

# BERGEN COUNTRY INDOOR TRACK CHAMPIONSHIPS

## at the Armory Track Center New York

### BOYS

**55** — 1, Dorian Bryant, Don Bosco, 6.5; 2, Charles Benson, Hackensack, 6.6; 3, Adrian Durant, Teaneck, 6.7; 4, Melvin Sampson, Hackensack, 6.8; 5, Danny Rodriguez, Cliffside Park, 6.8; 6, Keith Eloi, Englewood, 6.8.

**55 HH** — 1, Jared Aprahamian, Don Bosco, 7.8; 2, Vincent Tam, Hackensack, 7.9; 3, Rishi Prabhu, Glen Rock, 8.0; 4, Steve Gomez, Hackensack, 8.0; 5, Adrian Bilali, NV/Demarest, 8.4; 6, David Salla Della Cuna, Ridgely Park, 8.4.

**300** — 1, Ariel Acosta, Bergenfield, 35.8; 2, Dorian Bryant, Don Bosco Prep, 36.1; 3, Aaron Richardson, Hackensack, 36.3; 4, Tony Yamasaki, Englewood, 37.4; 5, Adam Herman, Fair Lawn, 37.5; 6, Junius Carter, Paramus Catholic, 37.9.

**400** — 1, Ariel Acosta, Bergenfield, 51.0; 2, Gary Gagliardi, Hasbrouck Heights, 52.3; 3, Sal Cataldo, Bergen Catholic, 52.7; 4, Steve Lewis, Teaneck, 52.8; 5, Chris Perez, Ridgewood, 53.3; 6, Tony Yamasaki, Englewood, 53.8.

**600** — 1, Brian Burns, River Dell, 1:23.4; 2, Randy Clarke, Hackensack, 1:26.9; 3, Ken Sinkovitz, Bergen Catholic, 1:27.5; 4, Brian Wood, Indian Hills, 1:28.0; 5, Steve Lewis, Teaneck, 1:28.3; 6, Kevin Barry, Don Bosco, 1:29.6.

**800** — 1, John Van Goor, Midland Park, 2:02.7; 2, Gary Gagliardi, Hasbrouck Heights, 2:03.6; 3, Kevin Hemmer, St. Joseph Regional, 2:04.9; 4, Robble McKoy, Don Bosco Prep, 2:05.5; 5, Mike Rogers, Garfield, 2:07.2; 6, Brett Koenig, Hackensack, 2:07.3.

**1,000** — 1, Marquise Singletary, Hackensack, 2:38.4; 2, A.J. Franchini, Don Bosco Prep, 2:39.2; 3, Ryan Miller, Bergen Catholic, 2:39.9; 4, Casey Madigan, St. Joseph Regional, 2:42.5; 6, Danilo Pereira, Fort Lee, 2:43.9; 6, Eric Hammerle, Westwood, 2:47.9.

**1,600** — 1, James Clifford, Don Bosco Prep, 4:30.2; 2, Maurice Singletary, Hackensack, 4:34.1; 3, Chris Reinert, Don Bosco Prep, 4:37.7; 4, Brad Gatens, Paramus, 4:39.2; 5, John Daula, Don Bosco Prep, 4:45.6; 6, Dario Cantatore, NV/Demarest, 4:47.8.

**3,200** — 1, Cole Dalley, Rutherford, 9:53.2; 2, Frank Browne, Hackensack, 9:57.3; 3, Dean Cantamesa,

Bergen Catholic, 10:17.1; 4, Mike Rogers, Garfield, 10:19.6; 5, Allen Connell, Ridgely Park, 10:19.8; 6, Justin Van Dyk, Rutherford, 10:20.0.

**Shot put** — 1, Martyn Moskovich, Fair Lawn, 49-8 $\frac{1}{2}$ ; 2, Kosta Psonis, Fort Lee, 47-1 $\frac{1}{4}$ ; 3, Stephan Bono, Northern Highlands, 46-6 $\frac{1}{2}$ ; 4, Nick Lewis, NV/Demarest, 46-5 $\frac{1}{2}$ ; 5, Vinny DeStefano, Bergen Catholic, 45-2 $\frac{1}{4}$ ; 6, Marlon Townes, Hackensack, 44-5.

**High jump** — 1, Ayo Oluwole, St. Joseph Regional, 6-4; 2, Brent Hobbs, Don Bosco, 6-0; 3, Brian Rodak, Ramsey, 5-10; 4, Kodai Kubota, Fort Lee, 5-10; 5, Stephan Lalite, NV/Demarest, 5-10; 6, Trevor Harper, Englewood, 5-10.

**Long jump** — 1, John Augustynowicz, Rutherford, 21-5 $\frac{1}{2}$ ; 2, Chris O'Reilly, Paramus Catholic, 21-4; 3, Gene Bascom, Hackensack, 20-11; 4, Dan DiGesterio, Pascack Valley, 20-4 $\frac{1}{2}$ ; 5, Julian Foster, Paramus Catholic, 19-1; 6, Jung Her, Rutherford, 19-0 $\frac{1}{2}$ .

**Triple jump** — 1, John Augustynowicz, Rutherford, 46-5 $\frac{1}{2}$ ; 2, Pat McManus, St. Joseph Regional, 45-3 $\frac{1}{4}$ ; 3, Andrew Dolgin, Ridgewood, 44-4 $\frac{1}{2}$ ; 4, Anthony Toscano, St. Joseph Regional, 43-7; 5, Don Fanelli, River Dell, 41-5 $\frac{1}{4}$ ; 6, Jung Her, Rutherford, 41-1 $\frac{1}{4}$ .

**Pole vault** — 1, Dan Cooper, Ridgewood, 13-0; 2, Owen Pope, Hackensack, 12-0; 3, Joe Marsico, Paramus Catholic, 10-6; 4, Rob Robles, Paramus Catholic, 10-0; 5, Will Marty, Westwood, 9-6; 6, Eddie Lagomarsino, Saddle Brook, 9-0.

**1600 relay** — 1, Ridgewood (Duran Rose, Steve Pawlowski, Chris Perez, Chris DiPasquale), 3:33.9; 2, Englewood, 3:35.9; 3, Fort Lee, 3:36.4; 4, Teaneck, 3:36.8; 5, Bergen Catholic, 3:37.1; 6, Bergenfield, 3:42.9.

**Freshman 300** — 1, Anthony Cirelli, Paramus Catholic, 38.0.

**Freshman 1600** — 1, Andrew Lovrich, Ramsey, 4:46.0.

**Freshman 1600 Relay** — 1, Bergen Catholic (Ryan Mongon, Jon Poppe, Daniel Kearney, Jen Sinkovitz), 4:37.7.

**Novice 300** — 1, Vinny Malone, Paramus Catholic, 38.5.

**Novice 1600** — 1, Mike Calantone, Bergen Catholic, 5:00.0.

### GIRLS

**55** — 1, Courtney Cubicciotti, IHA, 7.3; 2, Nina Njoku, Queen of Peace, 7.3; 3, Anike Orimunjie, Queen of Peace, 7.4; 4, Diana Lawson, Queen of Peace, 7.5; 5, Keeko Harris, Holy Angels, 7.6; 6, Christine Yzaguirre, Paramus Catholic, 7.6.

**55 HH** — 1, Jamie Lillen, Pascack Valley, 8.3; 2, Justine Diana, Saddle Brook, 8.5; 3, Emily Lamparello, NV/Old Tappan, 9.0; 4, Christine Siebold, NV/Demarest, 9.1; 5, Lisa Corey, NV/Demarest, 9.2; 6, Amelia Hart, IHA, 9.5.

**300** — 1, Anike Orimogunje, Queen of Peace, 40.8 (Bergen County record, old record, 41.5, by Jean Readie, Queen of Peace, 1993); 2, Courtney Cubicciotti, IHA, 41.5; 3, Ebony Ramos, Hackensack, 42.8; 4, Ania Karolik, IHA, 44.7; 5, Charise Logan, Teaneck, 44.9; 6, Melissa Koberle, Rutherford, 45.0.

**400** — 1, Nina Njoku, Queen of Peace, 60.1; 2, Caitlin Sherry, River Dell, 61.3; 3, Christine Siebold, NV/Demarest, 61.4; 4, Carolyn Filandro, Indian Hills, 62.2; 5, Julie Turner, Holy Angels, 63.1; 6, Lesley Bruno, Ridgewood, 63.9.

**600** — 1, Shauna Koenig, Hackensack, 1:38.9; 2, Katherine Zucaro, Ridgewood, 1:42.9; 3, Emily Drew, Westwood, 1:43.4; 4, Nadia Traylor, Fort Lee, 1:48.4; 5, Shannon Reece, IHA, 1:49.4; 6, Dana Ash, IHA, 1:49.7.

**800** — 1, Amy Giacobone, IHA, 2:27.3; 2, Shahnaz Iqbal, Bergenfield, 2:27.6; 3, Meri Silberstein, Tenafly, 2:30.3; 4, Ava Scacchetti, Pascack Valley, 2:31.8; 5, Kelly Cruise, Paramus, 2:32.1; 6, Jill Rabadan, Rutherford, 2:33.1.

**1,000** — 1, Erin Henry, Glen Rock, 3:05.4; 2, Eileen Farrell, Ridgewood, 3:13.9; 3, Yasmina Dunson, Englewood, 3:14.6; 4, Holly Potts, Mahwah, 3:15.0; 5, Amy Giacobone, IHA, 3:16.6; 6, Jerilyn Chico, Paramus, 3:17.3.

**1,600** — 1, Clair Nowakowski, Ridgewood, 5:18.0; 2, Beth Androski, Hackensack, 5:20.3; 3, Kelly Behan, Ridgewood, 5:27.9; 4, Briana Bayersdorfer, River Dell, 5:29.6; 5, Rachel Brownlee, Fair Lawn, 5:40.9; 6, Stephanie Davis, NV/Old Tappan, 5:44.4.

**3,200** — 1, Stephanie Davis, NV/Old Tappan, 11:59.1; 2, Patty Martin, Hackensack, 12:07.4; 3, Jen Myers, Ramap, 12:13.0; 4, Margaret Park, Ramapo, 12:30.2; 5, Jenna Belisozzi, IHA, 12:33.8; 6, Daphne

Aronovits, Fair Lawn, 12:42.1.

**Shot put** — 1, Kristy Potts, Ridgely Park, 37-2 $\frac{1}{4}$ ; 2, Renee Wilson, Hasbrouck Heights, 36-4 $\frac{1}{2}$ ; 3, Erin Wall, Hackensack, 34-7 $\frac{1}{4}$ ; 4, Mary Brunetti, Saddle Brook, 34-4 $\frac{1}{4}$ ; 5, Jessica Fazekas, NV/Demarest, 34-4 $\frac{1}{4}$ ; 6, Pam Carabetta, Dumont, 33-7.

**High jump** — 1, Jamie Lillen, Pascack Valley, 5-0; 2, Erin Kelly, Dumont, 4-10; 3, Dana Nguyen, Paramus Catholic, 4-8; 4, Tanya Atkinson, Hackensack, 4-8; 5, Anna Garcia, Garfield, 4-8; 6, Precious Osborne, Garfield, 4-6.

**Long jump** — 1, Jamie Lillen, Pascack Valley, 16-8 $\frac{1}{4}$ ; 2, Courtney Cubicciotti, IHA, 16-5 $\frac{1}{4}$ ; 3, Tatcha DaCosta, Englewood, 15-8 $\frac{1}{4}$ ; 4, Meri Silberstein, Tenafly, 15-1; 5, Emily Lamparello, NV/Old Tappan, 15-0 $\frac{1}{2}$ ; 6, Kristine Deer, Westwood, 14-3 $\frac{1}{4}$ .

**Triple jump** — 1, Emily Lamparello, NV/Old Tappan, 34-11 $\frac{1}{2}$ ; 2, Rachel Branch, Northern Highlands, 33-0 $\frac{1}{2}$ ; 3, Meghan Judge, Paramus, 32-10 $\frac{1}{4}$ ; 4, Lauren Pfisterer, IHA, 32-2 $\frac{1}{4}$ ; 5, Irina Katsnelson, Fair Lawn, 31-11 $\frac{1}{2}$ ; 6, Kristine Deer, Westwood, 31-10 $\frac{1}{2}$ .

**1,600 relay** — 1, Ridgewood (Lesley Bruno, Katherine Zucaro, Meredith Harris, Jen Zucaro), 4:07.4; 2, Westwood, 4:16.9; 3, Hackensack, 4:17.0; 4, Holy Angels, 4:19.8; 5, Paramus Catholic, 4:20.4; 6, NV/Demarest, 4:20.6.

**Novice 300** — 1, Loren Giermanski, River Dell, 45.9.

**Novice 1,600** — 1, Liz Saydah, Glen Rock, 5:51.8.

**Freshman 300** — 1, Amanda Laverty, Ridgely Park, 46.6.

**Freshman 1,600** — 1, Danielle Amato, Saddle Brook, 5:46.6.

**Freshman 1,600 Relay** — 1, River Dell, 4:48.2.

**GIRLS TRACK****4-3**

Bergenfield 74 \_\_\_\_\_ Mahwah 48  
 Nor. Highlands 86 \_\_\_\_\_ Fair Lawn 36  
 NV/Demarest 79 \_\_\_\_\_ Indian Hills 43  
 NV/Old Tappan 74 \_\_\_\_\_ Pasc. Vall. 47  
 Pascack Hills 81 \_\_\_\_\_ Ramapo 49  
 Passaic Cty. Tech 68 \_\_\_\_\_ Midland Park 56  
 Pat. Cath. 59 \_\_\_\_\_ Elm. Park 44  
 Ramsey 89 \_\_\_\_\_ Wayne Hills 33  
 Saddle Brook 90 \_\_\_\_\_ Pat. Cath. 40  
 Saddle Brook 115 \_\_\_\_\_ Elm. Park 11  
 Wayne Valley 109 \_\_\_\_\_ Orange 11  
 Wayne Valley 114 \_\_\_\_\_ West Side 6

**GIRLS TRACK****4-4**

Fort Lee 87 \_\_\_\_\_ Queen of Peace 49  
 Garfield 71 \_\_\_\_\_ Eastern Chris. 51  
 Garfield 79 \_\_\_\_\_ Pompton Lakes 52  
 Glen Rock 106 \_\_\_\_\_ Hawthorne 25  
 Hackensack 96 \_\_\_\_\_ Kennedy 24  
 Hackensack 61 \_\_\_\_\_ Eastside 61  
 Hawthorne 85 \_\_\_\_\_ Waldwick 43  
 Hawthorne 95 \_\_\_\_\_ Lodi 37  
 Hawthorne 111 \_\_\_\_\_ Manchester 19  
 Holy Angels 87 \_\_\_\_\_ Nutley 35  
 Kennedy 89 \_\_\_\_\_ Eastside 38  
 Montclair 61 \_\_\_\_\_ Holy Angels 57  
 Passaic 70 \_\_\_\_\_ Ridgewood 52  
 Passaic Cty. Tech 68 \_\_\_\_\_ Midland Park 56  
 Ridge. Park 95 \_\_\_\_\_ Fort Lee 46  
 Ridge. Park 110 \_\_\_\_\_ Queen of Peace 19  
 Tenafly 88 \_\_\_\_\_ River Dell 55  
 Westwood 95 \_\_\_\_\_ Dumont 50

**GIRLS TRACK****4-5**

Cresskill 70 \_\_\_\_\_ Ridgely 80  
 IHA 76 \_\_\_\_\_ Paramus 48  
 New Millford 67 \_\_\_\_\_ Secaucus 59  
 NV/Demarest 99 \_\_\_\_\_ Ramapo 23  
 Paramus Cath. 63 \_\_\_\_\_ Paramus 61  
 Teaneck 100 \_\_\_\_\_ Belleville 7

**GIRLS TRACK****4-12**

Becton 66 \_\_\_\_\_ Wood-Ridge 85  
 Bergen Tech 67 \_\_\_\_\_ New Millford 64  
 Bergen Tech 102 \_\_\_\_\_ Emerson 29  
 Cresskill 76 \_\_\_\_\_ Park Ridge 39  
 Fort Lee 65 \_\_\_\_\_ Englewood 28  
 Hackensack 115 \_\_\_\_\_ Barringer 4  
 Hackensack 86 \_\_\_\_\_ Clifton 36  
 Holy Angels 81 \_\_\_\_\_ Teaneck 41  
 Holy Angels 76 \_\_\_\_\_ Paramus 48  
 Lyndhurst 82 \_\_\_\_\_ Secaucus 49  
 Lyndhurst 70 \_\_\_\_\_ Ridgely 61  
 Midland Park 65 1/2 \_\_\_\_\_ Waldwick 65 1/2  
 Midland Park 93 1/2 \_\_\_\_\_ Paterson Cath. 34 1/2  
 New Millford 97 \_\_\_\_\_ Bergen Tech 34  
 Pal. Park 69 \_\_\_\_\_ Cresskill 62  
 Pal. Park 85 \_\_\_\_\_ Park Ridge 39  
 Paramus 49 \_\_\_\_\_ Teaneck 36  
 Passaic 86 \_\_\_\_\_ Eastside 38  
 Passaic Tech 86 \_\_\_\_\_ Lodi 37  
 Ridgewood 110 \_\_\_\_\_ Bloomfield 12  
 Ridgewood 93 \_\_\_\_\_ Kennedy 29  
 Saddle Brook 69 1/2 \_\_\_\_\_ Passaic Tech 57 1/2  
 Saddle Brook 90 \_\_\_\_\_ Lodi 31  
 Secaucus 66 \_\_\_\_\_ Ridgely 63  
 St. Mary's 69 \_\_\_\_\_ Wood-Ridge 53  
 St. Mary's 77 \_\_\_\_\_ Becton 53  
 West Orange 62 \_\_\_\_\_ West Millford 58

**Monday****4-10**

Bergenfield 83 \_\_\_\_\_ Ramapo 39  
 Glen Rock 92 \_\_\_\_\_ Elmwood Park 31  
 Glen Rock 73 \_\_\_\_\_ Passaic Tech 58  
 Leonia 87 \_\_\_\_\_ Dwight-Englewood 35  
 Nor. Highlands 86 \_\_\_\_\_ Mahwah 36  
 NV/Demarest 81 \_\_\_\_\_ Fair Lawn 41  
 NV/Old Tappan 84 \_\_\_\_\_ Wayne Hills 38  
 Pasc. Vall. 67 \_\_\_\_\_ Indian Hills 55  
 Passaic Valley 64 \_\_\_\_\_ Wayne Valley 58  
 Passaic Tech 85 \_\_\_\_\_ Elmwood Park 40  
 Pompton Lakes 71 \_\_\_\_\_ Hawthorne 60  
 Pompton Lakes 90 \_\_\_\_\_ Pater. Cath. 23  
 Ramsey 74 \_\_\_\_\_ Pascack Hills 48  
 Saddle Brook 76 \_\_\_\_\_ Garfield 55  
 Saddle Brook 113 \_\_\_\_\_ Manchester 15

**GIRLS TRACK****4-18-2000**

Clifton 67 \_\_\_\_\_ Eastside 55  
 Cresskill 102 \_\_\_\_\_ Dwight-Englewood 28  
 Cresskill 72 \_\_\_\_\_ New Millford 55  
 Dumont 115 \_\_\_\_\_ Cliff. Park 25  
 Dumont 79 \_\_\_\_\_ Ridge. Park 66  
 Holy Angels 110 \_\_\_\_\_ Belleville 11  
 Holy Angels 70 \_\_\_\_\_ Paramus Cath. 52  
 IHA 104 \_\_\_\_\_ Montclair 20  
 IHA 76 1/2 \_\_\_\_\_ Teaneck 58 1/2  
 New Millford 103 \_\_\_\_\_ Dwight-Englewood 23  
 Ridge. Park 113 \_\_\_\_\_ Cliff. Park 22  
 Ridgewood 90 \_\_\_\_\_ Clifton 32  
 Ridgewood 90 \_\_\_\_\_ Eastside 32  
 Teaneck 88 \_\_\_\_\_ Montclair 32  
 Tenafly 108 \_\_\_\_\_ Fort Lee 31  
 Westwood 109 \_\_\_\_\_ Fort Lee 32  
 Westwood 101 \_\_\_\_\_ Tenafly 43

**GIRLS TRACK****4-19**

Becton 67 \_\_\_\_\_ Wallington 61  
 Bogota 68 \_\_\_\_\_ Bergen Tech 63  
 Bogota 72 \_\_\_\_\_ Pal. Park 59  
 Eastern Chr. 101 Midland Park 30  
 Eastern Chr. 112 \_\_\_\_\_ Manchester 19  
 Emerson 72 \_\_\_\_\_ Leonia 59  
 Garfield 75 \_\_\_\_\_ Passaic Tech 56  
 Hackensack 89 \_\_\_\_\_ Bloomfield 33  
 Hasb. Heights 110 Wood-Ridge 17  
 Hasb. Heights 104 \_\_\_\_\_ Ridgely 26  
 Hawthorne 66 \_\_\_\_\_ Passaic Tech 65  
 Lakeland 64 \_\_\_\_\_ Passaic Vall. 58  
 Lyndhurst 96 \_\_\_\_\_ Becton 32  
 Lyndhurst 116 \_\_\_\_\_ Wallington 14  
 Midland Park 84 \_\_\_\_\_ Manchester 24  
 North Arlington 86 \_\_\_\_\_ Secaucus 45  
 North Arlington 80 \_\_\_\_\_ St. Mary's 50  
 Pal. Park 72 1/2 \_\_\_\_\_ Bergen Tech 57 1/2  
 Paramus 75 \_\_\_\_\_ Nutley 47  
 Park Ridge 68 \_\_\_\_\_ Leonia 53  
 Park Ridge 72 \_\_\_\_\_ Emerson 59  
 Passaic 80 1/2 \_\_\_\_\_ Bloomfield 24 1/2  
 Passaic 85 \_\_\_\_\_ Hackensack 37  
 St. Mary's 71 \_\_\_\_\_ Secaucus 60  
 Wood-Ridge 67 \_\_\_\_\_ Ridgely 64

**GIRLS TRACK****4-20-2000**

Kennedy 79 \_\_\_\_\_ Barringer 12  
 West Millford 118 \_\_\_\_\_ Orange 3

**GIRLS TRACK****4-24**

Fair Lawn 66 \_\_\_\_\_ Bergenfield 56  
 Nor. Highlands 79 1/2 \_\_\_\_\_ Indian Hills 44 1/2  
 NV/Demarest 99 \_\_\_\_\_ Wayne Hills 23  
 NV/Old Tappan 95 \_\_\_\_\_ Ramapo 23  
 Pasc. Vall. 74 \_\_\_\_\_ Pasc. Hills 48  
 Passaic Tech 74 \_\_\_\_\_ Waldwick 36  
 Passaic Tech 86 \_\_\_\_\_ Manchester 30  
 Pompton Lakes 99 \_\_\_\_\_ Lodi 26  
 Waldwick 75 \_\_\_\_\_ Manchester 40

**GIRLS TRACK****4-25**

Eastern Christian 75 \_\_\_\_\_ Hawthorne 56  
 Eastern Christian 69 \_\_\_\_\_ Saddle Brook 62  
 Emerson 76 \_\_\_\_\_ Dw.-Englewood 55  
 Glen Rock 87 \_\_\_\_\_ Eastern Christian 44  
 Has. Heights 121 \_\_\_\_\_ Becton 10  
 Has. Heights 114 \_\_\_\_\_ Secaucus 17  
 Holy Angels 62 \_\_\_\_\_ IHA 60  
 Lyndhurst 80 \_\_\_\_\_ N. Arlington 51  
 Lyndhurst 104 \_\_\_\_\_ Wood-Ridge 27  
 N. Arlington 101 \_\_\_\_\_ Wood-Ridge 30  
 Pal. Park 67 1/2 \_\_\_\_\_ Dw.-Englewood 56 1/2  
 Pal. Park 61 1/2 \_\_\_\_\_ Emerson 59 1/2  
 Paramus Cath. 87 \_\_\_\_\_ Nutley 44  
 Pat. Cath. 74 \_\_\_\_\_ Manchester 57  
 Ridgely 78 \_\_\_\_\_ St. Mary's 53  
 Ridgely 108 \_\_\_\_\_ Wallington 22  
 Ridgewood 70 \_\_\_\_\_ Hackensack 52  
 St. Mary's 91 \_\_\_\_\_ Wallington 31  
 Secaucus 97 \_\_\_\_\_ Becton 34  
 Teaneck 86 \_\_\_\_\_ Nutley 45  
 Teaneck 69 \_\_\_\_\_ Paramus Cath. 62

