

Ridgewood High School

Boys Spring Track and Field

2004

Ridgewood High School

2004 Track and Field

Team and Individual Results

Coaches:

Josh Saladino

Don Cooper

Mike Glynn

Torre Watson

Ridgewood High School 2004 Track and Field Team

Seniors:

Kyle Engelken
Matt Hendrickson
Dan Kahn
Gabriel Knutson
John Lee
David Maher
John Miller
Nick Norrell
Erik Nygaard
Andrew Pskowski
Brad Volkommer
Evan Yeaw
Ari Zamir

Sophomores:

Steven Abdallah
Carter Anderson
Michael Cator
Julien Chamoun
Brian Clementi
Frank Corkery
Erland Ellingboe
Tommy Honan
Tim Jossen
Jason Kim
Paul Kovach
Michael Lam
Sean Logue
Cole Magrath
Dan Maniaci
John Moody
Chris Mulvey
Joeseeph Nagano-Gerace
Frank Nestor
Steven Pierce
Alex Recchia
Byron Williams
Ben Wilson

BEN AMENDOLARA

Juniors:

Mat Flicker
Christian Jensen
Sean Kiernan
Brian Lynch
Brian Mercer
Michael Monfared
Sam Oh
Nick Ontiveros
Okechukwu Onwubu
Joe Pfeiffer
Jacob "Flash" Ricciardi
Ben Righthand
Brian Scott
Harryl Smith
Krishan Wanchoo

Freshmen:

Niall Buckley
Rick Cooper
Nadeem Dawson
Peter Dorkham
Jacob Garber
Albert Gelbaum
David Goldberg
Gassan Hachem
Jason Lee
Steve Miller
Brian O'Connell
Zach Ontiveros
John Patino
Jeremy Petersil
Kevin Phelan
Alex Pruzinsky
Jeremy Schmidt
Doug Segars
David Stolfo
Sasha Szyman
Mike Vaccaro
Andrew Vedder
Joe Violaris
Matt Wamsley
Don Yoon

2004 Season Summary

Ridgewood	82	Barringer	49
Ridgewood	73	Clifton	58
Ridgewood	72	Kennedy	59
Ridgewood	85	Paramus	41
Ridgewood	102	Paramus Catholic	24
Ridgewood	111	Bloomfield	20

Bergen County Relays: 3rd Place

NNJL Division A: Champions

Bergen County Group "A": 2nd Place

North Jersey I Sectionals: Champions

State Group IV: 5th Place

4 Time NNJL Division "A" Champions
Back to Back State Sectional Champions

2004 Boys Track and Field Point Totals

<u>Name:</u>	<u>Dual Meet Points:</u>	<u>Championship Points:</u>	<u>Total Points:</u>
Gabriel Knutson (12)	98	113	211
Harryl Smith (11)	63	33	96
Evan Yeaw (12)	42	49	91
Ari Zamir (12)	3	76	79
Jacob Riccairdi (11)	23	51	74
Byron Williams (10)	13	60	73
Michael Cator (10)	8	56	64
Joe Nagano-Gerace (10)	27.5	30	57.5
Steven Abdallah (10)	17	39	56
Brad Volkommer (12)	35	17	52
Mat Flicker (11)	33	18	51
Erik Nygaard (12)	-	50	50
Niall Buckley (9)	27.25	20	47.25
David Maher (12)	12	34	46
Kyle Engelken (12)	6	34	40
Christian Jensen (11)	17	23	40
Michael Monfared (11)	13	22	35
Steven Pierce (10)	3	32	35
Okechukwu Onwubu (11)	7.75	22	29.75
Brian Clementi (10)	5	22	27
Paul Kovach (10)	15	11	26
Brian Mercer (11)	-	20	20
Joe Pfeiffer (11)	11	6	17
Albert Gelbaum (9)	12.25	-	12.25
John Moody (10)	5	6	11
Jeremy Schmidt (9)	10.75	-	10.75
Krishan Wanchoo (11)	-	9	9
Nick Ontiveros (11)	-	8	8
Julien Chamoun (10)	2	6	8
Jacob Garber (9)	8	-	8
Sam Oh (11)	6	-	6
Cole Magrath (10)	3	3	6
Mike LaFleur (11)	4	-	4
John Miller (12)	3	-	3
Andrew Pskwoski (12)	1	-	1
Rick Cooper (9)	1	-	1
Doug Segars (9)	1	-	1

Top 25 All-Time Single Season Point Totals:

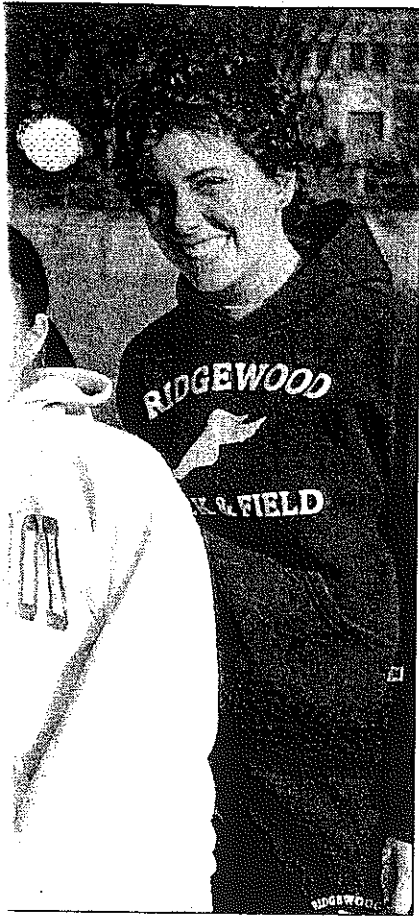
1. Dusty Thomas (98).....	234.00
2. Andrew Dolgin (00).....	227.50
3. Gabriel Knutson (04).....	211.00
4. Dan Cooper (99).....	205.25
5. Josh Kauke (00).....	204.00
6. Dave Wharton (98).....	200.00
7. John Parisi (83).....	199.25
8. Bob Keino (93).....	189.25
9. Jim Davis (95).....	186.00
10. Steve Robinson (98).....	183.00
11. Bob Keino (94).....	181.50
11. Dan Cooper (00).....	181.50
13. Tim Geckler (89).....	174.50
14. Andrew Dolgin (99).....	173.25
15. Bernard Mann (03).....	170.00
16. Josh Kauke (99).....	166.25
17. John O'Neil (98).....	162.25
18. Gabriel Knutson (03).....	162.00
19. Chris Perez (02).....	160.00
20. Craig Halyard (87).....	156.50
21. J.D. Murdock (98).....	151.50
22. Doug Schultz (87).....	146.75
23. Craig Halyard (88).....	144.50
24. Tim Kelley (82).....	144.00
25. Mat Krevor (91).....	142.50

good bye... John Parisi (80) 141.00

New School Records!!!

Pole Vault: Gabriel Knutson 15'1" – 2nd all time in Bergen County History

*Pole Vault Relay: Gabriel Knutson, Jacob Ricciardi, Christian Jensen 38'0"
2nd all time in Bergen County History*



GARY JUNG/STAFF PHOTOGRAPHER

In the front row are (from left) seniors Kerri Norrington and Meghan Terrin; in the back row are (from left) seniors Emily Terrin and Meghan Terrin.



GARY JUNG/STAFF PHOTOGRAPHER

These are the captains of the Ridgewood High School boys track team. In the front row are (from left) seniors Erik Nygaard, Ari Zamir and Brad Vollkommer; in the middle row are (from left) seniors Dave Maher and Kyle Engelken, and in the back row are (from left) seniors Gabe Knutson and Evan Yeaw.

Girls squad

... junior Diana Mangam and senior ... return for the spring season.

... also, be one of several team captains along with distance runner Meghan Brower Kathleen Willett, sprinter Ashurdler Mary Nash, pole vaulter Kerri her twin sister, Elyse.

... important athletes include senior Becca sophomore Jessica Krejsa, who missed the ... through injury and illness, respectively. ... distance runner, while Krejsa runs the ...

... freshman Lara-Jane Que competes in ... and sophomore Berit Nelsen is a throw- ...

... d, after having its preparation disrupted her so far, now must get ready for the ... starts at the high school with a dual ... Paramus Catholic next Thursday at 4 ...

... er ... ty trying, but we always have a ... "It's not so much ... business as usual, and we know we ... rough it"

... after the season opener is the Steve ... relays starting at 12:30 p.m. at Ridge- ...

Relay team to lead Maroon boys

BY MATT POTTER
Staff Writer

RIDGEWOOD – Led by a distance team that ran the seventh fastest indoor 4 x mile time in United States high school history, the Ridgewood High School boys track squad has its sights on success this spring season.

The quartet of Ari Zamir, Dave Maher, Mike Cator and Erik Nygaard ran 17:45.2 in finishing third at the National Scholastic Indoor Championships during the winter, and those four will play an important part again in the Maroons' drive for further achievement.

"Last year, we won the league, Bergen Group 4 and state-sectional meets, and we would like to do our best to repeat that," said Ridgewood head coach Josh Saladino. "We want to build on our success, and the guys are pretty excited about it."

Ridgewood's biggest graduation loss from last year was vocal team leader Rodolfo Crispin. Also graduating were Neal Kovach, Greg Corcoran, Chris Wolfstirn, Doug Sampson and Adam Whitelaw.

This year, Saladino considers the distance runners to be the team's strongest asset again, and competitors of the caliber of Kyle Engelken and Byron Williams will also be playing their part alongside the winter 4 x mile group.

"The seniors on the distance team (Zamir, Maher, Nygaard and Engelken) have done a great job leading by example, and the sophomores (Williams and Cator) have really been able to fit into the mix," said Saladino. "There is a nice chemistry."

Also important to the team will be senior Gabe Knutson, who has significant experience in the triple jump, long jump and pentathlon. He also holds the county indoor record for the pole vault with a leap of 15 feet earlier this year.

"Gabe has a lot of ability, and he is able to focus that ability in each event he takes part in," said Saladino. "That can be a difficult thing to do when you're taking part in three or four events in the same meet."

Knutson is one of Ridgewood's captains this year along with the four leading seniors on the distance team and two others – Evan Yeaw and Brad Vollkommer.

Other key Maroon athletes include two juniors – shot put and discus thrower Brian Mercer and pole vaulter Jake Ricciardi – and a sophomore, javelin thrower Steve Pierce.

Ridgewood's opening meet is against Paramus Catholic next Thursday at 4 p.m., followed by the Steve Pawlowski Relays on Saturday at 12:30 p.m. Both events are at the high school.

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

e-mail address is potterm@northjer-

TRACK PREVIEW 2004

MALE ATHLETES TO WATCH

MOHAMED KHADRAOUI, Kennedy

Junior, distances

In his last season of high school eligibility, the most dominant distance runner in North Jersey over the past two years will try to win his first outdoor State Meet of Champions title.

GABE KNUTSON, Ridgewood

Senior, pole vault

After becoming the first Bergen County athlete to clear 15 feet indoors, Knutson has the Bergen record of 15-3 in his sights.

VERNARD HOOVER, Has. Hgts.

Senior, jumps

One of the best athletes to compete in Bergen County hopes to improve on his inaugural track season, in which he swept the sectional and State Group 1 long and triple jump titles.

ARI ZAMIR, Ridgewood

Senior, middle distances

Coming off an indoor time of 4 minutes, 15.73 seconds that qualified him for the Millrose Games mile, Zamir should be at the forefront of a highly competitive 1,600 this season with a host of athletes gunning for 4:20.

CASEY ROBERT, Hawthorne

Senior, sprints

Robert swept all three sprints in the North 1, Group 2 sectional last year and hopes to expand that performance to include Passaic County and the State Group 2 this year.

CHRIS GUERRIERO, Saddle Brook

Junior, middle distances

Guerrero is coming off a tremendous indoor season in which he became the first North Jersey runner in nine years to win the Group 1 1,600. He expects to challenge Zamir in the Bergen 1,600.

KEVIN THOMPSON, North Bergen

Junior, sprints

Thompson already has placed twice in the State Meet of Champions, finishing sixth in the 200 as a freshman and sixth in the 100 as a sophomore.

JEREMY PERUSSI, Demarest

Senior, hurdles

Perussi won a medal in the State Meet of Champions high hurdles last year, the first Bergen athlete in nine years to do so, and finished third in State Group 3. He won the Group 2 Indoor 55 hurdles title in the winter.

HAYROL CRUZ, Passaic

Junior, middle distances

Coming off a Passaic-best 1:57.34 in the 800 last year, Cruz is poised to be one of the best half-milers in the area this season.

JASON MAIER, New Milford

Senior, throws

Maier is poised to be one of the top shot putters in North Jersey this season after besting 51 feet indoors eight times over the winter.

ADAM SACHER, Pascack Valley

Senior, pole vault

Sacher became just the fourth Bergen County athlete to clear 14 feet indoors, doing it three times over the winter.

JEAN BELJOUR, Hackensack

Senior, jumps

Beljour, who cleared 6-9 in the high jump last year, spent most of the wrestling season rehabbing a knee injury suffered playing football, but proved he was back in form with a strong run in the final weeks.

Records

4/3/30

THE TOP 20

- | | |
|-----------------|---------------------|
| 1. Hackensack | 11. Demarest |
| 2. Ridgewood | 12. Pascack Hills |
| 3. Don Bosco | 13. River Dell |
| 4. Saddle Brook | 14. Teaneck |
| 5. Clifton | 15. Leonia |
| 6. Glen Rock | 16. Hawthorne |
| 7. West Milford | 17. Bergen Catholic |
| 8. Indian Hills | 18. Wayne Hills |
| 9. Bergenfield | 19. Ramsey |
| 10. Fort Lee | 20. Old Tappan |

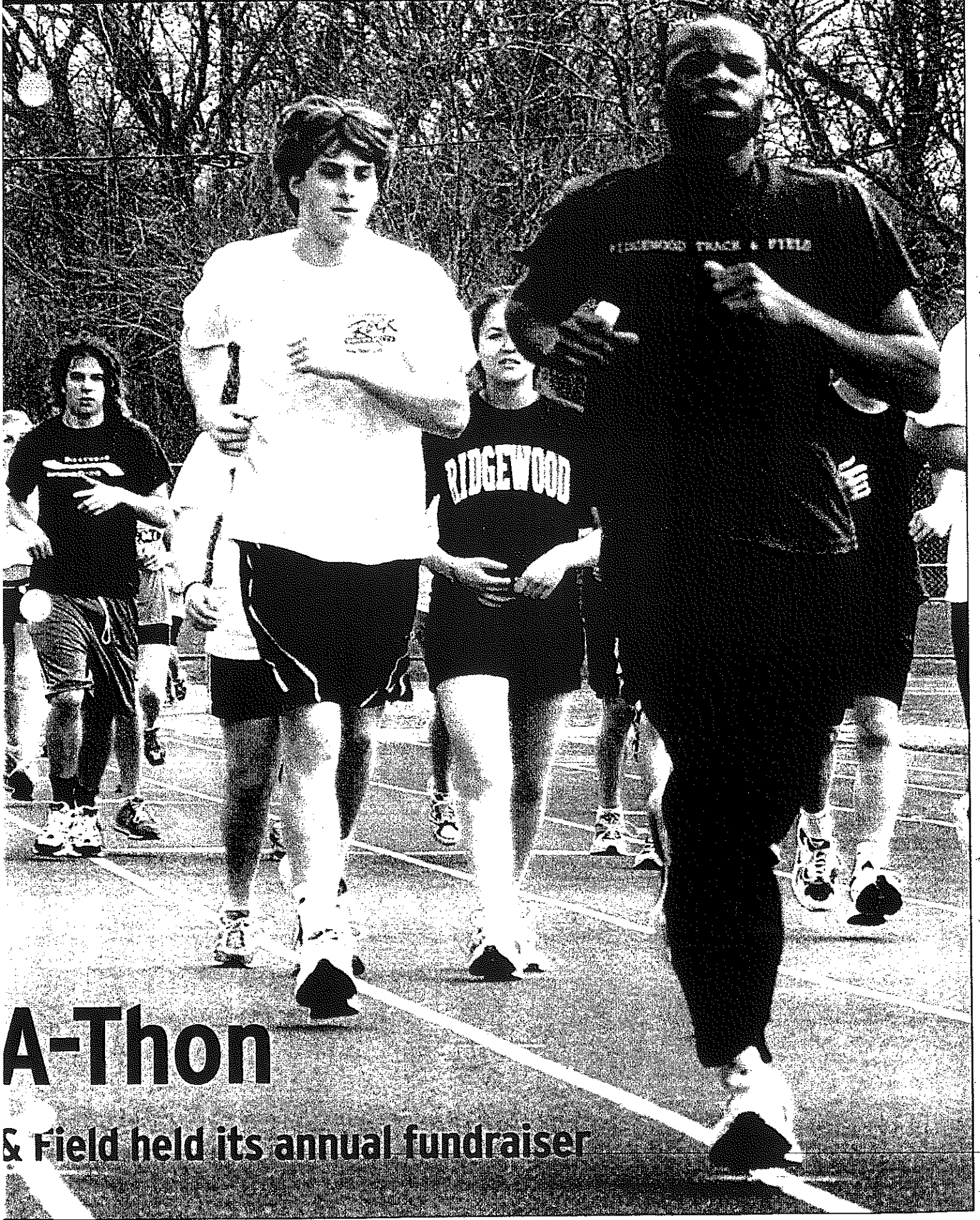
NNJIL

Ridgewood promises to electrify Bergen in the middle distances, led by Ari Zamir, Erik Nygaard, and Dave Mahar, among others. Senior Gabe Knutson could make a run at 16 feet in the pole vault after clearing 15 feet indoors this season. ... Paramus will be led by senior hurdler Joe Johnson, sprinter Chris Liberti, and thrower John Rodes. ... Kennedy will be strong behind State champ Mohamed Khadraoui, but the Knights also have a standout in the throws in Caleb Gordon, who won the freshman County championship in the shot and disc last year. ... Clifton returns 15 experienced seniors, led by distance runner Paul Kornaszewski, hurdler and jumper Max Koziol, and sprinter Brian Schaab. ... Senior Hayrol Cruz, who ran a County-best 1:57.34 in the 800 last year, will be the leader of an experienced Passaic team that includes jumper Kani Levister and thrower Jason Mack. ... Don Bosco boasts two of the best sprinters in North Jersey in Michael Ray Garvin and Brian Toal. Garvin could see some time in the 800 this year while being a key member of every relay. Overall, the Ironmen could see some epic battles in the county with Ridgewood and Hackensack.



DON SMITH/STAFF PHOTOGRAPHER
Ridgewood's Ari Zamir is one of several top middle-

A SECTION FOR RIDGEWOOD STUDENTS BY RIDGEWOOD STUDENTS



A-Thon

& Field held its annual fundraiser

THE PAWLOWSKI RELAYS
Ridgewood High School Track
SATURDAY, APRIL, 3, 2004
Ridgewood, New Jersey
BOYS

4X100m: 1-Don Bosco A (Gavan, Laird, Carlton Jr, Garvan), 45.2. 2-Union, 45.2. 3-Shaker, 46.3. 4-Northern Highlands, 46.4. 5-Colonia, 46.9. 6-Fair Lawn, 47.2.

4X200m: 1-Union (Weldon, Laureano, Cherilus, Brewer), 1:31.5. 2-Don Bosco, 1:32.5. 3-Shaker, 1:34.2. 4-Northern Highlands, 1:35.7. 5-CBA, 1:36.5. 6-Fair Lawn, 1:37.8.

4X400m: 1-Shaker (Kippins, Jupin, Myers, Belokopitsty), 3:29.2. 2-CBA, 3:30.6. 3-Don Bosco, 3:36.8. 4-Laguardia, 3:44.0. 5-Union, 3:47.8. 6-Wayne Valley, 3:49.6.

4X800m: 1-CBA A (Jensen, Glackin, Fiorovanti, Melofchik), 8:13.5. 2-Shaker, 8:23.2. 3-Holmdel, 8:33.3. 4-Don Bosco, 8:45.5. 5-Wayne Valley, 8:48.2.

4X1600m: 1-Christian Brothers Academy (Leach, Horel, Rogers, Melofchik), 18:43.2. 2-Shaker, 19:19.1. 3-Wayne Valley, NT. 4-Ridgewood, 20:05.8. 5-Northern Highlands, 20:16.3. 6-Don Bosco, 20:28.3.

Sprint Medley: 1-CBA (Vuono, McLoughlin, Bellino, Glockin), 3:44.3. 2-Union, 3:47.8. 3-Paramus Catholic, 3:48.4. 4-Shaker, 3:51.7. 5-Wayne Valley, 3:53.5. 6-Laguardia, 3:54.8.

Distance Medley: 1-Shaker (Myers, Strizzi, Dombroski, Bellokopitsky), 10:43.9. 2-CBA, 10:59.0. 3-Holmdel, 11:23.7. 4-Northern Highlands, 11:52.7. 5-Don Bosco, 12:03.0. 6-Wayne Valley, 12:04.0.

4X110 HH: 1-Christian Brothers Academy (McLeod, Lane, Vuono, Fotinos), 63.7. 2-Union, 67.4. 3-Don Bosco A, 67.9. 4-Northern Highlands, 69.3. 5-Wayne Valley, 73.8. 6-Ridgewood, 76.7.

3X400 IH: 1-CBA (McLead-56.2, Fotinos-1:00.1, Lane-1:01.4), 2:57.7. 2-Shaker, 2:58.8. 3-Northern Highlands, 3:01.2. 4-Union, 3:06.2. 5-Ridgewood, 3:09.9. 6-Wayne Valley, 3:16.0.

3X Long Jump: 1-Union (Houston-18-1, Daughtry-19-9.5, Haley-20-9), 58-7.5. 2-Northern Highlands, 57-1/2. 3-CBA, 55-3. 4-Shaker, 53-5. 5-Ridgewood, 52-1. 6-Colonia, 51-5.

3X Triple Jump: 1-Shaker (Kippins-41-3, JKippins-40-7.5, Strizzi-37-11), 119-9.5. 2-CBA, 115-9. 3-Northern Highlands, 112-2.5. 4-Union, 106-10.5. 5-Wayne Valley, 100-4.5. 6-Ridgewood, 97-4.

3X High Jump: 1-Union (Daughtry-5-0, Axplead-5-0, Harley-6-0), 16-0. 2-Shaker, 15-6. 3-Ridgewood, 15-2. 4-CBA, 11-6. 5-Northern Highlands, 10-6.

3X Pole Vault: 1-Ridgewood (Knutsen-14-0, Ricciardi-12-0, Jensen-10-6), 36-6. 2-CBA, 34-0. 3-Shaker, 33-6. 4-Fair Lawn, 19-6. 5-Don Bosco, 10-0.

3X Shot Put: 1-Ridgewood (Mercer-39-6, Abdallah-46-1, Monfanen-41-2), 126-9. 2-Union, 122-4. 3-Hudson Catholic, 117-8.5. 4-Holmdel, 113-2. 5-Wayne Valley, 112-3. AND CBA, 112-3.

3X Discus: 1-Union (Tiggett-92-7, Disbrow-108-11, Holmes-121-8), 333-2. 2-Ridgewood, 316-4. 3-Holmdel, 310-2. 4-Wayne Valley, 309-0. 5-Shaker, 299-4. 6-Fair Lawn, 288-10.

3X Javelin: 1-Holmdel (Kealy-151-0, Waldron-147-11, J. Kealy-143-1), 442-0. 2-Union, 389-2. 3-Seton Hall Prep, 395-4. 4-CBA, 371-0. 5-Ridgewood, 369-10. 6-Fair Lawn, 338-5.

GIRLS

4X100m: 1-Jackson Memorial (Fortune, Johnson, Blake, Sirbu), 51.2. 2-Union, 52.4. 3-Holmdel, 52.5. 4-Ridgewood, 52.6. 5-Orange, 54.0. 6-Northern Highlands, 54.9.

4X200m: 1-Jackson Memorial (Blake, Iliadis, Mukiewicz, Johnson), 1:48.3. 2-Shaker, 1:48.4. 3-Red Bank Catholic, 1:48.9. 4-Union, 1:49.4. 5-Holmdel, 1:56.5. 6-Ridgewood, 2:00.0.

4X400m: 1-Jackson (Blake, Knox, Iliadis, Mutkiewicz), 4:09.3. 2-Shaker, 4:12.7. 3-Red Bank Catholic, 4:21.7. 4-Northern Highlands, 4:23.9. 5-Fair Lawn, 4:26.9. 6-Ridgewood, 4:27.9.

4X800m: 1-Ridgewood (Law, Wells, Westemen, Terrin), 9:58.6. 2-Shaker, 10:09.7. 3-Jackson Memorial, 10:17.1. 4-Red Bank Catholic, 10:24.2. 5-Fair Lawn, 10:29.3. 6-Northern Highlands, 10:37.8.

4X1600m: 1-Shaker (Tibbitts, Ochs, Snyder, Reepmeyer), 22:43.9. 2-Ridgewood, 22:54.9. 3-Wayne Valley, 23:44.5. 4-Northern Highlands, 23:46.0. 5-Jackson Memorial, 23:46.2. 6-Union, 24:21.8.

Sprint Medley: 1-Shaker (Hummel, Greene, Peck, A.Bernarde), 4:24.6. 2-Red Bank Catholic, 4:27.3. 3-Wayne Valley, 4:30.7. 4-Union, 4:33.0. 5-Ridgewood, 4:38.5. 6-Eastside, 4:44.4.

Distance Medley: 1-Shaker (Snyder, Gordon, K.Bernarde, Reepmeyer), 13:15.7. 2-Ridgewood, 13:45.2. 3-Wayne Valley, 13:51.4. 4-Holmdel, 13:58.5. 5-Northern Highlands, 14:04.5. 6-Red Bank Catholic, 14:09.0.

4X100 HH: 1-Jackson Memorial A (Johnson, Sirbu, Lenox, Fortune), 64.2. 2-Northern Highlands, 66.7. 3-Union, 69.9. 4-Jackson Memorial B, 73.2. 5-Wayne Valley, 73.9. 6-Shaker, 74.2.

3X400 IH: 1-Jackson Memorial (Knox-1:08.5, Smith-1:11.0, Mutkiewicz-1:13.3), 3:32.8. 2-Wayne Valley, 3:35.6. 3-Northern Highlands, 3:41.4. 4-Shaker, 3:42.7. 5-Ridgewood, 3:45.7. 6-Union, 3:58.4.

3X Long Jump: 1-Northern Highlands (Pierce-15-7, Forhez-16-2, Nylund-14-1.5), 45-10.5. 2-Jackson Memorial, 43-3. 3-Shaker, 43-0. 4-Red Bank Catholic, 42-4. 5-Ridgewood, 40-0. 6-Eastside, 39-5.

3X Triple Jump: 1-Jackson Memorial (Johnson-32-1/2, Smith-31-11.5, Sirbu-32-9.5), 96-9.5. 2-Shaker, 94-6.5. 3-Northern Highlands, 91-5.5. 4-Garfield, 91-1. 5-Wayne Valley, 88-2.5. 6-Union, 86-2.5.

3X High Jump: 1-Jackson Memorial (Calandra-4-3, Raney-4-6, Fortune-4-10), 13-7. 2-Ridgewood AND Northern Highlands, 12-9. 4-Garfield, 12-6. 5-Shaker, 8-10.

3X Pole Vault: 1-Ridgewood (K.Norton-8-0, E.Norton-7-6, Que-6-0), 21-6. 2-Shaker, 13-6. 3-Fair Lawn, 8-0. 4-Wayne Valley, 7-6.

3X Shot Put: 1-Jackson (West-34-4.5, Stokes-37-8, Michel-36-2), 108-2.5. 2-Ridgewood, 88-4. 3-Union, 87-0. 4-Holmdel, 86-1/2. 5-Red Bank Catholic, 85-0. 6-Northern Highlands, 81-10.

3X Discus: 1-Jackson Memorial (West-90-9, Mickiewicz-100-1, Michel-101-9), 292 -7. 2-Holmdel, 248-5. 3-Red Bank Catholic, 218-7. 4-Wayne Valley, 218-5. 5-Garfield, 218-0. 6-Northern Highlands, 215-11.

3X Javelin: 1-Jackson (Mickiewicz-72-10, Smith-93-7, Oliver-83-3), 249-8. 2-Wayne Valley, 224-1. 3-Garfield, 219-10. 4-Ridgewood, 216-9. 5-Northern Highlands, 207-3. 6-Holmdel, 204-5.

SOPHOMORE BOYS

4X400m: 1-CBA, 3:50.8. 2-Orange, 3:55.9. 3-Union, 3:56.4. 4-Don Bosco, 3:57.4. 5-Ridgewood, 3:58.2. 6-Shaker, 4:04.2.

4X800m: 1-CBA (Thiedo, Minella, Lombardi, Smith), 9:17.9. 2-Hudson Catholic, 9:50.3.

SC MORE GIRLS

4X400m: 1-Shaker (Flink, Northrop, Bheemenni), 4:39.7. 2-Shaker, 4:41.6. 3-Shaker, 5:07.5. 4-Ridgewood, 5:14.0. 5-Paramus Catholic, 5:22.3. 6-Paramus Catholic, 5:57.2

4X800m: 1-Shaker (Strahl, Bouchard, Karlquist, Heim), 11:43.2. 2-Wayne Valley, 11:46.4.

FROSH BOYS

4X400m: 1-CBA, 3:59.7. 2-Ridgewood, 4:02.6. 3-Shaker, 4:03.4. 4-Wayne Valley, 4:10.8. 5-DonBosco, 4:14.0. 6-CBA B, 4:14.5.

4X800m: 1-CBA (Slater, Rooney, Zorski, Pellgrino), 9:05.4. 2-Shaker, 9:07.8. 3-Shaker, 10:10.1. 4-Ridgewood, 10:35.3. 5-Union, 10:56.6.

BOYS GIRLS

4X400m: 1-Shaker, 4:42.9. 2-Jackson Memorial, 4:45.3. 3-Ridgewood, 4:57.6. 4-Garfield, 5:05.6. 5-Shaker, 5:06.9. 6-Paramus Catholic, 5:13.3.

4X800m: 1-Shaker (Ochs, Morelli, Crummey, Lyon), 11:27.4. 2-Ridgewood, 12:26.4. 3-Jackson Memorial, 13:25.7. 4-Garfield, 13:31.3.

By **GREGORY SCHUTTA**
STAFF WRITER

RIDGEWOOD - Over the past four years, Andrew Fontana and his Pascack Hills teammates have had some of their fiercest competitions against each other in practice. Now the senior-laden Cowboys are hoping to take that experience out against athletes wearing different colored uniforms.

The Cowboys outdistanced the field at Ridgewood on Saturday, edging LaSalle from New York, 86-83, to win the small-schools title at the Pawlowski Relays. The Pascack Hills' girls tied DePaul with 65 points to finish second in the girls meet behind Verona and three points ahead of fourth-place Pequannock.

"This kind of early meet is great to see where our ability is," Fontana said.

"It's a confidence booster," said fellow senior Kenny Kang. "It's a great opportunity to compare where we are."

Fontana, one of 12 seniors for the Cowboys, was part of two winning relays for Hills, running the shuttle hurdles in 15.8 seconds and the intermediate hurdles in 59.9 seconds. Kang jumped 19 feet, 3 inches in the long jump and 41-9 in the triple jump while running an 11-second 100 meters to anchor the 400 relay team.

"These guys have all been together for four years," Cowboys' coach Bob Buccino said. "They've been competing against each other in practice. This year, with this group competing against small schools like we are, we have an opportunity to do well in the championship meets. We feel we're very strong in the jumps, the sprints, and the hurdles."

"We have a lot of competition in the

TRACK PAWLOWSKI RELAYS

hurdles," junior Scott Atkins said. "One of these days, I'm going to catch up to Andrew."

The day also was a confidence boost for the DePaul girls, who won the discus, javelin, and 800 relay while finishing second in the shot put and the 400.

"What I liked was that we all pulled for each other," coach Jerry Fazzio said. "The team proved today that we can be competitive in the conference this year."

The large-school meet in the afternoon was dominated by out-of-area teams, as Christian Brothers won the boys and Jackson the girls. The Ridgewood boys finished fourth and the girls were third.

Gabe Knutsen, who cleared 15 feet in the pole vault indoors over the winter and has made no bones about his goal of clearing 16 feet outdoors, cleared 14 feet in his first outdoor meet of the season and then went right to 15 feet where he failed in three attempts.

The jump was good enough for the Maroons to win the pole vault with a height of 36-6, breaking a school record and tying the second-best height in Bergen history. Pascack Valley holds the record at 38-6 in 1973.

Northern Highlands, competing in the large-school meet for the first time, finished fourth in the girls competition and fifth in the boys. Sophomore Brianne Forkecz helped the Highlanders place in four events with a personal-best 16-2 for the winning long jump team while also running on the second- and third-place shuttle teams and throwing for the sixth-

SUNDAY, APRIL 4, 2004

Pawlowski Relays

April 3, 2004

4x1600m:

- A. Kyle Engelken 4:36.4, Brad Volkommer 4:50.5, Joe Pfeiffer 5:15.3,
Cole Magrath 5:23.6 20:05.8 – 4th Place
- B. Sean Kiernan 5:32.4, Nick Norrell 5:35.6, Doug Segars 5:32.0,
Alex Pruzinsky 5:50.6 22:30.6

4x110HH:

John Moody 18.9, Steven Pierce 20.1, Evan Yeaw 19.4, Joe Nagano-Gerace 17.7
1:16.7 – 6th Place

4x200m:

Sam Oh 25.1, John Lee 26.1, Okechukwu Onwubu 25.1, Krishan Wanchoo 24.7
1:41.1

Frosh 4x800m:

John Patino 2:41.6, Alex Pruzinsky 2:42.3, Dave Stolfo 2:39.1,
Brian O'Connell 2:32.0 10:35.3 – 4th Place

3x400IH:

Evan Yeaw 60.6, Joe Nagano-Gerace 63.7, Niall Buckley 65.6 3:09.9 – 5th Place

Frosh 4x400m:

- A. Doug Segars 61.0, Albert Gelbaum 61.8, Eric Jimenez 59.9, Niall Buckley 59.8
4:02.6 – 2nd Place
- B. Zach Ontiveros 66.7, Ricky Cooper 68.9, Steve Miller 75.0,
Matt Wamsley 72.3 4:42.3

Soph 4x400m:

- A. Joe Nagano-Gerace 59.7, Steven Pierce 57.7, John Moody 60.8,
Tim Jenssen 59.9 3:58.2 – 5th Place
- B. Carter Anderson 64.5, Tommy Honan 62.7, Chris Mulvey 59.1,
Frank Nestor 65.7 4:12.0
- C. Dan Maniaci 64.5, John Patino 71.8, Don Yoon 77.0, Jason Lee 70.7
4:43.0

Varsity 4x400m:

Evan Yeaw 55.7, John Lee 57.3, Sam Oh 60.7, Okechukwu Onwubu 56.8
3:51.2

Long Jump:

- A. Gabriel Knutson 19'11", Krishan Wanchoo 17'1", Brian Clementi 15'1"
52'1" – 5th Place
- B. John Moody 15'9", Sam Oh 14'11", Albert Gelbaum 13'9 ½"
44'5 ½"

Triple Jump:

Brian Clementi 34'6", Frank Nestor 28', Krishan Wanchoo 34'10" 97'4" – 6th Place

High Jump:

- A. Gabriel Knutson 5'2", Brian Clementi 5'0", Paul Kovach 5'0"
15'2" – 3rd Place
- B. Krishan Wanchoo NH, Albert Gelbaum NH, Niall Buckley NH
(tied the relay team of Saladino, Cooper, and Watson)

Shot Put:

- A. Brian Mercer 39'6", Steve Abdallah 46'1", Mike Monfared 41'2"
126'9" – 1st Place
- B. Andrew Pskowski, Mike LaFleur, John Miller

Discus:

- A. Brian Mercer 112'8", Steve Abdallah 106'1", Mike Monfared 97'7"
316'4" – 2nd Place
- B. Andrew Pskowski 67'4", Mike LaFleur 92'5", John Miller 95'8"

Javelin:

Steven Pierce 156'3", Mike Monfared 109'4", Paul Kovach 107'3"
369'10" – 5th Place

Pole Vault:

Gabriel Knutson 14'0", Jacob Ricciardi 12'0", Christian Jensen 10'6"
36'6" – 1st Place...new school record...number 2 all time in Bergen County!!!

Comments:

Good job at our first meet of the season...highlighted by wins in the PV and SP
We did not miss an event, which was one of our goals for the meet; job well done!!

Ridgewood 82 Barringer 49

April 7, 2004; sunny/ breezy 55

400 IH: Ridgewood: 9 Barringer: 0
1-Evan Yeaw (R) 61.5 2-Joe Nagano-Gerace (R) 62.7 3-Niall Buckley (R) 66.9
Others: S. Pierce 67.5

100m: Ridgewood: 5 Barringer: 4
1-Gabe Knutson (R) 11.6 2-Sterling Brown (B) 11.9 3-Devin Awadalla (B) 12.0
Others: S. Oh 12.1; Jo. Lee 12.4; A. Gelbaum 13.2; F. Nestor 13.3; J. Ricciardi 13.3;
C. Jensen 13.4; R. Cooper 13.7; Ja. Lee 14.3; Z. Ontiveros 14.1;
S. Logue 14.3; S. Miller 14.5

1600m: Ridgewood: 6 Barringer: : 3
1-Joe Pfeiffer (R) 5:04.2 2-"Anthony" (B) 5:13.9 3-Jeremy Schmidt (R) 5:19.9
Others: I'll put them here when Coach Glynn gives me the results

400m: Ridgewood: 6 Barringer: 3
1-Gabe Knutson (R) 53.3 2-Barringer 55.8 3-Okechukwu Onwubu 56.3
Others: C. Mulvey 60.1; T. Jossen 62.1; T. Honan 64.1; M. Lam 64.2

110HH: Ridgewood: 9 Barringer: 0
1-Joe Nagano-Gerace (R) 17.6 2-Steven Pierce (R) 19.5 3-Julien Chamoun (R) 20.3
Others:

800m: Ridgewood: 1 Barringer: 8
1-"Byron" (B) 2:18.4 2-"Kumar" (B) 2:19.6 3-Joe Pfeiffer (R) 2:19.8
Others: D. Segars 2:23.3; A. Pruzinsky 2:37.6

200m: Ridgewood: 6 Barringer: : 3
1-Evan Yeaw (R) 23.7 2-Barringer 24.5 3-Gabe Knutson (R) 24.6
Others: S. Oh 24.9; Jo. Lee 25.3; P. Kovach 25.5; N. Buckley 25.8; J. Riccairdi 26.0;
O. Onwubu 26.1; C. Jensen 26.2; A. Gelbaum 26.9; R. Cooper 28.5; Z. Ontiveros 29.0;
Ja. Lee 29.7; S. Logue 30.5; S. Miller 30.6

3200m: Ridgewood: 4 Barringer: 5
1-"Anthony" (B) 11:28.5 2-Cole Magrath (R) 11:40.5 3-Jeremy Schmidt (R) 13:07.9
Others:

Long Jump: Ridgewood: 0 Barringer: 9
1-Ryan Manning (B) 19'10 1/2" 2-Devin Awadalla (B) 18'4" 3-Sterling Brown (B) 18'3"
Others: Jo. Lee 16'7 3/4"; B. Clementi 16'5 3/4"; J. Riccairdi 16'2"; S. Oh 16' 1/2"
M. Lam 15'1"

Triple Jump: Ridgewood: 6 Barringer: 3
1-Gabe Knutson (R) 41'2" 2-Ryan Manning (B) 40'4 1/2" 3-Brian Clementi (R) 38' 1/2"
Others: J. Riccairdi 35'2 1/2"; N. Buckley 32'1 1/4" C. Jensen 31'4 1/2"; P. Kovach F

High Jump: Ridgewood: 3 Barringer: 6
1-Ryan Manning (B) 5'8" 2-Paul Kovach (R) 5'2" 3-Sterling Brown (B) 5'2"
Others: S. Pierce 5'0"; B. Clementi NH; A. Gelbaum NH

Shot Put: Ridgewood: 9 Barringer: 0
1-Mike Monfared (R) 39'8" 2-Mike LaFleur (R) 37'9" 3-Andrew Pskowski 36'3"
Others: B. Wilson 36'8"; J. Miller 34'4"; A. Recchia 34'1 1/2"; B. Lynch 31'4 3/4"; M.
Hendrickson 30'10"; N. Dawson 29'5"; S. Szyfman 27'3"; T. Comer 25'5"

Discus: Ridgewood: 9 Barringer: 0
1-Mike Monrared (R) 106'9" 2-John Miller (R) 98'2" 3-Mike LaFleur (R) 76'7"
Others: A. Recchia 80'6"; B. Lynch 72'10"; S. Szyfman 71'9"; B. Wilson 71'4";
A. Pskowski 67'11"; M. Hendrickson 64'9"; F. Nestor 56'; T. Comer 53'8"

Pole Vault: Ridgewood: 9 Barringer: 0
1-Christian Jensen (R) 2-Paul Kovach (R) 3-Rick Cooper (R)
Others:

4x400m: Ridgewood: 0 Barringer: 5
1-Barringer: 3:52.3 2-Barringer: 3:53.3 3-Ridgewood 3:54.3
(O. Onwubu 57.5, J. Nagano-Gerace 61.3, E. Yeaw 55.4, S. Pierce 58.9)
Ridgewood: 4:14.1
(A. Gelbaum 62.5, Z. Ontiveros 66.0, R. Cooper 66.5, D. Segars 60.1)
Ridgewood: 4:17.3
(T. Jossen 65.1, T. Honan 65.5, J. Chamoun 64.1, C. Mulvey 62.7)

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:

Brian Clementi: 38' TJ

Jeremy Schmidt: 2 varsity points

Pskowski/ Miller/ Recchia/ Wilson: PBs in the throws

Evan Yeaw: 2 wins

a 1970 demolition of Manchester in a game that saw Carolyn Outslay hit a home run and collect four runs-batted-in and Laura Squeo drive in two runs on the blustery day. But the real star of the show was junior pitcher Ali Bryan, who struck out 12 on her way to a perfect game.

Bryan is the player on whom most of the focus will fall, and she has a tough challenge ahead if she hopes to match her sophomore-year form. Last sea-

Group 1, Section 1 state tournament last year. "Eventually, we'll click as a team."

Fister is in her second stint as Midland Park's head coach. She guided the Panthers for 10 seasons from 1984 to 1993 and returned for the 1999 campaign.

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TRACK

RHS makes solid start at relays; boys pole vault team sets record

BY MATT POTTER
Staff Writer

RIDGEWOOD - The spring season got off to a solid start for the track teams of Ridgewood High School, with the girls claiming third and the boys fourth at the Steve Pawlowski Relays last Saturday.

The event, named in memory of a Maroon track captain who was killed in an automobile accident just a few months after his 2001 graduation, is used primarily as a tune-up ahead of the Bergen County Relays next weekend.

The highlight of the boys meet was the school record-breaking 36-foot, 6-inch pole vault of Gabe Knutson, Jake Ricciardi and Christian Jensen. The height was also the second best in county history.

Girls head coach Jacob Brown, who had two winners at the meet, was glad for the opportunity to see his team in competitive action. With a points total of 67, the girls' third-place finish put them behind winner Jackson (116) and runner-up Shaker (83).

"The county relays are what we're trying to get the team ready for, and this kind of meet is great for that," said Brown. "It allows the kids a chance to get into the season."

But Brown admitted to some mixed feelings about the performances.

"We beat some good teams, like Wayne Valley, and we had some real nice distance relays, but it does

look like we have a lot of work to do," he said. "We have a lot of new kids and a potentially exciting freshman group, and those kids haven't experienced big meets before."

Ridgewood won the 4 x 800 in 9:58.6, with a team of Cristina Law, Becca Wells, Stephanie Westerman and Emily Terrin. Freshman Law ran the fastest split and, in addition, was part of the second-place high jump team (12-feet-9).

The pole vault trio of Kerri and Elyse Norton and Lara-Jane Que won its event easily with a combined vault of 21 feet, 6 inches, and Brown was also impressed with shot-putters Kathleen Willett and Berit Nelsen, who took second with a toss of 88 feet, 4 inches.

Ridgewood was second in the 4 x 1600 (22:54.9) and distance medley (13:45.2) and fourth in both the javelin (216-9) and 4 x 100 (52.6). The Maroons finished fifth in the sprint medley (4:38.5), 3 x 400 hurdles (3:45.7) and long jump (40-feet). The team was sixth in both the 4 x 200 (2:02.5) and 4 x 400 (4:27.9).

"It looks like we're going to end up with a very balanced team," said Brown. "We don't have a big star, just a group of kids who all do real well. I'm looking forward to the county relays."

For the boys, a 46-point haul on Saturday put them behind Christian Brothers Academy (99.5) and Union and Shaker (each with 90).

"We were getting ready of the county relays, and we did well," said head coach Josh Saladino. "Everyone got through it, and we

were able to see what areas needed to be strengthened."

The shot-put team of Brian Mercer, Steve Abdallah and Mike Monfared combined for a win with a combined toss of 126 feet, 9 inches.

A fifth place showing in the javelin (369 feet, 10 inches) included a good performance by Steve Pierce, who has been working alongside assistant coach Torre Watson on reconstructing the fundamentals of his throwing action.

Another assistant coach, Donald Cooper, has also been working with the javelin team as well as the pole vaulters.

In other events, Ridgewood took second in the discus (316 feet, 4 inches), fourth in the 4 x 1600 (20:05.8), fifth in both the long jump (52-feet-1) and 3 x 400 hurdles (3:09.9) and sixth in both the shuttle hurdles (1:16.7) and triple jump (97-feet-4).

The Maroons also sent Erik Nygaard, Byron Williams, Dave Maher and Mike Cator to the Mount Relays in the Bronx, where the quartet, supervised by assistant coach Mike Glynn, competed in the distance medley and set a new meet record of 10:42 on their way to the win.

"Their goal was to run as fast as they needed to in order to win the race," said Saladino. "They did a nice job." The next competition for Ridgewood's boys and girls teams is the Comet Relays at Hackensack High School tomorrow.

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4/10
RHS News

BOYS TOP 20

1. **Hackensack:** The Comets started with a convincing victory in the large school division of the Season Opener. (Preseason 1)
2. **Ridgewood:** The Maroons warmed up with a fourth-place finish in the Pawlowski Relays. (2)
3. **Don Bosco:** Led by Michael Ray Garvin, the Ironmen showed their strength in the sprints at the Pawlowski Relays. (3)
4. **Saddle Brook:** The Falcons outdistanced rival Glen Rock to win the small schools division of the Season Opener meet. (4)
5. **Clifton:** The Mustangs should battle for the Passaic County Relay title this weekend. (5)
6. **Glen Rock:** The Panthers should host Saddle Brook and Elmwood Park on Monday. (6)
7. **West Milford:** The Highlanders will be gunning for their third straight Passaic Relay title. (7)
8. **Fort Lee:** The Bridgemen placed in 14 of 16 events to win the BCSL American Relays. (10)
9. **Indian Hills:** The Braves have one of the strongest middle distance teams in the county. (8)
10. **Pascack Hills:** The Cowboys' three firsts and four seconds were enough to win the small schools title at the Pawlowski Relays. (12)
11. **Demarest:** The Norsemen finished second in large schools division of Season Opener. (11)
12. **Bergenfield:** The Bears dropped out of the top 10 in the first week of the season. (9)
13. **River Dell:** The Golden Hawks won five events to finish second at BCSL American Relays. (13)
14. **Leonia:** The Lions got second in the long jump and two thirds at Pawlowski Relays. (15)
15. **Hawthorne:** The Bears are strong in the sprints and the throws this year. (16)
16. **Bergen Catholic:** The Crusaders will be battling through some graduation losses. (17)
17. **Wayne Hills:** The Patriots are hoping to derail West Milford's run to a third straight Passaic Relays title. (18)
18. **Teaneck:** The Highwaymen drop but remain in Top 20. (14)
19. **Palisades Park:** The Tigers finished third among small schools at Season Opener. (NA)
20. **Ramsey:** The Rams finished fourth in the small schools division of the Season Opener. (19)

Records

4/9

THE COMET RELAYS
Tom Dellatorre Field

SATURDAY, APRIL, 10, 2004
Hackensack, New Jersey

BOYS

Team Scores: 1-SetonHall, 98. 2-CBA, Lincroft, 70.5. 3-OldBridge, 54. 4-Hackensack-49. 5-Ridgewood, 37. 6-StBenedicts, 34. 7-IndianHills, 27. 8-Amityville,NY, 22. 9-PerthAmboy, 20. 10-Bergenfield, 17. 11-Mahwah, 15.5. 12-BergenCatholic, 12. 13-MonroeTwp, 10. 14-ParkRidge, 8. 15-FairLawn, 7. 16-Secaucus-2. 17-Paramus-1

4X100m: 1-Seton Hall Prep (Altema, Blackie, Wilkes, McGhee), 44.6. 2- Hackensack, 44.9. 3-Perth Amboy, 45.2. 4-(tie) Bergenfield & Bergen Catholic, 46.2. 6- Fair Lawn, 47.0.

4X200m: 1-Old Bridge, (Green, Conklin, Scarano, McCombs), 1:32.1. 2-Seton Hall, 1:32.7. 3- Bergen Catholic, 1:35.1. 4- Perth Amboy, 1:35.3. 5- St. Benedict's, 1:36.4.

4X400m: 1- Seton Hall (Baldwin, Altema, Blackie, Lauredan), 3:25.6. 2- Amityville, 3:30.9. 3- St. Benedict's, 3:32.2. 4- Bergenfield, 3:35.5. 5- CBA, 3:35.7. 6- Paramus, 3:37.1.

4X800m: 1-Ridgewood (Nygaard, Williams, Maher, Zamir), 8:07.3. 2- CBA, 8:08.0. 3-Seton Hall Prep, 8:21.3. 4-Old Bridge, 8:22.9. 5-St. Benedict's, 8:38.9. 6-Bergenfield, 8:57.4.

4X1600m: 1-CBA (Leach, Shaheen, Keating, Melofhik), 18:28.5. 2-Old Bridge, 18:30.5. 3-Seton Hall Prep, 18:34.6. 4- Ridgewood, 19:03.2. 5-Indian Hills, 21:25.0.

Sprint Medley: 1- Seton Hall (Baldwin, Altema, Blackie, Lauredan), 3:35.2. 2- St. Benedict's, 3:37.5. 3- Amityville, 3:45.9. 4- CBA, 3:46.5. 5-Mahwah, 3:47.1

Distance Medley: 1- Indian Hills (Goldwaser, Cho, Filandro, Klypka), 10:40.7. 2- CBA, 10:42.0. 3- Old Bridge, 10:56.4. 4- Seton Hall, 11:04.6. 5- Ridgewood, 11:09.9.

4X110 HH: 1-CBA (McLeod, Lane, Johnson, Fotinos), 1:07.0. 2-St. Benedict's, 1:10.3. 3-Seton Hall Prep, 1:10.8. 4-Perth Amboy, 1:13.6. 5- Ridgewood, 1:14.5.

