

**Ridgewood
High School**

Winter Track and Field

2003-2004

Dear Seniors,

Jack Frost was nipping at our noses this winter. Boy was it cold! You are a great group! I don't think that I've ever been involved with a better group of seniors. The combination of your personalities and athletic ability are unmatched. Seeing you on a daily basis was truly a pleasure for me. There were many things that you said or did that will always be special. Some of these fond memories include:

Ashley Carri for her contagious smile, her coming out senior year, and her vacations; Brian Davis for his fashionable hairstyles(especially the pony tail), for his excellent driving to Milrose, and seeing his hard work pay off with some great performances; Reine Duffy for her desire to stick it out, her name (Blame it on the Rain), and her crew practices; Kyle Engelken for his great 3000m at Brown, for his spirited tirades (especially after cold, rainy day runs), and for his love of Friendly's; Matt Hendrickson for his J-E-T-S, Jets, Jets, Jets, for his thrower leadership, and his love of big sandwiches; Dan Kahn for his desire, his continued improvement, and his positive encouragement for others; Gabe Knutson for his 3:15's, for his backflip on the PV runway and for his all around excellence in track and field; Justine Lupo for her continued February vacations, for her many "health related" issues, for her outstanding 4 years, and her "secret" relationship; Dave Maher for his upbeat (+) attitude, for his manners, for his DECA trips, and for his great rendition of "Summer Loven"; Mary Nash for her "styles" (which were many), for her hurdling leadership, and for ability to wake up for morning practices; Kerri Norton for her perseverance through a tough beginning, for her great pole vaulting relationship with "the guys," and for her new school record vault; Erik Nygaard for his relationship with Cator...I mean Lupo...I mean Cator...whoever, for his Bidy games (2nd to our GW team I might add), for his Bdays at the diner, and for his hard work and dedication; Shanelle Oliver for her love of the sport, her reaction to seeing Marion Jones at Milrose, and for her love of any race over 200m, Andrew Pskowski for his commitment, for his love for the "Christmas Tree Lighting Run," and for his putting up with Hendrickson for all these years; Emily Terrin for her "fish dinners," for her love of the "O'Leary run," for her Cruise ship vacations, and her fun loving attitude; Kathleen Willet for her every other day practice schedule, for her getting Berit to practice, and her new welcome mats in the fitness center; Ari Zamir... just for being "Ari Zamir," for his "checking in" once in a while to practice, for his knowledge of every performance in the country, and for his racing toughness.

I really could go on and on about your group. The accolades and the achievements that you all have accomplished have been tremendous, but it is the relationships and the memories that I will cherish most. I'm not as good as expressing myself as Coach Glynn, but I really do love you guys and I thank you for everything.

Love, Coach Mullin

Winter Track 2003-04

Date/Time	Meet	Location
Sun Dec 21	Holiday Classic Field Event	FDU
Mon Dec 22 (9:00am)	Spike Shoe Invite	Armory (NYC)
Sat Dec 27	Seton Hall Invite	Seton Hall Univ
Sun Dec 28	Brown Invite	Brown Univ.
Tue Jan 6	Tom Zacone Invite	FDU
Wed Jan 7	Garfield I	Garfield HS
Fri Jan 9	RHS I	FDU
Sat Jan 9-10	Dartmouth Relays	Dartmouth College
Mon Jan 12	North Jersey Champs	FDU
Wed Jan 14	Garfield II	Garfield HS
Fri/Sat Jan 16,17	Yale Invite	Yale Univ
Tues Jan 20	RHS II	Rockland Com College
Fri Jan 23	Paul Schwartz Invite	FDU
Mon Jan 26	Frosh/Nov Champs	Armory, NYC
Wed Jan 28	County Relays	Armory, NYC
Sun Feb 1	State Group IV	Princeton
Mon Feb 2	NNJIL Champs	Armory, NYC
Mon Feb 2	Garfield III	Garfield HS
Wed Feb 4	Met Champs	Armory, NYC
Mon Feb 9	Varstiy Classic	Armory, NYC
Tues Feb 10	Ed Church- Dev II	FDU
Wed Feb 11	Garfield Classic	Garfield HS
Mon Feb 16	County Champs	Armory, NYC
Tues Feb 24	Easterns	Armory, NYC
Sun Feb 29	State Meet of Champs	Princeton
March 12-14	Nationals	Armory, NYC

2003-04 Team Roster

Boys:

9th Grade:

Chris Brennan
Jake Garber
Andrew Genova
Matt Lavin
Jason Lee
Anmol Malhotra
Ryan McAlister
Kevin Phelan
Alex Pruzinsky
Matt Reveri
Jeremy schmidt
Justin Skibinski
Grayson Smith
Dave Stolfo

10th Grade:

Mike Cator
Julien Chamoun
Brian Climente
Erlend Ellingboe
Anton Ferraro
David Kim
Cole MaGrath
Dan Maniaci
Eugene Mok
John Moody
Joe Nagano
Frank Nestor
Steve Pierce
Byron Williams

11th Grade:

Christian Jensen
Nick Norrell
Ok Onwubu
Jake Ricciardi

12th Grade:

Brian Davis
Kyle Engelken
Matt Hedrickson
Dan Kahn
Gabe Knutson
David Maher
Erik Nygaard
Andrew Pskowski
Brad Volkommer
Ari Zamir

Coaches:

Mike Mullin
Barbara Barker
Josh Saladino
Frank Mauriello

Girls:

9th Grade:

Clara Cheung
Devon Fromm
Kristina Garcia
Marya Goodman
Maggie Harms
Cristina Law
Lara Que
Erica Seidenberg
Alice Wisener

10th Grade:

Grace Ahn
Nina Bell
Lani Caldwell
Rosa Dillon
Meredith Jones
Grace Kim
Jessica Kresja
Berit Nelson
Jackie Tyler
Stephanie Westerman
Cassie Wong

11th Grade:

Diana Mangam
Jen Norchi
Anne Ohlger
Meena Patel
Krista Rynkowski
Ashley Tskowski
Kathleen Verceglia

12th Grade:

Ashley Carri
Reine Duffy
Justine Lupo
Mary Nash
Kerri Norton
Shanelle Oliver
Emily Terrin
Kathleen Willet

Best-ever Maroons dominate All-Star cross-count

Ridgewood takes five spots, while
 third appearance

All-Suburban Boys Cross-Country

- FIRST TEAM**
- Mike Cator, Ridgewood.....Sophomore
 - Brian Davis, Ridgewood.....Senior
 - Kyle Engelken, Ridgewood.....Senior
 - Matthew Filandro, Indian Hills.....Senior
 - Mike Fonder, River Dell.....Senior
 - Matt Klypka, Indian Hills.....Senior
 - Dave Maher, Ridgewood.....Senior
 - Brent Napoleon, Don Bosco.....Junior
 - Alex Wechsler, Don Bosco.....Senior
 - Arl Zamir, Ridgewood.....Senior

- SOPHOMORE OF THE YEAR**
- Byron Williams, Ridgewood
- SECOND TEAM**
- Andy Bruno, Indian Hills.....Sophomore
 - Aramy Cho, Indian Hills.....Senior
 - Tom Finnerty, Midland Park.....Senior
 - Elan Goldwasser, Indian Hills.....Senior
 - Bryan Kretschmer, Ramsey.....Sophomore
 - Ryan McCann, Glen Rock.....Senior
 - Patrick McKeever, Midland Park.....Senior
 - Jeffrey Mauro, Glen Rock.....Senior
 - Erik Nygaard, Ridgewood.....Senior
 - Harry Ricciardi, Ridgewood.....Senior



GARY JUNG/STAFF PHOTOGRAPHER

These are the 2003 All-Suburban first-team selections in boys cross-country. **FRONT ROW** (from left): Ridgewood sophomore Mike Cator, Indian Hills senior Matthew Filandro and Ridgewood senior Ari Zamir. **SECOND ROW** (from left): Indian Hills senior Matt Klypka and Don Bosco senior Alex Wechsler. **THIRD ROW** (from left): Ridgewood's Byron Williams (Sophomore of the Year) and Don Bosco junior Brent Napoleon. **BACK ROW** (from left): Ridgewood senior Dave Maher, Ridgewood senior Kyle Engelken and Ridgewood senior Brian Davis. Not pictured: River Dell senior Mike Fonder.

Ridgewood and Indian Hills Top All-Suburban girls

All-Suburban Girls Cross-Country

BY JIM MCCONVILLE
Correspondent

RIDGEWOOD - While Ridgewood has long been a hotbed for high school girls cross-country talent, there is another school that is beginning to build a similar reputation. Indian Hills has joined the Maroons in the last few years as a prominent fixture on the racing scene.

The two teams collected half of the 10 spots on the All-Suburban first team, with Ridgewood garnering three of them and the Braves two. The rest of the eight-senior, one-junior, one-sophomore group is filled out by a pair of Immaculate Heart runners and a harrier each from Mahwah, Midland Park and Northern Highlands.

Both Jenna Bauberger of Indian Hills and Justine Lupo of Ridgewood completed the cycle, earning first-team berths for the fourth time. Caitlyn Hemmer of IHA is a three-time choice, while Meghan O'Connell of Ridgewood and Amy Van Alstine of Midland Park are both making their second appearance on the first team. Ridgewood's Maggie Harms was selected as the Freshman of the Year.

The individual profiles:

JENNA BAUBERGER, Indian Hills - For four years, she has been the cornerstone of the Braves' resurgence. Amazingly, she won only one major championship in her career, taking the NBIL this year, but her consistency was witnessed with six top-five finishes.

Bauberger ran third in the Shore E race, then placed second in the Bergen County Group B meet after the league win. She

- FIRST TEAM**
- Jenna Bauberger, Indian Hills.....Senior
 - Elizabeth Bissell, Indian Hills.....Junior
 - Katie Fry, IHA.....Senior
 - Caitlin Hemmer, IHA.....Senior
 - Amy Levine, Northern Highlands.....Senior
 - Justine Lupo, Ridgewood.....Senior
 - Meghan O'Connell, Ridgewood.....Senior
 - Emily Terrin, Ridgewood.....Senior
 - Amy Van Alstine, Midland Park.....Soph
 - Lauren Zaccane, Mahwah.....Senior

FRESHMAN OF THE YEAR
Maggie Harms, Ridgewood

- SECOND TEAM**
- Kayleigh Brock, Paramus.....Senior
 - Nicole DiPaola, Ramsey.....Senior
 - Emily Donelan, Ramsey.....Senior
 - Lindsey Jeltos, Indian Hills.....Freshman
 - Jaclyn Rivara, Glen Rock.....Senior
 - Lisa Sinkovitz, IHA.....Junior
 - Larisa Skuthan, Ridgewood.....Senior
 - Kerry Taylor, IHA.....Sophomore
 - Jessica Weng, Saddle River Day.....Junior
 - Katie Weng, Saddle River Day.....Junior

was third in the Bergen Meet of Champions (BMOC) and second in the sectional Group 2 races.

She placed fifth in the state Group 2 meet before coming in 17th in the State

See GIRLS, page C2



GARY JUNG/STAFF

These are the 2003 All-Suburban first-team selections in girls cross-country. **FRONT ROW** (on stairs, Ridgewood senior Justine Lupo, Ridgewood senior Emily Terrin and Ridgewood's Maggie Harms (Freshman), senior Jenna Bauberger, Ridgewood senior Meghan O'Connell, IHA senior Caitlin Hemmer and Midland Park senior Amy Van Alstine. Not pictured: IHA senior Katie Fry and Northern Highlands senior Amy Levine.

WINTER TRACK PREVIEW

BOYS ATHLETES TO WATCH

Charles Christopher, Queen of Peace, Senior, 55 meters – State Group 1 and Northern Hills indoor champion and outdoor Parochial B 100 runner-up transferred from Bishop Francis Essex Catholic after it closed and will make the sprints very interesting this winter.

Mohamed Khadraoui, Kennedy, Junior, 1,600 and 3,200 meters – Two-time cross-country runner of the year is the defending State champion in the 3,200 meters indoors, but has a very talented field chasing him.

Matt Klypka, Indian Hills, Senior, 1,600 and 3,200 meters – Two-time all-North Jersey cross-country selection was second team All-North Jersey indoors and was a medalist in the Group 2 3,200 meters.

Paul Kornaszewski, Clifton, Senior, 1,600 and 3,200 meters – All North Jersey twice in both the indoor and cross-country seasons, and was seventh in the State Meet of Champions 3,200 last winter.

Jason Maier, New Milford, Senior, shot put – Moving up from second team All-North Jersey last year, he was second in the State Group 1 indoor shot, second in Bergen County, and was eighth in the State Meet of Champions.

Joe Marcoux, Don Bosco, Junior, Multi-Events – The multitasking athlete is one of the state's best long and triple jumpers and won the Bergen County pentathlon last winter. But there are no track or field events in which he can use his prodigious kicking talents.

Ryan McCann, Glen Rock, Senior, 800 through 1,600 meters – The Panthers usually take a low-key approach, but after an excellent first cross-country season, the Duke-bound star might surprise, especially in an early season 1,600 race.

Sullivan Parker, Bergenfield, Senior, 55 meters – When he started last winter, he was winning sprints in plain old sneakers. But by the end of the year, he was in racing shoes and getting even better results.

Zach Pollinger, Northern Highlands, Senior, race walk – Pollinger won't be All-Bergen or All-North Jersey in his chosen event, because the race walk is not an event in New Jersey. But



RECORD FILE PHOTO

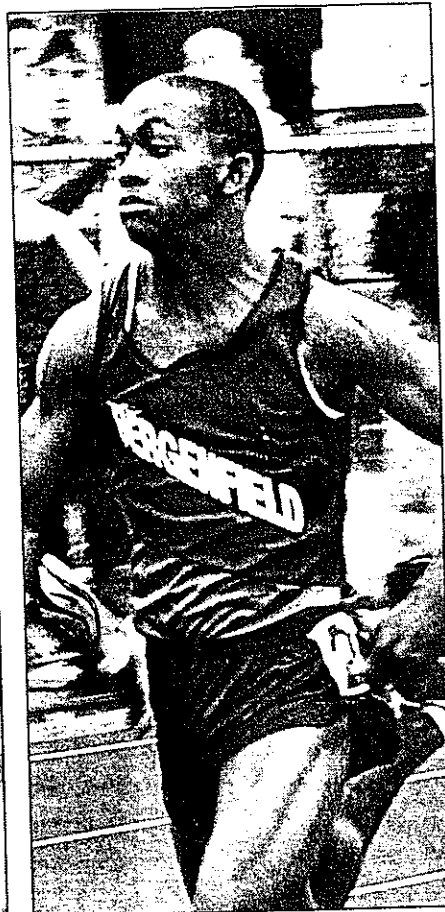
Adam Sacher of Pascack Valley is shooting for 14 feet this indoor season.

Pollinger is the best high school race-walker in the country, winning both the Nike Classic and National Scholastic meets last winter.

Adam Sacher, Pascack Valley, Senior, pole vault – A former State Meet of Champions medalist outdoors in the vault, he was an All-Bergen and second team All-North Jersey selection last winter and hopes to jump 14 feet this winter.

Val Sisti, DePaul, Senior, long jump – With a personal best of 22-5¼ outdoors, and a pair of Parochial State outdoor championships, Sisti hopes to step up his winter performances to qualify for the Penn Relays.

Brian Toal, Don Bosco, Senior, shot put and sprints – The state's top football



RECORD FILE PHOTO

Sullivan Parker of Bergenfield should be North Jersey's top sprinter.

player is also one of the top shot putters and short sprinters in New Jersey. Once he gets finished with the All-American All-Star Football Classic in January, he should be ready to roll.

Ari Zamir, Ridgewood, Senior, 1,600 and 3,200 meters – Ran mostly the two-mile last winter and earned All-North Jersey honors and just missed a medal in the State Meet of Champions. But the Bergen County cross-country champ may be at his best in the 1,600.

Others to watch: Ed Chin-Lyn, Mahwah; Hayrol Cruz, Passaic; Matt Filandro, Indian Hills; Andrew Fontana, Pascack Hills; Michael Ray Garvin, Don Bosco; Chris Guerriero, Saddle Brook; Matt Magnifico, Becton; Matt St. Germain, Queen of Peace.

GIRLS ATHLETES TO WATCH

Rebecca Baskinger, Butler, Senior, 55 meters-55 hurdles-high jump – A two-time All-North Jersey indoors pick, she is also the two-time defending State Group 1 high jumper and the best sprinter and hurdler in Morris County.

Abby Beutel, River Dell, Junior, 55 and 300 meters – Overshadowed in her own league by Anike Orimogunje of Queen of Peace who won the sprints for four years, she figures to be the top sprinter in the area and should return to the State Meet of Champions in the 55. She was second-team All-North Jersey last season.

Jacqui Carroll, Wayne Valley, Senior, 1,000 through 3,200 meters – A second-team All-North Jersey selection in cross-country, winter, and spring track, she always has preferred track to cross-country and might be primed for a very strong indoor season to boost her into first-team status.

Janine Davis, Queen of Peace, Junior, 300 through 800 meters – Another two-time All-North Jersey selection, she skipped the outdoor season last spring to train with a club coach. She holds Bergen records at 300 and 400 meters and a State-record at 600 and was the Group 1 400 and 800 champion last winter.

Sophia Davis, Queen of Peace, Sophomore, 400 through 1,000 meters – Like her sister, she skipped the outdoor season to train with a club coach after earning second team All-North Jersey honors last winter. She enjoyed an excellent cross-country season, making third team All-Bergen and first team All-North Jersey Group 2.

Meghan Gaffney, Pompton Lakes, 600 through 3,200 meters – The North Jersey Runner of the Year in cross-country this year was second-team All-North Jersey indoors and outdoors last year in track, her preferred sport. She's set a goal of becoming just the third Passaic runner to break five minutes in the 1,600 meters outdoors, and she might be capable of winning Passaic County championships in any race over 300 meters.

Caitlin Hemmer, Immaculate Heart, Senior, 600 through 1,600 meters – A



RECORD FILE PHOTO

Jessica Malacrida of Paramus is a two-time All-North Jersey pick in the high jump.

repeater from last season, she ran the fastest 800 meters indoors by a Bergen runner in 11 years last winter and was fourth in the Eastern States 800. She also might step up to the 1,600 this winter.

Justine Lupo, Ridgewood, Senior, 600 through 3,200 meters – Another of the excellent distance runners who was a two-time All-North Jersey selection in cross-country, she hopes to make her final track season (she plays lacrosse in the spring) her best yet. She may well be the top 1,000-meter runner in the area and could score in the 1,600 and 3,200 at the State meet.

Jessica Malacrida, Paramus, Junior, high jump-hurdles-long jump – Another two-time All-North Jersey second team selection, she has as much high jump potential as anyone in the state if she can stay healthy. Look for her to improve in the long jump and hurdles.

Others to watch: Ashley Bakelmun, Wayne Hills; Jenna Bauberger, Indian Hills; Andrea Cerbie, Northern Valley at Old Tappan; Britannia Frazier, Hackensack; Danielle Kroll, Indian Hills; Awinna Martinez, Passaic; Dana Migliorino, Wayne Valley; Shavonnah Moss, Passaic Tech; Michelle Smith, Teaneck; Amy Van Alstine, Midland Park.

MAJOR MEET SCHEDULE

TODAY

NJCTC, The Armory Center, 9 a.m.