**GIRLS TRACK****5-1-2000**

Indian Hills 69 \_\_\_\_\_ Mahwah 56  
 NV/Old Tappan 83 \_\_\_\_\_ Fair Lawn 39  
 Pasc. Hills 66 \_\_\_\_\_ Nor. Highlands 56  
 Ramsey 66 \_\_\_\_\_ Pasc. Vall. 56  
 Wayne Hills 69 \_\_\_\_\_ Ramapo 49  
 West Millford 88 \_\_\_\_\_ Clifford Scott 23  
 West Millford 102 \_\_\_\_\_ West Side 19

**GIRLS TRACK****5-3**

Bergen Tech 89 \_\_\_\_\_ Dwight-Eng. 41  
 Bergen Tech 80 1/2 \_\_\_\_\_ Park Ridge 50 1/2  
 Bogota 66 \_\_\_\_\_ Cresskill 65  
 Bogota 79 \_\_\_\_\_ Emerson 51  
 Cresskill 82 \_\_\_\_\_ Emerson 41  
 Hasb. Heights 104 \_\_\_\_\_ Lyndhurst 26  
 Hasb. Heights 112 \_\_\_\_\_ St. Mary's 18  
 Lyndhurst 84 \_\_\_\_\_ St. Mary's 46  
 North Arlington 114 \_\_\_\_\_ Becton 17  
 North Arlington 85 \_\_\_\_\_ Ridgely 49  
 Park Ridge 72 \_\_\_\_\_ Dwight-Eng. 49  
 Ridgely 85 \_\_\_\_\_ Becton 44

**GIRLS TRACK**

Dumont 81 \_\_\_\_\_ Tenafly 64  
 Dumont 105 \_\_\_\_\_ Englewood 35  
 Passaic Valley 114 \_\_\_\_\_ Orange 7  
 Qu. of Peace 42 \_\_\_\_\_ Cliff. Park 33  
 River Dell 121 \_\_\_\_\_ Qu. of Peace 21  
 River Dell 61 \_\_\_\_\_ Ridge. Park 83  
 River Dell 121 \_\_\_\_\_ Cliff. Park 8  
 Rutherford 89 \_\_\_\_\_ Fort Lee 52  
 Tenafly 111 \_\_\_\_\_ Englewood 25  
 West Millford 69 \_\_\_\_\_ Wayne Valley 53

**GIRLS TRACK****5-8-2000**

East. Chris. 76 \_\_\_\_\_ Clifton 45  
 Fair Lawn 78 \_\_\_\_\_ Ramapo 44  
 Midland Park 87 \_\_\_\_\_ Lodi 39  
 Midland Park 92 \_\_\_\_\_ Mary Help 15  
 NV/Demarest 66 \_\_\_\_\_ NV/Old Tappan 56  
 Pascack Hills 81 \_\_\_\_\_ Mahwah 41  
 Passaic Valley 68 \_\_\_\_\_ Nor. Highlands 54  
 Passaic Valley 106 \_\_\_\_\_ West Side 15  
 Ramsey 83 \_\_\_\_\_ Indian Hills 33  
 Wayne Hills 67 \_\_\_\_\_ Bergenfield 54  
 Wayne Valley 104 \_\_\_\_\_ Clifford Scott 13  
 Wayne Valley 93 \_\_\_\_\_ Mt. St. Dominic 24  
 West Millford 83 \_\_\_\_\_ Passaic Valley 59

**GIRLS TRACK****5-9**

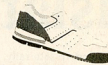
Fort Lee 94 \_\_\_\_\_ Cliff. Park 33  
 River Dell 85 \_\_\_\_\_ Englewood 35  
 Rutherford 84 \_\_\_\_\_ Dumont 62  
 Tenafly 94 \_\_\_\_\_ Queen of Peace 33  
 Westwood 107 1/2 \_\_\_\_\_ Ridge. Park 36 1/2

**GIRLS TRACK**

Elmwood Park 47 \_\_\_\_\_ Manchester 28  
 Saddle Brook 75 \_\_\_\_\_ Pompton Lakes 45  
 Saddle Brook 80 \_\_\_\_\_ Midland Park 40

# All-County Track & Field

BERGEN — BOYS



## Comets left field far behind

**H**ackensack continued its domination of local boys track again this spring, winning the NJSJL Atlantic meet by 90 points, the Bergen Group 4 championship by 83 points, and the Group 4 Sectional meet by 83 points. Hackensack had an undefeated dual season and also won the Bergen Relays Group 4.

But the Comets, coached by Ed Church, undefeated since the state Group 4 meet last year, still couldn't climb the final hurdle and managed only eight points in the state meet, with a pair of fourth places from Thomas Baldwin in the 1,600 and Mike Jackson in the 100.

Locally, the Comets covered nearly every event, with a fine intermediate hurdles team of Chris Stowers, Johnny Sylvain, and John Cassetta tying the Bergen County record in the 3 x 400 Ht. The Comets also had good weightmen, good jumpers, good sprinters, and a deep distance team.

The small schools were dominated by Ramsey and Glen Rock, who finished in a tie in the small schools poll. The Rams won the Group 2 relays, the NBLL 2 title, the Bergen Group 2 and Group 2 Sectional titles and probably had better individuals than Glen Rock. But the Panthers, easy winners by 73 points in the Bergen Group 1 Relays, the BPSL King by 32, the Bergen Group 1 by 79 points, and the Group 1 Sectional by 81 points, had a better relay team.

Ramsey's top performers were underclassmen and the Rams have a chance to be even better next year.

Other teams enjoying good seasons, were Don Bosco Prep, winners of the NJSJL Pacific title, St. Joseph Regional, winners of Bergen Group 3, River Dell, the BCSL American champion, who gave Ramsey a battle in Group 2 and qualified athletes in six events for the State Meet of Champions, BCSL National champion Lyndhurst, and BCSL Olympic champ Cresskill. Garfield, with the versatile Mike Stansfield, the New Jersey Decathlon champion, didn't win any meets but also enjoyed a good season. — PAUL SCHWARTZ

### ALL-BERGEN BOYS TRACK

#### Second team

- 100 — MICHAEL JACKSON, Hackensack Senior
- 200 — CHRIS CHARLES, Park Ridge Junior
- 400 — JOHN D'IZZIA, Bergen Catholic Senior
- 800 — BRIAN BURNS, River Dell Senior
- 1,600 — JOSH KAUKE, Ridgewood Junior
- 3,200 — COLE DALEY, River Dell Sophomore
- 110 Ht — NICK GARRETT, Saddle Brook Junior
- 110 Ht — JOE ROBINSON, River Dell Junior
- 400 Ht — CHRIS STOWERS, Hackensack Senior
- Shot put — MATT ELKAS, Ramsey Junior
- Discus — FRANK KOZIBRODA, Wood-Ridge Junior
- Javelin — ERIC LINDENSTEIN, Garfield Senior
- High jump — DARIO PEYNAO, Paramus Catholic Senior
- Long jump — PAT MCMANUS, St. Joseph Reg. Senior
- Triple jump — PAT MCMANUS, St. Joseph Reg. Senior
- 1,600 relay — PARAMUS CATHOLIC (Dwayne Goding, Jr.; Kiyon Harley, Sr.; James Carter, Jr.; John Cassetta, Sr.)

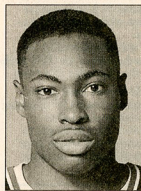
#### Third team

- 100 — TONY YAMASAKI, Englewood Junior
- 200 — JOHN D'IZZIA, Bergen Catholic Senior
- 400 — JOHANN CARLA, Paramus Catholic Senior
- 800 — MIKE RODGERS, Garfield Senior
- 1,600 — MATT COLLINS, Ramsey Sophomore
- 3,200 — TIM McDONAGH, Ridgewood Senior
- 400 Ht — JOE HWANG, Cresskill Senior
- Shot put — FRANK KOZIBRODA, Wood-Ridge Junior
- Discus — PAUL KOOB, Bergen Catholic Senior
- Javelin — CHARLES YALQUISTER, N. Arlington Senior
- Javelin — IAN SAMPLE, Westwood Sophomore
- Javelin — JOHN THELKE, Glen Rock Senior
- High jump — JOE ROBINSON, River Dell Junior
- Long jump — GARETH HEDGES, Westwood Senior
- Triple jump — JOHN AUGUSTYNOWICZ, Rutherford Senior
- Pole vault — DAN COOPER, Ridgewood Junior
- 1,600 relay — HACKENSACK (Leroy Brooks, Jr.; John Cassetta, Sr.; Chris Stowers, Sr.; John Sylvain, Soph.)

#### Honorable mention

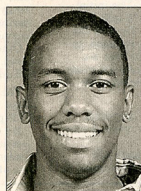
- 100 (11.1) — Andrew Drabick, Bergen Catholic; Anthony Wolfohn, Don Bosco Prep; Ed Topolowski, Dwight-Englewood; Justin Coombs, Englewood; Charles Benson, Hackensack; Will Arroyo, NY/Old Tappan; Joseph Velazquez, Paramus Catholic; Leslie Monge, Ramsey; Pat McManus and Jon Busis, St. Joseph Regional; Neil Jacobs, Bergenfield; Justin Coombs and Tony Yamasaki, Englewood; Michael Jackson, Hackensack; Will Arroyo, NY/Old Tappan; Joe Velazquez, Paramus; Johnny Sylvain, Paramus; Eric Kozibroda, Ramapo; Ron Lugash, Tenafly.
- 200 (22.9) — Ariel Acosta, Bergenfield; Joe Huang, Cresskill; Tony Yamasaki, Englewood; Leroy Brooks, Garfield; Gary Dagliard, River Dell; Robert Hughes, Will Arroyo, NY/Old Tappan; Josh Kauke, Ridgewood; Ron Lugash, Tenafly.
- 400 (20.0) — Bob Burke, Bergen Catholic; Nick Arroll and Joe Cronin, Don Bosco Prep; Mike Cioffe and Aaron Scherman, Glen Rock; Thomas Baldwin, Marquette Singletary and Maurice Singletary, Hackensack; Brian Wood, Indian Hills; Brian Lewenstein, Don Bosco Prep; Eric Kozibroda, Ramapo; Corey Kunz, St. Joseph Regional.
- 800 (42.8) — Neil Joseph, Bergen Tech; James Clifford, Don Bosco Prep; Mike Rogers, Garfield; Frank Brown, Hackensack; James Mion, Paramus Catholic; Eric Krakovich, Ramapo; Tim McDONAGH, Ridgewood; Corey Kunz and Anthony Sheval, St. Joseph Regional; Tim Marston, Tenafly.
- 1,600 (10.0) — Frank Rivera, Section; Neal Joseph, Bergen Tech; Mike Rogers, Garfield; Thomas Baldwin, Frank Brown, and Mike Savelbergh; Hackensack; Josh Vanderveil, Midland Park; James Mion, Paramus Catholic; Matt Collins, Ramsey; Tim Marston, Tenafly.
- 110 Ht (15.2) — Shawn Deios Reyes, Bergen Catholic; Jared Aprahamian and Tim Harwood, Don Bosco Prep; Anthony Pletkov and Raab Ibrahim, Glen Rock; Chris Stowers, Hackensack; Brian Bostak, Ramsey; Antonio Marino, Ridgewood Park; Brian Jo, River Dell; Ayo Oluwale, St. Joseph Regional; Jim Lopez, St. Mary's.
- 400 Ht (7.4) — Bob Miller, Bergen Catholic; Ryan Donahue and Tim Harwood, Don Bosco Prep; John Cassetta and John Sylvain, Hackensack; Matt Grant, Indian Hills; Brian Rodas, Ramsey; Brian Burns, Brian Jo, and Joe Robinson, River Dell.
- Shot put (48.0) — Paul Koob, Bergen Catholic; Nick Lewis, NY/Damers; Marilyn Mostowski, Fair Lawn; Jack Kropalik, Hackensack; Nick Ciccone and Joe Serraglio, Hackensack; Matt Busatta, Indian Hills; Randy Pirocchi, St. Mary's.
- Discus (140.0) — Russell Anderson, Don Bosco Prep; Marilyn Mostowski, Fair Lawn; Louis Castillo and Maurice Gargano, Garfield; Andrew Romano, Glen Rock; Matt Wins; Paulino; Mike Rogers, Hackensack; Julio Borromei, St. Joseph Regional; Randy Pirocchi, St. Mary's.
- Javelin (168.0) — Keith Bliss, Cresskill; Steve Bay, Dumont; Keith Keller and Mike Stansfield, Garfield; Evan Quinn, Glen Rock; Joe Serraglio, Hackensack; Hughes.
- High jump (4.0) — Andrew Drabick, Bergen Catholic; Sheldon Russell, Bergen Tech; Brent Hobbs, Don Bosco Prep; Dan Miller, Glen Rock; Jason Acres and Johnny Myers, Hackensack; Brian Ross, Ramsey; Pat McManus and Ayo Oluwale, St. Joseph Regional; Dick Dolinsky and Gareth Hedges, Westwood.
- Long jump (20.9) — Sheldon Russell, Bergen Tech; Leroy Ande and Craig Agnello, Glen Rock; Michael Jackson and Aaron Richardson, Hackensack; Chris O'Reilly, Paramus Catholic; John Cassetta, St. Joseph Regional; John Agnello, Rutherford; Alvin Elliott, Teaneck; Dani Dakhaev, Tenafly.
- Triple jump (45.8) — Sheldon Russell, Bergen Tech; Kabala Wood, Fort Lee; Mike Stansfield, Garfield; Dan Miller; Glen Rock; Chris O'Reilly, Paramus Catholic; Chris Charless, Park Ridge; Brian Rodas, Ramsey; Brian Jo, River Dell; Justin Bridgitt, St. Mary's.
- Pole vault (12.0) — Bob Miller, Bergen Catholic; Keith Bliss, Cresskill; Ken Duffy and Takahiro Katozaki, Dumont; Dan Moretta, Garfield; Jason DiCenzo, Lyndhurst; Dan Church, Ramapo; Dennis Gerber, Saddle Brook; Adriatik Barnhart, Westwood.
- 1,600 relay (3:22.8) — Don Bosco Prep; Fort Lee; Glen Rock; Indian Hills; Lyndhurst; Paramus; Ramsey; Ridgewood; River Dell; Rutherford; Teaneck; Tenafly.

### FIRST TEAM



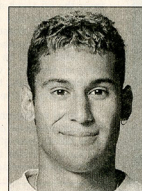
**CHRIS CHARLES**  
Park Ridge, junior  
100 meters

He became the first Owls boy in 27 years to win a State Group championship and the first to win a State Meet of Champions medal, finishing second. His only earlier loss came in the Thunderbird Invitational, but he followed that with wins in the 100 at the County Seat B, BCSL Olympic, Bergen 1, Sectional 1, Bergen Meet of Champions, and State 1 meets. He also won four major 200s, a pair of triple jumps, and was third in the State 1 200. With a year to go, he ranks eighth all-time in the 100 and is 47th in the triple jump.



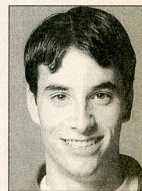
**KIYON HARLEY**  
Paramus Catholic, senior  
200 meters

Honorable mention in the 200 and a member of the All-Bergen 1,600-meter relay team last spring, he had another excellent season, winning the 200 at the NJSJL Pacific, Bergen 3, BMOCC, and State Parochial A meets. He chose not to run the 200 at the SMOCC, running the relay instead. He also won the NJSJL Pacific and Bergen 3 100 championships, and was part of the Paramus Catholic relay team that earned second team All-Bergen honors. His best 100 time is tied for 36th all-time in Bergen County.



**JOE VELAZQUEZ**  
Paramus, junior  
400 meters

He made the jump from second to first team this year and promises to make a bold run at the Bergen County record in this event next season. Undeclared until the SMOCC, he won the County Seat A, NJSJL Pacific, Bergen 4, Sectional 4, BMOCC, and State 4 meets, setting meet records in the first three races. A strength runner whose future might be in the 800, he also was second in three major 200 races. With a year to go, he sits fourth all-time in Bergen County All-Bergen honors, less than a second from Walter McCall's 11-year-old record of 47.17 seconds.



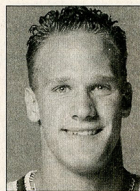
**JOSH KAUKE**  
Ridgewood, junior  
800 meters

His success came as no surprise within the county as he was second team All-Bergen in the 800 last spring. This year, he took the rest of the state by storm. He was unbeaten in six major 800 races, including wins in the NJSJL Atlantic, Bergen 4 (in a meet record 1:53.0), Sectional 4, BMOCC, State 4, and SMOCC races. His win in the Group 4 800 was the first by a Bergen runner in at least 45 years. He won the County Seat A 1,600 and also won the NJSJL Atlantic 400. He already is tied for seventh all-time in the 800 and 35th in the 400 with a season to go.



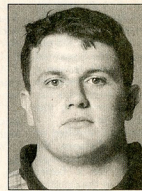
**NICK GARRETT**  
Saddle Brook, junior  
Long jump, Triple jump

Another underclassman on first team, he won the B-PSL Carpenter and Bergen 1 long jump titles, was second in Sectional 1 in the State Group 1, and a disappointing seventh in the BMOCC. His triple jump performance included a 12th-place finish at the Penn Relays as the only New Jersey jumper to qualify, and wins in the B-PSL Carpenter, Bergen 1, and BMOCC events, the latter with a state-leading tally of 45 feet 4 inches, 10th all-time in Bergen history. He might have had his most success in the high hurdles, winning the B-PSL Carpenter high hurdles and 200, the Bergen 1, Sectional 1, and State Group 1 hurdles titles, setting a group record at the sectional meet. He could not run the event at the BMOCC because of a previously scheduled commitment, but already is tied for 17th all-time in the event.



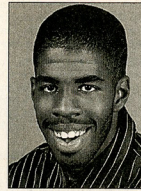
**MIKE STANSFIELD**  
Garfield, senior  
110Ht, 400Ht, High jump

One of the finest all-around athletes in Bergen history, he finally got his outdoor All-Bergen honors in a big way after being second team in the high hurdles and high jump last year. He won the B-PSL King, Bergen 3, and BMOCC titles, took second in the County Seat A and Sectional 3, and was sixth in State Group 3 in the high hurdles. He won the B-PSL King and Bergen 3 400 hurdles and was second in the County Seat A, Bergen 3, and Sectional 3 events, and was seventh in the State 3 high jump. He also won the B-PSL King and Bergen 3 400 hurdles and was fifth in State 3. He added wins in the County Seat A and Sectional 3 javelin and was fourth in the State 3 javelin. He is tied for 13th all-time in the high hurdles and 400 hurdles, and 20th in the high jump, and also has top-50 rankings in the javelin and triple jump. No wonder he has a chance to be a great decathlete in college.



**MIKE MURPHY**  
New Milford, senior  
Shot put, Discus

He was a good thrower last year and was honorable mention in both events. But Murphy gave no indication of what his senior year would bring. He was undefeated in both events all the way to the State Meet of Champions and was Outstanding Field Event performer at the Bergen Relays and BMOCC meets. He won both events at the BCSL Olympics, Bergen 1, Sectional 1, BMOCC, and State Group 1 meets. Unfortunately, he had a bad SMOCC in the shot, but snapped back to take second in the discus. His best throws of 57.7 and 165-10 rank 32nd and 35th, respectively, in Bergen history. He will play football at Colgate next year and, hopefully, also will keep throwing.



**THOMAS BALDWIN**  
Hackensack, senior  
1,600 meters

The Manhattan College-bound star earned his third straight 1,600 All-Bergen selection in the spring and spent overall in his career with an excellent season against the state's best. He won the NJSJL Atlantic, Bergen 4, Sectional 4, and BMOCC titles, was fourth in the State 4 meet, and placed third in the SMOCC in his best high school race. He also won the NJSJL Atlantic, Bergen 4, and Sectional 4, 3,200 titles and placed in two major 800s. He was seventh in the State 4 3,200, just missing the SMOCC in that event. He finished his high school career ranked 32nd among Bergen 1,600 runners.



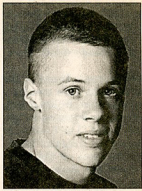
**COREY KUNZ**  
St. Joseph Reg., senior  
3,200 meters

A three-time All-County cross-country runner, he moved up from third team in the 1,600 to first team in the 3,200 this season. After a solid 11th-place finish in the 3,000 meters at the Penn Relays in the eighth fastest time in Bergen history, he won the NJSJL Pacific, Bergen 3, and BMOCC titles, and seemed primed for a great finish. But the heat got to him in the Parochial A meet and he managed only sixth place. He also won the NJSJL Pacific 1,600 and the Bergen 3 800 and 1,600 titles, leading the Green Knights to their second county Group title in three years.



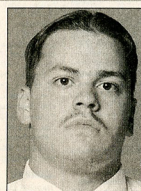
**KEN SCHEIDER**  
Don Bosco Prep, senior  
Pole vault

Just like in the winter, Scheider and rival Gareth Hedges of Westwood share honors here. Scheider led the Ironmen to the Group 4 Bergen Relays victory. He then vaulted a school record 14'-1" in winning the fastest time in Bergen history, he won the NJSJL Pacific, Bergen 3, and BMOCC titles, and seemed primed for a great finish. But the heat got to him in the Parochial A meet and he managed only sixth place. He also won the NJSJL Pacific 1,600 and the Bergen 3 800 and 1,600 titles, leading the Green Knights to their second county Group title in three years.



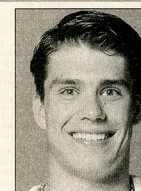
**GARETH HEDGES**  
Westwood, senior  
Pole vault

Moving up from honorable mention last year, Hedges led the Cardinals to victory in the Group 2 Bergen Relays, won the BCSL American title, and then no-height at the Bergen 2 meet. He bounced back to win the Sectional 2 and BMOCC championships, registering a career best 12.7 in the former event. He was third in State Group 2 and jumped 13.6 for seventh in the SMOCC. He also won the long jump and high jump in the BCSL American and Bergen 2 and earned four other major meet medals. His 13.7 vault is tied for 20th all-time in Bergen County.

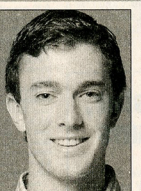


**WILL ARROYO**  
Ridgfield Park, junior  
Javelin

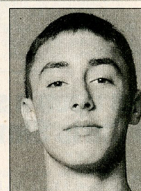
The latest in a long line of sensational Scarletts javelin throwers coached by Steve Johnson, he moved up from third team last year by winning five straight individual titles after leading the Scarletts to wins in the BCSL American and Bergen 2 relays. He won the BCSL American, Bergen 2, Sectional 2, SMOCC, and State 2 titles by an average of more than 10 feet, and became the 15th 200-foot-er in Bergen history when he threw 200-11 to win the State Group title. He had a rare sub-par performance in the SMOCC and did not place.



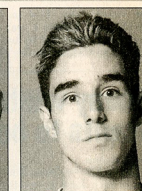
**BOB MILLER**  
Bergen Catholic, senior  
1,600-meter relay



**ANDREW DRABICK**  
Bergen Catholic, senior  
1,600-meter relay



**SAL CATALDO**  
Bergen Catholic, junior  
1,600-meter relay



**JOHN D'IZZIA**  
Bergen Catholic, senior  
1,600-meter relay

The quartet won the Bergen County 3-4 relays, but then ran poorly at the Penn Relays, usually a highlight for the Crusaders. They came back strongly, however, winning the NJCTO Relays, taking second in the NJSJL Atlantic, winning the Bergen 4 meet, and placing second in the BMOCC before winning the Parochial A title. The Crusaders then ran the fastest time of the season and the 12th-fastest time in Bergen history, 3:20.93, at the SMOCC to place 10th and clinch All-Bergen. Miller was third team All-Bergen in the pole vault, while Drabick is a fine sprinter-jumper, and D'IZZIA is second team All-Bergen in the 400.

# All-County Winter Track

BERGEN BOYS

## Comets the cream of the crop

It's rare that the selection of the top boys track team in Bergen County is as easy as it was in the 1998-99 season.

The always powerful Hackensack Comets enjoyed one of the greatest winter seasons ever by a Bergen County team.