3X400 IH: 1- CBA (McLeod, Lane, Johnson), 3:00.7. 2- Seton Hall, 3:03.1. 3- Mahwah, 3:05.3. 4- Perth Amboy, 3:07.3. 5- Bergen Catholic, 3:10.2. 6- Ridgewood, 3:10.4.

2X Long Jump: 1- Ridgewood (Knutson, Smith), 40'0. 2-Hackensack, 39'9. 3-Seton Hall Prep, 37'6. 4-CBA, 36'5.5. 5- Perth Amboy, 35'4. 6-Bergen Catholic, 33'3.

2X Triple Jump: 1-Hackensack (Oqwendo, Harton), 85-8. 2-Bergenfield, 82-7.5. 3-CBA, 80-11. 4-Seton Hall Prep, 77-5. 5-Ridgewood, 75-10.5. 6-Indian Hills, 72-11.5.

2X High Jump: 1- Hackensack, (Cabo, Quendo), 12'2. 2- Seton Hall, 12'. 3- CBA, 11'9.

2X Pole Vault: 1- Indian Hills (Asero, Cipriano), 20'0. 2- Seton Hall, 19'6. 3- Fair Lawn, 18'0. 4- Ridgewood, 12'0. 5- (tie) Mahwah & CBA, 11'8.

2X Shot Put: 1-Old Bridge, (Allen, Bonnaparte), 90'9.5. 2-Hackensack, 89'11.5. 3-St. Benedict's, 89'6.75. 4-Indian Hills, 89'11.5. 5-Ridgewood, 85'7.75. 6-CBA, 83'6.

2X Discus: 1- Monroe, (Jaworowski, Payne), 264'1. 2- Amityville, 258'6. 3- Old Bridge, 257'1. 4- Hackensack, 238'1. 5- St. Benedict's, 229'2. 6- Bergenfield, 226'1.

2X Javelin: 1- Old Bridge (Kennedy, Cardullo), 324'10. 2-Park Ridge, 300'11. 3-Mahwah, 290'4. 4-Seton Hall, 274'9. 5- Secaucus, 268'5. 6-Hackensack, 261'4.

GIRLS

Team Scores: 1-Hackensack-94. 2-IndianHills, 81. 3-Paramus, 56. 4-Ridgewood, 52. 5-Clara Barton, NY, 43. 6-Bergenfield, 24. 7-Ridgefield, 20. 8-Pequannock, 18. 9-Randolph, 18. 10-MonroeTwp, 15. 11-FairLawn, 12. 12-MtVernon, NY, 10. 12-OldTappan, 10. 14-Mahwah, 5. 15-ParkRidge, 5. 16-Secaucus, 4. 17-Orange, 1.

4X100m – 1-Hackensack (Walcott, Rosser, Wyche, Walker), 49.7. 2- Clara Barton, 50.0. 3-Old Tappan, 52.8. 4- Ridgewood, 53.4. 5-Mt. Vernon, 53.6. 6-Orange, 53.8.

4X200m – 1- Hackensack, (McVey, Wyche, Walcott, Walker), 1:48.3. 2- Paramus, 1:52.4. 3- Indian Hills, 1:57.1. 4- Bergenfield, 1:57.3. 5-Monroe Twp., 1:58.0.

4X400m – 1-Clara Barton, 4:13.7. 2-MtVernon, 4:24.3. 3-Paramus, 4:26. 4-Indian Hills, NT. 5-Ridgewood, NT. 6-?? (cards misplaced)

4X800m – 1- Indian Hills (Bissell, Hamm, Arnore, Jeltis), 10:18.0. 2-Fair Lawn, 10:36.4. 3-Ridgefield, 11:06.2. 4- Monroe Township, 12:00.9.

4X1600m – 1-Ridgewood (Wells, Harms, Mangam, Terrin), 23:27.0. 2- Ridgefield, 24:41.0. 3- Indian Hills, 25:02.6. 4- Secaucus, 27:46.3.

Sprint Medley – 1-Randolph, (Sapleton, McNeilly, Blas, Reed), 4:22.3. 2-Clara Barton, 4:28.6. 3-Reidgewood, 4:34.2. 4- Paramus, 4:37.5. 5-Monroe, 4:38.5.

Distance Medley – 1- Ridgewood (Harms, Wells, Mangam, Terrin), 13:37.2. 3-Indian Hills, 13:46.5. 4- Fair Lawn, 14:05.9. 5- Mahwah, 14:20.5. 6- 14:23.6.

4X100 HH – 1- Paramus (Manis, Malacrida, Feeney, Ko), 1:07.7. 2- Hackensack, 1:09.1. 3-Ridgewood, 1:13.3. 4-Park Ridge, 1:24.0.

3X400 IH – 1- Clara Barton (Hinds, Joseph, Jean-Pierre), 3:33.9. 2-Randolph, 3:36.9. 3- Ridgewood, 3:44.2.

2X Long Jump – 1-Hackensack, (Walker, Wyche), 32-4.5. 2-Indian Hills, 30-1.5. 3-Paramus, 29-9. 4-Bergenfield, 27-0.5. 5-Ridgewood, 25-5. 6-Clara Barton, 24-9.5.

2X Triple Jump – 1-Hackensack (Walker, Frazier), 69. 2-Indian Hills, 64'11. 3-Clara Barton, 64'4.5. 4-Paramus, 63'3. 5- Bergenfield, 61'9.5. 6-Park Ridge, 53'6.5.

2X High Jump – 1-Paramus, (Malacrida, Feeney), 9'10. 2-Hackensack, 9'7. 3-Indian Hills, 9'3. 4-NVOT, 9'1. 5- Pequannock, 8'7.

2X Pole Vault – 1-Ridgewood (Elyse and Karri Norton), 15'0. 2- (tie) Indian Hills B & Paramus, 13'0.

2X Shot Put – 1-Hackensack (Robinson, Morrison), 68-3.25. 2-Bergenfield, 61-10.75. 3-Indian Hills, 60-4.75. 4- Pequannock, 60-2.75. 5-Monroe Twp, 57-10.5. 6-Mahwah, 56-1.

2X Discus – 1-Hackensack (Robinson, Morrison), 187'7. 2-Indian Hills, 169'3. 3-Bergenfield, 167'9. 4-Pequannock, 163'7. 5-Mahwah, 159'6. 6-Monroe, 150'5.

2X Javelin – 1-Hackensack (Rosen, Fulop), 188-11. 2-Pequannock, 156-9. 3-Indian Hills, 146-6. 4-Monroe Twp, 140-5. 5-Ridgewood, 136-10.

NOVICE BOYS

4X200m: 1-SetonHall, (Duncan, Brown, Anderson, APolhill),1:39.3. 2-WestSide, 1:39.9. 3-Orange, 1:41.0. 4-Monroe, 1:42.0. 5-Amityville, 1:42.5.

4X400m – 1- CBA (Durham, Sladiwshi, Cavbet, Cadmus), 3:49.5. 2- Perth Amboy, 3:51.5. 3- Orange, 3:54.2. 4- Ridgewood, 3:56.3. 5- Old Bridge, 3:59.7.

4X800m – 1-CBA (Dichiara, Camparella, Minella), 9:14.7. 2-Perth Amboy, 9:17.0. 3-Westside, 9:17.9. 4-Old Bridge, 9:25.0.

Sprint Medley- 1- Bergenfield (Stepian, Russell, Igram, Sanocore), 3:57.1. 2- Fair Lawn, 4:05.1. 3-Mt. Vernon, 4:05.3. 4- River Dell, 4:09.5. 5- Pequannock, 4:10.0. 6- West Side, 4:13.2.

Distance Medley-1-Old Bridge (Walk, Racioppi, Mazzeo, Vulpis), 11:40.6. 2-Ridgewood, 12:18.0. 3- Fair Lawn, 12:38.3.

4X110HH- 1- NVOT (Massaro, Jadrosich, Shih, Hochenberg), 1:21.0.

3X400IH: 1-RiverDell, (Brunner, Denicola, Horn), 3:19.2. 2-Hackensack, 3:25.8.

2XLJ- 1-Paramus (Shahsamaud, Massari), 33'9. 2-St. Benedicts, 32'8.5. 3-Mt. Vernon, 32'3. 4- Amityville, 31'11.5. 5- River Dell, 31'6. 6-Monroe, 30'10.5.

2XTJ: 1-FairLawn, (Naik, Requena), 72-5. 2-Amityville, 70-2. 3-RiverDell, 69-4. 4-Secaucus, 64-7. 5-Indian Hills, 63-9.5. 6-Indian Hills , 62-5.5. 7-Ridgewood, 58-8.5.

2Xshot: 1-Hackensack, (Mozia B, Banisile), 79-11. 2-St.Benedicts, 75-5. 3-Amityville, 74-3. 4-SetonHall, 74-1. 5- Bergenfield, 72-11. 6-CBA, 72-6.

2Xdiscus: 1-St.Benedicts,(Williams, Gehring), 222-6. 2-CBA, 209-1. 3-BergenCatholic, 193-10. 4-Hackensack, 191-2. 5- Bergenfield, 190-5. 6.Indian Hills, 183-1.

NOVICE GIRLS

4X200m-1-Mt. Vernon, (Alysia Stewart, Shanice Stewart, Bowen, Spence), 1:57.8. 2-Randolph, 2:01.0. 3 (tie)- Mt. Vernon & Hackensack, 2:01.1. 5-Perth Amboy 2:03.7

4X400m – 1- Orange (Boucaud, Tillman, Coke, Stephens), 4:37.7. 2- Pequannock, 4:50.9. 3- Mt. Vernon, 4:51.0. 4- River Dell, 4:52.6.

4X800m – 1-Mount Vernon (Ochuonyo, Blake, Betty Sa, Livania Sa), 11:03.0. 2-Monroe Twp., 11:21.1. 3-Fairlawn, 11:31.9. 4-Hackensack, 11:34.0. 5-Pequannock, 11:45.1.

Sprint Medley- 1-Orange (Boucand, Tillman, Coke, Mauge), 4:47.5. 2-Perth Amboy, 4:52.4. 3-Fair Lawn, 4:53.8. 4- Amityville, 4:54.2. 5- RDHS, 4:56.7.

Distance Medley: 1-FairLawn (Pogorelova, Ploskin, Seid, Davide), 15:05.4. 2-Pequannock, 15:21.2. 3-Bergenfield, 15:39.6. 4-Seiaucus, 15:40.2.

4X100HH- 1- Pequannock (Smith, Petronaci, Anderson, Cintron), 1:17.9.

3X400IH: 1-Orange (Small, Stephens, Doharty), 4:04.3. 2-Pequannock, 4:24.3.

2XLJ: 1-Pequannock (Anderson, Troisi), 26-1. 2-Mt. Vernon, 25-1.5. 3-FairLawn, 23-11.5. 4-Randolph, 23-4. 5- MonroeTwp., 22-0. 6-Clara Barton, 19-10.5.

2XTJ: 1-Amityville (Christian, Seymour), 56-10.5. 2-MtVernon, 55-11.5. 4-Randolph, 53-11.5. 5-no card. 6- Pequannock, 52-0.5.

2XShot: 1-FairLawn (Marion, Hegewald), 59-4. 2-MtVernon, 55-7. 3-Paramus, 54-5.5. 4-Pequannock, 54-3. 5-Clara Barton, 49-6. 6-Orange, 49-1.

2XDiscus: 1-Paramus (Broukian, Fiuk), 161-3. 2-Indian Hills, 148-4. 3-PerthAmboy, 141-2. 4-Amityville, 140-0. 5-Pequannock, 136-1. 6-RiverDell, 133-4.

FROSH BOYS

4X200m: 1-Hackensack (Smith, Eason, Hort, Anastacio), 1:42.3. 2-Westside, 1:43.6. 3-RiverDell, 1:46.2. 4-OldBridge, 1:47.8. 5-SetonHall, 1:47.9.

4X400m – 1- Old Bridge (Carbone, Davila, Hauser, Lunkenheimer), 3:43.1. 2-Hackensack, 3:56.9. 3- CBA, 4:08.0. 4-Ridgewood, 4:09.1. 5- St. Benedict's, 4:10.0. 6- Old Bridge, 4:15.8.

4X800m – 1- Ridgewood (Degars, Schmidt, Pruzinsley, Garber), 9:25.8. 2-Seton Hall, 9:27.9. 3-CBA, 9:47.6

Sprint Medley: 1-MonroeTwp (Modzelewski, Phillips, Amato, Theinert), 4:06.8. 2-Ridgewood, 4:11.0. 3-CBA, 4:18.6. 4-StBenedict's, 4:20.0. 5-SetonHall, 4:22.2.

Distance Medley: 1-CBA (Pellegrino, Rooney, Zorski, Slater), 11:58.9. 2-OldBridge, 12:09.4. 3-SetonHall, 12:19.7. 4-BergenCatholic, 13:06.1.

4X110HH- 1-River Dell (Carroll, Chiarello, Depken, Byrne), 1:22.7.

3X400IH: 1-RiverDell (Chiarello, Carroll, Depken), 3:39.0.

2XLJ-1- Park Ridge (Carabetta, Healy), 31'10. 2- Old Bridge, 30'2.5. 3-River Dell, 28'2. 4- Ridgewood, 26'1.

2XTJ: 1-Park Ridge (Healy, Carabetta), 66-6.5. 2-RiverDell, 61-7. 3-Ridgewood, 60-5.

2XShot- 1-Mt. Vernon, (Winslow, Davis), 84'5. 2- Secaucus, 70'2. 3- River Dell, 67'11. 4-Hackensack, 65'10. 5-Bergenfield, 65'4. 6-CBA, 62'8.

2XDiscus: 1-MtVernon (Winslow, Davis), 211-9. 2-RiverDell, 186-6. 3-OldBridge, 176-7. 4-Secaucus, 168-10. 5-CBA, 161-4. 6-Bergenfield, 160-5.

FROSH GIRLS

4X200m: 1-Hackensack (Clark, Vazquez, Betancourt, Redmond), 2:00.2. 2-Clara Barton, 2:04.2. 3- River Dell, 2:07.9. 4-Monroe Twp., 2:08.6. 5- Paramus Catholic, 2:10.5.

4X400m: 1- Hackensack (Clark, Vazquez, Betancourt, Crosby), 4:49.3. 2- Paramus Catholic, 4:54.7. 3- River Dell, 5:07.6.

4X800m: 1- Perth Amboy (Baker, Valeno, Jiminez, Nubueze), 13:18.2

Sprint Medley: 1-MtVernon (Sa, Stewart, Stewart, Ochurnyo), 4:49.2. 2-ClaraBarton, 5:00.4. 3-RiverDell, 5:14.4. 4-Hackensack, 5:26.9. 5-ParamusCatholic, 6:25.0. 6-

Distance Medley: 1-MonroeTwp (Debaun, Campbell, Grinzo, Steumaszczyk), 15:17.4.

4X100HH: 1-River Dell (Maier, Chudnovsky, Capote, Charussilapa), 1:24.4. 2-River Dell, 1:24.6.

3X400IH: 1-MonroeTwp. (Grinzo, Campbell, Dower), 4:14.4.

2XLJ: 1-RiverDell (Maier, Basile), 23-9. 2-MonroeTwp, 22-5. 3-RiverDell, 21-7.5. 4-PerthAmboy, 12-7.5. 5-PerthAmboy, 9-5. 6-Randolph, 9-3.

2XTJ: 1-nocard. 2-RiverDell, 56-10. 3-nocard. 4-nocard. 5-ClaraBarton, 53-6.5

2Xshot: 1-MtVernon (Smith, Sabbat), 49-9. 2-RiverDell, 45-9. 3-Ridgewood, 45-3. 4-nocard. 5-Secaucus, 43-8. 6-Indian Hills, 43-0.

2Xdiscus: 1-MtVernon (Smith, Owens), 123-3. 2-Hackensack, 111-3. 3-RiverDell, 109-3. 4-Hackensack, 96-6. 5-Ridgewood, 90-7. 6-Hackensack, 87-4.

Comet Relays

April 10, 2004

Sunny - 63

Varsity 4x1600m:

Brad Volkommer 4:46, Joe Pfeiffer 5:00.8, Kyle Engelken 4:33, Michael Cator 4:39.9
19:03.2 – 5th Place

Varsity 4x110HH:

Steven Pierce 19.1, Julien Chamoun 18.8, Evan Yeaw 19.2, Joe Nagano-Gerace 16.8
1:14.5 – 5th Place

Varsity 4x800m:

Erik Nygaard 2:03.9, Byron Williams 2:01.3, David Maher 2:01.1, Ari Zamir 2:00.3
8:07.3 – 1st Place

Frosh 4x800m:

Doug Segars 2:16, Alex Pruzinsky 2:31, Jeremy Schmidt 2:16, Jacob Garber 2:18
9:25.8 – 1st Place

Varsity 4x200m:

Evan Yeaw 24.5, Sam Oh 25.0, Harryl Smith 23.9, Gabe Knutson 23.5
1:36.9

Novice 4x200m:

Carter Anderson 27.2, Tim Jenssen 25.9, Chris Mulvey 26.3, Sean Logue 28.7
1:47.6

Frosh Spring Med.

Doug Segars 60.6, Albert Gelbaum 25.3, Ricky Cooper 28.3, Jacob Garber 2:16.4
2:11.0 – 2nd Place

Zach Ontiveros 64.1, Steve Miller 30.2, Jason Lee 29.2, Alex Pruzinsky 2:35.2
4:39.2

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

Erik Nygaard 3:24, Okechukwu Onwubu, Ari Zamir, David Maher 4:42
11:09.9 – 5th Place

Michael Cator 3:18.0, Steven Pierce 56.9, Kyle Engelken 2:09.9,
Brad Volkommer 4:48.9 11:14.3

Novice DM:

Cole Magrath 3:47, Nick Norrell 65, Jeremy Schmidt 2:23, Joe Pfeiffer 5:00.8
12:18.0 – 2nd Place

Varsity 3x400IH:

Byron Williams 63.4, Evan Yeaw 61.7, Joe Nagano-Gerace 65.9
3:10.4 – 6th Place

Varsity 4x400m:

David Maher 56.2, Harryl Smith 58.5, Gabe Knutson 53.0 Byron Williams 58.4
3:46.2

Novice 4x400m:

John Lee 57.0, Tim Jenssen 61.7, Chris Mulvey 60.3, Sam Oh 57.0
3:56.4 - 4th Place

Frank Nestor 64.7 Sean Logue 78.0 Nick Norrell 67.3 Carter Anderson 64.4
4:33.5

Frosh 4x400m:

Doug Segars 61.0 Albert Gelbaum 58.6 Zach Ontiveros 67.6 Jacob Garber 61.1
4:09.1 - 4th Place

Ricky Cooper 65.9, Steve Miller 71.3, Jason Lee 70.3, Jeremy Schmidt 59.3
4:25.3

Varsity Long Jump:

Gabe Knutson 20'5 1/2" Harryl Smith 19'6 1/2" 40'0" - 1st Place
Brian Clementi 15'2", John Lee 16'1" 31'3"

Novice LJ

Sam Oh 16'8 1/2" Jake Riccairdi 14'1" 30'9 1/2"

Frosh LJ

Albert Gelbaum 13'0" Jason Lee 13'1" 26'1" - 4th Place

Varsity Triple Jump:

Harryl Smith 38'7", Brian Clementi 37'3 1/2" 75'10 1/2" - 5th Place

Novice TJ:

Christian Jensen 30'7 1/2", Frank Nestor 28'1" 58'8 1/2" - 5th Place

Frosh TJ:

Albert Gelbaum 31'6" Jason Lee 28'11" 60'5" - 3rd Place

Varsity High Jump:

- A. Kyle Engelken 5'5", Paul Kovach NH
- B. Steven Pierce NH, Brian Clementi NH

Varsity Shot Put:

Steven Abdallah 47'7 1/2", Michael Monfared 38' 1/4" 85'7 3/4" - 5th Place
Mike LaFleur 36'5", John Miller 34'1 1/2" 70'6 1/2"

Novice Shot Put:

Andrew Pskowski 35'8", Ben Wilson 36'9" 72'5"
Alex Recchia 32'8", Matt Henrickson 28'7" 61'3"

Varsity Discus:

Steven Abdallah 108'7", Michael Monfared 106'3" 214'10"
Mike LaFleur 87'1", John Miller 93' 180'1'

Novice Discus:

Andrew Pskowski 80'2", Ben Righthand 90'1" 180'3"
Alex Recchia 85'3", Ben Wilson 73'5" 158'5"

Varsity Javelin:

Steven Pierce 146'5", David Maher 108'3" 254'11"
Paul Kovach 109'10", Mike Monfared 118'6" 228'4"
Nick Ontiveros 106'7", Ben Righthand 96'9" 203'4"

Pole Vault:

A. Jacob Ricciardi 12'0", Gabe Knutson NH 4th Place
B. Paul Kovach NH, Christian Jensen 10'6"

Braving the long distance

By GREGORY SCHUTTA
STAFF WRITER

Indian Hills and Ridgewood will return to the Penn Relays next weekend with teams in two of the most prestigious races at the event. Ridgewood qualified in the 3,200 relay and also will send a team into the distance medley for the first time since 1993.

There are 34 small schools qualified in the 3,200 relay along with 36 large schools. The teams will run heats today with the top 12 times, regardless of size, making it the championship Saturday. The distance medley is run strictly on time.

Ridgewood's team of David Maher, Byron Williams, Erik Nygaard, and Ari Zamir qualified for the 3,200 by running just over 8 minutes in the Indoor Nationals at March. The distance medley team with Nygaard running the opening 1,200-meter leg and Maher running the third leg of the 800 qual-

ified with a 10:23 at the Eastern States Championships at The Ar-mory.

"The guys are pretty excited about it," Ridgewood coach Josh Saladino said. "We were confident we would get into the 4 x 800. The goal was to get into the distance medley. We geared for it in the indoor season and managed to run a fast qualifier. When the news came out Monday, it was a nice kind of relief to know that we'd made it."

The Indian Hills team of Aramy Cho, Matt Klypka, Elan Goldwasser, and Matt Filandro qualified in the 3,200 for the second straight year by running 8:06.53 on the first weekend of the outdoor season.

"It's the same group that qualified last year," Indian Hills' coach Steve Opremeck said of the seniors. "They weren't too happy with the way they ran last year. I think they were a little caught up in the

awe and the spectacle of the Relays. Hopefully, that won't be the case this year."

LOST IN THE SHUFFLE: Almost forgotten amid the euphoria of Clifton's first Passaic County Relays title in 32 years was the performance of senior Max Koziol, who helped the Mustangs to three school records.

Koziol ran the anchor leg of the shuttle hurdles in 15 seconds to help the Mustangs to a time of 1:07.7, breaking a school record set in 1972. He followed that with a 58-second leg in the intermediate hurdles as the Mustangs finished second in a school-record 3:01.5.

A first-year pole vaulter, he cleared a personal-best 11 feet, 6 inches — the best individual vault of the day — and helped Clifton to the gold with another school-record 22 feet. In his final event, he cleared 5-6 to help the Mustangs to second place in the high jump.

GETTING SET: Don Bosco geared up for this weekend's

Bergen County Relays with a trip to the Nanuet Relays last weekend.

Senior Brian Toal, bound for Boston College to play football in the fall, threw the shot 53 feet, 8 1/4 inches as he and Mike Ingui took home the gold with a distance of 95-2 1/4. Toal also was a member of the 400-meter relay team, joining Ryan Lindsay, Kevin Carlton, and Michael Ray Garvin, to finish in 44.1 seconds. Uniondale won the event with a meet record of 42.2.

Garvin ran a 10.5 anchor leg in the 400 relay and a 21.8-second split for the third-place 800 relay team.

Freshman Jason Baker ran the opening leg of the 6,400 relay in 4:48.5 to help the Ironmen to fourth. Junior Jared Davis ran a 52.8-second 400 in the sprint medley, which finished fourth.

The Ironmen also finished second in the shuttle hurdles and fifth in the intermediate hurdles

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1. **Hackensack** — The front-runners rested many of their best athletes but were still the top local finisher in the Comet Relays.

2. **Ridgewood** — Erik Nygaard, Byron Williams, Daniel Maher, and Ari Zamir qualified for the 3,200 relay and distance medley at the Penn Relays.

3. **Don Bosco** — The Ironmen had a strong showing at the Nanuet Relays.

4. **Saddle Brook** — The Falcons won four events to cruise to the Lyndhurst Relays title.

5. **Clifton** — The Mustangs won the Passaic Relay championship for the first time since 1972.

6. **Glen Rock** — The Panthers tied Saddle Brook on Monday.

7. **West Milford** — The Highlanders saw their two-year hold on the Passaic Relays end.

8. **Indian Hills** — Aramy Cho, Matt Klypka, Elan Goldwasser, and Matt Filandro qualified for the 3,200 relay at the Penn Relays.

9. **Fort Lee** — Bridgemen won three events at Lyndhurst.

10. **Demarest** — The Norsemen will look to make some noise at the Bergen Relays.

11. **Bergenfield** — The Bears finished 10th at the Comet Relays.

12. **River Dell** — Hawks hope to improve on their second-place finish at the BCSL American Relays.

13. **Bergen Catholic** — The Crusaders should be ready for the Bergen Relays.

14. **Palisades Park** — Suke Koyama and Daquan Huffin each had a part in the Tigers' three wins at Lyndhurst.

15. **Ramsey** — The Rams got two seconds and four thirds to finish fourth at Lyndhurst.

16. **Pascack Hills** — The Cowboys' opening-week success at the Pawlowsky Relays didn't translate to the Lyndhurst Relays.

17. **Leonia** — The Lions hope to challenge in Group D at the Bergen Relays.

18. **Wayne Hills** — The Patriots finished a distant sixth in the Passaic Relays.

19. **Hawthorne** — On Wednesday, the Bears ended Garfield's streak of 65 dual meet victories.

20. **Teaneck** — Oderick Turner and Stephen Spence gave the Highwaymen the gold in the high jump relay at Walkkill Valley.

Run News

4/16

Maroon track starts ready for county relays

BY MATT POTTER
Staff Writer

RIDGEWOOD - The Ridgewood High School track teams have their first big test of the season today as they compete in the Bergen County Relays.

The two-day event begins at Demarest High School at 9 a.m. and moves to Tenafly High School for a 9 a.m. and starts tomorrow. The Maroons traditionally do well at the meet.

"We were third last year, and we'd like to improve on that," said boys head coach Jacob Brown. "There's a bit more depth to the meet this time, but I think it will come down to us."

and overhauled the Hackensack anchor to win in the 4 x 1600, the same Ridgewood quarter vault where senior twins Keri and Elise Nor-

ton vaulted 15 feet. Ridgewood's other first place was in the pole vault where senior Byron Williams, Dave Maher and Erik Seton Hill prep's 98.4 points for a depleted squad

of the boys, the Maroons finished in fifth in the 4 x 800 team of Erik Zagar won his event in 8:07.5, while Gabe Knut

son and Harry Smith teamed for victory in the 4 x 800 win against a strong CBA (Chris

jump was exciting for us, and it was nice to see two events," said Saladino. "Winning the long

although our top guys only competed in one or two events," said Saladino. "Winning the long

jump was exciting for us, and it was nice to see two events," said Saladino. "Winning the long

jump was exciting for us, and it was nice to see two events," said Saladino. "Winning the long

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

Bergen County Relays

Friday, April 16th @ Demarest

Saturday, April 17th @ Tenafly

Sunny 65

Sunny 70

Friday's Events:

4x1600m:

Michael Cator 4:26, Erik Nygaard 4:28, Brad Volkommer 4:47, Ari Zamir 4:33

18:16.8 – 1st Place

4x200m:

Sam Oh 26.4, Doug Segars 25.6, Albert Gelbaum 24.5, Okechukwu Onwubu 24.9

1:41.1

4x110HH:

John Moody 18.1, Julien Chamoun 18.6, Evan Yeaw 18.6, Joe Nagano-Gerace 17.5

1:13.4 – 6th Place

High Jump: Harryl Smith 5'6", Kyle Engelken 5'6", Niall Buckley 5'0"

16'0" – Tie 2nd Place

Javelin: Steven Pierce 146', Michael Monfared 112', Paul Kovach 95'1"

353'1" – 5th Place

Shot Put: Steven Abdallah 47'10", Mat Flicker 44'5", Brian Mercer 37'1"

129'3" – 3rd Place

Triple Jump: Gabriel Knutson 43'0", Harryl Smith 40'4", Brian Clementi 37' ½"

120'4 ½" – 4th Place

Long Jump: Gabriel Knutson 20'9", Harryl Smith 17'9", Krishan Wanchoo 17'4"

55'11" – 4th Place

34 points...not good

Saturday's Events:

3x400 IH: Evan Yeaw 61.1, Byron Williams 60.5, Joe Nagano-Gerace 63.8

3:05.9 – 3rd Place

4x100m: Krishan Wanchoo, Steven Pierce, John Moody, Albert Gelbaum

48.3

Distance Medley:

Erik Nygaard 3:12, Okechukwu Onwubu 55.2, David Maher 1:59.9, Michael Cator 4:35 **10:46.9 – 1st Place**

Sprint Medley (2-2-4-8):

Evan Yeaw 24.3, Harryl Smith 23.7, Byron Williams 51.1, Ari Zamir 1:58.5
3:38.8 – 2nd Place

4x800m:

David Maher 2:01.9, Michael Cator 2:03.4, Kyle Engelken 2:07.6, Erik Nygaard 2:03.3
8:18.2 – 1st Place

Frosh 4x400m:

Doug Segars 59.0, Albert Gelbaum 59.2, Jeremy Schmidt 55.7, Niall Buckley 54.7
3:48.2 – 1st Place

4x400m:

Byron Williams 54.6, Ari Zamir 53.3, Evan Yeaw 53.3, Gabriel Knutson 51.8
3:33.0 – 3rd Place

Discus:

Brian Mercer 112' Matt Flicker 106' Steven Abdallah 97'
215'

Pole Vault:

Gabriel Knutson 14'0", Jake Riccairdi 12'6", Christian Jensen 11'6"
38'0" – 1st Place (2nd All-Time in Bergen County)

50 points...much better

Athletes of the Meet:

Gabe Knutson: Named by meet directors: Boys Field Athlete of the Meet

Harryl Smith: 4 gutty performances

Christian Jensen: 1 foot personal best

Erik Nygaard and Michael Cator: 3 wins

Frosh 4x400: best frosh time in four years

Another miles

Saddle Brook rally highlights dramatic day

By GREGORY SCHUTTA
STAFF WRITER

TENAFLY - Saddle Brook had little room for error Saturday, battling from behind for most of the day at the Jack Yockers Bergen County Relays.

Demarest made few errors, giving defending champion Hackensack, the top team in The Record's boys track Top 25, all it could handle.

In two of the closest battles of the meet, Saddle Brook came from 20 points behind after the first day to outdistance Palisades Park, 106-93, for the Group D championship, and Hackensack won the final two

BOYS

events to hold off Demarest, 105-93, in Group A.

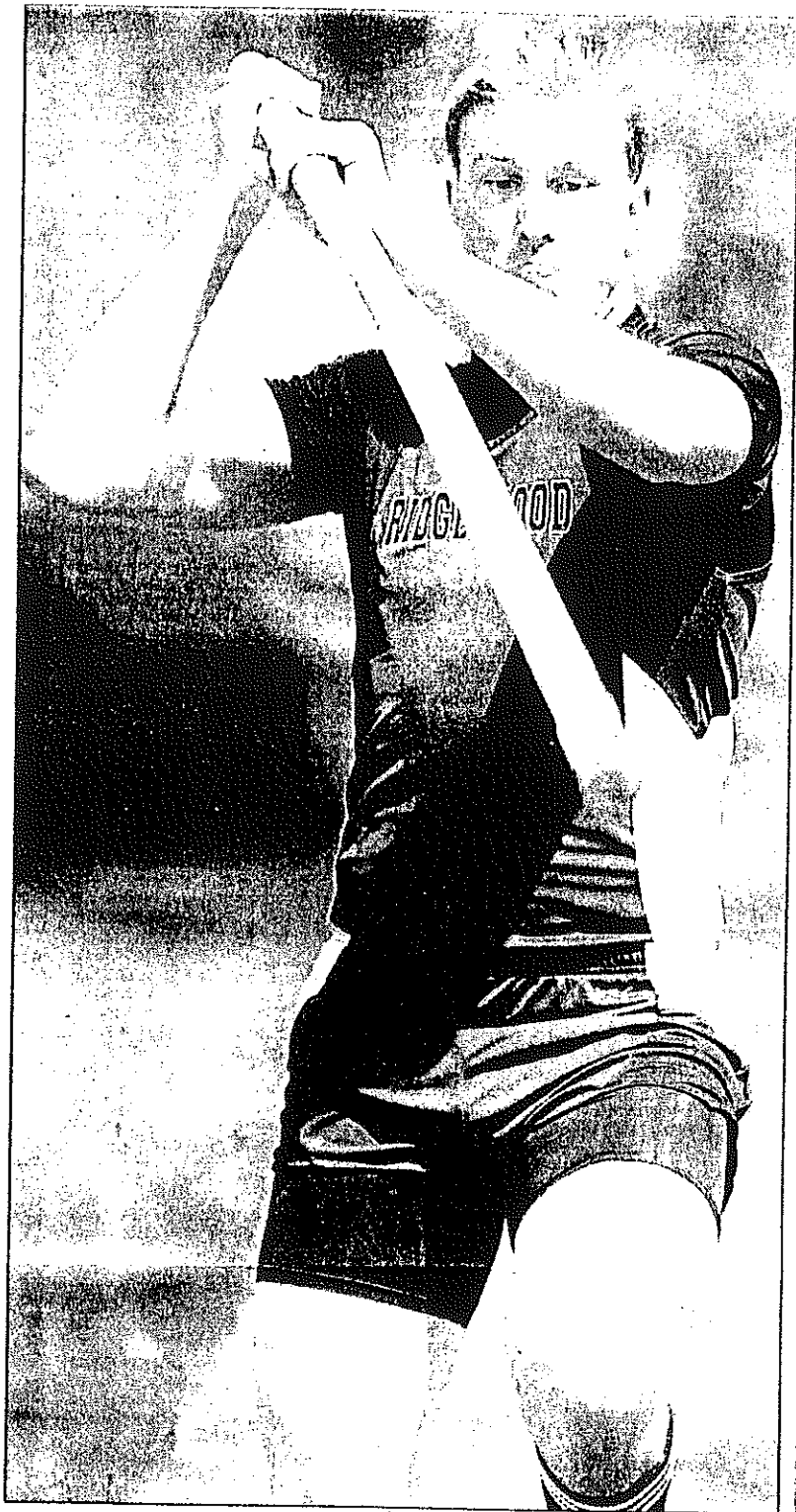
Northern Highlands took the lead in Group B after the fourth event of the meet and never trailed on its way to winning the first Bergen Relay championship in school history. Glen Rock got points from more than 20 different athletes to win the Group C title.

"This is my fourth decade at the school, and that has to be the greatest comeback in the history of track at Saddle Brook," coach Howie Schuman said.

The Falcons trailed Hasbrouck Heights and Palisades Park by double digits after getting disqualified in the shuttle hurdles on Friday. But they came back Saturday with a win, three seconds, and a third in the first six events to open up a 96-93 lead on Palisades Park with the 1,600 relay remaining.

Palisades Park crossed the finish line first in a blistering 3:29.4, but they were disqualified for stepping on the infield grass while passing on the second leg. Still, it would not have been enough as the Falcon team of Lucas Cuellar, Pete Stuart, Tim Conte, and Mike Clear came in next in 3:37.0, cutting six seconds off last week's time.

"We knew we had to win the 4x100, finish ahead of Palisades Park in the 4x800 and finish at least second in the 4x400 to win this meet, and we did that," Schuman said. "And we ran our best time in every event."



PHOTOS BY CHRIS PEDOTA/STAFF PHOTOGRAPHER

Ridgewood's Gabe Knutson, above, was named outstanding boys field event performer and Janine Davis, below, led Queen of Peace to a girls meet record in the sprint medley at the Jack Yockers Bergen County Relays.

JACK YOCKERS BERG

Boys

GROUP A

TEAM SCORES: 1. Hackensack 105; 2. Demarest 93; 3. Ridgewood 84; 4. Don Bosco 79; 5. Bergen Catholic 34; 6. Bergenfield 30; 7. Teaneck 27; 8. Old Tappan 16; 9. Paramus 14; 10. Ramapo 3; 11. Fair Lawn 6; 12. Bergen Tech 5; 13. Paramus Catholic 4.

100 - 1. Don Bosco (Ryan Lindsey, Brian Toal, Jared Davis, Michael Ray Garvin) 43.3; 2. Hackensack (Davon Smart, Jean Beljour, Andrew Britton, Brian Horton) 43.9; 3. Teaneck 43.9; 4. Bergenfield 45.0; 5. Bergen Catholic 46.0; 6. Demarest 46.7.

300 - 1. Don Bosco (Pat Flynn, Jared Davis, Brian Toal, Michael Ray Garvin) 1:31.2; 2. Teaneck 1:33.4; 3. Demarest 1:34.1; 4. Paramus 1:35.9; 5. Bergenfield 1:37.4; 6. Old Tappan 1:39.1.

1600 - 1. Hackensack (Alex Pierre, Mark Hanulak, Ed Cabo, Josh Simmons) 3:27.5; 2. Bergen Catholic 3:32.7; 3. Ridgewood 3:33.1; 4. Paramus 3:34.2; 5. Teaneck 3:34.7; 6. Bergenfield 3:35.0.

3200 - 1. Ridgewood (Erik Nygaard, Kyle Engelken, Michael Cator, David Maher) 3:18.3; 2. Demarest 3:25.0; 3. Hackensack 3:33.1; 4. Ramapo 3:50.5; 5. Old Tappan 3:54.1; 6. Bergen Catholic 9:01.1.

6400 - 1. Ridgewood (Michael Cator, Erik Nygaard, Brad Volkammer, Ari Zahir) 18:16.8; 2. Demarest 19:03.3; 3. Don Bosco 19:08.2; 4. Bergen Tech 19:31.3; 5. Old Tappan 19:34.0; 6. Bergen Catholic 21:13.4.

Sprint Medley - 1. Demarest (Matt Schuerer, Jeremy Perussi, Ashish Datta, James LaGreca) 3:36.1; 2. Ridgewood 3:38.8; 3. Teaneck 3:40.7; 4. Paramus Catholic 3:42.2; 5. Don Bosco 3:42.5; 6. Bergen Catholic 3:44.5.

Distance Medley - 1. Ridgewood (Erik Nygaard, Okechukwu Onwubu, David Maher, Michael Cator) 10:46.9; 2. Don Bosco 11:23.2; 3. Demarest 11:24.0; 4. Old Tappan 11:24.5; 5. Paramus 11:30.7; 6. Bergen Tech 11:37.5.

Shuttle Hurdles - 1. Hackensack (Danny Oquendo, Jean Beljour, Steve Hanulak, Gianni Rollins) 1:02.8; 2. Don Bosco 1:05.9; 3. Demarest 1:07.3; 4. Bergen Catholic 1:11.1; 5. Fair Lawn 1:12.4; 6. Ridgewood 1:13.4.

Intermediate Hurdles - 1. Hackensack (Dan Oquendo, Mark Hanulak, Ed Cabo) 2:53.8; 2. Demarest 2:58.0; 3. Ridgewood 3:05.9; 4. Paramus 3:08.4; 5. Don Bosco 3:12.5; 6. Teaneck 3:14.8.

Shot Put - 1. Don Bosco (Brian Toal, Mike Ingui, Hansary LaForest) 131-3/4; 2. Hackensack 131-3/4; 3. Ridgewood 129-3/4; 4. Bergen Catholic 117-1/2; 5. Demarest 114-10; 6. Fair Lawn 113-11/2.

Javelin - 1. Hackensack (Frank Tangarife, Mike Klejmont, Jean Beljour) 453-2; 2. Demarest 451-11; 3. Old Tappan 431-9; 4. Don Bosco 356-9; 5. Ridgewood 253-1; 6. Fair Lawn 330-0.

Discus - 1. Hackensack (Vaughn Crenshaw, Eric Sewell, Travis Parham) 399-9; 2. Don Bosco 351-5; 3. Demarest 346-7; 4. Bergen Catholic 327-6; 5. Bergenfield 324-6; 6. Ramapo 322-8.

High Jump - 1. Hackensack (Jean Beljour, Ed Cabo, Yunaivy Arias) 17-6; 2. Bergen Catholic and Ridgewood 16-0; 4. Demarest 15-0; 5. Teaneck 11-4; 6. Old Tappan 10-0.

Long Jump - 1. Bergenfield (Sullivan Parker, Greg Osorio, Marquis Mitchell) 58-7; 2. Hackensack 57-9; 3. Demarest 56-6; 4. Ridgewood 55-11; 5. Don Bosco 54-5; 6. Teaneck 53-4 1/2.

Triple Jump - 1. Bergenfield (Marquis Mitchell, Greg Osorio, Harold Blyden) 130-0; 2. Demarest 123-7/4; 3. Hackensack 120-6; 4. Ridgewood 120-4 1/2; 5. Bergen Catholic 114-9 3/4; 6. Teaneck 111-4 1/2.

Pole Vault - 1. Ridgewood (Gabe Knutsen, Jake Ricciardi, Christian Jensen) 38-0; 2. Hackensack 34-6; 3. Demarest 33-6; 4. Ramapo 31-0; 5. Fair Lawn 18-0; 6. Don Bosco 9-0.

Hackensack had its problems with Demarest, which kept close thanks in large part to the performance of James LaGreca. A day after running 1,600 meters in 4:21 in the 6,400 relay, LaGreca ran his 800-meter leg in 1:56.8 for the winning sprint medley team, and a two-minute leg moments later for the second-place 3,200-meter team, tying Don Bosco's Michael Ray Garvin as the outstanding boys track athlete of the meet.

Ridgewood's Gabe Knutsen, who cleared 14 feet in the pole vault and just missed on his third attempt at 14-7, also had a 43-foot triple jump and a 20-9 long jump to be named the outstanding field athlete.

But Hackensack, trailing by two points, won the discus behind Vaughn Crenshaw, Eric Sewell, and Travis Parham, and clinched its second straight Bergen Relay title by winning the 1,600 relay in 3:27.5.

"Our weight team really stepped it up," Hackensack coach Jim Levitzke said of the throwers, who won the discus and javelin while finishing second in the shot.

Northern Highlands won two events and finished second in six others on the way to its first County Relay title. P.J. Picache was on the winning 800 (22.8 split) and intermediate hurdle teams (1:08.3) and second place shuttle hurdle (16.9) and 100...

Ridgewood 73 Clifton 58

April 21, 2004; sunny - 60

400 IH: Ridgewood: 1 Clifton: 8
1-Alvan Foster (C) 58.6 2-Max Koziol (C) 59.0 3-Evan Yeaw (R) 59.3
Others: B. Williams 60.0; J. Chamoun 66.4

100m: Ridgewood: 3 Clifton: 6
1-Brian Schaab (C) 11.4 2-Harryl Smith (R) 11.6 3-Byson (C) 11.6
Others: K. Wanchoo 12.1; S. Oh 12.2; Jo. Lee 12.5; A. Gelbaum 12.7; E. Jimenez 12.9;
M. Vaccaro 13.6; Ja. Lee 13.8

1600m: Ridgewood: 8 Clifton: 1
1-David Maher (R) 4:32.1 2-Ari Zamir (R) 4:32.4 3-Paul Kornaszewski (C) 4:34.4
Others: J. Pfeiffer 4:53; J. Garber 4:55; A. Vedder 5:20; A. Pruzinsky 5:28;
D. Stolfo 5:45

400m: Ridgewood: 3 Clifton: 6
1-Jason Shagawat (C) 51.0 2-Gabe Knutson (R) 52.8 3-Orman Ergan (C) 53.6
Others: O. Onwubu 54.7; J. Schmidt 55.4; E. Ellingboe 59.2; C. Mulvey 60.0;
T. Jenssen 60.4; F. Nestor 60.7; J. Violis 61.6; T. Honan 61.8; Z. Ontiveros 61.8;
D. Maniaci 62.2; S. Miller 69.0; S. Logue 69.8; F. Corkery 74.4

110HH: Ridgewood: 1 Clifton: 8
1-Max Koziol (C) 15.6 2-Alvan Foster (C) 16.9 3-Joe Nagano-Gerace (R) 16.9
Others: J. Moody 18.0 J. Chamoun 18.6

800m: Ridgewood: 6 Clifton: 3
1-Byron Williams 2:01.7 2-Sammy Qassis (C) 2:01.9 3-David Maher (R) 2:06.3
Others: D. Segars 2:15; J. Pfeiffer 2:16; B. O'Connell 2:28; A. Vedder 2:33;
A. Pruzinsky 2:36; J. Patino 2:43; D. Stolfo 2:48; D. Goldberg 2:53

200m: Ridgewood: 3 Clifton: 6
1-Brian Schaab (C) 23.2 2-Evan Yeaw (R) 23.3 3-Byson (C) 24.3
Others: S. Oh 24.8; J. Moody 25.1; A. Gelbaum 25.2; Jo. Lee 25.4; K. Wanchoo 25.6;
E. Ellingboe 26.4; E. Jimenez 26.5; T. Honan 27.2; C. Anderson 27.2; D. Maniaci 27.2;
F. Nestor 27.2; J. Violis 27.9; Ja. Lee 28.7; M. Vaccaro 29.2; Z. Ontiveros 29.8;
S. Logue 30.5; S. Miller 30.6; D. Yoon 31.6; F. Corkery 33.3

3200m: Ridgewood: 9 Clifton: 0
1-Michael Cator (R) 9:58.6 2-Kyle Engelken (R) 10:00.1 3-Brad Volkommer (R) 10:11.4
Others: J. Garber 11:06

Long Jump: Ridgewood: 8 Clifton: 1
1-Gabe Knutson (R) 20'4" 2-Harryl Smith (R) 19'3" 3-Fernando Rodriguez (C) 19'0"
Others: K. Wanchoo 17'2" B. Clementi 16'6-3/4"

Triple Jump: Ridgewood: 6 Clifton: 3
1-Gabe Knutson (R) 42'1" 2-Max Kozoil 39'10" 3- Harryl Smith (R) 38'11"
Others: K. Wanchoo 36'5 1/2"; B. Clementi 36'1"; M. Lam 32'3 1/2"

High Jump: Ridgewood: 4 Clifton: 5
1-Fernando Rodriguez (C) 5'10" 2-Harryl Smith (R) 5'8" 3-Paul Kovach (R) 5'4"
Others: K. Engelken 5'0"; E. Jimenez 5'0"; B. Clementi NH;

Shot Put: Ridgewood: 8 Clifton: 1
1-Mat Flicker (R) 47'3 1/2" 2-Steve Abdallah (R) 45'4" 3-Clifton 43'4"
Others: B. Mercer 40' 1/2"; M. Monfared 39'5 1/2"; A. Pskowski 37'6"; M. LaFleur
37' 1/2"; B. Wilson 35'8"; R. Righthand 34'10"; A. Recchia 34'2 1/2"; J. Miller 32'5";
P. Dorkham 29'9"; J. Petersil 29'4"; M. Henrickson 29'0"; B. Lynch 29'0";
S. Syfman 25'6"; G. Hachem 24'10"

Discus: Ridgewood: 5 Clifton: 4
1-S. Abdallah 122'3" 2-Clifton 119'1" 3-Clifton 118'10"
Others: M. Flicker 117'8"; B. Mercer 106'10"; M. Monfared 103'6"; M. LaFleur 101'8"
J. Miller 99'9"; B. Righthand 90'10"; A. Recchia 89'7 1/2"; B. Lynch 85'9 1/2"; B. Wilson
85'3"; J. Petersil 70'10"; M. Henrickson 67'7"; A. Pskowski 66'1"; S. Syfman 64'8";
G. Hachem and P. Dorkham 59'

Pole Vault: Ridgewood: 8 Clifton: 1
1-Gabe Knutson (R) 14'6" 2-Jake Ricchiardi (R) 12'6" 3-F. Rodriguez (C) 11'6"
Others: C. Jensen 11'0"; P. Kovach 10'0"

4x400m: Ridgewood: 0 Clifton: 5
1-Clifton 3:32 2-Ridgewood 3:44.4
(J. Schmidt 57.3; O. Onwubu 56.3; A. Gelbaum 57.0; E. Yeaw 53.3)

Comments:

Nice win against the number five team and the Passaic County Champs. We needed big performances in certain areas and we achieved them. Congrats on a very nice dual meet win.

Athletes of the Meet:

Gabe Knutson: 18 points – 3 wins and a 2nd

Evan Yeaw: 59.3 / 23.3 / 53.9

Frank Nestor 4.5 second personal best in the 400m

TRACK

Maroons are fourth, third at relay meet

Knutson named top field event athlete

BY MATT POTTER
Staff Writer

TENAFLY — The Ridgewood High School track teams found themselves impaired by inconsistency at the Bergen County Relays last week.

Although there were positives to be taken from the two-day competition, neither the boys nor the girls were able to reach their potential over the full course of the meet.

"We had a great day on Saturday, but we didn't do so well on Friday," said boys head coach Josh Saladino, whose team finished third with 84 points behind Hackensack (105) and Demarest (93). "We didn't perform to our usual standards."

There were some highlights, however. Most notably, senior Gabe Knutson was named Most Outstanding Field Event Athlete, thanks to his strong performances in the pole vault, high jump and long jump.

Teamed with Jake Ricciardi and Christian Jensen, Knutson was part of the trio that won the pole vault with a 38-foot tally, breaking the school record in the process. It was also the second-best height in Bergen County history.

In addition, distance men Mike Cator and Erik Nygaard did well and won three gold medals each. One of these victories came in the 4 x 800, where the pair joined with Kyle Engelken and Dave Maher for a time of 8:18.3.

Cator and Nygaard also teamed

with Brad Vollkommer and Ari Zamir to win the 4 x 1600 (18:16.8) and with Maher and Okechukwu Onwubu to win the distance medley (10:46.9).

For the girls, the anchor leg of Cristina Law in the 4 x 800 was the most impressive performance of the two days, as she led the quartet to victory in 10:09.1. Her teammates were Becca Wells, Krista Rynkowski and Diana Mangam.

The girls finished fourth, with 61-and-one-third points. Hackensack and Old Tappan tied for first (104), and Immaculate Heart was second (66-and-five-sixths).

"We didn't do very well," stated Ridgewood girls head coach Jacob Brown. "We had our spots here and there, but it wasn't one of our best county relays. I felt Hackensack and Old Tappan were too good for us to have won, but we could have been ahead of IHA."

As well as the 4 x 800, the Maroons won gold in the 3 x 400 hurdles (Law, Stephanie Westerman and Cassie Wong in 3:34.8) and in pole vault (Elyse and Kerri Norton and Wong with a combined 20 feet, six inches).

