

RIDGEWOOD HIGH SCHOOL

**BOYS SPRING TRACK AND
FIELD**

2003

Ridgewood High School
2003 Track and Field Team
Team and Individual Results

RIDGEWOOD HIGH SCHOOL 2003 TRACK AND FIELD TEAM

SENIORS:

JAMES CHU
GREG CORCORAN
RODOLFO CRISPIN
ANTHONY HALWAGY
NEAL KOVACH
BERNARD MANN
TOM ROOKE
DOUG SAMPSON
ALBERT SUH
ADAM WHITELAW
CHRIS WOLFSTIRN

JUNIORS:

KYLE ENGELKEN
AARON GARFINKEL
MATT HENDRICKSON
TYLER INSLEY
DAN KAHN
GABE KNUTSON
DAVE MAHER
ADAM MEOLA
JOHN MILLER
NICK NORRELL
ERIK NYGAARD
HARRY RICCAIRDI
BRAD VOLKOMMER
EVAN YEAW
ARI ZAMIR

COACHES:

JOSH SALADINO
DON COOPER
TED MCCRONE
TORRE WATSON

SOPHOMORES:

ANDREW BAUMGARDNER
MAT FLICKER
CHRISTIAN JENSEN
MIKE LAFLEUR
BRIAN LYNCH
BRIAN MERCER
MIKE MONFARED
OKECHUKWU ONWUBU
JAKE RICCAIRDI
SAM RUBINOFF
BRIAN SCOTT
KRISHAN WANCHOO
ANTHONY WEISS

FRESHMEN:

CARTER ANDERSON
WILL CALLANAN
JASPER CASEY
MICHAEL CATOR
JULIEN CHAMOUN
BRIAN CLEMENTI
FRANKIE CORKERY
TRES COMMER
EARLAND ELLINGBOE
TIM JENSSEN
BRIAN KEELEY
PAUL KOVACH
MICHAEL LAM
COLE MAGRATH
JOHN MOODY
CHRIS MULVEY
JOE NAGANO-GERACE
FRANK NESTOR
KYLE O'NEILL
STEVE PIERCE
BYRON WILLIAMS
BEN WILSON

2003 SEASON SUMMARY:

RIDGEWOOD	97	TEANECK	34
RIDGEWOOD	90.5	EASTSIDE	40.5
RIDGEWOOD	82	PASSAIC	49
RIDGEWOOD	125	BELLEVILLE	6
RIDGEWOOD	38	HACKENSACK	93
RIDGEWOOD	96	ST. JOE'S	35

BERGEN COUNTY RELAYS: 3RD PLACE

NNJIL DIVISION A CHAMPS: 1ST PLACE

BERGEN COUNTY GROUP IV: 1ST PLACE

NORTH JERSEY I SECTIONALS: 1ST PLACE

STATE GROUP IV CHAMPS: 6TH PLACE

LEAGUE, COUNTY, STATE SECTIONAL CHAMPIONS!!!!

BERGEN COUNTY GROUP III/IV TEAM OF THE YEAR!!!

2003 Boys Track and Field Point Totals

<u>Name:</u>	<u>Dual Points:</u>	<u>Champ. Pts:</u>	<u>Total Pts.:</u>
Bernard Mann (12)	67	103	170
Gabe Knutson (11)	61	101	162
Greg Corcoran (12)	26.5	70	96.5
Chris Wolfstirn (12)	40	52	92
Ari Zamir (11)	17.25	65	82.25
Rodolfo Crispin (12)	17	54	71
Kyle Engelken (11)	18	50	68
Anthony Halwagy (12)	30.75	35	65.75
Neal Kovach (12)	11	49	60
Byron Williams (9)	19.5	35	54.5
Doug Sampson (12)	16.75	36	52.75
Dave Maher (11)	19.25	32	51.25
Krishan Wanchoo (10)	19	30	49
Evan Yeaw (11)	18	30	48
Erik Nygaard (11)	10	36	46
Mike Cator (9)	30	15	45
Tom Rooke (12)	18	27	45
Adam Whitelaw (12)	-	33	33
Brian Mercer (10)	8	23	31
Mat Flicker (10)	8	21	29
Okechukwu Onwubu (10)	9.75	18	27.75
Christian Jensen (10)	11	15	26
Steve Pierce (9)	3.5	16	19.5
Jake Riccairdi (10)	6	8	14
Joe Nagano-Gerace (9)	14	-	14
Harry Riccairdi (10)	8	5	13
Brian Clemente (9)	10	-	10
John Moody (9)	2	8	10
Julien Chamoun (9)	-	8	8
James Chu (12)	-	6	6
Paul Kovach (9)	3	-	3
Colin Donnelly (12)	3	-	3
Earland Ellingboe (9)	2.25	-	2.25
Brad Volkommer (10)	2	-	2
Mike Monfared (10)	1	-	1
Cole Magrath (9)	1	-	1

Top 25 All-Time Single Season Point Totals:

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 Wharton (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. Bernard Mann (03).....	170.00
15. Josh Kauke (99).....	166.25
16. John O'Neil (98).....	162.25
17. Gabe Knutson (03).....	162.00
18. Chris Perez (02).....	160.00
19. Craig Halyard (87).....	156.50
20. J.D. Murdock (98).....	151.50
21. Doug Schultz (87).....	146.75
22. Craig Halyard (88).....	144.50
23. Tim Kelley (82).....	144.00
24. Matt Krevor (91).....	142.50
25. John Parisi (80).....	141.00



COURTESY OF DIMITRIAS DAIS

Born to run

The Ridgewood High School Track and Field Program held its 2nd annual "Run-A-Thon" last Friday afternoon. Sponsors donated funds for each lap around the RHS track that participants could complete in a 20-minute period.

Ridgewood News

3/28

BOYS TRACK PREVIEW

ATHLETES TO WATCH

KEN SINKOVITZ

Bergen Catholic, senior

Winner of two straight indoor 800 titles in the State Meet of Champions, this returning All-North Jersey athlete will be shooting for the outdoor Meet of Champions title that eluded him last year.

DAVE LADO

Ridgefield, senior

This returning All-North Jersey performer won four major indoor hurdles titles and finished second in the state in Group 1 during the winter.

ALONZO MEEK

Wayne Valley, senior

Another All-North Jersey speedster who won league, Passaic County, and sectional titles in the 110 hurdles last spring.

KEVIN THOMPSON

North Bergen, sophomore

He made a splash as a freshman by placing in the top six in both the State Group 4 sectional and State Meet of Champions 200 last year.

ROB RICHARDSON

Garfield, senior

He battled teammate Miles Austin in the long jump last year, coming away with a victory in the Bergen Meet of Champions and a spot on the All-North Jersey team.

JEFF YOUNG

Wayne Valley, senior

The returning All-North Jersey performer cleared 14 feet in the

pole vault last year to tie the Passaic record.

MOHAMED KHADRAOUI

Kennedy, sophomore

No sophomore jinx for this distance star, who won the State Meet of Champions cross-country title in the fall and the State Meet of Champions 3,200 title doors in the winter.

GREG OLSEN

Wayne Hills, senior

This All-American tight end is hoping to become the first Passaic athlete in 15 years to throw the shot 60 feet before he heads to Notre Dame in September.

PAUL KORNASZEWSKI

Clifton, junior

Runner-up in the indoor 1,500 and 3,000 in Passaic in the winter and a fifth-place finisher in sectional 3,200, Kornaszewski is poised to renew the outdoor rivalry he forged with Khadrac last spring.

SAMIR MANE

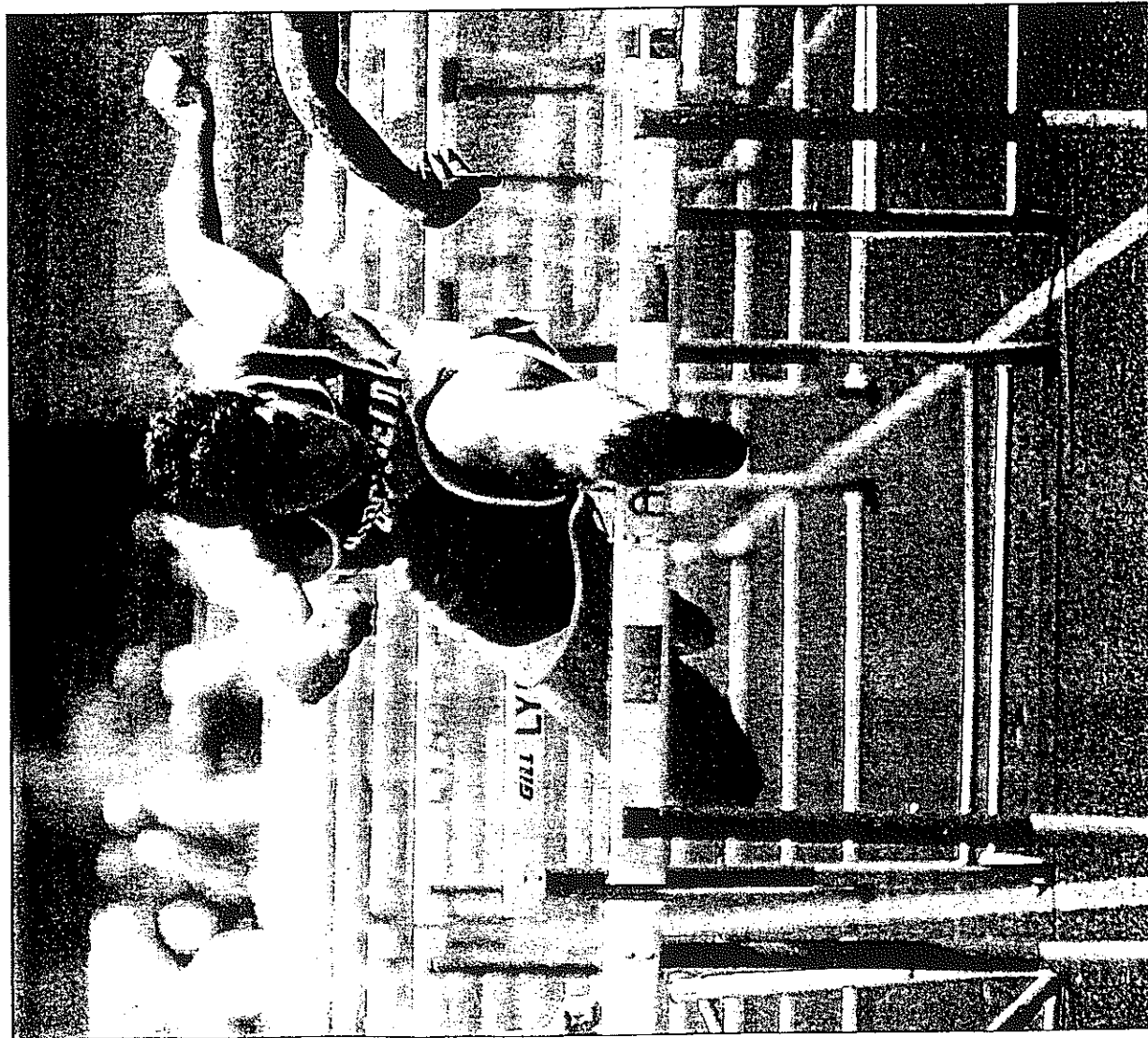
Fort Lee, senior

A two-time winner of the Bergen County indoor 1,000 meters, Mane will be looking for the kind of success in his final outdoor season.

GREG WEISS

West Milford, senior

Excelling in the middle distance and hurdles, this all-around former has run under 1 minute seconds in the 800 and shot break 56 seconds in the intermediate hurdles.



ROBERT S. TOWNSEND/STAFF PHOTOGRAPHER

Ridgefield's Dave Lado won four major high hurdles titles during the indoor season.

PRESEASON TOP 20

1. Don Bosco
2. West Milford
3. Wayne Hills
4. Hackensack
5. Glen Rock
6. Garfield
7. Ridgewood
8. Kennedy
9. River Dell
10. Wayne Valley
11. Saddle Brook
12. Ramsey
13. Bergen Catholic
14. Indian Hills
15. Teaneck
16. Clifton
17. NV/Old Tappan
18. Hasbrouck Heights
19. St. Joseph
20. Bergen Tech

NNJIL

Don Bosco has a new head coach but the same array of talent. Speedster Michael Ray Garvin leads the sprinters with Sean Swift and Peter Gerboth in the middle distances, Tom McCormick in the pole vault, and Tyler Palumbo in the jumps. ... **Bergen Catholic** returns standout Ken Sinkovitz in the 400, 800, and 1,600, but suffered graduation and injury losses, particularly in the sprints and relay. ... Sprinter Anthony Cinelli, Justin Frazier, Ed Carter, Rob Alvarez, and Charlie Kratochvil lead **Paramus Catholic**, which boasts a strong sophomore class. ... **Clifton** is strong on the track, led by distance runner Paul Kornaszewski, and in the jumps with pole vaulter Ken Stoute, but needs throwers. ... Jim Levitzke replaces longtime coach Ed Church at **Hackensack** where sprinter Patel Whyte and hurdler and high jumper Jean Beljour lead the way. ... **Kennedy** is strong up top with Mohamed Khadraoui, a State Meet of Champions winner during the fall and winter, and returning All-Passaic middle distance runner Jerry Boucicaut. ... **Passaic** returns top individuals in thrower Richard Russell, high jumper DeWayne Daniels, and middle distance runners Felix Henry and Hayrol Cruz. ... **Ridgewood** returns another talented team, led by distance runners Rodolfo Crispin, Ari Zamir, and Erik Nygaard. ... Distance runners Sean Valdes and Craig Natalis, sprinter and jumper Ralph Davis, and hurdler Joe Kerik lead the way for **Paramus**.

DATES TO REMEMBER

April 5: Season Opener Invitational at Indian Hills; Pawlowski Relays at Ridgewood

April 12: Passaic County Relays at Wayne Hills

April 11: Jack Yockers Bergen County Relays at Glen Rock (Groups 1-2), at Paramus (Groups 3-4)

April 12: Jack Yockers Bergen County Relays at Tenafly (All groups)

April 25-27: Penn Relays, Franklin Field, Philadelphia

May 3: County Seat Invitational at Wayne Hills

May 9-10: League Meets

May 14-15: Passaic County Championships at Wayne Hills

May 14, 16-17: Bergen County Championships at Mahwah (14th), at Hackensack (16th), at Teaneck (17th)

May 23-24: North 1 sectional meets at Clifton (Groups 1 and 4), at Wayne Hills (Groups 2 and 3)

May 27: Bergen Meet of Champions at Indian Hills

May 30-31: NJSIAA Public School Group Championships at Egg Harbor Twp

May 31: NJSIAA Parochial Championships

June 4: NJSIAA State Meet of Champions at South Plainfield High School

Ridgewood

97

Teaneck

34

April 2, 2003

400 IH: Ridgewood: 9 Teaneck: 0

1-Greg Corcoran (R) 61.6 2-Evan Yeaw (R) 63.9 3-Joe Nagano (R) 65.1

Others: B. Williams 62.9, J. Moody 67.9

100m: Ridgewood: 1 Teaneck: 8

1-Lance Ball (T) 11.3 2-Brian Gilbert (T) 11.4 3-Bernard Mann (R) 11.7

Others: A. Halwagy 12.1, K. Wanchoo 12.3, J. Chu 12.4, B. Clementi 13.2

T. Jensen 13.4, A. Meola 13.9, F. Nestor 14.5, J. Casey 15.0

1600m: Ridgewood: 9 Teaneck: 0

1-Rodolfo Crispin(R) 4:34.3 2-Erik Nygaard(R) 4:34.4 3-Kyle Engelkin(R) 4:34.6

Others: D. Maher 4:42.3, M. Cator 4:43.4, H. Riccairdi 5:05.3

400m: Ridgewood: 4 Teaneck: 5

1-Sherad Reeves (T) 53.0 2-Ari Zamir (R) 53.1 3-Tom Rooke (R) 53.2

Others: O. Onwubu 55.1, E. Yeaw 56.6, E. Ellingboe 59.6, M. Lamb 68.8

J. Keeley 70.3, C. Anderson 73.4, F. Corkery 77.3 *D. Sampson 53.4*110HH: Ridgewood: 6 Teaneck: 3

1-Gabe Knutson (R) 16.7 2-Isao Kitaguchi (T) 18.6 3-Joe Nagano (R) 18.7

Others: J. Moody 19.4, J. Chamoun 23.2

800m: Ridgewood: 9 Teaneck: 0

1-Greg Corcoran (R) 2:03.5 2-Ro Crispin (R) 2:08.2 3-Dave Maher (R) 2:08.5

Others: E. Nygaard 2:09.1, D. Sampson 2:09.3, B. Williams 2:09.8,

A. Zamir 2:11.1, S. Pierce 2:16.4, B. Scott 2:38.3, S. Rubinoff 2:54.3

200m: Ridgewood: 1 Teaneck: 8

1-Brian Gilbert (T) 24.1 2-Lance Ball (T) 24.1 3-Anthony Halwagy (R) 24.3

Others: K. Wanchoo 25.0, J. Chu 25.6, J. Moody 26.2, E. Ellingboe 27.3,

J. Chamoun 28.1, T. Jensen 29.3, F. Nestor 30.3, A. Suh 31.1,

C. Anderson 31.5, F. Corkery 34.8

3200m: Ridgewood: 9 Teaneck: 0

1-Mike Cator(R) 10:32.5 2-Harry Riccairdi(R) 10:41.2 3-Cole Magrath(R) 10:48.0

Others:

Long Jump: Ridgewood: 6 Teaneck: 3

1-Bernard Mann (R) 20'10" 2-Darius Turner(T)17'6" 3-Anthony Halwagy (R) 16'8"

Others: B. Clementi 16'1", J. Chu 14'7", J. Casey 12'10"

Triple Jump: Ridgewood: 8 Teaneck: 1

1-Bernard Mann(R) 44' 1/2" 2-Gabe Knutson (R) 40'8" 3-D. Turner (T) 37'4 1/2"

Others: K. Wanchoo 36'2", B. Clementi 33'6"

High Jump: Ridgewood: 6 Teaneck: 3

1-Bernard Mann (R) 6'6" 2-Darius Turner (T) 5'8" 3-Kyle Engelkin (R) 5'2"

Others: A. Meola NH, B. Clementi NH

Shot Put: Ridgewood: 9 Teaneck: 0

1-Chris Wolfstirn (R) 42'10" 2-Brian Mercer (R) 40'9" 3-Mat Flicker (R) 40'7"

Others: N. Kovach 39'2", M. Monfred 36'9", M. LaFleur 34'1", J. Miller 31'8"

A. Pskowski 28'9", M. Henrickson 28'4", B. Lynch 26'10", B. Wilson 26'8"

T. Comer 20'4"

Discus: Ridgewood: 6 Teaneck: 3
1-Chris Wolfstirn (R) 129'9" 2-McKinney (T) 115'1" 3-Brian Mercer (R) 111'4"
Others: N. Kovach 109'8", M. Flicker 105'9", Need Others

Pole Vault: Ridgewood: 9 Teaneck: 0
1-Gabe Knutson (R) 12'6" 2-Jake Riccaridi (R) 10'0" 3-Christian Jensen (R) 9'0"
Others: A. Weiss 8'0"

4x400m: Ridgewood: 5 Teaneck: 0
1-Ridgewood 3:36.1 2-Teaneck 3:44.4
(T. Rooke 55.2, D. Sampson 53.9, O. Onwubu 54.7, G. Corcoran 52.4)

Comments:

A very good early season meet. We came out and performed at a high level and we were able to get the victory. There were some excellent early season performances, and there was plenty of room to improve. Be proud of what you have accomplished, however, we cannot become complacent or you will not achieve the goals that you set for our team to accomplish.

Athletes of the Meet:

Bernard Mann: 16 pts., 20'10", 44'1/2", 6'6"
(in a 3 way tie for 2nd best high jump all time at RHS)
Greg Corcoran: 11 1/4 pts., 400 IH win, 2:03.5, 52.4 anchor split
Chris Wolfstirn: 2 wins
Brian Mercer: 4 points - 2 Personal Bests

4/3/03

TRACK BESTS

BOYS

100M (11.3) - Anthony Jones, Kennedy, 11.1; Joshua Smith, Kennedy, 11.3; Lance Ball, Teaneck, 11.3.
 400M (53.5) - Harrol Cruz, Passaic, 51.5; Dave Lado, Ridgefield, 52.0; Patel Whyte, Hackensack, 52.8; Alvin Davis, Kennedy, 52.9; Sherad Reeves, Teaneck, 53.0; Ari Zamir, Ridgewood, 53.1; Doug Sampson, Ridgewood, 53.1; Tom Rooke, Ridgewood, 53.2; Josh Simmons, Hackensack, 53.5.
 800M (2:05) - Greg Corcoran, Ridgewood, 2:03.5; Elvis Cole, Hackensack, 2:04; Jerry Boucaict, Kennedy, 2:05.
 110M HH (16.2) - Daniel Oquendo, Hackensack, 15.6; Jeremy Parussi, NV/Demarest, 15.7.
 400M HH (60.0) - David Dennis, Hackensack, 57.6; Alvin Davis, Kennedy, 58.3; Elvis Cole, Hackensack, 58.5; Phil Kim, NV/Demarest, 58.6; Phil Kim, NV/Demarest, 58.6; Sternbinsky, Ramsey, 59.5; Kahim Jennings, Passaic, 59.5.
 Mile or 1,600M relay (3:40) - Ridgewood, 3:36.1 (Rooke, Doug Sampson, Okechukwu Onwubu, Corcoran).
 Long jump (19-6) - Dennis, 21-5; Bernard Mann, Ridgewood, 20-10; Horton, 19-6 1/2.
 Triple jump (39-6) - Mann, 44 1/2; Dennis, 42-11; Gabe Knutson, Ridgewood, 40-8; Parussi, NVD, 40-4 1/4; Parussi, 40-4 1/4; Brian Horton, Hackensack, 40-1; Joshua Smith, Kennedy, 40-0.
 High jump (5-10) - Mann, 6-6; Bashir Grimes, Kennedy, 5-11; Jean Beljour, Hackensack, 5-10.
 Pole vault (11-6) - Knutson, 12-6; Stewart Cohen, Hackensack, 11-6.
 Discus (130) - Richard Russel, Passaic, 156.2; Cunningham, Passaic, 145-1 1/2.
 Shot put (46) - Russel, 51-8; Greg Lippert, Pascack Valley, 48-8; Jason Maier, New Millford, 47-9; Scott Emerson, Fair Lawn, 47-5; Perkins, Ramsey, 46-10.
GIRLS
 100M (13.2) - Jess Kresja, Ridgewood, 12.9; Trish McGowan, Ridgewood, 12.9; Consandria Walker, Hackensack, 12.9; Shetio Francis, Teaneck, 13.1; Jackie Kaser, Pascack Valley, 13.1; Brynn Rosser, Hackensack, 13.2.
 200M (27.8) - Walker, 26.8.
 400M (54.0) - Elina Ploskin, Fair Lawn, 61.4; Tara Connelly, Pascack Valley, 61.9; Jess Kresja, Ridgewood, 63.5.
 1,600M (5:50) - Shanika Bernard, Hackensack, 5:32.7; Claudine McGuire, Hackensack, 5:33.0.
 100M HH (17.2) - Rachel Smith, Teaneck, 15.2; Brittanla Fraizer, Hackensack, 16.9; Chelsea Townes, Hackensack, 17.2.
 400M HH (71.0) - Michelle Smith, Teaneck, 67.1; Michelle Ribustello, Pascack Valley, 69.3; Loren Moskovich, Fair Lawn, 70.6.
 Mile or 1,600M relay (4:30) - Ramsey, 4:22.4; Fair Lawn, 4:26.1.
 Long jump (15-0) - Trish McGowan, Ridgewood, 15-5; Lindsay, Eastside, 15-3; Walker, H, 15-2; Najene Walker, Hackensack, 15-1.
 Triple jump (31-0) - McGowan, 34-6; Sharalidha, Eastside, 31-4.
 High jump (4-10) - Allyson Salvacion, Lodi, 5-0; Paslowsky, Ramsey, 4-10; Townes, 4-10.
 Pole vault (6-6) - Katherine Serpa, Hackensack, 7-0.
 Discus (90) - Tatiana Ciccone, New Millford, 99-5 1/2.
 Javelin (85) - Courtney Reggo, Ridgefield, 102-7.
 Shot put (31) - Nicole Robinson, Hackensack, 34-4 1/2; Ciccone, 31-6 3/4.

Distance runners form the spine of RHS boys spring track team

By Matt Potter
Staff Writer

RIDGEWOOD — A highly-rated distance team will form the bedrock of the Ridgewood High School boys track squad this season, as the Maroons attempt to improve upon the successes of last year.

The core of Rodolfo Crispin, Greg Corcoran, Kyle Engelken, Dave Maher, Ari Zamir and Erik Nygaard is one that has achieved a great deal of success during the cross-country and indoor track seasons, and spring track coach Josh Saladino is hoping that the winning ways continue.

"We have a strong distance group," said the second-year coach. "They have all had very good indoor seasons, and, hopefully, they can carry that forward into the spring."

Crispin, a senior, will be particularly keen to end his high school career with a bang, and he can build on the victories of a junior year that gained him the distinction of being the only Maroon to place on the All-Suburban track first team.

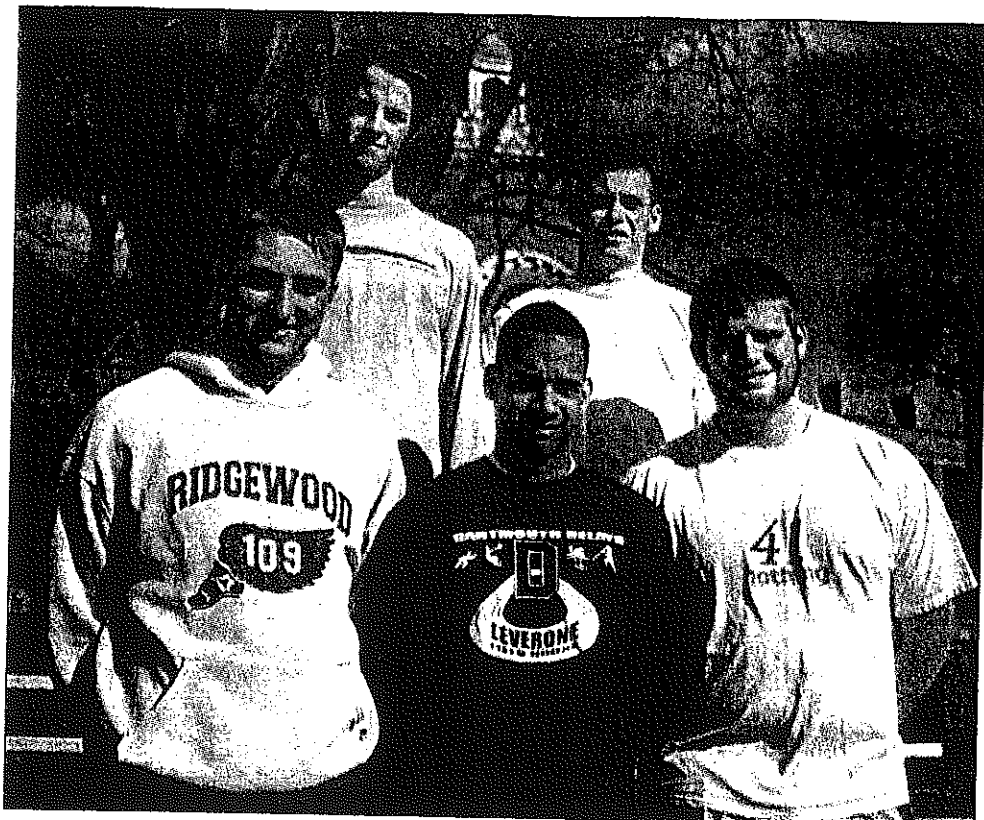
In 2002, Crispin won the 3,200-meter run in the Northern New Jersey Interscholastic League Division A meet and then went on to take victory in the Bergen Meet of Champions with a time of 9:44.49 — 17.91 seconds faster than his previous best. He was sixth in the Group 4 state-sectional meet and 10th in the state Group 4 race.

Crispin and Corcoran are also two of the five track captains this year, and they are joined in the responsibility by javelin specialist Adam Whitelaw and shot put/discus throwers Neal Kovach and Chris Wolfstirn.

The quintet is charged with the job of leading the squad to the level of success that it achieved last season, when Ridgewood won the league and was third in the county.

"We always hope to be competitive in the league, the county and the state-sectionals," said Saladino. "Hopefully, we'll be able to put it together. We have 65 athletes, which is a good number."

He added, "We had a good team last year, but we have a bit more depth in the distances



GARY JUNG/STAFF PHOTOGRAPHER

These are the captains of the Ridgewood High School boys track team. FRONT ROW (from left): Neal Kovach, Rodolfo Crispin and Chris Wolfstirn. BACK ROW (from left): Greg Corcoran and Adam Whitelaw.

this time, and there are a lot of younger kids that are stepping up and who should do well."

Saladino is confident that, in time, the younger athletes will be able to come in and fill the holes left by some of last year's graduating seniors, who include middle-distance runner Chris Perez, shot putter Kevin Strahle and pole vaulter James Norton.

Other competitors who should do an important job for the Maroons include Bernard Mann in the jumps, Gabe Knutson in the hurdles, jumps and the pole vault, vaulter Jake Riccardi and javelin thrower Anthony Halwagy.

Ridgewood was due to have its opening challenge on Wednesday with a dual meet against Teaneck, but the first real test will be

the county relays next Friday and Saturday.

"The county relays are usually in the third week of April, so it has come up quick on us this year," said Saladino. "We'll try to use it as a measuring stick against some of the bigger competition. You can't underestimate any of the teams we'll be up against this season."

The coach is confident that his squad can do even better than last year.

"We lost a couple of good throwers and middle-distance runners, but some of the younger kids will help us there," said Saladino. "We have depth in different areas, and I've been very happy so far with the work ethic and the attitude. I hope that can continue for us."

Matt Potter's e-mail address is
potterm@northjersey.com

4/4

Pawlowski Relays April 5th

4x1600m:

Kyle Engelkin 4:49, Mike Cator 4:55, Dave Maher 4:44, Rodolfo Crispin 4:49
19:21.3 – 2nd Place

4x110HH:

Evan Yeaw, John Moody, Julian Chamoun, Gabe Knutson 1:16.8 – 4th Place

4x100m:

Anthony Halwagy, James Chu, Krishan Wanchoo, Bernard Mann 47.8

4x800m:

Doug Sampson, Harry Riccairdi, Okechukwu Onwubu, Greg Corcoran 8:40.6 – 2nd Place

4x200m:

Evan Yeaw, Anthony Halwagy, John Moody, Jake Riccairdi 1:43.1

Doug Corbett, Dan Kahn, Adam Meola, Albert Suh 1:57.6

4x800m (Frosh):

Mike Cator 2:16, Steve Pierce 2:26, Cole Magrath 2:27, Byron Williams 2:17
9:27.9 – 1st Place

Carter Anderson, Brian Keeley, Tim Jenssen, Mike Lam

4x800m (Soph):

Brian Scott, Sam Rubinoff, Anthony Weiss, Andrew Baumgardner
10:39.8 – 5th Place

Sprint Medley:

Tom Rooke, Anthony Halwagy, James Chu, Brad Volkommer

3x400 IH:

Greg Corcoran 62.1, Byron Williams 65.4, Evan Yeaw 64.5 – 3:10.9 1st Place

4x400m (Frosh):

Mike Cator, Steve Pierce, John Moody, Byron Williams
Paul Kovach, Cole Magrath, Carter Anderson, Brian Clementi
Jasper Casey, Frankie Corkery, Tim Jenssen, Brian Keeley
Mike Lam, Chris Mulvey, Kyle O'Neill, Frank Nestor

4x400m (Soph):

Jake Riccairdi, Brian Scott, Andrew Baumgardner, Christian Jensen

4x400m (Varsity):

Doug Sampson 53.2, Dave Maher 56.3, Okechukwu Onwubu 55.2, Greg Corcoran 53.1

3:37.8 – 3rd Place

Long Jump:

Bernard Mann 19'1", Gabe Knutson 17'5, Krishan Wanchoo 16'1 52'7" – 3rd Place

Triple Jump:

Bernard Mann 41'7", Gabe Knutson 37'8", Krishan Wanchoo 34'5" 113'8 1/2" 3rd PI

High Jump:

Bernard Mann 6'2", Kyle Engelkin NH, Brian Clementi NH 6th Place

Pole Vault:

Gabe Knutson NH, Jake Riccairdi NH, Christian Jensen 9' 9' – 3rd Place

Shot Put:

Chris Wolfstirn 42'10" Neal Kovach 39'2" Brian Mercer 117'11" 1st Place

Discus:

Chris Wolfstirn, Brian Mercer, Neal Kovach 314'5" 1st Place
Mat Flicker, Mike Monfred, Mike LaFleur

Javelin:

Adam Whitelaw 140' 5", Anthony Halwagy 129', Steve Pierce 124' 393'5" – 1st PI

THE PAWLOWSKI RELAYS (AM) SATURDAY, APRIL, 5, 2003**Ridgewood High School Track Ridgewood, New Jersey**BOYS

Team Score: DonBosco-104, Ridgewood-89, 3-Union-54, 4-Cranford-51, 5-BergenTech-43, 6-Holmdel-30, 7-Memorial-25, 8-Irvington-22, 9-FairLawn-20, 10-PassaicValley-11, 11-Paramus-10, 12-ShorhamWadingRiver-8, 13-HudsonCatholic-5, 14-NorthBergen-3.

4X100m: 1-Bergen Tech (Kwasi Mendoza, Jon Reid, Justyn Davis, Andrew Drysdale), 45.3. 2-Don bosco Prep, 45.4. 3-Shorham, 46.7. 4-Irvington, 46.7. 5-Cranford, 46.8. 6-Memorial, 46.8.

4X200m: 1-Bergen Tech(Mendoza, Drysdale, Davis, Reid) 1:33.4. 2-Union, 1:36.1 3-Irvington, 1:36.4. 4-Bergen Tech, 1:37.8. 5- Cranford, 1:40.4. 6-Paramus, 1:41.0

4X400m: 1- Bergen Tech, 3:33.5. 2-Don Bosco, 3:35.3. 3-Ridgewood, 3:38.4. 4-Paramus, 3:45.9. 5-Irvington, 3:50.4. 6-Passaic Valley, 3:53.1.

4X800m: 1-Don Bosco (Brent Napolen, Pete Gerboth, Alex Wechsler, Sean Swift) 8:32.4. 2-Ridgewood, 8:40.6. 3-Cranford, 9:00.4. 4-Holmdel, 9:23.4. 5-Passaic Valley, 9:37.7 6-North Bergen, 9:48.4.

4X1600m: 1-Cranford (Ryan McMahon, Kevin Brown, Steve Swan, ?) 19:12.6. 2-Ridgewood, 19:21.3. 3-Memorial "A", 19:46.2. 4-Bergen Tech , 20:38.9. 5-Don Bosco, 20:55.9. 6-Memorial"B" 21:03.3.

Sprint Medley: 1-Don Bosco(Michael Ray Garvin, Tim Byrne, Eric Titu, Sean Swift) 3:46.3. 2-Bergen Tech, 3:57.3. 3-Passaic Valley, 4:01.4. 4-Cranford, 4:02.3. 5-N. Bergen, 4:02.5. 6-Union, 4:10.8.

Distance Medley: 1-Cranford (Clinton, Styler, Lordan, Flanagan) 11:22.4. 2-Don Bosco, 11:24.0. 3-Holmdel, 12:06.1. 4-Paramus, 12:17.6. 5-Union, 12:49. 6- Bergen Tech, 13:10.2.

4X110 HH: 1-Union (Chris Haley, Ian Wilson, Mark Axelrod, William Cox) 1:06.7. 2- Don Bosco, 1:08.8. 3-Memorial, 1:13.0. 4-Ridgewood, 1:16.8.

3X400 IH: 1-Ridgewood, (Corcoran, Willaims, Yeaw) 3:10.9. 2-Don Bosco, 3:11.8. 3-Cranford, 3:21.3. 4-Union, 3:21.1.

3X Long Jump: 1-Don Bosco(Tyler Palumbo, Tom Mc Cormick, Tim Byrne) 57' 1 1/2 ". 2-Union, 55' 6 1/2 ". 3-Ridgewood, 52' 7". 4-Irvington, 52' 4 1/2 ". 5-Holmdel, 51' 5". 6-Cranford, 44' 9".

3X Triple Jump: 1-Ridgewood,(Bennard Mann, Gabe Koutson, Kaishaw Wanchoo) 113' 8 1/2 ". 2-Holmdel, 10' 9 1/2 ". 3- Don Bosco, 78' 9".

3X High Jump: 1-Cranford, 16'. 2-Memorial, 15'6". 3-Irvington, 15'6". 4-Union, 11'2". 5-Shorham, 10'6". (Best Jump of the Day, 6'2" - Bernard Mann, Ridgewood & Chris Haloy, Union)

3X Pole Vault: 1-Don Bosco(Murphy, Scheider, me Cormick) 29' 6". 2-Fair Lawn, 16'. 3- Ridgewood, 9'.

3X Shot Put: 1-Ridgewood (Wolfstirn, Mencer, Kovach) 117' 11". 2-Don Bosco, 111' 1". 3-Fair Lawn, 110' 9". 4- Union, 109' 2". 5- Hudson Cath., 108' 3". 6-Passaic Valley, 107' 9".

3X Discus: 1-Ridgewood(Chris Wolfstirn Brian Mercer, Neal Kovach) 319' 1". 2-Don Bosco, 315' 0". 3-Fair Lawn, 30' 2". 4-Holmdel, 305' 9". 5- Union, 299'. 6-Hudson Cath., 292' 9".

3X Javelin: 1-Ridgewood,(Adam Whitelaw, Anthony Halwagy, Steve Pierce) 393' 5". 2-Union, 383'. 3-Holmdell, 344'10". 4-Memorial, 334' 4". 5-Hudson Cath., 273' 9". 6-Passaic Valley, 268' 9".

GIRLS

Team Score: 1-Holmdel-88. 2-Ridgewood-83. 3-ShorehamWadingRiver-68. 4-Memorial-35. 5-Cranford-33. 6-Garfield-31. 7-Paramus-30. 8-NorthBergen-30. 9-FairLawn-19. 10-PassaicValley-18. 11-BergenTech-17. 12-Irvington-5. 13-OldTappan-2.

4X100m: 1-Ridgewood (Kreja, Caldwell, Carrie, McGowen) 52.5. 2-Holmdel, 54.8. 3-Shoreham Wading River, 55.8. 4-Memorial, 56.4. 5-Ridgewood, 56.7. 6-Irvington, 57.8.

4X200m: 1- Ridgewood (Kreja, Palacios, Carri, Mc Gowan) 1:53.8. 2- Shoreham Wading River, 1:56.5. 3-Passaic Valley, 1:58.6. 4-Holmdel, 2:00.9. 5-Cranford, 2:01.6. 6-Irvington, 2:05.7.

4X400m: 1-Holmdel, 4:30.0. 2-Ridgewood, 4:31.2. 3-Bergen Tech, 4:32.6. 4-Passaic Valley, 4:42.2. 5-Cranford, 4:48.0. 6-Irvington, 4:58.4.

4X800m: 1-Fair Lawn (Beth napoda, Lavra Kaplan, Vicki Salma, Elina Ploskin) 10:32.9. 2-Ridgewood, 10:41.2. 3-Cranford, 11:17.3. 4-Holmdel, 11:17.5. 5-Garfield, 11:19.9. 6- Bergen Tech, 11:29.9.

4X1600m: 1-Shoreham Wading River (Jessica Rockford, Erin Hays, Emily O'Hays, Toni Lynn Salucci) 23:05.0. 2-Paramus, 24:24.7. 3-Cranford, 24:39.8. 4- Ridgewood, 26:25.0.

Sprint Medley: 1-Shoreham Wading River (Katie Betz, Jessica Picha, Jessica Rockford, Toni Lynn Salucci) 4:32.5. 2-Holmdel, 4:42.4. 3-Bergen Tech, 4:43.7. 4-Cranford, 4:46.1. 5-Ridgewood, 4:53.7. 6-Garfield, 5:00.7.

Distance Medley: 1-Holmdel (Wang, Pan, Rodriguez, Picascia) 13:59.6. 2-Paramus, 14:27.7. 3-Ridgewood, 14:37.7. 4-Shoreham Wading River, 14:44.5.

4X100 HH: 1-Cranford (Mystelle Manuyag, Terri Van Horn, Jiu Humphries, Jen Nist) 1:12.3. 2-Ridgewood, 1:14.2. 3-Memorial, 1:15.3. 4-Paramus, 1:19.3. 5-North Bergen, 1:19.7.

3X400 IH: 1-Shoreham Wading River (Dicha, Salucci, Hays) 3:34.1. 2-Holmdel, 3:43.5. 3-N. Bergen, 4:05.4. 4- Memorial, 4:40.4.

3X Long Jump: 1-Ridgewood (McGowan, Krejsa, O'Neill) 42' 1 1/2". 2-Holmdel, 41' 0". 3-Garfield, 40'. 4-N. Bergen, 39' 8". 5-Cranford, 34' 9". 6-Irvington, 33' 3 1/4".

3X Triple Jump: 1-Garfield (Kay Luke, Shanelle Cross, Brittany Brooks) 93'. 2-Holmdel, 87' 4".

3X High Jump: 1-Paramus Setless, Cody, Walker) 13' 9". 2-SWR, 13' 7". Ridgewood, 13' 3". 4- Passaic Valley, 12'. 5-N> Bergen, 8' 6". 6-Ridgewood, 4' 0". (Best Jump+ 5'4", Biscardi, Shorham Wading R.)

3X Pole Vault: 1- Ridgewood (O'Neil, Borgman) 15'. 2- Fair Lawn 6' 6".

3X Shot Put: 1-Imemorial (Janire Lebron, Alexis Demby, Jenn Cabrera) 92' 10 1/2". 2-Shoreham Wading River, 80' 4". 3- N. Bergen, 77' 11". 4-Garfield, 73' 1". 5-Holmdel, 71' 9". 6-Ridgewood, 70' 9".

3X Discus: 1-Memorial 230.6. 2-Holmdel, 215' 6". 3-N. Bergen, 198' 10". 4-SWR, 188' 1". 5- Bergen Tech, 170' 1". 6- Fairlawn, 168' 3".

3X Javelin: 1-Holmdel (Hoffman, Ho, Ronan) 222' 6". 2-Garfield, 206' 8". 3-N. Bergen, 192'. 4-Passaic Valley, 183' 1". 5-Bergen Tech, 182' 8". 6- Memorial, 180' 5".

SOPHOMORE BOYS

4X400m: 1-Bergen Tech, (Dew, King, Bonsu, Anderson) 3:57.6. 2-SWR, 4:20.9. 3-paramus, 4:22.4. 4-Ridgewood, 4:29.2.

4X800m: 1-Cranford, (Thompson, Gerrit, Millar, Meliahik) 9:13.4. 2-Hudson Cath., 9:57.6. 3-Memorial, 10:09.1. 4-Shoreham Wading River, 10:18.4. 5-Ridgewood, 10:39.8. 6-Bergen Tech., 10:50.6.

SOPHOMORE GIRLS

4X400m:

4X800m: 1-Paramus (O'Brien, Pelican, Setless, Aghajani-Menar) 12:06.6.

FROSH BOYS

4X400m: 1-Ridgewood(Eator, Pierce, Clementi, Williams) 4:02.2. 2-Passaic Valley, 4:33.2. 3-Ridgewood, 4:41.5.

4X800m: 1-Ridgewood,(Cator, Pierce, Magrath, Willaims) 9:27.9. 2-Paramus, 10:07.2. 3-Passaic Valley, 10:37.7. 4- Hudson Cath., 10:59.3. 5-Paramus, 11:25.7.

FROSH GIRLS

4X400m: 1-Passaic Valley (Desimone, Stratford, Youssuf,Crocco) 4:51.7. 2-Shoreham Wading River, 5:11.7. 3-Ridgewod, 5:28.2. 4-SWR, 5:46.9.

4X800m: 1-Passaic Valley (Stratford, Kuepfer, DeSimone, Kostenko) 11:49.9. 2-Ridgewood, 11:52.4. 3-Memorial, 12:45.5. 4-Shoreham Wading River, 13:17.6.

Pawlowski Relays

RIDGEWOOD – The Don Bosco track team won the large-school division of the Pawlowski Relays on Saturday, topping Ridgewood by 15 points.

The Ironmen's 3,200-relay team of Brent Napolen, Pete Gerboth, Alex Wechsler, and Sean Swift ran a time of 8 minutes, 32.4 seconds to edge the Maroons by more than eight seconds. Swift also was on the winning sprint medley team that bested Bergen Tech by 11 seconds.

Don Bosco also took first in the long jump and pole vault.

The Cresskill boys team won the

small-school division, finishing ahead of BCSL Olympic rivals Leonia and New Milford. The Cougars won three events, highlighted by a win in the 400-meter relay by Justin Arak, Robert Kim, Phil Savetires, and Greg Vadala.

The Cougars also won the 400 intermediate hurdles and the high jump.

The Ridgewood girls team fell just short of Holmdel despite winning the 400 relay, 800 relay, long jump, and pole vault. Holmdel won the mile relay, distance medley, and the javelin to take first with 88 points against 83 for Ridgewood.

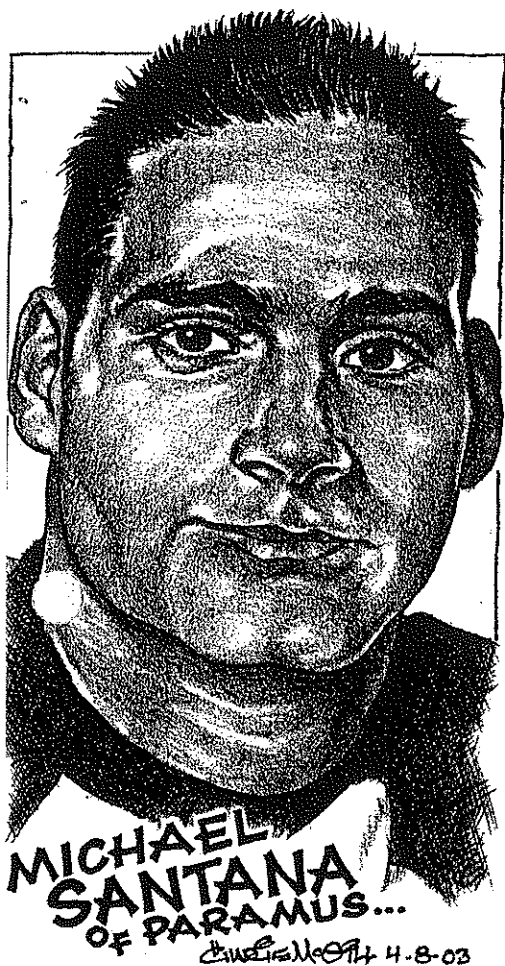
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4/8/

NORTH JERSEY SPORT

ATHLETE OF THE WEEK

By MARK J. CZERWINSKI
STAFF WRITER



MALE ATHLETE OF THE WEEK

SPORT: Baseball **CLASS:** Senior **AGE:** 17

ACCOMPLISHMENT: Won two games, striking out 19 while allowing eight hits and three earned runs. He's now the school's all-time strikeout leader.

ALSO NOMINATED: Matt Marc-Aurele of Layne Valley and Shooter Hunt of Ramapo for baseball; Charles Stone of Hackensack for volleyball, Bernard Mann of Ridgewood for track, and Paul Bottinelli of Bergen for lacrosse.

Michael Santana is interested in history. He can discuss the battles of World War II and recount with pride his grandfather's exploits with the 101st Airborne glider division at Normandy on D-Day.

Santana also is well versed in the history of Paramus baseball. Even more so now that he's a major part of it.

Santana earned The Record's Male Athlete of the Week honors by striking out 19 in two victories. His 10 strikeouts Saturday against Nutley give him 176 for his career, breaking the record held by former pro Doug Cinella.

Not only does Santana work for Cinella over the summer at his baseball camp, but Cinella's nephew, Donnie Hayes, was the catcher for the record-breaking strikeout.

"I used to joke around with Doug about breaking his record," said Santana, 17. "It means a lot to me. He was in the pros, and breaking his record helps keep my dream alive of playing in the pros."

If Santana does get a chance to live his dream, his head will play as much a part as his arm. The B student is a thinker out on the mound, reveling in the chess game that goes on between him and the hitters.

"I watch how a batter comes up to the plate and I look at what he's doing," said Santana, who also wrestles for the Spartans. "Then I try to change up my routine. In the last game against Nutley, they caught on that I was throwing a fastball on the first pitch, so I started working in change-ups and curves."

"I can't be a thrower. But I use my head when I'm pitching, and I think that gives me an advantage."

Santana's fastball tops out in the low 80s, about average for a top-flight pitcher in North Jersey. But his key is a change-up that coach Joe Cervino calls the best he's ever seen.

Santana also said that wrestling helped prepare him for the rigors of baseball season.

"We do a lot of running along with the push-ups and sit-ups," said Santana, who was 10-1 with 86 strikeouts and a 1.80 ERA as a junior. "I brought our pitchers into wrestling practice to get in shape for the season. They were tired at first, but after a couple of weeks, they were used to it."

William Paterson, Seton Hall, Felician, and Rutgers-Newark have shown an interest in Santana. He's hoping to study criminal justice in college and wants to become a police officer in North Jersey or a gym teacher.

4/11

1. **Don Bosco** — The Ironmen won the large-school title at the Pawlowski Relays last week.
2. **West Milford** — The Highlanders have yet to set foot on the track this season.
3. **Wayne Hills** — The Patriots will renew their battle with West Milford in Saturday's Passaic Relays.
4. **Hackensack** — The Comets won the Season Opener Relays at Indian Hills.
5. **Glen Rock** — The Panthers already have swept a tri-meet and a quad-meet this season.
6. **Garfield** — The veteran Boilermakers are strong in the sprints and jumps.
7. **Ridgewood** — The Maroons finished second to Bosco at the Pawlowski Relays and beat Teaneck in a dual.
8. **Kennedy** — Mohamed Khadraoui is seeded third in the boys 3,000 meters at the Penn Relays.
9. **River Dell** — The Golden Hawks won their league relays last week.
10. **Ramsey** — Eight different runners gave Ramsey wins in the 1,600 and 3,200 relays and second-place overall at the Season Opener.
11. **Saddle Brook** — The Falcons showed some depth Saturday, finishing fourth in the Season Opener despite winning just the shot put.
12. **Wayne Valley** — The Indians should be in the mix Saturday with as many as four or five teams fighting for the title.
13. **Bergen Catholic** — The Crusaders will see where they stand in the county at the Bergen Relays this weekend.
14. **Northern Valley at Old Tappan** — The Golden Knights won two events to finish third at the Season Opener meet.
15. **Indian Hills** — The Braves finished in the top 10 at the Season Opener meet.
16. **Clifton** — Paul Kornaszewski qualified for the Penn Relays in the 3,000 meters.
17. **Teaneck** — The Highwaymen fell to Ridgewood in a dual meet last week.
18. **Bergen Tech** — The Knights put on a show at the Pawlowski Relays, winning the 400, 800, and 1,600 relays.
19. **Hasbrouck Heights** — The Aviators got some new blood this season in basketball star Vernard Hoover, a transfer from Georgia.
20. **St. Joseph** — The Green Knights fell to Don Bosco in a dual meet to open the season.

SPORTS

RHS boys track team starts strongly

By Matt Potter
Staff Writer

RIDGEWOOD — With second place in the Steve Pawlowski Relays and an emphatic dual-meet victory over Teaneck, the spring track season has begun strongly for the Ridgewood High School boys team.

However, the level of competition is stepping up, and, today and tomorrow, the Maroons face the tough challenge of the county relays, with coach Josh Saladino anticipating a contest in which his athletes will need to be at their best.

"In our group, the favorites are Don Bosco, Hackensack and us," said Saladino. "Bosco and Hackensack beat us in the county relays during the indoor season, but we don't want to overlook any of the other teams in the group."

Ridgewood warmed up for the meet with a strong showing at the Pawlowski Relays last Saturday, taking second behind Don Bosco, with 89 points. The Crusaders accrued 104.

Formerly the Ridgewood Relays, the meet was renamed a year ago in honor of Ridgewood High School graduate Steve Pawlowski, a track star who was killed in an automobile accident during his freshman year at Quinnipiac University in Connecticut.

The Maroons were particularly impressive in the field events, where they took four first places in the triple jump, the shot put, the discus and the javelin.

In the triple jump, Bernard Mann, Gabe Knutson and Kaishaw Wanchoo combined for 113 feet, 8.5 inches, while the shot putters, Chris Wolfstirn, Brian Mercer and Neal Kovach, managed 117 feet, 11 inches.

In the discus throw, Wolfstirn, Mercer and Kovach joined together again for 319-foot, 1-inch performance, while the javelin throwers, Adam Whitelaw, Anthony Halwagy and Steve Pierce, recorded 393 feet, 5 inches.

The Maroon trio of Greg Corcoran, Byron Williams and Evan Yeaw was also victorious, winning the 3x400-meter hurdles in 3:10.9.

Ridgewood finished second in the 4x800 meters (8:40.6), third in both the 4x400 meters (3:38.4) and the pole vault (nine feet) and fourth in the shuttle hurdles (1:16.8).

"I thought we did a very nice job," said Saladino. "We like to do well in the Pawlowski Relays, but a lot of what we're doing is putting together relays for the county relays, which is one of our goals for the season. We were able to do pretty well, and we stayed positive, which is always important when the weather is like it has been."

The coach had some juniors

missing because they were taking their Scholastic Aptitude Test, but he saw plenty of promise from the team that competed.

"I really like the way the throwers have started, and we are also seeing younger kids stepping up," said Saladino. "That's what we need for the county relays, which is all about putting together a series of good relays. The younger kids are important in that."