The Comets won the Bergen County large school Relays, the Northern New Jersey Interscholastic League Atlantic Division, the North Jersey Invitational, the Group 4 New Jersey Relays, and shared the Group 4 individual State championship with Lenape, a feat unduplicated in County history.

And coach Ed Church's group not only excelled in relays, but had some of the state's top individual stars as well.

Owning the nation's top sprint medley time (8:33.1) for most of the season, the quartet of Leney Brooks, Johnny Sylvain, Michael Jackson, and Thomas Baldwin turned in that performance at the Bergen Relays. The Comets also recorded the best time in the state this year in the 3,200-meter relay, with the team of Brooks, Baldwin, and Maurice and Marquise Singletary running 7:57.19 at the Eastern States Meet.

The addition of league meets in the Northern Bergen Interscholastic League and Bergen-Passaic Scholastic League has added another level of championships to the winter season, and Lenape looked impressive in winning the unofficial league title. Westwood was the best small school team, with a solid second-place finish in the Bergen County Scholastic League American Division championship, taking second in the State Group 1 relays and losing by eight points to a scrappy Dumont team in the small schools division of the Bergen Relays.

Dumont edged Westwood, however, for the Bergen County Coaches Association Team of the Year honor.

Port Lee was impressive in winning the BCSL American title, Don Bosco Prep was second in the large school Bergen relays and a winner in the NNJL Pacific meet, and St. Joseph Regional and Paramus Catholic also enjoyed some success.

### ALL-BERGEN BOYS TRACK

#### Second team

- 55 — JON SZUCS, St. Joseph Reg. — Sophomore
- 55 HH — CHRIS STOWERS, Hackensack — Senior
- 55 — NICK GARRETT, Saddle Brook — Junior
- 300 — KYON HARLEY, Paramus Catholic — Senior
- 400 — JOHN CASSETTA, Hackensack — Junior
- 600 — LEROY BROOKS, Hackensack — Junior
- 800 — JOSH KAUIKE, Ridgewood — Junior
- 1,000 — COREY KUNZ, St. Joseph Regional — Senior
- 1,600 — ERIC KNACKMUHS, Ramapo — Senior
- 3,200 — MARIO SANTIVANEZ, Hackensack — Senior
- Shot put — ERIC HESSLER, Pascaack Hills — Senior
- High jump — GARETH HEDGES, Westwood — Junior
- Long jump — NICK GARRETT, Saddle Brook — Junior
- Triple jump — PAT MCMANUS, St. Joseph Reg. — Junior
- 1,600 relay — PARAMUS CATHOLIC (Junius Carter, Jr.; Kylon Harley, Sr.; Dwayne Golding, Jr.; Johjan Casetta, Sr.)
- 3,200 relay — DON BOSCO PREP (A.J. Franchini, Jr.; Nick Arnell, Sr.; Joe Ronin, Sr.; Ryan Donahue, Sr.)

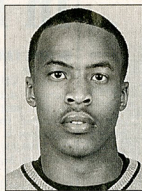
#### Third team

- 55 — ARIEL ACOSTA, Bergenfield — Junior
- 300 — WILL ARZENIS, NV/Old Tappan — Senior
- 400 — ARIEL ACOSTA, Bergenfield — Junior
- 600 — MIKE CHIOFFE, Glen Rock — Senior
- 800 — NICK ARNELL, Don Bosco Prep — Senior
- 1,000 — NICK ARNELL, Don Bosco Prep — Senior
- 1,600 — ANTHONY SHROUT, St. Joseph Reg. — Senior
- 3,200 — ANTHONY SHROUT, St. Joseph Reg. — Senior
- Shot put — JACK KROPLAK, Hackensack — Senior
- High jump — AYO OLIUWOLE, St. Joseph Reg. — Junior
- Long jump — GARETH HEDGES, Westwood — Senior
- Triple jump — NICK GARRETT, Saddle Brook — Junior
- Pole vault — BOB MILLER, Bergen Catholic — Senior
- 1,600 relay — DON BOSCO PREP (Chris Fabish, Sr.; Mario Pozo, Sr.; Tim Hlavacek, Sr.; Ryan Donahue, Sr.)
- 3,200 relay — BERGEN CATHOLIC (Bob Miller, Sr.; Ryan Miller, Jr.; Bob Burkha, Jr.; Sal Cataldo, Jr.)

#### Honorable mention

- 55 (6:47) — Jon Reilly, Bergen Catholic; Mike Besse and Leonard Creighton, Englewood; Felipe Zetara, Fort Lee; Scott Sattine, Glen Rock; Aaron Richardson, Hackensack; Will Kozma, NJTC; Nick Lattin, NJTC; Varsity Classic, Eastern States; Orlin Korman, Ridgedale Park; Pat McManus and Ayo Oluwole, St. Joseph Regional; Dami Dalhaus, Tenally.
- 55 HH (8:0) — Jared Agranaham and Tim Hivawak, Don Bosco Prep; Jon Reilly, Bergen Catholic; Nazir Khan, Dumont; Joseph Hoyt, Englewood; Kobina Wood, Fort Lee; Vincent Tam, Denville; Westwood; Heath Lubowitz, Pascaack Hills; Brian Rodak, Ramsey; Brian Jo, River Dell; Ayo Oluwole, St. Joseph Regional.
- 300 (7:28) — Ariel Acosta, Bergenfield; Mario Pozo, Don Bosco Prep; Tony Yamsaki, Englewood; Felipe Zetara, Fort Lee; Gary Gagliardi, Hackensack; Heights Dick Dolinsky and Ganesh Hedges, Westwood.
- 400 (1:58.0) — Bob Miller, Bergen Catholic; Chris Fabish, Don Bosco Prep; Tony Yamsaki, Englewood; Seung Lee, Fort Lee; Leroy Brooks, Randy Clarke and John Sylvain, Hackensack; Gary Gagliardi, Hackensack; Heights; Paul Chetwyn and Steve Lewis, Tenack.
- 600 (1:28.0) — Bob Miller, Bergen Catholic; Joe Cronin and Ryan Donahue, Don Bosco Prep; Kosta Kuznetz, Fort Lee; Maurice Singletary and John Sylvain, Hackensack; Tim McHugh, Indian Hills; John Van Goor, Midland Park; Josh Kauike, Ridgewood; Brian Burns and Marvin Grant, River Dell; Andy Scott, Rutherford; Ray Henderson, St. Joseph Regional.
- 800 (2:06.0) — Harris Xanthopoulos, Fort Lee; Mike Chioffe, Glen Rock; Kevin Henner, St. Joseph Regional; Tim McHugh, Indian Hills; John Van Goor, Midland Park; Chris Mitchell, Pascaack Valley; Eric Knackmuhs and Josh Wood, Ramapo.
- 1,000 (2:45.0) — Bob Burke, Bergen Catholic; Harris Xanthopoulos, Fort Lee; Mike Rogers and Mike Stansfield, Garfield; Mike Jackson, Hackensack; Chris O'Reilly, Paramus Catholic; Dan Andreopoli, Pascaack Valley; Marvin Grant, River Dell; Dami Dalhaus, Tenally.
- 1,600 (4:42.0) — Ryan Miller, Bergen Catholic; Dan Barabas, Don Bosco Prep; Kevin Mulholland, Glen Rock; Maurice Singletary, Hackensack; Josh Vander-Waite, Midland Park; Chris Petroski, Paramus; Josh Kauike and Tim McDonough, Ridgewood; Corey Kunz, St. Joseph Regional; Tim Muratori, Tenally.
- 3,200 (10:28.0) — Ryan Miller, Bergen Catholic; John Sylvain, Don Bosco Prep; Mike Rogers, Garfield; Frank Browne and Johnny Zandu, Hackensack; Josh Henderson, Midland Park; Brad Galante, Paramus; James Miko, Paramus Catholic; Mike On, Ramapo; Tim McDonough, Ridgewood; Cole Dally, Rutherford; Larry Chavara, St. Joseph Regional.
- Shot put (42.4) — Paul Kooze, Bergen Catholic; Jimmy Clark and Nick Lewis, NV/Dumont; Matt Goldobin, Don Bosco Prep; Mike Bletz, Dumont; Ryan Powell, Englewood; Nick Coccone, Hackensack; Heights; Bob DeWitt, Saddle Brook; Jeremy Gruber, Westwood.
- High jump (51.0) — Andrew Drabick, Bergen Catholic; Brent Hobbs, Don Bosco Prep; Nazir Khan, Dumont; Elvis Gomez, Don Bosco Prep; Don Bosco Prep; Mike Stansfield, Garfield; Mike Jackson, Hackensack; Chris O'Reilly, Paramus Catholic; Dan Andreopoli, Pascaack Valley; Marvin Grant, River Dell; Dami Dalhaus, Tenally.
- Triple jump (40.2) — Kobina Wood, Fort Lee; Mike Stansfield, Garfield; Chris Sylvain, Hackensack; Chris O'Reilly, Paramus Catholic; Owen Gans, Hanasop; Brian Rodak, Ramsey; Andrew Dolgin, Ridgewood; Brian Jo, River Dell; Naama Brown, Tenack; Dami Dalhaus, Tenally; Dick Dolinsky, Westwood.
- Shot put (49.4) — Takashi Kikuchi, Dumont; David Kim, Fort Lee; Maruz Giesak and Branko Miroc, Garfield; Chris Richey, NV/Old Tappan; Chris Porto, Ridgedale Park; Dan Cooper, Ridgewood; Dennis Genter and Mark Peres, Saddle Brook.
- 1,600 relay (4:40.0) — Bergen Catholic; Fort Lee; Paramus; River Dell; Tenack, Tenally, Westwood.
- 3,200 relay (8:50.0) — Dumont; Fort Lee; St. Joseph Regional; Tenally, Westwood.

## FIRST TEAM



**MICHAEL JACKSON**  
Hackensack, senior  
55-meter run

The winner of six of 10 dashes, Jackson was never beaten in Bergen County. He won the FDU Holiday Festival large schools, Season Opener, Bergen Development, North Jersey Invitational, NNJL Atlantic, Bergen 55s, and NNJL Atlantic 300. He was third in the Varsity Classic and Group 4 State races, fourth in the Eastern States and missed the State Meet of Champions final by .02 seconds. He also placed in three long jumps.



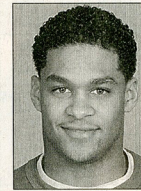
**MIKE STANSFIELD**  
Garfield, senior  
55-meter high hurdles  
High jump

The winner of five major high jumps and three high hurdles titles, Stansfield was undefeated in the four Garfield high jump meets and the County title. He was second in the 9-PSL and Varsity Classic high jumps. He won the Season Opener, B-PSL and County hurdles titles and took second in two other races. He also placed in four major long and triple jump competitions, but earned his most impressive honor by placing third in the National Scholastics in the pentathlon, earning All-American honors. He is a repeater in the high jump.



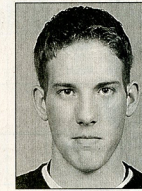
**JOE VELASQUEZ**  
Paramus, junior  
300-meter run  
600-meter run

Velasquez gave a hint of his promise last spring in the 400 meters. But no one could predict what a sensational year he would have. He won the 600s in three meets, missing the County record by 8 seconds in the Bergen County meet. He also won the Season Opener, Schwartz Invitational, and Bergen 300s, setting a Bergen County record of 35.5 in the latter event. He was second in the Group 2 400, sixth in the SMOG 400, and set a second Bergen record of 49.31 in a fifth-place finish in the Eastern States 400.



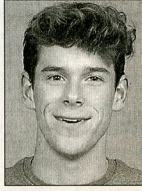
**JOHJAN CARELA**  
Paramus Catholic, senior  
400-meter run

The winner of the Bergen County championships, with places in the Varsity Classic and Bergen Development meet, Carela also took second in the Season Opener 300 and fourth in the NNJL Pacific long jump. He helped the Paladins, one of the best sprint relay teams in the state, win the Passarelli Relays in the 800 and 1,600 events as well as the NNJL Pacific 1,600 title.



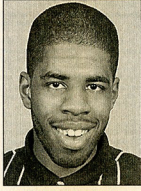
**BRIAN BURNS**  
River Dell, junior  
800-meter run

Moving up from third team in the 800 last winter, Burns lost two early 800s at the wire in the Season Opener and Schwartz Invitational meets before hitting his stride with a win in the BCSL American 600 meters and a surprising win in the State Group 2 800. He won the Bergen 800 the next day, but really showed his ability with a spectacular second-place finish in the SMOG 800.



**ERIC KNACKMUHS**  
Ramapo, senior  
1,000-meter run

After years of showing flashes of brilliance, Knackmuhs put together a fine season, winning two of three major 1,000 races, three other major titles, and five other major medals at distances from 800 to 3,200 meters. He won the North Jersey Invitational and Bergen 1,000s and was second at Corey Kunz in the Bergen Development 1,000. He won the Ridgewood Winter Games 2 1,600 and the NBL 1,600 and 3,200 races. His best race might have been a solid second at the Metro Classic 1,600.



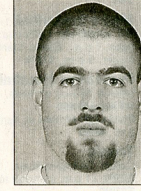
**THOMAS BALDWIN**  
Hackensack, senior  
1,600-meter relay  
3,200-meter relay

After two years as the All-Bergen 3,200-meter indoor runner, Baldwin earned his honor at 1,600 with wins in the FDU Holiday Festival and Bergen 1,600 meter races, and a second in the State Group 4. He also ran well in races at Seton Hall and Dartmouth, winning the former event. He also won the State Group 4 3,200, the Season Opener 800 and 3,200, and was second in the SMOG 3,200 race.



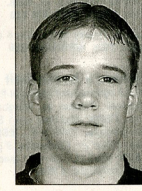
**COREY KUNZ**  
St. Joseph Regional, senior  
1,600-meter run  
3,200-meter run

Kunz switches places with Baldwin after earning 1,600 honors last year. He won eight major races: four at 3,200 meters, including the NJCTC, NNJL Pacific, Varsity Classic, and Eastern States titles, running two of the fastest times in the East this winter. He also won the Bergen Development and NNJL Pacific 1,000s, and the Schwartz and NNJL Pacific 1,600s, placed fourth in the Group 2 3,200, and second in the 1,600, finishing eighth at 1,600 meters in the SMOG.



**FRANK KOZIBRODA**  
Wood-Ridge, junior  
Shot put

No one dominated an event the way this first-year indoor thrower dominated his. In seven major meets, Kozibroda won five: the Garfield 2, Garfield 3, Garfield Classic, Bergen, and State Group 1 titles. His only losses were a second in the Demarest Invitational to the East's No. 3 thrower and a third in the SMOG to the No. 1 and 2 throwers in the East. He never had a performance lower than 50 feet and had a personal best of 54-7 to rank in the top 20 in the East.



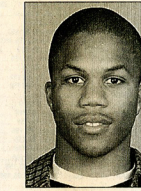
**PAT MCMANUS**  
St. Joseph Regional, junior  
Long jump

At his best in the big events, he took the Bergen Relays, Bergen County, and Eastern States (with a career best jump of 22-8, second best in New Jersey this year) titles. He also won the Passarelli Relays and NJCTC long jumps, the NJCTC, Suffern, and NNJL Pacific triple jumps, scored in three 55-meter dashes, and the NJCTC high jump. He was sixth in the Eastern States triple jump and fourth at Brown as he amassed more than 20 individual medals.



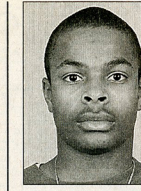
**SHELDON SMITH**  
Teaneck, senior  
Triple jump

Moving up from honorable mention last year, he won two major triple jumps in eight tries, the Bergen County and Bergen Relays titles, took second in the Hispanic Games, NNJL Pacific and Varsity Classic events, and fifth in the Malloy Invitational and Ridgewood Winter Games 2 events. But what clinched All-Bergen status was his stirring third-place finish in the Easterns.



**JOHN SYLVAIN**  
Hackensack, sophomore  
1,600-meter relay

The Hackensack 1,600-meter relay squad won major championships, including the Season Opener, Bergen Development, North Jersey Invitational, Bergen Relays, NNJL Atlantic, and Bergen titles. But it was the two races that the talented quartet didn't win that were the most important to the Comets' season: The second-place finish in the Group 4 State relays clinched Hackensack's title and the second in the Group 4 State meet earned a tie with Lenape for the title. The Comets also were sixth in the SMOG and had a rocky race in placing ninth in the Eastern States. Cassetta (400), Brooks (600), and Stowers (high hurdles) all were second team in individual events.



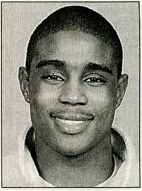
**CHRIS STOWERS**  
Hackensack, senior  
1,600-meter relay

The Hackensack 1,600-meter relay squad won major championships, including the Season Opener, Bergen Development, North Jersey Invitational, Bergen Relays, NNJL Atlantic, and Bergen titles. But it was the two races that the talented quartet didn't win that were the most important to the Comets' season: The second-place finish in the Group 4 State relays clinched Hackensack's title and the second in the Group 4 State meet earned a tie with Lenape for the title. The Comets also were sixth in the SMOG and had a rocky race in placing ninth in the Eastern States. Cassetta (400), Brooks (600), and Stowers (high hurdles) all were second team in individual events.



**JOHN CASSETTA**  
Hackensack, senior  
1,600-meter relay

The Hackensack 1,600-meter relay squad won major championships, including the Season Opener, Bergen Development, North Jersey Invitational, Bergen Relays, NNJL Atlantic, and Bergen titles. But it was the two races that the talented quartet didn't win that were the most important to the Comets' season: The second-place finish in the Group 4 State relays clinched Hackensack's title and the second in the Group 4 State meet earned a tie with Lenape for the title. The Comets also were sixth in the SMOG and had a rocky race in placing ninth in the Eastern States. Cassetta (400), Brooks (600), and Stowers (high hurdles) all were second team in individual events.



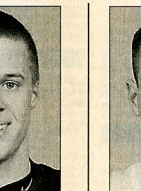
**LEROY BROOKS**  
Hackensack, senior  
1,600-meter relay  
3,200-meter relay

The Hackensack 1,600-meter relay squad won major championships, including the Season Opener, Bergen Development, North Jersey Invitational, Bergen Relays, NNJL Atlantic, and Bergen titles. But it was the two races that the talented quartet didn't win that were the most important to the Comets' season: The second-place finish in the Group 4 State relays clinched Hackensack's title and the second in the Group 4 State meet earned a tie with Lenape for the title. The Comets also were sixth in the SMOG and had a rocky race in placing ninth in the Eastern States. Cassetta (400), Brooks (600), and Stowers (high hurdles) all were second team in individual events.



**GARETH HEDGES**  
Westwood, senior  
Pole vault

Some day, Bergen County will award All-Bergen honors to an all-around athlete as well as in individual events. Hedges and Stansfield would have been top candidates this year. Hedges won the Bergen County American pole vaults, was third at Pearl River, fourth in the Ridgewood Winter games 2, second in the Metro Classic, and sixth in the Eastern States. He also placed in seven high jumps, winning at the BCSL American, placed in five long jumps, winning the BCSL American and Metro events, and won a fourth gold at the BCSL American in the 300 meters.



**KEN SCHEIDER**  
Don Bosco Prep, senior  
Pole vault

Consistently clearing 13 feet and beyond, including a fine 13-6 clearance in winning the Metro Classic, Scheider shared honors in the pole vault after winning the NNJL Pacific and Metro titles, placing second at the Brown Invitational and Ridgewood Winter Games 2; and taking fifth in the Eastern States. He is the school's indoor record holder and should continue his battle with Westwood's Gareth Hedges outdoors.



**MAURICE SINGLETARY**  
Hackensack, junior  
3,200-meter relay

In eight major races, the Comets were first four times and second four times, winning the Bergen Development, North Jersey Invitational, Schwartz Invitational, and NNJL Atlantic titles and taking seconds at the FDU Holiday Festival large schools, Bergen Relays, Varsity Classic, and Eastern States. But like the 1,600 team, this group had its best performances in second-place finishes at the latter two events. Its 7:56.19 runner-up at the Easterns was the fastest by a Bergen County team in 23 years.



**MARQUISE SINGLETARY**  
Hackensack, junior  
3,200-meter relay

In eight major races, the Comets were first four times and second four times, winning the Bergen Development, North Jersey Invitational, Schwartz Invitational, and NNJL Atlantic titles and taking seconds at the FDU Holiday Festival large schools, Bergen Relays, Varsity Classic, and Eastern States. But like the 1,600 team, this group had its best performances in second-place finishes at the latter two events. Its 7:56.19 runner-up at the Easterns was the fastest by a Bergen County team in 23 years.

# BRAVES RELAYS

## At Indian Hills H.S., Oakland

### VARSITY GIRLS TEAM SCORING

Westwood 73, Ramsey 60, Pascack Valley 41, Eastside 37, Rutherford 30, Pascack Hills 22, Passaic Tech 20, River Dell 18, Indian Hills 17, Kennedy 16, New Milford 14, Mahwah, Lakeland and Ridgefield 12, Saddle Brook 10, Lyndhurst 8, NV/Demarest 6, Englewood 3.

**400** — 1, Passaic Tech (Kennelisha Reid, Rosalind Cerat, Andrea Herbert, Carlita Bishop), 52.4; 2, Pascack Valley, 54.8; 3, Kennedy, 54.9; 4, Westwood, 55.0; 5, Englewood, 55.1; 6, Lyndhurst, 55.5.

**800** — 1, Passaic Tech (Kennelisha Reid, Rosalind Cerat, Andrea Herbert, Carlita Bishop), 1:49.2; 2, Rutherford, 1:53.3; 3, Westwood, 1:53.3; 4, Eastside, 1:54.5; 5, Pascack Hills, 1:55.5; 6, Englewood, 1:57.9.

**1,600** — 1, Westwood (Samantha Corvino, Nicole Stinson, Kristine Deer, Nicole Drew), 4:16.3; 2, River Dell, 4:19.7; 3, Pascack Valley, 4:23.5; 4, Ramsey, 4:24.1; 5, Hasbrouck Heights, 4:25.5; 6, Pascack Valley B, 4:40.0.

**3,200** — 1, Ramsey (Peyton Fischer, Beth Vesey, Sabrina Silverstein, Melissa Conway), 10:26.2; 2, Pascack Valley, 10:48.8; 3, Westwood, 11:03.1; 4, Indian Hills, 11:08.8; 5, Ridgefield, 11:13.0; 6, Pascack Hills, 11:15.2.

**Sprint medley** — 1, Pascack Hills (Christine Gould, Cara Friedman, Laura Nagy, Michelle Hartel), 4:51.0; 2, Westwood, 4:58.1; 3, Eastside, 5:02.7. No other places.

**Distance medley** — 1, Ramsey (Beth Vesey, Dara Seidman, Peyton Fischer, Melissa Conway), 13:00.0; 2, River Dell, 13:25.2; 3, NV/Demarest, 13:26.2; 4, Westwood, 13:35.6; 5, Mahwah, 13:41.0; 6, Pascack Valley, 14:03.2.

**300 shuttle hurdles** — 1, Saddle Brook (Justine Diana, Jackie Kaminski, Danielle Behar), 51.6; 2, Mahwah, 52.4; 3, Eastside, 53.8; 4, Pascack Hills, 54.1; 5, River Dell, 55.4; 6, Lakeland, 59.6.

**2x400 IH** — 1, Kennedy (Tawana Watkins, Ashley Jacobs), 2:20.9; 2, Ramsey, 2:27.2; 3, Pascack Valley, 2:30.4; 4, Eastside, 2:30.7; 5, Lakeland, 2:49.4; 6, Lyndhurst, 2:53.7.

**Shot put** — 1, Westwood (Nikki Sample, Ardiana Bajrush), 61-8; 2, New Milford, 60-10; 3, Ramsey, 59-6¼; 4, Rutherford, 55-8¾; 5, Mahwah, 50-11¼; 6, Indian Hills, 49-11¼.

**Discus** — 1, Westwood (Nikki Sample, Ardiana Bajrush), 187-9; 2, Ramsey, 187-3; 3, Rutherford, 170-6; 4, Pascack Hills, 158-3; 5, Lyndhurst, 155-11; 6, Lakeland, 154-11.

**Javelin** — 1, Ridgefield (Courtney Reggo, Lindsay Reggo), 183-9; 2, Westwood, 163-1; 3, Lakeland, 160-2; 4, Lyndhurst, 158-2; 5, Pascack Valley, 139-0; 6, Westwood B, 87-10.

