RIDGEWOOD TRACK & FIELD

2002

SEASON SUMMARY

GIRL'S TRACK AND FIELD **2002**

DUAL MEETS
6 wins – 2 losses

Holy Angles	88 - 34
Hackensack	45.5- 86.5
Nutley	112 – 10
Teaneck	68 - 54
Belleville	115 – 7
Barringer	110 – 10
Paramus	76 - 46
Montclair	59 - 63

CHAMPIONSHIP MEETS

Ridgewood Relays	3rd
Englewood Relays	5th
Bergen County Relays	3rd
Penn Relays	
Monmouth/Bernards/County Seat	
NNJIL	3rd
Bergen 4	2nd
State Section	3rd
BMOC	
State Group	
SMOC	
Nationals	

SENIORS:
Meg Behan*, Sarah Bigos*, Caitlyn Fiocchi*(capt), Julia Foresman*(capt), Lizzie Goldberg, Peggy Lynch*(capt), Clair Nowakowski*(capt).

JUNIORS:
Lauren Anderson, Megan Anderson*, Evann Borgman*, Christine Devita, Kristen Espenak*, Meghan Fenzel, Lauren Herscheit, Corinne Hyslop*,Veronica Maloney, Tara Masterson*^, Kate McDonagh, Trish McGowan*@, Angela Mercer*, Courtney O'Neill*, Jenna Rubinoff*, Bridget Schultz, Daniela Sill.

SOPHOMORES:
Emmy Bertocci, Liz Bigos, Holly Birnbaum*, Ashley Carri*, Casey Dunn*, Nicole Lettieri, Aimee Martin, Mary Nash*, Meghan O'Connell*, Carolyn Romney, Emily Terrin*@, Lindsey Vetter, Kathleen Willett.

FROSH:
Kelsey Breining, Clair Burns, Emily Cody, Amanda Delicate, Alex Genova, Genevieve Hamilton, Christine Highet, Lisa Lamothe, Diana Mangam*, Rebecca Marcyes, Emilie Munthe, Jennifer Norchi, Mariana Palacios*, Sujean Park, Meena Patel*, Kaitlyn Rodgers, Kristin Rooke*@, Krista Rynkowski, Brianne Spinello, Caroline Tiernan*, Rebecca Wells*.

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

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

Track & Field 2002 - Girl's Schedule

Practice Schedule

6/11 - End of Season Awards Party. High School Cafeteria

Competition Schedule

4/4	- Thursday -	Holy Angles dual meet at Ridgewood HS
4/6	- Saturday -	The Steve Pawlowski Relays at Ridgewood HS
4/8	- Monday -	Hackensack & Nutley double dual meet at Nutley HS
4/13	- Saturday -	Engelwood Relays at Winton White Stadium
4/16	- Tuesday -	Teaneck & Belleville double dual meet at Teaneck HS
4/19	- Friday -	Bergen Relays at Ridgewood HS
4/20	- Saturday -	Bergen Relays at Tenafly HS
4/23	- Tuesday -	Barringer dual meet at Ridgewood HS
4/25	- Thursday -	Penn Relays at Franklin Field, Philadelphia
5/4	- Saturday -	Bernardsville Spring Invitational - Bernards HS County Seat Invitational - Wayne Hills HS Monmouth Regional Invitational - Monmouth Reg HS
5/7	- Tuesday -	Paramus & Montclair double dual meet at Montclair
5/8	- Wednesday-	North Jersey (NNJIL) Frosh Champs at Hackensack HS
5/10	- Friday -	NNJIL Championship at Teaneck High School
5/14	- Tuesday -	Novice Championship at Winton White Stadium in Englewood.
5/15	- Wednesday-	Bergen 4 Field Events at Ridgewood HS
5/17	- Friday -	Bergen Group 4 Champs at Hackensack HS
5/18	- Saturday -	Bergen Group 4 Champs at Teaneck HS
5/20	- Monday -	Sophomore Champs at Engelwood (W.White)
5/23	- Thursday -	Bergen Frosh Champs at Ridgewood HS
5/24	- Friday -	State Sectional Champs at Clifton Stadium
5/25	- Saturday -	State Sectional Champs at Clifton Stadium
5/28	- Tuesday -	Bergen County Meet of Champions at Indian Hills HS
5/31	- Friday -	State Group 4 Champs at Egg Harbor Twp HS
6/1	- Saturday -	State Group 4 Champs at Egg Harbor Twp HS
6/5	- Wednesday-	State MOC at South Brunswick HS
6/14-6/15		Nationals in North Carolina

Maroon and White Inter-squad Meet **March 26, 2002**

	M	W
100Hurdles: 1-Courtney O'Neill, Maroon, 18.1. 2-Kristin Rooke, Maroon, 19.4. 3-Daniela Sill, Maroon, 20.7. 4-Kaitlyn Rodgers, Maroon, 21.3. 5-Mary Nash, White, 21.9 6-Nicole Lettieri, 23.2. 7-Evann Borgman, Maroon, 23.4. 8-Carolyn Romney, White, 23.7. 9-Kathleen Willett, White, 30.8. 10-Mariana Palacios, White, DNF.	9	0
100 meter dash: 1-Trisha McGowan, White, 14.3. 2-Ashley Carri, White, 14.9. 3-Holly Birnbaum, Maroon, 15.2. 4-Kristen Espenak, Maroon, 15.9. 5-Alex Genova, Maroon, 16.2. 6-Daniela Sill, Maroon, 16.8. 6-Krista Rynkowski, White, 16.8. 6-Emily Cody, Maroon, 16.8. 9-Kelsey Breining, White, 17.0. 10-Jennifer Norchi, White, 17.6. 11-Rebecca Marcyes, Maroon, 17.7.	1	8
800 meter run: 1-Emily Terrin, White, 2:47.4. 2-Meghan O'Connell, Maroon, 2:49.4. 3-Angela Mercer, Maroon, 2:51.4. 4-Jenna Rubinoff, White, 3:00.5. 5-Peggy Lynch, White, 3:02.0. 6-Julia Foresman, White, 3:02.3. 7-Meg Behan, White, 3:02.6. 8-Sujean Park, Maroon, 3:29.8.	4	5
4X100 meter relay: 1-Christine Devita, Meghan Fenzel, Lindsey Vetter, Rebecca Well, White, 64.7. 2-Bridget Schultz, Christine Highet, Brianne Spinello, Caroline Tiernan, Maroon, 67.8.	0	5
400 meter hurdles: 1-Kristin Rooke, Maroon, 84.6. 2-Courtney O'Neill, Maroon, 85.1. 3-Kaitlyn Rodgers, Maroon, 89.2. 4-Carolyn Romney, White, 93.5. 5-Krista Rynkowski, White, 97.4. 6-Daniela Sill, Maroon, 97.6. 7-Nicole Lettieri, White, 98.2. 8-Mary Nash, White, 98.9. 9-Evann Borgman, Maroon, 99.2. 10-Kathleen Willett, White, 100.4.	9	0
4X400 meter relay: 1-Maroon (Fiocchi-75,Goulart-74, Dunn-83, Nowakowski-70) - 5:02. 2-White (Mangam-78, McDonagh-89, Patel-78, Palacios-73) - 5:18	5	0
Long Jump: 1-Trish McGowan,White,13-3.5. 2-Meghan Fenzel, White, 9-7. 3-Holly Birnbaum, Maroon, 9-5. 4-Meghan O'Connell, Maroon, 11-8.	1	8
Triple Jump: 1-		
High Jump: 1-		
Shot Put: 1-Kristen Espenack, Maroon, 24-11. 2-Liz Bigos, White, 20-6. 3-Nicole Salvati, Maroon, 19-1. 4-Amanda Delcate, White, 18-5.5.	6	3
Discus: 1-Kristen Espenack, Maroon, 72-8. 2-Liz Bigos, White, 56-6. 3-Nicole Salvati, Maroon, 50-11. 4-Amanda Delcate, White, 47-5.5.	6	3
Javelin: 1-		
	41	32

3 Events Left Maroon is 9 points Ahead.

INFORMAL JAVELIN THROW OFF SEVERAL DAY LATER ESPENACK of MAROONS WON. TJ and HJ NEVER FORMALLY CONTESTED. MAROONS DECLARED WINNERS!

RIDGEWOOD VS HOLY ANGELS **April 4, 2002**

Ridgewood-88 Holy Angels-34

Long Jump: 1-Linda Bohouth, Holy Angels, 14-3. 2-Trisha McGowan, Ridgewood,14-2. 3-Kate Colesann, Holy Angels, 12-9.5.
nonscoring: Mariana Palacios, 10-4. Holly Birnbaum, 9-10. Meghan O'Connell, 12-7.
Ridgewood-3 Holy Angels-6

400Hurdles: 1-Courtney O'Neill, Ridgewood, 74.6. 2-A. Downey, Holy Angels, 76.4. 3-Kristin Rooke, Ridgewood, 76.9.
nonscoring: Mariana Palacios, 81.7. Kaitlyn Rodgers, 83.8.
Ridgewood-6 Holy Angels-3

100 meters: 1-Trisha McGowan, Ridgewood, 13.3. 2-A. Misi, Holy Angels, 13.8. 3-Caitlyn Fiocchi, Ridgewood, 14.0.
nonscoring: Ashley Carri,14.5. Holly Birnbaum,14.6. Carolin Tiernan,14.8. Lindsey Vetter,15.1. Daniela Sill,15.3. Kelsey Breining,15.8. Ales Genova,15.8. Kathleen Willett,15.8. Carolyn Romney,16.1. Lisa Lamothe,16.3,. Jen Norchi,16.7. Emmy Bertocci,16.9. Rebecca Marcyes,17.4. Brianne Spinello,17.4.
Ridgewood-6 Holy Angels-3

1600 meters: 1- Emily Terrin, Ridgewood, 5:50.9. 2-Meghan O'Connell, Ridgewood, 5:55.0. 3-Casey Dunn, Ridgewood, 6:05.3.
nonscoring: Meg Behan, 6:22.1. Diana Mangam, 6:26.3. Claire Burns, 6:30.5. Kate McDonagh, 6:45.5. Sujean Park, 6:49.4.
Ridgewood-9 Holy Angels-0

400 meters: 1-Clair Nowakowski, Ridgewood, 63.5. 2-L. Bennett, Holy Angels, 66.6. 3-Miller, Holy Angels, 68.5.
nonscoring: Meena Patel, 70.6. Becca Wells, 71.2.
Ridgewood-5 Holy Angels-4

100 Hurdles: 1-Courtney O'Neill, Ridgewood, 17.4. 2-A. Downey, Holy Angels, 18.5. 3-E. Walis, Holy Angels, 18.7.
nonscoring: Kristen Rooke, 19.4. Evan Borgman, 19.5. Daniela Sill, 20.0. Kaitlyn Rodgers, 20.6.
Ridgewood-5 Holy Angels-4

800 meters: 1-Clair Nowakowski, Ridgewood, 2:29.6. 2-Emily Terrin, Ridgewood, 2:43.0. 3-A. Miller, Holy Angels, 2:48.8.
nonscoring:
Ridgewood-8 Holy Angels-1

200 meters: 1-Trisha McGowan, Ridgewood, 28.2. 2-L. Randolf, Holy Angels, 28.3. 3-C. Colesanti, Holy Angels, 28.4.
nonscoring: Fiocchi,29.5, Birnbaum,30.4, Carri,30.8, Patel,31.0, Tiernan,31.4, Wells,31.5, Cody,33.1. Willett,33.3. Vetter,33.9. Fenzel,33.9. L.Anderson,34.1. Munthe,35.1. Romney,35.1. Breining,35.3. Marcyes,36.1. Norchi,36.4.
Ridgewood-5 Holy Angels-4

3200 meters: 1-Meghan O'Connell, Ridgewood, 13:03.0. 2-Norres, Holy Angels, 13:22.5. 3-Jenna Rubinoff, Ridgewood, 13:43.0.
nonscoring: Peggy Lynch, 13:56.4.
Ridgewood-6 Holy Angels-3
Triple Jump: 1-Trisha McGowan, Ridgewood, 33-10. 2-Linda Bohouth, Holy Angels, 32-5. 3-Elisa Downey, Holy Angels, 27-10.
nonscoring: Holly Birnbaum, 25-2.
Ridgewood-5 Holy Angels-4
Shot Put: 1- Tara Masterson, Ridgewood, 31-3. 2-Kristen Espenak, Ridgewood, 26-0. 3-Liz Bigos, Ridgewood, 24-3.
nonscoring: Amanda Delicate, 18-2.
Ridgewood-9 Holy Angels-0
Discus: 1-Tara Masterson, Ridgewood, 79-10. 2-Kristin Espenak, Ridgewood, 70-0. 3-Susan Vargess, Holy Angels, 61-0.
nonscoring: Liz Bigos, 55-7. Amanda Delicate, 50-6.
Ridgewood-8 Holy Angels-1
High Jump: 1-Corinne Hyslop, Ridgewood, 5-0. 2-Meg Anderson, Ridgewood, 4-8. 3-Tie Emily Cody, Ridgewood & Sarah Matise, Holy Angels, 4-0.
nonscoring: Emilie Munthe, NH.
Ridgewood-8 Holy Angels-1
4X400 Relay: 1-Ridgewood (Fiocchi-68.9, Terrin-72.5, Palacios-69.1, Nowakowski-64.0), 4:34.0. 2-Holy Angels, 4:37.0.
nonscoring: Frosh Team (Rooke-69.2, Rodgers-81.3, Patel-78.6, Burns-79.2), 4:59.7.
Ridgewood-5 Holy Angels-0
Comments: We did a great job of running a first of the season track meet. It was cold but only a few of us needed another layer. Please keep extra clothes in your bag! Teaneck's mistake in not showing up took the luster off the meet for us. Notable performances: Hyslop's high Jump, Masterson's shot, McGowan sprint double and triple jump and Nowakowski's anchor on the relay.

THE PAWLOWSKI RELAYS **SATURDAY, APRIL, 6, 2002**
Ridgewood High School Track **Ridgewood, New**
Jersey

GIRLS

4X100m –Fiocchi, Carri, Birnbaum, McGowan= 53.9. 4th place
Anderson, Fenzel, Nash, Munthe=63.3.
Spinello, Vetter, Marcyes, Patell-=64.0.
Genova, Breining, Hamilton, Lamothe=65.9.
4X200m –Carri, Palacios, Patel, O'Neill.=2:02.7.
Vetter, Nash, Willett, Sill.=2:09.7.
Romney, Breining, Cody, Lamothe.=2:16.7.
4X400m –Fiocchi-67.6, Rooke-68.7, Palacios-67.1, Nowakowski-64.1.=4:27.1. 6th place
McDonagh-84.8, Martin-84.3, Park-85.0, Wells-77.3.=5:31.3
4X800m – Dunn-2:51.5, Burns-2:59.6, Wells-2:54.8, Mercer-2:40.0.=11:25.9.
4X1600m – Dunn-6:06.8, Burns-6:25.4, Rubinoff-6:23.7, O'Connell-5:53.9. = 24:49.7.
Sprint Medley –Fiocchi-66.4, McGowan-27.0, Birnbaum-30.0, Nowakowski-2:23.3.=4:28.3 first place
Distance Medley –Lynch-4:33.1, Mercer-74.9, O'Connell-2:39.5, Rubinoff-6:23.5.=14:51.0.
4X100 HH – O'Neill, Borgman, Sill, Rooke. = 2nd place
3X Long Jump –McGowan, 14-0. O'Connell, 12-4.5. Birnbaum, 10-10.5.=37-3.
3X Triple Jump –McGowan, 33-8. Birnbaum, 26-8.5. Fenzel, 24-6.5.=84-11. 5th place.
3X High Jump –Hyslop, 4-9, M.Anderson, 4-9, Cody, 4-0. = 13-6. 2nd place
3X Pole Vault –Fiocchi, 7-0. Borgman, NH. O'Neill, NH.=7-0. 2nd place.
3X Shot Put – Masterson, 31-8. Espenak, 26-6. L.Bigos, 23-4.5. = 81-6.5. 4th place
Delicate,18-7. Rubinoff, 17-9. Marcyes, 14-11. = 51'3"
3X Discus – Masterson, 90-10. Espenak, 70-6. L.Bigos, 55-8. = 217. 4th place
Delecate, 41-7. Marcyes, 37-7, Rubinoff, ?? = 79'2"
3X Javelin – Espenak, 71-10. Rooke, 70'10. L.Bigos, 46-10 = 189-6. 6th place

3rd place team behind Middletown South and Shaker. We were ahead of 9 other teams. Good start to the relay season for this team. The sprint medley had a nice win and there was some exciting high jumping in the gym. Trish looked like a sprinter anchoring the 4X100 and Meghan was solid in the 4X1600.

Ridgewood meet honors late runner

By GREGORY SCHUTTA
STAFF WRITER

Bob Pawlowski used to begin his mornings by checking the local sports section. After all, that was the only way he could find out how his son, Steve, had done in the track meet the day before.

"We'd ask him how he did, and he'd say, 'Oh, I guess I did OK,' " Pawlowski said. "Then we'd check the paper and see that he came in first. He was not a showy kid."

But he was an athlete who made a huge impact on the Ridgewood track team and the community. And they haven't forgotten.

Today, five months after Pawlowski died after being hit by a car in Connecticut, the Ridgewood Relays track meet will be renamed the Steven Richard Pawlowski Relays in his memory.

"This is an event that brings people together," said Jim Grasso, Pawlowski's former track coach. "Even in death, he brings people together. That's Steve."

"There's a lot of mixed emotions," Bob Pawlowski said. "This is a great honor. Steven loved everything about the Ridgewood track program. It's wonderful that he will be remembered in a way that will go on and on and on."

The Pawlowski Relays at Ridgewood are part of an opening weekend slate that includes the Season Opener Invitational at Englewood and the Kearny Relays today.

But today's meet, featuring the boys and girls small school competition at 9 a.m. and the large school portion at 12:30 p.m., will mean more in Ridgewood than just the opening of the major meet season.

"We were looking for something to do for Steven," said meet director Mike Glynn, who founded the meet with coaches Larry Coyle and Jacob Brown more than 20 years ago. "And we thought why not change the name of the Ridgewood Relays to the Pawlowski Relays. First we suggested it to the seniors and then we brought it up with his family, and they encouraged us to do it."

It's just the most recent of many remembrances of Pawlowski, who was hit by a car last November near Quinnipiac University, where he was a freshman.

The town, hit hard by the World Trade Center attack two months earlier, rallied around his memory. The Pawlowski family set up a scholarship that will go each year to a track athlete who shows the attributes Steve did during his high school years.

"Steve would feel good that in the end somebody will be helped by what happened to him," Pawlowski said. "I want it to be one of the most prestigious scholarships at the school."

The athletes started wearing black tape on their uniforms during the winter season and writing Steve's initials and RIP on their shoulders. But renaming the relays is something that will go on even after they graduate.

"It's very special, especially since it's the first meet of the season," said Chris Perez, a senior hurdler. "It will make me focus more. We hurdlers want to win the event for him."

Pawlowski didn't take up track until his sophomore season but by his senior year was one of the top hurdlers in Bergen County. He earned honorable mention All-Bergen in the 400 intermediate hurdles (his best event), the 110 high hurdles, and the 400 meters as a senior. That winter, he was a member of the third-team All-Bergen 1,600-meter relay team.

"He was tireless on the track and in the weight room," said Mike Mullin, another of Pawlowski's former coaches. "He tended to overachieve a lot, especially in his own mind. You'd tell him that he won a race or that he had a great time, and he's just got a sheepish grin on his face."

"He was the type of kid that we as coaches looked up to with his attitude and his work ethic," said Grasso, now the Paramus athletic director. "He made us look good as coaches."

TRACK AND FIELD

PAWLOWSKI RELAYS

At Ridgewood High, large schools

Boys team scores

1. Union, 95; 2. West Milford, 70; 3. Shaker, 68; 4. Don Bosco, 67; 5. Ridgewood, 60; 6. Middletown South, 51.5; 7. Middletown North, 30; 8. Pope John, 29.5; 9. Fair Lawn, 15; 10. St. Joseph. 6; 11. Martin Luther, 3.

400M relay – 1. Union (Gael Dorsainvil, Tariq Hill, Ron Booker, Ade Jones), 45.0; 2. Shaker, 45.7; 3. Fair Lawn, 48.1; 4. Middletown South, 49.5; 5. West Milford, 50.3; 6. Martin Luther, 51.0.

800M relay – 1. Union (Dorsainvil, Hill, Booker, Phil Llave), 1:34.8; 2. Don Bosco, 1:35.4; 3. Pope John, 1:36.2; 4. Shaker, 1:36.9; 5. West Milford, 1:39.4; 6. Martin Luther, 1:42.5.

1,600M relay – 1. Shaker (Ray Garcia, Brian Woods, Saun Kippins, Kyle Northrop), 3:32.2; 2. West Milford, 3:39.8; 3. Pope John 3:45.3; 4. Middletown North, 3:45.7; 5. Shaker, 3:46.8; 6. Union, 3:54.9.

3,200M relay – 1. Ridgewood (Greg Corcoran, Doug Sampson, Rodolfo Crispin, Chris Perez), 8:24.4; 2. Shaker, 8:25.0; 3. Middletown South, 8:50.8; 4. Union, 8:59.5; 5. Pope John, 9:59.2.

6,400M relay – 1. West Milford (Brendan Kenny, Dan Sullivan, Ryan Kenny, Dan Binde), 19:17.2; 2. Don Bosco, 19:28.2; 3. Pope John, 19:38; 4. Ridgewood, 19:50.3; 5. Middletown South, 19:50.8; 6. Shaker, 19:58.4.

Sprint medley – 1. Union (Ian Wilson, Dorsainvil, Jones, Paul Silva), 4:43.0; 2. Don Bosco, 3:45.0; 3. Shaker, 3:50.8; 4. Don Bosco, 3:54.0; 5. West Milford, 3:59.1; 6. Middletown North, 4:05.5.

Distance medley – 1. Don Bosco (Frank Dubbersby, Will Van Thunen, Matt Horesta, Jean Swift), 10:56.4; 2. Pope John, 11:16.7; 3. Shaker, 11:19.6; 4. Ridgewood, 11:33.8; 5. Middletown South, 11:34.3; 6. West Milford, 11:35.6.

440M HH relay – 1. Middletown South (Lomardy, Greeley, Dowens, Mencer), 1:05.9; 2. Union, 1:06.3; 3. West Milford, 1:07.2; 4. Shaker, 1:07.8; 5. Middletown North, 1:10.2; 6. Don Bosco, 1:11.4.

3x400 IH – 1. West Milford (Matt Trudell, John Greenwald, Greg Weiss), 3:00.3; 2. Union, 3:04.7; 3. Ridgewood, 3:10.0; 4. Don Bosco, 3:11.4; 5. Middletown South, 3:11.5; 6. Shaker, 3:20.9.

Long jump – 1. Union (Hill, Booker, Andrey Prokopovich), 56-½; 2. West Milford, 54-7; 3. Don Bosco, 50-11; 4. Ridgewood, 49-7½; 5. West Milford, 48-6; 6. Fair Lawn, 45-7; 7. Middletown North, 32-9.

Triple jump – 1. Don Bosco (Jeff Sejour, Tyler Palumbo, Chris Schneider), 118-7½; 2. Shaker, 112-11½; 3. Ridgewood, 106-1 ½; 4. Fair Lawn, 105-4; 5. West Milford, 100-11; 6. Union, 98-6.

High jump – 1. Shaker (Ward, Northogo, Hernandez), 17-2; 2. Ridgewood, 17-1; 2. Middletown South, 17-1; 4. West Milford, 16-11; 5. Union, 16-9; 6. Pope John, 15-0.

Pole vault – 1. Don Bosco (Schneider, McCormick, Englehardt), 31-6; 2. Middletown North, 31; 3. West Milford, 20-6; 4. Ridgewood, 19-6; 5. Shaker, 18; 6. Pope John, 9; 6. Middletown South, 9.

Shot put – 1. Union (Devon Parchment, Chris Guirnalda, Erik Green), 134-6; 2. Middletown North, 130-6; 3. Ridgewood, 122-6; 4. Middletown South, 118-1½; 5. Middletown North, 112-9; 6. West Milford, 112-6.

Discus – 1. Union (Parchment, Guirnalda, Green), 365-10; 2. Ridgewood, 356-1; 3. Middletown South, 354-7; 4. West Milford, 350-2; 5. Fair Lawn, 318-9; 6. Middletown North, 314-3.

Javelin – 1. Union (Josh Ellis, Mark Pastewski, Prokopovich), 413-8; 2. Middletown South, 381-10; 3. St Joseph, 358-2; 4. Middletown North, 357-11; 5. Don Bosco, 357-2; 6. West Milford, 355-5.

Girls team scores

1. Middletown South, 65; 2. Shaker, 65; 3. Ridgewood, 54; 4. Passaic Tech, 48; 5. Jackson, 45; 6. Middletown North, 44; 7. Paul VI, 38; 8. Immaculate Heart, 31; 9. Pope John, 28; 10. Paramus, 25; 11. Toms River South, 20; 12. Fair Lawn, 18.

400M relay – 1. Passaic Tech (Andrea Herbert, Rosalind Cerat, Sonija Johnson, Yhounic Vassell), 51.2; 2. Paul VI, 51.7; 3. Immaculate Heart, 53.5; 4. Ridgewood, 53.8; 5. Pope John, 54.2; 6. Shaker, 55.7.

800M relay – 1. Passaic Tech (Herbert, Cerat, Kahimah Liverman, Vassell), 1:46.4; 2. Shaker, 1:50.0; 3. Jackson, 1:51.0; 4. Pope John, 1:52.8; 5. Fair Lawn, 1:56.9; 6. Parmaus, 1:57.3.

1,600M relay – 1. Passaic Tech (Herbert, Cerat, Liverman, Vassell), 4:15.3; 2. Middletown South, 4:21.8; 3. Toms River South, 4:23.3; 4. Pope John, 4:26.2; 5. Jackson, 4:27.2; 6. Ridgewood, 4:27.5.

3,200M relay – 1. Toms River South (Chelsea Kendrick, Kelly Cannon, Allie Llupico, Jazzmon Morgan), 10:14.2; 2. Middletown North, 10:18.7; 3. Pope John, 10:35.9; 4. Shaker, 10:48.6; 5. Paul VI, 11:09.7; 6. Ridgewood, 11:25.6.

6,400M relay – 1. Shaker (Sheedy, Tibbitts, Bernarde, Snyder), 22:45.9; 2. Middletown South, 22:50.5; 3. Paramus, 23:10.8; 4. Paul VI, 23:20.1; 5. Pope John, 23:43.3; 6. Shaker, 23:53.0.

Sprint medley – 1. Ridgewood (Cait Floochi, Trish McGowan, Holly Birnbaum, Clair Nowakowski), 4:28.1; 2. Jackson, 4:34.2; 3. Middletown South, 4:36.7; 4. Shaker, 4:36.9; 5. Middletown North, 4:37.6; 6. Toms River South, 4:44.9.

Distance medley – 1. Middletown South (Tina Morrison, Jess Morreale, Nicole Lombaroy, Jamie Liberti), 13:21.5; 2. Shaker 13:39.1; 3. Pope John, 13:49.9; 4. Paramus, 14:13.1; 5. Fair Lawn, 14:13.6; 6. Middletown South, 14:38.1.

400M HH relay – 1. Shaker (M. Bernarde, E. Strohl, R. Mesick, Northrup), 1:13.2; 2. Ridgewood, 1:14.9; 3. Middletown South, 1:16.5; 4. Passaic Tech, 1:17.6; 5. Paramus, 1:17.1; 6. Middletown North, 1:22.7.

3x400 IH – 1. Paul VI (Steph King, Katie Byerley, Nicole Burns), 3:47.2; 2. Middletown South, 3:50.8; 3. Paramus, 3:51.2; 4. Immaculate Heart, 3:52.6; 5. Fair Lawn, 3:53.2; 6. Middletown North, 3:58.7.

Long jump – 1. Paul VI (Cheryl Scott, Kaite Byerley, Colleen Devlin), 43-9½; 2. Jackson, 42-8; 3. Immaculate Heart, 41-3; 4. Fair lawn, 40-7; 5. Passaic Tech, 40-10; 6. Shaker, 39-9½.

Triple jump – 1. Passaic Tech (Kahimah Liverman, Vassell, Herbert), 103-11; 2. Shaker, 93-1½; 3. Immaculate Heart, 88- 2; 4. Shaker, 86-1; 5. Ridgewood, 84-11; 6. Parmaus, 58-11½.

High jump – 1. Middletown South, (Lindsay Dike, Emily Brown, Kolleen Mc Canley), 13-8; 2. Ridgewood, 13-6; 3. Immaculate Heart, 13-3. 4- Paramus, 13-0. 5- PCT, 12-9. 6. Shaker, 12-6.

Pole vault – 1. Shaker (Murray, Demars, Sheehan) 14. 2. Ridgewood, 13. 3. Fair Lawn, 7. 4. Paul VI, 6-6. 5- Middletown North, 6.

Shot put – 1-Middletown North (L. Chepanskas, J. Barakakos, C. Henn) 90-2. 2.-Jackson, 87-7½. 3. Middletown South, 83-10. 4. Ridgewood, 81-6½. 5. Toms River South, 80-3. 6. IHA, 75-½.

Discus – 1. Middletown North (Barakakos, Alleva, Henn) 240-2. 2. Middletown South, 238-1. 3. Jackson, 234. 4.Ridgewood, 217. 5. Fair Lawn, 201-8. 6. Toms River South, 198-4.

Javelin – 1. Middletown North (Henn, Alleva, Kelly) 232-4. 2. Middletown South, 232-3. 3. Jackson, 224-7. 4. Pope John, 217-7. 5. IHA, 190. 6. Ridgewood, 189-6.

SEASON OPENER INVITATIONAL

at Englewood

BOYS

Team scores

Division A (large schools)

1. Hackensack, 71; 2. Tenafly, 67.5; 3. Garfield 56.5; 4. Bergen Tech, 26; 5. NV/Demarest 18; 6. Passaic, 17; 7. Bayonne, 16; 8. Fort Lee, 15; 9. Wayne Valley, 14; 10. Barringer, 13; 11. Bergenfield, 12; tie 12. Northern Highlands, 10; 12. Eastside 10.

Division B (small schools)

1. Ramsey, 35; 2. Mahwah, 22; 3. Lyndhurst 17; 4. Wood-Ridge, 14; 5. Saddle Brook, 11; tie 6. Palisades Park, 10; 6. Indian Hills 10; 8. Newton, 7.5; 9. Lakeland, 4; tie 10. Becton, 2; 10. Cliffside Park, 2; tie 12. Manchester, 1; 12. Hasbrouck Heights, 1; 14. Park Ridge, .5.

400 relay – 1. Garfield (K.J. Harris, Rob Richardson, Dave Shratz, Miles Austin), 45.9; 2. Bergen Tech, 46.4; 3. Hackensack, 46.9; TIE4. Passaic, 47.1; 4. Barringer, 47.1; TIE6. Park Ridge, 47.7; 6. Newton, 47.7.

800 relay – 1. Hackensack (Dennis Whyte, Poarch, Handak), 1:35.7; 2. Bergen Tech, 1:35.9; 3. Bayonne, 1:37.2; 4. Lyndhurst, 1:37.7; 5. Garfield, 1:38.4; 6. Ramsey, 1:39.1.

1,600 relay – 1. Hackensack (Cole, Simmons, Dennis, Whyte), 3:36.2; 2. Tenafly, 3:36.5.; 3. Bergen Tech, 3:37.7; 4. Ramsey, 3:42.2; 5. Garfield, 3:44.0; 6. Saddle Brook, 3:45.3.

3,200 relay – 1. Indian Hills (Aramy Cho, Elan Goldhasser, Matt Filandro, Matt Hypla), 8:45.7; 2. Ramsey, 8:47.7; 3. Fort Lee, 8:49.5; 4. Saddle Brook, 8:52.0; 5. Tenafly, 8:53.0; 6. Hasbrouck Heights, 8:55.6.

6,400 relay – 1. Tenafly (Taylor Smith, Brendan Sullivan, Jesse Weber, Zach Lerner), 19:31.7; 2. Garfield, 19:49.4; 3. Saddle Brook, 20:33.9; 4. Wayne Valley, 20:36.8; 5. Cliffside Park, 20:45.1; 6. Bergen Tech, 20:43.6.

Sprint medley – 1. Bayonne (Ramon Zhmurenka, Christian Francia, Sabier Tulier, Fitzhubert Reynolds), 3:47.4; 2. Rutherford, 3:50.3; 3. Tenafly, 3:54.3; 4. Newton, 3:56.4; 5. Palisades Park, 3:59.3; 6. Bergen Tech, 4:00.2.

Distance medley – 1. Demarest (Mike Accordino, San Lee, Dan Gershoni, Dane Garbasco), 11:20.5; 2. Tenafly, 11:21.3; 3. Garfield, 11:38.8; 4. Hackensack, 11:46.5; 5. Ramsey, 11:53.0; 6. Hasbrouck Heights, 11:57.3.

Intermediate hurdles – 1. Ramsey (Chung, Gingery, Sterbinsky), 3:06.3; 2. Northern Highlands, 3:08.2; 3. Eastside, 3:09.4; 4. Tenafly, 3:10.1; 5. Bergen Tech, 3:11.0; 6. Fort Lee, 3:12.2.

Shuttle hurdles – 1. Tenafly (Randy Lampert, Terry Yong, Yaval Schwartz, Thomas Jan), 1:10.8; 2. Garfield, 1:11.2; 3. Lyndhurst, 1:12.6; 4. Demarest, 1:13.3; 5. Fort Lee, 1:13.6; 6. Northern Highlands, 1:14.6.

Long Jump – 1. Garfield (Robert Richardson, Miles Austin, Andreano), 58-5; 2. Tenafly, 55-0; 3. Hackensack, 54-6 ¼; 4. Ramsey, 53-8 ¾; 5. Fort Lee, 52-4; 6. Newton, 52-3.

High jump – 1. Barringer (Johnnie Taylor, Chase Long, Jaleel Fykes), 17-2.; 2. Mahwah, 16-10; 3. Palisades Park, 11-8; 4. Eastside, 11-6; 5. Bergenfield, 11-4; 6. Tenafly, 10-10.

Triple jump – 1. Bergenfield (Weston Daniel, Andre May, Mike Campagna), 127-1; 2. Garfield, 121-2; 3. Tenafly, 118-3; 4. Fort Lee, 115-5; 5. Palisades Park, 113-9; 6. Northern Highlands, 111-4.

Shot put – 1. Hackensack (Lee Crusius, Wesley Nottingham, Valbert Wyche), 145-11; 2. Mahwah, 127-2; 3. Passaic, 126-4; 4. Lakeland, 123-10; 5. Wood-Ridge, 122-5; 6. Garfield, 122-1.

Javelin – 1. Wood-Ridge (Paul Rusiak, Martin Gamasinski, Mike Carreyo), 453-7; 2. Hackensack, 405-3; 3. Rutherford, 402-1; 4. Tenafly, 383-6; 5. Becton, 382-10; 6. Manchester, 372-3.

Discus – 1. Hackensack (Wesley Nottingham, Valbert Wyche, Lee Crusius), 386-8; 2. Passaic, 385-3; 3. Ramsey, 352-8; 4. Mahwah, 350-8; 5. Wood-Ridge, 347-2; 6. Garfield, 341-2.

Pole vault – 1. Wayne Valley (Rob Kelly, Jeff Young, John Tambini), 33-0; TIE2. Hackensack, 32-6; 2. Lyndhurst, 32-6; 4. Demarest, 29-0; 5. Newton, 23-0; TIE6. Garfield, 19-0; 6. Tenafly, 19-0.

GIRLS

Team scores

Division B (small schools)

1. Hasbrouck Heights, 82; 2. Newton, 40; 3. Indian Hills, 30; 4. Saddle Brook, 24; 5. New Milford, 18; tie 6. Ramsey, 15; 6. Pascack Hills, 15; 8. Rutherford, 14; 9. North Arlington, 2; 10. Wood-Ridge, 1.

Division A (large schools)

1. Hackensack, 39.5; 2. NV/Demarest 38; 3. Northern Highlands, 35; 4. Tenafly, 31; 5. Vernon, 28; tie 6. Bergen Tech, 18; 6. Passaic, 18; 8. Wayne Valley, 16; 9. Eastside, 13.5; 10. Bergenfield, 8; tie 11. West Milford, 4; 11. Bayonne, 4.

400 relay – 1. Hasbrouck Heights (Gagliardi, Mackenzie Woods, Mallory Woods, Cagiao), 53.3; 2. Saddle Brook, 54.0; 3. Tenafly, 54.8; 4. Northern Highlands, 55.2; tie 5. Hackensack, 55.4; TIE5. Holy Angels, 55.4.

800 relay – 1. Hasbrouck Heights (Nicoletti, Makenzie, Cagiao, Mallory Woods) 1:52.7; 2. Saddle Brook, 1:53.2; 3. Hackensack, 1:55.8; 4. Holy Angels, 1:56.4; 5. Wayne Valley, 1:58.7; 6. Tenafly, 1:59.7.

1,600 relay – 1. Northern Highlands (Michele Cooper, Alison Orrico, Alex Christensen, Sarah Christensen), 4:25.8; 2. Bergen Tech, 4:27.7; 3. Ramsey, 4:28.6; 4. Eastside, 4:31.7; 5. Vernon, 4:31.8; 6. Holy Angels, 4:34.5.

3,200 relay – 1. Hackensack (Hanif, Frazier, Serpa, Bernard), 10:41.7; 2. Northern Highlands, 10:52.9; 3. Hasbrouck Heights, 11:00.2; 4. Newton, 11:07.6; 5. West Milford, 11:10.5; 6. Holy Angels, 11:13.4.

6,400 relay – 1. Passaic (Alejandra Mondragon, Gaisel Martinez, Awinna Martinez, Yamirda Majia), 23:50.2; 2. Wayne Valley, 23:58.9; 3. Tenafly, 24:01.0; 4. Northern Highlands, 24:13.6; 5. Hackensack, 24:22.6; 6. Hasbrouck Heights, 24:30.5.

Sprint medley – 1. Bergen Tech (Stephanie Johnson, Elizabeth Luke, Danielle Devlehan, Lauren Fowler), 4:31.2; 2. Hasbrouck Heights, 4:40.0; 3. Indian Hills, 4:42.3; 4. Newton, 4:45.0; TIE 5. Eastside, 4:45.8; 5. Ramsey, 4:45.8.

Distance medley – 1. Tenafly (Sarah Adelson, Blair Lippman, Alice Matsumoto, Julia Emanuel), 13:59.9; 2. Passaic, 14:05.8; 3. Newton, 14:27.6; 4. Hasbrouck Heights, 14:35.6; 5. Saddle Brook, 14:40.6; 6. West Milford, 14:44.2.

Intermediate hurdles – 1. Hasbrouck Heights (Stenato, DellaFave, Florio), 3:43.0; 2. Demarest, 3:43.6; 3. Vernon, 3:47.3; 4. N. Highlands, 3:48.9; TIE 5. Pascack Hills, 3:52.4; 5. Ramsey, 3:52.4.

Shuttle hurdles – 1. Hasbrouck Heights (DeSimont, McClean, DellaFave, Marfino), 1:09.5; 2. Vernon, 1:11.1; 3. Ramsey, 1:14.0; 4. Newton, 1:15.0; 5. Saddle Brook, 1:15.5; 6. Holy Angels, 1:16.3.

Long jump – 1. Indian Hills (Larra Lynch, Diana Christopoulos, Shrissy Procopio), 44-11½; 2. Eastside, 44-3¼; 3. Hasbrouck Heights, 42-2; 4. Saddle Brook, 41-11½; 5. Wayne Valley, 41-2½; 6. Northern Highlands, 41-1.

High jump – 1. Newton (Colleen Moore, Fania Dardagenas, Robyn Nagel), 14-2; TIE2. Indian Hills, 13-8; 2. Rutherford, 13-8; 4. Hasbrouck Heights, 13-2; 5. Northern Highlands, 9-2; 6. West Milford, 9-0.

Triple jump – 1. Hasbrouck Heights (Cherilyn Marfino, Regina Stellate, Emmeny Beadle), 96-11; 2. Bergenfield, 96-3; 3. Indian Hills, 93-10; 4. Holy Angels, 91-2; 5. Newton, 88-5; 6. Northern Highlands, 88-0.

Shot put – 1. NV/Demarest (Lisa Pururs, Jessica Fazekas, Kelly Fazekas), 115-8; 2. Hackensack, 97-5½; 3. New Milford, 92-4; 4. Wayne Valley, 88-9½; 5. Hasbrouck Heights, 85-6½; 6. Northern Highlands, 84½.

Javelin – 1. NV/Demarest (Kelly Fazekas, Diana Pucurs, Jessica Fazekas), 312-11; 2. Rutherford, 254-8; 3. New Milford, 250-2; 4. Bayonne, 248-2; 5. Vernon, 240-2; 6. Hasbrouck Heights, 237-10.

Discus – 1. NV/Demarest (Lisa Pucurs, Kelly Fazekas, Jessica Fazekas), 318-3; 2. Hackensack, 284-6; 3. New Milford, 268-9; 4. Vernon, 249-2; 5. North Arlington, 240-10; 6. Wood-Ridge, 235-9.

Pole vault – 1. Newton (Bethany Little, Robyn Nagel, Laura Filan), 23-6; 2. Tenafly, 21-6; 3. Vernon, 20-0; 4. Hackensack, 13-0.

RIDGEWOOD VS Hackensack and Nutley **April 8, 2002**
Ridgewood-45.5 Hackensack-86.5 Ridgewood-112 Nutley-10

Long Jump: 1-Bruce, Hackensack, 14-5.75. 2-Trish McGowan, RHS, 14-4.5. 3-Cait Fiocchi, RHS, 14-4.5. 4-Courtney O'Neill, RHS, 12-6.75.
nonscoring: O'Connell, 11-11. Palacios, 10-3.
Ridgewood-4 Hackensack-5 Ridgewood-9 Nutley-0

400Hurdles: 1-Brintany Fraizer, H, 2-Courtney O'Neill, RHS, 75.1. 3-Chelsey Townes, H, 4-Kristen Rooke, RHS, 75.5. 5-Jessica Wiedersich, Nutley, 81.8.
nonscoring: Nash, 85.9.
Ridgewood-3 Hackensack-6 Ridgewood-8 Nutley-1

100 meters: 1-Trish McGowan, RHS, 13.4. 2-T.Bruce, H, 13.6. 3-Cait Fiocchi, RHS, 13.8. 4-Holy Birnbaum, RHS, 14.8.
nonscoring: Carrie, 14.8. Tiernan,15.1. Wells,15.4. Vetter,15.4. Willett,16.0. Romney,16.0. Genova,16.2. Briening,16.7. Marceys,16.8. Spinello,16.9. Norchi,17.1. Hamilton,19.3.
Ridgewood-6 Hackensack-3 Ridgewood-9 Nutley-0

1600 meters: 1-S.Bernard, H, 5:36 2-C.McQuire, H, 5:38. 3-Emily Terrin, RHS, 5:43.5. 4-Meghan O'Connell, RHS,5:53.9. 5-Williams, N, 5:59.4.
nonscoring: Dunn, 6:16.8. Mangam, 6:31.0. McDonagh, 6:36.3. Martin, 6:47.1. Park, 7:01.8.
Ridgewood-1 Hackensack-8 Ridgewood-8 Nutley-1

400 meters: 1-Clair Nowakowski, RHS, 61.8. 2-Thomas, H, 64.5. 3-McVey, H, 64.9. 4-Rebecca Wells, RHS, 70.3. 5-Ashley Carri, RHS, 72.3.
nonscoring:
Ridgewood-5 Hackensack-4 Ridgewood-9 Nutley-0

100 Hurdles: 1-Julei Burrell, H, 17.6. 2-C.O'Neill, RHS, 18.2. 3-Frasier, H, 19.5. 4-Borgman, RHS, 19.1. 5. Rooke, RHS, 19.7.
nonscoring: Sill, 19.8. Nash, 20.3. Rodgers, 20.8.
Ridgewood-3 Hackensack-6 Ridgewood-9 Nutley-0

800 meters: 1-C.Nowakowski, RHS, 2:26.0. 2-Emily Terrin, RHS, 2:31.7. 3-Serpa, H, 2:34.4. 4-Angela Mercer, RHS, 2:34.9.
nonscoring: Burns, 2:52.6.
Ridgewood-8 Hackensack-1 Ridgewood-9 Nutley-0

200 meters: 1-Trish McGowan, RHS, 28.1. 2-McVey, H, 28.4. 3-Bruce, H, 29.0. 4-Fiocchi, RHS, 29.5. 5-Holly Birnbaum, RHS, 30.9.
nonscoring: Willett,32.9. Sill,33.1. Rodgers,33.4. Fenzel,33.4. Divita,33.6. Genova,33.8. Romney,34.1. Briening,34.9. Spinello,36.0. Marceys,36.3. Norchi,36.7.
Ridgewood-5 Hackensack-4 Ridgewood-9 Nutley-0

3200 meters: 1-S.Bernard, H, 12:04.5. 2-C.McGuire, H, 12:23.9. 3-Meghan O'Connell, RHS, 12:31.0. 4-Williams, N, 12:31.1. Jenna Rubinoff, RHS, 13:24.1.
nonscoring: Lynch, 14:00.5. Foresman, 14:00.5.
Ridgewood-1 Hackensack-8 Ridgewood-6 Nutley-3

Triple Jump: 1-McGowan, 33-7.75. 2-H. 3-H. 4-R. 5-R.
nonscoring: Birnbaum, 24-3.5. Fenzel, 24-0.
Ridgewood-5 Hackensack-4 Ridgewood-9 Nutley-0

Shot Put:1-H. 2-H. 3-H. 4-Masterson, R, ?. 5-Espenak, R, ?. 6-Hugin, Nutley, 26-2.5.
nonscoring: Masterson. Espenack. L.Bigos. Delicate.
Ridgewood-0 Hackensack-9 Ridgewood-8 Nutley-1
Discus: 1-Hackensack. 2-Hackensack. 3-Tara Masterson, RHS, 91-4. 4-Elaina Maffucci, Nutley, 74-4. 5-Katie Hugin, N, 60-4.
nonscoring: Espenak, 59-11. L.Bigos, 57.
Ridgewood-1 Hackensack-8 Ridgewood-5 Nutley-4
High Jump: 1-Thomas, H, 4-10. 2-Meg Anderson, RHS, 4-10. 3-Hyslop,RHS & Thomas, H, 4-10. 5-Christine Divito, RHS, 4-6.
Ridgewood-3.5Hackensack-5.5 Ridgewood-9 Nutley-0
Javelin: 3-Diana Mangam, RHS, 59'9" (non-scoring)
4X400 Relay: 1. Hackensack 2-Ridgewood, 4:26.9 (Fiocchi-67.2, Terrin-69.9, Palacios-67.8, Nowakowski-62.0).
nonscoring: Frosh, 4:47.5, (Wells-71.5, Tiernan-68.9, Burns-76.9, Rooke-70.5).
Ridgewood-0 Hackensack-5 Ridgewood-5 Nutley-0
We worked together well as a team today but we beat the poor team and lost to the Good team. So we still need to work to be a better team. Kristen Rooke's finish in the 100H showed spark and desire and Meghan O'Connell willingness to run with Bernard in the 3200 showed promise.

ENGLEWOOD RELAYS **APRIL 13TH , 2002**

4x1600: Mangam-6:15, Martin-6:59, Park-6:52, McDonagh-6:51. = 26:55
O'Connell-5:46.0, Rubinoff-6:02.8, Dunn-6:09.0, Terrin-5:42.4. = 23:40.2
Burns-6:18, Behan-6:22.0, Lynch-6:20., Foresman-6:09.0. = 25:09

4X100H: Borgman-18.8, Sill-18.9, Rooke (fell)-22.7, O'Neill-17.3. = 1:17.7

4X100: "A" - Carri, Vetter, Tiernan, Wells = 58.8
"B" - Lettieri, Willett, Romney, Genova = 65.2
"C" - Cody, Munthe Highet, Maloney = 68.3

4X800: Mercer-2:33.0, Wells-2:47.1, O'Connell-2:41.8, Terrin-2:43.5. = 10:45.4

4X200: Fiocchi-29.3, Birnbaum-28.9, Carri-31.2?, McGowan-26.1?. = 1:55.5
Novice: Anderson-32.6, Herscheit-33.2, Schultz-33.5. Nash-31.8 = 2:11.1
Frosh: Marceyes-35.7,. Norchi-35.2, Breining-35.1, Rodgers-32.2 = 2:18.2

Sprint Medley: Fiocchi-65.4, McGowan-28.8, Birnbaum-29.3, Nowakowski-2:20.4 = 4:23.9 **2nd PLACE**

Distance Medley: O'Connell-4:16.3, Palacios-66.7, Terrin-2:33, Nowakowski-5:24.8 =13:21.7 **2nd Pl.**

3X400H: Rooke-79.3, Borgman-81.0, Nash-89.1. =

4X400: Palacios-69.3, Tiernan-69.8, Mercer-67.0, Nowakowski-63.7 = 4:29.8
Frosh: Rynkowski-73.2, Munthe-77.0, Breining-80.3, Wells-68.6 = 4:59.1

High Jump: Hyslop-4'10", M.Anderson-4'8". = 9' 6" **2nd place**

Pole Vault: Fiocchih-7'6", Borgman-6'6" = 14' **2nd place**
O'Neill-~~14'6"~~ 6-6, Romney-NH = 6' 6" **6th place tie**

Long Jump: McGowqn-15'8", Fiocchi-15'10" = 31' 6" **3rd Place**
O'Neill-14'5", O'Connell-12'6" = 26' 11" (12/17)

Triple Jump: McGowan-32' 5", Birnbaum-26' 3.5" = 58' 8.5" **6th place**

Shot: Masterson-28'10", Espenak-25' 0.5" =53'10.5" (10/17)
L.Bigos-21' 1.5", Delicate-15' 8.75" = 36'10.25

Discus: Masterson-93', Espenak-75'11" = 161'2" (7/14)
L.Bigos-59'3", Delicate-47'6" = 106'9"

Javelin: Rooke-76'11", Espenak-67'3" = 144'0" (9/16)

We were 5th of 19 teams. The best local team but none of the good local teams were at the meet. We have a lot of work to do for the country relays this weekend. Notable performances from Jenna Rubinoff, Daniela Sill, Angela Mercer, Trish McGowan (200), Emily Terrin (2nd 800), Clair Nowakowski (triple), Fiocchi (long jump), Kristin Rooke (javelin).

RIDGEWOOD VS TEANECK & BELLVILLE

Ridgewood-68 Teaneck-54 Ridgewood-115 Belville-7

Long Jump: 1-Fiocchi, R, 15-8.5. 2-Ashley Steward, T, 15-4.5. 3-McGowan, R, 15-3.5.
nonscoring: O'Neill, 14-8. Palacios, 11-3.5.
Ridgewood-6 Teaneck-3 RHS-9 Bellville-0

400Hurdles: 1-Ashley Steward, T, 71.1. 2-Michelle Smith, T, 71.6, 3-Terilyn Fleming, T, 76.8.
nonscoring: O'Neill, 78.0. Sill, 81.5, Nash, 82.8.
Ridgewood-0 Teaneck-9 RHS-9 Bellville-0

100 meters: 1-McGowan, R, 12.8. 2-Shetoi Francis, T, 12.8. 3-Ashley Steward, T, 13.1
nonscoring: Fiocchi, 13.3. Carri, 14.0. Birnbaum, 14.3. Patel, 14.7. Vetter, 14.9. Genova, 15.2. Rynkowski, 15.2. Willett, 15.5. Herscheit, 15.5. Romney, 15.8. Schultz, 15.8. Briening, 16.5. Lettieri, 16.5, Norchi, 16.8.
Ridgewood-5 Teaneck-4 RHS-9 Bellville-0

1600 meters: 1-O'Connell, R, 5:50.4. 2-Casey Dunn, R, 6:01. 3-Rubinoff, R, 6:10.6
nonscoring: Behan, 6:11.8. Mangam, 6:25.8. Burns, 6:29.6. McDonagh, 6:31.3. Park, 6:49.8.
Ridgewood-9 Teaneck-0 RHS-9 Bellville-0

400 meters: 1-Jen Andujar, T, 60.4. 2-Nowakowski, 61.5, 3-Palacios, 66.0
nonscoring: Tiernan, 69.6.
Ridgewood-4 Teaneck-5 RHS-9 Bellville-0

100 Hurdles: 1-O'Neill, R, 16.7. 2-Michelle Smith, T, 17.8. 3-Sill, R, 18.1
nonscoring: Borgman, 18.7. Rodgers, 20.1. Nash, 20.8
Ridgewood-6 Teaneck-3 RHS-9 Bellville-0

800 meters: 1-Nowakowski, R, 2:24. 2-Mercer, R, 2:34.5. 3-Tashii Haywoood, T, 2:42.
nonscoring: Dunn, 2:47.2.
Ridgewood-8 Teaneck-1 RHS-9 Bellville-0

200 meters: 1-Jen Andujar, T, 26.1. 2-Shetoi Francis, T, 26.6. 3-McGowan, R, 27.2
nonscoring: Fiocchi, 28.0. Carri, 29.5, Birnbaum, 29.7. Borgman, 29.8. Patel, 31.1. L.Anderson,32.2. Vetter, 32.4. Romney, 33.1. Highet, 33.7.
Ridgewood-1 Teaneck-8 RHS-9 Bellville-0

3200 meters: 1-O'Connell, R, 12:49.2. 2-Foresman, R, 13:08.6. 3-Rubinoff, R, 13:57.7.
Ridgewood-9 Teaneck-0 RHS-9 Bellville-0

Triple Jump: 1-McGowan, R, 34-6.75. 2-?,T 3-?,T
nonscoring: Nash,22-10.
Ridgewood-5 Teaneck-4 RHS-6 Bellville-3

Shot Put: 1-Masterson, R, 31. 2-Thomas, T, 29-4. 3-Henry, T, 28'10".
nonscoring: Espenak, 25. L.Bigos, 23-2, Delicate, 21-10.
Ridgewood-5 Teaneck-4 RHS-5 Bellville-4

Discus: 1-Robinson, T, 90-1. 2-Masterson, R, 89-4. 3-Michavd, T, 78-9.
nonscoring: Espenak, 63-3.5. L.Bigos, 54-8. Delicate, 51-4.
Ridgewood

High Jump: 1-M.Anderson, R, 4-10. 2-Hyslop, R, 4-8. 3-Williams, T, 4-8.
nonscoring: Devita,4-6. Cody, NH.
Ridgewood-8 Teaneck-1 RHS-9 Bellville-0

4X400 Relay: 1-Teaneck, ??. 2-Ridgewood, 4:24.3 (Palacios-68.3, Mercer-66.3, Tiernan-67.2, Nowakowski-62.5)

Great Victory for us. We beat Teaneck at their house in what they do well, 100, 100H, HJ, and Shot! We of course swept the Distance. Great LJ by Fiocchi, Hurdle win by O'Neill, and Trish coming back from the 200 and getting a win in the Triple. We delt with heat like champs!

Ridgewood girls track team gearing up for Bergen Relays

Sports Sidelights

Jim Jones

Ridgewood High's girls track team lacks the depth of past seasons, but look for some outstanding performances by the Lady Maroons in the upcoming major meets. Jacob Brown, acknowledged as one of the top mentors in the state in the sport, has embarked on his 31st year guiding the team. Ridgewood has won numerous titles over the years and produced many outstanding college athletes.

"We've been preparing for the Jack Yockers Bergen County Relays this weekend," Brown said. "That's our focus for April." The big school portion begins this afternoon, with Ridgewood the host (the small schools will vie at Glen Rock), and the big meet continues tomorrow at Tenafly.

While out-of-area teams dominated last weekend's Englewood Relays, the Maroons had the top finish among local schools, placing fifth in their division. Toms River East was first, 16 1/2 points ahead of Hunterdon Central.

Ridgewood received a strong effort from senior standout Clair Nowakowski whose anchor efforts led to second-place finishes in the sprint medley and distance medley relay races. Brown said Nowakowski, who recently signed a letter of intent to attend the University of Georgia, where she will run cross-country as well as winter and spring track, is "a cut above everybody else" in a solid group of distance runners on the squad.

The team captains are Nowakowski, sprinter-jumper Cait Fiocchi and distance runners Peggy Lynch and Julia Foresman. Fiocchi jumped 15 feet, 10 inches in the long jump, which is a new event for her. She teamed with junior Trish McGowan (15-10) for third place at Englewood. McGowan is the top sprinter and triple jump athlete on the team and Brown said, "She is evolving into someone real important for us."

With an American winning the first women's pole vault in the 2000 Olympics, the event has attracted a great deal of interest. Fiocchi, juniors Evann Borgman and Courtney O'Neill and sophomore Carolyn Romney have shown much improvement in the vault, and Brown said, "I'm pleased with the development of the group." He

SEE **TRACK, D6**

Track

FROM D1

calls it, "a neat event."

Fiocchi (7-6) and Borgman (6-6) teamed for second place in the Englewood Relays pole vault, which is not contested in dual meets.

In the sprint medley relay, Nowakowski ran a 2:20.4 split in the final 800 meters in the quartet's second-place finish to Newark Science. Fiocchi, McGowan and sophomore Holly Birnbaum ran the other legs. Nowakowski capped the runner-up finish to Passaic Valley in the distance medley with a 5:24.8 in the 1,600-meter anchor. Meghan O'Connell, freshman Mariana Palacios and Emily Terrin also ran in that event.

Ridgewood also had a second in the high jump at Englewood as Corinne Hyslop (4-10) and Megan Anderson (4-8) placed behind Mount Vernon's duo. Brown said the juniors are jumping real well in the early season.

The coach said other athletes who turned in notable performances at Englewood were Jenna Rubinoff, Daniela Sill, Angela Mercer and javelin thrower Kristin Rooke.

Ridgewood owns wins over Holy Angels and Nutley in dual meets, with a loss to Hackensack.

Brown looks for top-notch performances from his team as the season progresses. "Once we get into the championship meets in May, the kids will have more opportunities to stand out," he said.

BERGEN COUNTY RELAYS **April 20 & 21, 2002**

Friday at Ridgewood:
Discus: Masterson-89-6. Espenak-79-5. Delicate-57-9. = 244-8. 4th place

Rain postponed the rest of Friday's events till tomorrow at Tenafly.

Saturday at Tenafly:

4X100H:	O'Neill-17.0, Rynkowski-22.2, Nash-20.7, Rooke-18.7. = 1:18.4	4th place
4X100m:	Fiocchi, Carri, Tiernan, McGowan = 54.0	3rd place (others DQed)
Distance Med.	Terrin-4:00.6, Palacios-66.0, Mercer-2:31.6, Nowakowski-5:11.6 = 12:50.2	**1st place**
Sprint med.	McGowan-28.0, Carri, 29, Fiocchi-63.2, Nowakowski, 2:23.6. = 4:23.6	4th place
4X800:	Terrin-2:30.5, Mercer-2:33.0, Wells-2:41.1, Nowakowski-2:26.1. = 10:10.6	2nd place
4X400:	Palacios-68.0, Tiernan-66.5, Rooke-67.3, Mercer-65.6 = 4:27.5	5th place
High Jump:	O'Neill-NH, DeVita-NH, Hyslop-4-8. = 4-8	5th place (no 6th)
Shot	Masterson-?, Espenak-?. Delicate-?. = 72-11.5.	5th place
Triple Jump	Nash-25-10, Patel-25-3, Bruns-NM = 51-1	4th place (beat Fairlawn!)
Javelin	Rooke-71. Espenak-67-7, Mangam-65. = 204-9.	4th place
3X400H	O'Neill-75.4, Rooke-76.6, Nash-81.2 = 3:53.4	4th place
4X1600:	Dunn-5:58. Foresman-5:52, Rubinoff-6:06, Terrin-5:58. = 23:55.8	3rd place
4X200	Fiocchi-28.8, Carri-28.8, Palacios-29.7, McGowan-26.6. = 1:54.0	4th place
Long Jump:	Fiocchi-15-4. McGowan-14-7. O'Neill-13-.5. = 42-11.5.	**1st place**

Our vacation weakened team had a solid meet, which enabled us to place 3rd and stay ahead of Teaneck. We had few if any big mistakes and a number of notable performances. Clair beat Smith for the DM win and Cait Fiocchi had the 3rd best jump of the day in 3-4 to lead the long jump team to victory.

BERGEN COUNTY RELAYS

GIRLS

GROUP 1

Team Scores: Hasbrouck Heights 123, Glen Rock 114, Saddle Brook 68, New Milford 32, Lyndhurst 26, Wood-Ridge 21, Ridgefield 20, Westwood 20, Cresskill 14, Park Ridge 13, Midland Park 9, Palisades Park 2.

