



**RIDGEWOOD
TRACK & FIELD
2000**

**RESULTS
HONORS
AND
RECORDS**

GIRL'S TRACK AND FIELD

2000

DUAL MEETS

6 wins - 1 loss

Passaic	52 - 70
Barringer	121 - 1
Kennedy	93 - 29
Bloomfield	100 - 12
Clifton	90 - 32
Eastside	91 - 31
Hackensack	70 - 52

CHAMPIONSHIP MEETS

4 wins

Ridgewood Relays	1 st
Englewood Relays	2 nd
Bergen County Relays	1 st
Penn Relays	
Bernards Invitational	
NNJIL Champs	3 rd
Bergen Group 4	1 st
Ridgewood Relays II	1 st
East Coast Relays	
State Sectional	3 rd
BMOC (1 individual & relay champion)	
State Group 4	
SMOC (Pole vault - 8 th place)	

SENIORS:

Kelly Behan*(capt), Karen Bray*(capt), Julia Brownell*, Lesley Bruno*(capt), Alyson Cangemi*, Taylor Dunn*, Eileen Farrell*(capt), Jessica Gregg*(capt), Tara O'Neill*, Liz Strahle*, Morgan Wiss*.

JUNIORS:

Jill Grein, Brittany Hemmell, Rebecca Johnson, Eileen Melli*, Katie Norchi, Kerry Nussear, Patti Polise, Alisa Vetter*, Jennifer Zucaro*@, Katherine Zucaro*.

SOPHOMORES:

Meg Behan, Sarah Bigos, Cassicy Canzani, Katie Chiles, Liana DelPapa, Julia Foresman, Meredith Harris*, Colleen Herlihy, Maggie Kim, Lauren Lillis, Peggy Lynch*^, Sandy Nestor, Clair Nowakowski*@, Alexandra Oros, Michele Potash, Pippa Scott, Shauna Swan, Michelle Tobin, Devin Wardel.

FROSH:

Megan Anderson*, Lauren Anderson, Evann Borgman, Kristen Espenak, Laruen Herscheit, Corinne Hyslop*, Jackie Macchi, Jenny Madden, Tara Masterson*, Kate McDonagh, Trish McGowan*, Angela Mercer, Rachael Nelson, Courtney O'Neill*, Kristen Perrone, Jenna Rubinoff, Bridget Schultz, Kristina Schwehm*@, Julie Wiest.

*=letter winner

@=coaches award

^=most improved award

Coaches: Jacob Brown, Jack Elwood, Kate McDermott, Lynne Collazo.

2000

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

2000

Date	Event	Location & Times
Saturday April 1 st	Ridgewood Relays	Paramus HS Track 8:30am
Tuesday April 4 th	Barringer & Passaic dual meet	Passaic 4:00
Saturday April 8 th	Engelwood Relays	Winton White Stadium 9am
Tuesday April 11 th	Bloomfield & Kennedy	Ridgewood Track 4:30
Friday April 14 th	Bergen County Relays	Ramapo High School 3:45
Saturday April 15 th	Bergen County Relays	Indian Hills High School 9am
Tuesday April 18 th	Eastside & Clifton	Ridgewood Track 4:30
Tuesday April 25 th	Hackensack	Hackensack 10am
Thursday April 27 th	Penn Relays	Franklin Field, Philadelphia
Saturday May 6 th	Bernards Invitational	Bernardsville
Wednesday May 10 th	NNJIL Frosh Champs	Englewood
Friday May 12 th	NNJIL Champs	Clifton
Saturday May 13 th	NNJIL Champs	Clifton
Tuesday May 16 th	Bergen Novice Championship	Englewood
Friday May 19 th	Bergen Group 4 Championship	Hackensack High School 3pm
Saturday May 20 th	Bergen Group 4 Championship	Teaneck High School 9am
Monday May 22	Ridgewood Relays II	Englewood
Thursday May 25 th	Bergen Girl's Frosh Championship	Englewood
Friday May 26 th	State Sectional Champs North 1 Group 4	Clifton
Saturday May 27 th	State Sectional Champs North 1 Group 4	Clifton
Tuesday May 30 th	Bergen Meet of Champions	Hackensack
Wednesday May 31 st	Sophomore Championship	Hackensack
Friday June 2 nd	State Group 4 Championship	Egg Harbor
Saturday June 3 rd	State Group 4 Championship	Egg Harbor
Wednesday June 7 th	NJ State Meet of Champions	South Brunswick
Tuesday June 13 th	Easterns	Mitchel Field, Uniondale LI
Fri&Sat June 16&17	Nationals	Raliegh, North Carolina

Further information: <http://www.jacobbrown.com>

Time Trials**3-21-2000**1200 meter run

1. 4:03.9 Claire Nowakowski
2. 4:04.8 Kelly Behan
3. 4:11.8 Eileen Farrell
4. 4:13.7 Jennifer Zucaro
5. 4:18.5 Peggy Lynch
6. 4:24.2 Julia Brownell
7. 4:24.8 Alexandra Oros
8. 4:27.3 Taylor Dunn
9. 4:30.6 Jenna Rubinoff
10. 4:54.6 Cassie Canzani
11. 4:55.8 Lauren Lillis
12. 5:01.5 Meg ??
13. 5:04.2 Colleen Herlihy
14. 5:37.6 Michelle Potash
15. 5:46.0 Kate Grillo
16. 6:14.6 Rebecca Zeller

300 meter dash

1. 44.1 Meredith Harris
2. 44.3 Lesley Bruno
3. 44.9 Katherine Zucaro
4. 46.5 Eileen Melli
5. 47.3 Jackie Goulart
6. 47.4 Liana DiePapa
7. 47.6 Trisha McGowan
8. 49.9 Kristen Espenak
9. 50.6 Megan Anderson
10. 51.5 Corinne Hyslop
11. 51.6 Rachael Nelson
12. 51.9 Lauren Anderson
13. 52.1 Angela Mercer
14. 52.5 Evann Borgman
15. 52.6 Katie Chiles
16. 52.8 Mai Ishide
17. 53.3 Sarah Bigos
18. 54.2 Lauren Herscheit
19. 54.9 Kathleen Doody
20. 55.1 Mggie Kim
21. 55.9 Sandy Nestor
22. 57.0 Julie Wiest

Discus 3-20-00

- 68'4" Karen Bray
- 65'1" Tara masterson
- 60' Liz Strahle
- 59'7" Patty Polise
- 58' Kristen Espenak
- 57'4" Jenni Madden
- 55'7" Kerri Nussear
- 52'9" Jill Grein
- 40'11" Kristen Perrone
- 38'6" Cassie Friedl
- 36'2" Christine Elmas

Javelin power position 3-21-00

- 65' Karen Bray
- 61' Kristina Schwehm
- 58' Tara Masterson
- 56' Jane Crocker
- 56' Brittany hemmill
- 55' Patty Polise
- 45' Kathleen Doody
- 44' Jill Grein
- 41' Kerry Nussear
- 38' Christine Elmas
- 37' Lillian Thyssen
- 36' Nicole Tollin
- 34' Jenni Madden
- 34' Cassie Friedel
- 30' Kristin Perrone

Shot 3-23-00

- 30'3.5" Kristina Schwehm
- 26' 9.25" Tara Masterson
- 25' Liz Strhale
- 24'10.5" Karen Bray
- 21'11.75 Kerri Nusear
- 21'6.75 Patty Polise
- 20' 5.5" Lillain Thyssen
- 19'10.75" Jill Grein
- 19'6" Cassie Fredel
- 18'7.5" jenny Madden
- 18' 5.5" Nicole Tollin
- 17'5.5 Kate Lubinger
- 17' 4.5" Kristen Perrone
- 15'11" Krista Peush

MAROON AND WHITE INTERSQUAD, RIDGEWOOD TRACK, TUESDAY MARCH 28, 2000

4X100 relay: 1-White (Alisa, Lauren, Julie, Kate), 62.1. 2-Maroon (Angela, Tejus, Lauren, Sandy), 64.5
M-4, W-6

100 Hurdles: 1-Jess Gregg, W, 19.9. 2-Katie Chiles, M, 21.0. 3-Kerry Nussear, M, 22.7. 4-Corinne Hislop, W, 23.1. 5-Evann Borgman, W, 23.8. nonscoring: Courtney O'Neill-20.7, Katherine Zucaro-20.6. Trish McGowan-21.0. Lesley Bruno-21.2. Kristin Espenak-21.3. Jen Zucaro-21.9. Jane Crocker-22.6. Megan Anderson-22.6. Christine Elmas-25.8.

M-7, W-9

1600 meters: 1-Kelly Behan, M, 5:46.1. 2-Julia Brownell, W, 6:06.0. 3-Alyson Cangemi, M, 6:06.0. 4-Alexandra Oros, M, 6:08.3. 5-Taylor Dunn, W, 6:11.2. 6-Jenna Rubinoff, M, 6:46.0. 7-Colleen Herlihy, M, 6:55.7.

M-11, W-5

400 meter dash: 1-Lesley Bruno, W, 68.5. 2-Liana DeI Papa, M, 69.6. 3-Tara O'Neill, M, 74.7. 4-Sarah Bigos, W, 79.8. 5-Bridget Schultz, W, 89.0. 6-Kate Grillo, W, 91.3. 7-Rebecca Zeller, M, 98.0.

M-7, W-9

800 meter dash: 1-Clair Nowakowski, W, 2:27.3. 2-Eileen Farrell, M, 2:31.5. 3-Jen Zucaro, M, 2:33.9. 4-Peggy Lynch, W, 2:37.2. 5-Morgan Wiss, M, 2:40.2. 6-Meg Behan, W, 2:58.8. 7-Kate McDonagh, W, 3:02.5.

M-8, W-8

4 X 1 lap relay: 1-White (Canzani, Macchi, Johnson, Zucaro), 4:21.1. 2-Maroon (Foresman, Swan, Wardel, Lillis), 4:37.9.

M-4, W-6

Long Jump: 1-Courtney O'Neill, M, 13'11". 2-Eileen Melli, W, 13' 10".

M-6, W-4

High Jump: 1-Corinne Hyslop, W, 4' 7.5". 2-Trish McGowan, M, 4' 5.5" 3-Megan Anderson, M, 4'5 ½".
Nonscoring: Jess Gregg-4'5.5".

M-7, W-6

Javelin: 1-Karen Bray, M, 79'. 2-Brittany Hemmel, W, 59'9". 3-Jane Crocker, W, 57'11". 4-Nicole Tollin, W, 49'3". 5-Kathleen Doody, M, 41'4". Nonscoring: Kerri Nussear-58'5". Kristina Schwehm, 57'7". Tara Masterson-54'1". Patty Polise-50'5". Lillian Thyssen-44'9". Jenny Madden-44'9". Jill Grein-43'.

Christine Elmas-37'5". Christa Pehush-33'11". Cassie Friedl-31'9". Kristin Perrone-28'6". Jess Gregg?
M-7, W-9

Discus: 1-Patty Polise, W, 65'. 2-Jenny Madden, M, 58'4". 3-Jill Grein, M, 54'10". 4-Kristen Perrone, W, 45'5". 5-Christine Elmas, M, 44'7". 6-Lillian Thyssen, M, 36'11". Nonscoring: Kristina Schwehm-70'3", Karen Bray-66'6". Nicole Tollin-62'5". Tara Masterson-62'3". Brittany Hemmel-59'7". Kristin Espenak-56'7". Cassie Friedl-38'. Kerri Nussear-36'1".

M-8, W-8

Shot Put: 1-Kristina Schwehm, M, 30'6". 2-Tara Masterson, W, 26'9". 3-Kristen Espenak, M, 23'11". 4-Cassie Friedl, W, 16'10". Nonscoring: Karen Bray-22'2". Patty Polise-20'3". Nicole Tollin-18'8". Jenny Madden-19'1". Kerri Nussear-20'3". Jill Grein-19'10". Christine Elmas-16'3". Kristin Perrone-15'7".

M-9, W-6

FINAL SCORE: Maroon-78, White-76

What a meet! It was close all the way. Going into the last event (shot) the Maroon were behind by 1 point. Schwehm and Espenak scored the points needed to get the win. The throwers were screaming loudly to try and get the 5 cheering points. Coaches will vote tomorrow. The 800 was a championship quality race! Frosh won 3 events! New people Wiss and DeI Papa looked good in their races! Our High Jumpers are awesome!

Ridgewood Relays at Paramus High School,**Saturday April 1st, 2000**

4X1600: Brownell-5:50.9, Lynch-5:44.8, Oros-5:47.7, Cangemi-5:44.8, = 23:08.1 3rd place

4X100H: Gregg-18.4, O'Neill-19.9, Chiles-20.6, McGowan-20.5, = 1:19.2
M.Anderson-21.0, Hyslop-21.2, Nussear-20.9, Crocker-24.2 = 1:27.3

4X100: Vetter, Haris, Melli, Bruno = 52.3 2nd place

4X800: J.Zucaro-2:25.3, Behan-2:32.4, Nowakowski-2:25.2, Farrell-2:30.3 = 9:53.3 1st place
Johnson-2:57.2, Goulart-2:39.4, Lynch-2:38.5, Oros-2:41.4 = 10:56.6

4X200: Bruno-29.1, C.ONeill-29.0, DelPapa-29.5, K.Zucaro-26.0 = 1:54.1 5th place
Bigos-33.8, Wiest-34.3, I.Anderson-33.4, Tobin-31.8 = 2:13.3
Nelson-33.3, Nestor-27.5?, Hercheit-29.5, Mercer-31.2 = 2:08.5
M.Anderson-33.6, Chiles-30.1, Mai-32.2, Borgman-32.7 = 2:09.8

4X800: (soph) Rubinoff-2:54.3, McDonagh-2:59.5, Canzani-2:46.7, Swan-3:06.0 = 11:46.4
Foresman-2:59.0, Wardel-3:02.8, Scott-3:11.2, Lillis-2:48.7 = 12:01.7

Sprint Med.: Goulart-65.7, DelPapa-30.8, Vetter-28.3, Nowakowaski-2:24.3 = 4:28.2 2nd place

Distance Med: Dunn-4:07.9, Wiss-68.9, T.O'Neill-2:42.5, K.Behan-5:35.1 = 13:34.4 5th place
M.Behan-4:47.8, Norchi-71.9, Lillis-2:51.5, Canzani-6:13.0 = 15:00

3X400H: Bruno-73.1, Borgman-86.9, Nussear-81.6 = 4:01.6

4X400: (soph) Zeller-93.3, Wiest-79.0, L.Anderson-75.0, Potash-80.0 = 5:27.3
(Varsity) Farrell-60.6, J.Zucaro-61.3, Harris-62.2, K.Zucaro-60.7 = 4:04.8 2nd place

3Xtriple jump: Melli-30'8", Farrell-29'4.5", Harris-28'9.5" = 88'10" 1st place

3XHigh Jump: Hyslop-4'10", McGowan-4'10", M.Anderson-4'6" = 13' 2" 1st place tie

3XLong Jump: Melli-15'2", C.O'Neill-13'3.5", Vetter-15'8.5" = 44'2" 2nd place

3XShot Put: Schwehm-31'4" (5th of 60), Strahle-27'3", Masterson-26' = 84'7" 5th of 20
Bray-25'4", Nusear-22'5", Polise-19'9" = 67'6" 16 of 20
Madden-21'4", Grein-20'4", Tollin-17' = 58'8" 19th of 20

3XDiscus: Schwehm-82'8", Bray-71'9", Masterson-59'1" = 213' 6" 8th of 12

3XJavelin: Gregg-80', Schwehm-79'4", Bray-77' = 236'4" 4th of 16
Crocker-65'4", Strahle-63'7", Hemmel-63'4" = 192'3" 11th of 16
Nussear-68'4", Masterson-57'3", Polise-57' = 181'7" 13th of 16

TRACK

Season Opener Invitational

At Englewood

GIRLS TEAM SCORING

Large schools

Immaculate Heart 98, NV/Demarest 72, NV/Old Tappan 39, Holy Angels 38, Indian Hills 29, Bayonne 20, Hackensack 14, Ferris 13, Kennedy 7, Union Hill 2, Wayne Valley 1.

Small schools

Ramsey 34, Hasbrouck Heights 30, Saddle Brook 23, New Milford 14, Ridgefield 11, Lyndhurst 7, Newton 4, Holy Family Academy 2.

400 — 1, NV/Demarest (Carlin Ponce de Leon, Lisa Corey, Laura Corey, Christine Siebold), 52.8; 2, Immaculate Heart Academy, 52.8; 3, NV/Old Tappan, 53.4; 4, tie between Bayonne and Kennedy, 54.6; 5, Ferris, 55.2.

800 — 1, Immaculate Heart Academy (Courtney Cubicciotti, Erin Bortz, Dana Ash, Ania Karolak), 1:50.9; 2, Indian Hills, 1:55.3; 3, Ferris, 1:55.6; 4, Bayonne, 1:55.7; 5, tie between Lyndhurst and NV/Old Tappan, 1:56.3.

1,600 — 1, Immaculate Heart (Liz Dauble, Shannon Reece, Kentin Smyth, Michelle Santonacita), 4:23.1; 2, Holy Angels, 4:24.5; 3, Ferris, 4:27.0; 4, Hasbrouck Heights, 4:37.2; 5, Ramapo, 4:51.2; 6, Lyndhurst, 5:05.4.

3,200 — 1, NV/Demarest (Christine Siebold, Christine Wenthen, Nadia Sadigianis, Sheila Chithran), 10:36.7; 2, Immaculate Heart Academy, 10:49.5; 3, Bayonne, 11:05.2; 4, Ramsey, 11:17.6; 5, NV/Old Tappan, 11:27.9; 6, Ridgefield, 11:31.3.

6,400 — 1, Ramsey (Beth Vesey, Melissa Conway, Sabrina Silverstein, Mary DuVerney), 23:27.5; 2, NV/Demarest, 23:45.0; 3, Immaculate Heart, 23:48.6; 4, Holy Angels 24:00.6; 5, NV/Old Tappan, 24:03.3; 6, Union Hill, 24:45.1.

Shuttle hurdles — 1, NV/Demarest (Caitlin Caporale, Carlin Ponce de Leon, Lisa Corey, Dana DiPersia), 1:09.8; 2, Saddle Brook, 1:11.2; 3, NV/Old Tappan, 1:15.2; 4, Hasbrouck Heights, 1:16.0; 5, Holy Angels, 1:16.3; 6, Union Hill, 1:19.1.

3x400 IH — 1, NV/Demarest (Christine Siebold, Caitlin Caporale, Kim Touhey), 3:36.1; 2, NV/Old Tappan, 3:42.2; 3, Immaculate Heart, 3:49.5; 4, Holy Angels, 3:51.1; 5, Ramsey, 3:51.3; 6, Bayonne, 4:00.8.

Sprint medley — 1, Immaculate Heart (Kaitlin Smith, Courtney Cubicciotti, Ania Karolak, Amy Giacobone), 4:33.8; 2, Holy Angels, 4:36.6; 3, Indian Hills, 4:39.1; 4, Newton, 4:42.2; 5, Hasbrouck Heights, 4:48.6; 6, Ramapo, 4:57.2.

Distance medley — 1, Ramsey (Dara Seidman, Payton Fischer, Melissa Conway, Beth Vesey); 13:25.3; 2, Immaculate Heart, 13:52.3; 3, NV/Old Tappan, 13:53.5; 4, NV/Demarest, 14:00.8; 5, Holy Angels, 14:21.1; 6, Bayonne, 14:27.7.

Shot put — 1, Hasbrouck Heights (Renee Wilson, Sheena Schuler, Jen Carrocchia), 93-6; 2, NV/Demarest, 92-5½; 3, Hackensack, 89-3½; 4, New Milford, 85-1; 5, Immaculate Heart Academy, 81-3½; 6, Kennedy, 80-8¾.

Discus — 1, NV/Demarest (Jesse Jeffs, Jessica Fazekas, Julie Rubin), 270-10; 2, Hackensack, 265-0; 3, Holy Angels, 257-10; 4, Hasbrouck Heights, 249-10; 5, New Milford, 243-4; 6, Wayne Valley, 236-1.

Javelin — 1, Ridgefield (Lindsey Reggo, Courtney Reggo, Lauren Floravanti), 259-5; 2, New Milford, 256-6; 3, Hasbrouck Heights, 247-6; 4, Holy Angels, 241-9; 5, Holy Family, 234-3; 6, Saddle Brook, 233-11.

High jump — 1, Hackensack (Sorika Thomas, Stephanie Borg), 9-4; 2, Immaculate Heart Academy, 8-10; 3, NV/Old Tappan, 8-8. No fourth, fifth, or sixth places.

Long jump — 1, Immaculate Heart (Michelle Santonacita, Dana Ash, Courtney Cubicciotti), 45-2; 2, Saddle Brook, 44-2½; 3, tie between Bayonne and Indian Hills, 44-0; 5, NV/Demarest, 42-5½; 6, Kennedy, 41-4½.

Triple jump — 1, Immaculate Heart (Michelle Santonacita, Kristen McEvoy, Lauren Weschler), 94-10¼; 2, Ramsey, 93-0; 3, Indian Hills, 92-3¼; 4, Lyndhurst, 84-5¼; 5, Kennedy, 26-2¼; No sixth place.

Ridgewood Relays

At Paramus

LARGE SCHOOL GIRLS SCORING

Ridgewood 77, Pennsauken 52, Tottenville 51, Toms River South 47, Jackson 46, Shaker 32, Vernon 29, Toms River North 26, Hudson Catholic 19, Cranford 19, Paramus 13, Passaic Valley 5, Fair Lawn 0, Bergen Tech 0, West Orange 0.

100 — Pennsauken (Teneesha Becton, April Griffin, Thananya Wooden, Alethia Jenkins), 50.5; 2, Ridgewood, 52.6.

200 — Pennsauken (Becton, Wooden, Tia Wright, Sheena Ohlg), 1:49.1; 5, Ridgewood, 1:53.9; 6, Paramus 1:54.5

400 — Pennsauken (Jenkins, Wright, Griffin, Becton), 4:04.1; 2, Ridgewood, 4:04.6.

800 — 1, Ridgewood (Jen Zucaro, Kelly Behan, Clair Nowakowski, Eileen Farrell), 9:53.2.

1,600 — 1, Shaker (Meghan Beaver, Christine Snyder, Meghan McCann, Erin Probst), 22:46.6; 3, Ridgewood, 23:08.2; 4, Passaic Valley, 23:27.0; 5, Fair Lawn, 23:52.1.

Sprint medley — 1, Cranford A (Terri Van Horn, Khrystelle Manuyag, Maria Vultaggio, La'kel Chester), 4:27.3; 2, Ridgewood, 4:27.9.

Distance medley — 1, Shaker (Probst, McCann, Jen Thibault, Tara Sheedy), 13:25.1; 5, Ridgewood, 13:31.6; 6, Passaic Valley, 13:34.9

100 hurdles — 1, Pennsauken (Wooden, Jamie Calzaldo, Ohlg, Aleylna Jenkins), 1:03.7.

400 hurdles — 1, Jackson (Jen Leahy, Lisa Schenk, Asista Arnett), 3:33.7.

Shot put — 1, Toms River South (Christine DeAngelo, Candice Schultz, Tonia Sabino), 104-0; 5, Ridgewood, 84-7; 6, Garfield, 83-7

Discus — 1, Toms River South (Chellonda Worthy, Sabino, Schultz), 296-5; 2, Paramus 268-9.

Javelin — 1, Garfield (Jen Austin, Christina Labocki, Agnes Kotwica), 331-10; 4, Ridgewood, 236-4.

Long jump — 1, Pennsauken (Alethia Jenkins, Wooden, Wright), 47-5¼; 2, Ridgewood, 44-2.

Triple jump — Ridgewood (Eileen Farrell, Mewredith Harris, Eileen Mell), 88-10; 2, Garfield, 86-7½; 4, Paramus, 83-7; 6, Fair Lawn, 82-10.

High jump — 1, Ridgewood (Corrine Hyslop, Trisha McGowan, Meghan Anderson); and Tottenville (Melissa Lord, Allison Duvovsky, Dana Papandrea), 14-2.

Pole vault — No heights cleared.

SMALL SCHOOL GIRLS SCORING

Shoreham 66, Mendham 64, Pequannock 63, Pope John 46, Holmdel 40.

100 — 1, Newark Science (Mikki Fuller, Nicole Harper, Shakira Harper, Zatacha Adams), 52.7; 5, Hanover Park, 55.2.

200 — 1, Pope John (Sara Boutiller, Megan Lauther, Jess Boynton, Amy Gorakzyk), 1:52.0; 3, Pequannock, 1:56.2.

400 — 1, Pequannock (Dana Usinowicz, Katie Healy, Meredith Gribben, Nikki Cassano), 4:31.4; 4, Hopatcong, 4:36.1; 5, North Arlington, 4:38.7; 6, Cedar Grove, 4:43.0.

800 — 1, Shoreham (Karl Maso, Tony Salucci, Jill Hancock, Nicole Barbante), 10:13.8; 2, Hopatcong, 10:30.1; 5, Verona, 11:08.2; 6, Pequannock, 11:45.6.

1,600 — 1, Shoreham (Lisa Melchione, Ingrid Lukoski, Toni Salucci, Jill Hancock), 23:32.5; 3, Hanover Park, 24:43.9; 4, Pequannock, 24:53.1; 5, Hopatcong, 25:16.0; 6, North Arlington, 25:34.3.

Sprint medley — 1, Pope John (Boynton, Lauther, Boutiller, O'Brien), 4:39.0; 4, Hopatcong, 4:52.9.

Distance medley — 1, Shoreham (Salucci, Barbante, Maso, Hancock), 13:22.3; 3, Mendham, 14:03.6; 4, Hopatcong, 14:04.2; 6, Pequannock, 14:37.9

100 hurdles — 1, Hanover Park, 1:11.7; 2, Mendham, 1:14.4; 5, Pequannock, 1:19.3; 6, North Arlington, 1:21.8

400 hurdles — 1, Pequannock (Amy VanWingerden, Meredith Vest, Dana Usinowicz), 3:53.8; 3, Mendham, 4:00; 4, Cresskill, 4:00.7; 5, Hopatcong, 4:07.8.

Shot put — 1, Mendham (Visicaro, Wale, Beebe), 85-8; 2, Pequannock, 79-2; 4, Midland Park, 78-3; 5, Hanover Park, 78-1; 6, North Arlington, 76-3.

Discus — 1, Mendham (Visicaro, Beebe, Wale), 270-9; 2, Pequannock, 247-9; 4, Hopatcong, 240-7; 5, Midland Park, 236-3.

Javelin — 1, Pequannock (Vicki Bajek, Nicole Tottle, Monica Iglesias), 237-6; 2, Mendham, 235-2; 5, Hopatcong, 225-3; 6, North Arlington, 201-5.

Long jump — 1, Holmdel (Kelly McMullin, Connie Yang, Grace Pan), 42-3; 3, Mendham, 40-4; 4, Hanover Park, 40-3; 5, Highland Park, 39-10; 6, Pequannock, 37-8

Triple jump — 1, Shoreham (Farrell, Gilroy, Otten), 95-5; 2, North Arlington, 56-5; 3, Cresskill, 26-11.

High jump — 1, Mendham (Lieb, Roth, Quam), 14-6; 3, Verona, 13-4; 5, Pequannock, 13-1; 6, Midland Park, 13-0

Pole vault — 1, Shoreham, 8-0; 2, Cresskill, 7-0.

BCSL American Relays

At Tenafly

GIRLS TEAM SCORES

Westwood 105, Rutherford 66, Dumont 65, Tenafly 56, River Dell 47, Ridgefield Park 43, Fort Lee 34, Englewood 22, Queen of Peace 20, Cliffside Park 6.

6,400 — 1, Westwood (Jill Rabadan, Jo Jo Cetta, Amy Gohlch, Katie D'Ablo), 24:09.8; 2, Dumont, 24.43; 3, Tenafly, 24.53; 4, Rutherford, 25.47; 5, Ridgefield Park, 27.14.

800 — 1, Queen of Peace (Nina Njoku, Megan St. Germain, Diana Lawson, Anike Orimogunje), 1:49.8; 2, Rutherford, 1:52.3; 3, Westwood, 1:52.6; 4, Englewood, 1:52.7; 5, 1:58.4; 6, Dumont, 1:59.4.

Intermediate hurdles — 1, Tenafly (Liz Welsholtz, Meri Silberstein, Jamie Laupert), 2, Dumont, 3:50.0; 3, Fort Lee, 3:50.6; 4, Rutherford, 3:54.4; 5, River Dell, 3:56.9; 6, Westwood, 4:16.1.

Sprint medley — 1, Westwood (Liana Iglesias, Christina Fichette, Sam Corvino, Emily Drew), 4:30.3; 2, River Dell, 4:31.3; 3, Englewood, 4:32.6; 4, Tenafly, 4:42.7; 5, Cliffside Park, 5:12.6; 6, Dumont, 5:13.5.

3,200 — 1, Westwood (Jill Rabadan, Jo Jo Cetta, Katie D'Ablo, Nicole Stinson), 10:32.7; 2, Dumont, 10:48.0; 3, Fort Lee, 10:53.8; 4, Tenafly, 10:54.7; 5, Rutherford, 12:25.7; 6, Ridgefield Park, 12:43.6.

400 — 1, Queen of Peace (Nina Njoku, Anike Orimogunje, Megan St. Germain, Diana Lawson), 0:49.8; 2, Englewood, 0:53.9; 3, Rutherford, 0:54.2; 4, Tenafly, 0:54.9; 5, Westwood, 0:56.0; 6, Ridgefield Park, 0:56.2.

Distance medley — 1, River Dell (Schwieger, Pisectta, Sherry, Bayersdorfer), 13:41.4; 2, Westwood, 13:59.4; 3, Tenafly, 14:16.0; 4, Dumont, 14:37.2; 5, Ridgefield Park, 14:37.2; 6, Rutherford, 15:09.0.

1,600 — 1, Westwood (Nicole Stinson, Christina Fichette, Sam Corvino, Emily Drew), 4:22.4; 2, Rutherford, 4:29.0; 3, Fort Lee, 4:30.5; 4, Dumont, 4:32.7; 5, River Dell, 4:38.2; 6, Tenafly, 4:40.1.

Triple jump — 1, Westwood (Iglesias, Deer, Gionas), 95.3; 2, Ridgefield Park, 90.1; 3, River Dell, 87.8; 4, Rutherford, 87.6; 5, Tenafly, 87.0; 6, Dumont, 82.25.

Javelin — 1, Westwood (Sam Corvino, Ariana Bagoushi, Nikki Sample), 273.0; 2, Ridgefield Park, 244.0; 3, Rutherford, 210.6; 4, Dumont, 201.6; 5, Cliffside Park, 155.6; 6, Tenafly, 153.9.

Shot put — 1, Ridgefield Park (Kim Grein, Kristy Potts, Laura Fischetti), 93.8; 2, Westwood, 93.4; 3, Dumont, 90.3; 4, Rutherford, 82.75; 5, Tenafly, 77.7; 6, River Dell, 76.75.

Discus — 1, Westwood (Laura Fischetti, Nikki Sample, Ariana Bagoushi), 281.3; 2, Rutherford, 260.11; 3, Dumont, 250.0; 4, Ridgefield Park, 247.4; 5, Cliffside Park, 242.1; 6, Tenafly 217.6.

High jump — 1, Rutherford (Jen Rienzi, Mary Cahill, Celine Patel), 14.0; 2, River Dell, 13.4; 3, Dumont, 12.6; 4, Ridgefield Park, 12.4, 5, Tenafly, 8.6; 6, Westwood 8.4

Long jump — 1, Fort Lee (Don, Traylor, Tvaruzkova), 42.375; 2 (tie), Tenafly and Westwood, 42.0; 4, Englewood, 41.2; 5, Ridgefield Park, 40.7; 6, Rutherford, 40.6

Shuttle hurdles — 1, River Dell (Slezak, Wu, Yoshioka, Newman), 1:12.3; 2, Dumont, 1:15.9; 3, Fort Lee, 1:16.9; 4, Tenafly, 1:18.5; 5, Westwood, 1:18.9; 6, Ridgefield Park, 1:24.1.



TOM MOORHEAD

Ridgewood's Eileen Farrell receives hugs from teammates Clair Nowakowski (left) and Jen Zucaro after running the anchor leg of the 4x800 event in the Ridgewood Relays. Kelly Behan ran the other leg in the 9:53.2 victory.

Maroon girls steal track thunder

By Jim Jones
Sports Editor

RIDGEWOOD — Most things change as the years come and go, but one constant is the excellence associated with Ridgewood High School's track and field program. Coach Jacob Brown's Maroon girls won the title at the Ridgewood Relays the past Saturday, with coach Mike Mullins' boys placing third.

The meet was conducted at Paramus High due to the damage done to Ridgewood's track by Tropical Storm Floyd last September, and the brand-new surface there provided a fitting site for some outstanding season-opening performances.

This is Brown's 29th season as head coach, and he has his usual mix of returning senior standouts and talented underclassmen. The Maroons won with 77 points, and Jacob had one word for his team's effort: "Great."

Senior captain Eileen Farrell had a part in two winning efforts and other outstanding performance.

She teamed with junior Jen Zucaro, senior captain Kelly Behan and sophomore Clair Nowakowski for a 9:53.2 victory in the 800 relay and joined soph Meredith Harris and junior Eileen Melli for an 88-10 triumph in the triple jump.

Brown credits the leadership of the senior captains — Farrell, Behan, Lesley Bruno, Jess Gregg and Karen Bray — for providing the spark for the younger team members.

Four freshmen turned in top-notch performances. Thrower Christina Schwelm had the five best shot put out of 60 contestants. And frosh Corrinne Hyslop, Trisha McGowan and Meghan Anderson teamed for a 14-2 mark in the high jump as the Maroons tied Tottenville for first place.

Ridgewood was runner-up to Cranford A in the sprint medley relay thanks to an outstanding anchor leg by Nowakowski who got the baton in seventh place.

Brown had high praise for his 400 quartet

of Harris, Kath and Jen Zucaro and Farrell that timed 4:04.6 in placing second to an outstanding Pennsauken team that won in 4:04.1. He said it was the best first-meet time in the event in 15 seasons.

Alyson Cangemi, Taylor Dunn, Tara O'Neill and Liz Strable are the other senior team members.

Jack Elwood is the Maroon assistant coach, and two standout members of Brown's 1988 team are coaching the freshmen — University of Delaware graduate Kate McDermott and University of Tennessee graduate Lynne Collazo. McDermott is an elementary school teacher in Westwood and Colazzo a teacher's aide at Sommerville School.

Ridgewood and Don Bosco Prep both made impressive showings in the Ridgewood Relays boys division that was won by Union with 79 points. The Maroons were third with 49 and the Ironmen fourth with

48.

Ridgewood used a victory in the triple jump and high placings in several others for its scoring. Senior Andrew Dolgin, freshman Bernard Mann and sophomore Duran Rose teamed for the 110-7 3/4 triple jump triumph. The Maroons were runners-up in the 200 relay and placed third in the javelin, long jump and high jump.

Don Bosco was victorious in two events. Teaming for the win in the spring medley were senior Coney Edgar, junior Andrew Dickson, freshman Dorian Bryant and senior A.J. Franchini. The time was 3:43.1.

In the 100 hurdles, senior Jared Aprahamian, Dickson, Ken Dolozels and junior Brent Hobbs turned in a 1:08.5 time. Ridgewood was fifth in 1:13.0.

Both the Maroons and Ironmen enjoyed successful indoor campaigns and should continue to be contenders this spring as the young team members blend with the veteran performers.



TOM MOORHEAD

Dan Cooper of Ridgewood clears the bar at 12 feet in his first outdoor outing after setting the county indoor record. The Maroons' entry finished fourth in the event won by Christian Brothers Academy of Lincroft.

Ridgewood looks at home during victory

By JIM DRISCOLL

Staff Writer

PARAMUS — Tropical Storm Floyd may have forced the event to move, but they're still the *Ridgewood Relays*.

The Ridgewood girls track team made sure of that, winning the large schools title Saturday at the meet their school started hosting in 1984. This time, however, due to a damaged home track, the Maroons did so on a foreign track — the brand-new surface at Paramus High School — scoring 77 points to top Pennsauken (52) and Tottenville (51).

TRACK

In other action, Union (79 points) won the large school boys meet, with Ridgewood (49 points) taking third and Don Bosco Prep (48 points) finishing fourth. In the small schools meets, the Shoreham girls (66 points) and the Hanover Park boys (87 points) won, while the Pequannock girls (63 points) and Cresskill boys (49 points) teams each finished in third place.

"We've had a pretty good run in this meet," said Ridgewood girls track coach Jacob Brown, who is also the meet director. "We probably win it every other year. I'd also like to thank the people at Paramus. They acted fast when we had a need."

This season, the Ridgewood girls team has received a "a nice infusion of youth," according to Brown, who credits the role senior captains Eileen Farrell, Lesley Bruno, Jess Gregg, and Karen Bray have played in creating spirit on the team. Two Ridgewood freshman, Corrinne Hyslop and Trisha McGowan, teamed with junior Meghan Anderson to win the high jump, one of four events the Maroons won.

A youthful infusion also has occurred in Cresskill and Pequannock, where freshmen Amy Van Wingerden, Dana Usinowicz, and Nikki Cassano helped the Panthers finish just two points out of first place.

"I knew we had talent," said Pequannock coach Rick Mullins, "but this [finish] is a surprise, no question. Let's just say that this team has the potential to be pretty good down the road. We have all the events covered. We really don't have a weakness."

Usinowicz and Cassano teamed with sophomores Katie Healy and Meridith Gribben to win the 400 relay, with Van Wingerden, Usinowicz, and sophomore Meredith Vest combining to win the 400 hurdles. Pequannock also won the javelin — behind Vicki Bajek, Nicole Tottle, and Monica Iglesias — despite the absence of Erin Vanderberg, the Meet of Champions backstroke winner, who will rejoin the team in a few weeks after national swimming competition ends.

"We're cautiously optimistic," said Mullins. "I want the girls to be excited about the possibilities but to also appreciate the long road ahead."

Cresskill has a core of eight seniors, led by standout Keith Bisig, who led the Cougars to first-place finishes in the pole vault and javelin. "He's the catalyst," said Cresskill coach Rich Miller. "With the rest of the team, it's just a lot of guys working real hard."

It wasn't one of the Cougars' wins, but rather a third-place effort, that had Miller most impressed. In the 100 hurdles, freshman Erik Nelson took a nasty spill, but didn't stay down. "He got up and ran the rest of the way," said Miller. "That kind of stuff makes me proud. This team makes me proud the way they go about it. There's a team feeling, a spirit, that's growing in this group. They support each other. That 'who's-better-than-who-stuff' isn't there. They pull for one another."

