

**RIDGEWOOD  
TRACK  
&  
FIELD  
2001**

**SEASON  
SUMMARY**

## DUAL MEETS

7 wins – 1 loss

Holy Angles	94 – 28
Teaneck	85 - 37
Nutley	116 – 6
Hackensack	53 - 69
Montclair	74 ½ - 46 ½
Barringer	119 – 3
Belleville	118 - 4
Paramus	87 - 40

## CHAMPIONSHIP MEETS

2 championships

Ridgewood Relays	2 <sup>nd</sup>
Bergen County Relays	2 <sup>nd</sup>
Penn Relays	
Bernardsville Spring Invitational	
NNJIL	1 <sup>st</sup>
Bergen Group 4 Champs	2 <sup>nd</sup>
Ridgewood Relays II	
State Section	1 <sup>st</sup>
BMOC	
State Group	
SMOC	
Nationals	

SENIORS:

Bobbie Jo DiRosa\*, Rebecca Johnson\*, Eileen Melli(capt)\*, Katie Norchi(capt)\*, Patricia Polise\*, Madeleine Van Engel, Alisa Vetter\*, Jennifer Zucaro(capt)\*, Katherine Zucaro(capt)\*.

JUNIORS:

Meg Behan, Sarah Bigos, Cassidy Canzani, Katie Chiles\*, Caitlyn Fiocchi\*, Julia Foresman, Jackie Goulart, Colleen Herlihy, Tajuana LeSane\*, Lauren Lillis, Peggy Lynch, Sandy Nestor, Clair Nowakowski\*, Pippa Scott, Emily Stolfo, Michelle Tobin, Devin Wardel.

SOPHOMORES:

Lauren Anderson, Megan Anderson, Evann Borgman\*, Priscilla Enner, Kristen Espenak\*, Meghan Fenzel, Lauren Herscheit, Corinne Hyslop\*, Jackie Macchi, Tara Masterson\*, Kate McDonagh, Trish McGowan\*, Angela Mercer\*, Rachel Nelson, Andrea Ng, Courtney O'Neill, Kristin Perrone, Jenna Rubinoff\*, Bridget Schultz, Kristina Schwehm\*, Suzzette Wray.

FROSH:

Emmy Bertocci, Liz Bigos, Holly Birnbaum, Ashley Carri, Clarice Coppolino, Sofia DelPapa, Catherine Driever, Casey Dunn\*, Danielle Geronimo, Lianne Hansen, Jill Herlihy, Stephanie Herlihy, Katie Jacobson, Aimee Martin, Shannon McCarthy, Mary Nash, Meghan O'Connell, Emily Terrin\*.

\* = letter winner      @ = class award      ^ = coaches award

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

## Track & Field 2001 - Girl's Schedule

- 4/5 - Thursday - Teaneck & Holy Angles at Teaneck  
Teaneck Track 4:30pm Bus at 3pm
- 4/7 - Saturday - Ridgewood Relays  
RHS Track 8:30am Arrive Gym #1 7:30am
- 4/9 - Monday - Hackensack & Nutley at RHS  
RHS Track 4:30pm Arrive Gym #1 2:30pm
- 4/11 - Wednesday - Dual Meet at Montclair  
Montclair Woodman Field 4:30pm Bus at 2:30
- 4/20 - Friday - Bergen Relays  
Indian Hills 4pm Bus at 2pm
- 4/21 - Saturday - Bergen Relays  
Tenafly 9am Bus at 7:30am
- 4/24 - Tuesday - Barringer at RHS  
RHS Track 4:30pm Be on Track at 3:15pm
- 4/26 - Thursday - Penn Relays  
4X100 at 11:55am Van at RHS 6:45am
- 5/1 - Tuesday - Belleville at RHS  
RHS Track 4:30pm Be on Track at 3:15pm
- 5/3 - Thursday - North Jersey (NNJIL) Frosh Champs  
Hackensack Track 4pm Bus at 2:15
- 5/5 - Saturday - Bernardsville Spring Invitational  
Bernards High School Bus at 7:15am
- 5/8 - Tuesday - Dual meet at Paramus  
Paramus HS Track 4:30pm Bus at 3pm (team photo 2:50)
- 5/12 - Saturday - NNJIL Championship  
Teaneck HS 9:15am (Javelin at 8am) Bus at 7:15 (Javelin Van at
- 5/15 - Tuesday - Novice Championship  
Englewood - W. White Stadium 4pm Bus at 2pm
- 5/18 - Friday - Bergen Group 4 Champs  
Hackensack Track 3pm Bus at 1pm
- 5/19 - Saturday - Bergen Group 4 Champs  
Teaneck Track 9am Bus at 7:30am
- 5/21 - Monday - Ridgewood Relays II  
Englewood - W. White Stadium 4pm Bus at 2pm
- 5/24 - Thursday - Bergen Frosh Champs  
RHS Track 4pm Be on Track at 3:15pm
- 5/25 - Friday - State Sectional Champs  
Clifton 4pm Bus at 2pm
- 5/26 - Saturday - State Sectional Champs  
Clifton - 10am Bus at 8am
- 5/29 - Tuesday - Bergen County Meet of Champions  
Ramapo High School 3:30pm Bus at 2:00pm
- 5/30 - Sophomore Championships  
Englewood - W. White Stadium 4pm Bus at 2:00pm
- 6/1 - Friday - State Group 4 Champs  
Egg Harbor 3pm
- 6/2 - Saturday - State Group 4 Champs  
Egg Harbor 10am
- 6/6 - Wednesday - State MOC  
South Brunswick High School 3:30pm
- 6/15-6/16 Nationals in North Carolina



# All-County Winter Track



BERGEN — GIRLS

## TEAM OF THE YEAR

### RIDGEWOOD

The Maroons seemed vulnerable this year, with graduation losses taking a tremendous impact. But coach Mike Mullen's teams apparently don't rebuild, they reload. First, the Maroons won the North Jersey Invitational, 56-33, with a double win from Clair Nowakowski and help

from Katherine and Jen Zucaro, Justine Lupo and the 1,600 and 3,200 relay teams. Then Ridgewood won the Bergen 3-4 relays easily, 71-53, over Immaculate Heart Academy, with three wins and three seconds and help from Peggy Lynch, Claire Coppolino, Alisa Vetter, Angela Mercer, and Rebecca Johnson. The cancellation of the NNJIL meet by snow probably cost them a third major title.

WINTER TRACK  
"SETS THE STAGE"  
FOR A GREAT SPRING.

### 1,600 METERS, 1,600 RELAY

#### CLAIR NOWAKOWSKI

Ridgewood Junior

Make it five straight seasons as an All-Bergen performer who started her run on the 1999 cross-country team. She was practically unstoppable, winning six major titles, including the Season Opener 1,600 and 3,200, North Jersey Invitationals 1,600 and 3,200, Zaccone 1,000 and the Metropolitan 1,600. She was second in the Ridgewood Games 2 1,000, third in the State 3 1,600 and fourth in the SMOC 1,600. She finished fifth in the Eastern States mile and anchored Ridgewood to a win in the Yale Invitational Distance medley.



#### JENNIFER ZUCARO

Ridgewood



#### KATHERINE ZUCARO

Senior Ridgewood Senior



### NORTH JERSEY SPORTS

FRIDAY, FEBRUARY 9, 2001

# Nowakowski at her best

By PAUL SCHWARTZ

Staff Writer

NEW YORK — Ridgewood junior Clair Nowakowski, followed her fourth-place State Meet of Champions performance Sunday in the 1,600 with an even better race Wednesday in the Metropolitan Invitational at the Armory track center.



### TRACK

Taking the race out in 72.1 for the first 400 and seemingly blowing away another good field with a 2:31.800, she suddenly found herself challenged by Passaic Valley soph Jesse Mizzone, who pulled up alongside her with about 600 meters to go.

"I was shocked because I thought I had it least 10 meters on her," said Nowakowski. "I said to myself, 'Stay strong and keep going.'" At least four times, Mizzone, the third-place finisher in Sunday's SMOC 3,200, tried to pass Nowakowski and each time Nowakowski held her off.

"I tried to go past her and she just wouldn't let me," said Mizzone. "It was fun, but a little frustrating."

Nowakowski finally pulled away in the final

## Ridgewood junior wins 1,600 meters

turn and won in 5:11.4, the fastest time by an area runner this year. Mizzone was second in 5:14.3, easily a personal best.

Glen Rock's dynamic 3,200 relay team of Leah Jerome, Kim Mineo, Danielle Patoir, and Erin Henry destroyed a talented field in the 3,200-meter relay, running an area-best 9:41.3, one of the top times in the East this winter.

"I think this team can go even faster," said Glen Rock coach D.J. Nimphius, whose team lost a photo finish at the Yale Invitational last month in a time of 9:49.42. "Our outdoor school record is 9:39 and I hope we can break that indoors this year."

Hackensack's Cedric Brown celebrated his football signing with Rutgers on Wednesday by winning the boys shot put with a seasonal best throw of 51-3/4.

"I'm trying to get more consistency in my throws," said Brown, the only area thrower to break 50 feet more than once this winter. "I've been practicing and working hard and I'm ready for a big one."

Derek Storbeck doesn't like crowds. So the Wayne Valley senior broke away from the

crowded pack in the 1,600-meter run along with Patrick Slattery of Mount Olive early in the race.

"I didn't do that in [Sunday's] State Meet of Champions and I ran a very poor race," said Storbeck, the group 4 runner-up, who finished well back in the SMOC field. "I always run my best races in a dual meet situation, where it's me and one or two other guys."

Storbeck pushed Slattery through 400 splits of 67.3, 67.2, and 67.9 as the duo pulled away from the excellent bi-state field, and then took the lead in the final two laps.

He pulled away with a 63.2 final 400 to win easily in 4:25.6, the fastest time of his career. Bergen Catholic soph Ken Sinkovitz closed late for third in 4:30.5, also a personal best.

"I think redemption is a fair word to use in describing today's race," said Storbeck, who has accepted an appointment to the Air Force Academy. "I proved I can run a race in the mid-4:20s and that should help me the rest of the winter and spring."

Storbeck's win was one of nine by area athletes in the 100 plus school meet, one of the highlights of the season.

Kennedy's Tawana Watkins scored a sprint double of 7.1 seconds (55) and 24.9 in the 200 and Passaic Tech's Andrea Herbert won the triple jump on her last jump by three-quarters of an inch at 34-5/4, an indoor best for her.

# All-County Winter Track

BERGEN — GIRLS

## TEAM OF THE YEAR

### RIDGWOOD

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from Katherine and Jen Zucaro, Justine Lupu and the 1,600 and 3,200 relay teams. Then Ridgewood won the Bergen 3-4 relays easily, 71-53, over Immaculate Heart Academy, with three wins and three seconds and help from Peggy Lynch, Claire Coppolino, Alisa Vetter, Angela Mercer, and Rebecca Johnson. The cancellation of the NJJIL meet by snow probably cost them a third major title.

## COACH OF THE YEAR

### GEORGE GLOVER Westwood

The Cardinals had a terrific week in late January and early February, winning the Bergen Relays 1-2 championship by five points over Saddle Brook and two days

later beating River Dell, 108-89, to win the BCSL American championship. It was the fourth straight victory in both meets for the Cardinals, all under the tutelage of Glover, whose cross-country, indoor and outdoor teams have all won Bergen County or league titles during the past five years. His low-key style helps a balanced team succeed.

### 55 METERS

#### TAKARA WILKS

Queen of Peace Sophomore

The Lincoln transfer enjoyed a sensational season, not losing a race before her season was shortened because of a back injury. She swept the Colgate Winter Games 55, winning the finals at Madison Square Garden. Locally, she won the NJCTC and BCSL American 55 dashes and added the State Group 1 indoor title to the Group 3 title she won last year. She repeated at the State Meet of Champions. Before she's through, if she can stay healthy, she may be one of New Jersey's all-time greats.



### 55 HURDLES

#### JUSTINE DIANA

Saddle Brook Senior

A second-team selection last year, she was one of the busiest athletes this winter, winning major hurdles titles at the FDU Holiday Festival, Season Opener, Ridgewood Winter Games 2, Paul Schwartz, and East Stroudsburg. She won seven other medals, including silvers at the North Jersey Invationals, Tom Zaccone Invitational, and Bergen County meets. She was third in State Group 1 and fourth in the Metropolitan Invitational. She also took a pair of medals in the long jump, including a runner-up finish in the Bergen meet.



### 300 METERS

#### ANIKE ORIMOJUNJE

Queen of Peace Sophomore

One of three repeaters on her first team, she shook off her leg injuries, which held her out of state individual competition. She helped the Golden Griffins win relay titles at the NJCTC and State Group 1 competition at about 1,600 meters. She was third in the North Jersey Invitational 300, was second in the NJCTC, and won the Bergen title for the second straight year. He also won the Bergen and North Jersey Invitational 55s, and took second at the Tom Zaccone Invitational 200.



### 400 METERS, TRIPLE JUMP

#### CAITLIN SHERRY

River Dell Senior

A third-team pick at 400 last year, she was undefeated locally at 400, winning the Bergen 400 and taking fourth in the State Group 1. She ran 59.47 for 400 for 14th in the Eastern States field. She was second in the Pearl River 300 and 600, fifth in the Ridgewood Games 2 600, and fourth in the Schwartz 300 before winning the BCSL American 600. In her first full year as a triple jumper, she had the best jump at the Bergen Relays, won the Bergen County and BCSL American titles, took third in the Metropolitan and Varsity meets, and ninth at the Easterns.



### 600 METERS, 3,200 RELAY

#### KIM MINEO

Glen Rock Sophomore

The Panthers low key their winter program, but the defending state Group 1 outdoor champions have become outstanding middle distance performers from 600 meters to 1,600, with Mineo making some terrific strides. She won the Bergen 600, was second in the Tom Zaccone Invitational 600 to state 400 champion Tawana Watkins of Kennedy and was sixth in the Ridgewood Winter Games 2 600 yards. She may be a State Group 1 contender at 800 meters and in the intermediate hurdles.



### 800 METERS

#### CAITLIN SMYTH

Immaculate Heart Academy Sophomore

Last year's spring sensation made her first indoor season a memorable one, and only needs a little more confidence in her ability to become one of the state's best. She won the Season Opener 800 was second in the NJCTC 600, won the NJCTC 1,000, took second in State Group 4 800, eighth in the SMOC 800 and was fifth in the Varsity Classic 800. Then in the Eastern States 800, she came to the final turn in a large pack in position to earn the upset victory before fading to fifth in the heat and seventh overall. But the next time she's in that position, don't bet against her.



### 1,000 METERS, 3,200 RELAY

#### ERIN HENRY

Glen Rock Junior

Another repeater from last year's team, she added cross-country to her repertoire in the fall and earned All-Bergen honors. This marks her fourth straight season on the All-Bergen team, including last spring at 800 meters. Her individual schedule included a win in the North Jersey Invitational 1000, a third in a dynamic Ridgewood Games 2 1,000-yards race, fifth in the Zaccone 600 and an easy win in the Bergen 1,000. She has a good chance to become only the third Bergen runner to break three minutes for 1,000 meters next winter.



### 1,600 METERS, 1,600 RELAY

#### CLAIR NOWAKOWSKI

Ridgewood Junior

Make it five straight seasons as an All-Bergen performer who started her run on the 1999 cross-country team. She was practically unstoppable, winning six major titles, including the Season Opener 1,600 and 3,200, North Jersey Invationals 1,600 and 3,200, Zaccone 1,000 and the Metropolitan 1,600. She was second in the Ridgewood Games 2 1,000, third in the State 3 1,600 and fourth in the SMOC 1,600. She finished fifth in the Eastern States mile and anchored Ridgewood to a win in the Yale Invitational Distance medley.



### 3,200 METERS

#### BRIANA BAYERSDORFER

River Dell Junior

A third team 1,600-meter selection last winter and another member of the All-Bergen cross-country team, she enjoyed an excellent indoor season and could be a state contender this spring. She won the BCSL American and Bergen 3,200 meter races, took second in the Ridgewood Winter Games 2 and fourth in her best race at the Varsity Classic before taking 14th at the Eastern States. She also won 1,600 races at the Schwartz and BCSL American and doubled by winning the Bergen 1,600 as well. She also joined with Sherry to be half of River Dell's second team 1,600 meter relay.



### SHOT PUT

#### JESSICA FAZEKAS

NV/Demarest Junior

A third-team selection last winter, the versatile athlete, also an All-Bergen volleyball selection, won six major shot put titles this winter, including a sweep of the three Garfield preliminary meets and the Garfield Classic. She also won the NBIL title and the State Group 2 championship, edging her sister Kelly, a sophomore. She was second in the Demarest Invitational to state champ Jackie Hudgins of Hightstown, third in the Bergen and Dartmouth meets, ninth in the Eastern States and 10th in the SMOC.



### HIGH JUMP

#### DANA NGUYEN

Paramus Catholic Senior

The first Paramus Catholic girl to make the All-Bergen indoor team in more than a decade, Dana moved up from honorable mention this year with a solid season. She helped the Paladins win the NJCTC Relays high jump and gain second place in the high jump. She also led the Paladins to a Bergen Relays high jump win, and took fourth on misses in the Bergen championship. The leading qualifier in the Garfield series, she had a second and a third in individual Garfield meets and took second at the Classic.



### LONG JUMP

#### THATCHA DACOSTA

Englewood Senior

Honorable mention last winter, she was the Bergen champ last spring and had an outstanding winter. She was fourth in the Ridgewood Winter Games 2, second in the BCSL American, won the Bergen title and was eighth in the Eastern States. She also was very versatile, winning the Schwartz 55 and was third in the 300. She also placed in four triple jumps and fifth in the Bergen Development 2 400.



### PENTATHLON

#### JILL TURNER

Pascack Hills Senior

The first champion of the Bergen pentathlon was probably the best high jumper and hurdler as well in the county and near the top of long jumpers. She was the second-team high jumper and third team in the long jump and hurdles last winter. This year, she won the North Jersey Invitational, NBIL and State Group 1 hurdles title, took third at Pearl River and was seventh in the SMOC in the hurdles. She won the Garfield 1, Garfield Classic, and State 1 high jumps and led the Cougars to Bergen Relays titles in the long and high jumps, making the area best jump of 5-4. She also won the NBIL title and enjoyed a terrific all-around season.



### 1,600-METER RELAY TEAM

#### JENNIFER ZUCARO

Ridgewood Senior

#### KATHERINE ZUCARO

Ridgewood Senior

#### MEREDITH HARRIS

Ridgewood Junior



Nowakowski replaced the graduated Lesley Bruno on last year's All-Bergen indoor team and the Maroons repeated as the County's top 1,600 relay team despite not winning one major championship. They took seconds in the Season Opener, North Jersey Invationals, Zaccone Invitational, Ridgewood Games 2, Bergen Relays and Metropolitan championships, with its 4:07.4 clocking in the latter event, the best performance by more than four seconds in the county this year. They also placed ninth in State Group 3. Individually, both Zucaros had success in races from 400-1,000 meters and Harris is a fine triple jumper and pole vaulter, with a Bergen indoor record 8-6 in the latter event.

### 3,200-METER RELAY TEAM

#### LEAH JEROME

Glen Rock Sophomore

#### DANIELLE PATOIR

Glen Rock Sophomore



Perhaps Glen Rock and coaches Paul White and D.J. Nimphius will take next year's winter track season a little more seriously than they took this year's, skipping the State Relays, State group and Eastern States meets. If they do, this quartet may make some history. The low-key performances led to wins at the Tom Zaccone Invitational and the Metropolitan championships and close seconds at the Yale Invitational and Varsity Classic and an indoor best time of 8:41.3, fourth fastest all-time in Bergen County and in the top 40 all-time in New Jersey. The Panthers could contend for a spot in the championship at the Penn Relays and move way up on the Bergen County outdoor list this spring.

ATHLETES  
SELECTED BY  
BERGEN COUNTY  
COACHES  
ASSOCIATION

## ALL-PASSAIC GIRLS TRACK

### First team

- 55 — TAWANA WATKINS, Kennedy Junior
- 55 HH — STACEY DEL'RE, Wayne Hills Senior
- 300 — ANDREA HERBERT, Passaic Tech Junior
- 600 — SHANAE FRITCHEY, Passaic Senior
- 1,000 — SHAKIRA WILLIAMS, Passaic Senior
- 1,500 — JESSE MIZZONE, Passaic Valley Sophomore
- 3,000 — SHAQUILA BEASON, Kennedy Freshman
- Shot put — ALEXIS WOOD, West Millford Senior
- Pole vault — LAUREN DUTCH, Clifton Sophomore
- High jump — CARLITA BISHOP, Passaic Tech Senior
- Long jump — YHOUNIC VASSELL, Passaic Tech Junior
- All around — GIULIANA MINERVINI, Passaic Valley Sophomore
- All around — CAITLIN WOODRUP, West Milford Sophomore
- 1,600 relay — PASSAIC TECH (YHOUNIC VASSELL, Jr.; ANDREA HERBERT, Jr.; KAHIMAH LIVERMAN, Jr.; CARLITA BISHOP, Sr.)

## All-star lineup

Today: All-County girls indoor track. All-league wrestling. Girls spring track previews.  
Friday: All-County wrestling. All-league bowling. Boys spring track previews.  
Saturday: All-County boys and girls bowling. All-league boys basketball. Boys volleyball previews.  
Sunday: All-County boys basketball. All-league girls basketball. Softball previews.  
Monday: All-County girls basketball. Baseball previews.

## TIME TRIALS

### 1200 meters

4:13.5 Clair Nowakowski  
4:19.8 Jennifer Zucaro  
4:22.5 Peggy Lynch  
4:22.9 Emily Terrin  
4:25.7 Julia Foresman  
4:29.3 Jackie Goulart  
4:40.7 Megan O'Connell  
4:41.5 Meg Behan  
4:42.9 Rebbecca Johnson  
4:47.1 Jackie Macchi  
4:51.3 Casey Dunn  
4:53.9 Jenna Rubinoff  
4:54.3 Catherine Driever  
4:55.0 Lianne DelPapa  
4:56.6 Madeline Van Engel  
4:57.7 Shannon McCarthy  
DNF - Lucy Scott

Run on Sat 3/24  
Very cold and windy

### 310 meters

49.3 Katherine Zucaro  
49.7 Jennifer Zucaro  
51.5 Trish McGowan  
51.9 liana DelPapa  
52.2 Eileen Melli  
52.6 Kristen Espenack  
52.6 E. Terrin  
52.8 Rachael Nelson  
53.0 Angela Mercer  
53.3 Katie Norchi  
54.4 Alisa Vetter  
54.8 Katie Chiles  
55.1 Courtney O'Neill  
55.9 Katie Jacobson  
56.1 Sofia DelPapa  
58.0 Andrea Ng  
58.2 Megan Fenzel  
58.3 Sarah Bigos  
58.6 Lauren Herscheit  
59.4 Maggie Kim  
60.4 Sandy Nestor  
60.4 Amanda Amoruso  
61.0 Bridget Schultz  
61.6 Tajuana LeSane  
63.5 Kristin Perone  
65.5 Mary Nash

Ran on Tue 3/27  
Very cold

### 65 yards

8.7 Alisa Vetter  
8.7 Trisha McGowan  
9.0 Courtney O'Neill  
9.3 Eileen Melli  
9.4 Katie Norchi  
9.4 Sofia DelPapa  
9.5 Kristen Espenak  
9.6 Andrea Ng  
9.7 Rachael nelson  
9.7 Tajuana LeSane  
9.7 Sandy Nestor  
9.8 Angela mercer  
9.8 Amanda Amoruso  
9.9 Maggie Kim  
10.0 Katie Jacobson  
10.2 Katie Chiles  
10.2 Lauren Herscheit  
10.2 Meghan Fenzel  
10.4 Mary nash  
10.9 Sarah Bigos  
11.0Bridget Schultz  
11.3 Kristin Perrone  
11.6 Liana Finck

Ran on Tue 3/27  
very cold

**RIDGEWOOD VS Teaneck and Holy Angels****At Teaneck HS****4/2/01**

Ridgewood-85, Teaneck-37

Ridgewood-94, Holy Angels-28.

Long Jump: 1-Alisa Vetter, RHS, 15' 1.5". 2-S.Laogo, HA, 14' 8". 3-L.Bahouth, HA, 14' 4.75". 4-J.Cunningham, T, 13' 1.4". 5-A.Steward, T, 13' 6.25"nonscoring: Eileen Melli-13' 5.5"

Ridgewood-5, Teaneck-4

Ridgewood-5, Holy Angels-4

400Hurdles: 1-Katherine Zucaro, RHS, 68.4. 2-Roxanne McBean, T, 69.4. 3-Charise Logan, T, 71.1. 4-Sheila Longo, HA, 72.6. 5-Kathleen Livelli, HA, 75.5.

Ridgewood-5, Teaneck-4

Ridgewood-5, Holy Angels-4

100 meters: 1-?, Teaneck, 13.1. 2-Alisa Vetter, RHS, 13.5. 3-Trish McGowan, RHS, 13.6. 4-Linda Bahouth, HA, 13.7.nonscoring:

Ridgewood-4, Teaneck-5

Ridgewood-8, Holy Angels-1

1600 meters: 1-Peggy Lynch, RHS, 5:54.2. 2-Julia Foresman, RHS, 5:54.9. 3-Rebecca Johnson, RHS, 5:56.6.nonscoring:

Ridgewood-9, Teaneck-0

Ridgewood-9, Teaneck-0

400 meters: 1-Clair Nowakowski, RHS, 62.9. 2-?, Teaneck, 63.4. 3-Jennifer Zucaro, 64.5. 4-Jackie Macchi, RHS, 72.4.nonscoring:

Ridgewood-6, Teaneck-3

Ridgewood-9, Holy Angels-0

100 Hurdles: 1-??, Teaneck, 16.6. 2-K Livelli, HA, 17.9. 3-L Mendez, HA, 18.8. 4-??, Teaneck, 19.7. 5-Katie Chiles, RHS, 20.4.nonscoring:

Ridgewood-1, Teaneck-8

Ridgewood-1, Holy Angels-8

800 meters: 1-Clair Nowakowski, RHS, 2:26.6. 2-Jennifer Zucaro, RHS, 2:29.6. 3-??, Teaneck, 2:34.5. 4-Jackie Goulart, RHS, 2:35.4nonscoring:

Ridgewood-8, Teaneck-1

Ridgewood-9, Holy Angels-0

200 meters: 1-??, Teaneck, 26.7. 2-S.Longo, HA, 26.9. 3-Katherine Zucaro, RHS, 27.4. 4-??, Teaneck, 28.3. 5-Trish McGowan, RHS, 28.6.nonscoring:

Ridgewood-3, Teaneck-6

Ridgewood-4, Holy Angels-5

3200 meters: 1-Julia Foresman, RHS, 13:12.5. 2-Rebecca Johnson, RHS, 13:12.5. 3-Peggy Lynch, RHS, 13:12.5.nonscoring:

Ridgewood-9, Teaneck-0

Ridgewood-9, Holy Angels-0

Triple Jump: 1-Trish McGowan, RHS, 32' 9.25". 2-Alisa Vetter, RHS, 32' 5.5". 3-D. Holmes, HA, 30' 7". 4-Eileen Melli, RHS, 29' 3.5".nonscoring:

Ridgewood-8, Teaneck-1

Ridgewood-9, Holy Angels-0

Shot Put: 1-Kristina Schwehm, RHS, 33' 9". 2-??, Holy Angels, ???. 3-Tara Masterson, RHS, 29' 4.5". 4- ??, Teaneck, ???.nonscoring: DiRosa-25' 3.75", Bigos-24' 4", Polise-22'6"

Ridgewood-8, Teaneck-1

Ridgewood-6, Holy Angels-3

Discus: 1-A.Robinson, T, 89' 10". 2-Kristina Schwehm, RHS, 85'. 3-Tara Masterson, RHS, 81' 10". 4-S.Drabick, HA, 75' 5".nonscoring: DiRosa-70'10", Polise-57'2", Bigos-50'11"

Ridgewood-4, Teaneck-5

Ridgewood-8, Holy Angels-1

4X400 Relay: 1-Ridgewood, (J.Zucaro, Espenak, Nowakowski, K.Zucaro), 4:19.3.

Ridgewood-5 Teaneck-0

Ridgewood-5, Holy Angels-0

Comments: First meet, nice weather for the first time this season, Great Job! Coaches Recognition: Kristina's comeback win in the shot, Clair's 400 win and the 3 way tie in the 3200 meters.

**Ridgewood Relays****at Ridgewood's NEW Track****4/7/2001**

- 4X1600 Johnson-6:04.5, Dunn-5:58.2, Foresman-5:51.1, Lynch-5:53.3 = 23:47.1 5<sup>th</sup> place
- 4X100H: Wardell-21.0, Nast-19.4, Borgman-19.3, Chiles-18.6 = 78.7
- 4X100m: Vetter, Norchi, Melli, McGowan = 54.7 6<sup>th</sup> place  
Perrone, Nestor, nash, Tobin = 63.3  
S.DelPapa, Fenzel, Ng, Kim = 62.4
- 4X800m Goulart-2:32.8, K.Zucaro-2:41.1, Terrin-2:35.3, J.Zucaro-2:27.4 = 10:16.6 2<sup>nd</sup> place  
Macchi-2:45.7, Dreiver-3:01.3, Behan-2:51.7, Dunn-2:50.9 = 11:30  
VanEngel-2:52.8, Stolfo-3:13.8, McCarthy-3:06.0, Rubinoff-2:49.1 = 12:01.7
- 4X200m: Vetter-30.7, Melli-28.6, McGowan-26.7, Mercer-30.6 = 1:56.6  
L.Anderson-30.9, Bigos-36.3, Enner-37.7, Geranimo-35.0 = 2:19.6  
Birnbaum-31.9, Nelson-31.6, S.Delpapa-32.5, L.Delpapa-29.6 = 2:02.7  
Chiles-32.8, DeAngelio-32.2, Kim-33.7, Nestor-30.1 = 2:06.8
- Sprint Med: Espenak-69.0, Norchi-28.1, Birnbaum-34.5, DelPapa-2:47.2 = 4:38.8
- Distance Med: Lynch-4:19.3, K.Zucaro-66., J.Zucaro-2:28.9, Nowakowski-5:24.0 = 13:17.0 1<sup>st</sup> place  
Rubinoff-4:34.6, Goulart-69.8, Terrin-2:35.8, Foresman-5:53.0 =
- Frosh4X400: Dunn-73.5, McCarthy-81.0, Driever-78.2, Terrin-67.7. = 5:00.4
- Soph4X400: Machi-71.1, Ng-74.4, Borgman-71.0, Nelson-71.8. = 4:48.2 4<sup>th</sup> place
- 4X400: J.Zucaro-64.7, Mercer-67.5, Nowakowski-63.6, K.Zucaro-62.1 = 4:17.9 4<sup>th</sup> place
- Long Jump: Vetter-15' 4.5", Melli-13'11.5", J.Zucaro-12'11" = 42'3" 1<sup>st</sup> place  
H.Birnbaum-9'11", L.Delpapa-9'4", S. DelPapa-11'0.5" = 30'3.5"
- Triple Jump: McGowan-31'3", Melli-29'2", Vetter-33'9.5" = 94'2.5" 3<sup>rd</sup> place
- High Jump: McGowan-4'6", Hyslop-4'6", Anderson-4'9" = 13'9" 2<sup>nd</sup> place
- Pole Vault: Borgman-NH, Wardel-6' = 6' 3<sup>rd</sup> place
- Shot: Schwehm-32'7", Masterson-28'2.5", DiRosa-25'5" = 86'2.5" 4<sup>th</sup> place  
L.Bigos-22'2.5", Polise-22'8.5", Espenak-23'6" = 68'5"
- Discus: Schwehm-90', Masterson-86', DiRosa-73 = 249'9" 4<sup>th</sup> place  
Polise-58'11", L.Bigos-48'10", Rubinof-38'5" = 145'4"
- Javelin: Masterson-54', Wardell-59'2", Schwehm-71'6" = 185'8"

We scored 63 points and were 2<sup>nd</sup> of 20 teams to a very good Jackson team. Great opening for the relay season!



**RIDGEWOOD VS HACKENSACK AND NUTLEY NNJIL Double Dual 4/10/01**

Ridgewood-53, Hackensack-69

Ridgewood-116, Nutley-6

Long Jump: 1-Alisa Vetter,RHS, 15'6". 2-Walker, H, 13' 11.5" 3-Atkinson, H, 13' 3". 4-Eileen Melli, RHS, 13'1". 5-Hoch, N, 10'6".

Ridgewood-5, Hackensack-4

Ridgewood-8, Nutley-1

400Hurdles: 1-Ramos, H, 67.1. 2-Katheine Zucaro, RHS, 67.9. 3-Walker, H, 75.6. 4-Katie Chiles, RHS, 76.1. 5.Mary Nash, RHS. 88.1.

Ridgewood-3, Hackensack-6

Ridgewood-9, Nutley-0

100 meters: 1-Bruce, H, 13.1. 2-Trish McGowan, RHS, 13.2. 3-Alisa Vetter, RHS, 13.3. 4-Katie Norchi, RHS, 13.9  
nonscoring: LeSane-14.1, Wray-14.2, Espenak-14.3, Nestor-14.9, Ng-15.1, Fenzel-15.6, Geranimo-15.9, Perrone-16.7, Enner-17.4.

Ridgewood-4, Hackensack-5

Ridgewood-9, Nutley-0

1600 meters: 1-Clair Nowakowski, RHS, 5:25.8. 2-Bernard, H, 5:43.8, 3-Julia Foresman. RHS, 5:50.0. 4-Peggy Lynch, RHS, 5:52.8.

nonscoring: Johnson-6:04.2, Dunn-6:08.5, Rubinoff-6:18.9, Driover-6:40.3, McCarthy-6:53.3, Martin-7:07.5.

Ridgewood-6, Hackensack-3

Ridgewood-9, Nutley-0

400 meters: 1-J.Zucaro, RHS, 63.8. 2-Thomas, H, 66.8. 3-Mercer, RHS, 68.5. 4-Macchi, RHS, 71.7.

Ridgewood-6, Hackensack-3

Ridgewood-9, Nutley-0

100 Hurdles: 1-Burrell, H, 16.7. 2-Atkinson, H, 18.1. 3-Chiles, RHS, 18.5. 4-Borgman, RHS, 19.4. 5-Nash, RHS, 22.6.

Ridgewood-1, Hackensack-8

Ridgewood-9, Nutley-0

800 meters: 1-Nowakowski, RHS, 2:29.8. 2-Terrin, RHS, 2:31.9. 3-J.Zucaro, RHS, 2:34.4.

nonscoring: VanEngel-2:50.8, Stolfo-3:11.4.

Ridgewood-9, Hackensack-0

Ridgewood-9, Nutley-0

200 meters: 1-Ramos, H, 26.7. 2-K.Zucaro, RHS, 27.4. 3-Bruce, <sup>HACK IS</sup> RHS, 28.0. 4-Norchi, RHS, 30.1. 5-Wray, RHS, 29.6.

nonscoring: Espenak-29.8, LaSane-29.9, Nelson-30.1, Nestor-31.6, Ng-31.7, Fenzel-32.9, Perrone-34.6.

Ridgewood-3, Hackensack-6

Ridgewood-9, Nutley-0

3200 meters: 1-Nowakowski, RHS, 12:06. 2-Bernard, H, 12:15. 3-Johnson, RHS, 13:00.5. 4-Williams, N, 13:07.

nonscoring: Lynch-13:13.7, Foresman-13:14.9, Rubinoff-13:55.7.

Ridgewood-6, Hackensack-3

Ridgewood-9, Nutley-0

Triple Jump: 1-Ramos, H, 35'1.5". 2-Atkinson, H, 33'10". 3-McGowan, RHS, 32'7". 4-Vetter, RHS, 32'4". 5-Melli, RHS, 27'7".

Ridgewood-1, Hackensack-8

Ridgewood-9, Nutley-0

Shot Put: 1-Mighty, H, 32'7". 2- Easley, H, 32'6". 3-Handerson,H, 32'4". 4-Kristina Schwehm, RHS, 31'6". 5-Tara Masterson, RHS, 29'10". 6-Bobby JoDiRosa, RHS, 25'3".

nonscoring: Patty Police-24'7", Liz Bigos-20'10"

Ridgewood-0, Hackensack-9

Ridgewood-9, Nutley-0

Discus: 1-Mighty, H, 114'2". 2-Santi, H, 102'2". 3-Easley, H, 92'2". 4-Schwehm, RHS, 89'7". 5-Irving, N, 87'. 6-Masterson, RHS, 80'7".

nonscoring: DiRosa-77'11", Polise-59'3", Bigos-49"

Ridgewood-0, Hackensack-9

Ridgewood-6, Nutley-3

High Jump: 1-Thomas, H, 5'. 2-Corin Hyslop, RHS, 5'. 3-Trish McGowan, H, 4'10".

Ridgewood-4, Hackensack-5

Ridgewood-8, Nutley-1

Pole Vault: (exhibition) Evann Borgman-6'

4X400 Relay: 1-Ridgewood (J.Zucaro-64.9, Mercer-68.6, Terrin-68.1, K.Zucaro-60.5), 4:22.1. 2-Hackensack, 4:22.9. 3-Nutley, 5:00.3.

Ridgewood-5, Hackensack-0

Ridgewood-5. Nutley-0

Hackensack outscored us 35 to 10 in the field events and we were unable to make up for that large deficit on the track. Clair ran 3.5 miles and scored 15 points for Ridgewood today! Corin had a close miss at 5'2" and Emily ran a breakthrough 800. Nutley only scored 6 points and was never a factor in any of the events.

# Sports

## Nowakowski, Mann propel Ridgewood track teams

By Arthur Carpenter  
Assistant Sports Editor

**RIDGEWOOD** — Clair Nowakowski could not believe her eyes as she came upon the finish line of the 3200-meter race during Monday's track and field tri-meet — which the Maroons split with Hackensack and Nutley at the Ridgewood High School track. The look of anguish on the junior's face when she saw the track official extending four fingers, indicating the number of laps she still had to run in the event, showed that even Ridgewood's "Superwoman" isn't immune to fatigue.

"I thought I was finished," Nowakowski said afterward. "I was shocked that I had four more laps to go. I knew that (Hackensack's Shaneka Bernard) was about 10 meters behind me about midway through the race, so I had to just pick it up, and I was able to finish strong."

Finish strong she did. Nowakowski easily out-distanced Bernard and clocked in at 12:06 to add the 3200-meter to her victories in the 800 (2:29.8) and 1600 (5:25.8) meter runs earlier in the day.

Despite the Herculean efforts of Nowakowski, the Maroons were unable to defeat a Hackensack squad that swept the throwing events in addition to taking the triple jump and 100-meter hurdles by 8-1 scores. Overall, the Comets outscored the Maroons, 69-53. On the positive side, Ridgewood coach Jacob Brown's squad dominated Nutley, 116-6.

"Hackensack is a good club, so I knew it would be a good meet," said Brown. "But when it's a good meet and you don't win, you're always a little disappointed because you think if we had just done a little more here or there the outcome might have been different. So it's disappointing."

Perhaps the most exciting segment of the meet came in its last event, the 4 x 400-meter relay. Trailing by a good 10 meters going into the last leg, Katherine Zucaro clocked a 60.5-second effort to make up the deficit and give the Maroons the event in 4:22.1.

"I was a little nervous because we didn't have our usual team, but once I started running, I gained my confidence," said Zucaro, who, along with her twin sister, Jennifer, form a solid core of senior leadership for a young Ridgewood team.

Jennifer Zucaro, who won the 400-meter run in 63.8 seconds, feels that she and her sister benefit from the competition they provide for each other.

"I think it's an advantage that we are twins," Jennifer said, "because we are always practicing together. I think that helps us motivate each other to do our best, especially in the relay, because we've been on it for three years now."

Although they were not able to defeat Hackensack, the meet served as a nice mea-



Ridgewood junior Duran Rose clears the bar during the pole-vault event in last Thursday's tri-meet with Don Bosco and Teaneck.

suring stick for the Maroons and their coach. Due to what Brown termed as "the worst spring of practice we've ever had in terms of weather," he really hadn't gotten a chance to see what his team could do against a strong opponent.

"The weather has put us all behind," Brown said. "The Hackensack coach and I really had no idea what was going to happen today, because we haven't really been able to assess our teams."

Also scoring top three finishes for Ridgewood were:

Long jump — Alisa Vetter, 15 feet, six inches, first place.

400 intermediate hurdles — Katherine Zucaro, 67.9, second place.

100 meters — Trish McGowan, 13.2, second place; Alisa Vetter, 13.3 third place.

1600 meters — Julia Foresman, 5:50, third place.

400 meters — Angela Mercer, 68.5, third place.

100 hurdles — Katie Chiles, 18.5, third place.

800 meters — Emily Terrin, 2:31.9, second place; Jennifer Zucaro, 2:34.4, third place.

200 meters — Katherine Zucaro, 27.4, second place.

3200 meters — Rebecca Johnson, 13:00.5, third place.

