

Ridgewood High School

Winter Track

1997-98

WINTER TRACK 1997-98

FROSH

-
1. Bankus Jared
 2. Bertoni James
 3. Doody Kathleen
 4. Fionda Joe
 5. Freeland Adam
 6. Garrett Jullia
 7. Hemmel Brittany
 8. Hundgen Mike
 9. Johnson Rebecca
 10. Martin Chrissy
 11. Perrone Alana
 12. Peters Sarah
 13. Petroccelli Steph
 14. Provenzano Michelle
 15. Roszkowski Veronica
 16. Schneider Bryan
 17. Thyssen Lillian
 18. Van Engel Madeleine
 19. Vetter Alisa
 20. Wiest Whitney
 21. Wimer Lauren
 22. Woodburn John
 23. Zucaro Jennifer
 24. Zucaro Katherine
 25. Zuccala Janine

SOPHS

1. Aldave Katty
2. Brophy Carolyn
3. Brownell Julia
4. Bruno Lesley
5. Cheslack Brenna
6. Cooper Dan
7. Dolgin Andrew
8. Dunn Taylor
9. Ferrazzano Jess
10. Gregg Jess
11. Herold Sarah
12. Kalfus Rob
13. Kane Meghan
14. Kauke Josh
15. Latonich Katie
16. Lee Edison
17. Lockwood Frank
18. Lynch Colleen
19. Mojo Jen
20. Nelson Diane
21. O'Neill Tara
22. Rasparohit Nina
23. Smith Mo
24. Tobin Chris
25. Wells Sara

JUNIORS

1. Belknap Kara
2. Brown Shayna
3. Cannon Jamie
4. Charles Christine
5. Cobin Jeremy
6. Cohen Andrew
7. Echeandia Amelia
8. Forlino Anthony
9. Lamothe Helena
10. Law Ana
11. Martin Mike
12. McDermott Meg
13. Mullin Christine
14. Porro Jessie
15. Raeburn Matt
16. Schiefen Monica
17. Sprich Julie
18. Vogelbach Lizzie
19. Winfield Teal

SENIORS

1. Ferdon Jen
2. Hemmel Javan
3. Hoogland Karen
4. MacAlister Maureen
5. Murdock J.D.
6. Newman Amanda
7. O'Neill John
8. Plummer Damian
9. Robinson Steve
10. Sargen Paul
11. Sedo Celeste
12. Strahle Jenn
13. Sieper Sean
14. Sullivan Kevin
15. Thomas Dusty
16. Warton Dave
17. Wilson Michele

Team Accomplishments

Girls:

- 1st place in county relays
- 1st place in league meet
- 3rd place in state group IV meet

Boys:

- 3rd place in county relays
- 1st place in league meet

Coaches:

Mike Mullin
Sue Dunn
Torre Watson

***** RESULTS *****

Varsity Shot:

Boys: J.D. Murdock- 48'5 1/4 (2ND), Brian Zuccala- 44'4"

Girls: Shayna Brown- 33'8 3/4" (2ND), Michele Wilson- 26'10 1/4"

Novice Shot:

Boys: Edison Lee- 31'4 3/4", Frank Lockwood- 39'2" (5TH)

Girls: Amanda Newman- 23'1"

Varsity HJ:

Boys: Steve Robinson- 5'8"

Varsity PV:

Boys: Dave Warton- NH, Dan Cooper- NH

Shot put sweep leads area girls

HACKENSACK — Area girls swept the shot puts Sunday at the FDU Holiday Classic at the Rothman Center.

INDOOR TRACK

Junior Labelle Hillgrove of Passaic, the 1997 state runner-up, won the girls large school shot with a toss of 37 feet, 9½ inches to defeat Ridgewood's Shayna Brown by nearly 4 feet.

Junior Jennifer Flinchum of Northern Valley/Demarest won the small school shot with a toss of 35-8½, more than 3½ feet ahead of Lacey Martens of Secaucus, and Lila Lee of Demarest was third.

Neal Okarter of Westwood was the other area winner, pacing a 1-2 Cardinal finish in the small schools long jump with a leap of 20-4½, 4¾ inches ahead of teammate Gareth Hedges.

In track action Friday, Saddle Brook's Vicki Byrne won the small schools varsity girls 800 meters in 2 minutes, 29.2 seconds.

AT ROTHMAN CENTER, HACKENSACK

VARSIY BOYS LARGE SCHOOLS

High jump — 1, Todd Matthews, Notre Dame, 6-4.
Long jump — 1, Blair Woodward, Scotch Plains, 21-9; 5, Jarret Jackson, Passaic Tech, 18-8.
Pole vault — 1, Jamour Maddux, Farmingdale, 13-

Shot put — 1, Ted Amentine, Trenton, 49-10½; 2, J.D. Murdock, Ridgewood, 48-5½; 3, Eddie Bruce, Bergenfield, 46-4; 5, Julio Izquierdo, Fort Lee, 45-8½.

VARSIY BOYS SMALL SCHOOLS

High jump — 1, Omar Wheeler, Arts, 5-10; 3, Ite, Gareth Hedges, Westwood, 5-8; 5, Neil Okarter, Westwood, 5-8.

Long jump — 1, Neal Okarter, Westwood, 20-4½; 2, Gareth Hedges, Westwood, 19-11½; 4, Nick Garrett, Saddle Brook, 19-1; 5, Oaigbembe Coombs, Englewood, 17-8½.

Pole vault — 1, Nick Giaculli, Matawan, 13-0; 4, tie between Gareth Hedges, Westwood and Gallo Mendoza, Saddle Brook, 10-0.

Shot put — 1, Shane Vergari, Matawan, 55-5½; 4, Brian Sheldon, Westwood, 45-2½; 5, Mike Bieltz, Dumont, 41-8.

VARSIY GIRLS LARGE SCHOOLS

High jump — 1, Dierdre Mullen, Notre Dame, 5-4; 3, Natalie Popowicz, Clifton and Melissa Dutch, Clifton, 4-10.

Long jump — 1, Kathleen McCabe, Notre Dame, 18-0½; 2, Lynn Irwin, Bergenfield, 15-5; 4, Mary Jones, Hackensack, 14-10½.

Shot put — 1, Labelle Hillgrove, Passaic, 37-9½; 2, Shayna Brown, Ridgewood, 33-8½; 5, Kristin Tedesco, West Millford, 31-10½.

VARSIY GIRLS SMALL SCHOOLS

High jump — 1, Erin Byrne, Monroe, 4-10.

Long jump — 1, Carissa D'Elia, Ridge, 15-3½; 2, Jamie Lillen, Pascack Valley, 15-1½; 3, Michelle Kim, Saddle Brook, 14-7½.

Shot put — 1, Jennifer Flinchum, NV/Demarest, 35-8½; 2, Lacey Martens, Secaucus, 32-0½; 3, Lila Lee, NV/Demarest, 31-8; 5, Allie Marks, Saddle Brook, 30-2½.

Season Opener Invite

Tue. Dec. 22, 1997

***** RESULTS *****

55m dash:

Novice:

Boys- Paul Sargen- 7.8, Jeremy Cobin- 7.9, Dan Cooper- 7.1

Girls- Jen Ferdon- 9.3, Christine Charles- 10.1,
Amelia Echeandia- 10.1, Helena Lamothe- 7.6/7.7/8.0 (5TH),
Jessie Porro- 8.2/8.0, Brenna Postava- 9.8,
Jess Ferrazzano- 11.6, Nina Rasparohit- 9.9,
Meeta Shah- 8.9, Mariana Traverso- 8.8, Jen Mojo- 8.5,
Yael Bromberg- 9.9, Jen Strahle- 8.5

Frosh:

Boys- James Bertoni- 8.9, Adam Freeland- 8.2, B.Schneider- 8.0,

Girls- Kathleen Doody- 9.1, Julia Garret- 8.3,
Alana Perrone- 9.3, Sarah Peters- 9.4, S. Petroccelli- 9.1/8.8,
Lillian Thyssen- 10.1, Madelene Van Engel- 10.1,
Alisa Vetter- 8.9/8.4, Whitney Wiest- 9.0,
Jen Zucaro- 8.6/8.7, Kath Zucaro- 8.8.

55m HH:

Varsity:

Boys- Steve Robinson- 8.2/8.3

Girls- Ana Law- 10.2, Karen Hoogland- 11.1

Novice:

Boys- Chris Tobin- 11.1, R. Kalfus- 11.9

Girls- Jess Gregg- 11.7, Sarah Herold- 12.4

3200m run:

Varsity only:

Boys- Andrew Cohen- 11:38

Girls- Monica Schiefen- 12:31.2 (6TH)

4 x 1 Lap(200m each):

Novice:

Boys- Chris Tobin, Paul Sargin, Jeremy Cobin, Dan Cooper
1:46.0 27.1 28.2 (200) 26.0 24.7

Girls- (1) Jess Gregg, Jessie Porro, Helena Lamothe, Jen Ferdon
2:01.3 32.4 30.2 (200) 27.1 31.6

(2) Christine Charles, C. Mullin, Sarah Herold, Meeta Shah
2:19.2 34.1 (200) 32.0 30.1 38.0

(3) Meg Kane, Amelia Echeandia, J. Ferrazzano, Mariana T.
2:27.2 34.1 (200) 37.2 39.5 36.3

(4) Y. Bromberg, J. Mojo, N. Rasparohit, Brenna Postava
2:14 32.9 31.9 33.4 36.5 (200)

Frosh:

Boys- James Bertoni, Adam Freeland, Bryan Schneider, J. Woodburn
2:02.5 31.2 31.3 28.6 30.1 (200)

Girls- (1) Jen Zucaro, Kath Zucaro, R. Johnson, Julia Garret
2:09 (3RD) 31.2 29.6 36.4 (200) 32.3

(2) Alana Perrone, Sarah Peters, Steph Petrocelli, Lillian Thyssen
2:23.1 34.2 34.1 32.9 40.0 (200)

(3) Jen Strahle, Kath Doody, Alissa Vetter, Whitney Wiest
2:15 32.3 33.9 33.9 34.9

800m:

Varsity only:

Girls- Julie Sprich- 2:39.9,

4 x 800m:

Novice:

Boys- (1) Sean Seiper, Andrew Cohen, Mike Martin, Kevin Sullivan
9:32.1 2:14.8 2:26.8 2:17.5 2:33.0

(2) Josh Kauke, Anthony Forlino, Matt Raeburn, Jamie Cannon
10:07.7 2:17.0 2:39.0 2:37.0 2:34.0

Girls- C. Lynch, Carolyn Brophy, Tara O'Neill, Taylor Dunn
11:11.9 (1ST) 2:51.9 2:51.2 2:42.4 2:45.9

(2) Katty Aldave, Sara Wells, Katie Latanich, Diane Nelson
12:00 3:00.3 2:57.0 3:07.0 3:03

Frosh:

Girls-

V. Roszkowski, C. Martin, M. Provenzano, R. Johnson
11:55.0 (1ST) 2:56.6 3:01.5 2:56.3 2:55.0

300m dash:

Varsity only:

Boys- Javan Hemmel- 41.2, Steve Robinson- 42.6, Dave Warton- 39.6

Girls- Maureen McAlister- 49.4, Ana Law- 49.7, Kara Belknap- 47.8,
Leslie Bruno- 45.8, Karen Hoogland- 50.3

1600m run:

Varsity only:

Boys- John O'Neill- 4:40.4 (1ST), Damian Plummer- 4:55.4

Girls- Meg McDermott- 5:35.0 (1ST), Monica Schiefen- 5:45.6 (5TH)

4 x 400m:

Varsity:

Boys- Damian Plummer, Javan Hemmel, Dave Warton, John O'Neill
3:46.0 (3RD) 55.8 57.3 57.6 54.8

Girls- (1) Maureen McAlister, Ana Law, Kara Belknap, Leslie Bruno
4:31.0 (2ND) 68.6 68.2 67.3 67.1

(2) Meg McDermott, Julie Sprich, Helena Lamothe, Karen Hoogland
4:42.0 68.0 71.0 71.7 72.0

Novice:

Boys: (1) S. Robinson, Dan Cooper, Mike Martin, Sean Seiper
4:05.6 59.3 60.9 59.3 66.1

(2) Kevin Sullivan, Jeremy Cobin, Paul Sargin, Jamie Cannon
4:17.3 65.6 63.7 63.4 64.5

(3) Josh Kauke, Anthony Forlino, Matt Raeburn, Chris Tobin
DNF 67.7 DNF

Girls:

(1) Carolyn Brophy, Colleen Lynch, Taylor Dunn, Jess Porro
4:47.2 (1ST) 72.0 73.6 74.3 67.7

(2) Katty Aldave, Diane Nelson, Tara O'Neill, Jess Gregg
4:55.0 76.2 77.1 74.5 67.6

(3) Christine Charles, Meeta Shah, Sarah Herold, Jen Ferdon
5:29.0 89.5 86.0 74.7 78.1

(4) Sara Wells, Jen Mojo, Meg Kane, Brenna Postava
5:18.0 77.0 83.0 77.1 81.1

Frosh:

Girls: Jen Zucaro, Kath Zucaro, A. Vettters, S. Petrocelli
5:05.0 (3RD) 74.0 72.5 70.1 78.3

(2) Kath Doody, C. Martin, Julia Garrett, W. Weist
5:47.5 94.6 80.9 81.9 91.5

(3) Sarah Peters, R. Johnson, M. Provenzano, V. Roszkowski
5:15.0 (5TH) 70.1 80.6 75.2 73.9

Highlights:

Great first meet! Super individual efforts by John O'Neill and Meg McDermott for getting 1st's in the mile. Awesome team efforts by the novice and frosh girls 4 x 800's for getting 1st's in each. I was impressed with the team unity, enthusiasm, and effort given by all during the meet. Keep it up!!

Pearl River Invite Sat. 12/27/1997

***** RESULTS *****

55m HH:

Sophs-

Boys- Rob Kalfus- 13.5

Girls- Jess Gregg- 11.4, Sarah Herold- 12.3

1600m:

Sophs:

Boys- Josh Kauke- 5:02.1

Girls- Taylor Dunn- 6:16.9, Meg Kane- 6:48.9,
Colleen Lynch- 6:16.4, Diane Nelson- 6:19.7,
Tara O'Neill- 5:52.3 (6TH), Carolyn Brophy- 6:10.2,
Katty Aldave- 6:21.1

300 yard dash:

Sophs:

Boys- Rob Kalfus- 44.8

Girls- Jess Ferrazzno- 63.3, Nina Rasparohit- 53.5,
Mariana Traverso- 56.0, Amy McDonald- 57.1

Frosh:

Girls- Brittany Hemmel- 47.3, Lauren Miller- 52.9,
Alana Perrone- 47.5, Steph Petrocelli- 48.7,
Whitney Wiest- 52.0, Jen Zucaro- 45.8, Kath Zucaro- 45.3

800m:

Sophs:

Boys- Josh Kauke- 2:16.1

4 x 800m-

Sophs:

Girls-

(1) Taylor Dunn, Carolyn Brophy, Tara O'Neill, C. Lynch,
11:15.2 2:54.5 2:51.1 2:40.4 2:49.1

(2) Diane Nelson, Katy Aldave, Meg Kane, Rebecca Johnson
11:46.0 2:55.0 2:55.0 3:01.0 2:53.0

4 x 400m:

Sophs:

Girls- Sarah Herold, Janine Zuccala, Nina Rasparohit, Alana Perrone
5:24.0 74.1 83.2 87.8 89.4

Frosh:

(1) Jen Zucaro, Kath Zucaro, Steph Petrocelli, Brittany Hemmel
5:04.0 74.0 73.5 78.2 77.9

Shot Put:

Frosh:

Boys- Jared Bankus- 25'0", Mike Hundgen- 23'6",

Girls- Brittany Hemmel- 22'8", Janine Zuccala- 16'9"

Pole Vault:

Sophs- Dan Cooper- 9'6" (1ST)

Seton Hall

December 28, 1997

***** RESULTS *****

Shot Put:

Boys- J.D. Murdock- 48'0" (2ND)

High Jump:

Boys- Steve Robinson- 5'8"

Girls- Lesley Bruno- NH

Long Jump:

Girls- Helena Lamothe- NM, Maureen McAlister- NM

Triple Jump:

Girls- Helena Lamothe- 33'0" (1ST)

12:00 Noon

Distance Medley:

Boys- Damian Plummer, S. Robinson, Andrew Dolgin, John O'Neill
11:17.9 (4TH) 3:27.2 60.0 2:16.4 3:34.5

Girls- Monica Schiefen, Lesley Bruno, Julie Sprich, Meg McDermott
13:34.9 4:05.8 69.5 2:47.1 5:32.5

4 x 400m:

Boys- Damian Plummer, S. Robinson, John O'Neill, Andrew Dolgin
3:54.8 58.3 64.5 56.1 56.1

Girls- Maureen McAlister, Kara Belknap, M. McDermott, Leslie Bruno
4:33.0 68.9 68.4 67.2 68.2

Bergen County Developmental I

Tue. Jan. 6, 1998

***** RESULTS *****

60 yd dash:

Girls: Lizzie Vogelbach- 7.7, Jess Porro- 7.9

55m HH:

Boys: Steve Robinson- 8.3/8.2 (4TH)

Girls: Ana Law- 10.1, Karen Hoogland- 9.9

3200m relay(4 x 800m):

Boys:

Damian Plummer, Mike Martin, Sean Seiper, John O'Neill
8:33.7 (2ND) 2:08.7 2:11.8 2:07.9 2:05.2

Girls:

(1) Meg McDermott, Tara O'Neill, Monica Schiefen, Celeste Sedo
10:09.6 (2ND) 2:30.7 2:37.1 2:36.5 2:25.3

(2) Carolyn Brophy, Taylor Dunn, Colleen Lynch, Julie Sprich
11:05.1 2:51.0 2:47.0 2:47.0 2:40.1

400m dash:

Boys: Dave Warton- 56.5

Girls: Jessie Porro- 67.9, Lizzie Vogelbach- 65.6,
Leslie Bruno- 67.1

600m dash:

Boys: Javan Hemmel- 1:35.1 (4TH)

Girls: Maureen McAlister- 1:55.8, Kara Belknap- 1:55.9,
Ana Law- 1:55.9

1000m:

Boys: Damian Plummer- 2:50.8, Mike Martin- 2:59.1,
Sean Seiper- 2:53.5, John O'Neill- 2:44.9 (1ST)

Girls: Meg McDermott- 3:13.9 (2ND), Tara O'Neill- 3:30.0,
Monica Schiefen- 3:19.1, Celeste Sedo- 3:13.7 (1ST),
Carolyn Brophy- 3:43.2, Taylor Dunn- 3:40.1,
Julie Sprich- 3:43.2

4 x 400m:

Boys: Dave Warton, J. Hemmel, Steve Robinson, Andrew Dolgin,
3:45.1 (4TH) 56.4 58.3 55.3 55.2

Girls: Kara Belknap, Ana Law, Leslie Bruno, Lizzie Vogelbach
4:30.5 (3RD) 68.6 70.8 67.0 64.3

Comments:

A nice meet. You are getting better and must continue to do so going into the championship season. Keep up the good work!

Lawson, O'Neill post comebacks in winning races

By PAUL SCHWARTZ
Correspondent

TRACK

HACKENSACK — Athletes making comebacks was the dominant theme Tuesday night at the Bergen County Development track meet at the Rothman Center.

Not necessarily coming from behind to capture victories, although both Diana Lawson of Queen of Peace and John O'Neill of Ridgewood did that in winning events. But comebacks of all sorts.

For Lawson, it was a comeback to the form that made her one of the top freshman in North Jersey last indoor season, and a comeback to track after skipping last spring.

For O'Neill, it was a comeback after a disappointing ending to his 1997 cross-country season with an eye toward wiping out his injury-riddled junior year.

And for Vicky Byrne of Saddle Brook, it marked a comeback from a stunning 800-meter loss two weeks ago and a return to the form that earned her a State Group 1 outdoor championship two years ago.

Lawson won the girls 400 in 62.3 seconds, defeating Janna Kohout of Glen Rock with a sensational finish after Kohout had opened a big lead.

"I didn't want to let her get further away from me and I tried to get her in the first turn [on the final lap], but it took longer than I expected before I caught her," said Lawson, who pulled away in the final straightaway to win by five yards.

"I always wanted to run indoors, and I want to support the team, but it was too much for me to run outdoors last year," said Lawson, who was second team in both the 300 and 400 last winter. "I still don't know what I'm going to do this spring, but I'm happy I'm running now."

For O'Neill, who led the Maroons to a stunning upset in the Group 4 sectional cross-country championships last fall, but missed a spot in the State Meet of Champions with a subpar Group 4 State this fall, his come-from-behind victory over nemesis Tom Baldwin of Hackensack, his second such win in two weeks, boosted his confidence for what he hopes will be a terrific senior year.

"I just felt I had a good kick in the end left tonight," said O'Neill, who allowed the race to go through

finishing strong to to win in 2:44.9, five yards ahead of Corey Kunz of St. Joseph Regional, with Baldwin fading to third. "I was disappointed that we didn't do better in cross-country with it being Mr. [Larry] Coyle's last year, but I'm glad my confidence is back in the indoor season. Tom and I talk to each other a lot about what we're going to do and I felt I could out-kick him tonight."

But perhaps the most stunning turnaround came from Byrne, who skipped last indoor season and then was upset by Clifton's Natalie Popowicz in the Season Opener 800 after building a 25-yard lead with a lap to go.

"I learned a great lesson the other night," said Byrne, who won the 600 in a great early season time of 1:43.7 with a 30-yard margin. "I can't worry about what other people say or do. I just have to have faith in my workouts and realize that if I work hard at them, I'll be able to run my race."

Other winners Tuesday included Kawesi Darby of Hackensack in the boys 55 meter, Mike Stansfield of Garfield in the high hurdles, Jarrett Jackson of Passaic Tech in the 400, and Chris Chioffe of Glen Rock in the 600.

Carlene Cummings of Englewood swept the girls 55 and high hurdles as usual, continuing her impressive improvement in the latter event, and Bergen cross-country champ Celeste Sedo of Ridgewood made her indoor debut in the 1,000, edging teammate Meg McDermott.

The most impressive relay win of the night went to a surprising Snyder team, which ran the fifth fastest girls 3,200 relay ever at Rothman, 10:06.9 to edge Ridgewood, which ran the sixth fastest time of 10:09.6. Hackensack won both boys relays and the girls 1,600.

Bergen Develop

At Rothman Center, Hackensack

BOYS VARSITY

55 — 1. Kawesi Darby, Hackensack, 6.6; 2. Bernie Hayes, St. Joseph Regional, 6.8; 3. Sterling Wynn, Hackensack, 6.7; 4. Leonard Creighton, Englewood, 6.8; 5. Keith Van Goor, Midland Park, 6.9; 6. Hamill Eugenia, Cliffside Park, 7.1.

HH — 1. Mike Stansfield, Garfield, 7.6; 2. Chris Stowers, Hackensack, 8.0; 3. Tobin Reinert, Ridgewood Park, 8.3; 4. Steve Robinson, Ridgewood, 8.3; 5. Raymond Thompson, Snyder, 8.5.

400 — 1. Jarrett Jackson, Passaic Tech, 52.6; 2. Keith Van Goor, Midland Park, 53.2; 3. Joey Velazquez, Paramus, 53.4; 4. Alan Fakhouri, Wayne Valley, 53.8; 5. Sterling Wynn, Hackensack, 53.9.