TUESDAY

Tom Zaccone Invitational, Rothman Center, 4:30 p.m.

WEDNESDAY

Garfield Shot Put/High Jump I, Garfield H.S., 6:30 p.m.

FRIDAY

Ridgewood Winter Games I, Rothman Center, 4 p.m.
Highlander Duals II, The Armory Center, 7:30 p.m.
Back Invitational, Drew University, 4:30 p.m.

MONDAY, JAN. 12

North Jersey Invitational, Rothman Center, 4:30

WEDNESDAY, JAN. 14

Drew Invitational, Drew University, 4:30 p.m.

Garfield Shot Put/High Jump II, Garfield H.S., 6:30 p.m.

SATURDAY, JAN. 17

NJSIAA Group 1 Relays, Jadwin Gym, Princeton, 9 a.m.
NJSIAA Group 4 Relays, Jadwin Gym, Princeton, 1:30 p.m.

SUNDAY, JAN. 18

NJSIAA Group 2 Relays, Jadwin Gym, Princeton, 9 a.m.
NJSIAA Group 3 Relays, Jadwin Gym, Princeton, 1:30 p.m.

MONDAY, JAN. 19

Highlander Duals III, The Armory Center, 7:30 p.m.

TUESDAY, JAN. 20

Ridgewood Winter Games II, Rockland Community College, 4 p.m.
NBIL, Rothman Center, 4 p.m.

FRIDAY, JAN. 23

Paul Schwartz Invitational, Rothman

MONDAY, JAN. 26

Frosh-Novice Championships, The Armory Track Center, 4:30 p.m.

WEDNESDAY, JAN. 28

Bergen County Indoor Relays, The Armory Track Center, 4:30 p.m.

SUNDAY, FEB. 1

NJSIAA Group 1 Championships, Jadwin Gym, Princeton, 8:30 a.m.
NJSIAA Group 4 Championships, Jadwin Gym, Princeton, 2 p.m.

MONDAY, FEB. 2

NNJIL, The Armory Track Center, 4:30 p.m.
Garfield Shot Put/High Jump III (tentative), Garfield H.S., 6:30 p.m.

WEDNESDAY, FEB. 4

Metropolitan Invitational, The Armory Track Center, 4:30 p.m.

FRIDAY, FEB. 6

BCSL American, the Armory Track cen-

MONDAY, FEB. 9

Varsity Classic, The Armory Track Center, 4 p.m.

TUESDAY, FEB. 10

Ed Church Invitational, Rothman Center, 5 p.m.

WEDNESDAY, FEB. 11

Garfield Classic, 6:30 p.m., Garfield H.S.

SUNDAY, FEB. 15

NJSIAA Group 2 Championships, Jadwin Gym, Princeton, 8:30 a.m.
NJSIAA Group 3 Championships, Jadwin Gym, Princeton, 2 p.m.

MONDAY, FEB. 16

Bergen County Championships, The Armory Track Center, 9 a.m.

TUESDAY, FEB. 24

The Easterns, The Armory Track Center, 4 p.m.

SUNDAY, FEB. 29

State Meet of Champions, Jadwin Gym,

Spiked Shoe Invite

Mon 12/22/03

***** Results *****

55m dash:

Boys:

Varsity- Gabe Knutson- 6.5/6.7/6.7

Novice- Dan Kahn- 7.8, Christian Jensen- 7.8, Krishan Wancho- 7.2/7.1,
Carter Anderson- 7.9, Brian Climente- 7.7, Anton Ferraro- 7.8,
Dan Maniaci- 7.5/7.7, Eugene Mok- 7.8/7.7, Frank Nestor- 7.7,
David Kim- 7.8, Max Scwartz- 9.1

Girls:

Novice- Ashley Carri- 8.0, Shanelle Oliver- 8.1, Jen Norchi- 9.1,
Lani Caldwell- 7.9/7.8/7.8, Radhika Patankar- 8.7/8.6,
Jackie Tyler- 7.7/7.6 (6th), Colleen Hayes- 9.1

Frosh- Alli Sasso- 9.4, Samantha Scherm- 9.3, Erica Seidenberg- 9.3,
Alice Wisener-8.4, Kristina Garcia- 9.4, Clara Cheung- 8.6,
Jill Duarte- 9.1, Devon Fromm- 9.2, Lara Que- 7.8/7.8/7.8 (5th)

55m HH:

Boys-

Novice- John Moody- 9.4, Joe Nagano- 9.2, Anton Ferraro- 12.0,
Julien Chamoun- 9.9

1600m:

Boys:

Varsity- Kyle Engelken- 4:38.1 (6th), Dave Maher- 4:35.2 (3rd),
Erik Nygaard- 4:31.7 (2nd), Ari Zamir- 4:28.5 (1st),
Brian Davis- 4:46.7, Mike Cator- 4:35.3 (4th), Byron Williams- 4:37.8 (5th)

Novice- Cole Magrath- 5:19.5, Charlie Falk- 5:17.0

Frosh- Jacob Garber- 5:20.0, Alex Pruzinsky- 5:41.7, Jeremy Schmidt- 5:38.

Girls:

Varsity- Justine Lupo- 5:19.5 (1st), Emily Terrin- 5:29.8 (3rd),
Stephanie Westerman- 5:45.7, Maggie Harms- 5:44.7

Novice- Krista Rynkowski- 6:08.3, Meredith Jones- 5:57.1 (6th),

Frosh- Marya Goodman- 5:59.8 (3rd),

800m:

Boys-

Varsity- Ok Onwubu- 2:13.0,

Novice- Steve Pierce- 2:17.3

Frosh- Matt Reveri- 2:41.1, Dave Stolfo- 2:40.0, Grayson Smith- 3:03.1,
Anmol Malhotra- 2:25.6, Jeremy Schmidt 2:25.2

Girls:

Novice- Grace Ahn- 3:37.0, Nina Bell- 3:40, Grace Kim- 3:45,
Cassie Wong- 2:48.0, Yisun Yuk- 4:06, Rosa Dillon- 3:01.0

Frosh- Christina Law- 2:33.4 (1st),

200m:

Boys:

Novice- Dan Kahn- 26.2, Carter Anderson- 29.0, Julien Chamoun- 28.7,
Brian Climente- 27.9, Anton Ferraro- 26.9, Dan Maniaci- 27.2,
Eugene Mok- 26.9, Frank Nestor- 28.0, David Kim- 31.0,
John Moody- 26.5, Joe Nagano- 25.9

Frosh- Ricky Cooper- 30.0, Andrew Genova- 26.0, Jason Lee- 31.4,
Ryan McAlister- 34.9, Matt Lavin- 27.2

Girls:

Novice- Ashley Carri- 29.3, Jen Norchi- 36.3, Lani Caldwell- 29.8,
Radhika Patankar- 31.4, Jackie Tyler- 28.5,

Frosh- Alli Sasso- 37.9, Samantha Scherm- 37.1, Erica Seidenberg- 34.0,
Alice Wisener- 30.5, Kristina Garcia- 35.9, Clara Cheung- 38.0,
Jill Duarte- 36.4, Lara Que- 31.2

4 x 800m: (varsity only)

Boys- (1) Byron Williams, Mike Cator, Kyle Engelken, Steve Pierce
8:30.8 (2nd)..... 2:03.1 2:04.8 2:06.7 2:16.2

(2) Brian Davis, Erik Nygaard, Dave Maher, Ok Onwubu
8:22.6 (1st) 2:08.3 2:03.2 2:02.5 2:08.6

Girls:

(1) Justine Lupo, Emily Terrin, Christina Law, S. Westerman
10:09.1 (2nd).... 2:29.3 2:29.1 2:35.0 2:35.8

(2) Maggie Harms, Marya Goodman, K. Rynkowski, M. Jones
10:56.0..... 2:44.9 2:44.0 2:44.2 2:44.1

4 x 400m:

Boys:

Novice-

(1) C. Faulk, David Lee, Cole McGrath, Eugene Mok
4:36.3..... 68.5 74.2 69.0 61.0

(2) Joe Nagano, Julien Chamoun, Dan Maniaci, E. Ellingboe
4:14.2..... 62.4 65.1 66.9 59.7

Frosh-

(1) Grayson Smith, Alex Pruzinsky, Jason Lee, R. McAlister

5:05.0..... 74.9 74.1 77.0 81.0

(2) Andrew Genova, Jacob Garber, Anmol, Jeremy Schmidt

4:09.1 (1st)..... 60.0 64.0 64.0 61.1

Girls:

Frosh- Kristina Garcia, Ali Sasso, Sam Scherm, Alice Wisener

5:51.2..... 92.8 93.5 83.2 82.1

Long Jump:

Boys:

Varsity- Gabe Knutson- 21'6 1/2" (1st)

Novice- Frank Nestor- 13'4", Krishan Wanchoo- 17'10",
Brian Climente- 16'9", Dan Kahn- 14'7"

Frosh- Andrew Genova- 15'10 1/2"

Triple Jump:

Boys:

Varsity- Gabe Knutson- 44'11 3/4" (1st)

Novice- Krishan Wancho- 36'7 3/4", Frank Nestor- 29'6 3/4",
Brian Climente- 36'3 1/4", Max Schwartz- 29'2"

Girls:

Novice- Jackie Tyler- 26'11 1/2", Christina Law- 30'2" (1st)

Shot Put:

Varsity-

Boys- Matt Hendrickson- 30'3"

Girls- Kathleen Willet- 26'2", Berit Nelson- 28'7 1/2"

Pole Vault:

Boys- Gabe Knutson- 12', Jake Ricciardi- 11', Christian Jenson- NH

Girls- Kerri Norton- 7'

Comments: *A great 1st meet! Impressive wins by Ari, the boys 4 x 800m, Justine Lupo, Christina Law(twice), Gabe Knutson(twice), and the frosh boys 4 x 400m. Many others did very well too. I really think we looked extremely good for a first meet. Let's continue to strive to get better and work hard through vacation.*

Brown Invitational

***** RESULTS *****

Pole Vault:

Gabe Knutson- 12'6" (3rd), Jake Ricciardi- 11'0" (5th-tie)

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

Boys-

Erik Nygaard, Byron Williams, Dave Maher, Ari Zamir

10:40.60 (1st).. 3:21.1 54.6 2:02.0 4:22.7

Girls-

Maggie Harms, Christina Law, S. Westerman, J. Lupo

13:16.30 (4th) 4:07.8 64.9 2:36.0 5:27.6

1 mile:

Ari Zamir- 4:27.15 (2nd)

3000m:

Kyle Engelken- 9:07.91 (4th)

Brown + Spike Shoe

Ridgewood track team travels to Dartmouth

BY JIM JONES
Sports Editor Emeritus

RIDGEWOOD – Following an outstanding showing in the Brown University Invitational in the closing days of 2003, Ridgewood High School's winter track and field team will be represented by 20 athletes in another Ivy League venue this weekend at the Dartmouth Relays in Hanover, N. H.

Eleven Maroons competed in the Brown event in Providence, R. I., and all of them earned medals. "It was a great meet for us," said Ridgewood head coach Mike Mullin.

An outstanding performance in the distance medley relay was the highlight for Ridgewood. Timing 10:40.60, the Maroons won by more than 60 yards. Senior Erik Nygaard ran a 3:21 in the 1,200; sophomore Byron Williams ran a 54.6 400; senior Dave Maher timed 2:02 in the 800, and senior Ari Zamir clocked 4:22.7 in the 1,600.

Ridgewood's clocking was the seventh fastest time recorded in the nation this season for a distance medley relay, and Mullin called it "a great win".

Zamir, who will be doing his running for Brown University next fall, was also runner-up in the Brown Invitational mile, timing 4:27.15. Senior Kyle Engelken

finished fourth in the 3,000 with a 9:07.0 time.

Senior Gabe Knutson cleared 13 feet in the pole vault to take third place. Junior Jake Ricciardi took fifth place with an 11-foot effort.

The Maroon girls distance medley team came in fourth. Freshman Maggie Harms ran the 1,200, freshman Cristina Law the 400, sophomore Stephanie Westerman the 800 and senior Justine Lupo the 1,600.

Lupo won the mile at the Spike Shoe Holiday Festival at the Armory in New York on Dec. 22 with a 5:20.7 time. Senior Emily Terrin was third in the girls 1,600, timing 5:29.

The Maroon boys demonstrated their depth by grabbing the first six places in the Spike Shoe 1,600, an event won by Zamir's 4:28 clocking. He was followed by Nygaard, Maher, sophomore Michael Cator, Williams, Engelken and senior Brian Davis.

The boys and girls runners are continuing the success they enjoyed during the cross-country season when they dominated the All-Suburban and All-County teams. The Maroon boys finished fourth in the state Meet of Champions at Holmdel, but they averaged 16:38 as a five-man team, the fastest ever by a North Jersey boys cross-country team.

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Tom Zaccone Invite

1/6/04

***** Results *****

55m dash:

Boys:

Novice- Dan Kahn- 7.2, Carter Anderson- 7.8, Brian Climente- 7.4,
Frank Corkery- 8.4, Dan Maniaci- 7.5, Eugene Mok- 7.4, Frank Nestor- 7.9,

Frosh- Andrew Genova- 7.5/7.3, Jason Lee, Justin Skibinski- 7.7/7.5,
Matt Lavin- 7.6/7.8

Girls:

Varsity- Jackie Tyler- 7.8, Lani Caldwell- 8.1, Ashley Carri- 7.9

Novice- Shanelle Oliver- 8.0/7.9/7.7 (4th), Anne Ohlger- 8.6,
Kathleen Verceglia- 9.2

Frosh- Erica Seidenberg- 9.5 Alice Wisener- 8.5, Kristina Garcia- 9.5, Clara
Cheung- 8.7, Jill Duarte- 9.5, Devon Fromm- 9.2

55m HH:

Boys-

Novice- John Moody- 9.5/9.3, Joe Nagano- FS, Anton Ferraro- 10.1

Girls-

Novice- Mary Nash- 10.2/9.8/10.1 (6th)

Frosh- Lara Que- 10.8/10.5/10.1 (2nd)

4 x 800m:

Boys-

Varsity- Steve Pierce, Ok Onwubu, Mike Cator, Byron Williams
8:49.7 (2nd) 2:20.7 2:15.0 2:08.6 2:04.3

Novice- Dan Kahn, Cole Magrath, Charlie Falk, Jacob Garber

10:21.3 2:31.5 2:38.4 2:34.2 2:31.6

Frosh- (1) Chris Brennon, Jeremy Schmidt, A. Malhotra, Alex Pruzinsky

10:39.9 2:40.1 2:41.1 2:38.4 2:40.3

Girls-

Varsity- Justine Lupo, Emily Terrin, Maggie Harms, Christina Law

10:21.3 (1st) 2:31.0 2:32.2 2:41.4 2:36.5

Novice- D. Mangam, Meredith Jones, Marya Goodman, Cassie Wong

11:51.9 (2nd) 2:52.1 2:55.1 2:58.1 3:06.5

4 x 1 lap:

Boys-

Novice- (1) John Moody, Dan Maniaci, Eugene Mok, Joe Nagano

1:44.2.... 25.0 25.8 25.9 27.4

(2) Anton Ferraro, Carter Anderson, Brian Climente, Frank Nestor

1:50.1..... 27.9 25.5 25.5 27.4

Frosh- (1) Andrew Genova, Matt Lavin, Jason Lee, Chris Brennan

1:53 24.8 29.4 29.1 28.9

Girls-

Novice- (1) Ashley Carri, Shanelle Oliver, Radhika Pratankar, Mary Nash

1:59.5 31.2 30.1 29.4 28.6

(2) Lara Que, Clara Cheung, Alice Wisener, Cassie Wong

2:00.4.... 29.8 30.9 31.2 28.5

Frosh:

(2) Erica Seidenberg, Jill Duarte, Devon Fromm, Kristina Garcia
2:21.5 34.8 34.0 36.9 35.6

200m:

Boys-

Novice- Dan Kahn- 26.3, Carter Anderson- 29.6, Brian Climente- 27.5,
Anton Ferraro- 28.1, Dan Maniaci- 27.6, Eugene Mok- 27.4,
Frank Nestor- 29.1, John Moody- 26.9

Frosh- Ricky Cooper- 26.9, Ryan McAlister- 33.1, Matt Lavin- 28.9, Jason
Lee- 31.9, Justin Skibinski- 28.7

Girls-

Varsity- Jackie Tyler- 29.5, Lani Caldwell- 30.2

Novice- Kathleen Verceglia- 34.9

Frosh- Erica Seidenberg- 39.9, Alice Wisener- 32.8 Kristina Garcia- 39.4,
Clara Cheung- 32.9, Jill Duarte- 36.1, Lara Que- 29.8

600m:

Boys-

Varsity- Byron Williams- 1:30.5 (1st), Ok Onwubu- 1:36.5

Girls- Christina Law- 1:49.9 (2nd), Anne Ohlger- 2:02.0

1000m:

Boys-

Varsity- Mike Cator- 2:50.6 (4th),

Novice- Cole Magrath- 3:22, Charlie Falk- 3:24, Steve Pierce- 3:16,
Nick Norrell- 3:33

Frosh- Jacob Garber- 3:16.1, Alex Pruzinsky- 3:22, Matt Reveri- 3:32.3,

Girls:

Varsity- Justine Lupo- 3:10.9 (1st), Emily Terrin- 3:18.3 (4th),

Maggie Harms- 3:25.2

Novice- Meredith Jones- 3:36.0 (2nd), Grace Ahn- 4:37, Yisun Yuk- 5:24,

Nina Bell- 4:41

4 x 400m: (varsity only)

Boys- Byron Williams, Ok Onwubu, Mike Cator, Andrew Genova

3:54.2 55.9 59.6 57.4 61.2

Girls- Christina Law, Ashley Carri, Lani Caldwell, Lara Que

4:53.0 66.4 71.7 75.6 80.2

Garfield I

Jan. 7, 2004

Shot Put:

Boys- Gabe Knutson- 42'3 1/4", Matt Hendricksen- 30'3"
Andrew Pskowski- 34'7", Max Schwartz- 21'0",

Frosh- Ricky Cooper- 23'3", Matt Lavin- 24' 1/2"

Girls- Kathleet Willet- 27'11", Berit Nelson- 26'1"
Molly Stramberg- 15'1"

High Jump:

Boys- Steve Pierce- 5'0", Gabe Knutson- 5'8"

Girls- Steph Westerman- 4'2"

Dartmouth Invitational Sat 1/10/04

***** Results *****

55m HH:

Mary Nash- 10.31

55m dash:

Jackie Tyler- 7.85, Lani Caldwell- 8.12

400m:

Lani Caldwell- 69.73

800m:

Boys: Byron Williams- 2:02.71, Ok Onwubu- 2:09.61

Girls: Christina Law- 2:27.19

1600m:

Boys: Ari Zamir- 4:18.40 (2nd), Erik Nygaard- 4:31.28, Brian Davis- 4:44.57

Girls: Justine Lupo- 5:20.70, Emily Terrin- 5:29.42, Steph Westerman- 5:48.91

3200m:

Boys: Kyle Engelken- 9:58.25, Mike Cator- 10:01.04, Dave Maher- 10:28.00

Girls: Maggie Harms- 11:53.03, Diane Mangam- 12:42.56

Pole Vault:

Gabe Knutson- 13'8" (3rd), Jake Ricciardi- NH

Triple Jump:

Boys: Gabe Knutson- 44'6" (1st)

Girls: Jackie Tyler- 29'3 1/4", Christina Law- 30'8 3/4"

4 x 400m:

Ok Onwubu, Mike Cator, Brian Davis, Jake Ricciardi

3:58.00..... 56.5 58.5 57.4 65.9

4 x 800m:

Boys: Erik Nygaard, Byron Williams, Dave Maher, Ari Zamir
8:13.50 (1st) 2:03.9 2:04.4 2:04.8 2:00.4

Girls: Christina Law, Emily Terrin, Steph Westerman, Justine Lupo
10:04.00 (6th).... 2:29.9 2:30.7 2:34.7 2:28.2

Comments:

A great and fun meet! This trip is always a highlight of the winter season and everyone had tremendous efforts in the meet. It was nice to see the performances put in for this high powered meet. When you place in a meet like this, you are really performing well. The people who placed were, Gabe Knutson (1st in the triple jump and 3rd in the pole vault), Ari Zamir (2nd in the 1 mile), the boys 4 x 800m of Erik, Byron, Dave, and Ari (1st place) and the girls 4 x 800m of Christina, Emily, Steph and Justine (6th place). Congratulations on a super meet and trip!