UPCOMING MEETS

WEDNESDAY

New Jersey Prep Relays (Boys) at Peddle
New Jersey Prep Relays (Girls) at Lawrenceville

THURSDAY

HCIAA Relays at Lincoln Park, Jersey City

RIDGEWOOD VS PASSAIC DUAL MEET AT PASSAIC - April 4th, 2000

Ridgewood-52, Passaic-70

Long Jump: 1-Othisha Mathis,P, 15'11". 2-Alexandra Metrano,P, 15'. 3-Eileen Melli,RHS,14'7". Nonscoring: Harris-14'6.5", Vetter-14'3", O'Neil-13'5".
RHS-1, Passaic-8

400H: 1-Katherine Zucaro,RHS, 67.6. 2-Yocasta Gardia, P, 72.0. 3-Stephanie Guichaido,P, 78.0. Nonscoring: Nussear-80.7, Crocker-84.4, Borgman-85.0.
RHS-5, Passaic-4

100: 1-Alexandra Metrano, P, 12.4. 2-Othisha Mathis, P, 12.5. 3-Meredith Harris, RHS, 13.6. Nonscoring: Alisa Vetter-13.7, Eileen Melli-13.8, Katie Norchi-14.4.
RHS-1, Passaic-8

1600: 1-Clair Nowakowski, RHS, 5:18.6. 2-Shakira Willaims, P, 5:20.0. 3-Kelly Behan, RHS, 5:30.3. Nonscoring: Alyson Cangemi-5:41.8, Peggy Lynch-5:49.4, Cassie Canzani-5:54.8, Jacki Macchi-6:46.2.
RHS-6, Passaic-3

400: 1-Alexandra Metrano, P, 59.5. 2-Eileen Farrell, RHS, 61.1. 3-Lesley Bruno, RHS, 61.8. Nonscoring: Lauren Anderson-74.3
RHS-4, Passaic-5

100H: 1-Yocasta Garcia, P, 16.6. 2-Jess Gregg, RHS, 18.2. 3-Stephanie Giuchardo, P, 19.8. Nonscoring: Courtney O'Neill-20.9, Katie Chiles-21.4, Trisha McGowan-21.6, Evan Borgman-21.6, Kerri Nussear-21.6, Megan Anderson-22.5, Jane Crocker-22.5.
RHS-3, Passaic-6

800: 1-Jennifer Zucaro, RHS, 2:24.2. 2-Shakira Williams, P, 2:24.0. 3-Clair Nowakowski, RHS, 2:26.2. Nonscoring: Jackie Goulart-2:32.2, Morgan Wiss-2:37.9, Tara O'Neill-2:41.3, JV: Lissis-2:54.7, M.Behan-2:56.4, Rubinoff-2:55.7, McDonagh-3:02.0, Herlihy-3:03.5, Swan-3:04.5, Wardel-3:07.6, Bigos-3:10.1, Scott-3:10.5.
RHS-6, Passaic-3

200: 1-Otisha Mathis, P, 25.0. 2-Alexandra Metrano, P, 26.9. 3-Meredith Harris, RHS, 27.7. Non:scoring: Katherine Zucaro-27.7, Alisa Vetter-29.6. JV: Norchi-31.0, Nelson-31.3, Borgman-31.7, Mercer-32.4, Espenack-33.1, Nestor-33.7, Chiles-34.0, Herscheit-34.2, Kim-34.6, Potash-34.6.
RHS-1, Passaic-8

3200: 1-Kelly Behan. RHS, 11:58.7. 2-Julia Brownell, RHS, 12:20.3. 3-Alyson Cangemi, RHS, 12:22.9. Nonscoring: Oros-12:38.1

Triple Jump: 1-Yocasta Garcia, P, 32'2". 2-Trisha McGowan, RHS, 30'9". 3-Meredith Harris, RHS, 28'7"
nonscoring: Eileen Melli-28'4", Eileen Farrell-28'1".

Shot Put: 1-? Wyche, P, 37'4". 2-Kristina Schwehm, RHS, 33'. 3-? Burtng, P, 29' 4.5". Nonscoring: Liz Strahle-29'3.5", Tara Masterson-28' 2.5", Karen Bray-25' 9", Patty Polise-22'7". JV: Kerry Nussear-22'5"
RHS-3, Passaic-6

Discus: 1-? Wyche, P, 105'6". 2-? Hernandez, P, 96'8". 3-Kristina Schwehm, RHS, 85'10". Nonscoring: Karen Bray-71'1", Tara Masterson-65'8", Liz Strahle-65'6", Patty Polise-63'8". JV: Jenny Madden-47'3", Kristen Perrone-47'7", Jill Grine-62'4".
RHS-1, Passaic-8

High Jump: 1-Yocasta Garcia, P, 4'10". 2-Corrine Hyslop, RHS, 4'8". 3-S.Guichardo, P, 4'6". Nonscoring: Megan Anderson-4'4", Trisha McGowan-4'4", Jess Gregg-4'4"
RHS-3, Passaic-6

4X400 Relay: Ridgewood, 4:09.2 (Farrell-62.0, Bruno-61.3, J.Zucaro-63.7, K.Zucaro-62.2), Passaic-?

Comments: Passaic is a really good track team. Our task at this point in the season is to work to reverse this score in the league championship and the state meet. Blow Pop awards: Jenna Rubinoff for breaking 3 minutes, Jen Zucaro for a PR in the 800, Katherine Zucaro for a PR in the Hurdles, Liz Strahle for a PR in the shot, and Kristina Schwehm for a PR in the Shot and Discus.

Ridgewood VS Barringer dual Meet at Passaic - April 4th, 2000

Ridgewood-121, Barringer-1

Barringer scored 3rd in the 400. All other results should be obtained from the Passaic dual result.

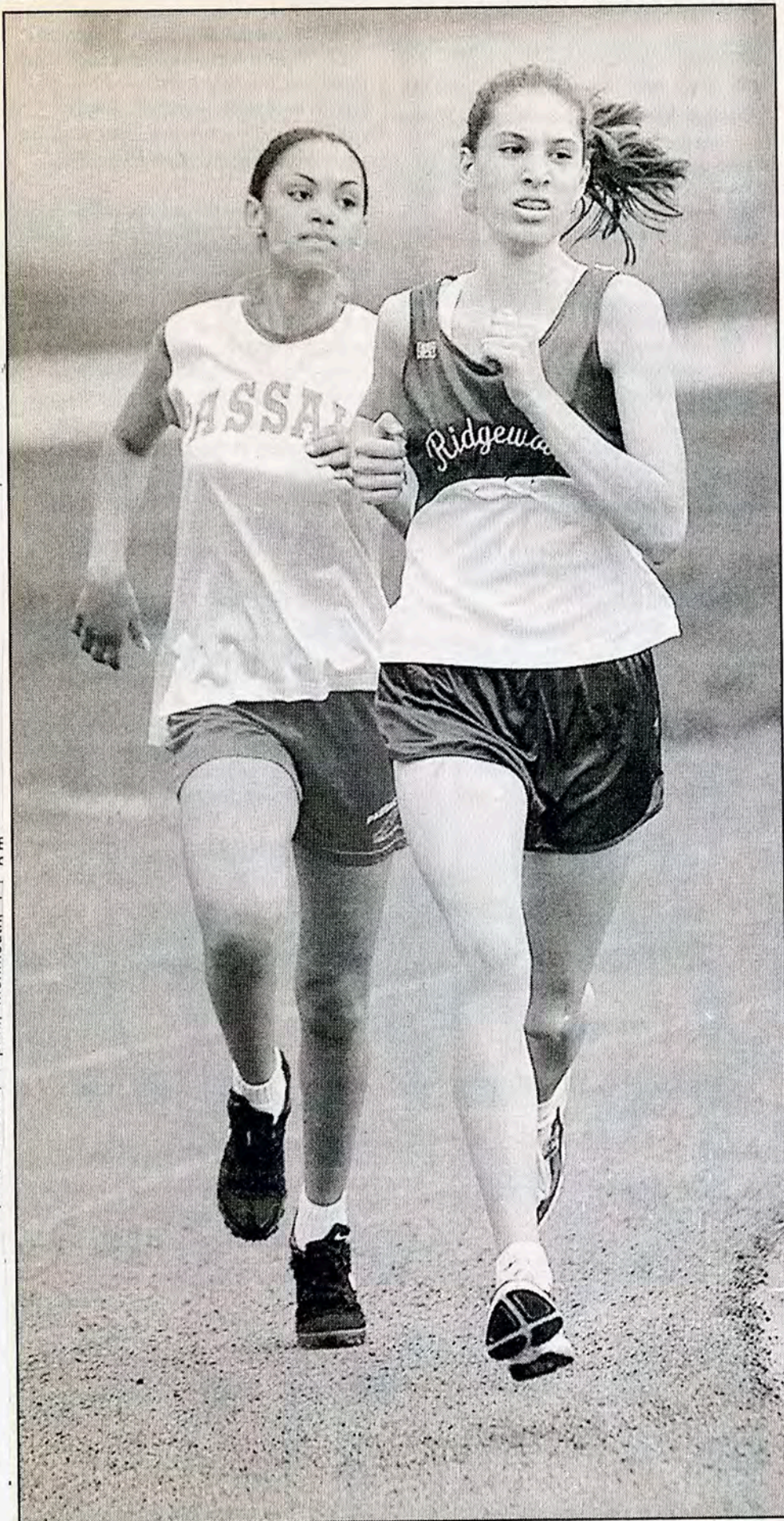


PHOTO COURTESY OF PASSAIC COUNTY COMMUNITY COLLEGE

JIRO OSE/STAFF PHOTOGRAPHER

Ridgewood's Clair Nowakowski outdueling Passaic's Shakira Williams in the 1,600 meters in meet with Barringer. **Track bests on S-12**

ENGLEWOOD RELAYS AT WINTON WHITE STADIUM,**APRIL 8, 2000**

4X1600: Behan-5:34.0, Brownell-5:53.1, Cangemi-5:49.0, Nowakowski-5:28.2 = 22:34.3 **1st place.**
Canzani-5:51.3, Lynch-5:44.5, Oros-5:56.7, O'Neill-6:02.2 = 23:17.1 **2nd place**

4X100 H: C.O'Neill-20.1, Chiles-21.2, McGowan-20.7, Gregg-18.0 = 1:20.7 **2nd place**
Espinack-20.5, Hyslop-21.8, Borgman-20.7, M.Anderson-22.7 = 1:25.6 **3rd place novice**

4X100: Bruno, Vetter, Harris, Delpapa = 53.2 **3rd place**
Nelson, Mercer, Espinack, Norchi = 59.2

4X800: Zucaro-2:28.8, Behan-2:33.6, Nowakowski-2:24.3, Farrell-2:31.6 = 9:58.3 **2nd place**
Lynch-2:36, Oros-2:45.4, Lillis-2:48.2, Wiss-2:36.5 = 10:46.0
Rubinoff-2:56.6, M.Behan-2:57.7, McDonagh-3:01.0, Foresman-2:54.0 = 11:49.2

4X200: Bruno-26.4, Vetter-30.1, DelPapa-30.2, C.O'Neill-29.6 = 1:56.3
Nelson-33.1, Mercer-30.7, Herscheit-34.1, Weist-31.7 = 2:09.6
Norchi-30.0, Kim-38.0, Tobin-32.4, Chiles-34.6 = 2:15.0

Sprint Medley: K.Zucaro-62.4, Vetter-29.4, DelPapa-30.4, J.Zucaro-2:25.7 = 4:28.0 **3rd Place**
Bigos-78.2, Kim-32.7, Weist-35.8, Canzani-2:49.3 = 5:16.0

Distance Medley: Oros-4:23.5, Espinack-70.2, Lillis-2:51.2, Behan-5:34.4 = 14:23.5
Lynch-4:22.5, O'Neill-70.2, Wiss-2:37.1, Cangemi-5:44.1 = 13:53.8 **5th place**

3X400H: Bruno-72.2, Borgman-84.8, Chiles-85.7 = 4:02.5 **5th place**

4X400: Nowakowski-61.7, J.Zucaro-65.8, K.Zucaro-61.8, Farrell-61.3 = 4:10.4 **1st place**
Wardel-78.4, Potash-79.6, McDonagh-79.4, Bigos-80.4 = 5:17.8 **2nd place novice**
(Frosh team missed the race)

2XLong Jump: Vetter-15' 4.5", Harris-14'8" = 30' 3.5" **4th place** (Tie for 4th on all time RHS list)
McGowan-14' 4.5", O'Neill-12'10" = 27' 2.5"

2XTriple Jump: Farrell-31' 5", Harris-31' 10" = 63' 3" **2nd place** (5th on all time RHS list)
McGowan-32' 2.5", O'Neill-25' 1.5" = 57'4"

2XHigh Jump: McGowan-4'10", Jess Gregg-4'4" = 9'2" **2nd place**
Hyslop-4' 8", Anderson-4' 4" = 9'

2XJavelin: Gregg-60', Bray-73' 2" = 133' 2" **6th place**
Schwehm-56' 6", Strahle-56' 5" = 112'11"

2XShot: Schwehm-31' 2.5", Strahle-26' 8.5" = 57' 11" **4th place**
Masterson-25'8.5", Bray-24'9" = 50' 5.5"

Novice: Police- ?, Madden-? =

Frosh: Tolin- ?, Perrone- ? = 39' **3rd place frosh**

2XDiscus: Kristina-84', Bray-72'5", Masterson-72'5", Strahle-64'10", Police-61'10", Madden-59'6",
Tollin-59', Perrone-49'11".

Comments: A beautiful day at the track. We experimented for the country relays next week which caused us to come up short vs Passaic. But we are ready for a big meet next weekend. Distance runners worked hard and the frosh had a dance and the jumpers did lots of drills, all this kept us a bit flat but we are close. Hurdlers are rough and the throws need refinement. But with a good week of practice we can be a great team at the county relays.

TRACK

Lyndhurst Relays

At Lyndhurst

GIRLS TEAM SCORING

Hasbrouck Heights 60, Pascack Hills 59, Dumont 55, Ridgeway Park 50, New Milford 33, Saddle Brook 32½, Kittatinny 30, Lyndhurst 28, Rutherford 19, Ridgeway 15, Cresskill 12, Wallington 9, Palisades Park 1, Leonia 1.

400 — Lyndhurst (Stephanie Hyke, Marialna DePaul, Kimberly Barreiro, Nicole Cortese), 1:56.5; 2, Ridgeway Park, 55.3; 3, Hasbrouck Heights, 56.6; 4, New Milford, 57.3; 5, Kittatinny, 58.3; 6, Palisades Park, 58.2.

800 — 1, Lyndhurst (Alleen Onimala, Nicole Cortese, Marialna DePaul, Kristine Barreiro), 1:57.2; 2, Pascack Hills, 1:57.2; 3, Dumont, 1:57.9; 4, Saddle Brook, 1:59.8; 5, Kittatinny, 2:03.9; 6, Wallington, 2:05.1.

1,600 — 1, Hasbrouck Heights (Nicoletti, Woods, Gagliardi, Stellato), 4:24.9; 2, Pascack Hills, 4:27.6; 3, Palisades Park, 4:42.7; 4, Lyndhurst, 4:51; 5, Kittatinny, 4:59.7; 6, New Milford, 5:01.8.

3,200 — 1, Dumont (Sue Glesemann, Amy Bernbridge, Katie Caspare, Felicia Chevallier), 10:50; 2, Saddle Brook, 11:04.8; 3, Hasbrouck Heights, 11:16.3; 4, Pascack Hills, 11:18.4; 5, Cresskill, 11:13.2; 6, Kittatinny, 11:36.3.

6,400 — 1, Saddle Brook (Danielle Amato, Kristy Homisak, Kristen Aitchinson, Darlene Pekaar), 24:24; 2, Dumont, 24:31.5; 3, Ridgeway Park, 25:29; 4, Cresskill, 25:46.6; 5, Kittatinny, 26:32.7; 6, New Milford, 27:14.8.

Sprint medley — 1, Pascack Hills (Christine Gould, Lauren Glasser, Jamie Anton, Michelle Hartel), 4:50.5; 2, Hasbrouck Heights, 4:58.6; 3, Wallington, 4:59.5; 4, Wood-Ridge, 5:02.7; 5, Kittatinny, 5:11.9; 6, New Milford, 5:46.3.

Distance medley — 1, Mahwah (Monica Gadkeri, Dana Blom, Catie Winarchik, Holly Potts), 13:43.2; 2, Dumont, 14:07.4; 3, Ridgeway Park, 14:11.4; 4, Pascack Hills, 14:40.8; 5, Hasbrouck Heights, 14:52.1; 6, Ridgeway, 15:08.3.

400 Intermediate hurdles — 1, Pascack Hills (Lindsay Tis, Michelle Hartel, Jamie Anton), 3:42.8; 2, Dumont, 3:51.8; 3, Cresskill, 3:56.1; 4, Kittatinny, 4:06.0; 5, Hasbrouck Heights, 4:07.6; 6, Lyndhurst, 4:11.0.

Shuttle hurdles — 1, Mahwah (Paula Labanski, Amanda Reeka, Kristen LaGrecia, Dana Blom), 1:12.3; 2, Saddle Brook, 1:13.7; 3, Pascack Hills, 1:14.5; 4, Hasbrouck Heights, 1:14.8; 5, Dumont, 1:15.7; 6, Rutherford, 1:17.

High jump — 1, Rutherford (Jenn Rlenzi, Mary Grace Cahill, Ellen Rlenzi), 14-8; 2, Dumont, 13-6; 3, Pascack Hills, 13-6; 4, Kittatinny, 13-2; 5, Ridgeway Park, 13-2; 6, Ridgeway, 13-0.

Long jump — 1, Pascack Hills (Jill Turner, Christine Gould, Gina Ruskie), 44-½; 2, Ridgeway Park, 42-4; 3, Hasbrouck Heights, 41-9; 4, Kittatinny, 38-10½; 5, Wallington, 38-6½; 6, Leonia, 35-8¾.

Triple jump — 1, Ridgeway Park (Shenee Clark, Laura Shetel, Robin Zuckerman), 92-7; 2, New Milford, 85-4¼; 3, Lyndhurst, 83-10½; 4, Hasbrouck Heights, 83-9; 5, Saddle Brook, 83-5¼; 6, St. Mary's, 82-7.

Shot put — 1, Hasbrouck Heights (Renee Wilson, Sheena Schuler, Ebonie Manley), 99-2; 2, Ridgeway Park, 91-2½; 3, Kittatinny, 91-¼; 4, Dumont, 90-½; 5, Rutherford, 84-8; 6, New Milford, 83-11½.

Discus — 1, Hasbrouck Heights (Renee Wilson, Sheena Schuler, Ebonie Manley), 267-3; 2, New Milford, 262; 3, Rutherford, 251-8; Wood-Ridge, 236-5; 5, Dumont, 236-2; 6, Ridgeway Park, 233-7.

Javelin — 1, New Milford (Anais Leon, Tatiana Ciccone, Lindsay Gamble), 251; 2, Ridgeway, 249-4; 3, Ridgeway Park, 247; 4, Kittatinny, 232-11; 5, Hasbrouck Heights, 228-8; 6, Lyndhurst, 227-6.

Englewood Relays

At Winton White Stadium, Englewood

BOYS TEAM SCORING

Hackensack 96, Christian Brothers Academy 72, Ridgeway 66, Passaic 50, Fort Lee 37, Plainfield 30, St. Joseph 26½, Lakewood 24, Bergen Catholic 16½, Fair Lawn 14, Wayne Valley 12, Kennedy 10½, Eastside 10, Manchester 6, NV/Old Tappan 6, Park Ridge 5½, Passaic Tech 4, Paramus 1, Newark Central 1.

400 — 1, Plainfield (Chris Stephens, Tim Harrison, Carl Williams, Anthony Davis), 43.6; 2, Hackensack, 44.9; 3, CBA, 45.7; 4, Passaic 45.9; 5, Ridgeway 46.1; 6, St. Joseph and Park Ridge 46.6.

800 — 1, Hackensack (Melvin Sampson, Marcus Evans, Johnny Sylvain, Gene Bascom), 1:30.0; 2, Ridgeway, 1:31.9; 3, Lakewood, 1:33.8; 4, Passaic, 1:34.3; 5, St. Joseph, 1:35.9; 6, Park Ridge 1:36.3.

1,600 — 1, Ridgeway (Dan Cooper, Chris DiPasquale, Andrew Dolgin, Josh Kauke), 3:24.7; 2, Hackensack, 3:27.7; 3, Fort Lee, 3:32.9; 4, CBA, 3:36.2; 5, St. Joseph, 3:39.5; 6, Newark Central, 3:41.8.

3,200 — 1, CBA (Jeff Peterson, Brian Kerwin, Trevor Rozier-Byrd, Nat Glackin), 8:11.5; 2, Lakewood, 8:12.7; 3, Bergen Catholic, 8:25.6; 4, Fort Lee, 8:36.6; 5, Passaic, 9:12.0; 6, St. Joseph, 9:34.3.

6,400 — 1, CBA A (Jeff Dichlari, Brian Hoffman, Angelo Petraglia, Andrew Filachek), 18:34.9; 2, CBA B, 19:04.9; 3, Passaic 19:42.3; 4, Ridgeway 20:02.5; 5, Eastside 20:04.1; 6, NV/Old Tappan 20:37.7.

Sprint medley — 1, CBA (Jason Banaro, Vin Panza, Michael Socha, Nat Glackin), 3:37.1; 2, Lakewood 3:38.5; 3, Hackensack, 3:39.1; 4, Passaic 3:45.0; 5, Manchester, 3:53.3; 6, Fort Lee, 3:54.4.

Distance medley — 1, CBA A (Andrew Filachek, Jeff Peterson, Steve Schaefer, Brian Kerwin), 10:38.2; 2, Wayne Valley 10:38.9; 3, CBA B, 10:58.3; 4, Ridgeway, 10:27.8; 5, Manchester, 12:10.1.

400 hurdles — 1, Plainfield (Chris Stephens, Tony Burgess, Mark Toussaint, Carl Williams), 1:01.0; 2, CBA A, 1:03.1; 3, Hackensack, 1:03.9; 4, Wayne Valley, 1:07.2; 5, CBA B, 1:10.1; 6, Ridgeway, 1:13.2.

3x400 hurdles — 1, CBA (Paul Sawley, Michael Socha, Nat Glackin), 2:54.0; 2, Bergen Catholic, 2:57.2; 3, Hackensack, 3:01.3; 4, Ridgeway, 3:20.0; 5, Kennedy, 3:26.4.

High jump — 1, St. Joseph (Oluwate, McManus), 11-10; 2, Passaic 11-8; 3, Hackensack A, 11-8; 4, Hackensack B 11-0; 5, Kennedy 10-10; 6, Bergen Catholic, 10-10.

Long jump — 1, Plainfield (Carl Williams, Tony Burgess), 40-¾; 2, Hackensack A, 39-6; 3, Fort Lee, 38-6; 4, Hackensack B, 37-½; 5, Passaic, 36-¾; 6, NV/Old Tappan, 36-2½.

Triple jump — 1, Ridgeway (Dolgin, Mann), 80-5¼; 2, Fort Lee, 77-8½; 3, Eastside, 77-1; 4, Park Ridge, 76-8¼; 5, Hackensack, 76-1½; 6, CBA, 75-3¼.

Pole vault — 1, Ridgeway (Cooper, Rose), 23-0; 2, Fair Lawn 22-0; 3, Hackensack A, 21-0; 4, CBA 19-0; 4, Fort Lee, 19-0; 6, NV/Old Tappan, 18-0; 6, Hackensack, 18-0.

Shot put — 1, Hackensack A (Kropliak, Singleton), 97-10; 2, Passaic, 93-¼; 3, Hackensack B, 92-8; 4, Fair Lawn, 89-1¼; 5, St. Joseph 85-9½; 6, Fort Lee, 79-6.

Discus — 1, Hackensack (Karon Singleton, Marlon Townes), 262-3; 2, Passaic, 257-8; 3, Kennedy, 243-1; 4, St. Joseph, 235-11; 5, Lakewood, 228-1; 6, Fort Lee, 226-3.

Javelin — 1, Hackensack (Edan Peleg, Sherwin Hooper), 290-2; 2, Ridgeway, 285-0; 3, Fort Lee, 269-9; 4, Passaic Tech, 265-1; 5, St. Joseph, 254-1; 6, Hackensack 252-2.

GIRLS TEAM SCORING

Passaic 82, Ridgeway 77, Immaculate Heart 64½, North Rockland 60, Hackensack 38, Holy Angels 27, NV/Old Tappan 22, Passaic Tech 20, Englewood 14, Plainfield 13, Kennedy 8½, Fair Lawn 8, Newark Science 8, Manchester 4, Paramus 4, Wayne Valley 2½.

400 — 1, North Rockland (Nathalia Bosquet, Angela White, Caroline Lehoczy, Chinela Davis), 50.1; 2, Newark Science, 50.3; 3, Ridgeway, 53.3; 4, Englewood, 54.1; 5, Kennedy, 55.3; 6, NV/Old Tappan, 59.5.

800 — 1, North Rockland (Nathalia Bosquet, Angela White, Chinela Davis, Pam White), 1:46.0; 2, Passaic Tech, 1:48.1; 3, Passaic, 1:50.5; 4, Englewood, 1:52.8; 5, Immaculate Heart, 1:53.5; 6, NV/Old Tappan, 1:54.3.

1,600 — 1, Ridgeway (Claire Nowakowski, Eileen Farrell, Jennifer Zucaro, Katherine Zucaro), 4:10.4; 2, Immaculate Heart, 4:16.3; 3, NV/Old Tappan, 4:19.3; 4, Passaic, 4:20.4; 5, Passaic Tech, 4:21.9; 6, Holy Angels, 4:21.5.

3,200 — 1, North Rockland (Emily Kellner, Erin Roche, Brianne Scott, Pam White), 9:50.2; 2, Ridgeway, 9:58.1; 3, Immaculate Heart, 10:22.7; 4, NV/Old Tappan, 10:46.9; 4, Holy Angels, 11:01.9; 6, Plainfield, 11:18.9.

6,400 — 1, Ridgeway (Allyson Cangemi, Julia Brownell, Kelly Behar, Claire Nowakowski), 22:42.0; 2, Ridgeway "B", 23:45.5; 3, Holy Angels, 23:54.9; 4, Passaic, 24:41.4.

Sprint medley — 1, Passaic (Alexandra Medrano, Krysta Shepardson, Otisha Mathis, Shakira Williams), 4:21.4; 2, Immaculate Heart, 4:26.4; 3, Ridgeway, 4:28.1; 4, North Rockland, 4:37.0; 5, Plainfield, 4:39.8; 6, Holy Angels, 4:41.3.

Distance medley — 1, Hackensack (Ebony Ramos, Patty Martin, Beth Androski, Shauna Koenig), 13:01.6; 2, North Rockland, 13:01.8; 3, Passaic, 13:28.3; 4, NV/Old Tappan, 13:44.2; 5, Ridgeway, 13:54.0; 6, Immaculate Heart, 13:59.1.

400 hurdles — 1, Immaculate Heart (Amelia Hart, Lauren Pfisterer, Courtney Stone, Meg Murphy), 1:18.6; 2, Ridgeway, 1:20.7.

3x400 hurdles — 1, Immaculate Heart (Amelia Hart, Dana Ash, Lauren Pfisterer), 3:37.6; 2, Passaic, 3:45.5; 3, North Rockland, 3:51.4; 4, Kennedy, 3:58.3; 5, Ridgeway, 4:02.5.

High jump — 1, Passaic (Garcia, Guchardo), 9-4; 2, Ridgeway, 9-2; 3, Hackensack, 9-0; 4, Ridgeway "B", 9-0; 5, Hackensack "B", 4-6; 6, Immaculate Heart, Wayne Valley and Kennedy, 4-4.

Long jump — 1, Passaic Tech (Kenneisha Reid, Andrea Herbert), 32-5¼; 2, Passaic, 31-7¼; 3, Englewood, 31-1¼; 4, Ridgeway, 30-3½; 5, Holy Angels, 29-5¼; 6, Immaculate Heart, 28-10.

Triple jump — 1, Immaculate Heart (Michelle Santanacita, K. McEroy), 65-0; 2, Ridgeway, 63-¾; 3, Passaic, 58-11¼; 4, Paramus, 58-6¼; 5, Hackensack, 57-11¼; 6, Ridgeway "B", 57-4.

Pole vault — 1, North Rockland (Emily Kellner, Sandy Bowe-Mawesewski), 8-0.

Shot put — 1, Passaic (Letbice Bunting, Shakia Wyche), 65-4¼; 2, Hackensack, 63-11; 3, Plainfield, 61-4¼; 4, Hackensack "B", 60-11¼; 5, Ridgeway, 57-11; 6, Holy Angels, 55-7.

Discus — 1, Hackensack (Monique Mighty, Evana Santee), 206-10; 2, Passaic, 192-10; 3, NV/Old Tappan, 184-5; 4, Plainfield, 179-5; 5, North Rockland, 175-11; 6, Holy Angels, 173-10.

Javelin — 1, Holy Angels (Jen Holme, Kirstin Dickens), 195-1; 2, Fair Lawn, 152-8; 3, Immaculate Heart, 150-5; 4, Manchester, 141-6; 5, Hackensack, 135-6; 6, Ridgeway, 133-2.



ED HILL/STAFF PHOTOGRAPHER

THE WINNING WAY: Lyndhurst's Marlina DePaul and Nicole Cortese making the handoff in the 800-meter relay en route to

capturing the event at the Lyndhurst Relays in 1:56.5. Pascack Hills was second and Dumont third. **Story on S-19**

Hackensack's right at home

By **TIM LEONARD**

Staff Writer

ENGLEWOOD — While many of their opponents preferred to bask in the warm sunshine, the Hackensack track team found the only bit of shade available at Winton White Stadium on Saturday. Actually, they built it.

The Comets boys and girls teams took their turns congregating in a three-room cabin dome tent with a screen room, which they put up at one end of the field before the Englewood Relays. The location gave them not only a place to relax and lie down while waiting for their events, but it also provided an outstanding vantage point to watch the boys team run away with the title.

The Hackensack boys won all three throwing events and had strong finishes in the sprints to score 96 points, easily outdistancing Christian Brothers Academy, which finished with 72. Ridgewood was third with 66 points, followed by Passaic with 50 and Fort Lee with 37.

Passaic earned three first-place and three second-place finishes to outpoint Ridgewood for the girls title, 82-77. The Indians won the sprint medley, high jump, and shot put and scored points in 11 of the 16 events. Immaculate Heart Academy was third with 64½ points, followed by

ENGLEWOOD RELAYS

North Rockland with 60 and Hackensack with 38.

"It was a lot of fun watching people who never camped try to put together a tent that they bought yesterday," Hackensack coach Ed Church said. "One of the problems with a place like this is there's no shade. It's not a good idea to sit in the sun and bake."

The tent was the brainchild of juniors Stephanie Borg and Evana Santee. They collected money from their teammates and purchased the home away from home Friday. As the meet progressed, the large tent filled up with Comets enjoying their new toy and showing off their medals.

Karon Singleton had two of them. Singleton took gold in the shot put and discus relays. The junior threw a 47-3 in the shot put and was just over 128 feet in the discus. Teammate Jack Kropilak put the shot 50-7 and Marlin Townes tossed the javelin more than 133 feet, showing the depth of the Hackensack roster.

"Balance is the key in a relay meet," Church said. "You can't just have a sprint team or a distance team or a field team. You have to have them all."

Hackensack certainly did. The Comets set a school and County record in the 800-meter relay, as Melvin Sampson, Marcus Evans, Johnny Sylvain, and Gene Bascom clocked in with a 1:30.0. The Comets scored in 13 of 16 events. The three events in which they didn't score were the only three in which they didn't participate.

On the girls side, Ridgewood took an early lead but Passaic went ahead, 64-63, after 13 events. The Maroons won the final event — the 1,600 relay — but the 10 points for that victory served only to make the final score closer.

"We lost a dual meet to Passaic on Tuesday and lost to them again today," Ridgewood coach Jacob Brown said. "They're really good."

Passaic achieved the balance Church referred to, scoring points in 11 of the 16 events. Ridgewood got points in 13 events, but the Indians added four third-place finishes to their multitude of firsts and seconds.

Passaic took control of the meet when Alexandra Medrano, Krysta Shepardson, Otisha Mathis, and Shakira Williams easily won the sprint medley in 4:21.4, exactly five seconds faster than second-place IHA.

■ **Summaries on S-19**

RIDGEWOOD VS Kennedy and Bloomfield NNJIL Double Dual**4/12/2000**

Ridgewood-93, Kennedy-29 And Ridgewood-110, Bloomfield-12

Long Jump: 1-Tawana Watkins, K, 16'4.75". 2-Melli, RHS, 14'9.25". 3-Vetter, RHS, 14'2". 4-Harris, RHS, 14'2".nonscoring: C.O'Neill-11'3.5"

Ridgewood-4, Kennedy-5 Ridgewood-9, Bloomfield-0

400Hurdles: 1-K.Zucaro, RHS, 71.1. 2-J.Zucaro, RHS, 72.2. 3-Bruno, RHS, 73.1.nonscoring: Crocker-86.1, Chiles-86.5

Ridgewood-9, Kennedy-0 Ridgewood-9, Bloomfield-0

100 meters: 1-Twana Watkins, K, 12.5. 2-Harris, RHS, 14.2. 3-Vetter, RHS, 14.2. 4-? Koonce, B, 14.2nonscoring: DelPapa-14.5, Norchi-14.7, Kim-16.5, Nestor-16.0

Ridgewood-4, Kennedy-5 Ridgewood-8, Bloomfield-1

1600 meters: 1-Clair Nowakowski, RHS, 5:27.0. 2-Behan, RHS, 5:31.6. 3-Kubarewicz, B, 5:39.8. 4-Oros, RHS, 5:52.3.nonscoring: Brownell-5:52.4, Canzanni-5:56.9, McDonagh-6:30.7, Foresman-6:30.7, Wardel-6:38.5, Herlihy-6:41.8.

Ridgewood-9, Kennedy-0 Ridgewood-8, Bloomfield-0

400 meters: 1-Tawana Watkins, K, 59.5. 2-Farrell, RHS, 62.6. 3-Mottola, B, 68.7. 4-Ophori, B, 70.0. 5-Macchi, RHS, 72.2.nonscoring: Mercer-72.9, Nelson-73.3, L.Anderson-75.0, Borgman-78.5, Wiest-81.9

Ridgewood-4, Kennedy-5 Ridgewood-5, Bloomfield-4

100 Hurdles: 1-Gregg, RHS, 18.5. 2-O'Neill, RHS, 20.5. 3-Juliano, B, 20.6. 4-Espenek, RHS, 20.4nonscoring: Chiles-20.8, McGowan-21.1, M.Anderson-21.2

Ridgewood-9, Kennedy-0 Ridgewood-8, Bloomfield-1

800 meters: 1-J.Zucaro, RHS, 2:31.3. 2-Goulart, RHS, 2:32.8. 3-Kubarewicz, B, 2:34.9. 4-O'Neill, RHS, 2:37.1nonscoring: Lillis-2:45.2, Rubinoff-2:58.7, M.Behan-2:59.6, Swan-3:08.1.

Ridgewood-9, Kennedy-0 Ridgewood-8, Bloomfield-1

200 meters: 1-T.Watkins, K, 26.6. 2-Bruno, RHS, 28.2. 3-Koonce, B, 29.0. 4-? Brown, K, 29.7.Nonscoring: DelPapa-30.1, Veter-30.2, Norchi-31.2, Hyslop-32.9, Herscheit-34.1, Chiles-34.4, Nestor-34.9.

Ridgewood-3, Kennedy-6 Ridgewood-6, Bloomfield-3

3200 meters: 1-Cangemi, RHS, 12:23.6. 2-Brownell, RHS, 12:34.3. 3-Lynch, RHS, 12:39.6.nonscoring:

Ridgewood-9, Kennedy-0 Ridgewood-9, Bloomfield-0

Triple Jump: 1-McGowan, RHS, 31'0.5". 2-Farrell, RHS, 30'1.5". 3-Melli, RHS, 30'1"

Ridgewood-9, Kennedy-0 Ridgewood-9, Bloomfield-0

Shot Put: 1-Schwehm, RHS, 29'11". 2-Alterea McWilliams, K, 28'8". 3-Masterson, RHS, 27'3". 4-Strahle, RHS, 26'3".nonscoring: Bray-25'11", Polise-22'6"

Ridgewood-6, Kennedy-3 Ridgewood-9, Bloomfield-0

Discus: 1-Alterea McWilliams, K, 82'7". 2-Masterson, RHS, 76'1". 3-Schwehm, RHS, 74'10". 4-Tracy Leone, B, 67'nonscoring: Bray-70'5", Polise-65'6", Strahle-60'8"

Ridgewood-4, Kennedy-5 Ridgewood-8, Bloomfield-1

Javelin (all nonscoring): Bray-80'5", Gregg-66'4", Strahle-64'10", Schwehm-63'5", Polise-60', Hemmell-58'6", Masterson-57', Grein-52'6".High Jump: 1-McGowan, RHS, 4'8". 2-Hyslop, RHS, 4'8". 3-M.Anderson, RHS, 4'6"nonscoring: Gregg-4'3"

Ridgewood-9, Kennedy 0 Ridgewood-9, Bloomfield-0

4X400 Relay: 1. Ridgewood-4:31.4 (Bruno-66.1, Espinack-73.2, Farrell-67.6, K.Zucaro-64.4)

Ridgewood-5, Kennedy-0, Bloomfield-0

Comments: Times and distances were excellent on this very cold and windy day. 6 frosh scored points with McGowan and Schwehm winning events! The 3200 times were outstanding at the end of the meet. We have a great 3X400 hurdle team for the country relays! Tawana Watkins is amazing (12.5, 26.6, 59.5, & 16'4.75" in this weather). Karen Bray threw a PR in the Javelin and Tara Masterson a PR in the Discus.

Blow Pop Awards: Tasha McGowan, Tara Masterson, Kristen Espenek, and Kristina Schwehm.

Bergen County Relays

Friday April 14th at Ramapo High School:

<u>3X400 H:</u>	Bruno-71.3, J.Zucaro-69.7, K.Zucaro-67.6 = 3:28.4	1 st place
<u>4X1600:</u>	Brownell-5:43.7, Lynch-5:39.2, Cangemi-5:41.3, Behan-5:29.0 = 22:32.2	1 st place
<u>4X200:</u>	Vetter-29.9, DelPapa-29.5, Melli-28.3, K.Zucaro-27.7 = 1:53.7	3 rd place
<u>3XHJ:</u>	M.Anderson-4'2", Hyslop-4'8", McGowan-4'10" = 13' 8"	1 st place Tie
<u>3XLJ:</u>	Melli-14' 3", Vetter-14' 9", McGowan-13' 10.5" = 42' 11.5"	2 nd place
<u>3XJavelin:</u>	Strahle-67'7", Gregg-73' 5", Schwehm-91'10" = 224' 8"	3 rd place
<u>3XDiscus:</u>	Strahle-75' 8", Masterson-79'11", Schwehm-93'10" = 249' 5"	2 nd place

Saturday April 15th at Indian Hills High School:

<u>4X100 H:</u>	McGowan-19.6, Espenak-19.5, Chiles-21.5, C.Oneill-19.1 = 1:19.8	
<u>4X100:</u>	Melli, DelPapa, Vetter, Bruno = 53.7(t), 53.9(f)	2 nd place
<u>Distance Med.:</u>	Behan-3:59.5, Farrell-63.4, Goulart-2:27.7, Nowakowski-5:21.6 = 12:52.1	1 st place
<u>Sprint Med:</u>	Farrell-61.1, Vetter-29.7, DelPapa-27.8, Nowakowski-2:23.0 = 4:21.6	2 nd place
<u>4X800:</u>	Wiss-2:30.4, Behan-2:30.0, Nowakowski-2:29.7, J.Zucaro-2:32.2 = 10:01.8	1 st place
<u>Frosh 4X400:</u>	Macchi-68.4, Nelson-68.7, C.O'Neill-72.1, Espenak-66.7 = 4:33.7	1 st place
<u>4X400:</u>	Bruno-61.4, J.Zucaro-61.3, Farrell-62.7, K.Zucaro = 4:05.9	1 st Place
<u>3XShot:</u>	Schwehm-32' 2.75", Strahle-27' 5", Masterson-30' 5.25" = 90' 1"	2 nd Place
<u>3XTriple Jump:</u>	McGowan-33' 1.5", Farrell-30' 3.5", Melli-31' 2.5" = 94' 7.5"	2 nd place

We beat a good IHA team by 5 points! We had many heros: Peggy Lynch's 5:39 breakthrough, Eileen Farrell Jumping 30 feet on her last jump after two fouls (The closeness of the TJ take off boards was visually confusing and without that 30 ft jump we would have lost the meet!), Jackie Goulart's 2:27 PR in the 800, Morgan Wiss's 2:30 PR in the 4X800, and the shot put team for almost beating Hackensack. Kelly Behan and Jennifer Zucaro each won 3 gold medals. Eileen Melli and Eileen Farrell each won 4 medals. We all should be proud we had a great County Relays.

THE SHOT PUT TEAM MOVED TO 2ND ON THE ALL TIME RHS LIST!

DISTANCE STARS LEAD RIDGEWOOD TO RELAY TITLE

BERGEN COUNTY RELAYS, April 14-15, Indian Hills et al: Ridgewood added a couple of new names to its distance roster and needed all of them to defeat Immaculate Heart Academy, 121-116, for the Gr. IV title. The Maroon took almost every race from 1600M up, IHA breaking through only with a 4:19.4 in the SMR.

Kelly Behan, Kathy Zucaro, Jen Zucaro and Clair Nowakowski took turns anchoring the Ridgewood wins. IHA won seven events all told and Courtney Cubicciotti was involved in four of them, including a sprint double.

Demarest romped in Gr. III, 95-58, over Pascack Valley with the Corey sisters and Carla Ponce de Leon leading a sprint double and Christine Siebold running on the 400 and 3200 teams.

Westwood surprised Ramsey, 98-90, in Gr. II with second day victories in the 3200 and SMR playing a big part. Erin Henry anchored three wins, including a MR 12:53.5 in the DMR, to lead Glen Rock to a Gr. I win (and a boy/girl sweep), 115-94, over Hasbrouck Heights.

Jen Austin of Garfield stole the individual show as she tossed the javelin 145-3 to head a 350-6MR, exactly matching her 1999 effort which was a county record.