Triple jump — Trish McGowan, 32 feet, seven inches, third place.

High jump — Corin Hyslop, five feet, second place; Trish McGowan, four feet, 10 inches, third place.

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In the other half of the day's events, the Ridgewood boys track and field team also squared off against Hackensack and Nutley in a tri-meet. Much like the girls did, the boys team fell to Hackensack, 80-51, but easily defeated Nutley, 94-35.

Bernard Mann was the man for the Maroons, grabbing first place in three events. The sophomore tied a personal best, clearing six feet, four inches in the high jump — a full ten inches higher than the second-place finisher. He also took the long jump (19 feet, 10 inches) and the triple jump (41 feet, five inches).

Not to be overlooked was the performance of Ridgewood's Rodolfo Crispin, who recorded personal bests while capturing both distance events. The sophomore followed up a stellar performance in the 1600-meter run (4:46) by holding off a strong field in the 3200-meter run (10:36.9).

"I felt really good overall," said Crispin. "I actually like to run in warmer weather. My teammate, Kevin Reilly, boxed everyone in and that helped me out a lot in the 1600-meter. In the 3200, I felt kind of pushed, because the kid from Hackensack is a really good runner, and he was right behind me, so he motivated me to run faster."

Ridgewood's first-year head coach, Jim Grasso, who admitted before the meet that he hoped that his team would be able to compete with Hackensack, was pleased with the way his athletes performed.

"I am very happy with how things went today," said Grasso. "Hackensack is tradi-



PHOTOS BY TOM MOORHEAD

Ridgewood senior Katherine Zucaro clears the final hurdle during the 400-meter intermediate hurdle event that she won during a tri-meet against Teaneck and Holy Angels last Thursday.

tionally a powerhouse. They are a quality team every year, and this year is no different.

"We're a young team, and our guys are working hard," Grasso said. "This was a moral victory more than anything. We did what we needed to do. We knew we should beat Nutley, and we beat them, so we're happy with the situation."

Another standout performer for the Maroons was Chris DiPasquale. The junior took first place in the 400-meters (52.5), and although he finished second in the pole vault (12 feet), he wasn't satisfied with the result.

"I didn't do as well in the pole vault as I would have liked today," DiPasquale said. "I'm looking to jump 12 feet, six inches or 13 feet this season, and I'm getting closer every day. I jumped 12 feet on Saturday at the Ridgewood Relays — where the relay team of DiPasquale, Duran Rose and Dan Patino combined to equal the school record of 33 feet six inches that was set last year — and I'm getting over that pretty consistently

now. We're hoping to get the school record in the pole-vault relay."

Also scoring top three finishes for Ridgewood were:

400 intermediate hurdles — James Norton, 59.8, second place.

100 meters — Duran Rose, 11.4, third place.

1600 meters — Trevor Reilly, 4:51.7, third place.

800 meters — Greg Corcoran, 2:09.8, second place; Trevor Reilly, 2:10.1, third place.

200 meters — Duran Rose, 23.4, third place.

3200 meters — Dave Maher, 11:00.2, third place.

High jump — Justin Stofkoper, five feet, six inches, third place.

Pole vault — Dan Patino, nine feet, third place.

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Ridgewood-74.5, Montclair-46.5

Long Jump: 1-Vetter, RHS, 15' 5.5". 2-Melli, RHS, 13' 11.5". 3-J.Zucaro, RHS, 13' 11".  
Ridgewood-9, Montclair-0

400Hurdles: 1-K.Zucaro, RHS, 70.3. 2-Laquan, M, 70.4. 3-Chiles, RHS, 77.9.  
nonscoring: Borgman-80.9, Nash-92.9  
Ridgewood-6, Montclair-3

100 meters: 1-Whitlock, M, 12.6. 2-Vetter, RHS, 13.6. 3- ???, M, 13.8  
nonscoring: Fiocchi-13.7, McGowan-13.9. LeSane-14.2, Norchi-14.0, Wray-15.9, Ng-15.9, Geronimo-16.7  
Ridgewood-3, Montclair-6

1600 meters: 1-Nowakowski-5:26. 2-Chambers, M, 5:55.2. 3-Johnson, RHS, 6:02.  
nonscoring: Dunn-6:06.7, Rubinoff-6:10.1, Behan-6:20.8, Driever-6:42.8, McCarthy-6:43.4  
Ridgewood-9, Montclair-0

400 meters: 1-K.Zucaro, RHS, 63.6. 2-Watson, M, 64.4. 3-Rislen, M, 65.8  
nonscoring: Mercer-71.1, Fenzel-76.2  
Ridgewood-5, Montclair-4

100 Hurdles: 1-Whitlock, M, 15.1. 2-Chiles, RHS, 18.9. 3-Rose, M, 19.5  
nonscoring: Borgman-19.8, Nash-21.7  
Ridgewood-3, Montclair-6

800 meters: 1-J.Zucaro, RHS, 2:28.2. 2-??, M, 2:33.0. 3-Terrin, RHS, 2:33.2.  
nonscoring: VanEngle-2:53.2, Martin-3:11.9  
Ridgewood-6, Montclair-3

200 meters: 1-Cooper, M, 27.2. 2-Ritchwood, M, 28.0. 3-Vetter, RHS, 28.9.  
nonscoring: Nowakowski-29.4, Geromino-29.8, Wray-30.3, J.Zucaro-30.4, Espenak-30.7, Norchi-30.8, Kim-33.9, LeSane-35.5  
Ridgewood-1, Montclair-8

3200 meters: 1-Davis, M, 21:20. 2-Johnson, RHS, 12:58. 3-Rubinoff, RHS, 13:09  
nonscoring: Driever-14:33.9  
Ridgewood-4, Montclair-5

Triple Jump: 1-Vetter, RHS, 30' 9". 2-McGowan, RHS, 30' 4". No 3<sup>rd</sup> place  
Ridgewood-8, Montclair-0

Shot Put: 1-Schwehm, RHS, 31' 10". 2-Cratchlock, M, 31' 7". 3-Masterson, RHS, 31' 6"  
nonscoring: DiRosa-24' 11", Polise-23' 4", Bigos-22' 8"  
Ridgewood-6, Montclair-3

Discus: 1-Schwehm, RHS, 97'. 2-Masterson, RHS, 82' 5". 3-DiRosa, RHS, 76' 6"  
nonscoring: Polise-54' 1", Bigos-54' 1"  
Ridgewood

High Jump: 1-Hyslop, RHS, 4' 10". 2-Anderson, RHS, 4' 8". 3-Tie M and McGowan, RHS, 4' 8"  
Ridgewood-8.5, Montclair-0.5

4X400 Relay: 1-Montclair, 4:16. 2-Ridgewood, 4:56.5 (Ng-75.6, Dunn-72.7, Behan-77.1, Terrin-71.7)

Great job on a cold over cast day! Throwers had a big day, especially Tara's PR in the shot.

## BERGEN COUNTY RELAYS

Friday at Indian Hills:

3X400H:	Chiles-76.2, Borgman-76.9, O'Neill-77.4 = 3:49.8	<u>3<sup>rd</sup> place</u>
4X1600m:	Foresman-5:45.9, Goulart-5:37.7, Terrin-5:41.6, Lynch-5:47.2 = 22:52.3	<u>2<sup>nd</sup> place</u>
4X200m:	Vetter, Fiochi, McGowan, K.Zucaro = 1:51.7	<u>4<sup>th</sup> place</u>
3XHighJump:	Hyslop-4'10", McGowan-4'8", Anderson-4'8" = 14'2"	<u>1<sup>st</sup> place</u>
3XLongJump:	Vetter-15'10", Melli-14'4", J.Zucaro-13'11" = 44'1"	<u>2<sup>nd</sup> place</u>
3XDiscus:	Schwehm-97'9", Masterson-75'6", DiRosa-69' = 235' 3"	<u>2<sup>nd</sup> place tie</u>
3XJavelin:	Schwehm-92'8", Masterson-62'6", Police-59' = 217'5"	<u>3<sup>rd</sup> place</u>

Saturday at Tenafly:

4X100H:	Chiles-18.7, Borgman-18.6, Nash-20.4, O'Neill-18.1 = 75.6	<u>3<sup>rd</sup> place</u>
4X100m:	Vetter, Norchi, Fiochi, McGowan = 52.8	<u>5<sup>th</sup> place</u>
Distance Medley:	Lynch-4:11.4, DelPapa-67.2- Terrin-2:34.3, Nowakowski-5:16.6 = 13:09.4	<u>2<sup>nd</sup> place</u>
Sprint medley:	Coppolino-28.5, Fiochi-29.7, K.Zucaro-63.5, J.Zucaro-2:24.8 = 4:26.2	<u>2<sup>nd</sup> place</u>
4X800m:	J.Zucaro-2:27.1, Goulart-2:32.7, Terrin-2:34.3, Nowakowski-2:28.0 = 10:04.4	<u>1<sup>st</sup> place</u>
frosch 4X400:	Coppolino-68.5, O'Connell-73.2, Jacobson-71.7, Dunn-72.5 = 4:45.9	<u>3<sup>rd</sup> place</u>
4X400m:	J.Zucaro-64.2, Goulart-66.3, Nowakowski-62.6, K.Zucaro-59.7 = 4:13.0	<u>1<sup>st</sup> place</u>
3XShot:	Schwehm-DQ, Masterson-30'9.5", DiRosa-27' = 59'4.5"	<u>5<sup>th</sup> place</u>
3XTripleJump:	McGowan-32'11", Vetter-30'5", Melli-27'6" = 91'	<u>2<sup>nd</sup> place</u>

Coaches Recognition: Hurdle team in both races, Jackie's 5:37, Emily' triple, Jennifer's 2:24.8, Katherine's 59.7. This was a close lose to IHA that should not have happened. Hopefully it will help focus us all for the championship meets later in the season

# JACK YOCKERS BERGEN COUNTY RELAYS

## GROUP 1

### Team scoring

Glen Rock 54, Hasbrouck Heights 38, Saddle Brook 36½, New Milford 30, Midland Park 11½, Bogota 9, Cresskill 7, Ridgefield 6, Wallington 6, Wood-Ridge 6, St. Mary's 5, Ridgefield 4, tie, Palisades Park 2, Park Ridge 2.

**Javelin** — 1, New Milford (Sandra Corso, Dalana Sitta, Tatiana Ciccone), 257-1; 2, Glen Rock, 249-3; 3, Ridgefield, 248-11; 4, Saddle Brook, 240-0; 5, Hasbrouck Heights, 227-11; 6, Cresskill, 221-5.

**3 x 400 IH** — 1, Glen Rock (Kim Mineo, Meg Thielke, Molly Matanie), 3:27; 2, Hasbrouck Heights, 3:34.9; 3, Wallington, 3:36.3; 4, Saddle Brook, 3:38.2; 5, Cresskill, 3:38.5; 6, Bogota, 3:58.7.

**Discus** — 1, Midland Park (Melissa Lisbona, Nikki Uzalec, Lisa Welch), 289-2; 2, New Milford, 270-4; 3, Wood-Ridge, 262-10; 4, Glen Rock, 247-5; 5, St. Mary's, 212-11; 6, Park Ridge, 209-5.

**6,400** — 1, Glen Rock (Liz Saydah, Kristen Stephen, Erin Henry, Danielle Patoir), 22:29.1; 2, Saddle Brook, 24:03.3; Hasbrouck Heights, 24:32; 4, Ridgefield, 25:35; 5, New Milford, 27:35; 6, St. Mary's, 28:33.

**High jump** — 1, Hasbrouck Heights (M. Woods, H. McLean, C. Marfino), 13-2; Glen Rock, 13-0; 3, Bogota, 9-0; 4, Cresskill, 8-10; 5, Palisades Park, 8-8; 6, tie, Saddle Brook, 8-8, Midland Park, 8-8.

**800** — 1, Saddle Brook (Justine Diana, Lori Stuart, Jackie Kominski, Allie Wright), 1:51.8; 2, Hasbrouck Heights, 1:52.1; 3, Glen Rock, 1:55.2; 4, New Milford, 1:58.7; 5, St. Mary's, 2:01.1; 6, Midland Park, 2:07.3.

**Long jump** — 1, Saddle Brook (Sherry Altchison, Allie Wright, Justine Diana), 44-1½; 2, Glen Rock, 43-8¾; 3, New Milford, 41-5; 4, Hasbrouck Heights, 41-2½; 5, Bogota, 41-¾; 6, Park Ridge, 38-3.

## GIRLS

### GROUP 1

#### TEAM SCORES

Glen Rock 114, Hasbrouck Heights 102, Saddle Brook 89, New Milford 50, Bogota 26, Midland Park 23, Ridgefield 16, Cresskill 15, St. Mary's 9, Wood-Ridge 8, Park Ridge 5, Palisades Park 4, Wallington 2, Becton 1

**400** — 1, Saddle Brook (Justine Diana, Jackie Kaminaki, Lori Stuart, Allie Wright), 53.9; 2, Hasbrouck Heights, 54.1; 3, Glen Rock, 55.0; 4, New Milford, 56.5; 5, Park Ridge, 56.8; 6, Wallington, 58.0

**1,600** — 1, Hasbrouck Heights (Heather Nicoletti, Erica Gagliardi, Kelly Dellafave, Regina Stellato), 4:17.5; 2, Glen Rock, 4:19.8; 3, Saddle Brook, 4:22.9; 4, Palisades Park, 4:43.0; 5, St. Mary's, 4:46.6; 6, Becton, 4:54.7

**3,200** — 1, Glen Rock (Kristen Stephen, Liz Saydah, Erin Henry, Danielle Patoir), 10:09.8; 2, Saddle Brook, 10:38.2; 3, Hasbrouck Heights, 10:54.2; 4, Ridgefield, 11:37.6; 5, New Milford, 12:24.5; 6, St. Mary's, 13:10.8

**Sprint medley** — 1, Glen Rock (Lauren Robbins, Meg Thielke, Eileen Ward, Kim Mineo), 4:23.9; 2, Hasbrouck Heights, 4:29.3; 3, Cresskill, 4:32.8; 4, Bogota, 4:45.1; 5, New Milford, 4:49.1; 6, Wood-Ridge, 4:53.6

**Distance medley** — 1, Glen Rock (Erin Henry, Ally Dykhous, Liz Saydah, Danielle Patoir), 13:11.9; 2, Hasbrouck Heights, 13:54.9; 3, Saddle Brook, 13:58.0; 4, Bogota, 14:44.1; 5, Ridgefield, 14:53.2; 6, Midland Park, 15:18.6

**Shuttle hurdles** — 1, Saddle Brook (Justine Diana, Charisma Bravo, Dana Salonia, Jackie Kaminaki), 1:08.5; 2, Hasbrouck Heights, 1:11.4; 3, Glen Rock, 1:12.7; 4, Bogota, 1:17.5; 5, New Milford, 1:19.4; No sixth

**Shot put** — 1, Midland Park (Melissa Lisbona, Lisa Welch, Nikki Uzalec), 99-9; 2, New Milford, 85-11¾; 3, Hasbrouck Heights, 83-4¼; 4, Glen Rock, 77-8½; 5, Saddle Brook, 74-0¾; 6, St. Mary's, 73-8

**Triple jump** — 1, Hasbrouck Heights (Regina Stellato, Cherilyn Marfino, Emery Beadle), 89-11¼; 2, Saddle Brook, 89-8; 3, Glen Rock, 88-10¼; 4, Bogota, 87-11¼; 5, New Milford, 57-11¼; 6, Wood-Ridge, 52-2½

### at Glen Rock

#### GROUP 2

##### Team scoring

Westwood 42, tie, Ramsey 36, Rutherford 36, Pascack Hills 30, Englewood 15, tie, Dumont 14, Mahwah 14, Lyndhurst 12, Ridgefield Park 11, Leonia 3.

**Javelin** — 1, Ramsey (Christine Healy, Donna Tarzian, Erin Fagan), 248-4; 2, Rutherford, 242-7; 3, Lyndhurst 234-7; 4, Westwood, 213-2; 5, Ridgefield Park, 143-9.

**3 x 400 IH** — 1, Pascack Hills (Jamie Anton, Michelle Martel, Kerry Lynch), 3:14.4; 2, Dumont, 3:33.7; 3, Mahwah, 3:34.8; 4, Ramsey, 3:36.1; 5, Leonia, 3:37.9; 6, Lyndhurst, 4:05.9.

**Discus** — 1, Rutherford (Diana Corkin, Danica Miller, Kristel Picinic), 276-1; 2, Mahwah, 235-8; 3, Westwood, 225-2; 4, Ramsey, 218-1; 5, Pascack Hills, 211-5; 6, Ridgefield Park, 209-0.

**6,400** — 1, Ramsey (Sabrina Silverstein, Frankie LaVigna, Noel DiPaola, Melissa Conway), 23:23; 2, Westwood, 24:23; 3, Ridgefield Park, 26:05; 4, Pascack Hills, 26:34.

**High jump** — 1, Rutherford (M. Cahill, C. Patel, E. Rlenzi), 14-2; 2, Pascack Hills, 13-2; 3, Westwood, 12-10; 4, Englewood, 12-10; 5, Ramsey, 12-6; 6, Lyndhurst, 8-8.

**800** — 1, Westwood (Christina Fichetti, Kristine Deer, Liana Iglesias, Samantha Corvino), 1:50.7; 2, Rutherford, 1:52.9; 3, Dumont, 1:54.7; 4, Lyndhurst, 1:54.7; 5, Pascack Hills, 1:55.1; 6, Englewood, 1:55.6.

**Long jump** — 1, Englewood (Thatcha Dacosta, Nia Harmon, Shalanda Burgess), 44-10¼; 2, Westwood, 43-11¼; 3, Ramsey, 43-9¼; 4, Pascack Hills, 42-½; 5, Ridgefield Park, 41-1; 6, Leonia, 40-½.

#### GROUP 2

##### TEAM SCORES

Ramsey 91, Westwood 87, Pascack Hills and Rutherford 56, Mahwah 36, Englewood 34, Ridgefield Park 27, Dumont 24, Lyndhurst 23, Leonia 13, Queen of Peace 8.

**400** — 1, Rutherford (Kris Augustynowicz, Celine Patel, Amy Pearson, Melissa Koberle), 53.0; 2, Englewood, 53.0; 3, Lyndhurst, 54.3; 4, Westwood, 56.6; 5, Ridgefield Park, 57.4; Ramsey, 58.0

**1,600** — 1, Ramsey (Kate Siembleda, Peyton Fischer, Caroline Hockmeyer, Dara Seldman), 4:12.5; 2, Westwood, 4:21.1; 3, Pascack Hills, 4:25.0; 4, Queen of Peace, 4:36.3; 5, Leonia, 4:45.9; No sixth

**3,200** — 1, Westwood (Amy Gohllich, Alissa Constantinople, Alisha Dublin, Katie D'Acco), 10:41.0; 2, Ramsey, 10:52.7; 3, Ridgefield Park, 11:18.5; 4, Leonia, 12:06.0; No fifth or sixth

**Sprint medley** — 1, Ramsey (Vanessa Smith, Kate Siembleda, Dara Seldman, Peyton Fischer), 4:25.3; 2, Pascack Hills, 4:40.1; 3, Dumont, 4:42.1; 4, Queen of Peace, 4:54.0; 5, Lyndhurst, 4:58.6; 6, Rutherford, 5:03.3

**Distance medley** — 1, Westwood (Amy Gohllich, Alisha Dublin, Denise Scarfi, Katie D'Acco), 13:54.3; 2, Mahwah, 14:00.1; 3, Ramsey, 14:05.2; 4, Ridgefield Park, 14:50.4; 5, Leonia, 15:23.8; 6, Rutherford, 15:44.5

**Shuttle hurdles** — 1, Pascack Hills (Jill Turner, Cara Friedman, Lauren Glasser, Jamie Anton), 1:09.2; 2, Ramsey, 1:16.2; 3, Mahwah, 1:17.2; 4, Leonia, 1:19.8; 5, Westwood, 1:22.9; No sixth

**Shot put** — 1, Mahwah (Sara Rakov, Heather Kraus, Cheryl Verblausuw), 89-9½; 2, Rutherford, 87-5¼; 3, Dumont, 83-2¼; 4, Westwood, 80-1½; 5, Ridgefield Park, 80-0; 6, Lyndhurst, 77-3¼

**Triple jump** — 1, Englewood (Shalissa Burgess, Veredra Williams, Thatcha D'Costa), 92-4¼; 2, Westwood, 91-11¼; 3, Ramsey, 87-8; 4, Pascack Hills, 83-6¼; 5, Ridgefield Park, 83-4¼; 6, Leonia, 81-2¼.

#### GROUP 3

##### Team Scoring

NV/Old Tappan 41, NV/Demarest 33, Northern Highlands 28, Paramus Catholic 26, Paramus 18, Pascack Valley 14, Tenafly 13, Garfield 12, River Dell 9, Indian Hills 8, Fort Lee 6, Ramapo 4, Holy Angels 3, Bergen Tech 2.

**800** — 1, NV/Old Tappan (Marianne Tonolo, Zoe Gavrilidis, Annie Redmond), 1:51.1; 2, Tenafly, 1:51.5; 3, Northern Highlands, 1:51.8; 4, NV/Demarest, 1:52.2; 5, Paramus Catholic, 1:52.5; 6, River Dell, 1:56.7.

**6,400** — 1, NV/Old Tappan (Aly Eckmeyer, Jai-Marie Zacco, Sarah Ocasio, Dianna Ruslini), 22:31.5; 2, Paramus, 22:45.0; 3, NV/Demarest, 22:56.5; 4, Ramapo, 23:02.7; 5, Pascack Valley, 23:16.5; 6, River Dell, 23:24.3.

**3 x 400 IH** — 1, Northern Highlands (Alison Orrico, Kim Curbelo, Lauren Buttle), 3:39.8; 2, NV/Old Tappan, 3:40.6; 3, Paramus Catholic, 3:42.5; 4, NV/Demarest, 3:45.5; 5, Pascack Valley, 3:45.7; 6, Holy Angels, 3:47.2.

**High jump** — 1, Paramus Catholic (Dana Nguyen, Samantha Steiners, Jill Romero), 13-10; 2, tie, Northern Highlands, River Dell, Fort Lee, 13-4; 5, Holy Angels, 12-10; 6, NV/Old Tappan, 8-8.

**Long jump** — 1, Pascack Valley (Jackie Kaseen, Caitlin Burlin, Samantha Schwartz), 45-5½; 2, Indian Hills, 44-3¾; 3, NV/Old Tappan, 43-2½; 4, Tenafly, 43-0¾; 5, Paramus, 42-6¼; 6, NV/Demarest, 42-3½.

**Discus** — 1, NV/Demarest (Jessica Fazekas, Kelly Fazekas, Jesse Jeffs), 305-11; 2, Paramus, 279-5; 3, Northern Highlands, 255-6; 4, Paramus Catholic, 250-11; 5, Garfield, 248-7; 6, River Dell, 236-8.

**Javelin** — 1, Garfield (Christina Labocki, Agnes Kotwica, Danielle Dabaghian), 326-8; 2, NV/Demarest, 291-8; 3, NV/Old Tappan, 265-4; 4, Paramus Catholic, 248-11; 5, Bergen Tech, 212-3; 6, Tenafly, 196-4.

#### GROUP 3

##### TEAM SCORES

NV/Old Tappan 77, NV/Demarest 69½, Paramus Catholic 61, Northern Highlands 56, River Dell 51, Paramus 27, Tenafly 26, Pascack Valley 25½, Indian Hills and Ramapo 18, Garfield 17, Fort Lee 14, Holy Angels 3, Bergen Tech 2

**400** — 1, Tenafly (Ciella Castro-Malaspina, Blair Lippman, Suvannah Glazer, Alana Casner), 52.6; 2, Northern Highlands, 53.5; 3, River Dell, 54.3; 4, NV/Old Tappan, 54.9; 5, Paramus Catholic, 55.1; No sixth place

**1,600** — 1, River Dell (Karily McIlwain, Erin Placotta, Jessie Seldner, Caitlin Sherry), 4:13.1; 2, Paramus Catholic, 4:16.9; 3, Northern Highlands, 4:17.1; 4, NV/Demarest, 4:23.1; 5, Pascack Valley, 4:23.3; 6, Tenafly, 4:26.3

**3,200** — 1, NV/Old Tappan (Aly Eckmeyer, Sarah Ocasio, Andrea Cerbie, Dianna Ruslini), 10:14.8; 2, NV/Demarest, 10:24.6; 3, Fort Lee, 10:29.5; 4, Ramapo, 10:35.6; 5, River Dell, 10:35.9; 6, Northern Highlands, 10:46.3

**Sprint medley** — 1, River Dell (Caitlin Sherry, Jessie Seldner, Lauren Clarke, Briana Bayersdorfer), 4:22.0; 2, Pascack Valley, 4:33.2; 3, Paramus Catholic, 4:33.4; 4, Northern Highlands, 4:39.2; 5, Paramus, 4:40.3; 6, NV/Old Tappan, 4:46.7

**Distance medley** — 1, Ramapo (Jen Myers, Jean Crotty, Felicia Pfeiffer, Jessica Rovegno), 13:04.2; 2, NV/Old Tappan, 13:10.7; 3, Paramus, 13:16.4; 4, NV/Demarest, 13:25.1; 5, Tenafly, 13:30.8; 6, Northern Highlands, 13:33.9

**Shuttle hurdles** — 1, NV/Old Tappan (Marfanne Toniolo, Laura Carballo, Stacy Smith, Emily Lamparillo), 1:09.9; 2, NV/Demarest, 1:10.5; 3, Northern Highlands, 1:11.5; 4, Paramus Catholic, 1:11.7; 5, Fort Lee, 1:13.1; 6, Garfield, 1:17.8

**Shot put** — 1, NV/Demarest (Jessica Fazekas, Kelly Fazekas, Lisa Pucurs), 108-4; 2, Paramus Catholic, 95-1; 3, River Dell, 91-6¼; 4, Garfield, 87-11¼; 5, Northern Highlands, 87-9¼; 6, Paramus, 83-5½

**Triple jump** — 1, Indian Hills (Chrissy Procopio, Laura Lynch, Tina Triantafillidi), 93-9¼; 2, Paramus Catholic, 92-7¼; 3, River Dell, 92-0; 4, NV/Old Tappan, 91-9¼; 5, NV/Demarest, 91-5; 6, Pascack Valley, 87-8¼

## Girls

### GROUP 4

#### Team Scoring

Ridgewood 49, IHA 46, Hackensack 43, Fair Lawn 37, Teaneck 27.

**800** — 1, Fair Lawn (Elina Ploskin, Natalya Budnyatsky, Rony Weissman, Kymm Silversey), 1:50.2; 2, Hackensack, 1:50.3; 3, Teaneck, 1:51.6; 4, Ridgewood, 1:51.7; 5, IHA, 1:52.0; No sixth.

**6,400** — 1, Fair Lawn (Rachel Brownlee, Laura Kaplan, Daphne Aronovits, Sari Weissbard), 22:47.8; 2, Ridgewood, 22:52.3; 3, IHA, 23:03.5; 4, Hackensack, 24:40.3; No fifth or sixth place.

**3 x 400 IH** — 1, IHA (Lauren Pfisterer, Caitlin Hemmer, Caitlin Giblin), 3:42.9; 2, Teaneck, 3:45.5; 3, Ridgewood, 3:49.8; No fourth, fifth or sixth.

**High jump** — 1, Ridgewood (Trish McGowan, Corinne Hyslop, Megan Anderson), 14-2; 2, tie, Hackensack; Fair Lawn, 14-0; 4, IHA, 13-2; 5, Teaneck, 12-0; No sixth.

**Long jump** — 1, IHA (Courtney Cubicciotti, Sara Giblin, Kristin Cubicciotti), 44-10¼; 2, Ridgewood, 44-1; 3, Hackensack, 43-11¾; 4, Fair Lawn, 41-6; 5, Teaneck, 25-8¾.

**Discus** — 1, Hackensack (Shaniek Easley, Evana Santee, Monique Mighty), 305-1; 2, tie, Ridgewood, Teaneck, 235-3; 4, IHA, 225-1; 5, Fair Lawn, 221-7; No sixth.

**Javelin** — 1, IHA (Jen Hodges, Linsey Pizzulo, Martina Williams), 233-5; 2, Hackensack, 227-4; 3, Ridgewood, 217-5; 4, Fair Lawn, 184-9; 5, Teaneck, 174-3; No sixth.

#### GROUP 4

##### TEAM SCORES

IHA 106, Ridgewood 104, Hackensack 90, Teaneck 69, Fair Lawn 68

**400** — 1, IHA (Lauren Pfisterer, Kristin Cubicciotti, Sarah Giblin, Courtney Cubicciotti), 51.7; 2, Fair Lawn, 52.2; 3, Teaneck, 52.6; 4, Hackensack, 52.7; 5, Ridgewood, 52.8; No sixth

**1,600** — 1, Ridgewood (Jennifer Zucaro, Jackie Goulart, Clair Nowakowski, Katherine Zucaro), 4:13.0; 2, Teaneck, 4:14.3; 3, IHA, 4:17.5; 4, Hackensack, 4:18.8; 5, Fair Lawn, 4:37.5; No sixth

**3,200** — 1, Ridgewood (Jackie Goulart, Emily Terrin, Jennifer Zucaro, Clair Nowakowski), 10:04.4; 2, IHA, 10:12.0; 3, Fair Lawn, 10:42.2; 4, Hackensack, 11:05.0; 5, Teaneck, 11:41.5; No sixth

**Sprint medley** — 1, IHA (Courtney Cubicciotti, Erin Barry, Michelle Santo, Caitlin Smyth), 4:21.6; 2, Ridgewood, 4:26.2; 3, Hackensack, 4:27.9; 4, Fair Lawn, 4:39.4; 5, Teaneck, 4:54.0; No sixth

**Distance medley** — 1, IHA (Jenna Bellsonzi, Erin Bortz, Caitlin Hemmer, Caitlin Smyth), 12:50.2; 2, Ridgewood, 13:09.4; 3, Fair Lawn, 13:22.7; 4, Hackensack, 14:49.3; 5, Teaneck, 14:50.2

**Shuttle hurdles** — 1, Teaneck (Danielle Brewer, Christina Crystal, Tanya Anderson, Roxanne McBean), 1:14.6; 2, Ridgewood, 1:15.6; 3, Hackensack, 1:15.9; 4, IHA, 1:17.2

**Shot put** — 1, Hackensack (Monique Mighty, Nicole Hankerson, Shaniek Easley), 101-8¼; 2, Teaneck, 77-3¼; 3, IHA, 76-11; 4, Fair Lawn, 76-7¼; 5, Ridgewood, 59-4¼

**Triple jump** — 1, Hackensack (Ebony Ramos, Tanya Atkinson, Julie Burrell), 93-1; 2, Ridgewood, 91-0¾; 3, IHA, 90-3; 4, Teaneck, 86-4; No fifth or sixth



*Photo by W. L. Bill Allen, Jr.*

**TRIO OF TENS--** Veteran Lady Maroons mentor Jacob Brown is in 30th year at the RHS club's controls.

## Penn Relays

4X100m: 54.6 (LeSane, Norchi, Melli, McGowan) 9/9 in heat.



## Ridgewood-119, Barringer-3

Long Jump: 1-C.Coppolino, RHS, 13'4". 2-Melli, RHS, 12'10". 3-O'Neill, RHS, 12'1"  
nonscoring: Birnbaum-FFF  
Ridgewood-9, B-0

400Hurdles: 1-K.Chiles, RHS, 78.8. 2-C.O'Neill, RHS, 80.3, 3-E.Borgman, RHS, 83.7.  
nonscoring: Nash-87.9  
Ridgewood-9, B-0

100 meters: 1-C.Fiocchi, RHS, 13.4. 2-K.Webb, B, 14.1. 3-C.Coppolino, RHS, 14.2  
nonscoring: LeSane-14.0, Nowakowski-14.3, Wray-14.3, Norchi-14.4, Espenak-14.8, A.Amoruso-15.4,  
D.Geronimo-16.1, M.Tobin-16.3.  
Ridgewood-6, B-3

1600 meters: 1-M.O'Connell, RHS, 6:31.2. 2-K.McDonagh, RHS, 6:32.7. 3-C.Dunn, RHS, 6:33.6.  
nonscoring: M.McCarthy-6:34.0, L.Hansen-6:51.5, A.Martin-7:03.9.  
Ridgewood-9, B-0

400 meters: 1-C.Fiocchi, RHS, 69.3. 2-K.Jacobson, RHS, 72.8. 3-M.Behan, RHS, 75.4.  
nonscoring: M.VanEngel-75.4  
Ridgewood-9, B-0

100 Hurdles: 1-C.O'Neill, RHS, 18.1. 2-K.Chiles, RHS, 19.0. 3-E.Borgman, RHS, 19.2.  
nonscoring: M.Nash-20.6  
Ridgewood-9, B-0

800 meters: 1-C.Nowakowski, RHS, 2:29.4. 2-A.Mercer, RHS, 2:41.5. 3-P.Lynch, RHS, 2:42.6.  
nonscoring: C.Canzani-3:01.0, C.Herlihy-3:16.4.  
Ridgewood-9, B-0

200 meters: 1-K.Espenak, RHS, 29.9. 2-T.LeSane, RHS, 30.1. 3-S.Wray, RHS, 30.3.  
nonscoring: P.Scott-31.1, L.Anderson-32.1, S.Nestor-32.3, Birnbaum-32.8, L.Herscheit-33.1, A.Ng-33.4, K.Perrone-  
35.2, M.Fenzel-35.2, A.Amoruso-35.4, P.Enner-35.8.  
Ridgewood-9, B-0

3200 meters: 1-J.Foresman, RHS, 13:18.0. 2-E.Terrin, RHS, 13:18.1. 3-J.Goulart, RHS, 13:18.2.  
nonscoring: J.Rubinoff-13:45.1  
Ridgewood-9, B-0

Triple Jump: 1-T.McGowan, RHS, 32'7". 2-E.Melli, RHS, 27'7". 3-C.Coppolino, RHS, 25'6.5".  
nonscoring:  
Ridgewood-9, B-0

Shot Put: 1-K.Schwehm, RHS, 35'8". 2-T.Masterson, RHS, 33'4". 3-B.DiRosa, RHS, 29'.  
nonscoring: P.Police-22'8"  
Ridgewood-9, B-0

Discus: 1-K.Schwehm, RHS, 89'8". 2-T.Masterson, RHS, 82'3". 3-BJ DiRosa, RHS, 72'4"  
nonscoring: P.Police-50'10"  
Ridgewood-9, B-0

High Jump: 1-C.Hyslop, RHS, 4'8". 2-M.Anderson, RHS, 4'8". 3-T.McGowan, RHS, 4'8"  
nonscoring:  
Ridgewood-9, B-0

4X400 Relay: 1-Ridgewood, 5:14.4 (Behan-76.5, O'Connell-85.3, Dunn-83.3, Espenak-69.6)

Comments: Unfortunately Barringer offered no competition. Cate Fiocchi two wins are notable.



**RIDGEWOOD VS Belleville****At the Ridgewood Track, Tuesday May 1<sup>st</sup>, 2001**

Ridgewood-118, Belleville-4

Long Jump: 1-Vetter, RHS, 15'5". 2-McGowan, RHS, 15'3.5". 3-Melli, RHS, 13'10"  
nonscoring: J.Zucaro-13'8.5"  
Ridgewood-9, Belleville-0

400Hurdles: 1-O'Neill, RHS, 77.3. 2-Chiles, RHS, 78.2. 3-Santos, B, 79.1  
nonscoring: Borgman-81.9  
Ridgewood-8, Belleville-1

100 meters: 1-K.Zucaro, RHS, 13.4. 2-Vetter, RHS, 13.5. 3-LeSanne, RHS, 13.9.  
nonscoring: Wray-14.8, Ng-14.3, Enner-17.1  
Ridgewood-9, Belleville-0

1600 meters: 1-Johnson, RHS, 6:09.5. 2-Rubinoff, RHS, 6:16.2. 3-O'Connell, RHS, 6:22.9  
nonscoring: Behan-6:27.4, McDonagh-6:27.8, McCarthy-6:29.1, Hansen-6:44.4, J.Herlihy-7:18.5  
Ridgewood-9, Belleville-0

400 meters: 1-Nowakowski, RHS, 62.1. 2-Fiocchi, RHS, 64.4, 3-Espenak, RHS, 66.9.  
nonscoring: Terrin-67.7, Driever-78.4  
Ridgewood-9, Belleville-0

100 Hurdles: 1-K.Zucaro, RHS, 17.9. 2-O'Neill, RHS, 18.1. 3-Chiles, RHS, 18.7.  
nonscoring: Borgman-18.8  
Ridgewood-9, Belleville-0

800 meters: 1-Mercer, RHS, 2:43.0. 2-Dunn, RHS, 2:48.9. 3-Macchi, RHS, 2:49.8.  
Ridgewood-9, Belleville-0

200 meters: 1-J.Zucaro, RHS, 28.7. 2-Norchi, RHS, 29.5. 3-Wray, RHS, 29.8.  
nonscoring: LeSane-28.7, Nelson-29.9, L.Anderson-31.2, Jacobson-32.2, Nestor-32.2, Herscheit-32.6, Fenzel-33.4, Perrone-34.1.  
Ridgewood-9, Belleville-0

3200 meters: 1-Foresman, RHS, 13:02.6. 2-Terrin, RHS, 13:02.6. 3-Rubinoff-13:38.2.  
Ridgewood-9, Belleville-0

Triple Jump: 1-McGowan, RHS, 33'3". 2-Vetter, RHS, 32'6". 3-Melli, RHS, 29'5".  
nonscoring: Coppolino-28'11"  
Ridgewood-9, Belleville-0

Shot Put: 1-Schwehm, RHS, 33'6". 2-Erin Hansford, B, 31'10". 3-Masterson, RHS, 31'5"  
nonscoring: DiRosa-28'6", Polise-23'8", L.Bigos-22'7".  
Ridgewood-6, Belleville-3

Discus: 1-Schwehm, RHS, 89'9". 2-Masterson, RHS, 79'. 3-DiRosa,RHS, 76'11"  
nonscoring: L.Bigos-50'9", Polise-50'8"  
Ridgewood-9, Belleville-0

High Jump: 1-M.Anderson, RHS, 4'8". 2-McGowen, RHS, 4'6". 3-Hyslop, RHS, 4'6".  
Ridgewood-9, Belleville-0

4X400 Relay: Ridgewood-4:51.9 (Coppolino-66.6, O'Connell-70.5, Dunn-71.4, Jacobson-71.3)  
nonscoring: RHS-"B"-4:53.6 (Vetter-72.5, O'Neill-78.5, Nelson-72.5, Espenak-71.4)

Comments: beautiful day for a meet, sunny and warm. While Belleville offered no challenge we accomplished some positive preparation for the championship meets coming up. Fiocchi's 400 was an important statement for the 4X400. Coaches Commendations: Vetter's 15'5" off of hard work yesterday, Rubinoff's 3 miles of racing for RHS, Mercer's sore knee win in the 800, Perrone & Fenzel good form in the 200, and the Frosh winning the relay!

100: -Coppolino,13.8(t), 14.1(s). -Wray,14.0(t), 15.1(s)

200: 6<sup>th</sup>-Wray, 29.5. -Bertocci, 34.3

800: 2<sup>nd</sup> - Terrin, 2:41.5. 3<sup>rd</sup> -O'Connell, 2:46.1.

1600: 1<sup>st</sup> - Terrin, 5:41.1. 3<sup>rd</sup> - Dunn, 5:56.3. -O'Connell, 6:11.4. -McCarthy,6:27.2. -Driever, 6:36.1.  
-Hansen, 6:37.1. -Martin,6:55.4.

3200: 4<sup>th</sup> -Dunn,13:35.2. -Driever,15:32.9(DQ). -Hansen,15:32.9(DQ)

100m H: 5<sup>th</sup> -Nash,21.0(t), 21.0 (f).

400H: -Nash,85.3

Long Jump: -Birnbaum, 12'8.5". -Bertocci,11'9"

Triple Jump: 4<sup>th</sup> -Coppolino, 27'

Shot Put: -Bigos,23'

Discus: -Bigos,54'8"

Javelin: 3<sup>rd</sup> -Wray,63'6". -Jacobson,52'4. -Bigos,41'. -Driever,29'7". -Dunn,29'4".

4X400 Relay: 4<sup>th</sup> - 4:37.0. (Coppolino-66.8, Jacobson-71.8, O'Connell-71.8, Terrin-66.7)

Our team scored 42 points which achieved 2<sup>nd</sup> place behind IHA.