Track teams enjoy strong showing at relay event

BY JIM JONES

Sports Editor Emeritus

RIDGEWOOD — The Ridgewood High School winter track team's participation in the Dartmouth Relays in Hanover, N.H., the past weekend was termed "a great meet for us" by Maroon coach Mike Mullin. Victories were posted by senior Gabe Knutson and the 4 x 800 relay team to highlight the event.

Knutson won the triple jump with a 44-foot-6 distance and was third in the pole vault at 13-foot-8. Ari Zamir, who was second in the mile with a 4:18 clocking, teamed with seniors Erik Nygaard and Dave Maher and sophomore Byron Williams for an 8:15 win in the relay.

The Maroon girls took sixth place in their 4 x 800 race, with senior Justine Lupo, freshman Cristina Law, senior Emily Terrin and sophomore Stephanie Westerman the runners.

"There were great perfor-

mances, and all the way around it was one of the highlights of the year as meets go," Mullin said.

In Monday's North Jersey Invitational at Fairleigh Dickinson University's Rothman Center, Ridgewood's girls captured first place led by the winning performances of Lupo in the 1,000 (3:09), freshman Maggie Harms in the two-mile (11:57) and Law in the 600 (1:47).

The boys team, which did not have all its top runners competing, finished second, with victories posted by Zamir in the 3,000 (9:57) and Maher in the 1,000 (2:40).

In the Tom Zaccone Invitational at FDU, the girls 4 x 800 team won in 10:21. Lupo, Terrin, Harms and Law combined for that triumph. A full team did not compete.

Coming up Tuesday at Rockland Community College is the Ridgewood High School II Meet. Zamir will run in the unseeded mile at the New Balance Games on Saturday, Jan. 24, at the Armory Track and Field Center in New York.

North Jersey Invite 1/12/04

***** Results *****

55m HH:

Boys: Joe Nagano- 9.1, John Moody- 9.8

Girls: Mary Nash- 9.8/10.1

55m dash:

Boys: Gabe Knutson- 6.6/6.6/DQ, Dan Kahn- 7.1

Girls: Jackie Tyler- 7.5/7.5/7.5 (5th), Ashley Carri- 8.1,
Lani Caldwell- 7.8/7.7

3200m:

Boys: Eric Nygaard- 10:03.8 (3rd), Mike Cator- 10:13.8 (5th),
Ari Zamir- 9:57.0 (1st)

Girls: Meredith Jones- 12:54, Maggie Harms- 11:58.2 (2nd)

4 x 800m:

Boys: Ok Onwubu, Steve Pierce, Charlie Falk, Joe Nagano
2:11.3..... 2:11.3 2:17.0 2:21.3 2:20.0

Girls: S. Westerman, Cassie Wong, Diana Mangam, Marya Goodman
11:02.2 (3rd).... 2:37.9 2:53.7 2:40.3 2:48.3

600m:

Boys: Brian Davis- 1:33.1

Girls: Christina Law- 1:47.1 (2nd)

1000m:

Boys: Dave Maher- 2:40.5 (1st)

Girls: Justine Lupo- 3:09.2 (1st), Emily Terrin- 3:17.7 (4th)

300m:

Boys: Gabe Knutson- 38.5 (5th), Joe Nagano- 42.6, John Moody- 42.2

Girls: Jackie Tyler- 47.6, Lani Caldwell- 48.3, Mary Nash- 51.9

1600m:

Boys: Mike Cator- 4:45.2 (6th), Brian Davis- 4:42.6 (3rd)

Girls: Maggie Harms- 5:49 (5th), Diana Mangam- 5:51.0,
Cassie Wong- 6:37.6, Marya Goodman- 6:11.3

4 x 400m:

Boys: Gabe Knutson, Ok Onwubu, Dave Maher, Erik Nygaard
3:42.9 (3rd).... 53.8 57.2 55.6 56.4

Girls: Ashley Carri, Jackie Tyler, Justine Lupo, Christina Law
4:29.1 (3rd)..... 69.2 67.0 64.8 68.1

Comments: Congratulations! The girls team came in 1st place while the boys tied for 2nd. It was a nice meet all around for everyone. As you can see above, we had many people place. For the girls, it was great to see you win this meet, a nice accomplishment. For the boys, it was a meet we could have won had we loaded up more, but we have other team meets that we will focus on more coming up. Again, good job.

FDU I

1/14/04

Shot Put:

Boys- Gabe Knutson- 43'2 1/4", Andrew Pskowski- 33'3",
Matt Hendricksen- 30'4", David Kim- 23 1", Matt Lavin- 26'2"

Girls- Berit Nelson- 30'3 1/2", Kathleen Willet- 29'10 1/2"

Pole Vault:

Boys- Jake Ricciardi- 11'6" (5th), Christian Jensen- 10'6"

Girls- Kerri Norton- 7'0"

High Jump:

Boys- Brian Davis- 5'8"

Triple Jump:

Boys- Gabe Knutosn- ?, Brian Climente- 37'10", Andrew Genova- 34'9"

Girls- Christina Law- 33'4" (4th), Jackie Tyler- 29'6"

WINTER TRACK

Top performers (Through Sunday's meets)

BOYS

55 - Michael Ray Garvin, Don Bosco, 6.3; Sullivan Parker, Bergenfield, 6.3; Kevin Thompson, North Bergen, 6.3.
55 HH - Jeremy Perussi, NV/Demarest, 7.6; Dan Oquendo, Hackensack, 7.7; Anthony Pomo, Saddle Brook, 7.8.
300 - M.R. Garvin, 36.6; Brian Schaab, Clifton, 37.0; Akeem Younge, Passaic Tech, 37.1; S. Parker, 37.1.
400 - Nick Sands, West Milford, 52.6; A. Younge, 53.5; Val Sisti, DePaul, 53.6.
600 - Hayrol Cruz, Passaic, 1:23.4; N. Sands, 1:27.2; Nick Gamble, West Milford, 1:27.3.
800 - Byron Williams, Ridgewood, 2:02.71; H. Cruz, 2:05.2; Ryan Madrid, Paramus Catholic, 2:05.3.
1,000 - Mohamed Khadraoui, Kennedy, 2:38.0; Dave Maher, Ridgewood, 2:40.7; James LaGreca, NV/Demarest, 2:42.0.
1,600 - Ari Zamir, Ridgewood, 4:16.70*; Ryan McCann, Glen Rock, 4:23.48*; Erik Nygaard, Ridgewood, 4:29.58*.
3,200 - Matt Klypka, Indian Hills, 9:43.33*; Kyle Engelken, Ridgewood, 9:50.85*; A. Zamir, 9:57.2.
Shot put - Jason Maier, New Milford, 49-6¾; Jason Mack, Passaic, 48-10½; Dan Kroner, Indian Hills, 48-6.
High jump - Oderick Turner, Teaneck, 6-2; Joe Marcoux, Don Bosco, 6-2; Tom McCarthy, Saddle Brook, 6-0; Tim Lawrence, West Milford, 6-0; Adam Sacher, Pascack Valley, 6-0.
Long jump - V. Sisti, 22-1; Gabe Knutson, Ridgewood, 21-6¾; S. Parker, 21-6¾.
Triple jump - G. Knutson, 44-11¾; Brian Horton, Hackensack, 44-4; Marquis Mitchell, Bergenfield, 44-1¾.
Pole vault - G. Knutson, 13-7¾; A. Sacher, 13-0; Dean Spirito, Dumont, 12-0.
1,600 relay - West Milford, 3:31.4; Hackensack, 3:34.0; Clifton, 3:34.6.
3,200 relay - Ridgewood,

8:10.70*; Indian Hills, 8:24.03*; Don Bosco, 8:33.0.

GIRLS

55 - Consandria Walker, Hackensack, 7.2; Cheryl Anscombe, Westwood, 7.2; Alison DiDomenico, Passaic Valley, 7.2.
55 HH - Michelle Smith, Teaneck, 8.4; Rebecca Baskinger, Butler, 8.4; Jessica Malacrida, Paramus, 8.8.
300 - A. DiDomenico, 41.3; C. Walker, 43.3; LaVonne Ellerbe, Wayne Valley, 43.8.
400 - Janine Davis, Queen of Peace, 55.33; Sophia Davis, Queen of Peace, 59.42; A. DiDomenico, 61.4.
600 - J. Davis, 1:31.91; Nicole Krzyzik, Clifton, 1:40.4; Ashley Bakelmun, Wayne Hills, 1:42.2.
800 - Stephanie Herrick, Wayne Valley, 2:29.90; Alyssa Douma, West Milford, 2:33.7.
1,000 - S. Herrick, 3:08.6; Justine Lupo, Ridgewood, 3:09.3; Awinna Martinez, Passaic, 3:09.6.
1,600 - J. Lupo, 5:18.70*; Emily Terrin, Ridgewood, 5:27.42*; Amy Van Alstine, Midland Park, 5:35.8.
3,200 - Maggie Harms, Ridgewood, 11:49.03*; Cheyenne Ogletree, Garfield, 11:54.4; A. Van Alstine, 11:57.4.
Shot put - Danielle Dabaghian, Garfield, 38-2½; Sable Sweeper, Passaic, 38-1¼; Andrea Cerbie, NV/Old Tappan, 36-10.
High jump - R. Baskinger, 5-6; J. Malacrida, 5-5; Tyler Teaton, IHA, 5-0.
Long jump - C. Walker, 18-4½; Danielle Kroll, Indian Hills, 16-0; Sheena Strachan, Englewood, 15-10.
Triple jump - C. Walker, 38-8½; S. Strachan, 35-0¾; S. Herrick, 34-10¼.
Pole vault - Karen Langner, Clifton, 9-6; Jessica Bienstock, Fair Lawn, 8-6.
1,600 relay - Wayne Valley, 4:09.5; NV/Old Tappan, 4:15.65; River Dell, 4:17.34.
3,200 relay - Ridgewood, 10:01.35*; Wayne Valley, 10:27.9; Indian Hills, 10:35.73*.
* converted from mile to 1,600 or 2 mile to 3,200.

1/19/04

Ridgewood Winter Games II 1/20/04

***** Results *****

2 mile: (varsity only)

Girls: Maggie Harms- 12:03.5 (4th)

Boys: Kyle Engelken- 9:57.9 (4th), Cole MaGrath- 11:27.2

55m: (frosh, soph, varsity)

Boys:

Varsity- Dan Kahn- 7.7, David Kim- 8.3

Soph-, Brian Climente- 7.3/7.3, , Anton Ferraro- 7.3, Eugene Mok- 7.5, Frank Nestor- 7.9

Frosh- Andrew Genova- 7.3, Jason Lee- 8.1, Justin Skibinski- 7.3, Kevin Phelan- 8.3

Girls:

Varsity- Ashley Carri- 8.2, Jackie Tyler- 7.7/7.6/7.6 (6th), Shannelle Oliver- 7.9/7.8,
Jen Norchi- 9.6, Meena Patel- 8.9

Soph- Lani Caldwell- 7.9, Colleen Hayes- 9.6, Kathleen Verseglio- 9.1

Frosh- Erica Seidenberg- 9.8, Alice Wisener- 8.3, Kristina Garcia- 9.7,
Clara Cheung- 8.7/8.7, Jill Duarte- 9.6, Devon Fromm- 9.5

55m HH:

Boys:

Soph- Anton Ferraro- 9.7

Frosh- Matt Lavin- 10.3

Girls:

Varsity- Mary Nash- 10.1

Frosh- Lara Que- 10.1/9.8 (1st)

600yd: (frosh, soph, varsity)

Boys-

Varsity: Byron Williams- 1:20.3 (5th), Ok Onwubu- 1:26.1, Mike Cator- 1:25.3

Soph- Steve Pierce,- 1:26.2 (5th) Charlie Falk- 1:31.4,

Frosh- Chris Brennen- 1:38.0, Jason Lee- 1:48.0, Alex Pruznsky- 1:35.1,
Matt Reveri- 1:45.0, Jeremy Schmidt- 1:31.2 Dave Stolfo- 1:36.5,
Jacob Garber- 1:32.0, Nick Nebbling- 1:50.0

Girls:

Varsity: Christina Law- 1:35.8 (3rd)

Soph: Cassie Wong- 1:46.6, Grace Ahn- 2:06.4, Grace Kim- 2:19.2, Rosa Dillon- 1:58.9

Frosh: Marya Goodman- 1:47.6

4 x 800m: (varsity only)

Girls: Krista Rynkowski, Steph Westerman, Meredith Jones, Diana Mangam
10:40.3 (2nd)..... 2:46.2 2:40.2 2:39.2 2:34.8

300yd: (varsity only)

Boys- Dan Kahn- 38.1

Girls- Ashley Carri- 44.1, Lani Caldwell- 44.0

1000yd: (varsity only)

Boys- Erik Nygaard- 2:24.7 (1st), Brian Davis- 2:27.6 (4th), Dave Maher- 2:25.3 (2nd),
Byron Williams- 2:27.3 (3rd)

Girls- Justine Lupo- 2:51.4 (3rd), Emily Terrin- 2:55.5 (5th)

1 mile: (frosh, soph, varsity)

Boys: Mike Cator- 4:45.9 (5th)

Soph: Cole MaGrath- 5:29.1, Charlie Falk- 5:23.1

Frosh: Jacob Garber- 5:08.0 (1st), Chris Brennen- 5:37.0, Dave Stolfo- 5:54.0,
Nick Nebbling- 6:43.0

Girls: Krista Rynkowski- 6:18.3, Steph Westerman- 6:16.6,
Diana Mangam- 5:45.5 (6th)

Soph: Meredith Jones- 5:52.8 (3rd)

Frosh: Mayra Goodman- 6:16.8

4 x 400m: (frosh, soph, varsity) **Teams will be Announced!**

Boys:

Soph: S. Pierce, Anton Ferraro, Cole McGrath, Eugene Mok
4:12.4..... 60.7 61.5 70.3 58.7

Frosh: Andrew Genova, Matt Lavin, Justin Skibinski, Jacob Garber
4:07.7 (2nd)..... 58.7 61.0 64.9 61.6

Girls:

Frosh: Lara Que, Clara Cheung, Devon Fromm, Alice Wisener
5:08.0..... 72.3 72.5 83.3 80.7

Shot: (frosh, soph, varsity)

Boys: Matt Hendrickson- 29'11", Andrew Pskowsky- 32'2"

Soph: David Kim- 24'9 1/2"

Girls: Kathleen Willet- 25'7"

HJ: (frosh, soph, varsity)

Boys: Brian Davis- 5'9"

Soph- Steve Pierce- NH

PV: (girls varsity, boys frosh and varsity)

Girls- Keri Norton- 7'6" (4th)

Boys: Gabe Knutson- NH, Jake Ricciardi- 11'6" (2nd-tie), Christian Jenson- 10'0"

TJ: (varsity only)

Boys: Gabe Knutson- 43'1 1/2" (2nd), Brian Climente- 38'6 3/4"

Girls: Christina Law- 31'11 1/2" (5th), Jackie Tyler- 30'0"

L.I: (frosh and varsity only)

Boys: Dan Kahn- 12'9", Brian Climente- 17' 1/2", Frank Nestor- F

Frosh: Andrew Genova- 17'4", Matt Lavin- 14'2"

Girls: Jackie Tyler- 13'9 1/4", Ashley Carri- 12'11 1/2",

Comments: Good job by our younger athletes in this one. Many of you competed very well and got medals. Nice job by Jacob Garber and Lara Que getting 1st in his/her events. For our varsity crew, I like this meet as a tune up for the county relays next Wed. We really have to be focused and excited about that one. We can win in both the boys and the girls, but it will take hard work!

Zamir qualifies for Millrose Games at Garden

BY JIM JONES
Staff Writer

RIDGEWOOD – While Ridgewood High School senior Ari Zamir did not win the Boys Invitational Mile at the New Balance Games at the New York Armory last Saturday, his 4:15.73 clocking qualified him for the Feb. 6 Millrose Games at Madison Square Garden.

Zamir missed the Ridgewood High School record in the event by a whisker. Bob Keino's time of 4:14.31 gave him the victory in the 1994 Millrose Games race.

In one of the fastest races ever in the event at the New Balance Games, Gavin Coombs of Griswold, Conn., set a meet record in edging Hakon Devries of John Jay in New York, 4:11.35 to 4:11.38, in a thrilling finish.

Jeremy Zagorski of Parsippany Hills was third in 4:11.87. Zamir finished eighth in the talented field.

Ridgewood coach Mike Mullin termed Zamir's performance "a great job". He held his senior star out of last week's Ridgewood Winter Games II at Rockland County Community College in New York State to help him prepare for the New Balance Games.

"I wanted his legs to be fresh," Mullin said. "The training was more important."

Zamir, who ran his best race by three seconds, said, "I felt pretty good once the race started, and the fast pace was good for me. I wanted to get a fast time in."

Next up for Zamir is the Group 4 state meet on Sunday in Princeton.

At the Ridgewood Winter Games II, the Ridgewood boys took the first four places in the 1,000-yard race, with Erik Nygaard setting the pace in 2:24.8. David Maher was second (2:25.4), followed by Byron Williams (2:27.5) and Brian Davis (2:27.7).

Davis also took fifth place in the high jump with a 5-foot, 9-inch effort.

Michael Cator was fifth in the 1,600-meter event (4:45.3), and Kyle Engelken placed fourth in the 3,200 with a 9:57.5 mark.

Jake Ricciardi was second in the pole vault with an 11-foot, 6-inch leap, the same height as winner Stu Cohen of Hackensack. Gabe Knutson was runner-up in the triple jump, spanning 43 feet, one-and-a-half inches.

In the girls competition, Ridgewood's Justine Lupo took third in the 1,000-yard race, timing 2:51.6. Teammate Emily Terrin was fifth in 2:55.1.

The Ridgewood 4 x 800-meter relay team of Stephanie Westerman, Krista Rynkowski, Meredith Jones and Diana Mangan was runner-up with a 10:40.3 clocking.

Maggie Harms was fourth in the 3,200 meters in 12:04.7. Cristina Law had two fifth-place finishes, timing 1:35.6 in the 600-yard run

and leaping 31 feet, 11-and-a-half inches in the triple jump.

