

RIDGGEWOOD



TRACK

&

FIELD

1997

1997 Team Roster

9th Grader's

Jeff Brill
Dan Cooper
Andrew Dolgin
Bob Fisher
Jon Fraetel
Matt Grasso
Bill Harden
Frank Lockwood
Kurt Makse
Randy Malluk
Dave Miller
James Potter
Jon Roth
Joe Sedo
Matt Selhorn
Chris Tobin
Tom Trubac
Matt VanZile
Sato Yoshikawa

10th Grader's

Pat Campbell
Ed Castellanos
Don Choi
Yeon Chung
Andrew Cohen
Joe Conn
Peter Fenzel
Gabe Fernandez
Anthony Forlino
Owen Iozzio
Ed Kuczma
Mike Martin
Tim McDonagh
Mike Mongon
Mike Olver
Matt Raeburn
Brandon Reese
Mike Reis
Chris Rodgers
Roy Simpadian
Steve Spino
Fumi Suzuki
Ron Widmer
Ted Winfield
TJ. Zurla

11th Grader's

Matt Cangialosi
Jon Ferris
Jason King
Tats Kumagai
J.D. Murdock
John O'Neill
Mark Pedalino
Damian Plummer
Steve Robinson
Andrew Rodney
Sean Sieper
Dusty Thomas
Jason VanYperen
Dave Warton
Brian Zuccala

12th Grader's

Jeff Braden
Neil Burt
Will Byrne
Kyle Harding
Mike Kenduck
Chris Mala

Coaches

Mike Mullin
Jim Grasso
Bob Currier
Jeff Creegan

1997 Team Record and Accomplishments

Dual Meets:

RIDGEWOOD- 88	vs.	Eastside- 42
RIDGEWOOD- 68	vs.	Bergen Catholic- 63
RIDGEWOOD- 113	vs.	Barringer- 17
RIDGEWOOD- 86	vs.	Kennedy- 45
RIDGEWOOD- 111	vs.	Bloomfield- 20
RIDGEWOOD- 80	vs.	Clifton- 51
RIDGEWOOD- 77	vs.	Passaic- 53
RIDGEWOOD- 90	vs.	Montclair- 41

Dual Meet Record..... 8 wins, 0 loses (8-0)

Bergen Group IV Relays..... 6th place (28 pts)

NNJIL League Meet..... 1st place (97 pts)

Bergen County Group IV Meet..... 2nd place (83 pts)

State Sectional Group IV Meet..... 6th place (31 pts)

Sophomores:

Soph County Relay Meet..... 1st (tie)- (58 pts)

Freshmen:

NNJIL League Meet..... 1st place (93.5 pts)

Frosh County Relay Meet..... 2nd place (56 pts)

Frosh County Individuals..... 3rd place (50 pts)

Point Totals for 1997

<u>Rank</u>	<u>Name</u>	<u>(Grade)</u>	<u>Duals</u>	<u>Championship</u>	<u>Total</u>
1.	Ted Winfield	(10)	88	52	140
2.	John O'Neill	(11)	70.75	60	130.75
3.	J.D. Murdock	(11)	68	58	126
4.	Neil Burt	(12)	68	52	120
5.	Dusty Thomas	(11)	75.5	40	115.5
6.	Dave Warton	(11)	68.5	43	111.5
7.	Jeff Braden	(12)	55	45	100
8.	Steve Robinson	(11)	53	29	82
9.	Will Byrne	(12)	28	38	66
10.	Tim McDonagh	(10)	29	8	37
11.	Andrew Dolgin	(9)	13.5	20	33.5
12.	Chris Rodgers	(10)	22	9	29
13.	Damian Plummer	(11)	8.5	14	22.5
14.	Yeon Chung	(10)	6	11	17
15.	Brandon Reese	(10)	12	3	15
16.	Chris Mala	(12)	2	8	10
17.	Brian Zuccala	(11)	0	8	8
18.	Dan Cooper	(9)	7.75	0	7.75
19.	TJ. Zurla	(10)	1	6	7
20.	Sean Sieper	(11)	6	0	6
21.	Kyle Harding	(12)	1	3	4
21.	Ed Kuzma	(10)	1	3	4
23.	Mark Pedalino	(11)	3.75	0	3.75
24.	Jason King	(11)	0	3	3
25.	Matt Cangialosi	(12)	2.5	0	2.5
26.	Jason VanYperen	(11)	1	0	1

Top 20 ALL TIME ONE SEASON POINT LEADERS

1.	John Parisi (83)	199.25
2.	Bob Keino (93)	189.25
3.	Jim Davis (95)	186
4.	Bob Keino (94)	181.5
5.	Tim Geckler (89)	174.5
6.	Craig Halyard (87)	156.5
7.	Doug Shultz (87)	146.75
8.	Craig Halyard (88)	144.5
9.	Tim Kelley (82)	144
10.	Matt Krever (91)	142.5
11.	John Parisi (81)	141
12.	Ted Winfield (97)	140
13.	Fletcher Rosenbach (95)	138
14.	Doug Pierson (88)	132.75
15.	John O'Neill (97)	130.75
15.	John Parisi (80)	130.75
17.	Tom Hughes (81)	130
18.	Bob Keino (92)	129
19.	Tim Geckler (88)	128
20.	Eric Bernsten (87)	127

Demarest and Fort Lee Scrimmage Sat. 3/29

400 IH: Jeff Braden- 65.0, Dave Warton- 66.2, Chris Rogers- 64.9,
Steve Robinson- 63.2, Tats Kumagai- 69.8,
Fumi Suzuki- 66.6

100m: Yeon Chung- 12.5, Ted Winfield- 12.2, Kyle Harding- 13.6,
Mike Kenduck- 13.3, BY Choung- 13.1, Steve Spino- 15.4,
Dan Cooper- 13.3, Bob Fisher- 13.9, Matt Grasso- 14.5,
Bill Harden- 16.3, Dave Miller- 12.7, Jon Roth- 13.8,
Matt Selhorn- 14.0, Chris Tobin- 15.2, Kurt Makse- 14.9,
Don Choi- 15.0, Fumi Suzuki- 13.4

DM: 1200-400-800-1600

Team 1- Eric Rogers, Dusty Thomas, John O'Neill, Neil Burt
11:21.5 3:32.1 58.6 2:04.7 4:46.0

Team 2- Will Byrne, Mark Pedalino, Damian Plummer, Tim McDonagh
11:50.0 3:32.5 63.0 2:11.0 5:02.0

Team 3- Sean Sieper, Pat Cambell, Ron Widmer, Andrew Cohen
12:57.0 3:39.0 69.9 2:39.5 5:30.0

400m: Andrew Dolgin- 57.2, BY Choung- 60.0, Brandon Reese- 59.5

110m HH: Jeff Braden- 17.2, Steve Robinson- 17.1,
Chris Rogers- 20.0

800m: Mike Reis- 2:41.0, Anthony Forlino- 2:42,
Ed Castellanos- 2:45, Jeff Brill- 2:27.0,
Joe Sedo- 2:49.0, Tats Kumagai- 2:30.8

200m: Dusty Thomas- 24.7, Andrew Dolgin- 25.4,
Kyle Harding- 28.2, Mike Kenduck- 28.0, Steve Spino- 31.4,
Dan Cooper- 27.5, Bob Fisher- 30.1, Matt Grasso- 32.4,
Bill Harden- 33.1, Dave Miller- 26.5, Jon Roth- 28.6,
Matt Selhorn- 30.4, Chris Tobin- 29.1, Don Choi- 32.1

4 x 800m:

Team 1: John O'Neill, Damian Plummer, Neil Burt, Will Byrne
8:39.6 2:07.9 2:11.5 2:09.6 2:10.6

Team 2: Pat Cambell, Sean Seiper, Andrew Cohen, Tim McDonagh
9:56.0 2:39.0 2:18 2:34 2:22

4 x 400

Team 1: Brandon Reese, Dusty Thomas, Steve Robinson, Andrew Dolgin
3:57.1 60.8 59.2 58.6 58.5

Team 2: Mark Pedalino, Jeff Braden, Mike Reis, Fumi Suzuki
4:17.0 61.0 61.7 67.0 66.1

Team 3: Mike Kenduck, Anthony Forlino, Ed Castelanos, T. Kumagai
4:47.8 68.6 74.2 81.1 63.9

Frosh1: Dave Miller, Jeff Brill, Jon Roth, Dan Cooper
4:32.0 64.2 66.0 71.9 69.8

Frosh2: Bob Fisher, Kurt Maske, Chris Tobin, Matt Grasso
4:55.6 71.0 74.2 68.2 81.0

Frosh3: Bill Harden, Randy Malluk, Matt Selhorn, Joe Sedo
5:02.0 83.0 90.4 79.5 79.2

Shot: J.D. Murdock- 47'6", Chris Mala- 41'10", Jon Ferris- 27'10",
Gabe Fernandez- 27'11", Roy Simpadian- 33'10",
TJ Zurla- 32'3", Owen Iozzio- 24'3", Frank Lockwood- 29'2"

Disc: J.D. Murdock- 129'2", Chris Mala- 125'0", Jon Ferris- 83'1",
Gabe Fernandez- 54'5", Roy Simpadian- 82'3",
TJ Zurla- 81'1", Frank Lockwood- 76'1",

Jav: J.D. Murdock- 146'0", Roy Simpadian- 61'5",

TJ: Jeff Braden, Kyle Harding, Yeon Chung, Ted Winfield,
Andrew Dolgin

LJ: Dusty Thomas- 16'4", Ted Winfield- 17'11",
Kyle Harding- 14'9", Bill Harden- 10'10"

HJ: Jeff Braden- 5'8", Steve Robinson- 5'4", Will Byrne- 5'8",
Jon Roth- 5'4", Bob Fisher- 4'4", Kurt Maske- 4'6",
Brandon Reese- 5'4", Kyle Harding- 4'8"

PV: Dave Warton- 10'0", Chris Rogers- 8'0", Dan Cooper- 7'0",
Anthony Forlino- NH, Mike Olver- NH

Ridgewood Relays Sat. 4/5/97

***** RESULTS *****

4 x 1600m:

Team 1: John O'Neill, Will Byrne, Neil Burt, Eric Rogers
18:58.9 (2nd) 4:41.3 4:51.6 4:35.7 4:50.6

Team 2: Damian Plummer, Mike Martin, Sean Seiper, Tim McDonagh
19:57.3 (3rd) 4:55.0 4:59.0 5:06.5 4:55.3

4 x 110HH:

Jeff Braden, Chris Rodgers, Dave Warton, Steve Robinson
1:11.0 17.1 18.2 20.2 16.7

4 x 100m:

Team 1: Yeon Chung, Andrew Dolgin, Ted Winfield, Dusty Thomas
47.5 (5TH) 12.1 12.3 11.9 11.9

Team 2: Dave Miller, Mark Pedalino, Jason King, Kyle Harding
50.7 12.9 12.5 12.4 13.1

Team 3: Mike Kenduck, Matt Cangialosi, Matt Raeburn, Steve Spino
51.8 13.7 12.1 14.0 13.6

4 x 800m:

Team 1: Neil Burt, Tats Kumagai, Anthony Forlino, Mike Olver
9:43.4 2:08.8 2:24.4 2:40.2 2:30.7

4 x 200m:

Team 1: Jason King, Andrew Dolgin, Ted Winfield, Dusty Thomas
1:39.1 25.3 25.0 25.2 23.4

Team 2: Dave Miller, Mark Pedalino, Yeon Chung, Kyle Harding
1:42.9 25.3 25.1 25.6 26.9

Team 3: Mike Kenduck, Matt Cangialosi, Matt Raeburn, Steve Spino
1:50.9 27.4 26.7 29.5 27.4

Frosh 4 x 800m:

Tom Trubac, Joe Sedo, Matt VanZile, Jeff Brill
10:09.3 (3rd) 2:18.8 2:36.7 2:46.7 2:27.3

Soph 4 x 800m:

Team 1: Andrew Cohen, Tim McDonagh, Mike Martin, Chris Rogers
9:11.8 (3rd) 2:25.0 2:18.0 2:13.5 2:15.0

Team 2: Pat Campbell, Joe Conn, Mike Reis, Matt Raeburn
10:31.0 (6th) 2:34.7 2:35.1 2:38.0 2:43.0

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

Team 1: Eric Rogers, Andrew Dolgin, Damian Plummer, John O'Neill
11:40.0 3:38.7 56.0 2:12.5 4:53.0

Team 2: Will Byrne, Mark Pedalino, Sean Seiper, Andrew Cohen
12:20.0 3:28.8 60.6 2:22.0 5:21.9

3 x 400IH:

Team 1: Steve Robinson, Jeff Braden, Dave Warton
3:08.8 (3rd) 62.5 63.5 62.8

Team 2: Chris Rodgers, Fumi Suzuki, Tats Kumagai
3:22.0 65.3 67.8 69.4

Frosh 4 x 400m:

Team 1: Dave Miller, Jeff Brill, Chris Tobin, Tom Trubac
4:01.0 60.2 60.5 61.8 59.0

Team 2: Dan Cooper, Jon Roth, Bob Fisher, Kurt Makse
4:27.0 62.6 62.4 69.6 72.5

Team 3: Matt Grasso, Matt Selhorn, Bill Harden, Randy Malluk
4:58.0 75.1 68.3 77.7 77.1

Soph 4 x 400m:

Team 1: Mike Reis, Joe Conn, Don Choi, Pat Campbell
4:42.5 67.6 67.4 76.3 71.1

Team 2: Anthony Forlino, Mike Olver, Matt Raeburn, Fumi Suzuki
4:28.1 70.4 64.1 70.4 63.1

Varsity 4 x 400m:

Team 1: Dusty Thomas, Dave Warton, Steve Robinson, Jeff Braden
3:46.5 54.9 56.0 58.6 57.2

Field Events:

Long Jump:

Team 1: Dusty Thomas, Ted Winfield, Kyle Harding
50'11" (6th) 18'1" 18'0" 15'2"

Team 2: Jason King, Dave Miller, Yeon Chung
47'2" 15'10" 15'4" 16'4"

Triple Jump:

Ted Winfield, Yeon Chung, Andrew Dolgin
101'11 1/2" (2nd) 33'9 1/2" 33'7" 35'7"

High Jump:

Team 1: Jeff Braden, Steve Robinson, Will Byrne
17'0 (1st-tie) 5'9" 5'6" 5'9"

Team 2: Jon Roth, Kyle Harding, Bob Fisher
5'3" 5'3" NH NH

Pole Vault:

Dave Warton, Chris Rodgers, Dan Cooper
19'6" 10'6" 9' NH

Shot Put:

Team 1: J.D. Murdock, Chris Mala, TJ Zurla
116'9" (3rd) 46'6" 35'11" 34'0"

Team 2: Roy Simpadian, Ed Kuczma, Frank Lockwood
86'11" 32'7" 29'6" 24'11"

Team 3: Jon Ferris, Mike Mongon, Owen Iozzio
76'9 3/4" 27'8" 20'4 27'9"

Disc:

Team 1: J.D. Murdock, Chris Mala, Ed Kuczma
313'5" (5TH) 117'3" 106'2" 90'0"

Team 2: Jon Ferris, TJ Zurla, Roy Simpadian
258'9" 93'5" 83'0 82'8"

Team 3: Owen Iozzio, Frank Lockwood, James Potter
205' 76'10" 78'2" 50'

Jav:

J.D. Murdock, Chris Mala, Ed Kuczma
300'9" 145'4" 85'9" 65'8"

Team Results- 5th place overall with 41 points.