**High jump** — 1, Rutherford (Mary Grace Cahill, Jenn Rlenzi), 9-4; 2, Eastside, 4-8. Only places.

**Long jump** — 1, Pascack Valley (Jamie Lillen, Jackie Kasen), 31-1; 2, Indian Hills, 30-5; 3, Westwood, 29-1¼; 4, Ramsey, 29-0¼; 5, Rutherford, 28-10¼; 6, Eastside, 28-4¼.

**Triple jump** — 1, Ramsey (Maritsa Christoudias, Dara Seidman), 65-11¼; 2, Eastside, 65-3¼; 3, New Milford, 64-5; 4, Indian Hills, 62-4; 5, Lakeland, 57-0; 6, Pascack Hills, 55-7.

**Special combination 800 boys-girls relay** — 1, Pascack Valley (Kevin Lamb, Jamie Lillen, Caitlin Funabashi, Dan DiGregorio), 1:41.8; 2, Passaic Tech, 1:42.3; 3, Ramsey, 1:47.9; 4, Mahwah, 1:48.0; 5, Eastside, 1:48.4.

### NOVICE GIRLS TEAM SCORING

Saddle Brook 86, River Dell 52, Ramsey 50, Lyndhurst 37, Pascack Valley 31.

**400** — 1, Saddle Brook (Jackie Kaminsky, Dana Salones, Lori Stewart, Allie Wruck), 57.1.

**800** — 1, Ramsey (Vicky Chackly, Cristal Rivera, Liz Waterman, Vanessa Smith), 2:06.7.

**1,600** — 1, Ramsey (Laura Emery, Frankie Lavigna, Suzanne Shepard, Melinda Tufel), 4:43.1.

**3,200** — 1, Ramsey (Suzanne Shepard, Mary Duvernay, Laura Emery, Kate McNamara), 11:46.9.

**Distance medley** — 1, Saddle Brook (Danielle Amato, Darlene Behan, Alyssa Blum, Kristen Hitchens), 14:24.8.

**300 shuttle hurdles** — 1, Pascack Valley, 57.3.

**2x400 IH** — 1, Mahwah (Amanda Reka, Julia Stripe), 2:37.6.

**Shot put** — 1, Passaic Tech (Letisha Smith, Litzka Sandoval), 54-10¼.

**Discus** — 1, River Dell (Lauren Haak, Erin Ehlers), 143-0.

**Javelin** — 1, Saddle Brook (Elaine Capone, Louisa Luisi), 140-8.

**High jump** — 1, Ridgefield (Amanda Laverty, Erica Rojas), 8-6.

**Long jump** — 1, Saddle Brook (Jackie Kaminsky, Margaret Kim), 26-8¼.

**Triple jump** — 1, Rutherford (Vikshina Patel, Ellen Rlenzi), 59-7.

## Mahwah Relays

### GIRLS TEAM SCORING

#### Group 2

Pascack Hills 102, Newton 58, Mahwah 26, DePaul 16, Hillside 16, Sussex Tech 6, Ridgefield Park 2.

#### Group 1

North Arlington 74, Lyndhurst 40, Ridgefield 32, Palisades Park 16, Hawthorne 12, Saddle Brook 8, Hudson Prep 4, Park Ridge 4.

**100** — 1, Jill Turner, Pascack Hills, 13.3; 2, Ursula Smith, Hillside, 13.3; 3, Jo Ellen La Verda, Newton, 13.9; 4, Amanda Laverty, Ridgefield, 14.0; 5, Christine Rasmussen, Pascack Hills, 14.5.

**800** — 1, Pascack Hills (Christine Gould, Cara Friedman, Christine Rasmussen, Laura Nagy) 1:58.3; 2, North Arlington, 1:59.4; 3, Lyndhurst, 2:00.9; 4, Palisades Park, 2:01.7; 5, Newton, 2:01.9.

**1,600** — 1, North Arlington (Arianna Beam, Kim Campanaro, Michelle DeJesus, Celine Lee) 4:30.7; 2, Newton, 4:32.6; 3, Palisades Park, 4:33.6; 4, Pascack Hills, 4:40.3; 5, Sussex Tech, 4:54.5.

**3,200** — 1, Newton (Kellie Guth, Jess Thompson, Cindy deVries, Christine Herrmann) 10:50.3; 2, Pascack Hills, 11:19-0; 3, Ridgefield, 11:20.9; 4, North Arlington, 12:00.6.

**Sprint medley** — 1, Pascack Hills (Laura Nagy, Christine Gould, Cara Friedman, Michelle Hartel) 4:48.3; 2, Lyndhurst, 4:56.0; 3, North Arlington, 4:58.1; 4, Hudson Prep, 5:04; 5, Newton, 5:04.7; 6, Sussex Tech, 5:06.8.

**Distance medley** — 1, Mahwah (Monica Gadkari, Dana Blom, Katie Winarchik, Holly Potts) 13:28.9; 2, Newton, 13:39.9; 3, Pascack Hills, 14:34.9; 4, Ridgefield, 15:10.1; 5, DePaul, 15:50.3; 6, North Arlington, 16:02.2.

**Intermediate hurdles** — 1, Pascack Hills (Lindsay Tis, Michelle Hartel) 2:28.9; 2, Lyndhurst, 2:44.2; 3, Ridgefield, 2:45.3; 4, DePaul, 2:46.7; 5, Sussex Tech, 2:55.9; 6, North Arlington, 3:05.2.

**110 high hurdles** — 1, Jill Turner, Pascack Hills, 15.4; 2, Dana Blom, Mahwah, 15.9; Kristina Reinhardt, Newton, 17-0; 4, Michelle DeJesus, North Arlington, 17-0; J. Henkel, Ridgefield Park, 17.2; 6, Lindsay Tis, Pascack Hills, 17.4.

**Discus** — 1, North Arlington A (Nicole Aquino, Daniela Vidiera, Erin Ferris) 258-0; 2, Pascack Hills, 253-2; 3, DePaul, 222-6; 4, Lyndhurst, 221-8; 5, North Arlington B, 187-10; 6, Mahwah, 185-8.

**Javelin** — 1, Ridgefield (Erica Rojas, Lindsey Reggo, Courtney Reggo) 269-8; 2, North Arlington, 224-1; 3, Lyndhurst, 218-1.

**Shot put** — 1, North Arlington A (Erin Ferris, Nicole Aquino, Daniela Vidiera) 83-81¼; 2, Hillside, 83-5; 3, Lyndhurst, 75-3; 4, DePaul, 72-6; 5, Ridgefield, 72-3¼; 6, Pascack Hills, 72.

**High jump** — 1, Pascack Hills (Jill Turner, Lindsey Tis, Lauren Glasser) 13-10; 2, Newton, 1-2; 3, Hawthorne, 9-0; 4, Palisades Park, 8-8; 5, North Arlington, 4-4.

**Long jump** — 1, Pascack Hills (Jill Turner, Christine Gould, Gina Ruskie) 40-4; 2, Newton, 39-8½; 3, Mahwah, 36-5½; 4, Park Ridge, 36-1; 5, Lyndhurst, 35-11; 6, Sussex Tech, 35-8.

**Triple jump** — 1, North Arlington (Arianna Beam, Natalie Lipsky, Celine Lee) 85-1½; 2, Saddle Brook, 82-5; 3, Hawthorne, 59-9½; 4, Pascack Hills, 55-1½.

## Wayne Hills Relays

### GIRLS TEAM SCORES

Passaic 110, Vernon 96, Westwood 89, Passaic Tech 55, Wayne Hills 33, Clifton 32, Fort Lee 23, Wayne Valley 16, Union Hill 4, Manchester 0.

**High hurdles** — 1, Wayne Hills (Shrpesa Rizvini, Jessica Stanchak, Tony Papadics, Stacey Del'Re), 1:12; 2, Vernon, 1:12.4; 3, Fort Lee, 1:14; 4, Wayne Valley, 1:16.9; 5, Clifton, 1:17.1; 6, Westwood, 1:19.6.

**Intermediate hurdles** — 1, Passaic (Shanae Pritchett, Yocasta Garcia, Stephanie Gulchardo), 3:40; 2, Vernon, 3:44.1; 3, Fort Lee, 3:47.0; 4, Wayne Hills, 3:53.1; 5, Clifton, 3:55.7; 6, Wayne Valley, 4:04.7.

**400** — 1, Passaic Tech, (Carlita Bishop, Kennelisha Reid, Andrea Herbert, Yhounic Vassell), 49.9; 2, Vernon, 52.3; 3, Westwood, 53.2; 4, Wayne Hills, 55.1; 5, Wayne Valley, 56.8; 6, Fort Lee, 58.6.

**800** — 1, Passaic Tech (Bishop, Reid, Herbert, Vassell), 1:44.7; 2, Passaic, 1:48.5; 3, Westwood, 1:50.1; 4, Vernon, 1:54.5; 5, Wayne Hills, 1:57.6; 6, Wayne Valley, 2:00.6.

**1,600** — 1, Passaic Tech (Bishop, Rosalind Cerat, Reid, Vassell), 4:06.6; 2, Passaic, 4:07.5; 3, Westwood, 4:12.3; 4, Fort Lee, 4:20; 5, Vernon, 4:21.2; 6, Wayne Hills, 4:38.0.

**3,200** — 1, Westwood (Nicole Stinson, Katie D'Aco, Amy Golch, Jill Rabadan), 10:15.3; 2, Vernon, 10:17.3; 3, Passaic, 10:36.3; 4, Fort Lee, 11:02.2.

**6,400** — 1, Passaic (Carolina Valera, Shondelle Brathwalte, Lynette Baker, Shakira Williams), 23:46.8; 2, Vernon, 24:08.2; 3, Westwood, 24:27.8; 4, Union Hill, 25:09.5; 5, Clifton, 26:48.

**Sprint medley** — 1, Westwood (Christina Fishottl, Jessica Magin, Amy Corvino, Katie D'Aco), 4:27.4; 2, Passaic, 4:29.6; 3, Clifton, 4:36.2; 4, Wayne Valley, 4:42.8; 5, Vernon, 4:48.2; 6, Passaic Tech, 5:03.2.

**Distance medley** — 1, Vernon (Christy Schultz, Alella Frankoski, Justine Fugowski, Amy Turr), 14:35.1; 2, Passaic, 13:42; 3, Westwood, 14:15.4.

**Shot put** — 1, Passaic (K. Hernandez, L. Bunting, S. Wyche), 89-6¼; 2, Westwood, 88-6¼; 3, Vernon, 83-6; 4, Passaic Tech, 78-7½; 5, Wayne Hills, 77-6½.

**Discus** — 1, Passaic (Hernandez, Wyche, Bunting), 293-10; 2, Westwood, 282-8; 3, Vernon, 234-2; 4, Wayne Valley, 227-10; 5, Wayne Hills, 205-11.

**High jump** — 1, Passaic (Stephanie Gulchardo, Yocasta Garcia), 9-4; 2, Clifton, 8-10; 3, Vernon, 4-8.

**Long jump** — 1, Passaic Tech (Vassell, Reid, Herbert), 45-9; 2, Passaic, 44-7; 3, Vernon, 43-1¼; 4, Westwood, 41-7¼; 5, Fort Lee, 39-8¼; 6, Clifton, 38-10.

**Triple jump** — 1, Passaic Tech (Nashina Tann, Andrea Herbert, Kahima Livermau), 88-5½; 2, Passaic, 8-10¼; 3, Westwood, 85-11¼; 4, Clifton, 79-2¼; 5, Wayne Hills, 57-11¼.

**Javelin** — 1, Westwood (Sam Corvino, Ardiana Bajrush, Nikki Sample), 283-5; 2, Vernon, 214-6; 3, Wayne Hills, 198-4; 4, Passaic, 132-0.

**Pole vault** — 1, Vernon (Kelly Ryan, Justine Fugowski), 13-6; 2, Clifton, 6-0.

# JACK YOCKERS COUNTY RELAYS AWARD WINNERS

## DICK HITT FIELD AWARD

1983	R. Weinphal	- Westwood
1984	Neuner	- New Milford
1985	Rottcamp	- Indian Hills
1986	Rottcamp	- Indian Hills
1987	Baumbach	- Pascack Valley
1988	S. Price	- Westwood
1989	E. Primarano	- Lyndhurst
1990	K. Wallace	- Westwood
1991	T. Jones	- Teaneck
1992	T. Martin	- Hackensack
1993	T. Gennat	- Fair Lawn
1994	J. Dougherty	- Ramsey
1995	C. Cummings	- Englewood
1996	K. Fraiser	- Demarest
1997	K. Fraiser	- Demarest
1998	C. Cummings	- Englewood
1999	J. Austin	- Garfield

## JACOB BROWN TRACK AWARD

B. Pringle	- Ridgewood
S. Scutro	- Ridgewood
L. Ross	- Ridgewood
J. Jones	- Hackensack
J. Jones	- Hackensack
A. Kemp	- Paramus
L. Collazo	- Ridgewood
J. Metz	- Pascack Valley
J. Metz	- Pascack Valley
J. Metz	- Pascack Valley
D. Riley	- Teaneck
J. Rodgers	- Ridgewood
S. Doyle	- Ridgewood
C. Wittreich	- Tenafly
D. Satir	- Ramsey
M. Bochiario	- Glen Rock
C. Sedo	- Ridgewood
M. McDermott	- Ridgewood

**GROUP RECORDS - GIRLS**

**GROUP I & GROUP II**

1978	Saddle Brook	58 1/2
1979	Saddle Brook	63
1980	Saddle Brook	46
1981	Tenaflly	49
1982	Tenaflly	42
1983	Tenaflly	54
1984	New Milford	50
1985	New Milford	52
1986	Westwood	60
1987	Westwood	49 1/2
1988	Dumont	43
1989	Saddle Brook	43
1990	Garfield	41

1991	Garfield	49
1992	Garfield	102
1993	Glen Rock	77

**GROUP III & GROUP IV**

Ramsey	44 1/2
Teaneck	41
Teaneck	37 1/2
Westwood	48
Ridgewood	42
Ridgewood	36
Ridgewood	52
Ridgewood	42
Ridgewood	53
Ridgewood	53
Ridgewood	56 1/2
Ridgewood	40
Hackensack	39
Teaneck	39
Pascack Valley	39
Hackensack	50
Ridgewood	93
Ridgewood	94

	<b>GROUP I</b>	<b>GROUP II</b>	<b>GROUP III</b>	<b>GROUP IV</b>
1994	Saddle Brook Midland Park	Glen Rock	Ramsey	Ridgewood
1995	Glen Rock	Westwood	Ramsey	Ridgewood
1996	Saddle Brook	Glen Rock	Demarest	Ridgewood
1997	Glen Rock	Ramsey	Demarest	Hackensack
1998	Hasbrouck Hts	Rutherford	Demarest	Ridgewood
1999	Glen Rock	Westwood	Demarest	Ridgewood

**GROUP RECORDS - GIRLS**

Group I & Group II

480 SH	Glen Rock	1997	1:06.6
3 x 400 IH	Glen Rock	1995	3:26.0
400 M	Glen Rock	1995	50.8
800 M	Glen Rock	1995	1:47.5
1600 M	Ramsey	1999	4:14.4
3200 M	Ramsey	1997	10:06.3
6400 M	Ramsey	1998	22:42.8
Sprint Medley	Glen Rock	1996	4:26.2
Distance Medley	Saddle Brook	1995	13:00.1
Shot Put	Rutherford	1978	98 -11 1/2
Discus	Westwood	1988	291 - 7
High Jump	Mahwah	1994	15.0
Long Jump	Tenafly	1979	49 - 0
Triple Jump	Englewood	1997	101 - 5 1/2
Javelin	New Milford	1983	326 - 3

Group III & Group IV

400	Teaneck	1983	49.1
800 M	Englewood	1983	1:46.0
1600 M	Ridgewood	1987	4:02.7
3200 M	Ridgewood	1987	9:37.9
6400 M	Ridgewood	1987	21:37.8
Sprint Medley	Bergenfield	1983	4:13.6
Distance Medley	Ridgewood	1982	12:24.7
480 SH	Hackensack	1980	1:04.7
3 x 400 IH	Ridgewood	1985	3:24.0
Shot Put	Demarest	1999	108' - 1 1/4"
Discus	Demarest	1999	310' - 8"
High Jump	Teaneck	1986	15- 6
Long Jump	Indian Hills	1986	47- 6 3/4
Triple Jump	Ridgewood	1999	100' - 1"
Javelin	Westwood	1981	327- 2



East Coast Relays - Meet Records (1971-1999)

BOYS

4 x 100 meters	Plainfield	41.0 (y)	1980
4 x 200 meters	Weequahic	1:26.3	1992
4 x 400 meters	Weequahic	3:13.0	1991
4 x 800 meters	Bishop Loughlin (NY)	7:44.0	1987
4 x 1,600 meters	Paramus Catholic	17:12.6	1973
Sprint medley	Plainfield	3:23.2	1982
Distance medley	Bernards	10:03.7 (y)	1983
Shuttle hurdles	Neptune	57.3 (y)	1979
	Woodrow Wilson (Camden)	56.88 (m)	1999
	Trenton Central	2:43.95	1998
3x400 hurdles	Trenton Central	2:43.95	1998
High jump	Millville	13-10	1999
Long jump	Woodrow Wilson	45-10.25	1996
Pole vault	North Rockland (NY)	27-6	1993
	Randolph	27-6	1991
	Hillsborough	27-6	1995
	Westfield	27-6	1988
	Christian Brothers Academy	117-6	1982
Shot	Christian Brothers Academy	117-6	1982
Discus	Christian Brothers Academy	333-6	1982
Javelin	Holy Cross	403-6	1988

GIRLS

4 x 100 meters	Willingboro	47.8	1994
	Trenton Central	47.97	1995
4 x 200 meters	Montclair	1:38.8	1980
4 x 400 meters	Trenton	3:47.7	1983
4 x 800 meters	Columbia (NJ)	9:01.94	1997
Sprint medley	Columbia (NJ)	3:58.56	1995
Distance medley	Summit	11:50.7 (y)	1981
Shuttle hurdles	Edgewood	59.00	1999
3 x 400 hurdles	Columbia (NJ)	3:11.09	1996
	Middletown South	10-6	1985
High jump	Moorestown (1991), Trenton (1993), Linden (1993) Notre Dame (1998)		
Long jump	Edgewood	33-8	1998
Shot	Passaic	82-1.25	1997
Discus	Passaic	229-2	1988
Javelin	Monmouth Regional	261-6	1985

## BERGEN COUNTY RECORDS

### BOYS

100 METERS --- 10.31 by Joe Dawkins, Hackensack, 1995  
200 METERS --- 21.58 by Joe Dawkins, Hackensack, 1995  
220 YARDS --- 20.9 by Bill Walker, Englewood, 1965  
400 METERS --- 47.17 by Walter McCall, Hackensack, 1986  
440 YARDS --- 47.4 by Joe Bryant, Englewood, 1966  
800 METERS --- 1:50.3 by Roger Jones, Ramsey, 1977  
880 YARDS --- 1:52.2 by Roger Jones, Ramsey, 1977  
1600 METERS --- 4:09.35 by Bob Keino, Ridgewood, 1994  
ONE MILE --- 4:08.1 by Roger Jones, Ramsey, 1977  
3200 METERS --- 9:02.73 by Bob Keino, Ridgewood, 1993  
TWO MILES --- 9:02.2 by Tim Conheeney, Paramus Catholic, 1973  
110 METER HIGH HURDLES --- 13.8 by Greg Horner, Don Bosco, 1985 and Jerome Pemberton, Hackensack, 1986  
400 METER INTERMEDIATE HURDLES --- 51.92 by Anthony Hampton, Englewood, 1994  
SHOT PUT --- 68-3 by Andy Papathanassiou, Emerson, 1985  
DISCUS --- 189-2 by Mike Buncic, Fair Lawn, 1980  
JAVELIN --- 222-6 by Mike Collins, Don Bosco, 1978  
HIGH JUMP --- 6-10 by Scoot Palmer, Teaneck, 1979  
TRIPLE JUMP --- 49-9 by Darius Pemberton, Hackensack, 1992  
LONG JUMP --- 24-11 1/2 by Darius Pemberton, Hackensack, 1993  
POLE VAULT --- 15-3 by Matt Psaltis, Fair Lawn, 1992  
4 x 400 METER RELAY --- 3:19.01 by Hackensack, 1995  
ONE MILE RELAY --- 3:18.8 by Englewood, 1971

### GIRLS -

100 METERS --- 11.97 by Carlene Cummings, Englewood, 1996  
200 METERS --- 24.4 by Gily Dishon, Tenafly, 1989  
400 METERS --- 54.68 by Dana Riley, Teaneck, 1993  
800 METERS --- 2:08.2 by Jasmin Jones, Hackensack, 1987  
1600 METERS --- 4:46.4 by Margaret Scutro, Ridgewood, 1985  
3200 METERS --- 10:33.9 by Jenna Rogers, Ridgewood, 1994  
100 METER INTERMEDIATE HURDLES --- 14.2 by Renee Carter, Englewood, 1981 and Jamie Lilien, Pascack Valley, 2000 and 14.37 by Carlene Cummings, Englewood, 1998  
400 METER INTERMEDIATE HURDLES --- 61.4 by Judith Palmer, Teaneck, 1982  
SHOT PUT --- 44-2 1/2 by Jenn Flinchum, NV/Demarest, 1999  
DISCUS --- 143-4 by Jenn Flinchum, Demarest, 1999  
JAVELIN --- 145-3 by Jen Austin, Garfield, 1999  
HIGH JUMP --- 5-10 by Cheryl Burdick, Ramsey, 1998  
TRIPLE JUMP --- 42-2 3/4 by Carlene Cummings, Englewood, 1998  
LONG JUMP --- 19-4 by Jen McDermott, Ridgewood, 1989  
4 x 400 METER RELAY --- 3:54.29 by Ridgewood, 1988

## MEET RECORDS

### BOYS

100 METERS --- 10.4 by Joe Dawkins, Hackensack, 1994  
200 METERS --- 21.5 by Joe Dawkins, Hackensack, 1994  
400 METERS --- 48.65 by Joe Velazquez, Paramus, 1999  
800 METERS --- 1:53.4 by Bob Keino, Ridgewood, 1994  
1600 METERS --- 4:14.6 by Steve Schadler, Bergenfield, 1984  
3200 METERS --- 9:14.1 by Ken Flynn, Ramsey, 1990 and Rob Reeder, Northern Highlands, 1992  
110 METER HIGH HURDLES --- 13.8 by Greg Horner, Don Bosco, 1985  
400 METER INTERMEDIATE HURDLES --- 53.5 by Doug Miller, Tenafly, 1984  
SHOT PUT --- 65-8 1/2 by Andy Papathanassiou, Emerson, 1985  
DISCUS --- 181-9 by Steve Adams, St. Joseph Regional, 1970  
JAVELIN --- 222-5 by Bruce Bacchiocchi, Dumont, 1982  
HIGH JUMP --- 6-8 1/2 by Scoot Palmer, Teaneck, 1978  
TRIPLE JUMP --- 47-5 1/2 by David Frazier, Rutherford, 1989  
LONG JUMP --- 22-11 by Derrick Horner, Don Bosco, 1989  
POLE VAULT --- 15-1 by Matt Psaltis, Fair Lawn, 1992  
4 x 400 METER RELAY --- 3:19.1 by Hackensack, 1993

### GIRLS

100 METERS --- 11.99 by Carlene Cummings, Englewood, 1998  
200 METERS --- 24.7 by Gily Dishon, Tenafly, 1989  
400 METERS --- 55.7 by Dana Riley, Teaneck, 1993  
800 METERS --- 2:08.9 by Jasmin Jones, Hackensack, 1986  
1600 METERS --- 4:54.8 by Patty Mileski, Ridgewood, 1983  
3200 METERS --- 10:33.9 by Jenna Rogers, Ridgewood, 1994  
100 METER INTERMEDIATE HURDLES --- 14.4 by Melene Thomas, Garfield, 1994  
100 METER INTERMEDIATE HURDLES --- 14.62 by Carlene Cummings, Englewood, 1997  
400 METER LOW HURDLES --- 62.3 by Judith Palmer, Teaneck, 1981  
SHOT PUT --- 42-3 1/2 by Regina Weinpahl, Westwood, 1983  
DISCUS --- 137-11 by Jenn Flinchum, Demarest, 1999  
JAVELIN --- 144-0 by Jen Austin, Garfield, 1999  
HIGH JUMP --- 5-9 1/4 by Cheryl Burdick, Ramsey, 1998  
TRIPLE JUMP --- 40-10 1/2 by Carlene Cummings, Englewood, 1998  
LONG JUMP --- 19-1/2 by Jen McDermott, Ridgewood, 1988  
4 x 400 METER RELAY --- 3:54.29 by Ridgewood, 1988

# NJSIAA/TheStar-Ledger

## 2000 State Group Track and Field Championships

Public - Egg Harbor Township

Parochial - Plainfield

### Meet Records - Girls

#### GROUP IV

100 Meter Dash	Wendy Vereen, Trenton	0:11.3	1983
200 Meter Dash	Wendy Vereen, Trenton	0:23.1	1983
400 Meter Dash	Donithy Jones, Montclair	0:54.0	1981
800 Meter Run	Joetta Clark, Columbia	2:04.5	1980
1600 Meter Run	Michelle Rowen, Washington Twp.	4:44.3	1982
3200 Meter Run	Janet Smith, J.P. Stevens	10:25.5	1982
100 Meter High Hurdles	Charmaine Walker, Plainfield	0:13.38	1997
400 Meter Low Hurdles	Mandie Dulin, Shawnee	0:59.66	1997
1600 Meter Relay	Plainfield	3:44.7	1980
High Jump	Rita Christopher, Linden	5'08.00"	1979
	Tracy Young, Union	5'08.00"	1981
	Karen Frederick, Edison	5'08.00"	1983
	Kelly Mieszkalski, J.P. Stevens	5'08.00"	1986
	Erin Halpin, Cherry Hill East	5'08.00"	1987
	Misty Farrell, Washington Twp.	5'08.00"	1995
	Kathy Kilar, J.P. Stevens	5'08.00"	1996
	Charlene Davis, West Windsor-Plainsboro	5'08.00"	1998
Long Jump	Carol Lewis, Willingboro	19'09.25"	1981
Shot Put	Nicole Sims, Plainfield	48'03.00"	1991
Discus	Helene Connell, Jackson Memorial	161'11.00"	1977
Javelin	Lynlee Phillips, Shawnee	151'11.00"	1999

Only times recorded in hundredths are fully automatic

1999 Team Champion - Shawnee - 48 points

# ALL-BERGEN GIRLS TRACK

## Honorable mention

**100 (12.9 or 13.14 AT)** — Thatcha DaCosta, Englewood; Elina Ploskin, Fair Lawn; Latasha Jackson, Garfield; Keeko Harris, Holy Angels; Nicole Cortese, Lyndhurst; Shoshanah Haricha, New Milford; Christine Wentzler, NV/Old Tappan; Chris Yzaguirre, Paramus Catholic; Jamie Lillen, Pascack Valley; Diana Lawson, Queen of Peace; Melissa Koberle, Rutherford.