Kerri Norton was fifth in the pole vault, clearing 7 feet, 6 inches, and sixth-place efforts came from Jackie Tyler in the 55-meter race (7.8 seconds) and Mangan in the 1,600-meter run (5:45.3).

*Jim Jones' e-mail address is
jonesji@northjersey.com*

State Group IV Sun Feb 1, 2004

3200m:

Kyle Engelken- 10:11.8, Mike Cator- 10:37.0

800m:

Byron Williams- 2:03.99

1600m:

Ari Zamir- 4:27.55 (4th), Dave Maher- 4:33.11

NNJIL Meet Mon. 2/2/04

***** *Results* *****

3200m:

Boys- Kyle Engelken- 9:50.2 (3rd), Mike Cator- 9:47.5 (1st),

Girls- Maggie Harms- 12:04.8 (2nd), Diana Mangam- 12:31.0 (5th),
Steph Westerman- 12:38.8 (6th)

1000m:

Boys- Eric Nygaard- 2:35.4 (2nd), Brian Davis- 2:40.5 (5th),
Dave Maher- 2:36.2 (3rd)

Girls- Justine Lupo- 3:04.9 (1st), Emily Terrin- 3:12.7 (3rd),
Christina Law- 3:10.8 (2nd)

55m:

Boys- Dan Kahn- 7.0

Girls- Jackie Tyler- 7.6/7.7 (4th), Ashley Carri- 7.8/7.9 (6th), Shanelle Oliver- 7.9/7.9

55m HH:

Boys- Joe Nagano- 8.5 (2nd), John Moody- 9.6 (4th), Steve Pierce- 9.9 (6th)

Girls- Mary Nash- 10.3 (6th), Lara Que- 9.7 DQ, Cassie Wong- 10.1

200m: (novice)

Boys- Brian Climente- 26.1, Anton Ferraro- 26.3, Dan Maniacci- 28.8,
Eugene Mok- 26.1, Frank Nestor- 27.9, Erlend Ellingboe- 28.8

4 x 800m:

Boys- Steve Pierce, Cole Magrath, Charlie Falk, Jacob Garber
9:32.4 (1st).... 2:16.0 2:28.8 2:27.1 2:20.7

Girls- Meredith Jones, Marya Goodman, Steph Westerman, Cassie Wong
10:52.5 (1st)..... 2:35.9 2:46.9 2:37.8 2:51.6

Boys- Justin Skibinski- 29.3

600m:

Boys- Byron Williams- 1:27.0 (2nd), Dave Maher- 1:28.9 (4th),

Ok Onwubu- 1:31.0 (5th)

Girls- Christina Law- 1:44.4 (3rd) Justine Lupo- 1:43.5 (1st)

800m: (frosh)

Boys- Chris Brennen- 2:26.7, Anmol Malhotra- 2:26.6, Grayson Smith- 2:50.6,

Dave Stolfo- 2:47.6, Jeremy Schmidt- 2:20.9

300m:

Boys- Dan Kahn- 41.5

Girls- Jackie Tyler- 45.2 (5th), Lani Caldwell- 46.2, Ashley Carri- 46.2

1600m:

Boys- Eric Nygaard- 4:34.8 (2nd), Mike Cator- 4:41.4 (3rd), Kyle Engelken- 4:45.0

Girls- Emily Terrin- 5:38.7 (2nd), Diana Mangam- 5:51.0 (3rd), Justine Lupo- 5:38.4 (1st)

1600m: (novice)

Girls- Meredith Jones- 5:49.4 (1st)

1600m: (frosh)

Boys- Jacob Garber- 5:07.1 (2nd), Dave Stolfo- 6:02.0

Girls- Marya Goodman- 6:14.4 (1st)

4 x 400m: (frosh)

Boys- (1) Jacob Garber, Chris Brennan, Andrew Genova, Anmol Malhotra

4:15.3 (3rd) 69.0 65.3 57.3 62.8

Girls- Jill Duarte, Devon Fromm, Alice Wisener, Lara Que

5:22.1 (2nd) 84.1 86.0 80.0 73.9

4 x 400m: (novice)

Boys- Dan Kahn, Jake Ricciardi, Brian Climente, John Moody
4:02.4 (3rd) 59.6 58.2 62.3 62.1

(2) Anton Ferraro, Eugene Mok, Joe Nagano, Steve Pierce
3:55.0 (2nd) 59.1 57.8 60.4 57.7

(3) Julien Chamoun, Dan Manniaci, Frank Nestor, Charlie Falk
4:16.0 64.5 63.0 63.3 65.0

Girls- Kathleen Verceglia, Meredith Jones, Marya Goodman, Cassie Wong
4:55.3 (3rd).... 77.3 73.2 74.1 70.9

4 x 400m: (varsity)

Boys- Dave Maher, Ok Onwubu, Byron Williams, Gabe Knutson
3:41.8 (3rd) 55.2 56.1 53.9 56.6

Girls- Jackie Tyler, Christina Law, Ashley Carri, Justine Lupo,
4:21.9 (2nd)..... 66.2 63.9 67.2 64.2

Triple Jump:

Boys- Gabe Knutson- 44' 10" (1st), Brian Climente- 37' 5", Andrew Genova- 35' 4"

Girls- Christina Law- 32' 1/2" (4th), Jackie Tyler- 30' 1"

Long Jump: (varsity and novice)

Boys- Gabe Knutson- 22' 3 1/4" (1st), Andrew Genova- 16' 3",
Brian Davis- 18' 8" (5th)

Novice: Frank Nestor- 11' 7"

Girls- Shanelle Oliver- 14' 7 1/2" (4th)

Shot Put: (varsity and novice)

Boys- Matt Hendrickson- 30' 10", David Kim- 25' 3"

Girls- Berit Nelson- 30' 2" (6th), Kathleen Willet- 31' 10" (4th)

High Jump:

Boys- Brian Davis- 5'8" (3rd), Kyle Engelken- NH

Girls- Steph Westerman- 4'2" (4th)

Pole Vault:

Boys- Gabe Knutson- 15'0" (1st) *** New School and County Record!!***.

Jake Ricciardi- 11'6" (2nd) Christian Jenson- 10' (3rd)

Girls- Kerri Norton- 8'0" (1st)

Highlights and Results:

Boys Scores:

1. Ridgewood- 157 3/4
2. Teaneck- 77
3. Montclair- 56
4. Barringer- 31
5. Belleville- 31
6. Paramus- 30 3/4
7. Nutley- 27

Girls Scores:

1. Ridgewood- 125
2. Teaneck- 112
3. Paramus- 105
4. Montclair- 49
5. Belleville- 18
6. Nutley- 8
7. Barringer- 7

A tremendous team win by both the boys and girls. We totally dominated the boys meet and won in a tighter battle in the girls. Meet highlights were Gabe Knutson in the boys and Justine Lupo in the girls. Gabe won the LJ, TJ, and PV with the highlight being a county record in the vault at 15'0. Justine was tremendous in running 4 events. She won the 600, 1000, and 1600 and ran on the 2nd place 4 x 400m. She also tied a meet record in the 1000m. It was a true "team effort," in both victories. Many people did great things. Continue to set goals, the season is quickly winding down.

1st in NJSIL in Boys + Girls!

TRACK

NJSIL CHAMPIONSHIPS

AT THE ARMORY TRACK CENTER

Boys

DIVISION A

Team Scores: Ridgewood (R) 57 1/4

Teaneck (T) 77 1/4, Montclair (M) 56, Barringer (Ba) and Belleville (Be) 31, Paramus (P) 30 3/4, Nutley (N) 27.

55 - 1. Ryan Scott (M), 6.5; 2. Brian Gilbert (T), 6.6; 3. Lorenzo DeVone (Be), 6.7.

55 HH - 1. Joe Johnson (P), 8.4; 2. Joe Nagan (R), 8.5; 3. Stephen Spencer (T), 9.1.

300 - 1. Andrew Anderson (M), 35.4 (league record, old record 35.7 by Kiyon Harley (PC), 1999, Ryan Meltzer (C), 2002 and Patel Whyte (H), 2002.); 2. Lorenzo DeVone (Be), 36.4; 3. Ryan Scott (M), 37.1; 4. Brian Gilbert (T), 37.3.

600 - 1. Sharad Reeves (T), 1:26.0; 2. Byron Williams (R), 1:27.0; 3. Joe Johnson (P), 1:27.8; 4. Dave Maher (R), 1:28.9.

1,000 - 1. Jeff Klatsky (N), 2:34.1; 2. Erik Nygaard (R), 2:35.4; 3. Dave Maher (R), 2:36.2; 4. Alejandro Shepard (M), 2:39.5;

5, Brian Davis (R), 2:40.5.

1,600 - 1. Alejandro Shepard (M), 4:28.8; 2. Erik Nygaard (R), 4:34.8; 3. Mike Cator (R), 4:41.8.

3,200 - 1. Mike Cator (R), 9:47.6; 2. Kyle Engelken (R), 9:50.2; 3. Nick Paolazzi (P), 10:36.7.

Shot put - 1. Gerard Tucci (N), 43-0 1/4; 2. Maurice Moten (T), 41-7; 3. John Adamczyk (N), 40-9 1/2.

High jump - Odarius Turner (T), 6-4; 2. Ryan Manning (Ba), 6-0; 3. Brian Davis (R), 5-8 1/2.

Long jump - 1. Gabe Knutson (R), 22-3 1/4; 2. Ryan Manning (Ba), 20-4 1/4; 3. Sterling Brown (Ba), 19-6.

Triple jump - 1. Gabe Knutson (R), 44-10; 2. Oderick Turner (T), 39-8 1/2; 3. Odarius Turner (T), 39-8.

Pole vault - 1. Gabe Knutson, 15-0 (league and Bergen County record, old league record set by Dan Cooper (R), 2000, Ken Scheider (DB) 1998 and Tom McCormick (DB) 2002; 2003 old Bergen County record, 14-3 1/2 by Cooper, 2000); 2. Jake Ricciardi (R), 11-6; 3. Christian Jensen (R), 10-0.

4 x 800 relay - 1. Ridgewood, 9:32.4; 2. Belleville, 10:24.9.

4 x 400 relay - 1. Montclair (Ryan Scott, Stephen Athill, Mark Dorch, Andrew Anderson), 3:30.8; 2. Teaneck, 3:33.0; 3. Ridgewood, 3:41.8.

Girls

DIVISION A

Team scores: Ridgewood (R) 125; Teaneck (T) 112, Paramus (P) 105, Montclair (M) 49, Belleville (Be) 18, Nutley (N) 8, Barringer (Ba) 4.

55 - 1. Sophia Wallace (M), 7.2; 2. Shetoi Francis (T), 7.3; 3. Kadian Dockery (T), 7.6.

55 HH - 1. Michelle Smith (T), 8.5; 2. Jessica Malacrida (P), 8.7; 3. Shannon Feeney (P), 9.2.

300 - 1. Sophia Wallace (M), 42.5; 2. Shetoi Francis (T), 44.2; 3. Kadian Dockery (T), 44.3; 4. Natasha Simmons (Ba), 44.6.

600 - 1. Justine Lupo (R), 1:43.5; 2. Michelle Smith (T), 1:44.1; 3. Christina Law (R), 1:44.7.

1,000 - 1. Justine Lupo (R), 3:04.9 (ties league record set by Megan Dermot (R), 1999; 2. Christina Law (R), 3:10.8; 3. Emily Terlin (R), 3:12.7.

1,600 - 1. Justine Lupo (R), 5:38.4; 2. Emily Terlin (R), 5:38.7; 3. Diana Mangam (R), 5:51.1.

3,200 - 1. Jess Setless (P), 11:55.3; 2. Maggie Harms (R), 12:04.7; 3. Liz Porit (M), 12:07.9; 4. Megan Williams (N), 12:10.3; 5. Diana Mangam (R), 12:31.4; 6. Stephanie Westerman (R), 12:38.8.

Shot put - 1. Maeve Lopreiato (Be), 35-5; 2. Sade Henry (T), 33-2; 3. Kathleen Willet (R), 31-10 1/2.

High jump - 1. Jessica Malacrida (P), 5-2 (ties league record set by Megan O'Brien (M), 2002; 2. Kerin McMillan (T), 5-0; 3. Kenrika Harris (T), 4-2.

Long jump - 1. Nicole Philliposian (P), 16-0; 2. Kristen Jones (T), 15-1; 3. Victoria Ko (P), 14-10.

Triple jump - 1. Racquel Clarke (T), 33-1; 2. Andrea Manis (P), 32-9 1/4; 3. Kristen Jones (T), 32-5 1/4.

Pole vault - 1. Keri Norton (R), 8-0; 2. Kari Post (P), 7-6; 3. Shannon Feeney (P), 6-0.

4 x 800 relay - 1. Ridgewood, 10:52.9; 2. Paramus, 11:44.7; 3. Belleville, 11:52.1.

4 x 400 relay - 1. Teaneck, 4:13.4; 2. Ridgewood, 4:21.9; 3. Montclair, 4:22.2.

Christian Jensen (R), 10-11.
4 x 800 relay - 1. Ridgewood, 9:32.4; 2. Belleville, 10:24.9.
4 x 400 relay - 1. Montclair (Ryan Scott, Stephen Athill, Mark Dorch, Andrew Anderson), 3:30.8; 2. Teaneck, 3:33.0; 3. Ridgewood, 3:41.8.

DIVISION B

Team Scores: Hackensack (H) 166, Clifton (C) 117, Kennedy (K) 47, Passaic (Pa) 38, Eastside (E) 31, Bloomfield (Bl) 16.

55 - 1. Frank LaBoy (H), 6.6; 2. Bryan Horton (H), 6.7; 3. Brian Schaab (C), 6.7.
55 HH - 1. Dan Oquendo (H), 7.5 (league record, old record, 7.6 by Anthony Di-Cosmo (PC), 1995 and Kris Carey (M), 2000); 2. Deron Doles (K), 7.8; 3. Gianni Rollins (H), 8.0.
300 - 1. Josh Simmons (H), 36.7; 2. Tie between Ryan Jordan (K), and Brian Schaab (C), 37.3; 4. Hayrol Cruz (Pa), 37.4.

600 - 1. Hayrol Cruz (Pa), 1:25.2; 2. Josh Simmons (H), 1:25.5; 3. Ryan Jordan (K), 1:27.2; 4. Alex Pierre (H), 1:27.7; 5. Sammy Qassiss (C), 1:28.4.

1,000 - 1. Steven Klett (C), 2:44.7; 2. Eddy Cabo (H), 2:48.6; 3. Dan Gomez (C), 2:49.9.

1,600 - 1. Mohamed Khadraoui (K), 4:27.9; 2. Erick Duverge (Bl), 4:37.3; 3. Paul Kornaszewski (C), 4:39.5.

3,200 - 1. Mohamed Khadraoui (K), 9:46.3; 2. Paul Kornaszewski (C), 9:49.2; 3. Miguel Palacios (Pa), 10:46.7.

Shot put - 1. Jason Mack (Pa), 47-2; 2. Robert Mozia (H), 46-7; 3. Vaughn Crenshaw (H), 46-6.

High jump - 1. Fernando Rodriguez (C), 6-0; 2. Dan Oquendo (H), 5-10; 3. Eddy Cabo (H), 5-8.

Long jump - 1. John Mathis (E), 19-9½; 2. Andrew Brittan (H), 19-1½; 3. Fernando Rodriguez (C), 18-9.

Triple jump - 1. Dan Oquendo (H), 42-1; 2. John Mathis (E), 40-2½; 3. Kyle Lindsay (E), 39-8¼.

Pole vault - 1. Ian Straughter (H), 12-6; 2. Dan Francavilla (H), 11-6; 3. Stuart Cohen (H), 11-6.

4 x 800 relay - 1. Clifton, 9:20.4; 2. Hackensack, 10:40.4.

4 x 400 relay - Hackensack (Josh Simmons, Alex Pierre, Dan Oquendo, Mark Hanuliak), 3:31.0; 2. Clifton, 3:33.2; 3. Passaic, 3:47.9.

DIVISION C

Team scores: Don Bosco (DB) 99, Bergen Catholic (BC) 65½, Paramus Catholic (PC) 21½, St. Joseph Regional (SJR) 18.

55 - 1. StaiSean Lyew (BC), 6.8; 2. Fehnei Michel (SJR), 6.9; 3. Terry Turnier (BC), 6.9.

55 HH - 1. Chris Gonzalez (DB), 8.0; 2. Claude Guinchard (DB), 8.2; 3. Chris Calantone (BC), 8.5.

300 - 1. Pat Flinn (DB), 37.5; 2. Mike Orlando (BC), 37.7; 3. Jared Davis (DB), 37.7.

600 - 1. Alex Wechsler (DB), 1:24.6; 2. Brent Napoleon (DB), 1:26.1; 3. Chris Wilk (BC), 1:29.0.

1,000 - 1. Ryan Madrid (PC), 2:37.7; 2. Greg Wyka (DB), 2:42.0; 3. Chris Wilk (BC), 2:44.0.

1,600 - 1. Ryan Madrid (PC), 4:41.5; 2. Greg Wyka (DB), 4:42.2; 3. Tony Naimo (BC), 4:54.9.

3,200 - 1. Tony Naimo (BC), 10:14.4; 2. John McDonnell (DB), 10:42.9; 3. Keith Gross (DB), 10:43.5.

Shot put - 1. Doug Klopacz (SJR), 42-3½; 2. Paul Marzolla (BC), 41-10¼; 3. John Rzezniak (DB), 41-8¼.

High jump - 1. Chris Calantone (BC), 5-10; 2. Joe Marcoux (DB), 5-10; 3. Chris Gonzalez (DB), 5-8.

Long jump - 1. Joe Marcoux (DB), 20-3¼; 2. Chris Gonzalez (DB), 18-10; 3. Terry Turnier (BC), 18-5½.

Triple jump - 1. Joe Marcoux (DB), 41-1¼; 2. Chris Gonzalez (DB), 39-6; 3. StaiSean Lyew (BC), 38-9¼.

Pole vault - 1. Kyle Murphy (DB), 10-0.

4 x 800 relay - 1. Don Bosco, 9:00.6; 2. Bergen Catholic, 9:20.6.

4 x 400 relay - 1. Don Bosco, 3:36.3; 2. Bergen Catholic, 3:39.2; 3. Paramus Catholic, 4:16.9.

Christian Jensen (R), 10-11.
Clifton (C) 105, Kennedy (K) 40, Bloomfield (Bl) 37, Eastside (E) 32, Passaic (Pa) 28.

55 - 1. Consandria Walker (H), 7.1; 2. Amma Walcott (H), 7.4; 3. Khadijatour Faye (K), 7.7.

55 HH - 1. Britannia Frazier (H), 9.6; 2. Karen Langner (C), 9.8; 3. LeAnne Atkinson (H), 10.2.

300 - 1. Consandria Walker (H), 43.0; 2. Krystal Wyche (H), 44.0; 3. Sharashi Franklin (E), 44.6; 4. Khadijatour Kaye (K), 44.8.

600 - 1. Nicole Krzysik (C), 1:42.8; 2. Quiona Beason (K), 1:44.6; 3. Karen Langner (C), 1:44.7.

1,000 - 1. Awinna Martinez (Pa), 3:11.8; 2. Katherine Serpa (H), 3:24.1; 3. Jennifer Draper (E), 3:26.9.

