, 27-9½; 6, Finley, North Arlington, 27-7¾.

Long jump — 1, Charnie Carter, Lyndhurst, 15-5; 2, Vivian Cordero, New Milford, 14-10¾; 3, Robyn Rheinhart, Dwight-Englewood, 14-8½; 4, K.T. Nardin, Leonia, 14-2¾; 5, Shoshana Haricha, New Milford, 14-2¼; 6, Sharon Stewart, North Arlington, 14-1.

Triple jump — 1, Charnie Carter, Lyndhurst, 35-½; 2, LaToya Binns, New Milford, 33-3; 3, Katie Nardin, Leonia, 31-½; 4, Natalia Roudenko, New Milford, 30-4; 5, Gwen Gobbo, Palisades Park, 30-2½; 6, Bukola Akinfaderin, Leonia, 29-7.

High jump — 1, Vivian Cordero, New Milford, 4-10; 2, Gwen Gobbo, Palisades Park, 4-6; 3, Robyn Rhinehart, Dwight-Englewood, 4-6; 4, Sharon Stewart, North Arlington, 4-6; 5, Jennifer O'Shea, New Milford, 4-6; 6, Natalia Roudenko, New Milford, 4-4.

200 — 1, Shoshanah Haricha, New Milford, 27.2; 2, LaToya Binns, New Milford, 27.3; 3, Nicole Parkinson, Bergen Tech, 28.1; 4, Charnie Carter, Lyndhurst, 28.7; 5, Leah Moses, Leonia, 29.1; 6, Robin Rhinehart, Dwight-Englewood, 29.1.

400 IH — 1, Deidre O'Shea, New Milford, 1:10.4; 2, Vivian Cordero, New Milford, 1:11.2; 3, Stephanie O'Connor, New Milford, 1:11.7; 4, Kim Campanero, North Arlington, 1:12.3; 5, Gwen Gobbo, Palisades Park, 1:12.3; 6, tie between Melissa Miao, Bergen Tech, and Tina Klimmens, Lyndhurst, 1:15.9.

Discus — Lacey Martens, Secaucus, 103-5; 2, Tennille Jordan, New Milford, 101; 3, Jen Huber, Becton, 88-6; 4, Jackie Dellosa, Palisades Park, 84-9; 5, Maria Fillipelli, North Arlington, 79-6; 6, Laura Piskadlo, 79-2.

1,600 relay — 1, New Milford (LaToya Binns, Stephanie O'Connor, Shoshanah Haricha, Dierdre O'Shea), 4:17.5; 2, Dwight-Englewood, 4:34.9; 3, Bergen Tech, 4:39.9; 4, North Arlington, 4:42.4; 5, Leonia, 4:46.3; 6, Secaucus, 4:48.9.

RIDGEWOOD TRACK AND FIELD

DUAL MEET SUMMARY

RHS vs Montclair

DATE May 14th, 1997

WEATHER Cloudy, Breezy, Cool

TEAM RECORDS

EVENT	FIRST PLACE (5)	SECOND PLACE (3)	THIRD PLACE (1)	RHS	MHS
Long jump	Lamothe, Helena 14'4" (R)	Law, Ana 13'7½" (R)	Grasso, Jamie 13'6" (R)	9	0
Intermediate Hurdles	Klar, Marli 70.1 (R)	Masterson, Melissa 72.2 (R)	Hoogland, Karen 73.1 (R)	9	0
100 meter dash	Barber, M. 12.1 (M)	Jeannouis, J. 12.7 (M)	Grasso, Jamie 13.0 (R)	1	8
1600 meter run	Ruggles, Carrie 5:48.7 (R)	McDermott, Meg 5:48.8 (R)	Sedo, Celeste 5:49.7 (R)	9	0
400 meter dash	Bruno, Lesley 64.1 (R)	Belknap, Kara 65.6 (R)	Rand, M. 85.6 (M)	8	1
100 meter Hurdles	Klar, Marli 17.1 (R)	Law, Ana 17.5 (R)	Hoogland, Karen 17.6 (R)	9	0
800 meter run	Barber, M. 2:30.2 (M)	Behan, Kelly 2:33.1 (R)	Spnich, Julie 2:33.2 (R)	4	5
200 meter dash	J. Jean-Louis 26.9 (M)	Porro, Jess P.R. 27.9 (R)	Grasso, Jamie 28.1 (R)	4	5
3200 meter run	Brownell, Julia 12:52.3 (R)	Dunn, Taylor 12:57 (R)	Sedo, Rose 14:12.5 (R)	9	0
Triple Jump	Klar, Marli 31'7" (R)	Wormley, N 30'10" (M)	Law, Ana 30'4½" (R)	6	3
4X400 meter relay	Ridgewood 4:52.5			5	0
Shot Put	Dack, Ellen 32'3" (M)	Brown, Shayna 31'10" (R)	Sokolik, Jess 31'4" (R)	4	5
Discus	Sokolik, Jess 111'7" (R)	Dack, Ellen 97'1½" (M)	Dack, Helen 89'11" (M)	5	4
High Jump	Stamper, Gwen 4'8" (R)	Jeffsony Louis Pierre 4'4" (M)	Bruno, Lesley 4'4" (R)	5	3
			FINAL SCORE	87	34

Yea Jess!

Great Job Jess Porro! First Varsity win for Julia Brownell! The 100 Hurdlers looked good! Everyone did well under difficult conditions!

Thank you!

RIDGEWOOD TRACK AND FIELD

RHS vs MONTCLAIR

EVENT	NON-SCORING PERFORMANCES
Long jump	LEININGER - 12'8" SMITH - 12'1"
Intermediate Hurdles	S. DAVIS - 77.2
100 meter dash	PORZO - 13.7 DONOHOE - 16.4 SHAH - 17.5 LAMOTHE - 13.9 ROONEY - 16.7 LEININGER 14.7 BRENNA L-P - 17.3
1600 meter run	BROWNELL 5:51.2 O'NEILL 5:55.4 R. SEDO 5:55.1 BRADIGE - 6:34.8
400 meter dash	
100 meter Hurdles	S. DAVIS - 18.9 RAITER 20.1 SMITH - 19.4 McBRIDE 22.8
800 meter run	NELSON 2:51.4 RIINA 2:55.9 JANIS - 2:59.4 DLUGASCH 2:52.6 LATANICH 2:56.2 ROTH - 2:59.4 WELLS 2:53.6
200 meter dash	BRUNO 28.1 DONOHOE 33.4 BRENNA L-P 35.2 FERDON 31.7 COLEMAN 33.9
3200 meter run	O'NEILL - 14:12.8
Triple Jump	LAMOTHE - 30'1" STAMPER - 28'7" SMITH - 29'7"
4X400 meter relay	SPRICH (72.4), LEININGER (75.7), STAMPER (74.7), SMITH (69.9)
Shot Put	FERNANDEZ - 25'10½" THOMPSON - 19'10½"
Discus	WILSON - 84'9½" BROWN - 63'1" NEHMAN - 61'11" DORKOM - 43'4" FERNANDEZ - 73'2" THOMPSON - 63'9½" BRYANT - 48'3" DAVIS - 45'4½"
High Jump	

ATHLETES OF THE WEEK

This ace goes distance

By BOB KURLAND
Staff Writer

In the case of Celeste Sedo, mother Carmen does know best. She started her daughter running and now the Ridgewood junior is one of the top distance competitors in the state.

On Saturday she swept the 3,200-, 1,600-, and 800-meter titles in the Northern New Jersey Interscholastic League Atlantic meet. And earlier in the week she won the 3,200 in the Bernardsville Invitation in 11 minutes, 25.8 seconds, which stands as the second fastest clocking in New Jersey this year.

For covering a lot of ground in winning times, Sedo is The Record's Bergen Athlete of the Week.

"Everyone in my family runs except my father," says Sedo. "My mother ran in high school and still does. My older sister Rose is on the team and my brother Joe is a freshman runner."

Right from the start she enjoyed the loneliness of the long distance runner.

"I like it because I can work on my strategy," she says. "Even the one mile is almost too short for me because you have to go quicker." That's another reason she enjoys cross-country, where she made the All-Bergen County first team last fall.

"Someday I'll run a marathon because it sounds like fun. But before that I plan to enter the Wyckoff triathlon."

SPORT: TRACK

EVENT: Distance runner **CLASS:** Junior **AGE:** 16

LATEST ACCOMPLISHMENT

Captured three distance races in the Northern New Jersey Interscholastic League Atlantic Division meet and won another in the Bernards Invitational.

BACKGROUND

Started running alongside her mother and occasionally still does, but didn't get serious about the sport until the seventh grade.

QUOTE

"Always run with a positive attitude and feel you can do better in every race. Just never give up."

BERGEN

She should be a natural for the event as she's also a fine swimmer for Ridgewood — she competed on the relay quartet that was named to the All-Bergen second team.

Sedo has been competing in the water sport since the age of 7 and is a longtime member of the Bergen Barracudas. "The only sport I don't do [competitively] in the event is bike riding, but I don't think that will be too hard because I enjoy it. So I'm looking forward to the triathlon."

Her days are usually hectic. "I go from classes to track, and if I don't have a lot of homework, go up to Ramapo College to practice swimming," says Sedo.

"English and American history are my favorite subjects," she says, "but I don't have any idea of what I'll take in college. Of course I intend to run and hopefully will get a scholarship."

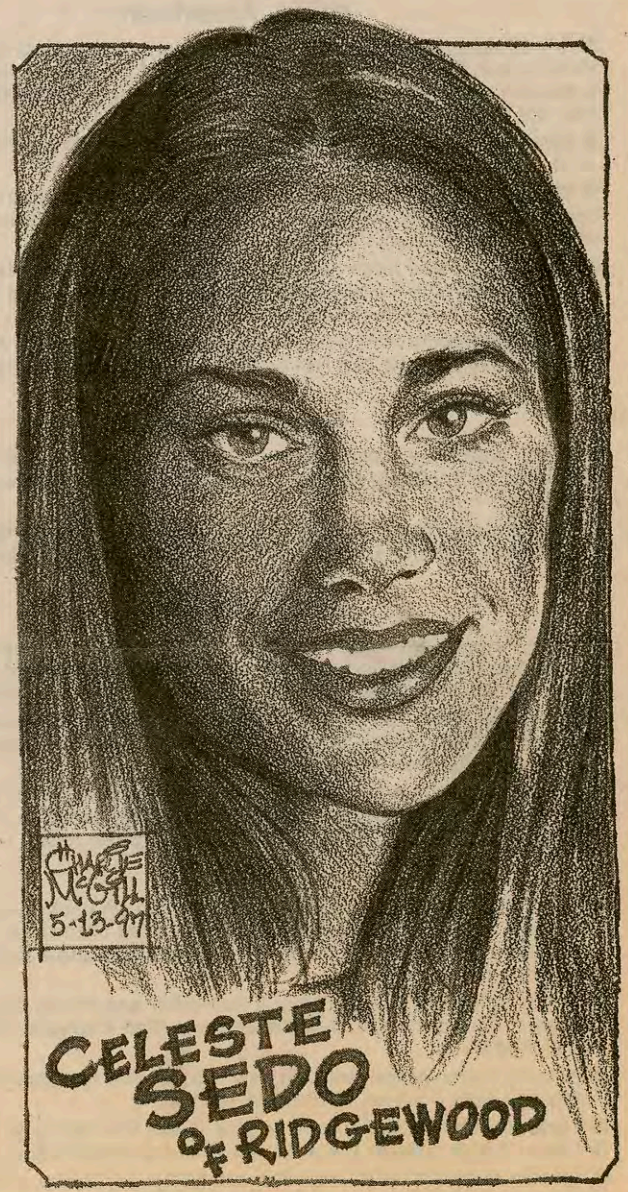
When not running or swimming or studying — "I don't have any time left over for such things as hobbies" — she relaxes with friends and listening to music. "And I love going to the movies, especially watching comedies."

She also tries to put in time with the school's Project Interact, which raises money for charity. "We hold walks for such things as AIDS and cystic fibrosis," says Sedo.

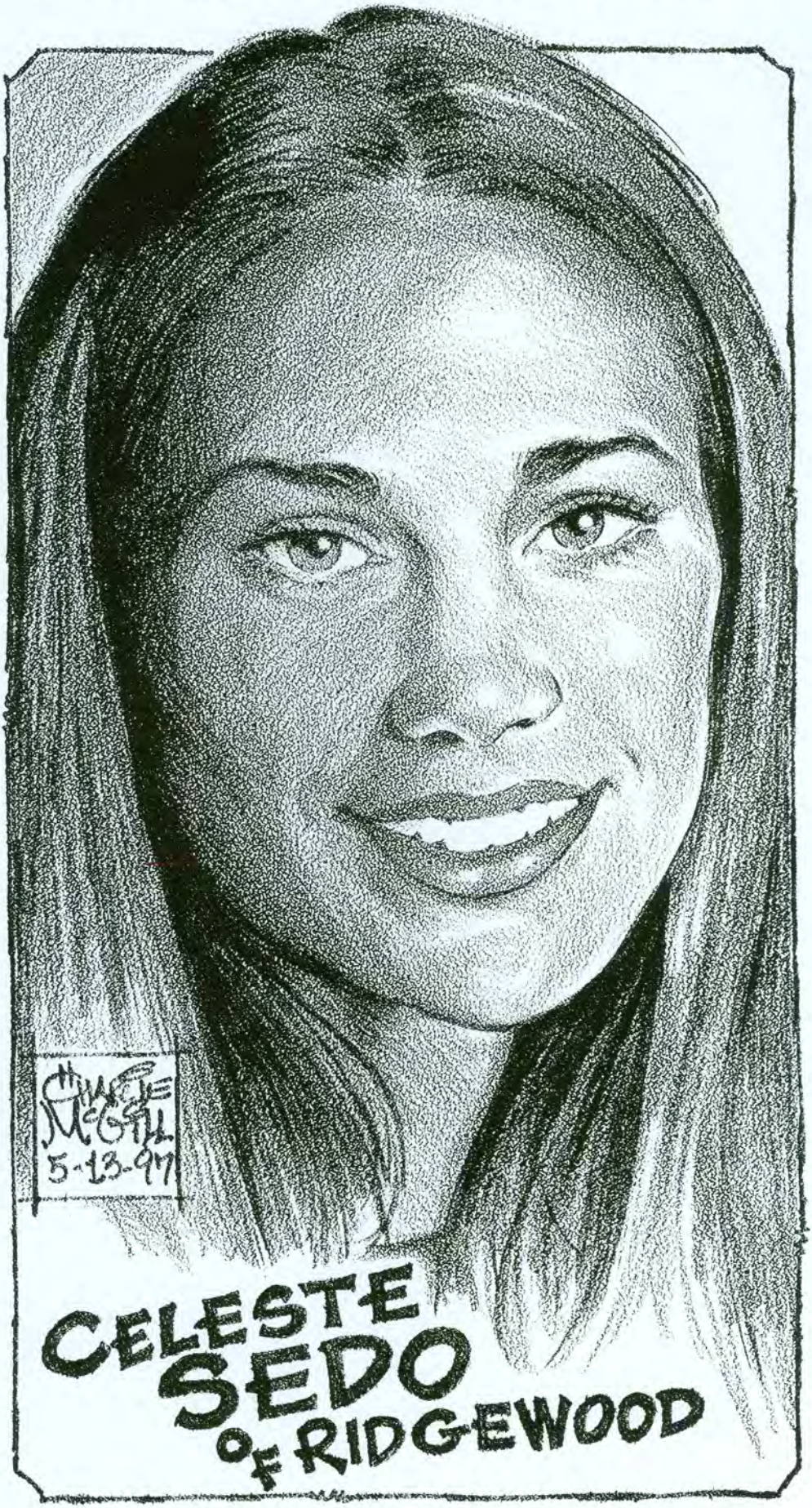
But right now she's focusing all her energy on the upcoming State competition.

"I've improved a lot over last year," Sedo says.

Runners-up for Athlete of the Week are: **Jen Zito** of Hackensack, **Lauren Krauchuk** of Northern Valley at Old Tappan, and **Stacey Leicht** of Indian Hills for softball; **Mike Sammarco** of Bergenfield, **Brian Lennox** of New Milford, **Ed Eccleston** of Hackensack, **Rob Barrabee** of Ramapo, **Atilla Sengul** of Ridgefield, and **Mike Bassett** of Paramus in baseball; and **Kerry Frazer** of Northern Valley at Demarest, **Will Arzenis** of Northern Valley at Old Tappan, **Carmine Tsang** of Indian Hills, **Beth Packman** of Pascack Hills, and **Dave Greco** of Northern Valley at Demarest in track.



The Record
Athlete Of The Week



BERGEN COUNTY GROUP 4 CHAMPS FRI & SAT MAY 16 & 17

Friday at Don Bosco:

200 meters: Burno(28.2t, 27.4f)**PR**3rd, Grasso(27.7t, 27.5f)**PR**4th, Porro(28.6).

3200 meters: Sedo(11:19.3)**PR**1st, Behan(11:35.7)**PR**3rd, Ruggles(11:57.6)**PR**6th.

400 hurdles: Klar(68.3)4th, Masterson(68.5)**PR**5th, Hoogland(69.9)**PR**6th.

Shot Put: Brown(34' 1 3/4")1st, Sokolik(32' 8 3/4")2nd, Fernandez(26'2").

Javelin: Brown(69'2")5th, Wilson(68'7")6th, Sokolik(63'7")

Saturday at Engelwood:

100 meters: Grasso(13.3t, 13.5f)5th, Porro(13.6), Lamothe(13.8).

400 meters: Hoogland(65.0)5th, Belknap(65.1), Wilson(65.5).

800 meters: McDermott(2:23.8)**PR**1st, Sedo(2:24.4)2nd, Ruggles(2:26.8)5th.

1600 meters: Sedo(5:20.8)1st, McDermott(5:21.6)**PR**2nd, Behan(5:31.7)5th.

100 hurdles: Klar(16.7t, 16.8f)3rd, Masterson(17.3), Law(17.3).

Long Jump: Lamothe(15')6th, Law(14'11 3/4"), Grasso(13'7").

Triple Jump: Masterson(33' 2 1/2")**PR**3rd, Klar(32'11 1/4")**PR**5th, Lamothe(32'8 1/2")**PR**6th.

High Jump: Stamper(4'6")5th.

Discus: Sokolik(120'10")1st-new group record, Wilson(84')**PR**5th, Fernandez(72'2").

4X400 relay: Bruno(62.5), Belknap(65.1), Masterson(63.0), Klar(63.6). = 4:14.7 2nd

We were tied with Hackensack after Friday's events but their 2nd day event power was just too much for us. Jess Sokolik joins her dad as a county group meet record holder!!! Our distance runners had an awesome day!! Shayna Brown had a super win in the Shot on Friday. Marli Klar won medals with seasonal Prs in 3 events and an all time PR in the triple jump. Melissa Masterson had a big PR in the triple jump!! Our TEAM had a great County meet.

RECORDS

BOYS GROUP III

100 M	LAMONT BROWN	DEMAREST	1985	10.9
200 M	LAMONT BROWN	DEMAREST	1986	22.3
400 M	MIKE GERAGHTY	DON BOSCO	1980	50.3
	HANK BOGGIO	INDIAN HILLS	1981	50.3
800 M	MIKE SHEEHY	RIVER DELL	1982	1:56.8
1600 M	MOSES MEKBEB	CLIFFSIDE PK	1991	4:19.0
3200 M	ROB REEDER	No HIGHLANDS	1992	9:15.0
1600 R		DEMAREST	1994	3:27.7
110 HH	MIKE PUSKAS	PARAMUS	1989	15.0
400 IH	BOB HOWARD	OLD TAPPAN	1989	55.5
SP	RANDY SOKOLIK	NEW MILFORD	1968	58-9
DISCUS	DANA ELLIS	RAMAPO	1981	176-2
JAVELIN	BRUCE BACCIOCCHI	DUMONT	1983	205-7
TJ	ANTHONY DiCOSMO	PARAMUS CATHOLIC	1995	48-10
LJ	LEN CORN	RAMAPO	1965	23-0
HJ	MIKE CURTI	DUMONT	1979	6-8
PV	MARK MAC CRAKEN	TENAFLY	1972	14-0

GIRLS GROUP IV

100 M	CHRISTINE ROSE	IH ACADEMY	1991	12.2
200 M	MATILDA MIRANDA	TEANECK	1989	25.0
400 M	JAZMEN JONES	HACKENSACK	1986	56.8
800 M	PATTY MILESKI	RIDGEWOOD	1982	2:17.7
1600 M	MARGARET SCUTRO	RIDGEWOOD	1985	5:01.6
3200 M	JEAN HUGHES	RIDGEWOOD	1988	10:43.8
1600 R		TEANECK	1996	4:02.2
100 HH	VERONICA DAVI	IH ACADEMY	1992	15:1
	MARISSA JACKSON	HACKENSACK	1996	15.1
400 LH	VERONICA DAVI	IH ACADEMY	1992	63.3
SP	PASCSALE BARRAU	PAR.CATHOLIC	1983	37-1 3/4
DISCUS	TAMMY RAYEVICH	RIDGEWOOD	1988	118-11
JAVELIN	AMY TITUS	RIDGEWOOD	1990	107-1
TJ	JEN MC DERMOTT	RIDGEWOOD	1989	39-8
LJ	JEN MC DERMOTT	RIDGEWOOD	1989	18-0
HJ	LAUREN SINGLETON	TEANECK	1986	5-4
HJ	JULIE DENISENKO	FAIR LAWN	1994	5-4
HJ	DELCITA RUSSELL	HACKENSACK	1996	5-4

JESS SOKOLIK (DISCUS 120'10") JOINED HER DAD AS A COUNTY GROUP MEET RECORD HOLDER!!

TRACK

Passaic County meet

BOYS TEAM SCORES

Passaic 96, Clifton 77, Passaic Valley 41, Wayne Hills 36, Lakeland 34, DePaul 32, West Milford 30, Wayne Valley 29, Pompton Lakes 22, Eastside 21, Eastern Christian 16, Hawthorne 15, Passaic Tech 15, Paterson Catholic 11, Kennedy 8, Manchester 6.

800 — 1. Bernard Fraser, Passaic, 2:01.1; 2. Nevelle Samuda, Eastside, 2:02.5; 3. John Gonzales, Manchester, 2:03.1; 4. Zaiyer Walker, Paterson Catholic, 2:03.9; 5. Keith Horbatuck, Lakeland, 2:04.4; 6. Jeremy Bukowyczk, Passaic Valley, 2:06.4.

400 IH — 1. Don Platvoet, Passaic Valley, 55.4; 2. Guy Rose, Wayne Hills, 55.9; 3. Scott Wallace, Wayne Valley, 56.7; 4. Brendan King, Lakeland, 56.8; 5. Greg Angelillo, DePaul, 59.8; 6. Daren Smith, Eastside, 59.9.

Triple jump — 1. Shannon Sommerville, West Milford, 42-9; 2. Jason Hibbert, Kennedy, 42-2; 3. Gerald Hayes, Passaic Tech, 42-0¾; 4. David Moses, Eastern Christian, 40-9; 5. Audley Byngs, Paterson Catholic, 39-7; 6. Antoine Charles, Kennedy, 39-1½.

3,200 — 1. Bernard Fraser, Passaic, 10:02.2; 2. Andres Cordero, Passaic Valley, 10:02.6; 3. Matt Vanlenten, Pompton Lakes, 10:04.1; 4. Nilesh Patel, Passaic, 10:15.2; 5. Ted Mussano, Wayne Valley, 10:17.5; 6. Juan Martinez, Passaic, 10:27.0.

200 — 1. Tony Brown, Clifton, 22.4; 2. Joe Haro, Clifton, 22.5; 3. Brian Buczek, DePaul, 22.5; 4. Andre McCormick, Clifton, 23.0; 5. Jerome Tillman, Passaic Valley, 23.6; 6. Michael Johnson, Passaic Tech, 24.0.

Discus — 1. Simone Orlandi, West Milford, 160-0; 2. Matt Durham, Passaic, 145-5; 3. Barry Shields, Pomton Lakes, 137-2; 4. Joshua Simmons, Passaic, 134-9; 5. Rupento Alfaro, Passaic, 134-7; 6. Troy Volpe, Clifton, 131-10.

1,600 relay — 1. Clifton, 3:31.7; 2. Passaic Tech, 3:33.3; 3. Eastern Christian, 3:34.5; 4. Lakeland, 3:34.8; 5. Wayne Valley, 3:35.1; 6. Wayne Hills, 3:36.2.

GIRLS TEAM SCORES

Eastside 93½, Kennedy 85½, Passaic 80, Clifton 62½, West Milford 32, Passaic Tech 16½, Eastern Christian 16, Passaic Valley 16, Pompton Lakes 16, Wayne Valley 15, Lakeland 13, Hawthorne 11, DePaul 6, Wayne Hills 1.

800 — Kempolly Swaby, Eastside, 2:21.8; 2. Madeline Avent, Passaic, 2:22.9; 3. Sabrina Nealy, Kennedy, 2:27.2; 4. Jessica Van Denend, Eastern Christian, 2:28.9; 5. Chanise Stoute, Clifton, 2:29.2; 6. Alex Reiher, West Milford, 2:30.0.

400 IH — 1. Melissa Jones, Eastside, 1:02.7; 2. Natalie Popowicz, Clifton, 1:03.9; 3. Denay Caldwell, Eastside, 1:07.1; 4. Yarissa Rodriguez, Passaic, 1:08.0; 5. Megan Patrono, West Milford, 1:08.5; 6. (tie) Keisha Bennett, Eastside; Sylvia Nealy, Kennedy, 1:08.9.

200 — 1. Nacole Moore, Kennedy, 26.0; 2. Claudine Anderson, Kennedy, 26.8; 3. Jenine Carter, Passaic, 27.0; 4. Amy Gleen, Clifton, 27.6; 5. Mary Luallen, West Milford, 27.7.

Shot put — 1. Labelle Hillgrove, Passaic, 42-3; 2. Nakisha Leon, Passaic, 41-1¾; 3. Simone Flowers, Passaic, 34-7; 4. KellyAnn Charles, DePaul, 33-4; 5. Randi Pointer, Eastside, 31-5¾; 6. Jessica Ganz, West Milford, 31-2.

Discus — 1. Dina Fabrizio, West Milford, 99-7; 2. Nina Odeh, Pompton Leakes, 94-2; 3. Kim Kirby, DePaul, 92-7; 4. Lisa Killi, Lakeland, 87-5; 5. Kristen Tedesco, West Milford, 83-5; 6. Lisa Kucharski, Hawthorne, 83-1.

3,200 — 1. Maydee Oquendo, Kennedy, 11:42.4; 2. Aisha Alexander, Passaic Valley, 11:53.3; 3. Sabrina Nealy, Kennedy, 12:07.4; 4. Sarah Park, Wayne Valley, 12:26.1; 5. Robyn Unrath, Eastern Christian, 12:32.1; 6. Pia Quinto, Clifton, 12:34.4.

1,600 relay — 1. Eastside, 4:00.6; 2. Passaic, 4:04.2; 3. Clifton, 4:14.9; 4. West Milford, 4:15.4; 5. Passaic Valley, 4:20.7; 6. Kennedy, 4:22.7.

High jump — 1. Suzanne Nelson, Hawthorne, 5-0; 2. Kim Fife, Lakeland, 5-0; 3. (tie) Natalie Popowicz, Clifton, and Katie Hecht, Wayne Valley, 4-10; 5. 5. Alicia Mazepa, Clifton, 4-8; 6. (tie) Melissa Dutch, Clifton; Teelia Lowery, Passaic Tech, 4-6.

Triple jump — 1. Alicia Mazepa, Clifton, 35-5¾, 2. Claudine Anderson, Kennedy, 34-8½; 3. Ebony Knighton, Passaic Tech, 32-8; 4. (tie) Keisha Bennett, Eastside; Denay Caldwell, Eastside, 32-6¼; 6. Jen Monan, Wayne Hills, 29-9½.

TRACK

Passaic County meet

BOYS TEAM SCORES

Passaic 57, Clifton 42.2, Lakeland 27.4, DePaul 26.2, Wayne Hills 23.2, Passaic Valley 20, Wayne Valley 19, Hawthorne 13, Eastside 12, Pompton Lakes 10, West Milford 10, Paterson Catholic 6, Eastern Christian 6.

1,600 — 1, Bernard Fraser, Passaic, 4:31.4; 2, Nilesh Patel, Passaic, 4:33.7; 3, Andres Cordero, Passaic Valley, 4:36.2; 4, Joie Pontes, Clifton, 4:24.4; 5, Kurt Troy, Lakeland, 4:42.4; 6, Mark Kaufman, Wayne Valley, 4:43.

400 — 1, Joe Haro, Clifton, 49.9; 2, Tony Brown, Clifton, 50.3; 3, David Moses, Eastern Christian, 51.2; 4, Zaiyer Walker, Paterson Catholic, 51.5; 5, Nevelle Samuda, Eastside, 51.5; 6, Joe Mendel, Wayne Hills, 51.9.

110 hurdles — 1, Guy Rose, Wayne Hills, 15.2; 2, Daren Smith, Eastside, 15.3; 3, Steve Taylor, DePaul, 15.9; 4, Scott Wallace, Wayne Valley, 15.9; 5, Andy Piotrowski, Clifton, 16.2; 6, Brendan King, 17.2.

100 — 1, Andre McCormick, Clifton, 11.1; 2, Brian Buczek, DePaul, 11.2; 3, Bill Hewitt; Hawthorne, 11.3; 4, Joe Haro, Clifton, 11.4; 5, Rashon Johnson, Passaic, 11.5; 6, Audley Byngs, Paterson Catholic, 11.8.

Shot put — 1, Matt Dunham, Passaic, 53-1.5; 2, Joshua Simmons, Passaic, 50-1.5; 3, Kevin Hannenberg, Wayne Hills, 48-2; 4, Simone Orlandi, West Milford, 46-5; 5, David Thompson, Eastside, 46-3.5; 6, Steve Higgins, Passaic, 46-0.

High jump — 1, Linden Richmond, Passaic, 6-2; 2, Tom Smith, Passaic, 6-0; 3, Shannon Somerville, West Milford, 5-8.

Javelin — 1, Arden Clerich, Lakeland, 167-6; 2, Brad Soltis, Pompton Lakes, 164-1; 3, John Passano, Hawthorne, 153-4; 4, Jerome Tillman, Passaic Valley, 150-8; 5, Barry Shields, Pompton Lakes, 148-10; 6, Jim Hayes, Hawthorne, 142-1.

Pole vault — 1, Baker Tiefien, Wayne Valley, 11-6; 2, Lozzi, Lakeland, 11-0; 3, Andy Piotrowski, Clifton, 11-6; 4, Racz, Lakeland, 11-0; 5, Dante Sicilliano, DePaul, 11-0; 6, Kelly, Wayne Hills, 11-0.

Long jump — 1, Don Platvoet, Passaic Valley, 21-4.25; 2, Stephen Taylor, DePaul, 20-9.5; 3, Brendan King, Lakeland, 20-0.75; 4, Scott Wallace, Wayne Wayne Valley, 20-0.5; 5, James Million, Wayne Hills, 19-11.5; 6, Audley Bings, Paterson Catholic, 19-11.5.

GIRLS TEAM SCORES

Eastside 49, Kennedy 36, Passaic 30, Clifton 24, Eastern Christian and Passaic Tech 10, Pompton Lakes 8, Passaic Valley, Wayne Valley, and West Milford 6, Lakeland 1.

1,600 — 1, Jessica Van Denend, Eastern Christian, 5:20.6; 2, Maydee Oquendo, Kennedy, 5:23.6; 3, Sabrina Nealy, Kennedy, 5:29.2; 4, Aisha Alexander, Passaic Valley, 5:33.6; 5, Karen Auteri, Pompton Lakes, 5:36.1; 6, Kempolly Swaby, Eastside, 5:36.9.

400 — 1, Tiamecua Fulton, Eastside, 58.3; 2, Natalie Popowicz, Clifton, 1:00.1; 3, Claudine Anderson, Kennedy, 1:00.6; 4, Madeline Avent, Passaic, 1:01.1; 5, Yarissa Rodriquez, Passaic, 1:01.6; 6, Mary Luallen, West Milford, 1:02.

100 hurdles — 1, Melissa Jones, Eastside, 14.8; 2, Denay Caldwell, Eastside, 15.2; 3, Alicia Mezepa, Clifton, 16.1; 4, Gingi Woodard, Pompton Lakes, 16.5; 5, Erica Benedict, Passaic Valley, 16.6; 6, Heather Morabito, Lakeland, 17.1.

