

**RIDGEWOOD
CROSS
COUNTRY
2000**

**SEASON
SUMMARY**

2000

Ridgewood Girl's Cross Country

2000

Dual Meets 7 wins

Teaneck	15-50
Nutley	17-43
Montclair	16-47
Holy Angels	18-45
Passaic	21-34
Belville	15-50
Paramus	17-44

Championship Meets 4 wins

Shore Coaches (B race)	5th
Ridgewood Invitational	2nd
Bergen Group 4	1st
NNJIL	1st
NJ North 1 State Section	1st
Bergen Meet of Champs	1st
State Group 4	6 th
SMOC (1 individual)	

Junior Varsity Meets 2 wins

Shore Coaches	7th
Ridgewood Invitational	2nd
Bergen Champs	1st
JV "section champs"	1st

Frosh Meets 7 wins

Season Opener	1 st
Maroon Inv.	1 st
Brett Taylor	1 st
Ridgewood	1 st
Bergen Champs	1 st
NNJIL	1 st
Frosh "Section Champs"	2 nd
BMOC	1 st

2000 Ridgewood Girls Cross Country

seniors: Rebecca Johnson*(capt)

juniors: Sarah Bigos, Cassidy Canzani*, Julia Foresman, Jackie Goulart*, Colleen Herlihy, Lauren Lillis*, Peggy Lynch*, Clair Nowakowski*(1st team all Bergen), Alexandra Oros*, Shauna Swan, Ruth VanYperen.

sophomores: Casey Callan, Kerry Doherty, Kristen Espenak, Jackie Macchi, Kate McDonagh, Jenna Rubinoff.

fresh: Ashley Amo, Tammie Armstrong, Ashley Bridgefamer, Casey Dunn, Caroline Gable, Lianne Hansen, Jill Herlihy, Stephanie Herlihy, Nikki Lattieri, Justine Lupo*(1st team all Bergen), Aimee Martin, Shannon McCarthy, Jess Murphy, Shelly Seidenberg.

coach: Jacob Brown

*= letter winner

CROSS COUNTRY 2000

Schedule:

- 9/12 - Teaneck Dual Meet - Vets Field - 4:30
- 9/15 - Season Opener - Darlington
- 9/18 - Nutley Dual Meet - Vets Field - 4:30
- 9/20 - Montclair Dual Meet - Brookdale Park - 4:30
- 9/25 - Holy Angels Dual Meet - Vets Field - 4:30
- 9/27 - Barringer Dual Meet - Canceled (no Barringer girls)
- 9/29 - Friday - Maroon Invitational - Garret Mountain
Girls Frosh - 3:35 Bus - 1:30
- 10/3 - Passaic & Belleville Dual Meet - Vets Field - 4:30
- 10/7 - Shore Coaches Meet - Holmdel (frosh to Brett Taylor - Darlington
Girls Frosh - 9:15 am Bus - 7:15am to Darlington
Girls JV - 1:06 Girls Varsity - 2:53 Bus - 10:30am to Holmdel
- 10/14- Ridgewood Invitational - Vets Field - 1pm
- 10/17- Tuesday - Paramus Dual meet - away - Paramus High School
- 10/21- Saturday - Bergen Group Championship - Darlington
Girls JV - 2:15, Girls Frosh - 3:30, Girls 4 Varsity - 4pm.
Bus - 12 noon. Team photo before bus.
- 10/24- Tuesday - NNJIL Champs - Garret Mountain
Girls Frosh - 2:30, Girls JV - 2:45, Girls Varsity - 3:20
Bus - 1:00pm We will miss 6th and 7th periods.
- 10/27- Friday - JV & Frosh Sectional - Darlington
Girls frosh - 3:55, Girls JV - 4:25, Bus at 2:00pm
- 10/28- Saturday - State Sectional - Garret Mountain
Group 4 Girls - 12:55 Bus - 10am
- 11/4 - Saturday - Bergen Meet of Champs - Darlington
Girls Varsity race - 2:30, Frosh race - 1:30 Bus - 12noon
- 11/11- Saturday - State Group 4 championship - Holmdel
Group 4 - 3pm Bus - 11:30am
- 11/18- Saturday - State Meet of Champions - Holmdel
Girls - 11:45 Bus - 8am

GIRLS CROSS-COUNTRY 2000

NNJIL Division A

RIDGEWOOD

Coach — Jacob Brown (26th season)
Top runners back — Senior: Rebecca Johnson. Juniors: Clair Nowakowski, Alexandra Dross, Peggy Lynch, Jackie Goulart.
Outlook — The Maroons went undefeated en route to winning a State championship last season. With an experienced squad, look for the team to remain strong.

NUTLEY

Coach — Ed Annett (25th season)
Last year's record — 6-4
Top runners back — Courtney Kopf, Christina Boyle, Jess Barbara.
Outlook — Kopf returns as the league champion. Boyle made first-team all-league.

PARAMUS

Coach — Jose Ortiz (ninth season)
Last year's record — 3-4
Top runners back — Senior: Meghan Judge. Juniors: Carol Anne Bullen, Amanda Ax, Jessica Miranda. Sophomores: Katie Tucker, Jamie Kinard, Rafina Alli, Laurie Mandara.
Outlook — The Spartans have a good mix of youth and experience and have a chance to improve on last year's mark.

TEANECK

Coach — Michele McMillan (second season)
Last year's record — 2-5
Top runners back — Senior: Charise Logan. Juniors: Danielle Brewer, Meryl Rosen. Sophomores: Allison Metz, Asha Philip, Katherine Slockett.
Outlook — Brewer and Logan should lead the Highwaywomen to a much-improved season.

NNJIL Division B

CLIFTON

Coach — John Pontes (17th season)
Last year's record — 13-2
Top runners back — Seniors: Renato Dul, Melissa Van Dorn. Juniors: Nicole Zayate, Megan Kogit. Sophomore: Lauren Nichols.
Outlook — Clifton lacks its usual large turnout, but has talent and will be a contender by season's end.

HACKENSACK

Coach — Ed Church (22nd season)
Last year's record — 4-3
Top runners back — Juniors: Julie Burrell, Kathleen Mish, Stacy Mercandetti.
Outlook — Three All-Bergen County runners are gone, but Church has a nice turnout of 21 as he rebuilds. This is the first time in six years that talent didn't overlap into the succeeding season at Hackensack, but with more than 100 wins to his credit, Church is capable of putting together a competitive team.

KENNEDY

Coach — Alma Pinder (second season)
Last year's record — 1-6
Top runners back — Senior: Diane Sanchez. Junior: Tawana Watkins. Sophomores: Teela Morrison, Calisea Ashman.
Outlook — Pinder is hopeful for a productive season. Four girls are experienced, including All-State track standout Watkins. A rookie to

keep an eye on is freshman Shaquilla Beason.

PASSAIC

Coach — Tony Barbato (13th season)
Last year's record — 6-1
Top runners back — Seniors: Shanae Pritchett, Lynnette Baker, Shakira Williams. Juniors: Alejandra Mondragon, Carolina Valera, Gina Plata. Sophomores: Yanirida Mejias, Sarina Hunter, Tashey Garcia.
Outlook — Pritchett was the County champion for a team that won the County title and was second in the sectionals. Williams returns after sitting out a year.

NNJIL Division C

IMMACULATE HEART

Coach — George Homsany (second season)
Last year's record — 7-0
Top runners back — Seniors: Jenna Belisonzi, Elizabeth Trynosky, Erin Bortz. Junior: Erin Kallman.
Outlook — Belisonzi leads an experienced corps of runners. Newcomers Shannon Reece and Theresa Hearn will have to take up the slack left by Amy Giacobone and Penata DiBlase.

PARAMUS CATHOLIC

Coach — Greg Pec (first season)
Last year's record — 2-5
Top runners back — Seniors: Niki Wilke, Joselle Lisa. Juniors: Maxine Ferrante, Melynda Murphy, Kristen LePage, Sarah Campbell, Renee Wohlrab, Celia Quist. Sophomores: Susette Chavez, Hilda Herrera.
Outlook — The Paladins could be a surprise team. The seniors are leaders of a young, talented group.

HOLY ANGELS

Coach — Jim McCarthy (sixth season)
Last year's record — 6-1
Top runners back — Seniors: Caitlin McDonald, Carl Devire. Junior: Cheryl Trovato. Sophomores: Sara Criscuolo, Meghan Hargrave, Erin Sheehan, Whitney Van Horne.
Outlook — With the help of their key returnees, the Angels can be competitive this season. Hargrave, Van Horne, and Criscuolo are coming off strong freshman years.

BCSL American

CLIFFSIDE PARK

Coach — Adam Bernstein (second season)
Last year's record — 3-6
Top runners back — Seniors: Kim Barry, Cristi Mattera, Stacey Harries. Junior: Natasha Piccinich. Sophomores: Diana Aviles, Seema Singh.
Outlook — Barry, Mattera, Harries, and Piccinich could lead the Raiders into the top half of the American Division standings.

DUMONT

Coach — Martin Caspare (fourth season)
Last year's record — 7-2
Top runners back — Senior: Wing Yee Young. Juniors: Sue Giesemann, Amy Bembridge, Katie Caspare, Nicole Teel, Joselyn Korzellous. Sophomore: Felicia Chevalier.
Outlook — "We have a good shot at the BCSL title this season," Caspare said. Chevalier, Giesemann, Bembridge, and Caspare should all be in the top 10 in the league. Other top

candidates include junior Kristen Lloyd, sophomore Malena Caballero, and freshmen Joanne Calabrese and Jaimee Militar.

FORT LEE

Coach — Paul Jayson (28th season)
Last year's record — 4-5
Top runners back — Seniors: Shana Don, Alexandria Megaris. Juniors: Rachel Cirone, Vicky Baritz. Sophomore: Eroula Papavasiliou.
Outlook — Belmax DeJesus rejoins the team after spending a year in Massachusetts. Megaris, Papavasiliou, and Cirone should help the team be competitive.

RIVER DELL

Coach — William Keith (20th year)
Last year's record — 3-6
Top runners back — Seniors: Briana Bayersdorfer, Tatyana Travkin.
Outlook — Bayersdorfer was an All-Bergen County runner and Travkin also had a strong season. A promising group of underclassmen — Nayirie Kuyumjian, Sheena MacFarlane, Catherine Schwiager, Meredith McNamara, Kristen Colella, and Telsha Ruggiero — could make this a strong team.

RIDGEFIELD PARK

Coach — Eric Koenig (ninth season)
Last year's record — 6-8
Top runners back — Seniors: Geraldine Alvarez, Laura Stiefel. Junior: Julia Fuller. Sophomore: Diane Zambrano.
Outlook — The loss of Shenee Clarke and Lisa Nepil will hurt, but second team all-league selection Stiefel and all-league honorable mention Zambrano should excel.

QUEEN OF PEACE

Coach — Lionel Leach (first season)
Top runners back — Juniors: Valerie Tandoi,

Lauren Duncan. Sophomore: Diane Escrivao.
Outlook — This is a young team that will make some impact in the league, according to Leach.

TENAFLY

Coach — Gordon Wallace (12th season)
Last year's record — 8-1
Top runners back — Seniors: Bina Felsen, Melanie Horn. Juniors: Fan Zhong, Sarah Adelson, Maren Horn. Sophomores: Sara Rubin, Jennie Sacks, Julia Emanuel, Yingdi Chen.
Outlook — The quartet of Adelson, Emanuel, and captains Felsen and Horn form the foundation of a team that needs to develop depth. Other candidates include juniors Alana Frankfort, Amy Spitzberg, and Michel Fox, and freshmen Maria Bromme and Heather Shaw.

WESTWOOD

Coach — George Glover (fifth season)
Last year's record — 9-0
Top runners back — Juniors: Katie D'Aco, Amy Gohlich, Krista Asadorian, Jenn Lonschein.
Outlook — The defending league champions lack depth. Look for D'Aco and Gohlich to provide leadership.

RUTHERFORD

Coach — Don Daborn (12th season)
Last year's record — 5-4
Top runners back — Seniors: Melissa Koberle, Amy Pearson. Juniors: Melissa Svtil, Colleen Reynolds, Laura Van Dyk, Catherine Finneran, Jeanne Bernarducci, Carly DeCandia, Amy Carr. Sophomore: Casey Hoskin.
Outlook — A good nucleus returns, but team depth must be developed. Svtil, Reynolds, and Van Dyk will provide leadership.

— COMPILED BY ED MILLS, IRA P. THOR, RON FOX, AND TONY WILLIAMS

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS TEANECK
 DATE 9-12-2000
 TEAM RECORDS: RHS 1-0
TEANECK 0-1

DISTANCE 5K
 COURSE RECORD _____
 COURSE CHARACTER VETERAN'S FIELD
 WEATHER HOT & HUMID

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	CLAIR NOWAKOWSKI	RHS	19:52.2	21.	LAVREN LENNON	RHS	26:33.1
2.	REBECCA JOHNSON	RHS	21:57.9	22.	SHELLY SEIDENBERG	RHS	26:41.6
3.	PEGGY LYNCH	RHS	21:57.9	23.	TAMMIE ARMSTRONG	RHS	26:46.2
4.	ALEXANDRA OROS	RHS	21:57.9	24.	ASHA PHILD	TEANECK	26:59.7
5.	JACKIE GOULART	RHS	22:09.2	25.	CAROLINE GABLE	RHS	27:39.8
6.	JULIA FORESMAN	RHS	22:54.0	26.	MERYL ROSEN	TEANECK	28:37.3
7.	JUSTINE LUPO	RHS	22:57.3	27.	CASEY CALLAN	RHS	29:56.0
8.	CASEY DUNN	RHS	23:47.1	28.	AIMEE MARTIN	RHS	30:20.0
9.	JENNA RUBINOFF	RHS	24:14.8	29.	AMY STOKES	TEANECK	30:35.4
10.	KATE McDONAGH	RHS	24:17.5	30.	DANIELLE BREWSTER	TEANECK	30:40.7
11.	SHAUNA SWAN	RHS	24:20.6	31.			
12.	COLLEEN HERLIHY	RHS	24:33.8	32.			
13.	LAUREN LILLIS	RHS	25:05.0	33.			
14.	ALLISON METZ	TEANECK	25:06.1	34.			
15.	RUTH VAN DYKERE	RHS	25:11.9	35.			
16.	LIANNE HANSEN	RHS	25:16.2	36.			
17.	SARAH SCHAUMBURG	TEANECK	25:41.7	37.			
18.	KERRY DOHERTY	RHS	25:48.6	38.			
19.	SHANNON MCCARTHY	RHS	26:07.6	39.			
20.	ASHLEY BRIDGEFARMER	RHS	26:22.1	40.			

SCORING

RHS	TEANECK
1	(8) 14
2	(9) 17
3	(10) 24
4	(11) 26
5	(12) 29
FINAL 15	SCORE: 50

COMMENTS:

GREAT START TO THE SEASON ON A VERY HOT & HUMID DAY. OUR 2-5 SPLIT OF 12 SECONDS IS ESPECIALLY NOTEWORTHY. THE FROSH LOOKED GREAT IN THEIR FIRST VARSITY ACTION!

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET SEASON OPENER

COURSE DARLINGTON

DIVISION FROSH

COURSE RECORD 9:57 ^{JACKIE MARTIN} HACKENSACK 1994

DATE 9-15-00

RIDGEWOOD RECORD 10:16 TARA O'NEIL 1996

WEATHER OVERCAST BUT OK TO RUN

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1	(1)	JUSTINE LUPO	10:23.1
2	(2)	CASEY DUNN	10:52.2
4	(4)	LIANNE HANSEN	11:22.2
5	(5)	ASHLEY BRIDGE FARMER	11:28.3
10	(6)	SHANNON McCARTHY	11:35.5
20	(10)	CAROLINE GABLE	12:16.0
25	(12)	JESS MURPHY	12:40.3
33	(18)	SHELLY SEIDENBERG	12:59.8
36	(20)	TAMMIE ARMSTRONG	13:14.2
39	(23)	AIMEE MARTIN	13:20.6

TEAM TOTAL: 18

TEAM PLACE: 1ST

TEAM SCORES:

1-5 SPLIT: 1:12

1-7 SPLIT: 2:17

RHS - 18
 PASSAIC - 70
 HOLY ANGLES - 81
 NORTH BERGEN - 97
 FORT LEE - 169
 GARFIELD - 185

COMMENTS:

FIRST WIN FOR THE CLASS OF 2004!

JUSTINE and CASEY WERE A STRONG 1-2. JUSTINE PACED WELL + TOOK THE LEAD AND WAS NEVER CHALLENGED. CASEY RAN RELAXED AND THEN MADE A MOVE IN TO 2ND AROUND THE LAKE. WE NEED TO GET OUR 1-5 SPLIT UNDER 1:00 MINUTE. CAN WE DO IT?

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS Nutly
 DATE 9-18-2000
 TEAM RECORDS: RHS 2-0

DISTANCE 5K
 COURSE RECORD _____
 COURSE CHARACTER Veteran's Field
 WEATHER Fair

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1	1. Clair Nowakowski	RHS	19.15	21.	Lesley Cairness	Nutly	27.37
2	2. Peggy Lynch	RHS	21.32	22.	Sarah Bigos	RHS	29.40
3	3. Julia Foresman	RHS	22.05	23.			
	4. Courtney Kopf	Nutly	22.14	24.			
4	5. Alex Cross	RHS	22.31	25.			
5	6. Justine Waco	RHS	22.55	26.			
	7. Christina Boyle	Nutly	23.10	27.			
6	8. Kate McDonagh	RHS	23.19	28.			
	9. Megan Williams	Nutly	23.35	29.			
7	10. Casey Dunn	RHS	24.10	30.			
	11. Colleen Herlihy	RHS	24.35	31.			
	12. Leanne Hansen	RHS	24.59	32.			
	13. Ruth Vanypren	RHS	25.00	33.			
	14. Lauren Lillis	RHS	25.03	34.			
	15. Kerry Doherty	RHS	25.25	35.			
	16. Jessica Barberis	Nutly	25.45	36.			
	17. Shannon Atta	RHS	25.55	37.			
	18. Ashley Bridgeman	RHS	26.18	38.			
	19. Sholly Eisenberg	RHS	26.50	39.			
	20. Jamie Armstrong	RHS	27.04	40.			

SCORING

RHS	Nutly
1	(4) 4
2	(7) 7
3	(9) 9
5	(11) 16
6	(12) 21
FINAL	SCORE: 43

COMMENTS:

10 OF US RAN FASTER THAN
 LAST WEEK. MOST NOTEABLE:
 KATE Mc DONAGH + 58 seconds
 JULIA FORESMAN + 49 seconds
 CLAIR NOWAKOWSKI + 37 seconds
 PEGGY LYNCH + 25 seconds

4/12-1090

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS Montclair
 DATE 9/10/00
 TEAM RECORDS: RHS _____

DISTANCE 3.1 mi (5k)
 COURSE RECORD _____
 COURSE CHARACTER grassy, hilly
 WEATHER Warm & sunny

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	Heekie Goubart	RHS	22:31	21.	Casey Callan	RHS	31:06
2.	Justine Lupo	RHS	22:32	22.			
3.	Rebecca Johnson	RHS	22:51	23.			
4.	Peggy Lynch	RHS	23:07	24.			
5.	Jessica Manners	M	23:22	25.			
6.	Kate McDonagh	RHS	24:48	26.			
7.	Casey Dunn	RHS	25:01	27.			
8.	Shauna Swan	RHS	25:10	28.			
9.	Lauren Lillis	RHS	25:11	29.			
10.	Airyan Samuels	M	25:20	30.			
11.	Ruth Van Yperen	RHS	25:21	31.			
12.	Colleen Herlihy	RHS	25:22	32.			
13.	Sarah Donovan	M	25:57	33.			
14.	Kerry Doherty	RHS	26:28	34.			
15.	Shannon McCarthy	RHS	26:32	35.			
16.	Jennifer Schwartz	M	26:35	36.			
17.	Shelley Seidenberg	RHS	28:27	37.			
18.	Tammy Armstrong	RHS	28:29	38.			
19.	Michaela Corneil	M	28:30	39.			
20.	Caroline Gable	RHS	28:58	40.			

SCORING

RHS	Montclair
1	5
2	9
3	10
4	11
6	12
FINAL 10	SCORE: 47

COMMENTS:

We are awesome!
 Thank-you-very-much!

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS Holy Angels
 DATE 9/25/00
 TEAM RECORDS: RHS _____

DISTANCE 3.1 mi
 COURSE RECORD _____
 COURSE CHARACTER mostly flat, part sandy
 WEATHER cold & cloudy

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	Clair Nounkouski	RHS	19:02	21.	Kerry Doherty	RHS	23:47
2.	Justine Lupo	RHS	20:50	22.	Shannon McCarthy	RHS	24:00
3.	Cheryl Trovato	AHA	21:01	23.	Lianne Hansen	AHA	24:10
4.	Peggy Lynch	RHS	21:11	24.	Christina LaBella	AHA	24:20
5.	Rebecca Johnson	RHS	21:26	25.	Whitney Van Horn	AHA	25:11
6.	Alex Cross	RHS	21:37	26.	Shelley Seidenberg	RHS	25:30
7.	Jackie Goubert	RHS	21:39	27.	Caroline Proble	RHS	25:31
8.	Kate McDonogh	RHS	21:49	28.	Lauren Tesar	AHA	26:24
9.	Casey Dunn	RHS	22:14	29.	Ashley Amo	RHS	26:28
10.	Gaitlin McDonald	AHA	22:37	30.	Casey Callahan	RHS	26:45
11.	Carli Devir	AHA	22:43	31.	Lisa Neira	AHA	26:45
12.	Lauren Lillis	RHS	22:53	32.	Maria Prenesti	AHA	27:12
13.	Shauna Swan	RHS	22:54	33.	Renee Guffanti	AHA	27:12
14.	Melissa Cornieau	AHA	22:56	34.	Ama Misa	AHA	28:12
15.	Erin Sheehan	AHA	22:59	35.	Liz Bennett	AHA	28:25
16.	Colleen Herlihy	RHS	23:03	36.	Megan Duff	AHA	28:27
17.	Ruth Van Yperen	RHS	23:06	37.	Jill Lyons	AHA	29:42
18.	Meghan Hargrave	AHA	23:13	38.	Tara Vitta	AHA	30:06
19.	Sara Cresuolo	AHA	23:29	39.	Danielle Dellincera	AHA	30:24
20.	Jana Rubinoff	RHS	23:34	40.	Colleen Corris	AHA	30:27

Jessica Locante AHA 30:31
 Jana Sico AHA 34:25
COMMENTS:

PR for Clair !!!
 Casey !!!
 Justine !!!
 Colleen !!!
 Peggy !!!
 Lauren !!!
 Alex !!!
 Shauna !!!
 Becca !!!
 Ruth !!!
 Jackie !!!
 ☺ Kate !!!
 and our entire team!
GREAT RACE!!!

SCORING

RHS	Holy Angels
1	3
2	9
4	10
5	11
6	12
FINAL	SCORE:
18	45

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET MAROON INVITATIONAL
 DIVISION FROSH
 DATE 9-29-00
 WEATHER Fair

COURSE Garret Mountain
 COURSE RECORD _____
 RIDGEWOOD RECORD _____
 TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1		JUSTINE Lupo	13'00"45
5		Casey DUNN	14'00"86
15		LIANNE HANSEN	15'03"72
16		SHANNON MCCARTHY	15'05"31
25		Shelly Seidenberg	15'38"70
29		CAROLINE Gable	16'03"76
33		NIKKI LETTERI	16'08"93
34		Tammie ARMSTRONG	16'28"87
40		Jill HERLiny	17'09"67
54		Amy MARTIN	18'57"90

TEAM TOTAL: 33 TEAM PLACE: FIRST

1-5 SPLIT: 2:38 1-7 SPLIT: 3:08

COMMENTS: THE FROSH TEAM BEAT SOME GOOD TEAMS TODAY. JUSTINE'S TIME MAY BE A RIDGEWOOD RECORD. IT IS THE BEST SINCE 1990! AT LEAST!

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS Passaic/Belleville
 DATE 10/3/00
 TEAM RECORDS: RHS 6-0
 Passaic 4-1

DISTANCE 3.1
 COURSE RECORD _____
 COURSE CHARACTER Sand, grass
 WEATHER hot, breezy, a mild 40° F.

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1	Clair Nawakanski	RHS	19:27	21.	Michelle Anhar ^{Hager}	Belleville	25:58
2.	Peggy Lynch	RHS	21:17	22.	Serena Hunter	Passaic	26:05
3.	Shakira Williams	Passaic	21:27	23.	Cardine Gobb	RHS	26:13
4.	Yanirida Mejias	Passaic	21:31	24.	Arlet C <u>VELLAR</u>	Passaic	26:36
5.	Jackie Gualart	RHS	21:42	25.	Aziza Atwa	Belleville	26:57
6.	Alexandra Oras	RHS	21:43	26.	Jill Herlihy	RHS	27:14
7.	Justine Lupo	RHS	22:41	27.	Susson <u>CORDERO</u>	Passaic	27:19
8.	Alejandra M. ^{MORAZGON}	Passaic	22:49	28.	Shelly Seidenberg	RHS	27:21
9.	Lynette Baker	Passaic	22:53	29.	Sarah Bigos	RHS	28:30
10.	Grisal <u>MARTINEZ</u>	Passaic	23:02	30.	Cosey Callan	RHS	28:30
11.	Kate McDonough	RHS	23:07	31.	Tatiana <u>PACE</u>	Passaic	29:00
12.	Jenna Rubraff	RHS	23:11	32.	Jane <u>BANIEINLA</u>	Passaic	30:23
13.	Awinna <u>MARTINEZ</u>	Passaic	23:33	33.	Sherri <u>GASKINS</u>	Passaic	31:11
14.	Cardina <u>VALERA</u>	Passaic	23:36	34.	William		
15.	Shauna Swan	RHS	24:06	35.			
16.	Lauren Lillis	RHS	24:06	36.			
17.	Ruth Van yperen	RHS	24:11	37.			
18.	Cossie Carozzi	RHS	24:16	38.			
19.	Lianne Horfen	RHS	24:52	39.			
20.	Shannon McCarthy	RHS	24:52	40.			

SCORING

RHS	PASSAIC	RHS	BELLEVILLE
1	3	1	(8) 21
2	4	2	(9) 25
5	8	3	(10)
6	9	4	(11)
7	10	5	12
FINAL	SCORE:		
21	34	15	50

COMMENTS:

WE DOMINATED THE BEST TEAM IN PASSAIC COUNTY!

THE CROSS-COUNTRY REPORT

Runners heading cross-Jersey

Most of the area's top teams will be getting their only early season shot at racing on the state course at Holmdel on Saturday in the annual Shore Coaches Invitational meet. And while there's no doubt that teams who hope to

contend in the State Group 3 meet on Nov. 12, it's also unfortunate that the meet is the same weekend as one of the area's best events — The Brett Taylor Invitational.

Brett Taylor, the 1981 Hackensack cross-country captain, died at age 28 in 1992 and each year his memory is honored by his teammates, family, friends, and the area cross-country community with a meet at Darlington County Park.

Taylor's family, including his mother, a Hackensack teacher, his coaches, and teammates donate their time to run the meet and produce a nice program honoring Brett and providing a history of the meet.

But perhaps the nicest part of the meet is the six \$500 scholarships awarded from the proceeds to Bergen County track and cross-country runners.

Last year's scholarship winners, now at college, were:

Beth Androski, Hackensack — The 1998 State Group 4 cross-country and



PAUL SCHWARTZ
CROSS-COUNTRY

BERGEN GROUP 3-4

- Ridgewood** — It's not the same team that won the State Meet of Champions last fall, but the perennial Bergen champs have looked very good in early dual meets.
- Immaculate Heart** — A veteran team performed well in the Maroon invitational and could contend if Ridgewood falters.
- NV/Old Tappan** — The only undefeated team in a strong NBIL hopes to move up in class after dominating Group 3 last year.
- Holy Angels** — A nice win in the Passaic Coaches Group 3 have the Angels thinking about a Bergen group title.
- Indian Hills** — In a tight NBIL race, the Braves look to have their best team since the 1997 SMOC qualifier.

Also — Fair Lawn; Fort Lee; Hackensack; Tenally.

Rankings by The Record sports staff.

1999 BMOG champ, she was one of the top runners in Bergen history. Third in her class of nearly 400, she now runs for Notre Dame.

Kelly Behan of Ridgewood, the 1997 New Jersey SMOC titlist and a major part of the 1999 Maroon SMOC-winning team, ranked 15th out of 388 students and is now running at the University of Virginia.

Stephanie Davis, NV/Old Tappan —

THE RECORD'S
RANKINGS

BERGEN GROUP 1-2

- Ramsey** — The Rams saw their 90-meet dual streak end, but they have had two solid performances in major meets outside the area.
- Dumont** — The Huskies remain undefeated in the BCSL American and had a good third-place finish in the Maroon Invitational 1-2 race.
- Ridgefield** — The Royals have a tight pack of five runners who can finish within a half-minute. If they can improve, Ridgefield might be a state threat.
- Glen Rock** — As usual, the Panthers are lying in the weeds, but Erin Henry in her first cross-country season leads a solid team.
- Saddle Brook** — Newcomer Danielle Bekas has given the Falcons a solid 1-2 punch and the Falcons have had a terrific dual meet season.

Also — Bogota, Cresskill, Rutherford.

PASSAIC/E. MORRIS

- Passaic** — The Indians have shown no signs of slowing down en route to a third straight Passaic County title. Yanira Mejia and Shakira Williams give Passaic a great 1-2 punch.
- Clifton** — No household names and no superstar runners, but a solid team that has won five of six dual meets and ran well in a solid performance in the Maroon Invitational 3-4 meet.
- Passaic Valley** — The Hornets are more than standouts Jesse Mizzone and have performed well in the Northern Hills dual meets.
- West Milford** — Watch out for the balanced Highlanders in the Passaic and Northern Hills meets.
- Eastern Christian** — The Eagles have had a solid dual-meet season to match that of the boys team and may be a threat for a top three finish in the Passaic County meet.

Also — Lakeland, Pompton Lakes, Wayne Valley.

Co-captain of the 1999 Triple Crown cross-country champions and a second team all-Bergen selection, she ranked 15th of 257 students at NV/OT.

Josh Kauke, Ridgewood — Two-time State outdoor 800 meter champion and holder of the Bergen County record at 800 meters in 1:50.19, he now runs at Princeton University.

Holly Potts, Mahwah — Another second team all-Bergen selection, she

was in the 10 percent of her class at Mahwah and was one of the most improved runners in the area as a senior.

Kerrie Said, Fair Lawn — With three years in cross-country and four in track, she was a solid performer and ranked 13th of 379 students. She now attends the College of New Jersey.

AT THE SHORE: More than 170 varsity teams are expected at the Shore meet with varsity races running 9:45

a.m. to 11:32 a.m. for small schools and from 1:29 p.m. to 3:16 p.m. for large schools in six boys and six girls divisions.

Area teams in the meet including defending Varsity F boys champion Palisades Park, along with Ridgefield, Indian Hills, Leonia, Ramsey and Rutherford in E. River Dell and Northern Highlands in D. Ramapo, Passaic Valley, and Bergenfield in C. Don Bosco in B, and Bergen Catholic in A.

Defending girls champion Ridgefield is back in the B race with Holy Angels, Ramapo, and Passaic Valley in C, Northern Highlands in D, Indian Hills, Ramsey, and Leonia in E, and Ridgefield, Palisades Park, and Hawthorne Christian in F.

MEET OF THE YEAR: Have a little pity on Northern Highlands coach Frank Gilli on Tuesday afternoon. The Highlander boys come into their final quad of the season with a very good young team that's 6-2.

But Tuesday at 4:30 at NV/Demarest, they will face the host team, Ramsey and NV/Old Tappan, with all three opponents undefeated at 8-0.

Last year Demarest and Ramsey were unbeaten going into the meet and OT had one loss. Demarest beat Ramsey, 27-30, and OT 27-28, while Ramsey edged Old Tappan, 28-29, with all three schools handily defeating Highlands.

With the top six runners from that race returning, two from each of the three unbeaten, it should be another tight battle. The hunch here is NV/Demarest winning both big matchups and Ramsey edging OT in the other, with Highlands improving over last year but still losing all three meets.

Runner of the Week

Name: Shannon Hawrylo

School: Hunterdon Central

Class: Senior

Height: 5-7

Key statistics: Hawrylo ran 19:15.85

to finish first and lead Hunterdon Central to the A Division title at the Stewart Memorial Invitational last Saturday at Warinanco Park.

Did you know? Hawrylo won the 1,600-meter title at the NJSSAA Indoor Meet of Champions last February.



BY JIM LAMBERT
AND RICH REVESSE
FOR THE STAR-LEDGER

Even though she is considered a long shot, Melissa Conway of Ramsey may have the best chance of beating Haddonfield's Erin Donohue, the defending NJSSAA Meet of Champions titlist, this season.

Conway has finished fifth at the Meet of Champions the last two seasons and has a personal best of 19:07 at Holmdel.

Conway will get a chance to see how she matches up with Donohue on Saturday when they hook up in the E Division race at the Shore Coaches Invitational at Holmdel Park. But Conway said it's too early to go all out and try to beat Donohue.

"I'm training to peak at the end of the season, so I honestly don't expect to be that close to Donohue on Saturday," Conway said. "I'll just run my own race and try to get under 19 minutes."

Conway said that while Donohue should be the favorite to win the M of C, it's not automatic.

"Anybody can be beaten," she said. "And by the end of the year, I think I will be able to push her and I think some other runners in the state will be right up there, too."

Donohue postpones predictions

Erin Donohue isn't predicting how fast she'll run at Holmdel Park in the Shore Coaches Invitational on Saturday.

That may be a first. Before big races, Donohue usually comes up with a time she expects to run, then falls short because of how high she sets her goals.

This time, the Haddonfield senior is taking a different approach, mostly because she expects her best races to come later.

"I'm in great shape and ready to run well, but I'm really not sure how fast I'll run," Donohue said. "I haven't done any speed workouts yet, so I know I will run faster at the end of the year. In the past, I'd go into this race and run as hard as I could and my legs just didn't

have a lot left at the end because I wasn't ready to run that way. So this time I'm not going into the race overly concerned with my time. I'm just going to go out there run as well as I can and let the time come with it."

Donohue, an overwhelming favorite to repeat as NJSSAA Meet of Champions winner on Nov. 18 at Holmdel, is still concerned with trying to break the Holmdel course record of 17:35.0 set in 1983 by Janet Smith of Edison. She has been chasing that mark since she was a freshman.

In her nine races at Holmdel, Donohue's best time came in 1998 when she ran 18:27.4 to place second to Cate Guiney of Middletown South at the M of C. That's No. 8 all-time on the course, but 52 seconds off Smith's record.

"Breaking that record is one of my biggest goals and I think when the state meets come around I'll be ready to challenge it," Donohue said. "I don't see any reason why I shouldn't run in the low 17s by the end of the season."

Donohue will be in the E Division race, which starts at 11:09 a.m. Though she says she won't be running for time, look for Donohue to finish around 18:45.

The hunt for October gold

Middletown South, the No. 4 team, has always been a troublesome hurdle for No. 9 North Hunterdon. The teams will meet again in the Varsity B race at the Shore Coaches meet at Holmdel Park on Saturday.

Since North Hunterdon beat Middletown South to win the NJSSAA Central Jersey, Group 3 title in 1998, Middletown South has won the past four meetings at the state level.

"They have definitely been a thorn in our side," said North Hunterdon's lead runner, senior Megan Ruane. "Last year, we only made it to groups and didn't make the Meet of Champions because they beat us. We're gunning for Middletown South at Holmdel. I want to make sure not even their No. 1 girl beats me. Hopefully, with

that, I can pull the team along with me."

Ruane cut 81 seconds off her best Warinanco Park time by running 20:38 in a class meet there two weeks ago. She said she hopes she can turn that performance into a trend at Holmdel, where she posted a personal-best 21:15 last year at the state Group 2 meet.

North Hunterdon coach Don Roberts said his team will be keeping track of Middletown South's runners.

"We're going to hunt down girls from other teams," Roberts said. "We're not going to focus on the watch or on the mile markers. We'll be focused on certain people out there. Middletown South is certainly one team we'll be watching, because I think it's going to be a barn burner. It will probably come down to the fifth or sixth girl."

"It's hard not to use a race as a barometer for yourself. We bang, we go head-to-head. I want to go against the best."

Shore Coaches matchups, schedule

The girls varsity schedule for the Shore Coaches meet Saturday, the largest non-state championship meet of the season: 10:46 — F Division, 11:09 — E Division, 11:32 Division, 2:30 — D Division, 2:53 — B Division, 3:16 — A Division.

The 23-race meet begins at 9 a.m.

The A race features No. 2 Hunterdon Central, No. 10 Hillsborough, No. 14 Columbia, No. 17 Cherokee and No. 20 Union.

The B field includes No. 18 Ridgewood, which won the 1999 Meet of Champions, No. 4 Middletown South, No. 9 North Hunterdon, No. 11 Morristown and No. 12 Westfield.

The C race has No. 1 Moorestown and No. 7 Hopewell Valley, which will be without No. 1 runner, Natalie Jones, who will be on vacation in Florida.

Union vs. Westfield

There hasn't been a team in Union County capable of giving

Westfield a run for its money the last several years. But Union coach Don Erdman said last week that his team could at least push Westfield this season.

Erdman's team had a chance to see how it matched up with the county kingpin last Tuesday and things would have been very interesting if it weren't for a minor injury to Union's Christina Morgado, the winner of the last two county titles.

Morgado, who has been nursing a sore groin injury this season, had to drop out of the race at the two-mile mark. As a result, Westfield, No. 12 in The Star-Ledger Top 20, won comfortably, 25-34, to extend its dual-meet winning streak to 62.

Had Morgado been 100 percent, she probably would have finished first and the outcome might have been different. If Morgado had finished first or second in the race and everyone else ran the same times, No. 2 Union would have scored 27 points to Westfield's 30.

"Hey, we'll never know what would have happened," Erdman said. "Christina wasn't feeling all that great and there are too many big meets down the road, so I told her to stop. We don't want her to make the injury any worse than it already is and risk her missing more important races down the stretch."

Battle tested

There isn't a runner in the state who has had more tough races this season than Kim Pereira. The Parsippany senior has faced three of the best runners in the state over the past three weeks.

At the Roxbury Invitational on Sept. 16, she ran 18:25 but lost to Melissa Conway (18:10) of Ramsey.

On Sept. 23, Pereira ran against Jesse Mizzone of Passaic Valley at the Passaic Coaches Invitational and won the Group 3 race in 18:20, four seconds ahead of Mizzone. This past Saturday, Pereira went up against Natalie Jones of Hopewell Valley and finished second in 19:45 in the B race at the Stewart Memorial Invitational in Elizabeth. Jones won in 19:35.

GIRLS CROSS COUNTRY

Ramsey's Conway looks to challenge

GROUP 4 LEADERS	CROSS COUNTRY TOP 20
1-Hunterdon Central 2-Toms River East 3-Shawnee 4-Hillsborough 5-Morristown 6-Westfield 7-Columbia 8-Cherokee 9-Ridgewood 10-Union	1-Moorestown 2-Hunterdon Central 3-Red Bank Catholic 4-Middletown South 5-Toms River East 6-Voorhees 7-Hopewell Valley 8-Shawnee 9-North Hunterdon 10-Hillsborough
GROUP 3 1-Middletown South 2-North Hunterdon 3-Ocean City 4-Canden Wilson 5-Indian Hills 6-Old Tappan 7-Ocean Township 8-Ramapo 9-Passaic Valley 10-Bridgeton	TOP 10 OVERALL 1- Erin Donohue, Haddonfield 2- Melissa Conway, Ramsey 3- Shannon Hawrylo, Hunterdon C 4- Natalie Jones, Hopewell Valley 5- Kim Pereira, Parsippany 6- Jesse Mizzone, Passaic Valley 7- Jan Blank, Toms River East 8- Clare Novasawecski, Ridgewood 9- Julie Ulmeyer, Shore Regional 10- Christy Flaner, Rumson
GROUP 2 1-Moorestown 2-Voorhees 3-Hopewell Valley 4-Rumson 5-Haddonfield 6-Holmdel 7-Ramsey 8-Newton 9-Dumont 10-Ridge	TOP RUNNERS BY GROUPS GROUP 1 1- Shannon Hawrylo, Hunterdon C 2- Jan Blank, Toms River East 3- Clare Novasawecski, Ridgewood 4- Deanna Wilard, Hillsborough 5- Courtney Epps, Columbia 6- Amy Maer, Morristown 7- Michelle Bilicki, Cherokee 8- Linda Sanders, Old Bridge 9- Shakira Williams, Passaic 10- K. Foerschlemer, Morristown
PAROCHIAL 1-RBC 2-St. Dominic A 3-Mgr. Donovan 4-St. Rose 5-Piney 6-Varnney 7-Immaculate 8-Morris Catholic 9-Mater De 10-Holy Angels	GROUP 4 1-Calin Hadley, Gloucester City 2-Allyson Krall, Point Beach 3-Christine Dobrowski, Mtn. Lakes 4-Latisha Brown, Keansburg 5-Lesley Barrell, Bernards 6-Jessica Gordon, Belvidere 7-Alexis Skoda, Bernards 8-Megan Angus, Middlesex 9-Danielle Bekas, Saddle Brook 10-Jeanette Franko, Metuchen

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET SHORE COACHES
 DIVISION VARSITY B
 DATE OCTOBER 7TH 2000
 WEATHER BEAUTIFUL

COURSE HOLMDEL
 COURSE RECORD _____
 RIDGEWOOD RECORD _____
 TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME		TIME
1		CLAIR NOWAKOWSKI	1:51 3:41 10:13	20:08.4
27		JUSTINE LUPO	4:02 11:01	21:42.2
36		PEGGY LYNCH	4:08 11:07	22:03.4
37		JACKIE GOULART	4:09 11:20	22:07.4
48		REBECCA JOHNSON	4:09 11:23	22:24.5
60	(58)	ALEXANDRA OROS	11:37	22:48.
115	(108)	KATE McDONAGH		25:30

TEAM TOTAL: 144 TEAM PLACE: 5TH

1-5 SPLIT: 2:16 1-7 SPLIT:

COMMENTS: GREAT WIN FOR CLAIR AT THE SHORE MEET!
 AS A TEAM WE MUST IMPROVE OUR 1-5 SPLIT

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET SHORE COACHES

COURSE HOLMDEL

DIVISION J.V. A

COURSE RECORD _____

DATE OCTOBER 7TH 2000

RIDGEWOOD RECORD _____

WEATHER THE BEST IT COULD BE

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
4		LAUREN LILLIS	22:12.8
31	(27)	CASSIE CANZANI	23:39.4
35	(31)	SHAUNA SWAN	23:54.0
49	(42)	JENNA RUBINOFF	24:23.6
55	(47)	RUTH VAN YPEREN	24:33
101		KERRY DOHERTY	26:06
119		BRITTANY HEMMEL	26:51
122		LAUREN LENNON	26:53
147		SARAH BIGOS	28:44

TEAM TOTAL: 151

TEAM PLACE: 7TH

1-5 SPLIT: 2:25

1-7 SPLIT: _____

COMMENTS: Lauren Ran a Varsity Quality Race!

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BRETT TAYLOR
 DIVISION GIRLS FROSH
 DATE OCTOBER 7TH 2000
 WEATHER BEAUTIFUL

COURSE DARLINGTON
 COURSE RECORD _____
 RIDGEWOOD RECORD _____
 TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1		CASEY DUNN	10:58
3		LIANNE HANSEN	11:11
7		ASHLEY BRIDGEFARMER	11:51
9		SHANNON MCCARTHY	11:57
10		SHELLY SEIDENBERG	11:58
14		JILL HERLIHY	12:23
21		ASHLEY AMO	12:44
23		TAMMIE ARMSTRONG	12:49
25		AIMEE MARTIN	13:05

TEAM TOTAL: FIRST TEAM PLACE: 22 POINTS

1-5 SPLIT: 1 MINUTE 1-7 SPLIT: _____

COMMENTS: THE FRESH LADIES OF RIDGEWOOD CONTINUE THEIR WINNING WAYS.

CROSS-COUNTRY

Boys Invitational

BOYS A TEAM SCORING (27 teams)

Cherokee 84, Christian Brothers Academy 73, Old Bridge 129, Eastern 186, Memorial 157, 10, Bergen Catholic 331.

1. Ty Jensen, Marlboro	15:56.4
2. Marc Pelerin, Cherokee	15:58.7
3. Mike Myers, Eastern	16:01.7
4. Adam Ambros, Shawnee	16:17.6
5. Chad Lyons, Overbrook	16:23.3
45. Ken Slinkowitz, Bergen Catholic	17:32.2
49. Dean Cantamessa, Bergen Catholic	17:38.5

BOYS B TEAM SCORING (28 teams)

Paul VI 84, Don Bosco Prep 87, Hightstown 135, Mainland 148, Morristown 149.

1. Jim Flannery, St. Joseph (Metuchen)	16:22.8
2. Gray Reinhard, Morristown	16:30.2
3. Mike Ritchie, Paul VI	16:30.9
4. Peter Gerboth, Don Bosco Prep	16:31.8
5. Robert Cannon, Toms River South	16:32.8
11. James Clifford, Don Bosco Prep	16:53.7
21. Matt Horvath, Don Bosco Prep	17:29.5
24. Sean Swift, Don Bosco Prep	17:33.1
27. Chris Reinert, Don Bosco Prep	17:38.8
42. Tug Thomson, Don Bosco Prep	18:05.3
43. Rich Weimer, Don Bosco Prep	18:06.7

BOYS C TEAM SCORING (28 teams)

Cranford 85, Scotch Plains-Fanwood 103, Mount Olive 128, Morristown 153, Red Bank Reg. 191; 13, Ramapo 316, 15, Passaic Valley 407.

1. Brian Boyett, Paraplany Hill	16:13.4
2. Patrick Slattery, Mount Olive	16:38.9
3. Robert Walden, Scotch Plains-Fanwood	16:51.2
4. Erik Brown, Monmouth	16:53.3
5. James Holdán, Bridgton	16:57.5
18. Scott Knochmuhs, Ramapo	17:27.8
45. Rich Acosta, Bergenfield	18:06.0
46. Alan Acosta, Bergenfield	18:10.0

BOYS D TEAM SCORING (28 teams)

Delbarton 31, Holmdel 126, River Dell 152, St. John Vianney 183, Pope John 211; 20, Northern Highlands 540.

1. Joshua Robinson, River Dell	16:54.5
2. Bernie Muller, Delbarton	16:58.1
3. James Welchart, Delbarton	16:57.7
4. Matt Van Antwerp, Jefferson	17:03.8
5. Don Emanuel, Somerville	17:05.9
8. Greg Fonder, River Dell	17:16.6
12. Peter Tavie, River Dell	17:21.0
15. Ryan Smith, Montville	17:26.8

BOYS E TEAM SCORING (28 teams)

Haddonfield 99, Rumson-Fair Haven 113, Colts Neck 148, Bishop Eustace 170, Metuchen 198, 13, Leonia 321, 14, Rutherford 329, 23, Indian Hills 999.

1. Matt Collins, Ramsey	16:47.9
2. Chris Platt, Haddonfield	16:48.8
3. Brad Schmidt, Dover	16:55.5
4. Cole Daley, Rutherford	17:03.8
5. Jonathan Erwin, Rumson-Fair Haven	17:13.5
19. Matt Klypiak, Indian Hills	17:50.5
25. Eamon Monahan, Rutherford	18:04.0
28. Travis Hawkins, Leonia	18:08.9
33. Joe Licitra, Leonia	18:13.4

BOYS F TEAM SCORING (24 teams)

Palisades Park 66, Blair Academy 105, Mater Dei 151, St. Benedict's 155, Montclair Kimberley 200, 9, Ridgefield 296, 17, Cresskill 403, 21, Morris Catholic 495, Butler 508.

1. Joe Jacobs, Butler	16:43.0
2. Oskar Nordenbrink, Montclair Kimberley	17:25.0
3. Tom Santiloro, Mater Dei	17:30.0
4. Billy Young, Gill/St. Bernard's	17:36.8
5. Nathan Krah, Mountain Lakes	17:44.4
6. Sergio Zee, Palisades Park	17:46.5
7. Nick Harris, Palisades Park	17:47.5
10. Steve Begley, Cresskill	17:50.9
11. Sean Emmerling, Palisades Park	17:51.8
13. Miguel Centano, Palisades Park	17:53.8
15. Rob Laso, Ridgefield	18:02.7
31. Edler Castano, Palisades Park	18:36.7
33. Anderson Espinosa, Palisades Park	18:37.7
39. Alain Cruz, Palisades Park	18:44.2
44. Albert Arguelles, Cresskill	18:53.0

GIRLS A TEAM SCORING (17 teams)

Hunterdon Central 43, Shawnee 55, Hillsborough 165, Columbia 174, Absegami 175.

1. Shannon Hawrylo, Hunterdon Central	19:37.2
2. Courtney Epps, Columbia	19:39.1
3. Linda Sanders, Old Bridge	19:50.7
4. Raven Lee, Columbia	20:13.3
5. Deanna Willard, Hillsborough	20:20.0

GIRLS B TEAM SCORING (20 teams)

Westfield 74, Morristown 78, Middletown South 82, North Hunterdon 103, Ridgewood 149.

1. Clair Nowakowski, Ridgewood	20:08.4
2. Katie Floerhelmer, Morristown	20:25.1
3. Stephanie Laar, Roxbury	20:34.3
4. Megan Ruane, North Hunterdon	20:35.8
5. Nicole Lombardi, Middletown South	20:44.0
27. Justine Lupo, Ridgewood	21:42.2
36. Peggy Lynch, Ridgewood	22:03.4
37. Jackie Goulet, Ridgewood	22:07.4
48. Rebecca Johnson, Ridgewood	22:24.5

GIRLS C TEAM SCORING (18 teams)

Moorestown 33, Hopewell Valley 111, Delsea 164, Cranford 175, Cranford 175, Ramapo 193; 12, Holy Angels 262.

1. Jesse Mizzone, Passaic Valley	19:40.0
2. Sarah Spilman, West Morris Central	19:48.3
3. Whitney McNeese, Hopewell Valley	20:02.6
4. Kelsey Reinhart, Moorestown	20:07.9
5. Colleen Hughes, Moorestown	20:14.4
8. Jen Myers, Ramapo	20:45.7
14. Margaret Park, Ramapo	21:30.4
47. Caitlin McDonald, Holy Angels	23:09.2
50. Cheryl Trovato, Holy Angels	23:15.8

GIRLS D TEAM SCORING (22 teams)

Red Bank Catholic 70, Voorhees 74, Mon. Donovan 138, Holmdel 161, Immaculata 217, 18, River Dell 458.

1. Kim Pareira, Paraplany	19:36.1
2. Christina Vullo, Holmdel	19:59.4
3. Kira McGroarty, Hopatcong	20:08.5
4. Sarah Best, Voorhees	20:20.5
5. Julia Barker, Red Bank Catholic	20:23.3
23. Briana Bayesdorfer, River Dell	21:28.3
26. Ashley Wolf, Montville	21:37.7
35. Julia Kim, Montville	22:03.9

GIRLS E TEAM SCORING (19 teams)

Rumson-Fair Haven 79, Bishop Eustace 85, Indian Hills 181, Shore 163, Chatham 199.

1. Erin Donahue, Haddonfield	18:41.3
2. Julie Ullmeyer, Shore	18:47.0
3. Christy Plauer, Rumson-Fair Haven	18:58.8
4. Melissa Conway, Ramsey	18:44.4
5. Mary Mulholland, Haddonfield	20:55.8
11. Jenna Baubarger, Indian Hills	21:34.2
19. Sophia Barton, Leonia	22:01.0
32. Marianne Patrino, Indian Hills	22:28.4
33. Christine Triantafillou, Indian Hills	22:29.9
39. Erin Baubarger, Indian Hills	22:44.4

GIRLS F TEAM SCORING (17 teams)

Pingry 52, Morris Catholic 118, Bernards 162, Ridgefield 167, Montclair Kimberley 167, 7, Palisades Park 197.

1. Lindsey Van Aletine, Hawthorne Christian	20:12.0
2. Allyson Kray, Pt. Pleasant Beach	20:49.8
3. Grace DeMarras, Bernards	21:11.1
4. Lauren Fackelman, Pingry	21:20.3
5. Lia Bella, Morris Catholic	21:29.3
7. Katy Boyford, Cresskill	21:45.0
18. Kayla Herrera, Palisades Park	22:40.9
25. Elizabeth Bewalder, Morris Catholic	23:03.1
27. Jennifer Lyons, Morris Catholic	23:06.4
33. Nova Hanna, Ridgefield	23:36.4
34. Courtney Reggo, Ridgefield	23:37.9
35. Mary Kate O'Brien, Morris Catholic	23:38.1
39. Amanda Laverty, Ridgefield	23:47.0
40. Francine Smith, Palisades Park	23:55.2
44. Sandra Eun, Palisades Park	24:01.4
44. Allison Sul, Cresskill	24:02.8
47. Jamie Donovan, Palisades Park	24:38.1
50. Erin Crum, Morris Catholic	24:44.3

Taylor Invitational

At Darlington County Park, Mahwah

BOYS VARSITY A TEAM SCORING

Ridgewood 43; Kearny 83; North Bergen 84; Union Hill 121; Pascoack Valley 134; Belleville 142; Cliffside Park 144; Hackensack 153.

1. Steven Domingues, Kearny	16:48
2. Trevor Scott, Ridgewood	16:53
3. Fernando Silva, Belleville	16:54
4. Chris Perez, Ridgewood	16:58
5. Mike Bonchonsky Nutley	16:58
6. Javier Cuevas, North Bergen	17:00
7. Ernesto Cuevas, North Bergen	17:06
8. Dan DiGregorio, Pascoack Valley	17:19
9. Jesse O'Donnell, St. Joseph	17:20
10. Elvis Cole, Hackensack	17:21
11. John Woodburn, Ridgewood	17:26
12. Craig Walker, Hackensack	17:30
13. Hugo Pinto, Kearny	17:32

Ridgewood, Mahwah Passaic, Dumont win

MAHWAH — Ridgewood, Mahwah, Passaic, and Dumont won team titles Saturday at the Taylor Invitational cross-country meet at Darlington County Park.

Ridgewood finished atop the team standings in the boys A division. Trevor Scott finished second for the Maroons in 16:53, behind Steven Domingues of Kearny who ran 16:46. Ridgewood's Chris Perez was fourth in 16:56.

Mahwah won the boys B title ahead of Dumont and North Arlington. Mahwah's Owen Bourholtzer won the race in 16:25. Teammate Arash Darian took second in 17:13.

Passaic was the dominant team

14. Rudy Urena, Cliffside Park	17:32
15. Travis Reik, Ridgewood	17:33
16. Kelvin Perdomo, North Bergen	17:36
17. Kyle Engelen, Ridgewood	17:39
18. Pat DeLuca, Pascoack Valley	17:40
19. Jeff Khorny, Ridgewood	17:46
20. Emmanuel Colon, Union Hill	17:48

BOYS VARSITY B TEAM SCORING

Mahwah 68; Dumont 75; North Arlington 83; Saddle Brook 85; Manchester 88; Bogota 135; Pascoack Hills 174; New Milford 214.

1. Owen Bourholtzer, Mahwah	16:25
2. Arash Darian, Mahwah	17:13
3. Name unavailable, Saddle Brook	17:42
4. Amin Diaz, Manchester	18:01
5. Brad Shugrus, North Arlington	18:07
6. Billy Fitzpatrick, Dumont	18:11
7. Barry Dineen, Dumont	18:11
8. Ryan Bravo, Saddle Brook	18:12
9. Diogo Santos, North Arlington	18:19
10. Rob Hamill, Mahwah	18:19
11. Anthony Lugo, Dumont	18:19
12. Jason Bookstaber, North Arlington	18:22
13. David Boharstein, Pascoack Hills	18:28
14. Denis Apeliza, Secaucus	18:33
15. Uziel Ortega, Manchester	18:38
16. Keith Kleber, Mahwah	18:44
17. Mustafa Casebah, Park Ridge	18:44
18. Shoum Chakravarti, Secaucus	18:45
19. Kamil Dobrowolski, Becton	18:50
20. Jason Woldan, Bogota	18:53

GIRLS VARSITY A TEAM SCORING

Passaic 40; Fair Lawn 94; Hackensack 98; Tenafly 99; North Bergen 118; Kearny 119; Fort Lee 132; Bayonne 170.

