

*Ridgewood High School*

*Boys Spring  
Track and Field*

*2005*

*Ridgewood High School*  
*2005 Track and Field*  
*Team and Individual Results*

*Coaches:*     *Josh Saladino*  
                  *Don Cooper*  
                  *Mike Glynn*  
                  *Torre Watson*

## 2005 Ridgewood Boys Spring Track and Field Team

### Freshmen:

Berns, Lewis  
Borgman, Tucker  
Church, James  
Clark, Daniel  
Jang, William  
Jones, Cameron  
Monri, Akira  
Morse, Danny  
Mosticchio, Mike  
Nygaard, Peter  
Remmen, Bryan  
Suh, Kiho  
Stapleton, Matt  
Trautwein, Christian

### Sophomores:

Blau, Rob  
Buckley, Niall  
Chwe, Lucas  
Clark, Tony  
Cooper, Rick  
Cramer, Joe  
Dawson, Nadeem  
Emont, Dan  
Engle, Dan  
Gallo, Charles  
Garber, Jacob  
Gelbaum, Albert  
Haase, Tobin  
Kitajewski, Chris  
Lee, Jason  
Lewis, Demetrius  
Medina, Edwin  
Meissner, Kevin  
Meissner, Matt  
Morgan, Rob  
Murphy, Steven  
O'Connell, Brian  
Ontiveros, Zach  
Pruzinsky, Alex  
Ryan, Chris  
Schmidt, Jeremy  
Stolfo, David  
Vaccaro, Mike  
Vedder, Andrew  
Vilchez, Andrew  
Violaris, Joe  
Webbe, Rob

### Juniors:

Abdallah, Steven  
Cator, Michael  
Clementi, Brian  
Ellingboe, Erlend  
Kovach, Paul  
Magrath, Cole  
Moody, John  
Nagano-Gerace, Joe  
Nestor, Frank  
Pierce, Steven  
Ragina, Dan  
Williams, Byron  
Wilson, Ben

### Seniors:

Jensen, Christian  
Oh, Sam  
Ontiveros, Nick  
Onwubu, Okechukwu  
Pfeiffer, Joe  
Ricciardi, Jacob  
Weiss, Anthony  
Zamir, Ben

## 2005 Season Summary

<i>Ridgewood</i>	71	<i>Teaneck</i>	60
<i>Ridgewood</i>	88	<i>St. Joe's</i>	43
<i>Ridgewood</i>	118	<i>Nutley</i>	13
<i>Ridgewood</i>	120	<i>Belleville</i>	11
<i>Ridgewood</i>	74	<i>Paramus Cath.</i>	57
<i>Ridgewood</i>	88.5	<i>Bloomfield</i>	41.5
<i>Ridgewood</i>	71	<i>Hackensack</i>	60
<i>Ridgewood</i>	126	<i>Paramus</i>	5

*Bergen County Relays: Champions*

*NNJIL Division A: Champions*

*Bergen County Groups: Champions*

*North Jersey I Sectionals: 2<sup>nd</sup> Place*

*State Group IV: 8<sup>th</sup> Place*

*5 Time NNJIL Division A Champions*

*Bergen County Group III-IV Team of the Year!!!*



## 2005 Boys Track and Field Point Totals

<u>Name:</u>	<u>Dual Meet Points:</u>	<u>Championship Points:</u>	<u>Total Points:</u>
Byron Williams (11)	34.5	105	139.5
Michael Cator (11)	42	80	122
Steven Abdallah (11)	68	43	111
Niall Buckley (10)	42.5	67	109.5
Brian Clementi (11)	73	34	107
Jacob Ricciardi (12)	40	59	99
Steven Pierce (11)	23.5	68	91.5
Albert Gelbaum (10)	46.5	36	82.5
Sam Oh (12)	44	33	77
Joe Nagano-Gerace (11)	40.25	36	76.25
Dan Emont (10)	57	14	71
Jeremy Schmidt (10)	36	33	69
Dan Engel (10)	30.25	38	68.25
Jacob Garber (10)	42	21	63
John Moody (11)	21	37	58
Christian Jensen (12)	18	37	55
Joe Pfeiffer (12)	36	11	47
Ben Wilson (11)	26	21	47
Akira Monri (9)	10	11	21
Lucas Chwe (10)	1	18	19
Brian O'Connell (10)	8.5	6	14.5
Anthony Weiss (12)	8	5	13
David Stolfo (10)	6	-	6
Joe Violaris (10)	2.5	3	5.5
Okechukwu Onwubu (12)	-	5	5
Nadeem Dawson (10)	-	5	5
Tobin Haase (10)	-	5	5
Paul Kovach (11)	4	-	4
Rick Cooper (10)	-	3	3
Jason Lee (10)	-	3	3
Lewis Berns (9)	3	-	3
Erland Ellingboe (11)	2.5	-	2.5
Peter Nygaard (9)	2	-	2

*Top 25 All-Time Single Season Point Totals:*

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

Coopers vs. Glynn

March 26th - 45 and pt. cloudy

Junior Senior 3x 2 lap:

Coopers: B. Williams 1:45  
C. Magrath 2:09  
J. Riccairdi 1:59  
5:53 - 1<sup>st</sup> Place!

Glynn: M. Cator 1:57  
G. Corcoran 1:55  
E. Ellingboe 2:01  
5:55

Junior / Senior 3x 1/2 lap:

Coopers: S. Pierce 23  
B. Zamir 31  
J. Riccairdi 26  
1:20

Glynn: S. Oh 23  
J. Nagano-Gerace 22  
A. Weiss 25  
1:10 - 1<sup>st</sup> Place!

Frosh/ Soph 7x2 lap:

Coopers: N. Buckley 1:50  
A. Vedder 2:03  
K. Meissner 2:11  
R. Blau 2:39  
A. Pruzinsky 2:08  
C. Kitajewski 2:11  
S. Murphy 2:11

Glynn: D. Morse 2:22  
D. Emont 2:04  
M. Meissner 2:08  
T. Clark 2:08  
J. Schmidt 1:54  
J. Cramer 2:33  
B. O'Connell 2:04

I cant figure out the team times... race of the day! Glynn win!

Frosh-Soph 6x 1/2 lap:

Coopers: L. Chwe 22  
R. Webbe 28  
K. Meissner 25  
C. Jones 30  
K. Suh 29  
A. Monri 24  
2:38 - 1<sup>st</sup> Place

Glynn: R. Cooper 22  
D. Morse 31  
J. Lee 27  
P. Nygaard 27  
D. Clark 29  
B. Remmen 28  
2:44

4x400m:

Coopers: N. Buckley 57.6  
B. Williams 58.8  
S. Pierce 59.7  
L. Chwe 65.4

Glynn: G. Corcoran 57.0  
M. Cator 58.3  
J. Nagano-Gerace 55.4  
J. Schmidt 58.0

Glynn Win!!!

On to the field events...GlynnSons are up 3-2 on the track..

Shot Put

Wats:

M. Flicker 43'2"  
B. Wilson 37'4"  
A. Vilchez 26'7"  
T. Borgman 23'9"

Sons:

S. Abdallah 46'1"  
N. Dawson 32'6"  
M. Mistichio 29'11"  
C. Ryan 27'

**Sons win!!!**

Discus

Wats:

M. Flicker 116'8"  
B. Wilson 98'5"  
T. Borgman 72'3"  
A. Vilchez 48'2"

Sons:

S. Abdallah 117'7"  
N. Dawson 88'8"  
M. Mistichio 73'8"  
C. Ryan 71'2"

**Wats Win!**

Comments:

In a very competitive scrimmage the GlynnSons defeat the CooperWats 4-3. Very nice effort - good job competing and helping out your teammates. We have some work to do this week as we head into our first competition of the season on Saturday. Improve this week!

3/30

# BOYS TRACK

## ATHLETES TO WATCH

# When games r

**Kevin Thompson,**  
North Bergen  
senior, sprints

Thompson's 10.6-second 100 last spring set the Hudson County and North 1, Group 4 meet records. He placed third at the State Meet of Champions in the 100 and 200.

**Shaquan Brown,**  
Kennedy  
junior, sprints

Brown moved out from behind the shadow of Mohamed Khadraoui with a national-record time in the 600 and a State Meet of Champions title in the 400 this winter. He finished second in the State Meet of Champions 400 (7.95) last spring.

**Michael Ray Garvin,**  
Don Bosco  
senior, sprints

One of the best sprinters in Bergen County, Garvin should improve on last year's County-best times of 10.87 seconds in the 100 and 21.87 in the 200 before he heads to Florida State to play football.

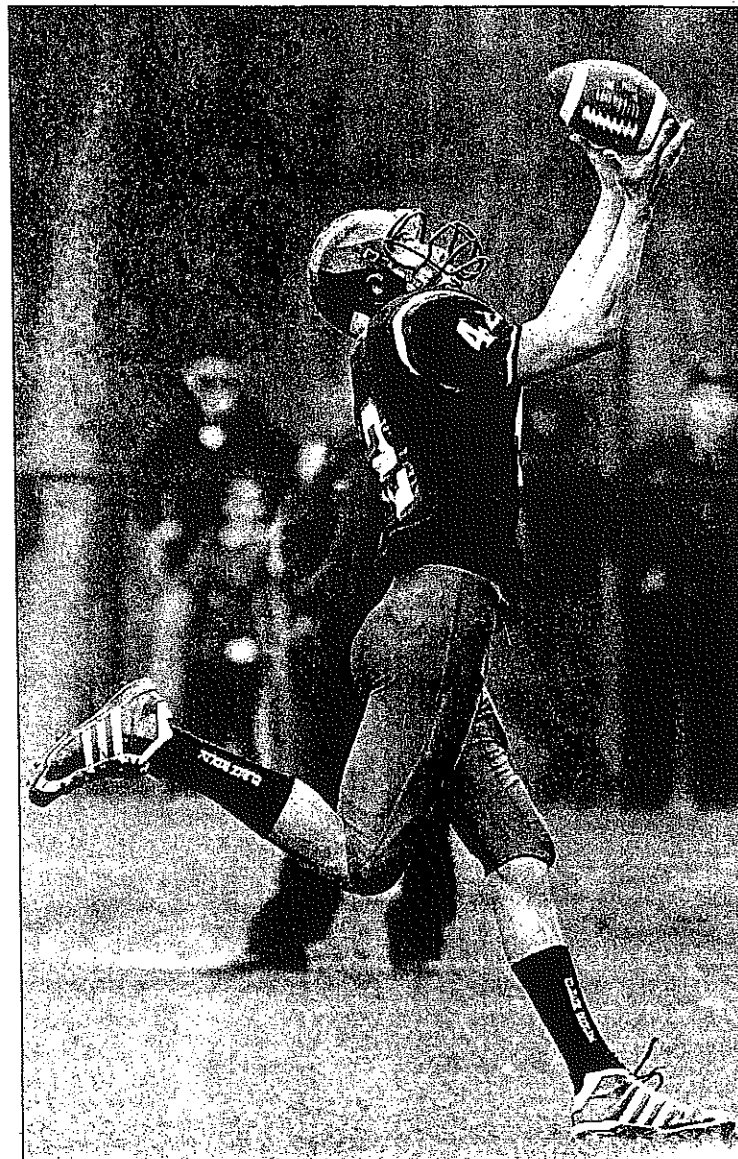
**Rameik Jackson,**  
Westwood  
senior, sprints

Jackson nearly swept the sprints in last year's State Group 1 meet, winning the 100 and 400 and finishing second in the 200, and should push Garvin at the Bergen Meet of Champions in May.

**Hayrol Cruz,**  
Passaic  
senior, middle distance

A three-time All-Passaic selection, Cruz is coming off a tremendous indoor season in which he won the State Group 4 800-meter title and set a Passaic County record (1:55.89) to finish fourth in the Eastern States 800.

**James LaGreca,**  
Demarest



Glen Rock's Jeff Berland makes a smooth transition while juggling three sports, from catching a TD pass at

## Real sports find the energy to p

By GREGORY SCHUTTA  
STAFF WRITER

With cross-country, winter track and spring track, many of the top runners in North Jersey rarely give their running shoes a break.

But for some, such as West Milford's Steve Williamson and Glen Rock's Jeff



outdoor distance title to go with his Bergen cross-country title in the fall, and his Bergen 3,200 and Eastern States two-mile championships indoors over the winter.

**Mike Cator,**  
**Ridgewood**  
junior, distance

A top cross-country runner and second-team All-Bergen selection outdoors last year, Cator came on at the end of the indoor season to finish third in the State Meet of Champions 1,600.

**Chris Guerriero,**  
**Saddle Brook**  
senior, distance

Guerriero had a tough winter season this year and battled through injuries last spring. But he is hoping that a State Group 1 cross-country championship in the fall is the harbinger of good things in his final high school season.

**Steve Williamson,**  
**West Milford**  
junior, distance

This junior is looking for a breakout season in the distances after placing third in the State Group 3 1,600, third in the Passaic County 3,200 and fourth in the State sectional 800 last year.

**Dan Oquendo,**  
**Hackensack**  
senior, hurdles, jumps

Expect Oquendo, who won the Bergen Meet of Champions and placed seventh in the State Meet of Champions in the high hurdles last spring, to pile up the points in the hurdles and the jumps.

**Tyler deRouen,**  
**West Milford**  
senior, hurdles

Another in a long line of top West Milford hurdlers, deRouen placed in the Passaic and State sectional intermediate hurdles and the Passaic County 400 last year.

**Anthony Pomo,**  
**Saddle Brook**  
senior, hurdles, jumps

Pomo, ranked nationally in the 55- and 60-meter hurdles, is coming off a spectacular indoor season with his second straight Group 1 State championship and should be a big point scorer for the Falcons in the jumps as well.

Williamson's track shoes share space with his hockey skates and soccer shoes while Berland's track shoes are crowded by his football cleats and basketball shoes.

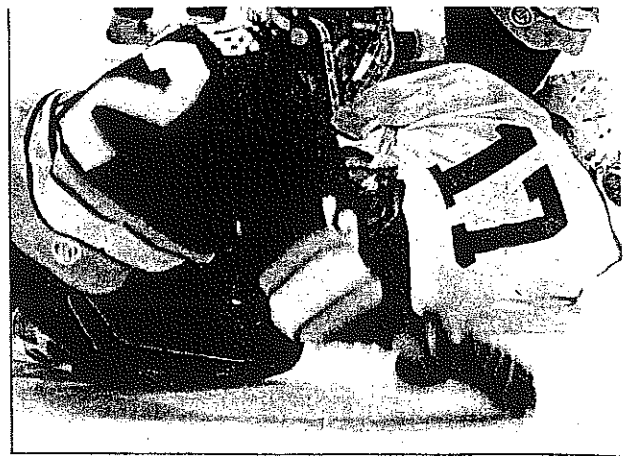
For them, track is a one-season vocation. But Berland and Williamson have managed to keep pace with their year-round competition.

"I wouldn't have it any other way," said Williamson, an All-Passaic distance runner for the Highlanders last year. "I like having three different sports. It changes things up. A lot of guys I know who concentrate on one thing get sick of it."

"I don't think of my competition doing winter track or cross-country," said Berland, a senior who was a second-team All-Bergen hurdler for the State Group 1 champion Panthers last year. "I just try to go out and do my own thing and compete."

Berland's own thing was effective last year as he won the B-PSL Carpenter Division title in the high hurdles in a season-best 14.7 seconds and finished third in both the Group 1 sectional meet and the State Group 1 meet. He's hoping to get below the school record of 14.3 in the high hurdles while trying to lower last year's season-best of 58 seconds flat in the intermediates.

"I have to do some catching up in the hurdles," said Berland, who started working out in early March following a coach-mandated week off between seasons. "A lot of guys are doing the 55 [meter] hurdles all winter. It's sometimes hard for me to get used to hurdling again."



West Milford distance runner Steve Williamson (11) goes for

Williamson, who has run the 800 in 2 minutes flat, the 1,600 in 4:26.7 and the 3,200 in 9:50.6, doesn't have the added difficulty of training to clear hurdles.

"My only difficulty is getting my form down and getting into running mode," he said. "The type of running I do on the track is totally different from sprinting up and down a rink. It's a mental thing. In track, you have to learn to focus on what's going to get you through a long race, not just a sprint."

"I would rather have a guy who is competing all year round, regardless of the sport," said Eric Renfors, the first-year head coach of the West Milford boys. "I want

them putting where they have their heart at."

Williamson, a freshman because he felt he was a little out of shape, "I was a little out of shape at first, but I'm getting into it now. I'm the only one who has a break. The transition is hard. But there are a lot of runners who have to a

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## MAJOR MEET SC

**SATURDAY, APRIL 2**

Pawlowski Relays, Ridgewood High School, Ridgewood  
Season Opener, Indian Hills High School, Oakland

**SATURDAY, APRIL 9**

Comet Relays, Hackensack High School, Hackensack  
BCSL American Relays, Tenafly High School, Tenafly  
Passaic County Relays, Passaic Valley

**FRIDAY, APRIL 15**

Jack Yockers Bergen County Relays at Demarest

**SATURDAY, APRIL 16**

Jack Yockers Bergen County Relays, Tenafly High School

**FRIDAY, APRIL 22**

Lyndhurst Relays, Lyndhurst High School, Lyndhurst

**SATURDAY, APRIL 23**

Lyndhurst Relays, Lyndhurst High School, Lyndhurst  
Highlander Relays, at Northern Highlands, Allendale

**THURSDAY, APRIL 28**

Penn Relays, Franklin Field, Philadelphia

**FRIDAY, APRIL 29**

Penn Relays, Franklin Field, Philadelphia

**SATURDAY, APRIL 30**

Penn Relays, Franklin Field, Philadelphia  
Tri-Boro Relays, Ramsey High School, Ramsey

**SATURDAY, MAY 7**

County Seat Invitational, Wayne Hills High School, Wayne  
Bernards Invitational, Bernards High School, Bernardsville

**TUESDAY, MAY 10**

BPSL Championships, Glen Rock High School, Glen Rock

**WEDNESDAY, MAY 11**

NBIL Javelin, triple jump, girls pole vault, at Ramsey

BCSL National-Olympic Championships, Parsippany  
BPSL Championships, Glen Rock High School

**THURSDAY, MAY 12**

NBIL Championships, Old Tappan  
BCSL National-Olympic Championships, Lynbrook

**FRIDAY, MAY 13**

NNJIL Championships, Hackensack  
Northern Hills Championships, Wayne Valley  
BCSL American Championships, Tenafly

**SATURDAY, MAY 14**

NNJIL Championships, Hackensack  
Northern Hills Championships, Wayne Valley  
BCSL American Championships, Tenafly  
BCSL National-Olympic Championships, Lynbrook

**TUESDAY, MAY 17**

Novice Championships, Ridgewood

**WEDNESDAY, MAY 18**

Bergen County Group A field events, Ramsey  
Passaic County Championships, Wayne Hill  
Wayne

**THURSDAY, MAY 19**

Passaic County Championships, Wayne Hill  
Wayne

**FRIDAY, MAY 20**

Red Litter Bergen County Meet, Old Tappan  
Old Tappan

**SATURDAY, MAY 21**

Red Litter Bergen County Meet, Old Tappan  
Old Tappan

**WEDNESDAY, MAY 25**

Bergen Boys Freshman Meet, Northern Hills



PHOTOS BY TARIQ ZEHWI/STAFF PHOTOGRAPHER  
 Glen Rock's Jeff Berland makes a smooth transition while juggling three sports, from catching a TD pass against Saddle Brook to clearing the hurdles. He also plays basketball.

# Real sports find the energy to play more than one

By GREGORY SCHUTTA  
 STAFF WRITER

With cross-country, winter track and spring track, many of the top runners in North Jersey rarely give their running shoes a break.

But for some, such as West Milford's Steve Williamson and Glen Rock's Jeff Berland, their closets have to be a little bigger. Williamson's track shoes share space with his hockey skates and soccer shoes while Berland's track shoes are crowded by his football cleats and basketball shoes.

For them, track is a one-season vocation. But Berland and Williamson have managed to keep pace with their year-round competition.

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MEL EVANS/STAFF PHOTOGRAPHER  
 West Milford distance runner Steve Williamson (12) goes from the ice to the track.

## THE TOP 20

1. Hackensack
2. Ridgewood
3. Don Bosco
4. Kennedy
5. Demarest
6. West Milford
7. Northern Highlands
8. Saddle Brook
9. Clifton
10. Glen Rock
11. Fort Lee
12. Bergen Catholic
13. Westwood
14. Hasbrouck Heights
15. Passaic
16. Palisades Park
17. DePaul
18. Lyndhurst
19. Hawthorne
20. Ramsey



# NNJIL

## DIVISION A

**Hackensack:** Jean Beljour is gone, but All-Bergen hurdler Dan Oquendo and second-team thrower Eric Sewell lead an experienced group that returns. Seniors Gianni Rollins and Mike Wiswesser fill out the hurdles crew while Eddie Cabo leads the distances.

**Ridgewood:** Last year's North 1, Group 4 champion again returns one of the top middle distance teams, led by juniors Byron Williams, Niall Buckley and Michael Cator and senior Okechuku Onwubu. Cator was second-team All-Bergen in the 3,200 last year while Williams was second team in the 800. Jake Ricciardi was honorable mention in the pole vault, joining Gabe Knutsen to give the Maroons a meet-clinching 1-2 finish in the sectional championship.

**Paramus:** The Spartans will look to young runners to step up this year if they hope to compete in the tough NNJIL. Senior Josh Blinsfield leads the way in the jumps and hurdles while classmate Joe Petruzzelli leads in the sprints. The distance team consists of senior Nick Paolazzi and sophomore Andrew Capizzi, while junior Mike Feeney leads in the throws.

## DIVISION B

**Kennedy:** The Knights are led by The Record's North Jersey Indoor Track Athlete of the Year Shaquan Brown. Deron Doles should do well in the hurdles and Danny Rivera in the throws. Quadeer Wilson joined Brown, Doles and Ryan Jordan on the 1,600 relay that won the State Group 4 indoor title.

**Clifton:** Joe Hathaway is a 53-foot shot putter for the rebuilding Mustangs. Steven Klett replaces Paul Kornaszewski in the middle distances. Alvin Foster and Honam Ng lead the hurdles while Ken Biason heads a young sprint team.

**Passaic:** Hayrol Cruz is the focal point of a Passaic team that hopes to challenge in the league and in the County. The Indians finished third in the Passaic meet last year. Derick Truesdale returns with hopes of improving on his 6-4 high jump last year. Jamal Williams and Bruno Perez are tops in the sprints and hurdles, respectively, while Miguel Palacios and Pablo Hernandez join Cruz in the distances.

## DIVISION C

**Don Bosco:** The Ironmen have always been long on talent, and this year is no exception with the likes of sprinters Michael Ray Garvin and Ryan Lindsay and distance runner Brent Napoleon. Lindsay has run 10.91 in the 100 and 22.5 in the 200 while Napoleon has run a 1:58 800 and 4:30 1,600. Chris Sblendorio and Mike Farr lead a strong throwing team for the Ironmen.

**Bergen Catholic:** Seniors Chris Wilk and Stal-Sean Lyew hope to lead a Crusader team that can push Don Bosco in the league. Wilk, an All-Bergen selection in the 600 indoors, will lead the middle distance runners in the 400 and 800. Lyew could be one of the top hurdlers in the County. Rob Petrosino is strong in the throws, and John Horneff could pick up points in the hurdles, jumps and pole vault.



Hackensack's Danny Oquendo, above, and Saddle Brook's Anthony Pomo are two of the top hurdlers in the state as well as being versatile multi-event performers.



# BCSL OLYMPIC

## NBIL

### DIVISION 1

**Demarest:** James LaGreca leads a team with the talent and experience to compete on the league, County and State level. The Norsemen were sec-

## BCSL AMERICA

**Fort Lee:** The Bridgemen are hoping a door season can translate outdoors. JJ Terebich and senior Minjoe Williams, the long jump champs at the Bergen g respectively, lead a strong jump team.



Paul Swartz has compiled the Bergen and Passaic record-holders for each event and identified the returning athletes who have placed in the all-time top 50 in either county. The number after an athlete's school represents the place the athlete stands in County history. (B) denotes Bergen; (P) denotes Passaic.

## GIRLS

### 100 METERS

**Bergen County record:** Anke Orimogunje, Queen of Peace, 2002, 11.96.

**Passaic County record:** Nicole Carmichael, Kennedy, 1995, 11.80.

**Returning runners:** Janine Davis, Queen of Peace, 13 (B), 12.31; Consandria Walker, Hackensack, 14 (B), 12.34; Leigh Hoffman, Pascack Hills, 15 (B), 12.1h; Alison DiDomenico, Passaic Valley, 11 (P), 12.2h; Chelsea Townes, Hackensack, 25 (B), 12.3h; Jessica Perkel, Old Tappan, 48 (B), 12.5h; Liz Hartwick, Lakeland, 23 (P), 12.5h; Shavonnah Moss, Passaic Tech, 37 (P), 12.7h.

### 200 METERS (\*220 YARDS -.1)

**Bergen County record:** Anke Orimogunje, Queen of Peace, 2002, 24.3.

**Passaic County record:** Nicole Carmichael, Kennedy, 1995, 24.12.

**Returning runners:** Janine Davis, Queen of Peace, 7 (B), 25.14; Consandria Walker, Hackensack, 16 (B), 25.49; Alison DiDomenico, Passaic Valley, 12 (P), 25.62; Sophia Davis, Queen of Peace, 40 (B), 25.85; Shavonnah Moss, Passaic Tech, 44 (P), 26.4 h.

### 400 METERS (\*440 YARDS -A)

**Bergen County record:** Dana Riley, Teaneck, 1993, 54.68.

**Passaic County record:** Natalie Jordan, Eastside, 1994, 54.0.

**Ret runners:** Janine Davis, Queen of Peace, 2 (B), 55.36; Michelle Smith, Teaneck, 7 (B), 57.00; Sophia Davis, Queen of Peace, 10 (B), 57.19; Allison DiDomenico, Passaic Valley, 15 (P), 58.3; Jessica Perkel, Old Tappan, 33 (B), 58.7; Stephanie Herrick, Wayne Valley, 24 (P), 58.9; Shavonnah Moss, Passaic Tech, 31 (P), 59.1; Alyssa Douma, West Milford, 50 (P), 60.3.

### 800 METERS (\*880 YARDS -.8)

**Bergen County record:** Janine Davis, Queen of Peace, 2004, 2:07.10.

**Passaic County record:** Natalie Popowicz, Clifton, 1998, 2:16.22.

**Returning runners:** Stephanie Herrick, Wayne Valley, 2 (P), 2:16.65; Cheyenne Ogletree, Garfield, 35 (B), 2:18.0; Alicia Henry, Cresskill, 41 (B), 2:18.57; Alyssa Douma, West Milford, 23 (P), 2:22.8; Nicolé Krzysik, Clifton, 30 (P), 2:23.8.

### 1600 METERS (\*ONE MILE -1.7)

**Bergen County record:** Margaret Scuto, Ridgewood, 1985, 4:46.4.

**Passaic County record:** Nina Zollo, Wayne Hills, 1978, 4:59.5\*.

**Returning runners:** Meggie Sullivan, Tenafly, 27 (B), 5:07.74; Taylor Lebovich, Old Tappan, 30 (B), 5:08.24; Lisa Sinkovitz, IHA, 42 (B), 5:12.25; Janine Davis, Queen of Peace, 47 (B), 5:13.6; Mary Tolma; Eastern Christian, 40 (P), 5:27.69; Lourdes Fabian, Kennedy, 42 (P), 5:28.1; Erin Anthony, Wayne Valley, 50 (P), 5:31.19.

### 3200 METERS (\*TWO MILES -3.7)

**Bergen County record:** Jenna Rogers, Ridgewood, 1994, 10:33.5.

**Passaic County record:** Lindsay Van Alstine, Hawthorne Christian, 2003, 10:31.6.

**Returning runners:** Taylor Lebovich, Old Tappan, 48 (B), 11:24.94; Lourdes Fabian, Kennedy, 33 (P), 11:43.1; Kaitlin Carroll, Wayne Valley, 42 (P), 11:55.4; Emmie Perchak, West Milford, 44 (P), 11:56.2.

### 100 METER HURDLES

**Bergen County record:** Michelle Smith, Teaneck, 2004, 14.12.

**Passaic County record:** Melissa Jones, Eastside, 1997, 14.33.

**Returning runners:** Chelsea Townes, Hackensack, 2 (B), 14.2; h Lara-Jane Que, Ridgewood, 40 (B), 15.3 h; Brie-Ann Forhez, Northern Highlands, 48 (B), 15.4 h; Liz Hartwick, Lakeland, 25 (P), 15.9 h.

### 400 METER HURDLES

**Bergen County record:** Michelle Smith, Teaneck, 2004, 61.09.

**Passaic County record:** Tawana Watkins, Kennedy, 2001, 57.48.

**Returning runners:** Chelsea Townes, Hackensack, 8 (B), 63.0; Stephanie Herrick, Wayne Valley, 9 (P), 64.3; Christina Patoir, Glen Rock, 50 (B), 65.84; Sam Vanni, Lakeland, 29 (P), 67.67.

### SHOT PUT

**Bergen County record:** Jessica Fazekas, Demarest, 2002 and Kelly Fazekas, Demarest, 2003, 46-7/4.

**Passaic County record:** Labelle Hillgrove, Passaic, 1999, 43-1 1/2.

**Returning throwers:** Sabie Sweeper, Passaic, 10 (P), 38-11 3/4; Nicole Lowenstein, Lyndhurst, 32 (B), 37-8 1/4; Jamila Morrison, Hackensack, 50 (B), 36-8 1/4; Elizabeth Post, Clifton, 37 (P), 34-2.

### DISCUS

**Bergen County record:** Jenn Flinchum, Demarest, 1999, 143-4.

**Passaic County record:** Jasmine Fenlator, Wayne Valley, 2003, 142-2.

**Returning throwers:** Julie Haledjian, Pascack Hills 27 (B), 120-6.

### JAVELIN (NEW)

**Bergen County record:** Daina Pucurs, Demarest, 2004, 155-8.

**Passaic County record:** Tina Lindsay, Eastside, 2002, 139-1.

**Returning throwers:** Brynn Rosser, Hackensack, 6 (B), 121-1; Audrey O'Donnell, IHA, 9 (B), 115-3; Jaclyn DeMals, Pascack Valley, 14 (B), 111-8.

### HIGH JUMP

**Bergen County record:** Cheryl Burdick, Ramsey, 1998, 5-10.

**Passaic County record:** Michele Dudzinski, Passaic Valley, 1993, 5-7 3/4.

**Returning jumpers:** Kristin Kern, Indian Hills, t 10 (B), 5-4; Jessica Malacrida, Paramus, t 28 (B), 5-3; Chelsea Townes, Hackensack, t 36 (B), 5-2; Neomie Rothmie, Tenafly, t 36 (B), 5-2.

### TRIPLE JUMP

**Bergen County record:** Carlene Cummings, Englewood, 1998, 42-5.

**Passaic County record:** Sharon Allen, Eastside, 1987, 39-9 3/4.

**Returning jumpers:** Consandria Walker, Hackensack, 3 (B), 39-0 1/4; Brittany Bonney, Wayne Hills, 7 (P), 36-8 1/4; Mallory Longfield, Indian Hills, 22 (B), 36-5 3/4; Shanelle Cross, Garfield, 25 (B), 36-4 1/4; Danielle Kroll, Indian Hills, 32 (B), 36-1 1/4; Kristin Kern, Indian Hills, 40 (B), 35-10 1/4; Stephanie Herrick, Wayne Valley, 18 (P), 35-0; Alyssa Douma, West Milford, 26 (P), 34-6; Debble D'Agosta, Passaic Tech, 30 (P), 34-3 1/4.

### LONG JUMP

**Bergen County record:** Jen McDermott, Ridgewood, 1989, 19-4.

**Passaic County record:** Cassandra Grant, Passaic, 1992, 19-11 1/4.

**Returning jumpers:** Consandria Walker, Hackensack, 12 (B), 17-11; Brie-Ann Forhez, Northern Highlands, 30 (B), 17-6 1/4; Danielle Kroll, Indian Hills, 32 (B), 17-6; Shanelle Cross, Garfield, 41 (B), 17-4; Brittany Bonney, Wayne Hills, 33 (P), 16-11 1/2.

### POLE VAULT

**Bergen County record:** Kerry Norton, Ridgewood, 2004, 11-0.

**Passaic County record:** Karen Langner, Clifton, 2004, 10-6.

**Returning vaulters:** Jenny Gaigano, Ramapo, 4 (B), 9-0; Cassie Wong, Ridgewood, 4 (B), 9-0; Brie-Anne Forhez, Northern Highlands, 12 (B), 8-6.

### 1,600 RELAY

**Bergen County record:** 1988 Ridgewood, 3:54.29.

**Passaic County record:** 1981 Eastside, 3:47.2.

## BOYS

### 100 METERS

**Bergen County record:** Joe Dawkins, Hackensack, 1995, 10.31; (Chris Charles, Park Ridge, 2000, 10.2 hand time).

**Passaic County record:** Mike Pruzinsky, Wayne Hills, 2003 and Casey Robert, Hawthorne, 2004, 10.4.

**Returning runners:** Michael Ray Garvin, Don Bosco, 4 (B), 10.74; Ryan Lindsay, Don Bosco, 36 (B), 10.9; Aziz Johnson, Passaic Tech, 31 (P), 11.0.

### 200 METERS (\*220 YARDS -.1)

**Bergen County record:** Bill Walker, Englewood, 1985, 20.8\*.

**Passaic County record:** Sam Perry, Passaic, 1962, and Alex Pellegrino, Passaic, 1964, 21.1\*.

**Returning runners:** Michael Ray Garvin, Don Bosco, 10 (B), 21.76; Shaquan Brown, Kennedy, 15 (P), 21.9.

### 400 METERS (\*440 YARDS -.3)

**Bergen County record:** Walter McCall, Hackensack, 1988, 47.17.

**Passaic County record:** Joe Mendel, Wayne Hills, 1999, 47.33.

**Returning runners:** Shaquan Brown, Kennedy, 2 (P), 47.67; Hayrol Cruz, Passaic, 26 (P), 50.0.

### 800 METERS (\*880 YARDS -.7)

**Bergen County record:** Josh Kauke, Ridgewood, 2000, 1:50.19.

**Passaic County record:** Paul Wright, Kennedy, 1980, 1:51.2.

**Returning runners:** Hayrol Cruz, Passaic, 13 (P), 1:56.1; Evan Campbell, Wayne Valley, 36 (P), 1:58.3.

### 1600 METERS (\*MILE -1.5)

**Bergen County record:** Roger Jones, Ramsey, 1977, 4:06.8\*.

**Passaic County record:** Curtis McNair, Passaic, 1986, 4:13.1.

**Returning runner:** Steve Williamson, West Milford, 31 (P), 4:26.67.

### 3200 METERS (\*2 MILE -3.3)

**Bergen County record:** Tim Conheaney, Paramus Catholic, 1973, 8:58.9\*.

**Passaic County record:** Mohamed Khadraoui, Kennedy, 2004, 8:50.44\*.

**Returning runners:** Mike Polifonte, Passaic

Valley, 44 (P), 9:48.49; Steve Williamson, West Milford, 50 (P), 9:50.6.

### 110 METER HIGH HURDLES

**Bergen County record:** Darius Pemberton, Hackensack, 1992, 13.96.

**Passaic County record:** Guy Rose, Wayne Hills, 1998, 13.89.

**Returning runner:** Dan Oquendo, Hackensack, 2004 14.46.

### 400 METER HURDLES

**Bergen County record:** Anthony Hampton, Englewood, 1994, 51.92.

**Passaic County record:** Andrew Cameron, Eastside, 1987, 52.05.

**Returning runners:** Dan Oquendo, Hackensack, 30 (B), 54.87; Tyler DeRouen, West Milford, 24 (P), 55.6; Bobby Gamble, West Milford, 36 (P), 56.1.

### SHOT PUT

**Bergen County record:** Andy Papatianasslou, Emerson, 1985, 68-3.

**Passaic County record:** Charlie Getty, Pompton Lakes, 1970, 61-6.

**Returning throwers:** None.

### DISCUS

**Bergen County record:** Mike Buncic, Fair Lawn, 1980, 169-2.

**Passaic County record:** David Porter, Passaic, 1985, 175-7.

**Returning throwers:** None.

### JAVELIN (NEW)

**Bergen County record:** Jim Malizia, St. Joseph, 2002, 203-7.

**Passaic County record:** Bert Sisco, Wayne Hills, 2002, 181-11.

**Returning throwers:** Erik Heyman, Westwood, 11 (B), 176-6.

### HIGH JUMP

**Bergen County record:** Scoot Palmer, Teaneck, 1979, Darius Pemberton, Hackensack, 1993, and Godfrey Gordon, Garfield, 1995, 6-10.

**Passaic County record:** Linden Richmond, Passaic, 1997, 7-0 1/2.

**Returning jumpers:** None.

### TRIPLE JUMP

**Bergen County record:** Darius Pemberton, Hackensack, 1992, 49-9.

**Passaic County record:** Sherwin Tann, Passaic Tech, 1990, 46-6 1/4.

**Returning jumpers:** Harold Blyden, Bergenfield, 42 (B), 44-10. Kyle Lindsay, Eastside, 18 (P), 44-10 1/4.

### LONG JUMP

**Bergen County record:** Darius Pemberton, Hackensack, 1993, 24-11.

**Passaic County record:** Chiffon Allen, Passaic, 1996, 23-8 1/4.

**Returning jumper:** Nick Romeo, Wayne Hills, 47 (P), 21-5 1/4.

### POLE VAULT

**Bergen County record:** Matt Psaltis, Fair Lawn, 1992, 15-3.

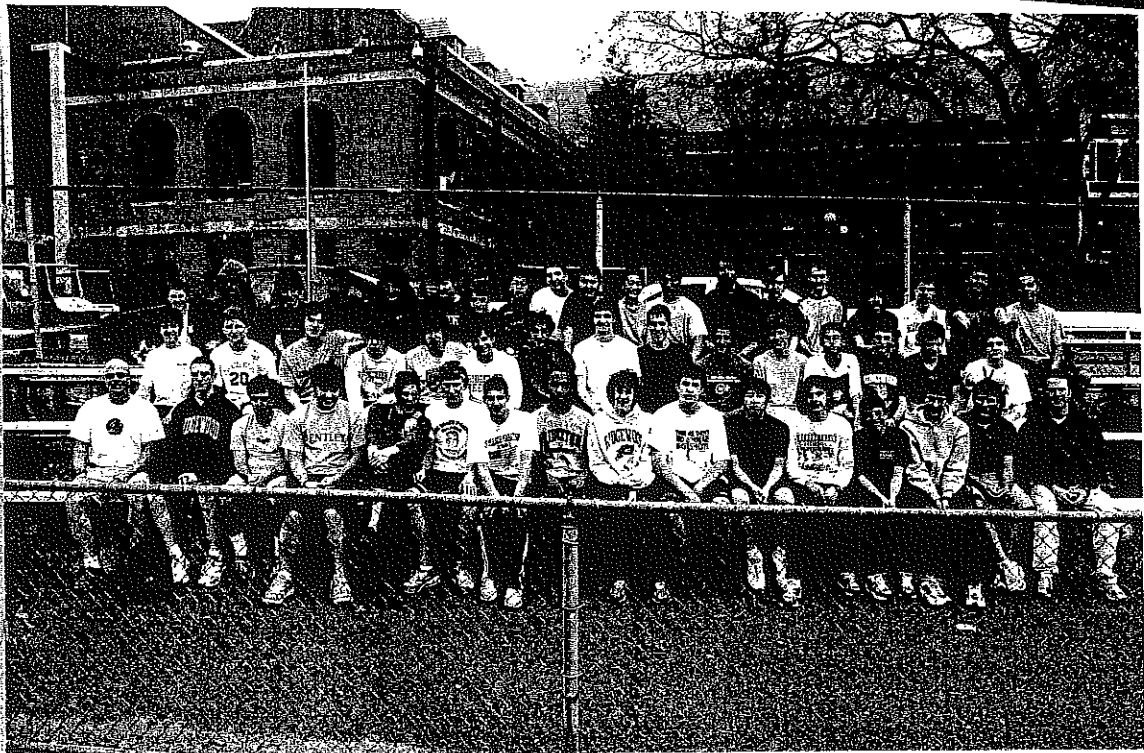
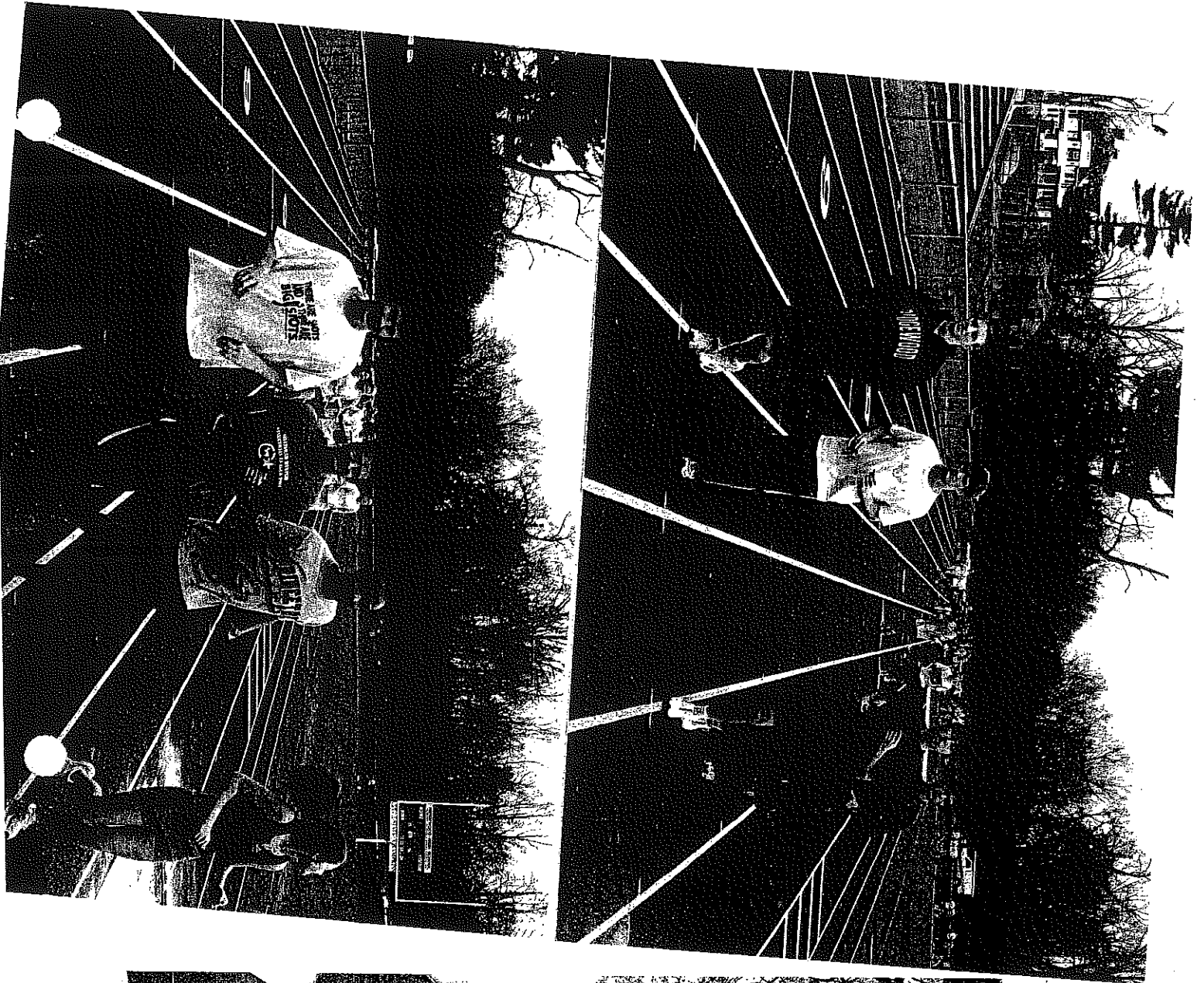
**Passaic County record:** Jeff Young, Wayne Valley, 2003, 14-6.

**Returning vaulters:** Jake Riccardi, Ridgewood, 12 (B), 14-0; James Woods, Demarest, 29 (B), 13-6; Luke Gunther, West Milford, 40 (P), 12-3.

### 1600 METER RELAY

**Bergen County record:** Englewood, 1971, 3:17.7\*.

**Passaic County record:** Eastside, 1986, 3:17.2.



# Boys ranked 2nd in North Jersey

BY DAVID ZARO  
Staff Writer

RIDGEWOOD - There is no rest for the weary, as many of the stars of the fall and winter track seasons move into spring competition for the Ridgewood High School boys track and field squad.

Last season, head coach Josh Saladino led the team to its fourth consecutive Northern New Jersey Interscholastic League championship and the team's eighth crown since 1995. The team also won the Group 4, Section 1 state title for the second year in a row.

The Maroons, ranked second in the pre-season North Jersey rankings, had 74 athletes as of the opening day of practice.

"Because there are so many events in track, kids can always find an area for success," said Saladino, now in his fourth year as head coach. "Also, because there are so many different events, there are a lot of different types of personalities on the team, and they really enjoy competing and rooting for each other."

Three seniors will share the role of captain, including Okee Onwubu, who will compete in the 400- and 800-meter events.

"Okee has become a very good runner," Saladino said. "He is a vocal leader who relates well to all of the kids on the team."

Senior Jake Ricciardi was a first-team All-County selection in the pole vault last year and was a top competitor in the event throughout the indoor season.

"Jake performs at a high level in a very demanding event," said Saladino. "He is very enthusiastic and really has the respect of all the kids. He makes sure everyone is out there even when the weather is bad."

Mat Flicker, a bowler during the winter season, earned first-team All-League honors in the shot put



GARY JUNG/STAFF PHOTOGRAPHER

Seniors Okee Onwubu (left) and Jake Ricciardi (right) are two of the three captains for the Ridgewood High School boys track team. Not pictured: senior Mat Flicker.

last season. He will also compete in the discus event.

"Mat does a great job with his throws and with staying on his task," Saladino said. "He is like an extension of the coach."

The strength of the team lies with the distance runners, including the outstanding trio of juniors Mike Cator and Byron Williams and sophomore Niall Buckley. That trio, along with Onwubu, was part of the 4-by-800-meter team that earned second-team All-American honors during the indoor track season.

Cator was second-team All-County last spring and earned first-team All-County in the 1600-meter run in the winter. Williams was first-team All-County in the 1000-meter run in the winter season, running three sub-2:35 races, and Buckley earned second-team All-County honors in the 800 meters during the indoor campaign.

"They all had excellent indoor seasons," said Saladino.

Two of the key contributors in

the sprint races, including the 110-meter high hurdles and the 400-meter intermediate hurdles will be juniors Joe Nagano-Gerace and John Moody.

"They are good sprinters and hurdlers that have worked hard to get stronger," Saladino said.

Among the competitors in the field events are senior Christian Jensen in the pole vault, junior Brian Climente in the horizontal jumps (long and triple jump) and Steven Abdallah, a second-team All-League selection in the shot put.

Also aboard is junior Steven Pierce, a sprinter and hurdler who will also handle the javelin.

"Steven put in a lot of hard work over the summer, and we are looking for great things from him in the javelin," said Saladino.

The Maroons boast a coaching staff that has to rank as one of the most accomplished in New Jersey. Helping Pierce, Jensen, Ricciar-

## BOYS TRACK from C2

di and others is assistant coach Cooper, who is highly-regarded throughout the state for his work in the events, particularly with the pole and the javelin events.

Saladino is an assistant to veteran cross-country head coach Mike Glyn, and the two trade places for the fall, and the two trade places for the spring season. Glyn has coached numerous individual All-Americans team champions during his coaching career.

"Mike has had more success in coaching distance runners than anyone in the history of Bergen County," Saladino said. "Torre Watson, a year-round coach who is also on the staff of the varsity ball and wrestling teams, lends his expertise to the shot put and discus competitions."

"He coaches three very different sports at a high level, so he can relate to all of kids," said Saladino. "Torre really cares about the sport and the kids involved." The season opens tomorrow with Steve Pawlowski Relays at Ridgewood High School, and the first dual takes place on Tuesday against Teaneck and St. Joseph at Teaneck High School. The first "major" meet of the year, Bergen County Relays, will be held April 15-16.

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## THE PAWLOWSKI RELAYS Ridgewood High School Track

SATURDAY, APRIL, 2, 2005  
Ridgewood, New Jersey

### BOYS

**4X100m:** 1-Bergen Tech (Bonsu, Dew, Maloney, Anderson), 44.5. 2-Union (Harper, Brewer, Ashley, Walker), 46.5. 3-Bergen Tech (Castro, Hannibal, Kang, Barker), 48.2. 4-Paramus Catholic (Mendoza, Waite, Wacha, Guest), 48.9. 5-Union (D'Andrea, Daughtry, Porsena, Disbrow), 49.7. 6-Ridgewood (Gelbaum, Pierce, Cooper, Engel), 49.8. 7-Bergen Tech (Huan, Fielden, Wang, Huan), 51.1. 8-CBA (Fechtman, Brusca, LaRocca, Festa), 52.4. 9-Fair Lawn (Frugis, Pena, Chazen, Batelli), 50.6.

**4X200m:** 1-Union "A" (Harper, Brewer, Ashley, Haley), 1:35.7. 2-Paramus Catholic "A" (Mendoza, Guest, Frank, Chandler), 1:36.4. 3-CBA (Leniart, DelVecchio, McLaughlin, Hess), 1:37.8. 4-Union "B" (D'Andrea, Coral, Kuczynski, Disbrow), 1:41.5. 5-Fair Lawn (Frugis, Pena, Cannici, Batelli), 1:44.0. 6-Ridgewood (Gelbaum, Cane, Engel, Nagano-Gerace), 1:44.5. 7-Paramus HS (Rembecky, Li, Chanliona, Massari), 1:44.9. 8-Paramus Catholic "B" (Waite, Tauro, Wacha, Bailey), 1:49.1. 9-Bergen Tech (Mak, Bertinato, Fielder, Chung), 1:50.2.

**4X400m:** 1-CBA "A" (Leniart, VanFetalmen, Bellino, Pierson), 3:41.7. 2-Bergen Tech (Anderson, Dew, Mak, Maloney), 3:48.3. 3-Paramus Catholic (Frank, Tauro, Chandler, Madrid), 3:49.1. 4-Union (Coral, Ashley, Porsena, Walker), 3:58.0. 5-Fair Lawn (Frugis, Pena, Zawisa, Chazen), 3:58.8. 6-Paramus HS (Massari, Suh, Rembecky, Cepeda), 4:01.4. 7-Paramus HS "B" (Ax, Stuart, Paolazzi, Cpaizzi), 4:12.7.

**4X800m:** 1-CBA (Rogers, Jensen, Dellegrino, Glackin), 8:46.0. 2-Paramus Catholic (Kubitz, Socha, Waite, Bailey), 9:46.9. 3-Union (Dores, Li, Belford, Rostel), 10:01.0. 5-Bergen Tech (Liu, Kim, Astair, Burns), 11:08.4.

**4X1600m:** 1-CBA "A" (Horel, Pierson, Lombardi, Leach), 18:50.1. 2-Ridgewood (Williams, Buckley, Onwubu, Cator), 18:53.7. 3-CBA "B" (Schaedel, DiChiara, Lee, Rooney), 20:05.0. 4-Ridgewood "B" (Pfeiffer, Emont, Garber, Schmidt), 20:19.6. 5-Paramus (Capizzi, Stuart, Ax, Paolazzi), 20:35.9. 6-CBA "C" (Minella, Zorski, Penny, Harms), 20:45.6. 7-Union (Sacca, Rostel, Drylewicz, Ogunye), 22:03.0.