## **Bernards Spring Invitational**

**May 5, 2001**

Discus: 4<sup>th</sup> -Kristina Schwehm, 97'3". -Tara Masterson, 86'4"  
High Jump: 3<sup>rd</sup> -Trish McGowan, 5'. 4<sup>th</sup> -Corin Hyslop, 4'10"  
Shot Put: 5<sup>th</sup> -Kristina Schwehm , 32'8.5". 7<sup>th</sup> -Tara Masterson, 31'7.25"  
800: 2<sup>nd</sup> -Jennifer Zucaro, 2:22.5 (32,68)  
400H: 3<sup>rd</sup> -Katherine Zucaro, 69.8  
3200: 2<sup>nd</sup> -Clair Nowakowski, 11:36.1

Comments: Trish's PR in the High Jump, Kristina's discus mark, Tara's shot mark, and Jennifer's aggressive run in the 800 are some good things to build on for next week.

Ridgewood-87, Paramus-40 ?

Long Jump: 1-A.Vetter, 15'1".

nonscoring: Melli-13'10.5". O'Neill-13'1.5". Bertocci-11'1". Coppolino, FFF  
Ridgewood-

400Hurdles: 1-K.Zucaro, RHS, 69.6. 2-Kchiles, RHS, 76.3. 3-C.O'Neill, RHS, 76.5

nonscoring: M.Nash-87.4

Ridgewood-9, Paramus-0

100 meters: 1-T.LeSane, RHS, 14.1. 2-C.Coppolino, RHS, 14.3. S. Wray, RHS, 14.3.

nonscoring: DelPapa-14.9". Ng-15.0, Geranimo-15.9. Bertocci-17.3, Enner-17.9.

Ridgewood-9, Paramus-0

1600 meters: 1-C.Nowakowski, RHS, 5:16.1. 2-P, 3-J.Goulart, 5:38.1.

nonscoring: E.Terrin-5:44.2, M.O'Connell-6:14.6, M.Behan-6:16.8, K.McDonagh-6:17.8.

Ridgewood-6, Paramus-3

400 meters: 1-C.Fioochi, RHS, 69.2. 2-P. 3-P

nonscoring: Jacobson-71.5, Macchi-72.1

Ridgewood-5, Paramus-4

100 Hurdles: 1-C.O'Neill,RHS, 17.9. 2-?,P,18.7. 3-K.Chiles,RHS, 18.9

nonscoring: Borgman-19.2, nash-21.2

Ridgewood-6, P-3

800 meters: 1-J.Zucaro, RHS, 2:23.7. 2-Bullen, P, 2:33. 3-J.Foresman, RHS, 2:37.8

nonscoring: Mercer-2:39.0, Lynch-2:43.9, VanEngel-2:49.5, O'Connell-2:53.5, Canzani-3:05.5, C.Herlhy-3:13.0

Ridgewood-6, Paramus-3

200 meters: 1- C.Fiocchi, RHS, 27.9. 2-Paramus, 28.8. 3-K.Espenak, RHS, 29.8.

nonscoring: LeSane-28.9, Norchi-29.6, Nelson-29.5, Nestor-31.5, Wray-31.6, L.Anderson-32.3, Herscheit-32.9, S.Bigos-33.5, Perrone-34.1.

Ridgewood-

3200 meters: 1-J.Rubinoff, RHS, 12:54.0. 2-C.Dunn, RHS, 13:26.3. 3-?, Paramus, 13:34.

nonscoring: Driever-14:03.3, McCarthy-14:04.4

Ridgewood-

Triple Jump: ? Melli, Coppolino, Vetter competed

nonscoring:

Ridgewood-

Shot Put: 1-K.Schwehm, RHS, 33'0.75". 2-Paramus. 3-T.Masterson, RHS, 31'5.75"

nonscoring: DiRosa-26'3", Polise-23'1.25, Bigos-22'

Ridgewood-6, Paramus-3

Discus: 1-K.Schwehm, RHS, 103'5". 2-Paramus. 3-T.Masterson,RHS, 83'4".

nonscoring: DiRosa-75'5", Polise-53'7", Bigos-50'11"

Ridgewood- 6, Paramus-3

High Jump: 1-C.Hyslop, RHS, 4'10", 2-M.Anderson, RHS, 4'8". 3-Judge, Paramus, 4'6"

Ridgewood-8, Paramus-1

Pole Vault: (non-scoring) 1-C.Fioochi, RHS, 8'6". 2-E.Borgman, RHS, 7'.

4X400 Relay: 1-Ridgewood, 4:38.1 (Terrin-66.4, Lynch-69.8, Mercer-72.2, Espenak-72.2)

Comments: We had a dual meet with Paramus today. But in the strange world of the NNJIL Paramus also had a dual meet with Montclair. Since we already ran Montclair we didn't count the meet against them even though they were in our races ( we would have beaten them again in case your wondering!)

The Paramus score keepers did a poor job of keeping us informed but Kate got all of our times correctly.

Kate is the best timer in the state of New Jersey!

- 100: Clarice Coppolino, 13.7(t),13.9(f). Tajuana leSane, 14.1, Suzzette Wray, 14.1.
- 200: 5<sup>th</sup> Tajuana LeSane, 28.6(t),29.4(f). Katie Norchi, 29.0(t),29.7(f). Kristen Espenak, 29.3(t),30.0(f).
- 400: 4<sup>th</sup> Katheine Zucaro, 62.8. Caitlyn Fioochi, 63.7.
- 800: 1<sup>st</sup> Jennifer Zucaro, 2:20.6. 2<sup>nd</sup> Emily Terrin, 2:27.0. 5<sup>th</sup> Angela Mercer, 2:31.8
- 1600: 1<sup>st</sup> Clair Nowakowski, 5;15.9. 4<sup>th</sup> Jackie Goulart, 5:33.3. 6<sup>th</sup> Jenna Rubinoff, 6:00.5
- 3200: 1<sup>st</sup> Julia Foresman, 12:23.5. 4<sup>th</sup> Peggy Lynch, 12:23.5. 5<sup>th</sup> Casey Dunn, 13:01.3.
- 100H: 3<sup>rd</sup> Courtney O'Neill, 17.3(t),16.93(f). Katie Chiles, 18.2(t),DNF(f). Evann Borgman, 19.3.
- 400H: 1<sup>st</sup> Katherine Zucaro, 68.84.
- LJ: 1<sup>st</sup> Trish McGowan, 15'8.5". 2<sup>nd</sup> Clarice Coppolino, 15'5". 6<sup>th</sup> Eileen Melli, 14'5".
- TJ: 1<sup>st</sup> Trish McGowan, 34'2.5". Eileen Melli, 30'8". Clarice Coppolino, 26'6".
- HJ: 1<sup>st</sup> Trish McGowan, 4'10". 2<sup>nd</sup> Corine Hyslop, 4'10". 5<sup>th</sup> Meg Anderson.
- Shot: 3<sup>rd</sup> Kristina Schwehm, 33'1". BobbieJo DiRosa, 27'7". Patti Polise, 21'11".
- Discus: 4<sup>th</sup> Kristina Schwehm, 99'7". BobbieJo DiRosa, Patti Polise, 57'
- Javelin: 3<sup>rd</sup> Kristina Schwehm, 85'8". 5<sup>th</sup> Eileen Melli, 80'. Evann Borgman, 65'
- PV: 1<sup>st</sup> Caitlyn Fioocchi, 2<sup>nd</sup> Evan Borgman
- 4X400: 1<sup>st</sup> Ridgewood 4:09.67 (Jzucaro-61.8, Fioochi-64.5, Nowakowski-61.1, K.Zucaro-62.1)

Comments: Trish's 3 wins were amazing! Her 34' triple jump is 9<sup>th</sup> on the all time RHS list. Courtney's 16.93 hurdle is a major breakthrough. She moves to 10<sup>th</sup> on the All time RHS list! The team had a very big day. Lots of excellent performances.



**B-PSL track championships**

**BOYS**

**CARPENTER DIVISION**

**Team Scores**

Glen Rock (GR) 247, Saddle Brook (SB) 96, Eastern Christian (EC) 78, Paterson Catholic (PC) 27, Midland Park (MP) 26, Waldwick (W) 18.

**100M** — 1, Will McKeith (GR), 11.2; 2, James Pinnock (PC), 11.3; 3, Mike Gibbons (GR), 11.3; 4, Ken Allen (PC), 11.5; 5, Larry Apap (MP), 11.3; 6, Ron Cortez (SB), 11.3.

**200M** — 1, Craig Agnello (GR), 22.2 (record, old record, 22.4 by Andre Barnes, Manchester, 2000 and Craig Agnello, Glen Rock, 2000); 2, Will McKeith (GR), 22.6; 3, James Pinnock (PC), 23.5; 4, Mike Gibbons (GR), 23.5; 5, Larry Apap (MP), 23.5; 6, Ron Cortez (SB), 23.9.

**400M** — 1, Craig Agnello (GR), 50.8; 2, Rob Grammar (GR), 52.9; 3, James Pinnock (PC), 54.0; 4, Jose Rodriguez (SB), 55.4; 5, Mike Montone (GR), 55.9; 6, Ryan Bravo (SB), 58.2.

**800M** — 1, A.J. Andreano (SB), 2:00.9; 2, John Daula (GR), 2:04.1; 3, Matt Apol (EC), 2:04.5; 4, Dan Bolger (SB), 2:09.7; 5, Chris Licata (GR), 2:12.2; 6, Geoff Rose (GR), 2:12.7.

**1,600M** — 1, Matt Apol (EC), 4:43.0; 2, A.J. Andreano (SB), 4:45.3; 3, John Daula (GR), 4:48.9; 4, Ryan Mulholland (GR), 4:50.1; 5, Matt Anderson (MP), 4:54.4; 6, Nick Lora (GR), 4:57.6.

**3,200M** — 1, Matt Apol (EC), 10:14.7; 2, John Daula (GR), 10:15.6; 3, Ryan Mulholland (GR), 10:24.5; 4, Dave Steenstra (ED), 10:33.2; 5, Mike Tolma (EC), 10:34.0; 6, Brian Hook (GR), 11:11.0.

**110M HH** — 1, Adam Morrone (GR), 15.5; 2, Brian Belme (GR), 15.6; 3, Dan Corey (GR), 18.1; 4, Mike Timmerman (SB), 18.2; 5, Mike Anfang (EC), 17.7; 6, Brad Livingston (EC), 17.8.

**400M IH** — 1, Adam Morrone (GR), 58.8; 2, Brian Belme (GR), 59.8; 3, Tom Wright (GR), 1:00.0; 4, Mike Timmerman (SB), 1:01.1; 5, Dan Bolger (SB), 1:03.6; 6, Brad Livingston (EC), 1:03.7.

**Shot put** — 1, Todd Luebbeck (W), 46-8 1/2; 2, Tom Goodwin (GR), 45-11 1/3; 3, Paul Strelczyk (GR), 44-5 1/4; 4, Tom Gangler (GR), 43-9 1/2; 5, Jim Parese (SB), 39-6 1/2; 6, Shadu Moore (PC), 39-0 1/2.

**Discus** — 1, Dave Clarke (GR), 131-5; 2, Paul Strelczyk (GR), 125-3; 3, Todd Luebbeck (W), 121-8; 4, Matt Millilo (GR), 118-7; 5, Shadu Moore (PC), 118-1; 6, Gene Graf (SB), 117-10.

**Javelin** — 1, Scott Stephen (GR), 177-8; 2, Dave Clark (GR), 158-5; 3, Steve King (EC), 142-0; 4, Mike Timmerman (SB), 140-6; 5, Rob DiChiaro (GR), 138-7; 6, Samir Perez (SB), 132-1.

**High jump** — 1, Ken Babcock (MP), 6-0; 2, John Kuperus (EC), 5-8; 3, Steve Stachal (SB), 5-6; 4, (tie), Joe Frangipane (SB) and Frank Phelan (SB), 5-2. No sixth.

**Long jump** — 1, Craig Agnello (GR), 21-11 1/2; 2, Tom Wright (GR), 19-9 1/2; 3, Steve Stachal (SB), 19-5 1/4; 4, Larry Apap (MP), 18-11 1/2; 5, Lucas Cuellar (SB), 18-11 1/2; 6, Joe Frangipane (SB), 17-11.

**Triple jump** — 1, Dan Corey (GR), 40-1; 2, Brad Livingston (EC), 38-10; 3, Steve Stachal (SB), 38-9 1/2; 4, Lucas Cuellar (SB), 38-0; 5, Joe Frangipane (SB), 38-8. No sixth.

**Pole vault** — 1, Steve Rudd (EC), 12-0; 2, Zak Rubin (SB), 11-0; 3, Peter Sundan (EC), 11-0; 4, Dean Leog (GR), 10-0; 5, Adam Handman (GR), 10-0. No sixth.

**1,600M relay** — 1, Glen Rock (Mike Gibbons, Will McKeith, Tom Wright, Rob Grammar), 3:31.5; 2, Saddle Brook, 3:36.5; 3, Midland Park, 3:49.5; 4, Eastern Christian, 3:50.6; no fifth or sixth.

**GIRLS**

**CARPENTER DIVISION**

**Team scores**

Glen Rock (GR) 160, Saddle Brook (SB) 130, Midland Park (MP) 53, Eastern Christian (EC) 52, Waldwick (W) 35, Paterson Catholic (PC) 32.

**100M** — 1, Altisha Byrd (PC), 12.8; 2, Justine Diana (SB), 12.7; 3, Shannon Alston (MP), 13.1; 4, Tracy Avanzayo (EC), 13.4; 5, Amanda Trucci (W), 13.4; 6, Kristen Novack (GR), 13.9.

**200M** — 1, Altisha Byrd (PC), 26.5; 2, Justine Diana (SB), 26.7; 3, Shannon Alston (MP), 27.8; 4, Allie Wright (SB), 28.0; 5, Eileen Ward (GR), 28.7; 6, Marysia Staton (PC), 28.8.

**400M** — 1, Kim Mineo (GR), 59.3; 2, Altisha Byrd (PC), 1:01.9; 3, Allie Wright (SB), 1:02.4; 4, Lori Stuart (SB), 1:05.6; 5, Betsy Van Langen (GR), 1:06.3; 6, Terry Daniels (PC), 1:06.6.

**800M** — 1, Erin Henry (GR), 2:17.8 (record, old record, 2:21.1 by Henry, 2000); 2, Lauren Robbins (GR), 2:29.5; 3, Danielle Amato (SB), 2:30.3; 4, Kristy Homisak (SB), 2:32.9; 5, Kristin Stephen (GR), 2:33.5; 6, Lisa Ortuna (W), 2:46.5.

**1,600M** — 1, Danielle Patol (SB), 5:25.7; 2, Danielle Amato (SB), 5:35.8; 3, Liz Saydah (GR), 5:39.9; 4, Danielle Bekas (SB), 5:45.6; 5, Mary Moore (GR), 5:58.2; 6, Darlene Pekaar (SB), 6:01.9.

**3,200M** — 1, Erin Henry (GR), 11:19.5; 2, Danielle Patol (GR), 11:40.9; 3, Liz Saydah (GR), 12:26.0; 4, Danielle Bekas (SB), 12:30.7; 5, Danielle Amato (SB), 12:51.0; 6, Darlene Pekaar (SB), 13:20.0.

**100M HH** — 1, Justine Diana (SB), 14.8 (record, old record, 15.1 by Melene Thomas, Garfield, 1995); 2, Molly Matanie (GR), 16.8; 3, Jackie Kaminski (SB), 18.7; 4, Dana Salonia (SB), 18.8; 5, Alicia Cotts (PC), 16.8; 6, Meg Thielke (GR), 17.1.

**400M IH** — 1, Kim Mineo (GR), 1:05.4 (record, old record 1:05.6 by Janna Kohout, Glen Rock, 1998); 2, Meg Thielke (GR), 1:09.1; 3, All Dykhouse (GR), 1:13.1; 4, Dana Salonia (SB), 1:14.0; 5, Kelly Wilson (W), 1:14.5; 6, Greta Kulken (EC), 1:21.3.

**Shot put** — 1, Nikki Uzelac (MP), 37-4 1/4 (record, old record, 36-10 1/4 by Erika Czujko, Garfield, 1997); 2, Holly Wright (W), 34-4 1/4; 3, Lisa Welch (MP), 33-5; 4, Carmelia Allano (GR), 31-10 1/4; 5, Melissa Liabona (MP), 30-9; 6, Erin Krenitski (EC), 30-3 1/4.

**Discus** — 1, Nikki Uzelac (MP), 110-2; 2, Lisa Welch (MP), 107-2; 3, Erin Krenitski (EC), 99-1; 4, Holly Wright (W), 95-2; 5, Kathleen Callahan (GR), 91-5; 6, Lara Murry (GR), 86-6.

**Javelin** — 1, Annie Lent (GR), 105-3; 2, Allie Kelly (SB), 96-4; 3, Liz Lucas (EC), 87-8; 4, Angela Columbo (GR), 87-2; 5, Holly Wright (W), 84-3; 6, Melissa Liabona (MP), 80-1.

**High jump** — 1, Kristin Lambrinides (W), 5-0; 2, Erica Cruz (EC), 5-0; 3, Caroline Novack (GR), 4-8; 4, Shannon Alston (MP), 4-8; 5, Kim Lindsay (EC), 4-8; 6, Gerry Van Longen (GR), 4-6.

**Long jump** — 1, Justine Diana (SB), 16-2 1/2; 2, Erica Cruz (EC), 15-3 1/4; 3, Molly Matanie (GR), 15-2 1/4; 4, Jackie Kaminski (SB), 15-1 1/4; 5, Caroline Novack (GR), 14-11 1/2; 6, Allie Wright (SB), 14-9 1/4.

**Triple jump** — 1, Erica Cruz (EC), 33-8 1/2; 2, Jackie Kaminski (SB), 32-8 1/2; 3, Molly Matanie (GR), 32-7; 4, Carolyn Novack (GR), 32-3; 5, Kristin Lambrinides (W), 31-2 1/2; 6, Kristy Homisak (SB), 30-9 1/4.

**1,600M relay** — 1, Saddle Brook (Allie Wright, Lori Stuart, Dana Salonia, Kristy Homisak), 4:20.5; 2, Glen Rock, 4:21.4; 3, Eastern Christian, 4:42.2; 4, Waldwick, 4:44.6.

**KING DIVISION**

**Team Scores**

Garfield (G) 237, Passaic Tech (PCT) 92, Manchester (M) 64, Hawthorne (H) 59, Lodi (L) 17, Elmwood Park (EP) 12, Pompton Lakes (PL) 8.

**100M** — 1, Davon Roberts (PCT), 10.9 (ties record set by Kenny Thomas, Passaic Tech, 1998 and Thomas Patterson, Manchester, 1998); 2, Rob Richardson (G), 11.0; 3, Miles Austin (G), 11.2; 4, Derrick Wilborn (PCT), 11.7; 5, Winder Perez (M), 11.9; 6, P.J. Morales (G), 12.4.

**200M** — 1, Rob Richardson (G), 22.5; 2, Davon Roberts (PCT), 22.6; 3, Derrick Wilborn (PCT), 23.9; 4, Celso Chavarria (M), 24.3; 5, Victor Patrocino (H), 24.4; 6, Orville Morales (G), 26.8.

**400M** — 1, Luis Caraballo (G), 53.9; 2, Kevin Vargas (L), 54.7; 3, Kevin Henry (PL), 55.0; 4, Steve Hager (M), 56.3; 5, Derrick Wilborn (PCT), 56.4; 6, Frankie Lienza (G), 57.2.

**800M** — 1, Amin Diaz (M), 2:05.3; 2, Mike Zbijewski (G), 2:05.8; 3, Rakan Ghubej (M), 2:06.4; 4, Shel Nelson (PCT), 2:08.1; 5, Jerry Wich (G), 2:09.8; 6, Felix Rodriguez (PCT), 2:10.5.

**1,600M** — 1, Mike Zbijewski (G), 4:50.6; 2, Jerry Wich (G), 4:56.3; 3, Mike Ettore (H), 5:01.8; 4, Uziel Ortega (M), 5:04.3; 5, Brandon Saravia (L), 5:07.7; 6, Phil Brunton (M), 5:09.1.

**3,200M** — 1, Jerry Wich (G), 10:30.3; 2, Mike Zbijewski (G), 10:30.4; 3, Mike Ettore (H), 11:00.4; 4, Hermal Patel (G), 11:10.7; 5, Uziel Ortega (M), 11:14.0; 6, Brandon Saravia (L), 11:18.0.

**110M HH** — 1, Anthony Scanello (G), 15.7; 2, Andres Nuver (H), 16.0; 3, Pareeb Cooper (PCT), 16.2; 4, Mike Andreano (G), 16.4; 5, Jesus Perez (PCT), 16.9. No sixth.

**400M IH** — 1, Pareeb Cooper (PCT), 59.4; 2, Andres Nuver (H), 1:01.6; 3, Anthony Scanello (G), 1:02.3; 4, Mike Andreano (G), 1:03.1; 5, Kevin Henry (PL), 1:04.4; 6, Ryan Faber (M), 1:04.7.

**Shot put** — 1, Luis Castillo (G), 53-2 1/2; 2, Josh Richardson (G), 49-7 1/4; 3, Craig Berry (M), 46-3; 4, Jared Zimmerman (H), 45-8 1/2; 5, Joe Viglione (G), 43-11; 6, Keith Watts (PCT), 41-10.

**Discus** — 1, Luis Castillo (G), 139-4; 2, Ray Van Rye (EP), 128-1; 3, Craig Berry (M), 127-5; 4, Jared Zimmerman (H), 126-3; 5, Darrel Nelson (H), 116-6; 6, Josh Richardson (G), 114-10.

**Javelin** — 1, Miles Austin (G), 185-0; 2, Lodzlato (G), 158-6; 3, Keith Watts (PCT), 155-4; 4, Ken Bruno (EP), 150-8; 5, Clayton Berry (M), 149-3; 6, Ramadani (G), 145-8.

**High jump** — 1, Dwayne Daniels (PCT), 6-0; 2, Rob Richardson (G), 5-8; 3, Celso Chavarria (M), 5-8; 4, Anthony Scanello (G), 5, Kevin Vargas (L), 5-6; 6, Patel Viral (L), 5-4.

**Long jump** — 1, Miles Austin (G), 21-3 1/4; 2, Rob Richardson (G), 20-0 1/2; 3, Juan Perez (PCT), 19-7; 4, Davon Roberts (PCT), 19-1; 5, Derrick Wilborn (PCT), 18-10 1/2; 6, Viral Patel (L), 18-5.

**Triple jump** — 1, Miles Austin (G), 43-6; 2, K.J. Harris (G), 39-4 1/4; 3, Davon Roberts (PCT), 38-7 1/2; 4, Daniels (PCT), 37-10 1/2; 5, Viral Patel (L), 37-10 1/2; 6, Mike Andreano (G), 37-5.

**Pole vault** — 1, Victor Patrocino (H), 11-0; 2, Dan Lelewski (G), 10-0; 3, Sevak Grigorian (G), 9-6; 4, Marcio Patrick (G), 9-6; 5, tie, Josh DeJong (H) and Josh Christie (H), 9-6.

**1,600M relay** — 1, Manchester (Celso Chavarria, Amin Diaz, Jesse Ortiz, Rakan Ghubej), 3:37.7; 2, Garfield, 3:46.8.

**KING DIVISION**

Passaic Tech (PCT) 184 1/2, Garfield (G) 153, Hawthorne (H) 71 1/2, Pompton Lakes (PL) 44, Manchester (M) 4, Lodi (L) 1.

**100M** — 1, Carlita Bishop (PCT), 12.2 (ties record by Melissa Bochiaro, Glen Rock, 1996); 2, Yhounic Vassell (PCT), 12.9; 3, Latasha Jackson (G), 12.9; 4, Alisha Fonseca (H), 13.0; 5, Jenny Rivera (PL), 13.3; 6, Ixa Gomez (PCT), 13.5.

**200M** — 1, Carlita Bishop (PCT), 25.8; 2, Yhounic Vassell (PCT), 26.7; 3, Rosalind Cerat (PCT), 27.4; 4, Cara Cornett (H), 28.0; 5, Latasha Jackson (G), 28.2; 6, Alisha Fonseca (H), 28.4.

**400M** — 1, Andrea Herbert (PCT), 59.1; 2, Kahimah Liverman (PCT), 1:01.0; 3, Rosalind Cerat (PCT), 1:02.6; 4, Precious Osborne (G), 1:05.0; 5, Cara Cornett (H), 1:07.3; 6, Jamie Mastrangelo (PL), 1:07.7.

**800M** — 1, Kahimah Liverman (PCT), 2:29.4; 2, Angela Oliveira (G), 2:38.2; 3, Brenna Rooney (H), 2:41.4; 4, Elizabeth Fisher (PL), 2:44.7; 5, Sue Stec (G), 2:47.4; 6, Katherine Maziarz (G), 2:48.4.

**1,600M** — 1, Meghan Gaffney (PL), 5:45.7; 2, Maria Pavkovich (G), 5:52.9; 3, Kristen Varina (H), 5:55.9; 4, Kate Kertesz (G), 6:11.4; 5, Angela Oliveira (G), 6:30.9; 6, Jamie Dunakin (H), n.t.

**3,200M** — 1, Maria Pavkovich (G), 12:39.6; 2, Kristen Varina (H), 12:50.1; 3, Meghan Gaffney (PL), 1:02.6; 4, Kinga Kertesz (G), 13:08.0; 5, Elizabeth Fisher (PL), 13:49.0; 6, Diana Fernandez (G), 14:25.0.

**100M HH** — 1, Soniya Johnson (PCT), 16.2; 2, Nashima Tann (PCT), 17.3; 3, Jamie Kret (G), 17.3; 4, Maria Pozo (G), 17.3; 5, Jenny Rivera (PL), 17.6; no sixth.

**400M IH** — 1, Andrea Herbert (PCT), 1:09.1; 2, Kahimah Liverman (PCT), 1:10.4; 3, Maria Pozo (G), 1:13.4; 4, Colleen Hayes (H), 1:14.6; 5, Justyna Kret (G), 1:14.9; 6, Irina Carrasco (H), 1:16.2.

**Shot put** — 1, Litzka Sandoval (PCT), 31-1; 2, Danielle Dabaghan (G), 29-6 1/4; 3, Niga Hayes (PCT), 28-11 1/4; 4, Whitney Verduin (H), 28-8 1/2; 5, Agnes Kotwica (G), 28-3; 6, Christina Labocki (G), 28-0 1/2.

**Discus** — 1, Kristina Labocki (G), 89-0; 2, Danielle Dabaghan (G), 87-8; 3, Agnes Kotwica (G), 85-6; 4, Katrise Harris (PCT), 83-7; 5, Tamara Kazan (M), 78-6; 6, Tori Glasser (H), 72-0.

**Javelin** — 1, Kristina Labocki (G), 127-11; 2, Whitney Verduin (H), 109-9; 3, Agnes Kotwica (G), 108-3; 4, Melissa Gnade (H), 104-8; 5, Tamara Kazan (M), 97-9; 6, Danielle Dabaghan (G), 96-3.

**High jump** — 1, Carlita Bishop (PCT), 5-0; 2, (tie), Precious Osborne (G) and Cara Cornett (H), 4-8; 4, Leslie Galamb (PL), 4-8; 5, Soniya Johnson (PCT), 4-6; 6, (tie), Amy Flaker (H) and Ixa Gomez (PCT), 4-4.

**Long jump** — 1, Andrea Herbert (PCT), 16-10 1/2; 2, Rivera (PL), 15-4 1/2; 3, Latasha Jackson (G), 15-4 1/4; 4, Maria Pozo (G), 14-8 1/2; 5, Cara Cornett (H), 14-7 1/2; 6, Soniya Johnson (PCT), 14-7 1/2.

**Triple jump** — 1, Andrea Herbert (PCT), Passaic Tech, 37-8 (record, old record, 36-4 by Kim Giordano, Waldwick, 1989); 2, Kahimah Liverman (PCT), 34-5; 3, Precious Osborne (G), 33-0 1/4; 4, Rivera (PL), 30-9 1/2; 5, Latasha Jackson (G), 30-7; 6, Alyson Salvacion (L), 30-5 1/2.

**1,600M relay** — 1, Passaic Tech (Yhounic Vassell, Nashima Tann, Soniya Johnson, Carlita Bishop), 4:26.9; 2, Hawthorne, 4:34.9; Garfield, 4:57.9.

**Novice Championship****Winton White Stadium, Engelwood****May 15, 2001**

- 100m: 2-Wray, 13.7(t)13.9(s)13.5(f). 4-Delpapa, 14.1(t)14.3(s)14.2(f). -Espenak, 14.4(t)14.3(s).  
5-Ng, 14.5(t)14.5(s)14.4(f). -Geranimo, 15.0. -Enner, 15.3.
- 200m: 4- Wray, 28.7. -Nelson, 28.9. -Espenak, 29.9. -L.Anderson, 31.3. -Nestor, 31.7. -Fenzel, 32.4,  
-Herscheit, 32.5. -Geranimo, 32.7. -Peronne, 33.4. -Bertocci, 34.4, -Martin, 36.6.
- 400m: 5- Jacobson, 72.6. -S.Bigos, 76.5
- 800m: 6-Macchi, 2:49.1. 7-VanEngel, 2:50.1
- 1600m: 3-O'Connell, 6:06.7. 4-McDonagh, 6:09.2. -Behan, 6:17.6. -Canzani,6:32.4. -McCarthy, 6:34.1.
- 3200m: 4-Driever, 14:15.2. 6-Hanson, 14:23.2
- 100H: 2-Borgman, 18.9(s)18.8(f). -Nash, 20.4
- 400H: 6-Nash, 89.4.
- LJ: -Bertocci, 11'11"
- PV: 1-Wardell, 7'. 2-Borgman, 6'6".
- 4X400m: 1-4:41.4 (Nelson-70.1, Macchi-72.6, Jacobson-71.3, Espenak-67.5)



## **Bergen County Group 4 Championship**

### Friday May 18 at Hackensack High School:

- 200m: -Katie Norchi, ??, Kate Fiocchi, ??, -Tajuana LeSane, FS
- 400H: 2<sup>nd</sup> - Katherine Zucaro, 67.2.
- 3200m: 2<sup>nd</sup> - Clair Nowakowski, 11:17.7. 6<sup>th</sup> - Julia Foresman, 12:14.0.
- Discus: 4<sup>th</sup> - Kristina Schwehm, 93'10". 6<sup>th</sup> Tara Masterson, 91'3". - Bobbi Jo Dirosa, 81'9"
- Javelin: 6<sup>th</sup> - Eileen Melli, 84' 7". 7<sup>th</sup> Kristina Schwehm, ??, - Evan Borgman, ??
- LJ: 1<sup>st</sup> - Alisa Vetter, 16' 9". - Trish McGowan, 15' ? - Clarise Coppolino, 14?  
15' 2 1/4 ^

Hackensack had a perfect day, starting with their 1,2&3 in the discus, and their 32 point advantage may be out of reach in the team score. We had some notable performances lead by Alisa's long jump. 16'9" moves her to a 4<sup>th</sup> place tie on the all time RHS list. Clair's 3200 with Caitlin Smith was distance racing at it's best!

### Saturday May 19 at Teaneck High School:

- 100m: 4<sup>th</sup> - Caitlin Fiocchi, 13.4(t),13.0(f). Tajuana LeSane, 14.1.
- 400m: 3<sup>rd</sup> - Katheine Zucaro, 61.8. - Kristen Espenak, 66.3.
- 800m: 2<sup>nd</sup> - Jennifer Zucaro, 2:20.3. 4<sup>th</sup> Emily Terrin, 2:26.4. -7<sup>th</sup> Angela Mercer, 2:30.6.
- 1600m: 1<sup>st</sup> - Clair Nowaksoski, 5:16.0. 6<sup>th</sup> - Emily Terrin, 5:45.8.
- 100H: 4<sup>th</sup> - Courtney O'Neill, 17.7(t),17.9(f). 6<sup>th</sup> - Evann Borgman, 19.3(t), 18.4(f).
- SP: 5<sup>th</sup> -Tara Masterson, 32'2.5". 6<sup>th</sup> -Kristina Schwehm, 31'11.5". -Bobbie Jo DiRosa, 29'2".
- HJ: 1<sup>st</sup> - Corinne Hyslop, 5'2", 3<sup>rd</sup> - Trish McGowan, 4'10".
- TJ: 1<sup>st</sup> - Trish McGowan, 36' 0.5". 3<sup>rd</sup> - Alisa Vetter, 34'11.5". -Eileen Melli, 27'?
- 4X400m: 1<sup>st</sup> Ridgewood, 4:05.0, (Fiocchi-62.8, Nowakowski-60.4, J.Zucaro-60.9, K. Zucaro-61.1)

We had a very good day. We won the last 4 events and beat IHA for second by 0.5! We out pointed Hackensack today but they were too far ahead. Trish's triple jump makes her 3<sup>rd</sup> on the all time Ridgewood list. Corine was flawless in the high jump and even had some great jumps at 5'4". The relay posted the fastest time of the day, setting up a BMOC showdown race. Clair avenged her loss last night with a great win in the 1600. Another classic distance race with Clair getting the win off a 34 second, wide around the turn last 200 meters. Most notable for the future was frosh Emily Terrin's back in the agate distance double: 2:26.4 and 5:45.8.

## Bergen Group Championship

### GIRLS GROUP 4

#### Team scores:

Hackensack 65, Immaculate Heart Academy 51, Ridgewood 33, Fair Lawn 25, Teaneck 12.

#### RESULTS

**200** — 1, Courtney Cubicciotti, IHA, 25.8; 2, Elina Ploskin, Fair Lawn, 26.3; 3, Tanayah Bruce, Hackensack, 27.7; 4, Latoya Barrett, Hackensack, 27.7; 5, Shetoi Francis, Teaneck, 27.8; 6, Natalya Budnyatsky, Fair Lawn, 27.9.

**3200** — 1, Caitlin Smith, IHA, 11:12.9; 2, Clair Nowakowski, Ridgewood, 11:17.7; 3, Shanika Bernard, Hackensack, 11:27.4; 4, Sari Weissbard, Fair Lawn, 11:54.2; 5, Jenna Bellsonzi, IHA, 12:07.5; 6, Julia Foresman, Ridgewood, 12:14.0.

**400 IH** — 1, Ebony Ramos, Hackensack, 1:05.7; 2, Katherine Zucaro, Ridgewood, 1:07.2; 3, Roxanne McBean, Teaneck, 1:07.9; 4, Lauren Pfisterer, IHA, 1:10.2; 5, Charise Logan, Teaneck, 1:10.4; 6, Caitlin Hemmer, IHA, 1:13.4.

**Discus** — 1, Monique Mighty, Hackensack, 122.9 (record, old record, 120-10 by Jessica Sokolik, Ridgewood, 1997); 2, Evanna Santee, Hackensack, 111.5; 3, Shanlek Easley, Hackensack, 105.6; 4, Kristina Schwem, Ridgewood, 93-10; 5, Maria Iler, Fair Lawn, 91-6; 6, Tara Masterson, Ridgewood, 91-3.

**Javelin** — 1, Jen Hodges, IHA, 109.5; 2, Monique Mighty, Hackensack, 96-7; 3, Erin Kallman, IHA, 94-0; 4, Katie Hegewald, Fair Lawn, 86-9; 5, Gwen Moore, Teaneck, 85-5; 6, Eileen Mell, Ridgewood, 84-7.

**Long jump** — 1, Alisa Vetter, Ridgewood, 16-9; 2, Courtney Cubicciotti, IHA, 16-6; 3, Tanayah Bruce, Hackensack, 16-4; 4, Elina Ploskin, Fair Lawn, 16-3; 5, Natalya Budnyatsky, Fair Lawn, 15-10; 6, Najene Walker, Hackensack, 15-7.

### GIRLS GROUP 3

#### Team scores:

NV/Demarest 39, NV/Old Tappan 30, Paramus Catholic 29, River Dell 16, Fort Lee and Garfield 14, Northern Highlands 12, Indian Hills 10, Ramapo and Tenafly 8, Paramus 4, Pascack Valley 2.

#### RESULTS

**200** — 1, Tarashon Broomes, Paramus Catholic, 26.7; 2, Christine Wentzler, NV/Old Tappan, 27.0; 3, Elena Minuto, Northern Highlands, 27.2; 4, Kristin Saccomanno, Paramus Catholic, 27.6; 5, Lauren Carbello, NV/Old Tappan, 27.6; 6, Carlin Ponce de Leon, NV/Demarest, 27.7.

**3,200** — 1, Dianna Russini, NV/Old Tappan, 11:28.7; 2, Jen Myers, Fort Lee, 11:47.5; 3, Briana Bayersdorfer, River Dell, 11:48.7; 4, Virginia Westervelt, NV/Demarest, 11:51.9; 5, Sarah Christensen, Northern Highlands, 11:56.0; 6, Carol Anne Bullen, Paramus, 11:57.7.

**400 IH** — 1, Caitlin Sherry, River Dell, 1:04.2; 2, Marianne Tonolo, NV/Old Tappan, 1:06.6; 3, Shana Thayer Don, Fort Lee, 1:06.6; 4, Kim Curbelo, Northern Highlands, 1:10.4; 5, Jamie Lafauci, NV/Demarest, 1:11.1; 6, Lindsey Morgan, Paramus Catholic, 1:11.2.

**Discus** — 1, Jessica Fazekas, NV/Demarest, 129.6 (record, old record, 125-5 by Jenn Flinchum, NV/Demarest, 1999); 2, Kristine Josef, Paramus Catholic, 112-6; 3, Anna Clark, Tenafly, 108-6; 4, Kelly Fazekas, NV/Demarest, 108-1; 5, Meghan Judge, Paramus, 98-5; 6, Kalina Carson, Paramus, 96-11.

**Javelin** — 1, Christina Labocki, Garfield, 121-1; 2, Jessica Fazekas, NV/Demarest, 119-1; 3, Kelly Fazekas, NV/Demarest, 108-8; 4, Agnes Kotwica, Garfield, 102-4; 5, Alana Casner, Tenafly, 101-3; 6, Shannon Spafford, NV/Old Tappan, 100-2.

**Long jump** — 1, Chrissy Procopio, Indian Hills, 17-4; 2, Shana Thayer Don, Fort Lee, 15-11; 3, Cheryl Simmons, Paramus Catholic, 15-5; 4, Lisa Corey, NV/Demarest, 15-4; 5, Caitlin Burton, Pascack Valley, 15-4; 6, Stacy Smith, NV/Old Tappan, 15-3.

### Group 3

#### Team Scores

NV/Demarest 82%, NV/Old Tappan 76, Paramus Catholic 61%, River Dell 59, Northern Highlands 31, Indian Hills 29, Garfield 27, Ramapo and Fort Lee 26, Tenafly 22, Paramus 9, Bergenfield and Pascack Valley 6, Holy Angels 4.

**100** — 1, Alana Casner, Tenafly, 12.7; 2, Latasha Jackson, Garfield, 13.0; 3, Christine Wentzler, NV/Old Tappan, 13.0; 4, Sheila Longo, Holy Angels, 13.1; 5, Kristin Saccomanno, Paramus Catholic, 13.1; 6, Lauren Michel, NV/Demarest, 13.3.

**400** — 1, Caitlin Sherry, River Dell, 58.4; 2, Tarashon Broomes, Paramus Catholic, 59.4; 3, Elena Minuto, Northern Highlands, 1:00.7; 4, Lisa Corey, NV/Demarest, 1:01.4; 5, Precious Osborne, Garfield, 1:03.1; 6, Blair Lippman, Tenafly, 1:03.6.

**800** — 1, Dianna Russini, NV/Old Tappan, 2:23.0; 2, Felicia Pfeiffer, Ramapo, 2:28.5; 3, Belmax DeJesus, Fort Lee, 2:27.7; 4, Sarah Christensen, Northern Highlands, 2:28.9; 5, Christine Wentzler, NV/Demarest, 2:29.4; 6, Mert Silberstein, Tenafly, 2:29.5.

**1,600** — 1, Dianna Russini, NV/Old Tappan, 5:14.0; 2, Andrea Povegno, Ramapo, 5:18.8; 3, Briana Bayersdorfer, River Dell, 5:21.0; 4, Kate Diana, Pascack Valley, 5:28.1; 5, Jen Myers, Ramapo, 5:31.0; 6, Julia Emanuel, Tenafly, 5:32.2.

**100 HH** — 1, Carlin Ponce de Leon, NV/Demarest, 15.9; 2, Marianne Tonolo, NV/Old Tappan, 16.2; 3, Shana Thayer Don, Fort Lee, 16.2; 4, Emily Lamparallo, NV/Old Tappan, 16.5; 5, Lauren Fass, NV/Demarest, 16.6; 6, Stephanie Drexler, Northern Highlands, 16.6.

**Shot put** — 1, Kelly Fazekas, NV/Demarest, 41-1; 2, Jessica Fazekas, NV/Demarest, 40-1; 3, Elethia Graham, Bergenfield, 35-7; 4, Kristen Malacrida, Paramus, 34-0; 5, Kristine Josef, Paramus Catholic, 34-0; 6, Lauren Haak, River Dell, 33-10.

**High jump** — 1, Erin Piscetta, River Dell, 5-0; 2, Dana Nguyen, Paramus Catholic, 4-10; 3, Catherine Henny, Northern Highlands, 4-10; 4, tie, Chrissy Procopio, Indian Hills and Precious Osborne, Garfield, 4-10; 5, tie, Maribeth Martens, NV/Demarest and Vanessa Dobney, Paramus Catholic, 4-8.