1,600 - 1. Awinna Martinez (Pa), 5:37.8; 2. Lourdes Fabian (K), 5:47.9; 3. Christina Gagliardi (C), 5:53.7.

3,200 - 1. Sue Fortkiewicz (Bl), 12:03.2; 2. Christina Gagliardi (C), 12:11.5; 3. Lourdes Fabian (K), 12:20.7.

Shot put - 1. Tara Dellavalle (Bl), 34-11; 2. Sable Sweeper (Pa), 33-6; 3. Nicole Robinson (H), 33-2.

High jump - 1. LeAnne Atkinson (H), 4-6; 2. Jenna Hoge (Bl), 4-6; 3. Deja Moore (E), 4-2.

Long jump - 1. Consandria Walker (H), 18-7 (league record, old record, 17-4¼ by Tawana Watkins (K), 2000); 2. Krystal Wyche (H), 15-10; 3. Nicole Krzysik (C), 15-0¼.

Triple jump - 1. Consandria Walker (H), 37-10¼ (league record, old record, 35-0 by Tiffany Walker (H), 1995 and Nyla Wormley (M), 2000); 2. Nicole Krzysik (C), 32-3; 3. Britannia Frazier (H), 31-10¼.

Pole vault - 1. Karen Langner (C), 9-0 (league record, old record, 8-0 by Lauren Dutch (C), 2002); 2. Katherine Serpa (H), 8-0; 3. Diane Szafiarski (C), 7-6.

4 x 800 relay - 1. Hackensack, 10:48.3; 2. Bloomfield, 10:53.8; 3. Clifton, 12:46.1.

4 x 400 relay - 1. Hackensack (Krystal Wyche, Britannia Frazier, Zainab Hanif, Tara McVey), 4:16.8; 2. Clifton, 4:31.5; 3. Eastside, 4:41.0.

DIVISION C

Team Scores: Immaculate Heart (IHA) 83, Holy Angels (HA) 50, Paramus Catholic (PC) 3.

55 - 1. Diana Orrico (IHA), 7.5; 2. Olivia Sisti (HA), 7.8; 3. Stephanie Ottlino (IHA), 8.0.

55 HH - 1. Vanessa Claravino (HA), 9.7; 2. Olivia Abrahamsen (HA), 9.8; 3. Annie Drimones (HA), 10.1.

300 - 1. Diana Orrico (IHA), 43.5; 2. Lauryn Galda (IHA), 44.5; 3. Sarah Giblin (IHA), 44.7.

600 - 1. Jennifer Mueller (IHA), 1:46.9; 2. Lisa Vander Veer (PC), 1:52.0; 3. Ashley Miller (HA), 1:53.8.

1,000 - 1. Caitlin Hemmer (IHA), 3:06.8; 2. Christina Burke (H), 3:19.7; 3. Kerry Taylor (IHA), 3:25.6.

1,600 - 1. Lisa Sinkovitz (IHA), 5:25.4; 2. Nicki Gross (HA), 5:48.3; 3. Jamila Gittens (IHA), 6:00.6.

3,200 - 1. Nicki Gross (HA), 12:49.2; 2. Caitlin DiGenova (IHA), 13:28.4; 3. Allison Ruitenbergh (IHA), 13:44.4.

Shot put - 1. Lara Sopelsa (IHA), 26-0¼; 2. Jenna Nolan (IHA), 26-0; 3. Jessica Sblendorio (HA), 25-9.

High jump - 1. Tyler Teaton (IHA), 4-10; 2. Emily Battersby (IHA), 4-10; 3. Nicki Gross (HA) and Catherine Best (HA), 4-2.

Long jump - 1. Diana Orrico (IHA), 15-8; 2. Catherine Best (HA), 14-5; 3. Sarah Giblin (IHA), 14-2¼.

Triple jump - 1. Catherine Best (HA), 30-4; 2. Emily Battersby (IHA), 29-8; 3. Elizabeth McGuinness (IHA), 29-6¼.

4 x 800 relay - 1. IHA (Lisa Sinkovitz, Kerry Taylor, Linda Puntasecca, Caitlin Hemmer), 10:09.4 (league record, old record, 10:12.2 by IHA, 2003); 2. Holy Angels, 10:59.7.

4 x 400 relay - 1. IHA (Sarah Giblin, Diana Orrico, Jennifer Mueller, Lauryn Galda), 4:11.8; 2. Holy Angels, 4:38.1; 3. Paramus Catholic, 4:46.0.

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Ridgewood vaulter walking on air

BY PAUL SCHWARTZ

STAFF WRITER

NEW YORK — For a half hour on Monday night, pole vaulter Gabe Knutson, Ridgewood, was in an extraordinary mode at the Armory Track Center.

"It was almost like flying," Knutson said.

First he cleared 12-6, joining Ian Raughter of Hackensack as the only vaulter to clear that height at the NNJIL championships. Straughter missed three times at 13 feet, but Knutson cleared it on his first attempt.

Then the senior made 13-6 on his first and reached a personal high by clear-

ing 14-0 on his next jump, becoming only the third Bergen vaulter to go over the 14-foot barrier indoors.

Then the fun really started. Jumping at a Bergen record 14-6, he cleared it easily, and suddenly the other athletes, coaches, officials, and fans in the arena noticed what was happening.

Knutson tried clearing 15 feet but just missed, his first miss of the night. But he soared over the bar on his next attempt, joining outdoor Bergen County record holder Matt Psaltis of Fair Lawn as the only area athlete to clear 15 feet — indoors or outdoors.

The crowd exploded with a roar. Knutson then had official Tim Wilson place the

Ridgewood to its third straight Division A boys title. "That [reaction from the crowd] made it twice as good. To make 15 feet was an amazing rush."

Knutson was quick to share the credit for his record-setting jump.

"The way my teammates supported and encouraged me and my coaches worked so hard with me, I can't thank them enough," he said. "They're the reason I could do this."

Knutson, whose previous best in competition was 13-7 $\frac{3}{4}$, overshadowed the rest of the ninth league championships, although six other league records were broken and two others were tied.

Ridgewood's girls defeated Teaneck

and Paramus, 125-112-105, for a straight A girls title, with a 1-2-3-4-5 sweep of the Maroons to first in the meet's next-to-last event.

Hackensack's boys, sparked by Quendo's meet record in the high jump, made it nine straight division C titles with a 1-2-3 sweep of the Comets. The girls, led by winner Consandria Walker (meets record) in the long and triple jumps, won their eighth title in nine years.

Don Bosco and Immaculate Academy each won its third straight division and fifth NNJIL division

E-mail: schwartzp@northjersey.com

Metropolitan Invitational Wed 2/4/04

4 x 800m:

Dave Maher, Erik Nygaard, Byron Williams, Mike Cator

8:14.6 (4th).. 2:12.8 1:59.5 2:02.1 2:00.2

Pole Vault:

Boys: Gabe Knutson- 14'6" (2nd), Christian Jensen- 11'0",

Jake Ricciardi- NH

Girls: Kerri Norton- 8'0"

1 mile run:

Ari Zamir- 4:22.70 (7th)

Congratulations to Ari on an outstanding accomplishment!

Marion's back on track

Jones wins women's 60; big night for Clark family

By **ANDREA ADELSON**
THE ASSOCIATED PRESS

NEW YORK – Marion Jones is back – in a big way.

Jones won the 60 meters at the Millrose Games on Friday night in 7.21 seconds, serving notice that she has returned to take her spot back atop the sport.

The world's most famous sprinter easily took the victory in her first race since taking over a year off to have a baby. She start-

MILLROSE GAMES

ed slowly, but made a strong push at the end of the indoor meet held at Madison Square Garden to beat Angela Daigle by 0.03 seconds.

Jones took her place on the starting blocks for her first race since September 2002 amid the loudest cheers of the evening. While the runners waited for the race to start, some chanted, "Come on Marion!" and "We love you Marion!"

Jones certainly added a spark to the event. Organizers moved the 60 to the last race of the evening to capitalize on her presence.

The five-time medalist in the 2000 Olympics had her son, Monty, last June with sprinter and boyfriend Tim Montgomery.

Two meet records fell as well. Gail Devers set a mark in the 60

Zamir nearly medals

NEW YORK – Ridgewood's Ari Zamir was seventh Friday night in the Millrose Games high school invitational boys mile at Madison Square Garden, running 4:22.19 and missing a medal by less than half a second.

The Maroons' senior, who became the first North Jersey qualifier for the event in 10 years, was one of two New Jersey athletes selected for the race. Jeremy Zagorski of Parsippany Hills was fourth in 4:20.35. Hakon DeVries of Hopewell Junction, N.Y., won the race easily, in 4:14.29, more than six seconds from the meet record set by Kevin Byrne of Paramus

Catholic in 1977.

Zamir was selected for the prestigious event off of his performance two weeks ago at the New Balance Games, when he ran a personal-best 4:15.73. The Garden track is 11 laps to the mile as opposed to the Armory Track Center's eight laps to the mile, making most times slower than usual.

Northern Highlands senior Zach Pollinger finished more than five seconds faster than he did last year when he won the Men's 1 Mile Walk, but this year's field was much stronger and he finished fourth in 6:36.05. U.S. Army walker John Nunn won in 6:03.37.

hurdles, finishing in 7.76, and won for the second straight year. The 37-year-old Devers broke the record she set last year in 7.78.

Allen Johnson also set the meet record in the 60 hurdles in 7.43, breaking Terrence Trammell's mark of 7.47 set in 2001.

The Clark family also showed why it is the first family of track.

Two-time Olympic gold medalist Jearl Miles-Clark won the 500 yards in 1 minute, 3.68 seconds

for her eighth overall Millrose title. Her sister-in-law, South Orange native Hazel Clark, won the 800 for the second straight year, finishing in 2:05.79.

The 37-year-old Miles-Clark has her sights set on another berth in the Olympics.

She is thinking about running in the 800, where she holds the American record in 1:56.40, to make up for what happened in 2000. Miles-Clark finished fifth in

the 800 semifinal in Sydney after getting the flu. Her gold medals in 1996 and 2000 came in the 1,600 relay.

"I made the last Olympics and it didn't pan out like I wanted, so I have something to do there," she said.

Clark, who made the Olympics in 2000 but finished seventh in the 800 final, struggled last season.

She missed all of 2002 with stress fracture to her right foot and trained alone last year after her coach and brother J.J. Clark (who is married to Miles-Clark) became head coach at Tennessee. Last week at an indoor meet in Boston, Clark fell and could not finish her race.

"This means a lot," Clark said. "I'm proud I came back with a head up. Last year it was like it didn't exist. It was hard. This is like redemption for me."

In other events, Jamaican national champion Asafa Powell won the 60 in 6.56. Hudson Souza of Brazil won the prestigious Wanamaker Mile in 4:02. Tisha Waller won the high jump with a leap of 6 feet, 3 1/2 inches her eighth Millrose Games victory.

The shot put returned to Madison Square Garden for the first time in 10 years after being held at Manhattan College. Christian Cantu won in a personal indoor best of 69-9/4.

Varsity Classic

Mon 2/9/04

3200m:

Boys- Kyle Engelken- 9:46.9 (5th)

Girls- Maggie Harms- 12:16.2

55m:

Girls- Jackie Tyler- 7.6

4 x 800m:

Boys- Erik Nygaard, Byron Williams, Mike Cator, Dave Maher

8:01.5 (1st) 2:01.1 1:59.4 2:00.5 2:00.4

*** *Fastest time in nation this year so far!* ***

Girls- Christina Law, Emily Terrin, Diana Mangam, Justine Lupo

9:48.9 (2nd) 2:27.3 2:27.0 2:32.9 2:21.8

800m:

Boys- Brian Davis- 2:03.8

Girls- Steph Westerman- 2:34.4

Triple Jump:

Boys- Gabe Knutson- 45' 10 1/2" (1st)

Girls- Christina Law- 31' 8", Jackie Tyler- 30' 7 1/4"

High Jump:

Boys- Brian Davis- 5' 9"

Pole Vault:

Boys- Gabe Knutson- 15' 0" (2nd), Jake Ricciardi- 12' 6"

Girls- Kerri Norton- NH

Comments: I love this meet! Great job here with tough competition. Just to place in a meet like this says a lot. Awesome job by the boys 4 x 800 with the fastest time in the country this year! Keep up the good work and keep the goals high!

Zamir, relay team ru

Senior places seventh in Millrose Games;
 4 x 800 team records fastest time in nation

BY MATT POTTER
 Staff Writer

NEW YORK, N.Y. — On a star-studded night of track and field, surrounded by Olympians and cheered on by a crowd of thousands, Ridgewood High School's Ari Zamir competed in the biggest event of his running career last Friday night.

At Madison Square Garden, the Maroon senior came home seventh in the high school invitational boys mile at the prestigious Millrose Games with 14,154 spectators looking on.

Zamir clocked 4:22.19 and narrowly missed a medal in the national meet, but the performance in the race was almost secondary to the thrill of competition on such a stage. The Millrose Games is a big meet on the track and field calendar, and this year's event featured world-class athletes like Marion Jones, Gail Devers and Allen Johnson.

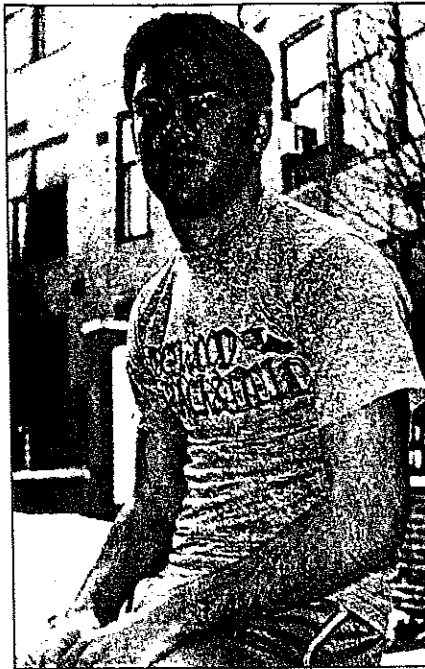
"It was a great experience," said Zamir, who warmed up alongside the Olympic stars. "I have never raced in front of 14,000 people before, and looking out at all the fans was mesmerizing. It is a good feeling to have them all cheer when your name is announced, and also to have everyone recognize that you are a good athlete on a national level."

Among the spectators were 40 fellow students from Ridgewood who gave their support to Zamir, and they were joined by assorted coaches, parents and other well-wishers, including Ridgewood Mayor Jane Reilly.

One of those was Maroon indoor track head coach Mike Mullin, who was proud of what his standout middle-distance runner achieved, especially considering that he has been plagued by a knee injury recently.

"Even qualifying for the race is a big accomplishment," said Mullin. "Ari did a great job. He gave it his all. He surged to fourth or fifth in the middle of the race."

One thing giving all the runners diffi-



ARI ZAMIR
 Ridgewood senior

culty was the length of the track at Madison Square Garden — 11 laps to the mile rather than the eight that Zamir is more used to. The tight turns meant that it was the taller athletes who suffered the most, although all times were slower than usual.

Hakon DeVries of Hopewell Junction, N.Y., won the mile race in 4:14.29. He out-kicked Victor Gras — a French athlete who attends school in Massachusetts — as the pair battled for first place in a duel over the last 200 meters.

Zamir, who gained qualification for the Millrose Games after a dominant display at the New Balance Games at the Armory Track Center in New York City two weeks ago, was satisfied with his own performance.

"Just to be selected was an honor, and I was really happy with the way I ran," said Zamir. "I went out pretty fast — a lot faster than I do in any other race — and I made



The members of the relay team this year are (from left) Lawrence Williams.

some smart moves, but I ran out of energy in the last lap."

Zamir gave his thanks to his coaches for their help. "My coaches went to the track to help me out, and I know the attention they dedicated to me."

Zamir is one of the top athletes in the Ridgewood indoor track program, known for his quality and strength yet agility. He was a top performer at the New York City Track Classic at New York City Track Center.

Chief among the

... to national glory



GARY JUNG/STAFF PHOTOGRAPHER

4 x 800 Ridgewood High School indoor relay team that recorded the fastest time in the county (from left) senior Dave Maher, sophomore Mike Cator, senior Erik Nygaard and sophomore Byron Williams.

It then I started to
the last 400 meters or

thanks to those who
games.

the extra distance to
ally appreciated the
ed to me," he said.
he highlights on a
track team packed
e Maroons showed
in on Monday night,
manances in the Varsity
York City's Army

successes was the

accomplishment of the 4 x 800 boys relay
team, which, running without Zamir,
clocked the best time in the United States
this year - an 8:01.7. The quartet com-
prised Erik Nygaard, Byron Williams,
Mike Cator and Dave Maher.

Nygaard led off the foursome with a
2:01.1 split, while Williams ran a 1:59.6
and Cator a 2:00.5. Maher matched
Cator's time on the anchor leg.

Meanwhile, senior Gabe Knutson
nailed 15 feet again in the pole vault to fin-
ish second and also won the triple jump
with a personal best of 44 feet, 10 inches.

For the Ridgewood girls, the 4 x 800
relay team of Justine Lupo, Cristina Law,

Diana Mangam and Emily Terrin finished
second in an area-leading time of 9:49.1.

"You don't get this kind of caliber year
in, year out," said Mullin of his boys and
girls. "We're at a very high level, especial-
ly the seniors, and we have some lofty
goals to match that. We are looking at
nationals, particularly for the boys,
because we know we can compete at that
level."

Next week, Ridgewood will compete in
the county relays and county individual
championships.