**Sprint Medley:** 1-CBA (Leniart, Bellino, Hess, Leach), 3:47.6. 2-Union (Walker, Harper, Brewer, Ogunye), 4:08.9.

**Distance Medley:** 1-CBA "A" (Horel, Jensen, Pierson, Rogers) 11:41.9. 2-CBA "B" (DiChiara, Roscitt, Lee, Minello), 11:48.9. 3-Union (Daylewicz, Porsena, Dores, Sacca), 12:36.1. 4-Fairlawn, 13:03.3. 5-Bergen Tech (Rubenski, Jordan, Mar, Klunbaum), 13:37.5.

**4X110 HH:** 1-CBA (Johnson, DelVecchio, Brusco, Henderson), 1:09.0. 2-Ridgewood (Moody, Pierce, Monri, Nagano-Geraue), 1:09.0. 3-CBA "B" (VanFechtman, LaRocca, Ibarz, Festa), 1:16.4. 4-Union (Hall, Lewis, Oyetunde, Cyrana), 1:19.2. 5-CBA "C" (Yoskavich, Patten, Vasilakis, Grandelli), 1:24.8.

**3X400 IH:** 1-CBA "A" (Glackin, DelVecchio, McLaughlin), 3:07.9. 2-Ridgewood (Nagano-Gerace, Moody, Monri), 3:17.5. 3-CBA "B" (Ibanez, Johnson Yoskeuch), 3:20.8. 4-Paramus Catholic (Shaker, Socha, Franco), 3:30.6.

**3X Long Jump:** 1-Union (Burton, Daughtry, Haley), 53-1.5. 2-CBA "A" (McLaughlin, Hess, Henderson), 52-0. 3-Ridgewood (Moody, Clementi, Engel), 49-2. 4-Ridgewood (Chwe, Oh, Violaris), 46-5. 5-CBA "B" (Festa, VanFechtman, Durkin), 45-3.5. 6-CBA "C" (Carroll, Hall, Brusca), 43-2. 7-Paramus Catholic (Mendoza, Franco, Orsini), 30-10.5.

**3X Triple Jump:** 1-CBA "A" (McLaughlin, Hess, Johnson), 108-9. 2-Union (Haley, Kuczynski, Daughtry), 108-6.5. 3-Ridgewood (Clementi, Engel, Oh), 102-7. 4-CBA "B" (Frsta, Grandelli, Brusca), 98-6. 5-Ridgewood "B" (Moody, C, Lee), 97-4. 6-CBA "C" (Vasilakis, Yuskavich, Patten), 62-6.5.

**3X High Jump:** 1-CBA (Carrol, Henderson, Pierson), 15-3. 2-Fair Lawn (Chazen, Cannici, Pontnyagin), 15-0. 3-Ridgewood (Clementi, Git, Haase), 14-9. 4-Ridgewood "B" (Ricardi, Je, O'Connor) 14-6. 5-Union (Daughtry, Walker, Haley), 9-9.

**3X Pole Vault:** (canceled - rain)

**3X Shot Put:** 1-Passaic Valley (Mochetta, Valvis, Abyad), 118-2. 2-Ridgewood (Aboallah, Wilson, Dawson), 102-7. 3-CBA (McLeod, McSherry, Nottety), 101-3. 4-Union "A" (VonLinden, Burton, Barragan), 99-11.5. 5-Paramus Catholic (McDonnell, Passano, Ritchie), 95-8.5. 6-Fair Lawn (Pellettere, Logan, Quintavalle), 87-11. 7-Union "B" (Scheurmann, Pierre, Crespo), 85-1. 8-Bergen Tech (Thakkar, Thakkar, Stack), 71-3. 9-Bergen Tech (Wey, Tadros, Loboza), 84-6.5.

**3X Discus:** 1-Passaic Valley (Moschetta, Valvis, Abyad), 315-10. 2-CBA (McLeod, McSherry, Roehrig), 272-9. 3-Ridgewood (Abdallah, Wilson, Pierce), 271-1. 4-Paramus HS (Feeney, Tonuzi, Dykes), 257-9. 5-Union (Scheurmann, Barragan, VonLinden), 252-1. 6-Paramus Catholic (Passno, McDonnell, Scott-Ruiz), 239-0. 7-Bergen Tech (Mathew, Tadros, Polifrone), 233-10. 8-Fair Lawn (Quintavalle, Logan, Pellettere), 141-4.

**3X Javelin:** 1-CBA (Lizotte, Cashman, Delvecchio), 350-11. 2-Ridgewood (Pierce, Belbaum, G.), 337-0. 3-Passaic Valley (Gardina, Moschetta, Abyad), 299-6. 4-Paramus Catholic (Murphy, Forino, Ritchie) 278-8. 5-Union (Wycko, Pierre, Burton), 266-0. 6-Bergen Tech (Eteldi, Polifrone, Wong), 218-5.

### GIRLS

**4X100m:** 1-Clara Barton (Stelle, Edwards, James, Hazel), 53.4. 2-Ridgewood (Que, Wisener, Krejsa, Cigolini), 53.9. 3-

**Pawlowski Relays 2004 Girls Team Scores Large School**

Teams	Totals	Events													404		
		4X100m	4X200m	4X400m	4X800m	4X1600m	Sp.Med	DisMed	4X100H	3X400H	3XLJ	3XTJ	3XHJ	3XPV		3XShot	3XDisc
Ridgewood	106	8	2	8	2	10	10	10	10	8	8	8	8		6	8	
Shaker	100	6	8	6	10	6		8	6	10	10	6	6		8	10	
Clara Barton	52	10		10	8		8			6		10					
Paramus HS	44					8	6	4	8	4		4	10				
Paramus Catholic	28	4									6	2		10	6		
A.P. Randolph	26	1	10	1			4			2				4	4		
Fair Lawn	21		6	2	6		1	6									
Bergen Tech	15		1	4	4			2						2	2		
Union	12	2	4			4	2										
<b>Totals</b>	<b>404</b>	<b>31</b>	<b>31</b>	<b>31</b>	<b>30</b>	<b>28</b>	<b>31</b>	<b>30</b>	<b>24</b>	<b>30</b>	<b>24</b>	<b>30</b>	<b>24</b>	<b>0</b>	<b>30</b>	<b>30</b>	<b>0</b>

**Pawlowski Relays 2004 Boys Team Scores Large School**

Teams	Totals	Events													417		
		4X100m	4X200m	4X400m	4X800m	4X1600m	Sp.Med	DisMed	4X100H	3X400H	3XLJ	3XTJ	3XHJ	3XPV		3XShot	3XDisc
CBA "A"	130	2	6	10	10	10	10	10	10	10	8	10	10		6	8	10
Union	84	8	10	4	6	4	8	8	6	10	8	4		4	2	2	
Ridgewood	70	4	2			8			8	8	6	6	6	8	6	8	
Paramus Catholic	45	6	8	6	8				6	4				2	1	4	
Bergen Tech	27	10		8	4			4								1	
Passaic Valley	26													10	10	6	
Fair Lawn	23	1	5	2				6				8		1			
Paramus HS	12		1	1		6									4		
<b>Totals</b>	<b>417</b>	<b>31</b>	<b>32</b>	<b>31</b>	<b>28</b>	<b>28</b>	<b>18</b>	<b>28</b>	<b>24</b>	<b>24</b>	<b>28</b>	<b>24</b>	<b>28</b>	<b>0</b>	<b>31</b>	<b>31</b>	<b>31</b>

**Pawlowski Relays**

**April 2<sup>nd</sup> - downpour**

**4x1600m:**

M. Cator 4:38  
B. Williams 4:42  
N. Buckley 4:42  
O. Onwubu 4:48

J. Pfeiffer 4:53  
D. Emont 5:09  
J. Garber 5:13  
J. Schmidt 5:01

**18:53.7 - 2<sup>nd</sup> Place**

**20:19.6 - 4<sup>th</sup> Place**

**4x110 HH:**

John Moody  
Steven Pierce  
Akira Monri  
Joe Nagano-Gerace

**1:09.8 - 2<sup>nd</sup> Place**

**4x100m:**

Albert Gelbaum / Steven Pierce / Ricky Cooper / Dan Engel

**49.8 - 6<sup>th</sup> Place**

**4x200m:**

Albert Gelbaum 25.3  
Lucas Chwe 26.4  
Dan Engel 27.3  
Joe Nagano-Gerace 25.4

**1:44.5 - 6<sup>th</sup> Place**

**3x400 IH:**

Joe Nagano-Gerace 61.9  
John Moody 66.9  
Akira Monri 67.9

**3:17.5 - 2<sup>nd</sup> Place**

**3xLJ:**

B. Clementi 17'1"  
D. Engel 15'7"  
J. Moody 16'11"

L. Chwe 15'9"  
S. Oh 17'0"  
J. Violaris 14'3"

**49'2" - 3<sup>rd</sup> Place**

**46'5" - 4<sup>th</sup> Place**

**3xTJ:**

B. Clementi 36'2"  
D. Engel 31'6"  
S. Oh 34'5"

J. Moody 33'6"  
L. Chwe 32'  
J. Lee 33'4"

**102'7" - 3<sup>rd</sup> Place**

**97'4" - 5<sup>th</sup> Place**

**3xHJ:**

B. Clementi 5'0"  
S. Oh 4'9"  
T. Haase 5'0"

B. O'Connell 5'0"  
J. Ricciardi 4'9"  
C. Jensen 4'9"

**14'9" - 3<sup>rd</sup> Place**

**14'6" - 4<sup>th</sup> Place**

**3xJav:**

S. Pierce  
A. Gelbaum  
N. Ontivero

**337'0" – 2<sup>nd</sup> Place**

**3xShot:**

S. Abdallah  
B. Wilson  
N. Dawson

**102'7" – 2<sup>nd</sup> Place**

**3xDisc:**

S. Abdallah  
B. Wilson  
S. Pierce

**271'1" – 3<sup>rd</sup> Place**

**Ridgewood 71**

**Teaneck 60**

April 5, 2004 – 60 sunny

400 IH:           Ridgewood: 6                   Teaneck: 3  
1-Niall Buckley (R) 58.1 2- Andre Mitchell (T) 59.3 3- Joe Nagano-Gerace (R) 60.1  
Others: S. Pierce 61.1; P. Nygaard 70.6

100m:            Ridgewood: 0                   Teaneck: 9  
1-Rashaad White (T) 11.2 2-Mark Muckle (T) 11.2 3-Travis Warren (T) 11.3  
Others: S. Oh 11.7; L. Chwe 11.8; D. Engel 11.9; R. Cooper 12.4; J. Lee 12.8; C. Gallo  
12.8; D. Lewis 12.9; R. Webbe 13.5; M. Vaccaro 13.6; T. Haase 13.9; D. Clark 14.2; C.  
Jonse 15.3; A. McLaughlin 15.5

1600m:           Ridgewood: 6                   Teaneck: 3  
1-Michael Cator (R) 4:41.6 2-Joe Lefkowitz (T) 4:41.1 3-Dan Emont (R) 4:48.0  
Others: J. Schmidt 4:48; J. Garber 4:49; J. Pfeiffer 4:52; A. Pruzinsky 5:14; C. Magrath  
5:16; C. Kitajewski 5:36; D. Morse 5:37; K. Meissner 5:49; J. Cramer 6:06;  
B. Zamir 6:25

400m:            Ridgewood: 5                   Teaneck: 4  
1-Byron Williams (R) 52.2 2-Akem Thomas (T) 53.8 3-Tommy Sans George (T) 53.8  
Others: A. Gelbaum 54.8; B. O'Connell 57.0; E. Ellingboe 58.0; J. Violaris 58.5; F.  
Nestor 62.4

110HH:           Ridgewood: 6                   Teaneck: 3  
1-Joe Nagano-Gerace (R) 16.2 2-Andre Mitchell (T) 16.4 3-John Moody (R) 16.5  
Others: S. Pierce 17.5

800m:            Ridgewood: 9                   Teaneck: 0  
1-Niall Buckley (R) 2:01.5 2-Byron Williams (R) 2:01.7 3-Michael Cator (R) 2:02.0  
Others: R. Morgan 2:24; T. Clark 2:25; E. Ellingboe 2:28; W. Jang 2:30; M. Meissner  
2:35; S. Murphy 2:37; R. Blau 3:04

200m:            Ridgewood: 0                   Teaneck: 9  
1-Akeem Thomas (T) 23.2 2-Rashaad White (T) 23.2 3-Teaneck 23.7  
Others: A. Gelbaum 24.0; D. Engel 24.4; J. Moody 24.4; Z. Ontiveros 25.2; R. Cooper  
25.4; L. Chwe 25.9; C. Gallo 26.7; M. Vaccaro 27.0; B. Remmen 27.2; R. Webbe 28.2;  
D. Clark 29.2; C. Jones 31.0

3200m:           Ridgewood: 9                   Teaneck 0  
1-Joe Pfeiffer 10:44 (R) 2-Jacob Garber 10:44 3-Dan Emont (R) 10:45  
Others:

Long Jump:       Ridgewood: 1                   Teaneck: 8  
1-Rogers (T) 19'1 1/2" 2-Whych (T) 19'1" 3-Brian Clementi (R) 18'9 1/2"  
Others: L. Chwe 17'4 1/2"; S. Oh 17'3 3/4"; J. Moody 16'9 1/2"; J. Lee 16'6"



Triple Jump:        Ridgewood: 4                    Teaneck: 5  
1-Oderrick Turner (T) 41'4" 2-Brian Clementi (R) 38'2" 3-Sam Oh (R) 37'5"  
Others: J. Moody 35'10"; J. Violaris 33'2"; J. Lee 33'0"

High Jump:        Ridgewood: 0                    Teaneck: 9  
1-Oderrick Turner (T) 6'0" 2-Teaneck 3-Teaneck  
Others: DNC

Shot Put:        Ridgewood: 9                    Teaneck: 1  
1-Steve Abdallah (R) 43.2" 2-Ben Wilson (R) 40'6" 3-Teaneck 38'2"  
Others: M. Mosticchio 34'9"; N. Dawson 34'2"; A. Vilchez 32'0"; C. Ryan 30'10"; M. Halwagy 27'11"; T. Borgman 27'8"; M. Stapleton 21'3"

Discus:        Ridgewood: 9                    Teaneck: 0  
1-Steve Abdallah 128'3" 2-Ben Wilson 105'3" 3-Sтивен Pierce 102'2"  
Others: N. Dawson 99'11"; C. Ryan 93'1"; R. Cooper 75'1"; T. Borgman 73'; M. Mosticchio 72'3"; M. Stapleton 51'3; M. Halwagy – doesn't remember

Pole Vault:        Ridgewood: 8                    Teaneck: 1  
1-Jacob Ricciardi 13'0: (R) 2-Christian Jensen (R) 11'0" 3-Teaneck 9'6"  
Others: D. Ragina 9'0"; Z. Ontiveros 9'0"; L. Berns 8'6"; A. Weiss NH

4x400m: Ridgewood: 0                    Teaneck: 5  
1-Teaneck 3:33.0 2-Ridgewood 3:40.4  
(A. Gelbaum 55.0; J. Schmidt 53.6; S. Pierce 57.2; J. Nagano-Gerace 54.6)

**Comments:**

A good win against a very good team. It took a team effort to win this meet. Teaneck is very good but just not as deep as we are. Congratulations on your first wins of the year.

Ridgewood 2-0  
Teaneck 1-1  
St. Joes 0-2

**Athletes of the Meet:**

Ben Wilson: 2 PBs; 2 2<sup>nd</sup> places – 40'6" and 105'3"  
Niall Buckley: 2 wins in quality time – 58.1 and 2:01.1

**Ridgewood** 88 88**St. Joes 48** <sup>43</sup> April 5, 2004 – 60 sunny

400 IH:                    Ridgewood: 9                    St. Joes: 0  
1-Niall Buckley (R) 58.1 2- Joe Nagano-Gerace (R) 60.1 3-Steven Pierce (R) 61.0  
Others: P. Nygaard 70.6

100m:                    Ridgewood: 1                    St. Joes: 8  
1-Chris Degannes (SJ) 11.0 2-Tyler (SJ) 11.6 3-Sam Oh (R) 11.7  
Others: L. Chwe 11.8; D. Engel 11.9; R. Cooper 12.4; J. Lee 12.8; C. Gallo 12.8; D.  
Lewis 12.9; R. Webbe 13.5; M. Vaccaro 13.6; T. Haase 13.9; D. Clark 14.2; C. Jones  
15.3; A. McLaughlin 15.5

1600m:                    Ridgewood: 9                    St. Joes: 0  
1-Michael Cator (R) 4:41.6 2-Dan Emont (R) 4:48.0 3-Jeremy Schmidt 4:48.5  
Others: J. Garber 4:49; J. Pfeiffer 4:52; A. Pruzinsky 5:14; C. Magrath 5:16; C.  
Kitajewski 5:36; D. Morse 5:37; K. Meissner 5:49; J. Cramer 6:06; B. Zamir 6:25

400m:                    Ridgewood: 8                    St. Joes: 1  
1-Byron Williams (R) 52.2 2-Albert Gelbaum (R) 54.8 3-Marvin Dustine (SJ) 60.0  
Others: B. O'Connell 57.0; E. Ellingboe 58.0; J. Violaris 58.5; F. Nestor 62.4

110HH:                    Ridgewood: 9                    St. Joes: 0  
1-Joe Nagano-Gerace (R) 16.2 2- John Moody (R) 16.5 3-Steven Pierce (R) 17.5  
Others:

800m:                    Ridgewood: 9                    St. Joes: 0  
1-Niall Buckley (R) 2:01.5 2-Byron Williams (R) 2:01.7 3-Michael Cator (R) 2:02.0  
Others: R. Morgan 2:24; T. Clark 2:25; E. Ellingboe 2:28; W. Jang 2:30; M. Meissner  
2:35; S. Murphy 2:37; R. Blau 3:04

200m:                    Ridgewood: 9                    St. Joes: 0  
1-Albert Gelbaum (R) 24.0 2-Dan Engel (R) 24.4 3-John Moody (R) 24.4  
Others: Z. Ontiveros 25.2; R. Cooper 25.4; L. Chwe 25.9; C. Gallo 26.7; M. Vaccaro  
27.0; B. Remmen 27.2; R. Webbe 28.2; D. Clark 29.2; C. Jones 31.0

3200m:                    Ridgewood: 9                    St. Joes: 0  
1-Joe Pfeiffer 10:44 (R) 2-Jacob Garber 10:44 3-Dan Emont (R) 10:45  
Others:

Long Jump:                    Ridgewood: 1                    St. Joes: 8  
1-Chris Degannes (SJ) 21'1" 2-St. Joes 19'2 3/4" 3-Brian Clementi (R) 18'9 1/2"  
Others: L. Chwe 17'4 1/2"; S. Oh 17'3 3/4"; J. Moody 16'9 1/2"; J. Lee 16'6"

Triple Jump:                    Ridgewood: 4                    St. Joes: 5  
1-Chris Degannes (SJ) 42'3" 2-Brian Clementi (R) 38'2" 3-Sam Oh (R) 37'5"  
Others: J. Moody 35'10"; J. Violaris 33'2"; J. Lee 33'0"

High Jump:            Ridgewood: 0                    St. Joes: 9  
1-SJ 2-SJ 3-SJ  
Others: DNC

Shot Put:            Ridgewood: 3                    St. Joes: 6  
1-Klopez (SJ) 47'8" 2-Steve Abdallah (R) 43.2" 3-Engravale (SJ) 41'1"  
Others: B. Wilson 40'6"; M. Mosticchio 34'9"; N. Dawson 34'2"; A. Vilchez 32'0"; C. Ryan 30'10"; M. Halwagy 27'11"; T. Borgman 27'8"; M. Stapleton 21'3"

Discus:            Ridgewood: 4                    St. Joes: 5  
1-Engravale (SJ) 132'9" 2-Steve Abdallah (R) 128'3" 3-Ben Wilson (R) 105'3"  
Others: S. Pierce 102'2"; N. Dawson 99'11"; C. Ryan 93'1"; R. Cooper 75'1"; T. Borgman 73'; M. Mosticchio 72'3"; M. Stapleton 51'3; M. Halwagy – doesn't remember

Pole Vault:            Ridgewood: 8                    St. Joes: 1  
1-Jacob Ricciardi 13'0: (R) 2-Christian Jensen (R) 11'0" 3-St. Joes 9'6"  
Others: D. Ragina 9'0"; Z. Ontiveros 9'0"; L. Berns 8'6"; A. Weiss NH

4x400m: Ridgewood: 5                    St. Joes: 0  
1-Ridgewood 3:40.4 2-St. Joes  
(A. Gelbaum 55.0; J. Schmidt 53.6; S. Pierce 57.2; J. Nagano-Gerace 54.6)

**Comments:**

Good win – we are a better team and should win, but you went out and performed as such.

Ridgewood 2-0  
Teaneck 1-1  
St. Joes 0-2

**Athletes of the Meet:**

Albert Gelbaum – 1<sup>st</sup> varsity win in 200m  
Danny Ragina and Zach Ontiveros – 1<sup>st</sup> time over 9' PV

# Maroon track teams excel in rain at Pawlowski Relays

BY DAVID ZARO  
Staff Writer

**RIDGEWOOD** - Under soggy conditions, the Ridgewood High School track and field teams kicked off the 2005 season with the Steve Pawlowski Relays last Saturday.

The girls side battled through the elements to out-point Shaker High School last year's winner, 106-100, while Clara Barton High School was third with 52 points. The Maroons captured four of the day's 15 events and finished second in six others.

"It was a great meet for us on a bad (weather) day," said Ridgewood head coach Jacob Brown. "Shaker is a real good club from Albany (N.Y.), so beating them was significant, and Clara Barton is a good team from out of the area as well."

One of the victorious combinations for Ridgewood included the

6400 relay team of sophomore Ashlyn Llerandi, seniors Becca Wells and Diana Mangam and junior Meredith Jones.

The distance medley team also included Jones along with junior Stephanie Westerman, Maggie Harms and Jess Kresja. Their time of 13:56.9 edged Shaker for the top spot in the event, with Fair Lawn placing third.

"The distance kids were awesome," Brown said.

In the sprint medley, the unit of Alice Wisner, Erica Cigolini, Brooke Bogart and anchor Cristina Law posted a winning time of 4:38.9, as Clara Barton (4:43.2) and Paramus (4:46.2) were second and third, respectively.

Bogart and Wisner also helped to lead a victory in the shuttle hurdles, along with Cassie Wong and Lara-Jane Que, with a time of 1:09 flat.

"The sprint medley and hurdles were significant group wins for us," said Brown.

On Tuesday, the girls won meet with Teaneck and H. Angels at Teaneck High School.

"Teaneck is a great, you team, and we were down about points halfway through the meet," Brown noted. "Our two sprint Erica Cigolini and Lara-Jane Que then went 1-2 in the 200 meter, which was the turning point for us."

The Maroons went on to win the distance events, and Law won both the triple and high jump.

\*\*\*\*  
The boys team placed second in five events and were third overall at the Steve Pawlowski Relays with 70 points, finishing behind Christian Brothers Academy (CBA) of Lincroft (130 points) and Union (84).

"It was an early season indicator of where we stand," said Ridgewood head coach Josh Saladino. "Our main goal in this meet

See TRACK, page C3

## SPORTS

FRIDAY, APRIL 8, 2005 C5

### TRACK from C3

to prepare for the county relays." Due to the weather, the Maroons were not able to compete in the pole vault relay.

The 4x110 (shuttle hurdles) team of John Moody, junior Steven Pierce, freshman Akira Monri and junior Joe Nagano-Gerace were solid in finishing second to CBA.

"It was a very good early-season time," Saladino said. "They are a young, yet experienced group, and I am hoping for big things from them in the counties."

In the 4x1600 meters, Ridgewood's team of junior Byron

Williams, sophomore Niall Buckley, senior Okee Onwubu and junior Mike Cator came in at 18:53.7, finishing second to CBA (18:50.1). The Maroons' "B" team, led by senior Joe Pfeiffer and sophomores Dan Emont, Jacob Garber and Jeremy Schmidt, came in fourth overall, beating all other "A" varsity teams except CBA.

"Beating all the other varsity teams is a great accomplishment for a second team," Saladino noted. Ridgewood also finished second in the 3x400 intermediate hurdles, the shot put and the javelin.

On Tuesday, at Teaneck High School, the Maroons topped Tea-

neck, 71-60, and St. Joseph, 83-48.

Buckley posted his best time of the year with a 58.1 in the 400-meter intermediate hurdles, two seconds better than his previous best. Williams was victorious in the 400 meters (52.2), as was the 800-meter squad.

Sophomore Steven Abdallah was impressive in capturing both the shot put (43 feet, 2 inches) and discus (128 feet, 3 inches) events.

"Steven has great natural strength, and he is working to be quicker in the throwing circle," Saladino said. "Quickness is just as important as overall strength, and technique can make or break you.

The strongest guy doesn't always win."

Both the boys and girls will compete in the Comet Relays at Hackensack High School tomorrow, while the boys distance medley team of Williams, Buckley, Cator and Schmidt will head west to compete in the Arcadia Invitational in California. Schmidt replaces Onwubu, who strained his hamstring in the meet at Teaneck. Distance specialist Mike Glynn will coach the team.

"The event in Arcadia is a prestigious, national caliber meet," said Saladino. "It will be a great building block for us."

**THE COMET RELAYS**  
**Tom Dellatorre Field**

**SATURDAY, APRIL, 9, 2005**  
**Hackensack, New Jersey**

**BOYS**

**4X100m:** 1-Old Bridge (Nick Carbone, Allan Lunkenheimer, Paul Racioppi, Bryant McCombs), 43.3. 2-Seton Hall Prep, 44.0. 3-Bergen Tech, 44.1. 4-Metuchen, 45.1. 5-Saddle Brook, 45.3. 6-Paramus Catholic, 45.4.  
**4X200m:** 1-Old Bridge (Nick Carbone, Allan Lunkenheimer, Paul Racioppi, Bryant McCombs), 1:30. 2-Seton Hall Prep, 1:31.0. 3-Bergen Catholic, 1:32.3. 4-Lehman (NY), 1:33.3. 5-Bergen Tech, 1:34.2. 6-Paramus Catholic, 1:35.3.  
**4X400m:** 1-Seton Hall Prep (Pat Altena, Pat Blackie, Billy Bozaid, Bernie Larnedal), 3:21.3. 2-CBA 'A', 3:24.5. 3-Lehman, 3:24.6. 4-Hasbrouck Heights, 3:35.8. 5-Paramus Catholic 'A', 3:36.1. T6-Park Ridge, 3:41.0. T6-Bergen Tech, 3:41.0.  
**4X800m:** 1-CBA (Derek Jensen, Greag Leach, Branden Pierson, Peter Glackin), 7:56.7. 2-Seton Hall Prep, 7:58.4. 3-Paramus Catholic, 8:49.5. 4-Saddle Brook, 8:56.7. 5-Leonia, 9:44.2.  
**4X1600m:** 1-CBA (Justin Wheat, Chris Horel, Chris Lombardi, Greg Leach), 18:30.6. 2-Old Bridge 'A', 18:34.7. 3-Seton Hall Prep, 19:22.3. 4-Leonia, 19:54.6. 5-Paramus, 19:56.0. 6-Ridgewood, 19:58.8.  
**Sprint Medley:** 1-CBA (Brandon Leniart, Ryan DelVecchio, Dave McLaughlin, Greg Leach), 3:36.2. 2-Paramus Catholic, 3:39.3. 3-Bergen Catholic, 3:39.6. 4-Metuchen, 3:39.8. 5-Seton Hall Prep, 3:43.1. 6-Lehman (NY), 3:44.2.  
**Distance Medley:** 1-CBA 'A' (Chris Horel, Derek Jensen, Brandon Pierson, Justin Wheat), 10:45.9. 2-Old Bridge 'A', 10:49.9. 3-Seton Hall Prep, 10:50. 4-Indian Hills, 11:17.9. 5-Verona, 11:33.3. 6-Mahwah, 11:41.2.  
**4X110 HH:** 1-Hackensack (Oquendo, Mi. Wiswesser, Nowicki, Rollins), 1:04.4. 2-Saddle Brook, 1:04.7. 3-Metuchen, 1:06.8. 4-Ridgewood, 1:10.1. 5-CBA 'B', 1:11.3. 6-Old Tappan, 1:11.7.  
**3X400 IH:** 1-CBA 'A' (Peter Glackin, Ryan DelVecchio, Rob Johnson), 2:52.5. 2-Scotch Plains-Fanwood, 2:59.0. 3-Northern Highlands, 3:02.8. 4-Leonia, 3:05.4. 5-Mahwah, 3:05.5. 6-Ridgewood, 3:07.0.  
**2X Long Jump:** 1-Saddle Brook (Anthony Pomo-21'8.5", Brian Wiseman-19'9.5"), 41'6". 2-Northern Highlands, 40'5". 3-Bergen Tech, 40'4". 4-St. Josephs, 38'7.25". 5-Hasbrouck Heights, 37'9.25". 6-Park Ridge, 37'4.5".  
**2X Triple Jump:** 1-Saddle Brook (Brian Wiseman-41'8, Anthony Pomo-41'3), 82'11". 2-Northern Highlands, 82'4". 3-Mahwah, 81'10". 4-Hackensack, 81'1". 5-St. Joseph's, 80'10.5". 6-Bergenfield, 80'3".  
**2X High Jump:** 1-Hackensack (Dan Oquendo-6'2, Edie Cabo-5'10), 12'0". 2-Old Bridge, 11'7". 3-Scotch Plains-Fanwood, 11'6". T4-St. Joseph's, 11'2". T4-Cresskill, 11'2". T4-Leonia, 11'2".  
**2X Pole Vault:** 1-Ridgewood 'B' (Jacob Rilliani-13'0, Jensen Christian-11'6), 24'6". 2-Seton Hall Prep, 22'6". T3-Hackensack, 21'6". T3-CBA, 21'6". 5-Indian Hills, 20'0". T6-Northern Highlands, 19'0". T6-Cresskill, 19'0". T6-Hasbrouck Heights, 19'0".  
**2X Shot Put:** 1-Hackensack (Parham-45'4, Sewell-45'10), 91'2". 2-Indian Hills, 91'. 3-Hasbrouck Heights, 90'6". 4-Old Bridge 'A', 88'8". 5-St. Josephs, 88'0". 6-Scotch Plains-Fanwood 'B', 86'5".  
**2X Discus:** 1-Hackensack (Travis Parham-127'6, Eric Sewell-150'11), 278'5". 2-Old Bridge, 270'1". 3-Hasbrouck Heights, 265'8". 4-Indian Hills, 253'2". 5-Cresskill 'A', 248'11". 6-Wood-Ridge, 233'2".  
**2X Javelin:** 1-Old Bridge 'A' (Phillip Payne-153'6, Ken Cardullo-157'5), 310'11". 2-NV/Demarest, 310'3". 3-Ridgewood, 308'3". 4-Seton Hall Prep, 291'10". 5-Park Ridge, 285'9". 6-CBA 'A', 283'7".

**GIRLS**

**4X100m:** 1-Hackensack (Walcott, Townes, Wyche, Walker), 49.4. 2-Ridgewood, 52.1. 3-Orange, 52.8. 4-Indian Hills, 53.3. 5-Northern Highlands, 53.6. 6-Old Tappan, 54.2.  
**4X200m:** 1-Scotch Plains-Fanwood (Danielle Vena, Samantha Gates, Amanda Bobyack, Meaghan Kelly), 1:49.0. 2-Indian Hills, 1:49.8. 3-Orange, 1:50.5. 4-Saddle Brook, 1:54.3. 5-Paramus Catholic, 1:54.5. 6-Ridgewood, 1:56.3.  
**4X400m:** 1-Scotch Plains-Fanwood (Meaghan Kelly, Danielle Vena, Amanda Bobyack, Samantha Gates), 4:10.4. 2-Orange, 4:14.9. 3-Toms River East, 4:16.6. 4-Pearl River, 4:22.9. 5-Bergen Tech, 4:26.3. 6-Bergenfield, 4:32.2.  
**4X800m:** 1-Pearl River (Kathleen Deloney, Caitrin Demchko, Samantha Stodt, Louro Reilly), 9:52.6. 2-Indian Hills, 10:05.4. 3-Metuchen, 10:13.8. 4-Ridgewood, 10:20.5. 5-Toms River East, 10:24.1. 6-Scotch Plains-Fanwood, 10:35.0.  
**4X1600m:** 1-Ridgewood (Wells, Harms, Westerman, Mangam), 22:50.6. 2-Pearl River 'A', 22:57.6. 3-Scotch Plains-Fanwood, 23:09.0. 4-Fairlawn, 23:54.8. 5-Verona, 23:56.0. 6-Northern Highlands, NT.  
**Sprint Medley:** 1-Ridgewood (Lierandi, Cigolini, Que, Law), 4:22.0. 2-Hackensack, 4:26.0. 3-Toms River East, 4:33.9. 4-Verona, 4:45.3. 5-Northern Highlands, 4:47.6. 6-Bergenfield, 4:47.8.  
**Distance Medley:** 1-Ramapo (Lindsay Callahan, Jenny Galgano, Melanie Wilson, Kesley Ramsey), 13:01.5. 2-Pearl River, 13:19.5. 3-Scotch Plains-Fanwood, 13:37.3. 4-Toms River East, 13:48.5. 5-Hackensack, 13:54.1.  
**4X100 HH:** 1-Ridgewood (Wong, Bogart, Wisener, Que), 1:08.1. 2-Paramus, 1:08.9. 3-Northern Highlands, 1:09.1. 4-Saddle Brook, 1:14.8. 5-Toms River East, 1:15.1. 6-Leonia, 1:15.9.  
**3X400 IH:** 1-Verona (Dianna Anderson, Toni Mahotiere, Kerrin Goosman), 3:33.9. 2-Ridgewood, 3:35.0. 3-Pearl River, 3:43.3. 4-Paramus, 3:51.2. 5-Leonia, 4:02.8.  
**2X Long Jump:** 1-Indian Hills (Danielle Kroll-15'5.25, Mallory Longfield-15'10.25), 31'3.5". 2-Verona, 30'9". 3-Leonia, 30'5". 4-Scotch Plains-Fanwood, 29'1.5". 5-Paramus, 28'10.25". 6-Northern Highlands, 28'8.5".  
**2X Triple Jump:** 1-Indian Hills (Kristin Kern-34'2.5", Jess Molosh-32'1"), 66'3.5". 2-Saddle Brook, 66'3". 3-Hackensack, 64'6". 4-Ridgewood, 64'2". 5-Paramus, 61'6.5". 6-Bergenfield, 60'8.5".  
**2X High Jump:** 1-Hackensack (Townes-5'4, Betancourt-4'10), 10'2". T2-Paramus, 9'8". T2-Verona, 9'8". 4-Northern Highlands

9'7. 5-Ridgewood 'A', 9'2. T6-Pascack Valley 8'11. T6-Pearl River, 8'11.

**2X Pole Vault:** T1-Pearl River (Emily Powers-9'6, Calli Wolvisch-7'6), 17'0. T1-Ridgewood (Wong-9'0, Lievandi-8'0). 3-Mahwah, 16'0. 4-Northern Highlands 14'6. T5 Verona, 12'. T5-Hasbrouck Heights, 12'. T5-Fairlawn, 12'.

**2X Shot Put:** 1-Toms River East (Ali Briggs-38'9, Kelly Pisano-28'9), 67'5. 2-Indian Hills, 66'10. 3-Bergenfield, 66'1. 4-Northern Highlands, 63'9. 5-Fair Lawn, 61'5. 6-Wood-Ridge, 61'4.

**2X Discus:** 1-Indian Hills (Christina Eyl-97'10", Jess Steinbeigle-85'5"), 183'3". 2-Wood-Ridge, 182'2". 3-Park Ridge, 180'10". 4-Scotch Plains Fanwood, 180'4". 5-Hackensack, 169'2". 6-Northern Highlands, 166'3".

**2X Javelin:** 1-Hackensack (Crystal Fulop-103'2, Brynn Rosser-118'11), 222'1. 2-Ridgewood 188'5. 3-Metuchen, 181'0. 4-Toms River East, 175'8. 5-NV-Demarest, 174'0. 6-Scotch Plains, 173'4.

#### NOVICE BOYS

**4X200m:** 1-Old Bridge 'A', 1:39.3. 2-Old Tappan, 1:39.8. 3-West Side, 1:40.0. 4-Old Bridge 'B', 1:41.5. 5-Martin Luther, 1:41.6. 6-Hackensack, 1:42.4.

**4X400m:** 1-CBA 'B', 3:37.5. 2-Lehman, 3:39.3. 3-Seton Hall Prep, 3:45. 4-Old Bridge 'A', 3:43.7. 5-Paramus Catholic 'B', 3:50.5. 6-Cresskill, 3:52.2.

**4X800m:** 1-CBA 'A', 8:52.5. 2-Old Bridge, 9:14.0. 3-Hasbrouck Heights, 9:16.0. 4-Lehman, 9:17.6. 5-Palisades Park, 9:19.8. 6-Seton Hall Prep, 9:33.6.

**Sprint Medley:** 1-West Side, 3:53.9. 2-Randolph, 4:00.8. 3-CBA 'B', 4:01.9. 4-Cresskill, 4:07.9. 5-Palisades Park, 4:10.2. 6-Hasbrouck Heights, 4:11.8.

**Distance Medley:** 1-CBA 'A', 11:31.4. 2-Seton Hall Prep, 11:34.1. 3-Old Bridge, 11:48.6. 4-CBA 'B', 11:52.9. 5-Scotch Plains-Fanwood, 12:21.6. 6-Hasbrouck Heights, 12:26.8.

**4X110HH:** 1-Cresskill, 1:15.0. 2-Wood-Ridge, 1:16.3. 3-Hasbrouck Heights, 1:20.6.

**3X400IH:** 1-Bergen Tech, 3:20.7. 2-Cresskill, 3:22.7. 3-Wood-Ridge, 3:48.9.

**2XLJ:** 1-Hackensack, 35'9. 2-Hasbrouck Heights, 34'4.5. 3-Bergenfield, 34'1.5. 4-Seton Hall Prep, 33'11.25. T5-Park Ridge, 33'8. t5-Bogota, 33'8.

**2XTJ:** 1-Bergenfield, 76'5. 2-Hackensack, 75'7. 3-CBA 'B', 72'10. 4-Wood-Ridge, 69'7.5. 5-Hasbrouck Heights, 69'3.5. 6-Hackensack 'B', 68'5.5.

**2Xshot:** 1-Hasbrouck Heights, 86'6. 2-Old Bridge 'B', 76'5.5. 3-Old Bridge 'C', 73'1.5. 4-Saddle Brook, 70'3. 5-Wood-Ridge, 69'7. 6-Pascack Valley, 69'1.

**2Xdiscus:** 1-Old Bridge 'B', 225'4. 2-Hasbrouck Heights, 221'4. 3-Wood-Ridge, 201'7. 4-West Side, 181'10. 5-Old Bridge 'C', 173'1. 6-Wood-Ridge, 171'3.

#### NOVICE GIRLS

**4X200m:** 1-Hackensack, 1:58.7. 2-Hasbrouck Heights, 1:58.8. 3-Marlboro, 2:01.6. 4-Toms River East, 2:02.3. 5-Pearl River, 2:02.5. 6-Northern Highlands, 2:02.8.

**4X400m:**

**4X800m:** 1-Indian Hills, 11:05.0. 2-Pearl River 'A', 11:11.1. 3-Toms River East, 11:17.7. 4-Bergen Tech, 11:28.3. 5-Hackensack, 11:29.8. 6-Pearl River 'B', 1:33.9.

**Sprint Medley:** 1-Hasbrouck Heights, 4:50.3. 2-Wood-Ridge, 4:56.6. 3-Marlboro, 4:58.6. 4-Bogota, 5:07.7. 5-Hasbrouck Heights, 5:18.3. 6-Pascack Valley, 5:21.6.

**Distance Medley:** 1-Palisades Park, 14:36.3. 2-Pearl River, 14:48.8. 3-Toms River East, 14:53.1. 4-Bergen Tech, 15:05.3. 5-Hasbrouck Heights, 15:23.9. 6-Mahwah, 15:43.8.

**4X100HH:** 1-Pascack Valley, 1:18.7. 2-Indian Hills, 1:20.7. 3-Wood-Ridge, 1:25.9.

**3X400IH:** 1-Pearl River, 4:00.5. 2-Northern Highlands, 4:11.3. 3-Pascack Valley, 4:13.6. 4-Toms River East, 4:37.9.

**2XLJ:** 1-Park Ridge, 26'0.5. 2-Fair Lawn, 25'11.75. 3-Wood-Ridge, 25'10. 4-Park Ridge, 24'11.5. 5-Marlboro, 24'5.5. 6-Toms River East, 24'3.

**2XTJ:** 1-Hasbrouck Heights, 57'10. 2-Northern Highlands, 56'7. 3-Pearl River, 55'4. 4-Pascack Valley, 54'10.5. 5-Wood-Ridge, 52'4. 6-Saddle Brook, 52'3.5.

**2XShot:** 1-Hackensack, 62'9. 2-Indian Hills, 53'5. 3-Ridgewood, 53'1. 4-Toms River East, 50'4.5. 5-Pearl River 'A', 49'8. 6-Wood-Ridge, 49'4.

**2XDiscus:** 1-Paramus Catholic, 145'2. 2-Pal Park, 144'4. 3-Marlboro, 131'11. 4-Toms River East, 128'8. 5-Indian Hills, 127'10. 6-Pascack Valley, 122'10.

#### FROSH BOYS

**4X200m:** 1-Hackensack, 1:41.2. 2-Saddle Brook 'A', 1:43.3. 3-Seton Hall Prep, 1:43.5. 4-Bergen Catholic, 1:45.2. 5-Ridgewood, 1:47.3. 6-CBA, 1:48.2.

**4X400m:** 1-Park Ridge, 3:53.4. 2-Cresskill, 4:02.7. 3-Seton Hall Prep, 4:03.1. 4-Saddle Brook, 4:04.1. 5-Verona, 4:06.3. 6-Old Tappan 'A', 4:10.9.

**4X800m:** 1-CBA 'A', 9:24.9. 2-Hackensack, 9:40.8. 3-Seton Hall Prep, 10:03.3. 4-Wood-Ridge, 10:14.0. 5-Indian Hills, 10:43.3. 6-Fairlawn, NT.

**Sprint Medley:** 1-Cresskill, 4:10.4. 2-Bergen Catholic, 4:16.1. 3-Ridgewood, 4:31.1. 4-Paramus Catholic, 4:35.1. 5-

Hackensack, 4:36.5. 6-Park Ridge, 4:58.7.

**Distance Medley:** 1-CBA 'A', 12:27.9. 2-CBA 'B', 12:40.4. 3-Saddle Brook, 12:45.7. 4-Palisades Park, 15:07.3. 5-Bergen Catholic, 15:17.3.

**4X110HH:** 1-CBA, 1:19.5. 2-Cresskill, 1:21.0. 3-Old Tappan, 1:21.1.

**3X400IH:** 1-Hackensack, 3:34.9.

**2XLJ:** 1-NV/Dem, 29'2.5. 2-Saddle Brook, 17'5. 3-Hackensack, 15'7. 4-Saddle Brook, 15'3. 5-Saddle Brook, 13'6.5.

**2XTJ:**

**2XShot:** 1-Wood-Ridge, 71'9. 2-Bergenfield, 67'. 3-Cresskill, 62'11. 4-Indian Hills, 62'2. 5-Hasbrouck Heights 61'9. 6-Saddle Brook 'A', 61'6.

**2XDiscus:** 1-Bergenfield, 168'6. 2-Cresskill, 159'8. 3-CBA, 154'9. 4-Wood-Ridge, 139'. 5-Hasbrouck Heights, 137'1. 6-Cresskill, 133'2.

#### FROSH GIRLS

**4X200m:** 1-Northern Highlands, 1:57.9. 2-Bergen Tech, 2:01.3. 3-Marlboro, 2:01.6. 4-Old Tappan 'A', 2:02.8. 5-Park Ridge, 2:03.2. 6-Paramus Catholic, 2:04.

**4X400m:**

**4X800m:** 1-Pearl River, 10:54.5. 2-Paramus, 11:45.1. 3-Hasbrouck Heights, 11:46.7.

**Sprint Medley:** 1-Paramus Catholic, 4:53.2. 2-Hackensack, 5:06.1. 3-Hasbrouck Heights, 5:19.2. 4-Marlboro, 5:26.7. 5-Saddle River Day, 5:43.8. 6-Fair Lawn, 5:44.6.

**Distance Medley:** 1-Palisades Park, 16:54.4.

**4X100HH:** 1-Old Tappan 'B', 1:19.1. 2-Northern Highlands, 1:22.1. 3-Old Tappan 'A', 1:25.5. 4-Saddle River Day, 1:41.4.

**3X400IH:** 1-Pearl River, 3:57.3. 2-Northern Highlands, 4:01.3. 3-Old Tappan, 4:07.4.

**2XLJ:** 1-Paramus, 26'5.25. 2-Marlboro, 25'7.25. 3-Saddle Brook, 25'5.5. 4-Pearl River, 25'5. 5-Paramus Catholic, 22'2. Hasbrouck Heights, 21'8.5.

**2XTJ:**

**2Xshot:** 1-Toms River East, 53'1. 2-Saddle Brook, 46'11. 3-Toms River East 'B', 46'10. 4-Indian Hills, 42'8. 5-Toms River East 'C', 40'4. 6-Hackensack 'B', 33'10.

**2Xdiscus:** 1-Toms River East, 134'11. 2-Indian Hills, 108'6. 3-Toms River East, 96'10. 4-Toms River East, 89'. 5-Toms River East, 87'4.

## Comet Relays 2005 Girls Team Scores

Teams	Totals	Events												
		4X100m	4X200m	4X400m	4X800m	4X1600m	Sp.Med	DisMed	4X100H	3X400H	2XLJ	2XTJ	2XHJ	2XPV
Ridgewood	74	8	1		4	10	10		10	8		4	2	9
Indian Hills	58	4	8		8						10	10		
Hackensack	48	10					8	2				6	10	
Pearl River	45.5			4	10	8		8		6			0.5	9
Scotch Plains-Fanwood	42		10	10	1	6		6			4			
Toms River East	34			6	2		6	4	2					
Verona	32					2	4			10	8		7	1
Northern Highlands	25	2				1	2		6		1		4	4
Paramus	23								8	4	2	2	7	
Orange	20	6	6	8										
Saddle Brook	16		4						4			8		
Metuchen	12				6									
Ramapo	10							10						
Wood-Ridge	9													
Leonia	9								1	2	6			
Bergenfield	9			1			1					1		
Fair Lawn	7					4								1
Park Ridge	6													6
Mahwah	6													
Northern Valley Demares	2													
Paramus Catholic	2		2											
Bergen Tech	2			2										
Old Tappan	1	1												
Hasbrouck Heights	1													1
Pascack Valley	0.5												0.5	

## Comet Relays 2005 Boys Team Scores

Teams	Totals	Events												
		4X100m	4X200m	4X400m	4X800m	4X1600m	Sp.Med	DisMed	4X100H	3X400H	2XLJ	2XTJ	2XHJ	2XPV
CBA	68			8	10	10	10	10	2	10				7
Old Bridge	66	10	10			8		8					8	
Seton Hall Prep	60	8	8	10	8	6	2	6						8
Hackensack	51								10			4	10	7
Saddle Brook	34	2			4				8		10	10		
Northern Highlands	22.33									6	8	8		0.33
Ridgewood	22					1			4	1				10
Hasbrouck Heights	18.33			4							2			0.33





Comet Relays

April 2<sup>nd</sup> - 70 and sunny

4x1600m:

Varsity: J. Pfeiffer 4:52.9  
D. Emont 4:55.4  
J. Garber 4:52.7  
B. O'Connell 5:17.6      19:58.8 - 6<sup>th</sup> Place

4x110 HH:

Varsity: J. Moody 17.3, S. Pierce 18.0, A. Monri 17.7, J. Nagano-Gerace 16.5  
1:10.1 - 4<sup>th</sup> Place

4x800m:

Novice: C. Magrath 2:27      K. Meissner 2:28  
A. Pruzinsky 2:23      R. Blau 3:07  
S. Murphy 2:33      J. Cramer 2:51  
E. Ellingboe 2:31      B. Zamir 3:01

4x200m:

Varsity: J. Nagano-Gerace 25.1, A. Gelbaum 23.0, S. Oh 25.0, D. Engel 23.9 - 1:37.0  
Novice: R. Cooper 25.9, J. Lee 26.5, L. Chwe 25.5, J. Violaris 25.3 - 1:43.2  
C. Gallo 26.5, D. Ragina 28.7, D. Lewis 26.4, F. Nestor 27.2 - 1:49.1  
Frosh: B. Remmen 27.7, P. Nygaard 26.6, L. Ruppel 27.9, A. Monri 25.1  
1:47.3 - 5<sup>th</sup> Place  
K. Suh 28.6, D. Clark 29.8, C. Jones 30.7, A. McLaughlin 30.9 - 1:59.6

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

Varsity: A. Gelbaum 54.2, S. Pierce 24.4, D. Engel 24.2 J. Pfeiffer 2:15.7 - 3:58.6  
Frosh: W. Jang 66.7, P. Nygaard 27.5, B. Remmen 27.9, D. Morse 2:29  
4:31.1 - 3<sup>rd</sup> Place

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

Varsity: J. Pfeiffer 3:33.9, D. Engel 56.8, J. Garber 2:12.2, D. Emont 5:04.5 - 11:47.5  
Novice: R. Morgan 3:45.1      A. Pruzinsky 3:46.3  
C. Gallo 62.2      B. O'Connell 59.2  
T. Clark 2:23.8      E. Ellingboe 2:24.8  
K. Meissner 5:45.2      C. Kitajewski 5:29.9  
12:56.2      12:39.9

3x400 IH:

Varsity: J. Nagano-Gerace 59.7, S. Pierce 60.2, A. Monri 67.2 - 3:07.0 - 6<sup>th</sup> Place

**High Jump:**

Varsity: B. Clementi and B. O'Connell – 5'4" each  
S. Oh, T. Haase, J. Moody, D. Lewis - NH

**Long Jump:**

Varsity: A: B. Clementi 17'11", S. Oh 18'4" – 36'3"  
B: L. Chwe 16'7", J. Moody 16'5" – 33'0"  
Novice: A: J. Lee 15'8 1/2", J. Violaris 13'8 1/2" – 32'5"  
B: T. Haase F, D. Lewis 14'1" – 14'1"  
Frosh: A: C. Jones F, D. Clark F - 0'0"

**Triple Jump:**

Varsity: A: B. Clementi 37'5", S. Oh 38'4" – 75'9 1/2"  
B: J. Moody 35'4", L. Chwe 32'11" – 68'3"  
Novice: A: J. Lee 33'2 1/2", J. Violaris 32'11 1/2" – 66'2"  
B: T. Haase 32'5", D. Lewis 30'2" – 62'7"  
Frosh: A: D. Morse, P. Nygaard

**Pole Vault:**

J. Ricciardi 13'0", C. Jensen 11'6" - 24'6" 1<sup>st</sup> Place  
Z. Ontiveros 9'0", A. Weiss 9'0" – 18'0"

**Javelin:**

S. Pierce 164'5", N. Ontiveros 142'7" – 307'0" – 3<sup>rd</sup> Place  
A. Gelbaum 118', L. Chwe 102' – 220'

**Shot Put:**

Varsity: S. Abdallah 48'1" B. Wilson 37'10" – 85'11"  
Novice: A. Vilchez 32'0" C. Ryan 29'3" – 61'9"

**Discus:**

Varsity: S. Abdallah 131'5" B. Wilson 103'11" – 235'4" – 6<sup>th</sup> Place  
Novice: C. Ryan 85'2" A. Vilchez 70'2" – 155'4"

**Athletes of the Meet:**

Steven Pierce – 165' Jav throw

Steven Abdallah – 48'1 / 131'5 is a nice double

William Jang – got trampled at the start of the SM and came back to lead team to 3<sup>rd</sup>

Distance Medley:

Byron Williams	3:07.8
Jeremy Schmidt	52.3
Niall Buckley	1:57.1
Michael Cator	4:23.6

10:21.18 - 2<sup>nd</sup> Place...fastest in Bergen County in thirteen years!!!