800 — 1. Chuck Chioffe, Glen Rock, 1:32.4; 2. John Cassetta, Hackensack, 1:33.8; 3. Dave Finneran, Rutherford, 1:33.9; 4. Javan Hemmel, Ridgewood, 1:34.9; 5. Kevin Mulholland, Glen Rock, 1:35.0.

1,000 — 1. John O'Neill, Ridgewood, 2:44.9; 2. Corey Kunz, St. Joseph Regional, 2:45.7; 3. Tom Baldwin, Hackensack, 2:46.9; 4. Nilesh Patel, Paramus, 2:47.6; 5. Pete DeRosso, St. Joseph Regional, 2:47.8.

1,600 relay — 1. Hackensack (Sterling Wynn, John Cassetta, Chris Stowers, Kawesi Darby), 3:42.1; 2. Ferris, 3:42.4; 3. Passaic Tech, 3:44.6; 4. 5. Ridgewood, 3:45.0; 5. Teaneck, 3:46.5.

3,200 relay — 1. Hackensack (Tom Baldwin, Marquise Singletary, Chris Capozzi, Mike Capozzi), 8:27.1; 2. Ridgewood, 8:33.8; 3. Garfield, 8:54.0; 4. Paramus, 9:00.2; 5. Clifton, 9:04.4; 6. Wayne Valley, 9:08.6.

GIRLS VARSITY

55 — 1. Carlene Cummings, Englewood, 7.1; 2. Lauren Fanelli, River Dell, 7.3; 3. Halmah Scott, Eastside, 7.5; 4. Shoshana Haricha, New Milford, 7.5; 5. Diana Lawson, Queen of Peace, 7.6; 6. Ebony Knighton, Passaic Tech, 7.6.

HH — 1. Carlene Cummings, Englewood, 8.5; 2. Jamie Lillian, Pascack Valley, 9.0; 3. Mary Jones, Hackensack, 9.2; 4. Jackie Babbini, Cliffside Park, 9.3; 5. Alessia Cirilli, Hasbrouck Heights, 9.5; 6. Melissa Dutch, Clifton, 9.6.

400 — 1. Diana Lawson, Queen of Peace, 62.3; 2. Janna Kohout, River Dell, 63.0; 3. Kelley Johnson, Teaneck, 63.6; 4. Crystal Jenkins, Snyder, 63.9; 5. Celeste Banks, Snyder, 64.2.

800 — 1. Vicki Byrne, Saddle Brook, 1:43.7; 2. Alisha Alexander, Passaic Valley, 1:48.7; 3. Megan Chin, Fort Lee, 1:48.9; 4. Madeline Avent, Passaic, 1:50.2; 5. Lauren Sherry, River Dell, 1:50.3.

1,000 — 1. Celeste Sedo, Ridgewood, 3:13.7; 2. Meg McDermott, Ridgewood, 3:14.0; 3. Sabrina Neely, Kennedy, 3:15.0; 4. April Quatrano, Hackensack, 3:17.1; 5. Beth Androski, Hackensack, 3:17.9.

1,600 relay — 1. Hackensack (Yvonne Thomas, Yvonne Folkes, Jill Reasier, Shauna Koenig), 4:26.5; 2. Westwood, 4:30.2; 3. Ridgewood, 4:30.5; 4. Fort Lee, 4:35.2; 5. Queen of Peace, 4:52.6.

3,200 relay — 1. Snyder (Glaudio Refigaro, Crystal Jenkins, Chi Chi Okene, Celeste Banks), 10:06.5; 2. Ridgewood, 10:09.6; 3. Hackensack, 10:21.1; 4. Clifton, 10:33.1; 5. Westwood, 10:44.3; 6. Tenafly, 10:58.9.

BOYS NOVICE

55 — 1. Jarrett Jackson, Passaic Tech, 6.7; 2. Devin Baldwin, Passaic Tech, 6.7; 3. Dezman Hooper, Englewood 6.8.

HH — 1. Heath Leibowitz, Pascack Hills, 8.5; 2. Brian Wilson, Garfield, 8.8; 3. Nazir Khan, Dumont, 8.8.

200 — 1. Tie between Bryan Fenkert, Midland Park.

25-4600 EXT. 60

Ridgewood Winter Games I Wed. 1/7/98

***** RESULTS *****

1600m run:

Frosh:

Boys: John Woodburn- 5:35.5 (4TH)

Girls: Rebecca Johnson 6:09.8 (4TH), Chrissy Martin- 6:37,
Michele Provenzano- 6:54, Veronica Roszkowski- 6:55,
Lauren Wimer- 6:33, Lauren Mulry- 7:06

Novice:

Boys: Andrew Cohen- 5:18.4, Jamie Cannon- 6:04.3,
Anthony Forlino- 6:04.5, Matt Raeburn- 5:51,
Josh Kauke- 4:57.7 (1ST)

Girls: Meg Kane- 6:48.5, Katie Latanich- 6:54.0,
Diane Nelson- 6:17.0 (6TH), Sara Wells- 6:35.0

55m dash:

Frosh:

Boys: James Bertoni- 8.8, Adam Freeland- 8.4,
Bryan Schneider- 8.2

Girls: Kathleen Doody- 9.3, Julia Garrett- 8.7/8.7,
Sasha Urem- 9.1, Brittany Hemmel- 8.7

Novice:

Boys: Paul Sargen- 7.9, Jeremy Cobin- 8.0,
Dan Cooper- 7.0/7.0

Girls: Jen Ferdon- 9.2, Christine Mullin- 9.6,
Brenna Postava- 9.2, Jen Mojo- 8.5,
Archana Ramana- 9.8, Nina Rajpurohit- 9.4,
Mariana Traverso- 10.1, MiJi Kwon- 8.8,

55m HH:

Frosh:

Girls: Jen Zuccaro- 11.4, Kath Zuccaro- 11.2/11.7

Novice:

Boys: Rob Kalfus- 11.9

Girls: Mo Smith- 11.5/11.4, Jess Gregg- 11.1,
Sarah Herold- 11.8/11.7

3200m relay(4 x 800m)

Novice:

Girls: V. Roszkowski, C. Martin, M. Provenzano, R. Johnson
11:49.7 (4TH) 2:56.7 3:01.5 2:57.4 2:54.2

Novice:

Boys: Josh Kauke, John Woodburn, Matt Raeburn, Andrew Cohen
9:46.6 (3RD) 2:12.8 2:30.2 2:36.3 2:27.3

4 x Lap:

Frosh:

Boys: J. Bertoni, Adam Freeland, Bryan Schneider, J. Woodburn
1:57 (DQ) 30.9 30.6 29.3 (200) 26.0

Girls:

(1) Kath Zuccaro, Steph Petrocelli, Alisa Vetter, Jen Zuccaro
2:05.7 33.1 30.8 30.5 (200) 31.3

(2) Kath Doody, Alana Perone, Sarah Peters, Whitney Weist
2:17.1 34.5 31.6 35.3 35.6 (200)

(3) Lauren Mulry, Brittany Hemmel, Sasha Urem, Lauren Wimer
2:09.4 35.1 (200) 30.8 33.3 30.3

Novice:

Boys: Paul Sargen, Dan Cooper, Jeremy Cobin, Anthony Forlino
1:47.0 25.4 24.4 28.1 (200) 28.9

Girls:

(1) Jen Ferdon, Julia Garrett, Jess Gregg, Sarah Herold
2:04.8 31.0 31.4 30.8 31.6 (200)

(2) Jen Mojo, Meg Kane, Brenna Postava, Christine Mullin
2:12.0 30.3 31.9 33.9 36.4 (200)

(3) MiJi Kwon, Nina Rajpurohit, Archana Raman, Mariana Traverso
2:25.1 35.5 37.3 (200) 36.0 36.3

Comments:

Nice job in this meet. Some very good performances! I liked the way everyone competed in the relays. Congrats to all who got medals. Keep up the hard work and your times will continue to improve!

Garfield High Jump/Shot Put Meet I Thur. 1/8/98

**** RESULTS ****

Shot Put:

Varsity:

Boys- J.D. Murdock- 48'8 1/2" (2ND), Brian Zuccala- 46'6 1/4" (5TH)

Girls- Shayna Brown- 31'5" (6TH), Michele Wilson- 26'4"

Novice:

Boys- Frank Lockwood- 37'7", Edison Lee- 26'1 3/4"

Girls- Jen Shrahle- 21'10"

Frosh:

Boys- Jared Bankus- 26'0", Mike Hundgen- 24'3 3/4"

Girls- Brittany Hemmel- 21'6 1/2", Whitney Weist- 14'2 1/4",
Janine Zuccala- 18'1 1/2"

High Jump:

Varsity:

Boys- Steve Robinson- 5'8" (6TH)

Novice:

Girls- Jess Gregg- 4'2"

Dartmouth Relays Sat. 1/10/98

***** RESULTS *****

1 mile: (Unseeded)

Boys- Sean Seiper- 4:48.40 (4TH)

2 mile: (Unseeded)

Girls- Monica Schiefen- 12:23.21 (2ND)

55m HH:

Boys- Steve Robinson- 8.53

Girls- Ana Law- 10.19

400m:

Girls- Kara Belknap- 66.85, Leslie Bruno- 65.37,
Maureen McAlister- 67.42, Lizzie Vogelbach- 64.47

Boys- Andrew Dolgin- 56.31

800m:

Girls- Tara O'Neill- 2:37.03, Julie Sprich- 2:35.77

Boys- Damian Plummer- 2:06.60

1 mile:

Girls- Celeste Sedo- 5:22.56, Meg McDermott- 5:26.26

Boys- John O'Neill- 4:36.66

4 x 400:

Girls- Kara Belknap, M. McAlister, Leslie Bruno, Lizzie Vogelbach
4:26.54 67.2 68.0 66.8 64.5

Boys- Dave Warton, Dan Cooper, Steve Robinson, Andrew Dolgin
3:43.96 55.1 58.7 55.9 53.9

4 x 800m:

Girls- Meg McDermott, Tara O'Neill, Monica Schiefen, Celeste Sedo
10:06.13 2:28.5 2:33.9 2:39.0 2:24.2

Boys- Damian Plummer, Mike Martin, Sean Seiper, John O'Neill
8:51.91 2:09.3 2:12.2 2:14.4 2:15.2

Shot Put:

Girls- Shayna Brown- 31'0", Michele Wilson- 29'1"

Boys- J.D. Murdock- 48'10", Brian Zuccala- 45' 1/4"

Pole Vault: Dave Warton- 11'6"

High Jump: Boys- Steve Robinson- 5'11"

Long Jump: Girls- Lizzie Vogelbach- F, Ana Law- 13'1"

Weight:- J.D. Murdock- 43'0"

North Jersey Championship

Tue. 1/13/98

***** RESULTS *****

55m:

Boys- Dan Cooper- 7.1, Paul Sargin- 7.7

Girls- Lizzie Vogelbach- 7.7/7.8, Helena Lamonth- 8.0/7.9,
Jessie Porro- 8.1

55m HH:

Boys- Steve Robinson- 8.3/8.3

Girls- Ana Law- 9.6/9.6, Karen Hoogland- 9.9,
Jess Gregg- 11.1, Mo Smith- 10.2/9.9

3200m:

Boys- Andrew Cohen- 11:24.8

Girls- Celeste Sedo- 11:38.7 (1ST), Monica Schiefen- 12:29.5 (6TH)

3200m relay(4 x 800m):

Boys- Sean Seiper, Mike Martin, Josh Kauke, Damian Plummer
8:37.5 (1ST) 2:12.0 2:12.9 2:05.2 2:07.1

Girls- J. Sprich, Taylor Dunn, Carolyn Brophy, Tara O'Neill
10:51.6 (3RD) 2:39.3 2:42.0 2:49.5 2:40.4

600m run:

Boys- Javan Hemmel- 1:34.0, Andrew Dolgin- 1:31.9 (5TH)

Girls- Kara Belknap- 1:56.4

1000m run:

Girls- Meg McDermott- 3:15.5 (1ST), Tara O'Neill- 3:26.7

300m:

Boys- Dan Cooper- 40.9, Dave Warton- 39.6, Paul Sargin- 43.5

Girls- Lizzie Vogelbach- 46.3 (5TH), Helena Lamothe- 50.7,
Karen Hoogland- 50.0, Jess Gregg- 52.0, Mo Smith- 51.2,
Ana Law- 48.3

1600m:

Boys- Josh Kauke- 5:01.8, Mike Martin- 5:08.9,
Sean Seiper- 4:53.7 (5TH), Damian Plummer- 4:52.8 (4TH)

Girls- Celeste Sedo- 5:26.9 (1ST), Monica Schiefen- 5:45.8 (4TH),
Julie Sprich- 6:18.3, Taylor Dunn- 6:08.2

1600m relay(4 x 400m):

Boys- Dave Warton, Steve Robinson, Javan Hemmel, Andrew Dolgin
3:42.7 (2ND) 56.2 55.8 56.0 54.7

Girls- K. Belknap, Jessie Porro, Lesley Bruno, Lizzie Vogelbach
4:24.2 (3RD) 67.1 66.7 65.9 64.4

Comments:

Nice Job. We came in 2nd out of 16 teams in the girls with 52 pts. Hackensack was first with 65. For the boys we came in third with 26 pts. Hackensack also won this with 67 pts. I thought we looked good considering sickness, injuries and mid-terms. We still have to improve to get to Hackensack's level, but the good news is there's still time and our most important team meets(county relays and league meet) are at the end of this month. Keep the focus and hard work!!!!

Hackensack first to take back-to-back dual titles

By **PAUL SCHWARTZ**
Correspondent

HACKENSACK — Team championships are few and far between during the winter track season.

Apparently, when the Hackensack boys and girls smell a title, they are ready to find another spot in the crowded Comet trophy case.

Tuesday night the Comets became the first team in the 17-year history of the North Jersey Invitational to record back-to-back dual titles, sweeping the A Division championship at the meet held at the Rothman Center.

"We talk about winning championships all the time," said Hackensack head coach Ed Church. "There aren't many chances to do that indoors — the County relays, the leagues, and the State group meet and relays, and this meet.

"We have no captains indoors, just our juniors and our seniors and they pass it on to the younger kids."

Tuesday, not only the veterans but a number of varsity newcomers helped the Comets record a 65-52 win over Ridgewood for their fourth girls title in seven years and a 69-29 win over St. Joseph Regional for a record sixth boys title. Englewood's girls, (essentially Carlene Cummings) won the B meet, 20-12 over Saddle Brook and River Dell. Led by Thomas Patterson's 300-meter win, Manchester edged Englewood, 12-10, for the B boys title.

"Whoever heard of Chris Stowers?" asked Church. "Last year he was a novice hurdler and tonight he wins the race. People like Latoya Thomas and Jill Ressler stepped up for the girls and John Cassetta for the boys and no one even knows who they are."

The Comets, of course, got help from standouts such as Tom Baldwin, who doubled in the 1,600 and 3,200. The Comets also won the boys 4 x 400 relay, but Stowers' win in the hurdles, a 3-4 finish in the dash, and a second-place finish in the 4 x 800 relay also propelled Hackensack to their easy win.

The girls meet was a little more difficult. While the Comets came up with no individual winners, Ridgewood's Celeste Sedo won the 1,600 and 3,200 and Meg McDermott took the 1,000.

But Hackensack won both the

INDOOR TRACK

4 x 400 and 4 x 800 relays with soph Shauna Koenig and junior April Quatrano running a leg on each.

The Comets placed six runners in the top three of the seven individual events to just four top-three finishes for Ridgewood. The most impressive of these was soph Beth Androski, whose second-place times of 5:29.4 in the 1,600 and 11:49.3 in the 3,200 was one of the best performances in the events ever at Rothman. Unfortunately for Androski, Sedo's 5:26.9 and 11:38.4 in the events was a little bit better.

Individually, Corey Kunz of St. Joseph Regional and Zack Smithlin of Fair Lawn turned in impressive performances.

Kunz, a first-team all-Bergen cross-country runner not especially known for his speed continued to excel at the middle distance races, handily winning the boys 1,000.

North Jersey Invitational

BOYS TEAM SCORING

Division A

Hackensack 69, St. Joseph Regional 29, Fair Lawn and Ridgewood 28, Paramus 21, Ramapo 16, Kearny 13, Garfield 12, NV/Old Tappan 8, Fort Lee 7, Bergen Catholic 6, Bergenfield 2.

Division B

Manchester 12, Englewood 10, Rutherford 8, Haverhill Heights and River Dell 4, Midland Park 3, Tenafly 2.

55 — 1, Sekou O'Uhuru, Englewood, 6.5; 2, Zack Smithlin, Fair Lawn, 6.5; 3, Kawesi Darby, Hackensack 6.5; 4, Sterling Wynn, Hackensack, 6.7; 5, Thomas Patterson, Manchester, 6.8; no sixth.

HH — 1, Chris Stowers, Hackensack, 8.0; 2, Ernie Svolto, St. Joseph Regional, 8.7; 3, Mike Stansfield, Garfield, 8.1; 4, Jon Relay, Bergen Catholic, 8.3; 5, Eddie Bruce, Bergenfield, 8.4; 6, Chris Daubis, St. Joseph Regional, 8.4.

300 — 1, Thomas Patterson, Manchester, 37.2; 2, Zack Smithlin, Fair Lawn, 37.3; 3, Sterling Wynn, Hackensack, 37.9; 4, tie between Bryan Fenkert, Midland Park and Kawesi Darby, Hackensack, 38.0; 5, Rob Milanese, Ramapo, 38.2.

1,000 — 1, Zack Smithlin, Fair Lawn, 1:28.5; 2, Javian Quintana, Paramus, 1:28.6; 3, Pete DeRusso, St. Joseph Regional, 1:30.4; 4, John Cassetta, Hackensack, 1:31.5; 5, Andrew Doigen, Ridgewood, 1:31.9; 6, Owen Corso, Ramapo, 1:32.2.

1,600 — 1, Corey Kunz, St. Joseph Regional, 2:43.3; 2, Joe Apa, NV/Old Tappan, 2:47.3; 3, Keith Severino, Kearny, 2:47.4; 4, Dave Finneran, Rutherford, 2:47.7; 5, Bob Burke, Bergen Catholic, 2:48.3; 6, Mike Branco, Kearny, 2:53.3.

1,600 — 1, Thomas Baldwin, Hackensack, 4:41.5; 2, Eric Knackmuhs, Ramapo, 4:44.7; 3, Kearny, 4:52.6; 4, Damian Plummer, Ridgewood, 4:52.7; 5, Sean Seiper, Ridgewood, 4:53.6; 6, Alejandro Polanco, Hackensack, 4:53.9.

3,200 — 1, Thomas Baldwin, Hackensack, 10:03.6; 2, Eamon O'Brien, Paramus, 10:05.5; 3, Eric Knackmuhs, Ramapo, 10:17.6; 4, Dave Finneran, Rutherford, 10:24.0; 5, Anthony Strout, St. Joseph Regional, 10:27.6; 6, John Zawdu, Hackensack, 10:28.0.

1,600 relay — 1, Hackensack (John Cassetta, Sterling Wynn, Kawesi Darby, Kemei Reckley), 3:37.9; Ridgewood, 3:42.7; 3, tie between Paramus and Garfield, 3:42.8; 5, St. Joseph Regional, 3:45.6; 6, Fort Lee, 3:47.2.

3,200 relay — 1, Ridgewood (Sean Seiper, Mike Martin, Josh Kauke, Damian Plummer), 8:37.4; 2, Hackensack, 8:37.5; 3, Fort Lee, 8:47.2; 4, River Dell,

"I'm kind of surprised that I'm doing so much better in the speed distances," said Kunz, who earlier in the season ran well at 800 meters. "I still want to run the 3,200 at states, but with our new weight-lifting coach, and doing more stride drills and hill runs, I just feel a lot stronger."

Smithlin continued to impress with his great range and versatility. The winner of early season 55 and 400 races extended out to 600 meters and won his first try in 1:28.5, edging Paramus' Javian Quintana at the tape.

"I just hate losing," said Smithlin. "When there's someone who's better than me, I can take that, but when I think I should win, I just don't like to lose."

"Coach [Tim] Wilson said I shouldn't just try and jump out ahead in the race, but start to make up ground on the second [of three] lap and then with 150 left let it out. He says no one will be able to finish as strongly as I should be able to."

8:52.2; 5, Tenafly, 8:54.0; 6, Garfield, 8:57.0.

GIRLS TEAM SCORING

Division A

Hackensack 65, Ridgewood 52, Queen of Peace 18, Fort Lee 11, Paramus 10, Bergenfield and Belleville 8, N/Demarest 6, NV/Old Tappan 3, Kearny and Cliffside Park 2, IHA 1.

Division B

Englewood 20, Saddle Brook and River Dell 12, Glen Rock and Hudson Prep 8, Pascack Valley 5, Holy Angels 4, Dumont 2, Northern Highlands 1.

55 — 1, Carlene Cummings, Englewood, 7.2; 2, Diana Lawson, Queen of Peace, 7.4; 3, Mary Jones, Hackensack, 7.4; 4, Lauren Fanelli, River Dell, 7.6; 5, Amanda Negron, NV/Old Tappan, 7.8; 6, Brittany Saunders, Fort Lee, 7.9.

HH — 1, Carlene Cummings, Englewood, 8.7; 2, Yezaida Santiago, Belleville, 8.8; 3, Karin Boman, NV/Demarest, 9.1; 4, Jamie Lilien, Pascack Valley, 9.4; 5, Jackie Babbini, Cliffside Park, 9.4; No sixth place.

300 — 1, Diana Lawson, Queen of Peace, 43.8; 2, Janne Kohout, Glen Rock, 44.7; 3, tie between Latoya Thomas, Hackensack, and Lizzie Vogelbach, Ridgewood, 45.3; 5, Vicki Byrne, Saddle Brook, 45.4; 6, Andrea Allgo, IHA, 45.7.

800 — 1, Vicki Byrne, Saddle Brook, 1:43.0; 2, Lauren Sherry, River Dell, 1:50.0; 3, Jill Ressler, Hackensack, 1:50.2; 4, Kerry Reilly, Holy Angels, 1:50.4; 5, Megan Chin, Fort Lee, 1:51.3; 6, Amanda Negron, NV/Old Tappan, 1:51.9.

1,000 — 1, Meg McDermott, Ridgewood, 3:15.5; 2, Christina Mendoza, Hudson Prep, 3:18.0; 3, April Quatrano, Hackensack, 3:20.3; 4, Shauna Koenig, Hackensack, 3:20.7; 5, Ull Bromme, Tenafly, 3:21.2; 6, Julie Corbett, Kearny, 3:25.1.

1,600 — 1, Celeste Sedo, Ridgewood, 5:26.9; 2, Beth Androski, Hackensack, 5:30.5; 3, Kelly Ortiz, Paramus, 5:43.2; 4, Monica Schiefel, Ridgewood, 5:45.8; 5, Claire McGuire, Hackensack, 5:52.7; 6, Julie Corbett, Kearny, 5:59.1.

3,200 — 1, Celeste Sedo, Ridgewood, 11:38.4; 2, Beth Androski, Hackensack, 11:49.3; 3, Josie Maceri, Fort Lee, 12:04.6; 4, Ull Bromme, Tenafly, 12:10.4; 5, Jenica Asadorian, Westwood, 12:22.3; 6, Monica Schiefel, Ridgewood, 12:29.5.