1. Shakira Williams, Passaic	19:51
2. Shanika Barnard, Hackensack	19:58
3. Daphne Aronovits, Fair Lawn	20:27
4. Shanae Pritchett, Passaic	20:33
5. Denise DiPaolo, North Bergen	20:35
6. Yanira Mejia, Passaic	20:39
7. Courtney Kopf, Nutley	20:40
8. Belmax DeJesus, Fort Lee	20:43
9. Sari Weisbar, Fair Lawn	20:50
10. Maria Pavkovich, Garfield	21:02
11. Sarah Adelson, Tenafly	21:10
12. Christina Boyle, Nutley	21:22
13. Julia Emanuel, Tenafly	21:28
14. Stephanie Abbatiello, Bergenfield	21:28
15. Meghan Miller, Kearny	21:28
16. Carol Anne Buller, Paramus	21:53
17. Christina Pedersen, Hackensack	22:00
18. Eileen O'Dea, Lakeland	22:03
19. Stephanie Guzman, North Bergen	22:12
20. Alejandra Mondragon, Passaic	22:17

GIRLS VARSITY B TEAM SCORING

Dumont 42; Pascoack Valley 52; Saddle Brook 63; Bogota 88; North Arlington 137.

1. Alyssa Ross, Pascoack Hills	20:57
2. Felicia Chevalier, Dumont	21:03
3. Sue Giesmann, Dumont	21:04
4. Danielle Bekas, Saddle Brook	21:16
5. Danielle Amato, Saddle Brook	21:19
6. Diane Zambrano, Ridgefield Park	21:25
7. Amy Gohlich, Westwood	21:33
8. Amy Bembridge, Dumont	21:38
9. Sarah Walcott-Sapp, Pascoack Valley	21:40
10. Stephanie Brown, Bogota	21:40
11. Katie Diana, Pascoack Valley	21:41
12. Jill Wessells, Pascoack Valley	21:42
13. Malena Caballero, Dumont	22:12
14. Angela Panuccio, Bogota	22:15
15. Darlene Pekar, Saddle Brook	22:30
16. Andrea Salmon, Pascoack Hills	22:39
17. Karen Mitchell, Pascoack Valley	22:48
18. Renee Khurovski, Becton	23:02
19. Denise Swedeki, North Arlington	23:04
20. Laura Murphy, Pascoack Valley	23:11

... maroon Invitational last week / Ridgewood junior Clair Nowakowski, seventh in the state Group 4 race last season, won the B Division title in 20:08.4.

In the process of winning...

... 50 yards. ... And Nowakowski, though not running a PR, blew away the field to win by 70 yards over Katie Floersheimer of Morristown. Palisades Park routed the Varsity...

CROSS-COUNTRY

in the girls A race. The Indians were 54 points better than Fair Lawn. Shakira Williams of the Indians ran the race in 19:51, seven seconds faster than Hackensack's Shanika Barnard. Shanae Pritchett of Passaic was fourth in 20:33.

The girls varsity B race went to Dumont, bolstered by Felicia Chevalier in second, Sue Giesmann in third, and Amy Bembridge in eighth. Sophomore Alyssa Ross of Pascoack Hills was the individual winner with a time of 20:57.

Runner of the Week

Name: Erin Donohue

School: Haddonfield

Class: Senior

Height: 5-8

Key statistics: Donohue ran 18:41.3,

the fastest time of the six varsity races, to finish first in the E Division race at the Shore Coaches Invitational last Saturday at Holmdel.

Did you know: Donohue has won five Meet of Champions titles in her career, one in cross-country last year and four in track. Donohue, a starting guard on the basketball team last season, will forgo basketball this winter and instead compete in indoor track for the first time.



It's lonely out in front for Nowakowski

BY JIM LAMBERT
and RICH BEVENSEE
FOR THE STAR-LEDGER

Times have changed for Ridgewood senior Clair Nowakowski.

Just last fall, she was the front-runner for a well-rounded Ridgewood team that claimed the Meet of Champions title. Nowakowski is still leading the Ridgewood pack for coach Jacob Brown, but she doesn't have quite the supporting cast she did last year.

Nowakowski won the B Division in 20:08.4 at the Shore Coaches meet Saturday at Holmdel Park, but her team finished a distant fifth behind Westfield, which is No. 7 in The Star-Ledger Top 20, No. 8 Morristown, No. 9 Middletown South and No. 11 North Hunterdon. Ridgewood's fastest times behind Nowakowski were 21:42.2 and 22:03.4.

"I was used to running with Kelly Behan, and now there's no one to really push me," Nowakowski said, referring to the 1997 M of C winner, who graduated last spring. "It's lonely to run alone. I don't know if I like that feeling to run without a pack."

Nowakowski, who finished 18th in 20:04.1 in the M of C last season, couldn't guarantee a return trip to the meet for her team. But she said her goal is to place in the top five in Group 4 and in the top 10 as an individual at the M of C.

Her Holmdel time at the Shore Coaches meet was 14th-best overall among girls. Her personal best at Holmdel is 19:54.3, which she recorded when she finished seventh overall in the 1999 Group 4 meet.

The Next Donohue?

Shore freshman Julie Ullmeyer nearly laughed out loud when asked if she thought of herself as the next great young female runner in the state, the heir to the Meet of Champions throne currently occupied by Haddonfield senior Erin Donohue.

"I'm happy to be compared to her, but until I can run with her or beat her I don't think I can put myself in her company," Ullmeyer said.

Ullmeyer wasn't in Donohue's company when the Haddonfield sensation won the girls E Division race in 18:41.3 at the Shore

Brunswick, Summit and Pope John in D and Passaic Valley, led by super sophomore Jesse Mizzone, in the E Division.

Placed against last year's Holmdel performances by freshmen, Ullmeyer's time stands second only to the 19:25 that Jen Blank of Toms River East ran in the state Group 4 meet. Ullmeyer's 19:27 would have put her sixth in the 1999 Meet of Champions race.

"It's an honor to be called the next Erin Donohue," Ullmeyer said. "But there's so many other girls who can beat me on any day, I can't focus on catching up with her this year. I have to worry about a lot of other people, too."

Donohue likes what she sees in Ullmeyer.

"She definitely has a lot of talent," Donohue said. "I wouldn't be surprised if she won a couple Meet of Champions titles before she's done."

Manhattan invasion

Several of the state's top teams will compete at the 28th Manhattan College Invitational on Saturday at Van Cortlandt Park in the Bronx. The meet, which starts at 9:30 a.m., is the largest high school meet in the nation, with 33 races and approximately 9,200 runners running on the historic 2.5-mile course.

The featured race is the Eastern States Championships, which includes Erin Donohue of Haddonfield and Kim Pereira of Parsippany. They will be up against some of the top runners in the Northeast, Danielle Coon of Saratoga Springs, N.Y., the nation's top-ranked team, should be up front with Donohue throughout the race.

Speaking of Donohue, she has narrowed her college choices to North Carolina, Penn State and Villanova and reportedly is leaning toward North Carolina.

Walkill Valley is entered in the A Division at the Manhattan meet. The B race features Hunterdon Central, No. 1 in The Star-Ledger Top 20, No. 12 Rumson, Mount Olive and Hackettstown. Other entries are Hillsborough, St. Rose and Middlesex in C, Bloomfield, Notre Dame, Montclair-Kimberley, South

Brunswick, Summit and Pope John in D and Passaic Valley, led by super sophomore Jesse Mizzone, in the E Division.

Sanders making a name for herself

The graduation last spring of Nicole Marzella, the 1999 Greater Middlesex Conference champion, left Linda Sanders of Old Bridge with no one to really push her in practice.

Realizing the problem, coach Walt Miller came up with a great idea.

"He asked me if I wanted to run with the freshman and JV boys teams," Sanders said. "I knew it would help me, so I said yes."

Sanders has been running with the boys the past three weeks and the results have been staggering.

This past Tuesday, Sanders destroyed the course record at Merrill Park in Edison by running 18:48 in a dual meet with Woodbridge. The old course mark of 19:36 was shared by Danielle Barajas of Woodbridge and Gina Chrystopolous of Old Bridge.

That came four days after Sanders ran 19:50.1 to place third in the A Division at the Shore Coaches Invitational at Holmdel Park. Her previous best at Holmdel was 20:47.

"I definitely feel that running with the boys on our team is the reason why I'm running so much faster," Sanders said. "I never expected to be running like this. I used to read in the paper about all these real good runners in the state and now I'm beating some of them. I just can't believe it."

Sanders' early season success has her setting some big goals.

"I'd really like to win the GMC title and try to run in the low 19's at Holmdel by the end of the year," she said.

Running long for the half

When Erin Herits came to Roselle Catholic three years ago, she played tennis and basketball and ran track. But after two years of juggling the three sports, she decided track was her best option.

After giving up two sports to improve her track potential, she added cross-country last year to make her even better.

"My track coach told me that if

I wanted to see my times come down in the half-mile, cross-country would do that for me," Herits said.

How's the view up there?

When Hunterdon Central ran the best average (20:32.4) at the Shore Coaches Invitational at Holmdel Park last Saturday, it took home the trophy as the fastest team and moved up one place to No. 1 in The Star-Ledger Top 20.

Moorestown went from the top spot to No. 2 after running a 20:38.7 average at Holmdel.

Senior Shannon Hawrylo said Hunterdon Central won't get too comfortable with its lofty ranking.

"It's great to be No. 1," "It's something we all wanted, but it's the final ranking that counts the most and now we know that everyone will be gunning for us every time we run. But that's okay, because I know we can all run faster."

Hunterdon Central will put its ranking on the line Saturday when it runs in the Manhattan Invitational's B Division race at Van Cortlandt Park, in the Bronx. Shaker of New York and No. 12 Rumson are two of the top teams in the race.

Places to be

Today: New Jersey Vo-Tech Championships at Holmdel Park. Jersey City Championships at Lincoln Park.

Tomorrow: Northern Hills Conference championships at Lewis Morris Park, Morristown.

Saturday: Randolph Invitational, Brundage Park, Randolph. Raider Invitational at Toms River East. Ridgewood Invitational at Veterans Park in Ridgewood. Eastern States Championships at Van Cortlandt Park in the Bronx. Jersey City Championships, Lincoln Park, Jersey City. Bergen County Scholastic League American Division Championships, Darlington Park, Mahwah. South Jersey Open, Williamstown.

Tuesday: Bergen County Scholastic League National and Olympic Division championships at West Hudson Park.

Wednesday: Mountain Valley Conference Championships, Pleasant Valley Park, Bernardsville. Freehold District Championships, Holmdel Park.

GROUP LEADERS

- GROUP 4**
1-Hunterdon Central
2-Shawnee
3-Westfield
4-Morristown
5-Toms River East
6-Ridgewood
7-Hillsborough
8-Columbia
9-Assegami
10-Lenape

- GROUP 3**
1-Middletown South
2-North Hunterdon
3-Toms River South
4-Ocean City
5-Parsippany
6-Rosbury
7-Indian Hills
8-Delsea
9-Camden Wilson
10-Mainland

- GROUP 2**
1-Moorestown
2-Voorhees
3-Hopewell Valley
4-Rumson
5-Holmdel
6-Ridge
7-Chatham
8-Montgomery
9-Haddonfield
10-Ramsey

- GROUP 1**
1-Haddon Twp.
2-Metuchen
3-Kittatiny
4-GloUCESTER City
5-Bernards
6-Vernon
7-Ridgefield
8-Schalck
9-Palmsades Park
10-Mountain Lakes

- PAROCHIAL**
1-Red Bank Catholic
2-Msgr. Donovan
3-Bishop Eustace
4-Pingry
5-St. Rose
6-Immaculata
7-Morris Catholic
8-St. John Vannoy
9-Pope John
10-St. Dominic

CROSS COUNTRY TOP 20

- 1-Hunterdon Central
2-Moorestown
3-Shawnee
4-Red Bank Catholic
5-Voorhees
6-Hopewell Valley
7-Westfield
8-Morristown
9-Middletown South
10-Toms River East
- 11-North Hunterdon
12-Rumson
13-Msgr. Donovan
14-Holmdel
15-Ridgewood
16-Bishop Eustace
17-Pingry
18-Toms River South
19-Hillsborough
20-Columbia

TOP RUNNERS BY GROUPS

TOP 10 INDIVIDUALS

- 1-Erin Donohue, Haddonfield
2-Julie Ullmeyer, Shore Regional
3-Natalie Jones, Hopewell Valley
4-Chrisy Planer, Rumson
5-Shannon Hawrylo, Hunterdon C.
6-Melissa Conway, Ramsey
7-Kim Pereira, Parsippany
8-Jen Blank, Toms River East
9-Jesse Mizzone, Passaic Valley
10-Sarah Spilman, West Morris

GROUP 4

- 1-Shannon Hawrylo, Hunterdon C.
2-Jen Blank, Toms River East
3-Courtney Epps, Columbia
4-Linda Sanders, Old Bridge
5-Clair Nowakowski, Ridgewood
6-Raven Lea, Columbia
7-Deanna Willard, Hillsborough
8-Lindsay Force, Hunterdon C.
9-Katie Pionzheimer, Morristown
10-Heather McGarvie, Shawnee

GROUP 3

- 1-Kim Pereira, Parsippany
2-Jesse Mizzone, Passaic Valley
3-Sarah Spilman, West Morris
4-Kira McGorarty, Hopatcong
5-Tanesha Pittman, C. Wilson
6-Stephanie Last, Rosbury
7-Megan Ruane, North Hunterdon
8-Brittany McCann, Delsea
9-Nicole Lombardy, Middletown S.
10-Jen Myers, Ramapo

GROUP 2

- 1-Erin Donohue, Haddonfield
2-Julie Ullmeyer, Shore Regional
3-Natalie Jones, Hopewell Valley
4-Chrisy Planer, Rumson
5-Melissa Conway, Ramsey
6-Christina Kulo, Holmdel
7-Whitney McNeis, Hopewell V.
8-Kelsey Rinehart, Moorestown
9-Coleen Hughes, Moorestown
10-Sara Best, Voorhees

GROUP 1

- 1-Allyson Krayl, Point Beach
2-Megan Kayser, Middlesex
3-Grace DeMarrals, Bernards
4-Jessica Gordon, Belvidere
5-Katy Botsford, Cresskill
6-Jeanette Franko, Metuchen
7-Christine Dobrowski, Mtn. Lakes
8-Callin Hadley, Gloucester City
9-Danielle Bekas, Saddle Brook
10-Laura Cherico, Haddon Twp.

PAROCHIAL

- 1-L. Van Aldine, Hawthorne C.
2-Julia Barker, RBC
3-Laura Carpenter, Vianney
4-Rachel Watson, Donovan
5-Erin Geiger, Immaculata
6-Arianna Stefanoni, Holy Cross
7-Suraya Komegpy, RBC
8-Katie Haddet, Donovan
9-Carey Mayo, Donovan
10-Shannon Gillespie, RBC

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET RIDGEWOOD INVITATIONAL

COURSE VETERAN'S FIELD

DIVISION VARSITY

COURSE RECORD 18:13.4 CELESTE SEDO
RIDGEWOOD 1997

DATE 10-14-2000

RIDGEWOOD RECORD 18:13.4

WEATHER SUNNY & WARM

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1		CLAIR NOWAKOWSKI	19:34.6
6		JUSTINE LUPO	20:47.3
12		PEGGY LYNCH	21:04.6
17		ALEXANDRA OROS	21:36.0
18		JACKIE GOULART	21:39.9
20		REBECCA JOHNSON	22:01.3
21		LAUREN LILLIS	22:07.0

TEAM TOTAL: 45

TEAM PLACE: 2ND

1-5 SPLIT: 2:05

1-7 SPLIT: _____

COMMENTS: CLAIR BEAT A GOOD RUNNER TODAY. NICE WIN CLAIR!
 OUR 1-5 SPLIT WAS BETTER THAN LAST WEEK (AND) WE RAN
 MUCH CLOSER TO RBC THAN WE DID LAST WEEK. OUR
 WORK AND FOCUS IS PAYING OFF. NICE JOBS TODAY!

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET RIDGEWOOD INVITATIONAL

COURSE VETERAN'S FIELD

DIVISION JUNIOR VARSITY

COURSE RECORD _____

DATE 10-14-2000

RIDGEWOOD RECORD _____

WEATHER SUNNY & WARM

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
2		CASSIDY CANZANI	23:04.6
3		KATE McDONAGH	23:19.6
8		SHAUNA SWAN	24:06.2
9		JENNA RUBINOFF	24:10.6
13		KERRY DOHERTY	24:22.7
18		RUTH VAN YDEREN	25:13.9
34		SARAH BIGOS	28:33.9
36		CASEY CALLAN	28:59.0
39		DARA HOURDASIAN	31:55

TEAM TOTAL: 2ND TEAM PLACE:
35 POINTS

1-5 SPLIT: 1:18 1-7 SPLIT:

COMMENTS: CASSIDY IS BACK! MUCH BETTER 1-5 SPLIT THIS WEEK. GOOD JOB JV.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET RIDGEWOOD INVITATIONAL
 DIVISION FROSH
 DATE 10-14-2000
 WEATHER SUNNY & WARM

COURSE VETERAN'S FIELD
 COURSE RECORD 9:17 ^{VALERIE BEYERS 1994} WASHINGTONVILLE
 RIDGEWOOD RECORD 9:35.0 ¹⁹⁹⁸ CLAIR NICHAMONSKI
 TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1		CASEY DUNN	10:21.1
4		SHANNON MCCARTHY	10:33.0
6		LIANNE HANSEN	10:55.5
8		ASHLEY BRIDGEFARMER	11:00.3
12		SHELLY SEIDENBERG	11:27.9
13		TAMMIE ARMSTRONG	11:30.1
14		CAROLINE GABLE	11:30.4
20		JILL HERLIHY	11:49.8
31		AIMEE MARTIN	13:09.7

TEAM TOTAL: _____ TEAM PLACE: 1ST

1-5 SPLIT: 1:06 1-7 SPLIT: _____

COMMENTS: WE BEAT A GOOD IHA TEAM TODAY. CASEY NOTCHED ANOTHER NICE WIN. WE LOOK READY TO HAVE A GREAT RUN AT THE COUNTY MEET! GREAT JOB FROSH

Palisades Park boys win Ridgewood Invitational

Palisades Park placed five boys in the top 10 Saturday to capture the Ridgewood Invitational cross-country championship.

Tim Santifort of Mater Dei was the individual winner in 17:01. Following him was Nick Harris (17:21.5) and Sean Emmerling (17:32.2) of Palisades Park.

The Tigers won easily with 27 points to beat runner-up Mater Dei by 48 points. St. Joseph placed third and Eastern Christian fourth.

State powerhouse Red Bank won the girls title with 27 points.

Ridgewood was second with 45. However, the Maroons had the individual winner in Clair Nowakowski, who was timed in 19:34.6.

Nowakowski was pressed by Hawthorne Christian's Lindsay Van Alstine, who took the early lead. The Ridgewood runner caught her at 450 meters and they ran together for the next mile before Nowakowski pulled away.

Van Alstine, a sophomore whose school doesn't sponsor a team, was clocked in a solid 19:48.4. Justine Lupo helped the Maroons' cause by finishing sixth.

Santifort shines, helps Mater Dei place 2nd

Tom Santifort finished first in 17:00.9 to lead Mater Dei to a second-place finish in the boys competition at the Ridgewood Cross-Country Invitational yesterday at Veterans Park in Ridgewood.

Mater Dei placed second behind Palisades Park, 27-75.

Ridgewood Invitational

GIRLS TEAM SCORES

Red Bank Catholic, 27; Ridgewood, 45; Cherokee, 68; Roxbury, 111; Holy Angels, 143; Albertus Magnus, 180; Canarsie, 222; North Arlington, 255; South Shore, 256; Spotswood, 299.

1. Clair Nowakowski, Ridgewood 19:34.6
2. Lindsay Van Alstine, Hawthorne Christian 19:48.4
3. Julia Barker, Red Bank Catholic 20:07.1
4. Michelle Bilicki, Cherokee 20:15.1
5. Mary McCudden, Red Bank Catholic 20:32.0
6. Justine Lupo, Ridgewood 20:47.3
7. Ali Jensen, Red Bank Catholic 20:50.0
8. Shannon Watson, Lawrenceville 20:55.1
9. Shannon Gillespie, Red Bank Catholic 20:57.0
10. Suraya Kornegay, Red Bank Catholic 20:59.7
11. Sam Sabatos, Red Bank Catholic 21:02.8
12. Peggy Lynch, Ridgewood 21:04.6
13. Kelly Fletcher, Cherokee 21:15.4
14. Jenna Viggiano, Cherokee 21:19.2
15. Danielle Bekas, Saddle Brook 21:21.6
16. Stephanie Last, Roxbury 21:34.6
17. Alexandra Oros, Ridgewood 21:36.0
18. Jackie Goulart, Ridgewood 21:39.9
19. Lauren Jones, Cherokee 22:00.6
20. Rebecca Johnson, Ridgewood 22:01.3

BOYS TEAM SCORES

Palisades Park, 27; Mater Dei, 75; St. Joseph, 85; Eastern Christian, 102; Lawrenceville, 133; Technology, 141; Saddle Brook, 166; North Arlington, 169; Harrison, 264; Newark Science, 273.

1. Tom Santifort, Mater Dei 17:01.0
2. Nick Harris, Palisades Park 17:21.5
3. Sean Emmerling, Palisades Park 17:32.2
4. Jesse O'Donnell, St. Joseph 17:37.0
5. Zareef Ahmed, Lawrenceville 17:51.3
6. Serlio Zea, Palisades Park 17:58.0
7. Miguel Centano, Palisades Park 17:58.7
8. Dennis Glover, Technology 18:01.7
9. Andersson Espinosa, Palisades Park 18:06.6
10. Ben O'Donnell, St. Joseph 18:09.8
11. Matt O'Connor, Mater Dei 18:19.0
12. Brad Shugrue, North Arlington 18:27.5
13. Alain Cruz, Palisades Park 18:31.3
14. Matthew Apol, Eastern Christian 18:33.3
15. Mike Muller, Mater Dei 18:33.8
16. Mike O'Hagan, St. Joseph 18:39.0
17. Dave Steenstra, Eastern Christian 18:44.0
18. Mike Tokma, Eastern Christian 18:46.3
19. Ryan Bravo, Saddle Brook 18:47.2
20. Brian Koch, Emerson/Park Ridge 18:48.4

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS Paramus
 DATE 10-17-00
 TEAM RECORDS: RHS _____

DISTANCE 3mi (maybe?)
 COURSE RECORD _____
 COURSE CHARACTER hilly sidewalks
 WEATHER cloudy, rainy, cold

WHY ARE WE HERE?

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	Clair Nowakowski	RHS	18:46	21.	Tammie Armstrong	RHS	25:09
2.	Justine Lupo	RHS	20:02	22.	Caroline Gable	RHS	26:16
3.	Peggy Lynch	RHS	20:05	23.	Jessica Miranda	P	26:34
4.	Carol Anne Billen	P	20:06	24.	Casey Callan	RHS	26:41
5.	Jackie Goulart	RHS	20:14	25.	Sharon Walsh	P	28:51
6.	Lauren Lillis	RHS	21:27	26.	Annie Zoccio	P	29:22
7.	Kate McDonagh	RHS	21:30	27.			
8.	Katie Tucker	P	21:32	28.			
9.	Laurie Mandara	P	21:37	29.			
10.	Julia Foresman	RHS	22:35	30.			
11.	Casey Dunn	RHS	22:36	31.			
12.	Jenna Rubinoff	RHS	22:59	32.			
13.	Ruth Van Veen	RHS	23:02	33.			
14.	Sherry	P	23:08	34.			
15.	Moghan Judge	P	23:37	35.			
16.	Amanda Ax	P	23:38	36.			
17.	Kern Doherty	RHS	23:40	37.			
18.	Shannon McArthur	RHS	23:59	38.			
19.	Lianne Hansen	RHS	24:22	39.			
20.	Jill Herlihy	RHS	24:25	40.			

SCORING

RHS	P
1	4
2	8
3	9
5	11
6	12
FINAL 17	SCORE: 44

COMMENTS:

Ashly Bridge farmer : 17:05 } Freshman Course
 Ashly Amo : 17:19 }

WE FINISHED OUR DUAL MEET SEASON UNDEFEATED!

Each meet poses a challenge, of course

There's not much difference from one football or soccer field to another, unless the field is artificial turf instead of grass. And tennis courts and volleyball courts are virtually the same in Hackensack, Passaic, or Ramsey.

But cross-country runners face different challenges every time they compete, whether in a dual meet through the streets of Hackensack, a league meet at Lewis Morris Park in Morristown, or an invitational at Veterans Field in Ridgewood.

The courses are usually 5,000 meters but each course is different.

With about a month remaining in the cross-country season, most of the action will be centered on three diverse courses this weekend: Garret Mountain in West Paterson, Darlington County Park in Mahwah, and Holmdel County Park in Holmdel.

Each has its own peculiarities and if a runner can excel on all three, or she will enjoy a successful championship season.

Garret is the site of today's Passaic County championships, Tuesday's NNJIL meet and the Section 1 meet October 28. Darlington hosts tomorrow's Bergen County Group championships and the Bergen Meet of Champions on November 4, while Holmdel is the



PAUL SCHWARTZ CROSS-COUNTRY

BERGEN GROUP 3-4

- Ridgewood** — The perennial Bergen County champions take aim at a 17th Group 4 title in 20 years Saturday after a solid second place in their own invitational behind Red Bank Catholic.
- IHA** — The Blue Eagles impressively won the William Paterson Invitational and will qualify for the BMOG for the fifth straight year.
- NV/Demarest** — The Norsewomen have never qualified for the BMOG. But of their terrific second-place finish in the NBIL meet, they should make it this year and could even win Group 3.
- NV/Old Tappan** — The defending Group 3 champions finished third in the NBIL, but just six points out of first and will contend Saturday.
- Indian Hills** — The Braves had their worst race of the year in the NBIL, where they finished fourth, 16 points behind, but could rebound Saturday.

Also: Holy Angels; Ramapo; River Dell; Tenafly.

THE RECORD'S GIRLS RANKINGS

BERGEN GROUP 1-2

- Ramsey** — The Rams, despite four dual losses, scored an upset win in the NBIL meet. But it won't be an upset if they win their sixth straight Group 2 title Saturday.
- Dumont** — The Huskies were upset by River Dell in the BCSL American meet, but still won the league title and has the best chance to upset Ramsey in Group 2.
- Saddle Brook** — It's been 12 years since the Falcons were qualified for the BMOG, but the BPSL Carpenter champs have a good chance to win Group 1 this year.
- Ridgedale** — The four-time BCSL National champions need a better effort from its back runners to defend its Bergen Group 1 title.
- Rutherford** — The Bulldogs haven't qualified for the BMOG in four years, but after a good race in the BCSL American, they have a good chance in Group 2 this year.

Also: Bogota, Glen Rock, Palisades Park.

PASSAIC/E. MORRIS

- Passaic** — A busy week for the Indians, who should defend their Passaic County title today and then run in the three-division NNJIL meet Tuesday.
- West Milford** — The Highlanders impressively won the Northern Hills Skyline conference last week and will be a contender today.
- Clifton** — The Mustangs were second in the William Paterson Invitational and hope to repeat the feat in the Passaic County meet today.
- Passaic Valley** — Jesse Mizzone is primed to become the Passaic County champion, and her team has a chance to improve on its third-place Northern Hills finish.
- Pompton Lakes** — The BPSL King division champion should finish in the top five of the Passaic County meet.

Also: Hawthorne, Lakeland.

years of making the course safer, but it still scares me," says Brown. "We work at racing the downhill almost everywhere we go, but not at Garret."

But surprisingly, Brown's favorite course might be the flatter and newer Darlington course.

"It allows us to run fast, which is good training for the state races while still making it competitive in the county," he says. "The sand is a challenge and there are a couple of changes of pace throughout the course. But, overall, it's less wearing physically on the kids, which is good."

But Brown has a special reason why he likes Darlington.

"Holmdel is a true test of cross-country but I'm a big spectator guy and there's no place like Darlington for spectators to watch the races, so I love it there," he says.

At Holmdel, you can see the first quarter of a mile before the athletes go uphill into the woods, and the last 250 yards as they finish downhill.

At Garret, you can watch about 45 seconds of the race at the start and the last 90 or so seconds as the runners finish their climb up the hill.

But at Darlington, spectators, without much of a walk, can see the first half mile of the race, a key half mile in the middle of the race when the runners finish the first loop of the course and race across the sand, and the final 300- to 350-yard straightaway.

The result has been a growth of cross-country as a spectator sport, especially at the Bergen Meet of Champions, which has drawn as many as 1,500 spectators.

site of the State Group meet November 11 and the State Meet of Champions a week later.

Jacob Brown of Ridgewood, the dean of Bergen County cross-country coaches, has had teams that have been successful on all three courses over the years and he pinpoints the differences.

"The uphill start at Holmdel is a totally different package from the other two courses," said Brown, whose teams have won four State Group 4 titles and the 1992 and 1999

Meet of Champs at Holmdel. "If you go out too fast at Darlington, you can recover on the downhill toward the lake, and if you go out too fast at Garret, there's a long downhill for recovery."

"But if you go out too fast at Holmdel, you might as well walk off the course and go home, because there's no recovery."

Brown says Holmdel can sometimes force runners to overcompensate and go out too slow, which can also make life difficult in a large

race.

"After the big opening run, there are some narrow trails and if you get out too slow, it's tough to get back in the race, so you've got to try and find that magic middle for the start," he says.

Brown has always feared Garret with its rocky downhills, as one of the most dangerous courses and was pleased when fewer races were run there after the opening of the Darlington course.

"They've done a great job in recent

Runner of the Week

Name: Jesse Mizzone
School: Passaic Valley
Class: Sophomore
Height: 5-5



Key statistics: Mizzone won her second straight Skyline Division title in 19:22.17 at the Northern Hills Conference Championships last Friday at Lewis Morris Park in Morristown. The following day, she placed second over 2.5 miles in the E Division race in 15:49.78 at the Manhattan Invitational at Van Cortlandt Park in the Bronx.

Did you know? Mizzone's father and coach, Vic, won the Passaic County cross-country title in 1966 for Passaic Valley. Last fall, Mizzone was second in Passaic County and fifth in the NJSIAA North Jersey, Section 1, Group 3 race.

Passaic, Bergen meets take spotlight

BY JIM LAMBERT FOR THE STAR-LEDGER

Passaic County

Tomorrow, 3:45 p.m., Garret Mountain, West Paterson.

Picking the team champion is a no-brainer, Passaic is expected to run away for its third straight title. But the individual race is a different story with a meeting of super sophomores Lindsay Van Alstine of Hawthorne Christian and Jesse Mizzone of Passaic Valley. Last year, Van Alstine won the NJSIAA Parochial B title and was fourth in Passaic County. Mizzone was second in Passaic County, 26 seconds ahead of Van Alstine. But Mizzone has been faster this year, making her the pick by about 20 seconds.

around 19:30 to win by 30 seconds.

This Bugg really flies

Although she's just a sophomore, Caroline Bugg has already secured a place in her school's history book.

In just a season and a half of running cross-country for Newark Academy, Bugg has blazed a trail and set a standard by which all the school's future runners will be measured.

As a freshman, Bugg became the first girl from her school to qualify for the NJSIAA Meet of Champions when she finished sixth in the Parochial B state championships at Holmdel Park in 21:21.4.

She's at it again this year. Bugg finished first at the Colonial Hills Conference Championships on Oct. 11 at Pingry in Martinsville, coming across in 19:30 to become the first girl from her school to win that title.

"I never really thought about being the first from my school to do those things," Bugg said. "But it's a nice thing to do."

Bugg won the first high school race she ran last year, the Newark Academy Invitational. She also won that title this year.

"She has so much raw natural talent," Newark Academy coach Lisa Swanson said. "The first time I saw her run, I wondered where she came from. She really is unbelievable to watch."

Bugg played soccer and softball before she got to high school and decided to give up soccer for cross-country as a freshman. She still plays softball and was a starting outfielder on the varsity team last year.

"I did a lot of running to get in shape for soccer and I started to like it more than soccer," Bugg said. "So I decided to make the switch."

Bugg has some major goals this season.

"At the Meet of Champions last year, I didn't finish the race, so getting back there and finishing is very important to me," Bugg said.

Bugg also has her sights set on the prep A Division state championships on Nov. 1 and the Parochial B state championships on Nov. 11.

"I really would like to win those races," Bugg said. "And I think I have a chance to do it."

Greater Middlesex Conference

Saturday, 2 p.m., Thompson Park, Jamesburg

Linda Sanders isn't one to make predictions or boast, so she's keeping a low profile as she prepares to try to win the biggest race of her life. Sanders, a junior at Old Bridge, knows she's the favorite to win the Greater Middlesex Conference title but is trying not to spend much time worrying about it.

"I don't sit around all day thinking about it," Sanders said. "I know it's a big race and it's something I want to win, but I'm not letting it take over my mind."

Sanders, sixth last year, has added incentive to win.

"I'd like to keep the title at Old Bridge," she said.

Old Bridge's Nicole Marzeila, who won the title as a senior last season, said earlier this month that Sanders would keep the title in Old Bridge.

The runners that can push Sanders are Kristian Lucas and Mary O'Connor of Edison and Anne O'Rane of South Brunswick.

Look for Sanders to run about 19:30 and win by 10 to 15 seconds.

Watching Conference

Tomorrow, 4:30 p.m., Warinanco Park, Elizabeth

Both divisions could produce runaway victories. Westfield, No. 7 in The Star-Ledger Top 20, almost certainly will score fewer than 20 points and sweep to its fifth straight National Division title. In the American Division, it seeks a third straight championship.

Individually, Alexis Anzelone of Westfield should win the National Division championship, while defending champion Christina Morgado of Union and teammate Erin Higgins could finish 1-2 in the American Division.

Hunterdon Warren

Tomorrow, 3:45 p.m., Delaware Valley

Defending champion Hunterdon Central will put its No. 1 ranking on the line against No. 5 Voorhees and arch-rival North Hunterdon, the No. 11 team. Hunterdon Central is led by defending individual champion Shannon Hawrylo. Lindsay Force and Jenna Fasulo. Voorhees counters with Sarah Rhodes, Sara Best, who is one of the state's top freshman, and Alexis Vergalla. Look for Hunterdon Central to win with around 25 points, with Voorhees about 10 points back in second and North Hunterdon third with around 45 points. Hawrylo should take individual honors with a time in the neighborhood of 19:30.

Mountain Valley

Today, 1:30 p.m., Pleasant Valley Park, Bernards Township

In a race postponed yesterday because of rain, Ridge attempts to win its seventh Mountain Division title in the past eight years. Ridge, led by Emily Sarokhan and Kim Philhower, saw its streak of six straight titles snapped last year by Immaculata, which is led by 1999 individual winner Liz Geiger.

In the Valley Division, defending champion Oak Knoll will tangle with New Providence. Akliah Campbell of North Plainfield will try to win her second straight crown.

Ocean County

Tomorrow, 4:35 p.m., Ocean County Park, Lakewood

Toms River East, No. 10 in the state, is a heavy favorite as it attempts to repeat, while No. 14 Msgr. Donovan and No. 18 Toms River South should have another tight duel for second. Last year, Msgr. Donovan was second with 87 points, one more than third-place Toms River South.

Before the season began, it appeared nobody in the county could touch sophomore Jen Blank of Toms River East, the defending champion who was eighth last year at the Meet of Champions.

GROUP LEADERS

- GROUP 4**
- Hunterdon Central
 - Shawnee
 - Westside
 - Morristown
 - Toms River East
 - Ridgewood
 - Hillsborough
 - Sharon Hill
 - Absegami
 - Lenape

- GROUP 3**
- Midland South
 - North Hunterdon
 - Toms River South
 - Ocean City
 - Parippany
 - Hobart
 - Jordan Hills
 - Canden Wilson
 - Delia
 - Manland

- GROUP 1**
- Haddon Township
 - Kilbuck
 - Bogota
 - Gloversville City
 - Berlin
 - Hopewell
 - Schlack
 - Fridlands Park
 - Mountain Lakes

- PAROCHIAL**
- Red Bank Catholic
 - Msgr. Donovan
 - Holy Rude
 - St. Ignace
 - St. Rose
 - St. Ann
 - St. Mary's
 - St. John
 - St. Dominic Academy

CROSS COUNTRY TOP 20

- Hunterdon Central
- Moorestown
- Shawnee
- Red Bank Catholic
- Voorhees
- Hopewell Valley
- Westfield
- Morristown
- Midland South
- Toms River East
- North Hunterdon
- Rumson
- Ridgewood
- Msgr. Donovan
- Holmdel
- Bishop Eustace
- Pingry
- Toms River South
- Hillsborough
- Columbia

TOP RUNNERS BY GROUPS

- TOP 10 OVERALL**
- Erin Donohue, Haddonfield
 - Jule Ullmeyer, Shore
 - Natalie Jones, Hopewell Valley
 - Shannon Hawrylo, Hunterdon C.
 - Melissa Conway, Ramsey
 - Kim Renner, Parsippany
 - Christy Parker, Rumson
 - Courtney Epps, Columbia
 - Jesse Mizzone, Passaic Valley
 - Sarah Spilman, West Morris

- GROUP 4**
- Shannon Hawrylo, Hunterdon C.
 - Courtney Epps, Columbia
 - Linda Sanders, Old Bridge
 - Stephanie Last, Roxbury
 - Cooper Wilcox, Hillsborough
 - Lindsay Torco, Hunterdon Central
 - Katie Floerschmeier, Morristown
 - Shayna Thomas, Overton
 - Dora Perullo, Shawnee

- GROUP 3**
- Kim Renner, Parsippany
 - Jesse Mizzone, Passaic Valley
 - Sarah Spilman, West Morris
 - Kira McGroarty, Hopewell
 - Stephanie Last, Roxbury
 - Megan Rucko, North Hunterdon
 - Brittany McCann, Delia
 - Shari Ruane, North Hunterdon
 - Nicole Lombardi, Midland S.
 - Jen Hyers, Ramapo

Bergen County

Saturday, 1 p.m., Darlington Park, Mahwah

Defending champion Ridgewood, No. 13 in the state, should roll in Group 4 behind individual favorite Clair Nowakowski. Indian Hills is the choice in Group 3, Ramsey is the one to beat in Group 2 and Bogota, Ridgedale and Palisades Park should have a very close race in Group 1. The edge goes to Bogota, which beat Palisades Park, 45-51, for the Olympic Division title at the Bergen County Interscholastic League Championships last Tuesday.

Iron Hills Conference

Saturday, 12:30 p.m., Warinanco Park, Elizabeth

Morristown, ranked No. 8, clashes with No. 20 Columbia, the defending champion, in the Iron Division race, while defending champion Mount Olive puts its title on the line in the Hills Division.

Morristown has a slight edge on Columbia because its 3-4-5 runners are stronger. The race for individual honors should be a good one between Courtney Epps of Columbia, Sarah Spilman of West Morris and Katie Floerschmeier of Morristown. The pick is Epps.

In the Hills Division, Kim Pereira of Parsippany should run

PAROCHIAL

- GROUP 1**
- Wynon Kayal, Point Beach
 - Megan Kayser, Middlesex
 - Jule Ullmeyer, Shore
 - Natalie Jones, Hopewell Valley
 - Christy Parker, Rumson
 - Melissa Conway, Ramsey
 - Christina Vullo, Haddonfield
 - Whitney Melvick, Hopewell Valley
 - Bjula Kuder, Moorestown
 - Sarah Best, Voorhees
 - Caroline Hughes, Moorestown

- GROUP 2**
- Erin Donohue, Haddonfield
 - Jule Ullmeyer, Shore
 - Natalie Jones, Hopewell Valley
 - Christy Parker, Rumson
 - Melissa Conway, Ramsey
 - Christina Vullo, Haddonfield
 - Whitney Melvick, Hopewell Valley
 - Bjula Kuder, Moorestown
 - Sarah Best, Voorhees
 - Caroline Hughes, Moorestown

- GROUP 3**
- Lindsay Van Alstine, Hawthorne C.
 - Julia Barker, Red Bank Catholic
 - Caroline Bugg, Newark Academy
 - Laura Carpenter, St. John Vanover
 - Rachel Warner, Msgr. Donovan
 - Erin Geiger, Immaculata
 - Warren Stebbins, Holy Cross
 - Suraya Komeyari, REC
 - Katie Hader, Pingry
 - Carly Mayel, Msgr. Donovan

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET Bergen County Group Championships COURSE Darlington

DIVISION Group IV COURSE RECORD _____

DATE October 21, 2000 RIDGEWOOD RECORD _____

WEATHER sunny and warm TYPE OF COURSE sand and woods

Group IV Race (4:00 pm)

FINISH PLACE	TEAM SCORE	NAME	TIME
* 1 st		Clair Nowakowski	19:38.87
4		Jackie Goulart	21:05
6		Peggy Lynch	21:11
7		Rebecca Johnson	21:26
8		Alexandra Oros	21:39.37
9		Lauren Lillis	21: 40 ^{39.71}
11		Cassidy Canzani	21:56

TEAM TOTAL:

26

TEAM PLACE:

* 1st *

1-5 SPLIT: 2:01

1-7 SPLIT:

COMMENTS:

WE WERE 6 FOR 6 TODAY! FIRST TIME EVER
3 INDIVIDUAL WINS (and) THREE TEAM WINS

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET Bergen County Group Championships

COURSE Darlington

DIVISION Group IV

COURSE RECORD _____

DATE October 21, 2000

RIDGEWOOD RECORD _____

WEATHER sunny and warm

TYPE OF COURSE sand and wood

J V Race (2:15pm)

FINISH PLACE	TEAM SCORE	NAME	TIME
* 1		Kate McDonagh	22:04.28
4		Julia Foresman	22:58
8		Jenna Rubinsff	23:29
12		Shauna Swan	23:45
16		Ruth VanYperen	24:2 4 ⁴
17		Kerry Doherty	24:28
29	(28)	KC Callan	26:57
42	(35)	Sarah Bigos	28:26

TEAM TOTAL: (41)

TEAM PLACE: * 1st *

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

We did awesome! ♡

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET Bergen county Group
championships

COURSE Darlington

DIVISION Group II

COURSE RECORD Justine's time:
9:49!

DATE October 21, 2000

RIDGEWOOD RECORD _____

WEATHER sunny and warm

TYPE OF COURSE sand and woods

Frosh Race (3:30)

FINISH PLACE	TEAM SCORE	NAME	TIME
1 *		Justine Lupu	9:49
3	(2)	Casey Dunn	10:48
10	(7)	Lianne Hanson	11:28
11	(8)	Ashley Bridgefarnar	11:29
14	(9)	Shannon McCarthy	11:35
19	(10)	Nikki Lettieri	11:58
22	(12)	Shelly Seidenberg	12:10
34	(20)	Jill Herlihy	12:37

TEAM TOTAL:

27

TEAM PLACE:

1st

50 Ashley Amo (32)

52 Aimee Martin (33)

13:14

13:24

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

NEW RIDGEWOOD ml COURSE RECORD FOR JUSTINE.

CROSS-COUNTRY

Bergen group meet

At Darlington County Park, Mahwah

GIRLS GROUP 1 TEAM SCORING

Saddle Brook 62*, Palisades Park 71*, Bogota 85*, Ridgefield 97, Cresskill 109, Glen Rock 116, New Milford 162, North Arlington 169.

1. Erin Henry, Glen Rock	19:55.7*
2. Danielle Bekas, Saddle Brook	20:33.2
3. Katy Botsford, Cresskill	20:47.2*
4. Kayla Herrera, Palisades Park	21:29.7
5. Stephanie Brown, Bogota	21:34.9
6. Danielle Amato, Saddle Brook	21:47.8
7. Darlene Pekarr, Saddle Brook	22:06.5
8. Amanda Laverty, Ridgefield	22:09.7*
9. Francine Smith, Palisades Park	22:25.2
10. Angela Panuccio, Bogota	22:28.9
11. Laura Begley, Cresskill	22:45.5
12. Renee Knurowski, Becton	22:49.8
13. Denise Swedeski, North Arlington	22:56.6
14. Sherry Ann McKeever, Midland Park	23:08.6
15. Sabina Sura, Bogota	23:09.3
16. Rachel Von Dreese, New Milford	23:11.3
17. Courtney Reggo, Ridgefield	23:12.5
18. Lauren Mantone, Palisades Park	23:17.3
19. Sandra Eun, Ridgefield	23:25.7
20. Anna Roudenko, New Milford	23:29.0
21. Allison Sul, Cresskill	23:30.6
22. Shakira Valdez, Palisades Park	23:31.4
23. Kateri LaFond, Bogota	23:34.4
24. Jamie Donovan, Palisades Park	23:34.6
25. Lori Magda, Midland Park	23:37.3

GIRLS GROUP 2 TEAM SCORING

Ramsey 30*, Dumont 42*, Rutherford 78*, Pascack Hills 87*.

1. Melissa Conway, Ramsey	19:01.1
2. Felicia Chevalier, Dumont	20:26.4
3. Sophia Bartom, Leonia	20:52.7*
4. Amy Gohlich, Westwood	21:09.6*
5. Monica Gadkari, Mahwah	21:15.2*
6. Sabrina Silverstein, Ramsey	21:15.8
7. Amy Bembridge, Dumont	21:23.0
8. Diane Zambrano, Ridgefield Park	21:40.4*
9. Alyssa Ross, Pasack Hills	21:42.5*
10. Cintia Caballero, Dumont	21:59.5
11. Kelly Beaudry, Ramsey	22:05.2
12. Melissa Svitil, Rutherford	22:19.4
13. Noel DiPaola, Ramsey	22:22.3
14. Caroline Hockmyer, Ramsey	22:23.5
15. Marissa Matteo, Ramsey	22:26.5
16. Suzanne Shepard, Ramsey	22:40.7
17. Sue Giesemann, Dumont	23:02.4
18. Andrea Salmon, Pasack Hills	23:25.4
19. Catherine Finneran, Rutherford	23:52.7
20. Colleen Reynolds, Rutherford	23:54.0
21. Jocelyne Korzelious, Dumont	23:57.2
22. Kristen Lloyd, Dumont	24:15.9
23. Laura Van Dyk, Rutherford	24:42.0
24. Carly DeCandia, Rutherford	24:50.5
25. Donna Fortunato, Leonia	25:12.4

GIRLS GROUP 3 TEAM SCORING

Indian Hills 57*, NV/Old Tappan 72*, NV/Demarest 121*, Pasack Valley 140, Holy Angels 147, Ramapo 148, Tenafly 158, Fort Lee 173, Paramus 249, Northern Highlands 260, Garfield 286, Bergen Tech 302, Paramus Catholic 375, Cliffside Park 385.

1. Jen Myers, Ramapo	19:42.2*
2. Sheila Chithran, NV/Demarest	20:16.5
3. Jenna Bauberger, Indian Hills	20:19.4
4. Briana Bayersdorfer, River Dell	20:22.3*
5. Maria Pavkovich, Garfield	20:27.1*
6. Belmax DeJesus, Fort Lee	20:47.8*
7. Erin Bauberger, Indian Hills	20:50.4
8. Julia Emanuel, Tenafly	20:51.0*
9. Jai-Marie Zacco, NV/Old Tappan	20:53.4
10. Carol Ann Bullen, Paramus	21:02.4*
11. Marianne Petrino, Indian Hills	21:06.1
12. Tina Triantafidi, Indian Hills	21:11.8
13. Virginia Westervelt, NV/Demarest	21:19.9
14. Sarah Adelson, Tenafly	21:22.5*
15. Marissa Maier, NV/Old Tappan	21:26.8
16. Allison Eckmeyer, NV/Old Tappan	21:29.6
17. Tamara Mans, NV/Old Tappan	21:30.2
18. Ava Scacchetti, Pasack Valley	21:32.8*
19. Cheryl Trovato, Holy Angels	21:36.5*
20. Kim Tardalo, NV/Old Tappan	21:36.7
21. Stephanie Abbatiello, Bergenfield	21:37.2*
22. Lori Anderson, NV/Demarest	21:39.4
23. Sara Christensen, Northern Highlands	21:41.7*
24. Sarah Walcott-Sapp, Pasack Valley	21:42.2*
25. Melissa Czorniewy, Holy Angels	21:43.5*
26. Jill Wessels, Pasack Valley	21:45.9*
27. Sheena McFarlane, River Dell	21:47.4*
28. Katie Diana, Pasack Valley	21:51.4*

GIRLS GROUP 4 TEAM SCORING

Ridgewood 26*, IHA 57*, Hackensack 63*, Fair Lawn 96.

1. Clair Nowakowski, Ridgewood	19:38.9
2. Shaneika Bernard, Hackensack	20:14.7
3. Jenna Belisonzi, IHA	20:34.9
4. Jackie Goulart, Ridgewood	21:05.6
5. Sari Weissbard, Fair Lawn	21:05.9*
6. Peggy Lynch, Ridgewood	21:11.6
7. Rebecca Johnson, Ridgewood	21:26.4
8. Alexandra Oros, Ridgewood	21:39.4
9. Lauren Lillis, Ridgewood	21:39.8
10. Theresa Hearn, IHA	21:54.7
11. Cassidy Canzani, Ridgewood	21:56.6
12. Christine Wood, IHA	22:22.8
13. Christina Pedersen, Hackensack	22:26.8
14. Erin Bortz, IHA	22:35.8
15. Alexis Toon, Hackensack	23:04.6
16. Claudine McGuire, Hackensack	23:05.4
17. Julie Burrell, Hackensack	23:08.7
18. Shannon Reece, IHA	23:19.1
19. Katie Fry, IHA	23:26.0
20. Katie Lawlor, Fair Lawn	23:35.1
21. Jennifer Elmezzi, Fair Lawn	23:42.6
22. Katie Salazar, Hackensack	23:52.7
23. Lindsey Reinert, IHA	23:56.2
24. Jackie Lawlor, Fair Lawn	24:21.7
25. Stacey Mercandetti, Hackensack	25:17.2

CROSS-COUNTRY

Passaic Championships

at Garret Mountain, West Paterson

GIRLS

Team scores:

Passaic 33, Clifton 85, West Milford 117, Passaic Valley 126, Eastern Christian 150, Hawthorne 172, Lakeland 175, Pompton Lakes 184, DePaul 191, Wayne Valley 193, Passaic Tech 246

Results

1. Jesse Mizzone, Passaic Valley	19:05
2. Lindsay Van Alstine, Hawthorne Chr.	19:22
3. Tawana Watkins, Kennedy	20:29
4. Shakira Williams, Passaic	20:54
5. Amy Cierich, Wayne Valley	21:17
6. Shanae Pritchett, Passaic	21:26
7. Yanirra Mejia, Passaic	21:40
8. Amanda Beck, West Milford	21:52
9. Kristen Varina, Hawthorne	21:56
10. Yvonne Wiese, Eastern Chr.	22:03
11. Grisel Martinez, Passaic	22:10
12. Melissa Van Dorn, Clifton	22:24
13. Eileen O'Dea, Lakeland	22:35
14. Meghan Gauffney, Pompton Lakes	22:37
15. Lynnette Baker, Passaic	22:38
16. Olga Razumov, Clifton	22:39
17. Krystal Cordero, Passaic Valley	22:40
18. Danielle Reardon, Clifton	22:45
19. Hannah Caughey, Eastern Christian	22:49
20. Shannon Thorn, West Milford	22:58
21. Rose Candido, DePaul	23:04
22. Genevieve Jeuck, West Milford	23:05
23. Nicole Zayatz, Clifton	23:09
24. Alejandra Mondragon, Passaic	23:45
25. Carolina Valera, Passaic	23:45
JV Champion — Tashay Garcia, Passaic	24:35
Freshman Champion — Awlianna Martinez, Passaic	14:19

The Group 4 winner, junior Clair Nowakowski of Ridgewood, won easily, but also felt the effects of the heat.

"I was in trouble early," she said, "but when I came out of the woods [with about 600 meters to go] I felt I had enough energy to finish the race."

Bergen County

Saturday, 1 p.m., Darlington Park, Mahwah.

Defending champion Ridgewood, No. 13 in the state, should roll in Group 4 behind individual favorite Clair Nowakowski. Indian Hills is the choice in Group 3, Ramsey is the one to beat in Group 2 and Bogota, Ridgefield and Palisades Park should have a very close race in Group 1. The edge goes to Bogota, which beat Palisades Park, 45-51, for the Olympic Division title at the Bergen County Interscholastic League Championships last Tuesday.

GIRLS GROUP 4 (4 p.m.) — Ho-hum. Ridgewood to win its fourth straight and 17th in 20 years with Immaculate Heart Academy second and either Fair Lawn or Hackensack third. Clair Nowakowski of Ridgewood will win the individual title.

The Braves joined Saddle Brook (first Group 1 title since 1987), Ramsey (six straight in Group 2), and Ridgewood (fourth straight and 18th of 20 in Group 4) as group champions and qualified for the Bergen Meet of Champions on Nov. 4 along with the first three teams in each group.

Individual titles went to first-year cross-country runner Erin Henry of Glen Rock (Group 1), three-time Group 2 champion Melissa Conway of Ramsey, Jen Myers of Ramapo (Group 3), and Clair Nowakowski of Ridgewood (Group 4).

In Group 4, Ridgewood put its seven runners within the top 11, and Nowakowski, despite going out too hard, ran 19:38.9 to win by 150 yards over Shaneika Bernard of Hackensack, both as expected.

— PAUL SCHWARTZ

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NNJIL XC Champs

COURSE _____

DIVISION A

COURSE RECORD _____

DATE 10/24/00

RIDGEWOOD RECORD _____

WEATHER Sunny, nice

TYPE OF COURSE rocky, rough

VARSITY

FINISH PLACE	TEAM SCORE	NAME	TIME
1	1	Clair Nowakowski	20:37
2	2	Justine Lupo	21:15
4	4	Jackie Goulart	21:32
6	6	Peggy Lynch	21:43
7	7	Rebecca Johnson	22:05
10	10	Lauren Lillis	22:26
12	12	Alexandra Oros	22:52

TEAM TOTAL: 20

TEAM PLACE: 7th

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

- 1 = RHS - 20
- 2 = Montclair - 68
- 3 = Nutley - 79
- 4 = Paramus - 81
- 5 = Teaneck - 112

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NNJIL XC Champs

COURSE _____

DIVISION A

COURSE RECORD _____

DATE 10/24/00

RIDGEWOOD RECORD _____

WEATHER Sunny, nice

TYPE OF COURSE rocky, rough

JUNIOR VARSITY

FINISH PLACE	TEAM SCORE	NAME	TIME
1	1	MISSA Kate M ^c Donagh	23:32
2	2	MISSA Cassidy Canzani	23:39
3	3	Jenna Rubinoff	24:13
4	4	Shawna Swan	24:24
5	5	Julia Foresman	24:31
7	6	Ruth Van Yperen	24:55
8	7	Kerry Doherty	25:02
19	15	Sarah Bigos	27:03
24	18	Casey Callan	28:58

TEAM TOTAL: 15

TEAM PLACE: 1st

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NNJIL XC Champs

COURSE _____

DIVISION A

COURSE RECORD _____

DATE 10.24.00

RIDGEWOOD RECORD _____

WEATHER sunny, nice

TYPE OF COURSE rocky, rough

FRESH MEN

FINISH PLACE	TEAM SCORE	NAME	TIME
4	1 ₃	Casey Dunn	14:16
5	2 ₄	Ashley Bridgefarmer	14:22
10	3 ₇	Shanon McCarthy	15:02
14	4 ₈	Caroline Gabel	16:01
15	5 ₉	Nikki Lettieri	16:02
18	₁₃	Shully Seidenberg	16:26
20	₁₄	Tammie Armstrong	16:28
29	20	Amy Martin	18:03
<hr/>			

TEAM TOTAL:

TEAM PLACE:

DIVISION A = NON

1-5 SPLIT:

1-7 SPLIT:

NO DIVISIONS = IHA 1st

COMMENTS:

RHS - 15

IHA - 16 / 72

HOLYANGELS - 42

Schedules unfair to athletes

The Northern New Jersey Interscholastic League is the oldest league in New Jersey, and its teams in nearly all sports are always among the best in the state.