# Ridgewood boys 2nd in Calif. distance race

Ridgewood's boys distance medley team led the featured race at the Arcadia, Calif., Invitational late Saturday night for most of the 4,000-meter distance before finishing second to favored Madera High School in 10:21.18.

The team of junior Byron Williams, sophomore Jeremy Schmidt, sophomore Niall Buckley and junior Mike Cator ran the ninth-fastest race in Bergen County history and the fastest in 13 years in placing less than 10 meters behind Madera.

"It's a wonderful race for us for this time of the year," said Ridgewood distance coach Mike Glynn, who accompanied the team to California.

Williams, who Glynn calls the best 1,200-meter runner in the country, ran 3:07.8 for his leg and gave the Maroons a lead. Schmidt, subbing for the

## TRACK AND FIELD

injured Okeke Onwabu, ran a personal-best 52.3 400 split to keep the Maroons in the top three of the 31-team field and Buckley regained the lead with a strong 1:57.1 800 leg, giving Cator a six-meter lead in windy conditions.

Cator took the first lap out in 61 seconds and opened a 10-meter lead, holding it until the final 300 meters, when the burden of blocking the wind took its toll. Cator finished in 4:23.6, a solid effort.

"I expect this will help us to run a great race at [the] Penn Relays [on April 29]," said Glynn. "Another three weeks of work and we could run a lot faster."

— Paul Schwartz

**Ridgewood 118****Nutley 13** April 13, 2004 – 50 wind

400 IH:                   Ridgewood: 9                   Nutley: 0  
1-Niall Buckley (R) 58.5 2- Joe Nagano-Gerace (R) 61.1 3-Steven Pierce (R) 62.4  
Others: A. Monri 64.2; P. Nygaard 67.1

100m:                   Ridgewood: 8                   Nutley: 1  
1-Albert Gelbaum (R) 12.0 2-Dan Engel (R) 12.1 3-Nutley 12.2  
Others: L. Chwe 12.3; R. Cooper 12.7; C. Gallo 13.0; B. Remmen 13.1; D. Lewis 13.1;  
J. Lee 13.2; R. Webbe 13.5; F. Nestor 13.6; T. Haase 13.6; M. Vaccaro 13.9; K. Suh  
14.0; D. Clark 14.7; C. Jones 15.3;

1600m:                   Ridgewood: 9                   Nutley: 0  
1-Dan Emont (R) 4:47 2-Jacob Garber (R) 4:48 3-Joe Pfeiffer (R) 4:49  
Others: A. Pruzinsky 5:12; R. Morgan 5:15; D. Morse 5:20; K. Meissner 5:28;  
C. Kitajewski 5:36; J. Cramer 5:59; B. Zamir 6:20

400m:                   Ridgewood: 6                   Nutley: 3  
1-Jeremy Schmidt (R) 54.2 2-Nutley 55.4 3-Brian O'Connell 56.5  
Others: E. Ellingboe 57.9; J. Violaris 60.6; F. Nestor 62.8

110HH:                   Ridgewood: 8                   Nutley: 1  
1-Joe Nagano-Gerace (R) 16.7 2-Steven Pierce (R) 17.8 3-Nutley 18.0  
Others: A. Monri 18.6; J. Moody 19.0; P. Nygaard 20.4

800m:                   Ridgewood: 8                   Nutley: 1  
1-Jacob Garber (R) 2:12 2-Jeremy Schmidt (R) 2:13 3-Nutley 2:15  
Others: R. Morgan 2:25; K. Meissner 2:25; A. Pruzinsky 2:25; M. Meissner 2:28;  
E. Ellingboe 2:29; T. Clark 2:29; W. Jang 2:32; C. Kitajewski 2:37; J. Cramer 2:50;  
R. Blau 3:04

200m:                   Ridgewood: 8                   Nutley: 1  
1-Albert Gelbaum (R) 24.2 2-Dan Engel (R) 24.5 3-Nutley 24.6  
Others: L. Chwe 25.3; R. Cooper 25.8; P. Nygaard 26.2; D. Lewis 27.1; M. Vaccaro  
28.1; R. Webbe 28.5; D. Clark 29.2; B. Remmen 29.3; K Suh 31.3; C. Jones 26.2

3200m:                   Ridgewood: 8                   Nutley: 1  
1-Joe Pfeiffer 10:40 (R) 2-Dan Emont (R) 11:10 3-Nutley 11:25  
Others: D. Morse 12:00

Long Jump:                   Ridgewood: 8                   Nutley: 1  
1-Brian Clementi (R) 18'2" 2-Sam Oh (R) 17'4" 3-Nutley 17'0"  
Others: L. Chwe 16'10"; J. Lee 16'4"; J. Moody 15'6"

Triple Jump:        Ridgewood: 6                    Nutley: 3  
1-Brian Clementi (R) 37'2" 2-Nutley 35'4" 3-John Moody (R) 34'4"  
Others: J. Lee 32'11"; S. Oh F

High Jump:        Ridgewood: 9                    Nutley: 0  
1-Sam Oh (R) 5'4" 2-Dave Stolfo (R) 5'4" 3-Brian Clementi (R) 5'4"  
Others: T. Haase 5'2"; B. O'Connell 5'0"

Shot Put:        Ridgewood: 8                    Nutley: 1  
1-Steve Abdallah (R) 45'7" 2-Ben Wilson 42'10" 3-Nutley 39'2"  
Others: M. Mosticchio 35'5"; N. Dawson 34'7"; C. Ryan 34'6"; A. Vilchez 32'5"; T. Borgman 30'8"; M. Stapleton 23'8"

Discus:        Ridgewood: 9                    Nutley: 0  
1-Steve Abdallah (R) 128'2" 2-Ben Wilson (R) 118'1" 3-Steven Pierce (R) 107'10"  
Others: M. Mosticchio 100'10"; N. Dawson 98'4"; C. Ryan 88'4"; A. Vilchez 76'2"; M. Halwag 71'10"; M. Stapleton 67'5"; T. Borgman 66'6"

Pole Vault:        Ridgewood: 9                    Nutley: 0  
1-Jacob Ricciardi 13'6 (R) 2-Christian Jensen (R) 11'6" 3-A.. Weiss (R) 9'6"  
Others: D. Ragina 9'6"; Z. Ontiveros 9'0"; L. Berns 9'0"

4x400m: Ridgewood: 5                    Nutley: 0  
1-Ridgewood 3:52.1 2-St. Joes  
(Dan Engel 55.6, Erland Ellingboe 60.3, Joe Violaris 58.3, Brian O'Connell 57.9)

**Comments:**

Good win – we are a better team and should win, but you went out and performed as such.

**Athletes of the Meet:**

Ben Wilson and Mike Mosticchio – best throws  
Pole Vaulters – many bests

**Ridgewood 120****Belleville 11** April 13, 2004 – 50 wind

400 IH:                   Ridgewood: 9                   Belleville: 0  
1-Niall Buckley (R) 58.5 2- Joe Nagano-Gerace (R) 61.1 3-Steven Pierce (R) 62.4  
Others: A. Monri 64.2; P. Nygaard 67.1

100m:                   Ridgewood: 9                   Belleville: 0  
1-Albert Gelbaum (R) 12.0 2-Dan Engel (R) 12.1 3-Lucas Chwe (R) 12.3  
Others: R. Cooper 12.7; C. Gallo 13.0; B. Remmen 13.1; D. Lewis 13.1; J. Lee 13.2;  
R. Webbe 13.5; F. Nestor 13.6; T. Haase 13.6; M. Vaccaro 13.9; K. Suh 14.0; D. Clark  
14.7; C. Jones 15.3;

1600m:                   Ridgewood: 9                   Belleville: 0  
1-Dan Emont (R) 4:47 2-Jacob Garber (R) 4:48 3-Joe Pfeiffer (R) 4:49  
Others: A. Pruzinsky 5:12; R. Morgan 5:15; D. Morse 5:20; K. Meissner 5:28;  
C. Kitajewski 5:36; J. Cramer 5:59; B. Zamir 6:20

400m:                   Ridgewood: 9                   Belleville: 0  
1-Jeremy Schmidt (R) 54.2 2- Brian O'Connell 56.5 3-Erland Ellingboe 57.9  
Others: J. Violaris 60.6; F. Nestor 62.8

110HH:                   Ridgewood: 8                   Belleville: 1  
1-Joe Nagano-Gerace (R) 16.7 2-Steven Pierce (R) 17.8 3-Belleville 18.5  
Others: A. Monri 18.6; J. Moody 19.0; P. Nygaard 20.4

800m:                   Ridgewood: 8                   Belleville: 1  
1-Jacob Garber (R) 2:12 2-Jeremy Schmidt (R) 2:13 3-Belleville 2:15  
Others: R. Morgan 2:25; K. Meissner 2:25; A. Pruzinsky 2:25; M. Meissner 2:28;  
E. Ellingboe 2:29; T. Clark 2:29; W. Jang 2:32; C. Kitajewski 2:37; J. Cramer 2:50;  
R. Blau 3:04

200m:                   Ridgewood: 8                   Belleville: 1  
1-Albert Gelbaum (R) 24.2 2-Dan Engel (R) 24.5 3-Belleville 25.1  
Others: L. Chwe 25.3; R. Cooper 25.8; P. Nygaard 26.2; D. Lewis 27.1; M. Vaccaro  
28.1; R. Webbe 28.5; D. Clark 29.2; B. Remmen 29.3; K Suh 31.3; C. Jones 26.2

3200m:                   Ridgewood: 8                   Belleville: 1  
1-Joe Pfeiffer 10:40 (R) 2-Dan Emont (R) 11:10 3-Belleville 11:28  
Others: D. Morse 12:00

Long Jump:              Ridgewood: 9                   Belleville: 0  
1-Brian Clementi (R) 18'2" 2-Sam Oh (R) 17'4" 3-Lucas Chwe 16'10"  
Others: J. Lee 16'4"; J. Moody 15'6"

Triple Jump:        Ridgewood: 9                    Belleville: 0  
1-Brian Clementi (R) 37'2" 2-John Moody (R) 34'4" 3-Jason Lee (R) 32'11"  
Others: S. Oh F

High Jump:        Ridgewood: 9                    Belleville: 0  
1-Sam Oh (R) 5'4" 2-Dave Stolfo (R) 5'4" 3-Brian Clementi (R) 5'4"  
Others: T. Haase 5'2"; B. O'Connell 5'0"

Shot Put:        Ridgewood: 3                    Belleville: 6  
1-Belleville 46'1" 2-Steve Abdallah (R) 45'7" 3-Belleville 44'9"  
Others: M. Mosticchio 35'5"; N. Dawson 34'7"; C. Ryan 34'6"; A. Vilchez 32'5"; T. Borgman 30'8"; M. Stapleton 23'8"

Discus:        Ridgewood: 8                    Belleville: 1  
1-Steve Abdallah (R) 128'2" 2-Ben Wilson (R) 118'1" 3-Belleville 111'9"  
Others: M. Mosticchio 100'10"; N. Dawson 98'4"; C. Ryan 88'4"; A. Vilchez 76'2"; M. Halwagy 71'10"; M. Stapleton 67'5"; T. Borgman 66'6"

Pole Vault:        Ridgewood: 9                    Belleville: 0  
1-Jacob Ricciardi 13'6 (R) 2-Christian Jensen (R) 11'6" 3-A.. Weiss (R) 9'6"  
Others: D. Ragina 9'6"; Z. Ontiveros 9'0"; L. Berns 9'0"

4x400m: Ridgewood: 5                    Belleville: 0  
1-Ridgewood 3:52.1 2-St. Joes  
(Dan Engel 55.6, Erland Ellingboe 60.3, Joe Violaris 58.3, Brian O'Connell 57.9)

**Comments:**

Good win – we are a better team and should win, but you went out and performed as such.

**Athletes of the Meet:**

Jumpers...27-0



## RIDGEWOOD TRACK

# Boys strike silver in California; girls team wins Comet Relays

BY DAVID ZARO  
Staff Writer

**RIDGEWOOD** — It's an event known as the distance medley, and it took on a more literal meaning last Saturday, as four members of the Ridgewood High School track team traveled to the West Coast to compete in the prestigious Arcadia Invitational in California.

Under windy conditions, the team, consisting of junior Byron Williams, sophomore Jeremy Schmidt, sophomore Niall Buckley and junior Mike Cator went toe-to-toe with the best in the nation, running a time of 10:21.18, finishing a close second to Madera High School (10:19.21).

The Maroons' time in the 4000-meter event represented the ninth-fastest time in Bergen County history and the fastest time recorded in the last 13 years.

Williams got Ridgewood started quickly, establishing an early lead with a time of 3:07.8.

"Byron ran an outstanding time for that distance," said assistant coach Mike Glynn, a highly-regarded distance specialist who traveled to California with the team. "There are not many in the country that are better."

Schmidt, who replaced injured senior Okec Onwubu, made the most of his time in the spotlight, running a personal-best 400-meter split of 52.3 seconds.

"Jeremy ran his best time in a national caliber race and showed that he could handle the pressure," said Ridgewood head coach Josh Saladino. "We are looking for him to run some more strong races for us this season."

Buckley followed by running the 800 leg in 1:57.1.

"Niall ran a great leg and took charge of the race," Glynn said.

Cator closed the meet with a final leg time of 4:23.6, including a 61-second first lap, but was edged in the final stages by Medera's anchor.

"Mike led the entire way, but he may have gone a little too fast early and got out-kicked at the end" said Glynn. "It was an exciting race."

The performance has the group believing that it has what it takes to capture the Penn Relays later this month.

"The boys know that they are capable of doing special things," Glynn said. "They have a good chance to win and should certainly be in the mix."

\*\*\*

The girls team was busy as well last weekend, capturing the Comet Relays on Saturday at Hackensack's Tom Della Torre Field.

Ridgewood won four events and placed in seven others to finish with a final tally of 74, topping second-

place finisher Indian Hills (58) and third-place Hackensack.

The Maroons won two of the first three events and were second in the other, as 10 different athletes, including eight underclassmen, factored into the decision.

"I told the kids that the win was symbolic of our team," said head coach Jacob Brown. "The fact that we won two sprint events like the shuttle hurdles and the 4x100 meters with seven different kids involved shows our depth."

"It's not like winning two completely different events," he continued. "The depth is what enables us to do well as a team."

The shuttle-hurdles team, composed entirely of underclassmen, including Cassie Wong, Brooke Bogart, Alice Wisener and Lara-Jane Que, posted a time of 1:08.1 to edge Paramus (1:08.9) and Northern Highlands (1:09.1).

Also coming in with an impressive performance was the 4x1600 team of senior co-captains Becca Wells and Diana Mangam and juniors Maggie Harms and Stephanie Westerman, who finished with a time of 22:50.6. Pearl River "A" (22:57.6) was second and Scotch Plains-Fanwood (23:09.0) was third.

Wells got the team started quickly with a leadoff leg of 5:34.3, and Mangam brought the team to the finish.

"We have two great captains who led the relay to victory," Brown said.

Ridgewood also won the sprint medley, as Que joined junior Cristina Law and sophomores Ashlyn Llerandi and Erica Cigolini to produce a time of 4:22.0, with Hackensack (4:26.0) finishing second and Toms River East (4:33.9) third.

Wong, with a leap of nine feet, and Llerandi (eight feet) gave Ridgewood a share of the pole-vault title with the duo from Pearl River.

The tandem of seniors Jake Ricciardi and Christian Jensen also claimed a title on the boys side, winning the pole-vault competition, while a strong effort from junior Steven Pierce helped the Maroons place third in the javelin event.

Both the boys and girls squads are set to compete in the season's first major meet, the Bergen Relays, beginning today at Demarest High School and continuing tomorrow at Tenafly High School.

"This gives us a lot of confidence for the counties (Bergen Relays)," said Brown. "Last year, we didn't have the two relay wins (Pawlowski and Comet) coming in, so it puts us on steadier footing. We were fourth last year, and we are looking to improve on that."

"The county meet requires a lot of depth, and I think that we are strong enough as a team to win any meet this year," Saladino said.

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Kwo  
News  
4/15

# Ridgewood takes aim at Bergen County

*Lerner 4/15*

**BOYS NOTEBOOK**

**BY JIM LAMBERT**  
FOR THE STAR-LEDGER

Fresh off its impressive runner-up finish in the distance medley relay at the Arcadia Invitational in California last weekend, Ridgewood aims to win its first Bergen County Relays title since the late 1980s.

The Bergen County Relays begin today at 3:30 at Demarest and continue tomorrow at Tenafly at 9 a.m.

Ridgewood should qualify for the Penn Relays DM with its 10:21.18 at Arcadia, where it placed second to Madera of California (10:19.21).

The 111th Penn Relays will be held April 28-30 at Franklin Field in Philadelphia.

Ridgewood's splits were 3:07.2 for 1,200 by Byron Williams, 52.7 for 400 by Jeremy Schmidt, 1:57.5 for 800 by Niall Buckley and 4:23.7 for 1,600 by Mike Cator.

Ridgewood also has run 7:52.16 in the 4x800, which also should be enough to qualify for Penn. The Penn Relays instituted a rule this year prohibiting teams from running in both the 4x800 and DM. Ridgewood, 14th in the DM at Penn last year with three different runners, has chosen the DM.

**WESTFIELD MEET LOADED**

Knowing that this is the final weekend to qualify for the Penn Relays, Phillipsburg was looking for a hot distance medley relay in an attempt to earn a berth in the prestigious meet.

It should find exactly that at tomorrow's 18th Blue Devil Classic at Gary Kehler Stadium in Westfield. The meet starts at 9 a.m.

When Phillipsburg coach Bill Hurst learned that distance medley runners Cranford Old Bridge and

half-miler, Broadbent, Jeff Perrelli tied for the 3,000.

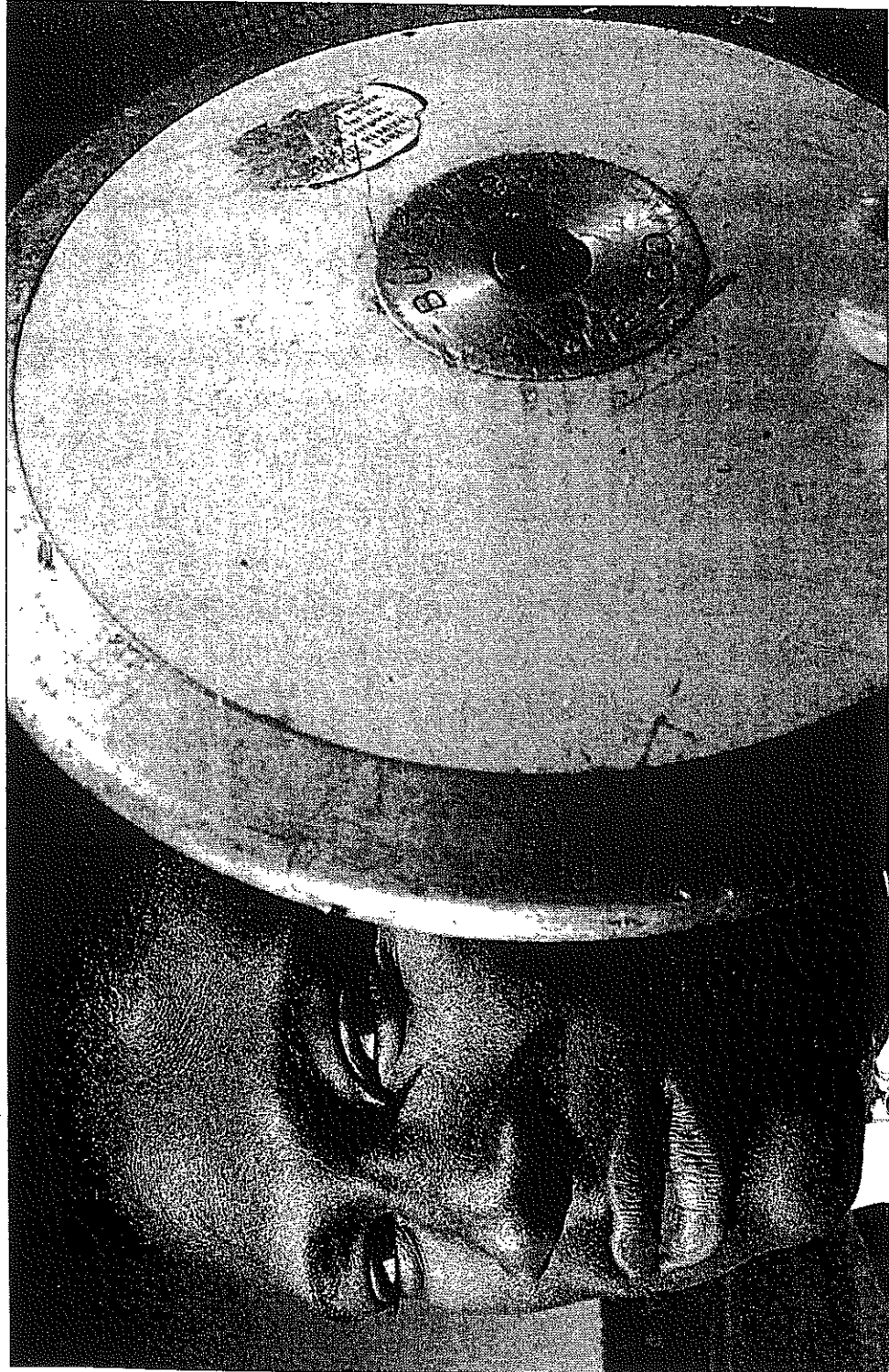
**Roselle C** are also seen barrier.

**Bryant M** run his first the Blue I should get seats. McCobbri, won tional Schol onships last tional junior Bridge coach. pects to us 4x100 and 4 ners in stat split under 4 pable of bec

**PAPAZIAN TH** After sper the winter w les in a buck zian of Gill-S now healthy?

"It was ve the junior n championship the swelling) said Papaziar pions cross-c and the top i the state. "I, injury, but it discomfort. I four times a and I went to was very conc just went at healed over now."

Despite t who didn't ra aged to put i over the winte "I'm feelin



ED MURPHY/THE STAR-LEDGER

## Yemi Ayeni, South Brunswick

Senior, 6-2, 215

**Just the stats:** Ayeni, the NJSIAA Meet of Champions winner in the discus last spring, unloaded a personal-best throw of 181-6 in a tri-meet against St. Joseph's of Metuchen and Perth Amboy on Tuesday. Last Saturday, Ayeni threw the discus 173-0 and the shot put 56-1 as he combined with Prescott Hill to win both

**Goals:** "To be the best in the U.S. I don't know exactly how far I'd like to throw. Throwing 200 feet is something I feel I will achieve when the time is right, but I look at 200 feet as something to pass through on the way to fulfilling my potential." Only five athletes in state history have thrown 200 feet. Former Giants running back

**Breakthrough performance:** "Last year I fouled on my first two throws at the state Group 4 meet. I had one last chance and threw 175-1 to make the final. It was my best throw at the time."  
**Favorite athlete:** Michael Jordan.

**Bergen County Relays****60 and sunny****Friday:**

**4x1600m:** M. Cator 4:30.5 D. Emont 4:45.3 B. Williams 4:19.6 J. Pfeiffer 4:45.5  
**18:21.4 – 1<sup>st</sup> Place**

**4x200m:** J. Nagano-Gerace 24.8 D. Engel 23.6 J. Moody 25.0 A. Gelbaum 23.5  
**1:36.9- 5<sup>th</sup> Place**

**3x400 IH:** N. Buckley 57.4 J. Nagano-Gerace 59.4 S. Pierce 61.2  
**2:58.1 – 2<sup>nd</sup> Place**

**Javelin:** S. Pierce 155'3" N. Ontiveros 140'2" A. Gelbaum 135'8"  
**431'1" – 1<sup>st</sup> Place**

**Pole Vault:** J. Ricciardi **Did not vault** C. Jensen 11'6" A. Weiss NH  
**11'6" – 2<sup>nd</sup> Place**

**Shot Put:** S. Abdallah 46'2" B. Wilson 41'10" M. Mosticchio 34'7"  
**122'9 3/4" – 4<sup>th</sup> Place**

**Triple Jump:** B. Clementi 39'3 1/2" S. Oh 39'1 3/4" J. Moody 36'8 1/2"  
**115'1 3/4" – 3<sup>rd</sup> Place**

**Long Jump:** B. Clementi 18'10" S. Oh 18'6" L. Chwe 16'8 3/4"  
**54' 3/4" – 4<sup>th</sup> Place**

**Saturday:****65 and sunny**

**HH:** J. Moody 17.2 S. Pierce 17.8 A. Monri 17.1 J. Nagano-Gerace 17.0  
**1:09.1 – 3<sup>rd</sup> Place**

**4x100m:** D. Engel L. Chwe S. Oh or J. Moody A. Gelbaum  
**Trials: 46.3...Finals 45.9- 4<sup>th</sup> Place**

**Dis Med:** N. Buckley 3:14.4 J. Nagano-Gerace 54.5 J. Garber 2:07.3 M. Cator 4:29.3  
**10:44.8- 2<sup>nd</sup> Place**

**Sp Med:** D. Engel 24.4 A. Gelbaum 23.7 J. Schmidt 51.9 B. Williams 1:55.9  
**3:36.3 – 2<sup>nd</sup> Place**

**4x800m:** M. Cator 2:00.7 J. Garber 2:08.2 B. Williams 2:01.4 N. Buckley 2:07.5  
**8:18.9 – 1<sup>st</sup> Place**

**4x400m:** J. Schmidt 53.8 B. Williams 53.1 D. Engel 54.7 N. Buckley 51.9  
**3:34.0 – 5<sup>th</sup> Place**

**High Jump:** B. Clementi NH S. Oh NH D. Stolfo NH  
NH

**Discus:** S. Abdallah 129'1" B. Wilson 116'4" S. Pierce 112'8"  
**358'1" - 2<sup>nd</sup> Place**

**Comments:**

Excellent team win...Ridgewood's first boys win since 1988. This was truly a team effort. We scored in all events but the high jump and we placed in the top four in 13 of the 16 events contested. Special congratulations to Byron Williams who was named the track athlete of the meet. Excellent job by the entire team.

By **PAUL SCHWARTZ**  
STAFF WRITER

**TENAFLY** — It was the last long shot of the day for a long-shot Waldwick girls track team that had had the meet of its life.

The Warriors were 5½ points behind favored Hasbrouck Heights in Group D with only the 1,600-meter relay to run Saturday at the Jack Yockers Bergen County Relays — and the Warriors weren't even in the same heat as their rivals.

Waldwick needed to win the event and have at least two other schools beat the Aviators to win its first girls title at the 43-year-old meet.

Hasbrouck Heights ran a slower-than-expected race in the first heat. And the Warriors were sixth after the first handoff of their race, well behind the rest of the field. But freshman Amanda Duggan took six seconds off her 400 personal-best split to move the Warriors from last to first on the second leg. Fellow freshmen Jessica Youmans and Lauren Schultz finished the job as Waldwick won the race in 4:29.0.

When Midland Park and Park Ridge

also beat Hasbrouck Heights' time out of the second heat, Waldwick had an improbable 92-91½ win and the biggest girls victory in the school's history.

The come-from-behind win enabled the Warriors to join perennial powers Ridgewood (Group A), Indian Hills (Group B) and Glen Rock (Group C) as team champions.

"It's hard to explain how excited I am," said junior captain Jen Swan, who led the Warriors to wins in the 400, long jump and triple jump and a second-place finish in the 800. "The school will be stunned. It's so crazy that two years ago we had just 10 girls on the team and could barely win a dual meet, and now we have 30 and won this. You don't know how exciting this is."

Second-year head coach Eric Wize-mann knew his team had potential. When Youmans, Schultz and Chrissy Dockray beat Heights to win the intermediate hurdles Friday to take the overnight lead, his expectations got higher.

"I thought we had a chance to win and thought if we could be close for the 1,600 relay, anything could happen," said Wize-mann. "The four kids who ran that relay shattered their personal bests and really

showed what they could do."

Glen Rock scored only three wins in winning a group for the sixth time in seven years, 104-82, over Pascack Hills. But coach Paul Cusack knew that even though the Panthers don't have the same depth they've had in the past, there is enough talent.

"We lost a lot of kids who didn't come out and lost some to lacrosse, but every one of the 24 girls on the team were on at least one scoring relay," said Cusack. "Kids stepped up in events that hadn't run before, like Caitlin McIntyre, one of our javelin-throwers, who ran on our [3,200 relay] and on our [6,400 relay], and we scored in each race."

Ridgewood (seven wins) and Indian Hills (eight) dominated, winning by 22 and 35 points, respectively. The Maroons got a boost from Cassie Wong's 10-6 pole vault Friday, which earned her the Dick Hitt Award as the outstanding girls field event performer. Michelle Smith won the Jacob Brown Award by running a 57.5-second 400 leg on Teaneck's winning 1,600 relay and a 13.8 anchor leg in the shuttle hurdles.

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# Ridgewood's depth triumphs

By **DARREN COOPER**  
STAFF WRITER

**TENAFLY** — Hasbrouck Heights waited until the last race. Ridgewood waited 17 years.

Ridgewood won its first boys group crown at the Jack Yockers Bergen County Relays since 1988, while Hasbrouck Heights clinched its first team title since 1994, edging rival Saddle Brook by 10 points Saturday.

## BOYS

"This was our goal coming in," Hasbrouck Heights coach Rob Brady said. "We knew that Saddle Brook was the favorite [in Group D], we knew that Cresskill was tough and we wondered how much attention people would be paying to us, but we knew coming here that if we stepped up and performed, we could win this meet."

Demarest scored points in 15 of the 17 events to win the Group B championship, while Westwood built on the momentum it established Friday to claim the Group C title with ease.

With one race to go, the battle between the Aviators and Falcons wasn't decided.

But the Aviators' quartet of Mike Incognito, Dan D'Amato, Chris Seijo and Vinnie Gareffa won the 1,600-meter relay by 0.8 seconds to seal the championship.

"To me, this event is a true test of a team. It's how balanced you are and how many events you can enter. It challenges your depth and your front-runners," Brady said.

The turning point in Group D came in the sprint medley where Gareffa held off Chris Guerriero of Saddle Brook in the final 800 meters.

"Basically, my coach said that was the meet," Gareffa said. "The winner of that should determine the winner of the whole thing. We haven't won this in a while, so I had to go all out."

For all its success in track and cross country, Ridgewood never has had the numbers to match other Group A schools in the relays.

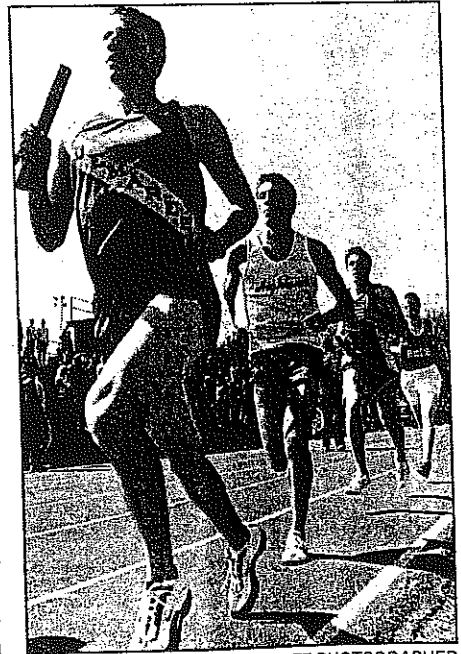
"We haven't really had the depth," said Byron Williams, who was part of the Maroons' winning 3,200 relay team and won the Bernard Smith Award as the outstanding runner. "Hackensack is a very strong team, but we were finally able to show them what we are made of."

The Maroons also won the 6,400-meter relay.

"The distance guys have been our foundation this season and since I have been here," coach Josh Saladino said. "Fortunately, we have been able to add some sprinters and jumpers this year and they really came up big for us in this meet. I think we scored in every event except for the high jump and that makes a difference."

Demarest had too much depth in Group B, winning by 34 points over Ramsey.

Graham Stewart scored key points for Demarest in winning the long jump, while Paul Majeski, James LaGreca and Matt Schuierer helped the Norsemen dominate the running events.



JAMES W. ANNESS/STAFF PHOTOGRAPHER

James LaGreca of Demarest, Ben Diestal of Northern Highlands and Mike Cator of Ridgewood run the distance medley.

Westwood was led by senior Erik Heymann, who won the Steve Finlay Award as the outstanding field performer. Heymann was part of a winning javelin relay Friday and helped his team finish third in the discus Saturday with a meet-best throw of 155.

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# TRACK & FIELD: JACK YOCKERS BERGEN COUNTY RELAYS

## Boys

### GROUP A

**TEAM SCORES:** 1. Ridgewood 98; 2. Hackensack 78; 3. Northern Highlands 69; 4. Don Bosco 86 1/4; 5. Teaneck 40 1/4; 6. Bergen Catholic 40; 7. Paramus Catholic 38; 8. Old Tappan 28; 9. Bergen Tech 20 1/4; 10. Ramapo 13 1/4; 11. Fair Lawn, Bergenfield 6; 12. Paramus 4 1/4.

**400:** 1. Bergen Tech (Leslie Bonsu, Shawn Dew, Reed Mallory, Tarrant Anderson) 44.4; 2. Paramus Catholic 45.1; 3. Teaneck 45.15; 4. Ridgewood 45.9; 5. Northern Highlands 46.1; 6. Hackensack 46.8

**800:** 1. Teaneck (James Williams, Rashad White, Marc Muckle, Akem Thomas) 1:32.4; 2. Bergen Catholic, 1:32.5; 3. Don Bosco Prep 1:34.7; 4. Paramus Catholic, 1:35.3; 5. Ridgewood, 1:36.9; 6. Fair Lawn, 1:37.3.

**1,600:** 1. Bergen Catholic (StaiSean Lyew, Brian Fredrickson, Dan D'izza, Chris Wilk) 3:25; 2. Teaneck 3:30.2; 3. Paramus Catholic 3:30.7; 4. Hackensack 3:33.5; 5. Ridgewood 3:34; 6. Northern Highlands 3:36.7

**3,200:** 1. Ridgewood (Michael Carr, Jacob Garber, Niall Buckley, Byron Williams) 8:18.9; 2. Northern Highlands 8:21.2; 3. Don Bosco 8:26.3; 4. Paramus Catholic 8:37.5; 5. Old Tappan 8:47.3; 6. Ramapo 8:57.8

**6,400:** 1. Ridgewood (Byron Williams, Joe Pfeiffer, Dan Emont, Michael Cator), 18:21.4; 2. Northern Highlands, 18:29.0; 3. Don Bosco Prep, 18:29.7; 4. Old Tappan, 18:46.4; 5. Bergen Catholic, 19:30.9; 6. Paramus 19:46.7.

**Sprint medley:** 1. Bergen Catholic (Dan D'izza, Brian Fredrickson, StaiSean Lyew, Chris Wilk) 3:35.0; 2. Ridgewood 3:36.5; 3. Paramus Catholic 3:37.5; 4. Don Bosco 3:41.3; 5. Teaneck 3:42.5; 6. Hackensack 3:46.2

**Distance medley:** 1. Northern Highlands (Ben Diestal, Nik Batarags, Jarret Menzel, Andrew Gairdus), 10:39.8; 2. Ridgewood 10:44.8; 3. Don Bosco 10:54.1; 4. Old Tappan 11:02.5; 5. Paramus 11:20.1; 6. Ramapo 11:35.4

**16 hurdles:** 1. Hackensack (Gianni S., Matt Nowicki, Mike Wiswesser, Dan Oquendo) 1:05.4; 2. Northern Highlands 1:08.6; 3. Ridgewood 1:09.1; 4. Don Bosco 1:09.2; 5. Old Tappan 1:13.9

**3x400 IH:** 1. Hackensack (Eddie Cabo, Danny Oquendo, Anastacio Henry), 2:54.2; 2. Ridgewood 2:58.1; 3. Northern Highlands, 3:01.4; 4. Bergenfield, 3:02.8; 5. Paramus Catholic, 3:05.1; 6. Bergen Catholic, 3:08.7

**Shot put:** 1. Hackensack (Eric Sewell, Travis Parham, Robert Mozia), 135-10; 2. Bergen Catholic, 124-5/4; 3. Northern Highlands 123-3/4; 4. Ridgewood 122-9/4; 5. Old Tappan, 117-9/4; 6. Fair Lawn 116-1/4

**Discus:** 1. Hackensack (Travis Parham, Eric Sewell, Robert Mozia) 404-9; 2. Ridgewood 358-1; 3. Don Bosco 348-5; 4. Old Tappan 346-0; 5. Northern Highlands 312-11; 6. Paramus Catholic 311-3

**Javelin:** 1. Ridgewood (Albert Gelbaum, Nick Ontiveras, Steven Pierce) 431-1; 2. Old Tappan 422-6; 3. Ramapo 366-8; 4. Hackensack 356-9; 5. Don Bosco 343-3; 6. Paramus Catholic 330-0.

**High jump:** 1. Don Bosco (Mike Wendolowski, Jeff Berger, Matt Steeg) 16-0; 2. Paramus Catholic 15-10; 3. Fair Lawn 10-8; 4. Tie between Old Tappan, Bergen Catholic, Ramapo 5-2.

**Long jump:** 1. Hackensack (Danny Oquendo, Anastacio Henry, Cristian Snails) 56-5/4; 2. Northern Highlands 55-8; 3. Bergen Tech 54-8; 4. Ridgewood 54-0/4; 5. Bergenfield 52-7; 6. Don Bosco 52-3/4

**Triple jump:** 1. Northern Highlands (Ted Leshner, Kwame Collins, Justin Ludwig) 122-0/4; 2. Hackensack, 116-8; 3. Ridgewood 115-1/4; 4. Don Bosco, 113-6/4; 5. Bergenfield 112-9/4; 6. Bergen Tech 111-5/4

**Shot put:** 1. Hackensack (Matt Wiswesser, Mike Wiswesser, Matt Nowicki) 34-6; 2. Ridgewood 11-6; 3 tie between Don Bosco; Bergen Tech; Teaneck; Ramapo 10-0

### GROUP B

**TEAM SCORES:** 1. Demarest 118, 2. Ramsey 84, 3. Tie between Tenafly & River Dell 58, 5. Fort Lee 40 1/4; 6. St.

**800:** 1. Westwood (Jake Stas, Mike Gil, Anthony Pillari, Rameik Jackson) 1:32.2; 2. Ridgefield Park 1:35.4; 3. New Milford 1:36.3; 4. Glen Rock 1:38.5; 5. Lyndhurst 1:39.4; 6. Rutherford 1:43.2

**1,600:** 1. Westwood (EJ Schuck, Anthony Pillari, Mike Gil, Jake Stas) 3:29.6; 2. Queen of Peace 3:35.2; 3. Mahwah 3:38.5; 4. New Milford 3:39.8; 5. Ridgefield Park 3:40.9; 6. Glen Rock 3:41.9.

**3,200:** 1. Queen of Peace (Danny Henriques, Bryan Louvado, Antonio Tejelo, Frank Valente) 8:38.5; 2. Leonia 8:52.1; 3. Westwood 8:52.8; 4. Mahwah 8:58.9; 5. Pascack Hills 9:12.1; 6. New Milford 9:17.2

**6,400:** 1. Rutherford (Marc Polifrone, Joe DeLorawiz, Charles Good, Dylan McAuley) 19:29.6; 2. Glen Rock 19:38.5; 3. Leonia 19:41.4; 4. Ridgefield Park 20:01.3; 5. Westwood 20:03.1; 6. Becton 20:07.7

**Sprint medley:** 1. Westwood (Taylor, Mike Gil, Jake Stas, Rameik Jackson) 3:52; 2. Ridgefield Park 3:53.25; 3. Pascack Hills 4:00.8; 4. Becton 4:03.1; 5. Ridgefield 4:05.7; 6. Glen Rock 4:07.1

**Distance medley:** 1. Rutherford (Marc Polifrone, Charles Good, Rob Certosimo, Ryan McAuley) 11:16.3; 2. Leonia 11:25.1; 3. Glen Rock 11:30.6; 4. Mahwah 11:31.5; 5. Westwood 11:34.1; 6. Queen of Peace 11:48.2

**Shuttle hurdles:** 1. Glen Rock (Jeff Berland, Ryan Berland, Luke Cofrancesco, Chris Kleinkecht) 1:06; 2. Lyndhurst 1:10.3; 3. Leonia 1:15.7; 4. Becton 1:18.4; 5. Rutherford 1:20.7.

**3x400 IH:** 1. Glen Rock (Rob Berland, Jeff Berland, Luke Cofrancesco) 3:02.5; 2. Mahwah 3:03.9; 3. Ridgefield Park 3:06.4; 4. New Milford 3:07.6; 5. Lyndhurst 3:14.9; 6. Pascack Hills 3:19.9.

**Shot put:** 1. Rutherford (Tim Lanni, Mike Zuria, Andy Segedin) 132-0/4; 2. Westwood 128-6; 3. Lyndhurst 125-1/4; 4. Pascack Hills 121-10/4; 5. Mahwah 120-11/4; 6. Glen Rock 119-5/4.

**Discus:** 1. Rutherford (Tim Lanni, Mike Zuria, Andy Segedin) 367-1; 2. Mahwah 346-4; 3. Westwood 344-3; 4. Pascack Hills 328-7; 5. Queen of Peace 318-6; 6. Lyndhurst 313-1.

**Javelin:** 1. Westwood (Agbi Bajrush, Sean Cannon, Erik Heymann), 479; 2. Ridgefield Park, 428-10; 3. Mahwah 407-10; 4. Glen Rock 376-10; 5. Rutherford 354-11; 6. New Milford 348-4.

**High jump:** 1. Mahwah (Tom Stripe, Brian Doyle, Ken Ebeling) 16-10; 2. Ridgefield Park 16-6; 3. Westwood 11-0; 4. Leonia 5-8; 5. Tie between Rutherford & Lyndhurst 5-2.

**Long jump:** 1. Westwood (Anthony Pillari, EJ Schuck, Matt Ernst) 56-8/4; 2. Lyndhurst 54-8; 3. Mahwah 54-5/4; 4. Ridgefield Park 52-1/4; 5. New Milford 51-4; 6. Becton 50-9/4

**Triple jump:** 1. Mahwah (Ken Ebeling, Arcadius Mbengaya, Howard Jones), 121-4/4; 2. Westwood, 120-11; 3. Lyndhurst 115-6/4; 4. Pascack Hills 110-10; 5. New Milford 110-2/4; 6. Glen Rock 108-7/4

**Pole vault:** 1. Lyndhurst (Joe Sedlock, Mike Morello, JJ Ferrie) 35-6; 2. Tie between Becton & Westwood 29-0; 4. Tie between Glen Rock & Pascack Hills 9-0.

### GROUP D

**TEAM SCORES:** 1. Hasbrouck Heights 116; 2. Saddle Brook 106; 3. Cresskill 85; 4. Wood-Ridge 42; 5. Park Ridge 37; 6. Midland Park 31; 7. Palisades Park 26; 8. Tie between Emerson, St. Mary's 12; 10. Waldwick 7; 11. Bogota 2

**400:** 1. Saddle Brook (Matt Zagaja, Brian Wiseman, Pete Stuart, Anthony Pomo) 1:05-5/4; 2. Northern Highlands 55-8; 3. Bergen Tech 54-8; 4. Ridgewood 54-0/4; 5. Bergenfield 52-7; 6. Don Bosco 52-3/4

**800:** 1. Ridgewood (Maggie Harms, Diana Mangam, Becca Wells, Meredith Jones), 2:23.1; 7. Old Tappan, 2:24.9; 8. IHA, 2:25.1; 4. Paramus, 2:31.3; 1. 5. Northern Highlands, 2:33.2; 6. Hackensack, 2:40.5.

**Sprint medley:** 1. Ridgewood (Ashlyn Lierandi, Nancy Whitaker, Erica Colgoini, Cristina Law), 4:18.0; 2. Teaneck, 4:22.4; 3. Hackensack, 4:28.3; 4. Northern Highlands, 4:32.6; 5. Paramus Catholic, 4:33.3; 6. IHA, 4:37.6.

**Distance medley:** 1. IHA (Kerry Taylor, Jen Mueller, Linda Puntasecca, Lisa Sinkovitz), 12:52.4; 2. Ramapo, 12:57.0; 3. Old Tappan, 13:05.7; 4. Ridgewood, 13:06.7; 5. Paramus, 13:42.8; 6. Fair Lawn, 14:00.6.

**Shuttle hurdles:** 1. Ridgewood (Cassie Wong, Brooke Bogart, Alice Wisener, Lara-Jane Quee), 1:06.8; 2. Paramus, 1:07.9; 3. Old Tappan, 1:08.8; 4. Northern Highlands, 1:09.3; 5. Teaneck, 1:11.3; 6. Hackensack, 1:14.7.

**3 x 400 IH:** 1. Ridgewood (Cristina Law, Alice Wisener, Steph Westernman), 3:28.2; 2. Northern Highlands, 3:33.6; 3. Teaneck, 3:38.5; 4. Old Tappan, 3:39.0; 5. Paramus, 3:45.6; 6. IHA, 3:46.8.

**Shot put:** 1. Teaneck (Nicole Riddore, Delisa Riddick, Sade Henry), 98-5; 2. Northern Highlands, 91-1/4; 3. IHA, 85-8/4; 4. Paramus Catholic, 85-8; 5. Hackensack, 84-2/4; 6. Fair Lawn, 84-1/4.

**Discus:** 1. Teaneck (Delisa Riddick, Sade Henry, Navev Wilkins), 302-8; 2. IHA, 255-7; 3. Northern Highlands, 250-0; 4. Paramus Catholic, 232-10; 5. Hackensack, 229-9; 6. Bergenfield, 218-9.

**Javelin:** 1. Hackensack (Brynn Rosser, Crystal Fulop, Stacy Shnitner), 306-2; 2. IHA, 291-10; 3. Ridgewood, 264-11; 4. Old Tappan, 254-3; 5. Northern Highlands, 250-5; 6. Paramus Catholic, 224-5.

**High jump:** 1. Hackensack (Chelsea Townes, Sophia Betancourt, Leana Atkinson), 14-2; 2. Old Tappan, 14-0; 3. Tie between IHA and Northern Highlands, 13-8; 5. Ramapo; 6. Tie between Paramus, Teaneck and Ridgewood, 13-4.

**Long jump:** 1. Hackensack (Consandria Walker, Krystal Wyche, Evana Edwards), 46-0; 2. Old Tappan, 45-8/4; 3. Northern Highlands, 42-0/4; 5. Ridgewood, 41-9/4; 6. Bergenfield, 41-2.

**Triple jump:** 1. Old Tappan (Shenise Halsey, Alyssa Fanucci, Z-hye Lee), 100-9/4; 2. Ridgewood, 93-2/4; 3. Northern Highlands, 92-7/4; 4. Teaneck, 91-0/4; 5. IHA, 88-5/4; 6. Paramus, 88-4.

**Pole vault:** 1. Ridgewood (Cassie Wong, Ashlyn Lierandi, Ann Polcari), 25-6 (record, old record, 21-6 by Mahwah, 2004); 2. Ramapo, 20-0; 3. Old Tappan, 18-0; 4. Northern Highlands, 15-6; 5. Hackensack, 14-0.

### GROUP B

**TEAM SCORES:** 1. Indian Hills 107; 2. Demarest 72; 3. River Dell 71; 4. Tenafly 70; 5. Ramsey 52; 6. Holy Angels 50; 7. Dumont 32; 8. Garfield 25; 9. Fort Lee 12; 10. Pascack Valley 3.

**400 - 1.** Tenafly (Maggie Walsh, Yea Ji Hwang, Megan Salm, Niki Totaro), 53.2; 2. River Dell, 53.3; 3. Holy Angels, 53.8; 4. Demarest, 54.6; 5. Dumont, 54.4; 6. Ramsey, 57.3.

**800 - 1.** Indian Hills (Danielle Kroll, Jeanette Cartwell, Jess Molosh, Becca Coffman), 1:49.3; 2. Holy Angels, 1:52.3; 3. Tenafly, 1:53.2; 4. Demarest, 1:54.2; 5. Dumont, 1:54.8; 6. River Dell, 1:55.0.

**1,600 - 1.** Holy Angels (Elkas Burke, Sonia Malpaso, Sisti), 4:11.7; 2. Ramsey, 4:13.2; 3. River Dell, 4:16.8; 4. Tenafly, 4:18.1; 5. Garfield, 4:22.9; 6. Indian Hills, 4:30.1.

**3,200 - 1.** Indian Hills (Elizabeth Bissell, Megan Burke, Staci Zacharski, Lindsey Jelties), 9:58.5; 2. Demarest, 10:31.9; 3. River Dell, 10:36.2; 4. Ramsey, 10:37.0; 5. Holy Angels, 10:42.9; 6. Fort Lee, 10:46.8.

**6,400 - 1.** Indian Hills (Elizabeth Bissell, McKenna Kruse, Staci Zacharski, Lindsey Jelties), 22:23.3; 2. Holy Angels, 23:09.3; 3. Ramsey, 23:11.7; 4. Demarest, 23:34.3; 5. Tenafly, 23:49.4; 6. River Dell, 24:47.6.

**Shuttle hurdles:** 1. Ridgefield Park (Mirny Nyugen, Ana Obaraku, Zena Hanna, C.J. Jacob), 1:10.6; 2. Pascack Hills, 1:10.9; 3. Glen Rock, 1:11.8; 4. Lyndhurst, 1:16.7; 5. Leonia, 1:17.5; 6. Rutherford, 1:22.6.

**3 x 400 IH:** 1. Pascack Hills (Sara Kirkpatrick, Kristen Hartel, Kerri Deloretto), 3:28.1; 2. Glen Rock, 3:31.9; 3. Rutherford, 3:45.9; 4. Leonia, 3:53.6; 5. Lyndhurst, 4:01.4; 6. Ridgefield Park, 4:06.0.

**Shot put:** 1. Lyndhurst (Nicole Lowenstein, Kristin Rasczyk, Nicole Guirland), 95-1/4; 2. Pascack Hills, 90-8/4; 3. Westwood, 75-5/4; 4. Ridgefield Park, 75-1/4; 5. Glen Rock, 74-6/4; 6. Rutherford, 67-4/4.

**Discus:** 1. Lyndhurst (Nicole Guirland, Alex Soto, Nicole Lowenstein), 272-7; 2. Pascack Hills, 253-8; 3. Westwood, 230-6; 4. Glen Rock, 217-5; 5. Ridgefield Park, 204-3; 6. Mahwah, 198-11.

**Javelin:** 1. Glen Rock (Taylor DeMalo, Layne Feldman, Caitlin McIntyre), 244-7; 2. Lyndhurst, 232-11; 3. Westwood, 227-11; 4. Rutherford, 224-8; 5. Becton, 218-10; 6. Pascack Hills, 177-1.

**High jump:** 1. Rutherford (Charmaine Runte, Elissa Laforgia, Hannah Maak), 12-4; 2. Mahwah, 12-0; 3. Tie between Pascack Hills and Ridgefield Park, 9-0; 5. Glen Rock, 8-4; 6. Lyndhurst, 4-0.

**Long jump:** 1. Glen Rock (Kathy LaGuerre, Chris Matanie, Cameron Sessler), 42-1/4; 2. New Milford, 42-2; 3. Leonia, 40-10/4; 4. Westwood, 40-8; 5. Pascack Hills, 38-3/4; 6. Lyndhurst, 37-1.