**200 (26.9 or 27.14 AT)** — Christine Siebold, NV/Demarest; Thatcha DaCosta, Englewood; Kymm Silversey, Fair Lawn; Ebony Ramos, Hackensack; Christine Wentzler, NV/Old Tappan; Jaclyn Barlietto, Paramus; Chris Yzaguirre, Paramus Catholic; Jamie Lillen, Pascack Valley; Diana Lawson, Queen of Peace; Dara Seidman, Ramsey.

**400 (61.0)** — Leah Jerome and Kim Mineo, Glen Rock; Ebony Ramos, Hackensack; Amy Giacobone, IHA; Christine Wentzler, NV/Old Tappan; Eileen Farrell and Katherine Zucaro, Ridgewood; Caitlin Sherry, River Dell.

**800 (2:25.0)** — Shauna Koenig, Hackensack; Amy Giacobone and Caitlyn Smith, IHA; Laura Hemmert, Northern Highlands; Peyton Fischer, Ramsey; Shenee Clarke, Ridgewood Park; Eileen Farrell, Ridgewood; Elizabeth Weisholtz, Tenafly.

**1,600 (5:30.0)** — Erin Henry and Danielle Patoir, Glen Rock; Beth Androski, Hackensack; Cheryl Trovato, Holy Angels; Holly Potts, Mahwah; Laura Hemmert, Northern Highlands; Stephanie Davis, NV/Old Tappan; Amanda Crawford, Pascack Valley; Beth Vesey, Ramsey; Kelly Behan, Ridgewood; Danielle Amato, Saddle Brook; Jill Rabadan, Westwood.

**3,200 (11:50.0)** — Erin Henry, Glen Rock; Patty Martin, Hackensack; Holly Potts, Mahwah; Jen Myers, Ramapo; Kelly Behan and Clair Nowakowski, Ridgewood; Briana Bayersdorfer, River Dell.

**100 HH (16.5 or 16.74 AT)** — Caitlin Caporale, NV/Demarest; Shana Don, Fort Lee; Ellen McCorry, Glen Rock; Julie Burrell, Hackensack; Angela Talucci, Indian Hills; Dana Blom, Mahwah; Emily Lampariello and Marianne Toniolo, NV/Old Tappan; Roxanne McBean, Teaneck.

**400 IH (68.5)** — Jenn Leahy, Cresskill; Shana Don, Fort Lee; Leah Jerome and Kim Mineo, Glen Rock; Ebony Ramos, Hackensack; Marianne Toniolo, NV/Old Tappan; Peyton Fischer and Caroline Hockmeyer, Ramsey; Jennifer Zucaro and Katherine Zucaro, Ridgewood.

**Shot put (35-0)** — Lila Lee, NV/Demarest; Evana Santee, Hackensack; Renee Wilson, Hasbrouck Heights; Alyssa Koob, New Milford; Kim Grein and Kristy Potts, Ridgewood Park; Trinette Gooding, St. Mary's; Holly Wright, Waldwick; Ardiana Bajrushli, Westwood.

**Discus (107-0)** — Sheena Schuler, Hasbrouck Heights; Jen Holme, Holy Angels; Lisa Welch, Midland Park; Rachel Goldstein, NV/Old Tappan; Kristine Josef, Paramus Catholic; Maritsa Christoudias, Ramsey; Kristy Potts, Ridgewood Park; Diana Corkin, Rutherford; Nikki Sample, Westwood.

**Javelin (100-0)** — Jessica Fazekas, NV/Demarest; Agnes Kotwica and Christina Labocki, Garfield; Kristen Dickens and Jen Holme, Holy Angels; Daniela Videira, North Arlington; Kristy Potts, Ridgewood Park; Ashley Elia, Tenafly; Nikki Sample, Westwood.

**High jump (5-0)** — Donna Russo, Hasbrouck Heights; Jill Turner, Pascack Hills; Corinne Hyslop, Ridgewood; Mary Grace Cahill and Jenn Rienzi, Rutherford.

**Long jump (16-6)** — Ellen McCorry, Glen Rock; Courtney Cubicciotti, IHA; Angela Talucci, Indian Hills; Jill Turner, Pascack Hills; Dara Seidman, Ramsey; Shenee Clarke, Ridgewood Park; Jackie Kaminsky, Saddle Brook.

**Triple jump (33-6)** — Nadia Pryor, Bergenfield; Jen Barthelemy, Bogota; Thatcha DaCosta, Englewood; Jen Austin and Precious Osborne, Garfield; Christine Procopio, Indian Hills; Rachel Brach, Northern Highlands; Maritsa Christoudias and Dara Seidman, Ramsey; Dara Jemmott, Teaneck.

**1,600 relay (4:12.0)** — Glen Rock; Hackensack; Immaculate Heart; Pascack Valley, Ramsey; River Dell.

# ALL-PASSAIC GIRLS TRACK

## First team

**100** — YHOUNIC VASSELL, Passaic Tech \_\_\_\_\_ Sophomore

**200** — CARLITA BISHOP, Passaic Tech \_\_\_\_\_ Sophomore

**400** — ALEXANDRA MEDRANO, Passaic \_\_\_\_\_ Junior

**800** — SHANAE PRITCHETT, Passaic \_\_\_\_\_ Junior

**1,600** — SHAKIRA WILLIAMS, Passaic \_\_\_\_\_ Junior

**3,200** — JESSE MIZZONE, Passaic Valley \_\_\_\_\_ Freshman

**100 HH** — YOCASTA GARCIA, Passaic \_\_\_\_\_ Senior

**400 IH** — TAWANA WATKINS, Kennedy \_\_\_\_\_ Sophomore

**Shot put** — SHAKIA WYCHE, Passaic \_\_\_\_\_ Sophomore

**Discus** — KARINA HERNANDEZ, Passaic \_\_\_\_\_ Junior

**Javelin** — MELISSA GNADE, Hawthorne \_\_\_\_\_ Junior

**High jump** — KATIE HIGGINS, DePaul \_\_\_\_\_ Junior

**Long jump** — OTISHA MATHIS, Passaic \_\_\_\_\_ Senior

**Triple jump** — KIMESHIA HUGHES, Eastside \_\_\_\_\_ Sophomore

**Pole vault** — DANA EDWARDS, West Milford \_\_\_\_\_ Freshman

**All around** — KENNEISHA REID, Passaic Tech \_\_\_\_\_ Senior

**All around** — KATHLEEN SYRON, Wayne Valley \_\_\_\_\_ Senior

**All around** — EDITH WERPACHOWSKA, Clifton \_\_\_\_\_ Senior

**1,600 relay** — PASSAIC (Otisha Mathis, Sr.; Shakira Williams, Jr.; Shanae Pritchett, Jr.; Alexandra Medrano, Jr.)

# All-County Track & Field

## BERGEN — BOYS

### TEAMS OF THE YEAR

#### RAMSEY, HACKENSACK

There were other teams in Bergen County that enjoyed productive seasons in 2000. League titlists Garfield (B-PSL King), Don Bosco Prep (NNJL Pacific), Westwood (BCSL American), Northern Valley at Demarest (NBIL 1), Leonia (BCSL Olympic), and North Arlington (BCSL National) were joined by Glen Rock and St. Joseph Regional, winner of the Group 1 and 3 Bergen and Bergen Relays titles, respectively.

But from day one until the end of the season the teams that dominated the Bergen 1-2 and Bergen 3-4 divisions were Ramsey and Hackensack.

The Rams had a great battle with Westwood in the Bergen Group 2 Relays before winning by three points. They then routed Mahwah by nearly 90 points in the NBIL 2 meet, beat Westwood by 31 points in Bergen 2, and won the sectionals by 30 points over both teams.

Brian Rodak's team was led by his son Brian Jr., All-Bergen selections Matt Elkas and Matt Collins, and a great supporting cast that included Bill D'Elia, Matt Grissoni, Jeremy Kaufman, Drew Lawney, Andrew Lovrich, Keith Nowak, Sean Nyhan, Mark Ommerborn, and Adam Petermann.

It's ironic that the sensational Hackensack team that won the Bergen 4 Relays, Bergen group, NNJL Atlantic, and sectional 4 meet with an average of 65 points scored in the State Group 4 meet.

That's because the Comets were a terrific team without any stars but with solid performers in every event, leading to a remarkable sectional performance in which they scored in every event.

Maurice Singletary was the only first-team All-Bergen performer but others like Gene Becomb, Frank Browne, Maurice's twin brother Marquise, Aaron Richardson, Owen Pope, and Johnny Sylvain also were listed in the top three All-Bergen teams. Charles Benson, Leroy Brooks, Cedric Brown, Randy Clarke, Marcus Evans, Steve Gomez, Sherwyn Hooper, Jack Kropiak, Eden Peleg, Jermaine Sibdhannie, Aaron Singletary, Vincent Tam, and Marlon Townes also contributed to coach Ed Church's success.

### COACH OF THE YEAR

#### BRIAN RODAK, Ramsey

Brian Rodak has been named Coach of the Year before, earning the honor twice for coaching girls cross-country at Paramus and once after leading Paramus to the 1989 Bergen Meet of Champions title.

But this year's honor is extra special because one of the leaders of this year's Triple Crown-winning Rams is son Brian Jr., an outstanding hurdler-jumper who teamed with All-Bergen stars Matt Elkas and Matt Collins to win the NBIL Division 2, Bergen Group 2, and sectional 2 championships in addition to the Group 2 Bergen Relays.

"Watching him mature into a leader on and off the track and in practice was real exciting for me," said the senior Rodak.

"Working together with [girls head coach] John Kirchoff, Steve Hyman, and Kristen Zack was also so rewarding because we work so well together."

#### FINAL RANKING

##### BERGEN GROUP 1-2

1. Ramsey
2. Glen Rock
3. Westwood
4. Mahwah
5. Rutherford

##### BERGEN GROUP 3-4

1. Hackensack
2. Don Bosco Prep
3. Ridgewood
4. St. Joseph Regional
5. River Dell

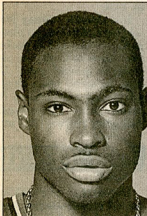
Also: Northern Valley at Demarest, Garfield, Teaneck.

#### 100 METERS, 200 METERS

##### CHRIS CHARLES

Park Ridge Senior

He enjoyed one of the great seasons in Bergen and State history, losing only one 100, one 200, and one 400 race and rewriting the record books. He won four events at the BCSL Olympic meet and set league records in each event. He repeated his quadruple at the Bergen Group 1 meet, setting three records and won three events setting records at the Bergen 1 meet. He doubled in the 100 and 200 at the Bergen MOC and the State Group 1 meet. He was second in the SMOG triple jump, third in the 100, and fourth in the 200, with County records of 10.83 and 21.45 respectively.

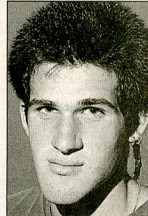


#### 400 METERS

##### GARY GAGLIARDI

Hasbrouck Heights Junior

One of six juniors on first team, he showed great speed and strength from 200 to 800 meters, winning all three events at the BCSL National meet, and taking second to Charles in the Bergen 1 200 and 400, the latter in a spectacular race. He was second in the Section 1 400 race and won the 800 and then took the BMOG 400 handily. He was third in the State Group 1 400 and won an amazing battle with fellow Bergenite John Van Goor of Midland Park by one-hundredth of a second in the State 1 800. His best 400 time (49.56) is 46th all-time.



#### 800 METERS, 1,600 RELAY

##### JOSH KAUKE

Ridgewood Senior

Kauke ended his career as a two-time BMOG and SMOG champion and the greatest half-mile in County history. He won 800-meter titles at the Bernards, NNJL Atlantic, Bergen 4, Sectional 4, State 4, BMOG, and SMOG meets, never running slower than 1:55.0 and setting a Bergen record twice, running 1:50.29 at the BMOG and 1:50.19 at the SMOG, fifth fastest in State history. He was fourth in the Golden West invitational in 1:51.34, tying Ramsey's Roger Jones County record. He will attend Princeton next year.



#### 1,600 METERS

##### MAURICE SINGLETARY

Hackensack Senior

Singletary was a leading member of the Comets' 1998 County championship cross-country team, and a major contributor to their fine distance relay teams with twin brother Marquise. He won the NNJL Atlantic 1,600, was fourth in both the Bergen and sectional 4 1,600 races, took second in the BMOG's 1,600, and then ran eighth in the speedy State Group 4 1,600, running 4:24.78, second only to Ridgewood's Josh Kauke in Bergen County.



#### 1,600 METERS

##### MATT COLLINS

Ramsey Junior

Moving up from third team last year in the event, he adds an All-Bergen track selection to his All-Bergen cross-country honors. He won the NBIL 2 1,600-meter title, the Bergen 2, the sectional 2 1,600, and then ran a sterling race, winning the BMOG 1,600 with a great long kick of more than 600 meters. He took fifth in the State Group 2 1,600 and ran in the SMOG 1,600. His best time this year was 4:25.55.



#### 3,200 METERS

##### COLE DAILEY

Rutherford Junior

The Bergen County cross-country champion used his sizzling finishing kick to move up from second-team All-Bergen last year with a fine spring. He won the BCSL American 1,600 and 3,200, and then concentrated on the longer race, winning the Bergen 2 3,200, the sectional 2 3,200, and the BMOG 3,200 races with tremendous finishes. He fell far off the pace in the State 2 3,200 but rallied from seventh to second behind rival Owen Bourgholtzer of Mahwah. He had the area's season-best 3,200 time (9:34.09).



#### 110 HIGH HURDLES, HIGH JUMP

##### AYO OLUWOLE

St. Joseph Senior

Honorable mention last year in the high jump, this multi-talented athlete was the top hurdler and high jumper all spring despite some misfortune. He led the Green Knights to the Bergen Relays 3 high jump title and took second to Christopher Carey of Montclair in the 110 hurdles. He won the Bergen 3 high jump, but false started in the high hurdles final. He snapped back to win the BMOG's high jump and high hurdles easily, but was injured in the Parochial A high hurdles and finished only third in the high jump. His 6-6 high jump is tied for 20th all-time in Bergen.



#### 400 INTERMEDIATE HURDLES

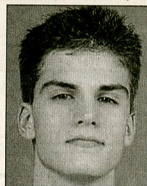
##### BRIAN BURNS

River Dell Senior

Last year's second-team selection in the 800 meters, was outstanding again in the two-lapper this year but was even better in the long hurdles race. He was consistently excellent all season and lifted the injury-laden Golden Hawks to their first-ever sectional title. He won the 400 H and 800 titles at the BCSL American meet and repeated the feat in both the Bergen and sectional 3 races. He won the BMOG intermediate hurdles and was fifth in the State 3 race. He also was second in the 800, running a personal-best 1:55.58. His best 400 H time (54.51) is 19th all-time.



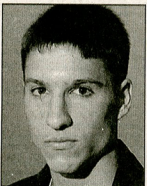
#### 1,600 RELAY



**CHRIS DEPASQUALE**  
Ridgewood Sophomore



**ANDREW DOLGIN**  
Ridgewood Senior



**STEVE PAWLOWSKI**  
Ridgewood Junior

Kauke and Cooper were joined by Dolgin in almost all of the Maroons races with Pawlowski and DePasquale taking turns on the best relay team in Bergen County. Three of the five were members of the Ridgewood 800 relay team that won the Bergen Relays 4 title and they were also second in the 1,600 in the same meet. The Maroons won the Bernards and NNJL Atlantic meets before taking third in Bergen 4 and fourth in sectional 4 (both times without Kauke). The quartet then won the BMOG 1,600 title in 3:23.43, the best time in the area this year before finishing 12th in the State Group 4 race.

#### SHOT PUT

##### MATT ELKAS

Ramsey Senior

Elkas had a sensational year as the area's best weight man. He led the Rams to the Group 2 Bergen Relays in the shot and discus. He won the Bernards shot and took second in the discus, won both 2 events in the NBIL 2, Bergen 2, and sectional 2 meets, improving in each meet. He became the ninth shot-discus dual winner at the BMOG, and was fourth in the State 2 discus. He came from third with a last throw of 58-11 to win the State 2 shot, his top performance and 22nd all-time. He was fourth in the SMOG shot and ninth in the discus.



#### DISCUS

##### CHARLES YALOVISTER

North Arlington Junior

Moving up from third team last year, he finished strong and in the year ahead, could make Bergen history. He took second in the County Seat B discus, won the BCSL National discus and javelin, and won the Bergen 1 discus and shot before taking second in all three events at the sectional 1 meet. He was tied to Elkas in the BMOG discus and then caught fire, winning State Group 1 with a then-best throw of 65 feet. He took second in the Group 1 shot and then had a career-best toss of 170-4 (22nd all-time), which got him a fifth-place finish in the SMOG.



#### JAVELIN

##### IAN SAMPLE

Westwood Junior

He moves up from third team after a tremendously consistent season. He was second in the BCSL American triple throw while recovering from a leg injury. He then won the Bergen 2 100 and 200 as well as winning the javelin and then won the sectional 2 javelin and then captured the BMOG javelin. He took second at the State Group 2 championships before taking 10th in the SMOG, just missing the finals. His best throw in the javelin (189-11) is 32nd all-time.



#### LONG JUMP

##### PAT McMANUS

St. Joseph Senior

He was second team in the long and triple jumps last year, and this year he might have won the State championship in the long jump except for bad luck and injuries. A recurrent ankle injury knocked him out of the triple jump early but he won the NNJL Pacific long jump and won the Bergen 5 100 and long jump before winning the BMOG long jump with the season's best jump of 22-9 1/2. Unfortunately, he was injured again on the first jump at the State Parochial A meet, ending his season. His 22-9 1/2 jump ranks 16th all-time.



#### TRIPLE JUMP

##### JOHN AUGUSTYNOWYCZ

Rutherford Senior

He became the first official State champion in the triple jump, delighting his coach, former triple jump star David Frazier. He won the BCSL American triple jump title, then won the Bergen 2 long and triple jumps easily. He won the sectional 2 long jump and qualified 11th in the state for the SMOG triple jump with a leap of 47-4 1/2, best in the state this year and seventh all-time in Bergen. He won the BMOG TJ and was second in the long jump. He just missed the SMOG in the long jump with a seventh in the State 2 long jump before winning the SMOG TJ.



#### POLE VAULT, 1,600 RELAY

##### DAN COOPER

Ridgewood Senior

He made 15 feet his goal and nearly became the second Bergen County athlete to clear that magical barrier. He won at Bergen after becoming the first area vaulter in more than 10 years to qualify for the Penn Relays. He won the NNJL Atlantic vault and 100 meters and then won the Bergen 4 100. He no-heightened in the pole vault on a miserably rainy day. He snapped back to win the sectional A vault and cleared a career-high 14-7 in winning the BMOG. He was tied for third in the State Group 4 vault. His 14-7 vault has been beaten only twice in Bergen history.



### All-County listings on Page S-10

#### ALL-STAR LINEUP

- Today** — All-Bergen and All-Passaic boys track; all-league baseball.
- Sunday** — All-Bergen and All-Passaic baseball.
- Monday** — All-Bergen and All-Passaic softball; all-league volleyball.
- Tuesday** — All-Passaic volleyball.
- Sunday, July 2** — Top 10 Bergen, Passaic, and State scholastic sports stories of the 1999-2000 school year.

# Track & Field

## BERGEN — BOYS

### TEAMS OF THE YEAR

There were other teams in Bergen County that enjoyed productive seasons in 2000. League titlists Garfield (B-PSL King), Don Bosco Prep (NJJIL Pacific), Westwood (BCSL American), Northern Valley at Demarest (NBIL 1), Leonia (BCSL Olympic), and North Arlington (BCSL National) were joined by Glen Rock and St. Joseph Regional, winner of the Group 1 and 3 Bergen Relay titles, respectively.

But from day one until the end of the season the teams that dominated the Bergen 1-2 and Bergen 3-4 divisions were Ramsey and Hackensack.

The Rams had a great battle with Westwood in the Bergen Group 2 Relays before winning by three points. They then routed Mahwah by nearly 90 points in the NBL 2 meet, beat Westwood by 31 points in Bergen 2, and won the sectionals by 30 points over both teams.

Brian Rodak's team was led by his son Brian Jr., All-Bergen selections Matt Elkas and Matt Collins, and a great supporting cast that included Bill D'Elia, Matt Grissoni, Jeremy Kaufman, Drew Livsey, Andrew Lovrich, Keith Nowak, Sean Nyhan, Mark Ommerborn, and Adam Petermann.

It's ironic that the sensational Hackensack team that won the Bergen 4 Relays, Bergen group, NJJIL Atlantic, and sectional 4 meet by an average of 65 points scored no points in the State Group 4 meet.

That's because the Comets were a terrific team without any stars but with solid performers in every event, leading to a remarkable sectional performance in which they scored in every event.

Maurice Singletary was the only first-team All-Bergen performer but others like Gene Bascomb, Frank Browne, Maurice's twin brother Marquis, Aaron Richardson, Owen Pope, and Johnny Sylvain also were listed in the top three All-Bergen stars. Charles Benson, Leroy Brooks, Cedric Brown, Randy Clarke, Marcus Evans, Steve Gomez, Sheryn Hooper, Jack Kropiak, Eden Pelt, Jermaine Sibdhanie, Aaron Singleton, Vincent Tam, and Marlon Townes also contributed to coach Ed Church's success.

### COACH OF THE YEAR

#### BRIAN RODAK, Ramsey

Brian Rodak has been named Coach of the Year before, earning the honor twice for coaching girls cross-country at Paramus and once after leading Paramus to the 1989 Bergen Meet of Champions title.

But this year's honor is extra special because one of the leaders of this year's Triple Crown-winning Rams is son Brian Jr., an outstanding hurdler-jumper who teamed with All-Bergen stars Matt Elkas and Matt Collins to win the NBL Division 2, Bergen Group 2, and sectional 2 championships in addition to the Group 2 Bergen Relays.