**Triple jump** — 1, Chrissy Procopio, Indian Hills, 35-4; 2, Cheryl Simmons, Paramus Catholic, 34-2; 3, Caitlin Sherry, River Dell, 34-0; 4, Angela Talucci, Indian Hills, 33-3; 5, Laura Lynch, Indian Hills, 32-10; 6, Meghan Judge, Paramus, 32-10.

**1,600 relay** — 1, River Dell (Erin Piscetta, Caitlin Sherry, Karly McIwain, Jessie Seidler), 4:06.5; 2, NV/Old Tappan, 4:08.5; 3, NV/Demarest, 4:10.9; 4, Paramus Catholic, 4:14.7; 5, Northern Highlands, 4:17.0; 6, Tenafly, 4:24.7.

### GIRLS GROUP 2

#### Team scores:

Ramsey 52, Westwood 37, Pascack Hills 26, Englewood 20, Dumont 14, Rutherford 12, Mahwah 11, Ridgeland Park 7, Lyndhurst 5, Leonia 2.

#### RESULTS

**200** — 1, Christina Fischetti, Westwood, 27.0; 2, Tatcha DaCosta, Englewood, 27.1; 3, Cheryl Ancombe, Westwood, 27.3; 4, Kate Siembieda, Ramsey, 27.7; 5, Brandi Lewis, Englewood, 27.7; 6, Samantha Corvino, Westwood, 27.8.

**3,200** — 1, Melissa Conway, Ramsey, 11:42.8; 2, Felicia Chevalier, Dumont, 12:16.6; 3, Katie D'Aco, Westwood, 12:22.3; 4, Alyssa Ross, Pascack Hills, 12:35.4; 5, Sophia Barton, Leonia, 12:45.9; 6, Diane Zambrano, Ridgeland Park, 12:51.5.

**400 IH** — 1, Peyton Fischer, Ramsey, 1:06.7; 2, Jamie Anton, Pascack Hills, 1:07.3; 3, Michelle Hartel, Pascack Hills, 1:08.5; 4, Caroline Hockmeyer, Ramsey, 1:10.5; 5, Kristine Deer, Westwood, 1:12.2; 6, Kelly Sanders, Ramsey, 1:13.8.

**Discus** — 1, Sara Rakov, Mahwah, 103-9; 2, Laura Fischetti, Westwood, 97-11; 3, Kim Grein, Ridgeland Park, 92-2; 4, Danielle Schubert, Lyndhurst, 87-9; 5, Donna Tarzian, Ramsey, 86-7; 6, Amanda Breslin, Mahwah, 86-3.

**Javelin** — 1, Erin Fagan, Ramsey, 108-4; 2, Danica Miller, Rutherford, 100-1; 3, Lynne Haywood, Dumont, 98-6; 4, Christine Healy, Ramsey, 95-6; 5, Samantha Corvino, Westwood, 95-2; 6, Ceyla Kemakizgil, Lyndhurst, 93-5.

**Long jump** — 1, Tatcha DaCosta, Englewood, 17-7; 2, Jill Turner, Pascack Hills, 17-1; 3, Dara Seidman, Ramsey, 16-5; 4, Celine Patel, Rutherford, 15-4; 5, Kristine Deer, Westwood, 15-2; 6, Kate Siembieda, Ramsey, 15-2.

### Group 2

#### Team Scores

Ramsey 105, Westwood 88, Dumont 59, Pascack Hills 50, Englewood 46, Mahwah 34, Rutherford 28, Ridgeland Park 26, Lyndhurst 20, Leonia 9.

**100** — 1, Cheryl Ancombe, Westwood, 12.9; 2, Christina Fischetti, Westwood, 13.2; 3, Jill Turner, Pascack Hills, 13.2; 4, Lynne Haywood, Dumont, 13.3; 5, Nicole Cortese, Lyndhurst, 13.3; 6, Margaret Augustynowicz, Rutherford, 13.4.

**400** — 1, Dara Seidman, Ramsey, 1:00.0; 2, Samantha Corvino, Westwood, 1:01.1; 3, Jessica Stovcken, Lyndhurst, 1:01.8; 4, Caroline Hockmeyer, Ramsey, 1:02.7; 5, Laura Nagy, Pascack Hills, 1:03.4; 6, Kristine Deer, Westwood, 1:03.5.

**800** — 1, Peyton Fischer, Ramsey, 2:29.0; 2, Sue Glesemann, Dumont, 2:30.2; 3, Monica Gadkari, Mahwah, 2:30.9; 4, Jessica Villalba, Ridgeland Park, 2:31.1; 5, Noel DePaola, Ramsey, 2:31.2; 6, Yasmin Dunson, Englewood, 2:31.8.

**1,600** — 1, Melissa Conway, Ramsey, 5:26.3; 2, Felicia Chevalier, Dumont, 5:37.3; 3, Katie D'Aco, Westwood, 5:40.3; 4, Alyssa Ross, Pascack Hills, 5:45.5; 5, Monica Gadkari, Mahwah, 5:52.6; 6, Laura Stiefel, Ridgeland Park, 5:55.8.

**100 HH** — 1, Lindsay May, Dumont, 15.6; 2, Julia Stripe, Mahwah, 16.9; 3, Valerie Durolari, Leonia, 16.9; 4, Jamie Henkel, Ridgeland Park, 17.4; 5, Vicky Checky, Ramsey, 18.0; 6, Sara Gregory, Ramsey, 18.7.

**Shot put** — 1, Kim Grein, Ridgeland Park, 37-9; 2, Lynne Haywood, Dumont, 36-2; 3, Heather Krause, Mahwah, 35-11; 4, Danica Miller, Rutherford, 34-3; 5, Stephanie Roegner, Westwood, 32-6; 6, Neisha Gayle, Englewood, 31-4.

**High jump** — 1, Mary Grace Cahill, Rutherford, 4-10; 2, Jill Turner, Pascack Hills, 4-10; 3, tie, Ceyla Kenikizgil, Lyndhurst, and Lindsay May, Dumont, 4-8; 5, tie, Celine Patel, Rutherford, Denise Scarti, Westwood and Kay Wu, Leonia, 4-6.

**Triple jump** — 1, Tatcha DaCosta, Englewood, 37-0; 2, Shalissa Burgess, Englewood, 35-10; 3, Dara Seidman, Ramsey, 35-6; 4, Liana Iglesias, Westwood, 32-1; 5, Lindsay May, Dumont, 31-8; 6, Denise Scarti, Westwood, 31-7.

**1,600 relay** — 1, Westwood (Christina Fischetti, Samantha Corvino, Kristine Deer, Denise Scarti), 4:09.8; 2, Ramsey, 4:09.9; 3, Englewood, 4:14.6; 4, Pascack Hills, 4:15.1; 5, Lyndhurst, 4:22.1; 6, Mahwah, 4:22.7.

## Bergen Group Championship

### GIRLS GROUP 1

#### Team scores:

Glen Rock 43, Saddle Brook and North Arlington 26, Midland Park, Cresskill and Bogota 18, Hasbrouck Heights 14, Ridgeland 10, Wood-Ridge 8, New Milford 2, Waldwick, St. Mary's and Park Ridge 1.

#### RESULTS

**200** — 1, Justine Diana, Saddle Brook, 26.6; 2, Kim Heron, Bogota, 27.2; 3, Michelle DeJesus, North Arlington, 27.3; 4, Celine Lee, North Arlington, 27.8; 5, Shannon Alston, Midland Park, 27.8; 6, Allie Wright, Saddle Brook, 27.9.

**3,200** — 1, Erin Henry, Glen Rock, 11:11.0 (record, old record, 11:37.3 by Henry, 2000); 2, Danielle Patoir, Saddle Brook, 11:44.8; 3, Danielle Amato, Saddle Brook, 12:02.6; 4, Christine Ayubi, Hasbrouck Heights, 12:12.9; 5, Liz Saydah, Glen Rock, 12:15.7; 6, Danielle Bekas, Saddle Brook, 12:22.4.

**400 IH** — 1, Kim Mineo, Glen Rock, 1:05.0; 2, Jenn Leahy, Cresskill, 1:08.4; 3, Meg Thielke, Glen Rock, 1:08.7; 4, Michelle DeJesus, North Arlington, 1:09.9; 5, Regina Stellato, Hasbrouck Heights, 1:11.3; 6, All Dykhouse, Glen Rock, 1:11.3.

**Discus** — 1, Nikki Uzelac, Midland Park, 121-9 (record, old record, 118-5 by Nancy Van Dyke, Midland Park, 1985); 2, Liz Pendleton, Wood-Ridge, 116-9; 3, Lisa Welch, Midland Park, 113-1; 4, Tiffany Phoenix, Cresskill, 109-0; 5, Alyssa Koob, New Milford, 104-9; 6, Holly Wright, Waldwick, 96-2.

**Javelin** — 1, Courtney Reggo, Ridgeland, 111-3; 2, Allison Gino, North Arlington, 110-8; 2, Caroline Lee, Cresskill, 104-1; 4, Annie Lent, Glen Rock, 87-5; 5, Allison Kelley, Saddle Brook, 95-10; 6, Dawn Marie Cabrera, St. Mary's, 94-9.

**Long jump** — 1, Jennifer Barthelme, Bogota, 16-10; 2, Cherilyn Marino, Hasbrouck Heights, 16-2; 3, Justine Diana, Saddle Brook, 16-2; 4, Michelle DeJesus, North Arlington, 16-1; 5, Meg Thielke, Glen Rock, 16-0; 6, Beth Gilchrist, Park Ridge, 15-10.

### GIRLS

#### Group 1

#### Team scores

Glen Rock 111, Saddle Brook 84, Hasbrouck Heights 55, Bogota 40, Midland Park and North Arlington 36, New Milford 26, Cresskill 20, Waldwick 15, Wood-Ridge 14, St. Mary's 11, Ridgeland 10, Palisades Park 4, Park Ridge 3.

**100** — 1, Justine Diana, Saddle Brook, 13.2; 2, Sylvia Sosa, New Milford, 13.3; 3, Shannon Alston, Midland Park, 13.3; 4, Kim Heron, Bogota, 13.4; 5, Celine Lee, North Arlington, 13.5; 6, Eileen Ward, Glen Rock, 13.6.

**400** — 1, Kim Mineo, Glen Rock, 59.8; 2, Celine Lee, North Arlington, 1:01.2; 3, Allie Wright, Saddle Brook, 1:02.4; 4, Kim Heron, Bogota, 1:03.0; 5, All Dykhouse, Glen Rock, 1:04.0; 6, Sylvia Sosa, New Milford, 1:04.6.

**800** — 1, Erin Henry, Glen Rock, 2:19.9; 2, Danielle Patoir, Glen Rock, 2:27.1; 3, Lauren Robbins, Glen Rock, 2:29.2; 4, Regina Stellato, Hasbrouck Heights, 2:29.8; 5, Linda Ndrengoni, Cresskill, 2:30.5; 6, Judy Wong, Wood-Ridge, 2:30.7.

**1,600** — 1, Danielle Patoir, Glen Rock, 5:25.6; 2, Christine Ayubi, Hasbrouck Heights, 5:33.8; 3, Liz Saydah, Glen Rock, 5:36.3; 4, Danielle Amato, Saddle Brook, 5:39.4; 5, Danielle Bekas, Saddle Brook, 5:41.6; 6, Loretta Fitzgibbons, Hasbrouck Heights, 5:43.7.

**100 HH** — 1, Justine Diana, Saddle Brook, 14.9; 2, Dana Salonia, Saddle Brook, 15.9; 3, Molly Mantle, Glen Rock, 17.0; 4, Nicole DeSimone, Hasbrouck Heights, 17.0; 5, Jackie Kaminski, Saddle Brook, 17.4; 6, Caroline Novack, Glen Rock, 17.6.

**Shot put** — 1, Nikki Uzelac, Midland Park, 38-1; 2, Holly Wright, Waldwick, 36-6; 3, Krista McKinney, St. Mary's, 35-3; 4, Tatiana Clocone, New Milford, 33-6; 5, Melissa Lisbona, 32-6; 6, Alyssa Koob, New Milford, 32-3.

**High jump** — 1, Jen Barthelme, Bogota, 5-2; 2, Cherilyn Marino, Hasbrouck Heights, 5-0; 3, Kristina Lambrindes, Waldwick, 5-0; 4, Shannon Kolzbroda, Wood-Ridge, 4-8; 5, Jamie Donovan, Palisades Park, 4-6; 6, Beth Gilchrist, Park Ridge, 4-6.

**Triple jump** — 1, Maria Toriano, New Milford, 34-8; 2, Regina Stellato, Hasbrouck Heights, 33-1; 3, Jackie Kaminski, Saddle Brook, 33-1; 4, Kim Heron, Bogota, 32-11; 5, Cherilyn Marino, Hasbrouck Heights, 32-6; 6, Beth Gilchrist, Park Ridge, 32-5.

**1,600 relay** — 1, Saddle Brook (Allie Wright, Lori Stuart, Dana Salonia, Kristy Homiak), 4:18.1; 2, Glen Rock, 4:22.9; 3, Hasbrouck Heights, 4:27.1; 4, St. Mary's, 4:36.1; 5, Palisades Park, 4:37.0; 6, Wood-Ridge, 4:45.3.

## Rudgenwood RELAYS II

4 X 200 : ZUCARO, ZUCARO, MCGOWAN, FIOCCHI

2 X HIGH JUMP : MCGOWAN, HYSLOP

2 X POLE VAULT : FIOCCHI, BERGMAN

2 X SHOT PUT : SCHWEHM <sup>27'6"</sup> MASTERSON <sup>30'7"</sup> = 58'1"

2 X DISCUS : SCHWEHM <sup>Bobby Jo = 28'5"</sup> MASTERSON <sup>Patty Polase = 22'8"</sup> = 51'1"

3 X TRIPLE JUMP :

2 X POLE VAULT : 7' and 8'6' ??

LINEUP SHEET:

SITE OF MEET RIDGEWOOD

MEET BERGEN FROSH CHAMPS

BUS LEAVES \_\_\_\_\_

DATE MAY 24

RETURN FROM MEET \_\_\_\_\_

EVENT	ENTRIES FOR RIDGEWOOD
100 meter dash	13.9 WRAY, 15.7 GERONIMO, 14.5 DELPAPA, 16.1 BERTOLCI Coppolino-13.8
200 meter dash	29.7 WRAY, 34.1 GERONIMO, BERTOLCI 35.5 COPPOLINO, DELPAPA
400 meter dash	70.6 JACOBSON
800 meter run	74 <sup>PR</sup> 2:31.0 Terrin, <del>MCCADHY</del> , MARTIN
1600 meter run	76 2:45 Terrin, 78.85 2:59 CONNELL, 79 2:46 DUNN, 85 3:01 4:39 McCadhy 5:33.0 7:10 5:59.3 4:33 5:44.7 4:14 3:10 3:03 3 <sup>rd</sup> 4 <sup>th</sup> 2 <sup>nd</sup> 5 <sup>th</sup> PR 6:16.1 6:55.1
3200 meter run	<del>CONNELL</del> 4 <sup>th</sup> HANSEN 14:24.8, 2 <sup>nd</sup> Driever 13:57.3
100 meter hurdles	NASH - 20.8
400 meter hurdles	Nash - 85.0
Long Jump	14'1" <del>73"</del> COPPOLINO, 11'1" Bertolci
Triple Jump	
High Jump	
Shot Put	Bispos - 22'11"
Discus	Bispos - 53'2"
Javelin	
4X400 meter relay	3 <sup>rd</sup> 46.2 COPPOLINO, 2 <sup>nd</sup> DELPAPA O'CONNELL, 1 <sup>st</sup> DUNN, 4 <sup>th</sup> TERRIN 71.5 68.5 65.9

ANYONE NOT ON THE LIST  
SEE MR BROWN

4:32.2  
3<sup>rd</sup>

**BERGEN COUNTY GIRL'S TRACK AND FIELD CHAMPIONSHIP  
HELD AT RIDGEWOOD HIGH SCHOOL TRACK**

**MAY 24, 2001**

Team Scores: Group 4: 1-Ridgewood, 56. 2-Teaneck, 52.5. 3-IHA, 28. 4-Hackensack, 19. 5-FairLawn, 12. Group 3: 1-OldTappan, 40. 2-Indian Hills, 36. 3-RiverDell, 35. 4-Garfield, 34. 5-Tenafly, 31. 6-Holy Angels, 26. 7-Demarest, 24. 8-Bergenfield, 16. 9-Pascack Hills, 6. Group 2: 1-Dwight Morrow, 19. 2-Lyndhurst, 3. Group 1: 1-SaddleBrook, 23. 2-WoodRidge, 20.5. 3-Waldwick, 1

100m: 1- Shetoi Francis, Teaneck, 13.2. 2- Kadien Dockery, Teaneck, 13.4. 3- Kristen Cubiccotti, IHA, 13.4 (13.1 in trial). 4- ? Barrett, Hackensack, 13.4. 5- Judy Wong, Wood-Ridge, 13.5. 6- Abby Beutel, Riverdell, 13.6.

200m: 1- Shetoi Francis, Teaneck, 27.3. 2- Sarah Giblin, IHA, 27.8. 3- ?. Barrett, Hackensack, 28.2. 4- Tashi Haywood, Teaneck, 28.3. 5- Kim Hykey, Lyndhurst, 28.4. 6- Catherine Nathans, Old Tappan, 28.4.

400m: 1-Blair Lippman, Tenafly, 62.5. 2-Laura Lynch, Indian Hills, 62.6. 3-Karly McIlwain, River Dell, 62.8. 4-Loren Moskovich, FairLawn, 63.1. 5-Kadlen Dockery, Teaneck, 65.4. 6- Judy Wong, Wood-Ridge, 65.4.

800m: 1-Emily Terrin, Ridgewood, 2:31.1. 2-Melissa Cohen, FairLawn, 2:34.3. 3-Aly Eckmayer, Old Tappan, 3:35.8. 4-Erica Hosek, Demarest, 2:38.5. 5-A. Olivera, Garfield, 2:40.6. 6-Judy Wong, Wood-Ridge, 2:43.5.

1600m: 1-Emily Terrin, Ridgewood, 5:33.0. 2-?. McGuire, Hackensack, 5:38.8. 3-Casey Dunn, Ridgewood, 5:44.7. 4-Katie Fry, IHA, 5:46.1. 5-Jill Wessels, Pascack Valley, 5:48.7. 6-Audrey Bedrock, Waldwick, 5:52.4.

3200m: 1-Jordan Hershaw, Old Tappan, 13:29.0. 2-Catherine Driever, Ridgewood, 13:57.0. 3- Maria Bromme, Tenafly, 14:01.6. 4-Lianne Hansen, Ridgewood, 14:24.8. 5-M.Swietek, Garfield, 17:27.0. (no 6<sup>th</sup> place)

100mH: 1-Alex Codel, Demarest, 17.3. 2-Christina Bellottie, Bergenfield, 17.4. 3-Charisma Bravo, Saddle Brook, 17.6. 4-Shannon Kozibroda, Wood-Ridge, 17.6. 5-Rada Charussilapa, River Dell, 17.9. 6-Catherine Nathans, Old Tappan, 18.0.

400mH: 1-Jessie Seidler, RiverDell, 71.0. 2-Christina Bellortie, Bergenfield, 72.8. 3-Kerry Lynch, Pascack Hills, 73.6. 4-Shannon Kosibroda, Wood-Ridge, 74.1. 5-Elisa Downey, Holy Angels, 75.1. 6- Christie O'Hara, Bergen Tech, 75.3.

High Jump: 1- Laura Lynch, Indian Hills, 4'7". 2- Shannon Kozibrada, Woodbridge, 4'6". 3- Kelli O'Brien, Saddle Brook, 4'6". 4-Shalanda Burgess, Dwight Morrow, 4'6". 5- Shalissa Burgess, Dwight Morrow, 4'6". 6- Audria Banatta, Tenafly, 4'4"

Pole Vault: 1- Heather Shaw, Tenafly, 7'0". 2-Ali Kearns, Holy Angels, 6'6". 3- Melani Kim, Saddle Brook, 6'0".

Long Jump: 1-Karley McIlwain, RiverDell, 14'5". 2-Laura Lynch, Indian Hills, 14'4.5". 3-Clarice Coppolino, Ridgewood, 14'1". 4-Nia Harmon, Dwight Morrow, 13'11". 5-Sarah Giblin, IHA, 13'11". 6-Toshi Haywood, Teaneck, 13'8.5".

Triple Jump: 1-Laura Lynch, Indian Hills, 33'1.5. 2-Shalissa Burgess, Dwight Morrow, 31'5". 3-Shannon Spafford, OldTappan, 30'9". 4-Elisa Domley, Holy Angels, 30'5". 5-Holly Williams, Teaneck, 29'6". 6-Shalanda Burgess, Dwight Morrow, 29'3".

Shot: 1-D.Dabaghian, Garfield, 30'5". 2-Andrea Cerbie, Old Tappan, 27'4". 3-Jordan Harris, Holy Angels, 26'8". 4-Stephanie DiBello, Saddle Brook, 25'9". 5-Colleen Mocco, Holy Angels, 25'5". 6-?.Robinson, Hackensack, 24'10".

Discus: 1-Danielle Dabaghian, Garfield, 80'6". 2-Katie Carroll, Demarest, 78'9". 3-?.Robinson, Hackensack, 75'9". 4-Teegan Conti, RiverDell, 72'6". 5-Nicole Rapport, Ramapo, 71'2". 6-Jaime Allison, Bergen Tech, 66'5".

Javelin: 1-Danielle Dabaghian, Garfield, 86'7". 2-Andrea Cerbie, OldTappan, 84'. 3-Gwen Moore, Teaneck, 82'2". 4-Cheryl Maxfield, Tenafly, 78'7". 5-Katie Carroll, Demarest, 73'5". 6- Megan Triolo, Saddle Brook, 71'.

4X400m: 1-Teaneck (Dockery, Francis, Williams, Haywood) 4:28.3. 2-IHA, 4:31.1. 3-Ridgewood, 4:31.9. 4-Holy Angels, 4:35.2. 5-RiverDell, 4:37.7. 6-Lyndhurst, 4:43.2.



# NEW JERSEY STATE

The Star-Ledger  
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1<sup>st</sup>  
Division  
etc.

# AAA SSA ZZ



# OUTDOOR SECTIONAL CHAMPIONSHIPS

## North I

Friday, May 25, 2001 - 4:00 P.M.  
Saturday, May 26, 2001 - 10:00 A.M.

Clifton High School

Group I  
Group IV

Wayne Hills High School

Group II  
Group III

Price: \$3.00

## NJSIAA STATE SECTIONAL CHAMPIONSHIP

## CLIFTON STADIUM

### Friday May 25

400H: 4<sup>th</sup> - Katherine Zucaro, 67.6

100m: Caitlyn Fiocchi, 12.9(t), 13.0(s), 13.0(f). Tajuana LeSane NT. Clarice Coppolino, 14.1.

3200m: 1<sup>st</sup> - Clair Nowakowski, 11:16.3, 7<sup>th</sup>- Julia Forseman, 12:10.3. - Jackie Goulart, 12:40.8

400m: - Katherine Zucaro, 61.2. -Jennifer Zucaro, 62.9. - Kristen Espenak, 67.8.

Discus: - Tara Masterson, 93'8", -Kristina Schwehm, ???. - Bobbie Jo DiRosa, 82'9"

Javelin: -Eileen Melli, ???. -Kristina Schwehm, ???. -Evan Borgman, ??.

High Jump: 2<sup>nd</sup> (6 way tie) -Corinne Hyslop, 4'10". & -Trish McGowan, 4'10"

Pole Vault: (non-scoring) Caitlyn Fiocchi, 8'6". Evann Borgman, NH

We had a good Friday! We are 12.5 points behind Hackensack, which is close enough if we have a big day tomorrow.

### Saturday May 26

100mH: - Courtney O'Neill, 17.2(t), 17.9(s). - Evann Borgman, 18.2.

1600m: 1<sup>st</sup> - Clair Nowakowski, 5:11.5. -Julia Foresman, 5:41.5, - Jackie Goulart, 5:50.0

200m: - Caitlyn Fiocchi, 27.2(t), 27.5(f). Tajuana LeSane, 29.0. Clarice Coppolino, 29.2.

800m: 1<sup>st</sup> - Jennifer Zucaro, 2:19.4. 2<sup>nd</sup> - Clair Nowakowski, 2:22.8. Angela Mercer, DNF

Shot: 5<sup>th</sup> - Tara Masterson, 32'0.75". - Bobbie Jo DiRosa, 29'7.75". -Kristina Schwehm, 27'3.25.

Long Jump: - Alisa Vetter, 14'10". -Trish McGowan, 14'8". -Clarice Coppolino, 13'3"

Triple Jump: (non-scoring) - Trish McGowan, ???. Alisa Vetter, ??

4X400m: 1<sup>st</sup> - Ridgewood, 4:08.9, (Fiocchi-63.1, McGowan-63.5, J.Zucaro-60.9, K.Zucaro-61.4)

### Team Champions!

Very dreary rainy two days but the weather didn't bother us at all. In fact there was a glow in the bus on the ride home that was as bright as any sun I have seen! Turning point of the meet was the shot put. Tara beat the Hackensack kids and that set the stage for the 800 where Jennifer and Clair scored the go head points. The 4X400 needed only 4<sup>th</sup> but put on a great display getting the win with Trish running her first 400 in a substitute role. Great team meet for Ridgewood. First Sectional trophy since 1994 and this one is getting all the names and going on the wall!

## 2001 Track Team at State Sectional Meet

Seniors: Bobbie Jo DiRosa  
Eileen Melli  
Alisa Vetter  
Jennifer Zucaro  
Katherine Zucaro

Juniors: Caitlyn Fiocchi  
Julia Foresman  
Jackie Goulart  
Tajuana LeSane  
Clair Nowakowski

Sophomores: Evann Borgman  
Kristen Espenak  
Corinne Hyslop  
Tara Masterson  
Trish McGowan  
Angela Mercer  
Courtney O'Neill  
Kristina Schwehm

Frosh: Clarice Coppolino



# New Jersey State Interscholastic

ATHLETIC



ASSOCIATION

THIS IS TO CERTIFY

\_\_\_\_\_  
(PLAYER)

as a member of the \_\_\_\_\_ School

\_\_\_\_\_  
(SPORT)

Team in

\_\_\_\_\_  
(YEAR)

in

\_\_\_\_\_  
(CLASSIFICATION)

\_\_\_\_\_  
(SECTION)

## SECTIONAL CHAMPIONS

and is hereby entitled to the seal and honors given in  
this sport by this Association.

*In Witness Whereof, we have hereunto affixed our signatures.*



\_\_\_\_\_  
EXECUTIVE DIRECTOR

\_\_\_\_\_  
PRINCIPAL

\_\_\_\_\_  
COACH

# NORTH JERSEY, SECTION 1

## GROUP 4

TEAMS: 1-Ridgewood 71. 2-Hackensack 53½. 3-Passaic 39½. 4-Vernon 39½. 5-Paterson Kennedy 38. 6-Passaic Tech 37½. 7-Wayne Valley 32½. 8-Teaneck 21. 9-Fair Lawn 17. 10-Memorial 16½. 11-West Milford 15. 12-Kearny and Bayonne 12. 14-North Bergen 10. 15-Clifton 8½. 16-Paterson Eastside 8. 17-Dickinson 2. 18-Lincoln 1.

100-METER DASH: 1-Ploskin, Fair Lawn, 12.9. 2-Andujar, Teaneck, 12.9. 3-Fiocchi, Ridgewood, 13.0. 4-Hughes, Paterson Eastside, 13.1. 5-Bethea, Paterson Eastside, 13.2. 6-Johnson, Passaic Tech, 13.5.

200-METER DASH: 1-Watkins, Paterson Kennedy, 25.2. 2-Herbert, Passaic Tech, 26.0. 3-Ramos, Hackensack, 26.0. 4-Ploskin, Fair Lawn, 26.7. 5-Kamara, Dickinson, 26.8. 6-Fiocchi, Ridgewood, 27.3.

400-METER RUN: 1-Watkins, Paterson Kennedy, 56.5. 2-Ramos, Hackensack, 59.5. 3-Herbert, Passaic Tech, 1:00.8. 4-Zucaro, Ridgewood, 1:01.4. 5-Liverman, Passaic Tech, 1:01.5. 6-Krueger, West Milford, 1:01.7.

800-METER RUN: 1-Zucaro, Ridgewood, 2:19.4. 2-Nowakowski, Ridgewood, 2:23.1. 3-Pritchett, Passaic, 2:23.2. 4-Williams, Passaic, 2:23.9. 5-Millar, Kearny, 2:24.6. 6-Simpson, Vernon, 2:26.3.

1,600-METER RUN: 1-Nowakowski, Ridgewood, 5:11.6. 2-Williams, Passaic, 5:12.7. 3-Carroll, Wayne Valley, 5:23.3. 4-Bernard, Hackensack, 5:26.7. 5-Wiessbard, Fair Lawn, 5:28.7. 6-Mathurin, Lincoln, 5:38.0.

3,200-METER RUN: 1-Nowakowski, Ridgewood, 11:16.3. 2-Bernard, Hackensack, 11:37.2. 3-Simpson, Vernon, 11:39.7. 4-Carroll, Wayne Valley, 11:45.3. 5-Williams, Passaic, 12:04.9. 6-Storbeck, Wayne Valley, 12:08.4.

100-METER HIGH HURDLES: 1-Mimnaugh, Vernon, 15.4. 2-Palomo, Memorial, 15.8. 3-McBean, Teaneck, 16.4. 4-Johnson, Passaic Tech, 16.4. 5-Conte, Wayne Valley, 16.5. 6-Dutch, Clifton, 17.2.

400-METER INTERMEDIATE HURDLES: 1-Ramos, Hackensack, 1:05.9. 2-Pritchett, Passaic, 1:07.3. 3-Logan, Teaneck, 1:07.7. 4-Zucaro, Ridgewood, 1:07.8. 5-DiPaolo, North Bergen, 1:08.1. 6-Palomo, Memorial; Liverman, Passaic Tech and Matthews, Vernon, 1:08.4.

HIGH JUMP: 1-Roessler, Kearny, 5-0. 2-Thomas, Hackensack; Moreno, Clifton; Conte, Wayne Valley; Guichardo, Passaic; Hyslop, Ridgewood and McGowan, Ridgewood, 4-10.

LONG JUMP: 1-Watkins, Paterson Kennedy, 16-4. 2-Herbert, Passaic Tech, 16-4. 3-Mimnaugh, Vernon, 16-2. 4-Conte, Wayne Valley, 15-9. 5-Taylor, Bayonne, 15-9. 6-Budnyatsky, Fair Lawn, 15-3.

SHOT PUT: 1-Wood, West Milford, 37-4. 2-McWilliams, Paterson Kennedy, 37-0. 3-Fenlator, Wayne Valley, 34-0. 4-Boydston, Vernon, 33-5. 5-Lebron, Memorial, 32-1. 6-Masterson, Ridgewood, 32-0.

DISCUS: 1-Mighty, Hackensack, 130-8. 2-Hernandez, Passaic, 113-8. 3-Fenlator, Wayne Valley, 110-6. 4-Wood, West Milford, 108-8. 5-Easley, Hackensack, 107-9. 6-Santee, Hackensack, 107-8.

JAVELIN: 1-Borawski, Bayonne, 128-8. 2-Mendieta, North Bergen, 110-1. 3-Lebron, Memorial, 98-4. 4-Henderson, Vernon, 95-1. 5-Boydston, Vernon, 92-6. 6-Mighty, Hackensack, 92-2.

1,600-METER RELAY: 1-Ridgewood (Fiocchi, Mercer, J. Zucaro and K. Zucaro) 4:08.8. 2-Passaic Tech 4:11.6. 3-Vernon 4:13.4. 4-Clifton 4:16.6. 5-Paterson Eastside 4:17.1. 6-Teaneck 4:28.4.

## GROUP 3

TEAMS: 1-Demarest 72. 2-High Point 62. 3-Old Tappan 59. 4-River Dell 58. 5-Fort Lee 24. 6-Passaic Valley and Tenafly 23. 8-Sparta 22. 9-Northern Highlands 19. 10-Indian Hills and Ramapo 16. 12-Garfield 11. 13-Paramus and Lakeland 10. 15-Bergenfield 6. 16-Bergen Tech 2. 17-Pascack Valley 1.

100-METER DASH: 1-Casner, Tenafly, 12.7. 2-Malmstrom, High Point, 13.0. 3-Wentzler, Old Tappan, 13.1. 4-Jackson, Garfield, 13.3. 5-Bennett, Sparta, 13.4. 6-Ponce de Leon, Demarest, 13.5.

200-METER DASH: 1-Wentzler, Old Tappan, 26.7. 2-Malmstrom, High Point, 26.8. 3-Bennett, Sparta, 27.5. 4-Casner, Tenafly, 27.9. 5-Michel, Demarest, 27.9. 6-Jackson, Garfield, 28.4.

400-METER RUN: 1-Sherry, River Dell, 58.4. 2-Minuto, Northern Highlands, 1:01.1. 3-Corey, Demarest, 1:01.5. 4-Gulla, Passaic Valley, 1:01.9. 5-Almeida, High Point, 1:02.8. 6-Redmond, Old Tappan, 1:03.0.

800-METER RUN: 1-Pfeifer, Ramapo, 2:23.4. 2-Russini, Old Tappan, 2:24.9. 3-DeJesus, Fort Lee, 2:25.8. 4-Wenthen, Demarest, 2:26.4. 5-Bayersdorfer, River Dell, 2:27.5. 6-Connelly, Pascack Valley, 2:28.0.

1,600-METER RUN: 1-Russini, Old Tappan, 5:13.0. 2-Mizzone, Passaic Valley, 5:17.5. 3-Bayersdorfer, River Dell, 5:18.5. 4-Bullen, Paramus, 5:21.2. 5-Meyers, Ramapo, 5:21.4. 6-Minervini, Passaic Valley, 5:21.7.

3,200-METER RUN: 1-Mizzone, Passaic Valley, 11:06.3. 2-Russini, Old Tappan, 11:12.7. 3-Bayersdorfer, River Dell, 11:18.0. 4-Myers, Ramapo, 11:37.1. 5-Bullen, Paramus, 11:53.2. 6-Westervelt, Demarest, 11:58.9.

100-METER HIGH HURDLES: 1-Don, Fort Lee, 16.0. 2-Scarlata, High Point, 16.1. 3-Ponce de Leon, Demarest, 16.1. 4-Tonolo, Old Tappan, 16.3. 5-Podwyszynska, Bergen Tech, 16.8. 6-Lamparello, Old Tappan, 16.8.

400-METER INTERMEDIATE HURDLES: 1-Sherry, River

Dell, 1:04.9. 2-Don, Fort Lee, 1:05.6. 3-Curie, High Point, 1:06.1. 4-Tonolo, Old Tappan, 1:07.5. 5-Madsen, Sparta, 1:08.2. 6-Silberstein, Tenafly, 1:09.9.

HIGH JUMP: 1-Piscetta, River Dell, 5-0. 2-Dilworth, Sparta, 4-10. 3-Henny, Northern Highlands, 4-10. 4-Procopio, Indian Hills, 4-10. 5-Marion, Lakeland, 4-8. 6-Cassell, High Point, 4-8.

LONG JUMP: 1-Procopio, Indian Hills, 16-5½. 2-Almeida, High Point, 16-1. 3-Silberstein, Tenafly, 16-0¼. 4-Scarlata, High Point, 15-9¼. 5-Talucci, Indian Hills, 15-6¾. 6-Lamparello, Old Tappan, 15-6½.

SHOT PUT: 1-K. Fazekas, Demarest, 43-8, record; former record 40-8, Weinpahl, Westwood, 1983. 2-J. Fazekas, Demarest, 42-8¼. 3-Graham, Bergenfield, 36-10¼. 4-Malacrida, Paramus, 33-9¼. 5-Young, Sparta, 33-5½. 6-Henny, Northern Highlands, 32-7½.

DISCUS: 1-J. Fazekas, Demarest, 121-4. 2-Biango, Lakeland, 101-3. 3-K. Fazekas, Demarest, 99-5. 4-Haak, River Dell, 99-4. 5-Clark, Tenafly, 98-3. 6-Radimer, High Point, 98-1.

JAVELIN: 1-J. Fazekas, Demarest, 123-1. 2-Radimer, High Point, 117-3. 3-Pucurs, Demarest, 117-1. 4-Labocki, Garfield, 115-7. 5-Kotwica, Garfield, 102-8. 6-Dilworth, Sparta, 100-8.

1,600-METER RELAY: 1-River Dell (Sherry, Piscetta, MacIlwain, Seidler) 4:04.1. 2-High Point 4:10.5. 3-Old Tappan 4:11.4. 4-Northern Highlands 4:11.8. 5-Demarest 4:15.4. 6-Sparta 4:16.4.

## GROUP 2

TEAMS: 1-Newton 90½. 2-Ramsey 66. 3-Pascack Hills 56. 4-Westwood 55. 5-Walkill Valley 42. 6-Rutherford 23. 7-Mahwah 18. 8-Hopatcong 16. 9-Ridgefield Park 15. 10-Lyndhurst 13. 11-Dumont 10. 12-Kittatinny 6½. 13-Englewood, Hawthorne and Sussex Tech 6. 16-Pompton Lakes 5.

100-METER DASH: 1-Anscombe, Westwood, 12.8. 2-Hopken, Walkill Valley, 12.9. 3-Fischetti, Westwood, 13.0. 4-Cortese, Lyndhurst, 13.0. 5-Rivera, Pompton Lakes, 13.1. 6-Augustynowicz, Rutherford, 13.3.

200-METER DASH: 1-Anscombe, Westwood, 26.8. 2-Hopken, Walkill Valley, 27.0. 3-Fischetti, Westwood, 27.3. 4-Seidman, Ramsey, 27.4. 5-Corvino, Westwood, 27.5. 6-Jackson, Newton, 27.7.

400-METER RUN: 1-Seidman, Ramsey, 58.8, record; former record 59.2, Seidman, Ramsey, 1999. 2-Corvino, Westwood, 1:00.2. 3-Stoevken, Lyndhurst, 1:01.1. 4-Baldwin, Newton, 1:01.3. 5-Crum, Hopatcong, 1:02.2. 6-Stoevken, Lyndhurst, 1:02.5.

800-METER RUN: 1-deVries, Newton, 2:24.4. 2-Ray, Newton, 2:25.1. 3-DeSalvia, Walkill Valley, 2:25.8. 4-Villalba, Ridgefield Park, 2:27.2. 5-Gadkan, Mahwah, 2:28.5. 6-Fischer, Ramsey, 2:28.8.

1,600-METER RUN: 1-deVries, Newton, 5:19.0. 2-McGroarty, Hopatcong, 5:22.6. 3-Conway, Ramsey, 5:24.9. 4-Ross, Pascack Hills, 5:33.4. 5-Guth, Newton, 5:34.7. 6-Chevalier, Dumont, 5:37.9.

3,200-METER RUN: 1-deVries, Newton, 11:26.6. 2-Conway, Ramsey, 11:31.7. 3-McGroarty, Hopatcong, 11:39.0. 4-Guth, Newton, 12:05.8. 5-Ross, Pascack Hills, 12:11.1. 6-Chevalier, Dumont, 12:13.7.

100-METER HIGH HURDLES: 1-Turner, Pascack Hills, 15.2. 2-Dardaganis, Newton, 16.2. 3-Monahan, Kittatinny, 16.4. 4-Anton, Pascack Hills, 16.7. 5-Stripe, Mahwah, 16.8. 6-Reinhardt, Newton, 17.0.

400-METER INTERMEDIATE HURDLES: 1-Fischer, Ramsey, 1:06.6. 2-Anton, Pascack Hills, 1:07.3. 3-Hartel, Pascack Hills, 1:09.1. 4-Ray, Newton, 1:09.6. 5-Deer, Westwood, 1:09.7. 6-Hockmeyer, Ramsey, 1:10.8.

HIGH JUMP: 1-Turner, Pascack Hills, 5-2. 2-Nagel, Newton, 5-0. 3-Patel, Rutherford, 4-10. 4-Cahill, Rutherford, and Galamb, Pompton Lakes, 4-10. 6-Becker, Kittatinny, and Moore, Newton, 4-8.

LONG JUMP: 1-Seidman, Ramsey, 16-6¼. 2-Turner, Pascack Hills, 16-6½. 3-DaCosta, Englewood, 16-3. 4-Battisti, Walkill Valley, 16-0¼. 5-Siembiada, Ramsey, 15-11. 6-Patel, Rutherford, 15-8¼.

SHOT PUT: 1-Grein, Ridgefield Park, 37-2½. 2-Haywood, Dumont, 36-1¼. 3-Krause, Mahwah, 34-2½. 4-Gardocki, Walkill Valley, 32-2½. 5-Schkolenko, Newton, 31-3¼. 6-Roegner, Westwood, 31-1¼.