**Triple jump:** 1. Pascack Hills (Annie Feldman, Carly Planker, Sarah Moltzen), 89-4/4; 2. Glen Rock, 89-4; 3. Westwood, 88-10/4; 4. Leonia, 86-0; 5. Mahwah, 84-6/4; 6. Lyndhurst, 77-6/4.

**Pole vault:** 1. Mahwah (Kara DaMaio, Stacey Duchek, Trisha Murphy-Kennedy), 23-6 (record, old record, 14-0 by Saddle Brook and Lyndhurst, 2004); 2. Glen Rock, 20-0; 3. Pascack Hills, 14-0; 4. Westwood, 12-0; 5. Lyndhurst, 8-0.

### GROUP D

**TEAM SCORES:** 1. Waldwick 92; 2. Hasbrouck Heights 91 1/4; 3. Palisades Park 44; 4. Wood-Ridge 43; 5. Saddle Brook 38; 6. Saddle River Day 37; 7. Midland Park 35 1/4; 8. Park Ridge 35; 9. Cresskill 27; 10. Emerson 12; 11. Bogota 7.

**400:** 1. Waldwick (Kim Quierolo, Amanda Duggan, Michelle Delanyarnis, Jen Swan), 54.0; 2. Palisades Park, 54.3; 3. Saddle Brook, 54.8; 4. Hasbrouck Heights, 55.6; 5. Wood-Ridge, 57.3.

**800:** 1. Saddle Brook (Arianna Pomo, Alicia Hernandez, Hayley Kellinger, Jamie Kugler), 1:53.2; 2. Waldwick, 1:53.8; 3. Palisades Park, 1:56.4; 4. Emerson, 1:56.6; 5. Hasbrouck Heights, 2:00.9; 6. Park Ridge, 2:01.7.

**1,600:** 1. Waldwick (Kim Quierolo, Amanda Duggan, Jessica Youmans, Lauren Schultz), 4:29.0; 2. Midland Park, 4:33.4; 3. Park Ridge, 4:33.6; 4. Hasbrouck Heights, 4:42.3; 5. Saddle Brook, 4:46.9; 6. Wood-Ridge, 4:58.9.

**3,200:** 1. Saddle River Day (Jessica Weng, Sari Field, Sarah Labowsky, Katie Weng), 10:55.9; 2. Palisades Park, 11:06.4; 3. Hasbrouck Heights, 11:12.2; 4. Waldwick, 12:05.6.

**6,400:** 1. Saddle River Day (Katie Weng, Krista Rynkowski, Jessica Weng, Sari Field), 23:38.5; 2. Hasbrouck Heights, 24:08.2; 3. Palisades Park, 24:45.2.

**Sprint medley:** 1. Midland Park (Dana Pagliel, Liza Offreda, Alyssa Koukos, Amy Van Alstine), 4:34.8; 2. Cresskill, 4:36.7; 3. Emerson, 4:43.2; 4. Waldwick, 4:44.4; 5. Hasbrouck Heights, 4:46.6; 6. Saddle Brook, 4:50.7.

**Distance medley:** 1. Midland Park (Kristine Goemaat, Jackie Venditti, Britta Anderson, Amy Van Alstine), 13:32.8; 2. Saddle River Day, 13:49.3; 3. Palisades Park, 14:14.8; 4. Hasbrouck Heights, 14:39.3; 5. Waldwick, 15:14.3.

**Shuttle hurdles:** 1. Saddle Brook (Hayley Kellinger, Arianna Pomo, Margaret Ribaud, Stephanie Winstead), 1:12.3; 2. Hasbrouck Heights, 1:17.6; 3. Cresskill, 1:18.8; 4. Wood-Ridge, 1:19.0; 5. Park Ridge, 1:21.7.

# BASEBALL

## PATERSON TOURNAMENT

### Paterson Catholic 6,

### Kennedy 0

**Kennedy** 000 000 0 - 0  
**Paterson Cath.** 230 001 x - 6  
**RBI:** (PC) Leo Acosta 2, Andrew Cator, Nixon Pellz 2. **Records:** Kennedy Paterson Catholic (5-1).  
**WP:** Jose Bello (1-1). **LP:** Diaz (0-1)

### Paterson Catholic 8,

### Eastside 2

**Paterson Cath.** 100 100 6 - 8  
**Eastside** 010 001 0 - 2  
**HR:** (PC) Andrew Collazo 2, (E) J. Ion. **RBI:** (PC) Collazo 5, Luis Vas (E) Grullon. **Records:** Paterson Catholic (6-1), Eastside (1-7).  
**WP:** Andrew Collazo (4-0).

### Manchester 5 (10)

**Eastside** 000 310 010 1 - 6  
**Manchester** 100 030 010 0 - 5  
**HR:** (E) Rafael Veras, **RBI:** (E) Jon Fernandez, Veras. (M) Richie Perz, Ricardo O'Gorman 2. **Records:** side (1-6), Manchester (3-4).  
**WP:** Ismaurils Hernandez (1-2). **LP:** Dilgari (1-2).

### BCSL AMERICAN

### Queen of Peace 13,

### Fort Lee 3

**FRIDAY**  
**Queen of Peace** 101 046 1 - 13  
**Fort Lee** 082 001 0 - 3  
**HR:** (Qp) Michael Tarentino. **RBI:** Michael Tarentino 5, Darlus Bej Zack Roman, Gerard Garilli, Diegoquez, Joe Muraglia. (FL) Ma Nersecian. **Records:** Queen of P (2-4).  
**WP:** Bejan (1-0). **LP:** Dellinko.

### NON-LEAGUE

### Tenafly 12,

### Bergen Tech 2

**Bergen Tech** 100 10 - 2  
**Tenafly** 700 23 - 12  
**HR:** (BT) Tim Moon. **RBI:** (BT) Pici Moon. (T) Ed Reilly 3, Jeremy Krat 2, Tim Swaff 2, Paul Imperato Miguel Malabayagas. **Records:** Be Tech (4-4), Tenafly (9-1).  
**WP:** Reilly (4-1). **LP:** Ibarra (1-1).

### Hackensack 5,

### Bergenfield 4

**Bergenfield** 210 010 0 - 4  
**Hackensack** 100 101 2 - 5  
**RBI:** (B) Wayne Briggs 2, Steve H (H) Dan Farelli 3, Paoli Sanchez, Cea. **Records:** Bergenfield (3-5), Hackensack (3-5).  
**WP:** Mark Keller (1-1). **LP:** Jose Pt (0-1).

### Dumont 7,

### Waldwick 0

**Dumont** 101 020 3 - 7  
**Waldwick** 000 000 0 - 0  
**RBI:** (D) Anthony Amico 2, Pa Garvin, Evan Arfuso, A.J. Letizia, T Davidson. **Records:** Dumont (Waldwick (1-8)).  
**WP:** Justin Cocha (2-0). **LP:** Will Pa son (1-1).

### Glen Rock 4,

### Emerson (U.C.) 3 (8)

**Emerson** 001 000 11 - 3  
**Glen Rock** 000 002 02 - 4  
**RBI:</**

**Ridgewood 74**

**Paramus Catholic 57** April 19<sup>th</sup> – 70 sunny

400 IH:                   Ridgewood: 3                   Paramus Catholic: 6  
1-Mike Socha (PC) 60.7 2-Steven Pierce (R) 61.4 3-Mark Franco (PC) 63.7  
Others: A. Monri 65.9; P. Nygaard 66.3

100m:                   Ridgewood: 1                   Paramus Catholic: 8  
1-Darrin Chandler (PC) 11.1 2-Robbie Mendoza (PC) 11.7 3-Dan Engel (R) 11.7  
Others: J. Moody 11.9; L. Chwe 11.9; A. Gelbaum 12.0; R. Cooper 12.1; B. Remmen  
12.7; J. Lee 12.9; C. Gallo 13.0; M. Vaccaro 13.0; F. Nestor 13.2; R. Webbe 13.4;  
K. Suh 13.4; D. Clark 14.0; C. Jones 14.8; A. McLaughlin 15.1

1600m:                   Ridgewood: 4                   Paramus Catholic: 5  
1-Ryan Madrid (PC) 4:38.8 2-Dan Emont (R) 4:49.2 3-Joe Pfeiffer (R) 4:51.9  
Others: A. Pruzinsky 5:07; A. Vedder 5:10; K. Meissner 5:16; S. Murphy 5:34;  
J. Cramer 5:53; B. Zamir 6:07; J. Church 6:39

400m:                   Ridgewood: 1                   Paramus Catholic: 8  
1-Jerrette Frank (PC) 52.3 2-Andres Gutierrez (PC) 53.3 3-Jeremy Schmidt (R) 53.4  
Others: O. Onwubu 56.1; E. Ellingboe 58.7; F. Nestor 61.0; W. Jang 63.6

110HH:                   Ridgewood: 6                   Paramus Catholic: 3  
1-John Moody (R) 16.2 2-Evan Shaker (PC) 16.4 3-Akira Monri (R) 17.2  
Others: P. Nygaard 19.9

800m:                   Ridgewood: 9                   Paramus Catholic: 0  
1-Jacob Garber (R) 2:06.4 2-Jeremy Schmidt (R) 2:09.4 3-Dan Emont (R) 2:09.5  
Others: O. Onwubu 2:13; E. Ellingboe 2:22; M. Meissner 2:23; T. Clark 2:23;  
W. Jang 2:24

200m:                   Ridgewood: 1                   Paramus Catholic: 8  
1-Darrin Chandler (PC) 22.9 2-Marcus Guest (PC) 23.4 3-Dan Engel (R) 23.9  
Others: A. Gelbaum 24.1; P. Kovach 25.1; L. Chwe 25.5; R. Cooper 25.5; J. Viloaris  
25.5; C. Gallo 25.5; P. Nygaard 26.0; B. Remmen 26.1; R. Webbe 27.6; D. Lewis 27.9;  
K. Suh 29.5; D. Clark 29.5; C. Jones 31.0; A. McLaughlin 31.5

3200m:                   Ridgewood: 9                   Paramus Catholic: 0  
1-Joe Pfeiffer (R) 10:48.6 2-Jacob Garber (R) 10:53.5 3-Dan Emont (R) 11:04.4  
Others:

Long Jump:                   Ridgewood: 9                   Paramus Catholic: 0  
1-Brian Clementi (R) 19'0" 2-Sam Oh (R) 18'3 1/2" 3-Lucas Chwe (R) 17'11 1/4"  
Others: J. Moody 17' 1/2"; J. Lee 15'7 3/4"

Triple Jump:        Ridgewood: 9                      Paramus Catholic: 0  
1-Brian Clementi (R) 39'10 1/2" 2-Sam Oh (R) 38'9 1/4" 3-John Moody (R) 36'7 1/2"  
Others: J. Lee 34'7"; J. Violaris 34'5 1/4"

High Jump:        Ridgewood: 1                      Paramus Catholic: 8  
1-Marcus Guest (PC) 5'9" 2-Mitch Bennett (PC) 5'6" 3-Brian Clementi 5'3"  
Others: B. O'Connell 5'0"; S. Oh NH; D. Stofa NH

Shot Put:        Ridgewood: 6                      Paramus Catholic: 3  
1-Steven Abdallah (R) 45'1" 2-Kevin McDonald (PC) 42'7" 3-Ben Wilson (R) 42'2"  
Others: N. Dawson 36'7 1/2"; A. Vilchez 34'3"; M. Mosticchio 34'0"; T. Borgman 30'9 1/2"; M. Stapleton 24'2 1/2"

Discus:        Ridgewood: 6                      Paramus Catholic: 3  
1-Steve Abdallah (R) 132'2" 2-Passano (PC) 116'11" 3-Ben Wilson (R) 109'4"  
Others: S. Pierce 103'6"; M. Mosticchio 92'6"; T. Borgman 92'0"; N. Dawson 80'5";  
M. Stapleton 77'1"; A. Vilchez 75'7"

Pole Vault:        Ridgewood: 9                      Paramus Catholic: 0  
1-Jacob Ricciardi 13'0 (R) 2-Anthony Weiss (R) 10'0" 3-Lewis Burns (R) 10'0"  
Others: D. Ragina 9'0"; C. Jensen NH

4x400m: Ridgewood: 0                      Paramus Catholic: 5  
1-Paramus Catholic 3:32.2 2-Ridgewood 3:34.9  
(A. Gelbaum 54.7, S. Pierce 53.8, D. Engel 53.3, J. Schmidt 53.3)

### Comments:

### Athletes of the Meet:

John Moody: 3 personal bests  
4x400 relay: 3:34 is an excellent time  
Horizontal Jumpers: 18-0



**Ridgewood 88.5**

**Bloomfield 41.5** April 19<sup>th</sup> – 70 sunny

400 IH:           Ridgewood: 9                   Bloomfield: 0  
1-Steven Pierce (R) 61.4 3-Akira Monri (R) 65.9 3-Peter Nygaard 66.3  
Others:

100m:            Ridgewood: 1                   Bloomfield: 8  
1-Kieron Gardiner (B) 11.1 2-Ryan Lawrence (B) 11.1 3-Dan Engel (R) 11.7  
Others: J. Moody 11.9; L. Chwe 11.9; A. Gelbaum 12.0; R. Cooper 12.1; B. Remmen  
12.7; J. Lee 12.9; C. Gallo 13.0; M. Vaccaro 13.0; F. Nestor 13.2; R. Webbe 13.4;  
K. Suh 13.4; D. Clark 14.0; C. Jones 14.8; A. McLaughlin 15.1

1600m:           Ridgewood: 4                   Bloomfield: 5  
1-Erick Diverge (B) 4:43.7 2-Dan Emont (R) 4:49.2 3-Joe Pfeiffer (R) 4:51.9  
Others: A. Pruzinsky 5:07; A. Vedder 5:10; K. Meissner 5:16; S. Murphy 5:34;  
J. Cramer 5:53; B. Zamir 6:07; J. Church 6:39

400m:            Ridgewood: 3                   Bloomfield: 6  
1-William Barbour (B) 52.3 2-Jeremy Schmidt (R) 53.4 3-Dave Lasek (B) 55.3  
Others: O. Onwubu 56.1; E. Ellingboe 58.7; F. Nestor 61.0; W. Jang 63.6

110HH:           Ridgewood: 9                   Bloomfield: 0  
1-John Moody (R) 16.2 2-Akira Monri (R) 17.2 3-Peter Nygaard (R) 19.9  
Others:

800m:            Ridgewood: 4                   Bloomfield: 5  
1-Erick Diverge (B) 2:01.6 2-Jacob Garber (R) 2:06.4 3-Jeremy Schmidt (R) 2:09.4  
Others: O. Onwubu 2:13; E. Ellingboe 2:22; M. Meissner 2:23; T. Clark 2:23;  
W. Jang 2:24

200m:            Ridgewood: 0.5                 Bloomfield: 8.5  
1-W. Barbour (B) 23.3 2-K. Gardiner (B) 23.8 3-tie R. Lawrence and D. Engel 23.9  
Others: A. Gelbaum 24.1; P. Kovach 25.1; L. Chwe 25.5; R. Cooper 25.5; J. Viloaris  
25.5; C. Gallo 25.5; P. Nygaard 26.0; B. Remmen 26.1; R. Webbe 27.6; D. Lewis 27.9;  
K. Suh 29.5; D. Clark 29.5; C. Jones 31.0; A. McLaughlin 31.5

3200m:           Ridgewood: 9                   Bloomfield: 0  
1-Joe Pfeiffer (R) 10:48.6 2-Jacob Garber (R) 10:53.5 3-Dan Emont (R) 11:04.4  
Others:

Long Jump:       Ridgewood: 8                   Bloomfield: 1  
1-Brian Clementi (R) 19'0" 2-Sam Oh (R) 18'3 1/2" 3-Juverge (B) 18' 1/2"  
Others: L. Chwe 17'11 1/4"; J. Moody 17' 1/2"; J. Lee 15'7 3/4"

Triple Jump:       Ridgewood: 9                    Bloomfield: 0  
1-Brian Clementi (R) 39'10 1/2" 2-Sam Oh (R) 38'9 1/4" 3-John Moody (R) 36'7 1/2"  
Others: J. Lee 34'7"; J. Violaris 34'5 1/4"

High Jump:        Ridgewood: 8                    Bloomfield: 0  
1-Brian Clementi 5'3" 2-Brian O'Connell (R) 5'0"  
Others: S. Oh NH; D. Stofa NH

Shot Put:         Ridgewood: 4                    Bloomfield: 5  
1-Bloomfield 45'9" 2-Steven Abdallah (R) 45'1" 3-Ben Wilson (R) 42'2"  
Others: N. Dawson 36'7 1/2"; A. Vilchez 34'3"; M. Mosticchio 34'0"; T. Borgman 30'9  
1/2"; M. Stapleton 24'2 1/2"

Discus:           Ridgewood: 6                    Bloomfield: 3  
1-Steve Abdallah (R) 132'2" 2-Said (B) 131'9" 3-Ben Wilson (R) 109'4"  
Others: S. Pierce 103'6"; M. Mosticchio 92'6"; T. Borgman 92'0"; N. Dawson 80'5";  
M. Stapleton 77'1"; A. Vilchez 75'7"

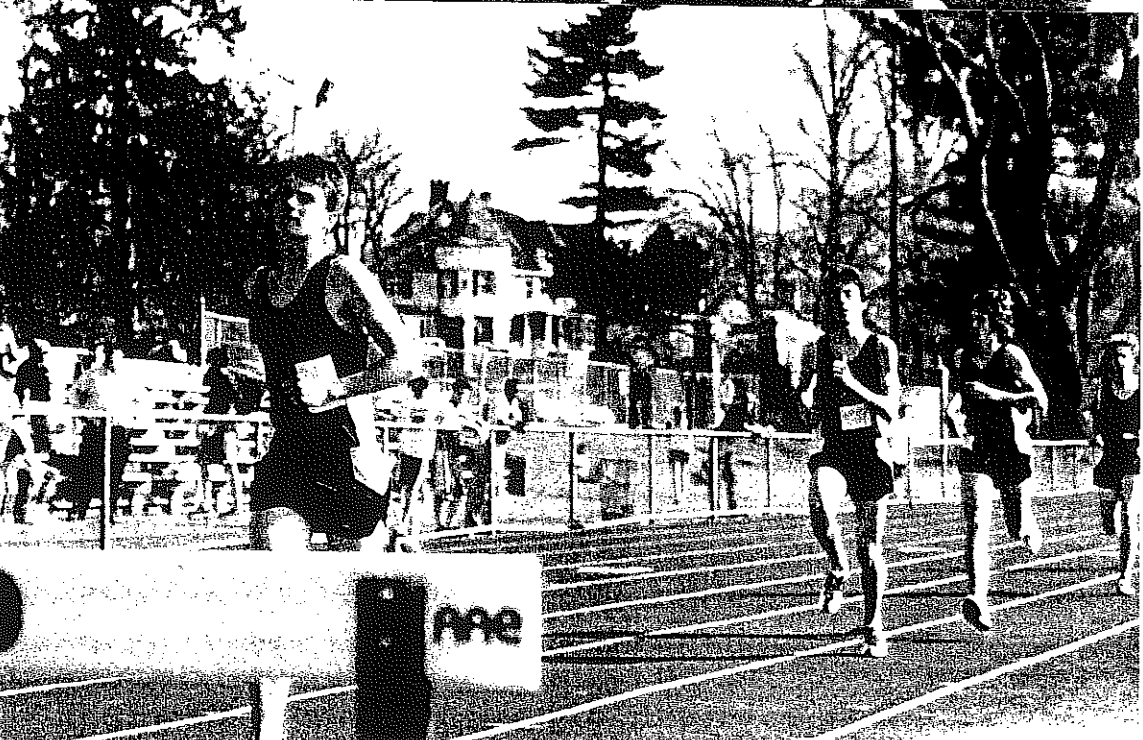
Pole Vault:       Ridgewood: 9                    Bloomfield: 0  
1-Jacob Ricciardi 13'0 (R) 2-Anthony Weiss (R) 10'0" 3-Lewis Burns (R) 10'0"  
Others: D. Ragina 9'0"; C. Jensen NH

4x400m: Ridgewood: 5                    Bloomfield: 0  
1-Ridgewood 3:34.9  
(A. Gelbaum 54.7, S. Pierce 53.8, D. Engel 53.3, J. Schmidt 53.3)

**Comments:**

**Athletes of the Meet:**

Novice and Frosh Distance Runners: many bests  
Lewis Burns: 10' PV



# Ridgewood runs to cou

Shuttle hurdles team paces girls to Yockers crown

BY DAVID ZARO  
Staff Writer

**TENAFLY** - While helping lead its team to a championship at the Jack Yockers Bergen County Relays last Saturday, the Ridgewood High School girls shuttle hurdles squad was also looking to bump some old heroes out of the team record book.

The squad, comprised of junior Cassie Wong and sophomores Lara-Jane Que, Alice Wisener and Brooke Bogart, set a new school record with a time of 1:06.8, helping the Maroons to capture the Girls Group A crown for the first time since 2000.

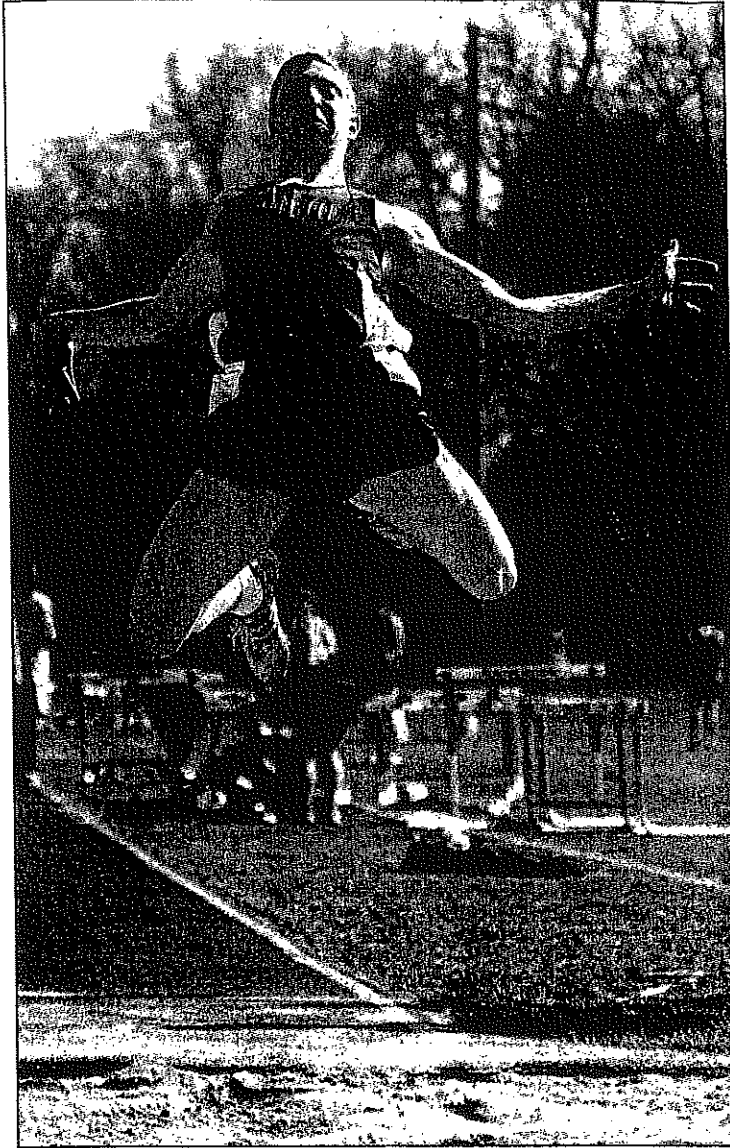
"I watched the video, and I thought that our form was really good," said Que. "Cassie had a great leadoff for us, and Alice and Brooke did a really good job keeping the pace going."

"Each time out, our times have gone down because everyone is working hard and getting their techniques down," Wong added. "Alice has improved greatly with her form, and Brooke is getting faster with her three-stepping. She is doing less bounding and more sprinting."

The group eclipsed the mark of 1:07.7 set in 1997 by a unit that Ridgewood boys head track coach Josh Saladino knew when he was a student at Ridgewood High School. Saladino had engaged in a friendly back-and-forth with the girls in the days leading up to the relays about the possibility of breaking the record.

"It was kind of a fun thing because two of the kids on that team are still good friends of Josh's, so he was joking with the kids about not breaking the record," said Ridgewood girls head track coach Jacob Brown.

The shuttle hurdles performance was not all for Wong, as she helped the pole-vault unit, also



GARY JUNG/STAFF PHOTOGRAPHER

Ridgewood's Brian Clementi takes to the air during the long jump competition in Tuesday's meet with Bloomfield and Paramus Catholic at Ridgewood High School.

including sophomore Ashlyn Llerandi and freshman Ann Polcari, win the gold. Wong became only the second girl in Bergen County to clear 10 feet, six inches, as she earned the Dick Hitt Award, given to the outstanding girls field-event performer.

In the days leading up to the Yockers Relays, it was questionable whether or not Polcari, who slight-

ly sprained her ankle on Tuesday, would be available to compete, which left Brown pondering possible lineup changes.

"On Wednesday, when I was making the lineup, I didn't think that I could use her (Polcari)," Brown explained. "Then, on Thursday, she told me that she could vault. Because she was okay, that meant that I could keep Alice



Freshman Ann Polcari heads toward vault competition on Tuesday at Ridgewood High School.

on the other relay teams. So, that is the domino effect of having a lot of depth."

Both Que and Wisener, along with sophomore Niki Whitaker and junior Erica Cigolini, won the 400 meters with a time of 51.8 seconds.

"That is a good, young group of sprinters, and they made some real good exchanges," said Brown.

Wisener also joined junior Cristina Law and sophomore Stephanie Westerman in capturing the 3x400 intermediate hurdles as well.

"It was great to see because our team is so young," said Que. "We have some really strong sophomores and juniors."

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# Runs to county glory

*Williams-led boys surge to title at Yockers Relays*

BY DAVID ZARO  
Staff Writer

**TENAFLY** - Digging deep into its wealth of depth, the Ridgewood High School boys track and field team placed in the top four in 13 of 16 events en route to capturing its first Jack Yockers Bergen County Relays championship since 1988.

The Maroons won gold in the 3200- and 6400-meter relays as well as in the javelin while placing second in five other events to finish with a total score of 98. Hackensack finished second in the 12-team field with 78 points, and Northern Highlands was third with 69 points.

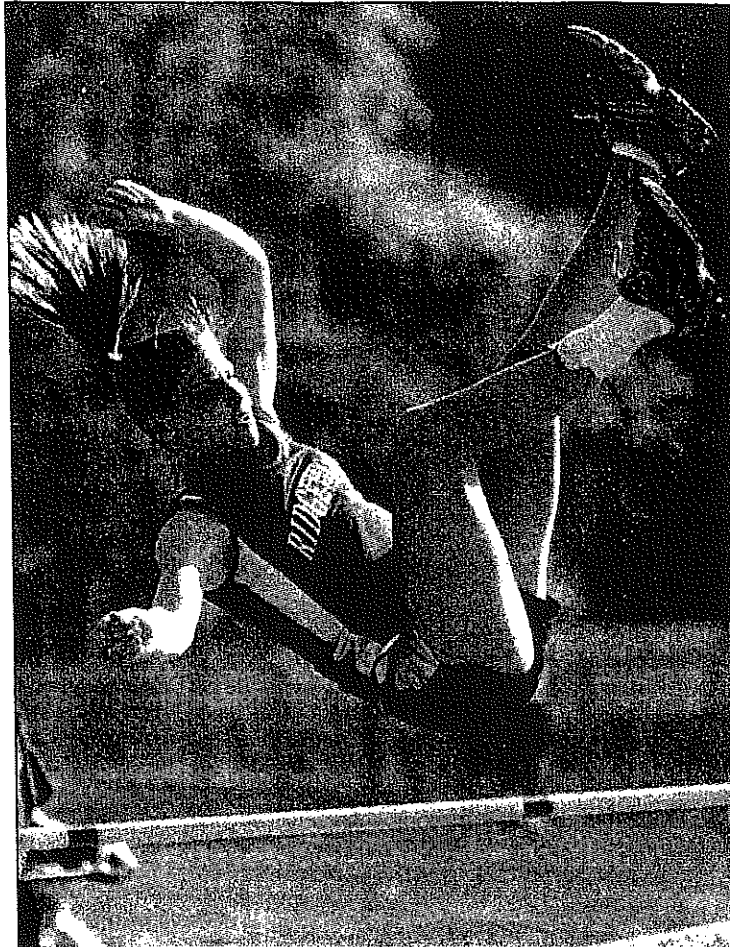
Through Friday's events at Demarest High School, Hackensack used strong field-event performances to claim the overall lead by just two points over the Maroons.

However, Ridgewood built a solid foundation for themselves, winning the 6400-meter relay, as juniors Michael Cator and Byron Williams joined senior Joe Pfeiffer and sophomore Dan Emont in capturing the event with a time of 18:21.4, outpacing Northern Highlands (18:29.0) and Don Bosco (18:29.7).

Ridgewood also got an important win from the javelin squad of sophomore Albert Gelbaum, senior Nick Ontiveras and junior Steven Pierce. The trio posted a distance of 431 feet, one inch to finish ahead of its closest competitor, Old Tappan (422-6.)

"It was very important for us to get those wins on the first day," said Ridgewood head coach Josh Saladino. "We thought that we were the strongest second-day team, and if we were close after the first day, we knew we had a shot to win."

When the meet shifted to Tenafly High School on Saturday, the Maroons took command, as Cator and Williams took center stage once again. This time, they were joined by sophomores Niall Buckley and Jacob Garber in posting a winning time of 8:18.9, as



Freshman Ann Polcari heads toward the mat during the pole-vault competition on Tuesday at Ridgewood High School.

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Both Que and Wisener, along with sophomore Niki Whitaker and junior Erica Cigolini, won the 400 meters with a time of 51.8 seconds.

"That is a good, young group of sprinters, and they made some real good exchanges," said Brown.

Wisener also joined junior Cristina Law and sophomore Stephanie Westerman in capturing the 3x400 intermediate hurdles as well.

"It was great to see because our team is so young," said Que. "We have some really strong sophomores and juniors."

Even with the youth taking cen-

ter stage in numerous events, some of the more experienced and familiar names on the team were part of Ridgewood's seven overall relay victories.

Senior co-captains Becca Wells and Diana Mangam were key components of a pair of wins, helping to capture both the 3200- and the 6400-meter runs.

Westerman and Maggie Harms joined Wells and Mangam in the 3200, with the group posting a time of 9:56.3, and junior Meredith Jones ran along with Wells, Mangam and Harms for the 6400 squad, which ran a 22:31.7 to edge Old Tappan (22:49.6) in a tightly-contested battle.

"Our older kids did a great job in the distance races," Brown said. "Becca anchored in the 3200 and did a great job," said Brown. "They tried really hard to run her down, but Becca was up to the task."



GARY JUNG/STAFF PHOTOGRAPHER

takes to the air during the long jumps meet with Bloomfield and Parra-high School.

ly sprained her ankle on Tuesday, would be available to compete, which left Brown pondering possible lineup changes.

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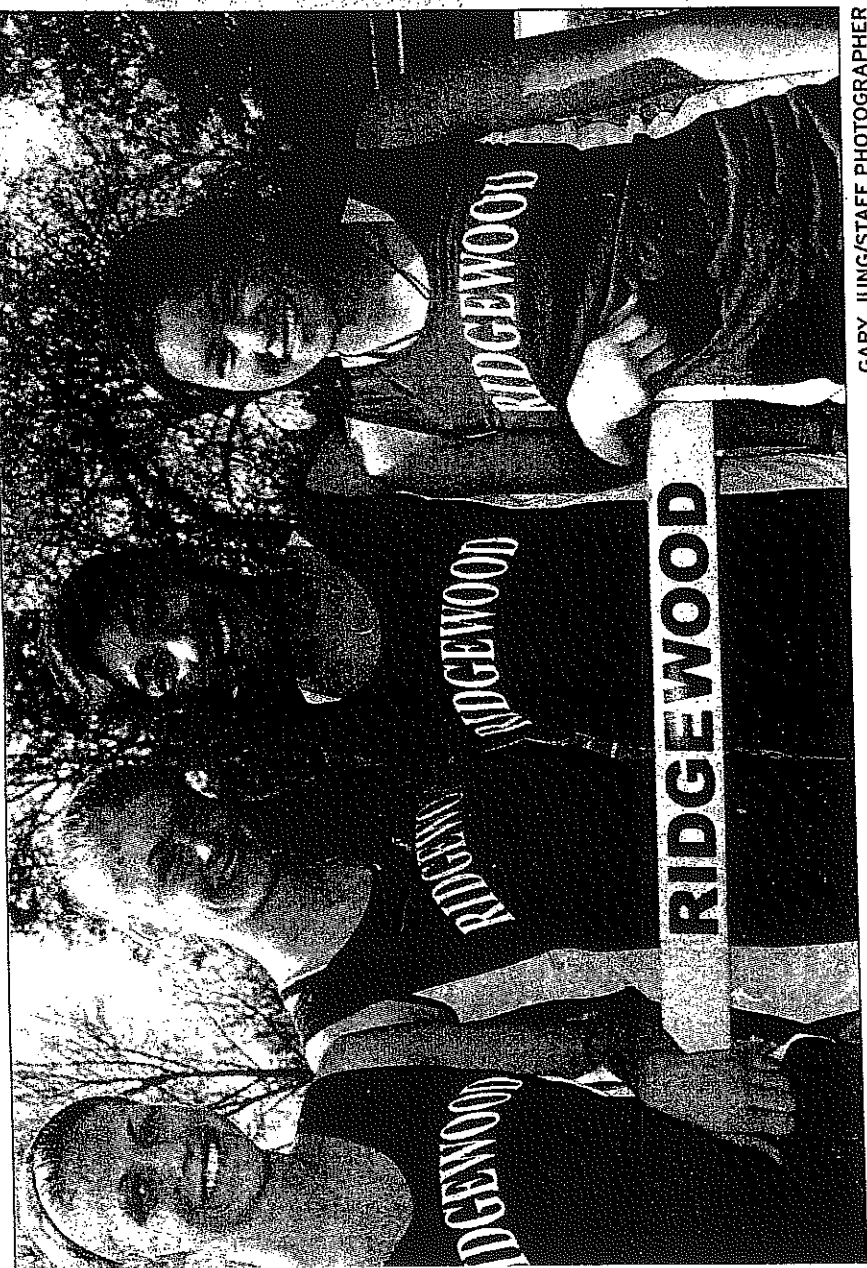


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 Mangam also helped the javelin  
 squad finish third (264 feet, 11  
 inches) behind Hackensack (306-  
 2) and Immaculate Heart Acade-  
 my (291-10).



GARY JUNG/STAFF PHOTOGRAPHER

urdles team of, from left, sophomores Brooke Bogart, Alice Wisener, Lara-Jane Que and junior Cassie Wong  
 record with a time of 1:06.8 at the Jack Yockers Bergen County Relays on Saturday at Tenafly High School.

Also taking home the gold was  
 the sprint-medley group of Lieran-  
 di, Cigolini, Law and Nancy  
 Whitaker with a time of 4:18.0, as  
 Llerandi ran a personal-best 400  
 split of 62.2 seconds.  
 Brown is pleased that his team  
 ended the brief championship  
 drought at the relays and believes  
 that his crew is on the right path  
 for continued success this season.  
 "This is a confidence builder for  
 us," Brown said. "We are the relay  
 champions, and no one can take  
 that away. To be a great team, the  
 next step is to win a big (league or  
 state) championship meet."

On Tuesday afternoon at Ridge-  
 wood High School, the girls won a  
 dual meet over Bloomfield and  
 Paramus Catholic.  
 Next Thursday, the team travels  
 to Franklin Field in Philadelphia  
 for the 111th running of the Penn  
 Relays.

David Zaro's e-mail address is  
 zaro@northjersey.com

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See BOYS TRACK, page C4



Senior Okee Onwubu in the  
 3200-meter run on Tuesday.

**COMMUTERS!**

**LEDELL BROGAN**

**BREAK THROUGH**

## BOYS TRACK from C1

Northern Highlands (8:21.2) was second and Don Bosco (8:26.3) was third.

Williams, who also ran an impressive 1:55 800-meter split to help the sprint-medley squad claim a silver medal, earned the Bernard Smith Award, given to the most outstanding runner at the meet.

"Byron had a terrific meet," Saladino said. "He never disappoints."

Among the other events in which Ridgewood garnered key points with second-place finishes included the 3-by-400 intermediate hurdles (IH), discus, sprint medley and distance medley.

The 3x400 IH group consisting of Buckley, Nagano-Gerace and Pierce came in behind Hackensack (2:54.2) with a time of 2:58.1, while Pierce also joined juniors Steven Abdallah and Ben Wilson in leading the discus team to a solid showing.

"Steven runs legs on the intermediate and high hurdles, competes in the discus and is

also a terrific javelin thrower, which is an unusual combination," said Saladino. "He works as hard as anyone on the team and has been outstanding all season."

The sprint medley team of Gelbaum, Williams and sophomores Jeremy Schmidt and Dan Erigel finished just behind Bergen Catholic (3:35.0) with a time of 3:36.5. In the distance medley, Buckley, Garber, Cator and junior Joe Nagano-Gerace posted a time of 10:44.8, finishing second to Northern Highlands (10:39.8).

"More kids participate in this meet than in any other meet, and it is a real team effort," Saladino said. "In years past, we didn't have a lot of depth outside of the distance runners. This year, we had that depth, and there were certain events where we were able to get six points instead of four or two points instead of zero. All those events were pivotal, and the points added up quickly."

David Zaro's e-mail address is [zaro@northjersey.com](mailto:zaro@northjersey.com)

River News

4/22

4/29

# Late start, quick finish

## Teaneck's Smith wins heat in hurdles

By PAUL SCHWARTZ  
STAFF WRITER

PHILADELPHIA — Michelle Smith walked into Franklin Field at 10:15 Thursday morning fully warmed up and ready for the 400 hurdles race of her life at the Penn Relays. The Teaneck senior looked down at the track, and thought the runners there were competing in a collegiate hurdles race.

"Then I looked again and I recognized some of the faces and knew they were high school runners," said Smith.

Smith had missed her chance to run in the seeded heat, but thanks to the clerk of the race, longtime Bergen County resident Ed Koch, she still was able to race, getting a lane in the last of the three heats and winning easily in 62.56 seconds to place eighth overall.

"I'm disappointed, because I thought I was ready to run 60-point today," said Smith, the Bergen County record holder at 61.09. "We misread the time on the Web site for when the race was supposed to start. We had deliberately gotten here early and were outside the stadium getting ready for what we thought was a 10:55 race."

Smith went over a steeplechase hurdle in the runway near the starting point of the race to get on the track, and quickly put on her race shoes and her number while the first and second heats were being run.

She led her heat from the opening gun and looked sensational over the first four hurdles in opening a huge lead and going on to win by more than two seconds.

"I think if I'd had other girls to run with, I could have run a lot faster," said Smith, who came back to split 58.8 in the 1,600 relay, helping Teaneck to a 4:04.59 clocking in a late heat, Teaneck's best race of the season. "I have been spending most of my practice in the 400

hurdles in the meets and I thought I was really ready today."

Had Smith run under 61.88, she would have placed fourth in the overall standings.

Smith's disappointment still proved to be the highlight of the day among North Jersey entrants in the invitational events.

Chelsea Townes of Hackensack aggravated her right calf injury and dropped out of the 400 hurdles after clearing the seventh hurdle. Sable Sweeper of Passaic had a miserable day in the shot put competing during a brief windy rain shower that started just as the event began. She threw just 36-4 1/4 and missed the final.

"I warmed up pretty well, but I couldn't get into any throws once the competition started," said Sweeper, who threw a personal best 42-5 last weekend to move within 8 1/2 inches of the Passaic County record.

Jessica Malacrida of Paramus tied for seventh in the high jump, clearing 5-3 1/4 on her second attempt and making three excellent attempts at 5-5 1/4, an outdoor personal best.

"I really thought I was over on the second try [at 5-5 1/4]," said Malacrida. "I didn't feel myself hit everything, but the bar didn't stay up."

Ridgewood's 3,200 relay team ran a disappointing 9:46.98, after a terrific 2:18.3 leadoff leg by Cristina Law. The Maroons fell far short of qualifying for today's final but still managed the 16th-best time in Bergen County history.

"I really don't know what happened," said Ridgewood coach Jacob Brown. "They seemed to be heavy-legged [except for Law] and that's got to be my fault for not getting them ready."

### PENN RELAYS

#### GIRLS TOP 20

1. Ridgewood
2. Indian Hills
3. Old Tappan
4. Teaneck
5. Northern Highlands
6. Hackensack
7. Immaculate Heart
8. Wayne Valley
9. Demarest
10. River Dell
11. Tenafly
12. Ramsey
13. Holy Angels
14. Clifton
15. Pascack Hills
16. Ramapo
17. Glen Rock
18. Lakeland
19. Paramus
20. Kennedy

#### BOYS TOP 20

1. Ridgewood
2. Demarest
3. West Milford
4. Hackensack
5. Northern Highlands
6. Ramsey
7. Westwood
8. Don Bosco
9. Kennedy
10. Hasbrouck Heights
11. Passaic
12. Saddle Brook
13. Teaneck
14. Mahwah
15. Wayne Valley
16. River Dell
17. Tenafly
18. Bergen Catholic
19. Ridgefield Park
20. Cresskill



**Penn Relays**

Friday, April 29<sup>th</sup> – cool 55  
Saturday, April 30<sup>th</sup> – rain 55

**Distance Medley Championship of America:**

Byron Williams	3:06.8
Jeremy Schmidt	51.6
Niall Buckley	1:57.5
Michael Cator	4:37.1
<b><u>10:32.91 – 14<sup>th</sup> Place</u></b>	

**4x400m:**

Niall Buckley	52.8
Jeremy Schmidt	53.0
Dan Engel	53.9
Byron Williams	52.0
<b><u>3:32.17 – 4<sup>th</sup> in the heat</u></b>	

**PENN RELAYS**

**BOYS 4 X 400**

(School, Place in Heat, Time)

Kennedy (1st), 3:17.85; Bergen Catholic (3rd), 3:26.77; Westwood (1st), 3:29.97; Ramsey (2nd), 3:30.10; Teaneck (5th), 3:31.72; Ridgewood (4th), 3:32.17; Northern Highlands (1st), 3:32.32; Demarest (8th), 3:34.96; Hasbrouck Heights (3rd), 3:35.37; North Bergen (6th), 3:36.15; Queen of Peace (9th), 3:36.54; Don Bosco (10th), 3:38.20; Cresskill (3rd), 3:39.94; Old Tappan (4th), 3:40.37; Saddle Brook (5th), 3:40.77; Hackensack (11th), 3:42.11; Lyndhurst (11th), 3:43.62; River Dell (7th), 3:44.05; Wood-Ridge (8th), 3:45.76; Secaucus (8th), 3:46.71; Glen Rock (12th), 3:47.54; Bergenfield (12th), 3:49.70; Eastside (11th), 3:58.57.  
\*Qualified for championship final but withdrew.

# PENN RELAYS 2005 RESULTS

[College Men](#)  
 [College Women](#)  
 [High School Boys](#)  
 [High School Girls](#)  
 [Olympic Development](#)  
 [Other](#)  
 [Schedule](#)

Qualifiers



**Saturday's Action** 1 / 46

Saturday at Relays opened to steady rain.

[< Previous Photo](#)  
  
 [Next Photo >](#)

[Thursday \(4/29\)](#)  
 [Friday \(4/30\)](#)  
 [Saturday \(4/30\)](#)

Results

## #173 - High School Boys Distance Medley "Championship" Friday 5:45 PM

Pl	Time	ID	Affiliation/Runners
1	10:04.15	B	Newton North Dave Polgar (3:06.4), Dave Slifer (49.8), Jed Carpentieri Chris Barnicle (4:10.6)
2	10:12.96	L	Phillipsburg Bryan Lein (3:07.1), Michael Turner (51.1), Justin Gay Joshua Davis (4:13.9)
3	10:13.34	A	Colts Neck Zach Tedoff (3:13.8), Chris Clark (50.4), Ryan Jagielski Craig Forsys (4:13.3)
4	10:15.98	M	Council Rock North John Mahoney (3:11.1), Ricky Goettel (50.3), Keith C Brandon Pomerantz (4:15.4)
5	10:20.94	R	Eleanor Roosevelt Kelli Thibou, Anthony Walker, Romaine McKay (1:53.7) Gelagle
6	10:21.07	D	Christian Brothers Academy Chris Horel (3:15.2), Brandon Leniart (50.3), Peter Gl Greg Leach (4:18.3)
7	10:21.82	N	Herndon Ermin Mujezinovic (3:13.6), Josh Hilton (52.1), danny (1:58.4), Abe Dagnachew (4:17.7)
8	10:22.72	K	Monsignor Farrell Jeff Carbonella (3:11.6), Maciej Szelazek (50.8), Rob (1:57.8), Dan Lewis (4:22.5)
9	10:23.60	J	Niskayuna Kyle O'Connor (3:09.9), John Reilly (50.2), Mark Kope Jon Wetzel (4:27.0)
10	10:24.60	H	Cardinal O'Hara Matt Willard (3:12.7), Mickey Liszewski (52.6), Ryan M (2:00.5), Greg Thomas (4:18.8)
11	10:24.94	C	North Rockland Carlos Jamieson, James Famodimu, Joseph Grimm, .
12	10:25.29	G	Cranford Kevin Brown, Ryan McMahon, Nate Thompson, Joe M
13	10:30.20	S	Arlington Zak Elmanakhly, Shequann Burrwell, Cody McCoach,
14	10:32.91	E	Ridgewood Byron Williams (3:06.7), Jeremy Schmidt (51.6), Niall (1:57.5), Michael Cator (4:37.1)
15	10:40.36	O	Long Beach Poly Pedro Ramos, Ellis Anderson, Sean Chaney-Waller, E
16	10:56.92	I	Burnt Hills-Ballston Lake John Mueller, Alex Kobes, Colin Utz-Meagher, David,

# Ridgewood's super performance

By PAUL SCHWARTZ  
STAFF WRITER

PHILADELPHIA — Ridgewood did everything it could to prepare for the boys distance medley championship race Friday at the Penn Relays.

The Maroons qualified early in the season, then ran a tough, physical race at Arcadia, Calif., three weeks ago. They ran solid workouts and got to Philadelphia a day early to settle in and be ready.

The first three legs ran close to personal bests and the Maroons were in third place with the 1,600-meter leg left and a great performance in their grasp.

"But you can't control when illness comes," said Ridgewood assistant coach Mike Glynn. "And Mike just picked a bad time to get sick."

Mike Cator, Ridgewood's solid anchor runner, spent most of Thursday night in the bathroom, violently ill, and couldn't come close to his normal performance.

The junior, who has run as fast as 4:20.6, barely broke 4:40 and Ridgewood slid from a close third to a distant 14th, running 10:32.91, more than 11 seconds slower than its performance at Arcadia.

"What can you do," said head coach Josh Saladino. "The other kids ran great and Mike ran as hard as he could and

## TRACK & FIELD PENN RELAYS

gave it everything he had, but that just knocks you out. We'll give them about three hours to sulk and then we have to move on."

The silver lining in Ridgewood's dark cloud is that all four runners will be back for another attempt next year and the experience they gained Friday is impossible to duplicate elsewhere.

"This wasn't the toughest race I've been in, but it might be the most physical," said junior leadoff runner Byron Williams, who split a career-best 3:06.5

## foiled by illness

for 1,200 meters despite a ragged first lap, putting Ridgewood in second. "I had to work a lot harder to get out of trouble on the first lap, but then everything went OK."

Sophomore Jeremy Schmidt followed with a personal-best 51.8 400, leaving the Maroons in third, and fellow sophomore Niall Buckley maintained that position with a 1:57.2 800.

"It was a great experience for these guys, but they didn't come here just for the experience," said Saladino. "But 12 months from now, the same four kids will be on the same track and I think there will be a much different result."

Demarest's James LaGreca finished 21st in the boys 3,000, running a respectable 8:56.37.

"My legs didn't feel right all day, but I got out fine, probably faster than I thought I could get out," said LaGreca.

"But the legs tightened in the last couple of laps and I couldn't hold on."

"It was exciting just being here, because this is the best race I've ever been in. It'll help me the rest of the year."

Teaneck won its heat of the 400-meter relay, clocking 44.10, the 18th fastest ever by a Bergen County school.

E-mail: schwartzp@northjersey.com

Ridgewood 71

Hackensack 60

May 3, 2005 – 55

400 IH:                   Ridgewood: 3                   Hackensack: 6  
1-Danny Oquendo (H) 55.8 2-Niall Buckley (R) 56.0 3-Eddy Cabo (H) 57.7  
Others: J. Nagano-Gerace 60.8; S. Pierce 61.0; P. Nygaard 66.7

100m:                   Ridgewood: 4                   Hackensack: 5  
1- S. Danahowe (H) 11.6 2-Albert Gelbaum (R) 11.6 3-Sam Oh (R) 11.7  
Others: D. Engel 11.8; L. Chwe 11.9; R. Cooper 12.0; B. Remmen 12.3; J. Violaris 12.4;  
F. Nestor 12.4; C. Gallo 12.6; R. Webbe 13.2; M. Vaccaro 13.6; K. Suh 13.8;  
D. Lewis 13.9; D. Clark 14.0; C. Jones 15.4

1600m:                 Ridgewood: 9                 Hackensack: 0  
1-Michael Cator (R) 4:39.8 2-Jacob Garber (R) 4:42.2 3-Dan Emont (R) 4:43.8  
Others: J. Pfeiffer 4:49; B. O'Connell 4:56; A. Pruzinsky 5:07; R. Morgan 5:09;  
K. Meissner 5:11; C. Kitajewski 5:29; S. Murphy 5:36; J. Cramer 5:48; B. Zamir 6:02

400m:                   Ridgewood: 8                   Hackensack: 1  
1-Byron Williams (R) 51.7 2- Jeremy Schmidt (R) 51.9 3-Eddy Cabo (H) 52.1  
Others:

110HH:                 Ridgewood: 1                 Hackensack: 8  
1-Danny Oquendo 14.5 (H) 2-Gianni Rollins (H) 14.9 3-Joe Nagano-Gerace (R) 16.2  
Others: A. Monri 16.6; P. Nygaard 19.7; J. Moody DQ

800m:                   Ridgewood: 9                   Hackensack: 0  
1-Michael Cator (R) 2:03.7 2-Byron Williams (R) 2:04.1 3-Niall Buckley (R) 2:05.9  
Others: O. Onwubu 2:07; J. Garber 2:09; C. Trautwein 2:16; T. Clark 2:18; E. Ellingboe  
2:22; M. Meissner 2:23; F. Nestor 2:27; W. Jang 2:30; J. Church 2:32; R. Blau 3:12

200m:                   Ridgewood: 4                   Hackensack: 5  
1-S. Donahewe (H) 23.2 2-Albert Gelbaum (R) 23.3 3-Dan Engel (R) 23.5  
Others: J. Moody 24.6; L. Chwe 24.8; P. Kovach 24.8; R. Cooper 25.2; J. Violaris 25.3  
P. Nygaard 25.6; B. Remmen 25.9; C. Gallo 25.9; A. Monri 26.1; R. Webbe 27.5;  
M. Vaccaro 27.6; D. Lewis 28.6; D. Clark 28.9; W. Hwang 29.0; K. Suh 30.6

3200m:                 Ridgewood: 9                 Hackensack: 0  
1-Michael Cator (R) 10:33.9 2-Dan Emont (R) 10:34.5 3-Joe Pfeiffer (R) 10:36.0  
Others: D. Morse 11:47

Long Jump:             Ridgewood: 1                   Hackensack: 8  
1-Danny Oquendo 20'2" 2-Anastacio Henry (H) 19'9" 3-Brian Clementi (R) 19'1"  
Others: P. Kovach 18'5 1/2"; S. Oh 17'10"; L. Chwe 17'8"; J. Moody 15'9"

Triple Jump:        Ridgewood: 3                      Hackensack: 6  
1-Danny Oquendo (H) 42'8" 2-Brian Clementi (R) 39'8" 3-Shane Smith (H) 39'2"  
Others: S. Oh 38'9"; P. Kovach 36'2"; J. Lee 34'4"

High Jump:        Ridgewood: 1                      Hackensack: 8  
1-Eddy Cabo (H) 5'6" 2-Anastacio Henry (H) 5'6" 3-Sam Oh (R) 5'4"  
Others: B. Clementi 5'2"

Shot Put:        Ridgewood: 3                      Hackensack: 6  
1-Eric Sewell (H) 47'4" 2-Steve Abdallah (R) 45'7 1/2" 3-Robert Mozia (H) 44'7"  
Others: B. Wilson 41'5"; N. Dawson 34'1 1/2"; C. Ryan 33'8"; M. Mosticchio 32'5"; T.  
Haase 31'0"; A. Vilchez 30'11"; T. Borgman 29'6"; M. Stapleton 25'2"

Discus:        Ridgewood: 3                      Hackensack: 6  
1-Eric Sewell(H) 131'9" 2-Steve Abdallah (R) 124'4" 3-Travis Parham (H) 110'10"  
Others: B. Wilson 110'1"; S. Pierce 105'2"; C. Ryan 93'5"; N. Dawson 93'0"; R.  
Cooper 89'3"; T. Haase 88'7"; M. Mosticchio 80'6"; T. Borgman 77'9"; A. Vilchez  
73'0"; M. Stapleton 67'10"

Pole Vault:        Ridgewood: 8                      Hackensack: 1  
1-Jacob Ricciardi 13'0 (R) 2-Christian Jensen (R) 12'0" 3-Matt Nowicki (H) 11'6"  
Others: L. Burns 10'0" A. Weiss 9'6"; D. Regina 9'0";

4x400m:        Ridgewood: 5                      Hackensack: 0  
1-Ridgewood 3:35.9 2-Paramus  
(N. Buckley 52.6, J. Schmidt 53.6, D. Engel 55.4, B. Williams 54.4)

**Comments:**

Excellent job...this was a team effort on and off the track. Congratulations on an 8-0 dual meet season!