EILEEN & CLAIR IN THE SPRINT MEDLEY

GIRLS GROUP 1 TEAM SCORING

Glen Rock 53, Hasbrouck Heights 36, Saddle Brook 32½, New Milford 24, Ridgely 20½, Cresskill 12, Palisades Park 11, Lyndhurst 10, Bogota 9, Wood-Ridge 5, Midland Park 2½, Park Ridge 2.

800 — 1, Lyndhurst (Stephanie Hykey, Nicole Cortese, Aileen Onvimala, Kristine Barreiro), 1:55.8; 2, Saddle Brook, 1:56.0; 3, Hasbrouck Heights, 1:56.3; 4, Glen Rock, 1:56.7; 5, New Milford, 2:00.5; 6, Palisades Park, 2:03.6.

6,400 — 1, Glen Rock (Liz Saydah, Danielle Patoir, Lauren Robbins, Erin Henry), 23:01.6; 2, Saddle Brook, 24:20.4; 3, Ridgely, 25:09.0; 4, Cresskill, 25:20.0; 5, New Milford, 26:10.6; 6, Bogota, 27:11.7.

3x400 IH — 1, Glen Rock (Leah Jerome, Kristen Novack, Kim Mineo), 3:31.3; 2, Hasbrouck Heights, 3:51.3; 3, tie between Cresskill and Saddle Brook, 3:57.9; 5, Ridgely, 4:05.3; 6, Wood-Ridge, 4:11.0.

Discus — 1, Hasbrouck Heights (Renee Wilson, Sheena Schuler, Ebony Manley), 283-1; 2, New Milford, 249-2; 3, Glen Rock, 245-11; 4, Wood-Ridge, 229-11; 5, Park Ridge, 228-4; 6, Palisades Park, 224-0.

Javelin — 1, Ridgely (Lindsay Reggo, Courtney Reggo, Erica Rojas), 273-2; 2, New Milford, 256-9; 3, Hasbrouck Heights, 258-5; 4, Glen Rock, 241-3; 5, Cresskill, 218-3; 6, Saddle Brook, 211-6.

High jump — 1, tie between Palisades Park (Jaime Donovan, Shakira Valdez and Lauren Mantone) and Glen Rock (Kim Mineo, Caroline Novack and Kristine Novack), 12-6; 3, Bogota, 9-2; 4, tie between Saddle Brook, Ridgely and Midland Park, 8-4.

Long jump — 1, Glen Rock (Molly Matanie, Leah Jerome, Ellen McGorry), 45-9½; 2, Saddle Brook, 44-8¾; 3, Hasbrouck Heights, 43-0¾; 4, New Milford, 40-5½; 5, Bogota, 38-6¾; 6, Cresskill, 36-5.

GIRLS GROUP 2 TEAM SCORING

Ramsey 44, Westwood 42, Rutherford 36, Pascack Hills 32, Ridgely Park 21, Dumont 20, Englewood 16, Mahwah and Leonia 2.

800 — 1, Westwood (Christina Fischetti, Kristine Deer, Nicole Stinson, Emily Drew), 1:51.1; 2, Rutherford, 1:51.9; 3, Englewood, 1:52.9; 4, Pascack Hills, 1:55.0; 5, Ramsey, 1:56.6; 6, Dumont, 1:57.5.

6,400 — 1, Ramsey (Beth Vesey, Sabrina Silverstein, Suzanne Shepherd, Melissa Conway), 22:50.8; 2, Westwood, 23:37.8; 3, Dumont, 24:16.6; 4, Pascack Hills, 25:30.1; 5, Ridgely Park, 25:51.8; No sixth.

3x400 IH — 1, Ramsey (Peyton Fischer, Caroline Heckmeyer, Melinda Tofel), 3:34.8; 2, Pascack Hills, 3:36.5; 3, Dumont, 3:44.2; 4, Rutherford, 3:52.1; 5, Mahwah, 3:52.7; 6, Westwood, 4:15.8.

Discus — 1, Westwood (Laura Fischetti, Adriana Bajrush, Nikki Sample), 280-5; 2, Ramsey, 253-5; 3, Rutherford, 249-5; 4, Ridgely Park, 242-2; 5, Pascack Hills, 224-6; 6, Dumont, 220-4.

Javelin — 1, Ridgely Park (Jamie Henkel, Kim Grein, Kristy Potts), 273-3; 2, Westwood, 263-8; 3, Rutherford, 238-4; 4, Ramsey, 198-8; 5, Leonia, 174-7. No sixth.

High jump — 1, Rutherford (Ellen Rienz, Jen Rienz, Marygrace Cahill), 13-6; 2, Pascack Hills, 13-4; 3, Dumont, 13-0; 4, Ridgely Park, 12-10; 5, Ramsey, 12-6; 6, Westwood, 8-4.

Long jump — 1, Englewood (Thatcha Dacosta, Veredna Williams, Yasmina Dunson), 45-11; 2, Ramsey, 44-10½; 3, Pascack Hills, 44-2; 4, Westwood, 43-10½; 5, Rutherford, 42-2; 6, Ridgely Park, 40-5¾.

GIRLS GROUP 3 TEAM SCORING

NV/Demarest 47, Pascack Valley 26, Holy Angels 23, Northern Highlands 22, Paramus Catholic 19, NV/Old Tappan 18, Indian Hills 14, Paramus and River Dell 13, Garfield 11, Ramapo 6, Tenafly 5.

800 — 1, NV/Demarest (Carlin Ponce de Leon, Laura Corey, Kim Allen, Lisa Corey), 1:52.8; 2, Northern Highlands, 1:54.2; 3, Pascack Valley, 1:54.5; 4, Paramus, 1:55.4; 5, Holy Angels, 1:56.2; 6, Paramus Catholic, 1:56.7.

6,400 — 1, Northern Highlands (Laura Hemmert, Samantha Pollinger, Christin Cooper, Melissa Morrissey), 23:09.0; 2, NV/Demarest, 23:11.4; 3, NV/Old Tappan, 23:18.8; 4, Holy Angels, 23:43.1; 5, Ramapo, 23:52.9; 6, Tenafly, 23:53.6.

3x400 IH — 1, Northern Valley/Demarest (Christine Slebold, Caitlin Caporale, Kim Touhey), 3:31.0; 2, NV/Old Tappan, 3:37.7; 3, River Dell, 3:38.9; 4, Ramapo, 3:40.5; 5, Pascack Valley, 3:41.2; 6, Holy Angels, 3:45.2.

Discus — 1, NV/Demarest (Jessica Fazekas, Jesse Jeffs, Julie Rubin), 278-6; 2, Paramus, 276-7; 3, Holy Angels, 261-8; 4, Paramus Catholic, 247-7; 5, NV/Old Tappan, 244-5; 6, Garfield, 223-4.

Javelin — 1, Garfield (Jen Austin, Agnes Kotwica, Christina Labocki), 350-6 (meet and Bergen County record, old meet record, 327-2 by Westwood, 1981, old Bergen record, 331-6 by Garfield, 2000); 2, Holy Angels, 283-5; 3, NV/Demarest, 258-2; 4, Paramus Catholic, 227-3; 5, NV/Old Tappan, 194-7; 6, Paramus, 188-11.

High jump — 1, Paramus Catholic (Dana Nguyen, Samantha Steiners, Jillian Romero), 14-0; 2, Pascack Valley, 13-8; 3, Indian Hills, 13-6; 4, Northern Highlands, 13-4; 5, NV/Demarest, 12-10; 6, River Dell, 9-6.

Long jump — 1, Pascack Valley (Jamie Lillen, P.J. Bryan, Jackie Kasen), 45-3¾; 2, Indian Hills, 43-6¾; 3, River Dell, 42-11¾; 4, Tenafly, 42-10¾; 5, Holy Angels, 41-5; 6, NV/Demarest, 41-1¾.

Girls Group 1

Team scoring

Glen Rock 115, Hasbrouck Heights 94, Saddle Brook 89½, New Milford 45, Ridgely 24½, Cresskill 23, Bogota 21, Lyndhurst 20, Palisades Park 18, Wood-Ridge 17, Midland Park 11½, Park Ridge 2, Emerson 1.

400 — 1, Lyndhurst (Hykey, Onvimala, Barreiro, Cortese), 54.5; 2, Saddle Brook, 55.9; 3, New Milford, 57.2; 4, Hasbrouck Heights, 57.4; 5, Palisades Park, 59.4; 6, Midland Park, 80.8.

1,600 — 1, Glen Rock (Leah Jerome, Lauren Robbins, Danielle Patoir, Kim Mineo), 4:16.0; 2, Hasbrouck Heights, 4:23.3; 3, Palisades Park, 4:38.5; 4, Midland Park, 4:39.6; 5, Saddle Brook, 4:43.7.

3,200 — 1, Glen Rock (Laura McKay, Liz Saydah, Kate Hursthouse, Erin Henry), 10:27.2; 2, Hasbrouck Heights, 11:01.4; 3, Saddle Brook, 11:01.9; 4, Cresskill, 11:06.7; 5, Ridgely, 11:13.3; 6, Wood-Ridge, 11:25.6.

Sprint medley — 1, Glen Rock (Leah Jerome, Ellen McGorry, Lauren Henry, Kim Mineo), 4:29.1; 2, Hasbrouck Heights, 4:48.7; 3, Bogota, 4:55.9; 4, Wood-Ridge, 4:59.4; 5, Midland Park, 5:04.6; 6, Saddle Brook, 5:10.6.

Distance medley — 1, Glen Rock (Danielle Patoir, Kristin Novack, Lauren Robbins, Erin Henry), 12:53.5 (record, old record, 13:00.1 by Saddle Brook, 1995); 2, Saddle Brook, 14:01.9; 3, Cresskill, 14:17.5; 4, Hasbrouck Heights, 14:17.8; 5, Ridgely, 14:27.2; 6, New Milford, 14:51.0.

Shuttle HH — 1, Glen Rock (Meg Thielke, Kristen Novack, Ellen McGorry, Molly Matanie), 1:11.4; 2, Saddle Brook, 1:12.0; 3, Hasbrouck Heights, 1:14.7; 4, Bogota, 1:19.9. No fifth or sixth places.

Shot put — 1, Hasbrouck Heights (Renee Wilson, Sheena Schuler, Ebony Manley), 98-9¾; 2, New Milford, 81-5¾; 3, Wood-Ridge, 77-5¾; 4, Glen Rock, 76-4; 5, Midland Park, 71-10; 6, Emerson, 70-2.

Triple jump — 1, Hasbrouck Heights (Donna Russo, Mackenzie Woods, Regina Stellato), 92-1½; 2, Glen Rock, 92-1¼; 3, New Milford, 90-4¾; 4, Saddle Brook, 85-4¾; 5, Bogota, 85-4¾; 6, Wood-Ridge, 77-1¾.

Girls Group 2

Team scoring

Westwood 98, Ramsey 90, Rutherford 68, Pascack Hills 60, Dumont 47, Ridgely Park 39, Englewood 22, Mahwah 16, Leonia 7, Elmwood Park 1.

400 — 1, Rutherford (Margaret Augustynowicz, Celine Patel, Amy Pearson, Melissa Koberle), 53.2; 2, Ramsey, 55.3; 3, Westwood, 56.2; 4, Ridgely Park, 56.7. No fifth or sixth.

1,600 — 1, Ramsey (Peyton Fischer, Caroline Hockmeyer, Frankie Lavigna, Dara Seidman), 4:16.2; 2, Westwood, 4:16.3; 3, Rutherford, 4:22.0; 4, Pascack Hills, 4:25.1; 5, Leonia, 4:59.4. No sixth place.

3,200 — 1, Westwood (Jill Rabadan, Katie D'Acco, Amy Gohlich, Nicole Stinson), 10:13.7; 2, Ramsey, 10:19.9; 3, Dumont, 10:31.2; 4, Pascack Hills, 11:13.7. No fifth or sixth places.

Sprint medley — 1, Westwood (Christina Fischetti, Jessica Magin, Emily Drew, Kristine Deer), 4:32.4; 2, Pascack Hills, 4:36.1; 3, Englewood, 4:39.7; 4, 4:48.7; 5, Leonia, 5:04.5. No sixth (Ramsey finished first but was disqualified).

Distance medley — 1, Ramsey (Caroline Hockmeyer, Frankie Lavigna, Beth Vesey, Melissa Conway), 12:57.8; 2, Westwood, 13:15.0; 3, Mahwah, 13:25.5; 4, Dumont, 13:32.3; 5, Rutherford, 14:03.6; 6, Pascack Hills, 14:21.7.

Shuttle HH — 1, Pascack Hills (Lindsay Tis, Jamie Anton, Cara Friedman, Jill Turner), 1:11.5; 2, Mahwah, 1:11.8; 3, Ramsey, 1:18.0. No fourth, fifth or sixth places.

Shot put — 1, Westwood (Laura Fischetti, Nikki Sample, Adriana Bajrush), 95-5; 2, Ridgely Park, 92-10½; 3, Dumont, 91-3¾; 4, Dumont, 91-3¾; 5, Rutherford, 88-3¾; 6, Ramsey, 84-1¾.

Triple jump — 1, Rutherford (Jenn Rienz, Vikashina Patel, Ellen Rienz), 91-11; 2, Dumont, 85-2½; 3, Ridgely Park, 82-1¼; 4, Westwood, 81-5; 5, Ramsey, 81-10¾; 6, Pascack Hills, 51-10.

BERGEN RELAYS

Girls Group 3

Team scoring

NV/Demarest 95, Pascack Valley 58, NV/Old Tappan 54, Northern Highlands 53, Holy Angels 43, Paramus Catholic 32, Indian Hills 30, River Dell 29, Paramus 20, Garfield 19, Tenafly 14, Ramapo 9, Bergenfield, 5, Fort Lee 3.

400 — 1, NV/Demarest (Carlin Ponce de Leon, Laura Corey, Lisa Corey, Christine Slebold), 52.5; 2, Northern Highlands, 53.7; 3, NV/Old Tappan, 53.9; 4, Paramus Catholic, 55.1; 5, Tenafly, 55.3; 6, Fort Lee, 58.7.

1,600 — 1, NV/Old Tappan (Marianne Toniolo, Emily Lamparello, Annie Redmond, Christine Wentzler), 4:15.8; 2, Pascack Valley, 4:22.1; 3, Holy Angels, 4:23.2; 4, Paramus Catholic, 4:28.5; 5, Northern Highlands, 4:26.5; 6, Paramus, 4:24.7.

3,200 — 1, NV/Demarest (Christine Slebold, Christine Wenthen, Nadia Sadigianis, Sheila Chithran), 10:21.6; 2, River Dell, 10:23.2; 3, Holy Angels, 10:29.8; 4, Northern Highlands, 10:33.5; 5, NV/Old Tappan, 10:43.7; 6, Tenafly, 10:46.3.

Sprint medley — 1, Pascack Valley (Jamie Lillen, Funabashi, Jackie Kasen, Ava Scacchetti), 4:27.7; 2, Holy Angels, 4:34.5; 3, Indian Hills, 4:46.2; 4, Tenafly, 4:48.9; 5, Ramapo, 4:50.8; 6, Northern Highlands, 4:53.2.

Distance medley — 1, NV/Old Tappan (Jaimarie Zacco, Sarah Ocasio, Merissa Maier, Stephanie Davis), 13:21.2; 2, NV/Demarest, 13:28.4; 3, River Dell, 13:38.4; 4, Northern Highlands, 13:39; 5, Tenafly, 13:40.7; 6, Paramus, 13:45.1.

Shuttle HH — 1, NV/Demarest (Caitlin Caporale, Carlin Ponce de Leon, Dana DiPersia, Lisa Corey), 1:07.4; 2, Pascack Valley, 1:08.9; 3, NV/Old Tappan, 1:11.7; 4, Northern Highlands, 1:12.5; 5, Fort Lee, 1:14.3; 6, Ramapo, 1:16.1.

Shot put — 1, NV/Demarest (Lisa Puevos, Jesse Jeffs, Jessica Fazekas), 100-3; 2, Garfield, 88-4¾; 3, Paramus, 85-11; 4, Paramus Catholic, 85-9¾; 5, NV/Old Tappan, 84-1¾; 6, Bergenfield, 81-1¾.

Triple jump — 1, Indian Hills (Angela Talucci, Chrissy Procopio, Laura Flynn), 94-6¾; 2, Northern Highlands, 93-6¾; 3, Pascack Valley, 92-5; 4, Bergenfield, 91-10¼; 5, River Dell, 90-11; 6, Paramus Catholic, 90-5¾.

Ridgewood won its 16th title in 19 years in Group 4, 121-116, over Immaculate Heart.

Ridgewood's Josh Kauke helped the Maroons set a meet record in the sprint medley with a sizzling 1:52.6 800 anchor leg and also ran a 48.6 400 anchor in the 1,600 relay, but Hackensack rolled to its third straight Group 4 boys win, 132-99.

Ridgewood adds another crown

Demarest, Westwood, GR repeat

BERGEN RELAYS GIRLS

GIRLS GROUP 4 TEAM SCORING

Ridgewood 57, Immaculate Heart 50, Hackensack 49, Teaneck and Fair Lawn 22, Bergen Tech 6.

800 — 1, IHA (Courtney Cubicciotti, Ania Karolak, Dana Ash, Caitlin Smyth), 1:48.9; 2, Hackensack, 1:53.3; 3, Ridgewood, 1:53.7; 4, Teaneck, 1:55.2; 5, Bergen Tech, 2:03.4.

6,400 — 1, Ridgewood (Julia Brownell, Peggy Lynch, Alyson Cangemi, Kelly Behan), 22:32.2; 2, Hackensack, 23:04.3; 3, Fair Lawn, 23:18.4; 4, IHA, 23:20.5. No fifth or sixth places.

3x400 IH — 1, Ridgewood (Katherine Zucaro, Jennifer Zucaro, Lesley Bruno), 3:28.4; 2, IHA, 3:32.5; 3, Teaneck, 3:37.9; 4, Bergen Tech, 4:05.1. No fifth or sixth places.

Discus — 1, Hackensack (Monique Mighty, Shaniek Easley, Evana Santee), 274-7; 2, Ridgewood, 249-5; 3, Fair Lawn, 229-2; 4, Teaneck, 219-0; 5, IHA, 201-11. No sixth place.

Javelin — 1, IHA (Jan Hodges, Lauren Putrino, Lindsey Pizzolo), 243-1; 2, Hackensack, 231-; 3, Ridgewood, 224-8; 4, Teaneck, 217-2; 5, Fair Lawn, 196-0. No sixth.

High jump — 1, tie between Hackensack (Stephanie Borg, Sherika Thomas, Tonya Atkinson) and Ridgewood (Trish McGowan, Megan Anderson, Suzanne Hislop), 13-8; 3, IHA, 12-10; 4, Fair Lawn, 8-4; 5, Teaneck, 4-10. No sixth.

Long jump — 1, IHA (Courtney Cubicciotti, Lauren Pfisterer, Lauren Wechsler), 43-9/4; 2, Ridgewood, 42-11/4; 3, Hackensack, 41-1/4; 4, Fair Lawn, 40-9/4; 5, Teaneck, 40-3/4. No sixth.

GIRLS TEAM SCORING

Passaic 57, Passaic Tech 33.

1,600 — 1, Passaic (Aleagan Mondragon, Lynnette Baker, Gina Plata, Shondra Brathwalte), 24:05.0; 2, Clifton, 24:44; 3, West Milford 25:06; 4, Lakeland, 23:51; 5, Pompton Lakes, 25:47; 6, DePaul, 25:52.

Pole vault — 1, Clifton (Lauren Dutch, Nicole Zarek), 13-0; 2, West Milford, 12-0. (Only two teams competed.)

High jump — 1, Passaic (Yacosta Garcia, Stephanie Gulchardo), 9-6; 2, Clifton, 9-2; 3, Eastern Christian, 8-8; 3, Hawthorne, 8-8; 3, DePaul, 8-8; 6, Eastside, 8-6; 6, Wayne Valley, 8-6; 6, Lakeland, 8-6.

Shuttle hurdles — 1, Wayne Valley (Laura Conte, Katy Swenson, Deseree Derker, Liz Higgins), 1:14.2; 2, Lakeland, 1:16.6; 3, Clifton, 1:16.7; 4, Eastside, 1:16.9; 5, Wayne Hills, 1:17.0; 6, Pompton Lakes, 1:17.1.

Discus — 1, Passaic (Shakia Wyche, Karina Hernandez), 212-0; 2, Lakeland, 179-6; 3, Eastern Christian, 170-11; 4, Clifton, 165-0; 5, DePaul, 162-10; 6, Kennedy, 157-5.

Javelin — 1, West Milford (Tara Ganji, Lindsay Van Zile), 166-5; 2, Eastern Christian, 163-6; 3, Pompton Lakes, 146-7; 4, Manchester, 141-9; 5, Lakeland 139-6; 6, Wayne Hills, 133-8.

Shot put — 1, Passaic (Bunting, Wyche), 65-5.25; 2, Passaic Valley, 59-6.75; 3, Kennedy, 54-10.5; 4, Pompton Lakes, 54-7.75; 5, Eastern Christian, 54-5.5; 6, Wayne Hills, 53-11.

OAKLAND — On the surface, Ridgewood's 121-116 win over Immaculate Heart for the Group 4 Bergen County Jack Yockers Relays title Saturday is another victory for the star-laden Maroons.

But coach Jacob Brown is quick to mention that the Ridgewood girls team, winner of its third straight title and 16th in the past 19 years, is far more than star-driven.

"The reason we win is not because of Kelly Behan and Clair Nowakowski, although they're very much a part of our success," said Brown, whose team won five events, tied in a sixth, had six seconds, and placed in every event.

"It's Eileen Farrell, saving a second place for us in the triple jump by getting a good mark after two fouls. Or our shot put team, which has two freshmen on it, getting a second-place finish and nearly upsetting Hackensack. It's a sophomore like Jackie Goulart stepping up to run a 2:29 800 in the distance medley or a first-year senior like Morgan Wiss running 2:30 in the 4 by 800. And someone like Peggy Lynch, who struggled all cross-country season, running 5:39 in the 4 by 1,600 Friday letting us save Clair for three events today."

Those things made the difference for Ridgewood and similar performances helped Northern Valley at Demarest (Group 3), Westwood (2), and Glen Rock (1) score repeat victories.

Ridgewood also got fine performances from juniors Jennifer and Katherine Zucaro and senior Lesley Bruno, who combined with Farrell to run an area-best 4:05.7 1600 relay, which clinched the title against tenacious IHA, winners of seven events.

Ridgewood sophomore **Clair Nowakowski** anchored three Maroon victories with a 5:21.6 160 in the distance medley, 2:23.0 800 in the sprint medley, and a 2:29.7 800 in the 3,200.

PASSAIC RELAYS

Girls

Team scoring

Passaic 102, Clifton 68, Eastside 44.33, West Milford 43, Passaic Tech 38, Lakeland 33.33, Kennedy 33, Eastern Christian 26, Passaic Valley 24, Wayne Valley 20.5, Wayne Hills 15, Pompton Lakes 14, DePaul 9, Hawthorne 8, Manchester 4.

400 — 1, Passaic Tech (Kenneisha Reid, Carlata Bishop, Andrea Herbert, Rosalina Cerat), 51.6; 2, Eastside, 52.5; 3, Kennedy, 54.0; 4, Clifton, 55.5; 5, West Milford, 56.4; 6, Wayne Hills, 56.7.

800 — 1, Passaic Tech (Kenneisha Reid, Carlata Bishop, Andrea Herbert, Rosalina Cerat), 1:47.2; 2, Passaic, 1:49.8; 3, Eastside, 1:50.9; 4, Kennedy, 1:52.9; 5, West Milford, 2:00.2; 6, Clifton 2:01.5.

1,600 — 1, Passaic (Otisha Mathis, Shakira Williams, Alexandra Medrano, Shanae Pritchett), 4:10.3; 2, Passaic Tech, 4:18.7; 3, Wayne Hills, 4:31.7; 4, Clifton, 4:33.1; 5, Wayne Valley, 4:33.8; 6, West Milford, 4:43.2.

3,200 — 1, Passaic (Lynnette Baker, Alejandra Mondragon, Shondelle Brathwalte, Stephanie Gulchardo), 10:57.8; 2, Clifton, 11:08.6; 3, West Milford, 11:31.9; 5, DePaul, 11:56.0.

Sprint medley — 1, Clifton (Setha Maneyapanda, Kaitly Rodriguez, Heather Sleece, Edi Werpachowski), 4:41.6; 2, Passaic Valley, 4:45.6; 3, Eastside, 4:54.2; 4, Wayne Valley, 4:56.8; 5, West Milford, 4:57.2; 6, Lakeland, 5:14.0.

Distance medley — 1, Passaic (Shondelle Brathwalte, Shanae Pritchett, Alexandra Medrano, Shakira Williams), 13:45.5; 2, Passaic Valley, 14:06.0; 3, West Milford, 14:27.2; 4, Lakeland, 14:43.1; 5, Clifton, 14:49.1; 6, Pompton Lakes, 15:06.8.

Intermediate hurdles — 1, Kennedy (Ashley Jacobs, Tawana Watkins), 2:18.2; 2, Passaic, 2:23.0; 3, Eastside, 2:24.3; 4, Wayne Valley, 2:30.0; 5, Clifton, 2:31.0; 6, Wayne Hills, 2:31.9.

Girls Group 4

Team scoring

Ridgewood 121, Immaculate Heart 116, Hackensack 96, Fair Lawn 50, Teaneck 38, Bergen Tech 22.
400 — 1, IHA (Ania Karolak, Erin Bortz, Liz Dauble, Courtney Cubicciotti), 52.5; 2, Ridgewood, 53.9; 3, Fair Lawn, 55.6; 4, Hackensack, 55.6; 5, Bergen Tech, 56.1. No sixth.

1,600 — 1, Ridgewood (Lesley Bruno, Jennifer Zucano, Eileen Farrell, Jackie Goulart, Clair Nowakowski), 4:12.0; 3, Hackensack, 4:22.9; 4, Teaneck, 4:35.2. No fifth or sixth places.

3,200 — 1, Ridgewood (Morgan Wiss, Kelly Behan, Clair Nowakowski, Jennifer Zucaro), 10:01.8; 2, IHA, 10:11.3; 3, Hackensack, 10:37.3; 4, Fair Lawn, 10:46.0; 5, Bergen Tech, 11:23.0. No sixth place.

Sprint medley — 1, IHA (Courtney Cubicciotti, Ania Karolak, Caitlin Smyth, Amy Giacobone), 4:19.4; 2, Ridgewood, 4:21.5; 3, Hackensack, 4:39.0; 4, Bergen Tech, 4:52.8; 5, Teaneck, 4:57.2. No sixth place.

Distance medley — 1, Ridgewood (Kelly Behan, Eileen Farrell, Jackie Goulart, Clair Nowakowski), 12:52.1; 2, Hackensack, 13:07.2; 3, Fair Lawn, 13:22.2; 4, IHA, 13:27.4; 5, Bergen Tech, 15:23.2. No sixth place.

Shuttle HH — 1, IHA (Amelia Hart, Lauren Pfisterer, Lauren Wechsler, Courtney Stone), 1:11.5; 2, Teaneck, 1:14.7; 3, Bergen Tech, 1:14.8; 4, Fair Lawn, 1:19.2; 5, Ridgewood, 1:20.0; 6, Hackensack, 1:20.6.

Shot put — 1, Hackensack (Monique Mighty, Evanna Santer, Wilma Cangleter), 90-6/4; 2, Ridgewood, 90-1; 3, IHA, 82-10; 4, Fair Lawn, 74-8. No fifth or sixth places.

Triple jump — 1, IHA (Kristen McEvoy, Lauren Webster, Michelle Santonacita), 95-8/4; 2, Ridgewood, 94-7/4; 3, Hackensack, 89-4/4; 4, Fair Lawn, 83-9/4; 5, Teaneck, 61-3. No sixth place.

RIDGEWOOD VS CLIFTON & EASTSIDE - NNJIL DOUBLE DUAL MEET 4/18/2000

Ridgewood-90, Clifton-32

Ridgewood-91, Eastside-31

Long Jump: 1-Alisa Vetter, RHS, 15' 3". 2-Thompson,E, 14'11". 3-Eileen Melli, RHS, 14' 3". 4-Trish McGowan, RHS, 13' 5".
nonscoring: Courtney O'Neill-11' 3.5"
Ridgewood-9, Clifton-0

Ridgewood-6, Eastside-3

400Hurdles: 1-Katherine Zucaro, RHS, 67.9. 2- Brown, E, 70.7. 3-Jennifer Zucaro, RHS, 71.8. 4-Kogit, C, 75.7.
Ridgewood-8, Clifton-1

Ridgewood-6, Eastside-3

100 meters: 1-Hughes, E, 13.5. 2-Waddell, E, 13.6. 3-Alissa Vetter, RHS, 13.7. 4-Rodriquez, C, 13.9. 5-Dutch, C, 13.9.
nonscoring: Melli-DQ, DelPapa-14.3, Norchi-14.6, Sandy Nestor-15.7, Kim-16.1, Srinivas-16.1
Ridgewood-5, Clifton-4

Ridgewood-1, Eastside-8

1600 meters: 1-Werpachowski, C, 5:47.0. 2-Peggy Lynch, RHS, 5:47.8. 3-Taylor Dunn, RHS, 5:49.0. 4-Cassie Canzani, RHS, 6:09.2.

nonscoring: Kate McDonagh-6:21.7, Julia Foresman-6:23.5, Jenna Rubinhoff-6:23.8, Meg Behan-6:33.1, Bridget Schultz-6:42.8.

Ridgewood-4, Clifton-5

Ridgewood-9, Eastside-0

400 meters: 1-Eileen Farrell, RHS, 62.9. 1-Clair Nowakowski, RHS, 62.9 (tie on time 2nd heat). 3-Jennifer Zucaro, RHS, 63.7.
nonscoring: Jackie Macchi-71.0, Katie Norchi-71.3, Angela Mercer-71.6, Sara Bigos-78.9, Michelle Potash-80.3, Shauana Swan-80.7.

Ridgewood-9, Clifton-0

Ridgewood-9, Eastside-0

100 Hurdles: 1-Brown, E, 17.3. 2-Dutch, C, 18.0. 3-Jess Gregg, RHS, 18.3. 4-Mizzone, C, 19.0. 5-Courtney O'Neill, RHS, 19.9.

nonscoring: Kristen Espenak-20.1, Corrin Hyslop-21.0, Keri Nussear-21.0, Evan Borgman-21.7.
Ridgewood-3, Clifton-6

Ridgewood-4, Eastside-5

800 meters: 1-Kelly Behan, RHS, 2:33.1. 2-Werpachowski, C, 2:36.7. 3-Tara O'Neill, RHS, 2:37.5. 4-Morgan Wiss, RHS, 2:37.8.

nonscoring: Devon Wardel-2:59.7

Ridgewood-6, Clifton-3

Ridgewood-9, Eastside-0

200 meters: 1-Hughes, E, 27.1. 2-Bethea, E, 28.1. 3-Katherine Zucaro, RHS, 28.3. 4-Meneya, C, 29.6. 5-Chance, C, 29.8.
nonscoring: Vetter-29.5, DelPapa-30.2, Espenak-30.6, Mercer-31.6, Macchi-32.0, Herscheit-33.4, Srinivas-34.1

Ridgewood-5, Clifton-4

Ridgewood-1, Eastside-8

3200 meters: 1-Alyson Cangemi, RHS, 12:17.7. 2-Alexandra Oros, RHS, 12:24.9. 3-Peggy Lynch, RHS, 12:52.7.

nonscoring: Cassie Canzani-13:34.4, Colleen Herlihy-14:15.4

Ridgewood-9, Clifton-0

Ridgewood-9, Eastside-0

High Jump: 1-Trish McGowan, RHS, 4' 8". 2-Marta Oporshi, C, 4'6". 3-Jen Mizone, C, 4'6". 4-Corinne Hyslop, RHS, 4'6". 5-Jess Gregg, RHS, 4'3".

Ridgewood-5, Clifton-4

Ridgewood-9 Eastside-0

Triple Jump: 1-Trish McGowan, RHS, 31' 5". 2-Kamisha Hughes, E, 31' 3". 3-Thompson, E, 31' 2". 4-Eileen Farrell-30' 9.5". 5-Eileen Melli-30'.

Ridgewood-9, Clifton-0

Ridgewood-5, Eastside-4

Shot Put: 1-Kristina Schwehm, RHS, 32' 9". 2-Tara Masterson, RHS, 28' 9". 3-Chanise McGlashan, C, 28' 1" 4-Liz Strahle, RHS, 24' 9".

nonscoring: Patti Police-22' 2", Brittany Hemmel-21' 8"

Ridgewood-8, Clifton-1

Ridgewood-9, Eastside-0

Discus: 1-Kristina Schwehm, RHS, 87' 5". 2-Kristine Meindel, C, 83' 9". 3-Chamice McGlashan, C, 79' 10". 4-Tara Masterson, RHS, 75'5". 5-Liz Strahle, RHS, 64' 5".

nonscoring: Patti Police-60'9", Brittany Hemmell-56'

Ridgewood-5, Clifton-4

Ridgewood-9, Eastside-0

4X400 Relay: Ridgewood High School (Farrell-64.9, Wiss-69.8, J.Zucaro-65.6, K.Zucaro-65.2)

Ridgewood-5, Clifton-0

Ridgewood-5, Eastside-0

Comments: We competed very well on a very cold and wet day. Trish won the triple Jump on her last jump and the High Jump on a tie breaker extra jump! Kristina won both throws. Alisa had a great series in the long jump. Katherine's hurdle time and Alyson's 3200 time are outstanding.

RIDGEWOOD VS HACKENSACK**Tuesday****April, 25th 2000****Ridgewood-70, Hackensack-52**

Long Jump: 1-Alisa Vetter, RHS, 14'8". 2-Eileen Melli, RHS, 14' 8". 3-Meredith Harris, RHS, 14' 6".
Ridgewood-9, Hackensack-0

400Hurdles: 1-Katherine Zucaro, RHS, 67.5. 2-? Ramos, H, 68.3. 3-Jennifer Zucaro, RHS, 69.5
nonscoring: Lesley Bruno-70.0
Ridgewood-6, Hackensack-3

100 meters: 1-Alisa Vetter, RHS, 13.5. 2-Meredith Harris, RHS, 13.7. 3-Eileen Melli, RHS, 14.1.
Ridgewood-9, Hackensack-0

1600 meters: 1-Clair Nowakowski, RHS, 5:18.3. 2-Beth Androski, H, 5:21.4. 3-Kelly Behan, RHS, 5:24.5.
nonscoring: Lynch-5:45, Dunn-5:46, Canzani-5:55.
Ridgewood-6, Hackensack-0

400 meters: 1-Eileen Farrell- RHS, 60.5, 2-Ramos, H, 60.7, 3-Katherine Zucaro, RHS, 62.8.
nonscoring: Lesley Bruno-62.8, Sarah Bigos-??, Rachael Nelson-??
Ridgewood-6, Hackensack-3

100 Hurdles: 1-Jess Gregg, RHS, 18.0. 2-Burrell, H, 18.5. 3-Atkinson, H, 19.4
nonscoring: Espenak-20.8, Nussear-21.0.
Ridgewood-5, Hackensack-4.

800 meters: 1-Shauna Koenig, H, 2:28.1, 2-Clair Nowakowski, RHS, 2:29.8. 3-Jennifer Zucaro, RHS, 2:30.1.
nonscoring: Wiss-2:33.5, O'Neill-2:44.9, Meg Behan-2:54.0,
Ridgewood-4, Hackensack-5.

200 meters: 1-Ramos, H, 27.5. 2-Meredith Harris, RHS, 29.0. 3-Walker, H, 29.4.
nonscoring: Vetter-29.5, Mercer-31.0, Espenak-31.7, Weist-32.4, Herscheit-32.9.
Ridgewood-3, Hackensack-6.

3200 meters: 1-Kelly Behan, RHS, 11:44. 2-Alyson Cangemi-11:49. 3-Julia Brownell-12:10.
nonscoring: McDonagh-13:36., Rubinoff-14:09.
Ridgewood-9, Hackensack-0

High Jump: 1-? Thomas, H, 4' 8". 2-Jess Gregg, RHS, 4' 8". 3-Megan Anderson, RHS, 4' 8"
Ridgewood-4, Hackensack-5

Triple Jump: 1-Ramos, H, 31' 6.5". 2-Eileen Farrell, RHS, 30' 3". 3-Meredith Harris, RHS, 30' 2".
nonscoring: Eileen Melli-30' 0.75"
Ridgewood-4, Hackensack-5

Shot Put: 1-Mighty, H, 32' 2". 2-Cangeter, H, 32' 1". 3-Santee, H, 32' 0.5"
nonscoring: Masterson-30' 4.5", Strahle-30' 2.5", Bray-25' 5.5", Polise-23' 7", Nussear-22' 2.25", Grein-21' 1",
Perrone-17'9", Madden-17'.
Ridgewood-0, Hackensack-9

Discus: 1-Mighty, H, 106' 2", 2-Santee, H, 100' 5". 3-Cangeter, H, 83' 1"
nonscoring: Bray-81' 9", Masterson-74'11", Strahle-72' 4", Grein-62'10", Polise-61' 5".
Ridgewood-0, Hackensack-9

4X400 Relay: 1-Ridgewood, (Bruno-62.6, Farrell-63.9, J.Zucaro-65.9, K.Zucaro-72.1), 4:24.4. 2-Hackensack, 5:04.9

Our team did a great job on this vacation Tuesday. Our wonderful seniors were here 100%. Jess Gregg, Eileen Farrell and Kelly Behan scored big wins and Alisa Vetter won two. We had a classic hard fought dual close to the last three events. Our sweep of the 3200 enabled us to get away and the triple jumpers won it with 2nd and 3rd thus taking the pressure off the relay!

Penn Relays

4X800: Jennifer Zucaro - 2:26.0, Eileen Farrell - 2:27.0, Kelly Behan - 2:30.4, Clair Nowakowski - 2:25.4 = 9:48.36

Penn Relays is this time to run our fastest of the season, So I find this time disappointing. We just weren't aggressive enough. Great relay running requires a go for it at all costs attitude.

4X100: Alisa Vetter -13.9, Lesley Bruno - 13.2, Eileen Melli - 13.4, Merdith Harris - 12.6 = 53.07

We had very good baton exchanges which is the key in this event. 6th of 9 in our heat. Good job for us. Meridith showed a move after the race that netted the team a baton.

4X400: Lesley Bruno - 61.0, Eileen Farrell -61.2, Jennifer Zucaro - 61.9, Katherine Zucaro - 60.7 = 4:05.39

We were more aggressive in this race. That won us 2nd place medals (with naked men on them) and the best time in Bergen County on the day. The weather was cold and awful. With good weather of May perhaps a sub 4 time is possible for this team.. Another Baton!?!)



Ridgewood's 4:05 1,600 time earns 2nd

PHILADELPHIA — Every year, on a late April Thursday afternoon, nearly 500 girls 1,600-relay teams compete in nearly 40 races in front of 20,000 plus people at the Penn Relays.

It doesn't matter if you're the Jamaican national champion or just a freshman in her first month of track, the series of relays that last for three hours is a highlight, not only of the season, but in many cases is remembered for the rest of the young runner's life.

Thursday, four Bergen County teams got more than memories at Franklin Field, they got medals and in one case, a plaque for winning a class heat.

Westwood won its heat, Ridgewood and Immaculate Heart Academy took seconds, and Northern Valley at Old Tappan a third.

Perhaps the most enthusiastic medal winners were the all-underclass team for Old Tappan.

Long Reach of Maryland had taken

the early lead and pretty much locked up the race. But Old Tappan was in a battle with fellow Garden Staters Middle Township and Monsignor Donovan, running between second and fourth throughout the race.

Juniors Marianne Toniolo and Emily Lamparello got the baton to a nervous but composed freshman Anne Redmond, who gave junior anchor Christine Wentzler a chance to clinch the medal.

"I knew we had a chance to get a medal, but I'm usually an 800 runner so I didn't know how I would do," said Wentzler, who split 61.3 for her 400. "But we've worked so hard that I couldn't let it get away."

Middle Township finished second but Old Tappan held on for third in 4:13.35, a season best.

Four races later, Samantha Corvino and senior Nicole Stinson put Westwood into excellent position. But

again the race was in the hands of a freshman, and this time Kristine Deer delivered. She challenged and passed Princeton and held off a charging Bowie, Md., team to hand the baton to senior Emily Drew with a 5-yard lead after a 61.7 split.