Ridgewood currently has competitors at the Penn Relays at the University of Pennsylvania in Philadelphia. That prestigious East Coast meet began yesterday and continues today.

The Maroon girls have teams in the 4 x 400, the 4 x 800 and the 4 x mile, while the boys have 4 x 400, 4 x 800 and distance medley teams involved. Knutson will compete solo in the pole vault.

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

BOYS TRACK TOP 20

1. **Hackensack** — The Comets won the final two events to win their second straight Bergen Relays title in Group A.
2. **Demarest** — The Norsemen gave the Comets all they could handle before finishing second in Group A.
3. **Ridgewood** — The Maroons are well represented at the Penn Relays with teams in the 3,200 relay, the distance medley, and Gabe Knutsen in the pole vault.
4. **Clifton** — The Mustangs have set themselves up as one of the teams to beat with their win in the Passaic Relays earlier this month.
5. **Northern Highlands** — The Highlanders cruised to their first Bergen Relays title in Group B.
6. **Don Bosco** — The Ironmen showed their strength in the sprints, but their lack of depth in the distances at the Bergen Relays.
7. **Glen Rock** — At the Bergen Relays, the Panthers swept the throws and the pole vault on the way to the Group C title.
8. **Saddle Brook** — The Falcons came from way back to edge Palisades Park for the Group D title at the Bergen Relays.
9. **West Milford** — The Highlanders had a big win over Delbarton in a dual meet, setting up a showdown with West Orange in two weeks.
10. **Passaic** — The Indians finished a strong third at the Passaic Relays two weeks ago.
11. **Indian Hills** — The Braves swept the distance races on the way to a second-place finish in Group B Saturday.
12. **Ramsey** — The Rams won the 400, 1,600, and sprint medleys on the way to a third-place finish in Group B Saturday.
13. **Palisades Park** — The Tigers came within a hair of winning their first Bergen Relay title since 1996 before finishing second in Group D.
14. **Hasbrouck Heights** — The Aviators shined in the jumps and the hurdles in the Bergen Relays and finished third in Group D.
15. **Fort Lee** — The Bridgemen finished in a tie for fourth in Group B at the Bergen Relays.
16. **River Dell** — The Golden Hawks tied the Bridgemen for fourth place in Group B.
17. **Pascack Hills** — The Cowboys won one event and placed in the top three in seven to finish second in Group C at the Bergen Relays.
18. **Westwood** — Rameik Jackson was part of two winning relays for the Cardinals in Group C Saturday.
19. **Bergen Catholic** — The Crusaders finished fifth in Group A at the Bergen Relays.
20. **Wayne Valley** — The Indians finished fourth in the Passaic Relays two weeks ago.

GIRLS TRACK TOP 20

1. **Hackensack** — Despite problems in the triple jump and sprint medley, the Comets still shared the Group A title at the Bergen Relays.
2. **Old Tappan** — The Golden Knights were sensational in sharing the Bergen Relays Group A title.
3. **Northern Highlands** — The Highlanders won their first Bergen Relays title in taking Group B.
4. **Wayne Valley** — The Indians turned in a speedy 1,600-meter time at the Penn Relays on Thursday.
5. **Immaculate Heart** — The Blue Eagles showed very well in taking third in Group A at the Bergen Relays.
6. **Indian Hills** — The Braves won four events in taking second in Group B at the Bergen Relays.
7. **Ridgewood** — The Maroons were fourth in Bergen Group A, but could make rapid strides.
8. **River Dell** — The Golden Hawks were a close third in Bergen Group B.
9. **Glen Rock** — The Panthers won their 10th Bergen Relays group title in 12 years, taking Group C with seven firsts and five seconds.
10. **Teaneck** — The Highwaywomen had a disappointing Bergen Relays, placing fifth in Group A.
11. **Ramsey** — The Rams were fourth in Group B at the Bergen Relays.
12. **Lakeland** — The Lancers are one of the top teams in the Northern Hills Skyline Conference.
13. **West Milford** — The Highlanders are another of the strong teams in the Northern Hills Skyline.
14. **Hasbrouck Heights** — The Aviators easily won the Group D Bergen Relays title, winning three events.
15. **Paramus** — The Spartans won the high jump and took seconds in the shuttle hurdles and 800 in Bergen Group A.
16. **Demarest** — The Norsewomen's javelin team had one of the top 10 performances in Bergen County history.
17. **Wayne Hills** — The Patriots hope to compete in the strong and balanced NBIL.
18. **Tenafly** — The Tigers took thirds in the 3,200, 6,400, and distance medley in Bergen Group B.
19. **Saddle Brook** — The Falcons won four events and finished second in Group D of the Bergen Relays.
20. **Lyndhurst** — A record-setting performance in the pole vault helped the Golden Bears place second in Bergen Group C.

Record 4/24

NORTH JERSEY COMPETITORS AT PENN RELAY

Girls

3,000 meters

When: Tonight, 6:30.

Local entrant: Jacqui Carroll, Wayne Valley.
Local outlook: Carroll is seeded 12th in the 26-girl field and hopes to crack the top 10, running between 10:15 and 10:20.

Pole vault

When: Today, 1 o'clock.

Local entrant: Karen Langner, Clifton.
Local outlook: Langner is the first North Jersey girl to clear 10 feet and the first invited to Penn Relays.

Triple jump

When: Today, 1:45.

Local entrant: Consandria Walker, Hackensack.
Local outlook: Walker already has won the Eastern States Indoor Championships. She is seeded seventh and has a chance to make the eight-girl final.

Javelin

When: Today, noon.

Local entrants: Daina Pucurs, Demarest; Sharon Spafford, Old Tappan.

Local outlook: The rivalry between Pucurs and Spafford continues 100 miles from home. Spafford set the Bergen County record at 143-9 only 20 minutes after Pucurs threw 140-8.

3,200 relay

When: Today, 10:35.

Local entrant: Ridgewood.

Boys

3,000 meters

When: Friday, 5:40 p.m.

Local entrants: Mohamed Khadraoui, Kennedy; Paul Komaszewski, Clifton; Chris Guentoro, Saddle Brook.

Local outlook: Top-seed Khadraoui hopes to earn Passaic County's first boys win. Komaszewski was 14th last year and Guentoro, a junior, gets his first taste of national competition.

Pole vault

When: Saturday, 10 a.m.

Local entrant: Gabe Knutson, Ridgewood.
Local outlook: Knutson could contend for a medal as he makes his first serious attempt at the Bergen record of 15-3.

Long jump

When: Saturday, 9 a.m.

Local entrant: Val Sisti, DePaul.
Local outlook: If Sisti can approach his 22-11 jump of indoors, he could qualify for the final.

Triple jump

When: Saturday, 9 a.m.

Local entrants: Vernard Hoover, Hasbrouck Heights; Brian Horton, Hackensack.
Local outlook: Hoover may not be ready to contend for the title, but could be a medalist. Horton was the Eastern States champion indoors.

Javelin throw

When: Friday, noon.

Local entrant: Martin Gumowski, Wood-Ridge.

Local outlook: Gumowski hopes to reach the final.

3,200 relay

When: Friday, 9 a.m.

Local entrants: Indian Hills and Ridgewood.
Local outlook: The Maroons may have a shot at Saturday's 2:50 final. Both teams hope to break eight minutes.

Distance medley

When: Friday, 5:20 p.m.

Local entrant: Ridgewood.
Local outlook: Ridgewood could contend for a top-eight finish with only 17 teams competing.

400 relay

When: Friday, 10:20 a.m.

Local entrants: Bergen Catholic, Bergenfield, Cresskill, Englewood, Fair Lawn, Hackensack, Hasbrouck Heights, Lyndhurst, North Bergen, Northern Highlands, Palisades Park, Paramus Catholic, Queen of Peace, Ramsey, Ridgewood, River Dell, Saddle Brook, Secaucus, Teaneck.

1,600 relay

When: Saturday, 9:20 a.m.

Local entrants: Wood-Ridge (9:20); River Dell (9:24); Tenafly, Ramsey (9:32); Secaucus, Queen of Peace (9:36); No. Highlands, Cresskill (9:40); Fair Lawn, Paramus Catholic, Lyndhurst (9:44); Hasb. Heights, North Bergen (9:48); Clifton, Demarest, Waldwick (9:52); Saddle Brook (10:00); Englewood (10:08); Palisades Park (10:12); Bergen Catholic (10:16); Ridgewood, Paramus (10:20); Westwood (10:28); Teaneck (10:48); Bergenfield (10:52); Hackensack (10:56).

Record 4/24

Khadraoui second in 3,000

By PAUL SCHWARTZ
STAFF WRITER

PHILADELPHIA - The result wasn't everything Mohamed Khadraoui had hoped for at the Penn Relays 3,000 meters Friday. But his second-place finish behind surprise winner Ian Fitzgerald of North Hills, Pa., was enough to take a monkey off the Kennedy junior's back.

"There's a little relief knowing that I can run under pressure," said Khadraoui, who had struggled in two previous races against regional and national competition. "This time the race kind of went the way I wanted it to go, except for the end."

Khadraoui led from the opening gun until Fitzgerald outkicked him with 300 meters to go. Khadraoui finished in 8:25.20, the sixth-fastest time in New Jersey history and 11 seconds faster than his sixth-place finish at Penn last year. Fitzgerald won in 8:22.42, running a 61-second final 400 to Khadraoui's 64.9.

"I didn't realize he was as close to me as he was until he went by me. He was just faster than I was in the final 200," said Khadraoui. "It's my first big meet of the year and I'm disappointed that I didn't win, but I think I ran well."

Ridgewood's distance medley team got a

PENN RELAYS

subpar race from anchor Ari Zamir in the 1,600 and faded to 14th in the Championship of America race in 10:29.79, six seconds slower than its indoor qualifying time. But the Maroons may have found a new star in sophomore Byron Williams, who ran a 1:58.9 for his 800 leg in the morning 3,200 relay and then exploded for a 1:56.2 800 as part of the distance medley team.

Despite Williams' heroics, Ridgewood had a disappointing qualifying heat in the 3,200-meter relay. The team ran just 8:05.65 - well below its goal and four seconds off its qualifying time.

The Indian Hills boys 3,200 team missed qualifying for today's final by nearly seven seconds, but the team of Aramy Cho, Matt Klypka, Elan Goldwaser, and Matt Filandro ran 8:02.42, the 24th fastest time in Bergen history and 26 seconds faster than the same quartet ran last year. They finished third among the 15 New Jersey schools that qualified for the event.

"The experience from last year really helped," said Cho, who led off in 2:02.2. "This year we knew we'd have to wait in the paddock for a half hour before the race,

so we warmed up earlier and better."

"It really helped us that when we were in the race, people were rooting for us. Teams we didn't know and teams like Ridgewood who we run against," said Goldwaser who split 1:59.9. "That really helped a lot."

It wasn't a game-winning shot with no time on the clock. But Martin Gumowski's performance in the javelin was every bit as clutch as a buzzer beater.

The all-Bergen basketball player had only two fair throws of his six attempts. The first one put him into the eight-man final and the second one, on his final attempt, lifted him from sixth place to third, with a personal best of 181-7.

"I moved my mark back a couple of feet so I could go after [the approach] harder and remembered what [coach] Joe [Lee] told me - the approach is the most important part of the throw," said Gumowski, who followed in the footsteps of former teammate Paul Rosiak in finishing third at Penn.

"I thought about that as I was running up for my final throw," said Gumowski, who will throw for Rutgers next year. "I said to myself that I wasn't going to be comfortable without a medal so I let it fly."

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Record 4/25

Brian my next coach because he's always organizing them at all about all year." They're just what this team has been DePaul's Val Sisti continued to round into spring shape after an outstanding winter in the long jump. The senior jumped only 21-1 but made the finals as New Jersey's only competitor and finished seventh. Equally frustrated was Ridgewood's Gabe Knutson after a best of 15 feet. Knutson had two close misses at indoor 14-1 1/4 vault, his highest major-meet outdoor clearance, but his ninth on the all-time Bergen list.

By PAUL SCHWARTZ
STAFF WRITER

PENN RELAYS NOTEBOOK

PHILADELPHIA - Ramsey and Clifton need to clear some space in the trophy case Monday morning. Both schools won their heat of the boys 1,600-meter relay Saturday at the Penn Relays, winning a boys championship plaque for the first time. Ramsey won a 2000 Penn Relays girls plaque. The two schools earned their victories in contrasting styles. Ramsey won almost wire-to-wire and finished more than 50 meters ahead, in 3:29.13. Clifton came from far back in third place behind a 50.2 anchor by Jason Shagawat to edge Oakcrest and Demarest in 3:28.79.

"I just took off when Simon [Pekarsky] got me the baton," said Ramsey anchor Ryan Mills, who was part of last year's third-place team with leadoff runner Alex Crabbe. "I just tried to get around the track as fast as I could and get us the win."

The Rams have set a goal to break the nearly 30-year-old school record of 3:26.4, but even though conditions were perfect for a record try, they weren't disappointed by coming up short.

"The time was insignificant," said Crabbe, who handed off to Alex Lanuto before Pekarsky and Mills finished the race. "We know we are going to run faster. Today we just wanted to win."

Clifton coach John Pontes was thrilled with his team's performance in earning the school's first plaque. "This entire year has been a dream," said Pontes, whose team already has won the Passaic indoor championships and outdoor relays. "And you can't find a more symbolic group than the four kids who won the race today."

"They're always doing more than what we ask and I call them my next coach because he's always organizing them at all about all year." They're just what this team has been DePaul's Val Sisti continued to round into spring shape after an outstanding winter in the long jump. The senior jumped only 21-1 but made the finals as New Jersey's only competitor and finished seventh. Equally frustrated was Ridgewood's Gabe Knutson after a best of 15 feet. Knutson had two close misses at indoor 14-1 1/4 vault, his highest major-meet outdoor clearance, but his ninth on the all-time Bergen list.

110th Penn Relays: Thursday – Saturday (4/22-4/24)

Friday:

4x800m:

David Maher	2:06.1
Michael Cator	1:59.9
Byron Williams	1:58.8
Ari Zamir	2:00.5

8:05.78 – 13th in heat

Distance Medley Championship of America:

Erik Nygaard	3:12.1
Gabriel Knutson	51.7
Byron Williams	1:56.6
Ari Zamir	4:29.8

10:29.79 – 14th

Saturday

4x400m:

Evan Yeaw	54.4
Niall Buckley	60.7 (dropped baton)
Okechukwu Onwubu	55.6
Harryl Smith	55.3

3:46.70

Pole Vault Championship of America

Gabriel Knutson	14'1 1/4" - Tie 12 th
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Ridgewood 72 Kennedy 59

April 27, 2004; sunny – 60ish

400 IH: Ridgewood: 6 Kennedy: 3
1-Byron Williams (R) 59.1 2-Deron Doles (K) 60.4 3-Niall Buckley (R) 61.4
Others: Steven Pierce 63.7

100m: Ridgewood: 3 Kennedy: 6
1-Winston Jordan (K) 11.5 2-Gabriel Knutson (R) 11.6 3-Ryan Jordan (K) 11.6
Others: H. Smith 11.7; K. Wanchoo 11.9; S. Oh 12.1; A. Gelbaum 12.2; E. Jimenez 12.2; Jo. Lee 12.3; T. Honan 12.3; F. Nestor 12.4; D. Maniaci 13.3; Ja. Lee 13.4; S. Logue 13.4; M. Vaccaro 13.4; S. Miller 13.6

1600m: Ridgewood: 4 Kennedy: 5
1-Mohammad Khadraoui (K) 4:23.2 2-Michael Cator (R) 4:23.9 3-David Maher(R)4:29.5
Others: J. Pfeiffer 4:46; J. Garber 4:48; A. Vedder 5:12; S. Kiernan 5:20; C. Magrath 5:26; A. Pruzinsky 5:32; D. Stolfo 6:05

400m: Ridgewood: 1 Kennedy: 8
1-Shauan Brown (K) 51.3 2-Ryan Jordan (K) 52.2 3-Evan Yeaw (R) 52.7
Others: O. Onwubu 54.3; J. Schmidt 56.8; E. Ellingboe 58.9; C. Mulvey 59.8; F. Nestor 60.7; Z. Ontiveros 61.5; T. Jenssen 62.1; R. Cooper 64.1; C. Anderson 64.3

110HH: Ridgewood: 4 Kennedy: 5
1-Deron Doles (K) 15.7 2-Joe Nagano-Gerace (R) 16.1 3-John Moody (R) 17.8
Others: S. Pierce 18.1 J. Chamoun 18.1

800m: Ridgewood: 8 Kennedy: 1
1-David Maher (R) 2:01.9 2-Byron Williams (R) 2:03.2 3-Brown (K) 2:06.2
Others: N. Buckley 2:10; J. Pfeiffer 2:19; S. Kiernan 2:32; D. Stolfo 2:38; J. Patino 2:45

200m: Ridgewood: 5 Kennedy: 4
1- Evan Yeaw (R) 23.7 2-Winston Jordan (K) 24.0 3-Ryan Jordan (K) 24.7
Others: S. Oh 24.5; A. Gelbaum 24.5; J. Nagano-Gerace 25.1; J. Moody 25.2; E. Jimenez 25.4; E. Ellingboe 25.6; D. Maniaci 26.6; J. Violaris 26.8; F. Nestor 27.0; C. Anderson 27.0; T. Honan 27.4; R. Cooper 27.6; Ja. Lee 28.2; K. Phelan 28.3; Z. Ontiveros 28.9; S. Miller 29.3; M. Vaccaro 29.3; F. Corkery 35.6

3200m: Ridgewood: 4 Kennedy: 5
1-Mo Khadraoui (K) 9:48 2-Kyle Engelken (R) 9:52 3-Brad Volkommer (R) 10:20
Others: J. Garber 11:15

Long Jump: Ridgewood: 6 Kennedy: 3
1-Gabe Knutson (R) 20'7" 2-Raphael Nyakako (K) 18'9 1/2" 3-Harryl Smith (R) 18'8"
Others: K. Wanchoo 17'9" B. Clementi 17'1"; E. Jimenez 16'9"

Triple Jump: Ridgewood: 5 Kennedy: 4
1-Harryl Smith (R) 40'8" 2-Raphael Nyakako (K) 38'10" 3-Duran Doles (K) 38'4"
Others: B.Clementi 37'1"; K. Wanchoo 36'11"; M. Lam 31'11 1/2"

High Jump: Ridgewood: 4 Kennedy: 5
1-Shaquan Brown (K) 5'8" 2-Harryl Smith (R) 5'8" 3-Paul Kovach (R) 5'6"
Others: E. Jimenez 5'0";

Shot Put: Ridgewood: 8 Kennedy: 1
1-Mat Flicker (R) 45'10" 2-Gabriel Knutson (R) 43'4 1/2" 3-C. Gordon (K) 42'3"
Others: M. Monfared 41'8"; A. Pskowski 37'7 1/2"; M. LaFleur 37' 7"; B. Righthand
36'5" A. Recchia 36'5"; B. Wilson 35'7 1/2"; M. Hendrickson 28'10"; S. Syfman 25'8";
T. Comer 25'1"; G. Hachem 25'0" B. Lynch F; J. Petersil F

Discus: Ridgewood: 4 Kennedy: 5
1-C. Gordon (K) 127'0" 2-Gabriel Knutson (R) 120'11" 3-Mat Flicker (R) 114'8"
Others: M. Monfared 106'2"; J. Miller 103'2"; B. Righthand 88'7"; A. Recchia 85'8";
M. LaFleur 84'7"; B. Lynch 84'5"; T. Comer 77'8"; M. Henrickson 70'6"; S. Syfman
70'1"; A. Pskowski 68'10"; B. Wilson F; G. Hachem F; J. Petersil F

Pole Vault: Ridgewood: 9 Kennedy: 0
1-Jake Ricchiardi (R) 12'6" 2-Christian Jensen (R) 11'0" 3-Paul Kovach (R) 10'0"
Others: A. Gelbaum 8'0"; R. Cooper 7'6"

4x400m: Ridgewood: 0 Kennedy: 5
1- Kennedy 3:38.5 2-Ridgewood 3:42.6
(O. Onwubu 54.5, J. Schmidt 58.6, A. Gelbaum 55.7, N. Buckley 55.0)

Comments:

Good win against a very strong team. Other areas needed to step up in order to win and we were able to win the 200 and sweep the pole vault.

Athletes of the Meet:

Gabe Knutson: 14 points – LJ win; 120' debut in the discus
Evan Yeaw: 52.7 400m; win in the 200m
Niall Buckley: 61.4 IH; 2:10 debut in the 800m
Albert Gelbaum: PBs in 200 (24.5) PV (8'0") 400 (55.7)
Michael Monfared: 41'8" Shot
Jacob Garber: 4:48 1600m

4/27

TRACK & FIELD

Top performances

GIRLS

100 M (13.2): Consandria Walker, Hackensack, 11.9; Shetoi Francis, Teaneck, 12.4; Amma Walcott, Hackensack, 12.4; Cubicciotti, IHA, 12.5; Yvonne Hunt, Teaneck, 12.6; Abby Abecerteo, River Dell 13.1; Brynn Rosser, Hackensack, 13.1.

200 M (27.5): Walker, 25.0; Melissa Hannibal, Bergen Tech, 27.5; Smith, Teaneck, 29.5.

400 M (64.0): Kadian Dockery, Teaneck, 61.5.

1,600 M (5:40): Sinkovitz, IHA, 5:23; Taylor, IHA 5:39.

110M HH (17.2): Chelsea Townes, Hackensack, 15.4.

400M HH (71): Townes, 68.6.

Long jump (15-0): Walker, 16.9

Triple jump (31-0): Karly McIven, River Dell 32-6 1/2; Nicole Krzysik, Clifton 32-10 1/2; Britannia Frazier, Hackensack, 31-0.

High jump (4-10): Townes, 5-2.

Pole vault (5-6): Karen Langner, Clifton 10-1; Laura Meyers, Clifton 8-6; Diane Szaflarski, Clifton 8-6; Jessica Torres, Clifton 8-0; Katherine Serpa, Hackensack 7-0.

Discus (90): Teejen Conti, River Dell 98-8; Jamila Morrison, Hackensack, 94-0; Lourdes Bherder, Belleville 90-6; Nicole Robinson, Hackensack, 107-6

Shot put (31): Morrison, 35-5 1/2; Robinson, 34-4 1/2; Elizabeth Post, Clifton 34-4; Connie Muleh, Clifton 33-8; Ariella Lima, Clifton 31-9 1/2.

BOYS

100 M (11.3): Michael Ray Garvin, Don Bosco 10.6; Ryan Lindsey, Don Bosco 11.1; Brian Horton, Hackensack, 11.1; Leslie Bonsu, Bergen Tech, 11.2; Brian Gilbert, Teaneck, 11.24.

200 M (23.5): Garvin, Don Bosco 21.6; Lindsey, Don Bosco, 22.9; Josh Simmons, Hackensack, 23.0; Brian Toal, Don Bosco 23.5; Williams, Passaic 23.6

110M HH (16.2): Dan Oquendo, Hackensack, 14.6; Gonzalez, Don Bosco, 15.2; Gianni Rollins, Hackensack, 15.2;

Jean Beljour, Hackensack, 15.3; Deron Doles, Kennedy 15.7; Chadwick Cadet, Don Bosco 16.1; Claude Guinhard, Don Bosco 16.1; Joseph Nagano-Gerace, Ridgewood 16.1; Mike Doster, Wayne Valley, 16.1.

400 M (2:45): Hayrol Cruz, Passaic 1:59; David Maher, Ridgewood 2:01.9; James LaGrecca, Demarest, 2:02; Byron Williams, Ridgewood, 2:03.2; Dan Scheonfelder, Demarest, 2:04; Sharod Reeves, Teaneck 2:04.28; Anthony Amato, Don Bosco 2:04.6; Greg Wyka, Don Bosco 2:04.9; Evan Campbell, Wayne Valley, 2:05.

800 M (2:45): Hayrol Cruz, Passaic 1:59; David Maher, Ridgewood 2:01.9; James LaGrecca, Demarest, 2:02; Byron Williams, Ridgewood, 2:03.2; Dan Scheonfelder, Demarest, 2:04; Sharod Reeves, Teaneck 2:04.28; Anthony Amato, Don Bosco 2:04.6; Greg Wyka, Don Bosco 2:04.9; Evan Campbell, Wayne Valley, 2:05.

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Discus (90): Teejen Conti, River Dell 98-8; Jamila Morrison, Hackensack, 94-0; Lourdes Bherder, Belleville 90-6; Nicole Robinson, Hackensack, 107-6

Shot put (31): Morrison, 35-5 1/2; Robinson, 34-4 1/2; Elizabeth Post, Clifton 34-4; Connie Muleh, Clifton 33-8; Ariella Lima, Clifton 31-9 1/2.

1,600 M (4:40): Mohammad Khroudi, Kennedy 4:23.2; Michael Cator, Ridgewood 4:23.9; David Maher, Ridgewood 4:29.5; Brent Napoleon, Don Bosco 4:35.6; Miguel Palacios, Passaic 4:40.

400 M (53.5): Shaquan Brown, Kennedy 51.3; Dwayne Lowe, Teaneck 51.5; Jaked Davis, Don Bosco 52.2; Ryan Jordan, Kennedy 52.2; Evan Yeaw, Ridgewood 52.7; Matt Scheurier, Demarest 53.0; Simmons, 53.0; Oderick Turner, Teaneck 53.1; Ed Cabo, Hackensack, 53.5; Rivera, Passaic 53.8.

400M HH (60.0): Jeremy Perussi, Demarest 57.3; Mark Hanulak, Hackensack 57.8; Doster, 58.8; Byron Williams, Ridgewood, 59.1; Eric Piferer, Ramapo 59.3; Chris Gonzalez, Don Bosco 59.4; Sunil Joseph, Don Bosco 59.9; Dan Junkowitz, Demarest, 60.0;

3200 M: Mohammad Khadraqui, Kennedy, 9:48.0; Kyle Engelken, Ridgewood, 9:52.0

Shot put (46): Brian Toal, Don Bosco 54-3/4; Eric Sewell, Hackensack, 50-0; Jason Mack, Passaic 49-3 1/2; Crenshaw, 47-9 1/2; Robert Mozia, Hackensack, 47-0 1/2; Doug Klopacc, St. Joseph 46-4

Discus (135): Vaughn Crenshaw, Hackensack, 139-4; Adamczwk, Nutley 138-8; Eric Sewell, Hackensack, 137-5; Mack, Passaic 135-4 1/2; Rarrion Sanchez, Passaic 125-0; Michael Farr, Don Bosco 124-7

High jump (5-10): Danny Oquendo, Hackensack, 6-4; Jean Beljour, Hackensack, 6-4; Oderick Turner, Teaneck 6-2; Johnson, Passaic 6-0; Brian Gilbert, Teaneck 5-10; Gerald Inman, St. Joseph 5-10; Will Mackie, St. Joseph 5-10.

Triple jump (39-6): Oquendo, 44-5; Jeremy Perussi, Demarest 41-2; Harry Smith, Ridgewood 40-8; Horton, 40-0.

Long jump (19-6): Gabe Knutson, Ridgewood, 20-7; Oquendo, 20-6; Terry Turner, Bergen Catholic, 20-1; Gilbert Ellerbe, Wayne Valley, 19-8.

Pole vault (11-6): Jake Ricciardi, Ridgewood 12-6; Guinhard, Don Bosco 11-6.

Discus (135): Vaughn Crenshaw, Hackensack, 139-4; Adamczwk, Nutley 138-8; Eric Sewell, Hackensack, 137-5; Mack, Passaic 135-4 1/2; Rarrion Sanchez, Passaic 125-0; Michael Farr, Don Bosco 124-7

High jump (5-10): Danny Oquendo, Hackensack, 6-4; Jean Beljour, Hackensack, 6-4; Oderick Turner, Teaneck 6-2; Johnson, Passaic 6-0; Brian Gilbert, Teaneck 5-10; Gerald Inman, St. Joseph 5-10; Will Mackie, St. Joseph 5-10.

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Pole vault (11-6): Jake Ricciardi, Ridgewood 12-6; Guinhard, Don Bosco 11-6.

BOYS TRACK

- Bergen Catholic 64, Teaneck 63
- Bergen Tech 100, Dwight-Englewood 12
- Don Bosco 71, Passaic 60
- Hackensack 112, Nutley 19
- Palsades Park 82, Bergen Tech 58
- Ridgewood 72, Kennedy 59
- River Dell 76, Ridgefield Park 53
- St. Joseph 66, Barringer 56
- St. Joseph 78, Paramus Catholic 44
- Wayne Valley 78, Millburn 53

BARGAINS

Check the

CLASSIFIED

Demarest racing to strong season

GREGORY SCHUTTA
AFF WRITER

Most of the year, Jeremy Perussi is battling to clear obstacles, whether they are defenders guarding the net in soccer or hurdles on the track. But given the chance to run with a clear track ahead of him, the Demarest senior took full advantage.

Perussi ran a 51-second leadoff leg as the Norsemen team of Perussi, Kellen Hayes, Larry Sumulong, and Matt Schuierer ran a personal-best 3:29.91 last weekend to finish first in their heat of the 1,600 relay at the Penn Relays, fourth-best among North Jersey teams at the event.

"I'm very happy with what they did," coach Mike Theuerkauf said. "They all ran their best time by a second."

Schuierer, a sophomore, and Sumulong both ran in just over 52 seconds, and Hayes ran 53 seconds to go along with Perussi's 51.

"Jeremy is a tremendous quarter runner, but he's never gotten a chance to run a quarter in Demarest because all his other events fill him up," Theuerkauf said of the hurdler, triple jumper, and long jumper. "This was a tremendous opportunity for him. He finished fifth in the state at the high hurdles last year and fifth in the 55 hurdles indoors over the winter. He's being recruited by a number of colleges."

The Norsemen have started the season strong, going undefeated in dual meets and taking Hackensack, the No. 1 team in The Record's top 25, to the final two events before finishing second in Division A at the Bergen Relays two weeks ago.

"Once it came down to the final two events, we knew they had a better discus team and a better 4x4 team," Theuerkauf said. "But I couldn't be prouder of what our kids did. We're truly a group of 3 school and were the smallest school in Division A going up against one of the largest. We're looking forward to the State sectionals when we will be competing with schools our own size."

Besides Perussi, the Norsemen have also been getting strong performances from middle distance runner James LaGreca, who has run 1:56.80 meters and a 4:21 mile this year.

"He runs workouts like a madman, and I'd go to battle with him any time," Theuerkauf said.

Senior Sam Lee has spread himself around, winning 59 seconds in the intermediate hurdles and 1:00 in the 100 while also boasting a 1-foot triple jump and 21-foot long jump. James Woods has chipped in with a 12-6 pole vault and a 160-foot javelin.

NICK OF TIME: Teaneck coach Michelle McMillan spent the first month of the season looking for her 1,600-meter relay team. Last weekend at the Penn Relays, she finally found

Running as a team for the first time, DeWayne Lowe, Odarius Turner, Sharod Reeves, and Oderick Turner ran 3:27.1 to finish third in their heat. It was the best time of the day by a North Jersey team.

"We just kept mixing and matching, looking for the combination that worked the best," McMillan said. "I figure we'll go with that for now. That's not bad for now."

Lowe ran his leadoff leg in 51.1 seconds, at one point giving the Highwaymen the lead. All but one of the Teaneck runners broke 52 seconds.

"I pray a lot, and before the race, I asked the Lord to let us win," McMillan said. "That may have been a bit much to ask. But seeing us winning at one point was extremely exciting. It's a good time for this point in the season. They're on a pace, if they keep working, to drop down to 3:22, maybe 3:21."

NEARING GOALS: Hawthorne seniors Casey Robert and John Strang have set specific goals for themselves this year, and each took a step toward those goals at last weekend's Ridgefield Relays.

Robert ran a hand-timed 10.4 seconds in winning the 100 meters while Strang cleared 6-2 in helping lead the Bears to a tie in the high jump relay.

"With Casey, you really don't know how good he is because he hasn't been pushed yet," Hawthorne coach John LaForge said. "He tends to run to his competition."

So far this year, Robert has run the 100 in 10.4 seconds and the 200 in 21.9, both hand-timed, and the 400 in 52 seconds. His best in the 400 is 50.4 seconds, which he ran last year.

"He hasn't been challenged yet in the 400," LaForge said. "We've been working hard on starts, which was a problem for him last year because he started the season by injuring his ankle. He won the 100, 200, and 400 in the league meet and the sectionals, and he wants to repeat that this year."

Strang's goal is to clear 6-6 in the high jump. He already has the school record of 6-4, which he cleared last year.

"He's working his own jumping program to try to strengthen his legs," LaForge said of Strang, who also ran 14.3 seconds in the 110 hurdles at Ridgefield. "He definitely has a shot. His form is terrific."

The Bears are a young team trying to build around a strong nucleus that includes Robert, Strang, and senior thrower Jesse Padilla. Padilla's best throw this year of 48 feet, 2 inches in the shot is already 3 feet better than his best last year and he has thrown the discus 135 feet.

BOYS NOTEBOOK

1. **Hackensack**—The Comets have been at the top of the rankings since the season began.

2. **Demarest**—Each member of the Norsemen's 1,600 relay cut a second off his personal best at the Penn Relays on Saturday.

3. **Ridgewood**—Sophomore Byron Williams ran a pair of sub-1:59 800's in the same day for the Maroons' 3,200 and distance medley teams at the Penn Relays.

4. **Clifton**—The Mustangs won their heat of the 1,600 relay at the Penn Relays with the third-best time among North Jersey teams.

5. **Northern Highlands**—The Highlanders hope to build on last week's win in the Bergen Relays when the league meets kick off next week.

6. **Don Bosco**—The Ironmen hope to be in full stride for the NNJIL Division C meet next week.

7. **Glen Rock**—The Panthers won four events in winning the Division 2 title at the Randolph Relays on Saturday.

8. **Saddle Brook**—The Falcons will renew their rivalry with Glen Rock at the B-PSL league meet beginning Tuesday.

9. **West Milford**—The Highlanders face a dual meet showdown with league rival West Orange on Monday.

10. **Passaic**—The Indians will again ride the strength of their throws when the NNJIL league meet takes place next weekend.

11. **Indian Hills**—The Braves' 3,200 relay team cut 26 seconds off its time from last year's Penn Relays, finishing third among New Jersey teams.

12. **Ramsey**—The Rams were the only other Bergen County team to win a heat in the Penn Relays 1,600, posting the fourth-best time among local teams.

13. **Palisades Park**—A week after getting disqualified in the Bergen Relays 1,600, the Tigers ran 3:30.98 at the Penn Relays to finish third in their heat.

14. **Hasbrouck Heights**—Vernard Hoover proved himself by finishing second in the Penn Relays triple jump.

15. **Fort Lee**—The Bridgemen won five events and tied in the sixth to cruise to a victory at the Ridgefield Relays.

16. **River Dell**—The Golden Hawks get another shot at BCSL American relay champ Fort Lee in next week's league meet.

17. **Pascack Hills**—The Cowboys finished a distant second to Fort Lee at the Ridgefield Relays.

18. **Westwood**—The team of Agbi Bajrushi, Sean Cannon, and Erik Heymann won the javelin at the Ridgefield Relays.

19. **Bergen Catholic**—The Crusaders finished fourth in their 1,600 heat at Penn.

20. **Wayne Valley**—The Indians hold their position for another week.

GIRLS TOP 20

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By J.P. P
STAFF WR

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Maroon track teams compete at Penn

BY MATT POTTER
Staff Writer

PHILADELPHIA, Pa. — The Ridgewood High School track teams tested their skills against some of the best athletes on the East Coast at the prestigious Penn Relays at the University of Pennsylvania at the end of last week.

The Maroons had six teams qualify for the meet — three teams each for the boys and girls — while Gabe Knutson competed as an individual in pole vault.

And, although the Ridgewood performances were relatively low-key, the coaches were pleased.

"I thought we did fine, nothing great, but nothing poor," said boys head coach Josh Saladino. "It was very exciting to take part in a meet like this. It was a good learning experience, and we know now that we have to step it up a bit more for the big meets."

"We didn't have any teams ready to make finals, but I was pretty happy with our performance," said girls head coach Jacob Brown. "We competed well, and this was good experience."

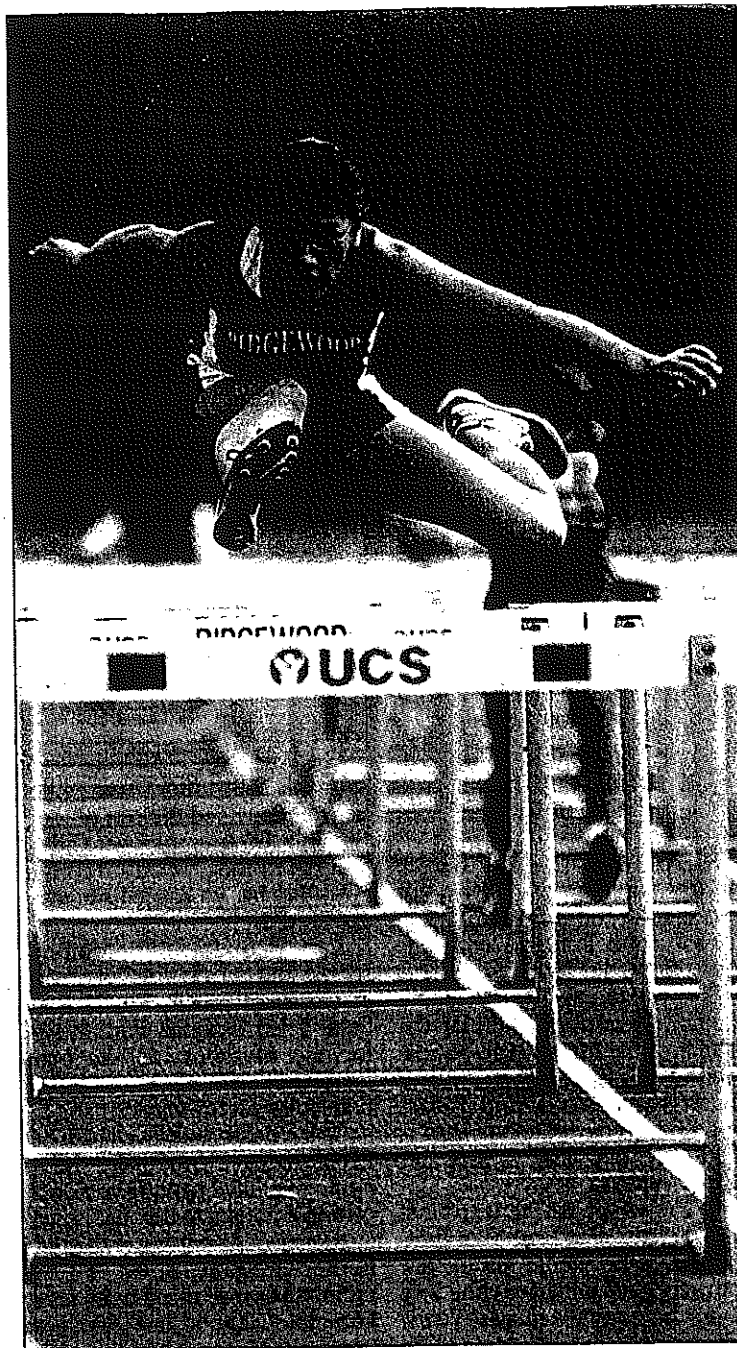
In the girls 4 x 800, the Ridgewood quartet ran the 15th fastest time in school history, and that was good enough for 13th place in the Maroons' heat.

Cristina Law, Becca Wells, Stephanie Westerman and Emily Terrin were the Ridgewood four who finished in 9:45.02, with Westerman's strong 2:25.6 split constituting a personal best. It was the first time in four years that the Maroons had been involved in Penn's 4 x 800 race.

The girls also competed in the 4 x 100, where Ashley Carri, Lani Caldwell, Erica Cigolini and Jess Krejsa combined for 53:18 and eighth place in the heat. And Krejsa, Wells, Carri and Law clocked 4:18.15 for 10th in their 4 x 400 heat.

All three Ridgewood teams were young. Each unit featured only one senior, and that makes Brown excited about next year and beyond.

"This team has a dynamic younger group," said Brown. "The kids are getting better and better, and they're coming on quickly. I challenged them that next year we could go down there, go a step fur-



GARY JUNG/STAFF PHOTOGRAPHER

Ridgewood freshman Lara-Jane Que is on her way to victory in the 100-meter hurdles against Paterson Kennedy on Tuesday. Que recorded a time of 16.1 seconds.

ther and reach the finals."

Meanwhile, for the boys, the distance medley team of Erik Nygaard, Knutson, Byron Williams and Ari Zamir, which did not need to take part in qualifying heats, was 14th in the championship race, clocking a time of 10:29.79.

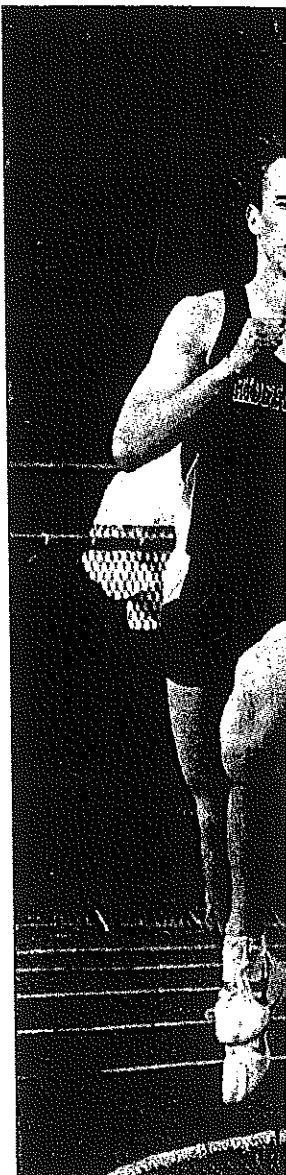
The 4 x 800 quartet (Dave Maher, Mike Cator, Williams and Zamir) was 13th in its heat, finishing in 8:05.78. Williams' 1:58.9 split was the highlight, and the sophomore also ran 1:56.4 as part

of the distance medley team.

"Byron had an exceptional day; he ran his two best times ever," said Saladino. "He did what we needed and stepped it up."

Ridgewood was also 13th in its 4 x 400 heat (Evan Yeaw, Niall Buckley, Oke Onwubu and Harryl Smith), in 3:46.7.

The Maroons' only individual competitor, Knutson, managed 14 feet, one-and-a-half inches in the pole vault, finishing tied for 12th. The vault was some distance short



Senior Dave Maher of R dual meet with Kennedy

of his indoor best of 15 feet.

"Indoors, there are no one to contend with, like the outdoors you have to make adjustments when you vault outdoors," explained Saladino. "It's a new experience. Gabe is such a competitor that he's disappointed to be up near 15 feet, I'm doing a nice job."

This past Tuesday, the boys were in action in a dual meet with Paterson Kennedy. The boys were 72-59, and the girls were victorious, 95-36.

The next big meet for Ridgewood is the league championship at Teaneck High School on Friday. The events start at 4:30.

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

Rio News 4/30



GARY JUNG/STAFF PHOTOGRAPHER
 The Que is on her way to victory in the pole vault at Paterson Kennedy on Tuesday.

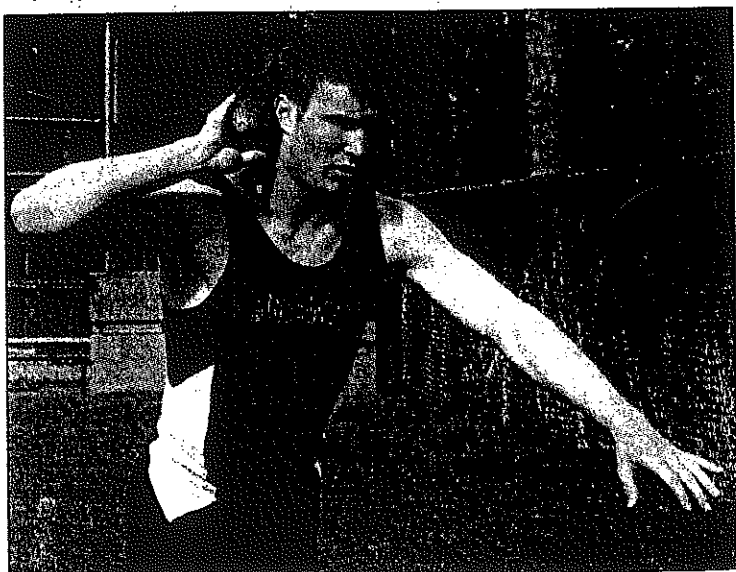
of the distance medley team.
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Senior Dave Maher of Ridgewood leads teammate Byron Williams, a sophomore, in the track dual meet with Kennedy on Tuesday.

of his indoor best of 15 feet.
 "Indoors, there are no elements to contend with, like the wind, so you have to make adjustments when you vault outdoors," explained Saladino. "It's a different experience. Gabe is such a competitor that he's disappointed not to be up near 15 feet, but he's doing a nice job."
 This past Tuesday, the Maroons were in action in a dual meet with Paterson Kennedy. The boys won, 72-59, and the girls were also victorious, 95-36.
 The next big meet for Ridgewood is the league championship at Teaneck High School next Friday. The events start at 4:30 p.m.

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



Ridgewood senior Gabe Knutson practices his shot put technique at Tuesday's meet.

Teaneck's Smith ties County record

By **PAUL SCHWARTZ**
STAFF WRITER

BERNARDSVILLE — Michelle Smith is devoted to the hurdles, and her devotion is paying off nearly every time she steps to the starting line.

While seven North Jersey athletes won events at the prestigious Bernards Invitational on Saturday and many others posted impressive performances in the first major individual meet of the season, it was the Teaneck junior's showing in the 100- and 400-meter hurdles that stood out.

Smith was second behind Tramaine Shaw of Piscataway in the 100 hurdles, but her time of 14.2 into a moderate wind tied the Bergen County record set 23 years ago by Renee Carter of Englewood and shared by two other athletes in the

TRACK & FIELD BERNARDS INVITATIONAL

last six years.

"That's what I hoped to hear when I ran today," said Smith, who had a personal best of 14.9 last spring and has been running wonderfully since the winter. "It's a real goal of mine to set the County record and I know I can run a lot faster before the season is over."

"I think she can be under 14 seconds in automatic time this year," said coach Cheryl Miller-Porter. "She's worked so hard to get better and has been an inspiration for all these kids."

Smith also finished third in the 400 hurdles, taking nearly two seconds off her best time in running 1:04.0, one of the top 20 times in Bergen County history and 2.6 seconds short of the oldest un-equalled Bergen girls record, 1:01.4 by Indv Palmer of Teaneck in 1982.

Records

May 2nd

Two boys who were disappointed with their performances in the individual events at Penn Relays last weekend snapped back with impressive wins.

Ridgewood's Gabe Knutson became the seventh Bergen County athlete to clear 14 feet, 6 inches in winning the pole vault and Val Sisti of DePaul won the long jump with a seasonal best of 21-9, upsetting Kyle Calvo of Somerville, who had beaten him at the indoor Eastern States meet.

"I had been using my left hand more as a guide than an active part of my vault," said Knutson. "But [last] week I really worked hard on using my left hand more and I was able to penetrate deeper into the pit, making it easier for me to clear. I've really gotten my confidence back."

Sisti was seventh at the Penn Relays long jump, fouling on four of his six attempts and barely reaching 21 feet.

But he jumped 21-9 on his fifth jump Saturday to overtake Calvo, who had been leading with a jump of 21-6.

"I'm pretty happy that with each meet I seem to be getting better," said Sisti, who jumped nearly 23 feet indoors. "Today we were going against the wind and I didn't foul at all, so I'm getting things together."

The 1,600-meter races were dominated by B-PSL runners as a warm-up to the league championships on Tuesday and Wednesday.

Meghan Gaffney of Pompton Lakes made her first individual race in more than three months a very good one, running 5:11.7 for a repeat win in the girls race, more than two seconds faster than her winning time of 2003. Ryan McCann of Glen Rock started his individual season with a solid 4:24.2 clocking in the boys race.

May 2nd

BERNARDS

COUNTY SEAT INVITATIONAL

AT WAYNE HILLS

Boys

DIVISION A

TEAM SCORES: 1. Wayne Hills (WH) 101; 2. Passaic Valley (PassV) 78; 3. Wayne Valley (73); 4. West Windsor-Plainsboro South (WW) 54; 5. St. Joseph (SJ) 46; 6. Ridgewood (RW) 40; 7. Fair Lawn (FLwn) 38; 8. Pascack Valley (PV) 12; 9. Tie, Cliffsides Park (CP), Passaic (P) 7; 11. Kennedy (K) 2.

100 - 1. Chazz Lynn (WH) 11.0; 2. Brad Ottino (PassV) 11.8; 3. Chris Frugls (FLwn) 11.8; 4. Dan Chang (WH) 11.8; 5. Fechnel Michel (SJ) 11.9; 6. Dan Requena (FLwn) 11.9.

200 - 1. Chazz Lynn (WH) 23.2; 2. Gilbert Ellerbe (WV) 23.7; 3. Soji Ojugbele (PassV) 23.7; 4. Dan Requena (FLwn) 24.3; 5. Chris Frugls (FLwn) 24.4; 6. Brandon Manley (WW) 25.0.

400 - 1. Teo Mauraganis (WW) 51.2; 2. Caleb DeNegrts (WH) 52.5; 3. Cory Riccart (WH) 53.1; 4. Chechukwu Orwubu (RW) 54.0; 5. Austin Henderson (WW) 54.6; 6. Rudy Lopez (WW) 55.5.

800 - 1. Evan Campbell (WV) 2:01.0; 2. Ted Mavraganis (WW) 2:06.0; 3. Ryan Suntonasta (SJ) 2:12.2; 4. Dave Anthony (WV) 2:15.1; 5. Adam Lewis (WW) 2:16.6; 6. Quadeer Wilson (K) 2:18.6.

1,600 - 1. Mike Pollfonte (PassV) 4:43.9; 2. Tony Salvatore (WV) 4:47.0; 3. Joe Ennis (WW) 4:48.5; 4. Adam Lewis (WW) 4:49.8; 5. Mike Platt (WV) 4:50.1; 6. Guntis Embrik (PassV) 4:59.5.

3,200 - 1. Joe Ennis (WW) 10:04.0; 2. Tony Salvatore (WV) 10:10.0; 3. Mike Platt (WV) 10:18.4; 4. Ryan Santonacita (SJ) 10:39.8; 5. John Klein (WH) 11:29.4; 6. Anthony Fabian (K) 12:11.4.

1,600 Relay - 1. Wayne Hills (Corey Riccart, T.J. Coffe, Charlie Mysak, Caleb DeNegrts) 3:31.3; 2. Fair Lawn 3:42.6; 3. Passaic Valley 4:49.5.

110 HH - 1. Sifiso Takirambudde (WW) 15.3; 2. Mike Doster (WV) 16.3; 3. Luke Hyun (WH) 16.4; 4. A.J. Esguerra (PassV) 16.5; 5. Niraj Naik (FLwn) 16.9; 6. J. Nagano-Gerace (RW) 17.3.