400 - 1. Hasbrouck Heights (Erica Gagliardi, Makenzie Woods, Mallory Woods, jen Cagiao), 51.8; 2. Saddle Brook, 52.4; 3. Glen Rock, 54.5; 4. Lyndhurst, 54.7; 5. Westwood, 55.4.

800 - 1. Hasbrouck Heights (Heather Nicoletti, Makenzie Woods, Mallory Woods, jen cagiao), 1:49.7; 2. Saddle Brook, 1:50.5; 3. Westwood, 1:54.1; 4. Glen Rock, 1:56.2; 5. Lyndhurst, 1:56.8; 6. Park Ridge, 1:57.2.

1,600 - 1. Glen Rock (Amanda Peraino, Mary Moore, Ali Dykhouse, Kim Mineo), 4:12.6; 2. Hasbrouck Heights, 4:14.9; 3. Lyndhurst, 4:24.2; 4. Saddle Brook, 4:26.7; 5. Cresskill, 4:31.2; 6. Westwood, 4:35.3.

3,200 - 1. Glen Rock (Liz Saydah, Danielle Patoir, Kristen Stephen, Erin Henry), 10:08.6; 2. Hasbrouck heights, 10;27.3; 3. Ridgefield, 10:47.6; 4. Palisades Park, 10:53.3; 5. Saddle Brook,10;55.3; 6. Wood-Ridge, 12:19.3.

6,400 - 1. Glen Rock (Liz Saydah, Danielle patoir, Brenna O'Rourke, Erin Henry), 22:32.0; 2. Hasbrouck Heights, 24:18.9; 3. Cresskill, 25:02.2; 4. Saddle Brook, 25:07.3.

Sprint medley - 1. Glen Rock (Eileen Ward, Betsy Van Langen, Amanda Peraino, Kim Mineo), 4:21.5 (record, old record, 4:23.9 by Glen Rock, 2001); 2. Hasbrouck Heights, 4:29.5; 3. Cresskill, 4:37.2; 4. Wood-Ridge, 4:46.0; 5. Lyndhurst, 4:48.8; 6. Park Ridge, 5:06.8.

Distance medley - 1. Glen Rock (Erin Henry, Christina Patoir, Mary Moore, Danielle Patoir), 13:02.3; 2. Ridgefield, 13:51.3; 3. Hasbrouck Heights, 13:53.1; 4. Saddle Brook, 13:58.2; 6. Palisades Park, 14:14.9.

Shuttle HH - 1. Hasbrouck Heights (Nicole DeSimone, Christie Della Fave, Hayley McClean, Cherilyn Marfino), 1:09.2; 2. Saddle Brook, 1:10.6; 3. Glen Rock, 1:11.2; 4. Wood-Ridge, 1:17.2; 5. New Milford, 1:17.5; 6. Midland Park, 1:18.3.

3 x 400 IH - 1. Glen Rock (Kim Mineo, Molly Matanle, Ali Dykhouse), 3:26.6; 2. Hasbrouck Heights, 3:43.6; 3. Midland Park, 3:52.7; 4. Park Ridge, 4:08.1; 5. Lyndhurst, 4:08.6; 6. Wood-Ridge, 4:13.5.

Shot put - 1. New Milford (Rose Rebustillo, Tatiana Ciccone, Alyssa Koob), 93-4½; 2. Hasbrouck Heights, 89-5; 3. Lyndhurst, 83-0; 4. Westwood, 81-11½; 5. Saddle brook, 81-4½.

Discus - 1. New Milford (Rose rebustillo, Tatiana Ciccone, Alyssa Koob), 264-9; 2. Glen Rock, 251-8; 3. Saddle Brook, 240-7; 4. Hasbrouck Heights, 228-8; 5. Park Ridge, 227-8; 6. Westwood, 222-10.

Javelin - 1. New Milford (Sandra Corso, Darena Sita, Tatiana Ciccone), 267-3; 2. Hasbrouck Heights, 264-7; 3. Ridgefield, 257-6; 4. Glen Rock, 243-4; 5. Saddle Brook, 235-7; 6. Wood-Ridge, 212-0.

High jump - 1. Tie between Hasbrouck Heights (Emmery Beadle, Mallory Woods, Cherilyn Marfino) and Glen Rock (Betsy Van langen, Kim Mineo, Danielle Patoir), 13-10; 3. Saddle Brook, 12-10; 4. Wood-Ridge, 4-6; 5. Midland Park, 4-2. No sixth.

Long jump - 1. Glen Rock (Meg Thielke, Molly Matanle, Betsy Van Langen), 43-0; 2. Hasbrouck heights, 42-10½; 3. Saddle brook, 40-5½; 4. Lyndhurst, 38-8½; 5. Westwood, 36-11; 6. Wood-Ridge, 35-7½.

Triple jump - 1. Hasbrouck Heights (Regina Stellato, Cherilyn Marfino, Emmery Beadle), 96-0; 2. Saddle Brook, 92-10; 3. Glen Rock, 90-6; 4. Wood-Ridge, 87-2; 5. Westwood, 80-4 ½; 6. Park Ridge, 78-2.

GROUP 2

Team Scoring: Ramsey 114, Indian Hills 64, Dumont 47, Rutherford 42, Queen of Peace 37, Ridgefield Park 36, Pascack Hills 27, Mahwah 24, Leonia 18, Englewood 7.

400 - 1. Queen of Peace (Emillie Saintus, Janine Davis, Takara Wilks, Anike Orimogunje), 48.6 (meet record, old record, 50.8 by Glen Rock, 1995; ties bergen County record set by Teaneck, 1980); 2. Ramsey, 55.2; 3. Englewood, 55.3; 4. Rutherford, 55.8; 5. Dumont, 56.4.

800 - 1. Queen of Peace (Emilie Saintus, Takara Wilks, Anike Orimogunje, Janine davis), 1:44.8 (record, old record, 1:47.5 by Glen Rock, 1995); 2. Ramsey, 1:56.1; 3. Ridgefield Park, 1:59.9; 4. Leonia, 2:04.0.

1,600 - 1. Ramsey (Amanda Kunuken, Beth Montana, Dina Assis, kate Siembieda), 4:23.5; 2. Queen of Peace, 4:30.2; 3. Pascack Hills, 4:40.9. No other places.

3,200 - 1. Dumont (Sue Giesemann, Malena Caballero, Mary Kranjak, Felicia Chevalier), 10:25.6; 2. Ramsey, 10:46.0; 3. Indian Hills, 10:49.4; 4. Pascack Hills, 11:28.2.

6,400 - 1. Dumont (Sue Giesemann, Malena Caballero, Mary Kranjak, Felicia Chevalier), 24;12.0; 2. Ramsey, 24:22.9.

Sprint medley - 1. Ramsey (Halley Coonrad, Kate Siembieda, Amanda Knutsen, Beth Montana), 4:43.3; 2. Mahwah, 4:48.9; 3. Queen of Peace, 4:50.8; 4. Leonia, 4:56.5; 5. Pascack Hills, 4:57.8; 6. Ridgefield park, 4:58.7.

Distance medley - 1. Dumont (Sue Giesemann, Erin Jones, malena Caballero, Felicia Chevalier), 13:34.2; 2. Ramsey, 14:04.7; 3. Ridgefield Park, 14:32.4.

Shuttle HH - 1. Ramsey (Vicky Checkley, Alex Paslawsky, Danielle Davis, Dana Assis), 1:13.1; 2. Mahwah, 1:16.4; 3. Leonia, 1:17.8; 4.

3 x 400 IH - 1. Ramsey (Caroline Hockmeyer, Deb davis, Dina Assis), 3;46.2; 2. Mahwah, 3:54.1; 3. Indian Hills, 4:07.4; 4. Leonia, 4:16.2.

Shot put - 1. Indian Hills (Jesse Steinbergle, Liz leduc, Tina Triantafilidi), 85-0½; 2. Ramsey, 80-2; 3. Ridgefield Park, 73-11 ¼; 4. Pascack Hills, 72-1; 5. Dumont, 70-1; 6. Queen of Peace, 68-9½.

Discus - 1. Ramsey (Ashley Drussel, Nicole Nakagawa, Donna Tarzian), 261-10; 2. Pascack Hills, 257-1; 3. Indian Hills, 233-7; 4. Rutherford, 217-8; 5. Ridgefield park, 199-2; 6. Dumont, 184-3.

Javelin - 1. Rutherford (Gina Forte, danica Miller, Ellen Rienzi), 291-5; 2. Ridgefield Park, 220-5; 3. Dumont, 210-3; 4. Indian Hills, 195-3; 5. Queen of Peace, 173-10; 6. Englewood, 171-8.

High jump - 1. Rutherford (Ellen Rienzi, Celine Patel, Margaret Cahill), 14-0; 2. Indian Hills, 13-6; 3. Ridgefield Park, 13-0; 4. Ramsey, 9-0.

Long jump - 1. Indian Hills (danielle Kroll, Laura Lynch, Chrissy Procopio), 43-10¾; 2. Ramsey, 40-5½; 3. Rutherford, 40-4¼.

Triple jump - 1. Indian Hills (Danielle Kroll, Laura Lynch, Chrissy Procopio), 95-3½; 2. Rutherford, 89-6; 3. Dumont, 87-5; 4. Ramsey, 85-0½; 5. Pascack hills, 83-4½; 6. Ridgefield Park, 82-9.

GROUP 3

Team Scoring: NV/Demarest 90, Northern Highlands 64, River Dell 55 ½, NV/Old tappan 44, Pascack valley 43 ½, Paramus 39, Garfield 38, Paramus catholic 37, Tenafly 25, Bergenfield 12, Holy Angels 11, Ramapo 5.

400 - 1. River Dell (Jane Beutel, Lauren Ruggiero, Tori Ackermann, Jill Trass), 52.6; 2. Northern Highlands, 53.1; 3. NV/Demarest, 54.2; 4. NV/Old Tappan, 54.5; 5. Tenafly, 54.9.

800 - 1. Tenafly (Blair Lippmann, Jessica Sonpal, Karishma Kancherla, Nikki Totaro), 1:56.3; 2. Garfield, 1:57.3; 3. Ramapo, 1:57.5; 4. River Dell, 1:59.4; 5. NV/Demarest, 1:59.8; 6. Paramus, 2:01.7.

1,600 - 1. Northern highlands, (Alex Christiansen, Elena Minuto, Allison Orrico, Emily Simon), 4:13.1; 2. Paramus catholic, 4:15.9; 3. River Dell, 4:16.4; 4. Tenafly, 4:24.9; 5. Holy Angels, 4:25.4; 6. NV/Demarest, 4:41.4.

3,200 - 1. Pascack Valley, 10:02.7; 2. Paramus, 10:22.1; 3. NV/Demarest, 10:27.3; 4. River Dell, 10;27.5; 5. NV/Old Tappan, 10:37.6; 6. Ramapo, 10:52.1.

6,400 - 1. Paramus (Carol Bullen, katie weng, Marissa brock, katie Brown), 23:07.6; 2. Garfield, 24:15.4; 3. NV/Demarest, 24;15.8; 4. Tenafly, 24:17.8; 5. Ramapo, 24:42.7; 6. Holy Angels, 24:59.6.

Sprint medley - 1. Paramus Catholic (Kristen Saccomanno, Melynda Murray, Tarashon Broomes, Vanessa Dobney), 4:27.5; 2. Northern Highlands, 4:31.6; 3. NV/Demarest, 4:32.0; 4. Garfield, 4:39.6; 5. River Dell, 4:40.5; 6. Holy Angels, 4:51.4.

Distance medley - 1. Paramus (Katie Brown, Nicole Philibosian, Katie Weng, Carol Bullen), 13:08.8; 2. River Dell, 13:18.9; 3. Tenafly, 13:34.1; 4. Garfield, 13:45.0; 5. Ramapo, 13:46.3; 6. NV/Demarest, 13:48.7.

Shuttle HH - 1. NV/Demarest (Lauren Fass, Alix Wartell, Maribeth Martens, Jaclyn Magliato), 1:09.2; 2. Paramus, 1:11.4; 3. River Dell, 1:12.1; 4. Northern Highlands, 1:15.7; 5. Tenafly, 1:16.0; 6. Paramus, 1:16.2.

3 x 400 IH - 1. Pascack valley (Michelle Ribustello, Tara Connelly, Erin O'Reilly), 3;27.6; 2. Northern Highlands, 3:36.8; 3. NV/Demarest, 3;39.2; 4. NV/Old Tappan, 3:41.9; 5. Paramus, 3:48.4; 6. Garfield, 3:57.3.

Shot put - 1. NV/Demarest (Kelly fazekas, jessica Fazekas, Lisa Pucurs), 112-10 ½ (record, old record, 108-4 by Demarest, 2001); 2. Bergenfield, 92-2 ¼; 3. Northern highlands, 90-8 ½; 4. River Dell, 85-0; 5. NV/Old Tappan, 83-9 ¾; 6. Paramus, 79-3 ¼.

Discus - 1. NV/Demarest (Kelly fazekas, jessica Fazekas, Lisa Pucurs), 333-3 (meet and Bergen County record, old meet record, 310-8 by Demarest, 1999, old bergen County record, 315-5 by Demarest, 1978); 2. Northern highlands, 256-3; 3. River Dell, 235-10; 4. Pascack valley, 225-9; 5. Bergenfield, 200-0; 6. Garfield, 198-5.

Javelin - 1. NV/Demarest (kelly fazekas, jessica Fazekas, Daina Pucurs), 345-9; 2. NV/Old Tappan, 292-11; 3. Pascack valley, 247-9; 3. Garfield, 246-1; 4. Tenafly, 224-2; 5. River Dell, 199-1; 6. Northern Highlands, 168-5.

High jump - 1. Northern Highlands (Cathy Sonnenberg, Lia Torre, catherine Henny), 13-8; 2. NV/Demarest, 13-6; 3. NV/Old Tappan, 13-4; 4. Tenafly, 13-2; 5. Tie between Pascack valley and River Dell, 12-10.

Long jump - 1. Paramus Catholic (Cheryl Simmons, Kristen Saccomanno, katie Lacz), 42-6½; 2. Pascack Valley, 41-6½; 3. Garfield, 41-3; 4. NV/Old tappan, 41-2; 5. NV/Demarest, 40-0½; 6. River Dell, 39-11½.

Triple jump - 1. Garfield (Latasha Jackson, Brittany Brooks, Lyndsey Barber), 91-7; 2. NV/Demarest, 91-5; 3. River Dell, 91-0; 4. NV/Old Tappan, 89-0; 5. Bergenfield, 88-5½; 6. Holy Angels, 88-4½.

GROUP 4

Team Scoring: Immaculate Heart Academy 115, Hackensack 104, Ridgewood 74, Teaneck 70, Fair Lawn 43, Bergen Tech 32.

400 - 1. Teaneck (Jennifer Andujar, Gwen Moore, Shetoi Francis, Ashley Steward), 51.3; 2. Bergen tech, 53.4; 3. Ridgewood, 54.0; No other places.

800 - 1. Teaneck (Jennifer Andujar, Kiera McMillan, Shetoi Francis, Gwen Moore), 1:49.7; 2. IHA, 1:50.2; 3. Hackensack, 1;53.7; 4. Ridgewood, 1:54.0; 5. Fair Lawn, 1:54.2; 6. Bergen tech, 1;57.8.

1,600 - 1. IHA (Tahirah Williams, Jen langen, Diana Orrico, Sarah Giblin), 4:10.3; 2. Teaneck, 4;12.9; 3. Hackensack, 4:16.8; 4. Bergen Tech, 4:24.7; 5. Ridgewood, 4:27.5; 6. Fair Lawn, 4:34.1.

3,200 - 1. IHA (Danielle Braun, Lisa Sinkovitz, Caitlin Hemmer, Caitlin Smyth), 10:05.2; 2. Ridgewood, 10:10.6; 3. Hackensack, 10:20.5; 4. Fair Lawn, 10:28.6; 5. Bergen Tech, 11:45.5; 6. Teaneck, 12:04.8.

6,400 - 1. IHA (Theresa Hearn, Katie Fry, Lisa Sinkovitz, Caitlin Smyth), 22:33.4; 2. Hackensack, 23:46.0; 3. Ridgewood, 23;55.8.

Sprint medley - 1. IHA (Caitlin Giblin, Kate Klapach, Tahirah Williams, Caitlin Hemmer), 4:17.7; 2. Fair Lawn, 4:20.7; 3. Bergen Tech, 4:21.1; 4. Ridgewood, 4:23.6; 5. Hackensack, 4:31.6; 6. Teaneck, 4:57.4.

Distance medley - 1. Ridgewood (Emily Terrin, Mariana Palacios, Angela Mercer, Clair Nowakowski), 12:50.2; 2. IHA, 13:00.3; 3. Hackensack, 13:11.0; 4. Fair Lawn, 13:14.0.

Shuttle HH - 1. Hackensack (Tanya Atkinson, Julie Burrell, Botania Frazier, Nicole Gordon), 1:13.5; 2. IHA, 1:16.7; 3. Fair Lawn, 1:17.6; 4. Ridgewood, 1:18.4.

3 x 400 IH - 1. Teaneck (Michelle Smith, Ashley Steward, Terrilyn Flemming), 3:43.0; 2. Hackensack, 3:44.6; 3. IHA, 3:46.5; 4. Ridgewood, 3:53.4.

Shot put - 1. Hackensack (Monique Mighty, Nicole Hankerson, Shaniek Easley), 101-0¾; 2. IHA, 84-5¾; 3. Teaneck, 83-2¾; 4. Fair Lawn, 73-8; 5. Ridgewood, 72-11½.

Discus - 1. Hackensack (Shaniek Easley, Monique Mighty, Nicole Hankerson), 286-8; 2. IHA, 248-1; 3. Teaneck, 240-7; 4. Ridgewood, 224-8; 5. Fair Lawn, 202-5; 6. Bergen Tech, 201-6.

Javelin - 1. Hackensack (Monique Mighty, Brynn Rosser, Shaniek Easley), 242-6; 2. IHA, 237-11; 3. Bergen tech, 235-3; 4. Ridgewood, 204-9; 5. Fair Lawn, 150-7.

High jump - 1. IHA (Emily Battersby, Lynsey Boggess, Tahirah Williams), 14-4; 2. Hackensack, 9-6; 3. Fair lawn, 8-10; 4. Teaneck, 8-8; 5. Ridgewood, 4-8. No sixth.

Long jump - 1. Ridgewood (Trish McGowan, Cate Fiocchi, Tyler O'Neil), 42-11 ½; 2. Hackensack, 42-3 ½; 3. Teaneck, 41-6 ½; 4. Bergen Tech, 41-1 ¾; 5. Fair Lawn, 41-1½; 6. IHA, 38-9.

Triple jump - 1. IHA (Kristen Cubicciotti, Lauren Pfisterer, Elizabeth McGuiness), 91-1; 2. Teaneck, 89-4½; 3. Hackensack, 85-3½; 4. Ridgewood, 51-1; 5. Fair Lawn, 49-9.

PASSAIC COUNTY RELAYS

at Wayne Valley

GIRLS

TEAM SCORES: 1. Wayne Valley, 79; 2. Passaic Tech, 69; 3. West Milford, 65; 4. Eastside, 43; 5. Tie: Clifton, 42; Hawthorne, 42; 7. Lakeland, 37; 8. Passaic Valley, 30; 9. Tie: Passaic, 24; Wayne Hills, 24; 11. DePaul, 13; 12. Tie: Kennedy, 6; Pompton Lakes, 6; 14. Eastern Christian, 3.

400 - 1. Passaic Tech (Andrea Herbert, Rosalina Cerat, Soniya Johnson, Yhounic Vassell), 50.4; 2. Hawthorne, 53.8; 3. Wayne Hills, 55-0; 4. West Milford, 55.2; 5. DePaul, 55.3; 6. Wayne Valley, 55.6.

800 - 1. Passaic Tech (Andrea Herbert, Kahimah Liverman, Soniya Johnson, Yhounic Vassell), 1:45.0; 2. Eastside, 1:49.1; 3. Hawthorne, 1:53.3; 4. West Milford, 1:53.6; 5. DePaul, 1:55.6; 6. Wayne Valley, 1:57.4.

1,600 - 1. Passaic Tech (Andrea Herbert, Rosalina Cerat, Kahimah Liverman, Yhounic Vassell), 4:03.7; 2. Eastside, 4:12.1; 3. Wayne Valley, 4:22.9; 4. Clifton, 4:26.1; 5. West Milford, 4:27.4; 6. Hawthorne, 4:38.2.

3,200 - 1. Passaic Valley (Michele Coral, Erin Wilk, Alison DiDomenico, Jesse Mizzone), 10:17.1; 2. Passaic, 10:25.0; 3. Clifton, 10:50.0; 4. Wayne Valley, 11:00.3; 5. West Milford, 11:22.8; 6. Pompton Lakes, 11:33.0.

6,400 - 1. Passaic Valley (Michele Coral, Giuliana Minervini, Alison DiDomenico, Jesse Mizzone), 22:47.3; 2. Passaic, 23:03.3; 3. Wayne Valley, 23:04.7; 4. West Milford, 23:52.2; 5. Pompton Lakes, 24:20.0; 6. Hawthorne, 25:28.0.

Shuttle Hurdles - 1. Wayne Valley (Laura Conte, Jasmine Fenlator, Rachael Coviello, Liz Higgins), 1:08.2; 2. West Milford, 1:09.7; 3. Passaic Tech, 1:12.05; 4. Wayne Hills, 1:12.5; 5. DePaul, 1:14.4; 6. Clifton, 1:15.2.

Intermediate Hurdles - 1. Passaic Tech (Kahimah Liverman, Rosalind Cerat), 2:17.8; 2. Wayne Valley, 2:18.8; 3. Lakeland, 2:22.0; 4. Wayne Hills, 2:25.0; 5. West Milford, 2:27.2; 6. Hawthorne, 2:30.1.

Sprint Medley - 1. Clifton (Nicole Zarek, Kristin Mikolajczyk, Kaity Rodriguez, Nicole Krzysik), 4:26.4; 2. Eastside, 4:30.7; 3. Lakeland, 4:32.2; 4. Hawthorne, 4:34.4; 5. West Milford, 4:36.3; 6. Wayne Valley, 4:41.7.

Distance Medley - 1. Passaic Valley (Giuliana Minervini, Alison DiDomenico, Michele Coral, Jesse Mizzone), 13:23.1; 2. Wayne Valley, 13:44.3; 3. Passaic, 13:56.7; 4. West Milford, 14:06.5; 5. Hawthorne, 14:09.0; 6. Clifton, 14:41.0.

High Jump - 1. West Milford (Amy Weiss, Shannon Thorn), 9-6; 2. Tie: Eastside, 9-2; Wayne Valley, 9-2; 4. Tie: Hawthorne, 8-10; 4. Passaic Tech, 8-10; 6. Lakeland, 8-8.

Long Jump - 1. Passaic Tech (Yhounic Vassell, Soniya Johnson), 31-10¼; 2. Wayne Valley, 31-3¾; 3. Clifton, 30-0½; 4. Wayne Hills, 29-7¾; 5. Pompton Lakes, 29-1; 6. West Milford, 28-8¼.

Triple Jump - 1. Passaic Tech (Andrea Herbert, Kahimah Liverman), 72-2; 2. Eastside, 64-1¾; 3. Wayne Hills, 64-1; 4. Clifton, 63-2; 5. West Milford, 59-9½; 6. Eastern Christian, 58-4.

Shot Put - 1. Wayne Valley (Jasmine Fenlator, Sally D'Agostino), 63-6; 2. Hawthorne, 62-0¾; 3. Kennedy, 61-4; 4. Lakeland, 60-10; 5. Passaic, 59-6½; 6. DePaul, 58-3.

Discus - 1. Lakeland (Lauren Brebeney, Nicole Trossman), 180-3; 2. Wayne Valley, 179-6; 3. West Milford, 169-3; 4. DePaul, 168-11; 5. Eastern Christian, 166-8; 6. Pompton Lakes, 166-7.

Javelin - 1. Lakeland (Kristen Calamita, Lauren Vieth), 200-9½; 2. Hawthorne, 195-1; 3. West Milford, 158-2; 4. Eastside, 155-11; 5. DePaul, 132-6; 6. Wayne Valley, 109-3.

Pole Vault - 1. Clifton (Lauren Dutch, Nicole Zarek), 16-0; 2. West Milford, 14-0.

Young Ramsey wins going away

By PAUL SCHWARTZ
STAFF WRITER

TENAFLY – They weren't even ranked in The Record's Top 20 coming into the Bergen County Jack Yockers Relays, and their new head coach had led them in a major meet only once before.

But Ramsey rose to the occasion Saturday and dominated Group 2, winning by 50 points, in the most impressive performance of the girls meet. The Rams won five of the 15 events and were second in seven others.

"Our strength is that we all come together as a team," said Kristen Marino, who assisted longtime head coach John Kirchhof before the two switched roles this season. "John and I work really well together and there's not too much difference in our coaching style."

This year's Ramsey team has no superstars, with seniors Caroline Hockmeyer and Kate Siembieda the leaders, and a lot of very good younger athletes."

"We've got a young team with a lot of talent, but no one who you can put your finger on as a sure winner," said Marino. "But we've got a lot of kids who help us win."

After three years of chasing, Hasbrouck Heights finally passed Glen Rock to win Group 1, 123-114, in a meet that matched stars and great supporting casts. NV/Demarest got its expected triple in the weight events, including County records in the dis-

See **TRACK** Page **S-19**

cus and javelin, but scored in every event but the final one to win surprisingly easy in Group 3, 90-64, over Northern Highlands, for its fourth title in five years. And Immaculate Heart Academy laid its claim to the No. 1 ranking in the area, with an impressive 115-104 win over Hackensack for its second straight Group 4 title.

Kelly Fazekas of Demarest succeeded sister Jessica in winning the Dick Hitt Award for outstanding field performer with major meet bests in the discus and javelin and the day's best shot at 43-7.

Kim Mineo of Glen Rock ran two fine anchor legs on the winning 4x400 and sprint medley relays and had a great 64.1 split in the intermediate hurdles to win the Jacob Brown Award for outstanding track performer.

"The meet was all about attrition and I guess we stumbled in better than anyone else," said Demarest coach Kevin Walter. "I think the girls on our team sometimes take our throwers for granted, but today they stepped up to help.

"I think the turning point was when Virginia Westervelt held off Briana Bayersdorfer from River Dell, who came flying at her in the 4 x 8. And within five minutes we got all three kids over 4-6 for second in the high jump and took second in the triple. That gave us the momentum."

Heights coach Rob Brady looked like a heavyweight fighter after a 15-round brawl.

"They are just so good," he said of Glen Rock. "We use them as our measuring stick and we just had enough to beat them."

Glen Rock actually won seven events to four for Hasbrouck Heights, with the teams tying in the high jump. But the Aviators were second to Glen Rock in six of the seven Panther wins, while Glen Rock was no better than third in any of the events Heights won.

IHA won six events, took second in six others, and missed placing in only the 4x100 final. But even there, IHA lost nothing to Hackensack, which false-started in the event.

Ridgewood vs Barringer **Tuesday April 23rd, 2002**

Ridgewood - 110 Barringer - 10

Long Jump: 1-Cait Fiocchi, R, 14-7.5. 2-Courtney O'Neill, R, 14-5.5. 3-Mary Nash, R, 11-2.

400H: 1-Courtney O'Neill, R, 76.4. 2-Kristin Rooke, R, 76.7. 3-Krista Rynkowski, R, 82.3.
Mary Nash, 85.2

100m: 1-Cait Fiocchi, R, 13.5. 2-Ashley Carri, R, 14.6. 3-Cenique Bell, B, 15.2
Vetter-15.3, Breining-16.3, Cody-16.5, Highet-16.9, Norchi-17.6.

1600m: 1-Emily Terrin, R, 5:55.8. 2-Diana Mangam, R, 6:25.2, 3-Kate McDonagh, R, 6:27.8

400m: 1-Caroline Tiernan, R, 69.8. 2-Meena Patel, R, 72.3. 3-Kiona McGrath, B, 74.7.

100H: 1- Courtney O'Neill, R, 17.8. 2-Kristen Rooke, R, 19.8. 3-Mary Nash, R, 21.0.
Rynkowski-22.2

800m: 1-Casey Dunn, R, 2:45.5. 2-Jenna Rubinoff, R, 2:49.5. 3-Laritiza Hernandez, B, 3:08.7.

200m: 1-Ashley Carey, R, 30.3. 2-Lutiana Walker, B, 31.7. 3-Cenique Bell, B, 32.0.
Vetter-32.2, Cody-32.4, Fenzel-33.0, Breining-33.9, Highet-34.7, Norchi-36.3.

3200m: 1-Peggy Lynch, R, 13:35.4. 2-Jenna Rubinoff, R, 14:05.7.

Triple Jump: 1-Kristen Rooke, R, 28-1. 2-Meena Patel, R, 25-4. 3-Mary Nash, R, 25-2.
Fenzel-22-5.

Shot Put: 1-Tara Masterson, R, 32-1. 2-Cenique Bell, B, 22-3. 3-Amanda Delicate, R, 19-3.

Discus: 1-Tara Masterson, R, 90-0. 2-Amanda Delicate, R, 55-5.

High Jump: 1-Meg Anderson, R, 5-4. 2-Corinne Hyslop, R, 4'6". 3-Christine DeVita, 4-4.
Cody-NH

4X400 relay: 1-Ridgewood 4:51.2 (Rooke-69.7, Mangam-74.6, Vetter75.6, Carri-71.2)

Good Job on a quiet vacation day against a weak team. A number of our athletes scored their first varsity win! Meg Anderson made an important break thru in the high jump. Her 5-4 is a significant mark!

PENN RELAYS **THURSDAY** **APRIL 25TH**

4x100: 55.35 (Cait Fiochi, Ashley Carri, Carolyn Tiernan, Mariana Palacios) 9/9 in heat

4X400 4:26.6 (Kristen Rooke-68.0, Mariana Palacios-66.9, Caroline Tiernan-67.2, Cait Fiocchi-64.6)
14/15 in heat #2.

Our goal of beating someone in our heats was met in 1 of 2 races! We had fun and learned about big time track at the largest track meet in the world.

TRACK

Bergen County distance runner is making track history

BY ARTHUR CARPENTER
North Jersey Community Newspapers

RIDGEWOOD — Clair Nowakowski started running rather by accident. In fact, had she not missed soccer tryouts her freshman year, she may have been one of the best Bergen County distance runners nobody ever heard of.

"I missed soccer tryouts and my Mom said I should try out for cross-country," said Nowakowski, a Ridgewood senior and arguably the top girls miler in Bergen County. "I wasn't that great at first. It took me about a month to get in decent shape. I won the freshman race at the Bulldog Invitational and Mr. Brown moved me up to jayvee, and I won that race also."

After that, Brown, the Ridgewood High girls cross-country and spring track and field coach moved Nowakowski up to the varsity where she promptly recorded a top-5 finish in her first race and never looked back.

After steady improvement over her freshman and sophomore years, Nowakowski, who also runs winter and spring track, broke out last spring. She won the Bergen County Group 4 title in the mile and was second in the two-mile. She took third in the mile at the Bergen Meet of Champions before winning both the mile and two-mile races at the Group 4, Section 1 state meet.

Profile

School/Team: Ridgewood High
Sport: Track
Position: Distance
Quote: I can do it.

Nowakowski followed that up with second-place finishes in both races at the Group 4 state meet, recording a personal best time of 11:12 in the two-mile.

She capped her brilliant junior season with an eighth-place finish in the mile at the State Meet of Champions, clocking a personal best time of 5:05, the top time in Bergen County last year and the 11th all-time in Bergen girls track history.

This past fall, Nowakowski, an honor roll student who hopes to become a commercial airline pilot after college, put together one of the finest seasons in the storied history of the Ridgewood cross-county program, winning the Bergen County, Northern New Jersey Interscholastic League, state-sectional and state Group 4 titles and was named first-team All-State.

After a somewhat disappointing winter season, which had her bogged down by the college recruiting and visiting process, Nowakowski has two goals for the spring season.

"I want to break 11:00 in the two-mile and 5:00 in the mile," said Nowakowski, who will sign a letter of intent tomorrow to attend the University of Georgia where she will run cross-country as well as winter and spring track. "I can do it, I know I can do it."

PHOTO/GARY JUNG
Clair Nowakowski

Ridgewood Track on the first Saturday in May **May 4th 2002**

Monmouth Regional Invitational at Monmouth Regional High School

3000m run:	1-Clair Nowakowski, 10:38.1	1st Place
Pole Vault:	2-Cait Fiocchi, 8-6.	2nd place

Nowakowski wins

TINTON FALLS - Clair Nowakowski of Ridgewood traveled to the Monmouth Invitational and won the rarely contested 3,000 meter run in 10:38.1. The Group 4 State cross-country champion, who will run next year at the University of Georgia, now ranks 11th all-time in Bergen County, in the event, which was regularly contested in the early 1980s

Teammate Caitlin Fiocchi cleared 8-6 for second in the girls pole vault.

County Seat Invitational at Wayne Hills High School

1600m (F/N)	3-Meghan O'Connell, 5:40 (pr)	
	Diana Mangam, 5:59 (pr)	
	Casey Dunn, 6:08	
	Claire Burns, 6:08 (pr)	
800m (Soph)	1-Emily Terrin, 2:31	1st place
	Becca Wells, 2:39 (pr)	
4X200 relay:	?-1:58 (Carrie-29.7, Birnbaum-29.9, Tiernan-29.3, Palacios-29.3)	
Javelin	Kristen Rooke, ??	
	Diana Mangam, 72-8.	
Triple Jump:	Kristen Rooke, 29-11 (pr)	

Bernards Spring Invitational at Bernards High School

Shot Put:	Tara Masterson, ?	
Discus:	Tara Masterson, ?	TARA'S THROW WAS MISMARKED.

Ridgewood vs Montclair & Paramus **May 7, 2002**

Ridgewood-59 Montclair-63 Ridgewood-76 Paramus-46

long jump: 1-McGowan, R, 15-11.75. 2-O'Neill, R, 15-2.5. 3-?, Montclair. 4-Fiocchi, R, 15-1.25.
Ridgewood-8 Montclair-1 Ridgewood-9 Paramus-0

400H: 1-Samuels, M, 71.6. 2-J.Wang, P, 74.0. 3-Rooke, R, 74.7. 4-K.Wang, P, ?. 5-O'Neill, R, 78.9.
non-scoring: Nash-79.0
Ridgewood-4 Montclair-5 Ridgewood-3 Paramus-6

100m: 1-Whitlock, M, 12.4. 2-Crawley, M, 12.8. 3-Wallace, M, 12.5. 4-Cait Fiocchi, R, 13.2. 5-Trish McGowan, R, 13.4. 6-Philiobosan, P, 13.9
nonscoring: Carrie-13.9, Birnbaum-14.3, Vetter-14.7, Genova-15.1, Romney-15.6, Willett-15.9, Munthe-16.1, Highet-16.1, Breining-16.2, Norchi-16.2, Marcyes-16.6.
Ridgewood-0 Montclair-9 Ridgewood-8 Paramus-1

1600m: 1-Katie Brown, P, 5:28.0 2-Lisa Poris, M, 5:42.0 3-Meghan O'Connell, R, 5:44.5. 4-Carol Bullen, P, 5:46.0. 5-Casey Dunn, R, 6:00.1.
nonscoring: Rubinoff-6:04.9, Foresman-6:07.3, Mangam-6::07.9.
Ridgewood-4 Montclair-5 Ridgewood-3 Paramus-6

400m: 1-Watson, M, 59.5. 2-??, P, 61.3. 3-Rislin, M, 61.4. 4-Nowakowski, 61.5. 5-Fiocchi, R, 63.2.
nonscoring: Palacios-66.9, Patel-67.9
Ridgewood-1 Montclair-8 Ridgewood-4 Paramus-5

100H: 1-Whitlock, M, 14.2. 2-Crawlley, M, 15.9. 3-Courtney O'Neill, R, 16.7. 4-??, P, 17.5. 5-Evann Borgman, R, 18.3.
nonscoring: Rooke-18.8, Nash-19.2, Rodgers-20.8.
Ridgewood-1 Montclair-8 Ridgewood-6 Paramus-3

800m: 1-Clair Nowakowski, R, 2:25.8. 2-??, P, 2:34. 3-??, P, 2:35. 4-Lisa Poris, M, 2:38. 5-Rebecca Wells, R, 2:39.3.
nonnscoring: Behan-2:48.5, McDonagh-2:58.1, Park-3:06.0, Devita-3:11.5.
Ridgewood-6 Montclair-3 Ridgewood-5 Paramus-4

200m: 1-??, M, 25.4. 2-??, M, 26.3, 3-??, M, 26.7. 4-??, P, 26.7. 5-Trish McGowan, R, 27.3. 6-??, P, 27.4.
nonscoring: Tiernan-28.5, Carri-29.2, Birnbaum-29.4, Borgman-29.9, Cody-31.2, Vetter-32.2, Munthe-32.4, Romney-32.5, Willett-32.7, Breining-33.3, Highet-33.8, Marcyes-34.8.
Ridgewood-0 Montclair-9 Ridgewood-3 Paramus-6

3200m: 1-Nowakowski, R, 11:43.7. 2-Meg O'Connell, R, 12:44.8. 3-Katie Brown, P, 12:46. 4-Clair Burns, R, 13:40.9.
nonscoring: Lynch-13:42.9.
Ridgewood-9 Montclair-0 Ridgewood-8 Paramus-1
Triple Jump: 1-Trish McGowan, R, 34-11.5. 2-??, P. 3-??,P. 4-Rooke, R, 29-10. 5-Nash, R, 29-7.
nonscoring: Patel-29-3., Birnbaum-25-1.25.
Ridgewood-9 Montclair-0 Ridgewood-5 Paramus-4

Shot Put: 1-Tara Masterson, R, 30-11. 2-??, M. 3-??, P. 4-??, P. 5-Espenak, R, 23-5.
nonscoring: L.Bigos-22-7, Delicate-19-5.
Ridgewood-6 Montclair-3 Ridgewood-5 Paramus-4

Discus: 1-Tara Masterson, R, 94-0. 2-??,M. 3-??,M. 4-Espenak, R, 75-9. 5-??,P.
nonscoring: L.Bigos-63-2, Delicate-53-9.
Ridgewood-5 Montclair-4 Ridgewood-8 Paramus-1

High Jump: 1-??, P, 4-10. 2-Meg Anderson,R, 4-10., 3-??, M, 4-8. 4-??, P, 4-8. 5-Hyslop, R, 4-6.
nonscoring: Devita-4-8, Cody-4-4. Munthe-NH
Ridgewood-6 Montclair-3 Ridgewood-4 Paramus-5

4X400 relay: 1-Montclair-4:11.2. 2-Ridgewood-4:23.8 (Palacios-66.7, Tiernan-64.8, Rooke-68.6, Fiocchi-63.7)
Ridgewood-0 Montclair-5 Ridgewood-5 Paramus-0

Meet results were very poorly kept by the officials. I believe the above scores are correct. Ridgewood had a number of very fine performances but a couple of frustrating breakdowns kept us from having a chance to win the meet against Montclair.

Delatorre Frosh Champs **Hackensack High School** **May 8, 2002**

100m: Genova-15.5. Breining-16.3. Highet-16.3. Munthe-16.3. Marcyes-16.9. Norchi-17.3

200m: Tiernan-29.5. Cody-32.0, Genova-33.1. Breining-34.1. Munthe-34.3. Highet-34.7. Rodgers-35.7. ?Norchi?.

400m: **6**-Palacios-66.6. Patel-67.9

800m: **6**-Wells-2:39.9.

1600m: **2**-Mangam-6:02.0. **3**-Burns-6:08.9. Park-6:48.1

3200m: **1**-Burns-13:50.9. **3**-Mangam-13:50.9. **6**-Park-15:50.9

100H: **2**-Rooke-18.1(t), 18.1(f). Rodgers-21.3.

Triple Jump: ? Rooke?. ?Patell?.

High Jump: Cody-4 ft.

Shot: ? Delicate ?

Discus ? Delicate ?

Javelin **4**-Mangam-77-9. **6**-Rooke-75-2. Delicate?

4X400m: **4**-4:32.9 (Patel-70.0, Rooke-69.3, Tiernan-65.1, Palacios-68.7)

We were 2nd in the team score to Teaneck 58 to 56 (very close!). Kristen Rooke brought home 4 medals! Claire Burns looked very relaxed and strong in the 3200. Carolin Tiernan continues to run varsity times.

Kristen, Meena and Amanda
Please Tell Mr Brown your Marks.

NNJIL DIVISION A CHAMPS TEANECK HIGH SCHOOL MAY 10, 2002

100m: McGowan, 12.8(t),13.2(f). Fiocchi, 13.2(t), 13.4(f). Carri, 13.7

200m: Carri, 28.3. Tiernan, 28.6. Birnbaum, 29.9.

400m: Palacios, 66.0. Patel, 68.5.

800m: **1**-Nowakowski, 2:23.6. **2**-Terrin, 2:29.4. **5**-Wells, 2:35.7

1600m: **1**-Nowakowski, 5:18.5. **4**-Terrin, 5:33.7. O'Connell, 5:49.7

3200m: **1**-Nowakowski, 11:43.0. **6**-O'Connell, 12:51.4. Burns, 12:56.6

100H: **3**-O'Neill, 16.3(t), 16.3(f). Borgman, 17.9(t), 18.3(f).

400H: Nash, 80.5.

Long Jump: **1**-Fiocchi, 16-10. **2**-McGowan, 16-0.25. **3**-O'Neill, 15-11.

Triple Jump: **1**-McGowan, 35-8.5. Rooke, 30-1. Nash, 27-8.

High Jump: **2**-Anderson, 5-0. Hyslop, 4-8. Devita, 4-6.

Pole Vault: **1**-Borgman, 8-0. **2**-O'Neill, 7-6. Fiocchi, NH.

Shot Put: **1**-Masterson, 32-2.5. Espenak, 25-2. Bigos, 22-5.

Discus: **2**-Masterson, 91-3. Espenak, 74-8. Bigos, 54-11.

Javelin: **3**-Espenak, 81-2. **4**-Rooke, 76-10. **6**-Mangam, 72-0.

4X400relay: **3**-4:25.6 (Palacios-67.0, Tiernan-65.9, Terrin-67.8, Fiocchi-64.9)

Notable performances on this wonder weather Friday: Trish McGowan's triple jump, Cait Fiocchi's long jump, Meg Anderson's high jump, Courtney O'Neill's hurdle, and Clair Nowakowski's distance triple. Teaneck beat us by one for 2nd place. We need to try and reverse that order next week at the county meet.

TRACK LEAGUE MEET SUMMARIES

NNJIL DIVISION A
Friday at Teaneck

Girls

TEAM SCORES: 1. Montclair 140; 2. Teaneck 129; 3. Ridgewood 128; 4. Paramus 52; 5. Nutley 8; 6. Belleville 4; 7. Barringer 2.

100 - 1. Jennifer Whitlock, Montclair, 12.2; 2. Jennifer Andujar, Teaneck, 12.4; 3. Kayla Crawley, Montclair, 12.6; 4. Sophia Wallace, Montclair; 5. Shetoi Francis, Teaneck, 13.0; 6. Ashley Steward, Teaneck, 13.1.

200 - 1. Jennifer Whitlock, Montclair, 25.2; 2. Sophia Wallace, Montclair, 27.1; 3. Shetoi Francis, Teaneck, 27.2; 4. Keira McMillan, Teaneck, 27.3; 5. Jessica Malacrida, Paramus, 27.5; 6. Andrea Manis, Paramus, 27.8.

400 - 1. Camelia Watson, Montclair, 59.4; 2. Jennifer Andujar, Teaneck, 1:01.1; 3. Nicole Philibosian, Paramus, 1:01.2; 4. Shirley Rislin, Montclair, 1:01.5; 5. Tashi Haywood, Teaneck, 1:02.7; 6. Arielle Dulberg, Teaneck, 1:04.3.

800 - 1. Clair Nowakowski, Ridgewood, 2:23.6; 2. Emily Terrin, Ridgewood, 2:29.4; 3. Katherine Weng, Paramus, 2:31.7; 4. Katherine Brown, Paramus, 2:35.1; 5. Rebecca Wells, Ridgewood, 2:35.7; 6. Elizabeth Poris, Montclair, 2:38.8.

1,600 - 1. Clair Nowakowski, Ridgewood, 5:18.5; 2. Katherine Brown, Paramus, 5:30.2; 3. Ellen Davis, Montclair, 5:32.1; 4. Emily Terrin, Ridgewood, 5:33.7; 5. Elizabeth Poris, Montclair, 5:39.6; 6. Carol Bullen, Paramus, 5:40.9.

3,200 - 1. Clair Nowakowski, Ridgewood, 11:43.0; 2. Ellen Davis, Montclair, 12:04.2; 3. Megan Williams, Nutley, 12:08.2; 4. Carol Bullen, Paramus, 12:28.9; 5. Kaeleigh Brock, Paramus, 12:30.6; 6. Meghan O'Connell, Ridgewood, 12:51.4.

1,600 Relay - 1. Montclair (Lajuan Samuels, Camelia Watson, Susannah Knox, Shirley Rislin), 4:12.9; 2. Teaneck, 4:15.3; 3. Ridgewood, 4:20.6; 4. Paramus, 4:25.7; 5. Barringer, 5:00.1.

100 HH - 1. Jennifer Whitlock, Montclair, 14.5; 2. Kayla Crawley, Montclair, 15.9; 3. Courtney O'Neill, Ridgewood, 16.3; 4. Andrea Manis, Paramus, 17.1; 5. Christina Grete, Teaneck, 17.4; 6. Michelle Smith, Teaneck, 18.0.

400 IH - 1. Lajuan Samuels, Montclair, 1:09.8; 2. Ashley Steward, Teaneck, 1:12.2; 3. Susannah Knox, Montclair, 1:12.8; 4. Meghan O'Brien, Montclair, 1:13.0; 5. Michelle Smith, Teaneck, 1:13.5; 6. Jessica Weng, Paramus, 1:14.1.

Shot Put - 1. Tara Masterson, Ridgewood, 32-2 1/2; 2. Kalish LeBlanc, Montclair, 32-1 1/2; 3. Sade Henry, Teaneck, 29-11; 4. Maeve Lopreiato, Belleville, 29-10; 5. Jammie Thomas, Teaneck, 29-9; 6. Kaitlin Rinaldi, Paramus, 29-1.

Javelin - 1. Gwendolyn Moore, Teaneck, 97-2; 2. Yolena Michaud, Teaneck, 83-7; 3. Kristen Espenak, Ridgewood, 81-2; 4. Kristin Rooke, Ridgewood, 76-10; 5. Katherine Hoch, Nutley, 76-1; 6. Diana Mangam, Ridgewood, 72-0.

Discus - 1. Amina Robinson, Teaneck, 98-8; 2. Tara Masterson, Ridgewood, 91-3; 3. Tanya Anderson, Teaneck, 86-10; 4. Yolena Michaud, Teaneck, 85-1; 5. Kalish LeBlanc, Montclair, 83-2; 6. Brittany Stanley, Montclair, 79-4.

Long Jump - 1. Cait Fiocchi, Ridgewood, 16-10 1/4; 2. Trisha McGowan, Ridgewood, 16-0 1/4; 3. Courtney O'Neill, Ridgewood, 15-11; 4. Latisha Brown, Teaneck, 15:5; 5. Sophia Wallace, Montclair, 15-1; 6. Christine Jones, Teaneck, 14-10.

High Jump - 1. Meghan O'Brien, Montclair, 5-0; 2. Megan Anderson, Ridgewood, 5-0; 3. Tie: Holly Williams, Teaneck, 4-8; 3. Jessica Malacrida, Paramus, 4-8; 5. Keira McMillan, Teaneck, 4-8.

Triple Jump - 1. Trisha McGowan, Ridgewood, 35-8 1/2; 2. Christine Jones, Teaneck, 31-10 1/4; 3. Nadia Feimster, Teaneck, 31-5; 4. Holly Williams, Teaneck, 31-2 1/2; 5. Amanda Ax, Paramus, 30-7; 6. Andrea Manis, Paramus, 30-5.

Pole Vault - 1. Evan Borgman, Ridgewood, 8-0; 2. Courtney O'Neill, Ridgewood, 7-6; 3. Jessica Weng, Paramus, 7-0; 4. Tie: Kari Post, Paramus, 6-0; 4. Shannon Feeney, Paramus, 6-0.

NNJIL DIVISION B
at Teaneck

Girls

TEAM SCORES: 1. Hackensack 192; 2. Bloomfield 94; 3. Eastside 80; 4. Clifton 69; 5. Passaic 28.

100 - 1. Kimisha Hughes, Eastside, 12.4; 2. Tanayah Bruce, Hackensack, 12.8; 3. Kaity Rodriguez, Clifton, 13.1; 4. Cristin Steins, Bloomfield, 13.5; 5. Porsha Bond, Eastside, 13.6; 6. Monet Simmons, Hackensack, 13.7.

200 - 1. Kimisha Hughes, Eastside, 26.3; 2. Cristin Steins, Bloomfield, 27.4; 3. Porsha Bond, Eastside, 27.9; 4. Kristin Mikolajczyk, Clifton, 28.0; 5. Julianne Shumko, Clifton, 28.1; 6. Tanayah Bruce, Hackensack, 28.5.

400 - 1. Kimisha Hughes, Eastside, 1:02.9; 2. Tina Lindsay, Eastside, 1:03.9; 3. Serika Thomas, Hackensack, 1:04.3; 4. Tara McVey, Hackensack, 1:04.4; 5. Maura Cicci, Bloomfield, 1:04.6; 6. Najene Walker, Hackensack, 1:05.0.

800 - 1. Nicole Krzysik, Clifton, 2:26.2; 2. Zainab Hanif, Hackensack, 2:29.2; 3. Nicole Reilly, Bloomfield, 2:30.8; 4. Delfina Mazur, Bloomfield, 2:32.6; 5. Alejandra Mondragon, Passaic, 2:34.9; 6. Sheldonna Wilson, Passaic, 2:38.3.

1,600 - 1. Erin Kubarewicz, Bloomfield, 5:19.6; 2. Shaneika Bernard, Hackensack, 5:27.2; 3. Yanirda Mejia, Passaic, 5:39.7; 4. Awinna Martinez, Passaic, 5:41.5; 5. Claudine McGuire, Hackensack, 5:45.6; 6. Olga Razumov, Clifton, 5:48.0.

3,200 - 1. Shaneika Bernard, Hackensack, 11:59.0; 2. Claudine McGuire, Hackensack, 12:37.0; 3. Grisel Martinez, Passaic, 12:59.0; 4. Olga Razumov, Clifton, 13:03.4; 5. Christina Gagliardi, Clifton, 13:28.1; 6. Jane Barcennila, Passaic, 13:30.4.

1,600 Relay - 1. Hackensack (Tara McVey, Katherine Serpa, Julie Burrell, Serika Thomas), 4:19.3; 2. Bloomfield, 4:22.8; 3. Eastside, 4:25.5; 4. Passaic, 4:32.0; 5. Clifton, 4:45.1.

110 HH - 1. Elizabeth Bakarich, Clifton, 17.2; 2. Jamie Juliano, Bloomfield, 17.6; 3. Danielle Holmes, Hackensack, 17.7; 4. Sherashia Franklin, Eastside, 18.1; 5. Lauren Dutch, Clifton, 18.2; 6. Andrea Dolan, Bloomfield, 18.8.

400 IH - 1. Julie Burrell, Hackensack, 1:09.9; 2. Brittania Frazier, Hackensack, 1:10.1; 3. Chelsea Townes, Hackensack, 1:13.2; 4. Yanirda Mejia, Passaic, 1:13.4; 5. Karen Languer, Clifton, 1:13.6; 6. Sherashia Franklin, Eastside, 1:14.9.

Shot Put - 1. Eje Ophori, Bloomfield, 36-0; 2. Shaniek Easley, Hackensack, 33-7; 3. Monique Mighty, Hackensack, 32-4; 4. Lashonda Sampson, Hackensack, 31-10; 5. Elizabeth Post, Clifton, 31-3; 6. Nakeima Monroe, Eastside, 30-3.

Javelin - 1. Stephanie Petine, Bloomfield, 118-9; 2. Tina Lindsay, Eastside, 118-1; 3. Latonya Frizzelle, Bloomfield, 97-3; 4. Nakeima Monroe, Eastside, 83-4; 5. Clarissa Moraes, Bloomfield, 74-3; 6. Stacy Schnitter, Hackensack, 72-3.

Discus - 1. Monique Mighty, Hackensack, 123-0; 2. Shaniek Easley, Hackensack, 109-6; 3. Lisa Fischmann, Bloomfield, 103-0; 4. Latonya Frizzelle, Bloomfield, 100-6; 5. Eje Ophori, Bloomfield, 99-7; 6. Lashonda Sampson, Hackensack, 93-7.

Long Jump - 1. Tanayah Bruce, Hackensack, 16-1 3/4; 2. Tara McVey, Hackensack, 15-4; 3. Serika Thomas, Hackensack, 15-3 3/4 4. Nicole Zarek, Clifton, 15-2 3/4; 5. Nicole Krzysik, Clifton, 15-0; 6. Sequioa Lawson, Bloomfield, 14-7.

High Jump - 1. Serika Thomas, Hackensack, 5-2; 2. Tie: Danielle Holmes, Hackensack, 4-8; 2. Chelsea Townes, Hackensack, 4-8; 4. Elizabeth Bakarich, Clifton, 4-8; 5. Klara Felsovalyi, Bloomfield, 4-6.

Triple Jump - 1. Kimisha Hughes, Eastside, 36-7; 2. Danielle Holmes, Hackensack, 34-3 1/2; 3. Nicole Zarek, Clifton, 32-7; 4. Nicole Krzysik, Clifton, 32-6; 5. Lauren Dutch, Clifton, 32-5 1/2; 6. Tanayah Bruce, Hackensack, 31-5 1/2.

Pole Vault - 1. Lauren Dutch, Clifton, 9-0; 2. Nicole Zarek, Clifton, 7-6; 3. Kathleen Mish, Hackensack, 7-6; 4. Katherine Serpa, Hackensack, 6-6.

NNJIL DIVISION C
at Teaneck

Girls

TEAM SCORES: 1. Immaculate Heart Academy 94; 2. Paramus Catholic 49; 3. Holy Angels 19..

100 - 1. Kristen Cubicciotti, IHA, 12.9; 2. Caitlin Colesanti, Holy Angels, 13.0; 3. Kristen Saccomano, Paramus Catholic, 13.1; 4. Nia Harmon, Paramus Catholic, 13.2.

200 - 1. Tarashon Broomes, Paramus Catholic, 25.8; 2. Kristen Cubicciotti, IHA, 27.1; 3. Diana Orrico, IHA, 27.6; 4. Liz Bennett, Holy Angels, 27.7.

400 - 1. Tarashon Broomes, Paramus Catholic, 59.1; 2. Sarah Giblin, IHA, 1:03.4; 3. Liz Bennett, Holy Angels, 1:04.6; 4. Lena Randolph, Holy Angels, 1:05.2.

800 - 1. Erin Kalman, IHA, 2:23.7; 2. Venessa Dobney, Paramus Catholic, 2:23.8; 3. Justine Cetinich, Paramus Catholic, 2:34.0; 4. Ashley Miller, Holy Angels, 2:34.6.

1,600 - 1. Caitlin Smyth, IHA, 5:24.4; 2. Lisa Sinkovitz, IHA, 5:41.4; 3. Sara Criscuolo, Holy Angels, 5:56.6; 4. Ashley Miller, Holy Angels, 6:03.2.

3,200 - 1. Theresa Hearn, IHA, 12:20.7; 2. Katie Fry, IHA, 12:42.2; 3. Sara Criscuolo, Holy Angels, 12:57.1; 4. Katie Hines, IHA, 14:06.8.

1,600 Relay - 1. IHA (Diana Orrico, Sarah Giblin, Diana Napolitano, Tahirah Williams), 4:22.4; 2. Paramus Catholic, 4:27.0; 3. Holy Angels, 4:43.0.

100 HH - 1. Caitlin Giblin, IHA, 17.5; 2. Lauren Pfisterer, IHA, 17.6; 3. Nicole Manfria, Paramus Catholic, 18.1; 4. Libia Mendez, Holy Angels, 18.4.

400 IH - 1. Francesca Fonti, IHA, 1:13.3; 2. Caitlin Giblin, IHA, 1:13.9; 3. Vanessa Ciaravino, Holy Angels, 1:14.1; 4. Oliva Abrahamsen, Holy Angels, 1:14.8.

Shot Put - 1. Alaina Ramsey, Paramus Catholic, 35-10; 2. Jennifer Hodges, IHA, 32-1; 3. Kathleen Galan, IHA, 31-5; 4. Tricia Indoe, Paramus Catholic, 28-8.

Javelin - 1. Jennifer Hodges, IHA, 108-3; 2. Audrey O'Donnell, IHA, 72-6; 3. Courtney Paterno, IHA, 57-1; 4. Sara Mattice, Holy Angels, 34-1.

Discus - 1. Alaina Ramsey, Paramus Catholic, 102-8; 2. Jennifer Hodges, IHA, 100-0; 3. Regina Malz, IHA, 79-6; 4. Susan Varghese, Holy Angels, 78-10.

Long Jump - 1. Nia Harmon, Paramus Catholic, 15-9; 2. Diana Orrico, IHA, 15-7 1/4; 3. Kristen Cubicciotti, IHA, 15-5 1/4; 4. Cheryl Simmons, Paramus Catholic, 15-1 1/2.

High Jump - 1. Lynsey Boggess, IHA, 4-10; 2. Emily Battersby, IHA, 4-8; 3. Venessa Dobney, Paramus Catholic, 4-8; 4. Sarah Campbell, Paramus Catholic, 4-6.

Triple Jump - 1. Cheryl Simmons, Paramus Catholic, 35-4; 2. Kristen Cubicciotti, IHA, 33-0; 3. Lauren Pfisterer, IHA, 3?-0; 4. Melynda Murphy, Paramus Catholic, 31-10.

Pole Vault - 1. Ali Kearns, Holy Angels, 6-6.

BCSL AMERICAN
at Tenafly

Girls

Team Scores: River Dell (RD) 129 ½, Rutherford (RU) 88, Westwood (W) 80, Tenafly (T) 65 ½, Queen of Peace (QP) 52, Dumont (DU) 48, Englewood (E) 31, Ridgefield Park (RP) 29, Cliffside Park (CP) 6, Fort Lee (FL) 0.

100 – 1. Anike Orimogunje (QP), 12.3; 2. Cheryl Anscombe (W), 12.4; 3. Abby Beutel (RD), 12.9; 4. Margaret Augustynowicz (RU), 13.0; 5. Sheila Strachan (E), 13.3; 6. Janet Trass (RD), 13.4.

200 – 1. Anike Orimogunje (QP), 25.0; 2. Cheryl Anscombe (W), 26.0; 3. Amy Ackerman (RD), 26.7; 4. Abby Beutel (RD), 27.3; 5. Margaret Augustynowicz (RU), 27.3; 6. Anike Gbadamosi (E), 27.5.

400 – 1. Janine Davis (QP), 57.9; 2. Amy Ackerman (RD), 1:01.6; 3. Jessica Thomas (W), 1:02.7; 4. Jessie Seidler (RD), 1:02.8; 5. Blair Lippman (T), 1:03.5; 6. Jessica Villalba (RP), 1:04.0.

800 – 1. Janine Davis (QP), 2:18.7; 2. Julia Emanuel (T), 2:20.3; 3. Diana Scarfi (W), 2:26.3; 4. Julia Sisti (RD), 2:31.8; 5. Katie D'Aco (W), 2:33.8; 6. Audrey Earl (RU), 2:35.9.

1,600 – 1. Julia Emanuel (T), 5:17.9; 2. Briana Bayersdorfer (RD), 5:33.0; 3. Felicia Chevalier (DU), 5:34.4; 4. Julia Sisti (RD), 5:43.9; 5. Katie D'Aco (W), 5:44.7; 6. Sarah Adelson (T), 5:48.0.

3,200 – 1. Julia Emanuel (T), 11:49.4; 2. Felicia Chevalier (DU), 12:19.9; 3. Katie D'Aco (W), 12:27.6; 4. Sarah Adelson (T), 12:37.0; 5. Annie Matsumoto (T), 13:02.5; 6. Briana Bayersdorfer (RD), 13:12.0.

100 HH – 1. Jane Wiggins (RD), 17.2; 2. Charussiada (RP), 17.4; 3. Kathy Livesey (RD), 17.7; 4. Jen Bembridge (DU), 18.0; 5. Joyce Rosenbaum (T), 18.2; 6. Louise Maresca (T), 18.8.