And Drew was more than equal to the task. Extending the lead to its 25-yard margin, she ran 61.0 to complete Westwood's excellent 4:10.60 clocking.

IHA followed immediately with its second-place finish in a race that seemed to play into the Blue Eagles' hands. Sophomore Lauren Pfisterer, junior Dana Ash, and freshman Caitlin Smyth left junior anchor Michelle Santonacita with a chance to earn a medal. And Santonacita chased down Jamaican teams Alpha Academy and Montego Bay, and went after Far Rockaway, N.Y.

She fell 2 yards short of the latter team, but IHA was second in 4:18.80.

Ridgewood had the area's best time of the day and 12th best among the more than 100 New Jersey teams that competed, running 4:05.39 for a solid second behind Abraham Lincoln of Brooklyn with a team of Lesley Bruno, Eileen Farrell, Jen and Katherine Zucaro.

— PAUL SCHWARTZ

Other 1,600 times and places within their heat — Ramsey (seventh, 4:13.53); NV/Demarest (fourth, 4:16.90); River Dell (eighth, 4:18.81); Englewood (sixth, 4:19.13); Hackensack (10th, 4:19.51); Hasbrouck Heights (fifth, 4:21.26); Kinnelon (fifth, 4:21.52); Holy Angels (fourth, 4:23.14); Tenally (fifth, 4:23.41); Teaneck (ninth, 4:23.66); Indian Hills (seventh, 4:23.86); Paramus Catholic (13th, 4:28.30); Fair Lawn (ninth, 4:29.96); Saddle Brook (ninth, 4:32.93); Secaucus (11th, 4:34.18); Lyndhurst (11th, 4:35.89); and Wood-Ridge (13th, 4:40.50).

Local school results in the 400 relays — Queen of Peace (second, 51.97); IHA (fifth, 52.31); Ridgewood (sixth, 53.07); Englewood (seventh, 53.31); Pascack Valley (sixth, 53.38); Westwood (fourth, 53.53); Hasbrouck Heights (fifth, 54.01); Indian Hills (seventh, 54.08); Teaneck (seventh, 54.33); Saddle Brook (sixth, 54.71); Lyndhurst (eighth, 54.93).

■ National coverage on S-7

- 100: Merdith Harris-13.5
- 800: Morgan Wiss- 2:28.8, (34,72) PR **5th unseeded**
- 1600: Taylor Dunn - 5:39.2 (80,2:50), PR **1st unseeded**
 Peggy Lynch - 5:42.4 (85,84,88,85) **5th seeded**
 Alexandra Oros - 5:50.6 (85,84,90,91) **6th seeded**
- 3200: Clair Nowakowski - 11:38.3 (83, 2:49, 5:47) **1st place**
 Kelly Behan - 11:51.8 (83, 2:49, 5:47) **3rd place**
 Alyson Cangemi - 12:08.8 (84, 2:51, 5:54) **4th place**
- Long Jump: Merdith Harris - 14'
 Trish McGowan - 13' 8"
- High Jump: Corinne Hyslop - 5' PR **4th place**
 Trish McGowan - 4'10"
 Meg Anderson - NH
- Discus: Kristina Schwehm - 87' 9"
 Tara Masterson - 79' 3"
- Javelin: Jess Gregg - 85' 10"
 Kristina Schwehm - 85' 7"
- Shot: Kristina Schwehm - 34' 1.5" PR **6th place**
 Tara Masterson - 27'
- 4X400: Bruno - 60.7, Farrell - 60.9, J.Zucaro - 60.4, K.Zucaro-59.4 = 4:01.3 **1st place**

A very hot day! With no training in the heat our distance runners had slow times but they competed well and won some very nice medals. Taylor ran a smart pace and a strong last 400 to win her race and Clair made an especially nice move in the 3200 meters with 300 to go! Corinne and Kristina had PR's in the field. We saved the big excitement for the relay! A gun to tape win and our fastest time since Coach Collazo's 1988 team! This 4x400 is now the 4th best all time for Ridgewood and has the 10th fastest time on the all time list!

Ridgewood's Kauke cruises at Bernards

By **PAUL SCHWARTZ**
 Staff Writer

BERNARDSVILLE — The fields may not be as deep as they had been during the 26 years of the Bernards Invitational, but the hallmark of this meet has always been outstanding individual performances.

Saturday, many of North Jersey's best delivered outstanding performances as the track and field season entered its most exciting month.

Ridgewood senior Josh Kauke began defense of his State Meet of Champions 800-meters crown by running his fastest 800 — a wire-to-wire 1:52.1. The time was the fourth-fastest in County history and puts him within striking range of Roger Jones' 23-year-old County record of 1:50.3.

Kauke's win was one of a dozen Bergen-Passaic wins. Fifteen other North Jersey athletes took runner-up honors as many of the area's best tuned up for next week's league championships.

"I really wanted to run 1:52 today," said Kauke. "When I heard them give my 400 split at 56 seconds [actually 56.2], I knew

COUNTY SEAT TRACK

it was slow and that I had to speed it up.

"Usually I have my biggest problem going from 400 to 500 meters, but it felt smooth and I accelerated through the third 400."

Amazingly, Kauke does not hold the Ridgewood school record yet. That belongs to Chris Rae, who ran 1:51.61 in winning the 1987 State Meet of Champions. Kevin Byrne of Paramus Catholic (1:51.2) has also run faster than Kauke.

Ramsey's Dara Seidman isn't as high up the list in the girls 400 as Kauke is in the boys 800, but the speedy junior won perhaps the most exciting race of the day, out-leaping Danielle Harris of Piscataway in a personal-best 59.1.

"I like not knowing who I'm running against because all I can do is go out, do my best, and focus on my race," said Seidman, whose time is the fastest in Bergen County in three years. "I heard Coach

[John Kirchhof] yelling 'Who wants it more?' as we were coming to the finish line. I realized I wanted it badly and was able to win.

"Now I want to do well in the leagues and counties and make it to the State Meet of Champions, something I didn't do last year."

Sophomore Shakia Wyche of Passaic moved into a tie for 14th on the Passaic County all-time discus list by winning with a toss of 114-5.

"It feels great to finally throw against people who can throw as well or better than I can," said Wyche, whom Passaic coach Bill Krzanowski calls the most talented thrower he's ever coached. That's saying a mouthful, since Krzanowski has coached seven of the 13 Passaic County discus throwers to better Wyche's mark.

Kennedy's Tawana Watkins, protecting a slight injury that affects her hurdling but not her running, won the 100 in 12.2, the ninth-fastest time in Passaic history, and Dan Cooper of Ridgewood became the 16th Bergen boy to clear 14 feet outdoors in winning the pole vault.

But not all the outstanding performances came in winning efforts. Ramsey's Maritsa Christoudias battled Sayreville's Claire Inskip in the girls shot, taking a brief lead on her fifth throw when she threw 38-10½, a school record and the 11th-best effort in Bergen history. Inskip won the event on her last throw by 9¼ inches.

Jen Austin of Garfield threw 142-8 to win the javelin, just a couple of feet short of her County record and eight inches short of the meet record. Matt Elkas of Ramsey edged Passaic's Waldemar Augustynski on a better second throw after both threw 56-5.

Clifton's Brian Stewart pulled an upset in winning the 400 hurdles in 57.5.

And the Ridgewood relay team of Lesley Bruno, Eileen Farrell, and Jen and Katherine Zucaro took more than four seconds off their best time and ran the fastest girls 1,600 relay in three years, 4:01.3, to stamp themselves a State contender.

■ **Summaries on S-18**

BERNARDS INVITATIONAL

BOYS

100-METER DASH: 1-Larry Lester, Piscataway, 10.6. 2-Danny Johnson, Rahway, 10.6. 3-Adrian Durant, Teaneck, 11.2. 4-Andrew Pratt, Ridge, 11.3. 5-Mike Appelbaum, Pingry 11.3.

200-METER DASH: 1-Larry Lester, Piscataway, 21.6. 2-Danny Johnson, Rahway, 22.2 (21.5 in trials tied meet record set in 1980 by Derrick Roberts, Clifford Scott). 3-Adrian Durant, Teaneck, 22.4. 4-Josh Cohen, Bridgewater-Raritan, 22.8. 5-Andrew Pratt, Ridge, 23.4.

400-METER RUN: 1-Kurt Forsyth, Summit, 49.2. 2-Andrew Dolgin, Ridgewood, 51.7. 3-Bryan Chapman, Manalapan, 52.3. 4-Carmelo Germano, Fair Lawn, 53.8.

800-METER RUN: 1-Josh Kauke, Ridgewood, 1:52.1. 2-Tylik Patterson, Hamilton, 1:57.4. 3-Jesus Iturrino, Manchester Regional, 2:00.8. 4-Mike Branco, Kearny, 2:03.6. 5-Matt Coupland, Howell, 2:06.4.

1,600-METER RUN: 1-Joe Van Dyke, Watchung Hills, 4:32.8. 2-Kevin O'Reilly, 4:32.9. 3-Peter Mathe, Franklin, 4:39.5. 4-Davie Tidey, Bridgewater-Raritan, 4:40.4. 5-Matt Schleifer, Rahway, 4:40.6.

3,200-METER RUN: 1-Mark Nichol, Millburn, 9:43.7. 2-Matt Werner, 10:09.0. 3-Glenn Nafey, Bridgewater-Raritan, 10:15.2. 4-Brian Donovan, East Brunswick, 10:19.7. 5-David Komline, Bernards, 10:28.1.

110-METER HIGH HURDLES: 1-Scott Welfel, West Essex, 15.7. 2-Kevin Latham, Hamilton, 15.8. 3-Tyler Pointer, Somerville, 16.3. 4-Ese Edojah, Franklin, 16.3. 5-Tim Carlen, Kearny, 16.4.

400-METER INTERMEDIATE HURDLES: 1-Brian Stewart, Clifton, 57.5. 2-Ejustice Watkins, Paterson Kennedy, 57.3. 3-Mark Cashman, Somerville, 58.3. 4-Darren DeAngelis, Ridge, 1:00.2. 5-Tim Carlen, Kearny, 1:00.4.

HIGH JUMP: 1-Jesse Askew, Howell, 6-4. 2-Ejustice Watkins, Paterson Kennedy, 6-2. 3-Brian Bohanon, Passaic, 6-2. 4-Chris Kosten, DePaul, 6-0. 5-Bernard Mane, Ridgewood, 6-0.

LONG JUMP: 1-Gary Domanski, Somerville, 21-3. 2-Samson Onomonu, Teaneck, 20-0 $\frac{1}{4}$. 3-Christian Kostinko, DePaul, 20-0. 4-Ese Edojah, Franklin, 19-11. 5-Wes Girnius, New Providence, 19-10 $\frac{1}{4}$.

SHOT PUT: 1-Matt Elkas, Ramsey, 56-5. 2-Waldemar Auguscinski, Passaic, 56-5. 3-Marty Moskovich, Fair Lawn, 53-4 $\frac{3}{4}$.

DISCUS: 1-Mike Gregorowicz, Bloomfield, 155-5. 2-Marty Moskovich, Fair Lawn, 143-7. 3-Matt Elkas, Ramsey 142-1. 4-Waldemar Auguscinski, Passaic, 139-1. 5-Greg Snook, Somerville, 135-1.

JAVELIN: 1-John Grubb, Ridgewood, 178-8. 2-Darius Sepacci, Manalapan, 171-8. 3-Mike Murphy, Walkill Valley, 168-6. 4-Martin Moroney, Gov. Livingston, 162-0. 5-Jeff Olsen, Bernards, 159-4.

400-METER RELAY: 1-Somerville (Mark Miller, Ricky Rivera, Jermaine Clark and Gary Domanski) 44.4. 2-Bridgewater-Raritan 44.8. 3-Teaneck 45.2. 4-Gov. Livingston 45.4.

1,600-METER RELAY: 1-Ridgewood (Dan Cooper, Andrew Dolgin, Chris Perez and Josh Kauke) 3:27.1. 2-Teaneck 3:30.1. 3-Clifton 3:30.2. 4-Manchester Regional 3:31.8. 5-Somerville 3:34.9.

GIRLS

100-METER DASH: 1-Tawana Watkins, Paterson Kennedy, 12.2. 2-Teri Burton, Piscataway, 12.3. 3-Jenna Harris, Franklin, 12.5. 4-Kim Kyles, Franklin, 12.6. 5-Lauren Washychyn, Pingry, 13.1.

200-METER DASH: 1-Laynea Jones, Elizabeth, 25.5. 2-Coryn Gomez, Franklin, 25.8. 3-Otisha Mathis, Passaic, 26.5. 4-April Williams, Elizabeth, 26.5. 5-Lauren Washychyn, Pingry, 26.6.

400-METER RUN: 1-Dara Seidman, Ramsey, 59.1. 2-Danielle Harris, Piscataway, 59.3. 3-Chanelle Williams, Piscataway, 1:00.4. 4-Denisha Rowe, Franklin, 1:01.9. 5-Lisa DiBiase, Sayreville, 1:02.9.

800-METER RUN: 1-Anna Sherman, West Essex, 2:16.9. 2-Julie Delimon, Hopatcong, 2:19.6. 3-Shanae Pritchett, Passaic, 2:26.5. 4-Peyton Fischer, Ramsey, 2:29.8.

1,600-METER RUN: 1-Christina Mendoza, Hudson County Prep, 5:22.1. 2-Shakira Williams, Passaic, 5:25.5. 3-Erin Kubarewicz, Bloomfield, 5:36.5. 4-Rachel Brownlee, Fair Lawn, 5:38.2. 5-Peggy Lynch, Ridgewood, 5:42.3.

3,200-METER RUN: 1-Clair Nowakowski, Ridgewood, 11:38.3. 2-Beth Vesey, Ramsey, 11:39.7. 3-Kelly Behan, Ridgewood, 11:51.8. 4-Alyson Cangemi, Ridgewood, 12:08.8. 5-Jen Purdy, Hamilton, 12:15.8.

100-METER HIGH HURDLES: 1-Kiera Underwood, Elizabeth, 14.1. 2-Tamara McGill, Franklin, 14.2. 3-Yocasta Garcia, Passaic, 16.3. 4-Roxanne McBean, Teaneck, 16.6. 5-Jean Go, Kearny, 17.1.

400-METER INTERMEDIATE HURDLES: 1-Tamara McGill, Franklin, 1:04.8. 2-DiNai Parker, Elizabeth, 1:05.9. 3-Stephanie Danella, Piscataway, 1:06.5. 4-Michelle Jones, Ridge, 1:08.8. 5-Toni Beninato, Sayreville and Rosanne McBean, Teaneck, 1:10.3.

HIGH JUMP: 1-Kristin Composto, Iselin Kennedy, 5-4. 2-Dara Jemmott, Teaneck, 5-2. 3-Tamara McGill, Franklin, 5-0. 4-Corinne Hyslop, Ridgewood, 5-0. 5-Courtney Bernard, Franklin, 5-0.

LONG JUMP: 1-Kiera Underwood, Elizabeth, 17-8. 2-Otisha Mathis, Passaic, 16-6. 3-April Williams, Elizabeth, 16-3 $\frac{3}{4}$. 4-Dara Seidman, Ramsey, 15-10. 5-Jenna Harris, Franklin, 14-11 $\frac{3}{4}$.

SHOT PUT: 1-Claire Inskeep, Sayreville, 39-7 $\frac{3}{4}$. 2-Maritsa Christoudias, Ramsey, 38-10 $\frac{1}{2}$. 3-Shakia Wyche, Passaic, 35-10. 4-Bianca Grande, Sayreville, 35-10. 5-Ashley Flaherty, Walkill Valley, 35-7 $\frac{1}{4}$.

DISCUS: 1-Shakia Wyche, Passaic, 114-5. 2-Maritsa Christoudias, Ramsey, 112-7. 3-Claire Inskeep, Sayreville, 110-6. 4-Sara Meeks, Watchung Hills, 110-3. 5-Jamie Papatheodoru, Elizabeth, 96-7.

JAVELIN: 1-Jen Austin, Garfield, 142-8. 2-DiNai Parker, Elizabeth, 123-5. 3-Bianca Grande, Sayreville, 114-10. 4-Elizabeth Bauer, Rahway, 110-1. 5-Miata Dick, Millburn, 104-3.

400-METER RELAY: 1-Franklin (Coryn Gomez, Jenna Harris, Shannon Broxton and Kim Lyles) 48.6. 2-Elizabeth 48.8. 3-Teaneck 53.3.

1,600-METER RELAY: 1-Ridgewood (Leslie Bruno, Eileen Farrell, Jennifer Zucaro and Katherine Zucaro) 4:01.3. 2-Passaic 4:05.4. 3-Piscataway 4:09.2. 3-Ridge 4:23.1. 5-Teaneck 4:23.5.

County Seat Invitational

At Wayne Hills

GIRLS

Team scores

Hackensack 78, Pascack Valley 76, Englewood 38, Northern Valley at Old Tappan 37, Paramus 35, Paramus Catholic 24, Indian Hills 24, Bogota 18, Mahwah 14, Pequannock 13.75, Wayne Valley 13, Wood-Ridge 10, North Arlington 9, Bergenfield 9, Paterson Catholic 6, Bayonne 5, Wayne Hills 4, West Milford 4, Ramsey 4, Passaic 1.75.

100 — 1, Thatcha DaCosta, Englewood, 12.4; 2, Chris Yzaguirre, Paramus Catholic, 12.9; 3, Altitsha Byrd, Paterson Catholic, 13.1; 4, Jaclyn Bariletto, Paramus, 13.5; 5, Jamie Baumann, West Milford, 13.7; 6, Ebony Parks, Bayonne, 13.9.

200 — Thatcha DaCosta, Englewood, 25.9; 2, Chris Yzaguirre, Paramus Catholic, 26.4; 3, Ebony Ramos, Hackensack, 26.7; 4, Jaclyn Bariletto, Paramus, 27.6; 5, Jamie Kinard, Paramus, 28.1; 6, Laura Conte, Wayne Valley, 28.2.

400 — 1, Ebony Ramos, Hackensack, 1:01.2; 2, Dana Blom, Mahwah, 1:02.1; 3, Jackie Kasen, Pascack Valley, 1:02.8; 3, Carolyn Filandro, Indian Hills, 1:02.8; 5, Kelly Cruise, Paramus, 1:03.5; 6, Renee Felflen, Bergenfield, 1:04.4.

800 — 1, Shauna Koenig, Hackensack, 2:27.2; 2, Yasmina Dunson, Englewood, 2:32.2; 3, 3, Kelley Cruise, Paramus, 2:34.4; 4, Cara Monkowski, Bayonne, 2:35.5; 5, Patty Martin, Hackensack, 2:37.1; 6, Caitlin Schopp, West Milford, 2:38.3.

1,600 — 1, Beth Androski, Hackensack, 5:18.8; 2, Amanda Crawford, Pascack Valley, 5:31.3; 3, Holly Potts, Mahwah, 5:33.5; 4, Jerilyn Chico, Paramus, 5:39.3; 5, Jai Marie Zacco, Northern Valley at Old Tappan, 5:45.2; 6, Carol Anne Bullen, Paramus, 5:48.2.

3,200 — 1, Beth Androski, Hackensack, 11:25.3; 2, Stephanie Davis, Northern Valley at Old Tappan, 11:35.9; 3, Jesse Mizzone, Passaic Valley, 12:01.1; 4, Jen Myers, Ramapo, 12:18.8; 5, Marissa Maier, Northern Valley at Old Tappan, 12:26.2; 6, Kelly Timoney, Pequannock, 12:45.0.

1,600 relay — 1, Northern Valley at Old Tappan (Marianne Toniolo, Emily Lamparello, Annie Redmond, Christine Wentzler), 4:12.8; 2, Pascack Valley, 4:21.4; 3, Pascack Valley, 4:30.8; 4, Hackensack, 4:33.5.

Discus — 1, Elizabeth Pendleton, Wood-Ridge, 112-10; 2, Rachel Goldstein, Northern Valley at Old Tappan, 102-5; 3, Evana Santee, Hackensack, 100-4; 4, Kristine Joseph, Paramus Catholic, 96-2; 5, Nicole Tottle, Pequannock, 95-7; 6, Liz Dale, Pascack Valley, 93-4.

Javelin — 1, Lindsey Reggo, Ridgefield, 110-0; 2, Amy Hansen, Holy Family, 109-9; 3, Lindsey Van Zile, West Milford, 94-2; 4, Tara Gangi, West Milford, 87-0; 5, Stephanie Brown, Bogota, 84-2; 6, Nicole Tottle, Pequannock, 83-3.

100 high hurdles — 1, Jamie Lillian, Pascack Valley, 14.5; 2, Angela Talucci, Indian Hills, 15.6; 3, Emily Lamparello, Northern Valley at Old Tappan, 15.8; 4, Stacey DelRe, Wayne Hills, 16.5; 5, Michelle DeJesus, North Arlington, 16.7; 6, Rita Sebastiano, West Milford, 17.5.

Shot put — 1, Monique Mighty, Hackensack, 32-9; 2, Lynn Hazelman, Wayne Valley, 31-5 $\frac{1}{4}$; 3, Wilma Cangieri, Hackensack, 31-1 $\frac{1}{2}$; 4, Kristan Malacrida, Paramus, 30-8 $\frac{1}{2}$; 5, Kristine Josef, Paramus Catholic, 30-8 $\frac{1}{2}$; 6, Katie Domerski, Northern Valley at Old Tappan, 30-7 $\frac{3}{4}$.

Long jump — 1, Thatcha DaCosta, Englewood, 17-0 $\frac{1}{2}$; 2, Jamie Lillian, Pascack Valley, 16-8; 3, Angela Talucci, Indian Hills, 16-0 $\frac{1}{2}$; 4, Jackie Kasen, Pascack Valley, 15-10; 5, Cheryl Simmons, Pascack Valley, 15-9 $\frac{1}{2}$; 6, Jennifer Barthelemy, Bogota, 15-9.

Triple jump — 1, Jennifer Barthelemy, Bogota, 33-9 $\frac{1}{4}$; 2, Nadia Pryor, Bergenfield, 33-4 $\frac{1}{2}$; 3, Angela Talucci, Indian Hills, 33-1 $\frac{1}{4}$; 4, Tanya Atkinson, Hackensack, 32-7 $\frac{1}{2}$; 5, Arianna Beam, North Arlington, 32-6 $\frac{1}{4}$; 6, Lindsay Babiss, Indian Hills, 28-11.

High jump — 1, Jamie Lillian, Pascack Valley, 5-0; 2, Jen Barthelemy, Bogota, 4-10; 3, Allison Morganti, Pequannock, 4-10; 4, Steph Guichardo, Passaic, 4-8; 4, Deb Silver, Bergenfield, 4-8; 4, Nadia Pryor, Bergenfield, 4-8; 4, Diana Nargandci, Pequannock, 4-8.

Intermediate hurdles — 1, Tara Connelly, Pascack Valley, 1:10.5; 2, Kristen Blancato, Paramus, 1:12.0; 3, Michelle DeJesus, North Arlington, 1:12.4; 4, Laura Conte, Wayne Valley, 1:12.6; 5, Meredith Vest, Pequannock, 1:13.9; 6, Melinda Tufel, Ramsey, 1:14.3.

NNJIL FROSH CHAMPS**ENGLEWOOD - Winton White Stadium Wednesday 5-10-2000**

- 100: Hyslop-14.5(t), 14.9(s), Herscheit-15.6, McGowan-13.6(DQ-uniform)
- 200: Mercer-31.8, Borgman-32.2, L.Anderson-32.6
- 400: L.Anderson-74.8 **6th place**
- 800: Rubinoff-2:58.4 **3rd place**, Schultz-2:58.5 **4th place**, Macchi-2:59.0 **5th place**.
- 1600: McDonagh-6:18.0 **6th place**, Rubinoff-6:25.4, Macchi-6:27.4.
- 3200: McDonagh-13:53.6 **4th place**, Rubinoff-(DNF-fell)
- 100H: C.O'Neill-20.3 **2nd place**, Espenack-20.5 **3rd place**.
- 400H: Espenack-81.6 **1st place**, Borgman-91.3 **3rd**.
- Long Jump: McGowan-14'1"- **1st place**, O'Neill-12'10"- **4th place**
- Triple Jump: McGowan-30'11"- **1st place**.
- High Jump: Hyslop-4'6"-**1st place**, McGowan-4'6"- **2nd place**, M.Anderson-4'4".
(Meg hit her head on a standard and had to withdraw)
- Shot Put: Schwehm-31'10", Masterson-28'6.5", Madden-18'2", Perrone-16'10.5"
(Shot marks are exhibition as throwers missed sign in)
- Discus: Schwehm-97'3"-**1st place**, Masterson-75'7"- **2nd place**, Madden-52'2", Perrone-50'
- Javelin: Schwehm-75'1"-**1st place**, Masterson-56'- **3rd place**, Madden-34', Perrone-30'.
- 4X400 relay: Macchi-73.9, Mercer-75.0, O'Neill-77.8, Espenak-72.4. = 4:59.2 **2nd place**.

A suddenly cold and wet day kept performances down but our spirit was great and we competed very well and brought home the NNJIL Atlantic trophy!

NNJIL CHAMPIONSHIP**CLIFTON STADIUM****MAY 12 & 13**Friday:400H: 3rd -K.Zucaro 67.7. 5th -Bruno 69.7. J.Zucaro-71.1.

100: Harris-13.6, Vetter-13.7

3200: 2nd -Nowakowski 11:29.9. 4th -Behan 11:47.4400: 3rd - Farrell 61.0. 6th - K.Zucaro 61.8. Bruno-62.5.Discus: 6th - Schwehm 91'10". Masterson-80'9" PR. Bray-72'11"Long Jump: 4th -Vetter 16'0". 5th - Melli 15' 6.5". Harris-14'

High Jump: Hyslop-4'8", McGowan-4'8", Anderson-4'6"

It is hard to believe that we are 19 points behind a team we beat in our dual meet! Rained slowed an already poorly run meet. School for all and achievements tests for our seniors perhaps put a distracting stress on the team. Something needs to explain our poor first day showing!

Saturday:100H: 6th - Gregg-17.6(t)17.4(f). O'Neill-20.0, Espenak-20.91600: 1st -Nowakowski 5:14.2, PR. 4th - Behan 5:30.6. 6th - Dunn 5:36.2 PR.

200: Harris-27.9, McGowan-28.2, Vetter-29.2

800: 2nd - J.Zucaro 2:21.58, PR. 4th - Farrell 2:24.14, PR. Nowakowski-2:27.4Shot: 2nd - Schwehm 33'10". 7th - Masterson 29'1". Strhale-26'10"Javelin: 3rd - Gregg 85'4". 5th - Bray 77'. 6th - Schwehm 76'3".Triple Jump: 4th - Harris 32'5". 5th - McGowan 32'4.5". Melli-31'3.5"Pole Vault: (non-scoring) 2nd - Merdith Harris 7' (first RHS female pole vaulter) **NEW SCHOOL RECORD**4X400: 1st - (Bruno 61.2, Farrell 61.2, J.Zucaro 61.9, K.Zucaro 60.6) 4:04.93

We had a better day on Saturday gaining 4 points on Hackensack. But with our 3rd place in the championship we drop a spot in our dual meet ranking. We will take some steps in practice this week to improve our ability and out look for the Bergen group 4 champs next weekend.

NNJIL Pacific meet

GIRLS TEAM SCORING

IHA 48.6, Paramus Catholic 43.2, Holy Angels 37, Montclair 33, Nutley 19.6, Teaneck 18, Paramus 17.6.

100 — 1, Jennifer Whitlock, Montclair, 12.0; 2, Courtney Cubicciotti, IHA, 12.4; 3, Adama Ika, Montclair, 13.1; 4, Christine Yzaguirre, Paramus Catholic, 13.1; 5, Jaclyn Bariletto, Paramus, 13.2; 6, Jasmine Ritchwood, Montclair, 13.2.

400 — 1, Amy Giacobone, IHA, 1:00.7; 2, Christine Yzaguirre, Paramus Catholic, 1:02.0; 3, Tara Broomes, Paramus Catholic, 1:03.0; 4, Dana Ash, IHA, 1:03.6; 5, Kelly Cruise, Paramus, 1:04.0; 6, Caitlin Smyth, IHA, 1:04.8.

800 IH — 1, Roxanne McBean, Teaneck, 1:09.4; 2, Rosanna Bartolomeo, Holy Angels, 1:10.3; 3, Dana Ash, IHA, 1:11.4; 4, Ingrid Layne, Montclair, 1:11.4; 5, Kristen Blancato, Paramus, 1:11.9; 6, Lauren Pfisterer, IHA, 1:11.9.

3,200 — 1, Cheryl Trovato, Holy Angels, 12:06.2; 2, Courtney Kopf, Nutley, 12:20.9; 3, Jenna Bellonzi, IHA, 12:28.1; 4, Carol Ann Bullen, Paramus, 12:33.6; 5, Erin Kallman, IHA, 12:43.0; 6, Christina Boyle, Nutley, 12:51.7.

Diacus — 1, Kristine Josef, Paramus Catholic, 111-10; 2, Jennifer Holme, Holy Angels, 103-7; 3, Melissa Irving, Nutley, 101-7; 4, Kirstin Dickens, Holy Angels, 96-8; 5, Kalina Carlson, Paramus, 93-10; 6, Meghan Judge, Paramus, 90-8.

High jump — 1, Meghan O'Brien, Montclair, 5-0; 2, Dara Jemmitt, Teaneck, 5-0; 3, Dana Nguyen, Paramus Catholic, 4-8; 4, Kirstin Murray, Nutley, 4-8; 5, tie between Melissa Graff, Nutley, Jillian Romero, Paramus Catholic, Samantha Stelners, Paramus Catholic, Katie Von Seekamm, IHA, and Meghan Judge, Paramus, 4-6.

Long jump — 1, Courtney Cubicciotti, IHA, 16-7; 2, Cheryl Simmons, Paramus Catholic, 14-10; 3, Linda Bahouth, Holy Angels, 14-8½; 4, Jaclyn Bariletto, Paramus, 14-5; 5, Susannah Knox, Montclair, 14-4½; 6, Sheila Longo, Holy Angels, 14-1.

PACIFIC GIRLS SCORING

Immaculate Heart 111.6, Montclair 87, Holy Angels 73, Paramus Catholic 61.2, Paramus 58.6, Teaneck 44, Nutley 20.6, Belleville 6.

100 — 1, Jennifer Whitlock, Montclair, 25.20; 2, Courtney Cubicciotti, IHA, 25.73; 3, Jaclyn Bariletto, Paramus, 27.57; 4, Ania Karolak, IHA, 27.70; 5, Jasmine Ritchwood, Montclair, 27.70; 6, Keeko Harris, Holy Angels, 27.73.

800 — 1, Amy Giacobone, IHA, 2:20.68 (division record, old record, 2:21.5 by Kourtney Gallo, IHA, 1995); 2, Caitlin Smyth, IHA, 2:22.16; 3, Kelly Cruise, Paramus, 2:30.33; 4, Chenoa Defreese, Montclair, 2:33.33; 5, Tara Espiritu, Teaneck, 2:36.74; 6, Carol Ann Bullen, Paramus, 2:37.36.

1,600 — 1, Cheryl Trovato, Holy Angels, 5:31.68; 2, Meghan O'Brien, Montclair, 5:32.83; 3, Erin Kallman, IHA, 5:35.68; 4, Carol Ann Bullen, Paramus, 5:38.30; 5, Ellen Davis, Montclair, 5:40.17; 6, Jenna Bellonzi, IHA, 5:46.83.

100 HH — 1, Jennifer Whitlock, Montclair, 14.86; 2, Roxanne McBean, Teaneck, 16.54; 3, Kristen Blancato, Paramus, 16.95; 4, Lauren Pfisterer, IHA, 17.62; 5, Amelia Hart, IHA, 17.64; 6, Jaclyn Bariletto, Paramus, 17.68.

Shot put — 1, Kristen Malaicrida, Paramus, 34-0; 2, Latricia Stith, Teaneck, 33-3; 3, Kristine Josef, Paramus Catholic, 31-3; 4, Erin-Anne Hansford, Belleville, 31-0; 5, Allison Woznak, Paramus Catholic, 30-11; 6, Melissa Irving, Nutley, 30-7.

Javelin — 1, Jennifer Holme, Holy Angels, 101-3; 2, Kirstin Dickens, Holy Angels, 96-8; 3, Jennifer Hodges, IHA, 91-6; 4, Kristine Josef, Paramus Catholic, 87-9; 5, Diana Cifelli, Belleville, 86-6; 6, Kristan Malaicrida, Paramus, 77-11.

Triple jump — 1, Nyla Wormley, Montclair, 35-2; 2, Dara Jemmitt, Teaneck, 33-3; 3, Meghan Judge, Paramus, 32-4½; 4, Lauren Pfisterer, IHA, 31-; 5, Cheryl Simmons, Paramus Catholic, 31-10; 6, Linda Bahouth, Holy Angels, 31-9½.

1,600 relay — 1, IHA (Amy Giacobone, Dana Ash, Ania Karolak, Caitlin Smyth), 4:14.13; 2, Montclair, 4:18.38; 3, Holy Angels, 4:26.46; 4, Paramus Catholic, 4:30.27. No fifth or sixth places.

Pole vault (non-scoring) — 1, Stephanie Borg, Hackensack, 7-0; 2, Meredith Harris, Ridgewood, 7-0; 3, Lauren Dutch, Clifton, 6-6; 4, Nikki Maneria, Paramus Catholic, 6-6; 5, Nicole Zarek, Clifton, 6-6.

NNJIL Atlantic meet

GIRLS TEAM SCORING

Passaic 86, Hackensack 50, Ridgewood 31, Kenne- dy 22, Eastside 20, Clifton 7, Bloomfield 1.

100 — 1, Alexandra Medrano, Passaic, 12.3; 2, Otisha Mathis, Passaic, 12.7; 3, Kimeshia Hughes, East- side, 13.2; 4, Sandra Bethea, Eastside, 13.4; 5, Calisea Ashman, Kennedy, 13.5; 6, Tamaya Bruce, Hackensack, 13.6.

400 — 1, Tawana Watkins, Kennedy, 56.9; 2, Alexan- dra Medrano, Passaic, 58.6; 3, Eileen Farrell, Ridgewood, 1:01.0; 4, Shauna Koenig, Hackensack, 1:01.6; 5, Ebony Ramos, Hackensack, 1:01.7; 6, Katherine Zucaro, Ridgewood, 1:01.9.

400 IH — 1, Tawana Watkins, Kennedy, 1:02.4 (league and division record, old league record, 1:02.6 by Judith Palmer, Teaneck, 1982. Old division record, 63.80 by Watkins, 1999); 2, Latoya Brown, Eastside, 1:07.5; 3, Katherine Zucaro, Ridgewood, 1:07.5; 4, Shanae Pritchett, Passaic, 1:08.0; 5, Teella Lowery, Eastside, 1:08.2; 6, Lesley Bruno, Ridgewood, 1:09.7.

3,200 — 1, Beth Androski, Hackensack, 11:18.4; 2, Clair Nowakowski, Ridgewood, 11:30.0; 3, Patty Mar- tin, Hackensack, 11:37.8; 4, Shakira Williams, Pas- saic, 11:45.4; 5, Kelly Behan, Ridgewood, 11:47.5; 6, Erin Kubarewicz, Bloomfield, 12:14.6.

Diacus — 1, Monique Mighty, Hackensack, 116-7; 2, Shakia Wyche, Passaic, 113-6; 3, Karina Hernan- dez, Passaic, 105-1; 4, Evanna Santee, Hackensack, 96-4; 5, Stephanie Borg, Hackensack, 93-9; 6, Kristina Schwehm, Ridgewood, 91-10.

High jump — 1, Stephanie Guichardo, Passaic, 4-10; 2, Tonya Atkinson, Hackensack, 4-10; 3, Marta Oporaka, Clifton, 4-10; 4, Yocasta Garcia, Passaic, 4-10; 5, Serika Thomas, Hackensack, 4-10; 6, Lizzie Bakarick, Clifton, 4-10.

Long jump — 1, Otisha Mathis, Passaic, 17-9; 2, Alexandra Medrano, Passaic, 16-4½; 3, Shanae Prit- chett, Passaic, 16-4; 4, Alisa Vetter, Ridgewood, 16-0; 5, Eileen Mell, Ridgewood, 15-6½; 6, Tonya Atkinson, Hackensack, 14-11½.

ATLANTIC GIRLS SCORING

Passaic 148, Hackensack 107, Ridgewood 92, East- side 49, Kennedy 40, Clifton and Bloomfield 12, Bar- ringer 5.

100 — 1, Tawana Watkins, Kennedy, 25.10; 2, Otisha Mathis, Passaic, 26.03; 3, Alexandra Medrano, Passaic, 26.93; 4, Kimeshia Hughes, Eastside, 27.17; 5, Calisea Ashman, Kennedy, 27.76; 6, Renee Koonce, Bloomfield, 28.74.

400 — 1, Shauna Koenig, Hackensack, 2:21.57; 2, Jennifer Zucaro, Ridgewood, 2:21.58; 3, Shanae Prit- chett, Passaic, 2:23.15; 4, Eileen Farrell, Ridgewood, 2:24.14; 5, Shakira Williams, Passaic, 2:24.40; 6, Odessa Lupe, Barringer, 2:27.69.

1,600 — 1, Clair Nowakowski, Ridgewood, 5:14.2; 2, Shakira Williams, Passaic, 5:15.0; 3, Beth Androski, Hackensack, 5:18.9; 4, Kelly Behan, Ridgewood, 5:30.6; 5, Erin Kubarewicz, Bloomfield, 5:34.7; 6, Taylor Dunn, Ridgewood, 5:36.3.

100 HH — 1, Yocasta Garcia, Passaic, 15.98; 2, Julie Bural, Hackensack, 17.06; 3, Teella Lowery, Eastside, 17.23; 4, Lauren Dutch, Clifton, 17.28; 5, Latoya Brown, Eastside, 17.35; 6, Jessica Gregg, Ridgewood, 17.49.

Shot put — 1, Shakia Wyche, Passaic, 35-8; 2, Kristina Schwehm, Ridgewood, 33-10; 3, Alteria McWilliams, Kennedy, 32-5; 4, Wilma Cangleter, Hackensack, 32-0; 5, Monique Mighty, Hackensack, 31-2; 6, Evanna Santee, Hackensack, 30-5.

Javelin — 1, Monique Mighty, Hackensack, 87-8; 2, Tracy Leone, Bloomfield, 85-9; 3, Jessica Gregg, Ridgewood, 85-4; 4, Evanna Santee, Hackensack, 80-11; 5, Karen Bray, Ridgewood, 77-0; 6, Kristina Schwehm, Ridgewood, 76-3.

Triple jump — 1, Yocasta Garcia, Passaic, 34-3; 2, Kimeshia Hughes, Eastside, 34-1; 3, Ebony Ramos, Hackensack, 32-5 1/2; 4, Meredith Harris, Ridgewood, 32-5; 5, Trisha McGowan, Ridgewood, 32-4 1/2; 6, Sandra Bethea, Eastside, 32-1 1/2.

1,600 relay — 1, Ridgewood (Lesley Bruno, Eileen Farrell, Jennifer Zucaro, Katherine Zucaro), 4:04.93; 2, Eastside, 4:13.58; 3, Hackensack, 4:15.36; 4, Bar- ringer, 4:15.66; 5, Passaic, 4:23.09; 6, Clifton, 4:23.87.

TRACK

BCSL American meet

GIRLS TEAM SCORING

Westwood 48, Tenafly 43, Dumont 22, Ridgefield Park and River Dell 14, Englewood 13, Rutherford 12, Fort Lee and Queen of Peace 10, Cliffside Park 0.

200 — 1, Anike Orimogunje, Queen of Peace, 25.3; 2, Thatcha Dacosta, Englewood, 26.8; 3, Christina Fis- chetti, Westwood, 27.3; 4, Brandi Lewis, Englewood, 27.5; 5, Samantha Corvino, 27.9; 6, Lynne Haywood, Dumont, 27.9.

400HH — 1, Shana Don, Fort Lee, 1:07.2; 2, Eliza- beth Weisholtz, Tenafly, 1:09.4; 3, Sue Glesemann, Dumont, 1:10.7; 4, Amy Bembridge, Dumont, 1:12.0; 5, Meri Silberstein, Tenafly, 1:12.3; 6, Mary Grace Cahill, Rutherford, 1:13.0.

3,200 — 1, Briana Bayersdorfer, River Dell, 11:44.8; 2, Felicia Chevalier, Dumont, 12:10.0; 3, Jill Rabadan, Westwood, 12:13.3; 4, Katie D'Acco, Westwood, 12:18.2; 5, Amy Gohlich, Westwood, 12:22.5; 6, Sarah Adelson, Tenafly, 12:30.0.