Last Wednesday, Ridgewood opened its season with a winning performance against Teaneck, 97-34, during a dual meet in which Mann stood out. Mann, who also starred three days later, was first in the triple jump (44 feet, one-half inch), the high jump (6 feet, 6 inches) and the long jump (20 feet, 10 inches).

Other Maroon winners included pole vaulter Knutson (12 feet, 6 inches), 800-meter competitor Corcoran (2:03.5) and the 4x400-meter relay team of Tom Rooke, Doug Sampson, Okechukwu Onwubu and Corcoran (3:36.1). Also performing well were 400-meter runners Ari Zamir (53.1 seconds), Sampson (53.1) and Rooke (53.2).

"We did well," said Saladino. "We had a couple of great performances, especially from Bernard Mann and Greg Corcoran."

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Four teams rise

Hackensack, NV/OT, Ramsey, Glen Rock win

By GREGORY SCHUTTA

STAFF WRITER

TENAFLY – As the clouds parted Saturday and the sun finally made an appearance, the stars above Tenafly High School must have fallen into just the correct alignment.

How else to explain the same schools winning the boys and girls championships in every group at the Jack Yockers Bergen County Relays.

"That's amazing," said Mike Burke, the boys coach at Northern Valley at Old Tappan, which won the boys and girls titles in Group 3. "I don't remember anything like that happening before."

Meet officials are going to save a fortune on postage when they send out the plaques. Besides Old Tappan in Group 3, Glen Rock won the Group 1 boys and girls, Ramsey swept Group 2, and Hackensack doubled in Group 4.

"This is extremely special for me," said Hackensack's Jim Levitzke, the first-year head coach for both boys and girls. "We just missed by three points winning both championships at the indoor relays. We won the boys, but the girls lost by three points."

"I think this indicates which track programs work well together," said Burke, who coaches the sprints for boys and girls at Old Tappan. "Those are your all-around good programs."

TRACK BERGEN COUNTY RELAYS

The win for the Old Tappan boys was some measure of vindication for the Golden Knights, who had a share of the Group 3 championship taken away from them last year due to a scoring error. This year, they edged rival Northern Valley at Demarest, 86-79.

"We've been aiming for this meet for a year," Burke said. "Last year was tough. It put a damper on the season and we had difficulty recovering. This is a huge boost for this team. It's great to see them get rewarded."

Steven Rothwell anchored two relays for the Knights, running a 4:42 1,600 for the winning 6,400 relay team and a 2:04 800 for second place in the 3,200 relay. Chris Woodforde had one of the best jumps of the day in the long jump, with a jump of 20 feet, 3 inches, to give the Knights fourth place.

"That's what it is for our team," Burke said. "We only have a couple of kids who are top-flight kids in the county, but we work together to score in every event. Every kid in our discus relay beat his personal best by 10 or 15 feet, including Joe Corley, who threw 130 feet."

It was a team effort for Hackensack as well, which beat Don Bosco, 117-104, in the boys

meet and beat Immaculate Heart, 108-90, in the girls meet.

"On both ends, the guys and the girls, they went mistake-free," Levitzke said. "I guess some other teams made some mistakes."

Chelsea Townes had a strong meet for the Comet girls, running on the winning 3x400 intermediate hurdle and shuttle hurdle teams and also helping Hackensack score in the high jump and the triple jump.

Vaughn Crenshaw was a major reason the Comets won the discus and javelin relays, and Jean Beljour, a State qualifier in wrestling, climbed off the mat to score points for the winning shuttle hurdle and high jump relays.

Rob Grammer helped lead the Glen Rock boys as part of two winning relays to be named the top boys track athlete. Newcomer Vernard Hoover continued to star for Hasbrouck Heights in the jumps, posting the best long jump of the day at 21 feet, 3/4 inch, to earn honors as the best boys field athlete.

Kelly Fazekas of Northern Valley at Demarest continued to dominate, throwing the discus 135 feet, 4 inches and leading the Norsewomen to a sweep of the three events, to earn the girls top field athlete award. Tenafly's Julia Emmanuel was the top girls track athlete.

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GROUP 1

TEAM SCORES

Glen Rock 124, Saddle Brook 62, Leonia 54, Palisades Park 50, New Milford 39, Cresskill 32, Hasbrouck Heights 30, Wood-Ridge 24, Midland Park 23, Lyndhurst 11, Park Ridge 9, Becton 9, Wallington 5, North Arlington 2, Waldwick 1.

900 Relay - 1. Glen Rock (Mike Clark, Job Grammer, Mark Harmon, Mike Montone) 1:35.40; 2. Palisades Park 1:37.00; 3. Park Ridge 1:37.70; 4. New Milford 1:38.20; 5. Becton 1:38.50; 6. Cresskill 1:38.80.

6400 Relay - 1. Midland Park (Jimmy Walker, Dave Terpstra, Pat McKeever, Tom Finnerty) 19:36.70; 2. Glen Rock 19:53.30; 3. Saddle Brook 20:10.30; 4. Palisades Park 20:45.00; 5. Leonia 20:51.80; 6. Becton 21:03.20.

3x400 Intermediate Hurdles - 1. Glen Rock (Brian Bocchino, Erik Nelson, Justin Akak) 3:03.50; 2. Cresskill 3:07.40; 3. Palisades Park 3:09.30; 4. Leonia 3:14.20; 5. New Milford 3:15.90; 6. Lyndhurst 3:16.80.

Javelin - 1. Wood-Ridge (Paul Rosiak, Martin Gumonski, Anthony Martin) 441-0; 2. New Milford 403-3; 3. Glen Rock 390-11; 4. Midland Park 367-4; 5. North Arlington 365-9; 6. Cresskill 343-5.

Shuttle Hurdles - 1. Leonia (Sean Connell, Jason Kim, Frank Carillo, Andy Lim) 1:08.10; 2. New Milford 1:08.9; 3. Glen Rock 1:10.8; 4. Lyndhurst 1:12.2; 5. Cresskill 1:12.6; 6. Saddle Brook 1:14.4.

High Jump - 1. Saddle Brook (Tom McCarthy, Joe Frangipane, Ricki Singh) 17-2; 2. (Tie) Hasbrouck Heights 16-10; 3. Cresskill 16-10; 4. (Tie) Lyndhurst 16-2; 4. Glen Rock 16-2; 6. Midland Park 15-10.

Distance Medley - 1. Glen Rock (Jeff Mauro, Brian Schobert, Chris Plein, Ryan McCann) 11:22.9; 2. Leonia 11:30.5; 3. Midland Park 11:35.5; 4. Palisades Park 11:38.2; 5. Becton 11:59.0; 6. Hasbrouck Heights 12:14.4.

Sprint Medley - 1. Leonia (Gyu Ho Cho, Andy Lim, Marshall Keating, Rafael Abreu) 3:48.7; 2. Glen Rock 3:48.9; 3. Palisades Park 3:53.8; 4. Cresskill 3:55.7; 5. Becton 3:55.7; 6. Waldwick 3:56.0.

400 Relay - 1. Saddle Brook (Anthony Pomo, Jessie Pivky, Peter Stewart, Joe Frangipane) 45.7; 2. Glen Rock 45.9; 3. Cresskill 46.3; 4. Palisades Park 46.6; 5. Park Ridge 46.8; 6. New Milford 47.0.

3200 Relay - 1. Palisades Park (Sean Emmerling, David Zapata, Pete Vasquez, Dequan Huffin) 8:48.0; 2. Leonia 8:48.2; 3. Glen Rock 8:49.5; 4. New Milford 9:02.1; 5. Midland Park 9:06.9; 6. Saddle Brook 9:22.9.

Triple Jump - 1. Hasbrouck Heights (Bernard Hoover, Ed Vitolle, John Donofrio) 115-10 1/4; 2. Leonia 109-8; 3. Saddle Brook 108-8 1/4; 4. New Milford 106-6 1/4; 5. Glen Rock 105-8 1/4; 6. Cresskill 101-4 3/4.

Discus - 1. Glen Rock (Tom Gengler, Don Guerigno, Nick Cuomo) 366-5; 2. Wood-Ridge 333-3; 3. Saddle Brook 327-10; 4. Hasbrouck Heights 323-7; 5. Palisades Park 315-6; 6. Wallington 314-1.

1600 Relay - 1. Glen Rock (Dean Leong, Tim Murphy, Rob Grammer, Mike Montone) 3:31.5; 2. New Milford 3:39.8; 3. Palisades Park 3:40.0; 4. Saddle Brook 3:50.9; 5. Cresskill 3:51.5; 6. Hasbrouck Heights 3:53.3.

Long Jump - 1. Saddle Brook (Joe Frangipane, Anthony Pomo, Ricki Simm) 60-3 1/4; 2. Glen Rock 59-1; 3. Hasbrouck Heights 58-9 3/4; 4. Leonia 56-9; 5. 56-6; 6. Park Ridge 54-8 3/4.

Shot Put - 1. Glen Rock (Tom Genslinger, Bill Berger, Jerry Kane) 130-3 1/4; 2. Saddle Brook 129-5 3/4; 3. Wood-Ridge 125-2; 4. Wallington 123-0 1/4; 5. Hasbrouck Heights 119-9 1/4; 6. Cresskill 113-6 3/4.

TEAM SCORES

Ramsey 110, Westwood 67, Pascack Hills 55, Mahwah 52, Indian Hills 42, Dumont 40, Ridgefield Park 39, Rutherford 29, Englewood 16, Queen of Peace 2.

Long Jump - 1. Westwood (Rameek Jackson, Trevor Hedges, E.J. Schuck) 53-3 1/4; 2. Pascack Hills 53-2 1/4; 3. Ramsey 52-5 1/4; 4. Dumont 51-10; 5. Indian Hills 51-6 1/4; 6. Ridgefield Park 50-2 1/4.

Distance Medley - 1. Indian Hills (Andy Bruno, Matt Klypka, Joe Asedio, Tim Fildardo) 11:26.2; 2. Ramsey 11:32.7; 3. Mahwah 11:33.3; 4. Pascack Hills 12:00.0; 5. Dumont 12:06.2; 6. Westwood 12:17.3.

High Jump - 1. (Tie) Ridgefield Park (Danny Muller, Juan Capote, Mike Manahan); and Rutherford (Sean Gardner Matt Errico, Mike Cazan) 15-10; 1. Dumont (Rafael Colra, Carlos Cabrera, Bernie Solomon) 15-10.

Shuttle Hurdles - 1. Ramsey (Brandon Ring, Dylan Coonrad, Tom O'Connell, Sean Sterbinsky) 1:09.8; 2. Pascack Hills 1:10.6; 3. Dumont 1:14.8; 4. Ridgefield Park 1:16.6; 5. Indian Hills 1:20.4.

400 Relay - 1. Ridgefield Park (Ulysses Encarnacion, Albert Araya, Julio Cardenas, Robert Ebenli) 46.2; 2. Englewood 47.0; 3. Ramsey 47.3; 4. Indian Hills 47.7; 5. Westwood 48.6; 6. Dumont 48.8.

6400 Relay - 1. Indian Hills (Matt Fildardo, Andy Bruno, Elan Jokkasaze, Matt Klypka) 19:24.7; 2. Ramsey 20:00.4; 3. Mahwah 20:06.2; 4. Pascack Hills 20:54.3; 5. Rutherford 20:57.6; 6. Dumont 21:34.9.

800 Relay - 1. Westwood (Rob Rebelo, Raheem Jackson, Mike Gill, Trevor Hedges) 1:36.3; 2. Ramsey 1:37.3; 3. Mahwah 1:39.8; 4. Ridgefield Park 1:40.1; 5. Dumont 1:42.1; 6. Pascack Hills 1:42.7.

3x400 Intermediate Hurdles - 1. Ramsey (Sean Sterbinsky, Dylan Coonrad, Tom O'Connell) 3:05.9; 2. Pascack Hills 3:06.6; 3. Mahwah 3:13.9; 4. Ridgefield Park 3:29.3; 5. Indian Hills 3:30.5.

Javelin - 1. Rutherford (Anthony Immedate, Joe Slayik, Brian Lou) 453-0; 2. Ramsey 366-11; 3. Westwood 353-8; 4. Leonia 318-8; 5. Dumont 317-11; 6. Indian Hills 310-5.

Sprint Medley - 1. Westwood (Robert Rebelo, Raheem Jackson, Rameek Jackson, Trevor Hedges) 3:45.4; 2. Ramsey 3:46.7; 3. Ridgefield Park 4:14.1; 4. Rutherford 4:25.3; 5. Queen of Peace 4:27.4.

3200 Relay - 1. Indian Hills (Matt Klypka, Matt Fildardo, Elan Jokkasaze, A. Cho) 8:40.6; 2. Ramsey 9:00.8; 3. Mahwah 9:09.9; 4. Rutherford 9:10.7; 5. Pascack Hills 9:28.0; 6. Dumont 9:37.1.

Triple Jump - 1. Pascack Hills (Ken Yano, Andrew Fontana, Scott Atkins) 117-8; 2. Westwood 110-5; 3. Mahwah 107-3; 4. Ramsey 105-6 1/4; 5. Englewood 104-9; 6. Dumont 73-0.

Discus - 1. Mahwah (Tom Helm, Vic Rakou, James Stathopoulos) 375-7; 2. Ramsey 345-3; 3. Dumont 341-5; 4. Pascack Hills 397-2; 5. Westwood 392-10; 6. Indian Hills 270-7.

1600 Relay - 1. Westwood (Rob Rebelo, Rameek Jackson, Trevor Hedges, Rameek Jackson) 3:30.3; 2. Ramsey 3:35.8; 3. Englewood 3:37.8; 4. Pascack Hills 3:44.4; 5. Mahwah 3:44.9; 6. Ridgefield Park 3:58.4.

Shot Put - 1. Ramsey (Adam Zalko, Ryan Duval, Andrew Perkins) 120-1 1/4; 2. Westwood 118-3 1/4; 3. Dumont 116-6 1/4; 4. Mahwah 114-3; 5. Pascack Hills 111-10 1/4; 6. Rutherford 106-4 1/4.

Northern Valley/Old Tappan 86, Northern Valley/Demarest 79, River Dell 55, Garfield 43, Northern Highlands 41, Tenafly 30, Paramus Catholic 25, Fort Lee 22, St. Joseph 21, Ramapo 20, Bergenfield 20, Paramus 17, Pascack Valley 3.

Javelin - 1. NV/Demarest (Kevin Clark, James Wood, Danny Wood) 368-4; 2. NV/Old Tappan 366-5; 3. River Dell 352-8; 4. Paramus Catholic 346-6; 5. Garfield 337-1; 6. Fort Lee 332-5.

Distance Medley - 1. NV/Demarest (Don Gershoni, Phil Kim, Ted Seibold, James LaGreca) 11:08.6; 2. Ramapo 11:21.9; 3. NV/Old Tappan 11:27.2; 4. Tenafly 11:39.6; 5. Northern Highlands 11:41.4; 6. Garfield 11:47.6.

800 Relay - 1. Paramus Catholic (Cinelli, Canter, A. Frazier, J. Frazier) 1:34.0; 2. NV/Old Tappan 1:35.9; 3. Northern Highlands 1:36.9; 4. NV/Demarest 1:38.9; 5. Ramapo 1:40.0; 6. Tenafly 1:40.2.

6400 Relay - 1. NV/Old Tappan (Steven Rothwell, Greg Giehl, Anthony Furia, Mike Rivera) 19:33.1; 2. NV/Demarest 19:52.1; 3. Paramus 19:56.6; 4. River Dell 20:01.9; 5. Garfield 20:06.9; 6. Ramapo 20:07.5.

3x400 Intermediate Hurdles - 1. River Dell (Greg Horn, M. Arima, J. Leon) 2:55.8; 2. Dumont 2:56.1; 3. Northern Highlands 3:06.0; 4. Tenafly 3:07.5; 5. Fort Lee 3:09.8; 6. Paramus 3:09.9.

Shuttle Hurdles - 1. River Dell (B. Voorhls, M. Kislak, J. Turetsky, M. Arima) 1:06.2; 2. NV/Demarest 1:06.6; 3. NV/Old Tappan 1:08.0; 4. Paramus 1:10.2; 5. Fort Lee 1:13.3; 6. Pascack Valley 1:17.7.

Sprint Medley - 1. River Dell (M. Arima, M. Raishon, J. Leon, Greg Horn) 3:42.8; 2. Garfield 3:48.0; 3. Paramus Catholic 3:53.1; 4. Ramapo 3:54.9; 5. Northern Highlands 3:55.1; 6. Fort Lee 3:58.2.

Shot Put - 1. St. Joseph (Rob Kerbat, John Detizia, Mike Flynn) 121-9; 2. Fort Lee 121-7 1/4; 3. Garfield 121-2 1/4; 4. NV/Old Tappan 120-6; 5. Northern Highlands 114-11 1/4; 6. NV/Demarest 112-11.

Long Jump - 1. Garfield (Rob Richardson, C. Andreano, B. Scannella) 58-2 1/4; 2. NV/Demarest 57-0 1/4; 3. Bergenfield 56-10 1/4; 4. NV/Old Tappan 56-2 1/4; 5. Northern Highlands 56-0 1/4.

400 Relay - 1. Paramus Catholic (Cinelli, Canter, A. Frazier, J. Frazier) 44.9; 2. Garfield 45.1; 3. NV/Old Tappan 45.9; 4. Northern Highlands 47.2; 5. Pascack Valley 48.3.

3200 Relay - 1. Tenafly (David Lee, Luke Xie, Jess Weber, Kevin Amagai) 8:40.9; 2. NV/Old Tappan 8:41.6; 3. St. Joseph 8:46.7; 4. NV/Demarest 8:50.5; 5. Northern Highlands 8:55.2; 6. Ramapo 8:59.8.

Discus - 1. NV/Old Tappan (Tim Harrington, Giorgio Panetta, Joe Corley) 354-4; 2. Fort Lee 354-1; 3. Garfield 349-0; 4. St. Joseph 333-8; 5. Northern Highlands 326-8; 6. River Dell 325-4.

High Jump - 1. Tenafly (Jabu Lovelace, Mike Savva, Eric Jaeger) 16-8; 2. Northern Valley/Old Tappan, 16-4; 3. River Dell 16-0; 4. NV/Demarest 15-6; 5. Ramapo 11-0; 6. Northern Highlands 5-2.

1600 Relay - 1. Northern Highlands (Ryan Kriser, Derek Asplint, Jason Lisella, Eric Forsyth) 3:34.7; 2. River Dell 3:35.1; 3. Bergenfield 3:36.6; 4. NV/Old Tappan 3:36.8; 5. NV/Demarest 3:38.9; 6. Tenafly 3:40.8.

Triple Jump - 1. NV/Demarest (Yoni Reiss, Sam Lee, Jeremy Perussi) 122-8 1/4; 2. Bergenfield 122-0; 3. Paramus 120-8 1/4; 4. NV/Old Tappan 114-8 3/4; 5. Northern Highlands 114-0 1/4; 6. Paramus Catholic 113-3 1/4.

TEAM SCORES

Hackensack 117, Don Bosco 104, Ridgewood 96, Bergen Catholic 47, Bergen Tech 32, Fair Lawn 22, Teaneck 21.

Discus - 1. Hackensack (Eric Sewell, Dino Crooks, Vaughn Crenshaw) 355-2; 2. Ridgewood 343-3; 3. Fair Lawn 342-11; 4. Don Bosco 317-2; 5. Bergen Catholic 305-0; 6. Teaneck 283-4.

Javelin - 1. Hackensack (Vaughn Crenshaw, Eric Sewell, Frank Targariva) 375-3; 2. Don Bosco 328-8; 3. Bergen Catholic 288-8; 4. Bergen Tech 285-7.

Shuttle Hurdles - 1. Hackensack (Dan Oquendo, Jean Beljour, Mark Hanalak) 1:05.0; 2. Don Bosco 1:12.3; 3. Ridgewood 1:18.0; 4. Bergen Catholic 1:29.1.

800 Relay - 1. Don Bosco (Tim Byrne, Eric Brown, Brian Toal, Michael Ray Garvin) 1:32.6; 2. Teaneck 1:34.5; 3. Hackensack 1:34.9; 4. Bergen Tech 1:35.6; 5. Ridgewood 1:38.0; 6. Fair Lawn 1:39.9.

Distance Medley - 1. Ridgewood (Rodolfo Crispin, Eric Nygaard, D. Sampson, O. Onwubu) 11:03.8; 2. Don Bosco 11:08.8; 3. Hackensack 11:36.6; 4. Bergen Tech 11:47.1; 5. Bergen Catholic 12:10.4.

6400 Relay - 1. Ridgewood (Rodolfo Crispin, Dave Maher, Eric Nygaard, Ari Zamir) 18:38.0; 2. Don Bosco 18:42.5; 3. Bergen Tech 19:55.4; 4. Bergen Catholic 21:31.1; 5. Hackensack 22:23.1.

3x400 Intermediate Hurdles - 1. Hackensack (Elvis Cole, Dan Oquendo, David Dennis) 3:00.4; 2. Ridgewood 3:07.0.

Shot Put - 1. Don Bosco (Brian Toal, Vin Krutchik, Mike Ingr) 125-3 1/4; 2. Ridgewood 124-3; 3. Hackensack 123-1; 4. Bergen Catholic 112-6 1/4; 5. Fair Lawn 111-2; 6. Teaneck 93-7 1/4.

Sprint Medley - 1. Bergen Catholic (Pri Abeyasekera, Ken Sinkovitz, Dan Kearney, Don Dizzia) 3:41.1; 2. Don Bosco 3:42.8; 3. Hackensack 3:44.8; 4. Ridgewood 3:46.3; 5. Bergen Tech 3:52.0; 6. Fair Lawn 4:00.0.

400 Relay - 1. Hackensack (Pat Wilson, Brian Horton, Emil Agbuh, Patel Whyte) 44.7; 2. Don Bosco 44.9; 3. Teaneck 45.1; 4. Bergen Tech 45.6; 5. Fair Lawn 47.6; 6. Ridgewood 48.2.

3200 Relay - 1. Ridgewood (Eric Nygaard, Dave Maher, K. Engelkin, Rodolfo Crispin) 8:21.5; 2. Don Bosco 8:24.7; 3. Hackensack 8:54.5; 4. Fair Lawn 9:09.3.

High Jump - 1. (Tie) Ridgewood (Kyle Engelken, Gabe Knutson, Barnard Mann), 16-10; Hackensack (Jean Beljour, Daniel Oquendo, Ed Cabo) 16-10; 3. NV/Old Tappan 16-4; 4. Bergen Catholic 16-2; 5. Teaneck 10-8; 6. Don Bosco 10-4.

Long Jump - 1. Don Bosco (Tyler Palumbo, Tom McCormick, Tim Byrne) 59-6 1/4; 2. Hackensack 56-4; 3. Ridgewood 55-6 1/4; 4. Bergen Tech 49-10 1/4; 5. Fair Lawn 49-0 1/4; 6. Bergen Catholic 44-4 1/4.

1600 Relay - 1. Don Bosco (Eric Brown, Tim Byrne, Ron Ella, Michael Ray Garvin) 3:28.8; 2. Hackensack 3:32.8; 3. Ridgewood 3:33.5; 4. Bergen Tech 3:33.7; 5. Bergen Catholic 3:36.3; 6. Teaneck 3:40.5.

Triple Jump - 1. Hackensack (David Dennis, Brian Horton, Stacy Daniels) 127-0 3/4; 2. Ridgewood 119-1; 3. Bergen Catholic 110-5; 4. Fair Lawn 109-1 1/4; 5. Don Bosco 78-2 1/4.

RELAYS RESULTS

AT WAYNE VALLEY

BOYS

Team scores (through 12 of 16 events): 1. West Milford 74; 2. Kennedy 64; Clifton 48; 4. Wayne Hills 44; 5. Passaic 36; 6. Wayne Valley 20; 7. Passaic Tech 17; 8. Lakeland 17; DePaul 16; 10. Passaic Valley 14; 11. Hawthorne 12; 13. Eastside 13; Manchester 2; 13. Pompton Lakes 2.

400 - 1. Wayne Hills (Lynn Olsen, Bucl Pruzinsky) 1:32.40; 2. Passaic Tech 1:37.80; 3. Hawthorne 1:37.20; 4. Passaic Valley 1:38.40; 5. West Milford 1:38.40; 6. Lakeland 1:38.70.

1600 - 1. Wayne Hills (DeVincenti, Sind Riccio) 3:34.10; 2. Passaic 3:35.10; West Milford 3:37.10; 4. Passaic Valley 3:39.40; 5. Passaic Tech 3:43.00; 6. Manchester 3:43.90.

3200 - 1. Kennedy (Paulino, Dole Knadacou, Bouciant) 8:42.10; 2. West Milford 8:51.90; 3. Passaic Tech 8:51.10; 4. Passaic Valley 8:51.80; 5. Clifton 9:11.80; 6. Wayne Hills 9:25.50.

6400 - 1. Kennedy (Bouciant, Jone Paulino, Knadacou) 19:17.00; 2. Clifton 19:18.00; 3. West Milford 19:19.20; 4. Wayne Valley 20:28.10; 5. Passaic 20:53.00; 6. Wayne Hills 20:55.00.

Shuttle hurdles - 1. Lakeland (Mahar Sopko, Eliot, Walkovich) 1:08.50; Clifton 1:08.60; 3. West Milford 1:09.00; 4. Wayne Valley 1:13.50; 5. DePaul 1:21.00; 6. Kennedy 1:23.50.

Intermediate hurdles - 1. West Milford (Weiss, Garmble, Trudell) 3:00.24; Kennedy 3:04.80; 3. Clifton 3:08.16; Lakeland 3:14.33; 5. Eastside 3:16.70; 6. Wayne Hills 3:18.60.

Sprint medley - 1. West Milford (Sands, Ashby, Jennings, Weiss) 3:47.00; 2. Passaic Valley 3:48.50; Passaic 3:50.60; 4. DePaul 3:55.40; 5. Wayne Valley 3:55.60; 6. Kennedy 3:57.40.

Distance medley - 1. Clifton (Hall, Knashev, Stoute, Kornasewski) 10:56.70; 2. Kennedy 11:19.40; 3. West Milford 11:31.90; 4. Wayne Valley 11:48.70; 5. Passaic Valley 11:50.10; 6. Passaic Tech 12:03.80.

Long jump - 1. DePaul (Val Sisti, Michael Ponte, Ethar Ruffolo) 60-10; 2. West Milford 58-3 1/4; Hawthorne 56-6 1/4; 4. Lakeland 56-1 1/4; 5. Eastside 55-9 1/4; 6. Kennedy 51-6 1/4.

Triple jump - 1. Kennedy (Joshua Smith, Tommie Trent, Lamar Devoles) 121-8 1/2; Clifton 118-11 1/4; 3. West Milford 112-8; 4. Wayne Hills 112-4; 5. Clifton Lakes 106-3; 6. Wayne Valley 104-3 1/2.

High jump - 1. Kennedy (Bashir, James, Tommie Trent, Joshua Smith) 71-1 1/2; Wayne Hills 66-5; 3. West Milford 66-3; 4. Passaic Tech 65-11 1/2; 5. Clifton 65-6; 6. Eastside 65-3.

Bergen County Relays:

April 11-12, 2003

3x400 IH: G. Corcoran 60.3, B. Williams 63.7, E. Yeaw 62.9 3:07.0 2nd Place

4x1600m: D. Maher 4:41.3, E. Nygaard 4:41.2, R. Crispin 4:41.2, A. Zamir 4:34.3
18:38.0 1st Place

4x200m: A. Halwagy 24.3, T. Rooke 24.6, D. Sampson 24.1, J. Chu 24.0
1:38.0 5th Place

High Jump: B. Mann 6'2", G. Knutson 5'2", K. Engelkin 5'6" 16'10" – Tie 1st

Long Jump: B. Mann 20'2 1/4", G. Knutson 18'6", K. Wanchoo 16'10"
55'6 1/4" 3rd Place

Javelin: A. Whitelaw, A. Halwagy, S. Pierce DQ

Shot Put: C. Wolfstirn 38'8", N. Kovach 41'8 1/4", M. Flicker 43'10 1/2"
124'3" 2nd Place

4x110HH: J. Moody 19.0, E. Yeaw 19.2, J. Chamoun 20.5, J. Nagano 19.0
1:18.0 3rd Place

4x100m: K. Wanchoo, J. Chu, E. Yeaw, A. Halwagy 47.4 // 48.2 6th Place

Dist. Med.: R. Crispin 3:21.2, O. Onwubu 55.7, D. Sampson 2:04.9, E. Nygaard 4:42.3
11:03.8 1st Place

Sprint Med.: G. Corcoran 53.2, B. Mann 24.8, A. Halwagy 24.7, A. Zamir 2:03.7
3:46.3 4th Place

4x800m: D. Maher 2:06.3, E. Nygaard 2:05.9, K. Engelkin 2:05.5, R. Crispin 2:03.9
8:21.5 1st Place

4x400m: D. Sampson 53.2, T. Rooke 53.6, A. Zamir 54.8, G. Corcoran 51.9
3:33.5 3rd Place

Triple Jump: B. Mann 42'9", G. Knutson 41'9 1/2", K. Wanchoo 35'3"
119'1" 2nd Place

Discus: C. Wolfstirn 119'10", N. Kovach 105'9", B. Mercer 117'8"
343'3" 2nd Place

Pole Vault: J. Riccairdi, G. Knutson, C. Jensen DNC

Ridgewood 90.5

Eastside 40.5

April 15, 2003

400 IH: Ridgewood: 3 Eastside: 6

1-Anthony Johnson (E) 59.7 2- Greg Corcoran (R) 60.1 3- Eastside 64.0

Others: J. Moody 68.0, C. Donnelly 69.0

100m: Ridgewood: 5.5 Eastside: 3.5

1-Gabe Knutson (R) 11.6 2-Eastside 11.7 3-Tie Eastside & A. Halwagy (R) 11.9

Others: K. Wanchoo 12.0, J. Chu 12.3, J. Riccairdi 13.3

1600m: Ridgewood: 9 Eastside: 0

1-Ari Zamir (R) 4:33.6 2-Rodolfo Crispin (R) 4:42.2 3-Kyle Engelkin (R) 4:58

Others: D. Maher 5:00, E. Nygaard 5:01, M. Cator 5:03, H. Riccairdi 5:14

S. Pierce 5:29, B. Scott 5:38, C. Magrath 5:40, A. Baumgardner 6:05, S. Rubinoff 6:15

400m: Ridgewood: 6 Eastside: 3

1-Tom Rooke (R) 53.3 2-Eastside 53.8 3-Evan Yeaw 54.7

Others: O. Onwubu 55.8, E. Ellingboe 62.5 T. Jenssen 64.4

110HH: Ridgewood: 3 Eastside: 6

1-Anthony Johnson (E) 15.3 2-Gabe Knutson (R) 16.5 3-Eastside 16.9

Others: C. Donnelly 18.7, J. Moody 19.4, J. Chamoun 20.9

800m: Ridgewood: 9 Eastside: 0

1-Doug Sampson (R) 2:04.3 2-Byron Williams (R) 2:06.9 3-B.Volkommor (R) 2:27.7

Others:

200m: Ridgewood: 3 Eastside: 6

1-Eastside 24.2 2-Anthony Halwagy (R) 24.4 3-Eastside 24.6

Others: K. Wanchoo 24.8, E. Yeaw 24.9, J. Chu 25.3, J. Moody 26.4,

B. Keeley 27.1, E. Ellingboe 27.2, A. Meola 28.0, P. Kovach 28.3, J. Chamoun 28.4,

A. Suh 31.2, M. Lam 31.3, C. Anderson 32.0, F. Corkery 33.5

3200m: Ridgewood: 9 Eastside: 0

1-Mike Cator (R) 10:53.3 2-Kyle Engelkin (R) 10:53.5 3-Erik Nygaard (R) 10:58.0

Others: H. Riccairdi 11:10, D. Sampson 11:25, B. Volkommer 11:52, B. Scott 12:57,

S. Rubinoff 14:27, A. Baumgardner 15:18

Long Jump: Ridgewood: 3 Eastside: 6

1-Eddie Cotton (E) 20'7" 2-Bernard Mann (R) 20'6 1/2" 3-A. Johnson (E) 19'31/2"

Others: K. Wanchoo 17'6" F. Nestor 14'3"

Triple Jump: Ridgewood: 8 Eastside: 1

1-Bernard Mann (R) 42'9" 2-Gabe Knutson (R) 42'3 1/2" 3-E. Cotton (E) 41'71/2"

Others: K. Wanchoo 37'5 1/2"

High Jump: Ridgewood: 5 Eastside: 4
1-Bernard Mann (R) 5'8" 2-Eastside 5'6" 3-Eastside 5'2"
Others: A. Meola NH,

Shot Put: Ridgewood: 9 Eastside: 0
1-Chris Wolfstirn (R) 42'10 1/2" 2-Mat Flicker (R) 42'1" 3-Neal Kovach (R) 40'8"
Others: M. Monfred 39'4" (PB), B. Mercer 37'9", M. LaFleur 36'4" (PB),
J. Miller 32'7" (PB), D. Bell 32'1" (PB), A. Pskowski 31'4" (PB),
M. Hendrickson 30'8" B. Wilson 30'1" (PB) B. Lynch 28'10" (PB),
T. Comer 21'4" (PB)

Discus: Ridgewood: 9 Eastside: 0
1-Chris Wolfstirn (R) 119'8" 2-Neal Kovach (R) 119'0" 3-Brian Mercer (R) 106'3"
Others:

Pole Vault: Ridgewood: 9 Eastside: 0
1-Gabe Knutson (R) 13'0" 2-Jake Riccaridi (R) 11'6" 3-Christina Jensen (R) 10'0"
Others: A. Weiss 8'6", P. Kovach 8'6"

4x400m: Ridgewood: 0 Eastside: 5
1-Eastside 3:42.8 2-Ridgewood 3:45.4
(B. Williams 56.2, O. Onwubu, 56.4, S. Pierce 59.2, T. Rooke 53.6)

Comments:

Good meet... always nice to get a win. We will have to be more mentally prepared going into meets in the future. We must be ready to compete from the first event.

Athletes of the Meet:

Gabe Knutson: 18 points... 13'0" PV (personal best... tied 5th all time at RHS),
100m: 11.6 PB, 110HH: 6.5 PB, TJ: 42'3 1/2" SB

All novice shot putters... many personal bests!!!

4/16

BOYS TRACK

Bergen Tech 120, Bogota 12
Clifton 87, Bergen Catholic 44
Cresskill 100, Wood-Ridge 40
Don Bosco 108, Barringer 23
Englewood 105, Queen of Peace 23
Fort Lee 89, Tenafly 51
Fort Lee 71, Westwood 69
Garfield 76, Hawthorne 61
Garfield 96, Passaic Tech 46
Glen Rock 96, Lodi 44
Glen Rock 95, Paterson Catholic 45
Hawthorne 83, Passaic Tech 56
Kennedy 101, Nutley 31
Leonia 72, Bergen Tech 68
Leonia 131, Bogota 8
Lyndhurst 92, North Arlington 48
Lyndhurst 93, Wallington 47
Midland Park 86, Manchester 64
NV/Demarest 103, Fair Lawn 28
Pascack Hills 77, Pascack Valley 54
Paterson Catholic 68, Lodi 65
Ridgewood 90½, Eastside 40½
Rutherford 78, Englewood 56
Rutherford 103, Queen of Peace 10
Tenafly 71, Westwood 69

BOYS

100M (11.3) - Brian Toal, Don Bosco, 11.0; Raheem Jackson, Westwood, 11.3; Jones, Kennedy, 11.3.
200M (23.5) - Kevin Thompson, North Bergen, 22.4; Chris Caulfield, St. Peter's Prep, 22.9; Roman Zhmurenka, Bayonne, 23.1; Jackson, 23.1; Ilya Tashantsev, Fort Lee, 23.4; Ramek Jackson, Westwood, 23.4; Jon Reid, Bergen Tech, 23.5; Brian Schaab, Clifton, 23.5.
400M (53.5) - Reid, 51.2; Schaab, 53.2; Tom Rooke, Ridgewood, 53.3.
800M (2:05) - Samir Mane, Fort Lee, 2:03.3; Ken Stout, Clifton, 2:04; Trevor Hedges, Westwood, 2:04.1; Doug Sampson, Ridgewood, 2:04.3; Tony Naimo, Bergen Catholic, 2:05.
1,600M (4:40) - Ken Sinkovitz, Bergen Catholic, 4:30.8; Ari Zamir, Ridgewood, 4:33.6; Paul Kornaszewski, Clifton, 4:37.8.
3,200M (10:20) - Kornaszewski, 9:51.
110M HH (18.2) - Anthony Johnson, Eastside, 15.3; Chris Eck, Bergen Catholic, 15.8; Matt Kozioa, Clifton, 15.9; Andy Kim, Bergen Tech, 15.9; Andy Lin, Leonia, 16.1.
400M HH (60.0) - Hedges, 57.2; Stout, 57.3; Randy

Lampert, Tenafly, 58.2; Sean Connell, Leonia, 58.5; Andy Kim, Bergen Tech, 58.9; Mark Waidmann, Fort Lee, 59.0; Johnson, 59.7.
Mile or 1,600M relay (3:40) - Fort Lee (Peter Tjonas, Ilya Tepitskiy, Tashantsev, Mane), 3:39.0.
Long jump (19-6) - Lin, 22-6.5; Tyler Palumbo, Don Bosco, 20-10; Tom McCormick, Don Bosco, 20-9 ¾; Eddie Cotton, Eastside, 20-7; Bernard Mann, Ridgewood, 20-6 ½; Jon Reid, Bergen Tech, 20-3; Lin, 20-1; Jalel Fykes, Barringer, 19-8.
Triple jump (39-6) - Palumbo, 42-10 ¼; Mann, 42-9; Gabe Knutson, Ridgewood, 42-3 ¼; Cotton, 41-7 ¼; James Grossos, Fort Lee, 40-7 ¼; Stout, 40-3 ¼.
High jump (5-10) - Chris Calantone, Bergen Catholic, 5-10; McCormick, 5-10.
Pole vault (11-6) - Stout, Clifton, 12-6; Knutson, 13-0; McCormick, 12-0; Eck, Bergen Catholic, 12-0; Najemim, Lyndhurst, 12-0; Mark Wong, Lyndhurst, 11-6; Steve Englehardt, Don Bosco, 11-6; Jake Riccardi, Ridgewood, 11-6.
Discus (135) - Emmanuel Mkrtchian, Fort Lee, 135-8.
Javelin (160) - Anthony Immediate, Rutherford,

175-10.

Shot put (46) - Toal, 52-4; Wojtys, Wallington, 46-11.

GIRLS

100M (13.2) - Leigh Hoffman, Pascack Hills, 12.6; Shetol Frances, Teaneck, 13.16; Jackie Kaysen, Pascack Valley, 13.2; Julie Orthman, Ramapo, 13.2.
200M (27.5) - Hoffman, 26.8; Jessica Perkel, NV/Old Tappan, 26.8; Frances, 27.39; Bridghette Johnson, Teaneck, 27.5; Kaysen, 27.5; Kristen Cabicciocci, IHA, 27.5.
400M (64.0) - Hailey Conrad, Ramsey, 61.1; Amanda Knutsen, Ramsey, 61.9; Kim Hykey, Lyndhurst, 62.5; Perkel, 63.0; Jen Langan, IHA, 63.9; Ava Scacchetti, Pascack Valley, 64.0.
800M (2:32) - Tara Connelly, Pascack Valley, 2:24; Andrea Rovegno, Ramapo, 2:31; Francesca Fonte, IHA, 2:32.
1,600M (5:50) - Revegno, 5:17; Connelly, 5:31; Kaitlyn Hemmer, IHA, 5:37; Stenberg, Ramapo, 5:40; Kristen Eckmayer, NV/Old Tappan, 5:41; Liz Bissell, Indian Hills, 5:42; Andrea Rothschild, NV/Demarest, 5:44; Vicki Salma, Fair Lawn, 5:47;

Indian H. relay team gets pleasant surprise

By GREGORY SCHUTTA
STAFF WRITER

Indian Hills' boys track coach Steve Opremcak looked down at his stopwatch Saturday afternoon and figured this might be a good time to cancel his reservations for Philadelphia. He was sure the Braves' time of 8:18 in the 3,200-meter relay at the Bergen Relays was not going to be enough to qualify for next week's Penn Relays.

"We were very disappointed in our performance," he said. "The cutoff last year was about 8:15, and we were hoping to run 8:10 to 8:12. We knew we were better than [8:18]."

But a dismal Saturday became a joyful Monday for runners Aramy Cho, Matt Klypka, Elan Goldwaser, and Matt Filandro. That's when they found that the 8:17 they put up indoors

cellence in baseball for more than 60 years.

The number 56 is also special at Garfield. That's how many straight dual meets the girls cross-country team won in the early 1980s. It's the best mark of any team in any sport at the school. And the boys track team is on the verge of breaking it.

"I don't know if there's any other team in the area that's as team-oriented as we are," Garfield coach Jack McLaughlin said after his team won its 52nd straight meet earlier this week. "Fifty-six straight is the most important thing to them."

The Boilermakers have dual meets next week against Eastern Christian, Elmwood Park, and Pompton Lakes and could tie and break the record at home during a night tri-meet with Saddle Brook and Manchester on April 29.

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BOYS NOTEBOOK

at the State Relays during the winter warranted a trip to Philadelphia for the small-schools 3,200. It's the first time a team from Indian Hills has qualified for the Penn Relays in the 3,200 or the distance medley, and to the best of Opremcak's knowledge, the first time a boys team from Indian Hills has ever qualified for the prestigious national competition.

Also getting the good news Monday were Glen Rock and Ridgewood, which qualified in the small-school and large-school 3,200, respectively.

"I was making some calls," Opremcak said, "getting a sense of the quality of the small-school field. The New Jersey representative felt that we had no chance, but told me he'd call me later. Fifteen minutes later, he called me back and said we're in. It was great. We're fortunate that our indoor effort got us in. What makes it even more amazing is that Aramy was sick. He had four wisdom teeth pulled a couple of days before and came out and ran that day."

Each of the four juniors is capable of running sub-2:05 for 800, with Goldwaser coming in at two minutes flat and Filandro putting up a 1:59. The lineup has remained the same throughout their three years together, but Opremcak said he is considering moving Goldwaser to leadoff.

"You have to be very aggressive and very physical at the start of this race," he said. "There are a lot of guys jockeying for position. Elan is just physically bigger than the other guys."

Merritt gives most of the credit to longtime track coach Bill Sharlow, who has coached at St. Peter's Prep and Queen of Peace, among others, in a distinguished career.

"He's their guru," Merritt said. "He's gotten into their heads."

And he's gotten everything out of them in his two years with the Spartans. Last year Sisti, then a sophomore, and Ponte, a freshman, finished 1-2 in the State Parochial B long jump, both surpassing 20 feet. Ruffilo jumped 18 feet as a freshman last year.

Saturday, Ponte and Ruffilo followed Sisti's jump with jumps of 19-9 $\frac{3}{4}$ and 19-8 $\frac{1}{2}$, respectively, to give the Spartans three of the top nine places out of 36 jumpers.

"I guess he [Ruffilo] was tired of tagging along," Merritt said. "I tell these guys every day not to go into a relay meet without expecting to win."

SHOOTING FOR JOE D: Joe DiMaggio's 56-game hitting streak has been the mark of ex-

NO PRACTICE MAKES PERFECT: Val Sisti stood at the end of the long jump runway Saturday knowing he needed a good jump if DePaul was going to win the event in the Passaic Relays. Moments later, he landed in the pit, 21 feet, 3 $\frac{3}{4}$ inches away from the board, giving the Spartans the gold in the long jump by more than 2 $\frac{1}{2}$ feet.

It's a feat that usually takes days and weeks of practice. For Sisti and teammates Mike Ponte and Ethan Ruffilo, it essentially took none.

"They never long jump in practice," coach John Merritt said. "They work on sprints. They work on drills. They go in the weight room. They do everything but jump."

THE TOP 20

4/18

Boys

1. **Hackensack** — The Comets won seven events at Bergen Relays.
2. **Glen Rock** — Rob Grammer led a spectacular performance by the Panthers.
3. **Don Bosco** — The Ironmen have the talent to be No. 1.
4. **Ridgewood** — The 3,200 relay team will be heading to the Penn Relays next week.
5. **NV/Old Tappan** — The Golden Knights edged Demarest to win Group 3 title.
6. **West Milford** — The Highlanders lead Kennedy by 10 points in Passaic Relays.
7. **NV/Demarest** — The Norsemen crack top 10 after a second in Bergen Group 3.
8. **Wayne Hills** — The Patriots are in fourth place in the Passaic Relays.
9. **Kennedy** — Kennedy dominated the distances at the Passaic Relays.
10. **Ramsey** — The Rams hold steady after winning the Group 2 title at the Bergen Relays.
11. **River Dell** — The Golden Hawks were third in Group 3.
12. **Clifton** — The Mustangs move up after beating Bergen Catholic in a dual meet.
13. **Saddle Brook** — The Falcons were a distant second to Glen Rock in Group 1.
14. **Garfield** — The Boilermakers have won 52 straight meets.
15. **No. Highlands** — The Highlanders placed in 12 events at Bergen Relays.
16. **Passaic** — The Indians are fifth in the Passaic Relays but could move up.
17. **Westwood** — The Cardinals were second to Ramsey in Group 2 at the Bergen Relays.
18. **Leonia** — Lions had strong showings in the sprints and hurdles at Bergen Relays.
19. **Palisades Park** — Tigers took the 3,200 relay in Group 1 at the Bergen Relays.
20. **Bergen Catholic** — The Crusaders drop after a fourth in the Group 4 Bergen Relays.

Comet Relays @ Hackensack:

April 19th

4x1600m:

R. Crispin 4:34.4, E. Nygaard 4:34.4, K. Engelkin 4:37.2, A. Zamir 4:34.1
18:22.1 – 1st Place

4x100m:

K. Wanchoo, G. Knutson, O. Onwubu, A. Halwagy 46.7

4x800m:

D. Maher 2:06.2, B. Scott 2:25.3 T. Jenssen 2:30.3, H. Riccairdi 2:15.9 9:22.7

4x200m:

Varsity: K. Wanchoo 25.2, J. Chu 25.4, O. Onwubu 24.5, A. Halwagy 24.3 1:39.4

Frosh: E. Ellingboe 25.8, F. Nestor 29.9, J. Chamoun 27.9, P. Kovach 27.2 1:50.2

Sprint Medley: (400-200-200-800)

Varsity: D. Maher 55.6, K. Wanchoo 25.5, A. Halwagy 24.0, G. Corcoran 1:58.3
3:34.3 – 2nd Place

Frosh: M. Cator 56.8, J. Nagano 26.8, B. Clementi 27.2, B. Williams 2:06.5
3:57.6 – 1st Place

Distance Medley: (1200-400-800-1600)

Varsity: K. Engelkin 3:22.2, E. Nygaard 55.7, R. Crispin 2:09.4, A. Zamir 4:33.3
11:00.6 – 5th Place

Frosh: B. Williams 3:34.1, J. Nagano 61.3, E. Ellingboe 2:21.3, M. Cator 4:50.0
11:46.7 – 1st Place

4x400m:

Varsity: D. Maher 55.0, B. Mann 54.7, R. Crispin 56.7, G. Corcoran 51.5
3:37.9 – 6th Place

Frosh: M. Cator 58.4, J. Nagano 62.8, E. Ellingboe 59.3, B. Williams 54.5
3:54.9 – 1st Place

T. Jenssen 65.0, F. Nestor 67.3 J. Chamoun 67.3, P. Kovach 62.7
4:23.3 – 3rd Place

High Jump:

B. Mann 6'4", K. Engelkin 5'4" 11'8" – 3rd Place

Long Jump:

Varsity: B. Mann 20'1 ½", G. Knutson 17'4" 37'5 ½" – 2nd Place
K. Wanchoo 16'4", J. Chu 15'2" 31'6"
Frosh: B. Clementi 15'5", F. Nestor F 15'5" – 1st Place

Pole Vault:

Varsity: G. Knutson 12'6", C. Jensen 10' 22'6" – 2nd Place
P. Kovach 9', D. Cooper NH 9'

Shot Put:

C. Wolfstirn 45'1 ¼" M. Flicker 43' 88'1 ¼" – 1st Place
N. Kovach 42'10" B. Mercer 39'4 ½" 82'4 ½" – 4th Place
M. Monfred 39'7" M. LaFleur 35'6" 75'1"

Discus:

C. Wolfstirn 125'5", N. Kovach 115'4" 240'9" – 2nd Place
B. Mercer 117', M. Flicker 103' 220' – 5th Place
M. Lafleur 94'9" M. Monfred 94'4" 189'1"

Javelin:

Varsity: A. Whitelaw 142'6", A. Halwagy 141'4" 283'10" – 1st Place
M. Monfred 113'6", A. Suh 103'1" 216'7"

Triple Jump:

Varsity: B. Mann 41'11", G. Knutson 39'6 ½" 81'5 ¾" – 2nd Place
Novice: C. Jensen 30'10", P. Kovach 30'8 ½" 61'6 ½"
Frosh: B. Clementi 34'10 ½", J. Nagano 32'6" 67'4 ½"

Comments:

A very nice meet for our team. A lot of medals were taken home on all three levels. A lot of personal bests were achieved. Excellent job – well done.

Athletes of the Meet:

Greg Corcoran: 1:58.3 / 51.5 – 2 excellent anchor legs

Byron Williams: 2:06.5 / 3:34.1 / 54.5 – on 3 frosh winning teams

Dave Maher: 2:06.2 / 55.2 / 55.0 – workman like day

Frank Nestor: LJ: 0'0" – and takes home a gold!!! (he knows something we don't)

4/20- Record

Ridgewood just getting warmed up

BY PAUL SCHWARTZ
STAFF WRITER

HACKENSACK — The third week in April is the usual time for the Bergen County Relays, the largest high school athletic event in North Jersey each year.

But in those years when Good Friday falls on the third Friday of April, the Bergen Relays are moved forward a week, and the third Saturday in April goes from a high-pressure week to a low-key afternoon.

So at Saturday's first edition of the Comet Relays, which replaced the long-running Englewood Relays, coaches and their athletes enjoyed the great weather and competition, but in a more relaxed mode.

Usually the second weekend of April, this is a very important meet because it's a

TRACK COMET RELAYS

big development meet, the last chance to get your lineups ready for the County Relays and try things out," said longtime Ridgewood girls coach Jacob Brown. "But in a year like this one, it becomes more of a medal meet and we come and have some fun."

In fact, Ridgewood did well at the meet, finishing third in the 16-team field with 70½ points, behind Toms River East and Hackensack, which finished 1-2. The Maroons won the triple jump and pole vault, two events that become standard events at the State meet this year for the first time.

Trish McGowan, second by just a quarter of an inch last spring in the State Meet of Champions triple jump, had the day's best jump in the event, a 33-8½ leap that was well below her best. But Brown wasn't troubled.

"We're really looking to the first week in May to start seeing long jumps from Trish," said Brown. "We never practice the day before important meets because I really believe in the philosophy of rest and we practiced hard [Friday]."

It's been a difficult early season for all spring sports, but track relay work may be particularly affected by the miserable weather.

"All March I kept putting certain things off because I kept saying it'll be better weather in a day or two," said Brown. "But

the weather never got better. We ended up doing some beginning baton [passing] work two days before the County relays. One team that benefited from the extra week was the Bergen Tech boys sprint team which swept the 400, 800, and 1,600 relays in 44.3, 1:32.6, and 3:27.8, respectively, all faster than last week's best Bergen performances.

Kwasi Mendoza, Andrew Drysdale, and Jon Reid raced on all three teams, with Tarant Anderson (4:00) and Justyn Davis (8:00 and 1,600).

Ridgewood, which finished second to State power Christian Brothers, 86-80, in the boys meet, tripled none of its distance standouts, with the 6,400 team running a solid 18:22.0, 16 seconds faster than last week's Bergen Relays performance.

SPORTS

RHS track teams each take third at county relays

By Matt Potter
Staff Writer

TENAFLY — The two Ridgewood track teams each had to settle for third places at the Bergen County Relays last Friday and Saturday, as Hackensack hit top form to take victory in both the boys and girls Group 4 competition.

Following on from their success at the indoor county relays during the winter, the Comet boys won their title by 14 points, while Hackensack took Ridgewood and Immaculate Heart by surprise in the girls contest.

Maroon girls track coach Jacob Brown had predicted a showdown between his team and IHA, but it

was Hackensack that was crowned champions. The Comets had 108 points, with the Blue Eagles in second (90) and Ridgewood two points behind them.

"IHA had a bad meet, just like we did, and we both had a couple of disqualifications," admitted Brown. "Hackensack had a very good meet, and that was the difference. They had opportunities, and they were good enough to take them."

There were plenty of good performances for the Maroons, though, including two victories for the ever-impressive sprint team. One of these was a dramatic win in the 4x100 meters, with Ridgewood anchor Trish McGowan holding off the competition when four schools fin-

ished within a second of each other. The Maroons (Jessica Kresja, Ashley Carrie, Loni Caldwell and McGowan) clocked 52.1 in the race, while Kresja, Carrie and McGowan also teamed with Mariana Palacios to win the 4x200 meters (1:50.7).

"The sprint team did what we anticipated; they won the 4x100 and the 4x200," said Brown. "They did well, and McGowan, who anchored both relays, had a great meet."

McGowan's day of personal success was completed with her joining Corinne Hyslop and Meena Patel to win in the triple jump with a combined 94 feet, 4 1/4 inches. Ridgewood also won the sprint medley (Carrie, Caldwell, Palacios and Emily Terrin) in 4:37.8 and the high

jump (Meg Anderson, Hyslop and Stephanie Westerman) with 13 feet, 2 inches.

Other strong displays by the Maroons included a second place in the 4x400 (4:25.9) and thirds in the 4x800 (10:47) and the shuttle hurdles (1:18.2).

In the boys Group 4 meet, Ridgewood accrued 96 points, which left it behind winner Hackensack (117) and runner-up Don Bosco (104), and the Maroons' best athletes were again the distance runners.

