

RIDGEWOOD HIGH SCHOOL

SPRING TRACK AND FIELD

2002

Ridgewood High School
2002 Track and Field Team
Team and Individual Records

Ridgewood High School Track and Field Team

Seniors:

Matt Jackson
Johnnie Jones
James Norton
Chris Perez
Steve Pskowski
Trevor Reilly
Kevin Strahle
Jon Toopes
Ted Wagner

Juniors:

Greg Corcoran
Rodolfo Crispin
Colin Donnelly
Anthony Halwagy
Neal Kovach
Bernard Mann
Nick Polise
Tom Rooke
Doug Sampson
Adam Whitelaw
Chris Wolfstirn

Coaches:

Josh Saladino
Don Cooper
Ted McCrone
Torre Watson

Sophomores:

Jeff Chan
Kyle Englekin
Aaron Garfinkel
Matt Hendrickson
Tyler Insley
Christos Karoustos
Gabe Knutson
Dave Maher
John Miller
Nick Norrell
Erik Nygaard
Harry Riccairdi
Evan Yeaw
Ari Zamir

Freshmen:

Daizo Bamba
Andrew Baumgardner
Neil Campbell
Geoff Chiles
Joon Choi
Mat Flicker
Christian Jenson
Jonathon Kim
Mike LaFleur
Brian Lynch
Brian Mercer
Mike Monfred
Dave Nelson
Okechukwu Onwubu
Brian Pape
Jake Riccairdi
Ben Righthand
Harryl Smith
Scott Steinschneider
Krishan Wanchoo
Mike Weaving
Anthony Weiss

2002 Season Summary

Ridgewood	70	Teaneck	61
Ridgewood	57	Don Bosco	74
Ridgewood	101	Nutley	30
Ridgewood	45.5	Hackensack	85.5
Ridgewood	110	Barringer	21
Ridgewood	101	Belleville	30
Ridgewood	86	Paramus	45
Ridgewood	109	Montclair	22

Team Dual Meet Record: 6-2

Bergen County Relays: 3rd Place

NNJIL Division A Championship: 1st Place

Bergen County Group IV: 4th Place

State Sectionals: Tie 7th Place

NNJIL Division A Final Standings:

<u>Team:</u>	<u>Dual Record</u>	<u>Champ. Place</u>	<u>Final Points</u>
Ridgewood	6-2 (6)	1 st (7)	13 - 1 st
Teaneck	4-4 (5)	2 nd (6)	11 - Tie 2 nd
Paramus	7-1 (7)	4 th (4)	11 - Tie 2 nd
Nutley	3-5 (4)	3 rd (5)	9 - 4 th
Montclair	2-6 (3)	5 th (3)	6 - 5 th
Barringer	1-7 (2)	6 th (2)	4 - 6 th
Belleville	0-8 (1)	7 th (1)	2- 7 th

2002 Boys Track and Field Point Totals

<u>Name:</u>	<u>Dual Points:</u>	<u>Champ. Points:</u>	<u>Total Points:</u>
1. Chris Perez (12)	94	66	160
2. Rodolfo Crispin (11)	48	70	118
3. James Norton (12)	48.5	54	102.5
4. Steve Pskowski (12)	51	44	95
5. Bernard Mann (11)	47	44	91
6. Kevin Strahle (12)	45	43	88
7. Ari Zamir (10)	36	36	72
8. Greg Corcoran (11)	17.75	51	68.75
9. Gabe Knutson (10)	42.25	26	68.25
10. Harryl Smith (9)	41	26	67
11. Johnnie Jones (12)	34.75	28	62.75
12. Chris Wolfstirn (11)	19	26	45
13. Doug Sampson (11)	11.75	29	40.75
14. Erik Nygaard (10)	22	14	36
15. Dave Maher (10)	18	17	35
16. Jake Riccairdi (9)	15	17	32
17. Adam Whitelaw (11)	9.25	21	30.25
18. Ted Wagner (12)	9	19	28
18. Kyle Englekin (10)	12	16	28
20. Tom Rooke (11)	13	11	24
21. Evan Yeaw (10)	10.25	12	22.25
22. Matt Jackson (12)	12	8	20
23. Anthony Halwagy (11)	3.25	13	16.25
24. Okechukwu Onwubu (9)	2.25	11	13.25
25. Krishan Wanchoo (9)	1	9	10
26. Christian Jenson (9)	5	3	8
27. Harry Riccairdi (10)	-	3	3
28. Neal Kovach (11)	1	-	1

Top 25 All-Time Points

1. Dusty Thomas (98).....	234.00
2. Andrew Dolgin (00).....	227.50
3. Dan Cooper (99).....	205.25
4. Josh Kauke (00).....	204.00
5. Dave Warton (98).....	200.00
6. John Parisi (83).....	199.25
7. Bob Keino (93).....	189.25
8. Jim Davis (95).....	186.00
9. Steve Robinson (98).....	183.00
10. Bob Keino (94).....	181.50
10. Dan Cooper (00).....	181.50
12. Tim Geckler (89).....	174.50
13. Andrew Dolgin (99).....	173.25
14. Josh Kauke (99).....	166.25
15. John O'Neil (98).....	162.25
16. Chris Perez (02).....	160.00
17. Craig Halyard (87).....	156.50
18. J.D. Murdock (98).....	151.00
19. Doug Schultz (87).....	146.75
20. Craig Halyard (88).....	144.50
21. Tim Kelley (82).....	144.00
22. Matt Krevor (91).....	142.50
23. John Parisi (80).....	141.00
24. Ted Winfield (97).....	140.00
25. Fletcher Rosenbach (95).....	138.00

Results of the Inter-squad Scrimmage:

Fri., March 15th

5x 2 lap:

McCrones: K. Engelkin 1:55
M. Jackson 2:04
R. Crispin 1:50
C. Perez 1:43
C. Karoustos 2:35
10:07

Coopers: D. Sampson 1:52
G. Corcoran 1:52
D. Maher 1:52
H. Riccairdi 2:02
A. Zamir 1:57
**** 9:35**

Frosh 5x 1/2 lap:

McCrones: D. Bamba :25
N. Campbell :30
K. Wanchoo :23
O. Onwubu :24
H. Smith :21
**** 2:02**

Coopers: A. Baumgardner :27
D. Nelson :26
J. Riccairdi :24
C. Jenson :24
A. Weiss :27
2:08

4x 1/2 lap:

McCrones: J. Pama :29
T. Wagner :22
T. Insley :26
H. Smith :23
**** 1:40**

Coopers: E. Yeaw :26
H. Riccardi :28
N. Norrell :29
B. Mann :22
1:41

Frosh 5x 1 lap:

McCrones: K. Wanchoo :55
D. Bamba 1:01
N. Campbell 1:03
O. Onwubu :54
H. Smith :51
****4:51**

Coopers: A. Weiss :59
C. Jenson 1:04
A. Baumgardner 1:00
D. Nelson :56
J. Riccairdi :56
4:55

4x 1 lap:

McCrones: C. Karoustos 1:00
T. Insley 1:04
M. Jackson 1:01
J. Pama 1:05
4:10

Coopers: H. Riccairdi :56
A. Zamir :54
D. Maher :53
E. Yeaw 1:00
**** 3:43**

Sprinters v. Distance 4x400m:

Distance: D. Sampson :58, G. Corcoran :57, R. Crispin :58, C. Perez 1:02 **3:55**

Sprinters: T. Wagner 59, A. Whitelaw 1:05, O. Onwubu 1:06, B. Mann 1:01 **4:11**

McCrones Win !!!

In The Field:

Varisty Shot Put Competition:

1. K. Strahle	40'7"
2. C. Wolfstirn	39'9 1/2"
3. N. Kovach	38'7"
4. J. Toopes	36'3"
5. S. Amoruso	36'3"
6. M. Hendrickson	25'11"

Novice/ Frosh Shot Put Competition:

1. M. Flicker	31'6"
2. M. Weaving	29'2"
3. M. LaFleur	28'9"
4. P. Palmasano	27'2"
5. M. Monfred	26'9"
6. J. Miller	26'1"
7. G. Welikson	24'6"
8. B. Lynch	18'7"

Varsity Discus Competition:

1. K. Strahle	120'11"
2. C. Wolfstirn	111'4"
3. S. Amoruso	97'6"
4. N. Kovach	92'4"
5. J. Toopes	87'10"
6. M. Hendrickson	62'9"

Novice/ Frosh Discus Competition:

1. P. Palmasano	67'11"
2. M. Flicker	63'6"
3. J. Miller	62'10"
4. M. LaFleur	62'2"
5. M. Monfred	57'4"
6. G. Welikson	56'4"
7. M. Weaving	46'1"
8. B. Lynch	43'9"

Comments:

The team as a whole did a very impressive job competing. This meet should serve as a good starting point to see where you as individuals stand right now; and for you to recognize what you need to do in order to achieve our team goals. We will get a good test this weekend as we have two quality track teams in Demarest and Fort Lee coming to Ridgewood this Saturday. Make sure we put in a good week of mental and physical practice and start to get focused on the season.

Results from Scrimmage vs. NV/Demarest & Fort Lee Sat., March 21st - 9AM

400m IH: C. Perez 61.6, G. Corcoran 64.0, T. Wagner 68.9, S. Steinschneider 78.7

Distance Medley (1200-400-800-1600)

E. Nygaard	3:58	A. Zamir	3:55	H. Riccairdi	3:55
E. Yeaw	60	A. Halwagy	67	A. Whitelaw	67
D. Maher	2:15	D. Sampson	2:30	C. Perez	2:18
K. Englekin	5:48	M. Jackson	5:17	R. Crispin	5:09
	13:01		12:49		12:29

100m: H. Smith 12.1, A. Halwagy 12.5, O. Onwubu 13.1,
A. Weiss 13.7 D. Bamba 14.1, J. Kim 14.2

400m: J. Jones 56.3

110m HH: T. Wagner 20.2, T. Insley 24.1, S. Steinschneider 23.1

800m: A. Baumgardner 2:42, C. Karoustos 2:58, T. Reilly 2:41, N. Campbell 3:13

200m: J. Jones 24.4, H. Smith 25.9, A. Whitelaw 26.3, D. Bamba 29.5, J. Kim 29.3

4x800m:

C. Perez	2:17	E. Nygaard	2:28
G. Corcoran	2:11	D. Maher	2:14
D. Sampson	2:20	K. Englekin	2:18
M. Jackson	2:35	A. Zamir	2:22
	- 9:24		- 9:22

4x400m:

D. Sampson	59.5	E. Nygaard	65.5	C. Karoustos	77.1
G. Corcoran	57.0	D. Maher	58.7	H. Riccairdi	66.1
B. Mann	57.2	K. Englekin	59.6	A. Baumgardner	74.2
C. Perez	54.3	A. Zamir	85.9	M. Jackson	72.2
	3:47		4:30.7		4:49.4

O. Onwubu 59.1
H. Smith 65.1
A. Weiss 71.8
J. Riccairdi 68.0
4:24.0

S. Pskowski 70.3
M. Monafared 68.7
C. Wolfstirn 66.2
K. Strahle 67.0
4:32.3

High Jump:

B. Mann 6'0" H. Smith 5'6", O. Onwubu 4'10" T. Insley NH

Pole Vault: J. Riccaridi 8'6" C. Jenson NH

Weight Men:	Shot Put :	Discus:
S. Amoruso	---	97'0"
S. Pskowski	39'5 1/2"	122'7"
K. Strahle	41'4"	113'2"
G. Welikson	23'1"	61'3 1/2"
N. Kovach	36'9"	103'1 1/2"
N. Polise	27'11"	67'11"
C. Wolfstirn	39'5"	100'8"
M. Hendrickson	26'3"	64'7"
P. Palmasano	27'5"	69'4"
M. Flicker	29'2"	71'11 1/2"
M. LaFleur	27'2"	71'6"
B. Lynch	17'10"	51'8"
M. Monfared	27'4"	58'6"

Javelin: T. Wagner 134'10", A. Halwagy 128'1", A. Whitelaw 127'9"
E. Yeaw 84'8", G. Chiles 95'9"

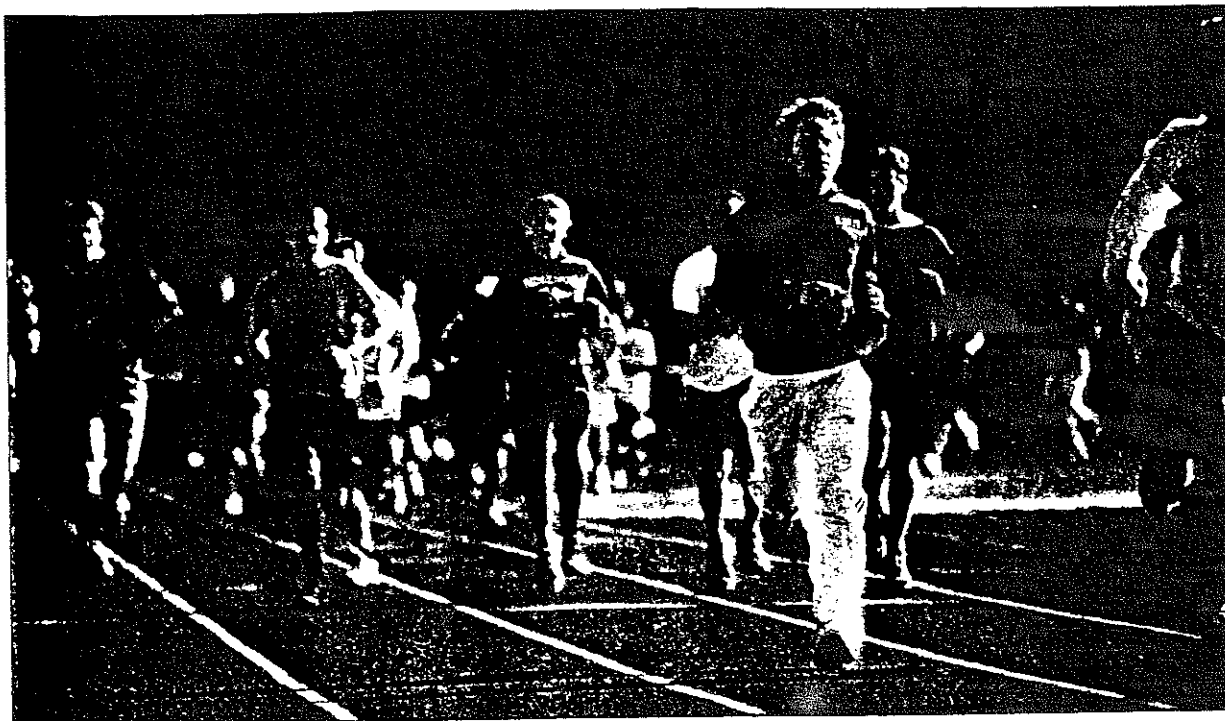
Comments: The job that you did running the meet was excellent. The team seemed to understand the organization and effort that is necessary to run an effective and efficient track meet. The performances were good - nothing more, nothing less. It was a cold and windy day for a track meet, and adjustments are necessary. Demarest and Fort Lee were also competing in the same weather, and there were areas where we are certainly better than we competed on Saturday. Overall it was a nice job.

Athletes of the Meet:

Johnnie Jones - 56.3 and 24.4 are two good early season times

All Javelin throwers competed *very* well.

NEIGHBORHOOD NEWS



GARY JUNG /STAFF PHOTOGRAPHER

The Ridgewood boys' and girls' track and field teams participating in the Run-A-Thon on Wednesday afternoon.

RHS track team runs for the money

By Michael DiBiaso
Staff Writer

RIDGEWOOD — Athletes on the Ridgewood High School track and field teams normally run for fun. On Wednesday they were running for funds.

The boys' and girls' teams raised more than \$5,000 toward the purchase of equipment and training tools by participating in a Run-A-Thon.

"We are really surprised and pleased by the effort the kids have put into this. We have done much better than we expected," said Josh Saladino, head coach of the boys' team.

Over the course of the last few weeks, members of the teams have

been collecting donations based on the number of laps they could run in a 20-minute period. For example, if a sponsor donated \$1 per lap to an athlete and the athlete ran 10 laps in 20 minutes, he or she would have earned \$10. T-shirts were awarded as prizes to the boys and girls who raised the most money and ran the most laps. The remainder of the money goes directly to the team to replace old equipment and for the purchase of items such as poles for pole-vaulters, which have to be bought to fit different-sized competitors. There are about 120 members from the two teams who will benefit from the fund-raiser. Anyone interested in further donating to the team can contact the coaches through the high school or on the Internet at

www.jacobbrown.com.

"There are a few pieces of equipment that are wearing out. We need some new hurdles and some plyometric boxes. We have also been working on the [public-address] system," said Jacob Brown, head coach of the girls' team.

Both teams open their season on April 4 with a dual home meet at the high school.

Michael DiBiaso's e-mail address is
dibiaso@northjersey.com

Run News 3/30

NORTH JERSEY TOP 20

1. Don Bosco Prep — The defending Bergen Group 4 champions have reloaded for another run at a County title.

2. Bergen Catholic — Junior Ken Sinkovitz leads a deep and well-balanced group of Crusaders in pursuit of the Ironmen.

3. Passaic — With speed on the track and strength in the field events, the Indians are a force to be reckoned with in Passaic County.

4. West Milford — With another year under their belts and a nucleus of athletes who won a cross-country sectional title in the fall, the Highlanders are set to battle for the Passaic County crown.

5. Saddle Brook — The Falcons, as always, are talented and deep with few weak spots. They will be in the thick of things among the small schools.

6. Garfield — The Boilermakers return almost completely intact from last year's Group 3 sectional champions. But the group should be a dogfight this year.

7. Glen Rock — Like Don Bosco, the Panthers don't "rebuild" from serious graduation losses. The league, County group, and State sectional champs simply "reload."

8. Hackensack — The Comets are very strong in the field with three of the top throwers in the area, but young everywhere else. Coach Ed Church is looking for big things from his sophomores and juniors.

9. River Dell — The Golden Hawks are hoping that a strong indoor season translates into a strong outdoor season.

10. Tenafly — Tigers hope to build off their league indoor title this past season.

11. Cresskill — The Cougars return all but one athlete from a team that went 9-1 last year and are looking for big things.

12. Wayne Hills — The Patriots suffered a big blow when County indoor high jump champ Bryan Wilson did not come out for the spring season. But they have only two other losses from a team that lost the Group 3 sectional by one point.

13. NV/Demarest — The Norsemen are well-stocked with seniors, especially in the distance events.

14. Teaneck — The Highwaymen are not lacking for speed on the track with the return of sprinters Adrian Durant, Mardy Charles, and Ky Scott.

15. Ridgewood — The Maroons have a host of returnees under first-year head coach Josh Saladino.

16. Dumont — The Huskies boast a strong weight team, led by second-team All-County pick Steve McGovern, but have some holes to fill among their sprinters.

17. Clifton — The Mustangs are as good as anybody on the track with sprinter Ryan Meltzer and distance runner Paul Kornaszewski, but will need to improve in the field to compete.

18. Wayne Valley — Sprinter Alonzo Meek leads a very young Indians team for first-year head coach Doug Flower.

19. Lyndhurst — The Golden Bears could find themselves in a dogfight with Cresskill, Hasbrouck Heights, and New Milford in the BCSL National/Olympic.

20. Ramsey — With strong relay teams, the Rams should make a quick start out of the box.

Rowan 3/30

BOYS TRACK AROUND THE LEAGUES

NNJIL

Expect the NNJIL Division C and likely the Bergen County Group 4 boys track title to come down to **Don Bosco Prep** and **Bergen Catholic**.

Bosco, defending league and County Group 4 champs, had little trouble filling graduation losses, led by defending County 800-meter champ Rob McKay and Jeff Sejour, a State and County runner-up in the triple jump. Bosco also features two-time County cross-country champ Peter Gerboth, and Will Van Thunen, the County runner-up in the indoor 300.

Bergen Catholic was the team of the year indoors, led by distance runner Ken Sinkovitz, who is expected to run the 400, 800, 1,600, and possibly anchor the 3,200 relay. Markus Burns is an All-County high jumper indoors who will also take long and triple jumps and run the hurdles.

Passaic is among the early favorites for the Passaic championship, led by All-County returnees Jafar Johnson (high jump) and Jamaal Richardson (shot). Distance runner Daquan Thompson, 400 runner Felix Henry, and sprinter Kanai Levister lead the way on the track.

Paced by All-County sprinter Ryan Meltzer and last year's freshman sensation distance runner Paul Kornaszewski, **Clifton** should be able to stay with any team. Keny Stoute is another multi-event standout.

This will be the swan song for **Hackensack** coach Ed Church, who was recently named athletic director at Hackensack. The Comets are young but have a strong weight team with senior Valbert Wyche (shot, discus), one of the top 10 throwers in the state, javelin thrower Lee Crusius, and 49-foot shot putter Wesley Nottingham.

tingham.

Paramus should be strong in the jumps and distance races, led by Ralph Davis (triple jump, 200, 400), Jason Endres (triple jump, high jump, 400, 800), and distance runners Rich Nebling and Sean Valdes.

Teaneck will be fielding a young team with experience in the sprints. Adrian Durant, the defending Bergen Meet of Champions 400-meter champ, leads a strong group that includes junior Ky Scott and senior Mardy Charles, members of last year's All-County 1,600-relay team with Durant.

Ridgewood features a host of returnees under first-year coach Josh Saladino, including Rodolfo Crispin, an honorable mention All-County in the 3,200, and Bernard Mann, honorable mention in the high and triple jumps.

Freshman distance runner Mohamed Khadraoui made a big splash indoors for **Kennedy**. The Knights also feature all-league hurdler Alvin Davis, distance runners Ray Paulino and Jerry Boucicaud, sprinter Nicardo Gooden, and jumper Peter John Gordon.

RIDGEWOOD VS DON BOSCO/TEANECK

4/4

Don Bosco 74 Ridgewood 57

Ridgewood 70 Teaneck 61

Long Jump:

R vs DB: 1-B. Mann, Ridgewood, 19'10". 2-T. Palumbo, DB, 19'7". 3-J. Sejour, DB, 18'11 1/2"

R vs T: 1-B. Mann, Ridgewood, 19'10". 2-R. Clarke, Tea, 19'4". 3-M. Charles, Tea, 19'2"

nonscoring: J. Jones 17'1 1/2". H. Smith 16'6". K. Wanchoo 15'8 1/2". A. Halwagy 15'7 1/2"

Ridgewood-5 Don Bosco 4. Ridgewood-5 Teaneck 4.

400 Hurdles:

R vs DB: 1-R. McKay, Don Bosco, 56.7. 2-Chris Perez, Ridgewood, 57.6. 3-Feldman, Don Bosco, 59.6.

R vs T: 1-Berete, Teaneck, 57.6. 2-Chris Perez, Ridgewood, 57.6. 3-Greg Corcoran, Ridgewood, 62.1.

T vs DB: 1-McKay, Don Bosco, 56.7. 2-Berete, Teaneck, 57.6. 3-Feldman, Don Bosco, 59.6.

nonscoring: Ted Wagner, 67.2. Scott Steinschneider, 72.2.

Ridgewood-3 Don Bosco-6. Ridgewood-4 Teaneck-5. Don Bosco-6 Teaneck-3.

100 meters:

R vs DB: 1-M. Garvin, Don Bosco, 11.5. 2-B. Toal, Don Bosco, 11.6. 3-Johnnie Jones, Ridgewood, 11.9.

R vs T: 1-A. Durant, Teaneck, 11.0. 2-A. Rosberg, Teaneck, 11.6. 3-M. Blue, Teaneck, 11.7. 3-A.

Donaldson, 11.7.

DB vs T: 1-A. Durant, Teaneck, 11.0. 2-M. Garvin, Don Bosco, 11.5. 3-B. Toal, Don Bosco, 11.6. 3-A.

Rosberg, Teaneck, 11.6.

nonscoring: H. Smith 12.2, K. Wanchoo 13.1, B. Pape 13.6, J. Kim 13.6, A. Garfinkel 14.1

J. Choi 14.0, T. Insley 14.3, D. Bamba 14.3

Ridgewood-1 Don Bosco-8. Ridgewood-0 Teaneck-9. Don Bosco-4 Teaneck-6.

1600 meters:

R vs DB: 1-Rodolfo Crispin, Ridgewood, 4:36.2. 2-F. Battersbee, Don Bosco, 4:36.3. 3-S. Swift, Don Bosco, 4:36.7.

R vs T: 1-Rodolfo Crispin, Ridgewood, 4:36.2. 2-David Maher, Ridgewood, 4:45.1. 3-Erik Nygaard, Ridgewood, 4:58.7.

T vs DB: 1-F. Battersbee, Don Bosco, 4:36.3. 2-S. Swift, Don Bosco, 4:36.7. 3-M. Sullivan, Don Bosco, 4:49.9.

nonscoring: M. Jackson 5:06, H. Riccairdi 5:12, T. Reilly 5:22, N. Norrell 5:51,

J. Chan 5:53, A. Baumgardner 5:54.

Ridgewood-5 Don Bosco-4. Ridgewood-9 Teaneck-0. Don Bosco-9 Teaneck-0.

400 meters:

R vs DB: 1-W. Vanthunen, Don Bosco, 51.6. 2-Chris Perez, Ridgewood, 52.8. 3-E. Brown, Don Bosco, 54.4.

R vs T: 1-A. Durant, Teaneck, 50.5. 2-Charles, Teaneck, 52.5. 3-Chris Perez, Ridgewood, 52.8.

T vs DB: 1-A. Durant, Teaneck, 50.5. 1-W. Vanthunen, Don Bosco, 51.6. 3-Charles, Teaneck, 52.5.

nonscoring: J. Jones 55.6, E. Yeaw 56.7, A. Halwagy 57.6, O. Onwubu 58.0, A. Whitelaw 58.9

C. Karoustos 67.3, N. Campbell 73.1

Ridgewood-3 Don Bosco-6. Ridgewood-1 Teaneck-8. Don Bosco-3 Teaneck-6.