Matt Potter's e-mail address is
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... done, and ...
caution two days earlier. Facing a
high-quality Montclair team, the

On Tuesday, Ridgewood fell to
Teaneck 46-43, in a game that

Dev II

Tue 2/10/04

55m:

Boys-

Novice- Dan Kahn- 7.1, Brian Climente- 7.3, Dan Maniaci- 7.9, Eugene Mok- 7.2,
Frank Nestor- 7.7

Frosh- Andrew Genova- 7.1/7.1/7.0 (4th), Jason Lee- 8.1,

Girls:

Varsity- Shanelle Oliver- 7.7, Ashley Carri- 7.8, Lani Caldwell- 7.8

Novice- Anne Ohlger- 8.6, , Kathleen Verceglia- 8.8, Jen Norchi- 9.3

Frosh- Clara Cheung- 8.5/8.5, Jill Duarte- 9.7, Devon Fromm- 9.6, Erica Seidenberg- 9.6,
Alice Wisener- 8.3/8.3, Christina Garcia- 9.7

55m HH:

Boys-

Novice- Joe Nagano- 8.8, John Moody- 9.3, Steve Pierce- 10.2

Frosh- Matt Lavin- 10.6

Girls-

Novice- Mary Nash- 10.5, Cassie Wong- 10.0/9.9/10.0 (4th)

Frosh- Lara Que- 9.5/9.4/10.0 (3rd)

4 x 800m:

Boys-

Novice- Ok Onwubu, Steve Pierce, Charlie Falk, Jeremy Schmidt

9:28.1 (3rd) 2:18.1 2:20.2 2:23.6 2:26.3

Girls-

Novice- Meredith Jones, Cassie Wong, Rosa Dillon, Marya Goodman

11:34.5 (3rd)... 2:41.9 2:57.2 3:06.1 2:49.1

200m:

Boys- Novice- Dan Kahn- 26.5, Brian Climente- 27.0, Dan Maniaci- 27.9, Eugene Mok- 27.0, Frank Nestor- 28.3, Joe Nagano- 26.1, John Moody- 25.9, Julien Chamoun- 28.4

Frosh- Andrew Genova- 25.7 (4th), Jason Lee- 31.2, Matt Lavin- 29.2, Dave Stolfo- 30.0

Girls:

Novice- Kathleen Verceglia- 34.7, Shanelle Oliver- 30.9, Ashley Carri- 29.9, Lani Caldwell- 31.2

Frosh- Clara Cheung- 32.2, Jill Duarte- 37.1, Devon Fromm- 35.8, Erica Seidenberg- 36.7, Alice Wisener- 31.5, Lara Que- 29.3, Christina Garcia- 37.3

800m:

Boys:

Novice- Nick Norell- 2:33.2,

Frosh- Dave Stolfo- 3:02

Girls- Meredith Jones- 2:39.4 (1st), Rosa Dillon- 3:12, Grace Ahn- 3:30.9, Grace Kim- 3:32.8

4 x 400m:

Novice-

Boys- (1) John Moody, Eugene Mok, Ok Onwubu, Steve Pierce
3:53.6 (2nd) 59.3 58.7 57.5 57.7

(2) Dan Kahn, Charlie Falk, Brian Climente, Joe Nagano
4:04.9..... 59.1 63.3 62.3 60.3

Frosh-

Andrew Genova, Dave Stolfo, Matt Lavin, Jeremy Schmidt
4:19.3 (5th)..... 58.7 72.7 67.9 59.9

Girls:

Cassie Wong, Meredith Jones, Rosa Dillon, Kathleen Verceglia
5:03.5..... 70.6 73.4 81.4 78.1

Frosh- Clara Cheung, Marya Goodman, Alice Wisener, Lara Que
5:01.5 (4th)..... 73.5 74.5 77.1 76.3

County Relays

4 x 1600m:

Boys: Eric Nygaard, Mike Cator, Kyle Engelken, Ari Zamir
19:20.0 (1st) 4:29.0 4:43.0 4:43.6 5:24

Girls: Steph Westerman, Meredith Jones, Daina Mangam, Cassie Wong
23:49.0 (3rd) 5:58.2 5:50.9 5:43.0 6:18

4 x 55m HH:

Boys: Brian Davis, Joe Nagano, Julien Chamoun, Matt Lavin
38.0 9.5 8.6 9.6 10.2

Girls: Mary Nash, Lara Que, Cassie Wong, Keri Norton
38.2 9.7 9.3 9.4 10.0

4 x 200m:

Boys: Andrew Genova, Ok Onwubu, Joe Nagano, Jake Ricciardi
1:43.9 25.3 25.9 25.6 27.1

Girls: Jackie Tyler, Jessica Kresja, Lani Caldwell, Shanelle Oliver
1:57.0 28.7 29.8 29.3 29.9

4 x 800m:

Boys: Dave Maher, Brian Davis, Mike Cator, Byron Williams
8:07.3 (2nd) 2:02.2 2:02.1 2:02.8 2:00.2

Girls: Diane Mangam, Steph Westerman, Meredith Jones, Christina Law
10:30.4 (3rd) 2:37.4 2:35.9 2:47.4 2:29.8

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

Boys: Byron Williams, Andrew Genova, Ok Onwubu, Ari Zamir
3:45.2 (3rd) 58.2 25.5 24.5 1:57.1

Girls: Jackie Tyler, Lara Que, Lani Caldwell, Christina Law
4:38.7 (3rd) 64.1 30.6 28.6 4:38.7

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

Boys: Erik Nygaard, Andrew Genova, Kyle Engelken, Ari Zamir
11:08.3 (1st) 3:25.9 56.2 2:09.6 4:36.6

Girls: Diane Mangam, Jess Kresja, Meredith Jones, Steph Westerman
14:02.6 (4th) 4:12.0 68.1 2:46.1 5:56.4

4 x 400m:

Boys: Dave Maher, Byron Williams, Ok Onwubu, Mike Cator
3:38.6 (3rd) 55.3 54.3 54.5 54.4

Girls: Jackie Tyler, Cassie Wong, Kerri Norton, Lani Caldwell
4:43.6 70.5 72.4 69.2 71.5

Long Jump:

Boys: Gabe Knutson, Brian Davis
40'1" (1st) 21'5" 18'10"

Girls: Lara Que, Shanelle Oliver
26'4 3/4" 12'7 1/4" 13'9 1/2"

Triple Jump:

Boys: Gabe Knutson, Brian Climente
80'4 3/4" (3rd) 43'8 1/2" 36'8 1/4"

Girls: Christina Law, Jackie Tyler
32'0" 32'0" F

Shot Put:

Boys: Matt Hendrickson, Andrew Pskowski
61'10" 30'3" 31'7"

Girls: Berit Nelson, Kathleen Willet
56'4" (6th) 29'7" 26'9"

High Jump:

Boys: Gabe Knutson, Brian Davis
11'6" (3rd) 5'8" 5'8"

Girls: Steph Westerman, Christina Law
9'2" (5th) 4'6" 4'8"

Pole Vault:

Boys: Gabe Knutson, Jake Ricciardi
12'6" (3rd) NH 12'6"

Girls: Kerri Norton, Cassie Wong
9'0" (3rd) 9'0" NH

Comments: We came in 3rd out of about 16 teams in the boys meet and came in 5th in the girls meet. Many people had to do multiple events and did a nice job. I think we could have given Hackensack a better run for their money in the boys meet. Keep all your goals in mind, the season is quickly winding down!

County Individual Championships Wed 2/18/04

3200m:

Boys: Ari Zamir- 9:32.7 (1st), Kyle Engelken- 10:12.2

55m:

Boys: Eugene Mok- 7.3, Frank Nestor- 7.7, Andrew Genova- 7.2

Girls- Jackie Tyler- 7.4/7.5, Jess Kresja- 8.3, Shanelle Oliver- 7.7/7.6,
Lani Caldwell- 7.8/8.0

55m HH:

Boys- Matt Lavin- 10.5, Joe Nagano- 8.5

600m:

Boys- Ok Onwubu- 1:31.8

Girls- Christina Law- 1:43.5 (3rd)

1600m:

Boys-

Varsity- Mike Cator- 4:27.0 (1st)

Frosh- Jeremy Schmidt- 5:14.2 (4th), Alex Pruzinsky- 5:28.5, Brian Stolfo- 6:16.4

Girls:

Varsity- Meredith Jones- 5:38.9 (3rd)

Novice- Rosa Dillon- 6:49.0

1000m:

Boys- Dave Maher- 2:35.2 (1st), Erik Nygaard- 2:38.7 (2nd)

Girls- Steph Westerman- 3:12.2 (2nd), Diana Mangam- 3:12.7 (3rd)

300m:

Boys-

Novice- Eugene Mok- 40.1, Joe Nagano- 40.3, Frank Nestor- 43.2

Frosh- Andrew Genova- 39.4 (1st)

Girls-

Novice- Cassie Wong- 46.1 (1st)

800m:

Boys- Nick Norrell- 2:24.6

4 x 400m:

Boys:

Frosh- Jeremy Schmidt, Alex Pruzinsky, Matt Lavin, Andrew Genova

4:10.8 (2nd) 59.2 67.1 64.6 59.9

Shot Put:

Boys- Matt Hendrickson, Andrew Pskowsky, Dave Kim

Girls- Kathleen Willet, Beret Nelson

Pole Vault:

Boys- Jake Ricciardi- 12'6" (2nd)

Long Jump:

Triple Jump:

Boys- Brian Climente

Girls- Christina Law- 34'1" (5th)

<u>Pentathlon:</u>	<u>Shot Put</u>	<u>HH</u>	<u>HJ</u>	<u>LJ</u>	<u>1000m</u>	<u>Pts</u>	<u>Place</u>
Gabe Knutson	43'2"	8.1	5'6"	6.61m	2:57	3259	1 st
Brian Davsi	32'3"	10.1	6'0"	5.78m	2:39	2931	4 th

Comments: A Great Meet! Many people got personal bests and as you can see, we got many places. Congratulations to all in this meet. Super Effort!

Sports

Maroons take four gold in BC championships

BY DENNIS WILSON
Correspondent

Ridgewood runners dominated the distance events in the 2004 Bergen County Winter Track & Field Championships contested at the Armory Track Center in New York City on Thursday, Feb. 19. Mike Cator, Dave Maher and Ari Zamir picked up the gold medals in the distances between 1000 and 3200 meters.

Maher was fastest to the finish in the 1000-meter run, breaking the tape in

2:35.2 while teammate Erik Nygaard finished fourth in 2:39.0. Cator placed first in the metric mile, winning the 1600-meter run in 4:27.0 while Zamir won the 3200-meter run with a clocking of 9:32.7.

2004 Bergen County Winter Track & Field Championships

Boys Division

1000-Meter Run: 1. Dave Maher (Ridgewood) 2:35.2;

4. Erik Nygaard (Ridgewood) 2:39.0

1600-Meter Run: 1. Mike Cator (Ridgewood) 4:27.0

3200-Meter Run: 1. Ari Zamir (Ridgewood) 9:32.7

Pole Vault: 2. Jake Ricciardi (Ridgewood) 12-6

Pentathlon: 1. Gabe Knudsen (Ridgewood) 3259;

4. Brian Davis (Ridgewood) 2931

Girls Division

600-Meter Run: 3. Christina Law (Ridgewood) 1:43.6

1000-Meter Run: 2. Stephanie (Ridgewood) 3:12.5;

3. Diana Mangam (Ridgewood) 3:13.1

1600-Meter Run: 3. Meredith Jones (Ridgewood) 5:39.1

Ridgewood track stars excel in championship

BY MATT POTTER
Staff Writer

NEW YORK, N.Y. — Gabe Knutson's stirring pentathlon victory was the highlight of a fine evening of competition by the Ridgewood High School track team at last Thursday's Bergen County Championships.

Senior Knutson was one of four Maroon competitors to be crowned county champion at the 168th St. Armory Track Center meet, and his victory could not have been closer.

For six events, Knutson and Dan Oquendo of Hackensack were neck-and-neck, and the Ridgewood man was just a few points ahead by the time the final event, the 1,000 meters, rolled around.

In order to clinch the championship, Knutson had to ensure that he either beat Iquendo or finished no more than two or three seconds behind him. The mission was accomplished — just.

"Gabe hung on the kid's shoulder, they sprinted for home, and it was a real lean-at-the-tape finish," recounted Maroon track head coach Mike Mullin. "The Hackensack kid won, but not by enough to win the pentathlon overall."

Knutson had 3,259 points in the event, ahead of Oquendo's 3,246. Knutson's breakdown: the high hurdles in 8.4, 42 feet, 8-and-a-quarter inches in shot put, 5 feet, 6 inches in high jump, 21 feet, 8-and-a-quarter inches in long jump and 2:58.0 over 1,000m.

"This is the only time the kids do the pentathlon in the winter, and it was a really well-contested event," said Mullin. "Gabe enjoyed it. He gave it everything he had, and he did some great things."

Also gaining first-place honors was Ari Zamir in the 3,200m. The

senior has been concentrating mostly on the mile this winter, but he competed in the two-mile on this occasion and recorded a 9:32.7, his best-ever time in the distance.

"He had it in his mind that he was going to win," said Mullin. "He really wanted to get out there and do a fast time."

Meanwhile, Mike Cator won the mile in 4:27.0 in Zamir's absence, while Ridgewood came first and fourth in the 1,000m. Dave Maher's 2:35.2 gave him the win, with Erik Nygaard fourth in 2:39.0.

Jake Ricciardi was second in the pole vault with a leap of 12 feet, 6 inches, and Brian Davis was fourth in the pentathlon (2,931 points).

On the girls' side, the Maroons were once again missing some of their top competitors, but it did not stop the remaining athletes from turning in some impressive performances.

Emerging talent Meredith Jones shined in the mile, recording a personal-best 5:39.1 for third, and Ridgewood took second and third in the 1,000m, through Stephanie Westerman (3:12.5) and Diana Mangam (3:13.1).

Freshman Cristina Law ran 1:43.6 for third in the 600m and also nailed a personal-best 34 feet, 2-and-three-quarter inches for fourth in the triple jump.

"I'm happy with this meet, especially coming after the county relays," said Mullin. "At the relays, I was a bit disappointed that we didn't win and that we didn't run as well as we could, so this was a nice way to come back from that."

"We ask the kids to pick an event that they want to focus on," added the coach. "Most of them accomplished some nice goals, and we got a few personal bests."

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

TRACK

Hopes run high

RHS prepares for Eastern Championships

BY MATT POTTER
Staff Writer

RIDGEWOOD – The Ridgewood High School track team has its sights set high for next Tuesday's Eastern States Championships at the Armory Track Center in New York City.

As well as having a handful of competitors in individual events, the Maroons also send teams to run in the boys distance medley relay and the girls 4 x 800, and head track coach Mike Mullin is ambitious about Ridgewood's chances.

"We have some nice goals, and they are lofty goals," said Mullin. "We would like to do well in the distance medley and also run the fastest time in the county in the 4 x 800."

"From now on, it's the higher caliber kids who are left," added the coach. "It's nice to see them given a chance to show what they can do."

The only disappointment for Mullin is that it is not feasible to enter a boys 4 x 800 team, despite Ridgewood owning the year's fastest time in the nation in that event. However, the distance medley and the 4 x 800 races are just a half-hour apart at the Easterns, which is not nearly enough recovery time for the runners.

"I would love to enter a team in the 4 x 800," admitted Mullin, "but I do feel we have a good chance in the distance medley, and we have already qualified for the Penn Relays in the 4 x 800."

A beta version of that medley team cantered to an easy victory in 11:08.3 at the Bergen County Relays at the Armory this past Tuesday. The foursome comprised Erik Nygaard, Andrew Genova, Kyle Engelken and Ari Zamir, but its success was one of few highlights for the Maroons.

Ridgewood's boys were third overall

with 66 points, trailing second-place Don Bosco by a point and winner Hackensack by 19.

Meanwhile, the under-strength girls, missing distance standouts Justine Lupo, Emily Terrin and Maggie Harms among others, had 36 points to finish fifth. Winner Hackensack accrued 85.

"I was a little disappointed with the boys meet, as I did think we had a shot at winning it," said Mullin. "I anticipated winning or at least coming a close second, but, unfortunately, it didn't work out that way. The county relays is a good team meet, and it's one I always like to shoot for."

Aside from the distance medley quartet, the Maroons also won in the long jump, where Gabe Knutson and Brian Davis teamed for a combined leap of 40 feet, 1 inch, and, in the 4 x 1600, Nygaard, Mike Cator, Engelken and Zamir were the runners in that routine 19:21.3 triumph.

The 4 x 800 team of Dave Maher, Cator, Byron Williams and Davis came in second in 8:07.3. Don Bosco's winning time in the event – 8:03.5 – was less than two seconds slower than the nation-leading time (8:01.7) recorded by Ridgewood the previous week.

"I knew Don Bosco had their best 4 x 800 team, and we didn't," said Mullin. "I thought we could be competitive and perhaps even beat them if they had a down day and we had an up day. But Bosco's third leg did us in a bit."

Ridgewood was third in the sprint medley (Williams, Oke Onwubu and Genova clocking 3:45.3), high jump (Knutson and Davis combining for 11 feet, 4 inches) and triple jump (Brian Clementi and Knutson combining for 80 feet, 4-and-three-quarter inches).

The Maroons were also third in the pole

See TRACK, page C4

TRACK from C1

vault – an event they should have won. Knutson, the Bergen County indoor record holder, had a rare off day and failed to clear 13 feet, leaving Jake Ricciardi to clinch third with a vault of 12 feet, 6 inches.

Mullin praised the contributions of Davis, who competed strongly in four events, and Zamir, who was involved in three races despite an injury.

For the girls, the 4 x 1600 team of Stephanie Westerman, Diana Mangam, Meredith Jones and Cathy Wong finished third in 23:52.1. Also on the track Mangam, Jessica Krejsa, Jones and Westerman joined together for third in the distance medley with time of 14:02.8.

Easterns

Tues 2/24/04

Boys Distance Medley:

Erik Nygaard, Byron Williams, Dave Maher, Ari Zamir
10:23.52 (6th)... 3:10.9 53.2 2:01.1 4:17.9

Girls 4 x 800m:

Christina Law, Emily Terrin, Diana Mangam, Justine Lupo
9:45.84... 2:26.9 2:22.7 2:32.8 2:22.9

2 mile:

Kyle Engelken- 10:01.50

1 mile:

Mike Cator- 4:26.79 (4th), Brian Davis- 4:37.49

55m:

Jackie Tyler- 7.83

Triple Jump:

Gabe Knutson- 44'6" (2nd)

Pole Vault:

Boys- Gabe Knutson- 15'0" (2nd), Jake Ricciardi- NH

Girls- Kerri Norton- 9'6" *** *New School Record* ***

Comments: Tremendous! Awesome job by: Gabe for placing 2nd in 2 events, Mike Cator for placing 4th in the mile, the boys DM for getting 6th in a great time, the girls 4 x 800m for qualifying for nationals and running the fastest time in the county this year, and for Kerri getting a new school record in the pole vault. Super job!

Hackensack's Walker jumping to the top

By **PAUL SCHWARTZ**
STAFF WRITER

NEW YORK — Consandria Walker doesn't like the attention she's getting as one of the top triple jumpers in the nation. "I don't like it that people sometimes are afraid of me when I'm jumping against them," said the Hackensack sophomore, who snapped back from an injury to win the Eastern States girls title Tuesday night with a leap of 39-3, the second longest in the country this winter by a high school girl.

Walker is one of three North Jersey performers to win titles in the meet at the Armory Track Center.

Mohamed Khadraoui of Kennedy came up short in his goal to set a State record in the two mile, running 9 minutes,

times," said Walker, who eschewed the long jump and 55 meters — both events she could have contended in — to run on a 4 x 200 relay in the limited-entry meet (two events per athlete). "I know I wanted to jump in the triple-jump finals last spring but they recorded a jump of mine wrong, so I didn't make [State] finals."

And not even a recent series of somewhat unusual injuries could stop Walker. Two weeks ago she spiked herself on her final long jump in winning the Varsity Classic. She then injured her left ankle running a leg of the 4 x 400 relay last week, and skipped the Bergen County championships Feb. 18. Tuesday brought another freak injury when she was spiked in the finger while running in the 4 x 200 trials before the triple-jump finals.

"I'm not a klutz," Walker said with a

laugh. "Sometimes things just seem to happen to me."

Khadraoui's time was disappointing at he wanted to break Kevin Byrne's record of 8:59.7 set over a quarter-century ago. But he was forced to take the pace immediately, and after Carlos Jamieson of North Rockland fell off the pace after three-quarters of a mile, he ran the rest of the race alone, winning by more than a half-lap.

Val Sisti of DePaul was second in the long jump at 22-1.1, the third straight meet he missed 23 feet by an inch or less. Gabe Knutson of Ridgewood took second in the triple jump and pole vault.

The Ridgewood distance medley relay was sixth in 10:23.52, and likely qualified for the Penn Relays.

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INDOOR TRACK EASTERN STATES

12.36 seconds despite being unchallenged. Brian Horton of Hackensack scored an upset in the boys triple jump, with a personal-best 45-2½.