100 — 1, Nacole Moore, Kennedy, 12.4; 2, tie bet. Tiamecua Fulton, Eastside, and Katie Hecht, Wayne Valley, 13.1; 4, Ebony Knighton, Passaic Tech, 13.2; 5, Jenine Carter, Passaic, 13.3; 6, Gingi Woodard, Pompton Lakes, 13.7.

Discus — 1, Nakisha Leon, Passaic, 120-0; 2, Simone Flower, Passaic, 108-3; 3, Heather Miller, Kennedy, 105-7; 4, Dina Fabrizio, West Milford, 103-7; 5, Labelle Hillgrove, Passaic, 99-11; 6, Kristin Tedesco, West Milford, 97-3.

Long jump — 1, Alicia Mezepa, Clifton, 17-6.5; 2, Melissa Jones, Eastside, 16-5.5; 3, Tianna Robinson, Passaic Tech, 15-8.25; 4, Kempolly Swaby, Eastside, 15-4.75; 5, Madeline Avent, Passaic, 15-3.5; 6, Gingi Woodard, Pompton Lakes, 15-0.75.

TRACK

Bergen Championships

GROUP 1 GIRLS

Team scoring

Glen Rock 213, Hasbrouck Hts. 88, Saddle Brook 58, Midland Park 18, St. Mary's 17, Emerson 16, Becton and Ridgefield 14, Waldwick 10, Park Ridge 7, Wallington 4, No. Arlington 4, Cresskill 1, Palisades Park 0.

100 — 1, Melissa Bocchiaro, Glen Rock, 12.6 (group record, old record, 12.7 by Kathy Harmel, Wallington, 1982); 2, Miranda Reeves, Hasbrouck Hts., 13.2; 3, Alessia Cirilli, Hasbrouck Hts., 13.5; 4, Irene Leidenfrost, Park Ridge, 13.5; 5, Elizabeth Matanle, Glen Rock, 14.0; 6, Lauren Haner, Glen Rock, 14.1.

200 — 1, Melissa Bochiaro, Glen Rock, 26.3; 2, Eileen Chazan, Glen Rock, 27.7; 3, Alessia Cirilli, Hasbrouck Heights, 27.8; 4, Miranda Reeves, Hasbrouck Heights, 28.0; 5, Irene Leidenfrost, Park Ridge, 28.4; 6, Elizabeth Matanale, Glen Rock, 29.2.

400 — 1, Vicki Byrne, Saddle Brook, 62.0; 2, Colleen McCorry, Glen Rock, 63.3; 3, Eileen Chazan, Glen Rock, 63.8; 4, Nicole Florio, Hasbrouck Hts., 64.9; 5, Laura Gleutz, Midland Park, 65.5; 6, Virginia Yun, North Arlington, 66.6.

800 — 1, Tracy DellaTorre, Glen Rock, 2:23.5; 2, Vicki Byrne, Saddle Brook, 2:30.9; 3, Lucia Gervasio, Saddle Brook, 2:31.8; 4, Rebecca Kanger, GLen Rock, 2:33.2; 5, Cathleen Murphy, Glen Rock, 2:36.5; 6, Nancy Sinclair, St.Mary's, 2:38.1.

1,600 — 1, Tracy DellaTorre, Glen Rock, 5:27.3; 2, Lucia Gervasio, Saddle Brook, 5:47.7; 3, Nancy Sinclair, St. Mary's, 5:43.2; 4, Rebecca Karger, Glen Rock, 5:55.1; 5, Kathleen Burke, Glen Rock, 5:56.1; 6, Danielle Nugent, Hasbrouck Hts,. 6:00.9.

3,200 — 1, Tracy DellaTorre, Glen Rock, 11:47.1; 2, Nancy Sinclair, St. Mary's, 12;23.6; 3, Erin Lautermilch, Glen Rock, 12:28.5; 4, Lucia Gervasio, Saddle Brook, 12:36.0; 5, Laura McKay, Glen Rock, 12:48.4; 6, Danielle Nugent, Hasbrouck Heights, 12:55.4.

100 HH — 1, Katie Hanley, Glen Rock, 15.6; 2, Alessia Cirilli, Hasbrouck Hts., 16.7; 3, Andrea Sellitti, Glen Rock, 17.0; 4, Rania Margonis, Ridgefield, 17.3; 5, Carolyn Tampe, Glen Rock, 17.9. No sixth place.

400 IH — 1, Katie Hanley, Glen Rock, 1:04.3 (group record, old record, 1:05.4 by Shannon Dillon, New Milford, 1993); 2, Colleen McCorry, Glen Rock, 1:07.5; 3, Vicki Byrne, Saddle Brook, 1:08.3; 4, Melissa Kane, Emerson, 1:09.1 5, Carolyn Tampe, Glen Rock, 1:10.3; 6, Alice Stachal, Saddle Brook, 1:11.4

Shot put — 1, Kristin Nazario, Waldwick, 31-3; 2, Camille Hulko, Saddle Brook, 30-10; 3, Lauren Gmitter, Hasbrouck Heights, 30-9; 4, Renee Wilson, Hasbrouck Heights, 30-3; 5, Allison Marks, Saddle Brook, 30-0½; 6, Katie Finn, Glen Rock, 28-11.

Discus — 1, Quinn Brady, Glen Rock, 103-7; 2, Lauren Gmitter, Hasbrouck Hts., 98-0; 3, Jenn Huber, Becton, 85-2; 4, Allison Marks, Saddle Brook, 84-2; 5, Nancy Correa, Hasbrouck Hts., 82-0; 6, Tara Castellano, Saddle Brook, 81-8.

Javelin — 1, Nancy Correa, Hasbrouck Heights, 106-7; 2, Jen Huber, Becton, 104-7; 3, Quinn Brady, Glen Rock, 99-8; 4, Liz Vanas, Glen Rock, 96-6; 5, Wendy Vanderwal, Midland Park, 92-3; 6, Elilzabeth Soho, Cresskill, 89-11.

High jump — 1, Ronia Margonis, Ridgefield, 4-10; 2, Andrea Sellitti, Glen Rock, 4-8; 3, Sarah Goodell, Midland Park, 4-6; 4, Kristen Wisneski, Midland Park, 4-6; 5, Virginia Yun, No. Arlington, 4-6; 6, Gwen Gobbo, Palisades Park, 4-6.

Long jump — 1, Katie Hanley, Glen Rock, 17-8; 2, Melissa Bochiaro, Glen Rock, 17-7½; 3, Andrea Sellitti, Glen Rock, 17-4; 4, Miranda Reeves, Hasbrouck Heights, 16-2½; 5, Alicia Cirilli, Hasbrouck Heights, 15-8; 6, Alice Stachal, Saddle Brook, 15-6.

Triple jump — 1, Katie Hanley, Glen Rock, 35-11; 2, Miranda Reeves, Hasbrouck Hts., 34-2½; 3, Andrea Sellitti, Glen Rock, 33-11¼; 4, Meghan McCauley, Emerson, 32-6½; 5, Sue Santgramo, Wallington, 32-4; 6, Colleen McCorry, Glen Rock, 31-8¼.

1,600 relay — 1, Glen Rock (Carolyn Tampe, Melissa Bochiaro, Eileen Chazan, Colleen McCorry), 4:14.4; 2, Emerson, 4:26.2; 3, Hasbrouck Hts., 4:28.0; 4, Midland Park, 4:34.7; 5, Wallington, 4:41.8; 6, North Arlington, 4:43.9.

GROUP 2 GIRLS

Team scoring

Ramsey 121, Englewood 83, Rutherford 72, Westwood 51, New Milford 34, Ridgefield Park 31, Dumont 28, Pascack Hills 16, Lyndhurst 15, Lodi 10, Mahwah 2, Elmwood Park 2, Bergen Tech and Leonia 0.

100 — 1, Carlene Cummings, Englewood, 12.7; 2, Genevieve Palmieri, Rutherford,13.9; 3, Lorin Roscoe, Ramsey, 14.0; 4, Charnie Carter, Lyndhurst, 14.0; 5, Beth Packman, Pascack Hills, 14.2; 6, Jamila Griffith, Englewood, 14.4.

200 — 1, Mahasin Pegeise, Rutherford, 27.4; 2, Holly Garrison, Dumont, 27.6; 3, Latoya Binns, New Milford, 27.6; 4, Lakeya Jacobus, Englewood, 27.7; 5, Jen Bozek, Rutherford, 28.3; 6, Charlene Hooper, Englewood, 28.4.

400 — 1, Latoya Binns, New Milford, 60.7; 2, Michelle Skubic, Ramsey, 61.5; 3, Mahasin Pegeise, Rutherford, 61.7; 4, Cassie McLauthlen, Ramsey, 61.8; 5, Charlene Hooper, Englewood, 63.1; 6, Lakeya Jacobus, Englewood, 63.3.

800 — 1, Dana Satir, Ramsey, 2:23.2; 2, Chrissy McDonnell, Ramsey, 2:29.8; 3, Kelly Hecking, Rutherford, 2:29.9; 4, Nicole Stinson, Westwood, 2:31.0; 5, Robin McGee, Ramsey, 2:32.0; 6, Emily Drew, Westwood, 2:32.6.

1,600 — 1, Dana Satir, Ramsey, 5:21.4; 2, Tracy Kirk, Ramsey, 5:32.0; 3, Chrissy McDonnell, Ramsey, 5:34.1; 4, Allison Herron, Pascack Hills, 5:41.3; 5, Nikki Callaghan, Westwood, 5:47.6; 6, Melissa Lochheed, Rutherford, 5:52.9.

3,200 — 1, Dana Satir, Ramsey, 11:42.5; 2, Tracy Kirk, Ramsey, 11:44.8; 3, Nikki Callaghan, Westwood, 11:45.8; 4, Sarah Walton, Ramsey, 12:23.5; 5, Lauren McCann, Rutherford, 12:26.7; 6, Jill Rabadan, Westwood, 12:38.4.

100 HH — 1, Carlene Cummings, Englewood, 14.7; 2, Holly Garrison, Dumont, 16.1; 3, Beth Packman, Pascack Hills, 16.8; 4, Cessy Espinosa, Rutherford, 16.8; 5, Dana Blom, Mahwah, 17.1; 6, Vivian Cordero, New Milford, 17.1.

400 IH — 1, Mahasin Pegeise, Rutherford, 1:06.8; 2, Alyson Campbell, Ramsey, 1:07.8; 3, Vivian Cordero, New Milford, 1:10.5; 4, Deirdre O'Shea, New Milford, 1:11.7; 5, Lindsay Tis, Pascack Hills, 1:12.2; 6, Tori Trum, Ramsey, 1:12.4.

Shot put — 1, Keisha Owen, Lodi, 33-10½; 2, Brenda Arroyo, Ridgefield Park, 32-7½; 3, Jean Marie Bellotti, Rutherford, 31-9½; 4, Danielle McGugins, Westwood, 30-5; 5, Betty Nicolas, Westwood, 30-3¼; 6, Christina Partlow, Westwood, 30-1¼.

Discus — 1, Kristen Guimes, Ridgefield Park, 103-0; 2, Valerie Epps, Englewood, 100-8; 3, Danielle McGowan, Westwood, 94-5; 4, Rhonda Williams, Englewood, 92-7; 5, Sandy Agresta, Ridgefield Park, 89-4; 6, Tennille Jordon, New Milford, 88-0.

Javelin — 1, Betty Nicolas, Westwood, 103-1; 2, Wendy Rosenbhower, Rutherford, 100-11; 3, Janet Luce, Westwood, 100-11; 4, Erica Pearsall, Ridgefield Park, 95-10; 5, Leonora Colon, Ridgefield Park, 92-6; 6, Michelle Bumpass, Rutherford, 91-0.

High jump — 1, Cheryl Burdick, Ramsey, 5-4 (ties group record set by Nancy Larena, Saddle Brook, 1982); 2, Michelle Skubic, Ramsey, 4-8; 3, Mahasin Pegeise, Rutherford, 4-8; 4, Cheryl Muller, Ridgefield Park, 4-8; 5, Tammi Jordon, Englewood, 6, tie between Sara Ramirez, Dumont and Maggie Hervasz, Dumont, 4-6.

Long jump — 1, Carlene Cummings, Englewood, 16-11; 2, Tammi Jordan, Englewood, 16-10¾; 3, Charnie Carter, Lyndhurst, 15-9½; 4, Kerri O'Connor,Dumont, 15-7; 5, Beth Packman, Pascack Hills, 15-4; 6, Jamila Griffith, Englewood, 14-10.

Triple jump — 1, Carlene Cummings, Englewood, 38-6 (group record, old record, 37-8 by Cummings, 1996); 2, Tammi Jordan, Englewood, 36-9¼; 3, Kerri O'Connor, Dumont, 34-6; 4, Charnie Carter, Lyndhurst, 33-11½; 5, Raeanne Brancalo, Elmwood Park, 33-0; 6, Shenee Clarke, Ridgefield Park, 32-6¾.

1,600 relay — 1, Ramsey (Cassie McLauthlen, Alyson Campbell, Tori Trum, Michelle Skubic), 4:14.2; 2, Westwood, 4:14.9; 3, New Milford, 4:16.1; 4, Englewood, 4:18.1; 5, Rutherford, 4:29.3; 6, Lyndhurst, 4:40.2.

GROUP 3 GIRLS

Team scoring

NV/Demarest 72, Fort Lee 47, Bergenfield 43, River Dell 43, NV/Old Tappan 41, Garfield 35, Holy Angels 33, Cliffside Park 32, Tenafly 28, Paramus Catholic 20, Pascack Valley 19, Paramus 19, Indian Hills 18, Ramapo 10, No. Highlands 4, Queen of Peace 0.

100 — 1, Natasha D'Souza, Bergenfield, 13.1; 2, Amanda Negron, Old Tappan, 13.4; 3, Brittany Saunders, Fort Lee, 13.5; 4, Carmen Tsang, Indian Hills, 13.4; 5, Michelle Pitts, Demarest, 13.9; 6, Adeline Kvo, River Dell, 14.1

200 — 1, Janna Kohout, River Dell, 26.3; 2, Natasha D'Souza, Bergenfield, 26.8; 3, Amanda Negron, NV/Old Tappan, 27.0; 4, Krista Saunders, Fort lee, 27.3; 5, Julia Cheringal, NV/Old Tappan, 27.8; 6, Erika papaccioli, Paramus, 27.9.

400 — 1, Krista Saunders, Fort Lee, 60.5; 2, Jackie Babbini, Cliffside Park, 62.1; 3, Brittany Saunders, Fort Lee, 62.2; 4, Lauren Sherry, River Dell, 62.4; 5, Michelle Pitts, Demarest, 62.4; 6, Alexis Walsh, Tenafly, 63.4.

800 — 1, Julie Clifford, Holy Angels, 2:19.3; 2, Caitlin Wittreich, Tenafly, 2:23.7; 3, Erika Papaccioli, Paramus, 2:24.1; 4, Jen Mechlowe, Pascack Valley, 2:26.1; 5, Jenn Knuth, Holy Angels, 2:31.3; 6, Meghan O'Toole, Garfield, 2:32.6.

1,600 — 1, Julie Clifford, Holy Angels, 5:20.5; 2, Kelly Ortiz, Paramus, 5:22.2; 3, Josie Maceri, Fort Lee, 5:29.7; 4, Katie Lynch, Indian Hills, 5:32.7; 5, Kate Cosgriff, Tenafly, 5:35.6; 6, Lauren Eid, Fort Lee, 5:36.2

3,200 — 1, Meghan O'Toole, Garfield, 11:44.3; 2, Lauren Eid, Fort lee, 11:48.5; 3, Josie Maceri, Fort Lee, 11:56.5; 4, Lauren Stroger, NV/Demarest, 12:04.1; 5, Jen Knuth, Holy Angels, 12:07.8; 6, Kate Cosgriff, Tenafly, 12:12.1.

100 HH — 1, Kerry Frazer, Demarest, 16.0; 2, Jackie Babbini, Cliffside Park, 16.4; 3, Karen Hammont, River Dell, 16.5; 4, Ellen Knechel, No. Highlands, 16.9; 5, Laura Orrico, Ramapo, 17.3. No sixth place.

400 IH — 1, Janna Kohout, River Dell, 1:04.5; 2, Caitlin Wittreich, Tenafly, 1:04.9; 3, Jackie Babbini, Cliffside Park, 1:06.9; 4, Jen O'Brien, Pascack Valley, 1:09.7; 5, Kimmie Bogdan, NV/Demarest, 1:09.9; 6, Katie Mountenot, Holy Angels, 1:10.2.

Shot put — 1, Jenn Flinchum, NV/Demarest, 36-8¼; 2, Erika Czujko, Garfield, 36-1½; 3, Chaya Tasker, NV/Old Tappan, 32-0; 4, Bonnie Astudillo, Brgenfield, 30-10; 5, Alyce Porawski, Holy Angels, 30-5; 6, Maria Jasiak, Garfield, 30-5.

Discus — 1, Chaya Tesker, Old Tappan, 109-1; 2, Jen Flinchum, Demarest, 108-0; 3, Gina Leon, Garfield, 98-9; 4, Anneliese Munczinsici, Indian Hills, 96-4; 5, Colleen Kelley, Paramus Catholic, 93-8; 6, Kari Olsen, Bergenfield, 92-0.

Javelin — 1, Ann Woetzel, Paramus Catholic, 104-1; 2, Marissa Sarubbi, Cliffside Park, 100-9; 3, Maria Jasiak, Garfield, 99-0; 4, Jen Flinchum, NV/Demarest, 98-8; 5, Jen Austin, Garfield, 97-5; 6, Jackie Babbini, Cliffside Park, 93-11.

High jump — 1, Janet Andrews, Bergenfield, 5-2; 2, Ann Wuetzel, Paramus Catholic, 5-0; 3, Amanda Witt, Holy Angels, 4-10; 4, Kerry Frazer, Demarest, 4-10; 5, Melissa Barone, River Dell, 4-8; 6, Lauren Pacailler, Cliffside Park,4-8.

Long jump — 1, Janet Andrews, Bergenfield, 16-2¼; 2, Kerry Frazer, NV/Demarest, 16-1½; 3, Jamie Lilien, Pascack Valley, 15-11½; 4, Sandra Fernandez, Pascack Valley, 15-9¼; 5, Michelle Martino, NV/Demarest, 15-7½; 6, Dana Critelli, NV/Old Tappan, 15-6.

Triple jump — 1, Kerry Frazer, Demarest, 35-0; 2, Jen Orthman, Ramapo, 34-3¾; 3, Carmen Tsang, Indian Hills, 34-3¾; 4, Michelle Martino, Demarest, 32-10; 5, Abena Boakye, Tenafly, 32-6¾; 6, Jen Austin, Garfield, 31-11.

1,600 relay — 1, River Dell (Karen Hammerle, Janna Kohout, Lauren Sherry, Nikki Woods), 4:13.6; 2, Old Tappan, 4:15.7; 3, Tenafly, 4:17.2; 4, Paramus, 4:18.9; 5, Demarest, 4:20.2; 6, Pascack Valley, 4:21.4.

GROUP 4 GIRLS

Team scoring

Hackensack 196.5, Ridgewood 136, Teaneck 86, IHA 38, Fair Lawn 6.5.

100 — 1, Delcita Russell, Hackensack, 12.5; 2, Keely Roberts, Teaneck, 13.1; 3, Mary Jones, Hackensack, 13.3; 4, Devon Hudson, Hackensack, 13.4; 5, Jamie Grasso, Ridgewood, 13.5; 6, Anibe Elegbe, Teaneck, 13.4.

200 — 1, Delcita Russell, Hackensack, 26.0; 2, Anike Elegbe, Teaneck, 27.2; 3, Lesley Bruno, Ridgewood, 27.4; 4, Jamie Grasso, Ridgewood, 27.5; 5, Keyana Pompey, Hackensack, 27.7; 6, Shaunte Marshall, Teaneck, 28.5.

400 — 1, Delcita Russell, Hackensack, 58.0; 2, Marissa Jackson, Hackensack, 59.8; 3, Keely Roberts, Teaneck, 60.2; 4, Erika Jungblut, Teaneck, 62.6; 5, Latoya Thomas, Hackensack, 63.9; 6, Karen Hoogland, Ridgewood, 65.0.

800 — 1, Meg McDermott, Ridgewood, 2:23.8; 2, Celeste Sedo, Ridgewood, 2:24.4; 3, April Quatrano, Hackensack, 2:24.4; 4, Kelly Johnson, Teaneck, 2:26.5; 5, Carrie Ruggles, Ridgewood, 2:26.8; 6, Shauna Koenig, Hackensack, 2:27.9.

1,600 — 1, Celeste Sedo, Ridgewood, 5:20.8; 2, Meg McDermott, Ridgewood, 5:21.6; 3, Patti Martin, Hackensack, 5:26.8; 4, Sara Meroth, Fair Lawn, 5:31.2; 5, Kelly Behan, Ridgewood, 5:31.7; 6, Mary Daula, IHA, 5:34.5.

3,200 — 1, Celeste Sedo,Ridgewood, 11:19.3; 2, Patti Martin, Hackensack, 11:32.5; 3, Kelly behan, Ridgewood, 11:35.7; 4, Claire McGuire, Hackensack, 11:50.7; 5, Beth Androski, Hackensack, 11:52.6; 6, Carrie Ruggles, Ridgewood, 11:57.6.

100 HH — 1, Marissa Jackson, Hackensack, 15.1 (ties group record set by Veronica Davi, IHA, 1992 and Jackson, 1996); 2, Bridgette Atkinson, Hackensack, 16.4; 3, Marli Klar, Ridgewood, 16.8; 4, Michele Calabro, IHA, 17.3; 5, Zorinah Figueroa, Teaneck, 17.5.

400 IH — 1, Marissa Jackson, Hackensack, 1:04.5; 2, Zorinah Figueroa, Teaneck, 1:05.4; 3, Michele Calabrò, IHA, 1:07.1; 4, Marli Klar, Ridgewood, 1:08.3; 5, Melissa Masterson, Ridgewood, 1:08.5; 6, Karen Hoogland, Ridgewood, 1:09.9.

Shot put — 1, Shayna Brown, Ridgewood, 34-1¾; 2, Jessica Sokolik, Ridgewood, 32-8¾; 3, Claudia Heim, IHA, 30-10; 4, Caren Gardiner, Teaneck, 30-3¾; 5, Michelle Williamson, Hackensack, 28-6½; 6, Bridgette Atkinson, Hackensack, 27-11.

Discus — 1, Jessica Sokolik, Ridgewood, 120-10 (group and meet record, old record, 118-11 by Tammy Rayevich, Ridgewood, 1988); 2, Claudia Heim, IHA, 106-7; 3, Karen Cassetta, Hackensack, 96-1; 4, Adrienne Green, Teaneck, 87-11; 5, Michele Wilson, Ridgewood, 84-0; 6, Stephanie Abdallah, IHA, 80-6.

Javelin — 1, Karen Cassetta, Hackensack, 89-9; 2, Tricia France, IHA, 78-4; 3, Shauna Koenig, Hackensack, 71-8; 4, Adrienne Green, Teaneck, 71-1; 5, Shayna Brown, Ridgewood, 69-2; 6, Michele Wilson, Ridgewood, 68-7.

High jump — 1, Bridgette Atkinson, Hackensack, 5-0; 2, Delcita Russell, Hackensack, 4-10; 3, Dara Jemmott, Teaneck, 4-10; 4, Nicole Peta, Teaneck, 4-8; 5, Gwen Stamper, Ridgewood, 4-6; 6, tie between Mary Jones, Hackensack, and Sara Meroth, Fair Lawn, 4-6.

Long jump — 1, Bridgette Atkinson, Hackensack, 15-10¼; 2, Gwen Scanel, Hackensack, 15-10; 3, Keely Roberts, Teaneck, 15-9¾; 4, Devon Hudson, Hackensack, 15-8¾; 5, Anike Elegbe, Teaneck, 15-4¾; 6, Helena LaMothe, Ridgewood, 15-0.

Triple jump — 1, Marissa Jackson, Hackensack, 33-11½; 2, Devon Hudson, Hackensack, 33-9¾; 3, Melissa Masterson, Ridgewood, 33-2¼; 4, Anike Elegbe, Teaneck, 33-¼; 5, Marli Klar, Ridgewood, 32-11½; 6, Helena Lamothe, Ridgewood, 32-8½.

1,600 relay — 1, Teaneck (Keely Roberts, Erika Jungblut, Zorinah Figueroa, Kelley Johnson), 4:05.7; 2, Ridgewood, 4:14.7; 3, Hackensack, 4:18.2; 4, IHA, 4:23.7; 5, Fair Lawn, 4:24.7.

RIDGEWOOD RELAYS II **MONDAY MAY 19TH**

4X400 hurdles:	Mo Smith(77.90)DQ, Sue Davis(80.0), Erin Raiter(84.2) = 4:02.1 DQ
Frosh Sprint Med:	Wells(70.9), Shah(34.7), Rooney(36.5), A.Davis(2:46.2) = 5:08.2 5th
Sprint Medley:	Wilson(64.1), Ferdon(30.1), Stamper(30.4), Belknap(2:36.1)=4:40.7 2nd
Frosh 4X800 m:	VanYperen(2:47.7),Riina(2:56.0),Latanich(3:05.1), Nelson(2:45.5) = 11:33.8 2nd
4X800 relay:	O'Neill(2:40.4), Dunn(2:40.6), Brownell(2:44.0), Sprich(2:38.2) = 10:42.8 1st
4X100 m hurdles:	Ana Law(17.3), Karen Hoogland(17.1), Melissa Masterson(17.2), Marli Klar(16.1) = 1:07.7 1st **NEW SCHOOL RECORD !!!!!!**
	"B" - Raiter, S. Davis, McBride, Smith = 1:18.0 6th
4X200 relay	Porro, Grasso, Lamothe, Bruno = 1:49.4 2nd (fastest time in 3 years - 4th on all time list!!)
Distance Medley:	Walther(4:21), Porro(69), Nelson(2:46), Sprich(5:58) = 1st
	"B" - Roth(4:48), Coleman(80), Janis(2:57), Brundige(6:30) = 4th
Frosh Dist.Med.	Wells(4:47), Smith(76), A.Davis(2:52), Brownell(6:00) = 1st
Shot Put:	Shayna Brown(32'7"), Michele Wilson(26'7") = 58'2" 2nd
	"B" - Dorkhom(19'2 1/2"), Bryant(18'5") = 37' 7 1/2"
	"C" - Davis(19'2"), Newman(17'10") = 37'
Discus:	Michele Wilson(83'6"), Shanya Brown(66'5") = 149'11" 5th
Javelin:	Shayna Brown(62'10"), Michele Wilson(62'7") = 124'5" 4th
	"B" Megan Leininnger(55'6"), Erin Raiter(54'4") = 109'10" 5th
Long Jump:	Mo Smith(11'9 1/2"), Megan Leininnger(11'3") = 23' 1/2" 6th
High Jump:	Gwen Stamper-4'6", & Alison Davis-4'6" = 9' 2nd place tie.

TEAM SCORE: Ridgewood-69, Old Tappan-58, Teaneck-53, Pascack Hills-50, New Milford-42, Leonia-20, Cresskill-16, Lyndhurst-15, No.Highlands-12, Demarest-8, Hasbrouck Hights-2, Hackensack-1.

School Record! Fast Sprint Times! Winning Team!
Ridgewood is the Best!

FROSH BERGEN COUNTY CHAMPIONSHIP **MAY 22, 1997**
RIDGEWOOD HIGH SCHOOL TRACK **RIDGEWOOD, NJ**

100 meters: Dononoe(15.9), Rooney(16.3), B.Cheslack-Postava(17.2), Shah(17.6).

200 meters: Bruno(27.8)1st, Donohoe(32.6)**PR**, Rooney(34.6)**PR**, B.Cheslack-Postava(35.7), Shah(37.2).

400 meters: Bruno(62.8)1st.

800 meters: Dunn(2:37.2)4th, Davis(2:38.6)6th**PR**, O'Neill(2:39.8), VanYperen(2:43.4)**PR**, Nelson(2:43.7)**PR**.

1600 meters: Brownell(5:41.0)2nd**PR**, O'Neill(5:42.9)3rd**PR**.

3200 meters: Brownell(12:25.7)1st**PR**

100 hurdles: Smith(18.1t, 18.5s, 17.9f)3rd**PR**.

400 hurdles: Smith(73.5)4th, Dunn(77.5).

long jump: Davis(11'11 1/2").

triple jump: Smith(28'11 1/2")5th

shot put: Bryant(20'1"), Dorkhom(17'7")

Discus: Bryant(54'7"), Dorkhom(45'3")

4X400 relay: Smith(70.2), Davis(68.4), Dunn(69.3), Bruno(65.2) = 4:33.2 2nd

TRACK

Bergen freshman girls

At Ridgewood

Group winners

Group 4 — Ridgewood
Group 3 — NV/Demarest
Group 2 — Westwood
Group 1 — Hasbrouck Heights

Individual winners

100 — Nicole Parkinson, Bergen Tech, 13.6
200 — Lesley Bruno, Ridgewood, 28.0
400 — Bruno, Ridgewood, 62.8
800 — Nicole Stinson, Westwood, 2:30.1
1,600 — Jeri Chico, Paramus, 5:35.3
3,200 — Julia Brownell, Ridgewood, 12:25.9
1,600 relay — Westwood (Abbalie, Stinson, Smelek, Drew) 4:31.4
100 long hurdles — Dana Blom, Mahwah, 16.6
400 int. hurdles — Lindsay Tis, Pascack Hills, 71.9
High jump — Mellisa Barone, River Dell, 4-10
Long jump — Joanne Irwin, Bergenfield, 14-9
Triple jump — Shenee Clanle, Ridgefield Park, 31-6½
Discus — Leslie Azarian, NV/Old Tappan, 90-3
Javelin — Lila Lee, NV/Demarest, 109-8
Shot put — Lee, NV/Demarest, 32-3

FROSH COUNTY CHAMPS !!!

Our team had a great day many PR's and other good performances! Lesley won two sprints. Taylor showed she can hurdle, Julia had a great distance double, Mo won 4 medals (5 races and 6 jumps-a busy day!), and the relay was outstanding.

NORTH 1 STATE SECTIONAL CHAMPIONSHIP **MAY 24TH**
Clifton Stadium

100 meters:	Grasso(13.3t,13.4s), Porro(13.5)**PR**, Lamothe(13.6)
200 meters:	Grasso(27.7), Bruno(27.7), Porro(27.8)**PR**
400 meters:	Bruno(62.2)**PR**
800 meters:	McDermott(2:21.4)1st**PR**, Ruggles(2:26.6)5th, O'Neill(2:34.2)**PR**
1600 meters:	Behan(5:24.8)1st, McDermott(5:24.8)2nd.
3200 meters:	Sedo(11:20)1st, Behan(11:27.8)3rd, Brownell(12:08.2)8th**PR**
100 hurdles:	Klar(16.6t,16.2s,16.4f)5th, Law(17.2t,16.9s)**PR**, Masterson(17.4)
400 hurdles:	Law(74.2)
Long Jump:	Klar(15'10")**PR**, Law(15'6")**PR**, Lamothe(15' 4 1/2")**PR**
High Jump:	Stamper NH, Bruno NH, A.Davis NH (opening was 4'8")
Shot Put:	Sokolik(33'9")3rd, Brown(33' 4 1/4")4th, Fernandez(27' 2")**PR**
Discus:	Sokolik(112'3")2nd, Wilson(92'3"), Fernandez(85'4").
Javelin:	Wilson(75'1")**PR**, Brown(74'11"), Sokolik(68'3")
4X400 relay:	Bruno(63.6), Belknap(63.9), Masterson(62.4), Klar(62.0) = 4:11.9 6th

WE CAME VERY CLOSE TO EASTSIDE TODAY. WE MISSED 2ND BY 3/4 of a POINT! WE HAD MANY PR's. 4 ATHLETES WON 2 MEDALS McDERMOTT, BEHAN, KLAR, SOKOLIK. WE HAD 3 UNDERCLASS SECTIONAL CHAMPIONS WHICH MAKES THE FUTURE BRIGHT!

NORTH JERSEY, SECTION 1
GROUP 4

TEAMS: 1-Hackensack 102¾. 2-Paterson Eastside 67¾. 3-Ridgewood 67. 4-Teaneck 45¾. 5-Passaic 42. 6-Clifton 37. 7-Paterson Kennedy 35. 8-West Milford 15. 9-Vernon 12¾. 10-Snyder 6. 11-Kearny 3.