400 IH – 1. Jessica Thomas (W), 1:09.8; 2. Jessie Seidler (RD), 1:11.6; 3. Terry Ruggiero (RD), 1:12.5; 4. Louise Maresca (T), 1:12.9; 5. Emilie Saintus (QP), 1:13.5; 6. Chris Gearty (RU), 1:13.6.

Shot put – 1. Danica Miller (RU), 36-0 ¾; 2. Stephanie Roegner (W), 32-11 ¾; 3. Lauren Haak (RD), 32-1 ½; 4. Jen Seifarth (CP), 31-9 ¾; 5. Bridgetete Kenny (RP), 31-0; 6. Annette Lach (W), 29-11.

Discus – 1. Danica Miller (RU), 102-4; 2. Lauren Haak (RD), 96-8; 3. Brigette Kenny (RP), 88-5; 4. Stephanie Roegner (W), 88-3; 5. Jen Seifarth (CP), 86-2; 6. Jan Verhoof (RD), 84-0.

Javelin – 1. Danica Miller (RU), 102-9; 2. J. Hatton (RP), 97-11; 3. G. Forte (RU), 97-5; 4. Q. Herndon (E), 93-5; 5. E. Rienzi (RU), 91-10; 6. A. Lach (W), 90-0.

High jump – M. Cahill (RU), 5-0; 2. R. Charussilara (RD), 4-10; 3. tie, C. Patel (RP), 4-10; R. Zukerman (RP), 4-10; 5. S. Stanley (T) 4-8.

Long jump – Results not available.

Triple jump – 1. S. Stracuan (E), 32-6; 2. E. Rienz (RU), 32-4 ½; 3. D. Scarfi (RU), 31-1; 4. J. Rosenbaum (T), 31-8; 5. C. Patel (RU), 31-2; 6. K. McIlwain (RD), 30-5 ½.

Pole vault – 1. S. Capparelli (DU), 8-6; 2. J. Korzelius (DU), 8-6; 3. tie, H. Shaw (T), 8-6; J. Hatton (RP), 8-6; 5. J. Rosenbaum (T), 8-0; 6. K. Caspare (DU), 8-0.

4 x 400 Relay – 1. Queen of Peace (Orimogunje, Boyd, Airre, Daris), 4:14.8; 2. River Dell 4:17.2; 3. Westwood 4:23.5; 4. Tenafly 4:29.3; 5. Dumont 4:36.8; 6. Rutherford 5:02.1.

B-PSL TRACK AND FIELD CHAMPIONSHIPS

AT GLEN ROCK

KING DIVISION

GIRLS TEAM SCORES

1. Passaic Tech 160; 2. Garfield 114; 3. Hawthorne 103.5; 4. Pompton Lakes 79; 5. Lodi 2.5; TIE6. Elmwood Park 2; 6. Manchester 2.

100 - 1. Latasha Jackson, Garfield, 12.5; 2. Yhounic Vassell, Passaic Tech, 12.7; 3. Soniya Johnson, Passaic Tech, 12.9; 4. Alicia Fonseca, Hawthorne, 13.1; 5. Brittany Brooks, Garfield, 13.4; 6. Ixa Gomez, Passaic Tech, 13.5.

200 - 1. Andrea Herbert, Passaic Tech, 25.2; 2. Yhounic Vassell, Passaic Tech, 25.9; 3. Latasha Jackson, Garfield, 26.6; 4. Alicia Fonseca, Hawthorne, 27.7; 5. Jamie Mastrangelo, 29.2; 6. Shannae Andrews, Passaic Tech, 29.3.

400 - 1. Andrea Herbert, Passaic Tech, 58.3; 2. Kahimah Liverman, Passaic Tech, 1:00.4; 3. Rosalind Cerat,Passaic Tech, 1:03.4; 4. Sherry Chen, Hawthorne, 1:06.5; 5. Jazmine Amoruso, Garfield, 1:07.1; 6. Sue Guydish, Pompton Lakes, 1:07.5.

800 - 1. Meghan Gaffney, Pompton Lakes, 2:24.2; 2. Brenna Rooney, Hawthorne, 2:33.3; 3. Kahimah Liverman, Passaic Tech, 2:34.6; 4. Angela Oliveira, Garfield, 2:35.1; 5. Liz Fisher, Pompton Lakes, 2:38.5; 6. Diana Fernandez, Garfield, 2:44.7.

1,600 - 1. Meghan Gaffney, Pompton Lakes, 5:27.0; 2. Cheyenne Ogletree, Garfield, 5:38.7; 3. Maria Daukovitch, Garfield, 5:42.1; 4. Kristen Varina, Hawthorne, 5:43.5; 5. Dawn Sweeses, Pompton Lakes, 6:01.9; 6. Brenna Rooney, Hawthorne, 6:04.3.

3,200 - 1. Meghan Gaffney, Pompton Lakes, 11:58.1; 2. Maria Pavkovitch, Garfield, 12:12.7; 3. Kristen Varina, Hawthorne, 12:30.1; 4. Cheyenne Ogletree, Garfield, 12:45.2; 5. Liz Fisher, Pompton Lakes, 13:33.5; 6. Eileen Alcalde, Elmwood Park, 14:45.9.

1,600 Relay - 1.Hawthorne (Cornett, Fonseca, Corrasco, Chen), 4:27.7; 2. Passaic Tech, 4:28.9; 3. P. Lakes, 4:34.2; 4. Garfield, 4:34.6; 5. Manchester, 5:13.5.

100 High Hurdles - 1. Soniya Johnson, Passaic Tech, 15.5; 2. Justyna Kret, Garfield, 17.1; 3. Irina Carrasco, Hawthorne, 17.7; 4. Nyree Wilson, Passaic Tech, 17.8; 5. Colleen Hayes, Hawthorne, 18.0.

400 Intermediate Hurdles - 1. Kahimah Liverman, Passaic Tech, 1:08.2; 2. Andrea Herbert, Passaic Tech, 1:09.6; 3. Rosalind Cerat, Passaic Tech, 1:11.4; 4. Lauren Psota, Hawthorne, 1:13.8; 5. Irina Corrasco, Hawthorne, 1:13.9; 6. Justyna Kret, Garfield, 1:15.6.

Long Jump - 1. Latasha Jackson, Garfield, 16-11; 2. Rosalind Cerat, Passaic Tech, 15-10; 3. Soniya Johnson, Passaic Tech, 15-8 1/2; 4. Brittany Brooks, Garfield, 14-9 1/2; 5. Shamara White, Passaic Tech, 14-8 3/4; 6. Ally Salvation, Lodi, 14-6 1/2.

High Jump - 1. Leslie Galamb, Pompton Lakes, 5-2; TIE2. Cara Cornett, Hawthorne, 4-6; 2. Ixa Gomez, Passaic Tech, 4-6; 2. Shanae Andrans, Passaic Tech, 4-6; TIE5. Alyson Salvacion, Lodi, 4-4; 5. Amy Flaker, Hawthorne, 4-4.

Triple Jump - 1. Kahimah Liverman, Passaic Tech, 36-3 1/2; 2. Andrea Herbert, Passaic Tech, 35-11 3/4; 3. Yhounic Vassell, Passaic Tech, 35-0; 4. Latasha Jackson, Garfield, 32-6; 5. Brittany Brooks, Garfield, 32-5 1/4; 6. Sarah Flieger, Pompton Lakes, 31-8 1/4.

Shot Put - 1. Whitney Verduin, Hawthorne, 33-3 1/4; 2. Tori Glasser, Hawthorne, 31-5; 3. Agnes Kitwica, Garfield, 30-11 3/4; 4. Danielle Dabaghian, Garfield, 30-7 1/2; 5. Lisa Alexander, Pompton Lakes, 30-5 1/4; 6. Marybeth Weiss, Pompton Lakes, 30-0.

Discus - 1. Whitney Verduin, Hawthorne, 106-9; 2. Marybeth Weiss, Pompton Lakes, 99-11; 3. Agnes Ketwica, Garfield, 88-7; 4. Danielle Dabaghian, Garfield, 87-10; 5. Lisa Alexander, Pompton Lakes, 83-8; 6. Mina Zheng, Elmwood Park, 76-4.

Javelin - 1. Whitney Verduin, Hawthorne, 128-5; 2. A. Kotwica, Garfield, 114-8; 3. M. Weiss, 110-8; 4. L. Alexander, 102-11; 5. Danielle Dabaghian, Garfield, 101-3; 6. A. Flaker, Hawthorne, 87-5.

CARPENTER DIVISION

GIRLS TEAM SCORES

1. Glen Rock 184.5; 2. Saddle Brook 111.5; 3. Eastern Christian 60; 4. Midland Park 50; 5. Waldwick 35; 6. Paterson Catholic 24.

100 - 1. Altisha Byrd, Paterson Catholic, 12.7; 2. Shannon Alston, Midland Park, 13.1; 3. Allie Wright, Saddle Brook, 13.2; 4. Jessica Oravetz, Waldwick, 13.5; 5. Danielle Reuter, Waldwick, 13.6; 6. Marie Greene, Glen Rock, 13.6.

200 - 1. Altisha Byrd, Paterson Catholic, 26.3; 2. Jackie Kaminski, Saddle Brook, 26.9; 3. Allie Wright, 26.9; 4. Shannon Alston, Midland Park, 27.5; 5. Danielle Revas, Waldwick, 27.6; 6. Jessica Oranetz, Waldwick, 27.7.

400 - 1. Kim Mineo, Glen Rock, 58.0; 2. Allie Wright, Saddle Brook, 1:02.5; 3. Amanda Tinucci, Waldwick, 1:04.2; 4. Lori Stuart, Saddle Brook, 1:04.9; 5. Christina Patoir, Glen Rock, 1:05.6; 6. Brianna Dillon, Waldwick, 1:06.9.

800 - 1. Erin Henry, Glen Rock, 2:19.9; 2. Danielle Patoir, Glen Rock, 2:25.1; 3. Amanda Peraino, Glen Rock, 2:28.4; 4. Danielle Amato, Saddle Brook, 2:37.9; 5. Kate Brown, Waldwick, 2:38.9; 6. Kristin Atchison, Saddle Brook, 2:30.2.

1,600 - 1. Danielle Patoir, Glen Rock, 5:31.5; 2. Mary Moore, Glen Rock, 5:39.6; 3. Audrey Bedrouk, Waldwick, 5:43.2; 4. Kristen Stephens, Glen Rock, 5:46.9; 5. Danielle Amato, Saddle Brook, 5:51.9; 6. Catlin Kowakczyk, Waldwick, 5:54.0.

3,200 - 1. Erin Henry, Glen Rock, 11:27.9; 2. Liz Saydah, Glen Rock, 12:25.0; 3. Brenna O'Rourke, Glen Rock, 12:39.7; 4. Audrey Bednarz, Waldwick, 12:43.2; 5. Darlene Pekaar, Saddle Brook, 13:02.5; 6. Catlin Kowalczyk, Waldwick, 13:20.3.

1,600 Relay - 1. Glen Rock (Amanda Peraino, Erin Henry, Ali Dykhouse, Kim Mineo), 4:07.7; 2. Saddle Brook, 4:21.9; 3. Waldwick, 4:27.6; 4. Eastern Christian, 4:34.5; 5. Midland Park, 4:36.9.

100 High Hurdles - 1. Jackie Kaminski, Saddle Brook, 15.5; 2. Molly Matanle, Glen Rock, 15.9; 3. Dana Salonia, Saddle Brook, 16.6. 4. Alicia Lotts, Paterson Cath., 16.9; 5. Ali Dykhouse, Glen Rock, 17.4; 6. Meg Thielke, Glen Rock, 17.5.

400 Intermediate Hurdles - 1. Ali Dykhouse, Glen Rock, 1:07.8; 2. Dana Salonia, Saddle Brook, 1:09.1; 3. Molly Matanle, Glen Rock, 1:10.3; 4. Christina Patoir, Glen Rock, 1:12.8; 5. Sheila Vaughan, Midland Park, 1:15.9; 6. Megan McGarr, Waldwick, 1:17.7.

Long Jump - 1. Jackie Kaminski, Saddle Brook, 15-10 1/2; 2. Betsy Van Langen, Glen Rock, 15-8; 3. Molly Matanle, Glen Rock, 15-4 3/4; 4. Meg Theilke, Glen Rock, 15-2 3/4; 5. Allie Wright, Saddle Brook, 14-11; 6. Lauren DeJong, Eastern Christian, 14-9 1/4.

High Jump - 1. Lauren Dejong, Eastern Christian, 4-10; TIE2. Shannon Alston, Midland Park, 4-8; 2. Betsy Van Langen, Glen Rock, 4-8; TIE4. Kelli O'Brien, Saddle Brook, 4-6; 4. Kim Lindsay, Eastern Christian, 4-6; TIE6. Alexia Schwartz, Glen Rock, 4-4; 6. Shannon Kellinger, Saddle Brook, 4-4.

Triple Jump - 1. Jackie Kaminsky, Saddle Brook, 34-8 1/2; 2. Molly Matanle, Glen Rock, 33-1 1/2; 3. Meg Thielke, Glen Rock, 32-3 3/4; 4. Ali Dykhouse, Glen Rock, 31-4; 5. Kristin Van Schepen, Eastern Christian, 30-8; 6. Sherry Atchison, Saddle Brook, 30-5 3/4.

Shot Put - 1. Melissa Lisbona, Midland Park, 34-0; 2. Berry Brennan, Midland Park, 30-7; 3. Erin Krenitsky, Eastern Christian, 30-1; 4. Karen Strelcker, Glen Rock, 29-10 1/2; 5. Carmella Aliano, Glen Rock, 29-9 1/2; 6. Nicole Gerber, Saddle Brook, 26-9 3/4.

Discus - 1. Erin Krenitski, Eastern Christian, 100-7; 2. Katharine Strelcheck, Glen Rock, 90-3; 3. Carmella Aloano, Glen Rock, 90-1; 4. Melissa Lisbona, Midland Park, 88-3; 5. Laura Murray, Glen Rock, 87-1; 6. Kasey Ciborowski, Saddle Brook, 83-0.

Javelin - 1. Lent, Glen Rock, 112-7; 2. Kelley, Saddle Brook, 111-1; 3. Tryforos, Glen Rock, 105-3; 4. Mulkeen, Glen Rock, 92-10; 5. Brennan, Midland Park, 90-9; 6. Panfili, Saddle Brook, 86-3.

NBIL

Thursday at Wayne Hills

Girls

DIVISION 1

Team scores: NV/Demarest (NV/D) 159, NV/Old Tappan (NV/OT) 123, Fair Lawn (FL) 64, Wayne Hills (WH) 47, Bergenfield (B) 38, Ramapo (RM) 27.

100 - 1. Jess Perkel (NV/OT), 12.8; 2. Lauren Michel (NV/D), 13.2; 3. Kymm Silversey (FL), 13.2; 4. Brittany Bonney (WH), 13.5; 5. Sanjae Vanriel (B), 13.6; 6. Anne Redmond (NV/OT), 13.6.

200 - 1. Jess Perkel (NV/OT), 26.5; 2. Kymm Silversey (FL), 27.1; 3. Stacy Smith (NV/OT), 27.3; 4. Tie between Brittany Bonney (WH) and Lauren Michel (NV/D), 27.4; 6. Julie Orthmann (RM), 27.6.

400 - 1. Lisa Corey (NV/D), 1:00.5; 2. Jess Perkel (NV/OT), 1:01.1; 3. Annie Redmond (NV/OT), 1:03.1; 4. Erin Gross (RM), 1:03.3; 5. Loren Moskovich (FL), 1:03.5; 6. Cortney Markert (NV/D), 1:04.0.

800 - 1. Rachel Abramson (NV/D), 2:25.4; 2. Ashley Bakelman (WH), 2:27.2; 3. Felicia Phiefer (RM), 2:27.6; 4. Alyson Eckmeyer (NV/OT), 2:29.3; 5. Sarah Ocasio (NV/OT), 2:30.7; 6. Pam Papapetrou (NV/D), 2:33.3.

1,600 - 1. Andrea Rovegno (RM), 5:14.7; 2. Sari Weissbard (FL), 5:16.8; 3. Taylor Lebovich (NV/OT), 5:29.1; 4. Aly Eckmeyer (NV/OT), 5:29.2; 5. Ashley Bakelman (WH), 5:29.6; 6. Virginia Westervelt (NV/D), 5:35.3.

3,200 - 1. Sari Weissbard (FL), 11:48.4; 2. Taylor Lebovich (NV/OT), 11:57.2; 3. Daphne Aronovits (FL), 12:12.2; 4. Virginia Westervelt (NV/D), 12;22.2; 5. Pam Papapetrou (NV/D), 12;29.7; 6. Lindsay Davis (NV/OT), 12:38.7.

110 HH - 1. Stacy Smith (NV/OT), 16.5; 2. Jean Pinto (WH), 17.0; 3. Maribeth Martens (NV/D), 17.0; 4. Jaclyn Magliato (NV/D), 17.0; 5. Cat Nathans (NV/OT), 17.1; 6. Lauren Fass (NV/D), 17.1.

400 IH - 1. Lisa Corey (NV/D), 1:07.7; 2. Cat Nathans (NV/OT), 1:08.0; 3. Jaime LaFauci (NV/D), 1:08.2; 4. Jean Pinto (WH), 1:09.5; 5. Loren Moskovich, (FL), 1:10.2; 6. Alexis Tardulo (NV/OT), 1:13.0.

Shot put - 1. Jessica Fazekas (NV/D), 45-6¼ (Bergen County record, old County record, 44-7 by Fazekas, 2001, old NBIL record, 43-1¼ by Jenn Flinchum (NV/D), 1999); 2. Kelly Fazekas (NV/D), 44-11 1/2; 3. Elethia Graham (B), 37-3 1/2; 4. Lisa Pucurs (NV/D), 33-1; 5. Andrea Cerbie (NV/OT) 30-7 1/4; 6. Hilary Blum (NV/OT), 29-6.

Discus - 1. Jessica Fazekas (NV/D), 133-5; 2. Kelly Fazekas (NV/D), 121-1; 3. Amanda Walker (WH), 98-7; 4. Katie Carroll (NV/D), 84-2; 5. Angie Waldron (FL), 79-8; 6. Mildred Morillo (B), 74-7.

Javelin - 1. Kelly Fazekas (NV/D), 125-9 (Bergen County [new javelin], old record, 115-10 by Fazekas, 2002); 2. Jessica Fazekas (NV/D), 122-3; 3. Diana Pucurs (NV/D), 119-0; 4. Andrea Cerbie (NV/OT), 107-9; 5. Shannon Spafford (NV/OT), 100-11; 6. Blair Snyder (NV/OT), 92-2.

High jump - 1. Shannon Spafford, (NV/OT), 4-8; 2. tie between Julie Orthman, (RM), Stephanie Abbatiello, (B), and Alex Codel, (NV/D), 4-6; 5. Kymm Silversey, (FL), 4-6; 6. Kathryn Vogel, (B), 4-4.

Long jump - 1. Natalya Budnyatsky (FL), 15-9 3/4; 2. Lauren Fass (NV/D), 15-7; 3. Lauren Kriftner (WH), 15-7; 4. Lauren Carballo (NV/OT), 15-5 1/2; 5. Sanjae Vanriel (B), 14-11 3/4; 6. Lisa Corey (NV/D), 14-10 1/4.

Triple jump - 1. Lisa Corey (NV/D), 34-7 1/2; 2. Sanjay Vanriel (B), 33-11 3/4; 3. Stephanie Abbatiello (B), 33-3 1/4; 4. Lauren Kriftner (WH), 33-1 1/4; 5. Lauren Carballo (NV/OT), 33-0; 6. Jill Kowarski (WH), 32-11.

1,600 relay - 1. NV/Old Tappan (Cat Nathans, Andrea Cerbie, Aly Eckmeyer, Annie Redmond), 4:10.2; 2. Fair Lawn, 4:26.4; 3. Bergenfield, 4:47.0. No fourth, fifth or sixth places.

DIVISION 2

Team scores: Northern Highlands (NH) 143, Pascack Valley (PV) 106, Indian Hills (IH) 104, Ramsey (RS) 69, Mahwah (M) 25, Pascack Hills (PH) 18.

100 - 1. Elena Minuto (NH), 13.0; 2. Hailey Coonrad (RS), 13.3; 3. Chrissy Procopio (IH), 13.4; 4. Jackie Kasen (PV), 13.6; 5. Crystia Murphy (RS), 13.6; 6. Kate Siembieda (RS), 13.7.

200 - 1. Laura Lynch (IH), 27.4; 2. Elena Minuto (NH), 27.5; 3. Crystin Murphy (RS), 27.9; 4. Kate Siembieda (RS), 28.0; 5. Alex Christensen (NH), 28.2; 6. Jackie Kasen (PV), 28.2.

400 - 1. Hailey Coonrad (RS), 1:00.5; 2. Elena Minuto (NH), 1:01.2; 3. Laura Lynch (IH), 1:01.5; 4. Ava Scacchetti (PV), 1:02.4; 5. Alex Christiansen (NH), 1:02.6; 6. Alison Orrico (NH), 1:03.8.

800 - 1. Tara Connelly (PV), 2;25.7; 2. Maggie Weidner (NH), 2;30.1; 3. Erin O'Reilly (PV), 2:31.4; 4. Noel DiPaola (RS), 2:33.0; 5. Alyssa Ross (PH), 2:34.6; 6. Julia Stripe (M), 2:35.5.

1,600 - 1. Sarah Christensen (NH), 5:31.5; 2. Jill Wessels (PV), 5:34.3; 3. Tina Triantafilidi (IH), 5:37.6; 4. Michele Cooper (NH) 5:39.8; 5. Alyssa Ross (PH), 5:40.4; 6. Amy Levine (NH) 5:43.3.

3,200 - 1. Erin Bauberger (IH), 12:13.2; 2. Sarah Christiansen (NH), 12:22.0; 3. Jill Wessels (PV), 12;24.1; 4. Lauren Zaccone (M), 12:26.2; 5. Sarah Walcott-Sapp (PV), 12:32.4; 6. Michele Cooper (NH), 12:40.2.

110 HH - 1. Michelle Ribustello (PV), 16.4; 2. Jamie Anton (PH), 16.8; 3. Julia Stripe (M), 16.8; 4. Hiroko Kitajima (NH), 17.5; 5. Jen Rothman (NH), 17.6; 6. Dana Assis (RS), 17.7.

400 IH - 1. Tara Connelly (PV), 1:06.7; 2. Michelle Ribustello (PV), 1:06.8; 3. Jen Rothman (NH) 1:08.2; 4. Caroline Hockmeyer (RS), 1:09.0; 5. Erin O'Reilly (PV), 1:09.8; 6. Alison Orrico, (IH) 1:10.3.

Shot put - 1. Catherine Henny (NH) 35-10; 2. Heather Krause (M), 35-4 1/4; 3. Chrissy Procopio (IH), 34-7; 4. Tina Triantafilidi (IH), 32-1 1/2; 5. Donna Tarzian (RS), 31-1 1/4; 6. Ashley Drussel (RS), 28-11 1/2.

Discus - 1. Catherine Henny (NH), 100-4; 2. Laura Hall (PH), 97-0; 3. Donna Tarzian (RS), 96-0; 4. Abby Kruger (NH), 91-10; 5. Amanda Breslin (M), 89-4; 6. Tina Triantafilidi (IH), 87-8.

Javelin - 1. Jackie DeMais (PV), 100-7; 2. Erika Connolly (IH) 92-6; 3. Lia Torre (NH) 87-2; 4. Jessey Finizio (PV), 84-11; 5. Allyssa Durante (M), 83-2; 6. Sander Felz (PH), 74-9.

High jump - 1. Catherine Henny (NH), 4-10; 2. Lia Torre (NH), 4-8; 3. Alex Paslawsky (RS), 4-8; 4. Bryanne Corra (PV), 4-6; 5. Tie between Erin O'Reilly (PV), Jesse Steinbeigle (IH), Amy Nylund (NH) 4-4.

Long jump - 1. Chrissy Procopio (IH), 16-3 3/4; 2. Laura Lynch (IH), 16-2; 3. Jackie Kasen (PV), 15-7 1/4; 4. Kate Siembieda (RS), 15-2 1/4; 5. Crystia Murphy (RS), 15-0 3/4; 6. Alex Christiansen (NH), 14-10 1/4.

Triple jump - 1. Chrissy Procopio (IH), 35-6 1/2; 2. Hiroko Kitajima (NH) 33-0 1/4; 3. Laura Lynch (IH), 32-11 3/4; 4. Danielle Kroll (IH), 32-2 1/2; 5. Kira Schiavello (RS), 31-3 3/4; 6. Lia Torre (NH) 30-2 3/4.

1,600 relay - 1. Pascack Valley (Ava Scacchetti, Michelle Ribustello, Erin O'Reilly, Tara Connelly), 4:07.7; 2. Northern Highlands, 4:11.7; 3. Ramsey, 4;12.8; 4. Pascack Hills, 4:28.1; 5. Mahwah, 4:28.4; 6. Indian Hills, 4:37.6.

BCSL OLYMPIC
at Lyndhurst

Girls

Team Scores: Bergen Tech (BT) 121, Cresskill (CR) 76, Bogota (BO) 72, Palisades park (PP) and New Milford (NM) 49, Dwight-Englewood (DE) 44, Leonia (LE) 35, Park Ridge (PR) 16, Emerson (E) 2.

100 - 1. Elizabeth Luke (BT), 13.3; 2. Serena Shrivastava (BT), 13.4; 3. Cory Mitchell (LE), 13.4; 4. Kim Heron (BO), 13.4; 5. Kristen Shine (PR), 13.6; 6. Danielle Devletian (BT), 13.6.

200 - 1. Kim Heron (BO), 27.4; 2. Cory Mitchell (LE), 28.2; 3. Elizabeth Luke (BT), 28.4; 4. Megan Kuzirian (PP), 28.5; 5. Danielle Devletian (BT), 29.1; 6. Lisa Koch (PR), 29.3.

400 - 1. Kim Heron (BO), 1:00.8 (record, old record, 1:01.4, by Heron, 2001); 2. Stephanie Jackson (BT), 1:02.3; 3. Alison Desir (DE), 1:02.9; 4. Megan Kuzirian (PP), 1:03.8; 5. Dana Smirnova (LE), 1:04.1; 6. Alicia Henry (CR), 1:04.2.

800 - 1. Lauren Fowler (BT), 2:26.3 (record, old record, 2:29.4 by Linda Ndereqjoni, Cresskill, 2001); 2. Linda Ndregjoni (CR), 2:32.6; 3. Jenn Leahy (CR), 2:36.9; 4. Keyla Herrera (PP), 2:38.9; 5. Joanna Fuentes (PP), 2:40.6; 6. Jenn Loaiza (PP), 2:42.6.

1,600 - 1. Linda Ndregjoni (CR), 5:47.0; 2. Lauren Fowler (BT), 5:54.2; 3. Keyla Herrera (PP), 5:57.1; 4. Liz Bates (PR), 6:00.6; 5. Jenn Loaiza (PP), 6:02.4; 6. Joanna Fuentes (PP), 6:03.2.

3,200 - 1. Linda Ndregjoni (CR), 12:27.8; 2. Joanna Fuentes (PP), 12:53.0; 3. Jenn Loaiza (PP), 12:56.1; 4. Susan Dadaian (CR), 13:10.1; 5. Katy Botsford (CR), 13:10.3; 6. Keyla Herrera (PP), 13;12.2.

100 HH - 1. Dagmara Podwyzsynska (BT), 16.3; 2. Jen Barthelemy (BO), 16.8; 3. Valerie Durollari (LE), 16.9; 4. Jenn Leahy (CR), 17.5; 5. Marissa Martinez (NM), 17.6; 6. Lara Vandenberg (CR), 17.8.

400 IH - 1. Allison Desir (DE), 1:07.7; 2. Jenn Leahy (CR), 1:10.0; 3. Dagmara Podwyzsynska (BT), 1;12.1; 4. Valerie Durollari (LE), 1;14.4; 5. Patricia Cabrera (BO), 1:14.7; 6. Danielle Biancoroso (PR), 1:15.7.

Shot Put - 1. Alyssa Koob (NM), 35-4 1/2; 2. Tiffany Phoenix (CR), 35-2; 3. Tatiana Ciccone (NM), 33-3 1/2; 4. Jessica Rodriguez (BT), 30-0; 5. Rose Rebustillo (NM), 27-9 1/4; 6. Jennifer Mazil (BO), 27-2 3/4.

Discus - 1. Tiffany Phoenix (CR), 123-1 (record, old record, 118-2 by Bridget Welch, Park Ridge, 1980); 2. Alyssa Koob (NM), 108-11; 3. Tatiana Ciccone (NM), 96-2; 4. Alana Diaz (PP), 93-7; 5. Katie O'Rourke (PR), 89-2; 6. Tina Makris (PR), 87-11.

Javelin - 1. Beverly Gross (BT), 96-11; 2. Tatiana Ciccone (NM), 92-1; 3. Diana Sita (NM), 91-2; 4. Kate Carillo (BT), 82-0; 5. Halley O'Brien (E), 79-11; 6. Stephanie Neuruzian (LE), 77-0.

High jump - 1. Jen Barthelemy (BO), 5-0; 2. Tie between Jaime Donovan (PP), Erica Bergman (DE) and Maria Baibakova (DE), 4-10; 5. Jenn Leahy (CR), 4-10; 6. Elizabeth Luke (LE), 4-10.

Long jump - 1. Jen Barthelemy (BO), 16-6; 2. Elizabeth Luke (BT), 15-4; 3. Erica Bergman (DE), 15-3 1/2; 4. Dagmara Podwyzsynska (BT), 14-10 1/2; 5. Maria Barbakova (DE), 14-7 1/2; 6. Megan Miller (PR), 14-4.

Triple jump - 1. Jen Barthelemy (BO), 33-8 1/2; 2. Aleandra Noga (BT), 29-11; 3. Dagmara Podwyzsywska (BT), 29-9; 4. Cory Mitchell (LE), 29-8; 5. Kim Heron (BO), 29-7; 6. Daina Sita (NM), 29-4 1/2.

4 x 400 relay - 1. Bergen Tech (Stephanie Johnson, Lauren Fowler, Danielle Devletian, Alex Moga), 4:17.5; 2. Dwight-Englewood, 4:21.2; 3. Leonia, 4:31.0; 4. Park Ridge, 4:33.1; 5. Cresskill, 4:34.6; 6. Bogota, 4:56.5.

BCSL NATIONAL
at Lyndhurst

Girls

Team Scores: Hasbrouck Heights (HH) 240, Lyndhurst (LY) 75, Wood-Ridge (WR) 57, North Arlington (NA) 56, Ridgefield (RF) 30, Secaucus (S) 5, Wallington (WA) and Becton (BE) 1.

100 - 1. Jennifer Cagiao (HH), 12.7 (record, old record, 13.0 by five performers); 2. Kim Hykey (LY), 12.8; 3. Nicole Cortese (LY), 13.0; 4. Amanda Laverty (RF), 13.0; 5. Judy Wong (WR), 13.1; 6. Holly Bann (S), 13.3.

200 - 1. Heather Nicoletti (HH), 27.1; 2. Jennifer Cagiao (HH), 27.2; 3. Kim Hykey (LY), 27.2; 4. Nicole Cortese (LY), 27.3; 5. Judy Wong (WR), 27.5; 6. Celine Lee (NA), 27.6.

400 - 1. Celine Lee (NA), 1:01.2; 2. Heather Nicoletti (HH), 1:01.3; 3. Kim Hykey (LY), 1:01.4; 4. Erica Gagliardi (HH), 1:03.1; 5. Judy Wong (WR), 1:03.2; 6. Heather Stoveken (LY), 1:03.3.

800 - 1. Regina Stellato (HH), 2:27.4; 2. Kelly DellaFave (HH), 2:30.6; 3. Loretta Fitzgibbons (HH), 2:32.7; 4. Jessica Stoveken (LY), 2;32.9; 5. Gina Rhodes (LY), 2;35.2; 6. Charlotte Moore (NA), 2:36.0.

1,600 - 1. Christine Ayubi (HH), 5:38.6; 2. Kelly DellaFave (HH), 5:43.7; 3. Stephanie Sinclair (RF), 5:47.0; 4. Charlotte Moore (NA), 5:51.3; 5. Loretta Fitzgibbons (HH), 5:54.7; 6. Courtney Reggo (RF), 6:02.6.

3,200 - 1. Irene Rono (LY), 12:21.1; 2. Christine Ayubi (HH), 12:27.8; 3. Loretta Fitzgibbons (HH), 12:28.4; 4. Charlotte Moore (NA), 12:37.5; 5. Debbie Terragni (HH), 12:46.8; 6. Courtney Reggo (RF), 12:52.8.

100 HH - 1. Kristen Webb (NA), 16.5; 2. Cherilyn Marfino (HH), 16.6; 3. Nicole DeSimone (HH), 16.7; 4. Shannon Kozibroda (WR), 17.0; 5. Brittany Zielinski (WR), 18.3; 6. Dominika Waszkiewicz (WA), 20.2.

400 IH - 1. Regina Stellato (HH), 1:09.5; 2. Kelly Dellafave (HH), 1:10.3; 3. Kristen Webb (NA), 1:11.1; 4. Heather Stoveken (LY), 1;11.5; 5. Shannon Kozibroda (WR), 1;12.0; 6. Kristina Florio (HH), 1:13.7.

Shot Put - 1. Lindsey Renna (HH), 34-8; 2. Deanna Wolowits (NA), 30-8; 3. Nikki Lowenstein (LY), 30-1 1/2; 4. Nadia San Martin (WR), 29-10 3/4; 5. Allison Gino (NA), 29-2 1/4; 6. Jenn Kritsky (LY), 29-0.

Discus - 1. Lindsey Renna (HH), 106-9; 2. Nadia San Martin (WR), 100-5; 3. Nikki Lowenstein (LY), 95-2; 4. Nicole Bermudez (HH), 88-7; 5. Kim Williams (LY), 83-1; 6. Nicole Aquina (NA), 81-10.

Javelin - 1. Courtney Reggo (RF), 113-3; 2. Loretta Fitzgibbons (HH), 100-3; 3. Allison Gino (NA), 100-0; 4. Kelly Riccardo (WR), 91-1; 5. Lisa Colangelo (HH), 88-10; 6. Kristen Smeallie (HH), 84-0.

High jump - 1. Cherilyn Marfino (HH), 5-2; 2. Tie between Shannon Kozibroda (WR) and Emmery Beadle (HH), 4-10; 4. Mallory Woods (HH), 4-10; 5. Lindsey Flora (S), 4-8; 6. Jacqueline Boresky (BE), 4-8.

Long jump - 1. Judy Wong (WR), 16-2; 2. Mallory Woods (HH), 15-10 1/4; 3. MacKenzie Woods (HH), 15-8 1/2; 4. Cherilyn Marfino (HH), 15-5 1/4; 5. Amanda Laverty (RF), 15-2; 6. Kim Hykey (LY), 14-9 1/2.

Triple jump - 1. Cherilyn Marfino (HH), 32-7 1/2; 2. Emmery Beadle (HH), 32-4 1/2; 3. Regina Stellato (HH), 31-11 1/2; 4. Britney Zielinski (WR), 31-7 1/2; 5. Celine Lee (NA), 31-3; 6. Kelly Riccardo (WR), 31-0.

4 x 400 relay - 1. Hasbrouck Heights (Heather Nicoletti, Kristine Florio, Erica Gagliardi, Regina Stellato), 4:16.2; 2. Lyndhurst, 4:25.7; 3. Ridgefield, 4:29.9; 4. Wood-Ridge, 4:38.6; 5. Secaucus, 4;40.6; 6. North Arlington, 4;45.9.

NORTHERN HILLS SKYLINE
at Wayne Valley

Girls

TEAM SCORES West Orange 127; 2. Wayne Valley 102; 3. Lakeland 54; 4. Passaic Valley 44; 5. West Milford 39; 6. Clifford Scott 31; 7. Millburn 19; 8. Mount St. Dominic 18.

100 — 1. Sara Volkert, Mount St. Dominic 13.07; 2. Natisha Barnett,Clifford J.Scott 13.14; 3. Alicia Warren, West Orange 13.31; 4. Cara Reposa, Passaic Valley 13.37; 5. Illiana Blacksheare, West Orange 13.47; 6. Keri Mounger, Millburn 13.49.

200 — 1. Tiffany Clark, West Orange 26.19; 2. Natisha Barnett, Clifford J.Scott 26.91; 3. Alison Di Domenico, Passaic Valley 27.12; 4. Sara Volkert, Mount St. Dominic 27.44; 5. Keri Mounger, Millburn 27.97; 6. Michelle Eisenberg, West Orange 28.06.

400 — 1. Tiffany Clark, West Orange 58.28; 2. Alison Di Domenico, Passaic Valley 1:00.74; 3. Stephanie Herrick, Wayne Valley 1:00.75; 4. Michelle Eisenberg, West Orange 1:02.75; 5. Darrielle Weeks, Clifford J.Scott 1:02.89; 6. Kidalie Francillon, West Orange 1:03.32.

800 — 1. Shani Spence, West Orange 2:22.97; 2. Gizelle Joshua, West Orange 2:23.88; 3. Caitlin Schopp, West Milford 2:23.95; 4. Michele Coral, Passaic Valley 2:26.23; 5. Lacey McKeon, West Orange 2:28.57; 6. Jacqui Carroll, Wayne Valley 2:28.58.

1,600 — 1. Jesse Mizzone, Passaic Valley 5:16.19; 2. Jacqui Carroll, Wayne Valley 5:21.19; 3. Shani Spence, West Orange 5:25.69; 4. Caitlin Schopp, West Milford 5:29.24; 5. Katie Storbeck, Wayne Valley 5:33.59; 6. Amy Cierich, Wayne Valley 5:38.19.

3,200 — 1. Jesse Mizzone, Passaic Valley 11:23.70; 2. Jacqui Carroll, Wayne Valley 1:47.50; 3. Elizabeth Seigle, Millburn 12:19.90; 4. Katie Storbeck, Wayne Valley 12:25.80; 5. Giuliana Minervini, Passaic Valley 12:33.00; 6. Vivian Esquerre, West Orange 12:34.10.

100 HH — 1. Laura Conte, Wayne Valley 16.20; 2. Julie Folsom, Lakeland 17.17; 3. LaVonne Ellerbe, Wayne Valley 17.21; 4. Meghan Damelio, West Milford 17.61; 5. Elizabeth Riva, Millburn 17.98; 6. Michelle Masone, West Milford 22.39.

400 IH — 1. Kidalie Francillon, West Orange 1:07.03; 2. Stephanie Herrick, Wayne Valley 1:08.14; 3. LaVonne Ellerbe, Wayne Valley 1:09.55; 4. Ginika Udodi, West Orange 1:10.65; 5. Julie Folsom, Lakeland 1:12.24; 6. Meghan Damelio, West Milford 1:14.89.

4x400 Relay — 1. Clifford J.Scott 4:07.34; 2. West Orange 4:11.27; 3. Wayne Valley 4:18.55; 4. Lakeland 4:18.69; 5. Mount St. Dominic 4:20.30; 6. West Milford 4:24.09.

High Jump — 1. Tiyana Peters, West Orange 5-2; 2. Amy Weiss, West Milford 5-; 3. Laura Conte, Wayne Valley 4-10; 4. Thyana Darby, Clifford J.Scott 4-8; 4. Lauren Brebeney, Lakeland 4-8; 6. Christina Peralta, Millburn 4-8.

Pole Vault — 1. Dana Edwards, West Milford 7-6; 2. Dana Migliorino, Wayne Valley 7-; 3. Joi Enis, West Orange 6-6; 3. Jenna Kochajki, West Milford 6-6.

Long Jump — 1. Alicia Warren, West Orange 16-5.75; 2. Jasmine Fenlator, Wayne Valley 16-5.75; 3. Tiyana Peters, West Orange 15-7.75; 4. Laura Conte, Wayne Valley 15-7.50; 5. Robyn Haertel, Millburn 15-1.50; 6. Keri Mounger, Millburn 14-11.50.

Shot Put — 1. Cynthia Douglas, West Orange 37-9; 2. Jasmine Fenlator, Wayne Valley 36-4; 3. Melissa Blitzstein, West Milford 30-9; 4. Lauren Vieth, Lakeland 29-10; 5.
Cindy Athis, West Orange 29-9.75; 6. Emily Krauser, West Orange 29-1.50.

Discus — 1. Jasmine Fenlator, Wayne Valley 113-5; 2. Joelle Biango, Lakeland 99-4; 3. Lauren Vieth, Lakeland 95-10; 4. Cindy Athis, West Orange 91-5; 5. Melissa Blitzstein, West Milford 90-10; 6. Nicole Trossman, Lakeland 89-6.

Javelin — 1. Lauren Vieth, Lakeland 112-10; 2. Kristen Calamita, Lakeland 100-; 3. Arielle DeRouen, West Milford 97-5; 4. Jennifer Ting, Millburn 95-4; 5. Nora Burke, Mount St. Dominic 92-8; 6. Michelle Eisenberg, West Orange 89-6.

NORTHERN HILLS SUBURBAN
at Wayne Valley

Girls

TEAM SCORES 1. Caldwell 89; 2. Montville 84; 3. Villa Walsh 80; 4. Madison 53; 5. DePaul 52; 6. Pequannock 43; 7. Butler 31; 8. Morris Catholic 2.

100 – 1. Monica Cepak, Villa Walsh 13.23; 2. Kelly Pirozzi, Villa Walsh 13.29; 3. Stacie Shivers, DePaul 13.41; 4. Jacque Briesch, Villa Walsh 13.54; 5. Jenny Zurawell, Montville 13.65; 6. Jennifer Kinsey, Caldwell 13.69.

200 — 1. Kelly Pirozzi, Villa Walsh 27.30; 2. Monica Cepak, Villa Walsh, 27.71; 3. Nikki Cassano, Pequannock 27.79; 4. Stacie Shivers, DePaul 27.87; 5. Courtney Stanton, Montville 28.03; 6. Heather Bernsten, Madison 28.08.

400 — 1. Kelly Pirozzi, Villa Walsh 1:01.70; 2. Courtney Stanton, Montville 1:02.23; 3. Heather Bernsten, Madison 1:02.43; 4. Ashley Bencsko, Pequannock 1:02.91; 5. Jenny Zurawell, Montville 1:04.15; 6. Dominika Galus, Butler 1:04.37.

800 — 1. Ashley Wolf, Montville 2:26.55; 2. Danielle Stanton, Montville 2:28.16; 3. Hilda Gomez, Caldwell 2:29.43; 4. Elizabeth Kennedy, Villa Walsh 2:30.63; 5. Carolyn Heisler, Madison 2:32.64; 6. Christa Wagner, Madison 2:33.59.

1,600 — 1. Ashley Wolf, Montville 5:21.39; 2. Danielle Stanton, Montville 5:29.97; 3. Carolyn Heisler, Madison 5:32.80; 4. Elizabeth" Kennedy, Villa Walsh 5:39.88; 5. Hilda Gomez, Caldwell 5:44.88; 6. Sam Bahnsen, Morris Catholic 5:49.76.

3,200 — 1. Ashley Wolf, Montville 12:00.20; 2. Carolyn Heisler, Madison 12:15.10; 3. Elizabeth Kennedy, Villa Walsh 12:22.70; 4. Emily Gallagher, Madison 12:39.90; 5. Lauren Natoli, Caldwell 12:57.90; 6. Megan Carr, Pequannock 12:59.40.

100 HH — 1. Nicole Donadio, Caldwell 17.06; 2. Nikki Cassano, Pequannock 17.34; 3. Ramie Kelly, DePaul 17.51; 4. Christina Dixon, DePaul 17.68; 5. Tiffany Caterina, Caldwell 18.05; 6. Julianne Sundberg, Caldwell 18.05.

400 IH — 1. Julianne Sundberg, Caldwell 1:09.96; 2. Jenn Gleason, Butler 1:12.08; 3. Kristin Ravaioli, Villa Walsh 1:12.96; 4. Rachel Eng, Madison 1:13.62; 5. Alyson Wells, Madison 1:13.76; 6. Tiffany Caterina, Caldwell 1:15.49.

4x400 Relay — 1. Montville 4:10.54; 2. Villa Walsh 4:18.55; 3. Madison 4:20.95; 4. Caldwell 4:24.61; 5. Butler 4:34.01; 6. DePaul 4:36.63.

High Jump — 1. Rebecca Baskinger, Butler 5-2; 2. Christina Table, Caldwell 5-2; 3. Ashley Wolf, Montville 5-; 4. Lillian Doyle, Madison 4-10; 4. Bridgit Martin, Caldwell 4-10; 6. Nicole Donadio, Caldwell 4-10.

Long Jump — 1. Rebecca Baskinger, Butler 15-9; 2. Nicole Donadio, Caldwell 15-7; 3. Bridgit Martin, Caldwell 15-5; 4. Jennifer Kinsey, Caldwell 15-; 5. Monica Cepak, Villa Walsh 14-10.50; 6. Biddy Bewalder, Morris Catholic 14-7.

Shot Put — 1. Abigail Jones, Madison 32-6; 2. Kristen Koenig, DePaul 30-6.75; 3. Jenn Abner, Pequannock 30-5; 4. Lauren Roberto, DePaul 30-3; 5. Erin Barry, Pequannock 29-6; 6. Ashley Ayers, Pequannock 28-5.50.

Discus — 1. Kathryn LE Saffre, Caldwell 100-7; 2. Lauren Roberto, DePaul 99-; 3. Jackie Dalli Cardillo, Montville 92-10; 4. Kimberly John, DePaul 90-; 5. Kristen Koenig, DePaul 85-1; 6. Kim Ayers, Pequannock 84-0.

Javelin — 1. Kerry O'Day, Caldwell 108-4; 2. Monica Iglesias, Pequannock 98-2; 3. Siobhan Mc Gee, Pequannock 92-3; 4. Kristen Koenig, DePaul 87-9; 5. Michelle Marsnick, Montville 85-9; 6. Zinna Palo, DePaul 83-5.

'H JERSEY SPORTS

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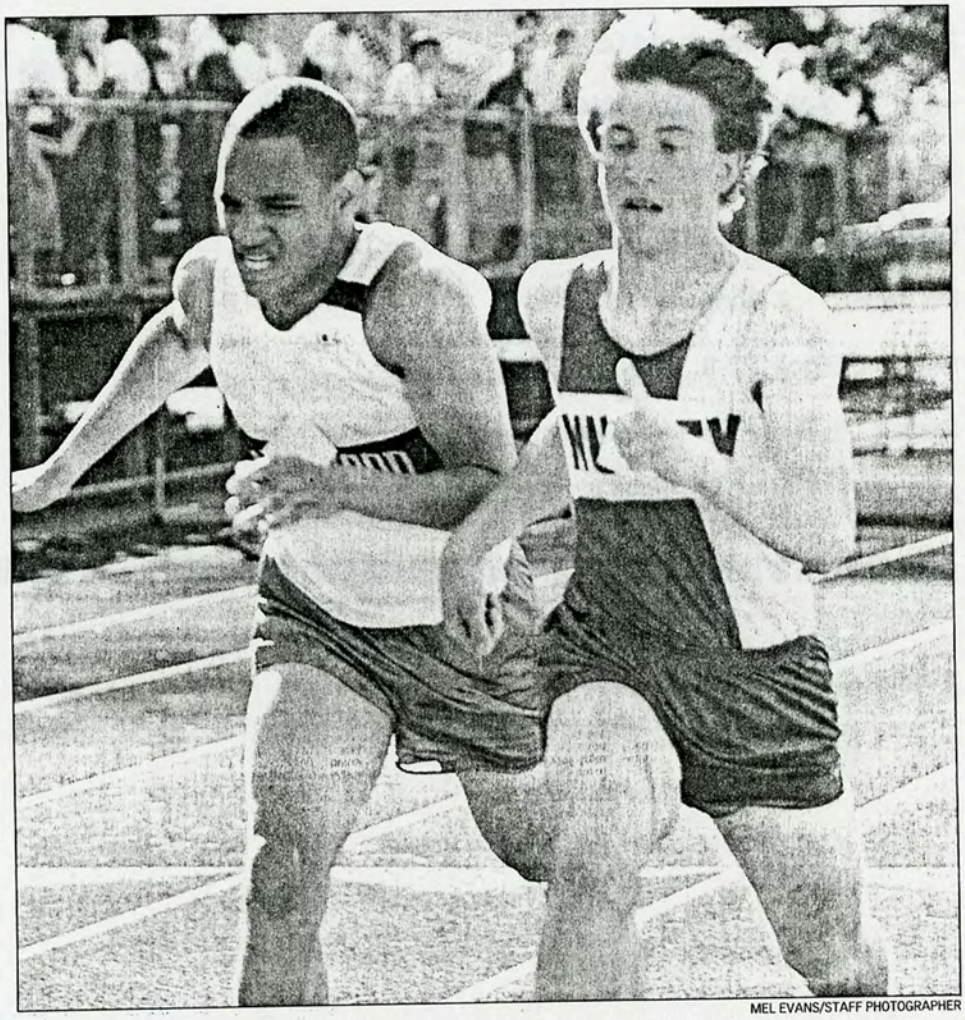
Dynamic duo



MEL EVANS/STAFF PHOTOGRAPHER

Ridgewood's Rodolfo Crispin, left, and Jeff Klatsky of Nutley dueling as they near the finish line in the 1,600-meters.

Ridgewood, Teaneck enjoy banner days

By GREGORY SCHUTTA
STAFF WRITER

TEANECK – There were division titles on the line for both the boys and girls Friday at the NNJIL Division A track and field championships. But for the Ridgewood boys, who won their second straight division title, and Teaneck, which finished second in both the boys and the girls competitions, much of the talk was about next week's Bergen County meet.

"We're very excited about our performance today," said Josh Saladino, Ridgewood's first-year coach. "We had a couple of teams beat us out in the County Relays [Don Bosco Prep and Bergen Catholic, The Record's top-ranked teams], and we're trying to close the gap. We're looking again to be competitive next week."

The Maroons won six of the 16 events.

Rodolfo Crispin did his part, holding off Belleville's Fernando Silva to win the 3,200 meters by a second and nearly coming from behind to beat Nutley's Jeffrey Klatsky in the 1,600 before losing in a photo finish in the day's most exciting race. Bernard Mann won the high jump and finished second in the long, while Kevin Strahle and Chris Perez won the shot put and the 400, respectively.

TRACK
NNJIL DIVISION A

It was hard to hide the excitement on the Teaneck side as the boys finished second to Ridgewood, 167-133, and the girls managed to hold off the Maroons by a point to finish second to Montclair, 140-129.

"That surprised me," said longtime girls coach Cheryl Porter. "All season we've been ranked way down low. Our kids kept saying, 'We're better than that.' And they're just going to get better. I get the whole group back next year, and I think we can flourish then."

The Highwaywomen had just two golds – from Gwendolyn Moore in the javelin and Amina Robinson in the discus – but had 11 top-three finishes. Jennifer Andujar was the star on the track, finishing second in the 100 and the 400.

The lone disappointment for Teaneck came when senior Adrian Durant pulled up midway through the 100-meter final with tightness in his quadriceps muscle. He earlier had run a personal best and school record 10.6 seconds in his heat.

"It's very frustrating," said Durant, who has been saddled with injuries all season and was forced to sit out the 400 and 1,600 relay as well. "First it was my right hamstring. Then it was my left hamstring. Now it's my right quad. I'd just like to be able to run my best, especially with college coming up."

Time was on the side of the Teaneck boys, especially in the sprints. Ky Scott and Anthony Roseburg picked up Durant by finishing 1-2 in the 100, and Marty Charles, Roseburg, and Greg Ruffin swept the 200.

One of the stars of the meet was Ridgewood's Clair Nowakowski, who won the 800 (2:23.6), 1,600 (5:18.5), and 3,200 (11:43.0).

"It was a good workout," said the Georgia-bound senior. "I want to get the 1,600 under five minutes, maybe down to about 4:56 or 4:57."

Novice Championship Winton White Stadium, Englewood May 14, 2002

100m: -Carri, 14.6. -L.Anderson, 16.4. -Shultz, 16.5. -Herschiet, 16.6.

200: **7**-Carri, 30.0. -Cody, 30.8. -Vetter, 31.9. -Fenzel, 32.5. -Willett, 32.8.

400: **5**-Patel, 68.1

1600m: **4**-Dunn, 6:04.6.

3200m: **2**-McDonagh, 14:05.4

100H: **2**-Nash, 18.3(t), 18.4(f).

Triple Jump: **5**-Patel, 28-5. -Nash, 27-2.5.

High Jump: -Divita, 4-0. -Cody, 4-0.

Pole Vault: **2**-Romney, 6-6.

Shot: -L.Bigos, 22-9. -Delicate, 18-7.

Discus: -L.Bigos, 57-11. -Delicate, 56-6.

4X400r: **5**- 4:51.3. (Patel-72.0, Dunn-73.3, Cody-74.5, Carri-71.5)

Mary Nash's hurdle and Carolyn Romney's pole vault were significant.

Bergen County Group 4 Championship

Wednesday May 15 at Ridgewood High School:

Long Jump: **1-** Cait Fiocchi, 16-6.5. **2-** Trish McGowan, 16-0.75. -Courtney O'Neill, 14-6.5.

Discus: **4-** Tara Masterson, 96-4. -Kristen Espenak, 70-2. -Liz Bigos, 55-7.

Javelin: -Kristen Espenak, 77-3. -Diana Mangam, 73-0. -Kristen Rooke, 69-9.

Pole Vault: **1-** Courtney O'Neill, 8-0. **2-** Cait Fiocchi, 8-0. **3-** Evann Borgman, 7-6.

Team Score after 4 events: Ridgewood-46, Hackensack-30, IHA-20, Teaneck & Bergen Tech-13, FairLawn-2. We had a great start on Field Event Wednesday. Cait's long jump win significant and Courtney O'Neill showed the importance of "first vault magic" as our pole vault team swept the event for big points.

Friday May 17 at Hackensack High School:

400H: -Courtney O'Neill, 74.0. -Kristin Rooke, 76.2, -Mary Nash, 80.6.

200m: **3**-Trish McGowan, 27.3(t), 27.3(f), Cait Fiocchi, 27.6, Ashley Carri, 29.1.

3200m: **1**-Clair Nowakowski, 11:16.4. **7**-Meghan O'Connell, 12:14.2. -Claire Burns, 13:19.3

Our 16 points keep us in the team hunt! Trish's finish in the 200 to grab 3rd was awesome. She was 6th coming out of the turn. Clair's all alone 11:16 is excellent and Meghan made a big break thru on her PR.

Saturday May 18 at Teaneck High School:

100H: **3**-Courtney O'Neill, 18.8(t), 16.9(f). -Evann Borgman, 20.1(t), DQ (f) -Kristin Rooke, 20.6

100m: **6**-Cait Fiocchi, 13.8(t), 13.2(f). **??(4th!)** Trish McGowan, 13.3(t), 13.1(f) -Carri DNS (missed heat)

(The finish line officials missed Trish and did not place her!)

800m: **1**-Clair Nowakowski, 2:23.8. **6**-Emily Terrin, 2:31.9 Becca Wells, 2:49.5.

400m: -Mariana Palacios, 66.7, -Caroline Tiernan, 67.1, -Meena Patel, 72.7

1600m: **1**- Clair Nowakowski, 5:29.0. **3**-Emily Terrin, 5:39.1, -Meghan O'Connell, 5:59.7.

Shot Put: **5**- Tara Masterson, 30-9.25. -Kristen Espenak, 25-11.

4X400m: **5**- 4:38.4 (Palacios-66.9, Patel-72.1, Terrin-71.1, Tiernan-68.5)

We did well in the Rain and Cold but IHA's depth put them 18 points ahead going into the final two events.

Monday May 20th at Teaneck High School:

High Jump: **5**-Corinne Hyslop, 4-10. **6(tie)**-Meg Anderson, 4-8. -Christine Divita, 4-6.

Triple Jump: **1**-Trish McGowan, 35-1.25. -Corinne Hyslop, 30-6.5. -Meena Patel, 29-4.75.

The County meet that would never end! After 4 days we ended up 2nd to IHA. This is a real accomplishment for us. We beat both Teaneck and Hackensack, which should give us confidence going into the state meet this weekend.

GIRLS

GROUP 1

TEAM SCORES: Glen Rock (GR) 132, Hasbrouck Heights (HH) 87, Westwood (WW) 57, Saddle Brook (SB) 44, New Milford (NM) 26, Lyndhurst (LY) 12, Ridgefield (RF) 11, Wood-Ridge (WR), Dwight-Englewood (DE) and Bogota (BO) 10, Cresskill (CR) 9, Midland Park (MP) 6, North Arlington (NA) 4, Waldwick (WD) 3.

100 - 1. Jennifer Cagiao (HH), 12.2 (group record, old record 12.6 by Melissa Bochiaro, Glen Rock, 1997); 2. Cheryl Anscombe (WW), 12.4; 3. Judy Wong (WR), 12.6; 4. Kim Hykey (LY), 13.0; 5. Shannon Alston (MP), 13.2; 6. Amanda Laverty (RF), 13.3.

200 - 1. Cheryl Anscombe (WW), 25.7 (group record, old record, 25.8 by Michelle Stein, Glen Rock, 1995); 2. Jennifer Cagiao (HH), 25.7; 3. Heather Nicoletti (HH); 26.4; 4. Allie Wright (SB), 26.6; 5. Nicole Cortese (LY), 26.9; 6. Jessica Oravetz (WD), 26.9.

400 - 1. Kim Mineo (GR), 59.3; 2. Allison Desir (DE), 1:01.5; 3. Heather Nicoletti (HH), 1:01.6; 4. Allie Wright (SB), 1:01.9; 5. Jessica Thomas (WW), 1:02.7; 6. Celine Lee (NA), 1:03.7.

800 - 1. Erin Henry (GR), 2:20.3; 2. Danielle Patoir (GR), 2:25.7; 3. Amanda Peraino (GR), 2:28.9; 4. Denise Scarfi (WW), 2:29.4; 5. Regina Stellato (HH), 2;32.8; 6. KT Brown (WD), 2:34.5.

1,600 - 1. Danielle Patoir (GR), 5:31.4; 2. Katie D'Aco (WW), 5:37.9; 3. Mary Moore (GR), 5:38.2; 4. Liz Saydah (GR), 5:44.4; 5. Christine Ayubi (HH), 5:45.5; 6. Linda Ndregjoni (DR), 5:46.3.

3,200 - 1. Erin Henry (GR), 11:22.9; 2. Danielle Patoir (GR), 11:57.9; 3. Liz Saydah (GR), 12:13.7; 4. Christine Ayubi (HH), 12:22.3; 5. Irene Rono (LY), 12:22.5; 6. Katie D'Aco (WW), 12:37.7.

100 HH - 1. Jackie Kaminski (SB), 15.8; 2. Nicole DeSimone (HH), 16.7; 3. Molly Matanle (GR), 16.7; 4. Dana Salonia (SB), 17.2; 5. Hayley McClean (HH), 17.2; 6. Kristen Webb (NA), 17.3.

400 IH - 1. Kim Mineo (GR), 1:03.0 (group record, old record, 1:04.3 by Katie Hanley, Glen Rock, 1997); 2. Jessica Thomas (WW), 1:07.4; 3. Ali Dykhouse (GR), 1:07.6; 4. Molly Matanle (GR), 1:10.1; 5. Dana Salonia (SB), 1:10.3; 6. Kelly Della Fave (HH), 1:11.0.

Shot put - 1. Lindsay Renna (HH), 34-7 1/4; 2. Alyssa Koob (NM), 33-10 1/2; 3. Tatiana Ciccone (NM), 33-7 1/2; 4. Melissa Lisbona (MP), 32-8; 5. Stephanie Roegner (WW), 31-7; 6. Deanna Wolowitz (NA), 30-4 1/2.

Discus - 1. Alyssa Koob (NM), 104-7; 2. Tiffany Phoenix (CR), 104-5; 3. Carmella Aliano (GR), 99-1; 4. Stephanie Roegner (WW), 98-8; 5. Tatiana Ciccone (NM), 98-3; 6. Laura Murray (GR), 92-0.

Javelin - 1. Courtney Reggo (RF), 122-8; 2. Kate Tryforos (GR), 107-10; 3. Allie Kelley (SB), 102-9; 4. Loretta Fitzgibbons (HH), 100-8; 5. Annie Lent (GR), 98-4; 6. Alison Gino (NA), 97-1.

High jump - POSTPONED.