110 Hurdles:

R vs DB: 1-A. Cozzitorto, Don Bosco, 16.9. 2-Kolodzeig, Don Bosco, 17.0. 3-J. Marcoux, Don Bosco, 18.0.

R vs T: 1-M. Berete, Teaneck, 16.3. 2-K. Morrison, Teaneck, 16.8. 3-J. Walker, Teaneck, 19.2.

T vs DB: 1-M. Berete, Teaneck, 16.3. 2-K. Morrison, Teaneck, 16.8. 3-A. Cozzitorto, Don Bosco, 16.9.

nonscoring: T. Wagner 19.4, S. Steinschneider 21.6, T. Rooke 22.9

Ridgewood-0 Don Bosco-9. Ridgewood-0 Teaneck-9. Don Bosco-1 Teaneck-8.

800 meters:

R vs DB: 1-M. Heresta DB, 2:07.1. 2-A. Zamir, Rwd, 2:07.1. 3-G. Corcoran, Rwd, 2:07.3
R vs Tea: 1-Bernard, Tea, 2:03. 2-A. Zamir Rwd, 2:07.1. 3-G. Corcoran, Rwd, 2:07.3
nonscoring: D. Sampson 2:09.5, D. Maher 2:13.8, C. Karoustos 2:38.7
Ridgewood-4 Don Bosco 5 Ridgewood 4 Teaneck 5

200 meters:

R vs DB: 1-M. Garvin, Don Bosco, 23.2. 2-Toal, Don Bosco, 24.2. 3-Feldman, Don Bosco, 24.1.
R vs T: 1-K. Scott, Teaneck, 24.0. 2-T. Roseberg, Teaneck, 24.0. 3-Benard Mann, Ridgewood, 24.7.
T vs DB: 1-Garvin, Don Bosco, 23.2. 2-K. Scott, Teaneck, 24.0. 3-T. Roseberg, Teaneck, 24.0.
nonscoring: H. Smith 25.4, E. Yeaw 25.7, A. Whitelaw 26.2, T. Rooke 26.3, G. Chiles 28.0,
J. Kim 28.6, B. Pape 28.9, J. Choi 29.6, D. Bamba 29.7, T. Insley 30.8, C. Jenson 31.0.
Ridgewood-0 Don Bosco 9 Ridgewood 3** Teaneck 6

3200 meters:

R vs DB: 1-S. Swift, DB, 10:10. 2-Murphy, DB, 10:20.3. 3-R. Crispin, Rwd, 10:20.3
R vs Tea: 1-R. Crispin, Rwd, 10:20.3. 2-E. Nygaard, 10:43.1. 3-M. Jackson, 10:51.2
nonscoring: H. Riccaldi 11:24, A. Baumgardner 13:44
Ridgewood-1 Don Bosco 8 Ridgewood 9 Teaneck 0

Triple Jump:

R vs. DB: 1-J. Sejoir, DB, 43'4". 2-B. Mann Rwd, 42'1/2". 3-T. Palumbo, DB 40'6 1/2"
R vs Tea: 1-B. Mann, Rwd, 42'1/2". 2-K. Scott, Tea 41'2". 3-R. Clarke, Tea 40'21/2"
nonscoring: T. Wagner 33'8 1/2", T. Rooke 33'8", E. Yeaw 28'1/2"
Ridgewood-3 Don Bosco 6 Ridgewood 5 Teaneck 4

Shot Put:

R vs. DB: 1-K. Strahle, Rwd 45'4", S. Pskowski 42'8". 3-C. Wolfstirn 41'11"
R vs. Tea: 1-K. Strahle, Rwd 45'4", S. Pskowski 42'8". 3-C. Wolfstirn 41'11"
nonscoring: N. Kovach 38'10", J. Toopes 38'9", M. Flicker 31'4", M. Monfred 29'8", N. Polise 29'1"
P. Palmasano 29', M. LaFleur 28'2", J. Miller 25'6", G. Welikson 25'2", M. Hendrickson 23'11"
B. Lynch 20'4"
Ridgewood-9 Don Bosco 0 Ridgewood 9 Teaneck 0

Discus:

R vs. DB: 1-S. Pskowski, Rwd 128'8", C. Wolfstirn, Rwd, 117'9", K. Strahle Rwd, 116'8"
R vs Tea: 1-S. Pskowski, Rwd 128'8", C. Wolfstirn, Rwd, 117'9", K. Strahle Rwd, 116'8"
nonscoring: N. Kovach 104'4", J. Toopes 87', M. Flicker 77'8", M. LaFleur 71'8", N. Polise 69',
P. Palmasano 65'6", M. Weaving 60'3", M. Monfred 59'10" J. Miller 59', G. Welikson 58'11"
B. Lynch 49'7", M. Hendrickson 45'9"
Ridgewood 9 Don Bosco 0 Ridgewood 9 Teaneck 0

High Jump:

R vs DB: 1-B. Mann, Rwd, 5'10" 2-T. McCormick, DB, 5'8" 3-S. Berger, DB, 5'2"
R vs Tea: 1-K. Marson, Tea 6'. 2-B. Mann, Rwd 5'10" 3-J. Walker, Tea 5'2"
nonscoring: H. Smith 5', O. Onwubu NH, K. Wanchoo NH, A. Weiss NH
Ridgewood 5 Don Bosco 4 Ridgewood 3 Teaneck 0

Pole Vault:

R vs DB: 1-McCormick DB 12'6" 2-Scheider DB 10'6" 3-J. Norton Rwd 10'
R vs Tea: 1-J. Norton Rwd 10' 2-J. Riccaldi, Rwd 8' 3-C. Jenson Rwd 8'.
Nonscoring:

4X400 Relay:

Don Bosco 3:31.8 Teaneck 3:32.8 Ridgewood 3:37.9
(D. Sampson 54.9, J. Jones 55.0, G. Corcoran 54.4, C. Perez 54.1)
(J. Riccairdi 63.1, K. Wanchoo 65.1, O. Onwubu 60.9, G. Chiles 62.1 – 4:11.2)

Comments:

This was an excellent early season meet with all three teams competing at mid-season level. We should be proud of the results of this meet, however, we must not let ourselves become content. This was certainly a nice start to the season, but we need to improve in order to take our team to the next level. Well Done.

Athletes of the Meet:

The Entire throwing team! Rwd 18 DB 0 // Rwd 18 Tea 0 - Excellent!

C. Perez: 57.6 400IH

R. Crispin: 4:36.7 win in the 1600m

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."

Ridgewood

4/6

Results from Steve Pawlowski Relays**Saturday, April 6th**4x1600m:

H. Riccairdi 5:13.0
A. Zamir 4:41.1
E. Nygaard 4:49.2
M. Jackson 5:05.0

19:50.3 – 4th Place4x110HH:

J. Norton 17.0
A. Whitelaw 21.2
S. Steinschneider 21.7
T. Wagner 18.6
1:18.7

4x800m:

R. Crispin, G. Corcoran, D. Sampson, C. Perez

2:05.8 2:04.8 2:09 2:03.2 **8:24.4 – 1st Place**

4x200m:

J. Jones, T. Rooke, A. Halwagy, T. Wagner

24.9 25.6 26.9 25.7 - 1:43.1

A. Whitelaw, A. Garfinkel, T. Insley, E. Yeaw

25.7 29.6 29.4 25.9 - 1:50.6

Frosh 4x800m:

A. Baumgardner 2:35.0
N. Campbell 3:00.0
G. Chiles 2:26.6
O. Onwubu 2:24.4

10:26.0Soph 4x800m:

H. Riccairdi 2:19.7
E. Nygaard 2:12.1
D. Maher 2:08.5
A. Zamir 2:09.2

8:49.4 – 1st PlaceDistance Medley (1200-400-800-1600)

D. Maher, D. Sampson, A. Zamir, R. Crispin

2:10.7 59.7 3:33.2 4:50.2 **11:33.8 – 4th Place**

3x400m IH:

C. Perez, J. Norton, G. Corcoran

59.4 66.5 64.1 **3:10.0 – 3rd Place**

Frosh 4x400m:

O. Onwubu 57.1
 G. Chiles 60.9
 J. Riccairdi 61.0
 H. Smith 59.0

K. Wanchoo 65.6
 A. Weiss 68.6
 B. Pape 65.2
 C. Jenson 73.2

J. Choi 66.7
 D. Bamba 72.8
 S. Steinschn. 69.1
 J. Kim 66.1

Soph 4x400m:

J. Chan 63.1
 E. Nygaard 65.2
 H. Riccairdi 61.0
 E. Yeaw 57.0

N. Norrell 64.2
 C. Karoustos 67.3
 T. Insley 71.9
 A. Garfinkel 77.1

Var. 4x400m:

A. Whitelaw 58.9
 T. Wagner 60.0
 M. Jackson 67.9
 T. Rooke 57.0

3:58.9 -
1st Place

4:32.6

4:34.7

4:06.3

4:40.5

4:04.6

Long Jump

B. Mann 19'6 1/2"
 J. Jones 14'8"
 H. Smith 15'5"
 49'7 1/2" - 4th Place

Triple Jump

B. Mann 41'8 1/2"
 J. Jones 35'3"
 A. Halwagy 29'2"
 106'1 1/2" - 3rd Place

High Jump

B. Mann 6'4"
 H. Smith 5'6"
 K. Englekin 5'3"
 17'1" - 2nd Place

Shot Put

K. Strahle 43'3"
 S. Pskowski 39'5"
 C. Wolfstirn 39'4"
 122'6" - 3rd Place

Discus

K. Strahle 113'31/2"
 S. Pskowski 123'11/2"
 C. Wolfstirn 120'8"
 356'1" - 2nd Place

Javelin

T. Wagner 117'2"
 A. Halwagy 124'2"
 A. Whitelaw F
 241'4"

Pole Vault:

J. Norton 10'
 J. Riccairdi 9'6"
 C. Jenson NH - 19'6" - 4th Place

Athletes of the Meet:

E. Nygaard - two Personal Bests

J. Riccairdi - 9'6" PV - leg on winning frosh 4x400

O. Onwubu - 2:24.4 / 57.1

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 Northrup), 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, 4:45.0; 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 Oubbersby, 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.

400M 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 M - 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), 56-4; 2. West Milford, 54-7; 3. Don Bosco, 50-11; 4. Ridgewood, 49-7 1/4; 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), 118-7 1/4; 2. Shaker, 112-11 1/4; 3. Ridgewood, 106-1 1/4; 4. Fair Lawn, 105-4; 5. West Milford, 100-11; 6. Union, 98-6.

High jump - 1. Shaker (Ward, Northrop, Hernandez), 17-2; 2. Ridgewood, 17-1; 3. 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; 6. Pope John, 9-6; 7. Middletown South, 9.

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

Discus - 1. Union (Parchment, Guimada, 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 Vasselli), 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, Vasselli), 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. Paramus, 1:57.3.

1,600M relay - 1. Passaic Tech (Herbert, Cerat, Liverman, Vasselli), 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 Liupico, 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, 10:59.7; 6. Ridgewood, 11:25.6.

6,400M relay - 1. Shaker (Sheedy, Tibbits, 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 Lombardo, 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 M - 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), 43-9 1/4; 2. Jackson, 42-8; 3. Immaculate Heart, 41-3; 4. Fair Lawn, 40-7; 5. Passaic Tech, 40-10; 6. Shaker, 39-9 1/4.

Triple jump - 1. Passaic Tech (Kahimah Liverman, Vasselli, Herbert), 103-11 1/4; 2. Shaker, 93-1 1/4; 3. Immaculate Heart, 88-2; 4. Shaker, 86-1; 5. Ridgewood, 84-11; 6. Paramus, 58-11 1/4.

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

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

Shot put - 1. Middletown North (L. Chapenskys, J. Barakakos, C. Henn), 90-2; 2. Jackson, 87-7 1/4; 3. Middletown South, 83-10; 4. Ridgewood, 81-6 1/4; 5. Toms River South, 80-3; 6. IHA, 75-4.

Discus - 1. Middletown North (Barakakos, Alleva, Henn), 240-2; 2. Middletown South, 238-1; 3. Jackson, 234; 4. Ridgewood, 217-5; 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; 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; 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; 6. Palisades Park, 10; 6. Indian Hills, 10; 8. Newton, 7.5; 9. Lakeland, 4; 10. Becton, 2; 10. Cliffside Park, 2; 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; 4. Passaic, 47.1; 4. Barringer, 47.1; 5. Park Ridge, 47.7; 6. Newton, 47.7.

800 relay - 1. Hackensack (Dennis Whyte, Porch, 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, Eian 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 1/4; 4. Ramsey, 53-8 1/4; 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; 2. Hackensack, 32-6; 2. Lyndhurst, 32-6; 4. Demarest, 29-0; 5. Newton, 23-0; 6. TIE, 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; 6. Ramsey, 15; 6. Passaic 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; 6. Bergen Tech, 18; 6. Passaic, 18; 8. Wayne Valley, 16; 9. Eastside, 13.5; 10. Bergenfield, 8; 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; 5. Hackensack, 55.4; 6. TIE, Holy Angels, 55.4.

800 relay - 1. Hasbrouck Heights (Nicoletti, Mackenzie, 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, Sampa, 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, Yamirida 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 Deviehan, Lauren Fowler), 4:31.2; 2. Hasbrouck Heights, 4:40.0; 3. Indian Hills, 4:42.3; 4. Newton, 4:45.0; 5. Eastside, 4:45.8; 6. 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; 5. Passaic 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, 1:15.8; 6. Holy Angels, 1:16.3.

Long jump - 1. Indian Hills (Lara Lynch, Diana Christopoulos, Shriya Procopio), 44-11 1/4; 2. Eastside, 44-3 1/4; 3. Hasbrouck Heights, 42-2; 4. Saddle Brook, 41-11 1/4; 5. Wayne Valley, 41-2 1/4; 6. Northern Highlands, 41-1.

High jump - 1. Newton (Colleen Moore, Fania Dardagenas, Robyn Nagel), 14-2; 2. TIE, 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, Emery 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 Purus, Jessica Fazekas, Kelly Fazekas), 115-6; 2. Hackensack, 97-5 1/4; 3. New Milford, 92-4; 4. Wayne Valley, 88-9 1/4; 5. Hasbrouck Heights, 85-9 1/4; 6. Northern Highlands, 84 1/4.

Javelin - 1. NV/Demarest (Kelly Fazekas, Diana Purus, 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 Purus, Kelly Fazekas, Jessica Fazekas), 319-3; 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 Flan), 23-6; 2. Tenafly, 21-6; 3. Vernon, 20-0; 4. Hackensack, 13-0.

RIDGEWOOD VS HACKENSACK AND NUTLEY

Hackensack 85.5 Ridgewood 45.5

Ridgewood 101 Nutley 30

Long Jump:

R vs H: 1-Whyte, Hackensack 18'1 3/4". 2-Beljour, Hackensack 18'3/4". 3. H. Smith Ridgewood 16'8"
R vs N: 1-H. Smith, Ridgewood 16'8". 2-J. Jones, Ridgewood 15'4". 3-A. Halwagy 15'2 1/2".

Nonscoring: K. Wanchoo 13'6"

Ridgewood-1 Hackensack 8. Ridgewood-9 Nutley 0.

400Hurdles:

R vs H: 1- Chris Perez, Ridgewood, 59.0. 2-Dennis, Hackensack 60.1 3-J. Norton, Ridgewood 60.2

R vs N: 1-Peterson, Nutley 58.7. 2-Chris Perez, Ridgewood, 59.0. 3-J. Norton, Ridgewood, 60.2.

nonscoring: G. Corcoran 62.5, G.Chiles 69.5 T. Wagner, 71.4 (Fall), S. Steinschneider, 71.9.

Ridgewood 6 Hackensack 3. Ridgewood-4 Nutley 5.

100 meters:

R vs H: 1-Whyte, Hackensack 11.6. 2-Beljour, Hackensack 11.6 3-Johnnie Jones, Ridgewood, 12.2.

R vs T: 1-J. Jones 12.2. 2-Nutley 12.4. 3-A. Halwagy, Ridgewood 12.7

nonscoring: H. Smith 12.8, K. Wanchoo 13.1, B Pape 13.9, J. Kim 14.2, A. Garfinkel 14.1

J. Choi 14.6, T. Insley 14.2.

Ridgewood-1 Hackensack-8. Ridgewood-6 Nutley 3.

1600 meters:

R vs H: 1-Rodolfo Crispin, Ridgewood, 4:39.5. 2-A. Zamir, Ridgewood 4:43.3. 3-D. Maher, Ridgewood 4:47.5

R vs N: 1-Klatsky, Nutley 4:33.9 2-R. Crispin, Ridgewood, 4:39.5 3-A. Zamir, Ridgewood 4:43.3

nonscoring: M. Jackson 4:59, H. Riccairdi 5:11, T. Reilly 5:27, J. Chan 5:52, A. Baumgardner 5:52.

Ridgewood-9 Hackensack 0. Ridgewood-4 Nutley 5.

400 meters:

R vs H: 1-Chris Perez, Ridgewood, 52.4. 2- C. Poarch, Hackensack, 53.2. 3-Hackensack 54.8.

R vs N: 1-Chris Perez, Ridgewood, 52.4. 2- T. Rooke, Ridgewood 55.9, 3- E. Yeaw, Ridgewood 56.4.

nonscoring: O. Onwubu 58.1

Ridgewood-5 Hackensack 4. Ridgewood-9 Nutley 0.

110 Hurdles:

R vs H: 1-Beljour, Hackensack 16.0. 2- Hackensack 17.1. 3-Hackensack 17.4

R vs N: 1-Peterson, Nutley 15.8. 2- J. Norton, Ridgewood 18.1. 3- T. Wagner, Ridgewood 19.1

nonscoring: A. Whitelaw 20.3 S. Steinschneider 21.6

Ridgewood-0 Hackensack-9 Ridgewood-4 Nutley 5

800 meters:

R vs H: 1-C. Perez, Ridgewood 2:05.7 2-Elvis, Hackensack 2:06.1 3-G. Corcoran, Rwd, 2:06.3

R vs N: 1-C. Perez, Ridgewood 2:05.7 2- G. Corcoran, Rwd, 2:06.3 3-D. Sampson, Rwd 2:06.7

nonscoring: A. Zamir 2:10.4, C. Karoustos 2:28.2, J. Chan 2:33.3, N. Campbell 2:57.6

Ridgewood-6 Hackensack 3 Ridgewood 9 Nutley 0

200 meters:

R vs H: 1-P. Whilte, Hackensack 23.0. 2-Hackensack 23.9. 3-Hackensack 24.5

R vs N: 1-J. Norton, Ridgewood 24.7. 2-J. Jones 24.8. 3-Nutley 25.0

nonscoring: E. Yeaw 25.9, A. Whitelaw 26.4, T. Rooke 25.7, G. Chiles 28.2,

J. Kim 28.9, B. Pape 28.2, J. Choi 30.1, DT. Insley 31.0,

Ridgewood-0 Hackensack 9 Ridgewood 8 Nutley 1

3200 meters:

R vs H: 1-R. Crispin, Rwd, 10:03.6. 2-E. Nygaard 10:29.3. 3-Hackensack 10:39.2
R vs N: 1-Klatsky, Nutley 10:00.6 2-R. Crispin, Rwd, 10:03.6. 3-E. Nygaard 10:29.3
nonscoring: D. Maher 10:48.1 H. Riccairdi 11:19.7
Ridgewood-8 Hackensack 1 Ridgewood 4 Nutley 5

Triple Jump:

R vs. H: 1-Denis, Hackensack 39'9". 2-Horton, Hack. 38'4 3/4" 3- T. Rooke, Ridgewood 35'5".
R vs N: 1-T. Rooke, Ridgewood 35'5". 2-H. Smith, Ridgewood 32'7 1/2" 3- T. Wagner, Rwd, 32' 1/2"
nonscoring: A. Halwagy 30'3/4"
Ridgewood-1 Hackensack 8 Ridgewood 9 Nutley 0

Shot Put:

R vs. H: 1-Wysche, Hack 51'9 1/2" 2-Nottingham, Hack 48'7 1/2" 3-Cruscious, Hack 46'10"
R vs. N: 1-K. Strahle, Rwd 42'9", S. Pskowski, Ridgewood 41'3 1/2" 3- Nutley 40'10"
nonscoring: N. Kovach 40'5" C. Wolfstirn 39'11" J. Toopes 36'8", M. Flicker 30'21/2",
M. Monfred 30'6", N. Polise 30'11 1/2" J. Miller 24'5", M. Weaving 27'1 1/4" G. Welikson 24'5 1/2",
M. Hendrickson 26'4" B. Lynch 21'9"
Ridgewood-0 Hackensack 9 Ridgewood 8 Nutley 1

Discus:

R vs. H: 1-Cruscious, Hackensack 139'10" 2-S. Pskowski, Rwd 136'1" 3-Hackensack
R vs N: 1-S. Pskowski, Rwd 136'1", 2- Nutley 3-K. Strahle Rwd, 121'6 1/2"
nonscoring: C. Wolfstirn 106'5" N. Kovach 102'11", J. Toopes 79'8", M. Flicker 65'2", N. Polise 72'8",
M. Weaving 63'4", M. Monfred 63'6", J. Miller 62'5", G. Welikson 64'2" B. Lynch 51'5",
M. Hendrickson F
Ridgewood 3 Hackensack 6 Ridgewood 6 Nutley 3

High Jump:

R vs H: 1-Benjour, Hackensack 6'. 2-C. Perez, Rwd 5'6" 3-Gabo, Hackensack 5'4"
R vs N: 1-C. Perez, Rwd 5'6". 2-H. Smith, Ridgewood 5'2" 3-Nutley 5'2"
nonscoring: O. Onwubu NH, K. Wanchoo NH, A. Weiss NH
Ridgewood 3 Hackensack 6 Ridgewood 8 Nutley 1

Pole Vault:

R vs H: 1-Omar Homan, Hack 11'6. 2-J. Norton Rwd 11'6" 3-Poarch, Hack 10'
R vs N: 1-J. Norton Rwd 10' 2-J. Riccairdi, Rwd 9' 3-Nutley 8'6"
Nonscoring: C. Jenson 7'
Ridgewood 3 Hackensack 6 Ridgewood 8 Nutley 1

4X400 Relay:

Hackensack 3:34.6 Ridgewood 3:39.3 Nutley 3:43.6
(J. Jones 53.8, G. Corcoran 54.7, E. Yeaw 55.8, D. Sampson 54.9)
(J. Riccairdi 60.1, K. Wanchoo 61.3, O. Onwubu 56.8, G. Chiles 60.1 - 4:01.3)
(B. Pape 63.6, J. Choi 69.8, C. Jenson 66.2, J. Kim 66.2 - 4:28.4)

Comments:

We competed very well in many events. We went up against a very good team that has been performing well this season. We must make sure to finish all races- in a few events we lost by less than 1/2 a second – in a closer meet that WILL hurt.

Athletes of the Meet:

C. Perez: 59.0 / 52.4 / 2:05.7 / 5'6" --- 6 1st places 2 2nd places: 36 points
S. Pskowski – 136'1" in discus
J. Norton 11'6" PB pole vault

MONDAY'S TRACK BESTS

BOYS

100M (11.5) - Nicardo Gooden, Kennedy, 11.2; Weston Daniel, Bergenfield, 11.0.
200M (23.8) - Patel White, Hackensack, 23.0; Billy DiMauro, Ramapo, 23.8; Nicardo Gooden, Kennedy, 23.3; Anthony VanDunk, Lakeland, 22.1; Ralph Davis, Paramus, 23.6; Shigeru Aoe, Northern Highlands, 23.8; Casey Robert, Hawthorne, 23.4.
400M (53.9) - Marty Charles, Teaneck, 52.4; Ky Scott, Teaneck, 53.4; Chris Perez, Ridgewood, 52.4; Clifton Pouch, Hackensack, 53.2; Ivan King, Eastside, 53.1; Jason Endres, Paramus, 51.6; Ryan Kriser, Northern Highlands, 53.8; Matt Trudell, West Milford, 53.2; Will Van Noonan, Don Bosco Prep, 51.3; Michael Ray Garvin, Don Bosco Prep, 51.9; Casey Robert, Hawthorne, 53.8.
800M (2:05) - Perez, 2:05; Robert McKay, Don Bosco Prep, 2:02.4; Albert Arguelles, Cresskill, 2:04.5.
1,600M (4:40) - Rodolpho Crispin, Ridgewood, 4:39.5; Mohamed Khadraoui, Kennedy, 4:34; Matt Horesta, Don Bosco Prep, 4:35.1; Sean Swift, Don Bosco Prep, 4:35.9; Paul Komaszewski, Clifton, 4:39.5.
3,200M (10:10) - Crispin, 10:03.6; Khadraoui, 9:53; Komaszewski, 9:56.4.
110M HH (16.2) - Keston Marson, Teaneck, 16.0; Mohammed Berette, Teaneck, 16.1; Beljour, Hackensack, 16.0; Matt Butler, Ramapo, 16.2; Anthony Johnson, Eastside, 16.0.
400M IH (50.0) - Berette, 58.2; Perez, 59.0; Johnson, 59.6; Dennis,

Hackensack, 60.0; Aoe, 58.8; Colin Pierce, Northern Highlands, 60.0; Shane Conroy, Cresskill, 60.0.
1 Mile or 1,600M relay (3:40) - Teaneck, 3:38; Hackensack, 3:34.6; Ridgewood, 3:39.3; Don Bosco Prep (Michael Ray Garvin, Kevin Barry, Rob McKay, Will Van Noonan), 3:31.8.
Long jump (19-6) - Ky Scott, Teaneck, 20-1; Lynch, Wayne Hills, 21-5; Pompay, Eastside, 20-0; Daniel, 19-8; Jason Endres, Paramus, 19-9 1/4; Brian Leslie, West Milford, 20-3; Tyler Palumbo, Don Bosco Prep, 20-3; Jeff Sejour, Don Bosco Prep, 19-7.
Triple jump (39-6) - Scott, 40-0; Dennis, 39-5; Lynch, 41-3; Pompay, 43-1.5; Joshua Smith, Kennedy, 40-2; Daniel, 44-7; Marquis Mitchell, Bergenfield, 39-8; Marney George, Bergenfield, 39-8; Jason Endres, Paramus, 41-11 1/4; Ralph Davis, Paramus, 41-9; Colin Pierce, Northern Highlands, 41-2; Ken Kang, Pascack Hills, 39-7; Jeff Sejour, Don Bosco Prep, 44-6; Tyler Palumbo, Don Bosco Prep, 42-4.
High jump (5-10) - Greg Molnar, Mahwah, 6-4; Marson, 6-0; Beljour, 6-0; B. Livingston, Eastern Christian, 5-10; Johnson, 5-10; Joshua Smith, Kennedy, 5-10; Stephan Lalait, Demarest, 5-10; Joe Frangitane, Saddle Brook, 6-0; Trevo Chambers, DBP, 5-10.
Pole vault (11-0) - Ed Chin-Lyn, Mahwah, 11-0; Omar Holman, Hackensack, 11-6; Juame Norton, Ridgewood, 11-6; Rich Larin, Ramapo, 11-0; Jon Cheifitz, Ramapo, 11-0; Mark Faga, Lakeland, 11-6; Tom McCormick, DBP, 11-6; Steve Englehardt, DBP, 11-6; Victor Patrocino, Hawthorne, 11-0.