100-METER DASH: 1-Nacole Moore, Paterson Kennedy 12.0. 2-Delcita Russell, Hackensack 12.4. 3-Keisha Bennett, Paterson Eastside 12.9. 4-Anike Elegbe, Teaneck 13.0. 5-Petrina Frankoski, Vernon 13.0. 6-Keely Roberts, Teaneck 13.1.

200-METER DASH: 1-Delcita Russell, Hackensack 25.5. 2-Nacole Moore, Paterson Kennedy 25.9. 3-Tiamecua Fulton, Paterson Eastside, 26.2. 4-Anike Elegbe, Teaneck 26.8. 5-Jenine Carter, Passaic 27.9. 6-Keyan Pompey, Hackensack 28.2.

400-METER RUN: 1-Delcita Russell, Hackensack 57.0. 2-Keely Roberts, Teaneck 59.1. 3-Tiamecua Fulton, Paterson Eastside 59.7. 4-Madeline Avent, Passaic 1:00.4. 5-Erika Jungblut, Teaneck 1:00.7. 6-Mary Luallen, West Milford 1:01.7.

800-METER RUN: 1-Meg McDermott, Ridgewood 2:21.3. 2-Kempolly Swaby, Paterson Eastside 2:22.7. 3-Glaindoche Figam, Snyder 2:25.2. 4-Kelley Johnson, Teaneck 2:26.4. 5-Carrie Ruggles, Ridgewood 2:26.4. 6-Chanise Stoute, Clifton 2:27.5.

1,600-METER RUN: 1-Kelly Behan, Ridgewood 5:24.8. 2-Meg McDermott, Ridgewood 5:24.9. 3-Patty Martin, Hackensack 5:26.2. 4-Kristen Cravotta, Vernon 5:27.5. 5-Naydee Oquendo, Paterson Kennedy 5:28.3. 6-Sabrina Nealy, Paterson Kennedy 5:28.7.

3,200-METER RUN: 1-Celeste Sedo, Ridgewood 11:20.0. 2-Patty Martin, Hackensack 11:23.9. 3-Kelly Behan, Ridgewood 11:27.7. 4-Sabrina Nealy, Paterson Kennedy 11:41.1. 5-Naydee Oquendo, Paterson Kennedy 11:49.7. 6-Beth Androski, Hackensack 12:01.6.

100-METER HIGH HURDLES: 1-Melissa Jones, Paterson Eastside 14.4. 2-Marissa Jackson, Hackensack 14.7. 3-Denay Caldwell, Paterson Eastside 14.7. 4-Alicia Mazepa, Clifton 16.0. 5-Marli Klar, Ridgewood 16.4. 6-Bridgette Atkinson, Hackensack 16.8

400-METER INTERMEDIATE HURDLES: 1-Melissa Jones, Paterson Eastside 1:04.0. 2-Natalie Popowicz, Clifton 1:04.7. 3-Marissa Jackson, Hackensack 1:05.1. 4-Zorinah Figueroa, Teaneck 1:05.1. 5-Keushe Bennety, Paterson Eastside 1:07.7. 6-Denay Caldwell, Paterson Eastside 1:07.9.

HIGH JUMP: 1-Bridgette Atkinson, Hackensack 5-2. 2-Delcita Russell, Hackensack 5-0. 3-Natalie Popowicz, Clifton 4-10. 4-Alicia Mazepa, Clifton 4-10. 5-Jen Michalczak, Vernon, Dara Jemmot, Teaneck, Latoya Thomas, Hackensack, and Erin Pride, Paterson Eastside 4-8.

LONG JUMP: 1-Alicia Mazepa, Clifton 17-4. 2-Keely Roberts, Teaneck 17-1¼. 3-Gwen Scawelb, Hackensack 16-7½. 4-Keisha Bennett, Paterson Eastside 16-4. 5-Madeline Avent, Passaic 16-1½. 6-Bridgette Atkinson, Hackensack 16-0.

SHOT PUT: 1-Nakisha Leon, Passaic 41-2½. 2-Labelle Hillgrove, Passaic 39-3½. 3-Jess Sokolick, Ridgewood 33-9. 4-Shayna Brown, Ridgewood 33-4¼. 5-Heather Miller, Paterson Kennedy 31-5½. 6-Celeste Passos, Kearny 30-8½.

DISCUS: 1-Nakisha Leon, Passaic 120-9. 2-Jess Sokolick, Ridgewood 112-3. 3-Heather Miller, Paterson Kennedy 105-6. 4-Karen Cassetta, Hackensack 98-5. 5-Celeste Passos, Kearny 97-1. 6-Kristen Tedesco, West Milford 95-1.

JAVELIN: 1-Karen Cassetta, Hackensack 104-0. 2-Kristen Tedesco, West Milford 100-6. 3-Megan Dammers, Vernon 98-5. 4-Dina Fabrizio, West Milford 95-7. 5-Jill Zajac, Clifton 91-2. 6-Sara Schechter, West Milford 84-6.

1,600-METER RELAY (4x400): 1-Teaneck (Keely Roberts, Erika Jungblut, Zorinah Figueroa and Uelley Johnson) 3:58.6. 2-Paterson Eastside 4:02.2. 3-Passaic 4:05.4. 4-Hackensack 4:09.9. 5-Clifton 4:10.0. 6-Ridgewood 4:12.0.

NORTH JERSEY, SECTION 2
GROUP 4

TEAMS: 1-Columbia 127. 2-Montclair 63. 3-Plainfield 56. 4-Randolph 49. 5-Irvington 29. 6-Elizabeth 28. 7-Phillipsburg 26. 8-Westfield 22. 9-Union 11. 10-West Orange 8. 11-Livingston 6. 12-East Orange 5. 13-Newark East Side and Belleville 2.

100-METER DASH 1-Aleah Williams, Montclair 11.6 record; former record 11.7, Darriea Pigott, West Orange, 1994. 2-Lisa barber, Montclair 11.6. 3-Haneefah Norman, Elizabeth 12.2. 4-Atrice Mathews, Plainfield 12.3. 5-Ebony Tarry, East Side 13.0. 6-Adrienne Ashford, Columbia 13.0.

200-METER DASH: 1-Aleah Williams, Montclair 23.6 record; former record 24.2, Darriea Pigott, West Orange, 1995. 2-Mikele Barber, Montclair 24.0. 3-Lisa Barber, Montclair 24.1. 4-Charmaine Walker, Plainfield 24.1. 5-Hanefah Norman, Elizabeth 25.5. 6-Atrice Mathews, Plainfield 25.6.

400-METER RUN: 1-Mikele Barber, Montclair 54.5 record; former record 54.7, Donithy Jones, Montclair, 1981. 2-Lakeema Lewis, Plainfield 58.5. 3-Caroline Nehls, Randolph 58.8. 4-Priscilla Hazlewood, Plainfield 59.3. 5-Katie Isidor, Montclair 1:01.6. 6-Leigh Ann Rutty, East Orange 1:02.6.

800-METER RUN: 1-Dara Crocker, Columbia 2:13.5. 2-Natalie Deffenbaugh, Columbia 2:14.0. 3-Suzy Kozub, Westfield 2:16.0. 4-Shau McFadzean, Columbia 2:16.7. 5-Priscilla Hazlewood, Plainfield 2:22.5. 6-Megan Shutts, Westfield 2:22.9.

1,600-METER RUN: 1-Dara Crocker, Columbia 5:09.3. 2-Natalie Deffenbaugh, Columbia 5:12.4. 3-Stephanie Snyder, Randolph 5:13.3. 4-Noeleene Harris, Irvington 5:18.8. 5-Sage Stefiuk, Westfield 5:21.7. 6-Gorshawn Dabney, Plainfield 5:34.7.

3,200-METER RUN: 1-Dara Crocker, Columbia 11:17.0. 2-Catherine Casey, Columbia 11:39.4. 3-Elizabeth Eskow, Phillipsburg 11:44.3. 4-Venessa Nina, East Orange 12:04.0. 5-Kayla Maloney, Randolph 12:08.5. 6-Laura Goglas, Randolph 12:17.5.

100-METER HIGH HURDLES: 1-Charmaine Walker, Plainfield 13.7. 2-Ayana Coleman, Columbia 14.5. 3-Tasha Moore, Irvington 14.6. 4-Keesha Charles, Irvington 15.3. 5-Yezai a antiago, Belleville 15.8. 6-Carleen Eastman, Irvington 16.9.

400-METER INTERMEDIATE HURDLES: 1-Ayana Coleman, Columbia 1:00.0. 2-Danielle Hobson, West Orange 1:03.5. 3-Tasha Moore, Irvington 1:04.3. 4-Crystal Marsh, Plainfield 1:04.9. 5-Lakeema Lewis, Plainfield 1:05.4. 6-Megan Foley, Phillipsburg 1:06.8.

HIGH JUMP: 1-Allison Mellage, Union 5-2. 2-Bridgette Ingram, Columbia 5-2. 3-Stephanie DelPreore, Livingston 5-0. 4-Lauren Waters, Randolph 5-0. 5-Diana Sands, Columbia 5-0. 6-Katie Shannon, Phillipsburg 4-10.

LONG JUMP: 1-Bridgette Ingram, Columbia 17-11½. 2-Michelle Zamor, Randolph 17-10½. 3-Lakeema Lewis, Plainfield 17-5½. 4-Ayana Coleman, Columbia 17-3¼. 5-Yanique Stephenson, Irvington 17-2½. 6-Trecilla Watson, Union 17-1½.

SHOT PUT: 1-Jazmine Wright, Columbia 38-9½. 2-Blanca Diaz, Elizabeth 36-2. 3-Demitrus Wideman, Phillipsburg 34-9. 4-Marie Glemaud, Columbia 34-4. 5-Fanta Turay, Montclair 34-0½. 6-Jesse Townsend, Elizabeth 32-6.

DISCUS: 1-Jody Arends, Randolph 115-8. 2-Blanca Diaz, Elizabeth 112-4. 3-Ellen Dock, Montclair 103-8. 4-Audra Thrap, Phillipsburg 101-4. 5-Eileen Budd, Phillipsburg 100-7. 6-Helen Dock, Montclair 100-4.

JAVELIN: 1-Kelly Burns, Westfield 106-7. 2-Jody Arends, Randolph 105-11. 3-Katie Shannon, Phillipsburg 100-10. 4-Diana Sands, Columbia 100-5. 5-Jese Townsend, Elizabeth 98-10. 6-Allison Checchio, Westfield 87-11.

1,600-METER RELAY (4x400): 1-Plainfield (Lakeema Lewis, Priscilla Hazlewood, Atrice Mathews and Charmaine Walker) 3:51.0. 2-Columbia 3:51.7. 3-Irvington 4:05.8. 4-Randolph 4:09.7. 5-Westfield 4:11.2. 6-Elizabeth 4:11.9.

CENTRAL JERSEY
GROUP 4

TEAMS: 1-Middletown South 90. 2-Piscataway 66. 3-Hunterdon Central 54. 4-J.P. Stevens 45. 5-Trenton 29. 6-Bridgewater-Raritan 27. 7-West Windsor 25. 8-East Brunswick 24. 9-Middletown North 16. 10-Hillsborough 15. 11-Old Bridge 13. 12-Edison and Howell 10. 14-Marlboro 6. 15-Manalapan 3. 16-Freehold Township 1.

100-METER DASH: 1-Rachel Sernitsky, Middletown South 11.9. 2-Nikiya Reid, Trenton 11.9. 3-Kim Turko, J.P. Stevens 12.1. 4-Akosua Asamoah, Piscataway 12.4. 5-Kristen Sarzillo, Hunterdon Central 12.7. 6-Sherleen Woolerx, Trenton 12.7.

200-METER DASH: 1-Kim Turko, J.P. Stevens 25.0. 2-Nikole Collins, Hunterdon Central 25.7. 3-Akosua Asamoah, Piscataway 26.1. 4-Rachel Sernitsky, Middletown South 26.3. 5-Tierra Hicks, Hillsborough 26.6. 6-Denise Hundley, Old Bridge 26.7.

400-METER RUN: 1-June Moore, Middletown South 58.6. 2-Tierra Hicks, Hillsborough 59.0. 3-Suzanne Schild, Middletown South 59.2. 4-Nikole Collins, Hunterdon Central 59.6. 5-Bassey Adjah, Piscataway 59.8. 6-Laura Gincel, West Windsor 1:01.0.

800-METER RUN: 1-Suzanne Schild, Middletown South 2:18.8. 2-Kathy Sutkowski, J.P. Stevens 2:23.2. 3-Kira Horvath, East Brunswick 2:23.4. 4-Faith Murray, Trenton 2:23.5. 5-Marie Kosley, Bridgewater-Raritan 2:23.8. 6-Tracy Schmidt, Freehold Township 2:24.

1,600-METER RUN: 1-Cate Guiney, Middletown South 5:18. 2-Devjani Sengupta, Bridgewater-Raritan 5:22. 3-Kim Horvath, East Brunswick 5:23. 4-Lindsey Gallo, Howell 5:24.1. 5-Amy Werner, Middletown North 5:24.7. 6-Alicia Roth, Hillsborough 5:27.4.

3,200-METER RUN: 1-Cate Guiney, Middletown South 11:29.6. 2-Erica Goetz, Hunterdon Central 11:39.5. 3-Lindsey Gallo, Howell 11:42.6. 4-Devjani Sengupta, Bridgewater-Raritan 11:48,8. 5-Julie Carlisle, Piscataway 11:51.1. 6-Colleen Glass, Middletown South 11:51.3.

100-METER HIGH HURDLES: 1-Kim Turko, J.P. Stevens 13.7. 2-Nikiya Reid, Trenton 14.2. 3-Ayana Seibles, Piscataway 14.8. 4-Rachel Sernitsky, Middletown South 14.9. 5-Candice Steele, J.P. Stevens 15.2. 6-Nicole Froehlich, Middletown North 15.7.

400-METER INTERMEDIATE HURDLES: 1-Bassey Adjah, Piscataway 1:02.1 ties record, Donna Powell, Trenton. 2-June Moore, Middletown South 1:03.5. 3-Jenny O'Hagan, Middletown South 1:05.1. 4-Laura Gincel, West Windsor 1:06.0. 5-Orla Connolly, Hunterdon Central 1:06.1. 6-Kerry Mirus, Bridgewater-Raritan 1:06.5.

HIGH JUMP: 1-Charlene Davis, West Windsor 5-2. 2-Ayana Seibles, Piscataway 5-2. 3-Jess Hughes, Bridgewater-Raritan 5-0. 4-Akosua Asamoah, Piscataway, and Lauren Tomossone, Manalapan 5-0. 6-Lauren Elwood, J.P. Stevens 5-0.

LONG JUMP: 1-Bassey Adjah, Piscataway 17-7½. 2-Kim Turko, J.P. Stevens 16-0½. 3-Charlene Davis, West Windsor 15-9¼. 4-Denise Hundley, Old Bridge 15-9. 5-Kim Marino, Middletown North 15-6¾. 6-Joanna Bradley, Middletown South 14-11½.

SHOT PUT: 1-Maggie Gutowski, Hunterdon Central 38-9¾. 2-Casey Gutowski, Hunterdon Central 37-5½. 3-Nadege Bernadin, Old Bridge 36-11¾. 4-Catheryn Carthan, West Windsor 35-2¼. 5-Michelle Whinna, Old Bridge 34-3½. 6-Julie Wang, Piscataway 33-7½.

DISCUS: 1-Krystal Pasley, Edison 118-7. 2-Liz Scherer, Middletown North 117-7. 3-Ananal Adjah, Piscataway 110-3. 4-Casey Gutowksi, Hunterdon Central 106-10. 5-Mary Beth McDonnell, Middletown South 97-0. 6-Tracy schaible, Hillsborough 96-0.

JAVELIN: 1-Ali Freedman, East Brunswick 117-1. 2-Idisha Pettigrew, Trenton 111-10. 3-Yasmin Deliz, Marlboro 105-1. 4-Megan Greeley, Piscataway 104-9. 5-racy Strahlendorff, Hillsborough 100-9. 6-Jackie McPortland, Hillsborough 99-6.

1,600-METER RELAY (4x400): 1-Middletown South (Jenny O'Hagan, Susan Kwiatkowski, June Moore and Suzanne Schild) 3:59. 2-Hunterdon Central 4:06.3. 3-Bridgewater-Raritan 4:06.9. 4-Piscataway 4:08.2. 5-East Brunswick 4:11.5. 6-Middletown North 4:13.9.

NORTH 1

GROUP 3

TEAMS: 1-Demarest 77½. 2-Old Tappan 52. 3-Garfield 38. 4-Paramus 30. 5-River Dell 29½. 6-Lincoln and Tenafly 28. 8-Cliffside Park 26. 9-Pascack Valley 25. 10-Bergenfield 21. 11-High Point 20. 12-Indian Hills 18. 13-Passaic Valley 14. 14-Lakeland 11. 15-Sparta 10. 16-Fort Lee 3. 17-Ramapo 2. 18-Wayne Valley 1.

100-METER DASH: 1-Natasha DiSouza, Bergenfield 12.8. 2-Carmen Tsang, Indian Hills 12.8. 3-Amanda Negron, Old Tappan 13.1. 4-Kirin Fried-Boxt, Demarest 13.3. 5-Meaghan Michaels, High Point 13.4. 6-Jessica Kelly, Ramapo 13.9.

200-METER DASH: 1-Carmen Tsang, Indian Hills 27.0. 2-Amanda Negron, Old Tappan 27.4. 3-Julia Chernigal, Old Tappan 28.1. 4-Marcia Felder, Lincoln 28.2. 5-Erica Rosenberg, Old Tappan 28.5. 6-Andrea Ferri, Ramapo 28.6.

400-METER RUN: 1-Shyrelle Long, Lincoln 61.3. 2-Danielle Sepulveres, Old Tappan 1:01.6. 3-Lauren Sherry, River Dell 1:01.9. 4-Alexis Walsh, Tenafly 1:02.4. 5-Jacqueline Babbini, Cliffside Park 1:02.6. 6-Brittany Saunders, Fort Lee 1:02.6.

800-METER RUN: 1-Caitlin Wittreich, Tenafly 2:18.0. 2-Erika Papaccioli, Paramus 2:21.7. 3-Jamilla Khulid, Lincoln 2:26.2. 4-Colleen Mahoney, High Point 2:27.2. 5-Helena Suric, Cliffside Park 2:27.3. 6-Laura Crescenzo, Lakeland 2:29.0

1,600-METER RUN: 1-Kelly Ortiz, Paramus 5:24.7. 2-Geri Chico, Paramus 5:27.3. 3-Diedre Ammaro, Old Tappan 5:30.5. 4-Colleen Mahoney, High Point 5:30.8. 5-Aisha Alexander, Passaic Valley 5:31.1. 6-Sarah Park, Wayne Valley 5:33.0.

3,200-METER RUN: 1-Jen Cannistra, Sparta 11:40.5. 2-Meghan O'Toole, Garfield 11:51.4. 3-Aisha Alexander, Passaic Valley 11:54.7. 4-Lauren Stroger, Demarest 11:58.8. 5-Josie Maceri, Fort Lee 12:02.0. 6-Meredith Millet, High Point 12:04.2.

100-METER HIGH HURDLES: 1-Kerry Frazer, Demarest 15.4. 2-Jamie Lillien, Pascack Valley 16.0. 3-Erica Benedict, Passaic Valley 16.2. 4-Karen Hammerle, River Dell 16.5. 5-Karin Boman, Demarest 16.6. 6-Jacqueline Babbini, Cliffside Park 16.8.

400-METER INTERMEDIATE HURDLES: 1-Caitlin Wittreich, Tenafly 1:04.7. 2-Janna Kohout, River Dell 1:05.1. 3-Jacqueline Babbini, Cliffside Park 1:08.5. 4-Heather Morabito, Lakeland 1:08.9. 5-Jen O'Brien, Pascack Valley, and Kimmie Bogdan, Demarest 1:10.3.

HIGH JUMP: 1-Janet Andrews, Bergenfield 5-2. 2-Kerry Frazer, Demarest 5-2. 3-Kim Fife, Lakeland 5-0. 4-Lauren Pacailler, Cliffside Park 4-10. 5-Jamie Lillian, Pascack Valley, and Colleen Lucas, River Dell 4-8.

LONG JUMP: 1-Kerry Frazer, Demarest 16-6. 2-Sandra Fernandez, Pascack Valley 16-4¾. 3-Jamie Lillien, Pascack Valley 16-4½. 4-Michelle DiMartino, Demarest 16-1½. 5-Abena Boakye, Tenafly 15-10. 6-Lynn Irwin, Bergenfield 15-8.

SHOT PUT: 1-Jen Flinchum, Demarest 35-8. 2-Erika Czujo, Garfield 35-7. 3-Kerry Frazer, Demarest 34-4. 4-Maria Jasiak, Garfield 33-8. 5-Lila Lee, Demarest 31-9. 6-Liz Coopersmith, High Point 31-8.

DISCUS: 1-Chaya Tesker, Old Tappan 111-1. 2-Jen Flinchum, Demarest 101-10. 3-Bonnie Watts, High Point 93-2. 4-Najran Stephens, Cliffside Park 92-2. 5-Kari Olson, Bergenfield 90-8. 6-Liz Coopersmith, High Point 90-0.

JAVELIN: 1-Jen Austin, Garfield 119-3. 2-Maria Jasiak, Garfield 102-7. 3-Jen Flinchbaum, Demarest 99-10. 4-Jacqueline Babbini, Cliffside Park 99-3. 5-Lauren Pacailler, Cliffside Park 98-7. 6-Melanie Lewis, Demarest 98-5.

1,600-METER RELAY (4x400): 1-River Dell (Karen Hammerle, Nikki Woods, Janna Kohoot and Lauren Sherry) 4:13.0. 2-Lincoln 4:13.0. 3-Old Tappan 4:15.1. 4-Paramus 4:18.4. 5-Tenafly 4:19.0. 6-Demarest 4:25.0.

NORTH 2

GROUP 3

TEAMS: 1-Morris Knolls 76. 2-Mount Olive 60. 3-Cranford 55. 4-Morristown 52. 5-Scotch Plains 51. 6-Roxbury 36. 7-Parsippany Hills 30. 8-West Morris 19. 9-Nutley 18. 10-Newark West Side 11. 11-Orange 9. 12-Montville 9. 13-Parsippany 4. 14-Warren Hills 3.

100-METER DASH: 1-Shawna Morgan, Scotch Plains 12.5. 2-Shernaza Robin, West Side 12.5. 3-Kristen Vetri, Montville 12.8. 4-Keri Hymen, Morris Knolls 12.9. 5-Tara Bernard, West Morris 13.1. 6-Tracy Allen, West Side 13.2.

200-METER DASH: 1-Shawna Morgan, Scotch Plains 25.5. 2-Keri Hymen, Morris Knolls 26.4. 3-Kristen Vetri, Montville 26.8. 4-Shynell Forney, Orange 26.8. 5-Kerri Edwards, Morris Knolls 26.8. 6-Quinn Lewis, Orange 28.6.

400-METER RUN: 1-Monique Brown, Cranford 58.4. 2-Keri Edwards, Morris Knolls 58.6. 3-Keri Hymen, Morris Knolls 59.3. 4-Aleeah Cromartie, Roxbury 59.5. 5-Robin Shernaza, West Side 1:00.6. 6-Sara Hall, Mount Olive 1:00.7.

800-METER RUN: 1-Megan Schwartz, Morristown 2:19.3. 2-Megan McDonald, Roxbury 2:19.4. 3-Afifa Ansari, Morristown 2:24.4. 4-Coleen Dougherty, Nutley 2:25.8. 5-Rebecca Rosenberg-Bera, Mount Olive 2:27.6. 6-Kathy Verhoeven, Cranford 2:28.8.

1,600-METER RUN: 1-Marianne Herbst, Mount Olive 5:21.2. 2-Laura Monchinski, Mount Olive 5:21.4. 3-Tamara Iglesias, Morristown 5:24.3. 4-Sherry Sikora, Roxbury 5:24.7. 5-Meghan Langevin, Scotch Plains 5:32.9. 6-Sarah Rush, Warren Hills 5:34.7.

3,200-METER RUN: 1-Laura Monchinski, Mount Olive 11:33.4. 2-Meghan Langevin, Scotch Plains 11:35.5. 3-Tamara Iglesias, Morristown 11:38.9. 4-Kim Primavera, Mount Olive 11:55.4. 5-Kristen Svenson, Morris Knolls 12:05.4. 6-Amy Barberia, Nutley 12:19.0.

100-METER HIGH HURDLES: 1-Roan Moore, Nutley 14.7. 2-Monique Brown, Cranford 15.0. 3-Danielle Adams, Morristown 16.3. 4-Cinnamon McMillan, Mount Olive 16.4. 5-Danielle Chilinski, Cranford 16.5. 6-Jodi Wheeler, Mount Olive 16.7.

400-METER INTERMEDIATE HURDLES: 1-Monique Brown, Cranford 1:03.8. 2-Megan Schwartz, Morristown 1:05.2. 3-Diane Mumevar, Mount Olive 1:08.7. 4-Kristen Sammon, Mount Olive 1:08.7. 5-Quinn Lewis, Orange 1:09.2. 6-Jesse Butovich, Roxbury 1:11.1.

HIGH JUMP: 1-Kerri Edwards, Morris Knolls 5-2. 2-Erin Caufield, Morris Knolls 5-2. 3-Megan Weiss, Cranford 4-10. 4-Aisher Joseph, Orange, Reena Nayak, Mount Olive, and Christina Hillman, Scotch Plains 4-8.

LONG JUMP: 1-Kristy Lash, Morris Knolls 16-3. 2-Shawna Morgan, Scotch Plains 15-10½. 3-Reena Nayak, Mount Olive 15-9¼. 4-Aleah Cromartie, Roxbury 15-8. 5-Gayle Noma, Warren Hills 15-4¾. 6-Dana Sharkey, West Morris 14-8¼.

SHOT PUT: 1-Angie Rosamilia, Parsippany Hills 37-9¼. 2-Jeane Curnoles, West Morris 35-5½. 3-Sherri Hamlette, Scotch Plains 34-7½. 4-Celeste Den Man, Roxbury 32-9¾. 5-Courtney Gallagher, Morris Knolls 31-8½. 6-Allyson Rucinski, Nutley 30-0½.

DISCUS: 1-Angie Rosamilia, Parsippany Hills 114-0. 2-Jeane Curnoles, West Morris 111-10. 3-Eileen Garrity, Cranford 96-5. 4-Mellisa Salvik, Cranford 92-11. 5-Allyson Rucinski, Nutley 90-10. 6-Stacey Haynes, Orange 90-1.

JAVELIN: 1-Angie Rosamilia, Parsippany Hills 100-6. 2-Eileen Garrity, Cranford 99-1. 3-Lynn Kelly, Morris Knolls 96-6. 4-Melissa Hicks, Scotch Plains 95-4. 5-Jesenia Machado, Morristown 95-4. 6-Bridget Kroll, Roxbury 91-9.

1,600-METER RELAY (4x400): 1-Roxbury (Megan McDonald, Aleeah Cromartie, Jesse Butovich and Alison Gallopo) 4:06.3. 2-Morristown 4:11.9. 3-Morris Knolls 4:14.6. 4-Parsippany 4:19.1. 5-Mount Olive 4:20.2. 6-Scotch Plains 4:21.4.

CENTRAL

GROUP 3

TEAMS: 1-Franklin 63. 2-North Hunterdon 60. 3-Hamilton 46½. 4-Watchung Hills 38. 5-Red Bank 34. 6-Wall 32. 7-Monmouth Regional 31. 8-Ocean Township 30. 9-South Brunswick 26½. 10-Princeton 25. 11-Matawan 16. 12-Sayreville 14. 13-Ewing 13. 14-Lawrence 4. 15-Hightstown 1.

100-METER DASH: 1-Jennifer Wade, Franklin 12.0. 2-Shaunte Sheard, Franklin 12.1. 3-Melissa Harris, Ocean Township 12.4. 4-Mona Johnson, South Brunswick 12.5. 5-Nostra Ahmed, Ewing 12.6. 6-Amber Coleman, Franklin 12.9.

200-METER DASH: 1-Sikira Backus, Princeton 24.8. 2-Jennifer Wade, Franklin 24.8. 3-Shaunte Sheard, Franklin 25.5. 4-Melissa Harris, Ocean Township 25.5. 5-Nighta Lindsey, Monmouth Regional 25.8. 6-Mona Johnson, South Brunswick 26.3.

400-METER RUN: 1-Sikira Backus, Princeton 57.9. 2-Nighta Lindsey, Monmouth Regional 58.4. 3-Meghan Kober, Watchung Hills 59.4. 4-Jen Wade, Franklin 59.4. 5-Melanie Rhoden, Ewing 59.5. 6-Shaunte Sheard, Franklin 59.8.

800-METER RUN: 1-Julie Colley, North Hunterdon 2:21.1. 2-Tasha Stryker, North Hunterdon 2:22.6. 3-Kristin Mikita, Franklin 2:24. 4-Tracey Yeager, South Brunswick 2:27.4. 5-Christine Marion, Ocean Township 2:29.4. 6-Angie Johnson, Monmouth Regional 2:29.9.

1,600-METER RUN: 1-Kristen Haughey, North Hunterdon 5:23.0. 2-Kristen Mikita, Franklin 5:23.0. 3-Heather Perrine, Wall 5:24.3. 4-Erika Feltz, Sayreville 5:28.5. 5-Grace O'Neill, North Hunterdon 5:31.2. 6-Pam Meadors, Ocean Township 5:32.0.

3,200-METER RUN: 1-Kristen Haughey, North Hunterdon 11:55.4. 2-samantha Haydu, Ocean Township 12:04.4. 3-Pam Meadors, Ocean Township 12:05.8. 4-Jill Stein, South Brunswick 12:14.3. 5-Grace O'Neill, North Hunterdon 12:20.1. 6-Meghan Roquemore, South Brunswick 12:23.6.

100-METER HIGH HURDLES: 1-Natasha Yeager, Wall 14.6 ties record, Stephanie Toomer, Hopewell Valley, 1995. 2-Chenelle Williams, Hamilton 15.0. 3-Michele Phalen, Franklin 15.5. 4-Stephanie Bergman, South Brunswick 15.6. 5-Erica Szoc, North Hunterdon 16.0. 6-Aja Burt, Franklin 16.3.

400-METER INTERMEDIATE HURDLES: 1-Natasha Yeager, Wall 1:05.7. 2-Tarhanysia Davis, Hamilton 1:05.7. 3-Lindsey Hayes, Red Bank 1:08.8. 4-Caroline Hebel, North Hunterdon 1:08.9. 5-Christine Marion, Ocean Township 1:09.6. 6-Colleen Ginty, North Hunterdon 1:09.7.

HIGH JUMP: 1- Sara Stafford, Matawan 5-0. 2-Lindsey Hayes, Red Bank 5-0. 3-Sue Bayous, Hamilton 5-0. 4-Kelly Ireland, North Hunterdon, and Shayla Jenkins, Ewing 5-0. 6-Ursula Kirk and Chenelle Williams, Hamilton 4-10.

LONG JUMP: 1-Meghon Kober, Watchung Hills 16-7¼. 2-Stephanie Bergman, South Brunswick 16-2. 3-Regina Isaac, Monmouth Regional 16-1. 4-Chenelk Williams, Hamilton 15-11¼. 5-Jikira Backus, Princeton 15-4. 6-Deadre Booker, Monmouth Regional 15-3.

SHOT PUT: 1-Sara Cullen, Red Bank 41-6. 2-Aricia Joasil, Hamilton 38-7¼. 3-Michele Vedral, Hamilton 36-2½. 4-Diane Smith, Watchung Hills 35-1½. 5-Bianca Grande, Sayreville 34-9¼. 6-Barrie Bullock, Princeton 34-3¾.

DISCUS: 1-Sarah Beth Cullen, Red Bank 104-9. 2-Diane Smith, Watchung Hills 100-5. 3-Aricia Joasil, Hamilton 97- 4. Jen Bent, Lawrence 96-7. 5-Thedia Buchanan, Monmouth Regional 96-3. 6-Brianne Slane, Hightstown 94-8.

JAVELIN: 1-Diana Smith, Watchung Hills 119-9. 2-Jess Painchaud, Sayreville 113-5. 3-Cheryl Christianson, Wall 102-10. 4-Caren Godwin, Matawan 100-4. 5-Lindsay Taylor, Princeton 99-10. 6-Nikki Richardson, Monmouth Regional 87-10.

