

**RIDGEWOOD
TRACK & FIELD
1999**

**RESULTS
HONORS
AND
RECORDS**

DUAL MEETS

6 wins - 1 loss

Passaic	56 - 66
Barringer	122 - 0
Kennedy	70 - 52
Bloomfield	99 - 23
Hackensack	66 - 56
Eastside	61.5 - 60.5
Clifton	81 - 41

CHAMPIONSHIP MEETS

4 wins

Ridgewood Relays	1 st
Engelwood Relays	1 st
Bergen County Relays	1 st
NNJIL Champs	3 rd
Bergen Group 4 champs	1 st
State Sectional	6 th
BMOC	1 champion & relay champion
State Group 4	
State MOC	

SENIORS:

Kara Belknap, Jen Bernstein, Christine Charles, Irene Janis, Helena Lamothe, Ana Law, Meg McDermott, Jessie Porro, Erin Raiter, Monica Schiefen, Julie Sprich, Danielle Walther.

JUNIORS:

Kelly Behan, Karen Bray, Yael Bromberg, Lesley Bruno, Alyson Cangemi, Taylor Dunn, Eileen Farrell, Jessica Greg@, Sarah Herold, Tara O'Neill, Heather Russo, Liz Strahle.

SOPHOMORES:

Pam Amorino, Loren Aversa, Lindsay Christopher, Kathleen Doody, Brittany Hemmel, Rebecca Johnson, Eileen Melli, Liz Monahan, Katie Norchi, Kerry Nussear, Patti Polise, Daniela Sevilla, Diana Stolfo, Lillian Thyssen, Jennifer Zucaro, Katherine Zucaro@.

FROSH:

Meg Behan, Sarah Bigos, Cassie Canzani, Katie Chiles, Katy Goodman, Emily Greenberg, Colleen Herlihy, Lauren Lillis, Peggy Lynch, Clair Nowakowski@, Michelle Potash, Sarah Reilly, Chelsea Schloerb, Pippa Scott.

* = letter winner

@ = coaches award

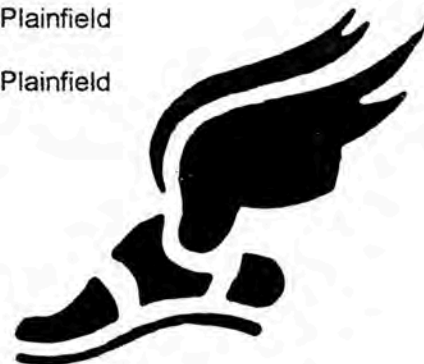
Coaches: Jacob Brown, Jack Elwood, Kate McDermott, Danielle Stack.

1999

RIDGEWOOD HIGH SCHOOL GIRL'S TRACK & FIELD SCHEDULE OF MEETS

1999

Date	Event	Location & Times
Saturday April 3 rd	Ridgewood Relays	Ridgewood Track 12:30pm Be in gym #3 at 11:30am
Tuesday April 6 th	Passaic & Barringer Dual meets	Ridgewood Track 4pm
Saturday April 10 th	Englewood Relays	Winton White Stadium 9am Bus at 7:15 am
Tuesday April 13 th	Kennedy & Bloomfield dual meet	Ridgewood Track 4pm
Friday April 16 th	Bergen County Relays	Indian Hills H.S. 3:45pm Bus at 1:30pm
Saturday April 17 th	Bergen County Relays	Tenafly High School 9am Bus at 7:15 am
Thursday April 22 nd	Penn Relays 4X100, 4X400, 4X800 Miss school entire day	Franklin Field, Philadelphia 7am leave RHS 10pm return RHS
Tuesday April 27 th	Hackensack Dual meet	Ridgewood Track 4pm RHS Track at 2:30
Tuesday May 4 th	Clifton & Eastside Dual Meets	Eastside 4pm Bus at 3pm
Wednesday May 5 th	Frosh NNJIL Champs	Don Bosco
Friday May 7 th	NNJIL Champs	Clifton 4pm Bus at 2:30 -400h,100,3200,400,D,J,HJ
Saturday May 8 th	NNJIL Champs	Clifton Bus at 7:45am
Tuesday May 11 th	Bergen NOVICE Championship	Ridgewood Track 3:45pm 3:00 pm on the field
Friday May 14 th	Bergen Group 4 Champs	Hackensack 3:00 pm Bus at 1:30
Saturday May 15 th	Bergen Group 4 Champs	Teaneck 9am Bus at 7:15 am
Monday May 17 th	Ridgewood Relays II	Ridgewood Track 4pm On the track at 3:15 pm
Thursday May 20 th	Bergen Frosh Championship	Ridgewood Track 4pm On the track at 3:15 pm
Friday May 21 st	State Sectional Champs NIG4	Clifton Stadium 4pm Bus at 2pm,400H,100,3200,400,D,J,HJ
Saturday May 22 nd	State Sectional Champs NIG4	Clifton Stadium 9am Bus at 7:15am
Tuesday May 25 th	Bergen Meet of Champions Field events: 3:30 Finals: 6:45	Hackensack High School Must qualify in the Bergen Gr 4 champs
Wednesday May 26 th	Sophomore Sectional Championship	Winton White Stadium,Engelwd
Friday May 28 th	State Group 4 Championship	South Plainfield
Saturday May 29 th	State Group 4 Championship	South Plainfield
Wednesday June 2 nd	State Meet of Champions	South Plainfield



TIME TRIAL**3/22/99**

1200 meters

4:23.8 Kelly Behan
4:23.9 Clair Nowakowski
4:43.0 Rebecca Johnson
4:43.5 Tara O'Neill
4:43.7 Alyson Cangemi
4:46.3 Peggy Lynch
5:11.3 Meg Behan
5:15.6 Colleen Herlihy
5:15.6 Pippa Scott
6:42.5 Sarah Reilly

300 meters

48.9 Eileen Melli
49.3 Eileen Farrell
49.8 Ana Law
50.0 Helena Lamothe
50.2 Lesley Bruno
50.4 Kara Belknap
50.8 Jen Zucaro
57.0 Katie Norchi
57.3 Keri Nussear
59.8 Katie Chiles

4 step Javelin Throw: 3/24/99

74' Jess Gregg
66' Liz Strahle
65' Kate Lubinger
65' Pam Amorino
62' Lindsay Christopher
56' Heather Russo
55' Karen Bray
41' Liz Monahan
40' Kathleen Doody
40' Brittany Hemmel
36' Loren Aversa
35' Erin Rooney
33' Lillian Thyssen

Power Position Discus Throw 3/25/99

63'6" Lindsay Christopher
60' Yael Bromberg
58' Daniela Sevilla
57'6" Karen Bray
57' Jess Greg
54' Loren Aversa
53' Lillian Thyssen
37' Kathleen Doody
37' Sara Bigos
36' Liz Monahan

Power position Shot Put 3/26/99

25' 6" Karen Bray
24'10" Heather Russo
23' 4" Yael Bromberg
22' 3" Brittany Hemmel
21' 9" Liz Strahle
20' 7" Sarah Herold
19'11" Jess Gregg
17' 7" Kathleen Doody
16' 7" Kate Lubinger
16' 7" Lillian Thyssen
16' 2" Sarah Bigos

Maroon and White Meet Monday 3/29/99

4X400: 1-White (Porro)-59.8. 2-Maroon(Lamothe)-60.4. 3-White(Cody)-64.5. 4-White(Aversa)-67.8

100 mH: 1-Law(W)-17.9. 2-Gregg-(W)-19.4 3-Raiter(M)-21.9 4-Norchi-(24.1) 5-Chiles-(24.7) 6-Schiefen-(W)-28.0

1600 m: 1.Walther-(M)5:51. 2-Nowakowski-(M)5:59.4 3-K.Behan-(W)6:02.9. 4-Johnson-(W)-6:25.9 5-Cangemi-(M)6:28.1 6-Lynch-(W)6:28.8.

400 m: 1-Porro-(W)-64.5. 2-Zucarro-(M)-66.3 3-Bruno-(W)-69.9 4-Nusear-(M)-80.0 5-Reily-(M)1:43.7

800 m: 1-McDermott-(M)-2:26.1. 2-Sprich-(W)-2:38.1. 3-Dunn-(M)-2:57.9 4-O'Neill-(W)2:57.9 5-M.Behan-(M)-3:08.1. 6-Herlihy-(W)-3:13.3 7-Scott-(M)-3:15.9.

4X1lap relay: 1-White(Zucarro)-3:53.1. 2-McDermott-(M)-4:07.6 3-White-(Sprich)-4:14.7 4-Maroon-(Russo)-4:30.9.

Triple Jump: 1-Lamothe(M)-31'8" 2-Law(W)-31'1" 3-McDermott(M)-29'9" 4-Farrel(W)-28'5" 5-Nusear(M)-20'5"

Shot Put: 1-Bromberg(M)-25'8.75" 2-Bray(W)-24'3" 3-Russo(M)-23'5.75" 4-Hemmel(M)-22' 0.75" 5-Amorino(M)-21'7" 6-Christopher(W)-21'

Discus: 1-Christopher-(W)-68'7" 2-Russo(M)-68'2" 3-Strahle-(W)-67'3"

Javelin: 1-Gregg-(W)-74' 2-Amorino-(M)-73'11" 3-Lubinger-(W)-64' 7"

RIDGEWOOD RELAYS

SATURDAY APRIL 3RD, 1999

4X1600:	Schiefen-5:55.6, K.Behan-5:48.7, Nowakowski-5:43.0, Walther-5:34.9 = 23:02.2	1 st
4X100 hurdles:	Law, J.Zacaro, Raiter, Gregg = 1:14.2 Canzani, Goodman, Chiles, Greenberg = No time obtained	2 nd
4X100:	"A" Porro, Bruno, Melli, Lamothe = 52.7	2 nd
4X800:	Sprich-2:28.8, O'Neill-2:38.0, Dunn-2:44.3, Nowakowski-2:35.7 = 10:26.6	1 st
4X200:	J.Zucaro, K.Zucaro, Bruno, Lamothe = 1:51.6	3 rd
4X800 (frosh):	Herlihy-3:03.0, Scott-3:14.2, M.Behan-3:07.7, Lynch-2:52.3 = 12:17.3	5th
DM: (1200-400-800-1600)	"A" Schiefen-4:14.5, Belknap-65.8, Sprich-2:28.6, Walther-5:50.1 = 13:39.0 "B" K.Behan-4:18.9, Bruno-65.6, Nowakowski-2:35.1, Cangemi-5:59.9 = 13:58.7 "C" Lynch-4:41.0, M.Behan-3:11.2, Bernstein-73.1, Johnson-6:29.6 = 15:34.9	2 ND 4 th
3X400 hurdles:	McDermott-70.5, Law-72.4, Dunn-81.0 = 3:43.8	2 nd
4X400	Farrell-65.0, Belknap-65.7, Porro-64.5, Zucaro-62.3 = 4:17.5	3 rd
Triple Jump (3X)	Lamothe-33' 1.5", Law-33' 3.5", Melli-32' 4" = 98' 9"	1 st
Long Jump (3X)	Lamothe-15'3", Law-14' 9.5" Melli-14'4" = 44' 4.5"	3 rd
High Jump (3X)	"A" Gregg-4'3", Bruno-4', Farrell-4' = 12'4" "B" Belknap-4', Schiefen-NH, Scholerb-NH = 4'	
Shot put (3X)	"A" Russo-23'10", Christopher-23'9", Bray-23'7.5" = 71' 2.5" "B" Strahle-21'8", Herold-19'1.5", Lubinger-19'1.5" = 59'11" "C" Sevilla-21'4", Aversa-18'10", Thyssen-18'3" = 58'5" "D" Bigos-17'7", Monohan-17', Charles-11'10" = 46'5"	
Discus (3X)	"A" Russo-72'11", Bray-71'1", Christopher-65'4" = 209'4" "B" Strahle-70'9", Herold-66'1", Aversa-57'4" = 194'2" "C" Lubinger-57'5", Bigos-50', Thyssen-49'5" = 157' "D" Sevilla-61'6", Monahan-31'8", inc = inc.	
Javelin: (3X)	"A" Gregg-73'2", Lubinger-65'11", Strahle-68'2" = 207'3" "B" Christopher-60', Bray-53'3", Russo-52'8" = 165'11" "C" Herold-49'5", Thyssen-38'6", Monohan-36'10" = 124'9" "D" Bigos-53'2", Sevilla-53'1", Aversa-35'11" = 147'2"	5 th

Team Points: 80 for the win over a very good Pennsauken team and 16 other teams. The big highlight was breaking the triple jump relay record. Lots of drama! A 20 year old record that was part of Jessie Porro's family!! Her aunt Deecy was the leader of that team. Eileen came through on her last jump after two fouls. We did well in many other races but the best thing was the team feeling I got at the end of the meet when everyone gathered to wait for the final team score. This team has a lot of good energy.

The Ridgewood girls triple jump team (11th, 98-9), Cliffside Park girls javelin team (17th, 290-8), and Northern Valley at Old Tappan girls discus team (24th, 276-9) all have earned places in the top 25.

Triple jumpers pace Ridgewood

By JIM DRISCOLL
Staff Writer

Ridgewood coach Jacob Brown, who had been watching his team participate in the throwing events Saturday at the Ridgewood Relays, hurried across the field as soon as the last javelin landed to find out if his girls' triple jump team had, as planned, broken a 20-year old school record.

"That was their goal today," Brown said. "But I get over there and there's all these long faces — they weren't happy with their distance. But it turns out somebody added wrong."

So, when the eraser was used and the distances were totaled again — by hand, it should be noted — Ana Law, Helena Lamothé, and Eileen Melli had indeed broken the 20-year old triple jump record — shattered it, in fact, by better than a foot. That school-record total of 78 feet, 9 inches highlighted the Maroons girls teams' victory.

"After the trainer told them that," Brown said, "they were so excited."

So was Middletown North coach Bob Welsh as he posed for a picture with the first-place trophy in the Large School boys division. Moments later, the smile left Welsh's face.

Once again, somebody added wrong — this time a computer — and the Lakeland boys were the actual winners.

"We thought we were ahead," said Welsh, "but there was a glitch with the high tech stuff there at the end. What can you do? It happens."

Lakeland coach John Yost didn't want the trophy, but Welsh insisted. The Lakeland coach has been through awkward awards ceremonies before, most notably two years ago when the Lancers lost a State sectional title because one runner's boxer shorts were showing — which is a violation, as ridiculous as that sounds.

RIDGEWOOD RELAYS

"First the underwear and now this," said Yost. "Controversy seems to follow us around."

Yost — whose team won conference, County, and State sectional titles last spring — praised the efforts of senior runners Keith Horbatuck and Bob Lozzi, but issued a veiled warning to the rest of the upperclassmen. "Win or lose, I'm still not totally happy," he said. "Some of our underclassmen did a good job, but there are some seniors who have to pick it up if we are going to win like we did last year."

It was a strange day for Yost. At first, he thought he lost, and told his team they would have to improve. Then he goes home a winner.

"In some ways," said Yost, "I was happier when they said we had lost by a point. But as it turns out, I get the best of both worlds. Hopefully, they got the message [when we thought we had lost], and we still go home with a trophy."

The small schools meets earlier in the morning were free of mathematical errors. Westwood, with a strong performance in the field events, won the girls meet. And Indian Hills — behind Tim McHugh, Matt Graf, Dan Coletta, Brian Wood, and Mike Vetrano, among others — dominated on the track to take the boys title.

"We won it off the track," said Westwood coach Steve Zecher. "I was very happy with our long jump and triple jump relays, which won. Stephani Pillari, our only senior, keyed both victories."

Pillari teamed with Lianna Iglesias and Emily Drew to win the long jump; and won the triple with the help of Iglesias and Krista Asadorian.



Ana Law, left, of Ridgewood and Garfield's Vanessa Saldivia competing in the 400-meter hurdles at the Ridgewood Relays. ED HILL/STAFF PHOTOGRAPHER

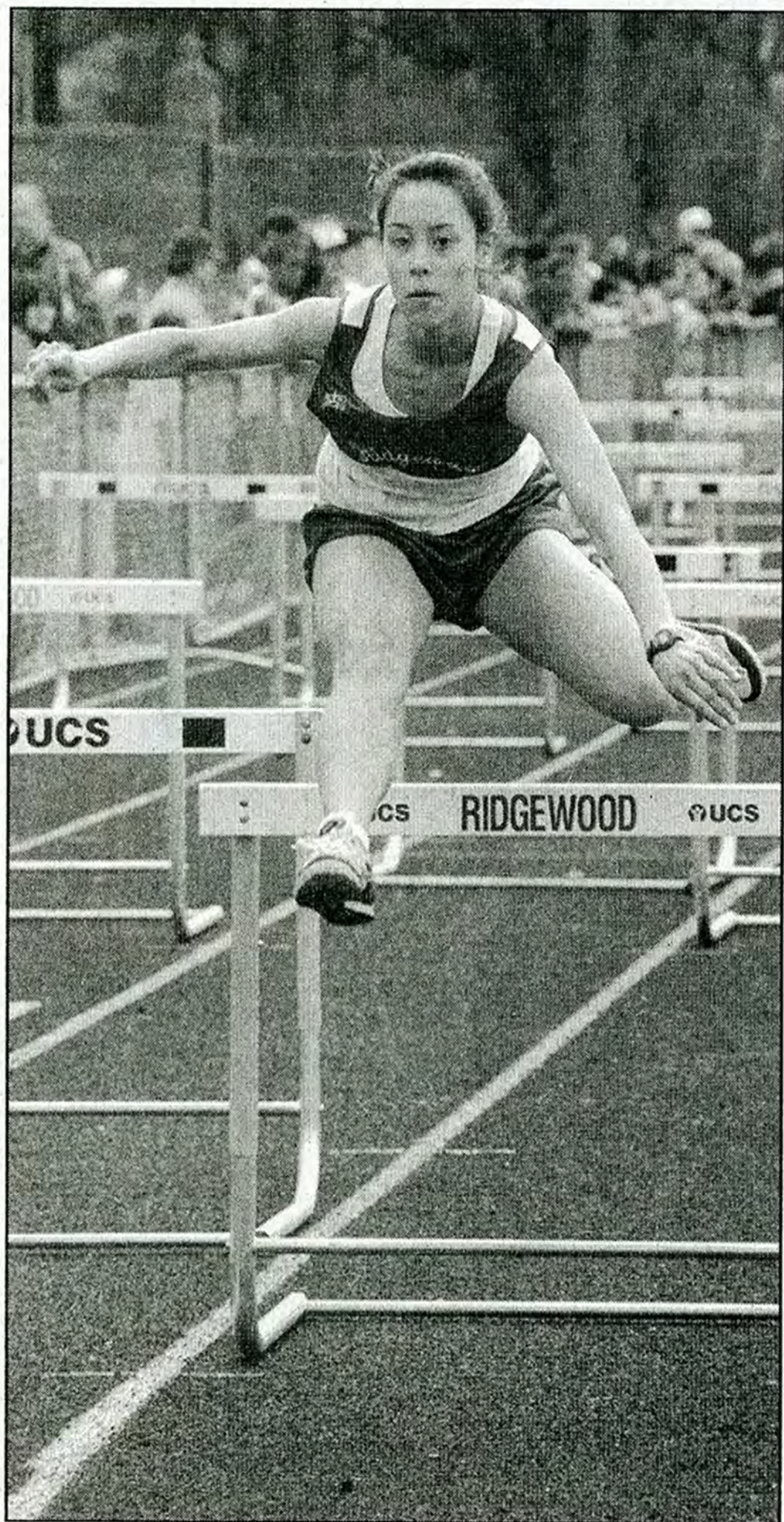
While Westwood may have won off the track, Zercher cited runners Emily Drew, Nicole Stintson, and Lauren Donahue. The Cardinals didn't win any track events, but took second in the 1,600 and

6,400, and placed third in the 800 and sprint medley.

"We're a small school," Zercher said, "and we always seem to score well in the technical events. But our runners did a

great job with what we were asking of them today."

■ Summaries on S-27



TRACK

Season Opener Relays

At Winton White Stadium, Englewood

LARGE SCHOOL BOYS

Team scoring

Hackensack 86½, Passaic 46, Garfield 44, St. Joseph 38, Fort Lee 32, Memorial (West New York) 27, Northern Valley at Demarest 26, Lincoln 16, Northern Valley at Old Tappan 16, Kennedy 10, Bergen Catholic 10, West Milford 1, Eastside 1.

SMALL SCHOOL BOYS

Team scoring

Ramsey 42½, Hasbrouck Heights 24, Saddle Brook 22, Rutherford 16, Englewood 15, Ridgefield Park 14, Wood-Ridge 12, Lyndhurst 2½.

6,400 — 1, Hackensack (Thomas Baldwin, Mario Santavanez, Johnny Zewdu, Frank Browne), 19:14.6; 2, Memorial, 19:40.0; 3, Rutherford, 19:57.5; 4, NV/Old Tappan 20:06.7; 5, Ramsey, 20:11.4; 6, Passaic, 20:17.6.

400 — 1, Hackensack (Michael Jackson, Johnny Myles, Chris Stowers, Sampson), 44.7; 2, St. Joseph, 45.3; 3, Kennedy, 45.9; 4, Englewood, 46.0; 5, Rutherford, 46.3; 6, NV/Demarest, 47.4.

Intermediate hurdles — 1, Hackensack (John Sylvain, John Cassetta, Chris Stowers), 2:52.3; 2, Ramsey, 3:01.8; 3, Garfield, 3:04.5; 4, Memorial, 3:05.5; 5, NV/Demarest, 3:08.9; 6, Fort Lee, 3:11.5.

800 — 1, Hackensack (Michael Jackson, John Sylvain, Leroy Brooks, Sampson), 1:33.1; 2, Passaic, 1:35.3; 3, Englewood, 1:36.8; 4, Fort Lee, 1:37.1; 5, NV/Old Tappan, 1:37.5; 6, St. Joseph, 1:37.7.

3,200 — 1, Hackensack (Thomas Baldwin, Maurice Singletary, Marquice Singletary, Leroy Brooks), 8:28.0; 2, Memorial, 8:48.1; 3, Lincoln, 8:51.0; 4, Ramsey, 8:52.0; 5, Rutherford, 9:00.3; 6, NV/Demarest, 9:03.1.

Sprint medley — 1, NV/Old Tappan (Will Arzenis, Adam Konopolsky, Gaurav Budhran, Joe Apa), 3:49.8; 2, Ramsey, 3:50.5; 3, Passaic, 3:51.3; 4, Lincoln, 3:55.0; 5, Garfield, 3:55.5; 6, St. Joseph, 4:05.8.

Shuttle hurdles — 1, NV/Demarest (Adrian Bilal, Julian Low, Marc Dyrszka, Chris Fung), 1:09.1; 2, Fort Lee, 1:09.8; 3, Memorial, 1:10.8; 4, Ridgefield Park, 1:11.4.

Distance medley — 1, Hackensack (Thomas Baldwin, Maurice Singletary, Marquice Singletary, Frank Browne), 11:14.6; 2, St. Joseph, 11:17.5; 3, Passaic, 11:35.2; 4, Ramsey, 11:36.3; 5, Rutherford, 11:42.9; Eastside, 11:45.7.

1,600 — 1, Hackensack (Michael Jackson, John Cassetta, Leroy Brooks, John Sylvain), 3:26.7; 2, Fort Lee, 3:31.3; Englewood, 3:39.8; 5, Passaic, 3:40.7; 6, Ramsey, 3:44.9.

Pole vault — 1, Ridgefield Park (Chris Porto, Chris Williams, Justin Zajicek), 30-0; 2, Saddle Brook, 28-0; 3, NV/Demarest, 27-0; 4, Hackensack, 21-0; 4, Ramsey, 21-0; 4, Lyndhurst, 21-0.

High jump — 1, Passaic (Jawan Anderson, Thomas Smith, Rakeem Oliver), 17-0; 2, St. Joseph, 16-4; 3, Ramsey, 11-2; 4, Kennedy, 10-10; 5, Hackensack, 10-8; 6, Passaic, 5-4.

Shot put — 1, Passaic (Francisco Mora, Merlyn Wyche, Waldermar Auguscinski), 136-11½; 2, Wood-Ridge, 129-3; 3, Hasbrouck Heights, 129-2¼; 4, Hackensack, 127-4¼; 5, NV/Demarest, 126-6½; 6, Ramsey, 123-8¼.

Discus — 1, Bergen Catholic (Jeff Cosgrave, Tim Panos, Paul Koob), 385-0; 2, Garfield, 356-5; 3, Ramsey, 356-4; 4, Wood-Ridge, 335-1; 5, Hasbrouck Heights, 332-8; 6, West Milford, 330-2.

Javelin — 1, Garfield (Maurice Gargano, Keith Koller, Nick Jankuloski), 450-3; 2, Hasbrouck Heights, 411-0; 3, Fort Lee, 377-2; 4, NV/Demarest, 361-6; 5, Hackensack, 344-10; 6, Memorial, 340-4.

Triple jump — 1, Garfield (Mike Stansfield, Frank Fattrosso, Miles Austin), 115-1½; 2, Saddle Brook, 113-2½; 3, Hackensack, 110-9½; 4, Fort Lee, 109-6½; 5, St. Joseph, 108-6½; 6, Englewood, 108-0¾.

Long jump — 1, St. Joseph (Pat McManus, Ayo Oluwole, Jon Szucs), 57-8¾; 2, Garfield, 55-6¾; 3, Saddle Brook, 55-5½; 4, Rutherford, 55-2; 5, Passaic, 54-9; 6, Fort Lee, 54-6¾.

LARGE SCHOOL GIRLS

Team scoring

Passaic 96, Northern Valley at Demarest 53, Kennedy 42, Hackensack 38, Eastside 35, Northern Valley at Old Tappan 34, Cliffside Park 26, Immaculate Heart 26, Holy Angels 24, West Milford 18, Ramapo 5, Memorial (West New York) 3, Lincoln 2.

SMALL SCHOOL GIRLS

Team scoring

Kittatinny 24, Ramsey 19, Hasbrouck Heights 18, Rutherford 15, Hudson County Prep 6, New Milford 4, Ridgefield Park 2.

6,400 — 1, Hackensack (Beth Androski, Claire McGuire, April Quatrano, Patty Martin), 22:56.5; 2, Passaic, 23:26.6; 3, Ramsey, 23:40.9; 4, Holy Angels, 23:51.1; 5, NV/Demarest, 24:14.8; 6, Memorial, 24:45.2.

400 — 1, Eastside (Yasheema, Zakia, Peta-Gaye Barnett, Alica), 52.0; 2, Passaic, 52.5; 3, NV/Demarest, 53.0; 4, West Milford, 53.5; 5, Immaculate Heart, 54.0; 6, Kennedy, 54.3.

Intermediate hurdles — 1, Kennedy (Tia Whitaker, Tawana Watkins, Tashona Watkins), 3:29.8; 2, Cliffside Park, 3:38.3; Kittatinny, 3:41.0; 4, NV/Demarest, 3:41.7; 5, Ramsey, 3:45.5; 6, West Milford, 3:46.4.

800 — 1, Passaic (Alex Medrano, Ebony Ramos, Yocasta Garcia, Otisha Mathis), 1:50.6; 2, Eastside, 1:50.8; 3, NV/Old Tappan, 1:52.7; 4, Immaculate Heart, 1:53.1; 5, Rutherford, 1:54.4; 6, NV/Demarest, 1:55.3.

3,200 — 1, Hackensack (Claire McGuire, Shauna Koenig, April Quatrano, Beth Androski), 10:26.9; 2, Immaculate Heart, 10:37.4; 3, Passaic, 10:47.7; 4, Holy Angels, 11:09.1; 5, NV/Demarest, 11:10.0; 6, New Milford, 11:45.3.

Sprint medley — 1, Passaic (Antoinette Gorham, Shanae Pritchett, Nicole Dollar, Shakira Williams), 4:25.6; 2, Kennedy, 4:32.8; 3, Holy Angels, 4:35.7; 4, Hudson County Prep, 4:43.9; 5, Ramapo, 4:45.0; 6, Eastside, 4:51.3.

Shuttle hurdles — 1, NV/Demarest (Christine Slebold, Annie Holzberg, Hiroko Hosaka, Caitlin Caporale), 1:09.3; 2, NV/Old Tappan, 1:10.8; 3, Kittatinny, 1:11.4; 4, Hasbrouck Heights, 1:12.6; 5, West Milford, 1:14.3; 6, New Milford, 1:16.0.

Distance medley — 1, Hackensack (Claire McGuire, Shauna Koenig, Patty Martin, Beth Androski), 13:15.7; 2, Passaic, 13:34.3; 3, Ramsey, 13:38.5; 4, Cliffside Park, 14:02.8; 5, Memorial, 14:33.7; 6, Ramapo, 14:42.9.

1,600 — 1, Passaic (Alex Medrano, Shanae Pritchett, Otisha Mathis, Antoinette Gorham), 4:11.4; 2, Holy Angels, 4:25.8; 3, Eastside, 4:26.1; 4, Ramsey, 4:27.0; 5, Kittatinny, 4:34.7; 6, Rutherford, 4:35.0.

High jump — 1, Kittatinny (Jenna Lippert, Catherine Egan, Vanessa Cignarella), 13-6; 2, Hasbrouck Heights, 9-4; 3, Kennedy, 8-8; 4, NV/Old Tappan, 4-8.

Shot put — 1, NV/Demarest (Jenny Flinchum, Lila Lee, Jesse Jeffs), 99-11; 2, Passaic, 96-3¼; 3, Hasbrouck Heights, 90-0½; 4, Hackensack, 88-6¼; 5, Lincoln, 86-6; 6, Rutherford, 84-5.

Discus — 1, NV/Demarest (Lila Lee, Kelly Martens, Jenny Flinchum), 313-8; 2, Passaic, 286-5; 3, NV/Old Tappan, 276-9; 4, Cliffside Park, 267-7; 5, Rutherford, 259-8; 6, West Milford, 258-11.

Javelin — 1, Cliffside Park (Jackie Babbini, Najran Stephens, Marissa Sarubbi), 290-8; 2, West Milford, 287-5; 3, NV/Demarest, 270-4; 4, Hackensack, 241-1; 5, New Milford, 237-0; 6, Rutherford, 232-3.

Triple jump — 1, Passaic (Yocasta Garcia, Nicole Dollar, Krystal Sheppardson), 91-11½; 2, NV/Old Tappan, 90-9; 3, Eastside, 89-3; 4, Kennedy, 88-11; 5, Ridgefield Park, 87-10½; 6, Ramsey, 87-3¾.

Long jump — 1, Kennedy (Tashona Watkins, Tawana Watkins, Lasandra Singleton), 46-11½; 2, Passaic, 46-0; 3, Immaculate Heart, 44-6; 4, NV/Demarest, 43-0½; 4, Eastside, 43-0½; 6, West Milford, 41-1¼.

Girls

RIDGEWOOD TRACK AND FIELD

DUAL MEET SUMMARY

RHS vs

Passaic

DATE

April 6th, 1999

WEATHER

Sunny + Windy

TEAM RECORDS

EVENT	FIRST PLACE 5	SECOND PLACE 3	THIRD PLACE 1	RHS	Passaic
Long jump	Lamothe 15'3 1/4" R	Mathis 14'10" P	Law 14'5 1/2" R	6	3
Intermediate Hurdles	Gorham 68.6 P	McDermott 70.6 R	Law 70.9 R	4	5
100 meter dash	Mathis 12.7 P	Medrann 12.8 P	Lamothe 13.4 R	1	8
1600 meter run	 5:28.7 P	Nowakowski 5:32.5 R	 5:33.5 P	3	6
400 meter dash	Gorham 59.4 P	Zucaro, K 62.7 R	Bruno 63.6 R	4	5
100 meter Hurdles	Law 17.2 R	Gregg 18.3 R	Ramos 19.0 P	8	1
800 meter run	McDermott 2:25.4 R	 2:28.2 P	Sprich 2:28.6 R	6	3
200 meter dash	Mathis 26.8 P	 27.1 P	Melli 28.3 R	1	8
3200 meter run	Nowakowski 12:19.1 R	 12:20 P	Behan 12:29.9 R	6	3
Triple Jump	Lamothe 33'4 1/2" R	Law 33'4 1/2" R	Melli 30'11 3/4" R	9	0
4X400 meter relay	Passaic 4:07.6	Ridgewood 4:11.7		0	5
Shot Put	Hillgrove 41'1" P	Which 32'9" P	Bramberg 27'8" R	1	8
Discus	Hillgrove 134'8" P	Wyche 92'2" P	Russo 76'2" R	1	8
High Jump	Gregg 4'6" R	 4'6" P	Belkrap 4'6" R	6	3
				FINAL SCORE	56 66

Girls.

RIDGEWOOD TRACK AND FIELD

DUAL MEET SUMMARY

RHS vs Barringer

DATE April 6th 1999

WEATHER Sunny + Windy

TEAM RECORDS _____

EVENT	FIRST PLACE 5	SECOND PLACE 3	THIRD PLACE 1	RHS	Barringer
Long jump	Lamothe 15'3 1/4" R	Law 14'5 1/2" R	Bernstein 10'10" R	9	0
Intermediate Hurdles	McDermott 70.6 R	Law 70.9 R	Dunn 80.3 R	9	0
100 meter dash	Lamothe 13.4 R	Porro 13.5 R	Melli 13.5 R	9	0
1600 meter run	Nowakowski 5:32.5 R	Walther 5:34.1 R	Cargemi R	9	0
400 meter dash	Zucaro, K 62.7 R	Farell 64.8 R	Bruno 63.6 R	9	0
100 meter Hurdles	Law 17.2 R	Gregg 18.3 R	Raiter 19.5 R	9	0
800 meter run	McDermott 2:25.4 R	Sprich 2:28.6 R	O'Neill 2:40.1	9	0
200 meter dash	Melli 28.3 R	Lamothe 28.7 R	Zucaro, J 29.0 R	9	0
3200 meter run	Nowakowski 12:19.1 R	Behan 12:29.9 R	SCHIEFEN 13:07.6 R	9	0
Triple Jump	Lamothe 33'4 1/2" R	Law 33'4 1/2" R	Melli 30'2 1/4" R	9	0
4X400 meter relay	Ridgewood 4:11.7			5	0
Shot Put	Bromberg 24'8" R	Bray 24'1" R	Strahle 24'0" R	9	0
Discus	Russo 76'2" R	Strahli 72'9" R	Brohberg 67'1" R	9	0
High Jump	Gregg 4'6" R	Belknap 4'6" R	Bruno/Farell 4'4" R	9	0
				FINAL SCORE	122 0

RIDGEWOOD TRACK AND FIELD

RHS vs PASSAIC + BARRINGER

EVENT	NON-SCORING PERFORMANCES
Long jump	NUSSEAR FFF
Intermediate Hurdles	GREENBERG - 85.8 GOODMAN - 90.2
100 meter dash	NORCHI - 14.3 POTASH - 16.1 BERNSTEIN - 14.5 REILLY - 20.4
1600 meter run	JOHNSON - 6:14.1 SCOTT - 7:13.9 LYNCH - 6:14.4
400 meter dash	BELKNAP - 67.3 NUSSEAR - 75.3
100 meter Hurdles	J. ZUCARO - 18.5 GOODMAN - 23.2 CANZANI - DNF GREENBERG - 21.5
800 meter run	LILLIS - 3:01.7 HERLIHAY - 3:05.5 M. BEHAN - 3:02.1
200 meter dash	BRUNO - 28.9 BERNSTEIN - 31.8 CHARLES - 39.1 NORCHI - 31.6 RAITER - 33.8 REILLY - 44.1
3200 meter run	WALTHER - 13:38.9 O'NEILL - 14:13.6 SPRICH - 13:54.1 CANZANI - 14:13.6 DUNN - 14:13.6
Triple Jump	RAITER - 25' 7 1/2"
4X400 meter relay	PORRO - 64.0 K. ZUCARO - 61.4 J. ZUCARO - 62.9 McDERMOTT - 63.4
Shot Put	HEMMEL - 23' 9" HEROLD - 19' 8" RUSSO - 25' 9" SEVILLA - 20' 10" LUBINGER - 18' 6" THYSSEN - 19' 10" BISOS - 17' 8"
Discus	CHRISTOPHER - 66' 3" SEVILLA - 62' 9" HEMMEL - 56' 10" THYSSEN - 42' 7" AMORINO - 64' 9" HEROLD - 60' 7" MONAHAN - 48' 2" BISOS - 37' 5" BRAY - 63' 4" AJERSA - 56' 10" LUBINGER - 46' 1"
High Jump	

FINAL SCORE

ENGELWOOD RELAYS

APRIL 10, 1999

4X1600:	Cangemi-6:03.2, Dunn-6:11.3, K.Behan-6:06.4, Schiefen-6:07.0 = 24:27.8	2 nd
4X100 H:	Gregg-20.0, J.Zucaro-18.3, Raiter-19.6, Law-17.0 = 1:14.8 Goodman-23.1, Canzanni-22.3, Schloerb-23.5, Greenberg-22.3 = 1:41.2	2 nd
4X100:	Porro, Bruno, Melli, Lamothe = 53.3	4 th
4X800:	Sprich-2:32.8, Walther-2:30.9, Nowakowski-2:32.9, McDermott-2:25.4 = 10:02.0	1 st
4X800 frosh:	Herlihy-3:05.1, Scott-3:11.7, M.Behan-3:05.5, Lillis-3:05.9 = 12:28.2	
4X200:	Porro-30.1?, K.Zucaro-26.7?, Melli-27.7, Lamothe-28.6 = 1:53.1 "B" Bernstein-32.6, Charles-38.9, Nussear-35.2, Norchi-28.1 = 2:14.7 "C" Canzanni-34.9, Potash-36.3, Goodman-35.3, Greenberg-31.3 = 2:17.7 "D" Bigos-35.5, Reilly-44.5, Herlihy-40.8, Lynch-32.5 = 2:33.3	4 th
Sprint Med:	K.Zucaro-62.4, Farrell-27.5, Bruno-29.1, McDermott-2:22.7 = 4:21.8	1 st
Distance Med:	O'Neill-4:17.4, Belknap-68.3, Dunn-2:44.6, Cangemi-6:02.9 = 14:13.2 "B" K.Behan-4:19.5, Farrell-65.7, Schiefen-2:37.1, Walther-5:42.5 = 13:45.8 "C" Lynch-4:34, Norchi-76.3, Scott-3:07.7, Johnson-6:21.4 = 15:19.4	1 st
3X400 H:	J.Zucaro-74.7, Law-73.6, McDermott-71.1 = 3:39.4	3 rd
4X400:	Farrell-66.1, Porro-65.7, J.Zucaro, K.Zucaro = 4:18.1 Norchi-77.1, Potash-81.3, Nowakowski-68.3, Nussear-76.0 = 5:02.7 Bigos-80.3, M.Behan-80.3, Scott-77.9, Lillis-75.6 = 5:14.1	3 rd
2XHJ:	???	
2XLJ:	Lamothe-15' 6", Melli-14' 1" = 29' 7"	2 nd
2XTJ:	Law-35' 6 1/2", Lamothe-33'10" = 69' 4 1/2" <u>NEW SCHOOL RECORD</u>	1 st
2XShot:	Bray-23'10", Russo-26' 9", Strahle-23' 8", 25' 3.5" Herold-21' 9", Hemmel-24' 1.5", Doody-17' 7", Lubinger-18' 6" Sevilla-19' 9", Polise-15'	
2XDiscus:	Bray-67'1", Russo-69' 8", Strahle-65' 2", Bromberg-53' 7", Herold-56' 6" Hemmel-48' 7", Doody-45', Lubinger-46'10", Bigos-48' 8" Sevilla-56' 9", Amorino-67'10", Polise-30'10"	
2XJavelin:	Gregg-84' 6", Strahle-68'1" = 152' 7" Bray-70' 3", Russo-45' 5", Bromberg-45' 4", Hearold-56'5", Hemmel-54' Doody-48' 9", Lubinger-47' 4", Bigos-49' 6", Amorino-68'	5 th

We had a balanced day, scoring in 12 of the 15 relays and beating excellent Passaic and Uniondale teams. The triple jump team continued its record ways breaking the 2 person record from 1983!

The Ridgewood girls, led by Meg McDermott, Katherine Zucaro, Kelly Behan, Eileen Farrell, and Leslie Bruno, atoned for a dual-meet loss to Passaic on Tuesday.