RIDGEWOOD VS. Eastside 4/8/97

Event	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	East
LJ	M. Ingram (E) 19'5"	T. Winfield (R) 18'4"	B. Cain (E) 17'4"	3	6
400IH	D. Smith (E) 60.6	S. Robinson (R) 61.6	D. Warton (R) 63.5	4	5
100	M. Ingram (E) 11.3	O. Dennis (E) 11.7	T. Winfield (R) 11.8	1	8
1600	N. Burt (R) 5:02	T. McDonagh (R) 5:04	W. Byrne (R) 5:07	9	0
400	J. O'Neill (R) 55.4	D. Thomas (R) 56.1	B. Cain (E) 58.2	8	1
110HH	D. Smith (E) 15.7	S. Robinson (R) 16.1	J. Braden (R) 16.2	4	5
800	J. O'Neill (R) 2:10.9	N. Burt (R) 2:14.5	D. Plummer (R) 2:15.2	9	0
200	M. Ingram (E) 23.4	D. Thomas (R) 23.4	B. Cain (E) 24.8	3	6
3200	N. Burt (R) 11:45	T. McDonagh (R) 11:46	M. Martin (R) 12:13	9	0
SHOT	J.D. Murdock (R) 50'10 3/4	Thomson (E) 37'8"	White (E) 36'5"	5	4
DISCUS	J.D. Murdock (R) 130'3"	White (E) 109'3"	Thomson (E) 109'2"	5	4
HJ	J. Braden (R) 5'8"	L. White (E) 5'8"	S. Robinson (R) 5'6"	6	3
PV	D. Warton (R) 9'0"	C. Rodgers (R) 8'0"	NH	8	0
TJ	T. Winfield (R) 35'10"	D. Warton (R) 33'10"	Y. Chung (R) 33'1"	9	0
4X400	Ridgewood 3:48.8			5	0

TOTALS: RHS 88 East. 42

Ridgewood vs. Eastside Tue April 8, 1997

***** Results *****

400IH: Steve Robinson- 61.6, Jeff Braden- 64.0,
Dave Warton- 63.5, Chris Rodgers- 66.9, Fumi Suzuki- 68.5
Tats Kumagai- 69.7

100m: Yeon Chung- 11.9, Ted Winfield- 11.8, Dave Miller- 12.0
Mike Kenduck- 12.8, BY Choung- 13.9, Steve Spino- 14.0
Dan Cooper- 12.3, Bob Fisher- 13.4, Matt Grasso- 13.9,
Bill Harden- 14.6, Jon Roth- 13.7, Mat Selhorn- 14.6,
Jon Fraetel- 15.7, Jason King- 12.5, Sato Yoshikawa- 13.8,
Matt Cangolsi- 12.4, Frank Lockwood- 13.9

1600m: Neil Burt- 5:02, Will Byrne- 5:07, Tim McDonagh- 5:04,
Mike Martin- 5:15, Sean Seiper- 5:20, Pat Campbell- 5:35,
Andrew Cohen- 5:30, Damian Plummer- 5:08, Mike Reis- 5:38,
Joe Conn- 5:40, Jeff Brill- 5:30, Joe Sedo- 5:42,
Tom Trubac- 5:30
*(These mile times are rough estimates)

400m: John O'Neill- 55.4, Dusty Thomas- 56.1, Dave Miller- 71.1
Jason King- 62.8, Chris Tobin- 66.1, Mark Pedalino- 63.4

110HH: Steve Robinson- 16.1, Jeff Braden- 16.2,
Chris Rodgers- 19.3, Fumi Suzuki- 19.7, Tats Kumagai- 20.4

800m: John O'Neill, 2:13, Neil Burt- 2:13, Damian Plummer- 2:14,
Mike Martin- 2:22, Tats Kumagai- 2:32, Sean Seiper- 2:26,
Fumi Suzuki- 2:36, Ed Castalanos- 2:42, Tom Trubac- 2:31,
Jeff Brill- 2:35, Matt Raeburn- 2:43, Pat Campbell- 2:44,
Anthony Forlino- 2:46, Mike Olver- 2:45, Joe Conn- 2:47,
Mike Reis- 2:48, Joe Sedo- 2:53

200m: Dusty Thomas- 23.4, Ted Winfield- 24.9, Yeon Chung- 25.2,
Matt Cangolosi- 25.6, Jason King- 25.7, Dave Miller- 26.7,
Mark Pedalino- 26.9, Sato Yoshikawa- 27.6, BY Choung- 27.4
Steve Spino- 27.9, Mike Kenduck- 31.1, Chris Tobin- 30.1,
Matt Grasso- 30.9, Bob Fisher- 30.9, Jon Roth- 29.1,
Matt Selhorn- 32.9, Bill Harden- 33.1, Randy Malluck- 34.1

3200m: Neil Burt- 11:45, Tim McDonagh- 11:46,
Andrew Cohen- 12:15, Mike Martin- 12:13,
Sean Seiper- 12:16

4 x 400m: Dave Warton, John O'Neill, Damian Plummer, Dusty Thomas
3:48.8 57.5 55.6 58.4 57.2

Field:

Shot: J.D. Murdock- 50'10 3/4", TJ Zurla- 36'2", Ed Kuzma- 31'4"
Roy Simpadian- 33'7", Jon Ferris- 28'1 1/2",
Frank Lockwood- 31'4", Gabe Fernandez- 28'10 1/2",
Mike Mongon- 21'4 1/2", Owen Iozzio- 27'7",
James Potter- 20'1"

Disc: J.D. Murdock- 130'3", TJ Zurla- 83'10 1/2"
Ed Kuzma- 79'8", Roy Simpadian- 79'8 1/2"
Jon Ferris- 91'11", Frank Lockwood- 87'1",
Gabe Fernandez- 67'4", Mike Mongon- 50'4",
Owen Iozzio- 69'8 1/2", James Potter- 54'11"

TJ: Ted Winfield- 35'10", Yeon Chung- 33'1", Dave Warton- 33'10"

LJ: Dusty Thomas- 17'1", Ted Winfield- 18'4", Dave Miller- F
Jason King- 15'8", Yeon Chung- 15'8"

HJ: Jeff Braden- 5'8", Steve Robinson- 5'6", Will Byrne- 5'4"
Jon Roth- Bob Fisher-

PV: Dave Warton- 9'0", Chris Rodgers- 8'0", Dan Cooper- NH
Anthony Forlino- NH, Mike Olver- NH

Meet Highlights:

Congratulations on your first win! A great team effort. We scored points in every event. Outstanding performances were from J.D. Murdock with 1st's in the shot and disc, John O'Neill with 3 1st's in the 400m, 800m and 4 x 400m, and Neil Burt with 2 1st's and a 2nd. There were others, but these stood out. Keep up the hard work and dedication. A big meet vs. BC on Thursday!

RIDGEWOOD VS. Bergen Catholic
4/10/97

Event	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	BC
LJ	T. Winfield (R) 19'6"	D. Thomas (R) 18'4"	A. Dradick (BC) 18'3.5"	8	1
400IH	T. Redmond (BC) 57.7	M. Miller (BC) 58.4	D. Warton (R) 62.0	1	8
100	D. Thomas (R) 11.8	M. Chung (BC) 11.8	T. Winfield (R) 11.9	6	3
1600	N. Burt (R) 4:47.1	J. O'Neill (R) 4:47.3	T. McDonagh (R) 4:52.0	9	0
400	T. Duggan (BC) 52.9	D. Thomas (R) 54.2	J. D'Izzia (BC) 54.6	3	6
110HH	M. Miller (BC) 15.9	S. Robinson (R) 16.4	J. Braden (R) 16.4	4	5
800	T. Redmond (BC) 2:03.0	J. O'Neill (R) 2:07.1	N. Burt (R) 2:12.1	4	5
200	M. Chung (BC) 24.1	D. Thomas (R) 24.2	R. Scanlon (BC) 24.4	3	6
3200	N. Burt (R) 10:19.0	T. McDonagh (R) 10:20.7	J. O'Neill (R) 10:31.0	9	0
SHOT	J.D. Murdock (R) 52'6"	Quinn (BC) 52'2"	Fisher (BC) 46'2"	5	4
DISCUS	Quinn (BC) 139'0"	Fisher (BC) 132'7"	J.D. Murdock (R) 127'6"	1	8
HJ	J. Braden (R) 6'0"	A. Drabick (BC) 5'10"	W. Byrne (R) 5'8"	6	3
PV	D. Warton (R) 10'0"	B. Miller (BC) 9'0"	C. Rodgers (R) 8'0"	6	3
TJ	T. Redmond (BC) 39'8"	T. Winfield (R) 39'2.5"	G. Holtz (BC) 37'11"	3	6
4X400	BC (3:39.1)			0	5

Totals: RHS BC
 68 63

Meet Highlights:

Holy Cats!!!! An AWESOME team effort! So many little things went into winning this meet. It was great to watch you compete. Some outstanding performances were Dusty Thomas winning the 100m and getting 2nd in the 200m, 400m and LJ, J.D. Murdock with a great shot, also John O'Neill, Neil Burt, Tim McDonagh, and Ted Winfield with key places! Keep it up you are now 3-0!

RIDGEWOOD VS. Barringer

4/10/97

Event	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	Barr
LJ	T. Winfield (R) 19'6"	S. Page (B) 19'0"	D. Thomas (R) 18'4"	6	3
400IH	D. Warton (R) 62.0	S. Robinson (R) 63.3	J. Braden (R) 65.5	9	0
100	D. Thomas (R) 11.8	T. Winfield (R) 11.9	H. Simpson (B) 12.0	8	1
1600	N. Burt (R) 4:47.0	J. O'Neill (R) 4:47.3	T. McDonagh (R) 4:52.0	9	0
400	D. Thomas (R) 54.2	D. Osmond (B) 55.6	B. Reese (R) 57.2	6	3
110HH	S. Robinson (R) 16.4	J. Braden (R) 16.4	C. Rodgers (R) 19.2	9	0
800	J. O'Neill (R) 2:07.1	N. Burt (R) 2:12.1	H. Slice (B) 2:15	8	1
200	D. Thomas (R) 24.2	T. Winfield (R) 24.6	D. Duke (B) 24.8	8	1
3200	N. Burt (R) 10:19	T. McDonagh (R) 10:20	J. O'Neill (R) 10:31	9	0
SHOT	J.D. Murdock (R) 52'6"	G. Seinfeld (B) 38'0"	T.J. Zurla (R) 36'5"	6	3
DISCUS	J.D. Murdock (R) 127'6"	TJ. Zurla (R) 98'5"	E. Kuzma (R) 93'3"	9	0
HJ	S. Page (B) 6'2"	J. Braden (R) 6'0"	W. Byrne (R) 5'8"	4	5
PV	D. Warton (R) 10'0"	C. Rodgers (R) 8'0"	NH	8	0
TJ	T. Winfield (R) 39'2.5"	Y. Chung (R) 34'2"	K. Harding (R) 27'0"	9	0
4X400	Ridgewood	4:03.3		5	0

RHS Barr
Totals: 113 17

Meet Highlights:

Domination! It was nice to see many people place. Great job to TJ Zurla for a 2nd in the shot and a 3rd in the disc, Kuzma for a 3rd in the disc, Kyle Harding for a 3rd in the TJ, and Warton and Rodgers for the "the wear" factor! Kennedy and Bloomfield on Tue.

Ridgewood vs. BC and Barringer

Thur. April 10, 1997

***** RESULTS *****

- 400IH: Steve Robinson- 63.3 Jeff Braden- 65.1
Dave Warton- 62.0 Chris Rodgers- 64.8
Fumi Suzuki- 67.6 Tats Kumagai- 68.7
- 100m: Yeon Chung- 12.5 Ted Winfield- 11.9 Dusty Thomas- 11.6
Mike Kenduck- 13.0 Steve Spino- 14.4
Dan Cooper- 13.1 Bob Fisher- 14.5 Matt Grasso- 15.3
Bill Harden- 15.3 Jon Roth- 13.3 Matt Selhorn- 14.1
Jon Fraetel- 13.9 Jason King- 14.0 Sato Yoshikawa-14.1
Matt Cangolsi- 12.7 Randy Malluk- 16.0
Dave Miller- 12.8 Kyle Harding- 13.5
- 1600m: Neil Burt- 4:47 Will Byrne- 4:54 John O'Neill- 4:47
Mike Martin- 5:09 Sean Seiper- 5:06 Tim McDonagh- 4:52
Pat Campbell- 5:41 Andrew Cohen- 5:21
Mike Reis- 5:45 Joe Conn- 5:53 Jeff Brill- 5:23
Joe Sedo- 6:01 Tom Trubac- 5:20 M. VanZile- 6:12
- 400m: Dusty Thomas- 54.2 Andrew Dolgin- 57.7 D. Plummer- 57.1
Brandon Reese- 56.9 Matt Raeburn- 64.2 D. Miller- 61.5
Chris Tobin- 63.2
- 110HH: S. Robinson- 16.4 Jeff Braden- 16.4 Chris Rodgers-19.3
Fumi Suzuki- 20.1 Tats Kumagai- 20.1
- 800m: John O'Neill- 2:07.1 Neil Burt- 2:12 D.Plummer- 2:16
Mike Martin- 2:22 Tats Kumagai- 2:30 S. Seiper- 2:19
Fumi Suzuki- 2:34 Ed Castalanos- 2:45 Tom Trubac-2:31
Jeff Brill- 2:32 Matt VanZile- 2:55 P Campbell-2:48
A. Forlino- DNF Joe Conn- 2:45
Mike Reis- 2:43 Joe Sedo- 2:43
- 200m: Dusty Thomas- 23.9 Ted Winfield- 24.5 Yeon Chung- 25.3
Andrew Dolgin- 25.6 Kyle Harding- 28.1 Matt Raeburn- 28.3
M. Cangolosi- 25.9 Dave Miller- 26.4
M. Pedalino- 26.4 Sato Yoshikawa- 27.0
Steve Spino- 26.6 Mike Kenduck- 27.1 Chris Tobin- 28.7
Matt Grasso- 31.3 Bob Fisher- 31.6
Matt Selhorn- 29.7 Bill Harden- 32.5 R. Malluck- 33.7
Kurt Makse- 31.7 Don Choi- 31.6
- 3200m: N. Burt- 10:19.5 Tim McDonagh- 10:20 J. O'Neill- 10:31
A. Cohen- 11:52 Mike Martin- 11:52 Sean Seiper- 11:52
- 4 x 400m: Dave Warton, M. Cangolosi, D. Plummer, C. Rodgers
4:03.0 61.7 59.9 61.5 59.9

Field:

Shot: J.D. Murdock- 52'6 1/4 TJ Zurla- 36'5"
Roy Simpadian- 31'10" Jon Ferris- 31'9"
Frank Lockwood- 31'2" Gabe Fernandez- 29'1/2"
Mike Mongon- 20'10" Owen Iozzio- 28'3"
James Potter- 22'9" Ed Kuzma- 32'2"

Disc: J.D. Murdock- 127'6" TJ Zurla- 98'5"
Ed Kuzma- 93'3" Roy Simpadian- 83'6"
Frank Lockwood- 87'10" Gabe Fernandez- 76'
Owen Iozzio- 83'0" James Potter- 54'3"
Jon Ferris- 92'7" Mike Mongon- 53'3"

TJ: Ted Winfield- 39'2.5" Yeon Chung- 34'2" Dave Warton- F
Kyle Harding- 27'0" Andrew Dolgin- F

LJ: Dusty Thomas- 18'4" Ted Winfield- 19'6" K.Harding- 13'6"
Jason King- 16'2.5" Yeon Chung- 16'2.5"

HJ: Jeff Braden- 6'0" Steve Robinson- 5'8" Will Byrne- 5'8"
Jon Roth- ? Brandon Reese- 5'8"

PV: Dave Warton- 10'0" Chris Rodgers- 8'0" Dan Cooper- NH
Anthony Forlino- NH Mike Olver- NH

Englewood Relays Sat. 4/12

***** RESULTS *****

Varsity 4 x 1600m:

Pat Campbell, Sean Seiper, Andrew Cohen, Tim McDonagh
20:56.8 5:30.3 5:13.1 5:17.0 4:56.3

Varsity HH relay:

Jeff Braden, Chris Rodgers, Dave Warton, Steve Robinson
1:10.7 (5th) 16.9 19.2 18.7 16.5

Novice HH relay:

Jon Fraetel, Jon Roth, Chris Tobin, Tats Kumagai
1:30.0 (4th) 26.0 23.0 23.4 20.0

Varsity 4 x 100m:

Yeon Chung, Andrew Dolgin, Ted Winfield, Dusty Thomas
47.6 (5th) 12.1 12.1 12.5 11.1

Varsity 4 x 800m:

Damian Plummer, Neil Burt, Will Byrne, John O'Neill
8:31.7 2:08.0 2:10.0 2:08.2 2:04.9

Novice 4 x 800m:

Team 1: Mike Olver, Joe Conn, Mike Reis, Tats Kumagai
10:08.0 2:28 2:31.7 2:34.4 2:32

Frosh 4 x 800m:

Tom Trubac, Joe Sedo, Matt VanZile, Jeff Brill
10:12.9 2:17.8 2:44.4 2:43.4 2:27.3

Varsity 4 x 200m:

Yeon Chung, Brandon Reese, Ted Winfield, Dusty Thomas
1:39.6 27.0 25.1 24.8 22.9

Novice 4 x 200m:

Team 1: Kyle Harding, Jason King, Mark Pedalino, Matt Cangolosi
1:48.2 27.7 26.0 27.3 27.1

Team 2: Matt Raeburn, Steve Spino, BY Choung, Don Choi

1:54.8 30.1 27.2 28.5 28.8

Frosh 4 x 200m:

Team 1: Dave Miller, Dan Cooper, Chris Tobin, Andrew Dolgin
1:47.4 (3rd) 27.2 28.3 27.4 24.5