"Watching him mature into a leader and off the track and in practice was real exciting for me," said the senior Rodak.

"Working together with [girls head coach] John Kirchoff, Steve Hyman, and Kristen Zack was also so rewarding because we work so well together."

### FINAL RANKING

**BERGEN GROUP 1-2**

1. Ramsey
2. Glen Rock
3. Westwood
4. Mahwah
5. Rutherford

Also: Cresskill, North Arlington, Ridgeland Park.

**BERGEN GROUP 3-4**

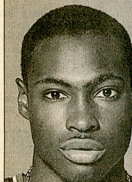
1. Hackensack
2. Don Bosco Prep
3. Ridgewood
4. St. Joseph Regional
5. River Dell

Also: Northern Valley at Demarest, Garfield, Teaneck.

#### 100 METERS, 200 METERS

**CHRIS CHARLES**  
Park Ridge Senior

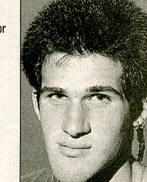
He enjoyed one of the great seasons in Bergen and State history, losing only one 100, one 200, and one 400 race and setting the record books. He won four events at the BCSL Olympic meet and set league records in each event. He repeated his quadruple at the Bergen Group 1 meet, setting three records and won three events setting records at the Section 1 meet. He doubled in the 100 and 200 at the Bergen 100 and the State Group 1 meet. He was second in the SMOG triple jump, third in the 100, and fourth in the 200, with County records of 10:53 and 21:45 respectively.



#### 400 METERS

**GARY GAGLIARDI**  
Hasbrouck Heights Junior

One of six juniors on first team, he showed great speed and strength from 200 to 800 meters, winning all three events and setting the record books. He was second in the Section 1 400 race and won the 800 and then took the BMOG 400 handily. He was third in the State Group 1 400 and won an amazing battle with fellow Bergenite John Van Goor of Midland Park by one-hundredth of a second in the State 1 800. His best 400 time (49:56) is 46th all-time.



#### 800 METERS, 1,600 RELAY

**JOSH KAUKE**  
Ridgewood Senior


Kauke ended his career as a two-time SMOG and SMOG champion and the greatest half-mile in County history. He won 800-meter titles at the Bernards, NJJIL Atlantic, Bergen 4, Sectional 4, State 4, BMOG, and SMOG meets, never running slower than 1:55 and setting a Bergen record, running 1:53.50 at the BMOG and 1:50.19 at the SMOG, fifth fastest in State history. He was fourth in the Glen West Invitational in 1:51.34, tying Ramsey's Roger Jones' County record. He will attend Princeton next year.



#### 1,600 METERS

**MAURICE SINGLETARY**  
Hackensack Senior


Singletary was a leading member of the Comets' 1998 County championship cross-country team, and a major contributor to their fine distance relay teams with twin brother Marquis. He won the NJJIL Atlantic, Bergen 4, and sectional 1,600, and then ran eighth in the speedy State Group 4 1,600, running 4:24.78, second only to Ridgewood's Josh Kauke in Bergen County.



#### 1,600 METERS

**MATT COLLINS**  
Ramsey Junior


Moving up from third team last year in the event, he adds an All-Bergen track selection to his All-Bergen cross-country honors. He won the NBL 2, 1,600-meter title at the Bergen 2, BMOG, and SMOG meets, and then ran a sterling race, winning the SMOG 1,600 with a great long kick, running 4:20.00, with a fifth in the State Group 2 1,600 and ran in the SMOG 1,600. His best time this year was 4:25.55.



#### 3,200 METERS

**COLE DAILEY**  
Rutherford Junior


The Bergen County cross-country champion used his azzling finishing kick to move up from second to first in the 3,200 with a fine spring. He won the BCSL American 1,600 and 3,200, and then concentrated on the longer race, winning the Bergen 2 3,200, the sectional 2,300, and the BMOG 3,200 races with tremendous finishes. He fell off the pace in the State 3,200 but rallied from seventh to second behind rival Owen Bourgholtzer of Mahwah. He had the area's season-best 9:20 time (9:34.09).



#### 110 HIGH HURDLES, HIGH JUMP

**AYO OLUWOLE**  
St. Joseph Senior


Honorable mention last year in the high jump, this multi-talented athlete was the top hurdler and high jumper at age 17 despite some misfortune. He led the Green Knights to the Bergen Relays 3 high jump title and took second in the Christopher Carey of Montclair in the 110 hurdles. He won the Bergen 3 high jump, but false started in the high hurdles final. He snapped back to win the BMOG high jump and high hurdles easily, but was injured in the Parochial A high hurdles and finished only third in the high jump. His 6-8 high jump is tied for 20th all-time in Bergen.



#### 400 INTERMEDIATE HURDLES

**BRIAN BURNS**  
River Dell Senior


Last year's second-team selection in the 800 meters, was outstanding again in the two-lapper this year but was even better in the long hurdles race. He was consistently excellent all season and lifted the injury-laden Golden Hawks to their first-ever sectional title. He won the 400 IH and 800 titles at the BCSL American meet and repeated the feat in both the Bergen and sectional 3 races. He won the SMOG intermediate hurdles and was fifth in the State 3 race. He also was second in the 800, running a personal best 1:55.58, a best 400 IH time (5:41.1) is 18th all-time.



#### SHOT PUT

**MATT ELKAS**  
Ramsey Senior


Elkas had a sensational year as the area's best weight man. He led the Rams to the Group 2 Bergen Relays in the shot discus. He won the Bernards shot and took second in the discus, won both events in the NBL 2, Bergen 2, and sectional 2 meets, improving in each meet. He became the ninth shot-discus dual in the BMOG, and was fourth in the State 2 discus. He came from third with a last throw of 58-11 1/2 to win the State 2 shot and top performance and 22nd all-time. He was fourth in the SMOG shot and ninth in the discus.



#### DISCUS

**CHARLES YALOVISTER**  
North Arlington Junior


Moving up from third team last year, he finished strong and in the year ahead, could make Bergen history. He took second in the County Set 3 discus, won the BCSL National discus and javelin, and won the Bergen 1 discus and shot before taking second in all three events at the sectional 1 meet. He was second to Elkas in the BMOG discus, and was fourth in the winning State Group 1 with a then-best throw of 185 feet. He took second in the Group 1 shot and then finished with best toss of 170-2 (22nd all-time), which got him a fifth-place finish in the SMOG.



#### JAVELIN

**IAN SAMPLE**  
Westwood Junior


He moves up from third team after a tremendously consistent season. He was second in the BCSL American javelin throw while recovering from a leg injury. He then won the Bergen 2 javelin, and was first in the sectional 2 javelin and then won the sectional 2 javelin and then captured the BMOG javelin. He took second at the State Group 2 championships before taking 10th in the SMOG, just missing the finals. His best throw in the javelin (168-11) is 32nd all-time.



#### LONG JUMP

**PAT McMANUS**  
St. Joseph Senior


He was second team in the long and triple jumps last year, and this year he might have won the State championship in the long jump except for back luck and injuries. A recurrent ankle injury knocked him out of the triple jump early but he won the NJJIL Pacific long jump and won the Bergen 3 100 and long jump before winning the BMOG long jump with the season's best jump of 22-9 1/2. Unfortunately, he was injured again on the first jump at the State Parochial A meet, ending his season. His 22-9 1/2 jump ranks 16th all-time.



#### TRIPLE JUMP

**JOHN AUGUSTYNOWYCZ**  
Rutherford Senior

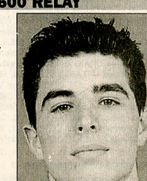
He became the first official State champion in the triple jump, delighting his coach, former triple jump star David Frazier. He won the BCSL American triple jump title, then won the Bergen 2 long and triple jumps easily. He won the sectional 2 long jump and qualified first in the state for the SMOG triple jump with a leap of 47.5, best in the state this year and seventh all-time in Bergen. He won the BMOG TJ and was second in the long jump. He just missed the SMOG in the long jump with a seventh in the State 2 long jump before winning the SMOG TJ.



#### POLE VAULT, 1,600 RELAY

**DAN COOPER**  
Ridgewood Senior

He made 15 feet his goal and nearly became the second Bergen County athlete to clear that magical barrier. He won at Bernards after becoming the first area vaulter in more than 10 years to qualify for the Penn Relays. He won the NJJIL Atlantic vault and 100 meters and then won the Bergen 3 pole vault. He no-height in the pole vault on a miserably rainy day. He snapped back to win the sectional 4 vault and was second in the long jump. He just missed the BMOG. He was tied for third in the State Group 4 vault. His 14-7 vault has been beaten only twice in Bergen history.



### ALL-BERGEN BOYS TRACK

**First team**

- 100 — CHRIS CHARLES, Park Ridge Senior
- 200 — CHRIS CHARLES, Park Ridge Senior
- 400 — GARY GAGLIARDI, Hasbrouck Heights Junior
- 800 — JOSH KAUKE, Ridgewood Senior
- 1,600 — MAURICE SINGLETARY, Hackensack Senior
- 3,200 — COLE DAILEY, Rutherford Junior
- 110 HH — AYO OLUWOLE, St. Joseph Regional Senior
- 400 IH — BRIAN BURNS, River Dell Senior
- Shot put — MATT ELKAS, Ramsey Senior
- Discus — CHARLES YALOVISTER, North Arlington Junior
- Javelin — IAN SAMPLE, Westwood Junior
- High jump — AYO OLUWOLE, St. Joseph Regional Senior
- Long jump — PAT McMANUS, St. Joseph Regional Senior
- Triple jump — JOHN AUGUSTYNOWYCZ, Rutherford Senior
- Pole vault — DAN COOPER, Ridgewood Senior
- 1,600 relay — RIDGEWOOD (Dan Cooper Sr.; Andrew Dolgin, Sr.; Steve Pawlowski, Jr.; Chris DePasquale, Soph.; Josh Kauke, Sr.)

**Second team**

- 100 — ADRIAN DURRANT, Teaneck Sophomore
- 200 — ADRIAN DURRANT, Teaneck Sophomore
- 400 — CHRIS CHARLES, Park Ridge Senior
- 800 — MAURICE SINGLETARY, Hackensack Senior
- 1,600 — OWEN BOURGHOLTZER, Mahwah Junior
- 3,200 — AARON RICHARDSON, Hackensack Junior
- 110 HH — JOHNNY SYLVAIN, Hackensack Junior
- 400 IH — FRANK KOZIBRODA, Wood-Ridge Senior
- Shot put — MATT ELKAS, Indian Hills Senior
- Discus — WILL ARROYO, Ridgeland Park Senior
- High jump — BRENT HOBBS, Don Bosco Prep Junior
- Long jump — JOHN AUGUSTYNOWYCZ, Rutherford Senior
- Triple jump — CHRIS CHARLES, Park Ridge Senior
- Pole vault — OWEN POPE, Hackensack Junior
- 1,600 relay — HACKENSACK (Randy Clarke, Jr.; Johnny Sylvain, Jr.; Leroy Brooks, Sr.; Aaron Richardson, Jr.)

**Third team**

- 100 — OFORI KORAM, Ridgeland Park Junior
- 200 — TONY YAMASAKI, Englewood Senior
- 400 — TONY YAMASAKI, Englewood Senior
- 800 — RON LUGASHI, Tenafly Senior
- 1,600 — JOSH ROBINSON, River Dell Sophomore
- 3,200 — FRANK KOZIBRODA, Hackensack Junior
- 110 HH — RISHI PRABHU, Glen Rock Senior
- 400 IH — BRIAN RODAK, Ramsey Senior
- Shot put — MATT BUSHA, Indian Hills Senior
- Discus — FRANK KOZIBRODA, Wood-Ridge Senior
- Javelin — JOHN GRUBB, Ridgewood Senior
- High jump — TREVOR CHAMBERS, Don Bosco Freshman
- Long jump — CHRIS O'REILLY, Paramus Cath. Senior
- Triple jump — ANTHONY TOSCANO, St. Joseph Reg. Senior
- Pole vault — CHRIS PORTO, Ridgeland Park Senior
- 1,600 relay — PARAMUS CATHOLIC (Robert Roberts, Jr.; Chris O'Reilly, Sr.; Aaral Myers, Sr.; Julius Carter, Sr.)

### Honorable mention

100 (11.1 or 11.34 AT) — Charles Benson and Kallym Hazelet, Hackensack; Joe Soto, Lynch St. Joseph Regional; Ian Sample, Westwood.

200 (22.9 or 23.14 AT) — Ariel Acosta, Bergenfield; Danny Rodriguez, Cliffside Park; Craig Agnew, Glen Rock; Charles Benson, Hackensack; Gary Gagliardi, Hasbrouck Heights; Cliff Koram, Ridgeland Park; Don Cooper, Ridgewood; Ron Lugashi, Tenafly; Tim Smith, Westwood.

400 (50.9) — Ariel Acosta, Bergenfield; Danny Schneider, Cliffside Park; Eric Schneider, Dumont; Ed Topolowski, Dwight-Highway; Leroy Brooks and Randy Clarke, Hackensack; Sandro Bianchi, Leonia; Gene Bascomb, Paramus; Josh Kauke, Ridgewood; Brian Burns, River Dell; Adrian Durrant and Samson Ononono, Teaneck.

800 (1:59.9) — Ken Slinkovits, Hackensack; Robert McKay, Don Bosco; Leroy Brooks and Marquis Singletary, Hackensack; Gary Gagliardi, Hasbrouck Heights; Brian Wood, Hackensack; John Van Goor, Midland Park; Josh Wood, Ramapo; Brian Burns, River Dell.

1,600 (4:24.9) — Ryan James Gilford and John Dault, Don Bosco Prep; Mike Rogers, Garfield; Frank Brown, Hackensack; Owen Bourgholtzer, Mahwah; Spencer Rothwell, NV/Old Tappan; Brad Gatens, Paramus; Andrew Lovrich, Ramsey; Josh Kauke, Ridgewood.

3,200 (10:06.0) — Ryan Miller, Bergen Catholic; Peter Gerboth, Don Bosco Prep; Mike Rogers, Garfield; Marquis Singletary and Maurice Singletary, Hackensack; Matt Collins and Andrew Lovrich, Ramsey; John Robinson, and Pete Tavis, River Dell.

110 HH (18.4 or 18.44 AT) — Mike Pans, Bergen Catholic; Jaded Agrahamam and Brent Jones, Don Bosco; Anthony Grogan, Hackensack; Steve Gomez and Vincent Tam, Hackensack; Dan DiGregorio and Kevin Lamb, Pascoack Valley; Don Rodak, Ramsey; Nick Garrett, Saddle Brook; Ian Schuler, Westwood.

400 IH (1:47.8) — Mike Pans, Bergen Catholic; Chris Raucci, Don Bosco; Gabe Gonzalez, Fort Lee; Anthony Pankov and Rishi Prabh, Glen Rock; Chris Oehm, Mahwah; Robert Robles, Ramapo Catholic; Jason Lamb, Pascoack Valley; Steve Pawlowski, Ridgewood; Joe Robinson, River Dell; Rob Thomas, Wood-Ridge.

Shot put (48-0) — Nick Lewis, NV/Demarest; Marty Moskovic, Fair Lawn; Kosta Pignati, Fort Lee; Luis Castillo, Garfield; Cedric Brown, Jack Kropiak, Karon Singleton and Marlon Townes, Hackensack; Todd Weiner, Mahwah; Charles Yalovister, North Arlington; John Boromel, Passaic Regional.

Discus (141-0) — Jon Harz, NV/Demarest; Steve McGovern, Dumont; Marty Moskovic, Fair Lawn; Luis Castillo, Garfield; Andrew Romano, Glen Rock; Todd Weiner, Mahwah; Charles Lee, Passaic Park; Julia Boromel, Passaic Regional.

Javelin (165-0) — Keith Blag, Cresskill; Steven Bag, Dumont; Miles Austin, Garfield; Sheryn Hooper and Eden Pelt, Hackensack; Charles Yalovister, North Arlington; James Malizia, St. Joseph Regional; Paul Roark, Wood-Ridge.

High jump (6-0) — Markur Burns, Bergen Catholic; Stephen Latta, NV/Demarest; Trevor Harper, Englewood; Aaron Richardson, Hackensack; Brian Rodak, Ramsey; Bernard Mann, Ridgewood; Cassiel Smith, Westwood; Trevor O'Grady, Wood-Ridge.

Long jump (20-9) — Trevor Harper, Englewood; Gabe Gonzalez and Kodai Kubota, Fort Lee; Miles Austin, Garfield; Cedric Brown, Glen Rock; Gene Bascomb and Aaron Richardson, Hackensack; Dan DiGregorio, Pascoack Valley; Glen Rock; Nick Garrett, Saddle Brook.

Triple jump (48-4) — Wesley Berg, Bergenfield; Jeff Selous, Don Bosco Prep; Robert Stewart, Englewood; Miles Austin, Garfield; Brian Rodak, Ramsey; Andrew Dolgin, Ridgewood; Jung Her, Rutherford; Justin Bridges, St. Mary's; Rowan Clarke, Ramsey; Edwin Dove, Westwood; Trevor O'Grady, Wood-Ridge.

Pole vault (12-0) — Keith Blag, Cresskill; Jeff Kearns, Don Bosco Prep; Tim Reilly, Fair Lawn; Danilo Perena, Fort Lee; Marcus Cressak, Fort Lee; Peter Peterson, Mahwah; Alex Varallo, Midland Park; Matt Grissoni and Jeremy Kaufman, Ramsey; Mark Pans, Saddle Brook; Emma Ayvas, Wood-Ridge.

1,600 relay (8:24.0) — Bergen Catholic; Don Bosco Prep; Englewood; Fair Lawn; Fort Lee; Glen Rock; Hackensack; Helms; Leonia; Lynchburg; Ramsey; Teaneck.

### ALL-PASSAC BOYS TRACK

**First team**

- 100 — CRAIG KOLK, Wayne Valley Junior
- 200 — RYAN MELTZER, Clifton Sophomore
- 400 — DAVE HEEREMA, West Milford Junior
- 800 — MATT WINKLER, Wayne Valley Senior
- 1,600 — JOHN HEALEY, Wayne Valley Junior
- 3,200 — DEREK STORBECK, Wayne Valley Junior
- 110 HH — DAN SPOUST, West Milford Junior
- 400 IH — EUSTACE WATKINS, Kennedy Senior
- Shot put — JOHN NADRATOWSKI, DePaul Junior
- Discus — WALTERMANN AUGUSCINSKI, Passaic Senior
- Javelin — SEAN BEGLEY, West Milford Senior
- High jump — BRIAN BONANNON, Passaic Senior
- Long jump — CHRISTIAN KOSTENKO, DePaul Senior
- Triple jump — RAHEEM WOODBURY, Eastside Senior
- Pole vault — DAVE SERRANO, West Milford Senior
- All around — CARLOS CASTOIRE, Passaic Senior
- All around — NICARDO GOODEN, Kennedy Sophomore
- All around — ISAH MEER, DePaul Junior
- 1,600 relay — WEST MILFORD (Travis Fisher, Jr.; Tom Jennings, Jr.; Jim Wilshire, Jr.; Dave Heerema, Jr.)

**Second team**

- 100 — DAVON ROBERTS, Passaic Tech Sophomore
- 200 — RICK CRISTOFOL, Passaic Valley Sophomore
- 400 — JESUS TURRINO, Manchester Senior
- 800 — TERENCE GILBERT, Eastside Senior
- 1,600 — MICHAEL YORET, DePaul Junior
- 3,200 — DYQUAN THOMPSON, Passaic Sophomore
- 110 HH — STEVE MARSHALL, Wayne Valley Junior
- 400 IH — BRIAN STEWART, Clifton Junior
- Shot put — CHRISTOPHER BELL, Passaic Junior
- Discus — JOHN BIANGO, Lakeland Senior
- High jump — CRAIG BORDUIN, Eastern Christian Senior
- Long jump — TARIO STEVENSON, Passaic Senior
- Long jump — JOE CHOI, Wayne Valley Senior
- Pole vault — SCOTT GIBSON, Clifton Senior
- All around — JEFF COLETTI, Wayne Hills Junior
- All around — AMMAR ABBASI, Clifton Senior
- All around — TOM CONNOLLY, West Milford Senior
- 1,600 relay — CLIFTON (Alessio Horni, Jr.; Brian Stewart, Jr.; Chris Monaco, Jr.; Ammar Abbasi, Sr.)

### Honorable mention

Chris Hanson and Jose Pans, Clifton; Michael Dittamo and Greg Dujets, DePaul; Lawrence Bailey and Paul Greenwell, Eastern Christian; Daquan Jackson and Owen Tonkins, Eastside; Kyle Krimmer and Dave Van Derley, Hawthorne; Chris Bailey and Ryan Scales, Kennedy; Steven Barkley and Peter Nanni, Manchester; Timothy Boy and Ferdinand Fernandez, Passaic; Garib-oh Cooper and Keith Wells, Passaic Tech; Mike Sidmore and Alan Sochoo, Madison; Nelson Pompey and Manny Rivera, Paterson Catholic; Joe Rivera and Don Woodard, Pompton Lakes; Eric Hotzappel and Brian Sorvody, Wayne Hills; Bill Hecht and Giovanni Onembo, Wayne Valley.

### All-County listings on Page S-10

### ALL-STAR LINEUP

**Tuesday** — All-Bergen and All-Passaic boys track; all-league baseball.

**Sunday** — All-Bergen and All-Passaic baseball.

**Monday** — All-Bergen and All-Passaic softball; all-league volleyball.

**Tuesday** — All-Passaic volleyball.

**Sunday, July 2** — Top 50 Bergen, Passaic, and State scholastic sports stories of the 1999-2000 school year.

Team selected by Bergen County Coaches Association.

**ALL-BERGEN BOYS TRACK****First team**

100	— CHRIS CHARLES, Park Ridge	Senior
200	— CHRIS CHARLES, Park Ridge	Senior
400	— GARY GAGLIARDI, Hasbrouck Heights	Junior
800	— JOSH KAUKE, Ridgewood	Senior
1,600	— MAURICE SINGLETARY, Hackensack	Senior
1,600	— MIKE COLLINS, Ramsey	Junior
3,200	— COLE DAILEY, Rutherford	Junior
110 IH	— AYO OLUWOLE, St. Joseph Regional	Senior
400 IH	— BRIAN BURNS, River Dell	Senior
Shot put	— MATT ELKAS, Ramsey	Senior
Discus	— CHARLES YALOVISTER, North Arlington	Junior
Javelin	— IAN SAMPLE, Westwood	Junior
High jump	— AYO OLUWOLE, St. Joseph Regional	Senior
Long jump	— PAT McMANUS, St. Joseph Regional	Senior
Triple jump	— JOHN AUGUSTYNOWYCZ, Rutherford	Senior
Pole vault	— DAN COOPER, Ridgewood	Senior
1,600 relay	— RIDGEWOOD (Dan Cooper, Sr.; Andrew Dolgin, Sr.; Steve Pawlowski, Jr.; Chris DePasquale, Soph.; Josh Kauke, Sr.)	

**Second team**

100	— ADRIAN DURRANT, Teaneck	Sophomore
200	— ADRIAN DURRANT, Teaneck	Sophomore
400	— CHRIS CHARLES, Park Ridge	Senior
800	— MAURICE SINGLETARY, Hackensack	Senior
3,200	— OWEN BOURGHOLTZER, Mahwah	Sophomore
110 IH	— AARON RICHARDSON, Hackensack	Junior
400 IH	— JOHNNY SYLVAIN, Hackensack	Junior
Shot put	— FRANK KOZIBRODA, Wood-Ridge	Senior
Discus	— MATT ELKAS, Ramsey	Senior
Javelin	— WILL ARROYO, Ridgefield Park	Senior
High jump	— BRENT HOBBS, Don Bosco Prep	Junior
Long jump	— JOHN AUGUSTYNOWYCZ, Rutherford	Senior
Triple jump	— CHRIS CHARLES, Park Ridge	Senior
Pole vault	— OWEN POPE, Hackensack	Junior
1,600 relay	— HACKENSACK (Randy Clarke, Jr.; Johnny Sylvain, Jr.; Leroy Brooks, Sr.; Aaron Richardson, Jr.)	