Discus (135) - Lee Cruscious, Hackensack, 139-10; Bert Sisco, Wayne Hills, 151-1; P.J. Dakes, Northern Highlands, 135-4; Justin Roberts, West Milford, 137-8.
Javelin (160) - Kevin Duffy, Delbarton, 182-6.
Shot put (46) - Tom Labinski, Mahwah, 49-5; Valbert Wysche, Hackensack, 51-9.5; Wesley Nottingham, Hackensack, 48-7.5; Cruscious, 46-10; Greg Olsen, Wayne Hills, 47-8; Tristan Henry, Bergenfield, 49-8; Hector Deaguiar, Paramus, 47-2 1/4; Lou Levy, Cresskill, 49-10 1/4.
GIRLS
100M (13.5) - Elena Minuto, Northern Highlands, 13.1; Kimisha Hughes, Eastside, 13.3; Porsha Bonds, Eastside, 13.4; Jennifer Andujar, Teaneck, 12.6; Shetoi Francis, Teaneck, 13.1; Ashley Steward, Teaneck, 13.4.
200M (27.8) - Bromens, Paramus Catholic, 27.3; Minuto, 27.4; Nicole Philibosian, Paramus, 27.7; Hughes, Eastside, 27.1; Essence Carson, Eastside, 27.2; Francis, 26.9; Gwen Moore, Teaneck, 27.2.
400M (54.0) - Minuto, 61.4; Shana Matari, Hawthorne, 63.8.
1,600M (5:50) - Andrea Rovegno, Ramapo, 5:31.5; Sarah Christensen, Northern Highlands, 5:42; Michelle Cooper, Northern Highlands, 5:43; Maggie Weidner, Northern Highlands, 5:45; Alyssa Ross, Pascack Hills, 5:44; Carol Ann Bullen, Paramus, 5:45.
110M HH (17.5) - Jen Rothman, Northern Highlands, 17.5.
400M IH (72.0) - Lisa Corul, Demarest, 71.1; Jamie Anton, Pascack Hills, 69.6; Alison Orrico,

Northern Highlands, 72.0.
1 Mile or 1,600M relay (4:30) - Northern Highlands, 4:26 (Amy Nylund, Brittany Vida, Jen Rothman, Allison Orrico); Teaneck, 4:20.9 (Ashley Steward, Jennifer Andujar, Shetoi Francis, Keira McMillan).
Long jump (15-0) - Nicole Krzysik, Clifton, 15-3; Laura Lynch, Indian Hills, 15-10; Allyson Salvacion, Lodi, 15-4 1/4.
Triple jump (31-0) - Sanjae Vanriel, Bergenfield, 31-9; Stephanie Abbatello, Bergenfield, 31-1; Lisa Cory, Demarest, 31-11; Jackie Caminski, Saddle Brook, 31-8; Linda Bahouth, IHA, 32-3; Sherry Simmons, Paramus Catholic, 32-7; Orrico, 31.8; Lia Torre, Northern Highlands, 31-0; Lynch, 32-4-1/2; Chrissy Procopio, Indian Hills, 34-1; Hughes, 34-0.
High jump (4-10) - Catherine Henry, Northern Highlands, 5-0; Torre, 4-10.
Discus (90) - Jessica Fazekas, Demarest, 125-9; Kelly Fazekas, Demarest, 98-2; Katie Carroll, Bergenfield, 91-0; Lisa Pucurs, Demarest, 90-4; Henry, 97-6; Laura Hall, Pascack Hills, 94-0; Asia Mills, Kennedy, 90-7; Whitney Verduin, Hawthorne, 91-4.
Javelin (95) - Allie Kelly, Saddle Brook, 95-10; Verduin, 121-1.
Shot put (30) - Kelly Fazekas, Demarest, 45-9; Jessica Fazekas, Demarest, 44-9 1/4; Elethia Graham, Bergenfield, 39-0; Ramsey, Paramus Catholic, 34-10; Henry, 35-1; Heather Krause, Mahwah, 35-1.5; Tina Triantifidi, Indian Hills, 32-1.5; Whitney Verduin, Hawthorne, 31-9.25.

MONDAY'S RESULTS

BASEBALL

Belleville 9, Montclair 3
 Bergen Cath. 5, Bloomfield 2
 Bergenfield 6, Mahwah 4
 Cliff. Park 3, Westwood 3 (9)
 Clifton 3, Hackensack 1
 Delbarton 13, Passaic Valley 3
 Don Bosco Prep 25, Barringer 5
 Dumont 10, Ridge, Park 3
 Fair Lawn 5, Pasc. Hills 4
 Fort Lee 16, Englewood 0
 Glen Rock 8, Paterson Cath. 4
 Hasbrouck Heights 6, Wood-Ridge 0
 Hawthorne 3, Lodi 2
 Madison 6, DePaul 5
 Manchester 10, Elm. Park 6
 Midland Park 6, East. Chris. 2
 NV/Demarest 2, Indian Hills 1
 NV/Old Tappan 3, Nor. Highlands 2 (8)
 Nutley 14, Paramus 1
 Passaic 7, Kennedy 5
 Pomp. Lakes 6, Passaic Tech 3
 Ramapo 9, Ramsey 1
 Ridgewood 10, Teaneck 0
 River Dell 12, Queen of Peace 2
 Rutherford 6, Tenafly 0
 Saddle Brook 12, Don Bosco Tech 1
 St. Joseph 12, Eastside 0
 Waldwick 7, Emerson 5
 Wayne Hills 7, Pasc. Vall. 1
 Wayne Vall. 6, West Milford 1

SOFTBALL

Belleville 11, Montclair 0
 Bergenfield 12, Mahwah 0
 Clifton 2, Hackensack 1

Dumont 12, Ridge, Park 3
 Fair Lawn 7, Pasc. Hills 0
 Garfield 11, Has. Heights 8
 Garfield 16, Nor. Arlington 6
 Glen Rock 10, Paterson Cath. 0
 Hawthorne 5, Lodi 2
 Holy Angels 22, Barringer 0
 IHA 16, Eastside 0
 Ind. Hills 3, NV/Demarest 1
 Kennedy 18, Passaic 15
 Manchester 18, Elm. Park 2
 Midland Park 4, East. Chris. 3 (9)
 NV/Old Tappan 5, Nor. Highlands 4
 Paramus 1, Nutley 0
 Pasc. Vall. 3, Wayne Hills 1
 Pomp. Lakes 6, Passaic Tech 5
 Ramsey 10, Ramapo 7
 Ridgewood 3, Teaneck 0
 River Dell 13, Queen of Peace 1
 Rutherford 5, Teaneck 2
 Sadd. Brook 18, Immac. Conc. 0
 Tenafly 15, Rutherford 1
 Waldwick 13, Haw. Chris. 4
 Wallington 12, Pal. Park 7
 West Milford 12, Wayne Valley 0
 Westwood 19, Cliff. Park 0
 Wood-Ridge 6, Has. Heights 3

BOYS TRACK

Bergen Cath. 83, St. Joseph 39
 Mahwah 77, Indian Hills 53
 Glen Rock 90, Waldwick 50
 Paramus 66, Teaneck 65
 NV/Demarest 84, Bergenfield 47
 Paramus 66, Teaneck 65
 Ramsey 87, Pascack Valley 43
 Hackensack 85.5, Ridgewood 45.5

Ridgewood 101, Nutley 30
 Pompton Lakes 40, Garfield 9
 Pompton Lakes 73, Eastern Christian 50
 Wayne Hills 68, Ramapo 63
 Kennedy 71, Eastside 60

GIRLS TRACK

NV/Demarest 95, Bergenfield 27
 Glen Rock 80, Waldwick 48
 Indian Hills 73, Mahwah 49
 West Milford 112.5, Orange 9.5
 W. Milford 80, Mt. St. Dominic 42
 Lodi 78, Manchester 50
 Wayne Hills 68, Ramapo 54
 Pascack Valley 62.5, Ramsey 59.5
 Indian Hills 73, Mahwah 49
 West Milford 112 1/4, Orange 9 1/4
 West Milford 80, Mt. St. Dominic 42
 Lodi 78, Manchester 50
 Teaneck 73, Paramus 50
 Eastside 88, Kennedy 32

BOYS LACROSSE

Bergen Cath. 18, Paramus Cath. 3

GIRLS LACROSSE

Hanover Park 10, Wayne Hills 4

BOYS TENNIS

Bergen Cath. 5, Bloomfield 0
 Cresskill 3, Secaucus 2
 Don Bosco Prep 5, Barringer 0
 Don Bosco Tech 3, Garfield 2
 Dw.-Englewood 5, Ridgewood 0
 Emerson 5, Palisades Park 0
 Glen Rock 5, Lodi 0
 Lakeland 5, Vernon 0

Leonia 5, Hasbrouck Heights 0
 Montclair 4, Belleville 1
 Nutley 5, Paramus 0
 Park Ridge 4, Becton 1
 Passaic 5, Kennedy 0
 Pomp. Lakes 5, Passaic Tech 0
 Ridgewood 5, Teaneck 0
 Rutherford 3, Fort Lee 2
 St. Peter's Prep 5, Memorial (WNY) 0
 Tenafly 5, River Dell 0
 Westwood 4, Cliff. Park 1

GOLF

Bergen Cath. 154, Barringer 222
 Clifton 179, Bloomfield 182
 Don Bosco Prep 172, Paramus 177
 Nutley 188, Paramus Cath. 199
 Dw.-Englewood 25 1/4, New Milford 10 1/4
 Fort Lee 28 1/4, Ridge, Park 7 1/4
 Glen Rock 25 1/4, Hawthorne 10 1/4
 Glen Rock 24 1/4, East. Chris. 11 1/4
 Glen Rock 23, Waldwick 13
 Hackensack 19 1/4, Eastside 16 1/4
 Hackensack 26 1/4, Passaic 9 1/4
 Hackensack 28, Kennedy 8
 Mahwah 23 1/4, Pasc. Hills 12 1/4
 Montclair 181, Belleville 243
 NV/Old Tappan 26, Bergenfield 10
 NV/Old Tappan 30, Fair Lawn 6
 Ramsey 20 1/4, Pasc. Vall. 15 1/4
 Ramapo 161, NV/Demarest 169
 Indian Hills 175
 Ridgewood 160, Teaneck 190
 River Dell 29, Englewood 7
 West Milford 169, Montville 189
 Westwood 23, Dumont 13

FRIDAY, APRIL 12, 2002

BOYS TOP 20

1. Hackensack — The Comets have won all their dual meets easily and came from behind to win the large schools division at the Season Opener Invitational.

2. Garfield — Their 107-33 win over Eastern Christian is their closest early season dual meet and the Boilermakers were third at Season Opener.

3. West Milford — Finished three points ahead of Don Bosco at Pawlowski and could be the overwhelming Passaic favorite.

4. Don Bosco Prep — Despite losing some athletes to vacation was a close fourth in the Pawlowski Relays large schools meet. May regain the top spot quickly.

5. Bergen Catholic — Won some early season duals easily and had some success at the Colonial Relays in Virginia.

6. Cresskill — The powerful Group 1 school edged Group 3 standout NV/Old Tappan by less than three points in the small schools Pawlowski Relays meet.

7. Northern Valley at Old Tappan — The Golden Knights won their opening dual meet and were a very close second in the small schools Pawlowski Relays meet.

8. River Dell — The Golden Hawks didn't run in a major Saturday but beat Very good Tenafly team, 74-66, in Tuesday's dual meet.

9. Tenafly — The Tigers had a great second-place finish in the Season Opener Invitational and will be in a furious battle for the Group 3 Bergen County Yockers Relays title.

10. Ridgewood — A solid fifth-place finish as the host in the large school Pawlowski Relays and a nine-point win over Teaneck puts them in the top 10.

11. Paramus — A 66-65 dual meet win over Teaneck boosts the Spartans into the poll.

12. Northern Valley at Demarest — The Norsemen are undefeated in duals but may struggle in the Relays and major meets.

13. Teaneck — The absence of Adrian Durant cost the Highwaymen the Paramus meet, their third loss in 10 days to a top 20 team by less than 10 points.

14. Wayne Valley — The Indians are young, talented and undefeated in dual meets.

15. Dumont — The Huskies could be a Group 2 surprise.

16. Glen Rock — The Panthers are deep and undefeated in the BPSL after a 61-61 tie with Saddle Brook and a third place at the Pinelands Relays.

17. Saddle Brook — Look for the Falcons to battle Glen Rock all season.

18. Hawthorne — The Bears are the boys biggest surprise so far this season.

19. Westwood — The Cardinals make a good Group 1 even better.

20. Ramsey — Don't count the Rams out at the Bergen County Jack Yockers Relays.

Results from Englewood Relays**Saturday, April 13th****Varsity 4x1600m:**

R. Crispin 4:39
C. Perez 4:44
D. Maher 4:48
A. Zamir 4:39
18:50.9 - 4th Place

E. Nygaard 4:52
M. Jackson 5:10
K. Englekin 4:55
H. Riccairdi 5:12
20:09.3

Novice 4x110HH:

C. Domely 20.4
A. Whitelaw 19.6
S. Steinschneider 22.4
G. Knutson 18.6
1:21.5 - 1st Place

Varsity 4x800m:

D. Sampson 2:08.3
G. Corcoran 2:09.4
R. Crispin 2:09.3
C. Perez 2:04.3
8:30.3 - 3rd Place

Novice 4x800m:

T. Reilly 2:15.4
J. Chan 2:26.2
C. Karoustos 2:31.1
N. Norrell 2:32.3
9:45.9

Frosh 4x800m:

D. Nelson 2:31.1
A. Baumgardner 2:39.3
J. Choi 2:51.1
N. Campbell 2:48.3
10:49.8

Varsity 4x200m:

J. Jones 23.7
E. Yeaw 24.9
T. Wagner 26.9
J. Norton 24.7
1:40.4

Novice 4x200m:

T. Insley 31.1
A. Garfinkel 29.3
N. Norrell 29.5
C. Karoustos 31.9
2:02.2

Frosh 4x200m:

K. Wanchoo 26.7 J. Choi 30.3
G. Chiles 26.1 D. Bamba 30.4
B. Pape 28.3 C. Jenson 30.6
H. Smith 24.7 J. Kim 28.6
1:45.8 - 4th Place 1:59.9

Varsity Sprint Med (4-2-2-8):

J. Jones 53.9
A. Whitelaw 26.0
T. Wagner 26.5
A. Zamir 2:09.3
3:56.7

Frosh Sprint Med:

H. Smith 57.0
K. Wanchoo 25.5
B. Pape 27.8
O. Onwubu 2:17.4
4:08.1 - 3rd Place

Varsity Distance Med (12-4-8-16):

D. Maher E. Nygaard
3:31.3 3:32.5
D. Sampson E. Yeaw
56.1 57.3
A. Zamir G. Corcoran
2:24.4 2:11.3
K. Englekin M. Jackson
5:13.1 5:07.3
12:04.9 11:47.4

Novice DM:

T. Reilly
3:43.1
J. Chan
61.6
N. Norrell
2:36.1
H. Riccairdi
5:34.3
12:55.1

Frosh DM:

D. Nelson
4:16.8
S. Steinschneider
70.0
N. Campbell
3:00.3
A. Baumgardner
6:05.6
14:32.7

Varsity 3x400 IH:

C. Perez 60.3
 J. Norton 61.3
 G. Corcoran 64.3
 3:05.9 - 3rd Place

T. Wagner 64.9
 C. Donnelly 67.6
 A. Whitelaw 66.1
 3:18.6

Frosh 3x400 IH:

G. Chiles 77.8 (Fall)
 S. Steinschneider 81.4
 J. Riccairdi 74.7
 3:43.7

Varsity 4x400m:

E. Yeaw 57.0
 A. Halwagy 58.5
 T. Rooke 55.4
 D. Sampson 56.4 3:47.2

Novice 4x400m:

G. Knutson 57.4
 C. Karoustos 66.2
 T. Insley 75.1
 A. Garfinkel 70.1 4:28.8 - 6th Place

Frosh 4x400m:

O. Onwubu 56.5
 G. Chiles 61.0
 J. Riccairdi 63.8
 H. Smith 56.8
 3:58.0 - 2nd Place

J. Choi 74.1
 D. Nelson 70.0
 J. Kim 65.5
 B. Pape 69.1
 4:34.3

D. Bamba 71.6
 C. Jenson 69.7
 N. Campbell 75.3
 A. Baumgardner 69.8
 4:45.8

Varsity 2xJav:

A. Whitelaw 124'4"
 T. Wagner 128'2"
 252'6"

A. Halwagy 107'
 G. Chiles 100'7"
 207'7"

Varsity 2x Shot Put:

K. Strahle 42'1"
 S. Pskowski 39'8 3/4"
 81'9"

N. Kovach 39'1 1/2"
 C. Wolfstirn 37'6 3/4"
 76'7"

J. Toopes 35'11"
 G. Welikson 25'1"
 61'

Novice and Frosh 2x Shot Put:

N. Polise 29'6"
 J. Miller 24'8" 53'2"

M. Weaving 29'10"
 M. Hendrickson 27' 54'10"

M. Monfred

M. Flicker

B. Lynch

Varsity 2x Discus:

K. Strahle 115'8"
 S. Pskowski 125'2"
 240'10" - 3rd Place

N. Kovach 94'1"
 C. Wolfstirn 96'4"
 190'5"

J. Toopes 99'3"
 G. Welikson 62'11"
 162'8"

Novice and Frosh 2x Discus:

N. Polise 72'7"
 J. Miller 65'9"
 M. Monfred 69'7"
 M. Hendrickson 55'

M. Weaving 69'
 B. Lynch 52'6"
 M. Flicker 68'

2xLJ**Varsity:**

J. Jones 17'8"
A. Halwagy 15'4"
33'

Frosh: H. Smith 18'3"
K. Wanchoo F
18'3"

2xTJ

J. Jones
T. Rooke 33'5 1/2"

A. Halwagy 30'9 1/2"
T. Wagner 31'7"
62'4 1/2"

2xHJ:

C. Perez 5'3
K. Englekin 5'3 - 10'6"

2xPV:

J. Norton 11'
J. Riccaldi 10' - 21' 6th Place

Athletes of the Meet:

H. Smith: 24.7 / 57.0 / 56.0 / 18'3"
T. Reilly: 2:15.4

Englewood Relays

BOYS

TEAM SCORES: 1. Christian Brothers Academy 102; 2. Old Bridge 84; 3. Hunterdon Central 59; 4. Franklin 44; 5. NV/Old Tappan 34; 6. Ridgewood 26; 7. Bergenfield 23; 8. Pope John 21; 9. tie, Bergen Tech 20; Middletown North 20; 11. St. Joseph 17; 12. Paramus 12; 13. tie, Orange 6; Manchester 6; Kennedy 6; 16. tie Northern Highlands 5; Paramus Catholic 5; 18. Park Ridge 2; 19. Newark Science 2.

400 - 1. Franklin (Jeff Porter, Jonny Allen, Sai Davis, Joe Porter), 43.6; 2. Old Bridge, 43.7; 3. Hunterdon Central, 44.6; 4. Bergen Tech, 45.5; 5. Orange, 45.7; 6. NV/Old Tappan, 46.2.

800 - 1. Old Bridge (Ken Goode, Anthony DePalma, David DePalma, Brandon Nolen), 1:30.0; 2. Franklin, 1:30.8; 3. Hunterdon Central, 1:32.2; 4. Bergen Tech, 1:33.4; 5. Pope John, 1:33.2; 6. Paramus Catholic, 1:34.4.

1,600 - 1. Old Bridge (Dave DePalma, Scott Gordon, Joel Scarano, Anthony DePalma), 3:29.7; 2. Bergen Tech, 3:30.9; 3. Christian Brothers, 3:31.2; 4. Paramus Catholic, 3:32.6; 5. Hunterdon Central, 3:41.7; 6. Newark Science, 3:42.7.

3,200 - 1. Old Bridge (Tim Paule, Chris DeLeon, Lou Naureckas, Justin Marquez), 8:12.7; 2. Christian Brothers, 8:22.4; 3. Ridgewood, 8:30.3; 4. Pope John, 8:30.8; 5. Middletown North, 8:44.2; 6. St. Joseph, 8:51.0.

6,400 - 1. Hunterdon Central (Jon Fox, Brian Fraser, Chris Malta, Chris Pannone), 18:21.0; 2. Christian Brothers, 18:32.4; 3. Old Bridge, 3:38.3; 4. Ridgewood, 18:50.9; 5. Kennedy, 19:18.2; 6. Old Bridge "B", 19:32.1; 7. NV/Old Tappan.

Sprint medley - 1. Christian Brothers (Paul Cawley, Andrew O'Keefe, Ryan Federer, Jeff Peterson), 3:35.4; 2. Franklin, 3:37.0; 3. Old Bridge, 3:38.3; 4. Orange, 3:40.8; 5. Bergen Tech, 3:44.2; 6. Pope John, 3:45.7.

Distance medley - 1. Hunterdon Central (Jon Fox, Josh Flora, Brian Fraser, Chris Pannone), 10:46.8; 2. Christian Brothers, 10:47.5; 3. Old Bridge, 10:50.2; 4. Franklin, 11:21.0; 5. Kennedy, 11:23.4; 6. Pope John, 11:35.1.

4x110 hurdles - 1. Christian Brothers (Paul Discepola, Dan McLeod, Tim Coubet, Devin Barry), 1:03.1; 2. NV/Old Tappan, 1:06.0; 3. Middletown North, 1:10.4; 4. Hunterdon Central, 1:12.0.

3x400 hurdles - 1. Christian Brothers (Paul Causley, Paul Discepola, Dan McLeod), 2:54.4; 2. NV/Old Tappan, 3:03.4; 3. Ridgewood, 3:05.9; 4. Hunterdon Central, 3:06.7; 5. Paramus, 3:10.5; 6. Middletown North, 3:12.1.

Long jump - 1. Christian Brothers (Devin Barry, Dan McLeod), 40-4; 2. NV/Old Tappan, 37-10; 3. Bergenfield, 37-9; 4. Hunterdon Central, 37-7; 5. St.

Joseph, 36-0; 6. Bergen Tech, 35-10.

Triple jump - 1. Paramus (Jason Endres, Ralph Davis), 85-7 1/4; 2. Bergenfield, 85-5 3/4; 3. Christian Brothers, 80-9 1/4; 4. Bergenfield "B", 78-1 1/2; 5. Bergenfield "C", 76-2 1/2; 6. NV/Old Tappan, 75-2 1/2; 7. Hunterdon Central, 71-3; 8. Bergen Tech, 70-6 1/2.

High jump - 1. tie, Christian Brothers (Cashman, Tyrrell), 11-10; Bergenfield, 11-10; 3. Franklin, 11-8; 4. St. Joseph, 11-4; 5. Kennedy, 11-2; 6. tie, Hunterdon Central, 11-1; Christian Brothers "B", 11-1.

Pole vault - 1. Hunterdon Central (Jason Emrey, Mike Roberts), 25-0; 2. Christian Brothers, 24-0; 3. tie, Christian Brothers "B", 22-0; Middletown North, 22; Christian Brothers "C", 22-0; 6. Ridgewood, 21-0; 7. Park Ridge; 8. Pope John.

Shot put - 1. Old Bridge (Charlie Fradella, Matt Betti), 90-8 1/2; 2. Franklin, 89-11; 3. Christian Brothers, 88-1 1/4; 4. Pope John, 85-8 1/4; 5. Middletown North, 85-5 3/4; 6. Northern Highlands, 83-10 1/2.

Discus - 1. Old Bridge (Matt Betti, Francis Barnett), 266-11; 2. Pope John, 251-0; 3. Ridgewood, 240-10; 4. Northern Highlands, 234-9; 5. Christian Brothers, 228-1; 6. Middletown North, 224-10.

Javelin - 1. St. Joseph (Tim Mailzia, Dan Scianandrea), 318-2; 2. Old Bridge, 277-4; 3. Manchester, 265-10; 4. NV/Old Tappan, 258-9; 5. Middletown North, 258-1; 6. Old Bridge "B", 252-5; 7. Christian Brothers, 251-8.