"The distance team did very well," said coach Josh Saladino. "Erik Nygaard and Rodolfo Crispin were both part of three winning relay teams, and that was very

SEE TRACK, C7

Track

FROM PAGE C6

important to us."

He added, "Overall, we were happy with the performances; we would like to improve on some of them, but all the coaches thought the kids did a very nice job. We got more points this time than at the county relays last year."

Crispin and Nygaard — along with Doug Sampson and Okechukwu Onyiah — were in the distance medley team that won in 11:03.8,

and the pair teamed with Dave Maher and Ari Zamir to win the 4x1600 meters (18:38). Nygaard, Maher, Kyle Engelken and Crispin made up the victorious 4x800-meter team (8:21.5).

Ridgewood was also tied for first in the high jump, with Gabe Knutson competing in that event for the first time and clearing the opening height to help the Maroons to a 16 feet, 10 inches combined total. His teammates were Engelken and Bernard Mann.

The Maroons took second places in discus (343 feet, 3 inches), shot (124 feet, 3 inches) and the 3x400

intermediate hurdles (3:07), and they had thirds in shuttle hurdles (1:18), long jump (55 feet, 6 1/4 inches) and the 4x400 (3:33.5).

Elsewhere at the county relays, Glen Rock's boys and girls each won the Group 1 competition, while Ramsey repeated the feat for Group 2.

Ridgewood faced Eastside in a dual meet last Tuesday and had an important matchup with Hackensack yesterday. Tomorrow, it takes part in the Ramapo Relays.

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Ridgewood 82

Passaic 49

April 22, 2003

400 IH: Ridgewood: 34 Passaic: 5

1-Jennings (P) 60.5 2-Byron Williams (R) 61.5 3-Evan Yeaw (R) 62.5

Others: J. Nagano 68.2, J. Moody 71.6

100m: Ridgewood: 3 Passaic: 6

1-Kanei Levistar (P) 11.6 2-Bernard Mann (R) 11.6 3-H. Cruz (P) 11.7

Others: G. Knutson 11.9, A. Halwagy 12.1, K. Wanchoo 12.2, J. Chu 12.4,

B. Clementi 13.0, C. Jensen 13.5, F. Nestor 14.1, A. Suh 15.0

1600m: Ridgewood: 9 Passaic: 0

1-Kyle Engelkin (R) 4:39 2-Dave Maher (R) 4:40 3-Mike Cator (R) 4:49

Others: C. Magrath 5:12

400m: Ridgewood: 4 Passaic: 5

1-Harol Cruz (P) 51.0 2-Greg Corcoran (R) 51.5 3-Ari Zamir (R) 53.7

Others: R. Crispin 54.8, E. Nygaard 55.4, E. Ellingboe 58.8

110HH: Ridgewood: 8 Passaic: 1

1-Gabe Knutson (R) 16.4 2-Joe Nagano (R) 18.3 3-Bruno Perez (P) 18.3

Others: J. Moody 19.2, J. Chamoun 20.4

800m: Ridgewood: 9 Passaic: 0

1-Doug Sampson (R) 2:00.4 2-Byron Williams (R) 2:05.0 3-Dave Maher (R) 2:08.3

Others:

200m: Ridgewood: 1 Passaic: 8

1-Kanei Levistar (P) 23.5 2-Harol Cruz (P) 23.6 3-Tom Rooke (R) 23.8

Others: E. Yeaw 23.9, A. Halwagy 24.9, K. Wanchoo 25.1, J. Chu 26.7, J. Moody 26.8

P. Kovach 26.8, E. Ellingboe 27.0, C. Mulvey 27.2, J. Chamoun 28.5, F. Nestor 29.2

3200m: Ridgewood: 8 Passaic: 1

1-Kyle Engelkin (R) 10:20 2-Mike Cator (R) 10:21 3-Joshua Sular (P) 11:22

Others: C. Magrath 12:09

Long Jump: Ridgewood: 6 Passaic: 3

1-Bernard Mann (R) 20'4" 2-Kanei Levistar (P) 18'2 1/2" 3-Krishan Wanchoo 16'8"

Others: B. Clementi 15'4 1/2" J. Chu 13'8 1/2" F. Nestor 12'

Triple Jump: Ridgewood: 8 Passaic: 1

1-Bernard Mann (R) 41'7" 2-Gabe Knutson (R) 39'6" 3-C. Lopez (P) 37'5"

Others: B. Clementi 35'1 1/2", C. Jensen 30'10 1/2" J. Chu 30'9"

High Jump: Ridgewood: 8 Passaic: 1

1-Bernard Mann (R) 6'4" 2-Gabe Knutson (R) 5'8" 3-Passaic 5'6"

Others: K. Engelken 5'4, B. Clementi 5'0"

Shot Put: Ridgewood: 0 Passaic: 9

1-Richaard Russell (P) 50'5" 2-Passaic 44'4" 3-Passaic 43'11"

Others: C. Wolfstirn 43'4", N. Kovach 43'2", M. Flicker 42'6", M. Monfred 40'6"

B. Mercer 37'9", M. LaFleur 35'5", J. Miller 33'8", B. Lynch 30'2 1/2",

M. Hendrickson 29', T. Commer 22'7"

Discus: Ridgewood: 0 Passaic: 9

1-Richaard Russell (P) 159'1" 2-Lottingham (P) 139'3" 3-Rodriguez (P) 125'11"

Others: C. Wolfstirn 119'7", N. Kovach 117', B. Mercer 110'6", M. Flicker 102'11"

M. LaFleur 99' 1/2"

Pole Vault: Ridgewood: 9 Passaic: 0

1-Gabe Knutson (R) 2-Christian Jensen (R) 3-P. Kovach (R)

Others:

4x400m: Ridgewood: 5 Passaic: 0

1-Ridgewood 3:35.6 2-Passaic 3:44.0 3-Ridgewood 3:46.9

(B. Williams 55.3, A. Zamir 52.8, T. Rooke 53.2, D. Sampson 54.5)

(E. Yeaw 56.9, E. Nygaard 55.1, R. Crispin 56.7, E. Ellingboe 58.0)

Comments:

Good win – they are a good team and we competed well. There were clearly areas where we could score more points and we did not. We must take advantage of these opportunities in the future. Nice job leaving with a victory.

Athletes of the Meet:

Doug Sampson: 2:00.9 – excellent time

Evan Yeaw: 62.5 and 23.9 – two personal bests

BOYS TRACK

Bergen Tech 71, New Milford 69
Bergen Tech 87, Park Ridge 49
Don Bosco 115, Paramus 16
Dumont 117, Queen of Peace 1
Fort Lee 107, Englewood 102
New Milford 96, Park Ridge 44
Ridgewood 73, Passaic 49
River Dell 98, Ridgely Park 32
Teaneck 61, Paramus Catholic 61
Westwood 96, Dumont 44
Westwood 133, Queen of Peace 4

GIRLS TRACK

Bergen Tech 93, Park Ridge 38
Dumont 100, Queen of Peace 17
Englewood 70, Fort Lee 63
New Milford 69½, Bergen Tech 61½
New Milford 88, Park Ridge 41
Paramus 96, Holy Angels 26
Ridgewood 79, Passaic 42
River Dell 100, Ridgely Park 42
Teaneck 113½, Paramus Catholic 7½
Westwood 95, Dumont 44
Westwood 128, Queen of Peace 6

WEDNESDAY, APRIL 23, 2003

NORTH

LOCAL SCOREBOARD

TRACK BESTS

BOYS

100M (11.3) - Anthony Cinelli, Paramus Catholic, 11.0; Kevin Thompson, Teaneck, 11.1; Brian Toal, Don Bosco, 11.1; Kyle Scott, Teaneck, 11.2; Ulysses Encarnacion, Ridgely Park, 11.3.

200M (23.5) - Eric Brown, Don Bosco, 22.9; Cinelli, 22.9; Scott, 22.9; Thompson, 23.0; Andrew Drysdale, Bergen Tech, 23.2; John Reid, Bergen Tech, 23.3; Elia Tashantsev, Fort Lee, 23.5.

400M (53.5) - Horol Cruz, Passaic, 51.0; Ron Elia, Don Bosco, 51.4; Greg Corcoran, Ridgewood, 51.6; Samir Mane, Fort Lee, 51.6; Reid, 51.7; Tim Byrne, Don Bosco, 52.1; Scott, 52.1; Drysdale, 53.0; Andreas Gutierrez, Paramus Catholic, 53.4; Ervin Ventura, New Milford, 53.5.

800M (2:05) - Doug Sampson, Ridgewood, 2:00.4; Byron Williams, Ridgewood, 2:05.0.

1,600M (4:40) - Kyle Engelken, Ridgewood, 4:39.0; Dean Swift, Don Bosco, 4:39.4; Dave Maher, Ridgewood, 4:40.0.

3,200M (10:20) - Pete Gerboth, Don Bosco, 10:06; Engelken, 10:30.

110M HH (16.2) - Andrew Kim, Bergen Tech, 15.9; Anthony Cozzitorto, Don Bosco, 15.9; Joe Johnson, Paramus, 16.1; Mike James, New Milford, 16.2.

400M HH (60.0) - Alex Wechsler, Don Bosco, 57.4; Johnson, 58.7; Cozzitorto, 59.6; Kim, 60.0.

1,600M relay (3:40) - Paramus Catholic, 3:33.5; Teaneck, 3:34.2; Bergen Tech, 3:34.4; Ridgewood, 3:35.0; Don Bosco, 3:39.2.

Long jump (19-6) - Tyler Palumbo, Don Bosco, 20-9; Bernard Mann, Ridge-

wood, 20-4; Scott, 20-2; Reid, 20-0.

Triple jump (39-6) - Mann, 41-7; Palumbo, 40-7; James Grossos, Fort Lee, 40-7; Johnson, 39-7; Keith Creagh, New Milford, 39-7; Gabe Knutson, Ridgewood, 39-6.

High jump (5-10) - Mann, 6-4; Brandon Mantario, Paramus Catholic, 6-0; Gutierrez, 5-10.

Pole vault (11-6) - John Balkin, New Milford, 11-6; Brian Foo, New Milford, 11-6.

Discus (135) - Richard Russell, Passaic, 159-1; Jason Maier, New Milford, 144-3; Lottingham, Passaic, 139-3.

Shot put (46) - Russell, 50-5; Toal, 49-0; Maier, 47-3; Ramel Meekins, Westwood, 47-1.

GIRLS

100M (13.2) - Cheryl Anscombe, Westwood, 12.5; Krejca, Ridgewood, 12.8; McGown, Ridgewood, 12.9; Aly Hanson, New Milford, 12.9; Aby Beutel, River Dell, 13.0; Shetol Francis, Teaneck, 13.1; Elizabeth Luke, Bergen Tech, 13.2; Sheena Strachan, Englewood, 13.2; Jen Trass, River Dell, 13.4.

200M (27.5) - Anscombe, 26.9; Michelle Smith, Teaneck, 27.1; Luke, 27.3.

400M (64.0) - Nicole Thilibosian, Paramus, 61.5; Sheniqua Jones, Passaic, 62.0; Hanson, 62.7; Alexandra Moga, Bergen Tech, 63.5.

800M (2:32) - Yanirda Mejia, Passaic, 2:28; Awinnia Martinez, Passaic, 2:29; Rynkowski, Ridgewood, 2:30.

1,600M (5:50) - Mejia, 5:30; Martinez, 5:37; Denise Scarfi, Westwood, 5:39.

100M HH (17.2) - Smith, 15.4; Jessica

Malacrida, Paramus, 16.3; Juliann Wiggins, River Dell, 16.8; Shannon Feeney, Paramus, 16.9; DeShadiya Spearman, Teaneck, 17.0; Kristen Livesay, River Dell, 17.1.

400M HH (71.0) - Smith, 63.3.

1,600M relay (4:30) - Ridgewood, 4:23.7; Passaic, 4:24.

Long jump (15-0) - Lindsey May, Dumont, 16-6 ¼; Ashley Steward, Teaneck, 16-1; Kristine Jones, Teaneck, 15-9; Luke, 15-8 ½; Racquel Clarke, Teaneck, 15-6; Moga, 15-1 ¾; Korinne Dawkins, Englewood, 15-1; McGown, 15-0 ½; Strachan, 15-0; Megan Miller, Park Ridge, 15-0.

Triple jump (31-0) - McGown, 35-0 ½; Strachan, 34-1 ½; Moga, 33-0 ½; Jories, 32-3; Hanson, 31-10 ½; Andrea Manis, Paramus, 31-10; May, 31-9 ½; Karly McIlwain, River Dell, 31-6.

High jump (4-10) - Malacrida, 4-10.

Pole vault (6-6) - Sofia Caporelle, Dumont, 8-6.

Discus (90) - Amina Robinson, Teaneck, 95-5; Delisa Reddick, Teaneck, 95-3; Tatiana Ciccone, New Milford, 94-1.

Javelin (95) - Gwen Moore, Teaneck, 100-11; Bridget Kenny, Ridgely Park, 95-0.

Shot put (31) - Reddick, 32-6; Sable Sweeper, Passaic, 32-5; Allison Lach, Westwood, 31-7 ½; Ciccone, 31-5 ½; Yolena Michaud, Teaneck, 31-0.

The 109th Penn Relays

April 25th and April 26th

4x800m:

Greg Corcoran 2:02.4
Rodolfo Crispin 2:00.9
Erik Nygaard 2:05.4
Ari Zamir 2:01.4 8:10.38 (11th in heat; 35th out of 65; 8th fastest NJ team)

4x100m:

Anthony Halwagy, Okechukwu Onwubu, Evan Yeaw, Gabe Knutson
47.80 (8th in heat)

4x400m:

Doug Sampson 53.4
Tom Rooke 53.0
Byron Williams 53.1
Greg Corcoran 51.7 3:31.40 (3rd in heat; 4th fastest Bergen County team)

TRACK

BOYS 4 X 100

(School, Time, Place in Heat)

Wayne Hills, 43.62, 2nd; Teaneck, 44.29, 4th; Don Bosco Prep, 44.31, 3rd; Saddle Brook, 44.47, 4th; Paramus Catholic, 45.58, 5th; Cresskill, 46.02, 3rd; Bergenfield, 46.28, 4th; Queen of Peace, 46.39, 5th; River Dell, 46.42, 4th; Lyndhurst, 46.46, 6th; Ramsey, 47.72, 8th; Ridgewood, 47.80, 8th; Hasbrouck Heights, 48.01, 9th; No. Highlands, 49.86, 9th.

PENN RELAYS

BOYS 4 X 400 RELAY

(School, time, place in heat)

Don Bosco, 3:28.47, 7th; Ramsey, 3:30.62, 3rd; Bergen Catholic, 3:30.81, 9th; Ridgewood, 3:31.40, 3rd; Paramus Catholic, 3:31.42, 3rd; Glen Rock, 3:32.10, 10th; NV/Old Tappan, 3:32.41, 5th; River Dell, 3:32.95, 1st; Westwood, 3:33.29, 6th; Teaneck, 3:34.02, 9th; Saddle Brook, 3:34.65, 4th; Paramus, 3:36.64, 5th; Clifton, 3:39.27, 5th; Cresskill, 3:39.78, 8th; Northern Highlands, 3:40.28, 5th; Bergenfield, 3:41.09, 9th; NV/Demarest, 3:41.22, 8th; Hasbrouck Heights, 3:41.81, 9th; Hawthorne, 3:42.15, 12th; Queen of Peace, 3:44.36, 7th; Fort Lee, 3:44.73, 10th; Wood-Ridge, 3:47.94, 10th; Lyndhurst, 3:50.17, 8th.

PENN RELAYS

PHILAD. HIA — Paul Rosiak didn't want to admit it, but he had a number in mind when he threw the javelin at the Penn Relays on Friday.

"I was thinking that this would be a good day to throw 200 feet," said the Wood-Ridge senior, who didn't reach the magic number but placed third with a toss of 187-6. "But this feels pretty good."

Rosiak threw less than 4 feet off his personal best of 190-11, and easily led the New Jersey throwers, reinforcing his early season status as favorite for the State championship.

"It feels great to be favored and it's a real honor, but I've got a lot to do before that happens," said Rosiak, who plans to throw at Brown next school year.

Rival and good friend Anthony Immediate of Rutherford was 11th with a throw of 173-8. "I lost the top [of the javelin] on my first two throws because I dipped my shoulder," said Immediate. "My third throw was better but I ran out of time."

JAZMINE FENLATOR'S first two discus throws were anything but pleasant. Her first throw sailed way right and out of the legal sector for a foul, and her second missed the left sector line by less than 6 inches for a second foul.

With the dreaded "no mark" staring the Wayne Valley senior in the face, Fenlator dug down and threw 128-8 on her final throw of the trials to qualify for the final, where she finished seventh. It was her second-best throw, behind her Passaic County record of 140-4 set last weekend.

"I was lucky to get in [to the meet] at the last minute," said Fenlator. "But then I was trying to calm my nerves before the last throw. I remembered what coach told me: To lay it out and relax."

Fenlator, who signed a letter of intent to attend Rider University on Friday, drew late attention from Tennessee, Buffalo, and Maryland after her effort.

"I'm happy about signing with Rider and I'm going home happy with my experience. But I could have done better."

GLEN ROCK had a solid race in the 3,200 qualifying, running 8 minutes, 8.11 seconds for fourth in its race. But the expectations for 2004 rose perceptively after juniors Rob

Grammer (1:58.0), Brian McCann (1:57.6), and Tim Murphy (2:04.2) had outstanding legs.

"We'll find a fourth leg for next year, because Dean [Leong] is graduating," said Grammer. "If we can find one, we can make the finals next year."

Ridgewood ran credibly with 8:10.38 in its race, while Indian Hills, running four juniors, struggled to 8:28.48.

MOHAMED KHADRAOUI, the New Jersey cross-country and indoor 3,200-meter champ, made his debut in a national-class race and finished sixth in 8:36.10 in the 3,000-meter championship.

"I'm tired," said the Kennedy junior, who set a Passaic County record in the process. "I was trying to stay close for a mile and then put the hammer down, but I had no hammer to day and I got hammered."

Actually, Khadraoui threaded his way from eighth at the end of the first lap up to second, just as the final lap started. But everyone right behind him seemed to accelerate as the bell went off while Khadraoui stayed on his pace. He held fifth, the final medal place until the final 10 meters, when Jon Anderson of Cincinnati won past. Paul Komaszewski of Clifton was 14th in 8:46.92.

WAYNE HILLS just missed the Passaic County record in the 400. The team of Chazz Lynn, Greg Olsen, Andrew Bucci, and Mike Pruzinsky ran 43.62 in its heat, missing the small-schools final by less than a quarter-second.

BERGEN CATHOLIC'S Ken Sinkovitz had a self-described "bad race" and finished last in the boys mile in 4:38.25.

"I'm going to throw it out and start again [Saturday]," said Sinkovitz.

Richard Russell of Passaic was 17th in the shot at 51-7.

Correction

The Saddle Brook girls 1,600-meter relay team that won its heat at the Penn Relays on Thursday consisted of Allie Wright, Dana Sallonia, Lori Stuart, and Shannon Kellinger.

Paul Schwartz's e-mail address is schwartz@northjersey.com

PHILADELPHIA — For 45 minutes, River Dell's Greg Horn was the busiest guy at the final day of the Penn Relays on Saturday morning. And the results made it a day he probably won't soon forget.

First, the Lehigh-bound senior finished a solid 16th in the high school 400-meter hurdles champi-

PENN RELAYS

onships, limited to just the top 27 hurdler from the more than 850 high schools competing.

Then, he quickly raced across cavernous Franklin Field to join his relay teammates in the paddock as they waited to run one of the early heats. He changed into his team uniform and ran 51.0 for his third leg in the 1,600 relay, lifting his team from third place into a commanding lead as the Golden Hawks won a heat at Penn for the first time.

"It got a little hairy out there, especially when I had to change from the racing singlet I wore for the intermediates into the jersey and shorts to match my teammates in the relay," said Horn, who was beaming with pleasure over his 55.24 clocking, just .25 from his personal best. "I had about 45 minutes before our race, but it seemed a lot shorter."

The section won by the River Dell foursome of Mamo Arima, Jeff Leon, Horn, and Matt Raisch in 3:32.95 featured several distractions, mostly involving area teams. Moments into the race, Northern Valley at Demarest's Phil Kim was stepped on and his right shoe flew 4 feet into the air. He completed the lap, but the Norsemen finished eighth in the 15-team field.

Then, after Samir Mane had given Fort Lee a lead on the second leg, the Bridgemen lost it midway through the third leg just as Horn was accelerating to try to take the lead. Fort Lee finished 10th.

"I just kept my focus and kept going," Horn said. "But it seemed like the Indy 500 out there."

Ridgefield's Dave Lado was 19th in the hurdles in 55.44, while David Dennis of Hackensack was 14th in the triple jump with a jump of 42-2 3/4.

River Dell's 1,600 relay time was only the eighth-best local performance of the day, but the Golden Hawks were the only ones to earn a Penn Relays plaque by winning a heat.

Ridgewood, Ramsey, and Paramus Catholic were all third in their heats to win medals, but Don Bosco actually had the day's fastest time of 3:28.47 in placing seventh in its heat.

The top split of the day locally was Ken Sinkovitz's 48.7 anchor on Bergen Catholic's relay, a day after his disastrous race in the boys high school mile.

Rob Grammer's 50.2 split for Glen Rock on the second leg of the same heat was almost as impressive, as he was turned almost completely around and jostled in the normally messy first exchange. Ron Elia had Bosco's best split in 50.6.

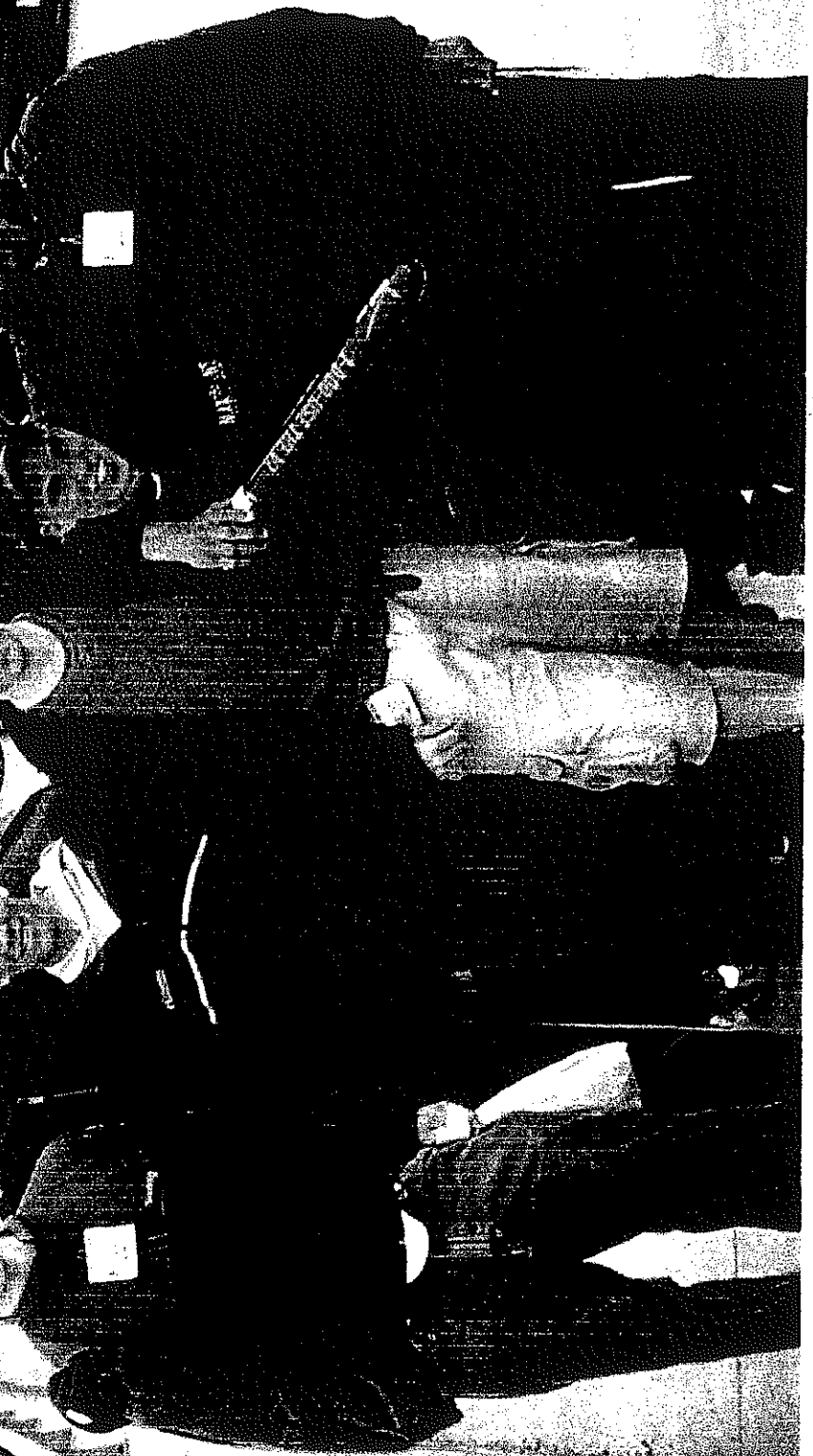
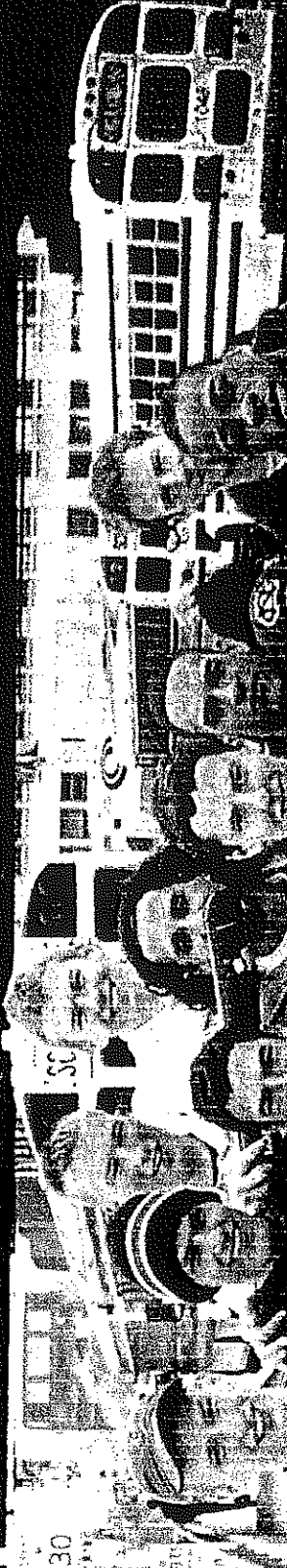
Friday, Queen of Peace was eighth in the Girls Small School 400 final in 49.59, the fifth-fastest time in Bergen history.

The Golden Griffins' team of seniors Anike Orimogunje and Takara Wilks, and juniors Tanisha Boyd and Emilie Saintus, qualified for the second straight year, despite the withdrawal of All-Bergen indoor stars Janine and Sophia Davis, who have chosen not to compete for the team.

"I'm so proud of the girls that came down here and ran so well," QP coach Lionel Leach said. "To qualify after what happened and run as well as they did is wonderful."

UNIVERSITY of PENNSYLVANIA

CENTRA



Ridgewood 125**Belleville 6****April 29, 2003****400 IH:** Ridgewood: 9 Belleville: 0

1-Byron Williams (R) 61.4 2-Evan Yeaw (R) 64.0 3-Joe Nagano (R) 65.9

100m: Ridgewood: 8 Belleville: 11-Anthony Halwagy (R) 12.1 2-Krishan Wanchoo (R) 12.2 3-Trainer (B) 12.5
Others: J. Chu 12.4, J. Moody 13.0, B. Clementi 13.1, F. Nestor 14.3, K. O'Neill 15.0,
A. Suh 15.2, J. Casey 15.5**1600m:** Ridgewood: 6 Belleville: 31-Mike Cator (R) 4:39.5 2-Tartaglia (B) 4:46.8 3-Harry Riccaldi (R) 4:52.8
Others: B. Volkommer 4:55.9**400m:** Ridgewood: 9 Belleville: 01-Evan Yeaw (R) 55.5 2-Okechukwu Onwubu (R) 55.9 3-Earland Ellingboe (R) 61.0
Others: C. Mulvey 61.4, T. Jenssen 61.9, C. Anderson 69.1, F. Corkery 77.7**110HH:** Ridgewood: 9 Belleville: 01-Joe Nagano (R) 18.6 2-Colin Donnelly (R) 18.6 3-John Moody (R) 18.9
Others: J. Chamoun 19.7**800m:** Ridgewood: 9 Belleville: 01-Dave Maher (R) 2:05.4 2-Byron Williams (R) 2:10.8 3-Steve Pierce (R) 2:21.9
Others: B. Scott 2:24.9**200m:** Ridgewood: 8 Belleville: 11-Anthony Halwagy (R) 24.5 2-Krishan Wanchoo (R) 25.1 3-Trainer (B) 25.2
Others: J. Chu 25.8, J. Moody 26.3 P. Kovach 26.6, C. Donnelly 27.2, C. Mulvey 27.2
T. Jenssen 27.2, E. Ellingboe 27.4, J. Chamoun 27.8, T. Insely 28.9 F. Nestor 30.3
K. O'Neill 30.8 J. Casey 33.3**3200m:** Ridgewood: 9 Belleville: 01-Mike Cator (R) 10:16.6 2-Harry Riccaldi (R) 10:40.7 3-Brad Volkommer (R) 10:50.3
Others:**Long Jump:** Ridgewood: 9 Belleville: 01-Anthony Halwagy (R) 17'3" 2- K. Wanchoo (R) 16'10" 3-B. Clementi (R) 16'10"
Others: J. Chu 14'10" F. Nestor 13'6" J. Casey 12'10"**Triple Jump:** Ridgewood: 8 Belleville: 11-Brian Clementi (R) 36' 1/2" 2-Krishan Wanchoo (R) 35'5" 3-Dholaris (B) 33'6"
Others: J. Chu 33'2 1/2" J. Casey 27'8"

High Jump: Ridgewood: 9 Belleville: 0

1-Bernard Mann (R) 6'4" 2-Gabe Knutson (R) and Brian Clementi (R) 5'0"

Others:

Shot Put: Ridgewood: 9 Belleville: 0

1-Chris Wolfstirn (R) 43'8" 2-Mat Flicker (R) 42'11" 3-Mike Monfred (R) 41'

Others: G. Knutson 40'0" B. Mercer 39'4" M. LaFleur 35'11" J. Miller 29'4"

B. Lynch 28'6" B. Wilson 27'1" M. Hendrickson 26'11" T. Commer 22'4"

Discus: Ridgewood: 9 Belleville: 0

1-Chris Wolfstirn (R) 117'3" 2-Brian Mercer (R) 106'3" 3-Mat Flicker (R) 103'0"

Others: G. Knutson 107'2" M. Monfred 100'6" M. LaFleur 97'8" A. Whitelaw 85'3"

J. Miller 73' M. Hendrickson 66'8" B. Wilson 62'10" B. Lynch F, T. Commer F

Pole Vault: Ridgewood: 9 Belleville: 0

1-Gabe Knutson (R) 11'6" 2-Christian Jensen (R) 10' 3-P. Kovach (R) 9'6"

Others: A. Weiss NH

4x400m: Ridgewood: 5 Belleville: 0

1-Ridgewood 3:50.7 2-Ridgewood 3:51.5

(D. Maher 55.6, E. Ellingboe 60.7, S. Pierce 59.7, A. Halwagy 54.7)

(O. Onwubu 56.3, C. Mulvey 59.0, J. Nagano 60.1, B. Williams 55.7)

Comments:

Athletes of the Meet:

Mike Cator: 2 wins 2 personal bests // splits for 3200m (5:13 / 5:03)

Anthony Halwagy: 16 1/4 points

Mike Monfred: 2 personal bests

Brian Clementi and Joe Nagano: 1st varsity wins

BOYS TRACK

Bergen Catholic 85, Bloomfield 43
Bergenfield 70, Fair Lawn 61
Bergen Tech 115, Dwight-Englewood 19
Cliffside Park 94, Queen of Peace 21
Don Bosco 86, Clifton 45
Fort Lee 97, Rutherford 43
Hackensack 91, Paramus Catholic 30
Hawthorne 128, Elmwood Park 10
Hawthorne 125, Lodi 15
Kennedy 77, Bergen Catholic 52
Montclair 87, Paramus 43
North Arlington 76, Ridgefield 53
North Arlington 79, Secaucus 49
Palisades Park 85, Bergen Tech 50
Pal Park 127, Dwight-Englewood 8
Passaic 84, Nutley 45
Ridgewood 125, Belleville 6
River Dell 100, Cliffside Park 31
River Dell 116, Queen of Peace 19
Secaucus 66, Ridgefield 64
Tenafly 76, Dumont 64
Tenafly 106, Englewood 33
Wallington 73, Wood-Ridge 67
Wayne Valley 81, Millburn 50
West Milford 79, Lakeland 52

TRACK BESTS

BOYS

100M (11.3) - Sullivan Parker, Bergenfield, 10.9; Brian Toal, Don Bosco, 10.9; Anthony Cincelli, Paramus Catholic, 11.0; Devon Smart, Hackensack, 11.1; Brian Horton, Hackensack, 11.1; Gavin Charlton, Pal Park, 11.2; Tarant Anderson, Bergen Tech, 11.2; Andrew Drysdale, Bergen Tech, 11.3; Casey Robert, Hawthorne, 11.3; Ilya Pashantsev, Fort Lee, 11.3; Milton Orellana, Secaucus, 11.3.
200M (23.5) - Michael Ray Garvin, Don Bosco, 22.4; Cincelli, Paramus Catholic, 22.9; Ken Sinkovitz, Bergen Catholic, 22.9; Parker, 23.0; Pashantsev, 23.0; Drysdale, 23.1; Jean Beljour, Hackensack, 23.4; DaQuan Huffin, Pal Park, 23.4; Anderson, 23.4; Orellana, 23.4; Lado, 23.4; Alvin Davis, Kennedy, 23.5.
400M (53.5) - Jon Reid, Bergen Tech, 50.6; Ken Sinkovitz, BC, 50.7; Huffin, 50.9; Elia, Don Bosco, 51.4; Greg Horn, River Dell, 51.7; Cruz, Passaic, 52.1; Davis, 52.2; Paul Perez, Bergenfield, 52.3; Frazier, Paramus Catholic, 52.4; Ralph Davis, Paramus, 52.7; Nick Sands, West Milford, 52.8; Josh Simmons, Hackensack, 53.1; Kwasi Mendoza, Bergen Tech, 53.2; Gilbert Ellerbe, Wayne Valley, 53.5; Keith Jennings, West Milford, 53.5; Solomon Hossian, Paramus, 53.5.
800M (2:05) - Greg Weiss, West Milford, 2:00; Jerry Boucicut, Kennedy, 2:02; Stout, 2:04; Dave Maher, Ridgewood, 2:05.0.
1,600M (4:40) - Sean Swift, Don Bosco, 4:32.5; Paul Kornaszewski, Clifton, 4:34.4; Napoleon, Don Bosco, 4:36.6; Brenden Kenny, West Milford, 4:39.3; Mike Cator, Ridgewood, 4:39.5; Ryan Kenny, West Milford, 4:39.8.
3,200M (10:20) - Kornaszewski, 9:49.4; Garbart, Don Bosco, 10:03.2; Mohamed Khadraoui, Kennedy, 10:16; Kennedy, 10:16.3; Cator, 10:16.6.
110M HH (16.2) - Beljour, 15.0; Daniel Oquendo, Hackensack, 15.1; David Dennis, Hackensack, 15.1; Andy Kim, Bergen Tech, 15.6; Joe Johnson, Paramus, 15.8; Dave Lado, Ridgefield, 15.8; Joe Kerik, Paramus, 15.8; Jon Turetsky, River Dell, 15.8; Chris Eck, BC, 15.9; Marc Lehman, North Arlington, 15.9.
400M HH (50.0) - Lado, 56.0; Ken Stout, Clifton, 56.6; Johnson, 56.9; Weiss, 57.1; Dennis, 57.1; Bobby Gamble, West Milford, 57.4; Andres Nulder, Hawthorne, 57.7; Oquendo, 59.3; Mark Hanulak, Hackensack, 59.5; Huffin, 59.6; Kim, 59.8; Kerik, 60.0; Paul Fields, Bergenfield, 60.0; Shunsuke Koyama, Pal Park, 60.0.

Mile or 1,600M relay (3:40) - Hackensack, 3:34.7; West Milford, 3:36.7.
Long jump (19-6) - Charlton, 20-1 3/4; Palumbo, Don Bosco, 20-3 1/4; Dennis, 20-0 1/4; Horton 19-11; Tim Lawrence, West Milford, 19-10 1/4; Jeff Young, Wayne Valley, 19-10; Josh Roth, West Milford, 19-9; Reid, 19-6 1/4.
Triple jump (39-6) - Marquis Mitchell, Bergenfield, 44-6; John Strang, Hawthorne, 41-3 1/4; Palumbo, 43-2 1/4; Charlton, 42-7 3/4; Stout, 42-1; Dennis, 42-0; Sullivan Parker, Bergenfield, 41-4; Horton, 40-10; James Grossos, Fort Lee, 40-9; Josh Smith, Kennedy, 40-8 1/4; Thomas Jan, Tenafly, 40-2; Matano, Paramus Catholic, 40-1; Greg Osorio, Bergenfield, 39-11.
High jump (5-10) - Bernard Mann, Ridgewood, 6-4; Strang, 6-4; Shamel Smith, Bloomfield, 6-2; Roth, 6-0; Lawrence, 6-0; Chris Calantone, Bergen Catholic, 6-0; Beljour, 6-0; Matano, 6-0; Shaker, Paramus Catholic, 5-10; Lopez, Passaic, 5-10; Miguel Rondon, Fort Lee, 5-10; Eric Berone, River Dell, 5-10.
Pole vault (11-6) - Young, 14-3; Stout, 13-8; Dean Sprito, Dumont, 12-6; McCormick, Don Bosco, 12-0; Jeff Gunther, West Milford, 12-0; Stewart Cohen, Hackensack, 12-0; Dan Francavilla, Hackensack, 11-6; Ian Straughter, Hackensack, 11-6; Gabe Knutson, Ridgewood, 11-6; Josh DeJong, Hawthorne, 11-6.
Discus (135) - Russell, Passaic, 154-5; Cottingham, Passaic, 140-4; Emmanuel Mkrtchian, Fort Lee, 137-1.
Javelin (160) - Anthony Immediate, Rutherford, 167-0; Ray McCool, North Arlington, 162-8.
Shot put (46) - Russell, Passaic, 49-9 1/4; Scott Emerson, Fair Lawn, 49-8; Deno Crooks, Hackensack, 48-0 1/4; Harrison, Bloomfield, 47-10; Toal, 47-0; Dave Cordis, River Dell, 46-9 1/4; Nick DeGregorio, Bergen Catholic, 46-8.

Ridgewood 38**Hackensack 93****May 1, 2003**

400 IH: Ridgewood: 0 Hackensack: 9
1-E. Cole (H) 56.2 2-D. Dennis (H) 57.2 3-Hanulak (H) 59.2
Others: G. Corcoran 59.3 E. Yeaw 62.9 J. Nagano 64.2

100m: Ridgewood: 0 Hackensack: 9
1-P. Whyte (H) 11.0 2-Horton (H) 11.3 3-Smart (H) 11.5
Others: A. Halwagy 12.0, K. Wanchoo 12.0, J. Chu 12.6, J. Moody 12.9
B. Clementi 13.1, F. Nestor 14.5, A. Suh 14.9, K. O'Neill 15.4, J. Casey 15.9

1600m: Ridgewood: 9 Hackensack: 0
1-Erik Nygaard (R) 4:34.4 2-Dave Maher (R) 4:37.5 3-Kyle Engelkin (R) 4:38.5
Others: M. Cator 4:40.9, H. Riccairdi 4:54.3, B. Volkommer 5:01.2

400m: Ridgewood: 3 Hackensack: 6
1-P. Whyte 51.4 (H) 2-Greg Corcoran (R) 51.6 3-Simmons (H) 52.6
Others: B. Williams 52.7, O. Onwubu 54.8, E. Ellingboe 59.6, C. Mulvey 60.9,
T. Jenssen 63.8, C. Anderson 68.2, F. Corkery 77.4

110HH: Ridgewood: 0 Hackensack: 9
1-Quindo (H) 15.2 2-D. Dennis (H) 15.2 3-J. Beljour (H) 15.3
Others: G. Knutson 16.2, J. Nagano 18.4, J. Moody 18.5, J. Chamoun 19.5

800m: Ridgewood: 4 Hackensack: 5
1-E. Cole (H) 1:58.4 2-Ari Zamir (R) 1:58.9 3-Rodolfo Crispin (R) 2:01.3
Others: D. Sampson 2:05.3, D. Maher 2:11.1, S. Pierce 2:22.3, B. Scott 2:25.6

200m: Ridgewood: 0 Hackensack: 9
1-P. Whyte (H) 23.2 2-Smart (H) 23.9 3-Florton (H) 24.0
Others: E. Yeaw 24.4, A. Halwagy 24.9, K. Wanchoo 25.7, J. Chu 26.1, J. Moody 26.6
P. Kovach 27.1, T. Jenssen 27.6, E. Ellingboe 28.0, J. Chamoun 28.7, T. Insley 29.5
C. Anderson 29.9, F. Nestor 30.3 K. O'Neill 33.3, J. Casey 34.5

3200m: Ridgewood: 9 Hackesack: 0
1-Rodolfo Crispin (R) 10:24.3 2-Mike Cator (R) 10:30.0 3-Erik Nygaard (R) 10:41.8
Others: H. Riccairdi 10:48.3, B. Volkommer 10:58.3, C. Magrath 12:06

Long Jump: Ridgewood: 0 Hackensack: 9
1-D. Dennis (H) 19'8" 2-Oquendo (H) 19'3 3-Horton (H) 19'1/4"
Others: K. Wanchoo 17'3" A. Halwagy 16'7", B. Clementi 16'1" J. Chu 15'2"
F. Nestor F, J. Casey F

Triple Jump: Ridgewood: 3 Hackensack: 6
1-D. Dennis 42'7 1/2" 2-Gabe Knutson (R) 40'4 1/2" 3-Horton (H) 39'1"
Others: K. Wanchoo 35'11" B. Clementi 34'9" J. Chu 30'6" F. Nestor ? J. Casey 26'3

High Jump: Ridgewood: 0 Hackensack: 9
1-J. Beljour (H) 6'0" 2-Cabo (H) 5'10" 3-Oquendo (H) 5'10"
Others: K. Engelken 5'6", G. Knutson 5'4", B. Clementi NH

Shot Put: Ridgewood: 1 Hackensack: 8
1-Crooks (H) 50'1 3/4" 2-Crenshaw (H) 49'2 1/4" 3-Chris Wolfstirn (R) 46'7 3/4"
Others: N. Kovach 45'2 3/4" M. Flicker 42'1 1/2", M. Monfred 42' B. Mercer 41'3 1/2"
M. LaFleur 33'4", B. Lynch 32'9 3/4", J. Miller 31'8", B. Wilson 31'3"
M. Hendrickson 28'11 3/4", T. Commer 23'

Discus: Ridgewood: 4 Hackensack: 5
1-V. Crenshaw (H) 149'3" 2-Chris Wolfstirn (R) 127'3" 3-Neal Kovach (R) 126'0"
Others: B. Mercer 116'0" M. LaFleur 105'1" M. Monfred 102'1 1/2"
M. Flicker 99'3 1/2" J. Miller 82'2" B. Lynch 70'4" M. Hendrickson 69'1"
B. Wilson 60'1" T. Commer F

Pole Vault: Ridgewood: 5 Hackensack: 4
1-Gabe Knutson (R) 12'6" 2-Cohen (H) 12'0" 3-Straughten (H) 11'0"
Others: C. Jensen 10'0" P. Kovach 9'0" A. Weiss 8'11"

4x400m: Ridgewood: 0 Hackensack: 5
1-Hackensack 3:29.2 2-Ridgewood 3:32.9
(D. Sampson 52.6, A. Zamir 53.5, O. Onwubu 53.5, B. Williams 53.2)

Comments:

Athletes of the Meet:

Chris Wolfstirn and Neal Kovach: Big PR in both shot and discus

BOYS TRACK

Cliffside Park 88, Englewood 42
Eastside 71, St. Joseph 51
Fort Lee 79, River Dell 60
Fort Lee 106, Dumont 34
Hackensack 94, Ridgewood 37
Hackensack 93, Ridgewood 38
Lakeland 81, Millburn 50
North Arlington 104, St. Mary's 17
Pompton Lakes 69, Pequannock 57
River Dell 103, Dumont 37
Rutherford 81, Ridgefield Park 59
Tenafly 93, Ridgefield Park 47
Tenafly 91 1/2, Rutherford 48 1/2
Westwood 109, Englewood 30
Westwood 90, Cliffside Park 50
Wood-Ridge 119, St. Mary's 17
Wood-Ridge 100, North Arlington 40

GIRLS TRACK

Hackensack 73, Ridgewood 49
North Arlington 105 1/2, St. Mary's 14 1/2
North Arlington 69, Wood-Ridge 62
Ridgefield Park 74, Rutherford 69
Tenafly 112, Ridgefield Park 32
Tenafly 117, Rutherford 29
Westwood 104, Englewood 41
Westwood 124, Cliffside Park 17

TRACK BESTS

BOYS

100M (11.3) - Patel Whyte, Hackensack, 11.0; Matt Whyte, Waldwick, 11.0; Tim Rehm, Waldwick, 11.1; Brian Horton, Hackensack, 11.3.
200M (23.5) - Ulysses Encarnacion, Ridgefield Park, 23.1; Anthony Johnson, Eastside, 23.2; Whyte, 23.2; Rameik Jackson, Westwood, 23.2; Whyte, 23.3; Ilya Pashantsev, Fort Lee, 23.3; Raheem Jackson, Westwood, 23.5.
400M (53.5) - Whyte, 51.4; Greg Corcoran, Ridgewood, 51.6; Rob Rebela, Westwood, 52.5; Josh Simmons, Hackensack, 52.6; Byron Williams, Ridgewood, 52.7; Ivan King, Eastside, 53.3; Rehm, 53.3.
800M (2:05) - Elvis Cole, Hackensack, 1:58.4; Ari Zamir, Ridgewood, 1:58.9; Rodolfo Crispin, Ridgewood, 2:01.3; Greg Horn, River Dell, 2:05; Doug Sampson, Ridgewood, 2:05.
1,600M (4:40) - Erik Nygaard, Ridgewood, 4:34.4; Dave Maher, Ridgewood, 4:37.5; Kyle Engelken, Ridgewood, 4:38.5; Mike Cator, Ridgewood, 4:40.0.
110M HH (16.2) - Johnson, 14.6; Dan Oquendo, Hackensack, 15.2; David Dennis, Hackensack, 15.2; Jean Bellour, Hackensack, 15.3.
400M IH (60.0) - Cole, 56.2; Dennis, 57.2; Horn, 57.6; Corcoran, 59.3; Mark Hanulak, Hackensack, 59.3; Randy Lambert, Tenafly, 59.7; Mamo Arima, River Dell, 59.7; Mark Waldmann, Fort Lee, 59.9.
1 mile or 1,600M relay (3:40) - Hackensack, 3:29.2; Ridgewood (Sampson, Zamir, Onwubu, Williams), 3:32.8; River Dell, 3:40.
Long jump (19-6) - Johnson, 21-4; Eastside, 20-2 1/2; Toby Osuky, Lakeland, 20-1; Dennis, 19-8 1/2.
Triple jump (39-6) - Dennis, 42-7; Johnson, 42-5 1/2; Webb, 41 1/4; Brian Voorhis, River Dell, 41-0; Gabe Knutson, Ridgewood, 40-4 1/2; James Grossos, Fort Lee, 40-3; Mathis, 40-2 1/2.
High jump (5-10) - Marcus Baham, Englewood, 6-0; Bellour, 6-0; Brandon Woodward, Pompton Lakes, 5-10; Osuky, 5-10; Ed Cabo, Hackensack, 5-10; Oquendo, 5-10.
Pole vault (11-6) - Knutson, 12-6; Stuart Cohen, Hackensack, 12-0; Steve Triamiano, Lakeland, 11-6; Patrick Wall, Tenafly, 11-6.
Discus (135) - Vaughn Crenshaw, Hackensack, 149.3; Jimmy Markowicz, Pompton Lakes, 140-4.
Javelin (160) - Paul Rosiak, Wood-Ridge, 178-6; Matt Gumowski, Wood-Ridge, 169; Anthony Immediate, Rutherford, 167-4.
Shot put (46) - Deno Crooks, Hackensack, 50-2; Crenshaw, 49-3; Rodney Mann, Lakeland, 48-2 1/4; Chris Wolfstirn, Ridgewood, 46-7 1/4; Corotos, River Dell, 46-2 1/4.

GIRLS

100M (13.2) - Consandria Walker, Hackensack, 12.3; Cheryl Anscombe, Westwood, 12.7; Kresja, Ridgewood, 12.8; Alana Casner, Tenafly, 12.8; Miri Adjekum, Ridgefield Park, 12.9; Korrine Dawkins, Englewood, 13.0; Judy Wong, Wood-Ridge, 13.1; McGowan, Ridgewood, 13.2.
200M (27.5) - Anscombe, 25.8; Walker, 25.9; Adjekum, 27.0.
400M (64.0) - Julia Emanuel, Tenafly, 60.3; Anscombe, 61.5; Kresja, 61.7; Monet Simmons, Hackensack, 63.0; Tara McVey, Hackensack, 63.9.
800M (2:32) - Shanleka Bernard, Hackensack, 2:29.9; Meggie Sullivan, Tenafly, 2:32.
1,600M (5:50) - Bernard, 5:32.9; Allison Weinberg, Tenafly, 5:39; Terrin, Ridgewood, 5:40; Denise Scarfi, Westwood, 5:40.5; Mangam, Ridgewood, 5:42.8; Kerl Barry, Cliffside Park, 5:43.
3,200M (12:45) - Emanuel, 12:08; Bernard, 12:20; O'Connell, Ridgewood, 12:22.
100M HH (17.2) - Chelsea Townes, Hackensack, 15.4; Kristen Webb, North Arlington, 16.5; Brittanla Frazier, Hackensack, 17.0.
400M IH (71.0) - Frazier, 70.2; Townes, 70.4.
1 mile or 1,600M relay (4:30) - Ridgewood, 4:16.6; Hackensack, 4:18.6; Tenafly (Adar Finkel, Sara Bae, Niki Tataro, Weinberg), 4:21; Rutherford, 4:25.3.
Long jump (15-0) - McGowan, 16-5; Tanayah Bruce, Hackensack, 15-4; Walker, 15-3.
Triple jump (31-0) - McGowan, 35-3; Sheena Stachan, Englewood, 33-10; Townes, 33-1; Brittany Zalinski, Wood-Ridge, 31-8; Frazier, 31-1.
High jump (4-10) - Townes, 5-0; Hyslop, Ridgewood, 4-10;
Pole vault (6-6) - Evan Borgman, Ridgewood, 9-0; Jessica Hutton, Ridgefield Park, 8-6; Neill, Ridgewood, 7-6; Katherine Serpa, Hackensack, 7-0; Heather Shaw, Tenafly, 6-6; Alyssa Park, Tenafly, 6-6; Hanoka Kawakami, Tenafly, 6-6; Brittany Ella, Tenafly, 6-6.
Discus (90) - Nicole Robinson, Hackensack, 93-0; S. Panak, Ridgewood, 91-9; Neda Mohebbi, Tenafly, 91-3.
Javelin (93) - Brynn Rosser, Hackensack, 108-11; Weinberg, 106-5.
Shot put (31) - Bridget Kenny, Ridgefield Park, 37-8; Robinson, 32-0.

TRACK REPORT

Bosco shooting for the County

strong in sprints, distance, jumps

GREGORY SCHUTTA

STAFF WRITER

Don't look now, but here comes Don Bosco.

The Ironmen have spent much of the season competing at out-of-area meets and again will be out of town this weekend. But they definitely have their sights focused on some local prizes in the coming weeks.

"We're aiming pretty hard at the County Relays [May 14, 16-17]," said first-year coach Rob DeCarlo. "We got beat in the [County] Relays by Hackensack, but we're hoping to make things very competitive in Group 4."

BOYS NOTEBOOK

The Ironmen had the best time among all teams in the Penn Relays 1,600, despite running without sophomore speedster Michael Ray Garvin, who sat out two weeks due to a non-track issue but has since returned. Brian Toal joined Ron Byrne, Tim Byrne, and Eric Brown to run 3:47.

Sean Swift and Peter Gerboth have led Bosco distance runners while Tyler Palumbo has been strong in the jumps.

"I think Sean is one of the best distance runners in the area," DeCarlo said. "He goes anywhere from 400 to the two mile. He just held off Clifton's Paul Korczewski in the mile in 4:32, and we're going to get him down to 4:20."

Gerboth has been under 10 minutes in the two mile, and Palumbo, after putting in extra work to bulk up for football, has cleared 43 feet in the triple jump and is consistently over 20 feet in the long jump.

DeCarlo has been an all-around star, winning 10.9 seconds in the 100 while throwing more than 53 feet in the shot.



MEL EVANS/STAFF PHOTOGRAPHER

The return of sophomore sprinter Michael Ray Garvin has made the Don Bosco track team even stronger.

THE TOP 20

Boys

1. Hackensack — The Comets rule the roost for the third week in a row.

2. Glen Rock — Rob Grammer ran a 50.2 second split in his leg of the Penn Relays 1,600 despite being jostled at the exchange.