But the way it handles its cross-country and track schedules makes it clear that the league doesn't seem to care about its athletes, its coaches, its schools, and cross-country.

This year's NNJIL cross-country meet will be held Oct. 24 at Garret Mountain, at least a week after any of the other six leagues' meets, and just four days before the State sectional championship, also at Garret.

The meet will be run in three divisions, which will lead to the absurdity of a girls league meet between just Immaculate Heart, Holy Angels, and Paramus Catholic. In fact, only 11 or 12 of the 18 schools have full girls teams, which will make all three divisional meets just another glorified dual meet.

The combination of the late league meet and an absurd league necessity to run eight dual meets will leave most NNJIL teams having to run four races, three of them majors, in just 11 days.

Dual meets are scheduled Tuesday,

with the Passaic meet Oct. 20, the Bergen group meet Oct. 21, and the Essex meet Nov. 3. The league meet is Oct. 24, and all public schools run in the State sectionals Oct. 28.

Ironically, the three-division schedule, created by the public schools wanting no part of competing for league football titles with parochial schools, will allow those parochials to have an advantage, since their Oct. 28 meet, the New Jersey Catholic Track Conference meet, can be skipped as it is not a qualifier for the State group championships, unlike the sectional meet, which is the only qualifier for the State meet.

Coaches within the league are almost unanimously opposed to the schedule, which was created by the artificial need to schedule as many duals as they schedule football games.

"That's ridiculous," said Hackensack coach Ed Church. "We don't need eight dual meets, and we should follow the Northern Hills and B-PSL (Bergen-Passaic Scholastic League) conferences, which run only one meet a week at one site."

Bergen Catholic coach Al Naimo agrees. "We need to get rid of home courses and get together once a week at a course in each of the three counties," said Naimo, pointing out Essex County's Brookdale Park, Bergen's Darlington Park, and Passaic County's Garret Mountain as choices.

The Northern Hills has been very successful in putting four or five teams at one site each week, reducing what could have been a nightmarish schedule to four weekly sets of duals, with the league meet set today.

The Northern Bergen Interscholastic League has triangular and quad meets and needs only five dates to run all its teams against each other, and the B-PSL has also adopted multiple team duals, which shortens its league season and allows teams to prepare for the championship season that begins with the league meets.

It doesn't serve the runners to run too often or in important races too close together. It also doesn't serve the sport, as cross-country needs training and practice to build toward the more important races.

The NNJIL should have a postseason cross-country meeting for the first time in years this fall, and recommend to the principals and athletic directors a plan similar to that of the B-PSL and Northern Hills conferences, which would limit the number of duals and have a league meet early enough to allow enough rest before the County and State sectional meets.

And incidentally, regardless of the litigation involving football, the NNJIL should run its league meet with all schools in one division. It would make for a great meet and determine a true league champion.



PAUL SCHWARTZ



BOYS RANKINGS

BERGEN GROUP 1-2

- Palisades Park** — A 39-point win in the Shore F race stamps the Tigers as the Group 1 State favorite. An easy Bergen County Scholastic League Olympic win Tuesday is a prelude to another championship season.
 - Ramsay** — The Rams lost to Northern Valley at Demarest, but easily beat Northern Valley at Old Tappan in their climatic dual meet Tuesday and hope to close the gap on Demarest in today's Northern Bergen Interscholastic League meet.
 - Leonia** — The Lions were third in the Maroon invitational 1-2 race and ran fairly well to finish 13th of 26 teams in the Shore E race. Next up is a battle against powerful Pal Park in the league meet.
 - Mahwah** — The return to form by Owen Bourgholtzer as the Thunderbirds took the B title at the Season Opener meet bodes well for the rest of the season.
 - Glen Rock** — The Panthers were second to a strong Eastern Christian team in the Bergen-Passaic Scholastic League Carpenter championship.
- Also** — Cresskill, North Arlington, Ridgedfield, Saddle Brook.

BERGEN GROUP 3-4

- Don Bosco Prep** — A terrific second-place performance in the Shore B race keeps the Ironmen firmly atop the poll.
- River Dell** — With the county's top trio, River Dell had a fine third-place finish in the Shore D race and should have little trouble winning the BCSL American meet Saturday.

- Bergen Catholic** — The Crusaders were only 10th in a powerful Shore A race, but had a fine race in the Stewart and easily beat Ridgewood in a dual meet.
- Ridgewood** — The Maroons won the A race at the Brett Taylor meet but lose a spot because of the 22-33 thrashing by BC at the Crusaders' home course.
- NV/Demarest** — Probably should be ranked higher, but the undefeated NBL favorites haven't run a major invitational race all year. Hopefully it won't hurt them in championship competition.

Also — NV/Old Tappan, St. Joseph Regional, Tenafly.

PASSAIC/E. MORRIS

- Wayne Valley** — The Indians hope to get second behind State power Delbarton at the Northern Hills Skyline meet today and shoot for the Passaic County meet in a week.
 - Eastern Christian** — With a third straight B-PSL Carpenter title easily won with a 1-2-3 finish, the Eagles turn to next Friday's Passaic County meet and hope to become the first small school in 25 years to win the overall Passaic title.
 - West Milford** — The Highlanders hope to reverse their dual meet loss to Wayne Valley.
 - Passaic Valley** — The Hornets appear to be hitting their stride after a slow start and are in the mix for second in the Northern Hills Skyline and perhaps for the County title.
 - Clifton** — The Mustangs may have a dark horse chance to win the Passaic title.
- Also** — Manchester, Passaic Tech.
Rankings by The Record sports staff.

NNJIL CROSS-COUNTRY SUMMARIES

At Garret Mountain, West Paterson

BOYS A TEAM SCORES
Ridgewood, 32; Montclair, 55; Nutley, 71; Belleville, 75; Teaneck, 123; Paramus, 141

- Trevor Scott, Ridgewood 17:15.48
- Fernando Silva, Belleville 17:21.27
- Charles Poria, Montclair 17:26.08
- Michael Bonchonsky, Nutley 17:40.54
- Khuram Khan, Belleville 17:44.86
- Rob Nelson, Ridgewood 17:58.79
- John Woodburn, Ridgewood 18:02.00
- Kyle Engalken, Ridgewood 18:04.3
- Ben Solomon, Montclair 18:04.90
- Robbie Scott, Ridgewood 18:12.93

BOYS B TEAM SCORES
Clifton, 58; Bloomfield, 57; Hackensack, 76; Eastside, 91; Passaic, 103

- Kevin Fortkiewicz, Bloomfield 16:48.30
- Freddy Fernandez, Passaic 17:25.38
- Paul Kornaszewski, Clifton 17:59.48
- Elvis Cole, Hackensack 17:44.56
- Craig Walker, Hackensack 17:51.19
- John Marek, Bloomfield 18:11.98
- Alaeddin Homsi, Clifton 18:35.03
- Matt Garcia, Clifton 18:36.32
- Vinnie Loproto, Clifton 18:37.69
- Ray Maldonado, Eastside 18:45.61

BOYS C TEAM SCORES
Don Bosco Prep, 18; Bergen Catholic, 48; St. Joseph Prep, 72; Paramus Catholic, 120

- James Clifford, Don Bosco Prep 16:54.61
- Rich Weimert, Don Bosco Prep 17:06.69
- Kenneth Sinkovitz, Bergen Catholic 17:14.82
- Chris Reinart, Don Bosco Prep 17:18.05
- Top Thomson, Don Bosco Prep 17:22.12
- Sean Swift, Don Bosco Prep 17:23.27
- Dean Cantanessa, Bergen Catholic 17:23.49
- Matt Nowella, Don Bosco Prep 17:31.24
- Tim Murphy, Don Bosco Prep 17:32.56
- J.C. O'Hara, Bergen Catholic 17:36.02

GIRLS A TEAM SCORES

Ridgewood, 20; Montclair, 68; Nutley, 79; Paramus, 81; Teaneck, 112

- Clair Nowakowski, Ridgewood 20:37.65
- Justine Lupo, Ridgewood 21:15.00
- Margaret Davis, Montclair 21:22.62
- Jackie Gouliart, Ridgewood 21:32.83
- Carol Ann Bullen, Paramus 21:40.23
- Peggy Lynch, Ridgewood 21:43.95
- Rebecca Johnson, Ridgewood 22:05.43
- Courtney Kopf, Nutley 22:16.48
- Christina Boyle, Nutley 22:24.99
- Lauren Lillis, Ridgewood 22:26.07

GIRLS B TEAM SCORES

Passaic, 44; Bloomfield, 44; Hackensack, 61; Clifton, 65

- Tawana Watkins, Kinross 20:53.92
- Shanika Bernard, Hackensack 21:03.11
- Nicole Reilly, Bloomfield 21:06.31
- Emma Wilson, Bloomfield 21:11.22
- Shanay Pritchett, Passaic 21:57.52
- Narinda Meja, Passaic 22:04.74
- Danielle Beardon, Clifton 22:11.43
- Tracy Sinnott, Bloomfield 22:13.04
- Grisel Martinez, Passaic 22:16.14
- Melissa Vandorn, Clifton 22:22.10

GIRLS C TEAM SCORES

IHA, 23; Holy Angels, 32; Paramus Catholic, 65

- Jenna Bellanzoni, IHA 21:10.51
- Erin Bortz, IHA 21:58.53
- Erin Kallman, IHA 22:01.83
- Cheryl Trovato, Holy Angels 22:36.12
- Caitlin McDonald, Holy Angels 22:45.31
- Carli Devir, Holy Angels 22:45.91
- Theresa Hearn, IHA 22:51.80
- Melissa Cozzimery, Holy Angels 22:56.10
- Caroline Norris, Holy Angels 23:02.25
- Christina Wood, IHA 23:11.55

Bosco, Ridgewood, IHA take titles

WEST PATERSON — James Clifford led the way as Don Bosco Prep placed seven runners in the top 10 to run away with the Northern New Jersey Interscholastic League Division C cross-country championship at Garret Mountain on Tuesday.

Clifford ran the 5,000-meter course in 16 minutes, 54.61 seconds. That was 12 seconds faster than teammate Rich Weimert, who finished second. Bergen Catholic's Ken Sinkovitz was third in 17:14.82.

Don Bosco finished the team competition with 18 points, followed by Bergen Catholic with 48 and St. Joseph with 72.

Kevin Fortkiewicz of Bloomfield was the top individual finisher overall, running the course in 16:45.30 to win Division B title. Clifton won the team title as fresh-

man Paul Kornaszewski finished third in 17:29.48 and teammates Alaeddin Homsi, Matt Garcia, and Vinnie Loproto came in practically together to finish sixth, seventh, and eighth.

In Division A, Ridgewood's Scott Trevor ran the course in 17:15.46 to win the individual title, leading the Maroons to the team championship with 32 points. Montclair was second with 55.

Ridgewood also took the girls title in Division A as Clair Nowakowski and Justine Lupo took the top two spots. Nowakowski took the individual title and was the top finisher overall with a time of 20:37.65 for the Maroons, who had five of the first seven finishers to run away from Montclair, 20-68.

Immaculate Heart Academy took the top three positions in the C Division, but still had to sweat a

little before finally beating second place Holy Angels, 23-32. Jenna Bellanzoni took individual honors in 21:10.51, followed by teammates Erin Bortz and Erin Kallman. Holy Angels took the next three

positions, led by Cheryl Trovato.

Kennedy's Twana Watkins won the individual title in Division B with a time of 20:53.92, 10 seconds faster than runner-up Shaneika Bernard of Hackensack.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET FROSH/JV SECTION CHAMPS

COURSE DARLINGTON

DIVISION JV

COURSE RECORD _____

DATE 10/27/00

RIDGEWOOD RECORD _____

WEATHER PERFECT

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1	(1)	KATE McDONAGH	21:34
2	(2)	CASSIE CANZANI	22:15
4	(4)	JULIA FORESMAN	22:31
7	(7)	JENNA RUBINOFF	23:06
15	(12)	SHAUNA SWAN	23:30
16		RUTH VAN DYPEREN	23:38
24		KERRY DOHERTY	24:07
50		SARAH BIGOS	26:01
64		CASEY CALLAN	26:41

TEAM TOTAL: 26

TEAM PLACE: 1ST

1-5 SPLIT: 1:56

1-7 SPLIT: _____

COMMENTS: JUNIOR VARSITY CHAMPIONS OF THE NORTH 1 SECTION!
KATE HAD A BREAK THRU VARSITY QUALITY RACE.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET FROSH/SV SECTION CHAMPS

COURSE DARLINGTON

DIVISION FROSH

COURSE RECORD _____

DATE 10/27/00

RIDGEWOOD RECORD _____

WEATHER PERFECT FOR RUNNING

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
9	(4)	CASEY DUNN	10:57
10	(5)	NIKKI LETTIERI	11:00
11	(6)	ASHLEY BRIDGESFARMER	11:04
19	(10)	SHANNON McCARTHY	11:20
20	(11)	LIANNE HANSEN	11:26
29	(15)	CAROLINE GABLE	11:57
30	(16)	SHELLY SEIDENBERG	12:02
32	(18)	TAMMIE ARMSTRONG	12:08
44	(26)	JILL HERLIHY	12:38
48	(29)	JESS MURPHY	12:49
60	(36)	AIMEE MARTIN	13:24

TEAM TOTAL: 36

TEAM PLACE: 2ND

1-5 SPLIT: 29 sec

1-7 SPLIT: _____

COMMENTS: WE LOST A CLOSE RACE TO IHA. THEIR 1-2 PUNCH UP FRONT WAS TOO MUCH FOR US.

Runner of Week

Name: Kristen Meyer

School: Hillsborough

Class: Senior

Height: 5-5



Key statistics: Meyer, who missed the first seven weeks of the season because of a stress fracture in her foot, made a smashing debut Monday by winning the Somerset County title in a personal-best 19:06 at Pleasant Valley Park in Bernards Township.

Did you know: Meyer, 14th at the NJSIAA Meet of Champions last cross-country season, won the 3,200 meters at the M of C during indoor track season last February. This past spring, she was third in the 3,200 at the outdoor M of C.

Ridgewood should win 9th straight title

NOTEBOOK

BY JIM LAMBERT
FOR THE STAR-LEDGER

High-stakes races, riveting re-matches and what figures to be some dramatic duels are on tap for the busiest day of the cross-country season when the NJSIAA sectional championships are held Saturday at four sites around the state.

The top five teams and 10 individuals in each group in each of the four sectional meets advance to the NJSIAA group championships Nov. 11 at Holmdel Park. At the group meet, which is sponsored by The Star-Ledger, the first three teams and 10 individuals from each race, plus two wild-card teams and 10 wild-card individuals, qualify for the Meet of Champions on Nov. 18 at Holmdel.

The schedule for the sectional meets:

10 a.m. — Group 2 boys. 10:25 — Group 3 boys. 10:50 — Group 2 girls. 11:15 — Group 3 girls. 11:40 — Group 1 boys. 12:05 — Group 4 boys. 12:30 — Group 1 girls. 12:55 — Group 4 girls.

A look at the four sectional meets:

NORTH JERSEY, SECTION 1

At Garret Mountain, West Paterson.

Group 4: Ridgewood, No. 13 in The Star-Ledger Top 20, should roll to its ninth straight title and 15th overall as it pursues a second straight Meet of Champions title. Passaic County winner Passaic should take second, followed by Hackensack and Vernon. Clair Nowakowski of Ridgewood, second last year, should run away with the race.

Group 3: Old Tappan has won the last two titles, but Indian Hills, second last year, has the edge and should win its first championship since 1997. Indian Hills defeated Old Tappan, 57-72, to win the Bergen County Group 3 championship last week. Sophomore Jesse Mizzone of Passaic Valley should take first, followed by Kira McGroarty of Hopatcong and Jen Myers of Ramapo.

Group 2: Ramsey puts its five-title streak on the line against a very tough field that includes Sussex County champion Newton and Dumont. Newton seeks its first title since 1990, while Dumont has never won a sectional championship. Ramsey beat Dumont, 30-42, for the Bergen County Group 2 crown last Saturday. All-Stater Melissa Conway should win with her third straight individual title.

Group 1: Saddle Brook hasn't won a sectional title since 1986, but that drought is expected to end. Led by Danielle Bekas, it defeated runner-up Palisades Park, 62-71, for the Bergen County Group 1 title last Saturday. Erin Henry of Glen Rock looks like a shoo-in for individual honors.

NORTH JERSEY, SECTION 2

At Warinanco Park, Elizabeth.

Group 4: This should be a tense battle between Westfield, No. 7 in The Star-Ledger Top 20, and No. 8 Morristown, which will be clashing for the fourth time this season. Westfield holds a 2-1 edge and Morristown's lone victory, at the Stewart Memorial meet last month, came when Westfield didn't use a number of regulars. When the teams have run head-to-head at full strength, the races have been very close.

At the season-opening St. Dominic Invitational, Westfield needed a sixth-runner tiebreaker to beat Morristown. At the Shore Coaches meet three weeks ago, Westfield edged Morristown, 74-78, for the B Division title. Look for Westfield to win another tight one. It won Group 3 in 1998 and Morristown took Group 3 honors last year. Individually, Columbia's Courtney Epps is the favorite.

Group 3: Parsippany, led by individual favorite Kim Pereira, and Cranford seek their first titles. Last Saturday, with Pereira not running up to her standard, Parsippany still won its first title in the Hills Division of the Iron Hills Conference. Cranford was second to No. 7 Westfield, 21-50, in the

National Division of the Watchung Conference last Friday. The other top threats are Mount Olive, Morris Hills and West Morris.

Group 2: Montville has more than enough firepower to dethrone two-time defending champion Caldwell and annex its first sectional title. Sophomore Kerry Maybaum of West Essex defends her individual crown. She faces Sarah Founds of Mendham, who won the Hills Division title over Pereira.

Group 1: Verona is the defending champion, but Mountain Lakes is the choice to take its first title in a very close race. Mountain Lakes is led by defending individual winner Christine Dobrosky. At the Colonial Hills Conference meet, Mountain Lakes was fourth with 114 points and Verona fifth with 123. New Providence also should be in the mix.

CENTRAL JERSEY

At Holmdel Park, Holmdel.

Group 4: Hunterdon Central puts its No. 1 ranking in The Star-Ledger Top 20 on the line against No. 14 Hillsborough, the defending champion. Hunterdon Central is led by Shannon Hawrylo, who should have a great battle up front with Hillsborough's Kristen Meyer. After missing the first seven weeks of the season with a stress fracture in her foot, Meyer returned last Monday and won the Somerset County crown in 19:06. The winner of this race will probably run under 19:25.

Group 3: Nothing new here. For the fourth straight year, Middletown South and North Hunterdon come into this race head and shoulders above the rest. Middletown South, which took sectional honors in 1997 and '99, is ranked No. 9 and North Hunterdon, first in '98, is No. 11. Look for Middletown South to win by fewer than 10 points. Nicole Lombardy of Middletown South and Shari Gorga of North Hunterdon should finish 1-2, respectively.

Group 2: This race features three of the top 12 teams in the state, No. 5 Voorhees, No. 6 Hopewell Valley, the defending champion, and No. 12 Rumson, which won the Group sectional and state titles last year. In the team battle, defending champion and No. 12 Rumson doesn't figure to repeat.

There are also many talented individuals here led by Shore Regional freshman Julie Ullmeyer, who is favored based on her 19:27 and 19:25.8 at Holmdel this season. Natalie Jones of Hopewell Valley, who has yet to run at Holmdel, should be right with her. Also in the race is Christy Planer of Rumson. Christina Vullo of Holmdel, who missed the Monmouth County meet this past Tuesday with a sprained ankle, hopes to run. Planer ran 19:40 at the Monmouth meet at Holmdel to place third. Vullo has run 19:59.4 at Holmdel.

Group 1: Rumson, the 1999 Group 1 winner, has moved to Group 2, clearing the way for a great duel between Metuchen and Bernards.

SOUTH JERSEY

At Williamstown.

Group 4: Shawnee, No. 4 in The Star-Ledger Top 20, is favored to win its 11th straight sectional title, but No. 10 Toms River East is capable of pulling off the upset.

Group 3: This looks like a duel between No. 17 Toms River South and No. 20 Camden Wilson. Last year, Toms River South was second with 107 and Camden Wilson third with 110. Moorestown, now in Group 2, won last year. Defending champion Britanny McCann of Delsea should repeat.

Group 2: No. 2 Moorestown, the state Group 3 champion a year ago, should roll to the team title and Erin Donohue of Haddonfield is expected to become the first South Jersey runner to win four sectional titles.

Group 1: Haddon Township should win its first title since taking Group 2 in 1984.

GROUP LEADERS

GROUP 4

- Hunterdon Central
- Shawnee
- Westfield
- Morristown
- Toms River East
- Ridgewood
- Hillsborough
- Columbia
- Toms River North
- Absecon

GROUP 3

- Middletown South
- North Hunterdon
- Toms River South
- Camden Wilson
- Ocean City
- Parsippany
- Jordan Hills
- Delsea
- Old Tappan
- Oakcrest

GROUP 2

- Moorestown
- Voorhees
- Hopewell Valley
- Rumson
- Holmdel
- Ridge
- Chatham
- Montgomery
- Haddonfield
- Ramsey

GROUP 1

- Haddon Township
- Metuchen
- Saddle Brook
- Glencliff City
- Bernards
- Palisades Park
- Bogota
- Schalck
- Mountain Lakes
- Ridgefield

PAROCHIAL

- Red Bank Cath.
- Mt. Donovan
- St. Raphael
- Immaculate
- Pingry
- Morris Catholic
- St. Rose
- St. John Vianney
- Pepe John
- St. Dominic A

CROSS COUNTRY TOP 20

- Hunterdon Central
- Moorestown
- Red Bank Catholic
- Shawnee
- Voorhees
- Hopewell Valley
- Westfield
- Morristown
- Middletown South
- Toms River East

- North Hunterdon
- Rumson
- Ridgewood
- Hillsborough
- Msgr. Donovan
- Holmdel
- Toms River South
- Columbia
- Toms River North
- Camden Wilson

TOP RUNNERS BY GROUPS

TOP 10 OVERALL

- Erin Donohue, Haddonfield
- Julie Ullmeyer, Shore
- Natalie Jones, Hopewell Valley
- Shannon Hawrylo, Hunterdon Central
- Melissa Conway, Ramsey
- Kim Pereira, Parsippany
- Christy Planer, Rumson
- Courtney Epps, Columbia
- Jesse Mizzone, Passaic Valley
- Kristen Meyer, Hillsborough

GROUP 4

- Shannon Hawrylo, Hunterdon C.
- Courtney Epps, Columbia
- Linda Sanders, Old Bridge
- Clair Nowakowski, Ridgewood
- Kristen Meyer, Hillsborough
- Raven Lee, Columbia
- Deanna Willard, Hillsborough
- Katie Floersheimer, Morristown
- Lindsay Thomas, Overbrook
- Dana Palumbo, Shawnee

GROUP 3

- Kim Pereira, Parsippany
- Jesse Mizzone, Passaic Valley
- Sarah Spinair, West Morris
- Kira McGroarty, Hopatcong
- Shari Gorga, North Hunterdon
- Megan Ruane, North Hunterdon
- Nicole Lombardy, Middletown S
- Brittany McCann, Delsea
- Jen Myers, Ramapo
- Lindsay Nuran, Ocean City

GROUP 2

- Erin Donohue, Haddonfield
- Julie Ullmeyer, Shore
- Natalie Jones, Hopewell Valley
- Christy Planer, Rumson
- Melissa Conway, Ramsey
- Christina Vullo, Holmdel
- Whitney McNeels, Hopewell V
- Sara Best, Voorhees
- Kelley Kinehart, Moorestown
- Julia Kuder, Moorestown

GROUP 1

- Alyson Kravil, Point Beach
- Erin Henry, Glen Rock
- Megan Kayser, Middlesex
- Jamie Squillace, Cots Neck
- Grace DeMarras, Bernards
- Jessica Gordon, Belvidere
- Jeanette Franko, Metuchen
- Christine Dobrosky, Mtn. Lakes
- Danielle Bekas, Saddle Brook
- Katy Borzoford, Creekkill

PAROCHIAL

- Lindsay Van Alstine, Hawthorne C.
- Julia Barker, RBC
- Caroline Bugg, Newark A
- Mary McCudden, RBC
- Laura Carpenter, Vainey
- Erin Geiger, Immaculate
- Katie Hazlett, Donovan
- Rachel Watson, Donovan
- Taryn Landers, St. Rose
- Ananna Stefanoni, Holy Cross

NJSIAA

NEW JERSEY STATE



Saturday, October 28, 2000

10:00 a.m. - Group II - Boys
10:25 a.m. - Group III - Boys
10:50 a.m. - Group II - Girls
11:15 a.m. - Group III - Girls

11:40 a.m. - Group I - Boys
12:05 p.m. - Group IV - Boys
12:30 p.m. - Group I - Girls
12:55 p.m. - Group IV - Girls

North I

Garret Mountain, West Paterson, NJ

Mr. Lou Fraulo, Meet Director

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NJSIAA SECTIONAL CHAMPS

COURSE GARRET MOUNTAIN

DIVISION NORTH 1 GROUP 4

COURSE RECORD _____

DATE 10-28-00

RIDGEWOOD RECORD _____

WEATHER SUNNY-WINDY-COOL

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1		CLAIR NOWAKOWSKI	19:59.0
8		JACKIE GOULART	21:06.3
13		PEGGY LYNCH	21:27.3
15		JUSTINE LUPO	21:43.6
22		LAUREN LILLIS	22:02.6
23		REBECCA JOHNSON	22:07.6
44		ALEXANDRA OROS	23:06

TEAM TOTAL:

TEAM PLACE: 1ST

1-5 SPLIT: 2:03

1-7 SPLIT:

COMMENTS: SECTIONAL CHAMPIONS!

CROSS-COUNTRY

NJSIAA sectional meet

At Garret Mountain, West Paterson

GIRLS GROUP 1

Team scoring

Saddle Brook 54*, Bogota 60*, Palisades Park 64*, Glen Rock 97*, Cresskill 99*, Ridgefield 116.

1. Erin Henry, Glen Rock	20:32.9
2. Danielle Bekas, Saddle Brook	21:26.6
3. Katy Botsford, Cresskill	21:55.6
4. Kayla Herrera, Palisades Park	22:14.9
5. Stephanie Brown, Bogota	22:27.1
6. Darlene Pekaar, Saddle Brook	22:36.6
7. Angela Panuccio, Bogota	22:45.8
8. Courtney Reggo, Ridgefield	23:14.2*
9. Francine Smith, Palisades Park	23:26.0
10. Danielle Amato, Saddle Brook	23:29.3
11. Allison Sui, Cresskill	23:31.9
12. Sherry Ann McKeever, Midland Park	23:36.8
13. Lauren Mantone, Palisades Park	23:41.6
14. Laura Begley, Cresskill	23:44.3
15. Sabina Sura, Bogota	23:47.4
16. Dawn DiBella, Saddle Brook	23:48.5
17. Kateri Lafond, Bogota	23:51.2
18. Renee Knurowski, Becton	23:51.5
19. Anna Roudenko, New Milford	23:58.3
20. Denise Swedeski, North Arlington	24:00.9
21. Shakira Valdez, Palisades Park	24:08.3
22. Kim Heron, Bogota	24:13.7
23. Katherine Libretto, Glen Rock	24:14.4
24. Krupa Shah, Glen Rock	24:22.9
25. Juliette Rios, Saddle Brook	24:27.0

GIRLS GROUP 2

Team scoring

Ramsey 44*, Newton 58*, Kittatinny 90*, Dumont 91*, Walkkill Valley 157*, Hopatcong 174, Rutherford 190, Hawthorne 221, Harrison 226, Pompton Lakes 236, Pascack Hills 282.

1. Melissa Conway, Ramsey	18:51.6
2. Kira McGroarty, Hopatcong	19:36.7*
3. Felicia Chevalier, Dumont	20:49.7
4. Cindy DeVries, Newton	21:10.2
5. Sophia Barton, Leonia	21:17.4*
6. Amy Gohlich, Westwood	21:24.4*
7. Jessie Guth, Newton	21:27.2
8. Sabrina Silverstein, Ramsey	21:30.0
9. Monica Gadkari, Mahwah	21:40.1*
10. Kim Kraemer, Kittatinny	21:43.6
11. Kelly Beaudry, Ramsey	21:49.0
12. Christine Herrmann, Newton	21:51.7
13. Kristen Varina, Hawthorne	21:59.6
14. Alison Buckley, Newton	22:01.2
15. Kate Nolan, Kittatinny	22:07.2
16. Amy Bembridge, Dumont	22:09.8
17. Noel DiPaola, Ramsey	22:19.9
18. Caroline Hockmyer, Ramsey	22:23.1
19. Diane Zambrano, Ridgefield Park	22:25.5
20. Meghan Gaffney, Pompton Lakes	22:43.6
21. Malena Caballero, Dumont	22:47.2
22. Sue Giesemann, Dumont	22:48.9
23. Alyssa Ross, Pascack Hills	22:59.5
24. Terez Tala, Walkkill Valley	23:01.5
25. Kiira Anderson, Kittatinny	23:03.2

GIRLS GROUP 3

Team scoring

Indian Hills 52*, NV/Old Tappan 86*, NV/Demarest 99*, Pascack Valley 112*, Ramapo 118*, Tenafly 147, Fort Lee 156, Passaic Valley 181, Paramus 189, Sparta 274, High Point 292, Cliffside Park 358.

1. Jesse Mizzone, Passaic Valley	19:24.2*
2. Jen Myers, Ramapo	19:35.9
3. Briana Bayersdorfer, River Dell	20:29.1*
4. Jenna Bauberger, Indian Hills	20:30.2
5. Belmax DeJesus, Fort Lee	20:32.9*
6. Shiela Chithran, NV/Demarest	20:59.0
7. Marianne Petrino, Indian Hills	21:03.6
8. Carol Ann Bullen, Paramus	21:13.0*
9. Maria Pavkovitch, Garfield	21:13.4*
10. Virginia Westervelt, NV/Demarest	21:15.6
11. Sarah Adelson, Tenafly	21:17.8
12. Jai-Marie Zacco, NV/Old Tappan	21:19.3
13. Erin Bauberger, Indian Hills	21:24.4
14. Tina Triantafyllidi, Indian Hills	21:26.8
15. Julia Emanuel, Tenafly	21:28.9
16. Allison Eckmeyer, NV/Old Tappan	21:36.9
17. Marissa Maier, NV/Old Tappan	21:43.0
18. Jill Wessels, Pascack Valley	21:47.6
19. Katie Diana, Pascack Valley	21:48.2
20. Stephanie Abbatiello, Bergenfield	21:48.9
21. Kristen Boswell, Bergen Tech	21:51.4
22. Margaret Park, Ramapo	21:55.5
23. Sarah Walcott-Sapp, Pascack Valley	21:56.3
24. Jessica DeBoer, Indian Hills	21:57.9
25. Pamela Papapetrou, NV/Demarest	21:59.0

GIRLS GROUP 4

Team scoring

Ridgewood 52*, Passaic 74*, Vernon 103*, Hackensack 147*, West Milford 182*, North Bergen 186, Fair Lawn 189, Memorial 191, Clifton 192, Bayonne 195, Kearny 238, Union Hill 323, Lincoln 356.

1. Clair Nowakowski, Ridgewood	19:59.0
2. Tawana Watkins, Kennedy	20:16.1*
3. Shaneika Bernard, Hackensack	20:27.4
4. Shanae Pritchett, Passaic	20:33.6
5. Megan Simpson, Vernon	20:34.0
6. Shakira Williams, Passaic	20:39.4
7. Denise DiPaolo, North Bergen	20:58.9*
8. Jackie Goulart, Ridgewood	21:06.3
9. Amy Clerich, Wayne Valley	21:13.2
10. Yanirda Mejia, Passaic	21:20.8
11. Jessica Macaluso, Vernon	21:24.6
12. Sari Weissbard, Fair Lawn	21:26.0
13. Peggy Lynch, Ridgewood	21:27.3
14. Daphne Aronovitz, Fair Lawn	21:34.7
15. Justine Lupo, Ridgewood	21:43.6
16. Amanda Beck, West Milford	21:43.9
17. Kristi Kmec, Bayonne	21:45.3
18. Olga Razumov, Clifton	21:53.9
19. Jital Patel, Memorial	21:54.9
20. Danielle Reardon, Clifton	21:57.6
21. Genevieve Jeuck, West Milford	21:59.0
22. Lauren Lillis, Ridgewood	22:02.6
23. Rebecca Johnson, Ridgewood	22:07.6
24. Stephanie Guzman, North Bergen	22:12.1
25. Christy Schultz, Vernon	22:15.9

NJCTC Championships

At Warinanco Park, Elizabeth

GIRLS

Team scoring

Red Bank Catholic, 41; Monsignor Donovan, 109; Immaculata, 142; St. John Vianney, 165; Paul VI, 186; Pope John, 188; St. Dominic, 180; Holy Angels, 215; IHA, 215; St. Rose, 234; Bishop Ahr, 262; Oak Knoll, 273; Morris Catholic, 313; Mater Dei, 319; St. Elizabeth, 398; Roselle Catholic, 416; St. Vincent, 511

GIRLS INDIVIDUAL

1. Julia Barker, Red Bank Cath.	20:08
2. Erin Geiger, Immaculata	20:11
3. Danielle Biondo, St. Dominic	20:29
4. Laura Carpenter, St. John Vianney	20:33
5. Mary McCuddan, Red Bank Cath.	20:34
6. Katie Hazlett, Mon. Donovan	20:37
7. Shannon Gillespie, Red Bank Cath.	20:44
8. Liz Geiger, Immaculata	20:46
9. Rachel Watson, Mon. Donovan	20:50
10. Elizabeth Hankinson, Oak Knoll	20:51

Ridgewood won a record ninth straight Group 4 title and State-record 16th sectional title, but struggled with improving Passaic, 52-74. Nowakowski ran 19:59 to outrun State quarter mile/intermediate hurdle champion Tawana Watkins of Kennedy by 70 yards.

GIRLS SECTIONAL CROSS COUNTRY RESULTS

NORTH JERSEY, SECTION 1, GROUP 4

TEAMS: 1-Ridgewood 52. 2-Passaic 74. 3-Vernon 103. 4-Hackensack 147. 5-West Milford 182. 6-North Bergen 186. 7-Fair Lawn 189. 8-Memorial (W.N.Y.) 191. 9-Clifton 192. 10-Bayonne 195. 11-Keany 238. 12-Union Hill 323. 13-Lincoln 356.

INDIVIDUALS: 1-Clair Nowakowski, Ridgewood, 19:59.0. 2-Tawana Watkins, Paterson Kennedy, 20:16.1. 3-Shaneika Bernard, Hackensack, 20:27.4. 4-Shanae Pritchett, Passaic, 20:33.6. 5-Megan Simpson, Vernon, 20:34.0. 6-Shakira Williams, Passaic, 20:39.4. 7-Denise DiPaolo, North Bergen, 20:58.9. 8-Jackie Goulart, Ridgewood, 21:06.3. 9-Amy Cierch, Wayne Valley, 21:13.2. 10-Yanirida Mejia, Passaic, 21:20.8.

GROUP 3

TEAMS: 1-Indian Hills 52. 2-Old Tappan 86. 3-Demarest 99. 4-Pascack Valley 112. 5-Ramapo 118. 6-Tenafly 147. 7-Fort Lee 156. 8-Passaic Valley 181. 9-Paramus 189. 10-Sparta 274. 11-High Point 292. 12-Cliffside Park 358.

INDIVIDUALS: 1-Jesse Mizzone, Passaic Valley, 19:24.2. 2-Jen Myers, Ramapo, 19:35.9. 3-Briana Bayersdorfer, River Dell, 20:29.1. 4-Jenna Bauberger, Indian Hills, 20:30.2. 5-Belmax DeJesus, Fort Lee, 20:32.9. 6-Sheila Chithran, Demarest, 20:59.0. 7-Marianne Petrino, Indian Hills, 21:03.6. 8-Carol Ann Bullen, Paramus, 21:13.0. 9-Maria Pavkovitch, Garfield, 21:13.4. 10-Virginia Westervelt, Demarest, 21:15.6.

GROUP 2

TEAMS: 1-Ramsey 44. 2-Newton 58. 3-Kittatinny 90. 4-Dumont 91. 5-Walkill Valley 157. 6-Hopatcong 174. 7-Rutherford 190. 8-Hawthorne 221. 9-Harrison 226. 10-Pompton Lakes 236. 11-Pascack Hills 252.

INDIVIDUALS: 1-Melissa Conway, Ramsey, 18:51.6. 2-Kira McGroarty, Hopatcong 19:36.7. 3-Felicia Chevalier, Dumont, 20:49.7. 4-Cindy deVries, Newton, 21:10.2. 5-Sophia Barton, Leonia, 21:17.4. 6-Amy Gohlch, Westwood, 21:24.4. 7-Jessie Guth, Newton, 21:27.2. 8-Sabrina Silverstein, Ramsey, 21:30.0. 9-Monica Gadkari, Mahwah, 21:40.1. 10-Kim Kraemer, Kittatinny, 21:43.6.

GROUP 1

TEAMS: 1-Saddle Brook 54. 2-Bogota 60. 3-Palisades Park 64. 4-Glen Rock 97. 5-Cresskill 99. 6-Ridgefield 116.

INDIVIDUALS: 1-Erin Henry, Glen Rock, 20:32.9. 2-Danielle Bekas, Saddle Brook, 21:26.6. 3-Katy Botsford, Cresskill, 21:55.6. 4-Keyla Herrera, Palisades Park, 22:14.9. 5-Stephanie Brown, Bogota, 22:27.1. 6-Darlene Pekaar, Saddle Brook, 22:36.6. 7-Angela Panuccio, Bogota, 22:45.8. 8-Courtney Reggo, Ridgefield, 23:14.2. 9-Francine Smith, Palisades Park, 23:26.0. 10-Danielle Amato, Saddle Brook, 23:29.3.

NORTH JERSEY, SECTION 2

GROUP 4

TEAMS: 1-Westfield 64. 2-Morristown 66. 3-Union 72. 4-Columbia 105. 5-Roxbury 130. 6-Livingston 168. 7-Morris Knolls 169. 8-Bloomfield 182. 9-Montclair 250. 10-Randolph 252. 11-Phillipsburg 267. 12-Irvington 320.

INDIVIDUALS: 1-Courtney Epps, Columbia, 19:36.6. 2-Raven Lea, Columbia, 19:53.4. 3-Katie Floersheimer, Morristown, 20:10.1. 4-Alexis Anzelone, Westfield, 20:25.2. 5-Stephanie Last, Roxbury, 20:27.1. 6-Amy Maier, Morristown, 20:33.2. 7-Christina Morgado, Union, 20:39.4. 8-Erin Higgins, Union, 20:40.9. 9-Margaret Davis, Montclair, 20:42.4. 10-Gina Cespedes, Columbia, 20:47.0.

GROUP 3

TEAMS: 1-Parsippany 82. 2-Cranford 97. 3-Mount Olive 106. 4-Jefferson 128. 5-Scotch Plains 131. 6-West Morris 156. 7-Nutley 167. 8-Morris Hills 169. 9-West Morris 174. 10-Millburn 195. 11-Hackettstown 208.

INDIVIDUALS: 1-Kim Pereira, Parsippany, 19:34.8. 2-Sarah Spilman, West Morris, 19:38.6. 3-Sarah Founds, Mendham, 20:26.7. 4-Brianon Shade, Warren Hills, 21:07.1. 5-Elizabeth Seigle, Millburn, 21:07.4. 6-Elyse Braner, Jefferson, 21:22.3. 7-Stephanie Young, Parsippany, 21:28.8. 8-Katie Riposta, West Morris, 21:33.4. 9-Asia Lee, Cranford, 21:39.0. 10-Christian Boyle, Nutley, 21:46.3.

GROUP 2

TEAMS: 1-Montville 25. 2-Summit 62. 3-Chatham 85. 4-Caldwell 101. 5-Hanover Park 159. 6-Newark Tech 162. 7-North Warren 176. 8-Boonton 184. 9-Dover 230.

INDIVIDUALS: 1-Ashley Wolf, Montville, 20:44.4. 2-Nouvelle Dorrow, Chatham, 20:53.4. 3-Kerry Maybaum, West Essex, 21:15.9. 4-Caroline Mannaerts, Summit, 21:23.4. 5-Julie Kim, Montville, 21:33.1. 6-Christina Scherer, Montville, 21:36.2. 7-Sara Chandler, Montville, 21:48.5. 8-Molly Kirkpatrick, Chatham, 22:06.1. 9-Sara Diaz, Newark Tech, 22:16.8. 10-Mingi Kim, Montville, 22:24.6.

GROUP 1

TEAMS: 1-Mountain Lakes 42. 2-Verona 46. 3-New Providence 67. 4-Belvidere 68.

INDIVIDUALS: 1-Christine Dobrosky, Mountain Lakes, 21:51.2. 2-Jessica Gordon, Belvidere, 22:03.4. 3-Cari Gerbino, Glen Ridge, 22:20.2. 4-Lauren Dhyuevetter, Mountain Lakes, 22:40.0. 5-Desirae Symons, Verona, 22:45.3. 6-Katie Chambers, Mountain Lakes, 23:07.2. 7-Sia Musa, Belvidere, 23:07.2. 8-Liz Wagner, New Providence, 23:12.0. 9-Julie Marx, Dayton, 23:17.5. 10-Lindsay Sheridan, Verona, 23:27.2.

CENTRAL JERSEY

GROUP 4

TEAMS: 1-Hunterdon Central 28. 2-Hillsborough 94. 3-East Brunswick 165. 4-Old Bridge 174. 5-Bridgewater-Raritan 192. 6-South Brunswick 200. 7-Freehold Township 239. 8-Edison 248. 9-Marlboro 268. 10-Hamilton East 275. 11-Howell 276. 12-Piscataway 281. 13-Middletown North 290. 14-J.P. Stevens 298. 15-Sayreville 357. 16-West Windsor-Plainsboro South 400. 17-Manalapan 402. 18-Perth Amboy 437. 19-Woodbridge 446.

INDIVIDUALS: 1-Shannon Hawrylo, Hunterdon Central, 19:16.0. 2-Linda Sanders, Old Bridge, 19:47.1. 3-Kristen Meyer, Hillsborough, 20:04.4. 4-Lindsay Force, Hunterdon Central, 20:34.2. 5-Anne O'Rane, South Brunswick, 20:47.2. 6-Jenna Fasulo, Hunterdon Central, 20:47.4. 7-Rehana Lanewala, Hunterdon Central, 20:58.0. 8-Mary O'Connor, Edison, 21:01.5. 9-Diana Diercksen, Freehold Township, 21:08.4. 10-Rebecca Gamez, Hunterdon Central, 21:18.7.

GROUP 3

TEAMS: 1-North Hunterdon 28. 2-Middletown South 38. 3-Ocean Township 109. 4-Lawrence 121. 5-Hightstown 138. 6-Allentown 195. 7-Princeton 202. 8-Red Bank 204. 9-Watching Hills 216. 10-Wall 266. 11-Colonia 283. 12-North Brunswick 291.

INDIVIDUALS: 1-Megan Ruane, North Hunterdon, 20:24.0. 2-Shari Gorga, North Hunterdon, 20:30.1. 3-Nicole Lombardy, Middletown South, 20:34.2. 4-Vanessa Gibens, West Windsor-Plainsboro North, 20:35.6. 5-Holly Greiner, North Hunterdon, 21:14.0. 6-Lisa Zino, Middletown South, 21:21.3. 7-Dilshan Perera, Princeton, 21:21.5. 8-Julia Baratta, Middletown South, 21:36.9. 9-Nicole Dunich, Ocean Township, 21:41.8. 10-Amanda LaMarca, North Hunterdon, 21:47.1.

GROUP 2

TEAMS: 1-Voorhees 47. 2-Hopewell Valley 50. 3-Rumson 83. 4-Shore Regional 119. 5-Ridge 121. 6-Montgomery 176. 7-Holmdel 176. 8-Somerville 209. 9-Raritan 252. 10-Spotswood 286. 11-Delaware Valley 316. 12-Matawan 330. 13-Iselin Kennedy 360. 14-Manasquan 363. 15-Freehold Borough 386.

INDIVIDUALS: 1-Julie Ullmeyer, Shore Regional, 19:28.0. 2-Natalie Jones, Hopewell Valley, 19:46.5. 3-Christy Planer, Rumson, 19:49.8. 4-Ashley Folchetti, Holmdel, 20:05.5. 5-Whitney McNeese, Hopewell Valley, 20:13.6. 6-Alexis Vergalla, Voorhees, 20:16.9. 7-Sarah Rhodes, Voorhees, 20:20.6. 8-Sarah Best, Voorhees, 20:40.3. 9-Kate Willever, Hopewell Valley, 20:45.8. 10-Emily Sarokhan, Ridge, 21:18.8.

GROUP 1

TEAMS: 1-Colts Neck 44. 2-Metuchen 54. 3-Bernards 71. 4-Kearnsburg 119. 5-Highland Park 125. 6-South Amboy 131. 7-Keypoint 136.

INDIVIDUALS: 1-Megan Kayser, Middlesex, 20:50.0. 2-Grace deMarras, Bernards, 21:34.1. 3-Ashley Liberatore, Colts Neck, 21:53.6. 4-Lianne Price, Colts Neck, 22:12.7. 5-Latisha Brown, Keypoint, 22:12.7. 6-Joan Puchalski, Metuchen, 22:26.0. 7-Caitlin Macaulay, Middlesex, 22:27.4. 8-Jeanette Franko, Metuchen, 22:46.2. 9-Shana Reed, Kearnsburg, 22:51.1. 10-Heather Shapiro, Bernards, 23:02.3.

SOUTH JERSEY

GROUP 4

TEAMS: 1-Shawnee 50. 2-Toms River East 69. 3-Toms River North 126. 4-Jackson 155. 5-Cherokee 166. 6-Absegami 171. 7-Lenape 171. 8-Southern 192. 9-Overbrook 217. 10-Brick 307. 11-Highland 315. 12-Cherry Hill West 327. 13-Millville 347. 14-Vineland 347. 15-Brick Memorial 371. 16-Eastern 451.

INDIVIDUALS: 1-Courtney Fiorvanti, Toms River North, 19:38.8. 2-Liz Kaba, Jackson, 19:43.3. 3-Kathleen Galan, Highland, 19:44.6. 4-Heather McGarvie, Shawnee, 19:47.1. 5-Dana Palumbo, Shawnee, 19:47.4. 6-Jen Blank, Toms River East, 19:50.9. 7-Alexis Gray, Toms River East, 19:53.9. 8-Danielle Neukirch, Shawnee, 19:58.0. 9-Erin Riddle, Lenape, 19:58.8. 10-Barbara Clark, Vineland, 19:59.7.

GROUP 3

TEAMS: 1-Camden Wilson 50. 2-Ocean City 87. 3-Toms River South 94. 4-Delsea 113. 5-Middle Township 117. 6-Cumberland 135. 7-Oakcrest 155. 8-Mainland 204. 9-Egg Harbor 216. 10-Williamstown 255. 11-Northern Burlington 311.

INDIVIDUALS: 1-Brittany McCann, Delsea, 19:40.6. 2-Taneshia Pittman, Camden Wilson, 19:44.1. 3-Lyndsay Nunan, Ocean City, 19:48.0. 4-Taneshia Shelton, Camden Wilson, 19:55.5. 5-Heidi Misar, Middle Township, 20:10.1. 6-Lauren Fisher, Deptford, 20:15.3. 7-Megan Digerolamo, Williamstown, 20:19.0. 8-Erin Vannella, Cumberland, 20:28.0. 9-Takeesha Carter, Camden Wilson, 20:30.0. 10-Lauren Wierman, Middle Township, 20:32.5.

GROUP 2

TEAMS: 1-Moorestown 25. 2-Haddonfield 67. 3-Kingsway 104. 4-Pineland 105. 5-Point Pleasant Boro 127. 6-Manchester 169. 7-Woodstown 186. 8-Buena 196. 9-West Deptford 232. 10-DeIran 254.

INDIVIDUALS: 1-Erin Donohue, Haddonfield, 18:02.0. 2-Colleen Hughes, Moorestown, 19:40.0. 3-Kelsey Rinehart, Moorestown, 19:40.4. 4-Julia Kuder, Moorestown, 19:46.3. 5-Megan Lerch, Kingsway, 19:50.0. 6-Megan Hughes, Moorestown, 20:10.4. 7-Kathy Pierce, Point Pleasant Boro, 20:19.6. 8-Mary Mullholland, Haddonfield, 20:20.3. 9-Jess Gerber, Kingsway, 20:30.2. 10-Liz Heppard, Moorestown, 20:39.1.

GROUP 1

TEAMS: 1-Haddon Township 44. 2-Gloucester 51. 3-Palmyra 95. 4-Schalck 107. 5-Point Pleasant Beach 143. 6-Pitman 157. 7-Maple Shade 162. 8-Paulsboro 169. 9-Wildwood 233. 10-Riverside 238.

INDIVIDUALS: 1-Allyson Krayl, Point Pleasant Beach, 19:59.9. 2-Callin Hadley, Gloucester, 20:48.8. 3-Jen Uppincott, Gloucester, 21:20.0. 4-Laura Cherico, Haddon Township, 21:21.0. 5-Angela Hanna, Gloucester, 21:21.3. 6-Allison Barbieri, Haddon Township, 21:22.5. 7-Sarah Gartland, Haddon Township, 21:23.5. 8-Jessica Brady, Maple Shade, 21:25.6. 9-Zue Bujak, Palmyra, 21:41.6. 10-Kati Chupast, Schalck, 21:42.0.

Some stellar underclassmen

By PAUL SCHWARTZ

Staff Writer

The future is now in Bergen County boys cross-country. The top four finishers in the 2000 Bergen County Meet of Champions are all underclassmen.

Sophomore Peter Gerboth of Don Bosco Prep became the first sophomore boy in 26 years to win the BMOC title, overtaking Mahwah junior Owen Bourgholtzer in the final 600 yards and holding off a challenge by River Dell junior Joshua Robinson to win in 15:57.06, the seventh-fastest time in the nine-year history of the course.

CROSS-COUNTRY

Sophomore Andrew Lovrich of Ramsey was fourth, just ahead of the first senior, James Clifford of Don Bosco Prep. Five of the top 15 and more than one-third of the top 50 runners in the top race are freshman and sophomores.

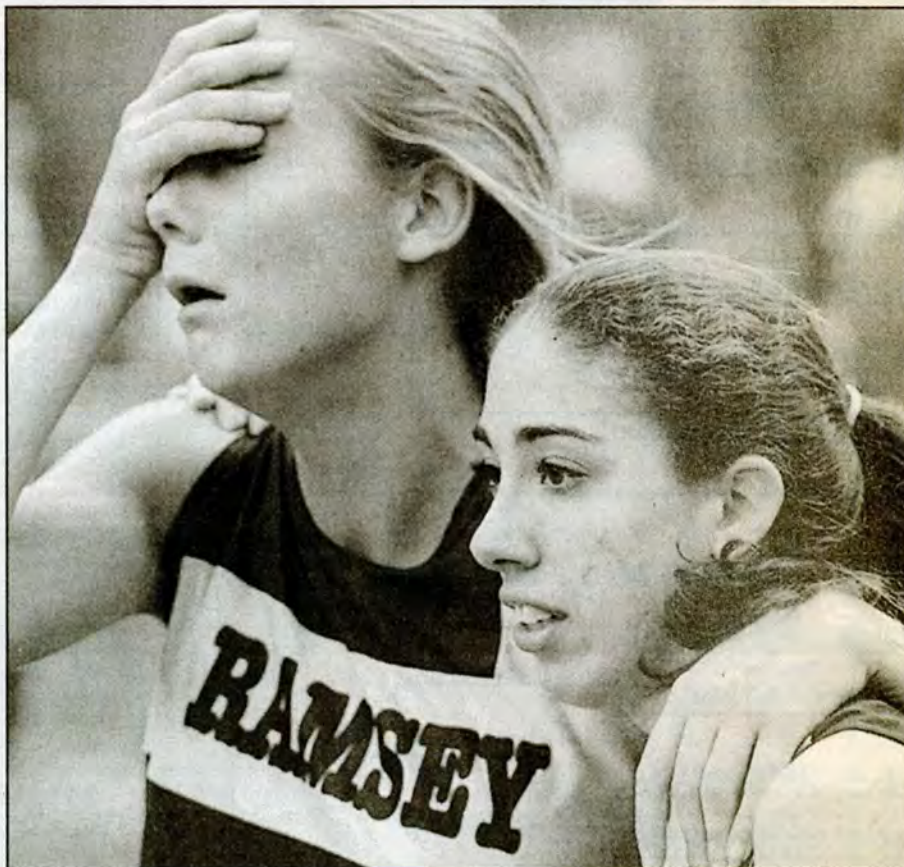
Though it's not unusual for girls to excel as freshmen and sophomores, the growing trend is for younger boys to earn early success. This year, there were 17 freshman and sophomore boys in the top 50 and only 15 freshman and sophomore girls.

Only 11 freshman and sophomore boys were in the top 50 at last year's BMOC, along with 16 girls. In 1998, the comparable numbers were 11 boys and 15 girls.

No one is quite sure why it has happened, but Ray Siegrist, for one, is glad it's happened.

"I'm really glad I have some of those underclassmen," said the Northern Valley at Demarest boys coach, whose team includes 10th-place finisher Dane Garlasco and fellow sophomore Ted Siebold, who was running in the top 20 when his back stiffened up. "I think these kids running well earlier are just going to make all of the races better."

"Something like that used to mean that the varsity was pretty weak," said Ridgewood coach Mike Glynn. "That's not the case here. Most of the best teams in Bergen County have at least one or more



TARIQ ZEHAWI/STAFF PHOTOGRAPHER

Bergen Meet of Champions winner Melissa Conway of Ramsey, right, comforts weary teammate Noel DiPaola following Saturday's race at Darlington Park.

freshmen or sophomores on their team."

In fact, the top eight teams in the county have at least one ninth- or 10th-grader in the top five this year, with several having three youngsters.

"I know Ridgewood has started a track program for sixth-, seventh-, and eighth-graders, and I know other towns are doing it, too," said Glynn. "But that doesn't explain all of it. I'm only glad we're part of it."

Even though most of the attention has gone to the young men who have succeeded quickly, freshmen like Justine Lupo of Ridgewood and Jenna Bauberger of Indian Hills, seventh and eighth respectively,

in the BMOC, and sophomores like third-place Shaneika Bernard of Hackensack have made their presence felt as well.

Bernard, who has improved her best Darlington time by nearly two minutes over last year, credits hard work and some good racing for her rapid improvement.

"I just enjoy racing fast, and all the practicing we've been doing this year has really helped," said Bernard.

The bottom line is that Bergen County youngsters have made their mark early in their careers. If they can continue to improve, they should make the next several years very exciting for cross-country fans, a growing breed.

CONWAY REGAINS BCMC TITLE; RIDGEWOOD WINS 20TH

BERGEN CTY MC, Nov. 4, Darlington: Melissa Conway got back the title she lost to Beth Androski last year, finishing 200 yards ahead of CC rookie Erin Henry of Glen Rock in 19:33. Shaneika Bernard of Hackensack surprised by topping Clair Nowakowski of Ridgewood for 3rd.

Nowakowski, however, had the pleasure of leading the Maroon to its 9th straight title (20th in 21 years) over a hopeful Indian Hills team. 60-74. Frosh Justine Lupo came up big for coach Jacob Brown, placing 7th, just ahead of III's leader, frosh Jenna Bauberger.