GIRLS

TEAM SCORES: 1. Toms River East 71; 2. Hunterdon Central, 54.5; 3. Jackson 50; 4. Mt. Vernon 48; 5. Ridgewood 39; 6. Pope John 31; 7. Passaic Tech 30; 8. Westfield 27; 9. Paramus Catholic 17; 10. Wayne Valley 17; 11. Bergenfield 16.5; 12. Paramus 16; 13. Newark Science 14.5; 14. tie, Bergen Tech 14; NV/Old Tappan 14; 16. Passaic Valley 10; 17. Fair Lawn 9; 18. Passaic 3; 19. Kennedy 2; 20. Holy Angels 1.

400 - 1. Mt. Vernon (Adecia Nembarth, Shauna Lee Williams, Tanisha Martin, Manesa Brisbane), 50.2; 2. Passaic Tech, 50.5; 3. Jackson, 52.2; 4. Westfield, 52.8; 5. Fair Lawn, 53.5; 6. tie, Hunterdon Central 53.6; Newark Science, 53.6.

800 - 1. Passaic Tech (Andrea Herbert, Rosalind Cerat, Soniya Johnson, Yhounic Vassell), 1:43.8; 2. Mt. Vernon, 1:48.1; 3. Jackson, 1:48.2; 4. Hunterdon Central, 1:48.3; 5. NV/Old Tappan, 1:49.6; 6. Westfield, 1:50.3.

1,600 - 1. Hunterdon Central (Marjorie Schmidt, Eileen Saunders, Michelle Archambault, Kaitlin Lembracht), 4:07.3; 2. Passaic Tech, 4:08.2; 3. Jackson, 4:10.6; 4. Westfield, 4:13.2; 5. Paramus Catholic, 4:16.8; 6. NV/Old Tappan, 4:17.5.

3,200 - 1. Hunterdon Central (Lindsay Force, Jenna Fasuo, Michelle Archambault, Casey Nelson), 9:56.2; 2. West-

field, 9:59.1; 3. Toms River East 10:16.4; 4. Newark Science, 10:21.7; 5. Jackson, 10:24.6; 6. Pope John, 10:24.7.

6,400 relay - 1. Hunterdon Central (Lindsay Force, Jenna Fasulo, Michelle Archambault, Casey Nelson), 21:57.4; 2. Toms River East, 22:10.9; 3. Paramus, 22:52.1; 4. NV/Old Tappan, 23:04.8; 5. Passaic, 23:14.7; 6. Wayne Valley, 23:40.4.

Sprint medley - 1. Newark Science (Asha Bailey, Adrienne Smith, Schuyler Edmunds, Willette Miller), 4:22.0; 2. Ridgewood, 4:23.9; 3. Pope John, 4:24.3; 4. Bergen Tech, 4:25.4; 5. Fair Lawn, 4:30.2; 6. Paramus Catholic, 4:38.6.

Distance medley - 1. Passaic Valley (Gi-alena Minervini, Alyson DiDomenico, Michele Coral, Jesse Mizzzone), 13:14.2; 2. Ridgewood, 13:21.6; 3. Toms River East, 13:30.3; 4. Paramus, 13:35.8; 5. Hunterdon Central, 13:51.0; 6. Passaic, 13:52.4.

4x100 shuttle HM - 1. Westfield (Mika Cruz, Sarah Burke, Jessica Lee, Lauren Solon), 1:09.5; 2. Toms River East, 1:09.8; 3. Wayne Valley, 1:11.8; 4. Passaic Tech, 1:14.9; 5. Paramus, 1:15.6; 6. Fair Lawn, 1:16.4.

3x400 HM - 1. Toms River East (Wachtler, Rathbauer, Gray), 3:36.8; 2. Jackson, 3:39.8; 3. Wayne Valley, 3:42.8; 4. NV/Old Tappan, 3:45.1; 5. Paramus, 3:53.1; 6. Holy Angels, 4:01.8.

Long jump - 1. Mt. Vernon (Shauna Lee Williams, Adecia Nembarth), 33-11; 2. Paramus Catholic, 31-10; 3. Ridgewood, 31-6; 4. Jackson, 31-4 1/2; 5. NV/Old Tappan, 29-9; 6. Toms River East, 29-6 1/2.

Triple jump - 1. Mt. Vernon (Kirsten Fields, Kendra Vaughan), 63-11 1/2; 2. Bergenfield, 63-5 1/2; 3. Hunterdon Central 62-7 1/2; 4. Paramus Catholic, 62-4 1/2; 5. NV/Old Tappan, 60-11 1/2; 6. Ridgewood, 58.

High jump - 1. Mt. Vernon (Adecia Nembarth, Shauna Lee Williams), 10-2; 2. Ridgewood, 9-6; 3. Jackson, 9-5; 4. Toms River East, 9-4; 5. Paramus, 9-1; 6. tie, Bergenfield, 9-0; Paramus Catholic, 9-0.

Pole vault - 1. Hunterdon Central (Holly Stather, Kristen Strizki), 21-0; 2. tie, Ridgewood, 14-0; Hunterdon Central "B", 14-0; 4. Pope John, 13-0; 5. Fair Lawn, 8-0; 6. tie, Toms River East 6-6; 6. Ridgewood "B", 6-6.

Shot put - 1. Toms River East (Devan Davis, Christie Solomon), 69-1 1/2; 2. Mt. Vernon, 65-10 3/4; 3. Bergenfield, 63-6; 4. Pope John, 61-11; 5. Paramus Catholic, 61-2; 6. Kennedy, 60-6.

Discus - 1. Pope John (Ashley Flaherty, Jen Kramer), 199-0; 2. Toms River East, 186-5; 3. Jackson, 175-3; 4. Wayne Valley, 174-7; 5. Bergenfield, 168-6; 6. Kennedy, 162-1.

Javelin - 1. Bergen Tech (Beverly Gross, Kate Carillo), 183-7; 2. Toms River East, 180-8; 3. Jackson, 177-1; 4. Pope John, 173-7; 5. Hunterdon Central, 167-3; 6. NV/Old Tappan, 158-5.

The Record 4/14

BOYS TOP 20

1. **Garfield** - The Boilermakers move to the top spot by blowing out Glen Rock in a dual meet and placing second in the Ranger Relays to New York power Warwick Valley.

2. **Don Bosco Prep** - An impressive win in the Nanuet Relays over a field which included New York power Uniondale moves the Ironmen up a notch.

3. **Hackensack** - The Comets slip from the first place position after taking a Saturday off to train to try and win a fourth Group 4 title in five years.

4. **West Milford** - The Highlanders were fifth at the Ranger Relays at Walkill Valley but remain the favorite to win their first Passaic Relays title since 1994.

5. **Bergen Catholic** - Like IHA in the girls, the Crusaders have been in the shadows locally except for duals. They are the defending Group 4 Relay champs.

6. **River Dell** - Coach Mike Urso doesn't like the favorites role, but the Golden Hawks were impressive in winning the BCSL American Relays.

7. **NV/Old Tappan** - If Garfield and River Dell stumble in Group 3, the Golden Knights, fifth at the Englewood Relays, have enough talent to win their first Group 3 Relays title.

8. **Tenafly** - The Tigers have suffered two tough losses to River Dell in the last week, and are part of a talented Group 3 field. The host Tigers last won a Bergen Relays title in 1984.

9. **Ridgewood** - The Maroons haven't won at the Bergen Relays since 1988. A top three finish is possible in Group 4.

10. **Paramus** - A real dark horse in a talented Group 3 Relays field, the Spartans remain in the Top 10.

11. **NV/Demarest** - A controversial win over Wayne Hills keeps the Norsemen in the Top 20. It's been seven years since they won Group 3.

12. **Wayne Hills** - The loss of sprinter Mike Pruzinsky to mono jeopardizes their hopes for a first Passaic Relays win.

13. **Wayne Valley** - If there's a dark horse in the Passaic Relays, the Indians, two-time defending champs, are it with nearly new team.

14. **Dumont** - The Huskies had a great BCSL American Relays meet, finishing just two points behind Tenafly.

15. **Ramsey** - The Rams edged Leonia to win the Lyndhurst Relays. They have won two of the last three Group 2 titles.

16. **Leonia** - The Lions lost the Lyndhurst Relays by less than two points. They have never won a Bergen Relays title.

17. **Cresskill** - Cresskill's last Group 1 relays title was in 1998, but the Cougars need to avoid the mistakes that dropped them to fourth in last week's Lyndhurst Relays.

18. **Glen Rock** - The Panthers have won the last three Group 1 Relays titles and six Bergen Relays titles since 1994. Don't let the Garfield loss fool you - The Panthers will be ready.

19. **Lyndhurst** - The Golden Bears had a solid performance with a fifth place finish at their own meet.

20. **Teaneck** - The Highwaymen are developing another fine jumping and sprinting team and could even be a factor in the sprint medley in Group 4.

BERGEN RELAYS BOYS CHAMPIONS

GROUP 3-4

2001: Berg. Cath. (4)
River Dell (3)
2000: Hackensack (4)
St. Joseph (3)
1999: Hackensack (4)
St. Joseph (3)
1998: Hackensack (4)
Paramus Cath. (3)
1997: Don Bosco Prep
1996: Bergen Cath.
1995: NV/Demarest and Bergen Catholic
1994: Don Bosco Prep
1993: Hackensack
1992: Hackensack
1991: Bergen Cath.
1990: Hackensack
1989: Hackensack
1988: Ridgewood
1987: Ridgewood
1986: Hackensack
1985: Don Bosco Prep
1984: Teaneck
1983: Teaneck
1982: Hackensack
1981: Hackensack
1980: Hackensack
1979: Teaneck
1978: Bergen Cath.

GROUP 1-2

2001: Westwood (2)
Glen Rock (1)
2000: Ramsey (2)
Glen Rock (1)
1999: Ramsey (2)
Glen Rock (1)
1998: Westwood (2)
Cresskill (1)
1997: Westwood
1996: Glen Rock
1995: Glen Rock
1994: Glen Rock
1993: Ridgefield Park
1992: Ridgefield Park
1991: Ridgefield Park
1990: Saddle Brook
1989: Rutherford
1988: Saddle Brook
1987: Saddle Brook
1986: Waldwick
1985: Lyndhurst
1984: Tenafly
1983: Tenafly
1982: Rutherford
1981: Tenafly
1980: Saddle Brook
1979: Tenafly
1978: Saddle Brook

Results from Bergen County Relays**Fri., April 19th and Sat, April 20th**

- 3xHJ:** C. Perez 5'4", H. Smith 5'4", K. Englekin 5'4"
16'0" - 4th Place
- 3xLJ:** H. Smith 17'5", J. Jones 16'6", K. Wanchoo 14'7"
48'6" - 6th Place
- 3xShot:** K. Strahle 44'5", S. Pskowski 39'10 1/2", C. Wolfstirn 40'5"
124' 8 1/2" - 2nd Place
- 3xJav:** A. Whitelaw 127'1", T. Wagner 120'2", A. Halwagy 125'1"
370'4" - 2nd Place
- 3x400IH:** C. Perez 59.2, J. Norton 60.4, G. Corcoran 62.2
3:01.7 - 3rd Place
- 4x1600m:** A. Zamir 4:45.1, E. Nygaard 4:45.4, D. Maher 4:47.0, R. Crispin 4:45.6
67/72/73/72 65/74/73/73 61/71/72/78 71/73/74/65
19:03.1 - 2nd Place
- 4x200m:** K. Wanchoo 25.6, T. Rooke 25.0, O. Onwubu 25.9, E. Yeaw 24.6
1:41.2 - 6th Place
- 4x110HH:** T. Wagner 19.3, A. Whitelaw 18.8, G. Knutson 18.8, J. Norton 17.9
1:15.0 - 5th Place
- 4x100m:** K. Wanchoo, H. Smith, J. Norton, J. Jones 47.3 // 47.1 - 5th Place
- Dist. Med:** C. Perez 3:17.0, O. Onwubu 56.5, G. Corcoran 2:05.8, R. Crispin 4:35.2
62/65/70 58/67 2:17/73/65
10:54.8 - 2nd Place
- Spr. Med:** H. Smith 24.7, E. Yeaw 25.3, J. Jones 53.9, C. Perez 2:05.9
3:50.4 - 5th Place
- 4x800m:** D. Sampson 2:05.8, G. Corcoran 2:05.1, R. Crispin 2:07.6, A. Zamir 2:06.0
61/65 59/66 62/65 59/67
8:24.0 - 2nd Place
- 4x400m:** J. Jones 55.9, E. Yeaw 56.2, D. Sampson 55.3, T. Rooke 55.0
3:42.6 - 6th Place
- 3xTJ:** K. Englekin 31'6", A. Halwagy F, T. Wagner 30'11"
62'5"

3xDisc: S. Pskowski 123'4", K. Strahle 126'5", C. Wolfstirn 121' 3"
372'2" - 2nd Place

3xPV: J. Norton 11'6", J. Riccairdi 10', G. Knutson 10'

Team Scores:

Don Bosco 112

Bergen Cath. 93

Ridgewood 75

Hackensack 71

Teaneck 69

Bergen Tech. 41 1/2"

Fair Lawn 25 1/2"

Comments:

This was a very good meet for us. We were able to compete at a high level in nearly every event. This is not to say that this is where we want to plateau. Our team needs to make sure we continue to work hard so that we continue to improve. We lost to Hackensack only two weeks ago, we were able to defeat them today. Let's continue to work to narrow that gap between ourselves and the top two teams. We need to have a good two weeks of practice. Keep working hard!

Athletes of the Meet:

Gabe Knutson - 10' PV in first meet // 18.8 110HH

Kevin Strahle - 126'5" Discus 44'+ in Shot

BERGEN COUNTY RELAYS

30YS

GROUP 1

TEAM SCORES: Glen Rock 102, Saddle Brook 76, Cresskill 56, Westwood 51, Lyndhurst 50, Palisades Park 47, Wood-Ridge 26, New Milford 25, Hasbrouck Heights 17, North Arlington 6, Midland Park 12, Ridgefield 10, Becton 4, Wallington 2.

400 - 1. Saddle Brook (Mike Timmerman, Lucas Cuellar, Joe Frangipane, Steve Stachal), 45.5; 2. Lyndhurst, 45.9; 3. Palisades Park, 46.4; 4. Cresskill, 46.8; 5. Westwood, 47.0; No sixth.

800 - 1. Glen Rock (Brandon Vanderbeck, Bill McKenith, Mike Gibbons, Rob Grammer), 1:33.2; 2. Lyndhurst, 1:33.8; 3. Palisades Park, 1:35.6; 4. Saddle Brook, 1:36.9; 5. New Milford, 1:37.2; 6. Westwood, 1:37.5.

1,600 - 1. Glen Rock (Bill McKenith, Mike Gibbons, Mike Montone, Rob Grammer), 3:31.5; 2. Westwood, 3:34.1; 3. Cresskill, 3:34.2; 4. Lyndhurst, 3:34.7; 5. Becton, 3:40.1; 6. North Arlington, 4:11.3.

3,200 - 1. Saddle Brook (A.J. Andreano, Ryan Bravo, Chris Guerriero, Dan Bulger), 8:38.0; 2. Glen Rock, 8:47.3; 3. Ridgefield, 8:55.8; 4. Wood-Ridge, 9:09.8; 5. Cresskill, 9:10.1; 6. Hasbrouck Heights, 9:10.3.

6,400 - 1. Glen Rock (Ryan Mulholland, Brian Hook, Tim Daly, Ryan McCann), 9:02.9; 2. Saddle Brook, 9:52.6; 3. Midland Park, 20:03.0; 4. Hasbrouck Heights, 20:11.9; 5. Cresskill, 20:31.4; 6. Palisades Park, 21:32.1.

Sprint medley - 1. Saddle Brook (Mike Timmerman, Dan Bulger, Jose Rodriguez, A.J. Andreano), 3:41.3; 2. Westwood, 3:43.3; 3. Cresskill, 3:44.6; 4. Ridgefield, 3:48.3; 5. Glen Rock, 3:49.7; 6. Becton, 3:50.2.

Distance medley - 1. Glen Rock (Ryan Mulholland, Mike Clark, Tim Daly, Ryan McCann), 11:00.5; 2. Hasbrouck Heights, 11:29.0; 3. Midland Park, 12:38.4; 4. Palisades Park, 11:42.7; 5. Cresskill, 11:55.0; 6. New Milford, 12:12.9.

Shuttle HH - 1. New Milford (Anthony Angoglia, Keith Creagh, Henry Markury, Dennis Calacione), 1:06.5; 2. Glen Rock, 1:09.0; 3. Lyndhurst, 1:09.4; 4. Cresskill, 1:10.3; 5. North Arlington, 1:16.1; 6. Hasbrouck Heights, 1:18.8.

4 x 400 IH - 1. Glen Rock (Mike Montone, Tom Wright, Geoff Rose), 2:59.8; 2. Cresskill, 3:03.5; 3. Lyndhurst, 3:03.6; 4. New Milford, 3:04.1; 5. North Arlington, 3:12.2; 6. Wood-Ridge, 3:19.2.

Hot put - 1. Cresskill (Rob Zerrenner, Joe Napoletano, Lou Levy), 132-10; 2. Wood-Ridge, 129-5 1/4; 3. Westwood, 27-9; 4. Saddle Brook, 126-11 1/4; 5. Wallington, 122-5 1/4; 6. Hasbrouck Heights, 120-4 1/4.

Discus - 1. Palisades Park (Dino Georgiou, Rich Lam, Charles Lee), 376-4; 2. North Arlington, 371-10; 3. Glen Rock, 32-3; 4. Westwood, 355-10; 5. Wood-Ridge, 347-3; 6. New Milford, 344-6.

Javelin - 1. Wood-Ridge (Martin Gadowski, Paul Rosiak, Mike Carrero), 95-0; 2. Saddle Brook, 449-3; 3. Westwood, 424-5; 4. Glen Rock, 427-10; 5. North Arlington, 421-3; 6. Becton, 420-1.

High jump - 1. Tie between New Milford, Westwood, Cresskill, Saddle Brook and Glen Rock, 16-4; 6. Tie between Palisades Park and North Arlington, 16-0.

Long jump - 1. Palisades Park (Brandon Fronjian, Gavin Charlton, Kelvin Rodriguez), 58-8 1/4; 2. Saddle Brook, 57-9 1/4; 3. Glen Rock, 55-9 1/4; 4. Westwood, 55-1/4; 5. Lyndhurst 54-9 1/4; 6. Wood-Ridge, 47-1/4.

Triple jump - 1. Palisades Park (Brandon Fronjian, Gavin Charlton, Alain Basing), 114-11; 2. Saddle Brook, 112-8 1/4; 3. Lyndhurst, 112-4; 4. Glen Rock, 109-1/2; 5. Cresskill, 109-1 1/4; 6. New Milford, 108-10.

Pole vault - 1. Lyndhurst (Steve Najemian, Joe Scaglione, Mark Wong), 34-6; 2. Glen Rock, 31-6; 3. Westwood, 30-6; 4. Cresskill, 30-0; 5. Hasbrouck Heights, 29-0; 6. North Arlington, 10-0.

GROUP 2

Team Scores: Ramsey 101, Leonia 100, Dumont 61, Ridgefield Park 58, Mahwah 49, Rutherford 45, Pascack Hills 31, Indian Hills 27, Queen of Peace 6, Englewood 2.

400 - 1. Ridgefield Park (Mike Reillo, Chris Muti, Uly Encarnacion, Julio Cardenas), 45.4; 2. Dumont, 46.7; 3. Ramsey, 46.9; 4. Leonia, 47.1; 5. Englewood, 48.6; 6. Indian Hills, 48.7.

800 - 1. Ridgefield Park (Julio Cardenas, Robert Ebeid, Mike Riello, Uly Encarnacion), 1:34.2; 2. Rutherford, 1:35.8; 3. Leonia, 1:36.6; 4. Ramsey, 1:38.6; 5. Indian Hills, 1:42.6; 6. Mahwah, 1:43.0.

1,600 - 1. Ramsey (Andrew Chung, Ryan Mills, Tim Berry, Pat Collins), 3:39.3; 2. Leonia, 3:54.1; 3. Queen of Peace, 4:05.0. No other places.

3,200 - 1. Ramsey (Wundof Desmores, Chris Flynn, Ryan McCullough, Pat Collins), 8:35.7; 2. Leonia, 8:43.7; 3. Indian Hills, 8:47.1; 4. Pascack Hills, 9:05.0; 5. Dumont, 9:07.5; 6. Rutherford, 9:15.0.

6,400 - 1. Ramsey (Simon Pekarsky, Chris Flynn, Ryan McCullough, Ryan Foy), 19:41.8; 2. Leonia, 20:03.1; 3. Rutherford, 20:45.3; 4. Dumont, 21:09.9. No other places.

Sprint medley - 1. Rutherford (Labega, Huston, Cavaliaro, Bloor), 3:43.8; 2. Leonia, 3:47.0; 3. Ramsey, 3:50.5; 4. Dumont, 3:55.6; 5. Pascack Hills, 3:56.0; 6. Indian Hills, 3:58.1.

Distance medley - 1. Indian Hills (Avery Cho, Matt Filandro, Elan Goldwasser, Matt Klypk), 11:01.0; 2. Ramsey, 11:05.2; 3. Leonia, 11:26.6; 4. Pascack Hills, 11:39.8; 5. Dumont, 12:53.1; 6. Ridgefield Park, 12:59.6.

Shuttle HH - 1. Leonia (Ilir Elezaj, Sean Connell, Andy Lim, Tom Nardin), 1:07.5; 2. Mahwah, 1:10.4; 3. Pascack Hills, 1:11.1; 4. Ramsey, 1:14.9; 5. Dumont, 1:20.0; No sixth.

3 x 400 IH - 1. Ramsey (Shawn Sterbinsky, Andrew Chung, Jordan Gingery), 2:59.9; 2. Dumont, 3:08.0; 3. Mahwah, 3:09.1; 4. Pascack Hills, 3:13.8; 5. Leonia, 3:20.7; 6. Ridgefield Park, 3:46.0.

Shot put - 1. Mahwah (Tom Labenski, Mike Goltz, Tom Helm), 138-8 1/4; 2. Dumont, 133-5 1/4; 3. Ramsey, 124-4; 4. Ridgefield Park, 122-11 1/4; 5. Indian Hills, 104-0; 6. Leonia, 101-10 1/4.

Discus - 1. Dumont (Raphael Coira, Dan McDermaid, Steve McGovern), 413-11; 2. Mahwah, 392-10; 3. Ramsey, 364-2; 4. Rutherford, 328-8; 5. Indian Hills, 320-5; 6. Pascack Hills, 310-9.

Javelin - 1. Rutherford (Joe Slavik, Anthony Immediate, Matt Marquart), 432-4; 2. Leonia, 390-3; 3. Ridgefield Park, 379-3; 4. Ramsey, 353-8; 5. Indian Hills, 351-5; No sixth.

High jump - 1. Mahwah (Greg Molnar, Rob Cherry, Eric Chinlyn), 16-8; 2. Ridgefield Park, 16-4; 3. Tie between Leonia and Ramsey, 16-0; 5. Dumont, 15-8; 6. Indian Hills, 5-0.

Long jump - 1. Leonia (Ilir Elezaj, Slavike Shikman, Andy Lim), 57-8 1/4; 2. Ridgefield Park, 56-6 1/4; 3. Rutherford, 56-3 1/4; 4. Mahwah, 55-8 1/4; 5. Ramsey, 54-1; 6. Dumont, 38-5.

Triple jump - 1. Pascack Hills (Ken Kang, Andrew Fontana, Jay Alves), 112-1; 2. Leonia, 111-4 1/4; 3. Ramsey, 109-0 1/4; 4. Ridgefield Park, 108-9; 5. Mahwah, 101-6. No sixth.

Pole vault - 1. Dumont (Mike Lotwich, Jon Park, Dean Spirito), 31-0; 2. Leonia, 21-0; 3. Ridgefield Park, 19-0; 4. Ramsey, 12-0. No other places.

GROUP 3

Team Scores: Garfield and NV/Old Tappan 73, River Dell 68, NV/Demarest 65, Tenafly 62, Paramus 34, Ramapo 22, Fort Lee and Bergenfield 19, Northern Highlands 18, St. Joseph Regional 15, Pascack Valley 14, Paramus Catholic 10, Cliffsides park 4.

400 - 1. Garfield (K.J. Harris, Rob Richardson, David Schratz, Miles Austin), 45.5; 2. NV/Old Tappan, 46.6; 3. River Dell, 46.9; 4. Paramus, 47.4; 5. Northern Highlands, 47.9; 6. Ramapo, 48.2.

800 - 1. Garfield (K.J. Harris, Miles Austin, Anthony Scanello, Rob Richardson), 1:33.8; 2. Paramus, 1:34.9; 3. NV/Old Tappan, 1:36.0; 4. Tenafly, 1:36.5; 5. Paramus Catholic, 1:38.0; 6. River Dell, 1:38.6.

1,600 - 1. NV/Old Tappan (Tom Walsh, Tom Eschbauer, Nils McBride, Rory Miller), 3:35.8; 2. Paramus Catholic, 3:36.0; 3. Tenafly, 3:36.6; 4. Fort Lee, 3:38.9; 5. River Dell, 3:39.1; 6. Garfield, 3:52.0.

3,200 - 1. Fort Lee (Jim Weng, Anton Revenkov, Ryan Sopelsa, Samir Mane), 8:22.9; 2. NV/Demarest, 8:25.4; 3. Tenafly, 8:26.8; 4. NV/Old Tappan, 8:33.7; 5. Pascack Valley, 8:46.6; 6. Northern Highlands, 9:11.3.

6,400 - 1. NV/Demarest (Mike Accordino, James laGreca, Dan Gershoni, Dane Garlasco), 18:52.2; 2. Tenafly, 18:57.3; 3. NV/Old Tappan, 19:20.3; 4. Garfield, 19:20.6; 5. Paramus, 20:00.7; 6. Cliffsides Park, 20:43.5.

Sprint medley - 1. Tenafly (Chris Chang, Thomas Jan, Raffi Marcus, Zach Lerner), 3:42.8; 2. River Dell, 3:43.2; 3. Ramapo, 3:44.4; 4. Paramus, 3:45.8; 5. Northern Highlands, 3:47.2; 6. St. Joseph Regional, 3:47.5.