**Third team**

100	— OFORI KORAM, Ridgefield Park	Junior
100	— TONY YAMASAKI, Englewood	Senior
200	— TONY YAMASAKI, Englewood	Senior
400	— RON LUGASHI, Tenafly	Senior
800	— A.J. FRANCHINI, Don Bosco Prep	Senior
1,600	— JOSH ROBINSON, River Dell	Sophomore
3,200	— FRANK BROWNE, Hackensack	Senior
110 IH	— RISHI PRABHU, Glen Rock	Senior
400 IH	— BRIAN RODAK, Ramsey	Senior
Shot put	— MATT BUSHTA, Indian Hills	Senior
Discus	— FRANK KOZIBRODA, Wood-Ridge	Senior
Javelin	— JOHN GRUBB, Ridgewood	Senior
High jump	— TREVOY CHAMBERS, Don Bosco	Freshman
Long jump	— CHRIS O'REILLY, Paramus Cath.	Senior
Triple jump	— ANTHONY TOSCANO, St. Joseph Reg.	Senior
Pole vault	— CHRIS PORTO, Ridgefield Park	Senior
1,600 relay	— PARAMUS CATHOLIC (Robert Robles, Jr.; Chris O'Reilly, Sr.; Aaral Myers, Sr.; Junius Carter, Sr.)	

**Honorable mention**

100 (11.1 or 11.34 AT)	— Charles Benson and Kallym Hazel, Hackensack; Joe Soto, Lyndhurst; Joe Burzinski, North Arlington; Dan Cooper, Ridgewood; Pat McManus and Jon Zicus, St. Joseph Regional; Ian Sample, Westwood
200 (22.9 or 23.14 AT)	— Ariel Acosta, Bergenfield; Danny Rodriguez, Cliffside Park; Craig Agnello, Glen Rock; Charles Benson and Melvin Sampson, Hackensack; Gary Gagliardi, Hasbrouck Heights; Oton Koram, Ridgefield Park; Dan Cooper, Ridgewood; Ron Lugashi, Tenafly; Ian Sample, Westwood
400 (50.9)	— Ariel Acosta, Bergenfield; Danny Schneider, Cliffside Park; Eric Schrader, Dumont; Ed Topolewski, Dwight-Englewood; Leroy Brooks and Randy Clarke, Hackensack; Sandro Bianchi, Leonia; Joe Velasquez, Paramus; Josh Kauke, Ridgewood; Brian Burns, River Dell; Adrian Durrant and Sampson Onomono, Teaneck
800 (129.9)	— Ken Sinkovitz, Bergen Catholic; Robert McKay, Don Bosco; Leroy Brooks, and Marquise Singletary, Hackensack; Gary Gagliardi, Hasbrouck Heights; Brian Wood, Indian Hills; John Van Goor, Midland Park; Josh Wood, Ramapo; Brian Burns, River Dell
1,600 (434.8)	— Ryan Miller, Bergen Catholic; James Clifford and John Daula, Don Bosco Prep; Mike Rogers, Garfield; Frank Browne, Hackensack; Owen Bourgholtzer, Mahwah; Spencer Rothwell, NV/Del Tappan; Brad Gatena, Paramus; Andrew Lovrich, Ramsey; Josh Kauke, Ridgewood
3,200 (1005.0)	— Ryan Miller, Bergen Catholic; Peter Gerboth, Don Bosco Prep; Mike Rogers, Garfield; Marquise Singletary and Maurice Singletary, Hackensack; Matt Collins and Andrew Lovrich, Ramsey; Josh Robinson, and Pete Tevis, River Dell
110 IH (15.4 or 15.84 AT)	— Mike Panos, Bergen Catholic; Jared Arahamian and Brent Hobbs, Don Bosco; Anthony Plakhov, Glen Rock; Steve Gomez and Vincent Tam, Hackensack; Dan DiGregorio and Kevin Lamb, Passack Valley; Brian Rodak, Ramsey; Nick Garrett, Saddle Brook; Ian Schuler, Westwood
400 IH (57.9)	— Mike Panos, Bergen Catholic; Chris Raucci, Don Bosco; Gabe Gonzalez, Fort Lee; Anthony Plakhov and Rishi Prabhhu, Glen Rock; Chris Oehm, Mahwah; Robert Robles, Paramus Catholic; Jason Tuber, Park Ridge; Kevin Lamb, Passack Valley; Steve Pawlowski, Ridgewood; Joe Robinson, River Dell; Rob Thomas, Wood-Ridge
Shot put (48.0)	— Nick Lewis, NV/Demarest; Martyn Moskovich, Fair Lawn; Kosta Psonis, Fort Lee; Luis Castillo, Garfield; Cedric Brown, Jack Kropalik, Aaron Singleton and Marlon Thomas, Hackensack; Todd Weiner, Mahwah; Charles Yalovister, North Arlington; Julio Boromei, St. Joseph Regional
Discus (141.0)	— Jon Harz, NV/Demarest; Steve McGovern, Dumont; Martyn Moskovich, Fair Lawn; Luis Castillo, Garfield; Andrew Romano, Glen Rock; Todd Weiner, Mahwah; Charles Lee, Passaic Park; Julio Boromei, St. Joseph Regional
Javelin (165.0)	— Keith Blag, Cresskill; Steven Bay, Dumont; Miles Austin, Garfield; Sheryn Hooper and Eden Peleg, Hackensack; Charles Yalovister, North Arlington; James Malizia, St. Joseph Regional; Paul Rosiak, Wood-Ridge
High jump (6.0)	— Markus Burns, Bergen Catholic; Stephen Laitte, NV/Demarest; Trevor Harper, Englewood; Aaron Richardson and Jermaine Sibdonnie, Hackensack; Brian Rodak, Ramsey; Bernard Mann, Ridgewood; Cassel Smith, Westwood; Trevor O'Grady, Wood-Ridge
Long jump (20.9)	— Trevor Harper, Englewood; Gabe Gonzalez and Kodal Kubota, Fort Lee; Miles Austin, Garfield; Craig Agnello, Glen Rock; Gene Bascomb and Aaron Richardson, Hackensack; Dan DiGregorio, Passack Valley; Nick Garrett, Saddle Brook
Triple jump (42.6)	— Weston Daniel, Bergenfield; Jeff Sajour, Don Bosco Prep; Rotell Stewart, Englewood; Miles Austin, Garfield; Brian Rodak, Ramsey; Andrew Dolgin, Ridgewood; Jung Her, Rutherford; Justin Bridges, St. Mary's; Rowan Clarke, Teaneck; Edwin Dove, Westwood; Trevor O'Grady, Wood-Ridge
Pole vault (12.0)	— Keith Blag, Cresskill; Jeff Kearns, Don Bosco Prep; Tim Ralley, Fair Lawn; Danilo Pereira, Fort Lee; Marius Cieslak, Garfield; Drew Peterson, Mahwah; Alex Verallo, Midland Park; Matt Orisoni and Jeremy Kaufman, Ramsey; Mark Peros, Saddle Brook; Emanuel Ayles, Wood-Ridge
1,600 relay (332.0)	— Bergen Catholic; Don Bosco Prep; Englewood; Fair Lawn; Fort Lee; Glen Rock; Hasbrouck Heights; Leonia; Lyndhurst; Ramsey; Teaneck

**ALL-PASSAIC BOYS TRACK****First team**

100	— CRAIG KOLK, Wayne Valley	Junior
200	— RYAN MELTZER, Clifton	Sophomore
400	— DAVE HEEREMA, West Milford	Junior
800	— MATT WINKLER, Wayne Valley	Senior
1,600	— JON HEALEY, Wayne Valley	Junior
3,200	— DEREK STORBECK, Wayne Valley	Junior
110 IH	— DAN SPOUST, West Milford	Junior
400 IH	— EJUSTICE WATKINS, Kennedy	Junior
Shot put	— JOHN NADRATOWSKI, DePaul	Junior
Discus	— WALDEMAR AUGUSTINSKI, Passaic	Senior
Javelin	— SEAN BEGLEY, West Milford	Junior
High jump	— BRIAN BOHANNON, Passaic	Senior
Long jump	— CHRISTIAN KOSTENKO, DePaul	Senior
Triple jump	— RAHEEM WOODBURY, Eastside	Senior
Pole vault	— DAVE SERRANO, West Milford	Senior
All around	— CARLOS CASTOIRE, Passaic	Senior
All around	— NICARDO GOODEN, Kennedy	Sophomore
All around	— ISAH MEEK, Wayne Valley	Junior
1,600 relay	— WEST MILFORD (Travis Flaher, Jr.; Tom Jennings, Jr.; Jim Wiltschke, Jr.; Dave Heerema, Jr.)	

**Second team**

100	— DAVON ROBERTS, Passaic Tech	Sophomore
200	— RICK CRISTOFOL, Passaic Valley	Junior
400	— JESUS TURRINO, Manchester	Senior
800	— TERENCE GILBERT, Eastside	Senior
1,600	— MICHAEL YOREY, DePaul	Senior
3,200	— DYQUAN THOMPSON, Passaic	Sophomore
110 IH	— STEVE MARSHALL, Wayne Valley	Junior
400 IH	— BRIAN STEWART, Clifton	Junior
Shot put	— CHRISTOPHER BELL, Passaic	Senior
Discus	— JOHN BIANCO, Lakeland	Senior
Javelin	— CRAIG BORDJIN, Eastern Christian	Senior
High jump	— TARIQ STEVENS, Passaic	Senior
Long jump	— JOE CHOI, Wayne Valley	Senior
Pole vault	— SCOTT GIBSON, Clifton	Senior
All around	— JEFF OIOLLETTI, Wayne Hills	Senior
All around	— AMMAR ABBASI, Clifton	Senior
All around	— TOM CONNOLLY, West Milford	Senior
1,600 relay	— CLIFTON (Alaeddin Homi, Jr.; Brian Stewart, Jr.; Chris Monaco, Jr.; Ammar Abbasi, Sr.)	

**Honorable mention**

Chris Hanson and Jose Pena, Clifton; Michael Dittamo and Greg Dujets, DePaul; Lawrence Daley and Paul Greenwald, Eastern Christian; Daquan Jackson and Owen Tonkins, Eastside; Kyle Kirkman and Dave Van Dertey, Hawthorne; Okni Bailey and Ryan Scates, Kennedy; Steve Karley and Peter Narmal, Manchester; Timothy Boyd and Ferdinand Fernandez, Passaic; Gar-geb Cooper and Keith Watts, Passaic Tech; Mike DiSimone and Allen Soohoo, Passaic Valley; Selon Pompey and Manny Rivera, Paterson Catholic; Joe Rivera and Don Woodard, Pompton Lakes; Eric Hotzappel and Brian Sovoyda, Wayne Hills; Bill Hecht and Giovanni Onembo, Wayne Valley
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# Jersey Sports

## Hackensack's on track

By JIM DRISCOLL

Staff Writer

WAYNE — As of today, the dual meets are done, the relay races have all been run.

Now it's time for track and field's championship season.

Saturday, in effect, was the last day for teams to tune up for the ensuing championship meets. This week and weekend, every league but the Bergen-Passaic Scholastic League will conduct its championship meet, followed by the State sectionals and the State Meet of Champions on June 7.

With that in mind, both Hackensack teams and the Ramsey boys team appear to be ready based on what happened at Wayne Hills, site of the County Seat Invitational.

### COUNTY SEAT TRACK

"This meet is kind of like the eighth-grade dance before the senior prom," said Ramsey coach Brian Rodak, whose Rams scored 86.3 points, beating out Mahwah (75.3) and North Arlington (59.8) to win their third consecutive Division B title.

"You learn a lot about kids today," said Ed Church, head coach of both Hackensack teams. The Comets' boys, with 176.8 points, rolled to the Division A title, followed by West Milford (68.3) and Pascack Valley (41). The Hackensack girls had a tougher time, scoring 78 points to nip Pascack Valley (76) in the only girls division in the meet.

"That's why we were here today," Church said, "and that's why we put some kids into some tough doubles — because in the County and State sectional meets, that's going to happen. And this, traditionally, always seems to be a hot day, and it turned out to be

very hot. So this meet really is a good way to prepare."

Not only did many Comets compete in at least two events in the 80-degree-plus heat, but two, Beth Androski and Cedric Brown, left with a pair of gold medals.

Androski had what Church called "a great day," winning the 1,600 and 3,200. Ebony Ramos (400), Shauna Koenig (800), and Monique Mighty (shot put) also won for the Comets.

The Hackensack boys won all the throwing events, as Brown took the discus and shot put and Edan Peleg won the javelin. On the track, Charles Benson (100), Frank Browne (3,200), Johnny Sylvain (intermediate hurdles), and Aaron Richardson (high hurdles) were also winners.

The Ramsey boys weren't nearly as balanced. Rodak, who sent part of his team to Saturday's Bernards Invitational, had what he called a "skeleton crew" in Wayne. It featured Matt Grisoni, Jeremy Kaufmann, and Andrew Lovrich and was led by Rodak's son, Brian, who scored 33 points on his own by winning both hurdle races and finishing second in the high jump and third in the triple jump.

Jamie Lilien of Pascack Valley won the high hurdles and high jump, while Englewood's Thatcha DaCosta won three events, the 100, 200, and long jump. DaCosta's teammate on the boys side, Trevor Harper, won the long jump and triple jump.

"One reason they're doing so well is they don't perform well in the cold," said Englewood coach Curtis Green. "And Thatcha's a girl who doesn't train that much in March. Now she's about to explode. She's about to take off."

Church was especially impressed by Chris Charles of Park Ridge, the runner-up in the 100 at last year's Meet of Champions who won the 100 and 200. Church's eye was also on a Wayne Val-



MEL EVANS/STAFF PHOTOGRAPHER

Englewood's Thatcha DaCosta capturing the long jump for one of her three gold medals at the County Seat Invitational. She also won the 100 and 200 meters.

ley runner, Matt Winkler, who won the 800 in a school- and meet-record time of 1:53.2. "That," said Church, "is big."

"Outstanding," said Wayne Valley coach Al Demarest. "He only ran one race, so he could relax and run it. That's

what he did."

Winkler's teammate, Derek Storbeck, won the 1,600, and Dave Heerema led West Milford to its second-place finish by winning the 400 and running on the winning 1,600 relay team.

## 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-leaning 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 indoors in winning the pole vault.

But not all the outstanding performances came in winning efforts. Ramsey's Maritsa Christoudias battled Sayreville's Claire Inskeep 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. Inskeep won the event on her last throw by 9¼ inches.

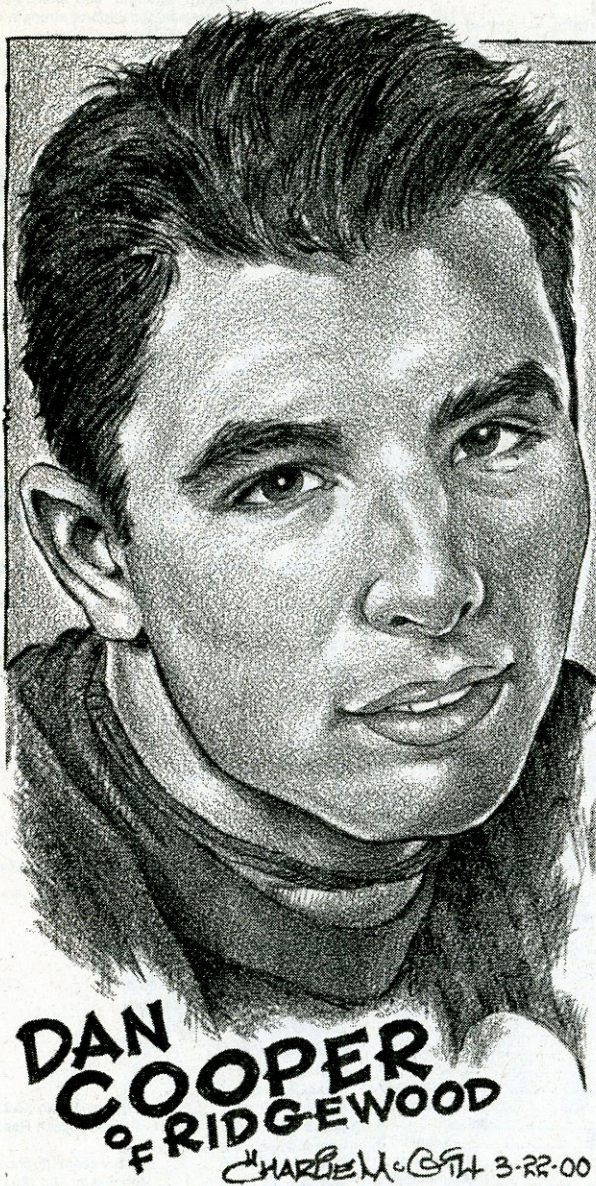
Jen Austin of Garfield threw 142-8 to win the javelin, just a couple of feet short of her County record and eight inches short of the meet record. Matt Elkas of Ramsey edged Passaic's Waldemar Auguscinski on a better second throw after both threw 56-5.

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.

## ATHLETE OF THE WEEK

# Extra practice makes perfect



**DAN COOPER**  
OF RIDGEWOOD  
CHARLIE McSH 3-22-00

By **RON FOX**  
Staff Writer

**T**rack 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 3¾-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 3¾-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.

# All-County Winter Track

BERGEN — BOYS

## TEAMS OF THE YEAR

### Westwood, Hackensack

Picking this year's boys indoor track teams of the year was easy, and it's been pretty easy to pick the same teams for most of the second half of the Nineties and now into the next decade.

Westwood won the honor for the fourth straight time among the small schools, winning the Bergen B Relays in a three-way battle with River Dell and Saddle Brook, 64-62-58; taking an area-best seventh in the Group 1 State Relays, and finishing fourth in a tough battle with champion Fort Lee in the BCSL American meet.

Coach Steve Lurie's team was led by Eric Hammerle, the only Cardinal to win a gold medal at the league meet, with help from Scott Goldberg, Bill Flynn, Ian Schuler, Bob Krone, Jeremy Gruber, Artie Foese,

and Will Marty, among others. Rich Dolinsky, part of Westwood's only winning team in the Bergen Relays, suffered a serious arm injury the week before the league meet that might have cost Westwood the title, but played large roles in both good relay performances.

Ed Church's Hackensack squad earned its fourth team of the year accolade in six years, after dominating the North Jersey Invitational, Bergen A Relays and NNJL Atlantic meet, although no Comets boys qualified for the State Meet of Champions for the first time. Aaron Richardson, Charles Benson, Vincent Tam, Marquise and Maurice Singletary, Frank Browne, John Sylvain, Randy Clarke, Brett Koenig, Steve Gomez, Owen Pope, Melvin Sampson, Willie Gibson, All Foster, Gene Bascomb, Jack Kroplak, and Marlon Townes all had fine seasons for the Comets, who were without 1999 All-Bergen star LeRoy Brooks for most of the season.

## COACH OF THE YEAR

### ED CHURCH Hackensack

The veteran Comet coach has earned 16 Coach of the Year awards during his long career but he can't remember how many are for indoor track and how many for outdoor or even how they are divided between boys and girls. But in the 32 years since he took the head indoor job in 1969-70, he's seen a lot of changes in the indoor sport.

"When I started, we had 10 kids and the program was distinctly to get the kids into shape for spring track," said Church. "But within five years we were winning champi-

onships."

But while Church had national champs, national recordholders, Eastern winners, and State titles, it wasn't until the formation of the NNJL meet in 1995 that he finally got a league champion.

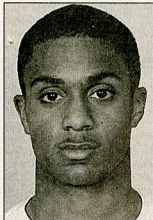
"That was never the most important thing to me, but to a lot of people, the State meet means nothing if you don't win the league," said Church. "So we've won the league each time it's been run."

Church credits his assistants — Darren Ressler, Dodie Donnell, Jim Levitzke, Dave Petrella, and Corey Carroll — for much of his success and is proudest of another number. "Thirty-two of my athletes have gone on to coach something," said Church. "That's real important to me."

### 55 METERS, 300 METERS

#### DORIEN BRYANT

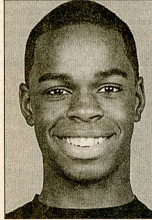
Don Bosco Freshman  
The buzz all fall was that Don Bosco had a super freshman and Bryant lived up to expectations. He won the Season Opener frosh 55, took second in the Ridgewood Winter Games 2 and third in the Metropolitan Invitational before winning the NNJL Pacific and taking fifth in State Group 3. He reached the State Meet of Champs finale finishing eighth and one day later won the Bergen title. In the longer sprints, he won the Ridgewood Winter Games 2 300 yards, took second in the Metro 200, won the NNJL Pacific 300, and was second in the Bergen 300. He was fifth in the Eastern States 200.



### 55 HURDLES

#### NICK GARRETT

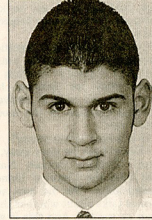
Saddle Brook Senior  
Garrett was second team in the high hurdles and long jump and third team in the triple jump last season. This season he ran nine hurdles races and 26 heats and won them all. He suffered an injury after winning his ninth straight final — the State Group 1 championship — and missed the SMOG and Eastern States. His wins over every State group champ in meets such as the Season Opener, Bergen Development 1, FDU Holiday Classic, Ridgewood Winter Games 1 and 2, Schwartz Invitational, Metropolitan and Varsity Classic, and the State Group 1 meet assured him perhaps the best hurdle season in County history.



### 400 METERS

#### ARIEL ACOSTA

Bergenfield Senior  
Third team last season in both the 55- and 400-meter runs, he wanted to be All-Bergen in the 400 all season and accomplished his goal easily. He won the Bergen Development 2 400s and took fourth in State Group 2 before winning the Bergen Championship. He showed his versatility all season, winning the Ridgewood Winter Games 1 600, the North Jersey Invitational 55, the NBL 55 and 200, the Schwartz Invitational 300, and the Bergen 300. He even took sixth in the Fairleigh Dickinson Holiday Classic 800.



### 600 METERS

#### BRIAN BURNS

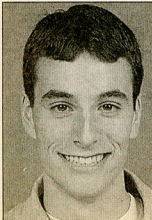
River Dell Senior  
Last season's 800-meter All-Bergen selection had a fairly quiet season as River Dell coach Mike Urso preferred to low-key the season. Burns still was outstanding, winning the BCSL American 600, and his second straight group indoor State 600 title, this time in Group 2 after winning Group 1 last year. He was second in the Bergen Development 2 400 and placed fourth in the SMOG 800 before winning the Bergen 600 easily. He was eighth in the Eastern States 800, winning the unseeded heat.



### 800 METERS

#### JOSH KAUKE

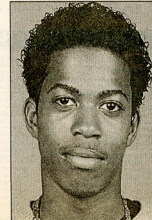
Ridgewood Senior  
Last year he was second-team All-Bergen in the 800 meters. This year, the outdoor SMOG champion added the indoor to his honors, winning top open 800 races and four other titles at 600 and 1,000. He won the Season Opener, Dartmouth Invitational, State Group 4, and SMOG titles, and took second in the Varsity Classic. He won the North Jersey Invitational and NNJL Atlantic 800s and the Bergen Development and NNJL Atlantic 1,000s.



### 1,000 METERS

#### MARQUISE SINGLETARY

Hackensack Senior  
A two-time All-Bergen selection in cross-country and an honorable mention selection in the 1,000 meters last year, Singletary had an excellent season, both in the 1,000 and as part of an excellent 3,200-meter relay team. He won the All-Bergen honors. He was fourth in the Bergen Development 1,000, third in the Season Opener 800, and fifth in the FDU Holiday Classic 1,600 before winning the North Jersey Invitational 1,000, taking second to Ridgewood's Josh Kauke in the NNJL Atlantic 1,000, and winning the Bergen 1,000 title.



### 1,600 METERS

#### JAMES CLIFFORD

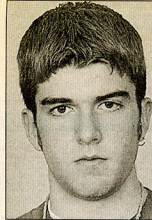
Don Bosco Prep Junior  
Don Bosco Prep had a fine distance team, which finished sixth in the Nike Indoor Classic four-mile relay. He won the Ridgewood Winter Games 2 1,000, and then ran a terrific race for second in the Metropolitan Invitational, running 4:30.2, the fastest time of the season for a Bergen runner. He won the NNJL Pacific 1,600 and 3,200 titles before placing seventh in the State Group 3 1,600 and just missing qualifying for the SMOG. He snapped back to win the Bergen 1,600 championship with another 4:30-point performance.