1,600 relay — 1, Hackensack (Latoya Thomas, April Quatrano, Jill Ressler, Shauna Koenig), 4:17.9; 2, Bergenfield, 4:23.0; Ridgewood, 4:24.0; 4, Paramus, 4:34.8; 5, Fort Lee, 4:34.9; 6, Pascack Valley, 4:38.1.

3,200 relay — 1, Hackensack (Claire McGuire, Diane Stephenson, April Quatrano, Shauna Koenig), 10:27.4; 2, Westwood, 10:46.2; 3, Ridgewood, 10:51.5; 4, Tenafly, 10:54.9; 5, Dumont, 11:13.2; 6, Northern Highlands, 11:20.7.

Bergen County Dev. II Meet

Fri. 1/16/98

***** RESULTS *****

55m dash:

Frosh:

Girls: Julia Garrett- 8.0, Brittany Hemmel- 8.4,
Alana Perone- 8.5, Sarah Peters- 9.3, S. Petroccelli- 8.7,
Lillian Thyssen- 10.3, Madelene Van Engel- 9.1, Alisa Vetter- 8.3,

Novice:

Boys: Paul Sargen- 7.7, Jeremy Cobin- 7.9

Girls: Jen Ferdon- 9.0, Jen Mojo- 8.7, Archana Ramana- 9.8,
Nina Rajpurohit- 9.7, Jess Ferazano- 10.9, Amelia Enchendia- 10.1

55m HH:

Frosh:

Girls: Jen Zuccaro- 10.8/10.6, Kath Zuccaro- 10.9

Novice:

Girls: Jess Gregg- 10.6, Sarah Herold- 10.8

3200m relay:

Novice:

Girls: Meg Kane, Katie Latanich, Sara Wells, Katty Aldave
12:06.6 2:59 3:10 2:53 3:03

Carolyn Brophy, Colleen Lynch, Diane Nelson, Taylor Dunn
11:24.0 2:52 2:49 2:53 2:49

Boys: Matt Raeburn, Kevin Sullivan, John Woodburn, Andrew Cohen
9:59.9 2:34.0 2:33.5 2:27.0 2:25.0

200m dash:

Frosh:

Boys: James Bertoni- 33.1, Adam Freeland- 30.5,
Bryan Schneider- 28.5

Girls: Kath Zuccaro- 30.9, Steph Petrocelli- 32.3,
Alisa Vetter- 32.1, Jen Zuccaro- 31.1, Alana Perone- 32.2,
Sarah Peters- 37.1, Brittany Hemmel- 31.9, Julia Garret- 32.0,
Madelene Van Engel- 36.5, Lillian Thyssen- 40.1

Novice:

Boys: Paul Sargen- 27.8, Jeremy Cobin- 29.3

Girls: Jen Ferdon- 32.1, Jess Gregg- 33.4, Sarah Herold- 31.2,
Jen Mojo- 32.3, Nina Rajpuohit- 37.1, Archana Ramana- 37.1,
Amelia Enchendia- 39.8

1600m:

Girls: Rebecca Johnson- 5:58.6

800m:

Frosh:

Boys: John Woodburn- 2:25.0

Girls: Rebecca Johnson- 2:46(1ST), Lauren Wimer- 2:59,
Chrissy Martin- 3:00

Novice:

Boys: Andrew Cohen- 2:26.6, Kevin Sullivan- 2:29.8,
Anthony Forlino- 2:40.5,

Girls: Meg Kane- 3:03.5, Katie Latanich- 3:01.2,
Diane Nelson- 2:49.2, Sara Wells- 2:52.7, Katty Aldave- 2:56.5,
Taylor Dunn- 2:46.0 (1ST), Carolyn Brophy- 2:48.9,
Colleen Lynch- 2:47.0 (2ND)

4 x 400m:

Frosh:

Boys: Woody, Bryan Schneider, James Bertoni, Adam Freeland
4:39.0 62.1 67.8 77.3 71.7

Girls:

(1) S. Petrocelli, Kath Zuccaro, Jen Zuccaro, Alisa Vetter
4:54.0 (1ST) 75.3 67.8 70.6 71.7

Novice:

Boys:

(1) Paul Sargen, Jeremy Cobin, Kevin Sullivan, Matt Raeburn
4:13.0 60.9 63.2 64.3 64.6

Girls:

(1) Jen Mojo, Jen Ferdon, Meg Kane, Sarah Herold
5:07.0 82.1 78.0 80.3 73.0

Welcome Daniel McGuire!

CONGRATULATIONS

Mr. Mullin!!

Stephanie
P.

Jennifer Z.

Katherine
Z

Rebecca
J.

1/14/98

State Group IV Relays Sun. 1/18/98

***** RESULTS *****

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

Boys: Josh Kauke-Andrew Dolgin-Damian Plummer-John O'Neill
11:01.79 (6TH) 3:20.2 55.1 2:04.9 4:41.4

Girls: Meg McDermott-Lizzie Vogelbach-Julie Sprich-C. Sedo
12:57.19 (2ND) 3:57.8 63.9 2:36.0 5:19.3

High Hurdle Relay:

Girls: Ana Law, Mo Smith, Jess Gregg, Kath Zuccaro
37.5 8.3 9.3 9.8 9.9

4 x 200m:

Boys: J.D. Murdock, Dan Cooper, Javan Hemmel, Andrew Dolgin
1:42.5 25.9 26.2 25.2 25.2

Girls: Helena Lamothe, Jessie Porro, Lesley Bruno, L. Vogelbach
1:54.4 29.4 28.5 28.7 27.9

4 x 800m:

Boys: Josh Kauke, Sean Seiper, Damian Plummer, John O'Neill
8:41.3 2:12.2 2:11.4 2:09.5 2:08.1

Girls: Meg McDermott, Monica Schiefen, Julie Sprich, C. Sedo
10:13.3 2:31.0 2:34.2 2:42.7 2:25.5

4 x 400m:

Boys: Damian Plummer, Dan Cooper, Javan Hemmel, Andrew Dolgin
3:47.2 54.8 58.8 57.5 56.0

Girls: Lesley Bruno, Jessie Porro, Kara Belknap, L. Vogelbach
4:20.9 64.5 65.6 65.8 64.9

2 x Shot Put:

Boys: J.D. Murdock, Brian Zuccala
91'1 1/2" (3RD) 47'1 1/2" 44'0"

Girls: Shayna Brown, Michele Wilson
60'6 1/2" (5TH) 33'9 1/2" 27'9"

2 x High Jump:

Boys: (opens at 5'0") Andrew Dolgin, Dan Cooper
5'0" NH 5'0"

Girls: (opens at 4'0") Jess Gregg, Lesley Bruno
8'4" 4'2" 4'2"

Comments:

Girls finished with 10 pts while the boys had 7 pts. This is a tough meet in which to score, but some of you came through. I think we are getting better and I am encouraged by your progress. We have to start thinking of the county relays(Thur. Jan. 29th).

Westwood rules Group 1 relays

Westwood won its first-ever State track championship Sunday at the New Jersey State Interscholastic Athletic Association Relays at Jadwin Gym, when the boys, winning three of seven events, defeated Pleasantville and Arts, 35-24, for the Group 1 title.

It was the second State title of the school year for Westwood, which won the Group 2 girls volleyball championship in the fall.

Seniors John Demarest, Andrew Giannotti, and Matt Caporaletti were part of the winning Westwood distance medley and 3,200-meter teams, and the Cardinals also won the shot put.

"I first thought of this as a goal as I was driving to the Atlanta Olympics in 1996," said Westwood coach Steve Lurie. "I thought we were ready to win it last year, but Metuchen just killed us."

Westwood opened by winning the distance medley in 10:59.02, topping Pope John by 60 meters. Demarest ran the 1,200-meter leg and handed off to Doug Salvi, who ran a personal-best 400-meter leg. But the Cardinals were still fifth as Salvi handed to Giannotti.

Giannotti ran 2:00.2 for 800 meters and handed off to Caporaletti, the anchor with a lead. Caporaletti had little trouble holding the lead, running 4:33.4 for 1,600 meters.

Westwood was sixth in the shuttle hurdles, retaining its lead, but slipped to third when Arts and Pleasantville went one-two in the 800 relay. The Cardinals were fourth in the high jump and closed to within three points of Arts and Pleasantville.

The Cardinals then earned their second win and took the lead for good when Demarest, Caporaletti, Giannotti, and rapidly improving junior Michael Dopf set a group record of 8:19.93 to win the 3,200 meters by 30 meters over Science.

Moments later, when Bryan Sheldon and Mike Stankowitz completed their win in the shot put, the Cardinals had clinched the title before the final event.

"Stankowitz really has only thrown three times since his soph-

TRACK

omore year," said Lurie. "He played basketball last winter and hurt himself last spring, so he threw much better than he had all year."

River Dell had a good meet, taking a close second in the shuttle hurdles behind Pleasantville. Steve Dance led all throwers in the shot put, with a toss of 45 feet, 2½ inches, nearly two feet ahead of Sheldon. The Golden Hawks' eight points tied for ninth.

Englewood was third in the 800-meter relay.

Westwood's girls were third in the distance medley and fourth in the 3,200-meter relay to finish tied for fifth in the girls' Group 1 with 10 points.

Ridgefield Park and Saddle Brook went two-three in the shot put behind event winner New Brunswick. Kristen Guimes of Ridgefield Park was third individually with a toss of 31-7. Camille Hulko threw 30-8 and Allison Marks 30-3 for Saddle Brook (60-11).

Lenape and Christian Brothers shared the Group 4 boys title with 22 points. Montclair had 12 points, Don Bosco Prep nine, Ridgewood seven, and Hackensack five.

Hackensack had a fourth in the 800 and sixth in the 1,600, Ridgewood a sixth in the distance medley and third in the shot put, and Don Bosco a second in the distance medley and sixth in the 3,200.

Montclair finished a strong second in girls Group 4 with 28 points, 10 behind champion Columbia. Ridgewood and Hackensack each had 10 points. Ridgewood was second in the distance medley and fifth in the shot put and Hackensack second in the 3,200 and fifth in the distance medley. Montclair won both the 800 and 1,600 behind the quartet of Lisa Barber, Mikele Barber, Chantel Coppedge, and Aleah Williams.

— PAUL SCHWARTZ

SUMMARIES

Catholic (Katie Rojek, Stefanie Kimker, Kim Laurino, Lauren Groce), 38.42; 6, Hasbrouck Heights (Alessia Cirrilli, Jill Sgrto, Renee Blauvelt, Ethel Grimes), 38.86.

Shot put — 1, New Brunswick, 63-1½; 2, Ridgefield Park (Kristen Guimes, Brenda Arroyo), 62-2; 3, Saddle Brook (Camille Hulko, Allison Marks), 60-11½.
High jump — 1, Montgomery, 9-8¼.

GROUP 4 BOYS

Team scores

Lenape and Christian Brothers 22, Shawnee 21, Rancocas Valley 20, Cherokee 18, Trenton 14, St. Joseph Met., Montclair and Pennsauken 12, Elizabeth 11, Plainfield 10, Don Bosco Prep 9, Eastern 8, Ridgewood 7, Hackensack 5, Old Bridge and Highland Regional 4, Washington Township 3, Toms River East and Columbia 2, J.P. Stevens 1.

800 — 1, Lenape, 1:33.70; 2, Montclair, 1:35.24; 4, Hackensack, 1:35.62.

1,600 — 1, Plainfield, 3:26.20; 6, Hackensack, 3:35.37.

3,200 — 1, Trenton, 8:12.59; 6, Don Bosco Prep, 8:29.48.

Distance medley — 1, Shawnee, 10:42.78; 2, Don Bosco Prep, 10:45.07; 6, Ridgewood, 11:01.79.

Shuttle hurdles — 1, Rancocas Valley, 31.40.

High jump — 1, Rancocas Valley, 12-8.

Shot put — St. Joseph Metuchen, 109-3; 3, Ridgewood, 91-8; 4, Montclair, 91-5¼.

GROUP 4 GIRLS

Team scores

Columbia 38, Montclair 28, Toms River East 18, West Windsor 18, Washington Twp. 14, Shawnee 13, Plainfield and Hunterdon Central 11, Hackensack, Overbrook and Ridgewood 10, Cherry Hill East 8, Absegami and Eastern Regional 6, Trenton and Brick 4, Hillsborough, Highland Regional, Edgewood and Manalapan 2, East Orange and Cherokee 1.

800 — 1, Montclair (Lisa Barber, Mikele Barber, Chantel Coppedge, Aleah Williams), 1:44.85 (meet record, former record 1:45.40, Trenton 1984).

1,600 — 1, Montclair (Lisa Barber, Aleah Williams, Chantel Coppedge, Mikele Barber), 4:00.75.

3,200 — 1, Columbia, 9:29.18 (meet record, former record 9:40.20, Columbia, 1983); 2, Hackensack, 9:58.05.

Distance medley — 1, Columbia, 12:46.69; 2, Ridgewood, 12:57.19; 5, Hackensack, 13:08.18.

Shuttle hurdles — 1, Overbrook, 33.33.

High jump — 1, West Windsor, 10-2¼.

Shot put — 1, Toms River East, 67-8; 2, Montclair, 65-10; 5, Ridgewood, 61-6.

Garfield High Jump/Shot Put Meet II Mon. 1/19/98

**** RESULTS ****

Shot Put:

Varsity:

Boys- J.D. Murdock- 48'7 3/4" (2ND), Brian Zuccala- 44'0"

Girls- Shayna Brown- 30'8 1/2"

Novice:

Girls- Jen Shrahle- 25'3 3/4", Amanda Newman- 23'3"

Frosh:

Boys- Jared Bankus- 26'0", Mike Hundgen- 22'1", Joe Fionda- 22'3"

Girls- Brittany Hemmel- 24'3", Whitney Weist- 14'2"

High Jump:

Varsity:

Boys- Steve Robinson- 5'8"

Ridgewood Winter Games II

Wed. Jan. 21

***** RESULTS *****

Field Events:

Shot Put:

Varsity:

Boys- J.D. Murdock- 46'7 1/4"

Girls- Shayna Brown- 34'0" (1ST), Michele Wilson- 27'5 3/4",
Jen Shrале- 25'6", Amanda Newman- 22'6"

Soph:

Boys- Edison Lee- 30'3 1/4", Frank Lockwood- 35'0"

Frosh:

Boys- Jarad Bankus- 26'0", Mike Hundgen- 24'4",
Joe Fionda- 23'6 1/4"

Girls- Brittany Hemmel- 24'8" (5TH), Janine Zuccala- 19'6 1/2",
Whitney Wiest- 18'1"

High Jump:

Varsity:

Boys- Steve Robinson- NH

Sophs:

Boys- Dan Cooper- 5'0", Andrew Dolgin- NH

Girls- Leslie Bruno- NH, Meg Kane- 4'3", Jess Gregg- 4'6"
Sarah Herold- 4'0"

Pole Vault:

Varsity- Dave Warton- 11'0" (6TH)

Sophs- Dan Cooper- 10'0" (2ND), Andrew Dolgin- NH

Triple Jump:

Varsity:

Boys- Dave Warton- 39'6 1/2" (8TH), Steve Robinson- 38'8 1/2" (10TH)
Javan Hemmel- 36'3 1/2", Ted Winfield- 40'3" (5TH)
Andrew Dolgin- 39'4" (9TH)

Girls- Helena Lamothe- 32'4 1/2" (4TH), Ana Law- 31'1 1/2" (8TH),
Lizzie Vogelbach- NM

Long Jump:

Varsity:

Boys- Ted Winfield- 20'8 1/2" (4TH), Dan Cooper- 17'1",
J.D. Murdock- NM, Andrew Dolgin- 18'11"

Girls- Helena Lamothe- 15'5 1/2" (8TH), Ana Law- 14'1 1/2",
Lizzie Vogelbach- 14'5 1/2"

Frosh: Whitney Wiest- 11'7 1/2" (8TH)

Running:

55m HH:

Varsity:

Boys- Steve Robinson- 8.2/8.4, Dave Warton- 8.4

Girls- Ana Law- 9.6/9.7, Karen Hoogland- 9.8,

Sophs:

Boys- Rob Kalfus- 11.0

Girls- Jess Gregg- 11.1/10.7, Sarah Herold- 11.5

Frosh:

Girls- Jen Zucaro- 10.5/10.5, Kath Zucaro- 10.4/10.6

55m dash:

Varsity:

Girls: Lizzie Vogelbach- 7.8/7.7, Helena Lamothe- 7.8,
Jessie Porro- 8.0, Kara Belknap- 8.0

300 yds:

Boys: Javan Hemmel- 36.3

Girls- Leslie Bruno- 41.3, Kara Belknap- 42.0, Jessie Porro- 41.9

Comments:

I thought the meet went great! I really liked the way you each handled yourself preparing for the field events. I thought you were tough and showed a good deal of promise for the frosh/novice meet on Monday and the county relays on Thursday(both have field events). Keep up the great efforts and attitude!!

Ridgewood Winter Games 2

at Rockland Community College

BOYS

55 — 1. Ron Wright, Toms River East, 6.5; 2. Alan Jones, Shabazz, 6.5; 4. Sekou O'Uhuru, Englewood, 6.5; 5. Jay Roach, Manchester Twp., 6.7; 6. Jason Tufo, Northern Highlands, 6.7.

High hurdles — 1. Chris Lang, TRE, 7.4; 2. Tony Chatman, Matawan, 7.6; 3. Dave D'Ambrial, Manchester Twp., 7.8; 4. Kevin Anderson, Manchester Twp., 7.8; 5. Murteza Haldri, J.P. Stevens, 8.1.

300 yards — 1. David Tyree, Montclair, 32.4; 2. Clifford Christian, Science, 32.7; 3 (tie). Zack Smithlin, Fair Lawn; Alan Jones, Shabazz, 33.0; 5. Kawesi Darby, Hackensack, 33.1; 6. O'Neil Brown, Montclair, 33.2; 7. Thomas Patterson, Manchester Reg., 33.4; 8. Jay Roach, Manchester Twp., 33.6.

600 yards — 1. Clifford Christian, Science, 1:14.9; 2. Andrew Giannotti, Westwood, 1:15.1; 3. Alex Lora, Arts, 1:16.3; 5. Zack Smithlin, Fair Lawn, 1:18.3; 6. Jamar Hay, Science, 1:18.8; 8. Owen Corso, Ramapo, 1:19.5; 9. Rick Lehbeck, Don Bosco, 1:19.7.

1,000 yards — 1. Matt Caporajetti, Westwood, 2:24.0; 2. Thomas Baldwin, Hackensack, 2:24.8; 4. Nick Arnell, Don Bosco, 2:28.7; 5. Dan Contreras, Don Bosco, 2:28.8; 10. Josh Wood, Ramapo, 2:30.1.

1,600 meters — 1. Ian Hahn, Manchester Twp., 4:32.6; 3. Scott DeFillippis, St. John Vianney, 4:38.8; 4. John Demarest, Westwood, 4:47.0; 5. Jason DeAngelo, Carteret, 4:48.2; 6. Brad Henry, Don Bosco, 4:48.8; 8. Joe Poliseo, Don Bosco, 4:51.7; 10. John Monash, Don Bosco, 4:53.2.

3,200 meters — 1. Corey Kunz, St. Joseph Regional, 9:55.7; 2. Eric Knackmuhs, Ramapo, 9:56.8; 5. Steve Roman, Monroe Twp., 10:04.2; 6. Jason DeAngelo, Carteret, 10:07.5; 7. Russ Giancola, New Milford, 10:13.3; 9. John Zawdu, Hackensack, 10:15.6.

4x400 relay — 1. Middletown North, 3:34.0; 2. Manchester Twp., 3:34.6; 3. Don Bosco, 3:37.4; 5. Toms River East, 3:42.8.

4x800 relay — 1. Arlington (NY), 8:13.2; 5. Ramapo, 8:46.6; 6. Clifton, 8:56.9.

Shot put — 1. Kevin DiGiorgio, Bayonne 60-2; 2. Jim Fischer, Bergen Catholic, 50-9; 3. Eddie Bruce, Bergenfield, 47-2; 4. J.D. Murdock, Ridgewood, 46-7½; 5. Dan DePrete, TRE, 46-6 1/2; 6. Bryan Sheldon, Westwood, 46-3; 9. Mike Murphy, New Milford, 45-7 1/2; 10. Mike Leong, Manchester Reg., 45-5.

Triple jump — 1. Neal Okarter, Westwood, 43-4; 2. Tyrone Johnson, Kennedy, 41-10½; 3. Nick Garrett, Saddle Brook, 41-4½; 5. Ted Winfield, Ridgewood, 40-3; 6. Bryan Sheldon, Westwood, 40-0½; 7. Chris Dauble, St. Joseph Regional, 39-10; 8. Dave Wharton, Ridgewood, 39-6½; 9. Andrew Dolgin, Ridgewood, 39-4; Steve Robinson, Ridgewood, 38-8 1/2.

Long jump — 1. Tyrone Johnson, Kennedy, 21-10; 2. Ted Winfield, Ridgewood, 20-5½; 3. Neal Okarter, Westwood, 20-3; 4. Paul Berberian, NV/Old Tappan, 20-3; 5. Gareth Hedges, Westwood, 19-11½; 6. Cory Lane, Westwood, 19-11½; 8. Nick Garrett, Saddle Brook, 19-10; 9. Eugene Brown, Englewood, 19-9½; 10. Zack Smithlin, Fair Lawn, 19-7.

High jump — 1. Brian Allen, Yorktown (N.Y.), 6-3; 2 (tie). Andrew Drabick, Bergen Catholic; Kevin Anderson, Manchester Twp., 6-0; 4. Steve Hankins, Manchester Twp., 6-0; 5. Omar Wheeler, Arts, 5-9; 8. Gareth Hedges, Westwood, 5-9; 9 (tie). Nazir Kahn, Dumont; Bryan Sheldon, Westwood, 5-6.

Pole vault — 1. Al Cannon, Manchester Twp., 13-0; 2. Nick Giacetti, Matawan, 12-8; 4. Jin Wu, Matawan, 11-6; 5. Gallo Mendoza, Saddle Brook, 11-6; 6 (tie). Dave Wharton, Ridgewood; Ken Scheider, 11-0; 8 (tie). Joe Poliseo, Don Bosco; Gareth Hedges, Westwood, 11-0.

GIRLS

55 — 1. Sameerah Mitchell, Arts, 7.4; 2. Jen Cerrita, Bayonne, 7.4; 4. Mia Jefferson, Neptune, 7.6; 5. Natasha D'Souza, Bergenfield, 7.8; 6. Kim Marino, Middletown North, 7.8.

High hurdles — 1. Carlene Cummings, Englewood, 8.2; 2. Candice Steele, J.P. Stevens, 8.3; 3. Denay Caldwell, Eastside, 8.4; 5. Melissa Dutch, Clifton, 9.3; 6. Hope Burnett, Arts, 9.3.

300 yards — 1. Sherry White, Science, 39.2; Sameerah Mitchell, Arts, 39.6; 4 (tie). Mikki Fuller, Science; Anne Julimiste, Arts, 40.0; 7. Latoya Thomas, Hackensack, 40.3; 9. Amanda Negron, NV/Old Tappan, 40.8; 10. Peta-Gage Barnett, Eastside, 41.0.