Distance medley - 1. NV/Demarest (Mike Accordino, Sam Lee, Dan Gershoni, Dane Garlasco), 10:55.0; 2. Tenafly, 11:02.9; 3. Garfield, 11:09.4; 4. NV/Old Tappan, 11:23.4; 5. River Dell, 11:41.1; 6. Cliffsides Park, 11:46.4.

Shuttle HH - 1. NV/Old Tappan (Jon Wu, Rory Miller, Chris Woodford, Sujar Budran), 1:06.4; 2. Garfield, 1:06.9; 3. River Dell, 1:07.2; 4. NV/Demarest, 1:09.8; 5. Tenafly, 1:10.1; 6. Fort Lee, 1:11.2.

3 x 400 IH - 1. River Dell (Greg Horn, Mamo Arima, Rob McDonough), 2:58.2; 2. NV/Old Tappan, 3:00.3; 3. Northern Highlands, 3:00.5; 4. Fort Lee, 3:01.2; 5. NV/Demarest, 3:04.7; 6. St. Joseph Regional, 3:08.4.

Shot put - 1. Garfield (Eamon Georges, Druse Schratz, Joe Viglione), 127-11; 2. River Dell, 123-3 1/4; 3. Northern Highlands, 121-9; 4. St. Joseph Regional, 121-4 1/4; 5. Bergenfield, 119-4; 6. NV/Demarest, 117-7 1/4.

Discus - 1. NV/Demarest (Elliot Friedbax, Andrew Camuso, Danny Labarbera), 378-5; 2. River Dell, 375-10; 3. Bergenfield, 340-9; 4. NV/Old Tappan, 309-2; 5. Pascack Valley, 308-9; 6. Tenafly, 278-8.

Javelin - 1. St. Joseph Regional (John Lee-Hugh), Dan Scianandre, Jim Malizia), 468-7; 2. NV/Demarest, 435-11; 3. Garfield, 403-2; 4. River Dell, 397-7; 5. Cliffsides Park, 391-5; 6. Tenafly, 382-9.

High jump - 1. Pascack Valley (Ian Loschman, Adam Sacher, Matt Lilien), 17-2; 2. NV/Old Tappan, 16-8; 3. Tie between NV/Demarest and Ramapo, 16-6; 5. River Dell, 16-0; 6. Tenafly, 10-8.

Long jump - 1. Garfield (Miles Austin, Rob Richardson, Artie Andreano), 60-11; 2. Paramus, 57-10; 3. Tenafly, 57-1/2; 4. NV/Old Tappan, 56-3; 5. River Dell, 55-7; 6. Bergenfield, 54-6.

Triple jump - 1. Bergenfield (Weston Daniel, Mike Campagna, Andre May), 125-11; 2. Paramus, 122-8; 3. Garfield, 119-10; 4. Tenafly, 116-10 1/4; 5. River Dell, 115-5 1/4; 6. Northern Highlands, 115-4.

Pole vault - 1. Ramapo (Pat Heenahan, Rich Larin, Jon Cheifitz), 33-0; 2. Tie between NV/Demarest and River Dell, 31-0; 4. Tenafly, 29-0; 5. Garfield, 21-0; 6. NV/Old Tappan, 19-0.

GROUP 4

Team Scores: Don Bosco 112, Bergen Catholic 93, Ridgewood 75, Hackensack 71, Teaneck 69, Bergen Tech 41 1/2, Fair Lawn 25 1/2.

400 - 1. Don Bosco (Ron Elia, Mike Garvin, Tom Hibbert, Brian Toal), 45.2; 2. Bergen Tech, 45.4; 3. Teaneck, 45.7; 4. Bergen Catholic, 46.6; 5. Ridgewood, 47.1; No sixth.

800 - 1. Bergen Tech (Jon Reid, Justyn Davis, Kirk Budd, Andrew Drysdale), 1:32.5; 2. Teaneck, 1:33.3; 3. Don Bosco, 1:33.8; 4. Bergen Catholic, 1:34.6; 5. Hackensack, 1:38.8; 6. Ridgewood, 1:41.7.

1,600 - 1. Bergen Catholic (Joe Charles, Derrick Darius, Ken Sinkovitz, Marco Santini), 3:23.8; 2. Teaneck, 3:27.1; 3. Don Bosco, 3:27.6; 4. Bergen Tech, 3:31.2; 5. Hackensack, 3:33.8; 6. Ridgewood, 3:42.6.

3,200 - 1. Don Bosco (Kevin Barry, Frank Battersby, Tim Murphy, Matt Horesta), 8:13.7; 2. Ridgewood, 8:24.0; 3. Bergen Catholic, 8:36.6; 4. Fair Lawn, 8:48.3; 5. Hackensack, 9:02.8; 6. Bergen Tech, 9:14.7.

6,400 - 1. Don Bosco (Tim Murphy, Frank Battersby, Sean Swift, Peter Gerboth), 18:41.8; 2. Ridgewood, 19:03.1; 3. Bergen Tech, 20:08.8; 4. Bergen Catholic, 20:14.7; 5. Hackensack, 20:18.5; No sixth.

Sprint medley - 1. Bergen Catholic (Derrick Darius, Marco Santini, Kevin DeTrizio, Ken Sinkovitz), 3:34.1; 2. Teaneck, 3:39.8; 3. Bergen Tech, 3:42.3; 4. Fair Lawn, 3:49.9; 5. Ridgewood, 3:50.4; 6. Hackensack, 4:13.3.

Distance medley - 1. Don Bosco (Matt Horesta, Eric Brown, Sean Swift, Peter Gerboth), 10:50.7; 2. Ridgewood, 10:54.8; 3. Hackensack, 11:17.3; 4. Bergen Catholic, 11:20.0; 5. Fair Lawn, 11:27.5; 6. Bergen Tech, 11:48.1.

Shuttle HH - 1. Bergen Catholic (Markus Burns, Chris Eck, Joe Avagliano, Joe Charles), 1:06.5; 2. Hackensack, 1:06.8; 3. Teaneck, 1:07.0; 4. Don Bosco Prep, 1:08.0; 5. Ridgewood, 1:15.0; No sixth.

3 x 400 IH - 1. Don Bosco Prep (Rob McKay, Kevin Barry, Eric Feldmann), 2:57.3; 2. Bergen Catholic, 2:58.9; 3. Ridgewood, 3:01.7; 4. Teaneck, 3:02.2; 5. Hackensack, 3:08.1; No sixth.

Shot put - 1. Hackensack (Valbert Wyche, Wes Nottingham, Lee Crusius), 145-9 1/2; 2. Ridgewood, 124-8 1/4; 3. Fair Lawn, 114-11 1/4; 4. Don Bosco, 114-0; 5. Bergen Catholic, 111-11 1/4; 6. Bergen Tech, 89-9 1/4.

Discus - 1. Hackensack (Valbert Wyche, Wes Nottingham, Lee Crusius), 398-11; 2. Ridgewood, 372-2; 3. Bergen Catholic, 343-1; 4. Fair Lawn, 325-4; 5. Don Bosco, 307-7; 6. Teaneck, 288-9.

Javelin - 1. Bergen Catholic (E.J. Vitez, Nick Lotz, Tyler Pitman), 374-0; 2. Ridgewood, 371-4; 3. Don Bosco, 366-7; 4. Hackensack, 360-4; 5. Bergen Tech, 309-8; 6. Fair Lawn, 227-11.

High jump - 1. Teaneck (Keston Marson, Donnell Williams, Rowan Clarke), 17-4; 2. Bergen Catholic, 17-0; 3. Don Bosco, 16-6; 4. Ridgewood, 16-0; 5. Hackensack, 11-2; 6. Tie between Fair Lawn and Bergen Tech, 5-4.

Long jump - 1. Teaneck (Ky Scott, Marty Charles, Rowan Clarke), 61-2; 2. Don Bosco Prep, 58-5; 3. Hackensack, 57-4 1/2; 4. Bergen Catholic, 54-5 1/2; 5. Bergen Tech, 52-7 1/2; 6. Ridgewood, 48-6.

Triple jump - 1. Don Bosco (Jeff Sejour, Tyler Palumbo, Joe Marcoux), 126-7; 2. Teaneck, 119-8 1/4; 3. Hackensack, 114-5 1/4; 4. Bergen Catholic, 112-10; 5. Bergen Tech, 106-8 1/4; 6. Fair Lawn, 99-0 1/4.

Pole vault - 1. Don Bosco (Chris Schneider, Tom McCormick, Steve Englehardt), 34-6; 2. Hackensack, 32-6; 3. Ridgewood, 31-6; 4. Tie between Bergen Tech and Fair Lawn, 18-0; 6. Bergen Catholic, 11-6.

RIDGEWOOD VS BARRINGER

April 23rd

Ridgewood 110 Barringer 21

Long Jump:

R vs B: 1- Fukes, Barringer, 18'2". 2- Harryl Smith, Rwd, 16' 1/2". 3- Johnnie Jones Rwd 15'10"

Nonscoring: K. Wanchoo 13'9" A. Halwagy 13'11 1/2" T. Rooke 12'9"

Ridgewood 4 Barringer 5

400Hurdles:

R vs B: 1-Chris Perez, Rwd, 57.8. 2-Adam Whitelaw, Rwd, 62.6. 3- Ted Wagner, Rwd, 63.5.

nonscoring:

Ridgewood 9 Barringer 0

100 meters:

R vs B: 1-Harryl Smith, Rwd, 12.1. 2-James Norton, Rwd, 12.2. 3- Johnnie Jones, Rwd 12.3

nonscoring: A. Halwagy 12.4, K. Wanchoo 12.8, J. Kim 14.1, A. Garfinkel 14.0

J. Choi 14.1, A. Weiss 14.2, T. Insley 14.5.

Ridgewood-9 Barringer 0

1600 meters:

R vs B: 1-Dave Maher, Rwd, 4:40.8. 2-Erik Nygaard, Rwd, 4:59. 3-Ari Zamir, Rwd 5:01

nonscoring: M. Jackson 5:05, T. Reilly 5:08, C. Karoustos 5:42, N. Norrell 5:44, N. Campbell 6:13

Ridgewood-9 Barringer 0

400 meters:

R vs B: 1-Chris Perez, Ridgewood, 52.4. 2-Evan Yeaw, Rwd, 55.7. 3- Ok Onwubu, Rwd 56.2

nonscoring: A. Halwagy 57.2, G. Knutson 57.5

Ridgewood-9 Barringer 0

110 Hurdles:

R vs B: 1-Long, Barringer 17.8. 2-Ted Wagner, Rwd, 18.6. 3-Adam Whitelaw, Rwd, 18.7

nonscoring:

Ridgewood-4 Barringer 5

800 meters:

R vs B: 1-Ari Zamir, Rwd, 2:08. 2-Tom Rooke, Rwd, 2:12. 3-Erik Nygaard, Rwd 2:13

nonscoring: D. Maher 2:15, T. Reilly 2:20, T. Wagner 2:26, N. Norrell 2:32,

J. Norton 2:37, C. Karoustos 2:44, N. Campbell 3:04

Ridgewood-9 Barringer 0

200 meters:

R vs B: 1-Chris Perez, Rwd, 23.7. 2-Barringer 24.3. 3-Evan Yeaw, Rwd, 25.8

nonscoring: J. Kim 28.0, A. Weiss 30.2, T. Insley 30.3, C. Jenson 30.7, J. Choi 31.0

Ridgewood-6 Barringer 3

3200 meters:

R vs B: 1-Ari Zamir, Rwd, 10:36. 2-Erik Nygaard, Rwd, 10:52. 3-Matt Jackson, Rwd 10:58

nonscoring: Daver Maher 11:24

Ridgewood-9 Barringer 0

Triple Jump:

R vs. B: 1-Johnnie Jones, Rwd, 36'10". 2-Gabe Knutson, Rwd, 35'6". 3-Krishan Wanchoo, Rwd, 33'6"

nonscoring: T. Rooke 32'6"

Ridgewood-9 Barringer 0

Shot Put:

R vs. N: 1-Kevin Strahle, Rwd 43'7", Steve Pskowski, Rwd, 42'10" 3- Chris Wolfstim 40'3"
nonscoring: M. Monfred 33'2", M. Flicker 31'11" N. Polise 31'3" M. Weaving 29'5",

J. Miller 25'4" B. Lynch 23'2"

Ridgewood-9 Barringer 0

Discus:

R vs N: 1-Steve Pskowski, Rwd 121'9". 2-Kevin Strahle Rwd, 118'9". 3-Chris Wolfstrin 118'4"
nonscoring: M. Flicker 80'5", M. Monfred 71'6", N. Polise 78'1" M. Weaving 66'8"

J. Miller 68'2" B. Lynch 49'1"

Ridgewood 9 Barringer 0

High Jump:

R vs B: 1-Long, Barringer, 5'8". 2-Fykes, Barringer 5'6" 3-Harryl Smith, Rwd 5'2"

nonscoring: O. Onwubu NH, K. Wanchoo NH, A. Weiss NH

Ridgewood 1 Barringer 0

Pole Vault:

R vs B: 1-James Norton, Rwd, 11'6". 2-Gabe Knutson, Rwd 10'. 3-Christian Jenson, Rwd 8'

Nonscoring:

Ridgewood 9 Barringer 0

4X400 Relay:

1-Ridgewood 3:53.3 (A. Whitelaw 57.3, G.Knutson 60.5, A. Halwagy 58.9, O. Onwubu 56.6)

Nonscoring:

Ridgewood: 4:14.7 (T. Rooke 55.6, J. Choi 66.8, C. Jenson 67.7, J. Kim 64.6)

Athletes of the Meet:

Chris Perez: 57.8 / 52.4 / 23.7

Ok Onwubu: 56.2 / 56.6

Mike Monfred 33'2"

Mat Flicker 80'5"

TUESDAY'S TRACK BESTS

BOYS

100M (11.5) - Patel Whyte, Hackensack, 11.0; Gooden, Kennedy, 11.1; Anthony Cinelli, Paramus Catholic, 11.2; Robert Falkenstein, Park Ridge, 11.2; Derrick Darius, Bergen Catholic, 11.3; Miles Austin, Garfield, 11.3; Ryan Meltzer, Clifton, 11.3; Chaz Lynn, Wayne Hills, 11.4; Greg Olsen, Wayne Hills, 11.4; Anglin, Kennedy, 11.5.

200M (23.8) - Whyte, 22.6; Gooden, 22.9; Meltzer, 22.9; Cinelli, 23.1; Marco Santini, Bergen Catholic, 23.2; Rob Richardson, Garfield, 23.5; T.J. O'Hanlon, Indian Hills, 23.6; Chris Perez, Ridgewood, 23.7; Ralph Davis, Paramus, 23.7; Brian Schaab, Clifton, 23.8; Wellfel, Pascack Valley, 23.8; Lynn, 23.8.

400M (53.9) - Whyte, 50.0; Jason Endres, Paramus, 52.2; Perez, 52.4; Joe Charles, Bergen Catholic, 52.6; Justin Frazier, Paramus Catholic, 53.2; Meltzer, 53.5; Tom Walsh, NV/Old Tappan, 53.8; Ken Stoute, Clifton, 53.8; Dan Schauer, North Arlington, 53.9.

800M (2:05) - Elvis Cole, Hackensack, 2:03.2; Greg Reed, Ramapo, 2:05.

1,600M (4:40) - Paul Kornaszewski, Clifton, 4:38.2; Dave Maher, Ridgewood, 4:40.

3,200M (10:10) - Kornaszewski, 9:48; Matt Klypka, Indian Hills, 10:09.

110M HH (16.2) - Greg Molnar, Mahwah, 14.7; Dave Lado, Ridgewood, 15.6; Andy Kim, Leonia, 15.8; Jean Beljour, Hackensack, 15.8; Markus Burns, Bergen Catholic, 15.9; Chris Fox, Bergen Catholic, 15.9; Ilir Elezaj, Leonia, 16.0; Steve Banon, North Arlington, 16.1; Michael Andreano, Garfield, 16.2; Shigeru Aoe, Northern Highlands, 16.2.

400M IH (60.0) - Lado, 57.1; Perez, 57.8; Molnar, 58.1; Tyler Neill, Wayne Hills, 58.4; Rory Miller, NV/Old Tappan, 58.5; David Dennis, Hackensack, 58.5; Ed Carter, Paramus Catholic, 58.8; Colin Pierce, Northern Highlands, 58.9; Nick Markopoulos, Bergen Catholic, 59.9; Sean Connell, Leonia, 59.9; Aoe, 60.0.

1 mile or 1,600M relay (3:40) - NV/Old Tappan, 3:39.2; Paramus (Saffet, Davis, Mouradian, Hossian), 3:40.

Long jump (19-6) - Jordan Gingery, Ramsey, 19-9 1/4; Dennis, 19-8; Molnar, 19-7.

Triple jump (39-6) - Burns, 42-0; Dennis, 41-8; Dallas Lynch, Wayne Hills, 40-11 1/4; Davis, 40-5 1/4; Endres, 40-4 1/4; Ken Kang, Pascack Hills, 40-4; Pierce, 39-11.

High jump (5-10) - Molnar, 6-4; Ian Loschman, Pascack Valley, 6-2; Dan Kiely, NV/Old Tappan, 5-10; Burns, 5-10; Beljour, 5-10.

Pole vault (11-0) - Dan Lewski, Garfield, 12-6; Rich Larin, Ramapo, 11-6; James Norton, Ridgewood, 11-6; Sascher, Pascack Valley, 11-0; Omar Holman, Hackensack, 11-0.

Discus (135) - Tom Koc, North Arlington, 161-8; Mike Malatino, Ramsey, 139-11; P. J. Dakes, Northern Highlands, 138-2; Bert Sisco, Wayne Hills, 137-7.

Shot put (46) - Valbert Wyche, Hackensack, 54-6; Tristan Henry, Bergenfield, 50-3 1/4; Olsen, 47-8; Mike Gold, Mahwah, 47-4; Malatino, 46-10 1/4; Tom Labenski, Mahwah, 46-7; Dakes, 46-1.

GIRLS

100M (13.5) - Wallace, Montclair, 12.5; Latasha Jackson, Garfield, 12.8; Kayla Crawley, Montclair, 12.8; Yolanda Cooper, Montclair, 12.9; Kimisha Hughes, Eastside, 13.1; Tanaya Bruce, Hackensack, 13.1; Sanjae Van Riel, Bergenfield, 13.2; Judy Wong, Wood-Ridge, 13.2; Kim Hykey, Lyndhurst, 13.3; Kaity Rodriguez, Clifton, 13.3; Stacy Shivers, DePaul, 13.4; Elizabeth Luke, Bergen Tech, 13.4; Brynn Rosser, Hackensack, 13.4; Jess Perkel, NV/Old Tappan, 13.5; Nicole Cortese, Lyndhurst, 13.5; Jaime Kinard, Paramus, 13.5; Nicole Philibosian, Paramus, 13.5; Cory Mitchell, Leonia, 13.5.

200M (27.8) - Crawley, 26.5; Cooper, 26.6; Camellia Watson, Montclair, 26.7; Hughes, 27.0; Jess Perkel, NV/Old Tappan, 27.4; Rothman, No. Highlands, 27.4; Essence Carson, Eastside, 27.5; Kasen Pasack Valley, 27.7; Philibosian, Paramus, 27.7; Liz Bennett, Holy Angels, 27.7; Jackson, 27.8.

400M (64.0) - Hailey Coonrad, Ramsey, 61.4; Laura Lynch, Indian Hills, 61-8; Tina Triantifili, Indian Hills, 61-8; Carson, 62.0; Rislin, Montclair, 62.3; Stephanie Johnson, Bergen Tech, 62.6; Eva Saccachi, Pascack Valley, 62.8; Rodriguez, 63.1; Philibosian, Paramus, 63.3; Dana Smirnova, Leonia, 64.0.

800M (2:32) - Lauren Fowler, Bergen Tech, 2:29.4; Tara Connelly, Pascack Valley, 2:30; Sarah Christensen, No. Highlands, 2:31; Yanirda Mejia, Passaic, 2:32; Julia Stripe, Mahwah, 2:32.

1,600M (5:50) - Katie Brown, Paramus, 5:27; Mejia, Passaic, 5:34; Carol Bullen, Paramus, 5:35; Andrea Rovegno, Ramapo, 5:37; Davis, Montclair, 5:41.3; Hearin, IHA, 5:42; Poris, Montclair, 5:42.5; Taylor Lebovich, NV/Old Tappan, 5:43; Alejandra Mondragon, Passaic, 5:48; Fowler, Bergen Tech, 5:49.7; Awinna Martinez, Passaic, 5:50.

3,200M (12:30) - Claudine McGuire,

BOYS TRACK

Bergen Catholic 55, Paramus Catholic 48

Clifton 85, Kennedy 46

Don Bosco Prep 73 1/4, Hackensack 57 1/4

Don Bosco Prep 119, Montclair 12

Eastern Christian 74, Passaic Tech 64

Fort Lee 118 1/2, Englewood 23

Garfield 104, Waldwick 40

Leonia 120, Emerson 20

Leonia 84, Park Ridge 56

Manchester 79, Elmwood Park 55

Manchester 79, Paterson Catholic 50

North Arlington 85, Secaucus 46

Northern Highlands 78, Mahwah 52

NV/Old Tappan 83, Ramapo 49

Paramus 72, Bloomfield 59

Park Ridge 100, Emerson 40

Pascack Hills 70, Pascack Valley 61

Passaic Tech 98, Elmwood Park 27

Ramsey 88, Indian Hills 34

Ridgewood 66, Secaucus 64

Ridgewood 110, Barringer 21

River Dell 92, Ridgewood Park, 48

St. Joseph 76, Passaic 54

Waldwick 77 1/4, Lodi 65 1/4

Wayne Hills 104, Bergenfield 18

7/23

4/26

BOYS TOP 20

1. **Don Bosco Prep** - The Ironmen dominated Group 4 at the Bergen County Jack Yockers Relays to move into the top spot.

2. **Bergen Catholic** - The Crusaders move up three spots with their second place finish in Group 4, buoyed by near record performances in the 4 x 400 and sprint medley relays.

3. **Garfield** - The Boilermakers won their first Group 3 Bergen relays title in unusual fashion, but slide two spots because of the dominant Group 4 teams.

4. **Glen Rock** - A huge leap from 18th place for the Panthers who easily won Group 1 for the fourth straight year. The Panthers won five of the nine running events.

5. **West Milford** - Not an overwhelming win at the Passaic Relays for the Highlanders but their first title in eight years was led by the area's best hurdle team.

6. **NV/Old Tappan** - The hard luck Golden Knights, victims of two rare clerical errors in three weeks still move up a spot after their second place finish in Group 3.

7. **Wayne Hills** - The runnersup in the Passaic County Relays leap five spots and could make it a very interesting NBIL meet on May 9.

8. **River Dell** - The Golden Hawks came up just short in the five-team scramble for Group 3 honors, finishing third after leading for most of the meet.

9. **Ridgewood** - The Maroons didn't win an event in the Group 4 Bergen Relays but had a very good overall performance to take third and stay in place in the rankings.

10. **Hackensack** - Except for the weight team, the Comets had perhaps their most disappointing Bergen Relays in two decades, finishing a distant fourth and losing seven spots.

11. **Teaneck** - Adrian Durant appears healthy and makes the Highwaymen very dangerous. The area's best combined sprint-hurdle-jump team moves up nine spots.

12. **NV/Demarest** - The Norsemen were right in the mix in Group 3 until the final event and ended up fourth, losing a spot in the rankings.

13. **Tenafly** - The Tigers were mathematically alive in Group 3 until the final event and finished fifth, 15 points out of first.

14. **Saddle Brook** - The Falcons enter the Top 20 off a solid performance for second in Group 1 as A.J. Andreano won the Bernard Smith Award for his outstanding triple in the 4 x 800, sprint medley, and 4 x 1,600.

15. **Ramsey** - The Rams edged Leonia for the second straight week to earn their third Group 2 title in four years when the Lions came up short in the 4 x 200.

16. **Leonia** - The Lions cut their margin of defeat from 1½ points to just one against Ramsey but just missed their first Bergen Relays title.

17. **Clifton** - A win in the distance medley helped propel the Mustangs to a third-place tie in the Passaic relays and into the rankings.

18. **Wayne Valley** - The Indians tied for first in the high jump and dominated the pole vault to share third in the Passaic Relays, but lost five spots in the rankings.

19. **Cresskill** - The Cougars had a better meet than at the Lyndhurst Relays but still were a distant third in Group 1 and slid two more spots.

20. **Westwood** - The Cardinals did most of their damage in the field events to edge Lyndhurst for fourth in Group 1 and the final spot in the rankings.

RHS boys track and field team finishes third in Bergen Relays

By Jim Jones
Sports Editor Emeritus

RIDGEWOOD — Although Ridgewood High's boys track team had no individual winners in the past weekend's Bergen County Relays, the Maroons totaled 75 points for a third-place team finish in the Group 4 competition behind Don Bosco and Bergen Catholic with several outstanding performances.

Josh Saladino, the team's new head coach, said, "I'm excited with the county results. All the coaches are pleased." He cited the throwing teams that needed to score well to keep the Maroons in the meet, and the second-place finishes of the discus and shot put teams behind Hackensack's powerful trio did that.

Seniors Kevin Strahle and Steve Pskowski and junior Chris Wolfstirn teamed in both. Their distance in the discus was 372 feet, 2 inches (Hackensack's total was 398-11) and the shot-put total was 124-8 1/2 (145-9 1/2 for the Comets). The discus marks were: Strahle, 126-5; Pskowski, 123-4 and Wolfstirn, 121-3. Strahle's shot toss was 44-5; Pskowski's 39-10 1/2 and Wolfstirn's 40-5.