Team 2: Bob Fisher, Jon Roth, Matt Grasso, Matt Selhorn

1:57.4 31.2 26.9 30.6 28.9

Team 3: Kurt Makse, Bill Harden, Randy Malluck, Jon Fraetel

2:06.3 30.2 30.5 35.3 30.2

Frosh Sprint Medley:

Andrew Dolgin, Dave Miller, Dan Cooper, Tom Trubac
4:01.6 (2nd) DQ 56.0 25.2 27.1 2:13.2

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

John O'Neill, Dusty Thomas, Damian Plummer, Neil Burt
11:10.4 (3rd) 3:22.3 54.3 2:10.0 4:43.4

Novice Distance Medley:

Sean Seiper, Matt Cangolosi, Andrew Cohen, Tim McDonagh
12:06.5 (5th) 3:41.0 60.7 2:27.7 4:57.3

Varsity Int. Hurdles:

Jeff Braden, Dave Warton, Steve Robinson
3:15.6 (4th) 64.9 62.5 68.2

Novice Int. hurdles:

Chris Rodgers, Chris Tobin, Tats Kumagai
3:3:38.9 (2nd) 64.3 78.5 76.1

Varsity 4 x400m:

Will Byrne, Brandon Reese, Jeff Braden, Steve Robinson
3:54.8 55.5 61.1 59.0 59.3

Novice 4 x 400m:

Team 1; Kyle Harding, Jason King, Mark Pedalino, Matt Cangolosi
4:07.0 68.4 59.6 61.0 61.1

Team 2: Matt Raeburn, Steve Spino, Kwan Kim, Don Choi
4:34.6 68.1 68.4 67.4 71.6

Team 3: Mike Olver, Pat Campbell, Joe Conn, Mike Reis
4:33.5 67.0 67.0 72.0 67.5

Frosh 4 x 400m:

Team 1: Dave Miller, Dan Cooper, Jeff Brill, Tom Trubac
4:16.0 (5th) 64.2 65.2 64.4 63.5

Team 2: Chris Tobin, Jon Roth, Matt Selhorn, Bob Fisher
5:03.9 69.8 74.3 80.3 79.6

Team 3: Matt Grasso, Bill Harden, Randy Malluk, Kurt Makse
5:30.0 82.0 80.6 90.0 87.0

Field:

Varsity High Jump: DNF due to rain

Team 1: Jeff Braden, Will Byrne

Team 2: Steve Robinson, Brandon Reese

Varsity LJ:

Ted Winfield, Dusty Thomas
40'4 1/2" (1st) 20'1 1/2" 20'3 1/2"

Novice LJ:

Team 1: Yeon Chung, Jason King
32'0" 15'9" 16'3"

Frosh LJ:

Team 1: Dave Miller, Dan Cooper
30'9" (4th) 15'9" 15'4"

Team 2: Bill Harden, Kurt Makse
22'5" 11'7" 10'10"

Varsity TJ:

Team 1: Ted Winfield, Andrew Dolgin
36'5" 36'5" F

Team 2: Steve Robinson, Dave Warton
69'4" 34'10 1/2" 34'6"

Novice TJ:

Kyle Harding, Yeon Chung
33'11" F 33'11"

Frosh TJ:

Jon Roth, Chris Tobin
28'6" (5th) 28'6" F

Varsity PV:

Dave Warton, Chris Rodgers
18'0" 9'0" 9'0"

Varsity Javalin:

J.D. Murdock, Roy Simpadian
243'8" (4th) 152'8" 91'0"

Varsity Shot:

J.D. Murdock, TJ Zurla
82'1 1/2 (6th) 47'9" 34'4 1/2

Novice Shot:

Team 1: Gabe Fernandez, Roy Simpadian
55' 5 1/4" 26'7 1/4" 28'10"

Team 2: Owen Iozzio, Frank Lockwood
58'1/2" 27'8" 30'4 1/2"

Varsity Disc:

J.D. Murdock, TJ Zurla
217'5" 128'4" 89'1"

Novice Disc:

Team 1: Gabe Fernandez, Roy Simpadian
151'2" 78'4" 82'10"

Team 2: Owen Iozzio, Frank Lockwood
169'9" 83'5" 86'5"

RIDGEWOOD VS. Kennedy
4/15/97

Event	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	Ken.
LJ	T. Johnson (K) 18'11"	T. Winfield (R) 18'10"	D. Thomas (R) 18'6"	4	5
400IH	D. Warton (R) 62.0	T. Johnson (K) 62.2	S. Robinson (R) 62.4	6	3
100	Daniels (K) 11.4	D. Thomas (R) 11.6	T. Winfield (R) 11.9	4	5
1600	N. Burt (R) 4:43.0	T. McDonagh (R) 4:50.5	D. Plummer (R) 4:53.8	9	0
400	J. O'Neill (R) 53.8	Bonds (K) 54.7	McClann (K) 54.7	5	4
110HH	S. Robinson (R) 16.4	J. Braden (R) 16.8	T. Johnson (K) 17.7	8	1
800	W. Byrne (R) 2:04.7	J. O'Neill (R) 2:07.9	D. Plummer (R) 2:09.9	9	0
200	Daniels (K) 23.0	D. Thomas (R) 23.8	Bonds (K) 24.1	3	6
3200	N. Burt (R) 10:12.4	T. McDonagh (R) 10:43.9	S. Seiper (R) 10:48.5	9	0
SHOT	J.D. Murdock (R) 49'6"	E. Barrantine (K) 41'9.5"	D. Burnett (K) 38'5.5"	5	4
DISCUS	J.D. Murdock (R) 127'6"	E. Barrantine (K) 97'7"	D. Burnett (K) 95'7"	5	4
HJ	J. Braden (R) 5'10"	Johnson (K) 5'8"	Daniels (K) 5'8"	5	4
PV	D. Warton (R) 10'0"	Omar (K) 9'6"	D. Cooper (R) 9'0"	6	3
TJ	D. Bonds (K) 40'9.5"	T. Winfield (R) 39'5.5"	J. Hibbert (K) 37'8.5"	3	6
4X400	Ridgewood (4:02)			5	0

RHS Ken.
Totals: 86 45

Meet Highlights:

Congrats on being 5-0! You beat a team that you should have and did a nice job doing it. Super performances by Will Byrne in the 800m and Dan Cooper in the PV. Great double winner performances by Dave Warton in the PV and 400IH, Neil Burt in the 1600m and the 3200m, and J.D. Murdock in the shot and disc.

RIDGEWOOD VS. Bloomfield

4/15/97

Event	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	Blm.
LJ	T. Winfield (R) 18'11.5"	D. Thomas (R) 18'6"	R. Curandang (B) 17'9"	8	1
400IH	Bowers (B) 59.4	D. Warton (R) 62.0	S. Robinson (R) 62.4	4	5
100	D. Thomas (R) 11.6	T. Winfield (R) 11.9	Y. Chung (R) 12.3	9	0
1600	N. Burt (R) 4:43.8	T. McDonagh (R) 4:50.5	D. Plummer (R) 4:53.8	9	0
400	J. O'Neill (R) 53.8	B. Reese (R) 57.0	J. King (R) 58.6	9	0
110HH	S. Robinson (R) 16.4	J. Braden (R) 16.8	Bowers (B) 16.9	8	1
800	W. Byrne (R) 2:04.7	J. O'Neill (R) 2:07.9	D. Plummer (R) 2:09.9	9	0
200	D. Thomas (R) 23.8	T. Winfield (R) 25.3	Bloomfield (B) 25.6	8	1
3200	N. Burt (R) 10:12.4	T. McDonagh (R) 10:43.0	S. Seiper (R) 10:48	9	0
SHOT	J.D. Murdock (R) 49'6"	Curtis (B) 42'3.5"	Fidinakis (B) 41'1.5"	5	4
DISCUS	M. Curtis (B) 133'9"	J.D. Murdock (R) 127'6"	E. Kuzma (R) 94'11"	4	5
HJ	J. Braden (R) 5'10"	B. Reese (R) 5'8"	S. Robinson (R) 5'6"	9	0
PV	D. Warton (R) 10'0"	D. Cooper (R) 9'0"	C. Rodgers (R) 8'0"	9	0
TJ	T. Winfield (R) 39'5.5"	R. Carandang (B) 37'2.5"	S. Robinson (R) 36'2.5"	6	3
4X400	Ridgewood (4:02)			5	0

RHS Bloom.
Totals: 111 20

Meet Highlights:

Another awesome performance. Keep up the hard work and dedication! We have 3 big dual meets left and many other meets. Super job by Dusty Thomas for 3 wins in the 100m, 200m and 4 x 400m, Ted Winfield for 2 wins in the LJ and TJ, and Ed Kuzma, Jason King, and Sean Seiper for their first time placing.

***** Ridgewood vs. Kennedy & Bloomfield Tue. April 15, 1997
Results *****

400IH: Steve Robinson- 62.3 Jeff Braden- 64.2
Dave Warton- 62.0 Chris Rodgers- 62.7
Fumi Suzuki- 66.3 Tats Kumagai- 69.2
Chris Tobin- 75.4 Jon Roth- 70.9

100m: Yeon Chung- 12.3 Ted Winfield- 11.9 Dusty Thomas- 11.6
Mike Kenduck- 12.7 Steve Spino- 13.8
Dan Cooper- 12.6 Matt Grasso- 13.0
Bill Harden- 15.4 Matt Selhorn- 13.3
Jon Fraetel- 13.9 Jason King- 12.7 S. Yoshikawa- 12.9
Matt Cangolsi- 12.9
Randy Malluk- 16.3 Kwan Kim- 12.9

1600m: Neil Burt- 4:43 Will Byrne- 4:56.0
Mike Martin- 4:57 Sean Seiper- 4:55 Tim McDonagh- 4:50
Pat Campbell- 5:26 Andrew Cohen- 5:13 D. Plummer- 4:53
Mike Reis- 5:40 Joe Conn- 5:38 Jeff Brill- 5:14
Tom Trubac- 5:13 Matt VanZile- 5:52

400m: John O'Neill- 53.7 Andrew Dolgin- FS
Jason King- 58.6 Brandon Reese- 57.0 M. Pedalino- 58.6
Matt Raeburn- 65.2

110HH: Steve Robinson- 16.4 Jeff Braden- 16.6 C. Rodgers- 18.9
Dave Warton- 18.2 Fumi Suzuki- 19.4 T. Kumagai- 19.9

800m: John O'Neill- 2:07 Damian Plummer- 2:09 W. Byrne- 2:04.7
Mike Martin- 2:23 Tats Kumagai- 2:27
Fumi Suzuki- 2:31 Ed Castalanos- 2:31 Tom Trubac- 2:21
Jeff Brill- 2:25 Matt VanZile- 2:46 P Campbell- 2:36
A. Forlino- 2:42 Joe Conn- 2:39
Mike Reis- 2:44 Joe Sedo- 2:44

200m: Dusty Thomas- 23.8 Ted Winfield- 25.2 Yeon Chung- 25.3
Andrew Dolgin- 25.2 Matt Raeburn- 27.9
M. Cangolosi- 26.1 Jason King- 25.8
Mark Pedalino- 25.9 Sato Yoshikawa- 27.7
Steve Spino- 27.3 Mike Kenduck- 26.9 Chris Tobin- 28.1
Matt Grasso- 30.0 Jon Roth- 27.7
Matt Selhorn- 28.3 Bill Harden- 30.9 R. Malluck- 33.6
Kurt Makse- 30.0 Brandon Reese- 25.7 Kwan Kim- 26.6

3200m: Neil Burt- 10:12.3 Tim McDonagh- 10:43.9
Andrew Cohen- 12:01.3 Sean Seiper- 10:48.5
Jason VanYperen- 11:16.0

4 x 400m: M. Pedalino, Andrew Dolgin, John O'Neill, Dusty Thomas
4:02 (1st) 62.4 58.1 59.0 59.5

Field:

Shot: J.D. Murdock- 49'6" TJ Zurla- 36'1.5"
Roy Simpadian- 34'1/2" Jon Ferris- 29'10"
Ed Kuzma- 31'0"
Frank Lockwood- 31'1" Gabe Fernandez- 27'9"
Mike Mongon- 21'9" Owen Iozzio- 29'3"
James Potter- 23'5"

Disc: J.D. Murdock- 127'6" TJ Zurla- 83'9"
Ed Kuzma- 94'11" Roy Simpadian - 75'6"
Jon Ferris- 89'2" Frank Lockwood- 84'0"
Gabe Fernandez- 65'2" Mike Mongon- 48'2"
Owen Iozzio- 68'9" James Potter- 64'3"

TJ: Ted Winfield- 39'5" Yeon Chung- F
Steve Robinson- 36'2" Andrew Dolgin- 35'11"

LJ: Dusty Thomas- 18'6" Ted Winfield- 18'10"
Jason King- 17'4.5" Yeon Chung- 15'1/2"

HJ: Jeff Braden- 5'10" Steve Robinson- 5'6" Will Byrne- 5'6"
Jon Roth- 5'2" Brandon Reese- 5'8"

PV: Dave Warton- 10'0" Chris Rodgers- 8'0" Dan Cooper- 9'0"
Anthony Forlino- 7'0" Mike Olver- NH

County Relays- Group III & IV Fri. April 18, Sat. April 19, 1997
***** RESULTS *****

Friday's events: At Don Bosco HS

3 x 400IH:

Dave Warton, Steve Robinson, Chris Rodgers
3:12.0 64.0 62.0 66.0

4 x 200m:

Jason King, Andrew Dolgin, Yeon Chung, Dusty Thomas
1:40.9 26.1 23.9 25.1 25.2

4 x 1600m:

Neil Burt, Damian Plummer, Will Byrne, John O'Neill
19:23.1 (4th) 4:44.6 4:56.4 4:55.4 4:46.9

Long Jump:

Dusty Thomas, Ted Winfield, Jason King
53'4 1/2 (6th) 17'9" 18'1" 17'6 1/2"

Discus:

J.D. Murdock, Ed Kuzma, John Ferris
286'3" 115'3" 90'7" 80'6"

Pole Vault:

Dave Warton, Chris Rogers, Dan Cooper
NH NH NH NH

Saturday's events: At Tenafly HS

4 x 110HH:

Jeff Braden, Dave Warton, Chris Rodgers, Steve Robinson
70.3 (6th) 16.4 17.7 18.2 16.9

4 x 100m:

Ted Winfield, Andrew Dolgin, Yeon Chung, Dusty Thomas
47.1

Distance Medley:

John O'Neill, Dave Warton, Will Byrne, Neil Burt
10:55.9 (2nd) 3:17.1 54.4 2:05.2 4:38.1

Sprint Medley:

Chris Rodgers, Jason King, Yeon Chung, Sean Seiper
4:03.4 58.5 25.9 25.0 2:13.9

4 x 800m:

Damian Plummer, Neil Burt, Will Byrne, John O'Neill
8:24.9 (1st) 2:10.6 2:06.0 2:06.4 2:02.1

Frosh 4 x 400m:

Dan Cooper, Jeff Brill, Chris Tobin, Tom Trubac
3:59.8 (4th) 60.8 61.0 61.0 56.0

1600m relay:

Jeff Braden, Damian Plummer, Andrew Dolgin, Dusty Thomas
3:49.2 58.3 57.6 57.1 56.1

High Jump:

Jeff Braden, Will Byrne, Steve Robinson
16'10" (5th) 5'10" 5'4" 5'8"

Shot:

	J.D. Murdock,	TJ. Zurla,	R. Simpadian
<u>123'5"</u>	51'9 3/4"	38'11 3/4"	32'8"

Triple Jump:

	Ted Winfield,	Andrew Dolgin,	Steve Robinson
<u>114'11 3/4 (5th)</u>	39'11 1/4"	37'9"	37'3 1/2"

Javelin:

	J.D. Murdock,	Roy Simpadian,	F. Lockwood
<u>345'11"</u>	155'3"	99'3"	91'5"

Final Scores:

1. Don Bosco- 78
2. Hackensack- 74
3. Demarest- 73
4. Bergen Catholic- 50 1/2
5. St. Joes- 42
6. RIDGEWOOD- 28
7. Paramus Catholic- 22 1/2
8. River Dell- 22
9. Teanack- 22
10. Old Tappan- 16
11. Garfield- 11
12. Paramus- 9
13. Indian Hills- 8
14. Fair Lawn- 8
15. Bergenfield- 8
16. Fort Lee- 6
17. Tenafly- 3

PENN RELAYS Thur. 4/24- Sat. 4/26

***** RESULTS *****

4 x 100m:

47.1 Ted Winfield, Andrew Dolgin, Yeon Chung, Dusty Thomas
 12.1 11.9 12.0 11.1

4 x 400m:

3:38.1 Dave Warton, Will Byrne, Dusty Thomas, John O'Neill
 55.8 53.8 53.8 54.1

Javelin:

J.D. Murdock- 147'7"

RIDGEWOOD VS. Clifton

4/29/97

Event	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	Clif
LJ	T. Winfield (R) 19'0"	J. Haro 18'0" (C)	D. Thomas (R) 17'9"	6	3
400IH	D. Warton (R) 60.8	C. Rogers (R) 61.2	S. Robinson (R) 61.4	9	0
100	J. Haro (C) 11.4	A. McCormick (C) 11.4	D. Thomas (R) 11.8	1	8
1600	J. O'Neill (R) 4:56.2	N. Burt (R) 4:56.8	T. McDonagh (R) 4:57.5	9	0
400	T. Brown (C) 52.2	A. Makoajczyk (C) 52.8	A. Dolgin (R) 54.6	1	8
110HH	S. Robinson (R) 16.1	A. Pitrowski (C) 16.2	J. Braden (R) 16.4	6	3
800	J. O'Neill (R) 2:03.2	W. Byrne (R) 2:04.4	J. Pontes (C) 2:05.3	8	1
200	J. Haro (C) 23.1	A. McCormick (C) 23.4	T. Brown (C) 23.8	0	9
3200	T. McDonagh (R) 10:36.4	N. Burt (R) 10:36.4	J. O'Neill (R) 11:01.6	9	0
SHOT	J.D. Murdock (R) 49'4"	T. Volpe (C) 41'0"	M. Volpe (C) 40'9.5"	5	4
DISCUS	J.D. Murdock (R) 130'1"	T. Volpe (C) 117'3"	C. Mala (R) 114'8"	6	3
HJ	B. Reese (R) 5'10"	J. Braden (R) 5'8"	W. Byrne (R) 5'8"	9	0
PV	D. Warton (R) 11'0"	A. Pitrowski (C) 10'6"	N. Homs (C) 9'6"	5	4
TJ	T. Winfield (R) 39'1/2"	T. Vanniski (C) 36' 1/2"	A. Dolgin (R) 35'8.5"	6	3
4X400	Clifton 3:41.7			0	5

RHS Clift.
Totals: 80 51

Meet Highlights:

6-0 with 2 to go! Awesome job! You are an outstanding dual meet team and it will be a battle of 2 undefeated teams next Tue. with Passaic. Super efforts in the meet by Chris Rodgers in the IH, HH, PV and 4 x 400, Andrew Dolgin in the 400, TJ, 200 and 4 x 400, and Dave Warton in the PV and IH. Keep up the great work and effort!

Ridgewood vs. Clifton Tue. April 29, 1997

***** Results *****

400IH: Steve Robinson-61.3 Jeff Braden- 63.7
Dave Warton- 60.8 Chris Rodgers- 61.2
Fumi Suzuki- 67.2 Tats Kumagai- 69.3
Chris Tobin- 71.5 Jon Roth- 74.8

100m: Yeon Chung- 12.3 Ted Winfield- 12.2 Dusty Thomas- 11.8
Steve Spino- 13.7
Dan Cooper- 13.5 Bob Fisher- 14.9 Matt Grasso- 14.7
Jon Fraetel- 13.4 Jason King- 12.2 S. Yoshikawa- 13.9
M. Cangolsi- 13.0 Randy Malluk- 16.1
Dave Miller- 12.2 Kyle Harding- 13.1

1600m: Neil Burt- 4:56.8 John O'Neill- 4:56.2
Mike Martin- 4:59 Sean Seiper- 4:58.5 Tim McDonagh- 4:57
Pat Campbell- 5:26 Andrew Cohen- 5:24 D. Plummer- 4:58
Mike Reis- 5:45 Joe Conn- 5:40 Jeff Brill- 5:28
Joe Sedo- 5:46 Tom Trubac- 5:23
Jason Van Yperen- 5:11

400m: Andrew Dolgin- 54.2 Dusty Thomas- 54.6
Jason King- 62.6 Brandon Reese- 55.8
Mark Pedalino- 57.9 D. Choi- 69.6
Matt Raeburn- 64.2 Dave Miller- 66.6

110HH: Steve Robinson- 16.1 Jeff Braden- 16.4
Chris Rodgers- 18.1 Dave Warton- FS
Fumi Suzuki- 19.7 Tats Kumagai- 20.0
Chris Tobin- 21.2 John Roth- 22.2

800m: John O'Neill- 2:03.2 Damian Plummer- 2:10.0
Will Byrne- 2:04.4 Mike Martin- 2:24.0
Neil Burt- 2:05.5 Tats Kumagai- 2:31
Fumi Suzuki- 2:34 Ed Castalanos- 2:36
Tom Trubac- 2:29.0 Jeff Brill- 2:30
Pat Campbell- 2:39 Anthony Forlino- 2:49
Mike Olver- 2:35 Joe Conn- 2:45
Mike Reis- 2:42 Joe Sedo- 2:48

200m: Dusty Thomas- 24.1 Ted Winfield- 24.1 Yeon Chung- 24.6
Andrew Dolgin- 24.4 Kyle Harding- 28.2 Matt Raeburn- 29.2
M. Cangolosi- 26.4 Jason King- 26.7 Dave Miller- 25.2
Mark Pedalino- 26.0 Steve Spino- 28.8 Chris Tobin- 28.6
Matt Grasso- 31.0 Bob Fisher- 31.8
Matt Selhorn- 28.0 Randy Malluck- 33.9
Kurt Makse- 27.3

3200m: Neil Burt- 10:36 Tim McDonagh- 10:36
John O'Neill- 11:01 Jason VanYperen- 11:22
Andrew Cohen- 12:25 Mike Martin- 12:00
Sean Seiper- 11:10

4 x 400m: Mark Pedalino, Andrew Dolgin, Chris Rogers, Will Byrne
3:53.1 60.2 59.5 56.8 56.5

Field:

Shot: J.D. Murdock- 49'4" TJ Zurla- 38'9"
Chris Mala- 39'1.5" Jon Ferris- 31' 1/2"
Ed Kuzma- 30'6"
Frank Lockwood- 32'5.5" Gabe Fernandez- 30'1"
Mike Mongon- 21'8.5" Owen Iozzio- 31'1.5"

Disc: J.D. Murdock- 130'1" Chris Mala- 114'8"
TJ Zurla- 87'11" Ed Kuzma- 92'3"
Jon Ferris- 93'1" Frank Lockwood- 96'1"
Mike Mongon- 56'1" Owen Iozzio- 89'

TJ: Ted Winfield- 39'1/2" Yeon Chung- 35'7 1/2"
Steve Robinson- F
Kyle Harding- F Andrew Dolgin- 35'8 1/2"

LJ: Dusty Thomas- 17'9" Ted Winfield- 19'0"
Dave Miller- 16'2 1/2"
Jason King- 15'5" Yeon Chung- 16'6"

HJ: Jeff Braden- 5'8" Steve Robinson- 5'6" Will Byrne- 5'8"
Jon Roth- 5'4" Brandon Reese- 5'10"

PV: Dave Warton- 11'0" Chris Rodgers- 9'0" Dan Cooper- 9'0"
Anthony Forlino- 8'0" Mike Olver- 8'0"

County Seat Meet Sat. May 3rd

***** RESULTS (These results are not complete, but they are what I have right now.

1600m: (Frosh and Novice)

Frosh- Jeff Brill- 5:13

Novice- Pat Campbell- 5:37.7, Joe Conn- 5:43.9,
Sean Seiper- 4:58.0 (2nd)

4 x 200m:

Frosh (1)- Dan Cooper, Bob Fisher, Chris Tobin, Jon Roth
1:52.6 (4th) 27.4 30.7 28.2 26.4

Novice (1)- Y. Chung, Matt Cangialosi, M. Raeburn, Mark Pedalino
1:46.7 (1st) 25.6 26.4 28.1 26.5

800m:

Frosh- Tom Trubac- 2:23.5 (5th), Andrew Dolgin- 2:15.6 (2nd),
Jon Fraetel- 2:55.1

Novice- Ed Castellanos- 2:39, Mike Martin- 2:16.2,
Mike Olver- 2:45.5, Mike Reis- 2:39.5

Int. Hurdles:

Frosh: Chris Tobin- 74.4, Jon Roth- 80.6, Kurt Maske- 82.0

Novice: Chris Rodgers- 63.3 (1st), Fumi Suzuki- 69.6,

4 x 400m:

Frosh (1)- Tom Trubac, Jeff Brill, Dan Cooper, Andrew Dolgin
4:13.0 61.5 63.6 67.4 63.5

Novice (1)-Mike Martin, Mark Pedalino, Chris Rodgers, Fumi Suzuki
4:08.4 60.4 60.5 61.1 66.3

Novice (2)- Pat Campbell, Don Choi, Steve Spino, Joe Conn
4:58.0 75.6 68.0 82.0 73.0

3200m:

Varsity- Neil Burt- 10:05.0 (2nd), Tim McDonagh- 10:28 (6th)

High Hurdles:

Frosh- Chris Tobin- 21.0

Novice- Chris Rodgers- 20.0, Fumi Suzuki- 20.5

Varsity- Steve Robinson- 16.6/16.9 (6th), Jeff Braden- 17.5,
Dave Warton- 18.1,

100m:

Frosh- Andrew Dolgin- 12.3,

Novice- Yeon Chung- 12.2/12.7, Matt Cangialosi- 12.3

Varsity- Ted Winfield- 11.9

400m:

Varsity- Dusty Thomas- 57.1 (6th)

1600m:

Varsity- John O'Neill- 4:32.5 (3rd)

200m:

Varsity- Dusty Thomas- 24.5

800m:

Varsity- Will Byrne- 2:07 (2nd), Damian Plummer- 2:11 (6th)

Field Events:

Triple Jump:

Frosh- Andrew Dolgin- 35'10", Chris Tobin- 30'7",
Tom Trubac- 29'2", Jeff Brill- 31'0"

Novice- Yeon Chung, Kyle Harding

Varsity- Ted Winfield- 40'1/2" (2nd), Steve Robinson

Long Jump:

Frosh- Dan Cooper, Bill Harden,

Novice- Yeon Chung, Kyle Harding, Jason King

Varsity- Dusty Thomas, Ted Winfield- 19'1" (1st)

Shot:

Frosh- Frank Lockwood, James Potter

Novice- TJ Zurla, Jon Ferris, Ed Kuzma, Gabe Fernandez,
Mike Mongon, Owen Iozzio, Roy Simpadian

Varsity- Chris Mala

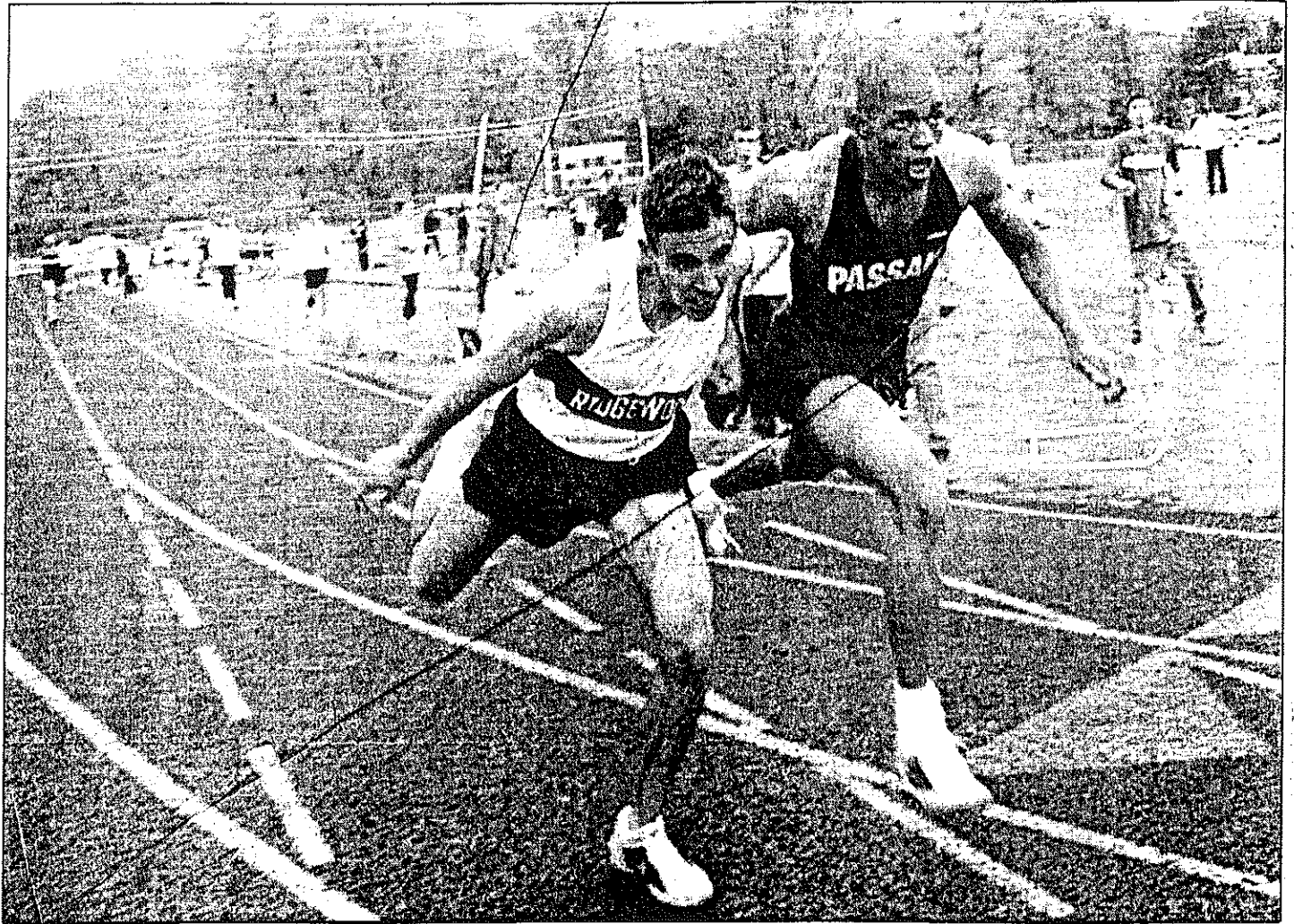
Disc:

Frosh- Frank Lockwood- 95'5" (1st), James Potter

Novice- TJ. Zurla, Jon Ferris, Ed Kuzma, Gabe Fernandez,
Mike Mongon, Owen Iozzio, Roy Simpadian

Varsity- J.D. Murdock- 127'5" (3rd), Chris Mala

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**

RIDGEWOOD VS. Passaic

5/6/97

Event	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	Pass
LJ	T. Winfield (R) 18'11.5"	D. Thomas (R) 17'11"	J. Sims (P) 17'1.5"	8	1
400IH	D. Warton (R) 60.7	J. Sanchez (P) 60.9	S. Robinson (R) 61.7	6	3
100	R. Johnson (P) 11.4	D. Thomas (R) 11.4	J. Sims (P) 11.7	3	6
1600	B. Fraser (P) 4:30.4	J. O'Neill (R) 4:30.4	P. Patel (P) 4:35.5	3	6
400	A. Dolgin (R) 53.9	D. Thomas (R) 54.4	E. Garner (P) 54.4	8	1
110HH	J. Braden (R) 16.9	S. Robinson (R) 16.9	D. Warton (R) 18.5	9	0
800	W. Byrne (R) 2:07.9	J. O'Neill (R) 2:08.7	M. Grszkoski (P) 2:09.2	8	1
200	E. Garner (P) 24.1	R. Johnson (P) 24.2	J. Sims (P) 24.5	0	9
3200	N. Burt (R) 10:06.2	N. Patel (P) 10:15.9	T. McDonagh (R) 10:25.2	6	3
SHOT	M. Durham (P) 52'10.5"	J.D. Murdock (R) 51'1.5"	J. Simons (P) 48'5"	3	6
DISCUS	J.D. Murdock (R) 132'9"	M. Durham (P) 129'4"	J. Simons (P) 125'11"	5	4
HJ	L. Richmond (P) 6'4"	T. Smith (P) 6'2"	J. Braden (R) 6'0"	1	8
PV	D. Warton (R) 9'0"	C. Rodgers (R) 9'0"		8	0
TJ	T. Winfield (R) 38'11.5"	S. Robinson (R) 34'9.5"	Y. Chung (R) 34'8"	9	0
4X400	Passaic 3:39.7			0	5

RHS Pass
Total: 77 53

Meet Highlights:

Winning! You are #1 in the league right now and the only undefeated team at 7-0...Awesome! Tremendous jobs by Andrew Dolgin for winning the 400m(the turning point of the meet), John O'Neill for a great mile, J.D. Murdock for his shot and the disc, Ted Winfield for 2 firsts and Jeff Braden in the HJ. Congrats to All!