T-Rdgdw 60, III 74, Rmsy 91. 1-Conway 18:33. 2-Henry 19:16. 3-Bernard :21. 4-Nowakowski :24. 5-Myers, Rmpo :25. 6-Bayersdorfer, RvrDII :29. 7-Lupo 20:04. 8-Bauberger :10. 9-Barton, Lna :15. 10-Petrino, III :18. 11-Chithran, Dmrst :21. 12-Silverstein, Rmsy :21. 13-Westervelt, Dmrst :21. 14-DeJesus, FtLee :28. 15-Eckmeyer, OT :28.

IH, Ridgewood are teams to beat

Look for DB Prep in the boys meet

By **PAUL SCHWARTZ**

Staff Writer

Three months ago, girls cross-country coaches Steve Opremcak of Indian Hills and Jacob Brown of Ridgewood worked together at the annual Oak Tree Running Camp in Glen Rock, but they didn't really talk about the Bergen Meet of Champions.

But today at 2:30 p.m., their teams figure to be the prime topics of conversation at Darlington County Park in Mahwah when the gun goes off for the 23rd girls Bergen Meet of Champions.

Ridgewood has won 19 of the previous 22 BMOC titles, losing only in 1978 and 1979 to Northern Valley at Old Tappan and in 1991 to Northern Highlands.

But this year's race figures to be one of the closest in history with Ridgewood returning only Clair Nowakowski and Rebecca Johnson from last year's team, which also won the State Meet of Champions.

The Maroons have gotten tremendous help from juniors Jackie Goulart, Peggy Lynch, Lauren Lillis, and Alexandra Oros and freshman Justine Lupo. They follow Nowakowski, a sure top-five finisher in the meet with Johnson being the only senior in the top seven.

Indian Hills is led by freshman Jenna Bauberger, who was fourth in the Group 3 sectional last week that was won easily by the Braves. Juniors Erin Bauberger and Tina Triantafilidi, senior Marianne Petrino, and sophomore Jessica DeBoer all had great races as the Braves continued their improvement after a disappointing Northern Bergen Interscholastic League meet three weeks ago.

Had comparative times of the two teams been scored as a dual meet, Indian Hills would have won, 25-30. The week before, the same comparison in the Bergen Group meet would have seen Ridgewood winning, 28-29.

"Don't forget about Ramsey," cautions Opremcak. "And we lost to Northern Val-

CROSS-COUNTRY

ley at Demarest and Old Tappan three weeks ago, too.

Ramsey, second in four of the last six BMOC races, has the clear favorite to win the individual title: senior Melissa Conway, who won the 1998 title and missed the 1999 race with illness. Seniors Sabrina Silverstein and Kelly Beaudry, freshman Noel DiPaola, and junior Caroline Hockmeyer had terrific races at the sectional 2 meet, won by the Rams.

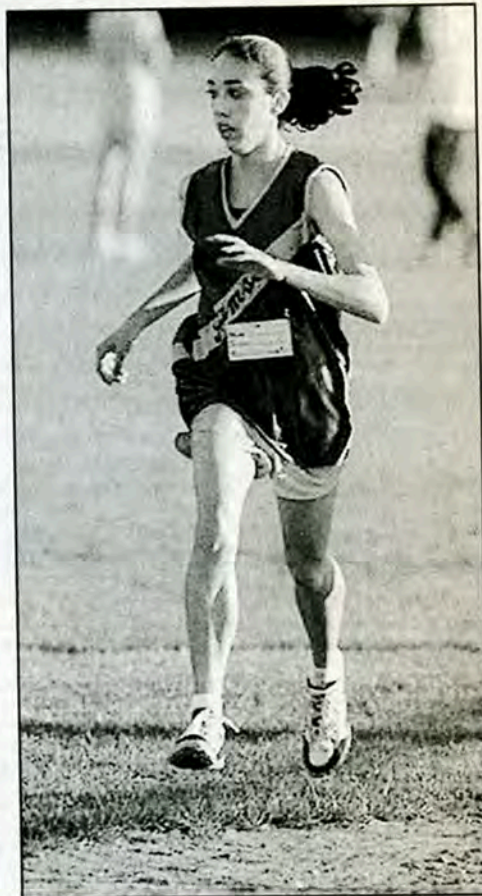
Individually, look for Conway to outrun Nowakowski, Jen Myers of Ramapo, soph Shaneika Bernard of Hackensack, Group 1 champ Erin Henry of Glen Rock, Briana Bayersdorfer of River Dell, and perhaps Jenna Bauberger.

The boys race, at 3:15 p.m., appears to be the reverse of the girls meet. Defending champion Don Bosco Prep had six of the top 18 times in the Bergen Group meet as sophs Peter Gerboth and Sean Swift, junior Matt Horesta, and seniors James Clifford, Rich Weimert, and Chris Reinter tall broke 17 minutes at the 5,000-meter Darlington Park course. None of the other 11 teams in the field had more than two sub-17-minute finishers.

The battle for second should be sensational with Northern Valley at Demarest and River Dell the favorites. But Bergen Catholic, Mahwah, Palisades Park, Ramsey, and Ridgewood are also in the battle for second.

The individual battle should also be terrific. Cole Dailey of Rutherford is the defending BMOC champ, but was only sixth in the Bergen Group 2 meet two weeks ago.

Junior Owen Bourgholtzer of Mahwah had the day's — and year's — best time two weeks ago while Ramsey's Matt Collins, last year's runner-up, is always a threat. Group 3 champ Joshua Robinson of River Dell has lost only to Dailey at the league meet, while Gerboth and perhaps dark horse Andrew Lovrich of Ramsey, both sophomores, are also threats.



KLAUS-PETER STEITZ/STAFF PHOTOGRAPHER
Ramsey's Melissa Conway of Ramsey is the favorite in today's girls Bergen Meet of Champions at Darlington County Park.

TOP DARLINGTON TIMES OF SEASON

BOYS

1. Owen Bourgholtzer, Mahwah — 16:03 (9)
2. Nat Glackin, CBA — 16:13 (t-22)
3. Cole Dailey, Rutherford — 16:17 (t-28)
3. Jeff Peterson, CBA — 16:17 (t-28)
5. James Clifford, Don Bosco — 16:21 (t-39)
6. Peter Gerboth, Don Bosco — 16:23 (t-46)
6. Joshua Robinson, River Dell — 16:23 (t-46)
6. Trevor Rozier-Byrd, CBA — 16:23 (t-46)
9. Matt Collins, Ramsey — 16:26 (t-51)
10. Andrew Lovrich, Ramsey — 16:32 (t-70)

GIRLS

1. Melissa Conway, Ramsey — 19:02 (8)
 2. Jesse Mizzone, Passaic Valley — 19:17 (22)
 3. Jen Myers, Ramapo — 19:43 (37)
 4. Shakira Williams, Passaic — 19:51 (t-56)
 5. Erin Henry, Glen Rock — 19:56 (62)
 6. Shaneika Bernard, Hackensack — 19:58 (65)
 7. Katie D'Aco, Westwood — 20:05 (t-74)
 8. Belmax DeJesus, Fort Lee — 20:14 (t-83)
 9. Sheila Chithran, NV/Demarest — 20:17 (91)
 10. Jenna Bauberger, Indian Hills — 20:20 (100)
- (All-time standing in parentheses)



Photo by W. L. Bill Allen, Jr.

Triple Crown Titles Taken... Again!

For the fourth consecutive season, the girls cross-country contingent from Ridgewood High School has garnered the triple crown of league, county/group and state section championships. The Lady Maroons completed their latest triple-title sweep by winning the NJSIAA North Jersey Section 1, Group 4 state championship race at Garret Mountain on Saturday, Oct. 28. In that competition, the locals totaled 52 points, while Passaic was second with 74 and Vernon took third in the 13-team field with 103. As she had done in both the league meet and the county/group run, RHS junior standout Clair Nowakowski copped the individual crown at the sectional, this time posting a 19:59.0 performance. Additionally, for the ninth consecutive season, the Lady Maroons have won the Bergen Meet of Champions title, this year earning that championship by posting 60 points on Saturday, Nov. 4, at Darlington. BMOG runner-up Indian Hills had 74 points, while Ramsey finished third in the 12-team field with 91. At left, RHS runners Bex, Lex, La, Pix, Stix, Jax and Clix, otherwise known as senior captain Rebecca Johnson, Alexandra Oros, Lauren Lillis, Peggy Lynch, Justine Lupo, Jackie Goulart and Clair Nowakowski, celebrate after copping the state section crown.

sports

THE VILLAGE GAZETTE

Ridgewood Boys Run To Second Straight League Championship

By W. L. BILL ALLEN, JR.
Sports Editor

RIDGEWOOD— For the second straight season, the boys cross-country contingent from Ridgewood High School has captured a league championship.

The Maroons garnered the Northern New Jersey Interscholastic League (NNJIL) B Division title by going 5-2 in dual meets and then finishing first at the league's championship meet (LCM).

Last year, the locals tied Passaic for the NNJIL/Pacific Division title.

RHS kicked-off its current campaign by trouncing Teaneck, 15-50, on Sept. 12, before knocking-off Nutley, 18-45, on Sept. 18 and mauling Montclair, 17-46, on Sept. 20.

On Sept. 25, the Maroons were dumped by unbeaten Don Bosco Prep, 20-40, in division cross-over contest, but recovered to baffle Belleville, 17-42, on Oct. 3.

Next, in their over cross-over clash, the Maroon-clad club was beaten by Bergen Catholic, 22-33, on Oct. 10, prior to closing out the dual meet season with a 15-50 pummeling of Passaic on Oct. 17.

Then, in the NNJIL/Division B LCM on Oct. 24 at Garret Mountain, Ridgewood took the title with 32 points, while Montclair finished second with 55 and Nutley was third with 71. Belleville was fourth with 75 points, followed by Teaneck with 123 and Paramus with 141.

Leading the way in the win for the Maroons was Trevor Scott, a senior speedster who won the division's individual title with a first place time of 17:15.



Rounding out Ridgewood's scoring five were Rob Nelson, a sophomore who finished sixth, with a time of 17:58, senior John Woodburn (7th/18:02), freshman Kyle Engelken (8th/18:04) and sophomore Robbie Scott (10th/18:12).

Also running well on the day for the locals was Jeff Khoury, a sophomore who finished 11th, with a time of 18:15.

In other championship meet action, Ridgewood finished second at both the Bergen County/Group 4 race at Darlington on Oct. 22, and the NJSIAA North Jersey Section 1, Group 4 state championship meet on Saturday, Oct. 28, at Garret.

In the county competition, it was Don Bosco with 18 points, RHS with 64, Bergen C with 65 and Hackensack with 97.

Trevor Scott took the county/group's individual title with a personal best time of 16:47.

At the sectional run, it was Memorial of West York with 42, Ridgewood with 81, Wayne Valley with 95, Vernon with 116 and Kearny taking fifth place in the 14-team field with 156.

"This is the best team that we've had in my three years as head coach," lauds RHS mentor Mike Glynn.

"Trevor Scott improved

immensely over the summer and that was due to a lot of hard work and a lot of weight lifting," Glynn explains, adding, "The best thing is that we'll have five of our top seven back next year and that, plus the fact that we have what many are calling the best freshman team in the state, should mean that we'll be good again next year."

Next up for Ridgewood will be the Bergen Meet of Champions (BMOG), an event which is slated for tomorrow, Saturday, Nov. 4, at Darlington, with the girls running at 2:30 p.m. and the boys at 3.

Saturday, Nov. 11, will bring the State Group 4 Championships at Holmdel Park, followed by the State Meet of Champions (SMOC) on Saturday, Nov. 18, at Holmdel.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BMOC

COURSE Darlington

DIVISION _____

COURSE RECORD _____

DATE 11/4/00

RIDGEWOOD RECORD _____

WEATHER Sunny, warm

TYPE OF COURSE sandy, mostly flat

FINISH PLACE	TEAM SCORE	NAME	TIME
4	3	Clair Nowakowski	19:24
7	4	Justine Lupo	20:03
21	15	Peggy Lynch	20:42
25	18	Jackie Goulart	20:49
27	20	Lauren Lillis	20:55
44	27	Rebecca Johnson	21:24
51	32	Alexandra Oros	21:37

TEAM TOTAL: 1:41:58.27 TEAM PLACE: 1

1-5 SPLIT: 1:31

1-7 SPLIT: 2:13

COMMENTS: Awesome Race!

PR's: Lauren

Peggy

Justine

Jackie

Another BMOC for Ridgewood

Ramsey's Conway wins title

By **PAUL SCHWARTZ**

Staff Writer

MAHWAH — There appear to be three things that are certain in this world — death, taxes, and that Ridgewood will win the Bergen Meet of Champions girls cross-country team title.

For a remarkable 20th time in 21 years the Maroons earned the BMOC title at Darlington on Saturday, holding off a determined challenge from a strong Indian Hills team to win, 60-74. The 60 points were the third-highest winning score in the 23 years of the girls meet.

Another certainty is that Melissa Conway of Ramsey is the best runner in Bergen County and one of the best in the state.

Conway, the 1998 BMOC winner who missed last year's race with illness, ran away and hid from the 110-runner field to win in 18:33.86 for 5,000 meters, the fourth-fastest time ever at the Darlington County course.

"We just love running here," said Ridgewood junior Alexandra Oros, hostess this year of the traditional pasta party held the night before the BMOC.

"I feel more confident here than anywhere else," said freshman Justine Lupo, seventh in her first 5,000-meter race at Darlington and the second Ridgewood finisher behind fourth-place runner Clair Nowakowski.

"I guess they really love it here as much as I do," said Ridgewood coach Jacob Brown, the only common denominator in the 20 wins. "Everyone comes up here and everyone steps forward every year. Indian Hills ran a great race and made us run our best race of the year."

In addition to Nowakowski and Lupo, Peggy Lynch was 21st, Jackie Goulart 25th, and Lauren Lillis 27th to complete the Ridgewood scoring.

GIRLS CROSS-COUNTRY

"Coach Brown told us to look at the Indian Hills uniform and try and beat their kids," said Lupo, who edged IH frosh Jenna Bauberger by one place as six of the seven Ridgewood runners outran their Indian Hills counterparts. "He told us they would compete with us all the way."

Conway won by nearly 200 yards over junior Erin Henry of Glen Rock, a week after running the fastest race at Garret Mountain in 13 years in winning her third straight sectional title.

"I felt a lot more pressure today than when I won two years ago," said Conway, who has lost only one race all year, finishing fifth at the Shore Invitational a month ago. "I was very nervous before today's race because I didn't know why I ran slower at the group meet than I did two years ago."

"Last year when I didn't run in the race I thought I'd be relieved but it turned out I was really upset because I love to run in races and I missed that one."

Henry, a first-year, cross-country runner who won three Group 1 State titles in track last spring, lost her first race but moved into the all-time top 25 at Darlington in only her third race on the course.

"This race hurts a lot more than any race I've ever run," said Henry, who finished in 19:16.70.

Hackensack sophomore Shan-eika Bernard was 99th in the BMOC last year, hampered by an injury, but improved 96 places this year to a stunning third in 19:21.97, just ahead of Nowakowski and senior Jen Myers of Ramapo.

■ **Summaries on S-23**

CROSS-COUNTRY

Bergen Meet of Champions

At Darlington Park, Mahwah

GIRLS TEAM SCORING

Ridgewood 60, Indian Hills 74, Ramsey 91, NV/Old Tappan 103, Immaculate Heart Academy 138, NV/Demarest 138, Hackensack 159, Dumont 184, Palisades Park 275, Bogota 276, Saddle Brook 277, Rutherford 311.

1. Melissa Conway, Ramsey (12)	18:33.86.
2. Erin Henry, Glen Rock (11)	19:16.70.
3. Shaneika Bernard, Hackensack (10)	19:21.97.
4. Clair Nowakowski, Ridgewood (11)	19:24.60.
5. Jen Myers, Ramapo (12)	19:25.62.
6. Briana Bayersdorfer, River Dell (11)	19:29.91.
7. Justine Lupo, Ridgewood (9)	20:04.71.
8. Jenna Bauberger, Indian Hills (9)	20:10.82.
9. Sophia Barton, Leonia (12)	20:13.64.
10. Marianne Petrino, Indian Hills (12)	20:18.37.
11. Shella Chithran, NV/Demarest (12)	20:21.20.
12. Sabrina Silverstein, Ramsey (12)	20:21.56.
13. Virginia Westervelt, NV/Demarest (10)	20:21.94.
14. Belmax DeJesus, Fort Lee (12)	20:26.92.
15. Allison Eckmeyer, NV/Old Tappan (9)	20:28.60.
16. Danielle Bekas, Saddle Brook (12)	20:30.08.
17. Christina Triantafyllidi, Indian Hills (11)	20:33.02.
18. Sari Weissbard, Fair Lawn (11)	20:33.41.
19. Felicia Chevalier, Dumont (10)	20:33.92.
20. Jenna Belisonzi, IHA (12)	20:34.49.
21. Peggy Lynch, Ridgewood (11)	20:42.93.
22. Erin Kallman, IHA (12)	20:45.27.
23. Amy Gohlich, Westwood (11)	20:47.41.
24. Jai-Marie Zacco, NV/Old Tappan (12)	20:48.23.
25. Jackie Goulart, Ridgewood (11)	20:50.11.
26. Marissa Maler, NV/Old Tappan (11)	20:50.99.
27. Lauren Lillis, Ridgewood (11)	20:55.92.
28. Katy Botsford, Cresskill (12)	20:57.52.
29. Monica Gadkari, Mahwah (12)	20:58.73.
30. Erin Bauberger, Indian Hills	21:00.56.
31. Julia Emanuel, Tenafly (10)	21:01.09.
32. Cheryl Trovato, Holy Angels (11)	21:03.68.
33. Noel DiPaola, Ramsey (9)	21:07.87.
34. Sarah Adelson, Tenafly (11)	21:08.25.
35. Stephanie Abbatiello, Bergenfield (10)	21:08.47.
36. Jill Wessels, Pascack Valley (9)	21:11.56.
37. Tamara Mans, NV/Old Tappan (12)	21:11.78.
38. Sarah Walcott, Pascack Valley (11)	21:12.47.
39. Katie Diana, Pascack Valley (11)	21:12.78.
40. Theresa Hearn, IHA (10)	21:13.84.
41. Alyssa Ross, Pascack Hills (10)	21:17.94.
42. Amy Bembridge, Dumont (11)	21:19.04.
43. Kayla Herrera, Palisades Park (11)	21:23.86.
44. Rebecca Johnson, Ridgewood (12)	21:24.90.
45. Christina Pedersen, Hackensack (10)	21:29.59.
46. Maria Pavnovitch, Garfield (11)	21:30.34.
47. Kelly Beaudry, Ramsey (12)	21:31.28.
48. Jessica DeBoer, Indian Hills (10)	21:32.89.
49. Caroline Hockmeyer, Ramsey (11)	21:33.36.
50. Sheena MacFarlane, River Dell (10)	21:34.18.

BOYS TEAM SCORING

Don Bosco Prep 43, River Dell 93, Palisades Park 116, Ridgewood 120, NV/Demarest 130, Bergen Catholic 132, Ramsey 160, NV/Old Tappan 195, Leonia 242, Glen Rock 262, Ridgefield 273, Mahwah dnf.

1. Peter Gerboth, Don Bosco Prep (10)	15:57.06.
2. Joshua Robinson, River Dell (11)	16:02.00.
3. Owen Bourgholtzer, Mahwah (11)	16:03.55.
4. Andrew Lovrich, Ramsey (10)	16:05.91.
5. James Clifford, Don Bosco Prep (12)	16:08.47.
6. Matt Collins, Ramsey (12)	16:19.41.
7. Cole Dailey, Rutherford (12)	16:26.01.
8. Peter Tavis, River Dell (12)	16:27.76.
9. Michael Accordino, NV/Demarest (11)	16:29.63.
10. Dane Garlasco, NV/Demarest (10)	16:30.82.
11. Rich Weimert, Don Bosco Prep (12)	16:33.10.
12. Ken Sinkovitz, Bergen Catholic (10)	16:37.51.
13. Nick Harris, Palisades Park (12)	16:41.03.
14. Trevor Scott, Ridgewood (12)	16:41.26.
15. Sean Swift, Don Bosco Prep (10)	16:41.90.
16. Eamon Monahan, Rutherford (12)	16:43.41.
17. Brian Cameron, River Dell (12)	16:45.99.
18. Spencer Rothwell, NV/Old Tappan (12)	16:50.12.
19. Chris Reinert, Don Bosco Prep (12)	16:51.85.
20. Dean Cantamessa, Bergen Catholic (12)	16:52.06.
21. Richard Acosta, Bergenfield (11)	16:53.93.
22. Sergio Zea, Palisades Park (12)	16:56.30.
23. Scott Knackmuhs, Ramapo (10)	16:59.13.
24. Steve Begley, Cresskill (10)	16:59.57.
25. Alan Acosta, Bergenfield (11)	17:01.09.
26. Dan DiGregorio, Pascack Valley (12)	17:01.35.
27. Matt Horesta, Don Bosco Prep (11)	17:03.64.
28. John Duala, Glen Rock (12)	17:03.90.
29. Craig Walker, Hackensack (10)	17:04.24.
30. Sean Emmerling, Palisades Park (10)	17:04.55.
31. Tim Murphy, Don Bosco Prep (11)	17:06.96.
32. Joe Licitra, Leonia (12)	17:07.35.
33. Rob Nelson, Ridgewood (10)	17:09.17.
34. Zach Lerner, Tenafly (11)	17:09.87.
35. Adam Rudolph, Ramapo (12)	17:10.25.
36. J.C. O'Hara, Bergen Catholic (12)	17:10.77.
37. Chris Perez, Ridgewood (11)	17:12.06.
38. Elvis Cole, Hackensack (10)	17:20.64.
39. Tug Thompson, Don Bosco Prep (12)	17:23.45.
40. Jerry Wich, Garfield (10)	17:24.11.
41. Jesse O'Donnell, St. Joseph Regional (12)	17:24.49.
42. Allen Connell, Ridgefield (12)	17:24.76.
43. Ben O'Donnell, St. Joseph Regional (10)	17:24.99.
44. Kyle Engleken, Ridgewood (9)	17:25.60.
45. Jordan Saltzberg, NV/Demarest (12)	17:27.36.
46. Robbie Scott, Ridgewood (10)	17:29.62.
47. Rudy Urena, Cliffs Park (10)	17:30.82.
48. Anderson Espinosa, Palisades Park (12)	17:34.12.
49. Micharl Fonder, River Dell (9)	17:37.14.
50. John Woodburn, Ridgewood (12)	17:38.44.

Hudson County meet

GIRLS TEAM SCORING

St. Dominic 37, Memorial 64, North Bergen 68, Bayonne 105, Kearny 114, Ferris 151, Union Hill 156.

Danielle Bionto, St. Dominic	20:24
Frendlie McHourin, Lincoln	21:01
Denise DiPaola, N. Bergen	21:18
Kimberly Melgar, Memorial	21:43
Tai Wilins, St. Dominic	21:44
Kristi Kmec, Bayonne	21:48
Lynne Seborowski, St. Dominic	21:58
Jital Patel, Memorial	22:20
Stephanie Guzman, N. Bergen	22:31
Claudia Castillo, Memorial	22:32

BOYS TEAM SCORING

Memorial 28, Kearny 65, North Bergen 89, St. Peter's Prep 114, Bayonne 124, Hudson Catholic 161, Lincoln 190, McNair Academy 209, Snyder 253, Harrison 264.

William Canon, Memorial	16:24
Anderson Tejada, Memorial	16:53
Michael Woodhouse, Lincoln	16:58
Javier Cuevas, N. Bergen	17:23
Bruce Sierra, Memorial	17:25
Ernesto Cuevas, N. Bergen	17:27
Steven Domingues, Kearny	17:38
Kelvin Perdomo, N. Bergen	17:53
Luis Ortiz, Memorial	18:02
Hugo Pinto, Kearny	18:06

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BMOC [Frosh]

COURSE Darlington

DIVISION ~~Varsity~~

COURSE RECORD 9:49 Justine Lu

DATE 11/4/00

RIDGEWOOD RECORD 9:49 Justine Lu

WEATHER Sunny, warm

TYPE OF COURSE Sandy, mostly flat

FINISH PLACE	TEAM SCORE	NAME	TIME
2		Casey Dunn	10:57
7		Lianne Hansen	11:17
8		Ashley Bridget Farmer	11:27
10		Shannon McArthur	11:29
14		Nikki Lettieri	12:04
15		Caroline Gable	12:08
20		Shelly Seidenberg	12:34
21		Tammie Armstrong	12:36

TEAM TOTAL: 22

TEAM PLACE: Jill Herlihy
Aimee Martin → 1

~~13:26~~ 12:3
 13:46

1-5 SPLIT: 1:07

1-7 SPLIT: 1:37

COMMENTS:

Ridgewood freshmen destined for glory

Forty-five minutes before Saturday's Bergen County Meet of Champions at Darlington County Park, the annual Meet of Champions Invitational will bring together most of the best freshmen boys and girls in the area — at least those not running in the BMOOC.



PAUL SCHWARTZ
CROSS-COUNTRY

This year the prohibitive favorite to win the team title and dominate the individual results in the freshman boys race is Ridgewood, considered by some the best freshman team in New Jersey in more than 20 years.

After winning six major invitationals and taking nine of the top 12 places in the NNJIL freshman championships, the young Maroons will run in the 1:45 p.m. race.

"I teach in the middle school and when they start to look for coaches or teams to join when they get to high school, I'm a familiar face," said Ridgewood freshman coach Jim Grasso, who is in his third year as the coach. "They get some success and they stick around to try and get better. But with freshmen, you don't know how good they'll get."

"We knew we had a lot of great athletes on the team and a lot of them were basketball players trying to get in shape for the winter," said Grasso. "But they've been terrific in cross-country."

THE RECORD'S RANKINGS

BERGEN GROUP 3-4

- 1. Ridgewood** — The perennial champions won the NNJIL A title and their ninth straight Sectional 4 race, but might have a struggle in the Bergen Meet of Champions.
 - 2. Indian Hills** — The Braves followed up their win in the Bergen 3 meet with an impressive victory in the Sectional 3 meet.
 - 3. NV/Old Tappan** — The Golden Knights were second in the Bergen and Sectional 3 title races to Indian Hills after edging them in the NBIL meet.
 - 4. NV/Demarest** — The Norsewomen were third in the Group 3 sectional meet helping the NBIL to a meet sweep.
 - 5. Immaculate Heart Academy** — The Blue Eagles won the NNJIL C meet and qualified for the BMOOC.
- Also:** Hackensack, Holy Angels, Pascack Valley, Ramapo.

BERGEN GROUP 1-2

- 1. Ramsey** — The Rams continue to dominate the small schools, winning a sixth straight Sectional 2 title and an eighth straight Bergen Group title.
 - 2. Dumont** — The Huskies were second to Ramsey in Group 2 Bergen and fourth in the Sectional Group 2 race.
 - 3. Saddle Brook** — The Falcons added to their best season in more than a decade by completing the Group 1 triple crown by winning the Sectional.
 - 4. Bogota** — The Bucs nearly pulled off a big upset in their favorite meet, the Group 1 State Sectional.
 - 5. Palisades Park** — The Tigers were just nine points from a Group 1 Bergen title and were third in the Group 1 Sectional.
- Also:** Glen Rock, Rutherford.

PASSAIC/E. MORRIS

- 1. Passaic** — The Indians easily won a third straight Passaic title and gave Ridgewood a great battle in the Group 4 Sectional.
 - 2. Clifton** — The Mustangs had a very good Passaic County meet but just missed qualifying for the State meet by 10 points.
 - 3. West Milford** — Following a solid third place finish in the Passaic County meet and a win in the Northern Hills Skyline, the Highlanders qualified for States in the first time in 18 years.
 - 4. Passaic Valley** — The Hornets were fourth in the Passaic County meet and will send Group 3 co-favorite Jesse Mizzone to the State meet.
 - 5. Eastern Christian** — A first-ever, top-five finish in the county meet is a big boost.
- Also:** Hawthorne.

Even with No. 1 freshman Kyle Engelen promoted to the varsity a month ago, the freshman team has been invincible, rarely even letting other teams break into the top five.

Ari Zamir set a course record of 8:33 for the 1.7 mile Darlington freshman course. Others who have excelled this year include Eric Nygaard, Nick DeSalvo, Mike O'Neill, Dave Maher, Trevor Dickinson, Pat Bain, and Harry Ricciardi.

"We have 10 or 11 really solid kids, and we've had a lot of opportunities to run the varsity races because most schools don't have freshman teams at dual meets," said Grasso. "We probably put in only about 10 miles a week and we spend a lot of time on the track. Most of them are new to it, and they're interested in other sports."

"But some of them are starting to think they might be cross-country runners. I tell them that this is [Class] AA, but when

they get to coach [Mike] Glynn next year, that's going to the Yankees."

The next step will be running their first full 5,000-meter invitational race, the freshman championship at the Foot Locker Northeast Regional on Nov. 25.

"I think we'll do very well there," said Grasso. "And I hope most of these guys come back next year. They could make it very interesting for the future of our program."

CLARIFICATION — Two weeks ago, Garret Mountain was characterized as one of the most dangerous courses in the area. Lou Fraulo, director of several major meets held at the Garret Mountain site, including the Passaic County championship, begs to differ.

"I don't think the course is any more dangerous than any other course," he said. "It's very challenging and difficult to run, but there aren't any more injuries there than anywhere else."

SECTIONAL TIDBITS — Several streaks continued at the sectional meet Saturday at Garret Mountain. The Ridgewood girls qualified for the States for the 25th straight year (every year since the sectionals started in 1976). Palisades Park's girls stretched their streak to 14 years.

The longest boys streaks also belong to Palisades Park (nine years) and Ridgewood (seven years).

Melissa Conway became Ramsey's first four-time top-10 finisher and is just the 20th girl in Bergen history to accomplish the feat.

On the other hand, freshman Matt Klypka became the first Indian Hills boy to qualify for the State meet since 1977, and Brad Shugrue became the first North Arlington boy to qualify since 1987.

Pascack Valley's girls qualified for the first time since 1981, West Milford's girls for the first time since 1982, and Leonia's boys made it for the first time since 1983. And Saddle Brook's girls, in their first State meet since 1989, went in with a flourish, winning the Group 1 title.

Ridgewood girls, freshman boys run to Bergen MOC titles

RIDGEWOOD — The Ridgewood High School girls cross-country team continued its supremacy in the Bergen Meet of Champions last weekend at Darlington Park in Mahwah by winning the title for the 20th time in 21 years, and the Maroons' freshman boys team showed it could be dominating over the next several years by capturing freshman honors.

Led by junior Clair Nowakowski, who finished fourth in the 5,000-meter course in 19:24.60, Ridgewood won with a 60-point total, as Indian Hills was the runner-up with 74. Maroon freshman Justine Lupo was seventh, junior Peggy Lynch 21st, junior Jackie Goulart 25th and junior Lauren Lillis 27th.

The first-place runner in a field of 110 was senior Melissa Conway of Ramsey, who clocked in at 18:33.86. Glen Rock junior Erin Henry was the runner-up, finishing in 19:16.70. Hackensack sophomore Shanaika Bernard was third.

Led by sophomore Peter Gerboth, the individual winner in 15:57.06, Don Bosco Prep was the boys varsity winner with a 43-point total. Ridgewood was fourth with 120, with senior Trevor Scott taking top honors for the Maroons, as he placed 12th in 16:41.26.

The Ridgewood freshman boys, regarded as the best freshman unit in the county in 20 years, won their title over 11 other teams with a perfect score of 15, as six of them broke nine minutes for the 1.7-mile course. Coach Jim Grasso said, "To break nine minutes on this course is difficult."

Ari Zamir broke the course record with a time of 8:26. Then came Erik Nygaard at 8:39, Nick DeSalvo at 8:46, Dave Maher at 8:53, Mike O'Neill at 8:56 and, in seventh-place, Sean Hoyt at 8:58.

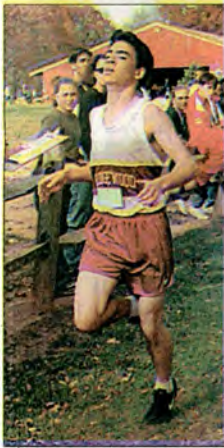
Ridgewood's freshman boys have compiled a 17-0 record and have won a Northern New Jersey Interscholastic League title, the Bergen County Group 4 banner and the North Jersey Section 1, Group 4 championship.

"It has been a wonderful season, and I am very proud of what this team has achieved," Grasso said. "I hope they can continue the success in the next three years as varsity runners."

The Maroon freshmen will run in the 5,000-meter invitational at the Foot Locker Northeastern Regional Freshman Championship at Van Cortlandt Park in the Bronx on Nov. 25.



Ridgewood High School's girls cross-country team embarks on a championship run in the Bergen Meet of Champions at Darlington Park in Mahwah. PHOTOS BY KATHLEEN DUXBURY YEAW



ARI ZAMIR



ERIK NYGAARD



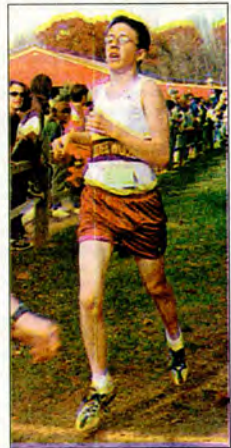
NICK DeSALVO



DAVE MAHER



MIKE O'NEILL



SEAN HOYT



This is Ridgewood High School's undefeated freshman boys cross-country team. Front Row (from left): Nick Norell, Harry Ricciardi, Andrew Watson, Trevor Dickinson, Ari Zamir, Evan Yeaw and coach Jim Grasso. Middle Row (from left): Dave Buckley, Will Foresman, Eric Fithian, Evan Valentini, Sean Hoyt, Mike O'Neill and Jim Clementi. Back Row (from left): Conor Browne, Brad Volkommer, Steve Trubac, Nick DeSalvo, Dave Maher, Erik Nygaard and Patrick Bain.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NS STATE GROUP CHAMPS

COURSE HOLMDEL

DIVISION GROUP 4

COURSE RECORD _____

DATE NOVEMBER 11TH 2000

RIDGEWOOD RECORD _____

WEATHER COOL + OVERCAST

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
21	18	JUSTINE LUPO	20:42.0
30	25	CLAIR NOWAKOWSKI	20:58.5
34	29	PEGGY LYNCH	21:05.2
64	53	JACKIE GOULART	22:13.8
69	57	LAUREN LILLIS	22:27.2
70	58	ALEXANDRA DROS	22:28.7
76	64	REBECCA JOHNSON	22:43.0

TEAM TOTAL:

TEAM PLACE:

1-5 SPLIT: 1:45

1-7 SPLIT:

COMMENTS: JUSTINE & PEGGY RAN THEIR BEST RACES OF THE YEAR. EVERYONE ELSE DID NOT AND WE WERE ONE PLACE AWAY FROM QUALIFYING. WE NEED TO REMEMBER AND BE READY FOR NEXT YEAR.

Ridgewood missed qualifying for its fifth straight SMOC and ninth in 10 years, placing sixth in Group 4 and missing a wild card by about 13 seconds per runner. Freshman Justine Lupo was 21st and did qualify as a wild card, but Clair Nowakowski struggled to a non-qualifying 30th.

Don Bosco takes fifth in SMOC

By PAUL SCHWARTZ
Staff Writer

HOLMDEL — During the summer, while the Don Bosco Prep boys cross-country team was putting in its preseason mileage, coach John Nepolitan was setting goals. The Ironmen were going to be prohibitive favorites to win the Bergen County Meet of Champions, so the goals were more oriented to the State meets and more importantly, the State Meet of Champions.

"From the first day of the season we talked about getting to the State Meet of Champions and placing in the top five," said Nepolitan. "And everything we did was to point to that goal."

Saturday, the Ironmen achieved their goal, placing fifth in the State Meet of Champions at Holmdel County Park, just four points behind fourth-place Delbarton. Christian Brothers Academy of Lincoln won its sixth straight title, 61-69, over Cherokee. Palisades Park finished 18th in the 20-team field.

"About the only race we didn't run well at all year was the Manhattan Invitational at Van Cortlandt Park," said Nepolitan, whose team easily won the BMOC and placed a close third in last week's Parochial A championship. "Even when we lost the first week to CBA at the Sea-

CROSS-COUNTRY

son Opener, it let us know we could compete with them even though they were much better than us."

James Clifford led Don Bosco Prep with a 36th-place finish in 16:51.48, three spots ahead of teammate (and BMOC champion) Peter Gerboth. Sophomore Sean Swift was 64th and Rich Weimert 68th in the 185-man field and Chris Reinert was Bosco's fifth man in 93rd place.

Cole Dailey of Rutherford was the leading Bergen County finisher, running 16:44.06 for 28th place behind race winner Mike Myers of Eastern, who won in 15:50.23. Sophomore Andrew Lovrich of Ramsey (34th), and junior Owen Bourholtzer of Mahwah (41st) also ran well, and with Gerboth they give Bergen County hope for more success next year.

The girls enjoyed more success Saturday, although no teams qualified.

Glen Rock junior Erin Henry completed her first cross-country season in tremendous style, taking almost a minute off her Holmdel time from last week to place 13th in 19:47.28. Haddonfield's Erin Donahue won the race for the second straight year, finishing in 18:27.92, with Jesse Mizzone of Passaic Valley second and Lindsay Van Alstine of Hawthorne Christian fifth.

Hunterdon Central edged Toms River East and Moorestown, 95-114-116, for the team title.

Ramsey's Melissa Conway, fifth each of the last two years, struggled after suffering a cold that kept her out of practice all week. The Northwestern-bound star still managed to finish 16th to become the first girl in Bergen County history to finish in the top 25 of the SMOC four times. Conway was 25th as a freshman.

CROSS-COUNTRY

NJSIAA Meet of Champions

At Holmdel County Park, Holmdel

GIRLS TEAM SCORING

Hunterdon Central 95, Toms River East 114, Moorestown 116, Red Bank Catholic 128, Voorhees 146, Shawnee 174, North Hunterdon 174, Hopewell Valley 190, Westfield 210, Middletown South 225, Moorestown 282, Bishop Eustace 300, Toms River South 307, Monsignor Donovan 341, Pingry 431, Immaculate 437, St. Rose 482, Colts Neck 501, Haddon Township 505, Gloucester City 540.

1. Erin Donahue, Haddonfield	18:27.92
2. Jesse Mizzone, Passaic Valley	19:13.04
3. Shannon Hawrylo, Hunterdon Central	19:22.78
4. Whitney McNeese, Hopewell Valley	19:24.36
5. Lindsay Van Alstine, Hawthorne Christian	19:29.65
6. Kim Pereira, Parsippany	19:31.00
7. Linda Sanders, Old Bridge	19:32.48
8. Christy Planer, Rumson-Fair Haven	19:33.14
9. Julia Barker, Red Bank Catholic	19:35.42
10. Julie Ullmeyer, Shore Regional	19:39.02
11. Jen Blank, Toms River East	19:41.89
12. Kelsy Reinhard, Moorestown	19:44.87
13. Erin Henry, Glen Rock	19:47.28
14. Kristen Meyer, Hillsborough	19:48.10
15. Natalie Jones, Hopewell Valley	19:50.44
16. Megan Ruane, North Hunterdon	19:51.48
17. Melissa Conway, Ramsey	19:52.62
18. Katie Floershelmer, Morristown	19:53.55
19. Ashley Folchetti, Holmdel	19:54.16
20. Sarah Best, Voorhees	19:56.53
26. Briana Bayersdorfer, River Dell	20:05.48
46. Shanelka Bernard, Hackensack	20:28.59
50. Shakira Williams, Passaic	20:30.63
57. Justine Lupo, Ridgewood	20:39.48
115. Katy Botsford, Cresskill	21:48.36

BOYS TEAM SCORING

Christian Brothers 61, Cherokee 69, Old Bridge 137, Delbarton 162, Don Bosco Prep 166, Eastern 190, Memorial 225, Mount Olive 243, Middletown South 247, Haddonfield 255, Toms River North 258, Cranford 262, Rumson-Fair Haven 354, Moorestown 368, Bishop Eustace 393, Colts Neck 406, St. Rose 433, Palisades Park 450, Maple Shade 514, Montclair-Kimberley Academy 555.

1. Mike Myers, Eastern	15:50.23
2. Marc Peierlin, Cherokee	16:01.50
3. Brian Boyett, Parsippany Hills	16:03.55
4. Patrick Slatery, Mount Olive	16:04.81
5. Thomas Falvey, CBA	16:12.52
6. Adam Ambrus, Shawnee	16:13.51
7. Dan Daichert, Eastern	16:15.42
8. Brian Donovan, East Brunswick	16:16.00
9. Chad Lyons, Overbrook	16:16.55
10. Joe Jacobs, Butler	16:20.45
11. William Canon, Memorial	16:23.54
12. Ty Jensen, Marlboro	16:24.48
13. Nat Glackin, CBA	16:24.85
14. Matt Mueller, Cherokee	16:26.49
15. Gray Reinhard, Morristown	16:28.15
16. Vinnie Zarrillo, Southern	16:29.82
17. Keith Krieger, Cherokee	16:30.11
18. Chris Platt, Haddonfield	16:33.50
19. Dan Harding, Old Bridge	16:38.22
20. Israel Rodriguez, Red Bank Reg.	16:38.85
28. Cole Dailey, Rutherford	16:44.06
29. Lou Albano, Pequannock	16:45.73
34. Andrew Lovrich, Ramsey	16:50.28
36. James Clifford, Don Bosco Prep	16:51.48
39. Peter Gerboth, Don Bosco Prep	16:53.54
41. Owen Bourholtzer, Mahwah	16:55.68
50. Derek Storbeck, Wayne Valley	17:02.91
61. Matt Collins, Ramsey	17:09.19
64. Sean Swift, Don Bosco Prep	17:12.55
68. Rich Weimert, Don Bosco Prep	17:16.08
83. John Dusa, Glen Rock	17:28.18
85. Steve Bagley, Cresskill	17:29.85
93. Chris Reinert, Don Bosco Prep	17:36.41
97. Tim Murphy, Don Bosco Prep	17:37.97
105. Nick Harris, Palisades Park	17:42.78
111. Matt Horesta, Don Bosco Prep	17:48.81
122. Sergio Zea, Palisades Park	18:05.21
132. Miguel Centeno, Palisades Park	18:21.00
141. Sean Emmerling, Palisades Park	18:34.12
143. Anderson Espinosa, Palisades Park	18:37.16
149. Edler Castano, Palisades Park	18:52.91
160. Alain Cruz, Palisades Park	19:23.50

River Dell's Briana Bayersdorfer, 27th as a freshman, missed last year's SMOC, but rallied from a preseason knee injury and some asthma problems in midseason to finish 26th in 20:05.48.

Shanelka Bernard of Hackensack finished 46th and Ridgewood freshman Justine Lupo was 57th in the 179-runner field.

CROSS-COUNTRY

State group championships

At Holmdel County Park

GROUP 1 GIRLS

Team scoring

Colts Neck 86*, Haddon Twp. 129*, Gloucester City 158*, Metuchen 177, Bogota 178, Bernards 179, Schallck 205, Mountain Lakes 264, Point Pleasant Beach 266, Saddle Brook 266, Belvidere 277, Glen Rock 280, Verona 287, Cresskill 288, New Providence 317, Palmyra, 337, Highland Park 363, Keansburg and Palisades Park 400.

1. Allyson Krayl, Pt. Pleasant Beach	20:13.6*
2. Erin Henry, Glen Rock	20:42.2*
3. Megan Kayser, Middlesex	21:06.1*
4. Grace deMarra, Bernards	21:29.4*
5. Ashley Liberatore, Colts Neck	21:30.8
6. Lianne Price, Colts Neck	21:37.7
7. Leisha Jackuowicz, Colts Neck	21:43.0
8. Christina Dobrosky, Mountain Lakes	21:46.5*
9. Katy Botsford, Cresskill	21:47.9*
10. Latisha Brown, Keyport	21:54.5*
14. Danielle Bekas, Saddle Brook	22:02.8
21. Stephanie Brown, Bogota	22:33.3
22. Angela Panuccio, Bogota	22:36.0
34. Lauren Robbins, Glen Rock	23:12.8
36. Danielle Pekaar, Saddle Brook	23:25.5
37. Laura Beyer, Cresskill	23:27.5
38. Courtney Reggo, Ridgely	23:29.8
41. Sabina Sura, Bogota	23:42.1

GROUP 2 GIRLS

Team scoring

Voorhees 78*, Hopewell Valley 87*, Moorestown 91*, Rumson-Fair Haven 145, Montville 146, Ramsey 198, Haddonfield 202, Shore 218, Ridge 219, Pinebluffs 272, Kingway 277, Newton 320, Kittanning 335, Summit 344, Dumont 246, Point Pleasant Boro 394, Caldwell 427, Chatham 453, Walkill 517, 529.

1. Erin Donahue, Haddonfield	18:52.5*
2. Julie Ullmeyer, Shore	19:36.9*
3. Melissa Conway, Ramsey	19:38.0*
4. Kira McGroarty, Hopatcong	19:52.5*
5. Natalie Jones, Hopewell Valley	19:54.7
6. Sarah Best, Voorhees	19:55.0
7. Sarah Rhodes, Voorhees	19:55.2
8. Christy Planer, Rumson-Fair Haven	19:56.1*
9. Whitney McNeese, Hopewell Valley	19:56.7
10. Ashley Folchetti, Holmdel	20:01.8*
13. Ashley Wolf, Montville	20:47.8*
27. Sabrina Silverstein, Ramsey	21:33.1
30. Monica Gadkari, Mahwah	21:37.4
38. Felicia Chevalier, Dumont	21:55.7
39. Sophia Barton, Leonia	21:59.5
42. Amy Gohlich, Westwood	22:08.5
43. Sue Gieseman, Dumont	22:08.3
49. Amy Bebridge, Dumont	22:21.9

GROUP 3 GIRLS

Team scoring

North Hunterdon 46*, Middletown South 101*, Toms River South 121*, Wilson 131, Indian Hills 171, NV/Old Tappan 198, Middle Township 250, Ocean City 253, Parsippany 260, Ramapo 266, Cranford 192, NV/Demarest 328, Scotch Plains-Fanwood 332, Passaic Valley 336, Lawrence 341, Ocean Twp. 345, Delaware 358, Mount Olive 438, Jefferson 453.

1. Jesse Mizzone, Passaic Valley	19:23.8*
2. Sarah Spilman, West Morris	19:45.3*
3. Brittany McCann, Delaware	19:56.7*
4. Megan Ruane, North Hunterdon	20:01.0
6. Nicole Lombardy, Middletown South	20:01.5
8. Shari Gorge, North Hunterdon	20:13.0
7. Taneshia Pittman, Wilson	20:25.8*
8. Kim Pereira, Parsippany	20:27.8*
9. Sarah Founds, Mendham	20:29.8*
10. Briana Bayersdorfer, River Dell	20:30.7*
11. Takesha Carter, Wilson	20:31.1*
12. Vanessa Gibbons, West Windsor-Plainsboro	20:41.3*
15. Jen Myers, Ramapo	20:59.1
17. Jenna Bauberger, Indian Hills	21:06.7
25. Belmax DeJesus, Fort Lee	21:18.6
33. Carol Ann Bullen, Paramus	21:30.5
36. Marianne Petrino, Indian Hills	21:39.9
37. Tina Triantafyllidi, Indian Hills	21:39.7
39. Jai-Marie Zecco, NV/Old Tappan	21:41.8
44. Marissa Maler, NV/Old Tappan	21:50.9
47. Allison Eckmeyer, NV/Old Tappan	21:56.8

GROUP 4 GIRLS

Team scoring

Hunterdon Central 72*, Toms River East 95*, Westfield 147*, Shawnee 158*, Morristown 165*, Ridgewood 182, Columbia 191, Union 216, Toms River North 242, Jackson 249, Passaic 253, Hillsborough 263, Hackensack 304, Cherokee 310, Old Bridge 360, Vernon 429, East Brunswick 471, Bridgewater-Raritan 508, West Milford 507.

1. Shannon Hawrylo, Hunterdon Central	19:30.4
2. Courtney Epps, Columbia	19:42.9*
3. Kristen Meyer, Hillsborough	19:51.5*
4. Katie Floershelmer, Morristown	19:52.2
5. Raven Lee, Columbia	20:02.0*
6. Kathleen Galan, Highland	20:04.5*
7. Linda Sanders, Old Bridge	20:14.0*
8. Elizabeth Kaba, Jackson	20:14.3*

Spotlight will shine on area girls

By PAUL SCHWARTZ

Staff Writer

As usual, most of the area attention will be on the girls race at the State Meet of Champions on Saturday at Holmdel County Park.

It's been six years since an area boy has finished higher than an area girl in the Meet of Champs and it doesn't appear that this year will be any different.

Erin Donahue of Haddonfield is heavily favored to win her second straight title in the girls race that begins at 11:45 a.m. But three area runners are expected to finish in the top 10.

Jesse Mizzone of Passaic Valley wasn't even close to qualifying for the SMOC as a freshman. But the sophomore ran away with the Group 3 title last Saturday in 19:23.8 on the 5,000-meter Holmdel course, the second fastest time of the day behind Donhue's 18:52.5.

Melissa Conway of Ramsey, in her fourth SMOC after a third-place finish in Group 2, was fifth in the SMOC in each of the last two years and hopes to improve on that. Conway had the fifth-fastest time in Saturday's group championships.

And sophomore Lindsay Van Alstine of Hawthorne Christian, who became the first area girl to win two State group titles when

CROSS-COUNTRY

she repeated in the Parochial B race, ran 19:45.0, the seventh fastest in Saturday's races, after placing 46th in the SMOC last year.

The other six area runners in the race hope to crack the top 50 in the field of more than 180 runners. Senior Shakira Williams, the first Passaic girl in the meet, is joined by juniors Briana Bayersdorfer of River Dell, Katy Botsford of Cresskill, and Erin Henry of Glen Rock, soph Shaneika Bernard of Hackensack, and freshman Justine Lupo of Ridgewood. Bayersdorfer was 27th in the 1998 SMOC.

Group 4 champ Hunterdon Central, Parochial A champ Red Bank Catholic, Group 3 champ North Hunterdon, and Toms River East seem to have the best chances with Group 2 champ Voorhees, Morristown, Moorestown, Westfield, and Shawnee in the second echelon.

For the second straight year, area runners might not finish in the top 25 in the 11 a.m. boys race, although as many as seven runners could break into the top 50.

Mike Myers of Eastern ran a poor SMOC last year, but was the only runner under 16 minutes last Saturday and is favored over a

tight group that includes Marc Pelerin of Cherokee, Chad Lyons of Overbrook, William Canon of Memorial, Adam Ambrus of Shawnee, and perhaps the primary challengers, Brian Boyett of Parsippany Hills and Ty Jensen of Marlboro.

Cole Dailey of Rutherford and Group 1 champ Joe Jacobs of Butler are in a large group that could finish anywhere from 10th to 30th. Dailey was 61st last year but led all area runners last Saturday in 16:43.3.

Lou Albano of Pequannock, Bergen champ Peter Gerboth and James Clifford of Don Bosco, Passaic champ Derek Storbeck of Wayne Valley, Andrew Lovrich and Matt Collins of Ramsey, and Owen Bourgholtzer of Mahwah should all be in or around the top 50 in the 182-man field. Collins was 43rd last year.

Others in the race include John Duala of Glen Rock and soph Steve Begley of Cresskill.

Parochial A champ Christian Brothers Academy is the favorite, although Group 4 champ Cherokee and Eastern could be close. Old Bridge, Delbarton, Memorial, and Don Bosco Prep are in the group likely to finish between fourth and seventh and Palisades Park hopes to beat several teams in the 20-team field.

THE RECORD'S



FINAL GIRLS RANKINGS

BERGEN GROUP 1-2

- 1. Ramsey** — As usual, Ramsey dominated the small schools, winning the NBIL, Bergen and sectional Group 2 titles, and placing third in the BMOC and sixth in the State Group 2 meet. Only three of Ramsey's top seven return, but the Rams have a strong freshman group.
- 2. Dumont** — The Huskies chased Ramsey all year, after winning the overall BCSL American title and taking second in the Bergen Group 2 meet and fourth in the sectional. With everyone returning next year, they could finally break Ramsey's small-school dominance.
- 3. Saddle Brook** — Perhaps the Cinderella story of the year, the Falcons went from no team in the beginning of the year to Triple Crown winners and top 10 in the State meet at the end of the year. Just four runners return next year.
- 4. Bogota** — The Bucs always seem to be at their best at the end of the year in the State series, coming within six points of a win in the sectionals and just 20 points from a SMOC berth with a fifth-place Group 1 finish. With only Stephanie Brown graduating from the top seven, a return trip next year might well be in the cards.
- 5. Palisades Park** — It was not a great final meet for the Tigers but a solid year nonetheless and a 14th straight trip to the State meet. With five of the first seven returning next year, a 15th straight trip is likely.

Also — Glen Rock, Rutherford.

BERGEN GROUP 3-4

- 1. Ridgewood** — The Maroons' streaks in league (17), County group (4), sectional (9), and Bergen Meet of Champions (20 of 21) races continued although their State Meet of Champs streak ended at four. With six of the top seven runners back next year, they might be a contender for the State title.
- 2. Indian Hills** — A terrific year for the Group 3 County and State sectional championship group that finished fifth in the State Group 3 meet. Five of the top seven return and the Braves should be a factor again.
- 3. NV/Old Tappan** — The Golden Knights didn't win any major titles, except for an NBIL divisional crown, but had runner-up finishes in the County Group 3

and sectional races and were sixth in the State Group 3 meet. The Knights return five of their top seven next year.

- 4. NV/Demarest** — The most successful season in school history ended with a 12th-place finish in the State Group 3 meet and solid performances in the County group and sectional meets as well as the BMOC. With only Sheila Chithran graduating from the top seven, look for even more improvement next year.
- 5. Immaculate Heart Academy** — An NNJIL divisional championship and fifth-place finish in the Parochial A meet capped a good season for the Blue Eagles, who graduate two of their top seven but had three freshmen in the top seven.

Also — Hackensack, Holy Angels, Pascack Valley, Ramapo.

PASSAIC/EAST MORRIS

- 1. Passaic** — The three-time Passaic champions had another excellent year and finished 11th in the tough State Group 4 meet, in shouting distance of the upper echelon. The Indians return four of their top seven next season and have a very good junior varsity program.
- 2. Clifton** — A solid runner-up performance in the Passaic County meet was followed by missing the State meet by only 10 points in the sectional. With five of the top seven returning next year, the Mustangs might be ready to return to the top.
- 3. West Milford** — The Highlanders followed their Northern Hills Skyline win with a third-place finish in the Passaic meet and their first appearance in 18 years at the State meet. With four of the top seven returning next year, they should be in the hunt again.
- 4. Passaic Valley** — Jesse Mizzone won PV's first State title, and the Hornets were fourth in the Passaic meet. With five of the top six runners returning next year, they might contend for the County title.
- 5. Eastern Christian** — A fifth-place finish in the Passaic championship after a second-place finish in the B-PSL, the Eagles return five of their top six next fall.

Also — Hawthorne.

Rankings by The Record sports staff.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET STATE MEET OF CHAMPS

COURSE HOLMDEL

DIVISION _____

COURSE RECORD _____

DATE 11/18/2000

RIDGEWOOD RECORD _____

WEATHER _____

TYPE OF COURSE _____

FINISH PLACE		NAME	TIME
57		JUSTINE LUPO	20:39.5

JUSTINE RAN 3 SECONDS FASTER AND 4 PLACES LOWER (53 TO 57) THAN HER PERFORMANCE AT THE GRAP MEET. A GREAT FROSH PERFORMANCE TO COME TO THIS MEET AND RUN YOUR SEED / HOLD YOUR OWN! GREAT YEAR JUSTINE.

ALL-GROUP MEET

3.

BOYS

HOLMDEL, Nov. 18: The team race here came down to the 5th man for the two contenders, CBA and Cherokee, and the five-time defenders took it all when Jeff Peterson finished 49th to 66th for Kevin Hurley of Cherokee, a net gain of 12 when the intervening "wild cards" were discarded from the official count. The score was 61-69 with Cherokee having a slight edge (4.2 seconds) in total team time.