There were four other silver-medal efforts. They came in the 3,200 (8:24.0), 6,400 (19:03.1), distance medley (10:54.8) and javelin (371-4). Running the 3,200 were juniors Doug Sampson (2:05.8), Greg Corcoran (2:05.1), junior Ro Crispin (2:07.6) and sophomore Ari Zamir (2:06.0). In the 6,400, Zamir was clocked in 4:45.1, soph Erik Nygaard 4:45.4, soph Dave Maher 4:47.0 and Crispin 4:45.6.

Crispin also anchored the distance medley (4:35.2), teaming with senior Chris Perez (3:17.0), freshman Ok Onwubu (56.5) and junior Greg Corcoran (2:05.8). Coach Saladino called Crispin's efforts "a gutsy performance."

Perez, who is the team's top intermediate hurdler, stepped up in the high jump with a 5-4 leap to help the Maroons get fourth place. He also ran the 800 in the sprint medley and timed 59.2 in the intermediate hurdles.

Saladino has a number of underclassmen on the 61-man squad, and he is enthusiastic about the improvement that has been shown. Freshman Harryl Smith competed in four events, all scoring. He spanned 17-5 in the long jump, leaped 5-4 in the high jump, timed 24.7 in the sprint medley and also ran the 4x100.

Ridgewood took third place in the pole vault, and the coach noted that sophomore Gabe Knutson and freshman Jake Ricciardi both cleared 10 feet to go along with senior James Norton's 11-6 for the 31-6 total. He said the underclassmen turned in good marks for so early in the season.

The Maroons were 2-2 in dual meets heading into Wednesday's meet with Barringer. Wins were over Teaneck and Nutley, with the losses to Hackensack and Don Bosco.

Ridgewood will enter two teams in the Penn Relays that begin today and continue tomorrow. Slated to run in the 4x400 are Norton, Perez, Corcoran and Johnnie Jones, with

the 4x100 team formed by Ted Wagner, Smith, Jones and Norton.

Ridgewood's girls won two events in the county relays. Teaming for a 12:50.2 victory in the distance medley were Emily Terrin,

Mariana Palacios, Angela Mercer and Clair Nowakowski. In the long jump, the trio of Trish McGowan, Cate Fiocchi and Tyler O'Neill won with a 42-11 1/2 mark.

Ridgewood News

4/27

Results from The Penn Relays

April 26th and 27th

4x100m: Ted Wagner, Harryl Smith, James Norton, Johnnie Jones 47.66

**4x400m: Johnnie Jones 60.0 (dropped baton)
Greg Corcoran 53.6
James Norton 56.6
Chris Perez 52.8 3:44.26**

RIDGEWOOD VS BELLEVILLE

April 30th

Ridgewood 101 Belleville 30

Long Jump:

R vs B: 1-Harryl Smith, Rwd, 18'3 1/2" 2-Gabe Knutson, Rwd, 18'1 1/2" 3-Ray Teemer, B 17'9"
Nonscoring: J. Jones 17'2" K. Wanchoo 16'9" J. Norton 14'10"
Ridgewood 8 Belleville 1

400Hurdles:

R vs B: 1-Mike Somma, B, 59.1 2-James Norton, Rwd, 59.5, 3-Adam Whitelaw, Rwd, 62.9.
nonscoring: T. Wagner 66.3 C. Donnelly 68.1
Ridgewood 4 Belleville 5

100 meters:

R vs B: 1-Johnnie Jones, Rwd 11.9 2-Harryl Smith, Rwd, 11.9 3-Anthony Halwagy 12.3
nonscoring: K. Wanchoo 12.1, T. Rooke 12.2, J. Kim 13.8, A. Garfinkel 13.8 J. Choi 14.3,
A. Weiss 14.2, T. Insley 14.3, D. Bamba 14.3
Ridgewood-9 Belleville 0

1600 meters:

R vs B: 1-Chris Perez, Rwd, 4:34.3 2-Ro Crispin, Rwd, 4:34.7 3- F. Sylva, B, 4:45.9
nonscoring: G. Corcoran 4:45.9 E. Nygaard 4:50.0 T. Reilly 4:58.2, M. Jackson 5:13.1
H. Riccairdi 5:05.2 C. Karoustos 5:32.1, J. Chan 5:34.2, N. Norrell 5:39.8,
Ridgewood-8 Belleville 1

400 meters:

R vs B: 1-Doug Sampson, Rwd, 55.3 2-Evan Yeaw, Rwd, 56.3, 3-C. Bekt, B, 57.5
nonscoring: A. Halwagy 59.3
Ridgewood-8 Belleville 1

110 Hurdles:

R vs B: 1-Ray Temmer, B, 17.6. 2- Adam Whitelaw, Rwd, 18.3, 3-James Norton, Rwd, 18.4
nonscoring: G. Knutson 18.4, T. Wagner 18.5, C. Donnelly 19.2
Ridgewood-4 Belleville 5

800 meters:

R vs B: 1-Ari Zamir, Rwd, 2:03.7. 2-Dave Maher, Rwd, 2:05.8 3-Tom Rooke, Rwd, 2:14.1.
nonscoring: C. Perez 2:29.1, N. Norrell 2:48.2, J. Chan 2:36.5 C. Karoustos 2:36.2, N. Campbell 2:44.8
Ridgewood-9 Belleville 0

200 meters:

R vs B: 1-Kory Boone, B, 23.8 2-Johnnie Jones, Rwd 24.2 3-Evan Yeaw, Rwd, 25.6
nonscoring: J. Kim 27.7, J. Riccairdi 28.3T. Insley 29.5, J. Choi 29.9, D. Bamba 30.4
Ridgewood-4 Belleville-5

3200 meters:

R vs B: 1-Kyle Englekin, Rwd, 10:24.8, 2-Ro Crispin, Rwd, 10:40.1 3-Erik Nygaard, Rwd, 10:45.4.
nonscoring: Matt Jackson 10:49.6
Ridgewood-9 Belleville 0

Triple Jump:

R vs. B: 1-Gabe Knutson, Rwd, 39'5 1/2" 2-Harryl Smith 36'4 1/2" 3-Johnnie Jones 36'1"
nonscoring: K. Wanchoo 34'3" T. Rooke 33'6"
Ridgewood-9 Belleville 0

Shot Put:

R vs. N: 1-Kevin Strahle, Rwd 44'9", 2- Chris Wolfstirn, Rwd, 42'5" 3-Steve Pskowski, Rwd, 41'10"
nonscoring: N. Kovach 40'5" J. Toopes 39'1" M. Flicker 34'11 1/2" M. Monfred 31'6", N. Polise 31'
M. Weaving 30'10", M. LaFleur 30' 1/2" B. Mercer 29'2", M. Hendrickson 25'
J. Miller 25'6" B. Lynch 20'6 1/2"

Ridgewood-9 Belleville 0

Discus:

R vs N: 1-Chris Wolfstirn, Rwd, 126'9" 1-Steve Pskowski, Rwd 112'7". Tony Swain, B, 110'6"
nonscoring: K. Strahle 108'11" N. Kovach 99'4" M. Flicker 75'8" M. Monfred 68'11" N. Polise 73'9"
J. Miller 67'5" M. LaFleur 62'4" B. Mercer 64'9" M. Hendrickson 56'10", B. Lynch 53'9"

Ridgewood 9 Belleville 1

High Jump:

R vs B: 1-Harryl Smith, Rwd 5'4" 2-Ray Teemer, B, 5'2" 3-Kyle Englekin, Rwd, 5'
nonscoring:

Ridgewood 6 Belleville 3

Pole Vault:

R vs B: 1-Gabe Knutson, Rwd 10'6". 2-J. Riccairdi, Rwd, 10" 3-Christian Jenson, Rwd 9'6"

Nonscoring:

Ridgewood 9 Belleville 0

4X400 Relay:

1-Belleville 3:42.7

Nonscoring:

Ridgewood: 3:43.8 (D. Sampson 56.6, D. Maher 58.3, A. Zamir 56.2, G. Corcoran 53.3)

Ridgewood: 3:57.3 (C. Donnelly 60.8, A. Whitelaw 59.7, T. Rooke 57.2, J. Norton 59.3)

Ridgewood: 4:27.1 (K. Wanchoo 65.2, B. Pape 64.2, C. Jenson 70.6, J. Riccairdi 61.8)

Athletes of the Meet:

Gabe Knutson: 3 PBs: 39'5 1/2" (TJ); 18'1 1/2" (LJ); 10'6" (PV)

Krishan Wanchoo: 3 PBs: 12.1 (100); 16'9" (LJ); 34'3" (TJ)

Ari Zamir and Dave Maher: 2:03.7 and 2:05.8

Neil Campbell PB in 800 by over 10 seconds

BOYS TOP 20

1. **Don Bosco Prep** - The Ironmen just missed qualifying for the Penn Relays 4 x 800 final and won a plaque by winning a heat of the 4 x 400.
2. **Bergen Catholic** - The Crusaders ran a seasonal best 3:21.42 in a phenomenal heat of the Penn Relays 4 x 400 and will focus on a record attempt at the NJCTC in the sprint medley.
3. **Garfield** - The Boilermakers were rained out in the midst of a night meet against Saddle Brook and now prepare for the BPSL meet Tuesday and Wednesday.
4. **Glen Rock** - The Panthers tuned up for their league meet by easily beating Hawthorne and by finishing fourth in the Randolph Relays with a limited entry.
5. **West Milford** - The Highlanders routed Clifford Scott to remain in the fifth position. But their late season success could be compromised by several rescheduled dual meet.
6. **NV/Demarest** - An impressive win by 17 points in the dual meet with archrival NV/Old Tappan moves the Norsemen up a few notches. But the teams meet again in Thursday's NBIL 1 meet.
7. **NV/Old Tappan** - Their 74-57 loss to NV/Demarest costs the Golden Knights a spot.
8. **Wayne Hills** - Don't count the Patriots out in the Division 1 NBIL battle.
9. **River Dell** - The Golden Hawks scored more than 100 points in beating Cliffside Park and Queen of Peace and will try and sweep the BCSL American meet next weekend.
10. **Ridgewood** - The Maroons should battle Paramus and Teaneck for the NNJIL A division title next Friday.

11. **Saddle Brook** - The Falcons were giving Garfield a real battle in last Tuesday's dual meet before thunder and lightning suspended the battle.

12. **Hackensack** - The Comets fell, 81-50, to Bergen Catholic, but hope to snap back against Clifton and Passaic in the NNJIL B meet.

13. **Teaneck** - Teaneck medaled in the 4 x 400 at the Penn Relays but really hope to move up in a hotly contested NNJIL A meet.

14. **Tenafly** - The Tigers beat a good Dumont team, 81-59, and may have the best chance of upsetting River Dell in the BCSL American meet.

15. **Ramsey** - The Rams had a big win over Divisional rival Northern Highlands and are favored to retain the NBIL 2 title.

16. **Cresskill** - The Cougars beat Palisades Park and Leonia in two close battles to cap an unbeaten BCSL Olympic season. Their league meet matches five talented teams.

17. **Leonia** - The Lions edged Palisades Park but lost to Cresskill, 78-62, four days after winning the Group 2 Mahwah Relays title.

18. **Clifton** - The Mustangs hold their spot by edging Passaic, 66-65. But unless they can beat Hackensack in the NNJIL B meet probably have reached their peak.

19. **Wayne Valley** - The Indians are also contenders in the Northern Hills Skyline meet scheduled next week at home.

20. **Lyndhurst** - Easy wins over Ridgefield and St. Mary's capped their unbeaten BCSL National season. The host Golden Bears should win the league meet.

513

Results from Bernardsville Invitational

May 4th

400m: Johnnie Jones **54.9**

3200m Unseeded: Erik Nygaard **10:16.8**
71.7 / 76.7 (2:28.4) // 78.0 / 78.0 (2:36.2) [5:04.2]
78.1 / 78.6 (2:36.7) // 79.4 / 76.1 (2:35.5) [5:12.4]

1600m Unseeded: Dave Maher **4:39.1** 66.8 / 71.2 / 70.3 / 70.6

1600m Seeded: Ari Zamir **4:38.0** **5th Place** 69.7 / 68.7 / 70.9 / 68.7

800m Seeded: Chris Perez **1:58.6** **5th Place** 58.3 / 60.3

400m IH: Chris Perez **64.8**

3200m Seeded: Rodolfo Crispin **10:04.6**
72 / 74 (2:26) // 74 / 77 (2:31) [4:58.9]
75 / 79 (2:34) // 79 / 72 (2:31) [5:05.7]

Kyle Englekin **10:11.8**
73 / 77 (2:30) // 74 / 78 (2:32) [5:01.6]
75 / 78 (2:33) // 78 / 78 (2:36) [5:10.2]

4x400m: Johnnie Jones **54.7**, Ari Zamir **56.1**, Chris Perez **54.5**, Greg Corcoran **53.1**
3:38.4

Shot Put: Kevin Strahle **42'4 1/2"**

Discus: Steve Pskowski **131'6"** **6th Place**

Javelin: Adam Whitelaw **141'6"**

Pole Vault: James Norton **10'6"**

Entries for County Seat Invitational

May 4th

1600m:

Frosh: A. Baumgardner, **5:41** 82/87/88/85
N. Campbell **6:07** 88/94/94/91

Novice: N. Norrell **5:46** 82/91/92/81 C. Karoustos **5:31** 77/88/83/83
J. Chan **5:44** 80/93/91/80

4x200m Relay:

Frosh: A. Weiss **28.8**, J. Kim **28.2**, J. Choi **29.0**, C. Jenson **29.0** **1:55.0**

800m Run:

Frosh: O. Onwubu **2:16** 64/72, A. Baumgardner **2:37** 76/81, N. Campbell **3:02** 87/95

Novice: C. Karoustos **2:30** 74/76, J. Chan **2:29** 73/76

400m IH:

Frosh: G. Chiles **68.1**

Varsity: T. Wagner **65.3**, C. Donnelly **67.7**

4x400m Relay:

Frosh: H. Smith **54.6**, J. Riccairdi **60.2**, G. Chiles **60.4**, O. Onwubu **55.9**
3:50.1 3rd Place

Novice: A. Garfinkel **77.6**, T. Insley **69.5**, C. Karoustos **68.8**, N. Norrell **67.7**
4:43.6

3200m Run – Varsity: M. Jackson **10:29 3rd Place** 2:28 / 2:38 / 2:42 / 2:39
H. Riccairdi **10:57** 2:40 / 2:45 / 2:48 / 2:43

110 HH:

Frosh: S. Steinschneider **22.9**

Varsity: G. Knutson **17.3 4th Place**

100m:

Frosh: H. Smith **11.8 / 12.0**

Varsity 400m: E. Yeaw **56.1**

Varsity 1600m: T. Reilly **5:00** 70 / 72 / 78 / 80
M. Jackson **5:07** 71 / 75 / 80 / 81

	<u>Shot</u>	<u>and</u>	<u>Disc:</u>
C. Wolfstirn	43'11"		127'5" - 5 th Place
J. Toopes	40'9"		93'7"
N. Koavach	39'8"		102'4"
M. Flicker	38'3"		82'3"
M. Monfred	33'1"		68'8"
B. Mercer	32'8"		87'7"
B. Lynch	22'10"		
B. Righthand	29'6"		
M. LaFleur	31'1"		75'4"
N. Polise	30'10"		68'10"
J. Miller	26'7"		69'9"

Javelin:

Frosh: G. Chiles 103'6"

Varsity: T. Wagner 119'11"

High Jump:

Frosh: H. Smith 5'6" - 1st Place O. Onwubu

Long Jump:

Frosh: H. Smith, K. Wanchoo, J. Kim

Novice: A. Garfinkel, T. Insley

Varsity: G. Knutson

Triple Jump:

Frosh: K. Wanchoo

Varsity: G. Knutson 41'6 1/2" - 4th Place

Pole Vault:

Varsity: G. Knutson 10'6" - Tie 3rd
J. Riccairdi 10' - Tie 5th
C. Jenson

Please fill in results and places that I do not have:

***Thanks again to Trevor Reilly and Co. for helping
gather all the meet results***

County Seat Invitational

At Wayne Hills

BOYS DIVISION A

Team Scores: Wayne Hills 110, Hackensack 79, Kennedy 65, Memorial 44, Wayne Valley 41.6, Paramus 38, Lakeland 27, Ridgewood 20.6, Pascack Valley 19, Ramapo 12, North Bergen 6, Passaic 0.6.

100-METER DASH: 1. Nicardo Gooden, Kennedy, 11.1; 2. Chaz Lynn, Wayne Hills, 11.4; 3. Anthony Van Dunk, Lakeland, 11.5; 4. Boswell Ainglin, Kennedy, 11.7; 5. Mike Panica, Lakeland, 12.1. No sixth.

200-METER DASH: 1. Bryan Durango, Memorial, 22.5; 2. Alonzo Meek, Wayne Valley, 22.5; 3. Patel Whyte, Hackensack, 22.9; 4. Nicardo Gooden, Kennedy, 23.1; 5. Chazz Lynn, Wayne Hills, 23.2; 6. Mike Pruzinsky, Wayne Hills, 23.4.

400-METER DASH: 1. Patel Whyte, Hackensack, 50.5; 2. Jason Endres, Paramus, 50.9; 3. Jay Finklestein, Wayne Hills, 52.5; 4. Collin Fink, Ramapo, 53.5; 5. Jason Hall, Kennedy, 53.7; 6. Anthony Baldai, Wayne Hills, 54.5.

800-METER DASH: 1. Jay Finklestein, Wayne Hills, 2:05.2; 2. Yoel Cajiga, Memorial, 2:06.0; 3. Ray Paulino, Kennedy, 2:09.3; 4. Brian Manning, Wayne Hills, 2:11.4. No fifth or sixth.

1,600-METER DASH: 1. Luis Capellan, Memorial, 4:36.0; 2. Mohamed Khadraoui, Kennedy, 4:39.0; 3. Manny Ruidiaz, North Bergen, 4:39.7; 4. Jerry Boucaut, Kennedy, 4:41.9; 5. Adam Cochran, Ramapo, 4:44.8; 6. Dan McGrady, Wayne Valley, 4:45.2.

3,200-METER DASH: 1. Mohamed Khadraoui, Kennedy, 9:56.4; 2. Luis Capellan, Memorial, 10:24.9; 3. Matt Jackson, Ridgewood, 10:30.4; 4. Craig Walker, Hackensack, 10:38.2; 5. Dan Jones, Wayne Valley, 10:47.9; 6. Nick Paolazzi, Paramus, 10:52.2.

110-METER HURDLES: 1. Alonzo Meek, Wayne Valley, 14.9; 2. Jeff Hyun, Wayne Hills, 16.8; 3. Joe Johnson, Paramus, 17.4; 4. Tyler Neill, Wayne Hills, 17.4; 4. Gabe Knutson, Ridgewood, 17.5; 6. Alvin Davis, Kennedy, 17.9.

400-METER HURDLES: 1. David Dennis, Hackensack, 1:00.8; 2. Gregory Ramirez, Memorial, 1:01.3; 3. Tyler Neill, Wayne Hills, 58.3; 4. Jeff Hyun, Wayne Hills, 59.0; 5. Alvin Davis, Kennedy, 1:00.0; 6. Joe Johnson, Paramus, 1:00.8.

SHOT PUT: 1. Valbert Wyche, Hackensack, 52.7 1/4; 2. Greg Olson, Wayne Hills, 52.4 1/4; 3. Lee Crusius, Hackensack, 48.8; 4. Hector Deaguier, Paramus, 46.10 1/4; 5. Wes Nottingham, Hackensack, 45.2; 6. Chris Hanenberg, Wayne Hills, 44.8.

DISCUS: 1. Ed Sisco, Wayne Hills, 146.11; 2. Valbert Wyche, Hackensack, 132.10; 3. Lee Crusius, Hackensack, 129.4; 4. Wes Nottingham, Hackensack, 127.8; 5. Chris Wolfstirn, Ridgewood, 127.5; 6. Rodney Munn, Lakeland, 121.5.

JAVELIN: 1. Sean Brennan, Lakeland, 167.11; 2. Mike Lamb, Wayne Valley, 158.3; 3. Ed Sisco, Wayne Hills, 156.8; 4. Greg Olsen, Wayne Hills, 152.9; 5. Chris Hanenberg, Wayne Hills, 144.6; 6. Lee Crusius, Hackensack, 143.0.

HIGH JUMP: 1. Ian Loschmann, Pascack Valley, 6-2; 2. Toby Osusky, Lakeland, 5-6; 3. Matt Moriarty, Wayne Hills, 5-6; 4. Joshua Smith, Kennedy, 5-6. No fifth or sixth.

LONG JUMP: 1. David Dennis, Hackensack, 21-5 1/4; 2. Nicardo Gooden, Kennedy, 20-8; 3. Jason Endres, Paramus, 20-4 1/4; 4. Bill Monan, Wayne Hills, 20-4; 5. Dallas Lynch, Wayne Hills, 20-2 1/4; 6. Jeff Young, Wayne Valley, 19-6 1/4.

TRIPLE JUMP: 1. David Dennis, Hackensack, 42-7 1/4; 2. Jason Endres, Paramus, 42-6 1/4; 3. Matt Moriarty, Wayne Hills, 42-2; 4. Gabe Knutson, Ridgewood, 41-6 1/4; 5. Joshua Smith, Kennedy, 41-3 1/4; 6. Ian Loschmann, Pascack Valley, 40-8.

POLE VAULT: 1. Jeff Young, Wayne Valley, 12-6; 2. Adam Sacher, Pascack Valley, 12-0; 3. Tie between Gabe Knutson, Ridgewood and Patrick Heenahan, Ramapo, 10-6; 5. Tie between Stu Cohen, Hackensack, Clifton Poarch, Hackensack, Jake Ricciardi, Ridgewood, James Anderson, Passaic and John Tambirli, Wayne Valley, 10-0.

1,600-METER RELAY: 1. Paramus, 3:35.2; 2. Wayne Hills, 3:45.3. No other places.

BERNARDS INVITATIONAL

BOYS

100-METER DASH: 1-Evens Joseph, Nottingham, 11.3. 2-Ken Davis, Ewing, 11.3. 3-Kevin Thompson, North Bergen, 11.3. 4-Hector Tirado, Dunellen, 11.3. 5-Dave Williams, Colonia, 11.4. 6-Dan Carter, Ridge, 11.5.

200-METER DASH: 1-Evens Joseph, Nottingham, 22.9. 2-Ken Davis, Ewing, 23.3. 3-Ron Morton, Hamilton, 23.4. 4-Albert McCullen, West Windsor-Plainsboro North, 23.6. 5-Jayson Alexander, West Essex, and Ky Scott, Teaneck, 23.7.

400-METER RUN: 1-Adnan Durant, Teaneck, 50.3. 2-Marty Charles, Teaneck, 51.5. 3-Matt Bonelli, Pingry, 52.2. 4-Garrett Cosenza, Somerville, 52.2. 5-Dylan Perez, Phillipsburg, 52.8. 6-Jason Bradley, Somerville, 52.9.

800-METER RUN: 1-Kyle Eckman, Bridgewater-Raritan, 1:56.5. 2-Devon McKenzie, Phillipsburg, 1:57.0. 3-Kevin Thompson, North Bergen, 1:57.6. 4-Mike Carmody, Gov. Livingston, 1:58.0. 5-Chris Perez, Ridgewood, 1:58.6. 6-Kela Brevard, Teaneck, 2:02.0.

1,600-METER RUN: 1-Craig Segal, Holmdel, 4:22.1. 2-Javier Cuevas, North Bergen, 4:31.1. 3-Greg Reed, Ramapo, 4:34.3. 4-Steve Marcin, Delaware Valley, 4:36.5. 5-An Zamil, Ridgewood, 4:38.0. 6-Mike Zecca, Bridgewater-Raritan, 4:38.3.

3,200-METER RUN: 1-Javier Cuevas, North Bergen, 9:36.9. 2-Paul Komaszewski, Clifton, 9:38.1. 3-Paul Mercas, Holmdel, 9:47.3. 4-Leo Vignore, Holmdel, 9:48.3. 5-Ed Li, Holmdel, 9:51.2. 6-Brian Scott, West Windsor-Plainsboro North, 9:55.9.

110-METER HURDLES: 1-Scott Welfel, West Essex, 14.6. 2-Ray Lenihan, Montville, 14.7. 3-Tyler Ponter, Somerville, 15.0. 4-Darren DeAngelis, Ridge, 15.0. 5-Jami McClintock, Pingry, 15.8. 6-Brandon Mason, Phillipsburg, 16.2.

400-METER INTERMEDIATE HURDLES: 1-Mark Cashman, Somerville, 56.8. 2-Matt Trudell, West Milford, 56.8. 3-Mohammad Burete, Teaneck, 58.8. 4-Scott Welfel, West Essex, 59.0. 5-Michael Oberlander, Phillipsburg, 59.2. 6-Ken Stoute, Clifton, 59.3.

HIGH JUMP: 1-Jon Kwong, Holmdel, 6-2. 2-Charles DiFazio, Holmdel, 6-2. 3-Kyle Calvo, Somerville, 6-0. 4-Keston Marson, Teaneck, and Matt Butler, Ramapo, 5-8.

LONG JUMP: 1-Gary Domanski, Somerville, 21-7. 2-Scott Welfel, West Essex, 21-3 1/4. 3-Mark Andreyko, Manville, 20-7 1/4. 4-Kyle Calvo, Somerville, 19-7 1/4. 5-Steve Sylvester, Dumont, 19-5 1/4. 6-Ky Scott, Teaneck, 19-0 1/4.

SHOT PUT: 1-Glenn DiGiorgio, Bayonne, 65-3 1/4, meet record; former record 60-2, Aaron Echtermach, Hope-Well Valley, 1990. 2-Rich Russell, Passaic, 53-1 1/4. 3-Steve McGovern, Dumont, 51-9 1/4. 4-Jamaal Richardson, Passaic, 51-1 1/4. 5-Steve DiGiorgio, Bayonne, 49-1 1/2. 6-Chris Misuk, Somerville, 46-4 1/4.