DISCUS: 1-Austin, Walkill Valley, 110-7. 2-Rakov, Mahwah, 109-11. 3-Hopp, Sussex Tech, 105-5. 4-Corkin, Rutherford, 102-0. 5-Schkolenko, Newton, 100-9. 6-Grein, Ridgefield Park, 99-4.

JAVELIN: 1-Schkolenko, Newton, 123-4. 2-Miller, Rutherford, 101-10. 3-Fagan, Ramsey, 101-10. 4-Gnede, Hawthorne, 96-2. 5-Verdun, Hawthorne, 94-8. 6-Austin, Walkill Valley, 90-2.

1,600-METER RELAY: 1-Westwood (Fischetti, Corvino, Deer and Scarf) 4:08.2. 2-Ramsey 4:11.9. 3-Newton 4:17.0. 4-Pascack Hills 4:17.4. 5-Lyndhurst 4:19.2. 6-Walkill Valley 4:21.5.

## GROUP 1

TEAMS: 1-Glen Rock 114. 2-Hasbrouck Heights 60. 3-Saddle Brook 54. 4-Midland Park 49½. 5-North Arlington 33. 6-McNair Academic 29. 7-Waldwick and Bogota 18. 9-Wood-Ridge 17½. 10-New Milford 17. 11-Ridgefield 10. 12-Park Ridge 5. 13-Palisades Park 4. 14-Wallington 3. 15-Cresskill 1.

100-METER DASH: 1-Griffin, McNair Academic, 12.4. 2-Diana, Saddle Brook, 13.2. 3-Alston, Midland Park, 13.3. 4-Wong, Wood-Ridge, 13.3. 5-Sosa, New Milford, 13.5. 6-Lee, North Arlington, 13.5.

200-METER DASH: 1-Griffin, McNair Academic, 25.7, record; former record 25.8, Stein, Glen Rock, 1995. 2-Alston, Midland Park, 27.8. 3-Sosa, New Milford, 27.9. 4-Lee, North Arlington, 28.1. 5-DeJesus, North Arlington, 28.4. 6-Ward, Glen Rock, 28.6.

400-METER RUN: 1-Mineo, Glen Rock, 59.2. 2-Weathers, McNair Academic, 1:00.7. 3-Wright, Saddle Brook, 1:02.4. 4-Lee, North Arlington, 1:03.2. 5-Robbins, Glen Rock, 1:04.0. 6-Gagliardi, Hasbrouck Heights, 1:05.3.

800-METER RUN: 1-Mineo, Glen Rock, 2:19.3. 2-Henry, Glen Rock, 2:23.5. 3-Patoir, Glen Rock, 2:24.7. 4-Stellato, Hasbrouck Heights, 2:30.5. 5-Delecki, Wallington, 2:31.7. 6-Amato, Saddle Brook, 2:33.7.

1,600-METER RUN: 1-Henry, Glen Rock, 5:10.7, record; former record 5:14.9, Henry, 2000. 2-Patoir, Glen Rock, 5:19.9. 3-Ayubi, Hasbrouck Heights, 5:35.7. 4-Saydah, Glen Rock, 5:35.9. 5-Amato, Saddle Brook, 5:39.4. 6-Ndregjoni, Cresskill, 5:42.7.

3,200-METER RUN: 1-Henry, Glen Rock, 11:15.3, record; former record 11:24.6, Straut, Waldwick, 1988. 2-Patoir, Glen Rock, 11:34.5. 3-Amato, Saddle Brook, 12:11.0. 4-Ayubi, Hasbrouck Heights, 12:13.5. 5-Saydah, Glen Rock, 12:20.3. 6-Fitzgibbons, Hasbrouck Heights, 12:25.7.

100-METER HIGH HURDLES: 1-Diana, Saddle Brook, 15.4. 2-DeSimone, Hasbrouck Heights, 16.8. 3-DeJesus, North Arlington, 16.8. 4-Matanle, Glen Rock, 16.8. 5-Salonia, Saddle Brook, 17.4. 6-Thielke, Glen Rock, 17.4.

400-METER INTERMEDIATE HURDLES: 1-Mineo, Glen Rock, 1:04.8. 2-Thielke, Glen Rock, 1:09.8. 3-DeJesus, North Arlington, 1:10.2. 4-Stellato, Hasbrouck Heights, 1:10.5. 5-Salonia, Saddle Brook, 1:12.3. 6-Delecki, Wallington, 1:13.6.

HIGH JUMP: 1-Marfino, Hasbrouck Heights, 5-0. 2-Barthelemy, Bogota, 5-0. 3-Lambrinde, Waldwick, 4-10. 4-Gilchrist, Park Ridge, 4-10. 5-Alston, Midland Park and Kozibroda, Wood-Ridge, 4-8.

LONG JUMP: 1-Barthelemy, Bogota, 16-4. 2-Marfino, Hasbrouck Heights, 15-11. 3-Diana, Saddle Brook, 15-10. 4-DeJesus, North Arlington, 15-7. 5-Thielke, Glen Rock, 15-5. 6-Gilchrist, Park Ridge, 15-3.

SHOT PUT: 1-Uzelac, Midland Park, 36-5. 2-Wright, Waldwick, 35-7. 3-Lisbona, Midland Park, 34-9. 4-Welch, Midland Park, 32-7. 5-Ciccione, New Milford, 32-2. 6-Njoku, McNair Academic, 31-9.

DISCUS: 1-Pendleton, Wood-Ridge, 122-0. 2-Welch, Midland Park, 117-3. 3-Uzelac, Midland Park, 114-6. 4-Wright, Waldwick, 104-2. 5-Koob, New Milford, 102-4. 6-Ciccione, New Milford, 102-2.

JAVELIN: 1-Reggo, Ridgefield, 104-9. 2-Fitzgibbons, Hasbrouck Heights, 100-2. 3-Gino, North Arlington, 96-5. 4-Ciccione, New Milford, 95-8. 5-Lent, Glen Rock, 95-0. 6-Kelley, Saddle Brook, 91-1.

1,600-METER RELAY: 1-Saddle Brook (Wright, Stuart, Salonia and Homiska) 4:20.3. 2-Glen Rock 4:20.7. 3-Hasbrouck Heights 4:25.9. 4-Palisades Park 4:45.5. 5-Wood-Ridge 4:49.6. No sixth.

## THE CHAMPIONS

### SECTION 1

- Group 4  
Ridgewood (1st since '94)
- Group 3  
Demarest (3rd in 4 years)
- Group 2  
Newton (1st ever)
- Group 1  
Glen Rock (2nd in a row)

### SECTION 2

- Group 4  
Morristown (1st since '78)
- Group 3  
Scotch Plains and Warren Hills (1st tie ever)
- Group 2  
Gov. Livingston (1st ever)
- Group 1  
Verona (1st ever)

# GIRLS TRACK: SECTIONAL CHAMPIONSHIPS

## NORTH JERSEY, SECTION 2

### GROUP 4

TEAMS: 1-Morrisrivan 71. 2-Linden 48. 3-Montclair 45. 4-Elizabeth 43. 5-Roxbury 37. 6-Morris Knolls 33. 7-Phillipsburg 32. 8-Columbia 21. 9-Bloomfield 20. 10-West Orange, Union and Livingston 18. 13-Westfield 17. 14-Plainfield 12. 15-Irvington 1.

100-METER DASH: 1-Whitlock, Montclair, 11.9. 2-Williams, Elizabeth, 12.7. 3-Wilfong, Morristown, 12.8. 4-Burke, Westfield, 12.9. 5-Brown, Union, 13.0. 6-Cooper-Sabb, Montclair, 13.0.

200-METER DASH: 1-Whitlock, Montclair, 25.1. 2-Studivert, Elizabeth, 26.3. 3-Clark, West Orange, 26.3. 4-Williams, Elizabeth, 26.4. 5-Cooper-Sabb, Montclair, 26.6. 6-Burke, Westfield, 27.3.

400-METER RUN: 1-Williams, Roxbury, 56.4. 2-Njoku, Plainfield, 59.3. 3-Clark, West Orange, 59.4. 4-Studivert, Elizabeth, 59.7. 5-Hines, Morristown, 59.8. 6-Cromartie, Roxbury, 1:00.4.

800-METER RUN: 1-Epps, Columbia, 2:21.4. 2-Floersheimer, Morristown, 2:23.1. 3-Wollary, Morristown, 2:23.9. 4-Lee, Livingston, 2:24.8. 5-Joshua, West Orange, 2:25.1. 6-Rome, Morristown, 2:28.6.

1,600-METER RUN: 1-Floersheimer, Morristown, 5:13.5. 2-Kubarewicz, Bloomfield, 5:21.6. 3-Anzelone, Westfield, 5:22.7. 4-Giordano, Livingston, 5:24.5. 5-Milde, Roxbury, 5:24.7. 6-Lea, Columbia, 5:26.2.

3,200-METER RUN: 1-Floersheimer, Morristown, 11:17.0. 2-Epps, Columbia, Columbia, 11:26.0. 3-Anzelone, Westfield, 11:27.2. 4-Kubarewicz, Bloomfield, 11:33.5. 5-Lea, Columbia, 11:38.7. 6-Maier, Morristown, 11:41.8.

100-METER HURDLES: 1-Williams, Roxbury, 13.9. 2-Whitlock, Montclair, 14.2. 3-Sura, Linden, 15.2. 4-Russell, Phillipsburg, 15.3. 5-Ruth, Linden, 15.4. 6-Peterson, 16.1.

400-METER INTERMEDIATE HURDLES: 1-Ruth, Linden, 1:05.6. 2-Peterson, Linden, 1:06.3. 3-Babbitt, Union, 1:06.6. 4-Lee, Livingston, 1:06.9. 5-Scala, Phillipsburg, 1:07.0. 6-Samuels, Montclair, 1:07.4.

HIGH JUMP: 1-Gallagher, Morris Knolls, 5-0. 2-O'Brien, Montclair, 5-0. 3-Johnson, Morristown and Ruth, Linden, 4-10. 5-Peterson, Linden, 4-10. 6-Peters, West Orange, 4-10.

LONG JUMP: 1-Williams, Elizabeth, 18-5. 2-Russell, Phillipsburg, 16-9 $\frac{3}{4}$ . 3-Sebastian, Morris Knolls, 16-0 $\frac{3}{4}$ . 4-Wilfong, Morristown, 15-11 $\frac{3}{4}$ . 5-Warren, West Orange, 15-11 $\frac{1}{2}$ . 6-Bartley, Irvington, 15-5 $\frac{1}{4}$ .

SHOT PUT: 1-Jenkins, Linden, 36-8. 2-Jackson, Union, 34-6. 3-Sebastian, Morris Knolls, 34-0. 4-Lawson, Plainfield, 33-11. 5-Hazle, Montclair, 33-10. 6-Douglas, Montclair, 33-8.

DISCUS: 1-Smart, Phillipsburg, 112-4. 2-Gulbicki, Morristown, 106-9. 3-Traspasso, Roxbury, 105-9. 4-Berluce, Phillipsburg, 104-8. 5-Bufanio, Union, 101-3. 6-Nazarro, Morris Knolls, 99-3.

JAVELIN: 1-Nazarro, Morris Knolls, 117-8. 2-Finamore, Bloomfield, 106-6. 3-Williams, Elizabeth, 105-9. 4-Montlone, Phillipsburg, 103-9. 5-L. Cintron, Elizabeth, 102-9. 6-M. Cintron, Elizabeth, 99-5.

POLE VAULT (not scored): 1-Crook, Randolph, 8-0. 2-Burke, Westfield, 8-0. 1,600-METER RELAY: 1-Morrisrivan (Hines, Woolary, Wilfong, Lowenstein), 4:02.7. 2-Roxbury, 4:05.5. 3-Livingston, 4:07.0. 4-Linden, 4:07.8. 5-Montclair, 4:07.9. 6-West Orange, 4:12.0.

### GROUP 3

TEAMS: 1-Scotch Plains and Warren Hills 72. 3-Mendham 65 $\frac{1}{2}$ . 4-West Morris 56. 5-Parsippany 44. 6-Hackettstown 40. 7-Rahway 30. 8-Morris Hills 19. 9-Cranford 12. 10-Parsippany Hills 8. 11-Nutley 6 $\frac{1}{2}$ . 12-Jefferson and Millburn 4. 14-West Side 1.

100-METER DASH: 1-Farrell, Warren Hills, 12.4. 2-Barber, Parsippany, 12.6. 3-Manuyag, Cranford, 13.5. 4-Ellis, Rahway, 13.7. 5-Warner, West Morris, 13.8. 6-Bowers, West Side, 13.9.

200-METER DASH: 1-Boyd, Hackettstown, 26.0. 2-Barber, Parsippany, 26.8. 3-Warner, West Morris, 27.2. 4-Ferraro, Scotch Plains, 27.3. 5-C. Farrell, Warren Hills, 27.7. 6-Koscielicki, Scotch Plains, 27.9.

400-METER RUN: 1-Boyd, Hackettstown, 58.1. 2-Kelly, Scotch Plains, 1:00.1. 3-Jones, Scotch Plains, 1:01.2. 4-Dias, Morris Hills, 1:01.9. 5-Koscielicki, Scotch Plains, 1:02.0. 6-Keri Mounger, Millburn, 1:02.5.

800-METER RUN: 1-Kelly, Scotch Plains, 2:21.7. 2-Whitehead, Mendham, 2:27.5. 3-Heath, Scotch Plains, 2:29.0. 4-Young, Parsippany, 2:29.1. 5-Corbett, Morris Hills, 2:29.9. 6-Dango, Cranford, 2:32.1.

1,600-METER RUN: 1-Spilman, West Morris, 5:22.3. 2-Pereira, Parsippany, 5:26.8. 3-Heath, Scotch Plains, 5:30.0. 4-Found, Mendham, 5:30.6. 5-Seigle, Millburn, 5:31.7. 6-Harlin, Cranford, 5:31.9.

3,200-METER RUN: 1-Found, Mendham, 11:35.3. 2-Spilman, West Morris, 11:39.2. 3-Dearbon, Parsippany, 11:48.6. 4-Pereira, Parsippany, 11:51.5. 5-Williams, Nutley, 12:05.5. 6-Seigle, Millburn, 12:07.7.

110-METER HURDLES: 1-J. Farrell, Warren Hills, 14.7. 2-Seiler, West Morris 16.8. 3-Knapp, West Morris, 17.5. 4-Kelly, West Morris, 17.5. 5-Roth, West Morris, 17.5. 6-Madej, Parsippany Hills, 19.1.

400-METER INTERMEDIATE HURDLES: 1-Ferraro, Scotch Plains, 1:05.5. 2-C. Farrell, Warren Hills, 1:07.9. 3-Seiler, West Morris, 1:09.7. 4-Roth, West Morris Mendham, 1:13.1. 5-Li, Parsippany, 1:13.6. 6-Corbett, Morris Hills, 1:14.1.

1,600-METER RELAY: 1-Scotch Plains (Jones, Koscielicki, Ferraro and Kelly) 4:09.0. 2-Hackettstown 4:10.5. 3-Warren Hills 4:16.6. 4-Parsippany 4:16.7. 5-Morris Hills 4:18.4. 6-Mendham 4:21.2.

HIGH JUMP: 1-C. Farrell, Warren Hills, 5-4. 2-J. Farrell, Warren Hills, 5-2. 3-Letteroad, West Morris, 5-0. 4-Ware, Parsippany Hills, and Boyd, Hackettstown, 4-10. 6-Dugan, Mendham, and Murray, Nutley, 4-8.

LONG JUMP: 1-J. Farrell, Warren Hills, 16-11. 2-C. Farrell, Warren Hills, 16-4. 3-Abdul-Rahma, Morris Hills, 15-9 $\frac{1}{4}$ . 4-Infante, Morris Hills, 15-3. 5-Madia, Parsippany Hills, 14-9 $\frac{1}{2}$ . 6-Ferraro, Scotch Plains, 14-7 $\frac{1}{2}$ .

SHOT PUT: 1-Beebe, Mendham, 33-9 $\frac{1}{2}$ . 2-R. Venturini, Hackettstown, 33-5. 3-Rohrer, Scotch Plains, 32-10. 4-Blanc, Rahway, 32-5 $\frac{1}{4}$ . 5-Humphrey, Parsippany Hills, 32-3 $\frac{1}{2}$ . 6-J. Venturini, Hackettstown, 31-2 $\frac{1}{4}$ .

DISCUS: 1-Beebe, Mendham, 110-6. 2-Blanc, Rahway, 106-3. 3-Stiger, West Morris, 102-8. 4-Irving, Nutley, 98-10. 5-Rohrer, Scotch Plains, 95-2. 6-Martinez, Cranford, 90-4.

JAVELIN: 1-Stiger, Mendham, 132-0. 2-Bauer, Rahway, 112-1. 3-Bauer, Rahway, 100-3. 4-McManus, Jefferson, 97-6. 5-Shehady, Cranford, 95-5. 6-Marra, Cranford, 95-4.

TRIPLE JUMP (not scored): 1-Warner, West Morris, 28-11 $\frac{3}{4}$ . 2-Kelly, West Morris, 27-10 $\frac{1}{4}$ .

POLE VAULT (not scored): 1-VanTine, Warren Hills, 8-0.

### GROUP 2

TEAMS: 1-Gov. Livingston 78. 2-Summit and Hanover Park 52. 4-Montville 50 $\frac{1}{2}$ . 5-Roselle 44. 6-Johnson 42. 7-Pequannock 27 $\frac{1}{2}$ . 8-Hillside 27. 9-Boonton 26. 10-Caldwell 18 $\frac{1}{2}$ . 11-Dover and West Essex 7. 13-Technology 1 $\frac{1}{2}$ .

100-METER DASH: 1-Anderson, Boonton, 12.9. 2-Copperthite, Summit, 13.1. 3-Smith, Hillside, 13.3. 4-Chery, Roselle, 13.5. 5-Zurawell, Montville, 13.6. 6-Cassano, Pequannock, 13.9.

200-METER DASH: 1-Anderson, Boonton, 26.3. 2-Smith, Hillside, 27.1. 3-Chery, Roselle, 27.5. 4-Duhanny, Boonton, 27.6. 5-Wynter, Roselle, 27.7. 6-Bristow, Hillside, 27.8.

400-METER RUN: 1-McCurdy, Gov. Livingston, 1:00.0. 2-Bristow, Hillside, 1:01.0. 3-Wynter, Roselle, 1:01.6. 4-Copperthite, Summit, 1:02.3. 5-Rice, Technology, and Stanton, Montville, 1:03.1.

800-METER RUN: 1-Wolf, Montville, 2:22.9. 2-Bekele, Hanover Park, 2:23.4. 3-Didario, Gov. Livingston, 2:27.9. 4-Mannaerts, Summit, 2:29.0. 5-Dunn, Johnson, 2:29.1. 6-Brown, Hillside, 2:29.9.

1,600-METER RUN: 1-Wolf, Montville, 5:17.8. 2-Didario, Gov. Livingston, 5:22.3. 3-Stanton, Montville, 5:25.5. 4-Mannaerts, Summit, 5:30.3. 5-Draucikas, Caldwell, 5:31.5. 6-Maybaum, West Essex, 5:34.9.

3,200-METER RUN: 1-Wolf, Montville, 11:50.6. 2-Didario, Gov. Livingston, 12:01.1. 3-Maybaum, West

Essex, 12:15.0. 4-Mannaerts, Summit, 12:25.9. 5-Elias, Dover, 12:32.0. 6-Gupta, Hanover Park, 12:34.5.

100-METER HURDLES: 1-McCurdy, Gov. Livingston, 15.3. 2-Ustinowicz, Pequannock, 16.6. 3-Rosamilia, Hanover Park, 17.2. 4-Cassano, Pequannock and Cosby, Roselle, 17.3.

400-METER INTERMEDIATE HURDLES: 1-McCurdy, Gov. Livingston, 1:04.3. 2-Bekele, Hanover Park, 1:05.2. 3-Smith, Roselle, 1:10.4. 4-Rosamilia, Hanover Park, and Sundberg, Caldwell, 1:10.4. 6-Haaland, Dover, 1:12.3.

1,600-METER RELAY: 1-Roselle (Darius, Chery, Smith and Wynter) 4:16.2. 2-Montville 4:20.5. 3-Hanover Park 4:24.5. 4-Dover 4:25.0. 5-Johnson 4:25.8. 6-Caldwell 4:26.7.

HIGH JUMP: 1-Monroe, Gov. Livingston, 5-2. 2-Marganski, Pequannock, 5-0. 3-Dunn, Johnson, 4-10. 4-Wolf, Montville, and Smith, Hillside, 4-8. 6-Marganski, Pequannock, and Martin, Caldwell, 4-8.

LONG JUMP: 1-Bekele, Hanover Park, 16-3. 2-Copperthite, Summit, 16-1. 3-Donadio, Caldwell, 15-0 $\frac{1}{4}$ . 4-Onwuali, Roselle, 14-11. 5-Martin, Caldwell, 14-9. 6-Garraud, Roselle, 14-7 $\frac{1}{2}$ .

SHOT PUT: 1-Holmes, Summit, 35-1. 2-Ingenito, Johnson, 33-5 $\frac{1}{2}$ . 3-Krawczyk, Johnson, 32-8 $\frac{1}{2}$ . 4-Bocian, Gov. Livingston, 31-3. 5-Wynn, Roselle, 30-4 $\frac{1}{4}$ . 6-Abner, Pequannock, 29-4 $\frac{1}{2}$ .

DISCUS: 1-Holmes, Summit, 107-8. 2-Bocian, Gov. Livingston, 93-2. 3-Krawczyk, 93-2. 4-Ingenito, Johnson, 92-1. 5-Lincoln, Caldwell, 88-9. 6-Cronk, Boonton, 88-5.

JAVELIN: 1-Enderle, Hanover Park, 117-1. 2-Hogan, Johnson, 106-11. 3-Iglesias, Pequannock, 97-2. 4-Goodspeed, Gov. Livingston, 95-7. 5-O'Day, Caldwell, 95-2. 5-Cronk, Boonton, 89-6.

### GROUP 1

TEAMS: 1-Verona 97. 2-New Providence 83. 3-Science 44. 4-Whippary Park 42 $\frac{3}{4}$ . 5-Kinnelon 40. 6-Glen Ridge 31. 7-Mountain Lakes 24 $\frac{1}{4}$ . 8-Belvidere 24. 9-Cedar Grove 15. 10-Butler 13 $\frac{1}{4}$ . 11-Dayton 8. 12-Brearley 6. 13-Madison 2 $\frac{1}{4}$ . 14-Newark Central 2.

100-METER DASH: 1-DeBenedetto, Mountain Lakes, 12.3. 2-Patterson, Belvidere, 13.0. 3-Klinger, Verona, 13.0. 4-Smith, Science, 13.5. 5-Minigh, Kinnelon, 13.5. 6-Massot, Glen Ridge, 13.5.

200-METER DASH: 1-Young, Science, 26-5. 2-Klinger, Verona, 27.1. 3-Patterson, Belvidere, 27.2. 4-Magyera, New Providence, 27.5. 5-Cervino, Kinnelon, 27.6. 6-Ray, Newark Central, 28.0.

400-METER RUN: 1-Young, Science, 1:00.3. 2-Poole, New Providence, 1:00.8. 3-Sheridan, Verona, 1:01.4. 4-Miller, Science, 1:02.2. 5-Bialko, Cedar Grove, 1:02.5. 6-Magyera, New Providence, 1:02.9.

800-METER RUN: 1-Poole, New Providence, 2:27.9. 2-Miller, Science, 2:28.7. 3-Farawell, Verona, 2:30.3. 4-Bishop, Kinnelon, 2:30.9. 5-Irving, Whippary Park, 2:31.0. 6-Wagner, Madison, 2:31.5.

1,600-METER RUN: 1-Irving, Whippary Park, 5:37.8. 2-Bishop, Kinnelon, 5:40.5. 3-Gerbinio, Glen Ridge, 5:47.1. 4-Raikin, Kinnelon, 5:50.5. 5-Symons, Verona, 5:52.5. 6-Pyden, New Providence, 5:52.9.

3,200-METER RUN: 1-Gerbinio, Glen Ridge, 12:26.7. 2-Symons, Verona, 12:36. 3-Raikin, Kinnelon, 12:48.0. 4-Chambers, Mountain Lakes, 13:01.4. 5-Klusewicz, Brearley, 13:15. 6-Boyle, New Providence, 13:16.4.

100-METER HURDLES: 1-Machin, New Providence, 16.3. 2-Klinger, Verona, 16.5. 3-Sammon, Whippary Park, 16.9. 4-Drosdick, Verona, 17.1. 5-Allocco, New Providence, 17.6. 6-Bieber, Cedar Grove, 18.0.

400-METER INTERMEDIATE HURDLES: 1-Machin, New Providence, 1:07.7. 2-Magyera, New Providence, 1:09.3. 3-Wosilius, Verona, 1:10.6. 4-Guzevich, Brearley, 1:11.5. 5-Bishop, Kinnelon, 1:11.8. 6-Gleason, Butler, 1:12.3.

HIGH JUMP: 1-Baskinger, Butler, 5-0. 2-Oksow, Dayton, 5-0. 3-Sammon, Whippary Park, 5-0. 4-Drosdick, Verona, 4-10. 5-Penney-Furi, Madison, Judkins, Whippary Park and Gleason, Butler, 4-6.

LONG JUMP: 1-DeBenedetto, Mountain Lakes, 17-8 $\frac{1}{4}$ . 2-Wosilius, Verona, 16-3 $\frac{3}{4}$ . 3-Sammon, Whippary Park, 15-8 $\frac{1}{4}$ . 4-Klinger, Verona, 15-1. 5-Machin, New Providence, 14-7 $\frac{1}{2}$ . 6-Waldron, Glen Ridge, 14-3 $\frac{1}{2}$ .

SHOT PUT: 1-Walsh, Cedar Grove, 31-8 $\frac{1}{4}$ . 2-Whitmer, Kinnelon, 30-8. 3-Margot Fleming, Glen Ridge, 30-4 $\frac{1}{4}$ . 4-Beckmann, Kinnelon, 30-4. 5-McCarthy, Cedar Grove, 29-7 $\frac{1}{2}$ . 6-Jones, Madison, 28-6 $\frac{1}{2}$ .

DISCUS: 1-Podgorski, Belvidere, 104-4. 2-Judkins, Whippary Park, 100-11. 3-Fleming, Glen Ridge, 93-3. 4-Allocco, New Providence, 88-10. 5-Anderson, Verona, 86-10. 6-Roche, Glen Ridge, 86-2.

JAVELIN: 1-Allocco, New Providence, 99-7. 2-Drosdick, Verona, 98-10. 3-Mury, Verona, 93-0. 4-Petuchovas, New Providence, 90-6. 5-Nadelberg, New Providence, 85-7. 6-Tobia, Verona, 81-0.

POLE VAULT (not scored): 1-Passage, Verona. 2-Petuchovas, New Providence. 3-Allocco, New Providence.

1,600-METER RELAY: 1-Verona (McGarrity, Walsh, Shepard, Sheridan), 4:11.8. 2-Science, 4:12.7. 3-New Providence, 4:12.9. 4-Whippary Park, 4:28.5. 5-Butler, 4:29.5. 6-Newark Central, 4:31.7.

TRIPLE JUMP: 1-Collette DeBenedetto, Mountain Lakes, 35-10.



PHOTO BY DANIEL HEDDEN

Science's Michanda Young takes 200 in Section 2, Group 4.

# CENTRAL JERSEY

## GROUP 4

TEAMS: 1-Trenton 148. 2-Hillsborough 94. 3-Old Bridge 49. 4-Hunterdon Central 37. 5-Freehold Township 20. 6-Piscataway 18. 7-South Brunswick 17. 8-Middletown North 16. 9-Bridgewater 9. 10-Marlboro 7. 11-J.P. Stevens 6. 12-Perth Amboy 4. 13-Sayreville 3. 14-Manalapan, Edison, Steinert 2.

100-METER DASH: 1-Weldon, Trenton 12.5. 2-Oldacre, Trenton 12.6. 3-Burton, Piscataway 12.7. 4-Vaughn, Trenton 12.7. 5-Fuller, Piscataway, 12.9. 6-Broadnax, South Brunswick 13.0.

200-METER DASH: 1-Weldon, Trenton 25.7. 2-Oldacre, Trenton 26.0. 3-Henry, Old Bridge 26.1. 4-Alston, J.P. Stevens 26.1. 5-Darby, Trenton 26.3. 6-Lanewala, Hunterdon Central 26.8.

400-METER RUN: 1-Kelly, Trenton 56.6. 2-Lanewala, Hunterdon Central 57.1. 3-Weldon, Trenton 57.3. 4-Crawford, Hillsborough 59.6. 5-Schmidt, Hunterdon Central 1:00.3. 6-Fuller, Hillsborough 1:00.7.

800-METER RUN: 1-Kelly, Trenton 2:12.4, record; former record, 2:13.9, Kelly, Trenton, 2000. 2-Hawrylo, Hunterdon Central 2:17.4. 3-Crawford, Hillsborough 2:21.6. 4-Meyer, Hillsborough 2:22.6. 5-Archambault, Hunterdon Central 2:23.6. 6-Van Horn, Steinert, 2:24.1.

1,600-METER RUN: 1-Hawrylo, Hunterdon Central 5:03.0. 2-Meyer, Hillsborough 5:12.0. 3-Gaffey, Freehold Township 5:17.6. 4-Willard, Hillsborough 5:23.3. 5-Uniszkievicz, Hillsborough 5:25.3. 6-Sanders, Old Bridge 5:26.0.

3,200-METER RUN: 1-Meyer, Hillsborough 11:16.4. 2-Willard, 11:24.1. 3-Gaffey, Freehold Borough 11:28.3. 4-Uniszkievicz, Hillsborough 11:30.4. 5-Lucas, Edison 11:33.0. 6-Sanders, Old Bridge 11:37.6.

100-METER HIGH HURDLES: 1-Henry, Old Bridge 14.5. 2-Ellis, Trenton 14.6. 3-Weldon, Trenton 15.2. 4-Pfeiffer, Hillsborough 15.4. 5-Barrett, Trenton 15.5. 6-Fuller, Hillsborough 15.6.

400-METER INTERMEDIATE HURDLES: 1-Pfeiffer, Hillsborough 1:03.0. 2-Ellis, Trenton 1:03.2. 3-Kloss, Hillsborough 1:03.8. 4-Henry, Old Bridge 1:04.6. 5-Weldon, Trenton 1:04.8. 6-Manzo, Hunterdon Central 1:06.7.

HIGH JUMP: 1-Meiser, Hillsborough 5-2. 2-Burk, Freehold Township 5-0. 3-Godleski, Marlboro 4-10. 4-Alvarez, Perth Amboy 4-8. 5-Lyons, Manalapan; Wilmot, Manalapan; Chung, Steinert 4-8.

LONG JUMP: 1-Oldacre, Trenton 16-4 1/2. 2-Barrett, Trenton 16-3. 3-Meiser, Hillsborough 16-1 1/2. 4-Henry, Old Bridge 16-0. 5-Alston, J.P. Stevens 15-11. 6-Manzo, Hunterdon Central.

SHOT PUT: 1-Wilson, Trenton 38-8 1/4. 2-Silva, Bridgewater 35-11. 3-Henn, Middletown North 34-3 1/2. 4-Ebewo, Old Bridge 32-4 1/2. 5-Pratt Davies, Piscataway 32-1. 6-Tirpak, Sayreville, 31-11 1/2.

DISCUS: 1-Dezan, South Brunswick 115-6. 2-Wilson, Trenton 115-3. 3-McCombs, Old Bridge 112-0. 4-Yee, South Brunswick 108-5. 5-Davison, Old Bridge 105-3. 6-Salahuddin, Marlboro 99-10.

JAVELIN: 1-Convery, Old Bridge 110-1. 2-Owens, Trenton 104-5. 3-Carrigg, Middletown North 104-1. 4-Kelly, Middletown North 102-7. 5-Vassallo, Sayreville 99-4. 6-Stengle, Old Bridge 97-10.

1,600-METER RELAY: 1-Trenton (Ellis, Oldacre, Weldon and Kelly) 3:52.6. 2-Piscataway 4:01.8. 3-Hillsborough 4:03.1. 4-Hunterdon Central 4:08.6. 5-South Brunswick 4:10.2. 6-Bridgewater 4:14.8.

## GROUP 3

TEAMS: 1-Franklin 102. 2-Middletown South 96. 3-Red Bank 93. 4-North Hunterdon 54. 5-Hightstown 20. 6-Lawrence 17. 7-Ewing 14. 8-Watchung Hills 11. 9-West Windsor-Plainsboro North 7. 10-Princeton, Ocean 5. 12-Wall 3. 13-North Brunswick, Allentown, Nottingham 2. 16-Colonia 1.

100-METER DASH: 1-Lyles, Franklin 12.4. 2-Harris, Franklin 12.4. 3-Gomez, Franklin 12.6. 4-Egge, North Hunterdon 13.1. 5-Hall, Ewing 13.1. 6-Pilgrim, West Windsor-Plainsboro North 13.2.

200-METER DASH: 1-Lyles, Franklin, 25.1. 2-Harris, Franklin, 25.6. 3-Gomez, Franklin, 25.8. 4-Pilgrim, West Windsor-Plainsboro North, 26.6. 5-Hall, Ewing, 26.8. 6-McCauley, Middletown South, 27.0.

400-METER RUN: 1-Calvo, Lawrence 58.9. 2-McCauley, Middletown South 59.7. 3-Lyles, Franklin 1:00.1. 4-Broxton, Franklin 1:01.1. 5-Reid, Nottingham, 1:01.8. 6-Hurley, Red Bank, 1:02.4.

800-METER RUN: 1-K. Trotter, Red Bank, 2:15.2. 2-A. Trotter, Red Bank, 2:15.6. 3-Kingsbery, Red Bank, 2:16.4. 4-Dike, Middletown South, 2:20.1. 5-Gorga, North Hunterdon, 2:22.2. 6-Lombardy, Middletown South, 2:23.7.

1,600-METER RUN: 1-A. Trotter, Red Bank, 5:10.6. 2-K. Trotter, Red Bank, 5:11.8. 3-Lombardy, Middletown South, 5:20.0. 4-Gorga, North Hunterdon, 5:20.7. 5-Morrison, Middletown South, 5:23.5. 6-Enderly, Ocean, 5:27.9.

3,200 METER RUN: 1-Trotter, Red Bank 11:15.9. 2-Lombardy, Middletown South 11:37.5. 3-Morrison, Middletown South 11:47.2. 4-Ruane, North Hunterdon 11:50.4. 5-Gibens, West Windsor-Plainsboro North 11:52.7. 6-Perer, Princeton 11:54.7.

100-METER HURDLES: 1-Snyder, North Hunterdon, 14.8. 2-McGill, Franklin, 14.9. 3-Russell, Red Bank, 16.1. 4-Beaumont, Middletown South, 16.3. 5-Reed, Princeton, 16.5. 6-Campbell, Ewing, 16.9.

400-METER INTERMEDIATE HURDLES: 1-Snyder, North Hunterdon 1:03.9. 2-McGill, Franklin 1:05.4. 3-Calvo, Lawrence 1:06.3. 4-Kingsbery, Red Bank 1:06.8. 5-Harunah, North Brunswick 1:08.0. 6-Hurley, Red Bank 1:09.2.

HIGH JUMP: 1-McGill, Franklin 5-5. 2-Brown, Middletown South 5-2. 3-Dike, Middletown South 5-0. 4-Arancio, North Hunterdon 4-10. 5-Russell, Red Bank 4-10. 6-Willbergh, Wall 4-10.

LONG JUMP: 1-Snyder, North Hunterdon, 17-5 1/4. 2-Harris, Franklin, 16-4 1/4. 3-Egge, North Hunterdon, 16-3 1/4. 4-Russell, Red Bank, 16-0 1/2. 5-Venice, Wall, 15-10. 6-Uyhazi, Lawrence, 15-7 1/2.

SHOT PUT: 1-Huggins, Hightstown, 45-5 1/4. 2-Pachuta, Middletown South, 40-9 3/4. 3-Livingston, Red Bank, 39-6. 4-Canale, Ocean, 35-5 1/2. 5-Reyes, Hightstown, 34-3 1/2. 6-Usuwa, Colonia, 34-1 1/4.

DISCUS: 1-Pachuta, Middletown South 129-10. 2-Livingston, Red Bank 122-10. 3-Kehoe, Middletown South 110-1. 4-Oliver, Ewing 107-4. 5-Huggins, Hightstown 107-2. 6-Riley, Ewing 106-10.

JAVELIN: 1-Kim, Watchung Hills 105-3. 2-Clabby, Middletown South 104-9. 3-Mitchell, Hightstown 94-8. 4-Kehoe, Middletown South 91-0. 5-Fiscor, Allentown 89-10. 6-Trotter, Red Bank 89-3.

1,600-METER RELAY: 1-Franklin (Harris, Gomez, McGill and Broxton) 3:59.1. 2-Red Bank 4:04.9. 3-Middletown South 4:10.3. 4-Ewing 4:15.6. 5-Princeton 4:17.0. 6-Watchung Hills 4:22.5.

## GROUP 2

TEAMS: 1-Hopewell Valley 81. 2-Voorhees 64. 3-Holmdel 46. 4-Raritan 39. 5-Freehold Borough 31. 6-Monmouth 29. 7-Carteret 26. 8-Monroe 25. 9-North Plainfield 23. 10-Ridge 21. 11-Somerville 17. 12-Rumson 14. 13-Delaware Valley 9. 14-Manasquan 8. 15-Shore 1.

100-METER DASH: 1-Campbell, Carteret 12.4. 2-Atterdi, Manasquan 12.9. 3-Cozzetta, Holmdel 13.1. 4-Briggs, Holmdel 13.3. 5-Anderson, Monmouth 13.4. 6-Dwyer, Shore 13.9.

200-METER DASH: 1-Campbell, Carteret 25.5. 2-Muscente, Hopewell Valley 27.0. 3-Pratt, Ridge 27.1. 4-Turner-Byfield, Freehold Borough 27.1. 5-Jones, Ridge 27.9. 6-Podhaizer, Holmdel 28.3.

400-METER RUN: 1-Pall, Hopewell Valley 59.3. 2-Maguire, Monroe 1:00.4. 3-Pratt, Ridge 1:01.2. 4-Byrne, Monroe 1:02.0. 5-Adriance, Raritan 1:02.4. 6-Medine, Delaware Valley 1:02.4.

800-METER RUN: 1-Rhodes, Voorhees 2:16.7, record; former record, 2:18.00, Ganey, Ridge, 1997. 2-Best, Voorhees, 2:19.9. 3-Jessica Pall, Hopewell Valley 2:21.6. 4-Rugge, Voorhees 2:22.5. 5-Willever, Hopewell Valley 2:22.6. 6-Maguire, Monroe 2:24.0.

1,600-METER RUN: 1-Rhodes, Voorhees 5:01.0 record; former record, 5:07.1, Holcomb, Holmdel, 1987. 2-Planer, Rumson 5:08.1. 3-Wort, Voorhees 5:10.8. 4-Best, Voorhees 5:11.8. 5-Vullo, Holmdel 5:12.1. 6-McNees, Hopewell Valley 5:18.7.

3,200-METER RUN: 1-McNees, Hopewell Valley 11:03.4. 2-Vullo, Holmdel 11:05.5. 3-Planer, Rumson 11:08.8. 4-Wort, Voorhees 11:22.6. 5-Jones, Hopewell Valley 11:34.1. 6-Agronson, Somerville 11:54.1.

100-METER HIGH HURDLES: 1-Huggler, Monmouth 15.3. 2-Muscente, Hopewell Valley 15.7. 3-Vento, Freehold Borough 15.8. 4-Campbell, North Plainfield 16.3. 5-McLarty, Hopewell Valley 16.4. 6-Miervaldis, Ridge 16.8.

400-METER INTERMEDIATE HURDLES: 1-Muscente, Hopewell Valley 1:03.6. 2-Maguire, Monroe 1:05.4. 3-Jones, Ridge 1:06.1. 4-Huggler, Monmouth Regional 1:06.2. 5-Willever, Hopewell Valley 1:07.9. 6-Perez, Voorhees 1:08.2.

HIGH JUMP: 1-Vento, Freehold Borough 5-2. 2-Bull, Hopewell Valley 4-10. 3-Zeleznik, Voorhees 4-10. 4-Korbul, Raritan 4-10. 5-Hilts, Somerville 4-8. 6-Haramta, Raritan 4-8.

LONG JUMP: 1-Huggler, Monmouth 15-10 1/4. 2-Campbell, 15-8 1/4. 3-Medine, Delaware Valley 15-8. 4-Wermuth, Somerville 15-6. 5-Snyder, Delaware Valley 15-3 1/4. 6-Pan, Holmdel 15-1.