Long jump - 1. Jen Barthelemy (BO), 17-0 1/4; 2. Makenzie Woods (HH), 15-11 3/4; 3. Jackie Kaminski (SB), 15-10 3/4; 4. Judy Wong (WR), 15-10 1/2; 5. Cherilyn Marfino (HH), 15-8 1/4; 6. Betsy Van Langen (GR), 15-7 1/4.

Triple jump - POSTPONED.

Pole vault - 1. Jen Lonschein (WW), 7-6; 2. Christine Ayubi (HH), 6-6. No other places.

1,600 relay - 1. Glen Rock (Ali Dykhouse, Erin Henry, Kim Mineo, Amanda Peraino), 4:10.4; 2. Saddle Brook, 4:17.8; 3. Hasbrouck Heights, 4:18.7; 4. Lyndhurst, 4:24.0; 5. Dwight-Englewood, 4:26.0; 6. Waldwick, 4:29.8.

GROUP 2

TEAM SCORES: Ramsey (RMS) 95, Indian Hills (IH) 84, Pascack Hills (PH) 46, Queen of Peace (QP) 45, Dumont (DU) 35, Leonia (LE) 22, Ridgefield Park (RP) and Rutherford (RU) 20, Mahwah (MH) 18, Englewood (EN) 16.

100 - 1. Anike Orimogunje (QP), 12.2; 2. Sheena Strachan (EN), 13.4; 3. Hailey Coonrad (RMS), 13.5; 4. Brandi Lewis (EN), 13.6; 5. Chrissy Procopio (IH), 13.7; 6. Magliala (MH), 13.9.

200 - 1. Anike Orimogunje (QP), 24.3 (meet, group and Bergen County record, old meet record, 25.0 by Matilda Miranda, Teaneck, 1986, old group record, 25.2 by Melissa Bochiaro, Glen Rock, 1996, old Bergen County record, 24.4 by Gily Dishon, Tenafly, 1989); 2. Janine Davis (QP), 25.1; 3. Hailey Coonrad (RMS), 26.6; 4. Laura Lynch (IH), 27.0; 5. Cory Mitchell (LE), 27.5. No sixth.

400 - 1. Janine Davis (QP), 59.1; 2. Hailey Coonrad (RMS), 1:01.8; 3. Laura Lynch (IH), 1:02.9; 4. Jessica Villalba (RP), 1:03.4; 5. Amanda Knutsen (RMS), 1:03.6; 6. Kye'Airre Cary (QP), 1:04.8.

800 - 1. Tina Triantafilidi (IH), 2:31.3; 2. Sue Giesemann (DU), 2:34.6; 3. Noel DiPaola (RMS), 2:35.9; 4. Caroline Hockmeyer (RMS), 2:36.1; 5. Alyssa Ross (PH), 2:36.6; 6. Carolyn Weiss (NH), 2:37.1.

1,600 - 1. Felicia Chevalier (DU), 5:41.8; 2. Emily Donnelan (RMS), 5:49.7; 3. Alyssa Ross (PH), 5:52.5; 4. Erin Bauberger (IH), 5:55.7; 5. Megan Brown (RMS), 5:59.9; 6. Sue Giesemann (DU), 6:01.4.

3,200 - 1. Felicia Chevalier (DU), 12:18.5; 2. Emily Donnelan (RMS), 12:29.5; 3. Lauren Zaccone (MH), 12:46.8; 4. Alyssa Ross (PH), 12:54.4; 5. Diane Zambrano (RP), 13:02.5; 6. Mary Krajack (DU0, 13:17.5.

100 HH - 1. Valerie Durollari (LE), 17.0; 2. Dana Assis (RMS), 17.6; 3. Jamie Anton (PH), 17.6; 4. Alex Paslawsky (RMS), 17.7; 5. Lindsay May (DU), 18.1; 6. Vicky Checkly (RMS), 18.1.

400 IH - 1. Jamie Anton (PH), 1:07.2; 2. Dana Smiranova (LE), 1:11.3; 3. Emilie Saintus (QP), 1:11.6; 4. Dana Assis (RMS), 1:12.3; 5. Danielle Davis (RMS), 1:12.4; 6. Caitlin Gearity (RU), 1:12.9.

Shot put - 1. Chrissy Procopio (IH), 33-8; 2. Heather Krause (MH), 33-0; 3. Bridget Kenny (RP), 31-6 1/4; 4. Tina Triantafilidi (IH), 31-4; 5. Jesse Steinbeigle (IH), 29-8 1/2; 6. Ashley Drussel (RMS), 26-0.

Discus - 1. Tina Triantafilidi (IH), 98-6; 2. Allison Weiner (PH), 91-4; 3. Laura Holl (PH), 89-0; 4. Ashley Drussel (RMS), 86-3; 5. Diana Christopoulos (IH), 83-8; 6. Nicole Nakagawa (RMS), 83-6.

Javelin - 1. Danica Miller (RU), 102-1; 2. Gina Forte (RU), 95-3; 3. Erika Connolly (IH), 94-9; 4. Quineisha Herndon (EN), 92-0; 5. Alyssa Durante (MH), 91-2; 6. Amanda Lada (DU), 87-9.

High jump - POSTPONED.

Long jump - 1. Chrissy Procopio (IH), 16-1 3/4; 2. Laura Lynch (IH), 15-11 1/4; 3. Kate Siembieda (RMS), 15-10 1/4; 4. Crystia Murphy (RMS), 15-5; 5. Jackie Tietjens (DU), 15-5; 6. Celine Patel (RU), 15-4 3/4.

Triple jump - POSTPONED.

Pole vault - POSTPONED.

1,600 relay - 1. Ramsey (Kate Siembieda, Danielle Davis, Caroline Hockmeyer, Amanda Knutsen), 4:20.9; 2. Ridgefield Park, 4:28.8; 3. Indian Hills, 4;30.8; 4. Pascack Hills, 4:38.5; 5. Leonia, 4;43.9. No sixth.

GROUP 3

TEAM SCORES: Northern Valley/Demarest (NV/D) 121, Northern Valley/Old Tappan (NV/OT) 49, Pascack Valley (PV) and River Dell (RD) 44, Paramus Catholic (PC) 33, Tenafly (TN) 30, Northern Highlands (NH) 24, Garfield (GA) 22, Ramapo (RMP) and Paramus (P) 14, Bergenfield (BE) 6, Holy Angels (HA) 1.

100 - 1. Latasha Jackson (GA), 12.7; 2. Anny Beutel (RD), 13.1; 3. Jessica Perkel (NV/OT), 13.1; 4. Lauren Michel (NV/D), 13.3; 5. Kristin Saccomanno (PC), 13.4; 6. Elena Minuto (NH), 13.4.

200 - 1. Tarashon Broomes (PC), 25.6 (ties group record set by Lisa Alexander, Englewood, 1983); 2. Latasha Jackson (GA), 25.8; 3. Jessica Perkel (NV/OT), 26.2; 4. Elena Minuto (NH), 26.4; 5. Anika Ackerman (RD), 26.6; 6. Abby Beutel (RD), 26.6.

400 - 1. Anika Ackerman (RD), 1:00.3; 2. Tarashon Broomes (PC), 1:00.7; 3. Lisa Corey (NV/D), 1:01.4; 4. Ava Scacchetti (PV), 1:01.7; 5. Nicole Philibosian (P), 1:02.5;

800 - 1. Julia Emanuel (TN), 2:20.9; 2. Tara Connelly (PV), 2:22.4; 3. Felicia Pfeiffer (RMP), 2:30.1; 4. Aly Eckmeyer (NV/OT), 2:31.0; 5. Erin O'Reilly (PV), 2:31.4; 6. Sarah Ocasio (NV/OT), 2:32.3.

1,600 - 1. Julia Emanuel (TN), 5:22.5; 2. Andrea Rovegno (RMP), 5:26.2; 3. Taylor Lebovich (NV/OT), 5:28.3; 4. Carol Anne Bullen (P), 5:29.1; 5. Katie Brown (P), 5:29.4; 6. Briana Bayersdorfer (RD), 5:32.1.

3,200 - 1. Julia Emanuel (TN), 11:28.4; 2. Taylor Lebovich (NV/OT), 11:51.1; 3. Carol Bullen (P), 11:56.8; 4. Briana Bayersdorfer (RD), 12:03.2; 5. Maria Pavkovitch (GA), 12:03.2; 6. Virginia Westervelt (NV/D), 12:09.1.

100 HH - 1. Lauren Fass (NV/D), 16.5; 2. Maribeth Martens (NV/D), 17.2; 3. Jaclyn Magliato (NV/D), 17.4; 4. Stacy Smith (NV/OT), 17.5; 5. Kristen Livesey (RD), 17.6; 6. Lauren Carballo (NV/OT), 17.6.

400 IH - 1. Lisa Corey (NV/D), 1:05.8; 2. Tara Connelly (PV), 1:06.0; 3. Michelle Ribustello (PV), 1:06.6; 4. Jaime Lafauci (NV/D), 1:09.2; 5. Alison Orrico (NH), 1:09.6; 6. Cat Nathans (NV/OT), 1:10.1.

Shot put - 1. Jessica Fazekas (NV/D), 42-6 (group and meet record, old record, 42-4 by Regina Weinpahl, Westwood, 1983); 2. Kelly Fazekas (NV/D), 42-2 1/2; 3. Elethia Graham (BE), 35-5 1/2; 4. Catherine Henny (NH), 33-5 1/4; 5. Lisa Pucurs (NV/D), 32-0; 6. Alaina Ramsey (PC), 30-11.

Discus - 1. Kelly Fazekas (NV/D), 128-0; 2. Jessica Fazekas (NV/D), 127-5; 3. Lauren Haak (RD), 99-3; 4. Catherine Henny (NH), 95-9; 5. Alaina Ramsey (PC), 92-9; 6. Tracey Geiger (NH), 88-0.

Javelin - 1. Kelly Fazekas (NV/D), 139-9 (group and meet record, old record, 134-6 by Tracy Larmer, Dumont, 1981); 2. Shannon Spafford (NV/OT), 126-3; 3. Daina Pucurs (NV/D), 122-9); 4. Jessica Fazekas (NV/D), 121-6; 5. Jaclyn DeMais (PV), 106-9; 6. Agnes Kotwica (GA), 106-4.

High jump - POSTPONED.

Long jump - 1. Cheryl Simmons (PC), 16-11 3/4; 2. Jackie Kasen (PV), 16-3 1/4; 3. Lisa Corey (NV/D), 16-2 1/4; 4. Lauren Fass (NV/D), 15-9 1/4; 5. Lauren Carbello (NV/OT), 15-8 3/4; 6. Brittany Brooks (GA), 15-7 1/4.

Triple jump - POSTPONED.

Pole vault - POSTPONED.

1,600 relay - 1. River Dell (Jessie Seidler, Megan Clarke, Anika Ackerman, Teisha Ruggiero), 4:15.8; 2. Northern Highlands, 4:16.6; 3. Pascack Valley, 4:19.0; 4. NV/Demarest, 4:19.9; 5. NV/Old Tappan, 4:21.8; 6. Holy Angels, 4:26.8.

GROUP 4

TEAM SCORES: Immaculate Heart Academy (IHA) 118, Ridgewood (RW) 100, Hackensack (H) 87, Teaneck (T) 68, Bergen Tech (BT) 35, Fair Lawn (FL) 25.

100 - 1. Jen Andujar (T), 12.4; 2. Kristen Cubicciotti (IHA), 12.7; 3. Ashley Steward (T), 12.9; 4. Shetoi Francis (T), 13.2; 5. Jen Langan (IHA), 13.2; 6. Ciat Fiocchi (RW), 13.2.

200 - 1. Jen Andujar (T), 25.7; 2. Kristen Cubicciotti (IHA), 26.6; 3. Trish McGowan (RW), 27.3; 4. Shetoi Francis (T), 27.3; 5. Tashi Haywood (T), 27.4; 6. Jen Langan (IHA), 27.5.

400 - 1. Tahirah Williams (IHA), 1:00.0; 2. Sarah Giblin (IHA), 1:01.9; 3. Stephanie Johnson (BT), 1:02.3; 4. Diana Orrico (IHA), 1:03.8; 5. Kadian Dockery (T), 1:04.4; 6. Tara McVey (H), 1:05.0.

800 - 1. Clair Nowakowski (RW), 2:23.8; 2. Caitlin Hemmer (IHA), 2:24.1; 3. Tahirah Williams (IHA), 2:26.9; 4. Lauren Fowler (BT), 2:27.2; 5. Lisa Sinkovitz (IHA), 2:30.7; 6. Emily Terrin (RW), 2:31.9.

1,600 - 1. Clair Nowakowski (RW), 5:29.0; 2. Sari Weissbard (FL), 5:33.4; 3. Emily Terrin (RW), 5:39.1; 4. Theresa Hearn (IHA), 5:41.1; 5. Claudine McGuire (H), 5:45.0; 6. Lisa Sinkovitz (BC), 5:49.3.

3,200 - 1. Clair Nowakowski (RW), 11:16.4; 2. Sari Weissbard (FL), 11:43.7; 3. Katie Fry (IHA), 11:53.5; 4. Theresa Hearn (IHA), 11:59.0; 5. Claudine McGuire (H), 12;05.9; 6. Daphne Aronovits (FL), 12:06.5.

100 HH - 1. Julie Burrell (H), 16.5; 2. Dagmara Podwyzsynska (BT), 16.8; 3. Courtney O'Neill (RW), 16.9; 4. Danielle Holmes (H), 17.0; 5. Caitlin Giblin (IHA), 18.1. No sixth.

400 IH - 1. Julie Burrell (H), 1:08.4; 2. Caitlin Hemmer (IHA), 1:08.5; 3. Loren Moskovich (FL), 1:09.4; 4. Ashley Steward (T), 1:11.3; 5. Michelle Smith (T), 1:11.5; 6. Brittania Frazier (H), 1:11.6.

Shot put - 1. Monique Mighty (H), 35-9 3/4; 2. Nicole Hankerson (H), 32-9; 3. Jen Hodges (IHA), 32-5; 4. Schaniek Easley (H), 31-0 3/4; 5. Tara Masterson (RW), 30-9 1/4; 6. Jamie Thomas (T), 29-2 1/2.

Discus - 1. Monique Mighty (H), 123-3 (record, old record, 122-9 by Mighty, 2001); 2. Shaniek Easley (H), 103-7; 3. Jen Hodges (IHA), 98-7; 4. Tara Masterson (RW), 96-4; 5. Amina Robinson (T), 94-2; 6. Shonda Sampson (H), 94-1.

Javelin - 1. Jen Hodges (IHA), 113-1; 2. Gwen Moore (T), 100-9; 3. Beverly Gross (BT), 99-0; 4. Audrey O'Donnell (IHA), 94-11; 5. Monique Mighty (H), 94-4; 6. Kate Carillo (BR), 90-4.

High jump - POSTPONED.

Long jump - 1. Cait Fiocchi (RW), 16-6 1/2; 2. Trish McGowan (RW), 16-0 3/4; 3. Elizabeth Luke (BT), 15-8 1/4; 4. Ashley Steward (T), 15-5 1/2; 5. Tanayah Bruce (H), 15-5; 6. Najene Walker (H), 15-4 1/4.

Triple jump - POSTPONED.

Pole vault - 1. Courtney O'Neill (RW), 8-0; 2. Cait Fiocchi (RW), 8-0; 3. Evann Borgman (RW), 7-6; 4. Kathleen Mish (H), 7-6; 5. Rony Weisman (FL), 7-6; 6. Katherine Serpa (H), 7-0.

1,600 relay - 1. Immaculate Heart Academy (Jen Langan, Diana Orrico, Tahirah Williams, Caitlin Giblin), 4:12.8; 2. Teaneck, 4:19.9; 3. Hackensack, 4:25.2; 4. Bergen Tech, 4;27.9; 5. Ridgewood, 4;38.4. No sixth.

BERGEN COUNTY TRACK CHAMPIONSHIPS

BOYS

AT HACKENSACK

GROUP 1

TEAM SCORES: Glen Rock (GR) 103; Cresskill (CK) 58.5; Saddle Brook (SB), 45.5; Westwood (WW), 39.5; 5; Palisades Park (PP) 39; 6; Lyndhurst (LY) 37; Becton (BEC) 25; Wood-Ridge (WR) 24; New Milford (NM) 18.5; Ridgefield (R) 18; North Arlington (NA) 17; Park Ridge (PR) 10; Waldwick (W) 8; Hasbrouck Heights (HH) 8; Midland Park (MP) 8; Dwight-Englewood (DE) 6.

100 - 1. Brandon Fronjian (PP), 11.0 (ties group record held by Ron Blauvelt, Hasbrouck Heights, 1985, Fred Campbell, Emerson, 1991, and Michael Sabato, Wood-Ridge 1996.); 2. Robert Falkenstern (PR), 11.5; 3. Brandon Vanderbeck (GR), 11.6; 4. Billy Moore (WW), 11.8; 5. Jevon Correia (LY), 11.9; 6. Raheem Jackson (WW), 11.9.

200 - 1. Billy Moore (WW), 22.3; 2. Brandon Fronjian (PP), 22.4; TIE3. Rob Grammar (GR), 22.8; 3. Lucas Cuellar (SB), 22.8; 5. Robert Falkenstern (PR), 22.8; 6. Mike Scaglione (LY), 23.2.

400 - 1. Rob Grammar (GR), 50.4; 2. Michael Scaglione (LY), 51.4; 3. Shane Conroy (CK), 52.9; 4. Rob Delcalzo (HH), 53.1; 5. Dan Schauermann (NA), 53.4; TIE6. Greg Vadala (CK), 54.1; 6. Rob Rebelo (WW), 54.1.

800 - 1. Ryan McCann (GR), 2:02.3; 2. A.J. Andreano (SB), 2:02.6; 3. Dave Lado (R), 2:03.8; 4. Dan Bolger (SB), 2:07.1; 5. E.J. Barthel (BEC), 2:08.5; 6. Trevor Hedges (WW), 2:10.3.

1,600 - 1. Albert Arguelles (CK), 4:40.3; 2. Ryan McCann (GR), 4:44.1; 3. Tim Daly (GR), 4:46.0; 4. Steve Begley (CK), 4:47.3; 5. Matt Magnifico (BEC), 4:48.1; 6. Jose Betances (HH), 4:48.9.

3,200 - 1. Tim Daly (GR), 10:08.4; 2. Steve Begley (CK), 10:12.4; 3. Matt Anderson (MP), 10:22.5; 4. Sean Emmerling (PP), 10:25.8; 5. Pat McKeever (MP), 10:28.8; 6. Matt Magnifico (BEC), 10:30.9.

110 HH - 1. Dennis Calacione (NM), 15.3; 2. Tom Wright (GR), 15.7; 3. Matt Rodriguez (LY), 16.4; 4. Geoff Rose (GR), 16.8; 5. Mike Timmerman (SB), 17.9; 6. Keith Creagh (NM), 17.9..

400 IH - 1. Dave Lado (R), 55.6 (ties group record held by Carmen Pizzuto, Saddle Brook, 1988 and Joe Hwang, Cresskill, 1999); 2. Shane Conroy (CK), 56.4; 3. Dennis Calacione (NM), 56.9; 4. Tom Wright (GR), 56.9; 5. Trevor Hedges (WW), 57.8; 6. Daquan Huffin (PP), 57.9.

Shot Put - 1. Lou Levy (CK), 52-5 1/2; 2. Todd Luebeck (W), 50-2 1/4; 3. Alexander Au (DE), 49-2 1/2; 4. Paul Rosiak (WR), 46-9; 5. Rich Scibetta (R), 46-9; 6. Tom Genglerr (GR), 46-7.

Javelin - 1. Paul Rosiak (WR), 178-2; 2. Nick Cantone (BEC), 162-9; 3. Martin Gumowski (WR), 159-0; 4. Mike Carrerro (WR), 156-11; 5. Samir Perez (SB), 155-4; 6. Pat Cannon (WW), 154-1.

Discus - 1. Tom Koc (NA), 148-3; 2. Tom Gengler (GR), 133-7; 3. Charles Lee (PP), 133-2; 4. Lou Levy (CK), 129-5; 5. Brandon Vanderbeck (GR), 126-3; 6. Ian Brady (HH), 123-5.

Long jump - 1. Joe Frangipane (SB), 20-8 1/2; 2. Tom Wright (GR), 20-6 1/4; 3. Lucas Cuellar (SB), 20-3; 4. Joe Gass (BEC), 20-1; 5. Gavin Charlton (PP), 19-9; 6. Keith Creagh (NM), 19-8 1/2.

High jump - 1. Greg Powell (WW), 6-5; 2. Gavin Charlton (PP), 6-2; 3. Joe Gass (BEC), 6-0; 4. Chris Andretta (GR), 6-0; 5. Shane Conroy (CK), 5-10; TIE6. Joe Frangipane (SB), 5-6; 6. Dennis Calacione (NM), 5-6.

Triple jump - POSTPONED.

Pole vault - 1. Will Marty (WW), 12-6; 2. Mark Wong (LY), 12-0; TIE3. Tim Murphy (GR), 12-0; 3. Mark Orovio (NA), 12-0; 5. Steve Najemian (LY), 11-6; 6. Doug Reuther (HH), 11-6.

1,600 relay - 1. Lyndhurst (Mike Scaglione, Matt Rodriguez, Jason Choi, Scott Wiese), 3:32.7; 2. Saddle Brook, 3:33.4; 3. Cresskill, 3:35.1; 4. Glen Rock, 3:36.1; 5. Becton, 3:39.1; 6. Hasbrouck Heights, 3:43.3.

GROUP 2

TEAM SCORES: Ramsey (RA) 94; Dumont (D) 76.75; Leonia (L) 71; Ridgefield Park (RP) 68.5; Indian Hills (IH) 68; Rutherford (RU) 27; Mahwah (M) 23; Pascack Hills (PH) 3; Englewood (E) 1.75.

100 - 1. Mike Reillo (RP), 11.0; 2. T.J. O'Hanlon (IH), 11.1; 3. Ulysses Encarnacion (RP), 11.8; 4. Mike Green (RA), 11.8; 5. Bernie Soloman (D), 12.0; 6. Chris Delvecchio (RA), 12.0, 200 - 1. Mike Reillo (RP), 22.7; 2. Erik Huston, (RU), 22.7; 3. T.J. O'Hanlon (IH), 23.3; 4. Ulysses Encarnacion (RP), 23.3; 5. Derek Reith (L), 23.4; 6. Mike Green (RA), 23.5.

400 - 1. Robert Ebeid (RP), 52.3; 2. Chris Flynn (RA), 52.6; 3. Ryan Mills (RA), 53.1; 4. Erich Powell (L), 54.0; 5. Alex Crabbe (RA), 54.2; 6. Stephan Sylvester (D), 55.5.

800 - 1. Matt Filardro (IH), 2:02.4; 2. Pat Collins (RA), 2:04.4; 3. Elan Goldwaser (IH), 2:04.8; 4. Ryan McCulloch (RA), 2:06.0; 5. Andrew Chung (RA), 2:06.7; 6. Phillip Kang (D), 2:08.2.

1,600 - 1. Matt Klypka (IH), 4:41.3; 2. Rafael Abrue (L), 4:43.9; 3. Adam Forman (L), 4:44.2; 4. Simon Pekansky (RA), 4:45.0; 5. Aramy Cho (IH), 4:48.7; 6. Phillip Kang (D), 4:49.2.

3,200 - 1. Matt Klypka (IH), 10:03.6; 2. Adam Forman (L), 10:10.7; 3. Rafael Abreu (L), 10:26.4; 4. Simon Pekarsky (RA), 10:42.0; 5. Phillip Kang (D), 10:49.6; 6. Dan Wakefield (PH), 10:53.2.

110 HH - 1. Greg Molnar (M), 15.0; 2. Andrew Lim (L), 15.8; 3. Jordan Gingery (RA), 16.2; 4. Sean Connell (L), 16.9; 5. Al Kang (D), 16.9; 6. Ilir Elezaj (L), 16.9.

400 IH - 1. Jordan Gingery (RA), 57.8; 2. Stephan Sylvester (D), 59.3; 3. Andrew Chung (RA), 1:00.2; 4. Shawn Sterbinsky (RA), 1:00.3; 5. Andrew Fontana (PH), 1:00.4; 6. Al Kang (D), 1:01.3.

Shot put - 1. Steve McGovern (D), 54-10 1/2; 2. John Bussanich (RP), 50-8; 3. Mike Malatino (RA), 50-3 1/4; 4. Tom Labenski (M), 49-1 1/2; 5. John Lynch (D), 48-2; 6. Raphael Cora (D), 43-8 3/4.

Javelin - 1. Anthony Immediate (RU), 165-0; 2. Alex Quintanilla (RP), 158-5; 3. Andres Martinez (RA), 143-3; 4. Dan Krone (IH), 142-0; 5. Ilir Elezaj (L), 139-5; 6. Joe Slavik (RU), 138-9.

Discus - 1. Steve McGovern (D), 180-6 (meet and group record, old group record, 168-6 by Scott Miller, Elmwood Park, 1986, old meet record, 177-2 by , Paramus, 1965.); 2. Tom Labenski (M), 136-8; 3. Dan Krone (136-6; 4. Raphael Cora (D), 135-6; 5. John Bussanich (RP), 134-0; 6. Nick Rakon (M), 123-10.

Long jump - 1. Stephan Sylvester (D), 20-10 1/2; 2. Erik Huston (RU), 20-4; 3. Andrew Lim (L), 19-11 3/4; 4. Ulysses Encarnacion (RP), 19-7 1/2; 5. Jordan Gingery (RA), 19-6 1/2; 6. Chris Burghardt (RP), 19-2 1/4.

High jump - 1. Brett Henderson (D), 5-10; 2. Eric Powell (L), 5-10; 3. Mike Garcia (D), 5-8; TIE4. Mike Reillo (RP), 5-4; 4. John Parks (D), 5-4; 4. Jordan Pettway (E), 5-4; 4. Chris Barghardt (RP), 5-4.

Triple jump – POSTPONED.

Pole vault – POSTPONED.

1,600 relay - 1. Ramsey (Andrew Chung, Ryan Mills, Chris Flynn, Pat Collins), 3:35.5; 2. Leonia, 3:45.8; 3. Indian Hills, 3:47.7; 4. Dumont, 3:48.0; 5. Ridgefield Park, 3:51.5.

GROUP 3

TEAM SCORES: Garfield (G) 99; NV/Demarest (NVD) 66; River Dell (RD) 61; Paramus (P) 32; Tenafly (T) 26; Fort Lee (FL) 26; St. Joseph (SJ) 25; Pascack Valley (PV) 25; Paramus Catholic (PC) 25; NV/Old Tappan (NVOT) 17; Bergenfield (B) 11; Ramapo (RAM) 10; Cliffside Park (CP) 8; Northern Highlands (NH) 2.

100 - 1. Miles Austin (G), 11.0; 2. Anthony Cinelli (PC), 11.3; 3. Rob Richardson (G), 11.4; 4. Ward (SJ), 11.7; 5. Chris Chang (T), 11.8; 6. Kahn (NVOT), 12.0.

200 - 1. Miles Austin (G), 22.2; 2. Rob Richardson (G), 22.6; 3. Ron LaSasso (SJ), 22.7; 4. Chris Chang (T), 22.9; 5. Anthony Cinelli (PC), 23.0; 6. Adam Goldberg (RD), 23.1.

400 - 1. Jason Endres (P), 51.2; 2. Rob Richardson (G), 52.2; 3. Colin Fink (RAM), 52.8; 4. Ron Lasasso (SJ), 52.9; 5. Philip Kim (NVD), 53.9; 6. Justin Frazier (PC), 54.4.

800 - 1. Samir Mane (FL), 1:59.7; 2. Zach Lerner (T), 2:00.9; 3. Greg Horn (RD), 2:02.9; 4. Greg Reed (RAM), 2:03.2; 5. Brendan Sullivan (T), 2:04.9; 6. Ted Siebold (NVD), 2:05.7.

1,600 - 1. Dane Garlasco (NVD), 4:37.5; 2. Mike Accordino (NVD), 4:37.7; 3. James Lagreca (NVD), 4:38.1; 4. Rudy Uren (CP), 4:39.0; 5. Jesse Weber (T), 4:40.5; 6. Tim Fogarty (SJ), 4:41.0.

3,200 - 1. Mike Accordino (NVD), 9:52.5; 2. James Lagreca (NVD), 9:53.0; 3. Mike Zbijewski (G), 10:01.8; 4. Rudy Urena (CP), 10:04.6; 5. Taylor Smith (T), 10:04.7; 6. Stephen Rothwell (NVOT), 10:09.5.

110 HH - 1. Anthony Scannella (G), 15.2; 2. Mike Andreano (G), 15.7; 3. Joe Kerik (P), 16.2; 4. Ricky Ho (FL), 16.6; 5. Rob McDonough (RD), 16.6; 6. Rory Miller (NVOT), 16.6.

400 IH - 1. Greg Horn (RD), 56.2; 2. Philip Kim (NVD), 57.4; 3. Rory Miller (NVOT), 58.0; 4. Ed Carter (PC), 58.2; 5. Ryan Sopelsa (FL), 58.6; 6. Mike Andreano (G), 59.0.

Shot put - 1. Paul Trass (RD), 50-4; 2. Tristan Henry (B), 48-7 1/2; 3. Hector Deaguiar (P), 48-0; 4. Joe Viglione (G), 47-9; 5. Dave Schratz (G), 44-8 1/2; 6. Bronko Blagogen (FL), 43-9 1/2.

Javelin - 1. Jim Malizia (SJ), 177-11; 2. Paul Trass (RD), 159-4; 3. Matt Lilien (PV), 154-3; 4. Jack Lodziato (G), 151-6; 5. Rob Banas (G), 142-4; 6. Jon Burnston (NVD), 140-2.

Discus - 1. Paul Trass (RD), 150-7; 2. Dave Cordts (RD), 131-10; 3. Elliot Freid-Boxt (NVD), 130-3; 4. Kevin Vanzo (RD), 126-4; 5. Emade Georges (G), 124-10; 6. Manny Mutrchian (FL), 119-10.

Long jump - 1. Rob Richardson (G), 21-6; 2. Miles Austin (G), 20-6 1/4; 3. Ian Loschmann (PV), 20-5 1/2; 4. Jason Endres (P), 20-3; 5. Ralph Davis (P), 20-2; 6. Arthur Chiang (RD), 20-2.

High jump - 1. Ian Loschmann (PV), 6-4; 2. Dan Kiely (NVOT), 6-2; 3. Stephan Lalite (NVD), 6-2; TIE4. Andre May (B), 5-10; 4. Adam Sacher (PV), 5-10; 6. Eric Bazone (RD), 5-10.

Triple jump – POSTPONED.

Pole vault - POSTPONED

1,600 relay - 1. Paramus Catholic (Anthony Cinelli, Ed Carter, Unknown, Justin Frazier), 3:35.9; 2. Fort Lee, 3:36.1; 3. Tenafly, 3:37.6; 4. Paramus, 3:38.3; 5. Northern Highlands, 3:45.3.

GROUP 4

TEAM SCORES: Don Bosco Prep (DBP) 149; Hackensack (H) 100; Bergen Catholic (BC) 70; Ridgewood (RW) 60; Teaneck (TEA) 51; Bergen Tech (BT) 33; Fair Lawn (FLWN) 2.

100 - 1. Michael Ray Garvin (DBP), 11.1; 2. Ky Scott (TEA), 11.6; 3. Andrew Drysdale (BT), 11.7; 4. Anderson (BT), 12.2; 5. Simmons (H), 12.3; 6. Andy Wohl (FLWN), 12.3.

200 - 1. Will Van Thunen (DBP), 22.3; 2. Derrick Darius (BC), 22.5; 3. Michael Ray Garvin (DBP), 22.7; 4. Mardin Charles (TEA), 22.7; 5. Marco Santini (BC), 22.8; 6. Andrew Drysdale (BT), 22.8.

400 - 1. Will Van Thunen (DBP), 51.3; 2. Marco Santini (BC), 51.6; 3. Jon Reid (BT), 52.0; 4. Ron Elia (DBP), 52.3; 5. Chris Perez (RW), 52.6; 6. Mardin Charles (TEA), 53.1.

800 - 1. Ken Sinkovitz (BC), 1:59.3; 2. Billy Haase (BT), 2:00.1; 3. Elvis Cole (H), 2:01.4; 4. Rob McKay (DBP), 2:03.9; 5. Frank Battersby (DBP), 2:04.2; 6. Keith Brevard (T), 2:04.7.

1,600 - 1. Matt Horesta (DBP), 4:25.6; 2. Sean Swift (DBP), 4:38.5; 3. Rolando Crispin (RW), 4:42.0; 4. Ari Zamir (RW), 4:44.6; 5. Matt Sullivan (DBP), 4:47.2; 6. Dave Kloc (FLWN), 4:52.6.

3,200 - 1. Sean Swift (DBP), 9:53.9; 2. Frank Battersby (DBP), 9:58.9; 3. Rolondo Crispin (RW), 10:02.4; 4. Tim Murphy (DBP), 10:04.4; 5. Kyle Engleken (RW), 10:10.8; 6. Erik Nygaard (RW), 10:19.1.

110 HH - 1. Joe Charles (BC), 15.2; 2. Keston Marson (TEA), 16.0; 3. Jean Beljour (H), 16.0; 4. Andrew Kim (BT), 16.5; 5. Ken Kolodzieg (DBP), 16.5; 6. Anthony Cozzitorto (DBP), 16.8.

400 IH - 1. Rob McKay (DBP), 55.4; 2. David Dennis (H), 56.1; 3. Mohammed Berete (TEA), 57.6; 4. Keston Marson (TEA), 58.1; 5. Chris Perez (RW), 58.7; 6. Jean Beljour (H), 58.9.

Shot put - 1. Valbert Wyche (H), 53-6 1/2; 2. Lee Crusius (H), 49-7 1/4; 3. Kevin Strahle (RW), 46-10; 4. Wesley Nottingham (H), 46-7 1/2; 5. Brian Toal (DBP), 46-4 1/4; 6. Steve Pskowski (RW), 43-8 1/2.

Javelin - 1. Lee Crusius (H), 159-3; 2. Adam Whitelaw (RW), 152-11; 3. Jeff Jengo (DBP), 152-1; 4. E.J. Vitez (BC), 150-4; 5. Ted Wagner (RW), 140-9; 6. Anthony Halwagy (RW), 137-8.

Discus - 1. Brian Fischer (BC), 145-1; 2. Lee Crusius (H), 135-7; 3. Valbert Wyche (H), 132-7; 4. Steve Pskowski (RW), 128-0; 5. Kevin Strahle (RW), 123-10; 6. Wesley Nottingham (H), 122-8.

Long jump - 1. David Dennis (H), 20-5 1/2; 2. Bernard Mann (RW), 20-1; 3. Tyler Palumbo (DBP), 19-11 1/4; 4. Ky Scott (TEA), 19-5 1/2; 5. Jon Reid (BT), 19-5; 6. Brian Horton (H), 19-2.

High jump - 1. Jean Beljour (H), 6-4; 2. Markus Burns (BC), 6-2; 3. Keston Marson (TEA), 6-2; 4. Trevoy Chambers (DBP), 6-2; 5. Bernard Mann (RW), 6-0; 6. Donnell Williams (TEA), 6-0.

Triple jump – POSTPONED.

Pole vault - 1. Tom McCormick (DBP), 12-6; 2. Steve Englehardt (DBP), 12-0; 3. Chris Scheider (DBP), 11-6; 4. Stewart Coehn (H), 11-0; 5. Gabe Knudson (RW), 11-0; 6. Clifton Poarch (H), 11-0.

1,600 relay - 1. Bergen Catholic (Joe Charles, Ken Sinkovitz, Dan Kearney, Marco Santini), 3:25.7; 2. Teaneck, 3:27.0; 3. Don Bosco Prep, 3:27.5; 4. Hackensack, 3:34.1; 5. Bergen Tech, 3:35.5; 6. Ridgewood, 3:40.7.

TRACK

Passaic County Championship

at Wayne Hills

BOYS

1. West Milford (WM) 94.5; 2. Wayne Hills (WH) 87.5; 3. Kennedy (K) 62; TIE4. Passaic (P) 58; 4. Clifton (C) 58; 6. Eastside (E) 42; 7. Wayne Valley (WV) 41; 8. Manchester (M) 18; 9. Lakeland (L) 12; 10. Hawthorne (H) 11; 11. DePaul (D) 6; 12. Passaic Valley (PV) 5; 13. Pompton Lakes (PL) 1.

100 - 1. Nicardo Gooden, (K), 10.8; 2. Ryan Meltzer, (C), 11.0; 3. Alonzo Meek, (WV), 11.2; 4. Mike Prudzinsky, (WH), 11.21; 5. Kanai Levister, (P), 11.3; 6. Anthony Van Dunk, (L), 11.4.

200 - 1. Ryan Meltzer (C), 22.6; 2. Nicardo Gooden (K), 22.7; 3. Mike Pruzinsky (WH), 23.1; 4. Alonzo Meek (WV), 23.4; 5. Anthony Van Dunk (L), 23.5; TIE6. Chazz Lynn (WH), 24.1; 6. Shawn Gilroy (WM), 24.1.

400 - 1. Matt Trudell, (WM), 50.7; 2. Shawn Gilroy, (WM), 51.9; 3. Felix Henry, (P), 52.2; 4. Ryan Meltzer, (C), 52.4; 5. Hayrol Cruz, (P), 52.8; 6. Casey Robert, (H), 53.2.

800 - 1. Jerry Boucicant, (K), 2:01.4; 2. Greg Weiss, West Milford, 2:02.5; 3. Jason Finkelstein, Wayne Hills, 2:03.3; 4. Kevin Polizzotto, Passaic Valley, 2:04.5; 5. Nick Jurgensen, West Milford, 2:05.1; 6. Jesse Ortiz, Manchester, 2:05.3.

1600 - 1. Paul Kornaszewski (C), 4:31.0; 2. Mohamed Khadraoui (K), 4:31.4; 3. Jerry Boucicant (K), 4:33.5; 4. Brendan Kenny (WM), 4:33.7; 5. Dan McGrady (WV), 4:46.8; 6. Dan Tamayne (D), 4:38.4.

3200 - 1. Paul Kornaszewski, (C), 9:38.1; 2. Mohamed Khadraoui, (K), 9:45.9; 3. Brendan Kenny, (WM), 9:55.9; 4. Jerry Boucicant, (K), 10:18.0; 5. Dan Tamayne, (DP), 10:18.4; 6. Ryan Kenny, (WM), 10:24.3.

1600 Relay - 1. Passaic (Hayrol Cruz, James Anderson, Felix Henry, Kanai Levister), 3:29.9; 2. West Milford, 3:32.0; 3. Wayne Hills, 3:32.4; 4. Eastside, 3:34.2; 5. Clifton, 3:34.7; 6. Manchester, 3:35.7.

110 HH - 1. Alonzo Meek (WV), 14.8; 2. Matt Trudell (WM), 15.3; 3. Jon Greenwald (WM), 15.6; 4. Anthony Johnson (E), 15.61; 5. Jeffrey Hyun (WH), 16.1; 6. Michael Padula (PV), 16.2.

400 IH - 1. Matt Trudell, (WM), 55.9; 2. Tyler Neill, (WH), 57.9; 3. Anthony Johnson, (E), 58.0; 4. Kenny Stoute, (C), 58.5; 5. Jon Greenwald, (WM), 58.9; 6. Greg Weiss, (WM), 59.4.

Shot Put - 1. Craig Berry, (M), 54-9 1/4; 2. Jamaal Richardson, (P), 53-11 1/4; 3. Richard Russel, (P), 53-4 3/4; 4. Greg Olsen, (WH), 51-0 1/2; 5. Rodney Mann, (L), 47-0 1/4; 6. Chris Hanenberg, (WH), 46-11 3/4.

Javelin - 1. Edward Sisco, (WH), 181-11; 2. Greg Olsen, (WH), 172-2; 3. Sean Brennan, (L), 155-10; 4. Berry Glenn, (M), 145-11; 5. Rick Russell, (DP), 145-6; 6. Chris Hanenberg, (WH), 145-1.

Discus - 1. Justin Roberts (WM), 147-11; 2. Jamaal Richards (P), 147-2; 3. Richard Russel (P), 140-10; 4. Edward Sisco (WH) 136-11; 5. Craig Berry (M), 135-9; 6. Jimmy Markowiec, (PL), 125-1.

Long Jump - 1. Delon Pompey, (E), 21-5; 2. Dallas Lynch, (WH), 20-8 1/2; 3. Jeff Young, (WV), 20-5 1/2; 4. Anthony Johnson, (E), 20-5; 5. Nicardo Gooden, (K), 20-0 1/2; 6. Michael Ponte, (DP), 20-0 1/2.

High Jump - 1. Dewayne Daniel, (P), 6-2; 2. John Strang, (H), 5-10; 3. Tim Cedrone, (WM), 5-10; TIE4. Brian Leslie, (WM), 5-8; 4. Joshua Smith, (K), 5-8; 6. Asher Hussain, (L), 5-8.

Triple Jump - 1. Dallas Lynch (WH), 44-4; 2. Delon Pompey (E), 43-3 1/4; 3. Edward Cotton (E), 43-2; 4. Bill Monan (WH), 42-7 1/2; 5. Joshua Smith (K), 41-1 1/2; 6. Nicardo Gooden (K), 40-5 1/2.

Pole Vault - 1. Kenny Stoute (C), 13-0; 2. Jeff Young (WV), 13-0; 3. Robert Sabia (WH), 12-6; 4. Rob Kelly (WV), 12-6; 5. Victor Patrocino (H), 12-6; 6. Jeff Gunther (WM), 12-0.

GIRLS

1. Passaic Tech (PCT) 118; 2. Wayne Valley (WV) 110; 3. Eastside (E) 47; 4. Clifton (C) 44; 5. Passaic Valley (PV) 37; 6. Pompton Lakes (PL) 35; 7. Wayne Hills (WH) 25; 8. Hawthorne (H) 22; 9. Lakeland (L) 17; 10. West Milford (WM) 12; 11. Paterson Catholic (PC) 10; 12. Eastern Christian (EC) 9; 13. DePaul (D) 6; 14. Passaic (P) 3; 15. Kennedy (K) 1.

100 - 1. Yhounic Vassell (PCT), 12.1; 2. Kimisha Hughes (E), 12.4; 3. Altisha Byrd (PC), 12.7; 4. Cara Reposa (PV), 12.9; 5. Soniya Johnson (PCT), 13.1; 6. Alisha Fonseca (H), 13.2.

200 - 1. Andrea Herbert (PCT), 25.5; 2. Yhounic Vassell (PCT), 25.8; 3. Kimisha Hughes (E), 26.1; 4. Alison DiDomenico (PV), 5. Altisha Byrd (PC), 27.1; 6. Kristin Mikolajczyk (C), 28.6.

400 - 1. Andrea Herbert (PCT), 57.7; 2. Rosalind Cerat (PCT), 59.8; 3. Kahimah Liverman (PCT), 1:01.4; Kaity Rodriguez (C), 1:01.7; 5. Kimisha Hughes (E), 1:02.2; 6. Michele Coral (PV), 1:02.6.

800 - 1. Meghan Gaffney (PL), 2:21.2; 2. Ashley Bakelmun (WH), 2:22.9; 3. Nicole Krzysik (C), 2:23.9; 4. Michele Coral (PV), 2:24.2; 5. Awinna Martinez (P), 2:25.6; 6. Yanirda Mejia (P), 2:25.9.

1600 - 1. Jesse Mizzone (PV), 5:16.3; 2. Jacqui Carroll (WV), 5:22.9; 3. Meghan Gaffney (PL), 5:28.5; 4. Katie Storbeck (WV), 5:37.6; 5. Ashley Bakelman (WH), 5:42.7; 6. Amy Cierich (WV), 5:34.9.

3200 - 1. Jesse Mizzone (PV), 11:11.7; 2. Jacqui Carroll (WV), 11:35.1; 3. Meghan Gaffney (PL), 11:44.1; 4. Katie Storbeck (WV), 12:04.3; 5. Ashley Bakelman (WH), 12:04.5; 6. Kristen Varina (H), 12:24.0.

1600 Relay - 1. Passaic Tech (Andrea Herbert, Rosalina Cerat, Kahimah Liverman, Yhounic Vassell), 4:01.0; 2. Wayne Valley, 4:12.6; 3. Clifton, 4:14.2; 4. Passaic Valley, 4:22.2; 5. West Milford, 4:22.6; 6. Eastside, 4:25.6.

100 HH - 1. Soniya Johnson (PCT), 15.6; 2. Laura Conte (WV), 16.2; 3. LaVonne Ellerbe (WV), 16.6; 4. Jasmine Fenlator (WV), 16.61; 5. Alicia Lotts (PC), 16.9; 6. Elizabeth Bakarich (C), 17.6.

400 IH - 1. Kahimah Liverman (PCT), 1:07.2; 2. LaVonne Ellerbe (WV), 1:08.3; 3. Stephanie Herrick (WV), 1:09.2; 4. Rosalina Cerat (PCT), 1:09.3; 5. Jean Marie Pinto (WH), 1:10.5; 6. Julie Folsom (L), 1:10.9.

Shot Put - 1. Jasmine Fenlator (WV), 36-7 3/4; 2. Whitney Verduin (H), 33-7; 3. Elizabeth Post (C) 32-8; 4. Nakeima Monroe (E), 32-3; 5. Marybeth Weiss (PL), 32-1; 6. Asia Mills (K), 32-0 1/4.

Javelin - 1. Whitney Verduin (H), 132-2; 2. Tina Lindsay (E), 124-7; 3. Lauren Vieth (L), 112-0; 4. Kristen Calamita (L), 100-3; 5. Marybeth Weiss (PL), 100-0; 6. Arielle DeRouen (WM), 96-10.

Discus - 1. Jasmine Fenlator (WV), 113-8; 2. Erin Krenitski, 105-9; 3. Joelle Biango (L), 101-10; 4. Amanda Walker (WH), 100-1; 5. Whitney Verduin (H) 99-7; 6. Marybeth Weiss (PL), 95-11.

Long Jump - 1. Yhounic Vassell (PCT), 16-10; 2. Laura Conte (WV), 16-5; 3. Jasmine Fenlator (WV), 16-1; 4. Soniya Johnson (PCT), 15-5 1/2; 5. LaVonne Ellerbe (WV), 15-5 1/4; 6. Nicole Krysik (C), 15-2 1/4.

High Jump - 1. Essence Carson (E), 5-2; 2. Leslie Galamb (PL), 5-0; 3. Cyndy Handel (D), 5-0; 4. Laura Conte (WV), 4-10; 5. Amy Weiss (WM), 4-10; 6. Lauren DeJong (EC), 4-8.

Triple Jump - 1. Andrea Herbert (PCT), 37-3 1/4; 2. Kimisha Hughes (E), 36-11 1/2; 3. Kahimah Liverman (PCT), 36-5; 4. Lauren Kriftner (WH), 33-5; 5. Brittany Bonney (WH), 33-2 1/4; 6. Lauren Dutch (C), 33-1 3/4.

Pole Vault - 1. Lauren Dutch (C) 9-9; 2. Nicole Zarek (C) 8-0; TIE3. Jenna Kochajki (WM), 7-0; TIE3. Dana Migliorino (WV), 7-0; 5. Dana Edwards (WM), 7-0; 6. Joanna Wu (WH), 6-6.

SOPHOMORE CHAMPIONSHIP AT WINTON WHITE STADIUM **MAY 20, 2002**

100m: **5**-Ashley Carri, ?(t), 14.2(f)

200m: -Ashley Carri, 29.6, -Lindsay Vetter, 31.8. -Katherine Willett, 32.9.
- Carolyn Romney, ~~3.2~~ 33.2

800m: **2**-Emily Terrin, 2:28.0.

1600m: **4**-Meghan O'Connell, 5:41.4. -Casey Dunn, 6:05.4.

3200m: **3**-Emily Terrin, 13:14.6

Pole Vault: **1**-Carolyn Romney, 7-0.

We brought home every place meday (1,2,3,4,5!). Carolyn's win in the Vault is noteable!

FROSH COUNTY CHAMPIONSHIP AT RIDGEWOOD HIGH SCHOOL TRACK **MAY 23, 2002**

100m:	-Tiernan, 14.1(t),14.2(s). -Genova, 14.5(t), 14.9(s). -Marcyes, 15.3. -Munthe, 15.5. -Highet, 15.6. -Norchi, 16.3.
200m:	-Cody, 29.9. -Breining, 32.2. -Munthe, 33.5. -Highet, 33.7. -Marcyes, 34.7. -Norchi, 35.2.
400m:	**5**-Marianna Palacios, 64.6.
800m:	**4**-Becca Wells, 2:33.8.
1600m:	-Diana Mangam, 6:08.2.
3200m	**3**-Claire Burns, 13:12.9.
100H:	-Kristin Rooke, 18.3(t), 18.2(s)
LongJump:	-Meena Patel, 12-4.75.
Triple Jump:	-Meena patel, 29-6. -Kristin Rooke, 29-2.5.
High Jump:	-Emily Cody, 4-0.
Shot put:	-Amanda Delicate, 21-7.
Discus:	-Amanda Delicate, 41-3.
Javelin:	**4**-Kristen Rooke, 85-2. -Amanda Delicate, 42-4.
4X400r:	**2**-4:25.9, (Palacios-66.9, Wells-67.1, Rooke-66.7, Tiernan-65.3).

We ran our best relay of the year! Marianna ran a nice 400 in the 6 lane of the 2nd heat, Becca paced well and finished strong in the 800, Claire was steady in the 3200, Tiernan, Genova and Rooke made it to the semi's and Kristen also scored in the Javelin. Our team was 3rd in Group 4, 10 of 30 overall. Congratulations Frosh!

BERGEN COUNTY GIRL'S FROSH CHAMPIONSHIP MAY 23, 2002
AT RIDGEWOOD HIGH SCHOOL TRACK

Team Scores:
Group 1: 1-Lyndhurst, 26. 2-Glen Rock, 5. 3-Park Ridge, 4. 4-Saddle Brook, 2. 5-Ridgefield, 1.

Group 2: 1-Indian Hills, 34. 2-Queen of Peace, 30. 3-Mahwah & Demarest, 16. 5-Ramsey,9. 6-Rutherford,3. 7-Leonia, 2. 8-Pascack Hills, 1.

Group 3: 1-Tenafly, 48. 2-Paramus, 41. 3-Garfield, 28. 4-RiverDell, 25. 5-Holy Angels, 15. 6-Pascack Valley, 12. 7-N.Highlands, 11. 8-OldTappan, 10. 9-Ramapo, 8. 10-ClifSide Park, 6. 11-Demarest,3.

Group 4: 1-Hackensack, 66. 2-IHA, 27. 3-Ridgewood, 24. 4-Teaneck, 12. 5-FairLawn, 10. 6-Bergen Tech, 1.

Event Results:
100M: 1-Janine Davis, QofP, 12.2 (12.2t,12.0s). 2-Jewell Magliola, Mahwah, 13.0. 3-Caitlin Colesanti, Holy Angels, 13.5 (13.4t). 4-Alyssa Fanucci, OldTappan, 13.6 (12.9s). 5-Galda, IHA, 13.6. 6-Brynn Rosser, Hackensack, 13.6 (13.3t).

200m 1-Janine Davis, QofP, 25.8. 2-Jewell Magliola, Mahwah, 27.6. 3-Tara Melley, Hackensack, 27.7. 4-Galda, IHA, 28.3. 5-Auisha Alexander, Rutherford, 28.4. 6-Ellisn Laturgia, Rutherford, 28.5.

400m: 1-Janine Davis, OofP, 58.0. 2-Erin Gross, Ramapo, 62.3. 3-Tara mcVey, Hackensack, 64.1. 4-Lisa ?, Park Ridge, 64.1. 5-Marianna Palacios, Ridgewood, 65.5. 6-Danielle Davis, Ramsey, 65.3.

800m: 1-Zainab Hanif, Hackensack, 2:28.7. 2-Jessica Weng, Paramus, 2:30.9. 3-Greer Walder, RidverDell, 2:33.0. 4-Rebecca Wells, Ridgewood, 2:33.6. 5-Ashley Miller, Holy Angels, 2:34.6. 6-Jen Markowitz, N. Highlands, 2:39.5.

1600m: 1-Cheyenne Ogletree, Garfield, 5:42.7. 2-Irene Rono, Lyndhurst, 5:45.7. 3-Keri Barry, Cliffside Park, 5:50.8. 4-Catherine Serpa, Hackensack, 5:52.9. 5-Chrissy Bolella, Demarest, 5:53.6. 6-Stephanie Sinclair, Ridgefield, 600.7.

3200m: 1-Katherine Weng, Paramus, 13:01.4. 2-Brittania Frairer, Hackensack, 13:06.4. 3-Claire Burns, Ridgewood, 13:12.9. 4-Courtney Wong, Glen Rock, 13:39.4. 5-Nikki Brown, Indian Hills, 13:55.7. 6-Raquel Rivera, Bergen Tech, 14:02.4.

100H: 1-Julianne Wiggins, RiverDell, 16.9. 2-Brittany Easter, Demarest, 16.9. 3-Shannon Feeney, Paramus, 17.0. 4-Danielle Kroll, Indian Hills, 17.1. 5-Dana Asis, Ramsey, 17.5 (17.3t). 6-Olivia Abrabanser, Holy Angels, 17.8.

400H: 1-Brittania ??, Hackensack, 70.9. 2-Julianne Wiggins, River Dell, 71.8. 3-Sara Bae, Tenafly, 72.4. 4-Danielle Davis, Ramsey, 72.5. 5-Jen Markowitz, N.Highlands, 73.5. 6-Grear Walder, River Dell, 73.6.

Long Jump: 1-Amanda Check, FairLawn, 14-11.5. 2-Brittney Brooks, Garfield, 14-9.5. 3-Alyssa Farucci, OldTappan, 14-8.5. 4-Jessica Weng, Paramus, 14-6.5. 5-Amy Nylund, N. Highlands, 14-6.5. 6-Danielle Krdel, Indian Hills, 14-0.5. 7-Sarah Breuer, Teaneck, 13-11.5.

Triple Jump: 1-Brittney Brooks, Garfield, 33-7.5. 2-Danielld Kroll, Indian Hills, 32-6.5. 3-Neomic Rothnie, Tenafly, 30-10.5. 4-Jessica Malacrida, Paramus, 30-8. 5-kate Salisbury, Ramsey, 30-2.25. 6-A.Feldman, Pascack Hills, 29-11.5.

High Jump: 1-Sarah Stenley-Apre, Tenafly, 5-0. 2-Neouie Rothmie, Tenafly, 4-10. 3-Leanne Atkinson, Hackensack, 4-8. 4-Jess Steinheigle, Indian Hills, 4-6. 5-Katie Hylas, N. Highlands, 4-6. 6-Shannon Kellinger, Saddle Brooke, 4-6.

Pole Vault: 1-Alyssa Park, Tenafly, 7-0. 2-Claudia Castro-Malaspina, Tenafly, 7-0. 3-(tie)Kathy Serpa, Hackensack & Jessica Wang, Paramus, 6-6. 5-Shannon Feeny, Paramus, 6-0. 6-Liane Milbawer, Glen Rock, 6-0.

Shot Put: 1-Jesse Steinbeigle, Indian Hills, 32-8. 2-Galan ??, Indian Hills, 31-4. 3-Nicole Lowenstein, Lyndhurst, 31-1. 4-Sade Henry, Teaneck, 28-4. 5-Leslie ??, Leonia, 28-4. 6-Amy Albert, Saddle Brook, 27-10.

Discus: 1-Nicole Lowenstein, Lyndhurst, 81-8. 2-Sade Henry, Teaneck, 88-3. 3-Jess Finizio, PV, 88-8. 4-Jessica Malacrio, Paramus, 80-9. 5-Jesse Steinbeigle, Indian Hills, 81-4. 6-Dara Christopoulos, Indian Hills, 79-2. 7-Abbie Paris, Glen Rock, 74-9.

Javelin: 1-Audrey O'Donnell, IHA, 101-7. 2-Joslle Solomon, Demarest, 91-8. 3-Nicole Lowenstein, Lyndhurst, 86-6. 4-Kristin Rooke, Ridgewood, 85-2. 5-Jess Finizio, PV, 84-0. 6-? Paterno, IHA, 78-3.

4X400r: 1-Hackensack, 4:25.2. (Zainab Hanif, Leann Atkinson, Catherine Serpa, Tara McMey) 2-Ridgewood, 4:25.8. 3-Holy Angels, 4:31.0. 4-Northern Highlands, 4:31.4. 5-IHA, 4:32.3. 6-Demarest, 4:37.8.

State sectional Championship, North 1 Group 4 Clifton Track

Friday May 24:

100m: **3**-Cait Fiocchi, 12.7 (12.9t&s). -Trish McGowan, 13.2(t), 13.1(s) -Ashley Carri, 14.1.

400m: -Marianna Palacios, 66.5. -Meena Patel, 69.9.

3200m: **1**-Clair Nowakowski, 11:46.3. **6**-Meghan O'Connell, 12:19.3. -Jenna Rubinoff, 13:53.4.

400H: -Mary Nash, 80.9.

Long Jump: **1**-Cait Fiocchi, 17-0. -Trish McGowan, 15-5. -Courtney O'Neill, 14-0.

Shot Put: -Tara Masterson, 30-9.25. -Kristen Espenak, 25-4.75.

Javelin: -Kristen Rooke, ??. Kristen Espenak, ??.

Saturday May 25:

200m: -Ashley Carri, 29.0.

800m: -Emily Terrin, 2:31.8 -Beca Wells, 2:32.0.

1600m: **1**-Clair Nowakowski, 5:17.9. **3**-Emily Terrin, 5:29.8. –Meghan O'Connell, 5:44.6.

100H: -Courtney O'Neill, 16.7(t), 16.9(s). -Evann Borgman, 17.4. Kristen Rooke, 18.6.

High Jump: **2**-Megan Anderson, 5-0. -Corinne Hyslop, 4-6.

Discus: **5**-Tara Masterson, 93-7. -Kristen Espenak, 81-1.

Triple Jump: **2**-Trish McGowan, 35-3.5. . -Kristin Rooke, 30-4.5. -Corinne Hyslop, 28-0.25. (non-scoring)

Pole Vault: **2**-Cait Fiocchi, 9-0. **NEW SCHOOL RECORD**. **3**-Evann Borgman,8-0. -O'Neill, NH (non-scoring)

4X400r: 4:28.7. (Palicios-66.7, Terrin-68.1, Rooke-66.7, Tiernan-67.3)

Cait Fiocchi had an astounding meet. Her 100m time ties 3rd all time at RHS, her long jump is 3rd all time, and her pole vault is a new school record! One of the best ever meets for a Ridgewood athlete. The Team ended our season on a very positive note, placing 3rd in the north section.

QP's Orimogunje sets records in the sprints

LAWRENCE TWP. – Anike Orimogunje won two events for Queen of Peace on Sunday at the New Jersey Catholic Track Conference Outdoor Championships. Orimogunje won the 100-meter dash in 11.8 seconds, a meet record. She broke the old mark of 11.9 by Diane Potter of Marist in 1993.

NJCTC CHAMPIONSHIPS

Orimogunje also claimed the 200 in 24.6, another record that broke the old mark of 24.8 by Marist's Potter in 1993.

In the girls 400, Janine Davis of Queen of Peace won in 56.3 seconds. The Golden Griffins from North Arlington finished sixth in the girls team competition with 34 points.

On the boys side, Ken Sinkovitz of Bergen Catholic won the 800 in 1:55.1 and Markus Burns of the Crusaders was first in the triple jump with a leap of 42 feet ¼ inch.

Joe Charles was second in the high hurdles for Bergen Catholic in 14.8 seconds and Burns of the Crusaders was fourth in the high jump at 6-0.

Brian Fischer of Bergen Catholic was third in the discus at 141-2, and E.J. Vitez of Bergen Catholic was sixth in 142-1 in the javelin throw. The Crusaders finished fourth in the team competition with 39 points.