Ridgewood vs. Passaic Tue. May 6, 1997

***** RESULTS *****

400IH: Steve Robinson- 61.7 Jeff Braden- 65.1
Dave Warton- 60.7 Chris Rodgers- 61.9
Fumi Suzuki- 66.1 Tats Kumagai- 67.6

100m: Yeon Chung- 12.0 Ted Winfield- 11.8 Dusty Thomas- 11.4
Mike Kenduck- 12.8 Steve Spino- 13.6 Jason King- 12.2
M. Cangolsi- 12.5 Kyle Harding- 13.2

1600m: Neil Burt- 4:40.0 John O'Neill- 4:30.4 D. Plummer- 4:54
Mike Martin- 5:17 Sean Seiper- 4:59
Pat Campbell- 5:37 Jason VanYperen- 5:06
Mike Reis- 5:38 Joe Conn- 5:35 Ed Castalanos- 5:50

400m: Andrew Dolgin- 53.9 Dusty Thomas- 54.4 Brandon Reese- 60.5
Jason King- 57.6 Matt Raeburn- 65.4 Mark Pedalino- 60.3

110HH: Steve Robinson- 16.9 Jeff Braden- 16.9 C. Rodgers- 19.3
Dave Warton- 18.5 Fumi Suzuki- 20.2 T. Kumagai- 20.5

800m: John O'Neill- 2:08.7 Damian Plummer- 2:14
Will Byrne- 2:07.9 Mike Martin- 2:25.0
Tats Kumagai- 2:34 Ed Castalanos- 2:38
Pat Campbell- 2:39 Mike Olver- 2:28
Joe Conn- 2:38 Mike Reis- 2:35

200m: Dusty Thomas- 24.5 Ted Winfield- 24.9 A. Dolgin- 25.2
Kyle Harding- 28.2 Matt Raeburn- 29.0 Y. Chung- 25.7
M. Cangolosi- 25.4 M. Pedalino- 27.2 M. Raeburn- 29.5
Mike Kenduck- 27.5

3200m: Neil Burt- 10:06.2 Tim McDonagh- 10:25
Jason VanYperen- 11:16 Sean Seiper- 12:03.0

4 x 400m: Dave Warton, Andrew Dolgin, Will Byrne, John O'Neill,
3:40.8 55.5 55.7 54.6 54.8

Field:

Shot: J.D. Murdock- 51'3" TJ Zurla- 38'11" Chris Mala- 37'9"
Roy Simpadian- 28'1" Jon Ferris- 27'11" Ed Kuzma- 30'1"
G. Fernandez- 32'10" Mike Mongon- 21'6" Owen Iozzio- 29'6"

Disc: J.D. Murdock- 132'9" Chris Mala- 116'6" TJ Zurla- 78'9"
Ed Kuzma- 90'9" R. Simpadian- 79'7" Jon Ferris- 84'6"
G. Fernandez- 70'9" Mike Mongon- 52'7" O. Iozzio- 80'11"

TJ: Ted Winfield- 38'11" Yeon Chung- 34'9" S. Robinson- 34'8"
Kyle Harding- 27'0" Andrew Dolgin- 34'2"

LJ: Dusty Thomas- 17'11" Ted Winfield- 18'11.5"
Kyle Harding- 14'11" Jason King- 16'3.5"
Yeon Chung- 16'3"

HJ: Jeff Braden- 6'0"
Will Byrne- 5'8"

Steve Robinson- 5'8"
Brandon Reese- 5'10"

PV: Dave Warton- 9'0"
Dan Cooper- 8'0"

Chris Rodgers- 9'0"
Mike Olver- 7'0"

NNJIL FRESHMAN LEAGUE CHAMPIONSHIPS

<u>Event</u>	<u>Athlete</u>	<u>Time</u>	<u>Place</u>	<u>Pts. Scored</u>
400 IH	Chris Tobin	69.7	4th	4
	Jon Roth	74.5	6th Tie	1/2
	Kurt Makse	73.1	5th	2
100 meter	Dan Cooper	11.9	5th	2
	Bill Harden	14.9		
	Matt Selhorn	13.4		
	Bob Fisher	14.2		
	S. Yoshikawa	12.4		
	Matt Grasso	14.1		
	Dave Miller	11.9	4th	4
1600M	Tom Trubac	5:15.0	6th	1
	Jeff Brill	5:15.5		
	Matt Van Zile	6:01		
	Jon Fraetel	6:26		
400M	Andrew Dolgin	55.7	2nd	8
	Chris Tobin	63.6		
	Matt Selhorn	67.2		
110HH	Chris Tobin	20.7	5th	2
800M	Tom Trubac	2:15.6	3rd	6
	Matt Van Zile	2:47		
	Jon Fraetel	2:55		
200M	Andrew Dolgin	23.9	2nd	8
	Bob Fisher	30.0		
	Dave Miller	25.4		
	Matt Grasso	29.6		
	S. Yoshikawa	28.5		
3200M	Jeff Brill	11:49	5th	2
	Joe Sedo	13:04		

<u>Event</u>	<u>Athlete</u>	<u>Time</u>	<u>Place</u>	<u>Pts. Scored</u>
4 x 400M	Tom Trubac	57.6		
	Dave Miller	58.1 - 3:51	1st	10
	Dan Cooper	60.4		
	Andrew Dolgin	55.2		
	Bob Fisher	80.0		
	Matt Grasso	79.3 - 5:06.9		
	S. Yoshikawa	68.9		
	Matt Selhorn	79.0		
Shot	Frank Lockwood	34 - 6	5th	2
	James Potter	21 - 4		
Discus	Frank Lockwood	97 - 3	2nd	8
	James Potter	67 - 0		
PY	Dan Cooper	9 - 0	1st	10
TJ	Andrew Dolgin	36 - 8	1st	10
	Chris Tobin	30 - 7		
	Jeff Brill	32 - 7		
	Tom Trubac	28 - 8		
LJ	Dave Miller	14 - 1		
	Dan Cooper			
	Bill Harden	11 - 2		
Jay.	Frank Lockwood	93 - 2	4th	4
HJ	Jon Roth	5 - 6	1st	10
	Bob Fisher	NH		

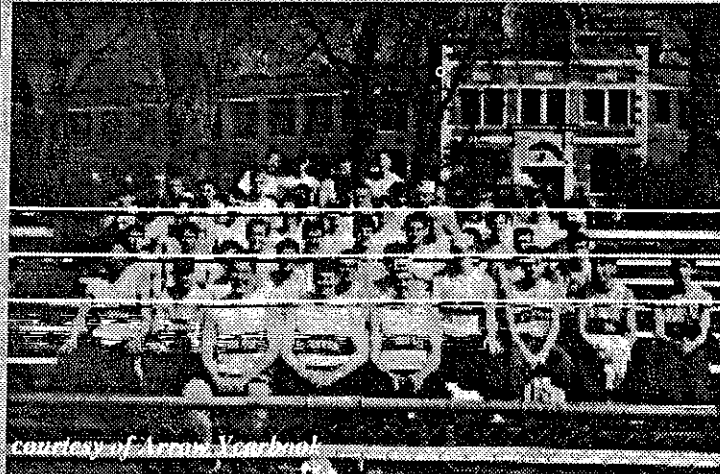
1st

93 1/2 pts.

Congratulations to the : NNJIL Atlantic Division Champs

The coaches and your teammates are very proud of you. You have captured the title making us champions at this meet for a three consecutive years. That is an accomplishment all RHS track athletes can be proud of. Way to go FROSH !

Boys Track Team Secures NNJIL League Championship



According to Mr. Mullin, the team coach, "The team showed character, guts, and determination! It was awesome!"



NNJIL Championship

Fri,Sat, May 9,10, 1997

***** RESULTS *****

Friday's Events:

Long Jump:

Ted Winfield, Dusty Thomas, Jason King
19'10.5" (4TH) 19'7.5" 17'11 1/4"

Javelin:

J.D. Murdock, Brian Zuccala, Chris Mala
151'7" (1ST) 127'8" (5TH) 101'10"

High Jump:

Jeff Braden, Will Byrne, Brandon Reese
5'10" (3RD) 5'8" (5TH)-tie (5TH)-tie

3200m:

Neil Burt, Tim McDonagh, John O'Neill
10:17.7 (4TH) 10:14.90 (3RD) 10:25.5 (5TH)

110HH:

Steve Robinson, Jeff Braden, Dave Warton
15.95 (4TH) 16.06 (6TH) losing 2lbs

100m:

Ted Winfield, Ted Winfield
11.7 11.2

400m:

Andrew Dolgin, Dusty Thomas
54.5 54.5

800m:

John O'Neill, Will Byrne, Damian Plummer
2:03.06 (3RD) 2:20 2:08.17 (6TH)

200m:

Did Not Run

400m IH:

Dave Warton, Chris Rodgers, Steve Robinson
60.07 (5TH) 62.2 64.0

1600m:

John O'Neill, Neil Burt, Tim McDonagh
4:41.21 (2ND) 4:41.98 (3RD) 5:04.3

4 x 400m:

Dave Warton, Andrew Dolgin, Will Byrne, Dusty Thomas
3:38.98 (5TH) 54.8 54.5 54.2 53.9

Discus:

J.D. Murdock, Chris Mala, Frank Lockwood
133'4" (4TH) 114'5" 99'10"

Shot Put:

J.D. Murdock, Chris Mala, Frank Lockwood
51'2" (2ND) 39'2 34'2"

Triple Jump:

Ted Winfield, Andrew Dolgin, Steve Robinson
38'6" (4TH) 37'2 1/2" 35'4"

Pole Vault:

Dave Warton, Chris Rodgers, Dan Cooper
11'6" (1ST) 9'6" (4TH) NH

Highlights:

WE ARE #1!!!!!! Congratulations on an outstanding TEAM effort! It was nice to see you rise to the occasion once again. You continue to impress and are a very tough and gutty team. Double digit point getters were J.D. Murdock with 22, John O'Neill with 16, Dave Warton with 12, and Neil Burt with 10. There were 3 key things that may have won us the meet and they were when someone stepped up and beat a BC kid by a place, and they were; (1) Dave Warton in the Pole Vault, (2) Ted Winfield in the Triple Jump, and (3) John O'Neill in the 800. If in either case we slip one place back... we lose the meet. Awesome Job by all!

Final Scores:

RIDGEWOOD.....97
BC.....94
Montclair.....82
Passaic.....67
Clifton.....59
Eastside.....33
Kennedy.....26
Barringer.....22
Bloomfield.....16

NNJIL Atlantic boys

Team scoring

Ridgewood 97, Bergen Catholic 94, Montclair 82, Passaic 67, Clifton 59, Eastside 33, Kennedy 26, Barringer 22, Bloomfield 16.

100 — 1, Jarad Granderson, Montclair, 10.96; 2, Ryan Cook, Montclair, 10.99; 3, Joe Haro, Clifton, 11.13; 4, Andrew McCormick, Clifton, 11.17; 5, Dan Bowens, Montclair, 11.39; 6, Rashon Johnson, Passaic, 11.67.

200 — 1, Tony Brown, Clifton, 22.59; 2, Ryan Cook, Montclair, 22.60; 3, Joe Haro, Clifton, 22.71; 4, Terrance Daniels, Kennedy, 22.95; 5, O'Neil Brown, Montclair, 23.57; 6, Andre McCormick, Clifton, 23.67.

400 — 1, Tony Brown, Clifton, 50.83; 2, Tom Duggan, Bergen Catholic, 51.76; 3, Neville Samuda, Eastside, 52.48; 4, John D'Izzia, Bergen Catholic, 52.58; 5, O'Neil Brown, Montclair, 52.91; 6, Gary Booker, Montclair, 53.79.

800 — 1, Tom Redmond, Bergen Catholic, 1:58.86; 2, Bernard Fraser, Passaic, 2:00.55; 3, John O'Neil, Ridgewood, 2:03.08; 4, Tom Duggan, Bergen Catholic, 2:03.87; 5, William China, Montclair, 2:08.11; 6, Damian Plummer, Ridgewood, 2:08.17.

1,600 — 1, Bernard Fraser, Passaic, 4:40.56; 2, John O'Neil, Ridgewood, 4:41.21; 3, Neil Burt, Ridgewood, 4:41.98; 4, Nilesh Patel, Passaic, 4:43.89; 5, John Scaffidi, Bergen Catholic, 4:49.93; 6, Juan Martinez, Passaic, 4:54.93.

3,200 — 1, Bernard Fraser, Passaic, 10:02.7; 2, Nilesh Patel, Passaic, 10:07.9; 3, Tim McDonough, Ridgewood, 10:14.90; 4, Neil Burt, Ridgewood, 10:17.7; 5, John O'Neil, Ridgewood, 10:25.5; 6, Bill Brown, Montclair, 10:29.4.

110 HH — 1, Justin Avery, Montclair, 14.73; 2, Daren Smith, Eastside, 15.30; 3, Mike Miller, Bergen Catholic, 15.70; 4, Steve Robinson, Ridgewood, 15.95; 5, Andy Plotrowski, Clifton, 15.98; 6, Jeff Braden, Ridgewood, 16.06.

400 IH — 1, Fred Brown, Montclair, 56.44; 2, Tom Redmond, Bergen Catholic, 57.14; 3, Anthony Bowens, Bloomfield, 59.04; 4, Daren Smith, Eastside, 59.28; 5, Dave Wharton, Ridgewood, 1:00.07; 6, Bob Miller, Bergen Catholic, 1:01.32.

Shot put — 1, Cheo Johnson, Montclair, 52-3¼; 2, J.D. Murdoch, Ridgewood, 51-2; 3, Matt Durham, Passaic, 60-9; 4, Matt Quinn, Bergen Catholic, 48-8½; 5, Josh Simmons, Passaic, 47-5; 6, Jim Fischer, Bergen Catholic, 47-4¼.

Discus — 1, Mike Curtis, Bloomfield, 159-0; 2, Cheo Johnson, Montclair, 146-1; 3, Matt Quinn, Bergen Catholic, 137-0; 4, J.D. Murdoch, Ridgewood, 133-4; 5, Roberto Alfano, Passaic, 132-8; 6, George Stanley, Montclair, 129-10.

Javelin — 1, J.D. Murdoch, Ridgewood, 151-7; 2, Jim Fischer, Bergen Catholic, 140-0; 3, Mike Beagza, Bergen Catholic, 131-10; 4, Andy Plotrowski, Clifton, 128-2; 5, Brian Zuccala, Ridgewood, 127-8; 6, Kevin Stoute, Montclair, 120-11.