400 HH - 1. Niraj Naik (FLwn) 1:00.2; 2. A.J. Esguerra (PassV) 1:00.2; 3. J. Nagano-Gerace (RW) 1:01.3; 4. Casey Grant (SJ) 1:01.4; 5. Mike Doster (WV) 1:03.1; 6. Jon Pena (FLwn) 1:05.3.

Shot Put - 1. Doug Klopacz (SJ) 47-3; 2. Steve Abdallah (RW) 47-1 1/2; 3. Rob Kerbstat (SJ) 46-9; 4. Chris Zambelli (WH) 44-9; 5. Scott Phillips (WV) 43-10; 6. Eric Menist (FLwn) 43-5 1/2.

Javelin - 1. Joe Giardina (PV) 151-5; 2. Nick Ontiveros (RW) 137-0; 3. Larry Sisico (WH) 129-3; 4. Victor Moschetta (PassV) 128-4; 5. Matt Timmon (PV) 124-5; 6. Eric Israni (WV) 119-6.

Discus - 1. Mark Engravelle (SJ) 138-2; 2. James Damiano (PassV) 120-0; 3. George Abyad (PassV) 115-4; 4. Stan Valves (PassV) 115-1; 5. Brian Mercer (RW) 114-10; 6. Steve Abdallah (RW) 111-9.

High Jump - 1. Soji Ojubele (PassV) 5-10; 2. Tie, Ricky Barton (CP) 5-8, Ryan Mink (WH) 5-8; 4. Will Mackey (SJ) 5-6.

Long Jump - 1. Nick Romeo (WH) 20-8; 2. Dan Chang (WH) 18-11 1/2; 3. Luke Hyun (WH) 17-5; 4. Mike Park (WV) 17-4 3/4; 5. Brad Ottino (PassV) 17-2 1/2; 6. Soji Ojugbele (PassV) 16-9.

Triple Jump - 1. Brian Climent (RW) 38-2; 2. Dan Chang (WH) 37-11; 3. Mike Park (WV) 35-2; 4. Kyle Herrick (WV) 32-5 1/4; 5. Anthony DiDelectis (WV) 28-4 1/4.

Pole Vault - 1. Christian Jensen (RW) 11-0; 2. Tie, Andrew Rigoglioso (WV), Walter Hunko (P) 10-0; 4. Tie, Chris Frugls (FLwn), Farshad Tashyyod (WV) 9-0.

Boys

100 - 1. Kevin Thompson, North Bergen, 10.8; 2. Curtis Ford, Piscataway, 10.9; 3. Kyle Wilson, Piscataway, 11.2; 4. Stanley Howard, Franklin, 11.3; 5. Owen Amster, Somerville, 11.5.

200 - 1. Curtis Ford, Piscataway, 22.0; 2. Malcolm Jenkins, Piscataway, 22.5; 3. Shaquan Brown, Kennedy, 22.8; 4. Jeremy Guzman, South Brunswick, 23.2. No fifth.

400 - 1. Michael Pilgrim, West Windsor Plainsboro, 49.2; 2. Malcolm Jenkins, Piscataway, 50.7; 3. Vince Carpenter, Somerville, 50.8; 4. Reggie McCloud, McNair, 51.6; 5. Shaquan Brown, Kennedy, 51.8.

800 - 1. Greg Gomez, Franklin, 1:54.2; 2. John Guzman, Bridgewater-Raritan, 1:54.4; 3. Byron Williams, Ridgewood, 1:56.0; 4. Pat Mellea, St. Peter's Prep, 1:56.7; 5. Hayrol Cruz, Passaic, 1:56.7.

1,600 - 1. Ryan McCann, Glen Rock, 4:24.2; 2. John Salamon, St. Joseph's (Met), 4:27.8; 3. David Maher, Ridgewood, 4:31.2; 4. Erik Nygaard, Ridgewood, 4:31.3; 5. Chris Avallone, St. Joseph's (Met), 4:33.1.

3,200 - 1. Mohamed Khadraoui, Ridge-

wood, 9:25.3; 2. Michael Cator, Ridgewood, 9:37.4; 3. Brian Lang, St. Peter's Prep, 9:38.0; 4. Paul Komaszewski, Clifton, 9:47.4; 5. Kyle Engelken, Ridgewood, 9:51.2; 6. Will Nowicki, Pascack Valley, 9:52.5.

110 HH - 1. David Whitehurst, Lawrenceville, 13.7; 2. Jamil McClintock, Pingry, 14.2; 3. Kyle Calvo, Somerville, 14.4; 4. Jason Bradley, Somerville, 14.6; 5. Tyree Cooper, Piscataway, 15.1.

400 HH - 1. Tyree Cooper, Piscataway, 56.2; 2. Tie, Jason Bradley, Somerville, Chris Palmer, Watchung Hills, 57.2; 4. Matt Mitchell, Ridge, 58.1; 5. Tie between Alan Tucker, Franklin and Nike Mastrouboni, Ridgewood, 58.4.

Shot put - 1. Jim Rolle, Lawrenceville, 53-6; 2. Prescott Hill, South Brunswick, 50-11; 3. Greg Lippert, Pascack Valley, 50-7; 4. Jason Mack, Passaic, 50-3; 5. Anthony Gaskin, St. Peter's Prep, 49-3.

Discus - 1. Yermi Aveni, South Brunswick, 160-6; 2. Prescott Hill, South Brunswick, 151-5; 3. Jason Mack, Passaic, 150-4; 4. Jason Acquoye, Franklin, 149-10; 5. Don McCold, Sayreville, 143-1.

Javelin - 1. Marion Easley, Somerville, 171-10; 2. Steve Dowens, Middletown South, 171-0; 3. Tim Raymond, Nottingham, 165-7; 4. Mark Kearsing, Watchung Hills, 163-0; 5. Andrew DeGenais, Glen Rock, 160-9.

High Jump - 1. Kyle Calvo, Somerville, 6-8; 2. Alex Willis, Montgomery, 6-6; 3. Jude Rene, Nottingham, 6-2; 4. Rob Healu, Cedar Grove, 6-2; 5. David Whitehurst, Lawrenceville, 6-2.

Long Jump - 1. Val Sisti, DePaul, 21-9; 2. Kyle Calvo, Somerville, 21-6; 3. Andy Lim, Leonia, 20-9; 4. Jude Rene, Nottingham, 20-2 1/4; 5. Jeff Reid, Nottingham, 20-2.

Pole vault - 1. Gabe Knutson, Ridgewood, 14-6; 2. Jamie Stanley, Ridge, 14-0; 3. Adam Sacher, Pascack Valley, 14-0; 4. John Terman, Ewing, 13-0; 5. Jake Ricciardi, Ridgewood, 13-0.

400 relay - 1. Piscataway (Kyle Wilson, Jeff Omoregie, Malcolm Jenkins, Curtis Ford), 42.6; 2. Somerville, 42.8; 3. Franklin, 43.2; 4. Pingry, 44.8; 5. Passaic, 45.3.

1,600 relay - 1. Franklin (Alan Tucker, Stanley Howard, Oscar Wilson, Greg Gomez), 3:24.9; 2. Somerville, 3:27.0; 3. Piscataway, 3:27.1; 4. Clifton, 3:31.5; Teaneck, 3:35.1.

Bernardsville Invitational**Saturday, May 1st - 70 and sunny**

200m: Evan Yeaw 23.6, Harry Smith 24.3

1600m: David Maher 4:31.2 – 3rd Place
Erik Nygaard 4:31.3 – 4th Place

800m: Byron Williams 1:56.0 – 3rd Place

400m IH: Evan Yeaw 60.1

3200m: Michael Cator 9:37.4 – 2nd Place
Kyle Engelken 9:51.2 – 5th Place
Brad Volkommer 9:57.4

Javelin: Steven Pierce 147'0"

Pole Vault: Gabriel Knutson 14'6" – 1st Place
Jacob Riccairdi 13'0" – 5th Place

High Jump: Harryl Smith NH

Comments:

Excellent performances by many athletes. Gabe's win and personal bests by: Byron, Michael, Brad, and Jake highlighted this meet.

**County Seat Invitational
@ Wayne Hills HS**

Saturday, May 1st

1600m:

Frosh: J. Gaber 4:54.5 - 1st, A. Vedder 5:10 - 6th A. Pruzinsky 5:24
Novice: S. Kiernan 5:10, C. Magrath 5:14.5

4x200m Relay:

Frosh: R. Cooper, K. Phelan, Ja. Lee, Z. Ontiveros 1:58 - 5th Place
S. Miller, D. Yoon, J. Violaris, M. Vaccaro 1:54.7 - 4th Place
(ALT: J. Patino)

Novice: E. Ellingboe, T. Honan, F. Nestor C. Mulvey **1:48.4**
C. Anderson, B. Clementi, M. Lam, S. Logue **1:54.4**

800m:

Frosh: J. Schmidt 2:11.4 - 2nd Place J. Patino 2:20.6

400m IH:

Frosh: N. Buckley 62.4 - 1st Place

Varsity: J. Nagano-Gerace 61.1, J. Moody 67.5

4x400m:

A. Gelbaum 53.8, J. Garber 60.1, J. Schmidt 55.8 N. Buckley 56.2 3:45.9 - 1st
J. Violaris 61.0, J. Patino 70.2, S. Miller 66.8 Z. Ontiveros 65.0 4:23.0

E. Ellingboe 58.4 T. Honan 64.6, S. Logue 71.9, F. Nestor (Ask Okechukwu)

110HH:

Varsity: J. Nagano-Gerace 17.6 / 17.3 - 6th Place, J. Moody 17.6

100m:

Frosh: A. Gelbaum, Ja. Lee, K. Phelan, M. Vaccaro, D. Yoon

Varsity: Jo. Lee

400m:

Varsity: Okechukwu Onwubu 54.0 - 3rd PLACE

Shot Put:

Discus:

Javelin:

Novice: P. Kovach 119'11" – 3rd Place
Frosh: A. Gelbaum 110'6" – 3rd Place
Varsity: N. Ontiveros 137'2" – 3rd Place

Long Jump:

Novice: F. Nestor F, M. Lam, B. Clementi 16'7"
Frosh: Ja. Lee 15'3 ¼"

Triple Jump:

Novice: F. Nestor, M. Lam
Frosh: N. Buckley 32'10", A. Gelbaum 34'1" – 6th Place
Varsity: B. Clementi 38'2" – 1st Place

Pole Vault:

Varsity: C. Jensen 11'0" – 1st Place, P. Kovach NH, R. Cooper NH

High Jump:

Frosh: N. Buckley, E. Jimenez

Ridgewood 85**Paramus 41**May 5th – 60 breezy

400 IH: Ridgewood: 4 Paramus: 5
1-J. Johnson (P) 56.8 2-Evan Yeaw (R) 60.5 3-N. Buckley and J. Nagano-Gerace(R) 61.8
Others: S. Pierce 64.1

100m: Ridgewood: 3 Paramus: 6
1-Shahsamand (P) 11.5 2-Harryl Smith (R) 11.5 3-Liberti (P) 11.6
Others: S. Oh 12.2; Jo. Lee 12.3; T. Honan 12.6; F. Nestor 12.9; B. Amendolara 13.8;
M. Vaccaro 14.0; D. Yoon 14.6; S. Miller 14.8

1600m: Ridgewood: 6 Paramus: 3
1-Brad Volkommer (R) 4:45.4 2-Paolazzi (P) 4:50 3-Joe Pfeiffer (R) 4:52
Others: J. Garber 4:55; C. Magrath 5:26; A. Pruzinsky 5:28; D. Stolfo 5:51

400m: Ridgewood: 4 Paramus: 5
1-Shahsamond (P) 54.8 2 (tie)-Okechukwu Onwubu and Albert Gelbaum (R) 55.8
Others: E. Ellingboe 59.0; F. Nestor 60.0; T. Jenssen 60.8; C. Mulvey 61.1; J. Violaris
62.5; Z. Ontiveros 62.8

110HH: Ridgewood: 4 Paramus: 5
1-J. Johnson (P) 15.4 2-Joe Nagano-Gerace (R) 16.7 3-John Moody (R) 17.9
Others: J. Chamoun 19.3; S. Pierce DQ

800m: Ridgewood: 6 Paramus: 3
1-Niall Buckley (R) 2:08.2 2-Samadi (P) 2:10.8 3-Jeremy Schmidt (R) 2:11.7
Others: D. Segars 2:13; J. Pfeiffer 2:19; J. Patino 2:37

200m: Ridgewood: 4 Paramus: 5
1-Liberti (P) 23.4 2-Evan Yeaw (R) 23.5 3-Gabe Knutson (R) 23.7
Others: J. Moody 25.0; S. Oh 25.3; Jo. Lee 26.0; T. Honan 26.3; F. Nestor 26.5; E.
Ellingboe 27.0; K. Phelan 28.2; M. Wamsley 28.4; Z. Ontiveros 28.7; M. Vaccaro
29.0; B. Amendolara 29.5; D. Yoon 29.8

3200m: Ridgewood: 6 Paramus: 3
1-Brad Volkommer (R) 10:18.4 2-Paolazzi (P) 10:37.2 3-Jacob Garber (R) 11:03.8
Others:

Long Jump: Ridgewood: 8 Paramus: 1
1-Gabe Knutson (R) 19'9" 2-Harryl Smith (R) 18'0" 3-Massari (P) 17'2 1/2"
Others: B. Clementi 16'11"; M. Lam 14'11"

Triple Jump: Ridgewood: 9 Paramus: 0
1-Gabe Knutson (R) 41'0" 2-Harryl Smith (R) 37'9" 3-Brian Clementi (R) 37'5"
Others: J. Riccairdi 34'11"

High Jump: Ridgewood: 4 Paramus: 5
1-Paramus 5'6" 2-Harryl Smith (R) 5'6" 3-Paul Kovach (R) 5'4"
Others: N. Buckley 5'2"

Shot Put: Ridgewood: 9 Paramus: 0
1-Mat Flicker (R) 45'8 3/4" 2-Steven Abdallah (R) 44'1 1/4" 3-Mike Monfared (R) 39'8"
Others: B. Righthand 36'8"; B. Mercer 36'2 3/4"; A. Pskowski 35'3"; J. Miller 34'5";
N. Dawson 29'5"; B. Lynch 28'8 1/4"; S. Syfman 27'4 3/4"; M. Hendrickson 26'9"; G.
Hachem 26'1"; Rapp 25'9"; B. Wilson and A. Recchia F;

Discus: Ridgewood: 9 Paramus: 0
1-Gabe Knutson (R) 131'0" 2-Mat Flicker (R) 121'3" 3-Steve Abdallah (R) 119'0"
Others: B. Mercer 114'3"; J. Miller 110'3"; M. Monfared 102'6"; A. Recchia 99'4"; S.
Syfman 85'9"; B. Righthand 83'11"; B. Wilson 78'3"; B. Lynch 76'8"; A. Pskowski
65'9"; G. Hachem 56'5"; N. Dawson F

Pole Vault: Ridgewood: 9 Paramus: 0
1-Jake Riccairdi (R) 2-Christian Jensen (R) 3-Paul Kovach (R)
Others:

4x400m: Ridgewood: 0 Paramus: 0
1-Both teams DQ
Ridgewood 3:42.7(A. Gelbaum 56.0, O. Onwubu 55.1; J. Schmidt 56.8; N. Buckley 54.8)

Comments:
Good win.

Athletes of the Meet:

Field Event Contestants:

Ridgewood: 48 Paramus: 6

Ridgewood 102**Paramus Catholic 24** May 5th -- 60 breezy

400 IH: Ridgewood: 9 Paramus Catholic: 0
1-Evan Yeaw (R) 60.5 2-(tie) Niall Buckley and Joe Nagano-Gerace(R) 61.8
Others: S. Pierce 64.1

100m: Ridgewood: 8 Paramus Catholic: 1
1-Harryl Smith (R) 11.5 2-Sam Oh (R) 11.9 3-Guest (PC) 11.9
Others: Jo. Lee 12.3; T. Honan 12.6; F. Nestor 12.9; B. Amendolara 13.8; M. Vaccaro 14.0; D. Yoon 14.6; S. Miller 14.8

1600m: Ridgewood: 4 Paramus Catholic: 5
1-Ryan Madrid (PC) 4:40 2-Brad Volkommer (R) 4:45.4 3-Joe Pfeiffer (R) 4:52
Others: J. Garber 4:55; C. Magrath 5:26; A. Pruzinsky 5:28; D. Stolfo 5:51

400m: Ridgewood: 3 Paramus Catholic: 6
1-Chandler (PC) 53.7 2 (tie)-O. Onwubu and A. Gelbaum (R) 55.8 3-Frank (PC) 55.6
Others: E. Ellingboe 59.0; F. Nestor 60.0; T. Jenssen 60.8; C. Mulvey 61.1; J. Violaris 62.5; Z. Ontiveros 62.8

110HH: Ridgewood: 3 Paramus Catholic: 6
1-Shaker (PC) 15.9 2-Joe Nagano-Gerace (R) 16.7 3-Monsanto (PC) 16.8
Others: J. Moody 17.9; J. Chamoun 19.3; S. Pierce DQ

800m: Ridgewood: 9 Paramus Catholic: 0
1-Niall Buckley (R) 2:08.2 2-Jeremy Schmidt (R) 2:11.7 3-D. Segars (R) 2:13
Others: J. Pfeiffer 2:19; J. Patino 2:37

200m: Ridgewood: 5 Paramus Catholic: 4
1(tie)-Evan Yeaw (R) and Chandler (PC) 23.5 3-Gabe Knutson (R) 23.7
Others: J. Moody 25.0; S. Oh 25.3; Jo. Lee 26.0; T. Honan 26.3; F. Nestor 26.5; E. Ellingboe 27.0; K. Phelan 28.2; M. Wamsley 28.4; Z. Ontiveros 28.7; M. Vaccaro 29.0; B. Amendolara 29.5; D. Yoon 29.8

3200m: Ridgewood: 8 Paramus Catholic: 1
1-Brad Volkommer (R) 10:18 2-Jacob Garber (R) 11:03.8 3-Kubitz (PC) 11:32
Others:

Long Jump: Ridgewood: 8 Paramus Catholic: 1
1-Gabe Knutson (R) 19'9" 2-Harryl Smith (R) 18'0" 3-Monsarto (PC) 17'0"
Others: B. Clementi 16'11"; M. Lam 14'11"

Triple Jump: Ridgewood: 9 Paramus Catholic: 0
1-Gabe Knutson (R) 41'0" 2-Harryl Smith (R) 37'9" 3-Brian Clementi (R) 37'5"
Others: J. Riccairdi 34'11"

High Jump: Ridgewood: 9 Paramus Catholic: 0
1-Harryl Smith (R) 5'6" 3-Paul Kovach (R) 5'4" 3-Niall Buckley (R) 5'2"
Others:

Shot Put: Ridgewood: 9 Paramus Catholic: 0
1-Mat Flicker (R) 45'8 3/4" 2-Steven Abdallah (R) 44'1 1/4" 3-Mike Monfared (R) 39'8"
Others: B. Righthand 36'8"; B. Mercer 36'2 3/4"; A. Pskowski 35'3"; J. Miller 34'5";
N. Dawson 29'5"; B. Lynch 28'8 1/4"; S. Syfman 27'4 3/4"; M. Hendrickson 26'9"; G.
Hachem 26'1"; Rapp 25'9"; B. Wilson and A. Recchia F;

Discus: Ridgewood: 9 Paramus Catholic: 0
1-Gabe Knutson (R) 131'0" 2-Mat Flicker (R) 121'3" 3-Steve Abdallah (R) 119'0"
Others: B. Mercer 114'3"; J. Miller 110'3"; M. Monfared 102'6"; A. Recchia 99'4"; S.
Syfman 85'9"; B. Righthand 83'11"; B. Wilson 78'3"; B. Lynch 76'8"; A. Pskowski
65'9"; G. Hachem 56'5"; N. Dawson F

Pole Vault: Ridgewood: 9 Paramus Catholic: 0
1-Jake Riccairdi (R) 2-Christian Jensen (R) 3-Paul Kovach (R)
Others:

4x400m: Ridgewood: 0 Paramus Catholic: 0
1-Both teams DQ
Ridgewood 3:42.7(A. Gelbaum 56.0, O. Onwubu 55.1; J. Schmidt 56.8; N. Buckley 54.8)

Comments:
Good win.

Athletes of the Meet:
Gabe Knutson 131' discus
Niall Buckley –varsity win in the 800m

Ridgewood 111**Bloomfield 20**May 5th - 60 breezy

400 IH: Ridgewood: 9 Bloomfield: 0
1-Evan Yeaw (R) 60.5 2-(tie) Niall Buckley and Joe Nagano-Gerace(R) 61.8
Others: S. Pierce 64.1

100m: Ridgewood: 8 Bloomfield: 1
1-Harryl Smith (R) 11.5 2-Sam Oh (R) 11.9 3-Rios (B) 12.0
Others: Jo. Lee 12.3; T. Honan 12.6; F. Nestor 12.9; B. Amendolara 13.8; M. Vaccaro 14.0; D. Yoon 14.6; S. Miller 14.8

1600m: Ridgewood: 9 Bloomfield: 0
1-Brad Volkommer (R) 4:45.4 2-Joe Pfeiffer (R) 4:52 3-Jacob Garber (R) 4:55
Others: C. Magrath 5:26; A. Pruzinsky 5:28; D. Stolfo 5:51

400m: Ridgewood: 4 Bloomfield: 5
1-Barbour (B) 55.4 2 (tie)-O. Onwubu and A. Gelbaum (R) 55.8
Others: E. Ellingboe 59.0; F. Nestor 60.0; T. Jenssen 60.8; C. Mulvey 61.1; J. Violaris 62.5; Z. Ontiveros 62.8

110HH: Ridgewood: 9 Bloomfield: 0
1-Joe Nagano-Gerace (R) 16.7 2-John Moody (R) 17.9 3-Julian Chamoun (R) 19.1
Others: S. Pierce DQ

800m: Ridgewood: 6 Bloomfield: 3
1-Niall Buckley (R) 2:08.2 2-Belhman (B) 2:11.2 3-Jeremy Schmidt (R) 2:11.7
Others: D. Segars 2:13; J. Pfeiffer 2:19; J. Patino 2:37

200m: Ridgewood: 8 Bloomfield: 1
1-Evan Yeaw (R) 23.5 2-Gabe Knutson (R) 23.7 3-Rios (B) 24.5
Others: J. Moody 25.0; S. Oh 25.3; Jo. Lee 26.0; T. Honan 26.3; F. Nestor 26.5; E. Ellingboe 27.0; K. Phelan 28.2; M. Wamsley 28.4; Z. Ontiveros 28.7; M. Vaccaro 29.0; B. Amendolara 29.5; D. Yoon 29.8

3200m: Ridgewood: 8 Bloomfield: 1
1-Brad Volkommer (R) 10:18' 2-Jacob Garber (R) 11:03.8 3-Marshall (B)11:43.5
Others:

Long Jump: Ridgewood: 9 Bloomfield: 0
1-Gabe Knutson (R) 19'9" 2-Harryl Smith (R) 18'0" 3-Brian Clementi (R) 16'11"
Others: M. Lam 14'11"

Triple Jump: Ridgewood: 9 Bloomfield: 0
1-Gabe Knutson (R) 41'0" 2-Harryl Smith (R) 37'9" 3-Brian Clementi (R) 37'5"
Others: J. Riccairdi 34'11"

High Jump: Ridgewood: 9 Bloomfield: 0
1-Harryl Smith (R) 5'6" 3-Paul Kovach (R) 5'4" 3-Niall Buckley (R) 5'2"
Others:

Shot Put: Ridgewood: 9 Bloomfield: 0
1-Mat Flicker (R) 45'8 3/4" 2-Steven Abdallah (R) 44'1 1/4" 3-Mike Monfared (R) 39'8"
Others: B. Righthand 36'8"; B. Mercer 36'2 3/4"; A. Pskowski 35'3"; J. Miller 34'5";
N. Dawson 29'5"; B. Lynch 28'8 1/4"; S. Syfman 27'4 3/4"; M. Hendrickson 26'9"; G.
Hachem 26'1"; Rapp 25'9"; B. Wilson and A. Recchia F;

Discus: Ridgewood: 6 Bloomfield: 3
1-Gabe Knutson (R) 131'0" 2-Gaida (B) 125'6" 3-Mat Flicker (R) 121'3"
Others: S. Abdallah 119'0"; B. Mercer 114'3"; J. Miller 110'3"; M. Monfared 102'6";
A. Recchia 99'4"; S. Syfman 85'9"; B. Righthand 83'11"; B. Wilson 78'3"; B. Lynch
76'8"; A. Pskowski 65'9"; G. Hachem 56'5"; N. Dawson F

Pole Vault: Ridgewood: 9 Bloomfield: 0
1-Jake Riccairdi (R) 2-Christian Jensen (R) 3-Paul Kovach (R)
Others:

4x400m: Ridgewood: 0 Bloomfield:
1-Bloomfield 3:47 - Ridgewood DQ
Ridgewood 3:42.7(A. Gelbaum 56.0, O. Onwubu 55.1; J. Schmidt 56.8; N. Buckley 54.8)

Comments:
Good win.

Athletes of the Meet:
Brad Volkommer - 2 wins
Niall Buckley 61.8 // 2:08 // 54.8
Nadeem Dawson - 0'0" discus

Knutsen's 4 wins lead Ridgewood

By GREGORY SCHUTTA
STAFF WRITER

TEANECK - When you condense a full-length track meet into 2½ hours, there is little time to rest. But that is apparently just the way Gabe Knutsen likes it.

Knutsen won the long jump, pole vault, discus, and triple jump without so much as a breather Friday, scoring 40 of Ridgewood's 183½ points as the Maroons ran away from the competition at the NNJIL Division A track meet.

"I'm training to do the decathlon [in college]," the Connecticut-bound senior said. "So this was pretty good."

The Ridgewood girls rode strong performances from freshmen Cristina Law, Lara-Jane Que, Erica Cigolini, and Maggie Harms to edge defending champion Teaneck, 150-144, in a seesaw battle.

TRACK & FIELD NNJIL DIVISION A

"I'm excited about this team," Ridgewood girls coach Jacob Brown said. "This is their first big win, and they've been getting better and more excited every day."

Knutsen started his busy day by winning the long jump with a leap of 20 feet, 11½ inches. He went right to the pole vault and won the event on his first vault of 12-0.

Knutsen, who vaulted a personal-best outdoors of 14-6 at last week's Bernards Invitational and hopes to break the Bergen outdoor record of 15-3, immediately bumped the bar up to 15 feet because he was due at the discus circle. He came close to clearing it on his third attempt.

"I do that a lot in dual meets," Knutsen said of his three quick attempts while jumping alone at 15 feet. "They give me all the time I want between jumps, but I'm anxious to get it done. In this meet, I was concentrating more on getting the 40 points."

He did that with a throw of 146-5 to win the discus, an event he took up a couple of weeks ago, and a leap of 43-9 to win the triple jump.

"My coach [Josh Saladino] made me do it," Knutsen said of the discus. "Actually, I ran the hurdles here last year and fell down, so I figured I should find another field event because I didn't want to run."

"What Gabe did was incredible because it's so difficult to win four events in this meet because it's so short," said Saladino, who held Ari Zamir out of his best event, the 1,600, to get him some work in the 800. "His discus was about 20 feet better than his previous best."

The Teaneck girls, who beat Ridgewood in last year's Division A meet by winning the javelin in the final event of the day, finished second and third to Montclair's Jana McKenzie in the discus to fall just short of the Maroons.

"The key was the 24 points we got in the 3,200," Brown said of the 1-2-3 sweep by Meghan O'Connell, Diana Mangam, and Meredith Jones. "Up to that point, we were way behind, but that group gave us just what we needed."

Teaneck's Michelle Smith swept the hurdles and anchored the winning 1,600 relay, and Gwen Moore won the javelin for the second straight year with a throw of 116-5.

"I want to go to nationals," said Moore, whose best throw of 117-3 is less than a foot short of the qualifying mark.

E-mail: schutta@northjersey.com

TRACK & FIELD

NNJIL DIVISION A

AT TEANECK

Boys

TEAM SCORES: 1. Ridgewood (RW) 183.5; 2. Montclair (M) 85; 3. Teaneck (T) 79; 4. Barringer (BA) 58.5; 5. Nutley (N) 55; 6. Paramus (P) 29; 7. Belleville (BE) 16.

100 - 1. Ryan Scott (M) 10.9; 2. Jonathan Moore (M) 11.0; 3. Brian Gilbert (T) 11.0; 4. Travis Warren (T) 11.3; 5. Alex Yeaw (RW) 11.3; 6. John Shamsamand (P) 11.4.

200 - 1. Ryan Scott (M) 21.9; 2. Andrew Anderson (M) 22.3; 3. Brian Gilbert (T) 22.6; 4. Jonathan Moore (M) 22.7; 5. Darryl Thomas (T) 23.1; 6. Tie John Shamsamand (P), Chris Liberti (P) 23.4.

400 - 1. Andrew Anderson (M) 49.8; 2. Dewayne Lowe (T) 52.2; 3. Sterlin Brown (BA) 52.5; 4. Rafael Murphy (M) 52.8; 5. Matthew Cariani (N) 53.2; 6. Joe Petruzzelli (P) 53.4.

800 - 1. Jeffrey Klatsky (N) 1:58.0; 2. Ari Zamir (RW) 1:59.1; 3. Byron Williams (RW) 2:00.3; 4. Shaorod Reeves (T) 2:01.0; 5. Niall Buckley (RW) 2:07.5; 6. Nicholas Principe (N) 2:07.6.

1,600 - 1. Alejandro Shepard (M) 4:24.1; 2. Erik Nygaard (RW) 4:24.7; 3. Michael Cator (RW) 4:27.7; 4. David Maher (RW) 4:30.4; 5. Ricardo Barros (N) 4:48.5; 6. Nick Paloazzi (P) 4:49.6.

3,200 - 1. Kyle Engelken (RW) 9:56.1; 2. Michael Cator (RW) 9:59.9; 3. Alejandro Shepard (M) 10:05.6; 4. Brad Volkommer (RW) 10:10.5; 5. Nick Paloazzi (P) 10:36.5; 6. Andrew Capizzi (P) 10:57.2.

1,600 Relay - Montclair (Rafael Murphy, Stephen Athill, Steven Dorch, Ryan Scott) 3:27.5; 2. Teaneck 3:27.8; 3. Paramus 3:30.5; 4. Nutley 3:32.7; 5. Ridgewood 3:34.2; 6. Barringer 3:35.7.

110 HH - 1. Joe Nagano-Gerace (RW) 16.1; 2. Chase Long (BA) 16.2; 3. Andre Mitchell-Julien (T) 17.1; 4. Reginald Williams (T) 17.7; 5. John Moody (RW) 17.7; 6. Mike Moore (BA) 18.9.

400 HH - 1. Joe Johnson (P) 55.9; 2. Evan Yeaw (RW) 1:00.3; 3. Joe Naano-Gerace (RW) 1:01.7; 4. Andre Mitchell-Julien (T) 1:01.7; 5. Mike Moore (BA) 1:05.2; 6. Michael Mooney (M) 1:05.4.

Shot Put - 1. Matt Flicker (RW) 46-4; 2. Steven Abdallah (RW) 45-11; 3. Connor Lynch (N) 43-1; 4. John Adamczyk (N) 41-9; 5. Marc Saavedra (BE) 40-9; 6. Michael Monfared (RW) 40-7½.

Discus - 1. Gabe Knutsen (RW) 146-5; 2. Sharod McKinney (T) 123-0; 3. Matt Flicker (RW) 122-9; 4. Steven Abdallah (RW) 120-10; 5. Steven Dorch (M) 118-10; 6. Thomas Reid (N) 114-11.

Javelin - 1. Steven Pierce (RW) 149-4; 2. Marc Saavedra (BE) 135-7; 3. Nick Giangrande (BE) 128-9; 4. Richard Schwarz (N) 124-9; 5. Brian Sposato (N) 123-5; 6. Nick Ontiveros (RW) 120-1.

High Jump - 1. Oderick Turner (T) 5-10; 2. Ryan Manning (BA) 5-8; 3. Tie Chase Long (BA), Brian Gilbert (T) 5-8; 5. Tie Byron Green (BA), Harry Smith (RW) 5-8.

Long Jump - 1. Gabe Knutsen (RW) 20-11½; 2. Ryan Manning (BA) 20-10; 3. Sterlin Brown (BA) 20-0½; 4. Byron Green (BA) 19-10; 5. Mario Witter (M) 19-7; 6. Harry Smith (RW) 19-0.

Triple Jump - 1. Gabe Knutsen (RW) 43-9; 2. William Bishop (N) 42-2; 3. Ryan Manning (BA) 39-2¼; 4. Oclarious Turner (T) 38-6¼; 5. Sterlin Brown (BA) 38-1; 6. Harry Smith (RW) 37-9¼.

Pole Vault - 1. Gabe Knutsen (RW) 12-0; 2. Jacob Ricciardi (RW) 11-0; 3. Christ-

ian Jensen (RW) 10-0; 4. Ryan Canning (P) 10-0; 5. John Massari (P) 9-6; 6. Ryohel Okabe (N) 8-0.

Girls

TEAM SCORES: 1. Ridgewood (RW) 150; 2. Teaneck (T) 144; 3. Paramus (P) 89; 4. Montclair (M) 86; 5. Belleville (BE) 10; 6. Nutley (N) 5. 7. Barringer (BA) 4.

100 - 1. Sophia Wallace (M) 12.1; 2. Shetoi Francis (T) 12.7; 3. Yvonne Hunt (T) 13.0; 4. Erica Cigolini (RW) 13.1; 5. Natasha Simmons (BA) 13.2; 6. Saleah Cole (T) 13.3.

200 - 1. Sophia Wallace (M) 25.3; 2. Shetoi Francis (T) 26.3; 3. Kadian Dockery (T) 26.4; 4. Sharaya Martin (M) 26.8; 5. Yvonne Hunt (T) 26.9; 6. Erica Cigolini (RW) 27.0.

400 - 1. Nicole Philibosian (P) 59.8; 2. Racquel Clarke (T) 1:00.2; 3. Jess Krejsa (RW) 1:00.3; 4. Kadian Dockery (T) 1:00.4; 5. Anise Johnson (T) 1:01.5; 6. Elana Juahar (P) 1:02.2.

800 - 1. Stephanie Westerman (RW) 2:25.7; 2. Becca Wells (RW) 2:26.0; 3. Crystan LeePow (M) 2:28.3; 4. Rachel Settless (P) 2:29.2; 5. Emily Terrin (RW) 2:30.4; 6. Courtney D'Amato 2:32.8.

1,600 - 1. Elizabeth Poris (M) 5:26.2; 2. Emily Terrin (RW) 5:27.1; 3. Jessica Settless (P) 5:27.4; 4. Maggie Harms (RW) 5:33.4; 5. Joanne Campione (BE) 6:04.4; 6. Susannah Young (M) 6:04.6.

3,200 - 1. Meghan O'Connell (RW) 11:50.6; 2. Diana Mangam (RW) 12:12.1; 3. Meredith Jones (RW) 12:18.1; 4. Megan Williams (N) 12:21.2; 5. Elizabeth Poris (M) 12:37.5; 6. Jessica Settless (P) 12:56.1.

1,600 Relay - 1. Teaneck (Racquel Clarke, Kadian Dockery, Anise Johnson, Michelle Smith) 4:04.8; 2. Ridgewood 4:07.7; 3. Montclair 4:13.2; 4. Paramus 4:19.9; 5. Barringer 5:24.0.

100 HH - 1. Michelle Smith (T) 14.6; 2. Lara-Jane Que (RW) 15.4; 3. Jessica Malacrida (P) 16.1; 4. Shannon Feeney (P) 16.7; 5. Deshadia Spearman (T) 16.9; 6. Cassie Wong (RW) 17.6.

400 HH - 1. Michelle Smith (T) 1:03.9; 2. Cristina Law (RW) 1:07.2; 3. Victoria Ko (P) 1:10.7; 4. Kate Silverman (M) 1:11.1; 5. Cassie Wong (RW) 1:11.5; 6. Shannon Feeney (P) 1:12.3.

Shot Put - 1. Katora Spivey (M) 35-10½; 2. Maeve Lopreiato (BE) 34-10½; 3. Deshadia Spearman (T) 34-10; 4. Kalesha LeBlanc (M) 34-7; 5. Kyndall Johnson (T) 33-5; 6. Sade Henry (T) 32-6.

Discus - 1. Jana McKenzie (M) 108-8; 2. Sade Henry (T) 105-1; 3. Delisa Riddick (T) 104-7; 4. Brittany Stanley (M) 100-4; 5. Kalesha LeBlanc (M) 93-8; 6. Julia Fiuk (P) 86-2.

Javelin - 1. Gwen Moore (T) 116-5; 2. Berit Nelsen (RW) 83-10; 3. Nathaly Broukian (P) 83-8; 4. Ashley Warren (T) 80-2; 5. Kyndall Johnson (T) 78-6; 6. Kerri Norton (RW) 75-2.

High Jump - 1. Jessica Malacrida (P) 5-0; 2. Cristina Law (RW) 4-10; 3. Erica Cigolini (RW) 4-8; 4. Tie Natasha Moodie (M), Keria McWilliams (T) 4-8; 6. Tie Yvonne Hunt (T), Kenrika Willis (T) 4-6.

Long Jump - 1. Nicole Philibosian (P) 16-3; 2. Kristen Jones (T) 16-2¼; 3. Elana Juahar (P) 15-11; 4. Brooke Bogart (RW) 15-4½; 5. Elyse Norton (RW) 14-11½; 6. Kerri Norton (RW) 14-10.

Triple Jump - 1. Racquel Clarke (T) 32-9¼; 2. Cristina Law (RW) 32-7¼; 3. Kristen Jones (T) 32-3¼; 4. Andrea Manis (P) 31-3¼; 5. Jessica Malacrida (P) 31-3¼; 6. Kari Post (P) 30-8½.

Pole Vault - 1. Kerri Norton (RW) 8-6; 2. Elyse Norton (RW) 8-6; 3. Kari Post (P) 8-0.

NNJIL Championship@ TeaneckMay 7th 70 - sunny

- Javelin:** Steven Pierce 149'1" – **1st Place – league champion!!!**
Nick Ontiveros 120'1" – **6th Place**, Albert Gelbaum 106'11"
- Pole Vault:** Gabriel Knutson 12'0" – **1st Place – league champion!!!**
Jacob Ricciardi 11'0" – **2nd Place**, Christian Jensen 10'0" – **3rd Place**
- Discus:** Gabriel Knutson 146'5" – **1st Place – league champion!!!**
Mat Flicker 122'9" – **3rd Place**, Steven Abdallah 120'10" – **4th Place**
- Long Jump:** Gabriel Knutson 20'11 1/2" – **1st Place – league champion!!!**
Harryl Smith 19'0" – **6th Place**, Krishan Wanchoo 18'6"
- 110HH:** Joseph Nagano-Gerace 16.1 / 16.1 – **1st Place – league champion!!!**
John Moody 18.7 / 17.7 – **5th Place**, Julien Chamoun 18.9
- 100m:** Evan Yeaw 11.2 / 11.3 – **5th Place**, Harryl Smith 11.5 / 11.6
- 1600m:** Erik Nygaard 4:24.7 – **2nd Place**, Michael Cator 4:27.7 – **3rd Place**
David Maher 4:30.4 – **4th Place**
- 400m:** Okechukwu Onwubu 53.4, Albert Gelbaum 55.4 Jeremy Schmidt 55.8
- 800m:** Ari Zamir 1:59.1 – **2nd Place**, Byron Williams 2:00.3 – **3rd Place**
Niall Buckley 2:07.5 – **5th Place**
- 200m:** Krishan Wanchoo 24.1, Sam Oh 24.5 John Moody 25.1
- 400IH:** Evan Yeaw 60.3 – **2nd Place**, Joseph Nagano-Gerace 61.7 – **3rd Place**,
Steven Pierce 63.2 (DQ)
- 3200m:** Kyle Engelken 9:56.1 – **1st Place – League Champion!!!**,
Michael Cator 9:59.9 – **2nd Place** Brad Volkommer 10:10.5 – **4th Place**
- 4x400m:** Evan Yeaw 53.2, Niall Buckley 54.9, Okechukwu Onwubu 52.2
Byron Williams 52.8 3:34.2 – **5th Place**
- High Jump:** Harryl Smith 5'8" – **Tie 5th**
- Shot Put:** Matthew Flicker 46'4" – **1st Place – League Champion!!!**,
Steven Abdallah 45'11" – **2nd Place** Mike Monfared 40'7 1/2" – **6th Place**
- Triple Jump:** Gabriel Knutson 43'9" – **1st Place – League Champion!!!**,
Harryl Smith 37'9 3/4" – **6th Place**, Brian Clementi 37'4"

Team Score:

Ridgewood	183
Montclair	85
Teaneck	79
Barringer	58.5
Nutley	55
Paramus	29
Belleville	16

Athletes of the Meet:

Gabe Knutson – 4 wins (40 points)

League Champions: Steven Pierce, Joe Nagano-Gerace, Kyle Engelken, Mat Flicker

NNJIL Division "A" All-League

	<u>1st Team:</u>	<u>School:</u>	<u>Grade:</u>	<u>2nd Team:</u>	<u>School:</u>	<u>Grade:</u>
<u>100m:</u>	Ryan Scott	Montclair	11	Jonathan Moore	Montclair	11
<u>200m:</u>	Ryan Scott	Montclair	11	Andrew Anderson	Montclair	12
<u>400m:</u>	Andrew Anderson	Montclair	12	Dewayne Lowe	Teaneck	
<u>800m:</u>	Jeffrey Klatsky	Nutley	12	Ari Zamir	Ridgewood	12
<u>1600m:</u>	Alejandro Shepard	Montclair	12	Erik Nygaard	Ridgewood	12
<u>3200m:</u>	Kyle Engelken	Ridgewood	12	Michael Cator	Ridgewood	10
<u>110 HH:</u>	Joe Nagano-Gerace	Ridgewood	10	Chase Long	Barringer	12
<u>400 IH:</u>	Joe Johnson	Paramus	12	Evan Yeaw	Ridgewood	12
<u>4x400m:</u>	Montclair [Murphy (12), Athaill (12) Dorch (12), Scott (11)]			Teaneck [Turner, Reeves, Lowe, Mitchell-Julien]		
<u>Javelin:</u>	Steven Pierce	Ridgewood	10	Marc Saavedra	Belleville	11
<u>Shot Put:</u>	Mat Flicker	Ridgewood	11	Steven Abdallah	Ridgewood	10
<u>Discus:</u>	Gabriel Knutson	Ridgewood	12	Shardod McKinney	Teaneck	
<u>L Jump:</u>	Gabriel Knutson	Ridgewood	12	Ryan Manning	Barringer	10
<u>T Jump:</u>	Gabriel Knutson	Ridgewood	12	William Bishop	Nutley	12
<u>H Jump:</u>	Oderick Turner	Teaneck		Ryan Manning	Barringer	10
<u>P Vault:</u>	Gabriel Knutson	Ridgewood	12	Jacob Riccairdi	Ridgewood	11

Honorable Mention:

Novice Championship @ Ridgewood

May 11th – 85 and hot!

- 100m: Frank Nestor 12.4, Dan Maniaci 12.6, Carter Anderson 13.3
Ben Amendolara 13.9, Sean Logue 13.9, John Lee DQ
- 400m: Chris Mulvey 57.8 Erland Ellingboe 58.1, Frank Nestor 59.5
- 1600m: Joe Pfeiffer 4:48.4 – 1st Place, Sean Kiernan 5:13.9
- 110HH: Julien Chamoun 18.8 / 18.6 / 19.2 – 3rd Place
- 800m: Joe Pfeiffer 2:14.7, Nick Norrell 2:26.1
- 200m: John Lee 25.6, Erlend Ellingboe 25.8
- 3200m: Cole Magrath DNF
- 4x400m: Chris Mulvey 57.1 Frank Nestor 60.5, John Lee 56.7, Erland Ellingboe 56.7
3:50.7 – 4th Place
- LJ: John Lee 15'6", Mike Lam 14.11"
- TJ: Mike Lam 35'1 ¼"
- Shot Put: Ben Wilson 37'7", Ben Righthand 37'4 ½" Andrew Pskowski 35'4 ¼"
Alex Recchia 34'9 ¼", John Miller 32'7" Matt Hendrickson 29'Brian Lynch 25'4"
- Discus: John Miller 103'3" Alex Recchia 100'2", Ben Righthand 95'3",
Ben Wilson 93'10" Andrew Pskowski 75'9" Brian Lynch 71'9" Matt Henrickson 67'6"
- Javelin: Ben Righthand 98'2" John Miller 84'0"

Athletes of the Meet:

Joe Pfeiffer – 1st Place!

Mike Lam – 35' TJ (3 foot best)

Alex Recchia – 100' disc PB

Ben Wilson – shot and disc bests

Erland, Chris, Frank, John – 400m PBs

Led by Knutson, RHS clinches league title again in boys track

5/15

BY MATT POTTER
Staff Writer

TEANECK - Propelled by four victories by standout senior Gabe Knutson, the Ridgewood High School boys track team swept aside the competition to win the Northern New Jersey Interscholastic League Division A championship last Friday.

Knutson, who aims to compete in decathlon in college, had wins in the pole vault, triple jump, long jump and discus to help his team to a comfortable 183.5-85 win over second-place Montclair.

Ridgewood head coach Josh Saladino was satisfied with the team victory, and he praised the efforts of Knutson.

"Winning four events in less than two-and-a-half hours is a remarkable accomplishment," said Saladino, who also highlighted two strong performances from Joe Nagano-Gerace. "Triple jump and pole vault, in particular, take a lot out of you and are two of the most demanding events in track and field."

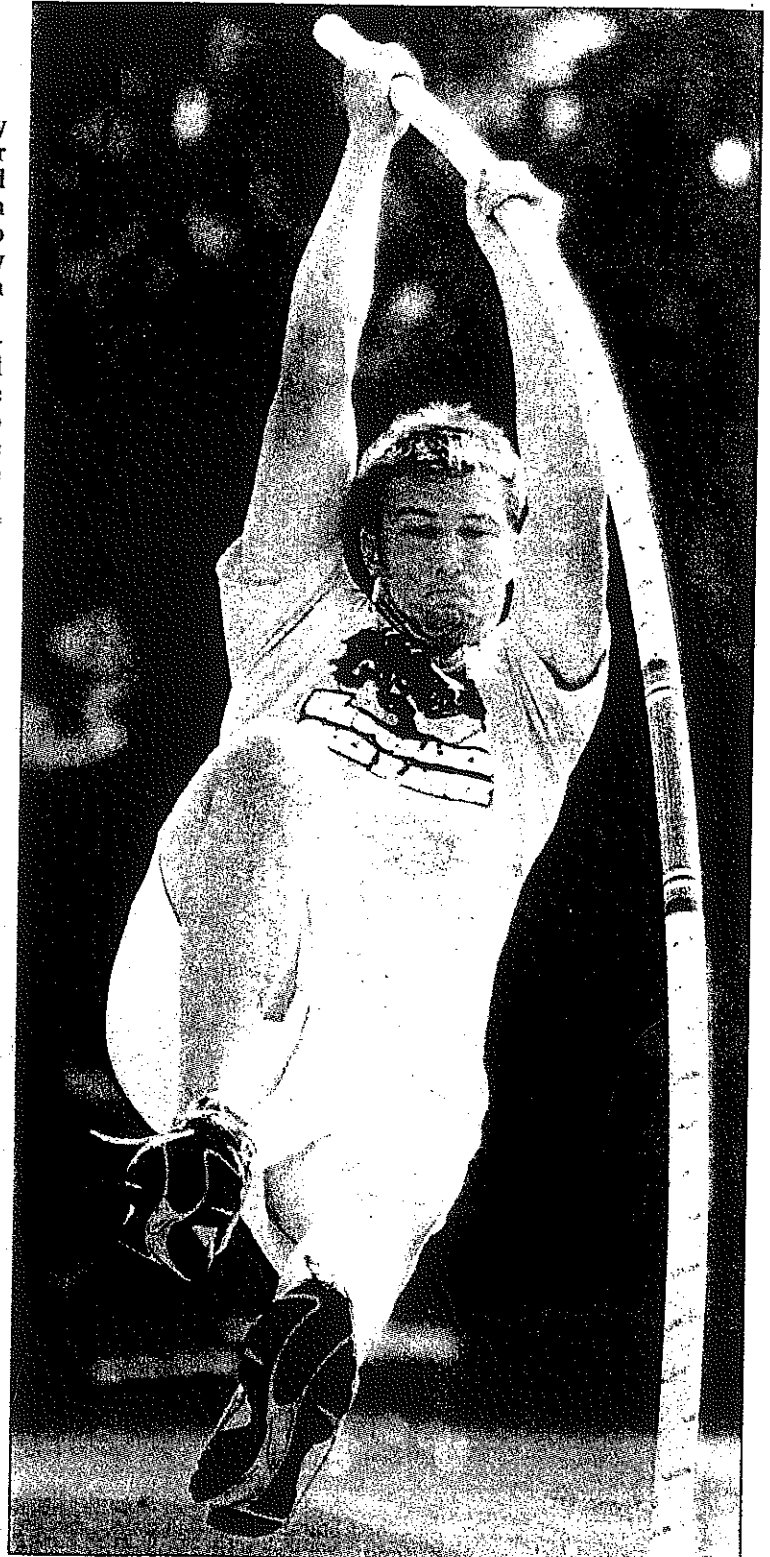
For Knutson, however, the hectic pace of the league meet had its plus points.

"With a two-day meet, the events are separated out a lot more," explained Knutson. "You do your warm-up, do the event, then you cool down, and maybe you're already getting sore when it's time for your next event. With something like the league meet, your adrenaline is going all the way through, and that carries you through."

Perhaps Knutson's biggest achievement in his quartet of wins was the 146-foot, 5-inch throw he made that won the discus. This is Knutson's first year competing in the event.

"I feel I'm progressing quickly, and it's pretty exciting to be able to go out there and win," he said. "I just started going over the discus this year with the throwers. It spreads me out a bit more at practice, but it's some-

See **KNUTSON**, page C2



GARY JUNG/STAFF PHOTOGRAPHER

Ridgewood senior Gabe Knutson had victories in four events, including the pole vault, last Friday, as the Maroons won their league track meet.



GARY JUNG/STAFF PHOTOGRAPHER

Senior Kyle Van Vliet is about to bat in last Thursday's game against Montclair State University.

Figart hurls discus for Ridgewood

For us to win, Justin has to be a big-time pitcher."

"Justin got untracked in his last start and pitched a shutout against Kennedy," Salvano noted. "It looked like he pitched with more confidence, which is what you need as a sophomore. I told him today, you're going to start getting the big games. Ridgewood is 11-3, a great team, and this is going to be your game today. There's going to be a time when it's all going to

See **FIGART**, page C2



ly Hamilton and Natalie Ryneveld scored the to see Mountain Lakes us the story of...