1,600-METER RELAY (4x400): 1-Monmouth Regional (Regina Isaac, Angie Johnson, Deadre Booker and Nighta Lindsey) 4:07.1. 2-North Hunterdon 4:09.9. 3-Ewing 4:11. 4-Franklin 4:11. 5-Matawan 4:15.1. 6-Ocean Township 4:16.7.

NORTH 1

GROUP 1

TEAMS: 1-Glen Rock 204. 2-Hasbrouck Heights 78. 3-Saddle Brook 45. 4-Hawthorne 35. 5-Secaucus 14. 6-Ridgefield Park 12. 7-Midland Park 10. 8-Waldwick 8. 9-Emerson 7. 10-North Arlington 5. 11-Cresskill 4. 12-Wallington 3. 13-Bogota and Palisades Park 2. 15-Park Ridge and Becton 1.

100-METER DASH: 1-Melissa Bochiaro, Glen Rock 12.2 record; former record 12.6., Michelle Stein, Glen Rock, 1995. 2-Miranda Reeves, Hasbrouck Heights 12.9. 3-Valarie Gross, Hawthorne 13.0. 4-Alessia Cirelli, Hasbrouck Heights 13.2. 5-Jaime Bronowich, Secaucus 13.2. 6-Allison Derosa, Hawthorne 13.3.

200-METER DASH: 1-Melissa Bochiaro, Glen Rock 26.3. 2-Eileen Chazan, Glen Rock 27.0. 3-Miranda Reeves, Hasbrouck Heights 27.0. 4-Alessia Cirelli, Hasbrouck Heights 27.8. 5-Jaime Bronowich, Secaucus 28.2. 6-Irene Leidenfrost, Park Ridge 28.3.

400-METER RUN: 1-Vicki Byrne, Saddle Brook 1:01.7. 2-Eileen Chazan, Glen Rock 1:02.7. 3-Ganeane Breckenridge, Hawthorne 1:03.8. 4-Carolyn Tampe, Glen Rock 1:03.9. 5-Laura Glentz, Midland Park 1:04.3. 6-Jenn Ferriday, Midland Park 1:04.7.

800-METER RUN: 1-Tracey Dellatorre, Glen Rock 2:21.0. 2-Erin Lautermilch, Glen Rock 2:29.0. 3-Vicki Byrne, Saddle Brook 2:29.0. 4-Lucia Gervasio, Saddle Brook 2:31.5. 5-Angie Deleon, Palisades Park 2:32.0. 6-Rebecca Karger, Glen Rock 2:32.2.

1,600-METER RUN: 1-Tracey Dellatorre, Glen Rock 5:35.8. 2-Lucia Gervasio, Saddle Brook 5:47.9. 3-Erin Lautermilch, Glen Rock 5:54.5. 4-Cathleen Murphy, Glen Rock 6:00.6. 5-Danielle Nugent, Hasbrouck Heights 6:08.4. 6-Karen Finnerty, Midland Park 6:12.5.

3,200-METER RUN: 1-Tracey Dellatorre, Glen Rock 12:09.3. 2-Lucia Gervasio, Saddle Brook 12:47.3. 3-Kathleen Burke, Glen Rock 12:49.1. 4-Laura McKay, Glen Rock 13:00.8. 5-Kelly Baker, Midland Park 13:04.6. 6-Dorothy Cwyhar, Wallington 13:09.9.

100-METER HIGH HURDLES: 1-Katie Hanley, Glen Rock 14.9 record; former record 15.1, Leslie Hodgson, Glen Rock, 1995. 2-Alessia Cirelli, Hasbrouck Heights 16.2. 3-Andrea Sellitti, Glen Rock 16.2. 4-Colleen McCorry, Glen Rock 16.6. 5-Rania Margonis, Ridgefield Park 17.4. 6-Sharon Stewart, North Arlington 17.4.

400-METER INTERMEDIATE HURDLES: 1-Katie Hanley, Glen Rock 1:04.3 record; former record 1:06.2, Katie Hanley, Glen Rock, 1995. 2-Colleen McCorry, Glen Rock 1:07.3. 3-Andrea Sellitti, Glen Rock 1:08.7. 4-Vicki Byrne, Saddle Brook 1:10.6. 5-Genevieve Kester, Bogota 1:14.1. 6-Karina Zyla, Wallington 1:14.9.

HIGH JUMP: 1-Rania Margonis, Ridgefield Park 5-0. 2-Suzanne Nelson, Hawthorne 5-0. 3-Andrea Sellitti, Glen Rock 4-10. 4-Trisha Kirkman, Hawthorne 4-6. No other places.

LONG JUMP: 1-Katie Hanley, Glen Rock 17-11 record; former record 17.3½, Megan Burke, Glen Rock, 1988. 2-Melissa Bochiaro, Glen Rock 16-9½. 3-Andrea Sellitti, Glen Rock 16-5. 4-Miranda Reeves, Hasbrouck Heights 16-1. 5-Alessia Cinelli, Hasbrouck Heights 15-0½. 6-Meghan McCauley, Emerson 14-7.

SHOT PUT: 1-Renee Wilson, Hasbrouck Heights 31-9. 2-Kristin Nazario, Waldwick 30-9¼. 3-Lauren Gmitter, Hasbrouck Heights 30-5. 4-Camille Hulko, Saddle Brook 30-0¾. 5-Katie Finn, Glen Rock 28-11. 6-Jessica Bizzoco, Glen Rock 28-2.

DISCUS: 1-Lacy Martens, Secaucus 100-2. 2-Carrie Vanostenbridge, Hawthorne 92-10. 3-Lauren Gmitter, Hasbrouck Heights 92-3. 4-Quinn Brady, Glen Rock 91-10. 5-Maria Filippelli, North Arlington 86-0. 6-Camille Hulko, Saddle Brook 85-1.

JAVELIN: 1-Nancy Correa, Hasbrouck Heights 95-7. 2-Liz Varas, Glen Rock 94-6. 3-Quinn Brady, Glen Rock 93-10. 4-Liz Sorio, Cresskill 90-1. 5-Lisa Kucharski, Hawthorne 88-7. 6-Jenn Huber, Becton 88-7.

1,600-METER RELAY (4x400): 1-Glen Rock (Carolyn Tampe, Katie Hanley, Eileen Chazam and Colleen McCorry) 4:10.6. 2-Hasbrouck Heights 4:25.8. 3-Emerson 4:27.2. 4-Midland Park 4:30.5. 5-North Arlington 4:33.3. 6-Wallington 4:35.6.

NORTH 2

GROUP 1

TEAMS: 1-Kinnelon 87. 2-Newark Arts 62. 3-Butler 44. 4-New Providence 42. 5-Pequannock 41. 6-Madison 41. 7-Mountain Lakes 30. 8-Newark Science 22. 9-Glen Ridge and Verona 18. 11-Whippany Park 12. 12-Roselle Park 11. 13-Boonton 8. 14-Belvidere 4.

100-METER DASH 1-Kenisha Bonfield, Madison 12.2. 2-Yaruby Brenes, Kinnelon 12.7. 3-Darla Folwer, Roselle Park 12.9. 4-Jaquel Patterson, Belvidere 13.2. 5-Shannes Franks, Arts 13.3. 6-Lola Fayanju, Verona 13.7.

200-METER DASH: 1-Latrice Clark, Arts 25.6. 2-Kenisha Bonfield, Madison 25.7. 3-Yacuby Brenes, Madison 25.7. 4-Sameerah Mitchell, Arts 27.0. 5-Darla Fowler, Roselle Park 27.7. 6-Shanees Franks, Arts 27.8.

400-METER RUN: 1-Latrice Clark, Arts 58.7. 2-Christine Wilkerson, Pequannock 59.8. 3-Kerry Goodwin, Verona 1:02.1. 4-Anne Julmiste, Arts 1:02.3. 5-Audrey Bishop, Kinnelon 1:03.5. 6-Marijoe Ashikwei, Arts 1:04.1.

800-METER RUN: 1-Sabita Ittoop, Kinnelon 2:25.2. 2-Aleks Mackowiak, New Providence 2:29.9. 3-Audrey Bishop, Kinnelon 2:31.8. 4-Amanda Wesley, Mountain Lakes 2:34.4. 5-Jill Sanders, Butler 2:35.8. 6-Kristy Petonak, Pequannock 2:37.4.1

1,600-METER RUN: 1-Sabita Itoop, Kinnelon 5:30.8. 2-Eileen Duffy, Mountain Lakes 5:34.8. 3-Laura Perry, Whippany Park 5:36.2. 4-Courtney Burns, Kinnelon 5:38.4. 5-Natalie DeBenedictis, Roselle Park 5:40.2. 6-Kate Clancy, Verona 5:41.8.

3,200-METER RUN: 1-Sabita Ittoop, Kinnelon 12:08.6. 2-Eileen Duffy, Mountain Lakes 12:23.6. 3-Laura Perry, Whippany Park 12:28.7. 4-Erica Messalquisst, Glen Ridge 12:31.3. 5-Renee Trappe, Pequannock 12:35.. 6-Beth Sands, Pequannock 12:35.8.

100-METER HIGH HURDLES: 1-Jamillah Jabbar, Science 15.4. 2-Christine Wilkerson, Pequannock 16.1. 3-Liz O'Keefe, Butler 16.7. 4-Devon Kapler, Glen Ridge 16.8. 5-Jessica Karwowski, New Providence 17.8. 6-Kathleen Ackerman, Kinnelon 17.9.

400-METER INTERMEDIATE HURDLES: 1-Christine Wilkerson, Pequannock 1:05.6. 2-Jamillah Jabbar, Science 1:07.8. 3-Anne Julmiste, Arts 1:12.1. 4-Kathleen Ackerman, Kinnelon 1:12.5. 5-Devon Kapler, Glen Ridge 1:13.0. 6-Carolyn Scully, Verona 1:15.0.

HIGH JUMP: 1-Christine Wilkerson, Pequannock 5-5 record; former record 5-4, Jamillah Jabbar, Science, 1996. 2-Eileen Duffy, Mountain Lakes 5-2. 3-Diana Smith, Butler 5-0. 4-Jamillah Jabbar, Science 5-0. 5-Amy Banas, New Providence 4-10. 6-Shannon Hess, Pequannock 4-8.

LONG JUMP: 1-Liz O'Keefe, Butler 16-7. 2-Latrice Clark, Arts 16-4. 3-Malinda Strange, Madison 16-3½. 4-Lola Fayanju, Verona 16-2¼. 5-Hilary Reuben, Mountain Lakes 16-0. 6-Darla Fowler, Roselle Park 15-9½.

SHOT PUT: 1-Jessica Batzer, New Providence 29-7½. 2-Dianna Smith, Butler 29-1½. 3-Subura McCoy, Arts 28-3½. 4-Kate Brodeur, New Providence 28-0. 5-Corinne Jandorf, Kinnelon 27-11. 6-Christine Smith, Madison 27-0.

DISCUS: 1-Laura Butler, New Providence 103-9. 2-Lisa Banta, Boonton 101-6. 3-Rebekah Heinzer, Glen Ridge 93-1. 4-Dianna Smith, Butler 91-4. 5-Adrianna Barbaaro, Kinnelon 88-0. 6-Beth Kaczka, Kinnelon 87-0.

JAVELIN: 1-Erin Marshall, Kinnelon 111-0. 2-Kristin Van Zile, Butle 97-3. 3-Farra Pasieka, Kinnelon 86-2. 4-Erin McGarrity, Verona 80-10. 5-Malinda Strange, Madison 80-0. 6-Corinne Jandorf, Kinnelon 79-11.

1,600-METER RELAY (4x400): 1-Arts (Anne Julmiste, Sameerah Mitchell, Marijoe Ashikwei and Latrice Clark) 4:10.7. 2-Madison 4:24.5. 3-New Providence 4:24.5. 4-Kinnelon 4:24.6. 5-Glen Ridge 4:28.7. 6-Verona 4:28.8.

CENTRAL

GROUP 1

TEAMS: 1-Metuchen 166. 2-Bernards 78. 3-Montgomery 70. 4-Highland Park 68. 5-Bound Brook 42. 6-Shore Regional 8. 7-Middlesex 1.

100-METER DASH: 1-Ugochi Okorie, Metuchen 12.5. 2-Cecelia Bathosy, Highland Park 13.2. 3-Jessica Akey, Metuchen 13.2. 4-Shelandria Jones, Montgomery 13.7. 5-Jennifer Fishbein, Montgomery 14.1. 6-Kazy Covino, Montgomery 14.2.

200-METER DASH: 1-Ogochi Okorie, Metuchen 26.2. 2-Stephanie Baran, Metuchen 27.5. 3-Nora Barboe, Metuchen 27.9. 4-Cecella Bathory, Highland park 28.0. 5-Shelandria Jones, Montgomery 29.0. 6-Jody Buteler, Bernards 29.5.

400-METER RUN: 1-Stephanie Baran, Metuchen 1:01.6. 2-Jessica Locke, Metuchen 1:02.0. 3-Nora Barboe, Metuchen 1:04.7. 4-Dana Fowler, Bernards 1:05.5. 5-Vivian Okomo, Highland Park 106-6. 6-Jen Fishbein, Montgomery 1:07.6.

800-METER RUN: 1-Laura Nann, Bernards 2:26.8. 2-Jessica Locke, Metuchen 2:28.1. 3-Rebecca Lery, Highland Park 2:30.8. 4-Sharon Jacob, Metuchen 2:32.3. 5-Dana Fowler, Bernards 2:33.8. 6-Daniella Urbach, Highland Park 2:37.1.

1,600-METER RUN: 1-Laura Nann, Bernards 5:20. 2-Megan Jordan, Shore Regional 5:23.8. 3-Sharon Jacob, Metuchen 5:26. 4-Elaine Cook, Montgomery 5:30.8. 5-Dana Rosen, Montgomery 5:37.4. 6-Christa Vogelius, Highland Park 5:47.2.

3,200-METER RUN: 1-Laura Nann, Bernards 11:37.1. 2-Christa Vogelius, Highland Park 12:07.6. 3-Dana Rosel, Montgomery 12:15.9. 4-Elaine Cook, Montgomery 12;19.0. 5-Deirdre Fenton, Metuchen 12:19.0. 6-Courtney McCarthy, Bound Brook 13:01.1.

100-METER HIGH HURDLES: 1-Jessica Akey, Metuchen 16.1. 2-Bethany Wagner, Bound Brook 16.1. 3-Katie Badman, Montgomery 16.5. 4-Lauren Anderson, Bernards 17.6. 5-Carolina Rivera, Metuchen 17.6. 6-Melissa Remoli, Bernards 17.8.

400-METER INTERMEDIATE HURDLES: 1-Vanessa Picone, Metuchen 1:10.8. 2-Kaci Redding, Metuchen 1:11.2. 3-Susan Hughes, Bernards 1:11.23. 4-Bethany Wagner, Bound Brook 1:12.3. 5-Layla Cherry, Metuchen 1:12.7. 6-Vivian Okomo, Highland Park 1:15.0.

HIGH JUMP: 1-Stephanie Weaver, Montgomery 5-0. 2-Ugochi Okorie, Metuchen 5-0. 3-Katy Covino, Montgomery 4-8. 4-Melissa Chung, Montgomery 4-8. 5-Allegra Glashausser, Highland Park 4-6. 6-Kathy Jo Meyers, Middlesex 4-4.

LONG JUMP: 1-Ugochi Okorie, Metuchen 16-2. 2-Bethany Wagner, Bound Brook 15-11¾. 3-Rebecca Bergknoff, Highland Park 15-4½. 4-Kathy Covino, Montgomery 14-2. 5-Erin Clendenny, Bernards 13-11¾. 6-Dana Fowler, Bernards 13-11¾.

SHOT PUT: 1-Princes Winfree, Metuchen 31-8½. 2-Pam Cooper, Bound Brook 30-2¼. 3-Rachel Cooper, Highland Park 29-9¼. 4-Karen Ferrante, Bernards 29-3¾. 5-Rachael Vamos, Montgomery 28-5¼. 6-Marianne Racciopi, Bernards 28-1.

DISCUS: 1- Glenna Gooding, Highland Park 90-9. 2-Yara Ismaiel, Bernards 88-10. 3-Pam Cooper, Bound Brook 86-11. 4-Marianne Racioppe, Bernards 86-1. 5-Princes Winfree, Metuchen 85-2. 6-Jenleea McDonald, Highland Park 83-1.

JAVELIN: 1-Jen Graf, Metuchen 139-0. 2-Jen Kitchen, Bernards 104-8. 3-Amanda Kurtz, Montgomery 90-2. 4-Beth Shafer, Highland Park 89-8. 5-Meredith Mccarthy, Bound Brook 89-7. 6-Sarah Dexter, Bound Brook, 85-7.

1,600-METER RELAY (4x400): 1-Metuchen (Nora Barboe, Jessica Akey, Stephanie Baron and Vanessa Picone) 4:13.5. 2-Highland Park 4:31. 3-Montgomery 4:34.5. 4-Bound Brook 4:38.9. 5-Bernards 4:40.1. No sixth.

BERGEN MEET OF CHAMPS **TUESDAY MAY 27TH**
Hackensack High School Track

100 meters: Jammie Grasso(13.28)

200 meters: Jammie Grasso(28.02), Lesley Bruno(28.03).

800 meters: Meg McDermott(2:21.62), Carrie Ruggles(2:24.22) PR

1600 meters: Kelly Behan(5:21.50) PR 3rd

3200 meters: Celeste Sedo(11:34.79) 1st BERGEN COUNTY CHAMPION

100 hurdles: Marli Klar(16.80)

400 hurdles: Karen Hoogland(70.04)

Triple Jump: Melissa Masterson(32' 3 1/4")

Shot Put: Shayna Brown(36' 1 1/4") PR 3rd

Discus: Jess Sokolik(118' 6") 1st BERGEN COUNTY CHAMPION

4X400 relay: Bruno, Belknap, Masterson, Klar = 4:13.17 7th

SOPHOMORE CHAMPIONSHIP **WEDNESDAY MAY 28TH**
Hackensack High School

100 meters: Porro(13.5t, 13.0f) 1st, Coleman(15.2)

200 meters: Porro(27.6) 1st, Lamothe(28.7) 3rd

400 meters: Belknap(65.0) 2nd

800 meters: Sprich(2:32.) 3rd, Janis(2:56.1), Coleman(3:01.1)

1600 meters: Walther(5:58.)

100 hurdles: Law(17.0, 17.1, 17.3), Stamper(18.0, 17.9), Raiter(19.6), McBride(22.7)

Long Jump: Lamothe(16'2") 4th, Law(12'3").

Triple Jump: Lamothe(32' 4 1/2") 2nd, Law(31'5") 4th, Stamper(28'5")

High Jump: Stamper(4'8") 5th

Shot Put: Brown(36'2") 2nd, Thompson(20'9")

Discus: Brown(84'7"), Thompson(60'7")

Javelin: Brown(68), Stamper(53'7"), Raiter(53')

4X400 relay: Law(65.0), Sprich(66.6), Porro(63.4), Belknap(64.7) = 4:19.5 1st

Team Score: 84 points team champions!!

Jess Porro 3 gold medals. PR's By Shayna Brown, Jess Porro, Irene Janis, Erin Raiter, Ana Law, Helena Lamothe. Great Day From Everyone!

NEW JERSEY STATE GROUP 4 CHAMPIONSHIP - SOUTH PLAINFIELD

Friday May 30th

3200 meter run:	Celeste Sedo - 11:25.40 (76.4,84.4,84.0,86.6,88.5,90.9,90.0,84.1)	4th
	Kelly Behan - 11:25.67 **PR** (same splits as Celeste)	5th
Discus:	Jess Sokolik 113' 2"	5th

Saturday May 31st

1600 meter run:	Meg Mcdermott - 5:18.38 **PR** (74,81,83,79)	9th
Shot Put:	Shayna Brown - 33' 8 1/4"	17th
800 meters:	Carrie Ruggles - 2:28.22 (71,77)	20th

GIRLS GROUP TRACK AND FIELD CHAMPIONSHIPS

Group 1

TEAMS: 1-Glen Rock 72. 22-Paulsboro 53. 3-Burlington Township 35. 4-Bordentown and Haddon Township 26. 6-Newark Arts 24. 7-Clayton 23. 8-A.P. Schalick 22. 9-Metuchen 18. 10-Bernards 16. 11-Palmyra 13. 12-Madison 12. 13-Hasbrouck Heights and Hawthorne 10. 15-New Providence 9. 16-Salem 8. 17-Penns Grove 7. 18-Montgomery 6½. 19-Pitman, Seacaucus and Kinnelon 6. 22-Point Pleasant Beach 5. 23-Shore Regional, Mountain Lakes and Newark Science 4. 26-Pequannock 3½. 27-Bound Brook and Saddle Brook 2. 29-Verona 1.

100-METER DASH: 1-Aisha Morgan, Schalick 12.55. 2-Kenisha Bonfield, Madison 12.86. 3-Melissa Bochiaro, Glen Rock 12.95. 4-Miranda Reeves, Hasbrouck Heights 13.00. 5-Yaruby Brenes, Kinnelon 13.02. 6-Rachel Palacio, Burlington Township 13.04.

200-METER DASH: 1-Tina Johnson, Burlington Township 25.54. 2-Latrice Clark, Newark Arts 25.80. 3-Aisha Morgan, Schalick 25.82. 4-Kenisha Bonfield, Madison 25.88. 5-Yaruby Brenes, Kinnelon 26.58. 6-Miranda Henry, Palmyra 26.66.

400-METER RUN: 1-Miranda Henry, Palmyra 58.04. 2-Latrice Clark, Newark Arts 58.30. 3-Aisha Morgan, A.P. Schalick 59.24. 4-Brieanna Claybourn, Paulsboro 1:00.56. 5-Tiffani Green, Paulsboro 1:00.60. 6-Gabbrielle Frisbey, Paulsboro 1:00.97.

800-METER RUN: 1-Tracy DellaTorre, Glen Rock 2:19.76. 2-Gabbrielle Frisbey, Paulsboro 2:20.66. 3-Naomi Patterson, Penns Grove 2:25.21. 4-Janeen Gudger, Burlington Township 2:26.28. 5-Vicki Byrne, Saddle Brook 2:26.54. 6-Sabita Ittoop, Kinnelon 2:27.11.

1,600-METER RUN: 1-Tracy DellaTorre, Glen Rock 5:19.08. 2-Sharon Crow, Haddon Township 5:19.72. 3-Laura Nann, Bernards 5:20.52. 4-Megan Jordan, Shore Regional 5:23.27. 5-Elaine Cook, Montgomery 5:23.85. 6-Sabita Ittoop, Kinnelon 5:24.43.

3,200-METER RUN: 1-Laura Nann, Bernards 11:34.21. 2-Sharon Crow, Haddon Township 11:47.04. 3-Tracy Della Torre, Glen Rock 11:51.32. 4-Amber Hart, Point Pleasant Beach 11:57.02. 5-Elaine Cook, Montgomery 12:02.19. 6-Dana Rosen, Montgomery 12:06.69.

100-METER HIGH HURDLES: 1-Katie Hanley, Glen Rock 15.55. 2-Wanda Sharpe, Paulsboro 15.61. 3-Kristine Mathews, Bordentown 15.78. 4-Jamillah Jabbar, Newark Science 15.81. 5-Christine Wilkerson, Pequannock 16.31. 6-Sarah Owens, Clayton 16.33.

400-METER INTERMEDIATE HURDLES: 1-Katie Hanley, Glen Rock 1:02.63 record; former record 1:02.7, Leticia Beverly, Newark Science 1985. 2-Wanda Sharpe, Paulsboro 1:03.99. 3-Kristine Mathews, Bordentown 1:05.71. 4-Sarah Owens, Clayton 1:06.26. 5-Colleen McCorry, Glen Rock 1:06.71. 6-Andrea Sellitti, Glen Rock 1:07.73.

HIGH JUMP: 1-Suzanne Nelson, Hawthorne 5-4. 2-Sara Owens, Clayton 5-3. 3-Kristine Mathews, Bordentown 5-2. 4-Eileen Duffy, Mountain Lakes 5-2. 5-Stephanie Weaver, Montgomery, and Christine Wilkerson, Pequannock 5-0.

LONG JUMP: 1-Tina Johnson, Burlington 17-10. 2-Kristine Bordentown 17-1. 3-Katie Hanley, Glen Rock 16-7. 4-Andrea Sellitti, Glen Rock 16-0. 5-Bethany Wagner, Bound Brook 15-10. 6-Lola Fayanju, Verona 15-10.

SHOT PUT: 1-Gee Gee Rowe, Clayton 35-10. 2-Sherrish Wilcox, Paulsboro 33-10. 3-Renee Wilson, Hasbrouck Heights 33-3. 4-Janet Congelosi, Haddon Township 32-3. 5-Prinncess Winfree, Metuchen 31-11. 6-Jessica Batzer, New Providence 31-11.

DISCUS: 1-Diana Porter, Burlington 117-7. 2-Laura Butler, New Providence 104-8. 3-Lacy Martens, Secaucus 104-8. 4-Sherrish Wilcox, Paulsboro 100-6. 5-Janet Congelosi, Haddon Township 98-9. 6-Quinn Brady, Glen Rock 98-7.

JAVELIN: 1-Jen Graf, Metuchen 147-1 record; former record 146-5, Emma Painter, Clayton, 1980. 2-Melissa Christopher, Salem 115-0. 3-Megan McNeely, Pitman 108-4. 4-Janet Congelosi, Haddon Township 108.0. 5-Liz Varas, Glen Rock 102-5. 6-Lindsey Pine, Point Pleasant Boro 102-1.

1,600-METER RELAY (4x400): 1-Paulsboro (Brieanna Claybourn, Gabbrielle Frisbey, Tiffani Green and Wanda Sharpe) 4:01.85. 2-Newark Arts 4:06.13. 3-Metuchen 4:07.05. 4-Glen Rock 4:07.21. 5-Palmyra 4:13.72. 6-Penns Grove 4:13.73.

Group 2

TEAMS: 1-Bridgeton 69. 2-North Plainfield 34. 3-Buena 32. 4-Long Branch 28½. 5-Deptford 28. 6-Moorestown and Englewood 26. 8-Pinelands 20. 9-Point Pleasant Boro 18. 10-Ridge 15. 11-Chatham 14. 12-Pleasantville 13. 13-South Plainfield, Ramsey and Morris Hills 10. 16-Delaware Valley, Johnson Regional, Millburn and Holmdel 8. 20-Haddonfield 7. 21-West Essex, Manasquan and Collingswood 6. 24-West Morris 5½. 25-Hanover Park and Gov. Livingston 4. 27-New Brunswick and Hopatcong 2. 29-Delran, Clearview, Hopewell Valley, Wallkill Valley, Caldwell and Roselle 1.

100-METER DASH: 1-Esi Rhett, Moorestown 12.38. 2-Carlene Cummings, Englewood, 12.41. 3-Amandi Rhett, Moorestown 12.48. 4-Miesha Barksdale, Long Branch 12.63. 5-Monique Stewart, New Brunswick, 12.73. 6-Brooke Garafalo, North Plainfield 12.82.

200-METER DASH: 1-Nicol Corsey, Deptford, 25.22. 2-Faith Nichols, Bridgeton 25.83. 3-Esi Rhett, Moorestown 25.93. 4-Erin Johnson, North Plainfield 26.04. 5-Anika Kreider, Chatham 26.16. 6-Loryn Taylor, Roselle 26.43.

400-METER RUN: 1-Katrina Sye, Buena 55.03. 2-Nicol Corsey, Deptford 56.35. 3-Erin Johnson, North Plainfield 56.46. 4-Dede Reed, Long Branch 58.10. 5-Anika Kreider, Chatham 58.80. 6-Tamara Faulkner, Pleasantville 59.51.

800-METER RUN: 1-Katrina Sye, Buena 2:15.43. 2-Meg Ghiggeri, Delaware Valley 2:19.46. 3-Jessica Thomas, Point Pleasant Boro 2:19.91. 4-Dana Satir, Ramsey 2:20.08.5- Susie Cook, Haddonfield 2:20.83. 6-Hagan McCurdy, Ridge 2:21.64.

1,600-METER RUN: 1- Amy Beykirch, Pinelands 4:57.30. 2-Jessica Thomas, Point Pleasant Boro 5:05.0. 3-Meghann Ganey, Ridge 5:05.73. 4-Cheryl Bauer, Morris Hills 5:05.97. 5-Dana Satir, Ramsey 5:09.69. 6-Susie Cook, Haddonfield 5:13.96.

3,200-METER RUN: 1-Amy Beykirch, Pinelands 10:56.25. 2-Meghann Ganey, Ridge 11:21.15. 3-Lauren Kelly, Morris Hills 11:28.01. 4-Jaime Glenn, Point Pleasant Boro 11:29.77. 5-Elizabeth Segall, Gov. Livingston 11:38.95. 6-Katie Kennedy, Delran 11:40.90.

100-METER HIGH HURDLES: 1-Carlene Cummings, Englewood 14.68. 2-Sherese Price, Pleasantville 14.71. 3-Dierra Poland, Deptford 15.19. 4-Faith Nichols, Bridgeton 15.24. 5-Kristin Vai, Buena 15.56. 6-Chrystal Murphy, Hopewell Valley 15.74.

400-METER INTERMEDIATE HURDLES: 1-Katrina Sye, Buena 1:00.79 record; former record 1:01.42, Natalie Edwards, Pleasantville, 1995. 2-Erin Johnson, North Plainfield 1:01.34. 3-Dede Reed, Long Branch 1:03.60. 4-Adrea Laracca, Hanover Park 1:04.1. 5-Frances Bundy, Pleasantville 1:05.09. 6-Faith Nichols, Bridgeton 1:05.73.

HIGH JUMP: 1-Tamika Toppin, South Plainfield 5-8. 2-Kathren Heide, Millburn 5-4. 3-Mecca Bailey, Collingswood 5-4. 4-Cheryl Burdick, Ramsey 5-2. 5-Eishia Troupe, North Plainfield 5-2. 6-Jodi Nykun, Mendham, and Dede Reed, Long Branch 5-2.

LONG JUMP: 1-Faith Nichols, Bridgeton 18-3. 2-Carlene Cummings, Englewood 17-10. 3-Miesha Barksdale, Long Branch 17-0. 4-Nicol Corsey, Deptford 16-11. 5-Emilie Perret, Governor Livingston 16-4. 6-Erin Johnson, North Plainfield 16-2.

SHOT PUT: 1-Nacole Moore, Bridgeton 41-0. 2-Melinda Boykin, Bridgeton 37-11. 3-Meghann Cavanagh, Manasquan 37-8. 4-Sarah Herskee, Mendham 35-5. 5-Luci Santana, North Plainfield 34-11. 6-Lauren Donahue, Wallkill Valley 34-8.

DISCUS: 1-Melinda Boykin, Bridgeton 133-4. 2-Mirjana Banic, Johnson Regional 125-0. 3-Nacole Moore, Bridgeton 116-0. 4-Cyndy Wilks, Bridgeton 111-5. 5-Amineh Butler, Pleasantville 108-7. 6-Sarah Herskee, Mendham 108-3.

JAVELIN: 1-Dana Thul, North Plainfield 129-5. 2-Julie Siebat-Johnson, Holmdel 123-1. 3-Damayra Mack, Bridgeton 120-8. 4-Brooke Durham, Haddonfield 117-10. 5-Cyndy Wilks, Bridgeton 116-8. 6-Mindy Cwietniewicz, Clearview 112-7.

1,600-METER RELAY (4x400): 1-Chatham (Julie Ann Hyde, Beth Tusso, Bridgid Thomas and Anika Kreider) 4:02.96. 2-Long Branch 4:03.30. 3-West Essex 4:04.98. 4-Moorestown 4:08.70. 5-Hopatcong 4:09.91. 6-Caldwell 4:11.45.

Group 3

TEAMS: 1-Oakcrest 41. 2-Manchester Township 40. 3-Camden Wilson 30. 4-Absegami and Lakewood 24. 6-Delsea 20. 7-Brick, Watchung Hills, Franklin and Monmouth Regional 18. 11-Princeton 16. 12-Scotch Plains and Williamstown 12. 14-Cranford, Toms River South and Lakeland 10. 17-Morris Knolls 9¾. 18-North Hunterdon 9. 19-Hamilton West 8¾. 20-Red Bank, Morristown and Lacey 8. 23-Parsippany Hills 7. 24-Roxbury, Ocean Township, Bergenfield and Sparta 6. 28-Garfield and Mount Olive 5. 30-Mainland 4. 31-Ewing 3. 32-Wall, Rancocas Valley, South Brunswick and Nutley 2. 36-Matawan and Demarest 1¾. 38-West Deptford and River Dell.