SHOT PUT: 1-Costanzo, Freehold Borough 35-0 1/2. 2-Haramta, Raritan 33-4 1/2. 3-Shipman, Carteret 33-3 1/4. 4-Robinson, Raritan 32-10 1/2. 5-Scherr, So

DISCUS: 1-Thompson, North Plainfield 110-11. 2-Hoffman, Holmdel 102-10. 3-Robinson, Raritan 99-8. 4-McLarty, Hopewell Valley 99-6. 5-Marcino, Monroe 94-7. 6-Mitchell, Monmouth.

JAVELIN: 1-Hoffman, Holmdel 126-1. 2-Sandvig, Somerville 125-0. 3-Robinson, Raritan 117-7. 4-McLarty, Hopewell Valley 116-0. 5-Stanton, Monmouth 108-9. 6-Nanni, Voorhees 108-3.

1,600-METER RELAY: 1-Voorhees (Rhodes, Wort, Perez and Best) 4:07.1. 2-Raritan 4:15.4. 3-Holmdel 4:16.2. 4-Hopewell Valley 4:16.5. 5-Monroe 4:18.1. 6-Freehold Borough 4:18.1.

## GROUP 1

TEAMS: 1-Metuchen 110. 2-Colts Neck 106. 3-Asbury Park 79. 4-Bound Brook 47. 5-Middlesex 21. 6-Bernards 20. 7-South River 12. 8-Keypoint 11. 9-Highland Park, Manville 7. 11-Dunellen 4.

100-METER DASH: 1-Vidal, Asbury Park 13.0. 2-Kolasa, Colts Neck 13.1. 3-Brown, Metuchen 13.5. 4-Ragland, Metuchen 13.5. 5-Shivers, Bound Brook 13.7. 6-Abdullah, Asbury Park 14.1.

200-METER DASH: 1-Vidal, Asbury Park, 26.8. 2-Kolasa, Colts Neck, 27.6. 3-Shivers, Bound Brook, 28.3. 4-Brady, Colts Neck, 28.3. 5-Romisoukas, Colts Neck, 28.5. 6-Cutler, Manville, 29.1.

400-METER RUN: 1-K. Scarfuto, Metuchen, 1:01.3. 2-Romisoukas, Colts Neck, 1:01.6. 3-Vidal, Asbury Park, 1:01.6. 4-Holder, Asbury Park, 1:02.1. 5-C. Scarfuto, Metuchen, 1:02.2. 6-Shivers, Bound Brook, 1:03.9.

800-METER RUN: 1-C. Scarfuto, Metuchen, 2:28.5. 2-K. Scarfuto, Metuchen, 2:29.0. 3-Viray, Keypoint, 2:31.8. 4-Price, Colts Neck, 2:32.3. 5-Oliver, Asbury Park, 2:34.8. 6-Patterson, Colts Neck, 2:36.7.

1,600-METER RUN: 1-Price, Colts Neck, 5:33. 2-Oliver, Asbury Park, 5:39.2. 3-Puchalski, Metuchen, 5:40.5. 4-Liberatore, Colts Neck, 5:42.5. 5-Kayser, Middlesex, 5:44.6. 6-Viray, Keypoint, 5:46.2.

3,200 METER RUN: 1-deMarrais, Bernards 12:09.7. 2-Price, Colts Neck 12:11.7. 3-Oliver, Asbury Park 12:17.2. 4-Liberatore, Colts Neck 12:18.8. 5-Puchalski, Metuchen 12:19.4. 6-Kayser, Middlesex 12:20.4.

100-METER HURDLES: 1-Brown, Metuchen, 16.3. 2-Malara, Colts Neck, 16.6. 3-Chavis, Metuchen, 16.7. 4-Faletti, Metuchen, 17.6. 5-Barry, South River, 18.0. 6-Candelora, Colts Neck, 18.1.

400-METER INTERMEDIATE HURDLES: 1-Holder, Asbury Park 1:09.1. 2-K. Scarfuto, Metuchen 1:09.8. 3-Faletti, Metuchen 1:14.2. 4-Malara, Colts Neck 1:14.4. 5-Wolfe, Bound Brook 1:15.6. 6-Thomas, Metuchen 1:16.7.

HIGH JUMP: 1-Barry, South River 4-8. 2-Mulligan, Metuchen 4-8. 3-Tarson, Middlesex 4-6. 4-Bogomozova, Dunellen 4-6. No fifth or sixth.

LONG JUMP: 1-Kolasa, Colts Neck, 16-8 3/4. 2-Romisoukas, Colts Neck, 16-3 1/2. 3-Cutler, Manville, 15-5. 4-Holder, Asbury Park, 14-11 1/2. 5-Oliver, Asbury Park, 14-10 1/2. 6-Ragland, Metuchen, 14-9 1/4.

SHOT PUT: 1-L. Cherneski, Bound Brook, 34-6 1/4. 2-Bronner, Asbury Park, 33-8 1/4. 3-Wherley, Bernards, 30-11. 4-Perry, Colts Neck, 30-7. 5-K. Cherneski, Bound Brook, 29-5 1/4. 6-Zhong, Metuchen, 28-6 3/4.

DISCUS: 1-L. Cherneski, Bound Brook 96-9. 2-Bronner, Asbury Park 85-10. 3-K. Cherneski, Bound Brook 85-7. 4-Wherley, Bernards 85-2. 5-O'Brien, Middlesex 80-1. 6-Xhong, Metuchen 78-1.

JAVELIN: 1-Stickel, Middlesex 95-1. 2-Fellin, Bound Brook 88-2. 3-Zhong, Metuchen 79-5. 4-Donnelly, Keypoint 79-3. 5-Burton, Colts Neck 77-0. 6-Stevenson, Highland Park 70-1.

1,600-METER RELAY: 1-Metuchen (Faletti, Thomas, Mulligan and Scarfuto) 4:26.9. 2-Colts Neck 4:38.3. 3-Highland Park 4:49.9. No fourth, fifth or sixth.

## THE CHAMPIONS

### CENTRAL JERSEY

#### Group 4

Trenton (2nd in a row)

#### Group 3

Franklin (1st since '97)

#### Group 2

Hopewell Valley (2nd in a row)

#### Group 1

Metuchen (8th in a row)

### SOUTH JERSEY

#### Group 4

Washington (2nd in a row)

#### Group 3

Camden Wilson (2nd in a row)

#### Group 2

Haddonfield (3rd in 4 years)

#### Group 1

Palmyra (2nd in a row)

## SOUTH JERSEY

### GROUP 4

**TEAMS: 1-TEAMS:** 1-Washington Township 83. 2-Eastern Regional 47. 3-Pennsauken 43. 4-Shawnee 38. 5-Southern Regional 33. 6-Overbrook 32. 7-Jackson 30. 8-Cherokee 27. 9-Atlantic City 14. 10-Toms River East and Brick 13. 12-Highland Regional and Toms River North 12. 14-Absegami and Cherry Hill West 10. 16-Rancocas Valley 9. 17-Millville 5. 18-Brick Memorial 2. 19-Vineland 1.

**100-METER DASH:** 1-Benson, Washington Township, 12.2. 2-Becton, Pennsauken, 12.4. 3-Marshall, Washington Township, 12.5. 4-Rice, Washington Township, Jackson, Eastern, and Adams, Southern Regional, 12.6.

**200-METER DASH:** 1-200-METER DASH: 1-Benson, Washington Township 24.8. 2-Wright, Eastern 25.7. 3-Adams, Southern Regional 25.7. 4-Marshall, Washington Township 25.8. 5-Montegary, Jackson 25.9. 6-Jackson, Eastern 26.0.

**400-METER RUN:** 1-Wilson, Eastern, and Gantt, Overbrook, 57.9. 3-Rice, Washington Township, 58.2. 4-Montegary, Jackson, 58.6. 5-Gray, Southern Regional, and Johnson, Brick, 59.9.

**800-METER RUN:** 1-Lewis, Southern Regional 2:17.7. 2-Thomas, Overbrook 2:19.9. 3-Newkirk, Shawnee 2:20.1. 4-Passalacqua, Rancocas Valley 2:21.7. 5-DeTata, Brick 2:21.7. 6-Billicki, Cherokee 2:21.8.

**1,600-METER RUN:** 1-Wardenski, Southern Regional 5:09.7. 2-Thomas, Overbrook 5:10.1. 3-Billicki, Cherokee 5:10.8. 4-Fiorovanti, Toms River North 5:15.1. 5-Bleiler, Absegami 5:15.5. 6-Gray, Toms River East 5:15.6.

**3,200-METER RUN:** 1-DeTata, Brick, 11:14.2. 2-Thomas, Overbrook, 11:26.8. 3-Galon, Highland, 11:32.0. 4-Palumbo, Shawnee, 11:43.6. 5-Bonner, Shawnee, 11:46.5. 6-Kaba, Jackson, 11:47.1.

**100-METER HIGH HURDLES:** 1-Ohlig, Pennsauken 14.8. 2-Radziminski, Washington Township 14.8. 3-McCullough, Shawnee 15.3. 4-Schenk, Jackson 15.3. 5-Gilliam, Pennsauken 15.6. 6-Marshall, Washington Township 15.7.

**400-METER INTERMEDIATE HURDLES:** 1-Radziminski, Washington Township, 1:03.7. 2-Fortuna, Eastern, 1:06.6. 3-McCullough, Shawnee, 1:06.8. 4-Landell, Cherokee, 1:06.9. 5-Collins, Highland, 1:07.0. 6-Leahy, Jackson, 1:07.5.

**HIGH JUMP:** 1-Campbell, Shawnee, 5-4. 2-Shenk, Jackson, Ohlig, Pennsauken, Detrick, Rancocas Valley, Taylor, Southern Regional, Byad, Millville, 5-2.

**LONG JUMP:** 1-Benson, Washington Township 17-10½. 2-Barns, Toms River North 17-5. 3-Wright, Pennsauken 16-11¼. 4-Rice, Washington Township 16-10½. 5-Wright, Pennsauken 16-6. 6-Montegary, Jackson 16-5½.

**SHOT PUT:** 1-Cacomio, Cherokee 37-6. 2-McEachem, Pennsauken 36-6¼. 3-Williams, Atlantic City 35-10¼. 4-Nurdeen, Jackson 35-5½. 5-Daniels, Rancocas Valley 34-3¼. 6-Solomon, Toms River East 33-5.

**DISCUS:** 1-Sauer, Toms River East, 115-1. 2-Williams, Atlantic City, 113-4. 3-Caccamo, Cherokee, 110-11. 4-Calarza, Millville, and Costa, Absegami, 108-11. 6-Solomon, Toms River East, 104-6.

**JAVELIN:** 1-Cielo, Eastern, 116-5. 2-Goins, Cherry Hill West, 112-7. 3-Costa, Absegami, 109-9. 4-Mack, Shawnee, 105-10. 5-Hansel, Cherry Hill West, 105-3. 6-Jackson, Vineland, 101-5.

**1,600-METER RELAY:** 1-Washington Township (Rice, Radziminski, Paulson and Benson) 3:56.3. 2-Eastern 3:56.7. 3-Jackson 4:04.1. 4-Highland 4:05.2. 5-Brick 4:06.5. Southern Regional 4:06.7.

### GROUP 3

**TEAMS:** 1-Camden Wilson 94. 2-Lakewood 70. 3-Oakcrest 45. 4-Willingboro 40½. 5-Edgewood 32. 6-Delsea 23. 7-Clearview 22. 8-Northern Burlington 21. 9-Pemberton 19. 10-Bridgeton 18. 11-Deptford 14. 12-Middle Twp. 8. 13-Lacy and Toms River South 5. 15-Camden, Ocean City, Williamstown 4. 18-Lower Cape May 2. 19-Central Reg. 1½.

**100-METER DASH:** 1-Carmichael, Camden Wilson, 12.0. 2-Martin, Lakewood, 12.0. 3-Speed, Bridgeton, 12.2. 4-Davis, Bridgeton, 12.4. 5-Marshall, Oakcrest, 12.5. 6-Nock, Camden Wilson, 12.5.

**200-METER DASH:** 1-Martin, Lakewood, 24.6. 2-Myricks, Willingboro 24.7. 3-Carmichael, Camden Wilson, 24.8. 4-Speed, Bridgeton, 24.9. 5-Bashir, Willingboro, 25.7. 6-Barron, Camden Wilson, 25.7.

**400-METER RUN:** 1-Myricks, Willingboro, 55.5. 2-Martin, Lakewood, 55.7. 3-Williams, Pemberton, 57.2. 4-Adkinson, Lakewood, 57.3. 5-Walker, Camden, 57.4. 6-Kassa, Camden Wilson, 58.6.

**800-METER RUN:** 1-Conway, Camden Wilson, 2:18.5. 2-Missar, Middle Twp., 2:19.7. 3-Pittman, Camden Wilson, 2:22.7. 4-Cannon, Toms River South, 2:22.8. 5-Bisceglia, Delsea, 2:23.4. 6-Shelton, Camden Wilson, 2:23.8.

**1,600-METER RUN:** 1-Pittman, Camden Wilson, 5:15.8. 2-Shelton, Camden Wilson, 5:19.1. 3-McCann, Delsea, 5:21.1. 4-Carter, Camden Wilson, 5:22.1. 5-Nunan, Ocean City, 5:22.9. 6-Bisceglia, Delsea, 5:26.7.

**3,200-METER RUN:** 1-Pittman, Camden Wilson, 11:25.4. 2-McCann, Delsea, 11:31.6. 3-Shelton, Camden Wilson, 11:40.9. 4-Belousofsky, Clearview, 11:48.7. 5-Nunan, Ocean City, 11:48.8. 6-Carter, Camden Wilson, 11:53.0.

**100-METER HURDLES:** 1-Marshall, Oakcrest, 14.6. 2-Richardson, Edgewood, 15.0. 3-Ausby, Lakewood, 15.0. 4-Payne, Edgewood, 15.2. 5-Alford, Pemberton, 15.2. 6-Barron, Camden Wilson, 15.2.

**400-METER INTERMEDIATE HURDLES:** 1-Myricks, Willingboro, 1:00.1, Group 3 record; former record, 1:01.2, Smith, Camden Wilson, 1998. 2-Payne, Edgewood, 1:01.7. 3-Richardson, Edgewood, 1:02.8. 4-Whitted, Camden Wilson, 1:03.9. 5-Alford, Pemberton, 1:04.2. 6-Parker, Pemberton, 1:04.6.

**HIGH JUMP:** 1-Grif, Oakcrest, 5-4. 2-Alford, Pemberton, 5-2. 3-Ausby, Lakewood, Sheperd, Oakcrest, 5-2. 5-Penn, Central Regional, and Morrison, Willingboro, 5-2.

**LONG JUMP:** 1-Marshall, Oakcrest, 17-4¼. 2-Anderson, Lakewood, 17-2. 3-Murray, Lakewood, 16-11¼. 4-Speed, Bridgeton, 16-10. 5-Tecco, Lower Cape May, 16-9¾. 6-Ausby, Lakewood, 16-3¾.

**SHOT PUT:** 1-Davis, Northern Burlington, 40-3¾. 2-Akins, Deptford, 37-4½. 3-McIntyre, Lakewood, 36-6¼. 4-Chanda, Lacey, 34-10½. 5-Clark, Camden Wilson, 34-1½. 6-Bright, Willingboro, 34-1.

**DISCUS:** 1-Davis, Northern Burlington, 129-1. 2-Brown, Clearview, 121-3. 3-Akins, Deptford, 119-9. 4-Friday, Lakewood, 115-4. 5-Williams, Camden Wilson, 113-6. 6-Chanda, Lacey, 109-7.

**JAVELIN:** 1-Brown, Clearview, 125-8. 2-Grif, Oakcrest 113-9. 3-Lamach, Delsea, 111-7. 4-Graves, Williamstown, 110-9. 5-Thompson, Camden, 110-1. 6-Schafer, Northern Burlington, 110-1.

**1,600-METER RELAY:** 1-Camden Wilson (Carmichael, Whited, Conway and Kassa) 3:52.4. 2-Willingboro 3:56.3. 3-Edgewood 3:57.6. 4-Lakewood 4:01. 3. 5-Mainland 4:02.5. 6-Toms River South 4:08.0.

### GROUP 2

**TEAMS: 1-TEAMS:** 1-Haddonfield 89. 2-Buena 67. 3-Burlington Township 53. 4-Kingsway 41. 5-Pineland 27. 6-Cinnaminson 24. 7-Moorestown 21. 8-West Deptford, Woodstown, Penns Grove and Pleasantville 20. 12-Audubon 11. 13-Collingswood 10. 14-Hammonton 8. 15-Gateway 2. 16-Manchester Township 1.

**100-METER DASH:** 1-Gregory, Buena, 12.4. 2-Parker, Pleasantville, 12.6. 3-Bailey, Collingswood, Cirino, Buena, and Robinson, Penns Grove, 12.7. 6-Young, Kingsway, 12.8.

**200-METER DASH:** 1-Parker, Pleasantville 25.5. 2-Gregory, Buena 26.0. 3-Powell, Audubon 26.2. 4-Flowers, Burlington Township 26.4. 5-Robinson, Penns Grove 26.5. 6-Wayne, Penns Grove 26.6.

**400-METER RUN:** 1-Keegan, Haddonfield, 58.6. 2-Evangelista, Cinnaminson, 59.3. 3-Richman, West Deptford, 59.8. 4-Howell, Hammonton, 1:00.3. 5-Warren, Burlington Township, 1:00.7. 6-Melton, Buena, 1:00.9.

**800-METER RUN:** 1-Donohue, Haddonfield 2:12.8. 2-Ewing, Buena 2:15.7. 3-Evangelista, Cinnaminson 2:20.8. 4-Troutman, Collingswood 2:21.7. 5-Curtin, Pinelands 2:22.0. 6-Mulholland, Haddonfield 2:22.4.

**1,600-METER RUN:** 1-Donohue, Haddonfield 4:49.8, meet record; former record 4:53.4, Michelle Rowen, Washington Township 1983. 2-Hughes, Moorestown 5:17.4. 3-Wilson, Woodstown 5:24.1. 4-Schultz, West Deptford 5:29.2. 5-Booker, Haddonfield 5:31.4. 6-Lerch, Kingsway 5:32.2.

**3,200-METER RUN:** 1-Donohue, Haddonfield, 10:28.6.

2-Rinehart, Moorestown, 11:34.2. 3-Lerch, Kingsway, 11:35.7. 4-Kuder, Moorestown, 11:36.6. 5-Wilson, Woodstown, 11:56.3. 6-Booker, Haddonfield, 12:04.8.

**100-METER HIGH HURDLES:** 1-Smith, Burlington Township 15.8. 2-Thompson, Burlington Township, 16.3. 3-Conway, Kingsway 16.3. 4-Mainero, Buena, 16.8. 5-McDonald, Haddonfield, 16.9. 6-Hite, Kingsway, 16.9.

**400-METER INTERMEDIATE HURDLES:** 1-Curtin, Pinelands, 1:03.5. 2-Keegan, Haddonfield, 1:03.6. 3-Ewing, Buena, 1:04.2. 4-Evangelista, Cinnaminson, 1:05.3. 5-Dalton, West Deptford, 1:06.5. 6-Powell, Audubon, 1:07.8.

**HIGH JUMP:** 1-Minor, Kingsway, 5-4. 2-Curtin, Pinelands, and McDonald, Haddonfield, 5-2. 4-Smith, Burlington Township, and Rusie, Haddonfield, 5-0.

**LONG JUMP:** 1-Thompson, Burlington Township 16-3½. 2-Talley, Woodstown, 15-10¼. 3-Evangelisti, Cinnaminson, 15-9. 4-Zimiti, Woodstown, 15-5. 5-Helbig, Gateway 15-4. 6-Rhoads, Moorestown, 15-2.

**SHOT PUT:** 1-Leighly, Penns Grove, 36-10. 2-Fiddler, Kingsway, 36-3½. 3-Musumeria, Kingsway, 34-9. 4-Popek, Pinelands, 33-9¼. 5-Sobdewski, Haddonfield, 32-9. 6-Ortiga, Kingsway 32-6.

**DISCUS:** 1-Sprull, Burlington Township, 116-2. 2-Salisbury, Buena, 128-2. 3-Hanson, Burlington Township, 102-0. 4-Lighty, Penns Grove, 100-8. 5-Morgan, Pinelands, 99-2. 6-Sumiell, Kingsway, 97-7.

**JAVELIN:** 1-Donohue, Haddonfield, 141-7. 2-Salisbury, Buena, 128-2. 3-Marquess, Haddonfield, 109-9. 4-Frantz, Audubon, 107-6. 5-Morgan, Pinelands, 96-11. 6-D'Agati, Haddonfield, 94-9.

**1,600-METER RELAY:** 1-Buena (Milton, Gregory, Cirino and Ewing) 4:02.9. 2-West Deptford 4:06.0. 3-Haddonfield 4:09.2. 4-Hammonton 4:12.4. 5-Pleasantville 4:14.8. 6-Penns Grove 4:18.5.

### GROUP 1

**TEAMS: 1-Palmyra 75. 2-Schalick 58. 3-Woodbury 47. 4-Haddon Township 42. 5-Point Pleasant Beach 40. 6-Paulsboro 34. 7-Glassboro 23. 8-Riverside 22. 9-Clayton 20. 10-Pitman 19. 11-Gloucester 13. 12-Burlington City 12. 13-Bordentown 8. 14-Maple Shade 7. 15-Pennsville and Salem 6. 17-New Egypt and Wildwood 1.**

**100-METER DASH:** 1-Taylor, Woodbury, 12.7. 2-Steed, Palmyra, 12.8. 3-Smith, Schalick, 12.9. 4-Nicholson, Clayton, 13.0. 5-Harrison, Woodbury, 13.0. 6-Clegg, Schalick, 13.4.

**200-METER DASH:** 1-Steed, Palmyra, 25.5. 2-Wrice, Riverside, 25.7. 3-Geissler, Haddon Twp., 26.6. 4-Hill, Glassboro, 26.6. 5-Price, Schalick, 26.6. 6-Clegg, Schalick, 27.1.

**400-METER RUN:** 1-Steed, Palmyra, 58.2. 2-Ross, Woodbury, 1:01.1. 3-Garnett, Glassboro, 1:01.5. 4-Levins, Pitman, 1:01.8. 5-Dempsey, Point Pleasant Beach, 1:02.0. 6-Tucker, Glassboro, 1:02.7.

**800-METER RUN:** 1-Jarosinski, Point Pleasant Beach, 2:25.0. 2-Davy, Haddon Twp., 2:25.3. 3-Vit, Schalick, 2:29.6. 4-Guy, Salem, 2:31.5. 5-Reid, Haddon Twp., 2:32.4. 6-Hart, Point Pleasant Beach, 2:32.9.

**1,600-METER RUN:** 1-Krayl, Point Pleasant Beach, 5:25.9. 2-Vit, Schalick, 5:31.8. 3-Hadley, Gloucester, 5:32.3. 4-Sulia, Bordentown, 5:42:5. 5-Gartland, Haddon Twp. 5:34.2. 6-Thrower, New Egypt, 5:40.7.

**3,200-METER RUN:** 1-Krayl, Point Pleasant Beach, 11:51.2. 2-Bujak, Palmyra, 11:53.3. 3-Hadley, Gloucester, 12:00.1. 4-Barbieri, Haddon Township, 12:21.5. 5-Gartland, Haddon Township, 12:23.2. 6-Lipponcott, Gloucester City, 12:32.5.

**100-METER HURDLES:** 1-Marshall, Palmyra, 14.9. 2-Nicholson, Clayton, 15.0. 3-Scurry, Schalick, 15.7. 4-Price, Schalick, 15.8. 5-Fiske, Schalick, 16.0. 6-Marucci, Paulsboro, 16.3.

**400-METER INTERMEDIATE HURDLES:** 1-Marshall, Palmyra, 1:03.7, Group 1 record; former record, 1:03.9, Marshall, Palmyra, 2000. 2-Marucci, Paulsboro, 1:10.0. 3-Fiske, Schalick, 1:10.1. 4-Clemens, Bordentown, 1:11.0. 5-Brennan, Paulsboro, 1:11.7. 6-Diblasio, Maple Shade, 1:11.9.

**HIGH JUMP:** 1-Dickerson, Burlington City, 6-2. 2-Marucci, Paulsboro, 5-2. 3-Toohy, Point Pleasant Beach, 5-0. 4-Hall, Glassboro, 5-0. 5-Green, Woodbury, 4-10. 6-Harrison, Woodbury, Washington, Woodbury, 4-8.

**LONG JUMP:** 1-Taylor, Woodbury, 17-10½. 2-Marshall, Palmyra, 17-2¼. 3-Nelson, Pennsville, 16-2½. 4-Ross, Woodbury, 15-11. 5-Nicholson, Clayton, 15-5¾. 6-Marucci, Paulsboro, 15-2¼.

**SHOT PUT:** 1-Redman, Paulsboro, 37-2¼. 2-LaBouff, Haddon Twp. 36-6. 3-Wright, Clayton, 35-7. 4-Perry, Riverside, 34-6. 5-May-Harris, Burlington City, 33-9½. 6-Magalogo, Wildwood, 33-5¼.

**DISCUS:** 1-Perry, Riverside, 199-5. 2-Belzer, Glassboro, 104-0. 3-Newell, Maple Shade, 99-10. 4-Hayden, Pitman, 96-2. 5-Tharp, Haddon Township, 94-4. 6-Mason, Palmyra, 91-10.

**JAVELIN:** 1-Federico, Schalick, 113-6. 2-Fisher, Palmyra, 110-2. 3-Hayden, Pitman, 105-7. 4-Sizemore, Paulsboro, 105-5. 5-Christopher, Salem, 105-5. 6-Solai, Pitman, 101-10.

**1,600-METER RELAY:** 1-Woodbury (Clanton, Ross, Taylor and Harrison) 4:14.0. 2-Haddon Twp. 4:16.1. 3-Schalick 4:19.8. 4-Pitman 4:20.3. 5-Palmyra 4:20.5. 6-Point Pleasant Beach 4:20.5.



PHOTO BY RICH SCHULTZ

**Monmouth's Erika Huggles takes hurdles in Central, Gp 2.**

100m:	3 <sup>rd</sup> - Caitlyn Fiocchi, 13.20(t), 13.16(f)
800m:	2 <sup>nd</sup> - Jennifer Zucaro, 2:20.28. 5 <sup>th</sup> - Emily Terrin, 2:25.50.
1600m:	4 <sup>th</sup> - Clair Nowakowski, 5:13.78.
3200m:	12 <sup>th</sup> - Julia Foresman, 12:33.96.
100H:	13 <sup>th</sup> - Courtney O'Neill, 17.46.
400H:	5 <sup>th</sup> - Katherine Zucaro, 65.92.
Long Jump:	11 <sup>th</sup> - Alisa Vetter, 15'7.5".
Triple Jump:	4 <sup>th</sup> - Trish McGowan, 35' 9.5". 12 <sup>th</sup> - Alisa Vetter, 33'9.25"
High Jump:	6 <sup>th</sup> (tie) - Trish McGowan, 4'10". - Corinne Hyslop, 4'8".
Pole Vault:	2 <sup>nd</sup> - Caitlyn Fiocchi, 8'6". -Evann Borgman, NH
4X400m:	1 <sup>st</sup> - Ridgewood, 4:03.87, (Fiocchi-63.2, Nowakowski-61.6, J.Zucaro-60.2, K.Zucaro-58.8).

It is hard to build the drama of the 4X400 in one short paragraph. Our team returned 3 from last years defending champions. It took us half the season to find the 4<sup>th</sup>. RiverDell was an upstart challenger with a very fast anchor runner and a faster time than us in their sectional meet. The Ridgewood girls had an up and down evening. Katherine getting a PR in the hurdles, Caitlyn running an exciting 3<sup>rd</sup> in the 100 but losing a close pole vault, Clair being spiked and losing her shoe in the 1600 and Jennifer losing a exciting 800 to the Glen Rock girl. As the 3200's were being run Jennifer was laying on the track with her legs up trying to recover from her 800 and the tension was building. When the gun sounded it appeared that Caitlyn didn't really have zip in her legs and she handed off to Clair in a close but down 5<sup>th</sup>. Clair went after the leaders but at the 200 mark 5 meters separated all 6 teams. This was shaping up as one of the closest BMOC races ever. Clair lost some ground to the sprinters in the final straight and in the crowd at the exchange she had trouble finding Jennifer. After almost going out of the zone Jennifer goes out a badly behind 6<sup>th</sup>. But this just set the stage for what might be the most exciting 4X400 finish in Ridgewood's history. Jennifer gained and gained, slowly eating up the deficient and after running a great straight away hands off to sister and fellow captain Katherine. Katherine would not be denied finally getting Ridgewood into the lead with about 10 meters left in the race. Katherine was in 2<sup>nd</sup> place with 100meters to go. One could see that there was only one way she was going to finish: first!

There is a ~~not~~ video Tape of this Race! ~~After~~

I may change some of this after watching the tape.

In the excitement I may remember some of the details incorrectly!

# LOU LANZALOTTO BERGEN MEET OF CHAMPIONS

## BOYS

**100** — 1, Ofori Koram, Ridgefield Park, 11.10; 2, Mark Lumsden, Englewood, 11.29; 3, Brandon Fronjian, Palisades Park, 11.43; 4, Parker Brown, St. Mary's, 11.57; 5, Oded Segev, Fair Lawn, 11.57; 6, Andrew Drysdale, Bergen Tech, 11.68.

**200** — 1, Melvin Sampson, Hackensack, 22.59; 2, Ofori Koram, Ridgefield Park, 22.71; 3, Mark Lumsden, Englewood, 22.75; 4, tie, Brandon Fronjian, Palisades Park and Billy Moore, Westwood, 23.07; 5, Oded Segev, Fair Lawn, 23.15.

**400** — 1, Adrian Durant, Teaneck, 49.86; 2, Dimar Labega, Rutherford, 49.87; 3, Gary Gagliardi, Hasbrouck Heights, 49.92; 4, Jesse DeRosa, Becton, 50.85; 5, Sandto Bianchi, Leonia, 51.23; 6, Ricardo Diaz, New Milford, 51.52.

**800** — 1, Rob McKay, Don Bosco Prep, 1:56.49; 2, Ken Sinkovitz, Bergen Catholic, 1:56.87; 3, Greg Horn, River Dell, 1:58.95; 4, J.C. O'Hara, Bergen Catholic, 1:59.62; 5, Samir Mane, Fort Lee, 1:59.78; 6, A.J. Andreano, Saddle Brook, 2:00.39.

**1,600** — 1, Spencer Rothwell, NV/Old Tappan, 4:31.00; 2, Zachary Lerner, Tenafly, 4:33.50; 3, Matt Horesta, Don Bosco Prep, 4:34.64; 4, James Clifford, Don Bosco Prep, 4:37.41; 5, Kevin LoPresti, St. Joseph Regional, 4:38.75; 6, Matt Collins, Ramsey, 4:39.74.

**110 HH** — 1, Brent Hobbs, Don Bosco Prep, 14.69; 2, Aaron Richardson, Hackensack, 14.78; 3, Dennis Calacione, New Milford, 14.94; 4, Joe Charles, Bergen Catholic, 15.30; 5, Greg Molnar, Mahwah, 15.65; 6, Cassiel Smith, Westwood, 15.73.

**400 IH** — 1, Mike Panos, Bergen Catholic, 55.89; 2, Steve Pawlowski, Ridgewood, 56.04; 3, Dennis Calacione, New Milford, 56.29; 4, Chris Oehm, Mahwah, 56.32; 5, Robert Robles, Paramus Catholic, 56.60; 6, Jason Tuber, Park Ridge, 56.62.

**Shot put** — 1, Beau Jadosich, NV/Old Tappan, 56-5½; 2, Luis Castillo, Garfield, 53-3; 3, Karon Singleton, Hackensack, 52-10½; 4, Valbert Wyche, Hackensack, 52-9¾; 5, Josh Richardson, Garfield, 52-1½; 6, Mike DeGregorio, Bergen Catholic, 51-7½.

**Discus** — 1, Luis Castillo, Garfield, 169-7; 2, Steve McGovern, Dumont, 165-8; 3, Charles Lee, Palisades Park, 150-0; 4, Marlon Townes, Hackensack, 146-7; 5, Andrew Stalter, River Dell, 145-10; 6, Tom Koc, North Arlington, 145-1.

**Javelin** — 1, Steve Bay, Dumont, 208-2; 2, Miles Austin, Garfield, 197-4; 3, Ian Sample, Westwood, 191-5; 4, Randy Bednarczyk, Wallington, 177-5; 5, James Malizia, St. Joseph Regional, 176-6; 6, Scott Stephen, Glen Rock, 175-8.

**High jump** — 1, Brent Hobbs, Don Bosco Prep, 6-8; 2, Trevor O'Grady, Wood-Ridge, 6-4; 3, Ian Loschman, Pascack Valley, 6-4; 4, Steven Lalite, NV/Demarest, 6-2; 5, Cassiel Smith, Westwood, 6-0; 6, Bernard Mann, Ridgewood, 6-0.

**Long jump** — 1, Brent Hobbs, Don Bosco Prep, 22-4; 2, Cassiel Smith, Westwood, 21-8½; 3, Aaron Richardson, Hackensack, 21-2; 4, Kevin Kang, Pascack Hills, 21-0½; 5, Oded Segev, Fair Lawn, 20-11; 6, David Dennis, Hackensack, 20-9½.

**Triple jump** — 1, Weston Daniel, Bergenfield, 46-2; 2, Jeff Sejour, Don Bosco Prep, 44-2; 3, Brett Henderson, Dumont, 43-9; 4, Miles Austin, Garfield, 43-8; 5, Trevor O'Grady, Wood-Ridge, 43-3½; 6, Ralph Davis, Paramus, 43-0.

**Pole vault** — 1, Owen Pope, Hackensack, 13-6; 2, Steve Piskadlo, North Arlington, 13-0; 3, Jeff Kearns, Don Bosco Prep, 12-6; 4, Tom MacCormack, Don Bosco Prep, 12-6; 5, Drew Peterson, Mahwah, 12-0; 6, Kurt Peluso, Fair Lawn, 11-6.

**1,600 relay** — 1, Teaneck (Steven Lewis, Jason Tyree, Mardy Charles, Adrian Durant), 3:23.03; 2, New Milford, 3:23.48; 3, Bergen Catholic, 3:23.76; 4, Hasbrouck Heights, 3:25.88; 5, Hackensack, 3:28.57; 6, Paramus Catholic, 3:29.23.

## Girls

**100** — 1, Anike Orimogunje, Queen of Peace, 12.79; 2, Eilna Ploskin, Fair Lawn, 13.01; 3, Caitlin Flocchi, Ridgewood, 13.16; 4, Cheryl Ancombe, Westwood, 13.17; 5, Alana Casner, Tenafly, 13.39; 6, Sheila Longo, Holy Angels, 13.46.

**200** — 1, Anike Orimogunje, Queen of Peace, 25.91; 2, Eilna Ploskin, Fair Lawn, 26.73; 3, Christina Fischetti, Westwood, 27.04; 4, Cheryl Ancombe, Westwood, 27.47; 5, Kristin Saccomanno, Paramus Catholic, 27.54; 6, Kate Siembleda, Ramsey, 27.70.

**400** — 1, Ebony Ramos, 58.47; 2, Tarashon Broomes, Paramus Catholic, 59.30; 3, Eilna Ploskin, Fair Lawn, 59.50; 4, Dara Seldman, Ramsey, 59.53; 5, Elena Minuto, Northern Highlands, 1:01.33; 6, Jessica Stoveken, Lyndhurst, 1:02.21.

**800** — 1, Erin Henry, Glen Rock, 2:17.33; 2, Jennifer Zucaro, Ridgewood, 2:20.28; 3, Caitlin Hemmer, IHA, 2:22.33; 4, Danielle Patoir, Glen Rock, 2:22.82; 5, Emily Terrin, Ridgewood, 2:25.50; 6, Shanika Bernard, Hackensack, 2:26.33.

**1,600** — 1, Dianna Russini, NV/Old Tappan, 5:10.15; 2, Caitlin Smyth, IHA, 5:12.42; 3, Clair Nowakowski, Ridgewood, 5:13.78; 4, Andrea Rovegno, Ramapo, 5:14.53; 5, Carol Ann Bullen, Paramus, 5:27.66; 6, Sari Weissbard, Fair Lawn, 5:27.73.

**3,200** — 1, Jen Myers, Ramapo, 11:43.20; 2, Briana Bayersdorfer, River Dell, 11:45.30; 3, Virginia Westervelt, NV/Demarest, 12:04.43; 4, Theresa Hearn, IHA, 12:06.10; 5, Claudine McGuire, Hackensack, 12:12.91; 6, Christine Ayubi, Hasbrouck Heights, 12:16.60.

**100 HH** — 1, Jill Turner, Pascack Hills, 15.23; 2, Justine Diana, Saddle Brook, 15.29; 3, Carlin Ponce de Leon, NV/Demarest, 16.20; 4, Roxanne McBean, Teaneck, 16.25; 5, Lindsay May, Dumont, 16.29; 6, Shana Thayer Don, Fort Lee, 16.63.

**400 IH** — 1, Kim Mineo, Glen Rock, 1:03.49; 2, Caitlin Sherry, River Dell, 1:04.00; 3, Shana Thayer Don, Fort Lee, 1:05.22; 4, Marianne Toniolo, NV/Old Tappan, 1:05.85; 5, Katherine Zucaro, Ridgewood, 1:05.92; 6, Jamie Anton, Pascack Hills, 1:07.10.

**Shot put** — 1, Jessica Fazekas, NV/Demarest, 41-6½; 2, Kim Grein, Ridgefield Park, 39-2½; 3, Lynne Haywood, Dumont, 38-5; 4, Elethia Graham, Bergenfield, 37-9½; 5, Nikki Uzelac, Midland Park, 37-8½; 6, Krista McKinney, St. Mary's, 36-6.

**Discus** — 1, Jessica Fazekas, NV/Demarest, 129-1; 2, Lisa Welch, Midland Park, 121-8; 3, Liz Pendleton, Wood-Ridge, 119-7; 4, Nikki Uzelac, Midland Park, 116-7; 5, Monique Mighty, Hackensack, 113-9; 6, Kristine Josef, Paramus Catholic, 111-2.

**Javelin** — 1, Christina Labocki, Garfield, 124-2; 2, Jessica Fazekas, NV/Demarest, 117-0; 3, Diana Pucurs, NV/Demarest, 113-8; 4, Alana Casner, Tenafly, 113-2; 5, Agnes Kotwica, Garfield, 108-9; 6, Allison Gino, North Arlington, 107-1.

**High jump** — 1, Erin Piscetta, River Dell, 5-3; 2, Serika Thomas, Hackensack, 5-2; 3, Jen Barthelemy, Bogota, 5-2; 4, tie, Mary Grace Cahill, Rutherford and Jill Turner, Pascack Hills, 5-0; 6, Cherylin Marfino, Hasbrouck Heights, 4-10.

**Long jump** — 1, Jill Turner, Pascack Hills, 17-5¼ (better second jump); 2, Thatcha DaCosta, Englewood, 17-5¼; 3, Jen Barthelemy, Bogota, 17-0½; 4, Courtney Cubicciotti, IHA, 16-11½; 5, Tanayah Bruce, Hackensack, 16-10; 6, Nikeisha Gayle, Englewood, 16-4¼.

**Triple jump** — 1, Thatcha DaCosta, Englewood, 37-2¼; 2, Ebony Ramos, Hackensack, 36-2¼; 3, Dara Seldman, Ramsey, 36-0¼; 4, Trisha McGowan, Ridgewood, 35-9½; 5, Chrissy Procopio, Indian Hills, 35-8½; 6, Jen Barthelemy, Bogota, 35-2.

**Pole vault** — 1, Jessica Hatton, Ridgefield Park, 9-0 (meet record, old record, 8-6 by Kirsten LaGreca, Mahwah, 2000); 2, Caitlin Flocchi, Ridgewood, 8-6; 3, tie, Rony Welsman, Fair Lawn and Kristine Deer, Westwood, 8-0; 5, Joyce Rosenbaum, Tenafly, 8-0; 6, Stephanie Borg, Hackensack, 8-0.

**1,600 Relay** — 1, Ridgewood, 4:04.12; 2, River Dell, 4:04.59; 3, NV/Old Tappan, 4:05.29; 4, Ramsey, 4:06.82; 5, Westwood, 4:07.72; 6, Northern Highlands, 4:09.82.