600 yards — 1. Sherry White, Science, 1:32.3; 2. Christina Mendoza, Hudson County Prep, 1:34.3; 3. Marquita Hannibal, Bergenfield, 1:34.9; 4. Janna Khouh, Glen Rock, 1:35.8; 5. Jill Reasler, Hackensack, 1:37.8; 6. Labeebah Oglesby, Arts, 1:38.5; 7. Sylvia Neely, Kennedy, 1:39.2; 8. Renee Fiefluh, Bergenfield, 1:40.0; 9 (tie). Stephanie Crespo, Bergenfield; Amy Wyka, Fair Lawn, 1:40.6.

1,000 yards — 1. Beth Androski, Hackensack, 2:52.7; 4. Christina Mendoza, Hudson Prep, 2:57.9; 9. Amy Wyka, Fair Lawn, 3:01.9; 10. Michelle Davlin, Bergenfield, 3:03.1.

1,600 meters — 1. April Quatrano, Hackensack, 5:30.0; 4. Melissa Cifelli, Belleville, 5:43.6; 5. Julie Corbett, Kearny, 5:47.5; 6. Kate Cosgriff, Tenafly, 5:53.1; 9. Nancy Sinclair, St. Mary's, 6:05.9; 10. Lindsay Tulip, Tenafly, 6:16.8.

3,200 meters — 1. Jenica Asadorian, Westwood, 11:53.4; 2. Uli Broome, Tenafly, 12:04.0; 3. Claire McGulre, Hackensack, 12:04.5; 4. Melissa Cifelli, Belleville, 12:04.6; 5. Sabrina Neely, Kennedy, 12:16.3.

4x400 relay — 1. Arlington, 9:45.6; 4. St. John Vianney, 10:09.8; 5. Westwood, 10:37.5.

4x800 relay — 1. Arlington (NY), 9:45.6; 4. St. John Vianney, 10:09.8; 5. Westwood, 10:37.5.

Shot put — 1. Shayna Brown, Ridgewood, 34-0; 2. Helen Dock, Montclair, 32-8½; 4. Randy Pointer, Eastside, 31-9½; 5. Bonnie Astudillo, Bergenfield, 31-0½; 6. Camille Huiko, Saddle Brook, 30-7; 8. Allison Marks, Saddle Brook, 29-5½; 10. Leslie Graham, Kennedy, 28-5½.

Triple jump — 1. Carlene Cummings, Englewood, 37-7; 2. Mary Jones, Hackensack, 33-2½; 3. Helena LaMothe, Ridgewood, 32-4½; 4. Kalsha Bennett, Eastside, 31-7; 5. Ebony Knighton, Passaic Tech, 31-3½; 6. Laura Orrico, Ramapo, 31-3; 7. Ana Law, Ridgewood, 31-1; 8. Savrina Walther, Ramapo, 30-11½; 9. Lynn Irwin, Bergenfield, 30-11; 10. Kristen Guimes, Ridgewood Park, 30-7.

Long jump — 1. Carlene Cummings, Englewood, 17-10½; 7. Lynn Irwin, Bergenfield, 15-6; 8. Helena LaMothe, Ridgewood, 15-5½.

High jump — 1. Jackie Hoey, J.P. Stevens, 5-0; 2 (tie). Erin Pride, Eastside; Melissa Dutch, Clifton, 4-9; 5. Latoya Thomas, Hackensack, 4-6.

Frosh/Novice Meet Mon. Jan. 26th

***** RESULTS *****

3200m:

Novice:

Boys- Andrew Cohen- 11:27.0, Kevin Sullivan- 11:52

Girls- Julia Brownell- 12:33.0 (1ST), Sarah Wells- 13:57,
Katie Latonich- 15:08

55m:

Novice:

Boys- Paul Sargen- 7.6, Jeremy Cobin- 7.9

Girls- Jen Ferdon- 8.5, Brenna Postava- 8.7, Jen Mojo- 7.8,
Nina Rajpurohit- 9.0, Jess Ferazano- 9.5, Amelia Enchandia- 9.3,
Christine Charles- 9.0

Frosh:

Boys- James Bertoni- 9.0, Adam Freeland- 8.0,
Bryan Schneider- 7.9

Girls- Jullia Garret- 8.2, Steph Petrocelli- 8.1,
Lillian Thyssen- 9.3,

55m HH:

Novice:

Boys- Rob Kalfus- 11.6

Girls- Jess Gregg- 10.9, Sarah Herold- 11.3, Mo Smith- 10.0/9.8

Frosh:

Girls- Jen Zucaro- 11.1/10.9, Kath Zucaro- 11.1/10.6/10.6 (6TH)

800m:

Novice:

Boys- Matt Raeburn- 2:37.5

Girls- Meg Kane- 3:03, Katie Latanich- 3:13, Sara Wells- 2:58.7,
Katty Aldave- 2:53, Carolyn Brophy- 2:47.2, Diane Nelson- 2:48.9,
Taylor Dunn- 2:41.3 (6TH)

Frosh:

Boys- John Woodburn- 2:21.7 (5TH)

Girls- Lauren Wimer- 2:48.2, Chrissy Martin- 2:56.1

400m:

Frosh:

Girls- Kath Zucaro- 68.2, Jen Zucaro- 70.1
Veronica Roskowski- 74.3, Michelle Provenzano- 75.3

200m:

Novice:

Boys- Paul Sargen- 27.9, Jeremy Cobin- 28.2,

Girls- Jen Ferdon- 32.1, Jen Mojo- 32.3, Nina Rajpurohit- 36.0,
Jess Ferazano- 39.2, Amelia Enchendia- 38.2, Brenna Postava- 34.6,
Christine Charles- 38.7, Jen Shrale- 33.9

Frosh:

Boys- Adam Freeland- 30.0, Bryan Schneider- 29.0,
James Bertoni- 33.3

Girls- Julia Garrett- 33.2, Alana Perone- 33.2, Sarah Peters- 37.2,
Steph Petrocelli- 32.5, Lillian Thyssen- 39.1,
Veronica Roszkowski- 32.8,

1600m:

Novice:

Boys- Andrew Cohen- 5:24.5, Kevin Sullivan- 5:39.2,
Matt Raeburn- 6:01

Girls- Meg Kane- 6:52.9, Katty Aldave- 6:17,
Carolyn Brophy- 6:01.0, Diane Nelson- 6:06,
Taylor Dunn- 5:58.3 (6TH)

Frosh:

Boys- John Woodburn- 5:20.2 (5TH)

Girls- Lauren Wimer- 6:26.4 (2ND), Chrissy Martin- 6:28.7 (4TH)

4 x 400m:

Novice:

Girls- Jen Ferdon, Jen Mojo, Nina Rajpurohit, Brenna Postava
5:15 76.4 76.8 83.6 76.4

Frosh:

Boys- Bryan Schneider, James Bertoni, Adam Freeland, J. Woodburn
4:51 75.2 80.1 69.5 66.4

Girls-

(1) Jen Zucaro, Steph Petrocelli, J. Garrett, Kath Zucaro
4:49.3 (4TH) 70.5 74.9 77.2 66.7

Shot Put:

Novice:

Boys- Frank Lockwood- F, Edison Lee- 31'

Girls- Jen Shrale- 26'3 1/2", Amanda Newman- 22'0"

Frosh:

Boys- Jared Bankus- 24'7 3/4", Mike Hundgen- 25'4",
Joe Fionda- 26'

Girls- Brittany Hemmel- 25'9" (5TH), Janine Zuccala- 20' 3/4",
Whitney Wiest- 14'9"

Long Jump:

Novice:

Boys- Dan Cooper- 16'0", Andrew Dolgin- F

Frosh:

Girls- Whitney Weist- 10'10", Alana Perone- 11' 1/2",
Sarah Peters- 10'4 1/2"

High Jump:

Novice:

Boys- Dan Cooper- 5'0"

Girls- Jess Gregg- 4'3", Meg Kane- 4'3", Sarah Herold- NH

Pole Vault:

Dan Cooper- 10'0" (2ND), Andrew Dolgin- 9'6" (6TH)

Comments:

Nice job. You continue to try hard and get personal bests. Keep that up, it will pay off. Special congrats to Julia Brownell for 1st in the 3200m in her 1st race of the season due to injury. Also to Dan Cooper in the pole vault with a nice 2nd, Lauren Wimer in the 1600m with a 2nd, and to the frosh girls 4 x 400m getting a fourth with Kath Zucaro running a terrific 66.7 split. A super job by all in a tough meet in which to score. Competition was fierce!

County Relays Thur. Jan. 29

***** RESULTS *****

4 x 1600m:

Boys: D. Plummer, Sean Seiper, Josh Kauke, John O'Neill
18:49.0 (2ND) 4:44.0 4:53.0 4:40.0 4:31.9

Girls: Meg McDermott, Tara O'Neill, M. Schiefen, Celeste Sedo
22:16.9 (1ST) 5:25.2 5:55.0 5:41.2 5:14.4

**** NEW SCHOOL RECORD! ****

Shuttle Hurdles:

Girls: Mo Smith, Jess Gregg, Jen Zucaro, Ana Law
37.0 (4TH) 9.1 9.0 9.7 8.0

4 x 200m:

Boys: Dave Warton, Dan Cooper, Javan Hemmel, Steve Robinson
1:37.9 24.4 24.5 24.6 24.5

Girls: H. Lamothe, Jessie Porro, Lesley Bruno, L. Vogelbach
1:54.5 (1ST) 29.3 28.9 28.4 27.8

4 x 800m:

Boys: Damian Plummer, Mike Martin, Josh Kauke, John O'Neill
8:33.9 (2ND) 2:11.4 2:09.2 2:07.3 2:06.4

Girls: Tara O'Neill, Monica Shiefen, J. Sprich, Meg McDermott
10:15.1 (2ND) 2:37.5 2:37.8 2:32.7 2:27.1

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

Boys: Steve Robinson, Dan Cooper, Javan Hemmel, Sean Seiper
3:59.9 57.1 25.6 25.1 2:12.0

Girls: L. Vogelbach, J. Porro, Helena Lamothe, Celeste Sedo
4:32.5 (1ST) 64.0 28.4 29.1 2:32.5

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

Boys: J. Kauke, Andrew Dolgin, Damian Plummer, John O'Neill
11:29.9 (5TH) 3:33.1 54.0 2:12.0 4:50.0

Girls: Meg McDermott, Maureen McAlister, J. Sprich, C. Sedo
13:25.0 (1ST) 4:03.9 67.3 2:37.4 5:47.0

4 x 400m:

Varsity:

Boys: Dave Warton, Javan Hemmel, Steve Robinson, Andrew Dolgin
3:40.8 (5TH) 53.7 56.1 56.4 54.6

Girls: L. Bruno, Jessie Porro, Kara Belknap, Lizzie Vogelbach
4:20.2 (1ST) 63.7 66.1 65.8 64.8

Long Jump:

Boys- Ted Winfield, Andrew Dolgin
DQ 21'9 19'0

Girls- Lizzie Vogelbach, Helena Lamothe
28'4 1/2" (1ST) 13'11 1/2 14'8 1/2"

Triple Jump:

Boys- Ted Winfield, Andrew Dolgin
79'10 1/4" (1ST) 40'1" 39'9 1/2"

Girls- Helena Lamothe, Ana Law
60' 1/4" (1ST) 32'10 3/4" 31'1 1/2"

Shot Put:

Varsity:

Boys- J.D. Murdock, Brian Zuccala
93'10" (1ST) 49'1" 44'9"

Girls- Shayna Brown, Michele Wilson
58'9" (2ND) 31'2" 27'7"

Novice:

Boys- Frank Lockwood, Edison Lee
70'1" (4TH) 38'1" 32'0"

Girls- Jen Shrahle, Amanda Newman
44'6" (6TH) 24'3" 20'3"

Frosh:

Boys- Jarad Bankus, Mike Hundgen,
50'5" (3RD) 24'6" 25'11"

Girls- Brittany Hemmel, Janine Zuccala,
41'4" (3RD) 24'1 1/2" 17'3"

High Jump:

Boys- Steve Robinson, Ted Winfield
11'0" (3RD) 5'8" 5'4"

Girls- Lesley Bruno, Jess Gregg
8'8" (6TH) 4'4" 4'4"

Pole Vault:

Dave Warton, Dan Cooper
22'6" (2ND) 12'6" 10'0"

Comments:

Awesome! I loved the way each of you competed. I figured out that every person that went to the meet medaled. That is unbelievable and a credit to your hard work and dedication. Final scores:

Girls: (1) RIDGEWOOD- 93 Boys: (1) Don Bosco- 78
 (2) Hackensack- 46 (2) Hackensack- 56
 (3) Bergenfield- 45 (3) RIDGEWOOD- 54

*** This meet was out of 16 teams for the large school division. Special congrats to the girls team for being county champs!! Boys did a great job as well. You know we should have been 2nd. Ridgewood track has a great history and both of your teams have risen to meet those high expectations. Keep the focus. Again, coach Dunn, coach Watson and myself are proud of your accomplishments and effort.

Depth the key at Bergen Indoor

by PAUL SCHWARTZ
correspondent

NEW YORK — A team built on two or three top athletes won't win the Bergen County Indoor Relays.

That was made evident Thursday night, when the Don Bosco Ridgewood and Westwood boys and the Ridgewood and Westwood girls easily won titles at the 168th Street Armory Track Center.

Don Bosco perhaps was the most impressive of the four team winners as 14 different athletes shared in five titles and a 78-56-54 win over Hackensack and Ridgewood in the Boys A Division.

"We scored in every event, even field events where I thought we had no chance of scoring," Bosco coach Bill Barry said. "We had so many personal records, I couldn't believe it. Everyone just performed so well."

Each of the other team champions had at least three gold medals, but only four of Bosco's 14 gold medalists managed two golds.

The Ironmen set a school record 18:22.7 in winning the meet's first event, the 6,400-meter relay, which was paced by Dan Conrath's 4:28.9 leg. They also won

TRACK

the sprint medley, distance medley, 3,200, and pole vault.

"Our kids just performed so well," said Barry, who returned to the track after a month away because of personal business. "We knew we'd be very good in the distance events, but we were also third in the long jump and fourth in the triple jump with near [personal records]. And we even got a fifth in the high jump and shot put."

Ridgewood's girls were the easiest winners, winning seven of 11 events and placing in the top three in all but one event en route to a 93-46-45 victory over Hackensack and Bergenfield in the A Division.

It wasn't surprising that Celeste Sedo anchored the 6,400-meter relay team to a win with a 5:14 leg or that the Maroons also won the sprint and distance medleys with Meg McDermott, voted the Lou Molino Most Valuable Performer, running significant legs.

But their wins in the 800, 1,600 and long and triple jumps were a surprise to many. But not to their head coach.

"I wasn't really surprised how the sprinters and jumpers did," Ridgewood coach Mike Mullen said. "I thought with the training we've done that they would shine at the end of the season when the championships came around, and they did."

Helena LaMothe and Lizzie Vogelbach were the day's only winners of four gold medals, combining to win the long jump and aiding in the 800 and sprint medley wins.

"Helena's triple jump was a PR, and Lizzie gave us some good anchor legs in both the 800 and 1,600 relays," Mullen said.

Westwood's victories were similarly propelled.

The boys won their fourth straight B title, 84-42, over River Dell, winning eight of the 10 events they entered, while the girls won or finished second in eight events in an 83-59 win over defending champ Dumont.

"We performed very well in almost every event we were in," boys coach Steve Lurie said. "We were especially good in the field events. We expected to do well, because a trio like Neal Okarter, Gareth Hedges, and Bryan Sheldon makes any team good in the field."

Okarter, the Alan Wedemeier Award winner for outstanding male performer, leaped a state-leading 45 feet seven inches to team with Sheldon in the triple jump, jumped 20-8 to team with Hedges in the winning long jump, and ran a leg on the sprint medley team, anchored by Andrew Giannotti in 1:57.9.

Sheldon and Hedges combined to win the high jump, and Sheldon also led Westwood to a shot put win.

The trio of Jenica Asadorian, Nicole Stinson, and Crystal Oliver were triple gold medalists to lead the girls.

"Jenica anchored three wins for us, and we added a lot of depth in every event," coach George Glover said. "We have a lot of really good kids who really care about each other. The new outdoor track at our school has helped us do well."

Janelle McCollum, who helped the Cardinals win the 1,600 and distance medley, will move to Teaneck next week and made her final appearance with Westwood a successful one.

"We'll miss her a lot, and we wish her a lot of luck at Teaneck," Glover said. "She really helped us win this title."

LOCAL SCOREBOARD

PARAMUS CATHOLIC

ICOR

Westwood 84, River Dell 4, Englewood 34, Dumont 33, Ridgfield Park 31, Pascack Valley 24, Glen Rock 22, Midland Park 19, Rutherford and Saddle Brook 17, New Milford and Indian Hills 9, Hasbrouck Heights 3, Northern Highlands and Pascack Hills 3, Mahwah 1.

800 — 1, Englewood (Ceary Williams, Sekou O'U-huru, Eugene Brown, Desmond Hooper), 1:38.4; 2, Hasbrouck Heights, 1:40.6; 3, Pascack Valley, 1:41.7; 4, River Dell, 1:42.3; 5, Pascack Hills, 1:43.2; 6, Ridgfield Park, 1:44.1.

1,600 — 1, Westwood (Doug Salvit, Gareth Hedges, Matt Caporaletti, Andrew Giannotti), 3:35.1; 2, River Dell, 3:41.4; 3, Englewood, 3:45.3; 4, Pascack Valley, 3:50.8; 5, New Milford, 3:53.9; 6, Dumont, 3:54.5.

3,200 — 1, Glen Rock (Chuck Chloffe, Aaron Scheinman, Colby Mulkeen, Matt Kulken), 8:55.5; 2, Pascack Valley, 9:00.7; 3, Dumont, 9:07.5; 4, Westwood, 9:08.0; 5, River Dell, 9:12.4; 6, Mahwah, 9:37.4.

6,400 — 1, Westwood (John Demarest, Matt Caporaletti, Michael Dopf, Andrew Giannotti), 18:52.7; 2, Rutherford, 19:57.0; 3, Glen Rock, 19:58.2; 4, Dumont, 20:28.4; 5, Saddle Brook, n.t. No sixth place.

Sprint medley — 1, Westwood (Cory Lane, Doug Salvit, Neal Okarter, Andrew Giannotti), 3:41.1; 2, River Dell, 3:45.8; 3, tie between New Milford and Midland Park, 3:56.8; 5, Northern Highlands, 4:00.0; 6, Indian Hills, 4:05.5.

Distance medley — 1, Westwood (Matt Caporaletti, Mike Stankowitz, Michael Dopf, John Demarest), 11:21.0; 2, Midland Park, 11:27.1; 3, Rutherford, 11:47.9; 4, Dumont, 12:25.3; 5, River Dell, 12:43.4; 6, Northern Highlands, 12:49.4.

Shuttle hurdles — 1, Ridgfield Park (Tobin Reinert, Ken Jaegge, Chris Williams, Aron Harding), 34.3; 2, Dumont, 37.6; No third, fourth, fifth or sixth places.

Shot put — 1, Westwood (Bryan Sheldon, Mike Stankowitz), 92-0 3/4; 2, Indian Hills, 91-0 1/4; 3, Glen Rock, 88-3; 4, River Dell, 81-10 1/4; 5, Saddle Brook, 79-11; 6, Pascack Hills, 77-8.

Long jump — 1, Westwood (Neal Okarter, Gareth Hedges), 40-11; 2, Englewood, 37-7; 3, Pascack Valley, 36-4 1/4; 4, River Dell, 36-2 1/4; 5, Saddle Brook, 35-8 1/2; 6, Rutherford, 34-11 1/4.

Triple jump — 1, Westwood (Neal Okarter, Bryan Sheldon), 86-1 1/4; 2, Englewood, 76-5; 3, River Dell, 74-7 1/4; 4, Ridgfield Park, 74-0 1/4; 5, Rutherford, 73-8 1/4; 6, Saddle Brook, 72-4.

High jump — 1, Westwood (Gareth Hedges, Bryan Sheldon), 11-10; 2, Ridgfield Park, 5-8; 3, tie between Dumont and River Dell, 5-8; 5, New Milford, 5-4.

Pole vault — 1, Saddle Brook (Gallo Mendoza, Dennis Gerber), 22-0; 2, Ridgfield Park, 12-7 1/2; tie between Midland Park and Dumont, 9-0.

GIRLS A TEAM SCORING

Ridgewood 93, Hackensack 46, Bergenfield 45, NV/Demarest 42, Ramapo 22, Tenafly 21, Teaneck 14, Paramus and NV/Old Tappan 10, Fort Lee and Northern Highlands 8, Fair Lawn 3, Queen of Peace 2, Pascack Valley 1.

800 — 1, Ridgewood (Helena LaMothe, Jessie Porro, Lesley Bruno, Lizzie Vogelbach), 1:54.7; 2, Bergenfield, 1:55.4; 3, NV/Old Tappan, 1:55.5; 4, NV/Demarest, 1:56.1; 5, Hackensack, 1:58.2; 6, Teaneck, 1:58.8.

1,600 — 1, Ridgewood (Lesley Bruno, Jessica Porro, Kate Belknap, Lizzie Vogelbach), 4:20.2; 2, Bergenfield, 4:25.4; 3, Fort Lee, 4:32.5; 4, NV/Demarest, 4:34.1; 5, NV/Old Tappan, 4:34.3; 6, Pascack Valley, 4:36.2.

3,200 — 1, Bergenfield (Melanie Howell, Marquita Hannibal, Michelle Devlin, Stephanie Crespo), 10:11.4; 2, Ridgewood, 10:15.1; 3, Hackensack, 10:19.0; 4, Paramus, 10:30.2; 5, Fort Lee, 10:43.7; 6, Fair Lawn, 10:43.9.

6,400 — 1, Ridgewood (Meg McDermott, Tara O'Neill, Monica Schiefen, Celeste Sedo), 22:16.9; 2, Hackensack, 22:22.1; 3, Tenafly, 23:43.8; 4, Northern Highlands, 24:45.5; no fifth or sixth places.

Sprint medley — 1, Ridgewood (Lizzie Vogelbach, Jessie Porro, Helena LaMothe, Celeste Sedo), 4:32.3; 2, Hackensack, 4:34.3; 3, Teaneck, 4:37.3; 4, Ramapo, 4:50.4; 5, NV/Demarest, 4:52.5; 6, Tenafly, 4:53.0.

Distance medley — 1, Ridgewood (Meg McDermott, Maureen McAlister, Julie Sprich, Celeste Sedo), 13:25.1; 2, Tenafly, 13:54.8; 3, Paramus, 14:00.5; 4,

TRACK

BOYS A TEAM SCORING

Don Bosco 78, Hackensack 56, Ridgewood 54, St. Joseph Regional 42, Bergen Catholic 37, Garfield 30, Paramus Catholic 20, Teaneck 12, Ramapo 10, Fair Lawn and Paramus 9, Tenafly 8, Fort Lee 4 1/2, NV/Old Tappan 2, NV/Demarest 1/2.

800 — 1, Hackensack (Sterling Wynn, Michael Jackson, Kawsal Darby, Ibrahim Malcom), 1:33.2; 2, Bergen Catholic, 1:35.2; 3, Don Bosco, 1:38.0; 4, St. Joseph Regional, 1:38.4; 5, Ramapo, 1:38.5; 6, Teaneck, 1:37.5.