N.J. CATHOLIC TRACK CONFERENCE

OUTDOOR CHAMPIONSHIPS

BOYS

Team scores: Christian Brothers (CBA) 143½; St. John Vianney (SJV) 52; Notre Dame (ND) 41; Bergen Catholic (BC) 39; Pope John (PJ) 36; St. Joseph Metuchen (SJMet) 33½; Seton Hall Prep (SHP) 31½; Bishop Eustace (BE) 27; Delbarton (Del) 24; Bishop Ahr (BA) 18½; Roselle Catholic (RC) 15; Essex Catholic (EC) 14; Hudson Catholic (HC) 12; St. Rose (SR) and Immaculate Conception (IC) 10; Msgr. Donovan (MD) 8; St. Peter's Prep (SPP) and Red Bank Catholic (RBC) 6; St. Benedict's Prep (SBP) 2.
100M: 1. Andrew Callender (SHP) 11.1.
200M: 1. Jay Hill (SJV) 22.6.
400M: 1. Esteban Oliveras (ND) 49.5.
800M: 1. Ken Sinkovitz (BC) 1:55.1.
1,600M: 1. Jeff Peterson (CBA) 4:20.4.
3,200M: 1. Justin Scheid (PJ) 9:38.1.
HH: 1. Devin Barry (CBA) 14.8; 22. **Joe Charles (BC) 14.8.**
IH: 1. Paul Cawley (CBA) 55.4.
High jump: 1. Kareem Brown (IC) 6-4; **4. Markus Burns (BC) 6-0.**
Pole vault: 1. Devin Barry (CBA) 12-0.
Long jump: 1. Adam Hansen (SJV) 21-7/
Triple jump: 1. Markus Burns (BC) 42-0¼.
Shot put: 1. Neal Chathrath (CBA) 48-4.
Discus: 1, Dave Louis (RC) 144-2; **3. Brian Fischer (BC) 141-2.**
Javelin: 1. Kevin Duffy (Del) 178-5; **6. E.J. Vitez (BC) 142-1.**
1,600M relay: 1. N. Dame (Dan Naplecek, Tim Middleton, Esteban Oliveras and Jeff Zodda), 3:22.4.

GIRLS

Team scores: Pope John (PJ) 71; Bishop Eustace (BE) 53; Msgr. Donovan (MD) 47; St. John Vianneyt (SJV) 34½; Queen of Peace (QP) 34; Red Bank Catholic (RBC) 33; Notre Dame (ND) 32½; Roselle Catholic (RC) 30; Mt. St. Mary's (MSM) 24; Immaculata (Imm) 18; St. Dominic Academy (SDA) 12; St. Aloysius AcademY (SAA) 6; Mater Dei (MD) 4½; St. Rose (SR) 3; Mother Seton (MS) 2; Immaculate Conception ((IC) 1.
100M: x-1. Anike Orimogunje (QP) 11.8; x-meet record (old record 11.9).
200M: 1. Anike Orimogunje (QP) 24.6; x-meet record (old record 24.8).
400M: 1. Janine Davis (QP) 56.3.
800M: 1. Jen Therkorn (SJV) 2:20.4.
1,600M: 1. Erin Geiger (Imm) 5:08.6.
3,200M: 1. Nicole Kurtain (ND) 11:03.7.
100M hurdles: 1. Allison Nesbitt (MSM) 15.5.
400M-hurdles: 1. Jordan Sarruda (BE) 1:06.6.
High jump: 1. Allyson Angelo (RBC) 5-2.
Long jump: 1. Valerie Rojas (BA) 17-4.
Shot put: 1. Ashley Flaherty (PJ) 107-6.
Discus: 1. Ashley Flaherty (PJ) 107-6; **6. Erica Johnson (IC) 94-8.**
Javelin: 1. Fallon Daniels (MD) 119-5.
1,600M relay: 1. Bishop Ahr (Natasha Norville, Ogechi Emenike, Danielle Todman and Jacqueline Todd), 4:04.8; **4. Queen of Peace 4:15.2.**
3,200M relay: 1. Bishop Eustace (Brittany Chapman, Meghan Baker, Christa Johnson and Patti Lynn), 9:51.5.

GROUP 4

TEAMS: 1-Passaic Tech 84. 2-Hackensack 71. 3-Ridgewood 53. 4-Teaneck 44½. 5-Fair Lawn 39. 6-West Milford 31. 7-Memorial 26½. 8-Paterson Eastside 18. 9-Bergen Tech 17. 10-Vernon 14. 11-Passaic, Bayonne and North Bergen 8. 14-Paterson Kennedy and Kearny 4. 16-Dickinson and Clifton 2.

100-METER DASH: 1-Yhounic Vassell, Passaic Tech, 12.1. 2-Jennifer Andujar, Teaneck, 12.3. 3-Cait Fiocchi, Ridgewood, 12.7. 4-Kimisha Hughes, Paterson Eastside, 12.8. 5-Shetoi Francis, Teaneck, 12.9. 6-Soniya Johnson, Passaic Tech, 14.0.

200-METER DASH: 1-Yhounic Vassell, Passaic Tech, 25.2. 2-Jennifer Andujar, Teaneck, 25.6. 3-Andrea Herbert, Passaic Tech, 25.7. 4-Kimisha Hughes, Paterson Eastside, 26.8. 5-Sabrina Choice, Dickinson, 27.3. 6-Natalya Budnyatsky, Fair Lawn, 27.4.

400-METER RUN: 1-Rosalind Cerat, Passaic Tech, 1:00.3. 2-Kahimah Liverman, Passaic Tech, 1:01.6. 3-Jennifer Andjuar, Teaneck, 1:01.7. 4-Danielle Burke, Vernon, 1:01.8. 5-Stephanie Johnson, Bergen Tech, 1:02.3. 6-Andrea Herbert, Passaic Tech, 1:02.8.

800-METER RUN: 1-Elina Ploskin, Fair Lawn, 2:21.8. 2-Yanirda Mejia, Passaic, 2:22.3. 3-Lauren Fowler, Bergen Tech, 2:22.7. 4-Fatima Palomo, Memorial, 2:24.9. 5-Zainab Hanif, Hackensack, 2:27.6. 6-Caitlin Schopp, West Milford, 2:28.1.

1,600-METER RUN: 1-Clair Nowakowski, Ridgewood, 5:17.9. 2-Sari Weissband, Fair Lawn, 5:24.9. 3-Emily Terrin, Ridgewood, 5:29.8. 4-Daphne Aronovits, Fair Lawn, 5:32.2. 5-Caitlin Schopp, West Milford, 5:33.5. 6-Claudine McGuire, Hackensack, 5:34.9.

3,200-METER RUN: 1-Clair Nowakowski, Ridgewood, 11:46.5. 2-Sari Weissband, Fair Lawn, 11:53.9. 3-Daphne Aronovits, Fair Lawn, 12:11.3. 4-Claudine McGuire, Hackensack, 12:16.6. 5-Jennifer Collado, North Bergen, 12:18.3. 6-Meghan O'Connell, Ridgewood, 12:19.4.

100-METER HIGH HURDLES: 1-Soniya Johnson, Passaic Tech, 15.1. 2-Fatima Palomo, Memorial, 15.3. 3-Julie Burrell, Hackensack, 16.1. 4-Michelle Smith, Teaneck, 16.2. 5-Dagmara Podwyszynska, Bergen Tech, 16.7. 6-Meghan Damelio, West Milford, 16.8.

400-METER INTERMEDIATE HURDLES: 1-Rosalind Cerat, Passaic Tech, 1:08.4. 2-Michelle Smith, Teaneck, 1:08.6. 3-Kahimah Liverman, Passaic Tech, 1:08.9. 4-Julie Burrell, Hackensack, 1:09.9. 5-Ashley Steward, Teaneck, 1:10.1. 6-Kerri Matthes, Vernon, 1:10.2.

HIGH JUMP: 1-Amy Weiss, West Milford, 5-0. 2-Megan Anderson, Ridgewood, 5-0. 3-Serika Thomas, Hackensack, 5-0. 4-Heather Roessler, Kearny, 4-10. 5-Elizabeth Bakarich, Clifton, 4-10. 6-Daniela DeLeon, Memorial, and Holly Williams, Teaneck, 4-8.

LONG JUMP: 1-Cait Fiocchi, Ridgewood, 17-0. 2-Yhounic Vassell, Passaic Tech, 16-3. 3-Fatima Palomo, Memorial, 16-1. 4-Ashley Steward, Teaneck, 16-0. 5-Elizabeth Luke, Bergen Tech, 15-8. 6-Najene Walker, Hackensack, 15-8.

SHOT PUT: 1-Monique Mighty, Hackensack, 35-1. 2-Alexis Demby, Memorial, 34-10. 3-Melissa Blitzstein, West Milford, 33-1. 4-Ashlee Burgess, Paterson Kennedy, 33-0. 5-Shaniek Easley, Hackensack, 32-6. 6-Lashonda Sampson, Hackensack, 32-4.

DISCUS: 1-Monique Mighty, Hackensack, 115-9. 2-Shaniek Easley, Hackensack, 105-0. 3-Lashonda Sampson, Hackensack, 97-10. 4-Melissa Blitzstein, West Milford, 95-4. 5-Tara Masterson, Ridgewood, 93-8. 6-Leeann Sudol, West Milford, 87-6.

JAVELIN: 1-Tina Lindsay, Paterson Eastside, 139-1, meet record; former record 132-8, Michele Ziegler, Kearny, 1980. 2-Joanna Borawski, Bayonne, 132-6. 3-Betty Mendieta, North Bergen, 106-1. 4-Beverly Gross, Bergen Tech, 102-0. 5-Candice Brierly, Fair Lawn, 101-8. 6-Amy Henderson, Vernon, 100-5.

1,600-METER RELAY: 1-Passaic Tech (Yhounic Vassell, Rosalind Cerat, Kahimah Liverman, Andrea Herbert) 4:03.50. 2-Teaneck 4:13.8. 3-Bergen Tech 4:16.10. 4-Hackensack 4:18.8. 5-Vernon 4:19.6. 6-West Milford 4:22.5.

GROUP 3

TEAMS: 1-Demarest 81. 2-Old Tappan and Passaic Valley 46. 4-Sparta 41. 5-Wayne Valley and Pascack Valley 40. 7-Garfield 27. 8-River Dell 23. 9-Ramapo 14. 10-Northern Highlands 10. 11-High Point and Tenafly 8. 13-Wayne Hills 7. 14-Bergenfield 6. 15-Paramus 4. 16-Lakeland 2.

100-METER DASH: 1-Latasha Jackson, Garfield, 12.5. 2-Jessica Perkel, Old Tappan, 12.7. 3-Cara Reposa, Wayne Valley, 12.9. 4-Abby Beutel, River Dell, 13.1. 5-Julie Orthman, Ramapo, 13.2. 6-Laura Michel, Demarest, 13.2.

200-METER DASH: 1-Alison DiDomenico, Passaic Valley, 26.2. 2-Latasha Jackson, Garfield, 26.4. 3-Abby Beutel, River Dell, 27.0. 4-Stacey Lavalley, Sparta, 27.3. 5-Lauren Michel, Demarest, 27.3. 6-Brittany Bonney, Wayne Hills, 27.3.

400-METER RUN: 1-Alison DiDomenico, Passaic Valley, 58.9. 2-Jessica Perkel, Old Tappan, 59.0. 3-Anika Ackerman, River Dell, 59.4. 4-Lisa Corey, Demarest, 59.5. 5-Stacey Lavalley, Sparta, 59.8. 6-Stephanie Herrick, Wayne Valley, 1:00.2.

800-METER RUN: 1-Tara Connelly, Pascack Valley, 2:19.4. 2-Michele Coral, Passaic Valley, 2:21.5. 3-Lisa Corey, Demarest, 2:22.0. 4-Ashley Backelman, Wayne Hills, 2:22.3. 5-Felicia Phiefer, Ramapo, 2:24.1. 6-Brittany Keil, Sparta, 2:25.8.

1,600-METER RUN: 1-Andrea Rovegno, Ramapo, 5:12.6. 2-Jacqui Carroll, Wayne Valley, 5:14.7. 3-Briana Bayersdorfer, River Dell, 5:20.3. 4-Katherine Brown, Paramus, 5:24.2. 5-Brittany Keil, Sparta, 5:27.5. 6-Katie Storbeck, Wayne Valley, 5:29.0.

3,200-METER RUN: 1-Jesse Mizzone, Passaic Valley, 11:25.2. 2-Julia Emanuel, Tenafly, 11:27.2. 3-Jacqui Carroll, Wayne Valley, 11:36.1. 4-Taylor Lebovich, Old Tappan, 11:56.4. 5-Ashley Bakelmun, Wayne Hills, 12:01.6. 6-Maria Pavkovitch, Garfield, 12:05.8.

100-METER HIGH HURDLES: 1-Stacy Smith, Old Tappan, 15.5. 2-Laura Conte, Wayne Valley, 15.5. 3-Cassie Madsen, Sparta, 15.6. 4-Jasmine Fenlator, Wayne Valley, 15.9. 5-Michelle Ribustello, Pascack Valley, 16.1. 6-Jaclyn Magliato, Demarest, 16.7.

400-METER INTERMEDIATE HURDLES: 1-Michelle Ribustello, Pascack Valley, 1:05.0. 2-Lisa Corey, Demarest, 1:05.1. 3-Cassie Madsen, Sparta, 1:05.5. 4-Tara Connelly, Pascack Valley, 1:05.7. 5-Stephanie Herrick, Wayne Valley, 1:08.3. 6-LaVonne Ellerbe, Wayne Valley, 1:09.0.

HIGH JUMP: 1-Jessica Malacrida, Paramus, 5-2. 2-Lia Torre, Northern Highlands, 5-0. 3-Shannon Spafford, Old Tappan, 5-0. 4-Catherine Henny, Northern Highlands; Sarah Stanley-Ayre, Tenafly, and Laura Conte, Wayne Valley, 5-0.

LONG JUMP: 1-Jackie Kasen, Pascack Valley, 17-3. 2-Latasha Jackson, Garfield, 16-1. 3-Lisa Corey, Demarest, 15-11¾. 4-Lauren Carballo, Old Tappan, 15-10½. 5-Lauren Fass, Demarest, 15-8¼. 6-Laura Conte, Wayne Valley, 15-8.

SHOT PUT: 1-Jessica Fazekas, Demarest, 45-3, meet record; former record 43-8, Kelly Fazekas, Demarest, 2001. 2-Kelly Fazekas, Demarest, 43-5½. 3-Elethia Graham, Bergenfield, 40-11½. 4-Rachel Young, Sparta, 38-2. 5-Catherine Henny, Northern Highlands, 37-1. 6-Jazmine Fenlator, Wayne Valley, 36-11½.

DISCUS: 1-Jessica Fazekas, Demarest, 127-11. 2-Kelly Fazekas, Demarest, 124-4. 3-Jasmie Fenlator, Wayne Valley, 124-2. 4-Emily McCormick, Sparta, 114-0. 5-Rachel Young, Sparta, 109-1. 6-Lauren Haak, River Dell, 101-10.

JAVELIN: 1-Kelly Fazekas, Demarest, 130-3. 2-Meghan Radimer, High Point, 124-0. 3-Shannon Spafford, Old Tappan, 122-7. 4-Daina Pucurs, Demarest, 119-10. 5-Kris Calamita, Lakeland, 113-4. 6-Jessica Fazekas, Demarest, 111-8.

1,600-METER RELAY: 1-Sparta (Caitlin Sweeney, Cassie Madsen, Shanna Cooney, Stacey Lavalley) 4:05.4. 2-Northern Highlands 4:06.4. 3-Old Tappan 4:06.9. 4-Pascack Valley 4:07.9. 5-Passaic Valley 4:12.5. 6-Wayne Valley 4:13.1.

GROUP 2

TEAMS: 1-Newton 79. 2-Ramsey 56. 3-Pompton Lakes 53. 4-Wallkill Valley 41. 5-Hawthorne 33. 6-Indian Hills 30. 7-Rutherford and Kittatinny 22. 9-Dumont 16. 10-Pascack Hills and Hopatcong 15. 12-Ridgefield Park 12. 13-Mahwah 11. 14-Lenape Valley 10. 15-Leonia 9. 16- Sussex Tech 2.

100-METER DASH: 1-Meredith Hopken, Wallkill Valley, 12.7. 2-Margaret Augustanowycz, Rutherford, 12.7. 3-Alisha Fonseca, Hawthorne, 12.9. 4-Hailey Coonrad, Ramsey, 13.1. 5-Cory Mitchell, Leonia, 13.4. No sixth.

200-METER DASH: 1-Sheakia Jackson, Newton, 26.6. 2-Laura Lynch, Indian Hills, 27.0. 3-Hailey Coonrad, Ramsey, 27.1. 4-Carleen Allison, Lenape Valley, 27.3. 5-Margaret Augustynowicz, Rutherford, 27.6. 6-Jewell Magliola, Mahwah, 28.0.

400-METER RUN: 1-Hailey Coonrad, Ramsey, 1:00.3. 2-Melanie Baldwin, Newton, 1:00.9. 3-Amanda Knutsen, Ramsey, 1:01.1. 4-Jessica Villalba, Ridgefield Park, 1:01.4. 5-Laura Lynch, Indian Hills, 1:03.0. 6-Susan Crum, Hopatcong, 1:03.7.

800-METER RUN: 1-Meghan Gaffney, Pompton Lakes, 2:19.5. 2-Ashley Ray, Newton, 2:19.6. 3-Kira McGroarty, Hopatcong, 2:28.6. 4-Christina Triantafildi, Indian Hills, 2:28.9. 5-Noel DiPaola, Ramsey, 2:29.0. 6-Sarah Scott, Wallkill Valley, 2:31.6.

1,600-METER RUN: 1-Meghan Gaffney, Pompton Lakes, 5:11.8. 2-Kira McGroarty, Hopatcong, 5:18.9. 3-Felicia Chevalier, Dumont, 5:34.3. 4-Eileen Demming, Hawthorne, 5:34.7. 5-Jessica Guth, Newton, 5:35.8. 6-Kristen Varina, Hawthorne, 5:38.6.

3,200-METER RUN: 1-Meghan Gaffney, Pompton Lakes, 11:43.5. 2-Jessica Guth, Newton, 12:19.5. 3-Kristen Varina, Hawthorne, 12:24.3. 4-Felicia Chavalier, Dumont, 12:30.7. 5-Laura Chegwidden, Wallkill Valley, 12:35.3. 6-Emily Donnelan, Ramsey, 12:35.6.

100-METER HIGH HURDLES: 1-Erica Dardaganis, Newton, 15.8. 2-Megan Monahan, Kittatinny, 15.9. 3-Lindsay May, Dumont, 16.1. 4-Jamie Anton, Pascack Hills, 16.4. 5-Sarah Foster, Newton, 17.0. 6-Shannon Senna, Pompton Lakes, 17.2.

400-METER INTERMEDIATE HURDLES: 1-Jamie Anton, Pascack Hills, 1:07.1. 2-Ashley Ray, Newton, 1:08.5. 3-Caroline Hockmeyer, Ramsey, 1:09.9. 4-Megan Monahan, Kittatinny, 1:10.5. 5-Lauren Psota, Hawthorne, 1:11.0. 6-Dana Smirnova, Leonia, 1:11.3.

HIGH JUMP: 1-Nicole Becker, Kittatinny, 5-2. 2-Alex Paslawsky, Ramsey, 5-2. 3-Leslie Galamb, Pompton Lakes, 5-0. 4-Meredith Hopken, Wallkill Valley, 5-0. 5-Colleen Moore, Newton, 4-10. 6-Mary Grace Cahill, Rutherford, 4-10.

LONG JUMP: 1-Chrissy Procopio, Indian Hills, 16-5. 2-Erica Dardagonis, Newton, 16-2. 3-Carleen Allison, Lenape Valley, 15-10. 4-Colleen Moore, Newton, 15-7. 5-Hailey Coonrad, Ramsey, 15-7. 6-Kate Siembieda, Ramsey, 15-5¼.

SHOT PUT: 1-Heather Krause, Mahwah, 37-1½. 2-Bridget Kenney, Ridgefield Park, 34-10½. 3-Chrissy Procopio, Indian Hills, 34-4. 4-Amber Gardocki, Wallkill Valley, 33-9½. 5-Kristina Austin, Wallkill Valley, 33-0. 6-Danica Miller, Rutherford, 32-6½.

DISCUS: 1-Kristina Austin, Wallkill Valley, 114-8. 2-Amber Gardocki, Wallkill Valley, 110-4. 3-Marybeth Weiss, Pompton Lakes, 101-9. 4-Whitney Verduin, Hawthorne, 99-5. 5-Stephanie Hopp, Sussex Tech, 96-11. 6-Laura Hall, Pascack Hills, 95-7.

JAVELIN: 1-Whitney Verduin, Hawthorne, 126-6. 2-MaryBeth Weiss, Pompton Lakes, 105-9. 3-Danica Miller, Rutherford, 101-1. 4-Gina Forte, Rutherford, 100-9. 5-Lisa Alexander, Pompton Lakes, 99-10. 6-Bethany Little, Newton, 93-10.

1,600-METER RELAY: 1-Ramsey (Kate Siembieda, Danielle Davis, Caroline Hockmeyer, Amanda Knutsen) 4:11.3. 2-Newton 4:14.6. 3-Leonia 4:38.7. No fourth, fifth or sixth.

GROUP 1

TEAMS: 1-Glen Rock 127. 2-Hasbrouck Heights 94. 3-Westwood 51. 4-Saddle Brook 44. 5-Bogota 22. 6-Wood-Ridge and New Milford 18. 8-Midland Park 17. 9-North Arlington 16. 10-Ridgefield 12. 11-Waldwick 8. 12-Lyndhurst 6. 13-Cresskill 1.

100-METER DASH: 1-Cheryl Anscombe, Westwood, 12.3. 2-Jennifer Cagiao, Hasbrouck Heights, 12.4. 3-Judy Wong, Wood-Ridge 12.7. 4-Kim Hykey, Lyndhurst, 12.8. 5-Amanda Laverty, Ridgefield, 13.2. 6-Shannon Alston, Midland Park, 13.3.

200-METER DASH: 1-Cheryl Anscombe, Westwood, 25.6. 2-Jennifer Cagiao, Hasbrouck Heights, 26.2. 3-Heather Nicoletti, Hasbrouck Heights, 26.4. 4-Judy Wong, Wood-Ridge, 26.5. 5-Allie Wright, Saddle Brook, 27.1. 6-Jessica Oravetz, Waldwick, 27.8.

400-METER RUN: 1-Kim Mineo, Glen Rock, 58.1. 2-Heather Nicoletti, Hasbrouck Heights, 1:00.1. 3-Allie Wright, Saddle Brook, 1:00.8. 4-Kim Heron, Bogota, 1:01.2. 5-Jessica Thomas, Westwood, 1:01.5. 6-Kim Hykey, Lyndhurst, 1:01.9.

800-METER RUN: 1-Kim Mineo, Glen Rock, 2:13.9, meet record; former record 2:19.1, Diana Lana, Saddle Brook, 1995. 2-Erin Henry, Glen Rock, 2:23.1. 3-Danielle Patoir, Glen Rock, 2:26.6. 4-Denise Scarfi, Westwood, 2:27.2. 5-Regina Stellato, Hasbrouck Heights, 2:30.0. 6-Kate Brown, Waldwick, 2:34.0.

1,600-METER RUN: 1-Erin Henry, Glen Rock, 5:16.7. 2-Danielle Patoir, Glen Rock, 5:33.2. 3-Mary Moore, Glen Rock, 5:38.1. 4-Audrey Bedrock, Waldwick, 5:40.8. 5-Katie D'Aco, Westwood, 5:41.2. 6-Linda Ndregjoni, Cresskill, 5:42.9.

3,200-METER RUN: 1-Erin Henry, Glen Rock, 11:31.9. 2-Danielle Datoir, Glen Rock, 12:13.2. 3-Liz Saydah, Glen Rock, 12:24.6. 4-Kate D'Aco, Westwood, 12:31.3. 5-Christine Ayubi, Hasbrouck Heights, 12:33.3. 6-Darlene Pekaar, Saddle Brook, 12:52.7.

100-METER HIGH HURDLES: 1-Jaclyn Kaminski, Saddle Brook, 15.8. 2-Kristen Webb, North Arlington, 16.3. 3-Nicole DeSimone, Hasbrouck Heights, 16.5. 4-Cherilyn Marfino, Hasbrouck Heights, 16.6. 5-Molly Matanle, Glen Rock, 16.7. 6-Dana Salonia, Saddle Brook, 16.8.

400-METER INTERMEDIATE HURDLES: 1-Kim Mineo, Glen Rock, 1:03.2, meet record; former record, 1:04.3, Katie Hanley, Glen Rock, 1997. 2-Ali Dykhouse, Glen Rock, 1:07.7. 3-Jessica Thomas, Westwood, 1:08.6. 4-Dana Salonia, Saddle Brook, 1:09.4. 5-Kristen Webb, North Arlington, 1:09.6. 6-Molly Matante, Glen Rock, 1:09.9.

HIGH JUMP: 1-Shannon Alston, Midland Park, 5-0. 2-Jennifer Barthelemy, Bogota, 4-10. 3-Emmeny Beadle, Hasbrouck Heights, and Cherilyn Marfino, Hasbrouck Heights, 4-8. 5-Kelli O'Brien-Meurer, Saddle Brook, 4-8. 6-Mallory Woods, Hasbrouck Heights, 4-6.

LONG JUMP: 1-Jennifer Barthelemy, Bogota, 16-10. 2-Jaclyn Kaminski, Saddle Brook, 16-1. 3-Cherilyn Marfino, Hasbrouck Heights, 15-7. 4-Judy Wong, Wood-Ridge, 15-7. 5-Mallory Woods, Hasbrouck Heights, 15-6. 6-Makenzie Woods, Hasbrouck Heights, 15-4.

SHOT PUT: 1-Lindsay Renna, Hasbrouck Heights, 33-10. 2-Stephanie Roegner, Westwood, 33-9. 3-Melissa Lisbona, Midland Park, 33-6. 4-Alyssa Koob, New Milford, 33-3. 5-Tatiana Ciccone, New Milford, 32-9. 6-Karen Strzekczyk, Glen Rock, 30-4.

DISCUS: 1-Alyssa Koob, New Milford, 113-9. 2-Lindsay Renna, Hasbrouck Heights, 107-0. 3-Catherine Strzelczyk, Glen Rock, 101-3. 4-Nadia Senmartin, Wood-Ridge, 97-2. 5-Tatiana Ciccone, New Milford, 96-5. 6-Stephanie Roegner, Westwood, 92-5.

JAVELIN: 1-Courtney Reggo, Ridgefield, 114-8. 2-Kate Tryforos, Glen Rock, 107-9. 3-Allison Gino, North Arlington, 104-10. 4-Allie Kelley, Saddle Brook, 104-5. 5-Lisa Colangelo, Hasbrouck Heights, 100-3. 6-Annie Lent, Glen Rock, 97-4.

1,600-METER RELAY: 1-Hasbrouck Heights (Jennifer Cagiao, Regina Stellato, Erica Gagliardi, Heather Nicoletti) 4:10.8. 2-Glen Rock 4:12.9. 3-Saddle Brook 4:15.3. 4-Westwood 4:20.0. 5-Waldwick 4:21.4. 6-Lyndhurst 4:23.8.

GROUP 4

TEAMS: 1-Montclair 76. 2-West Orange 69. 3-Elizabeth 45. 4-Bloomfield 39. 5-Columbia 38. 6-Phillipsburg 30. 7-Morristown 28. 8-Plainfield 21. 9-Morris Knolls 20. 10-Roxbury 18. 11-Westfield and Linden 15. 13-Livingston 12. 14-Union 4. 15-Randolph 3. 16-Eastside 1.

100-METER DASH: 1-Jennifer Whitlock, Montclair, 12.1. 2-April Williams, Elizabeth, 12.2. 3-Kayla Crawley, Montclair, 12.7. 4-Ebony Barnes, Elizabeth, 12.7. 5-Yolana Sabb-Cooper, Montclair, 12.9. 6-Aneka Brown, Union, 12.9.

200-METER DASH: 1-Jennifer Whitlock, Montclair, 25.4. 2-Tiffany Clark, West Orange, 25.8. 3-April Williams, Elizabeth, 26.2. 4-Elana Cooper, Columbia, 26.6. 5-Sophia Wallace, Montclair, 26.7. 6-Aneka Brown, Union, 27.0.

400-METER RUN: 1-Tiffany Clark, West Orange, 57.3. 2-Lon-Den Scott, Livingston, 58.3. 3-Danielle Hines, Morristown, 58.9. 4-Siobhan Counts, Plainfield, 59.4. 5-Emily MacNeil, Westfield, 59.5. 6-Camelia Watson, Montclair, 59.6.

800-METER RUN: 1-Emily MacNeil, Westfield, 2:19.2. 2-Gizelle Joshua, West Orange, 2:21.2. 3-Kaydeen Wollary, Morristown, 2:21.5. 4-Shani Spence, West Orange, 2:21.7. 5-Janice Lee, Livingston, 2:22.7. 6-Lindsay Newman, Livingston, 2:22.9.

1,600-METER RUN: 1-Raven Lea, Columbia, 5:15.1. 2-Erin Kubarewicz, Bloomfield, 5:19.0. 3-Aileen Milde, Roxbury, 5:25.0. 4-Ellen Davis, Montclair, 5:26.1. 5-Rachel Rome, Morristown, 5:27.0. 6-Kendra Pannitti, West Orange, 5:28.1.

3,200-METER RUN: 1-Courtney Epps, Columbia 11:28.2. 2-Raven Lea, Columbia, 11;28.9. 3-Amy Maier, Morristown, 11:34.6. 4-Erin Kubarewicz, Bloomfield, 12:04.5. 5-Vanessa Bazydlo, Morris Knolls, 12:12.7. 6-Jeanne Vega, Eastside, 12:15.8.

110-METER HURDLES: 1-Jennifer Whitlock, Montclair, 14.1. 2-Pia Ruth, Linden, 14.5. 3-Siobahn Counts, Plainfield, 14.8. 4-Kelsi Russell, Phillipsburg, 15.2. 5-Kayla Crawley, Montclair, 15.8. 6-Shelia Asie, Linden, 16.6.

400-METER INTERMEDIATE HURDLES: 1-Siobhan Counts, Plainfield, 1:03.1. 2-Caitlin Scala, Phillipsburg, 1:05.4. 3-Pia Ruth, Linden, 1:05.6. 4-Kidalie Francillon, West Orange, 1:06.2. 5-Jessica Sanders, Columbia, 1:07.4. 6-Amy Strenk, Randolph, 1:08.3.

HIGH JUMP: 1-Meghan O'Brien, Montclair, 5-4. 2-Tiyana Peters, West Orange, 5-4. 3-Kelly Brady, Roxbury, 5-4. 4-April Williams, Elizabeth, 5-0. 5-Deneitra Sims, Morristown, 4-10. 6-Jillian Wassick, Livingston, 4-10.

LONG JUMP: 1-Kelsi Russell, Phillipsburg, 18-3¾. 2-Alicia Warren, West Orange, 16-2¾. 3-Susannah Knox, Montclair, 15-7½. 4-Rashanna Fort, West Orange, 15-5½. 5-Sara Burke, Westfield, 15-5½. 6-Sophia Wallace, Montclair, 15-3¾.

SHOT PUT: 1-Michelle Cintron, Elizabeth, 40-11½. 2-Lizzelle Cintron, Elizabeth, 39-2. 3-Cynthia Douglas, West Orange, 38-1½. 4-Eje Ophori, Bloomfield, 37-3¾. 5-Sara Hazle, Montclair, 36-6. 6-Cherilyn Lawson, Plainfield, 36-2.

DISCUS:1-Kate Nazario, Morris Knolls, 110-7. 2-Eje Ophori, Bloomfield, 109-1. 3-Cara Trapasso, Roxbury, 106-1. 4-Latonya Frizzelle. Bloomfield, 105-7. 5-Julie Weiss, Randolph, 105-2. 6-Lisa Fischmann, Bloomfield, 104-8.

JAVELIN: 1-Stephanie Petine, Bloomfield, 131-3. 2-Kate Nazario, Morris Knolls, 124-11. 3-Jenelle Montilone, Phillipsburg, 121-6. 4-Lizzelle Cintron, Elizabeth, 117-2. 5-Nicole Bufanio, Union, 112-10. 6-Michelle Cintron, Elizabeth, 111-4.

1,600-METER RELAY: 1-Montclair (Camelia Watson, Lajuan Samuels, Susannah Knox and Shirley Rislin) 4:01.2. 2-West Orange 4:02.2. 3-Morristown 4:02.4. 4-Columbia 4:07.1. 5-Phillipsburg 4:07.7. 6-Westfield 4:09.1.

GROUP 3

TEAMS: 1-Scotch Plains 67½. 2-Cranford 56. 3-West Morris 38. 4-Hackettstown and Mendham 45. 6-Morris Hills 44. 7-Warren Hills 34. 8-East Orange 25. 9-Rahway 20. 10-Mount Olive 14½. 11-Jefferson and Clifford Scott 14. 13-Parsippany Hills 3. 14-Nutley and Millburn 2.

100-METER DASH: 1-Shanda Jackson, East Orange, 12.1. 2-Khristelle Manuyag, Cranford, 12.6. 3-Jillian Warner, West Morris, 12.7. 4-Natisha Barnett, Clifford Scott, 12.7. 5-Barbara Isekenegbe, Warren Hills, 12.8. 6-Keri Mounger, Millburn, 12.9.

200-METER DASH: 1-Brittny Boyd, Hackettstown, 25 .5 2-Shanda Jackson, East Orange, 26.3. 3-Jayme Ferraro, Scotch Plains, 26.5. 4-Jillian Warner, West Morris, 26.6. 5-Khristelle Manuyag, Cranford, 26.7. 6-Aisha Bilal, East Orange, 27.0.

400-METER RUN: 1-Brittny Boyd, Hackettstown, 58.3. 2-Jill Koscielecki, Scotch Plains, 58.8. 3-Aisha Bilal, East Orange, 1:00.2. 4-Natisha Barnett, Clifford Scott, 1:00.9. 5-Rachel Jones, Scotch Plains, 1:00.9. 6-Christina Waldele, Hackettstown, 1:01.0.

800-METER RUN: 1-Haily Brewster. Mendham, 2:25.1. 2-Jenna Corbett, Morris Hills, 2:27.9. 3-Jackie Latella, Mount Olive, 2:29.2. 4-Jessica Barr, Cranford, 2:29.5. 5-Jill Whitehead, Mendham, 2:29.7. 6-Stephanie Heath, Scotch Plains, 23:3.3.

1,600-METER RUN: 1-Mallory Harlin, Cranford, 5:24.8. 2-Elyse Braner, Jefferson, 5:29.7. 3-Ashley Behre, Mount Olive, 5:36.0. 4-Amanda McCurdy, Morris Hills, 5:37.5. 5-Megan Williams, Nutley, 5:40.3. 6-Mary Shashaty, Scotch Plains, 5:41.2.

3,200-METER RUN: 1-Mallory Harlin, Cranford, 11:34.1. 2-Karen Guthrie, Mendham, 11:36.0. 3-Elyse Braner, Jefferson, 11:46.2. 4-Allison Bell, West Morris, 11:58.9. 5-Jessica Barr, Cranford, 12:04.5. 6-Elizabeth Seigle, Millburn, 12:06.0.

100-METER HURDLES: 1-Colleen Farrell, Warren Hills, 14.9. 2-Danielle Seiler, West Morris, 16.10. 3-Nicole Alexander, Cranford, 17.0. 4-Megan Kelly, West Morris, 17.2. 5-Maria Inelli, Mendham, 17.2. 6-Danielle Knapp, West Morris, 17.5.

400-METER INTERMEDIATE HURDLES: 1-Jill Koscielecki, Scotch Plains, 1:05.00. 2-Jayme Ferraro, Scotch Plains, 1:05.50. 3-Danielle Seiler, West Morris,. 1:06.50. 4-Christina Weldele, Hackettstown, 1:07.57. 5-Jenna Corbett, Morris Hills, 1:07.90. 6-Daniella Knapp, West Morris, 1:12.90.

HIGH JUMP: 1-Colleen Farrell, Warren Hills, 5-2. 2-Brittny Boyd, Hackettstown, 5-0. 3-Kelsey Dugan, Mendham, 5-0. 4-Katie Hicks, Mendham, 4-10. 5-Lindsay Aagre, Morris Hills, 4-10. 6-Jayme Ferraro, Scotch Plains, and Jackie Sendgikoski, Mount Olive, 4-6.

LONG JUMP: 1-Colleen Farrell, Warren Hills, 17-4¾. 2-Jenna Balestriere, Scotch Plains, 15-10¼. 3-Megan Kelly, West Morris, 15-10. 4-Jill Koscielecki, Scotch Plains, 15-10. 5-Danita Minnigan, Warren Hills, 15-4½. 6-Kamille Edwards, Parsippany Hills, 15-4½.

SHOT PUT: 1-Gemma Naclerio, Morris Hills, 35-1¾. 2-Balkis Bernard, West Morris, 34-0½. 3-Thasha Blanc, Rahway, 33-5½. 4-Randi Venturini, Hackettstown, 32-10¾. 5-Shannon Dorsey, Morris Hills, 32-2¾. 6-Jolene Venturini, Hackettstown, 31-1.

DISCUS: 1-Shannon Dorsey, Morris Hills, 111-2. 2-Diane Matuszewski, Cranford, 101-5. 3-Colleen Coyle, Scotch Plains, 100-5. 4-Thasha Blanc, Rahway, 99-1. 5-Lauren Bianco, Scotch Plains, 94-11. 6-Gemma Naclerio, Morris Hills, 91-9.

JAVELIN: 1-Liz Bauer, Rahway, 116-1. 2-Jenny Donohue, West Morris, 108-4. 3-Chrissy Marra, Cranford, 102-4. 4-Shannon Dorsey, Morris Hills, 102-0. 5-Heather Grimm, Mount Olive, 100-8. 6-Lauren Bianco, Scotch Plains, 91-7

1,600-METER RELAY: 1-Scotch Plains (Rachel Jones, Aja Bundy, Jayme Ferraro and Jill Koscielecki) 4:00.1. 2-Hackettstown, 4:06.9. 3-Clifford Scott, 4:07.7. 4-West Morris, 4:07.9. 5-Parsippany Hills, 4:08.4. 6-Morris Hills, 4:13.3.

GROUP 2

TEAMS: 1-Hanover Park 114½. 2-Gov. Livingston 57. 3-Montville 38. 4-Summit 44. 5-Roselle 34. 6-Caldwell 26½. 7-Madison 25. 8-Parsippany 24. 9-Hillside 22. 10-Johnson 21. 11-Chatham 7. 12-Pequannock 5. 13-Dover 3. 14-West Essex 2.

100-METER DASH: 1-Aisha Barber, Parsippany, 12.4. 2-Kim McDonald, Summit, 12.5. 3-Jenna Russo, Hanover Park, 12.6. 4-Jenny Zurawell, Montville, 13.0. 5-Iris Strickland, Dover, 13.3. 6-Jennifer Kinsey, Caldwell, 13.4.

200-METER DASH: 1-Carla Wynter, Roselle, 26.0. 2-Aisha Barber, Parsippany, 26.2. 3-Jaminah Bristow, Hillside, 26.9. 4-Jena Russo, Hanover Park, 27.3. 5-Kimberly McDonald, Summit, 27.5. 6-Iris Strickland, Dover, 27.9.

400-METER RUN: 1-Carla Wynter, Roselle, 59.9. 2-Jaminah Bristow, Hillside, 1:00.5. 3-Courtney Stanton, Montville, 1:01.9. 4-Heather Bernsten, Madison, 1:02.2. 5-Alaina Alfano, Hanover Park, 1:02.3. 6-Hilda Gomez, Caldwell, 1:02.4.

800-METER RUN: 1-Megs DiDario, Gov. Livingston, 2:19.1. 2-Caroline Mannaerts, Summit, 2:21.4. 3-Danielle Stanton, Montville, 2:23.2. 4-Shannelle Brown, Hillside, 2:28.1. 5-Hilda Gomez, Caldwell, 2:28.4. 6-Kristin Dunn, Johnson, 2:28.6.

1,600-METER RUN: 1-Ashley Wolf, Montville, 5:14.3. 2-Megs DiDario, Gov. Livingston, 5:18.0. 3-Sarah Rutledge, Parsippany, 5:21.3. 4-Carolyn Heisler, Madison, 5:22.9. 5-Jill Glover, Chatham, 5:23.6. 6-Caroline Mannaerts, Summit, 5:25.10.

3,200-METER RUN: 1-Megs DiDario, Gov. Livingston, 11:40.2. 2-Ashley Wolf, Montville, 11:48.1. 3-Danielle Stanton, Montville, 12:00.4. 4-Caitlin Christian, Chatham, 12:04.8. 5-Kerry Maybaum, West Essex, 12:05.2. 6-Tory Morgan, Summit, 12:14.9.

100-METER HURDLES: 1-Sara Bekele, Hanover Park, 14.7 meet record; former record, 14.8, by Letica Beverly, Newark Central, 1984, and Tanya Hall, Roselle, 1992. 2-Dana McCurdy, Gov. Livingston, 15.0. 3-Nicole Donadio, Caldwell, 16.6. 4-Nikki Cassano, Pequannock, 16.6. 5-Melissa Wecht, Hanover Park, 16.8..

400-METER INTERMEDIATE HURDLES: 1-Sara Bekele, Hanover Park, 1:05.29. 2-Dana McCurdy, Gov. Livingston, 1:07.62. 3-Alaina Alfano, Hanover Park, 1:08.84. 4-Jasmin Boone, Roselle, 1:09.47. 5-Julianne Sundberg, Caldwell, 1:09.51. 6-Christine McCurdy, Gov. Livingston, 1:10.23.

HIGH JUMP: 1-Lillian Doyle, Madison, 5-2. 2-Jenn Lefebvre, Hanover Park, and Alaina Alfano, Hanover Park, 5-0. 4-Kristin Dunn, Johnson, 4-10. 5-Aja Parham, Hanover Park and Bridgit Martin, Caldwell, 4-10.

LONG JUMP: 1-Sara Bekele, Hanover Park, 16-8. 2-Alaina Alfano, Hanover Park, 16-4¼. 3-Bridgit Martin, Caldwell, 16-1½. 4-Jaminah Bristow, Hillside, 16-0¾. 5-Nicole Donadio, Caldwell, 15-10½. 6-Lauren Anderson, Chatham, 15-9½.

SHOT PUT: 1-Ashley Holmes, Summit, 39-6. 2-Amanda Yeskel, Hanover Park, 36-4½. 3-Abigail Jones, Madison, 33-3¾. 4-Tiffany Ingenito, Johnson, 32-1½. 5-Karen Bocian, Gov. Livingston, 30-9. 6-Caitlin Kelly, Hanover Park, 30-4¾.

DISCUS: 1-Ashley Holmes, Summit, 118-3. 2-Michelle Enderle, Hanover Park, 100-1. 3-Amanda Yeskel, Hanover Park 95-9. 4-Christina Johnson, Roselle, 93-3. 5-Tiff Ingenito, Johnson, 93-2. 6-Kathryn Le Saffre, Caldwell, 90-9.

JAVELIN: 1-Erin Hogan, Johnson, 116-3. 2-Michelle Enderle, Hanover Park, 112-9. 3-Margy Goodspeed, Gov. Livingston, 112-0. 4-Ashley Holmes, Summit, 105-1. 5-Kerry O'Day, Caldwell, 100-9. 6-Monica Iglesias, Pequannock, 98-7.

1,600-METER RELAY: 1-Hanover Park (Sara Bekele, Aja Parham, Jenna Russo and Michelle Enderle) 4:03.9. 2-Montville, 4:09.5. 3-Roselle, 4:12.3. 4-Gov. Livingston, 4:13.7. 5-Caldwell 4:17.7. 6-Madison, 4:21.6

GROUP 1

TEAMS: 1-New Providence 123. 2-Verona 64½. 3-Newark Science 52. 4-Mountain Lakes 38. 5-Kinnelon 32. 6-Boonton 31. 7-Glen Ridge 26. 8-Butler 25. 9-Belvidere 18. 10-Whippany Park 12. 11-Cedar Grove 5 ½. 12-Newark Central 3.

100-METER DASH: 1-Lillie Anderson, Boonton, 12.2, tied meet record; former record, 12.2, Tiffany Weatherford, Science, 1989. 2-Jade Patterson, Belvidere, 12.30. 3-Collette DeBenedetto, Mountain Lakes, 12.5. 4-Symone Duhanny, Boonton, 12.8. 5-Angela Rhymes, Central, 12.9. 6-Asha Bailey, Science, 13.4.

200-METER DASH:1-Jade Patterson, Belvidere, 26.2. 2-Catherine Magyera, New Providence, 27.0. 3-Lauren Cervino, Kinnelon 27.1. 4-Adrienne Smith, Science, 27.2. 5-Aidah Singleton, Science, 27.6. 6-Angela Rhymes, Central, 27.7.

400-METER RUN: 1-Willette Miller, Science, 58.7. 2-Aidah Singleton, Science, 1:00.7. 3-Lauren Cervino, Kinnelon, 1:01.2. 4-Lindsay Sheridan, Verona, 1:01.6. 5-Stephanie Machin, New Providence, 1:01.7. 6-Dominika, Galus, Butler, 1:02.0.

800-METER RUN: 1-Willette Miller, Science, 2:17.5. 2-Brittany Weldon, Kinnelon, 2:23.2. 3-Jessica Farawell, Verona, 2:28.0. 4-Liz Gerber, New Providence, 2:30.0. 5-Alberta Brown, Science, 2:30.2. 6-Cerinena Redman, Science, 2:31.5.

1,600-METER RUN:1-Caitlyn Walsh, Verona, 5:3. 2-Katie Chambers, Mountain Lakes, 5:34. 3-Lindsay Bishop, Kinnelon, 5:38.7. 4-Julie Irving, Whippany Park, 5:40.9. 5-Caitlan Pyden, New Providence, 5:43.4. 6-Cari Anne Gerbino, Glen Ridge, 5:43.4.

3,200-METER RUN: 1-Katie Chambers, Mountain Lakes, 12:14.1. 2-Cari Anne Gerbino, Glen Ridge, 12:38.6. 3-Caitlan Pyden, New Providence, 12:44.9. 4-Liz Wagner, New Providence, 12:51.9. 5-Desirae Symons, Verona, 12:56.4. 6-Jen Boyle, New Providence, 13:24.6.

110-METER HIGH HURDLES: 1-Stephanie Machin, New Providence, 15.3. 2-Rachel Drosdick, Verona, 16.0. 3-Catherine Magyera, New Providence, 16.3. 4-Vonelle Allocco, New Providence, 16.9. 5-Jenn Gleason, Butler, 17.7. No sixth place awarded.

400-METER INTERMEDIATE HURDLES: 1-Stephanie Machin, New Providence, 1:05.6. 2-Catherine Magyera, New Providence, 1:08.1. 3-Jenn Gleason, Butler, 1:09.6. 4-Alberta Brown, Science, 1:10.9. 5-Sarah Bieber, Cedar Grove, and Rachel Drosdick, Verona, 1:11.2.

HIGH JUMP: 1-Rebecca Baskinger, Butler, 5-6, meet record; former record, 5-5, by C.J. Wilkerson, Pequannock, 1997. 2-Caroline Drosdick, Verona, 5-2. 3-Jenn Gleason, Butler, 5-0. 4-Allison Tripodi, Mountain Lakes, 4-10. 5-Sarah Bieber, Cedar Grove, 4-10. 6-Rachel Drosdick, Verona, 4-8.

LONG JUMP: 1-Collette DeBenedetto, Mountain Lakes, 18-2¼, meet record; former record, 17-11, by Ahndraea Allen, Roselle Park, 2000. 2-Stephanie Machin, New Providence, 16-2½. 3-Catherine Magyera, New Providence, 15-11¾. 4-Jennifer Bulger, Verona, 15-3. 5-Jackie Calabrese, Verona, 14-10½. 6-Keara Waldron, Glen Ridge, 14-7¼.

SHOT PUT: 1-Margot Fleming, Glen Ridge, 34-8½. 2-Sarah Whiting, New Providence, 33-5. 3-Carla Beckman, Kinnelon, 32-10. 4-Kim Ferrari, Verona, 32-9. 5-Kaitlyn Walsh, Cedar Grove, 31-8¼. 6-Michele Azmat, Boonton, 31-6½.

DISCUS: 1-Stephanie Cronk, Boonton, 108-10. 2-Vonelle Allocco, New Providence, 107-10. 3-Margot Fleming, Glen Ridge, 91-03. 4-Sarah Whiting, New Providence, 89-07. 5-Karen Anderson, Verona, 86-08. 6-Amanda Mantes, Whippany Park, 86-04.

JAVELIN: 1-Vonelle Allocco, New Providence, 109-11. 2-Laura Nadelberg, New Providence, 101-0. 3-Stephanie Cronk, Boonton, 98-9. 4-Caroline Drosdick, Verona, 97-0. 5-Karen Mascolo, Whippany Park, 90-0. 6-Jill McArdle, Whippany Park, 86-11.

1,600-METER RELAY: 1-Science (Aidah Singleton, Alberta Brown, Asha Bailey and Willette Miller) 4:03.9. 2-Verona 4:20.1. 3-New Providence 4:20.1. 4-Whippany Park 4:34.0. No 5th or 6th.

GROUP 4

TEAMS: 1-Trenton 113. 2-Old Bridge 60. 3-Piscataway 50. 4-Hillsborough 49. 5-Hunterdon Central 40. 6-Freehold Township and South Brunswick 19. 8-Edison and Woodbridge 14. 10-Sayreville 13. 11-Bridgewater 10. 12-Marlboro and Middletown North 8. 14-West Windsor-Plainsboro South 7. 15-North Brunswick 5. 16-East Brunswick 4. 17-Manalapan 1.

100-METER DASH: 1-Quiyana Johnson, Piscataway, 12.3. 2-Marlysha Vaughn, Trenton, 12.0. 3-Teri Burton, Piscataway, 12.6. 4-Brittany Hohn, East Brunswick, 12.9. 5-Nikkia Barrett, Trenton, 12.9. 6-Ete Ebewo, Old Bridge, 13.3.

200-METER DASH: 1-Alena Weldon, Trenton, 25.0. 2-Dannisha Winfrey, Piscataway, 25.2. 3-Marlysha Vaughn, Trenton, 25.6. 4-Lauren Broadnax, South Brunswick, 25.6. 5-Quiyana Johnson, Piscataway, 25.9. 6-Danielle Harris, Piscataway, 27.2.

400-METER RUN: 1-Erin Crawford, Hillsborough, 56.9. 2-Jessica Reid, Trenton, 57.6. 3-Kehnesha Oldacre, Trenton, 58.1. 4-Danielle Harris, Piscataway, 59.0. 5-Tramaine Shaw, Piscataway, 59.3. 6-Katie Cherecwich, Freehold Township, 59.3.

800-METER RUN: 1-Casey Nelson, Hunterdon Central, 2:18.8. 2-Erin Crawford, Hillsborough, 2:20.3. 3-Caitlin Browne, Middletown North, 2:21.5. 4-Cassandra Gibbs, Edison, 2:21.8. 5-Michelle Archambault, Hunterdon Central, 2:22.2. 6-Lisa Miller, West Windsor-Plainsboro South 2:22.5.

1,600-METER RUN: 1-Casey Nelson, Hunterdon Central, 5:01.9. 2-May Lynn Skarzenski, Woodbridge, 5:14.0. 3-Lisa Miller, West Windsor-Plainsboro South, 5:15.1. 4-Linda Sanders, Old Bridge, 5:16.3. 5-Cristin Browne, Middletown North, 5:17.0. 6-Laura Saffer, Manalapan, 5:17.9.

3,200-METER RUN: 1-Kristan Lucas, Edison, 11:24.2. 2-Mara MacInerney, Old Bridge, 11:30.9. 3-Mary Lynn Skarzenski, Woodbridge, 11:35.3. 4-Andrea Bradshaw, North Brunswick, 11:39.1. 5-Linda Sanders, Old Bridge, 11:44.5. 6-Danielle Haggiag, Old Bridge, 11:45.3.

100-METER HIGH HURDLES: 1-Kim Henry, Old Bridge, 14.5. 2-Nikkia Barrett, Trenton, 14.8. 3-Kehnesha Oldacre, Trenton, 14.9. 4-Jaci Pfeiffer, Hillsborough, 15.1. 5-Ebony Foster, Hillsborough, 15.6. 6-Alena Weldon, Trenton, 16.4.

400-METER INTERMEDIATE HURDLES: 1-Erin Crawford, Hillsborough, 1:01.6, meet record; former record 1:02.1, Donna Powell, Trenton, 1985, and Bassey Adjah, Piscataway, 1997. 2-Kim Henry, Old Bridge, 1:02.5. 3-Jaci Pfeiffer, Hillsborough, 1:04.4. 4-Formetta Gibson, Trenton, 1:05.5. 5-Zakiya Chambers, Freehold Township, 1:06.2. 6-Tramaine Shaw, Piscataway, 1:06.4.

HIGH JUMP: 1-Maura Burk, Freehold Township, 5-8. 2-Jessica Taibe, Hunterdon Central, 5-4. 3-Ebony Foster, Hillsborough, 5-2. 4-Jennifer Caro, Sayreville, and Dayna O'Connor, South Brunswick, 5-2. 6-Jenna Peragallo, North Brunswick, 5-0.

LONG JUMP: 1-Nikkia Barrett, Trenton, 18-1½. 2-Kehnesha Oldacre, Trenton, 18-1½. 3-Kim Henry, Old Bridge, 17-11. 4-Kaitlin Lambracht, Hunterdon Central, 17-0½. 5-Quiyana Johnson, Piscataway, 16-11. 6-Ebony Foster, Hillsborough, 16-9½.

TRIPLE JUMP (Non-scoring): 1-Ebony Foster, Hillsborough, 36-4. 2-Kaitlin Lambracht, Hunterdon Central, 34-2½. 3-Collene Cumberbatch, Piscataway, 33-5. 4-Mechea Medine, Delaware Valley, 33-3¾. 5-Kathleen Johnston, Delaware Valley, 32-10½. 6-Megan Looby, Delaware Valley, 31-4¼.

SHOT PUT: 1-Nicole Wilson, Trenton, 42-7, meet record; former record 40-3, Corey Gutowski, Hunterdon Central, 1996. 2-Talita Silva, Bridgewater, 38-9¾. 3-Brittany McCombs, Old Bridge, 37-7. 4-Muriel Pratt-Davies, Piscataway, 34-7¾. 5-Kia Cole, Marlboro, 34-4½. 6-Ete Ebewo, Old Bridge, 34-4.

DISCUS: 1-Nicole Wilson, Trenton, 131-0. 2-Brittany McCombs, Old Bridge, 124-11. 3-Kia Cole, Marlboro, 124-4. 4-Kimberly Yee, South Brunswick, 107-9. 5-Talita Silva, Bridgewater, 106-2. 6-Sarah Strickland, Freehold Township, 104-11.

JAVELIN: 1-Nicole Vassalo, Sayreville, 134-0. 2-Kendra Owens, Trenton, 130-0. 3-Linda Paquette, South Brunswick, 119-0. 4-Sarah Convery, Old Bridge, 115-0. 5-Jenizah Melemdez, Hillsborough, 114-0. 6-Mary Dowd, Freehold Township, 111-0.

POLE VAULT (Non-scoring): 1-Kristin Strizki, Hunterdon Central, 11-0. 2-Kim Johnston, Old Bridge, 10-6. 3-Holly Stettner, Hunterdon Central, 9-6. 4-Anne Wyllie, Hunterdon Central, 9-6. 5-JaciPfeiffer, Hillsborough, 9-0. 6-Eileen Cafferty, Hillsborough, 8-6.

1,600-METER RELAY: 1-Piscataway (Dannisha Winfrey, Quiyana Johnson, Danielle Harris and Tramaine Shaw) 3:56.9. 2-Trenton 4:00.3. 3-Hunterdon Central 4:03.3. 4-Freehold Township 4:03.6. 5-South Brunswick 4:05.6. 6-Old Bridge 4:07.2.

GROUP 3

TEAMS: 1-Red Bank 77. 2-Franklin 66. 3-Hopewell Valley 56. 4-Middletown South 44. 5-Lawrence 30. 6-Monmouth Regional 29. 7-North Hunterdon 25. 8-Ocean Township 20. 9-West Windsor-Plainsboro North 18. 10-Hightstown 16. 11-Colonia 13. 12-Wall 12. 13-Watchung Hills and Steinert 10. 15-Princeton 6. 16-Nottingham 2.

100-METER DASH: 1-Jenna Harris, Franklin, 11.9. 2-Coryn Gomez, Franklin, 12.1. 3-Torey Edgecomb, Lawrence, 12.6. 4-Ifey Ibeh, Colonia, 12.9. 5-Emily Egge, North Hunterdon, 13.1. 6-Keisha Anderson, Monmouth Regional, 13.2.

200-METER DASH: 1-Jenna Harris, Franklin, 24.3, ties record; Tysha Crichlow, Neptune, 1995. 2-Coryn Gomez, Franklin, 25.4. 3-Natalie Mapp, Hopewell Valley, 25.5. 4-Ifey Ibeh, Colonia, 26.1. 5-Astrid Pilgrim, West Windsor-Plainsboro North, 26.6. 6-Sarena Johnson, Colonia, 26.9.

400-METER RUN: 1-Jenna Harris, Franklin, 55.4. 2-Jessica Pall, Hopewell Valley, 57.3. 3-Natalie Mapp, Hopewell Valley, 58.5. 4-Kolleen McCauley, Middletown South, 58.6. 5-Gretchen Kieling, West Windsor-Plainsboro North, 1:00.5. 6-Astrid Pilgrim, West Windsor-Plainsboro North, 1:00.6.

800-METER RUN: 1-Katy Trotter, Red Bank, 2:17.3. 2-Amanda Trotter, Red Bank, 2:17.7. 3-Tina Morrison, Middletown South, 2:18.2. 4-Jessica Pall, Hopewell Valley, 2:18.6. 5-Kate Willever, Hopewell Valley, 2:19.2. 6-Katie Kingsbery, Red Bank, 2:19.7.

1,600-METER RUN: 1-Amanda Trotter, Red Bank, 5:03.6. 2-Katy Trotter, Red Bank, 5:03.8. 3-Kate Willever, Hopewell Valley, 5:06.0. 4-Katie Kingsbery, Red Bank, 5:07.1. 5-Erin Enderly, Ocean Township, 5:07.9. 6-Jaime Liberti, Middletown South, 5:12.1.

3,200-METER RUN: 1-Amanda Trotter, Red Bank, 11:02.2. 2-Katy Trotter, Red Bank, 11:13.9. 3-Erin Enderly, Ocean Township, 11:14.8. 4-Nicole Lombardy, Middletown South, 11:36.7. 5-Carly Schlamowitz, Hopewell Valley, 11:37.7. 6-Vanessa Gibens, West Windsor-Plainsboro North, 11:40.2.

100-METER HURDLES: 1-Coryn Gomez, Franklin, 15.1. 2-Erika Huggler, Monmouth Regional, 15.2. 3-Alison Crowley, Princeton, 16.0. 4-Astrid Pilgrim, West Windsor-Plainsboro North, 16.2. 5-Nicole Yaeger, Wall, 16.5. 6-Kathy Kotowski, Lawrence, 16.9.

400-METER IM HURDLES: 1-Katie Kingsbery, Red Bank, 1:06.6. 2-Erika Huggler, Monmouth Regional, 1:07.3. 3-Gretchen Kieling, West Windsor Plainsboro-North, 1:08.8. 4-Jennifer Dubois, Watchung Hills, 1:09.1. 5-Lindsey Dike, Middletown South, 1:10.9. 6-Colleen O'Brien, North Hunterdon, 1:11.1.

1,600-METER RELAY: 1-Hopewell Valley (Jessica Pall, Kate Willever, Kristen Mapp and Nataie Mapp) 3:59.7. 2-Middletown South 4:01.0. 3-North Hunterdon 4:08.60. 4-Red Bank 4:09.50. 5-Watchung Hills 4:10.20. 6-West Windsor-Plainsboro North 4:16.90.

HIGH JUMP: 1-Emily Brown, Middletown South, 5-2. 2-Katie Arancio, North Hunterdon, 5-2. 3-Lindsey Dike, Middletown South, 5-0. 4-Sarah Willbergh, Wall, 5-0. 5-Meredith Bull, Hopewell Valley, 4-10. 6-Astrid Pilgrim, West Windsor-Plainsboro North, 4-10.

LONG JUMP: 1-Jenna Harris, Franklin, 17-1¼. 2-Theresa Wilson, Monmouth Regional, 15-8½. 3-Ashley Williams, Wall, 15-7½. 4-Zuri Johnson, Watchung Hills, 15-0¾. 5-Colleen O'Brien, North Hunterdon, 15-0. 6-Kathy Kotowski, Lawrence, 14-9¼.

SHOT PUT: 1-Kendra Miles, Hamilton, 37-10. 2-Cierra Phillips, Lawrence, 36-5. 3-Lourdi Canale, Ocean Township, 35-8½. 4-Lauren Givens, Lawrence, 34-7. 5-Melissa Thornton, Red Bank, 34-5½. 6-Victoria Jenkins, Nottingham, 34-5.