Triple jump — 1, Shenee Clarke, Ridgefield Park, 36-1; 2, Jenn Rienzi, Rutherford, 32-3¼; 3, Joyce Rosenbaum, Tenafly, 31-8½; 4, Erin Piscetta, 31-8¼; 5, Ashley Elia, Tenafly, 31-8; 6, Verhedra Williams, Engle- wood, 30-10¼.

Pole vault — 1, Joyce Rosenbaum, Tenafly, 7-6; 2, Jen Lonschein, Westwood, 7-0; 3, Elizabeth Weisholtz, Tenafly, 7-0; 4, Kristine Deer, Westwood, 7-0; 5, Sofia Capparelli, Dumont, 6-6; 6, Malena Caballero, Dumont, 6-6.

Javelin — 1, Nikki Sample, Westwood, 106-7; 2, Ashley Elia, Tenafly, 104-5; 3, Ardianna Bajrushli, Westwood, 98-10; 4, Kristy Potts, Ridgefield Park, 94-3; 5, Lauren Chadwick, Rutherford, 91-4; 6, Danica Miller, Rutherford, 90-5.

GIRLS SCORING

BCSL AMERICAN

Westwood 120, Tenafly 75, Ridgefield Park 68, Rutherford 60, Fort Lee 52, River Dell 48, Englewood 46, Dumont 38, Queen of Peace 20, Cliffside Park 0.

100 — 1, Anike Orimogunje, Queen of Peace, 12.5; 2, Thatcha Dacosta, Englewood, 12.9; 3, Melissa Koberle, Rutherford, 13.1; 4, Christina Fischetti, Westwood, 13.1; 5, Emily Drew, Westwood, 13.2; 6, Nikeisha Gayle, Englewood, 13.9.

400 — 1, Emily Drew, Westwood, 1:00.5; 2, Caitlin Sherry, River Dell, 1:01.2; 3, Nadia Traylor, Fort Lee, 1:01.6; 4, Samantha Corvino, Westwood, 1:01.9; 5, Nicole Stinson, Westwood, 1:02.3; 6, Julie Hamlin, Dumont, 1:03.0.

800 — 1, Nicole Stinson, Westwood, 2:21.5; 2, Shenee Clarke, Ridgefield Park, 2:23.7; 3, Elizabeth Weisholtz, Tenafly, 2:24.1; 4, Nadia Traylor, Fort Lee, 2:26.0; 5, Caitlin Sherry, River Dell, 2:28.3; 6, Briana Bayersdorfer, River Dell, 2:28.6.

1,600 — 1, Briana Bayersdorfer, River Dell, 5:29.8; 2, Julia Emanuel, Tenafly, 5:31.3; 3, Katie D'Acco, Westwood, 5:32.2; 4, Felicia Chevalier, Dumont, 5:36.2; 5, Laura Stiefel, Ridgefield Park, 5:43.6; 6, Meghan Dozier, Rutherford, 5:48.0.

100 HH — 1, Shana Don, Fort Lee, 16.5; 2, Jaime Henkel, Ridgefield Park, 16.9; 3, Jana Tuaruskova, Fort Lee, 17.3; 4, Colleen Roth, Rutherford, 17.8; 5, Miho Yoshioka, River Dell, 17.9; 6, Nikki Newman, River Dell, 18.2.

400 relay — 1, Rutherford (Augustynowicz, C. Patel, Pearson, Melissa Koberle) 52.4; Westwood, 52.7; 3, Englewood, 53.8; 4, Tenafly, 54.0; 5, Ridgefield Park, 54.0; 6, Dumont, 55.9.

1,600 relay — 1, Westwood (Nicole Stinson, Kristine Deer, Emily Drew, Gail Greenan) 4:15.5; 2, Tenafly, 4:19.4; 3, Fort Lee, 4:19.4; 4, River Dell, 4:21.0; 5, Rutherford, 4:26.4; 6, Dumont, 4:33.2.

High jump — 1, Olga Rumyantseva, Fort Lee, 4-10; 2, Mary Grace Cahill, Rutherford, 4-8; 3, Erin Piscetta, River Dell, 4-8; 4, Jenn Rienzi, Rutherford, 4-8; 5, Erin Kelly, Dumont, 4-6; 6, Christina Fischetti, Westwood, 4-4.

Long jump — 1, Thatcha Dacosta, Englewood, 16-4; 2, Nikeisha Gayle, Englewood, 15-7½; 3, Shenee Clarke, Ridgefield Park, 15-7; 4, Jenn Rienzi, Rutherford, 15-7; 5, Emily Drew, Westwood, 15-6; 6, Kristine Deer, Westwood, 15-3.

Diacus — 1, Kristy Potts, Ridgefield Park, 106-11; 2, Diana Corkin, Rutherford, 103-9; 3, Anna Clark, Tenafly, 100-3; 4, Ardianna Bajrushli, Westwood, 99-0; 5, Nikki Sample, Westwood, 97-8; 6, Pam Carabetta, Dumont, 89-1.

Shot put — 1, Kristy Potts, Ridgefield Park, 37-6; 2, Kim Grein, Ridgefield Park, 37-4¼; 3, Ardianna Bajrushli, Westwood, 34-3¼; 4, Lynne Haywood, Dumont, 33-10; 5, Pam Carabetta, Dumont, 32-1½; 6, Diana Corkin, Rutherford, 31-1½.

NBIL Championships

DIVISION 1 GIRLS

Team scoring

NV/Demarest, 141; NV/Old Tappan, 139; Fair Lawn, 60; Bergenfield, 43; Wayne Hills, 32; Ramapo, 16.

Individual

100M — 1, Christine Wentzler, NV/Old Tappan, 12.9; 2, Carlin Ponce de Leon, NV/Demarest, 13.6; 3, Laura Corey, NV/Demarest, 13.7; 4, Irina Katsnelson, Fair Lawn, 13.7; 5, Lauren Michrl, NV/Demarest, 13.7; 6, Stacey Del'Re, Wayne Hills, 14.1.

200M — 1, Chris Siebold, NV/Demarest, 26.1; 2, Christine Wentzler, NV/Old Tappan, 26.5; 3, Kymm Silversey, Fair Lawn, 26.9; 4, Laura Corey, NV/Demarest, 28.0; 5, Elna Ploskin, Fair Lawn, 28.1; 6, Lauren Michel, NV/Demarest, 28.2.

400M — 1, Chris Siebold, NV/Demarest, 59.6; 2, Kymm Silversey, Fair Lawn, 1:01.6; 3, Shana Ricart, Wayne Hills, 1:03.0; 4, Annie Redmond, NV/Old Tappan, 1:04.6; 5, Zoe Gavrilidis, NV/Old Tappan, 1:04.9; 6, Becky Riehmayer, NV/Demarest, 1:05.1.

800M — 1, Stephanie Davis, NV/Old Tappan, 2:29.4; 2, Sheila Chithran, NV/Demarest, 2:31.8; 3, Felicia Pfeiler, Ramapo, 2:32.2; 4, Christine Wenthen, NV/Demarest, 2:33.8; 5, Karrie Lowry, Fair Lawn, 2:34.0; 6, Nadia Sadigianis, NV/Demarest, 2:35.0.

1,600M — 1, Stephanie Davis, NV/Old Tappan, 5:25.9; 2, Sheila Chithran, NV/Demarest, 5:33.6; 3, Rachel Brownlee, Fair Lawn, 5:35.8; 4, Shahnaz Iqbal, Bergenfield, 5:38.0; 5, Jai-Marie Zacco, NV/Old Tappan, 5:45.5; 6, Marissa Maier, NV/Old Tappan, 5:46.3.

3,200M — 1, Stephanie Davis, NV/Old Tappan, 11:51.4; 2, Jen Myers, Ramapo, 11:55.4; 3, Daphne Aronovitz, Fair Lawn, 11:57.3; 4, Marissa Maier, NV/Old Tappan, 12:12.7; 5, Virginia Westervelt, NV/Demarest, 12:23.3; 6, Jai-Marie Zacco, NV/Old Tappan, 12:25.8.

100M HH — 1, Emily Lamparello, NV/Old Tappan, 15.9; 2, Marianne Toniolo, NV/Old Tappan, 16.2; 3, Stacey Del'Re, Wayne Hills, 16.6; 4, Caitlin Caporale, NV/Demarest, 16.6; 5, Carlin Ponce de Leon, NV/Demarest, 17.2; 6, Shpresa Rizvani, Wayne Hills, 18.3.

400M HH — 1, Chris Siebold, NV/Demarest, 1:06.4; 2, Marianne Toniolo, NV/Old Tappan, 1:08.5; 3, Shana Ricart, Wayne Hills, 1:09.8; 4, Caitlin Caporale, NV/Demarest, 1:11.6; 5, Dawn Santin, Ramapo, 1:12.0; 6, Emily Lamparello, NV/Old Tappan, 1:13.6.

Shot put — 1, Jessica Fazekas, NV/Demarest, 38-3; 2, Lila Lee, NV/Demarest, 33-11; 3, Rachel Goldstein, NV/Old Tappan, 31-11; 4, Katie Domerski, NV/Old Tappan, 31-8½; 5, Lillian Esaw, Bergenfield, 31-2¼; 6, Erika Gerding, Wayne Hills, 30-10¼.

Discus — 1, Jessica Fazekas, NV/Demarest, 115-11; 2, Rachel Goldstein, NV/Old Tappan, 108-6; 3, Lila Lee, NV/Demarest, 102-4; 4, Lillian Esaw, Bergenfield, 98-0; 5, Kate Domerski, NV/Old Tappan, 96-4; 6, Erika Gerding, Wayne Hills, 91-2.

High jump — 1, Deborah Silver, Bergenfield, 4-8; 2 (tie), Jenn Sosa, Bergenfield; Nadia Pryor, Bergenfield, 4-6; 4, Karrie Lowry, Fair Lawn, 4-6; 5, tie between Lauren Fass, NV/Demarest, Anne Shknis, NV/Old Tappan and Karen Noetzel, NV/Demarest, 4-2.

Long jump — 1, Christine Siebold, NV/Demarest, 16-4; 2, Emily Lamparello, NV/Old Tappan, 15-7; 3, Elna Ploskin, Fair Lawn, 15-7; 4, Irina Katsnelson, Fair Lawn, 15-6; 5, Lauren Kriftner, Wayne Hills, 14-9½; 6, Jackie Polce, NV/Old Tappan, 14-4.

Triple jump — 1, Emily Lamparello, NV/Old Tappan, 33-11½; 2, Nadia Pryor, Bergenfield, 33-4½; 3, Irina Katsnelson, Fair Lawn, 31-10½; 4, Lauren Kriftner, Wayne Hills, 31-6; 5, Carlin Ponce deLeon, NV/Demarest, 30-0½; 6, Joanne Irwin, Bergenfield, 29-9.

4 x 400M relay — 1, NV/Old Tappan (Marianne Toniolo, Zoe Gavrilidis, Annie Redmond, Christine Wentzler), 4:11.8; 2, NV/Demarest, 4:22.8; 3, Fair Lawn, 4:31.3; 4, Wayne Hills, 4:32.8. No fifth or sixth places.

DIVISION 2 GIRLS

Team scoring

Ramsey, 141½; Pascack Valley, 113; Pascack Hills, 61½; Northern Highlands, 58; Mahwah, 32; Indian Hills, 26.

Individual

100M — 1, Jamie Lilien, Pascack Valley, 12.9; 2, Jill Turner, Pascack Hills, 13.2; 3, Emily Simon, Northern Highlands, 13.4; 4, Kate Siembleda, Ramsey, 13.5; 5, Christine Gould, Pascack Hills, 13.7; 6, Kristen Miller, Pascack Valley, 13.8.

200M — 1, Dara Seidman, Ramsey, 26.8; 2, Jackie Kasen, Pascack Valley, 27.1; 3, Emily Simon, Northern Highlands, 27.6; 4, Tara Connelly, Pascack Valley, 27.7; 5, tie between Kate Siembleda, Ramsey and Christine Gould, Pascack Hills, 28.2.

400M — 1, Dara Seidman, Ramsey, 59.3; 2, Jackie Kasen, Pascack Valley, 1:01.9; 3, Carolyn Filardo, Indian Hills, 1:02.4; 4, Laura Nagy, Pascack Hills, 1:02.7; 5, Caroline Hockmeyer, 1:03.0; 6, Allison Orrico, Northern Highlands, 1:03.8.

800M — 1, Laura Hemmert, Northern Highlands, 2:25.1; 2, Ava Scacchetti, Pascack Valley, 2:26.0; 3, Melissa Conway, Ramsey, 2:26.7; 4, Peyton Fischer, Ramsey, 2:27.2; 5, Samantha Pollinger, Northern Highlands, 2:28.1; 6, Kate Diana, Pascack Valley, 2:31.3.

1,600M — 1, Melissa Conway, Ramsey, 5:17.3; 2, Beth Vesey, Ramsey, 5:24.7; 3, Amanda Crawford, Pascack Valley, 5:29.7; 4, Alyssa Ross, Pascack Hills, 5:39.8; 5, Allison Cooper, Northern Highlands, 5:40.9; 6, Natalie Dubanowitz, Northern Highlands, 5:41.1.

3,200M — 1, Melissa Conway, Ramsey, 11:23.8; 2, Holly Potts, Mahwah, 11:33.3; 3, Beth Vesey, Ramsey, 11:37.6; 4, Amanda Crawford, Pascack Valley, 12:26.9; 5, Allison Cooper, Northern Highlands, 12:32.4; 6, Alyssa Ross, Pascack Hills, 12:34.6.

100M HH — 1, Jamie Lilien, Pascack Valley, 14.2 (ties Bergen County record set by Renee Carter, Englewood, 1981 and tied by Carlene Cummings, Englewood, 1998); 2, Jill Turner, Pascack Hills, 15.3; 3, Dana Blom, Mahwah, 16.0; 4, Michelle Ribustello, Pascack Valley, 17.0; 5, Lauren Battle, Northern Highlands, 17.2. No sixth place.

400M HH — 1, Tara Connelly, Pascack Valley, 1:06.9; 2, Peyton Fischer, Ramsey, 1:07.1; 3, Caroline Hockmeyer, Ramsey, 1:08.5; 4, Michelle Hartel, Pascack Hills, 1:09.7; 5, Michelle Ribustello, Pascack Valley, 1:10.3; 6, Jamie Anton, Pascack Hills, 1:10.5.

Shot put — 1, Maritsa Christoudias, Ramsey, 36-4; 2, Catherine Henry, Northern Highlands, 31-3¼; 3, Sara Rakov, Mahwah, 30-11; 4, Chris Triantafidi, Indian Hills, 29-6; 5, Abigail Kruger, Northern Highlands, 28-7; 6, Alicia Rothchild, Pascack Valley, 27-3¼.

Discus — 1, Maritsa Christoudias, Ramsey, 109-5; 2, Sara Rakov, Mahwah, 99-2; 3, Liz Dale, Pascack Valley, 96-0; 4, Jeanine Falinski, Pascack Hills, 93-9; 5, Lia Torre, Northern Highlands, 89-5; 6, Catherine Henry, Northern Highlands, 83-4.

High jump — 1, Jamie Lilien, Pascack Valley, 5-4; 2, Jill Turner, Pascack Hills, 4-10; 3 (tie), Catherine Henry, Northern Highlands; Christine Procopio, Indian Hills, 4-6; 5, Sarah Gregory, Ramsey, 4-6; 6, P.J. Bryan, Pascack Valley, 4-6.

Long jump — 1, Jamie Lilien, Pascack Valley, 17-5½; 2, Dara Seidman, Ramsey, 16-11½; 3, Jill Turner, Pascack Hills, 16-8½; 4, Christine Procopio, Indian Hills, 16-6; 5, Jackie Kasen, Pascack Valley, 16-3; 6, Nicole Krause, Indian Hills, 14-10.

Triple jump — 1, Maritsa Christoudias, Ramsey, 34-9¾; 2, Dara Seidman, Ramsey, 33-6; 3, Caitlin Burton, Pascack Valley, 33-2; 4, Christine Procopio, Indian Hills, 32-11¼; 5, Rachel Brach, Northern Highlands, 32-10; 6, Samantha Schwartz, Pascack Valley, 32-0.

4 x 400M relay — 1, Pascack Hills (Lindsay Tis, Jamie Anton, Michelle Hartel, Laura Nagy), 4:18.0; 2, Ramsey, 4:18.8; 3, Northern Highlands, 4:21.3; 4, Mahwah, 4:21.8; 5, Indian Hills, 4:27.2. No sixth place. (Pascack Valley won 4:13.0, but was disqualified for a uniform violation).

OLYMPIC GIRLS

200M — 1, Nicole Parkinson, Bergen Tech, 26.7; 2, Shashanah Haricha, New Milford, 27.9; 3, Kim Heron, Bogota, 28.2; 4, Leah Turano, Dwight-Englewood, 28.3; 5, Marissa Cortazzo, Cresskill, 28.1; 6, Jen Cagliao, Bergen Tech, 28.1.

3,200M — 1, Katy Botsford, Cresskill, 12:56; 2, Sophia Barton, Leonia, 13:01.4; 3, Melissa Raggi, Cresskill, 13:15.4; 4, Stephanie Brown, Bogota, 13:24; 5, Anna Rozidenko, New Milford, 13:24.5; 6, Linda Nolegioni, Cresskill, 13:26.8.

400M IH — 1, Jen Leahy, Cresskill, 1:10.8; 2, Beth Gilchrist, 1:12.6; 3, Allison Desir, Dwight-Englewood, 1:12.7; 4, Jaime Donovan, Palisades Park, 1:13.83; 5, Kristen Boswell, Bergen Tech, 1:14.2; 6, Toya Randolph, Bergen Tech, 1:15.1.

Triple jump — 1, Jen Barthelemy, Bogota, 33-11½; 2, Maria Toriano, New Milford, 32-10½; 3, Shashanah Haricha, New Milford, 32-½; 4, Michelle Neglia, Bogota, 31-7; 5, Leah Turano, Dwight-Englewood, 30-4; 6, Jen Lee, Emerson, 29-11.

Shot put — 1, Alyssa Koob, New Milford, 34-11½; 2, Tatiane Ciccone, New Milford, 30-5¼; 3, Giselle Salano, New Milford, 30-1; 4, Tiffany Barthemy, Bergen Tech, 29-11½; 5, Nicole Pacclam, Emerson, 27-11; 6, Katie Iacovella, Cresskill, 27-1¼.

BCSL Olympic meet

At Lyndhurst

GIRLS SCORING

New Milford 85, Cresskill 83, Bergen Tech 82, Bogota 68, Palisades Park 34, Park Ridge 34, Leonia 28½, Dwight-Englewood 27½; Emerson 2.

100 — 1, Nicole Parkinson, Bergen Tech, 12.8; 2, Shoshanah Haricha, New Milford, 13.3; 3, Jennifer Cagigo, Bergen Tech, 13.5; 4, Kim Heron, Bogota, 13.9; 5, Marissa Cortazzo, Cresskill, 14.2; 6, Marian Toriano, 14.3.

100 HH — 1, Toya Randolph, Bergen Tech, 16.9; 2, Valerie Durollari, Leonia, 17.8; 3, Dagmava Podwyszynsko, Bergen Tech, 18; 4, Jennifer Barthelemy, Bogota, 18.9; 5, All Stine, Park Ridge, 20.1.

400 — 1, Kim Heron, Bogota, 1:03.3; 2, Tanya Perkins, Bergen Tech, 1:05; 3, Diana Kitaji, Cresskill, 1:05.4; 4, Leah Turano, Dwight-Englewood, 1:05.7; 5, Claire Vogel, Emerson, 1:06.9; 6, Shakira Valdez, Palisades Park, 1:07.2.

400 IH — 1, Jen Leahy, Cresskill, 1:10.8; 2, Beth Gilchrist, Park Ridge, 1:12.6; 3, Allison Desir, Dwight-Englewood, 1:12.7; 4, Jamie Donovan, Palisades Park, 1:13.8; 5, Kristen Boswell, Bergen Tech, 1:14.2; 6, Toya Randolph, Bergen Tech, 1:15.5.

800 — 1, Jenn Leahy, Cresskill, 2:32.5; 2, Kristen Boswell, Bergen Tech, 2:33.8; 3, Jamie Donovan, Palisades Park, 2:38; 4, Lauren Mantone, Palisades Park, 2:38.3; 5, Angela Panuccio, Bogota, 2:39.9; 6, Meredith Bott, Park Ridge, 2:42.2.

1,600 — 1, Sophia Barton, Leonia, 5:53.1; 2, Katy Botsford, Cresskill, 6:00; 3, Melissa Raggi, Cresskill, 6:00.9; 4, Katri Stanley, Dwight-Englewood, 6:02.7; 5, Anna Roudenko, New Milford, 6:05.7; 6, Rachel Vondreele, New Milford, 6:06.8.

Long jump — 1, Jennifer Barthelemy, Bogota, 15-10; 2, Beth Gilchrist, Park Ridge, 15-5¼; 3, Nicole Parkinson, Bergen Tech, 14-11; 4, Michelle Neglia, Bogota, 14-9 1/4; 5, Trish O'Donnell, Leonia 14-5¾; 6, Suzie Louta, Dwight-Englewood, 14-5¾.

Discus — 1, Alyssa Koob, New Milford, 100-2; 2, Nicole Paccociani, Emerson, 92-10; 3, Kate Iacovella, Cresskill, 91-3; 4, Tatian Ciccone, New Milford, 86-5; 5, Annie Matesic, Palisades Park, 85; 6, Jen Coslow, Park Ridge, 84-1.

High jump — 1, Jennifer Barthelemy, Bogota, 4-8; 2, Beth Gilchrist, Park Ridge, 4-8; 3, Tie between Jamie Donovan, Palisades Park and Jenn Leahy, Cresskill, 4-8; 5, Jessica Awar, Emerson, 4-6; 6, Leslie Conway, Emerson, 4-4.

1,600 relay — 1, Bergen Tech, 4:24; 2, Palisades Park, 4:32.8; 3, Dwight-Englewood, 4:37.8; 4, Park Ridge, 4:42.4; 5, Cresskill, 4:42.5; 6, Leonia, 4:45.5.

Javelin — 1, Lindsey Gamble, New Milford, 95.6; 2, Jessica Awar, Cresskill, 88-1; 3, Caroline Lee, Emerson, 86-98; 4, Heather Marzan, Park Ridge, 85; 5, Annie Matesic, Palisades Park, 79-2; 6, Anais Leon, New Milford, 78-10.

Triple jump — 1, Donna Russo, Hasbrouck Heights, 33-1½; 2, Adrianna Beam, North Arlington, 32-3¼; 3, Stephanie Hykey, Lyndhurst, 31-5½; 4, Mackenzie Woods, Hasbrouck Heights, 30-8½; 5, Regina Stellato, Hasbrouck Heights, 30-6½; 6, Sara Buchala, St. Mary's, 30-4.

Shot put — 1, Renee Wilson, Hasbrouck Heights, 36-4½; 2, Krista McKinney, St. Mary's, 36-2½; 3, Sheena Schuler, Hasbrouck Heights, 35-7½; 4, Trinite Gooding, St. Mary's, 34-7¼; 5, Jessica Pientak, Secaucus, 30-¼; 6, Nadia Sen Martin, Wood-Ridge, 29-9¼.

NATIONAL GIRLS

200M — 1. Heather Nicoletti, Hasbrouck Heights, 27.5; 2. Michelle DeJesus, North Arlington, 27.6; 3. Celine Lee, North Arlington, 27.8; 4. Amanor Laverty, Ridgefield, 28.5; 5. Dawn Cabrera, St. Mary's, 28.9; 6. Kristine Barreiro, Lyndhurst, 28.9.

3,200M — 1. Christine Ayubi, Hasbrouck Heights, 12:52.1; 2. Sandy Lucev, Ridgefield, 13:18; 3. Courtney Reggo, Ridgefield, 13:22.3; 4. Christine Ferro, Ridgefield, 13:22.3; 5. Becky Lee, Hasbrouck Heights, 13:34.1; 6. Elisa Rhodes, Secaucus, 13:48.1.

400M IH — 1. Michelle DeJesus, North Arlington, 1:10.3; 2. Melissa Pablos, Secaucus, 1:10.9; 3. Regina Stellato, Hasbrouck Heights, 1:12.8; 4. Jen Nielsen, Wood-Ridge, 1:14.9; 5. MacKenzie Woods, Hasbrouck Heights, 1:15.2; 6. Kristina Florio, Hasbrouck Heights, 1:15.2.

Triple jump — 1. Justin Bridges, St. Mary's, 44-1/4; 2. Trevor O'Grady, Wood-Ridge, 42-11/4; 3. Steve Armstrong, St. Mary's, 42-1; 4. James Isalah, Hasbrouck Heights, 41-5/4; 5. Starr Levar, St. Mary's, 41-5/4; 6. Bill Victollie, Hasbrouck Heights, 40-1/4.

Shot put — 1. Renee Wilson, Hasbrouck Heights, 33-1/4; 2. Adriana Beam, North Arlington, 32-3/4; 3. Stephanie Hykey, Lyndhurst, 31-5/4; 4. MacKenzie Woods, Hasbrouck Heights, 30-8/4; 5. Regina Stellato, Hasbrouck Heights, 30-6/4; 6. Sara Buchala, St. Mary's, 30-4.

Pole vault — 1. Emanuel Ayvas, Wood-Ridge, 12-0; 2. Steve Plskaolo, North Arlington, 11-6; 3. Tony Castrovinci, Lyndhurst, 11-0; 4. Mike Stella, Lyndhurst, 11-0; 5. Rich Wolfe, North Arlington, 10-6; 6. Dave Troncone, Lyndhurst, 10.

Javelin — 1. Charles Yarovister, North Arlington, 167-0; 2. Paul Rosia, Wood-Ridge, 165-5; 3. Frank Kozlabroda, Wood-Ridge, 164-4; 4. Jason Capola, Becton, 144-10; 5. Mike Kuechler, Secaucus, 140-0; 6. Mike Carrero, Wood-Ridge, 134-4.

BCSL National meet

At Lyndhurst

GIRLS SCORING

Hasbrouck Heights 174, North Arlington 81, Secaucus 55, Lyndhurst 53, Ridgefield 38, Wood-Ridge 27, St. Mary's 22, Wallington 11, Becton 4.

100 — 1. Nicole Cortese, Lyndhurst, 13 (ties record set by four others); 2. Heather Nicoletti, Hasbrouck Heights, 13.1; 3. Erica Gagliardi, Hasbrouck Heights, 13.5; 4. Kristine Barreiro, Lyndhurst, 13.6; 4. Stephanie Hykey, Lyndhurst 13.7; 5. Amanda Laverty, Ridgefield, 13.8.

100 HH — 1. Michelle DeJesus, North Arlington, 16.8; 2. Nicole Young, Secaucus, 18.4; 2. Jen Kritsky, Lyndhurst, 18.4; 3. Christina Jauregui, Ridgefield, 19.4; 4. Jacky Ciccone, Hasbrouck Heights, 17.7; 5. Allison McCarthy, Hasbrouck Heights, 17.4.

200 — 1. Heather Nicoletti, Hasbrouck Heights, 27.5; 2. Michelle DeJesus, North Arlington, 27.6; 3. Celine Lee, North Arlington, 27.8; 4. Amanda Laverty, Ridgefield, 28; 5. Tie between Dawn Cabrera, St. Mary's and Kristine Barreiro, Lyndhurst, 28.9.

400 — 1. Celine Lee, North Arlington, 1:02.7; 2. Heather Nicoletti, Hasbrouck Heights, 1:03.3; 3. Melissa Pablos, Secaucus, 1:04; 4. Jessica Stoveken, Lyndhurst, 1:04.7; 5. Dawn Cabrera, St. Mary's, 1:05.3; 6. Christina Wertz, Wood-Ridge, 1:05.7.

800 — 1. Michelle Delecki, Wallington, 2:29.5; 2. Regina Stellato, Hasbrouck Heights, 2:32; 3. Christine Ayubi, Hasbrouck Heights, 2:36; 4. Jen Nielsen, Wood-Ridge, 2:37.4; 5. Arzu Kaplan, Lyndhurst, 2:38.1; 6. Amanda Schwartz, Wood-Ridge, 2:38.4.

400 LH — 1. Michelle DeJesus, North Arlington, 1:10.3; 3. Regina Stellato, Hasbrouck Heights, 1:12.8; 2. Melissa Pablos, Secaucus, 1:10.9; 3. Jen Nielsen, Wood-Ridge, 1:14.9; 5. Mackenzie Woods, Hasbrouck Heights, 1:15.2; 6. Kristina Florio, Hasbrouck Heights, 15.2.

1,600 — 1. Christine Agubi, Hasbrouck Heights, 5:53; 2. Rose Minervini, Hasbrouck Heights, 6:02; 3. Elisa Rhodes, Secaucus, 6:02.9; 4. Sandy Luce, Ridgefield, 6:03.7; 5. Christine Ferro, 6:04.7; 6. Courtney Reggo, Ridgefield, 6:09.3.

Discus — 1. Liz Pendleton, Wood-Ridge, 121-1; 2. Renee Wilson, Hasbrouck Heights, 114-1; 3. Sheena Schuler, Hasbrouck Heights, 108; 4. Trinette Gooding, St. Mary's, 97-9; 5. Erin Ferns, North Arlington, 96-7; 6. Lindsey Reggo, Ridgefield, 89-11.

High jump — 1. Melissa Pablos, Secaucus, 4-11; 2. Donna Russo, Hasbrouck Heights, 4-10; 3. Ceyla Kemikszgill, Lyndhurst, 4-8; 4. Stacey Gibbs, 4-8; 5. Nina Fasciano, Hasbrouck Heights, 4-6; 6. Kim Companaro, North Arlington, 4-4.

Long jump — 1. Arianna Beam, North Arlington, 15-4; 2. Melissa Pablos, Secaucus, 15-9/4; 3. Sarah Aranda, Secaucus, 14-7; 4. Allie McCarthy, Hasbrouck Heights, 14-4; 5. Stephanie Hykey, Lyndhurst, 14-3; 6. Sarah Buchala, St. Mary's, 13-9/4.

1,600 relay — 1. Hasbrouck Heights, 4:24.7; 2. Lyndhurst, 4:33.1; 3. Wood-Ridge, 4:36.7; 4. Secaucus 4:38.8; 5. North Arlington, 4:42.7; 6. Wallington, 4:45.2.

Javelin — 1. Lindsey Reggo, Ridgefield, 114; 2. Daniela Vidlera, North Arlington, 107; 3. Ceyla Kemikszgill, Lyndhurst, 98; 4. Jacki Ciccone, Hasbrouck Heights, 95-2; 5. Courtney Reggo, Ridgefield, 92-10; 6. Renee Wilson, Hasbrouck Heights, 89-5.

SUBURBAN GIRLS SCORING

Caldwell 84.5, Morris Catholic 76, Pequannock 56.50, Montville 51, Villa Walsh 49, Madison 39, Millburn 36, Butler 30, DePaul 12.

100 — 1. Kelly Pirozzi, Villa Walsh, 13.74; 2. Meredith Gribben, Pequannock, 13.82; 3. Stephanie Moore, Montville, 13.91; 4. Holly Martin, Caldwell, 13.92; 5. Dana Usinowicz, Pequannock, 14.29; 6. Jenny Zurawell, Montville, 14.50.

200 — 1. Moore, Montville, 28.27; 2. Martin, Caldwell, 28.50; 3. Casey Sullivan, Madison, 28.61; 4. Bldy Bewalder, Morris Catholic, 28.68; 5. Courtney Deerin, Morris Catholic, 28.94; 6. Gribben, Pequannock, 29.04.

400 — 1. Deerin, Morris Catholic, 1:03.98; 2. Amy Van Wingerden, Pequannock, 1:04.73; 3. Bewalder, Morris Catholic, 1:05.23; 4. Nikki Cassano, Pequannock, 1:06.00; 5. Rebecca Gilbert, Millburn, 1:06.26; 6. Tiffany Caterina, Caldwell, 1:08.31.

800 — 1. Sandra Ackerman, Montville, 2:25.31; 2. Suzi Brock, Villa Walsh, 2:28.72; 3. Katelyn McCormick, Morris Catholic, 2:28.75; 4. Alexandra Weeks, Madison, 2:29.95; 5. Lisa Draucikas, Caldwell, 2:32.19; 6. Meghan McGettrick, 2:32.68.

1,600 — 1. McCormick, Morris Catholic, 2. Jane Steinemann, Villa Walsh, 5:30.90; 3. McGettrick, Caldwell, 5:33.70; 4. Lisa Draucikas, 5:37.49; 5. Laura Koss, Millburn, 5:38.43; 6. Samantha Bahnsen, Morris Catholic, 5:47.44.

3,200 — 1. Steinemann, Villa Walsh, 11:54.80; 2. Koss, Millburn, 12:03.59; 3. McCormick, Morris Catholic, 12:14.48; 4. Kelly Timoney, Pequannock, 12:20.31; 5. McGettrick, Caldwell, 12:31.50; 6. Kate McManus, Villa Walsh, 12:52.70.

100 HH — 1. Robin Kaminski, Caldwell, 17.31; 2. Nicole Sabaliauskas, Butler, 17.55; 3. Katie Rojek, Morris Catholic, 17.88; 4. Katie Higgins, DePaul, 18.15; 5. Monique Fallaha, Montville, 18.28; 6. Usinowicz, Pequannock, 21.87.

400 LH — 1. Ackerman, Montville, 1:07.71; 2. Sundberg, Caldwell, 1:12.58; 3. Rachel Jutkowitz, Madison, 1:13.04; 4. Rojek, Morris Catholic, 1:13.24; 5. Fallaha, Montville, 1:13.74; 6. Emily D'Ambrosia, Morris Catholic, 1:14.43.

1,600 relay — 1. Montville (Sandra Ackerman, Jenny Zurawell, Stephanie Moore, Kristina Lam), 4:20.84; 2. Madison, 4:24.09; 3. Pequannock, 4:27.46; 4. Caldwell, 4:29.08; 5. Morris Catholic, 4:30.32; 6. Villa Walsh, 4:31.47. **High jump** — 1. Martin, Caldwell, 5-0; 2. Kayla Waite, Morris Catholic, 4-10; 3. Katie Penney-Furino, Madison, 4-10; 4. Lilly Doyle, Madison, 4-10; 5. Kristin Lewis, Caldwell, and Diana Bajak, Pequannock, 4-8.

Long jump — 1. Bewalder, Morris Catholic, 15-1; 2. Sabaliauskas, Butler, 15-0/4; 3. Bridgit Martin, Caldwell, 14-10/4; 4. Heather McKernan, Butler, 14-06/4; 5. Cassano, Pequannock, 14-2/4; 6. Sullivan, Madison, 14-1/4.

Shot put — 1. Miata Dick, Millburn, 34-0; 2. Erin Vanderberg, Pequannock, 33-1; 3. Genevieve Billia, Villa Walsh, 32-3; 4. Danielle Verhassel, Butler, 30-9/4; 5. Becky Helwig, Madison, 30-1; Carrie Volt, Pequannock, 29-4.

Discus — 1. Vanderberg, Pequannock, 104-9; 2. Lauren Roberto, DePaul, 96-0; 3. Dick, Millburn, 95-2; 4. Aileen Lincoln, Caldwell, 91-5; 5. Kathryn Le Saffre, Caldwell, 90-4; 6. Jen Lawton, Villa Walsh, 89-6.

Javelin — 1. Maria Kinzel, Caldwell, 114-10; 2. Dick, Millburn, 102-6; 3. Verhassel, Butler, 102-4; 4. Lawton, Villa Walsh, 95-00; 5. Helwig, Madison, 93-0; 6. Lincoln, Caldwell, 92-10

SKYLINE GIRLS SCORING

Lakeland 104, West Orange 90.5, Passaic Valley 78, Wayne Valley 50.5, West Milford 50, Clifford Scott 24, Newark West Side 21, Mt. St. Dominic 16.

100 — 1. Tiffany Clark, West Orange, 13.24; 2. Sonya Williams, Clifford Scott, 13.28; 3. Desire Alexander, Passaic Valley, 13.66; 4. Candice Bower, West Side, 13.76; 5. Alicia Warren, West Orange, 13.86; 6. Brittany Gray, Lakeland, 14.07.

200 — 1. Clark, West Orange, 26.98; 2. Williams, Clifford Scott, 27.93; 3. Warren, West Orange, 28.13; 4. Sashir Moore, West Orange, 28.17; 5. Kelly Burke, Lakeland, 28.39; 6. Bower, West Side, 28.65.

400 — 1. Shanl Spence, West Orange, 1:01.83; 2. Elin Griffith, West Side, 1:03.62; 3. Moore, West Orange, 1:04.17; 4. Jessica VanHooker, West Milford, 1:05.49; 5. Serena Williams, West Milford, 1:05.51; 6. Giuliana Minervini, Passaic Valley, 1:05.61.

800 — 1. Spence, West Orange, 2:28.98; 2. Jesse Mizzone, Passaic Valley, 2:32.50; 3. Julia Leftwich, Clifford Scott, 2:35.13; 4. Stacy Bierwas, Lakeland, 2:38.62; 5. Caitlin Schopp, West Milford, 2:38.92; 6. Kelly Billig, Passaic Valley, 2:39.21.

1,600 — 1. Mizzone, Passaic Valley, 5a:33.58; 2. Lisa DePree, Lakeland, 5:49.37; 3. Amy Cierech, Wayne Valley, 5:49.42; 4. Krystal Cordero, Passaic Valley, 5:52.02; 5. Billig, Passaic Valley, 5:53.40; 6. Genevieve Jeuck, West Milford, 5:55.19.

100 HH — 1. Gray, Lakeland, 17.76; 2. Allison Kuhn, Lakeland, 17.92; 3. Liz Higgins, Wayne Valley, 18.52; 4. Katie D'Elena, West Milford, 19.16; 5. Yasmina Beckles, West Orange, 20.19; 6. Rita Sebastiano, West Milford, 21.88.

400 LH — 1. Kuhn, Lakeland, 1:10.57; 2. Griffith, West Side, 1:11.45; 3. Laura Conte, Wayne Valley, 1:14.87; 4. D'Elena, West Milford, 1:15.05; 5. Kathleen Syron, Wayne Valley, 1:17.09; 6. Taryn Frawley, Mt. St. Dominic, 1:17.98.

1,600 relay — 1. West Orange (Tiffany Clark, Alicia Warren, Sashir Moore, Shanl Spence), 4:19.32; 2. West Milford, 4:28.09; 3. Wayne Valley, 4:33.13; 4. Passaic Valley, 4:37.51; 5. Clifford Scott, 4:45.59; 6. Lakeland, 4:49.50.

High jump — 1. Alexander, Passaic Valley, 4-10; 2. Elizabeth Crawford, Mt. St. Dominic, 4-10; 3. Gray, Lakeland, 4-8; 4. Desaree Dreher, Wayne Valley, 4-8; 5. Liz Higgins, Wayne Valley, and Lisa Mbanusi, West Orange, 4-6.

Long jump — 1. Warren, West Orange, 15-3/4; 2. Burke, Lakeland, 15-2/4; 3. Conte, Wayne Valley, 15-2; 4. Gray, Lakeland, 14-7/4; 5. Alexander, Passaic Valley, 14:01/4; 6. Higgins, Wayne Valley, 14-1.

Javelin — 1. Lindsay VanZile, West Milford, 104-3; 2. Burke, Lakeland, 86-3; 3. Tara Gangi, West Milford, 82-2; 4. Lauren Vieth, Lakeland, 81-7; 5. Melissa Carlinhos, Mt. St. Dominic, 80-8; 6. Nora Burke, Mt. St. Dominic, 72-9.

GIRLS TEAM SCORING

West Orange 30, Lakeland 24, Passaic Valley 20, Mount St. Dominic 12, Wayne Valley 5, West Milford 2.

Shot put — 1. Randi Wimberly, West Orange, 35-2/4; 2. Cindy Athis, West Orange, 33-3/4; 3. Emily Krauser, West Orange, 32-5/4; 4. Liz Hoeln, Mount St. Dominic, 29-8; 5. Alexis Wood, Mount St. Dominic, 28-10/4; 6. Lynn Hazema, Wayne Valley, 27-9.

Discus — 1. Joelle Biango, Lakeland, 93-11; 2. Vieth, Lakeland, 92-3; 3. Trossman, Mount St. Dominic, 90-4; 4. Queli, West Orange, 89-10; 5. Vazlie, West Milford, 87-11; 6. Wall, West Orange, 85-9.