"I was pretty riled up [in practice] on Wednesday," said Ridgewood coach Jacob Brown. "It seemed to work today."

HIGH SCHOOL SPORTS

McDermott leads Ridgewood to title

By Jim Lambert

Jacob Brown was upset last Tuesday. The Ridgewood girls track coach had just seen his team lose a home dual meet to Passaic, 66-56.

"I was riled up after that," said Brown, whose team was unbeaten in duals last year.

"The effort just wasn't there from everyone so, on Wednesday, I really let them have it. I wanted them to know that I wasn't happy and wanted to see them run better the next time out."

The next time out was yesterday, and Ridgewood responded to the fire Brown lit under them by winning the girls' title at the Englewood Relays held under extremely windy conditions at Winton White Stadium. Ridgewood also avenged its dual-meet loss, outpointing runner-up Passaic, 86-74.

In the boys competition, Hackensack led by quadruple gold medalist Michael Jackson and triple winner Johnny Sylvain, repeated as boys champion by edging runner-up Christian Brothers, 85-79.

Senior Meg McDermott was the Ridgewood leader, anchoring two winning relays with impressive 800 legs. McDermott split 2:25.5 on the 4x800 and 2:22.2 on the sprint medley.

"After Coach Brown expressed his feelings about us, that really got us fired up," said McDermott, who won the Group 4 title and was fourth at the Meet of Champions this past indoor season in the 1,600. "It wasn't that he was disappointed, it was more a case where he just wanted us to know that we could be a good team if we stepped it up. He said we just needed to work harder. He definitely got his message across to us."

McDermott, who also ran a 69.9

on the third-place intermediate hurdles team (3:39.3), stunned herself a little by the way she ran.

"I am surprised that I ran as fast as I did under the circumstances," said McDermott, "This is the windiest I've ever run in and I still ran that fast. That makes me feel confident about the rest of my season."

The biggest key for Ridgewood was its depth. The Maroons placed fifth or better in 12 of the 15 events, winning four, including a school record 69-4/4 in the triple jump when Ana Law leaped 35-6 and Helena La-Mothe 33-10/4.

"We were able to put a lot of people in a lot of events and we scored well across the board," said Brown. "This was the type of performance I was looking for out of this team as we prepare for next weekend's Bergen County Relays."

Ridgewood will find out tomorrow if the 9:51.85 it ran in the 4x800 qualifies it for the Penn Relays later this month.

"We know we're on the bubble and we are just praying our time gets us in," said McDermott, who ran at Penn last year in the distance medley. "There is no greater feeling for a high school runner than to run at Penn. I want to feel that experience one more time."

In the boys competition, Hackensack and Christian Brothers engaged in see-saw battle that came right down to the wire. Hackensack led CBA, 75-69, heading into the final event, the 4x400. Hackensack nailed down the title when anchorman Sylvain, a sophomore, split 50.5 and surged by Highland and Plainfield with 200 meters as he brought the Comets across first in 3:29.2. Sylvain trailed by 20 meters when he grabbed the baton.

"I couldn't let my team down,"

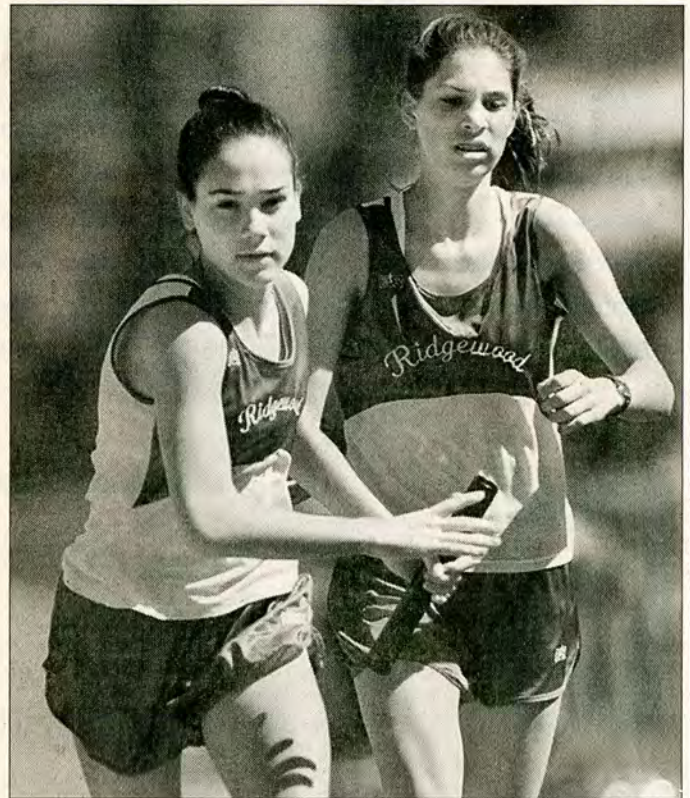


PHOTO BY RICH SCHULTZ

Meg McDermott of Ridgewood takes the baton from teammate Claire Nowakowski for the final leg of the girls 4x800 at the Englewood Relays.

said Sylvain, a sophomore star on the rise. "For the first 100, I maintained my pace, then with 200 to go it was time to catch them."

Sylvain's effort came just 15 minutes after he ran 57.6 to help his team win the intermediate hurdles in a school-record 2:51.7. John Cassetta pulled the same double with a 58.8 in the hurdles and a 52.9 second leg in the 4x400.

"Those were great doubles," said Hackensack coach Ed Church, who led his team to the state Group 4 relay title and a share of state Group 4 track titles this past winter. "Between what those two guys did for us and Michael Jackson getting four golds, it was a great day for us."

One person who didn't seem to

be affected by the conditions was Plainfield high jumper Ottley Freeman, who cleared 6-9 to help the Cardinals win the team high jump with a combined 12-7. Freeman attempted 7-0, but his 53.5 400 leg on the 4x400 just 15 minutes before sapped his legs of extra energy.

Garfield junior Jen Austin, third at the Meet of Champions in the girls javelin last spring, had the top throw of 124-0. Austin, who has a best of 131-5, is aiming for the Bergen County record of 141-0 set in 1980 by Barbara Wolff of Tenafly.

Antoinette Gorham of Passaic had a big day. She ran 58.3 in the 4x400 to help her team finish first in 4:06.8, a school record, and clocked a 58.5 400 to help her team place second in the sprint medley.

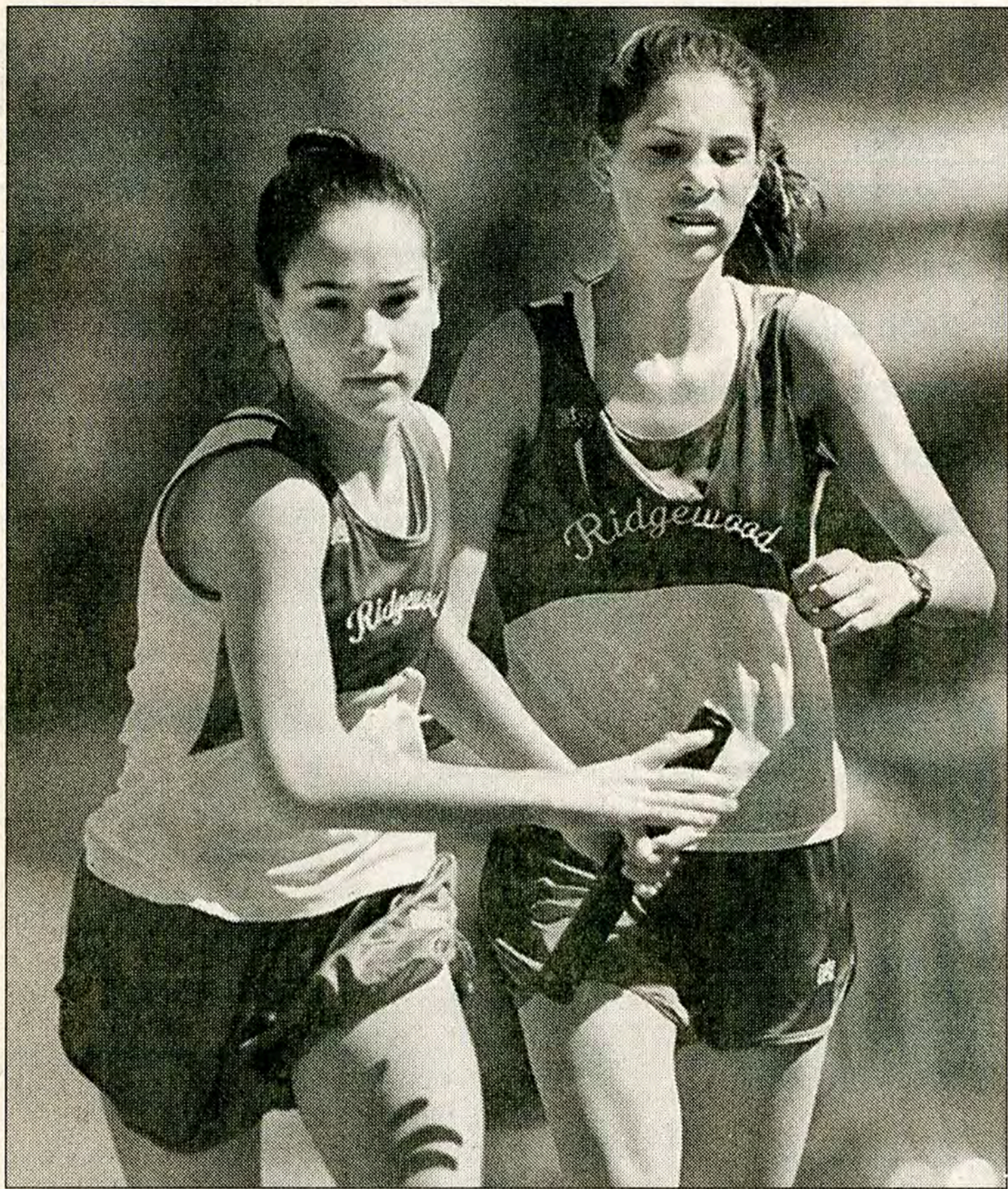


PHOTO BY RICH SCHULTZ

Meg McDermott of Ridgewood takes the baton from teammate Claire Nowakowski for the final leg of the girls 4x800 at the Englewood Relays.

RIDGEWOOD TRACK AND FIELD

DUAL MEET SUMMARY

RHS vs Kennedy

DATE 4/13

WEATHER sunny very windy

TEAM RECORDS _____

EVENT	FIRST PLACE 5	SECOND PLACE 3	THIRD PLACE 1	RHS	K
Long jump	T. Watkins 15'3 1/2" K	Helena Lamothe 15'3 1/4" R	Ts. Watkins 14'7" K	3	6
Intermediate Hurdles	M. McDermott 68.2 R	Tashana Watkins 70.3 K	K. Zucaro 70.5 R	6	3
100 meter dash	Tawana Watkins 12.9 K	Helena Lamothe 13.4 R	Eileen Melli 13.5 R	4	5
1600 meter run	C. Nowakowski 5:32.7 R	M. Schiefen 5:43.8 R	Tia Whitaker 5:44.9 K	8	1
400 meter dash	Tawana Watkins 58.8 K	Eileen Farrell 63.5 R	Lesley Bruno 63.9 R	4	5
100 meter Hurdles	Ana Law 17.5 R	Tashana Watkins 19.4 K	Jess Gregg 18.3 R	6	3
800 meter run	Meg McDermott 2:26.5 R	Clair Nowakowski 2:35.4 R	Tia Whitaker 2:44.4 K	8	1
200 meter dash	Tia Watkins 27.5 K	Jessie Porro 28.9 R	Helena Lamothe 29.4 R	4	5
3200 meter run	Danielle Walther 12:20.0 R	Monica Schiefen 12:55.5 R	Kelly Behan 13:19.6 R	9	0
Triple Jump	Ana Law 33'10" R	Lowden 30'5" K	Helena Lamothe 30'5" R	6	3
4X400 meter relay	4:20.4 R	BRUNO - 65.4 MELLI - 66.2	J. ZUCARO - 65.2 K. ZUCARO - 63.7	5	0
Shot Put	Alterea McWilliams 27'11" K	Tantana Hedges 25'10" K	Davia Thomas 25'10" K	0	9
Discus	Davia Thomas 78' K	Heather Russo 70' R	Alteria Williams 64' K	3	6
High Jump	Tashana Watkins 4'8" K	Eileen Farrell 4'6" R	Kara Belknap 4'6" R	4	5
				FINAL SCORE	70 52

RIDGEWOOD TRACK AND FIELD

DUAL MEET SUMMARY

RHS vs Bloomfield

DATE

4/13

WEATHER

sunny, very windy

TEAM RECORDS

EVENT	FIRST PLACE <u>5</u>	SECOND PLACE <u>3</u>	THIRD PLACE <u>1</u>	RHS	B
Long jump	Helena Lamothe 15'3 1/4" R	Ana Law 14'6" R	Aarons 13'2" B	8	1
Intermediate Hurdles	m. McDermott 68.2 R	K. Zucaro 70.5 R	J. Zucaro 72.1 R	9	0
100 meter dash	Helena Lamothe 13.4 R	Eileen Melli 13.5 R	Eboni Aarons 13.7 B	8	1
1600 meter run	C. Nowakowski 5:32.7 R	m. Schiefen 5:43.8 R	Erin Kubarewicz 5:46.5 B	8	1
400 meter dash	Eileen Farrell 63.5 R	Lesley Bruno 63.9 R	Kara Belknap 68.6 R	9	0
100 meter Hurdles	Ana Law 17.5 R	Erin Raiter 20.4 R	Jess Gregg 18.3 R	9	0
800 meter run	Meg McDermott 2:26.5 R	Clair Nowakowski 2:35.4 R	Taylor Dunn 2:47.8 R	9	0
200 meter dash	Garrick 28.7 B	Jessie Porro 28.9 R	Helena Lamothe 29.4 R	4	5
3200 meter run	Daniella Walther 12:20.0 R	Monica Schiefen 12:55.5 R	Jen Mitchell 13:11.8 B	8	1
Triple Jump	Ana Law 33'10" R	Helena Lamothe 30'5" R	Lannacone 29'9 1/2" B	8	1
4X400 meter relay	4:20.4 R	5:00.2 B		5	0
Shot Put	Tyiana Sears 30'4" B	Chrissie Barsourian 26'11" B	Heather Russo 25'4" R	1	8
Discus	Chrissie Barsourian 80'7" B	Heather Russo 70' R	L. Christopher 62'6" R	4	5
High Jump	Eileen Farrell 4'6" R	Kara Belknap 4'6" R	Chealsea Schlerb 4'6" R	9	0
				99	23

11
~~128~~
 - 23
 99

FINAL SCORE

RIDGEWOOD TRACK AND FIELD

RHS vs KENNEDY & BLOOMFIELD

EVENT	NON-SCORING PERFORMANCES
Long jump	MELLI - 13'2" BERNSTEIN - 10'8½" NUSSEAR - 11'11½"
Intermediate Hurdles	
100 meter dash	PORRO - 14.2 GREENBERG - 16.5 POTASH - 16.8 NORCHI - 15.0 GOODMAN - 16.3 CANZANI - 16.9 BERNSTEIN - 15.4 NUSSEAR - 16.5 REILLY - 20.1
1600 meter run	O'NEILL - 5:49.0 LYNCH 6:20.0 K. BEHAN - 5:52.5 CARGEMI - 5:53.7
400 meter dash	
100 meter Hurdles	GOODMAN - 23.2 CHILES - 23.7
800 meter run	LILLIS - 2:52.4 HERLIHY - 3:05.7 M. BEHAN - 3:04.0 SCOTT - 3:10.6
200 meter dash	NORCHI - 30.9 GREENBERG - 32.3 CANZANI - 35.6 REILLY - 42.4 BERNSTEIN - 31.6 NUSSEAR - 33.9 GOODMAN - 35.9 CHILES - 34.9 CHARLES - 38.9
3200 meter run	
Triple Jump	MELLI - 30'5" RAITER - FFF FARRELL - 28'6"
4X400 meter relay	
Shot Put	STRAHLE - 23'0" CHRISTOPHER - 21'1" AVERSA - 20'11" DOODY - 17'1" HEMMEL - 25'0" SEVILLA - 20'5" MONAHAN - 17'9" POLICSE - 16'9" HEROLD - 21'3" AMORINO - 21'11" THYSSEN - 16'11"
Discus	AMORINO - 62'7" HEMMEL - 59'9" AVERSA - 55'8" MONAHAN - 36'9" CHRISTOPHER - 63'6" HEROLD - 54'3" DOODY - 44'2" STRAHLE - 60'1" SEVILLA - 52'10" THYSSEN - 43'2"
High Jump	BRUNO - 4'4" GREGG - 4'4"

The Fireplace - Englewood Chevrolet/Olds Player of the Week

Ana Law of Ridgewood High School

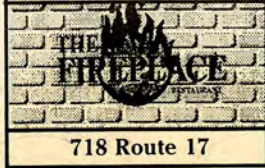
TALENTED TRIPLER— A senior at Ridgewood High School, track and field standout Ana Law has already helped the Lady Maroons break two long-standing team triple-jump relay records this Spring, one of which had stood for 20 years, with the other being a 16-year-old mark. At the Ridgewood Relays on April 3, Law, who leapt 33-feet, 3.5-inches, combined with senior Helena Lemothe and sophomore Eileen Melli to register a three-girl triple-jump total distance of 98-feet, nine-inches, a sum which shattered the old mark of 97, 7. Then, a week later, at the Englewood Relays, in a two-girl triple-jump relay, Law bounded 35-feet, 6.5-inches, which was combined with Lemothe's 33-foot, 10-inch effort, to break Ridgewood's 16-year-old team mark of 65, 3.5 in that event. Those two triple-jump relay performances helped the Ridgewood girls to take the team championship at each of those very competitive invitational meets. "This has been a breakthrough year for Ana," enthuses longtime RHS coach Jacob Brown of Law, who's best jump prior to this season was 34-feet, three-inches. "We've been working on her form all year and its really paid off." Law, who is headed for Cornell University in the Fall, also competes in the long jump and the 400-meter intermediate hurdles and is unbeaten in the team's first four dual meets in the 100-meter high hurdles, with a personal best time of 17.2 seconds. "Ana is a great kid and a great team captain," lauds Brown, adding, "She's very level-headed and one of the nicest kids that I've ever coached. Ana is the type of young woman who I'd be proud to have as a daughter."



Bergen Player of The Week
Sponsored by...

**Englewood
Chevrolet/
Oldsmobile**
Route 4 & Grand Avenue,
Englewood

THE FIREPLACE
restaurant



718 Route 17

Ridgewood Girls On Track For Success MARVELOUS MAROONS

By W. L. Bill Allen, Jr.
Sports editor

RIDGEWOOD— Wins at two major invitationals and a 3-1 mark in league meets

so far this season have the girls track and field team from Ridgewood High

School off to a fast start to another successful campaign. The Lady Maroons

opened the year by winning the Ridgewood Relays on April 3, with 80 points,

while Pennsauken took second with 60. Then, in the Englewood Relays on April

10, Ridgewood totaled 86 points, with arch-rival Passaic placing second with

74 and Uniondale (NY) in third with 59. In NNJIL meets, the Lady Maroons contingent blanked

Barringer, 122-0, but fell to Passaic, 66-65, on April 6.

The locals bounced right back, however, to baffle Bloomfield, 99-23, and clip Kennedy, 70-52, on Tuesday, April 13. The team is keyed by its five senior

captains: Ana Law (hurdles, jumps), Helena Lemothe (sprints, jumps), Meg

McDermott (IH, 800, 1600), Jessie Porro (sprints) and Julie Sprich (800).

Next up for Ridgewood will be the Bergen County Relays, a two-day event which

will find Ridgewood at Indian Hills today and at Tenafly tomorrow, Saturday,

April 17, with a league meet in Paterson against Montclair and homestanding

Eastside set for Tuesday, April 20.



Several of the seniors from the Ridgewood High School girls track and field contingent display their enthusiasm.
(Photo by W. L. Bill Allen, Jr.)

BERGEN COUNTY RELAYS

Friday 4-16, at Indian Hills High School:

3X400 Hurdles:	Law-70.8, K.Zucaro-68.6, J.Zucaro-72.3 = 3:31.4	1 st
4X1600 meters:	Nowakowski-5:24.7, Schiefen-5:45.1, Walther-5:38.0, McDermott-5:22.2 = 22:09.9	1 st
4X200 meters:	Porro-28.8, Farrell-28.1, Melli-28.5, Lamothe-27.4 = 1:52.6	1 st
3X shot put:	Russo-29' 3", Bromberg-27' 3.25", Hemmel-24' 1.25" = 80' 7.5"	3 rd
3X javelin:	Gregg-89' 9", Bray-69'10", Strahle-56' 3" = 215' 10"	2 nd
3X high jump:	Gregg-4' 6", Schloerb-4' 6", Belknap- 4' 6" = 13' 6"	2 nd tie

Saturday 4-17, at Tenafly High School

4X100 Hurdles:	Gregg-17.9, Raiter-19.7, J.Zucaro, Law-16.8 = 1:11.4	1 st
Distance Medley:	Nowakowski-3:57.4, Farrell-63.7, Sprich-2:27.0, McDermott-5:23.0 = 12:51.1	1 st
Sprint Medley:	K.Zucaro-61.8, Porro-28, Bruno-28, McDermott-2:21.2 = 4:19.8	1 st
4X100 meters:	Porro, Bruno, Melli, Lamothe, = 52.8	1 st
4X800 meters:	Nowakowski-2:29.9, Schiefen-2:36.3, Walther-2:30.8, Sprich-2:28.8 = 10:05.7	1 st
Frosh 4X400 m:	Greenberg-71.8, Goodman-81.3, Behan-75.3, Lynch-71.9 = 5:00.3	5 th
4X400 meters:	Bruno-64.3, Farrell-66.9, J.Zucaro-64.5, K.Zucaro-62.1 = 4:17.8	1 st
3X Triple Jump:	Law-34' 4", Lamothe-33' 4", Melli-32' 5" = 100' 1"	1 st
3X Discus:	Russo-75' 6", Bray-70' 6", Strahle-69' 9" = 215' 9"	5 th
3X Long Jump:	Law-15' 5.5", Lamothe-15' 2", Melli-14' 7" = 45' 2 1/2"	2 nd

We had a dramatically dominate day! We had a mature, mistake free day and Hackensack had some great frustrations. This gave us a 39 point win over them (131 of a possible 150 points). We not only dominated Group 4 - We dominated the entire county!. Of the 15 events we were the best in the county in 6 of them, 2nd in two, 3rd in 3 and 4th in one. Awesome! The triple jump team set a group meet record while improving their school record. The same group (Eileen, Helena, and Ana) moved to 5th place on the all time RHS list for the long jump relay. Claire Nowakowski, Heather Russo, and Yael Bromberg had break through performances. Julie Sprich anchored the best race of the day!!! Meg McDermott won the outstanding runner award!!! A dramatically domintate day!

Ridgewood won all three running events, the 800, 6,400 and 3 x 400 intermediate hurdles, and Hackensack won two of the three completed field events, the shot put and javelin. Ridgewood leads Hackensack, 51-44, in Group 4 meet going into today's events.

The top Ridgewood performance was the 22:09.9 6,400-meter relay win, the seventh fastest time in Bergen history. Freshman Clair Nowakowski ran a 5:24 opening split and Meg McDermott closed in 5:22.

The Ridgewood triple-jump team of Ana Law, Helena LaMothe, and Eileen Melli broke the Group 3-4 meet record by one inch, knocking the 1980 Teaneck team out of the record books.

The other three meets were over almost from the opening event. Glen Rock won 11 events and defeated Hasbrouck Heights, 130-81, in Group 1; Northern Valley at Demarest won seven events and easily beat archrival Northern Valley at Old Tappan, 111-76, in Group 3, and Ridgewood won every Saturday event but the long jump and defeated Hackensack, 131-92, to win Group 4.

"It was a bizarre day for me," said Ridgewood coach Jacob Brown, whose team carried a seven-point lead into Saturday's events. "I was relaxed from 10 a.m. on [an hour after Saturday's events began]. This team is so mature with so many seniors, that we didn't even need the coaches to do anything today. They took care of everything and we could sit back and enjoy the meet.

"It was surreal because usually I'm running around with my head cut off at this meet," said Brown.

Meg McDermott, as she has all year, led the Maroons, earning the most valuable track performer honors for two outstanding 1,600 legs in the distance medley and 6,400 relays and a 2:21 800 split to lead the Maroons to the sprint medley title. But a special mention should go to the Ridgewood triple jump relay of Eileen Melli, Ana Law, and Helena LaMothe who broke their school record set last week, by leaping 100 feet, one inch, also setting the Group 3-4 meet record, but falling just short of the County record set by Englewood in 1997.

- 4X800 meter relay: Meg McDermott-2:19.9, Clair Nowakowski-2:22.6,
Monica Schiefen-2:32.6, Danielle Walther-2:30.9 = 9:46.07
- 4X100 meter relay: Jessie Porro, Lesley Bruno, Eileen Melli, Helena Lamothe = 52.5
- 4X400 meter relay: Jessie Porro-63.9, Eileen Farrell-64.3,
Jennifer Zucaro-63.4, Katherine-60.0 (59.99) = 4:11.67

We ran the best 4X800 meter time since 1992!! Katherine's 400 split is Ridgewood's best since 1994!! Eileen Melli did the best job of being warmed up and ready to go for her race. I'm sorry we got the 4X800 team in the paddock a bit late. I suspect it took the edge off the race a bit. Next year we will arrive earlier!!



University of Pennsylvania RELAY CARNIVAL

Passaic County Relays

At Wayne Valley

GIRLS

Team scoring

Passaic 92, Eastside 83, Clifton 61, West Milford 36, Passaic Tech 33, Kennedy 31, DePaul 28, Pompton Lakes 27, Eastern Christian 20, Wayne Hills 13, Lakeland 12, Hawthorne 11, Wayne Valley 10, Passaic Valley 8.

400 — 1, Eastside (Tomecha Forbes, Yasheema Waddell, Peta-Gaye Barnett, Zakia Jones), 51.0; 2, Passaic Tech, 51.5; 3, Passaic, 51.8; 4, West Milford, 54.0; 5, Clifton, 54.5.

800 — 1, Passaic Tech (Kenneisha Reid, Betty Cerat, Carlita Bishop, Yhounic Bishop), 1:47.3; 4, West Milford, 1:58.5; 5, Clifton, 1:59.4.

1,600 — 1, Passaic (Alexandra Medrano, Otisha Mathis, Shanae Pritchett, Antoinette Gorham), 4:07.5; 2, Eastside, 4:15.4; 3, Passaic Tech, 4:18.7; 4, Kennedy, 4:22.9; 5, Clifton, 4:27.8.

3,200 — 1, Passaic (Antoinette Gorham, Shanae Pritchett, Melissa Jimenez, Shondelle Braithwaite) 10:34.4; 2, Eastside, 11:01.9; 3, Clifton, 11:05.5; 4, Lakeland, 11:12.4; 5, DePaul, 11:41.8.

6,400 — 1, Passaic (Edyta Bazan, Shondelle Braithwaite, Melissa Jimenez, Shakira Williams), 23:36.9; 2, Pompton Lakes, 23:50.7; 3, Clifton, 24:55.2; 4, DePaul, 25:23.0; 5, Lakeland, 25:33.9.

Sprint medley — 1, Passaic (Ebony Ramos, Nicole Dollar, Antoinette Gorham, Shakira Williams), 4:18.1; 2, Clifton, 4:20.3; 3, Eastside, 4:43.2; 4, Eastern Christian, 4:45.3; 5, Lakeland, 4:55.2.

Distance medley — 1, Passaic (Shondelle Braithwaite, Shanae Pritchett, Melissa Jimenez, Shakira Williams), 13:33.7; 2, Pompton Lakes, 13:55.1; 3, Clifton, 14:10.6; 4, Eastern Christian, 14:27.2; 5, Wayne Valley, 14:37.8.

Shuttle HH — 1, Eastside (Zakia Jones, Teella Lowery, Kamilah Russell, Alicia Johnson) 1:08.0; 2, DePaul, 1:13.0; 3, Clifton, 1:17.0; 4, Wayne Valley, 1:17.4; 5, Lakeland, 1:18.1.

2x400 IH — 1, Kennedy (Tashona Watkins, Tawana Watkins) 2:11.8; 2, Clifton, 2:19.4; 3, DePaul, 2:23.4; 4, West Milford, 2:39.9; 5, Eastside, 2:27.6.

Shot put — 1, Passaic (Labelle Hillgrove, Shakia Wyche) 68-10½; 2, Eastside, 64-9¼; 3, Passaic Valley, 61-6; 4, Wayne Hills, 61-4¾; 5, West Milford, 59-8½.

Discus — 1, Passaic (Labelle Hillgrove, Shakia Wyche), 210-8; 2, West Milford, 172-5; 3, Wayne Hills, 163-8; 4, Wayne Valley, 142-2; 5, Clifton, 138-11.

Javelin — 1, West Milford (Sara Schechter, Mary Bozenmayer), 184-8; 2, Hawthorne, 161-9; 3, Pompton Lakes, 158-11; 4, Eastside, 158-9; 5, Clifton, 155-10.

High jump — 1, Clifton (Kristina Marrocco, Melissa Dutch) 9-2; 2, DePaul, 9-0; 3, Kennedy, 8-8; 4, Eastside, 8-6; 5, Hawthorne, 8-6.

Long jump — 1, Kennedy (Tawana Watkins, Lasandra Singleton), 30-7½; 2, Passaic Tech, 30-2½; 3, Eastside, 28-9¼; 4, Eastern Christian, 28-6¼; 5, West Milford, 28-1¼.

Triple jump — 1, Passaic (Yocasta Garcia, Nicole Dollar) 59-10¾; 2, Eastside, 58-9¾; 3, Eastern Christian, 58-9¾; 4, Pompton Lakes, 55-11¼; 5, Wayne Hills, 55-9¼.



ROBERT S. TOWNSEND/STAFF PHOTOGRAPHER
Ridgewood's Meg McDermott anchoring the Maroons to victory in the Group 4 girls sprint medley at Tenafly.

RIDGEWOOD TRACK AND FIELD

DUAL MEET SUMMARY

RHS vs Hockensack

DATE 4/26/99

WEATHER sunny, cool

TEAM RECORDS _____

EVENT	FIRST PLACE 5	SECOND PLACE 3	THIRD PLACE 1	RHS	H
Long jump	H. Lamothe 15'1" R	A. Law 14'7 1/2" R	M. Jones 13'7 1/2" H	8	1
Intermediate Hurdles	A. Law 1:10.5 R	J. Zucaro 1:11.0 R	Ressler 1:11.5 H	8	1
100 meter dash	Jones 13.0 H	H. Lamothe 13.2 R	J. Porro 13.5 R	4	5
1600 meter run	M. McDermott 5:18.3 R	B. Androski 5:23.7 H	C. Nowakowski 5:26.4 R	6	3
400 meter dash	K. Zucaro 60.8 R	S. Koemig 62.3 H	E. Farrell 63.7 R	6	3
100 meter Hurdles	B. Atkinson 16.4 H	A. Law 16.8 R	J. Gregg 17.5 R	4	5
800 meter run	M. McDermott 2:21.5 R	McGuire 2:25.0 H	J. Sprich 2:25.8 R	6	3
200 meter dash	J. Porro 28.0 R	J. Zucaro 29.1 R	Burrell 29.2 H	8	1
3200 meter run	B. Androski 11:36.6 H	D. Walther 11:52.0 R	M. McDermott 12:17.3 R	4	5
Triple Jump	A. Law 33'9 1/2" R	B. Atkinson 32'4 1/2" H	H. Lamothe 31'9 1/2" R	6	3
4X400 meter relay	4:19.1 R	4:38.3 H		5	0
Shot Put	Wilma Cangrieter 31'11 3/4" H	Monique Mighty 28'8" H	Evanna Santee 27'0" H	0	9
Discus	Evanna Santee 91'1" H	Denisha Brown 74'7" H	Wilma Cangrieter 72'3" H	0	9
High Jump	B. Atkinson 4'8" H	T. Atkinson 4'6" H	J. Gregg 4'6" R	1	8
				66	56
				FINAL SCORE	

32 22

37 30

51 39

55 44

61 47

56

RIDGEWOOD TRACK AND FIELD

RHS vs HACKENSACK

EVENT	NON-SCORING PERFORMANCES
Long jump	
Intermediate Hurdles	
100 meter dash	NORCHI - 14.5 REILLY - 20.7 BERNSTEIN - 15.2
1600 meter run	CANGEMI - 5:58.3 JOHNSON - 6:12.0 DUNN - 5:59.6 M. BEHAN - 6:44.8
400 meter dash	
100 meter Hurdles	CANZANI - 21.0
800 meter run	NOWAKOWSKI - 2:28.8 LYNCH - 2:46.0 O'NEILL - 2:36.0
200 meter dash	LAMOTHE - 29.2 BERNSTEIN - 30.6 CHARLES - 37.4 NORCHI - 30.8 REILLY - 41.7 CANZANI - 34.3
3200 meter run	SCHIEFEN - 12:31.2 SPRICH - 14:00.3 K. BEHAN - 12:47.6
Triple Jump	
4X400 meter relay	<u>SPLITS</u> Porro - 63.6, FARRELL - 66.3, J. ZUCARO - 65.3, K. ZUCARO - 63.8
Shot Put	STRAHLG - 23'4" AMORINO - 20'11" POLISE - 19'6" HEMMELE - 23'7" MONAHAN - 18'11" DOODY - 18'1" BROMBERG - 23'2"
Discus	STRAHLG - 68'5" AMORINO - 59'11" BIGOS - 46'5" BROMBERG - 67'3" HEMMEL - 57' MONAHAN - 46'11" DOODY - 40'1" POLISE - 41'6"
High Jump	FARRELL - 4'6" BELKNAP - 4'6" SCHLOERB - 4'6"

NNJIL FROSH CHAMPS**MAY 5TH, 1999**

100 meters:	Greenberg-14.8(t),14.8(f) Chiles-15.7 Potash-15.8	
200 meters:	Greenberg-31.3 Chiles-33.6 Potash-34.6	
800 meters:	Lillis-2:52.2 Scott-2:56.9 PR	
1600 meters:	Lynch-6:07.6 Herlihy-6:38.9 M.Behan-6:53.0	3 rd 5 th
3200 meters:	Lynch-13:35.4	2 nd
100 hurdles:	Chiles -21.9(t),22.7(f) Canzani-21.7 Goodman-22.5	5 th
400 hurdles:	Canzani-1:45.6	
Long Jump:	Schloerb-13' 5 1/2" Lillis - 12' 1/4" Potash - 10' 1/2"	3 rd 5 th
High Jump:	Schloerb - 4' 4"	2 nd
Shot Put:	Lillis - 18' 8" Goodman - 18' 5"	
Discus:	Bigos - 53' 8"	
Javelin:	Bigos - 55' 6"	
4X400 relay:	Greenberg-72.3, Lillis-71.7, Scott-74.3, Behan-77.2 = 4:55.5	

Frosh showed great enthusiasm. We entered many events and placed 4th overall. Our combined score with the boys team won the overall championship! Congratulations.

RIDGEWOOD TRACK AND FIELD

DUAL MEET SUMMARY

RHS vs Eastside

DATE 5/4/99

WEATHER clmp, overcast

TEAM RECORDS _____

EVENT	FIRST PLACE 5	SECOND PLACE 3	THIRD PLACE 1	RHS	E
Long jump	Kerry Tompston 16'1" E	Peta-Gaye Barnett 15'11 1/2" E	Helena Lamothe 15'9 3/4" R	1	8
Intermediate Hurdles	Ana Law 70.6 R	Jim Zucaro 71.8 R	Camila Russell 71.6 E	8	1
100 meter dash	Peta-Gaye Barnett 12.7 E	Zakia Jones 12.8 E	Yasheema Wadell 13.0 E	0	9
1600 meter run	Clair Nowakowski 5:27.9 R	Meg McDermott 5:32.3 R	Monica Schiefen 5:38.5 R	9	0
400 meter dash	Katherine Zucaro 62.2 R	W Sandra Bethua 62.9 E	Kameesha Hughes 62.9 E	5	4
100 meter Hurdles	Zakia Jones 16.1 E	Alicia Johnson 16.8 E	Camila Russel 16.8 E	0	9
800 meter run	Meg McDermott 2:23.6 R	Eileen Farrell 2:28.6 R	Julie Sprich 2:29.1 R	9	0
200 meter dash	Zakia 26.8 E	Peta-Gaye Barnett 28.1 E	Yasheema Wadell 27.8 E	0	9
3200 meter run	Clair Nowakowski 12:01.0 R	Danielle Walther 12:02.0 R	KELLY BEHAD 12:28.6 R	9	0
Triple Jump	Kerry Thompson 33'9 3/4" E	Helena 33'8 3/4" R	Ana Law 32'8" R	4	5
4X400 meter relay	Porro, McDermott, J. Zucaro, K. Zucaro 4:10.0 R	4:17.1		5	0
Shot Put	Pointer 36'4 5/8" E	Comings 32'10 1/2" E	Thompson 27'3/4" E	0	9
Discus	Pointer 89'11" E	Strahle 77'6" R	Dollar 73'1" E	3	6
High Jump	Jess Gregg 4'6" R	Eileen Farrell 4'6" R	Chealsea Sch/oberb 4'2" R Camiel Johnson 4'2" E	8.5	0.5

TIE ↗

FINAL SCORE

~~61.5~~ ~~60.5~~
61.5 60.5

RIDGEWOOD TRACK AND FIELD

DUAL MEET SUMMARY

RHS vs Clifton

DATE 5/4/99

WEATHER damp, overcast

TEAM RECORDS

EVENT	FIRST PLACE 5	SECOND PLACE 3	THIRD PLACE 1	RHS	C
Long jump	Helena Lamothe 15'9 3/4" R	Ana Law 15'1 1/2" R	Eileen Melli 14'10 1/2" R	9	0
Intermediate Hurdles	Natalie Poppawitz 68.3 C	Ana Law 70.6 R	Jen Zucaro 71.8 R	4	5
100 meter dash	Seetha maneypanda 12.9 C	Helena Lamothe 13.3 R	Jessie Porro 14.0 R	4	5
1600 meter run	Clair Nowakowski 5:27.9 R	Meg McDermott 5:32.3 R	Monica Schiefen 5:38.5 R	9	0
400 meter dash	Katherine Zucaro 62.2 R	Heather Sleece 63.9 C	Lesley Bruno 64.4 R	6	3
100 meter Hurdles	Mullissa Dutch 16.2 C	Ana Law 16.9 R	Jess Gregg 17.2 R	4	5
800 meter run	Meg McDermott 2:23.6 R	Eileen Farrell 2:28.6 R	Julie Sprich 2:29.1 R	9	0
200 meter dash	Seetha 26.8 C	Jessie Porro 28.4 R	Helena Lamothe 28.3 R	4	5
3200 meter run	Clair Nowakowski 12:01.0 R	Danielle Walther 12:02.0 R	KELLY BEHAN 12:28.6 R	9	0
Triple Jump	Helena Lamothe 33'8 3/4" R	Ana Law 32'8" R	Eileen Melli 31' 1/2" R	9	0
4X400 meter relay	Porro, McDermott, J. Zucaro, K. Zucaro Porro 4:10.0 R	4:10.6 C		5	0
Shot Put	McGlashin 30'5" C	Meindel 26'1" C	Zajac 26'1" R	0	9
Discus	Volpe 90'10" C	Meindel 89'5 1/2" C	Meindel 89'4" C	0	9
High Jump	Kristina Marroco 4'8" C	Jess Gregg 4'6" R	Eileen Farrell 4'6" R	9	0
				8	41
FINAL SCORE					

26 11

49 3

58 3

72 41

RIDGEWOOD TRACK AND FIELD

RHS vs EASTSIDE + CLIFTON

EVENT	NON-SCORING PERFORMANCES
Long jump	
Intermediate Hurdles	DUNN - 81.4 RAITER - 89.6
100 meter dash	MELLI - 13.5 NORCHI - 14.4 CHARLES - 14.4 ? BERNSTEIN - 15.2 GOODMAN - 15.8 GREENBERG - 15.0 CANZANI - 16.2 CHILES - 16.2
1600 meter run	CANZANI - 6:03.8 JOHNSON - 6:18.8
400 meter dash	
100 meter Hurdles	RAITER - 19.5 CHILES - 23.1 GOODMAN - 23.7
800 meter run	O'NEILL - 2:39.7 LYNCH - 2:44.1 LILLIS - 2:54.1 M. BEHAN - 3:03.7
200 meter dash	BRUNO - 28.9 GREENBERG - 32.5
3200 meter run	K. BEHAN - 12:28.9 SCHIEFEN - 12:38.6
Triple Jump	
4X400 meter relay	<u>SPLITS:</u> PORRO - 63.8, McDERMOTT - 62.6, J. ZUCARO - 63.4, K. ZUCARO - 60.3
Shot Put	STRAHLE - 26' BRAY - 24'3" BROMBERG - 23'2" HEMMELE - 22'1" SEVILLA - 22'9" AMORINO - 21'4 ³ / ₄ " POLISE - 20'1" THYSSEN - 20'3" AVERSA - 19'6" BISOS - 18'8 ¹ / ₂ " DOODY - 17'9 ¹ / ₄ "
Discus	BROMBERG - 72'8" AMORINO - 67'6 ¹ / ₂ " BRAY - 65'8" AVERSA - 59'3" SEVILLA - THYSSEN - DOODY - POLISE -
High Jump	BELKAP - 4'2"

NNJIL CHAMPS**May 7th 1999**Friday:

400 hurdles:	Law - 69.2	5 th
	K.Zucaro - 69.5	6 th
	J.Zucaro - 72.7	
100 meters:	Lamothe - 13.2, 13.3, 13.4(13.64)	4 th
	Porro - 13.7, 13.6	
	Norchi - 14.4	
3200 meters:	Nowakowski - 11:42.6	2 nd
	Walther - 11:54.4	3 rd
	Schiefen - 12:36.1	
400 meters:	K.Zucaro - 61.8 (62.12)	5 th
	Bruno - 64.7	
	Belknap - 67.5	
Long Jump:	Lamothe-16' 1"	4 th
	Law- 16'	5 th
	Melli- 14' 8"	
Javelin:	Gregg- 92' 6"	2 nd
	Bray- 67'	
	Strahle-55' 9"	
Shot:	Russo- 27' 2"	
	Strahle-25' 2"	
	Bray- 24' 8"	

Saturday

100 hurdles:	Law - 16.9(t), 16.5(f)(16.95)	5 th
	Gregg - 18.2	
	Raiter - 19.9	
1600 meters:	McDermott-5:13.94	1 st
	Nowakowski- 5:26.0	4 th
	Walther-5:29.3	
200 meters:	Lamothe - 27.6(t), 28.1 (28.34)	6 th
	Porro - 28.1	
	Bruno - 28.2	
800 meters:	McDermott - 2:19.95	2 nd
	Sprich - 2:29.60	5 th
	Farrell - 2:34.7	
4X400 meters:	4:09.67	2 nd
	(Porro-63.1, McDermott-63.8, J.Zucaro-62.1, K.Zucaro-60.6)	
Discus:	Russo-80' 6"	
	Strahle-63' 3"	
	Bray-60' 5"	
Triple Jump:	Law - 34'10 1/2"	2 nd
	Lamothe - 33' 5"	4 th
	Melli - 31' 9"	
High Jump:	Gregg - 4' 6"	
	Farrell - NH	
	Belknap - NH	

We slipped to 3rd; 9 points behind Hackensack. We didn't have a bad meet, But we also had no inspirational performances. We just sorta chugged along. Passaic is becoming a great track team and were out of reach and Hackensack just out chugged us!!! We will be 2nd overall in the league rankings.