DISCUS: 1-Lauren Manley, Hopewell Valley, 111-5. 2-Amanda Marshall, Hightstown, 109-6. 3-Anna Brown, Ocean Township, 104-7. 4-Chizoba Usuwa, Colonia, 103-0. 5-Emily Brown, Middletown South, 101-5. 6-Victoria Jenkins, Nottingham, 101-2.

JAVELIN: 1-Kathleen Rivera, Lawrence, 106-5. 2-Sarah Mitchell, Hightstown, 104-9. 3-Carlyn Gonzalez, Monmouth Regional, 101-0. 4-Megan Senske, North Hunterdon, 100-5. 5-Katy Trotter, Red Bank, 99-6. 6-Jenna Anderson, Middletown South, 99-5.

GROUP 2

TEAMS: 1-Voorhees 85. 2-Holmdel 68. 3-Raritan 44. 4-Ridge 35. 5-Freehold Borough 30. 6-Monroe 28. 7-Somerville 27½. 8-Ewing 19. 9-Montgomery 18. 10-Rumson 17. 11-North Plainfield 15. 12-Colts Neck 14. 13-New Brunswick 11½. 14-Matawan and Delaware Valley 8. 16-Allentown 3. 17-Iselin Kennedy 2.

100-METER DASH: 1-Emi Briggs, Holmdel, 12.6. 2-Becky Mergenthaler, Colts Neck, 12.9. 3-Jessica Cozzetta, Holmdel, 13.0. 4-Rose Drayton, Freehold Borough, 13.0. 5-Nexus Cook, North Plainfield, 13.0. 6-Kara Musso, Ridge, 13.3.

200-METER DASH: 1-Emi Briggs, Holmdel, 26.4. 2-Jessica Cozzetta, Holmdel, 27.1. 3-Kara Musso, Ridge, 27.5. 4-Rose Drayton, Freehold Borough, 27.5. 5-Jen Grabowski, Allentown, 27.6.

400-METER RUN: 1-Lindsey Owen, Voorhees, 56.0. 2-Mary Pratt, Ridge, 1:00.0. 3-Grace Pan, Holmdel, 1:00.0. 4-Tara Gorka, Montgomery, 1:01.3. 5-Joanna Perez, Voorhees, 1:01.3. 6-Jen Grabowski, Allentown, 1:01.6.

800-METER RUN: 1-Sara Best, Voorhees, 2:14.2. 2-Ashley Maguire, Monroe, 2:14.6. 3-Lindsey Owen, Voorhees, 2:14.7. 4-Lauren Rugge, Voorhees, 2:18.1. 5-Ashley Folchetti, Holmdel, 2:19.6. 6-Christy Planer, Rumson, 2:20.1.

1,600-METER RUN: 1-Liz Wort, Voorhees, 5:02.4. 2-Christy Planer, Rumson, 5:03.5. 3-Sara Best, Voorhees, 5:07.1. 4-Ashley Folchetti, Holmdel, 5:14.8. 5-Meghan Bohren, Ridge, 5:15.9. 6-Arielle Aaronson, Somerville, 5:21.8.

3,200-METER RUN: 1-Liz Wort, Voorhees, 11:09.1. 2-Christy Planer, Rumson, 11:10.5. 3-Nova Roman, Monroe, 11:47.8. 4-Alexis Vergalla, Voorhees, 11:52.3. 5-Kathleen Henry, Ridge, 11:56.4. 6-Olivia Obercian, Voorhees, 11:58.8.

100-METER HIGH HURDLES: 1-Kortni Lane, New Brunswick, 15.9. 2-Nakeya Campbell, Ewing, 16.0. 3-Kathleen Malara, Colts Neck, 16.1. 4-Katie Miervaldes, Ridge, 16.2. 5-Debra Vento, Freehold Borough, 16.2. 6-Michelle Torzewski, Iselin Kennedy, 16.9.

400-METER INTERMEDIATE HURDLES: 1-Ashley Maguire, Monroe, 1:03.6, 2-Latasha Dickson, Matawan, 1:05.8. 3-Joanna Perez, Voorhees, 1:07.3. 4-Katie Miervaldis, Ridge, 1:07.9. 5-Tara Gorka, Montgomery, 1:08.9. 6-Tosin Ogunmusanmi, North Plainfield, 1:09.6.

HIGH JUMP: 1-Debra Vento, Freehold Borough, 5-8, ties record; Latasha Keene, Freehold Borough, 2000. 2-Tara Calvo, Somerville, 5-0. 3-Jen Carson, Montgomery, and Courtney Hilts, Somerville, 5-0. 5-Kortni Lane, New Brunswick, 4-10. 6-Cathleen Dale, Somerville, 4-10.

LONG JUMP: 1-Jamie Tsuzuki, Somerville, 17-3. 2-Mary Pratt, Ridge, 16-4. 3-Grace Pan, Holmdel, 16-2. 4-Mechea Medine, Delaware Valley, 16-0. 5-Leslie Amster, Somerville, 15-10½. 6-Catherine Singley, Montgomery, 15-10.

TRIPLE JUMP (Non-scoring): 1-Ebony Foster, Hillsborough, 36-4. 2-Kaitlin Lambracht, Hunterdon Central, 34-2½. 3-Collene Cumberbatch, Piscataway, 33-5. 4-Mechea Medine, Delaware Valley, 33-3¾. 5-Kathleen Johnston, Delaware Valley, 32-10½. 6-Megan Looby, Delaware Valley, 31-4¼.

SHOT PUT: 1-Diana Costanza, Freehold Borough, 38-7½. 2-Amanda Harmata, Raritan, 37-8. 3-Kelly Robinson, Raritan, 35-1¼. 4-Alyssa Thompson, North Plainfield, 34-4½. 5-Amber Oliver, Ewing, 33-10. 6-Rachel Cannell, Delaware Valley, 33-4½.

DISCUS: 1-Kelly Robinson, Raritan, 114-9. 2-Alyssa Thompson, North Plainfield, 113-11. 3-Amber Oliver, Ewing, 113-5. 4-Amanda Harmata, Raritan, 106-9. 5-Lexie Ricco, Voorhees, 97-0. 6-Erin McCormack, Delaware Valley, 96-4.

JAVELIN: 1-Kelly Robinson, Raritan, 141-9. 2-Dana Hoffman, Holmdel, 127-4. 3-Amanda Harmata, Raritan, 117-7. 4-Karen Greulich, Voorhees, 113-0. 5-Amber Oliver, Ewing, 112-0. 6-Reem Hana, Iselin Kennedy, 109-8.

POLE VAULT (Non-scoring): 1-Kristin Strizki, Hunterdon Central, 11-0. 2-Kim Johnston, Old Bridge, 10-6. 3-Holly Stettner, Hunterdon Central, 9-6. 4-Anne Wyllie, Hunterdon Central, 9-6. 5-Jaci Pfeiffer, Hillsborough, 9-0. 6-Eileen Cafferty, Hillsborough, 8-6.

1,600-METER RELAY: 1-Voorhees (Joanna Perez, Liz Wort, Lauren Rugge and Lindsey Owen) 4:01.6. 2-Holmdel 4:07.0. 3-Montgomery 4:10.8. 4-Monroe 4:11.5. 5-Delaware Valley 4:13.2. 6-Ewing 4:13.6.

GROUP 1

TEAMS: 1-Shore Regional 97. 2-Metuchen 92. 3-Asbury Park 69. 4-Spotswood 48. 5-Bound Brook 29. 6-Dunellen 25. 7-Bernards and Highland Park 22. 9-Middlesex 12. 10-Manville and Keyport 4.

100-METER DASH: 1-Cassandra Vidal, Asbury Park, 12.7. 2-Tyhree Hall, Dunellen, 12.7. 3-Jasmine Lyons, Highland Park, 12.8. 4-Ashley Dwyer, Shore Regional, 13.1. 5-Catherine Scerra, Dunellen, 13.1. 6-Anthea Chan, Spotswood, 13.1.

200-METER DASH: 1-Cassandra Vidal, Asbury Park, 25.8. 2-Hannah Thomas, Metuchen, 26.7. 3-Anthea Chan, Spotswood, 27.0. 4-Tyhree Hall, Dunellen, 27.0. 5-Ashley Dwyer, Shore Regional, 27.0. 6-Jannah Abdullah, Asbury Park, 28.6.

400-METER RUN: 1-Karen Scarfuto, Metuchen, 58.5. 2-Cassandra Vidal, Asbury Park, 1:01.2. 3-Hannah Thomas, Metuchen, 1:01.3. 4-Kristen Edmonds, Metuchen, 1:01.5. 5-Kisha Holder, Asbury Park, 1:04.2. 6-Catherine Scerra, Dunellen, 1:04.4.

800-METER RUN: 1-Karen Scarfuto, Metuchen, 2:24.2. 2-Laura Hayden, Shore Regional, 2:28.2. 3-Martine McGrath, Shore Regional, 2:29.2. 4-Tifah Oliver, Asbury Park, 2:33.7. 5-Surraya Johnson, Bernards, 2:34.7. 6-Nicole Ullmeyer, Shore Regional, 2:35.4.

1,600-METER RUN: 1-Julie Ullmeyer, Shore Regional, 5:28.3. 2-Grace deMarrais, Bernards, 5:34.7. 3-Tifah Oliver, Asbury Park, 5:40.3. 4-Lauren Ostrowsky, Shore Regional, 5:40.8. 5-Joan Puchalski, Metuchen, 5:41.4. 6-Cruz Ortiz, Middlesex, 5:52.6.

3,200-METER RUN: 1-Julie Ullmeyer, Shore Regional, 12:24.2. 2-Lauren Ostrowsky, Shore Regional, 12:30.9. 3-Alison Major, Shore Regional, 12:37.8. 4-Joan Puchalski, Metuchen, 12:38.1. 5-Grace DeMarrais, Bernards, 12:46.1. 6-Tifah Oliver, Asbury Park, 13:08.5.

100-METER HURDLES: 1-Kisha Holder, Asbury Park, 15.5. 2-Miranda Taylor, Spotswood, 16.6. 3-Courtney Wolfe, Bound Brook, 17.2. 4-Amanda Prendergast, Keyport, 17.8. 5-Lauren Thatcher, Bound Brook, 18.2. 6-Joanna Ale, Bound Brook, 18.6.

400-METER IM HURDLES: 1-Kisha Holder, Asbury Park, 1:06.1. 2-Karen Scarfuto, Metuchen, 1:06.2. 3-Nicole Ullmeyer, Shore Regional, 1:12.0. 4-Martine McGrath, Shore Regional, 1:12.0. 5-Courtney Wolfe, Bound Brook, 1:15.6. 6-Lisa Bowers, Spotswood, 1:17.3.

HIGH JUMP: 1-Lauren Thatcher, Bound Brook, 4-10. 2-Melissa Romero, Spotswood, 4-10. 3-Amanda Mulligan, Metuchen, 4-6.

LONG JUMP: 1-Jasmine Lyons, Highland Park, 16-1½. 2-Kristen Edmonds, Metuchen, 15-9½. 3-Kisha Holder, Asbury Park, 15-9¼. 4-Amy Cutler, Manville, 15-9. 5-Laura Hayden, Shore Regional, 15-1. 6-Miranda Taylor, Spotswood, 14-8½.

SHOT PUT: 1-Melissa Wherley, Bernards, 32-7. 2-Laura Lazzati, Shore Regional, 29-11¾. 3-Janice Kurzius, Dunellen, 29-8½. 4-Laura Kuchar, Metuchen, 29-5¾. 5-Amy Wolchanski, Spotswood, 29-5½. 6-O'Sheila Wallace, Asbury Park, 29-0¼.

DISCUS: 1-Colleen Wiggins, Spotswood, 91-5. 2-Emily Lagrotteria, Shore Regional, 89-9. 3-Margaret Vogelius, Highland Park, 84-6. 4-Laura Kuchar, Metuchen, 84-1. 5-Michelle Sieling, Bound Brook, 83-5. 6-Rich O'Brien, Middlesex, 82-6.

JAVELIN: 1-Diana Marsh, Metuchen, 114-10. 2-Kacey Stickel, Middlesex, 110-10. 3-Courtney Wolfe, Bound Brook, 103-6. 4-Melissa Romero, Spotswood, 96-2. 5-Laurie Ellis, Middlesex, 95-7. 6-Sheryl Fusaro, Spotswood, 85-2.

1,600-METER RELAY: 1-Shore Regional (Laura Hayden, Ashley Dwyer, Andrea Spahn and Julie Ullmeyer), 4:18.7. 2-Metuchen 4:23.3. 3-Spotswood 4:25.2. 4-Dunellen 4:35.2.

GROUP 4

TEAMS: 1-Eastern 71. 2-Southern Regional 53½. 3-Jackson 53. 4-Millville 42. 5-Winslow Township 38. 6-Washington Township 22. 7-Pennsauken 20. 8-Shawnee and Toms River East 19. 10-Toms River North 17. 11-Absegami 16. 12-Rancocas Valley 12. 13-Brick 10. 14-Lenape and Vineland 9. 16-Cherokee 8½. 17-Brick Memorial 6. 18-Cherry Hill West 5. 19-Cherry Hill East 4.

100-METER DASH: 1-Brittany Wright, Eastern, 12.0, 2-Jennifer Jackson, Eastern, 12.0, 3-Sade Jones, Millville, 12.0, 4-Robin Barnett ,Lenape, 12.3. 5- Dominique Merchant, Winslow Township, 12.5. 6-Deanna Paulson, Washington Township, 12.6.

200-METER DASH: 1-Jennifer Jackson, Eastern, 25.30. 2-Sade Jones, Millville, 25.44.3. 3-Brittany Wright, Eastern, 25.89. 4-Jenelle Wilson, Eastern, 25.90. 5-Ariel Brockman, Cherokee, 26.47. 6-Deanna Paulson, Washington Township, 26.54.

400-METER RUN: 1-Jenelle Wilson, Eastern, 57.2. 2-Morgan Gantt, Winslow Township, 59.1. 3-Nicole Montegary, Jackson, 59.34. 4-Ariel Brockman, Cherokee, 59.6. 5-Kaliyma Milton, Eastern, 59.8. 6-Carolyn Gray ,Southern Regional and Emily Keller, Cherokee, 1:00.0.

800-METER RUN: 1-Lauren Lewis, Southern Regional, 2:16.9. 2, Danielle Neukirch,Shawnee, 2:19.7. 3, Amy Dannwolf, Brick Memorial, 2:21.1. 4, Alexis Gray,Toms River East, 2:21.4. 5, Renee Passalacqua, Rancocas Valley, 2:23.9. 6,Sara Tomczuk, Southern Regional, 2:26.6

1,600-METER RUN: 1-Keara McGraw, Toms River North, 5:14.7. 2-Danielle Hagler, Southern Regional, 5:15.2. 3-Kegga Schaffer, Southern Regional, 5:16.2. 4-Lauren Scarpato, Cherry Hill East, 5:16.2. 5-Kathryn Wardenski, Southern Regional, 5:18.0. 6-Kara Horner, Toms River East, 5:19.1.

3,200-METER RUN: 1-Kathryn Wardenski, Southern Regional, 11:19.1. 2-Marissa Detata, Brick, 11:19.9. 3-Kegga Schaffer, Southern Regional, 11:34.9. 4-Jen Blank, Toms River East, 11:45.1. 5-Jackie Dunn ,Rancocas Valley, 11:45.7. 6-Jillian Koste, Brick, 11:56.0.

100-METER HURDLES: 1-Imani Gilliam, Pennsauken, 14.92. 2-Jessica Fortune, Jackson, 15.08. 3-Lisa Schenk, Jackson, 15.27. 4-Amanda Radzminski, Washington Township Township, 15.55. 5-Shavonte Fleming, Winslow Township, 15.61. 6- Sharon Heilig, Eastern, 15.68.

400-METER INTERMEDIATE HURDLES: 1-Amanda Radzminski, Washington, 1:02.6. 2-Morgan Gantt, Winslow Township, 1:02.7. 3-Nicole Montegary ,Jackson, 1:03.3. 4-Shavonte Fleming, Winslow Township, 1:04.5. 5-Christina Gary, Southern Regional, 1:04.6. 6-Lisa Schenk, Jackson, 1:08.0.

HIGH JUMP: 1-Lisa Schenk, Jackson, 5-6. 2-Abby Campbell, Shawnee, 5-4. 3-Allison Evans, Toms River North, 5-4. 3-Dominique Ward, Lenape, 5-4. 5-Grace Pelerin, Cherokee, 5-2. 6-Jessica Matthews, Toms River North, 5-0.

LONG JUMP: 1-Nicole Montegary, Jackson, 17-4¼. 2-Sade Jones, Millville, 16-9. 3-Ceiaira Lathan, Winslow Township, 16-8½. 4-Stephanie Rathbauer, Toms River East, 16-8½. 5-Aquawn Hill, Millville, 16-6¾. 6-Katie Murphy ,Shawnee, 16-4½,

SHOT PUT: 1-Alethia Jenkins, Pennsauken, 39-10. 2-Sylvia Galarza ,Millville, 39-7. 3-Stephanie Daniels, Rancocas Valley, 37-2¼. 4-Vanessa Michel, Jackson, 36-7. 5-Sarah Warner, Absegami, 35-6½. 6-Krystina Valdes, Toms River North, 35-2¼.

DISCUS: 1-Sylvia Galarza, Millville, 122-3. 2-Kristy Costa, Absegami, 118-3. 3-Christine Soloman, Toms River East, 110-2. 4-Ceiaira Lathan, Winslow Township, 108-7. 5-Stephanie Daniels, Rancocas Valley, 108-1. 6-Jennilee Brantley, Brick Township, 103-1.

JAVELIN: 1-Caitlin Cielo, Eastern, 142-11. 2-Jamie Brewin, Vineland, 124-8. 3-Kristy Costa, Absegami, 119-4. 4-Lisa Goins, Cherry Hill West, 118-4. 5-Alyson Lee, Shawnee, 116-9. 6-Teresa Hansel, Cherry Hill West, 115-0.

1,600-METER RELAY: 1-Eastern 4:01.0. 2-Southern Regional 4:01.5. 3-Washington Township, 4:02.7. 4-Winslow Township 4:04.7. 5-Jackson 4:05.4. 6-Vineland 4:08.7.

GROUP 3

TEAMS: 1-Camden Wilson 92. 2-Willingboro 72. 3-Highland 49. 4-Delsea 46, 5-Lakewood 27. 6-Overbrook 24. 7-Clearview 23. 8-Central Regional 18. 9-Camden 16. 10-Oakcrest 16. 11-Pemberton 15. 12-Mainland 14. 13-Lacey 12. 14-Lower Cape May and Toms River South 7. 16-Ocean City 5. 17-Egg Harbor Township and Williamstown 1.

100-METER DASH: 1-Latoya Charmical, Camden Wilson, 12.0. 2-Halimah Bashir, Willingboro. 12.3. 3-Jamelliah Nock, Camden Wilson, 12.3. 4- Channell Hamilton, Willingboro, 12.3. 5-Adina Penn, Highland, 12.5. 6-Tiffany Easley, Williamstown, 12.5.

200-METER DASH: 1-Shakeema Martin, Lakewood, 24.3. 2-Halimah Bashir, Willingboro, 24.6. 3-Raniyah Walker, Camden, 25.7. 4-Shalarese Mills, Oakcrest, 25.8. 5-Channel Hamilton, Willingboro, and Jamelliah Nock, Camden Wilson, 25.9.

400-METER RUN: 1-Shakeema Martin, Lakewood 54.5. 2-Okechi Ogbuokiri, Willingboro 54.7. 3-Shalarese Mills, Oakcrest, 56.4. 4-Raniya Walker, Camden 56.7. 5-Toria Williams, Pemberton, 56.8. 6-Halimah Bashir, Willingboro 57.5.

800-METER RUN: 1-Tanesha Pittman, Camden Wilson, 2:17.9. 2, Lindsey Thomas, Camden Wilson, 2:18.1. 3, Okechi Ogbuokiri, Willingboro, 2:20.9. 4-Kelly Cannon, Toms River South, 2:21.4. 5-Quiana Mason, Camden Wilson, 2:21.8. 6- Brittany Caserta, Highland, 2:22.1.

1,600-METER RUN: 1-Tanesha Pittman, Camden Wilson, 5:15.00. 2, LindseyThomas, Camden Wilson, 5:16.70. 3, Takeesha Carter, Camden Wilson,5:20.90. 4, Colleen Weber, Clearview, 5:22.90. 5, Brittany McCann, Delsea,5:22.90. 6, Jazzmon Morgan, Toms River South, 5:23.3

3,200-METER RUN: 1-Tanesha Pittman, Camden Wilson, 11:37.0. 2-Kiersten Belousofsky, Clearview, 11:43.5. 3-Brittany McCann, Delsea, 11:55.3. 4-Allie Moreland, Ocean City, 12:04.6. 5-Nicole Varoutsos, Mainland, 12:04.7. 6- Colleen Weber, Clearview, 12:05.

100-METER HURDLES: 1-Kim Allan, Willingboro, 15.1. 2-Karmen Collins, Highland, 15.1. 3-Stefanie Barron, Camden Wilson, 15.5. 4-Katie O'Connor, Lacey Township, 15.5. 5, Tiffany Alford, Pemberton, 15.6. 6-Laura Murray, Clearview, 15.7.

400-METER INTERMEDIATE HURDLES: 1-Okechi Ogubokiri, Willingboro, 1:03.2. 2- Quiana Mason, Camden Wilson, 1:03.5. 3-Laura Murray, Clearview, 1:05.2. 4-Marcene Jack, Mainland, 1:05.7. 5-Rhea Mann, Willingboro, 1:06.2. 6-Tiffany Alford, Pemberton, 1:06.7.

HIGH JUMP: 1-Tiffany Alford, Pemberton, 5-4. 2-Katie O'Connor, Lacey Township, 5-2. 3-Deserea Byrd, Highland and Brittany Caserta, Highland, 5-0. 5-Jessica Marcasciano, Egg Harbor Township and Marcene Jack, Mainland, 5-0.

LONG JUMP: 1-Angela Tecco, Lower Cape May 16-11½. 2-Adina Penn, Highland 16-9. 3-Latoya Charmical, Camden Wilson, 16-8¾. 4-Shalarese Mills, Oakcrest 16-5¼. 5-Venisha Forchion, Highland, 16-4. 6-Erin Lynch, Clearview, 15-11.

SHOT PUT: 1-Shellise Jenkins, Delsea, 38-5½. 2-Beverly Bright, Willingboro, 37-4½. 3-Kyshia McIntyre, Lakewood, 35-5½. 4. Deserea Byrd, Highland, 35-1. 5-Ashley Parker, Toms River South, 34-8. 6-Leslie Robinson, Ocean City, 33-2¾.

DISCUS: 1-Jocelyn White, Delsea, 121-11. 2-Rachel Kashow,Delsea, 107-9. 3- Danielle Bracewell, Overbrook, 106-3. 4-Sara Gebler,Central Regional, 103-7. 5-Valincia Major, Willingboro, 103-2. 6-Kyshia McIntyre, Lakewood, 102-10.

JAVELIN: 1-Nicole Lamach, Delsea, 119-5. 2-Jennifer Moran, Overbrook 116-7. 3-Veronica Dilzer, Central Regional, 114-4. 4-Danielle Herrmerka, Highland Regional 112-5. 5-Lauren Graf, Oakcrest, 108-10, 6-Cynthia Warrington, Lower Cape May 107-9.

1,600-METER RELAY: 1-Highland (Collins, Penn, Caserta, McKinney) 4:01.6.2. 2-Central Regional, 4:03.3. 3-Camden, 4:04.9. 4-Willingboro, 4:05.5. 5-Clearview, 4:05.7. 6-Camden Wilson, 4:07.3

GROUP 2

TEAMS: 1-Pleasantville 68. 2-Bridgeton 63. 3-Northern Burlington 41. 4- Moorestown 40. 5-Haddonfield 38. 6-Cinnaminson 29. 6-Kingsway 29. 8-Buena 28. 9-West Deptford 23. 10-Burlington Township 20. 11-Haddon Township 19. 12- Pinelands 13. 13-Collingswood 7. 14-Manchester Township 4. 14-Audubon and Point Pleasant Borough 4. 17-Delran and Sterling 2.

100-METER DASH: 1-Shameka Speed ,Bridgeton, 12.1. 2-Ashley Parker ,Pleasantville, 12.3. 3-Ebony Bailey, Collingswood, 12.4. 4-Alisa Pettit, Buena Regional, 12.4. 5-Anu Ward, Moorestown, 12.6. 6-Charmaine Cirino ,Buena Regional, 12.7.

200-METER DASH: 1-Shameka Speed, Bridgeton, 25.08. 2-Ashley Parker, Pleasantville,25.59. 3-Deanna Poland, Kingsway, 26.26. 4-Andrea Cirino, Buena, 26.34. 5,Kathryn Geissler, Haddon Township, 26.42. 6-Charmaine Cirino, Buena, 26.51.

400-METER RUN: 1-Shameka Speed, Bridgeton, 57.5. 2-Jamanah Freeman , Pleasantville, 59.0. 3-Kathleen Evangelista, Cinnaminson, 59.3. 4-Kristina Keegan, Haddonfield, 59.6. 5-Jacqueline Shields, West Deptford, 1:00.1. 6- Laura Rhoads, Moorestown, 1:00.7.

800-METER RUN: 1-Katina Alexander, Pleasantville, 2:23.6. 2-Katherine Schultes, West Deptford, 2:23.6. 3-Jamie Sobolewski, Haddonfield, 2:24.6. 4- Kathleen Evangelista, Cinnaminson, 2:24.8. 5-Aly Dudek, Delran, 2:25.7. 6- Shannon Troutman, Collingswood, 2:26.30.

1,600-METER RUN: 1-Meghan Hughes, Moorestown, 5:06.8. 2-Katina Alexander, Pleasantville, 5:19.7. 3-Colleen Hughes, Moorestown, 5:20.0. 4-Jamie Sobolewski, Haddonfield, 5:27.20. 5-Sandra Kuserk, West Deptford, 5:32.8. 6-Jessie Roos, Kingsway, 5:34.3.

3,200-METER RUN: 1-Meghan Hughes, Moorestown, 11:07.6. 2-Katina Alexander, Pleasantville, 11:45.2. 3-Colleen Hughes, Moorestown, 11:56.2. 4-Kelsey Rinehart, Moorestown, 12:05.6. 5-Megan Lerch, Kingsway, 12:05.9. 6-Kristen Pogorzelski, Northern Burlington, 12:16.8.

100-METER HURDLES: 1-Kathryn Geissler, Haddon Township, 15.52. 2- Kristina Keegan, Haddonfield, 15.55. 3-Delicia Sample, Kingsway, 15.71. 4- Hashan Johnson, Bridgeton, 15.89. 5-Brittany Gross, Bridgeton, 15.98. 6- Sonya Sullivan, Manchester Township., 16.26.

400-METER INTERMEDIATE HURDLES: 1-Kristina Keegan, Haddonfield, 1:03.3. 2-Kathleen Evangelista, Cinnaminson, 1:04.6. 3-Kathryn Geissler, Haddon Township, 1:05.0. 4-Jessica Curtin, Pinelands, 1:06.1. 5-Delicia Sample, Kingsway, 1:06.2. 6- Sonya Sullivan, Manchester Township, 1:07.7.

HIGH JUMP: 1-Latasha Leake, Northern Burlington, 5-3. 2-Jessica Curtin, Pinelands, 5-0. 3-Kristen Tricocci, Cinnaminson, 5-0. 4-Abby Schrader, Point Pleasant Boro, 5-0. 5-Chelsea Salisbury, Buena, 4-10. 6- Heather Buzby, Haddon Township, 4-10.

LONG JUMP: 1-Shameka Speed, Bridgeton, 18-6½. 2-Deanna Poland, Kingsway, 16-11. 3-Hashan Johnson, Bridgeton, 16-10. 4-Kristen Tricocci, Cinnaminson, 16-7. 5-Sonya Sullivan, Manchester Township, 16-6¾. 6-Jacqueline Shields ,West Deptford, 16-6½.

SHOT PUT: 1-Erica Davis, Northern Burlington, 38-0¾. 2-Leslie Velez, Pleasantville, 35-10¾. 3-Morgan Patrick, Burlington Township, 33-10¼. 4-Renel Green, Bridgeton, 33-5½. 5-Tina Hanson, Burlington Township, 33-2. 6-Casey Fischer, Cinnaminson, 33-0½.

DISCUS: 1-Erica Davis, Northern Burlington, 123-9. 2-Tina Hanson, Burlington Township, 109-7. 3-Renel Green, Bridgeton, 109-3. 4-Kendra Bussey,Burlington Township, 108-10. 5-Chelsea Salisbury, Buena, 107-5. 6-Leah Morgan, Pinelands, 104-0.

JAVELIN: 1-Aleyna Schafer, Northern Burlington, 127-3. 2-Chelsea Salisbury, Buena Regional, 127-2. 3-Brighid Marquess, Haddonfield, 120-9. 4-Amanda Frantz, Audubon, 105-10. 5-Tanisha Young, West Deptford, 105-2. 6-Sheree Logan, Bridgeton, 104-9.

1,6000-METER RELAY: 1-Pleasantville 4:01.5. 2-West Deptford 4:04.0. 3-Buena 4:12.4. 4-Kingsway, 4:14.7. 5-Sterling, 4:16.8. 6-Moorestown, 4:17.1.

GROUP 1

TEAMS: 1-Schalick 51. 2-Penns Grove 48. 3-Paulsboro 47. 4-Bordentown 44. 5-Point Pleasant Beach 40. 6-Haddon Heights 39. 7-Riverside 34. 8-Woodbury 31. 9-Salem 26. 10-Burlington City 22. 11-Palmyra 12. 12-Glassboro 11. 13-Maple Shade and Pitman 8. 15-Pennsville 5. 16-Gateway and Gloucester 4.

100-METER DASH: 1-Shardae Anderson, Paulsboro, 12.0. 2-Lenore Crumel, Bordentown, 12.1. 3-Rashonda Scurry, Schalick, 12.4. 4-Amber Yates, Salem, 12.5. 5-Sabra Wrice, Riverside, 12.8. 6-Kim Harrison, Woodsbury, 12.9.

200-METER DASH: 1-Amber Yates, Salem, 25.9. 2-Shardae Anderson, Paulsboro, 26.0. 3-Lenore Crumel, Bordentown, 26.6. 4-Sabra Wrice, Riverside, 26.6. 5-Kim Harrison, Woodbury, 26.6. 6-Rashonda Scurry, Schalick, 27.0.

400-METER RUN: 1-Marisa Williams, Haddon Heights, 1:00.2. 2-Shaquana Walker, Penns Grove, 1:00.4. 3-Nicki Levins, Pitman, 1:00.5. Tobi Wrice, Riverside, 1:00.9. 5-Samantha LaPergola, Haddon Heights, 1:01.6. 6-Melissa Fogle, Glassboro, 1:01.7.

800-METER RUN: 1-Allyson Krayl, Point Pleasant Beach, 2:26.6. 2-Kim Wilson, Point Pleasant Beach, 2:27.1. 3-Samantha LaPergola, Haddon Heights, 2:28.7. 4-Kristen Guy, Salem, 2:29.5. 5-Jessica Koslick, Schalick, 2:30.6. 6-Nicole Vit, Schalick, 2:33.2.

1,600-METER RUN: 1-Allyson Krayl, Point Pleasant Beach, 5:29.3. 2-Kristen Guy, Salem, 5:23.9. 3-Justine Sulia, Bordentown, 5:35.7. 4-Nicole Vit, Schalick, 5:44.1. 5-Amanda Fleming, Schalick, 5:44.8. 6-Ryan Hart, Point Pleasant Beach, 5:45.4.

3,200-METER RUN: 1-Justine Sulia, Bordentown, 12:19.5. 2-Nicole Vit, Schalick, 12;44. 3-Zoe Bujak, Palmyra, 12:52. 4-Victoria Claybourn, Paulsboro, 13:00.1. 5-Jen Lippincott, Gloucester City, 13:09.4. 6-Jennifer Corrar, Pennsville, 13:20.1.

100-METER HIGH HURDLES: 1-Natasha Price, Schalick, 15.5. 2-Ashley Smitherman, Burlington City, 15.8. 3-Tisifenee Taylor, Woodbury, 16.4. 4-Rashonda Scurry, Schalick, 16.8. 5-Elise Goldy, Riverside, 17.0. 6-Natasha Washington, Woodbury, Danielle DiBlasio, Maple Shade, and Catherine Marucci, Paulsboro, 17.2.

400-METER INTERMEDIATE HURDLES: 1-Tisifenee Taylor, Woodbury, 1:06.9. 2-Natasha Price, Schalick, 1:09.2. 3-Keri Dolbow, Penns Grove, 1:09.3. 4-Michelle Thress, Palmyra 1:10.5. 5-Courtney Clemens, Bordentown, 1:10.8. 6-Danielle Warren, Paulsboro, 1:11.8.

HIGH JUMP: 1-Jen Toohey, Point Pleasant Beach, 5-4. 2-Ashley Smitherman, Burlington City, 5-2. 3-Marisa Williams, Haddon Heights, 5-0. 4-Grace Helbig, Gateway, 4-10. 5-Catherine Marucci, Paulsboro, and Monique Green, Woodbury, 4-10.

LONG JUMP: 1-Tisifenee Taylor, Woodbury, 17-10. 2-Makina Waye, Penns Grove, 16-8. 3-Lenore Crumel, Bordentown, 15-5¾. 4-Katie Capella, Pennsville, 15-5. 5-Ashley Smitherman, Burlington, 15-4¼. 6-Sharae Pollitt, Haddon Heights, 15-2¾.

SHOT PUT: 1-Rose Perry, Riverside, 39-1¾. 2-Bobbi Jo Leighty, Penns Grove 39-1¾. 3-Chari Cooper, Paulsboro, 36-10¼. 4-Selina May-Harris, Burlington City, 35-3¾. 5-Lisa Peeke, Gloucester 34-2½. 6-Dana Sizemore, Paulsboro, 34-1½.

DISCUS: 1-Stacie Belzer, Glassboro, 120-10 meet record; former record, 119-5, Rose Perry, Riverside, 2001. 2-Bobbi Jo Leighty, Penns Grove, 114-6. 3-Rose Perry, Riverside, 114-4. 4-Devin Michel, Schalick, and Laura Mason, Palmyra, 109-1. 6-Chari Cooper, Paulsboro, 106-6.

JAVELIN: 1-Dana Sizemore, Paulsboro, 119-4. 2-Larie Schuenemann, Maple Shade, 111-11. 3-Meghan Briggs, Haddon Heights, 111-5, 4-Baendu Lowenthal, Riverside, 106-0. 5-Kelli Crispin, Pitman, 104-5 and Trisha Floyd, Schalick, 103-11.

1,600-METER RELAY: 1-Penns Grove (Keri Dolbow, Craemer, Doubledee, Makina Waye) 4:12.1. 2-Haddon Heights 4:13.5. 3-Bordentown 4:13.9. 4-Paulsboro 4:15.5. 5-Riverside 4:16.4. 6-Point Pleasant Beach 4:19.6.

BERGEN COUNTY MEET OF CHAMPS **INDIAN HILLS HIGH SCHOOL** **MAY 28, 2002**

800m: **9**-Emily Terrin, 2:26.00

1600m: **2**-Clair Nowakowski. 5:06.48

3200m: **4**-Meghan O'Connell, 11:59.46

100H: **10**-Courtney O'Neill, 16.75.

Shot Put: **16**-Tara Masterson, 31-5.

Long Jump: **2**-Cait Fiocchi, 16-9. **8**-Trish McGowan, 15-8.25. **14**-Courtney O'Neill, 14-7.75.

Triple Jump: **1**-Trish McGowan, 35-10.25. **Bergen County Champion!**

Pole Vault: **5**-Cait Fiocchi, 8-0. **8**-Courtney O'Neill, 8-0. **11**-Caroline Romney, 7-0.
-Evann Borgman, NH

4X400r: 4:19.26 (Palicios-66.5, Tiernan-65.0, Terrin-64.7, Fiocchi-63.0)

TRACK

BERGEN COUNTY MEET OF CHAMPIONS

AT INDIAN HILLS

Boys

100 - 1. Miles Austin, Garfield, 10.77; 2. Brandon Fronjian, Palisades Park, 10.81; 3. Michael Ray Garvin, Don Bosco Prep, 10.98; 4. Rob Richardson, Garfield, 11.15; 5. Anthony Cinelli, Paramus Catholic, 11.16; 6. Mike Reillo, Ridgefield Park, 11.16.

200 - 1. Miles Austin, Garfield, 22.28; 2. Ron Losasso, St. Joseph, 22.55; 3. Rob Richardson, Garfield, 22.56; 4. Brandon Fronjian, Palisades Park, 22.59; 5. Jon Reid, Bergen Tech, 22.61; 6. Erik Huston, Rutherford, 22.63.

400 - 1. Adrian Durant, Teaneck, 48.61; 2. Will Van Thunen, Don Bosco Prep, 49.30; 3. Rob Grammar, Glen Rock, 49.96; 4. Jason Endres, Paramus, 50.50; 5. Robert Ebeid, Ridgefield Park, 50.91; 6. Erich Powell, Leonia, 51.06.

800 - 1. Zamir Mane, Fort Lee, 1:59.04; 2. Dan Kearney, Bergen Catholic, 1:59.29; 3. Chris Perez, Ridgewood, 1:59.83; 4. A.J. Andreano, Saddle Brook, 2:00.03; 5. Zach Lerner, Tenafly, 2:00.16; 6. Matt Filandro, Indian Hills, 2:00.19.

1600 - 1. Matt Horesta, Don Bosco Prep, 4:22.47; 2. Frank Battersby, Don Bosco Prep, 4:24.20; 3. James LaGreca, NV/Demarest, 4:30.60; 4. Ari Zamir, Ridgewood, 4:32.27; 5. Tim Fogarty, St. Joseph, 4:33.12; 6. Dave Maher, Ridgewood, 4:33.73.

3200 - 1. Ro Crispin, Ridgewood, 9:44.49; 2. Mike Accordino, NV/Demarest, 9:45.67; 3. Matt Klypka, Indian Hills, 9:54.10; 4. Mike Zbijewski, Garfield, 9:56.53; 5. Sean Swift, Don Bosco Prep, 9:58.96; 6. Taylor Smith, Tenafly, 9:59.07.

110 High Hurdles - 1. Dennis Calacione, New Milford, 14.58; 2. Greg Molnar, Mahwah, 14.59; 3. Joe Charles, Bergen Catholic, 14.79; 4. Jean Beljour, Hackensack, 15.07; 5. Anthony Scanella, Garfield, 15.08; 6. Mike Andreano, Garfield, 15.12.

400 IH - 1. Dave Lado, Ridgefield, 54.31; 2. Rob McKay, Don Bosco Prep, 54.82; 3. Greg Horn, River Dell, 54.99; 4. Dennis Calacione, New Milford, 55.72; 5. David Dennis, Hackensack, 56.48; 6. Mohamed Berette, Teaneck, 56.81.

Shot Put - 1. Valbert Wyche, Hackensack, 57-0; 2. Steve McGovern, Dumont, 55-0; 3. Lee Crusius, Hackensack, 552-11 1/4; 4. Lou Levy, Cresskill, 52-7 3/4; 5. Mike Malatino, Ramsey, 51-11 1/2; 6. Wesley Nottingham, Hackensack, 51-3 1/2.

Javelin - 1. Jim Malizia, St. Joseph, 194-0; 2. Mike Carrero, Wood-Ridge, 179-4; 3. Anthony Immediate, Rutherford, 173-5; 4. Paul Rosiak, Wood-Ridge, 172-3; 5. Nick Cantone, Becton, 171-6; 6. Martin Gumowski, Wood-Ridge, 164-11.

Discus - 1. Steve McGovern, Dumont, 181-2; 2. Tom Koc, North Arlington, 159-3; 3. Paul Trass, River Dell, 155-2; 4. Lou Levy, Cresskill, 147-9; 5. Charles Lee, Palisades Park, 144-6; 6. Tom Labinski, Mahwah, 143-1.

Long Jump - 1. Rob Richardson, Garfield, 22-4 1/2; 2. Miles Austin, Garfield, 22-2; 3. O.T. Lovelace, Tenafly, 20-11 1/2; 4. David Dennis, Hackensack, 20-10 1/4; 5. Stephan Silvester, Dumont, 20-6; 6. Joe Frangipane, Saddle Brook, 20-4 1/2.

High Jump - 1. Jean Beljour, Hackensack, 6-5; 2. Markus Burns, Bergen Catholic, 6-5; 3. Greg Powell, Westwood, 6-5; 4. Ian Loschman, Pascack Valley, 6-4; 5. Stephan Lalite, NV/Demarest, 6-2; 6. Dan Kiley, NV/Old Tappan, 6-2.

Triple Jump - 1. Jeff Sejour, Don Bosco Prep, 45-8; 2. Brett Henderson, Dumont, 45-1 1/2; 3. Ralph Davis, Paramus, 44-10; 4. Rowan Clarke, Teaneck, 43-10; 5. Jason Endres, Paramus, 43-0 1/4; 6. Jim Huang, Fort Lee, 42-9 1/2.

Pole Vault - 1. Adam Sacher, Pascack Valley, 13-0; 2. Tom McCormick, Don Bosco Prep, 12-6; 3. Jon Cheifitz, Ramapo, 12-6; 4. Ed Chin-Lyn, Mahwah, 12-6; 5. Steve Najemian, Lyndhurst, 12-6; 6. Tim Murphy, Glen Rock, 12-6.

1600 Relay - 1. Teaneck, 3:20.57; 2. Bergen Catholic, 3:21.32; 3. Don Bosco Prep, 3:25.51; 4. Bergen Tech, 3:25.86; 5. Westwood, 3:26.70; 6. Saddle Brook, 3:27.80.

Girls

100 - 1. Anike Orimogunje, Queen of Peace, 11.96; 2. Jennifer Andujar, Teaneck, 12.22; 3. Cheryl Anscombe, Westwood, 12.32; 4. Jenn Cagiao, Hasbrouck Heights, 12.47; 5. Kristen Cubicciotti, Immaculate Heart, 12.60; 6. Abby Beutel, River Dell, 12.86.

200 - 1. Anika Orimogunje, Queen of Peace, 24.67; 2. Janine Davis, Queen of Peace, 25.14; 3. Cheryl Anscombe, Westwood, 25.64; 4. Jen Cagiao, Hasbrouck Heights, 26.13; 5. Jessica Perkel, NV/Old Tappan, 26.18; 6. Kristen Cubicciotti, Immaculate Heart, 26.41.

400 - 1. Janine Davis, Queen of Peace, 55.96; 2. Tarashon Brooms, Paramus Catholic, 59.07; 3. Anika Ackerman, River Dell, 59.18; 4. Tahirah Williams, IHA, 59.51; 5. Elena Minuto, No. Highlands, 59.75; 6. Hailey Coonrad, Ramsey, 59.78.

800 - 1. Erin Henry, Glen Rock, 2:18.71; 2. Caitlin Hemmer, Immaculate Heart, 2:18.87; 3. Tara connelly, Pascack Valley, 2:21.15; 4. Danielle Patoir, Glen Rock, 2:23.06; 5. Elina Ploskin, Fair Lawn, 2:24.27; 6. Lauren Fowler, Bergen Tech, 2:24.87.

1600 - 1. Julia Emmanuel, Tenafly, 5:05.44; 2. Claire Nowakowski, Ridgewood, 5:06.48; 3. Andrea Rovegno, Ramapo, 5:09.74; 4. Caitlin Smyth, Immaculate Heart, 5:12.85; 5. Sari Weissbard, Fair Lawn, 5:13.88; 6. Katie Brown, Paramus, 5:22.58.

3200 - 1. Taylor Lebovich, NV/Old Tappan, 11:42.41; 2. Claudine McGuire, Hackensack, 11:44.19; 3. Katie Fry, Immaculate Heart, 11:55.47; 4. Meghan O'Connell, Ridgewood, 11:59.46; 5. Daphne Aronovits, Fair Lawn, 12:00.19; 6. Maria Pavkovitch, Garfield, 12:01.14.

100 High Hurdles - 1. Julie Burrell, Hackensack, 15.18; 2. Stacy Smith, NV/Old Tappan, 15.53; 3. Jackie Kaminski, Saddle Brook, 15.69; 4. Michelle Ribustello, Pascack Valley, 15.86; 5. Kristen Webb, North Arlington, 16.16; 6. Dana Salonia, Saddle Brook, 16.34.

400 Intermediate Hurdles - 1. Kim Mineo, Glen Rock, 1:01.98; 2. Allison Desir, Dwight-Englewood, 1:05.52; 3. Lisa Corey, NV/Demarest, 1:05.6; 4. Jessica Thomas, Westwood, 1:06.86; 5. Jamie Anton, Pascack Hills, 1:07.00; 6. Jaime Lafauci, NV/Demarest, 1:08.19.

Shot Put - 1. Jessica Fazekas, NV/Demarest, 46-7 1/4; 2. Kelly Fazekas, NV/Demarest, 41-7 1/2; 3. Catherine Henny, Northern Highlands, 36-6 1/4; 4. Alaina Ramsey, Paramus Catholic, 36-5; 5. Heather Krause, Mahwah, 36-2; 6. Lindsay Renna, Hasbrouck Heights, 35-1 1/2.

Javelin - 1. Kelly Fazekas, NV/Demarest, 128-4; 2. Shannon Spafford, NV/Old Tappan, 118-2; 3. Diana Pucurs, NV/Demarest, 117-5; 4. Jen Hodges, Immaculate Heart, 113-4; 5. Courtney Reggo, Ridgefield, 112-9; 6. Jessica Fazekas, NV/Demarest, 111-6.

Discus - 1. Jessica Fazekas, NV/Demarest, 137-11; 2. Kelly Fazekas, NV/Demarest, 121-11; 3. Monique Mighty, Hackensack, 121-9; 4. Shaniek Easley, Hackensack, 115-8; 5. Tiffany Pheonix, Cresskill, 114-5; 6. Alyssa Koob, New Milford, 109-8.

High Jump - 1. Lia Torre, Northern Highlands, 5-3; 2. Jen Barthelomy, Bogota, 5-2; 3. Serika Thomas, Hackensack, 5-2; TIE4. Jessica Malacrida, Paramus and Alex Paslawski, Ramsey, 5-0; 6. Sarah Stanley-Ayers, Tenafly, 5-0.

Long Jump - 1. Jen Barthelomy, Bogota, 16-11 1/4; 2. Cait Fiocchi, Ridgewood, 16-9; 3. Chrissy Procopio, Indian Hills, 16-0 1/2; 4. Judy Wong, Wood-Ridge, 15-11 3/4; 5. Jackie Kasen, Pascack Valley, 15-11; 6. Laura Lynch, Indian Hills, 15-9 3/4.

Triple Jump - 1. Trish McGowan, Ridgewood, 35-10 1/4; 2. Danielle Holmes, Hackensack, 35-0 3/4; 3. Lisa Corey, NV/Demarest, 34-9 1/2; 4. Chrissy Procopio, Indian Hills, 34-4; 5. Laura Lynch, Indian Hills, 33-11; 6. Brittany Brooks, Garfield, 33-8.

Pole Vault - 1. Joyce Rosenbaum, Tenafly, 9-0; 2. Sophia Capparelli, Dumont, 8-6; 3. Jessica Hatton, Ridgefield Park, 8-6; 4. Heather Shaw, Tenafly, 8-6; TIE5. Caitlin Fiocchi, Ridgewood; Jocelyne Korzelius, Dumont, and Rony Weisman, Fair Lawn, 8-0.

1600 Relay - 1. Queen of Peace, 4:02.84; 2. Old Tappan, 4:03.66; 3. Northern Highlands, 4:04.29; 4. Pascack Valley, 4:05.11; TIE5. IHA, 4:05.12, and Teaneck, 4:05.12.

STATE GROUP CHAMPIONSHIP **EGG HARBOR TWP HIGH SCHOOL** **5/31 & 6/1**

3200m: **16**-Meghan O'Connell, 12:25.9 (6:04.5, 6:21.4)

1600m: **10**-Emily Terrin, 5:20.08 (75.5,81.9,82.8,80.0)

Pole Vault: **2**-Cait Fiocchi, 9-0.

Triple Jump: **1**-Trish McGowan, 35-5.25. (34-10.25,34-3.5,35-5.25,35-2.75) **Champion!!**

Meghan ran a smart,solid race and beat 3 girls who were ahead of her last week, Emily ran a big PR with a perfectly paced race, Cait was best in Bergen and advances to the finals next Wednesday and Trish is the champ of her group winning the gold medal and is 2nd seed for the meet of champs. Excellent meet for Ridgewood.

STATE MEET OF CHAMPIONS **SOUTH BRUNSWICK HIGH SCHOOL** **6/5/2002**

Pole Vault: **14**-Cait Fiocchi, 9-0.

Triple Jump: **2**-Trish McGowan, 36-11.75. (36-5,36-11.5,36-7,36-6,36-0,36-11.75)

Trish was second in New Jersey by .25 inch!. The triple jump was very exciting with a number of girls within a couple of inches of each other. Trish came closest on her last jump. Both Trish and Cait had great all county seasons.

NATIONAL SCHOLASTIC OUTDOOR CHAMPIONSHIP **RALIEGH, NORTH CAROLINA**

GROUP CHAMPIONSHIPS

GROUP 4

TEAMS: 1-Eastern 49. 2-Trenton 45. 3-Old Bridge 27. 4-Millville, Southern Regional 20. 6-Columbia, Jackson 19. 8-Passaic Tech 18. 9-Hillsborough 17. 10-Shawnee, Hunterdon Central 16. 12-Winslow Township 14. 13-West Orange 10½. 14-Freehold Township 10. 15-Plainfield, Woodbridge, Morris Knolls, Phillipsburg, Marlboro, Bridgewater-Raritan 8. 21-Piscataway 7. 22-Bayonne, Westfield, Brick, Hackensack, Pennsauken, Elizabeth, Montclair 6. 29-Paterson Eastside, Toms River East, Edison, Toms River North 4. 33-Bloomfield 3. 34-West Milford, Lenape 2½. 36-Linden, Morristown, Brick Memorial 2. 39-Piscataway, Absegami 1.

100-METER DASH: 1-Sade Jones, Millville, 12.17. 2-Jennifer Jackson, Eastern, 12.23. 3-Yhounic Vassell, Passaic Tech, 12.27. 4-Brittany Wright, Eastern; Marlysha Vaughn, Trenton, 12.32. 6-Quiyana Johnson, Piscataway, 12.41.

200-METER DASH: 1-Yhounic Vassell, Passaic Tech, 24.85. 2-Sade Jones, Millville, 25.06. 3-Brittany Wright, Eastern, 25.13. 4-Jennifer Whitlock, Montclair, 25.15. 5-Jennifer Jackson, Eastern, 25.17. 6-Marlysha Vaughn, Trenton, 25.20.

400-METER RUN: 1-Jenelle Wilson, Eastern, 57.46. 2-Jessica Reid, Trenton, 57.76. 3-Erin Crawford, Hillsborough, 58.05. 4-Tiffany Clark, West Orange, 58.25. 5-Kehnesha Oldacre, Trenton, 58.93. 6-Camelia Watson, Montclair, 59.19.

800-METER RUN: 1-Lauren Lewis, Southern, 2:15.23. 2-Danielle Neukirch, Shawnee, 2:17.90. 3-Emily MacNeil, Westfield, 2:17.94. 4-Cassandra Gibbs, Edison, 2:19.87. 5-Amy Dannwolf, Brick Memorial, 2:19.96. 6-Erin Crawford, Hillsborough, 2:20.02.

1,600-METER RUN: 1-Casey Nelson, Hunterdon Central, 4:57.40. 2-Mary Lynn Skarzenski, Woodbridge, 5:11.56. 3-Kegga Schaffer, Southern, 5:12.34. 4-Keara McGraw, Toms River North, 5:12.41. 5-Linda Sanders, Old Bridge, 5:13.06. 6-Raven Lea, Columbia, 5:13.80.

3,200-METER RUN: 1-Courtney Epps, Columbia, 11:21.95. 2-Raven Lea, Columbia, 11:22.71. 3-Marissa Detata, Brick, 11:23.05. 4-Kathryn Wardenski, Southern, 11:23.80. 5-Amy Maier, Morristown, 11:24.12. 6-Mara McInerney, Old Bridge, 11:24.59.

110-METER HURDLES: 1-Kim Henry, Old Bridge, 14.07. 2-Shavonte Fleming, Winslow Township, 14.57. 3-Imani Gilliam, Pennsauken, 14.65. 4-Jessica Fortune, Jackson, 14.72. 5-Pia Ruth, Linden, 14.85. 6-Alena Weldon, Trenton, 15.02.

400-METER INTERMEDIATE HURDLES: 1-Erin Crawford, Hillsborough, 1:02.10. 2-Siobahn Counts, Plainfield, 1:02.13. 3-Amanda Radzminski, Washington Township, 1:02.76. 4-Kim Henry, Old Bridge, 1:03.43. 5-Morgan Gantt, Winslow Township, 1:03.55. 6-Nicole Montegary, Jackson, 1:04.87.

HIGH JUMP: 1-Maura Burk, Freehold Township, 5-8, tied meet record set eight times. 2-Lisa Schenk, Jackson, 5-8. 3-Abby Campbell, Jackson, 5-6. 4-Amy Weiss, West Milford; Dominique Ward, Lenape; Tiyana Peters, West Orange, 5-4.

LONG JUMP: 1-Kim Henry, Old Bridge, 18-3¼. 2-Kelsi Russell, Phillipsburg, 17-4½. 3-Nicole Montegary, Jackson, 17-0½. 4-Kaitlin Lambracht, Hunterdon Central, 16-8½. 5-Nikkia Barrett, Trenton, 16-8¼. 6-Yhounic Vassell, Passaic Tech, 16-4.

SHOT PUT: 1-Nicola Wilson, Trenton, 43-6. 2-Talita Silva, Bridgewater-Raritan, 42-5½. 3-Michelle Cintron, Elizabeth, 39-8¼. 4-Cynthia Douglas, West Orange, 39-6½. 5-Sylvia Galarza, Millville, 38-10¼. 6-Sara Hazle, Montclair, 38-3¼.

DISCUS: 1-Nicola Wilson, Trenton, 142-3. 2-Kia Cole, Marlboro, 129-4. 3-Monique Mighty, Hackensack, 119-7. 4-Christine Soloman, Toms River East, 119-5. 5-Latonya Frizzelle, Bloomfield, 112-10. 6-Kristy Costa, Absegami, 110-0.

JAVELIN: 1-Caitlin Cielo, Eastern, 148-8. 2-Kate Nazario, Morris Knolls, 130-1. 3-Joanna Borawski, Bayonne, 129-7. 4-Tina Lindsay, Paterson Eastside, 126-7. 5-Alyson Lee, Shawnee, 124-7. 6-Stephanie Petine, Bloomfield, 123-9.

1,600-METER RELAY: 1-Eastern (Brittany Wright, Jennifer Jackson, Kallyma Milton, Jenelle Wilson) 3:52.21. 2-Trenton 3:52.55. 3-Piscataway 3:56.64. 4-Winslow Township 3:57.96. 5-Hunterdon Central 3:59.22. 6-Passaic Tech 4:00.22.

GROUP 3

TEAMS: 1-Willingboro 58. 2-Red Bank 57. 3-Franklin 50. 4-Demarest 35. 5-Camden Wilson 32. 6-Warren Hills 20. 7-Lakewood 16. 8-Hopewell Valley 15. 9-Delsea 14. 10-Pemberton, High Point, Ocean Township 10. 13-Camden, Sparta, Scotch Plains, Old Tappan, Middletown South 8. 18-Highland Regional 7. 19-Bergenfield, Mainland, Lower Cape May, Clearview 6. 23-Wayne Valley 5. 24-Monmouth Regional, Passaic Valley, Hamilton, Oakcrest 4. 28-Paramus, Lacey 3. 30-West Morris, Morris Hills, Tenafly 2.

100-METER DASH: 1-Jenna Harris, Franklin, 11.89. 2-Coryn Gomez, Franklin, 11.98. 3-Halimah Bashir, Willingboro, 12.29. 4-Latoya Charmical, Camden Wilson, 12.43. 5-Jamelliah Nock, Camden Wilson, 12.51. 6-Shanda Jackson, East Orange, 12.53.

200-METER DASH: 1-Jenna Harris, Franklin, 24.08. 2-Shakeema Martin, Lakewood, 24.28. 3-Halimah Bashir, Willingboro, 24.42. 4-Coryn Gomez, Franklin, 24.83. 5-Shalarese Mills, Oakcrest, 24.97. 6-Raniya Walker, Camden, 25.15.

400-METER RUN: 1-Okechi Ogbuokiri, Willingboro, 54.98. 2-Shakeema Martin, Lakewood, 54.99. 3-Jenna Harris, Franklin, 55.80. 4-Halimah Bashir, Willingboro, 56.78. 5-Shalarese Mills, Oakcrest, 56.92. 6-Raniya Walker, Camden, 57.31.

800-METER RUN: 1-Amanda Trotter, Red Bank, 2:13.24. 2-Katy Trotter, Red Bank, 2:13.62. 3-Lindsey Thomas, Camden Wilson, 2:15.39. 4-Tina Morrison, Middletown South, 2:16.18. 5-Katie Kingsbery, Red Bank, 2:16.94. 6-Jessica Pall, Hopewell Valley, 2:17.12.

1,600-METER RUN: 1-Amanda Trotter, Red Bank, 5:00.31. 2-Katy Trotter, Red Bank, 5:01.46. 3-Kate Willever, Hopewell Valley, 5:05.11. 4-Erin Enderly, Ocean Township, 5:05.54. 5-Lindsey Thomas, Camden Wilson, 5:07.82. 6-Katie Kingsbery, Red Bank, 5:08.31.

3,200-METER RUN: 1-Amanda Trotter, Red Bank, 10:57.87. 2-Katy Trotter, Red Bank, 11:06.26. 3-Erin Enderly, Ocean Township, 11:08.53. 4-Jesse Mizzone, Passaic Valley, 11:15.68. 5-Julia Emanuel, Tenafly, 11:27.22. 6-Nicole Lombardy, Middletown South, 11:29.80.

110-METER HURDLES: 1-Stefanie Barron, Camden Wilson, 14.66. 2-Coryn Gomez, Franklin, 14.82. 3-Kim Allen, Willingboro, 14.86. 4-Erika Huggler, Monmouth, 15.25. 5-Tiffany Alford, Pemberton, 15.29. 6-Karmen Collins, Highland Regional, 15.32.

400-METER INTERMEDIATE HURDLES: 1-Okechi Ogbuokiri, Willingboro, 1:01.74. 2-Jill Koscielecki, Scotch Plains, 1:04.76. 3-Rhea Mann, Willingboro, 1:04.97. 4-Laura Murray, Clearview, 1:05.39. 5-Danielle Seiler, West Morris, 1:05.64. 6-Lisa Corey, Demarest, 1:05.81.

HIGH JUMP: 1-Colleen Farrell, Warren Hills, 5-6. 2-Tiffany Alford, Pemberton, 5-4. 3-Marcene Jack, Mainland, 5-2. 4-Katie O'Connor, Lacey Twp.; Jessica Malacrida, Paramus, 5-2. 6-Emily Brown, Middletown South, 5-2.

LONG JUMP: 1-Colleen Farrell, Warren Hills, 17-0½. 2-Latoya Charmical, Camden Wilson, 16-11. 3-Angela Tecco, Lower Cape May, 16-7¾. 4-Jenna Harris, Franklin, 16-7½. 5-Erin Lynch, Clearview, 16-3. 6-Adina Penn, Highland Regional, 16-2½.

SHOT PUT: 1-Jessica Fazekas, Demarest, 44-8. 2-Rachel Young, Sparta, 39-1. 3-Elethia Graham, Bergenfield, 38-4¾. 4-Kendra Miles, Hamilton, 38-4. 5-Shellise Jenkins, Delsea, 38-0. 6-Jasmine Fenlator, Wayne Valley, 37-5¾.

DISCUS: 1-Jessica Fazekas, Demarest, 129-2. 2-Kelly Fazekas, Demarest, 128-0. 3-Jocelyn White, Delsea, 126-0. 4-Jasmine Fenlator, Wayne Valley, 121-8. 5-Shannon Dorsey, Morris Hills, 120-0. 6-Thasha Blanc, Rahway, 117-9.

JAVELIN: 1-Meghan Radimer, High Point, 129-0. 2-Shannon Spafford, Old Tappan, 127-5. 3-Nicole Lamach, Delsea, 123-3. 4-Kelly Fazekas, Demarest, 123-0. 5-Daina Pucurs, Demarest, 122-2. 6-Danielle Hermerka, Highland, 119-3.