1,600 — 1, Hackensack (Ibrahim Malcom, Kemell Reckley, Sterling Wynn, Kawsal Darby), 3:29.6; 2, Bergen Catholic, 3:34.0; 3, Don Bosco, 3:34.9; 4, Teaneck, 3:37.1; 5, Ridgewood, 3:40.7; 6, Fair Lawn, 3:42.1.

3,200 — 1, Don Bosco (Joe Cronin, John Moraah, Joe Santonacita, Nick Ameli), 8:18.1; 2, Ridgewood, 8:34.0; 3, Hackensack, 8:38.8; 4, Fort Lee, 8:44.4; 5, Garfield, 8:47.7; 6, St. Joseph Regional, 8:47.9.

6,400 — 1, Don Bosco (Brad Henry, Joe Poliseo, Dan Contreras, Rick Lehmbek), 18:22.3; 2, Ridgewood, 18:49.2; 3, St. Joseph Regional, 18:49.4; 4, Hackensack, 19:14.8; 5, Ramapo, 19:32.5; 6, Tenafly, 20:18.0.

Sprint medley — 1, Don Bosco (Chris McKinley, Mario Pozo, Andrew Weglinski, Rick Lehmbek), 3:45.1; 2, St. Joseph Regional, 3:45.2; 3, Ramapo, 3:48.0; 4, Hackensack, 3:51.3; 5, Bergen Catholic, 3:55.5; 6, Teaneck, 3:59.4.

Distance medley — 1, Don Bosco (Brad Henry, Ed Uhay, Ryan Donahue, Dan Contreras), 11:01.8; 2, Paramus, 11:19.6; 3, Hackensack, 11:24.6; 4, Tenafly, 11:27.4; 5, Ridgewood, 11:29.8; 6, St. Joseph Regional, 11:45.3.

Shuttle hurdles — 1, Paramus Catholic (Keith Johnson, Marc Fuleon, Anthony DeProspro, Chris O'Reilly), 31.4; 2, Garfield, 33.3; 3, Bergen Catholic, 33.6; 4, St. Joseph Regional, 34.1; 5, Don Bosco, 34.3; 6, tie between NV/Demarest, and Fort Lee, 36.1.

Shot put — 1, Ridgewood (Brian Zuccala, J.D. Murchio), 92-7 1/2; 2, Bergen Catholic, 88-0 1/4; 3, Hackensack, 86-7 3/4; 4, St. Joseph Regional, 86-1 1/2; 5, Don Bosco, 84-10 1/4; 6, Paramus, 84-4.

Long jump — 1, Hackensack (Michael Jackson, Kawsal Darby), 37-6; 2, Fair Lawn, 36-8 1/4; 3, Don Bosco, 36-6 1/4; 4, Teaneck, 36-4 1/4; 5, Tenafly, 31-6 1/4; 6, Bergen Catholic, 20-1 1/4.

Triple jump — 1, Ridgewood (Ted Wintfield, Andrew Doigani), 79-1 1/4; 2, Garfield, 77-10 1/4; 3, St. Joseph Regional, 74-9 1/4; 4, Don Bosco, 73-8 1/4; 5, Teaneck, 72-10 1/4; 6, Tenafly, 67-2 1/4.

High jump — 1, Paramus Catholic (Keith Johnson, Anthony DeProspro), 12-4; 2, St. Joseph Regional, 11-10; 4, Garfield, 6-4; 5, Don Bosco,

6-4; 3, Garfield, 18-0; 4, Tappan, 10-8

Girls (cont.)

Northern Highlands, 14:41.1; 5, Queen of Peace, 14:51.3; no sixth.

Shuttle hurdles — 1, NV/Demarest (Kirin Friedl, Annie Holzberg, Caitlin Caporale, Karin Boman), 35.7; 2, Hackensack, 36.2; 3, Ridgewood, 36.7; 4, Ramapo, 37.4; 5, Fair Lawn, 38.4; 6, Garfield, 38.8.

Shot put — 1, NV/Demarest (Jennifer Finchum, Lila Lee), 68-4 1/4; 2, Ridgewood, 60-1; 3, Bergenfield, 58-10; 4, Hackensack, 52-1 1/4; 5, Tenafly, 49-1 1/4.

Long jump — 1, Ridgewood (Helena LaMothe, Lizzie Vogelbach), 28-9; 2, Bergenfield, 28-2 1/4; 3, Ramapo, 28-0 1/4; 4, NV/Demarest, 27-9; 5, NV/Old Tappan, 27-5 1/4; 6, Hackensack, 26-11 1/4.

Triple jump — 1, Ridgewood (Anna Law, Helena LaMothe), 64-0 1/4; 2, Ramapo, 63-7 1/4; 3, NV/Demarest, 60-4 1/4; 4, Tenafly, 55-7 1/4; 5, Teaneck, 33-0 1/4; 6, Hackensack, 30-11 1/4.

High jump — 1, Garfield (Anna Garcia, Karla Gordon), 9-4; 2, Hackensack, 9-2; 3, tie between Bergenfield and Teaneck, 9-0; 5, NV/Demarest, 8-10; 6, Ridgewood, 8-8.

GIRLS B TEAM SCORING

Westwood 83, Dumont 59, Ridgfield Park and Englewood 30, River Dell and New Milford 28, Glen Rock 21, Rutherford 17, Hasbrouck Heights 15, Saddle Brook and Pascack Hills 8, Midland Park 4, Indian Hills and Dwight-Englewood 2.

800 — 1, Englewood (Carlene Cummings, Maria DeJesus, Charlene Hooper, Devri Dixon), 1:54.9; 2, Westwood, 1:55.9; 3, Glen Rock, 1:57.7; 4, Dumont, 1:59.5; 5, New Milford, 2:01.9; 6, Rutherford, 2:07.0.

1,600 — 1, Westwood (Emily Drew, Ellen Rumito, Crystal Oliver, Janelle McCallum), 4:28.3; 2, Dumont, 4:40.5; 3, Pascack Hills, 4:55.4; 4, Ridgfield Park, 5:31.9; 5, Rutherford, 5:41.9.

3,200 — 1, Westwood (Nicole Stinson, Crystal Oliver, Janet Luce, Jenica Asadorian), 10:35.7; 2, Dumont, 11:11.1; 3, River Dell, 11:42.3; 4, Rutherford, 11:59.4; 5, Ridgfield Park, 12:07.4; 6, Glen Rock, 12:11.5.

6,400 — 1, Westwood (Nicole Stinson, Crystal Oliver, Tara Velcarel, Jenica Asadorian), 23:56.9; 2, Dumont, 25:43.9; 3, New Milford, 27:50.3; no fourth, fifth, or sixth places.

Sprint medley — 1, River Dell (Caitlin Cherry, Lauren Fanelli, Melanie Slezak, Lauren Sharry), 4:41.8; 2, Glen Rock, 4:42.3; 3, Westwood, 4:47.0; 4, Hasbrouck Heights, 4:57.0; 5, Pascack Hills, 5:00.9; 6, Midland Park, 5:16.0.

Distance medley — 1, Westwood (Janelle McCallum, Janet Luce, Nicole Stinson, Jenica Asadorian), 13:38.2; 2, Dumont, 14:43.5; 3, Glen Rock, 15:17.0; 4, River Dell, 15:59.3; 5, Dwight-Englewood, 16:14.7; No sixth place.

Shuttle hurdles — 1, Hasbrouck Heights (Alessia Cirelli, Jill Sgroi, Renee Blauvelt, Ethel Grimes), 35.9; 2, Westwood, 36.9; 3, River Dell, 37.0; 3, New Milford, 39.9; 5, Rutherford, 40.1; No sixth place.

Shot put — 1, Ridgfield Park (Brendan Arroyo, Kristen Guimes), 65-0 1/4; 2, Dumont, 64-5 1/4; 3, Rutherford, 62-5 1/4; 4, Saddle Brook, 61-5; 5, Midland Park, 57-4 1/4; 6, Hasbrouck Heights, 49-8.

Long jump — 1, Englewood (Carlene Cummings, Charlene Hooper), 28-9 1/4; 2, New Milford, 27-8 1/4; 3, Dumont, 27-0 1/4; 4, Westwood, 26-7 1/4; 5, Ridgfield Park, 25-9 1/4; 6, Indian Hills, 25-7 1/4.

Triple jump — 1, Englewood (Carlene Cummings, Charlene Hooper), 68-10 1/4; 2, Westwood, 59-5 1/4; 3, Ridgfield Park, 59-1; 4, New Milford, 58-1 1/4; 5, Rutherford, 48-11 1/4; 6, Indian Hills, 29-5.

High jump — 1, tie between Dumont (Lauren Sweeney, Erin Kelly) and Westwood (Lauren Donohue, Linda Vallone), 8-10; 3, Ridgfield Park, 8-6; 4, Saddle Brook, 8-4; 5, New Milford, 4-10; 6, Midland Park, 4-6.



PAUL SCHWARTZ
WINTER TRACK

Emerging from the shadows

Meg McDermott of Ridgewood and Neal Okarter of Westwood were voted the outstanding athletes of the meet Thursday night at the Bergen County Indoor Relays at the 168th Street Armory Track Center in New York.

The two athletes share more than the plaques in common. Both have performed in the shadow of better-known athletes and now are claiming their own share of the spotlight.

For McDermott, winner of the Lou Molino Award, named in honor of the longtime outdoor Bergen County meet director and successful coach and athletic director at Ramsey, it was another step toward her own recognition apart from more celebrated teammates Kelly Behan and Celeste Sedo.

"I was totally shocked by the award," said McDermott, who led off the winning 6,400 relay with a good 5:25.2 leg, anchored the 3,200 relay to second in 2:27.1 for 800 meters, and ran an excellent 4:03.9 leadoff 1,200 leg in the winning distance medley. "I had a good day, but I think it could have been better, but I never expected this."

McDermott, who helped the Maroons to the Bergen County cross-country title and second in the State in her first year of cross-country and was All-Bergen in the 1,000 meters last winter, expected that Thursday would be an important night for her.

"I came in here today totally psyched up," said the exuberant junior. "I knew I was going to anchor the 4 by 8 and wanted to get us going in the 4 by 16 and the distance medley. It's great for our team to win."

Okarter, who shared indoor all-Bergen triple jump honors last win-

"It's two totally different events, one of technique and one of explosion," said Okarter, who earned the Alan Wedemeier Award named in honor the former Waldwick All-Bergen star who died while acting as a good Samaritan two years ago.

Okarter jumped a state-leading 45-7 in the triple and added a near PR of 20-8 in the long jump to propel Westwood to dominant wins in both events. He also ran a 200 leg on Westwood's winning sprint medley.

"The team comes first as long as I jump for Westwood," said Okarter, who despite his own success has performed in the shadow of fellow seniors Andrew Giannotti and Matt Caporaletti, who have starred in cross-country as well as indoor and outdoor track. "I was happy with my long jump, but still felt I could have done a better job with my jump into the pit in the triple jump."

"Playing football this year really helped me stay confident and get stronger," said Okarter, whose return to the gridiron helped the Cardinals into the Group 2 finals. "I'm still operating off a football high."

WELCOME BACK — A welcome sight at Thursday's meet was the return of Don Bosco head indoor coach Bill Barry after a month in Europe on personal business.

"I wasn't out of touch because [acting coach] John Neapolitan faxes me all of our results and we talked every other day on the phone," said Barry, whose team dominated the Boys A competition. "You don't want to see my phone bill. He and Mark Fabish and Sean Durkin, our other assistants, just did a great job and I can't say enough about the work they did with the kids."

"We did a lot of planning on the phone, even as far as the workouts went. But the personal touch is important and they were just so good with the kids, it set us up for this great performance."

NNJIL Meet

Mon. Feb. 2, 1998

***** RESULTS *****

3200m:

Boys: Sean Seiper- 11:01 (6TH), Mike Martin- 10:38 (2ND),
Andrew Cohen- 11:33, Kevin Sullivan- 11:42,
Damian Plummer- 10:45.0 (4TH)

Girls: Celeste Sedo- 12:00 (1ST), Monica Schiefen- 12:25 (4TH),
Julia Brownell- 12:13.0 (2ND), Rebecca Johnson- 13:04 (5TH)

1000m:

Boys: John O'Neill- 2:41.3 (1ST), Josh Kauke- 2:42.1 (2ND)

Girls: Meg McDermott- 3:11.4 (1ST), Tara O'Neill- 3:23.4 (4TH),
Taylor Dunn- 3:25.5 (6TH), Julie Sprich- 3:23.2 (3RD)

55m dash:

Boys: Dusty Thomas- 6.6, Paul Sargen- 7.8, Ted Winfield- 6.7

Girls: Helena Lamothe- 7.9

55m HH:

Boys: Steve Robinson- 8.2/8.1 (3RD), Dave Warton- 8.5/8.5 (4TH)

Girls: Ana Law- 9.8/9.9 (5TH), Jess Gregg- 10.2, Mo Smith- 10.0

4 x 800m:

Boys: Sean Seiper, Mike Martin, Josh Kauke, D. Plummer
8:46.5 (1ST) 2:15.0 2:11 2:09.0 2:09.7

K. Sullivan, M. Raeburn, J. Woodburn, A. Cohen
10:02 (5TH) 2:28.7 ? ? ?

Girls: (1) Taylor Dunn, M. Schiefen, J. Sprich, Tara O'Neill
10:35.9 (1ST) 2:37.0 2:37.0 2:39.0 2:42

(2) Diane Nelson, C. Brophy, C. Lynch, Celeste Sedo
11:00 (2ND) 2:46 2:41.2 2:40.0 2:53

(3) L. Wimer, Katty Aldave, Rebecca Johnson, Sara Wells
11:19 (4TH) 2:46.1 2:53 2:52 2:49.0

600m:

Boys: John O'Neill- 1:28.3 (2ND), Javan Hemmel- 1:32.5,
Andrew Dolgin- 1:30.1 (5TH)

Girls: Meg McDermott- 1:44.8 (2ND), Maureen McAlister- 1:53.3,
Leslie Bruno- 1:50.5 (4TH), Kara Belknap- 1:51.6 (5TH)

800m: (THIS IS FROSH/NOVICE ONLY EVENT)

Novice:

Boys: Jamie Cannon- 2:30.2, Matt Raeburn- 2:36.7,
Anthony Forlino- 2:41.5

Girls: Katie Latanich- 3:01.5, Meg Kane- 2:55.7,
Sarah Wells- 2:47.4 (3RD), Katty Aldave- 2:48.2 (4TH)

Frosh:

Boys: John Woodburn- 2.19.9 (5TH)

Girls: Lauren Wimer- 2:47.6 (3RD), Chrissy Martin- 2.51.0 (6TH),

200m: (THIS IS FROSH/NOVICE ONLY EVENT)

Novice:

Boys: Rob Kalfus- 31.4, Dan Cooper- 24.9 (2nd), Chris Tobin- 29.2

Girls: Jen Ferdon- 32.2, Jen Mojo- 32.1, Nina Rajpurohit- 35.5,
Brenna Postava- 34.2, Sarah Herold- 31.5, Amelia Enchendia- 38.1

Frosh:

Boys: James Bertoni- 32.9, Adam Frelander- 29.9,
Bryan Schneider- 28.7

Girls: Jen Zucaro- 30.4, Steph Petrocelli- 31.0,
Alisa Vetter- 32.8, Alana Perone- 33.5, Sarah Peters- 34.9,
Julia Garret- 33.0, Lillian Thyssen- 40.0, Whitney Weist- 34.8,
V. Roszkowski- 32.9, Kath Doody- 37.2, M. Van Engel- 35.5

300m:

Boys: Javan Hemmel- 39.8, Dusty Thomas- 38.8, P. Sargen- 42.9

Girls: Lizzie Vogelbach- 45.0, Helena Lamothe- 47.6,
Jessie Porro- 46.6, Mo Smith- 50.0

1600m:

Boys: John O'Neill- 4:41.9 (1ST), Damian Plummer- 4:57.1 (5TH),
Josh Kauke- 4:52.5 (4TH), Mike Martin- 5:00.7,
Sean Seiper- 5:30.0

Girls: Celeste Sedo- 5:35.5 (1ST), Meg McDermott- 5:36.6 (2ND),
Tara O'Neill- 5:54.6 (6TH), Monica Sciefen- 5:45.0 (5TH),
Taylor Dunn- 6:04, Colleen Lynch- 6:04.2, Carolyn Brophy- 6:06,
Julie Sprich- 6:15.0, Rebecca Johnson- 6:17, Julia Brownell- 5:55

4 x 400m:

Frosh:

Boys: J. Woodburn, J. Bertoni, A. Frelander, B. Schneider
4:30.0 60.2 75.4 67.2 67.6

Girls: J. Zucaro, S. Petrocelli, A. Vetter, L. Wimer
4:52.8 (2ND) 68.0 75.0 77.8 72.0

Novice:

Girls: J. Mojo, J. Ferdon, S. Herold, M. Kane
4:56.6 (3RD) 76.0 73.0 72.2 72.0

Boys: Paul Sargen, Jamie Cannon, Kevin Sullivan, Rob Kalfus
4:17.9 58.9 64.7 65.1 69.3

Varsity:

Boys: D. Warton, D. Thomas, A. Dolgin, S. Robinson,
3:42.3 (3RD) 54.2 55.7 54.8 57.6

Girls: Lesley Bruno, Jessie Porro, Kara Belknap, L. Vogelbach
4:22.3 (2ND) 66.0 65.9 66.1 64.4

Long Jump:

Boys: Ted Winfield- 21'4" (1ST) *MEET RECORD,
Andrew Dolgin- 19'3" (5TH) Dusty Thomas- 19'10" (3RD),

Girls: Helena Lamothe- 15'0" (2nd), Lizzie Vogelbach- 14'3 1/2",
Ana Law- 13'0"

Novice:

Dan Cooper- 17'1 1/2"

Triple Jump:

Boys: Ted Winfield- 42'2 1/4" (1ST), A. Dolgin- 40'2 1/2 (3RD),
Dave Warton- 39'8" (5TH),

Girls: Helena Lamothe- 33'2 1/2" (1ST), Ana Law- 32'7 3/4" (3RD),
Lizzie Vogelbach- F

High Jump:

Boys: Steve Robinson- 5'10" (3RD)

Girls: Jess Gregg- 4'4" (5TH), Lesley Bruno- 4'2", Meg Kane- 4'2"

Pole Vault:

Boys: Dave Warton- 11'6" (2ND), Dan Cooper- 9'6" (5TH),
Anthony Forlino- NH

Shot Put:

Varsity:

Boys: J.D. Murdock- 47'8 3/4" (2ND), Frank Lockwood- 38'4 1/2"

Girls: Shayna Brown- 33'3" (5TH), Michele Wilson- 30'1/2"

Novice:

Boys: Edison Lee- 30'3"

Girls: Jenn Shrahle- 27'7" (A LIFE SAVER), Amanda Newman- 23'3"

Comments:

A Tremendous meet for both the boys and the girls! Congratulations on being league champs!! That has never happened in winter track where both teams won the league. Awesome!! The final totals were:

BOYS:

1. RIDGEWOOD- 144
2. Montclair- 97
3. Clifton- 64
4. Bergen Catholic- 47
5. Kennedy- 28
6. Passaic- 27
7. Eastside- 16
8. Bloomfield- 8
9. Barringer- 0

GIRLS:

1. RIDGEWOOD- 137
2. Eastside- 81
3. Montclair- 76
4. Clifton- 68
5. Kennedy- 21
6. Passaic- 16
7. Barringer- 0
8. Bloomfield-0

You are now considered to be one of the ~~power~~ powerful teams in North Jersey as well as the state. You have been asked to do alot and continue to shine. Now it is time to focus on individual and relay team goals. Again, congratulations on the outstanding team accomplishments. Your coaches are proud and excited for you!

Hackensack, Ridgewood sweep

By PAUL SCHWARTZ
Correspondent

NEW YORK — Probably the two most honored coed track and field programs in Northern New Jersey over the last two decades are at Hackensack and Ridgewood.

So it's not surprising that the Comets and Maroons swept divisional titles Monday night at the fourth Northern New Jersey Interscholastic League Indoor Championships at the Armory Track and Field Center.

Hackensack won its fourth straight Pacific Division boys title, 135.5-111, over Don Bosco, on the strength of a 51-6 margin in the 55- and 300-meter sprints. The Comets won their fourth straight girls title, 137-117, over surprising Immaculate Heart Academy, despite a sensational triple by IHA freshman Courtney Cubicotti.

The Ridgewood girls team won its third title in four years, 137-81, over defending champion Eastside, scoring 100 points in the 1,000, 1,600, 3,200, 3,200 relay, and triple jump. The Ghosts managed only 11 points in the five events. The Ridgewood boys won their first title, 142-99, over defending champion Montclair, earning five wins and six seconds in the 14 events.

Assistant coach Dave Petrella of Hackensack wasn't surprised by the Comets' comeback from losing both ends of the Bergen Relays on Thursday night.

Hackensack won six events, with Sterling Wynn scoring the only double individual titles in the

TRACK

55 and 300, keying a 1-2-3-6 finish in the 55 and 1-2-3-5 in the 300. Baseball convert Mike Beebe had a personal-best 50-foot throw to win the shot, while the 1,600 relay ran 3:29.2, the best time in Bergen County this year.

But the standout individual in the division was St. Joseph Regional's Corey Kunz, who easily won the 1,000 in 2:36.3 and then kicked beautifully to take nearly 10 seconds off the 1,600 meet record.

"I was really surprised to run as well as I did in the 1,600," said Kunz, a junior. "I thought I'd lose touch earlier in the race. It's the first time I've beaten Tom [Baldwin] and Dan [Contreras] on the track."

Hackensack also won six girls events, including a brilliant triple by sophomore Shauna Koenig, who won the 600 and 1,000 and anchored the winning 1,600 relay to a thrilling come-from-behind victory over IHA. Junior Mary Jones added a win and three seconds.

But it was the tiny Cubicotti who stole the show. She upset Jones in the 55, tying the meet record, and ran an impressive 43.5 leading a 1-4-5-6 finish by the Blue Eagles. She then won the long jump over Jones and broke Jones' meet record in the bargain.

"She flies," said IHA head coach Charlotte LoSchiavo. "She continues to astound me and in the



DON SMITH/STAFF PHOTOGRAPHER

Ridgewood's Meg McDermott outduels Kennedy's Sabrina Nealy to win the 1,000 meters at the NNJIL Championships Monday in New York.

long jump. She only learned how to do it Saturday morning. She's the least brash sprinter I've ever seen."

The Ridgewood boys, underrated and overlooked all season, got great individual performances from senior John O'Neill and junior Ted Winfield to go with a solid team effort.

O'Neill won the 1,600 and 1,000 and took second in the 600, while Winfield won the triple jump as

well as the long jump, in which she registered a meet-record 21-4.

"It's about time the boys got some recognition," said Ridgewood coach Mike Mullin. "Ted and John had great performances and we won the 3,200 relay as well. I'm real proud of these guys."

The girls win was almost routine as Celeste Sedo easily won the 1,600 and 3,200, while Meg McDermott added a win in the 1000 and a pair of seconds. Helena LaMothe won the triple jump.

NJJIL TRACK SUMMARIES

58th St. Almy Track Center, New York ANTIC BOYS TEAM SCORING

Ridgewood 144, Montclair 97, Clifton 64, Bergen Catholic 47, Kennedy 28, Passaic 27, Eastside 18, Springfield 8.