3. Don Bosco — The Ironmen posted the top time of any local team in the Penn Relays 1,600.

4. Ridgewood — The Maroons finished third in their heat in the Penn Relays 1,600.

5. West Milford — The Highlanders' depth will make them hard to beat in Passaic County.

6. NV/Old Tappan — The Knights downed Wayne Hills in a dual, but fell short of the top 5.

7. Kennedy — The Knights move up after a dual-meet victory over Bergen Catholic.

8. Wayne Hills — The Patriots set a school record with a time of 43.62 seconds in the Penn Relays 400.

9. River Dell — Greg Horn finished 16th in the Penn Relays 400 meter championship and helped the Golden Hawks win a heat for the first time in the 1,600.

10. Northern Highlands — The Highlanders beat Indian Hills and jumped into the top 10.

11. Passaic — The Indians hold steady just shy of the top 10.

12. Saddle Brook — The Falcons will have to find a way to cope without sprinter Lucas Cuellar.

13. NV/Demarest — The Norsemen slip after a 30-point loss to Ramapo.

14. Pascack Hills — The Cowboys won Mahwah Relays and beat powerful Ramsey in a dual.

15. Garfield — The Boilermakers hold their place in the top 15.

16. Palisades Park — The Tiger move up after a 30-point victory over Bergen Tech.

17. Clifton — The Mustangs didn't have enough to match Don Bosco in a dual this week.

18. Ramsey — The Rams will look to bounce back in Saturday's County Seat Invitational.

19. Bergen Tech — The Knights fell to Palisades Park but still have the fastest time in Bergen in the 1,600 this year.

20. Westwood — The Cardinals drop a spot, but retain a tight grip on the Top 20.

Bernardsville Invitational**May 3rd****Shot Put:**

Neal Kovach	43'3/4"
Chris Wolfstirn	42'11"

Discus:

Chris Wolfstirn	118'2"
Neal Kovach	113'7"

Javelin

Adam Whitelaw	177'8"	3 rd Place	PR by 20+ feet!!!
Anthony Halwagy	143'5"	PR!!!	

High Jump:

Bernard Mann	6'4"	5 th Place
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Long Jump:

Bernard Mann	20'11"	2 nd Place	PR!!!
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County Seat Meet @ Wayne Hill

May 3rd

1600m: Frosh: C. Magrath 5:23.8 Novice: A Baumgardner 5:49.7

4x200m:

Frosh: B. Clementi 28.3, J. Chamoun 27.8, J. Moody 25.7, J. Nagano 26.3 1:47.9

Novice: C. Anderson 29.3, T. Insley 29.7, A. Weiss 27.6, A. Suh 30.3 1:56.7

800m: Frosh: S. Pierce 2:20.8, M. Lam 2:30.4, T. Jenssen 2:31.3

Novice: B. Scott 2:39.7

400mIH: J. Nagano 65.1 – 1st Place J. Moody 69.8 – 4th Place (*ran through line*)

4x400m: S. Pierce 60.6, T. Jenssen 61.8, P. Kovach 59.6, B. Williams 53.9

Frosh: 3:56.2 – 1st Place

3200m: M. Cator 9:58.5 – 2nd Place

110HH: Frosh: J. Nagano 18.0 / 18.0 – 1st Place J. Moody 18.6 / 18.7 – 4th Place

J. Chamoun 20.1

100m: Frosh: F. Nestor 14.2, J. Casey 14.9

Novice: A. Suh 13.8

Varsity: J. Chu 11.9

400m: O. Onwubu 56.1 E. Yeaw 56.4

1600m: M. Cator 4:44.4

200m: E. Yeaw 24.3 - 5th Place

400IH: E. Yeaw 62.3 – 5th Place

800m: B. Williams 2:05.8 – 1st Place

Javelin: Frosh: S. Pierce – 2nd Place

Novice: A. Suh 80'

Long Jump: Frosh: B. Clementi 15'1 – 6th Place F. Nestor 12'6" J. Casey 12'3"

Triple Jump:

Frosh: J. Casey 36'?? – 2nd Place B. Clementi 34'10" – 6th Place F. Nestor 28'3"

Pole Vault: C. Jensen 10'0" P. Kovach 9'0" A. Weiss 8'6"

By Matt Potter
Staff Writer

RIDGEWOOD — Gearing up for yesterday's big clash with Hackensack, the Ridgewood High School track teams kept themselves sharp earlier in the week with a dual meet against Belleville on Tuesday.

At times, the day felt more like a training event than a competitive meet, with the Buccaneers bringing with them only a small group of athletes and no performers at all in some events.

Many of Ridgewood's stars did not take part in the meet, but the standard was good among those who did, and the two Maroon coaches took the opportunity to mix things up, trying runners in different events and giving a chance to athletes who have seen little action this year.

"Belleville really doesn't compete in our league in any sport, and this is one of those that we just have to get through," said girls coach Jacob E. "On one level, it's not good, but on another, it's nice that different kids get an opportunity to win."

There were some positive performances, with Rebecca Wells winning for the first time in the 400-meter intermediate hurdles, which is an unfamiliar event for her. Krista Rynkowski also turned in a good display, winning the mile by a large margin.

Of the sprinters, Loni Caldwell took victory in the 100 meters after freshman Jessica Kresja stepped up to the 800 meters, which she won.

For the boys, the most impressive athlete was senior Anthony Halwagy, who won the 100- and 200-meter runs and the long jump as well as anchoring home the victorious 4x400-meter relay team.

"Anthony is a senior who has been giving us good leadership," said boys coach Josh Saladino. "It was only his second time competing in the long jump."

Freshman Mike Cator recorded personal bests in the 1,600 meters (4:39.5) and 3,200 meters (10:16.6).

"Mike has been doing a really nice

job for us, and he's starting to reap the rewards of all the hard work he's been doing with our distance group," Saladino said.

Other good performances for Ridgewood came from Dave Maher in the 800 meters (2:05), Bernard Mann in the high jump (6 feet, 4 inches) and Gabe Knutson in the pole vault (11 feet, 6 inches).

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Track schedule

May 4 — Bernardsville
Spring Invitational

May 9-10 — NNJIL Championships

May 16 and 18 — County
Championships

May 22-23 — State-Sectional
Championships

May 27 — Bergen Meet of
Champions

May 30-31 — State Championships

SPORTS RHS track teams warm up for Hackensack with Belleville meet

5/2



With an official indicating two laps to go, Ridgewood sophomore Krista Rynkowski cruises along on her 1600-meter victory voyage on a pleasant Tuesday afternoon against Belleville. "Krista is one of our 800 (meter) kids, but I wanted to see how she performed in a longer race," said Jacob Brown, Ridgewood's girls track coach.



Ridgewood freshman John Moody forges ahead in the 110-meter high hurdles on Tuesday.



STAFF PHOTOS/GARY JUNG

In the 100-meter hurdles against Belleville on Tuesday, Ridgewood senior Courtney O'Neill, one of the Maroons' team captains, pulls into the lead. She won the race.

Cooper in line for coach award

RIDGEWOOD — Ridgewood High School assistant boys track coach Don Cooper was waiting to hear yesterday whether he was one of 500 winners of an American Family Life Assurance Company (AFLAC) Assistant Coach of the Year Award.

The school nominated Cooper for the accolade, which seeks to recognize the unsung heroes of American team sports. Thousands of nominations have been received.

A blue-ribbon panel of top prep sportswriters was responsible for the final selections, and winners were chosen according to a list of criteria, including longevity, knowledge, long-term successes, special contributions to the school and community and overcoming obstacles.

"AFLAC has always supported athletics at all levels," said AFLAC senior vice president Joe Kuechenmeister. "We are delighted with this opportunity to recognize amazing contributions from assistant high school and college coaches who are among the true heroes of sport."



Ridgewood sophomore Mat Flicker prepares to hoist the shot put.

Clifton clicks in 1,600 relay

Mustangs find right combo

By GREGORY SCHUTTA
STAFF WRITER

TRACK BERNARDS MEET

BERNARDSVILLE - Luke Featherston could hear the footsteps but kept on running.

Kenny Stoute saw the shadows. "But there was no way I was going to let anybody by," Stoute said.

Running for the first time ever as a team, Clifton shook off a bad handoff to finish in 3:29.7 and beat a strong field in the 1,600-meter relay at the Bernards Invitational on Saturday.

"This is huge," leadoff man Brian Schaab said. "We're running for the first time together, and we go out and win a stacked relay. I'm curious to see how fast we can go."

Schaab and No. 2 Sammy Qassis had always been a part of the relay, but Stoute, mainly a hurdler and pole vaulter, and Featherston were just recently added.

"We never even knew Featherston could run a 400," Qassis said.

But the group proved itself Saturday, coming from last place after mishandling the first handoff to win its first race as a relay team. Stoute, who already had cleared 13 feet to win the pole vault and finished second in the intermediate hurdles (56.7), ran the anchor leg in 51.1 seconds for the win.

"This is just the way our relay team has evolved over the course of the season, and they did a good job," Clifton coach John Pontes said. "They came down here hoping to get a medal. I don't think they ever expected to get the medal."

Mohamed Khadraoui of Kennedy and Meghan Gaffney of Pompton Lakes also came away with the medal, setting themselves up for the league, County, and sectional meets that are looming in the next few weeks.

Gaffney made easy work of the 600, finishing well ahead of the field in 5:13.8 to break 5:20 for the first time this season.

"I was much happier with this time," said Gaffney, who finished just two seconds off her personal best. "In the beginning of the season, I wasn't anywhere near my

best. But I've been getting in more races and doing more speed workouts, and I think this is just one more step to getting me ready for championship season."

Khadraoui is more than ready for the championship season if his performance in the boys 3,200 is any indication. The sophomore won the event going away in 9:31.7. Clifton's Paul Kornaszewski finished second in 9:42.7.

"I want that third piece of the triple crown," said Khadraoui, who already has won the State Meet of Champions in both cross-country and the indoor 3,200 this year. "That would be incredible."

Khadraoui, who has run the 3,200 in 9:12, said he hopes to get his time under nine minutes by the middle of June. He is spending most of his training time trying to build up his speed.

Ridgewood's Bernard Mann placed in two events for the Maroons, jumping 20 feet, 9 inches to finish second in the long jump and clearing 6-4 to finish fifth in the high jump. Teammate Adam Whitelaw finished third in the javelin with a throw of 177 feet, 8 inches.

Passaic's Richard Russell finished third in the discus (156-4) and fifth in the shot put (50-5). Ramapo's Jon Cheifitz cleared 12-6 to finish third in the pole vault while Pascack Valley's Adam Sacher tied for fourth at 12 feet.

The Teaneck girls had a strong showing, placing in five events. Hurdler Michelle Smith led the way, finishing third in the high hurdles (15.2) and fifth in the intermediate hurdles (1:08.1).

The Pascack Valley girls came away with three individual medals. Ava Scacchetti was third in the 400 (1:02.0) and Michelle Ribustello fifth in the high hurdles (16.9), while Jacklyn DeMais threw 103-5 to finish fourth in the javelin.

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BERNARDS TRACK AND FIELD INVITATIONAL

At Bernards High School, Bernardsville

BOYS

100 - 1. Adian Sanderson, Ewing 10.6; 2. Curt Ford, Piscataway 10.6; 3. Joe Porter, Franklin 10.7; 4. Andre Brown, Hamilton West 10.9; 5. Trini Flavaney, Sayreville 11.1; 6. Bowie Helm, Lawrenceville 11.2.

200 - 1. Adian Sanderson, Ewing 21.2; 2. Joe Porter, Franklin 21.3; 3. Curt Ford, Piscataway 22.0; 4. Ky Scott, Teaneck 22.4; 5. Joey Mastrangelo, West Windsor-South Plainfield 22.4; 6. Filbert McCullan, West Windsor-South Plainfield 22.8.

400 - 1. Lance Wigfall, East Orange Campus 46.8; 2. Aidan Sanderson, Ewing 47.2; 3. Fitz-Hubert Reynolds, Bayonne 50.8; 4. Hayrol Cruz, Passaic 51.3; 5. Matt Bonelli, Pingry 52.9.

800 - 1. Greg Gomez, Franklin 1:56.1; 2. Kyle Eckman, Bridgewater-Raritan 1:57.3; 3. Roman Zhmurenka, Bayonne 1:59.0; 4. Jerry Boucicaut, Kennedy 1:59.7; 5. Gavin Donaghy, Lawrenceville 2:00.7; 6. John Hoffman, Franklin 2:01.1.

1,600 - 1. Josh Davis, Phillipsburg 4:26.9; 2. Nate Huddell, Bound Brook 4:27.1; 3. Mike Zecca, Bridgewater-Raritan 4:29.5; 4. Jeff Herbert, Somerville 4:32.9; 5. Kyle Cacchini, Bridgewater-Raritan 4:33.9; 6. Mike St. George, Manalapan 4:35.9.

3,200 - 1. Mohamed Khadraoui, Kennedy 9:31.7; 2. Paul Kornaszewski, Clifton 9:42.7; 3. Gerard Ganey, Ridge 9:46.2; 4. Evan Geilich, Bernards 9:47.5; 5. Keith Gruchacz, Bridgewater-Raritan 9:50.3; 6. Kavan Desai, Manalapan 9:55.6.

400 relay - 1. Franklin (Jeff Porter, Simuel Johnson, Walter Virgil, Ken Porter) 42.6; 2. Piscataway 43.5; 3. West Windsor-Plainsboro South 44.1; TIE 4. Teaneck 45.2; 4. South Brunswick 45.2.

1,600 relay - 1. Clifton (Brian Schaab, Sammy Qassis, Lucaya Featherston, Ken Stoute) 3:29.7; 2. West Windsor North, 3:29.9; 3. Piscataway 3:31.1; 4. Phillipsburg 3:31.7; 5. Teaneck 3:32.0.

110 high hurdles - 1. Aaron Whitehurst, Lawrenceville 14.0; 2. Jamil McClintock, Pingry 14.1; 3. Louis Brunson, Ewing 14.8; 4. Branson Mason, Phillipsburg 15.1; 5. Simuel Johnson, Franklin 15.1.

400 intermediate hurdles - 1. Fitz-Hubert Reynolds, Bayonne 54.7; 2. Ken Stoute, Clifton 56.7; 3. Justin Gaymon, Phillipsburg 56.9; 4. Bobby St. Juste, Ewing 57.6; 5. Jason Bradley, Somerville 58.6.

Shot put - 1. Ian Reynolds, Lawrenceville 57-10; 2. John Langhauser, Ridge 54-1 1/4; 3. Steve DiGiorgio, Bayonne 53-9; 4. Glenn Cain, Ewing 52-7; 5. Richard Russell, Passaic 50-5; 6.

Steve Adams, Lawrenceville 49-3.

Discus - 1. Chris Brandein, Manalapan 178-9; 2. Doug Beck, Somerville 158-2; 3. Richard Russell, Passaic 156-4; 4. Yemi Ayeni, South Brunswick 154-0; 5. Luke Steepy, South Brunswick 150-10; 6. Joe Kircken, Manalapan, 146-6.

Javelin - 1. David Rout, Hopewell Valley 187-7; 2. Ian Reynolds, Lawrenceville 180-0; 3. Adam Whitelaw, Ridgewood 177-8; 4. Matt Bodak, Sayreville 173-9; 5. Steve Aich, Sayreville 171-8.

High jump - 1. Kyle Calvo, Somerville 6-8; 2. Aaron Whitehurst, Lawrenceville 6-6; 3. Guy Jackson, North Brunswick 6-4; 4. Shamel Smith, Bloomfield 6-4; 5. Bernard Mann, Ridgewood 6-4; 6. Whit Miller, Lawrenceville 6-2.

Long jump - 1. Kyle Calvo, Somerville 21-1; 2. Bernard Mann, Ridgewood 20-9; 3. Lance Melvin, Bridgewater-Raritan 20-5 1/2; 4. Darriell Serrano, Franklin 20-3 3/4; 5. Joe Fernandez, Watchung Hills 20-0; 6. James Ivey, South Brunswick 19-11.

Pole vault - 1. Ken Stoute, Clifton 13-0; 2. Greg Gomez, Franklin 13-0; 3. Jon Cheifitz, Ramapo 12-6; TIE 4. Adam Sacher, Pascack Valley 12-0; 4. Fife Bentley, Lawrenceville 12-0; 6. Jamie Stanley, Ridge 12-0.

STAFF

100 - 1. Jenna Harris, Franklin 11.8; 2. Tonesha Friday, Franklin 12.1; 3. Shannon Braxton, Franklin 12.3; 4. Quiyana Johnson, Piscataway 12.4; 5. Kara Musso, Ridge 12.9; 6. Denise Thompson, South Brunswick 12.9.

200 - 1. Jenna Harris, Franklin 24.2; 2. Lauren Broadnax, South Brunswick 25.1; 3. Shannon Braxton, Franklin 25.2; 4. Toneisha Friday, Franklin 25.6; 5. Quiyana Johnson, Piscataway 26.5; 6. Monica Rodriguez, Watchung Hills 27.3.

400 - 1. Aishlinn O'Callaghan, Lawrenceville 59.2; 2. Michelle Losey, Piscataway 59.3; 3. Mary Pratt, Ridge 1:00.0; 4. Ava Scacchetti, Pascack Valley 1:02.0; 5. Toni Thompson, Piscataway 1:02.3; 6. Megan Pardi, Pingry 1:03.1.

800 - 1. Alexe Smith, Lawrenceville 2:18.1; 2. Awinna Martinez, Passaic, 2:20.2; 3. Lauren Kopecki, Watchung Hills 2:25.1; 4. Vanirda Mejia, Passaic 2:26.3; 5. Katie Suchow, Pingry 2:31.0; 6. Collene Cumberbatch, Piscataway 2:31.8.

1,600 - 1. Meghan Gaffney, Pompton Lakes 5:13.8; 2. Grace DeMarrais, Bernards 5:27.0; 3. Michelle Livres, Bridgewater, 5:33.0; 4. Brittney Miller, Delaware Valley 5:39.6; 5. Katrina Roi, Ridge 5:49.6; 6. Kaitlin Beckert, Watchung Hills 5:59.2.

3,200 - 1. Amanda Smith, Pingry 11:19.9;

PV's Mizzone sets 3,200 record

By PAUL SCHWARTZ
STAFF WRITER

WAYNE - Jesse Mizzone wasn't planning to run in a major meet this weekend, instead continuing to train for the Northern Hills championships next Friday and Saturday at Wayne Valley and meets down the road for Passaic County and New Jersey honors.

TRACK COUNTY SEAT INVITATIONAL

But the Passaic Valley senior, headed for Boston College next fall, decided to enter the 3,200-meter run at the County Seat Invitational Saturday, and the result was a stunning performance.

Mizzone, running like a human metronome, spun off a series of 80- and 81-second laps en route to a meet-record 10:44.8, finally breaking the elusive 11-minute barrier outdoors and placing herself squarely back in the State picture in the distance event.

"I wanted to try and run even splits today when I decided to run," said Mizzone, who took more than 15 seconds off her personal best of 11:00.47 set as a sophomore in 2001. "I just wanted to break 11 minutes, and I'm surprised I ran 10:45. I'm excited about that."

Only Jen Van Horn (10:39.5 in taking third in the 1985 State Meet of Champions) and Beth Crenshaw (10:42.11 in winning the 1995 States), both of Wayne Valley, have bettered



TARIQ ZEHAWI/STAFF PHOTOGRAPHER

Hackensack's Chelsea Townes tied a school record by winning the 100 hurdles in 14.7.

Mizzone's performance in Passaic County.

Mizzone's performance was one of several sensational individual efforts in the first major individual meet of the year.

Mike Pruzinsky of Wayne Hills set a Passaic County hand-timed record in the 100 meters, running a sizzling 10.4 to hold off North Bergen star sophomore Kevin Thompson, an All-North Jersey sprinter last year. That time, along with the girls meet record 11.9 100 run by Anike Otimogunje of Queen of Peace, was helped considerably by a tailwind.

"Coach [Ray Riker] wanted to run the 100 and 400," said Pruzinsky, who won the 400, just five minutes after winning the 100, in a pedestrian 51.3 as fatigue set in on the final turn. "He wanted to push me as hard as he could to see what I had."

"The last time I tried this, I did it with Joe

Mendel [in 1999]. He struggled in the 400, too, but went on to win the State championship," said Riker, whose team won the A Division title, 88-84, over Hackensack. "I think Mike's going to have a great month and be ready at the end of the year to do some impressive things."

Saddle Brook edged Cresskill, 65½-60, for the B title. Wayne Valley easily beat Hackensack, 85-62, for the girls title, with Saddle Brook edging Indian Hills, 42-39½, for the Girls B crown.

Jeff Young of Wayne Valley tied the meet record and his own Passaic County pole vault record with a vault of 14 feet and, despite three tries at 14-6 that were not close, looks to be very close to a major breakthrough.

"His 14-foot vault might have been good at 15 feet," said Wayne Valley coach Doug Flower. "He's had some great vaults, and all he needs to do is get some repetitions and he's going to have some great results."

David Dennis of Hackensack had a career-best 21-7½ long jump and also tripled 43-8 to lead the No. 1 Comets, who like most teams were missing athletes taking the SAT exams. Chelsea Townes of Hackensack tied a school record in the 100 hurdles, running 14.7, becoming just the 12th Bergen girl to run the race that fast.

Greg Olsen of Wayne Hills finally had a breakthrough throw of 55-9½ in the shot put, just 17½ inches short of the 35-year-old school record of 57-3 set by Karl Harz.

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5/4

COUNTY SEAT TRACK AND FIELD INVITATIONAL

VARSITY BOYS A TEAM SCORES

Wayne Hills (WH) 88, Hackensack (H) 84, Bergen Tech (BT) 51, Memorial (M) 46, Northern Valley at Old Tappan (OT) 34, West Milford (WM) 33, Wayne Valley (WV) 28, Ridgewood (RW) and Passaic Valley (PV) 22; Northern Valley at Demarest (Dem) and Fair Lawn (FL) 17, Paramus (P) and Ramapo (Ra) 11, North Bergen (NB) 8, Paramus Catholic (PC) 6, Cliffside Park (CP) 2.

100 — 1. Mike Pruzinsky (WH), 10.4 (record, old record, 10.5 by Joe Dawkins, Hackensack, 1995); 2. Kevin Thompson (NB), 10.6; 3. Tarant Anderson (BT), 10.9; 4. Anthony Cline (PC), 11.1; 5. Davon Smart (H), 11.2; 6. Fausto Reynoso (M), 11.3.

200 — 1. Patel Whyte (H), 22.5; 2. Chazz Lynn (WH), 22.7; 3. Tarant Anderson (BT), 22.8; 4. Fausto Reynoso (M), 23.3; 5. Ed Yeau (RW), 24.4; 6. Rick Stern (FL), 24.9.

400 — 1. Mike Pruzinsky (WH), 51.3; 2. Kevin Polizzotto (PV), 51.5; 3. Jon Reid (BT), 51.7; 4. Cory Ricart (WH), 52.4; 5. Caleb DeNegris (WH), 53.4; 6. Kwasi Mendoza (BT), 53.8.

800 — 1. Byron Williams (RW), 2:05.8; 2. Rich Kocalski (WV), 2:11.4; 3. Kyle Ax (P), 2:18.8. No other places.

1,600 — 1. Luis Capellan (M), 4:31.6; 2. Greg Weiss (WM), 4:35.5; 3. Scott Knacknubs (Ra), 4:37.3; 4. Sean Valdes (P), 4:40.4; 5. Mike Platt (WV), 4:42.1; 6. Kevin Walsh (BT), 4:42.3.

3,200 — 1. Silfredo Torres (M), 9:53.0; 2. Mike Cator (RW), 9:58.4; 3. James Sanchez (M), 10:00.0; 4. Dennis Rendon (M), 10:00.3; 5. Rudy Urena (CP), 10:03.0; 6. (P), Sean Valdes (P), 10:05.8.

110 HH — 1. Dah Oquendo (H), 14.8; 2. Mike Padula (PV), 15.1; 3. Andrew Kim (BT), 15.2; 4. Alex Ramirez (M), 16.4; 5. Mark Shaleef (PC), 17.2. No sixth.

400 IH — 1. Greg Weiss (WM), 57.9; 2. Andy Kim (BT), 59.3; 3. Bob Gamble (WM), 59.5; 4. Mark Hanulak (H), 1:00.1; 5. Ed Yeau (RW), 1:01.8; 6. Alex Ramirez (Mem), 1:02.7.

Shot put — 1. Greg Olsen (WH), 55-9 1/2; 2. Scott Emerson (FL), 48-7 3/4; 4. Joe Carley (OT), 47-9 1/2; 4. Deno Crooks (H), 45-11; 5. Willie Wilson (WR), 45-6 1/4; 6. Vaughn Crenshaw (H), 41-2 3/4.

Discus — 1. Bert Sisco (WH), 148-5; 2. Vaughn Crenshaw (H), 141-5; 3. Gary Peluso (FL), 135-3; 4. Joe Carley (OT), 125-5; 5. Steve Garrini (FL), 117-5; 6. Deno Crooks (H), 112-9.

Javelin — 1. Greg Olsen (WH), 170-2; 2. Dan Woods (Dem), 151-4; 3. Maykel Cotrina (M), 146-6; 4. Dan Scillier (WH), 145-5; 5. James Woods (Dem), 137-4; 6. Dave Vacca (WH), n.d.

High jump — 1. Tie between Dan Kiely (OT) and Jean Beljour (H), 6-0; 3. Tie between Pat Heenehan (Ra) and Eddy Cabo (H), 5-8; 5. Andrew Bucci (WH), 5-6. No sixth.

Long jump — 1. David Dennis (H), 21-7 1/2; 2. Jeff Young (WV), 20-4; 3. Leslie Bonsu (BT), 20-3; 4. Dan Oquendo (H), 20-2 1/2; 5. Chris Woodford (OT), 20-2; 6. Tim Lawrence (WM), 19-2 1/2.

Triple jump — 1. David Dennis (H), 43-8; 2. Dallas Lynch (WH), 41-10 1/2; 3. Shawn Halsey (OT), 41-8 1/2; 4. Brian Horton (H), 41-8 1/4; 5. Alex Adler (OT), 41-3 1/4; 6. Leslie Bonsu (BT), 39-2 3/4.

Pole vault — 1. Jeff Young (WV), 14-0 (ties meet record set by Ryoto Uetani, Northern Valley at Demarest, 1995); 2. Jeff Gunther (WM), 12-6; 3. Tie between Allick Eckrieyer (OT) and Dan Woods (Dem), 11-6; 5. James Woods (Dem), 11-6; 6. David Cirigliano (WH), 11-0.

1,600 — 1. Bergen Tech (Kwasi Mendoza, Andrew Drysdale, Justyn Davis, Jon R), 3:30.0; 2. Wayne Hills, 3:37.2; 3. Passaic Valley, 3:46.9. No other places.

VARSITY BOYS B TEAM SCORES

Saddle Brook (SB) 65 1/2, Cresskill (Cr) 60, Mahwah (Mah) 53 1/2, Indian Hills

(IH) 49, Palisades Park (PP) 42, Park Ridge (PR) 37, Wood-Ridge (WR) 34, Rutherford (Ru) 32, Englewood (E) 28, Manchester (Man) 21, Ridgefield Park (RP) and Becton (B) 20 1/2, Waldwick (W) 14, Queen of Peace (QP) 12.

100 — 1. Ulysses Encarnacion (RP), 11.1; 2. Jesse Dluhy (SB), 11.3; 3. Joe Frangipane (SB), 11.5; 4. Filondo Pinnock (Man), 11.7; 5. John Hirsch (IH), 11.8; 6. Rahon Ghupej (Man), 11.8.

200 — 1. Matt St. Germain (QP), 22.7; 2. Eski Davis (Mah), 23.5; 3. Jesse Dluhy (SB), 23.6; 4. Ronnie Langston (E), 23.7; 5. Matt Whyte (W), 23.7; 6. Tie between Ulysses Encarnacion (RP) and Fred Owusu (B), 23.7.

400 — 1. Daquan Huffin (PP), 51.6; 2. Tim Rehm (W), 52.3; 3. Ronnie Langston (E), 52.8; 4. Eski Davis (Mah), 54.2; 5. Addison Jarvis (QP), 54.3; 6. Billy Oakley (WR), 54.6.

800 — 1. Matt Filandro (IH), 2:00.4; 2. Jesse Ortiz (Man), 2:01.4; 3. Elan Goldwasser (IH), 2:03.1; 4. Bobby Bloor (Ru), 2:06.6; 5. Matt Magnifico (B), 2:08.3; 6. Greg Vadala (Cr), 2:09.5.

1,600 — 1. Matt Klypka (IH), 4:35.3; 2. Aramy Cho (IH), 4:41.4; 3. Matt Magnifico (B), 4:43.2; 4. Tim Vroom (W), 4:49.9; 5. Mark Bradley (SB), 4:52.3; 6. Julio Villegas (PP), 4:54.2.

3,200 — 1. Sean Emmerling (PP), 10:16.0; 2. Steve Begley (Cr), 10:25.7; 3. Rob Kein (B), 10:31.6; 4. Bobby Bloor (Ru), 10:33.9; 5. Chris Deslittis (Ru), 11:02.1; 6. Brian White (SB), 11:05.6.

110 HH — 1. Justin Arak (Cr), 15.5; 2. Erik Nelson (Cr), 16.5; 3. Eric Pragdat (Mah), 17.2; 4. Julio Cardenas (RP), 17.8; 5. Mitsuki Uchimoto (Cr), 17.9. No sixth.

400 IH — 1. Daquan Huffin (PP), 58.9; 2. Ken Ebeling (Mah), 58.9; 3. Justin Arak (Cr), 59.0; 4. Erik Nelson (Cr), 1:01.9; 5. Eric Pragdat (Mah), 1:03.2; 6. Mitsuki Uchimoto (Cr), 1:03.5.

Shot put — 1. Anthony Maneri (SB), 49-4; 2. Paul Rosiak (WR), 49-1 1/2; 3. Joe Ciborowski (SB), 46-1 1/2; 4. Tom Helm (Mah), 44-11 3/4; 5. Rob Zerener (Cr), 43-7 3/4; 6. Ho Young Lim (WR), 43-7.

Discus — 1. Nick Rakov (Mah), 137-0; 2. Joe Ciborowski (SB), 133-3; 3. James Stathopoulos (Mah), 130-11; 4. Tom Helm (Mah), 129-9; 5. Dan Kroner (IH), 129-1; 6. Rich Lam (PP), 122-3.

Javelin — 1. Paul Rosiak (WR), 187-1; 2. Glenn Berry (Man), 171-9; 3. Dennis Slavik (Ru), 167-11; 4. Erik Nelson (Cr), 151-5; 5. Bob Napolitano (SB), 149-3; 6. John Gleason (PR), 149-0.

High jump — 1. Marcus Baham (E), 6-0; 2. Tom McCarthy (SB), 5-10; 3. Bekim Becat (Cr), 5-10; 4. Evan Crosby (E), 5-8; 5. Eric Nelson (Cr), 5-6; 6. Dan Muller (RP), 5-6.

Long jump — 1. Chris Franzese (PR), 20-3; 2. Joe Frangipane (SB), 19-4 1/2; 3. Frank Cadillo (WR), 18-4 1/2; 4. Billy Oakley (WR), 17-6 1/2; 5. Ulysses Encarnacion (RP), 17-2; 6. Juan Capote (RP), 16-4.

Triple jump — 1. Gavin Charlton (PP), 43-9; 2. John Gleason (PR), 40-3 1/2; 3. Anthony Cavallaro (Ru), 40-0 1/2; 4. Markus Baham (E), 39-8 1/2; 5. Garrett Kroner (IH), 39-8 1/4; 6. Ken Ebeling (Mah), 38-6 1/2.

Pole vault — 1. Ben Goldberg (Ru), 11-0; 2. Matt Frederick (PR), 11-0; 3. Takashi Iwai (Cr), 10-6; 4. Juan Copote (RP), 10-0; 5. Chris Cipriani (IH), 10-0; 6. Tie between Tim Berlike (Mah), and Mark Bradley (SB), 9-0.

1,600 relay — 1. Park Ridge, 3:39.8; 2. Indian Hills, 3:50.9; 3. Becton, 3:51.1; 4. Wood-Ridge, 4:00.8. No fifth or sixth.

VARSITY GIRLS TEAM SCORING

Wayne Valley (WV) 85, Hackensack (H) 62, Saddle Brook (SB) 42, Passaic Valley (PV) 40, Indian Hills (IH) 39 1/2, Ridgefield Park (RP) 38, Cresskill (Cr) 25, Wayne Hills (WH) 20, Memorial (M) 19, Englewood (E) 16, Pequannock (Pq) 14 1/2, Northern Valley/Old Tappan (OT)

14, Mahwah (Mah) 13, Paramus (P) 12, Wood-Ridge (WR) 11, Queen of Peace (QP) and Lodi (L) 10, Holy Angels (HA) and Park Ridge (PR) and Rutherford (Ru) 6, IHA and Fair Lawn (FL) 4, North Bergen (NB) 2.

100 — 1. Anike Orimogunje (QP), 11.9 (record, old record, 12.2 by Cassandra Grant, Passaic, 1991 and Carlene Cummings, Englewood, 1995); 2. Consandria Walker (H), 12.3; 3. Judy Wong (WR), 12.7; 4. Nadine Jaber (IH), 13.0; 5. Katie Robinson (WH), 13.4; 6. Brynn Rosser (H), 13.5.

200 — 1. Alison DiDomenico (PV), 26.3; 2. Mimi Adjekum (RP), 26.8; 3. Sheena Strachan (E), 27.0; 4. Ade Gbadamosi (E), 27.3; 5. Tie between Nadine Jaber (IH) and Brittany Bonney (WH), 27.6.

400 — 1. Alison DiDomenico (PV), 1:00.1; 2. Stephanie Herrick (WV), 1:02.1; 3. Alex Elkas (HA), 1:03.9; 4. Mallory Longfield (IH), 1:04.2; 5. Carolyn Weiss (Mah), 1:04.3; 6. Kimberley Melgar (M), 1:05.1.

800 — 1. Amy Clerich (WV), 2:24.8; 2. Alicia Henry (Cr), 2:27.9; 3. Jill Bourgholtzer (Mah), 2:30.2; 4. Ashley Bakelmun (WH), 2:31.4; 5. Judy Wong (WR), 2:33.2; 6. Dana Salonia (SB), 2:34.0.

1,600 — 1. Jesse Mizzone (PV), 5:15.5; 2. Jacqui Carroll (WV), 5:19.5; 3. Shanelka Bernard (H), 5:32.8; 4. Katie Brown (P), 5:34.6; 5. Kim Galvin (NB), 5:37.5; 6. Ashley Bakelmun (WH), 5:39.3.

3,200 — 1. Jesse Mizzone (PV), 10:44.8 (record, 11:04.6 BY Amy Kempf, Paramus, 1988); 2. Jacqui Carroll (WV), 11:40.3; 3. Shanelka Bernard (H), 11:45.6; 4. Liz Bissell (IH), 11:57.6; 5. Darlene Pekaar (SB), 12:17.2; 6. Katie Storbeck (WV), 12:33.7.

110 HH — 1. Chelsea Townes (H), 14.7; 2. Jazmine Fenlator (WV), 15.2; 3. Dana Salonia (SB), 15.8; 4. Laura Conte (WV), 15.9; 5. Jackie Kaminski (SB), 16.5; 6. Shannon Kozibroda (WR), 16.6.

400 IH — 1. LaVonne Ellerbe (WV), 1:06.7; 2. Stephanie Herrick (WV), 1:07.2; 3. Danielle Biancorosso (PR), 1:09.1; 4. Cassano (Pq), 1:10.4; 5. Dana Salonia (SB), 1:10.6; 6. Lori Stuart (SB), 1:10.9.

Shot put — 1. Alexis Demby (M), 35-8; 2. Andrea Cerbie (OT), 35-3 3/4; 3. Tiffany Phoenix (Cr), 33-1 3/4; 4. Ashley Ayers (Pq), 33-0 1/2; 5. Jessie Steinbelgie (IH), 33-0; 6. Nicole Robinson (H), 31-11 3/4.

Discus — 1. Tiffany Phoenix (Cr), 101-6; 2. Amanda Walker (WH), 99-9; 3. Andrea Cerbie (OT), 98-10; 4. Amanda Breslin (Mah), 97-4; 5. Alexis Demby (M), 96-7; 6. Nikki Jackowsky (Pq), 95-11.

Javelin — 1. Brynn Rosser (H), 118-2; 2. Courtney Reggo (Rf), 115-0; 3. Janire Lebron (M), 108-3; 4. Vikki Jackowsky (Pq), 101-5; 5. Allie Kelley (SB), 101-2; 6. Slobhan McGee (Pq), 93-3.

High jump — 1. Alyson Salvacion (L), 5-0; 2. Jessica Malacrida (P), 5-0; 3. Tie between Jackie Kaminski (SB), Erika Koop (RP) and Kristin Busher (IH), 4-10; 6. Tie between Jesse Steinbelgie (IH) and Karci Traisi (Pq), 4-8.

Long jump — 1. Jazmine Fenlator (WV), 17-2; 2. Jackie Kaminski (SB), 16-3 1/4; 3. Danielle Kroll (IH), 16-0 1/4; 4. Sheena Strachan (E), 15-9; 5. Judy Wong (WR), 15-8; 6. Erika Ostrove (Cr), 15-4.

Triple jump — 1. Danielle Kroll (IH), 34-10 1/2; 2. Consandria Walker (H), 34-10 1/2; 3. Jackie Kaminski (SB), 34-4; 4. Brittany Bonney (WH), 34-2; 5. Sheena Strachan (E), 34-0 1/2; 6. Mallory Longfield (IH), 33-1 3/4.

Pole vault — 1. Dana Migliorino (WV), 8-6; 2. Jessica Hatton (RP), 8-5; 3. Diane Zambrano (RP), 8-0; 4. Jessica Blenstock (FL), 7-6; 5. Katherine Serpa (H), 7-6; 6. Lauren Zaccane (Mah), 7-0.

1,600 relay — 1. Hackensack (Tara McVey, Britannia Frazier, Monet Simmons, Consandria Walker), 4:14.5; 2. Saddle Brook, 4:22.1; 3. Rutherford, 4:24.5; 4. IHA, 4:25.0. No fifth or sixth.

Ridgewood 96**St. Joe's 35****May 6, 2003****400 IH:** Ridgewood: 8 St. Joe's: 1

1-Evan Yeaw (R) 60.6 2-Joe Nagano (R) 64.8 3-C. Grant (SJ) 64.9

Others: J. Moody 69.5

100m: Ridgewood: 4 St. Joe's: 5

1-M. Flynn (SJ) 11.5 2-Anthony Halwagy (R) 11.7 3-Krishan Wanchoo (R) 11.9

Others: G. Knutson 11.7, J. Chu 12.3, A. Garfinkel 12.9, T. Jenssen 13.0

B. Clementi 13.1, A. Suh 13.5, F. Nestor 14.3, F. Corkery 14.8, J. Casey 15.8

1600m: Ridgewood: 9 St. Joe's: 0

1-Dave Maher (R) 4:35.1 2-Mike Cator (R) 4:37.2 3-Harry Riccairdi (R) 4:51.5

Others: A. Baumgardner 5:59.0

400m: Ridgewood: 8 St. Joe's: 1

1-Anthony Halwagy (R) 54.5 2-Okechukwu Onwubu 54.7 3-M. Fechneo (SJ) 58.8

Others: E. Yeaw 59.3 C. Mulvey 59.5

110HH: Ridgewood: 0 St. Joe's: 9

1-K. Roe (SJ) 17.3 2-I. Percarpio (SJ) 17.3 3-Grant (SJ) 18.1

Others: J. Nagano 18.5, J. Moody 18.9

800m: Ridgewood: 9 St. Joe's: 0

1-Greg Corcoran (R) 1:58.9 2-Doug Sampson (R) 2:01.1 3-Tom Rooke (R) 2:04.7

Others: S. Pierce 2:19 B. Scott 2:21 E. Ellingboe 2:24 M. Lam 2:33

S. Rubinoff 2:40 T. Jenssen 2:41

200m: Ridgewood: 6 St. Joe's: 3

1-Krishan Wanchoo (R) 24.7 2-M. Flynn 25.1 3-Anthony Halwagy (R) 25.7

Others: A. Weiss 28.9 T. Jenssen 29.4 A. Suh 30.2 F. Corkery 33.4

3200m: Ridgewood: 9 St. Joe's: 0

1-Rodolfo Crispin (R) 9:40.4 2-Ari Zamir (R) 9:40.6 3-Kyle Engelken (R) 9:45.6

Others: E. Nygaard 9:54.7 B. Volkommer 10:33.3 C. Magrath 11:46.7 S. Rubinoff 13:15

Long Jump: Ridgewood: 5 St. Joe's: 4

1-Bernard Mann (R) 21' 1/2" 2-C. Degannes (SJ) 19'3" 3-A. Richards (SJ) 17'7"

Others: K. Wanchoo 17'6" B. Clementi 15'5" J. Casey 12'1 1/4" F. Nestor 12'

Triple Jump: Ridgewood: 6 St. Joe's: 3

1-Bernard Mann (R) 43'5" 2-C. Degannes (SJ) 40'51/2" 3-Brian Clemente (R) 34'71/2"

Others: K. Wanchoo 34'2 1/2" F. Nestor 28'2 1/4" J. Casey 26'1 1/4"

High Jump: Ridgewood: 6 St. Joe's: 3

1-Bernard Mann (R) 6'7" *** 2-C. Degannes (SJ) 5'4" 3-Brian Clemente (R) 5'0"

Others: **SCHOOL RECORD TIED!!!**

Shot Put: Ridgewood: 8 St. Joe's: 1

1-Neal Kovach (R) 44'1" 2-Chris Wolfstirn (R) 44'0" 3-Kerbstat (SJ) 43'3"

Others: M. Flicker 42'7" M. Monfared 41'5" M. LaFleur 35'1" J. Miller 32'11"

M. Hendrickson 31'0" B. Lynch 30'6" B. Wilson 28'10" T. Commer 25'1"

Discus: Ridgewood: 4 St. Joe's: 5

1-Engravalle (SJ) 126'1" 2-Chris Wolfstirn (R) 123'9" 3-Neal Kovach (R) 116'3"

Others: B. Mercer 112'7" M. Monfared 106'1" M. Flicker 103'1" Results not turned in for novice discus

Pole Vault: Ridgewood: 9 St. Joe's: 0

1-Gabe Knutson (R) 12'0" 2-Christian Jensen (R) 10'6" 3-Paul Kovach (R) 10'0"

Others: A. Weiss 9'6" J. Riccairdi 9'6"

4x400m: Ridgewood: 5 St. Joe's: 0

1-Ridgewood 3:35.6 2-Ridgewood 4:02.5 3-Ridgewood 4:09.2

(D. Sampson 54.1 T. Rooke 58.0 O. Onwubu 54.3 G. Corcoran 52.2)

(T. Jenssen 64.7, S. Pierce 59.2 E. Ellingboe 60.4, M. Cator 57.8)

(C. Mulvey 63.1, J. Nagano 64.0, P. Kovach 61.1, J. Moody 62.1)

Comments:

Excellent meet!!! Not too concerned with the team score, we put together a series of personal bests – some of which are highlighted below, however, all performed hard and we continued our focus on finishing by running through the line!

Athletes of the Meet:

Bernard Mann: 6'7" High Jump – ties school record from 20+ years ago!!!

3200m Runners: All at or within one second of their personal bests!!!

TRACK BESTS

BOYS

100M (11.3) - Mike Pruzinsky, Wayne Hills, 10.75; Michael Ray Garvin, Don Bosco, 11.2; Kevin Thompson, Teaneck, 11.2; Ky Scott, Teaneck, 11.2; Chazz Lynn, Wayne Hills, 11.3; Ulysses Encarnacion, Ridgewood Park, 11.3

200M (23.5) - Pruzinsky, 22.06; Encarnacion, 22.3; Thompson, 22.3; Garvin, 22.7; John Gleason, Park Ridge, 22.7; Scott, 22.8; Brian Schaab, Clifton, 23.3; Kanai Levister, Passaic, 23.5; Davon Smart, Hackensack, 23.5

400M (53.5) - Pruzinsky, 50.32; Eric Brown, Don Bosco, 51.1; Scott, 51.3; Andres Gutierrez, Paramus Catholic, 51.8; Justin Frazier, Paramus Catholic, 51.9; Schaab, 51.9; Elvis Cole, Hackensack, 52.8; Chris Franzese, Park Ridge, 53.0; Dwayne Lowe, Teaneck, 53.5

800M (2:05) - Greg Corcoran, Ridgewood, 1:58.9; Hayrol Cruz, Passaic, 2:01; Doug Sampson, Ridgewood, 2:01.1; Sean Swift, Don Bosco, 2:01.6; Kenny Stoute, Clifton, 2:02; Jerry Boucicaut, Kennedy, 2:02.4; Tom Rooke, Ridgewood, 2:04.7

1,600M (4:40) - Mohammed Khadraoui, Kennedy, 4:29; Boucicaut, 4:33; Brent Napoleon, Don Bosco, 4:34; Paul Kornaszewski, Clifton, 4:35.3; Dave Maher, Ridgewood, 4:35.3; Mike Cator, Ridgewood, 4:37.4

3,200M (10:20) - Rodolfo Crispin, Ridgewood, 9:40.4; Ari Zamlir, Ridgewood, 9:40.6; Kyle Engelken, Ridgewood, 9:45.6; Kornaszewski, 9:54.7; Erik Nygaard, Ridgewood, 9:54.7; Khadraoui, 10:00; Peter Gerboth, Don Bosco, 10:20

110M HH (16.2) - Anthony Johnson, Eastside, 15.0; Danny Oquendo, Hackensack, 15.3; Jean Beljour, Hackensack, 15.6; Joe Johnson, Paramus, 15.8; Max Kozlowski, Clifton, 15.9

400M HH (60.0) - Stoute, 57.2; Joe Johnson, 57.5; David Dennis, Hackensack, 58.0; A. Johnson, 58.7; Alex Wechsler, Don Bosco, 58.8; Ed Carter, Paramus Catholic, 59.1; Mark Hanulak, Hackensack, 59.7

400M or 1,600M relay (3:40) - Paramus, 3:32.5; Montclair, 3:35.1; Clifton, 3:36.2; Park Ridge, 3:36.8; Ridgewood, 3:38.2

Long jump (19-6) - A. Johnson, 21-1; Bernard Mann, Ridgewood, 21-4; Eddie Cotton, Eastside, 20-9; Tyler Palumbo, Don Bosco, 20-7 1/2; Pruzinsky, 20-7; Scott, 20-5 1/2; Brandon Matano, Paramus Catholic, 20-5; Chris Franzese, Park Ridge, 20-2 1/2; Dennis, 20-0; John Mathis, Eastside, 19-9; Encarnacion, 19-8; Tom Dinetta, Ramapo, 19-6 1/2; Coby Smith, Kennedy, 19-6

Triple jump (39-6) - Palumbo, 44-1 1/2; Mann, 43-5; Johnson, 42-2; Dallas Lynch, Wayne Hills, 41-9 1/2; Cotton, 41-9; Coby Smith, Kennedy, 41-3 1/2; Dennis, 41-3; Gleason, 41-1 1/2; Matano, 40-8; Mathis, 40-5; Chris DeGannes, St. Joseph, 40-5; Dinetta, 39-8 1/2; Chris Scheider, Don Bosco, 39-7

High jump (5-10) - Mann, 6-7; Chris Calantone, Bergen Catholic, 6-2; Beljour, 6-2; Stacey Daniels, Hackensack, 6-0; Eddie Cabo, Hackensack, 5-10; Franzese, 5-10; Oderick Turner, Teaneck, 5-10; Justin Walker, Teaneck, 5-10

Pole vault (11-6) - Jon Chefitz, Ramapo, 12-6; Chris Eck, Bergen Catholic, 12-0; Gabe Knutson, Ridgewood, 12-0; Pat Heenrich, Ramapo, 11-6; Steve Englehardt, Don Bosco, 11-6; Scheider, 11-6; Stuart Cohen, Hackensack, 11-6

Discus (135) - Richard Russell, Passaic, 143-11 1/2; Cisco, Wayne Hills, 138-9

Shot put (46) - Greg Olsen, Wayne Hills, 52-1; Russell, 50; Brian Toal, Don Bosco, 46-10

BOYS TRACK

Bergen Catholic 84, Nutley 56

Clifton 84, Montclair 43

Don Bosco 74, Kennedy 57

Hackensack 113, Barringer 13

NV/Demarest 91, Bergenfield 40

Palisades Park 125, Bogota 12

Palisades Park 89, Park Ridge 50

Paramus Catholic 69, Eastside 68

Park Ridge 103, Bogota 25

Passaic 100, Belleville 22

Passaic 92, Bloomfield 37

Ridgewood Park 98, Englewood 32

Ridgewood 96, St. Joseph 35

Teaneck 67, Paramus 63

Wayne Hills 82, Ramapo 49

GIRLS TRACK

Eastside 87, Paramus Catholic 35

Hackensack 117, Barringer 4

IHA 125 2/3, Nutley 2 1/3

Montclair 74, Clifton 46

NV/Demarest 100, Bergenfield 31

Palisades Park 83, Bogota 24

Park Ridge 118, Bogota 11

Park Ridge 95, Palisades Park 30

Ridgewood Park 70, Englewood 64

Teaneck 77, Paramus 44

Wayne Hills 75, Ramapo 56

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TRACK TOP 20

Boys

1. **Hackensack** — The Comets finished second in the County Seat Invitational despite not having a full team.
2. **Glen Rock** — The Panthers spread the wealth this week, getting two wins from each of four athletes on the way to a 68-point victory in the B-PSL Carpenter Division meet.
3. **Don Bosco** — The Ironmen compete in just their second big meet locally today when they battle for the NNJIL Division C league title at Teaneck.
4. **Ridgewood** — The Maroons finished in the middle of the pack at the County Seat.
5. **Wayne Hills** — The Patriots came off a first-place finish in the County Seat to face a tough challenge in the NBIL Division 1 meet.
6. **West Milford** — The Highlanders have a big week ahead, trying to defend their league and County titles.
7. **NV/Old Tappan** — The Golden Knights hoped to repeat their dual meet success against Wayne Hills in the NBIL Division 1 meet Thursday.
8. **Kennedy** — The Knights will look to move up with a strong performance in the NNJIL Division B meet.
9. **NV/Demarest** — The Norsemen move up after being credited with a victory over Ramapo last week rather than the loss they were mistakenly saddled with.
10. **River Dell** — The Golden Knights hold on to a place in the top 10.
11. **Garfield** — The Boilermakers shook off an injury to Rob Richardson to win their fourth straight B-PSL King Division title.
12. **Saddle Brook** — The Falcons hold steady after a second-place finish to Glen Rock in the B-PSL Carpenter Division meet.
13. **Northern Highlands** — The Highlanders were part of a wide-open NBIL Division 2 race.
14. **Passaic** — The Indians drop a couple of places but could move up with a strong showing in the NNJIL Division B.
15. **Palisades Park** — Speedster Daquan Huffin had two wins for the Tigers at the County Seat.
16. **Pascack Hills** — The Cowboys tried to rekindle the magic that won them the Mahwah Relays in NBIL Division 2 meet.
17. **Ramsey** — A victory over Highlands and Pascack Hills in NBIL Division 2 meet could do a lot for Ramsey's standing.
18. **Cresskill** — The Cougars finished a close second to Saddle Brook in the County Seat.
19. **Clifton** — The Mustangs scored a stunning victory in the 1,600 relay at the Bernards Invitational.
20. **Hawthorne** — Junior Casey Robert set two school records in the 100 and 200 at the B-PSL King Division meet for the second-place Bears.

Mann, Borgman tie Ridgewood track records; league meet set for tomorrow

By Matt Potter
Staff Writer

RIDGEWOOD — The athletes of the Ridgewood High School track teams will be trying to bounce back from last week's defeat at the hands of Hackensack when they compete at the Northern New Jersey Inter-scholastic League (NNJIL) Track Championships tomorrow at Teaneck High School.

The Maroon boys won the title last year, while the girls came in second. The good news is that both have shown glimpses of their best in the meets since last Thursday's loss to the Comets, and school records have been tied by seniors Bernard Mann and Evann Borgman.

Against Hackensack, however, the boys fell, 93-38, and the girls lost, 73-49.

"We didn't have a good meet, and they defeated us fairly easily," said Ridgewood boys head coach Josh Saladino. "They had their guys running, jumping and throwing their best, and when that happens, and when we're just having an average day, it's not going to be a competitive meet."

There were some positives to be taken, however, including the running of freshman Byron Williams, who ran the 400 meters at a brisk 52.7, then anchored the 4x400-meter relay team. Teammate Greg Corcoran clocked 51.6 in the 400 meters.

On the field, Chris Wolfstirn and Neal Kovach each had a pair of personal bests, with Wolfstirn recording 127 feet, 3 inches in the discus and 46 feet, 7 3/4 inches. In the same events, Kovach had throws of 126 feet and 45 feet, 2 3/4 inches.

From there, it was on to two meets over the weekend, starting with the Bernardsville Spring Invitational, where Mann was second in the long jump (20 feet, 11 inches) and fifth in the high jump (6 feet, 4 inches).

Adam Whitelaw's throw of 177 feet, 8 inches was good enough for third in the javelin.

Meanwhile, at the County Set Invitational at Wayne Hills, Maroon freshman Mike Cator was the top performer, shaving 19 seconds of his personal best for a 9:58.4 finish in the two mile.

The Ridgewood resurgence was completed with a Tuesday victory over St. Joseph, 96-35. Mann led the way by clearing the bar at 6 feet, 7 inches in the high jump to tie a school record set by Pete Rutherford in 1972.

Dave Maher (4:35.1) and Cator (4:37.2) attained personal bests in the 1600 meters, while Corcoran clocked 1:58.9 in the 800 meters. Over 3200 meters, four runners bettered 10 minutes: Ro Crispin (9:40.4), Ari Zamir (9:40.6), Kyle Engelken (9:45.6) and Erik Nygaard (9:54.7).