1,600-METER RELAY: 1-Willingboro (Channel Hamilton, Nicole Trawick, Halimah Bashir, Okechi Ogbuokiri) 3:54.83. 2-Hopewell Valley 3:59.14. 3-Camden 3:59.58. 4-Highland Regional 4:00.62. 5-Middletown South 4:01.76. 6-Central Regional 4:04.92.

GROUP 2

TEAMS: 1-Bridgeton 48. 2-Voorhees 45. 3-Pleasantville 38. 4-Raritan, Moorestown 24. 6-Northern Burlington, Freehold Borough 20. 8-Hanover Park 19. 9-Holmdel 17. 10-Rumson, Monroe 16. 12-Gov. Livingston 12. 13-Cinnaminson 11. 14-Haddon Township, Pinelands, Ewing 10. 17-Buena and Kingsway 9. 19-Summit, Hawthorne, Delaware Valley, Montville 8. 23-Pompton Lakes, Haddonfield, North Plainfield, Ramsey, Collingswood 6. 28-Hillside 5. 29-West Deptford, Indian Hills 2. 31-Parsippany, Caldwell, Manchester Township, Wallkill Valley 1. 35-Johnson, Point Pleasant Boro, New Brunswick ½.

100-METER DASH: 1-Shameka Speed, Bridgeton, 12.08. 2-Anu Ward, Moorestown, 12.57. 3-Ebony Bailey, Collingswood, 12.58. 4-Ashley Parker, Pleasantville, 12.66. 5-Alisa Pettit, Buena, 12.69. 6-Aisha Barber, Parsippany, 12.75.

200-METER DASH: 1-Shameka Speed, Bridgeton, 24.88. 2-Ashley Parker, Pleasantville, 25.61. 3-Emi Briggs, Holmdel, 25.93. 4-Jaminah Bristow, Hillside, 26.32. 5-Charmaine Cirino, Buena, 26.35. 6-Deanna Poland, Kingsway, 26.37.

400-METER RUN: 1-Shameka Speed, Bridgeton, 56.03. 2-Lindsey Owen, Voorhees, 57.12. 3-Jamanah Freeman, Pleasantville, 58.68. 4-Grace Pan, Holmdel, 59.89. 5-Kathleen Evangelista, Cinnaminson, 1:00.13. 6-Jaminah Bristow, Hillside, 1:00.41.

800-METER RUN: 1-Ashley Maguire, Monroe, 2:13.90. 2-Katina Alexander, Pleasantville, 2:17.13. 3-Lauren Rugge, Voorhees, 2:17.18. 4-Megs DiDario, Gov. Livingston, 2:17.25. 5-Sara Best, Voorhees, 2:18.86. 6-Lindsey Owen, Voorhees, 2:20.49.

1,600-METER RUN: 1-Christy Planer, Rumson, 5:01.83. 2-Meghan Hughes, Moorestown, 5:06.04. 3-Liz Wort, Voorhees, 5:06.29. 4-Ashley Wolf, Montville, 5:10.09. 5-Sara Best, Voorhees, 5:11.79. 6-Meghan Gaffney, Pompton Lakes, 5:20.45.

3,200-METER RUN: 1-Liz Wort, Voorhees, 10:51.73. 2-Meghan Hughes, Moorestown, 11:02.05. 3-Christy Planer, Rumson, 11:11.35. 4-Katina Alexander, Pleasantville, 11:28.72. 5-Megs DiDario, Gov. Livingston, 11:30.64. 6-Meghan Gaffney, Pompton Lakes, 11:36.46.

110-METER HURDLES: 1-Sara Bekele, Hanover Park, 14.81. 2-Kathryn Geissler, Haddon Township, 14.99. 3-Dana McCurdy, Gov. Livingston, 15.34. 4-Delicia Sample, Kingsway, 15.53. 5-Hashan Johnson, Bridgeton, 15.61. 6-Sonya Sullivan, Manchester Twp., 15.62.

400-METER INTERMEDIATE HURDLES: 1-Jessica Curtin, Pinelands, 1:04.04. 2-Sara Bekele, Hanover Park, 1:05.22. 3-Ashley Maguire, Monroe, 1:05.62. 4-Delicia Sample, Kingsway, 1:05.73. 5-Kathryn Geissler, Haddon Township, 1:06.51. 6-Kathleen Evangelista, Cinnaminson, 1:06.59.

HIGH JUMP: 1-Debra Vento, Freehold Borough, 5-4. 2-Latasha Leake, Northern Burlington, 5-2. 3-Alex Paslawsky, Ramsey, 5-2. 4-Kristen Tricocci, Cinnaminson, 5-2. 5-Leslie Galamb, Pompton Lakes, 5-2. 6-Kortni Lane, New Brunswick; Abby Schrader, Point Pleasant Boro; Kristin Dunn, Johnson, 5-0.

LONG JUMP: 1-Shameka Speed, Bridgeton, 17-6½. 2-Mechea Medine, Delaware Valley, 16-11. 3-Hashan Johnson, Bridgeton, 16-3¾. 4-Kristen Tricocci, Cinnaminson, 16-3. 5-Christine Procopio, Indian Hills, 16-0. 6-Nicole Donadio, Caldwell, 15-11¾.

SHOT PUT: 1-Diana Costanzo, Freehold Borough, 39-9. 2-Ashley Holmes, Summit, 39-1¾. 3-Amanda Harmata, Raritan, 38-7. 4-Erica Davis, Northern Burlington, 38-2¼. 5-Kelly Robinson, Raritan, 37-10. 6-Amanda Yeskel, Hanover Park, 35-11¾.

DISCUS: 1-Amber Oliver, Ewing, 127-10. 2-Erica Thompson, Northern Burlington, 124-09. 3-Alyssa Thompson, North Plainfield, 123-1. 4-Chelsea Salisbury, Buena, 118-2. 5-Kelly Robinson, Raritan, 114-9. 6-Kristina Austin, Wallkill Valley, 113-1.

JAVELIN: 1-Kelly Robinson, Raritan, 142-0. 2-Whitney Verduin, Hawthorne, 133-11. 3-Brighid Marquess, Haddonfield, 125-3. 4-Amanda Harmata, Raritan, 124-0. 5-Marybeth Weiss, Pompton Lakes, 120-3. 6-Dana Hoffman, Hanover Park, 112-4.

1,600-METER RELAY: 1-Voorhees (Joanna Perez, Liz Wort, Lauren Rugge, Lindsey Owen) 3:58.38. 2-Pleasantville 4:04.11. 3-Holmdel 4:05.22. 4-Montville 4:05.80. 5-West Deptford 4:05.99. 6-Buena 4:08.82.

GROUP 1

TEAMS: 1-Glen Rock 69. 2-Penns Grove 26. 3-Science, Metuchen 24. 5-Westwood, Schalick 21. 7-Paulsboro 19. 8-Woodbury, Riverside, Burlington City 18. 11-New Providence, Bordentown 16. 13-Asbury Park 15. 14-Shore Regional 14. 15-Mountain Lakes 11½. 16-Haddon Heights 11. 17-New Milford, Ridgefield, Glassboro, Butler 10. 21-Salem 9. 22-Hasbrouck Heights 7½. 23-Saddle Brook 7. 24-Verona 6½. 25-Point Pleasant Beach 6. 26-Maple Shade, Pennsville 4. 28-Boonton 3. 29-Middlesex, Bernards 2. 31-North Arlington, Pitman 1.

100-METER DASH: 1-Shardae Anderson, Paulsboro, 12.51. 2-Cheryl Anscombe, Westwood Regional, 12.57. 3-Lenore Crumel, Bordentown, 12.57. 4-Jennifer Cagiao, Hasbrouck Heights, 12.63. 5-Lillie Anderson, Boonton, 12.66. 6-Rashonda Scurry, Schalick, 12.68.

200-METER DASH: 1-Lenore Crumel, Bordentown, 25.61. 2-Cheryl Anscombe, Westwood, 25.83. 3-Amber Yates, Salem, 25.83. 4-Rashonda Scurry, Schalick, 25.97. 5-Shardae Anderson, Paulsboro, 26.08. 6-Cassandra Vidal, Asbury Park, 26.16.

400-METER RUN: 1-Kim Mineo, Glen Rock, 59.16. 2-Karen Scarfuto, Metuchen, 59.58. 3-Cassandra Vidal, Asbury Park, 1:00.11. 4-Aidah Singleton, Science, 1:00.70. 5-Willette Miller, Science, 1:01.02. 6-Nicki Levins, Pitman, 1:01.20.

800-METER RUN: 1-Kim Mineo, Glen Rock, 2:17.58. 2-Willette Miller, Science, 2:19.04. 3-Karen Scarfuto, Metuchen, 2:23.24. 4-Erin Henry, Glen Rock, 2:24.86. 5-Kristen Guy, Salem, 2:26.61. 6-Denise Scarfi, Westwood, 2:27.25.

1,600-METER RUN: 1-Erin Henry, Glen Rock, 5:15.12. 2-Julie Ullmeyer, Shore Regional, 5:22.67. 3-Allyson Krayl, Point Pleasant Beach, 5:23.36. 4-Caitlin Walsh, Verona, 5:24.63. 5-Danielle Patoir, Glen Rock, 5:26.59. 6-Kristen Guy, Salem, 5:29.08.

3,200-METER RUN: 1-Erin Henry, Glen Rock, 11:35.67. 2-Danielle Patoir, Glen Rock, 11:45.26. 3-Julie Ullmeyer, Shore Regional, 11:45.87. 4-Liz Saydah, Glen Rock, 12:14.94. 5-Grace DeMarrais, Bernards, 12:22.19. 6-Katie Chambers, Mountain Lakes, 12:30.34.

110-METER HURDLES: 1-Natasha Price, Schalick, 15.01. 2-Tisifenee Taylor, Woodbury, 15.32. 3-Ashley Smitherman, Burlington City, 15.49. 4-Stephanie Machin, New Providence, 15.55. 5-Jaclyn Kaminski, Saddle Brook, 15.96. 6-Kristen Webb, North Arlington, 16.04.

400-METER INTERMEDIATE HURDLES: 1-Kim Mineo, Glen Rock, 1:05.23. 2-Kisha Holder, Asbury Park, 1:06.95. 3-Stephanie Machin, New Providence, 1:07.03. 4-Jessica Thomas, Westwood Regional, 1:07.57. 5-Keri Dolbow, Penns Grove, 1:08.72. 6-Ali Dykhouse, Glen Rock, 1:09.05.

HIGH JUMP: 1-Rebecca Baskinger, Butler, 5-4. 2-Marisa Williams, Haddon Heights, 5-2. 3-Ashley Smitherman, Burlington City, 5-0. 4-Allison Tripodi, Mountain Lakes; Cherilyn Marfino, Hasbrouck Heights; Caroline Drosdick, Verona, 5-0.

LONG JUMP: 1-Tisifenee Taylor, Woodbury, 17-6½. 2-Collette DeBenedetto, Mountain Lakes, 16-9. 3-Makina Waye, Penns Grove, 16-3¾. 4-Katie Capella, Pennsville, 15-4¾. 5-Kristen Edmonds, Metuchen, 15-4½. 6-Sharae Pollitt, Haddon Heights, 15-4.

SHOT PUT: 1-Rose Perry, Riverside, 40-7. 2-Bobbi Jo Leighty, Penns Grove, 39-10¼. 3-Selina May-Harris, Burlington City, 38-9¼. 4-Alyssa Koob, New Milford, 36-3¾. 5-Tatiana Ciccone, New Milford, 35-0. 6-Dana Sizemore, Paulsboro, 34-10¼.

DISCUS: 1-Stacie Belzer, Glassboro, 128-0. 2-Rose Perry, Riverside, 123-3. 3-Devin Michel, Schalick, 111-5. 4-Alyssa Koob, New Milford, 111-4. 5-Bobbi Jo Leighty, Penns Grove, 109-6. 6-Stephanie Cronk, Boonton, 109-6.

JAVELIN: 1-Courtney Reggo, Ridgefield, 116-9. 2-Diana Marsh, Metuchen, 116-9. 3-Dana Sizemore, Paulsboro, 116-4. 4-Laurie Schuenemann, Maple Shade, 113-11. 5-Kacey Stickel, Middlesex, 109-11. 6-Allie Kelley, Saddle Brook, 105-9.

1,600-METER RELAY: 1-Science (Aidah Singleton, Asha Bailey, Adrienne Smith, Willette Miller) 4:02.43. 2-Penns Grove 4:09.84. 3-New Providence 4:10.44. 4-Saddle Brook 4:10.78. 5-Haddon Heights 4:12.14. 6-Hasbrouck Heights 4:13.14.

NON-SCORING EVENTS

POLE VAULT (NORTH 1): 1-Cassie Madsen, Sparta, 9-6. 2-Cait Fiocchi, Ridgewood, 9-0. 3-Bethany Little, Newton; Lauren Dutch, Clifton, 9-0. 5-Joyce Rosenbaum, Tenafly, 8-6. 6-Laura Filan, Newton, 8-0.

POLE VAULT (NORTH 2): 1-Vonelle Allocco, New Providence, 10-6. 2-Sara Burke, Westfield 10-0. 3-Daria Szwarko, Gov. Livingston, 9-6. 4-Kelly VanTine, Warren Hills, 9-0.

POLE VAULT (CENTRAL): 1-Kristin Strizki, Hunterdon Central, 10-6. 2-Kim Johnston, Old Bridge, 10-0. 3-Jaci Pfeiffer, Hillsborough, 9-6. 4-Anne Wyllie, Hunterdon Central, 9-0. 5-Eileen Cafferty, Hillsborough, 9-0. 6-Theresa Nelson, Monmouth, 8-6.

POLE VAULT (SOUTH): 1-Danielle O'Reilly, Shawnee, 12-0. 2-Olivia Kalinowski, Pinelands, 11-6. 3-Tracy Sawczak, Southern, 9-6. 4-Kristy Costa, Absegami, 9-0. 5-Katie Dirkes, Oakcrest, 9-0. 6-Jennifer Schwartz, Eastern, 8-0.

TRIPLE JUMP (NORTH 1): 1-Trisha McGowan, Ridgewood, 35-5¼. 2-Brittany Bonney, Wayne Hills, 35-4. 3-Kimisha Hughes, Paterson Eastside, 35-3½. 4-Christine Procopio, Indian Hills, 34-9½. 5-Andrea Herbert, Passaic Tech, 34-2½. 6-Kahimah Liverman, Passaic Tech, 34-0½.

TRIPLE JUMP (NORTH 2): 1-Collette DeBenedetto, Mountain Lakes, 34-4½. 2-Bridgit Martin, Caldwell, 32-4½. 3-Danielle Seiler, West Morris, 30-9½. 4-Nicole Donadio, Caldwell, 30-5¼. 5-Megan Kelly, West Morris, 29-4. 6-Jennifer Kinsey, Caldwell, 28-5.

TRIPLE JUMP (CENTRAL): 1-Ebony Foster, Hillsborough, 35-8½. 2-Kaitlin Lambracht, Hunterdon Central, 35-0½. 3-Mechea Medine, Delaware Valley, 33-4. 4-Collene Cumberbatch, Piscataway, 32-10½. 5-Alison Crowley, Princeton, 31-5. 6-Kathleen Johnston, Delaware Valley, 30-8½.

TRIPLE JUMP (SOUTH): 1-Tabatha Haskins, Shawnee, 33-5½. 2-Erin Clancy, Toms River North, 32-9½. 3-Dominique Ward, Lenape, 32-7½. 4-Erin Lynch, Clearview, 32-4. 5-Aria Loveland, Camden Wilson, 32-0½. 6-Dana Deriggi, Toms River North, 31-10½.

MIXED WHEELCHAIR RACES

100-METERS: 1-Paul Ward, Northern Highlands, 17.68. 2-Jessica Galli, Hillsborough, 17.93. 3-Jaclyn Daya, Old Bridge, 19.55. 4-Margaret Redden, Holy Family, 19.56. 5-Eric Hohloch, Cherry Hill West, 29.79.

800-METERS: 1-Jessica Galli, Hillsborough, 2:14.18. 2-Paul Ward, Northern Highlands, 2:14.98. 3-Margaret Redden, Holy Family, 2:29.78. 4-Jaclyn Daya, Old Bridge, 2:30.27. 5-Andrew Huzar, Delaware Valley, 3:24.76.

PAROCHIAL CHAMPIONSHIPS

PAROCHIAL A

TEAMS: 1-Immaculate Heart 60. 2-Paul VI 58. 3-Bishop Ahr 55½. 4-Bishop Eustace 45. 5-Pope John 39. 6-Msgr. Donovan 37. 7-St. John Vianney 34½. 8-Notre Dame 26. 9-Holy Spirit, Paramus Catholic 15. 11-Red Bank Catholic 13. 12-Mount St. Dominic, Roselle Catholic, Holy Cross 12.

100-METER DASH: 1-Jacqueline Todd, Bishop Ahr, 12.56. 2-Jen Furchak, St. John Vianney, 13.17. 3-Britni Smallwood, Bishop Ahr, 13.17. 4-Andrea Scull, Paul VI, 13.17. 5-Kristen Cubicciotti, Immaculate Heart, 13.23. 6-Larissa Gesek, Msgr. Donovan, 13.29.

200-METER DASH: 1-Jacqueline Todd, Bishop Ahr, 25.49. 2-Katie Bleganousky, Pope John, 26.70. 3-Andrea Scull, Paul VI, 27.04. 4-Kristen Cubicciotti, Immaculate Heart, 27.16. 5-Larissa Gesek, Msgr. Donovan, 27.18. 6-Britni Smallwood, Bishop Ahr, 27.48.

400-METER DASH: 1-Natisha Norville, Bishop Ahr, 57.54. 2-Tahirah Williams, Immaculate Heart, 58.14. 3-Cheryl Scott, Paul VI, 58.25. 4-Tarashon Broomes, Paramus Catholic, 59.24. 5-Katie Bleganousky, Pope John, 59.24. 6-Jordan Samuda, Bishop Eustace, 1:01.34.

800-METER RUN: 1-Jennifer Therkorn, St. John Vianney, 2:18.71. 2-Caitlin Hemmer, Immaculate Heart, 2:19.3. 3-Lauren King, Notre Dame, 2:21.56. 4-Meghan Baker, Bishop Eustace, 2:21.97. 5-Chelsea Bollerman, Red Bank Catholic, 2:22.98. 6-Kristine Smallwood, Holy Spirit, 2:23.28.

1,600-METER RUN: 1-Nicole Kurtain, Notre Dame, 5:10.46. 2-Caitlin Smyth, Immaculate Heart, 5:21.94. 3-Brittany Chapman, Bishop Eustace, 5:25.54. 4-Kelly Byrnes, Red Bank Catholic, 5:29.21. 5-Christine Capetola, St. Dominic, 5:29.94. 6-Katherine Hamon, Pope John, 5:30.96.

3,200-METER RUN: 1-Nicole Kurtain, Notre Dame, 11:09.70. 2-Laura Carpenter, St. John Vianney, 11:37.37. 3-Sam Beese, Pope John, 11:40.25. 4-Caitlin Smyth, Immaculate Heart, 11:44.39. 5-Franny Morro, Pope John, 11:49.57. 6-Julia Barker, Red Bank Catholic, 11:51.38.

100-METER HIGH HURDLES: 1-Stephanie King, Paul VI, 15.61. 2-Jen Furchak, St. John Vianney, 15.85. 3-Jillian Danback, Red Bank Catholic, 16.19. 4-Ashley Johnson, Holy Spirit, 16.35. 5-Jen Colonna, Msgr. Donovan, 16.59. 6-Danielle Still, Bishop Eustace, 16.78.

400-METER INTERMEDIATE HURDLES: 1-Stephanie King, Paul VI, 1:06.58. 2-Meghan Baker, Bishop Eustace, 1:08.07. 3-Jordan Samuda, Bishop Eustace, 1:08.63. 4-Ashley Reichelmann, Msgr. Donovan, 1:09.11. 5-Danielle Todman, Bishop Ahr, 1:09.65. 6-Caitlin Hemmer, Immaculate Heart, 1:09.93.

HIGH JUMP: 1-Asha Quant, Holy Cross, 5-2. 2-Tahirah Williams, Immaculate Heart, 5-2. 3-Tracy Steigerwald, Msgr. Donovan, 5-0. 4-Nicole Burns, Paul VI, 5-0. 5-Jackie Christie, St. John Vianney, 4-10. 6-Valerie Rojas, Bishop Ahr, 4-10.

LONG JUMP: 1-Cheryl Scott, Paul VI, 18-0. 2-Cheryl Simmons, Paramus Catholic, 17-1½. 3-Jen Colonna, Msgr. Donovan, 17-0½. 4-Valerie Rojas, Bishop Ahr, 17-0. 5-Asha Quant, Holy Cross, 16-9¾. 6-Lauren Fike, Bishop Eustace, 16-5.

SHOT PUT: 1-Ashley Flaherty, Pope John, 37-11½. 2-Lauren McCormick, Msgr. Donovan, 34-11¾. 3-Jennifer Hodges, Immaculate Heart, 34-1. 4-Teresa DeLaurentis, Bishop Eustace, 33-8¼. 5-Christina Cappollo, Msgr. Donovan, 33-4½. 6-Carrieann Zielinski, Roselle Catholic, 33-0½.

DISCUS: 1-Nicole Totino, St. Dominic, 121-7. 2-Carrieann Zielinski, Roselle Catholic, 114-10, 3-Ashley Flaherty, Pope John, 111-4. 4-Teresa DeLaurentis, Bishop Eustace, 109-2. 5-Alaina Ramsey, Paramus Catholic, 102-11. 6-Jen Kramer, Pope John, 101-5.

JAVELIN: 1-Danielle Still, Bishop Eustace, 124-4. 2-Kate Matolla, Holy Spirit, 113-11. 3-Fallon Daniels, Msgr. Donovan, 109-8. 4-Jennifer Hodges, Immaculate Heart, 104-8. 5-Kelly McWilliams, Pope John, 103-4. 6-Audrey O'Donnell, Immaculate Heart, 99-11.

4x400-METER RELAY: 1-Bishop Ahr, (Natasha Norville, Ogechi Emenike, Danielle Todman, Jacqueline Todd) 4:05.04. 2-Paul VI 4:07.53. 3-Immaculate Heart 4:08.92. 4-Roselle Catholic 4:13.83. 5-Holy Spirit 4:15.17. 6-Pope John 4:15.23.

PAROCHIAL B

TEAMS: 1-Pingry 83. 2-Queen of Peace 62. 3-St. Joseph (Hamm.) 44. 4-Dwight-Englewood, Mater Dei 32. 6-McCorristin 27. 7-Oak Knoll 26. 8-Mount St. Mary 24. 9-Kent Place 19. 10-DePaul 17. 11-Union Catholic 16. 12-Villa Walsh 12. 13-Newark Academy 10. 14-Eastern Christian 8. 15-Montclair Immaculate, Mount St. Dominic 6. 17-St. Rose 5. 18-Gloucester Catholic, Wildwood Catholic 2.

100-METER DASH: 1-Anike Orimogunje, Queen of Peace, 12.30. 2-Janine Davis, Queen of Peace, 12.54. 3-Allison Nesbitt, Mount St. Mary, 12.56. 4-Takara Wilks, Queen of Peace, 12.58. 5-Monica Cepak, Villa Walsh, 13.45. 6-Laura Fuhrman, Pingry, 14.49.

200-METER DASH: 1-Anike Orimogunje, Queen of Peace, 25.46. 2-Jaline Davis, Queen of Peace, 27.05. 3-Laura Fuhrman, Pingry, 27.19. 4-Ama Quakyi, Montclair Immaculate, 28.11. 5-Lindsey Downey, Mount St. Mary, 28.19. No sixth.

400-METER DASH: 1-Janine Davis, Queen of Peace, 56.75. 2-Alison Desir, Dwight-Englewood, 1:00.49. 3-Catherine Dewey, Oak Knoll, 1:01.01. 4-Laura Fuhrman, Pingry, 1:01.17. 5-Emilie Saintus, Queen of Peace, 1:01.47. 6-Jessica Bonelli, Gloucester Catholic, 1:01.67.

800-METER RUN: 1-Tricia Johnson, Oak Knoll, 2:24.22. 2-Laura Dolan, Mater Dei, 2:27.56. 3-Alyssa Kirgan, Mater Dei, 2:28.54. 4-Megan McGinn, Oak Knoll, 2:28.83. 5-Sophie Clarke, Wildwood Catholic, 2:29.4. 6-Jenna Regnault, Mount St. Mary, 2:30.31.

1,600-METER RUN: 1-Katie Marshall, Union Catholic, 5:23.8. 2-Grace Nuzzi, St. Joseph (Hamm.), 5:29.56. 3-Elizabeth Hankinson, Oak Knoll, 5:31.93. 4-Amanda Smith, Pingry, 5:45.48. 5-Jen Michal, Mater Dei, 5:46.97. 6-Kerry Cahill, Mount St. Mary, 5:47.51.

3,200-METER RUN: 1-Grace Nuzzi, St. Joseph (Hamm.), 11:44.98. 2-Amanda Smith, Pingry, 11:50.81. 3-Katie Marshall, Union Catholic, 11:53.61. 4-Jen Michal, Mater Dei, 12:01.88. 5-Elizabeth Kennedy, Villa Walsh, 12:09.81. 6-Ashley Thompson, Mater Dei, 12:30.1.

100-METER HIGH HURDLES: 1-Allison Nesbitt, Mount St. Mary, 14.40, meet record; former record 14.7, Nadeen Bridgeforth, Marylawn, 1984. 2-Porscha Dobson, Kent Place, 14.47. 3-Amaressa Bostwick, McCorristin, 15.76. 4-Ailey Davis, McCorristin, 16.02. 5-Jessica Saraceno, Pingry, 16.45. 6-Megan Yhlen, Gloucester Catholic, 17.13.

400-METER INTERMEDIATE HURDLES: 1-Allison Desir, Dwight-Englewood, 1:05.85. 2-Amaressa Bostwick, McCorristin, 1:06.38. 3-Jessica Saraceno, Pingry, 1:06.42. 4-Allison Sarokhan, Pingry, 1:08.99. 5-Tiffany Graddick, Kent Place, 1:09.31. 6-Ailey Davis, McCorristin, 1:09.60.

HIGH JUMP: 1-Lyndsey Scott, Newark Academy, 5-0. 2-Cyndy Handel, DePaul, 5-0. 3-Erica Bergman, Dwight-Englewood, 5-0. 4-Christin Caverly, St. Rose, 4-10. 5-Cara Kulakowski, Mater Dei, 4-10. 6-Katie Marcionese, St. Joseph (Hamm.), 4-10.

LONG JUMP: 1-Amaressa Bostwick, McCorristin, 16-4¼. 2-Erica Bergmon, Dwight-Englewood, 16-3¼. 3-Allison Nesbitt, Mount St. Mary, 16-0. 4-Stephanie Woods, St. Joseph (Hamm.) 15-11¼. 5-Jessica Saraceno, Pingry, 15-9¼. 6-Tiffany Graddick, Kent Place, 15-7¼.

SHOT PUT: 1-Sarah McMahon, Pingry, 33-10. 2-Alexa Jeffries, St. Joseph (Hamm.), 32-3. 3-Becky Melter,

STATE TRACK MEET OF CHAMPIONS

AT SOUTH BRUNSWICK HIGH SCHOOL

BOYS

100 - 1. Todd Dutch, Washington Township, 10.55; 2. Dorian Bryant, Kingsway, 10.65; 3. Jared Patterson, Belvidere, 10.80; 4. Antray Miles, Winslow, 10.90; 5. A. Sanderson, Ewing, 10.90; 6. Che Colter, Glen Ridge, 10.90; 7. E.S. Porter, Toms River South, 10.99; 8. Joseph Porter, Franklin, 11.06.

200 - 1. Todd Dutch, Washington Township, 21.52; 2. Ray Williams, Scotch Plains-Fanwood, 21.66; 3. Joseph Porter, Franklin, 22.04; 4. Chris Turner, Seton Hall Prep, 22.19; 5. Jared Patterson, Belvidere, 22.30; 6. Kevin Thompson, North Bergen, 22.39; 7. Jay Hill, St. John Vianney, 22.43; 8. Orlando Kane, Lawrence, 22.50.

400 - 1. Ray Williams, Scotch Plains-Fanwood, 46.55; 2. A. Sanderson, Ewing, 47.23; 3. Ron Hillian, Eastern, 47.48; 4. Jade Smith, Camden, 47.59; 5. Chris Turner, Seton Hall Prep, 48.19; 6. Louis Corominis, Hackettstown, 48.28; 7. Sir Leslie Ford, Piscataway, 48.54; 8. Gary Domanski, Somerville, 48.57.

800 - 1. Robert Edwards, Bridgeton, 1:53.85; 2. Thomas Morley, Haddon Township, 1:54.88; 3. Daniel McDonald, South Brunswick, 1:55.83; 4. Ayo Owodunni, Highland Regional, 1:55.93; 5. Shannon Sherrer, Vineland, 1:56.14; 6. Tim Paule, Old Bridge, 1:57.19; 7. Jeff Zodda, Notre Dame, 1:57.67; 8. Joseph Forrest, Pleasantville, 1:57.69.

1600 - 1. Marc Pelerin, Cherokee, 4:12.74; 2. Jeremy Zagorski, Parsippany Hills, 4:14.48; 3. Robert Edwards, Bridgeton, 4:15.51; 4. Jeffrey Peterson, Christian Brothers, 4:17.00; 5. Kevin Bruffy, Sparta, 4:17.62; 6. Nick Vaccaro, Hillsborough, 4:17.73; 7. Andrew Riviello, Eastern, 4:19.01; 8. Lawrence Daveport, Pleasantville, 4:23.16.

3200 - 1. Craig Segal, Holmdel, 9:22.93; 2. Kevin Brown, Cranford, 9:25.54; 3. Jon Anderson, Cinnamonson, 9:27.42; 4. Gray Reinhard, Morristown, 9:28.02; 5. Jim Fannery, St. Joseph (Met.), 9:29.74; 6. Justin Scheid, Pope John, 9:30.45; 7. Keith Krieger, Cherokee, 9:31.51; 8. Paul Kornaszewski, Clifton, 9:33.00.

110 High Hurdles - 1. Jeffrey Porter, Franklin, 13.84; 2. Andre Callender, Seton Hall Prep, 13.88; 3. Irving Stills, Trenton Central, 13.97; 4. Matt Dahms, Haddonfield, 14.16; 5. David Whitehurst, Monmouth, 14.18; 6. Lawrence Adjah, Piscataway, 14.40; 7. Scott Welfel, West Essex, 14.43; 8. Corey Schoonover, Manchester Township, 14.58.

400 Intermediate Hurdles - 1. Maurice Young, Camden, 53.14; 2. Shareef Muhammad, Willingboro, 53.60; 3. Laejon Brooks, West Orange, 53.86; 4. Matt Messmer, Hanover Park, 54.07; 5. Rob McKay, Don Bosco Prep, 54.57; 6. Jeff Elisca, Clark, 54.62; 7. Tony Flores, Hillsborough, 54.62; 8. Darian Dillard, Toms River South, 54.68.

Shot Put - 1. Glenn DiGiorgio, Bayonne, 68-0 3/4; 2. Uzoma Orji, Matawan, 62-9 1/2; 3. Adam Kuehl, Monmouth, 60-9; 4. Gabriel Gonzalez, Elizabeth, 55-11 1/4; 5. Ray Brown, Jackson, 55-7; 6. Robert Godfrey, Millville, 55-3 1/4; 7. Matt Glowacki, Brick, 55-1; 8. Anthony Witter, Bridgeton, 53-4.

Javelin - 1. Jim Malizia, St. Joseph, 203-7; 2. Robert Scales, Middletown South, 194-4; 3. Paul Rosiak, Wood-Ridge, 190-11; 4. Ian Menswisch, Highland Regional, 188-2; 5. Kevin Duffy, Delbarton, 186-2; 6. Anthony Immediate, Rutherford, 185-2; 7. Marty Moroney, Governor Livingston, 183-11; 8. Dan Frame, Triton Regional, 182-10.

Discus - 1. Glenn DiGiorgio, Bayonne, 197-0; 2. Gabriel Gonzalez, Elizabeth, 193-8; 3. Adam Kuehl, Monmouth, 191-6; 4. Ray Brown, Jackson, 183-3; 5. Ed Kaminski, Toms River South, 169-0; 6. Steve McGovern, Dumont, 167-7; 7. Uzoma Orji, Matawan, 160-1; 8. Paul Applegate, Toms River South, 155-6.

Long Jump - 1. Anthony Miles, Winslow, 24-11 1/4; 2. Mike Morrison, Willingboro, 24-1; 3. Gary Domanski, Somerville, 23-6 1/2; 4. Lawrence Adjah, Piscataway, 23-6; 5. Adam Kucinski, Highland Regional, 23-0; 6. Franklin Andreyko, Manville, 22-8 1/2; 7. Andre Faulcon, Glassboro, 22-6 1/2; 8. Jay Hill, St. John Vianney, 22-5 1/2.

High Jump - 1. Mike Morrison, Willingboro, 7-0; 2. Dijon Thomas, Willingboro, 6-8; Guy Jackson, North Brunswick, 6-8; 4. Christian Burns, Hamilton West, 6-6; 5. Shamel Smith, Bloomfield, 6-6; TIE6. Joe Williams, Willingboro and Johnnie Taylor, Barringer, 6-4; TIE8. Michael Lee, Pennsville, Michael Murawski, Holy Cross, and Justin Wilson, Morriwtown, 6-4.

Pole Vault - 1. Dave Jackson, Hopewell Valley, 15-1; 2. Carl Stuart, Toms River North, 14-0; 3. Michael Hulme, Eastern, 14-0; 4. Ryan West, Toms River North, 14-0; 5. Andrew Buttitta, New Providence, 14-0; TIE6. Jake Owens, Clayton, Scott Harris, Shawnee, and Jeff Young, Wayne Valley, 13-6.

1600 Relay - 1. Winslow (Nick Hannans, Dante Freeman, Duan Freeman, Antray Miles), 3:12.27; 2. Vineland, 3:14.95; 3. Willingboro, 3:15.18; 4. Estern, 3:15.29; 5. Trenton Central, 3:16.10; 6. Piscataway, 3:16.98; 7. Toms River South, 3:17.61; 8. Camden, 3:18.40.

GIRLS

100 - 1. Jenna Harris, Franklin, 11.96; 2. Shameka Speed, Bridgeton, 12.20; 3. Anike Orimogunje, Queen of Peace, 12.32; 4. Coryn Gomez, Franklin, 12.33; 5. Brittany Wright, Eastern, 12.34; 6. Jacqueline Todd, Bishop Ahr, 12.36; 7. Halimah Bashir, Willingboro, 12.38; 8. Jennifer Jackson, Eastern, 12.57.

200 - 1. Jenna Harris, Franklin, 24.32; 2. Halimah Bashir, Willingboro, 24.72; 3. Anike Orimogunje, Queen of Peace, 24.91; 4. Coryn Gomez, Franklin, 25.10; 5. Yhounic Vassell, Passaic Tech, 25.23; 6. Jacqueline Todd, Bishop Ahr, 25.38; 7. Sade Jones, Millville, 25.64; 8. Ashley Parker, Pleasantville, 25.74.

400 - 1. Okechi Ogbuokiri, Willingboro, 54.76; 2. Shakeema Martin, Lakewood, 55.04; 3. Jaine Davis, Queen of Peace, 55.57; 4. Raniya Walker, Camden, 56.01; 5. Natasha Norville, Bishop Ahr, 56.76; 6. Tiffany Clark, West Orange, 56.83; 7. Jenelle Wilson, Eastern, 56.94; 8. Cheryl Scott, Paul VI, 57.20.

800 - 1. Kim Mineo, Glen Rock, 2:12.21; 2. Katy Trotter, Red Bank, 2:12.34; 3. Lindsey Owen, Voorhees, 2:12.35; 4. Ashley Maguire, Monroe, 2:13.88; 5. Lauren Lewis, Southern, 2:14.73; 6. Lindsay Thomas, Woodrow Wilson, 2:14.86; 7. Sara Best, Voorhees, 2:15.52; 8. Jessica Pall, Hopewell Valley, 2:15.61.

1600 - 1. Casey Nelson, Hunterdon Central, 4:54.94; 2. Amanda Trotter, Red Bank, 4:56.13; 3. Christy Planer, Rumson-Fair Haven, 5:01.66; 4. Kate Willever, Hopewell Valley, 5:06.68; 5. Erin Henry, Glen Rock, 5:08.96; 6. Lindsey Thomas, Woodrow Wilson, 5:11.86; 7. Meghan Gaffney, Pompton Lakes, 5:15.97; 8. Danielle Patoir, Glen Rock, 5:17.61.

3200 - 1. Liz Wort, Voorhees, 10:49.93; 2. Kein Enderly, Ocean Township, 10:51.68; 3. Meghan Hughes, Moorestown, 10:54.81; 4. Nicole Kurtain, Notre Dame, 10:55.12; 5. Nicole Lombardy, Middletown South, 11:00.47; 6. Jesse Mizzone, Passaic Valley, 11:04.19; 7. Julia Emanuel, Tenafly, 11:15.93; 8. Marissa Detata, Brick, 11:21.89.

100 High Hurdles - 1. Allison Nesbitt, Mt. St. Mary, 14.32; 2. Kim Henry, Old Bridge, 14.56; 3. Shavonte Fleming, Winslow, 14.68; 4. Jessica Fortune, Jackson, 14.82; 5. Porscha Dobson, Kent Place, 14.89; 6. Sara Bekele, Hanover Park, 14.91; 7. Stefanie Barron, Woodrow Wilson, 15.26; 8. Imani Gilliam, 15.46.

400 Intermediate Hurdles - 1. Siabhan Counts, Plainfield, 59.78; 2. Erin Crawford, Hillsborough, 59.81; 3.Morgan Gantt, Winslow, 1:01.29; 4. Amanda Radzminski, Washington Township, 1:01.75; 5. Rhea Mann, Willingboro, 1:02.33; 6. Okechi Ogbuokiri, Willoingboro, 1:02.48; 7. Jessica Curtin, Pinelands, 1:02.51;8. Nicole Montegary, Jackson, 1:02.61.

Shot Put - 1. Nicola Wilson, Trenton Central, 44-5 1/2; 2. Jessica Fazekas, NV/Demarest, 42-6; 3. Ashley Holmes, Summit, 41-7; 4. Cynthia Douglas, West Orange, 40-3; 5. Elethia Graham, Bergenfield, 39-10 3/4; 6. Shellise Jenkins, Delsea, 49-5; 7. Talita Silva, Bridgewater-Raritan, 39-4 1/2; 8. Ashley Flaherty, Pope John, 39-2.

Javelin - 1. Kelly Robinson, Raritan, 141-3; 2. Caitlin Cielo, Eastern, 140-1; 3. Kate Nazario, Morris Knolls, 133-2; 4. Stephanie Petine, Bloomfield, 132-1; 5. Whitney Verduin, Hawthorne, 129-9; 6. Joanna Borawski, Bayonne, 129-3; 7. Tina Lindsay, Eastside, 127-3; 8. Amanda Harmata, Raritan, 124-10.

Discus - 1. Jessica Fazekas, NV/Demarest, 140-8; 2. Nicola Wilson, Trenton Central, 137-0; 3. Jocelyn White, Delsea, 130-1; 4. A. Oliver, Ewing, 129-11; 5. Erica Davis, Northern Burlington, 129-9; 6. Stacie Belzer, Glassboro, 127-6; 7. Kia Cole, Marlboro, 126-5; 8. Jasmine Fenlator, Wayne Valley, 123-4.

Long Jump - 1. Kelsi Russell, Phillipsburg, 19-0 1/4; 2. Tisifenee Taylor, Woodbury, 18-11 1/2; 3. Collette DeBenedetto, Mountain Lakes, 18-10 3/4; 4. Shameka Speed, Bridgeton, 18-8 1/2; 5. Jenna Harris, Franklin, 18-2 1/4; 6. Colleen Farrell, Warren Hills, 17-11 1/2; 7. Hashan Johnson, Bridgeton, 17-6 1/2; 8. Kim Henry, Old Bridge, 17-1 1/2.

High Jump - 1. Debra Vento, Freehold, 5-10; 2. Maura Burk, Freehold, 5-10; 3. Colleen Farrell, Warren Hills, 5-8; 4. Lisa Schenk, Jackson, 5-6; 5. Tiffany Alford, Pemberton, 5-4; 6. Latasha Leake, Northern Burlington, 5-4; 7. Tiyana Peters, West Orange, 5-4; TIE8. Lyndsey Scott, Newark Academy, Jessica Malacrida, Paramus, Alex Paslawsky, Ramsey, Marcene Jack, Mainland, Abby Campbell, Shawnee, Tahirah Williams, IHA, 5-2.

Triple Jump - 1. Ebony Foster, Hillsborough, 37-0; 2. Trisha McGowan, Ridgewood, 36-11 3/4; 3. Brittany Bonney, Wayne Hills, 36-8 1/2; 4. Kimisha Hughes, Eastside, 36-7 1/2; 5. Andrea Herbert, Passaic Tech, 36-5 1/2; 6. Collette DeBenedetto, Mountain Lakes, 36-5 1/4; 7. Kaitlin Lambracht, Hunterdon Central, 34-9; 8. Christine Procopio, Indian Hills, 35-7 1/2.

Pole Vault - 1. Olivia Kalinowaka, Pinelands, 12-0; 2. Danielle O'Reilly, Shawnee, 11-6; 3. Vonelle Allocco, New Providence, 10-6; 4. Kristin Strizki, Hunterdon Central, 10-6; 5. Daria Szkwarko, Governon Livingston, 10-6; 6. Sara Burke, Westfield, 10-0; 7. Tracy Sawczak, Southern Regional, 10-0; TIE8. Kristy Costa, Absegami and Jaci Pfeiffer, Hillsborough, 9-6.

1600 Relay - 1. Willingboro (Rasheda Spratley, Rhea Mann, Channel Hamilton, NicoleTrawick), 3:44.64; 2. Eastern, 3:50.31; 3. Winslow, 3:53.80; 4. Trenton Central, 3:54.51; 5. Piscataway, 3:54.88; 6. Hopewell Valley, 3:55.31; 7. Camden, 3:56.24; 8. Passaic Tech, 3:56.61.

WHEELCHAIR 400 - 1. Jessica Galli, Hillsborough, 1:02.45; 2. Paul Ward, Northern Highlands, 1:04.31; 3. Jaclyn Daya, Old Bridge, 1:07.97; 4. margaret Redden, Holy Family, 1:11.73; 5. Eric Hohloch, Bergenfield, 1:42.44; 6. Erik Paluszak, Lenape Valley, 1:51.04.

Cait Fiocchi Breaks Pole Vaulting Record

By Dan Altano

During the state sectionals this spring, Senior Cait Fiocchi of the Varsity track and field team reached 9 feet during a pole vaulting jump, passing the previous RHS record of 8 feet 6 inches set by Senior Meredith Harris in 2000. Last year Fiocchi tied the record, but this year, she took advantage of her final opportunity to jump.

"My goal originally was just to jump higher than last year, and to improve my skills but to beat the record was so exciting," said Fiocchi. Fiocchi has only pole vaulted for two seasons, but track and field coach Jacob Brown knew she was capable of improving this year. "Cait is a great athlete. She also has the attitude of a pole vaulter: reckless and determined, with an almost daredevil instinct."

In the weeks to come a plaque will be made to honor Fiocchi's achievement. "You always wish you could go higher, but I was really pleased with myself and all that I have worked for," said Fiocchi.

TRACK REPORT

Georgia-bound

Ridgewood's Nowakowski going far away

By PAUL SCHWARTZ
STAFF WRITER

Ridgewood's **Clair Nowakowski** became the fourth North Jersey girl to sign a Division I scholarship in track and field when she accepted an offer Wednesday from the University of Georgia.

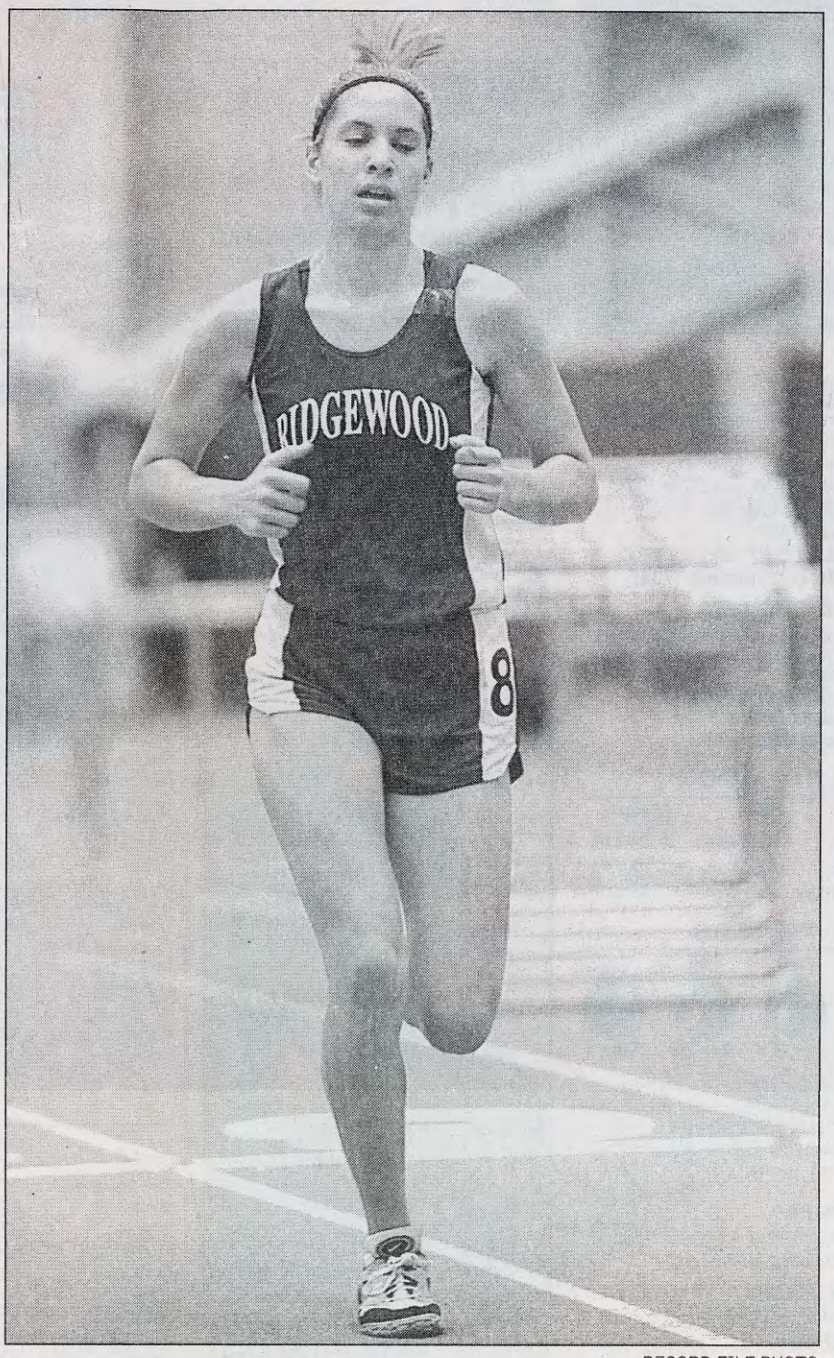
Nowakowski, a seven-time All-Bergen selection in cross-country, winter, and spring track, won the Bergen County Meet of Champions and finished seventh in the State Meet of Champs in cross-country last fall.

"I kind of wanted to go far away and Georgia also has one of the top business schools in the country," said Nowakowski. "There's quite a difference from Georgia to New Jersey but Athens is a real college town and the school has about 26,000 students, the kind of large school I really want."

Nowakowski hopes that the end of the recruiting process leads to a more relaxed and successful spring season.

"It definitely takes the pressure off," said Nowakowski. "I put so much pressure on myself in the winter that I don't think I ran well. Now that I know where I'm going, I'm really excited to see what I can do on the track."

Nowakowski joins **Jessica Fazekas** of Northern Valley at Demarest (Boston College), **Erin Henry** of Glen Rock (Georgetown), and **Tawana Watkins** of Kennedy (South Carolina) as Division I signees.



RECORD FILE PHOTO

Clair Nowakowski, a seven-time All-Bergen selection, anticipates a successful spring season now that she has accepted a scholarship to Georgia.

GIRLS NOTEBOOK

SENIOR POWER: The Northern Highlands team has only five seniors, and all five played large roles in the Highlanders' season-opening 70-52 upset of NBIL power Northern Valley at Demarest on the first day of the spring season.

"We may only have five seniors, but they all do three or four events and they can score in all of them," said coach **Tom Buono**. "We told the kids that Demarest is the best program that they face and that we've come a long way."

"They got off the bus and crushed us," said Demarest coach **Kevin Walter**. "I could smell it in the air from the second race that we were in trouble."

The star of the Highlands show was **Elena Minuto**, who won the 100, 200, and 400 meters, while **Alison Orrico** won a rugged 400 intermediate hurdles race. **Lia Torre** placed in the high, triple, and long jumps, and **Catherine Henny** had personal bests in the shot and discus behind All-Americans **Jessica** and **Kelly Fazekas.**

Emily Simon, who endured two difficult seasons after a devastating knee injury suffered at the end of her freshman season, scored heavily in the long jump and sprints.

"We know that we're going to have battles within our division against Pascack Valley and Ramsey, but this is a great way to start," Buono said.

GOOD TEAMMATES: The Passaic quartet of **Alejandra Mondragon, Grisel Martinez, Awinna Martinez**, and **Yanirda Mejia** won the Season Opener 6,400-meter relay in 23:50.2 Saturday.

That night they went with several teammates to the Bergen-Passaic All-Star Classic to cheer for Passaic's **Alba Sanchez** and honor the late basketball coach **Donald Lee.**

"We came to have a good time and to remember Coach Lee," said Mejia, who anchored the race. "We try and hang together. We're teammates and good friends."

THE FIRST OF MANY? By the end of the season the Northern Valley at Demarest throwing team of the Fazekases and **Lisa** and **Diana Pucurs** could rewrite the Bergen County weight record book – again.

Saturday, the trio of the Fazekas sisters and Lisa Pucurs, a junior, broke the year-old County three-girl shot put record by more than 6 feet with a combined throw of 114–8 at the Season Opener Invitational. They barely missed the 24-year-old discus record of 315-5, combining to throw 314-3. The javelin trio of the Fazekases and sophomore Diana Pucurs threw 312-11 for ninth all-time on the County javelin list.

Except for Kelly Fazekas, who threw 113-2 in the discus, none of the performances was even close to personal bests by the athletes.

GIRLS TOP 20

1. Hasbrouck Heights — The Aviators had a great opening meet in winning at the Season Opener Invitational. One of the few teams that have good athletes in every event.

2. Hackensack — Despite using few varsity runners at the Season Opener, the Comets, undefeated in duals, won the large school division.

3. Passaic Tech — The Bulldogs were fourth in the large school Pawlowski Relays and beat Glen Rock in a dual meet.

4. Ridgewood — The Maroons lost a dual to Hackensack but managed third place in their own Pawlowski Relays.

5. Immaculate Heart Academy — Don't expect to see this team ranked this low for long. Vacation limited their entry at the Pawlowski Relays.

6. Glen Rock — The Panthers never take dual meets seriously so don't let the loss to Passaic Tech fool you. They had good performances at Pinelands.

7. Northern Highlands — A nice early season win over Northern Valley at Demarest puts the Highlanders higher than expected.

8. Northern Valley/Demarest — The Norsewomen came back to edge Northern Highlands for second in the large schools Season Opener but 30 of their 38 points came in the weights.

9. Northern Valley /Old Tappan — The Golden Knights are young and talented as their second-place finish in the small schools Pawlowski Relays shows.

10. Pascack Valley — Despite the absence of Jackie Kasen, the Indians took third in the small school Pawlowski Relays and edged Ramsey in a dual.

11. West Milford — The Highlanders have a chance to battle Passaic Tech for the Passaic County title.

12. Wayne Valley — The Indians scored only 16 points in the Season Opener but look for them to do very well in the Northern Hills Skyline.

13. Westwood — The Cardinals are perennially one of North Jersey's best and an early season win over River Dell cements that reputation.

14. Garfield — The Boilermakers may not be as strong as in years past but still managed a fourth place in the Pawlowski Relays small schools.

15. Ramsey — The Rams may not be dead yet after a three-point loss to No. 10 PV in a dual meet.

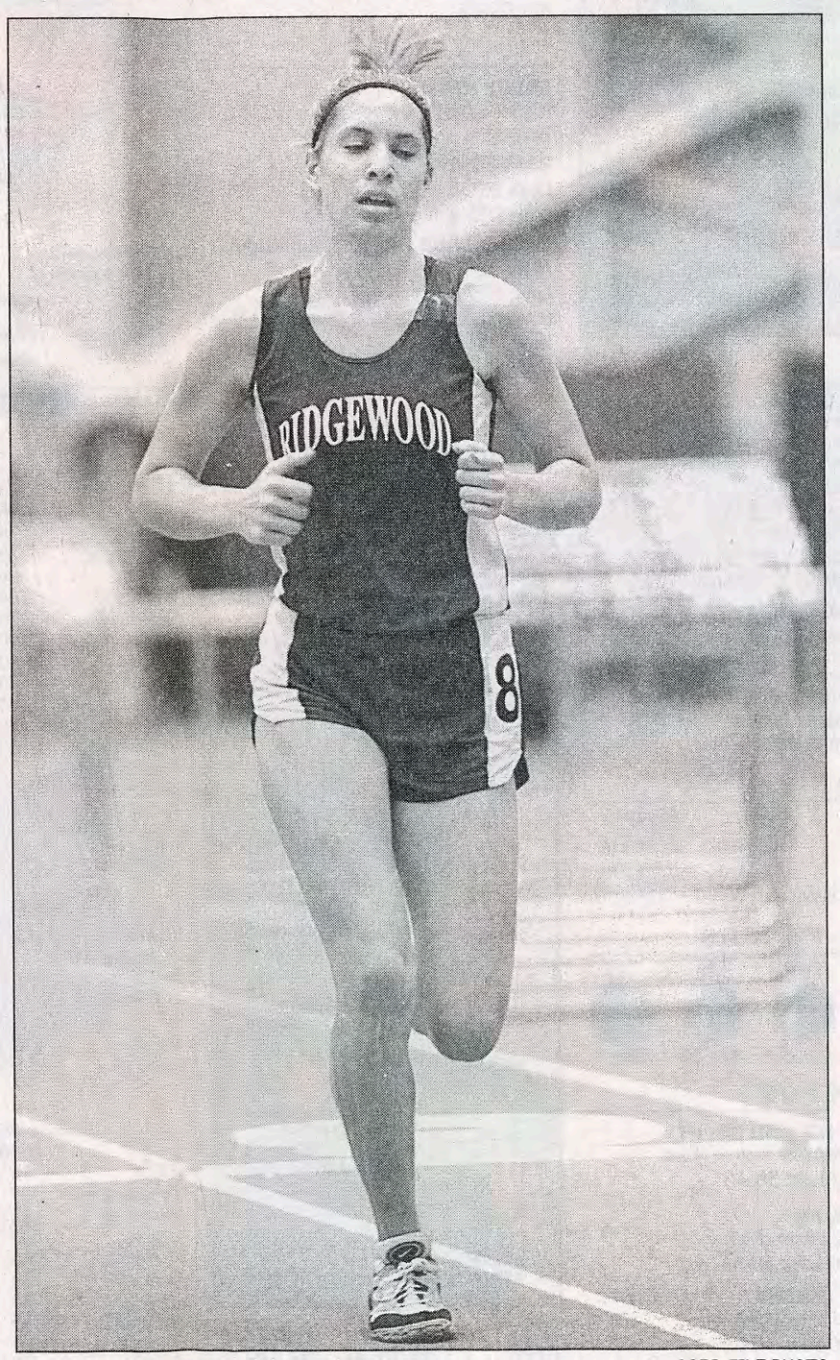
16. River Dell — A 97-45 trouncing of a solid Tenafly team in a dual meet makes this an interesting team.

17. Teaneck — Look for the Highwaywomen, fifth at the Kearny Relays, to act as the spoiler in the Group 4 Yockers Relays.

18. Hawthorne — The Bears are 8-0 and have rolled to every victory. They could be a dark horse in the Passaic County championships.

19. Bergen Tech — The Knights are one of the most improved teams in Bergen County and will give Group 4 another strong team.