3,200 — 1. Jesse Mizzone, Passaic Valley, 11:48.7; 2. Krystal Cordero, Passaic Valley, 12:45.2; 3. Lisa DePree, Lakeland, 12:46.9; 4. Amy Cierech, Wayne Valley, 12:48.1; 5. Kelly Billig, Passaic Valley, 12:56.5; 6. Noelle Smith, West Orange, 12:57.0.

King Div. girls

Team scores

1. Glen Rock, 71; 2. Passaic Tech, 59; 3. Garfield, 50.6; 4. Pompton Lakes, 32.3; 5. Manchester, 4; 6. Lodi, Elmwood Park, 0.

Triple jump — 1. Andrea Herbet, Passaic Tech, 35-7½; 2. Jennifer Austin, Garfield, 35-5¼; 3. Precious Osborne, Garfield, 33-7½; 4. Molly Matanle, Glen Rock, 32-1; Sarah Fieger, Pompton Lakes, 31-1¼; 6. Amy Papsin, Glen Rock, 30-11¼.

Shot put — 1. Lauren Fleischer, Pompton Lakes, 32-9; 2. Litzka Smith, Passaic Tech, 30-7½; 3. Jennifer Austin, Garfield, 30-1; 4. Katie Singer, Glen Rock, 28-8; 5. Christina Labocki, Garfield, 28-7½; 6. Liteka Sandoval, Passaic Tech, 28-4.

Pole vault — 1. Caroline Novack, Glen Rock, 7-0.

High jump — 1. Carlita Bishop, Passaic Tech, 4-10; 2. Lauren Fleischer, Pompton Lakes, 4-8; 3. Caroline Novack, Glen Rock, 4-6; 4. Kristen Novack, Glen Rock, 4-4; Amy Pasun, Glen Rock, 4-4; 6. Alex Diomis, Pompton Lakes, 4-2; Precious Osborne, Garfield, 4-2; Jill Fede, Garfield, 4-2.

Javelin — 1. Jennifer Austin, Garfield, 141-4; 2. Christina Labocki, Garfield, 103-3; 3. Agnes Kotwica, Garfield, 100-10; 4. Lauren Fleischer, Pompton Lakes, 96-7; 5. Lisa Alexander, Pompton Lakes, 96-0; 6. Curren Mulkeen, Glen Rock, 96-0.

400 IH — 1. Leah Jerome, Glen Rock, 1:08; 2. Kim Mines, Glen Rock, 1:08.4; 3. Andrea Herbert, Passaic Tech, 1:11.5; 4. Meg Thielke, Glen Rock, 1:12.4; 5. Tara Maher, Pompton Lakes, 1:13.5; 6. Sarah Fieger, Pompton Lakes, 1:20.4.

3,200 meters — 1. Erin Henry, Glen Rock, 11:54.9; 2. Danielle Patoin, Glen Rock, 12:28; 3. Laura McKay, Glen Rock, 12:57.9; 4. Stephanie Brautigan, Manchester, 13:07.5; 5. Jessica Wich, Pompton Lakes, 13:40.7; 6. Danielle Mastrangelo, Pompton Lakes, 14:07.4.

200 meters — 1. Kenneisha Reid, Passaic Tech, 25.4; 2. Yhounic Vassel, Passaic Tech, 25.9; 3. Carlita Bishop, Passaic Tech, 26.2; 4. Jen Austin, Garfield, 27.2; 5. Lauren Haner, Glen Rock, 27.3; 6. Ellen McCornay, Glen Rock, 27.8.

TRACK

B-PSL King

At Glen Rock

GIRLS TEAM SCORING

Glen Rock 191, Passaic Tech 137, Garfield 72.7, Pompton Lakes 44.3; Manchester 10, Lodi 7.

100 — 1. Kenneisha Reid, Passaic Tech, 12.6; 2. Carlita Bishop, Passaic Tech, 12.8; 3. Lauren Haner, Glen Rock, 13.5; 4. Jodi Gabel, Glen Rock, 13.8; 5. Latoya Rainey, Glen Rock, 13.9; 6. Laura Peters, Pompton Lakes, 14.3.

400 — 1. Yhounic Vassel, Passaic Tech, 1:01.4; 2. Leah Jerome, Glen Rock, 1:01.6; 3. Lauren Robbins, Glen Rock, 1:03.0; 4. Rosalind Cerat, Passaic Tech, 1:04.4; 5. Andrea Herbert, Passaic Tech, 1:04.9; 6. Precious Osborne, Garfield, 1:06.7.

800 — 1. Erin Henry, Glen Rock, 2:21.1; 2. Kim Mines, Glen Rock, 2:21.9; 3. Liz Saydah, Glen Rock, 2:33.3; 4. Rosalind Cerat, Passaic Tech, 2:36.9; 5. Kinga Kertesz, Garfield, 2:38.0; 6. Elizabeth Fisher, Pompton Lakes, 2:45.2.

1,600 — 1. Danielle Patoin, Glen Rock, 5:39.5; 2. Kim Mines, Glen Rock, 5:48.3; 3. Laura McKay, Glen Rock, 5:52.9; 4. Stephanie Brautigan, Manchester, 5:58.1; 5. Elizabeth Fisher, Pompton Lakes, 6:09.9; 6. Kinga Kertesz, Garfield, 6:14.9.

100HH — 1. Ellen McCornay, Glen Rock, 16.4; 2. Nashima Tann, Passaic Tech, 16.7; 3. Molly Matanle, Glen Rock, 17.0; 4. Kristen Novack, Glen Rock, 17.4; 5. Justyna Kert, Garfield, 18.2; 6. Shannon Bushgans, Lodi, 19.3.

1,600 relay — 1. Passaic Tech (Kenneisha Reid, Yhounic Vassel, Carlita Bishop, Rosalind Cerat) 4:11.1; 2. Glen Rock, 4:11.2; 3. Lodi, 4:53.0; 4. Garfield, 5:05.0.

Long jump — 1. Kenneisha Reid, Passaic Tech, 16-9¼; 2. Andrea Herbert, Passaic Tech, 16-6¼; 3. Ellen McCornay, Glen Rock, 16-6; 4. Yhounic Vassel, Passaic Tech, 15-9¾; 5. Latasha Jackson, Garfield, 15-5; 6. Leah Jerome, Glen Rock, 14-11¼.

Discus — 1. Laura Murray, Glen Rock, 99-4; 2. Lauren Fleischer, Pompton Lakes, 95-5; 3. Agnes Kotwica, Garfield, 92-7; 4. Christine Labocki, Garfield, 86-2; 5. Tamara Kazan, Manchester, 81-4; 6. Katie Singer, Glen Rock, 80-0.

Carpenter Div. girls

1. Eastern Christian, 65; 2. Saddle Brook, 46; 3. Hawthorne, 43; 4. Midland Park, 22; 5. Waldwick, 16; 6. Paterson Catholic 10.

Triple jump — 1. Erica Cruz, Eastern Christian, 33-4¾; 2. Daniela Lepore, Hawthorne, 32-11¼; 3. Karen Hutton, Eastern Christian, 31-7¼; 4. Kristina Lambrinides, Waldwick, 31-3; 5. Kerisha Harris, Eastern Christian, 31-¼; 6. Kelly Wilson, Waldwick, 30-4¾.

Shot put — 1. Lisa Welch, Midland Park, 32-1; 2. Jill Schuurman, Eastern Christian, 31-1½; 3. Hollie Wright, Waldwick, 30-11; 4. Melissa Lisbona, Midland Park 30-0; 5. Erin Krenitski, Eastern Christian, 29-6; 6. Courtnee Johnson, Eastern Christian, 28-5.

High jump — 1. Kristina Lambrinides, Waldwick, 4-10; 2. Erica Cruz, Eastern Christian, 4-8; Daniela Lepore, Hawthorne, 4-8; Cara Cornett, Hawthorne, 4-8; Allison Tripodi, Eastern Christian, 4-8; 6. Jen Healy, Saddle Brook, 4-4; Jessica Gilroy, Saddle Brook, 4-4.

Javelin — 1. Melissa Gnade, Hawthorne, 92-11; 2. Jill Schuurman, Eastern Christian, 89-6; 3. Melissa Lisbona, Midland Park, 84-3; 4. Nancy Mondello, Hawthorne, 80-0; 5. Elaine Capone, Saddle Brook, 77-4; 6. Allison Kelly, Saddle Brook, 74-9.

400 IH — 1. Allison Tripodi, Eastern Christian, 1:16.3; 2. Melissa Gnade, Hawthorne, 1:17.2; 3. Danielle Bekas, Saddle Brook, 1:18.1; 4. Rachel Denise, Hawthorne, 1:19.3; 5. Sherry Arriaga, Saddle Brook, 1:19.3; 6. Karen Hutton, Eastern Christian, 1:20.1.

3,200 meters — 1. Danielle Amato, Saddle Brook, 12:31.2; 2. Kristen Varina, Hawthorne, 13:02.7; 3. Hannah Caughey, Eastern Christian, 13:10; 4. Darlene Pekaar, Saddle Brook, 13:26.9; 5. Kristen Altcheson, Saddle Brook, 13:29.7; 6. Rachel Vriesma, Eastern Christian, 13:33.6.

200 meters — Altisha Byrd, Paterson Catholic, 26.4; 2. Justin Diana, Saddle Brook, 28.0; 3. Allie Wright, Saddle Brook, 28.1; 4. Jackie Kaminski, Saddle Brook, 28.7; 5. Kristin Pouch, Midland Park, 28.2; 6. Cara Cornett, Hawthorne, 29.0.

B-PSL Carpenter

GIRLS TEAM SCORING

Saddle Brook 135, Eastern Christian 121, Hawthorne 100, Midland Park 45, Paterson Catholic 33, Waldwick 28, Elmwood Park 0.

100 — 1. Alisha Byrd, Paterson Catholic, 13.2; 2. Allie Wright, Saddle Brook, 13.6; 3. Erica Cruz, Eastern Christian, 13.7; 4. Justine Diana, Saddle Brook, 13.9; 5. Kerisha Harris, Eastern Christian, 14.0; 6. Alicia Lotts, Paterson Catholic, 14.3.

400 — 1. Jillian Columbia, Hawthorne, 1:05.6; 2. Allie Wright, Saddle Brook, 1:05.6; 3. Kristin Pouch, Midland Park, 1:06.2; 4. Erica Serafin, Eastern Christian, 1:07.3; 5. Dana Salowia, Saddle Brook, 1:07.6; 6. Kelly Wilson, Waldwick, 1:08.7.

800 — 1. Danielle Amato, Saddle Brook, 2:29.2; 2. Jill Columbia, Hawthorne, 2:29.8; 3. Kristy Homosak, Saddle Brook, 2:36.3; 4. Kristen Varina, Hawthorne, 2:40.2; 5. Erica Serafin, Eastern Christian, 2:40.8; 6. Melissa Paulter, Midland Park, 2:40.8.

1,600 — 1. Danielle Amato, Saddle Brook, 5:46.9; 2. Kristen Varina, Hawthorne, 6:02.1; 3. Rachel Vriesma, Eastern Christian, 6:03.8; 4. Kristy Homosak, Saddle Brook, 6:08.0; 5. Hannah Caughey, Eastern Christian, 6:08.3; 6. Darlene Pekaar, Saddle Brook, 6:10.0.

100HH — 1. Justine Diana, Saddle Brook, 16.1; 2. Jackie Kaminski, Saddle Brook, 17.0; 3. Karen Hutton, Eastern Christian, 17.7; 4. Alicia Lotts, Paterson Catholic, 17.8; 5. Melissa Gnade, Hawthorne, 17.8; 6. Allison Tripodi, Eastern Christian, 18.2.

1,600 relay — 1. Eastern Christian (Allison Tripodi, Kris Van Schepen, Trella Allen, Erica Serafin), 4:42.8; 2. Midland Park, 4:40.3; 3. Saddle Brook, 4:39.7; 4. Hawthorne, 4:36.7.

Long jump — 1. Jackie Kaminski, Saddle Brook, 16-3¾; 2. Kerisha Harris, Eastern Christian, 15-10; 3. Justine Diana, Saddle Brook, 15-4¾; 4. Cara Cornett, Hawthorne, 15-4¾; 5. Kristina Lambrinides, Waldwick, 15-1½; 6. Erica Cruz, Eastern Christian, 14-9¼.

Discus — 1. Lisa Welch, Midland Park, 106-0; 2. Erin Krenitski, Eastern Christian, 100-6; 3. Jill Schuurman, Eastern Christian, 95-5; 4. Holly Wright, Waldwick, 95-0; 5. Kasey Ciborowski, Saddle Brook, 81-8; 6. Tori Glasser, Hawthorne, 77-3.

NOVICE CHAMPIONSHIPS**ENGLEWOOD****May 16th 2000**

- 100: Norchi - 14.5 (t),14.7(s). DelPapa-14.6(t),14.9(s). Wiest-15.9(t), 16.4(s)
- 200: **3rd** - DelPapa 30.6. - Norchi 30.8. - L.Anderson 32.5. - Herscheit 32.7. - Tobin 33.7. - Nestor 33.8.
- 400: **6th** - Bigos 76.8. - Wardell 78.4. - Potash 78.7.
- 800: **3rd** -Lillis 2:45.1. M.Behan 2:55.2. - Schultz 2:57.5 PR. - Scott 3:12.1.
- 1600: **1st** - Oros 5:50.4. **4th** - Canzani 6:00.5. - Foresman 6:16.4. - McDonagh 6:19.2. - Rubinoff 6:28.8. - Herlihy 6:30.3 PR.
- 3200: **1st** - Oros 12:52.9. **3rd** - Foresman 13:51.7. **4th** - Rubinoff 14:06.7.
- 100H: - Borgman 21.5.
- 400H: - Borgman 88.0
- High Jump: - M.Anderson 4'6".
- Shot: - Grein 22'. - Polise 21'1". - Madden 20'7". - Perrone 18'11"
- Discus: - Polise 60'9". - Perrone 55'3". - Madden 55'3".
- Javelin: **6th** - Polise 54'10". - Madden 49'7". - Perrone 47'7"
- 4X400: **2nd** - 4:50.6 (Norchi 76.0, - Canzani 74.8, - Lillis 73.2, - DelPapa 66.6).

Great Job at the novice meet. Blow Pop awards: Alexandra for 2 gold medals, Liana for the exciting come-from-behind anchor leg in the 4X400, Meg Anderson clearing 4'6" with no coach, Jenna and Julia volunteering to run the 3200 meters, Lauren's 3rd, Patty's 4th, Cassie's 4th, Sarah a 6th in the 400, and Jackie Macchi's great coaching help to Kate and Jack.

BERGEN COUNTY GROUP 4 CHAMPIONSHIP**MAY 19 & 20, 2000**FRIDAY: Hackensack High School200: 4th - K.Zucaro 27.8. 5th - Harris 27.9 5th - McGowan 27.9400H: 2nd - K.Zucaro 67.7. 4th - J.Zucaro 71.2. Bruno3200: 2nd - Nowakowski 11:22.2 3rd - Behan 11:22.8. 5th - Cangemi 11:57.8Discus: 2nd - Schwehm 94'5". 4th - Masterson 84'3". 5th - Strahle 82'11"Long Jump: 1st - Vetter 16'4". 3rd - Melli 15'6.5". Harris 14'3".Javelin: 1st - Gregg 91'10". 5th - Schwehm 82'8". 7th - Bray 77'4".

The weather was bad with very cold temperature and light drizzle for part of the meet. But we had a great day. Clair and Kelly ran PR's in the 3200 and really looked strong. Alisa won the long jump on her last jump in very dramatic fashion. Jess threw her big throw in the Javelin in the 5th round to go from 3rd to 1st. And team discus was awsume with all three (Kristina, Tara and Liz) scoring 15 points for Ridgewood (last year team discus scored 0 points).

SATURDAY: Teaneck High School100H: 4th - Gregg 17.5. Espenak - ?. O'Neill - ?.400: 2nd - Farrell 61.3. 3rd - K.Zucaro 62.1. 4th - Bruno 62.2800: 1st - J.Zucaro 2:23.3. 5th Wiss 2:30.5. O'Neill - 2:35.6

100: Vetter - 13.5. Harris - 13.5(t), 13.8(s). McGowan - 13.6(t), 13.8(s)

1600: 1st - Behan 5:28.5. 2nd - Lynch 5:37.7. 3rd - Dunn 5:40.1Triple Jump: 5th - Melli 30'8.25". 5th - McGowan 30'7" Harris - ?High Jump: 3rd - McGowan 4'8". 4th - Hyslop 4'8". 6th - 4'6" ?Shot Put: 1st - Schwehm 34'2". Masterson - ?. Bray - ?.4X400: 1st - 4:12.1 (DelPapa, Bruno-, J.Zucaro -, Farrell -)

RESULTS
LOST IN
THE RAIN!

SPLITS

Coach Collazo said it: "The weather is pretty crappy but we are very happy". Coach Elwood said the weather was in the top 4 of horrible track meets we have be in. And believe me we have been to some bad ones over the years! This is a great win for Ridgewood. Jennifer ran a great race & time to best two very good IHA girls. Hackensack had given up by the time the 1600 was run. Kristina won her first championship. Great Job Ridgewood.

GIRLS GROUP 1

TEAM SCORING

Glen Rock, 68; Saddle Brook, 24; Hasbrouck Heights, 19; North Arlington, 18; Ridgely, 10; New Milford, 8; Midland Park, 8; Waldwick, 8; Cresskill, 7; Lyndhurst, 6; Bogota, 6; Wood-Ridge, 4; Emerson, 2.

200M — 1, Lauren Haner, Glen Rock, 27.6; 2, Michelle DeJesus, North Arlington, 27.7; 3, Justine Diana, Saddle Brook, 27.9; 4, Heather Nicoletti, Hasbrouck Heights, 27.9; 5, Shoshanah Haricha, New Milford, 28.1; 6, Ellen McCorry, Glen Rock, 28.2.

3,200M — 1, Erin Henry, Glen Rock, 11:37.3; 2, Danielle Patoir, Glen Rock, 11:57.8; 3, Danielle Amato, Saddle Brook, 12:08.1; 4, Christine Ayubi, Hasbrouck Heights, 12:17.4; 5, Laura McKay, Glen Rock, 12:44.9; 6, Katy Botsford, Cresskill, 13:00.3.

400M IH — 1, Kim Mineo, Glen Rock, 1:08.6; 2, Leah Jerome, Glen Rock, 1:09.4; 3, Jen Leahy, Cresskill, 1:10.8; 4, Meg Theilke, Glen Rock, 1:13.0; 5, Michelle DeJesus, North Arlington, 1:13.5; 6, Regina Stellato, Hasbrouck Heights, 1:14.6.

Discus — 1, Renee Wilson, Hasbrouck Heights, 111-6; 2, Lisa Welch, Midland Park, 107-3; 3, Holly Wright, Waldwick, 97-8; 4, Liz Pendleton, Wood-Ridge, 96-9; 5, Nicole Paociani, Emerson, 96-1; 6, Tatiana Ciccone, New Milford, 92-10.

Javelin — 1, Lindsey Reggo, Ridgely, 110-4; 2, Daniela Vidlera, North Arlington, 104-8; 3, Ceyla Kewkizgill, Lyndhurst, 99-9; 4, Lindsay Gamble, New Milford, 94-8; 5, Katie Singer, Glen Rock, 93-6; 6, Tatiana Ciccone, New Milford, 91-7.

Long jump — 1, Ellen McCorry, Glen Rock, 16-4; 2, Justine Diana, Saddle Brook, 16-3; 3, Jennifer Barthelemy, Bogota, 16-0; 4, Jackie Kaminski, Saddle Brook, 15-0; 5, Kristina Lambrinides, Waldwick, 14-10; 6, Leah Jerome, Glen Rock, 14-7.

GIRLS GROUP 1 TEAM SCORING

Glen Rock 141, Hasbrouck Heights 79, Saddle Brook 57, New Milford 30, North Arlington 29, Waldwick 24, Bogota and Lyndhurst 22, Midland Park 13, Cresskill 11, Ridgely 10, Dwight-Englewood and Palisades Park 6, Wood-Ridge 24, St. Mary's 3, Park Ridge and Emerson 2.

100 — 1, Nicole Cortese, Lyndhurst, 13.4; 2, Shoshanah Haricha, New Milford, 13.5; 3, Heather Nicoletti, Hasbrouck Heights, 13.7; 4, Justine Diana, Saddle Brook, 13.9; 5, Allie Wright, Saddle Brook, 13.9; 6, Lauren Haner, Glen Rock, 14.2.

400 — 1, Heather Nicoletti, Hasbrouck Heights, 1:03.3; 2, Lauren Robbins, Glen Rock, 1:04.5; 3, Jessica Stoveken, Lyndhurst, 1:04.7; 4, Celine Lee, North Arlington, 1:05.0; 5, Leah Jerome, Glen Rock, 1:06.1; 6, Kristin Pouch, Midland Park, 1:06.4.

800 — 1, Erin Henry, Glen Rock, 2:21.1; 2, Kim Mineo, Glen Rock, 2:23.1; 3, Danielle Amato, Saddle Brook, 2:34.1; 4, Jen Leahy, Cresskill, 2:34.9; 5, Regina Stellato, Hasbrouck Heights, 2:35.5; 6, Liz Saydah, Glen Rock, 2:35.8.

1,600 — 1, Kim Mineo, Glen Rock, 5:36.8; 2, Danielle Patoir, Glen Rock, 5:36.9; 3, Danielle Amato, Saddle Brook, 5:43.6; 4, Samantha Ayubi, Hasbrouck Heights, 5:46.9; 5, Laura McKay, Glen Rock, 5:56.9; 6, Jennifer Lee, North Arlington, 6:04.0.

100 HH — 1, Justine Diana, Saddle Brook, 16.3; 2, Molly Matanle, Glen Rock, 16.9; 3, Michelle DeJesus, North Arlington, 17.4; 4, Jackie Kaminski, Saddle Brook, 17.4; 5, Allison McCarthy, Hasbrouck Heights, 17.7; 6, Ellen McCorry, Glen Rock, 17.9.

Shot put — 1, Alyssa Koob, New Milford, 35-11.5; 2, Renee Wilson, Hasbrouck Heights, 35-11.4; 3, Sheena Schuler, Hasbrouck Heights, 35-7.4; 4, Holly Wright, Waldwick, 33-9.5; 5, Krista McKinney, St. Mary's, 32-9; 6, Trinnette Gooding, St. Mary's, 31-11.

High jump — 1, Kristina Lambrinides, Waldwick, 4-10; 2, Donna Russo, Hasbrouck Heights, 4-8; 3, Jennifer Barthelemy, Bogota, 4-8; 4, Jamie Donovan, Palisades Park, 4-8; 5, Betzi Gilchrist, Park Ridge, 4-6. No sixth place.

Triple jump — 1, Jennifer Barthelemy, Bogota, 32-5.4; 2, Donna Russo, Hasbrouck Heights, 32-1.3; 3, Molly Matanle, Glen Rock, 32-2.4; 4, Maria Toriano, New Milford, 31-7.4; 5, Kristina Lambrinides, Waldwick, 31-5.4; 6, Arianna Beam, North Arlington, 31-2.4.

1,600 relay — 1, Glen Rock, 4:21.4; 2, Hasbrouck Heights, 4:35.9; 3, Dwight-Englewood, 4:36.8; 4, Midland Park, 4:40.1; 5, Palisades Park, 4:40.8; 6, Saddle Brook, 4:42.7.

GIRLS TEAM SCORING

Passaic 156, Passaic Tech 53, Clifton 44, Kennedy 38, Passaic Valley 37, Eastside 33, West Millford 29, Hawthorne 22, Pompton Lakes 18, Lakeland 17, DePaul and Wayne Hills 14, Eastern Christian 8, Wayne Valley 4, Manchester 3, Paterson Catholic 1.

200 — 1, Tawana Watkins, Kennedy, 24.9; 2, Otisha Mathis, Passaic, 25.8; 3, Carita Bishop, Passaic Tech, 26.8; 4, Yhounic Vassell, Passaic Tech, 27.0; 5, Myeisha Woodley, Paterson Catholic, 28.2.

800 — 1, Shanae Pritchett, Passaic, 2:24.5; 2, Jillian Columbia, Hawthorne, 2:27.9; 3, Calisea Ashman, Kennedy, 2:29.9; 4, Shondelle Brathwalte, Passaic, 2:30.2; 5, Jesse Mizzone, Passaic Valley, 2:31.6; 6, Katie Doster, Wayne Valley, 2:35.0.

1,600 — 1, Shakira Williams, Passaic, 5:21.08; 2, Jesse Mizzone, Passaic Valley, 5:27.98; 3, Edith Werpachowska, Clifton, 5:46.67; 4, Lisa Depree, Lakeland, 5:50.65; 5, Krystal Cordero, Passaic Valley, 5:50.89; 6, Stephanie Brautigam, Manchester, 5:54.24.

100 HH — 1, Yocasta Garcia, Passaic, 15.5; 2, Lauren Dutch, Clifton, 16.4; 3, Nashima Tann, Passaic Tech, 16.5; 4, Stacey Del'Re, Wayne Hills, 16.8; 5, Katie Higgins, DePaul, 17.5. No sixth place.

Shot put — 1, Shakia Wyche, Passaic, 36-1; 2, Desire Alexander, Passaic Valley, 34-4.4; 3, Alexis Woods, West Millford, 32-10.4; 4, Lauren Fieischer, Pompton Lakes, 32-10; 5, Aleria McWilliams, Kennedy, 32-4.4; 6, Lynn Hazelman, Wayne Valley, 32-1.4.

Javelin — 1, Melissa Gnade, Hawthorne, 108-11; 2, Lauren Fieischer, Pompton Lakes, 103-3; 3, Lindsey Van Zile, West Millford, 100-4; 4, Kelly Burke, Lakeland, 98-1; 5, Lisa Alexander, Pompton Lakes, 91-10; 6, Tara Gangl, West Millford, 88-6.

Triple jump — 1, Kimesha Hughes, Eastside, 36-0.4; 2, Yocasta Garcia, Passaic, 36-0; 3, Sandra Bethea, Eastside, 34-0; 4, Erica Cruz, Eastern Christian, 33-10; 5, Daniela Lepore, Hawthorne, 33-4; 6, Karen Hutton, Eastern Christian, 32-11.

Long jump — 1, Otisha Mathis, Passaic, 17-10.4; 2, Alexandra Medrano, Passaic, 17-4; 3, Kennesha Reid, Passaic Tech, 17-0; 4, Andrea Herbert, Passaic Tech, 16-5.4; 5, Shanae Pritchett, Passaic, 16-2; 6, Kerisha Harris, Eastern Christian, 15-11.

Pole vault — 1, Dana Edwards, West Millford, 7-6; 2, Lauren Dutch, Clifton, 7-0; 3, Aimee Grimmeian, West Millford, 7-0; 4, Nicole Zarek, Clifton, 6-8. No fifth or sixth place.

1,600 relay — 1, Passaic (Otisha Mathis, Shanae Pritchett, Shakira Williams, Alexandra Medrano), 4:00.2; 2, Eastside, 4:09.7; 3, Passaic Tech, 4:16.7; 4, Clifton, 4:20.4; 5, Wayne Hills, 4:23.1; 6, Wayne Valley, 4:25.1.

400 hurdles — 1, Tawana Watkins, Kennedy, 1:03.32; 2, Shanae Pritchett, Passaic, 1:08.94; 3, Teella Lowery, Eastside; 4, Andrea Herbert, Passaic Tech, 1:09.37; 5, Shana Ricart, Wayne Hills, 1:09.82; 6, Allison Kuhn, Lakeland, 1:10.58.

100M — 1, Yhounic Vassell, Passaic Tech, 12.63; 2, Alexandra Medrano, Passaic, 12.69; 3, Kennesha Reid, Passaic Tech, 12.77; 4, Otisha Mathis, Passaic, 13.08; 5, Kimesha Hughes, Eastside, 13.38; 6, Desire Alexander, Passaic Valley, 13.90.

3,200M — 1, Jesse Mizzone, Passaic Valley, 11:33.95; 2, Shakira Williams, Passaic, 11:37.11; 3, Edith Werpachowska, Clifton, 12:29.86; 4, Krystal Cordero, Passaic Valley; 5, Stephanie Brautigam, Manchester, 12:41.75; 6, Hannah Caughey, Eastern Christian, 12:50.14.

400M — 1, Tawana Watkins, Kennedy, 58.37; 2, Alexandra Medrano, Passaic, 59.19; 3, Kennesha Reid, Passaic Tech, 1:01.07; 4, Shana Ricart, Wayne Hills, 1:01.98; 5, Jillian Columbia, Hawthorne, 1:02.38; 6, Rosalina Cerat, Passaic Tech, 1:03.00.

Discus — 1, Shakia Wyche, Passaic, 111-10; 2, Karina Hernandez, Passaic, 105-11; 3, Joelle Biango, Lakeland, 97-0; 4, Danielle Adams, Pompton Lakes, 94-9; 5, Kristina Meindi, Clifton, 93-02; 6, Erin Krenitaki, Eastern Christian, 92-7.

High jump — 1, Katie Higgins, DePaul, 5-0; 2, Yocasta Garcia, Passaic, 5-0; 3, Maria Oporaka, Clifton, 4-10; 4, Stephanie Gulchardo, Passaic, 4-10; 5, Britany Gray, Lakeland, 4-8; 6, Teella Lowery, Eastside, 4-8.

Long jump — 1, Otisha Mathis, Passaic; 2, Alexandra Medrano, Passaic; 3, Kennesha Reid, Passaic Tech; 4, Andrea Herbert, Passaic Tech; 5, Shanae Pritchett, Passaic; 6, Kerisha Harris, Eastern Christian.

Hudson Championships

GIRLS TEAM SCORES

St. Dominic Academy 52, Kearny 43, Academic 40, Memorial 29, Ferris 28, Marist 28, Bayonne 18, Secaucus 12, Hudson Prep 10, Union Hill 10, Holy Family 8, North Bergen 1.

100 — Takara Wilkes, Lincoln, 12.6.
200 — 1, Samantha Griffin, Academic, 26.8.
400 — 1, Angela Gray, Ferris, 60.5; 6, Melissa Pablos, Secaucus, 66.8.
800 — 1, Meghan Miller, Kearny, 2:27.3; 6, Stephanie Guzman, North Bergen, 2:38.6.
1,600 — 1, Christina Mendoza, Hudson Prep, 5:26.2.
3,200 — 1, Tai Wilkins, St. Dominic Academy, 12:36.1.
100 HH — 1, Tyechia Smith, Academic, 16.6.
400 LH — 1, Smith, Academic, 1:08.1; 6, Pablos, Secaucus, 1:13.8.
Shot put — 1, Marina Kravchuck, Secaucus, 33-0.

GIRLS TEAM SCORES

Kearny 50, St. Dominic's 62, Memorial 54, Academic 45, Bayonne 40, Lincoln 38, Ferris 35, Secaucus 26, Holy Family 26, Hudson Prep 10, Union Hill 10, North Bergen 7, Hoboken 0, Marist 0, Snyder 0, Dickinson 0, Emerson U.C. 0.

INDIVIDUAL RESULTS

Long jump — 1, Fatima Palermo, Memorial, 14-9; 5, Melissa Pablos, Secaucus, 13-9.
High jump — 1, Melissa Pablos, Secaucus, 4-10.
Discus — 1, Jameelah Mitchell, Lincoln, 100-10; 5, Marina Krauchuk, Secaucus, 85-10.
Javelin — 1, Amy Hansen, Holy Family, 108-11; 3, Betty Mendieth, North Bergen, 98-10.

TRACK

NBIL freshman meet

GIRLS

100 — 1, Crescent Danziger, Wayne Hills, 13.6.
200 — 1, Stephanie Drexler, Northern Highlands, 28.4.
400 — 1, Carolyn Weiss, Mahwah, 1:07.6.
800 — 1, Andrea Raymond, Ramapo, 2:32.4.
1,600 — 1, Pamela Papapetrou, NV/Demarest, 6:01.9.
3,200 — 1, Pamela Papapetrou, NV/Demarest, 13:27.5.
100 HH — 1, Bristyn Davis, Northern Highlands, 17.5.
400 IH — 1, Bristyn Davis, Northern Highlands, 1:10.2.
Shot put — 1, Lisa Puora, NV/Demarest, 30-10.4.
Discus — 1, Laura Hall, Passaic Hills, 84-10.
High jump — 1, Lauren Glasser, Passaic Hills, 4-2.
Long jump — 1, Sarah Christensen, Northern Highlands, 14-5.4.
Triple jump — 1, Lindsay Bablos, Indian Hills, 28-2.4.
1,600 relay — 1, Northern Highlands (Sarah Christensen, Bristyn Davis, Stephanie Drexler, Cathy Sonnenberg), 4:38.6.

NBIL novice meet

GIRLS

100 — 1, Natalya Budnyatsky, Fair Lawn, 14.2.
200 — 1, Cara Friedman, Passaic Hills, 29.3.
400 — 1, Erin O'Reilly, Passaic Valley, 1:04.8.
800 — 1, Sam Merrisey, Northern Highlands, 2:37.8.
1,600 — 1, Lori Anderson, NV/Demarest, 5:52.4.
3,200 — 1, Liz Hunley, Ramsey, 14:31.2.
100 HH — 1, Kim Kolstad, Northern Highlands, 17.7.
400 IH — 1, Erin O'Reilly, Ramsey, 1:13.5.
Shot put — 1, Marci Taketa, NV/Demarest, 28-10.
Discus — 1, Desiree Walker, Ramapo, 91-0.
High jump — 1, Jen Pritzbyman, Wayne Hills, 4-4.
Long jump — 1, Krystal Maier, Ramsey, 14-9.4.
Triple jump — 1, Karen Kolstad, Northern Highlands, 30-3.
1,600 relay — 1, Passaic Valley (Erin O'Reilly, Cassie Reanick, Sarah Wolcott-Sadd, Nicole Schepker), 4:31.2.



Photo by W. L. Bill Allen, Jr.

SENIOR CELEBRATION-- Seven of the seniors from the Ridgewood girls track and field contingent celebrate after corraling their third consecutive county. From left are Kelly Behan, Karen Bray, Julia Brownell, Lesley Bruno, Taylor Dunn, Eileen Farrell and Jess Gregg, with fellow 12th-graders Alyson Cangemi, Tara O'Neill, Liz Strahle and Morgan Wiss (not pictured).

Lady Maroons Cop County Crown

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

For the third straight season, the girls track and field contingent from Ridgewood High School has collected a county crown.

The Lady Maroons won the

Bergen County/Group IV Championship Meet by totaling 169 points at the rain-drenched two-day event which was held on Friday, May 19, at Della Torre Field in Hackensack and Saturday, May 20, at Teaneck High School.

A distant second with 106 points was arch-rival Immaculate Heart Academy, while Hackensack was third with 87.

Rounding out the six-team field were Teaneck with 55, Fair

Lawn with 27 and Bergen Tech with 22.

This also marks the second straight season in which the Ridgewood girls have rebounded from a lackluster showing at the Northern New Jersey Interscholastic League's Atlantic Division championship meet to register a decisive victory in county competition.

At the NNJL/Atlantic meet on May 12 and 13, Passaic finished first with 148 points,
continued on page 31

Lady Maroons

continued from page 1

while Hackensack was second with 107 and Ridgewood was a disappointing third with 92, followed by Eastside with 49, Kennedy with 40, Clifton and Bloomfield with 12 each and Barringer with five.

Those results, combined with Passaic's 7-0 mark in dual meets, Ridgewood's 6-1 total and Hackensack's 4-2-1 record left Ridgewood and Hackensack tied for second place in the league's final standings behind Passaic.

"Last year, after we got whooped by Passaic and Hackensack in the league meet, I think I was more philosophical," recounts longtime Lady Maroons mentor Jacob Brown, adding, "This year I was just plain madder and that much more determined that we needed to go out and win the county title."

With Brown's emotions as part of their motivation, the Lady Maroons did, indeed, go out and corral the county crown.

RHS girls finished first in six of the 14 events at the Bergen battle, as Lady Maroons took home gold from the 4 X 400-meter relay, the 800, the javelin, the long jump, the 1600-meter run and the shot put.

Combining to win the 4X4 with a time of 4:12.1 were sophomore Liana Del Papa, senior Lesley Bruno, junior Jennifer Zucaro and senior Eileen Farrell.

Zucaro also won the 800, with a time of 2:23.3, and finished fourth in the 400-meter intermediate hurdles, with a 1:11.2 effort, while Farrell took second in the 400 (1:01.3) and Bruno finished fourth in the open 400 at 1:01.2.

Senior Jess Gregg won the javelin, with a 91-foot, 10-inch effort, took fourth in the 100-meter hurdles at :17.5 and also finished sixth in the high jump by clearing 4-feet, six-inches.

Winning the long jump was Alisa Vetter with a personal best leap of 16-feet, four-inches, while senior Kelly Behan finished first in the 1600 (5:28.5) and third in the 3200, with a personal best time of 11:22.8.

Kristina Schwehm earned gold in the shot, with a put of 34-feet, two-inches; she also finished second in the discus, with a toss of 94-feet, five-inches, and fifth in the javelin, with a hurl of 82-feet, eight-inches.

Taking second place in the 3200 was sophomore Clair Nowakowski, with fellow 10th-grader Peggy Lynch taking second in the 1600 at 5:37.7 and junior Katherine Zucaro taking second in the 400 hurdles (1:07.7), third in the open 400 (1:02.1) and fourth in the 200-meter dash with a time of :27.8.

Senior Taylor Dunn was third in the 1600 (5:40.1), while junior Eileen Meli took third in the long jump (15-6.5) and fifth in the triple jump (30-8.25) and ninth-grader Trisha McGowan took third in the high jump (4-8), fifth in the 200 (:27.9) and sixth in the triple jump (30-7).

Others who garnered points for Ridgewood were Tara Masterson, a ninth-grader who took fourth in the discus (84-3), fellow frosh Corinne Hyslop, who was fourth in the high jump (4-8), and a quartet of fifth place finishers: senior Alyson Cangemi in the 3200 (11:57.8), senior Liz Strahle in the discus (83-3), senior Morgan Wiss in the 800 (2:30.5) and soph Meredith Harris in the 200 at :27.9.

"I can't tell you how proud I am of these kids," lauds Brown of his triumphant charges. "The conditions were just horrible for both days of the meet: really cold with heavy rains, but we have some tough kids that were very determined to go out and do their best."

Next up for the Ridgewood girls will be the NJSIAA North Jersey Section 1, Group 4 state championship meet, a two-day event which is slated to begin this afternoon, Friday, May 26, and then conclude tomorrow, Saturday, May 27, at Clifton Schools Stadium.



By PAUL SCHWARTZ

Staff Writer

TEANECK — Ramsey girls head coach John Kirchhof and acting Ridgewood head coach Jack Elwood stood in the press box at Saturday's Bergen County group championships discussing the cold and rainy weather that was a staple of the two-day meet.

"With the kids on the team knowing we've won seven straight years, they decided that they didn't want to be the team that broke the streak, especially the seniors," said Kirchhof, whose team performed almost flawlessly in winning Group 2, 119-83 over Westwood. "We had kids like Mary DuVernay taking about 12 seconds off her personal best and placing the 3,200 and Maritsa Christoudias winning the javelin and discus Wednesday and almost being too sick to be here today

and still winning the shot put."

"They have a mind-set that's not going to allow them to be bothered by this weather," he said. "They just come and perform regardless of the conditions."

Elwood agreed.

"We practice outside in any conditions, cold, windy, torrential rains, and we just do not cancel practice," said Elwood. "The kids come, show up, practice, and learn to deal with any conditions. They also were motivated by our poor performance in the league meet last week."

"Tuesday we went to practice and saw we were ranked fourth in Group 3-4 and their attitude was that we were better than that," said Elwood. "This weekend they showed it."

The Maroons scored at least 10 points in 11 of its 15 events and easily outpointed Immaculate Heart Academy, 169-106, to

BERGEN GIRLS TRACK

win Group 4, even sweeping the 1,600 meters without No. 1 miler Clair Nowakowski, attending her sister's graduation.

RIDGEWOOD, RAMSEY, GLEN ROCK WIN BIG IN BERGEN

BERGEN CTY, May 16-17, Hackensack-Teaneck: It was pretty much the same old story here with familiar winners in three of the four divisions. Ramsey made it eight in a row in Gr. II, 119-93, over Westwood, Glen Rock repeating in Gr. I, 141-79, over Hasbrouck Heights and Ridgewood rebounding from a 3rd place finish in the NNJIL meet to take Gr. IV, 169-106, from Immaculate Heart Academy. Jamie Lilien led Pascoack Valley to a 98-62 win over Demarest in Gr. III.