# Sophomore Meet - 5/30/01

(Englewood)

100m Enner 17.3 Na T=14.7 S=14.9

1600m - McDonagh 86.8 95.3 96.6 (4:38.8) 94.4 → 6:13.4  
(302.2) P.S. 21

400m - Espenak 68.0

100 Hurdles - O'Neill Borgman <sup>very very good</sup>  
T=17.7 S=17.6 T=19.2 S=18.6

800m - Mercer → 73/83 2:36.6 (3rd)  
- Macchi → 79.5/89 2:48.5

200m - Nelson → 29.9 - Perrone → 34.4  
- Hercheit → 32.9 - Anderson → 31.6  
- Fenzel → 32.4

3200m - Rubinoff → <sup>3rd</sup>  
84/95/97/97/99/108/109/101  
6:15 Total: 13:14.3

Relay - Mercer → 68.2  
Macchi → 70.4  
Nelson → 69.9  
Espenack → 66.0 } 4:34.5 (2nd)

High Jump - Hyslop - 4'10" (2nd)  
Pole Vault - Borgman  
76" (1st)



# Nowakowski to compete against nation's best high school milers

By Arthur Carpenter  
Assistant Sports Editor

**RIDGEWOOD** — Ridgewood High School's Clair Nowakowski finished eighth in the 1600-meter run at the recent track and field State Meet of Champions (SMOC), but her time of 5:04.28 was good enough to qualify for this weekend's adidas Outdoor Track and Field Championships at North Carolina State University.

According to Ridgewood head girls coach Jacob Brown, Nowakowski's eighth-place finish at the SMOC is indicative of the strength of this year's 1600-meter field.

"The race was especially tight and fast," said Brown. "Last year Clair would have been sixth with the same time. Some years she would have been third with the same time."

"It was really a bunch finish," Brown added. "Coming off the last turn, Clair was in sixth place and lost by a few tenths of a second to a couple of kids that had a little better kick than she did at that point. It was an exciting race."

Nowakowski, a junior, had considered running the 3200-meter run as well, but she and Brown decided it would be better to put all her energy into one race.

"There wasn't enough rest time for her to

run in the 3200-meter race," Brown said. "(Haddonfield High School star Erin) Donohue ran it, but she's dominant and was able to get away with it, but she didn't run a really good 3200-meter race. She won it but she was tired. We talked about it, but Clair didn't feel that she had the energy to run both races."

Nowakowski's attention this week was focused on getting ready to compete with the best high school track and field athletes in the country.

"She had to run 5:05 to qualify, so she just made it," said Brown referring to Nowakowski's SMOC time that met the requirement to compete this weekend. "We'll go down there and see if she can improve on that a little bit. She was out running today, and we'll be out on the track tomorrow."

Brown said that Nowakowski benefited from a change in coaching philosophy the Ridgewood track and field coaches instituted this year.

"She had a big advantage this year running with the boys," Brown said. "We put some of the coaching together this year, so the distance runners were all running together. Clair had boys to run with, and it really helped her a lot."

Ridgewood also had two other athletes at the SMOC, although they were competing in

exhibition events. Sophomore Trish McGowan took eighth-place in the triple jump with a leap of 34-feet, four-inches. Junior Caitlyn Fiocchi finished in a five-way tie for 13th in the pole vault, clearing eight-feet, six-inches.

Brown is hopeful that the girls pole vault will become a statewide scoring event in the future.

"The hope is that eventually the state will add the girls pole vault as an event," Brown said. "It's a bit of a facility problem for some schools, so it may take a couple of years before they make it a scoring event."

Brown is a little less confident that the same will be true for the triple jump.

"The triple jump is a longstanding controversy in our state because the top two counties, Bergen and Passaic, do it as an event, but the rest of the state doesn't. Because of that, the NJSIAA never put it into their scoring in state-meet events, because they felt it would be unfair to the schools that don't compete in it."

"Over the last 10 or 15 years, every once in a while, it will come up to a vote, and the south always outvotes us," Brown continued. "A couple of years ago, the state people agreed to put it in as an exhibition event, so it gives the kids who do it a state forum."

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PHOTO TOM MOORHEAD  
CLAIR NOWAKOWSKI  
Ridgewood High School track star





# sports

THE VILLAGE GAZETTE

## RHS girls garner NNJIL championship

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

RIDGEWOOD-- By going 7-1 in conference contests loop and then finishing first at the league's championship meet (LCM), the girls track and field contingent from Ridgewood High School has garnered an Northern New Jersey Interscholastic League (NNJIL) title for the first time since 1996.

The Lady Maroons had kicked-off their current campaign on April 4 by taming Teaneck, 85-37, and axing the Academy of the Holy Angels, 94-28.

Next, on April 10, the locals were humbled by Hackensack, 69-53, but nuked Nutley, 116-6, before miffing Montclair, 74.5 - 46.5, on April 11, baffling Barringer, 119-3, on April 24, beleaguering Belleville, 118-4, on May 1 and passing Paramus, 87-40, on May 8.

At the NNJIL/Division A championship meet on May 12 at Clifton Schools Stadium, Ridgewood finished first with 150 points, while Teaneck was a distant second with 94, followed by Paramus with 68, Nutley with 36, Belleville with two and Barringer with one point.

Hackensack, the only team to best Ridgewood during the dual meet season, won the NNJIL/Division B championship.

Among those leading the

way for the Lady Maroons in their LCM win was Trish McGowan, who garnered gold in three events.

A sophomore, McGowan won the triple jump, with a personal best (PB) distance of 34-feet, 2.5-inches, while finishing first in the long jump, with a PB bound of 15-8.5, and taking the high jump title by clearing four-feet, 10-inches.

Others who keyed the club to victory included Jennifer Zucaro, a senior who won the 800-meter run with a time of 2:20.6, Clair Nowakowski, a junior who finished first in the 1600 at 5:15.9, Julia Foresman, a junior who won the 3200 with a PB effort of 12:23.5, Katherine Zucaro, a senior who won the 400-meter intermediate hurdles at 1:08.8 and finished fourth in the open 400 at 1:02.8, Christina Schwem, a soph who took third in the javelin, with a hurl of 85-8, finished third in the shot, with a put of 33-1, and took fourth place in the discus, with a 99-foot, seven-inch toss.

Additionally, the 4 X 400-meter relay team of J. Zucaro, junior Caitlyn Fiochi, Nowakowski and K. Zucaro won its race with a 4:09.6 finish and, in a non-scoring event, Fiochi won the pole vault with a height of eight-feet.

"Based on how we did in the dual meets, we sort of expected to win the league," recounts longtime RHS coach

Jacob Brown, adding, "Since we had some room to breath, we ran most kids only once, so everyone had a chance to participate and a chance to score points for the team.

"When everyone is part of the victory, winning is that much more enjoyable."

Next up for the RHS girls, who went on to win the NJSI-AA North Jersey Section 1,

Group 4 state championship this past weekend, will be the State Group 4 championship meet today and tomorrow, Friday and Saturday, June 1 and 2, at Egg Harbor.



Photo by W. L. Bill Allen, Jr.

**CELEBRATING SENIORS--** The seniors from the Ridgewood High School girls track and field contingent revel in the joy of helping to record the team's most successful season in years.

# STATE MEET OF CHAMPIONS

at South Brunswick

## GIRLS

**100** — 1, Kim Lyles, Franklin, 11.94; 2, Camille Campbell, Carteret, 11.99; 3, Jenna Harris, Franklin, 12.03; 4, Latoya Charnical, Wilson, 12.04; 5, Jennifer Whitlock, Montclair, 12.15; 6, Latoya Benson, Washington Twp., 12.26; 7, Taneshia Becton, Pennsauken, 12.31; 8, Samantha Griffin, Academic, 12.33.

**200** — 1, Kim Lyles, Franklin, 24.18; 2, Shakeema Martin, Lakewood, 24.57; 3, Jennifer Whitlock, Montclair, 24.64; 4, Jenna Harris, Franklin, 24.88; 5, Camille Campbell, Carteret, 25.08; 6, Shameka Speed, 25.08; 7, Samantha Griffin, Academic, 25.12; 8, Anike Orimogunje, Queen of Peace, 25.32.

**400** — 1, Tawana Watkins, Kennedy, 54.72; 2, Amber Williams, Roxbury, 55.40; 3, Danielle Myricks, Willingboro, 55.82; 4, Rehana Lanewala, Hunterdon Central, 56.57; 5, Dalenys Adkinson, Lakewood, 56.80; 6, Ranyiah Walker, Camden, 57.02; 7, Karl Steed, Palmira, 57.09; 8, Toria Williams, Pemberton Twp., 57.21.

**800** — 1, Kim Mineo, Glen Rock, 2:12.12; 2, Katy Trotter, Red Bank, 2:12.66; 3, Shabazz Kelly, Trenton, 2:12.80; 4, Lauren Lewis, Southern, 2:12.81; 5, Lindsey Thomas, Overbrook, 2:14.21; 6, Sarah Rhoades, Voorhees, 2:15.14; 7, Katie Kingsberry, Red Bank, 2:15.57; 8, Kenyatta Conway, Wilson, 2:16.47.

**1,600** — 1, Erin Donohue, Haddonfield, 4:53.57; 2, Shanon Hawrylo, Hunterdon Central, 4:57.45; 3, Amanda Trotter, Red Bank, 4:57.79; 4, Nicole Lombardy, Middletown South, 5:02.83; 5, Sarah Rhoades, Voorhees, 5:03.00; 6, Tanesha Shelton, Wilson, 5:03.82; 7, Elizabeth Wort, Voorhees, 5:04.22; 8, Clair Nowakowski, Ridgewood, 5:04.28.

**3,200** — 1, Erin Donohue, Haddonfield, 10:49.32; 2, Kristen Meyer, Hillsborough, 10:56.68; 3, Whitney McNeas, Hopewell Valley, 11:00.78; 4, Christy Planer, Rumsen-Fair Haven, 11:02.55; 5, Erin Henry, Glen Rock, 11:02.93; 6, Christina Vullo, Holmdel, 11:03.05; 7, Courtney Epps, Columbia, 11:12.46; 8, Jesse Mizzone, Passaic Valley, 11:13.78.

**110 HH** — 1, Amber Williams, Roxbury, 13.77; 2, Julie Farrell, Warren Hills, 14.22; 3, Shameka Marshall, Oakcrest, 14.29; 4, Kara Snyder, North Hunterdon, 14.37; 5, Tamara McGill, Franklin, 14.37; 6, Poeha Dobeon, Kent Place, 14.53; 7, Kim Henry, Old Bridge, 14.70; 8, Justine Diana, Saddle Brook, 15.01.

**400 IH** — 1, Pam Richardson, Edgewood, 1:00.73; 2, Amanda Radziminski, Washington Twp., 1:02.03; 3, Latoya Whited, Wilson, 1:02.70; 5, Natasha Marshall, 1:02.84; 6, Tenille Payne, Edgewood, 1:03.45; 8, Ayesha Ellis, Trenton, 1:03.47; 7, Jackie Muscente, Hopewell Valley, 1:03.60; 8, Kristina Keegan, Haddonfield, 1:03.87.

**Shot put** — 1, Jackie Hudgins, Hightstown, 46-6½; 2, Jessica Fazekas, NV/Demarest, 44-7 (Bergen County Record, old record, 44-2½ by Jenn Flinchum, NV/Demarest, 44-2½); 3, Kelly Fazekas, NV/Demarest, 43-½; 4, Katie Pachuta, Middletown South, 42-6½; 5, Geneva Livingston, Red Bank, 42-0; 6, Nicola Wilson, Trenton, 40-7½; 7, Erica Dayle, Northern Burlington, 38-4¾; 8, Jen Fiddler, Kingsway, 38-3¾.

**Discus** — 1, Katie Pachuta, Middletown South, 134-8; 2, Geneva Livingston, Red Bank, 127-11; 3, Ashley Holmes, Summit, 123-5; 4, Jessica Fazekas, NV/Demarest, 122-3; 5, Chelsea Salisbury, Buena, 120-10; 6, Nicola Wilson, Trenton, 119-11; 7, Mia Williams, Atlantic City, 118-11; 8, Monique Spruell, Burlington Twp., 118-0.

**Javelin** — 1, Chelsea Salisbury, Buena, 139-6; 2, Erin Donohue, Haddonfield, 139-3; 3, Jamie Stiger, Mendham, 136-5; 4, Danielle Brown, Clearview, 135-4; 5, Joanna Borowski, Bayonne, 127-0; 6, Christina Labooki, Garfield, 125-6; 7, Kate Nazario, Morris Knolls, 125-0; 8, Christa Sandvig, Somerville, 124-0.

**High jump** — 1, Brooke Minor, Kingsway, 5-8; 2, Colleen Farrell, Warren Hills, 5-8; 3, Abigail Campbell, Warren Hills, and Julie Farrell, Warren Hills, 5-6; 5, Maura Burk, Freehold Twp., Lauren Graf, Oakcrest and Debra Vento, Freehold Boro, 5-6; 8, Maya Monroe, Livingston, 5-4.

**Long jump** — 1, Shameka Marshall, 18-10¾; 2, Tiafene Taylor, Woodbury, 18-7¾; 3, April Williams, Elizabeth, 18-4; 4, Julie Farrell, Warren Hills, 18-3¾; 5, Collette DeBenedetto, Mountain Lakes, 18-3; 6, Shameka Speed, Bridgeton, 17-11; 7, Delsha Barnes, Toms River North, 17-9¾; 8, Tia Wright, Pennsauken, 17-8¾.

**Triple jump** — 1, Shameka Marshall, 38-8; 2, Collette DeBenedetto, Mountain Lakes, 37-6¾; 3, Thatcha DeCosta, Englewood, 36-7¾; 4, Andrea Herbert, Passaic Tech, 36-6¾; 5, Dara Seldman, Ramsey, 36-¼; 6, Christine Procopio, Indian Hills, 35-2¾; 7, Ebony Ramos, Hackensack, 35-1; 8, Trish McGowan, Ridgewood, 34-4.

**Pole vault** — 1, Samantha Crook, Randolph, 10-6; 2, Yvonne Alocco, New Providence, 10-6; 3, Laura Chmielewski, South Brunswick and Dannielle O'Reilly, Shawnee, 10-0; 5, Holly Stettner, Hunterdon Central,

10-0; 6, Kristin Strizki, Hunterdon Central, 10-0; 7, Darla Szkwarko, Livingston, 10-0; 8, Lauren Dutch, Clifton, 9-6.

**1,600 relay** — 1, Trenton (Ayesha Ellis, Shareese Weidon, Kehnedha Oldacre, Shabazz Kelly), 3:45.12; 2, Willingboro, 3:47.41; 3, Wilson, 3:48.00; 4, Franklin, 3:50.55; 5, Lakewood, 3:52.98; 6, Hunterdon Central, 3:56.66; 7, Piscataway, 3:58.03; 8, Mainland, 3:58.47.

## BOYS RESULTS

**100** — 1, Danny Johnson, Rahway, 10.3; 2, Todd Dutch, Washington Twp., 10.57; 3, Maxwell Booker, Essex Catholic, 10.6; 4, Dennis Davis, Edgewood, 10.78; 5, Anthony Adighibe, Columbia, 10.83; 6, James Townsend, Holy Cross, 10.85; 7, Jared Patterson, Belvidere, 10.88; 8, Che Colter, Glen Ridge, 11.0.

**200** — 1, Danny Johnson, Rahway, 20.93; 2, Todd Dutch, Washington Twp., 21.4; 3, Darrian Scott, Willingboro, 21.68; 4, Mike Bolling, Willingboro, 21.9; 5, Larry Lester, Piscataway, 22.02; 6, Brian Durango, Memorial, 22.07; 7, Chris Turner, Seton Hall Prep, 22.08; 8, Maxwell Booker, Essex Catholic, 22.1.

**400** — 1, Raymond Williams, Scotch Plains, 47.31; 2, John Morris, Camden, 47.95; 3, Ian Moore, Lenape, 48.41; 4, Jade Smith, Camden, 48.81; 5, Marlin Gross, Bridgeton, 48.86; 6, Charles Harper, Millville, 49.22; 7, Gary Domanski, Somerville, 49.71; 8, Tim Wilson, Randolph, 49.71.

**800** — 1, Nat Glackin, Christian Brothers Academy, 1:53.29; 2, James Holden, Bridgeton, 1:53.7; 3, Marvin Lewis, Willingboro, 1:53.78; 4, Brian Eremita, Brick, 1:54.04; 5, Shannon Sherrer, Vineland, 1:54.83; 6, Paul Silva, Union, 1:55.05; 7, Zach McBride, Lenape, 1:55.75; 8, Gary Gagliardi, Hasbrouck Heights, 1:55.8.

**1,600** — 1, Ty Jensen, Marlboro, 4:13.4; 2, John Richardson, Ocean City, 4:15.01; 3, Jeremy Zagorski, Parsippany Hills, 4:16.37; 4, Chris Platt, Haddonfield, 4:18.73; 5, Bill Vogel, Ocean, 4:19.5; 6, Robert Cannon, Toms River South, 4:21.39; 7, Winnie Zarrillo, Southern Regional, 4:22.09; 8, Travis Keary, Rumson, 4:22.22.

**110 HH** — 1, Emmanuel Daux, Linden, 13.86; 2, Scott Robinson, Hillsborough, 13.74; 3, Anthony Acklin, Triton, 13.77; 4, Andre Callender, Seton Hall Prep, 13.91; 5, Jeffrey Porter, Franklin, 14.2; 6, Azim Smith, Millville, 20.49.

**400 IH** — 1, Dwight Ruff, Camden, \*51.14; 2, Azim Smith, Millville, 52.07; 3, Jeff Jasmin, Linden, 53.61; 4, Bryan Smith, Burlington City, 54.35; 5, Jordan MacNeill, Red Bank, 54.62; 6, Maurice Young, Camden, 54.84; 7, Ryan Carpenter, St. Joseph (Metuchen), 55.52; 8, Jamie Daubert, Kingsway, 55.78.

**1,600 relay** — 1, Willingboro, 3:12.44; 2, Camden, 3:12.57; 3, Edgewood, 3:13.85; 4, Lenape, 3:18.42; 5, Piscataway, 3:19.84; 6, Old Bridge, 3:20.46; 7, Trenton Central, 3:21.01; 8, Bridgeton, 3:21.13.

**Shot put** — 1, Glenn DiGiorgio, Bayonne, 65-5¾; 2, Derek Gilaon, Middletown North, 57-11; 3, Uzoma Orji, Matawan, 57-10¾; 4, Mike Clancy, Toms River North, 57-8¾; 5, Jason Greene, Somerville, 57-8¾; 6, Dzigbodi Ababio, Willingboro, 56-9¾; 7, Michael Mozer, Kinnelon, 54-4; 8, August Siciliano, Toms River East, 54-1.

**Discus** — 1, Glenn DiGiorgio, Bayonne, 205-4; 2, Adam Kuehl, Monmouth, 197-4; 3, Mark Miller, Somerville, 168-6; 4, Mike Clancy, Toms River North, 168-9; 5, Luis Castillo, Garfield, 164-7; 6, Stuart Littlewood, Matawan, 163-5; 7, August Siciliano, Toms River East, 160-10; 8, Gabriel Gonzalez, Elizabeth, 160-7.

**Javelin** — 1, Bobby Smith, Hopatcong, 203-8; 2, Kevin Fitzpatrick, Willamstown, 199-0; 3, John Giusti, Holmdel, 184-3; 4, James Malizia, St. Joseph, 182-0; 5, Dan Mayer, Parsippany Hills, 180-11; 6, Miles Austin, Garfield, 180-6; 7, Clark Harris, Southern, 180-3; 8, Anthony Fasano, Verona, 177-5.

**Pole vault** — 1, Jonas TePaske, Freehold Boro, 14-0; 2, Daniel Markley, West Deptford, 14-0; 3, Owen Pope, Hackensack, 14-0; 4, Brian Wanner, West Morris Central, 14-0; 5, Andrew Whitney, Governor Livingston, 13-6; 6, Chris Peak, Lacey, 13-6; 7, Scott Harris, Shawnee, 13-6; 8, Andrew Buttitta, New Providence, 13-6.

**Long jump** — 1, Steven Cirino, Buena, 22-6¾; 2, Jordan Gabay, St. Joseph (Metuchen), 21-10¾; 3, Sean Mayers, Cherokee, 21-10¾; 4, Gary Domanski, Somerville, 21-9¾; 5, Irving Stills, Trenton Central, 21-9¾; 6, Derrion Aberdeen, Scotch Plains, 21-9; 7, Marquis Allen, Oakcrest, 21-8¾; 8, Tony Burgess, Plainfield, 21-7¾.

**Triple jump** — 1, Weston Daniel, Bergenfield, 45-3¾; 2, Jeffrey Sejour, Don Bosco Prep, 44-1; 3, Miles Austin, Garfield, 43-6¾; 4, Kevin Kang, Pasack Hills, 42-1½; 5, Marquis Allen, Oakcrest, 42-1; 6, Devin Barry, Christian Brothers Academy, 41-¼; 7, Trevor O'Grady, Wood-Ridge, 41-3; 8, Edward Marion, St. Joseph, 41-3.

# 2001 TRACK PERFORMANCES

## GIRLS

Name, School	Performance	Meet	All-Time
<b>100 METERS</b>			
Tawana Watkins, Kennedy	12.34*	Bernards	t 8 Passaic
Anike Orimogunje, Queen of Peace	12.43	SMOC	t 9 Bergen-x
Carlita Bishop, Passaic Tech	12.44*	B-PSL	t 11 Passaic
Courtney Cubicciotti, IHA	12.54*	Bergen Group	3 Bergen-x
Altisha Byrd, Paterson Catholic	12.75	SMOC	12 Passaic-x
Jill Turner, Pascack Hills	12.84*	Mahwah	t 47 Bergen
Elna Ploskin, Fair Lawn	12.84*	Bergen Group	t 47 Bergen
Jennifer Andujar, Teaneck	12.88	NNJIL	—
Alana Casner, Tenafly	12.94*	BCSL Amer.	—
Justine Diana, Saddle Brook	12.94*	B-PSL	—
<b>200 METERS</b>			
Tawana Watkins, Kennedy	24.71	State	3 Passaic
Anike Orimogunje, Queen of Peace	25.32	State	12 Bergen-x
Andrea Herbert, Passaic Tech	25.89	SMOC	17 Passaic
Carlita Bishop, Passaic Tech	26.04*	B-PSL	t 23 Passaic
Courtney Cubicciotti, IHA	26.04*	NNJIL	2 Bergen-x
Ebony Ramos, Hackensack	26.24*	Sectional	t 49 Bergen
Elna Ploskin, Fair Lawn	26.34*	Bergen Group	—
Altisha Byrd, Paterson Catholic	26.74*	B-PSL	34 Passaic-x
Sandra Bethea, Eastside	26.84*	Passaic	t 49 Passaic
Justine Diana, Saddle Brook	26.84*	Bergen Group	—
<b>400 METERS</b>			
Tawana Watkins, Kennedy	54.72	SMOC	2 Passaic-x
Ebony Ramos, Hackensack	58.47	BMOC	19 Bergen
Caitlin Sherry, River Dell	58.54*	Bergen Group	20 Bergen
Kim Mineo, Glen Rock	58.84	State	t 25 Bergen
Dara Seidman, Ramsey	58.94	Sectional	t 27 Bergen
Andrea Herbert, Passaic Tech	59.24*	B-PSL	t 27 Passaic
Tarashon Broomes, Paramus Catholic	59.30	BMOC	37 Bergen
Elna Ploskin, Fair Lawn	59.44*	Bernards	t 39 Bergen
Samantha Corvino, Westwood	60.34*	Sectional	—
Kymm Silversey, Fair Lawn	60.34*	NBIL	—
<b>800 METERS</b>			
Kim Mineo, Glen Rock	2:12.12	SMOC	4 Bergen
Erin Henry, Glen Rock	2:17.33	BMOC	26 Bergen
Jennifer Zucaro, Ridgewood	2:19.54*	Sectional	41 Bergen-x
Caitlin Smyth, IHA	2:20.24*	Bergen Group	—
Caitlin Hemmer, IHA	2:20.31	SMOC	—
Shakira Williams, Passaic	2:21.42	Passaic	10 Passaic
Shanae Pritchett, Passaic	2:22.52	State	9 Passaic-x
Danielle Patoir, Glen Rock	2:22.82	BMOC	—
Dianna Russini, NV/Old Tappan	2:23.04*	NBIL	—
Clair Nowakowski, Ridgewood	2:23.24*	Sectional	—
<b>1,600 METERS</b>			
Clair Nowakowski, Ridgewood	5:04.28	SMOC	11 Bergen
Caitlin Smyth, IHA	5:06.81	SMOC	23 Bergen
Dianna Russini, NV/Old Tappan	5:10.15	BMOC	29 Bergen
Erin Henry, Glen Rock	5:10.84*	Sectional	27 Bergen-x
Shakira Williams, Passaic	5:10.85	Passaic	t 7 Passaic
Jesse Mizzone, Passaic Valley	5:13.07	Passaic	11 Passaic
Andrea Rovegno, Ramapo	5:14.53	BMOC	45 Bergen
Danielle Patoir, Glen Rock	5:17.11	State	—
Briana Bayersdorfer, River Dell	5:18.64*	Sectional	—
Jen Myers, Ramapo	5:19.64*	Bernards	—
<b>3,200 METERS</b>			
Jesse Mizzone, Passaic Valley	11:00.47	State	5 Passaic
Erin Henry, Glen Rock	11:02.93	SMOC	12 Bergen
Dianna Russini, NV/Old Tappan	11:12.84*	Sectional	19 Bergen
Caitlin Smyth, IHA	11:13.04*	Bergen Group	22 Bergen
Clair Nowakowski, Ridgewood	11:13.59	State	24 Bergen
Briana Bayersdorfer, River Dell	11:18.14*	Sectional	29 Bergen
Melissa Conway, Ramsey	11:31.84*	Sectional	13 Bergen-x
Danielle Patoir, Glen Rock	11:32.89	State	—
Jen Myers, Ramapo	11:36.89	State	—
Shaneika Bernard, Hackensack	11:37.34*	Sectional	—
<b>100 METER HURDLES</b>			
Justine Diana, Saddle Brook	14.53	State	4 Bergen
Jill Turner, Pascack Hills	14.94*	Mahwah	t 9 Bergen
Roxanne McBean, Teaneck	15.11	NNJIL	13 Bergen
Shana Thayer Don, Fort Lee	15.64*	BCSL Amer.	t 37 Bergen
Lindsay May, Dumont	15.84*	Bergen Group	—
Soniya Johnson, Passaic Tech	16.02	Passaic	20 Passaic
Carlin Ponce de Leon, NV/Demarest	16.14*	Bergen Group	—
Marianne Toniolo, NV/Old Tappan	16.44*	Bergen Group	—
Michelle DeJesus, North Arlington	16.54*	BCSL National	—
Emily Lampariello, NV/Old Tappan	16.64*	NBIL	—
<b>400 HURDLES</b>			
Tawana Watkins, Kennedy	57.48	Nationals	1 Passaic
Kim Mineo, Glen Rock	63.49	BMOC	10 Bergen
Caitlin Sherry, River Dell	64.00	BMOC	14 Bergen
Ebony Ramos, Hackensack	64.34	SMOC	t 20 Bergen
Shana Thayer Don, Fort Lee	64.75	SMOC	29 Bergen
Marianne Toniolo, NV/Old Tappan	65.85	BMOC	46 Bergen
Katherine Zucaro, Ridgewood	65.92	BMOC	47 Bergen
Peyton Fischer, Ramsey	66.14*	Sectional	—

Shanae Pritchett, Passaic	66.54*	Passaic	14 Passaic
Michelle Hartel, Pascack Hills	66.64*	NBIL	—
<b>SHOT PUT</b>			
Jessica Fazekas, NV/Demarest	44-7	SMOC	1 Bergen
Kelly Fazekas, NV/Demarest	43-8	Sectional	3 Bergen
Alexis Wood, West Milford	39-4½	Passaic	8 Passaic
Kim Grein, Ridgefield Park	39-4½	State	12 Bergen
Alteria McWilliams, Kennedy	38-5½	State	9 Passaic
Lynne Haywood, Dumont	38-5	BMOC	t 20 Bergen
Nikki Uzelac, Midland Park	38-1¼	Bergen Group	24 Bergen
Elethia Graham, Bergenfield	37-9½	BMOC	27 Bergen
Jasmine Fenlator, Wayne Valley	37-2¼	Northern Hills	12 Passaic
Monique Mighty, Hackensack	36-10	Bergen Group	t 38 Bergen
Kristine Josef, Paramus Catholic	36-10	State	t 38 Bergen
<b>DISCUS</b>			
Monique Mighty, Hackensack	130-8	Sectional	3 Bergen
Jessica Fazekas, NV/Demarest	129-6	Bergen Group	4 Bergen
Nikki Uzelac, Midland Park	124-9	Bergen Group	11 Bergen
Liz Pendleton, Wood-Ridge	123-4	State	13 Bergen
Lisa Welch, Midland Park	121-9	BMOC	20 Bergen
Karina Hernandez, Passaic	117-7	Passaic	11 Passaic
Kristine Josef, Paramus Catholic	113-9	Bergen Relays	—
Evanna Santee, Hackensack	111-5	Bergen Group	—
Jasmine Fenlator, Wayne Valley	110-6	Sectional	t 22 Passaic
Tiffany Phoenix, Cresskill	110-4	BMOC	—
<b>JAVELIN</b>			
Christina Labocki, Garfield	133-4	Bernards	6 Bergen
Diana Pucurs, NV/Demarest	123-4	State	26 Bergen
Jessica Fazekas, NV/Demarest	123-1	Sectional	27 Bergen
Tina Lindsay, Eastside	118-10	Passaic	9 Passaic
Danica Miller, Rutherford	116-8	BCSL Amer.	42 Bergen
Courtney Reggo, Ridgefield	116-3	BCSL National	44 Bergen
Alana Casner, Tenafly	113-2	BMOC	—
Agnes Kotwica, Garfield	112-0	Bergen Relays	—
Whitney Verduin, Hawthorne	110-9	Passaic	18 Passaic
Allison Gino, North Arlington	110-8	Bergen Group	—
<b>HIGH JUMP</b>			
Erin Piscetta, River Dell	5-3	BMOC	t 28 Bergen
Jen Barthelemy, Bogota	5-2	Bergen Group	t 34 Bergen
Corinne Hyslop, Ridgewood	5-2	Bergen Group	t 34 Bergen
Jill Turner, Pascack Hills	5-2	Sectional	t 34 Bergen
Serika Thomas, Hackensack	5-2	BMOC	t 34 Bergen
Mary Grace Cahill, Rutherford	5-0	BCSL Relays	—
Jannie Moreno, Clifton	5-0	Passaic Relays	t 33 Passaic
Katie Higgins, DePaul	5-0	Bernards	t 33 Passaic
Trisha McGowan, Ridgewood	5-0	Bernards	—
Alison Marganski, Pequannock	5-0	County Seat	—
Kristin Lambrinides, Waldwick	5-0	B-PSL	—
Erica Cruz, Eastern Christian	5-0	B-PSL	t 33 Passaic
Carlita Bishop, Passaic Tech	5-0	B-PSL	t 33 Passaic
Marta Oporska, Clifton	5-0	NNJIL	t 33 Passaic
Laura Conte, Wayne Valley	5-0	Northern Hills	t 33 Passaic
Lisa Galamb, Pompton Lakes	5-0	Passaic	t 33 Passaic
Cherilyn Marfino, Hasbrouck Heights	5-0	Bergen Group	—
<b>LONG JUMP</b>			
Jill Turner, Pascack Hills	17-8	NBIL	t 21 Bergen
Thatcha DaCosta, Englewood	17-7½	BMOC	23 Bergen
Dara Seidman, Ramsey	17-5	NBIL	t 33 Bergen
Lisa D'Elena, West Milford	17-5	Northern Hills	19 Passaic
Jen Barthelemy, Bogota	17-0¼	Bergen Group	—
Chrissy Procopio, Indian Hills	17-0¼	Bergen Group	—
Courtney Cubicciotti, IHA	16-11½	BMOC	—
Andrea Herbert, Passaic Tech	16-10½	B-PSL	32 Passaic
Shanae Pritchett, Passaic	16-10	County Seat	t 33 Passaic
Tanayah Bruce, Hackensack	16-10	BMOC	—
<b>TRIPLE JUMP</b>			
Andrea Herbert, Passaic Tech	37-8	3 Passaic	—
Thatcha DaCosta, Englewood	37-2¼	BMOC	9 Bergen
Ebony Ramos, Hackensack	36-3½	NNJIL	20 Bergen
Trisha McGowan, Ridgewood	36-0½	Bergen Group	25 Bergen
Dara Seidman, Ramsey	36-0¼	BMOC	28 Bergen
Shalissa Burgess, Englewood	35-10¼	Bergen Group	34 Bergen
Jen Barthelemy, Bogota	35-9½	BCSL Olympic	t 36 Bergen
Chrissy Procopio, Indian Hills	35-8½	BMOC	41 Bergen
Kimesha Hughes, Eastside	35-6½	Passaic Relays	9 Passaic-x
Alisa Vetter, Ridgewood	34-11½	Bergen Group	—
<b>1,600 METER RELAY</b>			
Ridgewood	4:04.12	BMOC	—
River Dell	4:04.24*	Sectional	—
IHA	4:04.24*	NJCTC	—
NV/Old Tappan	4:05.29	BMOC	—
Ramsey	4:06.82	BMOC	—
Passaic Tech	4:07.54*	Passaic Relays	24 Passaic
Westwood	4:07.72	BMOC	—
Northern Highlands	4:09.82	BMOC	—
NV/Demarest	4:10.24	BMOC	—
Passaic	4:10.34*	Passaic Relays	—

x — All-time standing from previous year.

\* — Adjustment for automatic timing: add .24 for 100, 200 and high hurdles; .14 for other races.

## RIDGEWOOD HIGH SCHOOL INDIVIDUAL GIRL'S TRACK AND FIELD RECORDS

EVENT	RECORD	PERFORMER	DATE	PLACE
100 meter dash	12.3	Jennifer McDermott	1989	Wayne Hills HS, NJ
200 meter dash	25.4	Jennifer McDermott	1988	Williamsport, PA
400 meter dash	56.1	Ginny Figlar	1988	Wayne Hills HS, NJ
800 meter run	2:10.9	Margaret Scutro	1985	Tenaflly, NJ
1500 meter run	4:26.25	Margaret Scutro	1985	Uniondale, LI, NY
1600 meter run	4:46.4	Margaret Scutro	1985	South Plainfield, NJ
3000 meter run	9:58.15	Jenna Rogers	1994	Raleigh, NC
3200 meter run	10:33.9	Jenna Rogers	1994	Tenaflly, NJ
100 meter hurdles	15.0	Sheryl van der Schyff	1988	Tenaflly, NJ
400 meter hurdles	63.5	Lynne Collazo	1989	Ridgewood HS, NJ
Shot Put	38' 6 3/4"	Lisa Glidewell	1980	Tenaflly, NJ
Javelin	128' 4"	Tammy Rayevich	1988	South Plainfield, NJ
Discus	123' 3"	Jess Sokolik	1997	Bernardsville HS, NJ
Triple Jump	39'10 1/2"i	Jennifer McDermott	1989	Annapolis, MD
High Jump	5' 9"	Becky Deetz	1975	Holmdale HS, NJ
Long Jump	19' 4"	Jennifer McDermott	1989	South Plainfield, NJ
Pole Vault	8' 6"	Meredith Harris & Caitlyn Fiochi	2000 2001	South Brunswick, NJ Ramapo HS
Heptathlon	4011	Renee Pavelski	1993	Spokane, WA
1 mile walk	9:49.3	Anja Kannengieser	1983	Hackensack, NJ
Marathon	3hr 32min	Klara Grape	1977	Shore Marathon

**RIDGEWOOD HIGH SCHOOL  
GIRL'S TRACK AND FIELD RELAY RECORDS**

EVENT	RECORD	PERFORMERS	DATE & PLACE
<u>TRACK RELAYS</u>			
4 X 100 meter relay	50.4	McGuire/Ross/Waters/Capitani	1985 Bernardsville, NJ
2 X 200 meter relay	1:46.9	McDermott/Reilly/Pollace/G.Figlar	1988 Randolph HS, NJ
4 X 400 meter relay	3:54.29	Degelmann/Reilly/Collazo/G.Figlar	1988 South Plainfield, NJ
4 X 800 meter relay	9:10.4	G.Figlar/Hughes/Hughes/Collazo	1988Kearney HS, NJ
4 X 1 mile relay	20:34.4	Scutro/Pringle/M.Mileski/P.Mileski	1993 Bergen CC, ParamusNJ
Sprint Medley	4:10.5	Degelmann/Reilly/Figlar/Collazo	1987 Plainfield, NJ
Distance Medley	11:59.1i	Pringle/Scutro/M.Mileski/P.Mileski	1983 Jadwin, Princeton, NJ
4 X 100 meter hurdles	1:07.7	Law/Hoogland/Masterson/Klar	1997 Ridgewood, NJ
3 X 400 meter hurdles	3:22.3	Pavelski/Blaney/O'Connor	1993 Ridgewood, NJ
<u>3 PERSON FIELD RELAYS</u>			
Shot Put Relay 8#	106' 9 1/2"	Glidewell/Sauerman/Slawek	1979 Rutherford, NJ
Discus Relay	305' 2"	Glidewell/Miles/Sauerman	1980 New Milford HS, NJ
Javelin Relay	284' 1"	Blaney/Chang/Holcomb	1992 Tenafly, NJ
High Jump Relay	15' 7 1/2"	DuFlon/B.Granata/Deetz	1975 Monmouth College, NJ
Long Jump Relay	47' 1/2"	Porro/Smith/O'Rourke	1979 New Milford HS, NJ
Triple Jump Relay	102' 9"	Lamothe/Law/Melli	1999 Ridgewood, NJ
<u>2 PERSON FIELD RELAYS</u>			
Shot Put Relay 4kg	66' 3"i	Rayevich/Eldridge	1988 Jadwin, Princeton, NJ
Discus Relay	211' 2"	Rayevich/Eldridge	1988 Kearney, NJ
Javelin Relay	203' 7"	Lipson,Chang	1993 Ridgewood HS, NJ
High Jump Relay	10'	Richter/Roeske	1981 ParamusCatholicHS, NJ
Long Jump Relay	31' 9"	Wubell/McDermott	1988 BergenCC, Paramus,NJ
Triple Jump Relay	69' 4 1/2"	Law/Lamothe	1999 Engelwood, NJ
Pole Vault Relay	15' 6"	Fiocchi/Borgman	2001 Engelwood, NJ



# RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD

## ALL TIME TOP TEN

### 100 METER DASH

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

*CAIT*  
12.9 CAITLYN FIOCCHI 2001

### 200 METER DASH

25.4	Jennifer McDermott	1988
25.7	Ginny Figlar	1988
26.1	Melissa Gilbert	1994
26.2	Marci Capitani	1985
26.3	Kate Brunner	1995
26.6*	Judy Davis	1979
26.6	Lisa Bagnaturo	1981
27.0	Neena Barua	1993
27.2	Mary Ellen Mileski	1983
27.2	Shannon McGarrigle	1991
27.25	Helena Lamothe	1999
27.2	CAITLYN FIOCCHI	2001

### 400 METER DASH

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

### 400 m. RELAY SPLITS

55.7	Ginny Figlar	1988
57.1	Lynne Collazo	1989
57.4	Melissa Gilbert	1993
58.0	Marci Capitani	1985
58.0	Margaret Scutro	1984
58.1	Kerri Reilly	1988
58.3	Jennifer McDermott	1989
58.8	Katherine Zucaro	2000 + 2001
58.9	Mary Ellen Mileski	1983
59.1*	Kandie Latham	1974
59.5	Lynn Degelman	1985

### 800 METER RUN

2:10.9	Margaret Scutro	1985
2:12.1	Patti Mileski	1982
2:13.8	Lynn Collazo	1988
2:13.9	Mary Ellen Mileski	1983
2:17.0	Jean Hughes	1987
2:17.7*	Kandie Latham	1975
2:17.77	Liz Figlar	1990
2:17.8	Stephanie Doyle	1995
2:18.0	Norine D'Arcy	1987
2:18.13	Meg McDermott	1998
2:19.2	Beth Pringle	1982
2:19.2	Jennifer Zucaro	2000

### 1500 METER RUN

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

### 1600 METER RUN

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

→ 5:04.28 CLAIR NOWAKOWSKI 2001

### 3000 METER RUN

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

### 3200 METER RUN

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

### 100 METER HURDLES

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

16.93 COURTNEY O'NEILL 2001

### 400 METER HURDLES

63.5	Lynne Collazo	1989
63.7	Lynn Degelmann	1987
63.82	Liz Ross	1985
64.93	Renee Pavelski	1993
66.6	Jeanne McGuire	1985
66.77	Katherine Zucaro	2000
67.0	Claire Blaney	1993
67.1	Marli Klar	1995
67.1	Meg McDermott	1998
67.2	Amy Smith	1996
67.4	Christina Valez	1986
67.5	Lisa Waters	1984&85
67.8	Ana Law	1999

65.92 KATHERINE ZUCARO 2001

### POLE VAULT

8'6"	Meredith Harris	2000
8'6"	CAROLYN FIOCCHI	2001
7'0"	DEVON HARDELL	2001
6'6"	EVAN BOGSMAN	2001

### JAVELIN

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

### DISCUS

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

### SHOT PUT

38' 6 3/4"	Lisa Glidewell	1980
36' 8"	Tammy Rayevich	1988
36' 2"	Shayna Brown	1997
35' 8 3/4"	Alfreda Eldridge	1989
34'10"	Jess Sokolik	1996
34' 9"	Kristina Schwehm	2000
33' 4"	Jessica Berg	1980
32' 7"	Janet Sauerman	1980
32' 6 1/2"	Ellen Barkenbush	1986
31' 9 3/4"	Michele Wilson	1998
30'10 1/2"	Louise Pallone	1987
30' 5.25"	Tara Masterson	2000

33'4" ~~31'5 1/2"~~ TARA MASTERSON 2001  
35'8" K. SCHWEHM 2001

### HIGH JUMP

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

5'2" CORINNE HYSLOP 2001

### LONG JUMP

19' 4"	Jennifer McDermott	1989
17' 5"	Becky Deetz	1976
16'9 1/2"	Tonia Clarke	1995
16' 9"	Shannon McGarrigle	1992
16' 7"	Helena Lamothe	1999
16'6 1/2"	Racquel Mair	1989
16' 5"	Kathy Granata	1983
16' 4"	Alisa Vetter	2000
16'3 1/2"	Emilie Chang	1992
16' 3"	Jen Wrubel	1988
16' 3"	Marli Klar	1995
16'2 1/4"	Deecy Porro	1977

16'9" ALISA VETTER 2001

### TRIPLE JUMP

36' 1/2"	TRISH MCGOWAN	2001
39'10 1/2"	Jennifer McDermott	1989
36' 3 1/2"	Kathy Granata	1983
35' 6 1/2"	Ana Law	1999
35' 4"	Helena Lamothe	1999
35' 2 1/4"	Becky Deetz	1976
35' 1/4"	Yanessa McDermott	1995
34'11 1/2"	Deecy Porro	1978
34' 7 1/4"	Tonia Clarke	1995
34' 5"	Shannon McGarrigle	1994
34' 4 1/2"	Jen Wrubel	1988
34' 2"	Elimie Chang	1992
34' 1/2"	Helena Lamothe	1998
34' 1 1/2"	ALISA VETTER	2001

# Sports

## Seidman, Cubicciotti are four-time all-star track selections

### State champ Mineo also headlines unit

By Jim McConville  
Correspondent

**RIDGEWOOD** — It isn't often that an athlete makes four straight appearances on an All-Suburban team, so it is a rarity indeed when it happens twice on the same squad. For the first time in at least 15 years, two girls track performers have completed the cycle in the same year.