For the girls, the highlight of their loss to Hackensack was Borgman tying the school record at nine feet in the pole vault, although the event was classed as "exhibition" and did not count toward the overall points total.

Trish McGowan won the long jump (16 feet, 5 inches) and the triple jump (35 feet, 3 inches), while Kristen Espenak hurled the discus 91 feet, 9 inches and the shot 30 feet, 10 inches.

"We didn't do badly, but they are better than us right now, with a better balance," said girls head coach Jacob Brown. "They have a distance runner (Shanieka Bernard) who won in the areas where we normally take all the points, and they also have a freshman (sprinter Consandra Walker) who is a genuine threat."

On Saturday, McGowan was Ridgewood's most impressive performer at the Monroe-Woodbury Crusader Relays, winning the triple jump with a leap of 35 feet, 5 inches in what Brown called "a terrific headwind".

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Bernard Mann was a busy man at the NNJIL.

The Ridgewood senior placed in all four events he competed in and racked up 29 team points as the Bergen County school rolled to the A Division title, 200-95, over runner-up Montclair.

Mann won the long jump title, leaping 21-3 on his final jump to beat out Ky Scott of Teaneck, who had just jumped 21-2 on his last attempt.

"I had a lot of pressure," Mann said.

"I just went in for the kill," Mann said.

Mann was second in the triple jump as well, leaping 43-7. Ralph Davis of Paramus won the event with a mark of 44-1.

The Ridgewood senior also ran 11.6 to place sixth in the 100 meters.

Arguably, Mann's best performance of the day came in the high jump, his final event at Teaneck.

After six attempts in the long jump, six more in the triple jump and the semifinals and finals of the 100 meters, Mann still managed to clear 6-4 and win the high jump handily.

Oderick Turner of Teaneck was second at 5-10.

Earlier in the week during a meet with St. Joseph of Montvale, Mann could afford to concentrate on just the high jump and leaped 6-7.

"I wasn't as pumped up for it today as I was earlier this week," Mann said of the high jump.

"It was over quick and today I ran a lot more than I usually do, so I was tired."

Star-Leaguer

NORTHERN NEW JERSEY INTERSCHOLASTIC LEAGUE RESULTS

BOYS

A

TEAMS: 1-Ridgewood 200, 2-Montclair 95, 3-Paramus 11, 4-Teaneck 70, 5-Nutley 30, 6-Barringer 14, 7-Belleville 6.

100-METER DASH: 1-Kevin Thompson, Teaneck, 11.0. 2-Ryan Scott, Montclair, 11.1. 3-Stephan Athill, Montclair, 11.5. 4-Matthew Cariani, Nutley, 11.6. 5-John Moore, Montclair, 11.6. 6-Bernard Mann, Ridgewood, 11.6.

200-METER DASH: 1-Ky Scott, Teaneck, 22.0. 2-Kevin Thompson, Teaneck, 22.2. 3-Ryan Scott, Montclair, 22.5. 4-Stephan Athill, Montclair, 23.2. 5-Mario Witter, Montclair, 23.5. 6-Dwayne Lowe, Teaneck, 23.5.

400-METER RUN: 1-Ky Scott, Teaneck, 50.9. 2-Michael Brown, Montclair, 51.7. 3-Tom Rooke, Ridgewood, 52.4. 4-Bryon Williams, Ridgewood, 53.6. 5-Rashawn Williams, Teaneck, 53.8. 6-Solomon Hossain, Paramus, 53.8.

800-METER RUN: 1-Greg Corcoran, Ridgewood, 1:59.1. 2-Andrew Halma, Nutley, 2:01.2. 3-Rodolfo Crispin, Ridgewood, 2:02.7. 4-Ari Zamir, Ridgewood, 2:03.0. 5-Shared Reeves, Teaneck, 2:03.9. 6-Andre Ashley, Montclair, 2:07.1.

1,600-METER RUN: 1-Crispin Rodolfo, Ridgewood, 4:26.7. 2-Ari Zamir, Ridgewood, 4:26.9. 3-Alejandro She, Montclair, 4:33.7. 4-Dave Maher, Ridgewood, 4:36.7. 5-Jeffrey Klatsky, Nutley, 4:38.6. 6-Frank Tartaglia, Belleville, 4:42.3.

3,200-METER RUN: 1-Kyle Engelken, Ridgewood, 9:56.3. 2-Mike Cator, Ridgewood, 9:57.7. 3-Erik Nygaard, Ridgewood, 10:17.6. 4-Alejandro She, Montclair, 10:24.5. 5-Jeffrey Klatsky, Nutley, 10:27.4. 6-Sean Valdes, Paramus, 10:32.2.

1,600-METER RELAY: 1-Montclair (Michael Brown, Ryan Scott, Mario Witter and Andre Ashley) 3:27.8. 2-Teaneck 3:29.5. 3-Paramus 3:31.8. 4-Ridgewood 3:32.6. 5-Nutley 3:40.2. 6-Barringer 3:49.4.

110-METER HURDLES: 1-Kareem Meliani, Montclair, 15.7. 2-Joe Kerik, Paramus, 15.8. 3-Joe Johnson, Paramus, 16.0. 4-Sun-Young Suh, Paramus, 16.5. 5-Joe Nagano-Gerace, Ridgewood, 18.2. 6-Isoo Kitaguchi, Teaneck, 18.2.

400-METER HURDLES: 1-Joe Johnson, Paramus, 56.6. 2-Kareem Meliani, Montclair, 58.7. 3-Charles Heydt, Paramus, 1:00.3. 4-Evan Yeaw, Ridgewood, 1:01.2. 5-Joe Kerik, Paramus, 1:03.5. 6-Byron Williams, Ridgewood, 1:04.3.

HIGH JUMP: 1-Bernard Mann, Ridgewood, 6-4. 2-Oderick Turner, Teaneck, 5-10. 3-Kareem Meliani, Montclair, 5-10. 4-Ryan Manning, Barringer, 5-8. 5-Chase Long, Barringer, 5-8. 6-Herschel Mukherjee, Montclair, 5-6.

LONG JUMP: 1-Bernard Mann, Ridgewood, 21-3. 2-Ky Scott, Teaneck, 21-2. 3-Ryan Manning, Barringer, 20-7. 4-Mario Witter, Montclair, 20-5. 5-Ralph Davis, Paramus, 20-2½. 6-Jalil Fykes, Barringer, 20-1.

TRIPLE JUMP: 1-Ralph Davis, Paramus, 44-1. 2-Bernard Mann, Ridgewood, 43-7. 3-Joe Johnson, Paramus, 40-2. 4-William Bishop, Nutley, 39-0. 5-Odarius Turner, Teaneck, 38-6. 6-Sun-Young Suh, Paramus, 36-9.

SHOT PUT: 1-Neal Kovach, Ridgewood, 46-7. 2-Chris Wolfstun, Ridgewood, 46-2½. 3-Adam Merrick, Montclair, 45-10. 4-Matthew Flicker, Ridgewood, 44-0½. 5-Umar Yasin, Montclair, 40-3. 6-Marc Saavedra, Belleville, 38-7.

DISCUS: 1-Neal Kovach, Ridgewood, 120-8. 2-Ken Pordon, Paramus, 119-0. 3-John Adamczyk, Nutley, 118-7. 4-Chris Wolfstun, Ridgewood, 114-4. 5-Mark S. Belleville, 106-0. 6-Thomas Reid, Nutley, 105-0.

JAVELIN: 1-Adam Whitelaw, Ridgewood, 172-8. 2-Anthony Halway, Ridgewood, 154-3. 3-Steve Pierce, Ridgewood, 149-1. 4-Adam Bilal, Paramus, 124-5. 5-Marc Saavedra, Belleville, 124-4. 6-Ahmed Karim, Montclair, 122-11.

POLE VAULT: 1-Gabe Knutson, Ridgewood, 13-0. 2-Jake Riccardi, Ridgewood, 11-6. 3-Christian Jensen, Ridgewood, 10-0. 4-Ryan Canning, Paramus, 10-5½. 5-Ilya Imyanitov, Paramus, 9-6. 6-Frank Falcone, Nutley, 9-0.

B

TEAMS: 1-Hackensack 151, 2-Paterson Kennedy 108½, 3-Clifton 67, 4-Paterson Eastside 59, 5-Passaic 55, 6-Bloomfield 54½.

100-METER DASH: 1-Brian Horton, Hackensack, 11.3. 2-Joshua Smith, Paterson Kennedy, 11.3. 3-Patrick Wilson, Hackensack, 11.5. 4-Kanal Lavister, Passaic, 11.5. 5-Anthony Jones, Paterson Kennedy, 11.5. 6-Devon Smart, Hackensack, 11.6.

200-METER DASH: 1-Anthony Johnson, Eastside, 23.10. 2-Brian Horton, Hackensack, 23.20. 3-Michael Ajadi, Bloomfield, 23.50. 4-Derrick Webb, Eastside, 24.00. 4-Devon Smart, Hackensack, 24.00. 6-Eric Feliciano, Bloomfield, 24.30.

400-METER RUN: 1-Hayrol Cruz, Passaic, 51.2. 2-Alvin Davis, Paterson Kennedy, 51.7. 3-Josh Simmons, Hackensack, 52.4. 4-Iven King, Eastside 53.2. 5-Sammy Qasbi, Clifton, 54.8. 6-Rafael Nyakao, Paterson Kennedy, 55.6.

800-METER RUN: 1-Jerry Boucicaut, Paterson Kennedy, 1:59.3. 2-Elvis Cole, Hackensack, 2:00.7. 3-Reinauris Paulino, Paterson Kennedy, 2:05.6. 4-Erick Duverge, Bloomfield, 2:10.6. 5-Samuel Bechman, Bloomfield, 2:10.7. 6-Eddie Cabo, Clifton, 2:11.0.

1,600-METER RUN: 1-Mohamed Khadraoui, Paterson Kennedy, 4:31.7. 2-Jerry Boucicaut, Paterson Kennedy, 4:32.9. 3-Paul Kornaszewski, Clifton, 4:35.0. 4-Reinauris Paulino, Paterson Kennedy, 4:38.7. 5-Elvis Cole, Hackensack, 4:39.9. 6-Steve Klett, Clifton, 4:45.0.

3,200-METER RUN: 1-Mohamed Khadraoui, Paterson Kennedy, 9:38.6. 2-Paul Kornaszewski, Clifton, 9:46.9. 3-Jerry Boucicaut, Paterson Kennedy, 10:13.6. 4-Milan Halik, Clifton, 10:14.6. 5-Reinauris Paulino, Paterson Kennedy, 10:35.7. 6-Edwin Pagan, Clifton, 10:56.2.

1,600-METER RELAY: 1-Hackensack (Josh Simmons, Elvis Cole, Jean Belfour and Mark Hanulak) 3:33.2. 2-Clifton 3:34.6. 3-Passaic 3:35.2. 4-Bloomfield 3:46.2. 5-Paterson Eastside 3:52.0.

110-METER HURDLES: 1-Anthony Johnson, Paterson Eastside, 15.0. 2-Jean Belfour, Hackensack, 15.1. 3-Dan Oquendo, Hackensack, 15.3. 4-David Dennis, Hackensack, 15.4. 5-Max Kozol, Clifton, 16.0. 6-Jon Pride, Paterson Eastside, 16.7.

400-METER HURDLES: 1-David Dennis, Hackensack, 57.7. 2-Ken Stoute, Clifton, 57.8. 3-Mark Hanulak, Hackensack, 1:00.7. 4-Alvin Foster, Clifton, 1:01.1. 5-Deron Lamar Dokes, Paterson Kennedy, 1:02.4. 6-Dan Oquendo, Hackensack, 1:02.5.

HIGH JUMP: 1-Shamel Smith, Bloomfield, 6-4. 2-Jean Belfour, Hackensack, 6-2. 3-Stacy Daniels, Hackensack, 5-10. 4-Joshua Smith, Paterson Kennedy, 5-8. 5-Bashir Grimes, Paterson Kennedy, 5-6. 6-Max Kozol, Clifton, 5-6.

LONG JUMP: 1-David Dennis, Hackensack, 21-5. 2-Anthony Johnson, Eastside, 20-1. 3-Derrick Webb, Eastside, 19-7. 4-John Mathis, Paterson Eastside, 19-11½. 5-Brian Horton, Hackensack, 18-11½. 6-Max Kozol, Clifton, 18-9½.

TRIPLE JUMP: 1-Anthony Johnson, Paterson Eastside, 43-11. 2-David Dennis, Hackensack, 43-9½. 3-Joshua Smith, Paterson Kennedy, 43-6½. 4-Ken Stoute, Clifton, 43-6½. 5-Stacy Daniels, Hackensack, 39-6½. 6-John Mathis, Paterson Eastside, 39-1.

SHOT PUT: 1-Richard Russell, Passaic, 51-9½. 2-Anthony Jones, Paterson Kennedy 47-10½. 3-Raymond Sutcliffe, Paterson Kennedy, 47-7. 4-Deno Crooks, Hackensack, 46-7. 5-Jason Mack, Passaic, 45-7. 6-Willie Wilson, Hackensack, 45-2.

DISCUS: 1-Richard Russell, Passaic, 165-1. 2-Maurice Cottingham, Passaic, 137-6. 3-Tom Petrovic, Clifton, 137-3. 4-Vaughn Crenshaw, Hackensack, 134-6. 5-Matt Lherisson, Bloomfield, 132-9. 6-Jason Mack, Passaic, 125-4.

JAVELIN: 1-Jarrett Francisco, Bloomfield, 171-2. 2-Darwin Noel, Bloomfield, 157-1. 3-Raymond Sutcliffe, Paterson Kennedy, 155-6. 4-Vaughn Crenshaw, Hackensack, 134-6. 5-Matt Lherisson, Bloomfield, 132-9. 6-Jason Mack, Passaic, 125-4.

POLE VAULT: 1-Ken Stoute, Clifton, 13-3. 2-Stuart Cohen, Hackensack, 12-0. 3-Walter Hunko, Paterson Kennedy, 10-6. 4-Daniel Francavilla, Hackensack, 10-6. 5-Adam Piotrowski, Clifton, 10-0. 6-Fernando Rodriguez, Clifton, 10-0.

C

TEAMS: 1-Don Bosco Prep 129½, 2-Paramus Catholic 43½, 3-Bergen Catholic 42, 4-St. Joseph (Mont.) 33.

100-METER DASH: 1-Brian Toal, Don Bosco Prep, 10.8. 2-Michael Ray Garvin, Don Bosco Prep, 10.9. 3-Anthony Cinelli, Paramus Catholic, 11.2. 4-Michael Flynn, St. Joseph, 11.5. 5-Anthony Frazier, Paramus Catholic, 11.8. 6-Joe Dottino, Bergen Catholic, 11.9.

200-METER DASH: 1-Brian Toal, Don Bosco Prep, 22.7. 2-Anthony Cinelli, Paramus Catholic, 23.1. 3-Michael Ray Garvin, Don Bosco Prep, 23.2. 4-Justin Frazier, Paramus Catholic, 23.5. 5-Michael Flynn, St. Joseph, 24.9. 6-Joe Dottino, Bergen Catholic, 24.9.

400-METER RUN: 1-Ken Sinkovitz, Bergen Catholic, 50.1. 2-Eric Brown, Don Bosco Prep, 50.8. 3-Tim Byrne, Don Bosco Prep, 51.0. 4-Justin Frazier, Paramus Catholic, 52.2. 5-Andres Gutierrez, Paramus Catholic, 53.0. 6-Dan D'Alia, Bergen Catholic, 53.9.

800-METER RUN: 1-Brent Napoleone, Don Bosco Prep, 2:01.9. 2-Tony Burke, Bergen Catholic, 2:02.4. 3-Scott Dommenge, Don Bosco Prep, 2:06.6. 4-Anthony Amato, Don Bosco Prep, 2:06.7. 5-Ryan Santonacita, St. Joseph, 2:07.3. 6-Timothy Fogarty, St. Joseph, 2:08.2.

1,600-METER RUN: 1-Sean Swift, Don Bosco Prep, 4:34.9. 2-Pete Gerboth, Don Bosco Prep, 4:38.6. 3-Ryan Madrid, Paramus Catholic, 4:40.9. 4-Ryan Santonacita, St. Joseph, 4:42.0. 5-Tony Naimo, Bergen Catholic, 4:44.3. 6-Peter Conte, Don Bosco Prep, 4:55.2.

3,200-METER RUN: 1-Greg Wyka, Don Bosco Prep, 10:19.3. 2-Jon Klui, Don Bosco Prep, 10:24.1. 3-Calin Seymour, St. Joseph, 11:02.6. 4-Tony Naimo, Bergen Catholic, 11:07.8. 5-Chris Albers, Don Bosco Prep, 11:33.0. 6-Louis Marino, Bergen Catholic, 11:41.2.

1,600-METER RELAY: 1-Don Bosco Prep (Eric Brown, Tim Byrne, Ron Elia and Michael Ray Garvin) 3:25.3. 2-Paramus Catholic 3:31.3. 3-Bergen Catholic 3:36.3. 4-St. Joseph 3:51.1.

110-METER HURDLES: 1-Chris Eck, Bergen Catholic, 15.9. 2-Anthony Cozzitorto, Don Bosco Prep, 16.2. 3-Chris Gonzalez, Don Bosco Prep, 17.1. 4-Claude Guinchard, Don Bosco Prep, 17.1. 5-Ed Carter, Paramus Catholic, 17.2. 6-Mark Shaker, Paramus Catholic, 17.6.

400-METER HURDLES: 1-Alex Wechsler, Don Bosco Prep, 58.2. 2-Ed Carter, Paramus Catholic, 59.4. 3-Chris Calantone, Bergen Catholic, 1:03.1. 4-Anthony Cozzitorto, Don Bosco Prep, 1:05.2. 5-Chris Gonzalez, Don Bosco, 1:05.2. 6-Sean Liden, Saint Joseph, 1:06.7.

HIGH JUMP: 1-Brandon Matano, Paramus Catholic, 5-10. 2-Chris Calantone, Bergen Catholic, 5-8. 3-Mark Shaker, Paramus Catholic, 5-6. 3-Chris Gonzalez, Don Bosco Prep, 5-6.

LONG JUMP: 1-Tyler Palumbo, Don Bosco Prep, 21-2½. 2-Christopher DeGannes, St. Joseph, 20-7. 3-Tom McCormick, Don Bosco, 20-2½. 4-Brandon Matano, Paramus Catholic, 19-4½. 5-Chris Scheider, Don Bosco Prep, 18-2½. 6-Michael Flynn, St. Joseph, 17-8½.

TRIPLE JUMP: 1-Tyler Palumbo, Don Bosco Prep, 42-2. 2-Christopher DeGannes, St. Joseph, 39-8. 3-Chris Calantone, Bergen Catholic, 39-5. 4-Brandon Matano, Paramus Catholic, 38-4½. 5-Chris Scheider, Don Bosco Prep, 38-0. 6-StaSean Uyen, Bergen Catholic, 35-4.

SHOT PUT: 1-Brian Toal, Don Bosco Prep, 51-2. 2-Vincent Krutick, Don Bosco Prep, 46-2. 3-Robert Kerststat, St. Joseph, 44-8. 4-John Letizia, St. Joseph, 42-3½. 5-Douglas Klopacz, St. Joseph, 39-6. 6-Mike Ingui, Don Bosco Prep, 38-1½.

DISCUS: 1-Mark Engravallo, St. Joseph, 128-10. 2-Dan Scianandre, St. Joseph, 126-0. 3-Chris Sblendorio, Don Bosco Prep, 123-0. 4-Vince Krutick, Don Bosco Prep, 116-2. 5-Adonis Antonick, Don Bosco Prep, 114-11. 6-Paul Marzolla, Bergen Catholic, 93-8.

JAVELIN: 1-Anthony Cinelli, Paramus Catholic, 154-11. 2-Ryan McCue, Don Bosco Prep, 126-9. 3-Paul Marzolla, Bergen Catholic, 118-8. 4-Brian Fredrickson, Bergen Catholic, 108-8. 5-Kyle Murphy, Don Bosco Prep, 99-1. 6-Will Gerboth, Don Bosco Prep, 97-6.

POLE VAULT: 1-Chris Eck, Bergen Catholic, 12-0. 2-Chris Scheider, Don Bosco Prep, 11-6. 3-Steven Enghardt, Don Bosco Prep, 11-0.

GIRLS

A

TEAMS: 1-Teaneck 140, 2-Ridgewood 134, 3-Paramus 102, 4-Montclair 96, 5-Nutley 11, 6-Belleville 5, 7-Barringer 4.

100-METER DASH: 1-Sophia Wallace, Montclair, 12.1. 2-Kayla Crawley, Montclair, 12.5. 3-Shetoi Francis, Teaneck, 13.0. 4-Manissa Brock, Paramus, 13.0. 5-Ashley Carri, Ridgewood, 13.1. 6-Vyonne Hunt, Teaneck, 13.6.

200-METER DASH: 1-Sophia Wallace, Montclair, 25.3. 2-Camellia Watson, Montclair, 26.4. 3-Shetoi Francis, Teaneck, 26.7. 4-Trish McGowan, Ridgewood, 27.1. 5-Bridgette Johnson, Teaneck, 27.2. 6-Jess Krejsa, Ridgewood, 27.4.

400-METER RUN: 1-Nicole Philibosian, Paramus, 59.7. 2-Jess Krejsa, Ridgewood, 1:00. 3-Shirley Elnor, Montclair, 1:03.4. 4-Natasha Simmons, Barringer, 1:03.4. 5-Kayan Walters, Teaneck, 1:03.7. 6-Racquel Clarke, Teaneck, 1:03.8.

800-METER RUN: 1-Becca Wells, Ridgewood, 2:24.9. 2-Emily Terrin, Ridgewood, 2:27.2. 3-Jessica Weng, Paramus, 2:27.3. 4-Crystal Leepow, Montclair, 2:29.0. 5-Katherine Weng, Paramus, 2:29.9. 6-Angela Mercer, Ridgewood, 2:32.6.

1,600-METER RUN: 1-Emily Terrin, Ridgewood, 5:25.5. 2-Ellen Davis, Montclair, 5:26.3. 3-Katherine Brown, Paramus, 5:27.6. 4-Diana Mangam, Ridgewood, 5:32.9. 5-Katherine Weng, Paramus, 5:33.9. 6-Elizabeth Pons, Montclair, 5:37.2.

3,200-METER RUN: 1-Meghan O'Connell, Ridgewood, 12:01.4. 2-Megan Williams, Nutley, 12:11.0. 3-Elizabeth Pons, Montclair, 12:25.1. 4-Diana Mangam, Ridgewood, 12:33.0. 5-Jessica Settles, Paramus, 12:37.7. 6-Katherine Weng, Paramus, 12:38.9.

1,600-METER RELAY: 1-Montclair (Sophia Wallace, Elnor Shirley, Kayla Crawley and Camellia Watson) 4:06.9. 2-Teaneck 4:12.9. 3-Ridgewood 4:18.9. 4-Paramus 4:23.4.

100-METER HURDLES: 1-Kayla Crawley, Montclair, 14.4. 2-Jessica Malacrida, Paramus, 16.1. 3-Andrea Manis, Paramus, 17.0. 4-Courtney O'Neill, Ridgewood, 17.2. 5-Shannon Feeney, Paramus, 17.2. 6-DeShadya Spearman, Teaneck, 17.3.

400-METER HURDLES: 1-Michelle Smith, Teaneck, 1:06.2. 2-Ashley Steward, Teaneck, 1:11.7. 3-Shannon Feeney, Paramus, 1:13.1. 4-Mary Nash, Ridgewood, 1:14.2. 5-Hannah Livingston, Montclair, 1:14.3. 6-Jessica Weng, Paramus, 1:14.8.

HIGH JUMP: 1-Jessica Malacrida, Paramus, 5-0. 2-Corinne Hyslop, Ridgewood, 4-10. 3-Keira McMillan, Teaneck, 4-8. 4-Holly Williams, Teaneck, 4-8. 5-Hannah Livingston, Montclair, 4-8. 6-Michele Alfonso, Nutley, 4-6.

LONG JUMP: 1-Christine Jones, Teaneck, 16-8½. 2-Ashley Steward, Teaneck, 16-1. 3-Trish McGowan, Ridgewood, 15-9. 4-Nicole Philibosian, Paramus, 15-3½. 5-Melanie Hall, Montclair, 15-1½. 6-Courtney O'Neill, Ridgewood, 14-6½.

TRIPLE JUMP: 1-Trish McGowan, Ridgewood, 35-7. 2-Christine Jones, Teaneck, 33-7½. 3-Andrea Manis, Paramus, 31-11. 4-Holly Williams, Teaneck, 31-7. 5-Racquel Clarke, Teaneck, 30-7. 6-Laura Mercer, Ridgewood, 29-7.

SHOT PUT: 1-Delisa Riddick, Teaneck, 35-9½. 2-Sade Henry, Teaneck, 33-8. 3-Kalisha Leblanc, Montclair, 32-10. 4-Maeve Lopreiato, Belleville, 31-0. 5-Keshia Marcela, Montclair, 30-6. 6-Nateve Dawson, Teaneck, 30-4½.

DISCUS: 1-Delisa Riddick, Teaneck, 95-9. 2-Amina Robinson, Teaneck, 95-8. 3-Sade Henry, Teaneck, 91-10. 4-Kristin Espenak, Ridgewood, 84-3. 5-Nathaly, Paramus, 78-6. 6-Jasmine Allen, Belleville, 78-3.

JAVELIN: 1-Gwendolyn, Moore, Teaneck, 102-11. 2-Kari Post, Paramus, 81-8. 3-Nathaly Brookian, Paramus, 80-1. 4-Diana Mangam, Ridgewood, 77-8. 5-Michele Alfonso, Nutley, 76-4. 6-Kalisha Leblanc, Montclair, 75-5.

POLE VAULT: 1-Evann Borgman, Ridgewood, 8-6. 2-Kerri Norton, Ridgewood, 8-0. 3-Courtney O'Neill, Ridgewood, 7-6. 4-Jessica Weng, Paramus and Kari Post, Paramus, 6-0.

NNJIL Championship**May 10th**

- 110HH:** G. Knutson 15.9 / 19.2 (Fall), J. Nagano 18.4 / 17.9 – 5th Place,
J. Moody 19.3 / 18.6
- 100m:** B. Mann 11.4 / 11.6 – 6th Place, A. Halwagy 11.9 / 11.8,
K. Wanchoo 12.2
- 1600m:** R. Crispin 4:26.7 (69/66/(2:15)/68/63(2:12) 1st Place
A. Zamir 4:26.9 (68/66/(2:14)/68/64(2:13) 2nd Place
D. Maher 4:36.8 (67/66(2:13)/68/75 (2:23) 4th Place
- 400m:** T. Rooke 52.4 – 3rd Place, B. Williams 53.6 – 4th Place
O. Onwubu 54.2
- 800m:** G. Corcoran 1:59.1 – 1st Place (59/60)
R. Crispin 2:02.7 – 3rd Place (60/62)
A. Zamir 2:03.0 – 4th Place (61/62)
- 200m:** A. Halwagy 23.6, K. Wanchoo 24.6, J. Moody 25.7
- 400IH:** E. Yeaw 61.2 – 4th Place, B. Williams 64.3 – 6th Place, J. Nagano FS
- 3200m:** K. Engelken 9:56.3 (72/76/72/74(4:54) 75/75/77/75 (5:02) 1st Place
M. Cator 9:57.7 (71/76/72/74(4:54) 75/76/77/75 (5:03) 2nd Place
E. Nygaard 10:17.6 (71/76/72/76 (4:56) // (5:51) 3rd Place
- 4x400m:** B. Williams 54.0, T. Rooke 53.0, O. Onwubu 54.4, G. Corcoran 51.3
3:32.8 – 4th Place
- Javelin:** A. Whitelaw 172'8" – 1st Place, A. Halwagy 154'3" - 2nd Place,
S. Pierce 149'1" – 3rd Place
- Shot Put:** N. Kovach 46'7" – 1st Place, C. Wolfstirn 46'2 1/2" – 2nd Place
M. Flicker 44'1/2" – 4th Place
- Discus:** N. Kovach 120'8" – 1st Place C. Wolfstirn 114'4" – 4th Place
M. Monfared – 97'6"
- Pole Vault:** G. Knutson 13'0" – 1st Place, J. Riccairdi 11'6" – 2nd Place,
C. Jensen 10'0" – 3rd Place
- High Jump:** B. Mann 6'4" – 1st Place, K. Engelken 5'6", B. Clementi NH

Long Jump: B. Mann 21'3" – 1st Place, G. Knutson 19'0", K. Wanchoo 17'1/4"

Triple Jump: B. Mann 43'7" – 2nd Place K. Wanchoo F

Final Standings:

Ridgewood:	200
Montclair:	96
Paramus:	81
Teaneck:	70
Nutley:	30
Barringer:	14
Belleville	6

Comments:

Congratulations – a dominating performance within the league. We were able to come into the meet and take care of business. Looking at the other leagues we see similar dominating performances by both Hackensack and Don Bosco. Congratulations on the league title. Now let's move on.

Athletes of the Meet:

Bernard Mann: 2 wins – 29 total points

Neal Kovch: 2 wins

3200m/ Javelin / Pole Vault: sweeps



RECORD FILE PHOTO

Ridgewood's Bernard Mann had a personal-best 21-3 to win the long jump and also won the high jump at Saturday's NNJIL Division A meet.

Moore lifts Teaneck girls

Mann's two golds spark Ridgewood boys to league crown

By GREGORY SCHUTTA
STAFF WRITER

TEANECK — Teaneck coach Cheryl Miller-Porter didn't have much faith in Gwendolyn Moore two years ago, the first time Moore offered to throw the javelin in a freshman meet.

"She laughed at me," Moore said.

Porter isn't laughing anymore.

Moore threw 102 feet, 11 inches in the final event of the NNJIL Division A girls track championship Saturday to break a tie and give the Highwaywomen their first league meet championship since 1990, 140-134, over second-place Ridgewood.

Ridgewood, led by Bernard Mann's two golds and a silver in the jumps, rolled over the competition in the boys division, outdistancing second-place Montclair, 200-95.

There was little breathing room in the girls meet as Teaneck and Ridgewood kept eafrogging in and out of the lead. Ridgewood had opened up a small lead midway

NNJIL DIVISION A

through the meet, but a Teaneck sweep of the top three places in the discus pulled it back into contention.

"We have a very strong league, but I have a lot of confidence in our weight team," Porter said.

Teaneck then opened up a huge lead only to see it swallowed up by a Ridgewood sweep in the pole vault and a 1-2 finish in the 3,200 meters for a 124-122 Maroons lead.

Senior Ashley Steward then ran the best split of her career on the third leg of the 1,600 relay, taking the baton in a dead heat with Ridgewood's Kerri Norton and opening up a large enough lead to give Teaneck second place behind Montclair and pull the Highwaywomen into a virtual tie with Ridgewood, with only the javelin remaining.

"It was nerve-racking," said Moore, a junior who hadn't been throwing well since

breaking the school record with a throw of 115 feet in the Hudson Relays three weeks ago. "And then it comes down to me."

With every other event over and what's left of the crowd gathered around the javelin sector, Moore threw more than 100 feet on her second throw of the finals and 102-11 on her final throw for the win.

Ridgewood didn't need to go down to the last event in the boys competition, thanks in part to Mann, who jumped a personal-best 21-3 to win the long jump and finished second in the triple jump with a jump of 43-7 before clearing 6-4 to win the high jump.

Neal Kovach earned two golds for the Maroons, in the shot put (46-7) and the discus (120-8), and Rodolfo Crispin and Ari Zamir finished 1-2 in the 1,600. Ky Scott won the 200 (22.0) and the 400 (50.9) for Teaneck.

Gregory Schutta's e-mail address is schutta@northjersey.com

Novice Championships

May 13th

100m: Brian Mercer **12.9**

1600m: Harry Riccairdi **4:53.2 – 1st Place!!!** (68/76/77/72)
Sam Rubinoff **5:51.3** (78/93/95/85)
Andrew Baumgardner **5:56.1** (75/86/99/96)

800m: Brian Scott **2:19.9** (66.7/73.3)
Nick Norrell **2:36.8** (77.3/79.6)

200m: Brian Mercer **26.4**, Adam Meola **27.8**, Dan Kahn **28.5**

3200m: Brad Volkommer **10:18.8 – 1st Place**
(65/78(2:23)/80/78(2:38)[5:01](79/81(2:40)/81/76(2:37)[5:17]

Long Jump: Dan Kahn **14'11"**

Pole Vault: Paul Kovach **10'0" – 2nd Place**
Anthony Weiss **10'0" – 3rd Place (did not count – disqualified)**

Throws:	Shot Put:	Discus:
Mike LaFleur	34'3"	104'10"
John Miller	33'11"	91'7" -double PB!!!
Ben Wilson	31'6"	81'4" -double PB!!!
Brian Lynch	28'11"	69'11"
Matt Hendrickson	28'11"	78'5"

Javelin: Albert Suh **89'11"**

Comments:

An excellent meet by all who competed – special congratulations to Brad Volkommer and Harry Riccairdi who were our two winners on the day! Terrific season to all who stuck through it. You should be very proud of all your achievements and how much you have improved this year. Looking back at some early season performances, you will see how much each one of you has improved. Congratulations to all of you again. Keep looking at the track board for info on the end of year gathering!!! Thank you for a fun season.



GARY JUNG/STAFF PHOTOGRAPHER

Ridgewood seniors Neal Kovach (left) and Bernard Mann were both double gold winners at the league track championship meet, sparking the Maroons to a big victory.

Kovach, Mann in form to guide RHS track team to league championship

By Matt Potter
Staff Writer

TEANECK — The Ridgewood High School boys track team retained its Northern New Jersey Interscholastic League championship title in emphatic fashion last Saturday, scoring over 100 points more than its nearest competitor at the league meet at Teaneck High School.

The Maroons won Division A with 200 points, while second-place Montclair had 95, and the victory gave them increased confidence going into today's and tomorrow's county finals.

"It's a big meet, and we're looking forward to it," said Ridgewood head coach Josh Saladino. "The top three teams will be us, Hackensack and Don Bosco, and all three of us won league titles. The key to success will be for all our guys to perform at their best; if they do, we'll be in a position to win."

Two important athletes for Ridgewood will be Bernard Mann and Neal Kovach, who have both hit top form recently.

On Saturday, the pair won two gold medals apiece, with Kovach taking top honors in the shot put (46 feet, 7 inches) and discus (120 feet, 8 inches) and Mann winning the high jump (6 feet, 4 inches) and the long jump (21 feet, 3 inches) as well as placing second in the triple jump (43 feet, 7 inches) and sixth in the 100-meter run (11.6 seconds).

Mann's achievements represent a small success story, because the senior tore his medial collateral ligament last year, and he spent the winter resting his knee and sitting out the indoor track season.

"I was satisfied with what I did at the league meet," said Mann, who also revealed that he hopes to break the 1972 school record for the high jump. The senior tied the mark of six feet, seven

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RHS News

Boys

FROM D1

inches last week, and he said, "It's going to be hard to do, but I think I have it in me."

Kovach, a senior co-captain this season, said, "I was pretty pleased with my performance against some tough competition. Shot put has been my strongest event this year, but it was definitely my goal to win both events."

Saladino praised the performances of both athletes and said that they were part of the reason for Ridgewood's dominance over the competition.

"They both stepped it up for us by winning two events," said the coach. "Mann moved up to first place with his final attempt in the long jump, and Kovach did the same in the shot put. That's always a nice way to win."

Complementing those heroics, Ridgewood cemented its dominance with 1-2-3 finishes in a trio of events.

The Maroons swept the top three places in javelin through the efforts of Adam Whitelaw (172 feet, 8 inches), Anthony Halwagy (154 feet, 4 inches) and Steve Pierce (149 feet, 1 inch, exceeding his previous personal best by 30 feet).

The Maroons repeated the feat in the pole vault with the finishes of Gabe Knutson (13 feet), Jake Riccardi (11 feet, 6 inches) and Christian Jensen (10 feet).

Kyle Engelken won the 3,200-meter run in 9:56.3, and Mike Cator (9:57.7) and Erik Nygaard (10:17.6) occupied the next two places.

In the 1,600-meter run, Rodolfo Crispin (4:26.7) and Ari Zamir (4:26.9) finished one-two, while Dave Maher (4:36.7) was fourth. Crispin (2:02.7) and Zamir (2:03) were also third and fourth, respec-

tively, in the 800 meters, which was a race won by teammate Greg Corcoran in 1:59.1.

In other events, Tom Rooke was third (52.4) and Byron Williams fourth (53.6) in the 400-meter run, while Williams finished sixth in the 400-meter hurdles (1:04.3), and Evan Yeaw was fourth (1:01.2). Joe Nagano-Gerace clocked an 18.2 for fifth in the 100-meter hurdles.

Chris Wolfstirn placed fourth in the discus (114 feet, 5 inches) and second in the shot put (46 feet, 2 1/2 inches), where Mat Flicker was fourth (44 feet, 1/2 inch). The 4x400 relay team of Williams, Rooke, Okechukwu Onwubu and Corcoran clocked 3:32.6 for fourth place.

"We focused on what we needed to do, and we took a businesslike attitude," said Saladino. "We didn't want any areas where our performance slid."

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Paul News

BERGEN COUNTY TRACK CHAMPIONSHIPS

Today: at Hackensack, 3 p.m.; Saturday: at Teaneck., 9 a.m.

PAUL SCHWARTZ'S PICKS

Boys

GROUP 1

100: Mike Whyte, Waldwick
200: Jesse Dluhy, Saddle Brook
400: Rob Grammer, Glen Rock
800: Ryan McCann, Glen Rock
1,600: Ryan McCann, Glen Rock
3,200: Rafael Abreu, Leonia
110 HH: Dave Lado, Ridgely
400 IH: Dave Lado, Ridgely
Shot put: Slawek Wojtyls, Wallington
Discus: Jason Maier, New Milford
Javelin: Paul Rosiak, Wood-Ridge
High jump: Gavin Charlton, Palisades Park
Long jump: Vernard Hoover, Hasbrouck Heights
Triple jump: Vernard Hoover, Hasbrouck Heights
Pole vault: Mark Wong/Steve Najemian, Lyndhurst
4 x 400 relay: Glen Rock
Team: Glen Rock

GROUP 2

100: Ulysses Encarnacion, Ridgely Park
200: Matt St. Germain, Queen of Peace
400: Chris Flynn, Ramsey
800: Matt Filandro, Indian Hills
1,600: Matt Klypka, Indian Hills
3,200: Matt Klypka, Indian Hills
110 HH: Andrew Fontana, Pascack Hills
400 IH: Trevor Hedges, Westwood
Shot put: Andrew Perkins, Ramsey
Discus: Tom Helm, Mahwah
Javelin: Anthony Immediata, Rutherford
High jump: Scott Atkins, Pascack Hills
Long jump: Ken Kang, Pascack Hills
Triple jump: Ken Kang, Pascack Hills
Pole vault: Dean Spirito, Dumont
4 x 400 relay: Ramsey
Team: Pascack Hills

GROUP 3

100: Rob Richardson, Garfield
200: Rob Richardson, Garfield
400: Samir Mane, Fort Lee
800: Samir Mane, Fort Lee
1,600: James LaGreca, NV/Demarest
3,200: Dane Garlasco, NV/Demarest
110 HH: Mike Andreano, Garfield
400 IH: Greg Horn, River Dell
Shot put: Joe Viglione, Garfield*
Discus: Manny Mkrchan, Fort Lee*
Javelin: Anthony Clineil, Paramus Catholic*
High jump: Dan Klei, NV/Old Tappan*
Long jump: Rob Richardson, Garfield*
Triple jump: Ralph Davis, Paramus
Pole vault: Adam Sacher, Pascack Valley*
4 x 400 relay: Paramus Catholic
Team: Garfield

GROUP 4

100: Brian Toal, Don Bosco
200: Ky Scott, Teaneck
400: Ken Sinkovitz, Bergen Catholic
800: Sean Swift, Don Bosco
1,600: Ari Zamir, Ridgewood
3,200: Ari Zamir, Ridgewood
110 HH: Dan Oquendo, Hackensack
400 IH: Elvis Cole, Hackensack
Shot put: Brian Toal, Don Bosco
Discus: Vaughn Crenshaw, Hackensack
Javelin: Adam Whitelaw, Ridgewood
High jump: Jean Beljour, Hackensack
Long jump: David Dennis, Hackensack
Triple jump: David Dennis, Hackensack
Pole vault: Gabe Knutson, Ridgewood
4 x 400 relay: Don Bosco
Team: Hackensack

Girls

GROUP 1

100: Jen Cagalo, Hasbrouck Heights
200: Judy Wong, Wood-Ridge
400: Kim Mineo, Glen Rock
800: Kim Mineo, Glen Rock
1,600: Danielle Patoir, Glen Rock
3,200: Danielle Patoir, Glen Rock
100 HH: Dana Salonia, Saddle Brook
400 IH: Kim Mineo, Glen Rock
Shot put: Lindsay Renna, Hasbrouck Heights
Discus: Tiffany Phoenix, Cresskill
Javelin: Courtney Reggo, Ridgely
High jump: Shannon Alston, Midland Park
Long jump: Cherilyn Marfino, Hasbrouck Heights
Triple jump: Jackie Kaminski, Saddle Brook
Pole vault: Melanie Kim, Saddle Brook
4 x 400 relay: Glen Rock
Team: Glen Rock

GROUP 2

100: Anike Orimogunje, Queen of Peace
200: Anike Orimogunje, Queen of Peace
400: Cheryl Anascombe, Westwood
800: Denise Scarfi, Westwood
1,600: Alyssa Ross, Pascack Hills
3,200: Liz Bissell, Indian Hills
100 HH: Lindsay May, Dumont
400 IH: Jessica Thomas, Westwood
Shot put: Bridgette Kenny, Ridgely Park
Discus: Jamie Crisafulli, Westwood
Javelin: Jessica Hutton, Ridgely Park
High jump: Alyson Saivacion, Lodi
Long jump: Danielle Kroil, Indian Hills
Triple jump: Danielle Kroil, Indian Hills
Pole vault: Sofia Capparelli, Dumont
4 x 400 relay: Westwood
Team champion: Ramsey

GROUP 3

100: Jessica Perkel, NV/Old Tappan
200: Lauren Elias, NV/Demarest
400: Nicole Philibosian, Paramus
800: Julia Emanuel, Tenafly
1,600: Andrea Rovegno, Ramapo
3,200: Julia Emanuel, Tenafly
100 HH: Michelle Ribustello, Pascack Valley
400 IH: Allison Weinberg, Tenafly
Shot put: Kelly Fazekas, NV/Demarest*
Discus: Kelly Fazekas, NV/Demarest*
Javelin: Daina Pucurs, NV/Demarest*
High jump: Jessica Malacrida, Paramus
Long jump: Nicole Philibosian, Paramus*
Triple jump: Brittany Brooks, Garfield
Pole vault: Jenny Galgano, Ramapo*
4 x 400 relay: Northern Valley/Old Tappan
Team: NV/Demarest

GROUP 4

100: Consandria Walker, Hackensack
200: Consandria Walker, Hackensack
400: Elina Ploskin, Fair Lawn
800: Caitlin Hemmer, IHA
1,600: Caitlin Smyth, IHA
3,200: Caitlin Smyth, IHA
100 HH: Chelsea Townes, Hackensack
400 IH: Michelle Smith, Teaneck
Shot put: Delisa Riddick, Teaneck
Discus: Amina Robinson, Teaneck
Javelin: Brynn Rosser, Hackensack
High jump: Chelsea Townes, Hackensack
Long jump: Christine Jones, Teaneck
Triple jump: Consandria Walker, Hackensack
Pole vault: Evann Borgmann, Ridgewood
4 x 400 relay: Teaneck
Team: Hackensack
* - Won event Wednesday.

Boys

- Hackensack** — The Comets romped in NNJIL Division B.
- Glen Rock** — The Panthers, as always, are the team to beat in the Bergen County Group 1.
- Don Bosco** — Brian Toal had an unusual triple in the 100, 200, and shot put as the Ironmen cruised in NNJIL Division C.
- Ridgewood** — The Maroons have set up a three-way battle with Hackensack and Don Bosco in the Bergen Group 4 meet.
- Wayne Hills** — The Patriots won the NBIL Division 1 and Passaic County championships.
- NV/Old Tappan** — The Golden Knights face a dogfight in the loaded Bergen Group 3 meet.
- West Milford** — The Highlanders were runners-up to Wayne Hills in the Passaic meet.
- Kennedy** — The Knights were a distant second to Hackensack in NNJIL Division B.
- NV/Demarest** — The Norsemen finished third in NBIL Division 1 but pose a major challenge to Old Tappan in Bergen Group 3.
- Garfield** — The Boilermakers come off their fourth straight league meet championship to battle in Bergen Group 3.
- River Dell** — Strong hurdle teams make Hawks a factor in Bergen Group 3.
- Bergen Tech** — The Knights move back into the Top 20 with a win in the BCSL Olympic.
- Saddle Brook** — The Falcons will again chase Glen Rock in Bergen Group 1.
- Hasbrouck Hts.** — Vernard Hoover broke the second oldest league record, a long jump of 22-5½ at the BCSL National meet.
- No. Highlands** — The Highlanders got two wins from Ryan Kriser to win NBIL Division 2.
- Palisades Park** — Gavin Charlton won the high jump and triple jump as the Tigers finished second in the BCSL Olympic.
- Pascack Hills** — Andrew Fontana won both hurdles races as the Cowboys finished third in the NBIL Division 2 meet.
- Indian Hills** — The Braves finished second to Northern Highlands in NBIL Division 2.
- Teaneck** — Ky Scott and Kevin Thompson lead a strong sprint team for the Highwaymen.
- Clifton** — The Mustangs finished third in NNJIL Division B.

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BERGEN COUNTY TRACK

BOYS HIGHLIGHTS

Group 4

The teams: A three-way battle among Ridgewood, Hackensack, and Don Bosco became a Ridgewood runaway when Ari Zamir, Erik Nygaard, and Rodolfo Crispin finished 1-2-3 in the 1,600 meters. It was the Maroons' first County Group 4 win since 1983 and just their second overall.

The stars: Zamir won the distance triple with wins in the 800, 1,600, and 3,200. Gabe Knutson won two events for Ridgewood — the high hurdles and the pole vault — but posted personal bests in all four of the events he competed in. Bergen Catholic's Ken Sinkovitz, normally a middle distance star, stunned the crowd Friday by beating Hackensack's Patel Whyte and Don Bosco's Michael Ray Garvin in the 200 to go with a win in the 400. David Dennis won the long jump and triple jump for Hackensack, and the Don Bosco relay team of Tim Byrne, Eric Brown, Ron Elia, and Garvin ran 3:22.2, the fastest time in North Jersey this year.

Group 3

The teams: Northern Valley at Old Tappan came from behind in the final event of the day to end Garfield's quest for a third straight Group 3 title. Relay runners Tom Walsh (400), Rory Miller (400 IH), and Dan Kiely (high jump) each won an individual event, and Shawn Halsey jumped from eighth place to third in his final attempt at the triple jump to go with a surprising second in the high jump.

The stars: Paramus Catholic's Anthony Cinelli won the 100, the 200, and the javelin and ran the second leg of the winning relay for the Paladins. "It's amazing how you can run so badly one week and come back the next and run so well," said Cinelli, who was shut out of the gold in the NNJIL league meet last week. Marquis Mitchell of Bergenfield jumped 45 feet, 1 inch in the triple jump, tying the best jump in the state this year. James La-Greca of Northern Valley at Demarest won the 1,600 and the 3,200 to lift the Norsemen to third place.

Group 2

The teams: Indian Hills finished 1-2-3 in the 3,200 and 1-2 in the 800 and 1,600 before clinching the win in the 1,600 relay.

"Our distance kids were amazing," coach Steve Opremcak said. "We were disappointed with our performance last week [in the NBIL league meet]. This was vindication."

The stars: Rutherford's Joe Slavik pulled off the upset of the day, edging heavily favored teammate Anthony Immediate in the javelin and breaking Immediate's year-old Group record by 10 feet with a throw of 174 feet. Matt Klypkas led the Indian Hills' distance team with wins in the 1,600 and 3,200. Kenny Kang of Pascack Hills jumped 19 feet, 2¼ inches to win the long jump and 41-3½ to win the triple jump.

Group 1

The teams: Glen Rock won just five events but left the rest of the field in the dust with a 408½-46 victory over second-place Palisades Park.

"We are concentrating on trying to win the State group meet," said junior Rob Grammer, who won the 400. "In past years, we've either been sprint-heavy or distance-heavy or had great throwers. This year, we have a good combination of all three."

The stars: Glen Rock's Ryan McCann had a tremendous day Saturday, beating Ridgefield's Dave Lado by just three-tenths of a second in the 800 in the morning and then coming back to beat Leonia's Rafael Abreu in a virtual photo finish in the 1,600 in the afternoon. Teammate Tim Murphy cleared 13 feet to tie the Group 1 record in the pole vault. Lado ran the 400 intermediate hurdles in 44.2 seconds to shatter the Group 1 record that he had shared with two other athletes. Lyndhurst's Stephen Rasczyk threw 51 feet, 5¾ inches in the shot put, the best throw by a Lyndhurst thrower in more than 40 years.

GREGORY SCHITTA

Boys

GROUP 1

TEAM SCORES

Glen Rock (GR) 108½, Palisades Park (PP) 46, Leonia (Le) 40, Hasbrouck Heights (HH) 38, New Milford (NM) 34, Saddle Brook (SB) and Becton (Bec) 30, Ridgefield (RF) 28, Cresskill (Cr) 27, Lyndhurst (Ly) 24, Waldwick (Wald) 21, Wood-Ridge (WR) 19, Midland Park (MP) 17, Park Ridge (PR) 13, Wallington (Wall) 12½, Emerson (E) 6, North Arlington (NA) and Saddle River Day (SRD) 1.

100 — 1. Mark Hannon (GR), 11.3; 2. Jesse Dluhy (SB), 11.3; 3. Nick Calandriano (E), 11.4; 4. Joe Gass (Bec), 11.5; 5. Matt Whyte (W), 11.7; 6. Tom Chwalk (WR), 11.7.

200 — 1. Tim Rehm (Wald), 23.7; 2. Joe Gass (Bec), 23.9; 3. Ervin Ventura (NM), 23.9; 4. Justin Porter (NM), 24.2; 5. Phil Santini (Cr), 24.6; 6. Robert Kim (Cr), 24.6.

400 — 1. Robert Grammar (GR), 50.3; 2. DaQuan Huffin (PP), 50.6; 3. Tim Murphy (GR), 51.4; 4. Justin Arak (Cr), 51.6; 5. Ervin Ventura (NM), 52.3; 6. Tim Rehm (Wald), 52.7.

800 — 1. Ryan McCann (GR), 1:56.9; 2. Dave Lado (R), 1:57.2; 3. James Walker (MP), 2:03.2; 4. Matt Magnifico (Bec), 2:04.8; 5. Tom Kurtovic (Wall), 2:04.9; 6. Josh Kissler (SRD), 2:06.3.

1,600 — 1. Ryan McCann (GR), 4:32.4; 2. Rafael Abreu (Le), 4:32.4; 3. Matt Magnifico (Bec), 4:37.7; 4. Tim Vroom (Wald), 4:37.8; 5. Tom Finnerty (MP), 4:38.6; 6. Rob Kein (Bec), 4:41.1.

3,200 — 1. Rafael Abreu (Le), 10:00.8; 2. Chris Guerriero (SB), 10:03.0; 3. Steve Begley (Cr), 10:07.6; 4. Matt Magnifico (Bec), 10:12.3; 5. Jeff Mauro (GR), 10:14.4; 6. Tom Finnerty (MP), 10:17.2.

100 HH — 1. Dave Lado (R), 15.1; 2. Jeff Berland (GR), 15.5; 3. Mike Jaimies (NM), 16.6; 4. Erik Nelson (Cr), 16.8; 5. Anthony Pomo (SB), 16.6; 6. James Hill (Ly), 16.9.

400 IH — 1. Dave Lado (R), 55.2 (group record, old record, 55.6 by Lado, 2002, Joe Hwang, Cresskill, 1999 and Carmen Pizzuto, Saddle Brook, 1988); 2. Rob Grammar (GR), 57.1; 3. DaQuan Huffin (PP), 58.1; 4. Justin Arak (Cr), 58.6; 5. Sean Connell (Le), 59.3; 6. Mike Montone (GR), 59.6.

Shot put — 1. Stephen Rasczyk (Ly), 51-5¼; 2. Frank Valente (HH), 48-10¼; 3. Slawek Woltyis (Wall), 48-9¼; 4. Jason Maier (NM), 48-3¼; 5. Tom Gengler (GR), 47-9; 6. Tim Parisi (SB), 47-7¼.

Discus — 1. Jason Maier (NM), 155-8; 2. Tom Gengler (GR), 139-9; 3. Richard Lam (PP), 132-7; 4. Leszek Walkowicz (W), 129-5; 5. Chris Onorato (HH), 127-0; 6. Houssein Dahdouh (SB), 125-6.

Javelin — 1. Paul Rosiak (WR), 181-4 (group record, old record, 178-2 by Rosiak, 2002); 2. Martin Gumowski (WR), 173-10; 3. Michael Goodell (MP), 162-0; 4. Sean Connell (Le), 157-10; 5. Steve Guzek (PR), 154-7; 6. Andrew Degena (GR), 154-0.

High jump — 1. Gavin Charlton (PP), 6-0; 2. Vernard Hoover (HH), 5-10; 3. Bekim Bekaj (Cr), 5-10; 4. Tie between Joe Gass (Bec) and Tom McCarthy (SB), 5-10; 6. Brian McCullough (GR), 5-8.

Long jump — 1. Andy Lim (Le), 21-0½; 2. Vernard Hoover (HH), 20-2¼; 3. Mark Hannon (GR), 19-10; 4. Anthony Pomo (SB), 19-8¼; 5. Joe Frangipane (SB), 19-0; 6. Ken Chin (GR), 18-11.