**Athletes of the Meet:**

Many personal bests

**Ridgewood 126****Paramus 5** May 3, 2005 – 55

400 IH: Ridgewood: 9 Paramus: 0  
1-Niall Buckley (R) 56.0 2- Joe Nagano-Gerace (R) 60.8 3-Steven Pierce (R) 61.0  
Others: P. Nygaard 66.7

100m: Ridgewood: 9 Paramus: 0  
1-Albert Gelbaum (R) 11.6 2-Sam Oh (R) 11.7 3-Dan Engel (R) 11.8  
Others: L. Chwe 11.9; R. Cooper 12.0; B. Remmen 12.3; J. Violaris 12.4; F. Nestor 12.4;  
C. Gallo 12.6; R. Webbe 13.2; M. Vaccaro 13.6; K. Suh 13.8; D. Lewis 13.9;  
D. Clark 14.0; C. Jones 15.4

1600m: Ridgewood: 9 Paramus: 0  
1-Michael Cator (R) 4:39.8 2-Jacob Garber (R) 4:42.2 3-Dan Emont (R) 4:43.8  
Others: J. Pfeiffer 4:49; B. O'Connell 4:56; A. Pruzinsky 5:07; R. Morgan 5:09;  
K. Meissner 5:11; C. Kitajewski 5:29; S. Murphy 5:36; J. Cramer 5:48; B. Zamir 6:02

400m: Ridgewood: 8 Paramus: 1  
1-Byron Williams (R) 51.7 2- Jeremy Schmidt (R) 51.9 3-Lee (P) 56.1  
Others:

110HH: Ridgewood: 8 Paramus: 1  
1-Joe Nagano-Gerace (R) 16.2 2-Akira Monri (R) 16.6 3-Kim (P) 17.7  
Others: P. Nygaard 19.7; J. Moody DQ

800m: Ridgewood: 9 Paramus: 0  
1-Michael Cator (R) 2:03.7 2-Byron Williams (R) 2:04.1 3-Niall Buckley (R) 2:05.9  
Others: O. Onwubu 2:07; J. Garber 2:09; C. Trautwein 2:16; T. Clark 2:18; E. Ellingboe  
2:22; M. Meissner 2:23; F. Nestor 2:27; W. Jang 2:30; J. Church 2:32; R. Blau 3:12

200m: Ridgewood: 8 Paramus: 1  
1-Albert Gelbaum (R) 23.3 2-Dan Engel (R) 23.5 3-Petrozowi (P) 24.0  
Others: J. Moody 24.6; L. Chwe 24.8; P. Kovach 24.8; R. Cooper 25.2; J. Violaris 25.3  
P. Nygaard 25.6; B. Remmen 25.9; C. Gallo 25.9; A. Monri 26.1; R. Webbe 27.5;  
M. Vaccaro 27.6; D. Lewis 28.6; D. Clark 28.9; W. Hwang 29.0; K. Suh 30.6

3200m: Ridgewood: 9 Paramus: 0  
1-Michael Cator (R) 10:33.9 2-Dan Emont (R) 10:34.5 3-Joe Pfeiffer (R) 10:36.0  
Others: D. Morse 11:47

Long Jump: Ridgewood: 9 Paramus: 0  
1-Brian Clementi (R) 19'1" 2-Paul Kovach (R) 18'6 1/2" 3-Sam Oh (R) 17'10"  
Others: L. Chwe 17'8"; J. Moody 15'9"



## TRACK BESTS

### BOYS

**100 M (11.3)** — Shaquan Brown, Kennedy, 10.8; Ryan Scott, Montclair, 10.9; Tinashe Kitchen, Fort Lee, 11.3; Leslie Bonsu, Bergen Tech, 11.3.  
**200 M (23.5)** — Brown, 21.6; Scott, 22.5; S. Danahwe, Hackensack, 23.2; Shawn Dew, Bergen Tech, 23.3; Jamaal Williams, Passaic, 23.3; Albert Gelbaum, Ridgewood, 23.3; Kitchen, Fort Lee, 23.5; Real Maloney, Bergen Tech, 23.5; Dan Engel, Ridgewood, 23.5.  
**400 M (53.5)** — Orestes Medina, Palisades Park, 51.1; Byron Williams, Ridgewood, 51.7; Brown, 51.8; Jeremy Schmidt, Ridgewood, 51.9; Eddie Cabo, Hackensack, 52.1; Maloney, 52.5; Jordan, Kennedy, 52.5; Steve Klett, Clifton, 52.9; Ilya Tepitskiy, Fort Lee, 53.2.  
**800 M (2:05)** — Hayrol Cruz, Passaic, 1:57; Michael Cator, Ridgewood, 2:03.7; Williams, Ridgewood, 2:04.1.  
**1,600 M (4:40)** — Cator, 4:39.8.  
**110M HH (16.2)** — Danny Oquendo, Hackensack, 14.5; Gianni Rollins, Hackensack, 14.9; Yun Yi, Tenafly, 15.2; Brunner, River Dell, 15.6; Beron Doles, Kennedy, 15.8; Charles Mills, Kennedy, 16.2; Joe Nagano-Gerace, Ridgewood, 16.2.  
**400M IH (60.0)** — Oquendo, 55.8; Niall Buckley, Ridgewood, 56.0; Mills, 57.7; Cabo, 57.7; Yi, Tenafly, 59.1; Ryan Jordan, Kennedy, 59.4; Chris Castro, Bergen Tech, 59.5; Keith Brunner, River Dell, 59.9.  
**1 mile or 1,600M relay (3:40)** — Passaic, 3:30; Kennedy, 3:32; Montclair, 3:34; Ridgewood, 3:35.9; Clifton, 3:39; Fort Lee, 3:40.  
**Long jump (19-6)** — Steve Han, Tenafly, 20-5; Medina, 20-3½; Bonsu, Bergen Tech, 20-3; Oquendo, 20-2; Kyle Lyndsey, Eastside, 20-1½; Anastacio Henry, Hackensack, 19-9.  
**Triple jump (40)** — Oquendo, 42-8; Justin Park, Tenafly, 41-3; Val Terebizh, Fort Lee, 40-9½.  
**High jump (5-10)** — Park, 6-0; Brown, 6-0; Derrick Truesdale, Passaic, 6-0; Terebizh, Fort Lee, 5-10; Carlos Lopez, Passaic, 5-10.  
**Pole vault (11-6)** — Jake Ricciardi, Ridgewood, 13-0; Christian Jensen, Ridgewood, 12-0; Matt Nowicki, Hackensack, 11-6.  
**Discus (135)** — George Abyad, Passaic Valley, 150-6.  
**Shot put (46)** — Tim Lanni, Rutherford, 51-3½; Joe Hathaway, Clifton, 50-5; Abyad, Passaic Valley, 47-8; Stan Valvis, Passaic Valley, 47-6; Eric Sewell, Hackensack, 47-4; Sean Lissemore, Dumont, 47-2½; Steven Kim, Fort Lee, 47-1½; Harold Cabreja, Pal Park, 47-0.

### GIRLS

**100 M (13.2)** — Angelica Johnson, Ridgefield Park, 12.5; Walcot, Hackensack, 12.6; Wiche, Hackensack, 12.7; Erica Cigolini, Ridgewood, 12.9; Alyssa Meir, River Dell, 13.0; Thigpa, Montclair, 13.2; Amber Flaim, Fort Lee, 13.2; J. Camargo, Dumont, 13.2.  
**200 M (27.5)** — Wyché, 26.2; Johnson, 26.7; Cigolini, 26.8; Sheniqua Jones, Passaic, 26.9; Meg Inomata, Fort Lee, 27.5.  
**400 M (64.0)** — Jones, Passaic, 60.0; Johnson, 60.7; Star, Montclair, 61.0; Alice Weisner, Ridgewood, 61.2; Melissa Hannibal, Bergen Tech, 62.7.  
**800 M (2:32)** — Cristina Law, Ridgewood, 2:24.6; Susan Martinez, Clifton, 2:28.  
**100M IH (17.0)** — Lara Que, Ridgewood, 14.7; Cain, River Dell, 16.4; Whitney Awaru, Fort Lee, 16.7; Inomata, Fort Lee, 16.8.  
**400M IH (71)** — Cristina Law, Ridgewood, 66.5; Wisener, 67.4; Kelly Biaculi, River Dell, 67.43; Inomata, 70.3.  
**1 mile or 1,600M relay (4:25)** — Ridgewood, 4:17.5; Hackensack, 4:19.4.  
**1,600 M (5:40)** — Becca Wells, Ridgewood, 5:32.7.  
**3,200 M (12:30)** — Maggie Sullivan, Tenafly, 12:02; Diana Mangum, Ridgewood, 12:14.5.  
**Discus (90)** — Kristen Jacob, Dumont, 105-7; Sable Sweeper, Passaic, 98-11; Martinez, Kennedy, 91-7½; Connie Musleh, Clifton, 90-6½.  
**Pole vault (8-0)** — Laura Myers, Clifton, 10-6; Cassie Wong, Ridgewood, 10-0; Michelle Telofski, Clifton, 8-6.  
**Shot put (31)** — Sweeper, 37-6; Jamilla Morrison, Hackensack, 35-3; Elizabeth Post, Clifton, 32-11; Musleh, Clifton, 32-2½; Natalia Arias, Tenafly, 31-11½.  
**High jump (4-10)** — Jessica Malacrida, Paramus, 5-5; Rothne, Tenafly, 5-2; C.J. Jacob, Ridgefield Park, 5-0.  
**Triple jump (31-0)** — Law, 34-1½; Meir, River Dell, 32-11½; Rothne, Tenafly, 32-1; Nicole Kryzysik, Clifton, 31-3¼; Maya Furman, Tenafly, 31-2; Claudia Castro-Malapina, Tenafly, 31-1; Jess Ruiz, River Dell, 31-0½; Sara Oh, Fort Lee, 31-1; Jacob, 31-0.  
**Long jump (15-0)** — Stevens, Eastside, 16-0¼; Jones, Passaic, 15-11; Camargo, Dumont, 15-4¼; Brooke Bogart, Ridgewood, 15-4; Neornie Rothne, Tenafly, 15-1; Meir, River Dell, 15-0¼; C.J. Jacob, Ridgefield Park, 15-0; Lauren Kramer, Tenafly, 15-0.  
**Javelin (95)** — Ann Behrens, River Dell, 101-7.

### BOYS TRACK

Bergen Tech 90, Dwight-Englewood 22  
Bergen Tech 87, Palisades Park 52  
Clifton 80, Eastside 51  
Clifton 76, Montclair 45  
Englewood 64, Cliffside Park 63  
Fort Lee 97, Dumont 43  
Fort Lee 86, River Dell 54  
Kennedy 66, Passaic 61  
Pal Park 65, Dwight-Englewood 20  
Passaic Valley 74, West Side 36  
Ridgefield Park 101, Rutherford 38  
Ridgefield Park 79, Tenafly 61  
Ridgewood 71, Hackensack 60  
Ridgewood 123, Paramus 8  
River Dell 86, Dumont 64  
Tenafly 93¼, Rutherford 46¼  
Westwood 114, Cliffside Park 29  
Westwood 103, Englewood 40





# Spotlight now shifts to individual feats

By **PAUL SCHWARTZ**  
STAFF WRITER

The track season turns from dual and relay meets to the individual spotlight beginning this weekend with the County Seat Invitational at Wayne Hills and the Bernards Invitational at Bernardsville.

But the championship season swings into full gear Tuesday and

## TRACK & FIELD NOTEBOOK

Wednesday with the Bergen-Passaic Scholastic League championships at Glen Rock and Thursday with the Northern Bergen Interscholastic League championships at Old Tappan.

Saddle Brook, 12th in The Record's North Jersey rankings, and Glen Rock are the favorites in the Carpenter Division boys meet while Pompton Lakes should win the King Division.

In the B-PSL, Glen Rock's girls have won a division title each of the past 12 years and are favored to win a 13th straight, in the Carpenter Division, although Bergen Relays D champ Waldwick can battle the Panthers in an attempt to win its first title since 1988.

Perhaps the most interesting division will be the King girls with perennial power Garfield, two-time defending champion, Pompton Lakes and surprising Manchester, which has won only one divisional title, the 1981 Carpenter crown.

Manchester coach Jon Banta has the best sprint relay team in Passaic County with reigning Passaic County 100-meter champion Katelyn Savage leading a group that includes Kiara Arrick, Diadre Fischer and My-Asya Newell.

"Our boys and girls track pro-

## THE TOP 20

### GIRLS

1. Ridgewood
2. Indian Hills
3. Old Tappan
4. Teaneck
5. No. Highlands
6. IHA
7. Wayne Valley
8. Demarest
9. River Dell
10. Hackensack
11. Tenafly
12. Ramsey
13. Pascack Hills
14. Ramapo
15. Holy Angels
16. Clifton
17. Glen Rock
18. Lakeland
19. Paramus
20. Kennedy

### BOYS

1. Ridgewood
2. Demarest
3. West Milford
4. Hackensack
5. No. Highlands
6. Ramsey
7. Westwood
8. Don Bosco
9. Kennedy
10. Hasb. Heights
11. Passaic
12. Saddle Brook
13. Teaneck
14. Wayne Valley
15. River Dell
16. Fort Lee
17. Tenafly
18. Ridgefield Park
19. Bergen Catholic
20. Bergen Tech

gram has been the most successful program in the school the last five years," said Banta, whose boys team completed a sixth straight season over .500 in dual meets. "I was the assistant under Leander Knight [now at East Orange Campus] who turned the program around and our kids have continued making progress.

"We only had two home meets this year and we haven't finished getting all the areas completed, but next year we should have a new all-weather track ready, and by next year, with winter track getting varsity status again and our numbers up, we should be even better."

The NBIL large school boys meet will probably be between No. 2 Demarest and Old Tappan with the Norsemen favored to win for the fourth time in six years. The No. 3 Old Tappan girls are overwhelming choices to win for the second straight year.

No. 5 Northern Highlands and No. 6 Ramsey will battle in the boys small school meet, while the girls small school meet sees No. 1 Indian Hills as the favorite, but ranked teams No. 5 Northern

Highlands, No. 12 Ramsey and No. 13 Pascack Hills are threats in perhaps the best division in North Jersey.

### THEY DIDN'T MISS PHILLY:

With most of the action at the Penn Relays in Philadelphia last weekend, several North Jersey teams traveled shorter distances with good results Saturday.

The Wayne Valley boys won the Randolph Relays large school division, winning the 6,400-meter relay in 19:06.92 and the discus relay and placing in 11 of the 16 events. The team of seniors Eric Goldberg and Evan Campbell and sophomores Stephen Abate and Tony Salvatore combined for the running win while seniors Scott Phillips and Matt Ganz and freshman Chris Pantale teamed for the discus victory.

DePaul easily won the small school division, 82-68, over Hanover Park, winning the 400, 1,600, high jump and long jump and scoring in all but two events. Senior Mike Ponte was part of all four winning relays and led all long jumpers and high jumpers with jumps of 20-0 and 6-0. Ethan Ruffilo was part of three winning teams and Dan Mercourelli was part of two teams.

Don Bosco traveled to Clarkstown South High School on Saturday and won the Gold Rush Invitational, despite not having several of its top athletes, who were competing at Penn.

The Ironmen won only one event, with Mike Farr and Ray Mees producing a 1-2 finish in the discus, but they edged Monroe-Woodbury, 41-37, helped by Colin McCullough's second-place finish in the 3,000 and thirds by Chadwick Cadet in the long jump and intermediate hurdles and Keith Gross in the 800.

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**Bernards Invitational**May 7<sup>th</sup> – 60 sunny

110 HH:	Akira Monri 16.8
100m:	Albert Gelbaum 11.4 Daniel Engel 11.8 Lucas Chwe 12.1
400m trials:	Okechukwu Onwubu 56.8 Jeremy Schmidt 53.4
4x100m:	Sam Oh, Lucas Chwe, Daniel Engel, Albert Gelbaum <u>45.2 – 5<sup>th</sup> Place</u>
3200m unseeded:	Daniel Emont 9:58.2
200m trials:	Albert Gelbaum 23.2 Daniel Engel 23.5
1600m unseeded:	Jacob Garber 4:42 Joe Pfeiffer 4:48
800m seeded:	Byron Williams <u>1:54.7 – 4<sup>th</sup> Place</u> Niall Buckley 1:59.2
400 IH:	Joe Nagano-Gerace 60.1
3200m seeded:	Michael Cator <u>9:41.3 – 2<sup>nd</sup> Place</u>
Javelin:	Nick Ontiveros 128'
Shot Put:	Steve Abdallah <u>48'10" – 6<sup>th</sup> Place</u> Ben Wilson 42'10"
Pole Vault:	Jacob Ricciardi <u>13'6" – 1<sup>st</sup> Place</u> Christian Jensen <u>12'0" – 6<sup>th</sup> Place</u>
Triple Jump:	Sam Oh 39'1"
Discus:	Steve Abdallah 125' Ben Wilson NM
Long Jump:	Sam Oh 18'10"

**Comments:**

There were some excellent performances in this last meet before the championship season. Amongst others, Jake had a nice win to take home a watch. The most exciting portion of the season comes in the next four weekends!

## BERNARDS INVITATIONAL

BERNARDS H.S.

### 100 YS

1. Kevin Thompson, North Bergen, 10.5; 2. Shaquan Brown, Kennedy, 11.0; 3. Malcolm Jenkins, Piscataway, 11.5; 4. Odeani McBean, Hopewell Valley, 12.0; 5. Vince Davidson, Ridgewood, 12.5.

200 YS: 1. Kevin Thompson, North Bergen, 21.5; 2. Shaquan Brown, Kennedy, 22.0; 3. Malcolm Jenkins, Piscataway, 22.5; 4. Odeani McBean, Hopewell Valley, 23.0; 5. Vince Carpentier, Somerville, 23.5.

400 YS: 1. Hayrol Cruz, Passaic, 1:54.0; 2. Pat DiGiacchino, Bernards, 1:54.3; 3. Robert Damon, Piscataway, 1:54.7; 4. Byron Williams, Ridgewood, 1:54.7.

800 YS: 1. Ben Diestal, Northern Highlands, 4:22.9; 2. Joey Palma, Bernards, 4:25.7; 3. Greg Bull, East Brunswick, 4:27.7; 4. Dan Gilbert, East Brunswick, 4:28.1.

1,600 YS: 1. Anthony Kellhower, Lenape, 9:32.2; 2. Mike Cator, Ridgewood, 9:41.3; 3. John Gould, Bernards, 9:51.6; 4. Eric Sorkin, East Brunswick, 9:53.2; 5. Joe Weber, Kearny, 9:53.9.

110 HH: 1. Tiquan Underwood, Notre Dame, 13.9; 2. Kyle Grady, East Brunswick, 14.0; 3. Lamir Whetstone, Notre Dame, 14.2; 4. Jon Francois, Piscataway, 14.6; 5. Deron Doles, Kennedy, 14.6.

400 IH: 1. Errol Watson, St. Joseph's (Met.), 55.5; 2. Tyler DeRouen, West Milford, 55.6; 3. Bob Gamble, West Milford, 56.7; 4. Marshall Keating, Leonia, 57.5; 5. Matt Chiesa, West Milford, 57.7; 6. Andre Mitchell, Teaneck, 58.6.

Shot put: 1. Yemi Ayeni, South Brunswick, 57-2; 2. Joe Hathaway, Clifton, 54-4½; 3. Rich Rodd, Lawrenceville, 50-9¼; 4. Blair Maginnis, Warren Hills, 49-6¼; 5. Don McCold, Sayreville, 49-3; 6. Steve Abdallah, Ridgewood, 48-10.

Discus: 1. Yemi Ayeni, South Brunswick, 198-6; 2. Prescott Hill, South Brunswick, 153-7; 3. Don McCold, Sayreville, 148-7; 4. Tom Ruch, Warren Hills, 144-9; 5. Paul Wagner, Hopewell Valley, 138-7; 6. Jun Ho Ham, No. Highlands, 134-5.

Javelin: 1. Marion Easley, Somerville, 202-9; 2. Tim Raymond, Nottingham, 192-10; 3. Lyman Bozarth, Lenape, 173-9; 4. Scott Swankamp, Notre Dame, 168-5; 5. Dan Begley, West Milford, 167-9.

High jump: 1. Marcefin Saturne, Nottingham, 6-4; 2. tie between Oderick Turner, Teaneck and Lamir Whetstone, Notre Dame, 6-2; 4. Derick Truesdale, Passaic, 6-2.

Long jump: 1. Jason Krainski, Sayreville, 20-4½; 2. Kwame Collins, Northern Highlands, 20-4¼; 3. Brett Puryear, Piscataway, 20-3; 4. Mike Ponte, DePaul, 20-1¾; 5. Jamahl Williams, Passaic, 20-0¼.

Triple jump: 1. Tiquan Underwood, Notre Dame, 45-9¼ (record, new event); 2. Kwame Collins, Northern Highlands, 44-9¼; 3. George Mason, Nottingham, 42-10; 4. Bob Gamble, West Milford, 42-5.

Pole vault: 1. Jake Ricciardi, Ridgewood, 13-6; 2. Tom Spinelli, Somerville, 13-6; 3. Justin Delpiano, South Brunswick, 12-6; 4. Luke Gunther, West Milford, 12-0; 5. Marko Lourenco, Bernards, 12-0; 6. Christian Jensen, Ridgewood, 12-0.

400 relay: 1. Piscataway (Ferry Fox, Kevin Woolfork, Tony Logan, Jon Francois), 43.9; 2. Sayreville, 43.9; 3. Somerville, 44.0; 4. Teaneck, 44.1; 5. Ridgewood, 45.2; 6. DePaul, 45.3.

1,600 relay: 1. Notre Dame (Castronova, Underwood, Sionne, Gibilisco), 3:24.4; 2. Piscataway, 3:27.5; 3. Sayreville, 3:28.1; 4. Teaneck, 3:28.4.

Records 5/8

# Getting on the right track out of the gate

By PAUL SCHWARTZ  
STAFF WRITER

**BERNARDSVILLE** – The first week of the major meet individual season produced a dozen North Jersey winners at the Bernards Invitational on Saturday, but for Kevin Thompson of North Bergen, Jake Ricciardi of Ridgewood and Shanelle Cross of Garfield, the first week helped erase some difficult memories of frustration.

Thompson, who struggled through a series of hamstring injuries during each of the last three winter seasons, set a meet record in the 100 meters at 10.4 and upset Shaquan Brown of Kennedy in a sizzling 200, running a personal-best 21.4.

"I think I've had five separate injuries, all during the winter seasons," said Thompson, who has accepted a scholarship to East Carolina University.

"It's hard for me to practice in the cold and I pulled the same hamstring this year I did last year indoors. I'm motivated to run against Shaquan, because when you run against the best, you can run faster and it's all about the time for me."

Of course, a State championship wouldn't hurt, either.

"I dream about being a State champ and I'll try to do whatever it takes," he said.

Ricciardi, who also came up short of a State indoor title in the first year of the pole vault, apparently has overcome a very difficult final month of the indoor season. He vaulted a career-best 13-6 on his first at-

## TRACK & FIELD BERNARDS MEET

tempt to beat Tom Spinelli of Somerville.

"I finally have my coach back outdoors [vault coach Don Cooper] and we spend two good days a week just taking apart my technique and working on minor aspects of the vault to make it better," said Ricciardi. "I'm also breaking in a new 15-foot carbon pole and I brought it out to try the 14-foot vault and I had some good tries at it."

Cross shook off some tired legs to leap 36 feet, 1¼ inches and win the girls triple jump, the first time the event has been contested in the 31 years of the meet.

"I've been on my feet so much this week, because of practice, and I danced in our school show "Pippin" this week for hours it seems," said Cross.

There were some outstanding wins by other North Jersey athletes, with Passaic's Hayrol Cruz outrunning a sensational field in the 800, clocking 1:54.0, fourth-fastest in Passaic County history.

Garfield's Cheyenne Ogletree won the 1,600 in 5:05.3, a personal best and 18th best in Bergen County history. And Northern Highlands junior Ben Diestal ran a sizzling 61-second final 400 off of a very slow pace to win the 1,600 in 4:22.9.

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# American pick

## League meets wrapping up

By **PAUL SCHWARTZ**  
STAFF WRITER

The final set of league meets will be contested today and Saturday as championship season jumps into full swing.

The BCSL American meet, at Tenafly on Saturday, is the only one-division meet in the North Jersey area and the boys meet includes five of The Record's top 20, paced by No. 5 Westwood, a heavy favorite to win its first league meet since 2000. Nos. 15-18 River Dell, Fort Lee, Tenafly and Ridgefield Park should battle for the runner-up spot.

No. 9 River Dell looks for its fourth girls title in five years with No. 11 Tenafly probably its biggest threat. But the highlight of the girls meet should be Janine Davis of Queen of Peace and whatever races she runs. The Bergen County 200, 400 and 800 records are all in jeopardy depending on Davis' selection.

**THE BCSL NATIONAL** and Olympic meets, which started Thursday, conclude Saturday at Lyndhurst with the host Golden Bears and No. 10 Hasbrouck Heights, which have split the last four boys National titles, looking for the tiebreaker. Palisades Park is the Olympic defender but No. 20 Bergen Tech is slightly favored over the Tigers, New Milford and Cresskill.

Hasbrouck Heights had its six-year streak stopped by Wood-Ridge in the girls National last year, but the Aviators should beat Lyndhurst this year. Cresskill is a slight favorite to earn its fourth Olympic title in five years.

**THE NORTHERN HILLS** Conference meet is today and Saturday at Wayne Valley, and the host school looks for its second straight Skyline girls title against a very good West Orange team. West Milford is favored in the boys meet.

DePaul hopes to repeat its 2004 win over Delbarton in the Suburban boys meet and the Suburban girls meet is wide open.

**THE NORTHERN NEW JERSEY** Interscholastic League holds its two-day meet at Hackensack

### TRACK NOTEBOOK

with new champions assured in both the boys and girls B Division.

Last year's boys and girls champion, Hackensack, joins defending champion Ridgewood in the A Division with Ridgewood favored in both meets. Teaneck could be a dark horse in each meet.

That should leave the B Division in the hands of Kennedy or Clifton. Don Bosco (boys) and IHA (girls) should win their fifth straight C titles.

**WORTH THEIR WEIGHT IN GOLD** — Teaneck's senior shot put-discus duo of Delisa Riddick and Sade Henry have been the best girl throwers in Bergen County all spring, and coach Cheryl Miller knows the reason.

"Our volunteer weight coach, Rachon Briggs, is doing a great job with all our throwers and we have a lot of them," said Miller, whose team is No. 4 in The Record's Top 20. "He teaches in Hackensack and lives in Teaneck and the kids really respond to him."

Riddick and Henry have won four major relay titles in both the shot and discus. With Nicole Ridore in the shot and by Nateve Wilkins in the discus, Teaneck has recorded the 15th best three-girl shot put performance in Bergen history (98-5) and the 10th best discus performance (302-8).

Riddick leads Bergen throwers in the shot with a best of 37-8½, 32nd in Bergen history and only 19 inches from the 17-year school record set by Anne Wellington.

Her 121-9 discus throw, which won her a second straight Bernards Invitational title last Saturday, is 22nd all time in Bergen and fourth on the Teaneck list behind Tammy Jones (127-4 in 1991), Felicia Lee (126-0 in 1979) and Wellington (121-10). Henry is second among Bergen shot putters this year at 36-8½.

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#### Girls

1. Ridgewood
2. Indian Hills
3. Old Tappan
4. Teaneck
5. Northern Highlands
6. IHA
7. Wayne Valley
8. Demarest
9. River Dell
10. Hackensack
11. Tenafly
12. Ramsey
13. Pascack Hills
14. Ramapo
15. Glen Rock
16. Holy Angels
17. Clifton
18. Lakeland
19. Paramus
20. Garfield

#### Boys

1. Ridgewood
2. Demarest
3. West Milford
4. Hackensack
5. Northern Highlands
6. Ramsey
7. Westwood
8. Don Bosco
9. Kennedy
10. Hasbrouck Heights
11. Passaic
12. Saddle Brook
13. Teaneck
14. Wayne Valley
15. River Dell
16. Fort Lee
17. Tenafly
18. Garfield
19. Ridgefield Park
20. Bergen Catholic

5/13

# Ridgewood's Wong raises bar

## Pole vault record set on first day

By GREGORY SCHUTTA  
STAFF WRITER

**HACKENSACK** — Cassie Wong didn't want to know what the standards were being set at. But she couldn't miss how far up they were going.

"I was saying to myself, 'stop, stop.'" said Wong, who already had broken former teammate Kerri Norton's Bergen County pole vault record.

### NNJIL

Then the Ridgewood junior went out and set the bar even higher, clearing 11 feet, 4 inches on her first attempt to establish the record on the first day of the NNJIL Track and Field Championships on Friday.

"I was so happy when I realized I'd cleared it," said Wong, who told the officials not to tell her what the height was. "The last few days I was [vaulting] terribly, and even in warm-ups today, I wasn't myself. I told them not to tell me what they were putting it at. I just wanted to go out and do it."

After Wong cleared 10-6, tying her personal best set last month at the Bergen Relays, spectators were telling her to skip 11 feet, which would have tied Norton's record set last year, and go to 11-1. She reluctantly went along with the crowd and cleared it on her third attempt.

After clearing 11-4 on her first attempt, Wong missed on three attempts at 11-6.

"I never even tried 11 feet in practice," she said. "I don't like to pump myself up to do something like that. But everybody was telling me I could do it and I had the ability to do it."

Wong's vault, leading a 1-2-3 finish for Ridgewood in the event, was a big one for the Maroons as they took a 70½-67 lead over second-place Hackensack after several events in what is shaping up to be a heated battle for the Division A girls championship.



STAFF PHOTOS BY TARIQ ZEHAWI

IHA's Lisa Sinkovitz, left, and Passaic's Hayrol Cruz finishing first in their respective 3,200 meter races.

Ridgewood swept both Division A titles last year, but Hackensack moved into Division A this school year after sweeping both the boys and girls championships in Division B a year ago. In the boys meet, the Comets hold a 17-point lead over second-place Teaneck and a 20-point lead over Ridgewood after six events.

The Clifton girls, who haven't won the league meet since 1986, have laid claim to the girls Division B title, jumping out to a 96-40 lead over second-place Montclair

after seven events. Betty Bodyziak (84-10), Marta Leja and Connie Musleh swept the javelin while Laura Myers (10-0), Michelle Teloiski and Brooke Mullen went 1-2-3 in the pole vault for the Mustangs.

Shaquan Brown ran away with the 200 meters in 21.7 seconds and cleared 6-2 to finish second in the high jump, helping to lead Kennedy to a 70-37 lead over second-place Passaic after six events in the boys Division B point race.

Michael Ray Garvin cruised to

victory in the 200, in 22 seconds flat, to help Don Bosco to a 28-26½ lead over St. Joseph with five events scored in the boys Division C race. St. Joseph got wins from Corey Purwin in the high jump (6-0) and Christopher DeGannes in the triple jump (43-3¾).

Immaculate Heart holds a commanding 40-15 lead over Paramus Catholic and Holy Angels in the girls Division C race with seven events completed.

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# TRACK & FIELD: LEAGUE CHAMPION Ridgewood enjoys a

By GREGORY SCHUTTA  
STAFF WRITER

**HACKENSACK** — Christian Jensen knew what was on the line as he stood at the end of the runway for the pole vault.

He doubted he was going to win the event. But what he was about to do in the next few moments would go a long way toward Ridgewood winning its second straight NNJIL Division A boys track and field championship or finishing a close second to last year's Division B champion, Hackensack.

Jensen cleared 12 feet, 6 inches

## NNJIL DIVISION A

for just the second time in his career and the first time outdoors, jumping from fourth to second over Hackensack's two top vaulters and creating an eight-point swing that all but clinched the meet for the Maroons.

The stars did what they were expected to do for both sides Saturday. But as typically happens when two top teams go head to head, the little things made the difference. Ridgewood, ranked No. 1 in both The Record's boys and

girls track polls, downed rival Hackensack, 152-142, in the boys and 144½-129 in the girls, to sweep the Division A championships.

"Those little things add up," Ridgewood girls coach Jacob Brown said. "We didn't have a great 3,200 [Friday], but when Becca Wells went out first thing this morning and won the 1,600, that set up everything for us.

"Alice Wisener came back from 100 meters back to nip [Elana Jauhar of Paramus] right at the finish for second place in the 400 and then anchored the [second-place relay]. It was a total team ef-

fort."

Team depth came through for the Ridgewood boys Saturday, and it wasn't just Jensen tying his personal best to finish second to teammate Jake Ricciardi (13-6) in the pole vault to break up what had been a tie meet with one event to go.

The Maroons won just five events to Hackensack's six, with four of the Comets' wins coming from Dan Oquendo. They swept the three distance events, getting wins from Byron Williams in the 800 and 1,600, and getting a big 1-2 finish from Steven Pierce (158-0) and Nick Ontiveros in the

# clean sweep

javelin. Leading by six points going into the relay, the Maroons ran 3:26.8 to finish second to Teaneck, two places ahead of Hackensack.

"Last year we had the 40-point weapon in Gabe Knutson," said Ridgewood boys coach Josh Saladino. "But really, in a meet like this you need to score in a lot of events more than win a bunch of events. We had two people place in a lot of events."

The same was true for the Maroon girls, who got things going on a high note Friday night when Cassie Wong set a Bergen County record by clearing 11-4 in the pole vault. Cristina Law took up

the flag, finishing just a half-second behind County record-holder Michelle Smith of Teaneck in the 400 hurdles Friday night, and winning the 800 to lead a 1-2 finish by Ridgewood on Saturday.

"It was just like this last year with them, especially in the boys meets," said Hackensack's Jim Levitzke, who coaches the boys and the girls. "It was really tight with them in the County meet and in the State sectionals. And it was the same thing in the County Relays this year, where we lost to them by just a couple of points."

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## NNJIL

### The champions

#### Boys

Division A: Ridgewood

Division B: Kennedy

Division C: Don Bosco

#### Girls

Division A: Ridgewood

Division B: Clifton

Division C: Immaculate Heart

**NNJIL Championship:  
@ Hackensack High School**

**Friday, May 13<sup>th</sup> - 65 sunny  
Saturday, May 14<sup>th</sup> -60 sun**

**Friday:**

3200m: Michael Cator **10:01.8 - 1<sup>st</sup> Place**  
Daniel Emont **10:06.00 - 2<sup>nd</sup> Place**  
Jacob Garber **10:12.2 - 3<sup>rd</sup> Place**

200m: Albert Gelbaum **23.9** Dan Engel **24.2** Lucas Chwe **24.4**

400 IH: Niall Buckley **57.4 - 3<sup>rd</sup> Place**  
Joe Nagano-Gerace **59.4 - 6<sup>th</sup> Place** Steven Pierce **60.6**

Triple Jump: Brian Clementi **39'9 1/4" - 3<sup>rd</sup> Place**  
Sam Oh **39'2 1/4" - 4<sup>th</sup> Place**  
Paul Kovach **38'5 1/2"**

High Jump: Brian Clementi **5'3" - tie 5<sup>th</sup>**  
Sam Oh **5'3" - tie 5<sup>th</sup>** Brian O'Connell **NH**

Discus: Steven Abdallah **107'6"** Ben Wilson **101'3"** Steven Pierce **114'3"**

**Saturday:**

1600m: Byron Williams **4:35.5 - 1<sup>st</sup> Place**  
Michael Cator **4:36.4 - 2<sup>nd</sup> Place**  
Dan Emont **4:43.2 - 4<sup>th</sup> Place**

100m: Albert Gelbaum **11.4** Sam Oh **11.6** Lucas Chwe **11.9**

110HH: Joe Nagano-Gerace **15.9 / 16.2 - 4<sup>th</sup> Place**  
John Moody **18.0 / 16.8 - 6<sup>th</sup> Place** Akira Monri **16.4**

800m: Byron Williams **1:59.6 - 1<sup>st</sup> Place**  
Niall Buckley **2:00.7 - 2<sup>nd</sup> Place**  
Michael Cator **2:02.6 - 5<sup>th</sup> Place**

400m: Jeremy Schmidt **52.3 - 4<sup>th</sup> Place**  
Dan Engel **53.6** Okechukwu Onwubu **54.0**

4x400m: Jeremy Schmidt **52.3**  
Niall Buckley **50.5**  
Albert Gelbaum **53.5**  
Byron Williams **50.2**  
**3:26.8 - 2<sup>nd</sup> Place**



Long Jump: Brian Clementi 18'8 1/2" – 5<sup>th</sup> Place  
Sam Oh 17'0" Paul Kovach 17'7"

Shot Put: Steven Abdallah 48'1" – 2<sup>nd</sup> Place  
Ben Wilson 41'10" Nadeem Dawson 35'6"

Javelin: Steven Pierce 158'0" – 1<sup>st</sup> Place  
Nick Ontiveros 146'0" – 2<sup>nd</sup> Place  
Albert Gelbaum 138'5" – 4<sup>th</sup> Place

Pole Vault: Jacob Ricciardi 13'6" – 1<sup>st</sup> Place  
Christian Jensen 12'6" – 2<sup>nd</sup> Place Anthony Weiss 10'0"

**Comments:**

Congratulations on winning the league championship. Congratulations to league champions: Byron Williams / Michael Cator / Steven Pierce / Jacob Ricciardi. This was not our best meet this year. We had a few very good efforts that got us the win in this meet, but that will not be enough in the future. We need to understand that our team has to compete at it's best in order to continue winning championships.

Fraulo Race Timing  
 Hy-Tek's MEET MANAGER  
 2005 NNJIL TRACK & FIELD CHAMPIONSHIPS  
 5/13/2005 to 5/14/2005  
 Hackensack High School

## Results

### Boys 100 Meter Dash A

Name	Year	School	Finals	Points
1 1271 Gilbert, Brian	SR	Teaneck	10.90	10
2 1364 White, Rashad	FR	Teaneck	11.00	8
3 211 Gardiner, Kieron		Bloomfield High	11.10	6
4 553 Banahene, Kwame	JR	Hackensack	11.30	4
5 1322 Muckle, Marc	JR	Teaneck	J11.30	2
6 224 Llanos, Frank		Bloomfield High	11.80	1

### Boys 200 Meter Dash A

Name	Year	School	Finals	Points
1 1271 Gilbert, Brian	SR	Teaneck	22.80	10
2 1364 White, Rashad	FR	Teaneck	J22.80	8
3 1352 Thomas, Akeem	SO	Teaneck	23.20	6
4 553 Banahene, Kwame	JR	Hackensack	23.40	4
5 211 Gardiner, Kieron		Bloomfield High	23.60	1.50
5 186 Barbour, Will		Bloomfield High	23.60	1.50

### Boys 400 Meter Dash A

Name	Year	School	Finals	Points
1 1322 Muckle, Marc	JR	Teaneck	51.60	9
1 1352 Thomas, Akeem	SO	Teaneck	51.60	9
3 186 Barbour, Will		Bloomfield High	52.30	6
4 1192 Schmidt, Jeremy	10	Ridgewood	J52.30	4
5 560 Cabo, Eddy	SR	Hackensack	52.90	2
6 580 Henry, Anastacio	SO	Hackensack	53.50	1

### Boys 800 Meter Run A

Name	Year	School	Finals	Points
1 1203 Williams, Byron	11	Ridgewood	1:59.60	10
2 1142 Buckley, Niall	10	Ridgewood	2:00.70	8
3 1343 San George, Thomas	SO	Teaneck	2:00.90	6
4 204 Duverg, Erick		Bloomfield High	2:01.10	4
5 1143 Cator, Michael	11	Ridgewood	2:02.60	2
6 834 Barros, Ricardo	11	Nutley	2:05.50	1

### Boys 1600 Meter Run A

Name	Year	School	Finals	Points
1 1203 Williams, Byron	11	Ridgewood	4:35.50	10
2 1143 Cator, Michael	11	Ridgewood	4:36.20	8
3 204 Duverg, Erick		Bloomfield High	4:40.00	6
4 1153 Emont, Daniel	10	Ridgewood	4:43.20	4

5	1303 Lefkowitz, Joseph	SR Teaneck	4:46.60	2
6	889 Capizzi, Andrew	10 Paramus	4:47.00	1

Boys 3200 Meter Run A

Name	Year School	Finals	Points
1 1143 Cator, Michael	11 Ridgewood	10:01.80	10
2 1153 Emont, Daniel	10 Ridgewood	10:06.00	8
3 1156 Garber, Jacob	10 Ridgewood	10:12.20	6
4 962 Paolazzi, Nick	12 Paramus	10:16.10	4
5 889 Capizzi, Andrew	10 Paramus	10:23.20	2
6 1303 Lefkowitz, Joseph	SR Teaneck	10:46.00	1

Boys 110 Meter Hurdles A

Name	Year School	Finals	Points
1 591 Oquendo, Danny	SR Hackensack	14.40	10
2 599 Rollins, Gianni	SR Hackensack	15.30	8
3 1366 Williams, James	SO Teaneck	15.70	6
4 1178 Nagano-Gerace, Joe	11 Ridgewood	16.20	4
5 1314 Mitchell, Andre	SR Teaneck	16.30	2
6 1173 Moody, John	11 Ridgewood	16.80	1

Boys 400 Meter Hurdles A

Name	Year School	Finals	Points
1 591 Oquendo, Danny	SR Hackensack	57.00	10
2 560 Cabo, Eddy	SR Hackensack	57.30	8
3 1142 Buckley, Niall	10 Ridgewood	57.40	6
4 1314 Mitchell, Andre	SR Teaneck	58.20	4
5 1366 Williams, James	SO Teaneck	59.20	2
6 1178 Nagano-Gerace, Joe	11 Ridgewood	59.40	1

Boys 4x400 Meter Relay A

School	Finals	Points
1 Teaneck 'A'	3:25.40	10
1) 1352 Thomas, Akeem SO		
2) 1314 Mitchell, Andre SR		
3) 1343 San George, Thomas SO		
4) 1354 Tuner, Oderick SR		
2 Ridgewood 'A'	3:26.80	8
1) 1192 Schmidt, Jeremy 10		
2) 1142 Buckley, Niall 10		
3) 1157 Gelbaum, Albert 10		
4) 1203 Williams, Byron 11		
3 Bloomfield High School 'A'	3:35.00	6
4 Hackensack 'A'	3:35.60	4
1) 609 Walcott, Ausar FR		
2) 560 Cabo, Eddy SR		
3) 580 Henry, Anastacio SO		
4) 559 Burrell, Devon SR		
5 Paramus 'A'	3:40.60	2
1) 971 Rembecky, Shaun 10		
2) 890 Cepeda, Edgar 11		
3) 880 AX, Kyle 11		
4) 892 Chanliongco, Dean 11		
6 Nutley 'A'	3:45.20	1
1) 831 Aiello, Joseph 10		
2) 841 Cebula, Marcin 10		
3) 879 Weiss, Ryan 12		
4) 834 Barros, Ricardo 11		

Boys High Jump A

Name	Year School	Finals	Points
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1	1354 Tuner, Oderick	SR Teaneck	6-02.00	10
2	560 Cabo, Eddy	SR Hackensack	6-00.00	8
3	580 Henry, Anastacio	SO Hackensack	5-08.00	6
4	949 M,Assari, John	11 Paramus	5-06.00	4
5	1182 Oh, Sam	12 Ridgewood	5-03.00	1
5	1350 Spencer, Stephen	JR Teaneck	5-03.00	1
5	1148 Clementi, Brian	11 Ridgewood	5-03.00	1

## Boys Pole Vault A

Name	Year	School	Finals	Points	
1	1190	Ricciardi, Jacob	12 Ridgewood	13-06.00	10
2	1161	Jensen, Christian	12 Ridgewood	12-06.00	8
3	590	Nowicki, Matt	SR Hackensack	12-00.00	6
4	614	Wiswesser, Matt	SR Hackensack	J12-00.00	4
5	615	Wiswesser, Mike	SR Hackensack	11-06.00	2
6	1342	Sachs-Gibbs, Danie	SO Teaneck	10-00.00	0.50
6	861	Moscaritola, Antho	12 Nutley	10-00.00	0.50

## Boys Long Jump A

Name	Year	School	Finals	Points	
1	591	Oquendo, Danny	SR Hackensack	20-02.50	10
2	1352	Thomas, Akeem	SO Teaneck	20-02.00	8
3	1354	Tuner, Oderick	SR Teaneck	19-05.00	6
4	1366	Williams, James	SO Teaneck	19-03.50	4
5	1148	Clementi, Brian	11 Ridgewood	18-08.50	2
6	580	Henry, Anastacio	SO Hackensack	18-08.00	1
7	831	Aiello, Joseph	10 Nutley	18-02.50	

## Boys Triple Jump A

Name	Year	School	Finals	Points	
1	591	Oquendo, Danny	SR Hackensack	43-07.50	10
2	1354	Tuner, Oderick	SR Teaneck	42-01.00	8
3	1148	Clementi, Brian	11 Ridgewood	39-09.25	6
4	1182	Oh, Sam	12 Ridgewood	39-02.25	4
5	602	Smalls, Christian	SO Hackensack	38-11.25	2
6	604	Smith, Shane	SO Hackensack	38-09.00	1
7	1164	Kovach, Paul	11 Ridgewood	38-05.50	

## Boys Shot Put A

Name	Year	School	Finals	Points	
1	601	Sewell, Eric	SR Hackensack	48-11.50	10
2	1138	Abdallah, Steven	11 Ridgewood	48-01.00	8
3	588	Mozia, Mike	SO Hackensack	47-07.00	6
4	198	Colquhoun, Chris	Bloomfield High	46-07.50	4
5	59	Giangrande, Nick	12 Belleville	45-10.00	2
6	210	Gaida, Said	Bloomfield High	45-02.50	1
7	593	Parham, Travis	SR Hackensack	43-02.00	

## Boys Discus Throw A

Name	Year	School	Finals	Points
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=====
1  601 Sewell, Eric      SR Hackensack      139-09   10
2  848 Gehring, Hye-Chun 11 Nutley          134-01   8
3  589 Mozia, Robert    SR Hackensack      127-06   6
4  210 Gaida, Said      Bloomfield High    126-05   4
5  593 Parham, Travis    SR Hackensack      123-08   2
6  873 Stoffers, Zach    11 Nutley          117-07   1
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Boys Javelin Throw A

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=====
Name                    Year School          Finals  Points
=====
1  1187 Pierce, Steven    11 Ridgewood         158-00   10
2  1183 Ontiveros, Nick  12 Ridgewood         146-00   8
3   604 Smith, Shane     SO Hackensack        140-00   6
4  1157 Gelbaum, Albert  10 Ridgewood         138-05   4
5   862 Neilan, Brian    11 Nutley            116-09   2
6   571 Franklin, Dazs   FR Hackensack        115-07   1
=====
    
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**Men - A - Team Rankings - 16 Events Scored**

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=====
1) Ridgewood            152
2) Hackensack           142
3) Teaneck             132.50
4) Bloomfield High School 41
5) Nutley              13.50
6) PARAMUS             13
7) Belleville          2
=====
    
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**Novice Championships**

**May 17<sup>th</sup> – 65 sunny**

**Triple Jump:** Jason Lee 33'8" Joe Violaris 33'6"

**Long Jump:** Jason Lee 15'9 1/2" Joe Violaris 15'2 1/2"

**100m:** Charles Gallo 12.5; Mike Vaccaro 13.0; Rob Webbe 13.0; Frank Nestor 13.0

**1600m:** A. Pruzinsky 5:02.4; B. O'Connell 5:05.8; A. Vedder 5:06.8;  
R. Morgan 5:07.6; K. Meissner 5:13.2; C. Kitajewski 5:19.1; S. Murphy 5:34.2;  
J. Cramer 5:45.4; B. Zamir 5:59.2

**200m:** Joe Violaris 25.2; Mike Vaccaro 25.8; Rob Webbe 26.4

**Pole Vault:** Danny Ragina 9'0" – 6<sup>th</sup> Place

**Javelin:** Lucas Chwe 122'5" – 6<sup>th</sup> Place Demetrius Lewis 98'6"

**800m:** T. Clark 2:22.1; E. Ellingboe 2:22.7; K. Meissner 2:25.7; M. Meissner 2:26.2;  
E. Madina 2:32.8; R. Blau 2:57.0

	<b><u>Shot Put:</u></b>	<b><u>Discus:</u></b>
Chris Ryan	31'11"	96'2"
Andrew Vilchez	33'8"	71'1"
Tobin Haase	F	84'7"

<b><u>4x400m:</u></b>			
E. Ellingboe	60.0	R. Morgan	61.2
M. Meissner	62.3	F. Nestor	60.6
C. Gallo	59.9	J. Lee	64.7
J. Violaris	58.3	T. Clark	59.4
	4:00.5		4:06.1

**Comments:**

Excellent meet – we left with a few medals and many personal bests. Congratulations on a successful season!

# Jewood girls and boys track teams win league title

**DAVID ZARO**  
Staff Writer

It was an double dip for Jewood last Friday and the boys and girls track captured the Northern Interscholastic League Championships at Hackensack

n won the NNJLL crown in the storied history of the boys won the title secutive season.

e title is so meaningful NNJLL is so strong," said head coach Jacob Brown. shed with a meet total of eating out second-place 29) and third place Tea-

nd talent of the Maroons whelming, as 15 different points to the team total. His score in the meet real-rown said. "It is such a up of kids, and they are so l hard-working, and that cess?" eld a slim 3.5-point lead tion, and junior Cassie

Wong provided the highlight of that first day.