Dara Seidman of Ramsey and Courtney Cubicciotti of Immaculate Heart Academy share the four-time honors, and for both, it is a double reward, as they each earned two spots on this year's All-Suburban first team.

The 23-member team — there was a tie for the 1600-meter relay spot — includes a number of other repeat selections, including Ridgewood's Clair Nowakowski, Glen Rock's Erin Henry and River Dell's Caitlin Sherry, all second-time selections to the first team.

In addition, Glen Rock's Kim Mineo moves up to the first team after having been selected Freshman of the Year in 2000, and two other track athletes jump from the 2000 second team to be a part of the 14-senior, six-junior, one-sophomore and two-freshman first team.

Caitlyn Smith of Immaculate Heart Academy also pulled off a rare feat, as she was selected Sophomore of the Year after receiving the Freshman of the Year honor in the Paramus area in the 2000 season.

The Coach of the Year is Glen Rock's D.J. Nimphius.

Of the 16 events — there are two relay teams — Ridgewood, Glen Rock and River Dell are each represented in three of them, while Midland Park, Ramsey, Pascack Hills and Immaculate Heart Academy each have two spots.

**THE INDIVIDUAL PROFILES:**  
**COURTNEY CUBICCIOTTI, Immaculate Heart** — It wasn't a record-breaking year for this senior, although she is the school record holder in the 100- and 200-meter runs, but it was a good season nonetheless.

Cubicciotti tripled in the Northern New Jersey Interscholastic League (NNJIL) Division C meet, winning the 100 and the 200 as well as the long jump (where she is a second-team choice), and she added a first place in the sprints as well as a second in the long jump in the Bergen County Group 4 meet. She didn't run the sprints at the Bergen Meet of Champions (BMOC), but was fourth in the long jump.

**DARA SEIDMAN, Ramsey** — A repeat selection in the 400-meter run, this senior also moves up from the second team in the triple jump. Her post-season began with victories in the 400 and the triple jump and a second in the long jump at the Northern Bergen Interscholastic League (NBIL) Division 2 meet. She also won the 400 in the Bergen County Group 2 meet while placing third in the long and triple jumps.

After a third-place finish in the triple jump and a fourth-place showing in the 400 meters at the BMOC, Seidman won the 400-meter and long jump events in the Group 2, Section 1 state meet, where she added a fourth in the 200 meters and a third in the triple jump.

In the Group 2 state meet, Seidman placed fourth in the long jump and sixth in the 400 meters. She closed her career with a fifth-place finish in the triple jump at the State Meet of Champions (SMOC).

**KIM MINEO, Glen Rock** — Perhaps the most surprising result of the year was this sophomore winning the 800-meter run at the State Meet of Champions to become

### All-Suburban girls track

- FIRST TEAM**  
 100M — Courtney Cubicciotti, IHA.....Senior  
 200M — Courtney Cubicciotti, IHA.....Senior  
 400M — Dara Seidman, Ramsey.....Senior  
 800M — Kim Mineo, Glen Rock.....Soph.  
 1600M — Clair Nowakowski, Ridge.....Junior  
 3200M — Erin Henry, Glen Rock.....Junior  
 100HH — Jill Turner, Pascack Hills.....Senior  
 400IH — Caitlin Sherry, River Dell.....Senior  
 1600 RELAY: Ridgewood  
 — Caitlyn Fiochi.....Junior  
 — Clair Nowakowski.....Junior  
 — Jennifer Zucaro.....Senior  
 — Katherine Zucaro.....Senior  
 1600 RELAY: River Dell  
 — Karly McIlwain.....Freshman  
 — Erin Piscetta.....Senior  
 — Jessie Seidler.....Freshman  
 — Caitlin Sherry.....Senior  
 SP — Nikki Uzelac, Midland Park.....Senior  
 DISCUS — Lisa Welch, Midland Pk.....Junior  
 JAVELIN — Anne Lent, Glen Rock.....Junior  
 HJ — Erin Piscetta, River Dell.....Senior  
 LJ — Jill Turner, Pascack Hills.....Senior  
 TJ — Dara Seidman, Ramsey.....Senior  
 PV — Caitlyn Fiochi, Ridgewood.....Junior

**SOPHOMORE OF THE YEAR**  
Caitlyn Smith, Immaculate Heart

**COACH OF THE YEAR**  
D.J. Nimphius, Glen Rock

- SECOND TEAM**  
 100M — Jill Turner, Pascack Hills.....Senior  
 200M — Tarashon Broomes, P.C.....Junior  
 400M — Elena Minuto, Highlands.....Junior  
 800M — Jennifer Zucaro, Ridge.....Senior  
 1600M — Danielle Patoir, Glen Rock.....Soph.  
 3200M — Brianna Bayersdorfer, R.D. Junior  
 100HH — Molly Matalen, Glen Rock.....Junior  
 400IH — Katherine Zucaro, Ridge.....Senior  
 SP — Kristine Josef, Paramus Cath.....Senior  
 DISCUS — Kristine Josef, P.C.....Senior  
 JAV — Whitney Verduin, Hawthorne.....Junior  
 HJ — Trish McGowan, Ridgewood.....Soph.  
 LJ — Courtney Cubicciotti, IHA.....Senior  
 TJ — Trish McGowan, Ridgewood.....Soph.  
 PV — Kristen Deer, Westwood.....Soph.

the second Glen Rock High School track athlete to win a state title. Mineo was clocked in 2:12.12, more than five seconds faster than she had ever run the event, and edged Red Bank's Katy Trotter, who ran a 2:12.66. Mineo's clocking now ranks as the fourth best all-time for the 800-meter run in girls track in Bergen County.

Mineo had plenty of success leading up



PHOTO GARY JUNG

These three Glen Rock High School girls are first-team All-Suburban selections in track. From the left are junior Anne Lent, junior Erin Henry and sophomore Kim Mineo, this year's state champion in the 800-meter run.

to her monumental victory. She started out with wins in the 400 meters and 400 intermediate hurdles as well as the 800 meters in the Bergen-Passaic Scholastic League (B-PSL) Carpenter Division meet and added a victory in the Crusader meet in Rockland County.

In the Bergen County Group 1 meet, Mineo tripled again and then won all three the next week at the Group 1, Section 1 state meet. In between, she added the 400 intermediate hurdle title at the BMOC. In the state Group 1 meet, she won the 800 meters and was second in the hurdles and the 400-meter run before running to glory in the State Meet of Champions.

**CLAIR NOWAKOWSKI, Ridgewood** — One of the top all-time distance runners in Ridgewood's illustrious track and field history, this junior still has one more year to try and break a few records.

Nowakowski opened the season with a second in the 3200-meter run at the Bernards Invitational and then won the 1600-meter race at the NNJIL Division A meet. She rose to the top in the Bergen County Group 4 meet, claiming the 1600-meter title, and was also second in the 3200 in the same meet before placing third in the BMOC 1600.

In the Group 4, Section 1 state meet, Nowakowski doubled, winning both the 1600 and the 3200 and then was second in both races at the Group 4 state meet. She closed the year with an eighth-place finish in the 1600 meters at the SMOC, clocking in at 5:04.28, tops in Bergen County this year and 11th all-time in girls track.

**ERIN HENRY, Glen Rock** — After last year's burst onto the track scene, many wondered if this junior would remain on top. She answered those questions superbly, beginning with the Jack Yockers Relays, where she earned a share of the Outstanding Track Performer Award.

Henry started out modestly in the post-season, taking the B-PSL Carpenter Division titles in the 800 and 3200-meter runs and then won both races again in the Bergen County Group 1 meet. She then claimed her third 800-meter crown, this time at the BMOC, running a 2:17.33 for the second-fastest time in Bergen County this year

behind teammate Kim Mineo (2:12.12). In the Group 1, Section 1 state meet, Henry surged to first-place finishes in both the 1600 and 3200 and was second in the 800. She duplicated that feat at the Group 1 state meet, giving her five state-group titles in her career, more than any girl in Bergen County history. At the SMOC, she was fifth in the 3200 with the top time in Bergen County this year, clocking in at 11:02.93, 12th on the all-time county list in girls track.

**JILL TURNER, Pascack Hills** — This senior spent the first three years chasing some of the top hurdlers and sprinters around, but this year, she broke through and finally garnered her just due. A second-team selection in the 100-meter high hurdles and the high jump a year ago, she is also a second-team choice in the 100 meters this year.

Turner got started in the NBIL Division 2 meet with a quadruple, winning the 100 meters, 100 high hurdles, high jump and long jump and then was second in the high jump and long jump and third in the 100 meters at the Bergen County Group 2 meet. She then rebounded to take the 100 hurdles and the long jump at the BMOC.

In the Group 2, Section 1 state meet, Turner won the hurdles and the high jump and was second in the long jump. Moving on to the Group 2 state meet, she placed third in the hurdles and fifth in the long jump, but did not place in the high jump. At the SMOC, she placed 15th in the hurdles and did not place in the long jump. She will be attending Villanova in the fall.

**CAITLIN SHERRY, River Dell** — Making a second straight appearance on the first team in the 400-meter intermediate hurdles, this senior finished with a best time of 64 seconds in the event, ranking her 14th all-time in Bergen County in girls track.

Sherry also ran the 400 meters, and she won that race and the hurdles in the Bergen County Scholastic League (BCSL) American



PHOTO GARY JUNG

These four Ridgewood High School girls are first-team All-Suburban selections in track. From the left are junior Caitlyn Fiochi, junior Clair Nowakowski and twin sisters Jennifer and Katherine Zucaro, both seniors.

# Track

FROM C1

can Division meet. She doubled again at the Bergen County Group 3 meet and then was second to Mineo in the 400 hurdles at the BMOG.

Sherry won both 400 races again at the Group 3, Section 1 state meet and was sixth in the hurdles and tenth in the 400 meter-run in the Group 3 state meet. Her season ended with a 12th-place finish in the 400 hurdles at the SMOC.

## RIDGEWOOD 1600 RELAY

Along with first-teamers Nowakowski and junior Caitlyn Fiochi, this Maroon quartet featured senior twins Jennifer and Katherine Zucaro, and they dominated the Bergen County races this year.

After a second in the Ridgewood Relays and a first in the Bergen County Relays to open the season, they won their heat at the Penn Relays. The post-season saw them surge to victory in the NNJIL Division A meet, the Bergen County Group 4 meet, the BMOG and the Group 4, Section 1 state meet. The group did not run in the Group 4 state meet or the SMOC.

## RIVER DELL 1600 RELAY

Taking a similar blueprint from the Maroons, the Golden Hawks matched up a pair of first-team selections, Sherry and senior Erin Piscetta, with a pair of freshmen, Jessie Seidler and Karly McIlwain, and steamed to victory until facing Ridgewood in the BMOG.

They started with wins at the BCSL American Division Relays and the Bergen County Relays and then won the BCSL American Divi-



PHOTO GARY JUNG

Glen Rock head girls track coach D.J. Nimphius, the All-Suburban girls track Coach of the Year, times one of his standout runners, sophomore Kim Mineo, a first-team All-Suburban selection, who is this year's state champion in the 800-meter run.

sion, Bergen County Group 3 and Group 3, Section 1 state races, recording the second-best time (4:04.24) this year in the county behind Ridgewood, which used its clocking of 4:04.12 to win the Bergen Meet of Champions to edge the Hawks.

In the Group 3 state meet, River Dell placed seventh, missing a shot at the State Meet of Champions by .38 seconds.

**NIKKI UZELAC, Midland Park** — This senior made great

strides this year in the shot put, and the first indications of what was to be come in the Bergen County Relays, where she teamed with two others to set a new Group 1 record, breaking an 18-year-old mark.

In the post-season, Uzelac started by winning the shot put and the discus at the B-PSL Carpenter Division meet and the Bergen County Group 1 meet, where she reached a distance of 38 feet, one-and-a-quarter inches in the shot put, the 24th-best effort all-time in girls track in Bergen

County, and a distance of 124 feet, nine inches in the discus, the 11th-best performance all-time in girls track in Bergen County. In the BMOG, she placed fifth in the shot put and fourth in the discus.

In the Group 1, Section 1 state meet, Uzelac won the shot put and was third in the discus. She then finished second in the shot put in the Group 1 state meet, where she did not place in the discus. She closed her career with a tenth-place finish in the shot put at the SMOC.



PHOTO TOM MOORHEAD

Ramsey senior Dara Seidman is a four-time first-team All-Suburban selection in track, this year gaining first-team honors in the 400-meter run and the triple jump.

## LISA WELCH, Midland Park

When she was a sophomore, this senior played on the varsity football team, so her strength was never in question when it came to throwing the discus. What she did this year was get better as the season progressed, getting the best of teammate Uzelac in the final meets of the year. Welch got her post-season started with a second in the discus and a third in the shot put at the B-PSL Carpenter Division meet and then was third in the discus in the Bergen County Group 1 meet. At the

Bergen Meet of Champions, she was second in the discus with a toss of 121 feet, nine inches, the 20th-best performance all-time in Bergen County in girls track, and was 12th in the shot put.

In the Group 1, Section 1 state meet, Welch placed second in the discus and fourth in the shot put. Following a fourth-place showing in the discus and a ninth-place finish in the shot put at the Group 1 state meet, she ended her career by placing 14th in the discus at the State Meet of Champions.

**ANNE LENT, Glen Rock** — One of the unsung heroes of the Panthers' league, county-group, state-sectional and state-championship victories, this junior made big strides this year throwing the javelin.

Lent opened up the post-season by winning the B-PSL Carpenter Division meet and then placed fourth in the Bergen County Group 1 meet. She missed out on the BMOG, but came back strong with a fifth in the Group 1, Section 1 state meet and a third in the Group 1 state meet. That earned her a spot in the SMOC, where she ended the season out of the top 16.

**ERIN PISCETTA, River Dell** — This senior owns the top high jump of the year in Bergen County, where her five-foot, three-inch leap at the Bergen Meet of Champions places her in a tie for 28th place for the best high jumps in Bergen County history in girls track.

At the BCSL American Division meet, Piscetta won the high jump and also picked up a fourth in the 800 meters. She then took the high jump titles at the Bergen County Group 3 meet, the BMOG and the Group 3, Section 1 state meet. She finished tied for ninth in the Group 3 state meet, denying her a spot in the SMOC.

**CAITLYN FIOCHI, Ridgewood** — With the pole vault still not being competed in many major girls meets, there is little chance to be able to make a splash, but this junior was able to do so this year.

Fiochi finished second at the BMOG with a school-record vault of eight feet, six inches, and, after tying for the top spot in the Group 4, Section 1 state meet with a leap of eight feet, she repeated the 8-6 vault at the SMOC, where she finished tied for 13th.

Fiochi also ran sprints, taking a fifth in the NNJIL Division A 400-meter run and a fourth in the Bergen County Group 4 100-meter dash. She also added a third in the 100 meters in the Group 4, Section 1 state meet before tying for 20th place in the 100 in the Group 4 state meet.

**CAITLYN SMITH, Immaculate Heart** — Her prowess as a distance runner continues to grow, and the sophomore got off to a fabulous

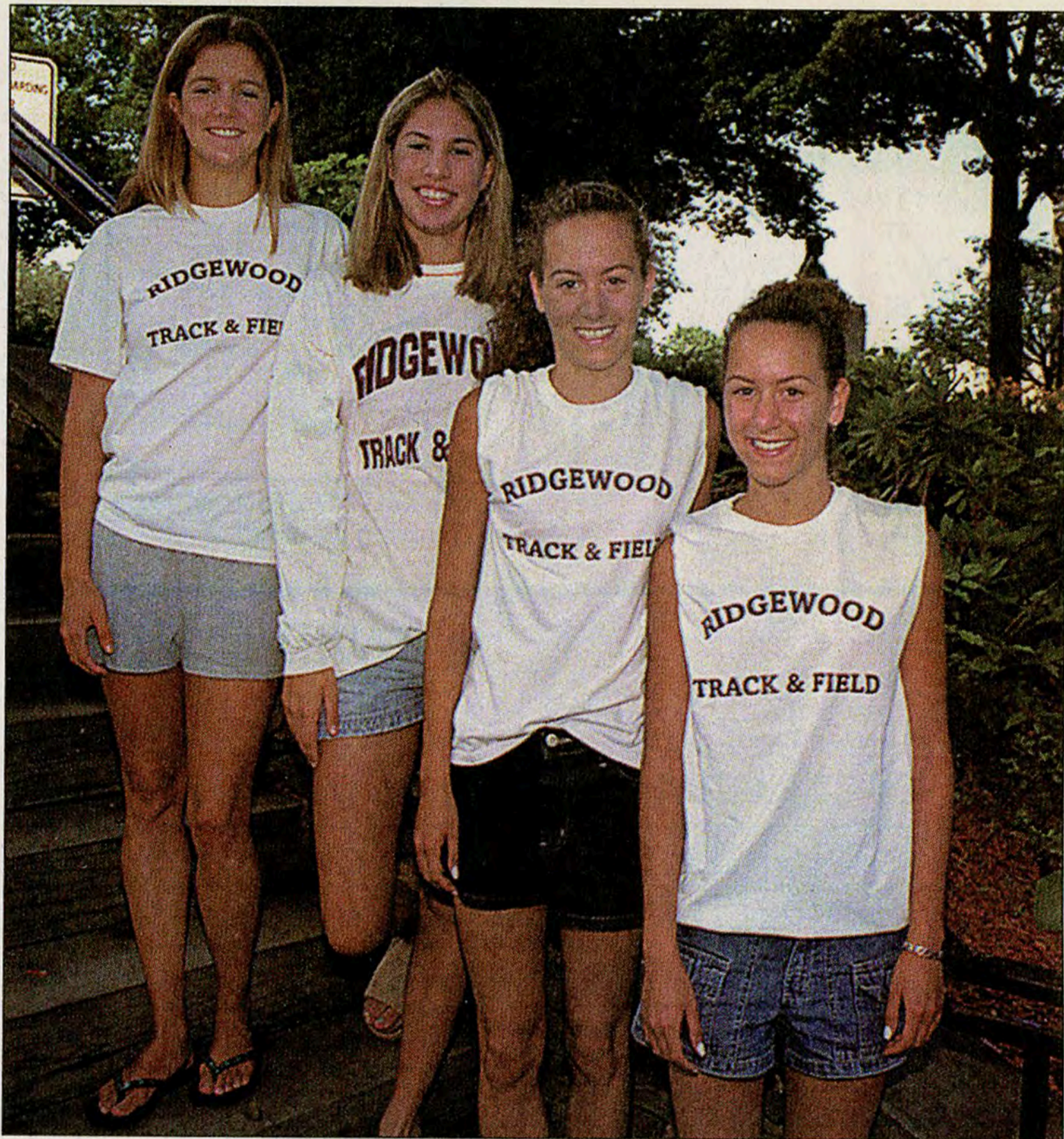


PHOTO GARY JUNG

These four Ridgewood High School girls are first-team All-Suburban selections in track. From the left are junior Caitlyn Fiocchi, junior Clair Nowakowski and twin sisters Jennifer and Katherine Zucaro, both seniors.



TARIQ ZEHAWI/STAFF PHOTOGRAPHER

Kim Mineo of Glen Rock, center, roars to victory in the 800-meter run at the State Meet of Champions on Wednesday.



## ALL-BERGEN GIRLS TRACK

### FIRST TEAM

100	— ANIKE ORIMOGUNJE, Queen of Peace	Sophomore
200	— ANIKE ORIMOGUNJE, Queen of Peace	Sophomore
400	— EBONY RAMOS, Hackensack	Senior
800	— KIM MINEO, Glen Rock	Sophomore
1,600	— CLAIR NOWAKOWSKI, Ridgewood	Junior
1,600	— DIANNA RUSSINI, NV/Old Tappan	Senior
3,200	— ERIN HENRY, Glen Rock	Junior
100 HH	— JUSTINE DIANA, Saddle Brook	Senior
400 IH	— CAITLIN SHERRY, River Dell	Senior
Shot put	— KELLY FAZEKAS, NV/Demarest	Sophomore
Discus	— JESSICA FAZEKAS, NV/Demarest	Junior
Javelin	— CHRISTINA LABOCKI, Garfield	Senior
High Jump	— ERIN PISCETTA, River Dell	Senior
Long jump	— THATCHA DACOSTA, Englewood	Senior
Long jump	— JILL TURNER, Pascack Hills	Senior
Triple Jump	— THATCHA DACOSTA, Englewood	Senior
1,600 relay	— Ridgewood (CAITLYN FIOCCHI (Jr.), CLAIR NOWAKOWSKI (Jr.), JENNIFER ZUCARO (Sr.), KATHERINE ZUCARO (Sr.))	
1,600 relay	— River Dell (JESSIE SEIDLER (Fr.), KARLY MCILWAIN (Fr.), ERIN PISCETTA (Sr.), CAITLIN SHERRY (Sr.))	

### SECOND TEAM

100	— COURTNEY CUBICCIOTTI, IHA	Senior
200	— COURTNEY CUBICCIOTTI, IHA	Senior
400	— DARA SEIDMAN, Ramsey	Senior
800	— JENNIFER ZUCARO, Ridgewood	Senior
3,200	— CAITLIN SMYTH, IHA	Sophomore
100 HH	— JILL TURNER, Pascack Hills	Senior
400 IH	— EBONY RAMOS, Hackensack	Senior
Shot put	— JESSICA FAZEKAS, NV/Demarest	Junior
Discus	— LIZ PENDLETON, Wood-Ridge	Senior
Javelin	— DANA PUCURS, NV/Demarest	Freshman
High jump	— JEN BARTHELEMY, Bogota	Junior
High jump	— SERIKA THOMAS, Hackensack	Junior
Triple jump	— DARA SEIDMAN, Ramsey	Senior

### THIRD TEAM

100	— ELINA PLOSKIN, Fair Lawn	Sophomore
200	— ELINA PLOSKIN, Fair Lawn	Sophomore
400	— ELENA MINUTO, Northern Highlands	Junior
800	— DANIELLE PATOIR, Glen Rock	Senior
1,600	— CAITLIN SMYTH, IHA	Sophomore
3,200	— BRIANA BAYERSDORFER, River Dell	Junior
100 HH	— CARLIN PONCE de LEON, NV/Demarest	Senior
400 IH	— SHANA THAYER DON, Fort Lee	Senior
Shot put	— KIM GREIN, Ridgfield Park	Senior
Discus	— MONIQUE MIGHTY, Hackensack	Junior
Javelin	— COURTNEY REGGO, Ridgfield	Sophomore
Long jump	— JEN BARTHELEMY, Bogota	Junior
Triple Jump	— EBONY RAMOS, Hackensack	Senior
1,600 relay	— NV/Old Tappan (MARIANNE TONIOLO (Sr.), ZOE GAVRILIDIS (Sr.), ANNIE REDMOND (Soph.), CHRISTINE WENTZLER (Sr.))	

### HONORABLE MENTION

**100 (12.9 or 13.14 AT)** — Thatcha DaCosta, Englewood; Latasha Jackson, Garfield; Elena Minuto, Northern Highlands; Christine Wentzler, NV/Old Tappan; Jill Turner, Pascack Hills; Justine Diana, Saddle Brook; Jennifer Andujar, Teaneck; Alana Casner, Tenafly; Cheryl Anscombe and Christina Fischetti, Westwood.

**200 (27.0 or 27.24 AT)** — Kim Heron, Bogota; Ebony Ramos, Hackensack; Jen Langan, IHA; Celine Lee, North Arlington; Christine Wentzler, NV/Old Tappan; Tarashon Broomes, Paramus Catholic; Justine Diana, Saddle Brook; Cheryl Anscombe and Christina Fischetti, Westwood.

**400 (61.2)** — Kim Heron, Bogota; Lisa Corey, NV/Demarest; Elina Ploskin and Kymm Silversey, Fair Lawn; Kim Mineo, Glen Rock; Jessica Stoveken, Lyndhurst; Celine Lee, North Arlington; Tarashon Broomes, Paramus Catholic; Emilie Saintus, Queen of Peace; Samantha Corvino, Westwood.

**800 (226.4)** — Christine Wenthon, NV/Demarest; Belmax DeJesus, Fort Lee; Erin Henry, Glen Rock; Shaneika Bernard, Hackensack; Caitlin Hemmer and Caitlin Smyth, IHA; Dianna Russini, NV/Old Tappan; Ava Scacchetti, Pascack Valley; Felicia Phiefer, Ramapo; Clair Nowakowski and Emily Terrin, Ridgewood.

**1,600 (5:26)** — Erin Henry and Danielle Patoir, Glen Rock; Shaneika Bernard, Hackensack; Carol Bullen, Paramus; Kate Diana, Pascack Valley; Jen Myers and Andrea Rovegno, Ramapo; Melissa Conway, Ramsey; Briana Bayersdorfer, River Dell.

**3,200 (11:56)** — Virginia Westervelt, NV/Demarest; Sari Weissbard, Fair Lawn; Danielle Patoir, Glen Rock; Shaneika Bernard, Hackensack; Sarah Christensen, Northern Highlands; Dianna Russini, NV/Old Tappan; Carol Bullen, Paramus; Jen Myers, Ramapo; Melissa Conway, Ramsey; Clair Nowakowski, Ridgewood.

**100 HH (16.5 or 16.74 AT)** — Lauren Fass, NV/Demarest; Lindsay May, Dumont; Shana Thayer Don, Fort Lee; Molly Matanle, Glen Rock; Michele DeJesus, North Arlington; Stephanie Drexler, Northern Highlands; Emily Lamparello and Marianne Toniolo, NV/Old Tappan; Roxanne McBean, Teaneck.

**400 IH (68.4)** — Jenn Leahy, Cresskill; Kim Touhey, NV/Demarest; Kim Mineo, Glen Rock; Marianne Toniolo, NV/Old Tappan; Jamie Anton and Michelle Hartel, Pascack Hills; Peyton Fischer, Ramsey; Katherine Zucaro, Ridgewood; Charise Logan and Roxanne McBean, Teaneck.

**Shot put (35-0)** — Elethia Graham, Bergenfield; Lynne Haywood, Dumont; Monique Mighty, Hackensack; Heather Krause, Mahwah; Nikki Uzelac, Midland Park; Kristine Josef, Paramus Catholic; Lauren Haak, River Dell; Danica Miller, Rutherford; Krista McKinney, St. Mary's; Holly Wright, Waldwick.

**Discus (108-0)** — Tiffany Phoenix, Cresskill; Kelly Fazekas, NV/Demarest; Evana Santee, Hackensack; Sara Rakov, Mahwah; Nikki Uzelac and Lisa Welch, Midland Park; Tatiana Ciccone, New Milford; Kristine Josef, Paramus Catholic; Diana Corkin, Rutherford; Anna Clark, Tenafly.

**Javelin (105-0)** — Jessica Fazekas and Kelly Fazekas, NV/Demarest; Agnes Kotwica, Garfield; Annie Lent, Glen Rock; Jennifer Hodges, IHA; Allison Gino, North Arlington; Erin Fagen, Ramsey; Danica Miller, Rutherford; Alana Casner, Tenafly.

**High Jump (5-0)** — Cherylyn Marfino, Hasbrouck Heights; Jill Turner, Pascack Hills; Corinne Hyslop and Trish McGowan, Ridgewood; Mary Grace Cahill, Rutherford; Kristin Lambrinides, Waldwick.

**Long Jump (16-4)** — Nakeisha Gayle, Englewood; Tanayah Bruce, Hackensack; Courtney Cubicciotti, IHA; Chrissy Procopio, Indian Hills; Stacy Smith, NV/Old Tappan; Dara Seidman, Ramsey; Alisa Vetter, Ridgewood; Justine Diana, Saddle Brook.

**Triple Jump (34-0)** — Jen Barthelemy, Bogota; Lisa Corey, NV/Demarest; Shalissa Burgess, Englewood; Chrissy Procopio and Angela Talucci, Indian Hills; Maria Toriano, New Milford; Meghan Judge, Paramus; Cheryl Simmons, Paramus Catholic; Trish McGowan and Alisa Vetter, Ridgewood; Caitlin Sherry, River Dell.

**1,600 relay (4:15.0)** — NV/Demarest; Englewood; Hackensack; Immaculate Heart Academy; Northern Highlands; Paramus Catholic; Ramsey; Teaneck; Westwood.



# All-County Track & Field



## BERGEN — GIRLS

### 100 METERS, 200 METERS

#### ANIKE ORIMOJUNJE

Queen of Peace Sophomore  
As a freshman she was all-Bergen in both sprints and repeated the honors this year. She won both sprints at the BCSL American, Bergen Meet of Champions and added the State Parochial B titles this year to her Parochial A crowns of last year. Orimogunje finished eighth in the State Meet of Champs 100 and 10th in the 200.



### 400 METERS

#### EBONY RAMOS

Hackensack Senior  
Ramos had an excellent season in not only the 400 but also the intermediate hurdles and triple jump. She won the Bergen Group 4, Bergen Meet of Champions and NNJIL B 400 titles, took second in the State sectional and eighth in the State Group 4 meet. She also won the league triple jump, County group and sectional intermediate hurdles. She'll run at a Division I school next year.



### 800 METERS

#### KIM MINEO

Glen Rock Sophomore  
Mineo's stunning win at the State Meet of Champions 800 made her the first Glen Rock girl to win a title in that meet. She also won the State Group 1, and sectional races, the intermediate hurdles and 400 in the sectionals, BPSL Carpenter and Bergen Group 1 meets, and won the Bergen Meet of Champions intermediate hurdles title.



### 1,600 METERS, 1,600 RELAY

#### CLAIR NOWAKOWSKI

Ridgewood Junior  
She earned all-Bergen honors for the sixth time including indoor track and cross-country. She won the NNJIL A, Bergen Group 4 and sectional 1,600 titles and was third in the County Meet of Champions. Nowakowski took second in the State Group 4, 1,600 and medaled in the State Meet of Champions. She also won the sectional 3,200 and was second in State Group 4.



### 1,600 METERS

#### DIANNA RUSSINI

Northern Valley at Old Tappan Senior  
Rarely has any first-year runner had such an impact. Russini won the NBIL 1,800 and 1,600, swept the Bergen 3, 800, 1,600, and 3,200 titles and the sectional 800 and 1,800 titles. Her biggest win came in a thrilling four-way race in the Bergen Meet of Champions 1,600. She placed sixth in the tough State Group 3 race and qualified for the State Meet of Champions.



### 3,200 METERS

#### ERIN HENRY

Glen Rock Junior  
Henry lengthened her stride and had a magnificent year at distances from 800 to 3,200 meters. She won the 3,200 in the BPSL Carpenter, Bergen 1, Section 1, and State Group 1 meets, took the 1,600 in Section 1 and State Group 1 and took the league, Bergen 1, and Bergen Meet of Champions titles at 800 meters. Her five Group 1 titles are the most ever by a Bergen County girl. She took fifth in the State Meet of Champs 3,200 meters.



### 100 HIGH HURDLES

#### JUSTINE DIANA

Saddle Brook Senior  
This Rider-bound star moved up from third team last year by enjoying a sensational year and battling illness late in the season to win the State Group 1 100 hurdles title and take eighth in the State Meet of Champions. After winning the County Seat hurdles, Diana won the BPSL Carpenter 100 hurdles and long jump, the Bergen 1 hurdles, 100 and 200, and the sectional hurdles race. Her Group 1 winning time of 14.53 seconds is fourth all-time in Bergen history.



### 400 INTERMEDIATE HURDLES, 1,600 RELAY

#### CAITLIN SHERRY

River Dell Senior  
Sherry enjoyed a terrific season running both the open 400 and the 400 hurdles. In the hurdles, she won the BCSL American, Bergen 3, and Section 3 races. She was sixth in State Group 3 and finished 12th in the State Meet of Champs. She also won open 400 titles at the league, county groups, and sectionals. She finished ninth in State Group 3. Her best hurdle time of 84 seconds is 14th all-time in Bergen.



### SHOT PUT

#### KELLY FAZEKAS

Northern Valley/Demarest Sophomore  
The younger sister of the state's best throwing duo ever, Fazekas enjoyed an amazing year. She won the Bergen 3 and Section 3 titles in the shot put and also placed in the discus in the league, county, and sectional meets. She even managed second in the NBIL 1 javelin throw. She was fourth in State Group 3 and third in the State Meet of Champions. Her monstrous 43-8 best throw makes her the third best performer in Bergen history.



### DISCUS

#### JESSICA FAZEKAS

Northern Valley at Demarest Junior  
She is on her way to becoming the best three-event thrower in Bergen history. After a second at the Penn Relays, she racked up discus wins in the NBIL 1, Bergen 3, Section 3, and Bergen Meet of Champions, took second in State Group 3, and fourth in the State Meet of Champs. When sister Kelly didn't win the shot, Jessica did at the NBIL 1 and Bergen Meet of Champs meets. She won the NBIL 1 and Section 3 javelin and took sixth in State Group 3. She set a Bergen mark in the shot at 44-7 for second in the State Meet of Champs.



### JAVELIN

#### CHRISTINA LABOCKI

Garfield Senior  
Labocki won titles at the Bernards Invitational, BPSL King, and Bergen 3 meets after leading the Boliamakers to a winning javelin relay performance at the Bergen Relays. She won in the Bergen Meet of Champs, finished third in State Group 3, and sixth in the State Meet of Champions.



### HIGH JUMP

#### ERIN PISCETTA

River Dell Senior  
Piscetta, an all-Bergen basketball player, won the high jump at the BCSL American, Bergen 3, Section 3, and Bergen Meet of Champions. She also proved a versatile runner, placing fourth in the BCSL American 800 and running a leg on the Golden Hawk 1,600-relay team that shared all-Bergen honors. Her jump of 5-3, which won the Bergen Meet of Champs, was the top area jump of the year placed her in the top 30 all-time.



### LONG JUMP, TRIPLE JUMP

#### THATCHA DACOSTA

Englewood Senior  
Dacosta was the most consistent performer in the event this year. She won the BCSL American and Bergen 2 long jumps and took seconds in the Bergen Meet of Champions and the Section 2 events before earning the big prize, the Group 2 State championship with a big jump on her final attempt. She was unbeaten in the area in the triple jump, winning the BCSL American, Bergen 2, and Bergen Meet of Champions handily and leading all qualifiers to the State Meet of Champs. She finished third in that meet.



### LONG JUMP

#### JILL TURNER

Pascack Hills Senior  
The Villanova bound-Turner had an outstanding end to her versatile career. She won four events at the NBIL Division 2 meet, adding the 100, 100 hurdles, and high jump to her long jump title, and then took second in the Bergen 2 high and long jumps before winning the 100 hurdles and high jump at the sectional meet and taking second in the long jump. She won the Bergen Meet of Champions long jump and 100 hurdles, and took fifth in the State Group 2 long jump and third in the hurdles.



## TEAMS OF THE YEAR

### GLEN ROCK, RIDGEWOOD

Glen Rock and Ridgewood took different paths to reach team of the year.

Glen Rock retained its Group 1-2 honors easily and was considered the top team from the opening day of the season until it clinched its second straight Group 1 State title. Ridgewood didn't take over the lead in Group 3-4 until it won the May 26 State Sectional Group 4 title.

Glen Rock swept the four area local meets it attended, winning the Bergen 1 relays by 12, BPSL Carpenter by 30, Bergen 1 by 27, and Sectional 1 by 54 with Saddle Brook and Hasbrouck Heights each getting two runner-up finishes. The Panthers won their second straight Group 1 State title comfortably, 76-58, over two-time runner-up Palmyra. While the Panthers' Big Three of double State Group 1 champ Erin Henry, State Meet of Champions 800 winner Kim Mineo and double state Group 1 runner-up Danielle Patoir did much of the scoring in big meets, Coach D.J. Nimphius and his Glen Rock team also had depth. Other major scorers included Carmella Allano, Kathleen Callahan, Ali Dykhouse, Caroline and Kristen Nowack, Betsy Van Langen, Annie Lent, Molly Matanle, Mary Moore, Lara Murray, Lauren Robbins, Liz Saydah, Kristen Stephen, Meg Thielke, and Eileen Ward.

Ridgewood was second in the Large School Ridgewood Relays and lost the Group 4 Bergen Relays by two points to Immaculate Heart Academy. The Maroons beat Montclair by 40 for the NNJIL A title, but lost the Bergen 4 meet to Hackensack before beating the Comets in the State Sectional Group 4 meet.

Coach Jacob Brown's team was led by junior distance star Clair Nowakowski and a fine 1,600 relay team with Caitlin Fioocchi and Katherine and Jen Zucaro joining Nowakowski. Other major scorers for the Maroons were: Megan Anderson, Clarice Coppolono, Casey Dunn, Julia Foresman, Jackie Coulart, Corinne Hyslop, Tajuana LaSane, Peggy Lynch, Trish McGowan, Eileen Melli, Angela Mercer, Courtney O'Neill, Jenna Rubinoff, Kristina Schwehm, Emily Terrin and Alisa Vetter.

### 1,600-METER RELAY

#### JENNIFER ZUCARO



#### KATHERINE ZUCARO



Take the Zucaro twins, Jennifer and Katherine, add a dash of Clair Nowakowski, the all-Bergen 1,600-meter runner, and then throw in rookie Caitlyn Fioocchi and you have the makings of another great relay team. The Maroons won the Group 4 title at the Bergen relays and then added wins at the NNJIL Atlantic, Bergen 4, Section 4, and Bergen Meet of Champs.

#### CAITLYN FIOCCHI



### 1,600-METER RELAY

#### JESSIE SEIDLER



#### KARLY MCILWAIN



The Golden Hawks had their own recipe for relay success, using all-Bergen high jumper Erin Piscetta and all-Bergen intermediate hurdler Caitlin Sherry, and mixing in freshmen Jessie Seidler and Karly McIlwain. They won the Bergen 3 Relays, BCSL American, Bergen 3, and Section 3 meets before losing in a heartbreaker to Ridgewood at the Bergen Meet of Champions.

TEAM SELECTED BY BERGEN COUNTY COACHES ASSOCIATION

## COACH OF THE YEAR

### D.J. NIMPHIUS, Glen Rock

In his nine years as the head coach, the Panthers have fashioned an amazing record, winning nine BPSL division titles, eight Bergen group titles, eight Jack Yoekers Relays, six sectionals and five State Group championships.

A great staff and outstanding stars such as All-Bergen selections Erin Henry and Kim Mineo gives Nimphius a head start. But it's unsung improving players such as Danielle Patoir, and the unexpected development of athletes such as Annie Lent, Meg Thielke, and Liz Saydah along with senior leaders such as Lauren Robbins that propel Nimphius-coached teams to titles.

His philosophy is low-mileage, high-quality training and a remarkable ability to motivate.

### ALL-COUNTY LISTS

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## All-Star lineup

Today: All-County girls track.  
Saturday: All-County boys track.  
Sunday: All-County baseball.  
Monday: All-County softball.





*MAROONS*