KNUTSON from C1

thing that's going to help the team out a lot, so I don't mind that." Knutson's winning pole-vault clearance was 12 feet and was followed by three hurried attempts at 15 feet, as he rushed through in order to compete in the discus. He won the long jump with an effort of 20 feet, 11-and-a-half inches and the triple jump with a distance of 43 feet, 9 inches. Tiredness prevented more than two attempts in the latter.

The senior captain's busy schedule was an extreme example of the challenges faced by several Maroon competitors who took part in more than one event. "The fact that this was a one-day meet makes it difficult mentally as well as physically," said Saladino. "You have to stay focused on the event you're competing in and not start thinking about the event you'll be doing next."

One athlete who was able to remain on track was sophomore Nagano-Gerace, who won the 110-meter hurdles in 16.1 seconds and was third in the 400-meter hurdles in 1:01.7, a place behind senior teammate Evan Yeaw (1:00.3).

Other Ridgewood winners included Mat Flicker in shot put, whose throw of 46 feet, 4 inches led second-place Steven Abdallah (45 feet, 11 inches), and Steven Pierce, whose 149-foot, 4-inch throw won the javelin.

FRESHMAN from C1

(2:26) were first and second, respectively, in the 800-meter run. Emily Terrin was fifth in 2:30.4. Terrin was second in the 1,600-meter run (5:27.1), two places ahead of Harms (5:33.4). Also garnering second-place finishes were Lara-Jane Que in the 100 hurdles (15.4) and Berit Nelsen in the javelin (82 feet, 11 inches).

Other Ridgewood competitors who placed were: 100 Meters: 4) Erica Cigolini, 13.1. 200 Meters: 6) Cigolini, 27.0.

High Jump: 5) (tied) Harryl Smith, 5 foot, 8 inches.

Long Jump: 6) Smith, 19 feet. Triple Jump: 6) Smith, 37 feet, 9-and-three-quarter inches. Pole Vault: 2) Jake Ricciardi, 11 feet.

Today and tomorrow, Ridgewood takes part in the county Group 4 championships, where strong competition will come from Demarest, Hackensack, Don Bosco and Bergenfield.

"It's the same teams that were in the county relays, and we'd like to improve on what we did there (Ridgewood was third)," said Saladino. "We will have to be at our best if we want to beat Hackensack."

FIGART from C1

come together for you, and it's going to be easy sailing for you this year and the next two years and it was today. Today, Justin was in total command. He had that one little hiccup in the fifth inning when they got a couple of base hits (and two runs to make the score 3-2), but Justin settled down."

Figart stranded the tying run at second base in the sixth inning and then went out in the seventh and used just 10 pitches to retire the side in order.

"The sign of a complete pitcher is when you go out there in the seventh inning and you've got a one-, two-run lead and you shut the team down without any base runners," Salvano said. "That was a great performance by Justin. I knew there had to be a time this year when all that talent and all of that ability was going to mesh, and I'm hoping today is the day that takes Justin off on the rest of his high school career."

Figart credited his catcher, junior Dave Schwartz, for helping him pitch well. "He was a very good catcher today," Figart said. "He framed the pitches really well and gave me a lot of strikes."

Figart also i

fielder, senior making som including a Ridgewood's an Farrell.

"Otticé sav flyballs," Figart said. "This was rebuilding year," Salvano said. "I lost those four We had pitch year that did of varsity ex sitting at 14-2 shutouts in credit to these been making The other senior Tim Jason Kozic more Artic C

"My clos Bergin, who two saves," been doing bullpen." "We're y are getting t said Salvano time tourn don't want want to he; be battle t this will g tournament

wood is competing in the county Group 4 championships, and Brown was cautiously optimistic as he prepared for the meet.

"Hackensack and Old Tappan are going to be very tough to beat, and I'll be thrilled if we finish third," said the coach. "On the other hand, if things fall our way, and we get our points and the others take points away from each other, then maybe we could do better."

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

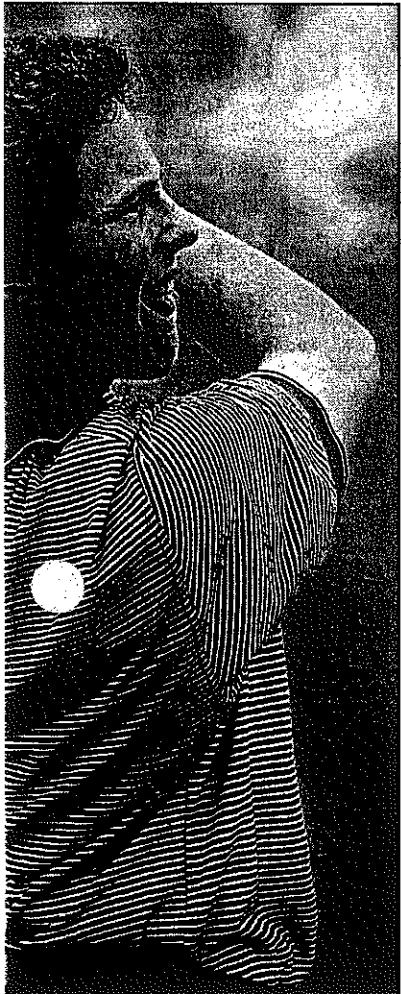
hectic pace of the league meet had its plus points. "With a two-day meet, the events are separated out a lot more," Knutson explained. "You then you cool down, and maybe

Josepn rookie Figart hurls hit win over Ridgewood



PHOTO BY [unreadable]

It helps win title



THOMAS E. FRANKLIN/STAFF PHOTOGRAPHER
1 Golf Course on Thursday helped his eight BCSL American golf title.

Lee, who was playing in a national girls tournament. Clifton shot 344 to finish sixth overall and first in Division B. Senior Tim Bray was division winner with 79. Junior Monique Kim, the Bergen champion, shot 75 to lead Immaculate Heart to a 396-457 win over Holy Angels.

mapo by a stroke

Ramapo won the NBIL crown at Overpeck in Teaneck, edging Old Tappan by one stroke, 310-311. Senior Kevin Perry shot 2-over 74 and sophomores Sam DaSilva and Scott Miller shot 77 and 78, respectively. Senior Ken Petzer shot a ca-

BERGEN COUNTY TRACK CHAMPIONSHIPS

Today at Old Tappan, 3 p.m.; Saturday at Teaneck, 9 a.m.

Westwood's star eyes titles

Anscombe is hoping to triple

By GREGORY SCHUTTA
STAFF WRITER

For four years, Cheryl Anscombe has been one of the top sprinters in Bergen County. But for the last three, she has found herself one step short of the top rung of the ladder.

She hopes all that will change this year, her final shot at Bergen and State championship gold before heading off to Philadelphia on a full scholarship to study broadcast journalism and run track at Temple.

"It's extremely important," the Westwood senior said on the eve of this weekend's Bergen County Track Championships. "My career won't be complete unless I get the job done. I want to prove something."

Anscombe doesn't have much to prove. Already a three-time State sectional champion in the 100 and 200 meters, she has set her sights on the 400 as well this season. But she has three second-place finishes and one fourth in her last two trips to the State Group Championships in Egg Harbor and found herself chasing Anike Orimagunje of Queen of Peace, one of the best sprinters in Bergen history, in Bergen County the last two years.

"I used to get frustrated when I raced Anike," Anscombe said. "I'd try so hard to beat her and sometimes I'd psyche myself out thinking I couldn't beat her. But it was helpful having to chase her."

This year Anscombe has changed that frustration into de-

termination. She spent most of the fall in the weight room and ran her first full season of winter track, juggling it with her responsibilities as a dancer in the school production of Guys and Dolls.

She has run the 100 in 12.2 seconds twice this year and run the 200 in 25.1 seconds, one-tenth off her personal best. She also ran the 400 in 58.8 seconds last weekend as she won all three sprints at the BCSL American Division meet.

"Cheryl is a cool customer," Westwood coach George Glover said. "She knows what a good time is, and she runs her races within herself. She races against herself and doesn't let those outside influences affect her."

Her competition this year has been another Queen of Peace runner, Janine Davis, who will be running in a different division this weekend under the new team alignment in Bergen track.

"It's all about the competition," said Anscombe, a favorite to triple in the 100, 200, and 400 in Division C this weekend. "When I race against her, she makes me run my best, and when she races against me, I make her run her best. We know that we're always going to get fabulous times."

"She runs better in better competition," Glover said. "She's improved all four years that she's been here. We've pressed her a little bit this year, making her run four races in every meet for the team. Faster times are coming for her."

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SCHWARTZ'S PICKS

Boys

GROUP A

- 100: Michael Ray Garvin, Don Bosco
- 200: Michael Ray Garvin, Don Bosco
- 400: Josh Simmons, Hackensack
- 800: Byron Williams, Ridgewood
- 1,600: James LaGreca, Demarest
- 3,200: James LaGreca, Demarest
- 110 HH: Dan Oquendo, Hackensack
- 400 IH: Jeremy Perussi, Demarest
- Shot put: Brian Toal, Don Bosco
- Discus: Vaughn Crenshaw, Hackensack
- Javelin: Alex Berberian, Old Tappan
- High jump: Oderick Turner, Teaneck
- Long jump: Sullivan Parker, Bergenfield
- Triple jump: Gabe Knutson, Ridgewood
- Pole vault: Gabe Knutson, Ridgewood
- Relay: Teaneck
- Team: Hackensack

GROUP B

- 100: Charles Christopher, Queen of Peace
- 200: Matt St. Germain, Queen of Peace
- 400: Matt St. Germain, Queen of Peace
- 800: Matt Filandro, Indian Hills
- 1,600: Matt Klypka, Indian Hills
- 3,200: Matt Klypka, Indian Hills
- 110 HH: P.J. Picache, Northern Highlands
- 400 IH: Ken Ebeling, Mahwah
- Shot put: Greg Lippert, Pascack Valley
- Discus: Mark Engravalle, St. Joseph
- Javelin: Dan Kroner, Indian Hills
- High jump: Val Terecich, Fort Lee
- Long jump: Craig Heilmann, No. Highlands
- Triple jump: Ken Ebeling, Mahwah
- Pole vault: Adam Sacher, Pascack Valley
- Relay: Ramsey
- Team: Indian Hills

GROUP C

- 100: Rameik Jackson, Westwood
- 200: Rameik Jackson, Westwood
- 400: Rameik Jackson, Westwood
- 800: Ryan McCann, Glen Rock
- 1,600: Ryan McCann, Glen Rock
- 3,200: Matt Magnifico, Becton
- 110 HH: Jeff Bertrand, Glen Rock
- 400 IH: Andrew Fontana, Pascack Hills
- Shot put: Jason Maier, New Milford
- Discus: Jason Maier, New Milford
- Javelin: Andrew Degenals, Glen Rock
- High jump: Chris Andretta, Glen Rock
- Long jump: Andy Lim, Leonia
- Triple jump: Jordan Pettway, Englewood
- Pole vault: Tim Murphy, Glen Rock
- Relay: Westwood
- Team: Glen Rock

GROUP D

- 100: Lucas Cuellar, Saddle Brook
- 200: Phil Santini, Cresskill
- 400: Daquan Huffin, Palsades Park
- 800: Pat McKeever, Midland Park
- 1,600: Tom Finnerty, Midland Park
- 3,200: Chris Guerriero, Saddle Brook
- 110 HH: Anthony Pomo, Saddle Brook
- 400 IH: Daquan Huffin, Palsades Park
- Shot put: Slawek Wojtyls, Wallington
- Discus: Chris Onorato, Hasbrouck Heights
- Javelin: Martin Gumowski, Wood-Ridge
- High jump: Tom McCarthy, Saddle Brook
- Long jump: Vernard Hoover, Hasb. Heights
- Triple jump: Vernard Hoover, Hasb. Heights
- Pole vault: Joe Sedluck, Lyndhurst
- Relay: Palsades Park
- Team: Saddle Brook

Girls

GIRLS TOP 20 BOYS TOP 20

1. Hackensack: The Comets won their fourth straight NNJIL B title and will battle for the

1. Hackensack: The Comets cruised to their second consecutive NNJIL Division B title

GIRLS TOP 20 BOYS TOP 20

311. Senior Kevin Perry shot 2-over 74 and sophomores Sam DaSilva and Scott Miller shot 77 and 78, respectively.

Senior Ken Fetzer shot a career-best 71 to win the individual and lead Northern Highlands fourth place overall and first in Division 2.

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NORTH 1, GROUP 1

FIRST ROUND

TUESDAY

(9) Westwood at (8) Midland Park
(12) North Warren at (5) Bogota
(13) New Milford at (4) Emerson
(14) Waldwick at (3) Saddle Brook
(11) Kinnelon at (6) Sussex County Tech
(10) Cedar Grove at (7) Glen Rock

QUARTERFINALS

THURSDAY, MAY 20

w/o Saddle Brook-Waldwick vs. w/o Kinnelon-Sussex Tech
w/o Glen Rock-Cedar Grove at (2) Wallington
w/o New Milford-Emerson vs. w/o Bogota-North Warren
w/o Westwood-Midland Park at (1) Park Ridge

NORTH 2, GROUP 2

FIRST ROUND

TUESDAY

(9) Governor Livingston at (8) West Essex
(10) Madison at (7) Essex County Tech

QUARTERFINALS

THURSDAY, MAY 20

w/o Governor Livingston-West Essex at (1) Caldwell
(5) Rutherford at (4) Chatham
(6) Parsippany at (3) Cranford
w/o Madison-Essex County Tech at (2) Hoboken

NORTH 2, GROUP 1

QUARTERFINALS

THURSDAY, MAY 25

(3) Belvidere at (1) High Tech
(5) Country Prep at (4) Verona
(6) Bernards at (3) Secaucus
(7) Becton at (2) Whippany Park

NORTH PAROCHIAL A

THURSDAY, MAY 20

(9) Kent Place at (8) DePaul
(12) Immaculata at (5) Mt. St. Dominic
(11) Pope John XXIII at (6) Immaculate Heart
(10) Mt. St. Mary at (7) St. Dominic

QUARTERFINALS

WEDNESDAY, MAY 25

w/o Pope John-IMA at (3) Holy Family
w/o St. Dominic-Mt. St. Mary at (2) Paramus
athletic
w/o Kent Place-DePaul at (1) Union Catholic
w/o Mt. St. Dominic-Immaculata at (4) Mother Seton

NORTH PAROCHIAL B

FIRST ROUND

WEDNESDAY, MAY 25

(1) Lacordaire at (4) Newark Academy
(1) St. Aloysius at (3) Eastern Christian

SEMIFINALS

THURSDAY, MAY 27

w/o St. Aloysius-Eastern Christian at (2) St. Aloysius
w/o Lacordaire-Newark Academy at (1) Montclair Kimberley

Girls lacrosse

ORTH A

FIRST ROUND

WEDNESDAY, MAY 25

(1) West Windsor South vs. (14) Ramapo
(1) Montville vs. (13) Wayne Hills

SECOND ROUND

WEDNESDAY

(1) West Windsor South/Ramapo vs. (3) Sboron
(1) Montville/Wayne Hills vs. (4) West Windsor North
(1) No. Highlands vs. (7) Mendham
(1) Ridgewood vs. (6) Ridge

QUARTERFINALS

1. Hackensack: The Comets won their fourth straight NNJIL B title and will battle for the Group A Bergen title this weekend

2. Old Tappan: The Golden Knights won the NBIL Division 1 title and are aiming for the A championship.

3. Wayne Valley: An upset win in the Northern Hills Skyline was followed by a fight for the Passaic County title.

4. Indian Hills: The Braves won the NBIL Division 2 title and will compete for the Bergen group B championship.

5. Ridgewood: The Maroons edged Teaneck in a terrific NNJIL B division meet.

6. Immaculate Heart Academy: The Blue Eagles won their sixth straight NNJIL divisional title.

7. Teaneck: The Highway-women came within six points of Ridgewood in their league meet but could contend in the A meet.

8. Glen Rock: The Panthers are heavily favored in the Bergen Group C meet.

9. Northern Highlands: The Highlanders came up short in an attempt to win their second NBIL 2 championship in three years.

10. River Dell: The Golden Hawks have won three BCSL American crowns in four years and could battle in Group B.

11. Demarest: The Norsewomen are very good but over-matched in the Bergen Group A meet.

12. West Milford: The Highlanders are led by outstanding performances by Alyssa Douma.

13. Ramsey: The Rams, after a good NBIL showing, are another contender in a very good Bergen Group B meet.

14. Lakeland: The Lancers have a shot to win the Passaic County championship.

15. Cresskill: The Cougars hope to parlay their overwhelming BCSL Olympic win into a Bergen D championship.

16. Pompton Lakes: The Cardinals won their second straight BPSL King championship.

17. Wood-Ridge: The Blue Devils won their first BCSL National title and will be a threat in the Group D meet.

18. Hasbrouck Heights: Don't count out the Aviators despite their first league loss in nine years.

19. Paramus: The Spartans have some top-notch individuals

1. Hackensack: The Comets cruised to their second consecutive NNJIL Division B title.

2. Demarest: James LaGrecia won three events to lift Norsemen to NBIL Division 1 title.

3. Ridgewood: The Maroons rolled in NNJIL Division A.

4. Northern Highlands: The Highlanders will be looking to add a Bergen Division C title.

5. Clifton: The Mustangs won their first Passaic County championship in 30 years Thursday.

6. Don Bosco: The Ironmen won the NNJIL Division C championship.

7. Glen Rock: The Panthers edged rival Saddle Brook for the B-PSL meet championship.

8. Saddle Brook: The Falcons will look to bounce back in Bergen Division C.

9. West Milford: The Highlanders finished third as the Passaic championships turned into a three-team race.

10. Bergenfield: Sullivan Parker and Marquis Mitchell led Bears to second in NBIL Division 1.

11. Indian Hills: Indian Hills finished second in the NBIL Division 2 meet.

12. Passaic: Hayrol Cruz and Jason Mack each earned gold in the Passaic championship meet.

13. Palisades Park: The Tigers won the BCSL Olympic meet.

14. River Dell: River Dell edged Fort Lee in BCSL American meet.

15. Hawthorne: Casey Robert, John Strang, and Jesse Padilla powered the Bears to second in the Passaic meet.

16. Fort Lee: Three points separated the Bridgemen from outright BCSL American title.

17. Passaic Tech: The Bulldogs couldn't extend their B-PSL meet success to the Passaic championships.

18. DePaul: Val Sisti had a day to remember, winning four events at the Northern Hills meet.

19. Bergen Catholic: The Crusaders gave the Ironmen all they could handle in the NNJIL Division C meet.

20. Kennedy: The Knights may have discovered a new star in sophomore Shaquan Brown.

Long jump: Vernard Hoover, Hasb. Heights
Triple jump: Vernard Hoover, Hasb. Heights
Pole vault: Joe Sedluck, Lyndhurst
Relay: Palisades Park
Team: Saddle Brook

Girls

GROUP A

100: Consandria Walker, Hackensack
200: Consandria Walker, Hackensack
400: Nicole Philibosian, Paramus
800: Loren Moskovich, Fair Lawn
1,600: Taylor Lebovich, Old Tappan
3,200: Lisa Sinkovitz, IHA
100 HH: Michelle Smith, Teaneck
400 HH: Michelle Smith, Teaneck
Shot put: Andrea Cerbie, Old Tappan
Discus: Nicole Robinson, Hackensack
Javelin: Daina Pucurs, Demarest
High jump: Jessica Malacrida, Paramus
Long jump: Consandria Walker, Hackensack
Triple jump: Consandria Walker, Hackensack
Pole vault: Kerri Norton, Ridgewood
Relay: Teaneck
Team: Hackensack

GROUP B

100: Sophia Davis, Queen of Peace
200: Abby Beutel, River Dell
400: Sophia Davis, Queen of Peace
800: Janine Davis, Queen of Peace
1,600: Janine Davis, Queen of Peace
3,200: Cheyenne Ogletree, Garfield
100 HH: Brie-Ann Forhecz, Northern Highlands
400 HH: Lisa Tarulli, Ramsey
Shot put: Jennifer Meneghin, Lodi*
Discus: Jessie Steinbeigle, Indian Hills*
Javelin: Jaclyn DeMals, Pascack Valley*
High jump: Alex Paslawsky, Ramsey
Long jump: Brie-Ann Forhecz, No. Highlands*
Triple jump: Danielle Kroll, Indian Hills
Pole vault: Amanda Knutsen, Ramsey*
Relay: Ramsey
Team: Indian Hills

GROUP C

100: Cheryl Ancombe, Westwood
200: Cheryl Ancombe, Westwood
400: Cheryl Ancombe, Westwood
800: Denise Scarfi, Westwood
1,600: Denise Scarfi, Westwood
3,200: Irene Rono, Lyndhurst
100 HH: Lindsay May, Dumont
400 HH: Christina Patoir, Glen Rock
Shot put: Bridget Kenny, Ridgefield Park
Discus: Julie Halejian, Pascack Hills
Javelin: Allison Coughlin, Dumont
High jump: Kate Watson, Leonia
Long jump: Sheena Strachan, Englewood
Triple jump: Sheena Strachan, Englewood
Pole vault: Ashley Aquino, Lyndhurst
Relay: Glen Rock
Team: Glen Rock

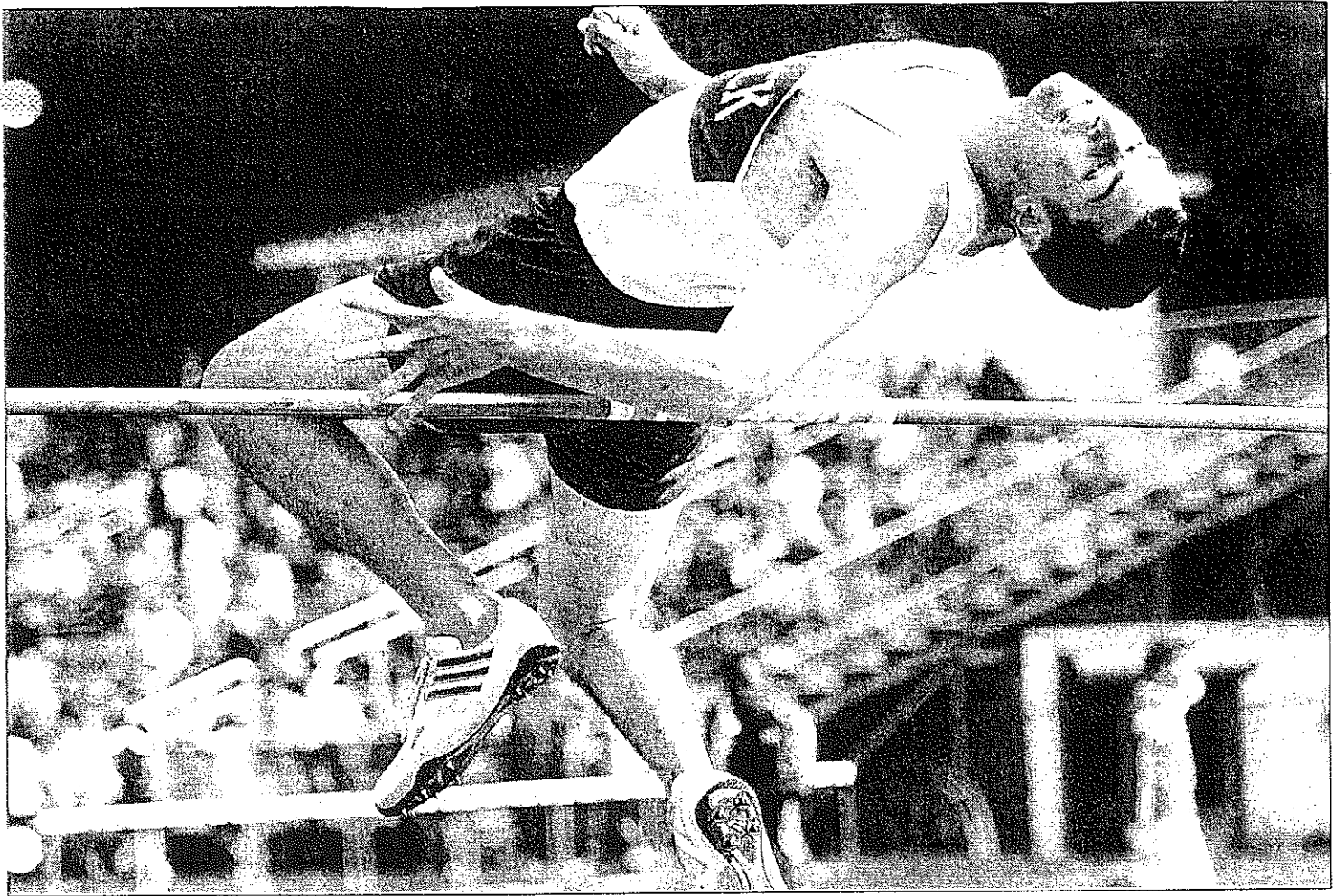
GROUP D

100: Erika Ostrove, Cresskill
200: Judy Wong, Wood-Ridge
400: Judy Wong, Wood-Ridge
800: Alicia Henry, Cresskill
1,600: Amy Van Alstine, Midland Park
3,200: Amy Van Alstine, Midland Park
100 HH: Shannon Kozibroda, Wood-Ridge
400 HH: Pam Campanaro, North Arlington
Shot put: Lindsay Renna, Hasbrouck Heights
Discus: Tiffany Phoenix, Cresskill
Javelin: Lisa Colangelo, Hasbrouck Heights
High jump: Shannon Kozibroda, Wood-Ridge
Long jump: Erika Ostrove, Cresskill
Triple jump: Arianna Pomo, Saddle Brook
Pole vault: Melanie Kim, Saddle Brook
Relay: Cresskill
Team: Cresskill

* - Events held Wednesday at Mahwah

On June 7th, 2004 at 10:00 a.m. Lackland Self Storage, 125 Franklin Street, Belleville, NJ 07109
The following merchandise will be sold at Public Auction. Listed below are the unit numbers along with the occupants name and a brief description of the contents.

UNIT	OCCUPANT	DESCRIPTION
5	WILLIAM DUQUE	Refrigerator
171	LEO PERDOMO	Air conditioner, computer, wood, luggage
2123	Felisha Phagon	Stereo, plastic totes, toys, air conditioner, toddler bed
2183	BRUCE GRAHAM	Toys, dresser, chair, lamp, artificial tree
2194	CEASAR VIZCAINO	Mirror, Boxed items, totes, lamps & chairs
2229	ALVIN DANFOS	



MEL EVANS/STAFF PHOTOGRAPHER

Glen Rock's Chris Andretta clearing the high jump bar at 6-5 to win the Group C title at the Bergen County track championships.

Record-breakers ^{5/15}

Sacher, Perussi get personal bests at Bergen meet

By GREGORY SCHUTTA
STAFF WRITER

OLD TAPPAN - Pascack Valley's Adam Sacher had been stuck for weeks. Jeremy Perussi of Demarest hadn't been running his event long enough to be stuck.

Both notched personal bests, Sacher setting a meet record in the pole vault, as the Red Little Bergen County track championships got under way.

"It was an amazing rush," Sacher said of clearing 14 feet, 6 inches Wednesday at Mahwah to win the Group B pole vault. "I've been stuck at 14 feet since the winter."

His vault shattered the record of 14-1 set by Don Bosco's Ken Scheider in 1999 and ties Ridge-

vault outdoors this season. Knutson will vault today as the meet concludes at Teaneck.

"I think I do a lot better when I have a challenge," said Sacher, who cleared 14-6 on his first attempt, but missed his chance to set a school record at 14-10. "I had Ed Chin-Lyn [Mahwah, 13-6] pushing me and that helped me out a lot."

Perussi set a school record in the 400 intermediate hurdles, finishing in 54.3 seconds to earn the gold in Group A. Not bad for somebody who started running the intermediates six weeks ago.

"I've gone from 57.3 to 54.3 in just three races," said Perussi, whose specialty is the 110 high hurdles. "I've only run this race about five or six times. I'm just get-

ting 13 steps between hurdles."

That formula was enough to edge Hackensack's Dan Oquendo, who ran 54.9 but only managed second place.

"A lot of it has to do with college," said Perussi, who plans to run the hurdles at Monmouth next year. "I've been doing a lot more endurance stuff. The coaches said they saw some potential in me as a 400 hurdler. I guess they were right."

Don Bosco set a meet record Friday at Old Tappan as Michael Ray Garvin won the Group A 200 meters in 21.7 seconds, beating the mark of 21.8 set by former Ironman Derrick Horner in 1988.

All four group races are within 10 points after one day of competition. Ridgewood, which got a

Cator, and Kyle Engelken in the 3,200, surged into the lead over Hackensack, 50-45, in Group A.

Fort Lee, with wins by Val Terebizh in the high jump and Minjoe Williams in the long jump, leads Bergen Relay champ Northern Highlands by five, 47-42, in Group B. Rameik Jackson won the 100 and Erik Heymann the javelin to help lift Westwood to a 42-33 lead over Glen Rock in Group C.

Saddle Brook, with a win by Tom McCarthy in the high jump and two seconds, leads Group D, 49-42, over Hasbrouck Heights. Palisades Park, which took the Falcons to the next-to-last event in the Bergen Relays before falling, is third with 41 points.

BERGEN COUNTY TRACK CHAMP

BOYS RECAP

Group A

The teams: Hackensack faced near disaster when Dan Oquendo fell while leading in the 110 high hurdles. But when Demarest ace Jeremy Perussi was disqualified for hitting too many hurdles, the Comets' Jean Beljour and Gianni Rollins were awarded first and second and the all-important 18 points. Ridgewood came back with an Ari Zamir-led sweep of the 1,600 to take the lead by two, but Hackensack's Eddy Cabo, Alex Pierre, Josh Simmons, and Mark Hanulak ran a blazing 3:23.5 to win the 1,600 relay and clinch the title.

The stars: Don Bosco's Michael Ray Garvin set one meet record in the 200 meters (21.7) and fell one-tenth short of a second with a 10.7 in the 100. Beljour also won the high jump for Hackensack, clearing 6-4, and Simmons (49.7) and Hanulak finished 1-2 in the 400. Gabe Knutson won the long jump, triple jump, and pole vault for Ridgewood and finished third in the discus behind Hackensack's Eric Sewell and Vaughn Crenshaw. Knutson, who saw his area-best vault of 14-6 equaled Wednesday, cleared 13-6 to win, then went right to 15 feet where he missed on all three attempts.

Group B

The teams: Indian Hills avenged two major-meet losses to Northern Highlands by holding off the Highlanders, 94-90, to win its second straight Bergen championship.

The stars: Elan Goldwaser ran all four of his events in Saturday's heat for Indian Hills, winning the 800 (1:58.9), finishing third in the 1,600 (4:37.1), and running a leg on the Braves' fifth-place relay team. Sophomore Garrett Kroner won the 100 (11.2) and the 400 (49.0), breaking 50 seconds the first time he ran an open 400 meters. Coach [Steve] Opremcak told me that if I worked at it, I could break 50 seconds in the 400 by my sophomore year," Kroner said. "And I tied the school record." Kroner's brother Daniel won the javelin with a throw of 152-3. Pascack Valley's



Englewood's Jordan Pettway goes airborne during the triple jump Saturday at the Bergen County track championship.

Family on the r

Jackson brothers lead Westwood to B

By GREGORY SCHUTTA
STAFF WRITER

TEANECK — Raheem Jackson's mother gave him an ultimatum two years ago. "All I was doing was football," the Westwood senior said. "I wasn't doing anything else. She said I could either run track or get a job."

(22.9), while teammate Jake Stass was third in the 100 (11.2), third in the 400 (51.6) to complete a Cardinal sweep, and fourth in the 200 (22.9). Mike Gil joined those three on the winning relay for the Cardinals, who led for most of the meet but fell a point behind Glen Rock, 91-90, going into the relay. Glen Rock finished fifth in 3:40.3. a charging North the Group B title, and avenge lo Bergen Relays ar This was a big disappointed that the league meet Opremcak said in the great to be

Final Results

Event 65 Boys 100 Meter Dash Group A

Name	Year School	Finals	Points
444 Garvin, Michael Ra	JR Don Bosco Prep	10.70	10
2 464 Lindsey, Ryan	SO Don Bosco Prep	10.90	8
3 280 Parker, Sullivan	SR Bergenfield Trac	10.90	6
4 1042 Horton, Brian	SR Hackensack HS	11.10	4
5 493 Toal, Brian	SR Don Bosco Prep	11.30	2
6 277 Osorio, Greg	SR Bergenfield Trac	11.40	1

Event 66 Boys 200 Meter Dash Group A

Name	Year School	Finals	Points
1 444 Garvin, Michael Ra	JR Don Bosco Prep	21.70	10
2 280 Parker, Sullivan	SR Bergenfield Trac	22.70	8
3 464 Lindsey, Ryan	SO Don Bosco Prep	22.80	6
4 1954 Schuierer, Matthew	10 Nvrhs at Demarest	23.20	4
5 493 Toal, Brian	SR Don Bosco Prep	23.30	2
6 1042 Horton, Brian	SR Hackensack HS	23.40	1

Event 67 Boys 400 Meter Dash Group A

Havilo Race Timing Contractor License*

5:16:01 3:19 AM

Name	Year School	Finals	Points
1 1061 Simmons, Josh	SR Hackensack HS	49.70	10
2 1038 Hanulak, Mark	SR Hackensack HS	50.50	8
3 3170 Lowe, Dewayne	Teaneck High School	50.90	6
4 74 D'Izzia, Dan	JR Bergen Catholic	51.20	4
5 103 Lyew, Stai-Sean	JR Bergen Catholic	51.20	2
6 434 Davis, Jared	JR Don Bosco Prep	51.20	1

Event 68 Boys 800 Meter Run Group A

Name	Year School	Finals	Points
1 1910 LaGreca, James	11 Nvrhs at Demarest	1:57.10	10
2 2216 Madrid, Ryan	JR Paramus Catholic	1:57.70	8
3 2815 Zamir, Ari	12 Ridgewood High S	1:57.80	6
4 2810 Williams, Byron	10 Ridgewood High S	1:58.30	4
5 125 Wilk, Chris	JR Bergen Catholic	2:00.20	2
6 3183 Reeves, Shaorod	Teaneck High School	2:01.00	1

Event 69 Boys 1600 Meter Run Group A

Name	Year School	Finals	Points
1 2815 Zamir, Ari	12 Ridgewood High S	4:30.70	10
2 2739 Cator, Michael	10 Ridgewood High S	4:33.00	8
3 2782 Nygaard, Erik	12 Ridgewood High S	4:33.30	6
4 2216 Madrid, Ryan	JR Paramus Catholic	4:39.50	4
5 175 Emont, Daniel	FR Bergen Tech	4:40.80	2
6 287 Sanacore, Mike	JR Bergenfield Trac	4:41.00	1

Event 70 Boys 3200 Meter Run Group A

Name	Year School	Finals	Points
1 2815 Zamir, Ari	12 Ridgewood High S	9:30.10	10
2 2739 Cator, Michael	10 Ridgewood High S	9:31.70	8
3 2748 Engelken, Kyle	12 Ridgewood High S	9:32.70	6
4 175 Emont, Daniel	FR Bergen Tech	9:41.90	4
5 2134 Paloazzi, Nick	11 Paramus	10:00.70	2
6 412 Baker, Jason	FR Don Bosco Prep	10:06.70	1

Event 71 Boys 110 Meter Hurdles Group A

Name	Year School	Finals	Points
1 1028 Beljour, Jean	SR Hackensack HS	15.20	10
2 1059 Rollins, Gianni	JR Hackensack HS	15.60	8
3 448 Gonzalez, Christop	SR Don Bosco Prep	15.60	6
4 2118 Johnson, Joe	12 Paramus	15.80	4
5 90 Horneff, John	SO Bergen Catholic	15.80	2
6 276 Mitchell, Marquis	SR Bergenfield Trac	17.00	1

Event 72 Boys 400 Meter Hurdles Group A

Name	Year	School	Finals	Points
1	1941	Perussi, Jeremy	10 Nvrhs at Demarest	54.30 10
2	1053	Oquendo, Dan	JR Hackensack HS	54.90 8
3	2118	Johnson, Joe	12 Paramus	55.20 6
4	1038	Hanulak, Mark	SR Hackensack HS	57.10 4
5	103	Lyew, Stai-Sean	JR Bergen Catholic	58.70 2
6	448	Gonzalez, Christop	SR Don Bosco Prep	58.80 1

Event 73 Boys 4x400 Meter Relay Group A

School	Finals	Points
1 Hackensack High School 'A'	3:25.50	10
1) 1032 Cabo, Eddy JR	2) 1057 Pierre, Alex JR	
3) 1061 Simmons, Josh SR	4) 1038 Hanulak, Mark SR	
2 Don Bosco Preparatory HS 'A'	3:26.90	8
3 Paramus 'A'	3:28.40	6
1) 2127 Liberti, Chris 12	2) 2148 Shahsamand, John 11	
3) 2102 Cepeda, Edgar 11	4) 2118 Johnson, Joe 12	
4 Teaneck High School 'A'	3:30.70	4
1) 3741 Thomas, Keem 9	2) 3170 Lowe, Dewayne	
3) 3183 Reeves, Shaorod	4) 3175 Mitchell-Julien, Andre	
5 Ridgewood High School 'A'	3:31.00	2

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1) 2813 Yeaw, Evan 12	2) 2786 Onwubu, Okechukwu 11
3) 2738 Buckley, Niall 9	4) 2810 Williams, Byron 10
6 Bergen Catholic 'A'	3:33.90 1
1) 74 D'Izzia, Dan JR	2) 125 Wilk, Chris JR
3) 80 Fredrickson, Brian JR	4) 103 Lyew, Stai-Sean JR

Event 74 Boys High Jump Group A

Name	Year	School	Finals	Points
1	1028	Beljour, Jean	SR Hackensack HS	6-04.00 10
2	276	Mitchell, Marquis	SR Bergenfield Trac	6-02.00 8
3	2510	Hecnahen, Patrick	SR Ramapo High School	5-10.00 6
4	1032	Cabo, Eddy	JR Hackensack HS	5-08.00 3
4	3151	Archibal, Kaz	Teaneck High School	5-08.00 3
6	3734	arias, yonaivy	10 Hackensack HS	J5-08.00 1

Event 75 Boys Pole Vault Group A

Name	Year	School	Finals	Points
1	2762	Knutson, Gabriel	12 Ridgewood High S	13-06.00 10
2	2795	Riccairdi, Jacob	11 Ridgewood High S	13-00.00 8
3	1982	Woods, James	Nvrhs at Demarest	J13-00.00 6
4	1064	Straughter, Ian	SR Hackensack HS	J13-00.00 4
5	451	Guincharh III, Cha	SO Don Bosco Prep	12-00.00 2
6	2505	Degelman, Scott	SO Ramapo High School	J12-00.00 0.50
6	2756	Jensen, Christian	11 Ridgewood High S	J12-00.00 0.50

Event 76 Boys Long Jump Group A

Name	Year	School	Finals	Points
1	2762	Knutson, Gabriel	12 Ridgewood High S	21-08.00 10
2	1916	Lee, Sam	11 Nvrhs at Demarest	21-00.75 8
3	165	Bonsu, Leslie	JR Bergen Tech	20-09.75 6
4	1053	Oquendo, Dan	JR Hackensack HS	20-06.50 4
5	122	Turnier, Terry	JR Bergen Catholic	20-00.00 2
6	1030	Brittan, Andrew	SR Hackensack HS	19-09.75 1
7	174	Dew, Shawn	JR Bergen Tech	19-05.50

Event 77 Boys Triple Jump Group A

Name	Year	School	Finals	Points
1	2762	Knutson, Gabriel	12 Ridgewood High S	45-08.00 10
2	1042	Horton, Brian	SR Hackensack HS	42-06.00 8
3	261	Blyden, Harold	JR Bergenfield Trac	42-04.00 6
4	276	Mitchell, Marquis	SR Bergenfield Trac	42-02.00 4
5	277	Osorio, Greg	SR Bergenfield Trac	42-00.50 2
6	1053	Oquendo, Dan	JR Hackensack HS	40-10.00 1

Event 78 Boys Discus Throw Group A

Event 78 Boys Discus Throw Group A

Name	Year School	Finals	Points
1 1060 Sewell, Eric	JR Hackensack HS	152-07	10
2 1034 Crenshaw, Vaughn	SR Hackensack HS	148-00	8
3 2762 Knutson, Gabriel	12 Ridgewood High S	147-01	6
4 1927 McElroy, Ryan	10 Nvrhs at Demarest	135-04	4
5 270 Karsos, Ted	SR Bergenfield Trac	126-09	2
6 1743 Harrington, Timoth	SR Northern Valley	125-01	1

Event 79 Boys Javelin Throw Group A

Name	Year School	Finals	Points
1 1066 Tangarife, Frank	SR Hackensack HS	170-10	10
2 1722 Berberian, Alexand	SR Northern Valley	165-08	8
3 2791 Picccc, Steven	10 Ridgewood High S	163-09	6
4 1774 Weinfeld, Charles	SO Northern Valley	158-02	4
5 1981 Woods, Daniel	Nvrhs at Demarest	154-07	2
6 1982 Woods, James	Nvrhs at Demarest	150-09	1

Event 80 Boys Shot Put Group A

Name	Year School	Finals	Points
1 493 Toal, Brian	SR Don Bosco Prep	53-03.25	10
2 102 Larkin, Dan	JR Bergen Catholic	47-10.50	8

<http://www.lfrauloracingsystems.com/divareults.html>

Frank Race Timing Contractor License

5:16:01 8:19 AM

3 2736 Abdallah, Steven	10 Ridgewood High S	47-10.00	6
4 2749 Flicker, Mat	11 Ridgewood High S	46-05.00	4
5 1060 Sewell, Eric	JR Hackensack HS	46-02.25	2
1055 Parham, Travis	JR Hackensack HS	46-02.00	1

Men - Group A - Final Team Rankings - 16 Events Scored

1) Hackensack High School	126	2) Ridgewood High School	120.50
3) Don Bosco Preparatory HS	67	4) NVRHS at Demarest	45
5) Bergenfield Track & Field	39	6) Bergen Catholic	23
7) PARAMUS	18	8) Teaneck High School	14
9) Northern Valley @ Old Tap	13	10) Paramus Catholic High Sch	12
10) Bergen County Technical H.	12	12) Ramapo High School	6.50

Bergen County Championships**May 14th and 15th****Friday @ Old Tappan**

Shot Put: Steven Abdallah 47'10" – 3rd Place, Mat Flicker 46'5" – 4th Place
Michael Monfared 41'8"

Long Jump: Gabriel Knutson 21'8" – 1st Place, Harryl Smith 19' ¼",
Krishan Wanchoo 17' ½"

Javelin: Steven Pierce 163'9" – 3rd Place, Nick Ontiveros 124'7",
Albert Gelbaum 110'

High Jump: Harryl Smith 5'6" Paul Kovach NH

200m: Byron Williams 24.9, Evan Yeaw 23.6, Albert Gelbaum 24.8

400IH: Byron Williams 61.9 (fall), Evan Yeaw 59.3, Niall Buckley 62.2

3200m: Ari Zamir 9:30.1 – 1st Place, Michael Cator 9:31.7 – 2nd Place,
Kyle Engelken 9:32.7 – 3rd Place

Saturday @ Teaneck

110HH: Joe Nagano-Gerace 16.6, John Moody 17.2, Julien Chamoun 19.8

100m: Evan Yeaw 11.7/11.5, Krishan Wanchoo 12.2, Sam Oh 11.9

800m: Ari Zamir 1:57.8 – 3rd Place, Byron Williams 1:58.3 – 4th Place
David Maher 2:02.2

400m: Albert Gelbaum 55.1, Jeremy Schmidt 56.1, Doug Segars 59.8

1600m: Ari Zamir 4:30.7 – 1st Place, Michael Cator 4:33.0 – 2nd Place,
Erik Nygaard 4:33.3 – 3rd Place

4x400m: Evan Yeaw 52.6, Okechukwu Onwubu 52.3, Niall Buckley 52.9,
Byron Williams' 53.2 3:31.0 – 5th Place

Pole Vault: Gabriel Knutson 13'6" – 1st Place, Jacob Ricciardi 13'0" – 2nd Place,
Christian Jensen 12'0" – tie 6th Place

Discus: Gabriel Knutson 147'1" – 3rd Place, Mat Flicker 123'6",
Steven Abdallah 117'

Triple Jump: Gabriel Knutson 45'8" – 1st Place, Harryl Smith 39'7",
Brian Clementi 37'11"

**East Coast Relays
@ Morristown HS**

May 17th

4x800m:

Byron Williams	1:59.5
Michael Cator	1:58.3
Erik Nygaard	1:58.5
Ari Zamir	1:55.6

7:52.05 – 1st Place...11th fastest time in the nation this year!!!

Don Bosco strong in relays

MORRISTOWN — North Jersey teams scored impressive wins and ran outstanding times at the East Coast Relays at Morristown High School. Don Bosco didn't win either the 400 or 800 relays, but its runner-up performance behind Piscataway in the 400 in 42.59 seconds is just behind the Bergen County record of 42.4 set by a Don Bosco team in a 440-yard relay in 1971.

Patrick Flinn replaced Brian Toal and combined with Ryan Lindsay, Jared Davis, and Michael Ray Garvin to run 1:30.13 in the 800-meter relay, the third-best performance in Bergen County history. The Ironmen were

third in the race.

The Ridgewood team of Byron Williams, Michael Cator, Erik Nygaard, and Arj Zamir ran 7:52.05 to win the 3,200-meter relay in the seventh-fastest time in Bergen history and the fastest time in 17 years.

In girls events, Teaneck became the first Bergen team under four minutes in the 1,600 relay in seven years as the team of Kadian Dockery, Raquel Clarke, Anise Johnson, and Michelle Smith ran 3:58.65 for second in a photo finish with Trenton.

Teaneck was fifth in the 400 relay in 50.54, 11th-fastest time in Bergen history, and third in

the 800 in 1:44.77, the fastest time since 1980 for a Bergen team and third fastest overall. Shetoi Francis, Dockery, and Johnson ran on both teams with Smith replacing Yvonne Hunt in the 800.

Daina Pucurs of Demarest threw 148-7 and teamed with Joelle Soloman to win the javelin with a combined throw of 244-4.

Ridgewood's 3,200 team of Cristina Law, Becca Wells, Stephanie Westermann, and Emily Terrin ran 9:32.70, the seventh-fastest time in Bergen history and the fastest since 1988. Westwood was sixth in the distance medley in 12:58.86.

**Freshman County Championship
@ Northern Highlands**

May 19th 70 – drizzle then sun

- 400IH: N. Buckley 60.6 – 1st Place
- 100m: Ja. Lee 12.9, Kevin Phelan 13.1, D. Yoon 13.6, S. Miller 14.0
- 400m: A. Gelbaum 53.7 – 2nd Place, J. Schmidt 54.3 – 5th Place,
Z. Ontiveros 59.9, J. Violaris 61.2 M. Wamsley 63.3 M. Vaccaro 65.5
- 1600m: J. Garber 4:53 – 2nd Place, A. Vedder 5:11
- 800m: N. Buckley 2:04.3 – 1st Place, D. Segars 2:12.6 – 6th Place,
J. Patino 2:33, D. Goldberg 2:46
- 200m: A. Gelbaum 24.5 – 4th Place, Z. Ontiveros 26.7, J. Violaris 26.9
K. Phelan 27.3, M. Vaccaro 27.6, M. Wamsley 27.8, Ja. Lee 28.0,
D. Yoon 28.5, S. Miller 29,7
- 3200m: J. Garber 10:55 – 6th Place, A. Vedder 11:53
- 4x400m: A. Gelbaum 53.4, D. Segars 58.9, J. Schmidt 56.0, N. Buckley 54.1
3:42.4 – 2nd Place
- Shot: J. Petersil 29'5", G. Hachem 29'0", S. Szyfman 28'1 ¼"
- Discus: S. Szyfman 85'8" – 6th Place, J. Petersil 84'8", G. Hachem 64'1"
- Javelin: A. Gelbaum 140'3" – 1st Place
- L Jump: Ja. Lee 15'7"
- T. Jump: Ja. Lee 30'1"

Meet Comments:

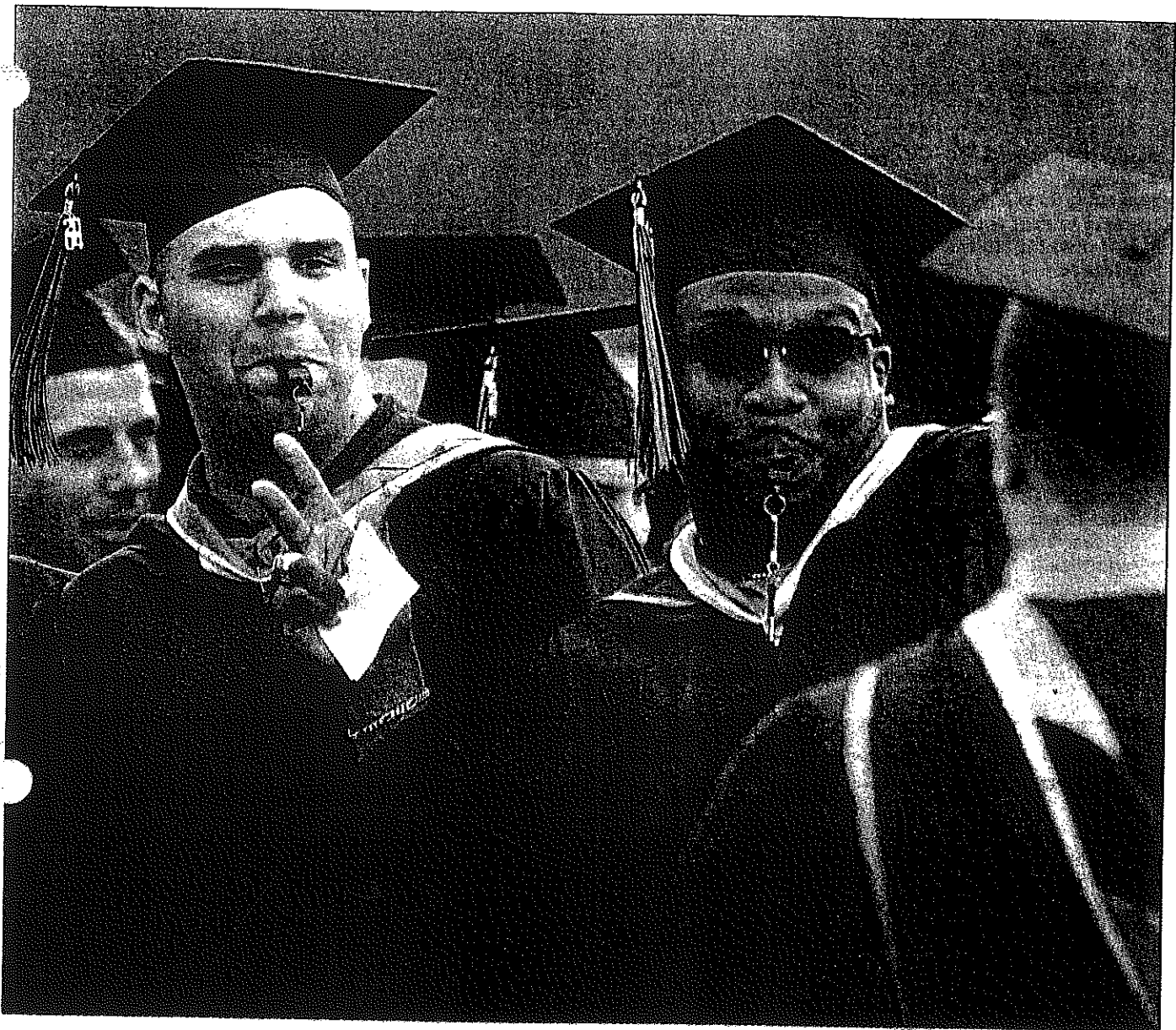
63 points – 3rd place in the county!!!