NOVICE CHAMPIONSHIP**RIDGEWOOD TRACK****May 11th 1999**

100 meter: Bernstein-14.4(t),14.3(s),14.1(f) 7th, Norchi-14.7(t),14.3(s), Greenberg-14.6
Potash-16.0, Charles-18.1, Chiles-DQ

200 meter: Bernstein-30.0, Norchi-30.6, Greenberg-31.8, Potash-36.3, Reilly-42.8

800 meters: Lillis-2:48.1, Scott-2:53.3, M.Behan-2:56.1

1600 meters: O'Neill-5:43.6 1st, Dunn-5:52.7, Johnson-6:14.9, Herlihy-6:32.8

3200 meters: Cangemi-13:22.6 1st, Lynch-13:27.6 2nd

100 Hurdles: Chiles-21.2, Canzani-21.3, Goodman-22.4

Long Jump: Schloerb-12'11", Nussear-12' 2", Potash-11' 5"

High Jump: Herold-4' 8", Schloerb-4' 2"

Shot: Herold-20' 5", Thyssen-20' 2", Polise-18' 9 ½", Bigos-18' 5", Doody-16'10 ½"

Discus: Christopher-61' 6", Amorino-61', Hemmel-60' 6", Aversa-60' 1",
Polise-59'10", Sevilla-52' 4", Thyssen-43', Doody-41' 9"

4X400 relay: Norchi-79.9, M.Behan-83.9, Lillis-79.2, Nussear-75.8 = 5:18.9 5th

Beautiful california like day. We had a number of PR's. Tara O'Neill and Alyson Cangemi were winners and Sarah Herold made a breakthrough in the High Jump.

- 100 meters: Lamothe-13.3(t), 12.9(f) **2nd**, Melli-13.6(t), 13.4(f) **2nd**, Porro-13.9
- 200 meters: Lamothe-27.8(t), 27.6(f) **4th**, Porro-28.2(t), 27.9(f), Bruno-29.0
- 400 meters: K.Zucaro-61.5 **1st**, J.Zucaro-63.3, Bruno-64.1
- 800 meters: McDermott-2:22.7 **2nd**, Nowakowski-2:25.4 **3rd**, Sprich-2:26.1 **5th**
- 1600 meters: McDermott-5:15.4 **2nd**, Nowakowski-5:23.3 **4th**, Walther-5:25.4 **5th**
- 3200 meters: McDermott-11:12.8 **1st**, Nowakowski-11:35.4 **4th**, Walther-11:42.5 **5th**
- 100 Hurdles: Law-16.3(t), 16.0(f) **3rd**, Gregg-18.1, Raiter-18.9
- 400 Hurdles: K.Zucaro-68.4 **2nd**, Law-68.8 **3rd**, J.Zucaro-72.7 **6th**
- Long Jump: Lamothe-16' 7" **1st**, Law-15' 7 3/4" **6th**, Melli-14' 8"
- Triple Jump: Lamothe-35' 2" **2nd**, Law-35' 1" **3rd**, Melli-33' 6 1/2" **4th**
- High Jump: Belknap-4' 8" **5th**, Herold-4' 6" **6th tie**, Gregg-4' 6"
- Shot Put: Russo-28' 5 3/4" **6th**, Strahle-25' 10 3/4", Bromberg-25' 3"
- Discus: Russo-84' 7", Bray-78' 3", Strahle-60'
- Javelin: Gregg-86' 2" **5th**, Bray-73' 1", Strahle-60'
- 4X400 relay: Porro-63.0, Bruno-62.2, J.Zucaro-63.0, K.Zucaro-61.2 = 4:08.9 **1st**

TEAM CHAMPIONS I

We had a great team meet. The coaches felt this was our opportunity for a team championship in 99. Everyone did their part. We scored in 14 of the 15 events and a number of athletes made big breakthroughs perhaps most illustrated by Kara Belknap's 5th place in the high jump. The triple jumpers focused for their best performance of the year. Individually Meg ran a Bergen leading time in the 3200 and scored a total of 26 points. But Helena Lamothe was the athlete of the meet. 4 medals (1st, 2 X 2nd and a 4th) a PR in the LJ and a 32 point total! The mood was all Ridgewood

McDermott gives Ridgewood a boost

HACKENSACK — For someone with little experience or desire to run the 3,200 meters, Meg McDermott looked comfortable running the event Friday at the Group 4 Gene Littler Bergen County track championships.

So comfortable in fact that the Ridgewood senior, inserted into the event by coach Jacob Brown to gain precious points in the two-day meet, ran 11:12.8 and upset State Group 4 indoor 3,200 and cross-country champion Beth Androski of Hackensack.

McDermott's effort helped Ridgewood remain in the middle of a wild three-team race in the meet's smallest group. Hackensack leads the Maroons, 51-50, with Immaculate Heart Academy at 48 points.

"He told me at the beginning of the week that he wanted me to run in the 3,200," said McDermott, normally an 800 and 1,600 runner who also com-

petes on the Maroon relay. "He said it was my only opportunity to run a good 3,200 time and we needed the points."

Brown then took off for Colorado and his son's college graduation and left the team in the care of his assistants.

"Now Jacob and Meg have some decisions to make," said acting head coach Jack Elwood. "We told her, just run 85-second laps — you can do that, and she did for the first six laps. Then we told her, you're an 800 runner, run an 800."

And so McDermott did, running away from Androski en route to the best area time of the year.

Gwen Scanel led Hackensack by tossing the javelin a group record 116 feet 6 inches and Courtney Cubicciotti of IHA had a first- and a second-place finish.

Paramus Catholic leads St. Joseph Regional, 52-51, in Group 3 boys with Garfield hanging around with 35 1/2 points. A 1-2 finish by Kiyon Harley of

Paramus Catholic paced the Paladins and wins by Corey Kunz and Pat McManus lifted the Green Knights.

Mike Stansfield of Garfield set a group record and ran the fastest 400 intermediate hurdles of the year, clocking 54.7 seconds.

Jennifer Flinchum of Northern Valley at Demarest set a group record of 125-5 in the Group 3 discus but wins by Jackie Babbini in the intermediate hurdles and Fredyla Urena in the 3,200 and a pair of second-place finishes gave Cliffside Park a 42-35 lead over three-time champion Demarest after six events.

That left the Group 4 meet, where Hackensack trails, 113-104, the combined efforts of the other six teams and lead their nearest competitor by 74 points.

"I can't believe how good a day we had today," said Hackensack coach Ed

Church, whose team won five of seven events and placed at least two athletes in the events they won.

The Comets had wins by Thomas Baldwin (3,200), Mike Jackson (long jump), Chris Stowers (intermediate hurdles), Edan Peleg (javelin), and John Myles (high jump) but weren't involved in the best race of the group.

John D'Izzia of Bergen Catholic edged Joe Velazquez of Paramus in the 200 meters, each running 22.2, and setting up an expected sensational 400 meters showdown today.

"We'll just have to find out who's faster in the 400 [today] and I'm looking forward to it," D'Izzia said. "It should be a great race."

The meet concludes today at Teaneck, starting at 9 a.m.

— PAUL SCHWARTZ



MARVELOUS MAROONS— Members of the Ridgewood High School girls track and field team celebrate their county crown. (Photo by W. L. Bill Allen, Jr.)

Lady Maroons Cop Bergen County Track Championship

By W. L. Bill Allen, Jr.

Sports editor

RIDGEWOOD— "We had a lackluster league championship meet, but that just made us more determined to win the county title," recounts Ridgewood High School's longtime head girls track and field team coach, Jacob Brown, of the mindset of his Lady Maroons contingent, as the locals headed into this past weekend's Bergen County/Group 4 Championship Meet.

After finishing a disappointing third in the NNJL/Atlantic championship meet with 86 points, behind Passaic with 121 and Hackensack with 95, and second in the league overall, Ridgewood turned things around and took

home the Bergen/Group 4 title by totaling 136.5 at the two-day event, which was opened at Hackensack on May 14 and completed at Teaneck on May 15.

Coming in second in the county meet was Hackensack, with 113.5 points, followed by IHA with 97, Teaneck with 72.5, Fair Lawn with 24 and Paramus with 18.5.

Ridgewood had opened its current campaign on April 6, as the Lady Maroons were passed by Passaic, 66-56, but beat Barringer 122-0.

Next, the locals clocked Kennedy, 70-52, and baffled Bloomfield, 99-23, on April 13, before humbling Hackensack, 66-56,

on April 26, and, finally, edging Eastside, 61.5 - 60.5, and clobbering Clifton, 81-41, on May 4.

In the county clash Ridgewood won titles in the 400, the 4 X 400-meter relay, the 3200 and the long jump.

Finishing first in the 400-meter run was Catherine Zucaro, a sophomore who turned in a time of 61.5 seconds in that conflict and also took second in the 400-meter intermediate hurdles with a 68.4 second effort.

The 4X4 foursome of senior Jesse Porro, junior Lesley Bruno, sophomore Jennifer Zucaro and her sister, Catherine, registered a sparkling time of 04:08.9, the best



CAPTAINS COURAGEOUS— The 1999 edition of the RHS girls tack team is captained by a quartet of seniors: Ana Law, who is headed to Cornell, Helena Lamothe, who will attend Rutgers, Fordham-bound Meg McDermott, Jessie Porro, who is headed to Lafayette, and Julie Sprich, who will attend Indiana. (Photo by W. L. Bill Allen, Jr.)

in the county so far this season.

Winning the 3200-meter run with a time of 11:12.8 was Meg McDermott, a senior who also finished second in both the 800 and 1600 and totaled 28 points for the Maroon side.

Senior Helena Lamothe, however, did McDermott one better, by scoring a team best 32 points on the strength of a first place leap of 16-feet, seven-inches in the long jump, second place showings in both the triple jump and the 100-meter dash (:12.9) and a fourth place effort in the 200 (:27.6).

Others who scored for Ridgewood included Ana Law, a

senior who was third in the 100-meter high hurdles, third in the triple jump, third in the 400-meter intermediate hurdles and sixth in the long jump, Clare Nowakowsky, a ninth-grader who took third in both the 800 and the 3200 and fourth in the 1600, and Danielle Walther, a senior who was fifth in both the 1600 and the 3200.

Next up for the Lady Maroons will be the NJSIAA North Jersey Section 1, Group 4 state championship meet at Clifton Schools Stadium, an event which opens this afternoon, Friday, May 21, and concludes tomorrow, Saturday, May 22.

GIRLS GROUP 4

Team scoring

Hackensack 51, Ridgewood 50, IHA 48, Paramus 15½, Fair Lawn 14, Teaneck 7½.

200 — 1, Courtney Cubicciotti, IHA, 25.6; 2, Kenesha Brathwaite, Fair Lawn, 26.8; 3, Ania Karolak, IHA, 27.4; 4, Helena LamMothe, Ridgewood, 27.6; 5, Jackie Bariletto, Paramus, and Charisse Logan, Teaneck, 27.9.

3,200 — 1, Meg McDermott, Ridgewood, 11:12.8; 2, Beth Androski, Hackensack, 11:24; 3, Clair Nowalski, Ridgewood, 11:35.4; 4, Claire McGuire, Hackensack, 11:40.4; 5, Danielle Walther, Ridgewood, 11:42.5; 6, Mary D'Ariano, IHA, 11:45.8.

400 IH — 1, Amelia Hart, IHA, 1:08.0; 2, Katherine Zucaro, Ridgewood, 1:08.4; 3, Ana Law, Ridgewood, 1:08.8; 4, Jill Ressler, Hackensack, 1:10.0; 5, Dana Ash, IHA, 1:12.1; 6, Jennifer Zucaro, Ridgewood, 1:12.7.

Discus — 1, Evana Santee, Hackensack, 111-9; 2, Monique Mighty, Hackensack, 110-11; 3, Karen Gardner, Teaneck, 104-0; 4, Meghan Judge, Paramus, 96-3; 5, Kalina Carlson, Paramus, 90-9; 6, Stephanie Borg, Hackensack, 86-1.

Javelin — 1, Gwen Scanel, Hackensack, 116-6 (group record, old record, 109-3 by Tina Gennat, Fair Lawn, 1993); 2, Kristin Malaicida, Paramus, 89-11; 3, Regina Rokhvarg, Fair Lawn, 89-7; 4, Jennifer Hodges, IHA, 89-7; 5, Jess Gregg, Ridgewood, 86-2; 6, Tricia France, IHA, 85-5.

Long jump — 1, Helena LaMothe, Ridgewood, 16 7/8; 2, Elena Valencia, IHA, 16-7; 3, Courtney Cubicciotti, IHA, 16-2½; 4, Gwen Scanel, Hackensack, 16-2; 5, Bridgette Atkinson, Hackensack, 15-9½; 6, Ana Law, Ridgewood, 15-7¼.

GIRLS GROUP 4

Team scoring

Ridgewood, 136½; Hackensack, 113½; Immaculate Heart, 97; Teaneck, 72½; Fair Lawn, 24; Paramus, 18½.

100 — 1, Courtney Cubicciotti, IHA, 12.5; 2, Helena LamMothe, Ridgewood, 12.9; 3, Jennifer Decliveo, IHA, 13.3; 4, Mary Jones, Hackensack, 13.3; 5, Kenesha Brathwaite, Fair Lawn, 13.3; 6, Eileen Mell, Ridgewood, 13.4.

400 — 1, Katherine Zucaro, Ridgewood, 1:01.5; 2, Kenesha Brathwaite, Fair Lawn, 1:01.6; 3, Jennifer Decliveo, IHA, 1:02.4; 4, Dana Ash, IHA, 1:02.5; 5, Michelle Santonacita, IHA, 1:03.1; 6, Toni Alexander, Teaneck, 1:03.3.

800 — 1, Janelle McCallum, Teaneck, 2:15.4; 2, Meg McDermott, Ridgewood, 2:22.7; 3, Clair Nowakowski, Ridgewood, 2:25.4; 4, Mary D'Ariano, IHA, 2:25.5; 5, Julie Sprich, Ridgewood, 2:26.1; 6, Claire McGuire, Hackensack, 2:28.1.

1,600 — 1, Janelle McCallum, Teaneck, 5:11.3; 2, Meg McDermott, Ridgewood, 5:15.4; 3, Beth Androski, Hackensack, 5:21.4; 4, Claire Nowakowski, Ridgewood, 5:23.3; 5, Danielle Walther, Ridgewood, 5:25.4; 6, Mary D'Ariano, IHA, 5:29.0.

100 IH — 1, Bridgette Atkinson, Hackensack, 15.6; 2, Nicole Brown, Teaneck, 15.9; 3, Ana Law, Ridgewood, 16.0; 4, Amelia Hart, IHA, 16.5; 5, Lauren Pfisterer, IHA, 17.4; 6, Kristen Bianco, 17.5.

Shot put — 1, Wilma Cangetier, Hackensack, 35-6½; 2, Monique Mighty, Hackensack, 32-8½; 3, Evana Santee, Hackensack, 30-4¼; 4, Karen Gardner, Teaneck, 29-11; 5, Kristan Malacrida, Paramus, 29-1½; 6, Heather Russo, Ridgewood, 28-5¼.

High jump — 1, Bridgette Atkinson, Hackensack, 5-2; 2, Nicole Brown, Teaneck, 5-0; 3, Dara Jemmott, Teaneck, 5-0; 4, Elena Valencia, IHA, 4-8; 5, Kara Belknap, Ridgewood, 4-8 (tie); Tonya Atkinson, Hackensack, 4-8; Sarah Harold, Ridgewood, 4-8.

Triple jump — 1, Nicole Brown, Teaneck, 35-3; 2, Helena LamMothe, Ridgewood, 35-2; 3, Ana Law, Ridgewood, 35-1; 4, Eileen Mell, Ridgewood, 33-6½; 5, Gwen Scanel, Hackensack, 33-1¼; 6, Bridgette Atkinson, Hackensack, 33-0.

1,800 relay — 1, Ridgewood (Jessie Porro, Leslie Bruno, Jennifer Zucaro, Katherine Zucaro), 4:08.9; 2, Teaneck, 4:11.6; 3, Immaculate Heart, 4:19.4; 4, Hackensack, 4:21.0.

TRACK

Passaic County meet

At Wayne Hills

GIRLS TEAM SCORING

Passaic 72, Kennedy 35, Passaic Tech and West Milford 24, Clifton 14, Eastside 12, Pompton Lakes and Passaic Valley 10, DePaul 8, Eastern Christian 4, Wayne Hills 3, Manchester 1.

100 — 1, Yhounic Vassell, Passaic Tech, 12.5; 2, Peta-Gaye Barnett, Eastside, 12.6; 3, Otisha Mathis, Passaic, 12.7; 4, Amanda Von Rudenberg, West Milford, 5, Carlita Bishop, Passaic Tech, 13.0; 6, Seetha Maneypanda, Clifton, 13.1.

400 — 1, Tawana Watkins, Kennedy, 55.0; 2, Antoinette Gorham, Passaic, 55.3; 3, Alexandra Medrano, Passaic, 59.4; 4, Kenneisha Reid, Passaic Tech, 60.8; 5, Yhounic Vassell, Passaic Tech, 61.0; 6, Ebony Ramos, Passaic, 61.1.

3,200 — 1, Shana Pletcher, Pompton Lakes, 11:40.2; 2, Shakira Williams, Passaic, 12:11.6; 3, Shondelle Brathwaite, Passaic, 12:12.5; 4, Melissa Jimenez, Passaic, 12:21.8; 5, Edith Werpachowska, Clifton, 12:34.9; 6, Stephanie Brautigam, Manchester, 12:39.0.

400 IH — 1, Tawana Watkins, Kennedy, 60.9 (Passaic County and State freshman record, old Passaic County record, 62.17 by Jen Roy, Wayne Valley, 1994, old State freshman record, 61.7 by Anne Bansemir, Nutley, 1983); 2, Natalie Popowicz, Clifton, 64.8; 3, Tashona Watkins, Kennedy, 66.3; 4, Megan Patrono, West Milford, 67.3; 5, Antoinette Gorham, Passaic, 67.4; 6, Ebony Ramos, Passaic, 68.5.

High jump — 1, Desiree Alexander, Passaic Valley, 5-2; 2, Jessica Reblisz, DePaul, 4-10; 3, Carlita Bishop, Passaic Tech, 4-8; 4, Erica Cruz, Eastern Christian, 4-8; 5, tie between Kristina Marrocco and Melissa Dutch, Clifton, 4-8.

Discus — 1, LaBelle Hillgrove, Passaic, 127-5; 2, Shakira Wyche, Passaic, 111-8; 3, Danielle Rusciano, West Milford, 95-3; 3, Mary Bozenmayer, West Milford, 93-3; 5, Isabel Goryn, Wayne Hills, 92-3; 6, Anne Martin, Wayne Hills, 87-5.

Long jump — 1, Otisha Mathis, Passaic, 16-11 ½; 2, LaSandra Singleton, Kennedy, 16-9 ¼; 3, Megan Patrono, West Milford, 16-8; 4, Peta-Gaye Barnett, Eastside, 16-3 ½; 5, Shanae Pritchett, Passaic, 16-1; 6, Tawana Watkins, Kennedy, 16-0.

GIRLS

TEAM SCORES

Passaic 158, Kennedy 58, Eastside 51, West Milford 45, Clifton 35, Passaic Tech 31, Pompton Lakes 28, Passaic Valley and Eastern Christian 18, DePaul 14, Wayne Hills 5, Lakeland 4, Manchester 1.

INDIVIDUAL

200M — 1, Tawana Watkins, Kennedy, 25.4; 2, Otisha Mathis, Passaic, 25.9; 3, Peta-Gaye Barnett, Eastside, 26.0; 4, Alexandra Medrano, Passaic, 26.7; 5, Tashona Watkins, Kennedy, 26.8; 6, Kenneisha Reid, Passaic Tech, 27.0.

800M — 1, Natalie Popowicz, Clifton, 2:20.4; 2, Shanae Pritchett, Passaic, 2:25.5; 3, Shakira Williams, Passaic, 2:25.9; 4, Kadeen Daley, Eastside, 2:29.9; 5, Jess Van Denend, Eastern Christian, 2:31.5; 6, Tia Whitaker, Kennedy, 2:35.0.

1,800M — 1, Shakira Williams, Passaic, 5:26.1; 2, Shana Pletcher, Pompton Lakes, 5:36.9; 3, Melissa Jimenez, Passaic, 5:36.9; 4, Shondelle Brathwaite, Passaic, 5:37.6; 5, Karen Auleri, Pompton Lakes, 5:41.2; 6, Edith Werpachowska, Clifton, 5:42.4.

100 IH — 1, Yocasta Garcia, Passaic, 15.7; 2, Zakia Jones, Eastside, 16.2; 3, Melissa Dutch, Clifton, 16.2; 4, Tracy Cunningham, DePaul, 16.7; 5, Stacey Del'Re, Wayne Hills, 16.7; 6, Megan Patrono, West Milford, 16.9.

Shot put — 1, LaBelle Hillgrove, Passaic, 42-0; 2, Randi Pointer, Eastside, 37-8; 3, Desiree Alexander, Passaic Valley, 35-6; 4, Shakla Wyche, Passaic, 35-5½; 5, Janet Turrin, Passaic Valley, 34-3; 6, Mary Bozenmayer, West Milford, 34-0.

Javelin — 1, Sara Schecter, West Milford, 117-6; 2, Kristy Schloerb, Pompton Lakes, 101-3; 3, Mary Bozenmayer, West Milford, 98-4; 4, Lisa Kretschman, Lakeland, 91-8; 5, Camie Johnson, Eastside, 91-7; 6, Lindsey Van Zile, West Milford, 86-11.

Triple jump — 1, Laser Jra Singleton, Kennedy, 35-4; 2, Erica Cruz, Eastern Christian, 34-3¼; 3, Yocasta Garcia, Passaic, 33-10; 4, Rashida Boyd, Eastern Christian, 33-10; 5, KerryAnn Thompson, Eastside, 33-4¼; 6, Kemesha Hughes, Eastside, 31-7½.

1,800M relay — 1, Passaic (Alexandra Medrano, Ebony Ramos, Otisha Mathis, Antoinette Gorham), 4:00.0; 2, Eastside, 4:10.5; 3, Passaic Tech, 4:19.7; 4, Clifton, 4:23.3; 5, DePaul, 4:27.7; 6, West Milford, 4:30.0.

Ridgewood pulled away from Hackensack and Immaculate Heart in the final four events to retain the Group 4 title, going 2-3-4 in the triple jump, 2-4-5 in the 1,600, and winning the 1,600 relay to win 136½-113½-97 over Hackensack and IHA.

"We had very good performances from all our distance kids and jumpers," said acting Ridgewood coach Jack Elwood. "We didn't score in the javelin but we scored in everything else. I think the girls knew it was our last real chance to win a big meet, because we have to go against Passaic again next week, and they came through."

RIDGEWOOD RELAYS II

May 17, 1999

Sprint Medley (frosch) Greenberg-70.2, Bigos-33.6, Potash-34.5, Herlihy-2:57.0 = 5:15.1 **5th**

4X800 (frosch) M.Behan-3:08.6, Lillis-2:50.8, Scott-2:49.7, Lynch-2:49.7 = 11:44.3 **1st**

4X200 (frosch) Canzani-34.9, Bigos-33.5, Chiles-33.3, Greenberg-30.1 = 2:11.8

4X200 "A" Porro-, Melli-, J.Zucaro-, K.Zucaro-, = 1:50.3 **2nd**

4X200 "B" Bernstein-33.2, Charles-39.1, Herold-33.3, Norchi-27.2 = 2:10.3

Distance Medley: Dunn-4:14.6, Bernstein-72.3, Johnson-2:56.7, Cangemi-6:14.2 = 14:38.8

4X400 (frosch): Lynch-71.0, Lillis-74.2, Chiles-78.1, M.Behan-75.1 = 4:59.0

Shot Put: Bromberg-25' 1 1/2", Sevilla-21' 6" = 46' 7 1/2" **8th of 17**
 Amorino-21' 7 1/2", Polise-19'10" = 41' 5 1/2" **10th of 17**
 Christopher-21' 5 3/4", Thyssen-19'10" = 41' 3 3/4"
 Aversa-20' 8 1/2", Bigos-NM

Discus: Bromberg-68' 7", Thyssen-39' 8" = 108' 3"
 Polise-60' 7", Sevilla-46' 5" = 107'

Javelin: Amorino-77' 5", Christopher-72'11" = 150' 4"

High Jump: Schloerb- Herold-

Long Jump: Potash-11' 3 1/4", Nusear-11' 1/2" = 22' 3 3/4"

3X Triple Jump: Lamothe-35' 4", Law-34' 5 1/4", Melli-32'11 3/4" = 102' 9" **1st**
BERGEN COUNTY RECORD!

Team scores: 1. Northern Highlands-58, 7th of 15 teams Ridgewood-24 points

RELAY SEED CARD

NAMES:

		FIELD EVENT RESULT			
		1.	2.	3.	4
					BEST BEST
Ana Law	2	34'2"	34'3/4"	34'5/4"	F 34'5/4"
Helena Lamothe	2	35'4"	F	34'11/4"	34'4" 35'4"
Eileen Melli	3	30'10"	32'11/4"	31'10/4"	31'7/4" 32'11/4"
TOTAL					102'9"

SCHOOL

Ridgewood

SEED

COACH FILL IN ACCURATE ESTIMATE OF WHAT YOUR TEAM WILL DO

RESULT

OFFICIAL USE ONLY

EVENT

T.J x3

RELAYS AT RIDGEWOOD - GIRLS VARSITY

MONDAY MAY 17th

TEAM SCORE: ① N. HIGHLANDS - 58 pts ② New Milford - 46 pts ③ Demarest - 44 ④ PASCAK HILLS - 38
⑤ RAMAPO - 26 ⑥ Lyndhurst - 25 ⑦ Ridgewood - 24

4x200 : 1. NEW MILFORD 1:50.0 2. RIDGEWOOD 1:50.3
3. DEMAREST 1:53.0 4. NORTHERN HIGHLANDS 1:53.2
5. PASCAK HILLS 1:56.8

4x400 : 1. PASCAK HILLS 4:27.5 2. NORTHERN HIGHLANDS 4:29.0 3. LEONIA 4:35.6
4. ST MARYS 4:51.0 5. LYNDHURST 5:02.5

4x800 : 1. Northern Highlands 10:35.1 2. Demarest 11:05.9 3. Ramapo 11:08.2

Sprint Med : 1. IHA 4:21.8 2. Ramapo 4:48.2 3. St. Mary's 4:56.8
4. New Milford 5:03.9 5. Leonia 5:09.1

Distance Med : 1. Northern Highlands 13:57.1 2. Ramapo 14:30.6
3. Ridgewood 14:44.0

4x100 HH : 1. NU Demarest 1:07.6 2. NU Demarest 1:11.1 3. Pascaak Hills 1:13.2
4. Northern Highlands 1:14.4 5. NU Demarest 1:16.8

3x400 hurdles : 1. New Milford 3:34.7 2. Northern Highlands 3:51.9
3. Leonia 3:52.5 4. Ramapo 3:58.0

LJ : 1. Lyndhurst 28' 3 1/2" 2. New Milford 28' 1" 3. Pascaak Hills 27' 6"
4. Northern Highlands 26' 8 1/4" 5. Fairlawn 26' 4"

Shot : 1. Demarest 60' 9" 2. St. Mary's 58' 8" 3. Northern Highlands 53' 10 3/4"
4. Teaneck 52' 1/4" 5. Lyndhurst 52'

Discus : 1. NU Demarest 187' 6" 2. St. Mary's 181' 5" 3. Teaneck 168' 4"
4. Mackensack 163' 1" 5. Pascaak Hills 155' 10"

~~100m dash: 1. New Milford 1:20.0 2. Ridgewood 1:20.5 3. Demarest 1:21.0 4. Northern Highlands 1:21.5 5. Pascaak Hills 1:22.0~~

Javelin : 1. New Milford 179' 6" 2. Rutherford 177' 5" 3. Lyndhurst 157'
4. Teaneck 154' 7" 5. Ridgewood 150' 4"

Triple Jump : 1. Ridgewood ^{102' 9"} 102' 9" 2. IHA 92' 8 1/2" 3. Pascaak Hills 87' 11 3/4"
[BERGEN COUNTY RECORD] 4. NU Demarest 87' 1/4" 5. NU Demarest 84' 8 1/2"

BERGEN COUNTY GIRL'S FROSH CHAMPIONSHIP

MAY 20TH, 1999

100 meters:	Greenberg-15.4 Chiles-15.9 Potash-16.7	
200 meters:	Greenberg-30.6 Canzani-33.8	
800 meters:	Lillis-2:49.0 Scott-3:01.0 M.Behan-3:07.8	
1600 meters:	Lynch-6:00.9 Herlihy-6:46.1	
3200 meters:	Lynch-13:22.6	5 th
100 hurdles:	Chiles-20.9 Canzani-21.4 Goodman-23.4	
Long Jump:	Schloerb-12' 9" Potash- F	
High Jump:	Schloerb-4' 4"	
Javelin:	Bigos-62' 5"	
4X400:	Greenberg-78.2(fell), Canzani-77.1, Behan-81.3, Lillis-78.2 = 5:14.8	

Bergen freshman girls

TEAM CHAMPIONS

- Group 1 — Cresskill 17.
- Group 2 — Indian Hills 52.
- Group 3 — Garfield 30.
- Group 4 — Immaculate Heart 103.

INDIVIDUAL CHAMPIONS

- 100 — Jennifer Decilvio, IHA, 13.2.
- 200 — Brandi Lewis, Englewood, 27.9.
- 400 — Jessica Stoveken, Lyndhurst, 1:04.4.
- 800 — Erin Kallman, IHA, 2:34.5
- 1,600 — Erin Kallman, IHA, 5:40.3
- 3,200 — Erin Kallman, IHA, 13:00
- 100 HH — Nicole Teel, Dumont, 16.9
- 400 IH — Jenn Leahy, Cresskill, 70.3
- Long Jump — Chrissy Procopio, Indian Hills, 15-8¼
- Triple Jump — Chrissy Procopio, Indian Hills, 30-10½
- High jump — Jen Barthelemy, Bogota, 4-8
- Shot put — Jessica Fazekas, NV/Demarest, 30-2
- Discus — Jessica Fazekas, NV/Demarest, 98-3
- Javelin — Agnes Kotwica, Garfield, 91-1
- 1,600 relay — IHA (Jennifer Decilvio, Simone Dekker, Shannon Reece, Christin McEvoy), 4:23.5.

Peggy Lynch medaled 5th in the 3200 meters. Lauren Lillis did a nice job of winning the unseeded heat of the 800. Sarah Bigos threw the javelin well. A number of other team members had PR's. We ended the season on a positive note!

BERGEN COUNTY GIRL'S FROSH CHAMPIONSHIP**MAY 20, 1999****Ridgewood Track**

100 meters:1-Jennifer Decilveo, IHA, 13.2. 2-Simone Dekker, IHA, 13.4. 3-Brandi Lewis, Dwight Morrow, 13.7. 4-Chrissy Procopio, Indian Hills, 13.7. 5-Latasha Jackson, Garfield, 13.8. 6-Jennifer Andujar, Teaneck, 13.8.

200 meters:1-Brandi Lewis, Englewood, 27.9. 2-Margaret Autustynowicz, Rutherford, 28.3. 3-Jenn Leahy, Cresskill, 28.5. 4-Stacey Marcandetti, Hackensack, 29.1. 5-Alissa Franchini, IHA, 29.7. 6-Julie Burrel, Hackensack, 29.9.

400 meters:1-Jessica Stoveken, Lyndhurst, 1:04.4. 2-Jennifer Decilveo, IHA, 1:04.5. 3-Elana Ruff, N.Highlands, 1:05. 4-Christina Muiz, WoodRidge, 1:05.3. 5-Cassie Resnick, Pascack Valley, 1:05.5. 6-Rinat Prywes, Tenafly, 1:05.5.

800 meters:1-Erin Kallman, IHA, 2:34.5. 2-Jasmina Dunson, Dwight Morrow, 2:36.9. 3-Shannon Reece, IHA, 2:40.3. 4-Andrea Salmon, Pascack Hills, 2:40.4. 5-Frankie LaVigna, Ramsey, 2:40.4. 6-Erin Bauberger, Indian Hills, 2:40.7.

1600 meters:1-Erin Kallman, IHA, 5:40.3. 2-Frankie LaVigna, Ramsey, 5:50. 3-Katie D'aco, Westwood, 5:50.1. 4-Melissa Svitil, Rutherford, 5:50.3. 5-Carol Anne Bullen, Paramus, 5:52.5. 6-Amy Gohlich, Westwood, 5:58.3.

3200 meters:1-Erin Kallman, IHA, 13:00.7. 2-Melissa Sritil, Rutherford, 13:13.2. 3-Amy Gohlich, Westwood, 13:13.2. 4-Marissa Maier, Old Tappan, 13:21.7. 5-Peggy Lynch, Ridgewood, 13:22. 6-Katy Botsford, Cresskill, 13:34.9.

100 hurdles:1-Nicole Teel, Dumont, 16.9. 2-Julie Burrel, Hackensack, 17.1. 3-Dana DiPersia, Demarest, 17.4. 4-Lauren Pfisterer, IHA, 18.1. 5-Amanda Reska, Mahwah, 18.9. 6-Kirsten Lereca, Mahwah, 19.0.

400 hurdles:1-Jenn Leahy, Cresskill, 70.3. 2-Nicole Teel, Dumont, 1:13.1. 3-Heather Leigh, Indian Hills, 1:13.1. 4-Jamie Anton, Pascack Hills, 1:14. 5-Caitlin Burton, Pascack Valley, 1:14.2. 6-Stacy Mercandetti, Hackensack, 1:15.1.

Long Jump:1-Chrissy Procopio, Indian Hills, 15' 8 1/4". 2-Jen Barthelemy, Bogota, 15' 1". 3-Latasha Jackson, Garfield, 14' 10 1/2". 4-Nicole Teel, Dumont, 14' 9". 5-Dionne Sealy, Ridgefield Park, 14' 2 1/2". 6-Heather Leigh, Indian Hills, 14' 2".

Triple Jump:1-Chrissy Procopio, Indian Hills, 32' 10 1/2". 2-Heather Leigh, Indian Hills, 32' 6". 3-Jen Barthelemy, Bogota, 32' 2 1/2". 4-Christin McEvoy, IHA, 31' 7 1/2". 5-Regina Stellato, Has. Hts, 30' 9 1/2". 6-Cittin Bouton, Pascack Valley, 30' 8".

High Jump:1-Jen Barthelemy, Bogota, 4'8". 2-Dekken, IHA, 4'8". 2-Olga Ruuyansesa, Fort Lee, 4'8". 4-Christine Prepio, Indian Hills, 4'8". 5-Lia Torre, N. Highlands, 6-Stella Scheiss, Leonia, 4'4" 6-Mary Grace Kahill, Rutherford, 4'4". 6-Kristeen Oppuido, N.WoodRidge, 4'4". 6-Chelsea Kritzen, Westwood, 4'4".

Shot Put:1-Jessica Fazekas, Demarest, 30' 2". 2-Tina Triantafilidi, Indian Hills, 28' 10". 3-Agnes Kotwica, Garfield, 27'8". 4-Nadia Senmartin, Woodridge, 27' 6". 5-Jenn Decilveo, IHA, 27'3". 6-Catherine Henney, N Highlands, 26' 2".

Discus:1-Jessica Fazekas, Demarest, 98'3". 2-Alyssa Koob, IHA, 85' 8". 3-Agnes Kotwica, Garfield, 79' 4". 4-Angie Waldron, Fairlawn, 75' 4". 5-Brielle Inslar, Fairlawn, 74' 10". 6-Annie Matasic, Pal. Pk. 74' 1".

Javelin:1-Agnes Kotwica, Garfield, 91' 9". 2-Annie Maticic, Pal. Pk. 86' 8". 3-Catherine Henney, N.Highlands, 83' 6". 4-Jennifer Hodges, IHA, 83' 1". 5-Katie Caspare, Dumont, 79'9". 6-Kristin Smealie, Has. Hts. 79' 0".

4X400 meter relay:1-IHA (Jennifer Decilvio, Simone Dekker, Shannon Reece, Christin McEvoy) 4:23.5. 2-Pascack Valley, 4:35.6. 3-Teaneck, 4:39.7. 4-Tenafly, 4:39.8. 5-Dumont, 4:41.0. 6-Lyndhurst, 4:46.8.