Wong set a new county pole-vault record, as she cleared a height of 11 feet, one inch and then bettered that with a vault of 11 feet four inches. Her previous personal best was 10 feet, six inches at the Bergen Relays earlier this year.

"We actually got to celebrate twice," said Brown. To add to the excitement, sophomore Ashlyn Llerandi (9 feet) and freshman Ann Polcari (8 feet, 6 inches) finished second and third, respectively, to help Ridge-wood pile up additional key points.

The 1600 meters was the opening event at 9 a.m. on Saturday, and senior Becca Wells gave the field an early morning wake-up call, taking the race in a time of 5:24.90.

"With the way that the events were set up in the morning, Becca really set the tone for us," Brown said.

Wells also finished fourth in the 800 meters and was part of the second-place 4x400-meter relay team along with Llerandi, junior Stephanie Westerman and sophomore Alice Wisener.

Along with anchoring the relay team, Wisener added a second-place finish in the 400 meters with a time of 1:00.80 and was fifth in the 400-meter hurdles. Another spotlight performer for the

Maroons was sophomore Cristina Law, who was first in the 800 meters (2:23.0), a close second to county record holder Michelle Smith of Teaneck in the 400 meter hurdles (1:06.0) and fourth in both the high jump and triple jump. In all, Law's efforts earned her 26 of the Maroons' total team points.

"She came through for us over and over again," Brown said.

Others adding multiple points for the Maroons included senior Diana Mangam (1600 meters, 3:200 meters) and sophomores Erica Cigolini (100 meters, 200 meters), Lara-Jane Que (200 meters, 100 meter hurdles) and Brooke Bogart (long jump, triple jump).

Also scoring were juniors Meredith Jones (3200 meters) and Bert Nelson (javelin) along with sophomores Maggie Harns (3200 meters) and Jackie Wryler (javelin).

\*\*\*

The boys team continued its dominance in league meets, posing a team score of 152 to top second-place Hackensack (142 points) and third-place Teaneck (132.5).

In one of the final events of the meet, the pole vault, Ridgewood secured crucial points, as seniors Jake Ricciardi (13 feet, 6 inches) and Christian Jensen (12 feet, 6 inches) took the top two spots to help

clinch the meet for the Maroons.

Junior star Byron Williams was once again front and center, winning the 800 meters (1:59.6) and the 1600 meters (4:35.50) as well as providing his strong effort for the 4x400 relay team, which finished second to Teaneck.

"Winning two league events shows the great range that Byron has," said Ridgewood boys head coach Josh Saladino.

Williams' relay teammate, sophomore Niall Buckley, was also second in the 800 meters (2:00.7) and third in the 400 meter hurdles (57.4).

The other relay participants were sophomores Jeremy Schmidt and Albert Gelbaum.

"Jeremy is starting to be more consistent at the big meet level," Saladino said. "Albert is our best 100- and 200-meter runner, and he is coming into his own as an athlete."

One of the most encouraging stories of the meet was the performance of sophomore Dan Emont, who ran second in the 3200 meters (10:06) and fourth in the 1600 meters (4:43.20). Emont, a transfer from Bergen Tech, where he was a second-team All-County selection in cross-country, has been battling a series of injuries since the fall.

"Dan is starting to get back into the swing of things and wants to prove that he

is going to be back sooner than later," Saladino said.

Saladino also pointed to the triple jump as a key to the Ridgewood victory, as junior Brian Clement was third and senior Sam Oh fourth, finishing ahead of a pair of Hackensack jumpers.

"They both had big days, and that was very important in the scope of the meet," said Saladino.

The Maroons also garnered valuable points in the javelin, taking three of the top four spots. Junior Steven Pierce had the top throw (158-0), with senior Nic Oniveros (146-0) second and Gelbaum (138-05) fourth.

Joe Nagano-Gerace gave the Maroon a strong effort, as the junior finished fourth (16.20) in the 110-meter hurdles and sixth (59.40) in the 400-meter hurdles.

"That was a difficult double, and his points made a difference for us," Saladino said.

Junior Mike Cator was a busy runner as well with a win in the 3200 meters (10:01.80), a second-place finish in the 1600 meters (4:36.20) and a fifth in the 800 meters.

Others scoring for the Maroons included juniors Steven Abdallah (second place in the shot put), Jon Moody (110-meter hurdles), Paul Kovach (triple jump) and sophomore Jacob Garber (3200 meters).

*Res Mac*  
*5/20*

# BERGEN COUNTY TRACK & FIELD CHAMPIONSHIPS

At Old Tappan High School:  
Today, 3:30 p.m.; Saturday, 9 a.m.

Defending champions — Boys: Hackensack (A), Indian Hills (B), Westwood (C), Saddle Brook (D). Girls: Hackensack (A), Indian Hills (B), Glen Rock (C), Cresskill (D).

## Paul Schwartz's picks

### Boys

#### GROUP A

100: Michael Ray Garvin, Don Bosco\*  
200: Michael Ray Garvin, Don Bosco\*  
400: StaiSean Lyew, Bergen Catholic  
800: Byron Williams, Ridgewood  
1,600: Ben Diestel, Northern Highlands  
3,200: Michael Cator, Ridgewood  
110 HH: Dan Oquendo, Hackensack  
400 IH: Dan Oquendo, Hackensack  
Shot: Eric Sewell, Hackensack\*\*  
Discus: Eric Sewell, Hackensack\*\*  
Javelin: Steve Pierce, Ridgewood\*\*  
High jump: Odenick Turner, Teaneck\*\*  
Long jump: Leslie Bonsu, Berg. Tech\*\*  
Triple jump: Kwame Collins, No. High.  
Pole vault: Jake Ricciardi, Ridgewd.\*\*  
Relay: Bergen Catholic  
Team: Ridgewood

#### GROUP B

100: Garrett Kroner, Indian Hills\*  
200: Garrett Kroner, Indian Hills  
400: Garrett Kroner, Indian Hills\*  
800: James LaGreca, Demarest\*  
1,600: James LaGreca, Demarest  
3,200: James LaGreca, Demarest  
110 HH: Yun Yi, Tenafly  
400 IH: Dylan Coonrad, Ramsey  
Shot: Doug Klobacz, St. Joseph  
Discus: Ryan McElroy, Demarest  
Javelin: James Woods, Demarest  
High jump: Val Terebizh, Fort Lee\*  
Long jump: Chris DeGannes, St. Joseph  
Triple jump: Val Terebizh, Fort Lee  
Pole vault: James Woods, Demarest  
Relay: Ramsey  
Team: Demarest

#### GROUP C

100: Rameik Jackson, Westwood\*  
200: Rameik Jackson, Westwood\*  
400: Rameik Jackson, Westwood\*  
800: Marc Polifrone, Rutherford  
1,600: Marc Polifrone, Rutherford  
3,200: Omar Sow, Leonia  
110 HH: Jeff Berland, Glen Rock\*  
400 IH: Ken Ebeling, Mahwah\*  
Shot: Tim Lanni, Rutherford  
Discus: Erik Heymann, Westwood  
Javelin: Erik Heymann, Westwood\*  
High jump: E.J. Schuck, Westwood  
Long jump: E.J. Schuck, Westwood  
Triple jump: Rameik Jackson, Westwd.  
Pole vault: J.J. Ferrie, Lyndhurst  
Relay: Westwood  
Team: Westwood

#### GROUP D

100: Anthony Pomo, Saddle Brook\*  
200: Donald Lee, St. Mary's  
400: Vin Gareffa, Hasbrouck Heights  
800: Chris Guerriero, Saddle Brook  
1,600: Ryan Van Alstine, Midland Park  
3,200: Chris Guerriero, Saddle Brook  
110 HH: Anthony Pomo, Saddle Brook\*  
400 IH: Vin Gareffa, Hasbrouck Heights  
Shot: Jeff Seidell, Hasb. Heights  
Discus: Chris Onorato, Hasb. Heights\*  
Javelin: Steve Guzek, Park Ridge  
High jump: Harry Doneman, Wd.-Ridge  
Long jump: Anthony Pomo, Sad. Brook  
Triple jump: Orestes Medina, Pal Park  
Pole vault: Mike Collins, Cresskill  
Relay: Park Ridge

### Girls

#### GROUP A

100: Amma Walcott, Hackensack  
200: Amy Salek, Ramapo  
400: Michelle Smith, Teaneck\*  
800: Cristina Law, Ridgewood\*  
1,600: Lisa Sinkovitz, IHA\*  
3,200: Kesley Ramsey, Ramapo  
100 HH: Michelle Smith, Teaneck\*  
400 IH: Michelle Smith, Teaneck\*  
Shot: Jamila Morrison, Hackensack\*\*  
Discus: Delisa Riddick, Teaneck\*\*  
Javelin: Audrey O'Donnell, IHA\*\*  
High jump: Chelsea Townes, Hack.\*\*  
Long jump: Brie-Anne Forhez, N.H.\*\*  
Triple jump: Shenise Halsey, O.T.  
Pole vault: Cassie Wong, Ridgewood\*\*  
Relay: Teaneck  
Team: Teaneck

#### GROUP B

100: Rebecca Coffman, Indian Hills  
200: Sonia Malpeso, Holy Angels  
400: Sonia Malpeso, Holy Angels  
800: Cheyenne Ogletree, Garfield  
1,600: Cheyenne Ogletree, Garfield  
3,200: Meggie Sullivan, Tenafly  
100 HH: Kristen Kern, Indian Hills  
400 IH: Alex Rosenberger, Ramsey  
Shot: Jessy Steinbeigle, Indian Hills  
Discus: Natalia Arias, Tenafly  
Javelin: Ann Behrens, River Dell  
High jump: Juliana Camargo, Dumont  
Long jump: Danielle Kroll, Indian Hills  
Triple jump: Mallory Longfield, I.H.  
Pole vault: Keri Costantinos, Dumont  
Relay: Holy Angels  
Team: Indian Hills

#### GROUP C

100: Janine Davis, Queen of Peace  
200: Janine Davis, Queen of Peace\*  
400: Janine Davis, Queen of Peace\*  
800: Janine Davis, Queen of Peace\*  
1,600: Stephanie Sinclair, Ridgefield  
3,200: Gelsey Johnson, Westwood  
100 HH: Elissa Laforgia, Rutherford  
400 IH: Sara Kirkpatrick, Pascack Hills  
Shot: Nicole Lowenstein, Lyndhurst\*  
Discus: Julie Haledjian, Pascack Hills\*  
Javelin: Nicole Lowenstein, Lyndhurst  
High jump: C.J. Jacob, Ridgefield Park  
Long jump: Kate Watson, Leonia  
Triple jump: Lynn Matanle, Glen Rock  
Pole vault: Trisha Kennelly, Mahwah  
Relay: Rutherford  
Team: Pascack Hills

#### GROUP D

100: Amanda Duggan, Waldwick  
200: Alicia Henry, Cresskill  
400: Alicia Henry, Cresskill  
800: Alicia Henry, Cresskill\*  
1,600: Amy Van Alstine, Midland Park\*  
3,200: Amy Van Alstine, Midland Park  
100 HH: Hayley Kellinger, Saddle Brook  
400 IH: Lauren Schultz, Waldwick  
Shot: Evette Robinson, Wd.-Rid.  
Discus: Jessica Lehmann, Park Ridge  
Javelin: Alexandra Negron, Waldwick  
High jump: Arianna Pomo, Sad. Brook  
Long jump: Arianna Pomo, Sad. Brook  
Triple jump: Hayley Kellinger, Sad. Brk.  
Pole vault: Kristen Marfino, Hasb. Hts.  
Relay: Midland Park

*Records*  
*5/20*



# Lyndhurst senior tosses 52-10<sup>3</sup>/<sub>4</sub> to win Group C

By **JOE DUFFY**  
STAFF WRITER

**OLD TAPPAN** – Barry Green saw Geoff Goidell's throw in the shot put and was immediately worried.

Goidell, a Pascack Hills sophomore, had put the shot 52 feet 3<sup>3</sup>/<sub>4</sub> inches, a personal best and far enough to pass Green for the lead.

"I was sweating when I got in to the circle after seeing him pass me," said Green, a Lyndhurst senior. "My palms were sweating like crazy."

Despite nerves, Green reached back and made the best throw of his career – a 52-10<sup>3</sup>/<sub>4</sub> toss that landed at Goidell's feet – to win the Group C shot put title at the Bergen County Track and Field Championships.

## Boys leaders

**Group A:** Hackensack 73 1/2  
**Group B:** Demarest 49  
**Group C:** Westwood 72  
**Group D:** Hasb. Heights 75

"When I let it go, I thought I was short," said Green. "I just looked for the expression on my coach's face and when I heard the measurement, I was shocked at how far it went. I was confident before my last throw, but not as cocky as I normally am. I wasn't sure I could beat Geoff's throw. So far it's been my best moment in this sport."

There was nothing for Goidell to do but offer a tip of the cap to his rival.

"I picked up his shot, walked over and congratulated him," Goidell said. "I've gone against him before and knew he was capable of making a throw like that. I'm just happy to get a personal record and plus, I have two more years to win."

Chris Guerriero vowed he wouldn't make the same mistake again. The Saddle Brook senior had lost to Midland Park's Ryan Van Alstine last week in the B-PSL Carpenter meet, when he let Van Alstine, a junior, burn him with a final burst.

This time, Guerriero held the lead the entire way, winning the Group D 3,200 with a time of 9:36, besting Van Alstine by a second and a half.

"I ran my own race today," said Guerriero. "Last week I was running his race and letting him dictate the pace. I was running even splits with him when I lost. This time I ran a lot faster right from the start. I was impressed that he was able to stay with me as long as he did. He showed me how good a runner he really is."

Byron Williams of Ridgewood tried his hand at something new on Friday, running the 3,200 for the first time in his career. The junior was thrust in to the new role because Ridgewood was hoping to grab extra team points in Group A.

Williams did not disappoint, winning in 9:28, edging Northern Highlands' Ben Diestel (9:29.1) and teammate Michael Cator (9:36.0).

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5/21



DON SMITH/STAFF PHOTOGRAPHER

his way to winning the Group A 400-meter hurdles Friday afternoon.

# ts an example

no exception.

"I've been spending a lot of time on technique the last week, because I've been stuttering on the seventh or eighth [of 10] hurdles," said Smith. "Today it was the eighth hurdle again that threw me off stride."

Rosenberger, who was third in the Group B 200 in a personal-best 26.9, is looking forward to her first head-to-head race with Smith at the Bergen Meet of Champions on May 31.

"She's so much better than me but it'll be a lot of fun to be in the same race with her."

Kesley Ramsey spends her winters as a member of the successful Ramapo fencing team, but the rest of her year is devoted to distance running and Friday she took another major step, winning the Group A 3,200 meters in 11:19.0, holding off a determined challenge from de-

fencing champion Lisa Sinkovitz of Immaculate Heart.

"I feel a lot more comfortable this year in track," said Ramsey, a sophomore, who ran for the first time last spring. "I don't like being in a pack so I try to take the race out and lead it from the beginning."

And with good 400-meter speed – developed as part of the Green Raiders' 1,600-meter relay team – Ramsey had a good enough kick to hold off the late surge by Sinkovitz, who finished less than 3 meters behind.

"Fencing has helped me in running because it's such a mental sport and it's also helped me develop more confidence," said Ramsey. "I'm pretty light on my feet and fencing helps me with my agility, too."

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## BOYS RECAP

### Group A

**The teams:** Ridgewood and Hackensack got their points in different ways, with the Maroons loading up in a few events and the Comets showing a little more depth. Ridgewood, however, outscored Hackensack, 97-88½. Don Bosco was third with 62.

The distance events were key for Ridgewood. The Maroons took three of the top four places in the 800 for 22 points, got another 18 with a 1-2 finish in the 1,600 and scored points with a 1-3 finish in the 3,200.

**The stars:** Don Bosco senior Michael Ray Garvin not only won the 100, 200 and 400, he dominated them. Garvin was timed in 10.3 in winning the 100 going away. Garvin ran a 21.8 in the 200 and 49.9 in the 400.

Byron Williams of Ridgewood helped the Maroons stay ahead of the Comets with first-place performances in the 800 (1:55), 1,600 (4:21.9) and 3,200 (9:28).

Danny Oquendo kept Hackensack close by winning the 110 hurdles and 400 hurdles, as well as taking second in the long jump. Teammate Eric Sewell captured the shot put and discus.

Kwame Collins of Northern Highlands set a State record for sophomores, winning the triple jump with an astounding 47-9½.

### Group B

**The teams:** Demarest wound up with a large margin of victory over Indian Hills. The Norsemen racked up the second-highest point total of the meet to outscore the Braves, 139-83. St. Joseph was third with 64 and Ramsey fourth with 60.

**The stars:** St. Joseph senior Chris DeGannes won the 100, long jump and the triple jump, and finished third in the 200 to pile up 36 of the 64 points scored by the Green Knights.

Demarest's James LaGreca won the 3,200, 1,600 and 800 by easy margins. The senior didn't break 9:30 in the 3,200 as he hoped, but he won by nearly 12 seconds. He won the 1,600 by more than six seconds, and outraced Indian Hills freshman Max Bruno to win the 800 in 1:57.30.

James Woods took first place in the javelin and pole vault to lead Demarest to huge point totals in both events. Woods cleared 13-0 in the pole vault with his brother, Dan, finishing second to give the Norsemen 18 points. James Woods won the javelin with a throw of 177-10, nearly 8 feet better than teammate Graham Stewart. Dan Woods was third, giving Demarest 24 points in the event.

### Group C

**The teams:** Westwood had the easiest time of any team at the meet. The Cardinals scored a meet-high 159½ points and won the title by more than 100 points. Glen Rock was second with 55. Westwood won eight events and placed multiple athletes in the top three in five.

**The stars:** Rameik Jackson of Westwood won every event he entered. He beat Matt St. Germain of Queen of Peace by an eyelash in the 100 in 10.9, and outran the field to win the 200 in 22.0, a group record. He also ran the best 400 time of the day, 49.3. His 400 and 100 times also are group records. Jackson also led a 1-2-3 Westwood finish in the triple jump, winning with a distance of 44-1.

Teammate Erik Heyman won the javelin by a considerable margin with a throw of 195-4, and also took the discus with a distance of 151-3.

Nick Colasurdo won the 800 and 3,200 for New Milford.

### Group D

**The teams:** Hasbrouck Heights had the title clinched even before Saddle Brook made the final score closer with a third-place finish in the boys 1,600 relay. The Aviators registered 126 points to 119½ for the Falcons.

**The stars:** Anthony Pomo of Saddle Brook won three events — the 100 (10.9), 110 hurdles (15.0) and the long jump (23-9). He also finished second in the triple jump.

Vinnie Gareffa of Hasbrouck Heights captured the 400 (50.3), 800 (1:58.6) and took second in the 400 hurdles.

— Tim Leonard

**Bergen County Championship  
@ Ramsey and Old Tappan**

**May 18<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup>**

**Day 1: Field Events @ Ramsey:**

**Javelin:** Steven Pierce 174'5" – **1<sup>st</sup> Place** Nick Ontiveros 142'7" – **6<sup>th</sup> Place**  
Albert Gelbaum 137'8"

**Long Jump:** Brian Clementi 18'10 3/4" Sam Oh 18'3 1/2" Paul Kovach 18'2 1/2"

**Shot Put:** Steven Abdallah 47'3" – **2<sup>nd</sup> Place**  
Ben Wilson 41'9" Nadeem Dawson 34'10"

**High Jump:** DNC

**Discus:** Steven Abdallah 132'5" – **5<sup>th</sup> Place**  
Ben Wilson 109'9" Nadeem Dawson 105'4"

**Pole Vault:** Jacob Ricciardi 13'0" – **1<sup>st</sup> Place** Christian Jensen 12'6" – **4<sup>th</sup> Place**  
Anthony Weiss NH

**Day 2: @ Old Tappan:**

**3200m:** Byron Williams 9:28.0 – **1<sup>st</sup> Place** Michael Cator 9:36.0 – **3<sup>rd</sup> Place**  
Dan Emont 9:53

**200m:** Albert Gelbaum 24.0 Dan Engel 24.1 Lucas Chwe 24.9

**400 IH:** Niall Buckley 57.7 – **4<sup>th</sup> Place**  
Joe Nagano-Gerace 59.7 Steven Pierce 61.9

**Day 3: @ Old Tappan:**

**110HH:** Joe Nagano-Gerace 16.2 / 16.1 – **5<sup>th</sup> Place**  
John Moody 16.5 Akira Monri 16.9

**100m:** Albert Gelbaum 11.3/11.3 Dan Engel 11.6 Lucas Chwe 11.8

**800m:** Byron Williams 1:55.0 – **1<sup>st</sup> Place** Niall Buckley 1:56.0 – **3<sup>rd</sup> Place**  
Michael Cator 1:57.4 – **4<sup>th</sup> Place**

**400m:** Jeremy Schmidt 52.8 Dan Engel 53.9 Okechukwu Onwubu 57.2

**1600m:** Byron Williams 4:21.9 – **1<sup>st</sup> Place** Michael Cator 4:22.6 – **2<sup>nd</sup> Place**  
Jacob Garber 4:37.0

**4x400m:**      Jeremy Schmidt      52.9  
                  Dan Engel            54.6  
                  Albert Gelbaum      53.1  
                  Niall Buckley        52.0  
   **3:32.5 – 5<sup>th</sup> Place**

**Triple Jump:** Brian Clementi 39'7 1/4"      Paul Kovach 39'2"      Sam Oh 38'1"

**Comments:**  
County Champions for the 2<sup>nd</sup> time in 3 years...Congratulations

## Boys

### GROUP A

**TEAM SCORES:** Ridgewood (RI) 97; Hackensack (H) 88½; Don Bosco (DB) 62; Northern Highlands (NH) 55; Paramus Catholic (PC) 49; Teaneck (T) 38; Bergen Catholic (BC) 38; Bergen Tech 7; Old Tappan (OT) 17; Bergen-ly 10; Fair Lawn (FL) 6.5; Paramus (P) 6; Ramapo (Ra) 2.

**100:** 1. Michael Ray Garvin (DB), 10.3 (record, old record, 10.6 by Joe Dawkins, Hackensack, 1994); 2. Leslie Bonusu (BT), 10.7; 3. Rashad White (T), 10.9; 4. Darrin Chandler (PC), 11.0; 5. Chris Fruglia (FL), 11.1; 6. Dan D'izlia (BC) 11.1.

**200:** 1. Michael Ray Garvin (DB), 21.8; 2. Leslie Bonusu (BT), 22.2; 3. Darrin Chandler (PC), 22.7; 4. Marc Muckle (T), 22.9; 5. Keith Williams (OT), 23.0; Dan D'izlia (BC), 23.0.

**400:** 1. Michael Ray Garvin (DB) 49.9; 2. Stal-Sean Lyew (BC), 50.3; 3. Darrin Chandler (PC), 50.5; 4. Jarrett Menzel (NH), 50.7; 5. Marc Muckle (T), 51.1; 6. Keith Williams (OT), 51.6.

**800:** 1. Byron Williams (RI), 1:55.0; 2. Ryan Madrid (PC), 1:55.3; 3. Niall Buckley (RI), 1:56.0; 4. Michael Cator (RI), 1:57.4; 5. Sharif Webb (DB), 1:58.8; 6. Nikolajs Batarags (NH), 2:00.5.

**1,600:** 1. Byron Williams (RI), 4:21.9; 2. Michael Cator (RI), 4:22.6; 3. Ryan Madrid (PC), 4:27.4; 4. Jason Baker (DB), 4:32.4; 5. Ben Diestel (NH), 4:33.7; 6. Andrew Gaidus (NH), 4:33.7.

**3,200:** 1. Byron Williams (RI), 9:28.0; 2. Ben Diestel (NH), 9:29.1; 3. Michael Cator (RI), 9:36.0; 4. Calvin Lee (OT), 9:43.4; 5. Ryan Madrid (PC), 9:44.1; Alec Glasgall (OT), 9:46.0.

**110HH:** 1. Danny Oquendo (H), 14.5; 2. P.J. Picache (NH), 15.2; 3. Claude Guinchard III (DB), 15.2; 4. James Williams (T), 15.9; 5. Joe Nagano-Gerace (RI), 16.1; 6. Evan Shaker (PC), 16.1.

**400HH:** 1. Danny Oquendo (H), 55.8; 2. Sean Lyew (BC), 55.9; 3. Eddy Cabo 5.4; 4. Niall Buckley (RI), 57.7; 5. P.J. Picache (NH), 58.0; 6. Chris Castro (BT), 58.7.

**Shot Put:** 1. Eric Sewell (H), 47-10½; 2. Steven Abdallah (RI), 47-3; 3. Rob Motzia (H), 47-2; 4. Jun Ho Ham (NH), 47-0; 5. Rob Petrosino (BC), 46-9; 6. Dan Larkin (BC), 46-1.

**Discus:** 1. Eric Sewell (H), 141-5; 2. Rob Petrosino (BC), 135-10; 3. Michael Farr (DB), 135-0; 4. Robert Motzia (H), 134-0; 5. Steven Abdallah (RI), 132-5; 6. Travis Parham (H), 131-2.

**Javelin:** 1. Steven Pierce (RI), 174-5; 2. Justin Murphy (PC), 168-1; 3. Charles Weinfeld (OT), 154-11; 4. Anthony Pelletiere (FL), 146-10; 5. Rafe Jadosich (OT), 145-8; 6. Nick Ontiveros (RI), 142-7.

**Triple Jump:** 1. Kwame Collins (NH), 47-9½ (record, old record, 46-11¼ by Gerald Spears, Teaneck, 1989; state sophomore record, old record, 46-7¼ by Tiquan Underwood, Seton Hall, 2003); 2. Ted Leshar (NH), 46-3; 3. Harold Blyden (B) 46-0¼; 4. Christian Smalls (H), 42-0¼; 5. Stal-Sean Lyew (BC), 41-11; 6. Danny Oquendo (H), 41-5.

**Long Jump:** 1. Leslie Bonusu (BT), 22-0¼; 2. Danny Oquendo (H), 21-11; 3. Kwame Collins (NH), 21-6¾; 4. Harold Blyden (B), 21-6¼; 5. Oderick Turner (T), 20-11; 6. Ted Leshar (NH), 20-8¾.

**High Jump:** 1. Oderick Turner (T), 6-4; 2. Eddy Cabo (H), 6-0; 3. John Massari (P), 5-10; 4. Jeff Berger (DB), 5-10; 5. Gregg Van Orden (Ra), 5-10; 6. Jonathan Riggs (BC), 5-8.

**Pole Vault:** 1. Jacob Ricciardi (R), 13-0; 2. Mike Wiswesser (H), 12-6; 3. Claude Chard (DB), 12-6; 4. Christian (R), 12-6; 5. Matt Wiswesser (H), 12-0; 6. Mike Stefanelli (FL) 11-0.

**1,600 relay:** 1. Teaneck (Brian Gilbert, Oderick Turner, Tom San George, Marc Muckle), 3:25.4; 2. Paramus Catholic, 3:28.7; 3. Bergen Catholic, 3:29.2; 4. Don Bosco, 3:29.7; 5. Ridgewood, 3:32.5; 6. Old Tappan, 3:33.7.

### GROUP C

**TEAM SCORES:** Westwood (W) 159½; Glen Rock (GR) 55; Lyndhurst (Ly) 49; Mahwah (M) 45; Ridgefield Park (RP) 31; Rutherford (Ru) 30; New Milford (NM) 27; Queen of Peace (QP) 26; Leonia (L) 23, Becton (B) 20; Ridgefield (Rf) 18, Pascack Hills (PH) 12½.

**100:** 1. Rameik Jackson (W), 10.9 (ties record set by Kendall Williams, Bergen Tech, 1993); 2. Matt St. Germain (QP), 10.9; 3. Jake Stass (W), 11.0; 4. J.J. Ferrie (Ly), 11.2; 5. Kenneth Chin (GR), 11.2; 6. Fred Owusu (B), 11.4.

**200:** 1. Rameik Jackson (W), 22.0 (record, old record, 22.2 by Ernest Simmons, Englewood, 1992 and Tom Montouri, Dumont, 1998); 2. Jake Stass (W), 22.6; 3. Matt St. Germain (QP), 22.8; 4. John Paul Hronclch (R), 23.2; 5. Jeff Bliss (NM), 23.5; 6. Mike Gil (W), 23.5.

**400:** 1. Rameik Jackson (W), 49.3 (ties record set by Jackson, 2004); 2. Jake Stass (W), 50.1; 3. Ken Ebeling (M), 50.3; 4. Matt St. Germain (QP), 51.1; 5. Mike Gil (W), 52.1; 6. Marshal Keating (L), 52.4.

**800:** 1. Nick Colasurdo (NM), 2:01.8; 2. Robert Nihen (GR), 2:02.5; 3. Antonio Tejelo (QP), 2:03.0; 4. Rob Kein (B), 2:04.0; 5. Frank Valente (QP), 2:05.8; 6. Jason English (PH), 2:06.6; 6. Joel Trager (W), 2:06.6.

**1,600:** 1. Marc Polifrone (Ru), 4:28.3; 2. Brian Doyle (M), 4:31.5; 3. Robert Nihen (GR), 4:33.3; 4. Rob Kein (B), 4:42.0; 5. Omar Sow (L), 4:42.0; 6. Ed Encarnacion (RP), 4:44.9.

**3,200:** 1. Nick Colasurdo (NM), 10:08.2; 2. Jordan Deodato (GR), 10:09.4; 3. Edward Encarnacion (RP), 10:13.3; 4. Peter Bach (L), 10:21.5. Rob Kein (B), 10:22.7; 6. Mike Woyce (B), 10:23.9.

**110 HH:** 1. Luciano Cofrancesco (GR), 15.1; 2. Ryan Berland (GR), 15.2; 3. E.J. Schuck (W), 15.2; Corey Stanton (RP), 15.7; 5. Ryan Dougherty (RP), 15.7; 6. Anthony Wright (NM), 15.8.

**400 HH:** 1. Ken Ebeling (M), 55.4; 2. Rafael Merced (R), 57.0; 3. Marshal Keating (L), 57.4; 4. Luciano Cofrancesco (GR), 57.9; 5. Jason English (PH), 59.3; 6. Ryan Berland (GR), 1:00.8.

**Shot Put:** 1. Barry Green (Ly), 52-10¼; 2. Geoffrey Goidell (PH), 52-3¼; 3. Erik Heymann (W), 51-1; 4. Timothy Lanni (R), 48-1¾; 5. Luke Giegei (GR), 47-2; 6. Thomas Stripe (M), 46-7¼.

**Discus:** 1. Erik Heymann (W), 151-3; 2. Timothy Lanni (Ru), 139-11; 3. Nick Cuomo (GR), 138-8; 4. Roberto Mirasol (B), 137-1; 5. Geoffrey Goidell (PH), 135-7; 6. Barry Green (Ly), 135-5.

**Javelin:** 1. Erik Heymann (W), 195-4; 2. Doug Cerniglia (RP), 178-3; 3. Kyle Kolich (R), 164-2; 4. Agbi Bajrushli (W), 156-5; 5. A.J. Magana (NM), 155-4; 6. Sean Cannon (W), 152-0.

**Triple Jump:** 1. Rameik Jackson (W), 44-1; 2. E.J. Schuck (W), 42-6¼; 3. Anthony Pillari (W), 41-0; 4. Arcadius Mbagaya (M), 40-11; 5. J.J. Ferrie (Ly), 40-2¼; 6. Wilman Silvestre (Ly), 40-1.

**Long Jump:** 1. E.J. Schuck (W), 20-10¼; 2. Ed Van Horne (W), 20-1¼; 3. Anthony Pillari (W), 20-0; 4. J.J. Ferrie (Ly), 19-7¼; 5. Fred Owusu (B), 19-6¼; 6. Wilman Silvestre (Ly), 19-3¼.

**High Jump:** 1. Pat Cuning (L), 6-0; 2. E.J. Schuck (W), 5-10; 3. Quinton Anderson (RP), 5-8; 4. Thomas Stripe (M), 5-8; 5. John Gardner (R), 5-6; 6. Anthony Wright (NM), 5-6.

**Pole Vault:** 1. Mike Morello (Ly), 13-0; 2. J.J. Ferrie (Ly), 13-0; 3. Joe Sedlock (Ly), 12-6; 4. Gregory Stripe (M), 12-0; 5. Ray Gonzalez (B), 11-6; 6. Scott Cannon (W), 11-6.

**1,600 relay:** 1. Westwood (Jake Stass, Mike Gil, Joel Trager, Anthony Pillari), 3:32.3; 2. Mahwah, 3:37.3; 3. Ridgefield, 3:38.7; 4. Ridgefield Park, 3:39.8; 5. Lyndhurst, 3:41.1; 6. New Milford, 3:41.3

### GROUP D

**TEAM SCORES:** Hasbrouck Heights

### GROUP B

**TEAM SCORES:** Demarest (D) 139; Indian Hills (IH) 83; St. Joseph (SJ) 64; Ramsey (R) 60; Fort Lee (FL) 51; Tenafly (T) 43; River Dell (RD) 29; Garfield (G) 13½; Englewood (E) 5½; Lodi (L) 4; Dumont (Du) 2; Cliffside Park (CP) 2.

**100:** 1. Chris DeGannes (SJ), 10.9 (ties record by two others); 2. Garrett Kroner (IH), 11.0; 3. Matthew Schuierer (D), 11.0; 4. Tinashe Kitchen (FL), 11.0; 5. Thomas Perkowski (G), 11.2; Delford Brown (E), 11.3.

**200:** 1. Garrett Kroner (IH), 21.8 (record, old record, 22.0 by Neil Concepcion, Demarest, 1985 and Cooper Rego, St. Joseph Regional, 1997); 2. Matthew Schuierer (D), 22.3; 3. Christopher DeGannes (SJ), 22.3; 4. Tinashe Kitchen (FL), 22.7; 5. Delford Brown (E), 22.9; 6. Michael Epps (E), 23.1.

**400:** 1. Garrett Kroner (IH), 49.8; 2. Alex Crabbe (R), 50.6; 3. Matthew Schuierer (D), 51.1; 4. Robert Hoskins (L), 53.0; 5. David Blitzer (D), 53.0; 6. Brian Reilly (IH), 53.2.

**800:** 1. James LaGreca (D), 1:57.3; 2. Max Bruno (IH), 1:58.6; 3. Ilya Teplitskiy (FL), 1:59.4; 4. Andrei Oliner (FL), 2:00.1; 5. Alex Lanuto (R), 2:01.0; 6. Dan Schoenfelder (D), 2:01.0.

**1,600:** 1. James LaGreca (D), 4:30.0; 2. Bryan Kretschmer (R), 4:36.5; 3. Todd Hamilton (RD), 4:38.0; 4. Joey Kufel (RD), 4:39.4; 5. Dan Olson (RD), 4:40.2; 6. Paul Majeski (D), 4:42.2.

**3,200:** 1. James LaGreca (D), 9:31.3; 2. Bryan Kretschmer (R), 9:43.2; 3. Dan Olson (RD), 9:47.9; 4. Andrew Bruno (IH), 9:50.6; 5. Max Bruno (IH), 9:51.1; 6. Todd Hamilton (RD), 9:52.1.

**110HH:** 1. Yun Yi (T), 15.4; 2. Dan Lee (D), 15.4; 3. Dylan Coonrad (R), 15.5; 4. Tom O'Connell (R), 15.7; 5. Kevin Amagai (T), 16.3; 6. Ilya Dejanovic (FL), 16.4.

**400HH:** 1. Yun Yi (T), 56.3; 2. Dylan Coonrad (R), 58.5; 3. Daniel Juchniewicz (D), 59.1; 4. Corey Grant (SJ), 59.3; 5. Davis Quan (FL), 59.8; 6. Kevin Amagai (T) 1:00.1.

**Shot Put:** 1. Doug Klopacz (SJ), 54-11; 2. Shawn Sabo (IH), 50-8¼; 3. Daryl Lewis (IH), 50-3¼; 4. Steven Kim (FL), 49-6¼; 5. Sean Lissmeron (Du), 49-6; 6. Bekim Abazoski (G), 47-5½.

**Discus:** 1. Ryan McElroy (D), 148-1; 2. Shawn Sabo (IH), 145-3; 3. Mark Engravaile (SJ), 137-9; 4. Dan Hirsch (D), 132-9; 5. Rich Pasquito (D), 131-9; 6. Bekim Abazoski (G), 130-7.

**Javelin:** 1. James Woods (D), 177-10; 2. Graham Stewart (D), 169-11; 3. Dan Woods (D), 157-1; 4. Corey Purwin (SJ), 148-9; 5. Patrick Consoli (CP), 145-4; 6. Steven Soltys (G) 141-11.

**Triple Jump:** 1. Chris DeGannes (SJ), 43-2¼; 2. Val Terebizh (FL), 42-9; 3. Justin Park (T), 42-6; 4. Graham Stewart (D), 41-10¼; 5. Erwin Cabrera (G), 6. Kurt Von Weisenstein (IH), 40-8.

**Long Jump:** 1. Christopher DeGannes (SJ), 21-9¼; 2. Val Terebizh (FL), 20-9¼; 3. Tyler Byrne (RD), 19-11¼; 4. Kurt Von Weisenstein (IH), 19-11; 5. Justin Park (T), 19-10¼; 6. Graham Stewart (D), 19-9¼.

**High Jump:** 1. Val Terebizh (FL), 6-0; 2. Kurt Von Weisenstein (IH), 5-10; 3. Justin Park (T), 5-10; 4. Corey Purwin (SJ), 5-10; 5. John Chiarello (RD), 5-8; 6. tie between Erwin Cabrera (G) and Fulton Lucas (E), 5-6.

**Pole Vault:** 1. James Woods (D), 13-0; 2. Dan Woods (D), 12-6; 3. Brian Nardi (G), 11-6; 4. Thomas Kramer (R), 11-6; 5. Dan Van Blarcom (R), 11-6; 6. Kurt Von Weisenstein (IH), 11-0.

**1,600 relay:** 1. Ramsey (Alex Lanuto, Dylan Coonrad, Dave King, Alex Crabbe), 3:28.2; 2. Demarest, 3:36.5; 3. Tenafly, 3:37.4; 4. Indian Hills, 3:39.3; 5. River Dell 3:39.5; 6. Englewood, 3:50.3.

### GROUP D

**TEAM SCORES:** Hasbrouck Heights (HH) 126; Saddle Brook (SB) 119 1/3; Cresskill (C) 59 5/6; Palisades Park (PP) 48; Midland Park (MP) 38; Park Ridge (PR) 32; North Arlington (NA) 26 1/3; St. Mary's (SM) 19; Emerson (E) 10; Wood-Ridge (WR) 7; Bogota (B) 6; Wallington (W) 3½.

**100:** 1. Anthony Pomo (SB), 10.9; 2. Donald Lee (SM), 11.1; 3. Harry Obamija (B), 11.1; 4. Robert Valenti (WR), 11.1; 5. Sharif Brooks (PP), 11.2; 6. Steve Bayona (SM), 11.2.

**200:** 1. Donald Lee (SM), 22.8; 2. Vinnie Gareffa (HH), 22.9; 3. Matt Bieszard (MP), 23.1; 4. Chris Seijo (HH), 23.5; 5. Trevor Burgess (PP), 23.9; 6. Bart Popek (W), 24.0; 6. Dan Brody (C), 24.0.

**400:** 1. Vinnie Gareffa (HH), 50.3; 2. Orestes Medina (PP), 50.5; 3. Matthew Bieszard (MP), 52.0; 4. Terry Ivorone (NA), 52.4; 5. John Rankin (PR), 52.7; 6. Chris Seijo (HH), 53.1.

**800:** 1. Vinnie Gareffa (HH), 1:58.6; 2. Chris Guerriero (SB), 1:59.0; 3. Scott Walker (MP), 2:03.3; 4. Nick Skog (C), 2:06.0; 5. Matthew Lingam (PR), 2:11.5; 6. Missirian Myles (SB), 2:12.0.

**1,600:** 1. Chris Guerriero (SB), 4:28.8; 2. Ryan Van Alstine (MP), 4:29.8; 3. Severio Minervini (HH), 4:48.7; 4. Michael Biancorosso (PR), 4:53.7; 5. Paul Kuehnle (SB), 4:57.5; 6. Matthew Majchrzak (W), 4:57.6.

**3,200:** 1. Chris Guerriero (SB), 9:36.0 (record, old record, 9:39.9 by Chris Moore, Emerson, 1987); 2. Ryan Van Alstine (MP), 9:37.5; 3. Michael Biancorosso (PR), 10:28.7; 4. Saverio Minervini (HH), 10:30.1; 5. Matthew Majchrzak (W), 10:34.8; Paul Kuehnle (SB), 10:35.0.

**110 HH:** 1. Anthony Pomo (SB), 15.0; 2. Brian Wiseman (SB), 15.0; 3. Carlos Tejeda (SB), 15.7; 4. Dan D'Amato (HH), 16.2; 5. Sean Carson (WR), 16.2; 6. Brian Buccino (C), 16.2.

**400 HH:** 1. Brian Buccino (C), 55.9; 2. Vinnie Gareffa (HH), 55.9; 3. Dan Egorow (C), 1:01.8; 4. Tim White (SB), 1:02.7; 5. Billy George (PP), 1:03.1; David Trotter (HH), 1:03.2.

**Shot Put:** 1. Chris Onorato (HH), 50-8¼; 2. Jeff Seidel (HH), 50-2¼; 3. George Pecoraro (C) 48-10¼; 4. Dallas Edwards (PR), 47-3¼; 5. Bryan Fill (HH), 46-9¼; Stephen Matonti (SB), 46-7¼.

**Discus:** 1. Chris Onorato (HH), 155-11; 2. Stephen Matonti (SB), 139-8; 3. Sean Wengerter (C), 134-9; 4. Nicholas Mirkovic (PP), 133-3; 5. George Pecoraro (C), 124-11; 6. Heroldy Cabreja (PP), 122-3.

**Javelin:** 1. Brendan Gareffa (HH), 170-7; 2. Bryan Fill (HH), 168-9; 3. Kyle Elliott (C), 166-7; 4. Brian Oliver (C), 165-8; 5. Steve Guzek (PR), 163-7; 6. Mark Peck (WR), 160-7.

**Long Jump:** 1. Anthony Pomo (SB), 22-9; 2. Orestes Medina (PP), 21-5¼; 3. Dan D'Amato (HH), 20-11¼; 4. Brian Wiseman (SB), 20-8¼; 5. Conrad Healy (PR), 19-9¼; 6. Edward Alston (MP), 19-7½.

**High Jump:** 1. Orestes Medina (PP), 5-10; 2. Randy Lehman (NA), 5-10; 3. Ryan Spain (HH), 5-8; 4. tie between Eric Savino (SB), Dan Egorow (C) and Anthony Grovio (NA), 5-6.

**Triple Jump:** 1. Orestes Medina (PP), 44-8¼; 2. Anthony Pomo (SB), 44-1¼; 3. Brian Wiseman (SB), 43-0¼; 4. Allen Patterson (SB), 40-9; 5. Dan D'Amato (HH), 40-6¼; 6. Edward Alston (MP), 39-10.

**Pole Vault:** 1. Mike Guarliello (E), 11-6; 2. Brandon Melchior (HH), 3. Mike Collins (C), 11-0; 4. Mike Cutruzzia (NA), 10-6; 5. Mike Riccobono (C), 10-6.

**1,600 relay:** 1. Park Ridge (John Carabetta, Steve Guzek, Andy Perdew, John Rankin), 3:31.3; 2. North Arlington, 3:33.6; 3. Saddle Brook 3:35.7; 4. Cresskill, 3:37.5; 5. Midland Park, 3:39.7; 6. Palisades Park, 4:43.5.

S/22

Fraulo Race Timing  
 Hy-Tek's MEET MANAGER  
 2005 Bergen County Track & Field Championships  
 5/20/2005 to 5/21/2005  
 OLD TAPPAN HIGH SCHOOL

**Results**

Boys 100 Meter Dash Group A

Name	Year	School	Finals	Points
1 444 Garvin, Michael Ra	SR	Don Bosco Prep	10.30	10
2 142 Bonsu, Leslie	SR	Bergen Tech	10.70	8
3 2911 White, Rashad	FR	Teaneck	10.90	6
4 1896 Chandler, Darrin	SR	Paramus Catholic	11.00	4
5 662 Frugis, Chris	SR	Fair Lawn	11.10	2
6 72 D'Izzia, Dan	SR	Bergen Catholic HS	11.10	1

Boys 200 Meter Dash Group A

Name	Year	School	Finals	Points
1 444 Garvin, Michael Ra	SR	Don Bosco Prep	21.80	10
2 142 Bonsu, Leslie	SR	Bergen Tech	22.20	8
3 1896 Chandler, Darrin	SR	Paramus Catholic	22.70	6
4 2896 Muckle, Marc	JR	Teaneck	22.90	4
5 1698 Williams, Keith	SR	Old Tappan	23.00	2
6 72 D'Izzia, Dan	SR	Bergen Catholic HS	23.00	1

Boys 400 Meter Dash Group A

Name	Year	School	Finals	Points
1 444 Garvin, Michael Ra	SR	Don Bosco Prep	49.90	10
2 84 Lyew, Stai-Sean	SR	Bergen Catholic HS	50.30	8
3 1896 Chandler, Darrin	SR	Paramus Catholic	50.50	6
4 1469 Menzel, Jarett	JR	Northern Highlands	50.70	4
5 2896 Muckle, Marc	JR	Teaneck	51.10	2
6 1698 Williams, Keith	SR	Old Tappan	51.60	1

Boys 800 Meter Run Group A

Name	Year	School	Finals	Points
1 2519 Williams, Byron	11	Ridgewood	1:55.00	10
2 1905 Madrid, Ryan	SR	Paramus Catholic	1:55.30	8
3 2458 Buckley, Niall	10	Ridgewood	1:56.00	6
4 2459 Cator, Michael	11	Ridgewood	1:57.40	4
5 488 Webb, Sharif	SO	Don Bosco Prep	1:58.80	2
6 1452 Batarags, Nikolajs	JR	Northern Highlands	2:00.50	1

Boys 1600 Meter Run Group A

Name	Year	School	Finals	Points
1 2519 Williams, Byron	11	Ridgewood	4:21.90	10
2 2459 Cator, Michael	11	Ridgewood	4:22.60	8
3 1905 Madrid, Ryan	SR	Paramus Catholic	4:27.40	6
4 410 Baker, Jason	SO	Don Bosco Prep	4:32.40	4

5	1457 Diestel, Ben	JR Northern Highlands	4:33.70	2
6	1459 Gaidus, Andrew	SO Northern Highlands	J4:33.70	1

## Boys 3200 Meter Run Group A

Name	Year	School	Finals	Points
1	2519	Williams, Byron	11 Ridgewood	9:28.00 10
2	1457	Diestel, Ben	JR Northern Highlands	9:29.10 8
3	2459	Cator, Michael	11 Ridgewood	9:36.00 6
4	1661	Lee, Calvin	JR Old Tappan	9:43.40 4
5	1905	Madrid, Ryan	SR Paramus Catholic	9:44.10 2
6	1644	Glasgall, Alec	SR Old Tappan	9:46.00 1

## Boys 110 Meter Hurdles Group A

Name	Year	School	Finals	Points
1	889	Oquendo, Danny	SR Hackensack	14.50 10
2	1472	Picache, PJ	SR Northern Highlands	15.20 8
3	451	Guinchard III, Cla	JR Don Bosco Prep	J15.20 6
4	2912	Williams, James	SO Teaneck	15.90 4
5	2494	Nagano-Gerace, Joe	11 Ridgewood	16.10 2
6	1913	Shaker, Evan	SO Paramus Catholic	J16.10 1

## Boys 400 Meter Hurdles Group A

Name	Year	School	Finals	Points
1	889	Oquendo, Danny	SR Hackensack	55.80 10
2	84	Lyew, Stai-Sean	SR Bergen Catholic HS	55.90 8
3	876	Cabo, Eddy	SR Hackensack	56.40 6
4	2458	Buckley, Niall	10 Ridgewood	57.70 4
5	1472	Picache, PJ	SR Northern Highlands	58.00 2
6	145	Castro, Christophe	SO Bergen Tech	58.70 1

## Boys 4x400 Meter Relay Group A

School	Finals	Points
1 Teaneck 'A'	3:25.40	10
1) 2874 Gilbert, Brian SR		
2) 2907 Tuner, Oderick SR		
3) 2911 White, Rashad FR		
4) 2896 Muckle, Marc JR		
2 Paramus Catholic 'A'	3:28.70	8
1) 1900 Frank, Jerrette SR		
2) 1902 Gutierrez, Andres SR		
3) 1915 Socha, Michael JR		
4) 1896 Chandler, Darrin SR		
3 Bergen Catholic HS 'A'	3:29.20	6
1) 72 D'Izzia, Dan SR		
2) 76 Fredrickson, Brian SR		
3) 90 Randall, Tom FR		
4) 84 Lyew, Stai-Sean SR		
4 Don Bosco Prep 'A'	3:29.70	4
1) 430 Davis, Jared SR		
2) 455 Kaufman, Tyler JR		
3) 488 Webb, Sharif SO		
4) 427 Conte, Peter SR		
5 Ridgewood 'A'	3:32.50	2
1) 2508 Schmidt, Jeremy 10		
2) 2473 Gelbaum, Albert 10		
3) 2458 Buckley, Niall 10		
4) 2470 Engel, Daniel 10		
6 Old Tappan 'A'	3:33.70	1
1) 1702 Zuhusky, Andrew JR		
2)		
3) 1672 Mattingly, Paul JR		
4) 1698 Williams, Keith SR		

## Boys High Jump Group A

Name	Year School	Finals	Points
1 2907 Tuner, Oderick	SR Teaneck	6-04.00	10
2 876 Cabo, Eddy	SR Hackensack	6-00.00	8
3 1847 M,Assari, John	11 Paramus	5-10.00	6
4 414 Berger, Jeff	SR Don Bosco Prep	J5-10.00	4
5 2210 Van Orden, Gregg	SR Ramapo	J5-10.00	2
6 91 Riggs, Jonathan	FR Bergen Catholic HS	5-08.00	1
-- 1455 Collins, Kwame	SO Northern Highlands	DQ	

## Boys Pole Vault Group A

Name	Year School	Finals	Points
1 2506 Ricciardi, Jacob	12 Ridgewood	13-00.00	10
2 901 Wiswesser, Mike	SR Hackensack	12-06.00	8
3 451 Guinchard III, Cla	JR Don Bosco Prep	J12-06.00	6
4 2477 Jensen, Christian	12 Ridgewood	J12-06.00	4
5 900 Wiswesser, Matt	SR Hackensack	12-00.00	2
6 669 Stefanelli, Mike	SR Fair Lawn	11-00.00	0.50
6 888 Nowicki, Matt	SR Hackensack	11-00.00	0.50

## Boys Long Jump Group A

Name	Year School	Finals	Points
1 142 Bonsu, Leslie	SR Bergen Tech	22-00.25	10
2 889 Oquendo, Danny	SR Hackensack	21-11.00	8
3 1455 Collins, Kwame	SO Northern Highlands	21-06.75	6
4 240 Blyden, Harold	SR Bergenfield	21-06.25	4
5 2907 Tuner, Oderick	SR Teaneck	20-11.00	2
6 1464 Leshner, Ted	JR Northern Highlands	20-08.75	1
7 2906 Thomas, Akeem	SO Teaneck	20-01.25	

## Boys Triple Jump Group A

Name	Year School	Finals	Points
1 1455 Collins, Kwame	SO Northern Highlands	47-09.50	10
2 1464 Leshner, Ted	JR Northern Highlands	46-03.00	8
3 240 Blyden, Harold	SR Bergenfield	46-00.50	6
4 894 Smalls, Christian	SO Hackensack	42-00.25	4
5 84 Lyew, Stai-Sean	SR Bergen Catholic HS	41-11.00	2
6 889 Oquendo, Danny	SR Hackensack	41-05.00	1
7 421 Cadet, Chadwick	JR Don Bosco Prep	40-08.00	

## Boys Shot Put Group A

Name	Year School	Finals	Points
1 893 Sewell, Eric	SR Hackensack	47-10.50	10
2 2454 Abdallah, Steven	11 Ridgewood	47-03.00	8
3 887 Mozia, Robert	SR Hackensack	47-02.00	6
4 1462 Ham, Jun Ho	SR Northern Highlands	47-00.00	4
5 88 Petrosino, Rob	JR Bergen Catholic HS	46-09.00	2
6 82 Larkin, Dan	SR Bergen Catholic HS	46-01.00	1

## Boys Discus Throw Group A

Name	Year School	Finals	Points
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Name	Year	School	Finals	Points
1	893	Sewell, Eric	SR Hackensack	141-05 10
2	88	Petrosino, Rob	JR Bergen Catholic HS	135-10 8
3	438	Farr, Michael	SO Don Bosco Prep	135-00 6
4	887	Mozia, Robert	SR Hackensack	134-00 4
5	2454	Abdallah, Steven	11 Ridgewood	132-05 2
6	890	Parham, Travis	SR Hackensack	131-02 1

Boys Javelin Throw Group A

Name	Year	School	Finals	Points
1	2503	Pierce, Steven	11 Ridgewood	174-05 10
2	1908	Murphy, Justin	SR Paramus Catholic	168-01 8
3	1697	Weinfeld, Charles	JR Old Tappan	154-11 6
4	3209	Pelletere, Anthony	Fair Lawn	146-10 4
5	1652	Jadrosich, Rafe	JR Old Tappan	145-08 2
6	2499	Ontiveros, Nick	12 Ridgewood	142-07 1

Men - Group A - Team Rankings - 16 Events Scored

1)	Ridgewood	97
2)	Hackensack	88.50
3)	Don Bosco Prep	62
4)	Northern Highlands	55
5)	Paramus Catholic	49
6)	Teaneck	38
6)	Bergen Catholic HS	38
8)	Bergen County Technical S	27
9)	Old Tappan	17
10)	Bergenfield	10
11)	Fair Lawn	6.50
12)	PARAMUS	6
13)	RAMAPO	2

# ATHLETES OF THE WEEK

**By MARK J. CZERWINSKI**  
STAFF WRITER

Byron Williams likes to find a quiet spot moments before he's scheduled to run at a track meet. Sometimes he finds a place in one of the tents and lays down. Other times he goes for a walk.