Teaneck – 90 points; Hackensack 74 points

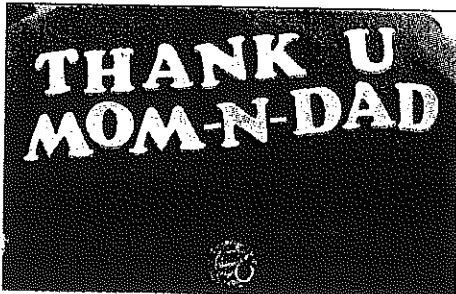
**Excellent end to the season...some great performances...outstanding performances
by Niall (2 wins and personal bests – 20 points) and Albert (1 win and 22 points).**

Congratulations to all who finished the season!

They're the Class of 2004



William Paterson University's 179th commencement on Tuesday was high-spirited. Torrance Watson, above center, and Khoder Ali Jaafar, left, posing for fellow graduate David Pinto. At right, jazz great Clarke Terry entertaining after he received an honorary doctorate of humane letters. Below, a grateful graduate. Story, Page L-2



STAFF PHOTOS BY BETH BALBIERZ

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N.J. vaulters raise the bar

Emphasis yielding new heights

By GREGORY SCHUTTA
STAFF WRITER

Pole vaulters typically compete in the infield, within sight of just about every spectator and participant at a track meet, but far enough away from the chaos of the finish line and jumping pits to qualify as their own little community.

But all eyes tend to turn to the pole vault pit as the bar reaches higher and higher into the sky. And this year, the bar has been reaching dizzying heights in New Jersey.

NJSIAA track sectionals

North 1, Groups 3 and 4

at Wayne Hills

Friday, 4 p.m.

Saturday, 10 a.m.

North 1, Groups 1 and 2

at Indian Hills

Friday, 4 p.m.

Saturday, 10 a.m.

North 2, Groups 1 and 2

at Whippany Park

Friday, 4 p.m.

Saturday, 10 a.m.

County athletes to clear 14 feet, 6 inches this year. "Now, you clear 13 feet and that only gets you into the top six."

"The other day I was looking at Web sites to see what other people were jumping, and the heights are definitely going up," Clifton's Karen Langner said.

Langner, who cleared 10-6 to set the Passaic County girls' record at the Passaic Championships last week; Knutson; and Pascack Valley's Adam Sacher are part of a resurgence in pole vaulting this year in which New Jersey athletes have pushed the limits of their event.

Adam Serafian of Ocean City set the standard Saturday when he cleared 17-4½ at the Shore Conference Championships, smashing the State record of 16-6 set by Bill Lange of Bridgewater-Raritan in 1980 and posting the best vault in the nation this year and 20th best ever.

Shawnee's Danielle O'Reilly set the

"It's gotten a lot harder and a lot more competitive," said Sacher, who cleared 14-6 last week to win the Group B title at the Bergen County Championships and set a meet record. "Last year, 13 feet was the highest."

This year, seven boys cleared 13 feet at the Bergen County championships, four of them in Group A alone.

"You have a lot more kids coming out and putting time and effort into the event," said Clifton's Andy Piotrowsky, who has coached the likes of Lauren Dutch and 14-footer Kenny Stoute in his five years with the Mustangs. "The competition is greater and they're pushing each other to greater heights."

The spike is most obvious on the girls' side, where the event has been contested in major meets for the last three years and in dual meets for the first time this year.

"Coaches are putting more of an emphasis on the vault because the sport is so new," Piotrowsky said. "You find a kid with just a little bit of talent and you can get a major amount of points."

"For girls, the sport is so new," said Langner, who has cleared 11 feet in practice and has designs on 11-6 this year in competition. "A lot of the boys have gymnastics backgrounds, and they understand the sport a lot more."

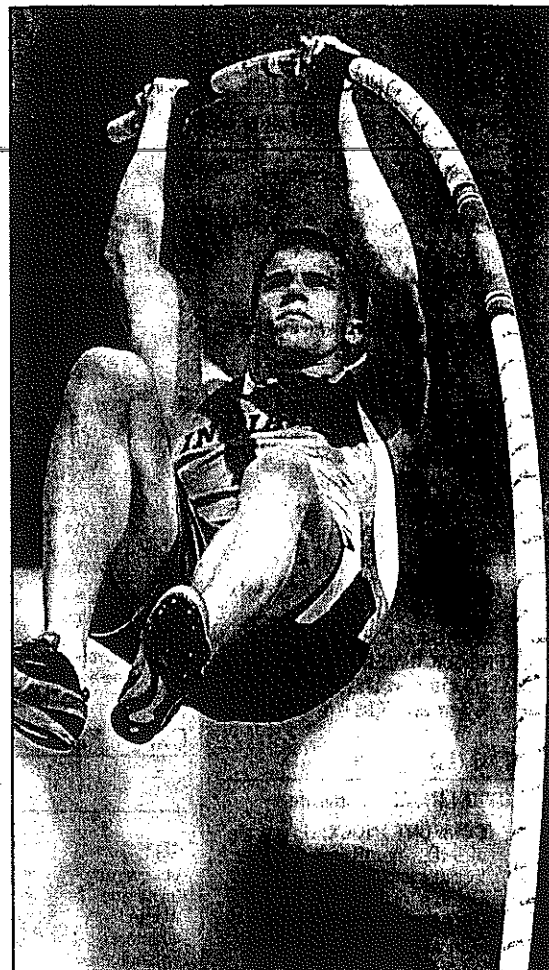
Serafian and Knutson have gymnastics backgrounds, Knutson training with Ridgewood's gymnastics team in the fall.

That training produced instant results during the winter when Knutson cleared 15 feet indoors and 14-6 outdoors at the Penn Relays.

"Fifteen feet was my goal over the winter," said Knutson, who is shooting for the Bergen County outdoor record of 15-3. "It was a surprise when I did it. My best before that was 13-8. But the fact that I did it two more times gives me confidence. I know that I didn't just have a good day."

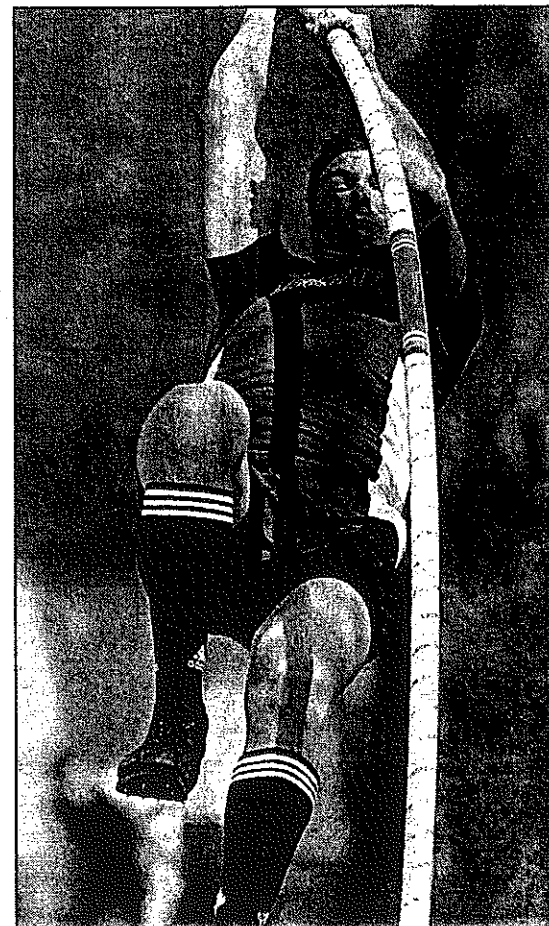
Fifteen feet also is on Sacher's mind.

"I definitely think I can do it," said Sacher, whose school record sits at 14-7½. "I seemed to have a mental block at 14 feet, but I felt that 14-6 was coming. Now, I definitely think I can do 15 feet. It would feel so great because it would mean that I would be remembered at the school because I would have this record."



RECORD FILE PHOTOS

Pascack Valley's Adam Sacher, above, and Ridgewood's Gabe Knutson, below, have their sights set on the Bergen County pole vault record of 15-3.



Public Notices

BOROUGH OF LODI
ADOPTED ORDINANCE
ORDINANCE NO. 404-18

An Ordinance Authorizing the Borough of Lodi to Provide Legal Counsel, Indemnification for Officials, Employees Appointees of the Borough in Certain Actions Brought Against Said Officials, Employees and Appointees

NOTICE is hereby given that the ordinance set forth in the above title, which ordinance was published in full on the date of April 20, 2004 in the Record, Hackensack, N.J. 07 was finally passed and adopted after a public hearing at a meeting of the Borough Council of the Borough of Lodi, County of Bergen and State of New Jersey, held on the day of May, 2004 and will be in full force and effect after said adoption and this public notice in accordance with and as required by law.

APPROVED
Mayor Gary Papa

ATTEST:
Debra A. Cannizzo, R.M.C.
Borough Clerk
May 21, 2004-fee:\$29.38 (26)

1001

BOROUGH OF EDGEWATER
BOARD OF ADJUSTMENT
NOTICE OF PUBLIC HEARING

PLEASE TAKE NOTICE that Archer & F Realty Corp. (Applicant) will make a bifurcated application, pursuant to N.J.S.A. 40:5-76b, to the Board of Adjustment of the Borough of Edgewater ("Board") at its regular scheduled meeting to be held on Wednesday, June 2, 2004 at 7:00 p.m. at the Edgewater Municipal Building, 916 River Road, Edgewater, New Jersey, or as soon thereafter as a matter may be called by the Chair, for a variance, height variance(s), and together with such other variances, special exceptions or waivers which may be determined as required by the Board, the Edgewater Zoning Official and/or the Ordinances of the Borough of Edgewater and Statutes of the State of New Jersey which may relate to this proposal and/or application.

The property which shall comprise the subject matter of this application shall in fact be commonly known as the Octagon property designated as Block 79, Lot 1 and Block 80, Lot 1, as shown on the Tax Assessor's Map of the Borough of Edgewater. The subject property is located in the following zoning Block 79, Lot 1 is located in the R-2 Residential Zone and Block 80, Lot 1 is located in the OR-1 Office and Research District is a known as 596 River Road at Archer Avenue Edgewater, Bergen County New Jersey.

The Applicant is seeking use and height variances and such additional variances and waivers as may be required to allow the construction of a multi-story residential complex and townhouses with ancillary facilities containing a series of connected and detached buildings. The buildings shall contain seven (7) typical residential floors above a lobby/mezzanine level and all located above a two (2) story garage podium. The building will contain the apartment units, plus two independent apartments and two assisted superintendent/management apartments located in the mezzanine level of the building together with recreational amenities and ancillary facilities, as shown on the plans prepared by Vijay Kale, AIA. The townhouses will be located on the podium level above the garage and be two stories in height above the podium level as shown on the Vijay Kale plans.

All the buildings together including the townhouses contain 226 residential units, plus a total of, and in addition to, two (2) super units and two (2) assistant superintendent/management office units. The 18 townhouse type residential units located on the podium level are facilities on New River Road. The entire project consists of 226 revenue producing residential units plus the super, assistant superintendent/management office units referred to above.

Furthermore, all interested parties may appear at the time of the hearing, either in person, or by agent or attorney, and shall be given an opportunity to be heard with respect to the within bifurcated application.

All interested parties may inspect the entire application, inclusive of all plans, at the Office of the Building Department of the Borough of Edgewater, located at 916 River Road, Edgewater, New Jersey during regular business hours.

James Demetriak, Esq.
Attorney for the Applicant
May 21, 2004-Fee:\$87.01(77)

100171

BOROUGH OF LODI
ADOPTED ORDINANCE
ORDINANCE NO. 404-19

AN ORDINANCE TO AUTHORIZE THE SALE, PURSUANT TO N.J.S.A. 40A:12-11 OF LANDS AND PREMISES KNOWN AS BLOCK 84, LOT 11 ON THE TAX ASSESSMENT MAP OF THE BOROUGH OF LODI

NOTICE is hereby given that the ordinance set forth in the above title, which ordinance was published in full on the date of April 22, 2004 in the Record, Hackensack, N.J. 07801 was finally passed and adopted after a public hearing at a meeting of the Borough Council of the Borough of Lodi, County of Bergen

Sectional shuffling creates confusion

By GREGORY SCHUTTA
STAFF WRITER

Brian O'Connor was just starting to put his lineup together Wednesday for this weekend's sectional track championships. Frank Donohue was agonizing over the makeup of his relay team.

The NJSIAA's newly realigned sections have coaches scrambling to their computers and newspapers. Some are trying to gauge the strength of unfamiliar opponents coming into their sections. Others try to acclimate themselves to unfamiliar surroundings in new sections.

"I'm still working on finalizing my lineup," said O'Connor, the Wayne Valley girls' coach. "It's made it a little more difficult figuring out who's in and who's out."

"You have to do your research," said Donohue, the Palisades Park boys' coach. "There is some strategy involved. If you have a multitalented kid who can do five or six events, you have to decide which events to put him in to maximize his points."

Palisades Park, a Group 1 team, is one of 10 Bergen County Group 1 and 2 teams switching from North 1 to North 2. Whippany Park will host the North 2, Groups 1 and 2 championships today and Saturday.

Wayne Hills hosts North 1, Groups 3 and 4 while the North 1, Groups 1 and 2 championships are at Indian Hills.

"We're looking forward to it," Donohue said of the move. "It's something brand new. There will be some tough teams like Bernards and Whippany Park, but how much tougher can they be than the Glen Rocks and Saddle Brooks that we've competed against in the past?"

The Tigers are led by speedster

NJSIAA track sectionals

North 1, Groups 3 and 4

at Wayne Hills
Today, 4 p.m.
Saturday, 10 a.m.

North 1, Groups 1 and 2

at Indian Hills
Today, 4 p.m.
Saturday, 10 a.m.

North 2, Groups 1 and 2

at Whippany Park
Today, 4 p.m.
Saturday, 10 a.m.

DaQuan Huffin, but the key for them could be Orestes Medina. Medina is strong in all the sprints and jumps as well as a key part of the 1,600 relay. Donohue must decide which four events would maximize Medina's impact for the team.

Fort Lee also moves to North 2 and drops from Group 3 to Group 2.

"We're excited about it," said boys' coach Paul Jayson, whose Bridgemen look to be one of the stronger teams in the new section. "Running against people we haven't seen is good for the kids. I've been following the other teams on the Internet looking at their times. We're just going to go down, try to score as many points as possible, and see what happens."

North 1, under the NJSIAA's "northing" procedure that places teams in sections from north to south, has a huge influx of teams from Morris County along with the usual entrants from Sussex County.

"Sparta is always a very strong team," said O'Connor, whose Indians won both the relay and in-

dividual championships in Passaic County. "We're going to have to see Lakeland [runners-up in both Passaic meets] again, and West Milford drops down into [Group 3]. I've taken a look at the Bergen and Morris County results, and now it's just a lot of scrambling around."

The Wayne Valley girls are led by Lavonne Ellerbe, Stephanie Herrick, and Jackie Carroll, but O'Connor knows the Indians will need points from other sources.

"This is going to come down to the wire, just like the County and the Relays did," he said. "It's not going to be the start that makes the difference but those points for third, fourth, and fifth place that are going to decide this meet."

Montclair, which moves to North 1, could have an impact on the North 1, Group 4 boys race with Hackensack, Ridgewood, and newcomer West Orange. The Comets edged Ridgewood in last week's Bergen County championships thanks to strong showings in the sprints, hurdles, and relay.

But the Mounties, with sprinters like Ryan Scott, Andrew Anderson, and a team that can run 3:25 in the 1,600 relay, could break up some of the Comets' strength and create an opening for the Maroons, who beat the Mounties in the NNJIL Division A meet.

One place where the realignment isn't likely to make much difference is in North 1, Group 1, where Glen Rock and Saddle Brook continue their seasonlong battle for the top spot in both the boys and girls meets. Glen Rock pulled off the unprecedented sweep last year, winning the boys and girls Group 1 State championships.

E-mail: schutta@northjersey.com

Maier's talent matches youthful exuberance

and Kittatinny are, along with 2003 North 2, Group 3 champion Morris Hills.

Returning champions: Casey Robert, Hawthorne (100, 200, 400); Matt Flandro, Indian Hills (800); Matt Klypka, Indian Hills (1,600, 3,200); Bo Lawson, Kittatinny (shot put); John Paul Osorio, Dover (North 2, Group 2 high jump); Shawn Bolcarovic, Morris Hills (North 2, Group 3 long jump, triple jump).

Events to watch: Robert's competition in trying for a second sprint triple could come from Indian Hills soph Garet Kroner in the 400. The Indian Hills distance domination in the Bergen group meet will be challenged by a strong Morris Hills contingent. Bolcarovic and Ken Ebeling of Mahwah should duel in a quick 400 hurdles race.

GROUP 3

Teams: Defending champion Wayne Hills is good, but Sparta and Demarest are better. Northern Highlands, Bergenfield, and West Milford are contenders.

Returning champions: James LaGreca, Demarest (1,600, 3,200); Dave LaRocca, Sparta (400 IH); Sam Lee, Demarest (long jump); Alex Berberian, Old Tappan (javelin); Jerry Whittaker, Mount Olive (North 2, Group 3 800); Justin Melendez, Parsippany Hills (North 2, Group 3 javelin).

Events to watch: LaRocca, Jeremy Perussi of Demarest, Joey Johnson of Paramus, and Tyker DeRouen of West Milford could approach the record of 53.4 in the intermediate hurdles. LaGreca won't face the injured Jeremy Zagorski of Parsippany Hills but should see Jeff Klatsky of Nutley in the 800 and 1,600. Berberian and Melendez are sectional champs, but Angelo Diana of Mount Olive could beat both.

GROUP 4

Teams: Defending champion Ridgewood is strong again but Bergen A champ Hackensack, Passaic champ Clifton, and newcomers Morristown and West Orange all can contend.

Returning champions: Kevin Thompson, North Bergen (100, 200); Ari Zarnir, Ridgewood (1,600); Mohamed Khadraoui, Kennedy (3,200); Mike Pohludka (110 HH); Anthony Johnson, Eastside (long jump); Dave Alfano, West Orange (North 2, Group 4 3,200); Scott Krygar, Randolph (North 2, Group 4 javelin).

Events to watch: Zarnir, Alfano, and Khadraoui in the 1,600 and 3,200 with sectional records of 4:17.4 and 9:09.9 in jeopardy; Pohludka, Dan Oquendo of Hackensack, and Johnson in both hurdles. Gabe Knutson of Ridgewood takes aim at the the 30-year-old pole vault mark of 14-7½.

NORTH 2

GROUP 1

Teams: Palisades Park and Lyndhurst face former Central power Bernards and defending champ Whippany Park.

Returning champions: Jeff Eames, Whippany Park (110 HH, 400 IH); James Lucas, Whippany Park (triple jump); Stephen Rasczyk, Lyndhurst (North 1, Group 1 shot put).

Events to watch: Eames and Palisades Park's DaQuan Huffin should battle in the 400 and 400 hurdles. Matt

Events to watch: Newton's Ashley Ray and Lisa Tarull of Ramsey battle in the 400 hurdles, while Ray and Gaffney go at it in the 800. Paslawsky and Danielle Kroll and Kristen Kern of Indian Hills will duel in the triple jump.

GROUP 3

Teams: Defending champion Sparta faces Wayne Valley, Old Tappan, Lakeland and newcomers Montville and Morris Knolls.

Returning champions: Jessica Perkel, Old Tappan (100, 200, 400); Kallyn Falvo, Sparta (high jump); Brittny Brooks, Garfield (triple jump); Daina Pucurs, Demarest (javelin); Melissa Blitzstein, West Milford (North 1, Group 4 discus); Courtney Stanton, Montville (North 2, Group 3 400); Lauren Gregory, Morris Knolls (North 2, Group 3 800); Ashley Wolf, Montville (North 2, Group 3 1,600); Courtney Spencer (North 2, Group 3 shot put); Kate Nazario, Morris Knolls (North 2, Group 3 discus, javelin).

Events to watch: Rematches at all three sprints between juniors Perkel and Alison DiDomenico of Passaic Valley, Jacqui Carroll of Wayne Valley, Lauren Bedard of Morris Knolls, Andrea Rothschild of Demarest, and Taylor Lebovich of Old Tappan will duel in the 3,200, and Spencer and Andrea Cerbie of Old Tappan will battle in the shot. The best event of all will be javelin, where Passaic champ Kristen Calamita of Lakeland, a 125-foot thrower, is unlikely to break in the top three against Pucurs, Nazario, and Shannon Spafford of Old Tappan.

GROUP 4

Teams: The season-ending knee injury to Consandria Walker turned a Hackensack rout into a scramble that includes Teaneck, Ridgewood, Randolph, and West Orange.

Returning champions: Awinna Martinez, Passaic (800, 1,600); Chelsea Townes, Hackensack (100 HH); Michelle Smith, Teaneck (400 IH); Sable Sweeper, Passaic (shot put); Pari Hashemi, Randolph (North 2, Group 4 200, 400); Jenn Ennis, Roxbury (North 2, Group 4 1,600, 3,200); Lon-Den Scott, Livingston (North 2, Group 4 long jump); Stephanie Petine, Bloomfield (North 2, Group 4 javelin).

Events to watch: Smith and Townes will battle Hashemi in the 400 hurdles and Alexi Capsouras of Randolph in the 100 hurdles. Essence Carson of Eastside faces Hashemi in the 400, and Petine will throw the javelin against Brynn Rosser of Hackensack and Gwen Moore of Teaneck. Teaneck and Randolph should have a great 1,600 relay battle.

NORTH 2

GROUP 1

Teams: Defending champion Verona may be tested by Wood-Ridge and Lyndhurst.

Returning champions: Jade Patterson, Belvidere (100, 200, 400); Asha Bailey, Science (800); Caitlin Walsh, Verona (1,600); Dianna Anderson, Verona (100 HH); Judy Wong, Wood-Ridge (North 1, Group 1 100, 200, long jump); Nicole Lowenstein, Lyndhurst (North 1, Group 1 shot put).

Events to watch: Wong and Patterson

*Return
Proven
5/21*

An inside look at the boys sectiona

BY JIM LAMBERT
FOR THE STAR-LEDGER

The NJSIAA/Star-Ledger sectional track and field championships will be held at eight sites around the state today and tomorrow. All meets will begin at 4 p.m. today and 10 a.m. tomorrow.

The top six finishers in each event in each section, including all ties for sixth, advance to the state group championships the following weekend at Egg Harbor.

Several teams have switched sections and many of the sectional sites have changed due to NJSIAA realignment.

NORTH, SECTION 1

Groups 1 and 2 at Indian Hills
Groups 3 and 4 at Wayne Hills

Group 4

Last 10 champions: 2003-Ridgewood, 2002-Teaneck, 2001-Wayne Valley, 2000-Hackensack, 1999-Hackensack, 1998-Hackensack, 1997-Vernon, 1996-Passaic, 1995-Paterson Kennedy, 1994-West Milford and Hackensack.

Contenders: Hackensack, Morristown, Montclair, Ridgewood, Randolph, Paterson Kennedy, Vernon, Clifton.

Individuals to watch: Mohamed Khadraoui, Paterson Kennedy (distances); Andrew Anderson, Montclair (sprints); Archie Joseph, Livingston (jav.); Shaquan Brown, Paterson Kennedy (sprints); Hayroi Cruz, Passaic (400/800); Ari Zamir, Ridgewood (distances); Kevin Thompson, North Bergen (sprints); Gabe Knutson, Ridgewood (PV/jumps); Jean Beljour, Hackensack (HH/HJ); Nick Syzonenko, Randolph (jumps); Mike Pohludka, Vernon (HH/IH); Reggie Berry (hurdles/sprints); Doug Cloninger, Morristown (sprints); Scott Kryger, Randolph (jav.); Jake Cohen, Randolph (pv).

Prediction: Hackensack should win its first since winning three straight from 1998-2000 in a tight one over defending champ Ridgewood.

Group 3

Last 10 champions: 2003-Wayne Hills, 2002-Garfield, 2001-Garfield, 2000-River Dell, 1999-Lakeland, 1998-Lakeland, 1997-Lakeland, 1996-Snyder, 1995-Demarest, 1994-Demarest.

Contenders: Sparta, Northern Highlands, West Milford, Demarest, Morris Knolls, Lakeland and Bergenfield.

Individuals to watch: Dave LaRocca, Sparta (IH/400); Peter Papanestor, Sparta (sprints); Greg Bloemer, Sparta (HH/IH); Steve Williamson, West Milford (distances); Jeremy Perussi, Demarest (hurdles); Tyler deRouen, West Milford (IH); Corey Edwards, Parsippany Hills (distances); Carey Black, Morris Knolls (HH/LJ); Angelo Diana, Mount Olive (jav.); Jeff Klatsky, Nutley (distances); James LaGreca, Demarest (distances).

Prediction: Sparta will rack up enough points in the hurdles and sprints to win first since 1980.

Group 2

Last 10 champions: 2003-Newton, 2002-Leonia, 2001-Mahwah, 2000-Ramsey, 1999-Ramsey, 1998-Westwood, 1997-Kittatinny, 1996-Glen Rock, 1995-Westwood, 1994-Ridgefield Park.

Contenders: Morris Hills, Indian Hills, Hawthorne, Wallkill Valley, Kittatinny and Mahwah.

Individuals to watch: Matt Klypka, Indian Hills (distances); Casey Robert Hawthorne (sprints/jav.); Garrett Kroner, Indian Hills (sprints); Bo Lawson, Kittatinny (throws); Evan Colquhoun, Morris Hills (distances); Dave Tague, Morris Hills (throws).

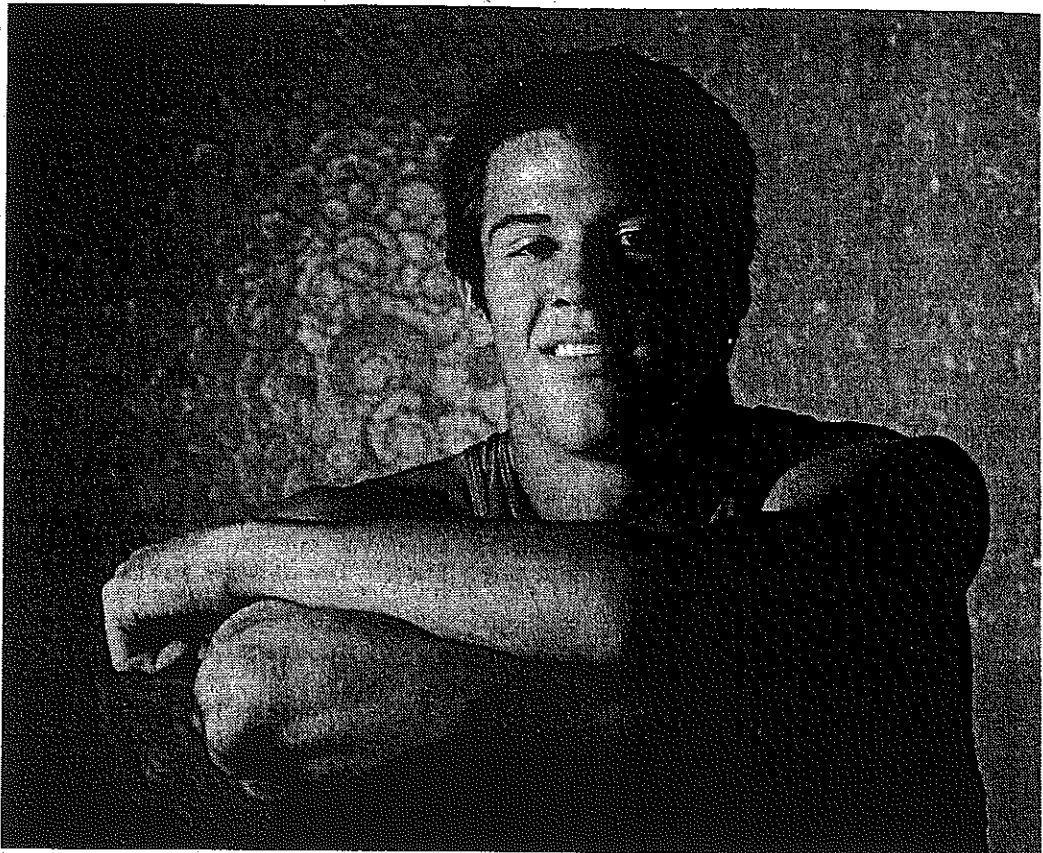
Prediction: This should be a battle between Indian Hills, Morris Hills, the Section 2, Group 3 champion the last two years, and Hawthorne. Hawthorne is the pick.

Group 1

Last 10 champions: 2003-Glen Rock, 2002-Glen Rock, 2001-Glen Rock, 2000-Glen Rock, 1999-Glen Rock, 1998-Cresskill, 1997-Glen Rock, 1996-Palisades Park, 1995-Glen Rock, 1994-Hasbrouck Heights.

Contenders: Glen Rock, Saddle Brook, Westwood, Cedar Grove, Hasbrouck Heights, Midland Park and New Milford.

Individuals to watch: Robert Yealu, Cedar Grove (HH, HJ); Mark Weber, Cedar Grove (jav.)



Somerville's Kyle Calvo, the boys track Athlete of the Week, won four events in last week's Somerset Co

(jumps); Rameik Jackson, Westwood (sprints); Chris Guerriero, Saddle Brook (distances); Jason Maier, New Milford (throws).

Prediction: Glen Rock comes in having won five straight titles; but the pick here is Westwood with Glen Rock and Saddle Brook very close behind.

NORTH, SECTION 2

Groups 1 and 2 at Whippany Park
Groups 3 and 4 at South Plainfield

Group 4

Last 10 champions: 2003-Elizabeth, 2002-Morristown, 2001-Plainfield, 2000-Elizabeth, 1999-Randolph, 1998-Elizabeth, 1997-Plainfield, 1996-Morristown, 1995-Randolph, 1994-Randolph.

Contenders: Elizabeth, Piscataway, Union, West Orange and Plainfield.

Individuals to watch: Keith Taylor, Elizabeth (sprints/LJ); Dave Alfano, West Orange (distances); Jamar Cotton, Irvington (sprints); Curt Ford, Piscataway (sprints); Rob Damon, Piscataway (400/800); Tyree Cooper, Piscataway (IH); John Guzman, Bridgewater-Raritan (800); Brett Axelrod, Union (IH); Robert Crudup, Plainfield (throws); Mike Desir, West Orange (IH).

Prediction: This will be a shootout between sprinting powers Piscataway and Elizabeth, with Elizabeth coming out on top because of the big points it will score in the long and triple jumps.

Group 3

Last 10 champions: 2003-Morris Hills, 2002-Morris Hills, 2001-Scotch Plains, 2000-Scotch Plains, 1999-Scotch Plains, 1998-Morristown, 1997-Scotch Plains, 1996-Scotch Plains, 1995-Scotch Plains, 1994-Scotch Plains.

Contenders: Scotch Plains, Franklin, Phillipsburg and Shabazz.

Individuals to watch: Greg Gomez, Franklin (400/800); Stanley Howard, Franklin (sprints); Brian Kopnick, Scotch Plains (distances/TJ); Steve Downes, Middletown-South (jav.); Sean Smith, Scotch Plains (jumps); Jihad Springer, Shabazz (sprints); Tony Williams, Shabazz (sprints); Josh Davis, Phillipsburg (distances); Eric

Simone, Raritan (hurdles); Matt Dahl, Raritan (800).

Prediction: Franklin should win a tight duel with Phillipsburg, just like it did at the Skyland Conference Championships, when it outscored Phillipsburg by 2½ points for second place. Scotch Plains should be third.

Group 2

Last 10 champions: 2003-Parsippany, 2002-Hanover Park, 2001-Hanover Park, 2000-Hanover Park, 1999-Roselle, 1998-Morris Hills, 1997-Newark Central, 1996-Hanover Park, 1995-Roselle, 1994-Morris Hills.

Contenders: Gov. Livingston, Cranford, Caldwell, Summit, Fort Lee, Hanover Park and Parsippany.

Individuals to watch: Mike Carmody, Gov. Livingston (200/400/800/1,600); Anthony Abitante, Gov. Livingston (PV); Hany Abdullah, Madison (distances); Joe George, Hanover Park (sprints/jav.); Nick Reid, Parsippany (400/800); Evan Pearson, Caldwell (PV/jumps).

Prediction: Carmody will score 40 points in whatever events he chooses and Abitante will win the pole vault to lead Gov. Livingston to its first title ever.

Group 1

Last 10 Champions: 2003-Whippany Park, 2002-New Providence, 2001-Butler, 2000-New Providence, 1999-New Providence, 1998-New Providence, 1997-Arts, 1996-New Providence, 1995-New Providence, 1994-New Providence.

Contenders: Bernards, Palisades Park, Whippany Park and Becton.

Individuals: DaQuan Huffin, Palisades Park (IH/400); Evan Geilich, Bernards (distances); Pat DiGiacchino, Bernards (800); Jeff Eames, Whippany Park (hurdles/400); Greg Marks, Whippany Park (sprints); Dylan Meade, Verona (LJ/TJ).

Prediction: This should come right down to the wire between Bernards and Palisades Park, with Bernards the pick.

CENTRAL JERSEY

Groups 1 and 4 at Hillsborough

2002-Old Bridge, 2000-Hillsborough, 1998-Piscataway, 1996-Piscataway, 1994-Trenton.

Contenders: Old Bridge, Hunterdon (distances);

cas Valley (800/1,600); borough (jumps); Eric Chris Berezansk Williams, East B Old Bridge (hurdles/sprints); Yemi A Rob Mahler, Bric (sprints); Jermal

Prediction: Old Bridge should win its third title

Last 10 champ
2002-Monmouth
2000-Ewing, 1999-1997-Franklin, 1994-Matawan.

Contenders: W Branch.

Individuals to watch: Dwayne Joseph, Ash, Willingboro Neck (distances); Tushur Kingsbery; Red E Red Bank (distances); Dave ;

Prediction: Def champion Willingboro should win.

Last 10 champ
2002-Somerville,
2000-Hobewell, V
1998-Holmdel, 1996-Matawan,
1994-Rock

TRACK CHAMPIONSHIPS

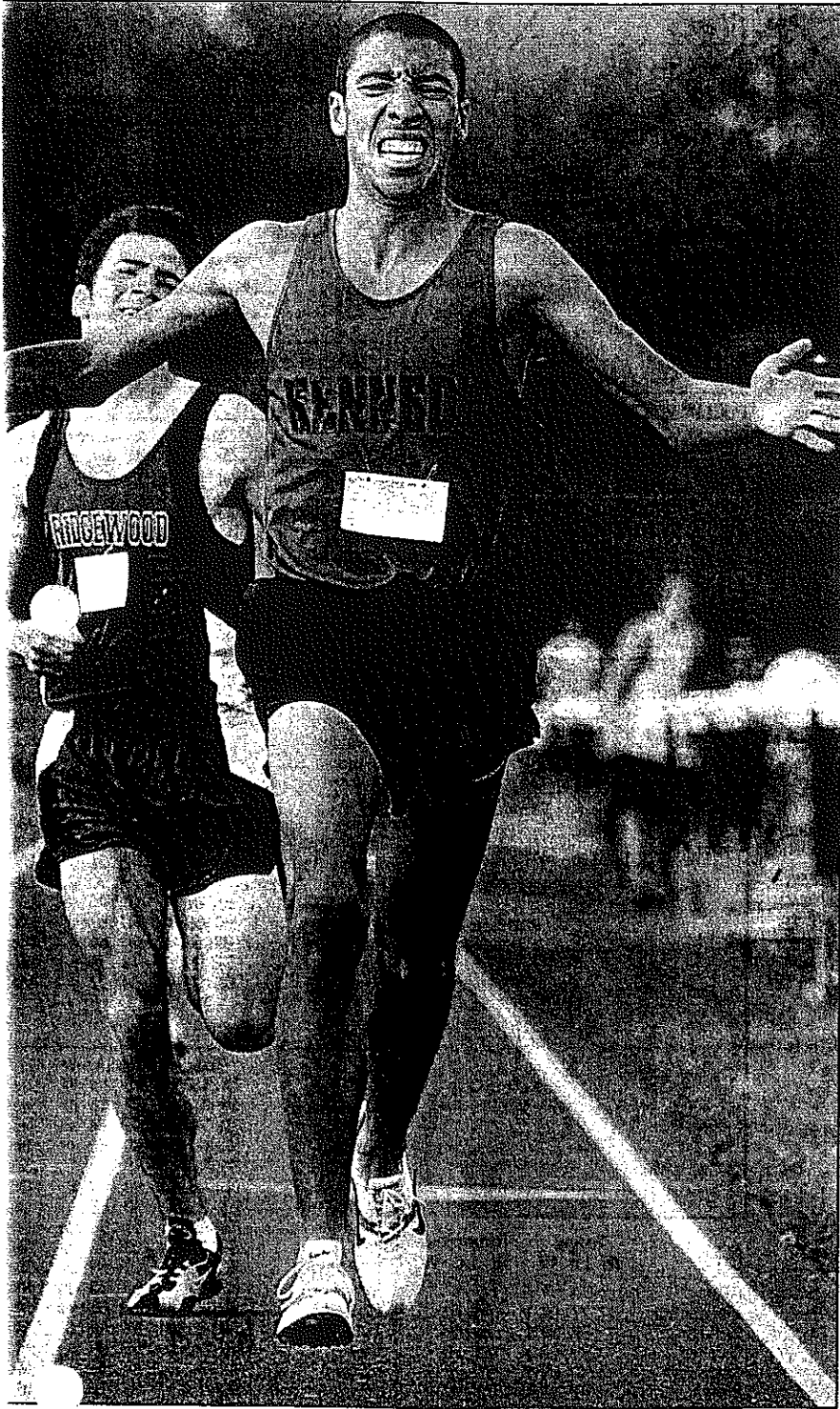
stars steal the show

Records 5/22

Khadraoui, Brown both shatter records

By PAUL SCHWARTZ
STAFF WRITER

BOYS NORTH 1 GROUPS 3 AND 4



WAYNE – Kennedy is not going to win the North 1, Group 4 State sectional championship today. That title likely will go to either first-day leader Hackensack or Ridgewood. The Comets lead Kennedy, 47-26, with Ridgewood next at 25.

But two Knights provided much of the excitement on the first day of the two-day meet Friday at Wayne Hills with a pair of record-shattering performances.

Mohamed Khadraoui outdueled Ridgewood's Ari Zamir in a meet-record 4:15.2 in the 1,600 meters, the second-fastest time in Passaic County history. And a half hour later, his teammate Shaquan Brown, came within a half-second of breaking the 25-year-old State sophomore record of three-time Olympian Dennis Mitchell, running a meet-record 47.7 in the 400 to defeat State indoor champion Andrew Anderson of Montclair.

Demarest, behind wins by Jeremy Perussi in the 400 hurdles and James Woods in the pole vault leads Bergenfield, 42-40½, in Group 3. Sparta is next at 26.

Khadraoui's performance came in one of the most exciting distance races in North Jersey history.

He and Zamir duelled in last year's sectional 1,600, won by Zamir, but the addition of Essex County champion David Alfano of West Orange, Alejandro Shepard of Montclair, and Ridgewood's

Erik Nygaard and Mike Cator made the race the most anticipated of the day.

Zamir led the first lap and then Khadraoui went to the front, dragging the pack through a 2:10.6 first 800. Then the Kennedy star upped the pace, running 62.6 for the third 400.

"I was planning to try and pull away with 600 to go but the first 800 wasn't as fast as I as wanted," said Khadraoui. "I was confident that I could beat Ari, but I remembered last year's race and I know he can kick."

Khadraoui opened a 3-yard lead with about 200 meters to go and held it as the two raced to the finish with the crowd screaming their support to both runners.

Then it was Brown's turn. "I was nervous because I knew the Montclair kid [Anderson] is fast but coach put down 47.9 for my seed time and I always try to run faster than he says I'll run," said Brown.

Brown, who ran 48.6 last week at the Passaic county meet, grabbed the lead early and was never headed winning by nearly 10 meters over Anderson.

"I told everyone I had another star," said Kennedy coach Ken Samra. "I think he still has more in him this year."

AMY NEWMAN/SPECIAL TO THE RECORD

Named Khadraoui beats Ridgewood's Ari Zamir in the 1,600-meter race at Friday's championships in Wayne. Khadraoui's time of 4:15.2 set a meet record.

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Relaxed Rennan breaks

Ridgewood flies high

5/23
Knutson breaks vault record to wrap up Group 4 crown

By PAUL SCHWARTZ
STAFF WRITER

WAYNE — The running events had ended more than a half-hour earlier, and the Hackensack and Ridgewood boys and girls track teams were ringing the pole vault area to watch the climax to the Group 4 boys sectional championship.

Hackensack led Ridgewood, 71-61. But with the top two seeds in the event, Gabe Knutson and Jake Ricciardi, already over 13 feet, Ridgewood had a huge advantage in the vault.

But the two Comet vaulters, in Straughter and Stuart Cohen, cleared 13 feet on their third and final attempts to keep Hackensack's hopes alive.

"I was trying to figure out what we needed to get the win," said Ridgewood coach Josh Saladino. "I figured as long as we kept clearing heights, we would be OK."

The Maroons kept clearing heights, with Knutson eventually becoming the second Bergen County boy to clear 15 feet outdoors and Ricciardi clearing a personal-best 13-6, and the Maroons prevailed, 79-74, becoming the only North Jersey team to win a team title at the realigned Group 3-4 sectional.

Sparta repeated in Group 3 boys, defeating Demarest, 87-78, while Morris Knolls defeated Teaneck, 78-68, in Group 3 girls, despite an amazing day by Michelle Smith, including three individual wins, a sectional record, and anchoring the relay to another sec-

NORTH 1 GROUPS 3 AND 4

tional record. West Orange held off Randolph, Hackensack, and Ridgewood, 73-67-62-61, in a wild four-way Group 4 girls meet despite a Bergen County girls pole vault record of 10-6 set by Ridgewood's Kerri Norton.

In all, seven of the 16 Group 4 sectional records fell, and an eighth was tied. Two Group 3 boys mark fell while five girls 3-4 records were set and two tied.

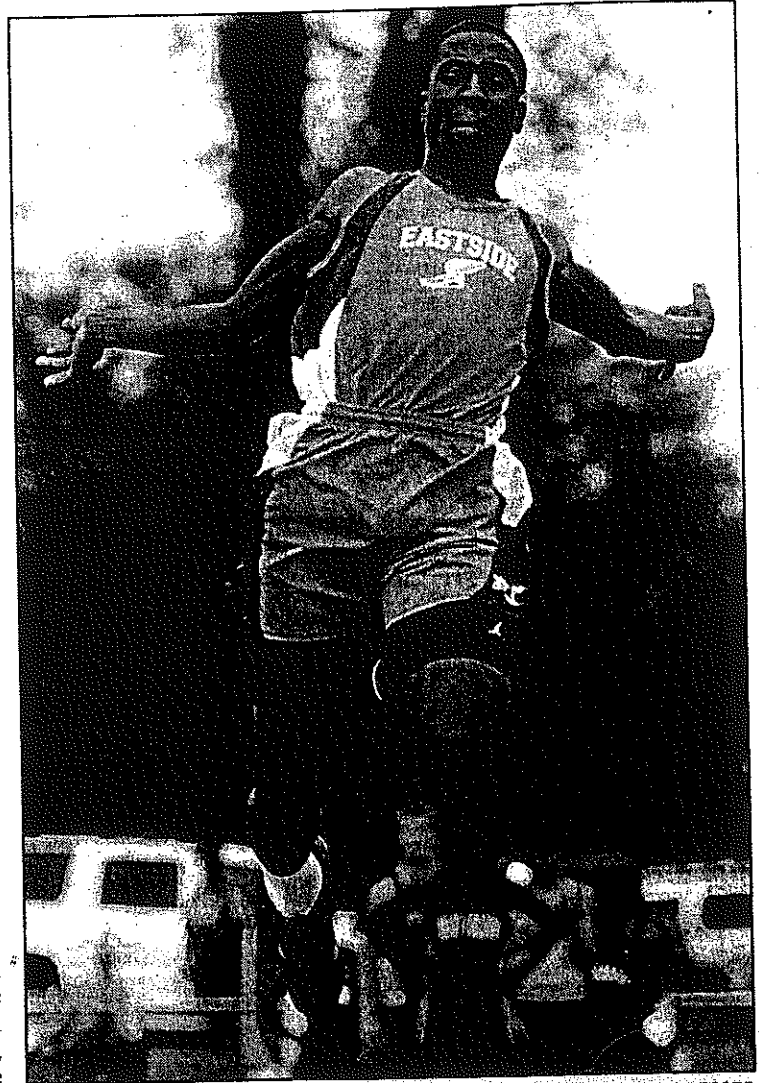
Six vaulters had cleared 12-6 before Knutson entered the competition at 13 feet, a foot below his desired opening height.

"I don't feel comfortable at some lower heights because my pole is too big for that height, said Knutson, who scored 32 points in his four events. "But I wanted to make sure I cleared the height so we could get the team points."

After the dust settled at 13 feet, Knutson was first, vaulters from Randolph and Livingston were tied for second, and Ricciardi and Straughter were tied for fourth, with Cohen in sixth. Had the competition ended there, Ridgewood would have recorded just a 13-4 margin over the Comets, and Hackensack would have eked out a one-point win.

Knutson passed at 13-6 and after the Randolph vaulter missed his first attempt, Ricciardi cleared the height to clinch the victory when Straughter and Cohen could go no higher.

Then it became the Knutson



AMY NEWMAN/SPECIAL TO THE RECORD

Eastside's Derrick Webb set a Group 4 record Saturday in the triple jump (44 feet, 11 inches) and placed fourth in the long jump, above.

show. He cleared 14 feet on his first attempt to win the event, and then soared 14-8 to break the 30-year-old sectional record of 14-7 set by Paul Lockett of Kearny in 1974 and grab the school record. Then, on his third attempt at 15-1, the nationals qualifying stan-

dard, he cleared cleanly to join Fair Lawn's Matt Pslatis as the only Bergen vaulters over 15 feet. He then tried 15-3½, which would have set the Bergen record, but fatigue had finally set in.

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McCann carries Glen Rock

Anchor saves

...using this usual technique).
The stars: Sean Parker of Bergenfield took off a false start in the 400 to come back and win the 100 and 200 and take third in the long jump to lead the Bears to third place, the best finish in school history.

James Woods of Demarest became the fourth Bergen vaulter over 13-6 this year (Jake Ricciar-di of Ridgewood became the fifth Saturday) to win the event late Friday and give the Norsemen an overnight lead.

Group 4

The teams: Hackensack led until the final event, the pole vault, and just missed its record 13th sectional title, instead earning a record 12th runner-up finish. Ridgewood won its second straight and fourth overall.

The stars: Sophomore Shaquan Brown of Kennedy followed his sectional record 47.7 win in the 400 with a personal-best 22.0 in a third-place 200 finish. But it was his eye-popping 46.5 relay anchor leg, moving Kennedy from third to first in a sectional-record 3:20.3, the fourth-fastest time in Passaic history, that had the crowd buzzing.

Mohamed Khadraoui of Kennedy breezed to a win in the 3,200 after setting a sectional record Friday in the 1,600. In that race, sixth-place finisher Mike Cator (4:20.3) ran fast enough to have won all but eight of the previous 36 meets.

Derrick Webb of Eastside upset Ridgewood's Gabe Knutson in the triple jump with a record 44-11. He also took fourth in the long jump with a personal-best 21-4¾. Knutson set a sectional-record 15-1 in the vault, was second in the triple jump (44-3) and long jump (21-1), and fourth in the discus (141-8), scoring 30 of Ridgewood's 79 points.

— DAN ROSEN and PAUL SCHWARTZ

the Glen Rock senior, but he saved his best for when the Panthers needed it the most.

McCann ran a 49.1 split as the anchor in the 1,600 relay Saturday at Indian Hills, making up nearly 30 yards to pull Glen Rock into fourth place.

The four points were the exact amount the Panthers needed to win another sectional title. Glen Rock edged Westwood, 72-71, despite the Cardinals' inevitable win in the 1,600 relay, and a sprint triple by Rameik Jackson. If Glen Rock finished fifth in the relay, it would have fallen one short of capturing the title.

"I've been coaching for 32 years, and he's the best of all," Glen Rock coach Paul White said of McCann. "We had to finish fourth because we knew Westwood would win, and McCann got the baton in seventh place. He made up the yards. He's big time."

Annie Feldman of Pasack Hills clearing 5 feet in the high jump to place second in North 1, Group 1.

McCann's time of 1:54.6 in the 800 Saturday set a meet record and gave him his second straight victory in that race. He also repeated as champion in the 1,600 Friday with a time of 4:25.4.

"I looked at it before and had my sights on it," McCann said of the 800 record. Glen Rock returned the favor to the Cardinals, who won the Bergen Group C championship last weekend, 100-93 over the Panthers.

"I told them [last weekend] if we score 90, we'll win," White said. "Well, we scored 93 and lost. Last week they got us, and this week we got them."

Cresskill stopped the Glen Rock girls streak of four straight North 1, Group 1 sectional crowns by outlasting Butler, 69-75-

57.0, tying Then she neck to a relay.

Alison Dil Valley, running in a band foot, won took second. She, her events last Jessica, P second in the third in the Daina Pug tered the Austin of with a toss off her own

Group
The team scored in late charge Ridgewood 73-67-62. fourth with come the it dria Walker last week

The stars: Ridgewood er of Clifton to the Berg record by c second atte "I had a gre and cleared and 10-6 tw confidence, changed po 120-pound l better plant. Essence Cai continued h ances with v (55.6), long j high jump (5 chored the C relay.