STATE SECTIONAL CHAMPIONSHIP NORTH 1 GROUP 4 CLIFTON STADIUM MAY 21 & 22

Friday

400 hurdles: K.Zucaro-67.7, 5th, Law-67.8, 6th.
100 meters: no entries
3200 meters: Nowakowski-11:36.8, 2nd, Behan-12:24.0, 6th
400 meters: K.Zucaro-61.9, J.Zucaro-64.5
Discus: Russo-85' 3", Strahle-72' 5", Bray-63' 2"
Javelin: Gregg-98' 7", 5th, Bray-74' 1"
High Jump: Herold-4' 6", Gregg-NH, Schloerb-NH

Saturday:

100 hurdles: Law-16.4(t),16.6(s),16.8(f) 6th, Gregg-17.5
1600 meters: McDermott-5:17.6, 2nd, Nowakowski-5:21.2 3rd, Walther-5:26.3
200 meters: Lamothe-27.5, Porro-27.7
800 meters: Sprich-2:25.9 7th
Shot Put: Russo-29' 6", Bray-27'
Long Jump: Lamothe-16' 2", 6th, Law-16' 1 1/2" 7th
4X400 meters:: Porro-62.4, McDermott-61.5, J.Zucaro-61.2, K.Zucaro-60.8 = 4:05.8
DQ (2 infractions- Jennifer ran inside the curb line and Katherine threw the baton)

Katherine's frustrated baton toss symbolizes the 1999 sectional meet. This was possibly the worst day in the history of RHS track and field. With the alcohol DQ's and the prom distraction we weren't a factor in the meet in anyway. We probably lost 2 all county opportunities. While there were several PR's, frankly that's expected from everyone at this time of the year. I made a big mistake in allowing seniors to choose to skip a Friday event. It set the stage for lackluster performances the rest of the meet. In competitive athletics if you don't work single-mindedly toward your goals you usually don't get them.

NORTH JERSEY, SECTION 1 RESULTS

GROUP 4

TEAMS: 1-Passaic 104. 2-Teaneck 53. 3-Hackensack 51. 4-Paterson Kennedy 42. 5-West Milford 41. 6-Ridgewood 32. 7-Clifton 27. 8-Vernon, Paterson Eastside 22. 10-Passaic Tech 15. 11-Memorial (W.N.Y.) 13. 12-Ferris 8. 13-Fair Lawn 2. 14-Kearny 1.

100-METER DASH: 1-Otisha Mathis, Passaic 12.4. 2-Peta-Gaye Barnett, Paterson Eastside 12.3. 3-Amanda VonRudenborg, West Milford 12.6. 4-Kenneisha Reid, Passaic Tech 12.6. 5-Patrina Frankoski, Vernon 12.9. No sixth place.

200-METER DASH: 1-Tawana Watkins, Paterson Kennedy 25.1. 2-Angela Gray, Ferris 25.1. 3-Peta-Gaye Barnett, Paterson Eastside 25.8. 4-Otisha Mathis, Passaic 26.3. 5-Amanda VonRudenborg, West Milford 26.3. 6-Alexandra Medrano, Passaic 26.8.

400-METER RUN: 1-Tawana Watkins, Paterson Kennedy 56.0. 2-Antoinette Gorham, Passaic 56.8. 3-Alexandra Medrano, Passaic 59.2. 4-Patrina Frankoski, Vernon 1:00.0. 5-Kenesha Braithwaite, Fair Lawn 1:01.1. 6-Ebony Ramos, Passaic 1:01.2.

800-METER RUN: 1-Janelle McCallum, Teaneck 2:17.3. 2-Natalie Popowicz, Clifton 2:19.0. 3-Shanae Pritchett, Passaic 2:22.8. 4-Shauna Koenig, Hackensack 2:23.7. 5-Shakira Williams, Passaic 2:25.1. 6-Meghan Millar, Kearny 2:25.2.

1,600-METER RUN: 1-Janelle McCallum, Teaneck 5:09.4. 2-Meg McDermott, Ridgewood 5:17.8. 3-Claire Nowakowski, Ridgewood 5:21.2. 4-Shakira Williams, Passaic 5:21.6. 5-Beth Androski, Hackensack 5:22.7. 6-Danielle Walther, Ridgewood 5:26.2.

3,200-METER RUN: 1-Beth Androski, Hackensack 11:27.2. 2-Claire Nowakowski, Ridgewood 11:36.9. 3-Shakira Williams, Passaic 12:10.4. 4-Claire McGuire, Hackensack 12:14.5. 5-Jalpa Patel, Memorial 12:22.0. 6-Kelly Behan, Ridgewood 12:24.0.

400-METER INTERMEDIATE HURDLES: 1-Tawana Watkins, Paterson Kennedy 1:01.9 record; former record 1:02.1. Renita Terry, Hackensack, 1981. 2-Natalie Popowicz, Clifton 1:04.7. 3-Megan Patrono, West Milford 1:06.8. 4-Antoinette Gorham, Passaic 1:07.1. 5-Katherine Zucaro, Ridgewood 1:07.7. 6-Ana Law, Ridgewood 1:08.0.

HIGH JUMP: 1-Nicole Brown, Teaneck 5-4. 2-Bridgette Atkinson, Hackensack 5-4. 3-Dara Jemmett, Teaneck 5-0. 4-Carlita Bishop, Passaic Tech and Kristina Marrocco, Clifton 4-8. 5-Jennifer Michalczak, Vernon 4-8.

LONG JUMP: 1-Megan Patrono, West Milford 16-10. 2-LaSandra Singleton, Paterson Kennedy 16-8. 3-Kenneisha Reid, Passaic Tech 16-6. 4-Tawana Watkins, Paterson Kennedy 16-5 1/2. 5-Otisha Mathis, Passaic 16-5. 6-Helena Lamothé, Ridgewood 16-2.

SHOT PUT: 1-LaBelle Hillgrove, Passaic 41-9. 2-Randi Pointer, Paterson Eastside 37-3. 3-Shakia Wyche, Passaic 34-9 1/2. 4-Alyse Wisneski, Vernon 32-7 1/2. 5-Monique Mighty, Hackensack 32-4. 6-Mary Bozenmayer, West Milford 32-1 1/2.

DISCUS: 1-Labelle Hillgrove, Passaic 126-2. 2-Shakia Wyche, Passaic 104-2. 3-Rayza Battista, Memorial 97-1. 4-Alyse Wisneski, Vernon 95-11. 5-Mary Bozenmayer, West Milford 95-10. 6-Caren Gardner, Teaneck 95-3.

JAVELIN: 1-Gwen Scanel, Hackensack 119-11. 2-Sara Schecter, West Milford 118-9. 3-Mary Bozenmayer, West Milford, 117-7. 4-Vanessa Ayala, Memorial 101-1. 5-Jess Gregg, Ridgewood 98-7. 6-Wanda Mercado, Memorial 93-5.

1,600-METER RELAY: 1-Passaic (Alexandra Medrano, Ebony Ramos, Otisha Mathis and Antoinette Gorham) 3:56.4. 2-Teaneck 4:08.6. 3-Vernon 4:12.7. 4-Clifton 4:17.0. 5-Passaic Tech 4:18.9. 6-Hackensack 4:19.6.

GROUP 3

TEAMS: 1-Cliffside Park 83 1/2. 2-Demarest 63. 3-Northern Highlands 38. 4-Pascack Valley and High Point 28. 6-Old Tappan 27 1/2. 7-Bergen Tech and Garfield 26. 9-Tenafly 25. 10-Snyder and Bergenfield 22. 12-Passaic Valley 19. 13-Fort Lee 19. 14-Wayne Hills 6. 15-Lenape Valley 4. 16-Ramapo 2.

100-METER DASH: 1-Nicole Parkinson, Bergen Tech 12.5. 2-Natasha D'Souza, Bergenfield 12.8. 3-Christine Wentzler, Old Tappan 12.9. 4-Emily Simon, Northern Highlands 13.0. 5-Erica Rosenberg, Old Tappan 13.1. 6-Brittany Soundess, Fort Lee 13.2.

200-METER DASH: 1-Jacqueline Babbini, Cliffside Park 25.5, ties meet record; former record 25.5. Yvonne Evans, Lincoln 1981. 2-Nicole Parkinson, Bergen Tech 26.1. 3-Emily Simon, Northern Highlands 26.6. 4-Christine Siebold, Demarest 26.6. 5-Brittany Saunders, Fort Lee 27.3. 6-Laura Corey, Demarest 27.8.

400-METER RUN: 1-Jacqueline Babbini, Cliffside Park 59.4. 2-Christine Wentzler, Old Tappan 59.9. 3-Jennifer O'Brien, Pascack Valley 1:00.0. 4-Brittany Saunders, Fort Lee 1:01.2. 5-Lisa Corey, Demarest 1:02.1. 6-Zoe Gavrilidas, Old Tappan 1:02.5.

800-METER RUN: 1-Chi-Chi Okere, Snyder 2:21.8. 2-Meri Silberstein, Tenafly 2:26.3. 3-Shahnaz Iqbal, Bergenfield 2:28.3. 4-Fredya Urena, Cliffside Park 2:29.0. 5-Sam Pöllinger, Northern Highlands 2:29.0. 6-Belmax DeJesus, Fort Lee 2:29.5.

1,600-METER RUN: 1-Fredya Urena, Cliffside Park 5:26.0. 2-Shahnaz Iqbal, Bergenfield 5:26.6. 3-Laura Hemmert, Northern Highlands 5:29.3. 4-Natalie Dubanowitz, Northern Highlands 5:29.4. 5-Meghan O'Toole, Garfield 5:29.9. 6-Sheila Chithran, Demarest 5:31.5.

3,200-METER RUN: 1-Fredya Urena, Cliffside Park 11:58.0. 2-Meghan O'Toole, Garfield 12:11.9. 3-Laura Hemmert, Northern Highlands 12:21.4. 4-Stephanie Davis, Old Tappan 12:26.2. 5-Margaret Park, Ramapo 12:28.3. 6-Lori Anderson, Demarest 12:28.5.

100-METER HIGH HURDLES: 1-Jamie Lilien, Pascack Valley 14.7. 2-Christine Siebold, Demarest 16.1. 3-Stacey DeRre, Wayne Hills 16.1. 4-Hiroko Hosaka, Demarest 16.2. 5-Marissa Sarubbi, Cliffside Park 16.7. 6-Shana Don, Fort Lee 16.9.

400-METER INTERMEDIATE HURDLES: 1-Jacqueline Babbini, Cliffside Park 1:04.2. 2-Christine Siebold, Demarest 1:04.4. 3-Meri Silberstein, Tenafly 1:07.0. 4-Brittany Currie, High Point 1:07.1. 5-Shana Don, Fort Lee 1:08.8. 6-Marianne Toniolo, Old Tappan and Kam Lam, Garfield 1:10.2.

HIGH JUMP: 1-Desire Alexander, Pascack Valley 5-0. 2-Melissa Untig, High Point 5-0. 3-Emily Simon, Northern Highlands 5-0. 4-Celeste Banks, Snyder 4-10. 5-Anna Garcia, Garfield and Marissa Sarubbi, Cliffside Park 4-6.

LONG JUMP: 1-Jamie Lilien, Pascack Hills 16-7 1/4. 2-Celeste Banks, Snyder 16-3 1/4. 3-Emily Lamparello, Old Tappan 16-0. 4-Meri Silberstein, Tenafly 15-6. 5-Stefanie Almeida, High Point 15-5. 6-Hiroko Hosaka, Demarest 14-11 1/2.

SHOT PUT: 1-Jenn Finchum, Demarest 39-3 1/4. 2-Desire Alexander, Pascack Valley 34-8. 3-Lila Lee, Demarest 34-3 1/2. 4-Najran Stevens, Cliffside Park 34-1. 5-Jennifer Austin, Garfield 32-4 1/2. 6-Janel Turin, Passaic Valley 32-1.

DISCUS: 1-Jen Finchum, Demarest 140-10. 2-Najran Stevens, Cliffside Park 113-1. 3-Lila Lee, Demarest 112-9. 4-Liz Coopersmith, High Point 106-9. 5-Elizabeth Dale, Pascack Valley 104-1. 6-Anna Clark, Tenafly 103-4.

JAVELIN: 1-Jennifer Austin, Garfield 144-4, sectional record; former record 139-11, Michelle Christen, Hawthorne (Group 2) 1978. 2-Jacqueline Babbini, Cliffside Park 116-0. 3-Marissa Sarubbi, Cliffside Park 111-9. 4-Marissa DeMatteo, Lenape Valley 106-2. 5-Christina Labocki, Garfield 105-9. 6-Lila Lee, Demarest 101-2.

1,600-METER RELAY: 1-High Point (Stefanie Almeida,

The champions

Grp. 4: Passaic (1st ever)

Grp. 3: Cliffside Park (1st ever)

Grp. 2: Ramsey (4th in row)

Grp. 1: Academic (1st ever)

Amy Coleman, Gabrielle Scarlata and Brittany Currie) 4:16.0. 2-Bergen Tech 4:16.5. 3-Tenafly 4:20.3. 4-Northern Highlands 4:24.7. 5-Fort Lee 4:46.8. No sixth place.

GROUP 2

TEAMS: 1-Ramsey 107. 2-Westwood 54. 3-Pascack Hills 40. 4-Kittatinny 36. 5-Rutherford and Walkkill Valley 32. 7-Newton 27. 8-Ridgefield Park and River Dell 23. 10-Hopatcong 19. 11-Indian Hills 18. 12-Manchester Regional and Lyndhurst 10. 14-Dumont 3.

100-METER DASH: 1-Lauren Fanelli, River Dell 12.7. 2-Sara Bodnar, Kittatinny 12.8. 3-Carly Engesser, Walkkill Valley 12.9. 4-Mosi Charles, Westwood 13.10. 5-Lynne Haywood, Dumont 13.10. 6-Meredith, Walkkill Valley 13.10.

200-METER DASH: 1-Jaddy Perez, Manchester Regional 25.8. 2-Carly Engesser, Walkkill Valley 26.1. 3-Sara Bodnar, Kittatinny 26.5. 4-Christie Charles, Westwood and Melissa Koberle, Rutherford 26.7. 6-Dara Seidman, Ramsey 26.7.

400-METER RUN: 1-Dara Seidman, Ramsey 59.2 record; former record, 59.4, Latoya Binns, West Milford, 1997. 2-Cheryl Burdick, Ramsey 1:00.10. 3-Sara Bodnar, Kittatinny 1:00.3. 4-Emily Drew, Westwood 1:01:00.4. 5-Melissa Koberle, Rutherford 1:01:10. 6-Caitlin Sherry, River Dell 1:01:5.

800-METER RUN: 1-Michelle Hartel, Pascack Hills 2:21.3. 2-Nicole Stinson, Westwood 2:25.3. 3-Melissa Galandak, Kittatinny 2:26.8. 4-Cindy deVries, Newton 2:28.1. 5-Shenee Clark, Ridgefield Park 2:30.0. 6-Lauren Sherry, River Dell 2:30.1.

1,600-METER RUN: 1-Melissa Conway, Ramsey 5:22.5. 2-Julie Delimon, Hopatcong 5:26.7. 3-Cindy deVries, Newton 5:30.4. 4-Briana Bayersdorfer, River Dell 5:31.3. 5-Carolyn Wassong, Rutherford 5:33.2. 6-Beth Vesey, Ramsey 5:35.0.

3,200-METER RUN: 1-Melissa Conway, Ramsey 11:27.8. 2-Cindy deVries, Newton 11:57.6. 3-Briana Bayersdorfer, River Dell 11:59.5. 4-Beth Vesey, Ramsey 12:00.6. 5-Megan Campbell, Ramsey 12:17.4. 6-Kellie Guth, Newton 12:17.4.

100-METER HIGH HURDLES: 1-Jill Turner, Pascack Hills 15.9. 2-Lisa Dewey-Matta, Kittatinny 16.3. 3-Angela Talucci, Indian Hills 16.4. 4-Wynter Gonzalez, Rutherford 16.4. 5-Kristina Reinhardt, Newton 16.7. 6-Miho Yoshioka, River Dell 17.0.

400-METER INTERMEDIATE HURDLES: 1-Cheryl Burdick, Ramsey 1:05.7. 2-Michelle Hartel, Pascack Hills 1:07.2. 3-Dawn Iberer, Newton 1:07.3. 4-Michelle Bumpass, Rutherford 1:08.9. 5-Lisa Dewey-Matta, Kittatinny 1:08.9. 6-Peyton Fischer, Ramsey 1:09.3.

HIGH JUMP: 1-Cheryl Burdick, Ramsey 5-6, tied sectional record; former record, 5-6, Cheryl Burdick, Ramsey (Group 2) 1998 and Kim Iffe, Lakeland (Group 3) 1996.

2-Cheryl Muller, Ridgefield Park and Lauren Donohue, Westwood 4-10. 4-Christine Procopio, Indian Hills 4-10. 5-Mary Grace Cahill, Rutherford 4-8. 6-Jill Turner, Pascack Hills 4-8.

LONG JUMP: 1-Chamie Carter, Lyndhurst 16-8 1/4. 2-Carly Engesser, Walkkill Valley 16-4. 3-Jill Turner, Pascack Hills 15-10 1/2. 4-Stephanie Pillari, Westwood 15-10 1/4. 5-Christine Procopio, Indian Hills 15-4 1/2. 6-Diana Juskus, Hopatcong 15-4.

SHOT PUT: 1-Maritsa Christoudia, Ramsey 36-4 1/4. 2-Kristy Potts, Ridgefield Park 33-11 1/2. 3-Bredna Arroyo, Ridgefield Park 33-7. 4-Ardiana Bajrushli, Westwood 33-0 1/2. 5-Jen Marie Bellotti, Rutherford 32-9 1/4. 6-Katie McCarton, Walkkill Valley 32-8 1/4.

DISCUS: 1-Maritsa Christoudia, Ramsey 101-2. 2-Stephanie Sund, Walkkill Valley 97-10. 3-Diana Corkin, Rutherford 97-6. 4-Cara Lintner, Pascack Hills 94-9. 5-Adriana Bajrushli, Westwood 94-3. 6-Jean Marie Bellotti, Rutherford 94-2.

JAVELIN: 1-Maritsa Christoudias, Ramsey 117-5. 2-Diana Juskus, Hopatcong 110-6. 3-Nikki Sample, Westwood 106-1. 4-Stephanie Pillari, Westwood 105-4. 5-Michelle Bumpass, Rutherford 96-10. 6-Rachel Fisher, Dumont 95-7.

1,600-METER RELAY: 1-Ramsey (Cheryl Burdick, Peyton Fischer, Cassie McLauthlin and Dara Seidman) 4:04.0 meet record; former record 4:06.1, Hopatcong 1998. 2-Westwood 4:10.7. 3-Indian Hills 4:20.1. 4-Rutherford 4:20.3. 5-Hopatcong 4:20.6. 6-Pascack Hills 4:28.3.

GROUP 1

TEAMS: 1-McNair Academic 109 1/2. 2-Glen Rock 92 1/2. 3-Hasbrouck Heights 59. 4-New Milford 35. 5-Bogota 31. 6-Hudson Prep 18. 7-Midland Park 16. 8-Wood-Ridge 14. 9-Palisades Park 11. 10-Ridgefield, Secaucus, Waldwick 10. 13-Saddle Brook 9. 14-North Arlington 5. 15-Park Ridge 3. 16-Leonia 1.

100-METER DASH: 1-Samantha Griffin, Academic 12.4, record; former record, 12.6, Michelle Stien, Glen Rock, 1995. 2-Melinda DioDonet, Bogota 12.8. 3-Jill Sgroi, Hasbrouck Heights 12.9. 4-Theodora Tribe, Academic 13.0. 5-Shoshana Haricha, New Milford 12.9. 6-Irene Leidenfrost, Park Ridge 13.3.

200-METER DASH: 1-Samantha Griffin, Academic 26 1/2. 2-Melinda DioDonet, Bogota 27 1/2. 3-Theodora Tribe, Academic 27.7. 4-Silvia Sosa, New Milford 28.3. 5-Shoshana Haricha, New Milford 28.3. 6-Irene Leidenfrost, Park Ridge 28.4.

400-METER RUN: 1-Agyeiwa Weathers, Academic 59.2. 2-Melinda DioDonet, Bogota 1:02.1. 3-Samantha Griffin, Academic 1:03.3. 4-Irene Leidenfrost, Park Ridge 1:03.8. 5-Melissa Pablos, Secaucus 1:04.5. 6-Nicole Florio, Hasbrouck Heights 1:04.5.

800-METER RUN: 1-Agyeiwa Weathers, Academic 2:23.8. 2-Tracy DellaTorre, Glen Rock 2:26.3. 3-Jennifer Njoku, Academic 2:28.9. 4-Erin Henry, Glen Rock 2:29.0. 5-Amber Neal, Bogota 2:33.5. 6-Tania Santiago, Leonia 2:33.6.

1,600-METER RUN: 1-Christina Mendoza, Hudson Prep 5:16.7. 2-Tracy DellaTorre, Glen Rock 5:36.2. 3-Erin Henry, Glen Rock 5:36.8. 4-Laura McKay, Glen Rock 5:44.5. 5-Jennifer O'Shea, New Milford 5:51.8. 6-Christine Ayubi, Hasbrouck Heights 5:56.6.

3,200-METER RUN: 1-Tracy DellaTorre, Glen Rock 11:47.7. 2-Christina Mendoza, Hudson Prep 11:51.7. 3-Erin Henry, Glen Rock 12:29.5. 4-Laura McKay, Glen Rock 12:30.6. 5-Christine Ayubi, Hasbrouck Heights 12:41.6.

100-METER HURDLES: 1-Tyechia Smith, Academic 15.5. 2-Colleen McCorry, Glen Rock 15.8. 3-Jill Sgroi, Hasbrouck Heights 16.3. 4-Stephanie O'Connor, New Milford 16.9. 5-Carolyn Tampe, Glen Rock 16.9. 6-Justine Diana, Saddle Brook 17.6.

400-METER INTERMEDIATE HURDLES: 1-Tyechia Smith, Academic 1:05.3 record; former record, 1:06.0, Katie Hanley, Glen Rock, 1995. 2-Colleen McCorry, Glen Rock 1:07.0. 3-Jennifer Njoku, Academic 1:08.6. 4-Stephanie O'Connor, New Milford 1:10.0. 5-Natalia Roudenko, New Milford 1:11.0. 6-Kristen Novack, Wood-Ridge 1:11.1.

HIGH JUMP: 1-Gwen Gobbo, Palisades Park 5-2. 2-Donna Russo, Hasbrouck Heights 4-10. 3-Melissa Pablos, Secaucus and Agyeiwa Weathers, Academic 4-8. 5-Tyechia Smith, Academic and Caroline Novack, Glen Rock 4-6.

LONG JUMP: 1-Colleen McCorry, Glen Rock 15-10 1/4. 2-Justine Diana, Saddle Brook 15-6 1/2. 3-Jennifer Njoku, Academic 15-6 1/2. 4-Jennifer Barthelemy, Bogota 15-6. 5-Liz Matanle, Glen Rock 15-2 1/4. 6-Shoshana Haricha, New Milford 14-11 1/2.

SHOT PUT: 1-Renee Wilson, Hasbrouck Heights 34-11 1/4. 2-Holly Wright, Waldwick 34-2 1/2. 3-Sheena Schuler, Hasbrouck Heights 34-1. 4-Marina Kravchuk, Secaucus 31-11. 5-Lisa Welch, Midland Park 30-3 1/4. 6-Cristine Strelzyck, Glen Rock 29-7 1/4.

DISCUS: 1-Liz Pendleton, Wood-Ridge 112-9. 2-Lisa Welch, Midland Park 104-7. 3-Renee Wilson, Hasbrouck Heights 103-5. 4-Melissa Ayvas, Wood-Ridge 97-2. 5-Holly Wright, Waldwick 92-8. 6-Evi Arapi, Palisades Park 90-11.

JAVELIN: 1-Lindsay Regan, Ridgefield 104-2. 2-Renee Wilson, Hasbrouck Heights 103-5. 3-Jennifer O'Shea, New Milford 102-6. 4-Daniela Videira, North Arlington 100-10. 5-Lindsay Gamble, New Milford 98-11. 6-Lauren Crowley, Glen Rock 98-10.

1,600-METER RELAY: 1-Academic (Agyeiwa Weathers, Theodora Tribe, Jennifer Njoku and Tyechia Smith) 4:09.0. 2-Glen Rock 4:18.4. 3-Hasbrouck Heights 4:22.5. 4-New Milford 4:24.8. 5-Midland Park 4:26.0. 6-North Arlington 4:28.5.

NORTH JERSEY, SECTION 2 RESULTS

GROUP 4

TEAMS: 1-Roxbury 83. 2-Columbia 73½. 3-Plainfield 70. 4-Randolph 69. 5-Elizabeth and Montclair 31. 7-Linden 27. 8-Union 17. 9-Phillipsburg 15. 10-Morris Knolls 8. 11-Bloomfield 4. 12-Livingston and West Orange 2. 14-Belleville 1½.

100-METER DASH: 1-Aleah Williams, Montclair 11.5, record; former record, 11.6, Aleah Williams, Montclair, 1997 and 1998. 2-Layneea Jones, Elizabeth 12.0. 3-Kiera Underwood, Linden 12.0. 4-Tara Giaquinto, Roxbury 12.7. 5-Tiffany Roselle, West Orange 13.1. 6-Jennifer Whitlock, Montclair 13.1.

200-METER DASH: 1-Aleah Williams, Montclair 23.8. 2-Layneea Jones, Elizabeth 25.4. 3-Jennifer Whitlock, Montclair 26.3. 4-Atrice Mathews, Plainfield 26.9. 5-Tara Giaquinto, Roxbury 27.1. 6-Natalie Brissett, Phillipsburg 27.3.

400-METER RUN: 1-Priscilla Hazelwood, Plainfield 56.1. 2-Miriam Jackson, Plainfield 1:00.0. 3-Kelley Freund, Roxbury 1:00.3. 4-Jess Caggiano, Phillipsburg 1:00.6. 5-Michelle Nelson, Columbia 1:00.7. 6-Laura Berzak, Randolph 1:01.4.

800-METER RUN: 1-Stephanie Snyder, Randolph 2:14.1. 2-Megan McDonald, Roxbury 2:16.8. 3-Kelley Freund, Roxbury 2:17.5. 4-Priscilla Hazelwood, Plainfield 2:17.6. 5-Shari Cromartie, Roxbury 2:22.5. 6-Meggan Willersdorf, Randolph 2:22.7.

1,600-METER RUN: 1-Stephanie Snyder, Randolph 5:01.7 record; former record, 5:04.7, Stephanie Snyder, Randolph, 1996. 2-Amina Zohny, Columbia 5:11.1. 3-Sherry Sikora, Roxbury 5:15.4. 4-Rebecca Zeek, Roxbury 5:24.0. 5-Rebecca Shore, Columbia 5:24.4. 6-Stephanie Last, Roxbury 5:27.3.

3,200-METER RUN: 1-Stephanie Snyder, Randolph 11:07.2. 2-Sherry Sikora, Roxbury 11:32.4. 3-Amina Zohny, Columbia 11:39.8. 4-Rebecca Shore, Columbia 11:50.1. 5-Christina Morgado, Union 11:51.2. 6-Danielle Stockdale, Randolph 12:02.2.

100-METER HURDLES: 1-Kiera Underwood, Linden 14.3. 3-Bridgette Ingram, Columbia 14.4. 3-Amber Williams, Roxbury 14.4. 4-Nneka Offor, Columbia 15.0. 5-Nathifa Bunsie, Union 15.8. 6-Amy Sura, Linden 15.8.

400-METER INTERMEDIATE HURDLES: 1-Crystal Marsh, Plainfield 1:03.1. 2-Bridgette Ingram, Columbia 1:03.3. 3-DiNai Parker, Elizabeth 1:04.1. 4-Miriam Jackson, Plainfield 1:06.4. 5-Nathifa Bunsie, Union 1:07.1. 6-Michelle Nelson, Columbia 1:07.1.

HIGH JUMP: 1-Nathifa Bunsie, Union 5-6. 2-Bridgette Ingram, Columbia 5-5. 3-Megan McDonald, Roxbury 5-2. 4-Kiera Underwood, Linden 5-2. 5-Allison Mellage, Union and Ariel Paldunas, Belleville 5-0.

LONG JUMP: 1-Amber Williams, Roxbury 18-1½. 2-Bridgette Ingram, Columbia 18-1. 3-Kiera Underwood, Linden 16-8¾. 4-Megan McDonald, Roxbury 16-4. 5-Christine Kowalchuk, Phillipsburg 15-11½. 6-Lauren Derrick, Livingston 15-11¼.

SHOT PUT: 1-Jody Arends, Randolph 37-1. 2-Sanchia Deer, Plainfield 36-5. 3-LaKrisha Howard, Plainfield 35-9. 4-Courtney Gallagher, Morris Knolls 34-8. 5-Patricia Steffens, Randolph 34-3. 6-Jamie Papatheodorou, Elizabeth 33-5½.

DISCUS: 1-Jody Arends, Randolph 115-5. 2-LaKrisha Howard, Plainfield 113-0. 3-Annella Pappalardo, Columbia 99-4. 4-Courtney Gallagher, Morris Knolls 99-3. 5-Patricia Steffens, Randolph 97-9. 6-Jamie Papatheodorou, Elizabeth 96-10.

JAVELIN: 1-Jody Arends, Randolph 120-0. 2-Christine Kowalchuk, Phillipsburg 118-7. 3-DiNai Parker, Elizabeth 110-4. 4-Jen Pelusio, Bloomfield 97-10. 5-Annella Pappalardo, Columbia 94-4. 6-Suji Roman, Livingston 87-3.

1,600-METER RELAY: 1-Roxbury (Amber Williams, Shari Cromartie, Kelley Freund and Megan McDonald) 4:00.6. 2-Plainfield 4:02.5. 3-Columbia 4:08.4. 4-Montclair 4:14.1. 5-Randolph 4:14.2. 6-Elizabeth 4:18.5.

GROUP 3

TEAMS: 1-Morris Hills 78. 2-Scotch Plains 57. 3-Mount Olive 46. 4-Westfield 39. 5-Warren Hills 34. 6-Parsippany Hills 30. 7-Montville 26. 8-Cranford 21. 9-West Morris 17. 10-Clifford Scott and East Orange 16. 12-Morristown, Nutley and Parsippany 14. 13-Millburn 12.

100-METER DASH: 1-Tara Bernard, West Morris 12.4. 2-Ramona Kilkenny, Mount Olive 12.5. 3-Stacy Bushinger, Scotch Plains 13.1. 4-Latesha Bishop, Morris Hills 13.3. 5-Brittany Bellizeare, Scotch Plains 13.4. 6-Martine Loewenstein, Morristown 13.5.

200-METER DASH: 1-Barbara Schreck, Montville 26.6. 2-Petal Gardner, Clifford Scott 27.1. 3-Tara Bernard, West Morris 27.1. 4-Katie Loomis, Morris Hills 27.8. 5-Ramona Kilkenny, Mount Olive 27.8. 6-Sonya Lee Williams, Clifford Scott 28.4.

400-METER DASH: 1-Lakel Chester, Cranford 59.0. 2-Kiona King, East Orange 59.8. 3-Barbara Schreck, Montville 59.8. 4-Danielle Adams, Morristown 1:00.5. 5-Heather Dennis, Westfield 1:00.5. 6-Petal Gardner, Clifford Scott 1:00.7.

800-METER RUN: 1-Lakel Chester, Cranford 2:21.3. 2-Heather Dennis, Westfield 2:22.1. 3-Cheryl Bauer, Morris Hills 2:22.9. 4-Erin Kelly, Scotch Plains 2:23.1. 5-Jessica Sarinelli, Morris Hills 2:26.1. 6-Melissa Carman, Morristown 2:26.9.

1,600-METER RUN: 1-Cheryl Bauer, Morris Hills 5:12.3. 2-Kim Pereira, Parsippany 5:19.2. 3-Marianne Herbst, Mount Olive 5:23.1. 4-Jessica Sarinelli, Morris Hills 5:27.4. 5-Brian Shade, Warren Hills 5:32.3. 6-Kathryn Vanhoeven, Cranford 5:32.9.

3,200-METER RUN: 1-Cheryl Bauer, Morris Hills 11:03.5. 2-Marianne Herbst, Mount Olive 11:45.5. 3-Jessica Sarinelli, Morris Hills 11:49.3. 4-Kim Pereira, Parsippany 11:50.5. 5-Christina Boyle, Nutley 11:58.4. 6-Sarah Spilman, West Morris 12:02.0.

100-METER HURDLES: 1-Julie Farrell, Warren Hills 15.0. 2-Erica Aagre, Morris Hills 15.2. 3-Cinnamon McMillan, Mount Olive 15.7. 4-Jodi Wheeler, Mount Olive 16.0. 5-Julie Elmuccio, Cranford 16.4. 6-Danielle Adams, Morristown 16.5.

400-METER INTERMEDIATE HURDLES: 1-Heather Dennis, Westfield 1:05.5. 2-Barbara Schreck, Montville 1:06.9. 3-Cinnamon McMillan, Mount Olive 1:07.3. 4-Erica Aagre, Morris Hills 1:07.9. 5-Erin Brandt, Scotch Plains 1:08.3. 6-Jayme Ferraro, Scotch Plains 1:09.5.

HIGH JUMP: 1-Erica Aagre, Morris Hills 5-0. 2-Julie Farrell, Warren Hills 5-0. 3-Zerlina Maxwell, Millburn 5-0. 4-Christina Hillman, Scotch Plains 4-10. 5-Barbara Schreck, Montville 4-8. 6-Christina Magdits, Parsippany 4-8.

LONG JUMP: 1-Julie Farrell, Warren Hills 16-8¼. 2-Julie Elmuccio, Cranford 16-0½. 3-Cinnamon McMillan, Mount Olive 15-2. 4-Hester German, Warren Hills 14-11. 5-Cara Sims, Morristown 14-8¼. 6-Stacy Bushinger, Scotch Plains 14-6.

SHOT PUT: 1-Angie Rosamilia, Parsippany Hills 39-5¾. 2-Katie Feighner, Scotch Plains 35-8½. 3-Miata Dick, Millburn 34-11½. 4-Mandie Herzich, Morris Hills 33-7. 5-Christina Hillman, Scotch Plains 32-6½. 6-Lakia Holman, Morristown 31-11¼.

DISCUS: 1-Angie Rosamilia, Parsippany Hills 137-2. 2-Kari Whitley, Scotch Plains 94-4. 3-Melissa Irving, Nutley 93-0. 4-Katie Feighner, Scotch Plains 91-10. 5-Susan Gulbicki, Morristown 90-1. 6-Ruth Rohrer, Scotch Plains 89-9.

JAVELIN: 1-Angie Rosamilia, Parsippany Hills 111-9.

The champions

Op. 4: Roxbury (1st ever)

Op. 3: Morris Hills (fifth in row)

Op. 2: Chatham (1st ever)

Op. 1: Science (6th this decade)

2-Allison Checchio, Westfield 110-1. 3-Dana Rucinski, Nutley 103-6. 4-Katie Feighner, Scotch Plains 101-3. 5-Stacey Gaven, Morris Hills 99-10. 6-Dan Grau, Westfield 98-3.

1,600-METER RELAY: 1-Scotch Plains (Erin Brandt, Ann Espinoza, Jillian Koscieliak and Erin Kelly) 4:06.2. 2-East Orange 4:07.0. 3-Clifford Scott 4:14.9. 4-Morris Hills 4:15.4. 5-Morristown 4:16.7. 6-Parsippany 4:22.8.

GROUP 2

TEAMS: 1-Chatham 107. 2-Mendham 45. 3-Gov. Livingston 39. 4-Caldwell 34. 5-Pequannock 33. 6-Hanover Park 32. 7-Hackettstown 27. 8-Roselle 26. 9-West Essex 25. 10-Newark West Side 21. 11-Dover 16. 12-Rahway 8. 13-Summit 6. 14-Newark Central and Hillside 5. 16-Johnson 2.

100-METER DASH: 1-Earline Mallory, Newark West Side 12.7. 2-Deanna Ford, Chatham 12.8. 3-Sara Bekele, Hanover Park 13.0. 4-Simone Ray, Newark Central 13.0. No fifth or sixth.

200-METER DASH: 1-Ayesha Howard, Roselle 26.1. 2-Earline Mallory, Newark West Side 26.7. 3-Brittney Boyd, Hackettstown 27.1. 4-Sara Berkele, Hanover Park 27.4. 5-Ursala Smith, Hillside 27.4. 6-Simone Ray, Newark Central 27.5.

400-METER DASH: 1-Anika Kreider, Chatham 57.7. 2-Anna Sherman West Essex 59.9. 3-Brittany Boyd, Hackettstown 59.4. 4-Ayesha Howard, Roselle 1:00.4. 5-Janina Kreider, Chatham 1:02.2. 6-Shannelle Brown, Hillside 1:03.7.

800-METER RUN: 1-Anika Kreider, Chatham 2:16.0. 2-Doris Tung, Hanover Park 2:25.3. 3-Kate Brinkerhoff, Summit 2:28.3. 4-Kelby Scheiffer, Hackettstown 2:30.3. 5-Nouelle Brown, Chatham 2:30.4. 6-Shannelle Brown, Hillside 2:32.1.

1,600-METER RUN: 1-Kathleen Smith, Chatham 5:20.1. 2-Anna Sherman, West Essex 5:25.6. 3-Stephanie Santos, Hanover Park 5:28.0. 4-Lauren Edwards, Chatham 5:38.9. 5-Katherine Haenschen, Chatham 5:41.2. 6-Meghan McGetrick, Caldwell 5:44.3.

3,200-METER RUN: 1-Lauren Edwards, Chatham 12:18.0. 2-Katherine Haenschen, Chatham 12:29.8. 3-Jamie Davis, Dover 12:40.4. 4-Kelly Timoney, Pequannock 12:41.4. 5-Beth Sands, Pequannock 12:42.1. 6-Kristen Bergen, Caldwell 12:42.9.

100-METER HIGH HURDLES: 1-Dana McCurdy, Gov. Livingston 16.2. 2-Leslie Good, Gov. Livingston 17.1. 3-Beth Tusso, Chatham 17.1. 4-Garlene Fanelon, Roselle 17.5. 5-Melissa Greene, Hanover Park 17.7. 6-Maria Rosamilia, Hanover Park 18.

400-METER INTERMEDIATE HURDLES: 1-Yesari Franco, Dover 1:06.5. 2-Beth Tusso, Chatham 1:06.9. 3-Dana McCurdy, Gov. Livingston 1:08.2. 4-Kelby Scheiffer,

Hackettstown 1:08.7. 5-Elin Griffith, Newark West Side 1:09.2. 6-Olma Fuentes, West Essex 1:09.6.

HIGH JUMP: 1-Holly Martin, Caldwell 5-0. 2-Carolyn Orefice 4-10. 3-Liz Quam, Mendham 4-10. 4-Allison Marganski, Pequannock and Anika Kreider, Chatham 4-8. 6-Ursala Smith, Hillside 4-8.

LONG JUMP: 1-Bridgit Martin, Caldwell 15-5. 2-Julie Burgio, Caldwell 15-3½. 3-Beth Tusso, Chatham 15-3¼. 4-Ayesha Howard, Roselle 15-0. 5-Holly Martin, Caldwell 14-7. 6-Tania Balci, Gov. Livingston 14-0.

SHOT PUT: 1-Sarah Hershee, Mendham 41-4 record; former record; 39-11¾, Karen Harris, Hillside, 1989). 2-Lauren Kobel, Gov. Livingston 34-10½. 3-Erin Vanderberg, Pequannock 31-7. 4-Lisa Randall, Hanover Park 31-5. 5-Lisa Rios, Johnson 31-5. 6-Ashley Waite, Mendham 31-2¼.

DISCUS: 1-Sarah Hershee, Mendham 139-5 record; former record, 133-1, Angel Hudson, Boonton, 1981. 2-Nicole Tottle, Pequannock 95-7. 3-Carrie Voit, Pequannock 93-2. 4-Erin Vanderberg, Pequannock 92-0. 5-Ashley Waite, Mendham 90-6. 6-Jervaise Latouche, Newark West Side 87-7.

JAVELIN: 1-Sarah Hershee, Mendham 129-9. 2-Megan Bauer, Rahway 119-4. 3-Jamie Stiger, Mendham 107-0. 4-Dana Lake, Roselle 106-6. 5-Kelby Scheiffer, Hackettstown 106-2. 6-Nicole Rodeghiero, Hackettstown 106-0.

1,600-METER RELAY: 1-Chatham (Kathleen Smith, Beth Tusso, Janina Kreider and Anika Kreider) 4:08.4. 2-West Essex 4:11.7. 3-Gov. Livingston 4:16.4. 4-Hackettstown 4:16.6. 5-Caldwell 4:17.4. 6-Hanover Park 4:21.1.