100 — 1, Andrae McCormick, Clifton, 6.4; 2, Ryan K, Montclair, 6.5; 3, Brown O'Neill, Montclair, 6.6; 4, David Tyree, Montclair, 6.6; 5, Joe Haro, Clifton, 6.8; 6, Thiam Nelson, Montclair, 6.8.

110 — 1, Jon Rely, Bergen Catholic, 8.2; 2, Andy rowski, Clifton, 8.3; 3, Steve Robinson, Ridgewood, 8.3; 4, Damian Dawes, Kennedy, 8.7; 5, Dave ton, Ridgewood, 8.8; 6, Anibal Fuentes, Clifton, 9.0.

120 — 1, David Tyree, Montclair, 36.1 (record, new event); 2, Joe Haro, Clifton, 36.3; 3, tie between O'Neill, Montclair, and Ryan Cook, Montclair, 37.1; 5, Booker, Montclair, 37.3; 6, Andrae McCormick, on, 37.4.

150 — 1, Dan Brower, Montclair, 1:27.9 (record, new event); 2, John O'Neill, Ridgewood, 1:28.4; 3, Shawn Williams, Eastside, 1:29.7; 4, Shawn Williams, Eastside, 1:30.1; 5, Andrew Dolgin, Ridgewood, 1:30.6; 6, Tony Yamasaki, Clifton, 1:30.6.

200 — 1, John O'Neill, Ridgewood, 2:41.3 (record, new event); 2, Josh Kauke, Ridgewood, 2:43.3; 3, N. Patel, Passaic, 2:44.2; 4, William China, Montclair, 2:48.1; 5, Bob Burke, Bergen Catholic, 2:48.5; 6, Fouquene, Clifton, 2:54.7.

300 — 1, John O'Neill, Ridgewood, 4:42.2; 2, N. Patel, Passaic, 4:43.4; 3, Gillray Brown, 4:44.1; 4, Kauke, Ridgewood, 4:52.8; 5, Damian Plummer, Ridgewood, 4:57.2; 6, David Vassallo, Clifton, 4:57.3.

400 — 1, Gillray Brown, Montclair, 10:09.5; 2, Knight, Montclair, 10:45.8; 3, Mike Martin, Ridgewood, 10:46.0; 4, Damian Plummer, Ridgewood, 11:02.5; 5, Bob Liguori, Bloomfield, 11:02.5; 6, Sean ar, Ridgewood, 11:30.8.

500 relay — 1, Montclair, 3:28.0 (record, old record, 3:31.5 by Bergen Catholic, 1995); 2, Clifton, 3:39.0; 3, Bergen Catholic, 3:39.0; 4, Ridgewood, 3:49.4; 5, Eastside, 3:49.4; 6, no sixth place.

600 relay — 1, Ridgewood, 6:48.5; 2, Bergen Catholic, 6:51.1; 3, Clifton, 6:59.5; 4, Clifton B, 9:32.1; 5, Ridgewood, 10:02.8; 6, no sixth place.

800 put — 1, George Stanley, Montclair, 49-6; 2, Murdock, Ridgewood, 48-9; 3, Mike Curtis, Springfield, 48-8; 4, Terrance Faber, Clifton, 46-6; 5, Fischer, Bergen Catholic, 45-11; 6, Chris Fego, on, 42-11.

900 jump — 1, Jawan Anderson, Passaic, 6-0; 2, Steven Steve Robinson, Ridgewood and Andrew ck, Bergen Catholic, 5-10; 4, Wilkins Santana ide, 5-4; 5, Carlos Castaire, Passaic, 5-4; 6, no sixth place.

1000 jump — 1, Ted Winfield, Ridgewood (record old record, 21-2 by Clifton Allen Passaic 1995); 2, Johnson, Kennedy, 19-9; 3, Andrew Drabick, n Catholic, 19-2; 4, Jawan Anderson, Passaic, 18-6; 5, Andrew Dolgin, Ridgewood, 18-9; 6, Dusty as, Ridgewood, 18-6.

1100 jump — 1, Ted Winfield, Ridgewood, 42-2; 2, ink Buggs, Kennedy, 40-3; 3, Andrew Dolgin, Ridgewood, 40-2; 4, Antoine Charles, Kennedy, 39-4; 5, Dave Warton, Ridgewood, 39-8; 6, Steve Verna- Clifton, 37-8.

1200 vault — 1, Bob Miller, Bergen Catholic, 12-0; 2, old record, 11-6 by Jim Davis, Ridgewood; 3, Dave Warton, Ridgewood, 11-6; 4, Andy Pro-

trowski, Clifton, 11-0; 4, Damian Dawes, Kennedy, 10-0; 5, Dan Cooper, Ridgewood, 9-6; 6, Nouredin Homsli, Clifton, 9-6.

PACIFIC BOYS TEAM SCORING

Hackensack 135½, Don Bosco 111, St. Joseph Regional 70, Paramus Catholic 53, Teaneck 25½, Paramus 16, Nutley 8, Belleville 1.

55 — 1, Sterling Wynn, Hackensack, 6.8; 2, Kawasi Darby, Hackensack, 6.8; 3, Mike Jackson, Hackensack, 6.7; 4, Todd Okovich, St. Joseph Regional, 6.8; 5, Chris Fabish, Don Bosco, 6.9; 6, Melvin Sampson, Hackensack, 7.0.

66 — 1, Marc Fulson, Paramus Catholic, 7.7; 2, Ernie Svoitz, St. Joseph Regional, 7.9; 3, Chris Stowers, Hackensack, 8.0; 4, Tim Hlavacek, Don Bosco, 8.2; 5, Keith Johnson, Paramus Catholic, 8.4; 6, Chris Dauble, SJR, 8.5.

100 — 1, Sterling Wynn, Hackensack, 36.7; 2, Kawasi Darby, Hackensack, 37.3; 3, Ibrahim Malcom, Hackensack, 37.4; 4, Mario Pozo, Don Bosco, 37.6; 5, tie between Michael Jackson, Hackensack and Pat Chelvan, Teaneck, 37.7.

200 — 1, Ibrahim Malcom, Hackensack, 1:25.8 (record, new event); 2, Jaylan Quintana, Paramus, 1:28.4; 3, Ryan Donohue, Don Bosco, 1:27.0; 4, Sean McQuillen, Nutley, 1:27.1; 5, Kamell Rackley, Hackensack, 1:27.8; 6, Pete DeRosso, St. Joseph Regional, 1:28.7.

300 — 1, Corey Kunz, St. Joseph Regional, 2:38.3 (record, new event); 2, Rick Lehmbek, Don Bosco, 2:40.0; 3, Joe Santonacita, Don Bosco, 2:40.5; 4, Anthony Shroud, SJR, 2:44.3; 5, Marquise Singletary, Hackensack, 2:45.5; 6, Jose Moreno, Belleville, 2:48.5.

400 — 1, Corey Kunz, St. Joseph Regional, 4:30.4 (record, old record, 4:40.2 by Tom Baldwin, Hackensack, 1997); 2, Tom Baldwin, Hackensack, 4:32.7; 3, Dan Contreras, Don Bosco, 4:33.7; 4, Rick Lehmbek, Don Bosco, 4:34.5; 5, Joe Santonacita, Don Bosco, 4:39.9; 6, Brad Henry, Don Bosco, 4:48.2.

500 — 1, Thomas Baldwin, Hackensack, 9:44.2; 2, Dan Contreras, Don Bosco, 9:48.5; 3, Brad Henry, Don Bosco, 10:03.2; 4, Scott Masullo, Nutley, 10:206; 5, Eamon O'Brien, Paramus, 10:23.4; 6, John Zawdu, Hackensack, 10:26.4.

600 relay — 1, Hackensack, 3:29.2 (record, old record, 3:31.9 by Hackensack, 1995); 2, Don Bosco, 3:36.6; 3, Paramus Catholic, 3:36.9; 4, Teaneck, 3:37.0; 5, Don Bosco B, 3:38.4; 6, Hackensack B, 3:40.8.

800 relay — 1, Don Bosco, 8:35.2; 2, Hackensack, 8:40.3; 3, Don Bosco B, 8:43.2; 4, Teaneck, 9:02.4; 5, St. Joseph Regional, 9:03.8; 6, Hackensack B, 9:16.9.

Shot put — 1, Eric Beebe, Hackensack, 50-½ (record, old record 46-2 by Greg Pec, Paramus Catholic, 1996); 2, Augie Hoffman, St. Joseph Regional, 48-5; 3, Andrew Schutzman, Don Bosco, 45-11; 4, Nunzio Palazzotto, Paramus, 44-8; 5, Pat Magee, Hackensack, 44-5; 6, Van Jones, Hackensack, 44-3.

High jump — 1, Keith Johnson, Paramus Catholic, 6-0 (ties record by five others); 2, Chris Dauble, St. Joseph Regional, 5-10; 3, Anthony DeProspro, Paramus Catholic, 5-10; 4, Kevin Richter, St. Joseph Regional, 5-8; 5, Will Brady, Paramus Catholic, 5-6.

Long jump — 1, Anthony DeProspro, Paramus Catholic, 19-7; 2, Mike Berry, Teaneck, 19-6; 3, Ibrahim Malcom, Hackensack, 19-2; 4, Chris Fabish, Don Bosco, 18-10; 5, Joe Velazquez, Paramus, 18-7; 6, Chris O'Reilly, Paramus Catholic, 18-5.

Triple jump — 1, Chris Dauble, St. Joseph Regional, 41-0; 2, Sheldon Smith, Teaneck, 40-7; 3, Anthony DeProspro, Paramus Catholic, 40-1; 4, Ron Clarke, Hackensack, 39-5; 5, Chris Stowers, Hackensack, 38-11; 6, John Cassetta, Hackensack, 38-8.

Pole vault — 1, Ken Schelder, Don Bosco, 11-6; 2, Tim Hlavacek, Don Bosco, No third, fourth, fifth, or sixth places.

ATLANTIC GIRLS TEAM SCORING

Ridgewood 137, Eastside 81, Montclair 76, Clifton 68, Kennedy 21, Passaic 16.

55 — 1, Lisa Barber, Montclair, 6.9 (reord, old record, 7.0 by Barber, 1997); 2, Miekele Barber, Montclair, 7.0; 3, Chantel Coppedge, Montclair, 7.5; 4, Zakia Jones, Eastside, 7.6; 5, Saetha Maneypanda, Clifton, 7.7; 6, Peta Barnett, Eastside, 7.8.

66 — 1, Denay Caldwell, Eastside, 6.7; 2, Erin Pride, Eastside, 9.4; 3, Keisha Bennett, Eastside, 9.4; 4, Natalie Popowicz, Clifton, 9.7; 5, Anna Law, Ridgewood, 9.8; 6, no sixth.

100 — 1, Miekele Barber, Montclair, 39.3 (record, new event); 2, Lisa Barber, Montclair, 39.9; 3, Denay Caldwell, Eastside, 43.0; 4, Chantel Coppedge, Montclair, 43.3; 5, Peta Barnett, Eastside, 44.5; 6, Keisha Bennett, Eastside, 45.2.

200 — 1, Natalie Popowicz, Clifton, 1:43.4 (new event); 2, Meg McDermott, Ridgewood, 1:44.9; 3, Sylvia Nealy, Kennedy, 1:47.7; 4, Leslie Russo, Ridgewood, 1:50.6; 5, Kara Belknap, Ridgewood, 1:51.7; 6, Chantel Stoute, Clifton, 1:52.0.

300 — 1, Meg McDermott, Ridgewood, 3:11.5 (record, new event); 2, Sabrina Nealy, Kennedy, 3:14.8; 3, Julie Sprich, Ridgewood, 3:23.5; 4, Tara O'Neill, Ridgewood, 3:23.9; 5, Blanca Elliott, Montclair, 3:24.4; 6, Taylor Dunn, Ridgewood, 3:25.8.

400 — 1, Celeste Sedo, Ridgewood, 5:35.7 (record, old record, 5:39.0 by Meg McDermott, Ridgewood, 1997); 2, Meg McDermott, Ridgewood, 5:36.7; 3, Sabrina Nealy, Kennedy, 5:38.0; 4, Edith Werpachowska, Clifton, 5:44.5; 5, Monica Schiefen, Ridgewood, 5:45.4; 6, Tara O'Neill, Ridgewood, 5:51.8.

500 — 1, Celeste Sedo, Ridgewood, 11:58.4; 2, Julia Bronell, Ridgewood, 12:15.5; 3, Edith Werpachowska, Clifton, 12:20.0; 4, Monica Schiefen, Ridgewood, 12:27.1; 5, Jennifer Castaneda, Passaic, 12:55.0; 6, Rebecca Johnson, Ridgewood, 13:08.7.

600 relay — 1, Montclair, 4:12.0 (record, old record, 4:16.8 by Eastside, 199); 2, Ridgewood, 4:22.4; 3, Clifton, 4:29.8; 4, Eastside, 4:49.5; 5, no fifth or sixth.

800 relay — 1, Ridgewood, 10:36.9 (record, old record, 10:47.2 by Ridgewood, 1997); 2, Ridgewood B, 10:57.0; 3, Clifton, 11:11.4; 4, Eastside, 11:16.5; 5, Ridgewood C, 11:20.8; 6, Clifton, 11:22.5.

Shot put — 1, Labelle Hillgrove, Passaic, 39-6; 2, Randi Pointer, Eastside, 36-6; 3, Ellen Dock, Montclair, 35-2; 4, Helen Dock, Montclair, 34-5; 5, Shayna Brown, Ridgewood, 33-0; 6, Heather Miller, Kennedy, 32-8.

High jump — 1, Erin Pride, Eastside, 5-0 (ties record set by Angela Mullins, Montclair, 1996); 2, Natalie Popowicz, Clifton, 4-10; 3, Melissa Dutch, Clifton, 4-8; 4, Kristina Karraco, Clifton, 4-6; 5, tie between Jessica Gregg, Ridgewood and Zakia Jones, Eastside, 4-4.

Long jump — 1, Burlonda Thomas, Clifton, 15-6; 2, Helena DeMothe, Ridgewood, 15-0; 3, Keisha Bennett, Eastside, 15-0; 4, Jenine Carter, Passaic, 14-8; 5, Erin

Pride, Eastside, 14-7; 6, Denay Caldwell, Eastside, 14-7.

Triple jump — 1, Helena LaMothe, Ridgewood, 33-2½; 2, Nyla Wormley, Montclair, 32-8½; 3, Anna Law, Ridgewood, 32-7¾; 4, Keisha Bennett, Eastside, 31-10¼; 5, Denay Caldwell, Eastside, 31-7¼; 6, Erin Pride, Eastside, 31-2½.

PACIFIC GIRLS TEAM SCORING

Hackensack 137, Immaculate Heart Academy 117, Teaneck 38, Belleville 33, Nutley 26, Paramus 23, Paramus Catholic 12.

55 — 1, Courtney Cubicotti, IHA, 7.4 (ties record set by Deicita Russell, Hackensack, 1997); 2, Mary Jones, Hackensack, 7.4; 3, Roan Moore, Nutley, 7.5; 4, Shanti Marshall, Teaneck, 7.8; 5, Dana Ash, IHA, 8.1; 6, no sixth.

66 — 1, Roan Moore, Nutley, 8.6 (ties record set by Marissa Jackson, Hackensack, 1997); 2, Mary Jones, Hackensack, 9.2; 3, Michele Calabro, IHA, 9.5; 4, Nicole Brown, Teaneck, 9.5; 5, Jessie Santiago, Belleville, 9.5; 6, Kristin Brancato, Paramus, 9.6.

100 — 1, Courtney Cubicotti, IHA, 43.5; 2, Kelley Johnson, Teaneck, 43.8; 3, Latoya Thomas, Hackensack, 44.4; 4, Andrea Allgo, IHA, 45.5; 5, Erin Englehardt, IHA, 46.5; 6, Dana Ash, Montclair, 47.5.

200 — 1, Shauna Koenig, Hackensack, 1:43.8 (record, new event); 2, Kelly Johnson, Teaneck, 1:45.4; 3, Amy Giacabone, IHA, 1:48.6; 4, Jill Resler, Hackensack, 1:49.0; 5, Mary D'Arliano, IHA, 1:50.4; 6, Yvonne Folkes, Hackensack, 1:53.5.

300 — 1, Shauna Koenig, Hackensack, 3:10.4 (record, new event); 2, Colleen Dougherty, Nutley, 3:13.0; 3, Mary D'Arliano, IHA, 3:14.5; 4, Claire McGuire, Hackensack, 3:14.8; 5, Amy Giacabone, IHA, 3:21.9; 6, Jen Stahl, Paramus, 3:22.2.

400 — 1, Beth Androski, Hackensack, 5:31.2; 2, Kelly Ortiz, Paramus, 5:33.6; 3, Mary D'Arliano, IHA, 5:37.5; 4, Claire McGuire, Hackensack, 5:41.5; 5, Melissa Cifelli, Belleville, 5:42.2; 6, Alex Kenworthy, IHA, 6:01.8.

500 — 1, Ellisa Cifelli, Belleville, 12:00.9; 2, Beth Androski, Hackensack, 12:01.1; 3, Alex Kenworthy, IHA, 12:37.3; 4, Justin Galloway, Teaneck, 13:06.9; 5, Robin Bruce, Paramus Catholic, 13:41.1.

600 relay — 1, Hackensack, n.t.; 2, IHA, n.t.; no other places available.

800 relay — 1, Hackensack, 10:25.6; 2, Paramus, 10:43.3; 3, IHA, 11:24.6; 4, Hackensack, 11:53.1; 5, Belleville, 12:29.0; 6, no sixth place.

Shot put — 1, Barbara Krug, Paramus Catholic, 29-10; 2, Wilma Cangleter, Hackensack, 28-8; 3, Liz DeLuca, IHA, 25-8; 4, Dana Marchetti, IHA, 24-10; 5, Christie Smyth, IHA, 24-10; 6, no sixth place.

High jump — 1, Ariel Peldunas, Passaic, 4-10; 2, Latoya Thomas, Hackensack, 4-8; 3, Diane Stephenson, Hackensack, 4-6; 4, Courtney Cubicotti, IHA, 4-6; 5, Nicole Brown, Teaneck, 4-6; 6, Diane Ash, IHA, 4-4.

Long jump — 1, Courtney Cubicotti, IHA, 15-7 (record, old record, 15-5 by Mary Jones, Hackensack, 1997); 2, Mary Jones, Hackensack, 14-8; 3, Jessie Santiago, Belleville, 14-0; 4, Michele Calabro, IHA, 13-11; 5, Erin Boriz, IHA, 13-9; 6, Meghan Judge, Paramus, 13-7.

Triple jump — 1, Mary Jones, Hackensack, 32-4½; 2, Nicole Brown, Teaneck, 32-4; 3, Michele Calabro, IHA, 31-8½; 4, Megan Judge, Paramus, 30-10½; 5, Katie Bonchonsky, Nutley, 29-4; 6, Jessie Spano, Belleville, 28-9½.

Varsity Classic Tue. 2/10/98

***** RESULTS *****

3200m:

Girls: Julia Brownell- 12:12.4 (5TH)

Distance Medley:

Girls: Meg McDermott, L. Vogelbach, M. Schiefen, Celeste Sedo
12:42.0 (2ND) 3:49.5 63.6 2:33.1 5:15.7

(NATIONAL'S QUALIFYING TIME!)

55m:

Boys: Ted Winfield- 7.4

55m HH:

Girls: Ana Law- 9.5

Boys: Steve Robinson- 8.2/8.1

800m:

Girls: Taylor Dunn- 2:34.8

4 x 800m:

Girls: Meg McDermott, Julie Sprich, Tara O'Neill, Celeste Sedo
9:55.1 2:25.4 2:34.3 2:29.8 2:25.6

Boys: Damian Plummer, Sean Seiper, Josh Kauke, John O'Neill
8:33.4 2:10.1 2:16.0 2:03.3 2:03.6

200m:

Girls: Lizzie Vogelbach- 27.7, Leslie Bruno- 29.4,
Jessie Porro- 29.5, Kara Belknap- 29.9

Boys: Dusty Thomas- 23.7 (SCHOOL RECORD),
Javan Hemmel- 25.1, Andrew Dolgin- 24.5, Dan Cooper- 25.0

1600m:

Girls: Monica Schiefen- 5:41.6 (5TH), Taylor Dunn- 5:45.6,
Tara O'Neill- 5:43.0 (6TH),

4 x 400m:

Girls: Leslie Bruno, Jessie Porro, Kara Belknap, Lizzie Vogelbach
4:23.6 66.6 66.9 67.3 63.1

Boys: Dave Warton, Steve Robinson, Dusty Thomas, Andrew Dolgin
3:37.8 53.9 54.9 55.1 53.7

Field:

Shot Put:

Girls: Shayna Brown- 32'2", Michele Wilson- 31' 1/2"

Boys: J.D. Murdock- 51' 1/2" (3RD)

Long Jump:

Girls: Helena Lamothe- 14'6", Ana Law- 12'2"

Boys: Ted Winfield- 21'8 1/4" (1ST), Dusty Thomas- 19'7",
Andrew Dolgin- 17'2"

Triple Jump:

Girls: Helena Lamothe- 32'6" (4TH), Ana Law- 31'8 1/4" (6TH)

Boys: Andrew Dolgin- 39'11 3/4"

High Jump:

Boys: Steve Robinson- 5'9"

Pole Vault:

Boys: Dave Warton- 12'6" (4TH), Dan Cooper- NH

Comments:

I thought the meet went very well. The highlights were the girls DM qualifying for nationals and Dusty breaking the school record in the 200m. There were many personal bests. The person and their event that the PB occurred in are in parenthesis. Julia(3200m), Meg(1200m), Lizzie(400m, 200m), Monica(800m), Taylor(800m, 1600m), John(800m), Josh(800m), Tara (800m, 1600m), Dave W.(PV, 400m), J.D(shot put), Michele(shot put), Ted(LJ), Dusty(200m). As you can see there were a total of 17 PB's. That is outstanding and a credit to your hard work. You continue to get better. The season's winding down, so let's be at our best. Congratulations again.

Garfield High Jump/Shot Put Meet III

Thur. 2/12/98

**** RESULTS ****

Shot Put:

Varsity:

Boys- J.D. Murdock- 50'1 1/2" (3RD)

Girls- Shayna Brown- 32'7" Michele Wilson- 30'1/4

Novice:

Girls- Jen Shrahle- 28'5" Amanda Newman- 18'6 1/4"

Boys- Edison Lee- F

Frosh:

Boys- Mike Hundgen- 20'2" Joe Fionda- 23'2 1/2"

Girls- Whitney Weist- 14'3"

High Jump:

Varsity:

Boys- Steve Robinson- 5'10" (2ND)

Girls- Jess Gregg- NH

Paul Schwartz Invite Meet

Fri. 2/13/98

***** RESULTS *****

55m dash:

Frosh:

Girls: Julia Garrett- 8.7, Veronica Roskowski- 8.8
Alana Perone- 8.7, Sarah Peters- 8.9, S. Petrocelli- 8.5
Brittany Hemmel- 8.6

Boys: Adam Freeland- 8.1, James Bertoni- 8.9

Novice:

Boys: Paul Sargen- 7.7, Dan Cooper- 6.8/6.9

Girls: Jen Ferdon- 8.8/8.9, Jen Mojo- 8.6/8.7,
Christine Charles- 10.3, Nina Rajpurohit- 9.4,
Jess Ferazano- 11.0, Amelia Enchandia- 9.9

Varsity:

Boys- Ted Winfield- 6.9, Dusty Thomas- 6.7

55m HH:

Frosh:

Girls: Jen Zuccaro- 10.8, Kath Zuccaro- 10.7/10.4

Novice:

Girls: Jess Gregg- 10.9, Sarah Herold- 11.0

Boys: Rob Kalfus- ?