Chelsea Tow won just one dies, but also records in the dies and foot



67, to win its first sectional title. Tiffany Phoenix won the discus, throwing 125 feet 2 inches despite not warming up because she ran over from the high jump just in time to make her throws. Erika Ostrove shattered the triple jump record with a leap of 36-8½. Alicia Henry ran 2:20.3 to break the school record in the 800.

"We came in here thinking we could win, but you can think all you want. You have to win it," Cougars' coach Tom Francese said. "This is the strongest team we've ever had in Cresskill."

Indian Hills was challenged by Ramsey for the North 1, Group 2 girls title, but prevailed, 93-89, thanks to its field events.

Danielle Kroll won the long jump at 17-0. Kristin Kern's 5-4 high jump beat Neomie Rothnie of

Stanton wins high hurdles

NORTH 2, GROUPS 1 AND 2

The junior is first and foremost a football player. Stanton earned All-County honors as a defensive back during the fall, leading Bergen County with eight interceptions. He started running track as a sophomore, as a way to get back in shape after surgery to repair a torn tendon in his right ankle forced him to miss all but two games of his sophomore season. Stanton's willingness to try new things is why he's a champion today. Instead of being stubborn, Stanton was open to a change in events.

"Sometimes coaches see things you don't see," said Stanton, who scored 11 of the Scarlets' 28 team points after a sixth-place finish in the javelin. "Whatever I can do to help us is good."

The Palisades Park boys had the highest finish among North Jersey schools finishing con-

ond in the Group 1 meet. Bernards won that with 117 points, followed by the Tigers with 76. Lyndhurst was right behind Palisades Park in third place with 75 points. Becton was fifth with 36 points and Wood-Ridge was sixth with 30.

The Fort Lee boys were the highest North Jersey finisher in the Group 2 boys meet, scoring 41 points to place fifth. Governor Livingston finished first with 89 points, followed by Cranford with 65½ and Hanover Park with 50.

The Lyndhurst girls also came away with a third-place finish in the Group 1 meet. Verona won going away, scoring 141 points. Whippany Park edged Lyndhurst by the slightest margin for second place, scoring 69½ points to 69¼ for the Golden Bears. Wood-Ridge, buoyed by a victory for Michelle Ayvas in the discus, finished fourth with 66¼.

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orton said. "I
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ong enough to
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in season.
unique down."
eek with the
ly cleared 10
w that would

at 125-2 and was second in the shot put
at 35-0. Erika Ostrove won the triple
jump in a group record 36-8½.

"We came in thinking we could win,"
Cresskill coach Tom Francese said. "We
got a key effort from Tiffany in the discus
and the shot put, and Erika also helped
us out. We didn't know much about But-
ler or Mountain Lakes because they're
new to this section, but we knew we all
had to do our best to win."

Group 4 meet. The senior won the high
jump yesterday at 5-4 to go with victo-
ries in the 400 (55.6) and long jump
(17-1) on Friday.

Michelle Smith of Teaneck was the
star of the North 1, Group 3 meet, win-
ning four gold medals. The junior cap-
tured the 400 in 57.0, the 110 high hur-
dles in 14.4, and took the 400 intermedi-
ate hurdles in 1:02.4, breaking the group
record of 1:03.6 set last year by Cassan-

also won the 3,200 in 11:33.1.

"I wasn't feeling well the last few
days, and really didn't feel that great
today," Gaffney said. "But I was able to
pull through, and hopefully I will feel
better for next weekend."

Judy Wong of Wood-Ridge enjoyed a
strong performance at the North 2,
Group 1 meet in Whippany. She won the
long jump at 17-7¼, placed second in the
200 in 26.25 and third in the 100 in 13.05.

Ridgewood's Knutson breaks 30-year-old mark in pole vault

BOYS TRACK

BY ANDY SEYKA AND GERRY DAVIDOVE
FOR THE STAR-LEDGER

Gabe Knutson sealed the meet for
Ridgewood and broke a 30-year-old record
in the process yesterday at the NJSIAA/
Star-Ledger North Jersey Section 1, Group
4 championships in Wayne.

The senior cleared 15-1 in the pole
vault, setting a section record. The old re-
cord was held by Paul Lockett of Kearny,
who cleared 14-7 in 1974. Knutson also fin-
ished second in the triple and long jumps
and fourth in the discus to lead Ridgewood
to its second straight team title with 79
points. Hackensack was second with 74
points.

Entering the pole vault, which was the
final event, Ridgewood trailed Hackensack,
71-61. Behind Knutson in second place was
Ridgewood teammate Jacob Riccairdi,
who cleared 13-6.

"I knew what the record was and I
knew I was going to go for it today," said
Knutson, who will compete at UConn next
season. "I liked my chances and it feels to
come through and help the team."

Ryan McCann helped Glen Rock win
its sixth consecutive North Jersey, Sec-
tion 1, Group 1 title at Indian Hills in
Oakland.

McCann broke a meet record and tied
the sectional record in winning the 800 in
1:54.6. He also won the 1,600 in 4:25.4 and
ran a personal best split of 49.1 to anchor
the 1,600 meter relay team to a fourth-
place finish in 3:33.0. The points earned
in the 1,600 meter relay where the points
that clinched the meet for Glen Rock.

"We were in seventh place when he
took the baton, Ryan put us into fourth,"
Glen Rock coach Paul White said. "We

won the meet by a point and that's what
got us the victory. It was an exceptional
performance. I've been coaching for 32
years and Ryan McCann is the best I've
ever coached."

White was impressed with the atti-
tude of his team that had to withstand
injuries.

"We had some injuries this year, but
our kids never quit. We've won the title
six years in a row now, but I think this
year is the best one of them all."

Mohamed Khadraoui of Paterson Ken-
nedy coasted to victory in the
3,200-meter run, finishing in a time of
9:24.7. David Alfano of West Orange was
second in 9:27.3. Khadraoui, who set a
section record in the 1,600 on Friday
when he finished in 4:15.2, is closing in on
becoming the first runner to win the
cross country, indoor 3,200 and outdoor
3,200 Meet of Champion titles in the
same season.

"That's been my number one goal,"
said Khadraoui. "I set that in the fall
when I won the cross country title."

Kevin Thompson of North Bergen tied a
group record in the 100-meter dash when
he finished in 10.6 to claim first place.
Ryan Scott of Montclair was second in
10.9. Thompson shares the record with
Joe Dawkins (1995) and Kawesi Darby
(1998), both from Hackensack.

Orestes Medina won the high jump
(6-0) and triple jump (43-3) while his
teammate DaQuan Huffin captured the
400 meters in 50.36 to pace Palsades
Park to second place with 76 points at
the North Jersey, Section 2, Group 1
meet in Whippany. Bernards won the
meet with 117 points.

Lyndhurst got a huge boost from its
field events en route to a third-place fin-

ish in North Jersey, Section 2, Group 1
with 75 points in Whippany. Jorge Del-
gado won the long jump at 21-0, Barry
Green won the shot put at 43-0, and Mi-
chael Morello won the pole vault at 12-0.

Wood-Ridge placed sixth overall in the
13-team event in North Jersey, Section 2,
Group 1 in Whippany thanks to a pair of
victories in the throwing events. Jay
Nielsen threw 132-8 in the discus, and
Martin Gumowski chalked a 175-5 in the
javelin.

Ramek Jackson, Anthony Pillari, Jake
Stass and Raheem Jackson of West-
wood, which finished second with 71
points in North Jersey, Section 1, Group
1 at Indian Hills, established a meet re-
cord in the 1,600-meter relays with a
time of 3:25.8.

In Central Jersey, Mike Bland had fol-
lowed up his 2003 Group 3 state champi-
onship in the 100 by going undefeated in
the event this season before losing by
one-hundredth of a second Friday night.

But Bland, a Long Branch senior, got
his revenge at the NJSIAA/Star-Ledger
Central Jersey, Group 3 meet yesterday
in Tinton Falls, defeating Hightstown's
Sylvester Sommerselle, 21.88-21.89, for
the 200-meter title.

Sommerselle nipped both Bland and
Long Branch's Tunell Polk, 10.96-10.97,
in the 100 Friday night.

"Yeah, I was disappointed in losing
the 100. I compete to win," said Bland,
who did not compete in the 2003 Meet of
Champions after breaking his arm in a
fall. "I was disappointed in myself. I just
wasn't focused yesterday."

Bland didn't compete in last year's
sectional after pulling a hamstring, but
got into the Group 3 meet as wild card
and promptly won. His best in the 200 is
21.7.

GROUP IV BOYS

Men - Group Four - Team Rankings - 16 Events Scored

1) Ridgewood	79	2) Hackensack	74
3) Kennedy, JF Pat	53	4) Morristown	50
5) Randolph	33	6) West Orange	32.50
7) Passaic	30.50	8) EASTSIDE	26
9) Vernon	23	10) Montclair	22
11) North Bergen	18	12) Roxbury	16
12) Livingston	16	14) Clifton	9
15) Bloomfield	7	16) Memorial	6
17) Bergen Co Tech	1		

Boys 100 Meter Dash Group Four

Name	Year School	Seed	Finals	Points
1 Kevin Thompson	11 NORTH BERGEN		10.6h	10
2 Ryan Scott	JR MONTCLAIR		10.9h	8
3 Doug Cloninger	SO MORRISTOWN		11.1h	6
4 Brian Horton	SR HACKENSACK		11.2h	4
5 Justin Gannon	SO VERNON		11.3h	2
6 Davon Smart	JR HACKENSACK		11.5h	1

Boys 200 Meter Dash Group Four

Name	Year School	Seed	Finals	Points
1 Reggie Berry	SR MORRISTOWN		21.6h	10
2 Kevin Thompson	11 NORTH BERGEN		21.6h	8
3 Shaquan Brown	SO JFK PATERSON		22.0h	6
4 Doug Cloninger	SO MORRISTOWN		22.4h	4
5 Louis Antenor	JR WEST ORANGE		22.5h	2
6 Michael Ajadi	BLOOMFIELD		23.4h	1

Boys 400 Meter Dash Group Four

Name	Year School	Seed	Finals	Points
1 Shaquan Brown	SO JFK PATERSON		47.7h	10
2 Andrew Anderson	SR MONTCLAIR		49.0h	8
3 Louis Antenor	JR WEST ORANGE		49.7h	6
4 Josh Simmons	SR HACKENSACK		50.0h	4
5 Jason Shagawat	SR CLIFTON		50.0h	2
6 Hayrol Cruz	11 PASSAIC		50.6h	0.5
6 Saladeen McGrady	SR WEST ORANGE		50.6h	0.5

Boys 800 Meter Run Group Four

Name	Year School	Seed	Finals	Points
1 Hayrol Cruz	11 PASSAIC		1:56.1h	10
2 Byron Williams	10 RIDGEWOOD		1:56.3h	8
3 Ari Zamir	12 RIDGEWOOD		1:57.9h	6
4 Jason Apwah	FR ROXBURY		1:57.9h	4
5 Erik Nygaard	12 RIDGEWOOD		1:58.6h	2
6 Conner Halesworth	JR RANDOLPH		1:59.2h	1

Boys 1600 Meter Run Group Four

Name	Year School	Seed	Finals	Points
1 Mohamed Khadraoui	JR JFK PATERSON		4:15.2h	10
2 Ari Zamir	12 RIDGEWOOD		4:15.5h	8
3 David Alfano	SR WEST ORANGE		4:17.6h	6
4 Erik Nygaard	12 RIDGEWOOD		4:19.6h	4
5 Alejandro Shepard	SR MONTCLAIR		4:20.0h	2
6 Michael Cator	10 RIDGEWOOD		4:20.3h	1

Boys 3200 Meter Run Group Four

Name	Year School	Seed	Finals	Points
1 Mohamed Khadraoui	JR JFK PATERSON		9:24.7h	10
2 David Alfano	SR WEST ORANGE		9:27.3h	8
3 Ari Zamir	12 RIDGEWOOD		9:28.3h	6
4 Geoff McGrane	JR RANDOLPH		9:34.8h	4
5 Paul Kornaszewski	SR CLIFTON		9:36.2h	2
6 Michael Cator	10 RIDGEWOOD		9:37.6h	1

Boys 110 Meter Hurdles Group Four

Name	Year School	Seed	Finals	Points
1 Mike Pohludka	SR VERNON		13.8h	10
2 Anthony Johnson	12 EASTSIDE		14.0h	8
3 Keron Wilson	SR MORRISTOWN		14.4h	6
4 Dan Oquendo	JR HACKENSACK		14.7h	4
5 Jean Beljour	SR HACKENSACK		15.0h	2
6 Deron Doles	JR JFK PATERSON		15.6h	1

Boys 400 Meter Hurdles Group Four

Name	Year School	Seed	Finals	Points
1 Reggie Berry	SR MORRISTOWN		54.6h	10
2 Dan Oquendo	JR HACKENSACK		54.7h	8
3 Mike Pohludka	SR VERNON		55.4h	6
4 Mark Hanulak	SR HACKENSACK		56.4h	4
5 Michael Desir	SR WEST ORANGE		56.6h	2
6 Ryan Dougherty	SR MORRISTOWN		56.9h	1

Boys 4x400 Meter Relay Group Four

School	Seed	Finals	Points
1 KENNEDY, JF PAT		3:20.3h	10
1) Winston Jordan SR	2) Ryan Jordan SO		
3) Deron Doles JR	4) Shaquan Brown SO		
2 WEST ORANGE		3:21.1h	8
1) Michael Desir SR	2) Chris Harris SR		
3) Louis Antenor JR	4) Saladeen McGrady SR		
3 HACKENSACK		3:21.8h	6
1) Mark Hanulak SR	2) Josh Simmons SR		
3) Alex Pierre JR	4) Eddy Cabo JR		
4 MONTCLAIR		3:24.7h	4
1) Sam Shoenfield FR	2) Stephen Athill SR		
3) Mark Dorch SR	4) Andrew Anderson SR		

5 RANDOLPH		3:25.1h	2
1) Michael Scanlon JR	2) Paul Samuel JR		
3) David Mero SO	4) Nick Syzonemko JR		
6 CLIFTON		3:25.4h	1
1) Sammy Qassis SR	2) Ergin Orman SR		
3) Brian Schaab SR	4) Jason Shagawat SR		

Boys High Jump Group Four

Name	Year School	Seed	Finals	Points
1 Nick Syzonemko	JR RANDOLPH		6-04.00	10
2 Jean Beljour	SR HACKENSACK		6-04.00	8
3 Kevin Grandstaff	JR ROXBURY		6-00.00	6
4 Derrick Trusedale	11 PASSAIC		6-00.00	4
5 Eric Barnett	SO MORRISTOWN		5-10.00	2
6 Jared Sorenson	JR VERNON		5-10.00	1

Boys Pole Vault Group Four

Name	Year School	Seed	Finals	Points
1 Gabriel Knutson	12 RIDGEWOOD		15-01.00	10
2 Jacob Riccairdi	11 RIDGEWOOD		13-06.00	8
3 Jeremy Helm	12 LIVINGSTON		13-00.00	6
4 Jake Cohen	SR RANDOLPH		13-00.00	4
5 Ian Straughter	SR HACKENSACK		13-00.00	2
6 Stuart Cohen	SR HACKENSACK		13-00.00	1

Boys Long Jump Group Four

Name	Year School	Seed	Finals	Points
1 Nick Syzonemko	JR RANDOLPH		22-03.50	10
2 Gabriel Knutson	12 RIDGEWOOD		21-11.00	8
3 Kevin Grandstaff	JR ROXBURY		21-07.00	6
4 Derrick Webb	12 EASTSIDE		21-04.75	4
5 Dan Oquendo	JR HACKENSACK		21-04.50	2
6 Leslie Bonsu	JR BERGEN TECH		21-02.00	1

Boys Triple Jump Group Four

Name	Year School	Seed	Finals	Points
1 Derrick Webb	12 EASTSIDE		44-11.00	10
2 Gabriel Knutson	12 RIDGEWOOD		44-03.00	8
3 Dan Oquendo	JR HACKENSACK		43-08.50	6
4 Kyle Lindsay	10 EASTSIDE		43-06.00	4
5 Brian Horton	SR HACKENSACK		43-02.50	2
6 Nick Syzonemko	JR RANDOLPH		42-07.50	1

Boys Shot Put Group Four

Name	Year School	Seed	Finals	Points
1 Kyle Osborne	JR MORRISTOWN		53-04.50	10
2 Jason Mack	12 PASSAIC		53-01.50	8
3 Daniel Menjivar	SR MEMORIAL (WNY)		49-05.50	6
4 Joseph Hathaway	JR CLIFTON		49-04.75	4
5 Josh Hazen	JR VERNON		47-11.75	2

6 Steven Abdallah 10 RIDGEWOOD 47-04.50 1

Boys Discus Throw Group Four

Name	Year School	Seed	Finals	Points
1 Vaughn Crenshaw	SR HACKENSACK		153-01	10
2 Jason Mack	12 PASSAIC		152-09	8
3 Caleb Gordon	SO JFK PATERSON		146-10	6
4 Gabriel Knutson	12 RIDGEWOOD		141-08	4
5 Andrew Dinges	JR VERNON		141-08	2
6 Khyle Osborne	JR MORRISTOWN		140-10	1

Boys Javelin Throw Group Four

Name	Year School	Seed	Finals	Points
1 Archie Joseph	12 LIVINGSTON		173-11	10
2 Mike Klejmont	SR HACKENSACK		169-06	8
3 Javier Espinola	BLOOMFIELD		163-02	6
4 Steven Pierce	10 RIDGEWOOD		161-05	4
5 Frank Tangarife	SR HACKENSACK		161-02	2
6 Scott Kryger	SR RANDOLPH		160-08	1

Knutson powers boys to a climactic victory

BY MATT POTTER
Staff Writer

WAYNE — Entering the final event at the Group 4, Section 1 state track championships last Saturday, the Ridgewood High School boys team was trailing Hackensack by 10 points. Luckily, the final event was the pole vault.

That was fortunate, because the Maroons possess two of the best pole vaulters in the state in Gabe Knutson and Jake Ricciardi. And, sure enough, the pair finished first and second, respectively, to lead Ridgewood to a five-point team victory, 79-74 over the Comets.

"We were down by 10 points, but I had confidence in our two kids," said Ridgewood boys head track coach Josh Saladino. "It was an exciting finish to the meet."

While Ricciardi nailed a personal best 13 feet, 6 inches, Knutson broke the 30-year-old meet record and vaulted a national-qualifying height of 15 feet, 1 inch. He became only the second Bergen County boy to clear 15 feet outdoors.

In addition, Knutson was second in both the long jump (21 feet, 11 inches) and triple jump (44 feet, 3 inches) and fourth in the discus (141 feet, 8

inches).

"Gabe had some tremendous performances," said Saladino. "Of our 79 points, he scored 30 of them, so he obviously did a great job for us."

Also contributing a few points was senior Ari Zamir, who scored in three events, including a 1,600-meter race in which he ran 4:15.5 to better the previous meet record. Unfortunately, this was still not enough to beat Kennedy's Mohamed Khadrouti on the day.

Zamir was third in the 800 (1:57.9) and third in the 3,200 (9:28.2).

Other Ridgewood point scorers on the track were Byron Williams, who was second in the 800 (1:56.3), Erik Nygaard, who was fourth in the 1,600 (4:19.6) and fifth in the 800 (1:58.6), and Mike Cator, who was sixth in both the 1,600 (4:20.3) and the 3,200 (9:37.6).

On the field, Steve Pierce threw the javelin 161 feet, 5 inches for fourth place, and Steve Abdallah was sixth in shot put, throwing it 47 feet, 4-and-a-half inches.

Today and tomorrow, Ridgewood is at the Group 4 state championships at Egg Harbor Township High School in Atlantic County. The Maroon boys have eight athletes taking part, and Knutson is the defending triple jump champion.

5/28

STATE-SECTIONAL TRACK MEET

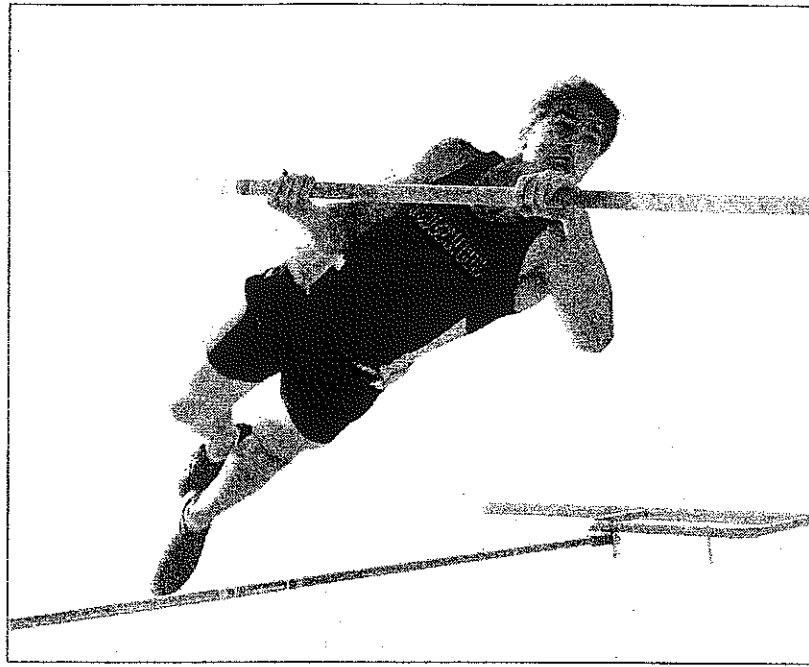


PHOTO COURTESY OF KATHLEEN DUXBURY/CANDIDSHOTS.COM

Ridgewood senior Gabe Knutson is about to clear the bar on his school-record 15-foot, 1-inch pole vault at the Group 4 state-sectional track championships last Saturday.

BERGEN TRACK & FIELD MEET OF CHAMPIONS PREVIEW

Doing it one more time

Half of last year's winners are looking to repeat

By **PAUL SCHWARTZ**
STAFF WRITER

HACKENSACK — Today's 13th combined Lou Lanzaletto Bergen Meet of Champions at Hackensack High School features defending champions in half of the 30 individual track and field events. But if history is any guide, some of those defenders are in for a rough time in the meet, which begins with field events at 3:30 p.m. Trials in the running events start at 6 p.m. with the first running final at 6:35 p.m. Here's a look at each event:

Boys

100 and 200 — Michael Ray Garvin of Don Bosco is a heavy favorite in both events.
400 — Rameik Jackson of Westwood, Josh Simmons of Hackensack, and Garrett Kroner of Indian Hills head a speedy field.
800 — Matt Filandro of Indian Hills won last year, but if Ryan McCann of Glen Rock runs the race, he'll be favored.
1,600 — Defender Ari Zamir of Ridgewood guns for the meet record of 4:14.6, set in 1984.
3,200 — Defender Matt Klypka of Indian Hills battles Mike Cator of Ridgewood.

Girls

100 HH — Defender Jeremy Perussi of Demarest has his hands full with Dan Oquendo of Hackensack.
400 IH — Perussi, Oquendo, and Joe Johnson of Paramus should face off here.
Shot put — A wide-open competition with Greg Lippert of Pascack Valley, Brian Toal of Don Bosco, Slawek Wojtyls of Wallington, and Jason Mater of New Milford all over 52 feet.
Discus — Maier must hold off Eric Sewell and Vaughn Crenshaw of Hackensack.
Javelin — Martin Gumowski of Wood-Ridge is favored, but six other throwers have reached 170 feet.
High jump — Two-time defender Jean Belfour of Hackensack faces Oderick Turner of Teaneck.
Long jump and triple jump — If Ridgewood's Gabe Knutson isn't competing, Vernard Hoover of Hasbrouck Heights will easily repeat.
Pole vault — Knutson cleared 15-1 Saturday but Adam Sachter of Pascack Valley, a two-time champ and 14-6 vaulter is dangerous.
Relay — Hackensack, Don Bosco, and Teaneck are favored after combining for 20 of the past 26 titles in this event.

Javelin — Can defender Daina Pucurs of Demarest throw farther than her County record of 152-8?
High jump — Kristin Kern of Indian Hills is favored over Townes and a hobbling Jessica Malacrida of Paramus, the defender.
Long jump — A great competition with eight jumpers between 16-8 and 17-6.
Triple jump — Seven 35-footers battle in another great duel.
Pole vault — County record-holder Kerri Norton of Ridgewood shoots for 11 feet.
Relay — Teaneck is favored, but Ramsey, River Dell, and Paramus can all approach 4:00.

E-mail: schwartzp@northjersey.com

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MEL EVANS/STAFF PHOTOGRAPHER
Klypka, winning the 3,200 at the Bergen County meet, will battle Ridgewood's Mike Cator.

NORTH JERSEY SPORTS

BERGEN COUNTY TRACK MEET OF CHAMPIONS

Pucurs outdoes

Shatters Bergen javelin mark

By GREGORY SCHUTTA
STAFF WRITER

HACKENSACK — Daina Pucurs was angry at Carl Von Tobel on Monday night. But it was last long.

How could the Demarest senior stay angry after she threw the javelin 155 feet, 8 inches at the Lou Lanzalotto Bergen Meet of Champions, breaking her Bergen County record and giving her the second-best throw in the nation this year.

"After I threw my 155, he told me that I still had to go one more inch," said Pucurs, who was chasing a girl from Pennsylvania who had thrown 154 feet. "He really had me going."

Pucurs didn't need any help, throwing the 155-8 on her second throw of the day to shatter the old meet record of 148-10 set by Jen Austin of Garfield in 2000 with the old javelin and her own meet record of 131-5 set last year with the new javelin. Old Tappan's Shannon Spafford also broke Pucurs' meet record with a throw of 135-3 to finish second.

"I knew this was a different throw because I felt myself get farther back and better leverage on my throw," said Pucurs, the winner of the Paul Schwartz Award for the top female field athlete of the meet. "A lot of times I have perfect technique but I don't throw it hard. My coaches want me to be more aggressive. They want me to yell."

It was a change in equipment rather than a change in attitude that wrote Kerri Norton's name into the Bergen County record book in the girls' pole vault.

Norton, in just her second year doing the pole vault, switched to a pole with a little more spring in it eight days ago and went on to clear 10-6 in the State sectionals Saturday and a County-record 11-0 on Monday.

"I went from a 120 to a 110 earlier this season because it's easier to bend," said Norton, one of

four athletes to clear nine feet, three from Ridgewood. "I spent most of the season just learning to bend it. Then on Monday I went back to the 120 because it gives you a better push and the first day after the switch I did 10-6 in practice. That's when I figured maybe I can do this."

Adam Sacher won an exciting race in the boys pole vault as three jumpers cleared 14 feet on their first attempts. Sacher went on to clear 14-6, tying his personal best set nearly two weeks ago in the Bergen County championships, to win his third straight Bergen Meet of Champions pole vault title.

"I was surprised that we had three guys over 14 feet like that," said Sacher, winner of the Ed Church Award as top boys field athlete.

Dan Oquendo of Hackensack won the Mike Glynn Award for top male track athlete with a time of 14.46 seconds to win the intermediate hurdles, and Janine Davis of Queen of Peace won the Tom Zaccone Award for top girls track athlete with a time of 55.72 seconds in the 400 to tie the old meet record of 55.7 set by Dana Riley of Teaneck in 1993.

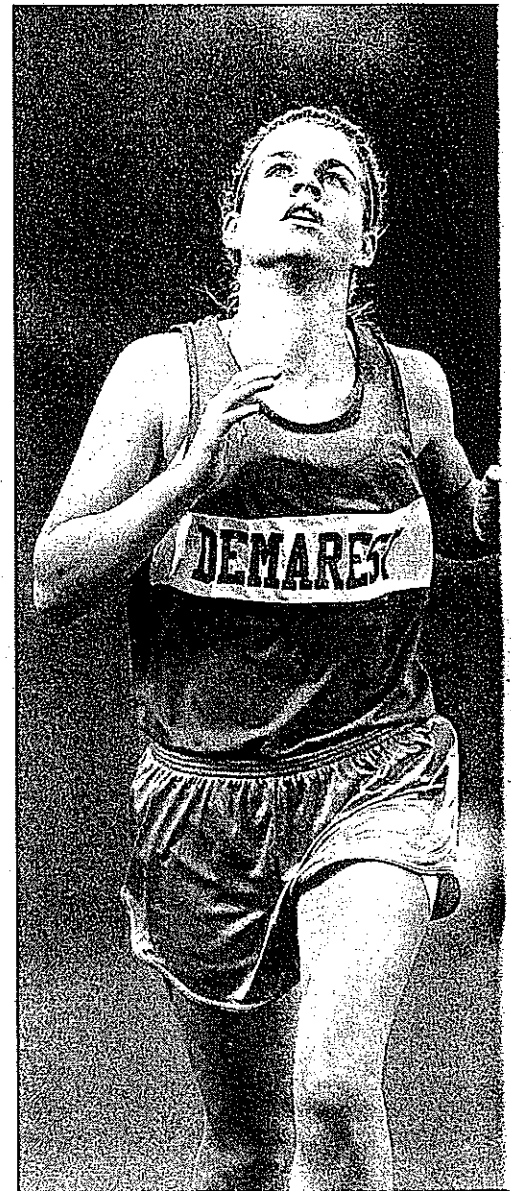
Sacher tried to join Ridgewood's Gabe Knutson as the only area athletes to clear 15 feet this year, but missed on his three attempts. Knutson missed on his three attempts at 14 feet and finished fourth.

"I got close on the third one, but I'm disappointed," he said. "I should have put it at 14-8 so I could get our school record."

Martin Gumowski of Wood-Ridge threw a personal-best 186 feet in the javelin to edge Andrew Zuidema of New Milford.

"My goal is to break our school record of 192 feet," Gumowski said.

Julie Haledjian of Pascack Hills put her name in the running for All-County when she threw the discus 120-6 to stun favorites Tiffany Phoenix of Cresskill and Lindsay Renna of Hasbrouck Heights.



Demarest's Andrea Rothschild en route to her

BERGEN COUNTY MEET OF CHAMPS - BOY'S

SCULLION'S TIMING

Licensed to Scullion's Timing Hy-Tek's Meet Manager 5/24/2004 09:02 PM
 2004 BERGEN MEET OF CHAMPIONS - 5/24/2004
 HACKENSACK HIGH SCHOOL
 Results

Boys 100 Meter Dash

6 Advance: Top 1 Each Heat plus Next 3 Best Times

MEET: # 10.4h 1994 JOE DAWKINS, HACKENSACK

Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1 Garvin, Michael Ray	DONBOSCO PREP	10.94	11.03Q	-1.4	1
2 Parker, Sullivan	BERGENFIELD	11.04	11.15Q	-1.3	2
3 Lindsay, Ryan	DONBOSCO PREP	11.14	11.34Q	-1.9	3
4 Horton, Brian	HACKENSACK	11.34	11.38q	-1.4	1
5 Anderson, Tarrant	BERGEN TECH	11.54	11.42q	-1.9	3
6 Santini, Phil	CRESSKILL	11.44	11.45q	-1.4	1
7 Thompson, Mike	DWIGHT-ENGLEWOOD	11.24	11.47	-1.9	3
8 Toal, Brian	DONBOSCO PREP	11.54	11.51	-1.3	2
9 Warren, Travis	TEANECK	11.54	11.55	-1.4	1
10 Pomo, Anthony	SADDLE BROOK	11.34	11.62	-1.3	2
11 Osorio, Greg	BERGENFIELD	11.64	11.63	-1.9	3
12 Stass, Jake	WESTWOOD	11.44	11.72	-1.3	2
13 Yeaw, Evan	RIDGEWOOD	11.54	11.93	-1.9	3
14 Mann, Ross	SADDLE RIVER	11.64	12.02	-1.4	1

Boys 100 Meter Dash

MEET: # 10.4h 1994 JOE DAWKINS, HACKENSACK

Name	Year School	Prelims	Finals	Wind
Finals				
1 Garvin, Michael Ray	DONBOSCO PREP	11.03	10.92	-1.2
2 Parker, Sullivan	BERGENFIELD	11.15	11.15	-1.2
3 Lindsay, Ryan	DONBOSCO PREP	11.34	11.26	-1.2
4 Anderson, Tarrant	BERGEN TECH	11.42	11.34	-1.2
5 Horton, Brian	HACKENSACK	11.38	11.52	-1.2
6 Santini, Phil	CRESSKILL	11.45	11.53	-1.2

Boys 200 Meter Dash

MEET: # 21.5h 1994 JOE DAWKINS, HACKENSACK

Name	Year School	Seed	Finals	Wind	H#
1 Garvin, Michael Ray	DONBOSCO PREP	21.94	21.87	-0.8	3
2 Lindsay, Ryan	DONBOSCO PREP	23.04	22.83	-0.8	3
3 Santini, Phil	CRESSKILL	23.04	22.83	-0.8	3
4 St. Germain, Matt	QUEEN OF PEACE	22.74	22.93	-0.8	3
5 Thompson, Mike	DWIGHT-ENGLEWOOD	22.74	23.11	-0.8	3
6 Burr, Jason	DWIGHT-ENGLEWOOD	23.14	23.31	-2.0	2

7	Schuieler, Matthew	NVRHS AT DEMARES	23.44	23.34	-2.0	2
8	Jackson, Raheem	WESTWOOD	23.04	23.52	-0.8	3
9	Stass, Jake	WESTWOOD	23.14	23.63	-2.0	2
10	Thomas, Akeem	TEANECK	23.34	23.74	-2.0	2
11	Dottino, Joe	BERGEN	23.74	23.76	-1.2	1
12	Delgado, Jorge	LYNDHURST	23.74	23.79	-1.2	1
13	Epps, Michael	DWIGHT-ENGLEWOOD	23.34	23.83	-2.0	2
14	Davis, Escamilio	MAHWAH	23.54	24.03	-2.0	2
15	Salm, Craig	TENAFLY	23.64	24.19	-1.2	1
16	Bliss, Jeff	NEW MILFORD	23.74	24.27	-1.2	1

Boys 400 Meter Dash

MEET: # 48.61 2002		ADRIAN DURANT, TEANECK			
Name	Year	School	Seed	Finals	H#
1	Jackson, Ramiek	WESTWOOD	49.44	49.98	3
2	Huffin, Daquan	PALISADES PARK	50.24	50.29	3
3	Kroner, Garrett	INDIAN HILLS	50.04	50.86	3
4	Lowe, DeWayne	TEANECK	51.04	51.34	2
5	Lyew, Stal-Sean	BERGEN	51.34	51.46	2
6	Menzel, Jarett	NORTHERN HIGHLAN	51.54	51.46	2
7	Simmons, Josh	HACKENSACK	49.84	51.47	3
8	Williams, Keith	NO VALLEY @OT	51.24	51.55	2
9	Medina, Orestes	PALISADES PARK	51.04	51.75	2
10	Maloney, Reéal	BERGEN TECH	51.04	51.76	3
11	St. Germain, Matt	QUEEN OF PEACE	50.94	51.97	3
12	Chandler, Darrin	PARAMUS CATHOLIC	52.64	52.57	1
13	Davis, Jared	DONBOSCO PREP	51.34	52.61	2
14	Colbert, Nachauncy	DWIGHT-ENGLEWOOD	52.64	52.90	1
15	Glickman, Mike	NORTHERN HIGHLAN	52.64	53.14	1
16	Guvenar, Mehmet	LYNDHURST	52.54	53.22	1

Boys 800 Meter Run

MEET: # 1:50.39 2000		JOSH KAUIKE, RIDGEWOOD			
Name	Year	School	Seed	Finals	
1	Williams, Byron	RIDGEWOOD	1:56.14	1:57.71	
2	Goldwasser, Elan	INDIAN HILLS	1:59.04	1:58.20	
3	Madrid, Ryan	PARAMUS CATHOLIC	1:57.84	1:58.39	
4	Filandro, Matt	INDIAN HILLS	1:58.64	1:58.55	
5	Abreu, Rafael	LEONIA	1:57.94	1:59.96	
6	Wilk, Chris	BERGEN	2:00.34	2:00.88	
7	Olifer, Andrei	FORT LEE	2:01.14	2:01.11	
8	Reeves, Sharrod	TEANECK	2:01.14	2:01.13	
9	Wechsler, Alex	DONBOSCO PREP	2:02.14	2:01.75	
10	Schoenfelder, Daniel	NVRHS AT DEMARES	2:02.34	2:02.57	
11	Walker, Jimmy	MIDLAND PARK	2:00.54	2:02.87	
12	Fonder, Mike	RIVERDELL	2:00.74	2:03.07	
13	Amato, Anthony	DONBOSCO PREP	2:00.84	2:03.94	
14	Knechel, Ethan	NORTHERN HIGHLAN	2:01.74	2:04.57	
15	Kissler, Josh	SADDLE RIVER	2:02.34	2:05.91	
16	Batarags, Nikolajs	NORTHERN HIGHLAN	2:02.94	2:06.03	

Boys 1600 Meter Run

MEET: # 4:14.6h 1984		STEVE SCHADLER, BERGENFIELD			
Name	Year	School	Seed	Finals	

1 Zamir, Ari	RIDGEWOOD	4:30.84	4:19.30
2 Nygaard, Erik	RIDGEWOOD	4:24.84	4:24.68
3 Finnerty, Tom	MIDLAND PARK	4:36.34	4:24.78
4 Maher, David	RIDGEWOOD	4:30.54	4:29.04
5 Doyle, Brian	MAHWAH	4:32.04	4:30.19
6 Napoleon, Brent	DONBOSCO PREP	4:34.44	4:31.68
7 Naimo, Tony	BERGEN	4:36.64	4:35.77
8 Kein, Rob	BECTON REGIONAL	4:42.74	4:36.32
9 Majeski, Paul	NVRHS AT DEMARES	4:37.04	4:37.81
10 DeSimone, Brian	BERGENFIELD	4:42.94	4:38.30
11 Polifrone, Marc	RUTHERFORD	4:42.64	4:39.20
12 Diestel, Ben	NORTHERN HIGHLAN	4:30.44	4:39.83
13 Magnifico, Matt	BECTON REGIONAL		4:39.86
14 Kross, John	NEW MILFORD	4:40.84	4:39.88

Boys 3200 Meter Run

MEET: # 9:14.1h		KEN FLYNN, RAMSEY '90+ ROB REEDER, N.H. '92	
Name	Year School	Seed	Finals
1 Cator, Mike	RIDGEWOOD	9:31.84	9:40.39
2 Engelken, Kyle	RIDGEWOOD	9:32.84	9:43.86
3 Emont, Dan	BERGEN TECH	9:42.02	9:44.72
4 Nowicki, Will	PASCACK VALLEY	9:43.74	9:50.18
5 Kretschmer, Bryan	RAMSEY		9:51.14
6 Volkhommer, Brad	RIDGEWOOD	9:58.14	9:57.82
7 McKeever, Pat	MIDLAND PARK	9:56.04	10:01.28
8 Hamilton, Todd	RIVERDELL	10:00.34	10:05.38
9 Paolizzi, Nick	PARAMUS	10:00.84	10:06.64
10 Walsh, Kevin	BERGEN TECH	10:15.44	10:06.95
11 Baker, Jason	DONBOSCO PREP	10:06.84	10:10.07
12 Olsen, Dan	RIVERDELL	10:14.14	10:11.03
13 Villegas, Julio	PALISADES PARK	10:08.94	10:13.14
14 Hart, Bryan	PASCACK VALLEY	10:11.14	10:13.82
15 McDonnell, Jack	DONBOSCO PREP	10:08.54	10:16.46
16 Colasurdo, Nick	NEW MILFORD	10:23.14	10:48.17

Boys 110 Meter Hurdles

6 Advance: Top 1 Each Heat plus Next 3 Best Times

MEET: # 13.8h 1985		GREG HORNER, DON BOSCO	
Name	Year School	Seed	Prelims Wind H#
Preliminaries			
1 Oquendo, Dan	HACKENSACK	15.24	14.63Q -1.5 3
2 Beljour, Jean	HACKENSACK	15.44	15.14Q -2.1 2
3 Fontana, Andrew	PASCACK HILLS	15.34	15.33Q -1.4 1
4 Picache, P.J.	NORTHERN HIGHLAN	15.04	15.20q -2.1 2
5 Rollins, Gianni	HACKENSACK	15.74	15.27q -2.1 2
6 Lim, Andy	LEONIA	15.04	15.34q -1.4 1
7 Voorhis, Brian	RIVERDELL	15.14	15.55 -1.5 3
8 Atkins, Scott	PASCACK HILLS	15.34	15.58 -2.1 2
9 Pomo, Anthony	SADDLE BROOK	15.34	15.75 -1.4 1
10 Jaimes, Mike	NEW MILFORD	15.54	15.77 -1.5 3
11 Gonzalez, Chris	DONBOSCO PREP	15.84	15.81 -1.4 1
12 Turetsky, Jon	RIVERDELL	15.54	15.86 -1.5 3
13 Stanton, Corey	RIDGEFIELD PARK	15.84	16.41 -1.4 1
14 Tijonas, Peter	FORT LEE	16.04	16.50 -1.5 3
15 Simone, Angelo	LYNDHURST	15.94	16.93 -2.1 2

Boys 110 Meter Hurdles

MEET: # 13.8h 1985		GREG HORNER, DON BOSCO			
Name	Year School	Prelims	Finals	Wind	
Finals					
1	Oquendo, Dan	HACKENSACK	14.63	14.46	-1.7
2	Beljour, Jean	HACKENSACK	15.14	15.09	-1.7
3	Picache, P.J.	NORTHERN HIGHLAN	15.20	15.19	-1.7
4	Rollins, Gianni	HACKENSACK	15.27	15.31	-1.7
5	Lim, Andy	LEONIA	15.34	15.40	-1.7
6	Fontana, Andrew	PASCACK HILLS	15.33	16.27	-1.7

Boys 400 Meter Hurdles

MEET: # 53.46 2003		DAVE LADO, RIDGEFIELDS PARK			
Name	Year School	Seed	Finals	H#	
1	Perussi, Jeremy	NVRHS AT DEMARES	54.44	54.67	3
2	Johnson, Joey	PARAMUS	55.34	55.05	3
3	Ebeling, Ken	MAHWAH	55.64	56.06	3
4	Fontana, Andrew	PASCACK HILLS	56.74	56.33	1
5	Hanulak, Mark	HACKENSACK	57.24	56.53	3
6	Gareffa, Vin	HASBROUCK HEIGHT	57.24	56.98	3
7	Asplint, Derek	NORTHERN HIGHLAN	57.74	57.34	3
8	Merced, Rafael	RIDGEFIELD PARK	58.84	57.61	1
9	Turetsky, Jon	RIVERDELL	58.54	58.03	2
10	Buccino, Brian	CRESSKILL	58.34	58.33	2
11	Coonrad, Dylan	RAMSEY	57.84	58.36	2
12	Keating, Marshall	LEONIA	58.44	58.83	2
13	YI, Yun	TENAFLY	58.74	59.62	1
14	Pfeifer, Erin	RAMAPO	58.64	1:00.10	2
15	Fields, Paul	BERGENFIELD	58.74	1:01.17	1

Boys 4x400 Meter Relay

MEET: # 3:19.1h 1993		HACKENSACK			
School		Seed	Finals	H#	
1	HACKENSACK HS	3:25.64	3:24.01	2	
2	TEANECK HIGH SCHOOL	3:27.21	3:24.14	2	
3	RAMSEY	3:27.74	3:26.36	2	
4	PARAMUS	3:28.54	3:29.22	2	
5	BERGEN CATHOLIC HS	3:31.74	3:30.08	1	
6	RIDGEWOOD HIGH SCHOOL	3:31.14	3:30.98	2	
7	DWIGHT-ENGLEWOOD	3:33.04	3:31.46	1	
8	MAHWAH HS	3:32.94	3:31.75	1	
9	NORTHERN HIGHLANDS REGION	3:31.44	3:33.98	2	

Boys High Jump

MEET: # 6-09 2003		JEAN BELJOUR, HACKENSACK			
Name	Year School	Seed	Finals		
1	Turner, Oderick	TEANECK	6-04.00	6-04.00	1.93m
2	McCarthy, Tom	SADDLE BROOK	6-02.00	6-02.00	1.87m
3	Beljour, Jean	HACKENSACK	6-04.00	J6-02.00	1.87m
4	Oquendo, Dan	HACKENSACK	6-04.00	J6-02.00	1.87m
5	Terebizh, Val	FORT LEE	6-00.00	6-00.00	1.82m
6	Atkins, Scott	PASCACK HILLS	6-00.00	J6-00.00	1.82m

6 Lovelace, Jabu	TENAFLY	6-00.00	J6-00.00	1.82m
8 Mitchell, Marquis	BERGENFIELD	6-02.00	5-10.00	1.77m
-- Pettway, Jordan	DWIGHT-ENGLEWOOD	6-00.00	NH	

Boys Pole Vault

MEET: # 15-01 1992		MATT PSALTIS, FAIR LAWN			
Name	Year	School	Seed	Finals	
1 Sacher, Adam		PASCACK VALLEY	14-06.00	14-06.00	4.41m
2 Chin-Lyn, ED		MAHWAH	13-06.00	14-00.00	4.26m
3 Ricciardi, Jake		RIDGEWOOD	13-00.00	J14-00.00	4.26m
4 Knutson, Gabe		RIDGEWOOD	14-06.00	13-06.00	4.11m
5 Woods, James		NVRHS AT DEMARES	13-00.00	13-00.00	3.96m
6 Jaimes, Mike		NEW MILFORD	12-00.00	J13-00.00	3.96m
7 Cohen, Stuart		HACKENSACK	12-00.00	12-06.00	3.81m
7 Spirito, Dean		DUMONT	12-00.00	12-06.00	3.81m
7 Kovach, Paul		RIDGEWOOD		12-06.00	3.81m
10 Heenehan, Pat		RAMAPO	12-00.00	12-00.00	3.65m
11 Cipriani, Chris		INDIAN HILLS	12-00.00	11-06.00	3.50m
11 Guinchard, Claude		DONBOSCOPREP	12-00.00	11-06.00	3.50m
-- Melchoir, Brandon		HASBROUCK HEIGHT	11-00.00	NH	
-- Degelman, Scott		RAMAPO	12-00.00	NH	
-- Foo, Brian		NEW MILFORD	12-00.00	NH	
-- Jensen, Christian		RIDGEWOOD	12-00.00	NH	
-- Woods, Dan		NVRHS AT DEMARES	12-00.00	NH	
-- Straughter, Ian		HACKENSACK	13-00.00	NH	

Boys Long Jump

MEET: # 22-11 1989		DERRICK HORNER, DON BOSCO				
Name	Year	School	Seed	Finals	Wind	
1 Hoover, Vernard		HASBROUCK HEIGHT	22-01.00	22-05.50	NWI	6
2 Lim, Andy		LEONIA	21-06.00	21-09.75	NWI	6
3 Thomas, Alvyn		BOGOTA	20-08.00	21-05.50	NWI	6
4 Bonsu, Leslie		BERGEN TECH	20-10.50	21-04.75	NWI	6
5 Parker, Sullivan		BERGENFIELD	21-00.25	21-03.50	NWI	6
6 Delgado, Jorge		LYNDHURST	20-07.00	20-09.50	NWI	6
7 Pulgrano, Justin		NORTHERN HIGHLAN	20-06.00	20-06.00	NWI	6
8 Pomo, Anthony		SADDLE BROOK	21-07.75	20-01.25	NWI	6
9 Williams, Min Joe		FORT LEE	20-09.50	20-00.00	NWI	6
10 Lee, Sam		NVRHS AT DEMARES	21-00.75	19-10.00	NWI	6
11 Osorio, Greg		BERGENFIELD	20-06.75	18-10.50	NWI	5
12 Idumonyi, Iyekekpo		FORT LEE	20-07.50	18-05.75	NWI	5
-- Turnier, Terry		BERGEN	20-00.00	FOUL	NWI	
-- Kang, Kenny		PASCACK HILLS	20-05.50	FOUL	NWI	

Boys Triple Jump

MEET: # 47-11.25 2003		VERNARD HOOVER, HASBROUCK HEIGHT				
Name	Year	School	Seed	Finals	Wind	
1 Hoover, Vernard		HASBROUCK HEIGHT	47-01.00	46-02.00	NWI	14
2 Blyden, Harold		BERGENFIELD	42-07.00	43-07.25	NWI	13
3 Leshner, Ted		NORTHERN HIGHLAN	42-09.00	43-02.25	NWI	13
4 Idumonyi, Iyekekpo		FORT LEE	41-07.50	43-02.00	NWI	13
5 Medina, Orestes		PALISADES PARK	42-07.75	42-10.00	NWI	13
6 Pettway, Jordan		DWIGHT-ENGLEWOOD	42-10.00	42-04.00	NWI	12
7 Osorio, Greg		BERGENFIELD	42-11.50	42-02.50	NWI	12

8 Ebeling, Ken	MAHWAH	42-04.00	42-01.50	NWI	12
9 Mitchell, Marquis	BERGENFIELD	44-05.50	42-01.00	NWI	12
10 Horton, Brian	HACKENSACK	43-02.50	41-11.50	NWI	12
11 Kang, Kenny	PASCACK HILLS	42-01.00	41-03.00	NWI	12
12 Pomo, Anthony	SADDLE BROOK	43-00.00	40-05.50	NWI	12
13 Cedeno, Jorge	LODI HIGH SCHOOL	40-11.00	40-03.00	NWI	12
14 Voorhis, Brian	RIVERDELL	41-04.00	40-01.50	NWI	12
15 Heilmann, Craig	NORTHERN HIGHLAN	41-02.50	39-11.00	NWI	12
16 Williams, Min Joe	FORT LEE	42-04.00	39-08.50	NWI	12

Boys Shot Put

MEET: # 65-08.50 1985		ANDY PAPATHANASSIOU, EMERSON			
Name	Year School	Seed	Finals		
1 Toal, Brian	DONBOSCO PREP	53-08.25	52-11.00	16.12m	
2 Lippert, Greg	PASCACK VALLEY	54-00.00	52-10.50	16.11m	
3 Wojtys, Slawek	WALLINGTON	52-05.00	51-11.50	15.83m	
4 Maier, Jason	NEW MILFORD	52-02.50	51-07.75	15.74m	
5 Klopacz, Doug	SJR, MONTVAL	50-09.50	49-08.75	15.15m	
6 Lissemore, Sean	DUMONT	48-06.00	48-08.75	14.85m	
7 Mangham, Kevin	MAHWAH	49-05.00	47-09.50	14.56m	
8 Lanni, Tim	RUTHERFORD	48-06.00	47-08.00	14.52m	
9 Kim, Steve	FORT LEE	50-02.50	47-07.50	14.51m	
10 Abdallah, Steve	RIDGEWOOD	47-10.00	45-08.25	13.92m	
11 Larkin, Dan	BERGEN	48-11.00	45-06.75	13.88m	
12 Nielsen, Jay	WOOD-RIDGE	46-07.00	45-02.00	13.76m	
13 Kerbstat, Rob	SJR, MONTVAL	46-09.00	43-09.00	13.33m	
14 Green, Barry	LYNDHURST	47-08.50	41-06.50	12.66m	
15 Albanese, Leo	NO VALLEY @OT	46-06.75	40-05.50	12.33m	
-- Sabo, Shawn	INDIAN HILLS	47-01.75	FOUL		

Boys Discus Throw

MEET: # 181-09 1970		STEVE ADAMS, ST. JOSEPH REGIONAL			
Name	Year School	Seed	Finals		
1 Maier, Jason	NEW MILFORD	155-08	162-02	49.42m	
2 Crenshaw, Vaughn	HACKENSACK	148-00	150-03	45.79m	
3 Sewell, Eric	HACKENSACK	152-07	148-02	45.16m	
4 Parham, Travis	HACKENSACK	131-07	144-01	43.91m	
5 Heymann, Erik	WESTWOOD	146-07	141-00	42.97m	
6 McElroy, Ryan	NVRHS AT DEMARES	135-04	140-07	42.84m	
7 Ham, Jun HO	NORTHERN HIGHLAN	134-06	138-04	42.16m	
8 Kroner, Dan	INDIAN HILLS	137-06	136-09	41.68m	
9 Kaiser, Matt	PARK RIDGE	139-00	136-05	41.57m	
10 Onorato, Chris	HASBROUCK HEIGHT	146-02	135-09	41.37m	
11 Lissemore, Sean	DUMONT	130-07	133-01	40.56m	
12 Farr, Michael	DONBOSCO PREP	133-10	130-11	39.90m	
13 Stathopoulos, James	MAHWAH	137-08	129-08	39.52m	
14 Petrosino, Rob	BERGEN	131-07	125-04	38.20m	
15 Engravelle, Mark	SJR, MONTVAL	138-02	123-07	37.66m	
16 Kovsos, Ted	BERGENFIELD	131-02	111-00	33.83m	
17 Weingartner, Sean	CRESSKILL	134-03	107-03	32.68m	
-- Knutson, Gabe	RIDGEWOOD	147-01	FOUL		

Boys Javelin Throw

MEET: # 194-00 2002		JIM MALIZIA, ST. JOSEPH			
Name	Year School	Seed	Finals		

1	Gumowski, Martin	WOOD-RIDGE	181-07	186-00	56.69m
2	Zuidema, Anrew	MIDLAND PARK	179-11	184-09	56.31m
3	Heymann, Erik	WESTWOOD	176-01	173-04	52.83m
4	Nielsen, Jay	WOOD-RIDGE	164-07	165-01	50.31m
5	Woods, Dan	NVRHS AT DEMARES	168-01	163-03	49.75m
6	Woods, James	NVRHS AT DEMARES	167-02	162-00	49.37m
7	Guzek, Steve	PARK RIDGE	164-08	159-10	48.71m
8	Pierce, Steven	RIDGEWOOD	163-09	159-03	48.53m
9	Miletic, Tom	FORT LEE	161-06	159-01	48.48m
10	Weinfeld, Charles	NO VALLEY @OT	163-10	156-09	47.77m
11	Berberian, Alex	NO VALLEY @OT	179-07	156-08	47.75m
12	Tangarife, Frank	HACKENSACK	170-10	155-02	47.29m
13	London, Mike	MIDLAND PARK	159-08	154-00	46.93m
14	Kroner, Dan	INDIAN HILLS	170-01	149-06	45.56m
15	Melchior, Travis	HASBROUCK HEIGHT	158-03	146-08	44.70m
16	DeSane, Jeremy	ELMWOOD PARK	161-00	145-00	44.19m

GO TO GIRL'S

RETURN TO RESULT MENU

GO TO MAIN MENU

Bergen County Meet of Champions:
Monday, May 24th @ Hackensack High School

Shot Put: Steven Abdallah 45'8 1/4" 10th

Discus: Gabriel Knutson F 18th

Javelin: Steven Pierce 159'3" 8th

Pole Vault: Jacob Riccairdi 14'0" – 3rd Place Gabriel Knutson 13'6" – 4th Place,
Paul Kovach 12'6" Tie 7th, Christian Jensen F Tie 12th

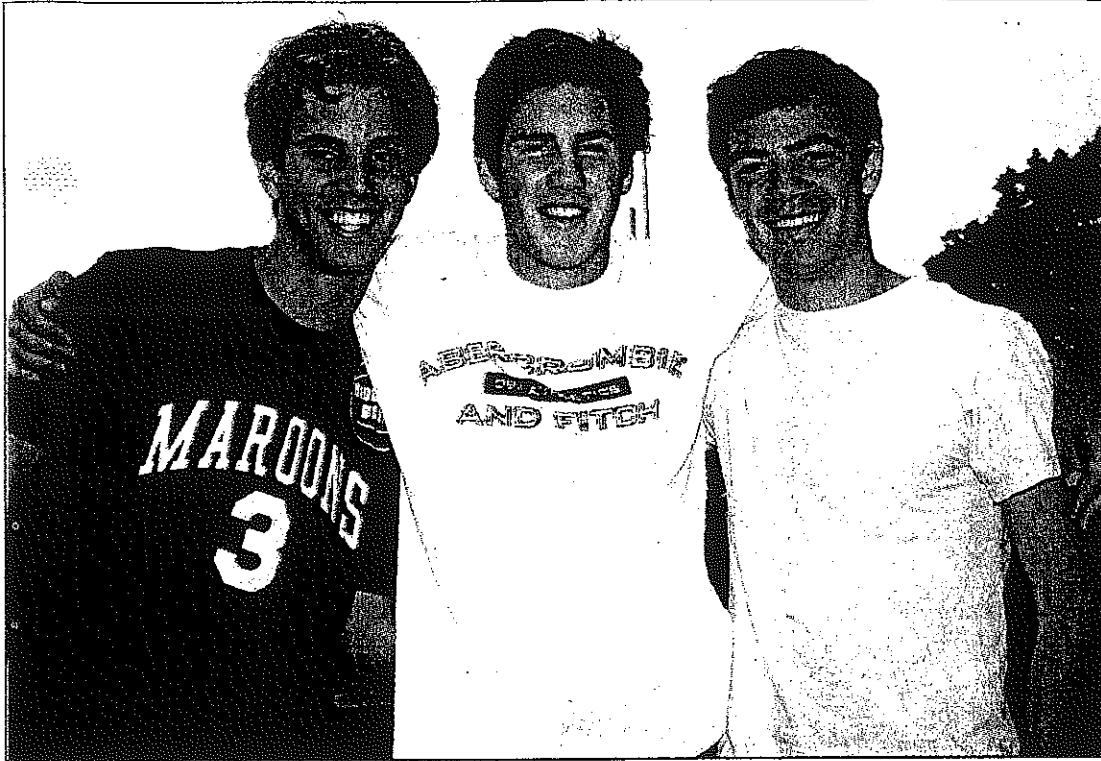
100m: Evan Yeaw 11.93 (AT) 14th

1600m: Ari Zamir 4:19.30 – 1st Place, Erik Nygaard 4:24.68 – 2nd Place
David Maher 4:29.04 – 4th Place

800m: Byron Williams 1:57.71 – 1st Place

3200m: Michael Cator 9:40.39 – 1st Place Kyle Engelken 9:43.86 – 2nd Place
Brad Volkommer 9:57.82 – 6th Place

4x400m: Evan Yeaw 52.3
Okechukwu Onwubu 54.5
Niall Buckley 51.8
Byron Williams 51.9 3:30.98 – 6th Place



GARY JUNG/STAFF PHOTOGRAPHER

Ridgewood's three distance-running county champions are (from left) sophomore Byron Williams, sophomore Mike Cator and senior Ari Zamir.