GROUP 1

TEAMS: 1-Science 72. 2-Kinnelon 62½. 3-Whippany Park 61. 4-New Providence 37. 5-Glen Ridge 34. 6-Madison 33½. 7-Butler 26. 8-Roselle Park 22. 9-Mountain Lakes 15. 10-Cedar Grove 11. 11-Verona 9. 12-Boonton and Brearley 8. 14-Dayton and Technology 2.

100-METER DASH: 1-Ahndrae Allen, Roselle Park 12.5. 2-Mikki Fuller, Science 12.7. 3-Nicole Harper, Science 13.1. 4-Liz Tutschek, Mountain Lakes 13.5. 5-Catherine Kalafut, Whippany Park 13.7. 6-Aimee Alati, Glen Ridge 14.0.

200-METER DASH: 1-Ahndrae Allen, Roselle Park 25.5. 2-Kenisha Bonefield, Madison 26.4. 3-Mikki Fuller, Science 26.5. 4-Shakirah Harper, Science 27.4. 5-Liz Tutschek, Mountain Lakes 27.7. 6-Nicole Harper, Science 27.9.

400-METER RUN: 1-Sherry White, Science 58.5. 2-Kenisha Bonefield, Madison 59.2. 3-Shakirah Harper, Science 1:01.4. 4-Lisa Minigh, Kinnelon 1:02.2. 5-Ramona Rice, Technology 1:02.9. 6-Shenita Brooks, Science 1:03.2.

800-METER RUN: 1-Sherry White, Science 2:19.1. 2-Kristen Poole, Whippany Park 2:29.0. 3-Courtney Burns, Kinnelon 2:30.1. 4-Jill Sanders, Butler 2:30.2. 5-Amarda Snodgrass, Cedar Grove 2:30.9. 6-Olympia Diamond, Glen Ridge 2:30.9.

1,600-METER RUN: 1-Laura Perry, Whippany Park 5:26.0. 2-Kristen Poole, Whippany Park 5:26.3. 3-Sherry White, Science 5:28.9. 4-Audrey Bishop, Kinnelon 5:35.5. 5-All Weeks, Madison 5:44.8. 6-Jill Sanders, Butler 6:03.2.

3,200-METER RUN: 1-Laura Perry, Whippany Park 12:12.5. 2-Mia Yocco, New Providence 12:43.9. 3-Jennifer Tobia, Cedar Grove 12:56.3. 4-Jen Lee, Glen Ridge 12:56.9. 5-Jen Schutz, Mountain Lakes 13:14.4. 6-Jenna Carroll, Mountain Lakes 13:25.1.

100-METER HURDLES: 1-Devon Kapler, Glen Ridge 16.11. 2-Elizabeth O'Keefe, Butler 16.6. 3-Jessie Karowski, New Providence 16.5. 4-Nicole Sabalaitauskas, Butler 16.7. 5-Kelly Sammon, Whippany Park 17.3. 6-Amarda Klinger, Verona 18.5.

400-METER INTERMEDIATE HURDLES: 1-Devon Kapler, Glen Ridge 1:06.8. 2-Ann Guzewich, Brearley 1:11.2. 3-Lindsey Bishop, Kinnelon 1:11.9. 4-Latesha Hampton, Science 1:12.0. 5-Rachel Jutkowitz, Madison 1:12.6. 6-Laurie McNamara, Cedar Grove 1:12.8.

HIGH JUMP: 1-Laura Perry, Whippany Park 5-2. 2-Devon Kapler, Glen Ridge 5-2. 3-Amy Banas, New Providence and Kelly Sammon, Whippany Park 5-0. 5-Olga Oksov, Dayton 4-8. 6-Katie Penny-Furion, Madison, and Sara Raiken, Kinnelon 4-6.

LONG JUMP: 1-Devon Kapler, Glen Ridge 16-5¾. 2-Ahndrae Allen, Roselle Park 16-5½. 3-Kelly Sammon, Whippany Park 16-5½. 4-Mikki Fuller, Science 15-8. 5-Debbie Heinzen, Glen Ridge 15-8. 6-Liz Tutschek, Mountain Lakes 14-11½.

SHOT PUT: 1-Carla Beckmann, Kinnelon 31-3. 2-Danielle Werhasselt, Butler 30-7. 3-Robyn Luckhaus, Mountain Lakes 30-6. 4-Caitlin Whitmer, Kinnelon 30-5. 5-Michelle Williams, New Providence 29-9. 6-Becky Helwig, Madison 29-9.

DISCUS: 1-Michelle Williams, New Providence 104-1. 2-Adriana Barbaro, Kinnelon 93-7. 3-Lindsey Judkins, Whippany Park 89-8. 4-Farra Pasieka, Kinnelon 88-7. 5-Stacey Peele, New Providence 86-7. 6-Danielle Verhasselt, Dayton 85-8.

JAVELIN: 1-Erin Marshall, Kinnelon 102-2. 2-Sara Bouroult, Boonton 102-0. 3-Erin McGarrity, Verona 101-8. 4-Becky Helwig, Madison 95-1. 5-Jennifer Collins, Roselle Park 90-10. 6-April Kirby, Verona 82-7.

1,600-METER RELAY: 1-Science (Shakirah Harper, Latesha Adams, Latesha Hampton and Mikki Fuller) 4:14.6. 2-Madison 4:17.8. 3-Kinnelon 4:22.1. 4-New Providence 4:25.1. 5-Cedar Grove 4:25.6. 6-Verona 4:35.4.

CENTRAL JERSEY RESULTS

GROUP 4

TEAMS: 1-Hillsborough 101. 2-Trenton 67. 3-Piscataway and J.P. Stevens 48. 5-South Brunswick 45. 6-Howell 27. 7-Hunterdon Central 21. 8-Freehold Township 14. 9-Sayreville 13. 10-Edison 10. 11-East Brunswick and Marlboro 9. 13-Old Bridge 8. 14-Bridgewater-Raritan 7. 15-West Windsor 4. 16-Middletown North 2. 17-Manalapan 1.

100-METER DASH: 1-Kim Boardman, South Brunswick 12.4. 2-Jasmeen Horne, J.P. Stevens 12.6. 3-Candice Steele, J.P. Stevens 12.8. 4-Marilysha Vaughn, Trenton 12.8. 5-Stacie Davis, Marlboro 12.8. 6-Tiffany Yon, Trenton 13.2.

200-METER DASH: 1-Tierra Hicks, Hillsborough 25.5. 2-Candice Steele, J.P. Stevens 25.9. 3-Shareese Weldon, Trenton 26.1. 4-Shanon Alston, J.P. Stevens 26.2. 5-Pokuaa Osei-Duah, Hillsborough 26.4. 6-Keisha Williams, Trenton 27.1.

400-METER RUN: 1-Tierra Hicks, Hillsborough 57.6. 2-Shannon Alston, J.P. Stevens 58.4. 3-Shareese Weldon, Trenton 1:00.1. 4-Pokuaa Osei-Duah, Hillsborough 1:00.1. 5-Keisha Williams, Trenton 1:00.2. 6-Lynn Avery, Bridgewater-Raritan 1:01.8.

800-METER RUN: 1-Kristen Meyer, Hillsborough 2:18.6. 2-Faith Murray, Trenton 2:21.3. 3-Shannon Hawrylo, Hunterdon Central 2:21.4. 4-Liz Stevens, Old Bridge 2:22.1. 5-Lindsey Gallo, Howell 2:23.9. 6-Christen Rillo, Howell 2:25.5.

1,600-METER RUN: 1-Lindsey Gallo, Howell 5:10.5. 2-Kristen Meyer, Hillsborough 5:17.2. 3-Jillian Stein, South Brunswick 5:22.1. 4-Anne O'Rane, South Brunswick 5:22.2. 5-Jennifer Gaffey, Freehold Township 5:27.2. 6-Faith Murray, Trenton 5:27.2.

3,200-METER RUN: 1-Lindsey Gallo, Howell 11:21.6. 2-Kristen Meyer, Hillsborough 11:28.9. 3-Jillian Stein, South Brunswick 11:57.5. 4-Neta Ezer, West Windsor 12:00.0. 5-Shannon Hawrylo, Hunterdon Central 12:03.7. 6-Deanna Willard, Hillsborough 12:05.6.

100-METER HIGH HURDLES: 1-Candice Steele, J.P. Stevens 14.6. 2-Stephanie Bergman, South Brunswick 15.3. 3-Nikkia Barrett, Trenton 15.8. 4-Carrie Roposh, Hunterdon Central 16.1. 5-Stephanie Croley, Piscataway 16.1. 6-Damaris Geigel, Freehold Township 16.4.

400-METER INTERMEDIATE HURDLES: 1-Tierra Hicks, Hillsborough 1:03.8. 2-Alena Weldon, Trenton 1:06.6. 3-Stephanie Danella, Piscataway 1:07.1. 4-Melanie Manzo, Hunterdon Central 1:09.7. 5-Georgette Politano, Middletown North 1:10.2. 6-Damaris Geigel, Freehold Township 1:10.6.

HIGH JUMP: 1-Stephanie Croley, Piscataway 5-2. 2-Catherine Tompkins, East Brunswick 5-0. 3-Stephanie Shoop, Hillsborough 5-0. 4-Jessica Taibe, Hunterdon Central 5-0. 5-Candice Steele, J.P. Stevens 5-0. 6-Jennifer White, Manalapan 5-0.

LONG JUMP: 1-Ciomena Mouzon, Hillsborough 17-0. 2-Stephanie Bergman, South Brunswick 16-6¼. 3-Cheriffa Koroma, Piscataway 16-3½. 4-Nikkia Barrett, Trenton 16-1¼. 5-Odette Mucha, J.P. Stevens 16-0¾. 6-Jen Sparrer, Hunterdon Central 15-11¼.

SHOT PUT: 1-Claire Inskip, Sayreville 34-11½. 2-Enewan Adjah, Piscataway 33-1½. 3-Sheila Smith, Edison 31-1½. 4-Janelle Williams, Howell 30-10¼. 5-Brittany McCormbs, Old Bridge 30-5. 6-Michelle Wilson, East Brunswick 30-02 ¼.

DISCUS: 1-Lindsay Warner, Freehold Township 112-5. 2-Stephanie Shoop, Hillsborough 109-7. 3-Lois Malenchek, Hillsborough 105-8. 4-Sheila Smith, Edison 104-0. 5-Rebecca Dezan, South Brunswick 100-0. 6-Claire Inskip, Sayreville 99-7.

JAVELIN: 1-Idisha Pettigrew, Trenton 128-3. 2-Megan Greeley, Piscataway 124-7. 3-Yasmin Deliz, Marlboro 119-3. 4-Kristin Kutch, Hillsborough 108-1. 5-Theresa Weens, Old Bridge 98-1. 6-Kelly Witkowski, Marlboro 98-1.

1,600-METER RELAY: 1-Trenton (Shareese Weldon, Alena Weldon, Keisha Williams and Faith Murray) 4:06.5. 2-Piscataway 4:07.6. 3-Bridgewater-Raritan 4:12.9. 4-Hillsborough 4:13.6. 5-Sayreville 4:14.0. 6-South Brunswick 4:15.9.

GROUP 3

TEAMS: 1-Middletown South 112. 2-North Hunterdon 78. 3-Ewing 50. 4-Franklin 41½. 5-Hamilton West 40. 6-Watchung Hills 30. 7-Hightstown 16. 8-Red Bank 14. 9-Wall 11. 10-Neptune 10. 11-Lawrence 9. 12-North Brunswick 7. 13-Monmouth Regional 4. 14-Monroe 3½. 15-Princeton 3. 16-Matawan 2. 17-Long Branch 1.

100-METER DASH: 1-Natasha Jarrett, Franklin 12.3. 2-Christine Johnson, Hamilton 12.4. 3-Kara Snyder, North Hunterdon 12.4. 4-Susan Kwiatkowski, Middletown South 12.6. 5-Jaweia Campbell, Ewing 12.6. 6-Rochelle Dukes, Long Branch 12.7.

200-METER DASH: 1-Kara Snyder, North Hunterdon 26.1. 2-Christine Johnson, Hamilton West 26.3. 3-Meghan Kober, Watchung Hills 26.4. 4-Susan Kwiatkowski, Middletown South 26.6. 5-Kim Lyles, Franklin and Melissa Ann Boiko, Monroe 27.1.

400-METER RUN: 1-Melanie Rhoden, Ewing 57.9. 2-Christine Johnson, Hamilton 58.1. 3-Meghan Kober, Watchung Hills 58.2. 4-Joanna Bradley, Middletown South 58.2. 5-Melissa Saharic, North Hunterdon 59.5. 6-Amy Calvo, Lawrence 59.7.

800-METER RUN: 1-Casie Kerr, Middletown South 2:18.0. 2-Lauren Dike, Middletown South 2:19.8. 3-Kristin Mikala, Franklin 2:21.0. 4-Grace O'Neill, North Hunterdon 2:21.9. 5-Lindsay Hayes, Red Bank 2:24.5. 6-Tara Froehlich, Middletown South 2:25.6.

1,600-METER RUN: 1-Cate Guiney, Middletown South 4:57.1. 2-Maggie Guiney, Middletown South 5:06.2. 3-Julie

Culley, North Hunterdon 5:08.9. 4-Grace O'Neill, North Hunterdon 5:13.5. 5-Krystie Mazza, North Hunterdon 5:19.2. 6-Tiffany Crowl, North Brunswick 5:20.5.

3,200-METER RUN: 1-Cate Guiney, Middletown South 10:31.6, meet record; No. 5 in state history. 2-Maggie Guiney, Middletown South 11:08.9. 3-Caroly Culley, North Hunterdon 11:29.9. 4-Tiffany Crowl, North Brunswick 11:38.2. 5-Kristen Haughey, North Hunterdon 11:43.3. 6-Magen Ruane, North Hunterdon 12:00.2.

100-METER HIGH HURDLES: 1-Maire Lizaire, Neptune 15.20. 2-Tamara McGill, Franklin 15.35. 3-Nicole Froehlich, Middletown South 15.68. 4-Colleen Ginty, North Hunterdon 15.93. 5-Erica Szoc, North Hunterdon 16.15. 6-Jaweia Campbell, Ewing 16.15.

400-METER INTERMEDIATE HURDLES: 1-Melanie Rhoden, Ewing 1:02.5. 2-Colleen Ginty, North Hunterdon 1:03.4. 3-Nadege Divoral, Ewing 1:05.2. 4-Lindsey Hayes, Red Bank 1:05.4. 5-Joanna Bradley, Middletown South 1:05.6. 6-Natasha Yaeger, Wall 1:06.5.

HIGH JUMP: 1-Shayla-Vie Jenkins, Ewing 5-0. 2-Emily Brown, Middletown South 5-0. 3-Colleen Ginty, North Hunterdon 5-0. 4-Razvel Reed, Princeton and Nadege Divoral, Ewing 5-0. 6-Lindsey Hayes, Red Bank 4-10.

LONG JUMP: 1-Meghan Kober, Watchung Hills 17-4½. 2-Joanna Bradley, Middletown South 16-11. 3-Kara Snyder, North Hunterdon 16-3¼. 4-Christine Johnson, Hamilton West 16-2¼. 5-Elizabeth Russell, Red Bank 15-9¼. 6-Susan Kwiatkowski, Middletown South 15-8¾.

SHOT PUT: 1-Jackie Hudgins, Hightstown 40-0. 2-Michelle Vedral, Hamilton West 36-0. 3-Katie Pachuta, Middletown South 35-9¼. 4-Natasha Jarrett, Franklin 35-4.

The champions

Gr. 4: Hillsborough (2nd in row)

Gr. 3: Middletown S (2nd in row)

Gr. 2: Somerville (2nd in row)

Gr. 1: Metuchen (6th in row)

5-Geneva Livingston, Red Bank 33-4¼. 6-Shaunta Hewitt, Matawan 33-1½.

DISCUS: 1-Katie Pachuta, Middletown South 114-11. 2-Sara Meeks, Watchung Hills 114-6. 3-Shannon Smith, Hightstown 111-2. 4-Michelle Vedral, Hamilton 108-4. 5-Nicole Banack, Monroe 106-0. 6-Geneva Livingston, Red Bank 104-5.

JAVELIN: 1-Cheryl Christianson, Wall 116-4. 2-Kate Smithson, Lawrence 107-7. 3-Margaret McLaughlin, Franklin 107-2. 4-Jennifer Stanton, Monmouth Regional 102-0. 5-Anne Raccioppi, Red Bank Regional 100-9. 6-Vicky Freidel, North Hunterdon 97-9.

1,600-METER RELAY: 1-North Hunterdon 4:02.3. 2-Ewing 4:06.5. 3-Franklin 4:08.1. 4-Middletown South 4:09.8. 5-North Brunswick 4:17.1. 6-Matawan 4:18.1.

GROUP 2

TEAMS: 1-TEAMS: 1-Somerville 102. 2-Hopewell Valley 90. 3-Voorhees 82½. 4-North Plainfield 33. 5-Freehold Boro 32 ½. 6-Holmdel 17. 7-Rumson 15. 8-South Plainfield 14. 9-Delaware Valley 12. 10-Isefin Kennedy 10. 11-Raritan 8. 12-Asbury Park 7. 13-New Brunswick 6. 14-Carteret 4. 15-Ridge 1.

100-METER DASH: 1-Kristen Zeleznik, Voorhees 12.7. 2-Amy Van Horn, Somerville 12.7. 3-Fallon Giovacchini, Hopewell Valley 13.0. 4-Toyin Idowu, Hopewell Valley 13.1. 5-Tiffany Coachman, Freehold Boro 13.1. 6-Daniella Defuria, Raritan 13.3.

200-METER DASH: 1-Amy Van Horn, Somerville 25.6, meet record; former record 25.8, Joann Kertesz, Delaware Valley, 1996. 2-Fallon Giovacchini, Hopewell Valley 26.7. 3-Latasha Keene, Freehold Boro 27.1. 4-Adrienne Lopez, Delaware Valley 27.2. 5-Marcella Wilkinson, Freehold Boro 27.5. 6-Toyin Idowu, Hopewell Valley 28.1.

400-METER RUN: 1-Molly Purvis, Hopewell Valley 1:00.5. 2-Lori Gauer, Somerville 1:00.5. 3-Monique Boyton, Asbury Park 1:01.1. 4-Adrienne Lopez, Delaware Valley 1:01.7. 5-Chiemeka Ejiochi, South Plainfield 1:02.5. 6-Kristen Salman, Voorhees and Marcella Wilkinson, Freehold Borough 1:02.8.

800-METER RUN: 1-Sarah Rhodes, Voorhees 2:20.6. 2-Molly Purvis, Hopewell Valley 2:24.7. 3-Erica Wentz, Voorhees 2:25.8. 4-Christy Planer, Rumson 2:25.9. 5-Jackie Ellis, Delaware Valley 2:26.1. 6-Nikki Pall, Hopewell Valley 2:27.1.

1,600-METER RUN: 1-Lily Thomas, Somerville 5:12.4, meet record; former record 5:16.4, Velieta Graham, Asbury Park, 1995. 2-Laura Petrillo, Hopewell Valley 5:17.9. 3-Sarah Rhodes, Voorhees 5:20.9. 4-Whitney McNeese, Hopewell Valley 5:21.9. 5-Tiffany Rust, Hopewell Valley 5:23.1. 6-Christina Vullo, Holmdel 5:28.6.

3,200-METER RUN: 1-Lily Thomas, Somerville 11:18.8. 2-Tiffany Rust, Hopewell Valley 11:28.2. 3-Laura Petrillo, Hopewell Valley 11:39.2. 4-Christina Vullo, Holmdel 11:41.2. 5-Natalie Jones, Hopewell Valley 11:53.7. 6-Cindy Carlson, South Plainfield 11:56.0.

100-METER HIGH HURDLES: 1-Jamie Gauer, Somerville 16.4. 2-Kelsi Russell, North Plainfield 16.4. 3-Akilah Campbell, North Plainfield 16.8. 4-Tiffany Coachman, Freehold Boro 16.9. 5-Gloria Oseley, South Plainfield 17.2. 6-Laura Scherr, Somerville 17.3.

400-METER INTERMEDIATE HURDLES: 1-Lori Gauer, Somerville 1:05.4. 2-Chiemeka Ejiochi, South Plainfield 1:06.5. 3-Jackie Muscente, Hopewell Valley 1:06.7. 4-Robyn Shello, Somerville 1:07.5. 5-Laura Scherr, Somerville 1:08.6. 6-Julia Karoly, Rumson 1:09.2.

HIGH JUMP: 1-Kristin Composto, Iselin Kennedy 5-6. 2-Latasha Kenne, Freehold Borough 5-4. 3-Toyin Idowu, Hopewell Valley 5-2. 4-Lauren Korbul, Raritan and Kelsi Russell, North Plainfield 5-0. 6-Lori Gauer, Somerville 4-10.

LONG JUMP: 1-Kristen Zeleznik, Voorhees 17-4½. 2-Tiffany Coachman, Freehold Boro 16-7. 3-Meredith Brenner, Rumson 15-11¼. 4-Danielle Defuria, Raritan 15-9½. 5-Jamie Gauer, Somerville 15-1¼. 6-Rachel Snyder, Delaware Valley 14-11½.

SHOT PUT: 1-Cassie Alpaugh, Voorhees 36-0¼. 2-Susan Altman, Voorhees 32-8. 3-Luci Santana, North Plainfield 32-4½. 4-Jessica Green, Carteret 31-11. 5-Danika Long, New Brunswick 31-7. 6-Valerie Nelson, Asbury Park 30-11.

DISCUS: 1-Cassie Alpaugh, Voorhees 107-7. 2-Valerie Rogers, Somerville 105-9. 3-Alyssa Thompson, North Plainfield 104-1. 4-Luci Santana, North Plainfield 103-11. 5-Georgie Fear, Holmdel 102-10. 6-Kari Fall, Delaware Valley 99-1.

JAVELIN: 1-Julie Seibert-Johnson, Holmdel 148-0, meet record, No. 10 in state history. 2-Christa Sandvig, Somerville 121-9. 3-Tara Lance, Voorhees 116-11. 4-Francene Russell, New Brunswick 112-6. 5-Priscilla McLarty, Hopewell Valley 112-3. 6-Jamie Graham, South Plainfield 105-11.

1,600-METER RELAY: 1-Somerville (Amy Van Horn, Robyn Shello, Laura Scherr and Lori Gauer) 4:09.6, meet record; former record 4:10.3, Asbury Park, 1995. 2-Hopewell Valley 4:14.3. 3-Voorhees 4:14.8. 4-Rumson 4:14.9. 5-Freehold Boro 4:16.4. 6-Ridge 4:34.4.

GROUP 1

TEAMS: 1-Metuchen 168. 2-Montgomery 104. 3-Spotswood 34. 4-Shore Regional 25. 5-Colts Neck 24. 6-Bound Brook 23. 7-South River 18. 8-Bernards 17. 9-Middlesex 16. 10-Highland Park 4.

100-METER DASH: 1-Danielle Brown, Metuchen 13.2. 2-Amy Kolasa, Colts Neck 13.2. 3-Alexandra Hill, South River 13.2. 4-Queyen Phan, Metuchen 13.3. 5-Yolanda Dove, Spotswood 13.5. 6-Julia Baugh, Montgomery 13.6.

200-METER DASH: 1-Danelle Brown, Metuchen 27.2. 2-Alexdria Hill, South River 27.5. 3-Julia Baugh, Montgomery 28.1. 4-Queyen Phan, Metuchen 28.5. 5-Yolanda Dove, Spotswood 29.0. 6-Lauren Haralson, Bernards 29.1.

400-METER RUN: 1-Christine Scarfuto, Metuchen 1:00.9. 2-Ali Shames-Dawson, Shore Regional 1:02.0. 3-Michele Mishak, Spotswood 1:03.0. 4-Kelly Quinlan, Montgomery 1:03.7. 5-Vanessa Picone, Metuchen 1:04.4. 6-Lisa Porpora, Metuchen 1:04.6.

800-METER RUN: 1-Ali Shames-Dawson, Shore Regional 2:24.3. 2-Christine Scarfuto, Metuchen 2:27.3. 3-Michele Mishak, Spotswood 2:27.4. 4-Vanessa Picone, Metuchen 2:31.0. 5-Ashley McHugh, Montgomery 2:33.0. 6-Diana Chan, Spotswood 2:33.2.

1,600-METER RUN: 1-Ashley McHugh, Montgomery 5:44.9. 2-Ashley Libertore, Montgomery 5:44.9. 3-Caroly Dekker, Bernards 5:52.1. 4-Christine Smaltino, Spotswood 5:55.4. 5-Jenn Mateicka, Metuchen 5:56.9. 6-Meghan Hinck, Shore Regional 5:57.9.

3,200-METER RUN: 1-Deirdre Fenton, Metuchen 12:51.6. 2-Ashley McHugh, Montgomery 13:00.7. 3-Megan Kaysar, Middlesex 13:10.2. 4-Caroly Dekker, Bernards 13:22.9. 5-Heather Shapiro, Bernards 13:24.9. 6-Jeanette Franko, Metuchen 13:27.0.

100-METER HIGH HURDLES: 1-Queyen Phan, Metuchen 17.03. 2-Erika Faletti, Metuchen 17.38. 3-Melissa Chung, Montgomery 17.62. 4-Stephanie Weaver, Montgomery 17.75. 5-Megan Powell, Metuchen 17.77. 6-Yolanda Dove, Spotswood 17.86.

400-METER INTERMEDIATE HURDLES: 1-Kaci Redding, Metuchen 1:08.3. 2-Kelly Quinlan, Montgomery 1:10.3. 3-Erika Faletti, Metuchen 1:10.4. 4-Colette Rochat, Bernards 1:12.3. 5-Megan Powell, Metuchen 1:12.4. 6-Melissa Chung, Montgomery 1:12.9.

HIGH JUMP: 1-Ugochi Okorie, Metuchen 5-5. 2-Stephanie Weaver, Montgomery 5-0. 3-Katherine Covino, Montgomery 4-10. 4-Emily Huddell, Bound Brook 4-8. 5-Jaclyn Barry, South River 4-8. 6-Melissa Chung, Montgomery 4-6.

LONG JUMP: 1-Ugochi Okorie, Metuchen 16-2¼. 2-Amy Kolasa, Colts Neck 15-0½. 3-Tamara Jovic, Bound Brook 14-11. 4-Verlea McDonald, Highland Park 14-9. 5-Cozette Ruddy, Metuchen 14-8. 6-Kelly Quinlan, Montgomery 14-1¾.

SHOT PUT: 1-Lindsay Cherneski, Bund Brook 32-8. 2-Miao Li, Metuchen 30-6. 3-Nicole Lewis, Metuchen 29-1. 4-Liz Kuchar, Metuchen 27-5¼. 5-Heather Tabman, Montgomery 27-4½. 6-Kelly Chudy, Bound Brook 27-1.

DISCUS: 1-Kate Guggino, Montgomery 105-4. 2-Mariah Perkins, Montgomery 99-3. 3-Kathy Jo Meyers, Middlesex 94-10. 4-Emily Mertz, Metuchen 92-2. 5-Dana Valent, Bound Brook 80-10. 6-Liz Roberts, Metuchen 80-0.

JAVELIN: 1-Amanda Kurtz, Montgomery 100-4. 2-Liz Roberts, Metuchen 90-0. 3-Melissa Wallace, Spotswood 87-0. 4-Kathy Jo Meyers, Middlesex 85-10. 5-Vanessa Romanko, Spotswood 83-3. 6-Emily Mertz, Metuchen 83-2.

1,600-METER RELAY: 1-Metuchen 4:19.5. 2-Montgomery 4:24.8. 3-Shore Regional 4:35.8. 4-Spotswood 4:38.3. 5-South River 5:05.5. No sixth place.

SOUTH JERSEY RESULTS

GROUP 4

TEAMS: 1-Shawnee 75. 2-Washington Township 68. 3-Pennsauken 42. 4-Edgewood 31. 5-Cherokee, Triton 27. 7-Jackson 26½. 8-Vineland 23. 9-Absegami 22. 10-Toms River East 20½. 11-Overbrook 15. 12-Eastern 12. 13-Highland 11. 14-Toms River North, Atlantic City 10. 16-Brick Township 7. 17-Southern 4. 18-Rancocas Valley 2. 19-Lenape 1.

100-METER DASH: 1-Shonda Burroughs, Vineland 12.1. 2-Aithia Jenkins, Pennsauken 12.3. 3-Samantha Sweeney, Cherokee 12.3. 4-Tenisha Becton, Pennsauken 12.4. 5-Latoya Benson, Washington 12.5. 6-Medea Ashton, Washington 12.6.

200-METER DASH: 1-Medea Ashton, Washington Township 25.8. 2-Latoya Benson, Washington Township 25.9. 3-Kerion McKnight, Atlantic City 26.1. 4-Samantha Sweeney, Cherokee 26.2. 5-Terri Romanowski, Toms River East 26.3. 6-Shimell Thompson, Vineland 26.4.

400-METER RUN: 1-Katie Connor, Washington 57.0. 2-Kemelia Campbell, Jackson 57.1. 3-Samantha Sweeney, Cherokee 57.8. 4-Pam Richardson, Edgewood and Erin McIntyre, Washington 58.2. 6-Saudia Saleem, Edgewood 58.3.

800-METER RUN: 1-Claudine Evangelista, Triton 2:15.1. 2-Courtney McCrudden, Eastern 2:18.1. 3-Kimberly Pickard, Shawnee 2:18.4. 4-Tara DeBrille, Overbrook 2:18.6. 5-Katie Connor, Washington Township 2:18.8. 6-Jenna Darcy, Shawnee 2:20.6.

1,600-METER RUN: 1-Jenna Darcy, Shawnee 5:14.4. 2-Leyna Williams, Triton 5:16.3. 3-Dana Palumbo, Shawnee 5:22.0. 4-Karen Hanna, Washington Township 5:26.1. 5-Amy Newshel, Highland 5:28.4. 6-Lindsay Scarborough, Lenape 5:27.3.

3,200-METER RUN: 1-Jenna Darcy, Shawnee 11:23.1. 2-Leyna Williams, Triton 11:26.5. 3-Marybeth Redheffer, Shawnee 11:40.0. 4-Dana Palumbo, Shawnee 11:40.7. 5-Robin VanAuken, Highland 11:55.0. 6-Melissa Razo, Cherokee 11:57.7.

100-METER HURDLES: 1-Alethia Jenkins, Pennsauken 14.2. 2-Yvette Murry, Edgewood 14.5. 3-Melanie Porterfield, Highland 14.9. 4-Shonda Burroughs, Vineland 14.9. 5-Sheena Ohlig, Pennsauken 15.1. 6-Kierra Clemons, Edgewood and Emily Branch, Toms River East 15.5.

400-METER INTERMEDIATE HURDLES: 1-Medea Ashton, Washington 1:01.9. 2-Kemelia Jackson, Jackson 1:02.0. 3-Yvette Murry, Edgewood 1:03.5. 4-Pam Richardson, Edgewood 1:04.0. 5-Anita Brooks, Washington 1:04.5. 6-Melanie Porterfield, Highland 1:04.8.

HIGH JUMP: 1-Sheena Ohlig, Pennsauken 5-2. 2-Kelly Ferraro, Toms River North 5-2. 3-Carrie Adams, Absegami 5-2. 4-Kena Butts, Eastern 5-2. 5-Lisa Vandermeyren, Rancocas Valley 5-2. 6-Kierra Clemons, Edgewood and Julie Wozniak, Jackson 5-0.

LONG JUMP: 1-Samantha Sweeney, Cherokee 18-1. 2-Shonda Burroughs, Vineland 17-11½. 3-Katie Connor, Washington Township 17-8½. 4-Kemelia Campbell, Jackson 17-4¾. 5-Kierra Clemons, Edgewood 17-4. 6-Jessica Hurley, Shawnee 17-3¼.

SHOT PUT: 1-Lynlee Phillips, Shawnee 40-3¼. 2-Adriane Damiano, Toms River East 30-10¼. 3-Erin Foster, Brick Township 36-11. 4-Kelli Tremel Staten, Atlantic City 36-7¼. 5-Tina Gill, Edgewood 36-0¼. 6-Turquoise Danford, Overbrook 35-7.

DISCUS: 1-Lynlee Phillips, Shawnee 122-7. 2-Vicki McArdle, Absegami 116-7. 3-Adriane Damiano, Toms River East 111-7. 4-Onya Dayne, Overbrook 109-7. 5-Kristin Sauers, Toms River East 102-4. 6-Jessica Davis, Brick 99-6.

JAVELIN: 1-Lynlee Phillips, Shawnee 154-8, South Jersey record and No. 3 in state history; former record, 152-7, Emma Painter, Clayton 1980. 2-Vicki McArdle, Absegami 119-3. 3-Jennifer Bakley, Overbrook 107-6. 4-Mindy Foster, Southern 105-6. 5-Lauren Rzempolouch, Toms River East 104-10. 6-Shanna Green, Triton 102-9.

1,600-METER RELAY: 1-Washington Township (Katie Connor, Anita Brooks, Jade Logan and Erin McIntyre) 3:54.5. 2-Pennsauken 3:56.6. 3-Jackson 3:58.1. 4-Edgewood 4:03.1. 5-Toms River North 4:07.4. 6-Shawnee 4:08.0.

GROUP 3

TEAMS: 1-Willingboro 96. 2-Camden Wilson 59½. 3-Lakewood 55. 4-Camden 36. 5-Oakcrest 35. 6-Toms River South 32. 7-Ocean City 27. 8-Delsea, Pinelands 19. 10-Pemberton 17. 11-Clearview 15. 12-Williamstown 8. 13-Egg Harbor 4½. 14-Mainland, Central Regional 4. 16-West Deptford 2. 17-Lower Cape May 1.

100-METER DASH: 1-Magenta Taylor, Willingboro 12.1. 2-Sikya Black, Camden Wilson 12.2. 3-Shameka Marshall, Oakcrest 12.5. 4-Camille Solomon, Lakewood 12.6. 5-Latifah El Amin, Willingboro 12.7. 6-Camelle Murray, Lakewood 12.7.

200-METER DASH: 1-Shakirah Rutherford, Willingboro 25.2. 2-Haleema Fisher, Camden 25.6. 3-Danielle Myricks, Willingboro 25.9. 4-Tori Williams, Pemberton 25.9. 5-Raniyah Walker, Camden 26.4. 6-Lisa Kassa, Camden Wilson 26.7.

400-METER RUN: 1-Shakirah Rutherford, Willingboro 57.3. 2-Shalaree Mills, Oakcrest 57.9. 3-Rose Harris, Pemberton 58.3. 4-Lisa Kassa, Camden Wilson 58.3. 5-Raniyah Walker, Camden 58.6. 6-Takia Canty, Willingboro 58.8.

800-METER RUN: 1-Kaniesha Campbell, Lakewood 2:20.1. 2-Amy Tharp, Pinelands 2:21.7. 3-Chelsea Kendrick, Toms River South and Tanasha Shelton, Camden Wilson 2:22.5. 5-Sakeenah Callaway, Egg Harbor 2:22.8. 6-Jessica Valiante, Oakcrest 2:23.9.

1,600-METER RUN: 1-Kaniesha Campbell, Lakewood 5:21.8. 2-Tanisha Shelton, Camden Wilson 5:22.0. 3-Brittany McCann, Delsea 5:27.1. 4-Mia Kassa, Camden Wilson 5:33.4. 5-Christina Gisondi, Egg Harbor 5:35.2. 6-Katie Hughes, Central Regional 5:35.5.

3,200-METER RUN: 1-Brittany McCann, Delsea 11:44.3. 2-Mia Kassa, Camden Wilson 11:49.0. 3-Tanisha Shelton, Camden Wilson 11:49.9. 4-Megan DiGerolamo, Williamstown 11:56.5. 5-Kristen Kostka, West Deptford 12:00.5. 6-Katie Hughes, Central Regional 12:02.4.

100-METER HIGH HURDLES: 1-Magenta Taylor, Willingboro 14.8. 2-Latifah El Amin, Willingboro 15.1. 3-Barbara Howard, Lakewood 15.2. 4-Chereyse Hepburn, Oakcrest 15.5. 5-Kristen Manoque, Clearview 15.5. 6-Tawana Hart, Willingboro 15.5.

400-METER INTERMEDIATE HURDLES: 1-Shakirah Rutherford, Willingboro 1:03.6. 2-Danielle Myricks, Willingboro 1:04.8. 3-Haleema Fisher, Camden 1:05.2. 4-Latoya Whitted, Camden Wilson 1:05.5. 5-Erin Bisceglia, Delsea 1:07.0. 6-Quiana Mason, Camden Wilson and Michelle Fromal, Egg Harbor 1:07.3.

HIGH JUMP: 1-Alexandria Yajl, Pinelands 5-2. 2-Stephanie Lamson, Ocean City 5-2. 3-Melissa Morrison, Willingboro 5-2. 4-Hakima Lake, Williamstown 5-2. 5-Kathleen Schmid, Ocean City, Alison Shepherd, Oakcrest and Melissa Kloc, Pinelands 5-0.

LONG JUMP: 1-Camelle Murray, Lakewood 16-4¾. 2-Shameka Marshall, Oakcrest 16-3¾. 3-Kristen Manoque, Clearview 15-11½. 4-Latifah El Amin, Willingboro 15-9. 5-Stephanie Lamson, Ocean City 15-8¼. 6-Candice Fasta, Toms River South 15-7¼.

SHOT PUT: 1-Dana White, Camden 40-10¼. 2-Tonia Sabino, Toms River South 40-2¾. 3-Candice Schultz, Toms River South 37-8¾. 4-Shimia Clark, Camden Wilson 36-7¼. 5-Ebony Mattox, Central Regional 34-7¼. 6-Nashyah Carter, Lower Cape May 34-4.

DISCUS: 1-Lora Stutzman, Ocean City 114-5.

The champions

Gp. 4: Shawnee (6 out of last 7)

Gp. 3: Willingboro (1st since 1992)

Gp. 2: Bridgeton (1st ever)

Gp. 1: Haddonfield (2nd in row)

2-Shanelle Giliard, Lakewood 112-3. 3-Becky Grimshaw, Clearview 111-7. 4-Jacqueline Amonette, Ocean City 105-11. 5-Selma Awuor, Deptford and Candice Schultz, Toms River South 105-6.

JAVELIN: 1-Justine Perlberg, Toms River South 113-11. 2-Tahnisha Barge, Camden 102-6. 3-Lisa Diaz, Oakcrest 102-5. 4-Kerrie Lynne Delaney, Mainland 100-9. 5-Colleen Allaire, Lakewood 98-10. 6-Danielle Brown, Clearview 98-7.

1,600-METER RELAY: 1-Willingboro (Tawana Hart, Takia Canty, Latashia Taylor and Danielle Myricks) 4:00.7. 2-Pemberton 4:02.6. 3-Camden Wilson 4:03.1. 4-Lakewood 4:03.4. 5-Ocean City 4:05-9. 6-Oakcrest 4:07.6.

GROUP 2

TEAMS: 1-Bridgeton 83. 2-Buena 61. 3-Moorestown 57. 4-Kingsway 50. 5-Schallick 37. 6-Manchester Township 32. 7-Deptford 31. 8-Pleasantville 27. 9-Delran 16. 10-Northern Burlington 13. 11-Woodstown 10. 12-Audubon 8. 13-Gateway 5. 14-Collingswood and Cinnaminson 2.

100-METER DASH: 1-Armandi Rhett, Moorestown 11.8, meet record; former record 11.9, Rhett, 1998. 2-Nadia Davy, Bridgeton 12.0. 3-Anu Ward, Moorestown 12.0. 4-Aisha Morgan, Schallick, 12.1. 5-Erika Young, Kingsway 12.4. 6-Terri Franklin, Audubon 12.8.

200-METER DASH: 1-Nadia Davy, Bridgeton 24.4. 2-Armandi Rhett, Moorestown 24.8. 3-Danielle Lyons, Moorestown 25.4. 4-Aisha Morgan, Schallick 25.5. 5-Anu Ward, Moorestown 25.5. 6-Frances Bundy, Pleasantville 26.8.

400-METER RUN: 1-Nadia Davy, Bridgeton 54.0. 2-Katrina Sye, Buena 54.7. 3-Danielle Lyons, Moorestown 58.7. 4-Melissa Harris, Kingsway 59.3. 5-Carolyn Abatamarco, Manchester 1:00.5. 6-Pria Milledge, Bridgeton 1:01.9.