Varsity:

Boys- Steve Robinson- 8.1/8.2, Dave Warton- 8.7

800m: (frosh and novice)

Frosh:

Boys- John Woodburn- 2:21.1 (4TH)

Girls- Rebecca Johnson- 2:46.9(6TH), Lauren Wimer- 2:46.8 (5TH)

Novice:

Boys- Andrew Cohen- 2:27.8, Matt Raeburn- 2:38.2

Girls- Carolyn Brophy- 2:46.0, Colleen Lynch- 2:42.7 (3RD),
Katty Aldave- 2:51.9

300m dash:

Frosh:

Boys: James Bertoni- 51.1, Adam Freeland- 47.1, Woody- 44.8

Girls: Kath Zuccaro- 48.0, Steph Petrocelli- 52.1
Jen Zuccaro- 48.5, Alana Perone- 54.1
Sarah Peters- 61.8, Julia Garret- 52.5,
Veronica Roszkowski- 51.1, Brittany Hemmel- 51.1

Novice:

Boys: Paul Sargen- 43.5, Dan Cooper- 40.7, Rob Kalfus- 48.9

Girls: Jen Ferdon- 51.3, Jess Gregg- 53.9, Sarah Herold- 49.7,
Jen Mojo- 53.1, Nina Rajpuohit- 56.8, Christine Charles- 61.2
Amelia Enchendia- 65.5

Varsity:

Boys- Dave Warton- 39.2, Dusty Thomas- 38.5, Javan Hemmel- 40.6

Girls- Maureen McAlister- 49.1, Lizzie Vogelbach- 45.5,
Jessie Porro- 46.8

1600m:

Girls- Monica Schiefen- 5:38.1 (3RD)

800m:

Girls- Taylor Dunn- 2:34.5 (4TH)

4 x 400m:

Frosh:

Girls:

(1) S. Petrocelli, Kath Zuccaro, Jen Zuccaro, L. Wimer
4:45.0 (3RD) 74.3 68.1 69.6 73.1

(2) A. Perone, Rebecca Johnson, V. Roszkowski, J. Garrett
5:05.0 (4TH) 75.8 76.6 73.8 78.6

Novice:

Girls:

(1) Jen Mojo, Jen Ferdon, Sarah Herold, Jess Gregg
5:07.1 77.2 75.4 75.3 69.2

(2) C. Brophy, Taylor Dunn, Colleen Lynch, Katty Aldave
4:51.0 (1ST) 73.1 72.0 71.9 74.2

Varsity:

Girls: L. Bruno, Jessie Porro, Kara Belknap, Lizzie Vogelbach
4:24.2 (1ST) 64.6 66.6 68.1 64.8

State Group IV Meet

Sun. 2/15/98

***** RESULTS *****

3200m:

Boys- Mike Martin- 10:59.1

Girls- Celeste Sedo- 11:16.36 (2ND), Julia Brownell- NT

400m:

Boys- Andrew Dolgin- 54.9, Dusty Thomas- 53.7

Girls- Leslie Bruno- 64.8, Lizzie Vogelbach- 65.3

55m HH:

Boys: Steve Robinson- 7.9

Girls: Ana Law- 9.6

800m:

Boys: Damian Plummer- 2:07.4, Sean Seiper- 2:11.5

Girls: Julie Sprich- 2:33.7, Tara O'Neill- 2:33.5

1600m:

Boys: John O'Neill- 4:36.2, Josh Kauke- DNF

Girls: Celeste Sedo- 5:19.53 (2ND), Meg McDermott- 5:23.33 (5TH)

Shot Put:

Girls- Shayna Brown- 36'3" (5TH), Michele Wilson- 29'7"

High Jump:

Boys- Steve Robinson- 6'0"

Comments:

Nice job. Congrats to the girls qualifiers to the state meet of champs. They are Celeste in the mile and 2 mile, Meg in the mile and Shayna in the shot put. Girls were third overall with 20 points.

GROUP 4 BOYS TEAM SCORES

St. Joseph (Metuchen) 22, Toms River East 17, Plainfield and Shawnee 16, Rancocas Valley and Millville 14, Trenton 13, Hunterdon Central 12, Cherokee 11, Elizabeth 10½, Columbia, Eastside, Bayonne, Lenape and Montclair 10, Atlantic City and Eastern 8, Christian Brothers 7½, Hackensack 7, Washington Twp. 6, Union and Memorial (W.N.Y.) 4, West Windsor, Clifton and Triton 2, J.P. Stevens and Highland Regional 1.

55 — 1, Ron Wright, Toms River East, 6.80; 2, Richard Hubbard, Eastern, 6.83; 3, Anthony Davis, Plainfield, 6.84; 4, D'Andre Bogari, Millville, 6.85; 5, Andare McCormick, Clifton, 6.71; 6, Hakim Johnson, Elizabeth, 6.72.

400 — 1, Rob Gary, Lenape, 49.94; 2, Hakim Johnson, Elizabeth, 50.80; 3, Marqueth Tard, Trenton, 51.05; 4, David Tyree, Montclair, 51.16; 5, Jason Edwards, Plainfield, 51.41; 6, Jahmeer Reynolds, Trenton, 51.72.

800 — 1, Aarao Santos, Eastside, 2:00.64; 2, Safar Wells, Plainfield, 2:00.89; 3, Dan Bowens, Montclair, 2:00.93; 4, Scott Lightfoot, Shawnee, 2:01.68; 5, Nelson Silverio, West Windsor, 2:02.29; 6, Aaron Boucher, Cherokee, 2:02.48.

1,600 — 1, Jeff Storch, Cherokee, 4:25.33; 2, Ray Dricoll, St. Joseph (Met.), 4:28.43; 3, Bill Hoffman, CBA, 4:28.57; 4, Dave DeJong, Shawnee, 4:29.60; 5, John Fasulo, Hunterdon Central, 4:31.88; 6, Thomas Baldwin, Hackensack, 4:33.31.

3,200 — 1, John Fasulo, Hunterdon Central, 9:32.73; 2, Dave DeJong, Shawnee, 9:32.83; 3, Thomas Baldwin, Hackensack, 9:36.39; 4, Aurelio Saladrigas, Memorial, 9:40.10; 5, Matt Ruhl, Triton, 9:45.34; 6, Nate Miller, Highland Regional, 9:52.80.

55 HH — 1, Oyewoto Ogunkoya, Columbia, 7.85; 2, Edgar Gantt, Rancocas Valley, 7.85; 3, Christopher Lang, Toms River East, 7.87; 4, Marqueth Tard, Trenton, 7.98; 5, Jayson Mosely, Washington Township, 7.98; 6, Murteza Haldri, J.P. Stevens, 7.98.

High Jump — 1, Rafael Craig, Millville, 6-8; 2, Jason Palmer, Atlantic City, 6-6; 3, Terrance Howard, Rancocas Valley, 6-4; 4, Craig Howard, Washington Township, 6-4; 5, Maurice McClain, Elizabeth and Chris Della Vecchio, Eastern, 6-2.

Shot put — 1, Kevin DiGiorgio, Bayonne, 66-1¼ (record, former record 64-2½ set by Jim Gilligan, Toms River East, 1984); 2, Keith Rzewuski, St. Joseph (Met.), 60-4½; 3, Jon Andes, St. Joseph (Met.), 50-10; 4, Nygiem Calhoun, Union 50-¼; 5, Jamal Amantine, Trenton, 49-0; 6, Dan DelPrete, Toms River East, 48-7¼.

GROUP 4 TEAM SCORES

Columbia 52, Montclair 28, Ridgewood 20, Overbrook, Brick and West Windsor, 16, Shawnee 14, Plainfield 12, Passaic 10, Cherokee and Toms River East 8, Highland Regional 7, Eastside, Manalapan and Absegami 6, Jackson 5, J.P. Stevens and Vineland 4, Howell and Hunterdon Central 2, Hillsborough, Edison, Southern Regional, Eastern, Old Bridge and Washington Township 1.

55 — 1, Aleah Williams, Montclair, 7.08; 2, Lisa Barber, Montclair, 7.12; 3, Kylene Bines, Highland Regional, 7.29; 4, Shonda Burroughs, Vineland, 7.43; 5, Heather Tierney, Jackson, 7.45; 6, Dayna Maletton, Old Bridge, 7.56.

400 — 1, Mikele Barber, Montclair, 58.33; 2, Priscilla Hazlewood, Plainfield, 59.24; 3, Natalie Daffenbaugh, Columbia, 59.60; 4, Lakeema Lewis, Plainfield, 59.80; 5, Julie Wozniak, Jackson, 1:00.33; 6, Erin McIntyre, Washington Township, 1:00.71.

800 — 1, Dara Crocker, Columbia, 2:17.31; 2, Natalie Daffenbaugh, Columbia, 2:18.98; 3, Tara O'Brien, Overbrook, 2:20.05; 4, Lauren Anders, Shawnee, 2:21.53; 5, Shannon Hawrylo, Hunterdon Central, 2:22.06; 6, Stacey Damiani, Hillsborough, 2:22.37.

1,600 — 1, Dara Crocker, Columbia, 5:16.23; 2, Celeste Sedo, Ridgewood, 5:19.28; 3, K.C. Meehan, Brick, 5:21.52; 4, Amina Zohny, Columbia, 5:22.99; 5, Meg McDermott, Ridgewood, 5:23.39; 6, Erin Dougherty, Eastern, 5:25.18.

3,200 — 1, K.C. Meehan, Brick, 11:09.67; 2, Celeste Sedo, Ridgewood, 11:16.36; 3, Catherine Casey, Columbia, 11:23.98; 4, Amina Zohny, Columbia, 11:30.75; 5, Lindsey Gallo, Howell, 11:32.63; 6, Megan Ackers, Southern Regional, 11:38.41.

55 HH — 1, Camillah Harris, Overbrook, 8.54; 2, Yvette Murray, Cherokee, 8.62; 3, Denay Caldwell, Eastside, 8.70; 4, Candice Steele, J.P. Stevens, 8.73; 5, Bridgette Ingram, Columbia, 8.77; 6, Melanie Portertfeld, Highland Regional, 8.77.

High Jump — 1, Kate Beatty, Shawnee, 5-4; 2,

Shot
Shyana Brown (5th) 36'3"

Bergen County Championships Mon. 2/16/98

***** RESULTS *****

55m dash:

Girls- Helena Lamothe- 7.8/7.7

Boys- Ted Winfield- 6.8/6.7

600m:

Boys- Javan Hemmel- 1:33.5, Andrew Dolgin- 1:31.8

Girls- Kara Belknap- 1:55.1, Maureen McAlister- 1:54.4

1600m: (Frosh)

Girls- Rebecca Johnson- 6:02.5 (3RD)

400m:

Girls- Lesley Bruno- 65.1

1000m:

Boys- John O'Neill- 2:39.9 (1ST), Josh Kauke- 2:41.5 (4TH)
Damian Plummer- 2:47.9

Girls- Meg McDermott- 3:07.9 (2ND), Julie Sprich- 3:20.1

1600m: (sophs)

Girls: Tara O'Neill- 5:50.4 (1ST), Katty Aldave- 6:36.6
Julia Brownell- 5:57.0 (2ND)

300m:

Boys: Dusty Thomas- 38.7, Javan Hemmel- 40.3

Girls: Lizzie Vogelbach- 45.0 (3RD), Jessie Porro- 45.5,
Maureen McAlister- 49.6

1600m:

Boys: Sean Seiper- 4:58.9, Andrew Cohen- 5:19.7

800m:

Girls: Katty Aldave- 3:05.6,

300m dash: (frosh and sophs)

Novice:

Boys- Dan Cooper- 39.9 (2ND), Rob Kalfus- 49.4,
Chris Tobin- 48.5

4x 400m:

Boys: D. Warton, Steve Robinson, Dusty Thomas, Andrew Dolgin
3:38.9 (3RD) 55.1 56.6 53.0 54.2

Girls: L. Bruno, Jessie Porro, Kara Belknap, Lizzie Vogelbach
4:18.2 (2ND) 65.8 64.6 65.1 62.8

Field Events:

Shot Put:

Varsity:

Boys- J.D. Murdock- 49'10 3/4" (3RD),

Girls- Shayna Brown- 33'8 3/4" (4TH), Michele Wilson- 29'10"

Novice:

Girls- Jen Strahle- 28'4" (1ST)

Frosh:

Boys- Mike Hungden- 22'4"

Girls- Brittany Hemmel- 27'6", Whitney Wiest- 16'4 1/4"

High Jump:

Boys- Steve Robinson- 5'10"

Pole Vault:

Boys- Dave Warton- 12'0" (1ST), Dan Cooper- NH

Long Jump:

Boys- Ted Winfield- 20'1" (4TH), Dusty Thomas- 20'6 1/4 (2ND),
Andrew Dolgin- 18'9 1/2"

Girls- Helena Lamothe- 15'11" (2ND), Ana Law- 14'11",
Lizzie Vogelbach- 14'4"

Triple Jump:

Boys- Andrew Dolgin- 40' 1/4" (6TH)

Girls- Helena Lamothe- 33'8 1/2" (1ST), Ana Law- 33'2 1/2" (2ND)

Comments:

A nice end to the season for some of you. Super job by all those who placed, but special congrats to the county champs of Dave Warton in the PV, John O'Neill in the 1000m, and Helena Lamothe in the TJ.

Garfield Championships Thur. Feb. 20, 1998

***** RESULTS *****

Shot Put:

Boys: J.D. Murdock- 49'7" (3RD)

Girls: Shayna Brown- 37'3 1/2" (3RD) *** (NEW SCHOOL RECORD!)

High Jump:

Boys: Steve Robinson- 5'10" (3RD)

***** All Brought home trophies! Great job! Special congrats to Shayna with a new record!

STATE MEET OF CHAMPIONS

Sun. February 22, 1998

***** RESULTS *****

3200m:

Celeste Sedo- 79/83/83/83/86/86/87/83= 11:11.57 (4TH)

1600m:

Celeste Sedo- 75/78/81/78.9= 5:13.22 (3RD)

Meg McDermott- 75/79/83/78.9= 5:16.80 (6TH)

Comments:

A tremendous accomplishment by both Celeste and Meg. They are proven to be 2 of the top distance runners in the state!! Congratulations.

Burdick, Cummings lead area at SMOG

By PAUL SCHWARTZ
Correspondent

PRINCETON — Three years ago, Carlene Cummings of Englewood tried hurdling for the first time. She ran up to the first hurdle and jumped high over it, then did that at each of the remaining barriers on the track. She was a sprinter who ran the hurdles for extra practice and little else.

In December, Cheryl Burdick agreed with Ramsey coach John Kirchof that it might help her in the spring if she high-jumped in the Colgate Women's Games in the winter. The State meet wasn't even on her agenda.

Sunday, the one-time novice hurdler and the part-time winter high jumper each added a title in front of her name: New Jersey State champion.

Cummings, despite a slip near the finish and despite hitting the second of five hurdles, won the 55-meter hurdles, while Burdick cleared 5 feet, 8 inches on her final attempt to win the high jump at the New Jersey State Meet of Champions.

Six other Bergen-Passaic athletes earned seven other medals at the meet, with Westwood's Andrew Giannotti getting edged at the finish of the boys 800 and Ridgewood's Celeste Sedo winning a pair of medals.

STATE TRACK MEET OF CHAMPIONS

But it was Cummings and Burdick who headed the local contingent.

Cummings led the qualifying round with a personal best of 8.16 seconds, but Sheres Price of Pleasantville, her closest rival, was looming behind her.

"I hit the second hurdle, which threw me off, then I almost slipped right at the finish," said Cummings, who still won with a personal best of 8.11, tying for ninth on the alltime New Jersey list. Quite a change from the hurdler of three years ago.

"I was so scared when I started hurdling, because I was afraid of hitting my knees on the hurdles, that I jumped over the hurdles, I didn't hurdle them," said Cummings. "I got better the next two years, but this year I wanted to focus on being a good hurdler and not just someone fast who hurdled."

Burdick needed a friendly crossbar on her final attempt at 5-8 to edge Kristin Composto of JFK-Iselin for her gold med-

gen record-setting 5-8½) and I really wanted to make it again."

Burdick grazed the bar with her foot. It wobbled as she fell into the pit but refused to fall off, giving Burdick her victory.

"That's so much fun," Burdick said after the competition. "This is so much more than I expected when I started this season. I wasn't even sure I would jump indoors. If you told me when I started that this would happen, I wouldn't have believed it. Now I'm ready for anything."

Giannotti's narrow loss to Joe Lewis of Pleasantville for the second straight week was easier to take.

This time, with the help of Plainfield's Safar Wells, Giannotti took the race out quickly, going through the 400 in 55 seconds, much faster than last week's Group 1 800.

Giannotti took the lead just after the bell for the final 200-meter lap. Later he said he felt it was too soon.

"I moved a little too early," he said. "If I waited until midway in the first turn, I think I could have held Lewis off."

From Page S-9

But despite opening a three-meter lead, Giannotti felt Lewis coming. With about five meters to go, Lewis drew alongside and just beat Giannotti to the tape, 1:56.13-1:56.32.

Giannotti was still pleased with his performance.

"This is almost as fast as I ran last year outdoors," said Giannotti, whose time was fourth-fast-

test in Bergen indoor history. "I'm excited about the spring season."

Sedo finished third in the 1,600 in 5:13.22 and fourth in the 3,200 in 11:11.57. Both times are top-10 alltime Bergen performances.

"I'm not breathing hard, but my lungs hurt," said Sedo, running her first indoor season. "I'm glad I did it, but this indoor stuff isn't easy."

STATE MEET OF CHAMPIONS

at Jadwin Gym, Princeton

BOYS

56 — 1. Rich Hubbard, Eastern, 6:55; 2. Bruce Morris, Neptune, 6:58; 3. Hakim Johnson, Elizabeth, 6:62; 4. Todd Mathews, Notre Dame, 6:63; 5. Marc MacCario, Sterling, 6:65; 6. Andrae MacCormack, Clifton, 6:68. Also Zack Smithlin, Fair Lawn, 6:82.

55 HH — 1. Todd Mathews, Notre Dame, 7:43; 2. Andre Diaz Wilson, 7:59; 3. Danya Brown, Camden, 7:70; 4. Edgar Ganit, Rancocas Valley, 7:73; 5. Karl Jennings, Scotch Plains-Fanwood, 7:90; 6. Josh Minkins, Willingboro, 7:91

400 — 1. Rob Gary, Lenape, 49.53; 2. Chariz Hester, Toms River South, 50:11; 3. David Tyree, Montclair, 50:68; 4. Nick Brown, Bridgeton, 50:91; 5. Tard Marqueth, Trenton, 51:20; 6. Omar Wheeler, Arts, 51:71; 7. Zack Smithlin, Fair Lawn, 52:05; 13. Keith Van Goor, Midland Park, 52:31.

800 — 1. Joe Lewis, Pleasantville, 1:56.13; 2. Andrew Giannotti, Westwood, 1:56.32; 3. Eric Motzenbacher, Wall Twp., 1:57.43; 4. Safar Wells, Plainfield, 1:59.27; 5. Alex Lora, Arts, 1:59.84; 6. Nelson Silverio, West Windsor, 2:00.21; 10. Javian Quintana, Paramus, 2:01.54; 17. Corey Kunz, St. Joseph Regional, 2:03.35; 19. Peter DiRusso, St. Joseph Regional, 2:04.05.

1,600 — 1. Nathan Sisco, North Hunterdon, 4:20.15; 2. Ricky Gibson, Ridge, 4:20.55; 3. Ian Hahn, Manchester Twp., 4:21.15; 4. Ryan Smith, Morristown, 4:22.10; 5. Dave DeJong, Shawnee, 4:23.15; 6. Bill Hoffman, CBA, 4:26.84; 17. Eric Knackmuhs, Ramapo, 4:41.71.

3,200 — 1. Steve Slattery, Mount Olive, 9:18.58; 2. Todd Henderson, Notre Dame, 9:22.70; 3. Jon Fasulo, Hunterdon Central, 9:27.62; 4. Thomas Baldwin, Hackensack, 9:34.87; 5. Aurelio Saladrigas, Memorial, 9:38.43; 6. Nate Miller, Highland, 9:40.48; 15. Matt Caporaletti, Westwood, 10:17.37; 18. Russ Giancola, New Milford, 10:22.34.

High jump — 1. Rafael Craig, Millville, 6-8; 2. Jason Palmer, Atlantic City, 6-8; 3. Craig Howard, Washington Twp., 6-6; 4. Terrance Howard, Rancocas Valley and Maurice McClain, Elizabeth, 6-6; 6. Brian Soto, Caldwell, 6-4.

Shot put — 1. Kevin DiGiorgio, Bayonne, 87-3 (meet and state record, old meet record, 84-8½ by Steve Adams, St. Joseph Regional, 1970; old state record, 87-1¼ by James Gilligan, Toms River, 1984); 2. Keith Rzewuski, St. Joseph (Met), 81-2; 3. Shane Vegeri, Matawan, 58-2; 4. Terrin Walker, Bridgeton, 57-10; 5. Matt DeGroot, 57-10; 6. Ryan...

GIRLS

65 — 1. Aleah Williams, Montclair, 6:97; 2. Melissa Barber, Montclair, 6:97; 3. Amandi Rhett, Moorestown, 7:17; Sheres Price, Pleasantville, 7:30; 5. Kyrene Bines, Highland Regional, 7:30; 6. Melissa Harris, Neptune, 7:37. Also: Diana Lawson, Queen of Peace, 7:51; Lauren Fanelli, River Dell, 7:56.

55 HH — 1. Carlene Cummings, Englewood, 8:11; 2. Sheres Price, Pleasantville, 8:19; 3. Kathleen McCabe, Notre Dame, 8:32; 4. Amber Williams, Roxbury, 8:38; 5. Yvette Murray, Cherokee, 8:44; 6. Ericka DiStefano, Notre Dame, 8:54; Also: Dany Caldwell, Eastside, 8:59; Alessia Cirilli, Hoesbrouck Heights, 9:25.

400 — 1. Mikele Barber, Montclair, 55.45 (record, old record, 55.7 by Denise Mitchell, Lakewood, 1974); 2. Denisha Booth, St. Mary's, 57.81; 3. Nadia Davey, Bridgeton, 57.82; 4. Priscilla Hazelwood, Plainfield, 58.21; 5. Megan Winchell, Red Bank Catholic, 58.34; 6. Nicol Corsey, Deptford, 58.87; 8. Diana Lawson, Queen of Peace, 59.53.

800 — 1. Mia Campo, St. Mary's (JC), 2:14.79; 2. Natalie Dellenbaugh, Westfield, 2:14.82; 3. Tara DeBrielle, Overbrook, 2:18.45; 4. Shannon Hawrylo, Hunterdon Central, 2:20.49; 5. Sherry White, Science, 2:20.58; 6. Megan Schwartz, Morristown, 2:22.71; 15. Marquita Hannibal, Bergenfield, 2:27.34.