Walker, meanwhile, has earned a reputation as a tough athlete to beat no matter what event she's in.

Her career-best leap of 39-3 on her first attempt won the competition by nearly 2 feet over defending outdoor State triple-jump champ Collette DeBenedetto of Mountain Lakes. DeBenedetto was second at 37-4.

"I really don't know Collette even though I've jumped against her a few

EASTERN STATES CHAMPIONSHIPS AT THE ARMORY TRACK CENTER

Boys

55 — 1. Lewitt Boyd, Mt. Vernon (NY), 6:47; 2. Sullivan Parker, Bergenfield, 6:59.

55HH — 1. Saidu Elikas, Port Richmond (NY), 7:43.

200 — 1. Adian Sanderson, Ewing, 21.34 (record, old record, 21.62 by Washington Township, 2002); 5. Andrew Anderson, Montclair, 22.69.

400 — 1. Sanderson, Ewing, 47.76.

800 — 1. Greg Gomez, Franklin, 1:52.86.
1 Mile — 1. Jon Anderson, Cinnaminson, 4:22.71; 4. Mike Cator, Ridgewood, 4:26.79.

2 Mile — 1. Mohamed Khadraoui, Kennedy, 9:12.28; 5. Paul Kornaszewski, Clifton, 9:42.74; 6. Chris Guerriero, Saddle Brook, 9:45.45.

Shot put — 1. Eli Ash, Willingboro, 60-01½; 7. Jason Maier, New Milford, 53-6¼.

High jump — 1. Kyle Calvo, Somerville, 6-10; Tie between James Neville, Haldane (Mass.), Nick Syzonemko, Randolph, Tom McCarthy, Saddle Brook and Oderick Turner, Teaneck, 6-2.

Long jump — 1. Kyle Calvo, Somerville, 23-3; 2. Val Sisti, DePaul, 22-11; 12. Anthony Pomo, Saddle Brook, 21-1.

Triple jump — 1. Brian Horton, Hackensack, 45-2¼; 2. Gabe Knutson, Ridgewood, 44-6¼; 10. Brian Voorhis, River Dell, 41-1¼.

Pole vault — 1. Adam Sarafian, Ocean Twp., 16-¾ (record, old record, 15-10 by Bill Hartley, Southern Ocean, 1976); 2. Gabe Knutson, Ridgewood, 15-0; 9. Adam Sacher, Pascack Valley, 14-0.

4 x 200 relay — 1. Camden, 1:26.90 (national and meet record, old national record, 1:27.09 by Deep Creek (Va.), 2002, old meet record, 1:28.05 by Vineland, 2003).

4 x 400 relay — 1. Newburgh Free Academy, 3:21.22; Hackensack, 3:28.51.

4 x 800 relay — 1. Shenendehowa (N.Y.), 7:55.15; 6. Don Bosco, 8:05.32 (Brent Napoleon 2:01.7; Anthony Amato 2:04.0; Alex Wechsler 1:56.3; Greg Wyka 2:03.4).

Distance medley — 1. Pope John, 10:18.08; 6. Ridgewood, 10:23.52 (Erik Nygaard 3:10.9; Byron Williams 53.8; Dave Maher 2:00.9; Ari Zamir 4:17.9); 11. Indian Hills, 10:36.19.

GIRLS

55 — 1. Shonda Jackson, East Orange Campus, 7:14; 2. Sophia Wallace, Montclair, 7:15.

55HH — 1. Tramaine Shaw, Piscataway, 8:10; 5. Michelle Smith, Teaneck, 8:50 (8.31 in trials).

200 — 1. Avionne Sloan, Camden, 25.11; 7. Alison DiDomenico, Passaic Valley, 25.91 (trials).

400 — 1. Dominique Blake, Truman (N.Y.), 55.23.

800 — 1. Ellen Dougherty, Riverhead (N.Y.), 2:11.35 (record, old record, 2:15.17 by Nana Hanson-Hall, New Rochelle, 2003); 8. Stephanie Herrick, Wayne Valley, 2:20.19.

1 Mile — 1. Laura Cummings, Bay Shore (N.Y.), 5:01.62.

2 Mile — 1. Jen Clausen, Jackson, 11:00.55; 4. Jacqui Carroll, Wayne Valley, 11:20.96; 9. Jenna Bauberger, Indian Hills, 11:51.03.

Shot put — 1. Lizzelle Cintron, Elizabeth, 43-11¼; 5. Andrea Cerbie, NV/Old Tappan, 38-4¼.

High jump — 1. Lauren Biscardi, Shoreham-Wading River (N.Y.), 5-8.

Long jump — 1. Collette DeBenedetto, Mountain Lakes, 18-5¼; Danielle Kroll, Indian Hills, 17-0.

Triple jump — 1. Consandria Walker, Hackensack, 39-3; 10. Danielle Kroll, Indian Hills, 35-0.

Pole vault — 1. Danielle O'Reilly, Shawnee, 13-0 (record, old record, 12-10 by Amy Linnen, Mt. Sinai (N.Y.), 2000).

4 x 200 relay — 1. Bellport (N.Y.), 1:44.94; 8. Teaneck (1:46.42 in trials).

4 x 400 relay — 1. Harry S Truman (N.Y.), 3:59.31; 10. NV/Old Tappan, 4:07.33; 12. Wayne Valley, 4:07.83.

4 x 800 relay — 1. Suffern (N.Y.), 9:19.21; 11. Ridgewood, 9:45.84; 12. IHA, 9:47.16.

Distance medley — 1. Warwick Valley (N.Y.), 12:03.21.

EASTERNS from C1

meters).

In the individual events, Gabe Knutson continued his remarkable winter with second places in both the triple jump (44 feet, 6-and-a-half inches) and pole vault (15 feet). This was despite the fact that both events were held simultaneously, requiring the senior constantly to move from one to the other to compete.

Jake Ricciardi no-heighted in pole vault, which began at 13

feet, 6 inches.

Mike Cator was fourth in the mile (4:26.79), and Brian Davis was 20th (4:37.49), while Kyle Engelken ran 10:01.50 for 10th in the two-mile.

Kerri Norton's 9-foot, 6-inch effort in girls pole vault gave her ninth place while also breaking the indoor school record. It was also the best height reached by a girl in the county this winter.

Jackie Tyler was in the preliminaries for the 55-meter hurdles.

TRACK

Relay quartet leads Maroons

BY MATT POTTER
Staff Writer

NEW YORK, N.Y. — The girls on the 4 x 800 relay team became the latest Ridgewood High School athletes to qualify for next month's nationals, as the quartet pulled off one of several stellar performances by the Maroons at Tuesday's Eastern States Championships at the Armory Track Center.

With Emily Terrin running her fastest indoor time by six seconds — 2:22 on the second leg — the team came home in a time of 9:45.84 for 11th place.

"It was the best time in the county this winter, and it qualifies them for the Nationals (on March 12 through 14)," said Ridgewood head coach Mike Mullin. "It was a nice accomplishment for them."

Cristina Law led off the foursome with a 2:26 leg, followed by Terrin, who handed off to Diana Mangam, who ran a 2:32 split. Anchor Justine Lupo recorded 2:22.

And the 4 x 800 runners were not the only Ridgewood athletes who turned in strong performances at the Easterns. The high number of Maroons at the Armory was testament to the team's strength.

"More of our kids qualified this year than in previous years," said Mullin. "The seniors we have are a tremendous group. They are very talented, and we are lucky to have them here."

"I'm very pleased with the effort we put in, and the kids were excited by their accomplishments," continued Mullin. "They knew this was one of the best meets in the nation, and the times are always some of the best. There are always big things that happen at the Easterns."

Also for Ridgewood, the distance medley boys team was sixth in 10:23.52. Comprising the group was Erik Nygaard (3:10 over 1,200 meters), Byron Williams (53 seconds, 400 meters), Dave Maher (2:01, 800 meters) and Ari Zamir (4:17, 1,600

See EASTERNS, page C2

State Meet of Champs Sun 2/29/04

800m:

Byron Williams- 2:03.71

1600m:

Ari Zamir- 4:23.04 (5th), Dave Maher- 4:29.98

INDOOR TRACK

RHS has seventh-best time in U.S. history

BY MATT POTTER
Staff Writer

NEW YORK, N.Y. — Ridgewood wrapped up the indoor track season in style last weekend, recording the seventh-fastest 4 x mile relay time in U.S. high school history.

The feat came at the National Scholastic Indoor Championships at the Armory Track Center, where the Maroon foursome of Erik Nygaard, Mike Cator, Dave Maher and Ari Zamir finished in 17:45.2.

Unfortunately for Ridgewood, however, two other schools ran even faster. Both Shenendehowa, N.Y., (17:25.98) and Red Bank Regional (17:28.88) surpassed the previous national record of 17:29.6, which had stood for 30 years, to finish first and second, respectively.

Nevertheless, Ridgewood's time was the fastest ever indoors by a North Jersey team, and head track coach Mike Mullin was full of praise for his quartet.

"They ran very well; hats off to them for being the third-best in the nation," said Mullin. "The placing was great, as a top-three finish is considered All-American status, and the time was excellent. We thought we could run 17:40, and we weren't far off it. The kids did an awesome job."

Nygaard ran the first leg in 4:28.5, followed by the 4:27.8 of Cator. Maher ran the third leg in 4:26.6, then Zamir anchored the quartet home in 4:22.2.

And, fresh from that triumph, three of the four went on to compete in the 4 x 800, where Ridgewood came home sixth in a time of 8:00.14. Nygaard, Maher, Zamir and Byron Williams were

the quartet.

"It's tremendous to be able to place at nationals," said Mullin, who picked out Nygaard's 1:58 leg as the best of the performances. "For the boys to be in the top six in the country is quite an accomplishment, and it doesn't get much better than that."

The Maroons also had a girls 4 x 800 relay team involved at the meet, and the foursome of Cristina Law, Diana Mangam, Emily Terrin and Justine Lupo was 15th in 9:40.87. Mullin was especially impressed with the opening leg of freshman Law, who ran a 2:23.

"It was a solid effort all through," said the coach. "Law ran a great opening leg, but there were no real standouts, just some really nice performances from everyone."

Ridgewood's only other athlete competing was Gabe Knutson. The multi-event athlete combined his talents to take part in the pentathlon, where he finished 23rd with 3123 points.

"Gabe did not have a great day," admitted Mullin. "It was a combination of him not feeling up to his best and the level of competition being very high at nationals."

The meet marks not only the end of the winter season, but also the end of the high school indoor careers of the Ridgewood seniors who have made this a record-breaking, banner year.

While the Maroon have many talented youngsters ready to step in Mullin acknowledged it would be difficult to reach the same heights again.

"We have come to the end of an era," he said. "This is a special group, and we are not going to get another one like it again."

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

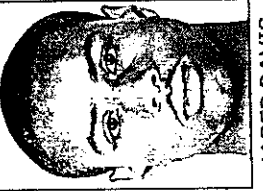
ALL-BERGEN COUNTY BOYS INDOOR TRACK



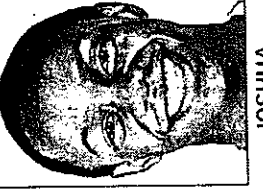
SULLIVAN PARKER
Bergenfield



JEREMY PERUSSI
NV/Demarest



JARED DAVIS
Don Bosco



JOSHUA SIMMONS
Hackensack



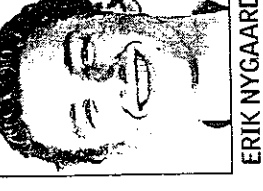
ALEX WECHSLER
Don Bosco



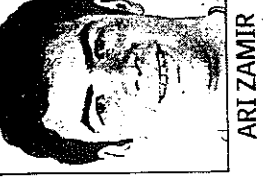
RYAN MCCANN
Glen Rock



DAVE MAHER
Ridgewood



ERIK NYGAARD
Ridgewood



ARI ZAMIR
Ridgewood



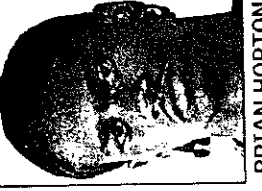
CHRIS GUERRIERO
Saddle Brook



JASON MAIER
New Milford



ODERICK TURNER
Teaneck



BRIAN HORTON
Hackensack



ADAM SACHER
Pascack Valley



GABE KNUTSON
Ridgewood



BYRON WILLIAMS
Ridgewood



MIKE CATOR
Ridgewood



ANTHONY AMATO
Don Bosco



BRENT NAPOLEONE
Don Bosco



GREG WYKA
Don Bosco

HONORABLE MENTION

55 (6-7): 55 HH (8.3); 300 (35.0); 400 (54.5); 600 (1:30.0); 800 (2:05.0); 1,000 (2:50.0); 1,600 (4:45.0); 3,200 (10:40.0); Shot put (45-0); Long jump (19-6); Triple jump (40-0); High jump (5-10); Pole vault (11-0).

Chris Calantone (HH), Stai-Sean Lyew (300), Tony Naimo (1,000; 1,600), Mike Orlando (400) and Chris Wilk (600; 1,000), Bergen Catholic; Harold Blyden (TI) and Teddy Karos (SP), Bergenfield; Sean Dew (300), Bergen Tech; James Lagreca (1,600; 3,200) and Sam Lee (55), Northern Valley/Demarest; Anthony Amato (600), Pat Flinn (300), Chris Gonzalez (HH; Pent.), Claude Guinchard (HH; TI), Keith Gross (1,000), Joe Marcoux (LI; TI; HI), Jack McDonnell (3,200) and Greg Wyka (1,000), Don Bosco; Dean Spirito (PV), Dumont; Jordan Pettway (HI; TI), Englewood; Andrei Ollifer (1,000; 1,600; 3,200), Ilya Pashantsev (55), Eugene Reshetov (1,000), Anton Revenkov (600), Ilya Tepitskiy (600), Peter Tjonas (HH; 300; PV) and Marjoe Williams (HI; TI), Fort Lee; Andrew Brittan (55; LI), Eddie Cabo (HH), Stuart Cohen (PV), Dan Francavilla (PV), Mark Hamulak (HH), Robert Mozia (SP); Matt Nowicki (PV), Hackensack; Dan (400; 800), Dan Kroner (SP), Garret Kroner (55; 300) and Daryl Lewis (SP), Indian Hills; Brian Doyle (1,600) and Jimmy Walker (400; 600), Mahwah; Tom Finnerty (3,200); Pat McKeever (1,000; 3,200) and Jimmie Walker (1,000), Midland Park; Jack Kaymer (SP) and Dondarrin Meza (55), New Milford; PJ Pica (HH), Northern Highlands; Leo Albanese (SP) and Calvin Lee (1,600), Joe Johnson (HH; 400; 600), Chris Liberti (300) and Nick Paolazzi (3,200), Edgar Cepeda (600), Paramus Catholic; Steve Gusek (400), Park Ridge; Scott Atkins (HH; HI) and Andrew Fontana (HH; HI), Pascack Hills; Will Nowicki (3,200), Pascack Valley; Manuel Fraga (400) and Tom O'Connell, Ramsey (Pent.); John Scibetta (55), Ridgeland; Brian Alex Crabb (400) and Frank Valente (1,000), Queen of Peace; Eric Pfeiffer (800), Ramapo; Alex Crabb (400), Christian Jensen (PV) and Byron Williams (600; 800; 1,600), Ridgewood; Keith Brunner (HH; HI), Mike Fonder (800; 1,000), Todd Hamilton (3,200), and Jon Turetsky (HH; TI), Frank Viola (SP), Rutherford; Brian Gilbert (55) and Odarius Turner (TI), Teaneck; Steven Han (TI), Justin Park (TI), Hassel Takahashi (HH) and Yun Yi (HH), Tenafly; Tim Vroom (1,600), Waldwick; Jake Stass (55), Westwood.

4 x 400 relay (3:40.0) — Bergen Catholic, Fort Lee, Midland Park, Paramus, Teaneck.
4 x 800 relay (8:45.0) — Hackensack, Ramsey, River Dell, Saddle Brook, Westwood.

SECOND TEAM

55: MICHAEL RAY GARVIN, Don Bosco, Jr.
55 HH: DAN OQUENDO, Hackensack, Junior
300: MATT ST. GERMAIN, Queen of Peace, Jr.
400: MICHAEL RAY GARVIN, Don Bosco, Jr.
600: BRENT NAPOLEONE, Don Bosco, Junior
800: MATT FILANDRO, Indian Hills, Senior
1,600: MIKE CATOR, Ridgewood, Sophomore
3,200: MATT KLYPKA, Indian Hills, Senior
Shot put: STEVEN KIM, Fort Lee, Junior
HI: TOM MCCARTHY, Saddle Brook, Senior
LI: ANTHONY POMO, Saddle Brook, Junior
TI: MARQUIS MITCHELL, Bergenfield, Senior
PV: IAN STRAUGHTER, Hackensack, Senior
4 x 400 relay: DON BOSCO (Pat Flinn, Sr.; Anthony Amato, Jr.; Jared Davis, Jr.; Alex Wechsler, Sr.)
Pentathlon: DAN OQUENDO, Hackensack, Jr.

THIRD TEAM

55: FRANK LABOY, Hackensack, Junior
55 HH: ANTHONY POMO, Saddle Brook, Jr.
300: ILIA PASHANTSEV, Fort Lee, Junior
400: RYAN MILLS, Ramsey, Senior
600: SHAROD REEVES, Teaneck, Senior
800: RYAN MADRID, Paramus Catholic, Jr.
1,000: RYAN MADRID, Paramus Catholic, Jr.
1,600: CHRIS GUERRIERO, Saddle Brook, Jr.
3,200: KYLE ENGELKEN, Ridgewood, Senior
SP: VAUGHN CRENSHAW, Hackensack, Jr.
High jump: DAN OQUENDO, Hackensack, Jr.
Long jump: LESLIE BONJU, Bergen Tech, Sr.
Triple jump: BRIAN VOORHIS, River Dell, Sr.
Pole vault: JAKE RAMSEY (Ryann Mills, Sr.; Simon Pekarsky, Sr.; Alex Crabb, Jr., Alex Lanuto, Jr.)
4 x 800 relay: BERGEN CATHOLIC (Tom Naimo, Sr.; Chris Wilk, Sr.; Mike Orlando, Jr.)
Pentathlon: BRIAN VOORHIS, River Dell, Sr.

First team



ED CABO
Hackensack

55 meters and long jump: SULLIVAN PARKER, Bergenfield, Senior

Set a meet record in the Bergen '55 and took second in the Eastern States' '55. His top long jump of 21 feet 6 1/4 inches at the FDU Field Event Festival 1 added to his win at the NBIL meet.

55-meter high hurdles: JEREMY PERUSSI, Northern Valley at Demarest, Senior

A knee injury suffered in the Bergen meet may have cost him a higher finish than fifth in the State Meet of Champions after a win in the State Group 2 race.

300 meters: JARED DAVIS, Don Bosco, Sophomore

Unheralded member of one of the area's top teams was third in the NNJIL C meet and fourth in the Bergen championships.

400 meters: JOSHUA SIMMONS, Hackensack, Senior

Undeated against local competition, he won the Bergen County championship and qualified for the State Meet of Champions.

600 meters: ALEX WECHSLER, Don Bosco, Senior

Had an area-leading 1:23.2 clocking at the Bergen County meet.