Ridgewood simply overwhelmed its opponents with depth, scoring at least 10 points in 11 of the 15 events. It had five winners, the most notable being former AG CC champ Kelly Behan in the 1600 in 5:28.5, her first individual win in more than two years. Behan also placed 3rd the first day to Beth Androski of Hackensack and teammate Clair Nowakowski in the 3200.

Lilien had another quad for PV, taking the 200 and LJ on Friday and the 100H and IJ on Saturday's rain. Jen Austin matched brother Miles TJ/JT double for Garfield with a 130-11 toss on Friday.

Maritsa Christoudias tripled the weights and Melissa Conway doubled the distances in 5:22.3 and 11:15.9 to provide Ramsey with 50 points in the Gr. II meet. Anike Orimogunje of Queen of Peace doubled the sprints for Queen of Peace.

Erin Hendy had a pair of fast wins for Glen Rock in Gr. I, taking the 3200 on Friday in 11:37.3 and the 800 on Saturday in 2:21.1.

athletes of the week

Alisa Vetter,
Jennifer Zucaro
and Jess Gregg
of Ridgewood Track
and Field



Monday, May 29

EAST COAST RELAYS**MORRISTOWN HIGH SCHOOL****MAY 22, 2000**

Distance Medley: **5th** - 12:30.64 (Behan-3:51.3, K.Zucaro-61.1, J.Zucaro-2:24.4, Nowakowski- 5:13.7)

Shot Put Relay: 60'6" - (Schwehm-32'3", Masterson-28'3")

High Jump Relay: **5th tie** - 9'6" -(Hyslop-4'9", McGowan-4'9")

Rain again! We left without running the 4X800 as it looked like it was going to be run at 8:30 or later. I had no idea this meet would run so late and the weather seemed to slow it down even more. We did do very well in the three relays contested! The distance medley ran fast, won a good place and recorded a time that will give us something to think about for nationals. Clair's 5:13 is a PR. The shot relay moved to 5th place on the all time RHS 2 girl relay list. Tara and Kristina could rewrite the Ridgewood lists before they are seniors. The high jumpers won medals and got to watch some top girls. Hopefully Trisha and Corrine realize they are only some "good form" away from top jumping.

RIDGEWOOD RELAYS II**ENGLEWOOD****MAY 22, 2000**

Sprint Medley: **3rd** - 4:50.1 (Norchi 74.5, Espenak 31.6, Gregg 28.3, Lynch 2:35.7)

4X800: **2nd** - 11:26.6 (M.Behan 2:45.1, Foresmann 2:48.2, Herlihy 2:57.3, Lillis 2:56.0)

4X800:frosh **1st** - 11:48.6 (Macchi 2:47.1, Schultz 3:00.2, Rubinoff 3:18, McDonagh 3:12)

4X100H: **4th** - 1:14.9 (Espenak 20.1, Chiles 19.1, O'Neill 19.0, Gregg 16.7)

4X200: **3rd** - 1:55.4 (Harris 27.6, Vetter 30.7, DelPapa 28.1, Melli 29.0)
- 2:09.9 (Bigos 33.5, L.Anderson 33.7, Borgman 30.1, Herscheit 33.6)

4X200:Frosh **3rd** - 2:07.2 (Weist 35.2, Espenak 28.7, O'Neill 31.5, Scott 31.5)

Distance Med.: **1st** - 14:13.9 (Lynch 4:12.9, Norchi 75.1, Lillis 2:49.8, Oros 5:56.0)

2XPole Vault: - Harris 8'0" (**new school record**). - Vetter NH

2XLong Jump **3rd** - 28'9" (Vetter 15'10", Melli 12"11"). **4th** - 27'6" (Harris 14'8", O'Neill 12"10")

2XHigh Jump: **1st** - 9'4" (Anderson 4'8", Gregg 4'8")

2XShot: **6th**- 52'10" (Strahle 27'1". -Bray 25'9")

2XDiscus: - (Strahle 62-, Bray 79'8")
- (Grein 67'-)

2XJavelin: **2nd** - (Bray 80'5", Gregg 82'-)

Comments: We won the 1st place team trophy in the varsity division. Excellent high jumping from Jess and Meg. Meredith had a great day: vault, long jump and 200 were outstanding marks. Great team.

BERGEN FROSH CHAMPIONSHIP**MAY 25TH , 2000**

- 100: **4th** - McGowan 13.7(t), 13.3(s), 13.6(f). - Mercer 14.7. - Herscheit 15.4.
- 200: **6th** - McGowan 28.8. - Mercer 31.5. - Borgman 31.7. - Herscheit 31.9. - L.Anderson 32.2
- 400: - L.Anderson 71.3 PR.
- 800: - Machi 2:48.6. - Rubinoff 2:54.1. -Schultz 2:54.1
- 1600: - McDonagh 6:20.7. - Macchi 6:21.3.
- 3200: **5th** - McDonagh 13:48.3. -Rubinoff 14:59.4.
- 100H: **4th** - C.ONeill 18.6(t), 18.2(s), 18.3(f). - Espenak 18.5(t)PR, 18.6(s). - Borgman 19.7PR.
- 400H: **6th** - Espenak 80.9.
- Long Jump: - O'Neill 11'2".
- Triple Jump: **1st** - McGowan 31'5".
- High Jump: **1st** - McGowan 4'8". **2nd** - Hyslop 4'8". **3rd** - M.Anderson 4'6".
- Shot Put: **1st** - Schwehm 33'4". - Masterson 27' - Madden. - Perrone 20'7"
- Discus: **3rd** - Masterson 88'8". **4th** - Schwehm 88'. - Maddan. - Perrone.
- Javelin: **1st** - Schwehm 92'. - Masterson 59'2". - Madden 50'10". - Perrone 46'9".
- 4X400 relay: **6th** - 4:44.8 (Macchi 73.3, O'Neill 71.6, Mercer 70.6, Espenak 69.3)

The Awesome Frosh team won the County Championship!! Trish and Kristina had big time days. Trish 2wins, 4th and 6th for 25 points. Kristina 2 wins and a 4th for 24 points! Courtney had a great hurdle series going from 6th seed to grabbing 4th in the final. Team high jump was most impressive going 1,2,and 3. Great day to cap a great season.

Bergen freshman girls**At Winton White Stadium, Englewood****Team scoring**

Group 4: Ridgewood 76½, Fair Lawn 39, Immaculate Heart Academy 36, Bergen Tech 25, Hackensack 22, Teaneck 20½.

Group 3: Ramapo 55, Pascack Valley 44, Tenafly 19, NV/Old Tappan and River Dell 12, Paramus 8, Bergenfield 7, Northern Highlands 4½, Paramus Catholic 1.

Group 2: Ridgefield Park 34, Pascack Hills and Rutherford 8, Ramsey 6, Mahwah 4.

Group 1: New Milford 20, Dwight-Englewood 15, Bogota 10, Cliffside Park 6, Lyndhurst 1.

100 — 1, Elina Ploskin, Fair Lawn, 12.9.

200 — 1, Elina Ploskin, Fair Lawn, 27.7.

400 — 1, Caitlin Smyth, IHA, 1:02.3.

800 — 1, Ava Scacchetti, Pascack Valley, 2:27.7.

1,600 — Julia Emanuel, Tenafly, 5:33.4.

3,200 — Emily DaSilva, Ramapo, 13:24.6.

100 HH — 1, Michelle Ribustello, Pascack Valley,

17.0.

400 IH — 1, Liz Reed, Ramapo, 1:09.6.

Shot put — 1, Kristina Schwehm, Ridgewood, 33-4.

Discus — 1, Deslree Walker, Ramapo, 93-2.

Javelin — 1, Kristina Schwehm, Ridgewood, 92-0.

High Jump — 1, Trish McGowan, Ridgewood, 4-8.

Long Jump — 1, Elina Ploskin, Fair Lawn, 14-11.

Triple Jump — 1, Trish McGowan, Ridgewood, 31-5.

Pole vault — 1, Jessica Hatton, Ridgefield Park, 6-

6.

1,600 relay — 1, Pascack Valley, 4:28.8.

STATE SECTIONAL CHAMPIONSHIP NORTH 1 GROUP 4 CLIFTON STADIUM 5-26&27, 2000

Friday:

400H: 6th - K.Zucaro 60.8, - J.Zucaro 72.5, - Bruno 73.5
100: - Vetter 13.4. - Harris 13.5. - DelPapa 14.5
3200: 2nd - Nowakowski 11:37.7. 4th - Behan 11:44.2. 6th - Cangemi 12:10.2.
400: 6th - K.Zucaro 60.8. - Farrell 61.1. - DelPapa 66.0
Shot: 5th - Schwehm 33' 10.5". - Masterson 28-. - Strahle 26-.
Javelin: - Schwehm 89'7". - Bray 75' 10". - Gregg 74'2".
Long Jump: -Vetter 15'2". - Melli 13'6".

Saturday:

100H: - O'Neill 18.5. - Espenak 18.9
1600: 1st - Nowakowski 5:18.3. 5th - Behan 5:27.2. 8th - Lynch 5:36.2
200: - McGowan 28.0.
800: 1st - J.Zucaro 2:19.2. - Wiss 2:30.2.
Discus: - Masterson 91'6" PR. - Schwehm 91'. - Strahle 90'4" PR
High Jump: 3rd - McGowan 4'10". 7th - Hyslop 4'8". 7th - M.Anderson 4'8".
Triple Jump: (Non-scoring) -McGowan 31'2". -Harris 30'7". -Melli 29'10".
Pole Vault: (non-scoring qualifier) - Harris 8'
4X400: 2nd - 4:05.0 (Bruno 62.1, Farrell 61.4, Nowakowski 62.7, K.Zucaro 58.8)

We were 3rd as a team in this meet. We had a much better Saturday with Friday again being a tough time for us to get up for a track meet. Jennifer's race in the 800 was smart and mature with sitting and following at the right time and making a big move at the right time. Clair took the 1600 right out and no one seemed capable or willing to go with her. The relay was the most exciting of the year with Katherine running the big anchor but needing a little more of a lead on the Tech anchor runner.

TRACK

NJCTC Championships

GIRLS TEAM SCORES

Notre Dame 113, Red Bank Catholic 91, Msgr. Donovan 43, St. John Vianney and Immaculate Heart 40, Mater Dei 34, Bishop Eustace 26, Bishop Ahr 21, Pope John 17, St. Dominic 13, Paramus Catholic 11, Holy Family 6, Villa Walsh 5, Immaculate Conception 2, Mother Seton and St. Rose (Belmar) 1.

RESULTS

100M — 1, Courtney Cubicciotti, IHA, 12.50; 2, Kehnesha Oldacre, Notre Dame, 12.60; 3, Natasha Norville, Bishop Ahr, 12.80; 4, Katharine Loosen, St. John Vianney, 12.90; 5, Amy Goralczyk, Pope John, 12.90; 6, Tiffany Lewis, Mother Seton, 13.20.

200M — 1, Courtney Cubicciotti, IHA, 25.20; 2, Kehnesha Oldacre, Notre Dame, 26.20; 3, Suraya Kornegay, Red Bank Cath., 26.20; 4, Catherine Schmeirer, Mater Dei, 26.70; 5, Jacqueline Todd, Bishop Ahr, 27.60; 6, Sarah Boutilier, Pope John, 27.90.

400M — 1, Suraya Kornegay, Red Bank Cath., 58.50; 2, Catherine Schmeirer, Mater Dei, 59.40; 3, Maria Falcone, Notre Dame, 1:01.20; 4, Amy Giacobone, IHA, 1:01.70; 5, Lucy Taverna, Monsignor Donovan, 1:02.20; 6, Tracy Bowles, Mater Dei, 1:02.90.

800M — 1, Katie Kingsbery, Red Bank Cath., 2:22.40; 2, Amy Giacobone, IHA, 2:24.70; 3, Brittany Chapman, Bishop Eustace, 2:25.00; 4, Kelly Reap, Notre Dame, 2:25.30; 5, Tamara White, IHA, 2:27.50; 6, Patricia Misciagna, Red Bank Cath., 2:27.80.

1,600M — 1, Katie Kingsbery, Red Bank Cath., 5:13.70; 2, Jody Benedict, St. John Vianney, 5:20.10; 3, Laura Carpenter, St. John Vianney, 5:21.40; 4, Megan Murphy, Pope John, 5:25.20; 5, Kelly Byrnes, Red Bank Cath., 5:26.10; 6, Danielle Bint, St. Dominic, 5:26.20.

3,200M — 1, Carey Mayo, Monsignor Donovan, 11:46.30; 2, Laura Carpenter, St. John Vianney, 11:49.00; 3, Denise Joiner, Red Bank Cath., 11:49.20; 4, Kelly Byrnes, Red Bank Cath., 11:58.20; 5, Kelly Foran, Bishop Eustace, 12:00.00; 6, Maya Ferraro, St. Rose Belmar, 12:04.90.

100M HH — 1, Sherrita Robinson, Red Bank Cath., 15.3; 2, Jen Maxwell, Notre Dame, 16.0; 3, Amy Goralczyk, Pope John, 16.20; 4, Jen Furchak, St. John Vianney, 16.40; 5, Jaime McGlynn, Notre Dame, 16.50; 6, Carrie Shivey, Bishop Ahr, 16.50.

400M LH — 1, Tracey Bowles, Mater Dei, 1:06.90; 2, Jen Maxwell, Notre Dame, 1:07.70; 3, Jaime McGlynn, Notre Dame, 1:07.80; 4, Jen Romero, Pope John, 1:08.90; 5, Jen Barcellona, Monsignor Donovan, 1:09.60; 6, Blair Sacalis, Bishop Eustace, 1:09.80.

1,600 relay — 1, Notre Dame (Kegnesha Oldacre, Jaime McGlynn, Maria Falcone, Jen Maxwell), 4:09.90; 2, Red Bank Cath., 4:11.60; 3, Bishop Ahr, 4:17.80; 4, Monsignor Donovan, 4:19.30; 5, Bishop Eustace, 4:21.20; 6, Mater Dei, 4:23.50.

3,200 relay — 1, St. Dominic Academy (Bernadette Laracy, Tai Wilkins, Kathryn Lissenka, Danielle Bint), 10:13.90; 2, Red Bank Cath., 10:36.80; 3, St. John Vianney, 10:46.20; 4, Notre Dame, 11:06.70; 5, St. Dominic "B", 11:20.10;

High jump — 1, Deirdre Mullen, Notre Dame, 5-6; 2, Jen Barcellona, Monsignor Donovan, 5-4; 3, Amy Krilla, Red Bank Cath., 5-2; 4, Kerin Sulock, Bishop Eustace, 5-0; 5, Tracy Bowers, Mater Dei, 5-0; 6, Kristen Ralph, Monsignor Donovan, 4-10.

Long jump — 1, Deirdre Mullen, Notre Dame, 16-10; 2, Kerin Sulock, Bishop Eustace, 16-3; 3, Courtney Cubicciotti, IHA, 15-10; 4, Katharine Loosen, St. John Vianney, 15-4; 5, Suraya Kornegay, Red Bank Cath., 15-4; 6, Kenesha O'Hare, Notre Dame, 15-3.

Shot put — 1, Melanie Campbell, Notre Dame, 41-6; 2, Kira Hadalski, Notre Dame, 37-5½; 3, Linda Onaga, Bishop Ahr, 34-0; 4, Gen Billa, Villa Walsh, 33-5; 5, Siena Robinson, Immaculate Concep., 32-7; 6, Kristine Josef, Paramus Catholic, 32-6¼.

Discus — 1, Kristine Josef, Paramus Catholic, 112-3; 2, Gina Ventimiglia, Mater Dei, 104-10; 3, Melanie Campbell, Notre Dame, 103-4; 4, Kira Hadalski, Notre Dame, 102-4; 5, Tiffany Masuhr, Monsignor Donovan, 96-0; 6, Jen Lawton, Villa Walsh, 95-2.

Javelin — 1, Tiffany Masuhr, Monsignor Donovan, 125-10; 2, Krilla, Red Bank Cath., 122-6; 3, Hansen, Holy Family, 111-4; 4, Daniels, Monsignor Donovan, 97-11; 5, Ianieri, Bishop Eustace, 97-10; 6, Stills, Bishop Eustace, 97-7.

BERGEN GROUP 3-4

1. Ridgewood — The Maroons retained their Group 4 Bergen Relays title after a tough dual loss to Passaic.

BERGEN GROUP 3-4

1. Ridgewood — The Maroons had a solid 1,600 relay performance at the Penn Relays but face a battle at next week's NNJL Atlantic meet.

4. Ridgewood — The two-time defending Group 4 champions were a disappointing third in the NNJL Atlantic meet.

BERGEN GROUP 3-4

1. Ridgewood — No school has won more Group 4 sectionals than Ridgewood (seven), but the Maroons haven't won since 1994.

BERGEN GROUP 3-4

1. Ridgewood — It wasn't a classic year for the Maroons, although they won the Bergen Group 4 Relays and County Group 4 titles. But they were also third in the sectional 4 and NNJL Atlantic meets and didn't score at the States. Overall, they narrowly earn No. 1 honors.

200:	- Meridith Harris 27.88. - Trish McGowan 28.60
400:	5th - Eileen Farrell 61.6
800:	2nd - Jennifer Zucaro 2:19.2
1600:	1st - Clair Nowakowski 5:14.5. - Peggy Lynch 5:32.2. - Taylor Dunn 5:36.1
3200:	3rd - Kelly Behan 11:25.60
100H:	- Jess Gregg 17.45
400H:	3rd - Katherine Zucaro 66.77
Long Jump:	- Alisa Vetter 15' 0.5". - Eileen Melli 14'1".
Triple Jump:	- McGowan 31' 10.75"
High Jump:	- Trish McGowan 4'8". - Corinne Hyslop NH.
Shot Put:	- Kristina Schwehm 33'6.5"
Javelin:	- Jess Gregg 79'9"
Pole Vault:	3rd - Meridith Harris
4X400:	1st - 4:04.2 (Bruno 61.2, Farrell 60.9, J.Zucaro 62.5, K.Zucaro 59.6)

The Bergen Meet of Champions is a meet where experience and individual desire are paramount. There is no team score and the result frequently determines an all county vote. In general our team followed this rule tonight. The new kids didn't do very well and our experienced people who had some all county consideration on the line really rocked the Hackensack track with outstanding efforts. Clair and the 4X400 are looking very good for the all county vote next Monday. Meredith continues to impress in the vault. But the most exciting race had to be Jennifer's close finish with the Glen Rock girl in the 800. Kelly's 3200 was inspirational and Katherine's PR in the hurdles was outstanding. Two county champions. A great night for Ridgewood Track.

BERGEN TRACK MEET OF CHAMPIONS

At Hackensack High School

BOYS

100 — 1. Chris Charles, Park Ridge, 10.82; 2. Ofori Koram, Ridgeland Park, 11.22; 3. Tony Yamasaki, Englewood, 11.29; 4. Adrian Durrant, Teaneck, 11.30; 5. Pat McManus, St. Joseph, 11.32; 6. Charles Benson, Hackensack, 11.61.

200 — 1. Chris Charles, Park Ridge, 21.96; 2. Adrian Durrant, Teaneck, 22.45; 3. Tony Yamasaki, Englewood, 22.80; 4. Ian Sample, Westwood, 22.91; 5. Ofori Koram, Ridgeland Park, 23.00; 6. Ron Lugashi, Tenafly, 23.10.

400 — 1. Gary Gagliardi, Hasbrouck Heights, 49.56; 2. Ron Lugashi, Tenafly, 50.00; 3. Eric Schneider, Dumont, 50.45; 4. Randy Clarke, Hackensack, 51.2; 5. Samson Onumonu, Teaneck, 51.10; 6. Ariel Acosta, Bergenfield, 51.11.

800 — 1. Josh Kauke, Ridgewood, 1:50.39; 2. A.J. Franchini, Don Bosco Prep, 1:57.40; 3. Ken Sinkovitz, Bergen Catholic, 1:59.03; 4. John Van Goor, Midland Park, 1:59.69; 5. Marquise Singletary, Hackensack, 1:59.70; 6. Josh Wood, Ramapo, 2:01.88.

1,600 — 1. Matt Collins, Ramsey, 4:25.55; 2. Maurice Singletary, Hackensack, 4:26.74; 3. Josh Robinson, River Dell, 4:27.78; 4. Ryan Miller, Bergen Catholic, 4:31.51; 5. Mike Rogers, Garfield, 4:32.57; 6. John Daula, Don Bosco Prep, 4:34.36.

3,200 — 1. Cole Dailey, Rutherford, 9:34.09; 2. Owen Bourgholtzer, Mahwah, 9:38.64; 3. Frank Browne, Hackensack, 9:46.84; 4. Peter Gerboth, Don Bosco Prep, 9:50.53; 5. Andrew Lovrich, Ramsey, 10:01.96; 6. Pete Tavis, River Dell, 10:04.65.

110 HH — 1. Ayo Oluwole, St. Joseph, 14.93; 2. Aaron Richardson, Hackensack, 15.08; 3. Rishi Prabhu, Glen Rock, 15.13; 4. Mike Panos, Bergen Catholic, 15.67; 5. Jared Aprhamian, Don Bosco Prep, 15.76; 6. Brent Hobbs, Don Bosco Prep, 15.82.

400 IH — 1. Brian Burns, River Dell, 54.51; 2. John Sylvain, Hackensack, 55.14; 3. Mike Panos, Bergen Catholic, 56.61; 4. Brian Rodak, Ramsey, 56.76; 5. Jason Tuber, Park Ridge, 56.82; 6. Robert Robles, Paramus Catholic, 57.55.

Shot put — 1. Matt Elkas, Ramsey, 57-9½; 2. Marty Moskvich, Fair Lawn, 55-2¼; 3. Matt Bushta, Indian Hills, 53-2; 4. Frank Kozibroda, Wood-Ridge, 52-7¼; 5. Kosta Psonis, Fort Lee, 52-4¾; 6. Jack Kropilak, Hackensack, 51-6¾.

Discus — 1. Matt Elkas, Ramsey, 162-8; 2. Charles Yalovitser, North Arlington, 158-1; 3. Julio Baromet, St. Joseph, 153-9; 4. Steve McGovern, Dumont, 146-1; 5. Luis Castillo, Garfield, 145-6; 6. Marty Moskvich, Fair Lawn, 142-0.

Javelin — 1. Ian Sample, Westwood, 189-11; 2. Steve Bay, Dumont, 184-1; 3. John Grubb, Ridgewood, 183-4; 4. Will Arroyo,

Ridgefield Park, 177-0; 5. Edan Peleg, Hackensack, 176-1; 6. Miles Austin, Garfield, 170-8.

High Jump — 1. Ayo Oluwole, St. Joseph, 6-4; 2. Brent Hobbs, Don Bosco Prep, 6-3; 3. Cassiel Smith, Westwood, 6-2; 4. Trevor O'Grady, Wood-Ridge, 5-10; 5. Bernard Mann, Ridgewood, 5-10; 5. Steven Lalite, NV/Demarest, 5-10; 5. Trevoy Chambers, Don Bosco Prep, 5-10.

Long Jump — 1. Pat McManus, St. Joseph, 22-9½; 2. John Augustynowycz, Rutherford, 21-5; 3. Chris O'Reilly, Paramus Catholic, 21-3; 4. Alvin Elliott, Teaneck, 20-8½; 5. Brent Hobbs, Don Bosco Prep, 20-8; 6. Aaron Richardson, Hackensack, 20-7½.

Triple Jump — 1. John Augustynowycz, Rutherford, 45-6; 2. Chris Charles, Park Ridge, 44-7¾; 3. Anthony Toscano, St. Joseph, 43-5¾; 4. Edwin Dove, Westwood, 42-6½; 5. Jeff Sejour, Don Bosco Prep, 42-2¾; 6. Rowan Clarke, Teaneck, 42-0.

Pole Vault — 1. Dan Cooper, Ridgewood, 14-7; 2. Keith Blisig, Cresskill, 12-6; 3. Chris Porto, Ridgeland Park, 12-6; 4. Owen Pope, Hackensack, 12-0; 5. Emanuel Ayvas, Wood-Ridge, 12-0; 6. Mark Peros, Saddle Brook, 12-0.

4 X 400 — 1. Ridgewood (Andrew Dolgin, Dan Cooper, Steve Pawlowski, Josh Kauke), 3:23.43; 2. Paramus Catholic, 3:27.78; 3. Englewood, 3:28.50; 4. Fort Lee, 3:28.90; 5. Fair Lawn, 3:29.75.

GIRLS

100 — 1. Anike Orimogunle, Queen of Peace, 12.46; 2. Courtney Cubicciotti, Immaculate Heart, 12.65; 3. Nicole Parkinson, Bergen Tech, 12.97; 4. Melissa Koberle, Rutherford, 13.27; 5. Christine Wentzler, NV/Old Tappan, 13.41; 6. Shoshanah Haricha, New Milford, 13.47.

200 — 1. Anike Orimogunle, Queen of Peace, 25.33; 2. Courtney Cubicciotti, Immaculate Heart, 25.85; 3. Nicole Parkinson, Bergen Tech, 27.03; 4. Chris Yzaquirre, Paramus Catholic, 27.06; 5. Jaclyn Barlietto, Paramus, 27.07; 6. Thatcha Dacosta, Englewood, 27.17.

400 — 1. Chris Siebold, NV/Demarest, 58.99; 2. Emily Drew, Westwood, 59.70; 3. Ebony Ramos, Hackensack, 1:00.12; 4. Caitlin Sherry, River Dell, 1:01.22; 5. Eileen Farrell, Ridgewood, 1:01.61; 6. Heather Nicoletti, Hasbrouck Heights, 1:02.39.

800 — 1. Erin Henry, Glen Rock, 2:18.69; 2. Jennifer Zucaro, Ridgewood, 2:19.30; 3. Shauna Koenig, Hackensack, 2:19.33; 4. Amy Giacobone, Immaculate Heart, 2:20.14; 5. Nicole Stinson, Westwood, 2:20.81; 6. Caitlin Smyth, Immaculate Heart, 2:22.80.

1,600 — 1. Clair Nowakowski, Ridgewood, 5:14.57; 2. Briana Bayersdorfer, River Dell, 5:21.26; 3. Amanda Crawford, Pascack Valley, 5:25.64; 4. Danielle Patoir, Glen Rock, 5:26.02;

5. Cheryl Trovato, Holy Angels, 5:26.06; 6. Jill Rabadan, Westwood, 5:27.11.

3,200 — 1. Melissa Conway, Ramsey, 11:13.29; 2. Beth Androski, Hackensack, 11:20.69; 3. Kelly Behan, Ridgewood, 11:25.60; 4. Stephanie Davis, NV/Old Tappan, 11:33.85; 5. Beth Vesey, Ramsey, 11:41.04; 6. Jen Myers, Ramapo, 12:03.18.

100 HH — 1. Jamie Lillen, Pascack Valley, 14.65; 2. Jill Turner, Pascack Hills, 15.37; 3. Dana Blom, Mahwah, 15.81; 4. Justine Diana, Saddle Brook, 15.85; 5. Angela Tulicci, Indian Hills, 16.08; 6. Emily Lampariello, NV/Old Tappan, 17.00.

400 IH — 1. Chris Siebold, NV/Demarest, 1:04.49; 2. Tara Connelly, Pascack Valley, 1:06.10; 3. Katherine Zucaro, Ridgewood, 1:06.77; 4. Shana Don, Fort Lee, 1:07.17; 5. Marianne Toniolo, NV/Old Tappan, 1:08.78; 6. Caroline Hockmeyer, Ramsey, 1:09.27.

Shot put — 1. Maritsa Christoudias, Ramsey, 40-2¼; 2. Jessica Fazekas, NV/Demarest, 39-7½; 3. Sheena Schuler, Hasbrouck Heights, 39-2; 4. Kristy Potts, Ridgeland Park, 37-7; 5. Renee Wilson, Hasbrouck Heights, 37-6¼; 6. Lila Lee, NV/Demarest, 36-7¾.

Discus — 1. Monique Mighty, Hackensack, 124-10; 2. Maritsa Christoudias, Ramsey, 120-7; 3. Jessica Fazekas, NV/Demarest, 118-4; 4. Kristine Josef, Paramus Catholic, 110-10; 5. Renee Wilson, Hasbrouck Heights, 110-4; 6. Jen Holme, Holy Angels, 106-6.

Javelin — 1. Jen Austin, Garfield, 148-10; 2. Maritsa Christoudias, Ramsey, 117-7; 3. Chris Labocki, Garfield, 111-5; 4. Lindsey Reggo, Ridgeland Park, 110-9; 5. Kristy Potts, Ridgeland Park, 109-8; 6. Nikki Sample, Westwood, 107-3.

High Jump — 1. Jamie Lillen, Pascack Valley, 5-4; 2. Dara Jemmott, Teaneck, 5-1; 3. Kristi Lambrinides, Waldwick, 5-0; 4. Mary Grace Cahill, Rutherford, 4-10; 4. Jill Turner, Pascack Hills, 4-10; 6. Erin Piscetta, River Dell, 4-10; 6. Dana Nguyen, Paramus Catholic, 4-10.

Long Jump — 1. Thatcha Dacosta, Englewood, 16-11; 2. Jamie Lillen, Pascack Valley, 16-10¼; 3. Courtney Cubicciotti, Immaculate Heart, 16-3¾; 4. Emily Drew, Westwood, 15-9½; 5. Kristine Deer, Westwood, 15-9; 6. Shenee Clarke, Ridgeland Park, 15-4¼.

Triple Jump — 1. Shenee Clarke, Ridgeland Park, 35-4½; 2. Dara Jemmott, Teaneck, 34-4½; 3. Angela Talucci, Indian Hills, 34-3; 4. Chrissy Procopio, Indian Hills, 34-0; 5. Jen Austin, Garfield, 33-10½; 6. Jenn Rienzi, Rutherford, 33-7¾.

Pole Vault — 1. Kristen LaGreca, Mahwah, 8-6; 2. Debbie Silva, Bergenfield, 8-0; 3. Meredith Harris, Ridgewood, 8-0.

4 X 400 — 1. Ridgewood (Leslie Bruno, Eileen Farrell, Jen Zucaro, Katherine Zucaro), 4:04.40; 2. Westwood, 4:05.43; 3. NV/Old Tappan, 4:08.10; 4. Hackensack, 4:10.88; 5. Immaculate Heart, 4:11.47; 6. Pascack Valley, 4:12.90.

- 200: **4th** - Harris 27.5. -DelPapa 29.7. - Scott 31.3. - Chiles 32.1. - Tobin 32.9.
 - Nestor 32.9. - Kim 33.6
- 400: - Bigos 75.4. - Wardell 79.8. - Swan 80.8.
- 800: - Lillis 2:45.7 - M.Behan 2:54.7. - Herlihy 2:58.8.
- 1600: **2nd** - Lynch 5:41.6. **3rd** - Oros 5:51.6. - Foresman 6:05.1. - Canzani 6:18.2.
- 3200: **2nd** - Lynch 12:33.8. **4th** - Oros 13:12.9.
- 100H: - Chiles 18.9(t), 19.5(s).
- Pole Vault: **1st** - Harris 7'9"
- 4X400: **5th** - 4:35.2 - (DelPapa 68.8, Lillis 68.5, Canzani 76.1, Harris 61.8)

We were 4th in the team score behind Passaic County Tech, IHA, and Teaneck. Peggy and Alexandra won medals in the distances. Julia had a very nice PR in the 1600. Meridith continues her exploits in the Pole Vault. The teams 4th place is a big improvement from our Frosh placement last year. Our sophomores had a great year of track and field.

Sophomore sectionals

At Winton White Stadium, Englewood
GIRLS TEAM SCORING

Rutherford 83, Lyndhurst 57, Englewood 48, Bogota 46, Cresskill 44, Saddle Brook 39, Ridgefield 33, Paterson Catholic, Mahwah and Wood-Ridge 20, Leonia 19, Palisades Park 17, Sussex Tech 15, Ridgefield Park 8, Pascack Hills 5, Park Ridge and Eastern Christian 1.

100 — 1, Alisha Byrd, Paterson Catholic, 13.0.
200 — 1, Alisha Byrd, Paterson Catholic, 26.8.
400 — 1, Jessica Stoveken, Lyndhurst, 1:04.6.
800 — 1, Yasmina Dunson, Englewood, 2:34.6.
1,600 — 1, Yasmina Dunson, Englewood, 5:51.4.
3,200 — 1, Katy Botsford, Cresskill, 13:05.5.
100 HH — 1, Jen Leahy, Cresskill, 18.4.
400 IH — 1, Jen Leahy, Cresskill, 1:08.3.
Shot put — 1, Aly Hilscher, Sussex Tech, 33-2.
Discus — 1, Nadia Martin, Wood-Ridge, 91-3.
Javelin — 1, Ellen Rienzi, Rutherford, 75-1.
High Jump — 1, Mary Grace Cahill, Rutherford, 5-0.
Long Jump — 1, Jen Barthelemy, Bogota, 15-11½.
Triple Jump — 1, Jen Barthelemy, Bogota, 33-1¾.
Pole vault — 1, Kirsten LaGreca, Mahwah, 9-0.
1,600 relay — 1, Lyndhurst (Stoveken, Iser, Kritsky, Hansen), 4:43.6.

TRACK

Group 3-4 Soph Sectionals

At Winton White Stadium, Englewood
GIRLS TEAM SCORES

Passaic Tech 69, IHA 47½, Teaneck 44, Ridgewood 40, Indian Hills 38, Garfield 35, Fair Lawn 28, Vernon and St. Dominic Academy 24, Hackensack 21, Bayonne 19½, Kennedy 16, Holy Angels 15, Pascack Valley 14, NV/Demarest 13, West Milford 11, River Dell 10, Bergen Tech 8, Paramus 7, Ramapo 1.

100 — Tawana Watkins, Kennedy, 12.3.
200 — Andrea Herbert, Passaic Tech, 26.0.
400 — Nadia Feinster, Teaneck, 1:04.7.
800 — Tal Wilkins, St. Dominic Academy, 2:26.9.
1,600 — Cheryl Trovato, Holy Angels, 5:33.2.
3,200 — Daphne Aronovits, Fair Lawn, 12:08.6.
100 HH — Julie Burrell, Hackensack, 16.7.
400 IH — Andrea Herbert, Passaic Tech, 1:07.8.
Shot put — Jenn Verhoof, River Dell, 28-8.
Discus — Agnes Kotwica, Garfield, 89-11.
Javelin — Joanna Boranski, Bayonne, 98-11.
High Jump — Crissy Procopio, Indian Hills, 4-8.
Long Jump — Andrea Herbert, Passaic Tech, 16-10.
Triple Jump — Andrea Herbert, Passaic Tech, 33-11.
Pole vault — Meredith Harris, Ridgewood, 7-9.
1,600 relay — IHA (Christine McEvoy, Lauren Pfisterer, Tammy White, Shannon Reece), 4:18.8.

STATE GROUP 4 CHAMPS**EGG HARBOR TOWNSHIP HS****JUNE 1&2, 2000**

Friday:

Shot: 12th - Kristina Swhwehm 34'9" PR

Saturday:

1600: 8th - Clair Nowakowski 5:13.16 PR (71.8,80.7, 82.6, 78.1)
15th - Kelly Behan 5:26.65 (76.5, 83.3, 85, 82)800: 11th - Jennifer Zucaro 2:21.99 (69,72)4X400: 15th - 4:12.54 (Bruno 28.0,63.7. Farrell 29.8,63.1. Jzucaro 29.2,63.7. Kzucaro 28.2,61.8)

Our participation in this meet was limited by the prom and injury (Trish). Our non prom performers set PR's but were in very high level competition and did not score. Clair's race went out in 68 requiring her to run a much too quick first 400. Kristina did a nice job of getting a PR in conditions that sometimes intimidate people. Jennifer looked heavy legged in her warm up strides and the relay fell victim to "prom legs" and ran their slowest time of the season. A long two days at Egg Harbor Township High School.

NJ STATE MEET OF CHAMPS**Wednesday June 7th, 2000**Pole Vault: 8th Tie: - Meridith Harris 8' 6".Ridgewood's first Pole Vaulter had a great season ending up 8th in New Jersey!**NATIONAL SCHOLASTIC OUTDOOR CHAMPIONSHIP****FRI & SAT 16TH & 17TH, 2000**

Friday - late

4X800: 9:43.14 (13/20) (J.Zucaro 2:25.7, Farrell 2:27.4, Behan 2:28.7, Nowakowski 2:21.1)

Saturday - late

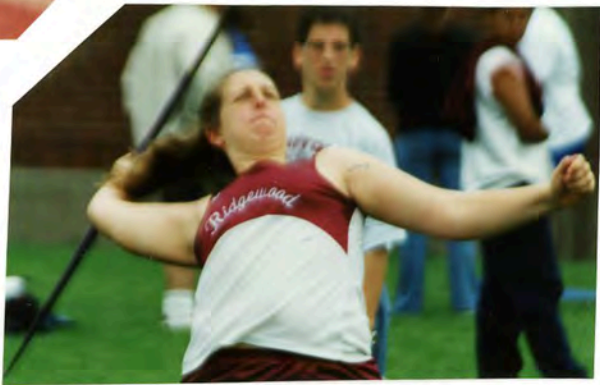
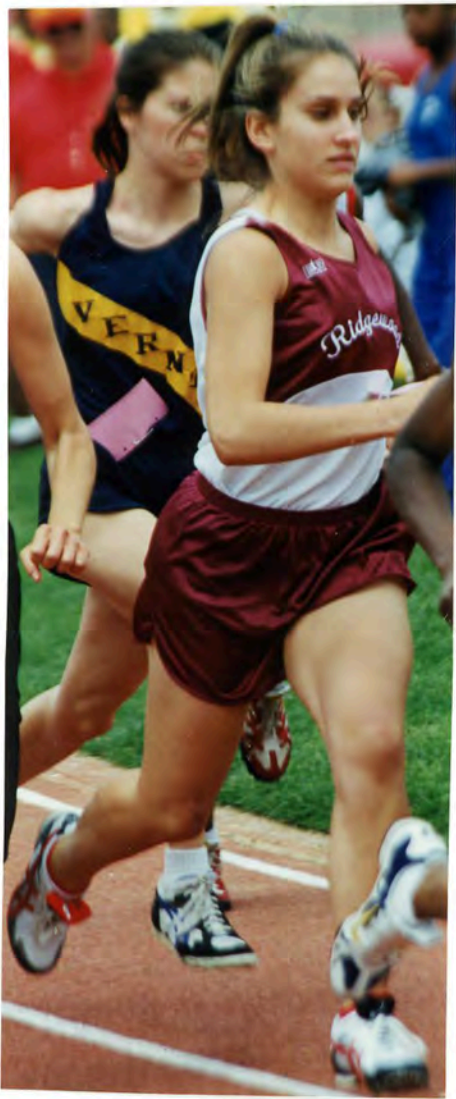
4X400: 4:06.38 (17/18) (Bruno 62.7, Farrell 61.4, J.Zucaro 62.9, K.Zucaro 60.1)

Distance Med: 12:38.1 (10/13) (Behan 3:53.4, K.Zucaro 62.0, J.Zucaro 2:30.0, Nowakowski 5:16)
It was hot and humid. Clair & Kelly had their shoes stolen. There was very little rest for the DM. But we equaled or bettered our entry positions, Clair had a PR in the 800 and we learned a few things about national competition.

TRACK & FIELD
2000

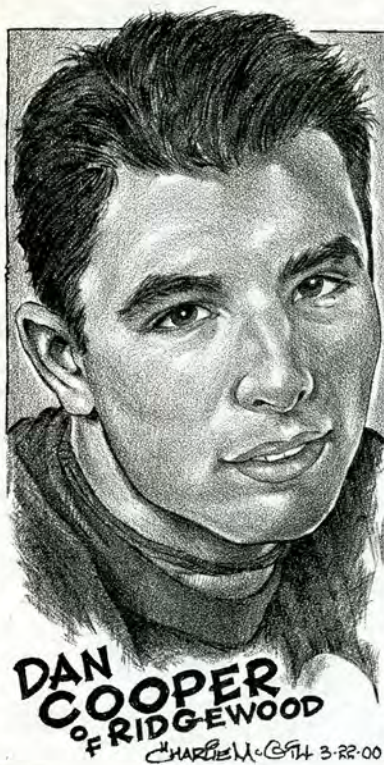


PHOTOS BY JACOB BROWN



ATHLETE OF THE WEEK

Extra practice makes perfect



DAN COOPER
OF RIDGEWOOD
CHARLES McGRATH 3-22-00

By **RON FOX**
Staff Writer

Track practice at Ridgewood may be over, but not everyone leaves for home. "We stay another two hours," Bergen County pole vault record holder Dan Cooper said about his ring of fellow enthusiasts who can't pull themselves away from the vault pit. "We have a boom box going and we keep jumping. We love it. And if it gets too dark to jump, we go inside and drag the mats behind us."