100-METER DASH: 1-Nichole Hill, Oakcrest, 12.22. 2-Jennifer Wade, Franklin 12.32. 3-Shawna Morgan, Scotch Plains 12.41. 4-Shaunte Sheard, Franklin 12.47. 5-Melissa Harris, Ocean Township 12.60. 6-Mona Johnson, South Brunswick 12.82.

200-METER DASH: 1-Nicole Hill, Oakcrest 24.47. 2-Sikira Backus, Princeton 25.55. 3-Nighta Lindsey, Monmouth Regional 25.86. 4-Melissa Harris, Ocean Township 25.92. 5-Shaunte Sheard, Franklin 25.98. 6-Niamah King, Williamstown 26.03.

400-METER RUN: 1-Vernick Smith, Camden Wilson 56.20. 2-Sikira Backus, Princeton 56.50. 3-Orinthia Jones, Absegami 57.28. 4-Nighta Lindsey, Monmouth Regional 58.67. 5-Meghan Keber, Watchung Hills 58.75. 6-Melanie Rhoden, Ewing 59.06.

800-METER RUN: 1-Lorena Adams, Manchester Township 2:15.49. 2-Kaneisha Campbell, Lakewood 2:17.57. 3-Vernick Smith, Camden 2:17.59. 4-Megan Schwartz, Morristown 2:18.01. 5-Kristin Mikita, Franklin 2:18.62. 6-Julie Culley, North Hunterdon 2:19.77.

1,600-METER RUN: 1-Lorena Adams, Manchester Township 4:55.43. 2-Kristen Haughey, North Hunterdon 5:13.53. 3-K.C. Meehan, Brick Township 5:16.44. 4-Mia Kassa, Woodrow Wilson 5:17.77. 5-Kristin Mikita, Franklin 5:20.33. 6-Laura Monchinski, Mount Olive 5:24.21.

3,200-METER RUN: 1-Lorena Adams, Manchester Township 10:52.72. 2-K.C. Meehan, Brick 11:18.10. 3-Jen Cannistra, Sparta 11:22.44. 4-Laura Monchinski, Mount Olive 11:23.07. 5-Mia Kassa, Camden Wilson 11:23.84. 6-Meghan O'Toole, Garfield 11:29.69.

100-METER HIGH HURDLES: 1-Nichole Hill, Oakcrest 13.97 record; former record 14.1, Charlette Smith, Rahway, 1983 and 1984. 2-Melanie Gonzalez, Lakewood 14.82. 3-Chenelle Williams, Hamilton West 15.17. 4-Monique Brown, Cranford 15.20. 5-Roan Moore, Nutley 15.31. 6-Lisa Marrero, Williamstown 15.47.

400-METER INTERMEDIATE HURDLES: 1-Lisa Marrero, Williamstown 1:02.22. 2-Vernick Smith, Camden Wilson 1:02.28. 3-Monique Brown, Cranford 1:02.41. 4-Megan Schwartz, Morristown 1:04.03. 5-Natasha Yeager, Wall 1:04.62. 6-Janna Kohout, River Dell 1:05.02.

HIGH JUMP: 1-Kim Fife, Lakeland 5-4. 2-Erinn Caufield, Morris Knolls 5-4. 3-Janet Andrews, Bergenfield 5-2. 4-Chenelle Williams, Hamilton West, Sara Stafford, Matawan, Kerry Frazer, Demarest, and Keri Edwards, Morris Knolls 5-0.

LONG JUMP: 1-Nichole Hill, Oakcrest 17-9. 2-Meghan Keber, Watchung Hills 17-7. 3-Shawna Morgan, Scotch Plains 16-8. 4-Regina Issac, Monmouth Regional 16-7. 5-Shana Marshall, Rancocas Valley 16-7. 6-Stephanie Bergman, South Brunswick 16-5.

SHOT PUT: 1-Jamine Moton, Delsea 41-10. 2-Sarah Cullen, Red Bank Regional 41-7. 3-Dana Hall, Absegami 40-3. 4-Meghan McIntyre, Mainland 39-0. 5-Ronny Martin, Absegami 38-10. 6-Aricia Joasil, Hamilton West 38-7.

DISCUS: 1-Jamine Moton, Delsea 145-2 record; former record 143-6, Thisa Kerrin, Eastern Regional, 1989. 2-Gina Monari, Lacey 121-4. 3-Diane Smith, Watchung Hills 113-5. 4-Michelle Ruffin, Brick 111-9. 5-Vicki McArdle, Absegami 109-9. 6-Angie Rosamillia, Parsipanny Hills 110-6.

JAVELIN: 1-Crystal Allen, Manchester Township 123-7. 2-Vicki McArdle, Absegami 121-3. 3-Angie Rosamilia, Parsippany Hills 110-9. 4-Jen Austin, Garfield 110-1. 5-Diane Smith, Watchung Hills 108-10. 6-Kristie Wilson, Oakcrest 107-7.

1,600-METER RELAY (4x400): 1-Toms River South (Christine Collins, Annette Ballina, Vernika Beyer and Deirdre Raymond) 4:02.16. 2-Lakewood 4:04.17. 3-Roxbury 4:05.11. 4-Monmouth Regional 4:06.67. 5-Ewing 4:07.82. 6-West Deptford 4:09.33.

Group 4

TEAMS:1-Columbia 69. 2-Montclair 53. 3-Shawnee 46. 4-Passaic and Willingboro 22. 6-Piscataway 19½. 7-Plainfield 15. 8-Paterson Eastside, J.P. Stevens and Randoph 12. 11-Toms River East, Ocean City, Livingston, Edison, Trenton and West Windsor 10. 17-Highland Regional 9. 18-Clifton, Hunterdon Central and Ridgewood 8. 21-Toms River North, Middletown North, West Orange, Vineland and Overbrook 6. 26-Middletown South 5. 27-Hackensack 4½. 28-Elizabeth and East Brunswick 4. 30-Marlboro, Eastern Regional and Teaneck 2. 33-Irvington, Atlantic City, Triton, Washington Township and Westfield 1.

100-METER DASH:1-Aleah Williams, Montclair 11.77. 2-Lisa Barber, Montclair 12.14. 3-Beth Kalwinsky, Toms River North 12.22. 4-Haneefah Norman, Elizabeth 12.29. 5-Shonda Burroughs, Vineland 12.33. 6-Kylene Bines, Highland 12.35.

200-METER DASH:1-Aleah Williams, Montclair 23.75. 2-Mikele Barber, Montclair 24.07. 3-Lisa Barber, Montclair 24.20. 4-Kimberlee Turko, J.P. Stevens 25.06. 5-Delcita Russell, Hackensack 25.54. 6-Laia Mortimore, Atlantic City 25.77.

400-METER RUN:1-Mikele Barber, Montclair 54.62. 2-Mandie Dulin, Shawnee 55.69. 3-Takia Canty, Willingboro 57.36. 4-Latasha Taylor, Willingboro 57.96. 5-Shakirah Rutherford, Willingboro 57.98. 6-Delcita Russell, Hackensack 58.19.

800-METER RUN:1-Dara Crocker, Columbia 2:13.34. 2-Natalie Deffenbaugh, Columbia 2:13.66. 3-Tara Débrielle, Overbrook 2:15.02. 4-Shauna McFadzean, Columbia 2:16.31. 5-Suzanne Schlid, Middletown South 2:16.98. 6-Claudine Evangelista, Triton 2:17.64.

1,600-METER RUN:1-Dara Crocker, Columbia 5:04.98. 2-Natalie Deffenbaugh, Columbia 5:05.19. 3-Stephanie Snyder, Randolph 5:08.66. 4-Lisa Setter, Shawnee 5:09.21. 5-Erin Dougherty, Eastern Regional 5:10.08. 6-Taylor Van Acker, Shawnee 5:10.74.

3,200-METER RUN:1-Abbey Hartman, Ocean City 11:04.81. 2-Dara Crocker, Columbia 11:13.81. 3-Lauren Dunning, Toms River East 11:14.33. 4-Celeste Sedo, Ridgewood 11:25.40. 5-Kelly Behan, Ridgewood 11:25.67. 6-Cate Guiney, Middletown South 11:29.61.

100-METER HIGH HURDLES:1-Charmaine Walker, Plainfield 13:38 record; former record 13.4, Dawn Bowles, Neptune 1988. 2-Kim Turko, J.P. Stevens 14.21. 3-Melissa Jones, Paterson Eastside 14.33. 4-Nikiya Reid, Trenton 14.40. 5-Mandie Dulin, Shawnee 14.82. 6-Tasha Moore, Irvington 14.92.

400-METER INTERMEDIATE HURDLES: 1-Mandie Dulin, Shawnee 59.66 (59.4 hand time record; former record 59.6, Tracy Nelson, Plainfield, 1981). 2-Bassey Adjah, Piscataway 1:01.56. 3-Danielle Hobson, West Orange 1:02.60. 4-Ayana Coleman, Columbia 1:03.16. 5-Laura Gincel, West Windsor 1:04.13. 6-June Moore, Middletown South 1:04.45.

HIGH JUMP: 1-Stephanie DelPreore, Livingston 5-4. 2-Charlene Davis, West Windsor 5-4. 3-Bridgette Ingram, Columbia, and Kate Beatty, Shawnee 5-2. 5-Bridgette Atkinson, Hackensack and Ayana Seibles, Piscataway 5-2.

LONG JUMP: 1-Bassey Adjah, Piscataway 17-9. 2-Alicia Mazepa, Clifton 17-5. 3-Michelle Zamor, Randolph 16-11. 4-Shonda Burroughs, Vineland 16-10. 5-Ayana Coleman, Columbia 16-10. 6-Lakeema Lewis, Plainfield 16-10.

SHOT PUT: 1-Nakisha Leon, Passaic 41-7. 2-Maggie Gutkowski, Hunterdon Central 39-3. 3-Lynlee Phillips, Shawnee 39-2. 4-Labelle Hargrove, Passaic 39-1. 5-Jazmine Wright, Columbia 39-0. 6-Tene Aiken, Washington Township 38-4.

DISCUS: 1-Krystal Pasley, Edison 119-4. 2-Nakisha Leon, Passaic 119-3. 3-Liz Scherer, Middletown North 115-7. 4-Adrianne Damiano, Toms River East 114-4. 5-Jess Sokolik, Ridgewood 113-2. 6-Ellen Dock, Montclair 112-1.

JAVELIN: 1-Lynlee Phillips, Shawnee 128-6. 2-Janet Bertini, Highland Regional 114-7. 3-Idisha Pettigrew, Trenton 114-3. 4-Ali Freedman, East Brunswick 108-3. 5-Yasmin Deliz, Marlboro 104-10. 6-Kelly Burns, Westfield 104-2.

1,600-METER RELAY (4x400): 1-Willingboro (Latasha Taylor, Takia Canty, Tawana Hart and Kendra Brown) 3:49.43. 2-Columbia 3:51.89. 3-Paterson Eastside 3:56.15. 4-Plainfield 3:58.02. 5-Teaneck 3:58.06. 6-Middletown South 3:58.21.

Parochial A

TEAMS: 1-Notre Dame 167. 2-Holy Cross 45. 3-Bishop Eustace 44. 4-Camden Catholic 26. 5-Holy Angels 24. 6-Pope John 23. 7-Holy Spirit 20. 8-Msgr. Donovan and St. John Vianney 19. 10-Paul VI 15. 11-Paramus Catholic 13. 12-Immaculate Heart 8. 13-DePaul 6. 14-St. Dominic 4. 15-Gloucester Catholic 1.

100-METER DASH: 1-Danielle Grady, Notre Dame 12.49. 2-Atiya Garlic, Holy Spirit 12.98. 3-Maria Falcone, Notre Dame 13.38. 4-Jennie Ash, Notre Dame 13.51. 5-Lauren Deaner, Holy Cross 13.57. 6-Pam Collins, Holy Cross 13.62.

200-METER DASH: 1-Jain Ja Williams, Notre Dame 25.30 record; former record 25.5, Christine Rose, Immaculate Heart, 1991. 2-Karen Davis, Camden Catholic 27.16. 3-Atiya Garlic, Holy Spirit 27.50. 4-Pam Collins, Holy Cross 27.85. 5-Erica Distefano, Notre Dame 28.10. 6-Lauren Deaner, Holy Cross 28.18.

400-METER RUN: 1-Jain Ja Williams, Notre Dame 58.54. 2-Laura Bottalico, Bishop Eustace 1:01.16. 3-Regina Hendricks, Bishop Eustace 1:01.67. 4-Jennifer Wallace, Camden Catholic 1:01.70. 5-Jenn Brown, Bishop Eustace 1:01.73. 6-Nicole Pino, Paul VI 1:01.82.

800-METER RUN: 1-Julie Clifford, Holy Angels 2:17.78. 2-Liz Hackley, Holy Cross 2:23.24. 3-Kelly Sampar, Pope John 2:23.43. 4-Colleen Burns, St. John Vianney 2:23.88. 5-Megan Bruno, St. John Vianney 2:24.05. 6-Jessica Rosidivito, Notre Dame 2:24.84.

1,600-METER RUN: 1-Maria Nitto, Pope John 5:15.48. 2-Jody Benedict, St. John Vianney 5:16.21. 3-Julie Clifford, Holy Angels 5:25.80. 4-Adrienne del Sol, Bishop Eustace 5:27.04. 5-Kristy Buechele, Holy Cross 5:28.52. 6-Kathleen Porter, Holy Cross 5:29.35.

3,200-METER RUN: 1-Kathleen Porter, Holy Cross 11:28.95. 2-Ann Klocke, Bishop Eustace 11:29.82. 3-Adrianne del Sol, Bishop Eustace 11:33.90. 4-Karen Decina, St. John Vianney 11:38.14. 5-Erin Walker, Paul VI 12:00.14. 6-Joy Clark, Gloucester Catholic 12:03.32.

100-METER HIGH HURDLES: 1-Danielle Grady, Notre Dame 14.57 record; former record 15.03, Danielle Grady, Notre Dame, 1995. 2-Erica Distefano, Notre Dame 14.82. 3-Kathleen McCabe, Notre Dame 15.09. 4-Tiffany Corry, Holy Cross 15.11. 5-Amy Connolly, Camden Catholic 16.71. 6-Stacey Schultz, Paul VI 16.75.

400-METER INTERMEDIATE HURDLES: 1-Kathleen McCabe, Notre Dame 1:04.05. 2-Katie Moutenot, Holy Angels 1:08.68. 3-Mandy Wineland, Holy Spirit 1:09.56. 4-Beth Brood, Holy Cross 1:09.96. 5-Tiffany Chambers, Paul VI 1:09.99. 6-Cathy Mullen, Notre Dame 1:10.14.

HIGH JUMP: 1-Deidra Mullen, Notre Dame 5-5. 2-Ann Woetzel, Paramus Catholic 5-4. 3-Cathrene Mullen, Notre Dame 5-2. 4-Angelique Belle, St. Dominic 5-2. 5-Allyson Smith, Pope John 5-2. 6-Erica Distefano, Notre Dame 5-0.

LONG JUMP: 1-Danielle Grady, Notre Dame 18-0½. 2-Erica DiStefano, Notre Dame 17-7¼. 3-Jennifer Wallace, Camden Catholic 17-3¾. 4-Tiffany Correy, Holy Cross 16-10¼. 5-Jain Ja Williams, Notre Dame 16-1½. 6-Jackie Goff, Paul VI 15-10¾.

SHOT PUT: 1-Tamika Hall, Notre Dame 34-10½. 2-Melanie Campbell, 34-5¼. 3-Kelly Ann Charles, DePaul 34-3½. 4-Brigitte Walls, Pope John 33-4¼. 5-Melissa Webber, Msgr. Donovan 32-11¾. 6-Erica Rath, St. John Vianney 32-2.

DISCUS: 1-Melissa Webber, Msgr. Donovan 125-2. 2-Claudia Heim, Immaculate Heart. 3-Kate Cranston, Paul VI 101-9. 4-Tamika Hall, Notre Dame 101-7. 5-Gena Carapezza, Notre Dame 98-11. 6-Brigitte Walls, Pope John 94-10.

JAVELIN: 1-Laura Primerano, Notre Dame 131-1. 2-Melissa Webber, Msgr. Donovan 105-2. 3-Meghan McBride, Notre Dame 105-2. 4-Anne Woetzel, Paramus Catholic 101-11. 5-Liz McGlinchy, Notre Dame 97-10. 6-Krystle Boczynski, Paramus Catholic 97-0.

1,600-METER RELAY (4x400): 1-Notre Dame (Maria Falcone, Jessica Rosidivito, Kathleen McCabe and Cathy Mullen) 4:09.19. 2-Bishop Eustace 4:09.22. 3-Camden Catholic 4:10.48. 4-Holy Cross 4:12.65. 5-Paul VI 4:13.71. 6-St. John Vianney 4:13.83.

Parochial B

TEAMS: 1-Red Bank Catholic 113. 2-St. Rose 60. 3-Pingry 51. 4-Morris Catholic 45. 5-St. Mary (J.C.) 38. 6-Newark Academy 23. 7-Eastern Christian 22. 8-Montclair Immaculate 19. 9-Wildwood Catholic 16. 10-McCorristin 14. 11-Sacred Heart 12. 12-St. Joseph (Hamm.) 7. 13-Holy Family 6. 14-Mater Dei 5.

100-METER DASH: 1-Denisha Scott, St. Mary (J.C.) 12.30. 2-Monique Shyongleh, McCorristin 12.45. 3-Aisha Cooper, Newark Academy 12.92. 4-Christine Rothermel, Pingry 13.07. 5-Ashley Larsen, St. Rose 13.22. 6-Azizi O'Bryant, Montclair Immaculate 13.22.

200-METER DASH: 1-Denisha Scott, St. Mary (J.C.) 25.10. 2-Mia Campo, St. Mary (J.C.) 25.61. 3-Monique Shylongteh, McCorristin 26.42. 4-Megan Winchell, Red Bank Catholic 26.62. 5-Langdon Williams, Newark Academy 26.66. 6-Christine Rothermel, Pingry 27.44.

400-METER RUN: 1-Mia Campo, St. Mary (J.C.) 55.48 record; former record 56.29, Vanessa Lewis, Morris Catholic, 1995. 2-Megan Winchell, Red Bank Catholic 57.32. 3-Lauren Washychyn, Pingry 1:00.34. 4-Kristen Gullestad, St. Rose 1:01.89. 5-Rian Landers, St. Rose 1:02.58. 6-Jackie Iovino, Red Bank Catholic 1:03.14.

800-METER RUN: 1-Sara Tindall, Pingry 2:20.40. 2-Lauren Avallone, Morris Catholic 2:22.69. 3-Adrienne Alexander, Sacred Heart 2:24.74. 4-Jessica Van Denend, Eastern Christian 2:25.32. 5-Meghan Cuniff, Red Bank Catholic 2:26.27. 6-Liz Allen, St. Rose 2:27.34.

1,600-METER RUN: 1-Sara Tindall, Pingry 5:16.43. 2-Jessica VanDenend, Eastern Christian 5:20.22. 3-Lauren Avallone, Morris Catholic 5:22.22. 4-Adrienne Alexander, Sacred Heart 5:27.21, 5-Kerry Andrews, Red Bank Catholic 5:28.02. 6-Melanie Nakagawa, Pingry 5:31.56.

3,200-METER RUN: 1-Kerry Andrews, Red Bank Catholic 11:42.44. 2-Melissa Capone, St. Rose 11:44.52. 3-Melanie Nakagawa, Pingry 12:09.09. 4-Alanna Morris, Red Bank Catholic 12:12.42. 5-Maureen Maloney, Red Bank Catholic 12:12.69. 6-Kiernan DeLaurier, Mater Dei 12:14.60.

100-METER HIGH HURDLES: 1-Stephanie Kinket, Morris Catholic 16.12. 2-Kelly Wines, Red Bank Catholic 16.46. 3-Carol Oliveri, St. Rose 17.24. 4-Kristin Kowit, Red Bank Catholic 17.27. 5-Rachelle Scarpa, Eastern Christian 17.41. 6-Maura O'Rourke, Red Bank Catholic 17.54.

400-METER INTERMEDIATE HURDLES: 1-Kristen Kowit, Red Bank Catholic 1:05.81. 2-Kristen Gullestad, St. Rose 1:06.05. 3-Liz Hazard, Red Bank Catholic 1:09.96. 4-Stefanie Kinker, Morris Catholic 1:11.01. 5-Abby Corcoran, Pingry 1:11.13. 6-Michele Collins, Red Bank Catholic 1:12.14.

HIGH JUMP: 1-Sue Mitele, St. Rose 5-2. 2-Stefanie Kimker, Morris Catholic 5-0. 3-Marissa Galloway, Wildwood Catholic 5-0. 4-Brie Corbin, Pingry, and Tracy Bergud, St. Rose 4-8. 6-Amy Colton, Red Bank Catholic 4-8.

LONG JUMP: 1-Langdon Williams, Newark Academy 17-8. 2-Sue Mitele, St. Rose 16-11½. 3-Amy Smith, Morris Catholic 15-10½. 4-Aisha Cooper, Newark Academy 15-9¾. 5-Kelly Wines, Red Bank Catholic 15-8. 6-Kristen Kowit, Red Bank Catholic 15-6½.

SHOT PUT: 1-Kate Rooney, Red Bank Catholic 32-10. 2-Tara McCaig, Red Bank Catholic 32-10. 3-Tiana Seabrook, Montclair Immaculate 30-8¾. 4-Donity Bryant, Montclair Immaculate 29-7¾. 5-Faith Tarakuss, St. Joseph (Hamm.) 29-2½. 6-Daniella Rogic, Morris Catholic 28-1¾.

DISCUS: 1-Katie Rooney, Red Bank Catholic 110-11. 2-Tiana Seabrook, Montclair Immaculate 100-3. 3-Faith Taraskus, St. Joseph (Hamm.) 92-0. 4-Jill Schurman, Eastern Christian 86-2. 5-Daniela Rogic, Morris Catholic 85-0. 6-Liz Felcyn, St. Joseph (Hamm.) 84-11.

JAVELIN: 1-Gretchen Kubiak, Wildwood Catholic 107-3. 2-Laura Amrheim, Red Bank Catholic 99-0. 3-Amy Hansen, Holy Family 96-8. 4-Megan Riddell, Mater Dei 89-7. 5-Lisa Esposito, St. Rose 87-5. 6-Maria Marcionese, St. Joseph (Hamm.) 86-5.

1,600-METER RELAY (4x400): 1-Red Bank Catholic (Kristen Kowdt, Jackie Iovino, Meghan Cuniff and Megan Winchell) 4:02.72. 2-Pingry 4:07.51. 3-St. Rose 4:12.79. 4-Eastern Christian 4:18.82. 5-Sacred Heart 4:19.85. 6-Newark Academy 4:37.79.

NEW JERSEY STATE MEET OF CHAMPIONS JUNE 4TH 1997

3200 meters: Celeste Sedo - 11:20.36 4th
(39.2,79.5,83.0,85.6,86.4,(5:34.4)87.1,88.1,87.9,82.7)
Kelly Behan - 11:22.61 **PR** 6th
(39.2,79.8,83.1,85.6,86.5,(5:35),87.5,90.6,88.3,82.6)

Discus: Jess Sokolik - 108' 5", 107', 104'11", 108' 3" 15TH

MEET OF CHAMPIONS

At South Plainfield

BOYS

100 — 1, John Stone, Mainland, 10.69; 2, Cooper Rego, St. Joseph, 10.90; 3, Eric McCoo, Red Bank, 11.02; 4, Hakim Johnson, Elizabeth, 11.07; 5, Jeremy Cooper, Kingsway, 11.08; 6, Jason Flagg, Pemberton, 11.17.

200 — 1, Stone, Mainland, 21.59; 2, Scot McCray, Camden, 22.11; 3, Louis Smith, Burlington, 22.22; 4, Johnson, Elizabeth, 22.30; 5, Farod James, Central, 22.33; 6, Flagg, Pemberton, 22.38.

400 — 1, Tyrone Ross, Metuchen, 47.48; 2, Charlz Hestor, Toms River So., 48.09; 3, Chris Harris, Franklin, 48.79; 4, Greg Christie, Perth Amboy, 49.05; 5, Stephan Mark, Snyder, 49.19; 6, Geoff Valentine, Williamstown, 49.25.

800 — 1, Fred Sharpe, Paulsboro, 1:53.50; 2, Tom Redmond, Bergen Cath., 1:54.2; 3, Ryan Smith, Morristown, 1:54.34; 4, Scott Linford, Ocean City, 1:54.74; 5, Wayne Riley, Willingboro, 1:55.17; 6, Caviel Silvera, Fort Lee, 1:55.87.

1600 — 1, Matt Elmuccio, Westfield, 4:11.25; 2, Steve Slattery, Mt. Olive, 4:12.90; 3, Sharpe, Paulsboro, 4:15.73; 4, Karl Savage, Eastern, 4:16.05; 5, Brian Bennett, CBA, 4:16.27; 6, Rick Gibson, Ridge, 4:17.33.

3200 — 1, Campbell, Overbook, 9:15.66; 2, Daniels, Seton Hall, 9:18.47; 3, Letts, Middle, 9:19.12; 4, Fasulo, Hunterdon Central, 9:20.87; 5, DelSordo, Morristown, 9:21.25; 6, Savage, Eastern, 9:24.36.

1600 relay — 1, Metuchen (Ross, Manatch, Kreiger, Melogrna), 3:15.15; 2, Camden, 3:15.94; 3, Lenape, 3:18.80; 4, Toms River So., 3:19.49; 5, Franklin, 3:19.85; 6, Pennsauken, 3:20.27.

110 hurdles — 1, Todd Matthews, Notre Dame, 13.65; 2, Sultan Tucker, Delsea, 13.66; 3, Scot McCray, Camden, 14.04; 4, Charles Ogelsby, Egg Harbor, 14.32; 5, Mike Aguilar, Lakewood, 14.35; 6, Curtis Custis, Bridgeton, 14.64.

400 hurdles — 1, Sharpe, Paulsboro, 51.62 (meet record); 2, Greg Christie, Perth Amboy, 52.59; 3, David Rosa, Livingston, 53.72; 4, Andy Carson, Woodbury, 53.84; 5, Joe Lewis, Pleasantville, 53.98; 6, Shawn Mayer, Hillsborough, 54.10.

High jump — 1, Reggie Garrett, Franlin, 7-0; 2, Reginald Williams, Highland, 7-0; 3, Tim Upshur, Hamiton West, 6-10; 4, Robert Jordan, Millville, 6-10; 5, Linden Richmond, Passaic, 6-8; 6, Cory Hubert, St. John Vianney, 6-6.

Pole vault — 1, Chris LaCosta, Scotch Plains, 14-6; 2, Dan Herr, Toms River East, 14-0; 3, Adam Zajicek, Ridgefield and Ron Lanyi, Ewing and Josh Ross, Westwood, 13-6; 6, Al Cannin, Manchester and Pat Dempsey, Scoth Plains, 13-6.

Shot put — 1, Kevin DiGiorgio, Bayonne, 68-11 (state record); 2, Jon Kainas, Paulsboro, 64-10; 3, Keith Rzewski, St. Joseph, 60-7; 4, Mike George, Hanover Park, 56-3; 5; Peter Nosal, Hanover Park, 55-0; 6, Dion Hackett, Pisacataway, 54.1.

Discus — 1, Terrance Glover, Hamilton West, 182-7; 2, George, Hanover Park, 175-11; 3, DeGiorgio, Bayonne, 169-8; 4, Terrin Walker, Bridgeton, 161-1; 5, Howard Clark, Pennsauken, 160-9; 6, Maurice Jones, Asbury Park, 160-2.

Javelin — 1, Jay Mafaro, Kittatinny, 204-2; 2, Steve Siara, Hanover Park, 193-1; 3, John Dixon, Ridgefield, 188-1; 4, Tom Haggerty, Boonton, 186-7; 5, Jon Brown, Franklin, 183-11; 6, Kevin Gyurina, Shawnee, 183.3.

GIRLS

100 — 1, Aleah Williams, Montclair, 11.91; 2, Melisa Barber, Montclair, 12.12; 3, Denisha Scott, St. Mary's (J.C.), 12.35; 4, Haneefah Norman, Elizabeth, 12.36; 5, Beth Kalwinsky, Toms River North, 12.41; 6, Amandi Rhett, Moorestown, 12.47.

200 — 1, Aleah Williams, Montclair, 24.18; 2, Nichole Hill, Pakcrest, 24.23; 3, Denisha Scott, St. Mary's (J.C.), 24.83; 4, Melisa Barber, Montclair, 24.85; 5, Jain Ja Williams, Notre Dame, 25.36; 6, Kim Turko, J.P. Stevens, 25.45.

400 — 1, Mikele Barber, Montclair, 54.05; 2, Nicol Corsey, Deptford, 56.47; 3, Mia Campo, St. Mary's (J.C.), 56.70; 4, Mandle Dulin, Shawnee, 56.77; 5, Takia Canty, Willingbpro, 56.94; 6, Sikira Backus, Princeton, 57.23.

800 — 1, Dara Crocker, Columbia, 2:12.40; 2, Katrina Sye, Buena, 2:13.18; 3, Tara Debrielle, Overbrook, 2:16.08;4, Kaneisha Campbell, Lakewoos, 2:16.50; 5, Shauna McFadzean, Columbia, 2:16.80; 6, Julie Clifford, Holy Angels, 2:16.81.

1600 — 1, Lorena Adams, Manchester Twp., 4:54.41; 2, Natalie Deffenbaugh, Columbia, 5:05.96; 3, Meghann Ganey, Ridge, 5:06.37; 4, Sara Tindall, Pingry, 5:07.20; 5, Kristen Haughey, North Hunterdon, 5:07.23; 6, Cheryl Bauer, Morris Hills, 5:09.74.

3200 — 1, Amy Beykirch, Pinelands, 10:52.38; 2, Lauren Dunning, Toms River East, 11:06.04; 3, Abbey Hartman, Ocean City, 11:10.69; 4, Celeste Sedo, Ridgewood, 11:20.36; 5, Jamie Glenn, Pt.Pleasant Boro, 11:22.13; 6, Kelly Behan, 11:22.61.

100 HH — 1, Charmaine Walker, Plainfield, 13.67; 2, Nichole Hill, Oakcrest, 13.77; 3, Kim Turko, J.P. Stevens, 13.94; 4, Danielle Grady, Notre Dame, 14.46; 5, Nikiya Reid, Trenton, 14.65; 6, Melissa Jones, Eastside, 14.74.

400 IH — 1, Mandle Dulin, Shawnee, 59.96; 2, Katrina Sye, Buena, 60.55; 3, Ayana Coleman, Columbia, 61.09; 4, Bassey Adjah, Piscataway, 61.23; 5, Erin Johnson, North Plainfield, 61.74; 6, Monique Brown, Cranford, 62.33.

Shot put — 1, Sarah Cullen, Red Bank Reg., 42-11; 2, Labelle Hillgrove, Passaic, 41-3¼; 3, Jamine Moton, Delsea, 41-2¾; 4, Nakisha Leon, Passaic, 42-2¼; 5, Dana Hall, Absegami, 41-1¼; 6, Melinda Boykin, Bridgeton, 40-11.

Discus — 1, Jamine Moton, Delsea, 145-5; 2, Gina Monari, Lacey Twp., 131-5; 3, Melinda Boykin, Bridgeton, 130-0; 4, Krystal Pasley, Edison, 127-10; 5, Mirjana Banic, Johnson Reg., 127-0; 6, Cyndy Wilks, Bridgeton, 124-3.

Javelin — 1, Jen Graf, Metuchen, 148-8; 2, Laura Primerano, Notre Dame, 134-3; 3, Lynlee Phillips, Shawnee, 125-2; 4, Vicki McArdle, Absegami, 124-3; 5, Dana Thul, North Plainfield, 123-4; 6, Melissa Christopher, Salem, 119-5.

High jump — 1, Tamika Toppin. South Plainfield, 5-8; 2, tie between Kathren Helde, Millburn, and Cheryl Burdick, Ramsey, 5-6; 4, Charlene Davis, West Windsor-Plainsboro, 5-6; 5, Deirdre Mullen, Notre Dame, 5-4; 6, tie between Kim Fife, Lakeland and Sarah Owens, Clayton, 5-4.