Eastern should have been 3rd, but its 3rd finisher was d/qed for interference and Old Bridge, Delbarton and Don Bosco all moved past. But Eastern got a consolation prize as Mike Myers took individual honors by 50 yards from Marc Pelerin of Cherokee with Brian Boyett of Parsippany Hills and Pat Slattery of Mount Olive close behind. Tom Falvey led CBA in 5th with Nat Glackin 13th.

1. Mike Myers, Eastern (Sr.)	15:50
2. Marc Pelerin, Cherokee (Jr.)	16:01
3. Brian Boyett, Parsippany Hills (Sr.)	16:03
4. Patrick Slattery, Mt. Olive (Sr.)	16:04
5. Thomas Falvey, Christian Brothers (Sr.)	16:12
6. Adam Ambrus, Shawnee (Sr.)	16:13
7. Dan Deichert, Eastern (So.)	16:15
8. Brian Donovan, East Brunswick (Sr.)	16:16
9. Chad Lyons, Overbrook (Sr.)	16:16
10. Joe Jacobs, Butler (Sr.)	16:20
11. William Canon, Memorial (Sr.)	16:23
12. Ty Jensen, Marlboro (Sr.)	16:24
13. Nat Glackin, Christian Brothers (Sr.)	16:24
14. Matt Mueller, Cherokee (Jr.)	16:26
15. Gray Reinhard, Morristown (Jr.)	16:28
16. Vinnie Zarrillo, Southern Ocean (Sr.)	16:29
17. Keith Krieger, Cherokee (So.)	16:30
18. Chris Platt, Haddonfield (So.)	16:33
19. Dan Harding, Old Bridge (Jr.)	16:36
20. Israel Rodriguez, Red Bank (Sr.)	16:36
21. Jeremy Klapper, Hightstown	16:39
22. Robert Cannon, Toms River South (Sr.)	16:39
23. Trevor Rozier-Byrd, Christian Brothers (Sr.)	16:40
24. Robert Wallden, Scotch Plains (Jr.)	16:42
25. Jeremy Solomon, Edison (Sr.)	16:42
26. Jonathan Fox, Hunterdon Central (So.)	16:42
27. Brian Richards, Hunterdon Central (Sr.)	16:43
28. Cole Dailey, Rutherford (Sr.)	16:43
29. Lou Albano, Pequannock (Sr.)	16:45
30. Erich Reulbach, Christian Brothers (Sr.)	16:47
31. Josh Joseph, Cherokee (Sr.)	16:47
32. Anderson Tejada, Memorial (Jr.)	16:48
33. Israel Payan, Colts Neck (Jr.)	16:49
34. Andrew Lovrich, Ramsey (So.)	16:50
35. Dan Ciambone, Middletown South (So.)	16:51
36. James Clifford, Don Bosco Prep (Sr.)	16:51
37. Erik Brown, Monmouth (Jr.)	16:52
38. Matt Van Antwerp, Jefferson Twp (Sr.)	16:52
39. Peter Gerboth, Don Bosco Prep (So.)	16:53
40. James Holden, Bridgeton (Sr.)	16:54
41. Owen Bourgholtzer, Mahwah (Jr.)	16:55
42. Dave Tidey, Bridgewater (Sr.)	16:56
43. Rich Lafergola, Old Bridge (So.)	16:56
44. Brian Gertzen, Mainland (So.)	16:56
45. James Weichert, Delbarton (Sr.)	16:57
46. Rob Barger, Eastern (Sr.)	16:57
47. Jorge Ventura, Colts Neck (Jr.)	16:58
48. Sean Rath, Middletown South (Jr.)	16:59
49. Jeff Peterson, Christian Brothers (Jr.)	16:59
50. Derek Storbeck, Wayne Valley (Sr.)	17:02

TEAMS

1. Christian Brothers	61	8. Mount Olive	243	15. Bp. Eustace	393
2. Cherokee	69	9. Middletown So	247	16. Colts Neck	406
3. Old Bridge	137	10. Haddonfield	255	17. St. Rose	433
4. Delbarton	162	11. Toms River No	258	18. Palisades Pk	450
5. Don Bosco Prep	166	12. Cranford	262	19. Maple Shade	514
6. Eastern	190	13. Rumson	354	20. Mont-Kimb	555
7. Memorial	225	14. Moorestown	368		

GIRLS

Unlike the boys' individual race, which followed form pretty closely in the top 10, there were several surprises here. Not the winner, of course, as Erin Donohue ran her best time ever at Holmdel, 18:27, which gets her in the top 10 all time. And she did it with course record-holder Janet Smith—in for a visit from Illinois—looking on. The winning margin was about 225 yards.

Nor were the next two any shock: Jesse Mizzone of Passaic Valley and Shannon Hawrylo of Hunterdon Central, leading an easy team win. It was after that that the fun began. Whitney McNees of Hopewell Valley, only 9th in the Gr. II race the week before, took 4th and Lindsay Van Alstine of Hawthorne Christian—who was running 2nd for a while up in the hills—was 5th. Then came Kim Pereira of Parsippany, making a big comeback from her recent travails.

1. Erin Donohue, Haddonfield (Sr.)	18:27
2. Jesse Mizzone, Passaic Valley (So.)	19:13
3. Shannon Hawrylo, Hunterdon Central (Sr.)	19:22
4. Whitney McNees, Hopewell Valley (Sr.)	19:24
5. Lindsey Van Alstine, Hawthorne Christian (So.)	19:29
6. Kim Pereira, Parsippany (Sr.)	19:31
7. Linda Sanders, Old Bridge (Jr.)	19:32
8. Christy Planer, Rumson (So.)	19:33
9. Julia Barker, Red Bank Catholic (Jr.)	19:35
10. Julie Ullmeyer, Shore (Fr.)	19:39
11. Jen Blank, Toms River East (So.)	19:41
12. Kelsey Rinehart, Moorestown (Jr.)	19:44
13. Erin Henry, Glen Rock (Jr.)	19:47
14. Kristen Meyer, Hillsboro (Sr.)	19:48
15. Natalie Jones, Hopewell Valley (Jr.)	19:50
16. Megan Ruane, North Hunterdon (Sr.)	19:51
17. Melissa Conway, Ramsey (Sr.)	19:52
18. Katie Floersheimer, Morristown (So.)	19:53
19. Ashley Folchetti, Holmdel (Fr.)	19:54
20. Sarah Best, Voorhees (Fr.)	19:56
21. Shari Gorga, North Hunterdon (Jr.)	19:57
22. Taneshia Pittman, Wilson (So.)	20:00
23. Alexis Gray, Toms River East (Fr.)	20:02
24. Sarah Founds, Mendham (So.)	20:03
25. Brittany McCann, Delsea (Jr.)	20:05
26. Briana Bayersdorfer, River Dell (Jr.)	20:05
27. Julia Kuder, Moorestown (Sr.)	20:06
28. Sarah Spilman, West Morris (Sr.)	20:07
29. Kim Bonner, Shawnee (Fr.)	20:10
30. Kira McGroarty, Hopatcong (So.)	20:11
31. Alexis Anzelone, Westfield (Sr.)	20:13
32. Sarah Rhodes, Voorhees (Sr.)	20:13
33. Vanessa Gibens, West Windsor-Plainsboro No. (So.)	20:14
34. Alexis Vergallo, Voorhees (Jr.)	20:16
35. Stephanie Soviero, Toms River East (Jr.)	20:18
36. Jenna Fasulo, Hunterdon Central (Jr.)	20:19
37. Lindsay Force, Hunterdon Central (Jr.)	20:20
38. Ashley Wolf, Montville (Fr.)	20:21
39. Mary McCudden, Red Bank Catholic (Jr.)	20:21
40. Elizabeth Kaba, Jackson (Sr.)	20:22
41. Megan Kayser, Middlesex (Jr.)	20:23
42. Rachel Watson, Msgr. Donovan (So.)	20:23
43. Nicole Lombardy, Middletown South (Jr.)	20:24
44. Allyson Krayl, Pt. Pleasant Beach (So.)	20:25
45. Raven Lea, Columbia (Fr.)	20:26
46. Shaneika Bernard, Hackensack (So.)	20:28
47. Colleen Hughes, Moorestown (Jr.)	20:29
48. Kara Horner, Toms River East (Jr.)	20:29
49. Rehana Lanewala, Hunterdon Central (Sr.)	20:30
50. Shakira Williams, Passaic (Sr.)	20:30

TEAMS

1. Hunterdon Central	95	8. Hopewell Vall	180	15. Pingry	431
2. Toms River East	114	9. Westfield	210	16. Immaculata	437
3. Moorestown	116	10. Middletown So	225	17. St. Rose	482
4. Red Bank Catholic	128	11. Morristown	262	18. Colts Neck	501
5. Voorhees	146	12. Bp. Eustace	300	19. Haddon Twp	505
6. Shawnee	174	13. Toms River So	307	20. Gloucester	540
7. North Hunterdon	174	14. Msgr. Donovan	341		

NEW JERSEY TRACK

Vol. 31 No. 4 Subscription: \$25; Single Copy \$2 Edward J. Grant, Editor, 101 Greenwich Court, Madison, NJ 07940 (FAX 973-377-2186) Dec. 2000

ALL-STATE TEAMS

BOYS

FIRST TEAM

Adam Ambrus, Shawnee	Sr.
Brian Boyett, Parsippany Hills	Sr.
Thomas Falvey, Christian Brothers	Sr.
Ty Jensen, Marlboro	Sr.
Chad Lyons, Overbrook	Sr.
Mike Myers, Eastern	Sr.
Marc Pelerin, Cherokee	Jr.
Pat Slattery, Mount Olive	Sr.

SECOND TEAM

William Canon, Memorial	Sr.
Dan Deichert, Eastern	So.
Brian Donovan, East Brunswick	Sr.
Nat Glackin, Christian Brothers	Sr.
Dan Harding, Old Bridge	Jr.
Joe Jacobs, Butler	Sr.
Matt Mueller, Cherokee	Jr.
Gray Reinhard, Morristown	Jr.

THIRD TEAM

Robert Cannon, Toms River South	Sr.
Josh Joseph, Cherokee	Sr.
Keith Krieger, Cherokee	So.
Chris Platt, Haddonfield	So.
Israel Rodriguez, Red Bank	Sr.
Trevor Rozier-Byrd, Christian Bros	Sr.
Robert Wallden, Scotch Plains	Jr.
Vince Zarrillo, Southern Ocean	Sr.

FRESHMAN BOYS

FIRST TEAM

Cesar Cordero, Dover
Billy Kelly, Mansquan
Paul Kornaszewski, Clifton
Zack McGuire, Scotch Plains
Matt Klypka, Indian Hills
Oskar Nordenbring, Montclair-Kimberley
Chris Pannone, Hunterdon Central
Jerry Zagorski, Parsippany Hills

FRESHMAN GIRLS

FIRST TEAM

Sarah Best, Voorhees
Kim Bonner, Shawnee
Ashley Folchetti, Holmdel
Alexis Gray, Toms River East
Erin Higgins, Union
Raven Lea, Columbia
Julie Ullmeyer, Shore
Ashley Wolf, Montville

BOYS TOP TEN

1. Christian Brothers	6. Don Bosco Prep
2. Cherokee	7. Memorial
3. Eastern	8. Toms River No
4. Old Bridge	9. Hunterdon Cent
5. Delbarton	10. Paul VI

BOYS CLASS TEAMS

SENIORS

Adam Ambrus, Shawnee
Brian Boyett, Parsippany Hills
Tom Falvey, Christian Brothers
Joseph Jacobs, Butler
Ty Jensen, Marlboro
Chad Lyons, Overbrook
Mike Myers, Eastern
Pat Slattery, Mount Olive

JUNIORS

Erik Brown, Monmouth
Dan Harding, Old Bridge
Matt Mueller, Cherokee
Marc Pelerin, Cherokee
Jeff Peterson, Christian Brothers
Gray Reinhard, Morristown
Anderson Tejada, Memorial
Robert Wallden, Scotch Plains

SOPHOMORES

Danny Ciambone, Middletown South
Dan Deichert, Eastern
John Fox, Hunterdon Central
Peter Gerboth, Don Bosco Prep
Brian Gertzen, Mainland
Keith Krieger, Cherokee
Andrew Lovrich, Ramsey
Chris Platt, Haddonfield

FRESHMAN BOYS

SECOND TEAM

Fred Cameron, Morris Knolls
Mike DeLorenzo, Mt. Lakes
Mike Fonder, River Dell
Nathan Krahn, Mt. Lakes
Matt McGroarty, Mainland
Justin Scheid, Pope John
T.J. Western, Toms River North
Gerald Whitaker, Mount Olive

FRESHMAN GIRLS

SECOND TEAM

Grace deMarrais, Bernards
Meghan Ellias, Morristown
Shannon Gillespie, Red Bank Catholic
Elizabeth Hankinson, Oak Knoll
Justine Lupo, Ridgewood
Melanie Martin, Hunterdon Central
Mary O'Connor, Edison
Elizabeth Seigle, Millburn

LEGEND

On the following page, these symbols are used to denote class status during the past season:

- * Indicates Junior
- ** Indicates Sophomore
- *** Indicates Freshman

GIRLS

FIRST TEAM

Melissa Conway, Ramsey	Sr.
Erin Donohue, Haddonfield	Sr.
Courtney Epps, Columbia	Jr.
Shannon Hawrylo, Hunterdon Central	Sr.
Jesse Mizzone, Passaic Valley	So.
Kim Pereira, Parsippany	Sr.
Julie Ullmeyer, Shore	Fr.
Lindsay Van Alstine, Hawthorne Chris.	So.

SECOND TEAM

Julia Barker, Red Bank Catholic	Jr.
Natalie Jones, Hopewell Valley	Jr.
Whitney McNees, Hopewell Valley	Sr.
Kristen Meyer, Hillsboro	Sr.
Clair Nowakowski, Ridgewood	Jr.
Christy Planer, Rumson	Jr.
Linda Sanders, Old Bridge	Jr.
Sarah Spilman, West Morris	Sr.

THIRD TEAM

Jen Blank, Toms River South	So.
Katie Floersheimer, Morristown	So.
Ashley Folchetti, Holmdel	Fr.
Erin Henry, Glen Rock	Jr.
Nicole Lombardy, Middletown South	Jr.
Brittany McCann, Delsea	Jr.
Kelsey Rinehart, Moorestown	Jr.
Meg Ruane, North Hunterdon	Sr.

FRESHMAN BOYS

THIRD TEAM

Kyle Engelken, Ridgewood
Joe Lojek, Mount Olive
Kyle Quiros, Old Bridge
James Redmond, Bishop Eustace
Dan Riedenbaker, Cinnaminson
Jason Tavares, St. Benedict's
Ken Thompson, Moorestown
Ali Zamir, Ridgewood

FRESHMAN GIRLS

THIRD TEAM

Jenna Bauberger, Indian Hills
Barbra Clark, Vinland
Julie Kim, Montville
Caroline Mannaerts, Summit
Dilshanie Perara, Princeton
Christina Scherer, Montville
Katie Shomo, Shawnee
Tara Williams, Toms River North

GIRLS TOP TEN

1. Hunterdon Central	6. Shawnee
2. Toms River East	7. North Hunterdon
3. Moorestown	8. Hopewell Valley
4. Red Bank Catholic	9. Westfield
5. Voorhees	10. Middletown So.

ALL-LEAGUE GIRLS CROSS-COUNTRY

BCSL American

FIRST TEAM

Sarah Adelson, Tenafly
Briana Bayeradorfer, River Dell
Amy Bembridge, Dumont
Felicja Chevalier, Dumont
Katie O'Acco, Westwood
Belmas DeJesus, Fort Lee
Julie Emanuel, Tenafly
Sus Giesemann, Dumont
Amy Gohlisch, Westwood
Sheena MacFarlane, River Dell
Cecilia Schweiger, River Dell
Diane Zambrano, Ridgeland Park

Coach of the Year — Martin Caspare, Dumont

SECOND TEAM

Victoria Baritz, Fort Lee
Cintia Caballero, Dumont
Shana Don, Fort Lee
Bina Felsen, Tenafly
Haylie Kuyumjian, River Dell
Alexandra Megeria, Fort Lee
Taleha Ruggiero, River Dell
Melissa Sybil, Rutherford

HONORABLE MENTION

Natasha Pionich, Cliffside Park; Jocelyne Korza-Reas, Dumont; Mia Harmon, Englewood; Diana Escrivano, Queen of Peace; Laura Stetel, Ridgeland Park; Carly DeCandia, Catherine Finnoran, Colleen Reynolds and Laura Van Dyk, Rutherford; Maria Barome, Melanie Horn and Mora Horn, Tenafly.

BCSL National

FIRST TEAM

Amanda Lavery, Ridgeland
Courtney Reggo, Ridgeland
Sandra Eun, Ridgeland
Sandy Lucky, Ridgeland
Maryann Alvas, Harrison
Rhiannon Richmond, Harrison
Renee Krurowski, Becton
Denise Swedest, North Arlington

Coach of the Year: Bob Mead, Ridgeland

SECOND TEAM

Dana DiBenedetto, Harrison
Glenys Chavez, Harrison
Jaime Lynch, Hasbrouck Heights/Wood-Ridge
Becky Lee, Hasbrouck Heights/Wood-Ridge
Tracy Hickey, Ridgeland
Michelle DeJesus, North Arlington
Sara Benish, Becton

HONORABLE MENTION

Amenda Lalicato, St. Mary's; Leslie Sanchez, North Arlington; Janine Marino, North Arlington; Evelyn Franco, Hasbrouck Heights/Wood-Ridge; Suzanne Gipson, Hasbrouck Heights/Wood-Ridge; Zayda Franco, Harrison; Angie Balabat, Ridgeland.

BCSL Olympic

FIRST TEAM

Katy Botaford, Cresskill
Laura Begley, Cresskill
Sophia Barton, Leonia
Kristen Boswell, Bergen Tech
Janet Park, Bergen Tech
Keyla Herrera, Palisades Park
Francine Smith, Palisades Park
Stephanie Brown, Bogota
Angela Panuccio, Bogota

Coach of the Year — Jay Mahoney, Bogota

SECOND TEAM

Lauren Mantone, Palisades Park
Jaime Donovan, Palisades Park
Shakira Valdez, Palisades Park
Sabina Sura, Bogota
Kim Heron, Bogota
Kateri LaFond, Bogota
Jenny Lee, Emerson/Park Ridge
Allison Sul, Cresskill
Anna Roudenko, New Milford

HONORABLE MENTION

Rachel VonDreele, New Milford; Alba Banol, Palisades Park; Diane Lee, Bergen Tech.

B-PSL Carpenter

FIRST TEAM

Erin Henry, Glen Rock
Danielle Bekas, Saddle Brook
Yvonne Wisse, Eastern Christian
Danielle Amato, Saddle Brook
Hannah Caughey, Eastern Christian
Darlene Peksar, Saddle Brook
Cate Kowalczyk, Waldwick
Katherine Libretto, Glen Rock
Jen McNamee, Eastern Christian

SECOND TEAM

Sherry McKeever, Midland Park
Dawn DiBella, Saddle Brook
Julie Rios, Saddle Brook
Krupa Shah, Glen Rock
Brenna O'Rourke, Glen Rock
Bridget Burke, Glen Rock
Kristin Stephens, Glen Rock
Dayna Caine, Midland Park
Justyna Debski, Immaculate Conception

HONORABLE MENTION

Kim Wright, Saddle Brook; Lori Magda, Midland Park; Abby Wood, Eastern Christian; Erin Brazzaryak, Glen Rock; Annemarie Ferris, Immaculate Conception; Lisa Artunna, Waldwick

B-PSL King

FIRST TEAM

Maria Pavkovich, Garfield
Kristen Varina, Hawthorne
Andrea Herbert, Passaic Tech
Joyce Markowicz, Pompton Lakes
Janell Bender, Pompton Lakes

Melissa Oliveri, Garfield
Pam Bongiorno, Hawthorne
Ann Merkel, Manohaster
Meghan Gaffney, Pompton Lakes

SECOND TEAM

Amy Vanderliet, Hawthorne
Kristen Faucetta, Pompton Lakes
Dawn Swerius, Pompton Lakes
Nicole Dugan, Pompton Lakes
Brenna Rooney, Hawthorne
Ivana Pauleska, Garfield
Christina Foroglou, Garfield
Lynn Sala, Garfield

Londisa Ford, Passaic Tech
Christina DeRosa, Hawthorne

HONORABLE MENTION

Maria Teodoro, Manchester; Angelique Smythe, Garfield; Katie Fraat, Pompton Lakes; Yhouric Vassell, Passaic Tech

NRJL Division 1

FIRST TEAM

Jan Meyers, Ramapo
Shella Chithran, NV/Demarest
Margaret Park, Ramapo
Virginia Westervelt, NV/Demarest
Stephanie Abbatello, Bergenfield
Jal Marie Zacco, NV/Old Tappan
Depry Aronovitz, Fair Lawn

SECOND TEAM

Marissa Meler, NV/Old Tappan
Pam Papapetrou, NV/Demarest
Tamara Mans, NV/Old Tappan
Allison Eckmayer, NV/Old Tappan
Kimberly Tardio, NV/Old Tappan

Alic Garcia, Bergenfield

HONORABLE MENTION
Sarah Donolo, NV/Old Tappan; Katie Lawlor, Fair Lawn; Laura Corcoran, Ramapo; Julia Stefanovic, Wayne Hills; Lori Anderson, NV/Demarest; Joanna Delvecchio, NV/Old Tappan.

NRJL Division 2

FIRST TEAM

Melissa Conroy, Ramsey
Jenna Bauberger, Indian Hills
Monica Gadkar, Mahwah
Sabrina Silverstein, Ramsey
Sara Christensen, Northern Highlands
Marianne Petrino, Indian Hills
Christina Triantafidi, Indian Hills

SECOND TEAM

Kelly Beaudry, Ramsey
Alyssa Ross, Pascack Hills
Ava Scocchetti, Pascack Valley
Katie Dianna, Pascack Valley
Jill Wessels, Pascack Valley
Sarah Walcott-Sapp, Pascack Valley
Erin Bauberger, Indian Hills

HONORABLE MENTION

Andrea Salmon, Pascack Hills; Karen Mitchell, Pascack Valley; Jacyn Fedele, Indian Hills; Lauren Zaccane, Mahwah; Kim Curbelo, Northern Highlands; Marissa Matteo, Ramsey.

NNJIL Division A

FIRST TEAM

Clair Nowakowski, Ridgewood
Justine Lupo, Ridgewood
Margaret Davis, Montclair
Jackie Goulart, Ridgewood
Carol Ann Bullen, Paramus
Peggy Lynch, Ridgewood
Rebecca Johnson, Ridgewood
Courtney Kopf, Nutley
Christina Boyle, Nutley
Lauren Lilla, Ridgewood

SECOND TEAM

Meghan Williams, Nutley
Alexandra Cross, Ridgewood
Jesica Manners, Montclair
Laurie Mandara, Paramus
Lajuan Samuels, Montclair
Katie Tucker, Paramus
Jennifer Schwartz, Montclair
Asha Philip, Teaneck
Alison Metz, Teaneck
Yin Ang, Montclair

NNJIL Division B

FIRST TEAM

Twana Watkins, Kennedy
Shanelka Bernard, Hackensack
Nicole Reilly, Bloomfield
Emma Wilson, Bloomfield
Shanae Pritchett, Passaic
Yanirka Mejia, Passaic
Danielle Reardon, Clifton
Tracy Sinnott, Bloomfield
Grisel Martinez, Passaic
Melissa Vandorn, Clifton

SECOND TEAM

Julie Haase, Bloomfield
Christine Pedersen, Hackensack
Alexis Toon, Hackensack
Alejandra Mondragon, Passaic
Lynette Baker, Passaic
Olga Razumov, Clifton
Lauren Nichols, Clifton
Teela Morrison, Kennedy
Julie Burrell, Hackensack
Carolina Valera, Passaic

NNJIL Division C

FIRST TEAM

Jenna Bellsoni, Immaculate Heart
Erin Bortz, Immaculate Heart
Erin Kallman, Immaculate Heart
Cheryl Trovato, Holy Angels
Caitlin McDonald, Holy Angels
Carli Devir, Holy Angels
Theresa Hearn, Immaculate Heart
Melissa Czorniewy, Holy Angels

Caroline Norris, Holy Angels
Christine Wood, Immaculate Heart

SECOND TEAM

Shannon Reese, Immaculate Heart
Meghan Hargrave, Holy Angels
Laura Gutierrez, Immaculate Heart
Sara Criscuolo, Holy Angels
Melynda Murphy, Paramus Catholic
Susette Chavez, Paramus Catholic
Renee Wotrhab, Paramus Catholic
Jocelle Lias, Paramus Catholic
Niki Wilks, Paramus Catholic

Northern Hills Skyline

FIRST TEAM

Jesse Mizzone, Passaic Valley
Elizabeth Seligle, Millburn
Amanda Beck, West Milford
Shannon Thorn, West Milford
Amy Clerech, Wayne Valley
Rachel Toys, West Milford
Genevieve Jeuck, West Milford
Eileen O'Dea, Lakeland

Coach of the Year — John Hayes, West Milford

SECOND TEAM

Krystal Cordero, Passaic Valley
Stacy Bierwas, Lakeland
Lauren Dacey, Millburn
Olga Neasek, Wayne Valley
Caitlin McKee, Millburn
Andrea Mizzone, West Orange
Alexandra Booth, Millburn
Lauren Denk, West Orange

HONORABLE MENTION

Erin Hill, Passaic Valley; Melissa Spencer, Passaic Valley; Nicole Voight, Lakeland; Christie Lerro, Lakeland; Jamie Menegas, Wayne Valley; Christina Restchak, Wayne Valley; Jessica Kingsberg, Millburn; Ginika Udodi, West Orange; Julie Shiller, West Orange; Ellen Tappen, West Milford; Katelyn Witahira, West Milford; Kim Dal Guercio, Mt. St. Dominic; Jaclyn Le Pore, Mt. St. Dominic; Najla Muhammed, Clifton Scott.

Northern Hills Suburban

FIRST TEAM

Ashley Wolf, Montville
Lia Bella, Morris Catholic
Kelly Timoney, Pequannock
Mingi Kim, Montville
Christina Scherer, Montville
Sara Chandler, Montville
Julie Kim, Montville
Colleen Cooney, St. Elizabeth

Coach of the Year — Cindy Beradino and Kathy Carrea, Montville

SECOND TEAM

Noreen Kelly, St. Elizabeth
Marian Monti, Villa Walsh
Stephanie Gerard, Caldwell
Bridget Gardner, Caldwell
Jennifer Lyons, Morris Catholic
Mary Kate O'Brien, Morris Catholic
Melissa Zarecz, Caldwell
Beth Ann Cohen, Caldwell

HONORABLE MENTION

Laurie Leone, Montville; Taisla Pionich, Montville; Erin Crum, Morris Catholic; Nicole Papaniello, Morris Catholic; Sierra Valdes, Pequannock; Katie Majorosy, Villa Walsh; Elizabeth Kennedy, Villa Walsh; Lisa Carpenito, DePaul; Laurel Malvest, DePaul; Barbary Otchy, St. Elizabeth; Lauren Ciancaglini, St. Elizabeth; Rachel Jutkowski, Madison; Nikki Casano, Pequannock; Katie Lowe, Butler; Min Yoon, Caldwell; Laura Andrelevich, Caldwell.

All-County Cross-Country

BERGEN — GIRLS

TEAMS OF THE YEAR

RIDGEWOOD, RAMSEY

As usual, the Maroons and Rams dominated the Bergen large and small schools respectively.

Ridgewood won its 17th straight divisional title in the NNJIL, a ninth straight (and record 16th) sectional 4 title, ninth straight (and 20th in 21 years) BMOJ title, and fourth straight and 19th overall Bergen 4 title.

The Maroons, coached as always by Jacob Brown, finished sixth in Group 4 competition, their lowest finish since 1990. But for the team that lost five of their top seven runners, it was an excellent season. Only Rebecca Johnson graduates from this

year's team that will return All-Bergen standouts Justine Lipo and Clair Nowakowski, along with Peggy Lynch, Jackie Goulart, Alexandra Oros, and Lauren Lillis and should make a run at a State championship again next season.

Ramsey, the small groups champion, won its eighth straight Bergen group title (six in Group 2), and sixth straight Sectional 2 title, and fifth NBIL crown in six years before finishing sixth in State Group 2, the Rams' eighth straight top 10 State finish.

The John Kirchhof-coached Rams were led by four-time All-Bergen selection

FINAL RANKING

Bergen Group 1-2

1. Ramsey
2. Dumont
3. Saddle Brook
4. Bogota
5. Palisades Park

Bergen Group 3-4

1. Ridgewood
2. Indian Hills
3. NV/Old Tappan
4. NV/Demarest
5. Immaculate Heart Academy

Melissa Conway and added solid performances from Sabrina Silverstein, Kelly Beaudry, Noel DiPaola, and Caroline Hockmeyer. The Rams were third in the BMOJ, their seventh straight top-three performance.

COACH OF THE YEAR

STEVE OPREMEK, Indian Hills

When Opremek took over the Braves' struggling program five years ago, the Braves had never won a league, County group, or sectional title, and had never even made the State group meet.

Now the Braves have won an NBIL title, three Bergen Group 3 titles, and two sectional titles, the second this year via an impressive 52-86 win over Northern Valley at Old Tappan.

The Braves gave perennial defending BMOJ champion Ridgewood a great race before placing second, their

best finish ever in the BMOJ. The Braves also finished sixth, the fifth straight year they've finished sixth or better in the State group meet.

"It's great to be recognized by your peers when you have kids that work as hard as our kids have," said Opremek. "I've been blessed with kids who listen to me and do their best every day."

Opremek credits 1999 graduate Audrey Holst, now at Johnson & Wales (R.I.) as someone who helped get the program jump started.

"I was fortunate enough to have her run for us as a freshman and she helped get us pointed in the right direction."

JENNA BAUBERGER

Indian Hills Freshman



One of two freshmen on the first team, Bauberger had a spectacular first season and led Indian Hills to championships in the Bergen Group 3 and Sectional 3 meets. She was in the top 20 in all six of her major meets, including a third in the Bergen 3 meet, a fourth in the Sectional 3, sixth in the NBIL, and eighth in the BMOJ. She also had success at Holmdel with an 11th-place finish at the Shore E meet before placing 17th in the State Group 3 meet. She ranks 81st all-time at Darlington, and should enjoy a terrific career.

MELISSA CONWAY

Ramsey Senior



The Northwestern-bound Conway earned All-Bergen honors for a fourth time and became the first runner in Bergen history to make the top 25 at the SMOC all four seasons. She won six major titles — Roxbury Invitational, Red Raider A, and her third straight NBIL, Bergen 2, and Sectional 2 meets and second BMOJ title. She took fourth in the Shore E and third in State Group 2 and 17th in the SMOC. She finished her career as the fourth-fastest Darlington runner, 11th in the area Holmdel list, and 11th on the all-time Garret Mountain list.

JUSTINE LUPO

Ridgewood Freshman



The latest in a long line of Maroon stars, Lupo burst onto the scene at the Ridgewood's No. 2 runner of most of the season. She was 27th at the Shore B meet in her first major appearance, and then took sixth in the Ridgewood Invitational. She was second in the NNJIL A meet won by the Maroons. She won the freshman race at the Bergen group meet, and then took 15th at the Sectional 4 meet, seventh at the BMOJ, and earned a wild-card slot with a 21st-place finish in the State Group 4 meet. She then was 57th in the SMOC.

BRIANA BAYERSDORFER

River Dell Junior



One of four repeaters on the first team, Bayersdorfer was selected for the first straight year after rallying from a subpar year, injuries, and asthma-related problems to finish strongly. She had five top 10 finishes including a win in the BCSL American meet. She was third in the Sectional 3 meet, fourth in Bergen 3, sixth in the BMOJ, and then had a great finish for 10th in the State Group 3 meet, quite an improvement from her 23rd-place finish in Shore D. She then was 26th in the State Meet of Champions. She ranks 24th all-time at Darlington.

BELMAX DEJESUS

Fort Lee Senior



A third-team selection as a sophomore, DeJesus moved to Massachusetts and then surprised coach Paul Jayson when she showed up back at Fort Lee the first day of school. She had a good season, with a second-place finish in the BCSL American meet, her best race of the year. She was the runner-up in the Sectional 3, fifth in the Sectional 3, sixth in Bergen 3, eighth in the Brett Taylor A meet, and 11th in the Maroon 3-4 meet. She also finished 14th in the BMOJ and 25th in the State Group 3 meet. She ranks 85th all-time at Darlington.

JEN MYERS

Ramapo Senior



A repeater from last year, Myers had five top 10 finishes in the six major meets she ran, but was unable to run in the SMOC because of illness that struck during the State Group 3 meet. She won the Bergen 3 race, was second in the NBIL and Sectional 3 meets, was fifth in the BMOJ, and eighth in the Shore C meet at Holmdel. She slipped to 15th in the State Group 3 meet, just missing a wild-card slot. She ranked 30th at Darlington, 36th among Bergen runners at Holmdel and 68th at Garret Mountain, 29th among Bergen runners.

SHANEIKA BERNARD

Hackensack Sophomore



Bernard was 99th in last year's Bergen Meet of Champions, mainly because of a stress fracture that ended her freshman year prematurely. But she moved up from honorable mention to first-team status as the only sophomore on the team with six top five finishes in eight major meets. She was second at the Brett Taylor A, NNJIL B, and Bergen 4 meets and had thirds in both the Sectional 4 and BMOJ meets. She had a fourth-place finish in the Season Opener A and was 12th in State Group 4 before placing 46th in SMOC in the top quarter of the field.

ERIN HENRY

Glen Rock Junior



After two years as a soccer player, Henry, a triple winner at the State Group 1 track meet last spring, decided to become a serious runner and switched to cross-country. What a first year she had with wins in the B-PSL Carpenter, Bergen 1, and Sectional 1 meets, and seconds in the State 1 and BMOJ meets. She then ran the best of any Bergen runner, finishing 13th in the SMOC. A runner who excelled her second time on a course, she already ranks 22nd at Darlington and 22nd among Bergen runners at Holmdel.

CLAIR NOWAKOWSKI

Ridgewood Junior



Nowakowski made her second All-Bergen team and for most of the season ran as well as any runner in the area in helping the Maroons retain their County group, league, BMOJ, and sectional titles. She won the Shore B, Ridgewood Invitational, Bergen 4, sectional 4, and NNJIL A meets before taking fourth in the BMOJ and a subpar 30th in the State 4 meet. She ranks 21st all-time at Darlington, and 20th among Bergen runners at Holmdel.

ALL-BERGEN

- FIRST TEAM**
Briana Bayersdorfer, River Dell
Jenna Bauberger, Indian Hills
Shaneika Bernard, Hackensack
Melissa Conway, Ramsey
Erin Henry, Glen Rock
Justine Lupo, Ridgewood
Jen Myers, Ramapo
Clair Nowakowski, Ridgewood
- SECOND TEAM**
Julia Baker, Red Bank Catholic
Danielle Bekas, Saddle Brook
Shella Chitman, Demarest
Alexa DeSantis, Fort Lee
Alison Eickmeyer, Old Tappan
Marlene Ferrito, Indian Hills
Sarina Skovron, Ramsey
Virginia Venturoli, Demarest
- THIRD TEAM**
Jenna Bernard, IIA
Katy Bucford, Crestkill
Felicia Chevalier, Dumont
Amy Colico, Westwood
Peggy Lynch, Ridgewood
Christine Triantafyllidis, Indian Hills
Sara Woodward, Fel Law
Ja-Marie Zacco, Old Tappan

ALL-ESSEX

- FIRST TEAM**
Caroline Bugg, Newark Academy
Margaret Davis, Montclair
Christy Egan, Columbia
Raven Liu, Columbia
Kerry Mayhew, West Essex
Nicole Reilly, Bloomfield
Elizabeth Siegel, Millburn
Emma Wilson, Bloomfield
- SECOND TEAM**
Christina Boyle, Nutley
Gina Caspardo, Columbia
Lauri Giordano, Livingston
Laura Goldstein, Livingston
Wagner Milar, Kearny
Courtney Kopf, Nutley
Christina Marzotta, Montclair K
Destina Soriano, Verona
- THIRD TEAM**
Sara Diaz, Technology
Santiana Dufresne, Irvington
Bridget Gardner, Caldwell
Katie Manger, Livingston
Jessica Mariani, Montclair
Tracy Sirost, Bloomfield
Megan Williams, Nutley
Melissa Zwick, Caldwell

ALL-HUDSON

- FIRST TEAM**
Danielle Biondo, St. Dominic
Denise DiPaola, North Bergen
Christi Knox, Bayonne
Bernadette Larcay, St. Dominic
Freddie Martinez, Lincoln
Cindy Mayhew, Memorial
Jill Patel, Memorial
Tia Wilkins, St. Dominic
- SECOND TEAM**
Audra Aimes, Union Hill
Claudia Castillo, Memorial
Jennifer Catbald, North Bergen
Melissa Go-Alcantara, St. Dominic
Stephanie Guzman, North Bergen
Wagner Kivelle, Bonny Ayr
Kim Regan, North Bergen
Lynne Sidorowski, St. Dominic
- THIRD TEAM**
Jessica Colombo, Bayonne
Danielle Ferris, St. Dominic
Danielle McCarthy, St. Dominic
Ada Mesaki, St. Dominic
Palma Palomo, Memorial
Jessica Polera, Bayonne
Nicole Sacco, Kearny

ALL-MIDDLESEX

- FIRST TEAM**
Allison Gordon, Old Bridge
Hogan Kayer, Madison
Kristin Lepocovsky, Bishop Ayr
Kristin Luzzi, Edison
Megan McGrath, South Brunswick
Mary O'Connor, Edison
Kerie O'Done, South Brunswick
Orinda Sanders, Old Bridge
- SECOND TEAM**
Juanette Franko, Metuchen
Christine George, Piscataway
Erin Goldenberg, East Brunswick
Kelly McDermott, Piscataway
Natalia Kivelle, Bonny Ayr
Seal Patel, South Brunswick
Jan Puchalski, Metuchen
Christina Strabanski, Spotswood
- THIRD TEAM**
Jessica Coppensmith, E. Brunswick
Jennifer Dick, Sayreville
Danielle Haggerty, Old Bridge
Amanda Hartwick, Woodbridge
Rachel Hefford, Old Bridge
Melanie Paccillo, North Brunswick
Lisa Saunders, Bishop Ayr
Ginger Trivedi, J.F. Stevens

ALL-MONMOUTH

- FIRST TEAM**
Julia Baker, Red Bank Catholic
Laura Carpenter, St. John Vianney
Ashley Folchetti, Holmdel
Taryn Landers, St. Rose
Nicole Lombardi, Middletown South
Mary McCudden, Red Bank Catholic
Christy Pater, Rumson
Julie Ulmeyer, Shore Regional
- SECOND TEAM**
Diana Daniels, Freehold Township
Jen Gaffey, Freehold Township
Shannon Glaspie, Rumson
Nicole Dunno, Ocean Township
Lillian Pivotal, Rumson
Samantha Sabatini, RBC
Janice Squillone, Cohan Neck
Andrea Vaccarolis, Marlboro
- THIRD TEAM**
Kristen Abbotts, Freehold Township
Julia Baratta, Middletown South
Lakisha Brown, Keyport
Nicole Dunno, Ocean Township
Jenny Kyzolopoulou, Rumson
Ashley Liberatori, Colts Neck
Cecilia Koscielo, Rumson
Lisa Zino, Middletown South

ALL-MORRIS

- FIRST TEAM**
Noelle Dornow, Chatham
Heather Elias, Morristown
Katie Floersheimer, Morristown
Sarah Founds, Mendham
Amy Maier, Morristown
Kim Pereira, Panipung
Sarah Spilman, West Morris
Ashley Wolf, Morristown
- SECOND TEAM**
Vanessa Baydya, Morris Knolls
Lia Belle, Morris Catholic
Elyse Brainer, Jefferson
Melissa Cannon, Morristown
Julie Kim, Morristown
Katie Rosato, Mendham
Laura Santilli, Hanover Park
Christina Scherer, Morristown
- THIRD TEAM**
Sara Chandler, Morristown
Nesjee Costa, Piscataway Hills
Christine Dobrosky, Mountain Lakes
Molly Kripickoff, Chatham
Stephanie Lee, Roxbury
Amanda McCurdy, Morris Knolls
Lauren Terrones, Morris Knolls
Stephanie Young, Piscataway

ALL-OCEAN

- FIRST TEAM**
Jen Blank, Toms River East
Courtney Forzani, TRN
Alexa Gray, Toms River East
Katie Haddad, Mgr. Donovan
Kara Homer, Toms River East
Elizabeth Kaba, Jackson
Alyson Kray, Point Pleasant Beach
Rachel Wilson, Mgr. Donovan
- SECOND TEAM**
Jessica Curtin, Preakness
Shannon Davis, Toms River East
Caryn Hayes, Mgr. Donovan
Jacqueline Morgan, Toms River South
Jenna Pendergast, Jackson
Stephanie Sowers, Toms River East
Kathryn Wardle, Southern R.
Tina Williams, Toms River North
- THIRD TEAM**
Kelly Cannon, Toms River South
Shawn Casey, Manchester Twp.
Eileen Jenkins, Toms River North
Erin Murphy, Toms River South
Janine Nodda, Point Pleasant Boro
Zuzia O'Zwickidze, Preakness
Dana Viano, Preakness
Ashley Webster, Southern Regional

ALL-PASSAIC

- FIRST TEAM**
Amanda Beck, West Milford
Amy Daniels, Wayne Valley
Yanessa Mejia, Passaic
Teresa Motta, Passaic Valley
Shana Pittschi, Passaic
Lindsay Van Alstine, Hawthorne C.
Tawana Wilkins, Paterson Kenilworth
Shavira Williams, Passaic
- SECOND TEAM**
Lynette Butler, Passaic
Maggan Gaffney, Pompton Lakes
Gisel Martinez, Passaic
Eileen O'Dea, Wallingford
Daria Reumond, Clifton
Melissa Vanderhoff, Clifton
Kristen Varricci, Hawthorne
Yvonne Wise, Hawthorne
- THIRD TEAM**
Rose Cardillo, DelValle
Hannah Caughy, Eastern Christian
Kirstin Cordaro, Passaic Valley
Kathleen Jucoski, West Milford
Shannon Hareyko, Haverhorst C.
Kira McGroarty, Hopatcong
Sarah Rhodes, Voorhees
Megan Ruane, North Haverford

ALL-SOMERSET

- FIRST TEAM**
Ezin Gelejo, Immaculata
Liz Geiger, Immaculata
Ashley Mchugh, Montgomery
Kristen Meyer, Hillsborough
Kim Pfluhwer, Ridge
Emily Serokhin, Ridge
Ashley Lischniewicz, Hillsborough
Deanna Willard, Hillsborough
- SECOND TEAM**
Lesley Barnes, Bernards
Cathleen Dale, Somerville
Grace DeMartino, Bernards
Lauren Coleman, Pirry
Daisy Goss, Hillsborough
Sarah Peterson, Montgomery
Jennifer Rube, Somerville
Linda Senti, Ridge
- THIRD TEAM**
Julie Taylor, Pirry
Kristen Goetz, Rutgers Prep
Michelle Oh, Pirry
Bridget Skewis, Immaculata
Katie Suckow, Pirry
Stephanie Swarczik, Pirry
Amanda Water, Hillsborough
Yvette Zieming, Pirry

ALL-UNION

- FIRST TEAM**
Rachel Ackerman, Westfield
Alexis Accorone, Westfield
Elizabeth Hankinson, Oak Knoll
Erin Higgins, Union
Kristine James, Union
Christina Morgado, Union
Karen O'Shea, Union
Alyssa Sans, Scotch Plains
- SECOND TEAM**
Shanellie Brown, Hillside
Elyse Legros, Westfield
Laura Geinger, Elizabeth
Asia Liu, Cranford
Kylie Legros, Westfield
Sarah Mahran, Westfield
Caroline Marzotta, Summit
Erin McCallan, Westfield
- THIRD TEAM**
Lindsay Curry, Scotch Plains
Jessica Cones, Union
Carlyn Bahngauw, Westfield
Sarah Maier, Cranford
Tony Morgan, Summit
Liam Price, Summit
Sally Smith, Summit
Kate Swan, Cranford

ALL-SOUTH JERSEY

- FIRST TEAM**
Erin Donohue, Haddonfield
Kathleen Galan, Highland
Natalie Jones, Hopewell Valley
Julia Kuder, Moorestown
Brittany McCann, DelValle
Whitney McKee, Hopewell Valley
Tanesha Pitman, Camden Wilson
Kenny Rinehart, Moorestown
- SECOND TEAM**
Liz Heppard, Moorestown
Colleen Hughes, Moorestown
Megan Leach, Cranbury
Heather McCarley, Shoreline
Lindsay Nutter, Ocean City
Dana Palumbo, Shoreline
Erin Riddle, Lemoore
Jenny Wong, Pennington
- THIRD TEAM**
Michelle Black, Cherokee
Katie Archer, Shoreline
Vanessa Collins, West Windsor N
Heidi Misar, Middle Township
Brandee Niederhoffer, Holly Sprit
Danielle Neusch, Shoreline
Shannon Wilson, Lawrenceville
Kate Wilcox, Hopewell Valley

ALL-WEST JERSEY

- FIRST TEAM**
Sara Best, Voorhees
Jenica Foula, Haverford Central
Lindsay Force, Haverford Central
Shari Gorge, North Haverford
Shannon Hareyko, Haverhorst C.
Kira McGroarty, Hopatcong
Sarah Rhodes, Voorhees
Megan Ruane, North Haverford
- SECOND TEAM**
Virginia Anthony, Voorhees
Cristy Gribble, Bonnet
Holly Greener, North Haverford
Rehana Lanelawo, Haverford C.
Jessica Lanelawo, Shoreline
Brianna Shade, Voorhees
Megan Simpson, Vernon
Alexis Vargalla, Voorhees
- THIRD TEAM**
Katie Archambault, Haverford C.
Morgan Ostera, Voorhees
Gwen Doyle, North Haverford
Rebecca Gieraci, Haverford Central
Jessica Gieraci, Haverford Central
Andrea LamFara, North Haverford
Heather Marks, Haverford Central
Beth Phillips, North Haverford

ALL-STATE SELECTIONS

First team

Erin Donohue, Haddonfield
Courtney Epps, Columbia
Shannon Hawrylo, Hunterdon Central
Whitney McNeese, Hopewell Valley
Jesse Mizzone, Passaic Valley
Kim Pereira, Parsippany
Julie Ullmeyer, Shore Regional
Lindsay Van Alstine, Hawthorne Christian

Second team

Julia Barker, Red Bank Catholic
Jen Blank, Toms River East
Melissa Conway, Ramsey
Erin Henry, Glen Rock
Kristen Meyer, Hillsborough
Christy Planer, Rumson
Kelsey Rinehart, Moorestown
Linda Sanders, Old Bridge

Third team

Sara Best, Voorhees
Katie Floersheimer, Morristown
Ashley Folchetti, Holmdel
Shari Gorga, North Hunterdon
Natalie Jones, Hopewell Valley
Brittany McCann, Delsea
Megan Ruane, North Hunterdon
Sarah Spilman, West Morris

TOP RUNNERS BY GROUP, PREP AND PAROCHIAL

ALL-GROUP 4

FIRST TEAM

Alexis Anzalone, Westfield
Jen Blank, Toms River East
Courtney Epps, Columbia
Katie Floersheimer, Morristown
Shannon Hawrylo, Hunterdon Central
Raven Lee, Columbia
Kristen Meyer, Hillsborough
Linda Sanders, Old Bridge

SECOND TEAM

Shaneika Bernard, Hackensack
Jenna Fasulo, Hunterdon Central
Kathleen Galan, Highland
Alexis Gray, Toms River East
Kara Horner, Toms River East
Elizabeth Kaba, Jackson
Anne O'Rane, South Brunswick
Shakira Williams, Passaic

THIRD TEAM

Kim Bonner, Shawnee
Lindsay Force, Hunterdon Central
Erin Higgins, Union
Rehana Lanewala, Hunterdon Central
Heather McGarvie, Shawnee
Clair Nowakowski, Ridgewood
Erin Riddle, Lenoape
Stephanie Sovero, Toms River East

ALL-GROUP 3

FIRST TEAM

Shari Gorga, North Hunterdon
Nicole Lombardi, Middletown South
Brittany McCann, Delsea
Jesse Mizzone, Passaic Valley
Kim Pereira, Parsippany
Tanesha Pittman, Camden Wilson
Megan Ruane, North Hunterdon
Sarah Spilman, West Morris

SECOND TEAM

Briana Bayersdorfer, River Dell
Takesha Carter, Camden Wilson
Sarah Founds, Mendham
Vanessa Gibens, West Windsor-Plainsboro North
Holly Greiner, North Hunterdon
Heidi Missar, Middle Township
Jen Myers, Ramapo
Brianna Shade, Warren Hills

THIRD TEAM

Jenna Bauberger, Indian Hills
Keriyetta Conway, Camden Wilson
Megan DiGerolamo, Williamstown
Amanda LaMarca, North Hunterdon
Aria Loveland, Camden Wilson
Jazzmon Morgan, Toms River South
Dilshane Perera, Princeton
Elizabeth Selgie, Millburn

ALL-GROUP 2

FIRST TEAM

Melissa Conway, Ramsey
Erin Donohue, Haddonfield
Ashley Folchetti, Holmdel
Natalie Jones, Hopewell Valley
Whitney McNeese, Hopewell Valley
Christy Planer, Rumson
Kelsey Rinehart, Moorestown
Julie Ullmeyer, Shore Regional

SECOND TEAM

Sara Best, Voorhees
Cindy DeVries, Newton
Colleen Hughes, Moorestown
Julia Kuder, Moorestown
Kira McGroarty, Hopatcong
Sarah Rhodes, Voorhees
Katie Wilever, Hopewell Valley
Ashley Wolf, Monville

THIRD TEAM

Virginia Anthony, Voorhees
Liz Heppard, Moorestown
Megan Lerch, Kingsway
Caitlin Moscatello, Rumson
Kim Phinower, Ridge
Emily Sarachan, Ridge
Christine Scherer, Monville
Alexis Vergalia, Voorhees

ALL-GROUP 1

FIRST TEAM

Grace deMarras, Bernards
Christine Dobrosky, Mountain Lakes
Erin Henry, Glen Rock
Leisha Jackiewicz, Colts Neck
Megan Kayser, Middletown
Alyson Kray, Point Pleasant Beach
Ashley Liberatore, Colts Neck
Lianne Price, Colts Neck

SECOND TEAM

Allison Barbieri, Haddon Township
Lesley Barmet, Bernards
Danielle Bekas, Saddle Brook
Katy Botsford, Cresskill
Jessica Brady, Maple Shade
Lataha Brown, Kyrport
Jessica Gordon, Belvidere
Angela Hanna, Gloucester City

THIRD TEAM

Stephanie Brown, Bogota
Zoe Bukaj, Palmyra
Katie Chambers, Mountain Lakes
jeanette Franko, Metuchen
Carl Gerbino, Glen Ridge
Caitlin Hadley, Gloucester City
Angela Pannuccio, Bogota
Joan Puchalski, Metuchen

ALL-PAROCHIAL

FIRST TEAM

Julia Barker, Red Bank Catholic
Danielle Bondo, St. Dominic
Erin Geiger, Immaculate
Elizabeth Hankinson, Oak Knoll
Taryn Landers, St. Rose
Mary McCudden, RBC UJ
Lindsay VanAlstine, Hawthorne C
Rachel Watson, Msgr. Donovan

SECOND TEAM

Laura Carpenter, Vianney
Kelly Fran, Bishop Eustace
Shannon Gillespie, RBC
Katie Hazlett, Msgr. Donovan
Carley Mayo, Msgr. Donovan
Brandee Neiderhofer, Holy Spirit
Samantha Sabatots, RBC
Arianna Stefanoni, Holy Cross

THIRD TEAM

Jenna Belsoni, IHA
Brittany Chapman, Eustace
Bridget Devlin, St. Joe(H)
Liz Geiger, Immaculate
Suryya Korngay, RBC
Ashley Olsen, Bishop Eustace
Bridget Staeus, Immaculate
Cheryl Trovato, Holy Angels

FIRST TEAM

Caroline Buggs, Newark A
Annie Butler, Stuart Day
Julie Fayen, Pingry
Kiersten Huckel, Stuart Day
Hanluen Kantzer, Pennington
Katie Suchow, Pingry
Shannon Watson, Lawrenceville
Jenn Wong, Pennington

SECOND TEAM

Heidi Boris, Peddie
Laura Conway, Princeton Day
Cat Dewey, Oak Knoll
Lily Fitzpatrick, Lawrenceville
Marian Monti, Villa Walsh
Sarah Pachner, Pennington
Chloe Pellaack-Robbs, Stuart D
Yvette Zimring, Pingry

THIRD TEAM

Colleen Cooney, St. Elizabeth
Lauren Fackelman, Pingry
Kristine Goetz, Rutgers Prep
Lisa Lauderberger, Princeton D
Meredith Mikulich, Montclair K
Michelle Ok, Pingry
Misha Rurda, Pingry
Stephanie Swarnick, Pingry

ALL-PREP

FINAL TOP 20

- 1-Hunterdon Central
- 2-Toms River East
- 3-Moorestown
- 4-Red Bank Catholic
- 5-Voorhees
- 6-Shawnee
- 7-North Hunterdon
- 8-Hopewell Valley
- 9-Westfield
- 10-Middletown South
- 11-Morristown
- 12-Bishop Eustace
- 13-Toms River South
- 14-Ridgewood
- 15-Camden Wilson
- 16-Columbia
- 17-Rumson
- 18-Msgr. Donovan
- 19-Union
- 20-Montville

ALL-PASSAIC GIRLS CROSS-COUNTRY

First team

AMY CIERICH, Wayne Valley _____ Sophomore
YANIRDA MEJIA, Passaic _____ Sophomore
JESSE MIZZONE, Passaic Valley _____ Sophomore
SHANAE PRITCHETT, Passaic _____ Senior
LINDSAY VAN ALSTINE, Hawthorne Christian _____ Sophomore
KRISTEN VARINA, Hawthorne _____ Junior
YVONNE WISSE, Eastern Christian _____ Senior
TAWANA WATKINS, Kennedy _____ Junior
SHAKIRA WILLIAMS, Passaic _____ Senior

Second team

LYNETTE BAKER, Passaic _____ Senior
HANNAH CAUGHHEY, Eastern Christian _____ Sophomore
KRYSTAL CORDERO, Passaic Valley _____ Junior
MEGHAN GAFFNEY, Pompton Lakes _____ Freshman
GRISEL MARTINEZ, Passaic _____ Junior
EILEEN O'DEA, Lakeland _____ Senior
OLGA RAZUMOV, Clifton _____ Freshman
DANIELLE REARDON, Clifton _____ Freshman
SHANNON THORN, West Milford _____ Sophomore
MELISSA VAN DORN, Clifton _____ Senior

Honorable mention

Lauren Nichols and Nicole Zayetz, Clifton; Rose Candido and Jennifer Colpaert, DePaul; Jennifer McNamee and Abigail Wood, Eastern Christian; Pamela Bongiorno and Amy VanderFleet, Hawthorne; Amanda Tart, Hawthorne Christian; Calisea Ashman and Teala Morrison, Kennedy; Stacy Bierwas and Nicole Volght, Lakeland; Ann Merkle and Maria Teodoro, Manchester; Alejandra Mondregon and Carolina Valera, Passaic; Andrea Herbert and Yhounic Vassell, Passaic Tech; Melissa Spencer, and Erin Wilk, Passaic Valley; Janell Bender and Joyce Markowicz, Pompton Lakes; Erin Fimon and Julia Stefaniczky, Wayne Hills; Jamie Menegas and Gina Nasissi, Wayne Valley; Genevieve Jeuck and Katelyn Wiltshire, West Milford.