800-METER RUN: 1-Katrina Sye, Buena 2:09.2, South Jersey record; former record 2:10.1, Michelle Rowan, Washington Township, 1980. 2-Jade Fisher, Deptford 2:16.5. 3-Lauren Ricci, Buena 2:22.8. 4-Pria Milledge, Bridgeton 2:24.9. 5-Emily McDonough, Woodstown 2:28.1. 6-Darrah Linsley, Audubon 2:28.2.

1,600-METER RUN: 1-Stephanie Maxwell, Buena 5:18.8. 2-Emily McDonough, Woodstown 5:26.2. 3-Meghan Spence, Northern Burlington 5:27.1. 4-Kate Henniger, Manchester Township 5:30.1. 5-Marissa Brown, Schallick 5:32.6. 6-Megan Larch, Kingsway 5:33.1.

3,200-METER RUN: 1-Stephanie Maxwell, Buena 1:28.2. 2-Megan Larch, Kingsway 1:39.6. 3-Betsy Bulat, Moorestown 1:41.8. 4-Meghan Spence, North Burlington 1:44.0. 5-Julia Kuder, Moorestown 1:51.9. 6-Kate Henninger, Manchester 1:52.0.

100-METER HIGH HURDLES: 1-Dierra Poland, Deptford 14.9. 2-Frances Bundy, Pleasantville 15.2. 3-Danielle Clement, Kingsway 16.1. 4-Jenn Nash, Manchester Township 16.3. 5-Melissa Nann, Moorestown 16.3. 6-Jessica Parks, Northern Burlington 16.6.

400-METER INTERMEDIATE HURDLES: 1-Katrina

Sye, Buena 1:01.2. 2-Frances Bundy, Pleasantville 1:03.3. 3-Carolyn Abatamarco, Manchester 1:05.6. 4-Lauren Locke, Schallick 1:07.1. 5-Julia Kuder, Moorestown 1:15.9. 6-Kate Hemming, Manchester 1:20.6.

HIGH JUMP: 1-Brooke Murray, Kingsway 5-4. 2-Brandee Pankis, Manchester 5-2. 3-Tiffany Corsey, Deptford, 5-0. 4-Katie Dohn, Schallick and Danielle Lyons, Moorestown 4-10. 6-Christy Pierce, Deptford 4-10.

LONG JUMP: 1-Frances Bundy, Pleasantville 18-9½. 2-Aisha Morgan, Schallick 17-1¼. 3-Carolyn Abatamarco, Manchester Township 17-0. 4-Regina Villari, Gtway 16-8. 5-Faith Charlton, Collingswood 16-7¼. 6-Tiffany Corsey, Deptford 16-3.

SHOT PUT: 1-Nicole Moore, Bridgeton 44-10¼, South Jersey record; former record 44-5¼, Melinda Boykin, Bridgeton, 1998. 2-Aisha Morgan, Schallick 37-5¼. 3-Dinean Robinson, Buena 36-9¼. 4-Jennifer Graves, Bridgeton 36-0¼. 5-Betsy Kennedy, Delran 36-0¼. 6-Jenn Fiddler, Kingsway 35-0¼.

DISCUS: 1-Nicole Moore, Bridgeton 123-2. 2-Betsy Kennedy, Delran 121-11. 3-Jennifer Schoch, Audubon, 108-1. 4-Jennifer Graves, Bridgeton 104-6. 5-Amy Lutecky, North Burlington 103-11. 6-April Atkins, Deptford 98-1.

JAVELIN: 1-Erin Carr, Kingsway 121-8. 2-Cyndy Wilks, Bridgeton 119-2. 3-Betsy Kennedy, Delran 116-0. 4-Nichole Williams, Bridgeton 99-9. 5-Lisa Neville, Cinnaminson 97-11. 6-Lauren McCormick, 96-7.

1,600-METER RELAY: 1-Bridgeton (Tiffany Bryant, Hashan Johnson, Lovely Durham and Pria Milledge) 4:09.1. 2-Kingsway 4:11.9. 3-Moorestown 4:12.8. 4-Deptford 4:13.0. 5-Schallick 4:15.2. 6-Buena 4:18.6.

GROUP 1

TEAMS: 1-Haddonfield 113. 2-Burlington Township 55. 3-Maple Shade 38. 4-Palmyra 36. 5-Bordentown 34. 6-Woodbury 30. 7-Paulsboro 29. 8-Glassboro 25. 9-Riverside 16. 10-Pennsville, Pitman, Clayton 14. 13-Point Pleasant Beach 10. 14-Haddon Township 3. 15-Penns Grove, Burlington City, Salem 1.

100-METER DASH: 1-Attor Kludze, Maple Shade 12.2. 2-Quinn Silers, Burlington Township 12.5. 3-Trisha Jackson, Bordentown 12.8. 4-Tisifene Taylor, Woodbury 13.1. 5-Tamara Jenkins, Woodbury 13.1. 6-Leah Wilson, Glassboro 13.2.

200-METER DASH: 1-Attor Kludze, Maple Shade 25.7. 2-Kari Steed, Palmyra 26.0. 3-Andrea Jenkins, Glassboro 26.0. 4-Venice Williams, Burlington Township 26.5. 5-Margueta Hill, Glassboro 26.7. 6-Jenn Leonard, Haddonfield 27.1.

400-METER RUN: 1-Kari Steed, Palmyra 58.3. 2-Holly Cosnett, Haddonfield 59.2. 3-Andrea Jenkins, Glassboro 59.7. 4-Natasha Marshall, Palmyra 1:00.1. 5-Brianna Clayburn, Paulsboro 1:00.5. 6-Shena Doubledeed, Penns Grove 1:01.3.

800-METER RUN: 1-Erin Donohue, Haddonfield 2:16.7, meet record; former record 2:17.5, Ruth Lockbaum, Glassboro, 1985. 2-Holly Cosnett, Haddonfield 2:16.9. 3-Erin O'Connell, Haddonfield 2:26.6. 4-Natasha Marshall, Palmyra 2:28.0. 5-Johanna Kline, Pitman 2:28.5. 6-Brianna Clayburn, Paulsboro 2:29.9.

1,600-METER RUN: 1-Erin Donohue, Haddonfield 5:00.0, meet record; former record 5:01.6, Donohue, 1998. 2-Holly Cosnett, Haddonfield 5:27.2. 3-Tiffany Harris, Burlington Township 5:34.0. 4-Johanna Kline, Pitman 5:40.9. 5-Rose Gallagher, Maple Shade 5:45.2. 6-Ilene Dickinson, Haddon Township 5:45.5.

3,200-METER RUN: 1-Erin Donohue, Haddonfield 10:43.2, meet record; former record 10:46.7, Donohue, 1998. 2-Tiffany Harris, Burlington Township 12:08.7. 3-Bev Williams, Pennsville 12:15.0. 4-Meg Novinskie, Haddonfield 12:17.8. 5-Caroline Rush, Paulsboro 12:37.8. 6-Ilene Dickinson, Haddon Township 12:40.5.

100-METER HIGH HURDLES: 1-Teonona Jones, Burlington Township 15.6. 2-Melanie Nelson, Pennsville 15.7. 3-Lisa Smith, Burlington Township 16.2. 4-Lindsay Foster, Pitman 16.4. 5-Tamara Jenkins, Woodbury 16.4. 6-Jill Salvatore, Pitman 16.4.

400-METER INTERMEDIATE HURDLES: 1-Jackie Nicholson, Clayton 1:04.9. 2-Mary Mulholland, Haddonfield 1:07.0. 3-Erin O'Donnell, Haddonfield 1:07.3. 4-Tameka Clanton, Woodbury 1:07.5. 5-Teonona Jones, Burlington Township 1:08.5. 6-Lisa Smith, Burlington Township 1:09.2.

HIGH JUMP: 1-Patty Dudek, Bordentown 5-4. 2-Meridith McDonald, Haddonfield 5-2. 3-Tameka Clanton, Woodbury 5-2. 4-Jamie Mathews, Haddonfield 5-0. 5-Lisa Smith, Burlington Township 5-0. 6-Kelly Dickerson, Burlington City 5-0.

LONG JUMP: 1-Tisifene Taylor, Woodbury 16-0¼. 2-Trisha Jackson, Bordentown 15-10¼. 3-Quinn Sellers, Burlington Township 15-7¼. 4-Andrea Jenkins, Glassboro 15-6¼. 5-Teonona Jones, Burlington Township 15-5. 6-Johanna Kline, Pitman 15-4½.

SHOT PUT: 1-Kristen DeGarmo, Riverside 37-0. 2-Sherrish Wilcox, Paulsboro 35-5½. 3-Najaah Dallas, Bordentown 34-10. 4-Georgina Rowe, Clayton 34-4¾. 5-Tara Ditono, Paulsboro 33-6½. 6-Monique Chadband, Salem 33-1¼.

DISCUS: 1-Cynthia Fountain, Maple Shade 118-6. 2-Sherrish Wilcox, Paulsboro 108-3. 3-Kristen DeGarmo, Riverside 104-5. 4-Najeeh Dallas, Bordentown 103-4. 5-Dana Gayeski, Paulsboro 100-4. 6-Jackie Harding, Woodbury 99-4.

JAVELIN: 1-Erin Donohue, Haddonfield 132-7. 2-Lindsay Fine, Point Pleasant Beach 117-2. 3-Kim Mathews, Maple Shade 111-0. 4-Courtney Nelson, Haddonfield 106-0. 5-Erin Wollon, Point Pleasant Beach 104-8. 6-Connie LaBuff, Haddon Township 102-8.

1,600-METER RELAY: 1-Palmyra (Kristen Papenberg, Quinn Burroughs, Natasha Marshall and Jade Burroughs) 4:08.3. 2-Haddonfield 4:10.9. 3-Gle sboro 4:13.7. 4-Paulsboro 4:19.1. 5-Pitman 4:19.6. 6-Woodbury 4:30.0.

BERGEN COUNTY MEET OF CHAMPIONS**HACKENSACK TRACK****MAY 25**

Long Jump:	Helena Lamothe-16' 7"	4 th	
Triple Jump:	Ana Law-35' 6 ½"	2 nd	
	Helena Lamothe-34' 9"	4 th	
	Eileen Melli-31' 9 ½"		
100 hurdles:	Ana Law-16.83	13 th	
100 meters:	Helena Lamothe-13.22	14 th	
1600 meters:	Meg McDermott-5:08.04	1 st	Bergen Champ!
	Tara O'Neill-5:42.46	10 th	
400 meters	Katherine Zucaro-61.79	7 th	
800 meters:	Julie Sprich-2:30.53	10 th	
200 meters:	Helena Lamothe-27.25	9 th	
3200 meters:	Clair Nowakowski-11:30.96	2 nd	
	Danielle Walther-11:37.73	4 th	
	Kelly Behan-12:20.6		
4X400 relay:	Jessie Porro-63.9, Meg McDermott-61.1, Jennifer Zucaro-61.2, Katherine Zucaro-59.5 = 4:05.63 1st - Bergen Champs!		

We had a great BMOC. 6 individual medals. 1 individual champion. We won the Relay!! Helena started the evening off with a medal in the long jump. Then the triple jumpers showed why they have the county relay record. Helena, Ana, and Eileen were all in the 2nd flight with Ana and Helena making the finals, winning medals and Ana getting her best mark on the final jump to put a scare in the winner!! Meg won the 1600 meters in dominate style. Her relaxed running style and confident stride captured the crowd. The 3200 meters demonstrated Ridgewood's dominance in the distances. Kelly, Danielle, and Clair all ran well. Claire and Danielle were with the leaders all the way ending up with 2nd and 4th place medals. With the tight pack and excellent pace it was smart and well run race.

Then the relay: Notice the relay deserves a new Paragraph! Last time Ridgewood won the relay was 1988! Jessie lead off with determination and kept us close, Meg looked like a sprinter in the first 200 and passed two teams on the turn and chased us close to the lead down the straight away, Jennifer ran the great 3rd leg making up ground and putting our anchor, her sister, just close enough. Katherine did the rest: ran fast and controlled, kept Ramsey in her sight and never wavered from the goal. She followed around the turn and attacked down the straight away and with Paul Schwartz shouting "Ridgewood - Ramsey" back and forth on the PA and the crowd going crazy, took the lead in the last few meters for perhaps the most exciting Ridgewood 4X400 win ever!

TRACK

Bergen Meet of Champions

At Hackensack High School

BOYS

100 — 1. Chris Wilson, Park Ridge, 10.85; 2. Michael Jackson, Hackensack, 11.13; 3. Anthony Wolfshon, Don Bosco Prep, 11.33; 4. Will Arzenis, NV/Old Tappan, 11.38; 5. Andrew Drabick, Bergen Catholic, 11.40; 6. Pat McManus, St. Joseph, 11.41.

200 — Kiyon Harley, Paramus Catholic, 22.38; 2. John D'izza, Bergen Catholic, 22.42; 3. Chris Charles, Park Ridge, 22.74; 4. Jon Szucs, St. Joseph, 23.21; 5. Ofori Koram, Ridgely Park, 23.23; 6. Will Arzenis, NV/Old Tappan, 23.27.

400 — 1. Joe Velazquez, Paramus, 48.65; 2. Johjan Carela, Paramus Catholic, 50.68; 3. Gary Gagliardi, Hasbrouck Heights, 51.82; 4. Kelly Vanderbeck, Glen Rock, 51.93; 5. Kash Cruise, Paramus, 52.22; 6. Sandro Bianchi, Leonia, 52.22.

800 — 1. Josh Kauke, Ridgewood, 1:54.47; 2. Maurice Singletary, Hackensack, 1:59.46; 3. Mike Rogers, Garfield, 1:59.63; 4. Aaron Schelman, Glen Rock, 2:01.67; 5. Joe Apa, NV/Old Tappan, 2:01.76; 6. A.J. Franchini, Don Bosco Prep, 2:01.97.

1600 — 1. Thomas Baldwin, Hackensack, 4:19.26; 2. James Clifford, Don Bosco Prep, 4:28.43; 3. Matt Collins, Ramsey, 4:28.94; 4. Frank Browne, Hackensack, 4:32.30; 5. Tim Muratore, Tenafly, 4:37.16; 6. Ryan Miller, Bergen Catholic, 4:38.48.

3200 — 1. Corey Kunz, St. Joseph, 9:32.71; 2. Cole Dailey, Rutherford, 9:46.34; 3. Tim McDonagh, Ridgewood, 9:49.87; 4. Mario Santivanez, Hackensack, 9:51.95; 5. James Milon, Paramus Catholic, 10:00.32; 6. Josh Vanderwiele, Midland Park, 10:02.04.

1600 relay — 1. Paramus Catholic 3:22.04; 2. Bergen Catholic 3:23.64; 3. Don Bosco Prep 3:25.11; 4. River Dell 3:26.59; 5. Fort Lee 3:28.79; 6. Teaneck 3:31.31.

110 HH — 1. Mike Stansfield, Garfield, 14.61; 2. Ayo Oluwole, St. Joseph, 14.77; 3. Brian Jo, River Dell, 14.79; 4. Joe Robinson, River Dell, 15.00; 5. Shawn Delos Reyes, Bergen Catholic, 15.19; 6. Brian Rodak, Ramsey, 15.78.

400 IH — 1. Chris Stowers, Hackensack, 54.95; 2. Joe Hwang, Cresskill, 55.87; 3. Brian Burns, River Dell, 56.53; 4. John Sylvain, Hackensack, 56.64; 5. Ryan Donahue, Don Bosco Prep, 57.27; 6. Tim Hlavacek, Don Bosco Prep, 57.30.

High jump — 1. Mike Stansfield, Garfield, 6-6; 2. Dario Peynado, Paramus Catholic, 6-6; 3. Johnny Myles, Hackensack, 6-4; 4. Ayo Oluwole, St. Joseph, 6-2; 5. Joe Robinson, River Dell, 6-2; 6. Sheldon Russell, Bergen Tech, 6-0.

Long jump — 1. Pat McManus, St. Joseph, 21-4½; 2. Gareth Hedges, Westwood, 21-3¾; 3. Sheldon Russell, Bergen Tech, 21-2¾; 4. Michael Jackson, Hackensack, 21-2; 5. Chris O'Reilly, Paramus Catholic, 21-1¾; 6. Brian Heenan, Saddle Brook, 20-2¼.

Triple jump — 1. Nick Garrett, Saddle Brook, 45-4¼; 2. Pat McManus, St. Joseph, 44-9; 3. Sheldon Smith, Teaneck, 44-8½; 4. John Augustynowycz, Rutherford, 44-7½; 5. Kobina Wood, Fort Lee, 44-6; 6. Chris Charles, Park Ridge, 44-5½.

Pole vault — 1. Gareth Hedges, Westwood, 13-0; 2. Dan Cooper, Ridgewood, 12-6; 3. Adrialik Bajrushi, Westwood, 12-6; 4. Bob Miller, Bergen Catholic, 12-6; 5. Keith Blais, Cresskill, 12-0; 6. Chris Porto, Ridgely Park, 11-6.

Shot put — 1. Mike Murphy, New Milford, 57-7; 2. Frank Kozibroda, Wood-Ridge, 52-8½; 3. Matt Eikas, Ramsey, 52-7¾; 4. Nick Ciccone, Hasbrouck Heights, 52-3¾; 5. Matt Bushta, Indian Hills, 52-¾; 6. Joe Sentipal, Hasbrouck Heights, 50-7½.

Discus — 1. Mike Murphy, New Milford, 154-6; 2. Frank Kozibroda, Wood-Ridge, 150-4; 3. Julio Boromei, St. Joseph, 146-6; 4. Paul Koob, Bergen Catholic, 143-3; 5. Charles Yaloustier, North Arlington, 143-2; 6. Andrew Romano, Glen Rock, 141-9.

Javelin — 1. Will Arroyo, Ridgely Park, 187-10; 2. Eric Lowenstein, New Milford, 176-1; 3. Ian Sample, Westwood, 172-8; 4. John Thielke, Glen Rock, 165-5; 5. Joe Sentipal, Hasbrouck Heights, 164-2; 6. Edan Peleg, Hackensack, 160-6.

GIRLS

100 — 1. Courtney Cubicciotti, IHA, 12.40; 2. Lauren Fanelli, River Dell, 12.70; 3. Nicole Parkinson, Bergen Tech, 12.74; 4. Mary Jones, Hackensack, 12.88; 5. Christine Wentzler, NV/Old Tappan, 13.04; 6. Jill Sgrol, Hasbrouck Heights, 13.13.

200 — 1. Courtney Cubicciotti, IHA, 25.35; 2. Nicole Parkinson, Bergen Tech, 26.33; 3. Jackie Babbini, Cliffside Park, 26.54; 4. Ania Karoliak, IHA, 26.99; 5. Kenesha Brathwaite, Fair Lawn, 27.09; 6. Erica Rosenberg, NV/Old Tappan, 27.11.

400 — 1. Jackie Babbini, Cliffside Park, 59.80; 2. Melinda Diodonet, Bogota, 1:00.13; 3. Christine Wentzler, NV/Old Tappan, 1:00.37; 4. Dara Seldman, Ramsey, 1:00.72; 5. Caitlin Sherry, River Dell, 1:01.42; 6. Emily Drew, Westwood, 1:01.52.

800 — 1. Janelle McCallum, Teaneck, 2:15.37; 2. Julie Clifford, Holy Angels, 2:18.88; 3. Shauna Koenig, Hackensack, 2:21.28; 4. Mary D'Arliano, IHA, 2:22.90; 5. Michelle Hartel, Pascack Hills, 2:26.51; 6. Lauren Sherry, River Dell, 2:26.74.

1600 — 1. Meg McDermott, Ridgewood, 5:08.04; 2. Fredyla Urena, Cliffside Park, 5:24.31; 3. Claire McGuire, Hackensack, 5:24.54; 4. Laura Hemmert, Northern Highlands, 5:26.24; 5. Angela Luino, Indian Hills, 5:34.06; 6. Laura McKay, Glen Rock, 5:36.06.

3200 — 1. Beth Androski, Hackensack, 11:18.45; 2. Clair Nowakowski, Ridgewood, 11:30.96; 3. Melissa Conway, Ramsey, 11:35.62; 4. Danielle Walther, Ridgewood, 11:37.73; 5. Tracy Della Torre, Glen Rock, 11:40.97; 6. Briana Bayersdorfer, River Dell, 11:41.62.

1600 relay — 1. Ridgewood 4:05.63; 2. Ramsey 4:05.74; 3. Teaneck 4:07.80; 4. Westwood 4:08.05; 5. Holy Angels 4:09.66; 6. NV/Old Tappan 4:11.56.

100HH — 1. Jamie Lillen, Pascack Valley, 14.84; 2. Bridgette Atkinson, Hackensack, 15.51; 3. Chris Siebold, NV/Demarest, 15.71; 4. Nicole Brown, Teaneck, 15.94; 5. Jill Turner, Pascack Hills, 16.50; 6. Angela Talucci, Indian Hills, 16.56.

400 IH — 1. Jackie Babbini, Cliffside Park, 1:03.33; 2. Cheryl Burdick, Ramsey, Ramsey, 1:04.14; 3. Chris Siebold, NV/Demarest, 1:06.28; 4. Colleen McCorry, Glen Rock, 1:06.96; 5. Kam Lam, Garfield, 1:08.74; 6. Michelle Hartel, Pascack Hills, 1:09.36.

High jump — 1. Cheryl Burdick, Ramsey, 5-6; 2. Nicole Brown, Teaneck, 5-4; 3. Bridgette Atkinson, Hackensack, 5-2; 4. Dara Jemmott, Teaneck, 5-0; 5. Emily Simon, Northern Highlands, 5-0; 6. Lauren Donahue, Westwood, 4-10.

Long jump — 1. Jamie Lillen, Pascack Valley, 16-10½; 2. Courtney Cubicciotti, IHA, 16-9; 3. Elena Valoncia, IHA, 16-7½; 4. Helena Lamothe, Ridgewood, 16-7; 5. Charnie Carter, Lyndhurst, 16-6¾; 6. Thatcha Dacosta, Englewood, 16-6.

Triple jump — 1. Shenee Clarke, Ridgely Park, 35-10½; 2. Ana Law, Ridgewood, 35-6½; 3. Charnie Carter, Lyndhurst, 34-11½; 4. Helena Lamothe, Ridgewood, 34-9; 5. Nicole Florio, Hasbrouck Heights, 34-¾; 6. Nicole Brown, Teaneck, 33-8½.

Pole vault — 1. Rachel Fisher, Dumont, 7-9; 2. Dawn Santin, Ramapo, 7-0; 4. Aymeel Miller, Cresskill, 7-0.

Shot put — 1. Jenn Flinchum, NV/Demarest, 40-5½; 2. Lila Lee, NV/Demarest, 37-7¼; 3. Marit Christoudias, Ramsey, 37-7; 4. Brenda Arroyo, Ridgely Park, 36-4; 5. Kristy Potts, Ridgely Park, 35-4½; 6. Sheena Schuler, Hasbrouck Heights, 34-9½.

Discus — 1. Jenn Flinchum, NV/Demarest, 137-11; 2. Najran Stephens, Cliffside Park, 113-1; 3. Evana Santee, Hackensack, 107-9; 4. Lila Lee, NV/Demarest, 107-8; 5. Liz Dale, Pascack Valley, 105-3; 6. Monique Mighty, Hackensack, 105-0.

Javelin — 1. Jen Austin, Garfield, 144-0; 2. Gwen Scanel, Hackensack, 120-2; 3. Jackie Babbini, Cliffside Park, 116-5; 4. Nikki Sample, Westwood, 107-8; 5. Stephanie Pillari, Westwood, 107-1; 6. Daniela Videira, North Arlington, 106-4.

STATE GROUP 4 CHAMPIONSHIP**SOUTH PLAINFIELD HIGH SCHOOL****MAY 28 & 29**Friday:

400 hurdles: Katherine Zucaro-69.16 15/22
Ana Law-72.03 22/22

Javelin: Jess Gregg-NM, NM, NM

3200 meters: Clair Nowakowski-11:39.05 7th
Kelly Behan-12:55.83 20/20

Saturday:

100 hurdles: Ana Law-16.70 21/24

Long Jump: Helena Lamothe-NM, NM, NM.

1600 meters: Meg McDermott-5:16.62 6th
Danielle Walther-5:25.90 14/22

STATE MEET OF CHAMPIONS**SOUTH PLAINFIELD HIGH SCHOOL****JUNE 2ND 1999**

1600 meters: Meg McDermott - 5:13.05 9th of 20

NJSIAA MEET OF CHAMPIONS

at South Plainfield

BOYS

100M — 1, Cameron Atkinson, West Deptford, 10.80; 2, Chris Charles, Park Ridge, 10.88; 3, Dennis Davis, Edgewood, 10.97; 4, James Strada, Red Bank Catholic, 10.99; 5 (tie), Larry Lester, Piscataway; Clarence Curry, Parsippany, 11:00.

200M — 1, Nick Brown, Bridgeton, 21.69; 2, Sean White, Plainfield, 21.85; 3, Todd Covington, Lakewood, 21.98; 4, Larry Lester, Piscataway, 22.02; 5, Clarence Curry, Parsippany, 22.12; 6, Jaim Robinson, Edgewood, 22.18.

400M — 1, Joey Mendel, Wayne Hills, 47.33; 2, Nick Brown, Bridgeton, 47.68; 3, Mohamed Kanu, Lenape, 48.05; 4, Devon Matthews, Pleasantville, 48.12; 5, Kurth Forsyth, Summit, 48.41; 6, Sean White, Plainfield, 48.62.

800M — 1, Josh Kauke, Ridgewood, 1:53.27; 2, Eric Motzenbecker, Wall, 1:53.98; 3, Carlos Iglesia, Old Bridge, 1:54.22; 4, Brad Becker, Spotswood, 1:55.62; 5, Sean McQuillen, Nutley, 1:56.10; 6, Brian Koch, Notre Dame, 1:56.15.

1,600M — 1, Jon Fasulo, Hunterdon Central, 4:13.58; 2, Raymond Driscoll, St. Joseph Metuchen, 4:16.67; 3, Thomas Baldwin, Hackensack, 4:17.43; 4, Ed Moran, Notre Dame, 4:19.07; 5, Walton Kingsbery, Red Bank Regional, 4:20.49; 6, Mark Bahnuik, Hackensack, 4:21.88.

3,200M — 1, Murad Campbell, Overbrook, 8:58.72; 2, Nate Miller, Highland Regional, 9:23.80; 3, Andres Cordero, Passaic Valley, 9:26.48; 4, Todd Henderson, Notre Dame, 9:26.86; 5, Nick Ricco, Voorhees, 9:32.04; 6, Tim Styler, Cranford, 9:33.34.

110 HH — 1, Danyne R. Brown, Camden, 13.63; 2, Guy Rose, Wayne Hills, 13.95; 3, Jeffrey Young, Woodrow Wilson Palmyra, 13.96; 4, Enrique Llanos, Woodrow Wilson Palmyra, 14.13; 5, Raffael Craig, Millville, 14.35; 6, Drew Harris, Edgewood, 14.48.

400 IH — 1, Devon Matthews, Pleasantville, 53.02; 2, Harold Reid, Piscataway, 53.56; 3, Harran Williams, Delran, 53.82; 4, Dwight Ruff, Camden, 54.31; 5, Napoleon Suarez, Pemberton, 54.98; 6, Paul Anderson, Pingry, 55.15.

Shot put — 1, Terrence Glover, Hamilton West, 61- $\frac{3}{4}$; 2, David O'Rourke, Freehold, 60-6; 3, Josh Russell, Neptune, 56- $\frac{6}{8}$; 4, Matt Elkas, Ramsey, 56-5; 5, Aaron Lima, Matawan Regional, 56-4 $\frac{3}{4}$; 6, Jon DeAngelo, Toms River South, 55-7 $\frac{4}{8}$.

Discus — 1, Terrence Glover, Hamilton West, 197-6; 2, Michael Murphy, New Milford, 165-10; 3, Pat

Dougherty, Ridge, 161-0; 4, Mike Gregorowicz, Bloomfield, 160-4; 5, James Matthews, Roxbury, 160-0; 6, Raffael Craig, Millville, 159-0.

Javelin — 1, Jason Cowden, Rancocas Valley, 202-8; 2, Craig Howletts, Roselle Catholic, 194-10; 3, David Dean, West Morris Central, 191-0; 4, Briheem Jordan, Bridgeton, 187-11; 5, Nick Tarasevich, Millville, 187-4; 6, Ed Redmond, Morris Hills, 185-4.

High jump — 1, Robert Jordan, Millville, 7-2; 2, Raffael Craig, 7-0; 3, Anthony Butler, Schalick, 6-10; 4, Darryl Gause, Schalick, 6-10; 5, Brian Misar, West Morris, 6-6; 6 (tie), Ron Freeman, Plainfield; Blair Woodward, 6-6.

Long jump — 1, Nick Brown, Bridgeton, 23- $\frac{1}{2}$; 2, Blair Woodward, Scotch Plains-Fanwood, 22-6 $\frac{3}{4}$; 3, Khalim Barge, Camden, 22-2 $\frac{3}{4}$; 4, MacArthur Busch, Salem, 22- $\frac{1}{2}$; 5, Tim Carlock, Burlington, 22- $\frac{1}{2}$; 6, Tyrone Johnson, Kennedy, 21-6 $\frac{3}{4}$.

1,600M relay — 1, Camden (John Morris, Dwight Ruff, Jade Smith, Danyne R. Brown), 3:15.83; 2, Edgewood, 3:18.20; 3, Lenape, 3:18.28; 4, Trenton Central, 3:18.79; 5, Old Bridge, 3:19.35; 6, Metuchen, 3:19.41.

GIRLS

100M — 1, Aleah Williams, Montclair, 11.65; 2, Amandi Rhett, Moorestown, 11.92; 3, Aisha Morgan, Schalick, 12.18; 4, Shonda Burroughs, Vineland, 12.26; 5 (tie), Magenta Taylor, Willingboro; Courtney Cubicciotti, IHA, 12.32.

200M — 1, Aleah Williams, Montclair, 23.62; 2, Amandi Rhett, Moorestown, 24.54; 3, Courtney Cubicciotti, IHA, 25.12; 4, Haleema Fisher, Camden, 25.23; 5, Laynnea Jones, Elizabeth, 25.39; 6, Samantha Sweeney, Cherokee, 25.53.

400M — 1, Nadia Davy, Bridgeton, 54.70; 2, Antoinette Gorham, Passaic, 56.35; 3, Tierra Hicks, Hillsborough, 56.84; 4, Takia Canty, Willingboro, 56.96; 5, Rose Harris, Pemberton, 57.04; 6, Lisa Kassa, Woodrow Wilson Palmyra, 57.09.

800M — 1, Katrina Sye, Buena, 2:11.82; 2, Anika Kreider, Chatham, 2:13.23; 3, Holly Cosnett, Haddonfield, 2:13.98; 4, Claudine Evangelista, Triton, 2:14.27; 5, Jade Fisher, Deptford, 2:15.77; 6, Natalie Popowicz, Clifton, 2:16.22.

1,600M — 1, Erin Donohue, Haddonfield, 4:55.04; 2, Stephanie Snyder, Randolph, 4:57.14; 3, Cheryl Bauer, Morris Hills, 5:02.33; 4, Kristen Meyer, Hillsborough, 5:04.42; 5, Lindsey Gallo, Howell, 5:11.09; 6, Sherry Sikora, Roxbury, 5:11.92.

3,200M — 1, Cate Guiney, Middletown South, 10:50.24; 2, Maggie Guiney, Middletown South,

11:18.68; 3, Jenna Darcy, Shawnee, 11:19.57; 4, Amina Zohny, Columbia, 11:20.64; 5, Laura Petrillo, Hopewell Valley Central, 11:25.42; 6, Beth Androski, Hackensack, 11:31.52.

100 HH — 1, Yvette Murry, Edgewood, 14.13; 2, Alethia Jenkins, Pennsauken, 14.21; 3, Kiera Underwood, Linden, 14.28; 4, Amber Williams, Roxbury, 14.43; 5, Dierra Poland, Deptford, 14.64; 6, Melanie Porterfield, Highland Regional, 14.99.

400 IH — 1, Tawana Watkins, Kennedy, 1:00.65; 2, Kemella Campbell, Jackson Memorial, 1:01.65; 3, Frances Bundy, Pleasantville, 1:02.06; 4, Pamela Richardson, Edgewood, 1:02.13; 5, Medea Ashton, Washington Township, 1:02.37; 6, Tierra Hicks, Hillsborough, 1:03.17.

Shot put — 1, Jenn Flinchum, NV Demarest, 44-2 $\frac{1}{4}$; 2, Nacole Moore, Bridgeton, 43-7 $\frac{3}{8}$; 3, LaBelle Hillgrove, Passaic, 42-4; 4, Sarah Herskee, West Morris Mendham, 42-3 $\frac{1}{4}$; 5, Angie Rosamilla, Parsippany Hills, 41-8 $\frac{1}{2}$; 6, Jackie Hudgins, Hightstown, 41-2 $\frac{1}{2}$.

Discus — 1, Sarah Herskee, West Morris Mendham, 147-11; 2, Jenn Flinchum, NV Demarest, 143-4; 3, Shanelle Gilliard, Lakewood, 138-7; 4, Angie Rosamilla, Parsippany Hills, 134-8; 5, Betsy Kennedy, Delran, 130-0; 6, Lynlee Phillips, Shawnee, 128-11.

Javelin — 1, Lynlee Phillips, Shawnee, 152-01; 2, Jenifer Austin, Garfield, 141-11; 3, Jacqueline Babbini, Cliffside Park, 128-9; 4, Yasmin Dellz, Marlboro, 127-10; 5, Gwen Scanel, Hackensack, 124-3; 6, Lindsay Fine, Point Pleasant Beach, 123-4.

High jump — 1, Cheryl Burdick, Ramsey, 5-8; 2 (tie), Deirdre Mullen, Notre Dame; Ugochi Okorie, Metuchen, 5-6; 4, Kristin Composto, JFK Islin, 5-6; 5, Jessica Andre, St. Peters New Brunswick, 5-6; 6, Nathifa Bunsie, Union, 5-4.

Long jump — 1, Frances Bundy, Pleasantville, 18-3 $\frac{3}{4}$; 2, Shonda Burroughs, Vineland, 17-10 $\frac{3}{4}$; 3, Amber Williams, Roxbury, 17-1 $\frac{1}{2}$; 4, Julie Farrell, Warren Hills, 16-11 $\frac{1}{2}$; 5, Shameka Marshall, Oakcrest, 16-10 $\frac{1}{2}$; 6, Meghan Kober, Watchung Hills, 16-8 $\frac{1}{4}$.

Pole vault — 1, Lauren Contursi, Hunterdon Central, 12-0; 2 (tie), Kate Gormley, Pennsville; Samantha Crook, Randolph, 10-0; 4, Laura Chmielewski, South Brunswick, 9-6; 5, Holly Stetner, Hunterdon Central, 9-6; 6, Anne Wyllie, Hunterdon Central, 8-6.

1,600M relay — 1, Washington Township (Katie Connor, Jade Logan, Anita Brooks, Erin McIntyre), 3:50.74; 2, Edgewood, 3:53.61; 3, Willingboro, 3:57.16; 4, Trenton Central, 3:57.34; 5, Passaic (Alexandra Medrano, Otisha Mathis, Alena Weldon, Faith Murray), 3:57.67; 6, Hillsborough, 3:59.25.



THE RECORD'S RANKINGS

GIRLS TRACK

BERGEN GROUP 3-4

- Ridgewood** — Fourteen times since 1982, the Maroons have won the Group 3-4 or Group 4 relays and this year should become 15 despite a loss to Passaic in a dual meet. The Maroons won the Ridgewood Relays large schools and Englewood Relays titles.

BERGEN GROUP 3-4

- Ridgewood** — The Maroons were impressive performance in winning the Group 4 Bergen County Relays and should do very well in the Penn Relays 3,200-meter relay.

BERGEN GROUP 3-4

- Ridgewood** — The Maroons ran well in the 4 x 800 relay at the Penn Relays, especially Meg McDermott and freshman Clair Nowakowski, who ran the first two legs.

BERGEN GROUP 3-4

- Ridgewood** — The Maroons may be the top team in Bergen County but they're not the favorite in the NNJIL Atlantic meet Saturday. This may be the most competitive league meet in New Jersey with six very good teams competing.

GIRLS TRACK

BERGEN GROUP 3-4

- Ridgewood** — Helena LaMothe enjoyed a spectacular Group 4 meet, and with the distance team scoring 48 points, the Maroons swept to the title.
 - Hackensack** — The Comets lost long sprinter Shauna Koenig to a freak injury in the javelin, and it might have cost them the Group 4 title.
 - Cliffside Park** — The Red Raiders won the 1976 Group 3 sectional but haven't come close since. But the quartet of Jackie Babbini, Fredyla Urena, Marissa Sarubbi, and Najran Stephens has an excellent chance after winning its first Group 3 Bergen title.
 - Immaculate Heart Academy** — The Blue Eagles hung around the Group 4 lead almost to the final event before a school-record third-place finish last week.
 - NV/Demarest** — A third straight Group 3 sectional is not out of the question for the Norsewomen after a second-place finish in Bergen 3. But they will need outside help.
- Also receiving votes:** Pascack Valley, Teaneck.

BERGEN GROUP 1-2

- Ramsey** — The Rams move up on the strength of an overwhelming win in the Bergen Group 2 meet. The Rams should win their fifth straight sectional overall (and fourth straight in Group 2).
- Glen Rock** — A closer-than-expected battle with Hasbrouck Heights in Bergen 1 was clinched by a sensational distance performance by Tracy Della Torre, Erin Henry, and Co., who scored 65 distance points. A repeat performance this weekend would bring a fifth sectional title

since 1993, but Hudson County schools could challenge.

- Hasbrouck Heights** — A solid second-place finish in Bergen 1, in which the Aviators led with two events to go, could be followed by a three-way battle with Glen Rock and Academic in the Group 1 sectionals.
- Westwood** — The Cardinals were second in Group 2, but the relay-oriented team slides another spot in the poll.
- River Dell** — The Sherry sisters, Lauren Fanelli, and freshman Briana Bayersdorfer kept the Golden Hawks within two points of Westwood in Bergen 2. Look for River Dell to be Ramsey's closest challenger this weekend.

Also receiving votes: Ridgefield Park, Bogota, Pascack Hills, New Milford.

PASSAIC/E. MORRIS

- Passaic** — The Indians have never won a sectional despite three seconds and three thirds. That should change this weekend at the Group 4 sectionals.
- Eastside** — The Ghosts always peak at the sectionals, winning two of the past three Group 4s. In a tight battle, the Ghosts could contend again.
- Kennedy** — Wonderful freshman Tawana Watkins and her twin, Tashoina, get their first taste of state competition this weekend.
- West Milford** — The Highlanders could be a dark-horse team in the Group 3 sectionals, if Amanda Von Rudenborg and Megan Patrono can return to early season form.
- Clifton** — Natalie Popowicz and Melissa Dutch hope to return to the state Group 4 meet.

Also receiving votes: Eastern Christian, Passaic Tech.

RIDGEWOOD TRACK AND FIELD HONORS

ALL LEAGUE

ALL SUBURBAN

ALL COUNTY

THE TRACK REPORT

Seniors went out with style

THE RECORD'S FINAL RANKINGS

BOYS TRACK

BERGEN GROUP 3-4

- Hackensack** — The Comets swept through area competition, winning the NNJL Atlantic, Bergen, and Group 4 Sectional titles. But they came up short again in the state meet. Thomas Baldwin capped his fine career with a third-place finish in the SMOG 1,600.
 - Don Bosco Prep** — A NNJL Pacific title, second place in the Bergen Group 4 relays, and fourth in Parochial A overcome a subpar third place in the Bergen Group 4 meet and keep the Ironmen in the runnerup slot for the year.
 - St. Joseph Regional** — The Green Knights enjoyed a fine season, losing by eight points to Don Bosco in the NNJL Pacific, winning the Group 3 Bergen Relays and Bergen Group 3 championships, and sending four athletes to the State Meet of Champions.
 - Bergen Catholic** — The Crusaders were second in the Group 4 county meet, third in the Group 4 Bergen Relays, second in the NNJL Atlantic, and had the fastest 1,600 meter relay team in the area.
 - Garfield** — The best track team in school history was second in the BPSL King and Bergen Group 3 meets, and third in the Group 3 Bergen Relays and Group 3 Sectional meets. Mike Stansfield capped his high school career with three state group medals.
- Also** — NV/Demarest, Fort Lee, Paramus Catholic, Ridgewood.