1,600 — 1. Dara Crocker, Columbia, 5:07.77; 2. Jessica Thomas, Point Pleasant Boro, 5:08.95; 3. Celeste Sedo, Ridgewood, 5:13.22; 4. Amina Zohny, Columbia, 5:13.27; 5. Cheryl Bauer, Morris Hills, 5:14.27; 6. Meg McDermott, Ridgewood, 5:16.50; 9. Alisha Alexander, Passaic Valley, 5:23.14.

3,200 — 1. Cate Guiney, Middletown South, 10:57.38; 2. K.C. Meehan, Brick Twp., 11:06.93; 3. Catherine Casey, Columbia, 11:08.93; 4. Celeste Sedo, Ridgewood, 11:11.57; 5. Lindsey Gallo, Howell Twp., 11:33.04; 8. Jenica Aasadorian, Westwood, 11:33.99; 17. Uli Bromme, Tenally, 12:13.93.

High jump — 1. Cheryl Burdick, Ramsey, 5-8; 2. Kristin Composto, Kennedy-Iselin, 5-6; 3. Bridgette Ingram, Columbia, 5-4; 4. Kerry Anderson, Toms River East, 5-4; 5. Kristina Mathews, Bordentown, 5-4; Charlene Davis, West Windsor and Lauren Tommasone, Manalapan, 5-4. Also: Jamie Lillen, Passaic Valley, 5-0.

Shot put — 1. Melissa Boykin, Bridgeton, 42-4; 2. Nicole Moore, Ridgewood, 40-9½; 3. Angie Rosemilla, Parsippany Hills, 40-2; 4. Ronny Marie Martin, Absecon, 39-10; 5. Matt DeGroot, 39-10; 6. Ryan...

Boys and Girls Easterns Tue. Feb. 25, 1998

***** RESULTS *****

Running:

Girls 4 x 800m

Meg McDermott, Julie Sprich, Tara O'Neill, Celeste Sedo
9:46.85 (8TH) 2:21.3 2:31.5 2:31.4 2:22.5

Boys 1 mile

John O'Neill- 4:43.0

Field:

Boys Pole Vault

Dave Warton- NH

Girls Shot Put

Shayna Brown- 37'3"

Boys Long Jump

Ted Winfield- 20'7"

Girls Triple Jump

Helena Lamothe- 33'6 3/4"

Boys Shot Put

J.D. Murdock- F

Comments:

It was a tough meet highlighted by the girls 4 x 800m running an outstanding time! They cut 9 seconds off their best. Congratulations on that accomplishment. For some of you this was your last winter track meet. You did a nice job this season.

Eastern States Track Meet

AT THE ARMORY TRACK CENTER

GIRLS RESULTS

55 — 1, Amandi Rhett, Moorestown (NJ), 7.15.
200 — 1, Konique Ballah, Wheeler School (N.Y.), 25.51; 3, Diana Lawson, Queen of Peace, 26.25. Also: Shanti Marshall, Teaneck, 27.70.

400 — 1, Mia Campo, St. Mary's (JC), 56.21 (meet record, old record, 57.12 by Onica Frazier, Nazareth (N.Y.), 1997); 5, Diana Lawson, Queen of Peace, 59.84; 14, Alexandra Medrano, Passaic, 64.65.

800 — 1, Rebecca Quimby, Suffern (N.Y.), 2:18.87; 11, Janelle McCallum, Teaneck, 2:27.68; 13, Kelly Johnson, Teaneck, 2:29.26; 15, Shakira Williams, Passaic, 2:30.50.

1,600 — 1, Megan Howitt, Suffern (N.Y.), 5:07.62; 9, Aisha Alexander, Passaic Valley, 5:26.77.

3,200 — 1, Carin Sutcliffe, Newburgh Free Academy (N.Y.), 11:19.73; 5, Jenica Asadorian, Westwood, 12:03.57.

55 HH — 1, Sherese Price, Pleasantville, 8:06. Also: Melissa Dutch, Clifton, 9:26.

800 relay — 1, Simon Gratz (Pa.), 1:42.34 (meet and Armory record, old meet record, 1:44.85 by Campus Magnet (N.Y.), 1997, old Armory record, 1:43.22 by A.P. Randolph (N.Y.), 1992). Also: Passaic, 1:56.31.

1,600 relay — 1, Simon Gratz (Pa.), 3:52.31 (meet and Armory record, old record, 3:53.34 by Gratz, 1996), 13, Immaculate Heart Academy, 4:15.22; 16, Hackensack, 4:17.13.

3,200 relay — 1, Simon Gratz (Pa.) 9:19.76; 8, Ridgewood, 9:46.85; 16, Hackensack, 9:56.47.

Distance medley relay — 1, Columbia, 12:10.19 (meet record, old record, 12:17.16 by Totenville (N.Y.), 1996).

High jump — 1, Kristin Composto JFK-Iselin (NJ), 5-6; 2, Cheryl Burdick Ramsey, 5-6.

Long jump — 1, Nolie Graham Talt (N.Y.), 19-11½ (meet and Armory record, old meet record, 16-4½ by Carlene Cummings, Englewood, 1997, old Armory record, 19-0 by Michelle Hickman, A.P. Randolph (N.Y.), 1996).

Triple jump — 1, Carlene Cummings, Englewood, 40-6 (meet Bergen County and New Jersey record, old meet record, 39-0 by Cummings, 1997; old county and state record, 39-10½ by Jen McDermott, Ridgewood, 1989); 10, Helena LaMothe, Ridgewood, 33-6½.

Shot put — 1, Labelle Hillgrove, Passaic, 41-11½ (meet and Armory record, old record, 41-8½ by Marianne Berndt, Port Washington (N.Y.), 1997); 4, Jen Finchum, NV/Demarest, 39-1½; 10, Shayna Brown, Ridgewood, 37-3; 14, Lisa Lee, NV/Demarest, 35-2½.

BOYS RESULTS

55 — 1, Dante Myles, Archbishop Carroll (DC), 6.43; 3, Aundre McCormick, Clifton, 6.48 (Passaic County record, old record, 6.54 by four runners). Also: Zack Smithlin, Fair Lawn, 6.70; Sekou O'Uhuru, Englewood, 6.74; Rob Milanese, Ramapo, 6.79.

200 — 1, Sean Wright, Rice (N.Y.), 21.90; (meet record, old record, 21.90 by Albert Newkirk, Camden, 1997); 3, Joe Haro, Clifton, 22.73 (Passaic County record); 14, Owen Corso, Ramapo, 23.58.

400 — 1, Jason Morgan, Lawrence (N.Y.), 49.58; 6, Zack Smithlin, Fair Lawn, 50.76.

800 — 1, Joe Lewis, Pleasantville, 1:56.31; 20, Rick Lehnbeck, Don Bosco, 2:04.77.

1,600 — 1, Ray Driscoll, St. Joseph (Met), 4:21.93; 2, Corey Kunz, St. Joseph Regional, 4:22.35; 4, Tom Baldwin, Hackensack, 4:25.86; 13, Eric Krackmuhs, Ramapo, 4:35.45; 15, Anthony Shroud, SJR, 4:40.86; 17, Peter DeRosso, SJR, 4:42.01; 18, John O'Neill, Ridgewood, 4:43.22.

3,200 — Jason Meaney, CBA (Syracuse), 9:16.92.

55 HH — 1, Todd Matthews, Notre Dame (N.J.), 7:42. Also: Mark Fulsom, Paramus Catholic, 7:99; Chris Stowers, Hackensack, 8:21; Jon Relay, Bergen Catholic, 8:24; Jude Guy, Fair Lawn, 8:35.

800 relay — 1, Plainfield, 1:30.63; 4, Hackensack (Sterling Wynn, Ibrahim Malcom, Kawael Darby, Michael Jackson), 1:32.27 (Bergen County record, old record, 1:33.2 by Englewood, 1969).

1,600 relay — 1, Boys and Girls (N.Y.), 3:22.09.

3,200 relay — 1, Iona Prep, 8:02.80; 2, Westwood, 8:04.73.

Distance medley relay — 1, St. Peter's Academy (N.Y.), 10:34.91; 5, Don Bosco, 10:44.06.

High jump — 1, Tony Lardo, Farrell (N.Y.), 6-8; 7, Anthony DeProspero, Paramus Catholic, 6-2; 13, Keith Johnson, Paramus Catholic, 6-0.

Pole vault — 1, Jemour Maddux, Farmingdale (N.Y.), 14-8; 7, Bob Miller, Bergen Catholic, 12-8.

Long jump — 1, Todd Matthews, Notre Dame (N.J.), 22-3¼; 10, Ted Winfield, Ridgewood, 20-7½; 13, Gareth Hedges, Westwood, 20-3; 14, Eugene Brown, Englewood, 20-1¼.

Triple jump — 1, Antoine Johnson, Tuckahoe (N.Y.), 47-1½; 3, Neal Okarter, Westwood, 46-8; 16, Jude Guy, Fair Lawn, 38-10; 17, Sheldon Smith, Teaneck, 38-6½.

Shot put — 1, Kevin DiGiorgio, Bayonne, 63-11; 9, Jim Fischer, Bergen Catholic, 51-4; 14, Bryan Sheldon, Westwood, 49-9.

Athlete's

quick thinking made her a real champion

Neither was a champion on the track, but a life-threatening experience turned them both into winners.

At a recent track meet in Manhattan, Jennifer Strahle, 17, a Ridgewood senior, finished first in the hearts of everyone when she helped save the life of a runner who fainted and hit his head on an iron barrier.

Because of Strahle's efforts, Mario Santivanez, 16, survived. At another meet two weeks later, the Hackensack

junior won his first two varsity medals.

Steve Adams, track coach at Old Tappan High School who officiated at the Manhattan event, watched in awe as Strahle administered mouth-to-mouth resuscitation.

"I said, 'Holy cow!' The kid had stopped breathing, and because of what she did, I could actually see him start breathing again," Adams said.

That Strahle later that day threw her best shot put ever paled next to saving a life.

"I said to her, 'Your night is made. You already did the best thing anyone could ever do,'" Adams said.

Before Feb. 2, Strahle and Santivanez didn't know each other. He emigrated from Bolivia two years ago with his mother. On that Sunday at the 168th Street Armory, Strahle didn't even see him fall. The first thing that alerted her to trouble was a moan.

Turning around, she saw Santivanez lying on the track with a half-dozen people gathered around

him. "I thought he had hurt his leg or sprained something," she recalled.

She ran to see if she could help — a typical reaction for Strahle. "She's a great kid, really caring," said Mike Mullin, her coach. "She's always upbeat and the kind of person who would do anything for anybody."

When she got to the felled runner, a Hackensack teammate, Eric Beebe, was giving Santivanez chest compressions. The youth didn't seem

See D'AURIZIO Page L-4

D'AURIZIO: Athlete turned out to be a champ

From Page L-1

to be breathing, and people didn't know exactly how to help.

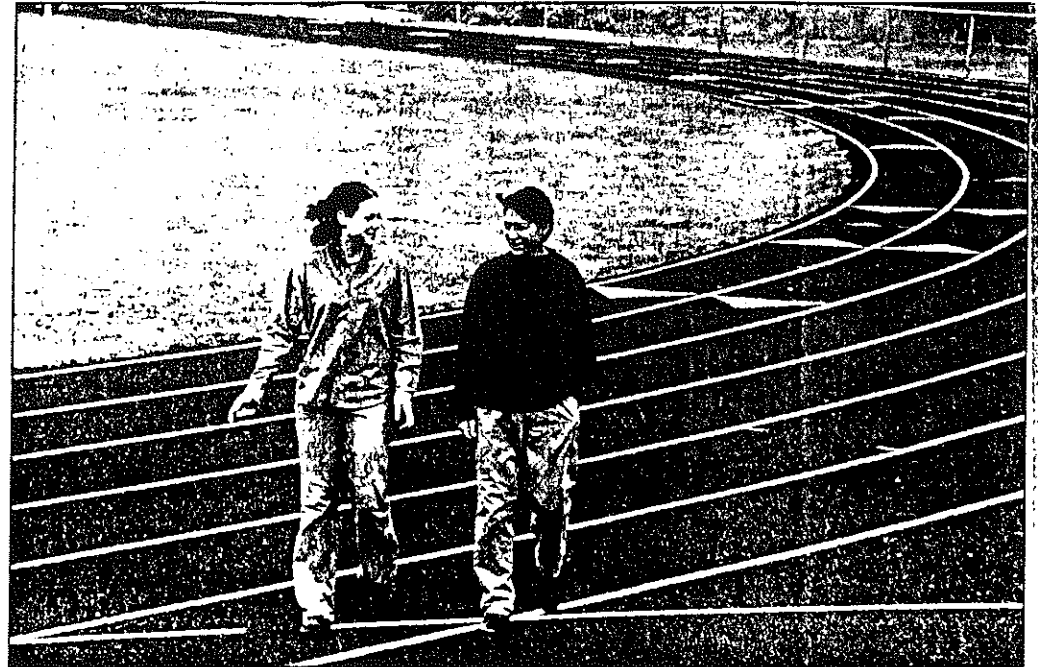
Strahle was practiced in CPR, even though she had trained only on mannequins. A lifeguard the past few summers, Strahle has had to be recertified in CPR each year. But the campers she supervises at Camp Nyoda in Oak Ridge are pretty good swimmers. "I've never had to use my CPR training," she said. "I've never saved a life."

The first thing Strahle did for Santivanez was take his pulse. He had one, so she told his teammate to stop the chest compressions. Then she brushed near his nose and mouth to see if he was breathing. He wasn't. There was blood on his head, and his mouth was filled with foam.

"I was very nervous," she said. "I wondered if I could remember how to do it. I thought, Is this even going to work? So I went through the motions, praying it would, and hoping the paramedics would come soon."

Strahle cupped her mouth over his and started giving short breaths. Soon his chest started to rise. But Strahle's feeling of relief was short-lived. After about 30 seconds, Santivanez started having seizures.

Luckily there was a doctor in the crowd, and he ran to take over. Meanwhile, David Petrella, assistant coach at Hackensack High School, ran to Columbia Presbyterian Hospital, directly across the street from the armory. Paramedics



Jennifer Strahle, left, and Mario Santivanez at the Ridgewood High School running track on Monday.

AL PAGLIONE/STAFF PHOTOGRAPHER

edics there ran back to the armory and carried Santivanez to the hospital.

Strahle began to shake. "I couldn't believe what happened, and that I had done what I did," she said.

She took that nervous energy back to the track circle and added about a foot to her shot put. That evening at home, she told her parents what happened. "My mom was in tears," she said.

Strahle couldn't sleep that night as she replayed the day's event in her head. The next couple of days, the kids at school called her a hero.

Santivanez underwent tests and was released the next day. He apparently overheated and fainted, hitting his head on the iron barrier. But tests showed he was fine — so fine that he was back running the next week. On Feb. 16, he earned two medals.

At a meet last week, Santivanez

walked up to Strahle to thank her.

"He kept saying, 'Thank you, thank you,'" she said. "I was surprised. I thought I would never hear from him again."

Strahle said she learned something about herself.

"I learned that under a stressful situation, I used my head, thought clearly, did what needed to be done, and did it quickly," she said. "I had never been tested before."

ALL COUNTY HONORS 1997-98

1ST TEAM:

Boys: Ted Winfield (Long Jump), Dave Warton (Pole Vault)

Girls: Celeste Sedo (1600m, 3200m),
4 x 800m (Meg McDermott, Julie Sprich, Tara O'Neill, Celeste Sedo)

2ND TEAM:

Boys: John O'Neill (1000m)

Girls: Helena Lamothe (Triple Jump), Shayna Brown (Shot Put),
Meg McDermott (1600m, 1000m)

3RD TEAM:

Boys: J.D. Murdock (Shot Put)

Girls: Helena Lamothe (Long Jump),
4 x 400m (Leslie Bruno, Jessie Porro, Kara Belknap,
Lizzie Vogelbach)

HONORABLE MENTION:

Girls: Ana Law (Triple Jump), Lizzie Vogelbach (300m),
Leslie Bruno (400m), Meg McDermott (600m), Taylor Dunn (800m),
Monica Schiefen (1600m, 3200m), Julia Brownell (3200m)

Boys: Steve Robinson (High Jump, High Hurdles),
Dusty Thomas (Long Jump), Andrew Dolgin (Triple Jump),
Ted Winfield (Triple Jump), Josh Kauke (1000m),
4 x 400m (D. Warton, D. Thomas, S. Robinson, A. Dolgin)

School Records Set:

Girls: Shayna Brown (Shot Put), Girls 4 x 1600m (Meg McDermott,
Monica Schiefen, Tara O'Neill, Celeste Sedo)

Boys: Pole Vault Relay (Dave Warton and Dan Cooper),
Dusty Thomas (200m, 300m).

Girls Nationals Participants: ** Book printed before results.

Distance Medley Relay: (3/14/98)

Meg McDermott, Lizzie Vogelbach, Tara O'Neill, Celeste Sedo

3200m: (3/15/98)

Celeste Sedo

RIDGEWOOD BOY'S TRACK AND FIELD INDOOR RECORDS

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yard dash	6.5	P. McGillicuddy	1971	
100 yard dash	10.8	Ralph Jones	1971	168 Armory
200 meter dash	23.7	Dusty Thomas	1998	168 Armory
300 yard dash	32.9	Matt Krever	1991	Rockland
300 meter dash	38.7	Dusty Thomas	1998	FDU
400 meter dash	50.31	Tim Geckeler	1989	Annapolis
500 meters	69.6	Charles Cortellesi	1983	West Point
600 yard run	1:15.5	Tim Geckeler	1989	Princeton
600 meter run	1:25.9	Sadek Alsaïdi	1993	FDU
800 meter run	1:55.49	John Parisi	1983	West Point
1000 meters	2:31.0	Bob Keino	1994	168th St.
1000 yard run	2:17.4	John Parisi	1983	Princeton
1500 meter run	4:00.4	Bob Keino	1993	FDU
Mile Walk	8:36	Ed Landers	1985	Rockland
1600 meters	4:22.3	Chris Sullivan	1985	Princeton
Mile	4:14.31	Bob Keino	1994	Mad.Sq.Gar.
3200m	9:18.11	Bob Keino	1994	Princeton
3000 meter run	8:25.28	Bob Keino	1993	Princeton
60 yard hurdles	7.3	Rich Wankmueller	1975	
45 yard hurdles	5.6	Mike Rogers	1975	
Shot Put	54'9"	Eric Bryant	1981	Saddle Br.
Long Jump	23'5 1/2"	Craig Halyard	1989	Annapolis
High Jump	6'6"	F. Rosenbach/J. Davis	1995	Garfield
Pole Vault	13'3"	John Boylan	1980	Princeton
Triple Jump	49'6 1/2"	Craig Halyard	1989	Princeton
4x55 m hurdles relay	32.4	Jacoby/Buckley Parisi/Kelley	1981	Princeton
4x220 yard relay	1:35.7	Marino/Williams Parisi/Lanni	1983	Rockland
4x400 meter relay	3:27.2	Cortellesi/Williams Lanni/Parisi	1983	Yale
4x800 meter relay	8:04.5	O'Leary/Kelley Ketterson/Parisi	1982	West Point
4x1 mile relay	18:34.1	McNiff/Lander Nutt/LeMay	1984	Rockland
Sprint Medley relay (440-220-220-880)	3:37.1	Darrow/Donlan Caminiti/Sullivan	1985	Rockland
Distance Medley (800-400-1200-1600)	10:20.20	Sullivan/Caminiti Lander/LeMay	1985	Yale
Shot Put Relay	133'4"	Laborde/Pfund/Phillips	1984	St.Josephs
	97'3"	Kearns/Bryant	1981	Par.Cath.
High Jump Relay	12'2"	Davis/Rosenbach	1995	Princeton
Triple Jump Relay	84'9 3/4"	Hong/Halyard	1987	Rockland
Long Jump Relay	40'10 1/2"	Hong/Darrow	1987	Rockland
Pole Vault Relay	31'6"	Karl/Nocka/Boylan	1979	Rockland
	22'6"	Boylan/Cronin	1979	Rockland
	22'6"	Warton/Cooper	1998	Armory

Ridgewood Girl's Track and Field Indoor Records

<u>Event</u>	<u>Record</u>	<u>Performer</u>	<u>Date</u>	<u>Place</u>
50 yd dash	6.4	Virginia Figlar	1988	FDU
	6.4	Jen McDermott	1989	FDU
60 yd dash	7.3	Cathy Vickery	1984	Rockland
55 m dash	7.3	Virginia Figlar	1986	Princeton
100 yd dash	12.0	Sue Davis	1976	Armory
200 m dash	27.5	Jeanne McGuire	1985	West Point
300 yd dash	37.25	Virginia Figlar	1987	Harvard
300 m dash	42.2	Melissa Gilbert	1994	FDU
400 m dash	57.94	Virginia Figlar	1987	Yale
440 yd dash	58.03	Virginia Figlar	1987	Yale
600 yd run	1:24.58	Virginia Figlar	1988	Harvard
600 m run	1:40.1	Renee Pavelski	1993	FDU
800 m run	2:13.0	Margaret Scutro	1985	Byrne Arena
1000 m run	2:47.44*	Margaret Scutro	1985	Byrne Arena
	*(National Record)			
1000 yd run	2:32.7	Margaret Scutro	1985	Rockland
1500 m run	4:33.35	Margaret Scutro	1985	Yale
1 mile run	4:56.53	Margaret Scutro	1985	Dartmouth
3000 m run	10:03.12	Jennifer Hughes	1988	Yale
2 mile run	10:40.8	Patti Mileski	1983	Harvard
60 yd(55m) HH	8.63	S. Van der Schyff	1988	Yale
Shot Put (4 Kg)	37'3 1/2"	Shyana Brown	1998	Garfield
Long Jump	18'11"	Jen McDermott	1989	Harvard
High Jump	5'8 1/4"	Becky Deetz	1974	Syracuse
<u>RELAYS:</u>				
4 x 55m HH	39.0	McGuire/Waters Velez/Ross	1984	Rockland
4 X 60 yd HH	35.6	McDermott/Cochran Degelmann/Van der Schyff	1987	Princeton
	35.6	Degelmann/Wrubel Donnelly/Van der Schyff	1988	Princeton
4 x 220yd (200m)	1:52.3	McGuire/Waters Degelmann/Ross	1984	Rockland
4 x 400m	4:01.9	McDermott/Reilly Collazo/Hughes	1989	FDU
4 x 880 yd	9:38.8	Figlar/Jean Hughes Jen Hughes/Cannon	1988	Harvard
4 x 800m	9:22.18	Figlar/Jean Hughes Jen Hughes/Collazo	1988	Yale
4 x 1600m	22:16.9	M. McDermott/O'Neill Scheifen/Sedo	1998	Armory
4 x 1 mile	22:39.8	Hughes/Wright Cannon/Collazo	1986	Rockland
Sprint Medley (400-200-200-800)	4:24.0	Reilly/McDermott Pollcai/Collazo	1988	Princeton
Distance Medley (1200-400-800-1600)	11:56.5	Pringle/Scutro	1983	Yale
	11:59.1	Mileski/Mileski	1983	Princeton
Shot Put Relay	66'3"	Rayevich/Eldridge	1988	Hackensack
High Jump Relay	9'10"	Wrubel/VanderSchyff	1988	Princeton
Long Jump Relay	32'1 1/4"	McDermott/Wrubel	1987	Brown
Triple Jump Rel.	65'11"	Hawthorne/Granata	1983	Rockland