ALL-BERGEN GIRLS CROSS-COUNTRY

First team

JENNA BAUBERGER, Indian Hills _____ Freshman
BRIANA BAYERSDORFER, River Dell _____ Junior
SHANEIKA BERNARD, Hackensack _____ Sophomore
MELISSA CONWAY, Ramsey _____ Senior
BELMAX DEJESUS, Fort Lee _____ Senior
ERIN HENRY, Glen Rock _____ Junior
JUSTINE LUPO, Ridgewood _____ Freshman
JEN MYERS, Ramapo _____ Senior
CLAIR NOWAKOWSKI, Ridgewood _____ Junior

Second team

SOPHIA BARTON, Leonia _____ Junior
DANIELLE BEKAS, Saddle Brook _____ Senior
JENNA BELISONZI, Immaculate Heart _____ Senior
CAROL ANN BULLEN, Paramus _____ Junior
FELICIA CHEVALIER, Dumont _____ Sophomore
SHEILA CHITHRAN, NV/Demarest _____ Junior
PEGGY LYNCH, Ridgewood _____ Junior
MARIANNE PETRINO, Indian Hills _____ Senior
SABRINA SILVERSTEIN, Ramsey _____ Senior

Third team

ERIN BAUBERGER, Indian Hills _____ Junior
KATY BOTSFORD, Cresskill _____ Junior
MONICA GADKARI, Mahwah _____ Senior
AMY GOHLICH, Westwood _____ Junior
JACKIE GOULART, Ridgewood _____ Junior
MARIA PAVKOVITCH, Garfield _____ Junior
CHRISTINA TRIANTAFILDI, Indian Hills _____ Sophomore
VIRGINIA WESTERVELT, NV/Demarest _____ Sophomore
JAI-MARIE ZACCO, NV/Old Tappan _____ Senior

Honorable mention

Stephanie Abbatiello, Bergenfield; Stephanie Brown, Bogota; Amy Bembridge and Sue Gleemann, Dumont; Daphne Aronowitz and Sara Weissbard, Fair Lawn; Christina Pedersen, Hackensack; Cheryl Trovato, Holy Angels; Theresa Hearn and Erin Kallman, Immaculate Heart Academy; Jessica DeBoer and Allison Eckmayer, Indian Hills; Marissa Maler and Tamara Mans, NV/Old Tappan; Kayla Herrera, Palisades Park; Alyssa Ross, Pasack Hills; Katie Diana, Ava Scacchetti, Sarah Walcott-Sapp, and Jill Wesells, Pasack Valley; Kelly Beaudry, Noel DiPaola, and Caroline Hockmeyer, Ramsey; Diane Zambrano, Ridgfield Park; Rebecca Johnson and Lauren Lillis, Ridgewood; Sheena MacFarlane, River Dell; Danielle Amato, Saddle Brook; Sarah Adelson and Julia Emanuel, Tenafly.

THE CROSS-COUNTRY REPORT

Paths to glory



Rutherford's COLE DAILEY



Wayne Valley's DEREK STORBECK

The time has come to announce the eighth annual Schwartz Awards for excellence during the 2000 cross-country season.

RUNNERS OF THE YEAR — Two very difficult decisions this year. For the boys, Bergen County champion Peter Gerboth of Don Bosco Prep is the only runner who finished in under 16 minutes at Darlington County Park and also won the NJCTC and Bergen 4 meets. Passaic County champion Derek Storbeck of Wayne Valley, Matt Collins of Ramsey, Owen Bourgholtzer of Mahwah, and Joshua Robinson of River Dell were also contenders.

But the boys choice is Cole Dailey of Rutherford. Dailey had some bad races, including an incomprehensible fifth in Bergen 2 and seventh in the Bergen Meet of Champions. But he won the BCSL American and sectional 2 races, took second in state Group 2, posted an area best 28th in the State Meet of Champions, and beat every other runner in Bergen at least twice.

The girls choice is even more difficult. Melissa Conway of Ramsey has had one of the greatest careers in the history of New Jersey cross-country. Despite an unfortunate illness that cost her a third straight top five finish in the SMOC (she finished 17th), she won the BMOG and five other major titles, including a third straight Triple Crown.

But few North Jersey runners have ever had the year sophomore Jesse Mizzone of Passaic Valley enjoyed. She won seven major individual titles, including a Group 3 State title and finished second in the SMOC in one of the fastest times in area history. She reinforced that with a dramatic 11th-place finish in the Northeast Regional. So by the narrowest of margins, she earns the award over Conway.

NEWCOMERS OF THE YEAR — Candidates for this year's boys award include top 50 BMOG finishers Kyle Engelen of Ridgewood and Mike Fonder of River Dell, Indian Hills frosh Matt Klypka, Clifton freshman Paul Kornaszewski, who finished in the top 10 in Passaic, and brothers Jon and Chris Healey of Wayne Valley, who had excellent top 10 finishes in the Passaic meet.

But the award winner is sophomore Dane Garlasco of Northern Valley at

Demarest, who in his first season in the sport earned a top 10 finish in the BMOG and nearly made the State Meet of Champions.

The girls choice was much easier. Justine Lupo of Ridgewood and Jenna Bauberger of Indian Hills had outstanding top 10 BMOG freshman years and Danielle Bekas of Saddle Brook had an outstanding senior year, her only year in the sport. Yanirda Mejia of Passaic, a sophomore, also enjoyed tremendous success in her first year.

But the clear newcomer of the year was soccer convert Erin Henry of Glen Rock. Not new to running, she won Group 1 State titles last spring in the 800, 1,600, and 3,200 races. But new to cross-country as a junior, she was second in the BMOG and had the best Bergen finish in the SMOC, placing 13th after a second-place finish in State Group 1.

RACES OF THE YEAR — Palisades Park's tight two-point win in the Group 1 State championship was easily the team race of the year. Runners-up include Ramsey's great girls race at the NBL meet, River Dell's one-point win over Northern Valley/Demarest in the Bergen 3 boys race, and Don Bosco Prep's fine fifth-place race in the SMOC.

Individually, Robinson and Collins won tight races at the Shore Invitational over fine fields and Lindsay Van Alstine of Hawthorne Christian became the first area girl to win two state titles with her victory in the Parochial B meet.

But the award goes to Gerboth for his terrific race in the BMOG, where five runners finished within 10 seconds of each other.

LOOKING AHEAD — In Bergen County, 12 of the top 25 runners from the boys race at the Bergen Meet of Champions will return, including the top four finishers. Seven of those 12 will only be juniors, so hopefully the two-year top 25 drought in the State Meet of Champions will come to an end.

Twenty of the top 30 girls in the BMOG also return, including Nos. 2, 3, and 4 and seven of the top 10. So the county's run of excellence in the SMOC should continue.

In Passaic County, 10 of the top 25 boys return, with only one of the top seven not graduating. The girls graduate only eight of the top 25 and five of their senior return, with four back for their junior year.

Mizzone and Van Alstine are the top two returnees in the state and might battle it out to see who can become Pas-

saic County's first SMOC winner.

Considering all the returnees, it looks like 2001 will be another excellent year for North Jersey cross-country performers.

2000 TOP AREA TIMES

DARLINGTON COUNTY PARK

BOYS
Bergen and Course Record — Bob Keino, Ridgewood, 1993, 15:05.
Passaic Record — Andres Cordeiro, Passaic Valley, 1998, 15:47.

Peter Gerboth, Don Bosco Prep — 15:58; Joshua Robinson, River Dell — 16:02; Owen Bourgholtzer, Mahwah — 16:03; Andrew Lovrich, Ramsey — 16:06; James Clifford, Don Bosco Prep — 16:09; Cole Dailey, Rutherford — 16:17; Matt Collins, Ramsey — 16:20; Peter Tavis, River Dell — 16:28; Mike Accoridino, NV/Demarest — 16:30; Dane Garlasco, NV/Demarest — 16:31.

GIRLS
Bergen and Course record — Jenna Rogers, Ridgewood, 1995, 17:49.
Passaic record — Jesse Mizzone, Passaic Valley, 2000, 19:17.
Melissa Conway, Ramsey — 18:34; Jesse Mizzone, Passaic Valley, and Erin Henry, Glen Rock — 19:17; Shanika Bernard, Hackensack — 19:22; Clair Nowakowski, Ridgewood — 19:25; Jen Myers, Ramapo — 19:26; Briana Bayersdorfer, River Dell — 19:30; Shakira Williams, Passaic — 19:51; Katie D'Acio, Westwood, and Justine Lupo, Ridgewood — 20:05.

GARRET MOUNTAIN

BOYS
Bergen and Course record — Bob Keino, Ridgewood, 1993, 18:32.
Passaic record — Jeff Van Horn, Wayne Valley, 1981, 15:34.
Cole Dailey, Rutherford — 16:36; Matt Collins, Ramsey — 16:45; Derek Storbeck, Wayne Valley — 16:48; Owen Bourgholtzer, Mahwah — 16:51; Joshua Robinson, River Dell — 16:53; James Clifford, Don Bosco Prep — 16:56; Dane Garlasco, NV/Demarest, and Jon Healey, Wayne Valley — 17:01; Andrew Lovrich, Ramsey — 17:02; Rich Weimert, Don Bosco — 17:07.

GIRLS
Course record — Christi Constantin, Kittatiny, 1987, 17:58.5.
Bergen record — Toni Ann Angione, Bergenfield, 1984, 18:01.
Passaic record — Missy Duchini, Wayne Valley, 1983, 18:12.
Melissa Conway, Ramsey — 19:52; Jesse Mizzone, Passaic Valley — 19:55; Lindsay Van Alstine, Hawthorne Christian — 19:22; Jen Myers, Ramapo — 19:36; Clair Nowakowski, Ridgewood — 19:59; Shakira Williams, Passaic — 20:08; Tawana Wilkins, Kennedy — 20:17; Shanika Bernard, Hackensack — 20:28; Briana Bayersdorfer, River Dell — 20:30; Jenna Bauberger, Indian Hills — 20:31.

HOLMDEL COUNTY PARK

BOYS
Bergen record — Bob Keino, Ridgewood, 1993, 15:50.
Passaic record — Tony Williams, Kennedy, 1962, 16:01.
Peter Gerboth, Don Bosco Prep — 16:32; Cole Dailey, Rutherford — 16:44; Matt Collins, Ramsey — 16:48; Andrew Lovrich, Ramsey — 16:50; James Clifford, Don Bosco Prep — 16:52; Joshua Robinson, River Dell — 16:55; Owen Bourgholtzer, Mahwah — 16:56; Derek Storbeck, Wayne Valley — 17:03; Sean Swift, Don Bosco Prep — 17:13; Rich Weimert, Don Bosco Prep — 17:15.

GIRLS
Bergen record — Patti Milecki, Ridgewood, 1992 and Toni Ann Angione, Bergenfield, 1984, 18:29.
Passaic record — Jen Van Horn, Wayne Valley, 1984, 18:26.
Jesse Mizzone, Passaic Valley — 19:14; Lindsay Van Alstine, Hawthorne Christian — 19:30; Melissa Conway, Ramsey — 19:38; Erin Henry, Glen Rock — 19:48; Briana Bayersdorfer, River Dell — 20:06; Clair Nowakowski, Ridgewood — 20:09; Passaic — 20:27.
Justine Lupo, Ridgewood — 20:40; Jen Myers, Ramapo — 20:46.



Ramsey's MELISSA CONWAY



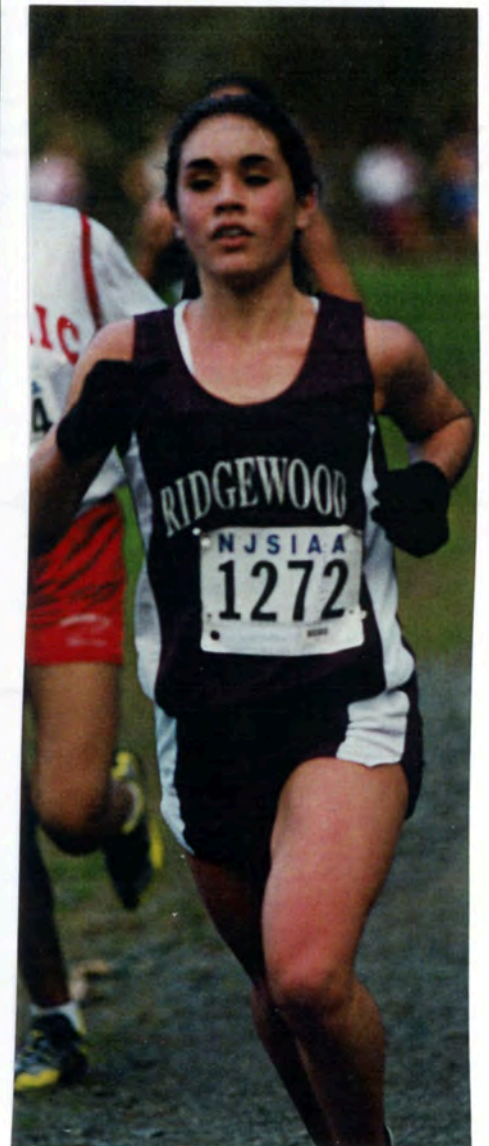
Passaic Valley's JESSE MIZZONE



PAUL SCHWARTZ

Ridgewood Cross Country 2000

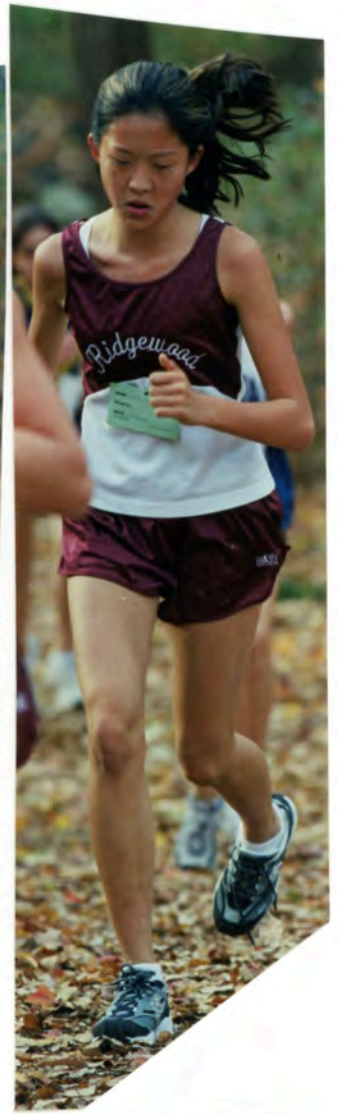












Photos by Jacob Brown



GIRLS CROSS-COUNTRY

B-PSL

EAST. CHRIS. 25, GLEN ROCK 30 EAST. CHRIS. 15, WALDWICK 50 GLEN ROCK 15, WALDWICK 50

1. Yvonne Wisse (EC)	23:08.
2. Hannah Caughey (EC)	24:21.
3. Libretto (GR)	25:08.
4. Cica Burke (GR)	25:25.
5. Jen McNamee (EC)	25:57.

Course: at Goffie Brook Park; Distance: 3.1 mi.
Team records: Eastern Christian (2-0); Glen Rock (1-1); Waldwick (0-2).

SADD. BROOK 24, MID. PARK 31 SADD. BROOK 15, IMMAC. CONC. 50 MID. PARK 15, IMMAC. CONC. 50

1. Danielle Bekas (SB)	22:51.
2. Danielle Amato (SB)	23:34.
3. Lori Magda (MP)	26:34.
4. Sherry McKeever (MP)	28:38.
5. Dayna Caine (MP)	28:59.

Course: Garrett Mountain, West Paterson; Distance: 3.1 mi.
Team records: Saddle Brook (2-0); Midland Park (1-1); Immac. Conc. (0-2).

GARFIELD 27, HAWTHORNE 28 GARFIELD 23, PASS. TECH 32 HAWTHORNE 21, PASS. TECH 34 POMP. LAKES 24, GARFIELD 34 POMP. LAKES 25, HAWTHORNE 35 POMP. LAKES 17, PASS. TECH 43

1. Maria Pavkovich (Gar)	21:25.
2. Kristen Varina (Haw)	22:20.
3. Meghan Gaffney (PL)	23:49.
4. Melissa Oliveri (Gar)	24:25.
5. Joyce Maerowiec (PL)	24:25.
6. Janell Bender (PL)	24:32.
7. Pam Bongiorno (Haw)	25:09.
8. Yhounic Vassel (PCT)	25:36.
9. Kristen Faucetta (PL)	25:37.
10. Amy Vanderfield (Haw)	25:56.

Course: Passaic Tech, Wayne; Distance: 3.1 mi.
Team records: Pompton Lakes (3-0); Garfield (2-1); Hawthorne (1-2); Passaic Tech (0-3).

NBIL

PASC. VALL. 20, NORTH. HIGH. 41 PASC. VALL. 19, MAHWAH 41 MAHWAH 27, NORTH. HIGH. 28

1. Sarah Wallcott-Sapp (PV)	22:29.
2. Monica Gadkari (M)	22:36.
3. Jill Wessels (PV)	22:37.
4. Sarah Christensen (NH)	22:42.
5. Kate Diana (PV)	22:48.

Course: at Pascack Valley; Distance: 3.1 mi.
Team records: Pascack Valley (2-0); Mahwah (1-1); Northern Highlands (0-2).

RAMSEY 19, PASC. HILLS 44 RAMSEY 23, RAMAPO 38 RAMAPO 18, PASC. HILLS 45

1. Melissa Conway (RS)	19:03.
2. Margaret Park (RP)	20:02.
3. Jen Meyers (RP)	20:42.
4. Alyssa Ross (PH)	21:01.
5. Sabrina Silverstein (RS)	21:25.
6. Kelly Beaudry (RS)	22:55.
7. Marissa Matteo (RS)	22:55.
8. Frankie LaVigna (RS)	22:55.

Course: at Pascack Hills; Distance: 3.1 mi.
Team records: Ramsey (2-0); Ramapo (1-1); Pascack Hills (0-2).

NV/DMRST. 25, FAIR LAWN 30 NV/DMRST. 15, WAYNE HILLS 49 FAIR LAWN 15, WAYNE HILLS 43

1. Daphne Aronovits (FL)	19:51.
2. Sheila Chilthran (NVD)	20:47.
3. Virginia Westervelt (NVD)	20:47.
4. Sari Weissbard (FL)	21:49.
5. Sarah Oshman (NVD)	22:34.

Course: Fair Lawn H.S.; Distance: 3.1 mi.
Team records: NV/Demarest (2-0); Fair Lawn (1-1); Wayne Hills (0-2).

IND. HILLS 18, BRGNFLD. 31 NV/OLD TAPP. 18, BRGNFLD. 43 NV/OLD TAPP. 27, IND. HILLS 28

1. Jai-Marie Zacco (OT)	21:09.
2. Maryanne Patrino (IH)	21:26.
3. Gina Bauberger (IH)	21:38.
4. Marissa Maier (OT)	21:42.
5. Erin Bauberger (IH)	21:44.

Course: NV/Old Tappan H.S.; Distance: 3.1 mi.
Team records: NV/Old Tappan (2-0); Indian Hills (1-1); Bergenfield (0-2).

GIRLS CROSS-COUNTRY

NNJIL

MONTCLAIR 15, BELLEVILLE 50

1. Jesse Manners (M)	21:42.
2. Lajuan Samuels (M)	23:46.
3. Sarah Donovan (M)	24:14.
4. Jen Schwartz (M)	25:55.
5. Heather Ang (M)	26:38.

Course: Nutley; Distance: 3.1 mi.
Team records: Montclair (1-0); Belleville (1-0).

CLIFTON 25, HACKENSACK 32

1. Shanika Bernard (H)	22:49.
2. Christina Pedersen (H)	23:57.
3. Nicole Cayatz (C)	23:59.
4. Melissa Van Dorn (C)	24:19.
5. Lauren Nichols (C)	24:59.

Course: Garret Mtn.; Distance: 3.1 mi.
Team records: Clifton (1-0); Hackensack (0-1).

RIDGEWOOD 15, TEANECK 50

1. Claire Nowakowski (R)	19:52.
2. Rebecca Johnson (R)	21:58.
2. Alexandra Oros (R)	21:58.
2. Peggy Lynch (R)	21:58.
5. Jackie Goulart (R)	22:09.

Course: Ridgewood; Distance: 3.1 mi.
Team records: Ridgewood (1-0); Teaneck (0-1).

PASSAIC 26, KENNEDY 31

1. Tawanna Watkins (K)	21:37.
2. Shaquilia Beason (K)	22:00.
3. Yanirida Mejias (P)	22:25.
4. Alejandra Mondragon (P)	24:19.
5. Shakira Williams (P)	24:57.

Course: Garret Mountain; Distance: 3.1 mi.
Team records: Passaic (1-0); Kennedy (0-1).

PARAMUS 15, NUTLEY 50

1. Carol Bullem (P)	20:01.
2. Katie Tucker (P)	20:02.
3. Christina Boyle (N)	20:32.
4. Meaghan Williams (N)	20:49.
5. Laurie Manzara (P)	21:22.

Course: Nutley; Distance: 2.8 mi.
Team records: Paramus (1-0); Nutley (0-1).

Northern Hills

MORRIS CATH. 18, W. MILFORD 37 W. MILFORD 27, PEQUANNOCK 27 ST. ELIZABETH 26, W. MILFORD 29 CALDWELL 21, WEST MILFORD 36 WEST MILFORD 15, ORANGE 50 W. MILFORD 15, CLIFF. SCOTT 50

1. Lia Bella (MC)	22:16.
2. Kelly Timoney (P)	22:24.
3. Colleen Cooney (SE)	22:40.
4. Biddy Bewalder (MC)	22:45.
5. Noreen Kelly (SE)	23:14.
6. Amanda Beck (WM)	23:35.
7. Jen Lyons (MC)	23:54.
8. Mary Kate (MC)	24:06.
9. Min Yoon (C)	24:37.
10. Bridget Gardner (C)	24:42.

Course: Lewis Morris Park, Morristown; Distance: 3.1 mi.
Team records: Morris Catholic (6-0); Caldwell (5-1); St. Elizabeth (4-2); West Milford (3-3); Pequannock (3-3); Clifford Scott (0-6); Orange (0-6).

WAYNE VALLEY 15, BUTLER 40 WAYNE VALLEY 17, DEPAUL 38 WAYNE VALLEY 25, LAKELAND 30 WAYNE VALLEY 17, MADISON 38 WAYNE VALLEY 26, MILLBURN 29

1. Elizabeth Siegle (Mill)	22:24.
2. Amy Cierech (WV)	23:59.
3. Eileen O'Dea (L)	24:06.
4. Lauren Dacey (Mill)	24:44.
5. Gina Nassissi (WV)	25:54.

Course: Delbarton; Distance: 3.1 mi.
Team records: Wayne Valley (5-0).

GIRLS CROSS-COUNTRY

9-13

Dumont 15	Cliffside Park 49
Dumont 25	Fort Lee 30
Dumont 26	Tenafly 29
Fort Lee 15	Cliffside Park 43
Rutherford 28	River Dell 31
Tenafly 15	Cliffside Park 48
Tenafly 23	Fort Lee 32
Westwood 15	Englewood 50

GIRLS CROSS-COUNTRY

BCSL American

9-14

WESTWOOD 15, ENGLEWOOD 50

1. Katie D'Aco (W)	21:55.
2. Amy Gohllich (W)	22:26.
3. Krista Asadorian (W)	26:03.
4. Paula Fitzpatrick (W)	29:44.
5. Jenn Lonschein (W)	29:44.

Course: Westwood; Distance: 3.1 mi.
Team records: Westwood (1-0); Englewood (0-1).

RUTHERFORD 28, RIVER DELL 31

1. Cas Schweiger (RI)	23:03.
2. Melissa Svittl (Ru)	23:47.
3. Sheena MacFarlane (RI)	24:14.
4. Nayirje Kuyumjian (RI)	24:57.
5. Cathy Finneran (Ru)	25:31.

Course: River Dell; Distance: 3.1 mi.
Team records: River Dell (0-1); Rutherford (1-0).

TENAFLY 23, FORT LEE 32 DUMONT 25, FORT LEE 30 FORT LEE 15, CLIFFSIDE PARK 43 DUMONT 26, TENAFLY 29 TENAFLY 15, CLIFFSIDE PARK 48 DUMONT 15, CLIFFSIDE PARK 49

1. Belmax DeJesus (FL)	20:29.
2. Sarah Adelson (T)	21:25.
3. Felicia Chevallier (D)	21:52.
4. Amy Bembridge (D)	22:16.
5. Sue Giesemann (D)	22:17.
6. Julia Emmanuel (T)	22:50.
7. Shana Don (FL)	23:12.
8. Melanie Horn (T)	23:21.
9. Malena Caballero (D)	23:53.
10. Bina Felson (T)	24:25.

Course: Darlington; Distance: 3.1 mi.
Team records: Dumont (3-0); Tenafly (2-1); Fort Lee (1-2); Cliffside Park (0-3).

CROSS-COUNTRY

Season Opener Invit.

At Darlington County Park, Mahwah

VARSITY BOYS A

Team scores:

Christian Brothers Academy 18, Don Bosco Prep (DB) 49, Bergen Catholic (BC) 100, Ridgewood 106, Passaic (P) 156, St. Joseph Regional (SJR) 184, North Bergen (NB) 192, Northern Highlands (NH) 202, Cliffside Park (CP) 247, Nutley (N) 270, Garfield (G) 327.

RESULTS

1. Nat Glackin, CBA	16:13.
2. Jeff Peterson, CBA	16:17.
3. James Clifford, DB	16:21.
4. Trevor Rozier-Byrd, CBA	16:23.
5. Erich Reulbach, CBA	16:33.
6. Tom Falvey, CBA	16:38.
7. Peter Gerboth, DB	16:52.
8. Trevor Scott, R	17:03.
9. Dean Cantamessa, BC	17:03.
10. Kevin Slattery, DB	17:04.
11. Ken Sinkovitz, BC	17:04.
12. Tim Sheehan, CBA	17:04.
13. Chris Reiner, DB	17:06.
14. Mike Durso, CBA	17:07.
15. Chris Perez, R	17:15.
16. Matt Horesta, DB	17:17.
17. J.C. O'Hara, BC	17:18.
18. Alan Acosta, Bergenfield	17:19.
19. Mike Bonchonsky, Nutley	17:30.
20. Jesse O'Donnell, SJR	17:31.

VARSITY BOYS B

Team scores:

Ridgfield (RF) 72, Rutherford (RU) 75, Leonia (L) 82, Dumont (DUM) 102, Cresskill (CR) 103, Westwood (WW) 123, Pascack Valley (PV) 131, Pascack Hills (PH) 166.

RESULTS

1. Cole Dailey, RU	16:51.
2. Travis Hawkins, L	17:20.
3. Brendan Sullivan, Tenafly	17:29.
4. Ross Fiol, Saddle Brook	17:32.
5. Zachary Lerner, Tenafly	17:34.
6. Eamon Monaghan, RU	17:38.
7. Dan DiGregorio, PV	17:39.
8. Steve Begley, CR	17:40.
9. Albert Argueles, CR	17:47.
10. Pat DeLuca, PV	17:47.
11. Joe Licitra, L	17:47.
12. Billy Fitzpatrick, DU	18:06.
13. Rob Lado, RF	18:11.
14. Edler Castano, Palisades Park	18:23.
15. Miguel Centeno, Palisades Park	18:26.
16. Allen Connell, RF	18:39.
17. Barry Dineen, DU	18:42.
18. Quentin Hoffman, RF	18:46.
19. Dave Scharfstein, PH	18:47.
20. Mike Amato, Saddle Brook	18:52.

VARSITY GIRLS A

Team scores:

Passaic (P) 45, Holy Angels (HA) 69, Hackensack (H) 85, Fort Lee (FL) 99, Lakeland (L) 155, Paramus Catholic (PC) 168, Garfield (G) 170, Cliffside Park (CP) 216.

RESULTS

1. Jesse Mizzone, Passaic Valley	19:17.
2. Shakira Williams, P	20:04.
3. Belmax DeJesus, FL	20:14.
4. Shaneika Bernard, H	20:19.
5. Maria Pavkovitch, G	20:59.
6. Cheryl Trovato, HA	21:08.
7. Shanae Pritchett, P	21:15.
8. Denise DiPaolo, North Bergen	21:20.
9. Christina Boyle, Nutley	21:34.
10. Yanirda Mejia, P	21:37.
11. Carol Ann Bullen, Paramus	21:40.
12. Alejandra Mondragon, P	22:19.
13. Caitlin McDonald, HA	22:32.
14. Alexis Toon, H	22:33.
15. Shana Don, FL	22:34.
16. Carli Devir, HA	22:39.
17. Christina Petersen, H	22:41.
18. Eileen O'Dea, L	22:42.
19. Carolina Valera, P	23:01.
20. Meghan Hargrave, HA	23:15.

VARSITY GIRLS B

Team scores:

Pascack Valley (PV) 50, Dumont (DUM) 53, Ridgfield (RF) 98, Cresskill (CR) 112, Rutherford (RU) 121, Pompton Lakes (PL) 134.

RESULTS

1. Katie D'Aco, Westwood	20:05.
2. Felecia Chavaller, DUM	20:45.
3. Amy Gohllich, Westwood	20:55.
4. Danielle Bekas, Saddle Brook	21:04.
5. Alyssa Ross, Pascack Hills	21:10.
6. Danielle Amato, Saddle Brook	21:23.
7. Ava Scacchetti, PV	21:25.
8. Amy Bembridge, DUM	21:45.
9. Julie Emanuel, Tenafly	21:46.
10. Andrea Salmon, Pascack Hills	21:50.
11. Sue Giesemann, DUM	21:53.
12. Katy Botsford, CR	21:58.
13. Meghan Gafney, PL	22:09.
14. Melissa Svitli, RU	22:15.
15. Sarah Walcott-Sapp, PV	22:21.
16. Sophia Barton, Leonia	22:23.
17. Kate Diana, PV	22:42.
18. Karen Mitchell, PV	22:53.
19. Melanie Horn, Tenafly	23:00.
20. Jill Wessels, PV	23:07.

GIRLS CROSS-COUNTRY

NNJIL

9-18

PARAMUS 20, TEANECK 35

1. Carrol Bullen (P)	22:32.
2. Katie Tucker (P)	23:25.
3. Laurie Mandaraz (P)	23:38.
4. Sara Schaumburg (T)	23:45.
5. Allison Metz (T)	23:45.

Course: Teaneck; Distance: 3.1 mi.
Team record: Teaneck (0-2).

PASSAIC 21, HOLY ANGELS 35

1. Shakira Williams (P)	21:11.
2. Cheryl Trovato (HA)	21:49.
3. Yanirda Mejia (P)	21:59.
4. Shanae Pritchett (P)	23:11.
5. Alejandra Mondragon (P)	23:42.

Course: Garret Mtn., West Paterson; Distance: 3.1 mi.
Team records: Passaic (2-0); Holy Angels (1-1).

CLIFTON 27, BLOOMFIELD 33

1. Nicole Rely (B)	22:10.
2. Emma Wilson (B)	22:11.
3. Lauren Nichols (C)	22:55.
4. Melissa Van Dorn (C)	23:00.
5. Nicole Zayatz (C)	23:11.

Course: Brookdale Park; Distance: 3.1 mi.
Team records: Clifton (2-0); Bloomfield (0-1).

IHA 15, BELLEVILLE 50

1. Jenna Belisenzl (IHA)	20:15.
2. Erin Burtz (IHA)	21:42.
3. Theresa Hoarn (IHA)	22:02.
4. Katie Fry (IHA)	23:34.
5. Christine Wood (IHA)	23:36.

Course: Nutley; Distance: 3.1 mi.
Team records: IHA (1-0); Belleville (0-2).

KENNEDY 15, EASTSIDE 45

1. Tawana Watkins (K)	22:41.
2. S. Beason (K)	22:46.
3. Diana Sanchez (K)	23:42.
4. Morrison (K)	23:57.
5. Ashman (K)	27:02.

Course: Eastside Park, Paterson; Distance: 3.1 mi.
Team records: Kennedy (1-1); Eastside (0-1).

RIDGEWOOD 17, NUTLEY 43

1. Clair Nowakowski (R)	19:15.
2. Peggy Lynch (R)	21:32.
3. Julia Foresman (R)	22:05.
4. Courtney Kopf (N)	22:14.
5. Alexandra Oros (R)	22:37.

Course: Ridgewood; Distance: 3.1 mi.
Team records: Ridgewood (2-0).

B-PSL

SADD. BROOK 27, GARFIELD 28
SADD. BROOK 25, EAST. CHRIS. 30
SADD. BROOK 15, IMMAC. CONC. 50
GARFIELD 25, EAST. CHRIS. 30
GARFIELD 15, IMMAC. CONC. 45
EAST. CHRIS. 16, IMMAC. CONC. 48

1. Lindsay Van Aistine (HC)	19:23.
2. Maria Pavkovitch (G)	20:06.
3. Danielle Deas (SB)	20:12.
4. Yvonne Wisse (EC)	21:09.
5. Danielle Amato (SB)	21:32.
6. Hannah Caughey (EC)	21:44.
7. Melissa Oliveri (G)	23:30.
8. Dawn DiDella (SB)	24:34.
9. Christina Foroglou (G)	24:48.
10. Lin Sala (G)	25:24.

Course: Garfield; Distance: 3.1 mi.
Team records: Saddle Brook (6-0), E. Christian (3-2); Garfield (4-2); Immac. Conc. (0-6).

GLEN ROCK 27, POMPT. LAKES 29
GLEN ROCK 20, PASS. TECH 25
GLEN ROCK 15, MID. PARK 50
PASS. TECH 27, MID. PARK 29

1. Erin Henry (GR)	20:39.
2. Meghan Gaffney (PL)	22:09.
3. Katherine Libretto (GR)	23:08.
4. Joyce Markowicz (PL)	23:44.
5. Andre Herbert (PT)	23:50.
6. Janell Bender (PL)	23:55.
7. Bridget Burke (GR)	24:07.
8. Yhounic Vassell (PT)	24:52.
9. Kristin Faucetta (PL)	24:55.
10. Brenna O'Rourke (GR)	25:00.

Course: Glen Rock; Distance: 3.1 mi.
Team records: Glen Rock (4-1); Pompton Lakes (4-1), Passaic Tech (1-4); Midland Park (1-4).

HAWTHORNE 15, MANCHESTER 50

1. Kristin Varina (H)	20:12.
2. Amy Vanderfliet (H)	23:09.
3. Pam Bonjorno (H)	23:29.
4. Brenna Rooney (H)	23:36.
5. Christina DeRosa (H)	25:46.

Course: Manchester H.S.; Distance: 3.0 mi.
Team record: Manchester (0-1).

WALDWICK 15, MANCHESTER 50

1. Cate Kowalczyk (W)	22:19.
2. Lisa Arluna (W)	24:37.
3. Danielle Reuter (W)	25:55.
4. Anne Merkel (M)	26:15.
5. Maria Teodoro (M)	27:31.

Course: Manchester H.S.; Distance: 3.0 mi.
Team record: Manchester (0-2).

HAWTHORNE 20, WALDWICK 35

1. Kristin Varina (H)	20:12.
2. Cate Kowalczyk (W)	22:19.
3. Amy Vanderfliet (H)	23:09.
4. Pam Bonjorno (H)	23:29.
5. Brenna Rooney (H)	23:36.

Course: Manchester H.S.; Distance: 3.0 mi.

NNJIL

RAMSEY 15, WAYNE HILLS 50
PASC. VALL. 15, WAYNE HILLS 50
PASC. VALL. 25, RAMSEY 30

1. Melissa Conway (R)	22:04.
2. Sabrina Silverstein (R)	22:04.
3. Ava Scacchetti (PV)	22:29.
4. Sara Walcott-Sapp (PV)	22:49.
5. Kate Diana (PV)	22:59.
6. Jill Wessels (PV)	23:06.
7. Karen Mitchell (PV)	23:12.

Course: Wayne Hills; Distance: 3.1 mi.
Team records: Ramsey (3-1); Wayne Hills (0-4); Pascack Valley (4-0).

FAIR LAWN 22, MAHWAH 35
NV/OLD TAPP. 16, MAHWAH 47
NV/OLD TAPP. 21, FAIR LAWN 39

1. Daphne Aronavits (FL)	20:46.
2. Mairisa Maier (OT)	21:08.
3. Marie Zacco (OT)	21:27.
4. Kim Tardalo (OT)	21:52.
5. Sari Weissbard (FL)	21:53.
6. Tamara Mans (OT)	22:13.
7. Monica Gadkari (M)	22:36.

Course: Darlington; Distance: 3.1 mi.
Team records: Fair Lawn (2-2); Mahwah (1-3); NV/Old Tappan (4-0).

**IND. HILLS 20, PASC. HILLS 41
IND. HILLS 18, NO. HIGH. 45
NO. HIGH. 28, PASC. HILLS 29**

1. Jenna Bauberger (IH)	22:06.
2. Maryanne Petrino (IH)	22:11.
3. Sara Christen (NH)	22:17.
4. Andrea Salmon (PH)	22:27.
5. Tina Triantafillida (IH)	22:42.
6. Alyssa Ross (PH)	22:55.
7. Erin Bauberger (IH)	23:08.

Course: Indian Hills; Distance: 3.05 mi.
Team records: Indian Hills (3-1); Pascack Hills (0-4);
No. Highlands (1-3).

**RAMAPO 20, NV/DMRST. 38
RAMAPO 15, BRGNFLD. 50
NV/DMRST. 15, BRGNFLD 50.**

1. Margaret Park (R)	19:47.
2. Jen Myers (R)	20:03.
3. Stephanie Abbatiello (B)	20:40.
4. Virginia Westervelt (D)	20:44.
5. Laura Corcoran (R)	22:09.
6. Marissa Cassidy (R)	22:21.
7. Sara Oshman (D)	22:30.

Course: Ramapo High School; Distance: 3.1 mi.
Team records: Ramapo (3-1); Denmarst (3-1); Ber-
genfield (0-4).

**GIRLS
CROSS-COUNTRY**

BCSL American

9-19

CLIFF. PARK 20, RIDGE. PARK 43

1. Diane Zambrano (RP)	20:56.
2. Natasha Picinic (CP)	24:53.
3. Kim Barry (CP)	24:55.
4. Stacey Harries (CP)	27:53.
5. Seema Singh (CP)	27:53.

Course: Ridgefield Park; Distance: 3.1 mi.
Team records: Cliffside (1-3); Ridgefield Park (0-1).

**DUMONT 21, RUTHERFORD 34
DUMONT 15, WESTWOOD 50
RUTHERFORD 15, WESTWOOD 50**

1. Amy Gohlich (W)	20:48.
2. Katie D'aco (W)	21:02.
3. Felicia Chevalier (D)	21:36.
4. Melissa Svtilil (R)	21:44.
5. Suzie Giesemann (D)	22:09.
6. Amy Bembridge (D)	22:34.
7. Malena Caballero (D)	24:12.

Course: Darlington; Distance: 3.1 mi.
Team records: Dumont (5-0); Rutherford (2-1);
Westwood (1-2).

Northern Hills

**MONTVILLE 15, W. MILFORD 43
W. MILFORD 24, WAYNE VALLEY 33
W. MILFORD 20, WEST ORANGE 39
W. MILFORD 15, BUTLER 50**

1. Ashely Wolf (M)	21:52.
2. Colleen Cooney (SE)	22:09.
3. Kelly Timoney (P)	22:42.
4. Gill Galleghar (M)	23:06.
5. Julie Kim (M)	23:00.
6. Christina Scherer (M)	23:14.
7. Mengi Kim (M)	23:26.
8. Amy Clerich (WV)	23:34.
9. Amanda Beck (WM)	23:44.
10. Rachel Toye (WM)	23:44.

Course: Lewis Morris Park; Distance: 3.1 mi.
Team records: West Milford (6-4); Montville (9-0);
West Orange (2-7); Wayne Valley (3-6); Butler (0-10).

**PASSAIC VALL. 15, MADISON 50
PASSAIC VALL. 28, MILLBURN 29
PASSAIC VALL. 15, MORRIS CATH. 50
PASSAIC VALL. 15, ORANGE 50**

1. Jesse Mizzone (PV)	20:16.
2. Lauren Dacey (MI)	24:39.
3. Krystal Cordero (PV)	24:42.
4. Erin Wilk (PV)	24:55.
5. Caitlin McKie (MI)	24:57.

Course: Passaic Valley; Distance: 3.1 mi.
Team records: Passaic Valley (4-4).

**GIRLS
CROSS-COUNTRY**

NNJIL

9-20

PARAMUS 15, BELLEVILLE 50

1. Carol Bullen (P)	21:27.
2. Katie Tucker (P)	22:59.
3. Lori Mandara (P)	23:52.
4. Meghan Judge (P)	24:59.
5. Amanda Ax (P)	26:09.

Course: Paramus; Distance: 3.1 mi.
Team records: Belleville (0-3); Paramus (3-0).

HACKENSACK 25, BLOOMFIELD 32

1. Shaneika Bernard (H)	21:23.
2. Nichole Reilly (B)	21:58.
3. Emma Wilson (B)	22:37.
4. Christina Pedersen (H)	22:52.
5. Alexis Toon (H)	23:13.

Course: Darlington; Distance: 3.1 mi.
Team records: Hackensack (1-1); Bloomfield (1-2).

TEANECK 15, NUTLEY 50*

1. Courtney Kopf (N)	19:03.
2. Megan Williams (N)	20:57.
3. Asha Phillip (T)	21:57.
4. Allison Metz (T)	22:04.
5. Sarah Schaumburg (T)	22:04.

Course: Nutley; Distance: 2.8 mi.
Team records: Nutley (0-3).

*Teaneck won by forfeit

HOLY ANGELS 15, PAR. CATH. 50

1. Cheryl Trovato (HA)	21:30.
2. Caitlin McDonald (HA)	23:22.
3. Carl Devir (HA)	23:45.
4. Meghan Hargrave (HA)	24:11.
5. Sara Criscuolo (HA)	24:43.

Course: Darlington Park; Distance: 3.1 mi.
Team records: Holy Angels (1-1); Paramus Catholic
(1-1).

BCSL American

**FORT LEE 24, RIVER DELL 32
RIVER DELL 15, ENGLEWOOD 50
FORT LEE 15, ENGLEWOOD 50**

1. Belmax DeJesus (FL)	20:28.
2. Cas Schweiger (R)	22:35.
3. Shana Don (FL)	23:01.
4. Sheena MacFarlan (R)	23:17.
5. Alexandra Megans (FL)	23:47.
6. Nayirle Kuyumjian (R)	23:55.
7. Iris Sanchez (FL)	24:02.

Course: Fort Lee; Distance: 3.1 mi.
Team records: Fort Lee (3-2); River Dell (1-2); En-
glewood (0-3).

BCSL National

BECTON 25, HASBROUCK HEIGHTS 32

1. Renee Knurowski (B)	24:47.
2. Jaime Lynch (H)	25:37.
3. Valerie Patrino (B)	26:47.
4. Evelyn Franko (H)	28:47.
5. Lauren Munoz (H)	28:51.

Course: West Hudson Park; Distance: 3.1 mi.
Team records: Becton (1-0); Hasbrouck Heights (0-
1).

HARRISON 22, N. ARLINGTON 34

1. Denise Swedeski (NA)	24:13.
2. Rhiannon Richmond (H)	25:28.
3. Maryem Alves (H)	26:04.
4. Glennys Chavez (H)	26:29.
5. Dana DiBenedetto (H)	27:00.

Course: West Hudson Park, Kearny; Distance: 3.1
mi.
Team records: North Arlington (0-1); Harrison (1-0).

BCSL Olympic

PAL. PARK 27, CRESSKILL 28

1. Katie Botsford (C)	21:35.
2. Kayla Hererra (PP)	21:43.
3. Laura Begley (C)	23:22.
4. Shakira Valdez (PP)	24:12.
5. Allison Soo (C)	24:17.

Course: Darlington; Distance: 3.1 mi.
Team records: Palsades Park (1-0); Cresskill (0-1).

BOGOTA 15, DWIGHT-ENG. 46

1. Sophie Barton (B)	22:39.
2. Stephanie Brown (B)	23:25.
3. Angela Panuccio (B)	23:45.
4. Sabina Sura (B)	25:22.
5. Kateri Lafond (B)	26:09.

Course: Overpeck Park Leonia; Distance: 3.1 mi.
Team records: Bogota (1-0); Dwight Englewood (0-
1).

BEGEN TECH 24, PARK RIDGE 35

1. Kristen Boswell (BT)	21:50.
2. Carrie Ledgerwood (PR)	23:44.
3. Jenny Lee (PR)	23:49.
4. Diane Lee (BT)	24:18.
5. Mandy Storler (BT)	24:19.

Course: saddle River Park; Distance: 3.0 mi.
Team records: Bergen Tech (1-0); Park Ridge (0-1).

BCSL National/Olympic

RIDGEFIELD 15, ST. MARY'S 55

1. Nova Hanna (R)	22:00.
2. Amanda Lavery (R)	22:28.
3. Courtney Reggo (R)	23:33.
4. Sandra Eun (R)	22:50.
5. Tracy Hickey (R)	23:08.

Course: County Park South; Distance: 3.1 mi.
Team records: Ridgefield (1-0); St. Mary's (0-1).

BCSL Independent

**KENNEDY 28, CLIFTON 31
KENNEDY 22, POMPTON LAKES 33
CLIFTON 21, POMPTON LAKES 38**

1. Tawana Watkins (K)	22:04.
2. Shaquilla Beason (K)	22:12.
3. Lauren Nichols (C)	23:18.
4. Megan Gaffney (PL)	23:45.
5. Melissa Van Dorn (C)	23:45.
6. Teala Morrison (K)	24:03.
7. Dana Sanchez (K)	24:35.

Course: Garret Mountain; Distance: 3.1 mi.
Team records: Kennedy (3-1); Clifton (4-1); Pom-
pton Lakes (2-2).

**BOYS
CROSS-COUNTRY**

NNJIL

**RIDGEWOOD 17, MONTCLAIR 46
WEDNESDAY**

1. Trevor Scott (R)	18:34.
2. Rob Nelson (R)	18:35.
3. Chris Perez (R)	18:36.
4. Charlie Porris (M)	18:40.
5. John Woodburn (R)	18:43.

Course: Montclair; Distance: 3.4 mi.
Team records: Ridgewood (3-0); Montclair (1-2).

**GIRLS
CROSS-COUNTRY**

NNJIL

RIDGEWOOD 16, MONTCLAIR 47

1. Jackie Gouliart (R)	22:31.
2. Justine Lupo (R)	22:32.
3. Rebecca Johnson (R)	22:51.
4. Peggy Lynch (R)	23:07.
5. Jessica Manners (M)	23:22.

Course: Brookdale Park; Distance: 3.1 mi.
Team records: Ridgewood (3-0).

CROSS-COUNTRY

Passaic Coaches Invit.

At Garret Mountain, West Paterson

GIRLS GROUP 1 TEAM SCORING

Morris Catholic 48, Mater Del 57, Ridgfield 59, Bogota 75, Palsades Park 91.

1. Lindsay Van Alatine, Hawthorne Christian	20:07.
2. Lia Bella, Morris Catholic	21:39.
3. Danielle Bekas, Saddle Brook	21:54.
4. Katy Botsford, Cresskill	22:01.
5. Kayla Herrera, Palsades Park	22:16.
6. Colleen Dobson, Mater Del	22:21.
7. Jen Michal, Mater Del	22:22.
8. Jennifer Lyons, Morris Catholic	22:52.
9. Stephanie Brown, Bogota	23:09.
10. Stacy Christopher, Mater Del	23:25.
12. Courtney Reggo, Ridgfield	23:32.
13. Amanda Laverty, Ridgfield	23:38.
14. Laura Begley, Cresskill	23:42.
15. Sandra Eun, Ridgfield	23:45.
16. Nova Hanna, Ridgfield	23:46.
17. Renee Knurowski, Becton	23:47.
18. Allison Sul, Cresskill	23:49.
20. Kateri LaFond, Bogota	24:02.

GIRLS GROUP 2 TEAM SCORING

Moorestown 31, Hopewell Valley 69, Voorhees 70, Mon. Donovan 89, Kittatinny 159, Hopatcong 183, Walkkill Valley 216, Bishop Ahr 220, Spotaewood 239, Pompton Lakes 250, Delaware Valley 251.

1. Natalie Jones, Hopewell Valley	19:22.
2. Kira McGroarty, Hopatcong	19:47.
3. Kelsey Reinhart, Moorestown	19:49.
4. Whitney McNeas, Hopewell Valley	19:54.
5. Colleen Hughes, Moorestown	19:55.
6. Julia Kuder, Moorestown	20:09.
7. Kerry Maybaum, West Essex	20:10.
8. Megan Hughes, Moorestown	20:40.
9. Sarah Best, Voorhees	20:52.
10. Cindy DeVries, Newton	20:53.

GIRLS GROUP 3 TEAM SCORING

Holy Angels 43, Parsippany 49, Tenafly 61, Lakeland 106, High Point 109, Red Bank 133.

1. Kim Perelra, Parsippany	19:21.
2. Jesse Mizzone, Passaic Valley	19:25.
3. Cheryl Trovato, Holy Angels	21:37.
4. Sarah Adelson, Tenafly	21:41.
5. Courtney Kopp, Nutley	21:49.
6. Taylor Cocalis, Red Bank	22:22.
7. Amanda Garcia, Parsippany	22:33.
8. Caitlin McDonald, Holy Angels	22:38.
9. Julie Emanuel, Tenafly	22:54.
10. Claire Walsh, Parsippany	23:14.
11. Eileen O'Dea, Lakeland	23:28.
12. Carli Devir, Holy Angels	23:47.
13. Melanie Horn, Tenafly	23:50.
14. Meghan Hargrove, Holy Angels	24:04.
15. Sara Criscuolo, Holy Angels	24:04.
16. Moran Horn, Tenafly	24:23.
20. Natalie Orrico, Holy Angels	24:44.

GIRLS GROUP 4 TEAM SCORING

Toms River East 38, Passaic 74, Vernon 97, Union 124, Steinert 130, Randolph 136, North Bergen 179, Clifton 198, West Milford 228, Middletown North 253, Union Hill 297.

1. Jen Blank, Toms River East	20:17.
2. Shakira Williams, Passaic	20:32.
3. Alexis Gray, Toms River East	20:43.
4. Megan Simpson, Vernon	21:01.
5. Tawana Watkins, Kennedy	21:12.
6. Jenna Bellonzi, IHA	21:13.
7. Stephanie Soviero, Toms River East	21:18.
8. Rachel Van Horn, Steinert	21:27.
9. Christina Morgado, Union	21:31.
10. Yanirda Perez, Passaic	21:38.
13. Amanda Beck, West Milford	22:00.
15. Shanae Pritchett, Passaic	22:16.
17. Theresa Hearn, IHA	22:23.

BOYS GROUP 1 TEAM SCORING

Palsades Park 19, Saddle Brook 95, Ridgfield 102, North Arlington 112, Kearsburg 127, Cresskill 128, Bogota 132, Becton 193.

1. Sergio Zee, Palsades Park	17:45.
2. Sean Emmerling, Palsades Park	17:52.
3. Kevin DeAnna, Cedar Grove	17:54.
4. Steve Begley, Cresskill	18:00.
5. Nick Harris, Palsades Park	18:01.
6. Anderson Espinosa, Palsades Park	18:15.
7. Diego Santos, North Arlington	18:24.
8. Edler Castano, Palsades Park	18:25.
9. Albert Arguelles, Cresskill	18:25.
10. Alain Cruz, Palsades Park	18:26.
11. Ross Fiel, Saddle Brook	18:37.
12. Brad Shugrue, North Arlington	18:43.
13. Quentin Hoffman, Ridgfield	19:00.
14. Joe Glumarra, Palsades Park	19:06.
15. Ryan Bravo, Saddle Brook	19:12.
16. David Londono, Bogota	19:17.
17. Denis Apablaza, Secaucus	19:21.
19. Mike Amato, Saddle Brook	19:28.
20. Kamil Dobrowolski, Becton	19:31.

BOYS GROUP 2 TEAM SCORING

Delbarton 23, Hopewell Valley 55, Moorestown 82, Leonia 142, Walkkill Valley 164, Voorhees 170, Bishop Ahr 171, Mon. Donovan 218, Manchester 230, DePaul 282, Pompton Lakes 303, Haddon Heights 306.

1. Bernie Muller, Delbarton	16:40.
2. Joe Hanlon, Moorestown	16:43.
3. James Welcher, Delbarton	16:48.
4. Lou Albano, Pequannock	16:59.
5. Paul Rosa, Delbarton	17:01.
6. Joe Davidson, Hopewell Valley	17:12.
7. James Western, Walkkill Valley	17:18.
8. Mark Materna, Delbarton	17:21.
9. Dan Moschella, Delbarton	17:22.
10. Mike Seller, Hopewell Valley	17:22.
17. Travis Hawkins, Leonia	18:14.
23. Joe Lictra, Leonia	18:36.

BOYS GROUP 3 TEAM SCORING

Scotch Plains-Fanwood 52, Middletown South 71, River Dell 80, Red Bank 97, Tenafly 116, Parsippany 159, Northern Highlands 170, High Point 173, Nutley 241, Sparta 297.

1. Robert Wallden, Scotch Plains-Fanwood	16:46.
2. Joshua Robinson, River Dell	17:00.
3. Greg Langley, Red Bank	17:07.
4. Jovannie Cortez, Red Bank	17:07.
5. Jason Salvador, High Point	17:09.
6. Peter Tavis, River Dell	17:12.
7. Ambar Patel, Parsippany	17:15.
8. Danny Ciambrone, Middletown South	17:16.
9. Greg Fonder, River Dell	17:19.
10. Sean Rath, Middletown South	17:27.
16. Brendan Sullivan, Tenafly	17:50.
17. Min Woo Kim, Tenafly	17:52.
20. Zachery Lerner, Tenafly	18:00.

BOYS GROUP 4 TEAM SCORING

Memorial 33, Middletown North 100, Toms River East 101, Randolph 134, Vernon 159, St. Benedict's 168, Steinert 180, West Milford 195, North Bergen 196, Wayne Valley 211, Clifton 216, Kennedy 283.

1. William Canon, Memorial	16:49.
2. Tony Ragazzo, Toms River East	16:59.
3. Brian Derasmo, Middletown North	17:12.
4. Anderson Tejada, Memorial	17:13.
5. Luis Ortiz, Memorial	17:16.
6. John O'Connor, Vernon	17:19.
7. Jon Healey, Wayne Valley	17:20.
8. B.J. Kraska, Toms River East	17:24.
9. Mike Carr, Toms River East	17:26.
10. Kevin Mulr, Randolph	17:27.
11. Freddy Fernandez, Passaic	17:33.
15. Charles Poris, Montclair	17:45.
17. Ben Solomon, Montclair	17:53.
20. Dan Sullivan, West Milford	17:59.

GIRLS CROSS-COUNTRY

9-23
NNJIL

IHA 15, TEANECK 50

1. Jenna Bellonzi (IHA)	19:59.
2. Erin Bortz (IHA)	21:53.
3. Teresa Hearn (IHA)	22:08.
4. Erin Kaliman (IHA)	22:36.
5. Shannon Reece (IHA)	22:43.

Course: Teaneck H.S.; Distance: 3.1 mi.
Team records: IHA (2-0); Teaneck (0-2).

RIDGEWOOD 18, HOLY ANGELS 45

1. Clair Nowakowski (R)	19:02.
2. Justine Lupo (R)	20:50.
3. Cheryl Trovato (HA)	21:01.
4. Peggy Lynch (R)	21:11.
5. Rebecca Johnson (R)	21:26.

Course: Veterans Field, Ridgewood; Distance: 3.1 mi.
Team records: Ridgewood (4-0); Holy Angels (3-1).

HACKENSACK 15, EASTSIDE 50

1. Shanika Bernard (H)	21:05.
2. Christina Pedersen (H)	22:44.
3. Alexis Toon (H)	23:08.
4. Claudine McGuire (H)	24:15.
5. Julie Burrell (H)	24:18.