BERGEN GROUP 1-2

- Ramsey** — The Rams dominated the local Group 2 opposition winning the NBIL Division 2, Bergen Group 2, Group 2 Bergen Relays, and their first Group 2 Sectional. They clearly were the best major meet team in the group and might be even better next year. Junior Matt Eikas was fourth in the SMOG shot put.
- Glen Rock** — The Panthers were also undefeated in their group en route to Bergen Group 1, Group 1 Bergen Relays, B-PSL King and Group 1 Sectional 1 titles and in head-to-head competition with Ramsey within the Bergen Relays were much the better relay team.
- River Dell** — Coach Mike Urso was Coach of the Year leading the

THE RECORD'S FINAL RANKINGS

GIRLS TRACK

BERGEN GROUP 3-4

- Ridgewood** — The Maroons had a difficult end to the season with an uncharacteristic sixth-place finish in the Group 4 Sectional meet. But they won the Ridgewood Large School, Englewood, and Group 4 Bergen relays as well as the Bergen Group 4 title, and were third in the NNJL Atlantic to gain the top spot.
 - Hackensack** — Never a first-place finish, but the Comets were consistent all year with seconds in the Group 4 Bergen relays, NNJL Atlantic, and Bergen Group 4 meets, and third place in the Group 4 Sectional meet.
 - Cliffside Park** — The best season in school history ended with the Red Raiders winning the BCSL American title, their first Bergen Group 3 title, and the Group 3 Sectional title for the first time in 24 years. The Raiders were also third in the Meet of Champions javelin.
 - NV/Demarest** — They couldn't beat Cliffside Park at the end of the year but took second in the Bergen Group 3 and Group 3 Sectional meets. Throw in wins in the NBIL Division 1 and Group 3 Bergen relays, and Jenn Flinchum's terrific win in the SMOG shot, and the Norsewomen belong in a tie for third.
 - Immaculate Heart Academy** — A fine year for the Blue Eagles, who could be a team to watch next year. They won their first NNJL Pacific title, were third in the Group 4 Bergen Relays, Bergen Group 4 meet, and State Parochial A championship.
- Also:** Old Tappan, Garfield, Teaneck.

BERGEN GROUP 1-2

- Ramsey** — After a second in the Bergen 2 Relays just six points out of first, the Rams won the County Seat, NBIL 2, Bergen 2 and Sectional 2 meets by 79, 80, 76 and 57 points, respectively. Cheryl Burdick won her fourth SMOG high jump title.
- Glen Rock** — As usual the Panthers were excellent and consistent, winning the Bergen 1 relays, the BPSL King and Bergen 1 titles and were second in the Sectional 1 meet to a fine Acad-

Golden Hawks to a great year. The Hawks won the BCSL American meet, were second in the Group 2 Bergen Relays, Bergen Group 2, and Group 2 Sectional, and sixth in State Group 2, placing athletes in five events.

- Westwood** — Third places were the norm for the Cardinals. They were third in the BCSL American, Bergen Group 2, Group 2 Bergen Relays, and Group 2 Sectional meets. Multitalented Gareth Hedges paced Westwood.
- Rutherford** — Sophomore Cole Dailey and junior John Augustynowicz reached the SMOG as the Bulldogs completed a solid year capped by a third-place tie with Westwood in the Group 2 Sectional.

Also — Saddle Brook, New Milford.

PASSAIC/E. MORRIS

- Lakeland** — The Lancers completed a second straight dominant season with titles in the Passaic Relays, Northern Hills Skyline, Passaic Championships, and Group 3 Sectional. Arden Clerich won the State Group 3 javelin title.
 - Wayne Hills** — The Patriots had a dream season with an undefeated dual season, an NBIL Division 1 title, seconds in the Passaic and Group 3 sectional meets, and a fourth in the Passaic Relays. Joe Mendel set a Passaic record in winning the SMOG 400 and Guy Rose shook off late season illness to take second in the SMOG 110 HH.
 - Passaic** — Second places in the Passaic and Season Opener Relays, fourth place in the Passaic meet and a tie for seventh in the NNJL Atlantic meet were the top performances for the Indians.
 - Wayne Valley** — A disappointing State Group 4 meet can't obscure a bright future for the Indians — third in the Passaic Relays, second in the Northern Hills Skyline, and fifth in the Passaic meet.
 - West Milford** — A win in the County Seat A meet highlighted the year for the Highlanders, who were third in the Northern Hills Skyline meet, sixth in the Passaic meet, fifth in the Passaic relays and sixth in the Group 4 Sectional.
- Also** — Kennedy.

demie team.

- Westwood** — In the relays portion of the season, the Cardinals were unbeaten, winning the BCSL American, Bergen 2 and Ridgewood Small Schools Relays, and then finished second in the BCSL American and a distant second to Ramsey in the Bergen and Sectional 2 meets.
 - Hasbrouck Heights** — The Aviators won the BCSL National title and battled Glen Rock to the wire in the Bergen 1 meet. They also took second in the Bergen 1 Relays and third in the Sectional 1 meet.
 - River Dell** — A second place finish in the BCSL American Relays and thirds in the BCSL American and Bergen 2 meets lift the Golden Hawks to this spot.
- Also:** Bogota, Pascack Hills, New Milford.

PASSAIC/E. MORRIS

- Passaic** — One of the best seasons in Passaic history included wins in the NNJL Atlantic, Passaic Relays and Passaic championship meet and a first ever sectional 4 title. The Indians then took second in the state Group 4 meet. LaBelle Hillgrove, Antoinette Gorham and the 1,600 relay team all medaled in the SMOG.
 - Eastside** — The Ghosts were second in the Passaic County Relays, third in the Passaic championships and fourth in the NNJL Atlantic before a seventh place in the sectional 4 meet.
 - Kennedy** — The dream season of freshman Tawana Watkins, capped with a SMOG 400 hurdles win, also included another future star in Tashona Watkins, Tawana's twin and the end of LaSandra Singleton's fine career. The Knights were second in the Passaic individual, fourth in the Group 4 sectional, fifth in the NNJL Atlantic and seventh in the Passaic Relays.
 - West Milford** — The javelin prowess of Sara Schecter and Megan Patrono's overall brilliance helped the Highlanders maintain this position.
 - Clifton** — Natalie Popowicz ended her high school career with the long sought Passaic County record in the 800 meters with a sixth place finish in the SMOG.
- Also:** Eastern Christian, Passaic Tech.

Another exciting high school season is past and it's time for another tradition, a salute to some seniors who had excellent careers but whose achievements were often overlooked.

These young men and women have served their schools and their sport well and will be missed. They represent what track and field in Bergen and Passaic counties is all about.



PAUL SCHWARTZ

WILL ARZENIS, NV/Old Tappan — An excellent sprinter throughout his career, he probably found his best event, the 400, a little too late. He'll play football and run in college.

JIM BUSHOVEN, Eastern Christian — A three-time state Parochial B champ in the long jump and intermediate hurdles, he could have been a real star on a more visible team.

JOHN CASSETTA, Hackensack — In order for the Comets to tie the county 3 x 400 intermediate hurdles record, he had to have the great improvement he had in the event. He also was a mainstay on a good Comets relay team and an important cog in the Comets powerhouse.

CRAIG CATANESE and **TIM FONSECA**, Lakeland — This dynamic duo was a vital part of an awesome two-year run by the Lancers that began after a fluke loss in the 1997 sectionals. Combining with middle distance all-Passaic performer Keith Horbatuck, they led to big points in the 1,600 and 3,200 runs and helped the Lancers have a terrific distance relay team.

PAUL CHETEYAN, Teaneck — Leg injuries limited his early season performance and hampered his late season conditioning. But no one in the area cared more about his sport.

MIKE CHIOFFE, Glen Rock — A scary touch of Guillian-Barre syndrome, that appears to be disappearing as quickly as it came, cut short what would have been a terrific senior year. On the track he was a tiger.

MARY D'ARIANO, IHA — A good runner with a great atti-

tude, the Georgetown-bound miler also had a smile on her face and glitter in her eyes.

RACHEL FISHER, Dumont — A pioneer as Bergen County's first girl's pole vault record holder, she found her niche in her final year of high school and earned dozens of admirers for her courage and determination.

ERIC KNACKMUHS, Ramapo — No one worked harder than this middle distance runner, but sometimes he may have worked too hard. Division III Bates College is a great spot for him to continue his career.

IRENE LEIDENFROST, Park Ridge — Always a threat in Group 1 and in her league, she would have been more at home on the great Owl teams of the late 1970s and early 1980s.

CLAIRE MCGUIRE, Hackensack — One day she'll finally realize how talented she is. An important part of the Comets track and cross-country success for four years, she never quite ran as well as her training promised.

MEGHAN O'TOOLE, Garfield — Injuries cost her the kind of senior year she had worked for but she still competed hard in every race she ran. Here's hoping she'll get healthy in college and show her true talent.

RANDI POINTER, Eastside — With LaBelle Hillgrove, the finest shot putter in Passaic County history, in the same class, she never earned first-team honors, but her consistency earned her a state medal and a place in the all-time top 10 of her event.

JAMIE RICHARDSON, Paterson Catholic — An overlooked star in a sport ignored at a school that claims to support all its athletes, he was one of the top jumpers and sprinters in the North.

JESS VANDENEND, Eastern Christian — A finalist for the Passaic County Scholar-Athlete Award, she showed great promise as a soph and early in her junior until a major leg injury slowed her down. But she kept at it, and hopefully will continue to run at Virginia.

DANIELLE WALTHER, Ridgewood — From the fall when she stepped up to help the Maroons win an unexpected Group 4 state cross-country crown to her last race, a PR in the state Group 4 1,600, she was the over-achiever on a talented team.

BCSL American

FIRST TEAM

100M — Lauren Fanelli, River Dell
200M — Jackie Babbini, Cliffside Park
400M — Jackie Babbini, Cliffside Park
800M — Lauren Sherry, River Dell
1,600M — Fredyla Urena, Cliffside Park
3,200M — Fredyla Urena, Cliffside Park
110M HH — Marissa Sarubbi, Cliffside Park
400M IH — Jackie Babbini, Cliffside Park
400M relay — Westwood (Mesi Charles, Liana Iglesias, Lauren Donohue, Emily Drew)
1,600M relay — River Dell (Jon Salerno, Erin Piscetta, Caitlin Sherry, Lauren Sherry)
1,800M relay — Westwood (Nicole Stinson, Stephanie Pillari, Lauren Donohue, Emily Drew)
Long Jump — Meri Silberstein, Tenafly
Long Jump — Thatcher DaCosta, Englewood
Triple Jump — Shenee Clarke, Ridgefield Park
High Jump — Marissa Sarubbi, Cliffside Park
Discus — Najran Stephens, Cliffside Park
Javelin — Jackie Babbini, Cliffside Park
Shot put — Kristy Potts, Ridgefield Park
Pole vault — Rachel Fisher, Dumont
All-around — Stephanie Pillari, Westwood

SECOND TEAM

100M — Brittny Saunders, Fort Lee
200M — Thatcher DaCosta, Englewood
400M — Sherrey Caitlin, River Dell
800M — Fredyla Urena, Cliffside Park
1,600M — Jill Rabadan, Westwood
1,800M — Briana Bayersdorfer, River Dell
3,200M — Jill Rabadan, Westwood
3,200M — Briana Bayersdorfer, River Dell
110M HH — Shana Don, Fort Lee
400M IH — Meri Silberstein, Tenafly
400M relay — Englewood
1,600M relay — Rutherford
1,800M relay — Dumont
Long Jump — Stephanie Pillari, Westwood
Triple Jump — Liana Iglesias, Westwood
High Jump — Lauren Donohue, Westwood
Discus — Apri Jones, Tenafly
Discus — Anna Clark, Tenafly
Javelin — Marissa Sarubbi, Cliffside Park
Javelin — Michelle Bumpass, Rutherford
Shot put — Lynne Haywood, Dumont
Shot put — Brenda Arroyo, Ridgefield Park
All-around — Michelle Bumpass, Rutherford

HONORABLE MENTION

100 — Thatcher DaCosta, Englewood; Mesi Charles, Westwood; Meri Silberstein, Tenafly; Liana Iglesias, Westwood; Wynter Gonzalez, Rutherford; Jessica Hanson, Dumont; Lynne Haywood, Dumont; Brandi Lewis, Englewood.
200 — Mesi Charles, Westwood; Melissa Koberle, Rutherford; Brittny Saunders, Fort Lee; Lauren Fanelli, River Dell; Meri Silberstein, Tenafly; Cheryl Muller, Ridgefield Park.
400 — Melissa Koberle, Rutherford; Brittny Saunders, Fort Lee; Julie Hamlin, Dumont; Cheryl Muller, Ridgefield Park; Thatcher DaCosta, Englewood.
800 — Emily Drew, Westwood; Meri Silberstein, Tenafly; Sherlee Clark, Ridgefield Park; Nicole Stinson, Westwood; Belmax DeJesus, Fort Lee; Yaeminda Dunson, Englewood.
1,600 — Katie D'Aco, Westwood; Carolyn Wassong, Rutherford; Belmax DeJesus, Fort Lee.
3,200 — Katie D'Aco, Westwood; Carolyn Wassong, Rutherford; Laura Stiefel, Ridgefield Park; Keridy Crook, Tenafly.
400 relay — River Dell; Dumont; Ridgefield Park; Rutherford; Cliffside Park.
1,600 relay — Tenafly, Fort Lee.
100HH — Jaime Henkel, Ridgefield Park; Wynter Gonzalez, Rutherford; Nicole Teel, Dumont; Miho Yoshioka, River Dell.
400IH — Sherry Caitlin, River Dell; Michelle Bumpass, Rutherford; Shana Don, Fort Lee.
High Jump — Cheryl Muller, Ridgefield Park; Erin Kelly, Dumont; Erin Piscetta, River Dell; Jen Rlenzi, Rutherford.
Long Jump — Mino Yoshioka, River Dell; Shenee Clarke, Ridgefield Park; Wynter Gonzalez, Rutherford; Nikeasha Gayle, Englewood.
Triple Jump — Stephanie Pillari, Westwood; Lauren Sherry, River Dell; Aahely Ella, Tenafly; Erin Piscetta, River Dell; Jen Rlenzi, Rutherford; Katie Caspare, Dumont.
Shot put — Najran Stephens, Cliffside Park; Nee-sha Gayle, Englewood; Jean Marie Bellotti, Rutherford; Ardiana Bajrushli, Westwood; Kim Gerin, Ridgefield Park; Pam Carbaetta, Dumont.
Discus — Erika Domicic, Cliffside Park; Ardiana Bajrushli, Westwood; Cathy Galligan, Dumont; Jackie Dakwar, Tenafly; Jean Marie Bellotti, Rutherford; Diana Corkin, Rutherford.
Javelin — Stephanie Pillari, Westwood; Kristy Potts, Ridgefield Park; Lauren Chadwick, Rutherford; Ardiana Bajrushli, Westwood; Nikki Sample, Westwood; Rachel Fisher, Dumont.
All-around — Cheryl Muller, Ridgefield Park; Ashley Ella, Tenafly; Shana Don, Fort Lee.
Northern Hills Conference did not submit teams.

ALL-LEAGUE TEAMS

NHC Skyline boys track

FIRST TEAM

100M — Dwayne Spearman, West Side
200M — Eric Davis, Clifford Scott
400M — Graig Kolk, Clifford Scott
800M — Keith Horbatuck, Lakeland
1,600M — Matt Winkler, Wayne Valley
3,200M — Andrea Cordero, Passaic Valley
110M HH — Frank Mbanusi, West Orange
400M IH — Benito Van Dunk, Lakeland
High Jump — Assarnie Fannelli, West Orange
Long Jump — Marvin Achong, Orange
Pole vault — Bob Lozzi, Lakeland
Shot put — Matt Schur, West Milford
Discus — John Biango, Lakeland
Javelin — Fred Defina, West Orange
All-around — Hanley Hoge, Orange
1,800M relay — Clifford Scott (Eric Davis, Kevin Lynch, Tashawn Williams, Karl Wilson)

SECOND TEAM

100M — Tye Davis, West Orange
200M — Dwayne Spearman, West Side
800M — Dave Heerema, West Milford
1,600M — Andrea Cordero, Passaic Valley
3,200M — Craig Cantanese, Lakeland
110M HH — Dan Spousi, West Milford
400M IH — Kevin Lynch, Clifford Scott
High Jump — Keith Anderson, Wayne Valley
Long Jump — Kyle Hanzas, West Milford
Pole vault — Dave Serrano, West Milford
Shot put — Kevin Miceli, Lakeland
Discus — Nick Clark, West Milford
Javelin — Arden Clerch, Lakeland
All-around — Chris Terranova, Wayne Valley

HONORABLE MENTION

Josh VanDunk and Tim Fonseca, Lakeland; Ray Polhill, Orange; Mike DeSimone and Josh Gregory, Passaic Valley; Jean Lablanc and Miguel Setaisingh, Clifford Scott; Alan Fakhour and Ted Mussano, Wayne Valley; Keith Gunther and Keith Campbell, West Milford; Jokke Juntunen and Paul Zaragoza, West Orange.
Coach of the Year — Joe Suriano, West Orange

NHC Skyline girls track

FIRST TEAM

100M — Amanda VonRudenberg, West Milford
200M — Nadela Kent, West Orange
400M — Quinn Lewis, Orange
1,600M — Kelly Billig, Passaic Valley
3,200M — Meghan Neylan, West Orange
110M HH — Nicole Escaravage, West Milford
400M IH — Megan Petrano, West Milford
High Jump — Hykeema Arrick, Passaic Valley
Long Jump — Kim Garcia, Mount St. Dominic
Shot put — Desiree Alexander, Passaic Valley
Discus — Mary Bozenmayer, West Milford
Javelin — Sara Schechter, West Milford
All-around — Petal Gardner, Clifford Scott
1,600M relay — Clifford Scott (Korea Jackson, Julia Lettwich, Sonya Lee Williams, Petal Gardner)

SECOND TEAM

100M — Earline Mallory, West Side
200M — Tiffany Clark, West Orange
400M — Laura Moretti, Mount St. Dominic
800M — Julia Lettwich, Clifford Scott
1,600M — Eileen O'Dea, Lakeland
3,200M — Jackie Fulvio, West Orange
110M HH — Allison Kuhn, Lakeland
400M IH — Elin Griffith, West Side

High Jump — Elizabeth Crawford, Mount St. Dominic
Long Jump — Alicia Warren, West Orange
Shot put — Lynn Hazelman, Wayne Valley
Discus — Danielle Rusclano, West Milford
Javelin — Lindsay VanZile, West Milford
All-around — Desaree Dretter, Wayne Valley

HONORABLE MENTION

Kerry Rissetto and Lauren Durkin, Mount St. Dominic; Lori Johansson and Korina Zyla, Lakeland; Janel Turrin and Carrie VanWay, Passaic Valley; Andrea Russell and Darnisha Howard, Clifford Scott; Moncal Baraki and Kathleen Syron, Wayne Valley; Amy Schoonmaker and Rita Sebastiano, West Orange; Carol Guthrie and Shephaty Panoy, West Orange; Tracy Allen and K. Conway, West Side.
Coach of the Year — Judy Musel, West Milford

NHC Northern Division golf

FIRST TEAM

Tyler Hill, Wayne Valley
Ted Fitzpatrick, DePaul
Bob Gregory, Pequannock
Devon Melone, Passaic Valley
Jeannine Mondesardo, DePaul
Don DeMichino, Pequannock
Kara Gropler, DePaul

SECOND TEAM

Jay Diamond, Pequannock
Scott Guida, Wayne Valley
Dan Cook, Passaic Valley
Chris Donnelly, DePaul
Ryan LaForge, Wayne Valley
Brandon Pergola, Passaic Valley
Mike Milewski, Wayne Valley

HONORABLE MENTION

Ray Bradley and Kyle Van Zile, Butler; Ryan McGuire, DePaul; Sean Price and Scott Ferrell, Morris Catholic; Hiram Ramos and Steve Yurkoosky, Passaic Valley; Bryan Adams and Bill Marks, Pequannock; Brian Jones and Dan Johnson, West Milford; John Morano and Bill Garafalo, Wayne Valley
Coach of the Year — John Gross, Wayne Valley

NHC Skyline tennis

FIRST TEAM

First singles — Dan Vizi, Wayne Valley
Second singles — Josh Weisstuch, Wayne Valley
Third singles — Tim Coughlin, Delbarton
First doubles — Dave Thompson; Sergio Frisoli, Delbarton
Second doubles — Ken Wong; Albert Thrower, Delbarton
Open — Veto Menza, Delbarton

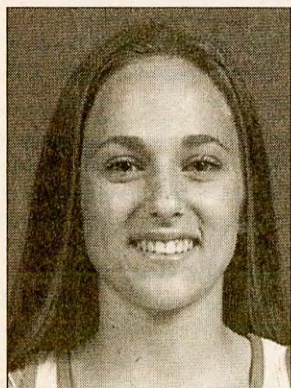
SECOND TEAM

First singles — Mark Braunstein, Lakeland
Second singles — Alex Litoia, Delbarton
Third singles — Adam Schmidt, West Milford
First doubles — Kraig Tuber; Mark Tasko, Wayne Valley
Second doubles — Kyle Anderson; Dave Wallace, Wayne Valley

HONORABLE MENTION

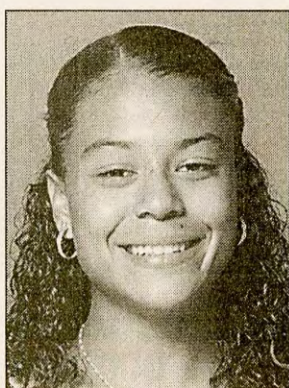
Kyle Hughes, Wayne Valley; Nick Salcedo, Delbarton; Tom Easman and Tim Gleason, Lakeland; Ian Hamilton, West Milford; Friday Osabu, West Side; Sean Walker, West Milford; Josh Waltsak, Passaic Valley; Dillon Whitehall, Orange

All-County Track & Field


BERGEN — GIRLS
FIRST TEAM

COURTNEY CUBICCIOTTI

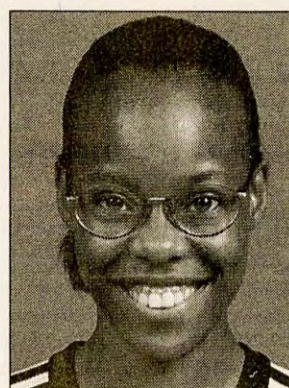
 Immaculate Heart, sophomore
100M, 200M, Long jump

A tiny sprinter with the heart of a lion. The first-team selection at 200 meters as a freshman had another sensational year. She won the Bergen 4, Parochial A and Bergen Meet of Champions titles at 100 and 200, was second in the NNJIL Pacific 100 and 200, and tied for fifth in the 100 and third in the 200 at the State Meet of Champions. As a long jumper, she won the NNJIL Pacific, was second in Parochial A and the BMOC meet and was third in Bergen 4. With two years to go, she already ranks third all time in Bergen in the 100, second in the 200, and is tied for 25th in the long jump.


MELINDA DIDONET

 Bogota
400meters

Until this year, she was better known as a basketball player and a cog on the Bucs' fine cross-country team. She had an outstanding year in the 400, winning the BCSL Olympic and Bergen 1 meets, with seconds in the County Seat, BMOC and Sectional 1 meets, and a fifth in the State Group 1 meet. She qualified for the State Meet of Champs, where she ran 59.48 seconds, her best time of the season. She also won the Bergen 1 100 and 200 titles among 11 other major meet medals in the sprints and high jump. She ranks 38th all time among Bergen 400 runners and will compete in track and basketball at Ramapo College.


JANELLE MCCALLUM

 Teaneck
800 meters

A member of last year's all-Bergen 1,600 relay team, she still excelled on the relay, and had a remarkable individual season. She won the Bernards, Bergen 4, Sectional 4, and SMOC races impressively before a heartbreaking seventh place finish in the state Group 4 race kept her out of the SMOC. She also won the NNJIL Pacific 3,200, and Bergen 4, and Sectional 4 1,600s and was another near miss for seventh in State Group 4. Headed for the Navy, McCallum ranks 12th all time among Bergen 800 runners and was 25th on the all-time Bergen 1,600 list. She is the finest middle distance runner in Teaneck history.


DARA SEIDMAN

 Ramsey
400 meters, 1,600-meter relay

Seidman moves up from second-team honors in the 200 meters last year. This year, she won the County Seat, Bergen 2, and Sectional 2 meets, and took fourth in the BMOC and a solid ninth in the State Group 2 race. She also won the County Seat long jump and triple jump, the NBIL 2 triple jump, and Bergen 2 long jump as part of 10 other major meet medal performances. She ranks tied for 31st all time at 400 meters and is also in the Bergen top 50 in the 100, 200, long jump, and triple jump.

She had one of the greatest all-around years in Bergen history to elevate from honorable mention in the hurdles and nowhere in the 400. She won the BCSL American, Bergen 3, Sectional 3, and BMOC at 400 meters, also taking third at Bernards. In the intermediate hurdles, she won the BCSL American, Bergen 3, Sectional 3 and BMOC titles before placing a disappointing ninth in the state Group 3 race. Babbini also won the BCSL American 200, the Bergen 3 100, and the Sectional 3 200, was third in the BMOC 200, and earned six major javelin medals, including second in State Group 3 and third in the BMOC and SMOC. She ranks seventh all-time in the javelin throw, seventh in the 400 hurdles, and also had top 50 all-time performances in the 200 and 400. East Stroudsburg University will get a gem next year.


JACKIE BABBINI

 Cliffside Park
400 meter, 400M LH

JENN FLINCHUM

 NV/Demarest
Shot put, Discus

It was a record-breaking year for this three-time all-Bergen honoree in the shot and two-time honoree in the discus, who is headed for the University of Rhode Island next year. The former softball player broke long-standing Bergen County records in the shot put and discus and added nearly a foot-and-a-half to the old shot mark and more than six feet to the discus standard. She was sixth at the Penn Relays and third in the State Group 3 shot, but won the NBIL 1, Bergen 3, Sectional 3, and SMOC titles, the latter in dramatic fashion, from fourth place on her last throw with a toss of 44-2, the county record. She also led the Norsewomen shatter the old three-girl Bergen shot put relay mark by six feet at the Bergen Relays. Her discus successes included wins at the NBIL 1, Bergen 3, Sectional 3, and BMOC meets with seconds in the State Group 3 and SMOC meets, the latter with an awesome throw of 143-4.


MEG MCDERMOTT

 Ridgewood
1,600 meters

Moving up from second team all-Bergen in the 800 last year, this Fordham-bound star won the NNJIL Atlantic and BMOC championships at 1,600, took second in the Bergen 4 and Sectional 4 races, and was sixth in the State Group 4 race. She then easily won the unseeded heat and was eighth overall at the SMOC. She also won the Bergen 4 3,200 race in the fastest local time of the year in the event and ranks 29th all-time at 800 meters, 23rd at 1,600, and 17th at 3,200.


JEN AUSTIN

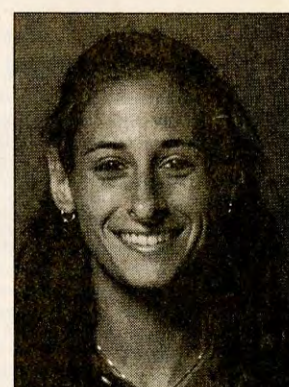
 Garfield
Javelin

In this memorable year for Bergen County girls field events, no one dominated an event more than Austin, who earns her third straight all-Bergen honor. She broke the 18-year-old Bergen County javelin record by more than four feet, throwing 145 feet three inches at the Bergen County relays and ending the season with the five top throws in county history. She won the County Seat, B-PSL King, Bergen 3, Sectional 3, BMOC, and State 3 titles, missing only at the Penn Relays (7th) and SMOC (2nd). She also earned seven other major medals in the triple jump, shot put, and 200 meters.


SHENE CLARKE

 Ridgefield Park
Triple jump

It's not easy to succeed a legend, but Clarke did a good job succeeding all-time great Carlene Cummings in this event on the county and state levels. That's probably because she is becoming a legend of her own in basketball with two all-Bergen selections in three years. In the triple jump, she won the BCSL American, Bergen 2, and BMOC titles and had the best jump in the state this year at 36-2, tied for 21st all-time in Bergen County. She also placed in two major 800s and two major long jumps.


JAMIE LILIEN

 Pascack Valley
100 meter hurdles

She was third team in the 100 hurdles last year, but dominated the event locally from the first meet to the last, winning the Bernards, NBIL 2, Bergen 3, Sectional 3, and BMOC titles easily. She finished third in State Group 3 and missed qualifying for the SMOC final by .02 second, finishing ninth. She also placed in three intermediate hurdle races and won the NBIL 2, Bergen 3, Sectional 3, and BMOC long jumps. With a year to go, she ranks in the top 50 in the 100 hurdles, high jump, and long jump.



BETH ANDROSKI
Hackensack
3,200 meters

Moving up from second team last year, she had a remarkable year capped off by an excellent spring season. She won the NNJIL Atlantic, Sectional 4 and BMOG 3,200 titles, was second to McDermott in Bergen 4, fourth in State 4, and sixth in the SMOC. She also placed in the NNJIL Atlantic, Bergen 4, and Sectional 4 1,600 races. The 1998 State Group 4 cross-country and 1999 State Group 4 winter track 3,200-meter winner already ranks 25th all-time in the 3,200 entering her senior year.



CHERYL BURDICK
Ramsey
High jump, 1,600 M relay

No one has ever had the kind of dominant career in the high jump in Bergen County since Becky Dietz nearly a quarter of a century ago, and it's unlikely anyone will approach her for another 25 years. She won six of eight meets in the high jump, the County Seat, NBIL 2, Bergen 2, Sectional 2, BMOG, and SMOC meets, was second in State Group 2 and fourth in the Penn Relays. She won the last four SMOC high jumps, two indoors and outdoors, and is all-Bergen in the high jump for the third time. The Bergen record holder at 5-10, she also won four major 400 hurdle titles in her first year in the event and earned four major medals at 400 meters.



CASSANDRE MCLAUTHLEN
Ramsey
1,600 M relay

Ramsey had the best small school team in Bergen County all season and the 1,600 meter relay was a major reason. With all-Bergen quartermiler Dara Seidman and all-Bergen high jumper Cheryl Burdick, anchoring and leading off, it fell to Fischer and McLauthlen to keep the middle legs competitive. They did it well enough to win the 1-2 title at the Bergen Relays, took an impressive third place in their heat at the Penn Relays in the area's best time. After a second-place finish in Bergen 2, the team won the Sectional 2 race in an area-leading 4:04. It lost narrowly to Ridgewood in the BMOG, but battled back to win the State 2 title and was a solid 15th in the SMOC.



PEYTON FISCHER
Ramsey
1,600 meter relay

S-10 THE RECORD



Ramsey the best

Picking the best team in Bergen County girls track for the 1999 wasn't easy.

Ridgewood had an outstanding relays season, but lost to powerful Passaic in the NNJIL Atlantic meet. Then, after winning the six-team Bergen Group 4 meet, the Maroon Raiders slid to sixth in the sectional Group 4 meet.

Hackensack had a consistent season, with four major runner-up finishes and a third place in the sectional Group 4 meet, but the Comets never won a meet.

Immaculate Heart Academy won its first NNJIL Pacific title, and was third in Parochial A.

Cliffside Park's amazing quintet of Jackie Babbini, Fredyla Urena, Marissa Sarubbi, Erika Dumicic, and Najran Stephens was sensational in winning the BCSL American, Bergen 3, and sectional 3 titles, but could manage only a third place in its league relays and third in Bergen 3.

Northern Valley at Demarest, keyed by State shot put champ Jenn Flinchum, Lila Lee, and Chris Siebold, won the Bergen Relays 3 and NBIL Division 1 titles, but lost to Cliffside Park in the County and sectional 3 races.

Glen Rock won the Bergen Relays 1, B-PSL King, and Bergen 1 titles before losing to surprising Academic of Jersey City in the sectional 1 meet.

And while Hasbrouck Heights (BCSL National) and Bogota (BCSL Olympic) also won league titles, their overall seasons also left them short.

But Ramsey, after a tight six-point loss to Westwood in the Bergen Relays Group 2 meet, swept through the rest of the season, winning the NBIL Division 2 meet by 80 points, the Bergen 2 meet by 76, and the sectional 2 meet by 57 points.

Coach John Kirchhof's seventh straight Bergen group champions and fifth straight sectional champions were led by four-time State high jump champ Cheryl Burdick, also a fine hurdler, sprinter-jumper Dara Seidman, a distance team led by Melissa Conway, and thrower Marissa Christoudias. The Rams were the best team in Bergen County this year.

— PAUL SCHWARTZ

ALL-BERGEN GIRLS TRACK

Second team

- 100 — LAUREN FANELLI, River Dell Senior
- 200 — JACKIE BABBINI, Cliffside Park Senior
- 800 — JULIE CLIFFORD, Holy Angels Senior
- 1,600 — JANELLE MCCALLUM, Teaneck Senior
- 3,200 — MELISSA CONWAY, Ramsey Sophomore
- 100 HH — CLAIR NOWAKOWSKI, Ridgewood Freshman
- 400 LH — BRIDGETTE ATKINSON, Hackensack Senior
- Shot put — LILA LEE, NV/Demarest Junior
- Shot put — MARITSA CHRISTOUDIAS, Ramsey Junior
- Discus — NAJRAN STEPHENS, Cliffside Park Senior
- Javelin — JACKIE BABBINI, Cliffside Park Senior
- High jump — BRIDGETTE ATKINSON, Hackensack Sr.
- High jump — NICOLE BROWN, Teaneck Senior
- Long jump — JAMIE LILien, Pascack Valley Junior
- Triple jump — ANA LAW, Ridgewood Junior
- 1,600 relay — RIDGEWOOD (Jessie Porro, Sr.; Meg McDermott, Sr.; Jennifer Zucaro, Soph.; Katherine Zucaro, Soph.)

Third team

- 100 — NICOLE PARKINSON, Bergen Tech Sophomore
- 200 — CHRIS SIEBOLD, NV/Demarest Junior
- 200 — NICOLE PARKINSON, Bergen Tech Sophomore
- 800 — SHAUNA KOENIG, Hackensack Junior
- 1,600 — JULIE CLIFFORD, Holy Angels Senior
- 1,600 — FREDYLA URENA, Cliffside Park Senior
- 100 HH — COLLEEN MCCORRY, Glen Rock Senior
- 400 LH — CHRIS SIEBOLD, NV/Demarest Junior
- Discus — LILA LEE, NV/Demarest Junior
- Discus — ELIZABETH PENDLETON, Wood-Ridge Soph.
- Javelin — GWEN SCANEL, Hackensack Senior
- Long jump — ELENA VALONCIA, IHA Junior
- Triple jump — NICOLE BROWN, Teaneck Senior
- 1,600 relay — TEANECK (Janelle McCallum, Sr.; Nicole Brown, Sr.; Dara Jemmott, Jr.; Toni Alexander, Sr.)

Honorable mention

- 100 (12.8) — Natasha D'Souza, Bergenfield; Melinda DiDonato, Bogota; Jackie Babbini, Cliffside Park; Thatcha DaCosta, Englewood; Mary Jones, Hackensack; Jill Sgrol, Hasbrouck Heights; Emily Simon, Northern Highlands; Erica Rosenberg and Christine Wentzler, NV/Old Tappan; Kia Montroy, Paramus Catholic; Irene Leidenfrost, Park Ridge; Mesi Charles, Westwood.
- 200 (26.8) — Natasha D'Souza, Bergenfield; Melinda DiDonato, Bogota; Thatcha DaCosta, Englewood; Kenesha Brathwaite, Fair Lawn; Emily Simon, Northern Highlands; Christine Wentzler, NV/Old Tappan; Jamie Lillen, Pascack Valley; Dara Seidman, Ramsey; Melissa Koberle, Rutherford.
- 400 (81.0) — Kenesha Brathwaite, Fair Lawn; Britny Saunders, Fort Lee; Christine Wentzler, NV/Old Tappan; Jen O'Brien, Pascack Valley; Cheryl Burdick, Ramsey; Caitlin Sherry, River Dell; Melissa Koberle, Rutherford; Emily Drew, Westwood.
- 800 (2:25.9) — Fredyla Urena, Cliffside Park; Tracy Della Torre, Glen Rock; Mary D'Arliano, IHA; Michelle Hartel, Pascack Hills; Peyton Fischer, Ramsey; Meg McDermott and Clair Nowakowski, Ridgewood; Lauren Sherry, River Dell; Emily Drew and Nicole Stinson, Westwood.
- 1,600 (5:28.8) — Shauna Koenig, Bergenfield; Beth Androski and Claire McGuire, Hackensack; Mary D'Arliano, IHA; Laura Hemmert, Northern Highlands; Melissa Conway, Ramsey; Clair Nowakowski and Danielle Walther, Ridgewood; Briana Bayerdorfer, River Dell.
- 3,200 (12:41.5) — Fredyla Urena, Cliffside Park; Meghan O'Toole, Garfield; Tracy Della Torre, Glen Rock; Claire McGuire, Hackensack; Mary D'Arliano, IHA; Beth Vesey, Ramsey; Meg McDermott and Danielle Walther, Ridgewood; Briana Bayerdorfer, River Dell; Janelle McCallum, Teaneck.
- 100 HH (16.3) — Hiroko Hosaka and Chris Siebold, NV/Demarest; Kam Lam, Garfield; Jill Sgrol, Hasbrouck Heights; Angela Talucci, Indian Hills; Candy Careres, Lodi; Jill Turner, Pascack Hills; Ana Law, Ridgewood; Justine Diana, Saddle Brook; Nicole Brown, Teaneck.
- 400 LH (88.5) — Kam Lam, Garfield; Colleen McCorry, Glen Rock; Jill Resler, Hackensack; Nicole Florio, Hasbrouck Heights; Amella Hart, IHA; Michelle Hartel, Pascack Hills; Jamie Lillen, Pascack Valley; Ana Law and Katherine Zucaro, Ridgewood; Caitlin Sherry, River Dell; Meri Silberstein, Tenafly.
- Shot put (34.0) — Najran Stephens, Cliffside Park; Pam Carabetta and Lynn Haywood, Dumont; Wilma Cangelier and Monique Mighty, Hackensack; Sheena Schuler and Renee Wilson, Hasbrouck Heights; Brenda Arroyo and Kristy Potts, Ridgefield Park; Trinetta Gooding, St. Mary's; Holly Wright, Westwood.
- Discus (105-0) — Jessica Fazekas, NV/Demarest; Ayoker Koney, Garfield; Monique Mighty and Evans Santele, Hackensack; Renee Wilson, Hasbrouck Heights; Lisa Welch, Midland Park; Meghan Judge, Paramus; Liz Dale, Pascack Valley; Marissa Christoudias, Ramsey; Trinetta Gooding, St. Mary's; Melissa Ayvas, Wood-Ridge.
- Javelin (105-0) — Marissa Sarubbi, Cliffside Park; Chris Labocki, Garfield; Renee Wilson, Hasbrouck Heights; Daniela Viderra, North Arlington; Krystle Buczynski, Paramus Catholic; Marissa Christoudias, Ramsey; Lindsey Roggo, Ridgefield; Michele Bumpass, Rutherford; Stephanie Pillari and Nikki Sample, Westwood.
- High jump (5-0) — Emily Simon, Northern Highlands; Gwen Gobbo, Passaic Park; Jamie Lillen, Pascack Valley; Dara Jemmott, Teaneck.
- Long jump (14-0) — Thatcha DaCosta, Englewood; Colleen McCorry, Glen Rock; Gwen Scanel, Hackensack; Charnie Carter, Lyndhurst; Emily Lamparillo, NV/Old Tappan; Jill Turner, Pascack Hills; Dara Seidman, Ramsey; Helena LaMothe and Ana Law, Ridgewood; Justine Diana, Saddle Brook; Stephanie Pillari, Westwood.
- Triple jump (33-5) — Jen Austin, Garfield; Nicole Florio and Donna Russo, Hasbrouck Heights; Chrissy Procopio, Indian Hills; Charnie Carter, Lyndhurst; Natalia Roudenko, New Milford; Dara Seidman, Ramsey; Helena LaMothe and Eileen Melli, Ridgewood.
- 1,600 relay (4:16.0) — Bergen Tech, NV/Demarest; Dumont, Glen Rock, Hackensack; Hasbrouck Heights; Holy Angels, Immaculate Heart Academy, NV/Old Tappan; River Dell, Westwood.