Long jump — 1, Carlene Cummings, Englewood, 18-2; 2, Tina Johnson, Burlington Twp., 18-0½; 3, Faith Nichols, Bridgeton, 17-10½; 4, Langdon Williams, Newark Academy, 17-4; 5, Alicia Mazepa, Clifton, 17-3½; 6, BasseyAdjah, Piscataway, 17-3½.

1600 relay — 1, Columbia (Shauna McFadzean, DaraCrocker, Ayana Coleman, Natalie Deffenbaugh), 3:49.70; 2, Willingboro, 3:49.72; 3, Plainfield, 3:53.74; 4, Eastside (Tiamecua Fulton, Melissa Jones, Denay Caldwell, Kempolly Swaby), 3:55.67; 5, Teaneck (Keely Roberts, Zorinah Figueroa, Erika Jungblut, Kelley Johnson), 3:58.20; 6, Middletown South, 3:58.52.

EASTERN STATES CHAMPIONSHIP MEET **JUNE 10TH 1997**
St. Johns University, Jamaica, New York

1 mile run: Kelly Behan - 5:23.38 3rd
(36.7,75.5,2:38.6(83.2),4:02.6(84.1),(80.7).

3000 meters: Celeste Sedo - 10:49.80 3rd
82.1,84.2,84.8,86.8(5:37.8),88.1,90.2,90.0,43.8

Discus: Jess Sokolik - 114' 5" 4th
(104', f, 101'3",109'4",114'5",f)

Shot: Shayna Brown - 32'10 1/2" 7th
(f,32'10 1/2",31'7",31'3 3/4",32'5",31'10 1/2")

no PR's today. This meet has lost some of it's excitement. Perhaps that and the heat affecting the distance runners. Perhaps as athletes we are on the down side of the performance curve??

NATIONAL SCHOLASTIC OUTDOOR CHAMPIONSHIP

Friday:
2 mile run: Celeste Sedo - 11:37.50 8th in section 22nd of 28
(77.6,86.1,87.8,84.4,85.6,91.2,93.7,90.1)

Saturday:
Discus: Jess Sokolik - 33.23 meter (109'1") 14th of 17
(30.60,31.48,33.24)

We were well past our peak. Celeste with a cold was unable to approach her best. Jess didn't have the "pop" of a month ago. But we have had fun and hopefully learned a few things about national competition.

TRACK

■ **Gareth Hedges** led Westwood to its 28th straight dual meet victory as it downed Cliffside Park, 103-37. The sophomore captured the 400-high hurdles, long jump, high jump, and pole Vault.



THE RECORD'S POLLS

GIRLS TRACK

BERGEN GROUP 1-2

1. Glen Rock (5) — The Panthers have another sensational team with a chance for a third state group championship in four years. **(Points: 25)**

2. Ramsey — The Rams were second in the Yockers Relays and are favored to repeat as NBIL 2 champions. **(Points: 14)**

3. Rutherford — Perhaps the biggest surprise at the Yockers Relays, winning no events, but scoring in everything but the 1600 relay to finish third. **(Points: 12)**

4. Englewood — Not a great dual meet team, the Raiders have an excellent big meet team. Could do well in league, county and sectional individual competition. **(Points: 10)**

5. Westwood — Don't count out the Cardinals in either BCSL American or Bergen group 2 competition. **(Points: 9).**

Also receiving votes: Dumont 5.

BERGEN GROUP 3-4

1. Hackensack — The Comets were powerful winners in the large schools Jack Yockers Relays. The clear NNJIL Pacific favorite. **(Points: 25)**

2. Ridgewood — The Maroons may have been dethroned as Yockers large school champions by Hackensack, but look for them to battle for county and sectional honors as well. **(Points: 20).**

3. NV/Demarest — The Norsemen were third at Yockers and could give Ramsey all they can handle in the NBIL 2 league meet. **(Points: 11)**

4. Teaneck — A brand new track seems to have inspired the Highwaywomen as they ran the fastest area 1600 time at the Penn Relays. **(Points: 10)**

5. Garfield — Fifth place at Yockers, and a terrfic weight team should add up to a shot at the BPSL King title for the Boilermakers. **(Points: 5)**

Also receiving votes: Paramus 2, NV/Old Tappan 1, Holy Angels 1.

PASSAIC/E. MORRIS

1. Clifton — The Mustangs won their first-ever Passaic County relays in a dogfight with Kennedy and Eastside. **(Points: 21)**

2. Eastside — The Ghosts should be favored in the Passaic meet and will contend in league and sectional races. **(Points: 20)**

3. Kennedy — At the Passaic relays, the Ghosts prevented crosstown rival Eastside from winning by edging the Ghosts in an exciting 800 relay. **(Points: 19)**

4. Passaic — With some outstanding performances at Penn Relays, the Indians move up a notch from their fifth place performance at the Passaic relays. **(Points: 5)**

5. Lakeland — One of the top teams in the Northern Hills Skyline. **(Points: 4)**

Also receiving votes: West Milford 1.

BERGEN GROUP 3-4

1. Hackensack (5) — The Comets impressively rolled through the competition at both the Bergen Group 4 and Section 4 meets, and with Delcita Russell at the peak of fitness, hope to advance several athletes to the State Meet of Champions. **(Points: 25).**

2. Ridgewood — The Maroons are this year's bridesmaids behind the powerful Comets. But with more than 70 percent of their points coming from underclassmen like Celeste Sedo, Meg McDermott, Kelly Behan, and Shayna Brown, the future is bright. **(Points: 20).**

3. NV/Demarest — Jen Flichum and Kerry Frazer continue to be the stars, but Kirin Fried-Boxt, Lauren Stroger, Karin Boman, Lila Lee, Melanie Lewis, and Michelle Martino also contributed to their Group 3 triple crown. **(Points: 13).**

4. Teaneck — Keely Roberts has put together an excellent season in the shadow of Russell in the sprints and Alicia Mazepa of Clifton in the long jump to help the Highwaywomen stay near the top. **(Points: 12).**

5. NV/Old Tappan — Thirty-six points in the sectional 100-200-400-relay helped push the Golden Knights into the poll for the first time. **(Points: 3).**

Also receiving votes — Garfield and River Dell 1.

Spring Star: Athletes Shine with Talent

Jessica Sokolik: Thrower

by Laurie Charlesworth

It's 2:55 at Ridgewood High School. The bell has just rung, and students rush out the doors eager to go home. However, senior Jessica Sokolik makes her way over to Gym I ready to begin her daily workout in the weight room or out on the field.

For anyone who is not accustomed with the Track and Field Team here at RHS, Jess is the Captain this year, and competes as a Shot Put thrower, a Discus Thrower, and a relay runner. Herself, and the other throwers on the team usually practice six days a week. Their practices include a team warm-up, throwing, a running workout, lifting, and plyometrics- which in Sokolik's opinion are the worst. However, working hard is not a difficult task for Jess. She likes to do everything that she can to make herself throw further, and to do this she knows that she must lift weights, run sprints, and practice her technique. When asked how she can make herself go out day after day to practice she said, "I don't want to look back at any time and wish that I had done something that could have made me a better thrower".

Jess began throwing the shot put and discus in sixth grade simply because they needed more people in that event. However it once she got to the High School, here intentions changed. She began to be inspired by her coach Conway and coach Price, and she saw a future for herself in throwing.

Since sixth grade Jess has come a long ways. Of her many accomplishments over the past four years, some of her more impressive ones were receiving First Team All League for Javelin, Second Team All League for discus, Third Team All League for shot put, Second Team All County for Discus, Honorable Mention All County for shot put, and third place in the State Sectionals in discus. Of all of her awards, and titles, Jess' three most prized accomplishment are throwing a discus 106 feet at the State Sectional meet Freshman year, throwing 115' 6" at the Bergen County Meet of Champs Junior Year, and being recruited by Dartmouth- where she will be attending next year to throw for their Track and Field Team.

Jess used to listen to her dad talk about his high school and college days spent as a thrower on Track and Field Teams. Now Jess can relate with her father, and maybe years from now tell her children stories of how she was a track legend. As for now she can just concentrate on throwing this year-her last season as a high school athlete. She is planning on accomplishing the goals that she has been dreaming about since she was a Freshman. With her work ethics and stamina, she should be on the right track to accomplishing these dreams.



courtesy of Ridgewood News

Senior Athlete of the Month

Carrie Ruggles



When walking down the hall, you may pass right by this quiet red-haired senior and not give thought to her accomplishments. Carrie Ruggles is a three sport captain and deserves much recognition for her accomplishments. She was captain of cross country and winter track and is presently the captain of spring track. Ruggles is by no means arrogant; when you ask her if she excels at running she merely smiles and says, "I'm all right."

Being all right is something that does not suit Ruggles' determination to always do better. Every season, as well as before every race, Ruggles sets goals for herself and works as hard as she possibly can to achieve them. She does not like to let herself or the team down. Team is a concept that is very important and special to Ruggles. She feels that cross-country is the most team-oriented of her three sports, which has a lot to do with why it is her favorite.

Next year, she hopes to be competing in all three seasons at Colgate.Ruggles is not shy to admit that her running career has helped her get into Colgate. Her hard work and dedication has proven to be beneficial to her. She admits that this sport is not only about the physical aspects. Before each race, Ruggles goes over her strategy for that particular race. She finds herself looking at the competition and setting goals as to who she should run with during the race, at what pace, and at what point she will look to get ahead of the competition. Her running now and over the summer months will be in preparation for next years athletics.

Ruggles realizes that this year is far from over for her. During the spring season, she competes in the mile and the 800 meter races. She was able to compete all winter in both of these races, so she found herself able to work consistently on her race.

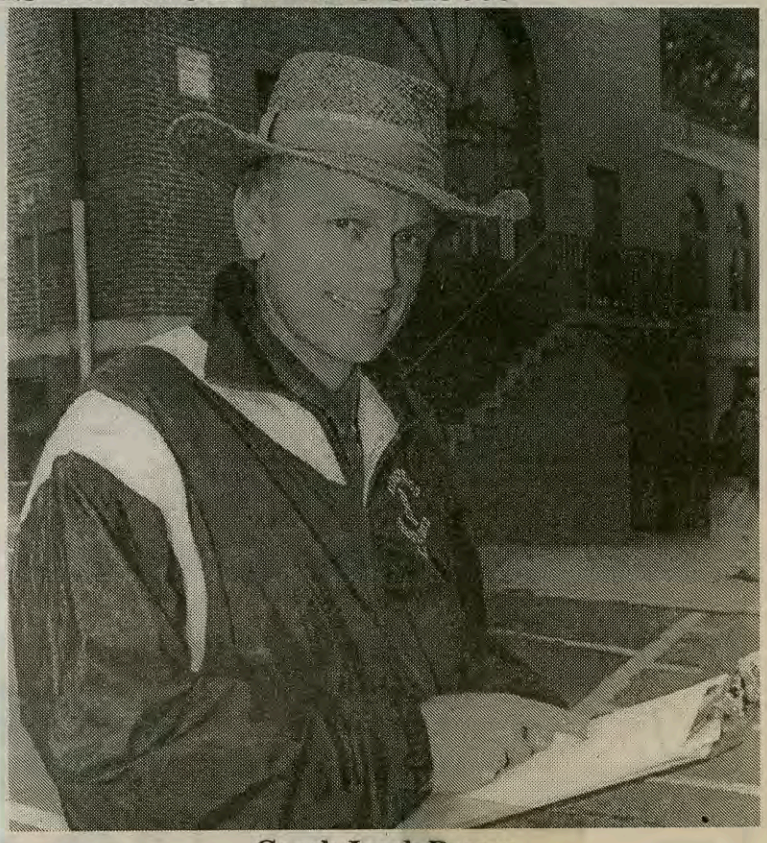
"Carrie is very serious about running. She is always trying to improve, not only her own times, but is constantly pushing her teammates to do better and to work harder," says teammate Jess Sokolik. She is looked to by other runners as a role model and is looked at by the coaches as an example of what they want in an athlete.

Ruggles is expected to finish off a very strong season and career on a high note. All that have watched her develop into the fierce competitor that she is knows that she will do well next year.



CAPTAINS COURAGEOUS -The 1997 Edition of the Ridgewood High Girls Track Team was led by a trio of senior captains: Jamie Grasso, Carrie Ruggles and Jess Sokolic (Photo by Bill Alien)

Maroon Girls Track Excels...



Coach Jacob Brown

1997 SEASONAL BEST PERFORMANCES 1997

100 meters
13.0 Jamie Grasso
13.0 Jessie Porro
13.5 Helena Lamothe
14.4 Gwen Stamper
14.4 Pyle Dixit
14.4 Shayna Brown
14.7 Meg Leinninger
14.7 Ronnie Loving
15.2 Jen Ferdon
15.2 Jillian Coleman
15.6 Juliana Donohoe
15.6 Egondu Onwubu
16.3 Erin Rooney
16.4 Amanda Newman
16.7BrennaCheslack-Postava
16.8 Meeta Shah

200 meters
27.4 Leslie Bruno
27.4 Jamie Grasso
27.6 Jessie Porro
28.7 Helena Lamothe
29.6 Michele Wilson
30.1 Mo Smith
30.2 Ronnie Loving
30.3 Gwen Stamper
30.9 Payal Dixit
30.9 Lyndia Daniels
31.7 Jen Ferdon
32.1 Jen Dlugasch
32.2 Egondu Onwubu
32.6 Juliana Donohoe
32.6 Katie VanYperen
32.6 Meg Leininger
33.2 Sarah Wells
33.6 Alison Davis
33.6 Allyson Brundige
33.9 Jillian Coleman
34.1 Beth Riina
34.3 Erin Raiter
34.3 Beth McBride
34.6 Erin Rooney
34.8 Irene Janis
35.2BrennaCheslackPostava
37.2 Meeta Shah (34.7r)
37.4 Katie Latanich

400 meters
62.2 Lesley Bruno
63.7 Kara Belknap
64.8 Michele Wilson
65.0 Karen Hoogland
65.5 Celeste Sedo
69.4 Ronnie Loving
69.9 Jen Dlugasch

relay if better
62.0 Marli Klar
62.4 Melissa Masterson
62.7 Kara Belknap
63.4 Jessie Porro
63.9 Michelle Wilson
65.0 Ana Law
65.0 Julie Sprich
68.4 Alison Davis
69.3 Taylor Dunn
69.9 Mo Smith
70.0 Sara Wells

800 meters
2:21.4 Meg McDermott
2:23.7 Celeste Sedo
2:24.22 Carrie Ruggles
2:28.1 Julie Sprich
2:29.5 Karen Hoogland
2:34.2 Tara O'Neill
2:35(r) Monica Schiefen
2:36.1(r) Kara Belknap
2:37.2 Taylor Dunn
2:38.3 Alison Davis
2:40.9 Julia Brownell
2:42.9 Kelly Behan
2:43.4 Katie VanYperen
2:43.7 Diane Nelson
2:44 Sara Wells
2:52.1 Jen Dlugasch
2:54.7 Beth Riina
2:54.7 Katie Latanich
2:56.1 Irene Janis
2:59.4 Serena Roth

1600 meters
5:18.38 Meg McDermott
5:18.8 Celeste Sedo
5:21.50 Kelly Behan
5:41.0 Julia Brownell
5:41(r) Carrie Ruggles
5:42.9 Tara O'Neill
5:46.2MonicaSchiefen-5:38r
5:52.8 Taylor Dunn
5:56.9 Danielle Walther
5:58(r) Julie Sprich
6:05.1 Alison cangemi
6:07.7 Alison Davis
6:08.5 Rose Sedo
6:12.8 Jillian Coleman
6:30.3 Allyson Brundige

3200 meters
11:19.3 Celeste Sedo
11:25.67 Kelly Behan
11:57.6 Carrie Ruggles
12:08.2 Julia Brownell
12:41.7 Monica Schiefen
12:48.9 Meg McDermott
12:57 Taylor Dunn
13:28.3 Danielle Walther
14:09.4 Tara O'Neill
14:10.3 Julie Sprich
14:12.8 Rose Sedo
14:28.2 Diane Nelson
14:56 Sara Wells
15:22.7 Katie VanYperen
16:00.8 Katie Latanich

3000 meter run
10:49.80 Celeste Sedo

100 meter hurdles
16.2 Marli Klar
16.9 Ana Law
17.1 Melissa Masterson
17.6 Karen Hoogland
17.9 Gwen Stamper
17.9 Mo Smith
18.6 Susan Davis
19.6 Erin Raiter
20.3 Lyndia Daniels
22.7 Beth McBride

Shot Put
36' 2" Shayna Brown
33' 9" Jess Sokolik
27'11 1/2" Michele Wilson
27' 2" Michelle Fernandez
26' 1" Alison Mathiesen
22' 1/2" Taylor Thompson
21' 1" Nicole Lerman
21' 1/2" Amanda Newman
20' 1" Cassaunda Bryant
20' 1" Kameka Davis
19' 2 1/2" Elaine Dorkhom

Long Jump
16' 2" Helena Lamothe
15'10" Marli Klar
15' 6" Ana Law
14' 6 1/2" Jamie Grasso
13' 1" Gwen Stamper
12' 8" Maureen "Mo" Smith
12' 8" Meg Leininger
12' 5" Alison Davis
12' 4" Melissa Masterson
11'11" Payal Dixit

400 meter hurdles
68.3 Marli Klar
68.5 Melissa Masterson
69.9 Karen Hoogland
73.5 Mo Smith
74.2 Ana Law
77.2 Susan Davis
77.5 Taylor Dunn
84.8 Lyndia Daniels
89.2 Erin Raiter
96.8 Beth McBride

Discus
123' 3" Jess Sokolik
92' 7" Alison Mathiesen
92' 3" Michele Wilson
90' Michelle Fernandez
84' 7" Shayna Brown
67' 7" Amanda Newman
63' 9" Taylor Thompson
52' Nicole Lerman
51' 2" Cassaundra Bryant
50' 5" Kimeka Davis
47' 7" Elaine Dorkhom

Triple Jump
33' 2 1/2" Melissa Masterson
32'11 1/4" Marli Klar
32' 8 1/2" Helena Lamothe
31' 5" Ana Law
29' 8 1/2" Gwen Stamper
29' 8 1/2" Susan Davis
29' 7" Mo Smith

4 X 400 relay
4:11.9 state section
4:13.17 BMOC
4:14.4 penn relays
4:14.7
4:17.1 dual meet
4:17.5 dual meet
4:17.5
4:18.8 bergen relays
4:19.5 sophomores
4:20.1 dual meet
4:25.2 engelwood relays
4:25.4 ridgewood relays
4:33.2 frosh
4:41.6 frosh

Javelin
75' 8" Shayna Brown
75' 1" Michele Wilson
70'10" Jess Sokolik
55' 6" Meg Leinninger
54' 4" Erin Raiter
53' 7" Gwen Stamper
43' Michelle Fernandez
40' 5" Nicole Lerman
34' 9" Kimeka Davis
23' 7" Elaine Dorkhom

High Jump
5' Gwen Stamper
4' 8" Melissa Masterson
4' 6" Alison Davis
4' 4" Lesley Bruno

RIDGEWOOD HIGH SCHOOL INDIVIDUAL GIRL'S TRACK AND FIELD RECORDS

EVENT	RECORD	PERFORMER	DATE	PLACE
100 meter dash	12.3	Jennifer McDermott	1989	Wayne Hills HS, NJ
200 meter dash	25.4	Jennifer McDermott	1988	Williamsport, PA
400 meter dash	56.1	Ginny Figlar	1988	Wayne Hills HS, NJ
800 meter run	2:10.9	Margaret Scutro	1985	Tenafly, NJ
1500 meter run	4:26.25	Margaret Scutro	1985	Uniondale, LI, NY
1600 meter run	4:46.4	Margaret Scutro	1985	South Plainfield, NJ
3000 meter run	9:58.15	Jenna Rogers	1994	Raleigh, NC
3200 meter run	10:33.9	Jenna Rogers	1994	Tenafly, NJ
100 meter hurdles	15.0	Sheryl van der Schyff	1988	Tenafly, NJ
400 meter hurdles	63.5	Lynne Collazo	1989	Ridgewood HS, NJ
Shot Put	38' 6 3/4"	Lisa Glidewell	1980	Tenafly, NJ
Javelin	128' 4"	Tammy Rayevich	1988	South Plainfield, NJ
Discus	123' 3"	Jess Sokolik	1997	Bernardsville HS,NJ
Triple Jump	39'10 1/2"i	Jennifer McDermott	1989	Annapolis, MD
High Jump	5' 9"	Becky Deetz	1975	Holmdale HS, NJ
Long Jump	19' 4"	Jennifer McDermott	1989	South Plainfield, NJ
Heptathlon	4011	Renee Pavelski	1993	Spokane, WA
1 mile walk	9:49.3	Anja Kannengieser	1983	Hackensack, NJ
Marathon	3hr 32min	Klara Grape	1977	Shore Marathon

RIDGEWOOD HIGH SCHOOL
GIRL'S TRACK AND FIELD RELAY RECORDS

EVENT	RECORD	PERFORMERS	DATE & PLACE
TRACK RELAYS			
4 X 100 meter relay	50.4	McGuire/Ross/Waters/Capitani	1985 Bernardsville, NJ
2 X 200 meter relay	1:46.9	McDermott/Reilly/Pollace/G.Figlar	1988 Randolph HS, NJ
4 X 400 meter relay	3:54.29	Degelmann/Reilly/Collazo/G.Figlar	1988 South Plainfield, NJ
4 X 800 meter relay	9:10.4	G.Figlar/Hughes/Hughes/Collazo	1988Kearney HS, NJ
4 X 1 mile relay	20:34.4	Scutro/Pringle/M.Mileski/P.Mileski	1993 Bergen CC, ParamusNJ
Sprint Medley	4:10.5	Degelmann/Reilly/Figlar/Collazo	1987 Plainfield, NJ
Distance Medley	11:59.1i	Pringle/Scutro/M.Mileski/P.Mileski	1983 Jadwin, Princeton, NJ
4 X 100 meter hurdles	1:07.7	Law/Hoogland/Masterson/Klar	1997 Ridgewood, NJ
3 X 400 meter hurdles	3:22.3	Pavelski/Blaney/O'Connor	1993 Ridgewood, NJ
3 PERSON FIELD RELAYS			
Shot Put Relay 8#	106' 9 1/2"	Glidewell/Sauerman/Slawek	1979 Rutherford, NJ
Discus Relay	305' 2"	Glidewell/MIles/Sauerman	1980 New Milford HS, NJ
Javelin Relay	284' 1"	Blaney/Chang/Holcomb	1992 Tenafly, NJ
High Jump Relay	15' 7 1/2"	DuFlon/B.Granata/Deetz	1975 Monmouth College, NJ
Long Jump Relay	47' 1/2"	Porro/Smith/O'Rourke	1979 New Milford HS, NJ
Triple Jump Relay	97' 7"	MacGregor/Porro/Pessa	1979 New Milford HS, NJ
2 PERSON FIELD RELAYS			
Shot Put Relay 4kg	66' 3"i	Rayevich/Eldridge	1988 Jadwin, Princeton, NJ
Discus Relay	211' 2"	Rayevich/Eldridge	1988 Kearney, NJ
Javelin Relay	203' 7"	Lipson,Chang	1993 Ridgewood HS, NJ
High Jump Relay	10'	Richter/Roeske	1981 ParamusCatholicHS, NJ
Long Jump Relay	31' 9"	Wubell/McDermott	1988 BergenCC, Paramus,NJ
Triple Jump Relay	65'11"i	K.Granata/Hawthorne	1983RocklandCC,SuffernNY

RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD
ALL TIME TOP TEN

100 METER DASH

12.3	Jennifer McDermott	1989
12.6	Ginny Figlar	1987
12.7	Marci Capitani	1984&5
12.8	Judy Davis	1980
12.8	Trish Fogarty	1981
12.9	Melissa Gilbert	1992
12.9	Kate Brunner	1995
13.0	Cathy Vickery	1982
13.0	Shannon MCGarrigle	1993
13.0	Jamie Grasso	1997
13.0	Jessie Porro	1997
13.1	Emily Chang	1990
13.1	Jean Reilly	1990

200 METER DASH

25.4	Jennifer McDermott	1988
25.7	Ginny Figlar	1988
26.1	Melissa Gilbert	1944
26.2	Marci Capitani	1985
26.3	Kate Brunner	1995
26.6*	Judy Davis	1979
26.6	Lisa Bagnaturo	1981
27.0	Neena Barua	1993
27.2	Mary Ellen Mileski	1983
27.2	Shannon McGarrigle	1991

400 METER DASH

56.1	Ginny Figlar	1988
57.7	Marci Capitani	1984
58.42i	Jennifer McDermott	1989
58.7	Judy Davis	1979
58.8	Melissa Gilbert	1994
59.3	Margaret Scutro	1984
59.4	Kerri Reilly	1988
59.5 *	Kandie Latham	1974
59.9	Liz Ross	1985
60.0	Lynne Dogelmann	1987

400 m. RELAY SPLITS

55.7	Ginny Figlar	1988
57.1	Lynne Collazo	1989
57.4	Melissa Gilbert	1993
58.0	Marci Capitani	1985
58.0	Margaret Scutro	1984
58.1	Kerri Reilly	1988
58.3	Jennifer McDermott	1989
58.9	Mary Ellen Mileski	1983
59.1*	Kandie Latham	1974
59.5	Lynn Degelman	1985

800 METER RUN

2:10.9	Margaret Scutro	1985
2:12.1	Patti Mileski	1982
2:13.8	Lynn Collazo	1988
2:13.9	Mary Ellen Mileski	1983
2:17.0	Jean Hughes	1987
2:17.7*	Kandie Latham	1975
2:17.77	Liz Figlar	1990
2:17.8	Stephanie Doyle	1995
2:18.0	Norine D'Arcy	1987
2:19.2	Beth Pringle	1982

1500 METER RUN

4:26.25	Margaret Scutro	1985
4:44.8	Mary Ellen Mileski	1983
4:44.9	Patti Mileski	1981
4:45.1	Norine D'Arcy	1985
4:46.4	Lynne Collazo	1989
4:46.9	Jean Hughes	1987
4:47.2	Carol Dickstein	1981
4:53.9i	Eileen Fitzgerald	1990
4:54.4	Kathy Duffy	1980
5:06.4	Colleen Wright	1981

1600 METER RUN

4:46.4	Margaret Scutro	1985
4:54.8*	Patti Mileski	1983
5:01.2*	Mary Ellen Mileski	1980
5:02.0	Jenna Rogers	1984
5:03.4	Jean Hughes	1988
5:05.5	Beth Pringle	1983
5:04.69	Eileen Fitzgerald	1990
5:05.6	Norine D'Arcy	1987
5:06.2	Jennifer Hughes	1988
5:06.63	Stephanie Doyle	1996

3000 METER RUN

9:58.15	Jenna Rogers	1994
10:03.12i	Jennifer Hughes	1988
10:04.1i	Patti Mileski	1983
10:04.7	Carol Dickstein	1981
10:11.21	Jean Hughes	1988
10:13.6	Karen Canon	1988
10:13.9	MaryEllen Mileski	1982
10:22.8	Beth Pringle	1982
10:26.6i	Norine D'Arcy	1986
10:28.2	Kathy Duffy	1981

3200 METER RUN

10:33.9	Jenna Rogers	1994
10:34.5	Patti Mileski	1983
10:40.2	Margaret Scutro	1985
10:43.8	Jean Hughes	1988
10:46.4	Karen Cannon	1988
10:56.4	Jennifer Hughes	1987
10:58.6	Norine D'Arcy	1987
11:10.60	Amy Smith	1996
11:13.6	Beth Pringle	1983
11:18.0	Colleen Wright	1981
11:19.3	Celeste Sedo	1997

100 METER HURDLES

15.0	Sheryl van der Schyff	1988
15.4	Faith Ninivaggi	1994
15.6	Renee Pavelski	1992
16.1	Jeanne McGuire	1985
16.2	Marli Klar	1997
16.5	Liz Ross	1984&85
16.6	Monica Richter	1982
16.7	Linn Degelmann	1988
16.9	Melissa Masterson	1995
16.9	Ana Law	1997
17.4	Sally Tarvin	1984
17.4	Christina Valez	1986

400 METER HURDLES

63.5	Lynne Collazo	1989
63.7	Lynn Degelmann	1987
63.82	Liz Ross	1985
64.93	Renee Pavelski	1993
66.6	Jeanne McGuire	1985
67.0	Claire Blaney	1993
67.1	Marli Klar	1995
67.2	Amy Smith	1996
67.4	Christina Valez	1986
67.5	Lisa Waters	1984&85
68.5	Melissa Masterson	1997
69.0	Kerri Reilly	1989

SHOT PUT

38' 6 3/4"	Lisa Glidewell	1980
36' 8"i	Tammy Rayevich	1988
36' 2"	Shayna Brown	1997
35' 8 3/4"	Alfreda Eldridge	1989
34'10"	Jess Sokolik	1996
33' 4"	Jessica Berg	1980
32' 7"	Janet Sauerman	1980
32' 6 1/2"i	Ellen Barkenbush	1986
30'10 1/2"	Louise Pallone	1987
29' 7"	Debbie Compton	1991
29' 3 3/4"	Allison Mathiesen	1996
29' 2"	Claire Blaney	1993

JAVELIN

128' 4"	Tammy Rayevich	1988
122' 10"	Emilie Chang	1993
118' 4"	Deanie Barth	1987
116;	Marci Capitani	1985
110'	Kim Slawek	1979
108' 6"	Amy Titus	1990
108' 6"	Claire Blaney	1991
105' 6"	Claudia O'Rourke	1981
103' 3"	Donna Schlicher	1988
103' 3"	Dana Lipson	1993

DISCUS

123' 3"	Jess Sokolik	1997
118'11"	Tammy Rayevich	1988
117' 7"	Lisa Glidewell	1980
115' 6"	Janet Sauerman	1980
107'11"	Alfreda Eldridge	1989
107'	Ellen Barkensush	1986
106' 9"	Alison Barbeau	1990
105' 6"	Courtney Moody	1984
103' 6"	Christina Grab	1996
103' 1"	Cathie Deyoe	1975
102' 9"	Sarah Miles	1979

TRIPLE JUMP

39'101/2"i	JenniferMcDermott	1989
36' 3 1/2"	Kathy Granata	1983
35' 2 1/4"	Becky Deetz	1976
35' 1/4"	VanessaMcDermott	1995
34'111/2"	Deecy Porro	1978
34' 7 1/4"	Tonia Claarke	1995
34' 5"	ShannonMcGarrigl	1994
34' 4 1/2"	Jen Wrubel	1988
34' 2"	Elimie Chang	1992
33'10 1/2"	Wendy Hawthorne	1984

HIGH JUMP

5' 9"	Becky Deetz	1975&76
5' 5"	Renee Pavelski	1992
5' 4"	Kathy Granata	1982
5' 3 1/2"	Beth Granata	1975
5' 2"	Mary Sayers	1974
5' 2"	Renee DuFlon	1975
5' 2"	Sharon Roeske	1981
5' 2"	Monica Richter	1982
5' 2"	Wendy Hawthorne	1984
5' 2"	Sheryl vander Schyff	1987
5' 2"	Jen Wrubel	1987
5' 2"	Jennifer McDermott	1988

LONG JUMP

19' 4"	Jennifer McDermott	1989
17' 5"	Becky Deetz	1976
16'9 1/2"	Tonia Clarke	1995
16' 9"	Shannon McGarrigle	1992
16'6 1/2"	Racquel Mair	1989
16' 5"	Kathy Granata	1983
16'3 1/2"	Emilie Chang	1992
16' 3"	Jen Wrubel	1988
16' 3"	Marli Klar	1995
16'2 1/4"	Deecy Porro	1977

RIDGEWOOD HIGH SCHOOL
SHUTTLE HURDLE RELAY (4x100H)

TOP TEN ALL TIME

1:07.7	5/19/97	Ana Law(17.3), Karen Hoogland (17.1), Melissa Masterson (17.2), Marli Klar(16.1)
1:08.6	5/20/85	Lisa Waters, Leigh Mackall, Jeannie McGuire, and Liz Ross
1:08.7	1979	DC Porro, Ingrid Pessa, (? 30" hurdles?) O'Connor, Cheryl Brienza
1:09.3	4/1/95	Marli Klar, Susan Davis, Melissa Masterson, and Faith Ninivaggi
1:10.0	4/5/97	Melissa Masterson, Ana Law, Karen Hoogland, Marli Klar
1:10.5	4/15/84	Leigh Mackall, Lisa Waters, Jeannie McGruie, and Liz Ross
1:10.5	4/19/97	Melissa Masterson(17.3), Ana Law (17.5), Karen Hoogland(18.9), Marli Klar (16.7)
1:10.6	5/22/95	Melissa Masterson, Karen Hoogland Susan Davis, and Marli Klar
1:10.7	4/22/95	Marli Klar, Susan Davis, Melissa Masterson, and Faith Ninivaggi
1:11.2	4/21/84	Wendy Hawthorne, Lisa Waters, Jeannie McGuire, and Liz Ross
1:11.3	5/23/94	Keeley Cheslack-Postava, Melissa Masterson, Marli Klar, and Faith Ninivaggi
1:11.5	4/18/87	Lynne Degelmann, Amy Donnally, Tamara Cochran, Sheryl VanderSchyff
1:11.9	4/12/97	Ana Law(18.3), Mo Smith (19.0), Karen Hoogland(18.0), Marli Klar(16.4)
1:12.2	4/17/93	Claire Blaney, Trish O'Connor, Jessica Engel, Rene Pavelski
1:12.5	5/19/86	Kathleen Gill, Sue Spengler, Christina Velez, and Sheryl VanderSchyff
1:12.9	5/18/87	Lynne Degelmann, Carolyn O'Brien, Sue Spengler, and Sheryl VanderSchyff

KLM + MASTERSON IN 6 of TOP 10 !!