Course: Eastside Park, Paterson; Distance: 3.0 mi.
Team records: Hackensack (2-1); Eastside (0-3).

PARAMUS CATH. 15, BELLEVILLE 50

1. Maxine Ferrante (PC)	22:48.
2. Niki Wilke (PC)	25:07.
3. Susette Chavez (PC)	25:10.
4. Kristen LePage (PC)	25:42.
5. Ann Harthayek (B)	26:04.

Course: Darlington; Ramsey. Distance: 3.1 mi.
Team records: Belleville (0-4); Paramus Catholic (2-1).

NUTLEY 15, BARRINGER 50

1. Christina Boyle (N)	21:09.
2. Courtney Kopf (N)	21:09.
3. Meghan Williams (N)	21:09.
4. Jess Barbera (N)	23:17.
5. Leslie Calhoun (N)	24:12.

Course: Nutley; Distance: 2.8 mi.
Team records: Nutley (1-3).

NBIL

NV/OLD TAPP. 25, RAMAPO 30 NV/OLD TAPP. 17, PASC. VALL. 38 PASC. VALL. 27, RAMAPO 28

1. Jenn Myers (Rmp)	19:38.
2. Margaret Park (Rmp)	20:03.
3. Jal-Marie Zacco (OT)	20:18.
4. Marissa Maier (OT)	20:25.
5. Tamara Mans (OT)	21:15.

Course: NV/Old Tappan; Distance: 3.1 mi.
Team records: NV/Old Tappan (6-0); Pascack (5-1); Ramapo (3-3).

NOR. HIGH. 28, BRGNFLD. 29 NOR. HIGH. 19, W. HILLS 42 BERGENFIELD 21, WAYNE HILLS 34

1. Stephanie Abbatiello (B)	21:52.
2. Sarah Christensen (NH)	21:53.
3. Allison Lewis (NH)	23:57.
4. Alfa Garcia (B)	24:37.
5. Cathryn Vogel (B)	25:35.
6. Lacey Benvenuto (NH)	25:46.
7. Julia Stefanczyk (WH)	25:53.
8. Erin Simon (WH)	26:13.
9. Kristyn Martin (B)	26:14.
10. Erica Quinn (NH)	27:17.

Course: Northern Highlands; Distance: 3.1 mi.
Team records: Northern Highlands (3-3); Wayne Hills (0-6); Bergenfield (1-5).

IND. HILLS 27, RAMSEY 29 IND. HILLS 22, FAIR LAWN 39 RAMSEY 22, FAIR LAWN 39

1. Melissa Conway (R)	19:59.
2. Dafney Aronozits (FL)	20:34.
3. Sabrina Silvestein (R)	20:43.
4. Jenna Bauberger (IH)	21:04.
5. Erin Bauberger (IH)	21:04.
6. Marianne Petrino (IH)	21:12.
7. Sari Weisberg (FL)	21:20.

Course: Ramsey H.S.; Distance: 3.1 mi.
Team records: Indian Hills (5-1); Ramsey (4-2); Fair Lawn (2-4).

**NV/DMRST. 20, MAWAH 39
NV/DMRST. 21, PASCACK HILLS 40
PASC. HILLS 27, MAWAH 28**

1. Sheila Chiphran (NVD)	21:20.
2. Alyssa Ross (PH)	21:22.
3. Virginia Westerbelt (NVD)	21:23.
4. Pam Papapecrou (NVD)	22:05.
5. Monica Gadkari (M)	22:12.
6. Andrea Salmon (PH)	22:22.
7. Jill Bourgholtzer (M)	23:18.

Course: NV/Demarest H.S.; Distance: 3.1 mi.
Team records: NV/Demarest (5-1); Mahwah (1-5).

9-25

B-PSL

**SADD. BR. 26, POMP. LAKES 29
POMP. LAKES 15, IMMAC. CONC. 50
POMP. LAKES 15, MNCHSTR. 50**

1. Danielle Bekas (SB)	20:16.
2. Danielle Amato (SB)	21:21.
3. Meghan Gaffney (PL)	21:59.
4. Joyce Markowicz (PL)	22:38.
5. Janell Bender (PL)	23:57.
6. Dawn DiBella (SB)	24:21.
7. Nicole Dugan (PL)	24:24.

Course: Pompton Lakes H.S.; Distance: 3.1 mi.
Team records: Saddle Brook (8-0); Pompton Lakes (6-4).

**GARFIELD 27, MID. PARK 30
GARFIELD 24, WALDWICK 33
GLEN ROCK 19, GARFIELD 41
WALDWICK 27, MID. PARK 28**

1. Erin Henry (GR)	20:34.
2. Maria Paukovitch (Gar)	21:10.
3. Katherine Loretto (GR)	23:33.
4. Kate Kowalczyk (W)	23:44.
5. Bridget Burke (GR)	24:31.

Course: Darlington Park, Ramsey; Distance: 3.1 mi.
Team records: Glen Rock (6-1); Garfield (6-3); Waldwick (2-4); Midland Park (1-5).

**EAST. CHRIS. 15, HAWTHORNE 50
EAST. CHRIS. 17, PASS. TECH 46**

1. Lindsay VanAlstine (HC)	18:56.
2. Kristen Varina (H)	21:11.
3. Yvonne Wiffe (EC)	21:44.
4. Hannah Caughey (EC)	22:16.
5. Jen McNamee (EC)	23:25.
6. Amy VanderFiet (H)	24:02.
7. Pam Bongiorno (H)	24:04.

Course: Passaic Tech; Distance: 3.1 mi.
Team records: Eastern Christian (5-2); Hawthorne (3-3); Passaic Tech (1-5).

**GIRLS
CROSS-COUNTRY**

BCSL American

9-26

TENAFLY 15, WESTWOOD 50

1. Katie D'Aco (W)	20:24.
2. Amy Gohlch (W)	21:12.
3. Sarah Adelson (T)	21:16.
4. Julia Emanuel (T)	22:23.
5. Tina Felsen (T)	23:16.

Course: Westwood; Distance: 3.1 mi.
Team records: Tenafly (4-0); Westwood (1-3).

**FORT LEE 22, RUTHERFORD 35
FORT LEE 15, QUEEN OF PEACE 50
RUTHERFORD 15, QN. OF PEACE 50**

1. Belmax Begesus (FL)	20:22.
2. Melissa Svitil (R)	21:59.
3. Shana Don (FL)	22:48.
4. Cathern Finneran (R)	23:25.
5. Ires Sanchez (FL)	23:31.
6. Vicki Baritz (FL)	23:42.
7. Alexandra Megaris (FL)	24:01.

Course: County Park, North Arlington; Distance: 3.1 mi.
Team records: Fort Lee (5-2); Rutherford (3-2); Queen of Peace (0-4).

CLIFF. PARK 15, ENGLEWOOD 50

1. Natasha Piccinic (CP)	23:22.
2. Cristl Matterna (CP)	25:42.
3. Sandra Fatovic (CP)	25:43.
4. Seema Singh (CP)	26:56.
5. Vera Golubian (CP)	26:59.

Course: Cliffside Park; Distance: 2.9 mi.
Team records: Cliffside Park (2-3); Englewood (0-4).

**GIRLS
CROSS-COUNTRY**

BCSL American

TENAFLY 15, QUEEN OF PEACE 50

1. Sarah Adelson (T)	22:19.
2. Bina Felson (T)	23:40.
3. Maran Horn (T)	23:52.
4. Fan Zhong (T)	25:08.
5. Diana Escrival (QP)	26:28.

Course: Tenafly; Distance: 3.4 mi.
Team records: Tenafly (4-1); Queen of Peace (0-3).

**GIRLS
CROSS-COUNTRY**

NNJIL

9-27

PASSAIC 21, BLOOMFIELD 35

1. Shakira Williams (P)	20:45.
2. Nicole Reilly (B)	20:50.
3. Yanirda Mejia (P)	21:38.
4. Shanae Prichett (P)	21:42.
5. Emma Wilson (B)	21:50.

Course: Brookdale Park; Distance: 3.1 mi.
Team records: Passaic (4-0); Bloomfield (1-3).

HACKENSACK 23, PARAMUS 37

1. Shaneika Bernard (H)	20:17.
2. Carol Ann Bullen (P)	21:21.
3. Christina Pederson (H)	21:31.
4. Katie Tucker (P)	22:05.
5. Alexis Toon (H)	22:33.

Course: Paramus; Distance: 3 mi.
Team records: Hackensack (3-1); Paramus (4-1).

PARAMUS 24, MONTCLAIR 31

1. Carol Anne Bullen (P)	21:13.
2. Jessica Manners (M)	21:40.
3. Katy Tucker (P)	22:05.
4. Lajuan Samuels (M)	22:06.
5. Laurie Mandara (P)	22:34.

Course: Paramus; Distance: 3.0 mi.
Team records: Paramus (4-1).

IHA 15, KENNEDY 50

1. Janna Bellonzi (I)	20:10.
2. Erin Bortz (I)	21:22.
3. Theresa Hearn (I)	21:32.
4. Christine Wood (I)	22:50.
5. Lyndsay Reinert (I)	22:59.

Course: St. Joseph Reg.; Distance: 3.1 mi.
Team records: IHA (3-0); Kennedy (1-3).

B-PSL

**SADDLE BROOK 27, PASS. TECH 29
SADDLE BROOK 15, WALDWICK 50
PASSAIC TECH 17, MANCHESTER 38
PASSAIC TECH 15, WALDWICK 50
PASSAIC TECH 15, IMMAC. CONC. 50
MANCHESTER 15, WALDWICK 50**

1. Danielle Bekas (SB)	21:30.
2. Danielle Amato (SB)	22:33.
3. Andrea Herbert (PCT)	24:16.
4. Yhounic Vassel (PCT)	25:00.
5. Rosaland Cerut (PCT)	25:19.
6. Kate Kowalczyk (W)	25:27.
7. Kim Wright (SB)	25:52.
8. Dawn DiBella (SB)	25:55.
9. Ann Merkel (M)	26:28.
10. Louisa Ford (PCT)	26:47.

Course: Garrett Mtn.; Distance: 3.1 mi.
Team records: Saddle Brook (10-0); Passaic Tech (4-6); Waldwick (2-7).

BCSL National

BECTON 24, ST. MARY'S 31

1. Renee Knurowski (B)	24:34.
2. Valerie Patruno (B)	24:50.
3. Amanda Lalicato (SM)	25:12.
4. Sara Benish (B)	25:32.
5. Vanessa Danielski (SM)	26:13.

Course: West Hudson Park; Distance: 3.1 mi.
Team records: Becton (2-0, 2-0).

N. ARLINGTON 23, HASB. HEIGHTS 32

1. Denise Swodeski (NA)	21:43.
2. Jamie Lynch (HH)	21:58.
3. Becky Lee (HH)	22:34.
4. Mischelle De Jesus (NA)	23:38.
5. Leslie Sanchez (NA)	24:24.

Course: Lyndhurst; Distance: 3.0 mi.
Team records: North Arlington (1-1); Hasbrouck Heights (0-2).

BCSL National/Olympic

**LEONIA 15, NEW MILFORD 50
P.R./EMERSON 15, LEONIA 50
NEW MILFORD 15, P.R./EMERSON 50**

1. Sophia Barton (L)	20:14.
2. Anna Roudenko (NM)	22:09.
3. Jenny Lee (PR/E)	22:52.
4. Rachel Vondreele (NM)	23:21.
5. Donna Fortunato (L)	23:32.
6. Meghan Leahy (NM)	23:46.
7. Meenakshi Shalet (PR/E)	24:42.

Course: Park Ridge; Distance: 3.0 mi.
Team records: Leonia (4-1); New Milford (4-2); Park Ridge/Emerson (1-3).

**CRESSKILL 27, BERGEN TECH 30
BOGOTA 26, CRESSKILL 32
BOGOTA 20, BERGEN TECH 38**

1. Katy Botford (C)	20:59.
2. Kristen Boswell (BT)	21:36.
3. Stephanie Brown (B)	22:06.
4. Angela Tanuccio (B)	22:39.
5. Allison Sui (C)	23:09.
6. Laura Begley (C)	23:19.
7. Sabina Sura (B)	23:36.

Course: Cresskill; Distance: 3.1 mi.
Team records: Cresskill (2-2); Bogota (4-0).

RIDGEFIELD 22, HARRISON 34

1. Rhannon Richmond (H)	22:40.
2. Nova Hanna (R)	22:55.
3. Amanda Laverty (R)	23:01.
4. Courtney Reggo (R)	23:09.
5. Sandra Eun (R)	23:30.

Course: West Hudson Park, Kearny; Distance: 3.1 mi.
Team records: Ridgefield (2-0); Harrison (1-1).

Northern Hills

**W. MILFORD 24, MADISON 33
W. MILFORD 15, WEST SIDE 50
W. MILFORD 15, MILLBURN 50
W. MILFORD 15, MT. ST. DOMINIC 50**

1. Elizabeth Seigle (M)	21:14.
2. Amanda Beck (WM)	22:17.
3. Colleen Cooney (SE)	22:22.
4. Kelly Timoney (P)	22:23.
5. Shannon Thorn (WM)	22:46.
6. Rachel Toye (WM)	23:50.
7. Noreen Kelly (SE)	23:51.
8. Lauren Dacey (M)	24:23.
9. Caitlin McKee (M)	24:24.
10. Katelyn Wiltshire (WM)	25:08.

Course: Lewis Morris County Park; Distance: 3.1 mi.
Team records: West Milford (10-3); Madison (8-6); West Side (0-13); Millburn (8-6); Mt. St. Dominic (5-8).

**PASSAIC VALL. 15, CLIFF. SCOTT 50
PASSAIC VALL. 15, WAYNE VALL. 50
PASSAIC VALL. 15, BUTLER 50
CALDWELL 24, PASSAIC VALL. 36**

1. Jesse Mizzone (PV)	19:49.
2. Bridget Gardner (C)	22:41.
3. Amy Cierech (WV)	22:50.
4. Lauren Dacey (CS)	22:59.
5. Krystal Cordero (PV)	23:17.

Course: Delbarton; Distance: 3.1 mi.
Team records: Passaic Valley (7-5); Wayne Valley (6-7).

CROSS-COUNTRY

Maroon Invitational

At Garret Mountain, West Paterson

GIRLS 1-2

Team scoring

Newton 48, Mon. Donovan 52, Dumont 77, Ridgefield 108, Bogota 116, Eastern Christian 121, Rutherford 143, North Arlington 192.

1. Lindsay Van Aistine, Hawthorne Christian	19:55.
2. Rachel Watson, Mon. Donovan	20:32.
3. Katie Hazlett, Mon. Donovan	20:35.
4. Cindy DeVries, Newton	20:53.
5. Carey Mayo, Mon. Donovan	21:08.
6. Jessica Guth, Newton	21:18.
7. Felicia Chevalier, Dumont	21:25.
8. Christine Herrmann, Newton	21:29.
9. Danielle Bekas, Saddle Brook	21:35.
10. Sophia Barton, Leonia	21:41.
11. Melissa Svitli, Rutherford	22:09.
12. Amy Bembridge, Dumont	22:10.
13. Sue Glesemann, Dumont	22:14.
14. Monica Gadkari, Mahwah	22:15.
15. Danielle Amato, Saddle Brook	22:23.
16. Yvonne Wisse, Eastern Christian	22:26.
17. Stephanie Brown, Bogota	22:27.
18. Diane Zambrano, Ridgefield Park	22:29.
19. Lucy Taverna, Mon. Donovan	22:40.
20. Angela Panuccio, Bogota	22:43.

GIRLS 3-4

Team scoring

North Hunterdon 65, St. Francis Prep 122, Union 125, Toms River North 138, Passaic 161, Vernon 183, Monroe-Woodbury 191, IHA 224, Fair Lawn 267, Highland 274, Clifton 295, Kearny 321, Fort Lee 328, North Bergen 356, Middletown North 373, Bayonne 376, Paramus 402, Union Hill 442, Pascack Valley 482.

1. Jesse Mizzone, Passaic Valley	19:13.
2. Suzanne Griffing, St. Francis Prep	19:40.
3. Shakira Williams, Passaic	20:08.
4. Megan Ruane, North Hunterdon	20:16.
5. Shari Gorga, North Hunterdon	20:21.
6. Kathleen Galan, Highland	20:26.
7. Courtney Fiorovanti, Toms River North	20:28.
8. Denise DiPaolo, North Bergen	20:42.
9. Christina Morgado, Union	20:47.
10. Yanirda Mejia, Passaic	20:48.
11. Balmax DeJesus, Fort Lee	20:53.
12. Daphne Aronovitz, Fair Lawn	20:54.
13. Erin Higgins, Union	20:55.
14. Regina Galan, Highland	21:00.
15. Jenna Bellisorzi, IHA	21:03.
16. Jital Patel, Memorial	21:05.
17. Megan Simpson, Vernon	21:11.
18. Maria Pavkovich, Garfield	21:12.
19. Tiffany Miceli, St. Francis Prep	21:15.
20. Nicole Reilly, Bloomfield	21:19.

BCSL American girls

TENAFLY 15, QUEEN OF PEACE 50

1. Sarah Adelson (T)	22:19.
2. Bina Felson (T)	23:40.
3. Maran Horn (T)	23:52.
4. Fan Zhong (T)	25:08.
5. Diana Escrivai (QP)	26:28.

Course: Tenafly; Distance: 3.4 mi.

Team records: Tenafly (4-1); Queen of Peace (0-3).

BOYS 1-2

Team scoring

Pearl River 24, Eastern Christian 86, Leonia 117, Rutherford 138, Mahwah 139, Dumont 175, Bogota 180, North Arlington 184, Mon. Donovan 210, Ridgefield 214, Park Ridge 271, Academic 301.

1. Brendan Fennell, Pearl River	18:08.
2. Cole Dalley, Rutherford	18:41.
3. Lou Albano, Pequannock	18:48.
4. Matt Apol, Eastern Christian	17:22.
5. Daniel Sheeran, Pearl River	17:31.
6. Eric Duch, Pearl River	17:32.
7. Brian Meaney, Pearl River	17:33.
8. Arash Darian, Mahwah	17:42.
9. Brian Maloney, Pearl River	17:44.
10. Kenny Kohlbrenner, Pearl River	17:49.
11. Dave Steenstra, Eastern Christian	17:54.
12. Terrance Paudon, Englewood	17:54.
13. Jon Vetto, Pearl River	18:00.
14. Eamon Monaghan, Rutherford	18:08.
15. Joe Licitra, Leonia	18:19.
16. Travis Hawkins, Leonia	18:27.
17. Samuel Berberian, Mon. Donovan	18:28.
18. Mike Tolsma, Eastern Christian	18:28.
19. Brad Shugrue, North Arlington	18:31.
20. Denis Apablaza, Secaucus	18:37.

BOYS 3-4

Team scoring

Old Bridge 43, Memorial 50, Highland 109, Monroe-Woodbury 130, Ridgewood 158, Wayne Valley 176, Middletown North 182, Kearny 246, Clifton 253, Vernon 286, North Bergen 303, Union 318, Bloomfield 344, Cliffside Park 373, Fort Lee 423, Garfield 433, Kennedy 460, Teaneck 505.

1. Luis Ortiz, Memorial	16:37.
2. Dan Harding, Old Bridge	16:47.
3. William Canon, Memorial	16:54.
4. Bob Lacovara, Highland	16:58.
5. Anderson Tejada, Memorial	16:59.
6. Kevin Fortkiewicz, Bloomfield	17:00.
7. Tim Paula, Old Bridge	17:00.
8. Ryan Bennett, Old Bridge	17:02.
9. Derek Storbeck, Wayne Valley	17:06.
10. Rich Lafergola, Old Bridge	17:12.
11. Brian Derasmo, Middletown North	17:16.
12. Jim McMaster, Highland	17:17.
13. Jon Healey, Wayne Valley	17:19.
14. T.J. Maglione, Monroe-Woodbury	17:23.
15. Luis Capellan, Memorial	17:24.
16. Paul Burke, Old Bridge	17:29.
17. Trevor Scott, Ridgewood	17:29.
18. Steve Domingues, Kearny	17:30.
19. Mark Rabinowitz, Old Bridge	17:33.
20. Eddie Jimenez, Old Bridge	17:33.

GIRLS CROSS-COUNTRY

10-2

NBIL

RAMSEY 18, MAHWAH 45 RAMSEY 15, BRGNFLD. 50 MAHWAH 15, BRGNFLD. 50

1. Sabrina Silverstein (R)	21:55.
2. Melissa Conway (R)	21:55.
3. Stephanie Abbatiello (B)	22:10.
4. Monica Gadkari (M)	22:22.
5. Kelly Beaudry (R)	22:26.
6. Marissa Matteo (R)	22:49.
7. Alfa Garcia (B)	22:55.

Course: Bergenfield; Distance: 3.1 mi.

Team records: Ramsey (6-2); Mahwah (2-6); Bergenfield (1-7).

RAMAPO 23, FAIR LAWN 38 RAMAPO 18, NOR. HIGHLANDS 45 FAIR LAWN 19, NOR. HIGHLANDS 39

1. Daphne Aronovits (FL)	18:59.
2. Jen Myers (R)	19:01.
3. Margaret Park (R)	19:08.
4. Sari Weisbard (FL)	19:46.
5. Sarah Christensen (NH)	20:17.
6. Laura Corcorn (R)	21:41.
7. Marissa Cassidy (R)	21:45.

Course: Fair Lawn; Distance: 3.1 mi.

Team records: Ramapo (5-3); Northern Highlands (3-5); Fair Lawn (3-5).

PASC. HILLS 18, W. HILLS 39 NV/OLD TAPP. 20, PASC. HILLS 43 NV/OLD TAPP. 15, W. HILLS 50

1. Alyssa Ross (PH)	20:46.
2. Jai Marie Zacco (OT)	21:02.
3. Marissa Maier (OT)	21:26.
4. Tamara Mans (OT)	21:34.
5. Ali Eckmayer (OT)	21:57.
6. Lindsay Davis (OT)	22:12.
7. Sarah Ocasio (OT)	22:23.

Course: Pascack Hills; Distance: 3.1 miles

Team records: NV/Old Tappan (8-0); Pascack Hills (2-6); Wayne Hills (0-8).

IND. HILLS 24, NV/DMRST. 34 IND. HILLS 19, PASC. VALL. 37 NV/DMRST. 24, PASC. VALL. 31

1. Sheila Chithran (NVD)	21:34.
2. Jenna Bauberger (IH)	21:47.
3. Erin Bauberger (IH)	21:49.
4. Virginia Westervelt (NVD)	21:52.
5. Marianne Patrino (IH)	21:57.
6. Tina Triantafyllidi (IH)	21:58.
7. Pamela Papapetrou (NVD)	22:20.

Course: Indian Hills H.S.; Distance: 3.05 mi.

Team records: Indian Hills (7-1); NV/Demarest (6-2); Pascack Valley (5-3).

B-PSL

HAWTHORNE 20, IMMAC. CON. 35 GLEN ROCK 25, HAWTHORNE 31 SADD. BROOK 25, HAWTHORNE 30 GLEN ROCK 26, SADD. BROOK 30 GLEN ROCK 15, IMMAC. CON. 45 SADD. BROOK 17, IMMAC. CON. 38

1. Erin Henry (GR)	20:59.
2. Danielle Bekas (SB)	21:11.
3. Danielle Amato (SB)	21:23.
4. Kristen Varina (H)	21:27.
5. Katherine Libretto (GR)	23:28.
6. Amy Vanderrilet (H)	24:01.
7. Diane DeBella (SB)	24:07.
8. Pam Bongiorno (H)	24:30.
9. Bridget Burke (GR)	24:38.
10. Krupa Shah (GR)	24:41.

Course: Hawthorne H.S.; Distance: 3.1 mi.

Team records: Glen Rock (10-1).

EAST. CHRIS. 24, POMP. LAKES 31 POMP. LAKES 15, MID. PARK 50 POMP. LAKES 20, WALDWICK 39

1. Lindsay VanAistine (Haw. Chris.)	19:28.
2. Yvonne Wisse (EC)	21:46.
3. Meghan Gaffney (PL)	22:41.
4. Hannah Gaughni (EC)	22:57.
5. Jen McNamee (EC)	23:10.
6. Cate Kowalczyk (W)	23:57.
7. Sherry McKeivy (MP)	24:11.
8. Janell Bender (PL)	24:48.
9. Kristen Savatle (PL)	24:49.
10. Lori Magda (MP)	25:29.

Course: Darlington; Distance: 3.1 mi.

GIRLS CROSS-COUNTRY

10-4

B-PSL

MIDLAND PARK 15, MANCHESTER 50 GARFIELD 15, MANCHESTER 50 HAWTHORNE 25, MIDLAND PARK 30

1. Maria Pavkovitch (G)	20:46
2. Cristen Varina (H)	21:38
3. Melissa Oliveri (G)	23:42
4. Sherry McKeever (MP)	23:57
5. Lory Magda (MP)	24:15
6. Amy Vander Fliet (H)	24:28
7. Pam Bongiorno (H)	24:29
8. Dayna Caine (MP)	25:06
9. Christina DeRosa (H)	25:27
10. Branna Rooney (H)	25:29

Course: Midland Park; Distance: 3.1 mi.
Team records: Midland Park (3-7); Manchester (0-10); Garfield (7-3); Hawthorne (5-5).

BCSL American

TENAFLY 20, RUTHERFORD 37 TENAFLY 15, RIDGEFIELD PARK 50 TENAFLY 15, ENGLEWOOD 50 RUTHERFORD 15, RIDGE. PARK 50 RUTHERFORD 15, ENGLEWOOD 50

1. Sarah Adelson (T)	21:21
2. Julia Emanuel (T)	21:39
3. Melissa Svitil (Ru)	21:53
4. Diane Zambrano (RP)	21:55
5. Maran Horn (T)	23:17
6. Colleen Reynolds (Ru)	23:19
7. Melanie Horn (T)	23:21
8. Bina Felson (T)	23:36
9. Catherine Finneran (Ru)	23:37
10. Fan Zhong (T)	24:14

Course: Darlington; Distance: 3.1 mi.
Team records: Tenafly (7-1); Rutherford (5-3); Ridgefield Park (0-4); Englewood (0-4).

BCSL National/Olympic

N. ARLINGTON 18, ST. MARY'S 42

1. Denise Swedeski (NA)	21:07
2. Michelle DeJesus (NA)	22:11
3. Leslie Sanchez (NA)	22:59
4. Amanda Lalicato (SM)	23:04
5. Janine Marfino (NA)	23:16

Course: South Bergen County Park; Distance: 3.1 mi.
Team records: St. Mary's (0-3); North Arlington (2-1).

HARRISON 20, BECTON 37

1. Rhiannon Richmond (H)	20:53
2. Renee Knurowski (B)	21:39
3. Dana DiBenedetto (H)	22:02
4. Maryem Alves (H)	22:10
5. Glennys Chavez (H)	23:04

Course: County Park South; Distance: 3.1 mi.
Team records: Harrison (2-1); Becton (3-1).

NEW MILFORD 19, DWIGHT-ENG. 36 BERGEN TECH 23, NEW MILFORD 36 BERGEN TECH 19, DWIGHT-ENG. 42

1. Kristin Boswell (BT)	22:38
2. Jenet Park (BT)	23:17
3. Anna Roudenko (NM)	23:37
4. Rachel Von Dreele (NM)	24:03
5. Diane Lee (BT)	25:05
6. Meghan Leahy (NM)	25:14
7. Allise Niniavaggi (DE)	25:17

Course: Darlington, Mahwah; Distance: 3.1 mi.
Team records: New Milford (2-3); Bergen Tech (3-2); Dwight-Englewood (0-4).

PAL. PARK 25, BOGOTA 30 PAL. PARK 15, PK. RIDGE/EMER. 50 BOGOTA 15, PK. RIDGE/EMERSON 50

1. Keyla Herrera (PP)	19:42
2. Angela Panuccio (B)	19:51
3. Stephanie Brown (B)	20:03
4. Francine Smith (PP)	21:27
5. Jaime Donovan (PP)	21:34
6. Kim Heron (B)	21:36
7. Lauren Mantone (PP)	21:37

Course: Emerson; Distance: 3.1 mi.
Team records: Palisades Park (5-0); Bogota (4-1); Park Ridge/Emerson (1-5).

CRESSKILL 15, LEONIA 50

1. Katie Botsford (C)	20:45
2. Sophia Barton (L)	21:38
3. Laura Begley (C)	23:18
4. Allison Sui (C)	24:11
5. Donna Fortunato (L)	26:05

Course: Overpeck Park; Distance: 3.1 mi.
Team records: Cresskill 2-2, Leonia 0-4.

RIDGEFIELD 17, HASB. HEIGHTS 42

1. Courtney Reggo (R)	23:33
2. Amanda Laverly (R)	23:44
3. Sandra Bun (R)	24:07
4. Becky Lee (H)	24:23
5. Tracy Hickey (R)	24:47
6. Angie Balatbat (R)	25:52
7. Eveilyn Franco (H)	27:54

Course: Ridgefield; Distance: 3.1 mi.
Team records: Ridgefield (3-0); Hasbrouck Heights (0-3).

GIRLS CROSS-COUNTRY

NNJIL

10-3

PARAMUS 15, BARRINGER 50

1. Carol Anne Bullen (P)	21:42
2. Katie Tucker (P)	22:11
3. Laurie Mandara (P)	23:34
4. Amanda Ax (P)	25:21
5. Jessica Miranda (P)	27:15

Course: Paramus; Distance: 3.0 mi.
Team records: Paramus (5-1).

CLIFTON 25, NUTLEY 34

1. Courtney Kops (N)	18:27
2. Cari Anne Gerbino (Glen Ridge)	18:51
3. Melissa VanDorn (C)	19:14
4. Lauren Nicholls (C)	19:28
5. Christina Boyle (N)	19:47

Course: Nutley; Distance: 2.8 mi.
Team records: Clifton (5-1); Nutley (1-4).

RIDGEWOOD 21, PASSAIC 34 RIDGEWOOD 15, BELLEVILLE 50

1. Clair Nowakowski (R)	19:27
2. Peggy Lynch (R)	21:17
3. Shakira Williams (P)	21:27
4. Yanirda Mejia (P)	21:31
5. Jackie Goulart (R)	21:42

Course: Veteran's Field, Ridgewood; Distance: 3.1 mi.
Team records: Ridgewood (6-0); Passaic (4-1).

HOLY ANGELS 26, HACKENSACK 31

1. Shanika Bernard (H)	20:51
2. Christina Pederson (H)	22:08
3. Caitlin McDonald (HA)	22:23
4. Carli Devir (HA)	22:23
5. Melissa Czorniewy (HA)	22:48

Course: Darlington Park; Distance: 3.1 mi.
Team records: Hackensack (2-2); Holy Angels (2-2).

MONTCLAIR 27, TEANECK 28 TEANECK 15, PARAMUS CATH. 40

1. Ellen Davis (M)	20:58
2. Jessica Manners (M)	22:19
3. Allison Metz (T)	22:58
4. Asha Phillip (T)	23:21
5. Charise Logan (T)	24:18
6. Meryl Rosen (T)	24:45
7. Jenn Schwartz (M)	24:53

Course: Teaneck; Distance: 3.1 mi.
Team records: Montclair (3-3); Teaneck (2-4); Paramus Catholic (2-2).

BLOOMFIELD 15, KENNEDY 50

1. Tawana Watkins (K)	21:49
2. Nicole Riley (B)	22:02
3. Emma Wilson (B)	22:31
4. Tracy Sinnott (B)	23:21
5. Julie Haase (B)	24:48

Course: Garrett Mtn.; Distance: 3.1 mi.
Team records: Kennedy (2-4).

BCSL American

RIVER DELL 15, WESTWOOD 50 RIVER DELL 15, CLIFF. PARK 43 RIVER DELL 15, QU. OF PEACE 42 CLIFF. PARK 15, WESTWOOD 50 QU. OF PEACE 15, WESTWOOD 50 QU. OF PEACE 24, CLIFF. PARK 31

1. Briana Bayersdorfer (RD)	20:59
2. Amy Gohlich (W)	21:41
3. Kas Schweiger (RD)	22:33
4. Sheena MacSarlane (RD)	22:58
5. Nayirre Kuyumjian (RD)	23:50
6. Keisha Ruggiero (RD)	23:52
7. Dianna Eserivao (QP)	25:56
8. Natasha Piccinice (CP)	26:09
9. Kyeaire Cary (QP)	26:42
10. Emilie Salpuz (QP)	27:35

Course: Darlington; Distance: 3.1 mi.
Team records: River Dell (4-2).

Northern Hills

W. MILFORD 17, DEPAUL 42 W. MILFORD 24, VILLA WALSH 31 W. MILFORD 20, LAKELAND 37 W. MILFORD 22, PASSAIC VALL. 37 PASSAIC VALL. 27, LAKELAND 28 PASSAIC VALL. 21, VILLA WALSH 34 PASSAIC VALL. 21, DEPAUL 34

1. Jesse Mizzone (PV)	19:49
2. Amanda Beck (WM)	21:52
3. Kelly Dinoney (L)	21:54
4. Eileen O'Day (L)	22:41
5. Shannon Thorn (WM)	22:57
6. Elizabeth Kennedy (VW)	23:09
7. Maria Monti (VW)	23:10
8. Rachel Toye (WM)	23:15
9. Gen Jeuck (WM)	23:39
10. Noreen Kelly (VW)	24:07

Course: Lewis Morris Park, Morristown; Distance: 3.1 mi.
Team records: West Milford (14-4); Passaic Valley (10-6); DePaul (9-9); Lakeland (9-9); Villa Walsh (12-6).

GIRLS CROSS-COUNTRY

NNJIL

10-5

PASSAIC 15, CLIFTON 48

1. Shakira Williams (P)	21:20
2. Yadirra Mejia (P)	21:49
3. Alexandra Mendragu (P)	22:58
4. Grisel Martinez (P)	23:12
5. Lynette Baker (P)	23:26

Course: Garret Mountain; Distance: 3.1 mi.
Team records: Passaic (5-1); Clifton (5-2).

GIRLS CROSS-COUNTRY

Independent

10-6

NEWARK TECH 15, MANCHESTER 50

1. Ann Merkel (M)	23:08
2. Jessica Martinez (N)	23:23
3. Zaydra Martinez (N)	24:28
4. Maria Teodoro (M)	25:55
5. Anglee Cody (N)	27:20

Course: Manchester; Distance: 2.9 mi.
Team records: Manchester (8-3).

GIRLS CROSS-COUNTRY

10-10

NNJIL

KENNEDY 27, PARAMUS CATH. 30

1. Tawana Watkins (K)	21:12
2. Teela Morrison (K)	24:19
3. Callia Ashmond (K)	25:17
4. Suzette Chavez (PC)	25:20
5. Kristen LePage (PC)	25:30

Course: Darlington Park, Ramsey; Distance: 3.1 mi.
Team records: Kennedy (4-3); Paramus Cath. (2-3).

PASSAIC 20, HACKENSACK 39

1. Shanelka Bernard (H)	20:02
2. Shakira Williams (P)	20:04
3. Shanae Pritchette (P)	20:38
4. Yanirda Mejias (P)	21:18
5. Alejandra Mondragon (P)	22:20

Course: Darlington, Mahwah; Distance: 3.1 mi.
Team records: Hackensack (3-4); Passaic (7-0).

IHA 25, HOLY ANGELS 31

1. Jenna Belisonzi (IHA)	17:38
2. Cheryl Trovato (IHA)	18:07
3. Teresa Hearn (IHA)	18:10
4. Erin Kallman (IHA)	18:22
5. Melissa Czorniewy (HA)	18:41

Course: St. Joseph; Distance: 2.75 mi.
Team records: IHA (6-0); Holy Angels (4-2).

NBIL

NV/DEMAR. 17 . . . N. HIGHLANDS 44 NV/DEMAR. 28 . . . NV/OLD TAPPAN 29 NV/DEMAR. 28 RAMSEY 29 NV/OLD TAPP. 18 . . . N. HIGHLANDS 45 NV/OLD TAPP. 25 RAMSEY 34 RAMSEY 18 N. HIGHLANDS 45

1. Melissa Conway (Ram)	19:33
2. Sheila Chithran (NVD)	20:20
3. Virginia Westervelt (NVD)	20:53
4. Jai-Marie Zacco (OT)	20:58
5. Sabrina Silverstein (Ram)	21:02
6. Marissa Maier (OT)	21:10
7. Pam Papapetrou (NVD)	21:22

Course: Demarest; Distance: 3.1 mi.
Team records: NV/Old Tappan (10-1); NV/Demarest (9-2); Ramsey (7-4).

PASCACK VALL. 15, BERGENFIELD 50 PASCACK VALL. 25, FAIR LAWN 32 PASCACK VALL. 20, PASC. HILLS 40 FAIR LAWN 15, BERGENFIELD 50 FAIR LAWN 21, PASACK HILLS 34 PASACK HILLS 15, BERGENFIELD 50

1. Sari Weisbard (F)	20:54
2. Daphney Aronovits (F)	20:54
3. Eva Scochetti (PV)	21:18
4. Alyssa Ross (PH)	21:50
5. Sara Walcott-Sapp (PV)	22:00
6. Jill Wessels (PV)	22:00
7. Kate Diana (PV)	22:03

Course: Pascack Valley; Distance: 3.1 mi.
Team records: Pascack Valley (8-3).

INDIAN HILLS 26, RAMAPO 29 RAMAPO 18, MAHWAH 43 INDIAN HILLS 20, MAHWAH 43 RAMAPO 15, WAYNE HILLS 50 MAHWAH 21, WAYNE HILLS 34 INDIAN HILLS 15, WAYNE HILLS 50

1. Jen Myers (R)	19:54
2. Margaret Park (R)	20:24
3. Monica Gadkari (M)	21:01
4. Jenn Bauberger (IH)	21:03
5. Marianne Petrino (IH)	21:10
6. Tina Triantifili (IH)	21:23
7. Erin Bauberger (IH)	21:48
8. Laura Corcoran (R)	22:31
9. Amy Birtwistle (IH)	22:32
10. Colleen Lawrence (R)	22:32

Course: Darlington; Distance: 3.1 mi.
Team records: Indian Hills (10-1); Ramapo (7-4); Mahwah (2-9); Wayne Hills (0-11).

B-PSL King meet

Team scores

Pompton Lakes 42, Hawthorne 49, Garfield 51.	
1. Maria Pavkovich, Garfield	20:53
2. Kristen Varina, Hawthorne	21:15
3. Andrea Herbert, Passaic Tech	22:37
4. Joyce Markowicz, Pompton Lakes	22:40
5. Janell Bender, Pompton Lakes	23:30
6. Melissa Oliveri, Garfield	23:35
7. Pam Bongiorno, Hawthorne	23:47
8. Ann Merkel, Manchester	24:03
9. Amy Vanderfliet, Hawthorne	24:16
10. Kristen Faucetta, Pompton Lakes	24:20
11. Dawn Sweerus, Pompton Lakes	24:38
12. Nicole Dugan, Pompton Lakes	24:54
13. Brenna Rooney, Hawthorne	25:04
14. Ivana Pauleska, Garfield	25:59
15. Christina Foroglou, Garfield	26:05
16. Lynn Sala, Garfield	26:07
17. Londisa Ford, Passaic Tech	26:45
18. Christina DeRosa, Hawthorne	27:02
19. Maria Teodoro, Manchester	29:10
20. Karen Seltenheim, Pompton Lakes	29:10

B-PSL Carpenter meet

Team scores

Saddle Brook 35, Glen Rock 51; Eastern Christian 60, Immaculate Conception 123.	
1. Erin Henry, Glen Rock	20:15
2. Danielle Bekas, Saddle Brook	21:06
3. Yvonne Wisse, Eastern Christian	21:21
4. Danielle Amato, Saddle Brook	21:36
5. Hannah Caughey, Eastern Christian	22:04
6. Darlene Pekaar, Saddle Brook	22:28
7. Cate Kowalczyk, Waldwick	22:32
8. Katherine Libretto, Glen Rock	22:40
9. Jen McNamee, Eastern Christian	22:44
10. Sherry McKeever, Midland Park	23:16
11. Dawn DiBella, Saddle Brook	23:22
12. Julie Rios, Saddle Brook	23:34
13. Krupa Shah, Glen Rock	23:40
14. Brenna O'Rourke, Glen Rock	24:27
15. Bridget Burke, Glen Rock	24:36
16. Kristin Stephens, Glen Rock	24:43
17. Dayna Calne, Midland Park	24:59
18. Justyna Debski, Immac. Conc.	25:15
19. Kim Wright, Saddle Brook	25:22
20. Lori Magda, Midland Park	25:51

BCSL American

RUTHERFORD 15, CLIFFSIDE PARK 48

1. Melissa Svitill (R)	21:26
2. Colleen Reynolds (R)	22:47
3. Catherine Finneran (R)	23:23
4. Carly DeCandia (R)	23:24
5. Laura Van Dyk (R)	23:27

Course: County Park, North Arlington; Distance: 3.1 mi.
Team records: Cliffside Park (3-6); Rutherford (6-3).

RIVER DELL 23, TENAFLY 32

1. Brianna Bayersdorfer (RD)	20:33
2. Sarah Adelson (T)	21:26
3. Julia Emanuel (T)	21:37
4. Cas Schweiger (RD)	21:45
5. Sheena MacSarlans (RD)	22:21

Course: River Dell; Distance: 3.1 mi.
Team records: River Dell (5-2); Tenafly (7-2).

FORT LEE 15, RIDGEFIELD PARK 50 FORT LEE 15, WESTWOOD 50

1. Belmax De Jesus (FL)	21:57
2. Amy Gohlich (W)	22:20
3. Diane Zambrano (RP)	22:54
4. Shana Don (FL)	24:10
5. Alexandra Megaris (FL)	24:54
6. Vickie Baritz (FL)	25:23
7. Rachael Sirona (FL)	25:30

Course: Ridgefield Park; Distance: 3.2 mi.
Team records: Fort Lee (7-2); Westwood (1-7); Ridgefield Park (0-6).

DUMONT 15, QUEEN OF PEACE 50 DUMONT 15, ENGLEWOOD 50 QU. OF PEACE 15, ENGLEWOOD 50

1. Felicia Chevallier (D)	19:29
2. Suzie Giesemann (D)	19:46
3. Maliana Caballero (D)	21:13
4. Jocelyn Korzellus (D)	21:54
5. Katie Caspare (D)	22:06
6. Kristen Loya (D)	22:09
7. Jamie Millar (D)	23:50

Course: North Arlington; Distance: 3.1 mi.
Team records: Dumont (7-0).

Independent

CLIFTON 15, EASTSIDE 50 CLIFTON 24, WEST MILFORD 33

1. Melissa Van Dorn (C)	22:54
2. Shannon Thorn (WM)	23:00
3. Danielle Reardon (C)	23:05
4. Rachael Tyme (WM)	23:07
5. Olga Razumoz (C)	23:16

Course: Garret Mountain, Paterson; Distance: 3.1 mi.
Team records: Clifton (7-2).

GIRLS CROSS-COUNTRY

BCSL National

HARRISON 15, ST. MARY'S 50 HARRISON 22, H.H./WOOD-RIDGE 33 H.H./WOOD-RIDGE 15, ST. MARY'S 50

1. Rhannon Richmond (H)	20:46
2. Morgan Alves (H)	20:48
3. Becky Lee (HH)	20:54
4. Dana Dibenedetto (H)	21:30
5. Amanda Lalicato (SM)	22:07
6. Suzanne Gipson (HH)	23:22
7. Zayda Franco (H)	23:27

Course: County Park South; Distance: 3.1 mi.
Team records: Harrison (4-1), Hasbrouck Heights (1-4), St. Mary (4-1).

BCSL Olympic

BOGOTA 17, NEW MILFORD 42

1. Stephanie Brown (B)	21:24
2. Angela Pannucio (B)	21:51
3. Sabrina Sura (B)	22:38
4. Kim Hiron (B)	23:12
5. Anna Roudenko (NM)	23:34

Course: Darlington; Distance: 3.1 mi.
Team records: Bogota (5-1); New Milford (2-4).

PAL. PARK 23, BERGEN TECH 34

1. Sophie Barton (L)	20:07
2. Keyla Herrera (PP)	20:10
3. Kristen Boswell (BT)	20:38
4. Janet Park (BT)	22:00
5. Francine Smith (PP)	22:34

Course: Saddle River Park, Saddle Brook; Distance: 3.0 mi.
Team records: Palisades Park (7-0), Bergen Tech (3-4).

CRESSKILL 18, DWIGHT-ENG. 37 CRESSKILL 15, PARK RIDGE 50 DWIGHT-ENG. 15, PARK RIDGE 50

1. Katy Botsford (C)	20:31
2. Laura Begley (C)	22:15
3. Allison Sul (C)	22:47
4. Allise Minivaggi (DE)	24:06
5. Jenny Lee (PR)	24:06
6. Ilana Criegee (PR)	24:09
7. Suzanne Daldan (C)	24:31

Course: Cresskill; Distance: 3.1 mi.
Team records: Cresskill (5-2) Dwight-Englewood (2-6).

Independent

RIDGEFIELD 18, N. ARLINGTON 40 RIDGEFIELD 17, BECTON 44 NORTH ARLINGTON 22, BECTON 33

1. Amanda Lavery (R)	22:37
2. Denise Swedeski (N)	22:54
3. Courtney Reggo (R)	23:08
4. Sandra Eun (R)	23:18
5. Renee Kourowski (B)	23:29
6. Nova Hanna (R)	23:37
7. Tracy Hickey (R)	23:51

Course: Ridgefield; Distance: 3.1 mi.
Team records: Ridgefield (5-0); Becton (3-3); North Arlington (3-2).

GIRLS CROSS-COUNTRY

10-13

NBIL

Team scores:

Ramsey 80, NV/Demarest 82, NV/Old Tappan 86, Indian Hills 96, Ramapo 115, Pascack Valley 128, Fair Lawn 166, Mahwah 217, Northern Highlands 227, Pascack Hills 231, Wayne Hills 301, Bergenfield DNF.

RESULTS

1. Melissa Conway, Ramsey	18:50.09
2. Jen Myers, Ramapo	19:49.52
3. Sheila Chithran, NV/Demarest	20:24.96
4. Margaret Park, Ramapo	20:51.00
5. Virginia Westervelt, NV/Demarest	20:58.49
6. Jenna Bauberger, Indian Hills	21:02.40
7. Monica Gadkari, Mahwah	21:08.02
8. Sabrina Silverstein, Ramsey	21:09.94
9. Stephanie Abbatiello, Bergenfield	21:12.61
10. Sari Weissbard, Fair Lawn	21:13.39
11. Jai-Marie Zacco, NV/Old Tappan	21:13.93
12. Sara Christensen, Northern Highlands	21:20.62
13. Marianne Petrino, Indian Hills	21:26.81
14. Pam Papapetrou, NV/Demarest	21:28.72
15. Marissa Maler, NV/Old Tappan	21:35.38
16. Kelly Beaudry, Ramsey	21:41.13
17. Christine Triantafillidi, Indian Hills	21:41.81
18. Alyssa Ross, Pascack Hills	21:43.21
19. Ava Scacchetti, Pascack Valley	21:44.02
20. Tamara Mans, NV/Old Tappan	21:49.07
21. Allison Eckmeyer, NV/Old Tappan	21:52.37
22. Daphne Aronovitz, Fair Lawn	21:57.05
23. Katie Diana, Pascack Valley	22:01.18
24. Kim Tardalo, NV/Old Tappan	22:01.53
25. Jill Wessels, Pascack Valley	22:02.14

Northern Hills Skyline

Team scores:

West Milford 43, Millburn 62, Passaic Valley 72, Lakeland 99, West Orange 110, Wayne Valley 116, Mt. St. Dominic 177

RESULTS

1. Jesse Mizzone, Passaic Valley	19:22.17
2. Elizabeth Seigle, Millburn	20:36.92
3. Amanda Beck, West Milford	21:40.39
4. Shannon Thorn, West Milford	21:48.24
5. Amy Cierech, Wayne Valley	21:55.44
6. Rachel Toye, West Milford	22:04.89
7. Genevieve Jeuck, West Milford	22:07.65
8. Eileen O'Dea, Lakeland	22:14.54
9. Krystal Cordero, Passaic Valley	22:44.06
10. Stacy Bierwas, Lakeland	23:22.74
11. Lauren Dacey, Millburn	23:24.38
12. Gina Nasissi, Wayne Valley	23:55.71
13. Caitlin McKee, Millburn	24:10.63
14. Andrea Miltiades, West Orange	24:12.90
15. Alexandra Booth, Millburn	24:16.48
16. Lauren Denk, West Orange	24:17.23
17. Erin Wilk, Passaic Valley	24:28.25
18. Melissa Spencer, Passaic Valley	24:33.12
19. Nicole Voight, Lakeland	24:34.96
20. Jamie Menegas, Wayne Valley	24:37.83

Northern Hills Suburban

Team scores:

Montville 23, Caldwell 73, Morris Catholic 82, Pequannock 96, Villa Walsh 109, St. Elizabeth 123, DePaul 175, Butler 239

RESULTS

1. Ashley Wolf, Montville	20:21.42
2. Lia Bella, Morris Catholic	20:44.52
3. Kelly Timoney, Pequannock	21:26.30
4. Mingi Kim, Montville	21:46.13
5. Christina Scherer, Montville	21:53.13
6. Sara Chandler, Montville	21:53.61
7. Julie Kim, Montville	22:01.03
8. Colleen Cooney, St. Elizabeth	22:08.43
9. Noreen Kelly, St. Elizabeth	22:23.20
10. Marian Monti, Villa Walsh	22:27.87
11. Stephanie Gerard, Caldwell	22:31.84
12. Bridget Gardner, Caldwell	22:45.68
13. Jennifer Lyons, Morris Catholic	22:49.01
14. Mary Kate O'Brien, Morris Cath.	22:57.10
15. Melissa Zavec, Caldwell	23:14.68
16. Bethann Cohen, Caldwell	23:25.71
17. Erin Crum, Morris Catholic	23:30.39
18. Sierra Valdez, Pequannock	23:30.82
19. Laura Andrelevich, Caldwell	23:32.94
20. Min Yoon, Caldwell	23:37.80

William Paterson Invit.

Team scores:

Immaculate Heart 50, Clifton 79, Bloomfield 82, Jefferson 92, Livingston 92, Nutley 103

RESULTS

1. Nicole Reilly, Bloomfield	21:05.83
2. Emma Wilson, Bloomfield	21:30.87
3. Jenna Belisonzi, IHA	21:33.42
4. Courtney Kopf, Nutley	22:00.32
5. Shannon Reece, IHA	22:13.10
6. Elyesa Braner, Jefferson	22:16.72
7. Christina Boyle, Nutley	22:23.14
8. Barbara Nickel, Jefferson	22:35.93
9. Melissa VanDorn, Clifton	22:50.13
10. Erin Bortz, IHA	22:53.15
11. Laura Goldstein, Livingston	22:55.47
12. Olga Razumov, Clifton	22:55.89
13. Danielle Reardon, Clifton	23:01.81
14. Gina Giordano, Livingston	23:03.81
15. Theresa Hearn, IHA	23:06.51
16. Megan Williams, Nutley	23:07.79
17. Christine Wood, IHA	23:09.90
18. Lauren Nichols, Clifton	23:10.46
19. Jessica Chong, Livingston	23:14.10
20. Elizabeth Trynosky, IHA	23:17.31

CROSS-COUNTRY

10-14

BCSL American

At Darlington County Park, Mahwah

BOYS TEAM SCORING

River Dell 30, Tenafly 79, Rutherford 88, Dumont 108, Fort Lee 122, Cliffside Park 123, Englewood 163, Westwood 198, Ridgfield Park DNF, Queen of Peace DNF.

1. Cole Dalley, Rutherford	16:16.73
2. Joshua Robinson, River Dell	16:53.71
3. Peter Tavis, River Dell	16:57.48
4. Eamon Monahan, Rutherford	17:12.26
5. Greg Fonder, River Dell	17:41.56
6. Rudy Urena, Cliffside Park	17:45.78
7. Don Hennie, Englewood	17:49.39
8. Zach Lerner, Tenafly	17:50.17
9. Mike Fonder, River Dell	17:58.90
10. Brendan Sullivan, Tenafly	18:01.82
11. Brian Cameron, River Dell	18:07.62
12. Juan Amaya, Cliffside Park	18:10.44
13. Anthony Lugo, Dumont	18:14.94
14. Billy Fitzpatrick, Dumont	18:23.59
15. Min Woo Kim, Tenafly	18:27.81
16. Jimmy Weng, Fort Lee	18:32.98
17. Barry Dineen, Dumont	18:33.50
18. Joey Cloffi, River Dell	18:36.47
19. Jim Huang, Fort Lee	18:37.15
20. Felix Soto, Fort Lee	18:54.99

GIRLS TEAM SCORING

River Dell 41, Dumont 51, Tenafly 66, Fort Lee 79, Rutherford 101, Englewood 176, Cliffside Park 180, Queen of Peace DNF, Ridgfield Park DNF, Westwood DNF.

1. Briana Bayersdorfer, River Dell	20:24.86
2. Belmax DeJesus, Fort Lee	21:06.10
3. Felicia Chevallier, Dumont	21:13.04
4. Sarah Adelson, Tenafly	21:15.98
5. Julia Emanuel, Tenafly	21:32.33
6. Amy Gohlisch, Westwood	21:35.96
7. Amy Bembridge, Dumont	21:37.30
8. Cas Schweiger, River Dell	21:52.73
9. Katie D'Aco, Westwood	21:57.29
10. Sheena McFarlane, River Dell	22:00.19
11. Cintia Caballero, Dumont	22:12.90
12. Sue Giesemann, Dumont	22:16.41
13. Diane Zambrano, Ridgfield Park	22:23.11
14. Melissa Svitli, Rutherford	22:38.08
15. Nayirle Kuyumjian, River Dell	22:44.47
16. Telsha Ruggiero, River Dell	22:58.21
17. Shana Don, Fort Lee	23:16.95
18. Alexandra Megaris, Fort Lee	23:23.47
19. Bina Felsen, Tenafly	23:37.78
20. Victoria Barltz, Fort Lee	23:39.14

GIRLS CROSS-COUNTRY

NNJIL

10-17

TEANECK 15, BARRINGER 40

1. Charise Logan (T)	24:59
2. Asha Phillip (T)	26:12
3. Allison Metz (T)	26:58
4. Meryl Rosen (T)	27:03
5. Catherine Schlocket (T)	29:59

Course: Barringer; Distance: 3.1 mi.
Team records: Teaneck (3-4).

HACKENSACK 20, KENNEDY 35

1. Tawana Watkins (K)	20:13
2. Shanella Bernard (H)	20:17
3. Christina Pedersen (H)	22:09
4. Claudine McGuire (H)	22:50
5. Alexis Toon (H)	23:04

Course: Darlington Park, Ramsey; Distance: 3.1 mi.
Team records: Hackensack (5-3); Kennedy (4-4).

IHA 15, PARAMUS CATH. 50

1. Teresa Hearn (IHA)	18:41
2. Erin Bortz (IHA)	19:08
3. Katie Fry (IHA)	19:16
4. Christine Woods (IHA)	19:21
5. Elizabeth Trynosky (IHA)	19:30

Course: St. Joseph; Distance: 2.75 mi.
Team records: IHA (7-0); Paramus Catholic (2-4).

RIDGEWOOD 17, PARAMUS 44

1. Claire Nowakowski (R)	18:46
2. Justine Lupo (R)	20:02
3. Peggy Lynch (R)	20:06
4. Carol Anne Bollen (P)	20:07
5. Jackie Goulart (R)	20:10

Course: Paramus; Distance: 3 mi.
Team records: Paramus (5-3); Ridgewood (8-0).

HOLY ANGELS 20, CLIFTON 35

1. Cheryl Trovato (H)	21:09
2. Melissa Czorniewy (H)	21:58
3. Melissa Van Dorm (C)	22:00
4. Caroline Norris (H)	22:10
5. Meghan Hargrave (H)	22:11

Course: Darlington Park, Mahwah; Distance: 3.1 mi.
Team records: Holy Angels (3-3); Clifton (4-2).