KERRI NORTON
Ridgewood record breaker

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BERGEN COUNTY MEET OF CHAMPIONS

5/28

Norton smashes vault record

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Senior is one of four RHS track champions

BY MATT POTTER
Staff Writer

HACKENSACK — Two days after breaking the Bergen County girls pole-vault record for the first time, Ridgewood senior Kerri Norton did it again and was crowned county champion in the process.

In Saturday's Group 4, Section 1 state meet, Norton sailed over the bar at 10 feet, 6 inches. Monday, at the Bergen County Meet of Champions (BMOC), she went six inches higher to set yet another benchmark.

Norton's BMOC vault of 11 feet at Hackensack High School was a whopping two feet higher than any other girl in the competition. It was also one foot, three inches higher than the previous county record of 9 feet, 9 inches set last year by the Maroons' Evann Borgmann.

Norton was one of four county champions from Ridgewood.

"Kerri competes in a very technical event that is hard to do right," said Maroon girls head track coach Jacob Brown. "It's possible to clear nine feet and still have a lot of technical flaws, but by the time you get to 11 feet, you have to

county who really does it right."

"She has entered a new level of pole vaulting," said Brown. "Kerri has gone from being a decent high school pole vaulter to being a kid who is significant in this event."

Norton's success has come as a result of plenty of hard graft in practice.

"I've been working on bending the pole, but it takes a while to get it right," said Norton. "It took me a month, then everything clicked. When I cleared 10 feet for the first time, that gave me a little more confidence, and I didn't feel as much pressure."

One of the key aspects of Norton's record-breaking vaults has been her recent switch to a pole with slightly more spring for her body weight. Also pivotal, she says, are the people around her.

"We have one of the best coaches in the state, and my teammates have also really helped me," said Norton, who hopes to walk on to the track team at Wake Forest University in North Carolina in the fall. "I've had a lot of support from my teammates and my coach, and that has made the difference."

Ridgewood finished 1-2-3 in the girls pole vault, with Cassie Wong and Elyse Norton each vaulting nine feet for second and third, respectively. The Maroons became only the second team in the state to have three athletes clear nine feet in the same meet.

Also winning county titles at the BMOC were three Maroon boys — Byron Williams in the 800-meter run, Ari Zamir in the 1,600 and Mike Cator in the 3,200.

distance events, and they ran well and were able to achieve that," said Ridgewood boys head coach Josh Saladino. "Byron ran a great 800 (in 1:57.71). That event is a bit more unpredictable than the other two, and he had to make sure he put himself in a good position and held off some strong opposition."

Zamir clocked a 4:19.3 in the 1,600 meters, while teammates Erik Nygaard was second (4:24.68) and Dave Maher fourth (4:29.04).

In the 3,200 meters, where Cator ran a 9:40.39, Ridgewood's Kyle Engelken was second (9:43.86) and teammate Brad Vollkommer sixth (9:57.82).

Ridgewood finished three-four in the boys pole vault, as Jake Ricciardi had a personal best leap of 14 feet, while Gabe Knutson vaulted 13 feet, 6 inches. The 4 x 400 quartet was fifth in 3:30.08.

The girls, meanwhile, had a trio of second-place finishers on the track. Runners-up were Cristina Law in the 800 (2:19.87), Meghan O'Connell in the 3,200 (11:35.52) and Lara-Jane Que in the 100 hurdles (15.81).

Meredith Jones was third in the 3,200 (11:44.38); Erica Cigolini tied for fourth with a strong run in the 200 (27.31), and Emily Terrien placed fifth in the 1,600 (5:20.12). Ridgewood was sixth in the 4 x 400 relay (4:06.42).

Today and tomorrow, the Maroons are at Egg Harbor Township High School in Atlantic County for the Group 4 state meet.

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Records 5/29

NORTH JERSEY SPORTS

STATE TRACK CHAMPIONSHIPS

Lindsay takes title

By PAUL SCHWARTZ
STAFF WRITER

EGG HARBOR TWP. — Kyle Lindsay came to the State Group 4 triple jump Friday with modest goals.

"I was just hoping to make it to the State Meet of Champions," said the Eastside sophomore.

Lindsay will make a trip to Wednesday's Meet of Champions at South Plainfield, all right, but as Eastside's first State champion in 17 years, after leaping 44-10½ on his last jump to upset defending champion Gabe Knutson of Ridgewood. Lindsay was the only first day North Jersey winner at the State Group 2-3-4 boys meet.

"It's a privilege just to be here," said Lindsay, who had a personal best of 43-6 coming into the meet, but extended it to 44-1 in the trials. "I really thought Derrick [senior teammate Webb] had a great chance to win and I was just trying to place."

The 44-1 jump left him an inch behind early leader Dan Oquendo of Hackensack, and then Knutson

jumped 44-5 on his first jump of the finals to take the lead. Lindsay improved to 44-2½ on his fifth jump, and then Oquendo jumped 44-4½ on his fifth jump, and Lindsay was still third.

But when Knutson couldn't improve on his final jump, Lindsay saw an opening.

The 5-foot-7, 135-pound snare drummer in the Ghost marching band sped down the runway, hit the board perfectly, and after a good second step landed cleanly in the pit leaning forward as he got a faceful of sand.

"When I saw that Gabe didn't jump any longer on his jump, my confidence grew," said Lindsay. "I love the runway and the whole setup, and I thought I had a chance."

Oquendo still had one jump left, and it was a big one, but the junior fouled by about two inches and Lindsay had the first championship since Andrew Cameron won three events leading the Ghosts to the 1987 State Group 4 title.

"I think we're making a comeback because of our coaches," said Lindsay.

Kennedy sophomore Shaquan

Brown continued his sensational running, finishing second in the Group 4 400 in 47.80. And he showed no fear of All-American Reuben McCoy of Winslow Township, who won the race in 46.77 seconds, less than a second off the State outdoor record.

"I was excited to run against him but I wasn't scared of him," said Brown. "It was a great opportunity for me to go up against him, and I'd love to race him again."

Hackensack's Jean Beljour became the first North Jersey high jumper to clear 6-6 this year in finishing second on misses to Evan Adams of Absegami. And Hawthorne's Casey Robert moved from fifth to second in the Group 2 100 in the final meters to run a personal-best 10.85, just behind winner Shaun Lockhart of New Brunswick, who clocked in at 10.81.

Bergenfield had three medalists, Sullivan Parker in the 100, and Marquis Mitchell and Harold Blyden, 2-3 in the Group 3 triple jump with personal bests of 10.97, 45-2, and 44-10 respectively.

Khadraoui is all

By PAUL SCHWARTZ
STAFF WRITER

Only needs one more State

EGG HARBOR TOWNSHIP — Mohamed Khadraoui has a few words for those who think breaking nine minutes in the 3,200 meters this year is his ultimate goal.

"If I run 10 minutes Wednesday night [at the State Meet of Champions] and win, it's better than running 8:59 and finishing second," Khadraoui said Saturday after winning his second straight Group 4 3,200 title. "I don't care what I run as long as I win."

But his easy win over Greg

Hughes of Mainland, in a Passaic County record 9:02.04, makes it possible that he can become the first boy to win the State Meet of Champions cross-country championship, indoor 3,200 meters, the outdoor 3,200, and break nine minutes in the process.

"A few years from now, when I'm running professionally or in the Olympics, I want people to look in the record books and see records set by Mohamed Khadraoui of Kennedy and re-

member I started here," said Khadraoui, the only North Jersey boy to win Saturday at the Group 2-3-4 meet. "But to be the first Triple Crown winner is everything to me right now."

Khadraoui has always been a runner who depends on high mileage to improve his stamina and better his times. But losses in last year's State Meet of Champions and this past winter's Nike Indoor Classic led him to change his training this spring.

Records 5/30

CHAMPIONSHIPS

about winning

title for Triple Crown

"I used to run miles, miles, and more miles," said Khadraoui, who broke his own Passaic County outdoor record by 11 seconds and ran faster than his indoor State mark of 9:02.72. "Now I concentrate more on speed work to try to make my times drop."

"It's impacted the pace I run in the meets, because I'm not as even-paced anymore."

Saturday's race was a perfect example. He let Hughes lead through the 800 in 2:15.4 and

then surged to the lead with a 67-second lap. He then ran 69, 68, and 70 before surging to a 67.5 seventh lap to put Hughes away. The final lap was 64.4 and could have been faster but Khadraoui acknowledged coming up short of the meet record of 8:58.30 by pointing at the clock when it reached 8:59 right before he finished.

Ridgewood's Ari Zamir ran the fastest 3,200 by a Bergen runner in 11 years, finishing in 9:18.10 for

fourth place. Indian Hills' Matt Klypka was fourth in Group 2 in 9:26.41 and James LaGreca of Demarest fourth in Group 3 in 9:30.04.

The closest a North Jersey boy came in the Group 2 was in the 200. Casey Robert of Hawthorne lost his second heartbreaking race in two days to Shaun Lockhart of New Brunswick. Both were clocked in 22.10 with Lockhart getting the nod in a photo.

Adam Sacher of Pascack Valley was second in the Group 2 pole vault, losing on misses to Anthony Abitante of Gov. Livingston.

GROUP 4

TEAM SCORES: Winslow Twp. 65, Vineland 44, mainland 38, Toms River North 31, Ridgewood 26, Kennedy and Marlboro 22, Hackensack 21, Hunterdon Central 20, Toms River South 17, Morristown, Egg Harbor Twp. and North Bergen 14, Old Bridge and South Brunswick 13, Manalapan, Rancocas Valley, Absegami, Eastside and Toms River East 10, Southern, Hillsborough and Irvington 8, Piscataway 7, Vernon 6, Eastern 5, Middletown North, Eastern, West Orange, Bridgewater-Raritan and Barringer 4, Jackson 3, Atlantic City, Randolph and east Orange 2, Union, Westfield and Triton 1.

100: 1. Michael Rush, Toms River North, 10.75; 2. Earl Gray, Marlboro, 10.77; 3. Kevin Thompson, North Bergen, 10.82; 4. Jamar Cotton, Irvington, 10.86; 5. Jamar Byrd, Vineland, 10.93; 6. Latif Brewer, Union, 10.98.

200: 1. Reuben McCoy, Winslow Twp., 21.14; 2. Kevin Thompson, North Bergen, 21.56; 3. Earl Gray, Marlboro, 21.57; 4. Jamar Cotton, Irvington, 21.86; 5. Reggie Berry, Morristown, 21.86; 6. Albert Harris, Winslow Twp., 22.02.

400: 1. Reuben McCoy, Winslow Twp., 46.77; 2. Shaquan Brown, Kennedy, 47.80; 3. Bryant McCombs, Old Bridge, 48.25; 4. Marcus Lee, Vineland, 48.33; 5. Raymond Campbell, 49.42; 6. Malcolm Jenkins, Piscataway, 49.47.

800: 1. Jim Wyner, Mainland, 1:53.09; 2. Ian Waterhouse, Rancocas Valley, 1:53.36; 3. C.J. Davies, Southern, 1:55.21; 4. John Guzman, Bridgewater-Raritan, 1:55.87; 5. Fred Kain, Hillsborough, 1:57.48; 6. Josh Krowicki, Triton, 1:58.58.

1,600: 1. Jim Wyner, Mainland, 4:14.95; 2. Greg Hughes, Mainland, 4:15.03; 3. Ari Zamir, Ridgewood, 4:17.12; 4. Dave Alfano, West Orange, 4:18.37; 5. Ian Waterhouse, Rancocas Valley, 4:18.55; 6. Spencer Popeson, Mainland, 4:19.74.

3,200: 1. Mohamed Khadraoui, Kennedy, 9:02.04; 2. Greg Hughes, Mainland, 9:09.21; 3. Daniel Blingham, Toms River North, 9:14.51; 4. Ari Zamir, Ridgewood, 9:18.10; 5. William Rowland, Hunterdon central, 9:19.83; 6. Spencer Popeson, Mainland, 9:21.73.

110 HH: 1. Reuben McCoy, Winslow Twp., 14.32; 2. Robert Penn, Winslow Twp., 14.54; 3. Dan Oquendo, Hackensack, 14.56; 4. Mike Pohludka, Vernon, 14.72; 5. Eric Dufresne, Jackson, 15.00; 6. Maged Fattah, Toms River North, 15.05.

400 IH: 1. Reuben McCoy, Winslow Twp., 51.99; 2. Marcus Lee, Vineland, 52.65; 3. Reggie Berry, Morristown, 54.55; 4. Tyree Cooper, Piscataway, 54.86; 5. Mike Pohludka, Vernon, 54.92; 6. Dan Oquendo, Hackensack, 55.49.

Shot put: 1. Sal Delhiero, Toms River East, 56-4; 2. Joseph Kircher, Manalapan, 54-2; 3. Khyie Osborne, Morristown, 54-2; 4. Joshua Larkins, Toms River North, 53-3; 5. William Kidd, Southern, 52-9; 6. Seyon Bedell, Pennsauken, 52-8¼.

Discus: 1. Joshua Larkins, Toms River North, 181-1; 2. Yemi Ayeni, South Brunswick, 175-1; 3. Gerald Lewis, Vineland, 166-5; 4. Frank Duca, Middletown North, 162-4; 5. Joseph Kircher, Manalapan, 153-7; 6. Rob Allen, Old Bridge, 153-6.

Javelin: 1. Oseph Osvai, Egg harbor Twp., 174-3; 2. Preston Plevretes, Marlboro, 173-7; 3. Steven Pierce, Ridgewood, 173-5; 4. Kyle Wright, Egg Harbor twp., 171-11; 5. Robert Reynolds, Atlantic City, 169-4; 6.

High jump: 1. Evan Adams, Absegami, 6-6; 2. Jean Belljour, Hackensack, 6-6; 3. Jamal Ames, Vineland, 6-4; 4. Ryan Manning, Barringer, 6-4; 5. Miles Edwards, Winslow Twp., 6-2; 6. James Ivey, South Brunswick, 6-2.

Long jump: 1. Antoine Kearney, Toms

NC

River South, 22-11¼; 2. Jamar Byrd, Vineland, 22-7¼; 3. Franklin Andreyko, Hillsborough, 22-2¼; 4. James Ivey, South Brunswick, 21-11¼; 5. Nick Syzonemko, Randolph, 21-8¼; 6. Curtis Gathright, East Orange, 21-3.

Triple jump: 1. Kyle Lindsay, Eastside, 44-10¼; 2. Gabe Knutson, Ridgewood, 44-5; 3. Dan Oquendo, Ridgewood, 44-4; 4. Jeremy Miles, Winslow Twp., 43-10¼; 5. Desmond Hamilton, Pennsauken, 43-8¼; 6. Curtis Gathright, East Orange, 43-6.

Pole vault: 1. Mike Roberti, Hunterdon Central, 14-6; 2. Mike Tucholski, Hunterdon Central, 14-0; 3. Dave McCullough, Toms River South, 14-0; 4. Don Smith, Eastern, 13-6; 5. Jake Ricciardi, Ridgewood, 13-6; 6. Michael Gorski, Westfield, 13-6.

1,600 relay: 1. Winslow Twp. (Albert Harris, Brandon Grantham, Derek Rogers, Frank Jackson), 3:18.95; 2. Vineland, 3:21.31; 3. Old Bridge, 3:21.84; Kennedy, 3:21.91; 5. Piscataway, 3:21.96; 6. Toms River South, 3:23.89.

State Group IV Championship:
Egg Harbor, NJ **May 29th and 30th**

<u>Triple Jump:</u>	Gabriel Knutson	<u>44'5" – 2nd Place</u>
<u>Pole Vault:</u>	Jacob Riccairdi	<u>13'6" – 5th Place</u>
	Gabriel Knutson	NH
<u>Discus:</u>	Gabriel Knutson	136'6"
<u>1600m:</u>	Ari Zamir	<u>4:17.12 – 3rd Place</u>
	Michael Cator	4:30.72
	Erik Nygaard	4:30.91
<u>800m:</u>	Byron Williams	2:02.35
	Erik Nygaard	2:02.39
<u>3200m:</u>	Ari Zamir	<u>9:18.10 – 4th Place (fastest in county in 11 yrs)</u>
	Michael Cator	9:32.66
<u>Long Jump:</u>	Gabriel Knutson	21'2 3/4"
<u>Javelin:</u>	Steven Pierce	<u>173'5" – 3rd Place (TEN FOOT BEST!!!)</u>

RIDGEWOOD RESULTS

10K MEN

1. Julius Kibet, Ringwood, 29:14.
2. Joe Lemay, Danbury, Conn., 31:39.
3. Gene Mitchell, Franklin Lakes, 31:54.
4. Jonathan Klui, Allendale, 34:04.
5. Kevin Youngs, Suffern, N.Y., 34:09.
6. Stephane Bois, New York, 34:13.
7. William Kelly, Chatham, 34:21.
8. Ariand Macasieb, Clifton, 34:25.
9. Jeremy Stratton, Parlin, 34:37.
10. Matt Kohlbrenner, Ramsey, 34:50.
11. Matthew Cullen, Yorktown Heights, N.Y., 35:00.
12. Jeremy Muratore, Edgewater, 35:22.
13. Haluk Sarci, Cresskill, 35:31.
14. Adam Little, Jersey City, 35:31.
15. Michael Murphy, Yonkers, N.Y., 35:47.
16. Hugo Vadillo, Carlstadt, 36:06.
17. Gregory Mullins, Randolph, 36:11.
18. Gilbert Hawkins, Allendale, 36:18.
19. Chong Hwan Son, Ridgefield Park, 36:26.
20. Brian McCourt, Midland Park, 36:55.

10K WOMEN

1. Uli Bromme, Tenafly, 36:59.
2. Mia Ives-Rublee, Greensboro, N.C., 39:08.
3. Kerin Maganzini, New York, 30:32.
4. Meghan O'Connell, 17, Ridgewood, 40:40.
5. Allison Schulman, Stony Point, N.Y., 40:44.
6. Cheryl Leitner, Toms River, 40:55.
7. Donna Adamoll, Chestnut Ridge, 41:37.
8. Misa Tamura, Ridgewood, 41:37.
9. Carol Guzinski, Garnerville, N.Y., 41:44.
10. Allison King, Morristown, 41:59.

11. Alyson Llerandi, Ridgewood, 42:20.
12. Laura DiMarino, New City, N.Y., 42:58.
13. Pam Fales, Boonton, 42:59.
14. Christine Kachinsky, South Orange, 43:15.
15. Jane Parks, Morristown, 43:54.
16. Judy Kessler, Hawthorne, 44:01.
17. Judy Stobbe, Bellvale, N.Y., 44:08.
18. Leane Disalvo, Garfield, 44:10.
19. Hui Wang, Ossining, N.Y., 44:26.
20. Hedwig Schutte-Melen, Woodcliff Lake, 44:26.

5K MEN

1. Mario Santivanez, Hackensack, 15:34.
2. Atilla Sabahoglu, Lyndhurst, 15:38.
3. Gary Rosenberg, Boonton, 15:48.
4. Kyle Engelken, Ridgewood, 15:58.
5. Tom Lennon, Ho-Ho-Kus, 16:09.
6. Joe Tumbarello, New York, 16:09.
7. Kevin Arlyck, New York, 16:11.
8. Josh Feldman, White Plains, N.Y., 16:14.
9. Rodolfo Crispin, Clifton, 16:20.
10. Kurt Matarazzo, New York, 16:28.

5K WOMEN

1. Lindsey Scherf, Scarsdale, N.Y., 17:19.
2. Alexandra Horowitz, New York, 17:49.
3. Janice Morra, Boonton, 19:24.
4. Stacy Creamer, New York, 19:27.
5. Amy Sheeran, New York, 19:34.
6. L. Susan Branche, Scarsdale, N.Y., 19:35.
7. Jennifer Marion, Caidwell, 19:57.
8. Lisa Swain, Fair Lawn, 20:00.
9. Judy Rubin, White Plains, 20:01.
10. Jenna Bauberger, Oakland, 20:21.

10K WHEELCHAIR

1. Krige Schabort, Cedar Town, Ga, 21:03.
2. Josh George, Champaign, Ill., 23:24.
3. Cainan Willison, Champaign, Ill., 25:42.
4. Kamel Ayari, New Rochelle, N.Y., 25:49.
5. Gerardo Maldonado, Macungie, Pa, 26:37.
6. Joseph Miller, Urbana, Ill. 26:38.
7. Jessica Galli, Champaign, Ill., 28:11.
8. Miriam Nibley Savoy, Il., 28:16.
9. Grant Berthiaume, Grand Rapids, Mich., 28:55.
10. Ian Rice, Pittsburgh, 30:01.

ELITE MILE MEN

1. Aidan Walsh, Fort Lee, 4:15.
2. Sean Mick, Westmont, 4:17.
3. Naz Merchant New Brunswick, 4:35.

ELITE MILE WOMEN

1. Atalalech Keterna, Peekskill, N.Y., 4:49.
2. Claudia Camargo, Danbury, Conn 4:55.
3. Sue Huelster, Riverton, 5:12.

MASTERS MILE MEN

1. Michael Gaughran, Newton, 4:42.
2. Conor Driscoll, Rye, N.Y., 4:47.
3. Ed Kuri Hasbrouck Heights, 4:50.
4. Mike Llerandi, Ridgewood, 4:56.
5. Jay Duggan Tarrytown, N.Y., 4:57.
6. Rob Isabelle, Ridgewood, 4:59.
7. Roger Price, Piscataway, 5:00.
8. Brian Roche, Galloway, 5:11.

MASTERS MILE WOMEN

1. Catherine Stone Bork, Ringwood, 5:21.

WAYNE — Brian Dragone was as big of a hit on the golf course during his senior season for Wayne Valley as he was on the baseball diamond for the Indians during his junior year.

Dragone capped his one season of high school golf by leading Wayne Valley to Tuesday's Northern Hills Conference North Division title by winning the individual crown with 5-over-par 75 at Packanack Golf Club.

Dragone was one of five Indians to finish among the top six as

Wayne Valley shot a shoot-six, count-four score of 316 that was a whopping 30 strokes better than last year's champion, Pequannock.

"I'm real glad I did this," Dragone said of switching to golf after earning second-team All-County last season for baseball. "It's been a real good year."

Wayne Valley senior Sean Van Schaften was the runner-up with a 79, and freshman Paul Park and seniors Paul Scarpa and Paul Shin each contributed an 81.

whose team also won the Passaic County title.

West Milford junior Matt Bailey finished third with an 80.

Dragone helped earn County and Northern Hills banners after Van Schaften and Scarpa helped convince him to switch from the batter's box to the tee box. Over the final two weeks, Dragone was the Indians' best golfer.

Dragone hit 10 of 12 fairways and reached the green in regulation 12 times. He got up-and-down three times. He had four bogeys, one triple-bogey, and two birdies.

lot on the green, and if I didn't, I got up-and-down."

Bergen wins Classic

WAYNE — Seniors Tom Crawford of Glen Rock and Tyler Barnes-Wolf of Old Tappan, and junior Andrew Giuliani of St. Joseph each shot 1-over 36 to help Bergen win the 15th Bergen-Passaic Classic.

Crawford, Barnes-Wolf, and Giuliani each swept two points, one apiece for winning match and stroke plays, in head-to-head matches as Bergen defeated Passaic, 20-8, at Passaic County.

school match. "You have to play the ball as can, every chance you get," Barnes-Wolf said.

Also sweeping two points for Bergen were senior Scottie Yoon and junior Kasi Lee of Paramus, St. Joseph senior Brian Mackey, Don Bosco senior Jeff Tynik, Bergen Catholic freshman John Olsen, and Westwood junior Ryan Sobock.

For Passaic, Wayne Valley's Scarpa swept two points, Dragone earned 1 1/2, and Bill Moakley one.

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STATE TRACK MEET OF CHAMPIONS

Today: at South Plainfield H.S.; field events, 4 p.m.; running events, 5 p.m.

Boys

100: Kevin Thompson of North Bergen, Michael Ray Garvin of Don Bosco, Casey Robert of Hawthorne, and Sullivan Parker of Bergenfield are four of 16 runners who clocked between 10.74 and 10.98 at the Group meet.

200: If Reuben McCoy of Winslow Township chooses to skip this event, Thompson could claim his first State title. Garvin and Robert could medal.

400: If McCoy skips this event, Kennedy Soph Shaquon Brown becomes the favorite with the State sophomore record of 47.44 set by Olympian Dennis Mitchell in jeopardy.

800: Ryan McCann of Glen Rock medaled in the 1,600 last year but has a much better chance to get a medal in this event in 2004.

1,600: Ari Zamir of Ridgewood could pull the upset, and should medal for the second straight year.

3,200: Mohamed Khadraoui of Kennedy hopes to become the first New Jersey boy to win the State cross-country, indoor 3,200, and outdoor 3,200 in the same school year. And he might break nine minutes. Matt Klypka of Indian Hills and James LaGrecia of Demarest could contend for medals.

110 HH: Dan Oquendo of Hackensack is improving and is a dark horse medal contender.

400 IH: No North Jersey medal contenders.

Shot put: Brian Toal of Don Bosco should medal and is a dark horse contender to win the title.

Discus: Jason Maier of New Milford must approach his personal best of 162 feet to earn a second straight medal.

Javelin: Another scrambled event with 14 throwers within 10 feet. Martin Gumowski of Wood-Ridge, Steven Pierce of Ridgewood, Andrew Dagenais of Glen Rock, and Erik Heymann of Westwood are the best medal hopes.

High jump: Jean Beljour of Hackensack was one of only six jumpers over 6-6 last week and should medal. Oderick Turner of Teaneck, Chris Andretta of Glen Rock, John Strang of Hawthorne, and Tom McCarthy of Saddle Brook are medal contenders.

Long jump: Val Sisti of DePaul has pointed to this meet all season. He and Vernard Hoover of Hasbrouck Heights are the best hopes for a medal in another tightly bunched event.

Triple Jump: Last year's runner-up Hoover is favored, with Marquis Mitchell and Harold Blyden of Bergenfield. Kyle Lindsay of Eastside, Gabe Knutson of Ridgewood, and Oquendo among the top 10.

Pole vault: If favorite Adam Serafian of Ocean Township somehow loses, Adam

Sacher of Passaic Valley could steal the victory. Jake Ricciardi of Ridgewood and Ed Chin-Lyn of Mahwah have the best chance among the rest to medal.

Relay: Kennedy hopes to become the first North Jersey medalist in this event in 11 years.

Girls

100: Cheryl Ancombe of Westwood is a medal contender to cap a terrific senior season.

200: Ancombe and Ali DiDomenico of Passaic Valley have the best chances to win a medal.

400: Indoor State 400 and 800 champion Jarine Davis of Queen of Peace will face Essence Carson of Eastside and Krystal Canteay of Winslow Township in one of the top events of the night.

800: Probably no double here, so Davis may choose this event and a showdown with Ocean City's Renee Tomlin. Stephanie Herrick of Wayne Valley shoots for a Passaic County record.

1,600: Meghan Gaffney of Pompton Lakes hopes for a third straight medal and Meggie Sullivan of Tenafly also has a chance.

3,200: Jacqui Carroll of Wayne Valley hopes to duplicate her indoor success to earn a first outdoor medal.

100 HH: Michelle Smith of Teaneck will battle Imani Gilliam of Pennsauken for the

title. Chelsea Townes of Hackensack can medal.

400 IH: Smith hopes to lower her Bergen record and is in the hunt for the title here, too.

Shot put: No North Jersey medalists here for only the second time since 1993.

Discus: Tiffany Phoenix of Cresskill has the best chance to keep the local medal streak alive in this event at seven straight years.

Javelin: Bergen record holder and national contender Daina Pucurs of Demarest hopes to reverse her Group 3 loss to Amanda Harmata of Floritan. Kristin Calamita of Lakeland and Shannon Spafford of Old Tappan should medal.

High jump: Carson is the best hope in this event.

Long jump: Carson and Rebecca Baskinger of Butler are two of the state's six 18-footers, and Danielle Kroll of Indian Hills could contend for a medal as well.

Triple jump: The injury to Consandria Walker of Hackensack probably will extend North Jersey's victory drought here. Malloy Longfield of Indian Hills, Sheena Strachan of Englewood, Erika Ostrove of Cresskill, Baskinger, and Kroll can medal.

Pole vault: Karen Langner of Clifton hopes to end her career with a medal.

Relay: Teaneck could medal and Ramsey hopes to crack the four-minute barrier.

SATURDAY New Milford
NORTH JERSEY FINAL
TODAY
AT HARTER HARBORSTON
(2) St. Joseph
NORTH JERSEY FINAL
TODAY
AT DELAR (6) Mont. K
NJSIAA
GROUP 4 STATE SEMI
TODAY
AT MORRIS Clifton vs. V
GROUP 3 STATE SEMI
TODAY
AT RAMSEY West Milford
NORTH JERSEY FINAL
TUESDAY Mt. St. Dom
NORTH JERSEY FINAL
TUESDAY Montclair K
NJSIAA
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TODAY
AT INDIAN I
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NJSIAA
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AT SOUTH I
(3) St. Jos. C
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FINAL
FRIDAY
AT SOUTH I
7 p.m.
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SEMIFINAL
TODAY
AT MERCER WEST WIN
(2) Teaneck

Khadraoui pulls away to take triple crown

By GREGORY SCHUTTA
STAFF WRITER

SOUTH PLAINFIELD — Seconds after winning the 3,200 meters at the State Meet of Champions on Wednesday, Mohammed Khadraoui raised three fingers.

It wasn't the traditional victory salute, but rather the end of a year-long quest. The Kennedy junior became the first boy to win State Meet of Champions titles in cross-country, the indoor 3,200, and the outdoor 3,200.

"I'm relieved right now," said

BOYS

Khadraoui, who buried the field in 9:01.34, lowering his Passaic County record. "I'm so happy. The line didn't matter."

What mattered was the color of the medal for Khadraoui, who finished fourth in the same race last year in his first attempt at the triple crown.

This time he left little doubt, burying a field that included Pope John's Justin Scheid, one of three people who finished ahead of him last year. He opened up a gap by the sixth lap and was running alone as the crowd tried to will him to a sub-nine minute performance.

"I definitely felt some pressure the whole year to do it," Khadraoui said. "I knew if I got into the last lap with a three-second lead, nobody was going to take me. But getting it over with is definitely a relief."

The win solidified a place in State history for Khadraoui, 19, who is ineligible to run next year because of age restrictions. It also marked a passing of the torch at Kerenedy as Khadraoui cheered sophomore Shaquan Brown to a second-place finish in the 400 meters just moments after making his jury.

"Me and Mo build off each other," said Brown, who finished one-half second behind triple gold-winner Reuben McCoy of Winslow Township in 47.95 seconds. "He wanted the triple crown and I wanted a State Meet of Champions championship. He made me push it."



PETER MONSEES/STAFF PHOTOGRAPHER

Hasbrouck Heights' Vernard Hoover competing in the triple jump, in which he finished second.

While Khadraoui was the only local boy to win a championship, Bergen and Passaic County athletes earned four seconds and two thirds.

Besides Brown, Ari Zamir of Ridgewood (1,600), Adam Sacher of Pascack Valley (pole vault), John Strang of Hawthorne (high jump), and Vernard Hoover of Hasbrouck Heights (triple jump) finished second, Hoover for the second straight year. Strang cleared

6-6 and Hoover jumped 47-7 $\frac{1}{4}$.

Glen Rock's Andrew Dagenais threw 184 feet in the javelin as Bergen County took third, seventh, and eighth, and Don Bosco's Brian Toal took third in the shot put with a personal-best 55 feet, $\frac{1}{2}$ inch, and North Bergen's Kevin Thompson finished third in the 100 and the 200.

"I'm real happy with the place," said Zamir, who finished in 4:16.15 to improve on his sixth-

place finish of a year ago. "I beat all but one of the top 12 runners in the state. There were a lot of younger guys who had better seed times than I did. I wanted to prove that I'm still one of the better runners in the state."

Sacher kept pace with 17-footer Adam Sarafian of Ocean Township, clearing 14-6 to finish second to Sarafian's 15-9.

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BOYS RECAP

100 meters

Kevin Thompson of North Bergen grabbed his first medal of the meet, finishing third in 10.94 seconds. Bruce Owens of Deptford won in 10.73 seconds.

200 meters

Thompson took his second third place of the meet with a time of 21.86 seconds. Reuben McCoy of Winslow Township won his third event of the night with a time of 21.51.

400 meters

Shaquan Brown of Kennedy won his first state medal, finishing second in 47.95, less than one-half a second behind triple winner McCoy.

800 meters

Ryan McCann of Glen Rock ran 1:53.01 to finish fifth. Mike Carmody of Governor Livingston won in 1:51.01.

1,600 meters

Ridgewood's Ari Zamir finished second in 4:16.15 behind Mainland's Jim Wyner.

3,200 meters

Kennedy's Mohammed Khadraoui became the first boy in New Jersey to win State Meet of Champions titles in cross-country, the indoor 3,200, and the outdoor 3,200 in the same year, running away from a talented field in 9:01.34.

1,600 relay

Camden ran 3:16.46 for the win.

110-meter hurdles

Dan Oquendo of Hackensack earned the first of two medals, finishing seventh in 14.53 seconds. Jamil McClintock of Pin-
arv won in 14.08 seconds.

400-meter hurdles

McCoy won his first event of the day in 51.39, breaking the meet record by five-hundredths of a second. Andrew Fontana of Pascack Hills was the top local finisher, running 56.04 to finish 12th.

Shot put

On the day he was named the New Jersey Nets State Athlete of the Year, Don Bosco's Brian Toal threw a personal-best 55- $\frac{1}{2}$ to finish third in the final track meet of his high school career. Ell Ash of Willingboro threw 59-8 $\frac{1}{2}$ to take the gold.

Javelin

Glen Rock's Andrew Dagenais threw 184-0, 14 feet over his personal best, to finish third. Defending champ Bo Lawson of Kittatinny came back with a throw of 187-10 for the gold.

Discus

Jason Maier of New Milford placed for the second straight year, throwing 157-9 to finish fifth. Yami Ayeni of South Brunswick was first with a throw of 181-1.

High jump

Hawthorne's John Strang cleared a personal-best 6-6 to finish second to Somerville's Kyle Calvo (6-8).

Long jump

Leonia's Andy Lim led all local finishers with a jump of 21-9 to finish 10th. Antoine Kearney of Toms River South took the gold with a jump of 23-3 $\frac{1}{4}$.

Triple jump

Vernard Hoover of Hasbrouck Heights finished second in the triple jump for the second straight year, jumping 47-7 $\frac{1}{4}$. Bergenfield's Marquis Mitchell placed sixth with a jump of 44-2. Notre Dame's Tiquan Underwood won with a jump of 48-5 $\frac{1}{2}$.

Pole vault

Pascack Valley's Adam Sacher made up for missing the Meet of Champions last year by clearing 14-6 to finish second. Adam Sarafian cleared 15 feet to win the meet.

STATE TRACK MEET O

AT SOUTH PLAINFIELD

Boys

100- 1. Bruce Owens, Deptford, 10.66; 2. Adain Sanderson, Ewing, 10.76; 3. Kevin Thompson, North Bergen, 10.80; 4. Earl Gray, Marlboro; Sherron Bullock, Camden, 10.84; 6. Jamar Cotton, Irvington, 10.85; 7. Tunell Polk, Long Branch, 10.90; 8. Casey Robert, Hawthorne, 10.91.

200- 1. Reuben McCoy, Winslow Township, 21.51; 2. Earl Gray, Marlboro, 21.80; 3. Kevin Thompson, North Bergen, 21.86; 4. Casey Robert, Hawthorne, 21.89; 5. Michael Ray Garvin, Don Bosco, 21.93; 6. Reggie Berry, Morristown, 22.08; 7. Patrick Henry, Holy Cross, 22.20; 8. Jamar Cotton, Irvington, 22.23.

400- 1. Reuben McCoy, Winslow Township, 47.42; 2. Shaquan Brown, Kennedy, 47.95; 3. Bruce Owens, Deptford, 48.70; 4. Bryant McCombs, Old Bridge, 49.12; 5. Chris Vuono, Christian Brothers Academy, 49.26; 6. Malcolm Jenkins, Piscataway, 49.31; 7. Mike Carhart, Pope John XXIII, 49.33; 8. Marcel VanEden, West Morris Mendham, 49.58.

800- 1. Mike Carmody, Gov. Livingston, 1:51.01; 2. Greg Gomez, Franklin, 1:52.03; 3. Rob Novak, Bordentown, 1:52.16; 4. Ian Waterhouse, Rancocas Valley, 1:52.65; 5. Ryan McCann, Glen Rock, 1:53.01; 6. C.J. Davies, Southern, 1:53.56; 7. Jeffrey Klatsky, Nutley, 1:54.17; 8. John Guzman, Bridgewater-Raritan, 1:54.47.

1,600- 1. Jim Wyner, Mainland, 4:11.49; 2. Ari Zamir, Ridgewood, 4:16.15; 3. Tom Walsh, Matawan, 4:17.33; 4. Joshua Davis, Phillipsburg, 4:18.73; 5. Bill Lepich, Delran, 4:19.01; 6. Joe Kingsery, Red Bank Regional, 4:19.06; 7.raig Forsy, Colts Neck, 4:19.12; 8. Robert Dennis, Red Bank Regional, 4:20.07.

200- 1. Mohamed Khadroui, Kennedy, 4:01.34; 2. Greg Hughes, Mainland, 4:07.03; 3. Jonathan Anderson, Cinnaminson, 9:14.98; 4. Bobby Patanzian, St. Bernards, 9:16.27; 5. Daniel Bingnam, Toms River North, 9:17.44; 6. Justin Scheid, Pope John XXIII, 9:17.89; 7. Will Melofchik, Christian Brothers Academy, 9:19.61; 8. Spencer Popeson, Mainland, 9:27.39.

1,600 relay - 1. Camden (Alonzo Brown, Sherron Bullock, Carl Smith, Devon Burroughs), 3:16.46; 2. Seton Hall Prep, 3:17.88; 3. Vineland, 3:19.86; 4. Deptford, 3:19.86; 5. Old Bridge, 3:19.88; 6. Willingboro, 3:20.23; 7. Christian Brothers Academy, 3:20.30; 8. Neptune, 3:20.12.

110 MH - 1. Jamil McClintock, Pingry, 14.07; 2. Kyle Calvo, Somerville, 14.27; 3. Dwayne Joseph, Willingboro, 14.30; 4. Robert Penn, Winslow Township, 14.41; 5. Jason Bradley, Somerville, 14.42; 6. Mike Pohludka, Vernon, 14.52; 7. Dan Oquendo, Hackensack, 14.59; 8. Greg Bloemer, Sparta, 17.10.

400 IH - 1. Reuben McCoy, Winslow Township, 51.39; 2. Marcus Lee, Vineland, 52.54; 3. Justin Gaymon, Phillipsburg, 52.98; 4. Jahmore Duhaney, Morris Catholic, 54.34; 5. Dan McLeod, Christian Brothers Academy, 54.42; 6. Rodney Guishard, Oakcrest, 54.57; 7. Dave LaRocca, Sparta, 55.15; 8. William Barnes, Salem, 55.37.

Shot put - 1. Eli Ash, Willingboro, 59.081/2; 2. Joseph Kircher, Manalapan, 56-8.00; 3. Brian Toal, Don Bosco, 55-001/2; 4. Tavaris Wright, Bridgeton, 54-11.00; 5. Khyle Osborne, Morristown, 53-8.00; 6. Seyon Bedell, Pennsauken, 53.00; 7. William Kidd, Southern, 53-023/4; 8. Ed Skowronski, Raritan, 52.05.00.

Javelin - 1. Clinton Lawson, Kittatinny, 187-10; 2. Marion Easley, Somerville, 187-8; 3. Andrew Dagenais, Glen Rock, 184-0; 4. Joseph Martinek, Hopatcong, 182-1; 5. Angelo Diana, Mount Olive, 179-5; 6. Dwayne Reid, Summit, 179-02; 7. Erik Heymann, Westwood, 176-6; 8. Martin Gumowski, Wood-Ridge, 174-10.

Discus - 1. Yemi Ayeni, South Brunswick, 181-1; 2. Joshua Larkins, Toms River North, 179-4; 3. Gerald Lewis, Vineland, 164-7; 4. Phillip Smith, Hopatcong, 158-10; 5. Jason Maier, New Milford, 157-9; 6. Shea McKeen, Oakcrest, 156-2; 7. Rich Pachuta, Middletown South, 155-7; 8. Joshua Dillard, Lindenwood, 154-10.

High Jump - 1. Kyle Calvo, Somerville, 6-08.00; 2. John Strang, Hawthorne, 6-06.00; 3. Obinna Emenike, St. Joseph Metuchen, 6-6.00; 4. Alex Willis, Montgomery; Evan Adams, Absegami, 6-04.00; 6. Chris Andretta, Glen Rock, 6-04.00; 7. Greg Giardino, Christian Brothers Academy, 64.00; 8. Tom Planer, Cranford, 64.00.

Long Jump - 1. Antoine Kearney, Toms River South, 2331/4; 2. Jamar Byrd, Vineland, 23-21/2; 3. Donald Brown, Red Bank Catholic, 22-103/4; 4. Jayson Alexander, West Essex, 2-91/2; 5. Kyle Calvo, Somerville, 22-6.00; 6. Franklin Andreyko, Hillsborough, 2241/2; 7. Will Allison, Palmyra, 22.031/2; 8. Davon Edwards, Middle Township, 22.023/4.

Triple Jump - 1. Tiquan Underwood, Notre Dame, 48-51/2; 2. Vernard Hoover, Hasbrouck Heights, 47-71/4; 3. Petr Czech, Keyport, 46-71/4; 4. Dexter Jules, Highland Regional, 46.00; 5. Musesveni Akanno, Seton Hall Prep, 45-091/2; 6. Marquis Mitchell, Bergenfield, 44.00; 7. Desmond Hamilton, Pennsauken, 44-01/2; 8. Dan Oquendo, Hackensack, 43-111/4.

Pole Vault - 1. Adam Sarafian, Ocean Township, 15-0-00; 2. Adam Sacher, Pascack Valley, 14-6-00; 3. Tony DeFeo, Oakcrest, 14-0-00; 4. Michael Roberti, Hunterdon Central, 14-0-00; 5. Ed Chinylyn, Mahwah, 14-0-00; 6. Mike Tucholski, Hunterdon Central, 14-0-00; 7. (Tie) Graham Ruskin, Chatham; Jacob Ricciardi, Ridgewood; Bob Seaman, Christian Brothers Academy, 13-6-00.

**State Meet of Champions
Wednesday, June 2nd**

Rain then sun – 65

1600m: Ari Zamir **4:16.15 – 2nd Place!!!**

Pole Vault: Jacob Riccairdi **13'6" – Tie 7th Place!!!**

Javelin: Steven Pierce **153'10"**

CONGRATULATIONS!!!

Bergen County Selections

1st Team All-County:

1600m: Ari Zamir

2nd Team All-County:

800m: Byron Williams

1600m: Erik Nygaard

3200m: Michael Cator

Triple Jump: Gabriel Knutson

Pole Vault: Gabriel Knutson

3rd Team All-County:

3200m: Kyle Engelken

Long Jump: Gabriel Knutson

Honorable Mention:

800m: Erik Nygaard, Ari Zamir

1600m: Michael Cator, David Maher

Discus: Gabriel Knutson

Javelin: Steven Pierce

Pole Vault: Paul Kovach, Jacob Riccairdi

**Adidas National Track and Field Championship
June 18th and 19th**

Pole Vault: Gabriel Knutson

Javelin: Steven Pierce

**4xMile: Michael Cator
David Maher
Erik Nygaard
Ari Zamir**

**D. Medley: Erik Nygaard
Niall Buckley
Byron Williams
Ari Zamir**