OUR GREAT HURDLE TEAM REWROTE OUR ALL TIME LIST THIS SEASON!!

RIDGEWOOD HIGH SCHOOL
4x200 METER RELAY

TOP TEN ALL TIME

1:46.9	4/30/88	Jen McDermott, Kerri Reilly, Laura Pollaci, Ginny Figlar.
1:47.82	5/14/85	Jeanie McGuire, Liz Ross, Lisa Waters, Marci Capitani.
1:47.9	5/22/88	Keri Reilly, Lynne Collazo, Jen McDermott, Ginny Figlar.
1:49.1	4/15/94	Shannon McGarrigle, Lauren Vidal, Kate Brunner, Melissa Gilbert.
1:49.4	5/19/97	Jess Porro, Jamie Grasso Helena Lamothe, Lesley Bruno 5TH ALL TIME!
1:49.8	4/10/92	Natlie Primavera, Gizele Watson, Shannon McGarrigle, Melissa Gilbert.
1:50.0	5/1982	Stephanie Semprevivo, Karen Haass, Kathy Vickery, Trish Fogarty.
1:50.2	5/20/85	Jeanie McGuire, Liz Ross, Lisa Waters, Marci Capitani.
1:50.8	4/21/95	Dara Cattani, Katie McNamara, Vanessa McDermott, Kate Brunner
1:51.0	5/19/86	Lynn Degelmann, Jen McDermott, Shiela Vaughan, Ginny Figlar.
1:51.4	4/2/94	Shannon McGarrigle, Kate Brunner Lauren Vidal, Dara Cittani
1:51.6	5/20/91	Emily Chang, Gizele Watson, Shannon McGarrigle, Melissa Gilbert.

RIDGEWOOD HIGH SCHOOL
3 PERSON DISCUS RELAY

TOP TEN ALL TIME

305' 2"	1980	Lisa Glidewell - Janet Sauerman - Sarah Miles -
302' 5"	1997	Jess Sokolik - 119'10" Alison Mathiesen - 92' 7" Michelle Fernandez - 90'
299' 4"	1996	Jess Sokolik - 103' 2" Christina Grab - 103' 6" Alison Mathiesen - 92' 8"
298' 5"	1988	Tammy Rayevich - 106' 4" Louise Pallone - 90' Alfreda Eldridge - 102' 1"
275' 4"	1986	Linda Barkenbush - 100' 7" Linda Sigilito - 91' Alreda Eldridge - 83' 9"
263'	1984	Jessica Berg - 93' 8" Courtney Moody - 90' 5" Lisa Cangemi - 78'11"
262' 6"	1988	Tammy Rayevich - 108'10" Louise Pallone - 87'11" Patricia Montegari - 65' 9"
257' 9"	1983	??? (probably Moody, Berg, and Cangemi)
256' 5"	1986	Tammy Rayevich - 89' 4" Linda Barkenbush - 86' 7" Linda Sigillito - 80' 6"
253' 3"	1989	Alfreda Eldridge - 102' 6" Louise Pallone - 80' 4" Allison Barbeau - 70' 5"
250' 6"	1995	Jess Sokolik - 91' 6" Allison Mathiesen - 79'10" Allegra Lobell - 79' 2"

BERGEN COUNTY CHAMPS!

(incomplete data prior to 1982)

RIDGEWOOD HIGH SCHOOL
2 PERSON DISCUS RELAY

ALL TIME TOP TEN

211' 2"	5/23/88	Tammy Rayevich - 113'11" Alfreda Eldridge - 97' 3"
198' 3"	5/18/87	Tammy Rayevich - 105' 4" Alfreda Eldridge - 92'11"
190'10"	5/18/86	Tammy Rayevich - 96' 6" Ellen Barkenbush - 94' 4"
187' 8"	4/12/97	Jess Sokolik - 103' 2" Michelle Fernandez - 84' 6"
183' 7"	5/17/83	Courtney Moody - ? Jessica Berg - ?
170' 8"	5/20/91	??(probably Alison Barbeau and Debbie Compton)
170' 7"	1996	Jessica Sokolik - 85' 1" Allison Mathiesen - 85' 6"
167'11"	4/11/87	Tammy Rayevich - 84'11" Louise Pallone - 83'
167'	5/21/90	Alison Barbeau - 94' Debbie Compton - 73'
164' 7"	4/10/93	Sarah McKaracher - 87' 6" Emily Chang - 77' 1"
164' 5"	5/17/93	Emily Chang - 91'11" Christina Grab - 72' 6"

(incomplete data prior to 1982)

RIDGEWOOD HIGH SCHOOL — TOP TEN ALL TIME
3 PERSON SHOT PUT RELAY (4KG)

106' 9 1/2" (8# shot = about 100' with 4kg)	1979	Janet Sauerman, Lisa Glidewell, and Kim Slawek
89' 3 3/4"	1988	Tammy Rayevich - 33' 1" Alfreda Eldridge - 31' 2" Louise Pallone - 25' 3/4"
88' 6"	1987	??
86' 4 1/4"	1996	Jessica Sokolik - 30'10 1/2" Allison Mathiesen - 29' 6 3/4" Allegra Lobell - 26'11"
86' 1/2"	1997	Jess Sokolik - 32' 6 1/2" Shayna Brown - 27' 5" Michelle Fernandez - 26' 6"
84' 1 1/2"	1984	Jessica Berg - 30' 1" Marci Capitani - 27' 9" Lisa Cangemi - 26' 3 1/2"
83'11 1/2"	1984	Jessica Berg - ?? Lisa Cangemi - ?? Marci Capitane - ??
83' 9 1/2"	1988	Tammy Rayevich - 32'11" Louise Pallone - 28'10 1/4" Jen Hughes - 22' 4"
83' 4"	1997	Jess Sokolik - 30' 6 1/2" Shayna Brown - 27' 6" Michelle Fernandez - 25' 3 1/2"
83'	1984	Jessica Berg - ?? Lisa Cangemi - ?? Marci Capitane - ??
82' 1"	1986	Tammy Rayevich - 31' 6" Ellen Barkenbush - 26' 7 1/2" Linda Sigillito - 23'11 1/2"
81' 4"	1986	Tammy Rayevich - 28' 8" Ellen Barkenbush - 28' 4" Megan Duffy - 24' 4"

(April 9th, 1988 Toms River Relays-results incomplete)
(incomplete data prior to 1982)

RIDGEWOOD HIGH SCHOOL — TOP TEN ALL TIME
2 PERSON SHOT PUT RELAY (4KG)

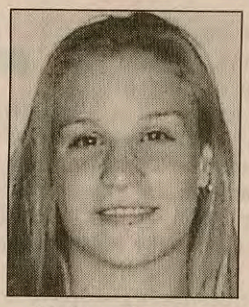
64' 5 1/2"	1989	Alfreda Eldridge - 33' 4 1/2" Louise Pallone - 31' 1"
63' 6"	1986	Tammy Rayevich - 31'11" Ellen Barkenbush - 31' 9"
60' 9 1/2"	1987	Tammy Rayevich - ?? Alfreda Eldridge - ??
59' 1/2"	1984	Jessica Berg - 30' 1/2" Lisa Cangemi - 29'
58' 8 1/2"	1989	Alfreda Eldridge - 33' 3 1/4" Amy Titus - 25' 5"
58' 4 1/2"	1987	Tammy Rayevich - 31' 7 1/2" Lousie Pallone - 26' 9"
58' 2"	1997	Shayna Brown - 32' 7" Michele Wilson - 26' 7"
57' 6 1/2"	1996	Jessica Sokolik - 30' 9 1/2" Allison Mathiesen - 26' 9"
57' 6"	1991	?? (probably Compton and Barbeau)
57' 4"	1986	Tammy Rayevich - 29' 3 1/2" Ellen Barkenbush - 27'11"
56'	1994	Jessica Sokolik - 27' 8" Joelle Gruber - 28' 4"

WAIT UNTIL NEXT YEAR!

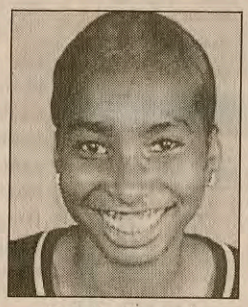
(incomplete data prior to 1982)

1997

ALL-BERGEN GIRLS TRACK



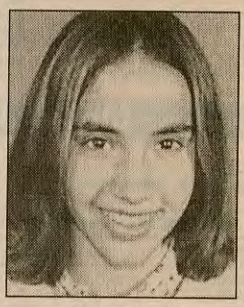
Melissa Bochiaro
Glen Rock
100M



Delcita Russell
Hackensack
200M, 400M



Julie Clifford
Holy Angels
800M



Dana Satir
Ramsey
1,600M



Celeste Sedo
Ridgewood
3,200M



Carlene Cummings
Englewood
100M HH, LJ, TJ



Katie Hanley
Glen Rock
400M IH



Jennifer Flinchum
NV/Demarest
Shot put



Jessica Sokolik
Ridgewood
Discus



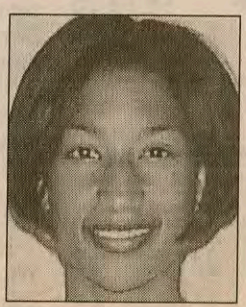
Jen Austin
Garfield
Javelin



Cheryl Burdick
Ramsey
High jump



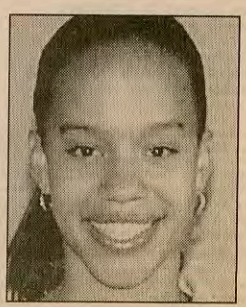
Zorinah Figueroa
Teaneck
1,600M Relay



Keely Roberts
Teaneck
1,600M Relay



Kelley Johnson
Teaneck
1,600M Relay



Erika Jungblut
Teaneck
1,600M Relay

JESSICA SOKOLIK, Ridgewood, discus — After winning the Bernards discus, Sokolik, bound for Dartmouth, won the NNJIL Atlantic and Bergen Group 4 titles, the latter with a meet-record distance. She won the BMOC in the discus and took second in the Group 4 sectional meet. She added a fifth in State Group 4 before placing 15th in the SMOC. She also placed in the shot put in league, County group, and State sectional competition. Her career best of 123-3 was ninth-best all-time in Bergen and the best in six years.

CELESTE SEDO, Ridgewood, 3,200 meters — With a year to go, this junior is on the way to becoming Bergen's next great distance runner despite an ankle injury that probably prevented her from breaking 11 minutes this year. She did not lose to an area runner, and her best time of 11:19.3 was 23rd all-time in Bergen. She won the prestigious Bernards 3,200; the NNJIL Atlantic 800, 1,600, and 3,200; and the Bergen Group 4 1,600 and 3,200. Then the injury intervened, but she still managed to win the sectional Group 4, Group 4, and BMOC 3,200 races and took fourth in the Group 4 and BMOC 3,200s.

ALL-BERGEN GIRLS TRACK

First team

100 — MELISSA BOCHIARO, Glen Rock ____ Sr.
200 — DELCITA RUSSELL, Hackensack ____ Sr.
400 — DELCITA RUSSELL, Hackensack ____ Sr.
800 — JULIE CLIFFORD, Holy Angels ____ Soph.
1,600 — DANA SATIR, Ramsey ____ Sr.
3,200 — CELESTE SEDO, Ridgewood ____ Jr.
100 HH — CARLENE CUMMINGS, Englewood_ Jr.
400 IH — KATIE HANLEY, Glen Rock ____ Sr.
Shot put — JENNIFER FLINCHUM, NV/Dem. Soph.
Discus — JESSICA SOKOLIK, Ridgewood ____ Sr.
Javelin — JEN AUSTIN, Garfield ____ Freshman
High jump — CHERYL BURDICK, Ramsey _ Soph.
Long jump — CARLENE CUMMINGS, EnglewoodJr.
Triple jump — CARLENE CUMMINGS, EnglewoodJr.
1,600 relay — TEANECK (Zorinah Figueroa, Sr.; Keely Roberts, Sr.; Kelley Johnson, Jr.; Erika Jungblut, Jr.)

Second team

100 — CARLENE CUMMINGS, Englewood ____ Jr.
200 — JANNA KOHOUT, River Dell ____ Jr.
400 — KEELY ROBERTS, Teaneck ____ Sr.
800 — TRACY DELLA TORRE, Glen Rock _ Soph.
1,600 — JULIE CLIFFORD, Holy Angels ____ Soph.
3,200 — PATTI MARTIN, Hackensack _ Freshman
100 HH — MARISSA JACKSON, Hackensack _ Sr.
400 IH — ZORINAH FIGUEROA, Teaneck ____ Sr.
Shot put — ERIKA CZUJKO, Garfield ____ Sr.
Discus — CHAYA TESKER, NV/Old Tappan ____ Sr.
Javelin — KRYSTLE BUCZYNSKI, Par. Cath. Soph.
High jump — ANN WOETZEL, Paramus Cath.Soph.
Long jump — TAMMI JORDAN, Englewood ____Sr.
Triple jump — TAMMI JORDAN, Englewood ____ Sr.
1,600 relay — HACKENSACK (Shauna Koenig, Fr.; Latoya Thomas, Jr.; Delcita Russell, Sr.; Marissa Jackson, Sr.)

Third team

100 — KEELY ROBERTS, Teaneck ____ Sr.
200 — ANIKE ELEGBE, Teaneck ____ Sr.
400 — LATOYA BINNS, New Milford ____ Sr.
800 — CAITLIN WITTREICH, Tenafly ____ Sr.
1,600 — TRACY DELLA TORRE, Glen Rock ____ Sr.
3,200 — KELLY BEHAN, Ridgewood ____ Freshman
100 HH — KERRY FRAZER, NV/Demarest ____ Sr.
400 IH — MAHASIN PEGEISE, Rutherford ____ Jr.
Shot put — SHAYNA BROWN, Ridgewood _ Soph.
Shot put — KEISHA OWEN, Lodi ____ Sr.
Discus — JENNIFER FLINCHUM, NV/Dem. Soph.
Javelin — ANN WOETZEL, Paramus CatholicSoph.
High jump — BRIDGITTE ATKINSON, Hack. Soph.
High jump — JANET ANDREWS, Bergenfield _ Sr.
Long jump — ANDREA SELLITTI, Glen Rock _ Sr.
Triple jump — KERRY FRAZER, NV/Demarest_ Sr.
1,600 relay — GLEN ROCK (Carolyn Tampe, Soph.; Colleen McCorry, Soph.; Eileen Chazan, Sr.; Katie Hanley, Sr.)

Honorable mention

100 (13.0) — Natasha D'Souza, Bergenfield; Nicole Parkinson, Bergen Tech; Devon Hudson and Delcita Russell, Hackensack; Miranda Reeves, Hasbrouck Heights; Carmen Tsang, Indian Hills; Shoshanna Haricha, New Milford; Amanda Negron, NV/Old Tappan; Jamie Grasso, Ridgewood; Genevieve Palmieri, Rutherford; Anike Elegbe, Teaneck.

200 (27.0) — Natasha D'Souza, Bergenfield; Holly Garrison, Dumont; Krista Saunders, Fort Lee; Melissa Bochiaro and Eileen Chazan, Glen Rock; Keyana Pompey, Hackensack; Miranda Reeves, Hasbrouck Heights; Carmen Tsang, Indian Hills; Amanda Negron, NV/Old Tappan.

400 (1:02) — Krista Saunders, Fort Lee; Marissa Jackson and Latoya Thomas, Hackensack; Danielle Sepulvedes, NV/Old Tappan; Cassie Mclauthlen and Michelle Skubic, Ramsey; Lauren Sherry, RiverDell; Mahasin Pegeise, Rutherford; Vicki Byrne, Saddle Brook; Erika Jungblut, Teaneck.

800 (2:25.9) — April Quatrano, Hackensack; Erika Papaccioli, Paramus; Chrissy McDonnell and Dana Satir, Ramsey; Meg McDermott, Carrie Ruggles and Celeste Sedo, Ridgewood; Kelly Hecking, Rutherford.

1,600 (5:28.0) — Sara Meroth, Fair Lawn; Patti Martin, Hackensack; Jeri Chico and Kelly Ortiz, Paramus; Tracy Kirk, Ramsey; Kelly Behan, 'Meg McDermott and Celeste Sedo, Ridgewood; Kate Cosgriff, Tenafly; Jenica Asadorian, Westwood.

3,200 (sub 12:00.0) — Lauren Stroger, NV/Demarest; Lauren Eid and Josie Macerl, Fort Lee; Meghan O'Toole, Garfield; Tracy Della Torre, Glen Rock; Beth Androski and Claire McGuire, Hackensack; Tracy Kirk and Dana Satir, Ramsey; Nancy Sinclair, St. Mary's; Nikki Callaghan, Westwood.

100 HH (16.0) — Holly Garrison, Dumont; Katie Hanley, Glen Rock; Bridgette Atkinson, Hackensack; Beth Packman, Pascack Hills; Jamie Lilien, Pascack Valley; Alyson Campbell, Ramsey; Karen Hammerle, River Dell; Zorinah Figueroa, Teaneck.

400 IH (68.0) — Jackie Babbini, Cliffside Park; Colleen McCorry and Andrea Sellitti, Glen Rock; Marissa Jackson, Hackensack; Michele Calabro, Immaculate Heart Academy; Alyson Campbell, Ramsey; Janna Kohout, River Dell; Vicky Byrne, Saddle Brook; Caitlin Wittreich, Tenafly.

Shot put (33-6) — Kerry Frazer, NV/Demarest; Maria Jasiak and Gina Leon, Garfield; Renee Wilson, Hasbrouck Heights; Chaya Tesker, NV/Old Tappan; Colleen Kelley, Paramus Catholic; Brenda Arroyo, Ridgefield Park; Jessica Sokolik, Ridgewood; Jean Marie Bellotti, Rutherford; Danielle McGugins, Westwood.

Discus (101-0) — Valerie Epps and Rhonda Williams, Englewood; Gina Leon, Garfield; Quinn Brady, Glen Rock; Lauren Gmitter, Hasbrouck Heights; Claudia Heim, IHA; Tennille Jordan, New Milford; Colleen Kelley, Paramus Catholic; Kristen Guimes, Ridgefield Park; Danielle McGugins, Westwood.

Javelin (102-0) — Jen Huber, Becton; Marissa Sarubbi, Cliffside Park; Maria Jasiak, Garfield; Quinn Brady and Liz Varas, Glen Rock; Karen Cassetta, Hackensack; Nancy Correa, Hasbrouck Heights; Leonora Colon, Ridgefield Park; Betty Nicholas, Westwood.

High jump (5-0) — Kerry Frazer, NV/Demarest; Delcita Russell, Hackensack; Amanda Witt, Holy Angels; Jamie Lilien, Pascack Valley; Michelle Skubic, Ramsey; Rania Margonis, Ridgefield.

Long jump (16-2) — Janet Andrews, Bergenfield; Kerry Fraser, NV/Demarest; Melissa Bochiaro and Katie Hanley, Glen Rock; Gwen Scanel, Hackensack; Miranda Reeves, Hasbrouck Heights; Shoshannan Haricha, New Milford; Beth Packman, Pascack Hills; Sandra Fernandez and Jamie Lilien, Pascack Valley; Keely Roberts, Teaneck.

Triple jump (34-0) — Kerri O'Connor, Dumont; Katie Hanley and Andrea Sellitti, Glen Rock; Devon Hudson and Marissa Jackson, Hackensack; Miranda Reeves, Hasbrouck Heights; Carmen Tsang, Indian Hills; Charnie Carter, Lyndhurst; Jen Orthmann, Ramapo

1,600 relay (4:14.0) — New Milford, NV/Old Tappan; Ramsey, Ridgewood, River Dell, Westwood.

ALL-PASSAIC GIRLS TRACK

First team

100 — NACOLE MOORE, Kennedy ____ Senior
200 — CLAUDINE ANDERSON, Kennedy ____ Senior
400 — TIAMECUA FULTON, Eastside ____ Senior
800 — KEMPOLLY SWABY, Eastside ____ Senior
1,600 — JESSICA VAN DENEND, Eastern ChristianSoph.
3,200 — MAYDEE OQUENDO, Kennedy ____ Senior
100 HH — DENAY CALDWELL, Eastside ____ Junior
400 IH — MELISSA JONES, Eastside ____ Senior
1,600 relay — EASTSIDE (Denay Caldwell, Jr.; Melissa Jones, Sr.; Kelsha Bennett, Jr.; Kempolly Swaby, Sr.)
Long jump — ALICIA MAZEPA, Clifton ____ Senior
Triple jump — EBONY KNIGHTON, Passaic Tech Junior
High jump — SUZANNE NELSON, Hawthorne ____ Junior
Discus — NAKISHA LEON, Passaic ____ Senior
Javelin — DINA FABRIZIO, West Milford ____ Senior
Shot put — LABELLE HILLGROVE, Passaic Sophomore
All-around — SABRINA NEALY, Kennedy ____ Junior
All-around — NATALIE POPOWICZ, Clifton Sophomore

Second team

100 — KATIE HECHT, Wayne Valley ____ Senior
200 — JENINE CARTER, Passaic ____ Junior
400 — MADELINE AVENT, Passaic ____ Junior
800 — CHANISE STOUTE, Clifton ____ Sophomore
1,600 — KAREN AUTERI, Pompton Lakes _ Sophomore
3,200 — AISHA ALEXANDER, Passaic Valley ____ Junior
100 HH — GINGI WOODARD, Pompton Lakes ____ Junior
400 IH — YARISSA RODRIGUEZ, Passaic ____ Senior
1,600 relay — PASSAIC
Long jump — TIANNA ROBINSON, Passaic Tech Senior
Triple jump — KEISHA BENNETT, Eastside ____ Junior
High jump — KIM FIFE, Lakeland ____ Senior
Discus — HEATHER MILLER, Kennedy ____ Freshman
Javelin — NINA ODEH, Pompton Lakes ____ Sophomore
Shot put — KELLY ANN CHARLES, DePaul ____ Senior

Honorable mention

Kari Genchi and Amy Glenn, Clifton; Yarissa Rodriguez and Naila Gittens, Passaic; Sylvia Nealy and Leslie Graham, Kennedy; Sasha Davkins and Rasheeda Manuel, Passaic Tech; Heather Morabito and Laura Crescenzo, Lakeland; Melissa Sullivan and Kimberly Kinby, DePaul; Meloniece Robinson and Namecua Forbes, Eastside; Cheryl Shah and Sarah Park, Wayne Valley; Jen Monan and Michele Kayal, Wayne Hills; Erica Benedict and Ursula Kline, Passaic Valley; Shana Pitcher and Dorothy Wnuk, Pompton Lakes; Robyn Unrath, Eastern Christian; Mary Luallen and Kristin Tedesco, West Milford; Caron Van Ostenbridge and Trisha Kirkman, Hawthorne.

ALL-LEAGUE GIRLS TRACK

BCSL National

FIRST TEAM

100 — Shoshanah Haricha, New Milford
200 — Shoshanah Haricha, New Milford
400 — LaToya Binns, New Milford
800 — Sheela Gupta, Bergen Tech
1,600 — Jennifer Belthoff, New Milford
3,200 — Jennifer Belthoff, New Milford
400 IH — Deidre O'Shea, New Milford
100 HH — Vivian Cordero, New Milford
1,600 relay — New Milford (LaToya Binns, Stephanie O'Connor, Shoshanah Haricha, Deidre O'Shea, Jennifer O'Shea)
Long jump — Charnie Carter, Lyndhurst
Triple jump — Charnie Carter, Lyndhurst
High jump — Vivian Cordero, New Milford
Javelin — Jen Huber, Becton
Discus — Lacey Martens, Secaucus
Shot put — Laura Piskaldo, North Arlington
Coach of the Year — Greg Kelly, New Milford

SECOND TEAM

100 — Nicole Parkinson, Bergen Tech
200 — LaToya Binns, New Milford
400 — Virginia Yun, North Arlington
800 — Laura Cannito, New Milford
1,600 — Jennifer O'Shea, New Milford
3,200 — Stephanie Paglione, Palisades Park
400 IH — Vivian Cordero, New Milford
100 HH — Stephanie O'Connor, New Milford
1,600 relay — Dwight-Englewood
Long jump — Vivan Cordero, New Milford
Triple jump — LaToya Binns, New Milford
High jump — Gwen Gobbo, Palisades Park
Javelin — Kathy Xanthos, North Arlington
Discus — Tennille Jordan, New Milford
Shot put — Tennille Jordan, New Milford

HONORABLE MENTION

100 — Jamie Bronowich, Secaucus; **200** — Nicole Parkinson, Bergen Tech; **400** — Angie DeLeon, Palisades Park; **800** — Jennifer Belthoff, New Milford; **1,600** — Stephanie Paglione, Palisades Park; **3,200** — Jennifer O'Shea, New Milford; **400 IH** — Stephanie O'Connor, New Milford; **100 HH** — Deirdre O'Shea, New Milford; **1,600 relay** — Bergen Tech; **long jump** — Robyn Rhinehart, Dwight-Englewood; **triple jump** — Katie Nardin, Leonia; **high jump** — Robyn Rhinehart, Dwight-Englewood; **javelin** — Tennille Jordan, New Milford; **discus** — Jen Huber, Becton; **shot put** — Maria Fillipelli, North Arlington.

BCSL Olympic

FIRST TEAM

100 — Miranda Reeves, Hasbrouck Heights
200 — Miranda Reeves, Hasbrouck Heights
400 — Gen Kester, Bogota
800 — Melissa Kane, Emerson
1,600 — Nancy Sinclair, St. Mary's
3,200 — Nancy Sinclair, St. Mary's
400 IH — Rania Margonis, Ridgefield
100 HH — Alessia Cirilli, Hasbrouck Heights
1,600 relay — Emerson (Melissa Kane, Jennifer Chan, Kerrie Cozic, Carla Colucci, Samantha Kwan)
Long jump — Meghan McCauley, Emerson
Triple jump — Miranda Reeves, Hasbrouck Heights
High jump — Rania Margonis, Ridgefield
Javelin — Nancy Correa, Hasbrouck Heights
Discus — Lauren Gmitter, Hasbrouck Heights
Shot put — Lauren Gmitter, Hasbrouck Heights
Coach of the Year — Rob Brady, Hasbrouck Heights

SECOND TEAM

100 — Alessia Cirilli, Hasbrouck Heights
200 — Alessia Cirilli, Hasbrouck Heights
400 — Rachel Thomas, Wallington
800 — Nancy Sinclair, St. Mary's
1,600 — Danielle Nugent, Hasbrouck Heights
3,200 — Danielle Nugent, Hasbrouck Heights
400 IH — Melissa Kane, Emerson
100 HH — Rania Margonis, Ridgefield
1,600 relay — Hasbrouck Heights
Long jump — Stephanie Santeramo, St. Mary's
Triple jump — Meghan McCauley, Emerson
High jump — Stephanie Santeramo, St. Mary's
Javelin — Elizabeth Sorio, Cresskill; Lindsey Reggo, Ridgefield
Discus — Melissa Ayvas, Wood-Ridge
Shot put — Renee Wilson, Hasbrouck Heights

HONORABLE MENTION

100 — Irene Leidenfrost, Park Ridge; **200** — Irene Leidenfrost, Park Ridge; **400** — Andrea Ferullo, Hasbrouck Heights; **800** — Gen Kester, Bogota; **1,600** — Erin Mullane, Park Ridge; **3,200** — Erin Mullane, Park Ridge; **400 IH** — Nicole Florio, Hasbrouck Heights; **100 HH** — Jill Sgroi, Hasbrouck Heights; **1,600 relay** — Wallington; **long jump** — Miranda Reeves, Hasbrouck Heights; **triple jump** — Adriana DiNardo, Hasbrouck Heights; **high jump** — Meghan McCauley, Emerson; **discus** — Nancy Correa, Hasbrouck Heights; **shot put** — Katie Iacovella, Cresskill; Elizabeth Mullane, Park Ridge.

B-PSL Carpenter

FIRST TEAM

100 — Melissa Bochiaro, Glen Rock
200 — Eileen Chazan, Glen Rock
400 — Vicki Byrne, Saddle Brook
800 — Tracy Della Torre, Glen Rock
1,600 — Jessica Van Denend, Eastern Christian
3,200 — Erin Lautermilch, Glen Rock
400 IH — Katie Hanley, Glen Rock
100 HH — Katie Hanley, Glen Rock
1,600 relay — Glen Rock (Carolyn Tampe, Colleen McCorry, Rebecca Karger, Andrea Sellitti)
Long jump — Melissa Bochiaro, Glen Rock
Triple jump — Alice Stachal, Saddle Brook
High jump — Suzanne Nelson, Hawthorne
Javelin — Lizzy Varas, Glen Rock
Discus — Quinn Brady, Glen Rock
Shot put — Allison Marks, Saddle Brook

SECOND TEAM

100 — Valerie Gross, Hawthorne
200 — Valerie Gross, Hawthorne
400 — Eileen Chazan, Glen Rock
800 — Jessica Van Denend, Eastern Christian
1,600 — Kate Kehrberger, Waldwick
3,200 — Robyn Unrath, Eastern Christian
400 IH — Vicki Byrne, Saddle Brook
100 HH — Andrea Sellitti, Glen Rock
1,600 relay — Eastern Christian
Long jump — Katie Hanley, Glen Rock
Triple jump — Andrea Sellitti, Glen Rock
High jump — Andrea Sellitti, Glen Rock
Javelin — Quinn Brady, Glen Rock
Discus — Allison Marks, Saddle Brook
Shot put — Kristin Nazario, Waldwick

HONORABLE MENTION

100 — Reshida Boyd, Eastern Christian; Janessa Jeltema, Eastern Christian; Keriska Harris, Eastern Christian; **200** — Janessa Jeltema, Eastern Christian; Elizabeth Matanle, Glen Rock; Rashida Boyd, Eastern Christian; Liz Myomoto, Waldwick; **400** — Alicia Jeltema, Eastern Christian; Carolyn Tambe, Glen Rock; Ganeane Breckenridge, Hawthorne; Jenn Ferriday, Midland Park; **800** — Lucia Gervasio, Saddle Brook; Cathleen Murphy, Glen Rock; Robyn Unrath, Eastern Christian; **1,600** — Kathleen Burke, Glen Rock; Kelly Baker, Midland Park; Karen Finnerty, Midland Park; Carol VanOstenbridge, Hawthorne; **3,200** — Karen Finnerty, Midland Park; Lauren Bolger, Saddle Brook; Kelly Baker, Midland Park; Alexsandra Kaziermierczak, Glen Rock; **400 IH** — Colleen McCorry, Glen Rock; Andrea Sellitti, Glen Rock; Alice Stachal, Saddle Brook; Lauren Glentz, Midland Park; **100 HH** — Colleen McCorry, Glen Rock; Alice Stachal, Saddle Brook; Rachelle Scarpa, Eastern Christian; Ali Dunkersloot; **1,600 relay** — Saddle Brook; **long jump** — Janessa Jeltema, Eastern Christian; Melanie Simcox, Eastern Christian; Erin Magee, Waldwick; Kristen Monarque, Midland Park; **triple jump** — Suzanne Nelson, Hawthorne; Kelly Smith, Waldwick; Colleen McCorry, Glen Rock; **high jump** — Sharah Goodell, Midland Park; Trisha Kirkman, Hawthorne; Janette Keen, Eastern Christian; Alicia Rivers, Eastern Christian; **javelin** — Wendy VanDerwaal, Midland Park; Gina Petrosi, Midland Park; Lisa Kucharski, Hawthorne; Mary Centrella, Hawthorne; **discus** — Carol VanOstenbridge, Hawthorne; Jill Schuurman, Elmwood Park; Tara Castellano, Saddle Brook; Camille Hulko, Saddle Brook; **shot put** — Camile Hulko, Saddle Brook; Katie Finn, Garfield; Jessica Bizzoco, Glen Rock; Laura Schaper, Midland Park.