DISCUS: 1-Glenn DiGiorgio, Bayonne, 203-5, meet record; former record 196-6, Terrence Glover, Hamilton, 1999. 2-Steve McGovern, Dumont, 176-0. 3-Richard Russell, Passaic, 157-3. 4-Jamaal Richardson, Passaic, 146-3. 5-Doug Beetz, Somerville, 137-11. 6-Steve Pskowski, Ridgewood, 131-5.

JAVELIN: 1-Marty Moroney, Gov. Livingston, 175-8. 2-Craig Percopo, Holmdel, 172-1. 3-Jesse Aubry, Somerville, 167-1. 4-Rafael Morera, DePaul, 165-0. 5-David Breeding, Somerville, 164-11.

POLE VAULT: 1-Ken Stoute, Clifton, 12-0. 2-Jamie Stanley, Ridge, 12-0. 3-Rick Razilard, Somerville, and Marquis White, Summit, 11-6. 5-Jon Temun, Ewing, 11-6. 6-Matt O'Holla, Gov. Livingston, 11-0.

400-METER RELAY: 1-Ridge (Darren DeAngelis, Louis Formisano, Matt Mitchell and Dan Carter) 45.0. 2-Gov. Livingston 45.6. 3-West Windsor-Plainsboro North 46.7. 4-Nottingham 46.9.

1,600-METER RELAY: 1-Somerville (Gary Domanski, Mark Cashman, Garrett Cosenza and Jason Bradley) 3:24.4. 2-Teaneck 3:24.9. 3-Phillipsburg 3:25.2. 4-Piscataway 3:29.6. 5-Clifton 3:34.4. 6-West Windsor-Plainsboro North 3:36.9.

GIRLS

100-METER DASH: 1-Jenna Harris, Franklin, 12.2. 2-Quiana Johnson, Piscataway, 12.3. 3-Coryn Gomez, Franklin, 12.5. 4-Teri Burton, Piscataway, 13.0. 5-Kelsi Russell, Phillipsburg, 13.0. 6-Kara Musso, Ridge, 13.2.

200-METER DASH: 1-Jenna Harris, Franklin, 25.0. 2-Coryn Gomez, Franklin, 25.3. 3-Dannisha Winfrey, Piscataway, 26.0. 4-Laura Fuhrman, Pingry, 26.8. 5-Shetoi Francis, Teaneck, 27.4.

400-METER RUN: 1-Danielle Harris, Piscataway, 1:00.0. 2-Jennifer Andujar, Teaneck, 1:00.4. 3-Chelsea Hondula, Bridgewater-Raritan, 1:01.0. 4-Chelsea Wardenski, Delaware Valley, 1:02.3. 5-Erin Gross, Ramapo, 1:02.7. 6-Jennifer Dubois, Watchung Hills, 1:04.1.

800-METER RUN: 1-Mary Pratt, Ridge, 2:20.1. 2-Meghan Gaffney, Pompton Lakes, 2:21.1. 3-Caitlyn Scala, Phillipsburg, 2:27.7. 4-Colleen Cumberbatch, Piscataway, 2:31.1. 5-Kate Suchow, Pingry, 2:35.0.

1,600-METER RUN: 1-Sara Weissbard, Fair Lawn,

5:18.1. 2-Amanda Smith, Pingry, 5:21.2. 3-Caroline Man-naerts, Summit, 5:26.3. 4-Meghan Bohren, Ridge, 5:28.2. 5-Anele Aaronson, Somerville, 5:28.4. 6-Grace deMarras, Bernards, 5:34.3.

3,200-METER RUN: 1-Jesse Mizzone, Passaic Valley, 11:27.0. 2-Kerry Maybaum, West Essex, 11:48.7. 3-Kathleen Henry, Ridge, 11:54.5. 4-Colleen Weber, Stenert, 11:59.1. 5-Tory Morgan, Summit, 12:10.7. 6-Daphne Aronovits, Fair Lawn, 12:16.1.

100-METER HURDLES: 1-Porscha Dobson, Kent Place, 14.4. 2-Kelsi Russell, Phillipsburg, 15.1. 3-Danielle Babbitt, Union, 15.8. 4-Jessica Saraceno, Pingry, 16.1. 5-Becky Gonzalez, Piscataway, 16.7. 6-Jackie Gauer, Somerville, 16.9.

400-METER INTERMEDIATE HURDLES: 1-Tremaine Shaw, Piscataway, 1:05.8. 2-Danielle Babbitt, Union, 1:09.1. 3-Jackie Gauer, Somerville, 1:10.7. 4-Jennifer Dubois, Watchung Hills, 1:11.2. 5-Alicia Sarokhan, Pingry, 1:11.4.

HIGH JUMP: 1-Leslie Galamb, Pompton Lakes, 5-2. 2-Tara Calvo, Somerville, 5-0. 3-Danielle Babbitt, Union, and Victoria Zappi, South Plainfield, 4-10. 5-Kiera McMillan, Teaneck, 4-8. 6-Becky Gonzalez, Piscataway, and Wendy Doster, Ridge, 4-8.

LONG JUMP: 1-Jenna Harris, Franklin, 16-6 1/4. 2-Kelsi Russell, Phillipsburg, 15-11. 3-Jamie Ishizuki, Teaneck, 15-7 1/4. 4-Ashley Steward, Teaneck, 15-2 1/4. 5-Amy Cutler, Manville, 15-0 1/4. 6-Natalie Brnsitt, Phillipsburg, 14-10 1/4.

SHOT PUT: 1-Talita Silva, Bridgewater-Raritan, 41-2. 2-Rachel Cannell, Delaware Valley, 34-2 1/4. 3-Munel Pratt Davies, Piscataway, 34-2. 4-Alyssa Thompson, North Plainfield, 34-1 1/4. 5-Becky Meter, Kent Place, 33-10 1/4. 6-Enn McCormick, Delaware Valley, 31-3 1/4.

DISCUS: 1-Alyssa Thompson, North Plainfield, 123-7. 2-Nicole Bufano, Union, 109-8. 3-Amanda Marshall, Hightstown, 104-9. 4-Lauren Roberto, DePaul, 101-1. 5-Amy Less, South Plainfield, 100-1. 6-Veronica Berluche, Phillipsburg, 97-0.

JAVELIN: 1-Nicole Vassallo, Sayreville, 127-6. 2-Joanna Borawski, Bayonne, 125-3. 3-Jenelle Montione, Phillipsburg, 114-2. 4-Lauren Guarnier, Piscataway, 107-11. 5-Nicole Bufano, Union, 95-4.

400-METER RELAY: 1-Teaneck (Shetoi Francis, Gwen Moore, Ashley Stewart and Jennifer Andujar) 51.9. 2-Somerville 52.7. 3-Ridge 53.8. 4-DePaul 56.7.

1,600-METER RELAY: 1-Teaneck (Kadian Smith, Keira McMillan, Ashley Stewart, Tashi Haywood) 4:13.9. 2-Phillipsburg 4:15.3. 3-Piscataway 4:18.8. 4-Ridge 4:21.1. 5-Watchung Hills 4:21.3. 6-Stenert 4:27.4.

RIDGEWOOD VS PARAMUS/MONTCLAIR

Ridgewood 77 Paramus 45

Ridgewood 100 Montclair 22

Long Jump:

R vs P: 1-Paramus. 2-Paramus 3-B. Mann, Ridgewood, 19'11 1/2"

R vs M: 1-B. Mann, Ridgewood, 19'10". 2-Montclair 3-Gabe Knutson, Rwd 18'7"

nonscoring: H. Smith 18'. K Wanchoo 16'10"

Ridgewood-1 Paramus 8 Ridgewood-6 Montclair 3

400Hurdles:

R vs P: 1-Chris Perez, Ridgewood, 58.9. 2- James Norton, Rwd, 59.9. 3-Paramus 60.2

R vs M: 1-Chris Perez, Ridgewood, 58.9. 2- James Norton, Rwd 59.9 3-Greg Corcoran, Rwd, 60.6

nonscoring: Adam Whitelaw 62.6

Ridgewood-8 Paramus 1 Ridgewood-9 Montclair 0.

100 meters:

R vs P: 1- Paramus 2-Bernard Mann, Rwd 11.7. 3- Paramus

R vs M: 1- Montclair 2- Montclair 3- Bernard Mann, Rwd 11.7

DB vs T: 1-A. Durant, Teaneck, 11.0. 2-M. Garvin, Don Bosco, 11.5. 3-B. Toal, Don Bosco, 11.6. 3-A. Rosberg, Teaneck, 11.6.

nonscoring: H. Smith 12.2, K. Wanchoo 12.4, A. Halwagy 12.7

Ridgewood-3 Paramus 6. Ridgewood-1 Montclair 8

1600 meters:

R vs P: 1-Rodolfo Crispin, Rwd, 4:37.5. 2- Dave Maher, Rwd, 4:38.9 3- Paramus

R vs M: 1-Rodolfo Crispin, Rwd, 4:37.5 2-David Maher, Ridgewood, 4:38.9 3- Montclair

nonscoring: K. Englekin 4:43 E. Nygaard 4:55, M. Jackson 5:06, H. Riccairdi 5:09, J. Chan 5:26, C.

Karoustos 5:28

Ridgewood-8 Paramus 1 Ridgewood-8 Montclair 1

400 meters:

R vs P: 1-Chris Perez, Ridgewood, 50.6, 2-Paramus 3- Johnnie Jones 53.3

R vs M: 1-Chris Perez, Ridgewood, 50.6 2- Montclair 3- Montclair

nonscoring: E. Yeaw 55.5, O. Onwubu 56.4, T. Reilly 57.0 A. Halwagy 57.7

Ridgewood-6 Paramus 3 Ridgewood-5 Montclair 4

110 Hurdles:

R vs P: 1-Paramus 2- Paramus 3- James Norton, Rwd 17.1

R vs M: 1- James Norton, Rwd 17.1 2- Gabe Knutson, Rwd 17.1, 3- Ted Wagner, Rwd 17.9

nonscoring: C. Donnelly 18.3, A. Whitelaw 21.4

Ridgewood 1 Paramus 8 Ridgewood 9 Montclair 0

800 meters:

R vs P: 1-Ari Zamir, Rwd, 2:04.4. 2-Greg Corcoran, Rwd, 2:05.9 3- Doug Sampson, Rwd, 2:06.3

R vs M: 1-Ari Zamir, Rwd 2:04.4. 2- Greg Corcoran, Rwd 2:05.9 3- Doug Sampson, Rwd 2:06.3

nonscoring: T. Rooke 2:09, D. Maher 2:13, J. Chan 2:24, H. Riccairdi 2:27, C. Karoustos 2:34

Ridgewood-9 Paramus 0 Ridgewood 9 Montclair 0

200 meters:

R vs P: 1-Chris Perez, Rwd, 23.5 2- Johnnie Jones 24.3 3-Paramus

R vs M: 1-Montclair 2-Chris Perez, Rwd 23.5 3- Montclair

nonscoring: E. Yeaw 24.9 K. Wanchoo 25.4 C. Jensen 28.9

Ridgewood-8 Paramus 1 Ridgewood 3 Montclair 6

3200 meters:

R vs P: 1-M. Jackson, Rwd, 10:37 2-E. Nygaard, Rwd 10:48 3- K. Englekin, Rwd 10:49

R vs Tea: 1-M. Jackson, Rwd 10:37 2-E. Nygaard, Rwd 10:48 3- K. Englekin, Rwd 10:49

nonscoring: R. Crispin 10:50 H. Riccairdi 11:19

Ridgewood-9 Paramus 0 Ridgewood 9 Montclair 0

Triple Jump:

R vs. P: 1-Paramus 2- Gabe Knutson, Rwd 40'8" 3- Paramus

R vs M: 1-Gabe Knutson, Rwd 40'8" 2- Harryl Smith, Rwd 37'6" 3-Johnnie Jones, Rwd 36'10"

nonscoring: J. Norton 36' 8 1/2" K. Wanchoo 35'8 1/2" T. Rooke 33' 1/2"

Ridgewood-3 Paramus 6 Ridgewood 9 Montclair 0

Shot Put:

R vs. P: 1-Kevin Strahle, Rwd 46'9 1/4" 2- Paramus 3-Steve Pskowski, Rwd 43'6"

R vs. M: 1-Kevin Strahle, Rwd 46'9 1/4" Steve Pskowski Rwd 43'6" 3-Chris Wolfstirn, Rwd 41'11 1/2"

nonscoring: J. Toopes 41'1" J. Koavach 41' N. Polise 33'5 1/4" J. Miller 28'6 1/4" M. Hendrickson 27'2"

Ridgewood-6 Paramus 3 Ridgewood 9 Montclair 0

Discus:

R vs. P: 1- Paramus 2-Steve Pskowski, Rwd 125' 3-Kevin Strahle Rwd, 115'3 1/2"

R vs M: 1-Steve Pskowski, Rwd 125' 2-Kevin Strahle Rwd, 115'3 1/2" 3-Neal Kovach, Rwd 107'9"

nonscoring: C. Wolfstirn 104' J. Toopes 102'11" J. Miller 74'4" N. Polise 73'5" M Hendrickson 65'5"

Ridgewood 4 Paramus 5 Ridgewood 9 Montclair 0

High Jump:

R vs P: 1-Bernard Mann, Rwd, 6' 2-Paramus 3- Kyle Englekin, Rwd 5'8"

R vs M: 1Bernard Mann, Rwd, 6' 2-Kyle Englekin, Rwd 5'8" 3-Harryl Smith, Rwd 5'4"

nonscoring:

Ridgewood 6 Paramus 3 Ridgewood 9 Montclair 0

Pole Vault:

Not Contested

4X400 Relay:

Ridgewood 3:37.5

(J. Jones 54.6, D. Sampson 54.3, J. Norton 54.2, G. Corcoran 54.5

Comments:

Good Meet – we performed like we needed to in order to obtain two wins—lets continue to focus on the LEAGUE CHAMPIONSHIP this Friday. Well done

Athletes of the Meet:

Matt Jackson – Double winner in the 3200

Harry Riccairdi – Great finish in the 1600m – lean at the line

BOYS TOP 20

May 10th

1. Don Bosco Prep - With Rob MacKay running the fastest 400 hurdles of his career, the Iron-men defeated Bergen Catholic, 72-59 in a great 1-2 matchup. Next up Saturday's NNJIL C meet at Teaneck and a bid for a fourth straight divisional title.

2. Bergen Catholic - Ken Sinkovitz ran 1:55.7 to win the 800 and the Crusaders battled every event in their loss to Don Bosco. They bid for a first NNJIL divisional title since 1996.

3. Garfield - The Boilermakers outscored the rest of the B-PSL King division to win their third straight title.

4. Glen Rock - The Panthers won their ninth B-PSL divisional title in 10 years, easily defeating Saddle Brook to win the Carpenter meet.

5. West Milford - The Highlanders start their bid for major championships at the Northern Hills Skyline meet hoping for a first win since 1995.

6. NV/Demarest - The Norsemen were in a three-way battle with NBIL 1 rivals Wayne Hills and NV/Old Tappan after completing an undefeated dual season.

7. Wayne Hills - The Patriots won their first County Seat Invitational title over Hackensack and beat NV/Old Tappan, 67-64, in a dual meet.

8. NV/Old Tappan - The Golden Knights hoped to avenge close dual losses to NV/Demarest and Wayne Hills at Thursday's league meet.

9. River Dell - The Golden Hawks are favored to repeat at the BCSL American meet at Tenafly and go for a third win in four years.

10. Ridgewood - The Maroons easily defeated Paramus and Montclair in a dual and could repeat in the NNJIL A meet today at Teaneck.

11. Saddle Brook - The Falcons held their own against powerful Glen Rock in the B-PSL Carpenter meet and retain their slot.

12. Hackensack - The Comets are favored to win the NNJIL B meet, for an eighth straight divisional title and 14th in 15 years.

13. Teaneck - The Highwaymen haven't won an NNJIL Divisional title since 1983 but could be in a three-way battle with Paramus and Ridgewood this year.

14. Tenafly - The Tigers haven't won a BCSL American title since 1990, but have a great chance to battle for it this weekend.

15. Ramsey - The Rams won their fourth NBIL Division 2 title in five years.

16. Cresskill - The Cougars were less than a point behind Leonia at the BCSL Olympic meet and shoot for their first title since 1999.

17. Leonia - The Lions are in the terrific five-way battle for the BCSL Olympic meet after winning the County Seat B title.

18. Wayne Valley - The Indians will be hard pressed to win a third straight Northern Hills Skyline title but their young team won't be down for long.

19. Lyndhurst - The Golden Bears are favored to win their first BCSL National since 1999 on their home track.

20. Palisades Park - The Tigers break in the top 20 for the first time after coming within three points at the County Seat B meet.

Results from NNJIL Championship

Friday, May 10th

Javelin: A. Whitelaw 145'1" – 1st Place,

A. Halwagy 115', T. Wagner 136'7" – 3rd Place

110 HH: J. Norton 16.8 / 16.3 – 6th Place, A. Whitelaw 18.1 T. Wagner 18.2

100m: B. Mann 12.0, K. Wanchoo 12.1, A. Halwagy 12.1

1600m: R. Crispin 4:34.5 – 2nd Place, (72 / 71 / 69 / 62)

A. Zamir 4:37.2 – 3rd Place (72/72/68/65), D. Maher 4:38.9 – 4th Place (72/72/68/66)

400m: C. Perez 50.4 – 1st Place, J. Jones 53.9, O. Onwubu 56.3

800m: D. Sampson 2:02.7 – 2nd Place G. Corcoran 2:03.5 – 3rd Place A. Zamir 2:10.0

200m: T. Rooke 24.4 J. Jones 24.6, E. Yeaw 24.7

400 IH: J. Norton 62.5 – 6th Place, A. Whitelaw 64.4 Chris Perez 66.8

3200m: R. Crispin 10:17.9 – 1st Place (79/78/75/78/77/77/76/?)

K. Englekin 10:20.2 – 3rd Place (79/78/76/78/78/79/77/?),

E. Nygaard 10:38.5 – 4th Place (79/78/76/78/79/82/80/?)

4x400m: G. Corcoran 54.6, J. Jones 53.4, T. Rooke 53.8, C. Perez 53.6

3:35.5 – 3rd Place

Pole Vault: J. Norton 11' – 1st Place, G. Knutson 10' – 2nd Place,

J. Riccairdi 9'6" – 4th Place

High Jump: B. Mann 5'10" Tie 2nd Place, H. Smith 5'6 – 6th Place K. Englekin NH

Long Jump: B. Mann 20'7" 1st Place, H. Smith 17'5 1/2", G. Knutson 17'4 1/2"

Triple Jump: B. Mann 42'5" – 3rd Place, G. Knutson 41'1 1/2" – 6th Place,

H. Smith 36'9 1/2"

Shot : K. Strahle 48'1 1/2" – 1st Place, S. Pskowski 43' 1/4" – 3rd Place

C. Wolfstirn 40'3"

Discus: S. Pskowski 133'5" – 2nd Place K. Strahle 119'6" – 3rd Place

C. Wolfstirn 118'5" – 4th Place

Athletes of the Meet:

B. Mann – 23 points – LJ win on final jump

T. Rooke – 2 personal bests

D. Sampson and G. Corcoran – Personal Bests in the 800

K. Strahle – big shot put win

Comments:

We had a good meet and it was enough to win the league championship –

CONGRATULATIONS! We did well, but we will need to improve in every area in order to compete for the county title. Great job taking care of what we needed to do in order to win on Friday!

Ridgewood, Teaneck enjoy banner days

By GREGORY SCHUTTA
FF 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.

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.

TRACK NNJIL DIVISION A

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."

NNJIL DIVISION A Friday at Teaneck

Boys

TEAM SCORES: 1. Ridgewood 167; 2. Teaneck 133; 3. Nutley 56; 4. Paramus 54; 5. Montclair 41; 6. Barringer 29; 7. Belleville 15.

100 - 1. Ky Scott, Teaneck, 11.2; 2. Anthony Roseburg, Teaneck, 11.4; 3. Scott Ryan, Montclair, 11.5; 4. Sivak Mouradi, Paramus, 11.6; 5. Mark Dorch, Montclair, 11.7; Cory Boone, Belleville, 11.8.

200 - 1. Marty Charles, Teaneck, 22.4; 2. Anthony Roseburg, Teaneck, 22.7; 3. Greg Ruffin, Teaneck, 23.2; 4. Scott Ryan, Montclair, 23.3; 5. Sivak Mouradi, Paramus, 23.4; 6. Mario Witter, Montclair, 23.5.

400 - 1. Chris Perez, Ridgewood, 50.4; 2. Jason Endres, Paramus, 50.7; 3. Andre Ashley, Montclair, 51.0; 4. Michael Brown, Montclair, 51.3; 5. Michael Somma, Belleville, 51.4; 6. Marty Charles, Teaneck, 51.5.

800 - 1. Kiela Brevard, Teaneck, 2:02.3; 2. Doug Sampson, Ridgewood, 2:02.7; 3. Greg Corcoran, Ridgewood, 2:03.5; 4. Andrew Halma, Nutley, 2:04.9; 5. Lucas Eckman, Montclair, 2:05.4; 6. Matthew Baldwin, Teaneck, 2:06.9.

1,600 - 1. Jeffrey Klatsky, Nutley, 4:34.3; 2. Rodolfo Crispin, Ridgewood, 4:34.5; 3. Ari Zamir, Ridgewood, 4:37.2; 4. Dave Maher, Ridgewood, 4:38.9; 5. Alex Shepard, Montclair, 4:39.1; 6. Sean Valdez, Paramus, 4:45.9.

3,200 - 1. Rodolfo Crispin, Ridgewood, 10:17.9; 2. Fernando Silva, Belleville, 10:18.8; 3. Kyle Englekin, Ridgewood, 10:20.2; 4. Erik Nygaard, Ridgewood,

10:38.3; 5. Jeffrey Klatsky, Nutley, 10:53.6; 6. Nicholas Paolazzi, Paramus, 11:03.3.

1,600 Relay - 1. Montclair (Michael Brown, Lucas Eckman, Kareem Meliani, Andre Ashley), 3:33.7; 2. Teaneck, 3:34.3; 3. Ridgewood, 3:35.5; 4. Paramus, 3:43.0; 5. Nutley, 3:45.1; 6. Barringer, 3:49.2.

110 HM - 1. Chris Peterson, Nutley, 15.2; 2. Mohamed Berete, Teaneck, 15.3; 3. Keston Marson, Teaneck, 15.7; 4. Johnnie Taylor, Barringer, 15.8; 5. Joseph Johnson, Paramus, 16.1; James Norton, Ridgewood, 16.3.

400 HM - 1. Chris Peterson, Nutley, 57.0; 2. Johnnie Taylor, Barringer, 57.3; 3. Mohamed Berete, Teaneck, 59.2; 4. Joseph Johnson, Paramus, 1:01.3; 5. Keston Marson, Teaneck, 1:02.0; 6. James Norton, Ridgewood, 1:02.4.

Shot Put - 1. Kevin Strahle, Ridgewood, 48-11; 2. Hector DeAguiar, Paramus, 46-6; 3. Steve Pskowski, Ridgewood, 43-01; 4. Tony Swain, Belleville, 42-7; 5. Daniel Callahan, Montclair, 41-11; 6. William Bradley, Nutley, 41-5.

Javelin - 1. Adam Whitelaw, Ridgewood, 145-1; 2. Jermaine Walker, Teaneck, 140-9; 3. Ted Wagner, Ridgewood, 136-7; 4. Nickolas Barkenbush, Paramus, 128-6; 5. Alexander Keegan, Montclair, 124-6; 6. Adam Bilal, Paramus, 123-9.

Discus - 1. William Bradley, Nutley, 141-7; 2. Steve Pskowski, Ridgewood, 133-5; 3. Kevin Strahle, Ridgewood, 119-6; 4. Chris Wolfstim, Ridgewood, 118-5; 5. Jermaine Walker, Teaneck, 116-9; 6. Gerard Tucci, Nutley, 113-0.

Long Jump - 1. Bernard Mann, Ridgewood, 20-7; 2. Ky Scott, Teaneck, 20-4 3/4; 3. Marty Charles, Teaneck, 19-9 1/2; 4. Johnnie Taylor, Barringer, 19-5 3/4; 5. Rowan Clarke, Teaneck, 19-5; 6. Jason Endres, Paramus, 19-5.

High Jump - 1. Johnnie Taylor, Barringer, 6-0; 2. Tie: Bernard Mann, Ridgewood, 5-10; 2. Keston Marson, Teaneck, 5-10; 4. Darnell Williams, Teaneck, 5-8; 5. Jalel Fykes, Barringer, 5-6; 6. Harry Smith, Ridgewood, 5-6.

Triple Jump - 1. Rowan Clarke, Teaneck, 44-11; 2. Ralph Davis, Paramus, 43-4; 3. Bernard Mann, Ridgewood, 42-5; 4. Jason Endres, Paramus, 42-11; 5. Ky Scott, 42-0; 6. Gabe Knutson, Ridgewood, 41-1 1/2.

Pole Vault - 1. James Norton, Ridgewood, 11-0; 2. Gabe Knutson, Ridgewood, 10-0; 3. Frank Falcone, Nutley, 9-6; 4. Jake Riccardi, Ridgewood, 9-6; 5. Evan Canning, Paramus, 9-0.

Dynamic duo



MEL EVANS/STAFF PHOTOGRAPHER

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

Results of Novice Championship

Wed, May 14th

100m: A. Garfinkel 13.9

1600m: J. Chan 5:26.5 C. Karoustos 5:25.0
N. Norrell 5:30.4 H. Riccairdi 5:11.0 - 4th Place

800m: J. Chan 2:26.9 C. Karoustos 2:32.4 N. Norrell 2:42.4

200m: A. Garfinkel 29.0

Long Jump: A. Garfinkel 15'0"

	Shot	and	Disc:
M. Hendrickson	27'6"		64'4"
J. Miller	26'7"		72'
N. Polise	32'2"		64'8"
N. Kovach	40' - 6 th Place		98'6"
J. Toopes	42'11" - 3 rd Place		104'7" - 6 th Place

Athlete of the Meet:

Jon Toopes!!!!