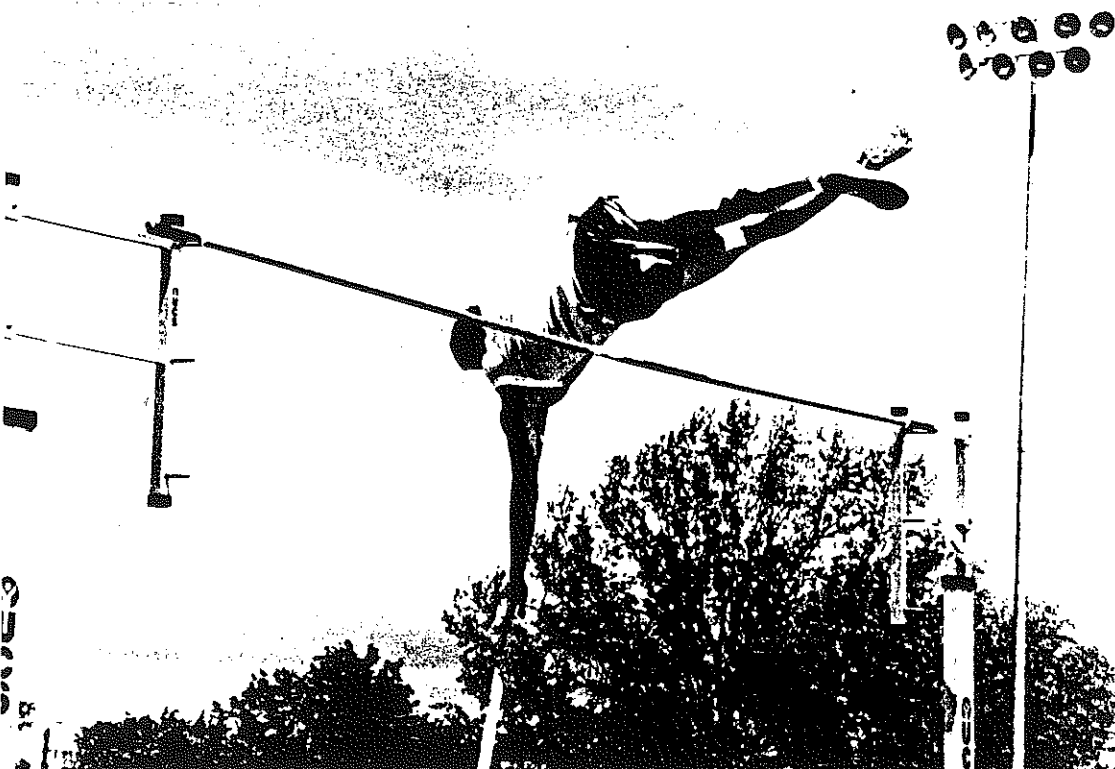
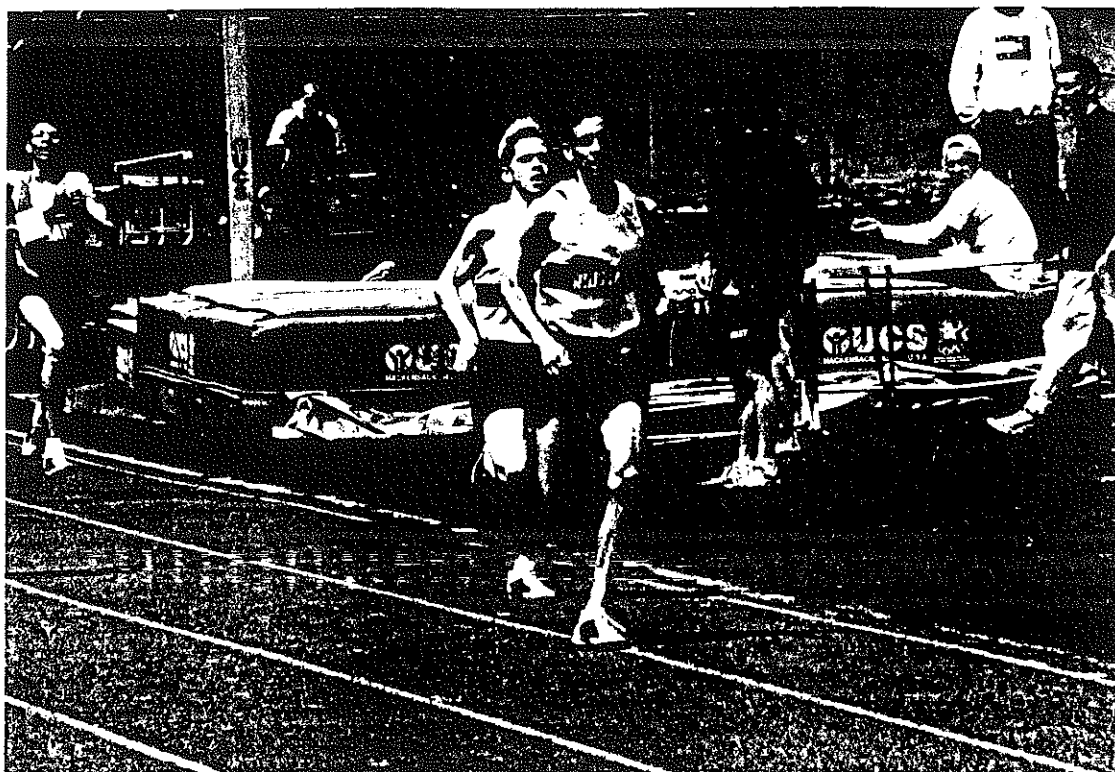
High jump — 1, Linden Richmond, Passaic, 6-2; 2, Shawn Page, Barringer, 6-0; 3, Jeff Braden, Ridgewood, 5-10; 4, Tom Smith, Passaic, 5-10; 5, tie between Will Bynre, Ridgewood and Brandon Reese, Ridgewood, 5-8.

Long jump — 1, Maurice Ingram, Eastside, 21-9; 2, Shawn Page, Barringer, 20-10½; 3, Puarlan Gbor, Barringer, 20-6; 4, Tyrone Johnson, Kennedy, 19-10½; 5, Ted Winfield, Ridgewood, 19-10½; 6, Terrance Daniels, Kennedy, 19-8.

Triple jump — 1, Tyrone Johnson, Kennedy, 40-6; 2, Jason Hibbert, Kennedy, 39-10; 3, Tom Redmond, Bergen Catholic, 39-5¾; 4, Ted Winfield, Ridgewood, 38-6; 5, Tom Duggan, Bergen Catholic, 38-3¾; 6, Antoine Charles, Kennedy, 37-6.

Pole vault — 1, Dave Wharton, Ridgewood, 11-6; 2, Rob Miller, Bergen Catholic, 11-0; 3, Andy Plotrowski, Clifton, 11-0; 4, Chris Rodgers, Ridgewood, 9-6; 5, Nouredin Homsli, Clifton, 9-0; 6, Willnar Santana, Eastside, 9-0.

1,600 relay — 1, Bergen Catholic (Tom Duggan, Mike Miller, John D'Izzia, Tom Redmond), 3:25.69; 2, Clifton, 3:26.90; 3, Montclair, 3:28.71; 4, Eastside, 3:38.21; 5, Ridgewood, 3:38.98; 6, Passaic, 3:40.78.



NORTH JERSEY SPORTS

NNJIL

Hackensack in a sweep

Ridgewood boys top Bergen Cath.

By **PAUL SCHWARTZ**
Correspondent

CLIFTON — While Hackensack was making a shambles of both Pacific Division championships at Saturday's Northern New Jersey Interscholastic League meet, Ridgewood's boys and girls were in tight struggles to try and win the Comets' double. The Ridgewood boys succeeded, as they outscored Bergen Catholic, 10-5, in the shot put to gain a 97-94 Atlantic Division win over the Crusaders. But Eastside's girls fought off a 63-6 disadvantage in the distance races to repeat division champs, 114-108, over the Trojans.

Hackensack won the boys meet, 185-88, over Don Bosco Prep, while the Hackensack girls beat Teaneck, 183-97.

In the boys Atlantic meet, Ridgewood managed only two wins — javelin and pole vault — but outscored the Crusaders in almost every discipline, managing to hold the stronger BC team to just a one-point margin in the weight events while outscoring them in the distance races, 33-18.

"We knew we had a shot at the meet but we also knew Bergen was very strong," said Ridgewood coach Mike Mullen. "The keys were our two wins, from juniors Dave Wharton in the pole vault and J.D. Murdoch in the javelin, events we weren't sure we could win."

Mullen also pointed to John O'Neil, who had a second, third, and a fifth in

the distance races for 16 points. "He really came through for us," said Mullen.

So, too, did Eastside's hurdlers, who outscored Ridgewood, 40-7. Melissa Jones ran area seasonal bests of 14.61 and 65.37 to defeat teammate Denay Caldwell in each race. Jones also was second in the long jump and ran a leg on the winning relay team that helped the Ghosts overcome an 11-point deficit in the last two events.

Ridgewood still led by three points going into the triple jump, but Caldwell took second and teammate Keisha Bennett fourth to clinch the title.

"Our kids stepped up and came through in this meet," said Ridgewood coach Jacob Brown, whose team lost by two points in a dual meet against the Ghosts. "But their kids just stepped up more."

"Our kids know we have to stay focused even against Montclair's national class sprinters and do what they have to do," said Eastside coach Natalie Jordan. "We have to get as many points as we can in those races because we know Ridgewood won't give us anything."

Tiamecua Fulton, running behind the magnificent Montclair trio of Aleah Williams, Mikele, and Lisa Barber, all national class athletes, managed a second and two thirds in the 100, 200, and 400 to score 20 points, while Ridgewood managed only one point in the sprints.

Celeste Sedo did her best to keep

Novice Championships

Tue. 5/13/97

***** RESULTS *****

400m:

Mark Pedalino- 57.8 (6th)

Jon Ferris- 58.1

Tats Kumagai- 59.8

110m HH:

Tats Kumagai- 20.0

800m:

Joe Conn- 2:33.3

Mike Olver- 2:26.4

200m:

Matt Cangialosi- 25.4

Jason King- 24.7 (3rd)

3200m:

Joe Conn- 12:22.0

Triple Jump:

Mark Pedalino- 31'5"

Kwan Kim- 35'10"

Long Jump:

Mark Pedalino- 16'10"

Kwan Kim- 16'10"

Jason King- 17'6 1/2"

Pole Vault:

Mike Olver- 8'0" (6th)

Anthony Forlino- NH

Disc:

Jon Ferris- 93'0"

4 x 400m:

Mark Pedalino- 59.0

Matt Cangialosi- 58.1

John Ferris- 58.3

Jason King- 57.3 Total- 3:52.8 (5th)

RIDGEWOOD VS. Montclair

5/14/97

Event	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	Mont
LJ	T. Winfield (R) 20'9"	D. Bowen (M) 19'6"	D. Thomas (R) 18'4.5"	6	3
400IH	S. Robinson (R) 60.2	C. Rodgers (R) 61.7	D. Warton (R) 64.2	9	0
100	D. Bowen (M) 11.5	Cook (M) 11.6	D. Thomas (R) 11.6	1	8
1600	J. O'Neill (R) 4:51.9	G. Brown (M) 4:52.0	S. Sieper (R) 4:52.1	6	3
400	J. Granderson (M) 51.3	A. Dolgin (R) 53.6	G. Booker (M) 53.9	3	6
110HH	J. Braden (R) 16.1	S. Robinson (R) 16.8	C. Rodgers (R) 18.9	9	0
800	W. Byrne (R) 2:02.9	J. O'Neill (R) 2:03.3	D. Plummer (R) 2:10.4	9	0
200	D. Bowens (M) 23.5	D. Thomas (R) 23.5	T. Winfield (R) 24.1	4	5
3200	G. Brown (M) 10:31.0	S. Seiper (R) 10:49.3	J. VanYperen (R) 11:11.5	4	5
SHOT	C. Johnson (M) 50'6"	J.D. Murdock (R) 46'11"	Hargrove (M) 41'4"	3	6
DISCUS	C. Johnson (M) 135'9"	J.D. Murdock (R) 126'7"	C. Mala (R) 119'4"	4	5
HJ	J. Braden (R) 6'0"	S. Robinson (R) 5'10"	W. Byrne (R) 5'8"	9	0
PV	D. Warton (R) 10'	C. Rodgers (R) 10'	D. Cooper (R) 9'	9	0
TJ	T. Winfield (R) 37'6"	S. Robinson (R) 36'11.5"	A. Dolgin (R) 36'6"	9	0
4X400	Ridgewood 4:11.6			5	0

RHS Mont.
Total: 90 41

Meet Highlights:

Well, you made it! You went through the dual meet season and the league meet without a loss. That's a tremendous team accomplishment. Great job in this meet by Ted Winfield in the LJ, Sean Seiper in the 1600(3rd) and the 3200m(2nd), and Steve Robinson for a 1st and three 2nd's. You totally dominated Montclair. Super!

Ridgewood vs. Montclair Wed. May 14, 1997

***** Results *****

400IH: Steve Robinson- 60.2 Jeff Braden- 64.2
Dave Warton- 63.6 Chris Rodgers- 61.5
Fumi Suzuki- 65.3 Tats Kumagai- 68.3
Chris Tobin- 71.0 Kurt Makse- 76.5

100m: Yeon Chung- 12.0 Ted Winfield- 11.7 Dusty Thomas- 11.6
Mike Kenduck- 12.7 Steve Spino- 14.6 Don Choi- 14.9
Dan Cooper- 12.7 Bob Fisher- 14.8 Matt Grasso- 12.7
Matt Selhorn- 12.7 Jeff Brill- 12.7
Jason King- 12.1 Sato Yoshikawa- 12.7
M. Cangolsi- 11.9 Randy Malluk- 15.6
Dave Miller- 12.9

1600m: Neil Burt- 4:52.5 John O'Neill- 4:51.9
Mike Martin- 4:59 Sean Seiper- 4:52
Tim McDonagh- 4:53 Andrew Cohen- 5:17.8
Damian Plummer- 4:55 Mike Reis- 5:48.0
Joe Conn- 5:43.6 Jeff Brill- 5:32.0
Matt VanZile- 6:02 Ed Castallanos- 5:55
Jason VanYperen- 5:07

400m: Andrew Dolgin- 53.6 Brandon Reese- 58.6
Matt Raeburn- 61.0

110HH: Steve Robinson- 16.8 Jeff Braden- 16.1
Chris Rodgers- 18.9 Dave Warton- 20.4
Fumi Suzuki- 19.1 Tats Kumagai- 20.1
Chris Tobin- 21.2 Kurt Makse- 23.4

800m: John O'Neill- 2:03.3 Damian Plummer- 2:10.4
Will Byrne- 2:02.9 Mike Martin- 2:19.4
Ed Castalanos- 2:42.5 Jeff Brill- 2:28.2
Anthony Forlino- 2:41.0 Joe Conn- 2:42.5
Mike Reis- 2:29.0 Neil Burt- 2:14.0
T. McDonagh- 2:12.5

200m: Dusty Thomas- 23.5 Ted Winfield- 24.1 Yeon Chung- 25.4
Andrew Dolgin- 24.7 Matt Raeburn- 27.9 Fumi Suzuki- 24.8
Matt Cangolosi- 25.0 Dave Miller- 26.6 M. VanZile- 31.9
Mark Pedalino- 26.1 S. Yoshikawa- 28.8 Dan Cooper- 26.1
Steve Spino- 28.1 Mike Kenduck- 27.0 Chris Tobin- 27.2
Matt Grasso- 29.9 Bob Fisher- 29.9
Matt Selhorn- 27.8 Randy Malluck- 31.9
Kurt Makse- 29.2 Don Choi- 29.9

3200m: Jason Van Yperen- 11:11.5 Andrew Cohen- 12:03.4
Sean Seiper- 10:49.3 Joe Sedo- 12:29.3

4 x 400m: D. Cooper, T. McDonagh, M. Cangiolosi, M. Pedalino
4:11.4 66.3 64.7 60.5 59.8

Field:

<u>Shot:</u>	J.D. Murdock- 46'11"	TJ Zurla- 33'10"
	Chris Mala- 38'1.5"	
	Roy Simpadian- 28'4"	Ed Kuzma- 33'1/2"
	Frank Lockwood- 35'10"	Gabe Fernandez- 25'6"
	Mike Mongon- 20'8.5"	Owen Iozzio- 28'9"
	James Potter- 21'8"	

<u>Disc:</u>	J.D. Murdock- 126'7"	Chris Mala- 119'4"
	TJ Zurla- 97'7"	Ed Kuzma- 105'1/2"
	Roy Simpadian- 73'10"	Frank Lockwood- 102'8"
	Gabe Fernandez- 70'4"	Mike Mongon- 53'7.5"
	Owen Iozzio- 80'10"	James Potter- 54'9"

<u>TJ:</u>	Ted Winfield- 37'6.5"	Yeon Chung- 34'8"
	Steve Robinson- 36'11.5"	Andrew Dolgin- 36'6"

<u>LJ:</u>	Dusty Thomas- 18'4.5"	Ted Winfield- 20'9"
	Dave Miller- 13'9.5"	Jason King- 14'5"
	Yeon Chung- 16'1"	

<u>HJ:</u>	Jeff Braden- 6'0"	Steve Robinson- 5'10"
	Will Byrne- 5'8"	Brandon Reese- 5'6"

<u>PV:</u>	Dave Warton- 10'0"	Chris Rodgers- 10'0"
	Dan Cooper- 9'0"	Anthony Forlino- NH
	Mike Olver- 8'0"	

Runners' 1st Perfect Year Since '75

By W. L. Bill Allen, Jr.

Sports Editor

"I have to tell you, we were psyched," enthuses Mike Mullin, head boys track and field team coach at Ridgewood High School, of his team's mood after winning the program's first NNJIL Atlantic Division championship since 1989 and completing the club's first perfect season in 22 years.

The locals went through the league loop with a perfect 8-0 mark by eradicating Eastside, 88-42, before baffling Bergen Catholic, 68-63, bombing Barringer, 113-17, clocking Kennedy, 86-45, blasting Bloomfield, 111-20, clobbering Clifton, 80-51, pasting Passaic, 77-53, and, most recently, mashing Montclair, 90-41, last Wednesday.

Prior to that twice rained-out meet with Montclair, however, the locals clinched the league title by winning the NNJIL/Atlantic's League Championship Meet on Saturday, May 10th, by edging arch-rival Bergen Catholic, 97-94, for first place in the multi-team event. "We really didn't expect to win it this year," admits Mullin, now in his second season at the Maroons' helm, adding, "I really thought we were still a year away.