B-PSL King

FIRST TEAM

100 — Ebony Knighton, Passaic Tech
200 — Gingi Woodard, Pompton Lakes
400 — Kerry Reilly, Holy Angels
800 — Julie Clifford, Holy Angels
1,600 — Julie Clifford, Holy Angels
3,200 — Meghan O'Toole, Garfield
400 IH — Katie Moutenot, Holy Angels
100 HH — Gingi Woodard, Pompton Lakes
1,600 relay — Holy Angels (Kerry Reilly, Megan Oesle Katie Moutenot, Julie Clifford)
Long jump — Tiana Robinson, Passaic Tech
Triple jump — Ebony Knighton, Passaic Tech
High jump — Amanda Witt, Holy Angels
Javelin — Jen Austin, Garfield
Discus — Gina Leone, Garfield
Shot put — Erika Czujko, Garfield

SECOND TEAM

100 — Tiana Robinson, Passaic Tech
200 — Tiana Robinson, Passaic Tech
400 — Rasheeda Manuel, Passaic Tech
800 — Agnes Rusin, Garfield
1,600 — Meghan O'Toole, Garfield
3,200 — Jennifer Knuth, Holy Angels
400 IH — Agnes Rusin, Garfield
100 HH — Katie Moutenot, Holy Angels
1,600 relay — Passaic Tech
Long jump — Gingi Woodard, Pompton Lakes
Triple jump — Stacy Kinner, Elmwood Park
High jump — Denise Smith, Garfield
Javelin — Angela Christov, Holy Angels
Discus — Naa Atswei, Garfield
Shot put — Keisha Owen, Lodi

HONORABLE MENTION

100 — Gingi Woodard, Pompton Lakes; Keeko Harris, Holy Angels; Justine Daigneault, Holy Angels; Rae Anne Brancato, Elmwood Park; **200** — Ebony Knighton, Passaic Tech; Justine Daigneault, Holy Angels; Rasheeda Manuel, Passaic Tech; Keeko Harris, Holy Angels; **400** — Agnes Rusin, Garfield; Megan Oesle, Holy Angels; Teresa Kutarina, Garfield; Jen Austin, Garfield; **800** — Meghan O'Toole, Garfield; Jennifer Knuth, Holy Angels; Karen Auteri, Pompton Lakes; Simone Petrella, Holy Angels; **1,600** — Jennifer Knuth, Holy Angels; Karen Auteri, Pompton Lakes; Shana Pitcher, Pompton Lakes; Patti Brill, Garfield; **3,200** — Shana Pitcher, Pompton Lakes; Aja Carnoso, Pompton Lakes; Jenn Rooney, Holy Angels; Noelle Avoletta, Pompton Lakes; **400 IH** — Teresa Kutarina, Garfield; Kam Lam, Garfield; Sasha Daubins, Passaic Tech; Dorothy Wnack, Pompton Lakes; **100 HH** — Kam Lam, Garfield; RaeAnne Brancato, Elmwood Park; Kerry Tuske, Elmwood Park; Nicole Vitulli, Garfield; **1,600 relay** — Garfield; **long jump** — Jennifer Austin, Garfield; Nicole Loeffelman, Holy Angels; Samantha Benson, Holy Angels; RaeAnne Brancato, Elmwood Park; **triple jump** — Jennifer Austin, Garfield; Sasha Dawkins, Passaic Tech; RaeAnne Brancato, Elmwood Park; Rasheda Mnuel, Passaic Tech; **high jump** — Kerry Tuske, Elmwood Park; Ksenia Meraka, Garfield; **javelin** — Maria Jasiak, Garfield; Nina Oden, Pompton Lakes; Gina Leon, Garfield; Meghan Burke, Holy Angels; **discus** — Gabby Gargano, Garfield; Alyce Porawski, Holy Angels; Quatta March, Passaic Tech; Amy Lank, Pompton Lakes; **shot put** — Gina Leon, Garfield; Maria Jasiak, Garfield; Alyce Porawski, Holy Angels; Amanda Witt, Holy Angels.

NBIL Division 1

FIRST TEAM

100 — Amanda Negron, NV/Old Tappan
200 — Natasha D'Souza, Bergenfield
400 — Danielle Sepulveres, NV/Old Tappan
800 — Amy Wyka, Fair Lawn
1,600 — Sara Meroth, Fair Lawn
3,200 — Laura Stroger, NV/Demarest
400 IH — Laura Orrico, Ramapo
100 HH — Kerry Frazer, NV/Demarest
1,600 relay — NV/Old Tappan (Dana Critelli, Julia Cheringal, Danielle Sepulveres, Amanda Negron, Kara Duffus)
Long jump — Kerry Frazer, NV/Demarest
Triple jump — Kerry Frazer, NV/Demarest
High jump — Janet Andrews, Bergenfield
Discus — Chaya Tesker, NV/Old Tappan
Shot put — Jen Flinchum, NV/Demarest

SECOND TEAM

100 — Natasha D'Souza, Bergenfield
200 — Amanda Negron, NV/Old Tappan
400 — Michelle Pitts, NV/Demarest
800 — Jamie Siegrist, NV/Demarest
1,600 — Sarah Kong, Ramapo
3,200 — Deidre Mammano, NV/Old Tappan
100 HH — Kirin Fried-Boxt, NV/Demarest
400 IH — Julia Cheringal, NV/Old Tappan
1,600 relay — NV/Demarest (Melanie Lewis, Michelle Pitts, Karin Boman, Kim Bogdan, Jamie Siegrist)
Long jump — Janet Andrews, Bergenfield
Triple jump — Jen Orthmann, Ramapo
High jump — Kerry Frazer, NV/Demarest
Discus — Jen Flinchum, NV/Demarest
Shot put — Chaya Tesker, NV/Old Tappan

HONORABLE MENTION

Erin Hughes and Adrienne Harrison, Wayne Hills; Laura Malinkowski and Dana Critelli, NV/Old Tappan; Laraine Nocetl and Cindy Amaya, Fair Lawn; Melanie Lewis and Michelle Martino, NV/Demarest; Bell Pumchardenwatna and Lynn Irwin, Bergenfield; Jill Gulder and Laura Gere, Ramapo.

NBIL Division 2

FIRST TEAM

100 — Carmen Tsang, Indian Hills
200 — Carmen Tsang, Indian Hills
400 — Cassie McLauthlen, Ramsey
800 — Dana Satir, Ramsey
1,600 — Dana Satir, Ramsey
3,200 — Tracy Kirk, Ramsey
100 HH — Beth Packman, Pascack Hills
400 IH — Alyson Campbell, Ramsey
1,600 relay — Ramsey (Cassie McLauthlen, Michelle Skubic, Alyson Campbell, Dana Satir)
Long jump — Jamie Lillen, Pascack Valley
Triple jump — Sandra Fernandez, Pascack Valley
High jump — Cheryl Burdick, Ramsey
Discus — Annelise Munczinski, Indian Hills
Shot put — Wendi Chamberlain, Mahwah

SECOND TEAM

100 — Beth Packman, Pascack Hills
200 — Beth Packman, Pascack Hills
400 — Allison Green, Indian Hills
800 — Jen Mechlowe, Pascack Valley
1,600 — Tracy Kirk, Ramsey
3,200 — Sarah Walton, Ramsey
100 HH — Alyson Campbell, Ramsey
400 IH — Ellen Knechel, Northern Highlands
1,600 relay — Pascack Valley (Jen Mechlowe, Lauren Lieberman, Jen O'Brien, Lisa Jesuele)
Long jump — Sandra Fernandez, Pascack Valley
Triple jump — Carmen Tsang, Indian Hills
High jump — Jamie Lillen, Pascack Valley
Discus — Allison Schultz, Northern Highlands
Shot put — Sara Mazzuto, Northern Highlands

HONORABLE MENTION

Lisa Jesuele and Meghan Ammerman, Pascack Valley; Tovah Oppenheimer and Lindsay Murphy, Northern Highlands; Micheala Egger and Allison Herron, Pascack Hills; Dana Blom and Jessica Butwinski, Mahwah; Katie Lynch and Audrey Holst, Indian Hills; Megan Campbell and Chrissy McDonnell, Ramsey.

Northern Hills Skyline

FIRST TEAM

100 — Kristen Vetri, Montville
200 — Danielle Hobson, West Orange
400 — Kristen Vetri, Montville
800 — Shawnna Stephens, Clifford Scott
1,600 — Aisha Alexander, Passaic Valley
3,200 — Danielle Centurione, Lakeland
100 HH — Danielle Hobson, West Orange
400 IH — Megan Patrono, West Milford
1,600 relay — West Milford (Megan Patrono, Allison Ames, Mary Luallen, Alex Reiher)
Long jump — Mary Luallen, West Milford
High jump — Katie Hecht, Wayne Valley
Shot put — Rike Ojediran, West Orange
Discus — Kristin Tedesco, West Milford
Javelin — Dina Fabrizio, West Milford
All-around — Kim Fife, Lakeland

SECOND TEAM

100 — Tracey Allen, West Side
200 — Shernaza Robin, West Side
400 — Shernaza Robin, West Side
800 — Liz Schoonmaker, West Milford
1,600 — Alex Reiher, West Milford
3,200 — Rebecca Paul, West Orange
100 HH — Erica Benedict, Passaic Valley
400 IH — Heather Morabito, Lakeland
Long jump — Zim Achebe, West Orange
High jump — Kim Fife, Lakeland
Shot put — Jessica Ganz, West Milford
Discus — Kelly Roche, West Orange
Javelin — Sara Schechteri, West Milford
All-around — Allison Ames, West Milford

HONORABLE MENTION

Mary McBarvin and Cheryl Shah, Wayne Valley; Nicole Perryman and Shamtiya LeMay, Clifford Scott; Jennifer Filosa and Sandra Ackerman, Montville; Rebecca Perason, Lakeland; Laura McGevna and Reness Phifer, Passaic Valley; Donnett Bascon and Monifah, West Side; Jackie Anokute and Genevive Zaragoza, West Orange; Dawn Gasparri and Allison Ames, West Milford.

NNJIL Atlantic

FIRST TEAM

100 — Aleah Williams, Montclair
200 — Aleah Williams, Montclair
400 — Mikele Barber, Montclair
800 — Celeste Sedo, Ridgewood
1,600 — Celeste Sedo, Ridgewood
3,200 — Celeste Sedo, Ridgewood
400 IH — Melissa Jones, Eastside
100 HH — Melissa Jones, Eastside
1,600 relay — Eastside (Denay Caldwell, Melissa Jones, Keisha Bennett, Kempolly Swaby)
Long jump — Alacia Mazepa, Clifton
Triple jump — Alicia Mazepa, Clifton
High jump — Natalie Popowicz, Clifton
Javelin — Jill Zajac, Clifton
Discus — Jessica Sokolik, Ridgewood
Shot put — Nakisha Leon, Passaic

SECOND TEAM

100 — Lisa Barber, Montclair
200 — Mikele Barber, Montclair
400 — Tiamccua Fulton, Eastside
800 — Meg McDermott, Ridgewood
1,600 — Meg McDermott, Ridgewood
3,200 — Sabrina Nealy, Kennedy
400 IH — Natalie Popowicz, Clifton
100 HH — Denay Caldwell, Kennedy
1,600 relay — Montclair
Long jump — Melissa Jones, Eastside
Triple jump — Denay Caldwell, Eastside
High jump — Alicia Mazepa, Clifton
Javelin — Shoyna Brown, Ridgewood
Discus — Nakisha Leon, Passaic
Shot put — Labelle Hillgrove, Passaic

NNJIL Pacific

FIRST TEAM

100 — Delcita Russell, Hackensack
200 — Delcita Russell, Hackensack
400 — Delcita Russell, Hackensack
800 — Erika Papaccioli, Paramus
1,600 — Kelly Ortiz, Paramus
3,200 — Patti Martin, Hackensack
400 IH — Zorinah Figueroa, Teaneck
100 HH — Marissa Jackson, Hackensack
1,600 relay — Teaneck (Keely Roberts, Erika Jungblut, Kelly Johnson, Zorinah Figueroa)
Long jump — Keely Roberts, Teaneck
Triple jump — Devon Hudson, Hackensack
High jump — Bridgette Atkinson, Hackensack
Javelin — Ann Woetzel, Paramus Catholic
Discus — Colleen Kelly, Paramus Catholic
Shot put — Claudia Helm, Immaculate Heart

SECOND TEAM

100 — Keely Roberts, Teaneck
200 — Anike Elegbe, Teaneck
400 — Keely Roberts, Teaneck
800 — April Quatrano, Hackensack
1,600 — Patti Martin, Hackensack
3,200 — Beth Androski, Hackensack
400 IH — Michele Calabro, Immaculate Heart
100 HH — Zorinah Figueroa, Teaneck
1,600 relay — Hackensack
Long jump — Gwen Scanel, Hackensack
Triple jump — Mary Jones, Hackensack
High jump — Ann Woetzel, Paramus Catholic
Javelin — Krystal Buczynski, Paramus Catholic
Discus — Allyson Rucinski, Nutley
Shot put — Colleen Kelly, Paramus Catholic

BCSL American

FIRST TEAM

100 — Carlene Cummings, Englewood
200 — Janna Kohout, River Dell
400 — Krista Saunders, Fort Lee; Mahasin Pegelse, Rutherford
800 — Caitlin Wittreich, Tenafly; Kelly Hecking, Rutherford
1,600 — Kate Cosgriff, Tenafly
3,200 — Josephine Maceri, Fort Lee; Nikkie Callahan, Westwood
100 LH — Carlene Cummings, Englewood
400 IH — Caitlin Wittreich, Tenafly
400 relay — Genevieve Palmieri, Jen Bozek, Cessy Espinosa, Irene Wu (Rutherford)
1,600M relay — Karen Hammerle, Janna Kohout, Nikki Woods, Lauren Sherry (River Dell)
Long jump — Carlene Cummings, Englewood
Triple jump — Carlene Cummings, Englewood
High jump — Tammy Jordon, Englewood; Lauren Pacailler, Cliffside Park
Discus — Valarie Epps, Englewood; Kristin Guimes, Ridgefield Park
Javelin — Betty Nicholas, Westwood
Shot put — Brenda Arroyo, Ridgefield Park; Danielle McGugins, Westwood
All-around — Holly Garrison, Dumont; Jackie Babbini, Cliffside Park

SECOND TEAM

100 — Genevieve Palmieri, Rutherford
200 — Krista Saunders, Fort Lee
800 — Nicole Stinson, Westwood
1,600 — Jessica Asadourian, Westwood
100 LH — Holly Garrison, Dumont
1,600 relay — Westwood
400 relay — Englewood
Long jump — Tammi Jordan, Englewood
Triple jump — Tammi Jordan
High jump — Mahesia Pegelse, Rutherford
Javelin — Leanora Colon, Ridgefield Park
Shot put — Jean Marie Bellotti, Rutherford
All-around — Amy Chen, Westwood

HONORABLE MENTION

100 — Brittny Saunders, Kira Sergeyeva, Fort Lee; Christine Candela, Jessica Hanson, Dumont; Lauren Fanelli, River Dell
200 — Mahasin Pegelse, Rutherford; Kakeya Jacobus, Englewood; Holly Garrison, Dumont; Karen Hammenie, River Dell
400 IH — Jackie Babbini, Cliffside Park; Holly Garrison, Dumont; Karen Hammenle, River Dell
800 — Emily Drew, Westwood; Lauren McCann, Rutherford; Lauren Eld, Fort Lee; Helena Suric, Cliffside Park
1,600 — Nikki Callahan, Westwood; Josephine Maceri, Fort Lee; Kelly Hecking, Rutherford; Helena Suric, Cliffside Park; Lauren Eld, Fort Lee
3,200 — Lauren Eld, Fort Lee; Jenica Asadourian, Westwood; Lauren McCann, Rutherford; Wendy Amster, Tenafly; Jill Rabadan, Westwood; Helena Suric, Cliffside Park; Mary Thomas, Dumont
100 HH — Catherine Hunt, Kim Wilson, Dumont; Jackie Babbini, Cliffside Park; Karen Hammerle, River Dell; Cessy Espinosa, Rutherford
400 — Lauren Sherry, River Dell; Charlene Hooper, Englewood; Amy Chen, Westwood; Kerri O'Connor, Dumont; Brittny Saunders, Fort Lee; Alexis Walsh, Tenafly
400 relay — Westwood; Dumont; Cliffside Park; Tenafly
1,600 relay — Englewood; Rutherford; Tenafly; Fort Lee
Long jump — Irene Wu, Rutherford; Hunt and Kerri O'Connor, Dumont; Kira Sergeyeva, Fort Lee; Cessy Espinosa, Rutherford
Triple jump — Kerri O'Connor, Holly Garrison, Dumont; Amy Chen, Westwood; Abena Boakye, Tenafly; Cessy Espinosa, Rutherford; Danielle Mirkovic, Cliffside Park; Kriten Guimes, Shenee Clark, Ridgefield Park; Lauren Sherry, River Dell
High jump — Melissa Barone, River Dell; Jen Rienzi, Rutherford; Maggi Herbasz, Dumont; Sara Heinzinger, River Dell; Irene Wu, Rutherford; Julie Maxfield, Tenafly
Discus — Danielle McGugins, Westwood; Erika Dumicic, Najran Stephens, Cliffside Park; Rhonda Williams, Shavonne Gibson, Englewood
Javelin — Jackie Babbini, Lauren Pacailler, Marisa Sarubbi, Cliffside Park; Wendy Rosenbower, Michelle Bunpass, Rutherford; Janet Luce, Westwood; Erica Pearsall, Ridgefield Park
Shot put — Christina Partlow, Betty Nicholas, Westwood; Kristin Guimes, Ridgefield Park; Kathryn Geraghty, River Dell; Val Carabetta, Dumont

Northern Hills Conference Suburban Division did not submit team.

BERGEN MEET OF CHAMPIONS

AT HACKENSACK

BOYS

100 — 1, Cooper Rego, St. Joseph, 10.99; 2, Mike Jackson, Hackensack, 11.08; 3, Floyd Lewis, Teaneck, 11.29; 4, Sterling Wynn, Hackensack, 11.44; 5, Mike Toal, Hackensack, 11.54; 6, Gerod Ellen, Mahwah, 11.56.

200 — 1, Rego, St. Joseph, 22.43; 2, Lewis, Teaneck, 22.94; 3, Leyonne DeFreese, Mahwah, 22.95; 4, Wynn, Hackensack, 23.11; 5, Jackson, Hackensack, 23.18; 6, Dave Greco, NV/Demarest, 23.37.

400 — 1, Andres Giannotti, Westwood, 49.52; 2, Nick DeVito, St. Joseph, 50.03; 3, Keith Van Goor, Midland Park, 50.43; 4, Alden Shorter, Teaneck, 50.51; 5, Ibrahim Malcom, Hackensack, 51.67; 6, Toal, Hackensack, 51.90.

800 — 1, Tom Redmond, Bergen Catholic, 1:54.82; 2, Cavrel Silvera, Fort Lee, 1:55.58; 3, Jim Vogel, Fair Lawn, 1:56.59; 4, Rick Lehmbeck, Don Bosco Prep, 1:58.70; 5, Romeo Joseph, Hackensack, 1:58.73; 6, Javian Quintana, Paramus, 1:59.15.

1600 — 1, Tom Baldwin, Hackensack, 4:21.91; 2, Mike Hasan, Bergenfield, 4:25.96; 3, Allen Rubel, Ramsey, 4:28.42; 4, Matt Caporaletti, Westwood, 4:31.27; 5, John O'Neill, Ridgewood, 4:31.92; 6, Matt Kuiken, Glen Rock, 4:33.01.

3200 — 1, Cary Snyder, NV/Demarest, 9:34.35; 2, Dan Contreras, Don Bosco Prep, 9:38.44; 3, Neil Burt, Ridgewood, 9:42.54; 4, Eamon O'Brien, Paramus, 9:46.71; 5, Corey Kunz, St. Joseph, 9:51.36; 6, Russ Giancola, New Milford, 9:51.08.

400 IH — 1, Anthony Crews, Mahwah, 54.53; 2, Mike D'Angelo, Ramsey, 54.80; 3, Jon Levis, River Dell, 55.68; 4, Mike Novas, Lyndhurst, 55.92; 5, Joe Fleming, Teaneck, 56.05; 6, Dan Traficante, Ridgefield, 57.32.

110 HH — 1, D'Angelo, Ramsey, 14.94; 2, Averill Grimes, Hasbrouck Heights, 14.94; 3, Shawn Samuels, Englewood, 15.25; 4, Mike Stansfield, Garfield, 15.26; 5, Mike Miller, Bergen Catholic, 15.88; 6, Antonio Marino, Ridgefield Park, 16.52.

1600 Relay — 1, Bergen Catholic, 3:20.56; 2, Teaneck, 3:20.91; 3, St. Joseph, 3:23.51; 4, Hackensack, 3:23.82; 5, Ramsey, 3:29.68; 6, Glen Rock, 3:31.24.

Long Jump — 1, Samuels, Englewood, 21-1½; 2, Greco, NV/Demarest, 21-¼; 3, Paul Berberian, NV/Old Tappan, 20-11¾; 4, Andre Walker, Leonia, 20-8; 5, Tony Sifonios, Rutherford, 20-2¾; 6, Gareth Hedges, Westwood, 20-2.

Triple Jump — 1, Mikkel Brown, Glen Rock, 45-2½; 2, Joe Yun, Becton, 44-6; 3, Neal Okarter, Westwood, 43-9¾; 4, Mike Moliere, Teaneck, 43-5½; 5, Bernie Hayes, St. Joseph, 42-9; 6, John Nejman, NV/Demarest, 42-8½.

High Jump — 1, James Van Orden, Don Bosco Prep, 6-6; 2, Stansfield, Garfield, 6-4; 3, Topi Adekambi, Hackensack, 6-2; 4, Eom McGinty, Ridgefield, 6-0; 5 (tie) Jeff Braden, Ridgewood, 6-0; Berberian, NV/Old Tappan, 6-0.

Javelin — 1, John Dixon, Ridgefield Park, 199-0; 2, Ryan Mulkeen, Glen Rock, 173-1; 3, Ron Phillips, Wood-Ridge, 169-5; 4, Geoff Snow, Don Bosco Prep, 161-11; 5, Julio Izquierdo, Fort Lee, 159-8; 6, J.D. Murdoch, Ridgewood, 157-5.

Discus — 1, Bryant Robinson, Hackensack, 157-0; 2, Jim Fischer, Bergen Catholic, 154-7; 3, Jasmine Cami, Fort Lee, 151-4; 4, Bob Helm, Mahwah, 144-0; 5, Adam Scholze, Ramapo, 140-6; 6, Chris Turner, Westwood, 134-8.

Shot Put — 1, Murdoch, Ridgewood, 50-6; 2, Robinson, Hackensack, 50-3¾; 3, Dean Hoeger, NV/Demarest, 50-1½; 4, Augie Hoffman, St. Joseph, 49-5¼; 5, Miguel Serra, Pascack Hills, 48-9½; 6, Matt Quinn, Bergen Catholic, 48-8½.

Pole Vault — 1, Josh Ross, Westwood, 13-0; 2, Adam Zajicek, Ridgefield Park, 13-0; 3, Bob Challener, Dumont, 13-0; 4, Fred Castrovinci, Lyndhurst, 12-6; 5, Marc Freschi, Ramsey, 12-0; 6, Bret Triantafillau, Ridgefield Park, 12-0.

GIRLS

100 — 1, Melissa Bochiaro, Glen Rock, 12.41; 2, Delcita Russell, Hackensack, 12.72; 3, Kelly Roberts, Teaneck, 12.99; 4, Miranda Reeves, Hasbrouck Heights, 13.34; 4, Carmen Tsang, Indian Hills, 13.34; 6, Natasha D'Souza, Bergenfield, 13.47.

200 — 1, Janna Kohout, River Dell, 26.74; 2, Amanda Negron, NV/Old Tappan, 27.19; 3, Holly Garrison, Dumont, 27.25; 4, D'Souza, Bergenfield, 27.31; 5, Keyana Pompey, Hackensack, 27.45; 6, Reeves, Hasbrouck Heights, 27.70.

400 — 1, Russell, Hackensack, 57.83; 2, Latoya Binns, New Milford, 1:00.40; 3, Erika Jungblut, Teaneck, 1:00.95; 4, Michelle Skubic, Ramsey, 1:01.03; 5, Cassie McLauthlen, Ramsey, 1:01.20; 6, Latoya Thomas, Hackensack, 1:01.45.

800 — 1, Julie Clifford, Holy Angels, 2:16.68; 2, Tracy Della Torre, Glen Rock, 2:19.65; 3, Caitlin Wittreich, Tenafly, 2:20.91; 4, Meg McDermott, Ridgewood, 2:21.62; 5, Erika Pappacciolli, Paramus, 2:22.05; 6, Carrie Ruggles, Ridgewood, 2:24.22.

1600 — 1, Dana Satir, Ramsey, 5:11.19; 2, Patti Martin, Hackensack, 5:20.93; 3, Kelly Behan, Ridgewood, 5:21.50; 4, Kelly Ortiz, Paramus, 5:22.66; 5, Jenica Asadorian, Westwood, 5:29.53; 6, Sara Meroth, Fair Lawn, 5:31.44.

3200 — 1, Celeste Sedo, Ridgewood, 11:34.79; 2, Tracy Kirk, Ramsey, 11:37.99; 3, Nikki Callaghan, Westwood, 11:47.28; 4, Nancy Sinclair, St. Mary's, 11:51.09; 5, Meghan O'Toole, Garfield, 11:55.13; 6, Josie Maceri, Fort Lee, 11:59.39.

400 IH — 1, Katie Hanley, Glen Rock, 1:02.79; 2, Zorinah Figueroa, Teaneck, 1:04.01; 3, Mahasin Pegeise, Rutherford, 1:04.84; 4, Marissa Jackson, Hackensack, 1:05.19; 5, Alyson Campbell, Ramsey, 1:05.56; 6, Kohout, River Dell, 1:06.19.

100 HH — 1, Carlene Cummings, Englewood, 14.62; 2, Jackson, Hackensack, 14.94; 3, Kerry Frazer, NV/Demarest, 15.20; 4, Bridgette Atkinson, Hackensack, 15.89; 5, Campbell, Ramsey, 16.05; 6, Beth Packman, Pascack Hills, 16.31.

1600 Relay — 1, Teaneck, 3:59.81; 2, Hackensack, 4:02.59; 3, Glen Rock, 4:07.13; 4, Ramsey, 4:08.84; 5, NV/Old Tappan, 4:10.48; 6, River Dell, 4:11.24.

Long Jump — 1, Cummings, Englewood, 17-10¼; 2, Gwen Scanel, Hackensack, 16-7¼; 3, Janet Andrews, Bergenfield, 16-7¼; 4, Sandra Fernandez, Pascack Valley, 16-3; 5, Packman, Pascack Hills, 16-1¼; 6, Roberts, Teaneck, 16-¾.

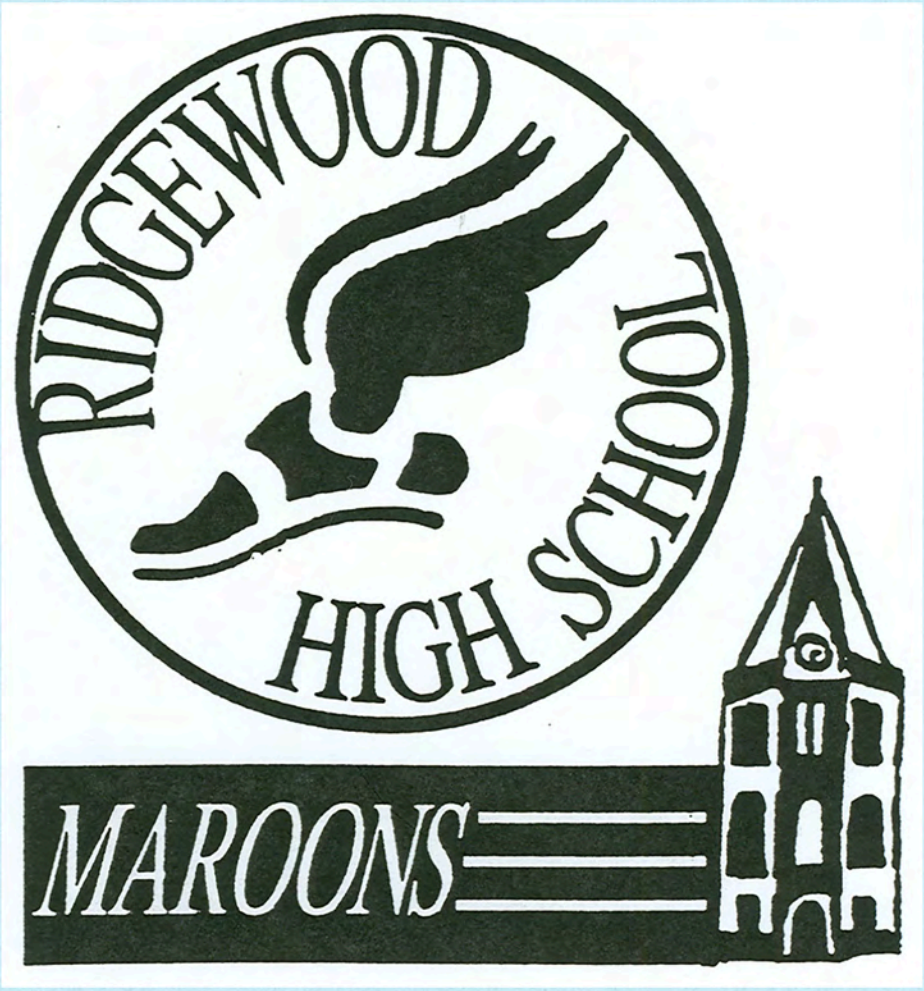
Triple Jump — 1, Cummings, Englewood, 39-3¼; 2, Frazer, NV/Demarest, 35-10¼; 3, Tammi Jordan, Englewood, 35-9; 4, Devon Hudson, Hackensack, 35-3½; 5, Charnie Carter, Lyndhurst, 34-4; 6, Carmen Tsang, Indian Hills, 34-2½.

High Jump — 1, Cheryl Burdick, Ramsey, 5-6¼; 2, Frazer, NV/Demarest, 5-2; 3, Ann Woetzel, Paramus Catholic, 5-0; 4, Janet Andrews, Bergenfield, 5-0; 5, Atkinson, Hackensack, 5-0; 6, Russell, Hackensack, 5-0.

Javelin — 1, Krystal Buczynski, Paramus Catholic, 120-0; 2, Jenn Austin, Garfield, 115-9; 3, Woetzel, Paramus Catholic, 110-8; 4, Karen Cassetta, Hackensack, 106-4; 5, Quinn Brady, Glen Rock, 100-1; 6, Marissa Sarubbi, Cliffside Park, 99-11.

Discus — 1, Jessica Sokolik, Ridgewood, 118-6; 2, Chaya Tesker, NV/Old Tappan, 117-10; 3, Valerie Epps, Englewood, 110-3; 4, Jen Flinchum, NV/Demarest, 108-7; 5, Claudia Heim, Immaculate Heart, 105-5; 6, Danielle McGugins, Westwood, 104-11.

Shot Put — 1, Flinchum, NV/Demarest, 37-2; 2, Erika Czujko, Garfield, 36-6; 3, Shayna Brown, Ridgewood, 36-1¼; 4, Keisha Owen, Lodi, 35-7½; 5, McGugins, Westwood, 33-11; 6, Tesker, NV/Old Tappan, 33-6.


RIDGEWOOD
HIGH SCHOOL
MAROONS