20. Paramus Catholic — The Paladins have lost only to No. 2 Hackensack.


RIDGEWOOD
8

2002 BEST OF THE SEASON PERFORMANCE LIST

100 meters:
12.7 Fiocchi
12.8 McGowan
13.7 Carri
14.1 Tiernan
14.3 Birnbaum
14.5 Genova
14.7 Patel
14.7 Vetter
15.2 Rynkowski
15.3 Sill
15.3 Marcyes
15.4 Wells
15.5 Willett
15.5 Herschiet
15.5 Munthe
15.6 Romney
15.6 Highet
15.8 Schultz
16.2 Norchi
16.2 Breining
16.3 Lamothe
16.4 L.Anderson
16.5 Cody
16.5 Lettieri
16.9 Spinello
16.9 Bertocci
19.3 Hamilton

200meters:
27.2 McGowan
27.6 Fiocchi
28.3 Carri
28.5 Tiernan
29.4 Birnbaum
29.8 Borgman
29.9 Cody
31.0 Patel
31.5 Wells
31.8 Vetter
32.2 Breining
32.2 L.Anderson
32.4 Munthe
32.5 Fenzel
32.5 Romney
32.7 Willett
33.1 Sill
33.1 Genova
33.4 Rodgers
33.6 Divita
33.7 Highet
34.7 Marcyes
35.2 Norchi
36.0 Spinello

400meters:
61.5 Nowakowski
63.2 Fiocchi
64.6 Palacios
67.1 Tiernan
67.9 Patel
70.3 Wells
72.3 Carri

800meters:
2:23.6 Nowakowski
2:26.00 Terrin
2:32.0 Wells
2:34.5 Mercer
2:45.5 Dunn
2:48.5 Behan
2:49.5 Rubinoff
2:58.1 McDonagh
3:06.0 Park
3:11.5 Divita

1600meter:
5:06.48 Nowakowski
5:20.08 Terrin
5:40.0 O'Connell
5:59.0 Mangam
6:00.1 Dunn
6:04.9 Rubinoff
6:07.3 Foresman
6:08.0 Burns
6:11.8 Behan
6:27.8 McDonagh
6:48.1 Park

3200meter:
11:16.4 Nowakowski
11:59.46 O'Connell
12:56.6 Burns
13:08.6 Foresman
13:14.6 Terrin
13:24.1 Rubinoff
13:35.4 Lynch
13:50.9 Mangam
14:04.5 McDonagh
15:50.9 Park

100m Hurdles:
16.3 O'Neill
17.4 Borgman
18.1 Rooke
18.2 Nash
19.8 Sill
20.8 Rodgers
22.2 Rynkowski

400m Hurdles:
74.0 O'Neill
74.7 Rooke
79.0 Nash
81.5 Sill
81.7 Palacios
82.3 Rynkowski
83.8 Rodgers

Long Jump:
17' 0.5" Fiocchi
16' 0.75 McGowan
15'11" O'Neill
12' 7" O'Connell
12' 4.75" Patel
11' 3.5" Palaciosis
11' 2" Nash
9'10" Birnbaum

High Jump:
5' 4" M.Anderson
5' 0" Hyslop
4' 8" Divita
4' 4" Cody

Triple Jump:
36'11.75" McGowan
30' 6.5" Hyslop
30' 4.5" Rooke
29' 7" Nash
29' 6' Patel
25' 2" Birnbaum
24' 0" Fenzel

Pole Vault:
9' 0" Fiocchi
8' 0" O'Neill
8' 0" Borgman
7' 0" Romney

Shot Put:
32' 2.5" Masterson
26' 6" Espenak
24' 3" Bigos
21'10" Delicate
17' 9" Rubinoff
14'11" Marcyes

Discus:
96' 4" Masterson
81' 1" Espenak
63' 2" Bigos
57' 9" Delicate
37' 7" Marcyes

Javelin:
85' 2" Rooke
81' 2" Espenak
77' 9" Mangam
46'10" L.Bigos
42' 4" Delicate

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
12.7	Cait Fiocchi	2002
12.8	Judy Davis	1980
12.8	Trish Fogarty	1981
12.8	Trish McGowan	2002
12.9	Melissa Gilbert	1992
12.9	Kate Brunner	1995
12.9	Helena Lamothe	1998&99

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
27.2	Cait Fiocchi	2001
27.25	Helena Lamothe	1999

400 METER DASH

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

400 m. RELAY SPLITS

55.7	Ginny Figlar	1988
57.1	Lynne Collazo	1989
57.4	Melissa Gilbert	1993
58.0	Marci Capitani	1985
58.0	Margaret Scutro	1984
58.1	Kerri Reilly	1988
58.3	Jennifer McDermott	1989
58.8	Katherine Zucaro	2000
58.9	Mary Ellen Mileski	1983
59.1*	Kandie Latham	1974
59.5	Lynn Degelman	1985

800 METER RUN

2:10.9	Margaret Scutro	1985
2:12.1	Patti Mileski	1982
2:13.8	Lynn Collazo	1988
2:13.9	Mary Ellen Mileski	1983
2:17.0	Jean Hughes	1987
2:17.7*	Kandie Latham	1975
2:17.77	Liz Figlar	1990
2:17.8	Stephanie Doyle	1995
2:18.0	Norine D'Arcy	1987
2:18.13	Meg McDermott	1998
2:19.2	Beth Pringle	1982
2:19.2	Jennifer Zucaro	2000

1500 METER RUN

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

1600 METER RUN

4:46.4	Margaret Scutro	1985
4:54.8*	Patti Mileski	1983
5:01.2*	Mary Ellen Mileski	1980
5:02.0	Jenna Rogers	1984
5:03.4	Jean Hughes	1988
5:04.28	Clair Nowakowski	2001
5:05.5	Beth Pringle	1983
5:04.69	Eileen Fitzgerald	1990
5:05.6	Norine D'Arcy	1987
5:06.2	Jennifer Hughes	1988
5:06.63	Stephanie Doyle	1996

3000 METER RUN

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

3200 METER RUN

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

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
16.3	Courtney O'Neill	2002
16.5	Liz Ross	1984&85
16.6	Monica Richter	1982
16.7	Linn Degelmann	1988
16.9	Melissa Masterson	1995

400 METER HURDLES

63.5	Lynne Collazo	1989
63.7	Lynn Degelmann	1987
63.82	Liz Ross	1985
64.93	Renee Pavelski	1993
65.92	Katherine Zucaro	2001
66.6	Jeanne McGuire	1985
67.0	Claire Blaney	1993
67.1	Marli Klar	1995
67.1	Meg McDermott	1998
67.2	Amy Smith	1996
67.4	Christina Valez	1986
67.5	Lisa Waters	1984&85
67.8	Ana Law	1999

POLE VAULT

9' 0"	Cait Fiocchi	2002
8' 6"	Meredith Harris	2000
8' 0"	Courtney O'Neill	2002
8' 0"	Evann Borgman	2002
7' 0"	Devon Wardell	2002
7' 0"	Carolyn Romney	2002

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"i	Tammy Rayevich	1988
36' 2"	Shayna Brown	1997
35' 8 3/4"	Alfreda Eldridge	1989
34'10"	Jess Sokolik	1996
34' 9"	Kristina Schwehm	2000
33' 4"	Jessica Berg	1980
32' 7"	Janet Sauerman	1980
32' 6 1/2"i	Ellen Barkenbush	1986
32' 2 ½"	Tara Mastereon	2001&02
31' 9 3/4"	Michele Wilson	1998

HIGH JUMP

5' 9"	Becky Deetz	1975&76
5' 5"	Renee Pavelski	1992
5' 4"	Kathy Granata	1982
5'4"	Meg Anderson	2002
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
17' 0"	Cait Fiocchi	2002
16'9 1/2"	Tonia Clarke	1995
16' 9"	Shannon McGarrigle	1992
16' 9"	Alisa Vetter	2001
16' 7"	Helena Lamothe	1999
16'6 1/2"	Racquel Mair	1989
16' 5"	Kathy Granata	1983
16'3 1/2"	Emilie Chang	1992
16' 3"	Jen Wrubel	1988
16' 3"	Marli Klar	1995

TRIPLE JUMP

39'101/2"i	JenniferMcDermott	1989
36'11 3/4"	Trish McGowan	2002
36' 3 1/2"	Kathy Granata	1983
35' 6 ½"	Ana Law	1999
35' 4"	Helena Lamothe	1999
35' 2 1/4"	Becky Deetz	1976
35' 1/4"	VanessaMcDermott	1995
34'111/2"	Deecy Porro	1978
34'11 ½"	Alisa Vetter	2001
34' 7 1/4"	Tonia Clarke	1995
34' 5"	ShannonMcGarrigle	1994
34' 4 1/2"	Jen Wrubel	1988

RIDGEWOOD HIGH SCHOOL INDIVIDUAL GIRL'S TRACK AND FIELD RECORDS

EVENT	RECORD	PERFORMER	DATE	PLACE
100 meter dash	12.3	Jennifer McDermott	1989	Wayne Hills HS, NJ
200 meter dash	25.4	Jennifer McDermott	1988	Williamsport, PA
400 meter dash	56.1	Ginny Figlar	1988	Wayne Hills HS, NJ
800 meter run	2:10.9	Margaret Scutro	1985	Tenafly, NJ
1500 meter run	4:26.25	Margaret Scutro	1985	Uniondale, LI, NY
1600 meter run	4:46.4	Margaret Scutro	1985	South Plainfield, NJ
3000 meter run	9:58.15	Jenna Rogers	1994	Raleigh, NC
3200 meter run	10:33.9	Jenna Rogers	1994	Tenafly, NJ
100 meter hurdles	15.0	Sheryl van der Schyff	1988	Tenafly, NJ
400 meter hurdles	63.5	Lynne Collazo	1989	Ridgewood HS, NJ
Shot Put	38' 6 3/4"	Lisa Glidewell	1980	Tenafly, NJ
Javelin	128' 4"	Tammy Rayevich	1988	South Plainfield, NJ
Discus	123' 3"	Jess Sokolik	1997	Bernardsville HS,NJ
Triple Jump	39'10 1/2"i	Jennifer McDermott	1989	Annapolis, MD
High Jump	5' 9"	Becky Deetz	1975	Holmdale HS, NJ
Long Jump	19' 4"	Jennifer McDermott	1989	South Plainfield, NJ
Pole Vault	9'	Caitlyn Fiocchi	2002	Clifton Track, NJ
Heptathlon	4011	Renee Pavelski	1993	Spokane, WA
1 mile walk	9:49.3	Anja Kannengieser	1983	Hackensack, NJ
Marathon	3hr 32min	Klara Grape	1977	Shore Marathon

RIDGEWOOD HIGH SCHOOL
GIRL'S TRACK AND FIELD RELAY RECORDS

EVENT	RECORD	PERFORMERS	DATE & PLACE
TRACK RELAYS			
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
3 PERSON FIELD RELAYS			
Shot Put Relay 8#	106' 9 1/2"	Glidewell/Sauerman/Slawek	1979 Rutherford, NJ
Discus Relay	305' 2"	Glidewell/MIles/Sauerman	1980 New Milford HS, NJ
Javelin Relay	284' 1"	Blaney/Chang/Holcomb	1992 Tenafly, NJ
High Jump Relay	15' 7 1/2"	DuFlon/B.Granata/Deetz	1975 Monmouth College, NJ
Long Jump Relay	47' 1/2"	Porro/Smith/O'Rourke	1979 New Milford HS, NJ
Triple Jump Relay	102' 9"	Lamothe/Law/Melli	1999 Ridgewood, NJ
2 PERSON FIELD RELAYS			
Shot Put Relay 4kg	66' 3"i	Rayevich/Eldridge	1988 Jadwin, Princeton, NJ
Discus Relay	211' 2"	Rayevich/Eldridge	1988 Kearney, NJ
Javelin Relay	203' 7"	Lipson,Chang	1993 Ridgewood HS, NJ
High Jump Relay	10'	Richter/Roeske	1981 ParamusCatholicHS, NJ
Long Jump Relay	31' 9"	Wubell/McDermott	1988 BergenCC, Paramus,NJ
Triple Jump Relay	69' 4 ½"	Law/Lamothe	1999 Engelwood, NJ
Pole Vault Relay	15' 6"	Fiocchi/Borgman	2001 Engelwood, NJ

NEW JERSEY OUTDOOR GIRLS INTERSCHOLASTIC TRACK & FIELD RECORDS

(These are not meet record, but overall state records)

EVENT	NAME	SCHOOL	MARK	YEAR
100m	WENDY VEREEN	TRENTON	11.3h	1982
100m (AT)	MICHELE GLOVER	WILLINGBORO	10.42	1982
200m	WENDY VEREEN	TRENTON	23.0h	1983
200m (AT)	WENDY VEREEN	TRENTON	22.99	1983
400 METER	MILKE BARBER	MONTCLAIR	52.56	1998
800 METERS	JOETTA CLARK	COLUMBIA	2:03.7h	1979
1500 METER	MICHELLE ROWAN	WASHINGTON TWP.	4:20.05	1982
MILE	ERIN DONOHUE	HADDONFIELD	4:42.96	2001
3K	MEG WALDRON	BERNARDS	9:33.2h	1987
3200	MICHELLE ROWEN	WASHINGTON TWP.	10:12.8h	1983
2 MILE	MONAL CHOKSHI	BRIDGEWATER WEST	10:40.30	1991
100 H	DAWN BOWLES	NEPTUNE	13.33	1977
300 IH	EUSHEKA BARTLEY	HIGHLAND	42.82	1982
400 IH	TAWANA WATKINS	PATTERSON KENNEDY	58.50	2000
HIGH JUMP	TATIANA SMOLIN	RANDOLPH	5'11"	1983
LONG JUMP	CAROL LEWIS	WILLINGBORO	21'4.5"	1979
TRIPLE JUMP	CARLENE CUMMINGS	ENGLEWOOD	42'2.75"	98
SHOT PUT	NICOLE SIMS	PLAINFIELD	49'2.75"	1991
DISCUS	HELENE CONNELL	JACKSON TWP.	161'11""	1977
JAVELIN	BARBARA FRIEDRICH	MANASQUAN	198'8""	1967
4X100		MONTCLAIR	45.50	1998
4X200		FRANKLIN	1:38.42	2001
4X400		MONTCLAIR	3:41.03	1998
4X800		COLUMBIA	8:54.88	1997
4 X MILE		RIDGEWOOD	20:34.4h	1983
SMR (MILE)		COLUMBIA	3:57.0h	1980
DMR (4K)		COLUMBIA	11:48.04	1997
SHR		EDGEWOOD	59.00	1999

ALL-LEAGUE GIRLS TRACK

NNJIL DIVISION A

FIRST TEAM

100 – Jennifer Whitelock, Montclair
200 – Jennifer Whitelock, Montclair
400 – Camelia Watson, Montclair
800 – Clair Nowakowski, Ridgewood
1,600 – Clair Nowakowski, Ridgewood
3,200 – Clair Nowakowski, Ridgewood
100 HH – Jennifer Whitelock, Montclair
400 IH – Lajuan Samuels, Montclair
1600 Relay – Montclair (Samuels, Watson, Knox, Rislin)
SP – Tara Masterson, Ridgewood
Jav – Gwendolyn Moore, Teaneck
Disc – Amina Robinson, Teaneck
LJ – Cait Fiocchi, Ridgewood
HJ – Meghan O'Brien, Montclair
TJ – Trisha McGowan, Ridgewood
PV – Evan Borgman, Ridgewood

SECOND TEAM

100 – Jennifer Andujar, Teaneck
200 – Sophia Wallace, Montclair
400 – Jennifer Andujar, Teaneck
800 – Emily Terrin, Ridgewood
1,600 – Katherine Brown, Paramus
3,200 – Ellen Davis, Montclair
100 HH – Kayla Crawley, Montclair
400 IH – Ashley Steward, Teaneck
1600 Relay – Teaneck
SP – Kalish LaBlanc, Montclair
Jav – Yolena Michaud, Teaneck
Disc – Tara Masterson, Ridgewood
LJ – Trisha McGowan, Ridgewood
HJ – Megan Anderson, Ridgewood
TJ – Christine Jones, Teaneck
PV – Courtney O'Neill, Ridgewood

HONORABLE MENTION

Courtney O'Neil, Ridgewood; Danielle Brewer, Teaneck; Carol Ann Bullen, Paramus; Megan Williams, Nutley; Elizabeth Poris, Montclair; Cenique Bell, Barringer; Maeve Lopreiato, Belleville.

NNJIL DIVISION B

FIRST TEAM

100 -Kimisha Hughes, Eastside
200 - Kimisha Hughes, Eastside
400 – Kimisha Hughes, Eastside
800 – Nicole Krzysik, Clifton
1,600 – Erin Kubarewicz, Bloomfield
3,200 – Shaneika Bernard, Hackensack
100 HH – Elizabeth Bakarich, Clifton
400 IH – Julie Burrell, Hackensack
1600 Relay – Hackensack (McVey, Serpa, Burrell, Thomas)
SP – Eje Ophori, Bloomfield
Jav – Stephanie Petine, Bloomfield
Disc – Monique Mighty, Hackensack
LJ – Tanayah Bruce, Hackensack
HJ – Serika Thomas, Hackensack
TJ – Kimisha Hughes, Eastside
PV – Lauren Dutch, Clifton

SECOND TEAM

100 – Tanayah Bruce, Hackensack
200 – Cristin Steins, Bloomfield
400 – Tina Lindsay, Eastside
800 – Zainab Hanif, Hackensack
1,600 – Shanieka Bernard, Hackensack
3,200 – Claudine McGuire, Hackensack
100 HH – Jamie Juliano, Bloomfield
400 IH – Brittania Frazier, Hackensack
1600 Relay – Bloomfield
SP – Shaniek Easley, Hackensack
Jav – Tina Lindsay, Eastside
Disc – Shaniek Easley, Hackensack
LJ – Tara McVey, Hackensack
HJ – Danielle Holmes, Hackensack; Chelsea Townes, Hackensack
TJ – Danielle Holmes, Hackensack
PV – Nicole Zarek, Clifton

HONORABLE MENTION

Chelsea Townes, Hackensack; Kaity Rodriguez, Clifton; Nikeena Thomas, Kennedy; Latonya Frizzelle, Bloomfield; Nakima Monroe, Eastside; Yanirda Mejia, Passaic.

NNJIL DIVISION C

FIRST TEAM

100 – Kristin Cubicciotti, IHA
200 – Tarashon Broomes, Par. Cath.
400 – Tarashon Broomes, Par. Cath.
800 – Erin Kalman, IHA
1,600 – Caitlyn Smyth, IHA
3,200 – Theresa Hearn, IHA
100 HH – Caitlin Giblin, IHA
400 IH – Francesca Fonti, IHA
1600 Relay – IHA (Orrico, Giblin, Napolitano, Williams)
SP – Alaina Ramsey, Paramus Cath.
Jav – Jennifer Hodges, IHA
Disc – Alaina Ramsey, Paramus Cath.
LJ – Nia Harmon, Paramus Cath.
HJ – Lynsey Boggess, IHA
TJ – Cheryl Simmons, Paramus Cath.
PV – Ali Kearns, Holy Angels

SECOND TEAM

100 – Caitlin Colesanti, Holy Angels
200 – Kristen Cubicciotti, IHA
400 – Sarah Giblin, IHA
800 – Venessa Dobney, Paramus Cath.
1,600 – Lisa Sinkovitz, IHA
3,200 – Katie Fry, IHA
100 HH – Lauren Pfisterer, IHA
400 IH – Caitlin Giblin, IHA
1600 Relay – Paramus Cath.
SP – Jennifer Hodges, IHA
Jav – Audrey O'Donnell, IHA
Disc – Jennifer Hodges, IHA
LJ – Diana Orrico, IHA
HJ – Emily Battersby, IHA
TJ – Kristen Cubicciotti, IHA

HONORABLE MENTION

Elizabeth Bennett, Holy Angels; Jen Laugan, IHA Academy; Venessa Dobney, Paramus Cath..

BCSL AMERICAN

FIRST TEAM

100 – Anike Ormongunje, Qn. of Peace
200 – Anike Ormogunje, Qn. of Peace
400 – Janine Davis, Queen of Peace
800 – Janine Davis, Queen of Peace
1,600 – Julia Emanuel, Tenafly
3,200 – Julia Emanuel, Tenafly
100 HH – Juliann Wiggins, River Dell
400 IH – Jessica Thomas, Westwood;
1,600 relay – River Dell, (Jen Trass, Abby Beutel, Megan Clarke, Teisha Ruggiero)
LJ – Celine Patel, Rutherford
TJ – Sheena Strachan, Englewood
HJ – Mary Grace Cahill, Rutherford
PV – Sophie Caparelli, Dumont
Disc – Danica Miller, Rutherford
Jav – Danica Miller, Rutherford
SP – Danica Miller, Rutherford
All-Around – Denise Scarfi, Westwood
COACH OF THE YEAR – Mike Urso, River Dell

SECOND TEAM

100 – Cheryl Anscombe, Westwood
200 – Cheryl Anscombe, Westwood
400 – Anika Ackerman, River Dell
800 – Julia Emanuel, Tenafly
1,600 – Briana Bayersdorfer, River Dell
3,200 – Felicia Chevalier, Dumont
100 HH – Rada Charussilapa, River Dell
400 IH – Jessie Seidler, River Dell
1,600 relay – Englewood
LJ – Stephanie Roegner, Westwood
TJ – Ellen Rienzi, Rutherford
HJ – Rada Charussilapa, River Dell
PV – Joscelyn Korzelius, Dumont
Disc – Lauren Haak, River Dell
Jav – Jessica Hatton, Ridgefield Park
SP – Stephanie Roegner, Westwood
All-Around – Ellen Rienzi, Rutherford

HONORABLE MENTION

100 – Mimi Adjekum, Ridgefield Park; Amrg Augustynowicz, Rutherford; Abby Beutel, River Dell; Sheena Strachan, Brandi Lewis, Adenike Gbadamosi, Englewood; 200 – Anika Ackerman, Abby Beutel, River Dell; Marg Augustynowicz, Rutherford; Mimi Adjekum, Ridgefield Park; Jackie Tiedens, Dumont; Brandi Lewis, Englewood; 400 – Jessica Thomas, Westwood; Jessie Seidler, River Dell; Blair Lippman, Tenafly; Jessica Villalba, Ridgefield Park; 800 – Denise Scarfi, Katie D'Aco, Westwood; Julia Sisti, River Dell; Amanda Earle, Rutherford; Yasminda Dunson, Englewood; Sue Geiseman, Dumont; 1600 – Felicia Chevalier, Dumont; Julia Sisti, River Dell; Katie D'Aco, Westwood, Sarah Adelson, Tenafly; Rachel Cirone, Fort Lee; 3200 – Sarah Adelson, Alice Matsumoto, Tenafly; Katie D'Aco, Westwood; Briana Bayersdorfer, River Dell; 100 HH – Kristen Livesey, River Dell; Jessa Bembridge, Dumont; Joyce Rosenbaum, Laure Maresca, Tenafly;
400 IH – Teisha Ruggiero, River Dell; Laurel Maresca, Tenafly; Emillie Saintus, Queen of Peace; Caitlin Gearity, Rutherford; 4x100 RELAY – Westwood; Dumont; Tenafly; Rutherford; LJ – Jackie Tiedens, Dumont; Sheena Strachan, Englewood; Marg Augustynowicz, Rutherford; Jen Trass, Karly McIlwain, River Dell; Joyce Rosenbaum, Tenafly; TP – Denise Scarfi, Westwood; Joyce Rosenbaum, Tenafly; Celine Patel, Rutherford; Karly McIlwain, River Dell; Katie Caspare, Dumont; HJ – Celine Patel, Rutherford; Erika Koop, Robin Zuckerman, Ridgefield Park; Sarah Stanley Ayre, Tenafly; PV – Jessica Hatton, Diane Zambrano, Ridgefield Park; Joyce Rosenbaum, Alyssa Park, Tenafly; Katie Caspare, Dumont; Maria DeFazio, Rutherford; DISC – Bridget Kenny, Ridgefield Park; Stephanie Roegner, Westwood; Jessica Seifarth, Cliffside Park; Jenn Verhoof, River Dell; JAV – Ellen Rienzi, Gina Forte, Rutherford; Quinesha Herndon, Englewood; Allison Lach, Westwood; SP – Lauren Haak, River Dell; Jessica Seifarth, Cliffside Park; Bridget Kenny, Ridgefield Park; Allison Lach, Westwood; ALL-AROUND – Joyce Rosenbaum, Tenafly

BCSL NATIONAL

FIRST TEAM

100 – Jennifer Cagiao, Hasbrouck Hts.
200 – Heather Nicoletti, Hasbrouck Hts.
400 – Celine Lee, North Arlington
800 – Regina Stellato, Hasbrouck Hts.
1,600 – Christine Ayubi, Hasbrouck Hts.
3,200 – Irene Rono, Lyndhurst
100 HH – Kristen Webb, North Arlington
400 IH – Regina Stellato, Hasb. Hts.
1,600 relay – Hasbrouck Hts. (Heather Nicoletti, Erica Gagliardi, Kristina Florio, Regina Stellato, Kelly DellaFave)
LJ – Judy Wong, Wood-Ridge
TJ – Charilyn Marfino, Hasbrouck Hts.
HJ – Charilyn Marfino, Hasbrouck Hts.
Disc – Lindsey Renna, Hasbrouck Hts.
Jav – Courtney Reggo, Ridgefield
SP – Lindsey Renna, Hasbrouck Hts.

SECOND TEAM

100 – Kim Hykey, Lyndhurst
200 – Jennifer Cagiao, Hasbrouck Hts.
400 – Heather Nicoletti, Hasbrouck Hts.
800 – Kelly DellaFave, Hasbrouck Hts.
1,600 – Kelly DellaFave, Hasbrouck Hts.
3,200 – Christine Ayubi, Hasbrouck Hts.
100 HH – Charilyn Marfino, Hasb. Hts.
400 IH – Kelly DellaFave, Hasb. Hts.
1,600 relay – Lyndhurst (Jessica Stoveken, Jessica Fenton, Heather Stoveken, Diana Zarillo, Hykey, Asli Kaplan)
LJ – Mallory Woods, Hasbrouck Hts.
TJ – Emmeny Beadle, Hasbrouck Hts.
HJ – Shannon Kozibroda, Wood-Ridge
HJ – Emmeny Beadle, Hasbrouck Hts.
Disc – Nadia SenMartin, Wood-Ridge
Jav – Loretta Fitzgibbons, Hasb. Hts.
SP – Deanna Wolowitz, North Arlington

HONORABLE MENTION

100 – Nicole Cortese, Lyndhurst; **200** – Kim Hykey, Lyndhurst; **400** – Kim Hykey, Lyndhurst; **800** – Loretta Fitzgibbons, Hasbrouck Hts.; **1,600** – Stephanie Sinclair, Ridgefield; **3,200** – Loretta Fitzgibbons, Hasbrouck Hts.; **100 HH** – Nicole DeSimone, Hasbrouck Hts.; **100 HH** – Hayley McClean, Hasbrouck Hts.; **400 IH** – Kristen Webb, North Arlington; **1,600 relay** – Ridgefield (Amanda Lavesty, Nora Hanna, Sinclair, Allison Sinclair); **LJ** – Mackenzie Woods, Hasbrouck Hts.; **TJ** – Regina Stellato, Hasbrouck Hts.; **Disc** – Nikki Lowenstein, Lyndhurst; **Jav** – Allison Gino, North Arlington; **SP** – Nikki Lowenstein, Lyndhurst

BCSL OLYMPIC

FIRST TEAM

100 – Elizabeth Luke, Bergen Tech
100 – Kim Heron, Bogota
200 – Kim Heron, Bogota
400 – Kim Heron, Bogota
800 – Lauren Fowler, Bergen Tech
1,600 – Linda Ndregioni, Cresskill
3,200 – Linda Ndregioni, Cresskill
100 HH – Dagmara Podwyzsynska, Bergen Tech
400 IH – Alison Desir, Dwight-Engle.
1,600 relay – Bergen Tech (Stephanie Johnson, Alexandra Moga, Danielle Devietian, Lauren Fowler)
LJ – Jen Barthelemy, Bogota
TJ – Jen Barthelemy, Bogota
HJ – Jen Barthelemy, Bogota
Disc – Tiffany Phoenix, Cresskill
JV – Beverly Gross, Bergen Tech
SP – Alyssa Koob, New Milford

SECOND TEAM

200 – Cory Mitchell, Leonia
400 – Stephanie Johnson, Bergen Tech
800 – Linda Ndregioni, Cresskill
1,600 – Lauren Fowler, Bergen Tech
3,200 – Joanna Fuentes, Palisades Park
100 HH – Jen Barthelemy, Bogota
100 HH – Valerie Durollari, Leonia
400 IH – Jenn Leahy, Cresskill
1,600 relay – Dwight-Englewood (Erica Bergman, Nikta Dyer, Maleria Squiteri, Alison Desir)
LJ – Elizabeth Luke, Bergen Tech
TJ – Alexandra Moga, Bergen Tech
HJ – Erica Bergman, Dwight-Engle.
Disc – Alyssa Koob, New Milford
JV – Tatiana Ciccone, New Milford
SP – Tiffany Phoenix, Cresskill

HONORABLE MENTION

100 – Corey Mitchell, Leonia; **200** – Elizabeth Luke, Bergen Tech; **400** – Alison Desir, Dwight-Englewood; **800** – Jenn Leahy, Cresskill; **1,600** – Keyla Herrera, Palisades Park; **3,200** – Jenn Loaiza, Palisades Park; **400 HH** – Dagmara Podwyzsynska, Bergen Tech; **1,600 relay** – Leonia (Dana Smirnova, Valerie Durdlari, Claudia Albanese, Lilly Bracero); **LJ** – Erica Bergman, Dwight-Englewood; **TJ** – Dagmara Podwyzsywska, Bergen Tech; **HJ** – Jenn Leahy, Cresskill; **Disc** – Tatiana Ciccone, New Milford; **JV** – Daiana Sita, New Milford; **SP** – Tatiana Ciccone, New Milford.

NBIL DIVISION 1

FIRST TEAM

100 – Jessica Perkel, NV/Old Tappan
200 – Jessica Perkel, NV/Old Tappan
400 – Elina Ploskin, Fair Lawn
800 – Rachel Abramson, NV/Demarest
1,600 – Andrea Rovegno, Ramapo
3,200 – Sari Weissbard, Fair Lawn
100 HH – Stacy Smith, NV/Old Tappan
400 IH – Lisa Corey, NV/Demarest
1,600 relay – NV/Old Tappan (Catherine Nathans, Andrea Cerbie, Allison Eckmayer, Ann Marie Redmond, Jessica Parkel)
LJ – Natalya Budnyatsky, Fair Lawn
TJ – Lisa Corey, NV/Demarest
HJ – Shannon Spafford, NV/Old Tappan
PV – Rony Weisman, Fair Lawn
Disc – Jessica Fazekas, NV/Demarest
Jav – Daian Pucurs, NV/Demarest
SP – Kelly Fazekas, NV/Demarest

SECOND TEAM

100 – Lauren Michel, NV/Demarest
200 – Kymm Silversey, Fair Lawn
400 – Erom Gross, Ramapo
800 – Ashley Bakelman, Wayne Hills
1,600 – Sari Weissbard, Fair Lawn
3,200 – Taylor Lebovich, NV/Old Tappan
100 HH – Jean Marie Pinto, Wayne Hills
400 IH – Catherine Nathans, NV/OT
1,600 relay – NV/Demarest (Lauren Michel, Jaime LaFauci, Courtney Markert, Rachel Abramson)
LJ – Lauren Fass, NV/Demarest
LJ – Lauren Kriftner, Wayne Hills
TJ – Sanjae Vanriel, Bergenfield
HJ – Stephanie Abbatiello, Bergenfield
PV – Katie Burnabeo, Fair Lawn
Disc – Kelly Fazekas, NV/Demarest
Jav – Kelly Fazekas, NV/Demarest
SP – Jessica Fazekas, NV/Demarest

HONORABLE MENTION

Elethia Graham and Christina Bellottie, Bergenfield; Pam Papaetrou and Virginia Westervelt, NV/Demarest; Sarah Ocasio and Lauren Carballo-, NV/Old Tappan; Amanda Walker and Jillian Konarski, Wayne Hills; Jen Orthman and Liz Hanley, Ramapo; Daphne Aronovits and Loren Moskovich, Fair Lawn.

NBIL DIVISION 2

FIRST TEAM

100 – Elena Minuto, No. Highlands
200 – Laura Lynch, Indian Hills
400 – Hailey Coonrad, Ramsey
800 – Tara Connelly, Pascack Valley
1,600 – Sarah Christensen, No. Highlands
3,200 – Erin Bauberger, Indian Hills
100 HH – Michelle Ribustello, Pasc. Valley
400 IH – Tara Connelly, Pascack Valley
1,600 relay – Pascack Valley (Michelle Ribustello, Ava Scacchetti, Erin O'Reily, Tara Connelly)
LJ – Chrissy Procopio, Indian Hills
TJ – Chrissy Procopio, Indian Hills
HJ – Catherine Henny, No. Highlands
Disc – Catherine Henny, No. Highlands
Jav – Jaclyn DeMais, Pascack Valley
SP – Catherine Henny, No. Highlands

SECOND TEAM

100 – Hailey Coonrad, Ramsey
200 – Crystin Murphy, Ramsey
400 – Elena Minuto, No. Highlands
800 – Maggie Weidner, No. Highlands
1,600 – Jill Wessels, Pascack Valley
3,200 – Sarah Christensen, No. Highlands
100 HH – Jamie Anton, Pascack Hills
400 IH – Jen Rothman, No. Highlands
1,600 relay – Northern Highlands (Alex Christensen, Alison Orrico, Jen Rothman, Sarah Christensen)
LJ – Laura Lynch, Indian Hills
TJ – Hiroko Kitajima, No. Highlands
HJ – Lia Torre, Northern Highlands
Disc – Laura Hall, Pascack Hills
Jav – Erika Connolly, Indian Hills
SP – Heather Krause, Mahwah

HONORABLE MENTION

Samantha Schwartz and Kristen Miller, Pascack Valley; Lauren Zaccone and Alyssa Durante, Mahwah; Alison Orrico and Emily Simon, Northern Highlands; Tina Triantafilidi and Danielle Kroll, Indian Hills; Alex Paslawsky and Kate Siembieda, Ramsey; Alyssa Ross and Michelle Sapoff, Pascack Hills.

B-PSL CARPENTER

FIRST TEAM

100 – Altisha Byrd, Paterson Catholic
200 – Altisha Byrd, Paterson Catholic
400 –Kim Mineo, Glen Rock
800 – Erin Henry, Glen Rock
1,600 – Danielle Patoir, Glen Rock
3,200 –Liz Saydah, Glen Rock
100 HH–Jackie Kaminski, Saddle Brook
400 IH–Ali Dykhouse, Glen Rock
1,600 relay –Glen Rock (Amanda Peraino, Molly Matanle, Mary Moore, Meg Thielke).
LJ – Jackie Kaminski, Saddle Brook
TJ–Jackie Kaminski, Saddle Brook
HJ –Lauren DeJong, Eastern Christian
Disc–Erin Krenitski, Eastern Christian
Jav – Annie Lent, Glen Rock
SP – Melissa Lisbona, Midland Park

SECOND TEAM

100 – Shannon Alston, Midland Park
200 – Jackie Kaminski, Saddle Brook
400 –Allie Wright, Saddle Brook
800 – Danielle Amato, Saddle Brook
1,600 – Audrey Bedrock, Waldwick
3,200 –Brenna O'Rourke, Glen Rock
100 HH –Alicia Lotts, Paterson Catholic
400 IH –Dana Salonia, Saddle Brook
1,600 relay –Saddle Brook (Dana Salonia, Allie Wright, Lori Stuart, Jackie Kaminski).
LJ – Betsy Van Langen, Glen Rock
TJ –Molly Matanle, Glen Rock
HJ –Kelli O'Brien-Meurer, Saddle Brook
Disc –Katherine Strelcker, Glen Rock
Jav – Allie Kelley, Saddle Brook
SP – Berry Brennan, Midland Park

HONORABLE MENTION

100 – Allie Wright, Saddle Brook; Jessica Oravetz, Waldwick; Danielle Reuter, Waldwick; Marie Greene, Glen Rock; **200** – Allie Wright, Saddle Brook; Shannon Alston, Midland Park; Danielle Reuter, Waldwick; Jessica Oravetz, Waldwick; **400** – Amanda Tinucci, Waldwick; Lori Stuart, Saddle Brook; Christina Patoir, Glen Rock; Brianne Dillon, Waldwick; **800** – Kate Brown, Waldwick; Kristin Atchison, Saddle Brook; **1,600** – Kristen Stephens, Glen Rock; Danielle Amato, Saddle Brook; Caitlin Kowalczyk, Waldwick; **3,200** – Audrey Bedrock, Waldwick; Darlene Pekaar, Saddle Brook; Caitlin Kowalczyk, Waldwick; **100 HH** – Dana Salonia, Saddle Brook; Ali Dykhouse, Glen Rock; Meg Thielke, Glen Rock; **400 IH** – Molly Matanle, Glen Rock; Christina Patoir, Glen Rock; Sheila Vaughan, Midland Park; Meghan McGarr, Waldwick; **1,600M relay** – Waldwick, Eastern Christian, Midland Park; **LJ** – Molly Matanle, Glen Rock; Meg Thielke, Glen Rock; Allie Wright, Saddle Brook; Lauren DeJong, Eastern Christian; **TJ** – Meg Thielke, Glen Rock; Ali Dykhouse, Glen Rock; Kristin Van Schepen, Eastern Christian; Sherry Atchinson, Saddle Brook; **HJ** – Kim Lindsay, Eastern Christian; Alexia Schwartz, Glen Rock; Shannon Kellinger, Saddle Brook; **Disc** – Carmella Aliano, Glen Rock; Melissa Lisbona, Midland Park; Laura Murray, Glen Rock; Kasey Ciborowski, Saddle Brook; **Jav** – Kate Tryforos, Glen Rock; Curren Mulkeen, Glen Rock; Berry Brennan, Midland Park; Silvana Panfili, Saddle Brook; **SP** – Erin Krenitski, Eastern Christian; Karen Strelcker, Glen Rock; Carmella Aliano, Glen Rock; Nicole Gerber, Saddle Brook.

B-PSL KING

FIRST TEAM

100 – Latasha Jackson, Garfield
200 – Yhounic Vassell, Passaic Tech
400 –Rosalind Cerat, Passaic Tech
800 – Brenna Rooney, Hawthorne
1,600 – Meghan Gaffney, Pomp. Lakes
3,200 –Meghan Gaffney, Pomp. Lakes
100 HH –Soniya Johnson, Passaic Tech
400 IH –Kahimah Liverman, PCT
1,600 relay –Hawthorne (Cara Cornett, Alisha Fonseca, Sherry Chen, Irina Carassco).
LJ – Latasha Jackson, Garfield
TJ –Andrea Herbert, Passaic Tech
HJ –Leslie Galamb, Pompton Lakes
Disc –Marybeth Weiss, Pompton Lakes
Jav – Whitney Verduin, Hawthorne
SP – Whitney Verduin, Hawthorne

SECOND TEAM

100 – Yhounic Vassell, Passaic Tech
200 – Latasha Jackson, Passaic Tech
400 –Kahimah Liverman, Passaic Tech
800 – Angela Oliveira, Garfield
1,600 – Cheyenne Ogletree, Garfield
3,200 –Maria Pavkovitch, Garfield
100 HH –Justyna Kret, Garfield
400 IH –Andrea Herbert, Passaic Tech
1,600 relay –Passaic Tech.
LJ – Rosalind Cerat, Passaic Tech
TJ –Andrea Herbert, Passaic Tech
HJ –Cara Cornett, Hawthorne
Disc – Agnes Kotwica, Garfield
Jav – Agnes Kotwica, Garfield
SP – Tori Glasser, Hawthorne

HONORABLE MENTION

100 – Soniya Johnson, Passaic Tech; Alicia Fonseca, Hawthorne; Brittany Brooks, Garfield; Ixa Gomez, Passaic Tech; **200** – Alicia Fonseca, Hawthorne; Jamie Mastrangelo, Pompton Lakes; Shannae Andrews, Passaic Tech; **400** – Sherry Chen, Hawthorne; Jazmine Amoruso, Garfield; Sue Guydish, Pompton Lakes; **800** – Kahimah Liverman, Passaic Tech; Liz Fisher, Pompton Lakes; Diana Fernandez, Garfield; **1,600** – Maria Daukovitch, Garfield; Kristen Varina, Hawtorne; Dawn Sweeses, Pompton Lakes; Brenna Rooney, Hawthorne; **3,200** – Kristen Varina, Hawthorne; Cheyenne Ogletree, Garfield; Liz Fisher, Pompton Lakes; Eileen Alcalde, Elmwood Park; **100 HH** – Irina Carrasco, Hawthorne; Nyree Wilson, Passaic Tech; Colleen Hayes, Hawthorne; **400 IH** – Rosalind Cerat, Passaic Tech; Lauren Psota, Hawthorne; Irina Carrasco, Hawthorne; Justyna Kret, Garfield; **1,600M relay** – Pompton Lakes, Garfield; **LJ** – Soniya Johnson, Passaic Tech; Brittany Brooks, Garfield; Shamara White, Passaic Tech; Alyson Salvacion, Lodi; **TJ** – Latasha Jackson, Garfield; Brittany Brooks, Garfield; Sarah Flieger, Pompton Lakes; **HJ** – Shannae Andrews, Passaic Tech; Alyson Salvacion, Lodi; Amy Flaker, Hawthorne; Ixa Gomez, Passaic Tech; **Disc** – Danielle Dabaghian, Garfield; Lisa Alexander, Pompton Lakes; Mina Zheng, Garfield; **Jav** – Marybeth Weiss, Pompton Lakes; Lisa Alexander, Pompton Lakes; Danielle Dabaghian, Garfield; Amy Flaker, Hawthorne; **SP** – Agnes Kotwica, Garfield; Danielle Dabaghian, Garfield; Lisa Alexander, Pompton Lakes; Marybeth Weiss, Pompton Lakes.

NORTHERN HILLS SKYLINE

FIRST TEAM

100 – Sara Volkert, Mt. St. Dominic
200 – Natisha Barnett, Clifford Scott
400 – Tiffany Clark, West Orange
800 – Shani Spence, West Orange
1,600 – Jacqui Carroll, Wayne Valley
3,200 – Jesse Mizzone, Passaic Valley
100 HH – Laura Cante, West Valley
400 IH – Kidalie Francillon, West Orange
LJ – Alicia Warren, West Orange
HJ – Tiyana Peters, West Orange
PV – Dana Edwards, West Milford
Disc – Jasmine Fonlator, Wayne Valley
Jav – Laura Vieth, Lakeland
SP – Cynthia Douglas, West Orange
All Around – Stephanie Herrick, Wayne Valley

SECOND TEAM

100 – Cara Reposa, Passaic Valley
200 – Keri Mounger, Millburn
400 – Michelle Eisenberg, West Orange
800 – Gizelle Joshua, West Orange
1,600 – Caitlin Schopp, West Milford
3,200 – Elizabeth Soigle, Millburn
100 HH – Julie Folsom, Lakeland
400 IH – LaVonne Ellerbe, Wayne Valley
LJ – Robin Haertel, Millburn
HJ – Amy Weiss, West Milford
PV – Dana Migliorino, Wayne Valley
Disc – Joanne Biango, Lakeland
Jav – Kristen Calamita, Lakeland
SP – Melissa Blitzstein, West Milford
All Around – Allison DiDomenico, Passaic Valley

NORTHERN HILLS SUBURBAN

FIRST TEAM

100 – Stacie Shivers, DePaul
200 – Monica Cepak, Villa Walsh
400 – Kelly Pirozzi, Villa Walsh
800 – Danielle Stanton, Montville
1,600 – Carolyn Heisler, Madison
3,200 – Ashley Wolf, Montville
100 HH – Nicole Donadiio, Caldwell
400 IH – Julianne Sundberg, Caldwell
1,600 relay – Montville (Danielle Stanton, Courtney Stanton, Jenny Zurawell, Meghan Morris).
LJ – Rebecca Baskinger, Butler
HJ – Christina Table, Caldwell
Disc – Katherine LeSaffre, Caldwell
Jav – Kerry O'Day, Caldwell
SP – Abigail Jones, Madison
All Around – Nikki Cassaro, Pequannock

NORTH JERSEY SPORTS

SUNDAY
ALL-COUNTY BASEBALL AND SOFTBALL

ALL-BERGEN COUNTY GIRLS TRACK

Third time's the charm

Repeat honorees Henry, Nowakowski, and Orimogunje lead the way

By PAUL SCHWARTZ
STAFF WRITER

There are six repeaters on this year's All-Bergen girls spring track team, including three – Erin Henry of Glen Rock, Clair Nowakowski of Ridgewood, and Anike Orimogunje of Queen of Peace – who were selected for the third straight spring.

Four of the team's seven seniors have been offered full or partial Division I track scholarships, including Big East signees Jessica Fazekas and Henry. Ridgewood leads the way with three individual selections, although Queen of Peace holds four of the 16 slots with Orimogunje joining Fazekas as the only two-event honorees and the Golden Griffins' relay team earning a slot.

100 and 200: ANIKE ORIMOGUNJE, Queen of Peace – A three-time all-Bergen selection in both sprints, she wrote herself into the record books twice, setting the County 100-meter record of 11.96 at the Meet of Champions and setting the 200 record of 24.3 in the County Group 2 title meet 10 days earlier. She swept the 100 and 200 at the NJCTC, BCSL American, Bergen Group 2, and State Parochial B championships, running her group-title haul to six with a year to go. She ran very well at the State Meet of Champions, placing third in both the 100 and 200.

400: JANINE DAVIS, Queen of Peace – This freshman made quite a first impression. She was undefeated locally at 400 meters, losing only in the Minuteman Games, where she ran second in 56.0, and in the State Meet of Champions, where she ran third in 55.57 seconds, the second fastest in Bergen history. She won the 400 at the BCSL American, Bergen Group 2, NJCTC, Bergen Meet of Champions, and State Parochial B meet, running slower than 57 seconds only once all year. She also won the BCSL American 800 in 2:18.7, won the Bergen freshman girls 100 in 12.2, and was second in the Bergen Meet of Champs' 200 in 25.14, the seventh-fastest time ever in that event.

800: ERIN HENRY, Glen Rock – Her achievements are almost too numerous to mention. She earned her third selection as All-Bergen in the spring, adding to her 800 honor in 2000 and selection in the 3,200 in 2001. Major titles in '02 came in the B-PSL King 800 and 3,200, the 800 and 3,200 at the Bergen Group 1 meet, the Meet of Champions 800, and the 1,600 and 3,200 in the Group 1 sectional. Then she earned her sixth and seventh State Group 1 titles by winning the 1,600 and 3,200 events, and also managed fourth in the 800. She owns a State Group 1 title in cross-country, as well as eight straight seasons of All-Bergen honors in that sport and indoor track. She also ran a leg on Glen Rock's sensational distance medley team, which finished eighth at the Penn Relays. And while her team won three straight Group 1 spring track titles, she scored 82 out of a possible 90 points. She finishes her career in the top 30 all-time in the 800, 1,600, and 3,200 runs, and next year she'll be running for Georgetown.

1,600: JULIA EMANUEL, Tenafly – It was quite a coming-out party for this junior, who was one of the most-improved runners in New Jersey this year. She won the 1,600 and 3,200 at the BCSL American meet and battled Davis in a terrific early season 800. She then tripled easily in the Bergen Group 3 championships, before choosing to run just the 3,200 at the State sectional meet to ready herself for the Bergen Meet of Champions. She was second in the sectional 3,200 but then won a five-way battle at the Bergen Meet of Champions in 5:05.44, the fastest time in the area, and 16th all-time in Bergen. She then took fifth in a difficult State Group 3 race before finishing seventh at the State Meet of Champions, in 11:15.93, the 28th-fastest race in Bergen history.

3,200: CLAIR NOWAKOWSKI, Ridgewood – Nowakowski did Henry one better in terms of All-Bergen selections, earning first-team honors in her past nine sports seasons, including 1,600 selections as both a sophomore and junior in spring track. She won the 3,000 easily at the Monmouth Invitational and then breezed through an extraordinary 800, 1,600, and 3,200 run at the NNJIL A meet, pulling off the triple in little more than 90 minutes. She then tripled again at the Bergen Group 4 meet and won the 1,600 and 3,200 at the Group 4 sectional meet to help the Maroons contend for the title. Her last race in the area came at the Bergen Meet of Champions where she was second to Emanuel in a classic race. But she chose not to run in the State group meet, because of her senior prom, leaving her 11th on the all-time 1,600 list and 24th in the 3,200. She'll run for the University of Georgia next year.

100 HH: JULIE BURRELL, Hackensack – Her personal-best performance came in a dominating win in the Bergen Meet of champions, when she sizzled to a 15.18 finals win, making her one of the top-25 performers in the event in Bergen history. Burrell settled down this year and added consistency to her occasional flashes of brilliance. She won the County Seat, and Bergen 4 titles and snapped back from a false start at the NNJIL B meet to win the intermediate hurdles title. She was third in the Group 4 sectionals to qualify for the State Group 4 meet.

400 IH: KIM MINEO, Glen Rock – It's a measure of this junior's talent and versatility that she made All-Bergen in her second-best event. She is the two-time State Meet of Champions titlist at 800 meters and has not lost an open 800 race since her freshman year. This year in the 400 hurdles, she sped to a 61.98 victory in the Bergen Meet of Champions, the third-fastest clocking in County history. She won the event at the B-PSL King, Bergen 1, Group 1 sectional, and State Group 1 championships and would have been in the seeded heat at the State Meet of Champions. She won three Group 1 State titles, bringing her total to four with a year to go, adding the 400 to her 800-400 IH double. She ranks fourth all-time in the 800 and is tied for 15th in the 400.

Shot put and discus: JESSICA FAZEKAS, NV/Demarest – Perhaps the best all-around athlete in Bergen County this year, she dominated the weights all season, except for a blip at the Penn Relays, where she missed qualifying in the discus. A repeat selection in the discus, she added a State Meet of Champions title in that event to her indoor shot put crown. She bettered her own Bergen County record in the shot twice, with a 46-7¼ throw at the Bergen Meet of Champions now the standard. She owns 10 of the top 20 performances in Bergen history in the shot, and seven of the top 20 in the discus, including her final throw of 140 feet 8 inches, a mark bettered only by 1999 teammate Jenn Flinchum, who is now at the University of Rhode Island. She became the first Bergen athlete (and only the fifth in state history) to throw a combined 300 feet in the shot, discus, and javelin in the same meet and only the second county star to win a State group shot and discus title. She also was the North Jersey Volleyball Player of the Year. She'll throw next year at Boston College.

Javelin: KELLY FAZEKAS, NV/Demarest – Jessica better not get too attached to her records, because her younger sister is poised to break them next spring. An All-Bergen selection in the shot last year, Kelly earned honors this year in what may be her third-best event. She set the Bergen County record with the newly designed javelin with a monstrous heave of 139 feet 9 inches at the Bergen Group 3 meet, a throw bettered by only two throwers with the old ijavelin. She won the javelin at the NBIL 1, Bergen Group 3, sectional Group 3, and Bergen Meet of Champions, took third in the State Group 3 and ninth in the State Meet of Champions. At the County meet, she became the sixth New Jersey girl to break 300 feet combined in one meet, throwing a County record 309-11½. She has a personal best of 44-11½ in the shot, behind only hersister Jessica in Bergen, has six of the top 20 throws all-time, and has thrown the discus 128 feet, sixth all-time in Bergen. She also had six of the eight best Bergen County throws with the new javelin this year.

High jump: LIA TORRE, Northern Highlands – Last year, her best performance in the event was a 4-6 jump and was probably Highlands' third-best jumper. This year her jump of 5-3 in the Bergen County Meet of Champions was the best in Bergen since 1998 and capped a meteoric rise to the top of Bergen high jumping. She is just the third Northern Highlands girl to make first-team All-County and the first in 14 years. She was second in the NBIL 2 meet, then won the Bergen Group 3 title before taking second at the sectional Group 3 meet. She'll attend Villanova next year.

Long jump: JEN BARTHELEMY, Bogota – Another versatile athlete who was second team in the high jump and third team in the long jump last year, she dominated the jumps locally, winning the BCSL Olympic high jump, long jump, and triple jump, and sweeping the same three events at the Bergen Group 1 meet. She won the long jump and was second in the high jump at the Group 1 sectional meet and then won the long jump and took second in the high jump at the Bergen Meet of Champions. She'll compete in track and field at Monmouth University next year.

Triple jump: TRISH MCGOWAN, Ridgewood – The triple jump finally becomes a regular event in the state program next year and look for McGowan to be a favorite to win the first-ever Group 4 State title. This year she seemed to get better in every meet, winning the NNJIL A title, and then winning Bergen Group 4 by more than a foot. She won the Bergen Meet of Champions easily before taking second in the Group 1 and 4 sectional qualifier and winning the North Jersey 1 championship. She then lost the State Meet of Champions by just a quarter-inch, jumping a personal-best 36-11¾ as she now ranks 11th all-time in Bergen jumping.

Pole vault: CAITLIN FIOCCHI, Ridgewood – The honor of being the first All-Bergen performer in the pole vault goes to the consistent Fiocchi, who was part of the All-Bergen 1,600-meter relay team last spring and was a fine long jumper this spring, finishing second in the Bergen Meet of Champions and winning the Group 4 sectional. She was second at the Monmouth Invitational with a vault of 8-6 and then cleared 8 feet in taking second in Bergen Group 4. She was second in the North Jersey 1-4 qualifying meet with a leap of 9-0, and tied for fifth in the Bergen Meet of Champions at 8-0. But her second-place finish in the North 1 Sectional vault at 9 feet and a third clearance of 9 feet at the State Meet of Champions clinched her position. She will attend James Madison University next year.

1,600 relay: QUEEN OF PEACE (Anike OrimogunJe, Janine Davis, Emilie Saintus, Tanisha Boyd, Kye'airre Cary, Amanda Murphy) – Cary is the only senior in this group, which was second at the Bergen County Group 2 Relays, ran 4:09.47, Bergen's best time at the Penn Relays, won the BCSL American title, took fourth in the NJCTC, and then ran 4:02.84, the best time in Bergen to win the Bergen Meet of Champs. They then won the State Parochial B title and ran Bergen's second-best time, 4:03.07, at the State Meet of Champions.

Coach of the Year: D.J. NIMPHIUS, Glen Rock – For the sixth time in 10 years and third year in a row, the Panthers won a State group title. In Nimiphius' 10 years as Glen Rock's head coach, the Panthers have won 10 B-PSL Divisional titles, nine Bergen group titles (including one as co-champ), eight Bergen County Relays group titles, and seven sectional titles. He's a low-key speaker in public, but a high-energy coach who has produced 19 individual State champions.

FIRST TEAM

100 - Anike Orimogunje	Queen of Peace	Junior
200 - Anike Orimogunje	Queen of Peace	Junior
400 - Janine Davis	Queen of Peace	Freshman
800 - Erin Henry	Glen Rock	Senior
1,600 - Julia Emanuel	Tenafly	Junior
3,200 - Clair Nowakowski	Ridgewood	Senior
100 HH - Julie Burrell	Hackensack	Senior
400 IH - Kim Mineo	Glen Rock	Junior
Shot put - Jessica Fazekas	NV/Demarest	Senior
Discus - Jessica Fazekas	NV/Demarest	Senior
Javelin - Kelly Fazekas	NV/Demarest	Junior
High jump - Lia Torre	Northern Highlands	Senior
Long jump - Jennifer Barthelemy	Bogota	Senior
Triple jump - Trish McGowan	Ridgewood	Junior
Pole vault - Caitlin Fiocchi	Ridgewood	Senior
4 x 400 relay - Queen of Peace	Tanisha Boyd, Jr.; Kye'airre Cary, Sr.; Janine Davis, Fr.; Amanda Murphy, Soph.; Emilie Saintus, Jr.	
Coach of the Year - D.J. Nimphius	Glen Rock	

SECOND TEAM

100 - JENNIFER ANDUJAR, Teaneck , Senior
200 - CHERYL ANSCOMBE, Westwood, Sophomore
400 - TARASHON BROOMES, Paramus Cath., Senior
800 - CAITLIN HEMMER, IHA, Sophomore
1,600 - CLAIR NOWAKOWSKI, Ridgewood, Senior
3,200 - TAYLOR LEBOVICH, NV/Old Tappan, Frosh
100 HH - JACLYN KAMINSKI, Saddle Brook, Junior
400 IH - LISA COREY, NV/Demarest, Senior
Shot put - KELLY FAZEKAS, NV/Demarest, Junior
Shot put - ELETHIA GRAHAM, Bergenfield, Senior
Discus - MONIQUE MIGHTY, Hackensack, Senior
Javelin - SHANNON SPAFFORD, NV/OT - Sophomore
High jump - JESSICA MALACRIDA, Paramus, Frosh
High jump - ALEX PASLAWSKY, Ramsey, Sophomore
Long jump - CHERYL SIMMONS, Paramus Cath. Sr.
Long jump - CAITLIN FIOCCHI, Ridgewood, Junior
Triple jump - CHRISSY PROCOPIO, Indian Hills, Sr.
Pole vault - JOYCE ROSENBAUM, Tenafly - Senior
4 x 400 relay - NV/OLD TAPPAN: ALY ECKMEYER, Soph.; CATHERINE NATHANS, Soph.; JESSICA PERKEL, Fr.; ANNIE REDMOND, Jr.; STACY SMITH, Sr.

THIRD TEAM

100 - CHERYL ANSCOMBE, Westwood, Sophomore
200 - JENNIFER CAGIAO, Hasbrouck Heights, Junior
400 - ANIKA ACKERMAN, River Dell, Sophomore
800 - TARA CONNELLY, Pascack Valley, Junior
1,600 - ANDREA ROVEGNO, Ramapo, Junior
3,200 - DANIELLE PATOIR, Glen Rock, Junior
100 HH - STACY SMITH, NV/Old Tappan, Senior
400 IH - MICHELLE RIBUSTELLO, Pascack Valley, Jr.
Discus - SHANIEK EASLEY, Hackensack, Senior
Javelin - DAINA PUCURS, NV/Demarest , Sophomore
Triple jump - CHERYL SIMMONS, Paramus Cath., Sr.
Pole vault - SOPHIA CAPPARELLI, Dumont, Junior
4 x 400 relay - NORTHERN HIGHLANDS: ALEX CHRISTIANSEN, Jr.; SARAH CHRISTIANSEN, Jr.; ELENA MINUTO, Sr.; ALISON ORRICO, Sr.; JEN ROTHMAN, Jr.

HONORABLE MENTION

100 - Latasha Jackson, Garfield; Jen Cagiao, Hasbrouck Heights; Kristen Cubicciotti, IHA; Janine Davis and Takara Wilks, Queen of Peace; Abby Beutel, River Dell; Judy Wong, Wood-Ridge;

200 - Latasha Jackson, Garfield; Heather Nicoletti, Hasbrouck Heights; Kristen Cubicciotti, IHA; Elena Minuto, Northern Highlands; Jessica Perkel, NV/Old Tappan; Tarashon Broomes, Paramus Catholic; Janine Davis, Queen of Peace; Jennifer Andujar, Teaneck;

400 - Lisa Corey, NV/Demarest; Allison Desir, Dwight-Englewood; Kim Mineo, Glen Rock; Heather Nicoletti, Hasbrouck Heights; Tahirah Williams, IHA; Elena Minuto, Northern Highlands; Jessica Perkel, NV/Old Tappan; Hailey Coonrad, Ramsey; Jennifer Andujar, Teaneck;

800- Lauren Fowler, Bergen Tech; Lisa Corey, NV/Demarest; Elina Ploskin, Fair Lawn; Kim Mineo and Danielle Patoir, Glen Rock; Janine Davis, Queen of Peace; Felicia Phiefer, Ramapo; Clair Nowakowski, Ridgewood; Julia Emanuel, Tenafly;

1,600 - Sari Weissbard, Fair Lawn; Erin Henry and Danielle Patoir, Glen Rock; Caitlin Smyth, IHA; Katie Brown, Paramus; Emily Terrin, Ridgewood; Briana Bayersdorfer, River Dell;

3,200 - Sari Weissbard, Fair Lawn; Erin Henry, Glen Rock; Claudine McGuire, Hackensack; Katie Fry and Caitlin Smyth, IHA; Carol Bullen, Paramus; Julia Emanuel, Tenafly;

100 HH - Dagmara Podwyzsynska, Bergen Tech; Lauren Fass, NV/Demarest; Lindsay May, Dumont; Molly Matanle, Glen Rock; Cherilyn Marfino, Hasbrouck Heights; Kristen Webb, North Arlington; Michelle Ribustello, Pascack Valley; Courtney O'Neill, Ridgewood; Dana Salonia, Saddle Brook; Michelle Smith, Teaneck;

400 IH - Jaime Lafauci, NV/Demarest; Allison Desir, Dwight-Englewood; Ali Dykhouse, Glen Rock; Julie Burrell, Hackensack; Caitlin Hemmer, IHA; Jen Rothman, Northern Highlands; Cat Nathans, NV/Old Tappan; Jamie Anton, Pascack Hills; Tara Connelly, Pascack Valley; Jessie Seidler, River Dell; Jessica Thomas, Westwood;

Shot put - Tiffany Phoenix, Cresskill; Monique Mighty, Hackensack; Lindsay Renna, Hasbrouck Heights; Heather Krause, Mahwah; Tatiana Ciccone and Alyssa Koob, New Milford; Catherine Henny, Northern Highlands; Alaina Ramsey, Paramus Catholic; Danica Miller, Rutherford;

Discus - Tiffany Phoenix, Cresskill; Kelly Fazekas, NV/Demarest; Lindsay Renna, Hasbrouck Heights; Jen Hodges, IHA; Alyssa Koob, New Milford; Alaina Ramsey, Paramus Catholic; Danica Miller, Rutherford; Stephanie Roegner, Westwood; Nadia San Martin, Wood-Ridge.

Javelin - Jessica Fazekas, NV/Demarest; Agnes Kotwica, Garfield; Annie Lent and Kate Tryforos, Glen Rock; Jen Hodges, IHA; Andrea Cerbie, NV/Old Tappan; Jaclyn DeMais, Pascack Valley; Courtney Reggo, Ridgefield; Allie Kelley, Saddle Brook;

High jump - Jen Barthelemy, Bogota; Erica Bergmann, Dwight-Englewood; Serika Thomas, Hackensack; Cherilyn Marfino, Hasbrouck Heights; Lynsey Boggess and Tahirah Williams, IHA; Shannon Alston, Midland Park; Catherine Henny, Northern Highlands; Shannon Spafford, NV/Old Tappan; Megan Anderson, Ridgewood; Mary Grace Cahill, Rutherford; Sarah Stanley-Ayre, Tenafly;

Long jump - Latasha Jackson, Garfield; Tanayah Bruce, Hackensack; Chrissy Procopio, Indian Hills; Jackie Kasen, Pascack Valley;

Triple jump - Jen Barthelemy, Bogota; Lisa Corey, NV/Demarest; Brittany Brooks, Garfield; Danielle Holmes, Hackensack; Emmery Beadle, Hasbrouck Heights; Danielle Kroll and Laura Lynch, Indian Hills; Jackie Kaminski, Saddle Brook;

Pole vault - Katie Caspare and Jocelyne Korzelius, Dumont; Rony Weisman, Fair Lawn; Kristen LaGreca, Mahwah; Jessica Hatton, Ridgefield Park; Evan Borgmann and Courtney O'Neill, Ridgewood; Heather Shaw, Tenafly; Jen Lonschein, Westwood;

4 x 400 relay - Northern Valley/Demarest; Glen Rock; Hasbrouck Heights; Immaculate Heart Academy; Pascack Valley; Ramsey; River Dell; Saddle Brook; Teaneck.

ANIKE ORIMOGUNJE
QUEEN OF PEACE

JANINE DAVIS
QUEEN OF PEACE

ERIN HENRY
GLEN ROCK

JULIA EMANUEL
TENAFLY

CLAIR NOWAKOWSKI
RIDGEWOOD

JULIE BURRELL
HACKENSACK

KIM MINEO
GLEN ROCK

TANISHA BOYD
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EMILIE SAINTUS
QUEEN OF PEACE

AMANDA MURPHY
QUEEN OF PEACE

KYE'AIRRE CARY
QUEEN OF PEACE

JESSICA FAZEKAS
NV/DEMAREST

KELLY FAZEKAS
NV/DEMAREST

LIA TORRE
NO. HIGHLANDS

TRISH MCGOWAN
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JENNIFER BARTHELEMY
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RIDGEWOOD
RIDGEWOOD
TRACK

RIDGEWOOD
HIGH SCHOOL
MAROONS