Triple jump — 1. Vernard Hoover (HH), 44-9¼; 2. Gavin Charlton (PP), 42-2½; 3. Andy Lim (Le), 41-9¼; 4. Mark Hannon (GR), 41-3; 5. Nick Timpone (HH), 40-3¼; 6. John Gleason (PR), 40-3.

Pole vault — 1. Tim Murphy (GR), 13-0 (ties group record of John Pierro, North Arlington, 1986 and Bob O'Shea, Glen Rock, 1983); 2. Mark Wong (Ly), 12-6; 3. Tie between Dean Leong (GR) and Steve Najemian (Ly), 12-0; 5. Brian Foo (NM), 12-0; 6. Mark Orovio (NA), 11-6.

4 x 400 relay — 1. Park Ridge (Chris Franzese, Matt Frederick, Stephen Guzek, John Gleason), 3:30.5; 2. Palisades Park, 3:34.6; 3. Glen Rock, 3:34.9; 4. Waldwick, 3:38.2; 5. Midland Park, 3:38.9; 6. Saddle Brook, 3:39.6.

GROUP 2

TEAM SCORES

Indian Hills (IH) 82, Pascack Hills (PH) 78, Ramsey (Rams) 77, Westwood (W) 68, Mahwah (M) 56, Englewood (E) 35, Ridgefield Park (RP) 29, Dumont (D) 28, Rutherford (Ru) 25, Queen of Peace (QP) 18.

100 — 1. Ulysses Encarnacion (RP), 11.2; 2. Matt St. Germain (QP), 11.2; 3. Michael Devers (E), 11.4; 4. Rameik Jackson (W), 11.5; 5. Thomas Teel (D), 11.7; 6. Raheem Jackson (W), 11.7.

200 — 1. Matt St. Germain (QP), 22.8; 2. Ulysses Encarnacion (RP), 23.2; 3. Raheem Jackson (W), 23.2; 4. Rameik Jackson (W), 23.2; 5. Chris Flynn (Rams), 23.5; 6. Mike Devers (E), 24.5.

400 — 1. Chris Flynn (Rams), 50.8; 2. Ken Ebeling (M), 51.8; 3. Rob Rebelo (W), 51.8; 4. Elan Goldwasser (IH), 52.1; 5. Ryan Mills (Ram), 52.4; 6. Matt Filandro (IH), 53.0.

800 — 1. Matt Filandro (IH), 1:58.6; 2. Elan Goldwasser (IH), 1:59.0; 3. Pat Collins (Ram), 2:00.2; 4. Sean Hartel (PH), 2:01.0; 5. Trevor Hedges (W), 2:02.3; 6. Ryan McCulloch (Ram), 2:05.6.

1,600 — 1. Matt Klypka (IH), 4:31.5; 2. Matt Filandro (IH), 4:41.6; 3. Simon Pekarsky (Rams), 4:44.3; 4. Marc Polifrone (RU), 4:44.9; 5. Brian Doyle (M), 4:44.9; 6. Bryan Kretschmer (Rams), 4:55.5.

3,200 — 1. Matt Klypka (IH), 9:44.8; 2. Andy Bruno (IH), 10:19.5; 3. Aramy Cho (IH), 10:20.1; 4. Brian Doyle (M), 10:28.0; 5. Bryan Kretschmer (Rams), 10:33.2; 6. Simon Pekarsky (Rams), 10:41.3.

100 HH — 1. Andrew Fontana (PH), 15.8; 2. Shawn Sterbinsky (Rams), 16.0; 3. EJ Shuck (W), 16.8; 4. Julio Cardenas (RP), 16.9; 5. Scott Atkins (PH), 16.9; 6. Eric Pragat (M), 17.7.

400 IH — 1. Trevor Hedges (W), 57.5; 2. Andrew Fontana (PH), 57.8; 3. Ken Ebeling (M), 57.9; 4. Shawn Sterbinsky (Rams), 1:00.0; 5. Dylan Coonrad (Rams), 1:00.5; 6. Sean Hartel (PH), 1:00.7.

Shot put — 1. Andrew Perkins (Rams), 50-1 3/4; 2. Rameik Jackson (W), 47-3¼; 3. Tom Helm (M), 46-0; 4. Rafael Coira (D), 44-5½; 5. Ryan Duval (Rams), 42-6; 6. Sean Lissimore (D), 42-1¼.

Discus — 1. Nick Rakov (M), 135-7; 2. Dan MacDiarmid (D), 135-6; 3. Paul Krasilnick (PH), 132-10; 4. Dan Kroner (IH), 129-10; 5. Thomas Helm (M), 129-7; 6. Rameik Jackson (W), 122-0.

Javelin — 1. Joe Slavik (Ru), 174-0 (group record, old record, 165-0 by Anthony Immediate, Rutherford, 2002); 2. Anthony Immediate (Ru), 173-4; 3. Erik Heymann (W), 167-10; 4. Dan Kroner (IH), 151-6; 5. Rameik Jackson (W), 149-8; 6. Nick Rakov (M), 147-9.

High jump — 1. Marcus Baham (E), 5-10; 2. Tie between Scott Atkins (PH) and Andrew Fontana (PH), 5-8; 4. Rameik Jackson (W), 5-8; 5. Jordan Pettway (E), 5-6; 6. Rafael Coira (D), 5-6.

Long jump — 1. Ken Kang (PH), 19-2¼; 2. Tom O'Connell (Rams), 18-5¼; 3. Paul Krasilnick (PH), 18-2¼; 4. Albert Kang (D), 18-2¼; 5. Garrett Kroner (IH), 18-2; 6. Chris D'Amato (Rams), 18-0¼.

Triple jump — 1. Ken Kang (PH), 41-3¼; 2. Marcus Baham (E), 40-5½; 3. Jordan Pettway (E), 40-1¼; 4. Ken Ebeling (M), 39-9½; 5. Matthew Hewitt (E), 39-8; 6. Andrew Fontana (PH), 38-6¼.

Pole vault — 1. Ed Chin-Lyn (M), 12-0; 2. Dean Spirito (Du), 12-0; 3. Juan Capote (RP), 11-6; 4. Tie between Chris Cipriani (IH) and Benjamin Goldberg (RU), 11-0; 6. Adam Babitts (Rams), 11-0.

4 x 400 relay — 1. Ramsey (Pat Collins, Alex Crabbe, Ryan Mills, Chris Flynn), 3:28.3; 2. Westwood, 3:28.9; 3. Pascack Hills, 3:37.5; 4. Indian Hills, 3:40.0; 5. Mahwah, 3:41.1; 6. Ridgefield Park, 3:46.3.

GROUP 3

TEAM SCORES

Northern Valley at Old Tappan (OT) 88, Garfield (G) 84, Northern Valley at Demarest (Dem) 69, Paramus Catholic

(PC) 51, Bergenfield (Berg) 38, Northern Highlands (NH) 29, River Dell (RD) 27, Fort Lee (FL) 26, Tenafly (Ten) 22, Ramapo (Rama) and Paramus (P) 19, Pascack Valley (PV) 16, St. Joseph Regional (SJR) and Cliffside Park (CP) 4.

100 — 1. Anthony Cinelli (PC), 11.1; 2. Sullivan Parker (B), 11.4; 3. Mike Andreano (G), 11.4; 4. Rob Richardson (G), 11.4; 5. Jeremy Perussi (Dem), 11.5; 6. PJ Picache (NH), 11.7.

200 — 1. Anthony Cinelli (PC), 22.9; 2. Mike Andreano (G), 23.1; 3. Sullivan Parker (Berg), 23.1; 4. Rob Richardson (G), 23.2; 5. Justin Frazier (PC), 23.8; 6. Ralph Davis (P), 23.8.

400 — 1. Thomas Walsh (OT), 51.3; 2. Ryan Krisher (NH), 51.4; 3. Rory Miller (OT), 51.4; 4. Andres Gutierrez (PC), 51.8; 5. Phil Kim (Dem), 52.5; 6. Joey Johnson (P), 52.6.

800 — 1. Greg Horn (RD), 2:00.7; 2. Samir Mane (FL), 2:02.0; 3. Hermal Patel (G), 2:03.0; 4. James LaGreca (Dem), 2:03.1; 5. Greg Gehl (OT), 2:03.6; 6. Ryan Madrid (PC), 2:04.8.

1,600 — 1. James LaGreca (Dem), 4:29.2; 2. Samir Mane (FL), 4:32.0; 3. Stephen Rothwell (OT), 4:33.6; 4. Jesse Weber (Ten), 4:33.8; 5. Rudy Urena (CP), 4:38.2; 6. Mike Fonder (RD), 4:38.8.

3,200 — 1. James LaGreca (Dem), 9:56.1; 2. Dane Gartasco (Dem), 10:02.1; 3. Jesse Weber (Ten), 10:04.0; 4. Stephen Rothwell (OT), 10:05.7; 5. Rudy Urena (CP), 10:08.7; 6. Nick Paolazzi (P), 10:09.4.

100 HH — 1. Jeremy Perussi (Dem), 14.9; 2. Mike Andreano (G), 15.3; 3. Anthony Scannella (G), 15.3; 4. PJ Picache (NH), 15.8; 5. Mamo Arima (RD), 15.8; 6. Rory Miller (OT), 15.9.

400 IH — 1. Rory Miller (OT), 56.4; 2. Joey Johnson (P), 57.0; 3. Phil Kim (Dem), 57.7; 4. Randy Lampert (Ten), 58.3; 5. Mamo Arima (RD), 58.9; 6. Dan Kiely (OT), 59.1.

Shot put — 1. Joe Viglione (G), 55-2; 2. Tristan Henry (Berg), 53-4¼; 3. Greg Lippert (PV), 52-0; 4. Dave Cordts (RD), 49-0¼; 5. Rob Winning (NH), 47-3; 6. Joe Carley (OT), 47-3.

Discus — 1. Manny Mktchian (FL), 143-10; 2. Emade Georges (G), 138-7; 3. Joe Carley (OT), 138-6; 4. Joe Viglione (G), 136-6; 5. Tristan Henry (Berg), 129-8; 6. Dave Cordts (RD), 128-0.

Javelin — 1. Anthony Cinelli (PC), 172-6; 2. Dan Woods (Dem), 164-0; 3. Alex Berberian (OT), 157-7; 4. Rob Alvarez (PC), 147-7; 5. Kevin Clark (Dem), 147-6; 6. James Woods (Dem), 145-9.

High jump — 1. Dan Kiely (OT), 6-2; 2. Shawn Halsey (OT), 5-10; 3. Tie between Mike Savva (Ten) and Pat Heenehan (Rama), 5-10; 5. Tie between Eric Barone (RD) and Brian Voorhis (RD), 5-8.

Long jump — 1. Rob Richardson (G), 21-6¼; 2. Ralph Davis (P), 21-1¼; 3. Anthony Scannella (G), 20-5; 4. Mike Andreano (G), 20-4 3/4; 5. Marquis Mitchell (Berg), 20-3¼; 6. Chris Woodford (OT), 20-1¼.

Triple jump — 1. Marquis Mitchell (B), 45-1; 2. Colin Pierce (NH), 44-8¼; 3. Shawn Halsey (OT), 42-10; 4. Christopher DeGannes (SJR), 42-1½; 5. Greg Osorio (B), 42-0; 6. Jeremy Perussi (Dem), 41-9¼.

Pole vault — 1. Adam Sacher (PV), 12-6; 2. Tie: Rich Larin (Rama) and Pat Heenehan (Rama), 11-6; 4. James Woods (Dem), 11-6; 5. Alec Eckmayer (OT), 11-6; 6. Pat Wall (Ten), 11-0.

4 x 400 relay — 1. Paramus Catholic (Andres Gutierrez, Anthony Cinelli, Ed Carter, Justin Frazier), 3:28.8; 2. NV/Old Tappan, 3:28.8; 3. Northern Highlands, 3:29.7; 4. River Dell, 3:32.4; 5. Tenafly, 3:36.8; 6. NV/Demarest, 3:37.0.

GROUP 4

TEAM SCORES

Ridgewood (Rw) 154, Hackensack (H) 114, Don Bosco (DB) 106, Bergen Tech (BT) 43, Bergen Catholic (BC) 34, Teaneck (T) 23, Fair Lawn (FL) 22.

100 — 1. Michael Ray Garvin (DB), 11.1; 2. Tarant Anderson (BT), 11.3; 3. Ky Scott (T), 11.3; 4. Andrew Drysdale (BT), 11.5; 5. Ian Straughter (H), 11.5; 6. Leslie Bonsu (BT), 11.6.

200 — 1. Ken Sinkovitz (BC), 22.6; 2. Patel Whyte (H), 22.7; 3. Michael Ray Garvin (DB), 22.7; 4. Andrew Drysdale (BT), 22.9; 5. Tarant Anderson (BT), 23.7; 6. Jon Reid (BT), 23.8.

400 — 1. Ken Sinkovitz (BC), 49.7; 2. Eric Brown (DB), 50.5; 3. Ky Scott (T), 50.9; 4. Ron Elia (DB), 51.0; 5. Tim Byrne (DB), 51.1; 6. Jonathan Reid (BT), 51.5.

800 — 1. Ari Zamir (Rw), 2:00.3; 2. Elvis Cole (H), 2:00.3; 3. Alex Wechsler (DB), 2:01.5; 4. Doug Sampson (Rw), 2:01.8; 5. Brent Napoleon (DB), 2:02.4; 6. Greg Corcoran (Rw), 2:04.3.

1,600 — 1. Ari Zamir (Rw), 4:28.9; 2. Erik Nygaard (Rw), 4:31.8; 3. Rodolfo Crispin (Rw), 4:33.5; 4. Sean Swift (DB), 4:34.7; 5. Pete Gerboth (DB), 4:35.7; 6. Brent Napoleon (DB), 4:38.7.

3,200 — 1. Ari Zamir (Rw), 9:38.3; 2. Rodolfo Crispin (Rw), 9:45.9; 3. Sean Swift (DB), 9:46.4; 5. Kyle Engelen (Rw), 9:51.2; 5. Peter Gerboth (DB), 10:17.1; 6. Kevin Walsh (BT), 10:17.7.

100 HH — 1. Gabe Knutson (Rw), 15.9; 2. Jean Belfour (H), 15.9; 3. Anthony Cozzitorto (DB), 16.0; 4. David Dennis (H), 16.4; 5. Chris Gonzalez (DB), 16.6; 6. Justin Walker (T), 16.6.

400 IH — 1. Greg Corcoran (Rw), 58.0; 2. Elvis Cole (H), 58.0; 3. David Dennis (H), 59.2; 4. Andrew Kim (BT), 1:00.0; 5. Alex Wechsler (DB), 1:00.9; 6. Byron Williams (Rw), 1:01.0.

Shot put — 1. Scott Emerson (FL), 48-9¼; 2. Vince Krutchick (DB), 48-4¼; 3. Nick DeGregorio (BC), 47-0; 4. Chris Wolfstirn (Rw), 46-2; 5. Matt Flicker (Rw), 44-10; 6. Neal Kovach (Rw), 43-3.

Discus — 1. Gary Peluso (FL), 137-8; 2. Vaughn Crenshaw (H), 133-0; 3. Neal Kovach (Rw), 124-4; 4. Adonis Antonick (DB), 122-8; 5. Sharrod McKinney (T), 122-3; 6. Chris Wolfstirn (Rw), 120-2.

Javelin — 1. Mike Kleimont (H), 152-4; 2. Adam Whitelaw (Rw), 150-11; 3. Frank Tangarife (H), 150-3; 4. Steve Pierce (R), 140-11; 5. Anthony Halgaway (Rw), 137-5; 6. Vaughn Crenshaw (H), 136-8.

High jump — 1. Jean Belfour (H), 6-6; 2. Bernard Mann (Rw), 6-4; 3. Chris Calantone (BC), 6-0; 4. Eddie Cabo (H), 5-10; 5. Stacy Daniels (H), 5-10; 6. Oderick Turner (T), 5-6.

Long jump — 1. David Dennis (H), 20-7; 2. Leslie Bonsu (BT), 20-6; 3. Bernard Mann (Rw), 20-3¼; 4. Gabe Knutson (Rw), 19-4¼; 5. Tom McCormick (DB), 19-0¼; 6. Shawn Dew (BT), 18-11¼.

Triple jump — 1. David Dennis (H), 45-0; 2. Gabe Knutson (Rw), 43-6; 3. Tyler Palumbo (DB), 42-10¼; 4. Bernard Mann (Rw), 42-8; 5. Stacy Daniels (H), 41-5½; 6. Oderick Turner (T), 40-10.

Pole vault — 1. Gabe Knutson (Rw), 13-0; 2. Tom McCormick (DB), 12-6; 3. tie between Stuart Cohen and Steven Englehardt (DB), 12-6; 5. Yury Rosenbaum (FL), 12-0; 6. Chris Eck (BC), 11-6.

4 x 400 relay — 1. Don Bosco (Tim Byrne, Eric Brown, Ron Elia, Michael Ray Garvin), 3:22.2; 2. Bergen Tech, 3:27.4; 3. Teaneck, 3:29.0; 4. Ridgewood, 3:29.4; 5. Hackensack, 3:30.3; 6. Bergen Catholic, 3:36.6.

Bergen County Group IV Championships

May 16th and 17th

Congratulations... Bergen County Champions!!!

200m: D. Sampson **24.1**, T. Rooke **24.7**

400IH: G. Corcoran **58.0** – **1st Place** B. Williams **61.0** – **6th Place** E. Yeaw **63.0**

3200m: A. Zamir **9:38.3** – **1st Place** R. Crispin **9:45.9** – **2nd Place**
K. Engelken **9:51.2** – **4th Place**

High Jump: B. Mann **6'4"** – **2nd Place**

Long Jump: B. Mann **20'3 1/2"** – **3rd Place** G. Knutson **19'4 1/2"** – **4th Place**

Javelin: A. Whitelaw **150'11"** – **2nd Place** S. Pierce **140'11"** – **4th Place**
A. Halwagy **137'5"** – **5th Place**

Shot Put: C. Wolfstirn **46'2"** – **4th Place** M. Flicker **44'10"** – **5th Place**
N. Kovach **43'3"** – **6th Place**

110HH: G. Knutson **16.4 / 15.7** – **1st Place** J. Nagano-Gerace **18.4** J. Moody **18.9**

100m: B. Mann **11.8 / 11.7** A. Halwagy **11.8**

800m: A. Zamir **2:00.3** – **1st Place** D. Sampson **2:01.8** – **4th Place**
G. Corcoran **2:04.3** – **6th Place**

400m: B. Williams **52.3** T. Rooke **52.6** O. Onwubu **54.8**

1600m: A. Zamir **4:28.9** – **1st Place** E. Nygaard **4:31.8** – **2nd Place**
R. Crispin **4:33.5** – **3rd Place**

4x400m: D. Sampson **53.3**
T. Rooke **51.9**
B. Williams **52.6**
G. Corcoran **51.4** **3:29.4** – **4th Place**

Triple Jump: G. Knutson **43'6"** – **2nd Place** B. Mann **42'8"** – **4th Place**

Discus: N. Kovach **124'4"** – **3rd Place** C. Wolfstirn **120'2"** – **6th Place**
M. Monfared **107'8"**

Pole Vault: G. Knutson **13'0"** – **1st Place** C. Jensen **10'6"**

Final Team Standings:

Ridgewood	154
Hackensack	114
Don Bosco	106
Bergen Tech	43
Bergen Catholic	34
Teaneck	23
Fair Lawn	22

Comments:

Congratulations!!! We are the second Ridgewood team since 1955 to win the county championship! This is an achievement that should make us all proud! We need to take the accomplishment and build on it as we head into the state sectionals. Great Job!!!

Athletes of the Meet:

Ari Zamir: 3 wins – 30 points

Gabe Knutson: 32 points: 2 wins, 1 second, 1 fourth

Results from the County Group Meet

100m:

M. Garvin – Don Bosco	11.1
A. Cinelli – Paramus Cath.	11.1
U. Encarnacion – Ridg. Park	11.2
M. St. Germain – Q of P	11.2
M. Hannon – Glen Rock	11.3
T. Anderson – B. Tech	11.3

400m:

K. Sinkovitz – Bergen Cath.	49.7
R. Grammer – Glen Rock	50.3
E. Brown – Don Bosco	50.5
D. Huffin – Pal. Park	50.6
C. Flynn – Ramsey	50.8
K. Scott – Teaneck	50.9

1600m:

A. Zamir – Ridgewood	4:28.9
J. LaGreca – Demarest	4:29.2
M. Klypka – Indian Hills	4:31.5
E. Nygaard – Ridgewood	4:31.8
S. Mane – Fort Lee	4:32.0
R. McCann – Glen Rock	4:32.2

110HH:

J. Perussi – Demarest	14.9
D. Lado – Ridgefield	15.1
M. Andreano – Garfield	15.3
A. Scanella – Garfield	15.3
J. Berland – Glen Rock	15.5
A. Fontana – Pascack Hills	15.8

High Jump:

J. Beljour – Hackensack	6'6"
B. Mann – Ridgewood	6'4"
D. Kiely – NV/OT	6'2"
G. Charlton – Pal Park	6'0"
C. Calantone – Bergen Cath	6'0"
E. Cabo – Hackensack	5'10"

200m:

K. Sinkovitz – Bergen Cath.	22.6
P. Whyte – Hackensack	22.7
M. Garvin – Don Bosco	22.7
M. St. Germain – Q of P	22.8
A. Cinelli – Paramus Cath.	22.9
A. Drysdale – B. Tech	22.9

800m:

R. McCann – Glen Rock	1:56.9
D. Lado – Ridgefield	1:57.2
M. Filandro – Indian Hills	1:58.6
E. Goldwaser – Indian Hills	1:59.0
P. Collins – Ramsey	2:00.2
A. Zamir – Ridgewood	2:00.3

3200m:

A. Zamir – Ridgewood	9:38.3
M. Kypka – Indian Hills	9:44.8
R. Crispin – Ridgewood	9:45.9
S. Swift – Don Bosco	9:46.4
K. Engelken – Ridgewood	9:51.2
J. LaGreca – Demarest	9:56.1

400IH:

D. Lado – Ridgefield	55.5
R. Miller – NV/OT	56.4
J. Johnson – Paramus	57.0
R. Grammer – Glen Rock	57.1
T. Hedges – Westwood	57.5
P. Kim – Demarest	57.7

Pole Vault:

G. Knutson – Ridgewood	13'0"
T. Murphy – Glen Rock	13'0"
T. McCormick – Don Bosco	12'6"
A. Sacher – Pasckack Valley	12'6"
M. Wong – Lyndhurst	12'6"
S. Englehardt – D. Bosco	12'6"

Long Jump:

R. Richardson – Garfield	21'6 1/2"
R. Davis – Paramus	21'1 3/4"
A. Lim – Leonia	21'1/4"
D. Dennis – Hackensack	20'7"
L. Bonsu – B. Tech	20'6"
A. Scannella – Garfield	20'5"

Discus:

J. Maier – New Milford	155'8"
E. Mkrtchian – Fort Lee	143'10"
T. Gengler – Glen Rock	139'9"
E. Georges – Garfield	138'7"
J. Carley – NV/OT	138'6"
G. Peluso – Fair Lawn	137'8"

Shot Put:

J. Viglione – Garfield	55'2"
T. Henry – Bergenfield	53'4 1/2"
G. Lippert – Pasc. Valley	52'0"
S. Rasczyk – Lyndhurst	51'5 3/4"
A. Perkins – Ramsey	50'1 3/4"
D. Cordts – Riverdell	49'1/2"

Triple Jump:

M. Mitchell – Bergenfield	45'1"
D. Dennis – Hackensack	45'0"
V. Hoover – Has Heights	44'9 1/2"
C. Pierce – No. Highlands	44'8 1/2"
G. Knutson – Ridgewood	43'6"
T. Palumbo – Don Bosco	42'10"

Javelin:

P. Rosiak – Wood-Ridge	181'4"
J. Slavik – Rutherford	174'0"
M. Gumowski – Wood-Ridge	173'10"
A. Immediate – Rutherford	173'4"
A. Cinelli – Paramus Cath.	172'6"
E. Heymann – Westwood	167'10"

4x400m:

Don Bosco	3:22.2
Bergen Tech	3:27.4
Ramsey	3:28.3
NV/OT	3:28.8
Westwood	3:28.9
Teaneck	3:29.0

Final "All-Groups Team Score"

Ridgewood	56
Don Bosco	41
Glen Rock	41
Garfield	35
Hackensack	31
Ridgefield	26
Indian Hills	22
Bergen Catholic	22
Demarest	20
NV/Old Tappan	20
Bergenfield	18
Wood-Ridge	16
Paramus	14
Rutherford	14
Ramsey	12
Bergen Tech	12
Paramus Catholic	12

Fort Lee	10
Pascack Valley	10
Queen of Peace	8
Pal. Park	8
Ridgefield Park	6
Lyndhurst	6
Leonia	6
Hasbrouck Heights	6
Westwood	5
Northern Highlands	4
Teaneck	2
Fair Lawn	1
River Dell	1

Freshmen Championships

May 21st

400IH: B. Williams 59.0 – 1st Place (missed meet record by .1)
J. Nagano-Gerace 63.5 – 4th Place J. Moody 67.4

100m: P. Kovach 12.7 B. Clementi 13.1 C. Anderson 14.0

400m: B. Williams 53.1 E. Ellingboe 57.8 C. Mulvey 58.8
T. Jenssen 61.5 J. Chamoun 64.9

1600m: M. Cator 4:36.3 – 1st Place NEW MEET RECORD!!! (64/71/73/67)

110HH: J. Nagano-Gerace 18.0/17.5/18.3 – 3rd Place
J. Moody 19.5/19.2 J. Chamoun 20.2/20.2

800m: B. Williams 2:07.1 – 1st Place S. Pierce 2:19.6 M. Lam 2:27.9

200m: J. Moody 26.4, E. Ellingboe 26.4, C. Mulvey 26.6 T. Jenssen 27.2
F. Nestor 28.7 C. Anderson 29.2 J. Casey 31.4

3200m: M. Cator 10:12 – 1st Place NEW MEET RECORD!!!
(73/77/76/76(5:03)77/78/79/73(5:09))
C. Magrath 11:23.4 (80/82/86/87/89/89/86/84)

4x400m:	E. Ellingboe 58.9	J. Moody 60.8
	S. Pierce 58.9	J. Nagano 59.2
	M. Cator 58.0	T. Jenssen 62.2
	B. Williams 53.3	C. Mulvey 58.4
	3:48.9 – 2 nd Place	4:00.5

Long Jump: B. Clementi 15'4"

Triple Jump: B. Clementi 35'8" – 4th Place

High Jump: B. Clementi 5'0"

Pole Vault: P. Kovach 11'0" – 1st Place

Shot Put: B. Wilson 34'6" T. Commer 25'2"

Discus: S. Pierce 84'2" B. Wilson 81'2" T. Commer 61'0"

Javelin: S. Pierce 139'5" – 1st Place

CONGRATUATIONS TO THE FROSH TEAM- 2ND PLACE IN THE COUNTY!!!
CONGRATUATIONS TO MIKE CATOR – TRACK ATHLETE OF THE MEET!!

Zamir propels RHS boys track team

to first county title in 16 years

By Matt Potter
Staff Writer

RIDGEWOOD — Propelled by a trio of victories from distance runner Ari Zamir, the Ridgewood High School boys track team won the Bergen County Group 4 championship for the first time since 1987 and for only the second time in the 48-year history of the competition.

In the two-day championship held at Hackensack and Teaneck high schools on Friday and Saturday, the Maroons finished with 154 points, giving them an easy victory over second-place Hackensack (114). Don Bosco (106) was third.

And, while there were many strong performances by Ridgewood athletes, it was Zamir's three wins that stood out.

"Our distance guys have been excellent all season, and Ari tripling at this level was an impressive feat," said Ridgewood coach Josh Saladino. "To win three events shows not just talent, but also a lot of determination."

Among his victories, Zamir led a 1-2-3 Ridgewood finish in the 1,600 meters, clocking in at 4:28.9, while teammates Erik Nygaard (4:31.8) and Rodolfo Crispin (4:33.5) were second and third, respectively. Entering that event on Saturday, Zamir already had two wins under his belt.

"I was pretty tired going into the mile, but I knew it was the last event for me," said Zamir, a junior. "There was nothing coming after that, so I was able to go out and give it my all."

"I wasn't expecting to win all three events," added Zamir. "I just wanted to do my best and do what the coach needed me to do."



STAFF PHOTOS/BRIAN FARRELL

These are the Ridgewood High School runners who finished 1-2-3 in the 1,600-meter run at the Bergen County Group 4 boys track meet last Saturday. They are (from left) junior Ari Zamir (first place), who had a trio of wins at the meet, junior Erik Nygaard (second place) and senior Rodolfo Crispin (third place).

As well as the mile, Zamir won the 800-meter race in 2:00.3, while teammates Doug Sampson was fourth (2:01.8) and Greg Corcoran sixth (2:04.1). And Zamir's 9:38.3 in the 3,200-meter run put him ahead of second-place Crispin (9:45.9) and Kyle Engelken in fifth (9:51.2).

Another athlete making an invaluable contribution to Ridgewood's momentous win was junior Gabe Knutson. As expected, he won the pole vault — with a jump of 13

feet — but it was in the 110-meter high hurdles that Knutson pulled out the stops, taking victory in 15.9 seconds.

"Based on what I've been jumping, I knew I was going to win the pole vault, but the hurdles was a big surprise," said Knutson. "We had a dual meet with Hackensack earlier in the season, and they all beat me, so it was surprising when they only got two into the final and I won."

Knutson rarely competes in the event,

RHS News 5/23



Junior Gabe Knutson (left) and senior Greg Corcoran were two of Ridgewood's winners in the Bergen County Group 4 boys track meet. Knutson won the pole vault and 110-meter high hurdles, while Corcoran came in first in 400-meter intermediate hurdles.

which is not one of his favorites. In the league championship on May 10, he tripped over a hurdle and fell flat on his face.

"The win got everyone really excited," said Knutson. "It was pretty amazing, because I never do the hurdles in practice. I'm the best on the team, but I'm not great."

"Gabe had an exceptional meet," said Saladino. "He's a very good athlete, but he does so many events that he sometimes has to spread himself too thin. This time, he was

able to concentrate on his events, and he got everyone energized with the high hurdles win."

Knutson also managed a second place in the triple jump (43 feet, 6 inches) and a fourth in the long jump (19 feet, 4 1/2 inches).

Meanwhile, Ridgewood's other winner was senior Greg Corcoran, who ran 58 seconds flat for victory in the 400-meter intermediate hurdles, an event in which teammate Byron Williams was sixth (1:01).

Bernard Mann finished second in the high jump (6 feet, 4 inches), third in the long jump (20 feet, 3 1/2 inches) and fourth in the triple jump (42 feet, 8 inches).

The Maroons finished 4-5-6 in the shot put through the efforts of Chris Wolfstirn (46 feet, 5 inches), Mat Flicker (44 feet, 10 inches) and Neal Kovach (43 feet, 3 inches). Kovach was third in the discus (124 feet, 4 inches) and Wolfstirn sixth (120 feet, 2 inches).

In the javelin, Ridgewood had three placings — Adam Whitelaw in second (150 feet, 11 inches), Steve Pierce in fourth (140 feet, 11 inches) and Anthony Halwagy in fifth (137 feet, 5 inches). The 4x400 relay team was fourth with a time of 3:29.4.

Ridgewood competes in the state-sectional championships at Wayne Hills High School today and tomorrow, and it takes part in the Bergen County Meet of Champions on Tuesday at Indian Hills High School.

"The state sectionals are going to be very competitive, but I'm fairly confident that we'll do well," said Saladino. "With some more very good performances, we can hopefully get another victory."

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Run News 5/23

COACHES IN THE COUNTY WHO WANT to keep a close eye on their football players and keep them in the weight room," said Mike Theuerkauf, who threw 62-6½ in 1988 for Northern Valley at De-

State. "I would like to see them try to generate explosion in the circle, and that's what we try to generate on the block." Not everybody is willing to put the blame on football. In many

don't lift in the off-season, they're not going to play in the fall," he said. "But it's not me that's not letting them play. It's them. They will be that far behind those who do

ONE MORE ADVICE: REMEMBER, these numbers may start to rise again. Gregory Schutta's e-mail address is schutta@northjersey.com

BREAKING DOWN THE SECTIONALS

North 1, Groups 1 and 2: at Glen Rock. Friday, 3 p.m.; Saturday, 10 a.m.

North 1, Groups 3 and 4: at Wayne Hills. Friday, 4 p.m.; Saturday, 10 a.m.

By **PAUL SCHWARTZ**
STAFF WRITER

The top six finishers in each event at this weekend's North 1 sectionals qualify for the State group meet at Egg Harbor Township next weekend. Groups 1 and 2 compete at Glen Rock and Groups 3 and 4 at Wayne Hills on Friday at 4 p.m. (Glen Rock boys long jump at 3 p.m.) and Saturday at 10 a.m. For the first time this year, the boys and girls triple jump and girls pole vault are official events.

Boys

Group 1

Teams: Defending champion Glen Rock team is a prohibitive favorite to become the first team to win five straight sectional titles.

Returning champions: Rob Grammer, Glen Rock (400); Ryan McCann, Glen Rock (1,600); Steve Begley, Cresskill (3,200); Dave Lado, Ridgefield (400 IH); Paul Rosiak, Wood-Ridge (javelin); Tim Murphy, Glen Rock (pole vault).

Events to watch: Rematches in the 800 and 1,600 match McCann with Lado in the 800, where McCann ran a meet record 1:56.9 last year, and with Rafael Abreu of Leonia where both were timed in 4:32.4 at the Bergen County Group 1 meet.

Group 2

Teams: Surprise 2002 winner Leonia has moved to Group 1, leaving Kittatinny, Newton, Bergen Group 2 champ Indian Hills, Pascack Hills, Ramsey, and Hawthorne in a dogfight.

Returning champions: Casey Robert, Hawthorne (200); Ryan Schaffer, Newton (800, 400 IH); Matt Klyпка, Indian Hills (3,200); Anthony Immediate, Rutherford (javelin).

Event to watch: The javelin matches Immediate, a State Meet of Champions medalist last year, with teammate Joe Slavik and Kittatinny's Bo Lawson, who won the Sussex County title with a throw of 176 feet.

Group 3

Teams: Garfield is the defending champion, but Sussex runner-up Sparta, Passaic champ Wayne Hills, and Northern Valley/Old Tappan probably are the top three this year. Garfield needs a healthy Rob Richardson to win.

Returning champions: Mike Pruzinsky, Wayne Hills (400); Samir Mane, Fort Lee (800); Alonzo Meek, Wayne Valley (110 HH); Greg Horn, River Dell (400 IH); Greg Olsen, Wayne Hills (shot put); Bert Sisco, Wayne Hills (javelin, discus); Dan Kiely, NV/Old Tappan (high jump); Adam Sacher, Pascack Valley (pole vault).

Events to watch: The intermediate hurdles battle among defending champion Horn, Sussex champ Dave LaRocca of Sparta, Rory Miller of NV/Old Tappan, and Mike Padula of Passaic Valley could be a classic. Passaic champ Olsen of Wayne Hills battles Bergen 3 champ Joe Viglione of Garfield and Sussex titlist Chris Rudanovic of High Point in a match of 55-foot-plus shot putters.

Group 4

Teams: Teaneck surprised almost everyone by winning last year's title behind Adrian Durant. This year, look for Ridgewood or Hackensack to win, although Bayonne, Memorial of West New York, Vernon, Clifton, and Kennedy could score enough to win.

Returning champions: Fitz-Hubert Reynolds, Bayonne (800); Mike Pohludka, Vernon (110 HH); Jonathan Dinges, Vernon (javelin).

Events to watch: Pohludka, the Sussex champ, will defend against Passaic titlist Anthony Johnson of Eastside. The 200 meters could be very fast, matching North Bergen star Kevin Thompson against Jon Reid of Bergen Tech, Sussex champ Dan Falgares of Vernon, Patel Whyte of Hackensack, and

Ky Scott of Teaneck.

Girls

Group 1

Teams: Glen Rock is the three-time defending State Group 1 champion and favored to take a fourth straight sectional title. But the Panthers may have a harder time defending their sectional title against strong teams such as Hasbrouck Heights and Saddle Brook than winning next weekend at Egg Harbor Township.

Returning champions: Kim Mineo, Glen Rock (400-800-400 IH); Jackie Kaminski, Saddle Brook (100 HH); Lindsay Renna, Hasbrouck Heights (shot put); Courtney Reggo, Ridgefield (javelin); Shannon Alston, Midland Park (high jump).

Events to watch: The 100-200 rivalry between Judy Wong of Wood-Ridge and Jen Cagiao of Hasbrouck Heights continues. Renna, Nicole Lowenstein of Lyndhurst, and Tatiana Ciccone of New Milford are well-matched in the shot put.

Group 2

Teams: Defending champion Newton looks strong again with Bergen 2 champ Ramsey, and Pompton Lakes their biggest challengers. But Westwood and Indian Hills will also be in the mix for a sectional title.

Returning champions: Sheakia Jackson, Newton (200); Hailey Coonrad, Ramsey (400); Meghan Gaffney, Pompton Lakes (800-1,600-3,200); Erica Dardaganis, Newton (100 HH); Nicole Becker, Kittatinny.

Events to watch: Jackson will race Coonrad, her teammate Amanda Knutsen, and Westwood's Cheryl Anscombe in the 400, which could be the fastest of the year. Gaffney faces Ashley Ray of Newton in a rematch of their amazing 800 battle of last year.

Group 3

Teams: Northern Valley/Demarest returns a formidable team, but Passaic champ Wayne Valley will be very strong, and Passaic Valley, Sussex champ Sparta, Tenafly, and

NV/Old Tappan can all score 50 points or more.

Returning champions: Alison DiDomenico, Passaic Valley (200-400); Tara Connelly, Pascack Valley (800); Andrea Rovegno, Ramapo (1,600); Jesse Mizzone, Passaic Valley (3,200); Michelle Ribustello, Pascack Valley (400 IH); Kelly Fazekas, NV/Demarest (javelin); Jessica Malacrida, Paramus (high jump).

Events to watch: Fazekas will have to hold off Passaic champ Jazmine Fenlator of Wayne Valley and Sussex champ Rachel Young of Sparta in a shot put competition that matches three of the top six throwers in the state. The discus should also be a spectacular battle between Fazekas and Fenlator. On the track, look for Julia Emanuel of Tenafly to take on Ashley Bakel-mun of Wayne Hills in the 800, Rovegno, Mizzone, and Jacqui Carroll of Wayne Valley in the 1,600, and Mizzone and Carroll in the 3,200.

Group 4

Teams: Passaic Tech capped its 2002 dream season with a win here but will not repeat. Teaneck, Hackensack, and Ridgewood should dominate as they have in the 27 previous years of competition (18 combined titles).

Returning champions: Elina Ploskin, Fair Lawn (800); Tina Lindsay, Eastside (javelin).

Events to watch: Brynn Rosser of Hackensack and Lindsay will try to overthrow each other in the javelin, and Karen Langner of Clifton and Evann Borgmann of Ridgewood will make the first pole vault competition a memorable one.

North 2

Rebecca Baskinger of Butler (100 HH, long jump, high jump), Nikki Cassano of Pequannock (400 IH), and Mikki Jackowsky of Pequannock (javelin) all placed in the Morris County girls meet and should place in the sectional. Butler's Bill Maier (3,200 meters) has the best chance of placing in the boys events.

SECTIONAL BOYS TRACK

BY JIM LAMBERT
AND JOE BATTAGLIA
FOR THE STAR-LEDGER

Adian Sanderson had a message for Lance Wigfall.

After Sanderson, a junior at Ewing, won the boys Group 3 400-meter run in a meet-record 47.94 at the NJSIAA Central Jersey Track and Field Championships last night in South Plainfield, he didn't make a prediction about the Meet of Champions.

But he did look ahead to his potential meeting with Wigfall at the M of C on June 4 in South Plainfield.

Wigfall, a senior at East Orange Campus, is the only runner in the state to beat Sanderson in the 400 this season. Wigfall, who won the North Jersey, Section 2, Group 4 race in 47.92, defeated Sanderson, 46.8 to 47.2, at the Bernards Invitational on May 4.

"I'm ready for him," Sanderson, second in the 400 at the M of C last year, said of Wigfall. "It'll be a close race and I feel I have a chance to win it."

Sanderson's victory last night was his second of the meet. Earlier he won the 100 dash in 10.87 as he combined with teammate Basil Campbell to give Ewing the lead in the team competition heading into today's final day of competition.

Campbell won the 400 hurdles in 54.04 and was second to Sanderson in the 100 in 10.95.

"We feel like we're in good position to win, but we still have to come out tomorrow and perform well," Sanderson said.

Joe Kingsbery led a 1-2-3 finish for Red Bank in the 1,600 at the Central Jersey, Group 3 meet. Kingsbery won in 4:25.04 with Robbie Dennis second in 4:28.84 and Steve Waite third in 4:29.33. Kingsbery ran the final 800 in 2:09.5.

Erison Hurtault won the 400 in 48.96 for Matawan, which is involved in a tight team race with defending champion Somerville in Central Jersey, Group 2. Tom Walsh added a third for Matawan in the 1,600 in 4:25.41.

David Gaines of Colts Neck is halfway towards a double after winning the Central Jersey

Group 2 1,600 in 4:23.63. Gaines is favored to win the 800 today.

The performance of the day in the North Jersey, Section 1, Group 4 meet at Wayne Hills was turned in by Ridgewood junior Ari Zamir, who outkicked favored Mohamed Khadraoui of Paterson Kennedy, the Meet of Champions winner in cross-country and the indoor 3,200, to win the 1,600 in 4:22.5. Khadraoui was second in 4:24.90.

The time broke Zamir's personal record by three seconds, earned his first victory over Khadraoui outdoors and helped vault Ridgewood into the team lead with 44 points.

"I was worried about the rain affecting the race because I hadn't run a personal record all season," Zamir said. "I wanted to stay behind Khadraoui and use my kick on the straightaway. But my coach started yelling that I had a chance to win this and I had to go at 200. This was big for my confidence. I hope to be able to run under 4:20 at the Group meet at Egg Harbor next week."

Wayne Hills grabbed the early lead at Wayne Hills in pursuit of its first North Jersey, Section 1, Group 3 championship. Sparked by a victory from Greg Olsen in the shot put at 56-9%, a victory by Michael Pruzinsky in the 400 in 49.2 and a 1-4-5 finish by Pruzinsky (10.8), Chazz Lynn (11.3) and Olsen (11.4) in the 100, Wayne Hills leads with 37 points

heading into today's competition. Ed Sisco will be the favorite to win the javelin and discus for Wayne Hills.

Demarest is in second place behind Wayne Hills with 26 points, powered by victories from James LaGreca in the 1,600 in 4:25.5 and Sam Lee in the long jump at 20-11½.

Bayonne's three-man team of Fitz-Hubert Reynolds, Roman Zhmurenka and Steve DiGiorgio currently sits in second place behind Ridgewood with 39 points. In the 400, Reynolds took first in 49.4 and Zhmurenka was second in 50.6. Reynolds also won the 400 in 55.1 and Zhmurenka was sixth in the 1,600 in 4:29.7. DiGiorgio unloaded a 54-11½ on his final throw to win the shot put.

The Glen Rock boys, behind football stars Mark Hannon and Robbie Grammer, will take a lead into the second day of competition in North Jersey, Section 1, Group 1 in Glen Rock as it looks to collect its fifth straight sectional title. Hannon won the 100 while Grammer won the 400, helping Glen Rock to a 64-24 lead over Lyndhurst.

Casey Robert of Hawthorne won the 100 and 400 at the North Jersey, Section 1, Group 2 meet at Glen Rock and looks to win the 200 today. Newton holds the team lead, 36-22, over Hawthorne.

Jim Hague contributed to this report.

STAR LEDGER

5/24

SECTIONAL TRACK

Zamir makes it personal

Recons

5/24

Ridgewood junior sets best in 1,600

ROB CELENTANO
STAFF WRITER

WAYNE — Ari Zamir runs as though he is in pain. It looks like every step he takes hurts just a little more than the one before.

He and his stride once again fooled everyone on Friday.

The Ridgewood junior ran a personal-best 4:22.5 to edge Mohamed Khadraoui of Kennedy in the 1,600-meter run in the North 1, Group 4

BOYS GROUPS 3 AND 4

ditionals at Wayne Hills. Zamir's time came in less than enviable conditions and was three seconds faster than his previous best.

The sophomore Khadraoui finished in 4:24.9.

"The weather was a concern," Zamir said. "I didn't think I would [set a personal record]. But I guess I really didn't feel it when I was running. I felt pretty good the whole race."

This is not the first time Zamir and Khadraoui have raced, previously competing against each other in NJIL dual meets.

"We run together, but he's really a class ahead of me," said Zamir. "I usually use him to pace [myself], but didn't think I was going to beat him. I guess I just had it left in me in the end."

Mike Pruzinsky of Wayne Hills was a double winner in Group 3, racing first in the 100 (10.8) and 400 (19.2).

"The weather was just a little bit of a factor in slowing down the times," Pruzinsky said of the misty rain. "You just have to persevere and win."

The final of the 100 also featured Pruzinsky's teammates Chazz Lynn and Greg Olsen, giving the Patriots a free of six lane assignments.

"It's something that we always [try to] do," Pruzinsky said. "We always try to get into the finals. It's a big scoring event for us."



DON SMITH/STAFF PHOTOGRAPHER

Ridgewood's Ari Zamir, left, getting the best of Kennedy's Mohamed Khadraoui in the 1,600 meters Friday. Despite the soggy conditions, Zamir bettered his previous mark for the distance by three seconds with a time of 4:22.5.

Pruzinsky mentioned that running with Lynn and Olsen at practice gives all three of them an advantage at meets.

"Everyone gets pushed harder to [improve their] personal bests," he said.

Pruzinsky will run in today's 200 and mile relay. With the forecast

looking even worse than Friday's, Pruzinsky is not concerned.

"You can't worry about the weather," he said. "You can't control it. You just have to cope."

Olsen took first in the shot put with a throw of 56 feet, 9¾ inches. The throw was 11 inches off his personal best of 57-8¾ but was enough

for him to win with ease.

Garfield senior Joe Viglione displaced his non-throwing shoulder in the shot put trials but still qualified for the finals. Viglione placed sixth with a throw of 47-9¼.

Rob Celentano's e-mail address is celentano@northjersey.com

Records Staff

State Sectional Championships

May 23rd and 24 – Wayne Hills

Friday

400IH: G. Corcoran 57.2 – 6th Place B. Williams 59.6 E. Yeaw 60.4

100m: B. Mann 11.6/11.5, A. Halwagy 11.7

1600m: A. Zamir 4:22.5 – 1st Place, R. Crispin 4:25.4 – 3rd Place,
E. Nygaard 4:36.2

400m: G. Corcoran 51.4 – tie 3rd, T. Rooke 51.9 – 6th Place, B. Williams 52.6

Long Jump: B. Mann 20'10 3/4" 2nd Place, G. Knutson 20'10" 3rd Place

Shot Put: C. Wolfstirn 47'6 3/4" 3rd Place, N. Kovach 45'7 1/2" – 6th Place
M. Flicker 44'5 3/4"

Pole Vault: G. Knutson 12'6" 3rd Place J. Riccaird 11'0" 5th Place
C. Jensen NH

Saturday:

110HH: G. Knutson 16.0/15.9, J. Nagano-Gerace 17.9, J. Moody 18.3

800m: A. Zamir 1:58.9 4th Place, G. Corcoran 2:02.6, D. Sampson 2:04.2

200m: E. Yeaw 23.8, O. Onwubu IR, J. Moody 25.5

3200m: A. Zamir 9:33.3 3rd Place K. Engelken 9:44.4 5th Place
R. Crispin 9:53.3

4x400m: D. Sampson 52.8, T. Rooke 51.8, B. Williams 51.3, G. Corcoran 50.8
3:26.9 – 1st Place

Javelin: A. Whitelaw 161'5" 2nd Place, A. Halwagy 146'2" 4th Place,
S. Pierce 141'3" 6th Place

Discus: C. Wolfstirn 136'2" 5th Place, N. Kovach 129'3" M. Monfared 109'8"

Triple Jump: G. Knutson 43'1" 2nd Place, B. Mann 42'4 1/4" 3rd Place

High Jump: B. Mann 6'4" 1st Place

**CONGRATS TO ALL – 3RD SECTIONAL CHAMPIONSHIP IN SCHOOL
HISTORY – 1ST TEAM IN SCHOOL HISTORY TO WIN COUNTY AND
SECTIONAL TITLES IN THE SAME YEAR!!!**

7.25.2003

NORTH JERSEY SPORTS SECTIONAL TRACK CHAMPIONSHIPS

TEAM
CHAMPS

Group 1
Boys: Glen Rock
Girls: Glen Rock

Group 2
Boys: Newton
Girls: Newton

Group 3
Boys: Wayne Hills
Girls: Sparta

Group 4
Boys: Ridgewood
Girls: Hackensack

TO REPORT RESULTS CALL:
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THE RECORD

Recs 5/25

Wayne H., Ridgewood stand tall

By **ROB CELENTANO**
STAFF WRITER

WAYNE - The Wayne Hills and Ridgewood boys track and field teams on Saturday proved that there is no "I" in team.

Athletes from both schools came together to achieve a common goal.

Wayne Hills earned the first North 1, Group 3 sectional title in school history, and Ridgewood won the North 1, Group 4 crown for the first time since 1989. This is also the first time that each school has won a County and sectional championship in the same year.

BOYS GROUPS 3 AND 4

"It's a win for the team," said Wayne Hills boys coach Ray Riker. "We won the County for the first time and we won the sectional for the first time. It's very exciting."

"I think the key to this meet for us was a solid team effort," said Ridgewood boys coach Josh Saladino. "We really bonded over the last two weeks and came together as a team. The team realized what track meant to them and what they meant to each other."

"We were determined that we could be the first [Ridgewood] team to win the County and sectional in the same year."

Mike Pruzinsky once again starred for Wayne Hills, placing first in the 200 meters in 21.6 seconds and anchoring the mile-relay team to a first-place finish in 3:25.5. Pruzinsky's time in the 200 established a sectional record and the time in the relay set a school record. Wayne Hills graduate and current IC4A 400 champion Joe Mendel set the 200 record at 21.8 in 1999.

"He's such a nice kid and he works so hard," Riker said of Pruzinsky. "I can't say enough good things about what he's done. I'm glad he's on my team."

Pruzinsky is the lone senior on the relay team. Junior T.J. Cioffe and sophomores Cory Ricart and Caleb DeNigris made up the other three legs.

Bert Sisco took third in the discus for Wayne Hills with a throw of 139-9, but injured his throwing arm and was unable to compete in the javelin. The Patriots usually count on Sisco to get points; instead they got them from senior Dallas Lynch, and junior Ryan Mink.

Lynch placed second in the triple jump with a distance of 42-10 3/4 to earn eight points and Mink finished fourth in the high jump with a 5-10 to give the Patriots four more points. Wayne Hills finished 10 points ahead of second-place Northern Valley at Old Tappan.

Ridgewood, on the other hand, blew away its competition. The Maroons finished 56 points ahead of their nearest competitor, Bayonne.

Bernard Mann cleared 6-4 to win the high jump, took second in the long jump, and placed third in the triple jump. Gabe Knutson also fared well, placing second in the triple jump and third in both the long jump and pole vault.

Ari Zamir took third in the 3,200, and fourth in the 800 after winning the 1,600 on Friday. Senior Chris Wolfstirn beat his personal best by a foot in the shot put to finish third, and beat his previous best in the discus by 8 feet for a fifth-place finish.

Ken Stoute helped Clifton edge out Kennedy for fourth place by winning two events. Stoute cleared 13-6 to win the pole vault and jumped 43-2 1/4 to win the triple jump. He also anchored Clifton's mile relay team, which placed third.

Rob Celentano's e-mail address is
celentano@northjersey.com

Lead team to third-place finish; Wayne Hills' Pruzinsky takes four golds

SECTIONAL BOYS TRACK

BY ANDY SEYKA
AND JIM HAGUE
FOR THE STAR-LEDGER

Casey Robert and Andres Nuiver each turned in a great performance to lead Hawthorne to a third-place finish at the NJSIAA North Jersey, Section 1, Group 2 Track and Field Championships yesterday at Glen Rock.

Robert set a meet record in the 100 (10.7) and captured the 200 in 22.3 and the 400 in 50.7 while Nuiver won the 110-meter hurdles in 15.0 and was fifth in the 400 hurdles in 58.4.

Led by Robert and Nuiver, Hawthorne scored 53 points, just one point behind runner-up Indian Hills and seven points behind the champion, Newton.

Robert took his performance in stride.

"It's just another meet," Robert, a junior, said. "It's just the way I am. I just go out and try to beat the other guy and hopefully help the team out. I guess it's a good thing."

Robert said he didn't even remember how he did at the sectional meet last year.

"I'm really not sure," he said. "I know I didn't even run in the 100

last year. I try not to pay attention to anything else. If you have the ability to win things, you just try to do it to the best of your ability. If you do the best you can, then you hope to win every race you're in."

Mike Pruzinsky swept the sprints and anchored the winning 4x400-meter relay to victory in leading Wayne Hills to its first title in Group 3 at the North Jersey, Section 1 meet at Wayne Hills.

Wayne Hills outscored runner-up Old Tappan, 79-69.

Pruzinsky, a senior, won the 100 in 10.8, the 200 in 21.6 and the 400 in 49.2.

He capped his performance with a 43.1 split on the relay. Pruzinsky ran with Cory Ricart, T.J. Cioffe and Caleb DeNigris and won in 3:25.5.

"I was expecting to do well, but you never know what could happen," Pruzinsky said. "It will be great going up against the great competition next week at the state group meet. My goal is to go to the Meet of Champions, so I'm not satisfied yet."

Wayne Hills won despite an injury to Ed Sisco, who hurt his elbow during the discus, in which he finished third in 139-9. Sisco,

who won the discus and javelin at last year's sectionals, did not place in the javelin.