BLOOMFIELD 24, NUTLEY 33 BLOOMFIELD 15, BELLVILLE 50 NUTLEY 15, BELLVILLE 50

1. Nicole Reilly (B)	19:34
2. Emma Wilson (B)	19:35
3. Courtney Kopf (N)	20:29
4. Christina Boyle (N)	20:59
5. Tracy Sinnott (B)	21:05

Course: Nutley; Distance: 3.1 mi.
Team records: Bloomfield (6-3); Nutley (3-6); Belleville (0-7).

BCSL American

DUMONT 26, RIVER DELL 29 RIVER DELL 15, RIDGEF. PARK 50 DUMONT 15, RIDGEF. PARK 50

1. Briana Bayersdorfer (RD)	19:19
2. Felicia Chevallier (D)	19:57
3. Diana Zambrano (RP)	20:34
4. Amy Benbridge (D)	20:39
5. Suzie Giesemann (D)	20:39
6. Cas Schweiger (RD)	20:54
7. Sheena MacFarlane (RD)	21:05

Course: Dumont; Distance: 3.1 mi.
Team records: Ridgfield Park (0-5); Dumont (9-0); River Dell (6-3).

BCSL National Meet

10-17

Team scores:

Ridgefield 27, Harrison 62, North Arlington 72, Hasbrouck Heights 83, Becton 92

RESULTS

1. Amanda Loverty, Ridgefield 22:34.
2. Denise Swedeski, North Arlington 22:45.
3. Courtney Reggo, Ridgefield 22:52.
4. Renee Knurowski, Becton 22:55.
5. Maryem Aves, Harrison 23:04.
6. Sandra Eun, Ridgefield 23:24.
7. Sandy Lucer, Ridgefield 23:48.
8. Dana DiBenedetto, Harrison 23:49.
9. Glennys Chavez, Harrison 24:02.
10. Tracy Hickey, Ridgefield 24:10.
11. Jamie Lynch, Heights/Ridge 24:15.
12. Becky Lee, Heights/Ridge 24:17.
13. Michelle DeJesus, North Arlington 24:42.
14. Sara Benish, Becton 24:45.
15. Amanda Lallcato, St. Mary's 24:57.
16. Leslie Sanchez, North Arlington 25:03.
17. Zayda Franco, Harrison 25:08.
18. Eveleyn Franco, Heights/Ridge 25:11.
19. Suzanne Glpson, Heights/Ridge 25:12.
20. Janine Marfino, North Arlington 25:21.

BCSL Olympic Meet**Team scores:**

Bogota 45, Palisades Park 51, Cresskill 73, Bergen Tech 74, New Milford 106

RESULTS

1. Katy Botsford, Cresskill 21:11.
2. Sophia Barton, Leonia 21:25.
3. Stephanie Brown, Bogota 21:35.
4. Keyla Herrera, Palisades Park 21:52.
5. Kristen Boswell, Bergen Tech 21:57.
6. Angela Panuccio, Bogota 22:21.
7. Francine Smith, Palisades Park 22:38.
8. Janet Park, Bergen Tech 22:37.
9. Laura Begley, Cresskill 22:46.
10. Anna Roudenko, New Milford 23:05.
11. Sabina Sura, Bogota 23:18.
12. Allison Sul, Cresskill 23:22.
13. Kateri LaFond, Bogota 23:32.
14. Lauren Mantone, Palisades Park 23:38.
15. Jaime Donovan, Palisades Park 23:41.
16. Shakira Valdez, Palisades Park 23:51.
17. Jenny Lee, Emerson/Park Ridge 23:52.43.
18. Kim Heron, Bogota 23:52.98.
19. Rachel Von Dreele, New Milford 24:00.
20. Alba Banol, Palisades Park 24:07.

**GIRLS
CROSS-COUNTRY**

10-19

Independent**NUTLEY 16, ST. VINCENT'S 49**

1. Courtney Kops (N) 18:42.
2. Christina Boyle (N) 18:45.
3. Megan Williams (N) 19:03.
4. Jessica Barberia (N) 21:20.
4. Ninochka Jean-Pierre (SV) 21:20.

Course: Nutley. Distance: 2.8 mi.

CROSS-COUNTRY**Eastern Christian Invt.**

11-1

BOYS**Team scores:**

Eastern Christian 20, Hudson Catholic 58, Dwight-Englewood 61, Morris Catholic 65, Immaculate 145, Don Bosco Tech 160

RESULTS

1. Matthew Apol, Eastern Christian 17:31.
2. David Steenstra, Eastern Christian 17:54.
3. Matt Fox, Hudson Catholic 18:34.
4. Mike Tolsma, Eastern Christian 18:56.
5. Ian Delaney, Hudson Catholic 19:07.
6. Jon Kuperus, Eastern Christian 19:10.
7. Andy Caughey, Eastern Christian 19:16.
8. Bobby King, Morris Catholic 19:31.
9. Rob Dieringer, Dwight-Englewood 19:38.
10. Sam Lessin, Dwight-Englewood 19:39.

GIRLS**Team scores:**

St. Dominick's 23, Morris Catholic 45, Eastern Christian 70, Dwight-Englewood 100, Immaculate, Hawthorne Christian

RESULTS

1. Lindsay VanAlstine, Hudson Catholic 19:28.
2. Danielle Blondo, St. Dominick's 20:28.
3. Lia Bella, Morris Catholic 21:14.
4. Tal Wilkins, St. Dominick's 21:41.
5. Bernadette Laracy, St. Dominick's 22:04.
6. Lynn Saborowski, St. Dominick's 22:10.
7. Yvonne Wisse, Eastern Christian 22:24.
8. Biddie Bewalder, Morris Catholic 22:30.
9. Hannah Caughey, Eastern Christian 22:54.
10. Erin Crum, Morris Catholic 23:27.

RIDGEWOOD GIRLS CROSS COUNTRY HISTORY

<u>year</u>	<u>duals</u>	<u>league</u>	<u>bergen</u> gr IV	<u>bergen</u> champs	<u>state</u> section	<u>state</u> group	<u>state</u> champ
1974	4-2			2nd		7th	
1975	3-2	1st		3rd		8th	
1976	5-1	1st		3rd	2nd	4th	
1977	4-2	2nd		4th	4th	11th	
1978	2-1	2nd	2nd	6th	2nd	12th	
1979	5-0	1st	2nd	2nd	1st	3rd	8th
1980	6-0	1st	1st	1st	1st	1st	2nd
1981	7-0	1st	1st	1st	1st	4th	
1982	5-0	1st	1st	1st	1st	3rd	4th
1983	4-1	3rd	2nd	1st	3rd	12th	
1984	5-0	1st	1st	1st	1st	5th	
1985	5-0	1st	1st	1st	2nd	6th	
1986	4-0	1st	1st	1st	1st	3rd	7th
1987	4-0	1st	1st	1st	2nd	6th	
1988	4-0	1st	1st	1st	2nd	12th	
1989	7-0	1st	1st	1st	2nd	8th	
1990	8-0	1st	1st	1st	1st	6th	
1991	9-0	1st	1st	2nd	2nd	3rd	9th
1992	7-0	1st	1st	1st	1st	1st	1st
1993	6-0	1st	1st	1st	1st	3rd	3rd
1994	6-0	1st	1st	1st	1st	2nd	4th
1995	6-0	1st	1st	1st	1st	5 th	
1996	6-0	1 st	2 nd	1 st	1 st	3 rd	8 th
1997	6-0	1 st	1 st	1 st	1 st	3 rd	2 nd
1998	7-0	1 st	1 st	1 st	1 st	1 st	3 rd
1999	6-0	1 st	1 st	1 st	1 st	1 st	1 st
2000	7-0	1 st	1 st	1 st	1 st	6 th	

FIRST TEAM ALL BERGEN COUNTY

1976 Alyson Grunder
 1977 Klara Grape
 1978 Barbara Remmers
 1979 Mary Ellen Mileski and Carol Dickstein
 1980 M.E. & Patti Mileski, C.Dickstein, Kathy Duffy, Sue Hart
 1981 Mary Ellen & Patti Mileski, and Colleen Wright
 1982 Mary Ellen & Patti Mileski, and Margaret Scutro
 1983 Margaret Scutro
 1984 M. Scutro, Karen O'Brien, Jen Hughes
 1985 Jen Hughes, Linda Hockey, Norine D'Arcy
 1986 Jen Hughes and Jean Hughes
 1987 Jen Hughes and Jean Hughes
 1988 Jean Hughes and Lynne Collazo
 1989 Liz Figlar and Eileen Fitzgerald
 1990 Liz Figlar, Eileen Fitzgerald, and Jenna Rogers
 1991 Eileen Fitzgerald and Jenna Rogers
 1992 Claire Blaney, Jeanne Reilly, J. Rogers, A. Smith, Lauren Stuhr

1993 Jenna Rogers, Amy Smith, Lauren Stuhr
1994 Amy Smith, Stephanie Doyle, Kim Folk, Celeste Sedo
1995 Amy Smith, Stephanie Doyle
1996 Celeste Sedo
1997 Celeste Sedo, Kelly Behan
1998 Meg McDermott
1999 Clair Nowakowski, Kelly Behan, Alyson Cangemi
2000 Clair Nowakowski, Justine Lupo

ALL STATE

1978 Barbara Remmers 2nd team
1981 Patti Mileski 1st team, M.E.Mileski 3rd team
1982 Patti 1st & M.E. 2nd - Patti 1st team all american
1983 Margaret Scutro 3rd team
1984 Margaret Scutro 1st team HM-all american
1985 Norine D'Arcy 3rd team
1990 Liz Figlar 2nd team
1991 Jenna Rogers 1st team
1992 Jenna Rogers 2nd team
1993 Jenna Rogers 1st team *STATE CHAMPION*
1995 Amy Smith 2nd team, Stephanie Doyle 2nd team
1996 Celeste Sedo 3rd team
1997 Kelly Behan 1st & *STATE CHAMPION*, Celeste Sedo 1st team
1999 Clair Nowakowski 2nd team, Alyson Cangemi 2nd team Gr 4
2000

OTHER CHAMPIONSHIPS OF NOTE

1980 Easterns States Championships
1982 Ridgewood Invitational
1990 Bergen Classic
1991 Essex Catholic Invitational
1992 Bulldog
1993 Bulldog
1994 Bulldog
1995 Bulldog
1997 Bulldog
1999 Shore Coaches A race

**RIDGEWOOD HIGH SCHOOL GIRLS CROSS COUNTRY
DUAL MEET WIN STREAK HISTORY**

1978 9/19 LOST TO BERGENFIELD (26-31)
 but beat Bloomfield (1 girl)
 9/26 Paramus (15-50)
 10/10 Paramus Catholic (20-41)

1979 9/25 Fairlawn (15-48)
 10/2 Teaneck (17-44) and Hackensack (15-50)
 10/16 Bergenfield (22-33) and Wayne Valley (3 girls)

1980 9/23 Bergenfield (15-49) and Wayne Valley (3 girls)
 9/30 Passaic Valley (20-38)
 10/2 Fairlawn (2 girls)
 10/7 Ramsey (19-38), Teaneck (16-45) & Hackensack (15-50)
 10/21 Clifton (15-50)

1981 9/28 Bergenfield (15-48)
 9/24 Passaic Valley (20-40)
 10/1 Fairlawn (15-50)
 10/6 Hackensack (18-43) and Teaneck (16-47)
 10/13 Paramus Catholic (20-41)
 10/20 Clifton (15-48)

1982 9/28 Paramus Catholic (15-50)
 10/5 Bergenfield (20-41) and Teaneck (15-50)
 10/12 IHA (16-47)
 10/19 Hackensack (19-42)

1983 9/20 Belleville (3 girls)
 9/27 Passaic (15-50)
 10/4 LOST TO HACKENSACK (30-27)
 10/11 Paramus Catholic (15-49)
 10/18 Teaneck (18-40)

1984 9/14 Paramus Catholic (15-50)
 9/18 IHA (15-50)
 10/4 Hackensack (23-36)
 10/9 Paramus (21-38)
 10/16 Teaneck (17-46)

1985 9/20 Paramus Catholic (1 girl)
 9/26 IHA (15-50)
 10/8 Hackensack (20-43)
 10/15 Paramus (24-31)
 10/17 Teaneck (18-39)

1986 9/19 Teaneck (4 girls finished)
 9/30 IHA (15-50)
 10/14 Hackensack (24-33)
 10/16 Paramus (24-35)

1987 9/22 Paramus Catholic (15-50)
9/29 IHA (15-50)
10/13 Hackensack (18-42)
10/15 Paramus (22-34)

1988 9/27 Paramus Catholic (18-45)
10/4 Passaic (23-36) and Eastside (2 girls)
10/11 Clifton (15-40) and Kennedy (no girls)
10/18 Teaneck (15-48)

1989 9/16 Paramus Catholic (19-43)
9/19 Passaic (20-40)
9/26 Kennedy (3 girls)
10/3 Clifton (22-33) and Eastside (2 girls)
10/10 Montclair (15-50) and Barringer (3 girls)

1990 9/18 Passaic (15-50) and Bloomfield (15-50)
9/25 Kennedy (17-46)
10/2 Clifton (19-42) and Eastside (15-50)
10/9 Montclair (20-38) and Barringer (2 girls)
10/16 IHA (15-46)

1991 9/13 IHA (19-42)
9/20 Paramus Catholic (16-47)
9/24 Bloomfield (15-48), Passaic (15-49) and
St. Domonic (15-50)
10/1 Kennedy (20-43)
10/7 Clifton (18-37) and Eastside (1 girl finished)
10/16 Montclair (19-44)

1992 9/15 Passaic (15-50)
9/17 Belleville (15-50)
9/22 Kennedy (15-48)
9/30 IHA (19-40)
10/8 Clifton (16-47) and Bloomfield (no girls)
10/13 Eastside (3 girls) and Montclair (2 girls)

1993 9/21 Passaic (15-50) and Barringer (no girls)
9/28 Kennedy (15-50)
10/5 Eastside (15-50) and Montclair (2 girls)
10/13 Clifton (18-45) and Bloomfield (no girls)

1994 9/20 Montclair (2 girls) and Passaic (15-50)
9/28 Kennedy (15-46) and Bloomfield (no girls)
10/4 Eastside (19-42) and Barringer (3 girls)
10/11 Clifton (17-48)

1995 9/19 Passaic (15-50) and Montclair (1 girl)
9/27 Kennedy (22-37) and Bloomfield (no girls)
10/10 Clifton (16-45)
10/12 Eastside (15-50) and Barringer (3 girls)

1996 9/25 Kennedy (24-34) and Bloomfield (3 girls)
10/1 Clifton (18-45) and Passaic (17-46)
10/9 Eastside (4 girls) and Montclair (2 girls)

1997 9/23 Kennedy (21-38) and Bloomfield (15-50)
9/30 Clifton (15-46) and Passaic (15-48)
10/7 Montclair (4 girls) and Eastside (1 girl)

1998 9/15 Passaic (21-36)
9/24 Eastside (15-50)
9/28 Hackensack (26-31) and Bloomfield (15-50)
and Barringer (15-50)
10/6 Kennedy (15-50) and Clifton (18-41)

1999 9/14 Passaic (15-49)
9/22 Eastside (15-50)
9/28 Hackensack (23-38) and Bloomfield (15-50)
10/5 Clifton (15-50) and Kennedy (15-50)

2000 9/12 Teaneck (15-50)
9/18 Nutley (17-43)
9/20 Montclair (16-47)
9/25 Holy Angels (18-45)
10/3 Passaic (21-34) and Belville (2 girls)
10/17 Paramus (17-44)

VETERAN'S FIELD CHAMPIONSHIP COURSE

5000 METERS

18:13.4	Celeste Sedo	1997	21:46.4	Darcy Nicholson	1984
18:14.3	Kelly Behan	1997	21:48	Julie Sprich	1997
18:20.5	Patti Mileski	1981	21:49	Leslie Bruno	1997
18:22.7	Mary Ellen Mileski	1982	21:52.0	Elyse Lee	1993
18:28.0	Jenna Rogers	1993	21:53	Lisa deCastro	1991
18:40.9	Margaret Scutro	1984	21:53.7	Kathleen Campbell	1993
19:03	Jean Hughes	1987	22:01	Tira Lobell	1997
19:12	Stephanie Doyle	1994	22:01.3	Rebecca Johnson	2000
19:13	Jennifer Hughes	1986	22:05	Pam Parker	1986
19:34.6	Clair Nowakowski	2000	22:07.0	Lauren Lillis	2000
19:37	Lynne Collazo	1987	22:09	Heather Fitzgerald	1988
19:39.7	Karen O'Brien	1982	22:12.4	Michelle Sarkadi	1982
19:41	Kim Folk	1994	22:13	Natasha Skuthan	1997
19:44	Amy Smith	1995	22:18	Sheelyn Marker	1987
19:50.5	Beth Pringle	1982	22:18.9	Julie Babbitt	1981
19:50.7	Lauren Stuhr	1993	22:19.4	Lauren Goodell	1981
19:56.	Colleen Wright	1981	22:19.9	Alison Barbi	1981
20:02	Norine D'Arcy	1985	22:22	Kara Belknap	1997
20:05.4	Meg McDermott	1998	22:23	Amy Donnelly	1986
20:07	Kathy Shevlin	1987	22:23.1	Vanessa McDermott	1993
20:08.0	Danielle Walther	1998	22:24	Geraldine Campbell	94
20:15.1	Claire Blaney	1992	22:26	Diane Nelson	1997
20:16.0	Kirsten Kannengieser	82	22:37.0	Cristy Diaz	1981
20:16.5	Tara O'Neill	1997	22:37	Lisa Waters	1983
20:22	Carolyn O'Brien	1987	22:40	Lauren Maxwell	1994
20:23	Nanci Titus	1986	22:43	Liz O'Connor	1997
20:24	Eileen Fitzgerald	1991	22:47.6	Rachael VanYperen	1992
20:24.6	Chris McKenna	1981	22:52	Margaret Ostling	1986
20:25.6	Anja Kannengieser	1981	22:53.1	Linda Sigillito	1984
20:28.6	Alyson Cangemi	1997	23:01	Katy Aldave	1998
20:30.1*	Julia Brownell	99	23:02	Sara Wells	1998
20:32	Zena Lobell	1994	23:03.8	Robin Lavin	1984
20:42	Vanessa Worm	1994	23:04.6	Cassie Canzani	2000
20:46.5	Monica Schiefen	1997	23:11.6	Krisi Wing	1984
20:47	Janet Titus	1986	23:15.1	Sharon Williams	1982
20:47.3	Justine Lupo	2000	23:19.6	Kate McDonagh	2000
20:50	Liz Figlar	1988	23:21	Cara Hardt	1991
20:50	Beth Apsel	1994	23:21	Maggie Cain	1994
20:53.4	Erin Roach	1992	23:22.2	Alex Furger	1992
20:54	Lynn Degelmann	1986	23:23.8	Janet Moritz	1984
20:58.4	Taylor Dunn	1998	23:27	Sarah Apsel	1994
21:01	Katie Cohn	1994	23:34	Cathy Reid	1985
21:04.6	Peggy Lynch	2000	23:39	Katie Latanich	1998
21:05	Linda Hockey	1985	23:45	Ellen Ostrander	1986
21:06.2	Genny Razik	1982	23:45	Christina Grab	1994
21:07.3	Ana Law	1998	23:48	Jen Bauman	1987
21:11.6	Marci Capitani	1984	23:48	Marianne Skau	1987
21:14.9	Jeanne Reilly	1992	23:48	Danielle Walther	1996
21:24	Nicole MacLennan	1986	23:52	Eileen Moritz	1988
21:26	Megan McCabe	1991	23:57	Clair Weeks	1998
21:36.0	Alexandra Oros	2000	24:06.2	Shauana Swan	2000
21:37.8	Carrie Ruggles	1095	24:07	Jess Rhoten	1998
21:38	Leslie Barbi	1983	24:08	Chrissy Martin	1998
21:39.9	Jackie Goulart	2000	24:10.6	Jenna Rubinoff	2000
21:42	Rose Sedo	1994	24:10.9	Megan Duffy	1984

Vet's Field Championship ATL

24:13	Michelle White	1991	26:22	Carolyn Cosgrove	1997
24:17	Irene Janis	1997	26:30	Dara Hourdajian	1998
24:20	Serena Roth	1997	26:31	Megan Bain	1997
24:21	Tara Pehush	1997	26:37	Pat Kaupas	1986
24:22	Kerry Douerty	2000	26:40	Mandy Warton	1993
24:23	Carolyn Moritz	1994	26:47	Meghan Groome	1994
24:24	Lauren G-H	1994	26:47	Erin Cron	1997
24:25.7	Kanako Nakamura	1993	26:50	Jen Siegel	1994
24:31.7*	Julia Foresman	99	26:57	Nora Varadi	1994
24:35	Jess Rhoten	1997	26:57	Nora Apsel	1997
24:37	Alison Correll	1996	27:07	Sarah Burton	1994
24:38	Madoka Kurishima	1985	27:09	Liz Strahle	1997
24:35	Kate Pringle	1983	27:15	Jamie Hollender	1992
24:41	Kitty Lawn	1994	27:27	Catherine Lowe	1995
24:49	Christina Velez	1985	27:52.6*	Sarah Bigos	99
24:51	Mo Smith	1997	27:56	Shannon Osborn	1993
25:00	Christina Dasher	1997	28:00	Amy McDonald	1997
25:05.3	Allison Donnelly	1993	28:17	You Jung Park	1994
25:08.8*	Ruth VanYperen	99	28:24	Erin Raiter	1997
25:14	Melissa Masterson	1996	28.25.6*	Kate Mcwhiney	99
25:17.3	Joelle Gruber	1993	28:40.6*	Lauren Lennon	99
25:19	Amanda DiLeo	1994	28:50	Deborah Apsel	1993
25:20.1	Vicki Gellis	1993	28:53	Julie Culver	1994
25:48	Kristen Eagen	1997	28:59.0	Casey Callan	2000
25:49	Terri Shum	1992	29:29	Vicki Lowe	1995
25:49	Jen Dlugash	1997	31:05	Meeta Shaw	1998
25:55	Kate Strum	1997	31:55	Dara Hourdajiiian	2000
26:11	Rebecca Castagno	1991	32:39	Jessica Burnette	1991
26:11.9*	Brittany Hemmel	99			

course established 1981
 compiled 11/2000

* In 1999 course was long
 because of Floyd's flood.

DARLINGTON PARK

17:49.1	Jenna Rogers	1993
18:37.0	Celeste Sedo	1997
18:41.4	Kelly Behan	1997
18:52.3	Amy Smith	1995
19:02.2	Stephanie Doyle	1994
19:13.8	Clair Nowakowski	1999
19:28.5	Meg McDermott	1998
19:31.6	Lauren Stuhr	1993
19:36.2	Alyson Cangemi	1999
19:47	Danielle Walther	1998
19:52.2	Julia Brownell	1999
19:57	Claire Blaney	1992
19:58	Kim Folk	1994
20:02	Erin Roach	1992
20:02	Jeanne Reilly	1992
20:03	Justine Lupo	2000
20:07.1	Katie Cohn	1996
20:12.6	Zena Lobell	1994
20:16.8	Tara O'Neill	1996
20:17.4	Carrie Ruggles	1996
20:31	Monica Schiefen	1998
20:31	Tira Lobell	1998
20:37	Taylor Dunn	1998
20:38.1	Vanessa Worm	1994
20:42	Peggy Lynch	2000
20:43	Elyse Lee	1993
20:44	Beth Apsel	1994
20:49	Jackie Goulart	2000
20:53.4	Rebecca Johnson	1999
20:54	Ana Law	1998
20:55	Lauren Lillis	2000
21:00	Megan McCabe	1992
21:02.4	Kathleen Campbell	1993
21:26	Julie Sprich	1996
21:28	Rose Sedo	1995
21:37	Alexandra Oros	2000
21:38	Geraldine Campbell	1995
21:49	Lesley Bruno	1997
21:56	Katy Aldave	1998
21:56	Cassie Canzani	2000
21:57	Rachael VanYperen	1992
21:57	Katie O'Brien	1993
21:59	Kara Belknap	1997
22:01	Diane Nelson	1997
22:14	Vanessa McDermott	1993
22:27	Liz O'Connor	1997
22:28	Lauren Maxwell	1993
22:30	Sara Wells	1998

BERGEN CHAMPIONSHIP COURSE

22:31	Julia Foresman	2000
22:46	Chrissy Martin	1998
22:56	Katie Latanich	1999
23:02	Melissa Masterson	1996
23:04	Maggie Cain	1993
23:05	Kitty Lawn	1996
23:06	Jenna Rubinoff	2000
23:11	Alison Correll	1996
23:18	Clare Weeks	1999
23:19	Ruth VanYperen	1999
23:19	Colleen Herlihy	1999
23:20	Sarah Apsel	1993
23:23	Carolyn Moritz	1995
23:24	Christina Grab	1995
23:25	Lauren G-Heuwetter	1994
23:25	Irene Janis	1997
23:30	Sarah Durnan	1992
23:30	Shauana Swan	2000
23:37	Alex Furger	1992
23:45	Peggy Lynch	1999
23:47	Mo Smith	1997
23:48	Kanako Nakamura	1993
23:54	Lauren Lennon	1998
24:01	Amanda DiLeo	1994
24:05	Tara Pehush	1997
24:07	Kerry Dougherty	2000
24:13	Kitty Lawn	1995
24:13	Lizzy Volgelback	1997
24:13	Jess Rhoten	1998
24:32	Serena Roth	1996
24:36	Vickie Gellis	1993
24:41	Brittany Hemmel	1999
24:44	Alyson Donnley	1993
24:44	Christina Dasher	1997
24:48	Terry Shum	1992
24:52	Mandy Warton	1993
24:55	Vicky Lowe	1995
24:55	Catherine Lowe	1995
25:00	Jen Dlugasch	1997
25:00	Carolyn Cosgrove	1997
25:04	Joelle Gruber	1993
25:08	Kristin Egan	1997
25:11	Nora Apsel	1997
25:20	Dara Hourdajian	1998
25:22	Sarah Burton	1995
25:22	Erin Cron	1997
25:31	Jamie Hollender	1993
25:42	Tara Pehush	1998

Darlington Park All Time List

25:42	Sarah Bigos	1999
25:55	Kate Strum	1997
26:02	Liz Strahle	1997
26:23	Jen Siegel	1995
26:27	Nora Varadi	1994
26:41	Shannon Osborn	1993
26:41	Emily Hermance	1995
26:41	Casey Callan	2000
26:46	Julie Culver	1992
26:56	Amy McDonald	1997
27:20	Megan Groome	1994
27:29	Elizabeth Cavanagh	1992
27:39	Megan Bain	1997
27:46	Erin Raiter	1997
27:49	Kate Mcwhiney	1999
28:05	Meg Snyder	1998
28:11	You Jung Park	1994
28:25	Jessica Stanley	1992
28:34	Beth Riina	1998
28:48	Deborah Apsel	1993
29:37	Meta Shaw	1998
30:26	Amy Chidiac	1993

All Time Ridgewood List

course established 1992

course record: 17:49.1

Jenna Rogers - Ridgewood HS

compiled 11-2000

DARLINGTON PARK FROSH COURSE

1 LOOP 1.61 miles

9:49*	Justine Lupo	2000	12:29	Catherine Lowe	1994
10:16	Tara O'Neill	1996	12:31	Liz Bedford	1999
10:21	Clair Nowakowski	1998	12:32	Pippa Scott	1998
10:32	Alyson Cangemi	1996	12:34	Irene Janis	1995
10:36	Jess Rohten	1996	12:35	Deborah Apsel	1992
10:40	Rebecca Johnson	1997	12:37	Nora Varadi	1993
10:48	Casey Dunn	2000	12:40.3	Jess Murphy	2000
10:49	Alexandra Oros	1998	12:44	Ashley Amo	2000
10:53	Jackie Goulart	1998	13:05	Aimee Martin	2000
10:54	Peggy Lynch	1998	13:10	Julie Culiver	1992
10:54	Jackie Macchi	1999	13:20	Jen Siegel	1992
10:58	Tira Lobell	1995	13:20	Vicki Lowe	1994
11:00	Nikki Lattieri	2000			
11:01	Lesley Bruno	1996			
11:02	Diane Nelson	1996			
11:04	Lauren Maxwell	1992			
11:04	AshleyBridgefarrow	2000			
11:09	Geraldine Campbell	1992			
11:11	Beth Apsel	1992			
11:11	Lianne Hansen	2000			
11:13	Natisha Skuthan	1994			
11:14	Kerry Doherty	1999			
11:20	Shannon McCarthy	2000			
11:22	Julie Sprich	1995			
11:23	Julia Foresman	1998			
11:30	Kate McDonagh	1999			
11:34	Ruth VanYperen	1998			
11:35	Nora Apsel	1996			
11:39	Colleen Herlihy	1998			
11:43	Brittany Hemmel	1997			
11:45	Kathleen Nowakowski	98			
11:47	Katie Latanich	1996			
11:49	Kristen Espenak	1999			
11:53	Andrea Remmen	1993			
11:56	Lucia Knight	1995			
11:57	Alison Correll	1995			
11:57	Caroline Gable	2000			
11:58	Shelly Seidenberg	2000			
11:59	Kate Mewhiney	1997			
12:08	Tammie Armstrong	2000			
12:12	Jenna Rubinoff	1999			
12:14	Allyson Donnelly	1992			
12:17	Sarah Bigos	1998			
12:22	Erin Cron	1996			
12:23	Kristin Egan	1995			
12:23	Jill Herlihy	2000			
12:28	Christina Dasher	1995			

All Time Ridgewood List

course established 1992

* Course record: 9:49 2000

Justine Lupo

Ridgewood High School

compiled 11/2000

GARRET MOUNTAIN

18:15.0	Patti Mileski	1982
18:21.6	Mary Ellen Mileski	1981
18:32	Margaret Scutro	1984
19:08.6	Celeste Sedo	1997
19:09.1	Kelly Behan	1997
19:18	Jenna Rogers	1993
19:21	Carol Dickstein	1980
19:22	Jean Hughes	1988
19:32	Norine D'Arcy	1985
19:32	Lynne Collazo	1988
19:33	Kathy Duffy	1980
19:35	Colleen Wright	1981
19:35	Jennifer Hughes	1985
19:36	Liz Figlar	1990
19:39	Karen O'Brien	1984
19:44	Sue Hart	1980
19:59	Clair Nowakowski	2000
20:05	Meg McDermott	1998
20:09	Stephanie Doyle	1994
20:10	Eileen Fitzgerald	1990
20:10	Amy Smith	1995
20:14	Kirsten Kannengieser	82
20:18	Chris McKenna	1980
20:21	Lauren Stuhr	1993
20:28	Anja Kannengieser	1983
20:28	Leslie Barbie	1983
20:28	Danielle Walther	1998
20:29	Claire Blaney	1992
20:29	Alyson Cangemi	1999
20:31	Julia Brownell	1999
20:34	Linda Hockey	1985
20:36	Kim Folk	1994
20:51	Erin Roach	1992
20:53	Kathy Shevlin	1987
20:53	Jeanne Reilly	1992
20:54	Zena Lobell	1994
20:55	Carrie Ruggles	1996
20:58	Darcy Nicholson	1984
21:05	Nanci Titus	1986
21:06.3	Jackie Goulart	2000
21:09.6	Tara O'Neill	1997
21:15	Genny Razik	1981
21:15	Justine Lupo	2000
21:18.4	Taylor Dunn	1999
21:20	Beth Pringle	1982
21:21	Lisa Waters	1984
21:22	Monica Scheifen	1996
21:26	Marci Capitani	1984

ALL TIME RIDGEWOOD LIST

21:27.3	Peggy Lynch	2000
21:28	Carolyn O'Brien	1987
21:28	Katie Cohn	1996
21:31	Steph Kane	1988
21:33	Megan McCabe	1991
21:34	Beth Apsel	1994
21:44	Kelly Keibort	1980
21:44	Janet Titus	1986
21:45	Nicole MacLennan	1986
21:19	Rebecca Johnson	1999
21:53	Lisa deCastro	1990
21:55*	Jen Bauman	1989
22:01	Kathleen Campbell	1991
22:02	Vanessa Worm	1994
22:02	Lauren Lillis	2000
22:04	Pam Parker	1984
22:04	Alexandra Oros	1999
22:05	Elyse Lee	1993
22:10	Cristy Diaz	1982
22:19	Lauren Goodell	1984
22:23*	Eileen Moritz	1989
22:25	Rose Sedo	1994
22:26	Janet Moriz	1984
22:28	JoAnn Casey	1980
22:29	Wendy Hawthorne	1981
22:33	Megan Duffy	1984
22:35	Julie Babbitt	1980
22:37	Liz Nitti	1980
22:39	Ana Law	1998
22:42	Krisi Wing	1984
22:47	Linda Sigillito	1984
22:50	Julie Spritch	1998
22:53	Lynn Degelmann	1986
22:58*	Missy Klein	1989
23:00*	Jill Apostle	1989
23:10	Amy Donnelly	1986
23:14	Heather Fitzgerald	1988
23:20	Lauren Maxwell	1995
23:20	Katy Aldave	1998
23:22	Cathi Reid	1985
23:26	Margaret Ostling	1986
23:28	Diane Nelson	1999
23:29	Kara Belknap	1997
23:31	Eileen Moritz	1990
23:32	Lesley Bruno	1997
23:32	Kate McDonagh	2000
23:36	Sara Wells	1997
23:38	Sheelyn Marker	1987

Garret Mountain All time List

23:39	Cassie Canzani	2000	26:19	Kristen Egan	1997
23:40*	Heather Fitzgerald	1989	26:19	Eun-Joo Lee	1997
23:40	Sarah Apsel	1994	26:27	Carolyn Moritz	1994
23:41	Jess Rhoten	1997	26:28	Rebecca Castagno	1991
23:42	Julia Foresman	1999	26:28	Nora Apsel	1997
23:44	Liz O'Connor	1997	26:30	Erin Cron	1997
23:45	Michelle Sarkadi	1982	26:33	Bridget Blaney	1990
23:46	Christina Velez	1985	26:33	Kate Strum	1997
23:47	Ellen Ostrander	1984	26:34	Magli Durand-Viel	1985
23:50	Rachael VanYpern	1992	26:37	Sara Bigos	1999
24:13	Jenna Rubinoff	2000	26:39	Jenny Schwartz	1990
24:18	Vanessa McDermott	1992	26:43	Terry Shum	1991
24:19	Colleen Herlihy	1999	27:06	Jen Siegel	1995
24:24	Shauna Swan	2000	27:07	Joelle Gruber	1994
24:26	Stephanie DeCongelio	86	27:14	Liz Guenther	1987
24:28	Kate Tancos	1987	27:26	Liz Strahle	1997
24:29	Ruth VanYperen	1999	27:27	Megan Bain	1997
24:30	Bryce Mills	1987	27:34	Nina Bjorklund	1985
24:31	Julia Foresman	2000	27:35	Sarah Burton	1995
24:34	Cara Hardt	1991	27:38	Valerie Gold	1987
24:34	Maureen Smith	1997	27:53	Rebecca Johnson	1997
24:36	Lauren G-H	1994	28:02	Pippa Scott	1999
24:37	Carol Lombaerde	1980	28:10	Katie Schumacker	1992
24:44	Kate Pringle	1983	28:23	Vicki Gellis	1991
24:44	Lizzy Vogelbach	1997	28:26	Amy McDonald	1997
24:44	Irene Janis	1997	28:38	Kate Mcwiney	1999
24:52	Ellen Mackey	1980	28:53	Erin Raiter	1997
24:53	Betsy Gershman	1990	28:58	Casey Callan	2000
24:53	Sarah Durnan	1992	28:59	Kathleen Nowakowski	98
24:54	Christina Grab	1994	29:15	Deborah Apsel	1992
24:56	Katie Latanich	1999	29:26	You-Jung Park	1994
25:02	Kerry Dougherty	2000	29:44	Julie Culver	1994
25:04	Mary Ann Skau	1987	29:46	Tanya Panossian	1990
25:04	Serena Roth	1997	29:46	Allyson Donnelly	1992
25:08	Tara Pehush	1997	31:14	Jessica Burnette	1991
25:12	Christina Dasher	1997	39:24	Amy Chiadic	1991
25:29	Amanda DiLeo	1994			
25:31	Michelle White	1991			
25:35	Jessica Scadron	1988			
25:41	Katty Aldave	1997			
25:42	Mindy LaValle	1980			
25:44*	Jenny Schwartz	1989			
25:45	Geraldine Campbell	1992			
25:55	Katherine Lowe	1995			
25:56	Kitty Lawn	1995			
25:57	Kanako Nakamura	1994			
26:09	Pat Kaupas	1986			
26:11	Alison Spencer	1987			
26:19	Amy Titus	1987			

* altered course (286 yds Longer)

Garret Mountain, West Paterson course established: 1980
Course Record: 17:58.5
Christi Constantin, KinnatinnyHS

RHS list compiled 11/2000

HOLMDEL PARK

STATE CHAMPIONSHIP COURSE

5,000 METERS

18:29	Patti Mileski	1982	21:56	Steph Kane	1988
18:34.2	Jenna Rogers	1993	21:56.4	Ana Law	1998
18:44	Margaret Scutro	1984	21:57	Nanci Titus	1986
18:58.3	Kelly Behan	1997	22:07.4	Jackie Goulart	2000
19:10.3	Celeste Sedo	1997	22:12	Nicole MacLennan	1986
19:12.9	Stephanie Doyle	1995	22:12.8	Lauren Lillis	2000
19:13	Mary Ellen Mileski	1982	22:16.4	Rebecca Johnson	1999
19:39.9	Amy Smith	1995	22:19	Leslie Barbie	1983
19:47	Carol Dickstein	1979	22:19	Rose Sedo	1994
19:52	Jean Hughes	1988	22:19	Lisa Waters	1984
19:54.3	Clair Nowakowski	1999	22:23	Jen Bauman	1989
19:54.4	Meg McDermott	1998	22:26	Eileen Moritz	1989
19:55	Kathy Duffy	1980	22:25	Natasha Skuthan	1997
19:59	Sue Hart	1980	22:27.2	Alexandra Oros	1999
20:08	Norine D'Arcy	1985	22:28	Marci Capitani	1984
20:15	Kim Folk	1994	22:34.1	Lesley Bruno	1998
20:24.2	Alyson Cangemi	1999	22:43	Julie Sprich	1996
20:25	Chris McKenna	1980	22:46	Missy Klein	1989
20:29	Jen Hughes	1984	22:47.0	Diane Nelson	1898
20:29	Liz Figlar	1989	22:54	Genny Razik	1981
20:31	Beth Pringle	1982	22:55	Lisa deCastro	1991
20:31	Lauren Stuhr	1993	22:58	Laura Campbell	1979
20:32	Eileen Fitzgerald	1989	23:00	Robin Lavin	1984
20:33	Zena Lobell	1994	23:06	Geraldine Campbell	1995
20:37	Jeanne Reilly	1992	23:12	Janet Titus	1986
20:38	Danielle Walther	1998	23:12	Kara Belknap	1997
20:39.5	Justine Lupo	2000	23:18	Lauren Maxwell	1993
20:40	Karen O'Brien	1984	23:23	Linda Sigillito	1984
20:48	Lynne Collazo	1986	23:25	Heather Fitzgerald	1988
20:49.3	Julia Brownell	1998	23:31	Rachael VanYperen	1992
20:50	Claire Blaney	1992	23:39.4	Cassie Canzani	2000
20:56	Carrie Ruggles	1996	23:44	Alison Correll	1996
20:58	Erin Roach	1992	23:49	Janet Moritz	1984
21:02.2	Taylor Dunn	1999	23:49	Jill Apostle	1989
21:04	Tara O'Neill	1996	23:54.0	Shanna Swan	2000
21:05	Kirsten Kannengieser	82	24:01	Pam Parker	1984
21:05.2	Peggy Lynch	2000	24:05.7	Chrissy Martin	1998
21:11	Katie Cohn	1996	24:08.7	Sara Wells	1999
21:17	Kathy Shevlin	1986	24:13	Kitty Lawn	1996
21:20	Linda Hockey	1985	24:19	Maggie Cain	1994
21:20	Vaness Worm	1994	24:23.6	Jenna Rubinoff	2000
21:20	Monica Schiefen	1996	24:26	Jess Rhoten	1997
21:22	Colleen Wright	1981	24:26.2	Katie Latanich	1999
21:28	Anja Kannengieser	1982	24:30.2	Clare Weeks	1998
21:36	Beth Apsel	1994	24:35	Christina Grab	1994
21:43	Barbara Remmers	1979	24:36	Krisi Wing	1984
21:44.1	Tira Lobell	1998	24:37	Ruth VanYpern	2000
21:45	Kathleen Campbell	1993	24:38	Sarah Apsel	1994
21:46	Darcy Nicholson	1984	24:43	Alex Furger	1992
21:49	Carolyn O'Brien	1987	24:49	Katie O'Brien	1992
21:49	Megan McCabe	1992	24:53	Kanako Nakamura	1994
21:49	Elyse Lee	1993	24:56	Melissa Masterson	1996

Holmdel Park All Time List

25:15	Vanessa McDermott	1992
25:16	Carolyn Moritz	1994
25:28	Katy Aldave	1998
25:30	Kate McDonagh	2000
25:42	Sarah Durnan	1992
26:01	Carolyn Cosgrove	1996
26:06	Kerry Doherty	2000
26:13	Serena Roth	1996
26:22	Lizzie Vogelback	1997
26:22	Katty Aldave	1997
26:36	Nora Varadi	1994
26:43.9	Brittany Hemmel	1999
26:51	Irene Janis	1996
26:53	Amanda Warton	1993
26:53	Lauren Lennon	2000
27:00	Tara Pehush	1997
27:00	Dara Hourdajian	1998
27:04	Catherine Lowe	1995
27:18	Joelle Gruber	1993
27:30	Kristen Egan	1997
27:36	Alyson Donnelly	1993
27:54	Sarah Burton	1995
28:02	Sara Bigos	1999
28:06	Terry Shum	1992
28:10	Jen Siegel	1994
28:20	Jamie Hollender	1993
28:25	Jen Schwartz	1988
28:50	Shannon Osborn	1993
29:01	Julie Culiver	1994
29:07	Liz Strahle	1997
29:12	Vicki Lowe	1995
29:16	Vicki Gellis	1992
29:35	Meg Snyder	1998
29:48	Kate Strum	1997
29:50	Elizabeth Cavanagh	1992
29:57	Amy Titus	1988
29:57	Katie Schumaecker	1992
30:30	Adrienne Reid	1988
30:33	Anne Burton	1988
30:38	Pipa Scott	1999
32:01	Amy McDonald	1997
32:06	Erin Raiter	1997
33:50	Deborah Apsel	1993
34:33	Amy Chidiac	1993
nt	Meghan Groome	1994

All Time Ridgewood List

course established 1979

course record: 17:35.5

Janet Smith, North Edison 1983

compiled 11/26/00

VETERANS FIELD 5K DUAL MEET COURSE ALL TIMELIST

18:30	Jean Hughes	1988	21:04	Ana Law	1998
18:37.8	Margaret Scutro	1984	21:09	Darcy Nicholson	1984
18:41.0	Kelly Behan	1997	21:09	Megan McCabe	1991
18:59	Jen Hughes	1985	21:11	Peggy Lynch	2000
19:02	Clair Nowakowski	2000	21:14	Lisa deCastro	1991
19:12.7	Jenna Rogers	1992	21:15	Robin Lavin	1984
19:17	Stephanie Doyle	1994	21:19	Kirsten Kannengieser	1982
19:18	Liz Figlar	1989	21:17	Kim Folk	1993
19:21	Norine D'Arcy	1985	21:22	Eileen Moritz	1989
19:29	Amy Smith	1994	21:22	Elise Lee	1992
19:38	Karen O'Brien	1984	21:24	Janet Titus	1986
19:39	Meg McDermott	1998	21:25	Jeanne Reilly	1992
19:51	Lynne Collazo	1986	21:26	Rebecca Johnson	2000
20:02	Lauren Stuhr	1993	21:27	Missy Klien	1989
20:02	Celeste Sedo	1996	21:29	Vanessa Worm	1994
20:03	Patti Mileski	1981	21:34	Lynn Degelman	1986
20:03	Mary Ellen Mileski	1981	21:35	Genny Razik	1982
20:06	Beth Pringle	1982	21:36	Leslie Barbi	1983
20:08	Eileen Fitzgerald	1991	21:37	Danielle Walther	1997
20:17	Claire Blaney	1992	21:37	Alexandra Oros	2000
20:18	Tara O'Neill	1998	21:39	Steph Kane	1988
20:19	Alyson Cangemi	1998	21:39	Jackie Goulart	2000
20:22	Colleen Wright	1981	21:41	Rose Sedo	1994
20:23	Zena Lobell	1994	21:42	Geraldine Campbell	1994
20:24	Beth Apsel	1994	21:49	Kate McDonagh	2000
20:25	Julia Brownell	1998	21:50	Natasha Skuthan	1997
20:28	Erin Roach	1992	21:51.4	Nicole MacLennan	1986
20:32	Kathy Shevlin	1987	21:54	Wendy Hawthorne	1981
20:42	Katie Cohn	1996	21:55	Christy Diaz	1982
20:42	Monica Schiefen	1997	22:01	Amy Donnelly	1986
20:44	Taylor Dunn	1998	22:03	Heather Fitzgerald	1988
20:45	Carolyn O'Brien	1987	22:04	Carrie Ruggles	1995
20:45	Linda Hockey	1985	22:05	Julia Foresman	2000
20:47	Anja Kannengieser	1983	22:06	Rachael VanYpern	1992
20:50	Justine Lupo	2000	22:14	Casey Dunn	2000
20:52.6	Nanci Titus	1986	22:20	Sharon Williams	1982
20:53	Jen Bauman	1989	22:20	Julie Sprich	1996
20:58.8	Marci Capitani	1984	22:21	Kathleen Campbell	1992
20:59	Tira Lobell	1998	22:25	Sarah Apsel	1994
21:00	Chris McKenna	1981	22:28	Liz O'Connor	1997
21:02.8	Lisa Waters	1984	22:28	Leslie Bruno	1997

22:31	Michelle Sarkadi	1982	24:10	Lianne Hansen	2000
22:34	Jill Apostle	1989	24:16	Cassie Canzani	2000
22:35	Lauren Goodell	1982	24:18	Katie Latanich	1997
22:42	Maggie Cain	1994	24:19	Jenny Schwartz	1989
22:43	Christina Velez	1985	24:19	Irene Janis	1997
22:45	Linda Sigillito	1984	24:21	Sara Wells	1998
22:45	Sarah Durnan	1992	24:22	Lauren Guerra-Heuwetter	1994
22:48	Vanessa McDermott	1993	24:26	Michelle White	1991
22:50	Jackie Goulart	1998	24:34	Allison Spencer	1987
22:53	Lauren Lillis	2000	24:34	Joel Gruber	1994
22:53.5	Pam Parker	1984	24:39	Kristen Egan	1997
22:54	Alison Barbi	1981	24:40	Clair Weeks	1998
22:54	Shauana Swan	2000	24:45	Serena Roth	1997
22:56	Alex Furger	1992	24:59	Dara Hourdajian	1998
22:57	Janet Moritz	1984	25:06	Alyson Donnelly	1994
22:57	Betsy Gershman	1990	25:12	Tara Pehush	1997
23:03	Collen Herlihy	2000	25:13	Terry Shum	1992
23:06	Ruth VanYperen	2000	25:19	Kate Strum	1997
23:08	Katie O'Brien	1992	25:25	Nora Vardi	1994
23:08	Kara Belknap	1997	25:25	Jen Dlugasch	1997
23:10	Diane Nelson	1996	25:27	Amy Titus	1987
23:11	Jenna Rubinoff	2000	25:28	Vicki Gellis	1993
23:15	Krisi Wing	1984	25:30	Shelly Seidenberg	2000
23:15	Kitty Lawn	1996	25:31	Caroline Gable	2000
23:19	Madoka Kurishima	1985	25:32	Bridget Blaney	1990
23:20	Megan Duffy	1984	25:37	Erin Cron	1997
23:24	Courtney Moody	1982	25:37	Brittany Hemmel	1997
23:28	Sheelyn Marker	1987	25:38	Liz Guenther	1987
23:35	Jess Rhoten	1997	25:40	Kate Pringle	1983
23:43	Julie Babbitt	1981	25:40	Pat Kaupas	1987
23:47	Kerry Doherty	2000	25:40	Katty Aldave	1997
23:48	Ellen Ostrander	1986	25:43	Cathy Reid	1985
23:48	Lauren Maxwell	1992	25:46	Marianne Skau	1987
23:50	Cara Hardt	1991	25:54	Katie Schumaecker	1992
23:53	Amanda DiLeo	1994	26:01	Jamie Hollender	1992
23:57	Alex Goodell	1982	26:04	Carolyn Moritz	1995
23:57	Kanako Nakamura	1993	26:06	Liz Strahle	1997
24:00	Margaret Ostling	1987	26:08	Mandy Warton	1993
24:01	Jessica Scadron	1988	26:15	Katie Cosgrove	1998
24:01	Shannon McCarthy	2000	26:18	Ashley Bridgefarmer	2000
24:04	Melissa Masterson	1996	26:19	Tara Pehush	1998
24:06	Mo Smith	1997	26:25	Alexandra Eidenschenk	1985
24:07	Alison Correll	1997	26:28	Ashley Amo	2000
24:08	Lizzie Vogelbach	1997	26:31	Lucia Knight	1995
24:10	Christina Dasher	1997	26:33	Lauren Lennon	2000

26:34	Deborah Apsel	1992
26:39	Anne Burton	1988
26:45	Casey Callan	2000
26:46.2	Tammie Armstrong	2000
26:50	Stephanie DeCongelio	1986
26:58	Elizabeth Cavanagh	1992
27:00	Jen Siegel	1995
27:06	Kate Mewhiney	1997
27:12	Emily Hermance	1995
27:13	Christine Lowe	1995
27:14	Jill Herlihy	2000
27:30	Shannon Osborn	1993
27:37	Adriene Reid	1988
27:46	You Jung Park	1994
27:47	Sarah Burton	1994
27:48	Eileen Sullivan	1987
27:54	Sarah Bigos	1998
27:58	Kathleen Nowakowski	1998
28:03	Julie Culver	1992
28:04	Nora Apsel	1996
28:08	Valerie Gold	1987
28:23	Tanya Panossian	1990
28:27	Erin Raiter	1997
28:52	Jessica Burnett	1991
31:44	Amy Chidiac	1992

Compiled December 2000.

VETERANS FIELD 5K DUAL MEET COURSE ALL TIME LIST

ALL COMERS LIST

18:30	Jean Hughes	1988
18:37.8	Margaret Scutro	1984
18:41	Amy Kempf -Paramus	1986
18:41.0	Kelly Behan	1997
18:46	Jazmen Jones - Hackensack	1985
18:59	Jen Hughes	1985
19:00	Toni Angione - Bergenfield	1982
19:02	Clair Nowakowski	2000
19:12.7	Jenna Rogers	1992
19:17	Stephanie Doyle	1994
19:18	Liz Figlar	1989
19:21	Norine D'Arcy	1985
19:21	Gail Nunez - Passaic	1988
19:29	Amy Smith	1994
19:33	Beth Androski - Hackensack	1998
19:35	Patti Martin - Hackensack	1998
19:38	Karen O'Brien	1984
19:39	Meg McDermott	1998
19:41	Nadine Nunez - Passaic	1988
19:49	Martina Brosnahan - I.H.A.	1992
19:51	Lynne Collazo	1986
20:02	Lauren Stuhr	1993
20:02	Celeste Sedo	1996
20:03	Patti Mileski	1981
20:03	Mary Ellen Mileski	1981
20:03	Maritza Alvarez - Hackensack	82
20:06	Beth Pringle	1982
20:08	Eileen Fitzgerald	1991
20:17	Claire Blaney	1992
20:18	Tara O'Neill	1998
20:19	Alyson Cangemi	1998
20:21	Sabrina Nealy	1997
20:22	Colleen Wright	1981
20:22	Anna Berardo - Clifton	1994
20:23	Zena Lobell	1994
20:24	Beth Apsel	1994
20:25	Vanessa McClure - Kennedy	1991
20:25	Julia Brownell	1998

20:28	Laura Farinas - Clifton	1991
20:28	Erin Roach	1992
20:28.3	Cheryl Krauss - P. C.	1984
20:32	Kathy Shevlin	1987
20:33	Clair McGuire - Hackensack	1998
20:42	Katie Cohn	1996
20:42	Monica Schiefen	1997
20:42.2	Linda Gowder - Teaneck	1984
20:44	Taylor Dunn	1998
20:45	Carolyn O'Brien	1987
20:45	Linda Hockey	1985
20:47	Anja Kannengieser	1983
20:52.6	Nanci Titus	1986
20:53	Jen Bauman	1989
20:55	Shuana Koinig	1998
20:58.8	Marci Capitani	1984
20:59	Tira Lobell	1998
21:00	Chris McKenna	1981

compiled 11-2000

GARRET MOUNTAIN - FROSH COURSE - ALL TIME RIDGEWOOD LIST

13:00.5	Justine Lupo	2000	
14:00.9	Casey Dunn	2000	
14:14	Tiera Lobel	1995	
14:18	Julie Spritch	1995	
14:45	Clair Nowakowski	1998	
14:50	Betsy Gershman	1990	
14:53	Kathleen Campbell	1990	
14:56	Alexandra Oros	1998	
14:57	Natasha Skuthan	1994	
14:58	Jackie Goulart	1998	
15:00	Geraldine Campbell	1992	
15:00	Beth Apsel	1992	
15:00	Lauren Apsel	1992	
15:01	Ashlee Council	1995	
15:03	LIA RIDE Hansen	2000	
15:05	Shannon Mc Carthy	2000	
15:10	Rebecca Johnson	1997	
15:25	NICOLE SAVRANO	1990	
15:27.5	Kate McDonagh	1999	
15:27.7	Keray Doherty	1999	
15:29	Alex Fungler	1991	
15:38	Shelly Seidenberg	2000	
15:54	PESSY LYNCH	1998	
15:59.2	Jenna Rubenoff	1999	
16:02	Irene Jarvis	1995	
16:03	Caroline Gablo	2000	
16:05	KATIE O'BRIEN	1991	
16:09	Nicki Lettari	2000	
16:10	MICHELLE WHITE	1990	
16:13	Sarah Apsel	1991	← 16:12 KATHLEEN NOWAKOWSKI 1998
16:16	Kristen Egan	1995	
16:28.3	Kristen Espunak	1999	
16:28.9	Tammie Armstrong	2000	← 16:29 RUTH VAN DYKED 1998
16:31.3	Ling Bedford	1999	
16:48	CHRISTINA DASHER	1995	
17:02	SARAH BISOB	1998	
17:09	Jill Herlihy	2000	
17:10	Catherine Lowe	1994	← 17:13 Colleen HERLIHY 1998
17:30	Vicky Lowe	1994	
17:31	Sarah Duman	1991	
17:36	JULIA FORESMAN	1998	
17:50	Alyson Donnelly	1992	

Top Frosh times at Ridgewood Invitational

9:17	Valerie Beyers	Washingtonville	1994
9:32	Clair Nowakowski	Ridgewood	1998
9:39	Emily Hemphill	Convent of the Sacred Heart	1994
9:52.5	J. Vitale	Lenape Valley	1993
9:53	Kelly McClain	Demarest	1994
9:54.9	C Roessner	Raritan	1993
9:56.1	J. Cannistra	Sparta	1993
10:00.0			1993
10:01.1			1993
10:03.3			1993
10:07	Karen Decina	St. John	1994
10:07.3	Alexandra Kosimeirczak	Glen Rock	1995
10:07.8			1993
10:12	Jill Rabadan	Westwood	1996

Ridgewood Additions:

10:30	Alison Cangemi		1996
10:36.1	Tira Lobel		1995
10:45	Lesley Bruno		1996
10:47	Diane Nelson		1996
11:02	Jess Rhoten		1996