But no matter where Williams goes, he isn't really alone. "I have my iPod," said Williams, a Ridgewood junior who won the 3,200, 800 and 1,600 meters with outstanding times at the Bergen County championship meet to earn The Record's Male Athlete of the Week honor. "I like to listen to music. It helps me clear my head and get ready."

"I have a lot of different songs on there, but Dave Matthews Band is my favorite. I like it because it's different. It's a combination of old music and jazz and new music, and it's different than what everybody else is listening to. It's relaxing and calming, but it gets my blood going at the same time."

Williams said that track is his life these days, and he's already thinking about where he wants to run in college. He's interested in Georgetown, Stanford, Duke, Villanova and Santa Barbara.

"It will be exciting to be on my own," said Williams. "At the Penn Relays, I saw what other athletes have done once they got to college. I saw freshmen drop their times, and that could be me if I keep working at it."

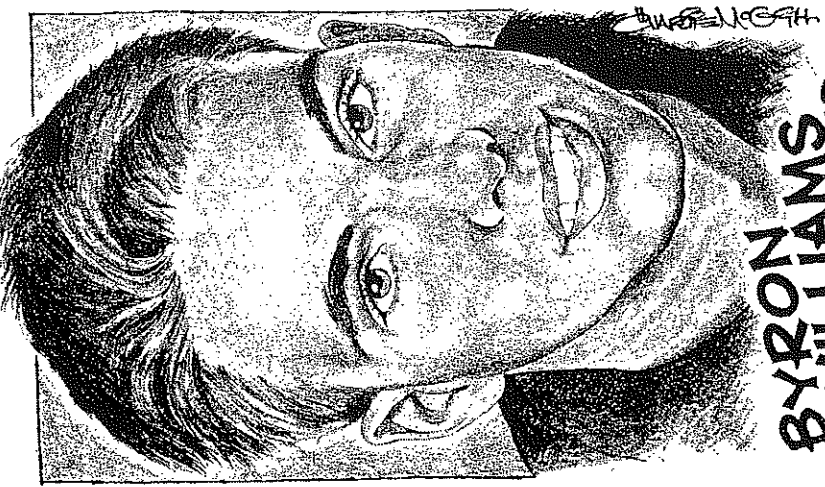
Williams originally was interested in soccer, but his middle school gym teacher convinced him to try out for cross-country as a freshman. Williams said he originally started running as a freshman "for something to do," but soon was hooked.

History is Williams' favorite subject, and he's currently studying the post-World War II era.

"I like history because it's not complicated," Williams said. "The post-World War II era is interesting to me because it is recent to our generation. We didn't experience it, but it's not like something that happened 200 years ago. We are able to relate to it."

**Also nominated:** George Abyad of Passaic Valley, Vin Gareffa of Hasbrouck Heights, Chris DeGannes of St. Joseph and James LaGreca of Demarest for track; Eric Katzman of Old Tappan and Dennis Hill of Pascack Valley for baseball and Peter Luck of Saddle River Day for tennis.

E-mail: czerwinski@northjersey.com



**BYRON WILLIAMS**  
OF RIDGEWOOD

5-24-05

## MALE ATHLETE

**Sport:** Track **Class:** Junior **Age:** 17

**Accomplishments:** Byron Williams won three races at the Bergen County championship meet. He won the 3,200 meters in 9:28, the 800 in 1:55 and the 1,600 in 4:21 to lead the Maroons to the County Group 4 title.

**By MARK J. CZERWINSKI**  
STAFF WRITER

Michelle Smith has a dream. It was hatched in the Young Entrepreneurs class she's taking for college credit, growing throughout the school year. Her dream is part of a year-long project that reflects her idea of combining her love of sports fitness and her interest in business into a possible career.

"We had to come up with our dream business," said Smith, a Teaneck senior track star who earned The Record's Female Athlete of the Week honors by breaking Bergen County records in the 400 and 100 hurdles. "Mine is a health clinic. It's a place for workouts, only it caters to more than just athletes. There'll be saunas and swimming pools and a world-class weight room, and it should appeal to everyone."

And the name of this future mecca of fitness? "Smith Speed School," Smith said with a smile. "I don't know. I think I'm going to have to change the name, but that's it for now."

As part of this project, Smith planned everything from the advertising to the marketing to possible locations. She's also taking an accounting course for college credit, and hopes to study more about business when she starts at Hampton University in the fall.

"I'm very big on money management," Smith said. "It's a skill everyone should know."

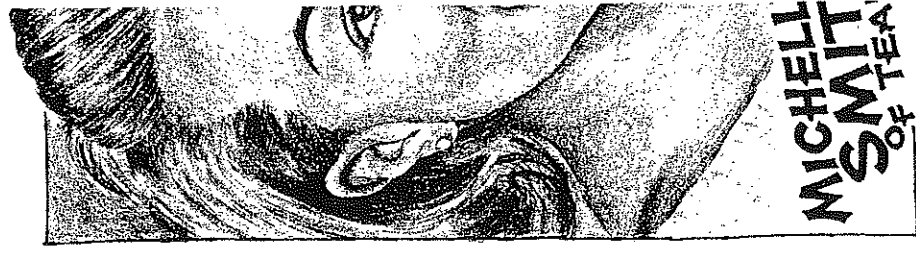
Smith tried a wide variety of sports, including gymnastics, before finding what she calls her "niche in track." She also tried playing soccer for Teaneck as a sophomore, but quickly decided it wasn't for her.

When she's not running or dreaming up big business deals, Smith makes sure she spends plenty of time with her family.

Smith isn't intimidated by the idea of going away to school in September. She enjoyed traveling around the country for track competitions, and she's anxious for the challenges that college will bring.

"I want to see how capable I am," Smith said.

**Also nominated:** Arianna Pomo of Saddle Brook and Alyssa Douma of West Milford for track, Lyndsay Buehler of Pascack Valley, Isa Mendez of Rutherford, Ashley Owens of River Dell and Jamie Hillgardner of Lakeland for softball and Hannah Jaicks of Dwight-Englewood for lacrosse.



**MICHELLE SMITH**  
OF TEA

## FEMALE ATHL

**Sport:** Track **Cl:**

**Accomplishments:** M Bergen County Group dies, finishing in 61.03 broke her own County dies at 13.8.

4 35 31 107 268  
11 102 56 291 265  
11 104 44 271 246



But the deeper the Suns get in Johnson has been critical. "Way he is going to play."

## Entries for Frosh Championship

- 400 IH: Akira Monri 64.1 – 2<sup>nd</sup> Place Peter Nygaard 64.5 – 4<sup>th</sup> Place
- 100m: Bryan Remmen 12.3 / 12.2, Kiho Suh 13.6, Dan Clark 13.8  
Cameron Jones 14.8
- 400m: William Jang **Injured**
- 1600m: Danny Morse 5:28.0
- 110HH: Akira Monri 17.6 / 16.5 – 1<sup>st</sup> Place Peter Nygaard 20.6
- 800m: James Church 2:35.2
- 200m: Bryan Remmen 25.6, Peter Nygaard 26.4 Kiho Suh 29.0
- 3200m: Danny Morse 11:40.3
- Long Jump: Akira Monri 16'8 1/2" – 6<sup>th</sup> Place Bryan Remmen 15'8 1/2"
- Triple Jump: Akira Monri 38' 1/4" – 1<sup>st</sup> Place Bryan Remmen 34'11 1/2" – 4<sup>th</sup> Place
- Pole Vault: Lewis Berns 10'6" – 1<sup>st</sup> Place
- Shot Put: Mike Mosticchio 39'2" – 5<sup>th</sup> Place,  
Tucker Borgman 32'7", Matt Stapleton 26'6"
- Discus: Mike Mosticchio 91'6", Tucker Borgman 89'3", Matt Stapleton 81'2"

### Comments:

Excellent Meet!!! Many personal best set in this last meet of the season. Congratulations to county champion Lewis Berns and to two time county champion Akira Monri!

Team Score: **49 points – 4<sup>th</sup> place**

Don Bosco, Teaneck, Hackensack, Ridgewood, Demarest were the top 5

of Kinnelon also might be a threat in the 3,200. Geoff Goidell of Pascack Hills goes head-to-head with Chris Onorato and Jeff Seider of Haddonfield in a strong shot competition. Anthony Pomo of Saddle Brook and Jeff P... and of Glen Rock face off in the 110 hurdles.

## Group 2

**Teams:** 2004 champion Morris Hills has moved to Group 3, leaving Bergen Group C champion Westwood as a heavy favorite to win its first sectional title since 1998. Ramsey, Tenafly, Indian Hills and River Dell from the Bergen B meet and Hopatcong and Walkkill Valley from Sussex County are the only teams with a chance, but the Cardinals probably are too strong because of their sprinters and jumpers and thrower Erik Heymann.

**Returning champions:** Garrett Kroner, Indian Hills (400); Ken Ebeling, Mahwah (400 IH); Phil Smith, Hopatcong (discus); Nick Paiva, Walkkill Valley (long jump and triple jump).

**Events to watch:** A Jackson-Kroner showdown in the sprints will be terrific with the duo expected to run the 100, 200 and 400. Mike Pachella of Walkkill Valley will be a huge factor in the 400 and will breeze in the 800.

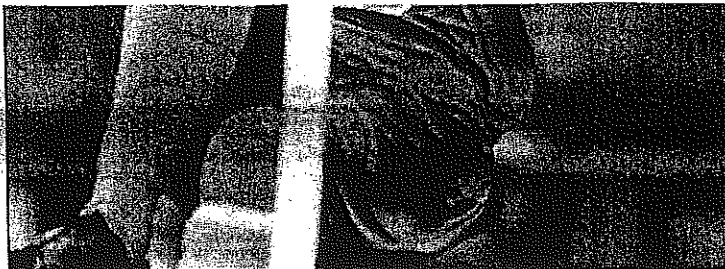
multitalented Joe Martinek will challenge Heymann, who has the state's longest throw this year, in the javelin. He'll also battle E.J. Schuck of Westwood in the long and high jumps.

## Group 3

**Teams:** Sparta is unlikely to be in position to defend its title, leaving 2004 Group 2 sectional champ Morris Hills, Passaic champ West Milford and Bergen B champion Demarest in a war with Northern Highlands and Teaneck as potential dark horses. Demarest hasn't won since 1997, West Milford since 1994 and Northern Highlands since 1975.

**Returning champions:** Corey Edwards, Parsippany Hills (3,200); Oderick Turner, Teaneck (high jump); Nick Romeo, Wayne Hills (long jump); James Woods, Demarest (pole vault).

**Events to watch:** James LaGrecia was second in three events last year for Demarest and the North Jersey Cross-Country runner of the Year renews his tie with Edwards in the 1,600 and 3,200. Evan Campbell of Wayne Valley should be LaGrecia's biggest competition in the 800, Jayson Decker of Morris



RECORD FILE PHOTO

J.J. Ferrie is one of three pole vaulters whose performances could be key to Lyndhurst's bid for its first sectional championship.

Hills and Ben Diestel of Northern Highlands in the 1,600 and Kyle Soloff and Brandon Rodkewitz of Morris Hills and Diestel in the 3,200 are contenders. The intermediate hurdles also is a tough race with Tyler DeRouen, Bobby Gamble and Matt Chiesa of West Milford facing Andrew Porter of Mount Olive, Ted Galligan and Shawn Bolcarovic of Morris Hills. Bolcarovic challenges Northern Highlands' record-setting duo Kwame Collins and Ted Leshner and Bergenfield's Harold Blyden in a loaded triple jump.

## Group 4

**Teams to watch:** Morris County champion Morristown battles defending champion Ridgewood with Passaic runner-up Kennedy and Bergen A runner-up Hackensack. Essex County and Morris third-place finishers West Orange and Randolph also are in the mix.

**Returning champions:** Kevin Thompson, North Bergen (100), Shaquan Brown, Kennedy (400), Hayrol Cruz, Passaic (800), Kyle Osborne, Morristown (shot), Nick Syzonemko, Randolph (long jump).

**Events to watch:** With more than 25 potential State Meet of Champions medalists, every event almost becomes a must-see. Perhaps the best will be the 800, with Cruz facing Byron Williams of Ridgewood and Jason Apwah of Roxbury, all of whom have broken 1:55 this spring. In the 200, Shaquan Brown of Kennedy gets a chance at redemption against Kevin Thompson of North Bergen after losing at the Bernards Invitational. Geoff McCrane of Randolph will battle Williams and Mike Cator of Ridgewood in the 1,600 and 3,200 while Shaun Adair of Morristown and Dan Oquendo of Hackensack collide in the 110 hurdles. But the meet might come down to a battle between pole vaulters Jake Ricciardi of Ridgewood and Alex Sallans of Morristown, with Ryan Laue of Roxbury also in the mix.

## North 2

### Group 1

**Teams:** Defending champion Bernards is favored again but Lyndhurst hopes to contend after finishing third last year. Look out for Whippany Park. Palisades Park, Becton, North Arlington, Secaucus and Wood-Ridge.

**Returning champions:** Pat Di-Gioacchino, Bernards (800), Barry Green, Lyndhurst (shot put), Orestes Medina, Palisades Park (high jump/triple jump), Mike Morello, Lyndhurst (pole vault).

**Events to watch:** The pole vault is a huge event for Lyndhurst in its bid to win a first sectional title. Morello, J.J. Ferrie and Joe Sedlock went 1-2-4 last year and will battle Rich Zamora of Bernards and Whippany Park's Colin Feeney. Medina will battle Reggie McLeod of Academic and Mark Critchley of Whippany Park in the 400.

### Group 2

**Teams:** Fort Lee was the top local finisher last year, in fifth place. Ridgefield Park also could make the top five against defending champion Governor Livingston and perennial contenders Hanover Park and Summit.

**Returning champions:** Corey Stanton, Ridgefield Park (110 HH); Joe Murphy, Gov. Livingston (400 IH); Anthony Abitante, Gov. Livingston (pole vault).

**Events to watch:** Stanton, Murphy, Mike Cuppari of Hanover Park and Ryan Dougherty of Ridgefield Park hook up in a very competitive 110 hurdles race. Rutherford's Marc Pollifrone has a great challenge going against Ben Massam of Chatham in the 1,600. Fort Lee's Andrei Olifer and Ilya Teplinsky are co-favorites in the 800 while Rutherford's Tim Lanni still might be good enough to win the shot and discus despite a stress fracture in his ankle.

Hawthorne freshman Dana Corasaniti in the 800 on Saturday. Hanson and Lauren Malsky of Kinnelon should butt heads in the 100 and Patoir, Sara Kirkpatrick of Pascack Hills, Lauren Schultz of Waldwick, Spadacini and Corasaniti are accomplished 400 hurdlers. Lynn Matanef of Glen Rock, Hayley Kellinger and Arianna Pomo of Saddle Brook will battle for the triple jump title and Julie Haledjian of Pascack Hills, Sue Strzelczyk of Glen Rock and Heather Morba of Kinnelon are tightly packed in the shot.

### Group 2

**Teams to watch:** Indian Hills is better and Ramsey's not quite as good as last year but the duo will dominate again this year with Westwood, Manchester, Dumont, and Tenafly battling for third place.

**Returning champions:** Carlien Allison, Lenape Valley (100/200); Kristin Kern, Indian Hills (100 HH/high jump); Lisa Tarulli, Ramsey (400 IH); Alyssa Schmidt, Jefferson (javelin); Danielle Kroll, Indian Hills (long jump).

**Events to watch:** Allison will have her hands full with Katelyn Savage of Manchester in the sprints, while Tarulli will battle teammate Alex Rosenberger in the intermediates. Tarulli and Indian Hills' Lindsay Jeltis will face off in the 800 and Meggie Sullivan of Tenafly, Aimee Cheg-widden of Walkkill Valley and Elizabeth Bissell of Indian Hills will battle in the 1,600 and 3,200.

### Group 3

**Teams to watch:** Group 3 champion Morris Knolls moves up to a loaded Group 4, leaving the door open for Teaneck to win its first sectional title since the 1995 Group 4 crown. But the Highwaywomen must watch out for challenges from Wayne Valley, West Milford, Ramapo, Old Tappan and High Point, along with Garfield and much improved Mount Olive.

**Returning champions:** Michelle Smith, Teaneck (400/100 HH/400 IH); Shanelle Cross, Garfield (long jump/triple jump). (Lauren Gregory, Morris Knolls (800/1,600) and Lauren Bedard, Morris Knolls (3,200) are in Group 4 this year).

**Events to watch:** Smith always is fun to watch and Tracy Fitzpatrick of High Point and Stephanie Herrick of Wayne Val-

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HIGH SCHOOL SPORTS: TRACK AND FIELD

# An inside look at the boys sectional

BY JIM LAMBERT  
FOR THE STAR-LEDGER

The busiest weekend on the track and field schedule begins today at 3:30 p.m. as the two-day NJSIAA sectional championships get underway at eight sites around the state.

Each meet will continue tomorrow at 10 a.m.

The top six finishers in each event in sectional competition will advance to the state group championships. The state group meet will be at two sites June 3-4. The championships for Groups 1, 3 and 4 will be at Egg Harbor. The Group 2, Non-Public A and Non-Public B meets will be held at Notre Dame in Lawrenceville.

Also this weekend will be the New Jersey Catholic Track Conference Championships on Sunday at Notre Dame at 12 p.m.

Here's an inside look at each sectional.

**NORTH JERSEY, SECTION 1**

Groups 1 and 2 at Indian Hills  
Groups 3 and 4 at Wayne Hills  
**GROUP 4**

**Last 10 champions:** 2004-Ridgewood, 2003-Ridgewood, 2002-Teaneck, 2001-Wayne Valley, 2000-Hackensack, 1999-Hackensack, 1998-Hackensack, 1997-Verthon, 1996-Passaic, 1995-Paterson Kennedy.

**Contenders:** Ridgewood, Morristown, Randolph, Hackensack, Paterson Kennedy, West Orange.

**Individuals to watch:** Shaquan Brown, Paterson Kennedy (sprints); Kevin Thompson, North Bergen (sprints); Hayrol Cruz, Passaic (800); Jason Apwah, Roxbury (800); Byron Williams, Ridgewood (distances); Shaun Adair, Morristown (jumps/HJ); Kyle Ostrome, Morristown (throws); Geoff McGrane, Randolph (distances); Nick Syzonenko, Randolph (400); Danny Oquendo, Hackensack (jumps, hurdles); Ryan Manning, West Orange (jumps); Erick DuVerge, Bloomfield (800); Joe Hathaway, Clifton (throws); Ryan Laue, Roxbury (PV); Doug Cloninger, Morristown (sprints); Deron Dolis, Paterson Kennedy (hurdles).

**Prediction:** Ridgewood will ride its stable of distance runners to its third title in a row. Hackensack, Randolph and Morristown should have a very tight battle for second.

**GROUP 3**

**Last 10 champions:** 2004-Sparta, 2003-Wayne Hills, 2002-Garfield, 2001-Garfield, 2000-River Dell, 1999-Lakeland, 1998-Lakeland, 1997-Lakeland, 1996-Snyder, 1995-Demarest.

**Contenders:** Morris Hills, Northern Highlands, Teaneck, West Milford, Demarest.

**Individuals to watch:** Corey Edwards, Parsippany Hills (distances); Andrew Porter, Mount Olive (hurdles), Kwame Collins, Northern Highlands (jumps); Austin Casey, Parsippany Hills (sprints); Jayson Decker, Morris Hills (distances); Ted Galligan, Morris Hills (hurdles); Dominique Dixon, Morris Hills (javelin); Shawn Bolcarovic, Morris Hills (jumps/hurdles); Aaron King, Morris Hills (jumps/hurdles); Tyler deRouen, West Milford (hurdles/sprints); Oderick Turner, Teaneck (jumps); James LaGrecia, Demarest (distances); George Ahyad, Passaic Valley (throws); Tony Salvatore, Wayne Valley (distances); Mike Polifonte, Passaic Valley (distances).

**Prediction:** Morris Hills, the sectional champion in Group 2 last year, will take its fourth straight sectional trophy. Morris Hills won North Jersey, Section 2, Group 3 in 2002 and '03.

**GROUP 2**

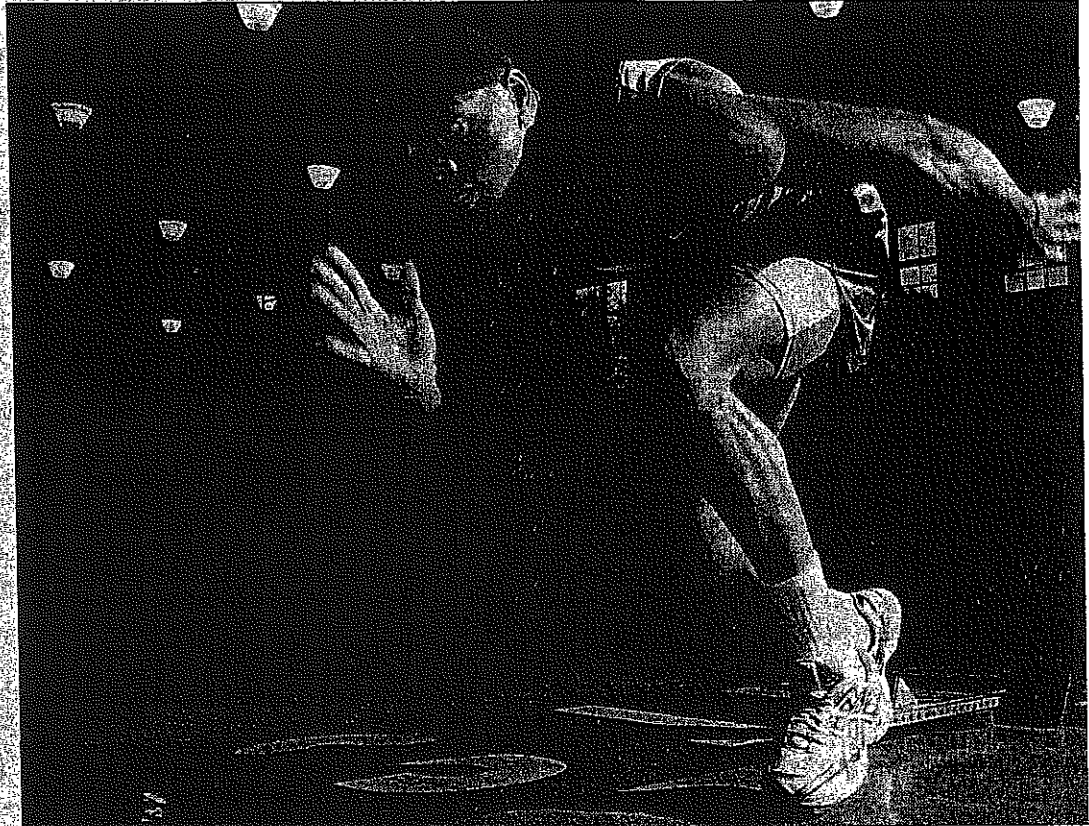
**Last 10 champions:** 2004-Morris Hills, 2003-Newton, 02-Leonia, 2001-Mahwah, 2000-Ramsey, 1999-Ramsey, 1998-Westwood, 1997-Kittatiny, 1996-Glen Rock, 1995-Westwood.

**Contenders:** Westwood, Indian Hills, Ramsey, Hopatcong.

**Individuals to watch:** Mike Pachella, Walkkill Valley (400/800); Rameik Jackson, Westwood (sprints); Erik Heymann, Westwood (throws); Garrett Kroner, Indian Hills (sprints); Ken Ebeling, Mahwah (hurdles); Joe Martinek, Hopatcong (javelin/HJ); Phil Smith, Hopatcong (throws).

**Prediction:** Westwood should run away with its first sectional championship since 1998.

**GROUP 1**



Irvington senior Jamar Cotton is The Star-Ledger Athlete of the Week in boys track after winning the 100- and 200-meter races at the Essex County Championships on Saturday. He anchored Irvington to victory in the 4x100 (41.91) and 4x400 (3:40.14) relays at the East Coast Relays on Monday.

**Contenders:** Hasbrouck Heights (throws/jumps); Jake Parry, Kinneelon (throws); Mike Soroko, Kinneelon (distances); Harold Green, Boonton (javelin).

**Prediction:** Either Saddle Brook or Hasbrouck Heights will end Glen Rock's run of six straight titles. Hasbrouck Heights outpointed Saddle Brook, 126-119%, for the Bergen County Division title last weekend and is picked to win its first title in 11 years.

**NORTH JERSEY, SECTION 2**

Groups 1 and 2 at Whippany Park  
Groups 3 and 4 at South Plainfield  
**GROUP 4**

**Last 10 champions:** 2004-Piscataway, 2003-Elizabeth, 2002-Morristown, 2001-Plainfield, 2000-Elizabeth, 1999-Randolph, 1998-Elizabeth, 1997-Plainfield, 1996-Morristown, 1995-Randolph.

**Contenders:** Phillipsburg, Irvington, Union, Piscataway.

**Individuals to watch:** Jamar Cotton, Irvington (sprints); Latif Brewer, Union (sprints); Chris Hale, Union (jumps, HH); Brett Axelrod, Union (hurdles); Seyki Nyamekyi, Irvington (HH); Auvil Mattis, Irvington (sprints); Malcolm Jenkins, Piscataway (sprints); Rob Damon, Piscataway (HJ/800); Josh Davis, Phillipsburg (distances); Justin Gaymon, Phillipsburg (hurdles); Mike Turner, Phillipsburg (sprints/jumps); Bryan Leini, Phillipsburg (distances); Jeff Perrella, Westfield (distances); Mike Woods, Westfield (PV); Mike Gorski, Westfield (PV); Alex Lehrer, J.P. Stevens (HH); Brian Sutherland, J.P. Stevens (H); Reggie Dixon-Venson, Plainfield (H, sprints); Jimmy Moreno, Linden (throws); Ryan DiOrto, Bridgewater-Raritan (distances); Aaron Wyche, Columbia (400); Chris Palmer, Watchung Hills (hurdles/jumps).

**Prediction:** Irvington is the top sprint team in the state and could score in the mid 50s in the 100, 200, 400 and HH, but Phillipsburg's distance points along with Justin Gaymon's hurdle points and Mike Turner's jumping points will give Phillipsburg a second straight title. Phillipsburg won Group 3 last year.

**GROUP 3**

**Contenders:** Gov. Livingston, Summit, Hanover Park, Chatham, Caldwell.

**Prediction:** Since winning its eighth title in nine years in 2001, Scotch Plains has been shut out in the state title hunt. But that will change as Smith and Rowbotham should combine for close to 50 points.

**GROUP 2**

**Last 10 champions:** 2004-Gov. Livingston, 2003-Parsippany, 2002-Hanover Park, 2001-Hanover Park, 2000-Hanover Park, 1999-Roselle, 1998-Morris Hills, 1997-Newark Central, 1996-Hanover Park, 1995-Roselle.

**Contenders:** Gov. Livingston, Summit, Hanover Park, Chatham, Caldwell.

**Individuals to watch:** Ben Massam, Chatham (distances); Daryl Toney, Summit (sprints); Justin Matlock, Summit (sprints); Troy Cromwell, Summit (sprints); Cedric Zebaze, Hillside (throws); Joe Murphy, Gov. Livingston (hurdles, sprints); Anthony Abitante, Gov. Livingston (PV); Marc Poiffrone, Rutherford (distances); Bryant Joseph, Parsippany (sprints); Tim Lanni, Rutherford (throws); Tim Ringwood, Gov. Livingston (jumps); Steve D'Arcy, Hanover Park (throws).

**Prediction:** Gov. Livingston should find a way to repeat as champion.

**GROUP 1**

**Last 10 champions:** 2004-Bernards, 2003-Whippany Park, 2002-New Providence, 2001-Butler, 2000-New Providence, 1999-New Providence, 1998-New Providence, 1997-Arts, 1996-New Providence, 1995-New Providence.

**Contenders:** Bernards, Whippany Park, Lyndhurst, Technology.

Group Groups

**Last 10 champions:** 2002-Old Bridge, 2001-Old Bridge, 1999-Old Bridge, 1998-Piscataway, 1997-Piscataway, 1996-Piscataway, 1995-Piscataway.

**Contenders:** Old B Rancocas Valley.

**Individuals to watch:** Chris Berezansky, H Brunswick (distances); Yemi Ayeni, Brick (throws); Jason Brick (sprints/jumps); Mayers, Lakewood (H); Tom Rice, Middletown (sprints); Sifiso Takira Dyvae Lopez, Trenton (jumps); Josh Raines, I Sayreville (sprints); M uilo, Old Bridge (javelin); Umar Saeed, Old B Brunswick (throws); Grady, East Brunswick morial (distances); D Rancocas Valley (sprints).

**Prediction:** Old Bric

**Last 10 champi:** 2002-Monmouth Reg, 1998-Ocean Twp, 1995-Matawan.

**Contenders:** Willir North.

**Individuals to wat:** Ryan Jagielski, Colts; Zach Tedoff, Colts; Windsor North (sprint); Mike Damer



# TRACK & FIELD STATE SECTIONALS

# Doles helps Kennedy to a comfortable lead

By **PAUL SCHWARTZ**  
STAFF WRITER

WAYNE – Deron Doles was supposed to battle for the Group 4 110-meter hurdles title this morning at the North 1 sectional track championships.

Instead he'll be at a family reunion in Virginia. So before he left Friday, Doles, a senior, made sure to leave his Kennedy team with 10 unexpected points in the 400 hurdles and propel the Knights to a comfortable lead after the first day of the two-day meet.

Doles upset Hackensack's Danny

## NORTH 1 GROUPS 3-4

Oquendo and led the Knights to a 1-2 finish in the event, running a personal best 55.1. He also planned to run the open 400, but a 70-minute lightning delay forced him into his family's car and on the way to Virginia.

"I wanted to prove myself in the high hurdles [today], but I had to prove myself today in the 400," said Doles, who powered to a 7-meter victory over teammate Ryan Jordan, with Hackensack hurdlers Ed Cabo and Oquendo third and fourth.

Doles was so disappointed that he couldn't run the 110 hurdles, his best event, and be part of Kennedy's State-contending relay team that he thought of skipping the meet altogether.

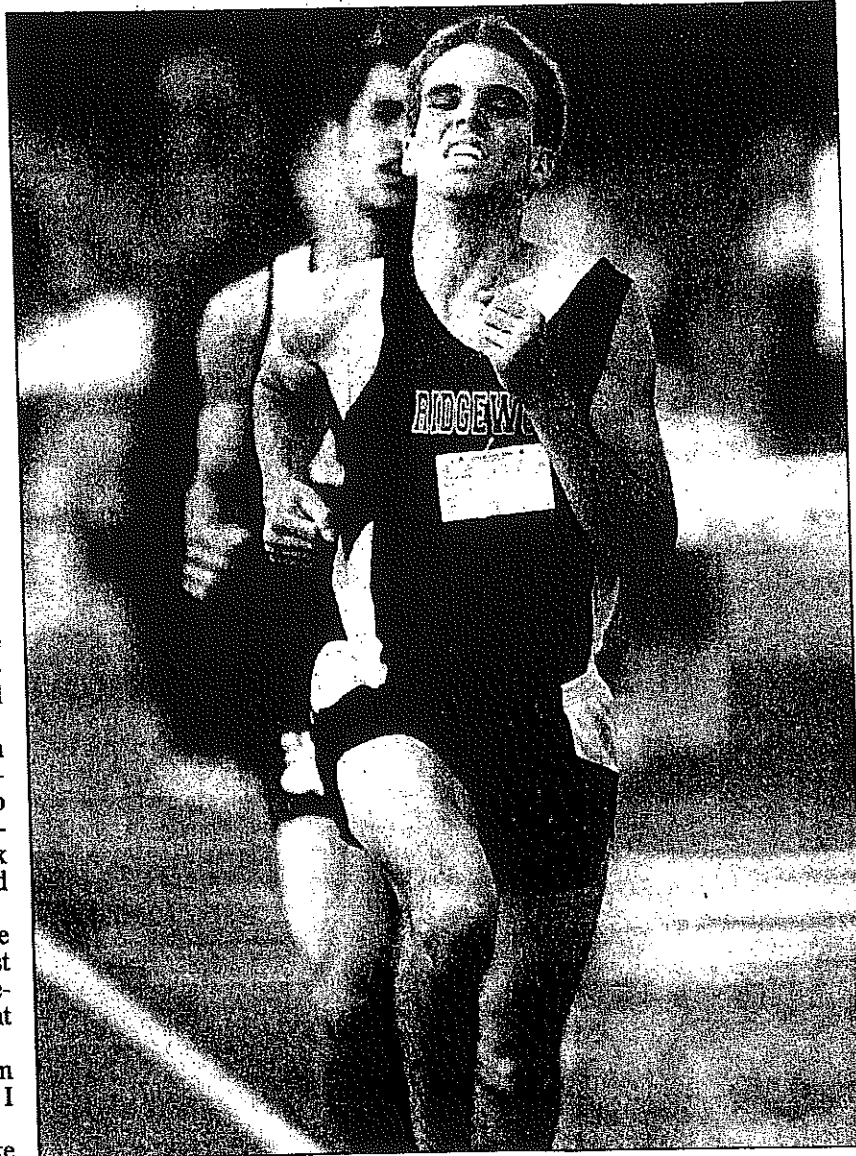
"But I couldn't let myself or my team down and I had to show people what I could do."

His more celebrated teammate Shaquan Brown again showed everyone what he could do, setting a Passaic County record of 47.1 in the 400.

"I wanted to run a fast 400 today," said Brown who also won the 100 in a windy 10.4. "It's time to get serious now."

Ridgewood's Byron Williams continued his stunning running, clocking 1:15.9 to win the Group 4 1,600.

Williams split 61.6 for his final 400 to outrun Geoff McGrane of Randolph (4:16.5). Ben Diestal of Northern Highlands ran just 2:13.7 for his first 800 in the Group 3 1,600 but powered to consecutive 63-second quarters in the sec-



AMY NEWMAN/SPECIAL TO THE RECORD

Ridgewood's Byron Williams finishing strong to win the Group 4 1,600 at the North 1 sectional championships Friday. Williams split 61.6 for his final 400.

ond half of the race to edge James LaGreca of Demarest by 3 meters, in a personal-best 4:20.0.

A year ago Hackensack's Consandria Walker had doubts whether she would ever jump or sprint again after a serious knee injury at the Bergen County meet on May 15, 2004.

She's not yet back to the form that made her North Jersey's top sprinter and jumper, but an easy win in the triple jump and second behind teammate

Amma Walcott's record-tying 100-meter race has put the Comets and Walker back on top.

"I feel like I'm making progress," said Walker, who ran 12.3 behind Walcott's 11.9 in the 100 and jumped 35 feet 10 inches to win the Group 4 triple jump by nearly 2 feet. "But I feel like I'm always getting injured and it frustrates me."

E-mail: schwartzp@northjersey.com

## BASEBALL

### NORTH 1, GROUP 1

New Milford 9,

Emerson 1

Emerson 000 100 0 - 1  
New Milford 010 224 x - 9  
HR: (NM) Todd Crispino. RBI: (NM) Scimeca 4, Crispino 4, Kevin Records: Emerson (19-9), New Iv (22-4). WP: P.J. Saporito (8-2). LP: ard Baratta (7-3).

Glen Rock 14,

Kinnelon 3

Kinnelon 000 003 - 3  
Glen Rock 520 025 - 14  
HR: (GR) Kyle Van Vliet, Brader Keen. RBI: (K) Andrew Nortor Walco, Skyler Conte. (GR) Van Mike Valicenti 2, Andrew Melis 2. Adams 2, Mulkeen 2, Dane O. Records: Glen Rock (17-6). WP: Van Vliet (4-1). LP: Skyler Conte.

Midland Park 5,

Boonton 3

Midland Park 200 210 0 -  
Boonton 000 010 2 -  
HR: (B) Mark Giordano. RBI: (M) Sinclair 2, Jeff Magda, Alex Car Kevin Weaver. (B) Giordano 2. Records: Midland Park (17-9), B (18-6). WP: Mike Mayer (9-2). LP: Wendelowski.

Hawthorne 12,

Hasbrouck Heights :

Hasb. Heights 000 102 0 -  
Hawthorne 200 109 x - 1  
RBI: (HH) Mark Schrock, Mil ianni. (H) Josh Kabrel 2, Nick De Matt Giannella 2, Steve DeMarco Kresch, Joe Verdon, John Records: Hasbrouck Heights Hawthorne (20-5). WP: Giannell LP: Joe Armelli (7-3).

NORTH 1, GROUP 2

Pequannock 16,

River Dell 1

River Dell 001 00 -  
Pequannock 803 5x -  
HR: (P) Ryan Rowland, Dan Vrede. RBI: (RD) Dino Koutsou VandeVrede 3, Rowland 3, Jay B Justin Bencsko, Mike Moran, Se ley, Frank Van Duyn, Doug Je Records: River Dell (18-10), F nock (21-5). WP: VandeVrede ( Brett Carroll (6-3).

Pompton Lakes 8,

Lenape Valley 4

Pompton Lakes 111 500 0 -  
Lenape Valley 101 002 0 -  
RBI: (PL) Terry Lydecker 2, Jim Chris Pasquale, Drew Canger. Groome 2, Steve Chemi, Art A Records: Pompton Lakes Lenape Valley (19-9). WP Pasquale (7-3). LP: Colin Nagy

Westwood 3,

Ramsey 2

Ramsey 001 001 0 -  
Westwood 010 020 x -  
HR: (R) James Gregory. (W) Jer er. RBI: (R) Gregory 2. (W) Records: Ramsey (15-9), W (23-2). WP: Dylan Cacciola ( Eric Duvall (5-1).

NORTH 1, GROUP 3

Morris Hills 2,

Old Tappan 1

Morris Hills 001 000 1 -  
Old Tappan 100 000 0 -  
RBI: (MH) Brian Gonzalez. Sebedin. Records: Morris Hill Old Tappan (20-6). WP: Ryan (6-3). LP: Eric Katzman (7-3).

Ramapo 11,

Demarest 6

# TRACK

## BOYS

### RECAP

#### Group 1

**The teams:** Saddle Brook (111 points) and Hasbrouck Heights (101 points) were the class of the field. Park Ridge won the 1,600 relay to take third with 41 points. Glen Rock — which had won the last six sectional crowns and eight of the last nine — was fifth with 34 points.

**The stars:** Anthony Pomo won four events and Chris Guerriero swept the 800, 1,600 and 3,200 to lead Saddle Brook. Hasbrouck Heights had several outstanding performances. Vinnie Gareffa won the 400 in 50.9 and the 400 hurdles in 55.9. The Aviators' Chris Onorato threw the discus 160 feet, tying the personal best he recorded in the Penn Relays. Chris Seijo took first place in the 200 with a time of 23.0.

Park Ridge's Steve Guzek crushed the competition in the javelin with a throw of 175 feet and Pascack Hills' sophomore Geoff Goidell took home the shot put title with a 51-8½. Leonia's Pat Cunning cleared 6-2 to win the high jump.

#### Group 2

**The teams:** It appears this year's move to Group 2 suits Westwood fine. The Cardinals, second to Glen Rock in Group 1 last year, dominated the short races and field events to run away with the title by 47½ points.

**The stars:** Garrett Kroner of Indian Hills set records in the 200 and 400 and ran a personal best in the 400 with a 48.2. That performance was made more impressive because Westwood's Flameik Jackson ran 21.8 in the 200 and his 48.6 in the 400 broke the record (48.8) set by Hopatcong's Ron McBride in 1993.

Mahwah's Ken Ebeling edged River Dell's Keith Brunner in the 400 hurdles by a tenth of a second. River Dell's Dan Olson won the 3,200 in 9:51.2 and Bryan Kretschmer of Ramsey

**The teams:** In addition to the tie for first earned by Northern Highlands, North Jersey teams had a great day, with Demarest, Teaneck and West Milford taking the 3-4-5 spots. Demarest suffered a major setback Friday when its pole vaulters both no-heighted. Teaneck's Brian Gilbert, winner of the 100 on Friday did not show up for Saturday's 200.

**The stars:** Keith Williams of Old Tappan won both the 200 and 400 out of the normally dreaded Lane 1, setting a school record in the latter event in 49.5.

"For some reason I've always liked that lane," said Williams, who will run at Syracuse next year. "My goal was to break 50 [seconds] this spring and I thought I'd just slip under at 49.9, but to run this fast is terrific."

Bergenfield's Harold Blyden set a group record with his 46-2 win in the triple jump and Oderick Turner of Teaneck became North Jersey's first jumper to clear 6-6 this spring in winning the high jump.

#### Group 4

**The teams:** Kennedy won its first title since 1995, holding off Ridgewood, 79-68, mainly because of Shaquan Brown's amazing running, but Knight throwers Caleb Gordon and Dan Rivera, who had been disappointing all year, also contributed to the 11-point margin.

"I expected more from them because Dan threw 47 feet indoors and Caleb threw 140-something in the discus last year as a sophomore," Kennedy coach Ken Samra said.

"But they came through this weekend and helped us overcome Deron [Doles] having to miss Saturday's events."

Gordon was second in the discus with a 137-1, while Rivera scored in both the shot and discus.

**The stars:** In addition to Kennedy's Brown, Ridgewood's Byron Williams continued his sensational running with a 1:55.2-4:15.9 double in the 800 and 1,600. Teammate Jake Ricciardi cleared 14-8 in the pole vault, the third best in Bergen County history.

— Paul Schwartz  
and Joe Duffy

# TRACK & FIELD: NORTH 1 SECTIONAL CHAMPIONSHIPS

# Battle to the finish

## No. Highlanders wins final event to tie Morris Hills

By PAUL SCHWARTZ  
STAFF WRITER

WAYNE — Northern Highlanders track coach Tom Buono looked anxious and confused as the North 1, Group 3 State sectional track championships sped to a conclusion.

The Highlanders, seeking their first sectional title in 30 years, were battling Morris Hills, and Buono wasn't sure of the score.

But when the Highlanders' 1,600-meter relay team upset Teaneck to win the meet's final event and create a 79-79 tie with Morris Hills, the Morris County champion, Buono was euphoric.

"I'll take it, I'll take it," Buono said after the race had ended with Highlander anchor Jarrett Menzel overtaking Teaneck's Oderick Turner to run a school-record

Batarags came back to finish fourth in the 800 and even volunteered to run his first 3,200 of the year.

"But I thought better of that and put him on the relay [as the third leg] instead," said Buono.

Jun Ho Ham had a personal best in the discus to take fourth and also earned a third in the shot, while Ted Lester scored in three events, including the hurdles and triple jump.

Soph Kwame Collins shook off a shin problem to finish second in the triple jump and third in the long jump and P.J. Picache scored in the high hurdles.

"Our next level kids, Batarags, Ham and Menzel, really stepped up for us and gave us a surprise win," said Buono. "Morris Hills is a great team."

Kennedy junior star Shaquan

Brown enjoyed one of the greatest days in the history of New Jersey sectional meets in leading the Knights to their first Group 4 title since 1995, 79-68 over defending champion Ridgewood.

Brown set sectional records in the 100 (10.4), 200 (21.2) and 400 (47.1), tying a Passaic County record in the 100 and setting the Passaic record in the 400. He also split 47.2 anchoring Kennedy to a sectional record-tying 3:20.3 in the 1,600 relay, clinching the title.

"There's not much better a feeling seeing Shaquan with a 15-meter lead as he starts his anchor leg," said Kennedy coach Ken Samra, whose team led by only one point going into the relay. "I was worried about a false start or a bad pass or even someone falling over their feet, but when he got the stick I relaxed."

### BOYS GROUP 3-4

"I was just hoping we could be in the top four this weekend and didn't even really think about a title. I just wanted us to have good performances."

Highlanders had plenty of those, starting Friday with Ben Diestel upsetting favored James LaGreca of Demarest in the 1,600 with fellow junior Nik Batarags in fifth. It turned out to be the only individual event won by Northern Highlanders, but far from the only good performance.

Menzel, who took second in the 400 Friday, jumped into the 200 at the last minute Saturday as Buono shuffled lineups in an attempt to stay in contention, and finished fourth.

# Comets, Teaneck winners

By PAUL SCHWARTZ



### Group 1

The teams: All seven members of the Butler team placed in at least one event as the Bulldogs scored 88 points to outdistance second-place Passaic Hills, which finished with 55. Jianna Spadaccini won the 400 hurdles and placed second in the 400 and 800 to pace Butler.

The stars: Amy Van Alstine of Midland Park came within a second of the meet record in winning the 3,200. Van Alstine nearly lapped the field, winning in 11:16.1. Van Alstine also won the 1,600 by a large margin on Friday, in 5:18.5.

Arianna Pomo of Saddle Brook placed in four events. Pomo finished first in the long jump (17-3), second in the 100 hurdles (16.2), second in the triple jump (34-4) and third in the high jump (5-0) to amass 32 of the Falcons' 48 points.

Hawthorne's 1,600 relay team of Caitlin Deming, Dana Corasaniti, Mallory Cornett and Shanna Matari set a meet record of 4:03.6.

### Group 2

The teams: Indian Hills dominated the second day of the meet and scored the most points of any team (134) to easily win its second straight title. Ramsey, which held a four-point lead after Friday's events,



**Entries for State Sectionals:**

**Friday:**

**1H:** Niall Buckley **DQ**; Joe Nagano-Gerace **58.2**

**100m:** Albert Gelbaum **11.7**; Sam Oh **11.8**; Lucas Chwe **12.2**

**1600m:** Byron Williams **4:15.9 – 1<sup>st</sup> Place**;  
Michael Cator **4:21.7 – 3<sup>rd</sup> Place**; Niall Buckley **4:30.2**

**400m:** Dan Engel **53.2**; Okechukwu Onwubu **54.5**

**Long Jump:** Brian Clementi **DNC**; Paul Kovach **17'10"**; Sam Oh **18'9"**

**Shot Put:** Steven Abdallah **47'7" – 4<sup>th</sup> Place**; Ben Wilson **41'1"**

**Saturday:**

**110HH:** Joe Nagano-Gerace **16.1 / 16.1**; John Moody **16.5 / 16.8**

**800m:** Byron Williams **1:55.2 – 1<sup>st</sup> Place**;  
Niall Buckley **1:56.8 – 4<sup>th</sup> Place**; Michael Cator **1:57.2 – 6<sup>th</sup> Place**

**200m:** Dan Engel **24.1**; Sam Oh **24.8**; Lucas Chwe **24.9**

**3200m:** Byron Williams **9:39.4 – 2<sup>nd</sup> Place**;  
Michael Cator **9:46.4 – 3<sup>rd</sup> Place**; Dan Emont **10:18**

**4x400m:** Jeremy Schmidt **52.8**  
Niall Buckley **51.2**  
Dan Engel **53.4**  
Albert Gelbaum **52.4**           **3:29.8**

**Pole Vault:** Jacob Ricciardi **14'8" – 1<sup>st</sup> Place**;  
Christian Jensen **13'0" – 6<sup>th</sup> Place**           Lewis Berns **NH**

**Triple Jump:** Sam Oh **38'7"**; Akira Monri **37'9 1/2"**; Paul Kovach **NH**

**Discus:** Steven Abdallah **134'9" – 5<sup>th</sup> Place**; Ben Wilson **110' 1/2"**

**Javelin:** Steven Pierce **166'5" – 3<sup>rd</sup> Place**;  
Nick Ontiveros **142'3"**; Albert Gelbaum **98'3"**

**Final Score:** Kennedy **79**; Ridgewood **68**; Morristown **57**

## NORTH JERSEY, SECTION 1

### GROUP 4

**TEAMS:** 1-Paterson Kennedy 79. 2-Ridgewood 68. 3-Morrisstown 57. 4-Randolph 55. 5-Hackensack 46. 6-Orange 45. 7-Passaic and Vernon 2. 9-North Bergen 18. 1-Jury 17. 11-Bergen Tech 14. 12-Bloomfield 13. 13-Paterson Eastside and Morris Knolls 10. 15-Memorial and Clifton 6. 17-Fair Lawn 4. 18-Montclair 2. 19-Kearny 1.

**100-METER DASH:** 1-Shaquan Brown, PK, 10.4. 2-Kevin Thompson, North Bergen, 10.4. 3-Doug Cloninger, Mor, 10.6. 4-Leslie Bonsu, BT, 10.6. 5-Justin Gannon, Vernon, 10.7. 6-Jonathan Moore, Mont, 10.7.

**200-METER DASH:** 1-Shaquan Brown, PK, 21.2. 2-Kevin Thompson, North Bergen, 21.3. 3-Doug Cloninger, Mor, 22.2. 4-Louis Antenor, WO, 22.3. 5-Leslie Bonsu, BT, 22.6. 6-Jonathan Moore, Mont, 22.8.

**400-METER DASH:** 1-Shaquan Brown, PK, 47.1. 2-Ryan Jordan, PK, 50.4. 3-Louis Antenor, WO, 50.5. 4-Justin Gannon, Vernon, 50.9. 5-Jonathan Radtich, North Bergen, 51.2. 6-Will Barbour, BL, 51.8.

**800-METER RUN:** 1-Byron Williams, Rid, 1:55.2. 2-Hayrol Cruz, Passaic, 1:55.5. 3-Jason Apwah, Roxbury, 1:55.7. 4-Niall Buckley, Rid, 1:56.8. 5-Eric Duverg, BL, 1:56.9. 6-Michael Cator, Rid, 1:57.2.