BOYS TOP 20

1. **Don Bosco Prep** - The Ironmen scored a second straight win over Bergen Catholic in the NNJIL C quad meet and are favored to win a second straight Group 4 title.
2. **Bergen Catholic** - The Crusaders are struggling a little after a second place finish in the NNJIL C meet. They get a third chance at Bosco in the Group 4 County meet.
3. **Garfield** - The Boilermakers defend their Group 3 Bergen title in perhaps the toughest group. Miles Austin can be the key.
4. **Glen Rock** - The Panthers are favored to become the first Bergen Group 1 team to win four straight titles.
5. **West Milford** - The Highlanders, off close wins in Northern Hills Skyline and Passaic County meets, next shoot for a sectional crown.
6. **NV/Demarest** - The Norsemen held off Wayne Hills, 139-133, in a tremendous NBIL Division 1 battle led by a great distance effort.
7. **Wayne Hills** - The Patriots came up just short of NV/Demarest in the NBIL and were just short of West Milford in the Passaic County meet.
8. **NV/Old Tappan** - The Golden Knights aren't quite strong enough to overtake the Group 3 teams in front of them and hope to hold off the Group 4 teams behind them.
9. **Ridgewood** - The Maroons easily won the NNJIL A meet to move up a spot, but need an even better performance in Bergen 4 to make any more progress. Ro Crispin leads the Maroons' distance crew.
10. **Hackensack** - The Comets may have won veteran coach Ed Church's final boys title by easily capturing NNJIL B to move up two spots.
11. **Teaneck** - A nagging injury for Adrian Durant hindered the Highwaymen, but Marty Charles, Ky Scott and Anthony Roseberg have helped pick up the slack.
12. **Tenafly** - The Tigers won their first BCSL American league meet since 1990 with a great distance team that scored nearly half their points.

13. **River Dell** - The Golden Hawks had some bad breaks at the BCSL American meet to finish second but still won the overall league title.

14. **Cresskill** - The Cougars make a big jump off of their impressive BCSL Olympic title triumph. They may give Glen Rock its best battle in Group 1.

15. **Ramsey** - The Rams won the NBIL Division 2 title against a stubborn Northern Highlands team but will have their hands full in a very competitive Bergen 2 meet.

16. **Saddle Brook** - The Falcons fall five spots but may move right back if they can stay close to Glen Rock in Bergen Group 1. A.J. Andreano is one of the area's top middle distance runners.

17. **Leonia** - The Lions have never finished higher than second (Bergen Group 1 in 1976 and 1977) in the Bergen Group meet but Adam Forman and Rafael Abreu could help them to the Group 2 title.

18. **Lyndhurst** - Mike Scaglione may be the most underrated long sprinter in Bergen County and the BCSL National champions will be a spoiler in Group 1.

19. **Palisades Park** - But Brandon Fronjian, Charles Lee and Sean Emmerling could make the Tigers are even bigger dark horse threat in an entertaining group.

20. **Northern Highlands** - The Highlanders get a shot to be in the top 20 after a good battle with Ramsey for the NBIL 2 title. P.J. Dakes is one of the most versatile athletes in the area.

5/17

BERGEN BOYS CHAMPS

GROUP 4

2001 - Don Bosco
2000 - Hackensack
1999 - Hackensack
1998 - Hackensack
1997 - Hackensack
1996 - Bergen Cath.c
1995 - Bergen Cath.
1994 - Don Bosco
1993 - Hackensack
1992 - Hackensack
1991 - Hackensack
1990 - Hackensack

GROUP 2

2001 - Mahwah
2000 - Ramsey
1999 - Ramsey
1998 - Westwood
1997 - Westwood
1996 - Glen Rock
1995 - Westwood
1994 - Ridgely Park
1993 - Ridgely Park
1992 - Englewood
1991 - Englewood
1990 - Mahwah

Results from County Group IV

Shot Put: K. Strahle 46'10" – 3rd Place S. Pskowski 43'8 ½" – 6th Place
C. Wolfstirn – 41'1"

Discus: S. Pskowski 128' – 4th Place K. Strahle – 123'10" – 5th Place
C. Wolfstirn – 118'

Javelin: A. Whitelaw – 152'11" – 2nd Place Ted Wagner – 140'9" – 5th Place
A. Halwagy – 137'10" – 6th Place

Long Jump: B. Mann – 20'1" – 2nd Place H. Smith – 17'10"

High Jump: B. Mann – 6' – 5th Place H. Smith 5'6" K. Englekin 5'6"

Pole Vault: G. Knutson – 11' – 5th Place J. Riccairdi – 10'6" J. Norton - NH

200m: J. Jones 24.2, E. Yeaw 24.4, O. Onwubu 25.5

400m IH: C. Perez 58.7- 5th Place, J. Norton 59.0, G. Corcoran 63.5

3200m: R. Crispin 10:02.4 – 3rd Place 76 / 72 / 72 / 73 / 74 / 77 / 77 / ?
K. Englekin 10:10.8 – 5th Place 76 / 72 / 73 / 73 / 76 / 77 / 78 / 75
E. Nygaard 10:19.1 – 6th Place 78 / 72 / 73 / 74 / 80 / 78 / 79 / 79

110HH: J. Norton 18.3, G. Knutson 18.7, A. Whitelaw 18.8

100m: E. Yeaw 12.6

800m: G. Corcoran 2:06.2, D. Sampson 2:11, A. Zamir 2:06.4

400m: C. Perez 53.4, J. Jones 55.5, O. Onwubu 57.0

1600m: R. Crispin 4:42.0, 3rd Place (2:16 / 2:26)
A. Zamir 4:44.6 4th Place (2:20 / 2:24) C. Perez 5:12.0

4x400m: H. Smith 54.6 J. Jones 54.7 E. Yeaw 56.6 G. Corcoran 54.6
3:40.5 – 6th Place

Triple Jump: B. Mann 43' ¾" – 4th Place H. Smith 37'8 ½"

Total: Don Bosco 165 Hackensack 101 Bergen Catholic 70 Ridgewood 64
Teaneck 63 Bergen Tech 33 Fair Lawn 2

AT HACKENSACK

GROUP 1

TEAM SCORES: Glen Rock (GR) 103; Cresskill (CK) 58.5; Saddle Brook (SB) 45.5; Westwood (WW), 39.5; 5; Pascades 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; Walldwick (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 Camobelli, Emerson, 1991, and Michael Sabato, Wood-Ridge 1996.); 2. Robert Falkenstein (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), 22.3; 3. Lucas Cuellar (SB), 22.8; 5. Robert Falkenstein (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 Schauermaann (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), 2:03.3; 4. Dan Joiger (SB), 2:07.1; 5. E.J. Barthel (SEC), 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), 10:22.3; 4. Sean Emmerling (PP), 10:25.3; 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), 15.8; 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), 57.3; 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 Gengler (GR), 46.7.

Javelin - 1. Paul Rosiak (WR), 178.2; 2. Nick Cantone (BEC), 162.9; 3. Martin Gumowski (WR), 159.0; 4. Mike Carrero (WR), 156.1; 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 Chariton (PP), 19.9; 6. Keith Creagh (NM), 19.8 1/2.

High jump - 1. Greg Powell (WW), 6-5; 2. Gavin Chariton (PP), 6-2; 3. Joe Gass (BEC), 6-0; 4. Chns 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 Wiesle), 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) 78.75; 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 Solomon (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 Eberd (RP), 52.3; 2. Chris Flynn (RA), 52.5; 3. Ryan Mills (RA), 53.1; 4. Erik Powell (L), 54.0; 5. Alex Crabbe (RA), 54.2; 6. Stephan Sylvester (D), 55.5.

800 - 1. Matt Filardo (IH), 2:02.4; 2. Pat Collins (RA), 2:04.4; 3. Elan Goldwasser (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 Abreu (L), 4:43.9; 3. Adam Forman (L), 4:44.2; 4. Simon Pekarsky (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 Immediato (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), 135-8; 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), 52.3; 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 Uren (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. Phillip 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 Savage (P), 46-0; 4. Joe Vignone (G), 47-9; 5. Dave Schratz (G), 44-8 1/2; 6. Bronko Biagogen (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 Lodziate (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 Mutchrich (FL), 119-10.

Long jump - 1. Rob Richardson (G), 21-5; 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 Sazone (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 Woni (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), 51.5; 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. Rolando 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), 15.0; 3. Jean Beljour (H), 16.0; 4. Andrew Kim (BT), 16.0; 5. Ken Kolodziej (DBP), 16.5; 6. Anthony Cozzitorto (DBP), 16.8.

400 IH - 1. Rob McKay (DBP), 55.4; 2. David Dennis (H), 56.1; 3. Monammed 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 Halwaqy (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. Trevor 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.

Entries for Soph Championship

Monday, May 20th

Long Jump: A. Garfinkel 15', G. Knutson 17'7"

100m: A. Garfinkel 13.4

1600m: J. Chan 5:31, K. Englekin 4:42 – 5th Place, D. Maher 4:41 – 4th Place,
N. Norrell 5:33, E. Nygaard 4:43 – 6th Place, H. Riccairdi 4:59 C. Karoustos 5:25

400m: E. Yeaw 55.7 – 4th Place

800m: J. Chan 2:31, C. Karoustos 2:34, D. Maher 2:10, N. Norrell 2:37,
K. Englekin 2:10 – 6th Place, E. Nygaard 2:13

200m: A. Garfinkel 28.6, T. Insley 29.5, E. Yeaw 24.6 – 6th

3200m: A. Zamir 10:05 – 1st Place (5:09 / 4:56)

4x400m: E. Yeaw 57.3 D. Maher 57.1 K. Englekin 57.7 E. Nygaard 58.1
3:50 – 4th Place

Shot: M. Hendrickson 28'1", J. Miller 28'2"

Disc: M. Hendrickson 68',

Jav: T. Insley 78'

Triple Jump: G. Knutson 38'9" – 5th Place

Pole Vault: G. Knutson 11' – 1st Place

Team Score: 37 points – 3rd Place

Comments:

A lot of personal bests at this meet – great way to end the season... Excellent job to all those who are finished this year –this was a great way to end the season...Those who are continuing this weekend, lets build on these performances.

Athletes of the Meet:

A difficult choice, but narrowed to a few...

Evan Yeaw and Kyle Englekin – 3 places each

Matt Hendrickson – 2 PBs

Aaron Garfinkel- 1 PB – loads of enthusiasm

Ari Zamir – enough said

Results - Frosh League Champs

Wednesday, May 8th

400m IH: G. Chiles 69.0, S. Steinschneider 80.5

100m: K. Wanchoo 12.5 / 12.3 / 11.9 – 3rd Place, D. Bamba 14.1, J. Choi 13.9,
J. Kim 14.0, A. Weiss 13.8

400m: O. Onwubu 56.2 – 5th Place, D. Nelson 65.0

1600m: A. Baumgardner 5:41, N. Campbell 5:57

100HH: S. Steinschneider 23.0

800m: O. Onwubu 2:22.8, D. Nelson 2:32.6, N. Campbell 3:11.1

200m: K. Wanchoo 25.0 D. Bamba 29.8, J. Choi 29.1, J. Kim 27.8, A. Weiss 29.6

3200m: A. Baumgardner 14:07.1 (89/96/1:41 / 1:46/ 1:52/ 1:57/ 1:56/1:47)

Long Jump: H. Smith 18'11 ½" – 5TH Place, K. Wanchoo 16'10 ½"

Triple Jump: H. Smith 37'7" – 3rd Place, K. Wanchoo 34'3"

Pole Vault: J. Ricciardi 11' – 1st Place, C. Jenson 9'6" – 4th Place

High Jump: H. Smith 5'4" – 5th Place

Shot Put: M. Flicker 39'8" – 2nd Place, B. Lynch 22'9", M. LaFleur 33',
B. Mercer 37'4" – 5th Place, M. Monfred 34'11 ½", B. Righthand 29'10 ½"

Discus: M. Flicker 94'11" – 6th Place, B. Lynch 64', M. LaFleur 81'5",
B. Mercer 93, M. Monfred 85', B. Righthand 77'9"

Javelin: G. Chiles 120'6" – 5th Place, M. Monfred 107'3"

4x400m:
H. Smith 55.1, G. Chiles 57.5, D. Nelson 65.0, O. Onwubu 57.3 3:56.0 – 4th Place

Overall: 49 points – 3rd Place in the county!!!

Excellent meet! A lot of personal bests! This was an excellent season for the freshmen team, all of you improved as the season progressed. Keep up the great work ethic and you WILL see drastic improvements in the future.

BOYS TOP 20

5/24

1. Don Bosco Prep - The Ironmen rolled to a second straight Bergen Group 4 championship and their 4 x 1,600 relay team ran 18:05.04 at East Coast Relays, the 10th fastest time in Bergen County history.

2. Garfield - Miles Austin and Rob Richardson combined for 66 points in the Bergen Group 3 meet, as many as second place Northern Valley/Demarest scored.

3. Glen Rock - The Panthers became the first Bergen Group 1 team to win four straight titles. Next up a shot at a record fourth straight Group 1 Sectional title.

4. West Milford - It's never easy for the Highlanders who edged Wayne Hills for their second straight major title. The Group 4 sectionals are their final team challenge.

5. Wayne Hills - The Patriots came up just short of NV/Demarest in the NBIL and were just short of West Milford in the Passaic County meet.

6. Bergen Catholic - The Crusaders fall four slots after a difficult Bergen Group 4 meet. Now they turn their attention to Tuesday's Bergen Meet of Champions and the State Parochial A meet on June 1.

7. Hackensack - If they were a little healthier, the Comets might have given Don Bosco more of a challenge in Bergen Group 4. Perhaps they can deliver an 11th sectional title this weekend.

8. NV/Demarest - A sweep in the 1,600 propelled the Norsemen to second place in the Bergen Group 3 meet. They've beaten Wayne Hills twice in NBIL competition.

9. River Dell - The Golden Hawks, missing two key members, were third in Bergen Group 3. If Pat Pagan can compete at a decent level, they might better that this weekend.

10. Ridgewood - The next eight teams are separated by very little, but the Maroons are a little deeper than most of their opposition and stay in the top 10.

11. Teaneck - Teaneck did a good job as the hosts in the Bergen meet last weekend and Rowan Clarke is a State triple jump threat.

12. Ramsey - The Rams continue to amaze by running away with the Bergen Group 2 title. They'll try and make Brian Rodak's last meet as coach a winning one.

13. Cresskill - The Cougars were a distant second to Glen Rock in Bergen Group 1 led by Lou Levy and Shane Conroy.

14. Leonia - The Lions were a solid third in the Bergen Group 2 meet. They could be a factor in the sectionals.

15. Palisades Park - Palisades Park rode its top guns, including defending sectional champ Brandon Fronjian, to third in Bergen Group 1.

16. Dumont - The Huskies return to the Top 20 following a second-place finish in the Bergen 2 meet. Steve McGovern and Brett Henderson make them a team to reckon with the sectionals.

17. Kennedy - The Knights make their debut in the Top 20 off an impressive third-place finish in the Passaic meet led by sprinter Nicardo Gooden and distance runners Mohamed Khadraoui and Jerry Boucicaut.

18. Saddle Brook - The Falcons slip two spots after placing fifth in Bergen Group 1. Look for them to rally in this weekend's Sectionals.

19. Lyndhurst - The Golden Bears continue in the Top 20 off of a steady fourth place finish in Bergen Group 1.

20. Tenafly - The Tigers slide eight spots after a tough Bergen Group 3 meet. But Zach Lerner made a terrific bid for the 800 title.

State Sectional

400m IH: C. Perez 59.1, J. Norton 61.3 T. Wagner 64.4

100m: K. Wanchoo 12.2, E. Yeaw 12.0

3200m: R. Crispin 10:04.6 – 6th Place, K. Englekin 10:30.2, A. Zamir 10:05.1

400m: C. Perez 51.4 – 5th Place, G. Corcoran 52.6, E. Yeaw 54.8

Discus: S. Pskowski 124'7", K. Strahle 110', C. Wolfstirn 115'6"

Triple Jump: B. Mann 42'1 1/2" 4th Place, G. Knutson 41'5" – 6th Place

High Jump: B. Mann 6'2" Tie 2nd Place

1600m: R. Crispin 4:36.5 – 5th Place, D. Maher 4:38.5, E. Nygaard 4:40.0

200m: O. Onwubu 25.4. A. Halwagy 25.2

800m: C. Perez 2:01.4 – 4th Place, D. Sampson 2:05.2, A. Zamir 2:04.3 – 6th Place

4x400m: G. Corcoran 53.3, J. Norton 57.0 O. Onwubu 56.3 D. Sampson 55.7
3:42.5 – 6th Place

Shot Put: K. Strahle 48'3", S. Pskowski 43'5", C. Wolfstirn 40'

Javelin: A. Whitelaw 156'3" – 4th Place, T. Wagner 148'7" – 6th Place,
A. Halwagy 138'9"

Long Jump: B. Mann 19'2 1/2"

Pole Vault: J. Norton 13' – 1st Place, G. Knutson 11', J. Riccairdi 11'

Total: 34 points – tied for 7th

Athletes of the Meet:

James Norton: Sectional Champ – PB

Adam Whitelaw, Ted Wagner, Anthony Halwagy – PBs in Jav

Results from the Bergen County Meet of Champions

Triple Jump: Gabe Knutson 40'11"

Discus: Steve Pskowski 132'6"

Shot Put: Kevin Strahle 51'1 ½" (PR)

Pole Vault: James Norton 12'0"

1600m:

Ari Zamir 4:32.27 – 4th Place (65/69/69/68) (PR)

Dave Maher 4:33.73 – 6th Place (65/69/69/69) (PR)

800m:

Chris Perez 1:59.83 – 3rd Place

Greg Corcoran 2:00.32 (PR)

3200m:

Ro Crispin 9:44.49 – 1st Place (PR)

Kyle Englekin 10:01.3

Erik Nygaard 10:13.2 (PR)

Great Meet

Congrats to BMOC Champion Ro Crispin

The amount of athletes who had personal bests at this meet was spectacular. Great job to all who competed.

agreed to produce a special of skating special is owned by GE.

As busy as she's been, she could have done a lot of other things, but she's an attorney, and she's got to take care of her family. She turned down a chance to appear on the Show and several other television programs.

For the most part, Hughes isn't in it for the Olympic perks. Unlike Tara Lipinski, who has won Olympic gold in 1994, Hughes plans to continue competing in Olympic eligibility.

The idea of becoming the first American Olympic champion is intriguing to her, but she can't do it until she's 18. She can't do it until she's 18. She can't do it until she's 18. She can't do it until she's 18.

"I never really had one goal in life," she said. "It was just to be an Olympic champion, and now I see why that would be something more."

"Of course, [winning a second gold] is a big deal. I've had a chance to talk with Dick Button, and he's got a lot of Olympic gold medals and he's got a lot of Olympic gold medals and he's got a lot of Olympic gold medals."

So does Button, a long-time television commentator at Englewood School (now Dwight-Dwight). He has a career that is as long as his skating. He has a career that is as long as his skating.

"She has got her head on her shoulders and the importance of it," said Button. "She has got her head on her shoulders and the importance of it."

Hughes doesn't have a minute to spare to the Champions on Ice tour forced her to study. At the same time, she'll be studying. At the same time, she'll be studying.

She has lofty expectations for both. Her expectations are high. Her expectations are high. Her expectations are high.

"It's not a concern," she said. "I always have my last performance. Of course, I look to set an even higher standard, but I look to set an even higher standard."

keep on doing better. Every time I go on, I want to do better, so it's something to strive for.

PARAMUS CATHOLIC U

Singles - Dan Bednarek def. P.J. Nuqui, 6-1; Pat Seo def. Chris Lacura, 6-1; Paul Caceres def. Devin Carroll, 6-1.

Doubles - Joe Branciforte and Jon Carlini def. Rich Raft and Devin Charley, 6-1; retired John Farrell and Sharon Michaud def. Sean Downey and Rory Danil, 6-0.

Team records: Bergen Catholic (22-2), Paramus Catholic (4-14).

ST. MARY'S 10

WP: Fara Laff (15-11). **LP:** Christine Ramirez (12-5).

St. Mary's 10

Records: 000 000 - 0 1 3
000 000 - 10 11 0

SPARTA 1

Bergenfield 0

Records: 000 000 - 0 1 12 0
000 000 - 0 0 0 0

WP: Michelle Krupna (20-6). **LP:** Melissa Smith (23-6).

BERGEN CATHOLIC 11

Pingry 2

Records: 011 360 0 - 11 14 2
001 100 0 - 2 6 1

WP: Steve Fox (3-2). **LP:** John Kuchta (0-1).

GROUP 2, NORTH 1

TUESDAY
Hoboken 10, Ramsey 0
Dumont 5, Lodi 0

FRIDAY
Hoboken (5) vs. Dumont (2) at Ramapo College, Mahwah, 4

GROUP 2, NORTH 2

TUESDAY
Caldwell 5, Johnson Reg. 2
Pequanock 2, Summit 1

FRIDAY
Caldwell vs. Pequannock (1) at Elizabethtown, 4

GROUP 1, NORTH 1

TUESDAY
Becton 6, Lyndhurst 4
Weehawken 5, Bogota 4

FRIDAY
Becton (2) vs. Weehawken (1) at FDU, 4

PAROCHIAL A NORTH

TUESDAY
Bergen Catholic 11, Pingry 2
Delbarton 6, St. Joseph 0
St. Peter's Prep 8, Immaculata 4
Seton Hall Prep 7, DePaul 4

FRIDAY
St. Peter's Prep (8) at Seton Hall Prep (5), 4

PAROCHIAL B NORTH

ESDAY
St. Joseph's 11, St. Joseph's 5
St. Aloysius 5, St. Aloysius 4
St. Mary's 6, St. Mary's 5

FRIDAY
St. Mary's (4) at Montclair-Berley (1), 4

BOYS lacrosse

ESDAY
Englewood 14, Morristown-Bear 4

FRIDAY
Fairclair at Ramapo

girls lacrosse

ORTH A

FRIDAY
Opewell Valley at Ridgewood

Today
Washington Twp. at Lakeland
Livingston at Clifton
Cherry Hill West at Wayne Hills Memorial (WNY) at Fair Lawn

TRACK

BERGEN COUNTY MEET OF CHAMPIONS

AT INDIAN HILLS

BOYS

100 - 1. Miles Austin, Garfield, 10.77; 2. Brandon Frontal, 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 Reid, Ridgewood, 11.16.

200 - 1. Miles Austin, Garfield, 22.28; 2. Ron Losasso, St. Joseph, 22.55; 3. Rob Richardson, Garfield, 22.56; 4. Brandon Frontal, Palisades Park, 22.59; 5. Jon Reid, Bergen Tech, 22.61; 6. Erik Hus- reid, Ridgewood, 22.63.

400 - 1. Adrian Duran, 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 Ebel, Ridgewood, 50.91; 6. Erik Husreid, Ridgewood, 51.06.

800 - 1. Zamiir Marie, 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, Teaneck, 2:00.16; 6. Matt Flandro, 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, Ridgewood, 4:30.60; 4. Ari Zamiir, Ridgewood, 4:32.27; 5. Tim Fogarty, St. Joseph, 4:33.12; 6. Dave Maher, Ridgewood, 4:33.73.

3200 - 1. Rob Crispin, Ridgewood, 9:44.49; 2. Mike Accoradio, NV/Demarest, 9:45.67; 3. Matt Klypka, Indian Hills, 9:54.10; 4. Mike Zbielewski, Garfield, 9:56.53; 5. Sean Swift, Don Bosco Prep, 9:58.56; 6. Taylor Smith, Teaneck, 9:59.07.

Girls

100 - 1. Anike Orinogunje, Queen of Peace, 25.14; 2. Jennifer Andujar, Teaneck, 25.14; 3. Cheryl Anscombe, Westwood, 25.64; 4. Jen Caglio, Hasbrouck Heights, 26.13; 5. Jessica Perkel, NV/Old Tappan, 26.18; 6. Kristen Cubicciotti, Immaculate Heart, 26.41.

200 - 1. Anike Orinogunje, Queen of Peace, 24.57; 2. Janine Davis, Queen of Peace, 25.14; 3. Cheryl Anscombe, Westwood, 25.64; 4. Jen Caglio, 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 Brooks, Paramus Catholic, 59.07; 3. Anika Ackerman, River Dell, 59.18; 4. Tahira Williams, IHA, 59.51; 5. Elena Minuto, No. Highlands, 59.75; 6. Hailey Connor, 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 Poirer, Glen Rock, 2:23.06; 5. Elina Poskin, Fair Lawn, 2:24.27; 6. Lauren Fowler, Bergen Tech, 2:24.87.

1600 - 1. Julia Emmanuel, Teaneck, 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 Weiss, 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, 12:01.14; 6. Maria Pavlovich, Garfield, 12:01.14.

100 High Hurdles - 1. Julie Burrell, Hackensack, 15.18; 2. Stacy Smith, NV/Old Tappan, 15.53; 3. Jackie Karminski, 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.

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; 5. IHA, 4:05.12; and Teaneck, 4:05.12.

Results from State Group IV Meet**May 31st and June 1st****Pole Vault: James Norton 13'0" 5th Place!!!****High Jump: Bernard Mann NH****3200m: Ro Crispin 9:58.30 (10th)****400m: Chris Perez 52.07 (19th)****Triple Jump: Bernard Mann 40'1 1/2" (9th)
Gabe Knutson 40'1" (10th)****Javelin: Adam Whitelaw 144'6" (15th)****800m: Chris Perez 2:01.52 (10th)**