"As it turns out, though," he continues, "This group of guys really loves the competition and loves to win; it's great."

The team is captained by a trio of 12th-graders: Jeff Braden, a high hurdler and high jumper, Will Byrne, who competes in the 800-meter run and the high jump and is also a part of the 4X400-meter relay contingent, and Chris Mala, a shot putter and discus tosser.

"But," Mullin notes, "We don't have many standouts on this team, just a bunch of guys that are real tough, solid performers. "When it comes to the big meets, everybody comes through.

For instance, the league meet win was a true team effort, we scored in 13 of 16 events." The locals' point scoring was led by a pair of juniors: Dave Warton and



a 11'6" effort and also took fifth place in the 400-meter intermediate hurdles, while Murdock won the javelin with a hurl of 151'7" and finished second in the shot and fifth in the discus.

Other Maroon medalists included John O'Neill, a junior who took second in the 1600, third in the 800 and fifth in the 3200, Braden who third in the high jump and sixth in the 110-meter high hurdles, Neil Burt, a senior who was third in the 1600 and fourth in the 3200, Ted Winfield, a sophomore who earned fourth in both the long and triple jumps events, Chris Rodgers, a sophomore who took fourth in the pole vault, junior Steve Robinson (4th/110-HH), junior Brian Zuccala (5th/jav), Burn and Brandon Reese, who tied for fifth in the high jump with identical 5'8" efforts, and Damian Plummer, a junior who took sixth in the 800-meter run.

Additionally, the squad's 4X400-meter contingent, which consists of Warton, ninth-grader Andrew Dolgin, Burn and junior Dusty Thomas, finished fifth in the league championship meet. Last Saturday, at the Bergen County-Group 4 meet, the Maroon men did well again by finishing second to only perennial power Hackensack. The Comets totaled 171 points, while Ridgewood registered 83. Don

tied with 72 and Teaneck was fifth with 70.

Next up for Mullin's maroons will be the NJSIAA's North Jersey Section 1, Group 4 Championship Meet, which is slated for Saturday at Clifton Stadium.

County Group IV Meet Fri. 5/16, Sat. 5/17
***** RESULTS *****

FRIDAY'S EVENTS- (at Don Bosco)

Discus:

J.D. Murdock, Chris Mala
127'3" 115'8"

Pole Vault:

Dave Warton, Chris Rodgers, Dan Cooper
11'0" (3rd) 9'6" NH

High Jump:

Jeff Braden, Brandon Reese, Steve Robinson
6'0" (2nd-tie) 5'8" NH

400 IH:

Dave Warton, Chris Rodgers, Steve Robinson
63.8 62.1 60.8

200m:

Dusty Thomas, Ted Winfield, Andrew Dolgin
23.6 (5th) 24.1 DQ

3200m:

Neil Burt, Tim McDonagh, John O'Neill
10:03.3 (5th) 10:10.2 (6th) 9:50.4 (3rd)

SATURDAY'S EVENTS- at Englewood

Long Jump:

Ted Winfield, Dusty Thomas, Jason King
19'10" (1st) 17'0" 16'9"

110m HH:

Jeff Braden, Steve Robinson, Dave Warton
15.9 (2nd) 16.1 (5th) 18.1

100m:

Dusty Thomas, Ted Winfield, Yeon Chung
11.5/11.8 (6th) 11.9 12.2

800m:

John O'Neill, Will Byrne, Damian Plummer
2:02.6 (6th) 2:04.9 2:05.6

400m:

Andrew Dolgin, Chris Rodgers, Jason King
52.6 55.7 58.6

1600m:

John O'Neill, Neil Burt, Tim McDonagh
4:31.4 (2nd) 4:35.9 (4th) 4:46.9

4 x 400m:

Dave Warton, Andrew Dolgin, Will Byrne, Dusty Thomas
3:37.8 (6th) 56.1 54.7 54.2 52.8

Javelin:

J.D. Murdock, Brian Zuccala, Chris Mala
162'4" (1st) 137'7" (3rd) 101'6"

Shot:

J.D. Murdock, Chris Mala, TJ Zurla
47'8.5" (3rd) 36'7.5" 35'1/2"

Triple Jump:

Ted Winfield, Steve Robinson, Andrew Dolgin
40'10" (5th) 37'9" 38'11"

Final Scores:

1. Hackensack.....	171
2. RIDGEWOOD.....	83
3. Don Bosco.....	72
4. Bergen Catholic.	72
5. Teanack.....	70
6. Fair Lawn.....	17

Highlights:

The goal that we set was to come in 2nd, and you did that. Congratulations!! Hackensack is a very good team that's why they are #1 in the county, but you beat the team that was rated #2 in the county going in (Don Bosco) and you beat the team that was rated #4 in the county going in for the third time (Bergen Catholic)! You still are getting better and are one of the best teams in the county! Awesome job by Ted Winfield and J.D. Murdock for getting 1st place in the LJ and the Jav, also by Jeff Braden for 2 second places (HJ and HH) and John O'Neill for 3 places (2nd in the 1600m, 3rd in the 3200m and 6th in the 800m).

Frosh/Soph Relays Mon. 5/19/97

***** RESULTS *****

400 IH:

Frosh- Chris Tobin, Jon Roth, Kurt Makse
3:41.5 71.8 75.1 74.6

Soph- Chris Rodgers, Fumi Suzuki, Matt Raeburn
DQ 61.4 66.5 83.2

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

Frosh- Dave Miller, Sato Yoshikawa, Jon Roth, Tom Trubac
4:01.0 (3rd) 57.3 26.6 27.2 2:09.9

Soph- Mike Olver, Ed Castalanos, Steve Spino, Joe Conn
4:38.2 (5th) 61.1 32.0 29.8 2:36.0

4 x 800m:

Frosh- Jeff Brill, Matt VanZile, Joe Sedo, Jon Fraetel
10:30.0 (3rd) 2:20.3 2:40.9 2:38.8 2:50.0

Soph- (1) Mike Martin, Chris Rodgers, Andrew Cohen, Tim McDonagh
9:04.1 (1st) 2:10.9 2:11.3 2:24.0 2:17.8

Soph- (2) Pat Campbell, Ed Castellanos, A. Forlino, Mike Reis
10:14.6 2:23.4 2:38.2 2:39.9 2:33.8

4 x 110HH:

Frosh- Chris Tobin, Kurt Makse, Jon Fraetel, Jon Roth
1:29.8 (5th) 21.3 22.1 24.0 22.3

4 x 200m:

Frosh (1)- Dave Miller, Dan Cooper, Sato Yoshikawa, Andrew Dolgin
1:46.6 (2nd) 27.0 30.2 26.0 24.4

Frosh (2)- Bob Fisher, Matt Grasso, Bill Harden, Kurt Makse
2:04.2 30.6 33.3 31.9 28.5

Soph- Yeon Chung, Fumi Suzuki, Matt Raeburn, Ted Winfield
1:40.3 (2nd) 24.2 25.2 26.6 24.2

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

Frosh- Jeff Brill, Matt Selhorn, Joe Sedo, Tom Trubac
12:56.3 (3rd) 3:48.0 71.9 2:35.6 5:20.7

Soph-(1) Mike Martin, Matt Raeburn, Chris Rodgers, Tim McDonagh
11:37.2 (1st) 3:32.1 65.9 2:07.4 4:51.9

Soph-(2) Mike Reis, Steve Spino, Anthony Forlino, Andrew Cohen
13:13.6 4:01.4 69.5 2:41.3 5:21.3

4 x 400m:

Frosh(1)- Dave Miller, Dan Cooper, Chris Tobin, Andrew Dolgin
3:57.8 (5th) 58.7 65.1 60.6 53.2

Shot: (2 man)

Frosh- Frank Lockwood, Bob Fisher
60'5" 33'9" 26'8"

Soph(1)- TJ Zurla, Ed Kuzma
69'9.5" 36'7" 33'2.5"

Soph(2)- Gabe Fernandez, Roy Simpadian
59'7" 28'1" 31'6"

Soph(3)- Mike Mongon, Owen Iozzio
48'4.5" 20'2.5" 28'2"

Disc:

Frosh- Frank Lockwood, Jon Fraetel
155'2" (6th) 94'7" 60'7"

Soph(1)- TJ Zurla, Ed Kuzma
191'6" (5th) 92'4" 99'2"

Soph(2)- Gabe Fernandez, Roy Simpadian
162'5" 76'11" 85'6"

Soph(3)- Mike Mongon, Owen Iozzio
135'7" 56'0" 79'7"

Jav:

Frosh- Frank Lockwood, Bob Fisher
172'7" (6th) 94'6" 78'1"

Soph- Roy Simpadian, Yeon Chung
164'1" 86'10" 78'1"

Pole Vault:

Frosh- Dan Cooper, Andrew Dolgin
17'6" (2nd) 9'6" 8'0"

Soph- Chris Rodgers, Mike Olver
17'0" (4th) 9'0" 8'0"

Long Jump:

Frosh(1)- Dave Miller, Dan Cooper
29'9.5" 14'9" 15'1.5"

Frosh(2)- Bill Harden, Matt Grasso
21'8" 9'7" 12'1"

Soph- Ted Winfield, Yeon Chung
36'3.5" (1st) 19'1" 17'2.5"

Triple Jump:

Frosh(1)- Andrew Dolgin, Jeff Brill
39'7.5" (1st) 39'7.5" 31'2"

Frosh(2)- Chris Tobin, Tom Trubac
59'2.5" 30'5.5" 28'9"

Soph- Ted Winfield, Yeon Chung
72'6" (2nd) 36'4" 36'2"

High Jump:

Frosh- Jon Roth, Bob Fisher
5'2" 5'2" NH

Soph- Ted Winfield, Brandon Reese
5'8" (4th) 5'8" NH

Final Scores and places:

Frosh: First 3 places listed out of 15 teams.

1. Hackensack..... 68
2. RIDGEWOOD..... 56
3. River Dell..... 49

Sophs: First 2 places listed out of 15 teams.

1. RIDGEWOOD..... 58 (tie)
2. Garfield..... 58 (tie)

Meet Highlights:

A great team effort by both the frosh and the sophs. It was nice to see you guys run tough in the hot conditions. Congrats to the first place teams. They were: Soph DM, Soph 4 x 800m, Soph LJ, and the Frosh TJ. Impressive by all!!!

1997 Bergen County Freshman Championships

400 IH	Chris Tobin	69.1		
	Jon Roth	74.1		
	Kurt Makse	71.7		
100 M	Dan Cooper	12.1		
	Matt Selhorn	13.6		
	S. Yoshikawa	12.5		
	Matt Grasso	14.3		
	Dave Miller	11.9		
1600M	Tom Trubac	5:09.8		
	Jeff Brill	5:22		
110HH	Chris Tobin	20.3		
	Jon Roth	22.3		
	Kurt Makse	24.5		
800M	Tom Trubac	2:13.6		
200M	Andrew Dolgin	24.4	2nd	8
	Dave Miller	25.9		
	Matt Grasso	30.4		
	S. Yoshikawa	26.5		
3200M	Jeff Brill	11:28	5th	2
	Joe Sedo	11:48		
4 x 400M	Jon Roth	61.8	- 4:06.9	
	Dave Miller	61.7		
	Dan Cooper	64.6		
	Tom Trubac	58.5		
Shot	Frank Lockwood	36' 2"	5th	2
Discus	Frank Lockwood	100' 7"	3rd	6
PY	Dan Cooper	10'	1st	10
TJ	Andrew Dolgin	39' 11 1/2 "	2nd	8
	Jeff Brill	31' 10 1/2 "		
	Tom Trubac	30' 5"		

LJ	Dave Miller	14'		
	Dan Cooper	16' 10 1/2"		
Jay.	Frank Lockwood	105' 1"	5th	2
HJ	Jon Roth	5' 4"	2nd	8
	Chris Tobin	NH		

TOTALS 50 pts 3rd place.

Congratulations on a great season! If you look at these results you can see the future of Ridgewood track and field is bright. The freshman class has enormous potential. You can develop into an outstanding team if you start to take track and field seriously. All your coaches would like to thank you for your hard work and dedication throughout the season.

Other scores:

1st Riverdell	65
2nd Bergen Catholic	56

State Group IV Sectionals Sat. 5/24/97

***** RESULTS *****

Wed. 5/21 Qualifying events for Sat.

Long Jump:

Ted Winfield, Dusty Thomas,
19'6" (6th) 19'9" (5th)

High Jump:

Jeff Braden, Will Byrne, Steve Robinson
NH NH 5'8"

Pole Vault:

Dave Warton, Chris Rodgers, Dan Cooper
11'6" (3rd) 10' 10'

Saturday:

110 HH:

Jeff Braden, Steve Robinson
15.9/16.1 16.3/16.4

100m:

Dusty Thomas, Ted Winfield
11.5 11.9

3200m:

Neil Burt, Tim McDonagh, Sean Seiper
9:48.0 (3rd) 10:14.0 10:57.0

400m:

Andrew Dolgin, Chris Rodgers
53.2 55.5

800m:

Will Byrne, Damian Plummer, Mike Martin
2:03.3 (5th) 2:06.2 2:09.0

200m:

Dusty Thomas, Ted Winfield, Andrew Dolgin
24.0 24.6 24.2

400IH:

Dave Warton, Steve Robinson, Chris Rodgers
60.4 60.7 62.3

1600m:

John O'Neill, Neil Burt, Tim McDonagh
4:34.0 (5th) 4:41.0 4:44.8

4 x 400m:

Dusty Thomas, Andrew Dolgin, Will Byrne, Chris Rodgers
3:37.6 52.3 55.0 53.5 56.7

Javelin:

J.D. Murdock, Brian Zuccala, Chris Mala
167'3" (1st) 137'1" 104'2

Discus:

J.D. Murdock, Chris Mala
125'0" 115'0"

Shot Put:

J.D. Murdock, Chris Mala, TJ Zurla
46'1 1/4 (5th) 38'3 1/4" 37'9 1/2

Meet Highlights:

Great Job to the people who qualified for the State Group IV meet.
They are: Ted Winfield (LJ), Dusty Thomas (LJ), Dave Warton (PV),
Neil Burt (3200m), Will Byrne (800), John O'Neill (1600m),
J.D. Murdock (shot and Jav).

Final Scores: There were 19 teams in this meet and we were 6th.
Here's the top six scores:

1. Vernon..... 67
2. Hackensack. 62
3. Snyder..... 51
4. Clifton.... 42
5. Passaic.... 36
6. RIDGEWOOD.. 31

League of Champions of Ridgewood

Friday, May 23, 1997 Vol. 11, Number 21 Hand-delivered every day by the U.S. Postal Service



LEAGUE CHAMPS: Jeff Braden, Will Byrne and Chris Mala led the RHS track team to its first undefeated season in 22 years **SEE STORY PAGE 23** (Photo by Bill Allen, Sports Editor)

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, 11.58.

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, Andrea Glanotti, 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, 51.80.

800 — 1, Tom Redmond, Bergen Catholic, 1:54.82; 2, Cavrel Silvera, Fort Lee, 1:55.58; 3, Jim Vogel, Fair Lawn, 1:58.59; 4, Rick Lehmbeck, Don Bosco Prep, 1:58.70; 5, Romeo Joseph, Hackensack, 1:58.73; 6, Javlan Quintana, Paramus, 1:59.15.

1600 — 1, Tom Baldwin, Hackensack, 4:21.91; 2, Mike Hasan, Bergenfield, 4:25.98; 3, Allen Rubel, Ramsey, 4:28.42; 4, Matt Caporaletti, Westwood, 4:31.27; 5, John O'Neill, Ridgewood, 4:31.92; 6, Matt Kulken, 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 Glancola, New Milford, 9:51.08.

400 IH — 1, Anthony Crews, Mahwah, 54.53; 2, Mike D'Angelo, Ramsey, 54.80; 3, Jon Lewis, River Dell, 55.68; 4, Mike Novas, Lyndhurst, 55.92; 5, Joe Fleming, Teaneck, 58.05; 6, Dan Trafficante, Ridgewood, 57.32.

110 HH — 1, D'Angelo, Ramsey, 14.94; 2, Averil Grimes, Hasbrouck Heights, 14.94; 3, Shawn Samuels, Englewood, 15.25; 4, Mike Stansfield, Garfield, 15.28; 5, Mike Miller, Bergen Catholic, 15.88; 6, Antonio Marino, Ridgewood 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, 21-1 1/2; 2, Greco, NV/Demarest, 21-1/4; 3, Paul Berberian, NV/Old Tappan, 20-11 1/4; 4, Andre Walker, Leonia, 20-8; 5, Tony Sifonios, Rutherford, 20-2 1/4; 6, Gareth Hedges, Westwood, 20-2.