Ridgewood ran away with the North Jersey, Section 1, Group 4 title at Wayne Hills. The Bergen County school finished with 113 points, easily topping runner-up Bayonne, which finished with 57.

Bernard Mann, a senior, won the high jump, clearing 6-4. Mann (20-10%) and teammate Gabe Knutson (20-10) finished second and third, respectively, in the long jump. The duo did the same in the triple jump with Knutson taking second in 43-1, a personal best, and Mann third in 42-4.

"He really pushes me to do well," Mann said of Knutson. "Especially in the triple jump because he's ahead right now. This will keep me working harder."

Doug Sampson, Tom Rooke, Byron Williams and Greg Corcoran won the 1,600 relay in 3:26.9 for Ridgewood, which placed in 12 of the meet's 16 events.

"This is the result of hard work that everyone put in early in the season," Knutson, a junior, said. "We put in a lot of time and now it's paying off."

After winning the pole vault in 13-6 and placing third in the 400 hurdles on Friday, Clifton's Ken

Stoute came back yesterday and won the triple jump in the Group 4 meet. Stoute leapt 43-2½.

"I felt tired from what I did Friday," Stoute, a senior, said. "I felt good enough to go +2, but I'm really pleased to do as well as I did."

Clifton finished fourth overall with 44½ points.

After playing baseball for three years, Glen Rock senior Mark Hannon decided to try his hand at track this spring.

"I'm going to play football at Amherst in the fall, so I thought that if I ran track, I would be able to get in better shape," Hannon said. He was an All-Bergen County selection at quarterback for Glen Rock, which won its fifth straight North Jersey, Section 1, Group 1 title last fall.

Hannon enjoyed instant success in his new sport. He won the 100 (11.0) and 200 (22.5) at the Group 1 meet at Glen Rock while placing third in the long jump and fourth in the triple jump to lead his team to its fifth straight title with 136 points. Leonia was second with 48.

"I honestly didn't think I'd be able to do all that I have done," Hannon said. "I'm a little surprised at myself."

Stan Langer

5/25

NORTH JERSEY, SECTION 1

GROUP 4

TEAMS: 1-Ridgewood 113. 2-Bayonne 7. 3-Vernon 50. 4-Clifton 44.5. 5-Paterson Kennedy 43. 6-Passaic 39. West Milford 36.5. 8-Hackensack 30. Paterson Eastside 21. 10-North Bergen 1. 11-Teaneck 18. 12-Memorial (W.N.Y.) 1. 13-Bergen Tech 8. 14-Fair Lawn 5.

100-METER DASH: 1-Kevin Thompson, North Bergen, 10.9. 2-Dan Falgares, Vernon, 10.9. 3-Tarant Anderson, Bergen Tech, 11.2. 4-Joshua Smith, Paterson Kennedy, 11.3. 5-Kevin Thompson, Teaneck, 11.4. 6-Jean Beljour, Hackensack, 1.6.

200-METER DASH: 1-Kevin Thompson, North Bergen, 22.2. 2-Dan Falgares, Vernon, 22.3. 3-Ky Scott, Teaneck, 23.1. 4-Roman Zhmurenka, Bayonne, 23.1. 5-Alvin Davis, Paterson Kennedy, 23.6. 6-Fausto Reynoso, Memorial, 23.9.

400-METER RUN: 1-FitzHubert Reynolds, Bayonne, 49.4. 2-Roman Zhmurenka, Bayonne, 50.6. 3-Hayrol Cruz, Passaic, 51.4. 4-Greg Corcoran, Ridgewood, 51.4. 5-Alvin Davis, Paterson Kennedy, 51.8. 6-Tom Rooke, Ridgewood, 51.9.

800-METER RUN: 1-Roman Zhmurenka, Bayonne, 1:57.6. 2-Greg Weiss, West Milford, 1:58.2. 3-Jerry Boucduat, Paterson Kennedy, 1:58.7. 4-Ari Zamir, Ridgewood, 1:58.9. 5-Elvie Cole, Hackensack, 1:59.9. 6-Hayrol Cruz, Passaic, 59.9.

1,600-METER RUN: 1-Ari Zamir, Ridgewood, 4:27.5. 2-Mohamed Khadradi, Paterson Kennedy, 4:24.9. 3-Rodolfo Espin, Ridgewood, 4:25.4. 4-Luis Capelin, Memorial, 4:25.9. 5-Jerry Boucduat, Paterson Kennedy, 4:27.0. 6-Roman Zhmurenka, Bayonne, 4:29.7.

3,200-METER RUN: 1-Mohamed Khadradi, Paterson Kennedy, 9:23.0. 2-Paul Wraszewski, Clifton, 9:32.5. 3-Ari Zamir, Ridgewood, 9:33.3. 4-Brendan Ryan, West Milford, 9:39.1. 5-Kyle Engen, Ridgewood, 9:44.4. 6-Ryan Kenny, West Milford, 9:49.0.

110-METER HIGH HURDLES: 1-Mike Hludka, Vernon, 14.4. 2-Anthony Johnson, Paterson Eastside, 14.5. 3-Dan Quendo, Hackensack, 15.1. 4-FitzHubert Reynolds, Bayonne, 15.2. 5-Sean Davenport, Vernon, 15.8. 6-Deron Lamar Dols, Paterson Kennedy, 15.9.

400-METER INTERMEDIATE HURDLES: 1-FitzHubert Reynolds, Bayonne, 55.1. 2-Mike Pohlucka, Vernon, 56.0. 3-Ken Rute, Clifton, 56.0. 4-Greg Weiss, West Milford, 56.8. 5-Alvin Davis, Paterson Kennedy, 56.8. 6-Greg Corcoran, Ridgewood, 57.2.

HIGH JUMP: 1-Bernard Mann, Ridgewood, 6.4. 2-Jean Beljour, Hackensack, 6.2. 3-Stacy Daniels, Hackensack, 5.10. 4-Tim Lawrence, West Milford, 5.10. 5-Oderick Turner, Teaneck, 5.10. 6-Eddie Ibo, Hackensack, 5.10.

LONG JUMP: 1-Anthony Johnson, Paterson Eastside, 21.0%. 2-Bernard Mann, Ridgewood, 20.10%. 3-Gabe Knutson, Ridgewood, 20.10. 4-David Dennis, Hackensack, 20.9%. 5-Leslie Borsu, Bergen Tech, 20.2. 6-Tim Lawrence, West Milford, 19.8%.

TRIPLE JUMP: 1-Ken Stoute, Clifton, 2.7%. 2-Gabe Knutson, Ridgewood, 2.1. 3-Bernard Mann, Ridgewood, 2.4%. 4-Joshua Smith, Paterson Kennedy, 40.8%. 5-Derrick Webb, Paterson Eastside, 40.5%. 6-Anthony Johnson, Paterson Eastside, 40.3.

POLE VAULT: 1-Ken Stoute, Clifton, 1.6. 2-Jeff Gunther, West Milford, 13.0. 3-Gabe Newton, Ridgewood, 12.6. 4-Chris Wolverson, Vernon, 11.6. 5-Jake Cardini, Ridgewood, 11.0. 6-Adam Powski, Clifton and Luke Gunther, West Milford, 10.6.

SHOT PUT: 1-Steven DiGiorgio, Bayonne, 54-11.4. 2-Richard Russell, Passaic, 52-6.4. 3-Chris Wolfstirn, Ridgewood, 56-6.4. 4-Scott Emerson, Fair Lawn, 51-6. 5-Anthony Jones, Paterson Kennedy, 45-11.4. 6-Neal Kovach, Ridgewood, 42-7.4.

DISCUS: 1-Richard Russell, Passaic, 50-4. 2-Jason Mack, Passaic, 141-10. Maurice Cottingham, Passaic, 139-0. Tom Petrovic, Clifton, 137-9. 5-Chris Wolfstirn, Ridgewood, 136-2. 6-Gary Pelzo, Fair Lawn, 133-9.

JAVELIN: 1-Jon Dinges, Vernon, 167-4. Adam Whitelaw, Ridgewood, 161-5. Maikel Cotrina, Memorial, 149-4. Anthony Hahway, Ridgewood, 146-2. Dann Begley, West Milford, 141-8. Steve Pierce, Ridgewood, 141-3.

1,600-METER RELAY: 1-Ridgewood Doug Sampson, Tom Rooke, Byron Williams, and Greg Corcoran 3:26.9. Teaneck 3:29.2. 3-Clifton 3:31.6. West Milford 3:31.7. 5-Hackensack 3:31.1. 6-Passaic 3:36.2.

GROUP 2

TEAMS: 1-Newton 60. 2-Indian Hills 54. 3-Hawthorne 53. 4-Kittatiny 52. 5-Westwood 38.5. 6-Pascack Hills 38. 7-Ramsey 31. 8-Mahwah 30. 9-Walkkill Valley 29. 10-Rutherford 24. 11-Hopatcong 22. 12-Englewood 18.5. 13-Ridgely Park 16. 14-Lenape Valley 10. 15-McNair Academic 8. 16-Manchester Regional 5. 17-Pompton Lakes 4. 18-Dumont 3.

100-METER DASH: 1-Casey Robert, Hawthorne, 10.7. 2-Ulysses Encarnacion, Ridgely Park, 10.7. 3-Kevin Greco, Hopatcong, 11.1. 4-Michael Malecz, Lenape Valley, 11.3. 5-Raheem Jackson, Westwood, 11.3. 6-Chris Freund, Indian Hills, 11.5.

200-METER DASH: 1-Casey Robert, Hawthorne, 22.3. 2-Ulysses Encarnacion, Ridgely Park, 22.9. 3-Michael Malecz, Lenape Valley, 23.1. 4-Raheem Jackson, Westwood, 23.4. 5-Michael Devers, Englewood, 23.7. 6-Escamillo Davis, Mahwah, 23.8.

400-METER DASH: 1-Casey Robert, Hawthorne, 50.7. 2-Chris Flynn, Ramsey, 50.9. 3-Trevor Hedges, Westwood, 51.6. 4-Ryan Schaffer, Newton, 51.9. 5-Roy Pantalone, McNair Academic, 51.9. 6-Escamillo Davis, Mahwah, 52.5.

800-METER RUN: 1-Matt Flandro, Indian Hills, 2:00.0. 2-Elan Goldwasser, Indian Hills, 2:00.1. 3-Sean Hartel, Pascack Hills, 2:00.5. 4-Pat Collins, Ramsey, 2:03.5. 5-Jesse Ortiz, Manchester Regional, 2:03.8. 6-Kelchuk Okoji, McNair Academic, 2:06.1.

1,600-METER RUN: 1-Matt Klypa, Indian Hills, 4:30.7. 2-Matt Flandro, Indian Hills, 4:35.5. 3-Michael Burghoffer, Walkkill Valley, 4:35.8. 4-Kyle Snyder, Newton, 4:36.0. 5-Paul Chegwidden, Walkkill Valley, 4:36.4. 6-Elan Goldwasser, Clifton Hills, 4:37.5.

3,200-METER RUN: 1-Matt Klypa, Indian Hills, 9:31.5. 2-Michael Burghoffer, Walkkill Valley, 9:51.6. 3-Kyle Snyder, Newton, 9:58.2. 4-Paul Chegwidden, Walkkill Valley, 10:11.6. 5-Andy Bruno, Indian Hills, 10:19.2. 6-Mike Crum, Hopatcong, 10:20.8.

110-METER HIGH HURDLES: 1-Andres Nuñez, Hawthorne, 15.0. 2-Andrew Fontana, Pascack Hills, 15.4. 3-Shawn Sterbinsky, Ramsey, 15.4. 4-Brandon Woodard, Pompton Lakes, 15.6. 5-John Strang, Hawthorne, 15.6. 6-Eric Pragdat, Mahwah, 16.5.

400-METER INTERMEDIATE HURDLES: 1-Ryan Schaffer, Newton, 56.1. 2-Trevor Hedges, Westwood, 57.0. 3-Ken Ebeling, Mahwah, 57.2. 4-Andrew Fontana, Pascack Hills, 57.8. 5-Andres Nuñez, Hawthorne, 58.4. 6-Shawn Sterbinsky, Ramsey, 58.7.

HIGH JUMP: 1-Marcus Baham, Englewood, 5.10. 2-Isiah Brown, Kittatiny, 5.10. 3-John Strang, Hawthorne, 5.8. 4-Scott Atkins, Pascack Hills, and E.J. Shuck, Westwood, 5.6. 6-Ramiek Jackson, Westwood, and Jordan Pettway, Englewood, 5.6.

LONG JUMP: 1-Chris Celentano, Newton, 20-3. 2-Shawn Aupperlee, Walkkill Valley, 20-2. 3-Ken Kang, Pascack Hills, 20-4. 4-Jon Rovani, Kittatiny, 19-11. 5-Marques Hunter, Manchester Regional, 19-1. 6-Brandon Krakowiak, Walkkill Valley, 18-8.

TRIPLE JUMP: 1-Ken Kang, Pascack Hills, 43-6. 2-Anthony Cavallaro, Rutherford, 42-2. 3-Chris Celentano, Newton, 40-1. 4-Jordan Pettway, Englewood, 39-11. 5-John Strang, Hawthorne, 39-9. 6-Ken Ebeling, Mahwah, 39-4.

POLE VAULT: 1-Steve Runyon, Hopatcong, 13-2. 2-Ed Chin-Lyn, Mahwah, 12-6. 3-Ryan Many, Newton, 12-0. 4-James Luckey, Newton, 12-0. 5-Dean Spirito, Dumont, 11-6. 6-Joshua Dejong, Hawthorne, 11-0.

SHOT PUT: 1-Bo Lawson, Kittatiny, 51-10. 2-Matt Schaffer, Kittatiny, 48-9. 3-Kevin Schkolenko, Newton, 48-9. 4-Andrew Perkins, Ramsey, 47-11. 5-Ramiek Jackson, Westwood, 46-4. 6-Sean Lisemore, Dumont, 45-1.

DISCUS: 1-Nicholas Rakov, Mahwah, 143-4. 2-Matt Schaffer, Kittatiny, 141-10. 3-Bo Lawson, Kittatiny, 137-3. 4-Phillip Smith, Hopatcong, 137-3. 5-Stratton Matthews, Mahwah, 134-8. 6-Ramiek Jackson, Westwood, 132-5.

JAVELIN: 1-Anthony Immediat, Rutherford, 177-10. 2-Bo Lawson, Kittatiny, 174-11. 3-Joseph Slavik, Rutherford, 167-7. 4-Erik Heymann, Westwood, 165-3. 5-Glen Berry, Manchester Regional, 159-9. 6-Matt Hill, Hopatcong, 157-8.

1,600-METER RELAY: 1-Ramsey (Pat Collins, Alex Crabbe, Ryan Mills, Chris Flynn) 3:27.2. 2-Westwood (Chris Flynn) 3:27.2. 3-McNair Academic 3:34.7. 4-Indian Hills 3:35.4. 5-Englewood 3:37.0. 6-Pascack

TEAMS: 1-Wayne Hills 79. 2-Old Tappan 69. 3-Sparta 62. 4-Demarest 50. 5-Bergenfield 35. 6-Wayne Valley and River Dell 34. 8-Fort Lee 22. 9-Paramus 15. 10-Pascack Valley 14. 11-Tenafly 12. 12-Garfield, Lakeland, Cliffside Park, Lincoln and Northern Highlands 10. 17-High Point 9. 18-Passaic Valley 6. 19-Ramapo 5.

100-METER DASH: 1-Michael Pruzinsky, Wayne Hills, 10.8. 2-Sullivan Parker, Bergenfield, 11.1. 3-Peter Papanester, Sparta, 11.2. 4-Chazz Lynn, Wayne Hills, 11.4. 5-Greg Olsen, Wayne Hills, 11.4. 6-Travis Biggs, Sparta, 11.5.

200-METER DASH: 1-Michael Pruzinsky, Wayne Hills, 21.6. 2-Dave LaRocca, Sparta, 22.7. 3-Sullivan Parker, Bergenfield, 22.7. 4-Peter Papanester, Sparta, 23.3. 5-Anthony VanDunk, Lakeland, 24.1. 6-Travis Biggs, Sparta, 24.3.

400-METER RUN: 1-Michael Pruzinsky, Wayne Hills, 49.2. 2-Terry Jamison, Lincoln, 50.2. 3-Dave LaRocca, Sparta, 50.7. 4-Thomas Walsh, Old Tappan, 51.7. 5-Ryan Kriser, Northern Highlands, 57.0. 6-Cory Ricart, Wayne Hills, 52.3.

800-METER RUN: 1-Samir Mane, Fort Lee, 1:57.6. 2-Greg Horn, River Dell, 1:58.9. 3-Jon Collins, Sparta, 2:01.4. 4-Gregory Gehl, Old Tappan, 2:02.2. 5-Walter Cook, Lincoln, 2:02.8. 6-Hemal Patel, Garfield, 2:02.8.

1,600-METER RUN: 1-James LaGreca, Demarest, 4:25.5. 2-Jesse Weber, Tenafly, 4:30.8. 3-Stephen Rothwell, Old Tappan, 4:31.7. 4-Rudy Urena, Cliffside Park, 4:33.4. 5-Mike Platt, Wayne Valley, 4:34.0. 6-Rob Richardson, Garfield, 4:35.2.

3,200-METER RUN: 1-James LaGreca, Demarest, 9:33.4. 2-Stephen Rothwell, Old Tappan, 9:50.3. 3-Rudy Urena, Cliffside Park, 9:57.1. 4-Mike Platt, Wayne Valley, 9:58.9. 5-Jesse Weber, Tenafly, 9:59.7. 6-Scott Knacknubs, Ramapo, 10:00.1.

110-METER HIGH HURDLES: 1-Alonzo Meek, Wayne Valley, 14.4. 2-Jeremy Peersuss, Demarest, 14.5. 3-Michael Padula, Passaic Valley, 15.2. 4-Greg Gloemer, Sparta, 15.2. 5-Anthony Scannella, Garfield, 15.4. 6-Mike Andreano, Garfield, 15.4.

400-METER INTERMEDIATE HURDLES: 1-Dave LaRocca, Sparta, 54.2. 2-Greg Horn, River Dell, 54.4. 3-Rory Miller, Old Tappan, 55.7. 4-Joe Johnson, Paramus, 56.7. 5-Phil Kim, Demarest, 57.4. 6-Mamo Arima, River Dell, 58.4.

HIGH JUMP: 1-Daniel Kely, Old Tappan, 6-2. 2-Eric Barone, River Dell, 6-0. 3-Steve Petrucelli, Sparta, 6-0. 4-Ryan Mink, Wayne Hills, 5-10. 5-Mike Savva, Tenafly, 5-10. 6-Shawn Halsey, Old Tappan, 5-8.

LONG JUMP: 1-Sam Lee, Demarest, 20-11.4. 2-Jeff Young, Wayne Valley, 20-10. 3-Christopher Woodford, Old Tappan, 20-5.4. 4-Yoni Reiss, Demarest, 20-4. 5-Toby Osusky, Lakeland, 19-10. 6-Ralph Davis, Paramus, 19-8.4.

TRIPLE JUMP: 1-Ralph Davis, Paramus, 44-8.4. 2-Dallas Lynch, Wayne Hills, 42-10.4. 3-Colin Pierce, Northern Highlands, 42-10.4. 4-James Grossos, Fort Lee, 42-6.4. 5-Greg Osoro, Bergenfield, 42-2.4. 6-Marquis Mitchell, Bergenfield, 41-8.4.

POLE VAULT: 1-Jeff Young, Wayne Valley, 14-0. 2-Adam Sacher, Pascack Valley, 13-0. 3-Alec Edmayer, Old Tappan, 13-0. 4-Jonathan Chelitz, Ramapo, 12-6. 5-James Woods, Demarest, 12-0. 6-Daniel Woods, Demarest, 12-0.

SHOT PUT: 1-Greg Olsen, Wayne Hills, 56-9.4. 2-Tristan Henry, Bergenfield, 51-10. 3-Greg Uppert, Pascack Valley, 51-9. 4-Dave Cordts, River Dell, 48-6.4. 5-Doug Alpers, Sparta, 48-1.4. 6-Joe Viglione, Garfield, 47-9.4.

DISCUS: 1-Tristan Henry, Bergenfield, 146-0. 2-Emmanuel Mkrtchian, Fort Lee, 143-1. 3-Edward Sisco, Wayne Hills, 139-9. 4-Ernade Georges, Garfield, 137-2. 5-Joseph Carey, Old Tappan, 132-7. 6-Dave Cordts, River Dell, 129-8.

JAVELIN: 1-Alexander Berbarian, Old Tappan, 162-11. 2-Robert Vesper, High Point, 161-2. 3-Rodney Mann, Lakeland, 159-0. 4-Greg Olsen, Wayne Hills, 152-11. 5-James Woods, Demarest, 146-9. 6-Daniel Woods, Demarest, 146-0.

1,600-METER RELAY: 1-Wayne Hills (Cory Ricart, T.J. Cioffe, Caleb DeNigris and Michael Pruzinsky) 3:25.5. 2-Sparta 3:26.0. 3-Old Tappan 3:27.9. 4-River Dell 3:28.7. 5-Northern Highlands 3:29.7. 6-High Point 3:31.7.

GROUP 1

TEAMS: 1-Glen Rock 136. 2-Leonia 48. 3-Saddle Brook 46.4. 4-Hasbrouck Heights 33. 5-Ridgefield 30. 6-Cresskill 27. 7-Palisades Park 25.4. 8-Lyndhurst and New Milford 25. 10-Wood-Ridge 24. 11-Park Ridge 22. 12-Becton 19. 13-Waldwick 13. 14-Secaucus 10. 15-Wallington and Midland Park 4. 17-Emerson Boro and North Arlington 2.

100-METER DASH: 1-Mark Hannon, Glen Rock, 11.0. 2-Chris Franzese, Park Ridge, 11.0. 3-Milton Orellano, Secaucus, 11.1. 4-Jesse Dhuly, Saddle Brook, 11.2. 5-Tim Rehm, Waldwick, 11.3. 6-Matt Whyte, Waldwick, 11.5.

200-METER DASH: 1-Mark Hannon, Glen Rock, 22.5. 2-John Gleason, Park Ridge, 22.7. 3-Tim Rehm, Waldwick, 22.9. 4-Ervin Ventura, New Milford, 23.0. 5-Nick Calendino, Emerson Boro, 23.5. 6-Robbie Grammer, Glen Rock, 32.1.

400-METER DASH: 1-Robbie Grammer, Glen Rock, 50.0. 2-Dave Lado, Ridgefield, 50.30. 3-Rob DeCalzo, Hasbrouck Heights, 51.60. 4-DaQuan Huffin, Palisades Park, 51.90. 5-Ervin Ventura, New Milford, 52.20. 6-Greg Valada, Cresskill, 52.30.

800-METER RUN: 1-Ryan McCann, Glen Rock, 1:57.3. 2-Dave Lado, Ridgefield, 1:57.3. 3-Tim Murphy, Glen Rock, 2:02.7. 4-Matt Magnifico, Becton, 2:03.8. 5-James Walker, Midland Park, 2:05.2. 6-Mark Bradley, Saddle Brook, 2:05.2.

1,600-METER RUN: 1-Ryan McCann, Glen Rock, 4:24.4. 2-Rafael Abreu, Leonia, 4:32.3. 3-Matt Magnifico, Becton, 4:32.4. 4-Chris Guerrero, Saddle Brook, 4:33.4. 5-Tim Vroom, Waldwick, 4:38.5. 6-Tom Finnelly, Midland Park, 4:39.0.

3,200-METER RUN: 1-Chris Guerrero, Saddle Brook, 9:49.9. 2-Rafael Abreu, Leonia, 10:02.3. 3-Matt Magnifico, Becton, 10:02.7. 4-Steve Begley, Cresskill, 10:05.3. 5-Jeff Mauro, Glen Rock, 10:09.6. 6-Rob Kein, Becton, 10:10.9.

110-METER HIGH HURDLES: 1-Anthony Pomo, Saddle Brook, 14.9. 2-Jeff Berland, Glen Rock, 15.0. 3-Andy Lim, Leonia, 15.1. 4-Dave Lado, Ridgefield, 15.3. 5-Erik Nelson, Cresskill, 15.7. 6-Angelo Simone, Lyndhurst, 15.7.

400-METER INTERMEDIATE HURDLES: 1-Dave Lado, Ridgefield, 53.9. 2-Robbie Grammer, Glen Rock, 56.7. 3-Justin Arak, Cresskill, 57.4. 4-Sean Connell, Leonia, 58.0. 5-DaQuan Huffin, Palisades Park, 58.7. 6-Mike Montone, Glen Rock, 59.3.

HIGH JUMP: 1-Gavin Charlton, Palisades Park, 6-0. 2-Chris Andretta, Glen Rock, 6-0. 3-Erik Nelson, Cresskill, 5-10. 4-Bekim Becaj, Cresskill, 5-10. 5-Orestes Medina, Palisades Park and Tom McCarthy, Saddle Brook, 5-8.

LONG JUMP: 1-Vernard Hoover, Hasbrouck Heights, 21-8. 2-Andy Lim, Leonia, 21-7. 3-Mark Hannon, Glen Rock, 21-0. 4-Anthony Pomo, Saddle Brook, 20-10. 5-Fred Onusio, Becton, 20-5. 6-Chris Andretta, Glen Rock, 19-10.

TRIPLE JUMP: 1-Vernard Hoover, Hasbrouck Heights, 45-11. 2-Andy Lim, Leonia, 45-0. 3-Nick Timpane, Hasbrouck Heights, 41-2. 4-Mark Hannon, Glen Rock, 40-2. 5-Brian Wiseman, Saddle Brook, 40-0. 6-Joe Frangipane, Saddle Brook, 39-6.

POLE VAULT: 1-Mark Wong, Lyndhurst, 12-6. 2-Tim Murphy, Glen Rock, 12-0. 3-Dean Leung, Glen Rock, 12-0. 4-Stephen Najemian, Lyndhurst, 12-0. 5-Mark Orovio, North Arlington, 11-6. 6-Mike Jaimes, New Milford, 11-6.

SHOT PUT: 1-Steve Rasczyk, Lyndhurst, 49-10. 2-Jason Maier, New Milford, 49-8. 3-Tony Maneri, Saddle Brook, 49-6. 4-Tom Gengler, Glen Rock, 48-9. 5-Slawek Wojtyls, Wallington, 48-3. 6-Frank Valente, Hasbrouck Heights, 47-5.

DISCUS: 1-Jason Maier, New Milford, 142-10. 2-Tom Gengler, Glen Rock, 142-9. 3-Paul Rosiak, Wood-Ridge, 140-10. 4-Bob Knipe, Secaucus, 135-1. 5-Leszek Walkowicz, Wallington, 134-0. 6-Housseln Dahdoui, Saddle Brook, 130-8.

JAVELIN: 1-Paul Rosiak, Wood-Ridge, 170-10. 2-Martin Gumowski, Wood-Ridge, 161-3. 3-Sean Connell, Leonia, 160-2. 4-Andrew Dagenals, Glen Rock, 157-10. 5-Bob Napolitano, Saddle Brook, 155-11. 6-Chris Schwartz, Glen Rock, 155-4.

1,600-METER RELAY: 1-Glen Rock (Mike Montone, Tim Murphy, Dean Leung, Ryan McCann) 3:31.1. 2-Palisades Park 3:34.0. 3-Park Ridge 3:34.3. 4-Cresskill 3:35.2. 5-Waldwick 3:36.3. 6-Midland Park 3:37.1.

**Qualifiers for Bergen County Meet of Champions –
Tuesday, May 27th @ Hackensack:**

400m: Byron Williams 53.70 (AT) (16th Place)

800m: Greg Corcoran 1:59.29 – 3rd Doug Sampson 1:59.60 – 5th

1600m: Ari Zamir 4:23.68 – 1st Erik Nygaard 4:29.35 – 4th
Dave Maher 4:33.26 – 5th

3200m: Rodolfo Crispin 9:44.52 – 2nd Kyle Engelken 9:45.10 – 3rd
Mike Cator 10:19.36 – 11th Brad Volkommer 10:19.75 – 12th

110HH: Gabe Knutson 16.08

4x400: Doug Sampson 52.9, Tom Rooke 51.5, Byron Williams 52.1, Greg Corcoran 53.6
3:30.1 – 7th

Javelin: Adam Whitelaw 157'3" – 6th Anthony Halwagy 139'6" – 14th

Triple Jump: Gabe Knutson 44'11 ½" – 3rd

Pole Vault: Gabe Knutson 13'0" – 2nd

BERGEN MEET OF CHA

AT HACKENSACK

BOYS

100 - 1. Ulysses Encarnacion, Ridgefield Park, 11.04; 2. Sullivan Parker, Bergenfield, 11.09; 3. Kevin Thompson, Teaneck, 11.24; 4. Brian Toal, Don Bosco, 11.33; 5. Andrew Drysdale, Bergen Tech, 11.44.

200 - 1. Kevin Thompson, Teaneck, 22.91; 2. Ky Scott, Teaneck, 22.96; 3. Ulysses Encarnacion, Ridgefield Park, 22.97; 4. John Gleason, Park Ridge, 23.02; 5. Anthony Cinelli, Paramus Catholic, 23.05; 6. Ilya Pashintsev, Fort Lee, 23.29.

400 - 1. Ken Sinkovitz, Bergen Catholic, 49.94; 2. Samir Mane, Fort Lee, 50.36; 3. Eric Brown, Don Bosco, 51.27; 4. Tim Byrne, Don Bosco, 51.39; 5. Chris Flynn, Ramsey, 51.54; 6. Ky Scott, Teaneck, 51.55.

800 - 1. Matt Filandro, Indian Hills, 1:59.09; 2. Elvis Cole, Hackensack, 1:59.11; 3. Greg Corcoran, Ridgewood, 1:59.29; 4. Elan Goldwasser, Indian Hills, 1:59.51; 5. Doug Sampson, Ridgewood, 1:59.6; 6. Pat Collins, Ramsey, 2:01.01.

1600 - 1. Ari Zamir, Ridgewood, 4:23.68; 2. Sean Swift, Don Bosco, 4:23.72; 3. James LaGreca, NV/Demarest, 4:24.6; 4. Erik Nygaard, Ridgewood, 4:29.35; 5. Dave Maher, Ridgewood, 4:33.26; 6. Pete Gerboth, Don Bosco, 4:33.51.

3200 - 1. Matt Klypka, Indian Hills, 9:34.32; 2. Rodolfo Crispin, Ridgewood, 9:44.52; 3. Kyle Engelken, Ridgewood, 9:45.1; 4. Chris Guerriero, Saddle Brook, 9:51.6; 5. Rudy Urena, Cliffside Park, 10:05.19; 6. Steve Begley, Cresskill, 10:06.27.

110 HH - 1. Jeremy Perussi, NV/Demarest, 14.84; 2. Dan Oquendo, Hackensack, 15.17; 3. Mike Andreano, Garfield, 15.19; 4. Andrew Kim, Bergen Tech, 15.62; 5. Andrew Fontana, Pascack Hills, 15.63; 6. Mamo Arima, River Dell, 16.15.

400 IH - 1. Dave Lado, Ridgefield, 53.46 (meet record, old record, 53.5, Doug Miller, Tenafly, 1984); 2. Greg Horn, River Dell, 55.28; 3. Joey Johnson, Paramus, 56.2; 4. Rory Miller, NV/Old Tappan, 56.23; 5. Mamo Arima, River Dell, 56.9; 6. Phil Kim, NV/Demarest, 57.16.

Shot Put - 1. Tristian Henrey, Bergenfield, 51-10 1/4; 2. Joe Viglione, Garfield, 51-8 1/4; 3. Greg Lippert, Pascack Valley, 50-8; 4. Stephen Rasczyk, Lyndhurst, 50-7; 5. Slawek Wojtya, Wallington, 50-4 1/4; 6. Dave Cordts, River Dell, 50-4.

6. Dave Cordts, River Dell, 50-4.

Cus - 1. Jason Maier, New Milford, -6; 2. Vaughn Greshaw, Hackensack, 145-2; 3. Emade Georges, field, 143-10; 4. Nicholas Rakov, Mahwah, 142-3; 5. James Stathopoulos, Mahwah, 141-11; 6. Paul Krasilnick, cack Hills, 137-5.

50m - 1. Paul Rosiak, Wood-Ridge, .3; 2. Anthony Immediate, Ruthers, 172-9; 3. Anthony Cinelli, Paramus, 169-10; 4. Joseph Slavik, nerford, 168-10; 5. Martin Gumows, Wood-Ridge, 164-2; 6. Adam telaw, Ridgewood, 157-3.

g Jump - 1. Vernard Hoover, Hack Jack Heights, 21-7 1/4; 2. Rob Richard-Garfield, 21-7; 3. Andy Lim, Leonia, 1/4; 4. Tyler Palumbo, Don Bosco, 21-5; 5. Tom McCormick, Don Bosco, 20-6; 6. Christopher DeGannes, St. ph, 20-5 1/4.

1 Jump - 1. Jean Belljour, Hacken-; 6-9 (meet record, old record, 6-Scott Palmer, Teaneck, 1978); Dan, NV/Old Tappan, 6-4; 3. Chris ntone, Bergen Catholic, 6-2; 4. m Becaj, Cresskill, 6-0; 5. Gavln 'tton, Palisades Park, 6-0; 6. Eric ne, River Dell, 6-0.

2 Jump - 1. Vernard Hoover, Hack-ck Heights, 47-11 1/4 (meet record, record 47-5 1/4, David Frazier, Ruthers, 1989); 2. Ralph Davis, Paramus, 4; 3. Gabe Knutson, Ridgewood, 1/4; 4. Tyler Palumbo, Don Bosco, 5; 5. Andy Lim, Leonia, 44-2; 6. James sos, Northern Highlands, 43-3 1/4.

Vault - 1. Adam Sacher, Pascack y, 13-0; 2. Gabe Knutson, Ridgell, 13-0; TIE 3. Jonathan Chlefitz, ipo, 12-6; 3. Alec Eckmayer, id Tappan, 12-6; 3. Tim Murphy, Rock, 12-6; 6. Patrick Heenehan, ipo, 12-6.

Relay - 1. Don Bosco (Tim Byrne, Brown, Ron Ella, Michael Ray n), 3:24.01; 2. NV/Old Tappan, 4; 3. Paramus Catholic, 3:27.41; 4. n Tech, 3:28.34; 5. Ramsey, 3; 6. Hackensack, 3:29.54.

MPIONS

GIRLS

100 - 1. Anike Orimogunje, Queen of Peace, 12.26; 2. Cheryl Anscombe, Westwood, 12.38; 3. Kristen Cubicciotti, Immaculate Heart, 12.86; 4. Judy Wong, Wood-Ridge, 13.15; 5. Mimi Adjekum, Ridgefield Park, 13.15; 6. Alana Casner, Tenafly, 13.3.

200 - 1. Anike Orimogunje, Queen of Peace, 24.99; 2. Cheryl Anscombe, Westwood, 25.22; 3. Consandria Walker, Hackensack, 25.49; 4. Jessica Perkel, NV/Old Tappan, 26.58; 5. Mimi Adjekum, Ridgefield Park, 26.67; 6. Judy Wong, Wood-Ridge, 26.69.

400 - 1. Elina Ploskin, Fair Lawn, 59.32; 2. Hailey Coonrad, Ramsey, 59.74; 3. Alison Desir, Dwight-Englewood, 1:01.25; 4. Amanda Knudsen, Ramsey, 1:01.86; 5. Alex Elkas, Holy Angels, 1:02.12; 6. Erika Ostrove, Cresskill, 1:02.26.

800 - 1. Caitlin Hemmer, Immaculate Heart, 2:16.23; 2. Tara Connelly, Pascack Valley, 2:19; 3. Alison Weinberg, Tenafly, 2:20.11; 4. Denise Scarfi, Westwood, 2:21.31; 5. Jackie Shtemberg, Ramapo, 2:23.52; 6. Becca Wells, Ridgewood, 2:26.72.

1600 - 1. Julia Emanuel, Tenafly, 5:00.2; 2. Andrea Rovengo, Ramapo, 5:02.71; 3. Cheyenne Ogletree, Garfield, 5:17.05; 4. Caitlin Smyth, Immaculate Heart, 5:21.91; 5. Emily Terrin, Ridgewood, 5:22.63; 6. Julia Sisti, River Dell, 5:24.15.

3200 - 1. Sheneika Bernard, Hackensack, 11:35.19; 2. Liz Bissell, Indian Hills, 11:37.17; 3. Katie Fry, Immaculate Heart, 11:39.48; 4. Taylor Lebovich, NV/Old Tappan, 11:41.32; 5. Diana Mangam, Ridgewood, 11:53.33; 5. Meghan O'Connell, Ridgewood, 11:54.32.

100 HH - 1. Chelsea Townes, Hackensack, 15.05; 2. Michelle Smith, Teaneck, 15.13; 3. Lindsay May, Dumont, 15.17; 4. Brie-Ann Forhecz, Northern Highlands, 16.33; 5. Dana Salonia, Saddle Brook, 16.47; 6. Nicole DeSimone, Hasbrouck Heights, 16.49.

400 IH - 1. Michelle Smith, Teaneck, 1:05.6; 2. Allison Desir, Dwight-Englewood, 1:06.1; 3. Jaime LaFauci, NV/Demarest, 1:06.67; 4. Jessica Thomas, Westwood, 1:06.7; 5. Teisha Ruggiero, River Dell, 1:06.79; 6. Loren Moskovich, Fair Lawn, 1:07.59.

Shot Put - 1. Kelly Fazekas, NV/Demarest, 46-1 1/4; 2. Danielle Dabaghan, Garfield, 37-11 1/4; 3. Nicole Lowenstein, Lyndhurst, 37-8 1/4; 4. Andrea Cerbie, NV/Old Tappan, 36-4 1/4; 5. Bridget Ken- n. Ridgefield Park, 36-3 1/4; 6. Delisa Rid-

dick, Teaneck, 35-1 1/4.

Discus - 1. Tiffany Phoenix, Cresskill, 132-7; 2. Kelly Fazekas, NV/Demarest, 129-10; 3. Lindsay Renna, Hasbrouck Heights, 108-5; 4. Tatiana Ciccone, New Milford, 106-9; 5. Delisa Riddick, Teaneck, 102-10; 6. Nicole Robinson, Hackensack, 102-4.

Javelin - 1. Dana Pucurs, NV/Demarest, 131-5 (meet record, old record, 128-4, Kelly Fazekas, NV/Demarest, 2002); 2. Allison Weinberg, Tenafly, 119-11; 3. Courtney Reggo, Ridgefield, 113-5; 4. Kelly Fazekas, NV/Demarest, 110-5; 5. Shannon Spafford, NV/Old Tappan, 110-3; 6. Gina Forte, St. Mary, 109-3.

Long Jump - 1. Alex Paslawsky, Ramsey, 16-7 1/4; 2. Danielle Kroll, Indian Hills, 16-2; 3. Christine Jones, Teaneck, 16-1; 4. Brittany Brooks, Garfield, 16-0 1/4; 5. Judy Wong, Wood-Ridge, 16-0 1/4; 6. Erika Ostrove, Cresskill, 15-11 1/4.

High Jump - 1. Jessica Malacrida, Paramus, 5-3; 2. Chelsea Townes, Hackensack, 5-2; 3. Alex Paslawsky, Ramsey, 5-1; 4. Cherilyn Marfino, Hasbrouck Heights, 5-0; TIE 5. Vanessa Dobney, Paramus Catholic, 5-0; 5. Erika Koop, Ridgefield Park, 5-0.

Triple Jump - 1. Trish McGowan, Ridgewood, 36-10 1/4; 2. Consandria Walker, Hackensack, 36-8 1/4; 3. Brittany Brooks, Garfield, 35-11 1/4; 4. Shenna Strachan, Englewood, 35-3; 5. Danielle Holmes, Holy Angels, 34-7 1/4; 6. Mallory Longfield, Indian Hills, 34-6 1/4.

Pole Vault - 1. Jessica Hatton, Ridgefield Park, 9-6 (record, old record, 9-0, Hatton, 2001, and Joyce Rosenbaum, Tenafly, 2002); 2. Evann Borgman, Ridgewood, 9-6; 3. Kerri Norton, Ridgewood, 9-6; 4. Sofia Capparelli, Dumont, 9-0; 5. Jessica Blenstock, Fair Lawn, 8-6; 6. Diane Zambrano, Ridgefield Park, 8-6; 7. Amanda Knudsen, Ramsey, 8-6.

1600 Relay - 1. Ramsey (Alex Sharry, Lisa Tarulli, Amanda Knudsen, Hailey Coonrad), 4:03.25; 2. Westwood, 4:05.89; 3. NV/Old Tappan, 4:07.2; 4. Tenafly, 4:07.4; 5. Hackensack, 4:09.24; 6. Teaneck, 4:09.28.

SPORTS

Zamir is county 1,600-meter champ; Knutson places second in pole vault

By Matt Potter
Staff Writer

HACKENSACK — Ari Zamir's stellar season got even better on Tuesday, when the Ridgewood junior became county champion by the narrowest of margins over 1,600 meters.

Zamir was the Maroons' only winner in the Bergen County Meet of Champions, and he had to fight hard to achieve that honor. In a sprint for the line with Don Bosco's Sean Swift, Zamir crossed in 4:23.68, while Swift clocked 4:23.72 for second place.

Aside from Zamir's photo-finish victory, it was a good race overall for Ridgewood, which also had Erik Nygaard in fourth (4:29.35) and Dave Maher in fifth (4:33.26).

Another Maroon top performer was Gabe Knutson, who was second in pole vault (13 feet) and third in triple jump (44 feet, 11 1/2 inches), while Ridgewood finished 2-3 in the 3,200 meters through Rodolfo Crispin (9:44.52) and Kyle Engelken (9:45.1).

However, much of the drama was reserved for the 800 meters, which saw the top five finishers separated by just one second, as they kicked for home and crossed the line together. When the results were announced, Greg Corcoran was third (1:59.29) and Doug Sampson fifth (1:59.6).

In javelin, Adam Whitelaw's 157-foot, 3-inch throw was good enough for sixth place.

On Friday and Saturday, the Maroons warmed up for the Bergen Meet of Champs with a first-place finish in the state-sectional championships at Wayne

Hills. They trounced the opposition, ended with 113 points, while second-placed Bayonne had 57.

Ridgewood's winners included Zamir in 4:22.5 over 1,600 meters — Crispin was third in 4:25.4 — while Zamir also recorded fourth in the 800 meters (1:58.9) and third over 3,200 meters (9:33.3). Engelken was fifth in the latter event, in 9:44.4.

Bernard Mann won the high jump (6 feet, 4 inches), then finished second in long jump (20 feet, 10 3/4 inches) and third in triple jump (42 feet, 4 1/2 inches). Knutson was second in triple jump (43 feet, 1 inch), and third in long jump (20 feet, 10 inches) as well as third in pole vault (12 feet, 6 inches). In that event, Knutson was two places ahead of Jake Riccardi (11 feet).

In discus, Chris Wolfstirn threw 136 feet, 2 inches for third, and he was fifth in shot put with 47 feet, 6 3/4 inches, while Neal Kovach was sixth (42 feet 7 1/4 inches). Whitelaw was second in javelin (161 feet, 5 inches), and Anthony Halwagy was fourth (146 feet, 2 inches) and Steve Pierce sixth (141 feet, 3 inches).

Corcoran tied for third in the 400 meters (51.4), while Tom Rooke was sixth (51.9), and Corcoran also managed sixth in the 400-meter hurdles (57.2). He, Rooke, Sampson and Byron Williams teamed for a win in the 4x400-meter relay (3:26.9) to cap the meet.

Today and tomorrow, the Maroons are at Egg Harbor Township High School for the Group 4 state championships. The State Meet of Champions at South Plainfield is Wednesday.

Matt Potter's e-mail address is potterm@northjersey.com

State Group IV Championship**May 30th and 31st**

Long Jump:	Gabe Knutson	19'8"	14th Place
1600m:	Ari Zamir	4:18.93	<u>6th Place</u>
	Rodolfo Crispin	4:41.48	17th Place
Triple Jump:	Gabe Knutson	45'7 1/2"	<u>1st Place</u>
	Bernard Mann	41'11 1/4"	13th Place
Pole Vault:	Gabe Knutson	12'6"	Tie 10th Place
3200m:	Ari Zamir	9:33.74	<u>6th Place</u>
	Kyle Engelken	9:46.34	12th Place
High Jump:	Bernard Mann	6'4"	<u>4th Place</u>
Javelin:	Adam Whitelaw	166'9"	<u>6th Place</u>
	Anthony Halwagy	140'8"	20th Place
	Steve Pierce	F	24th Place
4x400m:	Doug Sampson	52.9	
	Tom Rooke	54.4	
	Byron Williams	54.4	
	Greg Corcoran	53.8	
		3:35.95	20th Place

Team Total: 17 points – 6th Place

Gabe Knutson, Bernard Mann, Adam Whitelaw and Ari Zamir all move on to the State Meet of Champions!!!

Special Congratulations to Gabe Knutson – State Group IV Champion in the Triple Jump. Ridgewood's first boys state winner since 2000!

NORTH JERSEY SPORTS

STATE GROUP TRACK CHAMPIONSHI

NORTH JERSEY'S CHAMPS

BOYS

Group 4

1,600 — Mohamed Khadraoui,
Kennedy, 9:13.21

Triple jump — Gabe Knutson,
Ridgewood, 45-7½

Group 3

Triple jump — Ralph Davis,
Paramus, 45-5¼

Group 2

None

Group 1

Team: Glen Rock

1,600 — Ryan McCann, Glen
Rock, 4:21.97

400 IH — Dave Lado, Ridge-
field, 53.38

Javelin — Paul Rosiak, Wood-
Ridge, 188-1

Discus — Paul Rosiak, Wood-
Ridge, 149-6

Long jump — Vernard Hoover,
Has. Hgts., 22-6¾

Triple jump — Vernard
Hoover, Has. Hgts., 45-9½

Pole vault — Mark Wong, Lyn-
dhurst, 13-0

Parochial A

200 — Michael Ray Garvin,
Don Bosco, 22.45

800 — Ken Sinkovitz, Bergen
Catholic, 1:56.49

Long jump — Tyler Palumbo,
Don Bosco, 21-11

Parochial B

Long jump — Val Sisti, De-
Paul, 22-5

Butler's Baskinger juggles

She couldn't defend her Group 1 State high jump title, so Butler's Rebecca Baskinger just switched to the long jump and won that Saturday.

"Our prom was switched from May 16 to May 23, which was the same day as the sectional high jump," said Baskinger, who also has won a pair of Group 1 indoor high jump titles. "And it was on one of those boats that goes around Manhattan so we had to be at the pier at a certain time or miss it."

So Baskinger enjoyed her Friday night prom and qualified in the long jump last Saturday. She led from the opening jump and ended up winning with a leap of 17 feet 2 inches, qualifying for the Meet of Champions.

"I'm happy I was able to win the long jump, especially after I knew I had to give up the high," Baskinger said. "I watched the high jump [Friday] and know I could have won it. But I had a great time at the prom and I don't regret going."

"But I think I'm joining the prom committee next year."

BRITTANY BROOKS of Garfield won the Group 3 triple jump with a leap of 36-4 on her final attempt, coming from third place to overtake Deserea Byrd of Highland Regional and Jessica Kloss of Moorestown. It was her personal best by nearly 4 inches.

"I wasn't reaching on my jump, but I wanted to win so bad that I had to do it on my last jump," said Brooks. "I think when

they heard 36, it psyched them out and they didn't come close on their last jumps."

BERGEN COUNTY dominated the boys triple jump Friday, winning three of the four championships.

Gabe Knutson of Ridgewood won Group 4, Ralph Davis of Paramus won Group 3, and Vernard Hoover of Hasbrouck Heights won Group 1. All bettered 45 feet.

Knutson went down to his final attempt, jumping 45-7½ to pass Winslow Township's Khaliq Price, who had passed

NOTEBOOK

him just moments before.

Hoover had the best triple of the day at 45-9½, but had to be carted off the field after injuring his left ankle on his final jump.

WOOD-RIDGE is one of the smallest schools in Bergen County, but for the second straight year, the Blue Devils finished 1-2 in the Group 1 boys javelin. Senior Paul Rosiak won his second straight championship, while junior Martin Gumowski improved to second.

"We're a small school," coach Joe Lee said. "We try to groom one kid each year so we have a senior, a junior, a sophomore, and a freshman in any event."

Lee also preaches consistency.

"Anybody can get that one big throw

out," Lee said, "that will win them a medal. But consistency will get you a championship."

SOPHOMORE CHRIS GUERRIERO of Saddle Brook had to be held back from going onto the track to warm up for the Group 1 boys 3,200 while the girls 3,200 was still going on.

"I was so anxious to get out there," he said. "I was arguing with the guy. I've never been at a meet this big."

Guerriero went out fast and led the entire race with Iuri Pinto of South River on his shoulder the entire time. But Pinto passed him on the final lap to win the race while Guerriero ended up fourth.

— **PAUL SCHWARTZ**
and **GREGORY SCHUTTA**

prom, State title

GROUP 4

TEAM SCORES: 1. Winslow Twp., 104; 2. Vineland, 39; 3. Toms River North, 34.5; 4. Eastern 24; 5. West Orange, 18; 6. Ridgewood 17; TIE 7. Passaic, 16; 7. Trenton Central, 16; 9. Hunterdon Central 15; TIE 10. Cherokee 14; 10. Bridgewater-Raritan, 14; 10. East Orange Campus, 14; 10. Brick, 14; 14. Randolph, 12; 15. Old Bridge, 11; TIE 16. Marlboro 10; 16. Hillsborough, 10; 16. Manalapan, 10; 16. Kennedy, 10; 16. North Bergen, 10; TIE 21. Washington Twp., 9; 21. Toms River East, 9; 23. Bloomfield, 8; 24. Jackson, 7; TIE 25. Cherry Hill West, 6; 25. Eastside, 6; 25. Southern Regional, 6; 25. Elizabeth, 6; 25. Absegami, 6; TIE 30. Vernon, 4; 30. Bayonne, 4; 32. Piscataway, 3; TIE 33. Union, 2; 33. Morristown, 2; Shawnee, 2; TIE 36. Lenape, 1; 36. South Brunswick, 1; 36. Perth Amboy, 1; 37. Hackensack, .5.

100 - 1. Anthony Miles, Winslow Twp., 10.58; 2. Antraye Miles, Winslow Twp., 10.67; 3. Kenny Goode, Old Bridge, 10.85; 4. Kevin Thompson, North Bergen, 10.87; 5. Charles Simmons, Elizabeth, 11.13.

200 - 1. Antraye Miles, Winslow Twp., 22.01; 2. Reuben McCoy, Winslow Twp., 22.13; 3. Kevin Thompson, North Bergen, 22.14; 4. Earl Gray, Marlboro, 22.15; 5. Lee Clayton, East Orange Campus, 22.17.

400 - 1. Lance Wigfall, East Orange Campus, 46.68; 2. Duane Freeman, Winslow Twp., 47.79; 3. Anthony Miles, Winslow Twp., 47.83; 4. Keith Taylor, Elizabeth, 48.27; 5. Earl Gray, Marlboro, 48.32.

800 - 1. Shannon Sherrer, Vineland, 1:54.97; 2. Kyle Eckman, Bridgewater-Raritan, 1:56.80; 3. John Guzman, Bridgewater-Raritan, 1:56.99; 4. David Don Santos, Randolph, 1:57.14; 5. Roman Zhmurenka, Bayonne, 1:58.30.

1600 - 1. Peter Hess, Toms River North, 4:13.12; 2. Carmen Cavella, Washington Twp., 4:13.83; 3. David Dos Santos, Randolph, 4:15.29; 4. Christopher Pannone, Hunterdon Central, 4:17.65; 5. Steve Unger, Shawnee, 4:18.91; 6. Ari Zamir, Ridgewood, 4:18.93.

3200 - 1. Mohamed Khadraoui, Kennedy, 9:13.21; 2. Chris Pannone, Hunterdon Central, 9:13.87; 3. Keith Krieger, Cherokee, 9:21.03; 4. Peter Hess, Toms River North, 9:22.45; 5. Dan Deichert, Eastern, 9:29.07; 6. Ari Zamir, Ridgewood, 9:33.74.

East, 13.95; 3. Irving Stills, Trenton Central, 13.96; 4. Reuben McCoy, Winslow Twp., 14.05; 5. Bremen DeHaan, Absegami, 14.28.

400 IH - 1. Reuben McCoy, Winslow Twp., 52.50; 2. Laejon Brooks, West Orange, 52.74; 3. Marcus Lee, Vineland, 53.31; 4. Calvin Rhodes, Trenton Central, 54.38; 5. Fitz-Hubert Reynolds, Bayonne, 54.38.

Shot Put - 1. Matt Glowacki, Brick, 59-5 1/2; 2. Richard Russell, Passaic, 54-8 3/4; 3. Matt Dalessio, Cherokee, 54-1 1/2; 4. Joshua Larkins, Toms River North, 53-1 1/4; 5. Kyle Hirschklau, Morristown, 53-0 1/2.

Javelin - 1. Craig Scarpa, Vineland, 189-4; 2. Ryne Wasiluk, Eastern, 176-4; 3. Jack Oliver, Jackson, 176-2; 4. Jon Dinges, Vernon, 173-4; 5. Joshua Ellis, Union, 168-11.

Discus - 1. Chris Brandlein, Manalapan, 162-8; 2. Richard Russell, Passaic, 154-3; 3. Rich Beverley, So. Regional, 147-1; 4. Gerald Lewis, Vineland, 147-0; 5. Malcolm Manning, Piscataway, 144-10.

High Jump - 1. Carlo Bryant, Winslow Twp., 6-6; 2. Shamel Smith, Bloomfield, 6-4; 3. Daryl Black, Eastern, 6-4; 4. Bernard Mann, Ridgewood, 6-4; 5. Bryan Fox, Hillsborough, 6-2; TIE 6. Jean Beljour, Hackensack, 6-2; Anthony Myres, Toms River South, 6-2.