It's fun, but also beneficial. Cooper set the record March 12 with a 14-foot 3/4-inch vault while finishing fifth in the National Scholastic Track and Field Championships at New York's Armory Track and Field Center.

Track could have been a major part of Cooper's life earlier, considering his father, Don, is a longtime track coach. "I almost didn't do track at all because it really didn't appeal to me," the 5-foot-11, 168-pound senior says. "I'd run the mile in the fifth-grade Olympics, but that was it. I played freshman football and freshman basketball. When I decided to give track a try, I still didn't see myself doing it when I got older."

By spring of that year, the novice cleared 10 feet and won the Bergen County freshman championship. "I could run pretty fast and I had decent strength, so I figured I could vault."

Cooper credits the people he met that year for his quick transition. That includes older teammate Dave Warton, who is now at Taylor University in Indiana. "There were a lot of good jumpers and working with them and watching them helped me jump better," The Record's Athlete of the Week said. "I jumped with Dave my freshman and sophomore years and he's my best friend to this day. I even started going to his church [Grace Church in Ridgewood]."

Cooper will continue vaulting in college, most likely at his first choice, the University of Maryland. He's also an able sprinter. On March 10 in the same national meet, he ran a 22.9-second opening 200-meter leg of the relay. He, Josh Kauke, Chris

SPORT: TRACK

EVENT: Pole vault CLASS: Senior AGE: 19

LATEST ACCOMPLISHMENT

Cooper set the Bergen County record with a 14-foot 3/4-inch clearing to finish fifth in the National Scholastic Track and Field Championships in New York on March 12.

BACKGROUND

Through freshman year, Cooper played basketball during the winter. He also is a star running back in football and scored a pair of touchdowns in Ridgewood's playoff loss to Teaneck. Two days before his honor week began, Cooper was part of the seventh-place relay team in the same meet.

QUOTE

On trying the pole vault: "I have a flair for doing nutsy stuff, and it looked interesting — run hard, bend a pole, and fling myself in the air."

DiPasquale, and Andrew Dolgin ran 3 minutes 31.10 seconds — the third fastest time in New Jersey history — to finish seventh. The State record is 3:30.30. The foursome was ninth in the national outdoors last spring in North Carolina.

Ridgewood had no pole vault coach until Cooper's father, Don, resigned as head coach at North Arlington High School and signed on as an assistant under Mike Mullin this season. That made the season even more special.

"My dad's been coaching me anyway," the vaulter said with a laugh, saying their union on the track has gone smoothly. "He doesn't get frustrated and quit on me and that's important because I'm a pretty hard kid to coach."

Cooper figures he might major in education, since his mother, Sharon, is a third-grade teacher and his father a physical education instructor.

Graphics art/design is another possibility. "I've done the whole graphics program in school; there are no more classes left," he said. "I might study Web site design. It's a lucrative field and it's new."

On the side, he designs T-shirts, some bearing the name of Ridgewood's upcoming football opponent, which the players wear under their shoulder pads.

ATHLETE OF THE WEEK

Speed is name of his game

By **JIM DRISCOLL**
Staff Writer

His first name, Josh, is easy enough. Then it gets a little complicated, especially for the announcers on TV.

It's Kauke, guys, as in *COW-key*. "There's always a problem with my name," says Ridgewood's Josh Kauke, The Record's Athlete of the Week. "People can't seem to pronounce it. Generally, they've been pretty good about typing it, but I've heard a million-and-a-half pronunciations. So I generally respond to anything close to it."

The best mispronunciation he's ever heard? "Wood." That's what how the startled announcers referred to Kauke as last spring when he won the 800-meter dash at the State Meet of Champions. "It came out of nowhere," Kauke says. "I guess 'Wood' was short for Ridgewood."

Kauke went on to make a name for himself by winning the 800 at the indoor State Meet of Champions this winter, and Saturday he ran a personal best 1:52.21 to win the 800 at the Bernards Invitational. "Nobody knew his name, nobody could pronounce his name when he won that [first] State Meet of Champions," says Ridgewood track coach Mike Mullin. "But this is a kid who is one of the top track

athletes in the country, at least as far as middle distances go."

Two years ago, Mullin had no idea he would ever be saying that. From first grade through his freshman year, Kauke's sport was soccer. Then, as a sophomore, he started running winter track, and one day in the spring of his junior year, Kauke arrived as a star.

That day at the Northern New Jersey Interscholastic League championship meet, Kauke was again facing his nemesis, Hackensack's Thomas Baldwin. Kauke had just lost to Baldwin in the mile, and was now some 40 meters behind Baldwin with 300 meters to go in the 800. This, it turns out, would be the turning point in Kauke's career.

"Something inside me just snapped and I took off," said Kauke, who caught and beat Baldwin — for the first time — by a half-step.

Baldwin, of course, vowed to get Kauke two weeks later at the Bergen County Group 4 meet. Kauke was up to the challenge, and didn't run the mile beforehand, allowing himself to run the 800 fresh for the first time. "And this time I didn't let him get 40 meters on me," he says.

"I still remember that race," says Mullin. "That's the first time we really saw the true potential. That proved he was going to be great."

Kauke crossed the finish line in first place, with a 1:53 — a personal best by an astonishing four seconds. "You could here a buzz in the stands," recalls Mullin. "Everyone was in disbelief. A 1:53 is something special. As soon as you saw the kid run it, you knew this kid was not just another high school runner, this kid is a true college runner, and beyond that, who knows."

Runners-up for the Athlete of the Week are: **Chris Charles** of Park Ridge, **Brian Rodak** of Ramsey, **Alex Verallo** of Midland Park, **Thatcha Dacosta** of Englewood, **Miles Austin** of Garfield, and **Christine Yzaguirre** of Paramus Catholic for track; **Harold Sofield** of Cliffside Park, **Matt Luethke** of Northern Valley at Demarest, **Don Fanelli** of River Dell, **Joe Reid** of St. Mary's, and **Dennis Baylis** of Palisades Park for baseball; **Marianna DeMonaco** of Park Ridge and **Stacie Zafirris** of Palisades Park for softball, and **Leroy Robinson** of Hackensack for volleyball.



JOSH KAUKE
OF RIDGEWOOD
CHARLES McGRATH 5-10-00

SPORT: TRACK

EVENTS: Middle distance. CLASS: senior AGE: 18

LATEST ACCOMPLISHMENT

Kauke won the 800 meters at Saturday's Bernards Invitational in 1:52.21. He also also anchored the winning 1,600 relay quartet with a 49.5 split.

BACKGROUND

Kauke, who turns 18 today, played soccer before turning to track. He led the Ridgewood freshman soccer team in goals and made the varsity as a sophomore.

QUOTE

"I wouldn't be where I am today without coach [Mike] Mullin and coach [Mike] Glynn," Kauke says. "They've been priceless in helping me out. I owe a lot to them."

RIDGEWOOD HIGH SCHOOL
4 X 400 Meter Relay

ALL TIME TOP TEN

3:54.29	6/8/88	Lynn Degelmann-61.4, Kerri Reilly-58.1, Lynne Collazo-58.3, Ginny Figlar-56.3
3:55.4	5/31/88	Deglemann-60.4, Collazo-59.4, Reilly-59.5, Figlar-56.1
3:58.8	6/4/84	Liz Ross, Jeanne McGuire, Marci Capitani, Margaret Scutro
3:59.3	4/26/84	Ross-60.6, McGuire-61.1, Scutro-58.4, Capitani-59.1
3:59.7	5/29/85	??
3:59.9	4/6/88	Degelmann-64.9, Reilly-58.9, Collazo-59.5, Figlar-56.6
4:00.15	6/11/85	Lynn Degelmann-59., Ginny Figlar-59., Lisa Waters-61.1, Jeanne McGuire-60.
4:00.1	4/25/85	Ross-59.6, Waters-61.9, McGuire-59.8, Capatani-58.8
4:00.3	6/5/85	McGuire-61.6, Degelman-60.8, Ross-59.9, Capatini-58.0
4:01.3	2000	
4:01.4	6/4/83	Capitani, Scutro, Mary Ellen Mileski, Patti Mileski

Top 10 by yearly best time:

3:54.29	1988
3:58.8	1984
3:59.7	1985
4:01.4	1983
4:02.0	1993
4:02.8	1989
4:05.2	1986
4:05.6	1998
4:05.63	1999
4:07.2	1992

4:01.3 →

sports

THE VILLAGE GAZETTE

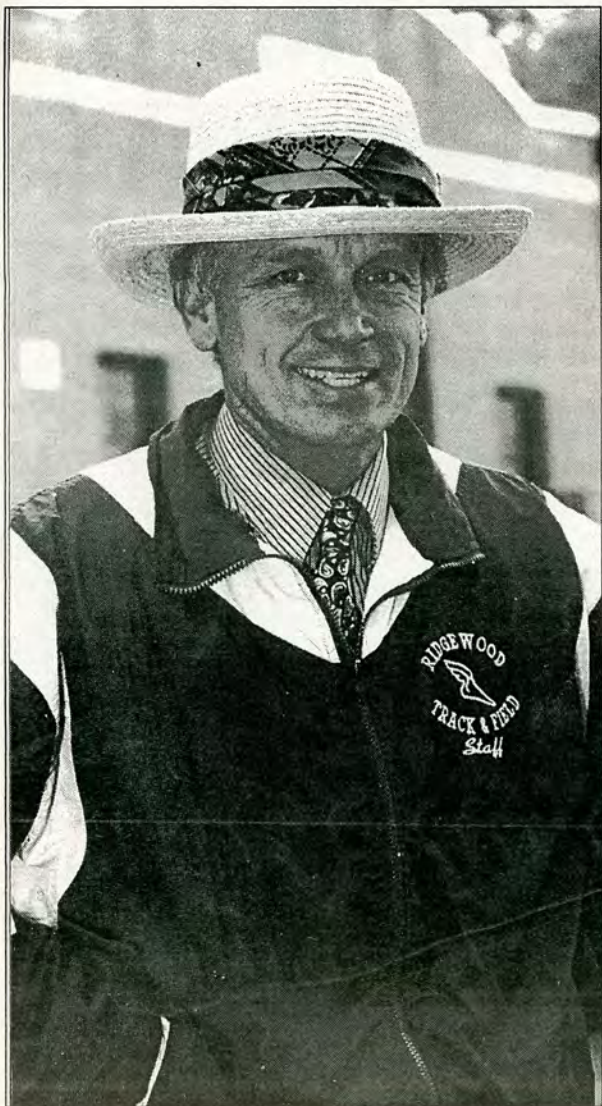


Photo by W. L. Bill Allen, Jr.

TIME FLIES WHEN YOU'RE HAVING FUN-- Jacob Brown has guided the Ridgewood girls track and field contingent for 29 years.

Lady Maroons

continued from page 1

while Hackensack was second with 107 and Ridgewood was a disappointing third with 92, followed by Eastside with 49, Kennedy with 40, Clifton and Bloomfield with 12 each and Barringer with five.

Those results, combined with Passaic's 7-0 mark in dual meets, Ridgewood's 6-1 total and Hackensack's 4-2-1 record left Ridgewood and Hackensack tied for second place in the league's final standings behind Passaic.

"Last year, after we got whooped by Passaic and Hackensack in the league meet, I think I was more philosophical," recounts longtime Lady Maroons mentor Jacob Brown, adding, "This year I was just plain madder and that much more determined that we needed to go out and win the county title."

With Brown's emotions as part of their motivation, the Lady Maroons did, indeed, go out and corral the county crown.

RHS girls finished first in six of the 14 events at the Bergen battle, as Lady Maroons took home gold from the 4 X 400-meter relay, the 800, the javelin, the long jump, the 1600-meter run and the shot put.

Combining to win the 4X4 with a time of 4:12.1 were sophomore Liana Del Papa, senior Lesley Bruno, junior Jennifer Zucaro and senior Eileen Farrell.

Zucaro also won the 800, with a time of 2:23.3, and finished fourth in the 400-meter intermediate hurdles, with a 1:11.2 effort, while Farrell took second in the 400 (1:01.3) and Bruno finished fourth in the open 400 at 1:01.2.

Senior Jess Gregg won the javelin, with a 91-foot, 10-inch effort, took fourth in the 100-meter hurdles at :17.5 and also finished sixth in the high jump by clearing 4-feet, six-inches.

Winning the long jump was Alisa Vetter with a personal best leap of 16-feet, four-inches, while senior Kelly Behan finished first in the 1600 (5:28.5) and third in the 3200, with a personal best time of 11:22.8.

Kristina Schwelm earned gold in the shot, with a put of 34-feet, two-inches; she also finished second in the discus, with a toss of 94-feet, five-inches, and fifth in the javelin, with a hurl of 82-feet, eight-inches.

Taking second place in the 3200 was sophomore Clair Nowakowski, with fellow 10th-grader Peggy Lynch taking second in the 1600 at 5:37.7 and junior Katherine Zucaro taking second in the 400 hurdles (1:07.7), third in the open 400 (1:02.1) and fourth in the 200-meter dash with a time of :27.8.

Senior Taylor Dunn was third in the 1600 (5:40.1), while junior Eileen Meli took third in the long jump (15-6.5) and fifth in the triple jump (30-8.25) and ninth-grader Trisha McGowan took third in the high jump (4-8), fifth in the 200 (:27.9) and sixth in the triple jump (30-7).

Others who garnered points for Ridgewood were Tara Masterson, a ninth-grader who took fourth in the discus (84-3), fellow frosh Corinne Hyslop, who was fourth in the high jump (4-8), and a quartet of fifth place finishers: senior Alyson Cangemi in the 3200 (11:57.8), senior Liz Strahle in the discus (83-3), senior Morgan Wiss in the 800 (2:30.5) and soph Meredith Harris in the 200 at :27.9.

"I can't tell you how proud I am of these kids," lauds Brown of his triumphant charges. "The conditions were just horrible for both days of the meet: really cold with heavy rains, but we have some tough kids that were very determined to go out and do their best."

Next up for the Ridgewood girls will be the NJSIAA North Jersey Section 1, Group 4 state championship meet, a two-day event which is slated to begin this afternoon, Friday, May 26, and then conclude tomorrow, Saturday, May 27, at Clifton Schools Stadium.



Jack Elwood

NICE SHADES!!



Jacob Brown or Prefontaine?

THE FANTASTIC FOUR:
our esteemed coaches



KATHERINE McDERMOTT

You Gotta
Love the
80s!



LYNNE COLLAZO

2000 SEASONAL BESTS

100 meters

13.3 Trish McGowan
13.4 Alisa Vetter
13.5 Meredith Harris
13.8 Eileen Melli
14.3 Liana DelPapa
14.4 Katie Norchi
14.5 Corinne Hyslop
14.7 Angela Mercer
15.4 Lauren Herscheit
15.7 Sandy Nestor
16.1 Maggie Kim
16.1 Tejas Srinivas

200 meters

27.5 Meredith Harris
27.7 Katherine Zucaro
27.9 Trish McGowan
28.2 Lesley Bruno
29.2 Alisa Vetter
29.7 Liana DelPapa
30.6 Kristin Espenak
30.8 Katie Norchi
31.0 Angelia Mercer
31.3 Rachael nelson
31.3 Pipa Scott
31.7 Evan Borgman
31.9 Lauren Herscheit
32.0 Jackie Macchi
32.1 Katie Chiles
32.2 Lauren Anderson
32.4 Julia Weist
32.9 Corinne Hyslop
32.9 Michelin Tobin
32.9 Sandy Nestor
33.6 Magie Kim
34.1 Srinivas
34.6 Michelle Potash
34.9 Sandy Nestor

400 meters

60.5 Eileen Farrell
60.8 Katherine Zucaro
61.8 Lesley Bruno
62.9 Clair Nowakowski
63.7 Jennifer Zucaro
66.0 Liana DelPapa
71.0 Jackie Macchi
71.3 Katie Norchi
71.3 Lauren Anderson
71.6 Angelia Mercer
75.4 Sarah Bigos
78.4 Devin Wardel
78.7 Michelle Potash
80.7 Shana Swan

400 meter relay splits

58.8 Katherine Zucaro
60.4 Jennifer Zucaro
60.7 Lesley Bruno
60.7 Eileen Farrell
61.7 Clair Nowakowski
61.8 Meredith Harris
65.7 Jackie Goulart
66.7 Kristin Espenak
68.4 Jackie Macchi
68.5 Lauren Lillis
68.7 Rachael Nelson
68.9 Morgan Wiss
70.2 Tara O'Neill
70.6 Angelia Mercer
71.6 Courtney O'Neill
71.9 Katie Norchi
74.8 Cassie Canzani
78.4 Devin Wardel
79.4 Kate McDonagh
79.6 Michelle Potash
80.4 Sarah Bigos

800 meters

2:19.2 Jennifer Zucaro
2:24.14 Eileen Farrell
2:27.4 (2:21.1r) Clair Nowakowski
2:27.7 Jackie Goulart
2:28.8 (2:27.7r) Morgan Wiss
2:28.7r Kelly Behan
2:35.6 Tara O'Neill
2:35.7r Peggy Lynch
2:41.4r Alexandra Oros
2:45.1 Lauren Lillis
2:45.1r Meg Behan
2:47.1r Jackie Macchi
2:48.7r Julia Foresman
2:49.3r Cassie Canzani
2:54.1 Jenna Rubinoff
2:54.1 Bridget Schultz
2:57.2 Rebecca Johnson
2:57.3r Colleen Herlihy
2:59.5r Kate McDonagh
3:04.5 Shana Swan
3:07.6 Devin Wardel
3:10.1 Sarah Bigos
3:10.5 Pipa Scott

1200 meter relay split

3:51.3 Kelly Behan
4:07.9 Taylor Dunn
4:22.5 Peggy Lynch
4:23.5 Alexandra Oros

1600 meters

5:13.16 Clair Nowakowski
5:24.5 Kelly Behan
5:32.2 Peggy Lynch
5:36.1 Taylor Dunn
5:41.8 (5:41.3r) Alyson Cangemi
5:43.7r Julia Brownell
5:50.4 (5:47.7r) Alexandra Oros
5:54.8 (5:51.3r) Cassie Canzani
6:02.2r Tara O'Neill
6:05.1 Julia Foresman
6:18.0 Kate McDonagh
6:21.3 Jackie Macchi
6:25.4 Jenna Rubinoff
6:30.3 Colleen Herlihy
6:38.5 Devin Wardel

3200 meters

11:22.2 Clair Nowakowski
11:22.8 Kelly Behan
11:49.0 Alyson Cangemi
12:10. Julia Brownell
12:24.9 Alexandra Oros
12:33.8 Peggy Lynch
13:34.4 Cassie Canzani
13:48.3 Kate McDonagh
13:51.7 Julia Foresman
14:06.7 Jenna Rubinoff
14:15.4 Colleen Herlihy

100 meter hurdles

17.45 Jess Gregg
18.2 Courtney O'Neill
18.5 Kristin Espenak
18.9 Katie Chiles
19.7 Evan Borgman
21.0 Keri Nussear
21.0 Corinne Hyslop
21.1 Trish McGowan
21.2 Megan Anderson
22.5 Jane Crocker

400 meter hurdles

66.77 Katherine Zucaro
69.5 Jennifer Zucaro
69.7 Lesley Bruno
80.7 Keri Nussear
80.9 Kristin Espenak
84.4 Jane Crocker
84.8 Evan Borgman
85.7 Katie Chiles

Long Jump

16' 4" Alisa Vetter
15' 6.5" Eileen Melli
14' 8" Meredith Harris
14' 5.5" Trish McGowan
12"10" Courtney O'Neill

Triple Jump

33' 1.5" Trish McGowan
32' 5" Meredith Harris
31' 5" Eileen Farrell
31' 3.5" Eileen Melli
25' 1.5" Courtney O'Neill

High Jump

5' Corinne Hyslop
4'10" Trish McGowan
4' 8" Jess Gregg
4' 8" Meg Anderson

Pole Vault

8' 6" Meredith Harris

Shot Put

34' 9" Kristina Schwehm
30" 5.25 Tara Masterson
29' 3.5" Liz Strahle
25' 11" Karen Bray
23' 7" Patti Polise
22' 5" Keri Nussear
22' Jill Grein
21' 8" Brittany Hemmel
21' 4" Jenny Madden
20' 7" Kristin Perrone
17' Nicole Tollin

Discus

97' 3" Kristina Schwehm
91' 6" Tara Masterson
90' 4" Liz Strahle
81' 9" Karen Bray
67' Jill Grein
65' 6" Patti Polise
65' 4" Jane Crocker
59' 6" Jenny Madden
59' Nicole Tollin
56' Brittany Hemmel
55' 3" Kristin Perrone

Javelin

92' Kristina Schwehm
91'10" Jess Gregg
80' 5" Karen Bray
68' 4" Keri Nussear
67' 7" Liz Strahle
63' 4" Brittany Hemmel
60' Patti Polise
59' 2" Tara masterson
52' 6" Jill Grein
50' 10" Jenny Madden
47' 7" Kristin Perron

RIDGEWOOD HIGH SCHOOL INDIVIDUAL GIRL'S TRACK AND FIELD RECORDS

EVENT	RECORD	PERFORMER	DATE	PLACE
100 meter dash	12.3	Jennifer McDermott	1989	Wayne Hills HS, NJ
200 meter dash	25.4	Jennifer McDermott	1988	Williamsport, PA
400 meter dash	56.1	Ginny Figlar	1988	Wayne Hills HS, NJ
800 meter run	2:10.9	Margaret Scutro	1985	Tenafly, NJ
1500 meter run	4:26.25	Margaret Scutro	1985	Uniondale, LI, NY
1600 meter run	4:46.4	Margaret Scutro	1985	South Plainfield, NJ
3000 meter run	9:58.15	Jenna Rogers	1994	Raleigh, NC
3200 meter run	10:33.9	Jenna Rogers	1994	Tenafly, NJ
100 meter hurdles	15.0	Sheryl van der Schyff	1988	Tenafly, NJ
400 meter hurdles	63.5	Lynne Collazo	1989	Ridgewood HS, NJ
Shot Put	38' 6 3/4"	Lisa Glidewell	1980	Tenafly, NJ
Javelin	128' 4"	Tammy Rayevich	1988	South Plainfield, NJ
Discus	123' 3"	Jess Sokolik	1997	Bernardsville HS, NJ
Triple Jump	39'10 1/2"i	Jennifer McDermott	1989	Annapolis, MD
High Jump	5' 9"	Becky Deetz	1975	Holmdale HS, NJ
Long Jump	19' 4"	Jennifer McDermott	1989	South Plainfield, NJ
Pole Vault	8' 6"	Meredith Harris	2000	South Brunswick, NJ
Heptathlon	4011	Renee Pavelski	1993	Spokane, WA
1 mile walk	9:49.3	Anja Kannengieser	1983	Hackensack, NJ
Marathon	3hr 32min	Klara Grape	1977	Shore Marathon

RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD RELAY RECORDS

EVENT	RECORD	PERFORMERS	DATE & PLACE
<u>TRACK RELAYS</u>			
4 X 100 meter relay	50.4	McGuire/Ross/Waters/Capitani	1985 Bernardsville, NJ
2 X 200 meter relay	1:46.9	McDermott/Reilly/Pollace/G.Figlar	1988 Randolph HS, NJ
4 X 400 meter relay	3:54.29	Degelmann/Reilly/Collazo/G.Figlar	1988 South Plainfield, NJ
4 X 800 meter relay	9:10.4	G.Figlar/Hughes/Hughes/Collazo	1988 Kearney HS, NJ
4 X 1 mile relay	20:34.4	Scutro/Pringle/M.Mileski/P.Mileski	1993 Bergen CC, Paramus NJ
Sprint Medley	4:10.5	Degelmann/Reilly/Figlar/Collazo	1987 Plainfield, NJ
Distance Medley	11:59.1i	Pringle/Scutro/M.Mileski/P.Mileski	1983 Jadwin, Princeton, NJ
4 X 100 meter hurdles	1:07.7	Law/Hoogland/Masterson/Klar	1997 Ridgewood, NJ
3 X 400 meter hurdles	3:22.3	Pavelski/Blaney/O'Connor	1993 Ridgewood, NJ
<u>3 PERSON FIELD RELAYS</u>			
Shot Put Relay 8#	106' 9 1/2"	Glidewell/Sauerman/Slawek	1979 Rutherford, NJ
Discus Relay	305' 2"	Glidewell/Miles/Sauerman	1980 New Milford HS, NJ
Javelin Relay	284' 1"	Blaney/Chang/Holcomb	1992 Tenafly, NJ
High Jump Relay	15' 7 1/2"	DuFlon/B.Granata/Deetz	1975 Monmouth College, NJ
Long Jump Relay	47' 1/2"	Porro/Smith/O'Rourke	1979 New Milford HS, NJ
Triple Jump Relay	102' 9"	Lamothe/Law/Melli	1999 Ridgewood, NJ
<u>2 PERSON FIELD RELAYS</u>			
Shot Put Relay 4kg	66' 3"i	Rayevich/Eldridge	1988 Jadwin, Princeton, NJ
Discus Relay	211' 2"	Rayevich/Eldridge	1988 Kearney, NJ
Javelin Relay	203' 7"	Lipson, Chang	1993 Ridgewood HS, NJ
High Jump Relay	10'	Richter/Roeske	1981 Paramus Catholic HS, NJ
Long Jump Relay	31' 9"	Wubell/McDermott	1988 Bergen CC, Paramus, NJ
Triple Jump Relay	69' 4 1/2"	Law/Lamothe	1999 Engelwood, NJ

RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD

ALL TIME TOP TEN

100 METER DASH

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

200 METER DASH

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

400 METER DASH

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

400 m. RELAY SPLITS

55.7	Ginny Figlar	1988
57.1	Lynne Collazo	1989
57.4	Melissa Gilbert	1993
58.0	Marci Capitani	1985
58.0	Margaret Scutro	1984
58.1	Kerri Reilly	1988
58.3	Jennifer McDermott	1989
58.8	Katherine Zucaro	2000
58.9	Mary Ellen Mileski	1983
59.1*	Kandie Latham	1974
59.5	Lynn Degelman	1985

800 METER RUN

2:10.9	Margaret Scutro	1985
2:12.1	Patti Mileski	1982
2:13.8	Lynn Collazo	1988
2:13.9	Mary Ellen Mileski	1983
2:17.0	Jean Hughes	1987
2:17.7*	Kandie Latham	1975
2:17.77	Liz Figlar	1990
2:17.8	Stephanie Doyle	1995
2:18.0	Norine D'Arcy	1987
2:18.13	Meg McDermott	1998
2:19.2	Beth Pringle	1982
2:19.2	Jennifer Zucaro	2000

1500 METER RUN

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

1600 METER RUN

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

3000 METER RUN

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

3200 METER RUN

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

100 METER HURDLES

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

400 METER HURDLES

63.5	Lynne Collazo	1989
63.7	Lynn Degelmann	1987
63.82	Liz Ross	1985
64.93	Renee Pavelski	1993
66.6	Jeanne McGuire	1985
66.77	Katherine Zucaro	2000
67.0	Claire Blaney	1993
67.1	Marli Klar	1995
67.1	Meg McDermott	1998
67.2	Amy Smith	1996
67.4	Christina Valez	1986
67.5	Lisa Waters	1984&85
67.8	Ana Law	1999

POLE VAULT

8' 6"	Meredith Harris	2000
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JAVELIN

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

DISCUS

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

SHOT PUT

38' 6 3/4"	Lisa Glidewell	1980
36' 8"i	Tammy Rayevich	1988
36' 2"	Shayna Brown	1997
35' 8 3/4"	Alfreda Eldridge	1989
34'10"	Jess Sokolik	1996
34' 9"	Kristina Schwehm	2000
33' 4"	Jessica Berg	1980
32' 7"	Janet Sauerma	1980
32' 6 1/2"i	Ellen Barkenbush	1986
31' 9 3/4"	Michele Wilson	1998
30'10 1/2"	Louise Pallone	1987
30' 5.25"	Tara Masterson	2000

HIGH JUMP

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

LONG JUMP

19' 4"	Jennifer McDermott	1989
17' 5"	Becky Deetz	1976
16'9 1/2"	Tonia Clarke	1995
16' 9"	Shannon McGarrigle	1992
16' 7"	Helena Lamothe	1999
16'6 1/2"	Racquel Mair	1989
16' 5"	Kathy Granata	1983
16' 4"	Alisa Vetter	2000
16'3 1/2"	Emilie Chang	1992
16' 3"	Jen Wrubel	1988
16' 3"	Marli Klar	1995
16'2 1/4"	Deecy Porro	1977

TRIPLE JUMP

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



ALL-BERGEN GIRLS WINTER TRACK

First team

55 — COURTNEY CUBICCIOTTI, IHA _____ Junior
 55 HH — JAMIE LILIEN, Pascack Valley _____ Senior
 300 — ANIKE ORIMOOGUNJE, Queen of Peace _____ Freshman
 400 — CHRIS SIEBOLD, NV/Demarest _____ Senior
 600 — SHAUNA KOENIG, Hackensack _____ Senior
 800 — NICOLE STINSON, Westwood _____ Senior
 1,000 — ERIN HENRY, Glen Rock _____ Sophomore
 1,600 — CLAIR NOWAKOWSKI, Ridgewood _____ Sophomore
 3,200 — BETH ANDROSKI, Hackensack _____ Senior
Shot put — KRISTY POTTS, Ridgfield Park _____ Senior
Shot put — RENEE WILSON, Hasbrouck Heights _____ Senior
High jump — JAMIE LILIEN, Pascack Valley _____ Senior
Long jump — JAMIE LILIEN, Pascack Valley _____ Senior
Triple jump — EMILY LAMPARELLO, NV/Old Tappan Jr. _____ Sophomore
1,600 relay — RIDGEWOOD (Lesley Bruno, Sr.; Jen Zucaro, Jr.; Meredith Harris, Soph.; Katherine Zucaro, Jr.)
3,200 relay — RIDGEWOOD (Eileen Farrell, Sr.; Jen Zucaro, Jr.; Kelly Behan, Sr.; Clair Nowakowski, Soph.)

Second team

55 — ANIKE ORIMOOGUNJE, Queen of Peace _____ Junior
 55 HH — JUSTINE DIANA, Saddle Brook _____ Junior
 300 — COURTNEY CUBICCIOTTI, IHA _____ Junior
 400 — NINA NJOKU, Queen of Peace _____ Freshman
 600 — KATHERINE ZUCARO, Ridgewood _____ Junior
 800 — AMY GIACOBONE, IHA _____ Senior
 1,000 — EILEEN FARRELL, Ridgewood _____ Senior
 1,600 — HOLLY POTTS, Mahwah _____ Senior
 3,200 — CLAIR NOWAKOWSKI, Ridgewood _____ Sophomore
3,200 — KELLY BEHAN, Ridgewood _____ Senior
High jump — JILL TURNER, Pascack Hills _____ Junior
Long jump — COURTNEY CUBICCIOTTI, IHA _____ Junior
Triple jump — ANGELA TALUCCI, Indian Hills _____ Senior
1,600 relay — WESTWOOD (Nicole Stinson, Sr.; Samantha Corvino, Jr.; Kristine Deer, Fr.; Emily Drew, Sr.)
3,200 relay — WESTWOOD (Emily Drew, Sr.; Jill Rabadan, Jr.; Katie D'Aco, Soph.; Nicole Stinson, Sr.)

Third team

55 — DIANA LAWSON, Queen of Peace _____ Senior
 55 HH — JILL TURNER, Pascack Hills _____ Junior
 300 — EBONY RAMOS, Hackensack _____ Junior
 400 — CAITLIN SHERRY, River Dell _____ Junior
 600 — EMILY DREW, Westwood _____ Senior
 800 — JEN ZUCARO, Ridgewood _____ Junior
 1,000 — KATIE D'ACO, Westwood _____ Sophomore
 1,600 — BRIANA BAYERSDORFER, River Dell _____ Sophomore
Shot put — JESSICA FAZEKAS, NV/Demarest _____ Soph.
High jump — ERIN KELLY, Dumont _____ Senior
Long jump — JILL TURNER, Pascack Hills _____ Junior
Triple jump — RACHEL BRACH, Northern Highlands Sr. _____ Senior
1,600 relay — HACKENSACK (Ebony Ramos, Jr.; Shauna Koenig, Sr.; Tonya Smoke, Jr.; Stacey Mercadante, Soph.)
3,200 relay — IHA (Amy Giacobone, Sr.; Jenna Bellonzi, Jr.; Tamara White, Soph.; Erin Bortz, Jr.)

Honorable mention

55 (7.8) — Lynne Haywood, Dumont; Latasha Jackson, Garfield; Tonya Smoake, Hackensack; Heather Nicoletti, Hasbrouck Heights; Keeko Harris, Holy Angels; Shoshanah Haricha, New Milford; Chris Yzaguirre, Paramus Catholic; Jackie Kasen, Pascack Valley; Nina Njoku, Queen of Peace; Amanda Lavery, Ridgfield; Melissa Koberle, Rutherford; Charise Logan, Teaneck; Meri Silberstein, Tenafly.
 55 HH (8.4) — Lisa Corey, Dana DiPersia, Carlin Ponce de Leon, and Christine Siebold, NV/Demarest; Nicole Teel, Dumont; Shana Don, Fort Lee; Tonya Atkinson, Hackensack; Christie Della Fave, Hasbrouck Heights; Amelia Hart, IH; Emily Lempereiro, NV/Old Tappan.
 300 (45.5) — Thatcha DaCosta and Nicole Parkinson, Englewood; Tonya Smoake, Hackensack; Heather Nicoletti, Hasbrouck Heights; Ania Karolik, IHA; Carolyn Filandro, Indian Hills; Shoshanah Haricha, New Milford; Diana Lawson, Queen of Peace; Caitlin Sherry, River Dell; Charise Logan, Teaneck; Emily Drew, Westwood.
 400 (64.7) — Kenesha Brathwaite, Fair Lawn; Shana Don and Nadia Traylor, Fort Lee; Ebony Ramos, Hackensack; Keeko Harris and Julie Turner, Holy Angels; Carolyn Filandro, Indian Hills; Zoe Gavrilidis, NV/Old Tappan; Diana Lawson, Queen of Peace; Lesley Bruno; Meredith Harris and Katherine Zucaro, Ridgewood; Chris Yzaguirre, Paramus Catholic; Laura Nagy, Pascack Hills; Emily Drew, Westwood.

600 (1:49.8) — Nadia Traylor, Fort Lee; Dana Ash and Shannon Reese, IHA; Carolyn Filandro, Indian Hills; Kelly Cruise, Paramus; Jamie Lilien, Pascack Valley; Meri Silberstein, Tenafly.

800 (2:32) — Shahnaz Iqbal, Bergenfield; Karrie Lowry, Fair Lawn; Tamara White, IHA; Samantha Pollinger, Northern Highlands; Kelly Cruise, Paramus; Ava Scacchetti, Pascack Valley; Jackie Goulart, Ridgewood; Julia Emanuel and Meri Silberstein, Tenafly; Jill Rabadan, Westwood.

1,000 (3:23) — Yasmin Dunson, Englewood; Cheryl Trovato, Holy Angels; Amy Giacobone, and Tammy White, IHA; Holly Potts, Mahwah; Jerilyn Chico, Paramus; Ava Scacchetti, Pascack Valley; Elizabeth Weisholtz, Tenafly.

1,600 (5:38) — Shahnaz Iqbal, Bergenfield; Rachel Brownlee, Fair Lawn; Patty Martin, Hackensack; Stephanie Davis, NV/Old Tappan; Ava Scacchetti, Pascack Valley; Kelly Behan, Ridgewood; Katie D'aco, Westwood.

3,200 (12:30) — Melissa Hayes, Dumont; Daphne Aronovits, Fair Lawn; Maria Paukovich, Garfield; Patty Martin, Hackensack; Jenna Bellonzi, IHA; Holly Potts, Mahwah; Stephanie Davis, NV/Old Tappan; Jen Myers and Margaret Park, Ramapo; Briana Bayersdorfer, River Dell; Jill Rabadan, Westwood.

Shot put (32-6) — Lillian Easaw, Bergenfield; Jesse Jeffs, NV/Demarest; Pam Carabetta and Lynne Haywood, Dumont; Jen Austin, Garfield; Erin Wall, Hackensack; Sarah Drabick, Holy Angels; Alyssa Koob, New Milford; Kristan Malacrida, Paramus; Mary Brunetti, Saddle Brook.

High jump (4-8) — Karrie Lowry and Kymm Silversey, Fair Lawn; Anna Garcia and Precious Osborne, Garfield; Tonya Atkinson, Hackensack; Michelle Cary, Northern Highlands; Dana Nguyen and Jill Romero, Paramus Catholic.

Long jump (15-0) — Christine Siebold, NV/Demarest; Thatcha DaCosta, Englewood; Irma Katsnelson, Fair Lawn; Jen Austin, Garfield; Dana Ash and Lauren Pfisterer, IHA; Emily Lempereiro, NV/Old Tappan; Jackie Kasen, Pascack Valley; Miho Yoshioka, River Dell; Justine Diana, Saddle Brook; Meri Silberstein, Tenafly; Kristine Deer, Westwood.

Triple jump (31-0) — Irina Katsnelson, Fair Lawn; Tonya Atkinson, Hackensack; Linda Bahouta, Holy Angels; Lauren Pfisterer, IHA; Heather Leigh and Chrissy Procopio, Indian Hills; Sara Snyder, NV/Old Tappan; Meghan Judge, Paramus; Eileen Farrell and Meredith Harris, Ridgewood; Kristine Deer, Westwood.

1,600 relay — NV/Demarest, Englewood, Holy Angels, IHA, Paramus Catholic, Queen of Peace.

3,200 relay (10:50) — Bergenfield, NV/Demarest, Fair Lawn, Glen Rock, Tenafly.

ALL-PASSAIC GIRLS WINTER TRACK

First team

55 — TAWANA WATKINS, Kennedy _____ Sophomore
 55 HH — YOCASTA GARCIA, Passaic _____ Senior
 300 — YHOJUNIC VASSELL, Passaic Tech _____ Sophomore
 600 — SHANAE PRITCHETT, Passaic _____ Junior
 1,000 — SHONDELLE BRATHWAITE, Passaic _____ Senior
 1,500 — EDITH WERPACHOWSKA, Clifton _____ Senior
 3,000 — JESSE MIZZONA, Passaic Valley _____ Freshman
Shot put — SHAKIA WYCHE, Passaic _____ Sophomore
High jump — CORINNE REISER, West Milford _____ Senior
Long jump — KENNEISHA REID, Passaic Tech _____ Senior
Pole vault — LAUREN DUTCH, Clifton _____ Freshman
All-around — OTISHA MATHIS, Passaic _____ Senior
All-around — TEELIA LOWERY, Eastside _____ Senior
All-around — SONIYA JOHNSON, Passaic Tech _____ Soph.
1,600 relay — EASTSIDE (Latoya Swaby, Soph.; Kerry-Ann Thompson, Sr.; Sandra Bethea, Jr.; Kimishia HUGHES, Soph.)

Second team

55 — ALEXANDRA MEDRANO, Passaic _____ Junior
 55 HH — NASHIMA TANN, Passaic Tech _____ Junior
 300 — ALEXANDRA MEDRANO, Passaic _____ Junior
 600 — LATOYA SWABY, Eastside _____ Sophomore
 1,000 — KRYSTAL CORDERO, Passaic Valley _____ Sophomore
 1,500 — MELISSA JIMENEZ, Passaic _____ Sophomore
 3,000 — LAUREN NICHOLS, Clifton _____ Freshman
Shot put — LYNNE HAZELMAN, Wayne Valley _____ Junior
High jump — STEPHANIE GUICHARDO, Passaic Junior
Long jump — KERRY-ANN THOMPSON, Eastside Senior
1,600 relay — PASSAIC TECH

Honorable mention

Megan Kogit and Heather Siece, Clifton; Akia Anderson and Erica Jones, Eastside; Ashley Jacobs and Alteria McWilliams, Kennedy; Latrice Bunting and Alexandra Mondragon, Passaic; Rosalind Cerat and Marilynn Vasquez, Passaic Tech; Kelly Biliig and Giuliana Minervini, Passaic Valley; Danielle Adams and Jessica Wich, Pompton Lakes; Laura Conte and Deshae Dreher, Wayne Valley; Katie D'Elia and Caitlin Schopp, West Milford.