Triple Jump — 1, Mikkel Brown, Glen Rock, 45-2 1/2; 2, Joe Yun, Becton, 44-6; 3, Neal Okarter, Westwood, 43-9 1/4; 4, Mike Mollera, Teaneck, 43-5 1/2; 5, Bernie Hayes, St. Joseph, 42-9; 6, John Nejman, NV/Demarest, 42-8 1/2.

High Jump — 1, James Van Orden, Don Bosco Prep, 6-6; 2, Stanfield, Garfield, 6-4; 3, Topi Adekambi, Hackensack, 6-2; 4, Eom McGinty, Ridgewood, 6-0; 5, Jeff Braden, Ridgewood, 6-0; 6, Berberian, NV/Old Tappan, 6-0.

Javelin — 1, John Dixon, Ridgewood Park, 199-0; 2, Ryan Mulkean, 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, 50-3 1/4; 3, Dean Hoeger, NV/Demarest, 50-1 1/4; 4, Augie Hoffman, St. Joseph, 49-5 1/4; 5, Miguel Serra, Pascack Hills, 48-9 1/4; 6, Matt Quinn, Bergen Catholic, 48-8 1/4.

Pole Vault — 1, Josh Ross, Westwood, 13-0; 2, Adam Zajack, Ridgewood Park, 13-0; 3, Bob Chalener, Dumont, 13-0; 4, Fred Castrovinski, Lyndhurst, 12-6; 5, Marc Freschi, Ramsey, 12-0; 6, Bret Triantafyllou, Ridgewood Park, 12-0.

GIRLS

100 — 1, Melissa Bocharo, 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 Skubik, Ramsey, 1:01.03; 5, Cassie McLauthen, Ramsey, 1:01.20; 6, Latoya Thomas, Hackensack, 1:01.45.

800 — 1, Julie Clifton, Holy Angels, 2:18.68; 2, Tracy Della Torre, Glen Rock, 2:19.65; 3, Caitlin Wiltreich, Tenafly, 2:20.91; 4, Meg McDermott, Ridgewood, 2:21.62; 5, Erika Pappacoli, 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 Pegelse, 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, 15.69; 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, 17-10 1/4; 2, Gwen Scanel, Hackensack, 16-7 1/4; 3, Janet Andrews, Bergenfield, 16-7 1/4; 4, Sandra Fernandez, Pascack Valley, 16-3; 5, Packman, Pascack Hills, 16-1 1/4; 6, Roberts, Teaneck, 16-1/4.

Triple Jump — 1, Cummings, Englewood, 39-3 1/4; 2, Frazer, NV/Demarest, 35-10 1/4; 3, Tammi Jordan, Englewood, 35-9; 4, Devon Hudson, Hackensack, 35-3 1/4; 5, Charnie Carter, Lyndhurst, 34-4; 6, Carmen Tsang, Indian Hills, 34-2 1/4.

High Jump — 1, Cheryl Burdick, Ramsey, 5-6 1/4; 2, Frazer, NV/Demarest, 5-2; 3, Ann Wozel, 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, Wozel, 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, 118-8; 2, Chaya Tesker, NV/Old Tappan, 117-10; 3, Valerie Epps, Englewood, 110-3; 4, Jen Filchum, NV/Demarest, 108-7; 5, Claudia Heim, Immaculate Heart, 105-6; 6, Danielle McGulins, Westwood, 104-11.

Shot Put — 1, Filchum, NV/Demarest, 37-2; 2, Erika Czujko, Garfield, 36-6; 3, Shayna Brown, Ridgewood, 36-1 1/4; 4, Keisha Owen, Lodi, 35-7 1/4; 5, McGulins, Westwood, 33-11; 6, Tesker, NV/Old Tappan, 33-6.

***** Bergen County Meet of Champs Tue. 5/27/97
***** RESULTS *****

Javelin:

J.D. Murdock- 157'5" (6TH)

Pole Vault:

Dave Warton- 11'6"

Shot Put:

J.D. Murdock- 50'6" (1ST) County Champ!

110m HH:

Jeff Braden- 15.85, Steve Robinson- 16.04

400IH:

Dave Warton- 60.02

1600m:

John O'Neill- 4:31.92 (5TH)

200m:

Dusty Thomas- 23.6

3200m:

Neil Burt- 9:42.0 (3RD), Tim McDonagh- 10:08.8

HJ - J. Braden 6'0" (5th)

Meet Highlights:

A great night! J.D. with the win in the shot was outstanding! All others competed well and looked super! Ridgewood track looks good!

Sophomore Championships Wed. 5/27/97
***** RESULTS *****

400m IH:

Chris Rodgers, Fumi Suzuki
63.1 64.1

100m:

Yeon Chung, Ted Winfield, Steve Spino
12.2 11.8/11.7 14.0

1600m:

Tim McDonagh- 4:56.0, Mike Martin- 5:07, Andrew Cohen- 5:12.0,
Mike Reis- 5:35.0

400m:

Matt Raeburn- 63.1

800m:

Mike Martin- 2:15.0, Ed Castelanos- 2:35.0,
Anthony Forlino- 2:37.0, Mike Reis- 2:27.6, Mike Olver- 2:27.0

200m:

Yeon Chung- 24.8, Ted Winfield- 24.7, Steve Spino- 28.1,
Matt Raeburn- 27.7, Fumi Suzuki- 24.7

3200m:

Andrew Cohen- 11:29.0, Joe Conn- 11:57.0

4 x 400m:

Chris Rodgers, Mike Martin, Fumi Suzuki, Mike Olver
4:06.7 58.0 59.6 61.4 67.0

Long Jump:

Ted Winfield- 20'3 1/2" (2nd), Yeon Chung- 18'3"

Triple Jump:

Yeon Chung- 38'6 1/2" (3rd)

Shot Put:

TJ Zurla- 36'7", Ed Kuzma- 32'3", Roy Simpadian- 34'2",
Gabe Fernandez- 33'2", Owen Iozzio- 29'3", Ted Winfield- 35'10"

Disc:

TJ Zurla- 83'0", Ed Kuzma- 102'7", Roy Simpadian- 79'11",
Gabe Fernandez- 77'10", Owen Iozzio- 76'0"

Jav:

Roy Simpadian- 96'2", Ed Kuzma- 80'0"

Pole Vault:

Chris Rodgers- 10'6" (2nd), Mike Olver- 8'6"

***** RESULTS State Group IV Meet Fri, Sat, 5/30,31/97 *****

Friday's Events:

3200m:

Neil Burt- 9:56.2

Long Jump:

Ted Winfield- 20'4 1/2", Dusty Thomas- NM

Shot Put:

J.D. Murdock- 48'2"

Saturday's Events:

1600m:

John O'Neill- 4:30.4

800m:

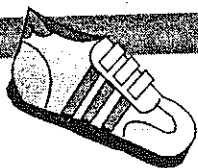
Will Byrne- 2:06.2

Javelin:

J.D. Murdock- 162'8"

Pole Vault:

Dave Warton- NH



THE RECORD'S POLLS

BOYS TRACK

BERGEN GROUP 1-2

- Westwood (4)** — After a narrow loss to Englewood at the BCSL American meet, the Cardinals rebounded with an impressive victory at the Bergen Group 2 championship. Balance was the key as Westwood scored in 12 events. **(Points: 24)**
- Glen Rock (1)** — The Panthers followed their B-PSL Carpenter win with an overwhelming victory in Bergen Group 1, scoring as many points as the next three teams combined. Mikkel Brown won four events and the Panthers won three other races. **(Points: 21)**
- Mahwah** — The Thunderbirds followed their NBIL Division 2 meet win with a good second-place finish in Group 2 Bergen. The Thunderbirds were just four points behind Westwood with four events to go, but ran out of steam. **(Points: 13)**
- Englewood** — The Maroon Raiders pulled off a major upset in the BCSL American meet, defeating Westwood by four points. They finished just a point behind Mahwah in Bergen Group 2. **(Points: 12)**
- Ridgefield Park** — The Scarlets finished a point behind Ramsey in Bergen 2, but their point scorers should hold up a touch better in the sectionals. **(Points: 3)**

Also receiving votes — Ramsey 2.

BERGEN GROUP 3-4

- Hackensack (5)** — The Comets dominated both the NNJIL Pacific and Bergen Group 4 meets. They shoot for the Triple Crown in the sectionals Saturday against a rugged field. **(Points: 25)**
- St. Joseph Regional** — The return from injury of Nick DiVito and Vin Ciurciu helped the Green Knights to the Bergen 3 title, their first County group win in 27 years. **(Points: 12)**
- Ridgewood** — A championship victory in the NNJIL Atlantic by three points and a good second-place finish in Bergen Group 4 boosts the Maroons into

the top five. **(Points: 10)**

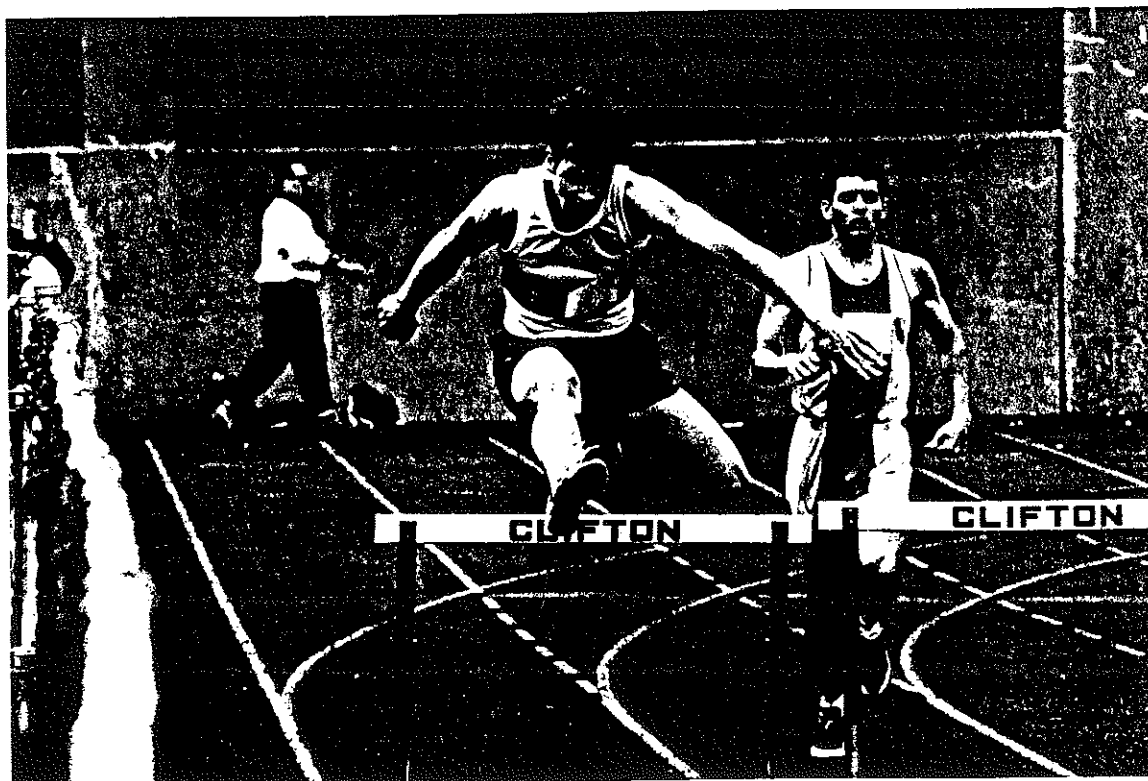
- NV/Demarest** — The win over archrival Northern Valley at Old Tappan in the NBIL Division 1 meet was more narrow than expected, but the Norsemen finished a solid second in Bergen Group 3. **(Points: 9)**
- Don Bosco Prep** — The young Ironmen were a distant second behind Hackensack in the NNJIL Pacific meet and then tied for third in Bergen Group 4. A team to watch next year. **(Points: 7)**
- Bergen Catholic** — The Crusaders were just three points behind Ridgewood in the NNJIL Atlantic meet and tied Don Bosco for third in Bergen Group 4. **(Points: 7)**

Also receiving votes — Teaneck 5.

PASSAIC/MORRIS

- Passaic (5)** — The Indians came through after a so-so NNJIL Atlantic meet to win the Passaic County championship behind Linden Richmond, Matt Durham, and Bernard Fraser, who combined for 58 points. **(Points: 25)**
- Clifton** — The Mustangs had a terrific second-place finish in the Passaic County championships and could be a real sleeper in the State sectionals Saturday. **(Points: 20)**
- Passaic Valley** — The surprise winners of the Northern Hills Skyline title, the Hornets finished third in the Passaic County meet and move into the top five. **(Points: 14)**
- Lakeland** — The Lancers still finished fifth in the Passaic County meet and were second to PV in the Northern Hills Skyline meet. **(Points: 6)**
- Wayne Hills** — The Patriots were a surprisingly strong third in the NBIL 1 meet and a solid fourth in Passaic County, paced by sophomore standout Guy Rose. **(Points: 4)**

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



May 28, 1997

To: Principals and Athletic Directors
From: Frank Rezzonico and Fred Chomko, Sport Chairmen
RE: FINAL LEAGUE STANDINGS, SPRING TRACK

BOYS PACIFIC DIVISION

<u>School</u>	<u>Dual Meet Place</u>	<u>Championship Meet Place</u>	<u>Final Points</u>
Hackensack	1st	1st	8.0
Don Bosco Prep	2nd	2nd	7.0
St. Joseph Regional	3rd	3rd	6.0
Paramus Catholic	5th	4th	4.5
Teaneck	4th	5th	4.5
Nutley	6th	7th	2.5
Paramus	7th	6th	2.5
Belleville	8th	8th	1.0

GIRLS PACIFIC DIVISION

<u>School</u>	<u>Dual Meet Place</u>	<u>Championship Meet Place</u>	<u>Final Points</u>
Hackensack	1st	1st	7.0
Teaneck	2nd	2nd	6.0
Immaculate Heart	3rd	4th	5.0
Paramus Catholic	5th	3rd	4.0
Nutley	4th	5th	3.0
Paramus	6th	6th	2.0
Belleville	7th	7th	1.0

BOYS ATLANTIC DIVISION

<u>School</u>	<u>Dual Meet Place</u>	<u>Championship Meet Place</u>	<u>Final Points</u>
Ridgewood	1st	1st	9.0
Bergen Catholic	2nd	2nd	8.0
Montclair	4th	3rd	6.5
Passaic	3rd	4th	6.5
Clifton	5th	5th	5.0
Eastside	7th	6th	3.5
JF Kennedy	6th	7th	3.5
Barringer	9th	8th	1.5
Bloomfield	8th	9th	1.5

GIRLS ATLANTIC DIVISION

<u>School</u>	<u>Dual Meet Place</u>	<u>Championship Meet Place</u>	<u>Final Points</u>
Eastside	1st	1st	8.0
Ridgewood	Tie 2nd	2nd	7.0
Clifton	Tie 2nd	3rd	6.0
Passaic	Tie 4th	5th	5.0
Montclair	6th	4th	4.0
JF Kennedy	Tie 4th	6th	3.0
Bloomfield	7th	7th	2.0
Barringer	8th	8th	1.0

1997 ALL NNJIL SPRING TRACK ATLANTIC BOYS		
<u>EVENT</u>	<u>ATHLETE</u>	<u>SCHOOL</u>
100 M	Jarac Granderson	Montclair
	Ryan Cook	Montclair
200 M	Tony Brown	Clifton
	Ryan Cook	Montclair
400 M	Tony Brown	Clifton
	Tom Duggan	Bergen Catholic
800 M	Tom Redmond	Bergen Catholic
	Bernard Fraser	Passaic
1600 M	Bernard Fraser	Passaic
	John O'Neil	Ridgewood
3200 M	Bernard Fraser	Passaic
	Nilesh Patel	Passaic
110 MH	Justin Avery	Montclair
	Daren Smith	Eastside
400 MH	Fred Brown	Montclair
	Tom Redmond	Bergen Catholic
High Jump	Linden Richmond	Passaic
	Shawn Page	Barringer
Pole Vault	Dave Wharton	Ridgewood ✓
	Robert Miller	Bergen Catholic
Long Jump	Maurice Ingram	Eastside
	Shawn Page	Barringer
Triple Jump	Tyrone Johnson	JF Kennedy
	Jason Hibbert	JF Kennedy

Shot Put

Cheo Johnson
JD MurdockMontclair
Ridgewood

Discus

Mike Curtis
Cheo CohnsonBloomfield
Montclair

Javelin

JD Murdock
Jim FisherRidgewood ✓
Bergen Catholic

4 x 400 M Relay

Tom Duggan
Mike Miller
John D'Izzla
Tom Redmond

Bergen Catholic

Clifton