April 6TH

GIRLS TRACK

Cliffside Park 82	Fort Lee 44
Eastside 59	Kennedy 53
Eastside 59	Hackensack 53
Holy Angels 70	Montclair 52
Holy Angels 88½	Nutley 32½
Montclair 64	Nutley 56

Passaic 66	Ridgewood 56
Passaic 122	Barringer 0
Ridgewood 122	Barringer 0
River Dell 119	Englewood 18
Rutherford 87	Dumont 49
Teaneck 73	Belleville 25
Tenafly 111	Queen of Peace 18
Wayne Valley 75	Passaic Valley 47
Wayne Valley 66	West Side 45

April 7TH

GIRLS TRACK

Becton 66	Secaucus 65
Cresskill 86	Dwt.-Eng. 36
Hasb. Heights 111	Becton 19
Hasb. Heights 112	Secaucus 19
IHA 82	Paramus Cath. 40
IHA 84	Paramus 37
Leonia 71	Park Ridge 66
Leonia 86	Emerson 44
Lodi 87	Elmwood Park 34
Lyndhurst 83	Wood-Ridge 47
N. Arlington 86	Lyndhurst 45
N. Arlington 100	Wood-Ridge 31
New Milford 108	Dwt.-Eng. 19
New Milford 77	Cresskill 53
Paramus Cath. 63	Paramus 59
Park Ridge 71	Emerson 57
St. Mary's 78	Ridgefield 47
Wallington 66½	St. Mary's 62½

4-12

GIRLS TRACK

DePaul 62	Butler 60
DePaul 72	Millburn 50
Garfield 70	Elmwood Park 12
Indian Hills 70	Pascack Valley 52
Midland Park 92	Paterson Cath. 20
Midland Park 85	Waldwick 35
New Milford 104	Leonia 21
New Milford 90	Palisades Park 41
Northern Highlands 85	Mahwah 36
NV/Demarest 100	Fair Lawn 22
NV/Old Tappan 103	Wayne Hills 19
Palisades Park 76	Leonia 55
Passaic Cty. Tech 79	Lodi 40
Passaic Cty. Tech 67½	Saddle Brook 43½
Passaic Valley 76.5	Mt. St. Dominic 44.5
Ramsey 81	Pascack Hills 41
Wayne Valley 72	West Orange 50

Tuesday

Cliffside Park 89	Tenafly 47
Clifton 117	Barringer 4
Dumont 125	Queen of Peace 9
Dumont 113	Wallington 24
Hackensack 110½	Barringer 1½
Hackensack 80½	Clifton 41½
Holy Angels 79	Paramus 43
IHA 101	Nutley 23
Teaneck 73½	Holy Angels 48½
Kennedy 80	Bloomfield 42
Nutley 73	Belleville 36
Ramapo 72	Bergenfield 46
Ridgefield Park 105	Englewood 29
Ridgewood 99	Bloomfield 23
Ridgewood 70	Kennedy 52
River Dell 69	Rutherford 67
Teaneck 73½	Holy Angels 48½
Wallington 106	Queen of Peace 30
Westwood 68	River Dell 68
Westwood 77	Rutherford 50

GIRLS TRACK

Hackensack 96	Bloomfield 26
Passaic 81	Hackensack 41
Passaic 104	Bloomfield 18

GIRLS TRACK

Westwood 91	Dumont 45
-------------	-----------

GIRLS TRACK

4-14

Wednesday

Bogota 73	Cresskill 58
Bogota 100	Emerson 28
Cresskill 93½	Emerson 31½
E. Christian 92	Pompton Lakes 39
Garfield 57	E. Christian 54
Garfield 67	E. Christian 64
Garfield 95	Pomp. Lakes 36
Hasb. Heights 94	Lyndhurst 37
Hasb. Heights 96	St. Mary's 24
IHA 100	Nutley 22
Lyndhurst 76	St. Mary's 29
Montclair 69	Paramus Cath. 53
N. Arlington 93	Becton 38
N. Arlington 117	Ridgefield 14
Passaic Tech 72	Midland Park 47
Pomp. Lakes 40	E. Chr. 91
S. Brook 80	Elm. Park 40
S. Brook 80	Pat. Cath. 40
Secaucus 75	Wood-Ridge 52
Secaucus 91	Wallington 70
West Milford 83	Wayne Valley 39

GIRLS TRACK

Fort Lee 81	Englewood 27
Garfield 69	Glen Rock 49
Garfield 91	Midland Park 21
Glen Rock 87	Midland Park 25
Hawthorne 71	Saddle Brook 60
Lakeland 70	Passaic Valley 52

Lakeland 96	West Side 26
NV/Old Tappan 95	Bergenfield 27
Pascack Hills 68½/Indian Hills 56½/Pas. Vall. 71 Mah. 44	
Passaic Tech 80	Pompton Lakes 51
Ramsey 72	N. Highlands 50
River Dell 86½	Ridge. Park 49½
Wayne Hills 62/Fair Lawn 60/Westwood 130Q. of Peace 7	

GIRLS TRACK

4-19

Bergenfield 67	Wayne Hills 55
Fair Lawn 73	Ramapo 49
Lodi 66	Waldwick 47
Manchester 73	Paterson Cath. 15
Manchester 74	Elm. Park 26
Manchester 80	Elmwood Park 7
Nor. Highlands 64	Pasc. Valley 58
NV/Demarest 67	NV/Old Tappan 55
Pascack Hills 89	Mahwah 31
Pompton Lakes 79	Midland Park 52
Pompton Lakes 91	Saddle Brook 40
Ramsey 86	Indian Hills 36
Saddle Brook 60	Midland Park 60
West Milford 84	Lakeland 38

GIRLS TRACK

4-20

Holy Angels 113	Belleville 9
Holy Angels 76	Paramus Cath. 46

GIRLS TRACK

4-21

Becton 67	Lyndhurst 64
Bogota 84	Wallington 43
Bogota 84	Park Ridge 46
Cresskill 84	Bergen Tech 45
Cresskill 79	Leonia 51
E. Christian 71½	Passaic Tech 58½
Eastern Christian 98	Paterson Catholic 17
Eastern Christian 70½	Passaic Tech 59½
Emerson 62	Dwt.-Eng. 52
Has. Heights 105	Wood-Ridge 26
Has. Heights 115	Ridgefield 16
Leonia 82	Bergen Tech 49
Lyndhurst 91	Wallington 40
New Milford 89	Park Ridge 41
New Milford 73	Bogota 58
North Arlington 87	St. Mary's 43
North Arlington 88	St. Mary's 43
Pal. Park 104	Emerson 26
Paramus 65	Nutley 57
Passaic Tech 97	Pat. Cath. 21
Secaucus 75	St. Mary's 52
West Milford 93	Mt. St. Dominic 29
Wood-Ridge 88	Ridgefield 40

GIRLS TRACK

4-26

Bogota 102	Dwight-Englewood 26
Bogota 92	Leonia 39
Fair Lawn 62	Bergenfield 59
Indian Hills 67	Nor. Highlands 59
Lakeland 73	Mt. St. Dominic's 45
Leonia 90	Dwight-Englewood 40
NV/Demarest 113	Wayne Hills 7
NV/Old Tappan 82	Ramapo 40
Park Ridge 72	Ridgefield 59
Pascack Hills 62	Pascack Valley 60
Ramsey 82	Mahwah 38
West Milford 99	Clifford Scott 23
West Milford 99	West Side 25

GIRLS TRACK

4-27

Cliffside Park 69	Westwood 67
Cliffside Park 103	Englewood 25
Clifton 69	Kennedy 48
DePaul 68	Madison 53
DePaul 96	Montville 26
Dumont 99	Fort Lee 24
IHA 72	Holy Angels 50
Passaic 83	Clifton 34
Passaic 76	Kennedy 40
Ridgefield Park 69	Tenafly 67
Ridgewood 66	Hackensack 56
River Dell 82½	Dumont 61½
River Dell 112	Fort Lee 18
Rutherford 89½	Ridgefield Park 46½
Rutherford 93	Tenafly 43
Secaucus 66	Lyndhurst 65
Secaucus 101	Ridgefield 30
Teaneck 72	Paramus Cath. 50
Teaneck 85	Nutley 36
Westwood 112	Englewood 22

GIRLS TRACK

4-28

Becton 71	Wood-Ridge 60
Becton 95	St. Mary's 36
Becton Tech 73	Emerson 58
Cresskill 74	Park Ridge 56

Hasb. Heights 91	N. Arlington 40
Hasb. Heights 110½	Wallington 20½
N. Arlington 110	Wallington 21
New Milford 99	Bergen Tech 30
New Milford 109	Emerson 22
Pal. Park 70	Park Ridge 61

GIRLS TRACK

Cliff. Park 103	Qu. of Peace 13
DePaul 65	Passaic Valley 57
Dumont 84	Tenafly 52
Dumont 110	Englewood 22
E. Christian 70	S. Brook 60
Garfield 110	Pat. Catholic 16
River Dell 74	Cliff. Park 62
River Dell 126	Qu. of Peace 8
Rutherford 98	Fort Lee 38
West Milford 88	DePaul 34
West Milford 87	Passaic Valley 35
Westwood 93	Ridge. Park 42

GIRLS TRACK

5-3

Bergen Tech 87	Dw.-Englewood 15
Caldwell 78	DePaul 44
Indian Hills 92	Mahwah 29
Lakeland 65	West Orange 43
Mt. St. Dominic 68	Wayne Valley 57
Park Ridge 61	Bergen Tech 61
Park Ridge 91	Dw.-Englewood 13
Pascack Hills 66	Nor. Highlands 56
Pequanock 76	DePaul 46
Ramsey 77	Pascack Valley 30
Wayne Valley 94	Cliff. Scott 22

5-4

Cliff. Park 71	Ridge. Park 64
Dumont 73	Cliff. Park 63
Dumont 89	Ridge. Park 47
Eastside 68	Clifton 54
NV/Old Tappan 92	Fair Lawn 30
Ridgewood 76	Clifton 46
Ridgewood 61½	Eastside 60½
Rutherford 100	Englewood 36
Rutherford 133	Queen of Peace 3
Tenafly 76	Fort Lee 58
Wayne Hills 64	Ramapo 58
Westwood 93	Fort Lee 42
Westwood 100	Tenafly 35

1999 SEASONAL BESTS

100 meters

12.9 (13.22) Helena Lamothe
13.4 Eileen Melli
13.5 Jessie Porro
14.1 Jen Bernstein
14.3 Katie Norchi
14.6 Emily Greenberg
15.7 Katie Chiles
15.8 Michelle Potash
15.8 Katie Goodman
16.2 Cassie Canzani
18.1 Christine Charles
20.4 Sarah Riely

800 meters

2:19.95 Meg McDermott
2:25.4(2:22.6r)Clair Nowakowski
2:25.8 Julie Sprich
2:28.6 Eileen Farrell
2:30.8r Danielle Walther
2:32.6 Monica Schiefen
2:36.0 Tara O'Neill
2:44.1 Peggy Lynch
2:44.3r Taylor Dunn
2:48.1 Lauren Lillis
2:49.7 Pippa Scott
2:56.1 Meg Behan
2:56.7r Rebecca Johnson
2:57.0r Colleen Herlihy

100 hurdles

16.0 Ana Law
17.2 Jess Gregg
18.5 Jennifer Zucaro
18.9 Erin Raiter
20.9 Katie Chiles
21.0 Cassie Canzani
21.5 Emily Greenberg
22.4 Katy Goodman

200 meters

27.25 Helena Lamothe
27.7 Jessie Porro
28.2 Lesley Bruno
29.1 Jennifer Zucaro
30.0 Jen Bernstein
30.6 Katie Norchi
30.6 Emily Greenberg
33.6 Katie Chiles
33.8 Erin Raiter
33.8 Cassie Canzani
34.6 Michelle Potash
37.4 Christine Charles
41.7 Sarah Reilly

1600 meters

5:08.04 Meg McDermott
5:21.2 Clair Nowakowski
5:25.4 Danielle Walther
5:38.5 Monica Schiefen
5:42.46 Tara O'Neill
5:48.7r Kelly Behan
5:52.7 Taylor Dunn
5:58.3 Alyson Cangemi
6:00.9 Peggy Lynch
6:12.0 Rebecca Johnson
6:32.8 Colleen Herlihy
6:44.8 Meg Behan
7:13.9 Pippa Scott

400 hurdles

67.7 Katherine Zucaro
67.8 Ana Law
68.2 Meg McDermott
71.8 Jennifer Zucaro
80.3 Taylor Dunn
]85.8 Emily Greenberg
89.6 Erin Raiter
90.2 Katy Goodman
95.6 Cassie Canzani

400 meters

60.8 (61.79) Katherine Zucaro
63.3 Jennifer Zucaro
63.5 Eileen Farrell
63.6 Lesley Bruno
67.3 Kara Belknap
75.3 Kerry Nussear

3200 meters

11:12.8 Meg McDermott
11:30.96 Clair Nowakowski
11:37.73 Danielle Walther
12:20.6 Kelly Behan
12:31.2 Monica Schiefen
13:27.6 Alyson Cangemi
13:27.6 Peggy Lynch
13:54.1 Julie Sprich
14:13.6 Tara O'Neill
14:13.3 Taylor Dunn

400 relay splits

59.5 Katherine Zucaro
61.1 Meg McDermott
61.2 Jennifer Zucaro
62.2 Lesley Bruno
62.4 Jessie Porro
63.7 Eileen Farrell
70.2 Emily Greenberg

Long Jump

16' 7" Helena Lamothe
16' 1 ½" Ana Law
14' 8" Eileen Melli
13' 5 ½" Chelsea Schloerb
12' 2" Kerry Nussear
12' 1/4" Lauren Lillis
11' 5" Michelle Potash
10'10" Jen Bernstein

Triple Jump

35' 6 ½" Ana Law
35' 4" Helena Lamothe
33' 6 ½" Eileen Melli
28' 6" Eileen Farrell
25' 7 ½" Erin Raiter

High Jump

4' 8" Kara Belknap
4' 8" Sarah Herold
4' 6" Jess Gregg
4' 6" Chelsea Schloerb
4' 6" Eileen Farrell
4' 4" Lesley Bruno

Shot Put

29' 6" Heather Russo
27' 3 ½" Yael Bromberg
27' Karen Bray
26' Liz Strahle
25' Brittany Hemmel
21'11" Pam Amorino
21' 9" Sarah Herold
20'11" Loren Aversa
23' 9" Lindsay Christopher
22' 9" Daniela Sevilla
20' 3" Lillian Thyssen
20' 1" Patti Polise
19' 1 ½" Kate Lubinger
18'11" Liz Monahan
18' 8 ½" Sarah Bigos
17' 9 1/4" Kathleen Doody

Discus

85' 3" Heather Russo
78' 3" Karen Bray
77' 6" Liz Strahle
72' 8" Yael Bromberg
67'10" Pam Amorino
66' 3" Lindsay Christopher
66' 1" Sarah Herold
62' 9" Daniela Sevilla
60' 7" Patti Polise
60' 6" Brittany Hemmel
60' 1" Loren Aversa
57' 5" Kate Lubinger
53' 8" Sarah Bigos
49' 5" Lillian Thyssen
48' 2" Liz Monahan
45' Kathleen Doody

Javelin

98' 7" Jess Gregg
77' 5" Pam Amorino
76' 3" Karen Bray
72'11" Lindsay Christopher
68' 2" Liz Strahle
65'11" Kate Lubinger
62' 5" Sarah Bigos
56' 5" Sarah Herold
54' Brittany Hemmel
53' 1" Daniela Sevilla
52' 8" Heather Russo
48' 9" Kathleen Doody
45' 4" Yael Bromberg
38'10" Liz Monahan
38' 6" Lillian Thyssen
35'11" Loren Aversa

1999 Ridgewood Throwers

	Ridgewood	Passic dual	engelwood	Kennedy	bergen relay	Hackensack	Eastside	NNJIL	NNJIL 9th	Novice	Bergen 4	RR-II	Sectional
shot put	April 3rd	April 6th	April 10	13-Apr	16&17-Apr	27-Apr	4-May	5/7&8					
Karen Bray	23' 7.5"	24' 1"	23' 10"				24' 3"	24' 8"					27'
Yael Bromberg		24' 8"	25' 3.5"		27' 3.25"	23' 2"	23' 2"				25' 3"	25' 1.5"	
Jessica Gregg													
Sarah Herold	19' 1"	19' 8"	21' 9"	21' 3"					20' 5"				
Heather Russo	23' 10"	25' 9"	26' 9"	25' 4"	29' 3"			27' 2"			28' 5.75"		29' 6"
Liz Strahle	21' 8"	24'	23' 8"	23'		23' 4"	26'	25' 2"			25' 10.75"		
Pam Amorino				21' 11"		20' 11"	21' 4.75"						21' 7.5"
Loren Aversa	18' 10"			20' 11"			19' 6"						20' 8.5"
Lindsay Christopher	23' 9"			21' 1"									21' 5.75"
Kathleen Doody			17' 7"	17' 1"			17' 9.25"			16' 10.5"			
Brittany Hemmel		23' 9"	24' 1.5"	25'	24' 1.25"	23' 7"	22' 1"						
Kate Lubinger	19' 1.5"	18' 6"	18' 6"										
Liz Monahan	17'			17' 9"		18' 11"							
Patti Polise			15'	16' 9"			20' 1"			18' 9.5"			19' 10"
Daniela Sevilla	21' 4"	20' 10"	19' 9"	22' 5"			22' 9"						21' 6"
Lillian Thyssen	18' 3"	19' 10"		16' 11"			20' 3"			20' 2"			19' 10"
Sarah Bigos	17' 7"	17' 8"					18' 8.5"			18' 5"			

discus		6-Apr	10-Apr		17-Apr								
Karen Bray	71' 1"	63' 4"	67' 11"		70' 6"		65' 8"	60' 5"			78' 3"		63' 2"
Yael Bromberg		67' 1"	53' 7"			67' 3"	72' 8"					68' 7"	
Jessica Gregg													
Sarah Herold	66' 1"	60' 7"	56'										
Heather Russo	72' 11"	76' 2"	69' 8"	70'	75' 6"			80' 6"			84' 7"		85' 3"
Liz Strahle	70' 9"	72' 9"	62' 10"	60' 1"	69' 9"	67' 5"	77' 6"	63' 3"			60'		72' 5"
Pam Amorino		64' 9"	67' 10"	62' 7"		59' 11"	67' 6.5"			61'			
Loren Aversa	57' 4"	56' 10"		55' 8"			59' 3"			60' 1"			
Lindsay Christopher	65' 4"	66' 3"		62' 6"						61' 6"			
Kathleen Doody			45'	44' 2"		40' 1"				41' 9"			
Brittany Hemmel		56' 10"	48' 7"	59' 9"		57'				60' 6"			
Kate Lubinger	57' 5"	46' 1"	46' 10"										
Liz Monahan	31' 8"	48' 2"		36' 9"									
Patti Polise			30' 10"							59' 10"			60' 7"
Daniela Sevilla	61' 6"	62' 9"	56' 9"	52' 10"						52' 4"			46' 5"
Lillian Thyssen	49' 5"	42' 7"		43' 2"						43'			39' 8"
Sarah Bigos	50'	37' 5"	48' 8"						53' 8"				

javelin	April 3rd	10-Apr	16-Apr										
Karen Bray	53' 3"	76' 3"	69' 10"			67'				73' 1"			74' 1"
Yael Bromberg		45' 4"											
Jessica Gregg	73' 2"	84' 6"	89' 9"				92' 6"			86' 2"			98' 7"
Sarah Herold	49' 5"	56' 5"											
Heather Russo	52' 8"	45' 5"											
Liz Strahle	68' 2"	68'	56' 3"				55' 9"			60'			
Pam Amorino		68'											77' 5"
Loren Aversa	35' 11"												
Lindsay Christopher	60'												72' 11"
Kathleen Doody		48' 9"											
Brittany Hemmel		54'											
Kate Lubinger	65' 11"	47' 4"											
Liz Monahan	38' 10"												
Daniela Sevilla	53' 1"												
Lillian Thyssen	38' 6"												
Sarah Bigos	53' 2"	49' 6"					55' 6"						62' 5"

RIDGEWOOD HIGH SCHOOL INDIVIDUAL GIRL'S TRACK AND FIELD RECORDS

EVENT	RECORD	PERFORMER	DATE	PLACE
100 meter dash	12.3	Jennifer McDermott	1989	Wayne Hills HS, NJ
200 meter dash	25.4	Jennifer McDermott	1988	Williamsport, PA
400 meter dash	56.1	Ginny Figlar	1988	Wayne Hills HS, NJ
800 meter run	2:10.9	Margaret Scutro	1985	Tenafly, NJ
1500 meter run	4:26.25	Margaret Scutro	1985	Uniondale, LI, NY
1600 meter run	4:46.4	Margaret Scutro	1985	South Plainfield, NJ
3000 meter run	9:58.15	Jenna Rogers	1994	Raleigh, NC
3200 meter run	10:33.9	Jenna Rogers	1994	Tenafly, NJ
100 meter hurdles	15.0	Sheryl van der Schyff	1988	Tenafly, NJ
400 meter hurdles	63.5	Lynne Collazo	1989	Ridgewood HS, NJ
Shot Put	38' 6 3/4"	Lisa Glidewell	1980	Tenafly, NJ
Javelin	128' 4"	Tammy Rayevich	1988	South Plainfield, NJ
Discus	123' 3"	Jess Sokolik	1997	Bernardsville HS, NJ
Triple Jump	39'10 1/2"i	Jennifer McDermott	1989	Annapolis, MD
High Jump	5' 9"	Becky Deetz	1975	Holmdale HS, NJ
Long Jump	19' 4"	Jennifer McDermott	1989	South Plainfield, NJ
Heptathlon	4011	Renee Pavelski	1993	Spokane, WA
1 mile walk	9:49.3	Anja Kannengieser	1983	Hackensack, NJ
Marathon	3hr 32min	Klara Grape	1977	Shore Marathon

RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD RELAY RECORDS

EVENT	RECORD	PERFORMERS	DATE & PLACE
<u>TRACK RELAYS</u>			
4 X 100 meter relay	50.4	McGuire/Ross/Waters/Capitani	1985 Bernardsville, NJ
2 X 200 meter relay	1:46.9	McDermott/Reilly/Pollace/G.Figlar	1988 Randolph HS, NJ
4 X 400 meter relay	3:54.29	Degelmann/Reilly/Collazo/G.Figlar	1988 South Plainfield, NJ
4 X 800 meter relay	9:10.4	G.Figlar/Hughes/Hughes/Collazo	1988 Kearney HS, NJ
4 X 1 mile relay	20:34.4	Scutro/Pringle/M.Mileski/P.Mileski	1993 Bergen CC, Paramus NJ
Sprint Medley	4:10.5	Degelmann/Reilly/Figlar/Collazo	1987 Plainfield, NJ
Distance Medley	11:59.1i	Pringle/Scutro/M.Mileski/P.Mileski	1983 Jadwin, Princeton, NJ
4 X 100 meter hurdles	1:07.7	Law/Hoogland/Masterson/Klar	1997 Ridgewood, NJ
3 X 400 meter hurdles	3:22.3	Pavelski/Blaney/O'Connor	1993 Ridgewood, NJ

3 PERSON FIELD RELAYS

Shot Put Relay 8#	106' 9 1/2"	Glidewell/Sauerman/Slawek	1979 Rutherford, NJ
Discus Relay	305' 2"	Glidewell/Miles/Sauerman	1980 New Milford HS, NJ
Javelin Relay	284' 1"	Blaney/Chang/Holcomb	1992 Tenafly, NJ
High Jump Relay	15' 7 1/2"	DuFlon/B.Granata/Deetz	1975 Monmouth College, NJ
Long Jump Relay	47' 1/2"	Porro/Smith/O'Rourke	1979 New Milford HS, NJ
→ Triple Jump Relay	102' 9"	Lamothe/Law/Melli	1999 Ridgewood, NJ

2 PERSON FIELD RELAYS

Shot Put Relay 4kg	66' 3"i	Rayevich/Eldridge	1988 Jadwin, Princeton, NJ
Discus Relay	211' 2"	Rayevich/Eldridge	1988 Kearney, NJ
Javelin Relay	203' 7"	Lipson, Chang	1993 Ridgewood HS, NJ
High Jump Relay	10'	Richter/Roeske	1981 Paramus Catholic HS, NJ
Long Jump Relay	31' 9"	Wubell/McDermott	1988 Bergen CC, Paramus, NJ
→ Triple Jump Relay	69' 4 1/2"	Law/Lamothe	1999 Engelwood, NJ

RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD

ALL TIME TOP TEN

100 METER DASH

12.3	Jennifer McDermott	1989
12.6	Ginny Figlar	1987
12.7	Marci Capitani	1984&5
12.8	Judy Davis	1980
12.8	Trish Fogarty	1981
12.9	Melissa Gilbert	1992
12.9	Kate Brunner	1995
12.9	Helena Lamothe	1998&99
13.0	Cathy Vickery	1982
13.0	Shannon McGarrigle	1993
13.0	Jamie Grasso	1997
13.0	Jessie Porro	1997

200 METER DASH

25.4	Jennifer McDermott	1988
25.7	Ginny Figlar	1988
26.1	Melissa Gilbert	1994
26.2	Marci Capitani	1985
26.3	Kate Brunner	1995
26.6*	Judy Davis	1979
26.6	Lisa Bagnaturo	1981
27.0	Neena Barua	1993
27.2	Mary Ellen Mileski	1983
27.2	Shannon McGarrigle	1991
27.25	Helena Lamothe	1999

400 METER DASH

56.1	Ginny Figlar	1988
57.7	Marci Capitani	1984
58.42i	Jennifer McDermott	1989
58.7	Judy Davis	1979
58.8	Melissa Gilbert	1994
59.3	Margaret Scutro	1984
59.4	Kerri Reilly	1988
59.5 *	Kandie Latham	1974
59.9	Liz Ross	1985
60.0	Lynne Dogelmann	1987

400 m. RELAY SPLITS

55.7	Ginny Figlar	1988
57.1	Lynne Collazo	1989
57.4	Melissa Gilbert	1993
58.0	Marci Capitani	1985
58.0	Margaret Scutro	1984
58.1	Kerri Reilly	1988
58.3	Jennifer McDermott	1989
58.9	Mary Ellen Mileski	1983
59.1*	Kandie Latham	1974
59.5	Lynn Degelman	1985
59.5	Katherine Zucaro	1999

800 METER RUN

2:10.9	Margaret Scutro	1985
2:12.1	Patti Mileski	1982
2:13.8	Lynn Collazo	1988
2:13.9	Mary Ellen Mileski	1983
2:17.0	Jean Hughes	1987
2:17.7*	Kandie Latham	1975
2:17.77	Liz Figlar	1990
2:17.8	Stephanie Doyle	1995
2:18.0	Norine D'Arcy	1987
2:18.13	Meg McDermott	1998
2:19.2	Beth Pringle	1982

1500 METER RUN

4:26.25	Margaret Scutro	1985
4:44.8	Mary Ellen Mileski	1983
4:44.9	Patti Mileski	1981
4:45.1	Norine D'Arcy	1985
4:46.4	Lynne Collazo	1989
4:46.9	Jean Hughes	1987
4:47.2	Carol Dickstein	1981
4:53.9i	Eileen Fitzgerald	1990
4:54.4	Kathy Duffy	1980
5:06.4	Colleen Wright	1981

1600 METER RUN

4:46.4	Margaret Scutro	1985
4:54.8*	Patti Mileski	1983
5:01.2*	Mary Ellen Mileski	1980
5:02.0	Jenna Rogers	1984
5:03.4	Jean Hughes	1988
5:05.5	Beth Pringle	1983
5:04.69	Eileen Fitzgerald	1990
5:05.6	Norine D'Arcy	1987
5:06.2	Jennifer Hughes	1988
5:06.63	Stephanie Doyle	1996

3000 METER RUN

9:58.15	Jenna Rogers	1994
10:03.12i	Jennifer Hughes	1988
10:04.1i	Patti Mileski	1983
10:04.7	Carol Dickstein	1981
10:11.21	Jean Hughes	1988
10:13.6	Karen Canon	1988
10:13.9	MaryEllen Mileski	1982
10:22.8	Beth Pringle	1982
10:26.6i	Norine D'Arcy	1986
10:28.2	Kathy Duffy	1981

3200 METER RUN

10:33.9	Jenna Rogers	1994
10:34.5	Patti Mileski	1983
10:40.2	Margaret Scutro	1985
10:43.8	Jean Hughes	1988
10:46.4	Karen Cannon	1988
10:59.02*i	Celeste Sedo	1998
10:56.4	Jennifer Hughes	1987
10:58.6	Norine D'Arcy	1987
11:10.60	Amy Smith	1996
11:12.8	Meg McDermot	1999
11:13.6	Beth Pringle	1983

100 METER HURDLES

15.0	Sheryl van der Schyff	1988
15.4	Faith Ninivaggi	1994
15.6	Renee Pavelski	1992
16.0	Ana Law	1999
16.1	Jeanne McGuire	1985
16.2	Marli Klar	1997
16.5	Liz Ross	1984&85
16.6	Monica Richter	1982
16.7	Linn Degelmann	1988
16.9	Melissa Masterson	1995
17.2	Jess Gregg	1999
17.4	Sally Tarvin	1984
17.4	Christina Valez	1986

400 METER HURDLES

63.5	Lynne Collazo	1989
63.7	Lynn Degelmann	1987
63.82	Liz Ross	1985
64.93	Renee Pavelski	1993
66.6	Jeanne McGuire	1985
67.0	Claire Blaney	1993
67.1	Marli Klar	1995
67.1	Meg McDermott	1998
67.2	Amy Smith	1996
67.4	Christina Valez	1986
67.5	Lisa Waters	1984&85
67.7	Katherine Zucaro	1999
67.8	Ana Law	1999

SHOT PUT

38' 6 3/4"	Lisa Glidewell	1980
36' 8"	Tammy Rayevich	1988
36' 2"	Shayna Brown	1997
35' 8 3/4"	Alfreda Eldridge	1989
34'10"	Jess Sokolik	1996
33' 4"	Jessica Berg	1980
32' 7"	Janet Sauerman	1980
32' 6 1/2"	Ellen Barkenbush	1986
31' 9 3/4"	Michele Wilson	1998
30'10 1/2"	Louise Pallone	1987
29' 7"	Debbie Compton	1991
29' 3 3/4"	Allison Mathiesen	1996

JAVELIN

128' 4"	Tammy Rayevich	1988
122' 10"	Emilie Chang	1993
118' 4"	Deanie Barth	1987
116;	Marci Capitani	1985
110'	Kim Slawek	1979
108' 6"	Amy Titus	1990
108' 6"	Claire Blaney	1991
105' 6"	Claudia O'Rourke	1981
103' 3"	Donna Schlicher	1988
103' 3"	Dana Lipson	1993

DISCUS

123' 3"	Jess Sokolik	1997
118'11"	Tammy Rayevich	1988
117' 7"	Lisa Glidewell	1980
115' 6"	Janet Sauerman	1980
107'11"	Alfreda Eldridge	1989
107'	Ellen Barkensush	1986
106' 9"	Alison Barbeau	1990
105' 6"	Courtney Moody	1984
103' 6"	Christina Grab	1996
103' 1"	Cathie Deyoe	1975
102' 9"	Sarah Miles	1979

TRIPLE JUMP

39'10 1/2"	JenniferMcDermott	1989
36' 3 1/2"	Kathy Granata	1983
35' 6 1/2"	Ana Law	1999
35' 4"	Helena Lamothe	1999
35' 2 1/4"	Becky Deetz	1976
35' 1/4"	VanessaMcDermott	1995
34'11 1/2"	Deecy Porro	1978
34' 7 1/4"	Tonia Clarke	1995
34' 5"	ShannonMcGarrigle	1994
34' 4 1/2"	Jen Wrubel	1988
34' 2"	Elimie Chang	1992
34' 1/2"	Helena Lamothe	1998
33'10 1/2"	Wendy Hawthorne	1984

HIGH JUMP

5' 9"	Becky Deetz	1975&76
5' 5"	Renee Pavelski	1992
5' 4"	Kathy Granata	1982
5' 3 1/2"	Beth Granata	1975
5' 2"	Mary Sayers	1974
5' 2"	Renee DuFlon	1975
5' 2"	Sharon Roeske	1981
5' 2"	Monica Richter	1982
5' 2"	Wendy Hawthorne	1984
5' 2"	Sheryl vander Schyff	1987
5' 2"	Jen Wrubel	1987
5' 2"	Jennifer McDermott	1988

LONG JUMP

19' 4"	Jennifer McDermott	1989
17' 5"	Becky Deetz	1976
16'9 1/2"	Tonia Clarke	1995
16' 9"	Shannon McGarrigle	1992
16' 7"	Helena Lamothe	1999
16'6 1/2"	Racquel Mair	1989
16' 5"	Kathy Granata	1983
16'3 1/2"	Emilie Chang	1992
16' 3"	Jen Wrubel	1988
16' 3"	Marli Klar	1995
16'2 1/4"	Deecy Porro	1977

RIDGEWOOD HIGH SCHOOL
3 PERSON TRIPLE JUMP RELAY

ALL TIME TOP TEN

102' 9"	1999	Helena Lamothe-35' 4" Ana Law-34' 5 1/4" Eileen Melli-32' 11 3/4"	BERGEN COUNTY RECORD
100' 1"	1999	Helena Lamothe-33' 4" Ana Law-34' 4" Eileen Melli-32' 5"	5TH ALL TIME IN BERGEN
98' 9"	1999	Helena Lamothe-33' 1 1/2" Ana Law-33' 3 1/2" Eileen Melli-32' 4"	
97' 7"	1979	Deecy Porro Alison MacGregor Ingrid Pessa	
96' 6"	1988	Jen McDermott-35' 11" Jen Wrubel-33' 6" Debbie Norton-27' 3"	
96' 2.25	1994	Shannon McGarrigle-32' 5 1/4" Tonia Clarke-31' 10 1/2" Vanessa McDermott-31' 10 1/2"	
95' 10"	1982	Kathy Granata Monica Richter Wendy Hawthorne	
95' 8"	1995	Tonia Clarke-32' 3 3/4" Melissa Masterson-32' 1 3/4" Vanessa McDermott-31' 2 1/2"	
95' 6.75"	1989	Jen McDermott-38' 3/4" Allison Barbeau-29' 8 1/2" Amy Titus-27' 9 1/2"	
95' 6"	1997	Helena Lamothe-32' 5 1/2" Melissa Masterson-32' 1" Marli Klar-30' 11 1/2"	
93' 11"	1998	Helena Lamothe-33' 1/2" Ana Law-31' 8 1/2" Mo Smith-29' 4"	

We Rewrote The
TRIPLE JUMPLIST!

RIDGEWOOD HIGH SCHOOL
 2 PERSON TRIPLE JUMP RELAY

ALL TIME TOP TEN

69' 4 ½"	1999	Ana Law-35' 6 ½" Helena Lamothe-33'10"
65'11"i (RCC)	1983	Kathy Granata Wendy Hawthorne
64' ½"	1995	Tonia Clarke-32' 2" Vanessa McDermott-31'10 ½"
63' 8 ½"	1994	Shannon McGarrigle-31'11" Vanessa McDermott-31' 9 ½"
63'	1995*	Tonia Clarke-33'10" Susan Davis-29' 2"
62' 3"	1985	Leigh Mackall-32' 1" Lisa Waters-30' 2"
62' 1 ½"	1990	Racquel Mair-32' 2 ½" Debbie Campbell-29'11"
61' 8 ½"	1995*	Melissa Masterson-31'11" Marli Klar-29' 9 ½"
61' 4"	1997	Helena Lamothe-30' 9" Marli Klar-30' 6 ½"
60' 5"	1986	Jen McDermott-30' 7" Jen Wrubel-29'10"
59' 9 ½"	1995*	Kate McNamara-29'11" Vanessa McDermott-29'10 ½"

*4-8-95 Ridgewood High School had 6 Triple Jumpers over 29' 2"

RIDGEWOOD HIGH SCHOOL
3 PERSON LONG JUMP RELAY

ALL TIME TOP TEN

47' 1/2"	1979	DC Porro Michelle Smith Christine O'Rourke
45' 8 1/2"	1988	Jen McDermott - 17' 1/4" Jen Wrubel - 14' 6 1/2" Racquel Mair - 13' 6 3/4"
45' 5 1/2"	1988	Jen McDermott - 16' 5 1/2" Racquel Mair - 14' 9 3/4" Ginny Figlar - 14' 1 3/4"
45' 4 3/4"	1988	Jen McDermott - 18' 1" Jen Wrubel - 14' 4 3/4" Kate McDermott - 12' 11"
45' 2 1/2"	1999	Ana Law - 15' 5 1/2" Helena Lamothe - 15' 2" Eileen Melli - 14' 7"
44' 9 1/2"	1998	Ana Law - ? Helena Lamothe - ? Lizzie Vogelbach - ?
43' 7 1/2"	1992	Emily Chang - 15' 1 1/4" Shannon McGarrigle - 14' 9 1/2" Faith Ninivaggi - 13' 8 1/2"
43' 6 1/2"	1995	Tonia Clarke - 15' 4 1/4" Christina Judge - 14' 2" Marli Klar - 14' 1"
43' 6"	1989	Jen McDermott - 18' 2 3/4" Racquel Mair - 14' 9 1/2" Liz Figlar - 10' 4"
43' 4 1/2"	1993	Shannon McGarrigle - 14' 11" Emilie Chang - 14' 8 1/2" Renee Pavelski - 13' 9"

RIDGEWOOD HIGH SCHOOL
2 PERSON LONG JUMP RELAY

ALL TIME TOP TEN

31' 9"	1988	Jen McDermott - 16' 9" Jen Wrubel - 15' 1"
31' 1"	1988	Jen McDermott - 17' Jen Wrubel - 14' 1"
30' 6"	1995	Tonia Clarke - 16' 3" Christine Judge - 14' 3"
30' 3 1/2"	1983	Kathy Granata Wendy Hawthorne
30' 1"	1994	Christine Judge - 15' 5" Marli Klar - 14' 8"
30' 1/2"	1997	Ana Law - 15' 2" Helena Lamothe - 14' 11 1/2"
29' 11 1/2"	1987	Jen McDermott - 15' 9 1/4" Jen Wrubel - 14' 2 1/4"
29' 11"	1990	Racquel Mair - 15' 6" Renee Pavelski - 14' 5"
29' 9"	1995	Christine Judge - 15' 2" Tonia Clarke - 14' 7"
29' 7"	1999	Helena Lamothe - 15' 6" Eileen Melli - 14' 1"
29' 5"	1982	Monica Richter Kathy Granata

RIDGEWOOD HIGH SCHOOL
4 x 800 METER RELAY

ALL TIME TOP TEN

9:10.4* 1988 Ginny Figlar-2:17.3, Jennifer Hughes-2:20.3
(9:07.4 for 4X800) Jean Hughes-2:16.6, Lynne Collazo-2:16.3
9:10.3 1983 Mary Ellen Mileski, Margaret Scutro
Beth Pringle, Patti Mileski
9:13.3 1981 Patti Mileski, Beth Pringle,
Carol Dickstein, Mary Ellen Mileski
9:15.3 1987 Ginny Figlar, Jean Hughes, Norine Darcy
Lynne Collazo
9:15.5 1987
9:25.2 1983
9:29.1 1886 Lynne Collazo, Jean Hughes, Jennifer Hughes,
Norine D'Arcy
9:29.8 1982 penn final
9:29.9 1982 penn qualifier
9:31.9 1983 Ridgewood relays
9:37.4 1886 nj relays
9:37.9 1987 bergen relays
9:38.2 1992 Renee Pavelski-2:32.3, Gizelle Watson-2:26.2
(Penn Relays) Eileen Fitzgerald-2:27.9, Clair Blaney-2:21.2
9:39.6 1982 bergen relays
9:46.3* 1974 rbc relays national HS record
→ 9:46.07 1999 Meg McDermott-2:19.2, Clair Nowakowski-2:22.6,
(Penn Relays) Monica Schiefen-2:32.6, Danielle Walther-2:30.9
9:55.7 1983 bergen relays