Long Jump - 1. Anthony Miles, Winslow Twp., 23-10; 2. Franklin Ardreyko, Hillsborough, 22-3 3/4; 3. Drew Gardner, Cherry Hill West, 21-8 3/4; 4. Gary Harris, Absegami, 21-8 1/2; 5. Khaliq Price, Winslow Twp., 21-7 1/4.

Triple Jump - 1. Gabe Knutson, Ridgewood, 45-7 1/2; 2. Khaliq Price, Winslow Twp., 45-3 1/2; 3. Derrick Webb, Eastside, 43-8; 4. Tim Boeni, Brick, 43-3; 5. Nick Syzonenko, Randolph, 43-0 3/4.

Pole Vault - 1. Carl Stuart, Toms River North, 15-0; 2. Michael Hulme, Eastern, 14-0; 3. Maged Fattah, Toms River North, 14-0; 4. T.J. Meagher, Marlboro, 14-0; 5. Mike Tucholski, Hunterdon Central, 13-6.

1600 Relay - 1. Winslow Twp. (Anthony Miles, Antraye Miles, Dante Freeman, Duan Freeman), 3:13.20; 2. Vineland, 3:17.68; 3. Trenton Central, 3:20.97; 4. Old Bridge, 3:24.99; 5. Cherokee, 3:25.87; 6. Piscataway, 3:26.34.

TEAM SCORES: 1. Willingboro, 80; 2. Ewing, 74; 3. Wayne Hills, 30; 4. Oakcrest, 26; 5. Ocean City, 24; 6. Toms River South, 20; 7. Highland Regional, 19; TIE 8. Parsippany Hills, 18; 8. Lakewood, 18; TIE 10. Mainland Regional, 12; 10. Timber Creek, 12; TIE 12. Hamilton West, 10; 12. Franklin, 10; 12. Paramus 10; 15. Wayne Valley 9; TIE 16. Lawrence, 8; 16. Mount Olive, 8; 16. Lower Cape May Regional, 8; 17. Wall, 8; 20. South Plainfield, 7; TIE 21. Lakeland, 6; 21. Red Bank 6; 21. Morris Hills, 6; 21. NV/Demarest, 6; 25. Camden, 5; TIE 26. Phillipsburg, 4; 26. Ocean Twp. 4; 26. West Morris-Mendham, 4; 26. Moorestown, 4; 26. Central Regional 4; 26. Nutley, 4; TIE 34. Warren Hills, 2; 34. Sparta 2; 34. Ridge 2; 34. West Windsor-Plainsboro North, 2; 34. Scotch Plains-Fanwood, 2; 34. Hamilton North, 2; 34. Middletown South, 2; 34. Cranford 2; TIE 42. Bergenfield, 1; 42. Pascack Valley, 1; 42. NV/Old Tappan, 1; 42. Tenafly, 1; 42. Monmouth Regional, 1; 42. River Dell, 1.

100 - 1. Adrian Sanderson, Ewing, 10.46; 2. Mike Pruzinsky, Wayne Hills, 10.83; 3. Basil Campbell, Ewing, 10.87; 4. Sheron Bullock, Camden, 10.88; 5. Orlando Kane, Lawrence, 10.88.

200 - 1. Adrian Sanderson, Ewing, 22.55; 2. Basil Campbell, Ewing, 21.89; 3. Mike Pruzinsky, Wayne Hills, 22.04; 4. Mike Morrison, Willingboro, 22.08; 5. Joseph Porter, Franklin, 22.09.

400 - 1. Adrian Sanderson, Ewing, 46.95; 2. Ahmad Rutherford, Willingboro, 48.99; 3. Jeff Williams, South Plainfield, 49.05; 4. Mike Pruzinsky, Wayne Hills, 49.41; 5. Michael Pilgrim, West Windsor-Plainsboro North, 49.90.

800 - 1. John Richardson, Ocean City, 1:52.24; 2. Ahmad Rutherford, Willingboro, 1:55.01; 3. Gregory Gomez, Franklin, 1:55.59; 4. Rashad Lee, Willingboro, 1:56.01; 5. James Dugan, Ocean City, 1:56.28.

1600 - 1. John Richardson, Ocean City, 4:09.19; 2. Jeremy Zagorski, Parsippany Hills, 4:12.88; 3. Jerry Whitaker, Mount Olive, 4:18.16; 4. Jeffery Klatsky, Nutley, 4:19.03; 5. James Wyner, Mainland, 4:19.58.

3200 - 1. Jeremy Zagorski, Parsippany Hills, 9:15.35; 2. Gregory Hughes, Mainland, 9:27.41; 3. Robert Dennis, Red Bank Regional, 9:32.27; 4. Eddle Baynes, Toms River South, 9:33.80; 5. Ed Clinton, Cranford, 9:33.95.

165-0; 2. Shea McKeen, Oakcrest, 157-2; 3. Paul Applegate, Toms River South 155-0; 4. Kyle Petermann, West Morris Mendham, 153-4; 5. Dave Tague, Morris Hills, 152-2; 6. John Langhauser, Ridge 149-4.

High Jump - 1. Mike Morrison, Willingboro, 7-1; 2. Chris Burns, Hamilton West, 6-8; 3. Will Allison, Timber Creek 6-2; TIE 4. Dan Kieley, NV/Old Tappan, 6-0; 4. Mike Savva, Tenafly, 6-0; 4. Nick Georgiou, Middletown South, 6-0; 4. Brent Troyer, Warren Hills, 6-0; 4. Joey McCall, Toms River South, 6-0; 4. Chris Sole, Middletown South, 6-0; 4. Antoine Kearney, Toms River South, 6-0.

Long Jump - 1. Mike Morrison, Willingboro, 24-2 3/4; 2. Antoine Kearney, Toms River South, 22-4; 3. Will Allison, Timber Creek, 21-8; 4. Michael Colosi, Central Regional, 21-4 1/4; 5. Jude Rene, Hamilton North, 21-2 1/2; 6. Jeff Young, Wayne Valley, 21-2 1/2.

Triple Jump - 1. Ralph Davis, Paramus, 45-5 1/4; 2. Darryl Bradley, Oakcrest, 43-4 1/4; 3. Dallas Lynch, Wayne Hills, 43-3 3/4; 4. Collin Pierce, Northern Highlands, 43-2 1/4; 5. Louis Brunson, Ewing, 42-6; 6. Marquis Mitchell, Bergenfield, 42-3 1/2.

Pole Vault - 1. Tony DeFeo, Oakcrest, 14-3; 2. Jeff Young, Wayne Valley, 14-0; 3. John Calvo, 13-6; 4. Adam Sarafian, Ocean Twp., 13-0; 5. Frank Aba-Onu, Ewing, 13-0; 6. Adam Sacher, Pascack Valley, 13-0.

1600 Relay - 1. Willingboro (Shareef Muhammed, Rashad Lee, Ahmad Rutherford, Chad Smith), 3:21.64; 2. Lakewood, 3:25.46; 3. Ewing, 3:26.84; 4. West Side, 3:27.09; 5. Ocean City, 3:27.83; 6. Highland Regional, 3:28.02.

110 HH - 1. Basil Campbell, Ewing, 13.99; 2. Carey McCrae, Highland Regional, 14.42; 3. Jeremy Perussi, NV/Demarest, 14.49; 4. Shareef Muhammed, Willingboro, 14.65; 5. Orlando Peterson, Hamilton, 14.79.

400 IH - 1. Basil Campbell, Ewing, 52.56; 2. Mike Morrison, Willingboro, 52.71; 3. Shareef Muhammed, Willingboro, 52.92; 4. Justin Gaymon, Phillipsburg, 54.07; 5. Dave LaRocca, Sparta, 55.04.

Shot Put - 1. Eli Ash, Willingboro, 58-5 1/2; 2. Dave Zaycek, Wall, 58-2; 3. Greg Olsen, Wayne Hills, 58-1; 4. Jordan Watts, Moorestown, 57-9 3/4; 5. Chris Feighner, Scotch Plains, 56-11 3/4.

Javelin - 1. Ian Menewisch, Highland Regional, 182-7; 2. Kyle Stuber, Lower Cape May, 171-6; 3. Rodney Mann, Lakeland, 169-9; 4. Dan DeMarco, Morris Hills, 168-1; 5. Angelo Diana, Mount Olive, 165-2.

Discus - 1. Sydney Murray, Lakewood,

NORTH JERSEY SPORTS

STATE TRACK CHAMPIONSHIPS

PAROCHIAL A

TEAM SCORES (after 15 events): 1. CBA

86: 2. Seton Hall Prep 69: 3. Holy Cross 59: 4. Don Bosco Prep 48: 5. Notre Dame 35: 6. (tie). Pope John 32: Paul VI 32: 8. Fishop Eustace 18: 9. (tie). St. Joseph's Matuchen 14: RBC 14: 11. (tie). Bergen Catholic 10: Bishop George Ahr 10: 13. Holy Spirit 9: 14. (tie). St. Peter's Prep 8: Roselle Catholic 8: 16. Paramus Academy 56: 25: 4. Jason Lee-Jones, Seton Hall Prep 56: 37: 5. Keith Burke, Seton Hall Prep 57: 06.

1500 Relay - 1. Christian Brothers Academy 4:24:05; 2. Don Bosco, 3:24:55; 3. Notre Dame, 3:27:02; 4. Paramus Catholic, 3:28:25; 5. Red Bank Catholic, 3:30:09; 6. Seton Hall Prep, 3:31:36.

Shot Put - 1. Matthew Deliso, Seton Hall Prep, 47' 1 1/2; 3. Adam Herrel, Roselle Catholic, 47' 1; 4. Theodore Grappo, Christian Brothers Academy, 46' 3 1/2; 5. Vincent Kruttsch, Don Bosco, 44' 8.

Discus - 1. Matthew Deliso, Paul VI, 152-10; 2. Wesley Warriner, Holy Spirit, 148-10; 3. Chris DiVietro, Bishop Eustace, 137-7; 4. Andrian Kochan, Seton Hall Prep, 130-5; 5. Adam Herrel, Roselle Catholic, 130-0.

Javelin - 1. Corey Helly, Bishop Ahr, 169-4; 2. Daniel Clifford, Holy Cross, 156-10; 3. Joseph Marino, Holy Cross, 155-8; 4. Mark Christopher, Bishop Eustace, 152-4; 5. John Sensiszy, Seton Hall Prep, 149-7.

Pole Vault - 1. Dan Golazek, Notre Dame, 13-0; 2. Sean Bryan, Seton Hall Prep, 12-6; 3. Tom McCormick, Don Bosco, 12-6; 4. Bob Seaman, Christian Brothers Academy, 12-6; 5. Steven Enghardt, Don Bosco, 12-6.

Long Jump - 1. Tyler Palumbo, Don Bosco, 21-11; 2. Rayon Taylor, Seton Hall Prep, 21-6 1/2; 3. Steve Bernardi, Gabay, St. Joseph Matuchen, 21-0; 5. Kevin Barrett, Holy Spirit, 20-11.

High Jump - 1. Michael Murawski, Holy Hall Prep, 6-4; 3. Chirna Emenike, Seton Joseph Matuchen, 6-2; 4. Brian Tyrrell, Christian Brothers Academy, 6-0; 5. Jordan Gaby, St. Joseph Matuchen, 6-0.

GROUP 1

TEAM SCORES: 1. Glen Rock, 49: 2. Borden

156:12; 2. Brian DeMarco, Whippany Park, 156:46; 3. Ryan McCann, Shore Rock, 156:47; 4. Marc Altman, Shore Rock, 156:47; 5. Mito Schwab, Highland Park, 2:00:70; 6. Mito Schwab, Highland Park, 2:01:77; 7. Andrew Simkins, Schall, 2:03:22.

1000 - 1. Ryan McCann, Glen Rock, 4:21:37; 2. Luf Pint, South River, 4:22:44; 3. Marc Altman, Shore Region, 4:25:34; 4. Rob Novak, Borden, 4:25:80; 5. Mito Schwab, Bound Brook, 4:25:81; 6. Mito Schwab, Highland Park, 4:27:40.

4200 - 1. Luf Pint, South River, 9:45:72; 2. Nate Hudde, Bound Brook, 9:49:06; 3. Steven Dilemma, Borden, 9:52:41; 4. Chris Guerrero, Saddle Brook, 9:53:51; 5. Rob Novak, Borden, 9:55:02; 6. Mito Schwab, Highland Park, 9:55:20.

1100H - 1. Corey Crawford, Pennsville, 14:43:2; 2. Ibra Ake, Highland Park, 15:08; 3. Jeff Berland, Glen Rock, 15:18; 4. Anthony Pomo, Saddle Brook, 15:21; 5. Jeff Ennes, Whippany Park, 15:25; 6. Dany Haddon, Highland Heights, 15:26.

400H - 1. Dave Lado, Ridgewood, 53:38; 2. Jeff Ennes, Whippany Park, 53:31; 3. William Barnes, Salem, 55:86; 4. Tyler Jones, Metuchen, 56:44; 5. Justin Arak, Jones, Metuchen, 57:37; 6. Sean Connell, Leonia, 58:68.

500 - 1. Chris Pressley, Woodbury, 57:07; 2. Zach Crie, Paulsboro, 54:03; 3. Jason Maier, New Milford, 50:8; 4. Stephen Raszyk, Lyndhurst, 49:10; 5. Stephen Raszyk, Lyndhurst, 49:10; 6. Tom Gengler, Glen Rock, 49:8.

Javelin - 1. Paul Gosiak, Wood-Ridge, 189-1; 2. Martin Gumowski, Wood-Ridge, 174-1; 3. Chris Swartz, Glen Rock, 173-8; 4. Tony Butch, Maple Shade, 172-10; 5. Andrew Dagenais, Glen Rock, 169-6; 6. Kevin Mosley, Glassboro, 167-9.

Discus - 1. Paul Rosiak, Wood-Ridge, 149-6; 2. Jason Maier, New Milford, 149-0; 3. Chris Pressley, Woodbury, 146-0; 4. Tom Gengler, Glen Rock, 137-9; 5. Leszek Walkowicz, Wallington, 130-0.

High Jump - 1. Tim Garvin, Haddon Heights, 6-2; 2. TIE 2. Paul Gause, Schall, 6-0; 2. Timothy Cook, Glassboro, 6-0; 2. Nate Wyche, Lindenwald, 6-0; 2. Luke Edwards, Metuchen, 6-0; 5. Chris Andretta, Glen Rock, 6-0; 5. Robert Yeallu, Cedar Grove, 6-0.

Long Jump - 1. Vernard Hoover, Hasbrouck Heights, 22-6 3/4; 2. Anthony Parillo, South River, 22-0; 3. Andy Lim, Leonia, 21-4; 4. Ibra Ake, Highland Park, 21-3 1/2; 5. Charles Arts, Clayton, 21-0.

Triple Jump - 1. Vernard Hoover, Hasbrouck Heights, 45-9 1/2; 2. Andy Lim, Leonia, 42-11 1/4; 3. Pete Czech, Keyport, 42-8 1/4; 4. Gregory Buchanan, Glassboro, 41-11; 5. Marcin Pawelek, Riverside, 41-10.

Pole Vault - 1. Mark Wong, Lyndhurst, 13-0; 2. Andrew Buttha, New Providence, 13-0; 3. Stephen Najemian, Lyndhurst, 13-0; 4. Tim Murphy, Glen Rock, 12-6; 5. Dean Leong, Glen Rock, 12-0; 6. Mike James, New Milford, 12-0.

1500 Relay - 1. Whippany Park, 3:27:49; 2. Metuchen, 3:30:51; 3. Borden, 3:30:70; 4. Glen Rock, 3:31:10; 5. Salem, 3:32:29; 6. Schall, 3:34:19.

GROUP 2

TEAM SCORES: 1. Somerville, 66: 2. Cin

14:28; 2. Jean Gentil, Clark, 14:46; 3. Jovan White, Manchester Twp., 14:55; 4. Jason Bradley, Somerville, 14:58; 5. Thomas Mackey, Bridgeton, 14:58; 6. John Barbadoro, Cinnamson, 15:18.

400H - 1. Phillip Simone, Raritan, 54:05; 2. John Barbadoro, Cinnamson, 55:23; 3. Steve Laporta, Montgomery, 56:13; 4. Jason Bradley, Somerville, 56:20; 5. Jean Gentil, Abraham Clark, 56:37; 6. Scott Leonard, Haddonfield, 56:72.

Shot Put - 1. Duane Sanders, Cinnamson, 58-7; 2. Doug Beck, Somerville, 53-11; 3. Bo Lawson, Kirtland, 53-13; 4. Kevin Schoklenko, Newton, 52-11 3/4; 5. Richard Henderson, Buena, 52-4 1/2; 6. Mike Marcella, Haddonfield, 52-0 1/2.

Javelin - 1. Marion Easley, Somerville, 190-2; 2. David Rout, Hopewell Valley, 188-11; 3. Bo Lawson, Kirtland, 185-4; 4. Anthony Immedate, Rutherford, 181-5; 5. Louis Smith, North Plainfield, 174-6; 6. Glenn Berry, Manchester, 169-7.

Discus - 1. Mike Cahill, Haddonfield, 154-3; 2. Doug Beck, Somerville, 152-6; 3. Steve Kondorsky, Montgomery, 151-11; 4. Matt Schaffer, Kirtland, 150-3; 5. Duane Sanders, Cinnamson, 148-6; 6. Jacob Marshall, Cinnamson, 141-4.

High Jump - 1. Kyle Calvo, Somerville, 6-8; 2. Alex Willis, Montgomery, 6-6; 3. Robert Agillo, Pinebluffs, 6-4; 3. Steven Alustiza, Northern Burlington, 6-4; 5. Walid Ali, Matawan, 6-4; 6. Troy Roblin, Matawan, 6-0; 6. Chris Treble, Montgomery, 6-0.

Long Jump - 1. Kyle Calvo, Somerville, 22-11; 2. Kenny Parker, Sterling, 21-4 1/2; 3. John Barbadoro, Cinnamson, 20-11 1/2; 4. Shawn Appertee, Walkill Valley, 20-10; 5. Mark Washington, Johnson, 20-7 3/4; 6. Craig Douglas, Delaware Valley, 20-6 3/4.

Triple Jump - 1. Kyle Calvo, Somerville, 35-12; 2. John Barbadoro, Cinnamson, 34-11; 3. Ken Kang, Pascack Hills, 2-3 1/2; 4. Ismael Harrison, Clark, 41-1 3/4; 5. Tori Gibbs, Matawan, 40-9; 6. Ryan White, Manchester Twp., 40-6 1/2.

Pole Vault - 1. Mike Davis, Haddonfield, 30-2; 2. Anthony Abitante, Highlanders, 3-0; 3. Steve Runyon, Hopalong, 1-0; 3. Billy Cheong, JFK/Jessell, 12-0; 5. An Zeun, Delran, 12-0; 6. Dave Rawlinson, Somerville, 12-0.

100 Relay - 1. Matawan, 3:22:26; 2. Parsippany, 3:23:85; 3. Sterling, 3:25:31; 4. Manchester Twp., 3:26:55; 5. Northern Burlington, 3:26:78.

GROUP 3

TEAM SCORES: 1. Somerville, 66: 2. Cin

14:28; 2. Jean Gentil, Clark, 14:46; 3. Jovan White, Manchester Twp., 14:55; 4. Jason Bradley, Somerville, 14:58; 5. Thomas Mackey, Bridgeton, 14:58; 6. John Barbadoro, Cinnamson, 15:18.

400H - 1. Phillip Simone, Raritan, 54:05; 2. John Barbadoro, Cinnamson, 55:23; 3. Steve Laporta, Montgomery, 56:13; 4. Jason Bradley, Somerville, 56:20; 5. Jean Gentil, Abraham Clark, 56:37; 6. Scott Leonard, Haddonfield, 56:72.

Shot Put - 1. Duane Sanders, Cinnamson, 58-7; 2. Doug Beck, Somerville, 53-11; 3. Bo Lawson, Kirtland, 53-13; 4. Kevin Schoklenko, Newton, 52-11 3/4; 5. Richard Henderson, Buena, 52-4 1/2; 6. Mike Marcella, Haddonfield, 52-0 1/2.

Javelin - 1. Marion Easley, Somerville, 190-2; 2. David Rout, Hopewell Valley, 188-11; 3. Bo Lawson, Kirtland, 185-4; 4. Anthony Immedate, Rutherford, 181-5; 5. Louis Smith, North Plainfield, 174-6; 6. Glenn Berry, Manchester, 169-7.

Discus - 1. Mike Cahill, Haddonfield, 154-3; 2. Doug Beck, Somerville, 152-6; 3. Steve Kondorsky, Montgomery, 151-11; 4. Matt Schaffer, Kirtland, 150-3; 5. Duane Sanders, Cinnamson, 148-6; 6. Jacob Marshall, Cinnamson, 141-4.

High Jump - 1. Kyle Calvo, Somerville, 6-8; 2. Alex Willis, Montgomery, 6-6; 3. Robert Agillo, Pinebluffs, 6-4; 3. Steven Alustiza, Northern Burlington, 6-4; 5. Walid Ali, Matawan, 6-4; 6. Troy Roblin, Matawan, 6-0; 6. Chris Treble, Montgomery, 6-0.

Long Jump - 1. Kyle Calvo, Somerville, 22-11; 2. Kenny Parker, Sterling, 21-4 1/2; 3. John Barbadoro, Cinnamson, 20-11 1/2; 4. Shawn Appertee, Walkill Valley, 20-10; 5. Mark Washington, Johnson, 20-7 3/4; 6. Craig Douglas, Delaware Valley, 20-6 3/4.

Triple Jump - 1. Kyle Calvo, Somerville, 35-12; 2. John Barbadoro, Cinnamson, 34-11; 3. Ken Kang, Pascack Hills, 2-3 1/2; 4. Ismael Harrison, Clark, 41-1 3/4; 5. Tori Gibbs, Matawan, 40-9; 6. Ryan White, Manchester Twp., 40-6 1/2.

Pole Vault - 1. Mike Davis, Haddonfield, 30-2; 2. Anthony Abitante, Highlanders, 3-0; 3. Steve Runyon, Hopalong, 1-0; 3. Billy Cheong, JFK/Jessell, 12-0; 5. An Zeun, Delran, 12-0; 6. Dave Rawlinson, Somerville, 12-0.

100 Relay - 1. Matawan, 3:22:26; 2. Parsippany, 3:23:85; 3. Sterling, 3:25:31; 4. Manchester Twp., 3:26:55; 5. Northern Burlington, 3:26:78.

GROUP 4

TEAM SCORES: 1. Somerville, 66: 2. Cin

14:28; 2. Jean Gentil, Clark, 14:46; 3. Jovan White, Manchester Twp., 14:55; 4. Jason Bradley, Somerville, 14:58; 5. Thomas Mackey, Bridgeton, 14:58; 6. John Barbadoro, Cinnamson, 15:18.

400H - 1. Phillip Simone, Raritan, 54:05; 2. John Barbadoro, Cinnamson, 55:23; 3. Steve Laporta, Montgomery, 56:13; 4. Jason Bradley, Somerville, 56:20; 5. Jean Gentil, Abraham Clark, 56:37; 6. Scott Leonard, Haddonfield, 56:72.

Shot Put - 1. Duane Sanders, Cinnamson, 58-7; 2. Doug Beck, Somerville, 53-11; 3. Bo Lawson, Kirtland, 53-13; 4. Kevin Schoklenko, Newton, 52-11 3/4; 5. Richard Henderson, Buena, 52-4 1/2; 6. Mike Marcella, Haddonfield, 52-0 1/2.

Javelin - 1. Marion Easley, Somerville, 190-2; 2. David Rout, Hopewell Valley, 188-11; 3. Bo Lawson, Kirtland, 185-4; 4. Anthony Immedate, Rutherford, 181-5; 5. Louis Smith, North Plainfield, 174-6; 6. Glenn Berry, Manchester, 169-7.

Discus - 1. Mike Cahill, Haddonfield, 154-3; 2. Doug Beck, Somerville, 152-6; 3. Steve Kondorsky, Montgomery, 151-11; 4. Matt Schaffer, Kirtland, 150-3; 5. Duane Sanders, Cinnamson, 148-6; 6. Jacob Marshall, Cinnamson, 141-4.

High Jump - 1. Kyle Calvo, Somerville, 6-8; 2. Alex Willis, Montgomery, 6-6; 3. Robert Agillo, Pinebluffs, 6-4; 3. Steven Alustiza, Northern Burlington, 6-4; 5. Walid Ali, Matawan, 6-4; 6. Troy Roblin, Matawan, 6-0; 6. Chris Treble, Montgomery, 6-0.

Long Jump - 1. Kyle Calvo, Somerville, 22-11; 2. Kenny Parker, Sterling, 21-4 1/2; 3. John Barbadoro, Cinnamson, 20-11 1/2; 4. Shawn Appertee, Walkill Valley, 20-10; 5. Mark Washington, Johnson, 20-7 3/4; 6. Craig Douglas, Delaware Valley, 20-6 3/4.

Triple Jump - 1. Kyle Calvo, Somerville, 35-12; 2. John Barbadoro, Cinnamson, 34-11; 3. Ken Kang, Pascack Hills, 2-3 1/2; 4. Ismael Harrison, Clark, 41-1 3/4; 5. Tori Gibbs, Matawan, 40-9; 6. Ryan White, Manchester Twp., 40-6 1/2.

Pole Vault - 1. Mike Davis, Haddonfield, 30-2; 2. Anthony Abitante, Highlanders, 3-0; 3. Steve Runyon, Hopalong, 1-0; 3. Billy Cheong, JFK/Jessell, 12-0; 5. An Zeun, Delran, 12-0; 6. Dave Rawlinson, Somerville, 12-0.

100 Relay - 1. Matawan, 3:22:26; 2. Parsippany, 3:23:85; 3. Sterling, 3:25:31; 4. Manchester Twp., 3:26:55; 5. Northern Burlington, 3:26:78.

STATE MEET OF CHAMPIONS TRACK PREVIEW

At South Plainfield H.S.: Field events — 3:30 p.m.; running Events — 4:30 p.m. Top eight finishers medal.

Boys

100 — Only if Mike Pruzinsky of Wayne Hills chooses to run this event will any local contend for a medal.

200 — Look for Pruzinsky and possibly Don Bosco soph Michael Ray Garvin to contend for a medal.

400 — Unless it's the only event Pruzinsky chooses, no locals will be close.

800 — If Ken Sinkovitz of Bergen Catholic can stay out of trouble early, he could battle John Richardson of Ocean City and Shannon Sherrer of Vineland for the title.

1,600 — Ari Zamir of Ridgewood and Ryan McCann of Glen Rock have outside chances for medals.

3,200 — This could be the race of the night with five underclassmen under 9:20, with Kennedy's Mohamed Khadraoui trying to add an outdoor title to his indoor and cross-country Meet of Champs title.

110 HH — Jeremy Perussi of Northern Valley at Demarest is a dark horse.

400 IH — Ridgefield's Dave Lado should medal and Greg Horn of River Dell could break the top eight.

Shot put — Greg Olsen of Wayne Hills and Passaic's Richard Russell could medal.

Discus — Russell has a chance here.

Javelin — Anthony Immediate of Rutherford is a medal hopeful.

High jump — Unless Jean Beljour of Hackensack approaches the 6-9 he jumped at the Bergen Meet of Champions the area will be shut out in this event.

Long jump — Val Sisti of DePaul, Vernard Hoover of Hasbrouck Heights, and senior Tyler Palumbo are potential medalists.

Triple jump — Hoover, Gabe Knutson of Ridgewood, and 2002 runner-up Ralph Davis of Paramus are the top seeds.

Pole vault — Jeff Young of Wayne Valley should medal and Adam Sacher of Pascack Valley and Mark Wong and Steve Najemian are possibilities.

1,600 relay — Don Bosco needs to get close to 3:20 to medal.

Girls

100 — Two-time medalist and four-time group champ Anike Orimogunje of Queen of Peace should earn a third medal here.

200 — Orimogunje also looks for a third medal in this event.

400 — No local contenders.

800 — Glen Rock's Kim Mineo is in a familiar position — underdog as she looks for a third straight Meet of Champs title. Katy Trotter of Red Bank, second by .54 in 2001 and by .13 in 2002, is the favorite. IHA's Caitlin Hemmer also could place.

1,600 — Julia Emanuel of Tenafly and Andrea Rovegno of Ramapo should duplicate their indoor medal efforts and could

win if Amanda Trotter chooses to run the 3,200 instead. Meghan Gaffney of Pompton Lakes and Danielle Patoir of Glen Rock medaled and may do so again.

3,200 — If Amanda picks the 1,600, then Jesse Mizzone of Passaic Valley and Lindsay Van Alstine of Hawthorne Christian should conclude their great rivalry with one earning gold and the other silver.

100 HH — No local contenders.

400 IH — No local contenders.

Shot put — Kelly Fazekas of Northern Valley at Demarest should end her fabulous career on a winning note.

Discus — Jazmine Fenlator of Wayne Valley and Fazekas should contend with Tiffany Phoenix of Cresskill in the hunt.

Javelin — Look for Daina Pucurs of Northern Valley at Demarest and 2002 medalist Tina Lindsay of Eastside to bring home medals.

High jump — No local contenders.

Long jump — Rebecca Baskinger of Butler is a solid contender.

Triple jump — Trisha McGowan of Ridgewood is favored to bring home North Jersey's first title, with Consandria Walker of Hackensack, Brittany Brooks of Garfield, Sheena Strachan of Englewood, and Alex Paslawsky of Ramsey are medal hopefuls.

Pole vault — Karen Langner of Clifton, Jessica Hatton of Ridgefield Park, and Kerri Norton of Ridgewood are in a race to become the area's first 10-footer.

1,600 relay — No medal contenders.

Results from State Meet of Champions
Thursday, June 5th South Plainfield

HJ:	Bernard Mann	DNC	
Jav:	Adam Whitelaw	168'9"	12th Place
1600m:	Ari Zamir	4:19.14	6th Place!!!
TJ:	Gave Knutson	44'1/2"	5th Place!!!

Congratulations to all who made it to this meet! This capped an excellent season for us! Great job!!!

STATE TRACK MEET OF CHAMPIONS

at Jost Field, South Plainfield

BOYS

100 - 1. James Townsend, Holy Cross, 10.45; 2. Adlan Sanderson, Ewing, 10.65; 3. Mike Pruzinsky, Wayne Hills, 10.82; 4. Kenny Goode, Old Bridge, 10.83; 5. Orlando Kane, Lawrence, 10.84; 6. Kevin Thompson, North Bergen, 10.90; 7. Joseph Porter, Franklin, 10.91; 8. Lee Clayton, East Orange Campus, 11.11.

200 - 1. Adlan Sanderson, Ewing, 21.41; 2. Antraye Miles, Winslow Twp., 21.58; 3. Mike Pruzinsky, Wayne Hills, 21.61; 4. Joseph Porter, Franklin, 21.75; 5. Sheron Bullock, Camden, 21.80; 6. Basil Campbell, Ewing, 21.99; 7. Reuben McCoy, Winslow Twp., 22.00; 8. Kevin Thompson, North Bergen, 22.15.

400 - 1. Lance Wigfall, East Orange Campus, 47.42; 2. Adlan Sanderson, Ewing, 47.62; 3. Keith Taylor, Elizabeth, 48.73; 4. Erlon Hurtault, Matawan, 48.81; 5. Earl Gray, Marlboro, 49.27; 6. Robbie Rodriguez, Parsippany, 49.89; 7. Xavier McFarlane, Metuchen, 49.99; 8. Lance Husser, Woodstown, 50.25.

800 - 1. John Richardson, Ocean City, 1:51.62; 2. Robert Edwards, Bridgeton, 1:53.13; 3. Ahmad Rutherford, Willingboro, 1:53.35; 4. Shannon Sherrer, Vineland, 1:54.33; 5. Michael Camody, Gov. Livingston, 1:54.59; 6. David Gaines, Colts Neck, 1:54.62; 7. Ken Sinkovitz, Bergen Catholic, 1:54.86; 8. Rob Novak, Bordentown, 1:54.95.

1600 - 1. John Richardson, Ocean City, 4:09.2; 2. Jeremy Zagorski, Parsippany Hills, 4:15.16; 3. James Wymer, Mainland, 4:15.77; 4. David Dos Santos, Randolph, 4:15.88; 5. Carmen Cavella, Washington Twp., 4:16.07; 6. Ari Zamir, Ridgewood, 4:19.14; 7. Brian Gertzen, Mainland, 4:20.56; 8. Ryan McCann, Glen Rock, 4:21.35.

3200 - 1. Peter Hess, Toms River North, 9:01.83; 2. Justin Scheidt, Pope John, 9:02.32; 3. Chris Parnone, Hunterdon Central, 9:15.63; 4. Mohamed Khadraoui, Kennedy, 9:16.65; 5. Oskar Nordenbring, Montclair, Kimberly, 9:16.88; 6. Keith Krieger, Cherokee, 9:17.19; 7. Gregory Hughes, Mainland, 9:19.04; 8. Jonathan Anderson, Cinnaminson, 9:20.74.

110 Hm - 1. Irving Stills, Trenton Central, 13.89; 2. Basil Campbell, Ewing, 13.89; 3. Ron Jules, Toms River East, 14.04; 4. Laejon Brooks, West Orange, 14.46; 5. Carey McCrae, Highland Regional, 14.52; 6. Jeremy Perussi, NB/Demarest, 14.63; 7. Michael McNeil, Burlington Twp., 14.67; 8. Jamil McClintock, Pingry, 14.70.

400 Hm - 1. Basil Campbell, Ewing, 52.47; 2. Reuben McCoy, Winslow Twp., 52.75; 3. Shareef Muhammed, Willingboro, 53.01; 4. Dave Lado, Ridgefield, 53.24; 5. Calvin Rhodes, Trenton Central, 53.86; 6. Justin Gaymon, Phillipsburg, 54.07; 7. Fitz-Hubert Reynolds, Bayonne, 54.11; 8. Laejon Brooks, West Orange, 54.22.

Shot Put - 1. Chris Pressley, Woodbury, 59-7 3/4; 2. Greg Olsen, Wayne Hills, 59-1 1/2; 3. Duane Sanders, Cinnaminson, 58-5 1/2; 4. Matt Glowacki, Brick, 56-6; 5. Jordan Watts, Moorestown, 56-4; 6. Eli Ash, Willingboro, 55-6 1/4; 7. John Langhauser, Ridge, 54-5; 8. Zahir Crite, Paulsboro, 54-3 1/4.

Javelin - 1. Bo Lawson, Kittatiny, 193-6; 2. Paul Roslak, Wood-Ridge, 192-4; 3. David Rout, Hopewell Valley, 182-4; 4. Ian Menewisch, Highland Regional, 182-0; 5. Anthony Immediate, Rutherford, 179-10; 6. Jack Oliver, Jackson, 175-8; 7. Tony Butch, Maple Shade, 173-11; 8. Louis Smith, North Plainfield, 172-0.

Discus - 1. Sydney Murray, Lakewood, 172-2; 2. Chris Brandlein, Manalapan, 169-8; 3. Richard Russell, Passaic, 163-9; 4. Dave Tague, Morris Hills, 161-7; 5. Matthew DeLiso, Paul VI, 161-5; 6. Doug Beck, Somerville, 160-7; 7. Mike Cahill, Haddonfield, 158-4; 8. Jason Maier, New Milford, 155-2.

High Jump - 1. Mike Morrison, Willingboro, 7-0; 2. Chris Burns, Hamilton West, 6-8; 3. Shamel Smith, Bloomfield, 6-6; 4. Carlo Bryant, Winslow Twp., 6-6; 5. Kyle Calvo, Somerville, 6-6; TIE 6. Michael Murawaski, Holy Cross, 6-6; 6. Alex Willis, Montgomery, 6-6; 6. Will Allison, Timber Creek, 6-6.

Long Jump - 1. Anthony Miles, Winslow Twp., 24-3 1/4; 2. Mike Morrison, Willingboro, 24-3; 3. Franklin Andreyko, Hillsborough, 23-4; 4. Kyle Calvo, Somerville, 22-4 3/4; 5. Antoine Kearney, Toms River South, 22-2 1/4; 6. Anthony Parillo, South River, 21-11 3/4; 7. Michael Colosi, Central Regional, 21-8; 8. James Promise, South Brunswick, 21-7.

Triple Jump - 1. Ralph Davis, Paramus, 46-6 1/2 (Meet Record, Old Record 45-5 1/2 by John Augustynowicz, Rutherford, 2000); 2. Vernard Hoover, Hasbrouck Heights, 45-7 1/2; 3. Tiquan Underwood, Notre Dame, 45-2 1/4; 4. Khalig Price, Winslow Twp., 44-4; 5. Gabe Knutson, Ridgewood, 44-0 1/2; 6. Darryl Bradley, Oakcrest, 43-10; 7. Dan Mitchell, Lenape, 43-1 1/4; 8. Tyler Palumbo, Don Bosco Prep, 42-10.

Pole Vault - 1. Michael Hulme, Eastern, 15-0; 2. Carl Stuart, Toms River North, 15-0; 3. Adam Sarafian, Ocen Township, 14-6; 4. Andrew Buttitta, New Providence, 14-0; 5. Ton DeFeo, Oakcrest, 14-0; 6. Tom McCormick, Don Bosco, 14-0.

1600 Relay - 1. Winslow Twp. (Anthony Miles, Antraye Miles, Dante Freeman, Duan Freeman), 3:10.7; 2. Willingboro, 3:11.24; 3. Trenton Central, 3:15.77; 4. Vineland, 3:16.47; 5. Lakewood, 3:18.54; 6. Cherokee, 3:20.41; 7. Old Bridge, 3:21.0; 8. Piscataway, 3:21.06.

GIRLS

100 - 1. Jenna Harris, Franklin, 11.74; 2. Shameka Speed, Bridgeton, 11.78; 3. Jamelliah Nock, Woodrow Wilson, 12.09; 4. Jennifer Jackson, Eastern,

National Championship:
Raleigh, North Carolina
June 13th and 14th

4x1600m: Ro Crispin, Kyle Engelken, Dave Maher, Erik Nygaard, Ari Zamir

Javelin: Adam Whitelaw

BERGEN COUNTY RECORDS

BOYS

100 METERS – 10.31 by Joe Dawkins, Hackensack, 1995 and 10.2 by Chris Charles, Park Ridge, 2000
200 METERS – 21.58 by Joe Dawkins, Hackensack, 1995
220 YARDS – 20.9 by Bill Walker, Englewood, 1965
400 METERS – 47.17 by Walter McCall, Hackensack, 1986
440 YARDS – 47.4 by Joe Bryant, Englewood, 1966
800 METERS – 1:50.19 by Josh Kauke, Ridgewood, 2000
880 YARDS – 1:52.2 by Roger Jones, Ramsey, 1977
1600 METERS – 4:09.35 by Bob Keino, Ridgewood, 1994
ONE MILE – 4:08.1 by Roger Jones, Ramsey, 1977
3200 METERS – 9:02.73 by Bob Keino, Ridgewood, 1993
TWO MILES – 9:02.2 by Tim Conheeney, Paramus Catholic, 1973
110 METER HIGH HURDLES – 13.8 by Greg Horner, Don Bosco, 1985 and Jerome Pemberton, Hackensack, 1986
400 METER INTERMEDIATE HURDLES – 51.92 by Anthony Hampton, Englewood, 1994
SHOT PUT – 68-3 by Andy Papathanassiou, Emerson, 1985
DISCUS – 189-2 by Mike Buncic, Fair Lawn, 1980
JAVELIN (OLD) – 222-6 by Mike Collins, Don Bosco, 1978
JAVELIN (NEW) – 203-7 by Jim Malizia, St. Joseph Regional, 2002
HIGH JUMP – 6-10 by Scoot Palmer, Teaneck, 1979
TRIPLE JUMP – 49-9 by Darius Pemberton, Hackensack, 1992
LONG JUMP – 24-11 ½ by Darius Pemberton, Hackensack, 1993
POLE VAULT – 15-3 by Matt Psaltis, Fair Lawn, 1992
4 x 400 METER RELAY – 3:19.01 by Hackensack, 1995
ONE MILE RELAY – 3:18.8 by Englewood, 1971

GIRLS

100 METERS – 11.96 by Anike Orimogunje, Queen of Peace, 2002
200 METERS – 24.3 by Anike Orimogunje, Queen of Peace, 2002
400 METERS – 54.68 by Dana Riley, Teaneck, 1993
800 METERS – 2:08.2 by Jasmin Jones, Hackensack, 1987
1600 METERS – 4:46.4 by Margaret Scutro, Ridgewood, 1985
3200 METERS – 10:33.9 by Jenna Rogers, Ridgewood, 1994
100 METER INTERMEDIATE HURDLES – 14.2 by Renee Carter, Englewood, 1981 and Jamie Lilien, Pascack Valley, 2000 and 14.37 by Carlene Cummings, Englewood, 1998
400 METER INTERMEDIATE HURDLES – 61.4 by Judith Palmer, Teaneck, 1982
SHOT PUT – 46-7 ½ by Jessica Fazekas, NV/Demarest, 2002 and Kelly Fazekas, NV/Demarest, 2003
DISCUS – 143-4 by Jenn Flinchum, Demarest, 1999
JAVELIN (OLD) – 150-9 by Jen Austin, Garfield, 2000
JAVELIN (NEW) – 139-9 by Kelly Fazekas, NV/Demarest, 2002
HIGH JUMP – 5-10 by Cheryl Burdick, Ramsey, 1998
TRIPLE JUMP – 42-2 ¾ by Carlene Cummings, Englewood, 1998
LONG JUMP – 19-4 by Jen McDermott, Ridgewood, 1989
4 x 400 METER RELAY – 3:54.29 by Ridgewood, 1988
POLE VAULT – 9-9 by Evann Borgmann, Ridgewood, 2003

NEW JERSEY CLASS RECORDS BOYS

100 METER DASH

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Michael Ray Garvin, Don Bosco	2002	10.98
So..	Jamar Ervin, Camden	2000	10.35
Jr.	Danny Johnson, Rahway	2000	10.46
Sr.	Danny Johnson, Rahway	2001	10.40

200 METER DASH

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Larry Lester, Piscataway	1998	22.21
So..	Anthony Davis, Plainfield	1998	21.43
Jr.	Dennis Mitchell, Edgewood	1983	21.09
Sr.	Dennis Mitchell, Edgewood	1984	21.06

400 METER DASH

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Nakia Fenner, Newark Science	1992	49.2
Fr.	Jade Smith, Camden	1999	49.2
So..	Dennis Mitchell, Edgewood	1982	47.2
So..	Adian Sanderson, Ewing	2002	47.23
Jr.	Dennis Mitchell, Edgewood	1983	46.2
Sr.	Dennis Mitchell, Edgewood	1984	46.02

800 METER RUN

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Hal Hamilton, Plainfield	1983	1:56.6
So..	Fred Bronner, Morris Hills	1983	1:50.8
Jr.	John Marshall, Plainfield	1980	1:49.8
Sr.	John Marshall, Plainfield	1981	1:49.5

1500 METER RUN

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Rich Morris, Jackson Twp	1991	4:07.7
So..	Jeremy Zagorski, Parsippany Hills	2002	3:57.69
Jr.	Rich Morris, Jackson Twp.	1993	3:55.19
Sr.	Kevin Byrne, Par Cath. (AAU)	1977	3:48.0
Sr.	Bill Leonard, Bergen Cath.	1978	3:51.2

1600 METER RUN

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Bryan Spoonire, Asbury Park	1988	4:15.55
So..	Rich Morris, Jackson Twp.	1992	4:13.15

ONE MILE RUN

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Rich Canton, Woodbury	1976	4:24.3
So..	Jeremy Zagorski, Parsippany Hills	2002	4:16.40
So.	Kevin Byrne, Bergen Cath.	1975	4:17.1
Jr.	John Carlotti, Bernards	1982	4:09.8
Sr.	Jim Nielsen, Bernards	1984	4:07.07

3000 METER RUN

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Bryan Spoonire, Asbury Park	1988	8:49.9
So..	J.J. Clark, Columbia	1980	8:39.8
So.	Steve Slattery, Mt. Olive	1996	8:39.90
Jr.	Mura Campbell, Overbrook	1998	8:22.89
Sr.	Jim Smith, Haddonfield	1980	8:18.2

3200 METER RUN

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Bryan Spoonire, Asbury Park	1988	9:17.7
Jr.	Mura Campbell, Overbrook	1998	8:59.48

TWO MILE RUN

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Lou Ross, Delbarton	1979	9:24.9
So..	Chris Hallinan, Bernards	1974	9:06.7
Jr.	Chris Hallinan, Bernards	1975	9:03.4
Sr.	Charles Logan, Bernards	1979	8:52.0

110 METER HIGH HURDLES

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Sultan Tucker, Delsea	1994	14.1
So..	Joe Winningham, Boardentown	1976	13.9
So.	Sultan Tucker, Delsea	1995	13.90
Jr.	Todd Matthews, Notre Dame	1997	13.56
Sr.	Renaldo Nehemiah, Scotch Plains	1977	12.9

400 METER INTERMEDIATE HURDLES

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Anthony Hampton, Englewood	1991	54.7
So..	Anthony Hampton, Englewood	1992	52.5
Jr.	Anthony Hampton, Englewood	1993	52.08
Sr.	Chris Person, Plainfield (AAU)	1978	51.0
Sr.	Dwight Ruff, Camden	2001	50.37

LONG JUMP

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Brad Mayo, West Orange	1982	23'3.25"
So..	John Robinson, Barringer	1938	23'10"
Jr.	Gerard Reynolds, Willingboro	1988	24'8.25"
Sr.	Carl Lewis, Willingboro	1979	26'6"

HIGH JUMP

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Michael Morrison, Willingboro	2001	6'10"
So..	Jesse Jenkins, Toms River So.	1982	7'0"
Jr.	Robert Jordan, Millville	1998	7'2.25"
Sr.	Paul Klamic, Mainland	2000	7'4.5"

POLE VAULT

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Bill Lange, Bridgewater East	1978	15'7.5"
So..	Ray Maragni, Seton Hall	1981	14'9"
Jr.	Bill Lange, Bridgewater East	1980	16'6"
Sr.	Will Nesbitt, Millburn	1980	16'4"

TRIPLE JUMP

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Darius Pemberton, Hackensack	1985	43'6"
So..	Craig Halyard, Ridgewood	1987	45"7.5"
Jr.	Craig Halyard, Ridgewood	1988	48'1.25"
Sr.	Anthony DiCosmo, Parmus Cathloic	1995	49'0.5"

SHOT PUT

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Glenn DiGiorgio, St. Peter's	1999	54'11"
So..	Glenn DiGiorgio, Bayonne	2000	61'7.5"
Jr.	Kevin DiGiorgio, Bayonne	1997	69'8.25"
Sr.	Kevin DiGiorgio, Bayonne	1998	68'7.25"

DISCUS

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Gleen DiGiorgio, Bayonne	1999	166'3"
So..	Glenn Digiorgio, Bayonne	2000	191'10"
Jr.	Glenn Digiorgio, Bayonne	2001	205'4"
Sr.	Ron Dayne, Overbrook	1996	216'11"

JAVELIN

CLASS	NAME & SCHOOL	DATE	MARK
Fr.	Marc Rullo, East Brunswick	1986	181'3"
So..	Jerry Vitelli, Holy Cross	1986	209'11"
Jr.	Norm Roth, Morris Hills	1979	229'2"
Sr.	Mark Murro, Essex Catholic	1967	252'8"

RETURN TO MAIN MENU

INDOOR TRACK RECORDS(these are not meet records)

NEW JERSEY OUTDOOR BOY'S INTERSCHOLASTIC TRACK & FIELD RECORDS

EVENT	NAME	SCHOOL	MARK	YEAR
100m	BILLY GAINES	CLEARVIEW	10.2h	1966
100m	DENNIS MITCHELL	EDGEWOOD	10.2h	1983
100m (AT)	JAMAR ERVIN	CAMDEN	10.35	2000
200m	DENNIS MITCHELL	EDGEWOOD	20.7h	1983
200m (AT)	DANNY JOHNSON,	RAHWAY	20.93	2001
400 METER	DENNIS MITCHELL	EDGEWOOD	46.02	1984
440 Y	RON FREEMAN	JEFFERSON (ELIZ)	46.0h	1965
800 METERS	JOHN MARSHALL	PLAINFIELD	1:48.5h	1985
1500 METER	KEVIN BYRNE	PARAMUS CATH.	3:48.0h	1977
MILE	MARTY LIQUORI	ESSEX CATH.	3:59.8h	1967
3K	JIM SMITH	HADDONFIELD	8:18.3h	1980
2 MILE	CHARLES LOGAN	BERNARDS	8:52.0h	1979
5000	CHRIS HALLINAN	BERNARDS	14:25.8H	1975
10,000	MATT LEDDY	DELBARTON	30:25.0H	1977
S. C.	ANDY MARTIN	NO. HUNTERDON	9:03.79	1984
HH	RENALDO NEHEMIAH	SCOTCH PLAINS	12.9h	1977
HH (AT)	DANYNE BROWN	CAMDEN	13.43	1999
330 IH	RENALDO NEHEMIAH	SCOTCH PLAINS	35.8h	1977
440 IH	DWIGHT RUFF	CAMDEN	50.37	2001
HIGH JUMP	PAUL KLEMIC	MAINLAND	7'4.5"	2000
POLE VAULT	BILL LANGE	BRIDGEWATER EAST	16'6"	1980
LONG JUMP	CARL LEWIS	WILLINGBORO	26'6"	1979
TRIPLE JUMP	ANTHONY DICOSMO	PARAMUS CATH.	49'0.5"	1995
SHOT PUT	KEVIN DIGIORGIO	BAYONNE	69'8.25"	1997
DISCUS	RON DAYNE	OVERBROOK	216'11"	1996
JAVELIN	MARK MURRO	ESSEX CATH.	252'8"	1967
4X100		PLAINFIELD	41.0h	1980

4X100 (AT)	CAMDEN	41.09	2000
4X110 Y	WEEQUAHIC	41.5h	1972
4X200	CAMDEN	1:26.05	2000
4X220 Y	SOMERVILLE	1:26.5h	1973
4X400	CAMDEN	3:09.91	2001
4X800	TRENTON	7:39.5h	1978
4 X MILE	ESSEX CATH.	17.12.2h	1967
SMR	CAMDEN	3:22.85	2001
DMR (4K)	WILLINGBORO	10:09.9h	1983
DMR (4K)	BERNARDS	10:09.9h	1983
SHR	WILSON	56.88	1999

RETURN TO MAIN MENU

OUTDOOR TRACK RECORDS(*these are not meet records*)

- Monmouth County Boy's
- Monmouth County Girl's
- Ocean County Boy's
- Ocean County Girl's
- NJ State Class Records Boy's
- NJ State Class Records Girl's
- NJ State Records Boy's
- NJ State Records Girl's
- National Records Boy's
- National Records Girl's

NATIONAL BOY'S INTERSCHOLASTIC TRACK & FIELD RECORDS

EVENT	NAME	SCHOOL	MARK	YEAR
100m	Derrick Florence	Ball, Galveston, Tx	10.13	1986
200m	Roy Martin	Roosevelt, Dallas, Tx	20.13	1985
400 METER	Darrell Robinson	Wilson, Tacoma, Wa	44.69	1982
800 METERS	Michael Granville	Bell Gardens, Ca	1:46.45	1996
1500 METER	Alan Webb		3:38.26	20014
MILE	Alan Webb	South Lakes , Reston, Va.	3:53.43	2001
3K	John Trautmann	Monroe-Woodbury, Central Valley, NY	8:05.8h	1986
2 MILE	Jeff Nelson	Burbank, Ca	8:36.3h	1979
2000 St.	Steve Guerrini	Santa Rosa, Ca	5:43.9h	1991
3000 St.	Jeff Hess	South, Eugene, Or	8:50.1h	1979
5000	Gerry Lindgren	Rogers, Spokane, Wa.	13:44.0h	1964
10,000	Rudy Chapa	Hammond, In.	28:32 7h	1976
120y HH	Renaldo Nehemiah	SCOTCH PLAINS	12.9h	1977
110m HH	Chris Nelloms	Dunbar, Dayton, Oh	13.30	1990
300 IH	George Porter	Cabrillo, Lompoc, Ca	35.32	1985
400 IH	Patrick Mann	Gar-Field, Woodbridge, Va	50.02	1984
400 IH (A)	Bob Bornkessel	Shawnee Miss N, Overland Park, Ks	49.8h	1968
HIGH JUMP	Dothel Edwards	Cedar Shoals, Athens, Ga	7'6"	1983
POLE VAULT	Eric Eshbach	Orangefield, Tx	18'2.25"	1999
LONG JUMP	Dion Bentley	Penn Hills, Pitt, Pa	26'9.25"	1989
TRIPLE JUMP	Greg Yeldell	North Rowan, Spencer, NC	53'11.25"	1998
SHOT PUT	Michael Carter	Jefferson, Dallas, Tx	81'3.5"	1979
DISCUS	Niklas Arrhenius	Mountain View, Ut.	234'03"	2001
JAVELIN	Art Skipper	Sandy, Or	259'10"	1988
HAMER	Jacob Freeman	Hendricken, Warwick, RI.	253'3"	1999
4X100		Wyatt, Ft. Worth, Texas	39.76	1998
4X200		Wyatt, Ft. Worth, Texas	1:23.31	1998
4X400		Hawthorne, California	3:07.40	1985
4X800		York, Elmhurst, Illinois	7:34.1h	2000

4 X MILE		South Eugene, Oregon	17:06.6h	1976
4 X 1600		McCullough, The Woodlands, Tx.	17:04.7h	1986
SMR		Hawthorne, California	3:21.15	1985
DMR (4K)		South Lakes, Reston, Va.	9:49.78	2001
SHR		Wolfson, Jacksonville, Fl	56.51	1996
MULTI	Craig Brigham	South, Eugene, Or	7359h	1972

RETURN TO MAIN MENU

OUTDOOR TRACK RECORDS*(these are not meet records)*

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