### 3,200 METERS

#### FRANK BROWNE

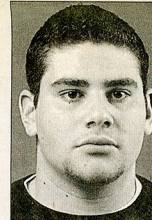
Hackensack Senior  
The two-time All-Bergen cross-country star moves from honorable mention indoors with a solid season. He was fifth in the Season Opener 1,600 and third in the 3,200 but then won the North Jersey Invitational 3,200 and took second in the 1,600 to help Hackensack to victory. He won the NNJL Atlantic 1,600 and 3,200 titles and took second in the Bergen 3,200 meters. He also just missed a place in the Metropolitan 3,200 and was 12th in the State Group 4 3,200.



### SHOT PUT

#### MARTYN MOSKOVICH

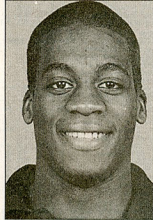
Fair Lawn Senior  
His only wins came in the NBL and Bergen meets, but after losing to Wood-Ridge's Frank Kozbroda at the Garfield 1 meet, he never lost to any area thrower again. He was second at the Metropolitan Invitational Varsity Classic meets and Garfield Classic meets, and took fourth in the State Group 3 meet, and was fifth in the SMOG. He had personal best of 54 feet six inches, an improvement of five feet from last spring.



### HIGH JUMP

#### AYO OLUWOLE

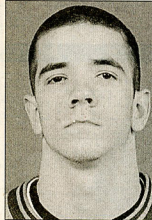
St. Joseph Senior  
Last winter, friends talked him into trying track and field and if he had stayed healthy, he would have had a really outstanding season. He was the only jumper in the county to clear 6-3 or higher, doing it five times, with bests of 6-6. After a slow start due to a football injury, he won the NNJL Pacific meet and was fifth in the Varsity Classic and then was tied for second in the Garfield 2 meet. A second injury knocked him out of the states but he snapped back to win the Garfield Classic and Bergen titles and took second in the Eastern States meet.



### LONG JUMP

#### CHRIS O'REILLY

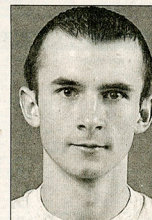
Paramus Catholic Senior  
Moving up from honorable mention in the long jump, O'Reilly led the Paladins to the NJCTC Indoor Relays long jump title by jumping 21 feet, then won that event at the NJCTC championships. He then soared 22-5½, easily the best jump of the season by area jumpers, to win the NNJL Pacific title and finished second in the Bergen long jump. He was also third in the NNJL Pacific high hurdles before suffering a season-ending injury.



### TRIPLE JUMP

#### JOHN AUGUSTYNOWICZ

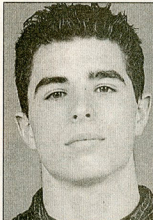
Rutherford Senior  
The Rutherford school record holder in the triple jump is two-time Penn Relays collegiate champ David Frazier, who is now coaching Augustynowicz. And the Polish-born senior has a good chance to shatter his coach's record after a fine indoor season. He won the BCSL American triple jump and leaped a State-leading 46 feet 5½ inches to win the Bergen County title. He then took third in the Eastern States triple jump. He also won the Bergen and BCSL American long jumps and took sixth in the FDU Holiday Classic 55.



### POLE VAULT, 1,600-METER RELAY

#### DAN COOPER

Ridgewood Senior  
During the season Cooper went from the best pole vaulter in the county to the best indoor pole vaulter in Bergen history and was part of an outstanding 1,600 relay team. After taking second in the Ridgewood Winter Games 2 pole vault, he won the Metropolitan, vaulting a personal-best 13-6. He won the NNJL Atlantic and Bergen before tying for second at the Varsity Classic. He tied the 17-year-old County record while tying for second at the Eastern States and then shattered it with a vault of 14-3¼ in a fifth-place finish at the Nationals.

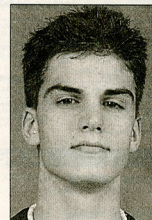


### 1,600-METER RELAY TEAM

#### ANDREW DOLGIN

Ridgewood Senior  
With Kauke and Cooper having sensational individual seasons, Dolgin and DiPasquale were the other two members of Ridgewood's standout relay team, which came close to setting the State record in the sprint medley. They missed by just three-tenths of a second en route to a seventh-place finish in the National Scholastic meet. Ridgewood won the Dartmouth Relays 1,600 and the NNJL Atlantic, took second in the Metropolitan Invitational, was fifth in the Varsity Classic, and sixth in State Group 4, breaking 3:30 four times with a best of 3:27.1 to set a school record. Dolgin, who had a fine season in the triple jump as well, is expected to be one of the top 200-meter runners in the area this spring. DiPasquale led his sophomore teammates to the Bergen varsity 1,600 relay championship.

#### CHRIS DIPASQUALE



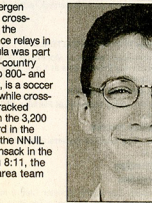
### A.J. FRANCHINI

Senior  
Don Bosco Prep



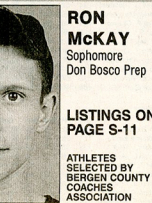
### KEVIN BARRY

Sophomore  
Don Bosco Prep



### JOHN DAULA

Junior  
Don Bosco Prep



### RON MCKAY

Sophomore  
Don Bosco Prep

LISTINGS ON PAGE S-11

ATHLETES SELECTED BY BERGEN COUNTY COACHES ASSOCIATION

# North Jersey Sports

## ATHLETE OF THE WEEK

# Ramsey's long-running hit

By JIM DRISCOLL

Staff Writer

**B**efore she was the fifth-best cross-country runner in New Jersey, Melissa Conway longed for the feel of a rifle in her hands. Not one that fired, mind you. Bullets aren't required in the guns used by the Ramsey High School color guard.

"I had to give up the color guard," says Conway, formerly a flag bearer in Ramsey's color guard. "It's fun. All my friends are on it. But I realized it wasn't my calling."

Running was. Saturday, Conway, The Record's Athlete of the Week, helped Ramsey win the small schools division of the Season Opener Invitational, running the first leg of the Rams' victorious distance medley relay team, then anchoring a first-place finish in the 1,600 relay.

"I really didn't do anything," she says of her contribution Saturday. "Track's not my big thing, anyway."

Conway's thing is running in the fall, in the woods. In cross-country, she won the Bergen Meet of Champions as a junior, and is a three-time, All-Bergen County first-team selection. She's been named first-team All-State twice, thanks to a pair of fifth-place finishes in the State Meet of Champions in her sophomore and junior years.

All that, and she never even ran competitively before entering high school.

"I'm definitely more academically-minded," says Conway, whose 4.49 grade-point average ranks third in the Ramsey junior class. "I never was an athlete before [high school]. Yeah, I played Little League softball, soccer — but I was terrible. The last person in the batting order. Never scored a goal. But there was running, so I figured I'd give it a try."

In September of her freshman year, Conway was able to handle both color guard and cross-country, but because she proved to be such a talented runner, a decision between the two had to be made. "Which was really tough," she says. "Eventually, I made a full commitment to running. But band is a *big* thing at Ramsey. It's a lot of drill work, though, and it's not a nerdy thing to do."



### SPORT: TRACK

EVENTS: Distances CLASS: Junior AGE: 17

#### LATEST ACCOMPLISHMENT

Ramsey won the small schools division of the Season Opener Invitational at Englewood Saturday, with Conway contributing to the Rams' victories in the distance medley and 1,600 relays.

#### BACKGROUND

Conway's parents, Andrew and Linda, watch every meet Melissa runs in, as they did for her sister, Jennifer, who is now at McGill University in Montreal.

#### QUOTE

"I like to compete. I like to race against someone, push myself to the limit. When there's someone running next to me, I won't give up."

Those wisecrackers who think so, the same ones who abuse the chess team, should remember that the color guard, though not loaded, includes members carrying swords. Sabres, to be precise. "I didn't stick around long enough to be a rifle; I never even got to be a sabre," says Conway, who turns a deaf ear to the critics.

"People goof on running, too," Conway says. "They'll say, 'Why do you run? What, you just run around a track? Why? You're not getting anywhere. You just run, and run, and run.' It's not like football or baseball, sports that they see a point to. But, really, is there a point to any sport?"

Sound arguments such as that one may be the reason Ramsey track coach John Kirchhoff mistakenly places Conway on the Ramsey debate team. "I don't do debate. We don't have a debate team. I do mock trial," says a laughing Conway, who is considering a career as a lawyer but is leaning toward studying psychiatry. "Mock trial is completely different. That's where you go to the Hackensack courthouse and put on a real case."

Runners-up for the Athlete of the Week were Saddle Brook's **Kim Wright** for softball, **Tom Rossi** of Indian Hills for lacrosse, and Ramapo's **Sean Sosonko** in baseball.

# North Jersey Sports

## ATHLETE OF THE WEEK

# He goes the distance

By J.P. PELZMAN

Staff Writer

**J**ust like a lot of people, Matt Elkas is unhappy with the cool, damp weather that has blanketed North Jersey for much of this spring. It's just that the reasons for his dismay are a little different.

Elkas, a senior at Ramsey, is a weight thrower on the track team.

"This weather is horrible," Elkas says. "I can't wait until it's warm. The warmer it is, the better it is. You can't get as loose when it's cold. You're not stretched out as well."

That may be so, but Elkas hasn't let it affect him too much. He threw 56 feet, 11½ inches in the shot put and 152-10 in the discus Saturday in the Braves Relays at Indian Hills, helping Ramsey win both events. Both throws are personal bests for Elkas and both are Bergen County bests for this season. For those accomplishments, Elkas is The Record's Athlete of the Week.

Elkas began throwing the shot put and discus in the summer of 1994, before he entered the seventh grade. His brother Mike, now a senior at Holy Cross, was a middle-distance runner at Bergen Catholic. But the running events never appealed much to Matt.

"I thought throwing was awesome," says Elkas, who attended BC before transferring to Ramsey prior to his sophomore year.

But it's not as if Matt has a one-track mind. He has also been a starter for Ramsey in football (as an offensive and defensive lineman) and in basketball (as a forward and center). But track "is definitely my first sport by far," he says.

Still, his other commitments mean that Elkas doesn't devote all of his time to track. Yet he is still quite dedicated.

"He's been a great kid to work with," Ramsey weight coach Steve Hyman says. "He does a lot of things on his own without too much motivation on my part. He does a lot of technique work on his own and looks at videotape of his throws."

### SPORT: TRACK

EVENTS: Shot put, discus CLASS: Senior AGE: 18

#### LATEST ACCOMPLISHMENT

He threw personal bests of 56-11½ in the shot put and 152-10 in the discus to help Ramsey win those events at the Braves Relays at Indian Hills on Saturday. Those performances are the best in those events in Bergen County this season.

#### BACKGROUND

He has been on the Ramsey varsity since he was a sophomore, after transferring from Bergen Catholic. He was also a varsity starter for Ramsey in football and basketball.

#### QUOTE

"If you let [pressure] get the best of you, it can start messing up your form. If you start thinking about other things than what's right in front of you, you'll lose your concentration."

Elkas, not surprisingly, deflects the credit back at Hyman. "Without him, I really don't think I'd be throwing anywhere close to what I am now."

"He's been a leader on the team since his sophomore year," head coach Brian Rodak says.

Says Hyman, "He goes above and beyond."

Elkas would like to go beyond his newly set personal bests.

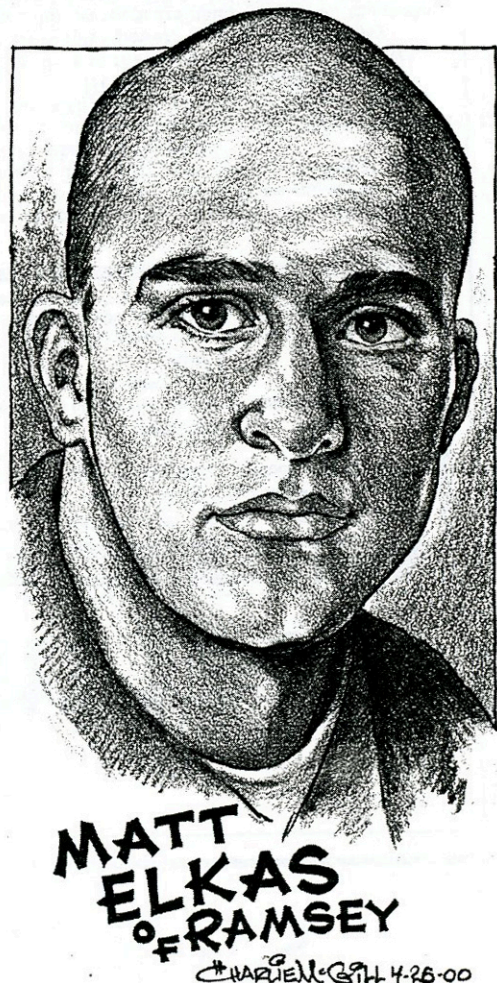
"I want to get over 60 feet in the shot," he says. "Nobody [in Bergen County] has done that since 1996. In the discus, I'd like to do in the mid-160s."

But his most pressing concern this week will be the fabled event he has waited for since last spring: the Penn Relays.

Elkas qualified for a date at famed Franklin Field in Philadelphia with his performance in the State Meet of Champions last season, where he took fourth place in the shot with an effort of 56-5.

\* \* \*

Runners-up for Athlete of the Week are: **Stacie Bobal** of Wallington and **Jenn Foglio** of Bergenfield for softball and **Erik Lang** of Paramus for baseball.



## ATHLETE OF THE WEEK

# Speed is name of his game

By **JIM DRISCOLL**

Staff Writer

**H**is 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.

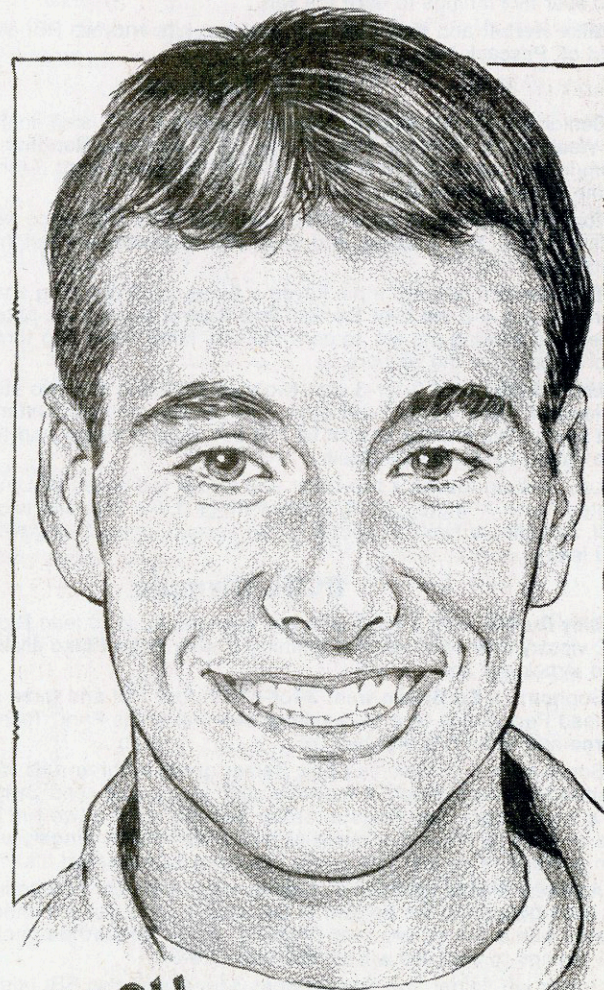
"Something inside me just snapped and I took off," said Kauke, who caught and beat Baldwin — for the first time — by a half-step.

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 DelMonaco** of Park Ridge and **Stacie Zafiris** of Palisades Park for softball, and **Leroy Robinson** of Hackensack for volleyball.



**JOSH  
KAUKE  
OF RIDGEWOOD**

#110012 McG 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 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."

## TUNING UP



MEL EVANS/STAFF PHOTOGRAPHER

Ramsey's Brian Rodak, center, winning a hurdles heat at Saturday's County Seat meet. Rodak will compete in today's NBIL meet.

## The Fireplace - Englewood Chevrolet/Olds

# players

O F T H E W E E K

## Brian E. Rodak, Jr. and Matt Elkas of Ramsey High School Track and Field

**GOLD GARNERERS--** Brian E. Rodak, Jr. and Matt Elkas have helped the Ramsey High School boys track and field contingent earn its third straight Northern Bergen Interscholastic League/Division II Championship on Thursday, May 7, by winning six gold medals and racking-up 60 of Ramsey's 170 team points between them. The two also led the way as the Rams went a perfect 6-0 in dual meets earlier this season.

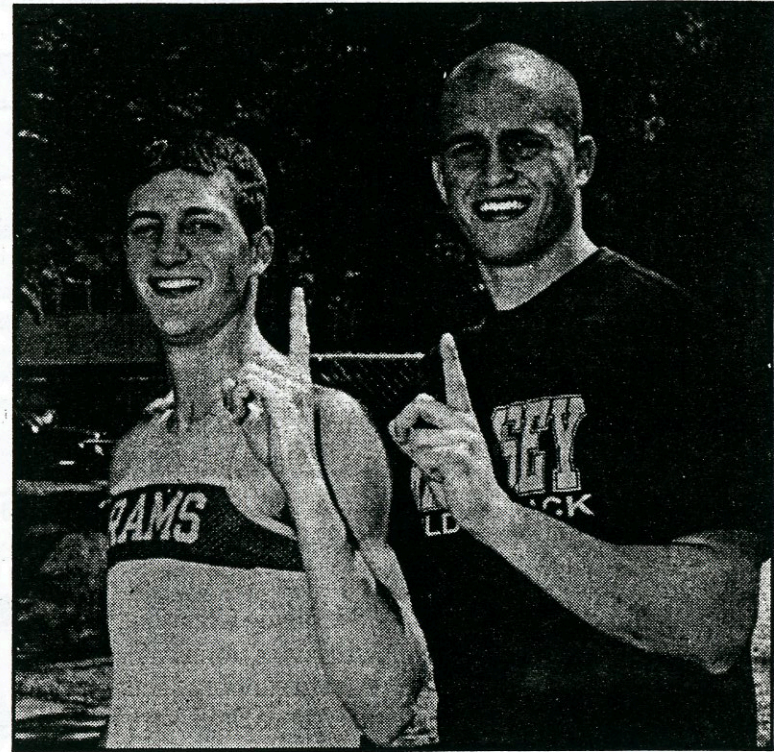
A senior captain of both the winter and spring track teams at Ramsey, Rodak won four events at the NBIL Championships by registering a personal best time of :14.9 in the 110-meter high hurdles, before running the 400-meter intermediate hurdles in :56.1, triple jumping a distance of 42-feet, one-half inch and

clearing six-feet in the high jump. Unbeaten in all four events so far this spring, Rodak has won 10 league championships in his varsity career and has garnered three silver medals, as well. A holder of six varsity letters, Rodak plans to be compete in both the pentathlon and the decathlon for either East Stroudsburg University or Kutztown-U. Additionally, Rodak finished fourth nationally among high school students in the pentathlon at the Nike Invitational at Indiana University on March 10. "We're certainly going to miss him here next year," asserts Ramsey coach Brian E. Rodak, Sr. of his son. "Brian is not only a team leader on the field, but having him around is like having another assistant coach. He's always doing his best to teach his events to the

younger kids."

Also a senior captain, Elkas won both the shot put and the discus titles at the NBIL Championship Meet by putting the shot 55-feet, 8.25-inches and tossing the disc 147-feet, four-inches. A winner of eight varsity letters who is a football lineman in the fall and a basketball forward in the winter, Elkas is headed to the University of Connecticut on a partial track scholarship. Last year, Elkas won the league's shot put title and was second in the discus, while, in his sophomore season, he was the NBIL runner-up in the shot.

"During the spring, Matty makes a real commitment to track," lauds coach Rodak of Elkas' efforts, adding, "He's a shot and disc guy 24/7. He's either in school, practicing or watching tape of himself practicing."



*Bergen Players of the Week Sponsored by...*



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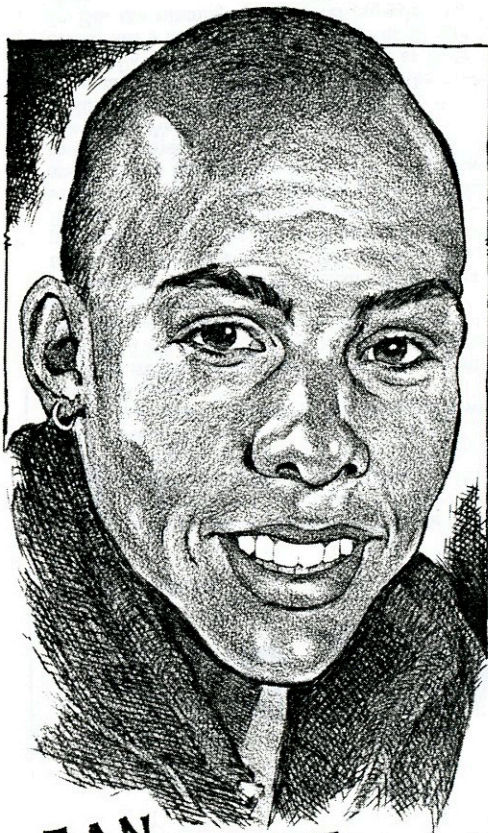


# North Jersey Sports

## ATHLETE OF THE WEEK

# Sample gets sprint fever

By **BOB KURLAND**  
Staff Writer



**IAN  
SAMPLE  
OF WESTWOOD**

CHARIE McGRATH 5-24-00

It was almost as if Ian Sample stepped into a phone booth carrying his javelin and exiting with an "S" emblazoned on his chest — that's "S" for sprinter.

"When he came out for track for the first time last year we had no idea that he could sprint," says Westwood coach Steve Lurie. "This year we threw him into the sprints in the opening dual meet and he surprised all of us and has gotten better throughout the year."

The Westwood junior swept the Group 2 sprints in the Bergen County championships in addition to winning the javelin and taking third place in the triple jump for 36 points. It adds up to being named The Record's Athlete of the Week.

Sample points to playing wide receiver and cornerback on the football team, plus lifting weights all winter, for the amazing increase of speed. "Last year I ran the 400, plus throwing the javelin," says the junior. "I always knew I was fast, but I am surprised at what I'm doing in the sprints, and believe if I keep working hard I can get even faster."

He was clocked in 11.1 in the 100 and 22.6 in the 200, second best in Bergen this year to the outstanding Chris Charles of Park Ridge, last week's AOW.

"I'll throw the javelin and run the 100 in college," says Sample, who will study architecture or zoology. "Maybe I can design a zoo."

In addition to the two sports, he also played golf as a freshman. Naturally this moves to the oft-asked question of why the son of former major-leaguer, Billy Sample, doesn't play baseball. "I did until seventh grade but I didn't enjoy it as I found it boring. I hardly watch it because that's even more boring."

He says his father never tried to influence him after he decided to give up baseball. "He knew football was my favorite sport, back to when I was in the second grade, and was behind my decision to quit baseball," he says.

Sample was born in Texas when his father played

### SPORT: TRACK

EVENTS: Javelin, sprinter CLASS: Junior AGE: 17

#### LATEST ACCOMPLISHMENT

Captured three titles in the Bergen County Group 2 championships.

#### BACKGROUND

Football is his favorite sport, and he didn't go out for track and field until last season.

#### QUOTE

"I don't believe people who say there's someone bigger and better than you. I go out doing my hardest and always expecting to win."

for the Rangers, and moved to Fair Lawn when he was with the Yankees. "After that we moved to Washington Township when I was in kindergarten and that's where we remained."

When not on an athletic field, he's busy in the classroom, with science, history, and Spanish his favorite courses. He's also one of the high school's representatives to the Board of Education. "It gives the students some power," says Sample. "I enjoy the whole bit, as there are name plaques on the desks and I attend wearing suit and tie. We give them our complaints and they have changed some things."

While javelin is his top event — he had the county's best toss of the year, 189-2 — he's not the only track star in the family. His older sister, Nikki, finished second in the Group 2 javelin. "Sometimes we'll work out together," says Sample, "and once in a while I'll throw lefty against her."

He has a friendly javelin rivalry going on with Will Arroyo of Ridgely Park and Miles Austin of Garfield. "I'm always on the Internet with Austin and we both have fun telling the other who's better."

Runners-up for Athlete of the Week are **Maritsa Christoudias** of Ramsey for track, **Eric Lang** of Paramus for baseball, and **Marianna Delmonaco** of Park Ridge for softball.