800 meters: RYAN McCANN, Glen Rock, Senior

Had three outstanding 800 races, including a Bergen meet record 1:56.8 in his final race of the winter.

1,000 meters: DAVE MAHER, Ridgewood, Senior

After being part of perhaps the greatest cross-country team in Bergen County history, he had a sterling winter, capping his individual efforts with a 2:35.2 win in the Bergen meet.

1,000 meters: ERIK NYGAARD, Ridgewood, Senior

Another member of the great Ridgewood cross-country team, he shook off illness to beat Maher at the NNJIL A and Ridgewood Winter Games 2 meets at 1,000.

1,600 meters: ARI ZAMIR, Ridgewood, Senior

The Brown-bound distance star ran the fastest indoor Bergen mile in 10 years, 4:15.73 to earn the first bid to the Millrose Games by an area runner in 10 years.

3,200: CHRIS GUERRIERO, Saddle Brook, Junior

He peaked in early February by winning the Group 1 1,600 meters and taking second in the Group 1 3,200

race and helped Saddle Brook win the Group 1 championships.

Shot put: JASON MAIER, New Milford, Senior

One of only three repeaters on first team, he never came close to losing to an area athlete and had a seasonal best of 53-6, placing second in State Group 1 and eighth in the State Meet of Champions.

High jump: ODERICK TURNER, Teaneck, Junior

Won the Spiked Shoe Christmas meet and the Metropolitan Invitational and cleared 6-4 three times.

Triple jump: BRIAN HORTON, Hackensack, Senior

In between injuries, he had an excellent season, posting an upset victory at the Eastern States, jumping 45-2 1/4 and then finishing ninth in the National Scholastic Indoor Classic.

Pole vault: ADAM SACHER, Pascack Valley, Senior

He repeated as an All-Bergen selection and became only the fourth Bergen athlete to clear 14 feet, a height he cleared three times. Finished third at the Metropolitan Invitational and fifth at the Varsity Classic.

1,600 relay: HACKENSACK (Joshua Simmons, Sr.; Ed Cabo, Jr.; Dan Oquendo, Jr.; Mark Hanulak, Sr.; Alex Pierre, Sr.)

The top team in the area ran 3:27.7 to win the Bergen meet and also took fifth in the Eastern States, breaking 3:30 five times.

3,200 relay: RIDGEWOOD (Erik Nygaard, Sr.; Dave Maher, Sr.; Mike Cator, Soph.; Byron Williams, Soph.)

The quartet ran 8:01.7 to win the prestigious Varsity Classic and with Zamir replacing Cator at the National Scholastic Indoor Classic, was sixth at 8:00.14. Nygaard was part of last year's All-Bergen team.

3,200 relay: DON BOSCO (Alex Wechsler, Sr.; Anthony Amato, Jr.; Greg Wyka, Sr.; Brent Napoleon, Jr.)

The quartet won the Metropolitan Invitational and the Bergen Relays and took sixth place at the Easterns, breaking 8:10 four times.

Pentathlon: GREG KNUTSON, Ridgewood, Senior

He won the most dramatic pentathlon in Bergen meet history, holding off Dan Oquendo of Hackensack by 13 points. The versatile athlete also became the first Bergen athlete to clear 15 feet in the pole vault, doing it three times.

ALL-BERGEN COUNTY GIRLS INDOOR TRACK



CONSANDRIA WALKER
Hackensack



MICHELLE SMITH
Teaneck



JANINE DAVIS
Queen of Peace



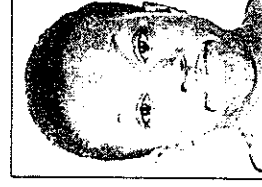
SOPHIA DAVIS
Queen of Peace



CAITLIN HEMMER
IHA



JUSTINE LUPO
Ridgewood



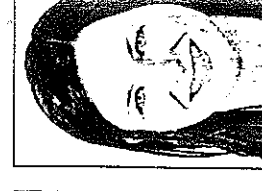
CHEYENNE OGLETREE
Garfield



ANDREA CERBIE
NV/Old Tappan



JESSICA MALACRIDA
Paramus



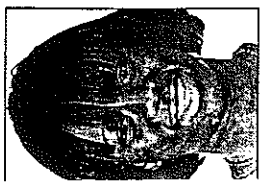
KERRI NORTON
Ridgewood

First team

55, long jump, triple jump: **CONSANDRIA WALKER, Hackensack, Soph.** Was third in State Meet of Champions 55, won Eastern States triple jump with a leap of 39 feet 3 inches, and had top long jump in State at 18-7.
55-meter high hurdles: **MICHELLE SMITH, Teaneck, Junior** Took second in State Group 3 and fifth in State Meet of Champs.
300 and 600 meters: **JANINE DAVIS, Queen of Peace, Junior** Had top performances in New Jersey at six distances from 200 to 1,000 meters and won two State Meet of Champions titles.
400 meters: **SOPHIA DAVIS, Queen of Peace, Sophomore** Moves up from second team after a win in Bergen 400 and second in Group 1.
800 meters: **CAITLIN HEMMER, Immaculate Heart Senior** Earned third straight indoor selection by winning Bergen County title.
1,000 meters: **JUSTINE LUPO, Ridgewood, Senior** Moves up from third team on strength of NNJIL record-tying 3:04.9 win.
1,600 meters: **LISA SINKOVITZ, Immaculate Heart, Junior** Came back from difficult cross-country season with strong win in NNJIL meet.
3,200 meters: **CHEYENNE OGLETREE, Garfield, Junior** Just missed State Meet of Champions medal with County-leading 11:33.
Shot put: **ANDREA CERBIE, Northern Valley at Old Tappan, Senior** Excellent season was capped by Bergen win with personal-best 38-11½ throw.
High jump: **JESSICA MALACRIDA, Paramus, Junior** Set Garfield Invitational record of 5-5, placed in State Group 3 for second time.
Pole vault: **KERRI NORTON, Ridgewood, Senior** Finished strong with win in Bergen meet and County-record 9-6 at Easterns.
1,600 relay: **TEANECK** (Racquel Clark, Soph.; Kadian Dockery, Sr.; Shetoi Francis, Sr.; Michelle Smith, Jr.)
 Ran fastest race of the season, 4:06.1, in winning Bergen championships.
3,200 relay: **RIDGEWOOD** (Cristina Law, Fr.; Diana Mangam, Jr.; Emily Terrin, Sr.; Justine Lupo, Sr.)
 Finished 11th at the Eastern States with a North Jersey-best of 9:45.84, qualifying for the Penn Relays.
Pentathlon: **BRITANNIA FRAZIER, Hackensack, Junior** Set a Bergen meet-record 2,621 points, capped by a 2:31.8 800



RACQUEL CLARK
Teaneck



KADIAN DOCKERY
Teaneck



SHETOI FRANCIS
Teaneck

Chelsea Schifman (SP), Northern Valley/Demarest
 Melissa Hannibal (400), Bergen Tech; Jackie Tiends (LJ), Dumont; Beth Napoda (400) and Vicki Salma (1,600), Fair Lawn; Natalia Abbott (300), Meg Innelta (400) and Angela Van (600), Fort Lee; Shanelle Cross (TJ), Garfield; Christina Patior (600) and Sarah Volkmer (600), Glen Rock; Leanne Atkinson (HJ), Zainab Hanif (800), Tara McVeey (300; 400), Jamilla Morrison (SP), Nicole Robinson (SP), Amma Walcott (55; 300) and Krystal Wyche (LJ; 55), Hackensack; Christina Burke (1,000) and Nicki Gross (600; 1,600; Holy Angels; Emily Battersby (HJ), Lauryn Galda (300), Jen Mueller (800), Diana Orrico (LJ; 55; 300; Stephanie Ortino (300), Jessica Picinic (HJ), Linda Puntasecca (800) and Kerry Taylor (800; 1,600), IHA; Lindsay Arnone (1,600); Liz Blissett (1,600; 3,200); Megan Burke (800), Nadine Jaber (55), Lindsey Jeffas (800; 3,200), and Jessy Steinbeigle (SP), Indian Hills; Jennifer Mathurin (55) and Lauren Zaccane (3,200); Mahwah; Aly Hanson (55; 300), Caitlin Higgins (HJ) and Cassie Thomas (HJ), New Milford; Mormoko Aoe (HH; 400), Amy Levine (3,200), Julia Marshall (55; HH) and Morgan Wade (55), Northern Highlands; Lauren Conroy (800), Ali Ekmeyer (800), Alyssa Fanucci (55; LJ; TJ); Sara Lenihan (800); Catherine Nathans (HH), Shannon Spafford (HJ), Northern Valley/Old Tappan; Shannon Feeney (HH; HJ), Elana Jaucher (LJ), Tori Ko (HH; TJ), Andrea Manis (HH; TJ), Kari Post (TJ; PV) and Jessica Settles (1,000; 3,200), Paramus; Katie Malachowski (3,200) and Lisa VanderVeer (400), Paramus Catholic; Leigh Hoffman (LJ; 55) and Tara LaRezza (800), Pascack Hills; Samantha Hartman (300), Ramapo; Danielle Davis (400), Beth Montana (400; 800) and Lisa Tarulli (400), Ramsey; Ann Brennan (HJ), Karyl McIlwain (TJ), Jessie Seidler (300), Jdilia Sisti (1,600) and Julianne Wiggins (HH), River Dell; Maggie Melanie Kim (PV) and Shauna Kugler (600; 1,600), Seaside Heights; Racquel Clark (TJ), Kadian Dockery (55), Shetoi Francis (55) and DeShadiya Spearman (HH), Teaneck; Alyssa Park (TJ), Tennifer; Geisey Johnson (1,600) and Sara Marty (600), Westwood; Judy Wong (LJ), Wood-Ridge.
4 x 400 relay (4:25.0): Fort Lee, Glen Rock, Indian Hills, Midland Park, Ramsey, Saddle Brook, Westwood.
4 x 800 relay (10:41.0): Fair Lawn, Hackensack, Holy Angels, Indian Hills, Northern Valley/Old Tappan, Westwood.

Teams selected by Bergen County Coaches Association

SECOND TEAM
55: JANINE DAVIS, Queen of Peace, Junior
55 HH: JESSICA MALACRIDA, Paramus, Junior
300: CHERYL ANSCOMBE, Westwood, Senior
400: ABBY BEUTEL, River Dell, Senior
600: SOPHIA DAVIS, Queen of Peace, Sophomore
800: TAYLOR LEBOVICH, NV/Old Tappan, Junior
1,000: MEGGIE SULLIVAN, Tenafly, Sophomore
1,600: DENISE SCARF, Westwood, Senior
3,200: JENNA BAUBERGER, Indian Hills, Senior
Shot put: DANIELLE DABAGHIAN, Garfield, Senior
High jump: RADA CHARUSILAPA, River Dell, Senior
Long jump: DANIELLE KROLL, Indian Hills, Junior
Triple jump: DANIELLE KROLL, Indian Hills, Junior
Pole vault: JESSICA BIENSTOCK, Fair Lawn, Senior
4 x 400 relay: NV/Old Tappan (Jessica Perkel, Jr.; Nikole Gavrilidis, Soph.; Taylor Lebovich, Jr.; Ali Ekmeyer, Sr.; Shannon Carley, Soph.)
4 x 800 relay: IHA (Caitlin Hemmer, Sr.; Lisa Sinkovitz, Jr.; Linda Puntasecca, Soph.; Kerry Taylor, Soph.)
Pentathlon: CHRISTINA BELLOTTE, Bergenfield, Sr.
THIRD TEAM
55: CHERYL ANSCOMBE, Westwood, Senior
55 HH: LINDSAY MAY, Dumont, Senior
300: JESSICA PERKEL, NV/Old Tappan, Senior
400: SARAH GIBLIN, IHA, Senior
600: TESHIA RUGGERIO, River Dell, Senior
800: DENISE SCARF, Westwood, Senior
1,000: EMILY TERRIN, Ridgewood, Senior
1,600: AMY VAN ALSTINE, Midland Park, Soph
3,200: AMY VAN ALSTINE, Midland Park, Soph
Shot put: LINDSAY REHNA, Hasbrouck Hts., Senior
Long jump: NICOLE PHILIBOSIAN, Paramus, Senior
Triple jump: SHEILA STRACHAN, Englewood, Senior
Pole vault: KATHERINE SERPA, Hackensack, Junior
4 x 400 relay: IHA (Sarah Giblin, Sr.; Diana Orrico, Jr.; Jennifer Mueller, Jr.; Lauryn Galda, Jr.)
4 x 800 relay: GLEN ROCK (Christina Patior, Jr.; Amanda Perrino, Jr.; Mary Moore Sr.; Sarah Volkmer, Jr.)
Pentathlon: CHERILYN MARRINO, Hasb. Hts., Senior
Pentathlon: DANA CHRISTOPOULOS, Ind. Hills, Jr.
HONORABLE MENTION
55 (7-6): 55 HH (9-5); 300 (46-0); 400 (66-5); 600 (1-50.0); 800 (2:36.0); 1,000 (3:20.0); 1,600 (5:45.0); 3,200 (12-40.0); Shot put (32-0); High jump (4-8); Long jump (15-6); Triple jump (33-0); Pole vault (7-0); 4 x 400 relay (6:25.0); 4 x 800 relay (10:41.0).
 Lydia Clark (800), Esi Darko (SP) and Sanjay Van Riel (55), Bergenfield; Andrea Rothschild (1,600; 3,200) and

Teams selected by Bergen County Coaches Association

Ridgewood Boys Track and Field Indoor Records

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yd dash (55m)	6.5	P. McGillicuddy	1971	
100yd dash	10.8	Ralph Jones	1971	168 Armory
200m dash	23.6	Steve Pawlowski	2000	168 Armory
300yd dash	32.9	Matt Krever	1991	RCC
300m dash	36.7	Dan Cooper	2000	Armory
400m dash	50.31	Tim Geckler	1989	Annapolis
500m	69.6	Charles Cortellesi	1983	West Point
600yd	1:15.5	Tim Geckler	1989	Princeton
600m	1:21.4	Josh Kauke	2000	168 Armory
800m	1:54.1	Josh Kauke	2000	168 Armory
1000yd	2:17.4	John Parisi	1983	Princeton
1000m	2:31.0	Bob Keino	1994	168 Armory
1500m	4:00.4	Bob Keino	1993	FDU
1600m	4:22.3	Chris Sullivan	1985	Princeton
Mile	4:14.31	Bob Keino	1994	Mad Sq Garden
Mile walk	8:36.0	Ed Landers	1985	RCC
3000m	8:25.28	Bob Keino	1993	Princeton
3200m	9:18.11	Bob Keino	1994	Princeton
55m HH	7.3	Rich Wankmueller	1975	
Shot Put	54'9"	Eric Bryant	1981	Saddle Brook
Long Jump	23'5 1/2"	Craig Halyard	1989	Annapolis
High Jump	6'6"	Jim Davis/F. Rosenbach	1995	Garfield
Triple Jump	49'6 1/2"	Craig Halyard	1989	Princeton
Pole Vault	15'0"	Gabe Knutson	2004	168 Armory
Pentathlon	3259 pts	Gabe Knutson	2004	168 Armory
4 x 55 m HH	32.4	Jacoby/Buckley Parisi/Kelley	1981	Princeton
4 x 200m	1:35.7	Marino/Williams Parisi/Lanni	1983	RCC
4 x 400m	3:27.0	Cooper/Dolgin DiPasquale/Kauke	2000	168 Armory
4 x 800m	8:00.14	Maher/Nygaard Williams/Zamir	2004	168 Armory

4 x 1 mile	17:45.19	Nygaard, Cator Maher/Zamir	2004	168 Armory
Sprint Medley (2-2-4-800m)	3:31.10	Cooper/Dolgin DiPasquale/Kauke	2000	168 Armory
Distance Medley (12-4-8-1600m)	10:20.20	Sullivan/Caminiti Lander/LeMay	1985	Yale
Shot Put Relay	133'4"	Laborde/Pfund/Phillips	1984	St. Josephs
Shot Put (2 man)	97'3"	Kearns/Bryant	1981	Paramus Cath
High Jump Rel	12'2"	Davis/Roseenbach	1995	Princeton
Triple Jump Rel	84'9 3/4"	Hong/Halyard	1987	RCC
Long Jump Rel	40'10 1/2"	Hong/Darrow	1987	RCC
Pole Vault Rel (3 man)	31'6"	Karl/Novcka/Boyland	1979	RCC
Pole Vault Rel (2 man)	22'6"	Boyland/Cronin Warton/Cooper Knutson/Ricciardi	1979 1998 2003	RCC 168 Armory 168 Armory

Girls Winter Track and Field Records

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yd dash (55m)	7.3	Cathy Vickery	1984	FDU
		Virginia Figlar	1988	FDU
100yd dash	12.0	Sue Davis	1976	168 Armory
200m dash	27.5	Jeanne McGuire	1985	West Point
300yd dash	37.25	Virginia Figlar	1987	Harvard
300m dash	42.2	Melissa Gilbert	1994	FDU
400m dash	57.94	Virginia Figlar	1987	Yale
600yd	1:24.58	Virginia Figlar	1988	Harvard
600m	1:40.1	Renee Pavelski	1993	FDU
800m	2:13.0	Margaret Scutro	1985	Byrne Arena
1000yd	2:32.7	Margaret Scutro	1985	RCC
1000m	2:47.44	Margaret Scutro	1985	Byrne Arena
1500m	4:33.35	Margaret Scutro	1985	Yale
1 mile	4:56.53	Margaret Scutro	1985	Dartmouth
3000m	10:03.12	Jennifer Hughes	1988	Yale
2 mile	10:40.8	Patti Mileski	1983	Harvard
55m HH	8.63	Sheryl VanderSchyff	1988	Yale
Shot Put	37'3 1/2"	Shyana Brown	1998	Garfield
Long Jump	18'11"	Jen McDermott	1989	Harvard
High Jump	5'8 1/4"	Becky Deetz	1974	Syracuse
Triple Jump	37'6"	Jen McDermott	1989	Harvard
Pole Vault	9'6"	Kerri Norton	2004	168 Armory
4 x 55m HH	35.6	McDermott/Cochran	1987	Princeton
		Degelmann/VanDerschylf	1988	Princeton
		Degelmann/Wrubel Donnelly/VanDerschylf		
4 x 200m	1:51.9	Bruno/Harris Vetter/ K. Zucaro	2000	168 Armory
4 x 400m	4:01.9	McDermott/Reilly Collazo/Hughes	1989	FDU
4 x 800m	9:22.18	Figlar/Jean Hughes Jen Hughes/Collazo	1988	Yale

4 x 1600m	22:11.5	Nowakowski/Lupo O'Connell/Terrin	2002	168 Armory
Sprint Medley (2-2-4-800m)	4:24.0	Reilly/McDermott Pollcai/Collazo	1988	Princeton
Distance Medley 12-4-8-1600m	11:56.5	Pringle/Scutro Mileski/Mileski	1983	Yale
Shot Put Relay	66'3"	Rayevich/Eldridge	1988	Hackensack
High Jump Relay	9'10"	Wrubel/VanDerSchyff	1988	Princeton
Long Jump Relay	32'1 1/4"	McDermott/Wrubel	1987	Brown
Triple Jump Relay	65'11"	Hawthorne/Granata	1983	RCC