**1,600-METER RUN:** 1-Byron Williams, Rid, 4:15. 2-Geoff McCrane, Ran, 4:16.5. 3-Michael Cator, Rid, 4:21.7. 4-Hayrol Cruz, Passaic, 4:26.6. 5-Jason Apwah, Roxbury, 4:27.4. 6-Liam Mulcahy, Mor, 4:27.5.

**3,200-METER RUN:** 1-Geoff McCrane, Ran, 9:29.2. 2-Byron Williams, Rid, 9:39.4. 3-Michael Cator, Rid, 9:46.4. 4-Liam Mulcahy, Mor, 9:54.4. 5-Mark Leahy, Mor, 10:00.4. 6-Joe Weber, Kearny, 10:07.0.

**110-METER HURDLES:** 1-Danny Oquendo, Hack, 14.3. 2-Gianni Rollins Hack, 15.0. 3-Edwin Garcia, Mead, 15.6. 4-Noah Jenks, Ran, 15.8. 5-Adair, Mor, 16.5.

**400 INTERMEDIATE HURDLES:** 1-Deron Doles, PK, 55.1. 2-Ryan Jordan, PK, 56.0. 3-Eddy Cabo, Hack, 56.0. 4-Danny Oquendo, Hack, 56.8. 5-Arthur Pierre-Louis, WO, 57.1. 6-Charles Mills, PK, 57.3.

**HIGH JUMP:** 1-Derick Truesdale, Passaic, 6-4. 2-Nick Syzenenko, Ran, 6-4. 3-Danny Oquendo, Hack, 6-2. 4-Ryan Manning, WO, 6-2. 5-Tim Rush, MK, 6-0. 6-Nick Lionetti, MK, 6-0.

**LONG JUMP:** 1-Shaun Adair, Mor, 23-0. 2-Leslie Bonsu, BT, 22-6. 3-Ryan Manning, WO, 22-2. 4-Nick Syzenenko, Ran, 21-8. 5-Danny Oquendo, Hack, 20-10. 6-Lindsey Kyle, Paterson Eastside, 20-8.

**TRIPLE JUMP:** 1-Shaun Adair, Mor, 47-0. 2-Lindsey Kyle, Paterson Eastside, 46-5. 3-Nick Syzenenko, Ran, 44-6. 4-Christan Smalls, Hack, 43-3. 5-Oberon Weah, WO, 42-6. 6-Rafael Nyakako, PK, 41-6.

**SHOT PUT:** 1-Khyle Osborne, Mor, 55-1. 2-Josh Hazen, Vernon, 53-0. 3-Joseph Hathaway, Clifton, 52-9. 4-Steven Abdallah, Rid, 47-3. 5-Daniel Rivera, PK, 47-1. 6-Michael Glasspool, Vernon, 46-11.

**DISCUS:** 1-Evan Sheppard, WO, 139-9. 2-Caleb Gordon, PK, 137-1. 3-Travis Parham, Hack, 135-9. 4-Andrew Dinges, Vernon, 134-11. 5-Steven Abdallah, Rid, 134-9. 6-Daniel Rivera, PK, 128-6.

**JAVELIN:** 1-Javier Espinola, BL, 187-9. 2-Dominic Rubino, WO, 171-0. 3-Steven Pierce, Rid, 166-5. 4-Anthony Pelletier, Fair Lawn, 155-1. 5-Kevin Kahn, Mor, 153-5. 6-Brian Moran, MK, 151-3.

**POLE VAULT:** 1-Jacob Ricciardi, Rid, 14-8. 2-Ryan Laue, Roxbury, 13-6. 3-Van Leeuwen, Ran, 13-6. 4-Sallans, Mor, 13-6. 5-Dan Lee, Roxbury, 13-0. 6-Christina Jensen, Rid, 13-0.

**1,600-METER RELAY:** 1-Paterson Kennedy (Charles Mills, Ryan Jordan, Quadeer Wilson, Shaquan Brown) 3:20.3. 2-Randolph (3:24.4. 3-Morris Knolls 3:27.8. 4-Vernon and West Orange 3:28.1. 6-Paterson Eastside 3:29.5.

### GROUP 3

**TEAMS:** 1-Morris Hills and Northern

### GROUP 2

**TEAMS:** 1-Westwood 113.2. 2-Hopatcong 66. 3-Ramsey 65. 4-Indian Hills 58. 5-River Dell 48. 6-Walkill Valley 40. 7-Mahwah 32. 8-Tenafly 17. 9-Dumont 16. 10-Pompton Lakes 15. 11-Jefferson 9. 12-Kittatinny 7. 13-Englewood 5. 14-Newton 2. 15-Pequanock 1.

**100-METER DASH:** 1-Rameik Jackson, W, 10.7. 2-Garrett Kroner, IH, 10.9. 3-Jake Stass, W, 11.1. 4-Orion Woodard, PL, 11.2. 5-Michael Epps, Englewood, 11.5. 6-James Taylor, W, 11.5.

**200-METER DASH:** 1-Garrett Kroner, IH, 21.7. 2-Rameik Jackson, W, 21.8. 3-Jake Stass, W, 22.6. 4-Orion Woodard, PL, 22.7. 5-Michael Epps, Englewood, 24.7.

**400-METER RUN:** 1-Garrett Kroner, IH, 48.2. 2-Rameik Jackson, W, 48.6. 3-Jake Stass, W, 50.0. 4-Mike Pachella, WV, 50.3. 5-Alex Lanuto, Ramsey, 50.4. 6-Alex Crabbe, Ramsey, 50.5.

**800-METER RUN:** 1-Mike Pachella, WV, 1:53.2. 2-Alex Crabbe, Ramsey, 1:56.8. 3-Dane Bender, PL, 1:58.3. 4-Alex Lanuto, Ramsey, 2:00.5. 5-Mike Crum, Hop, 2:01.2. 6-Kristoffer Pizzolo, Jefferson, 2:02.1.

**1,600-METER RUN:** 1-Bryan Kretschmer, Ramsey, 4:24.9. 2-Maxwell Bruno, IH, 4:26.2. 3-Mike Crum, Hop, 4:30.1. 4-Todd Hamilton, RD, 4:33.0. 5-Edwin Torres, Jefferson, 4:34.7. 6-Dane Bender, PL, 4:34.9.

**3,200-METER RUN:** 1-Dan Olson, RD, 9:51.9. 2-Bryan Kretschmer, Ramsey, 9:55.2. 3-Todd Hamilton, RD, 9:56.9. 4-Joe Kufel, RD, 9:58.5. 5-Andrew Bruno, IH, 10:04.5. 6-Sam McMillen, Kittatinny, 10:06.6.

**110-METER HURDLES:** 1-E.J. Schuck, W, 15.4. 2-Dylan Conrad, Ramsey, 15.5. 3-Keith Brunner, RD, 15.7. 4-Yun Yi, Tenafly, 15.8. 5-Tom O'Connell, Ramsey, 16.0. 6-John Ramos, WV, 16.1.

**400 INTERMEDIATE HURDLES:** 1-Kenneth Ebeling, Mahwah, 56.1. 2-Keith Brunner, RD, 56.2. 3-Dylan Conrad, Ramsey, 57.9. 4-Yun Yi, Tenafly, 58.8. 5-Tom O'Connell, Ramsey, 59.4. 6-Terence To, Mahwah, 1:00.3.

**HIGH JUMP:** 1-Joe Martinek, Hop, 6-4. 2-Kurt Von Weisenstein, IH, 6-0. 3-Frank Elmucco, WV, 6-0. 4-Justin Park, Tenafly, 6-0. 5-Joseph Gray, Englewood, 5-10. 6-E.J. Schuck, W, 5-10.

**POLE VAULT:** 1-Gregory Stripe, Mahwah, 12-0. 2-Mike Landshof, Hop, 12-0. 3-Scott Cannon, W, 12-0. 4-Dan Van Blarcom, Ramsey, 11-6. 5-Luke Kaplan, Tenafly, 11-6. 6-Joe Asaro, IH, 11-6.

**LONG JUMP:** 1-Joe Martinek, Hop, 21-11. 2-E.J. Schuck, W, 21-11. 3-Tyler Byrne, RD, 20-1. 4-Anthony Pillari, W, 19-11. 5-Steven Han, Tenafly, 19-10. 6-Justin Park, Tenafly, 19-9.

**TRIPLE JUMP:** 1-Nick Pavia, WV, 42-9. 2-E.J. Schuck, W, 41-8. 3-Joe Martinek, Hop, 41-6. 4-Garrett Kroner, IH, 41-6. 5-John Ramos, WV, 41-4. 6-Will Garcia, Pequannock, 41-0.

**SHOT PUT:** 1-Sean Lissemore, Dumont, 50-5. 2-Thomas Stripe, Mahwah, 49-11. 3-Shawn Sabo, IH, 49-2. 4-Phil Smith, Hop, 48-10. 5-Erik Heymann, W, 48-2. 6-Daryl Lewis, IH, 47-4.

**DISCUS:** 1-Phil Smith, Hop, 187-9. 2-Erick Heymann, W, 3-Frank Voris, Kittatinny, 146-3. 4-Sean Lissemore, Dumont, 139-1. 5-Thomas Stripe, Mahwah, 137-2. 6-Stephen Thomas, Mahwah, 132-3.

**JAVELIN:** 1-Joe Martinek, Hop, 186-3. 2-Erik Heymann, W, 181-9. 3-Zach Kantsler, WV, 164-5. 4-Sean Cannon, W, 157-6. 5-Kevin Russo, Dumont, 156-8. 6-Jeremy Singleton, WV, 155-11.

**1,600-METER RELAY:** 1-Ramsey (Alex Lanuto, Dylan Conrad, Dave King, Alex Crabbe) 3:24.5. 2-Westwood, 3:25.2. 3-Jefferson, 3:33.2. 4-River Dell, 3:35.2. 5-Newton, 3:38.3. 6-Hopatcong, 3:39.6.

### GROUP 1

**TEAMS:** 1-Saddle Brook 111.

2-Hasbrouck Heights 101. 3-Park Ridge 41. 4-Cornell 37. 5-Edison 35. 6-Clark 34. 7-Boonton 33. 8-Orangeburg 32. 9-Boonton 31. 10-Boonton 30. 11-Boonton 29. 12-Boonton 28. 13-Boonton 27. 14-Boonton 26. 15-Boonton 25. 16-Boonton 24. 17-Boonton 23. 18-Boonton 22. 19-Boonton 21. 20-Boonton 20. 21-Boonton 19. 22-Boonton 18. 23-Boonton 17. 24-Boonton 16. 25-Boonton 15. 26-Boonton 14. 27-Boonton 13. 28-Boonton 12. 29-Boonton 11. 30-Boonton 10. 31-Boonton 9. 32-Boonton 8. 33-Boonton 7. 34-Boonton 6. 35-Boonton 5. 36-Boonton 4. 37-Boonton 3. 38-Boonton 2. 39-Boonton 1.

## NORTH JERSEY, SECTION 2

### GROUP 4

**TEAMS:** 1-Phillipsburg 112. 2-Irvington 77. 3-Piscataway 64. 4-Union 51. 5-Westfield 38. 6-Columbia 25. 7-Watchung Hills 21. 8-Hunterdon Central and Linden 20. 10-Elizabeth 19. 11-Plainfield 12. 12-J.P. Stevens and Bridgewater-Raritan 10. 14-Woodbridge 8. 15-Newark Barringer 4. 16-East Orange 3. 17-Edison 2.

**100-METER DASH:** 1-Jamar Cotton, W, 10.71. 2-Latif Brewer, Union, 10.82. 3-Reggie Dixon-Venson, Plainfield, 10.89. 4-Auvil Mattis, W, 10.96. 5-Mike Turner, P-burg, 11.14. 6-Jaymark Bailey, W, 11.21.

**200-METER DASH:** 1-Jamar Cotton, W, 21.77. 2-Auvil Mattis, W, 21.85. 3-Malcom Jenkins, Piscataway, 21.98. 4-Latif Brewer, W, 22.50. 5-Jaymark Bailey, W, 22.82. 6-Jon Francois, Piscataway, 23.10.

**400-METER RUN:** 1-Auvil Mattis, W, 48.73. 2-Jamar Cotton, W, 49.35. 3-Justin Gaymon, P-burg, 49.36. 4-Malcom Jenkins, Piscat., 49.69. 5-Aaron Wyche, Col., 50.71. 6-James Williams, Plain, 51.05.

**800-METER RUN:** 1-Robert Damon, Piscataway, 1:54.75. 2-Josh Davis, P-burg, 1:55.94. 3-Bryan Lein, P-burg, 1:57.50. 4-Andrew Walker, Columbia, 2:00.23. 5-Adam Cornelisse, W.H., 2:00.50. 6-Aaron Wyche, Columbia, 2:00.56.

**1,600-METER RUN:** 1-Josh Davis, P-burg, 4:24.01. 2-Bryan Lein, P-burg, 4:25.25. 3-Jeff Perrella, Westfield, 4:28.97. 4-Ryan DiOrto, B-R, 4:29.51. 5-Andrew Walker, Columbia, 4:30.61. 6-Ryan Doyle, P-burg, 4:35.85.

**3,200-METER RUN:** 1-Jeff Perrella, Westfield, 9:39.42. 2-Josh Davis, P-burg, 9:54.13. 3-Adam Gruchacz, B-R, 9:58.41. 4-Bryan Lein, P-burg, 9:59.39. 5-Shamarie James, W, 10:00.30. 6-Ivo Casas, Elizabeth, 10:15.46.

**110-METER HURDLES:** 1-Justin Gaymon, P-burg, 14.22. 2-Chris Haley, Union, 14.54. 3-Jon Francois, Piscataway, 14.82. 4-Sekyi Nyamekyi, W, 14.82. 5-Alex Lehrer, J.P. Stevens, 14.89. 6-James Williams, Plainfield, 15.26.

**400-METER INTERMEDIATE HURDLES:** 1-Justin Gaymon, P-burg, 54.26. 2-Malcom Jenkins, Piscataway, 54.80. 3-Brian Sutherland, J.P. Stevens, 56.04. 4-Mike Turner, P-burg, 57.35. 5-Brent Scott, J.P. Stevens, 57.44. 6-Robert Williams, Piscataway, 57.46.

**HIGH JUMP:** 1-Rob Damon, Piscataway, 6-4. 2-Chris Haley, Union, 6-2. 3-Joseph Gonzalez, Elizabeth, 6-0. 4-Bryon Green, Barringer, 5-10. 5-Raz Avraham, Edison, 5-10. 6-Donovan Bembridge, E.O., 5-10.

**LONG JUMP:** 1-Mike Turner, P-burg, 22-10. 2-Chris Haley, Union, 22-4. 3-Malcom Dock, P-burg, 21-10. 4-Alex McCottry, P-burg, 21-4. 5-Joseph Gonzalez, Elizabeth, 21-4. 6-Brett Puryear, Piscataway, 21-2. 7-Justin Gaymon, P-burg, 21-1. 8-Tajae Robinson, W, 21-1. 9-Malcom Dock, P-burg, 21-1. 10-Chris Palmer, W.H., 21-1. 11-Mike Turner, P-burg, 21-1. 12-Matt Fasano, Piscataway, 21-0.

**SHOT PUT:** 1-Jimmy Moreno, Linden, 50-0. 2-Chuck Pierson, Woodbridge, 46-5. 3-Josh Cumberbatch, Piscataway, 45-7. 4-Rondell Barton, Columbia, 44-6. 5-Kent Whitlock, E.O., 44-5. 6-Jose Rios, Eliz., 44-3.

**DISCUS:** 1-Jimmy Moreno, Linden, 137-9. 2-Stephen Witmer, H.C., 137-4. 3-Rondell Barton, Columbia, 134-4. 4-David Barragan, Union, 126-0. 5-Mike Delafuente, Piscat., 120-2. 6-Matt Crystal, W.H., 119-2.

**JAVELIN:** 1-Jeremy Pennino, W.H., 174-6. 2-Josh Fryer, Elizabeth, 162-3. 3-Brett Torrey, H.C., 155-3. 4-Christopher Leon, H.C., 154-10. 5-Jeff Pazzro, Westfield, 153-8. 6-Mike Rapatski, P-burg, 151-11.

**POLE VAULT:** 1-Mike Woods, Westfield, 14-0. 2-Michael Gorski, Westfield, 14-0. 3-Jon Tarlowksi, P-burg, 12-0. 4-Nate Sahlman, W.H., 12-0. 5-Alex Koo, Westfield, 12-0. 6-Joshua Chavanne, Elizabeth, 11-6.

**1,600-METER RELAY:** 1-Irv. (Ismael Robbins, Abayemi Arowolo, Jaymark Bailey and Auvil Mattis) 3:18.22. 2-Piscataway 3:19.08. 3-Columbia 3:23.63. 4-Plainfield 3:25.34. 5-H.C. 3:27.37. 6-Union 3:29.82.

### GROUP 3

**TEAMS:** 1-Montgomery 63. 2-Red Bank 57. 3-Scotch Plains 56.

4-Livingston and Middletown South

### GROUP 2

**TEAMS:** 1-Gov. Livingston 89. 2-Summit 85. 3-Ridgefield Park 53. 4-Chatham 44. 5-Rutherford 39. 6-Fort Lee 35. 7-Hanover Park 34. 8-Lincoln 24. 9-Madison 23. 10-Ridgefield 22. 11-Parsippany 16. 12-Hillside 14. 13-Caldwell 13. 14-Cliffside Park 2. 15-Weequahic and Newark Central 1.

**100-METER DASH:** 1-Justin Matlock, Summit, 11.20. 2-Troy Cromwell, Summit, 11.45. 3-Bryant Joseph, Parsippany, 11.51. 4-Albert Araya, R.P., 11.59. 5-Siomo Bracco, C.P., 11.60. 6-Pedro Freire, Summit, 11.72.

**200-METER DASH:** 1-Justin Matlock, Summit, 22.94. 2-Joseph Murphy, G.L., 23.43. 3-Troy Cromwell, Summit, 23.46. 4-Pedro Freire, Summit, 23.79. 5-Gregory Batejan, G.L., 24.05. 6-John Paul Hroncich, Ridgefield, 24.14.

**400-METER DASH:** 1-Philip Ahlsler, Chatham, 51.36. 2-Pedro Freire, Summit, 51.48. 3-Walt Cook, Lincoln, 51.65. 4-Dan Fernandez, G.L., 52.62. 5-Jeremy Benedicto, Parsippany, 52.74. 6-Albert Araya, R.P., 52.88.

**800-METER RUN:** 1-Marc Polifrone, Rutherford, 2:01.82. 2-Christina Caballero, L., 2:02.39. 3-Andrei Olfier, Fort Lee, 2:03.74. 4-Walter Cook, Lincoln, 2:04.00. 5-Dennis Crump, Caldwell, 2:04.20. 6-Ilya Tepitskiy, Fort Lee, 2:04.30.

**1,600-METER RUN:** 1-Ben Massam, Chatham, 4:25.93. 2-Marc Polifrone, Rutherford, 4:35.13. 3-Adam Wetcher, Madison, 4:44.55. 4-Edward Encarnacion, R.P., 4:46.13. 5-Bill Wides, H.P., 4:46.18. 6-Nick Domanick, H.P., 4:47.01.

**3,200-METER RUN:** 1-Ben Massam, Chatham, 9:27.97. 2-Marc Polifrone, Rutherford, 10:17.38. 3-Edward Encarnacion, R.P., 10:18.58. 4-Stephen Hankinson, Summit, 10:19.11. 5-James Grimes, Chatham, 10:22.05. 6-Ryan McCauley, Rutherford, 10:24.25.

**110-METER HURDLES:** 1-Joseph Murphy, G.L., 15.16. 2-Corey Stanton, R.P., 15.76. 3-Mike Cuppari, H.P., 15.95. 4-Ryan Dougherty, R.P., 16.04. 5-Derek Becht, Madison, 16.19. 6-Anthony Abitante, G.L., 16.26.

**400-METER INTERMEDIATE HURDLES:** 1-Joseph Murphy, G.L., 56.26. 2-Rafael Merced, Ridgefield, 56.87. 3-Derek Becht, Madison, 57.35. 4-Brian Kenny, Chatham, 58.51. 5-Anthony Abitante, G.L., 58.76. 6-Matt Steinhart, Caldwell, 59.83.

**HIGH JUMP:** 1-Matt Steinhart, Caldwell, 5-10. 2-Kirt Lashley, Madison, and Brian Melnick, Chatham, 5-10. 4-Vai Terebizh, Fort Lee, 5-10. 5-Dan Flaherty, Summit, 5-8. 6-John Gardner, Rutherford, 5-8.

**LONG JUMP:** 1-Tim Ringwood, G.L., 22-0. 2-Jon Camacho, Parsippany, 20-11. 3-Nick Priestly, Summit, 20-11. 4-Vai Terebizh, Fort Lee, 20-11. 5-Matt Keel, H.P., 19-9. 6-Brian Melnick, Chatham, 19-6.

**TRIPLE JUMP:** 1-Vai Terebizh, Fort Lee, 44-0. 2-Dwayne Reid, Summit, 42-10. 2-Tim Ringwood, G.L., 42-3. 3-Nick Priestly, Summit, 41-9. 4-Darus Aut, R.P., 40-5. 5-Alex Mallat, R.P., 40-4. 6-Matthew Ceterosimo, Rutherford, 39-8.

**SHOT PUT:** 1-Steve D'Arcy, H.P., 48-8. 2-Steven Kim, Fort Lee, 48-5. 3-Cedrick Zebaze, Hillside, 47-1. 4-Brian Wehman, H.P., 43-7. 5-Chris Tyminski, Ridgefield, 42-5. 6-Tory Smith, H.P., 40-7.

**DISCUS:** 1-Pierce Talbot, Summit, 123-1. 2-Bruce Hunt, Hillside, 122-11. 3-Michael Zuria, Rutherford, 121-11. 4-Chris Tyminski, Ridgefield, 119-6. 5-Steve D'Arcy, H.P., 113-8. 6-William Evans, Newark Central, 108-7.

**JAVELIN:** 1-Ciarence Stewart, Lincoln, 169-4. 2-Douglas Cerniglia, R.P., 160-1. 3-Corey Stanton, R.P., 156-3. 4-Kyle Kolich, Rutherford, 154-3. 5-Dan Reeve, Madison, 153-1. 6-Bob Congalton, Ridgefield, 152-5.

**POLE VAULT:** 1-Anthony Abitante, G.L., 15-6. 2-Joe Murphy, G.L., 11-6. 3-Mike Cuppari, H.P., 11-6. 4-Kevin Koehnig, R.P., 11-0. 5-Doug Park, Fort Lee, 11-0. 6-Bill McClinden, Madison, and Yonah Schwartz, Par., 10-0.

**1,600-METER RELAY:** 1-Summit (Pedro Freire, Justin Matlock, Troy Cromwell and Daryl Toney) 3:32.68. 2-G.L. 3:34.15. 3-Ridgefield 3:34.89. 4-Lincoln 3:36.60. 5-R.P. 3:39.19. 6-Weequahic 3:41.26.

### GROUP 1

**TEAMS:** 1-Bernards 128.

2-Lyndhurst 78. 3-Whitman Park

## CENTRAL JERSEY

### GROUP 4

**TEAMS:** 1-Old Bridge 96. 2-Trenton 47. 3-Rancocas Valley 45. 4-Hillsborough 40. 5-South Brunswick 35. 6-East Brunswick 35. 7-Jackson 34. 8-Franklin 33. 9-West Windsor-Plainsboro South 28. 10-Brick 25. 11-Freehold Twp. 17. 12-Manalapan. 14. 13-Lawrence and Middletown North 12. 15-Brick Memorial 11. 16-Steinert 6. 17-Sayreville 4.

**100-METER DASH:** 1-Bryant McCombs, OB, 10.94. 2-Kyle Nagy, Jackson, 11.35. 3-Aaron Scott, T., 11.36. 3-Alihan Lupkenheimer, OB, 11.36. 5-Jeremiah Lachaud, EB, 11.41. 6-Tim Boeni, Brick, 11.42.

**200-METER DASH:** 1-Bryant McCombs, OB, 21.90. 2-Joshua Raines, RV, 22.75. 3-Phillip Reid, RV, 22.93. 4-Tykeen Fulton, T., 22.95. 5-Kyle Nagy, Jackson, 23:03. 6-Jeremiah Lachaud, EB, 23.44.

**400-METER DASH:** 1-Bryant McCombs, OB, 47.81. 2-Phillip Reid, RV, 49.79. 3-Brian Soltau, WWP, 50.13. 4-Alihan Lupkenheimer, OB, 50.48. 5-Tykeen Fulton, T., 51.31. 6-Alan Berger, Manalapan, 51.60.

**800-METER RUN:** 1-Ian Waterhouse, RV, 1:56.91. 2-Tony Poik, SB, 1:57.36. 3-Phil Fuentes, Steinert, 1:58.78. 4-Christina Gonzalez, FR, 2:00.23. 5-Jeff Hazar, BO, 2:00.95. 6-Steve Logan, Sayreville, 2:01.00.

**1,600-METER RUN:** 1-Gregory Bull, EB, 4:24.77. 2-Justin Granit, EB, 4:25.64. 3-Chris Bezeg, OB, 4:25.67. 4-Joe Ennis, WWP, 4:25.71. 5-Daniel Gilbert, EB, 4:26.45. 6-Ian Waterhouse, RV, 4:29.89.

**3,200-METER RUN:** 1-Matthew Weisinger, BM, 9:41.34. 2-Chris Bezeg, OB, 9:43.09. 3-Matt Ciambriello, OB, 9:43.57. 4-Joe En

H SCHOOL SPORTS: BOYS TRACK SECTIONAL RESULTS

JERSEY, SECTION 2

GROUP 2

TEAMS: 1-Gov. Livingston 89. 2-Summit 85. 3-Ridgefield Park 53. 4-Chatham 44. 5-Rutherford 39. 6-Fort Lee 35. 7-Hanover Park 34. 8-Lincoln 24. 9-Madison 23 1/2. 10-Ridgefield 22. 11-Parsippany 16 1/2. 12-Hillside 14. 13-Caldwell 13. 14-Cliffside Park 2. 15-Weequahic and Newark Central 1.

100-METER DASH: 1-Justin Matlock, Summit, 11.20. 2-Troy Cromwell, Summit, 11.45. 3-Bryant Joseph, Parsippany, 11.51. 4-Albert Araya, R.P., 11.59. 5-Silome Bracco, C.P., 11.60. 6-Pedro Freire, Summit, 11.72.

200-METER DASH: 1-Justin Matlock, Summit, 22.94. 2-Joseph Murphy, G.L., 23.43. 3-Troy Cromwell, Summit, 23.46. 4-Pedro Freire, Summit, 23.79. 5-Gregory Batejan, G.L., 24.05. 6-John Paul Hroncich, Ridgefield, 24.14.

400-METER DASH: 1-Philip Anslar, Chatham, 51.36. 2-Pedro Freire, Summit, 51.48. 3-Walt Cook, Lincoln, 51.65. 4-Dan Fernandez, G.L., 52.62. 5-Jeremy Benedicto, Parsippany, 52.74. 6-Albert Araya, R.P., 52.88.

800-METER RUN: 1-Marc Polifrone, Rutherford, 2:01.82. 2-Christian Caballero, G.L., 2:02.39. 3-Andre Olfier, Fort Lee, 2:03.74. 4-Walter Cook, Lincoln, 2:04.00. 5-Dennis Crump, Caldwell, 2:04.20. 6-Ilya Tepeltskiy, Fort Lee, 2:04.30.

1,600-METER RUN: 1-Ben Massam, Chatham, 4:25.93. 2-Marc Polifrone, Rutherford, 4:35.13. 3-Adam Wetcher, Madison, 4:44.55. 4-Edward Encarnacion, R.P., 4:46.13. 5-Bill Wildes, H.P., 4:46.18. 6-Nick Domanski, H.P., 4:47.01.

3,200-METER RUN: 1-Ben Massam, Chatham, 9:27.97. 2-Marc Polifrone, Rutherford, 10:17.38. 3-Edward Encarnacion, R.P., 10:18.58. 4-Stephen Hankinson, Summit, 10:19.11. 5-James Grimes, Chatham, 10:22.05. 6-Ryan McCauley, Rutherford, 10:24.25.

110-METER HURDLES: 1-Joseph Murphy, G.L., 15.16. 2-Corey Stanton, R.P., 15.76. 3-Mike Cuppari, H.P., 15.95. 4-Ryan Dougherty, R.P., 16.04. 5-Derek Becht, Madison, 16.19. 6-Anthony Abitante, G.L., 16.26.

400-METER INTERMEDIATE HURDLES: 1-Joseph Murphy, G.L., 56.26. 2-Rafael Merced, Ridgefield, 56.87. 3-Derek Becht, Madison, 57.35. 4-Brian Kenny, Chatham, 58.51. 5-Anthony Abitante, G.L., 58.76. 6-Matt Steinhart, Caldwell, 59.83.

HIGH JUMP: 1-Matt Steinhart, Caldwell, 5-10. 2-Kirt Lashley, Madison, and Brian Melnick, Chatham, 5-10. 4-Val Terebizh, Fort Lee, 5-10. 5-Dan Flaherty, Summit, 5-8. 6-John Gardner, Rutherford, 5-8.

LONG JUMP: 1-Tim Ringwood, G.L., 22-0 1/2. 2-Jon Camacho, Parsippany, 20-11 1/2. 3-Nick Priestly, Summit, 20-11 1/2. 4-Val Terebizh, Fort Lee, 20-1. 5-Matt Keel, H.P., 19-9. 6-Brian Melnick, Chatham, 19-6 1/2.

TRIPLE JUMP: 1-Val Terebizh, Fort Lee, 44-0. Dwayne Reid, Summit, 2004. 2-Tim Ringwood, G.L., 42-3 1/2. 3-Nick Priestly, Summit, 41-9. 4-Darius Auli, R.P., 40-5. 5-Alex Mailat, R.P., 40-4 1/2. 6-Matthew Certosimo, Rutherford, 39-8 1/2.

SHOT PUT: 1-Steve D'Arcy, H.P., 48-8. 2-Steven Kim, Fort Lee, 48-5 1/2. 3-Cedrick Zebaze, Hillside, 47-1. 4-Brian Wehman, H.P., 43-7 1/2. 5-Chris Tyminski, Ridgefield, 42-5. 6-Tory Smith, H.P., 40-7 1/2.

DISCUS: 1-Pierce Talbot, Summit, 123-1. 2-Bruce Hunt, Hillside, 122-11. 3-Michael Zurita, Rutherford, 121-11. 4-Chris Tyminski, Ridgefield, 119-6. 5-Steve D'Arcy, H.P., 113-8. 6-William Evans, Newark Central, 108-7.

JAVELIN: 1-Clarence Stewart, Lincoln, 169-4. 2-Douglas Cerniglia, R.P., 160-1. 3-Corey Stanton, R.P., 156-3. 4-Kyle Kolich, Rutherford, 154-3. 5-Dan Reeve, Madison, 153-1. 6-Bob Congalton, Ridgefield, 152-5.

POLE VAULT: 1-Anthony Abitante, G.L., 15-6. 2-Joe Murphy, G.L., 11-6. 3-Mike Cuppari, H.P., 11-6. 4-Kevin Koener, R.P., 11-0. 5-Doug Park, Fort Lee, 11-0. 6-Bill McLinden, Madison, and Yonah Schwartz, Par., 10-0.

CENTRAL JERSEY

GROUP 4

TEAMS: 1-Old Bridge 96. 2-Trenton 47. 3-Rancocas Valley 45. 4-Hillsborough 40. 5-South Brunswick 35 1/2. 6-East Brunswick 35. 7-Jackson 34 1/2. 8-Franklin 33. 9-West Windsor-Plainsboro South 28. 10-Brick 25. 11-Freehold Twp., 17 1/2. 12-Manalapan, 14 1/2. 13-Lawrence and Middletown North 12. 15-Brick Memorial 11. 16-Steinert 6. 17-Sayreville 4.

100-METER DASH: 1-Bryant McCombs, OB, 10.94. 2-Kyle Nagy, Jackson, 11.35. 3-Aaron Scott, T., 11.36. 3-Allan Lunkenheimer, OB, 11.36. 5-Jeremiah Lachaud, EB, 11.41. 6-Tim Boeni, Brick, 11.42.

200-METER DASH: 1-Bryant McCombs, OB, 21.90. 2-Joshua Raines, RV, 22.75. 3-Phil Reid, RV, 22.93. 4-Tykeen Fulton, T., 22.95. 5-Kyle Nagy, Jackson, 23.03. 6-Jeremiah Lachaud, EB, 23.44.

400-METER DASH: 1-Bryant McCombs, OB, 47.81. 2-Phil Reid, RV, 49.79. 3-Brian Soltau, WWPS, 50.13. 4-Allan Lunkenheimer, OB, 50.48. 5-Tykeen Fulton, T., 51.31. 6-Alan Berger, Manalapan, 51.60.

800-METER RUN: 1-Ian Waterhouse, RV, 1:56.91. 2-Teddy Polk, SB, 1:57.36. 3-Phil Fuentes, Steinert, 1:58.78. 4-Christian Gonzalez, FR, 2:00.23. 5-Jeff Hazy, RV, 2:00.95. 6-Steve Logan, Sayreville, 2:01.00.

1,600-METER RUN: 1-Gregory Bull, EB, 4:24.77. 2-Justin Grant, EB, 4:25.64. 3-Chris Bezeg, OB, 4:25.67. 4-Joe Ennis, WWPS, 4:25.71. 5-Daniel Gilbert, EB, 4:26.45. 6-Ian Waterhouse, RV, 4:29.89.

3,200-METER RUN: 1-Matthew Weissinger, BM, 9:41.34. 2-Chris Bezeg, OB, 9:43.07. 3-Matt Ciambriello, OB, 9:43.57. 4-Joe Ennis, WWPS, 9:45.16. 5-Umar Saeed, OB, 9:52.15. 6-Andrew Brodeur, BM, 9:55.61.

110-METER HURDLES: 1-Kyle Grady, EB, 14.68. 2-Jonathan Lauro, Jackson, 14.96. 3-Sifiso Takiramubudde, WWPS, 15.27. 4-Tim Boeni, Brick, 15.38. 5-Sean Coyne, FT, 15.69. 6-Jeff St. Florant, OB, 15.89.

400-METER INTERMEDIATE HURDLES: 1-Tykeen Fulton, T., 54.8. 2-Brian Scott, Law, 55.0. 3-Sifiso Takiramubudde, WWPS, 56.4. 4-Tyler Swarcz, Hills, 56.9. 5-Sean Coyne, FT, 57.4. 5-Jonathan Lauro, Jackson, 57.4.

HIGH JUMP: 1-Devon Bond, T., 6-8. 2-Tom Rice, MN, 6-6. 3-Mike Tyree, FR, 6-6. 4-Shane Donohue, FT, 6-4. 5-Dyshon Reeves, FR, 6-2. 6-Jedidiah Marquez, Jackson, 6-2.

LONG JUMP: 1-Tim Boeni, Brick, 21-8. 2-Ramon Johnson-Brown, FR, 21-3 1/2. 3-Adam Hegel, Manalapan, 20-11 1/2. 4-Joshua Raines, RV, 20-11 1/2. 5-Jedidiah Marquez, Jackson, 20-11 1/2. 6-Yaw Saky, Sayreville, 20-10 1/2.

TRIPLE JUMP: 1-Ayodeji Animashaun, T., 43-11. 2-Ramon Johnson-Brown, FR, 42-10. 3-Dyave Lopez, T., 42-10. 4-Dave Eilbacher, Hills, 42-8 1/2. 5-Miles Petrock, Hills, 41-7 1/2. 6-Adam Hegel, Manalapan, 41-4 1/2.

SHOT PUT: 1-Yemi Ayeni, SB, 58-9 1/2. 2-Chris Berzansky, Hills, 53-4 1/2. 3-Steve Bachman, Manalapan, 53-3 1/2. 4-Matt Hardison, FT, 52-11 1/2. 5-Dan McCoide, Sayreville, 51-7 1/2. 6-Prescott Hill, SB, 51-1 1/2.

DISCUS: 1-Yemi Ayeni, SB, 204-8. 2-Jamar Figueroa, OB, 164-1. 3-Prescott Hill, SB, 158-1. 4-Jason McTowan-Hillman, FR, 154-5. 5-John Miller, OB, 150-3. 6-Pierre James, FR, 148-9.

JAVELIN: 1-Rob Mahler, Brick, 199-0. 2-Ken Cardullo, OB, 171-0. 3-Joe Cella, Jackson, 163-10. 4-Li-Ping Chao, Law, 158-10. 5-Phil Payne, OB, 158-3. 6-Steve Florek, OB, 157-8.

POLE VAULT: 1-Matt Bitten, Hills, 13-0. 2-Steve Theroux, Hills, 12-6. 3-Christopher Kerr, Jackson, 12-6. 4-Chris Leary, MN, 12-0. 5-Stephen Schreyer, EB, 12-0. 6-Mike Goldwasser, Manalapan, and Justin Del Piano, SB, 11-6.

TEAMS: 1-Somerville 84. 2-Matawan 70. 3-Rahway 53. 4-Cranford 41. 5-Bordentown 40. 6-Point Pleasant Boro 33. 7-Shore 32. 8-Raritan 27 1/2. 9-Burlington Twp., 23 1/2. 10-Iselin Kennedy 21 1/2. 11-Johnson 17 1/2. 12-Spotswood 13. 13-Delaware Valley and Middlesex 10. 15-Rumson and Delran 8. 17-Roselle 3.

100-METER DASH: 1-Mason Robinson, Som, 10.9. 2-Dorcease Santiago, Rah, 11.0. 3-Kyle Hayes, Pt. Pleasant Boro, 11.1. 4-Vince Carpenter, Som, 11.1. 5-Dan Manuyag, C, 11.0. 6-Sean Morris, Burlington Twp., and Vincent Reis, Johnson, 11.5.

200-METER DASH: 1-Mason Robinson, Som, 22.3. 2-Vince Carpenter, Som, 22.6. 3-Dorcease Santiago, Rah, 22.8. 4-Vincent Reis, Johnson, 22.9. 5-Jeff Pappun, Rar, 23.1.

400-METER RUN: 1-Vince Carpenter, Som, 49.4. 2-Watson Estelan, Rah, 50.1. 3-Melvin Finley, Mat, 50-5. 4-Mike Steffen, Bor, 50-5. 5-Matt Reidy, Shore, 50-6. 6-Jeff Pappun, Rar, 51-0.

800-METER RUN: 1-Rob Novak, Bor, 1:55.60. 2-Watson Estelan, Rah, 1:58.00. 3-Fred Mendenhall, Bor, 1:58.20. 4-Brian Schilder, DV, 1:59.10. 5-Scott Britton, Shore, 1:59.30. 6-Matt Dahl, Rar, 1:59.50.

1,600-METER RUN: 1-Rob Novak, Bor, 4:24.5. 2-Kevin Brown, C, 4:26.5. 3-Tom Walsh, Mat, 4:26.6. 4-Joe McKenny, C, 4:27.7. 5-Matt Dahl, Rar, 4:28.0. 6-Nate Thompson, C, 4:33.8.

3,200-METER RUN: 1-Tom Walsh, Mat, 9:54.90. 2-Joe McKenny, C, 9:56.70. 3-Kevin Brown, C, 10:06.80. 4-Brad Schepise, SP, 10:10.90. 5-Brian Mahoney, C, 10:20.00. 6-Shawn DeFrance, Mat, 10:21.50.

110-METER HURDLES: 1-Trevor Francis, Iselin-Kennedy, 15.2. 2-Jordan Davis, Burlington Twp., 15.2. 3-Ralph Pica, Mat, 15.7. 4-Marcus Pratt, Rumson, 15.7. 5-Brian Cashman, Som, 15.9. 6-Tim Dluoik, Delran, 15.9.

400-METER INTERMEDIATE HURDLES: 1-Matt Villane, Shore, 56.4. 2-Victor Rivera, Burlington Twp., 56.5. 3-Tim Dluoik, Delran, 57.2. 4-Steven Martinez, Mat, 57.3. 5-Brian Cashman, Som, 57.6. 6-Greg Slnitnik, SP, 58.0.

HIGH JUMP: 1-Tom Planer, C, 6-4. 2-Mike Buchner, Rar, 6-4. 3-Steve Miranda, Johnson, 6-0. 4-Keith Onto, PPB, 5-10. 5-Marquis Triplett, Roselle, 5-10. 6-Deheaven Turner, Delran, 5-10.

LONG JUMP: 1-Kyle Hayes, Pt. Pleasant Boro, 21-0. 2-Ted Okosi, Mat, 20-11 1/2. 3-Sean Gibbs, Mat, 20-7 1/2. 4-Jordan Harris, Rumson, 20-4 1/2. 5-Corey Rosenbaum, Iselin Kennedy, 20-0. 6-Mark Washington, Johnson, 19-11 1/2.

TRIPLE JUMP: 1-Albert Carter, Middlesex, 42-3 1/2. 2-Kyle Hayes, PPB, 41-0. 3-Sean Gibbs, Mat, 40-7 1/2. 4-Keith Onto, PPB, 40-6 1/2. 5-Corey Rosenbaum, Iselin Kennedy, 40-5. 6-Rahdel Savage, Roselle, 40-3 1/2.

SHOT PUT: 1-Jason Wrubel, Shore, 50-10 1/2. 2-Peter Duffy, SP, 50-9. 3-Marion Easley, Som, 48-8 1/2. 4-Rick Jaeger, Rar, 48-8. 5-Oliver Haney, Johnson, 47-7 1/2. 6-Jared Curcio, Pt. Pleasant Boro, 47-3 1/2.

DISCUS: 1-Ande Neblett, Rah, 149-4. 2-Brian England, Rar, 137-4. 3-Andrew Troilan, Mat, 136-0. 4-Marion Easley, Som, 135-5. 5-Oliver Haney, Johnson, 132-7. 6-Chris Carroll, Rar, 132-2.

JAVELIN: 1-Marion Easley, Som, 194-3. 2-Ande Neblett, Rah, 173-3. 3-Timothy Lamore, Iselin Kennedy, 171-10. 4-Danny Newman, Mat, 170-0. 5-Ray Dobrowski, Johnson, 167-0. 6-Lythe Hana, Iselin Kennedy, 162-0.

POLE VAULT: 1-Tom Spinelli, Som, 13-0. 2-William Emmons, Som, 12-0. 3-Matthew Bradley, Mat, 12-0. 4-Steven Rosinsky, DV, 12-0. 5-Joe Rogero, Burlington Twp., 11-6. 6-Mike

SOUTH JERSEY

GROUP 4

TEAMS: 1-Pennsauken 98. 2-Winslow Twp. 70. 3-Vineland 38. 4-Atlantic City, Triton 28. 6-Toms River North 26. 7-Eastern, Cherokee 25. 9-Lenape 24. 10-Southern Reg., Toms River South 23. 12-Toms River East 21. 13-Egg Harbor 19. 14-Absegami 14. 15-Cherry Hill East 12. 16-Mainland 11. 17-Washington Twp. 10. 18-Millville 1.

100-METER DASH: 1-Lindsey Shannon, Atlantic City, 10.66. 2-Hamilton, Pennsauken, 10.70. 3-Davis, Triton, 10.87. 4-Martell, Eastern, 10.92. 5-Miller, Pennsauken, 10.94. 6-DellaVecchia, Absegami, 11.12.

200-METER DASH: 1-Desmond Hamilton, Pennsauken, 21.98. 2-Morris, Vineland, 22.13. 3-Jackson, Winslow, 22.69. 4-Campbell, Pennsauken, 22.84. 5-Davis, Triton, 22.88. 6-Jeffries, Egg Harbor, 22.96.

400-METER RUN: 1-Frank Jackson, Winslow, 49.18. 2-Borlandoe, Mainland, 49.78. 3-Bowen, Pennsauken, 49.97. 4-Campbell, Pennsauken, 50.34. 5-Jeffries, Egg Harbor, 50.43. 6-Rogers, Winslow Twp., 50.45.

800-METER RUN: 1-Branden Grant-ham, Winslow, 1:58.41. 2-Belko, Triton, 1:58.93. 3-Budesa, Toms River South, 1:59.37. 4-Maneval, Cherokee, 1:59.48. 5-Custodio, Vineland, 1:59.77. 6-Candy, Cherokee, 2:00.54.

1,600-METER RUN: 1-Anthony Kellower, Lenape, 4:23.07. 2-Cuff, Vineland, 4:26.39. 3-Beiko, Triton, 4:28.65. 4-Brackett, Southern Reg., 4:28.94. 5-Simpson, Southern Reg., 4:29.54. 6-Toms, Triton, 4:29.99.

3,200-METER RUN: 1-Anthony Kellower, Lenape, 9:34.06. 2-Pisano, Toms River North, 9:39.26. 3-Yersak, Cherokee, 9:41.93. 4-Dolan, Cherokee, 9:43.43. 5-Brearly, Southern, 9:45.89. 6-Mickle, Triton, 9:49.61.

110-METER HURDLES: 1-Jermaine Morris, Vineland, 14.46. 2-Ignaczak, Toms River North, 14.72. 3-Metrick, Absegami, 14.75. 4-Alexander, Absegami, 15.25. 5-Rutherford, Toms River East, 15.27. 6-Edwards, Washington, 15.28.

400-METER INTERMEDIATE HURDLES: 1-George Eggers, Eastern, 56.44. 2-DiCaprio, Cherry Hill, 56.45. 3-Greene, Winslow Twp., 56.79. 4-Barber, Winslow Twp., 57.43. 5-Swern, Lenape, 57.52. 6-Metrick, Absegami, 57.81.

HIGH JUMP: 1-Marshall Akins, Egg Harbor, 6-10. 2-Oliver, Pennsauken, 6-8. 3-Santay, Toms River North, 6-4. 4-Morris, Vineland, 6-2. 5-Hong, Mainland, 6-2. 6-Lewis, Pennsauken, 6-0.

LONG JUMP: 1-Andre Snead, Atlantic City, 22-0. 2-Hamilton, Pennsauken, 21-8 1/2. 3-Akins, Egg Harbor, 21-6 1/2. 4-Talley, Winslow Twp., 21-4 1/2. 5-Wright, Winslow, 21-0. 6-Jones, Millville, 21-0.

TRIPLE JUMP: 1-Desmond Hamilton, Pennsauken, 45-9. 2-Snead, Atlantic City, 44-1 1/2. 3-Grantham, Winslow, 43-10. 4-Talley, Winslow, 42-8 1/2. 5-Ray, Pennsauken, 42-7 1/2. 6-Borlandoe, Mainland, 42-4 1/2.

SHOT PUT: 1-Sal Delhiero, Toms River East, 58-2. 2-Statsko, Toms River South, 52-3 1/2. 3-Smith, Vineland, 51-6. 4-Taylor, Pennsauken, 51-2. 5-Burnett, Southern Reg., 49-9 1/2. 6-Lamar, Pennsauken, 49-8 1/2.

DISCUS: 1-Tom Nessler, Cherokee, 148-3. 2-Delhiero, Toms River East, 144-9. 3-Alwan, Winslow, 143-0. 4-Lamar, Pennsauken, 140-0. 5-Burnett, Southern, and Park, Toms River South, 138-6.

JAVELIN: 1-Kent Carpenter, Pennsauken, 182-4. 2-Oliver, Pennsauken, 176-7. 3-Rizzotto, Southern, 171-8. 4-Breyer, Washington Twp., 169-7. 5-Bozarth, Lenape, 169-5. 6-Winn, Southern, 167-7.

POLE VAULT: 1-Don Smith, Eastern, 13-6. 2-McCullough, Toms River South, 13-6. 3-Rocatta, Washington Twp., 13-6. 4-Harris, Triton, 13-0. 5-Munchell, Southern, 13-0. 6-Markey, Toms River East, 13-0.

GROUP 2

TEAMS: 1-Bridgeton 99. 2-West Deptford 53. 3-Buena 52. 4-Haddon Heights 44. 5-Middle Twp., 38. 6-Haddonfield 29. 7-Cinnaminson 28. 8-Gateway 26. 9-Pleasantville 25 1/2. 10-Overbrook and Woodstown 22. 12-Sterling 16. 13-Seneca 13. 14-Audubon 12 1/2. 15-Haddon Twp. and Glassboro 12.

100-METER DASH: 1-Kordell Young, West Deptford, 10.9. 2-Bunton, West Deptford, 11.0. 3-Edwards, Middle Twp., 11.1. 4-Wallace, Bridgeton, 11.2. 5-Brown, Haddon Heights, 11.3. 6-Givens, Bridgeton, 11.4.

200-METER DASH: 1-AJ Bunton, West Deptford, 22.3. 2-Young, West Deptford, 23.2. 3-Arthur, Haddon Heights, 23.3. 4-Brown, Haddon Heights, 23.3. 5-Givens, Bridgeton, 23.5. 6-Tyson, Glassboro, 23.5.

400-METER RUN: 1-Brian Gibson, Overbrook, 50.0. 2-Wallace, Bridgeton, 50.4. 3-Lemmann, Sterling, 50.5. 4-Laws, Pleasantville, 50.7. 5-Arthur, Haddon Heights, 51.4. 6-Tyson, Glassboro, 51.5.

800-METER RUN: 1-Brendan McDonough, Woodstown, 1:58.0. 2-Gibson, Overbrook, 2:00.4. 3-Best, Pleasantville, 2:01.0. 4-Wallace, Bridgeton, 2:02.1. 5-McCloskey, Audubon, 2:02.4. 6-Mack, Bridgeton, 2:02.8.

1,600-METER RUN: 1-Brendan McDonough, Woodstown, 4:23.2. 2-Grabowski, Cinnaminson, 4:28.0. 3-Heinze, Haddonfield, 4:29.30. 4-Mitchell, Haddon Heights, 4:34.0. 5-Burke, Haddonfield, 4:36.0. 6-McCloskey, Audubon, 4:39.9.

3,200-METER RUN: 1-Steve Grabowski, Cinnaminson, 9:42.7. 2-Mitchell, Haddon Heights, 9:44.2. 3-Burke, Haddonfield, 9:55.7. 4-Heinze, Haddonfield, 9:55.8. 5-McDonough, Woodstown, 10:11.1. 6-Miller, Haddonfield, 10:13.7.

110-METER HURDLES: 1-Aaron Holden, Bridgeton, 14.6. 2-Gaunt, Seneca, 14.8. 3-Manning, Buena, 15.0. 4-Givens, Bridgeton, 15.4. 5-Arthur, Haddon Heights, 15.4. 6-Gossack, Seneca, 16.4.

400-METER INTERMEDIATE HURDLES: 1-Joseph Bunton, Bridgeton, 56.50. 2-Holden, Bridgeton, 56.80. 3-Breard, Haddon Heights, 57.10. 4-Manning, Buena, 57.20. 5-Poskus, Cinnaminson, 58.20. 6-Lamar, Bridgeton, 59.40.

HIGH JUMP: 1-Tim Cook, Glassboro, 6-8. 2-Bunton, Bridgeton, 6-5. 3-Mercado, Pleasantville, 6-0. 4-Ash, Sterling, 6-0. 5-Francolino, Audubon, 5-10. 6-Benson, Pleasantville, 5-10.

LONG JUMP: 1-Davon Edwards, Middle Twp., 21-6 1/2. 2-Bunton, Bridgeton, 21-1 1/2. 3-Toliver, Haddon Heights, 20-8. 4-Holden, Bridgeton, 20-7. 5-Young, West Deptford, 20-1 1/2.

TRIPLE JUMP: 1-Davon Edwards, Middle Twp., 45-4 1/2. 2-Holden, Bridgeton, 44-1 1/2. 3-Manning, Buena, 40-3 1/2. 4-Darrow, Haddon Heights, 39-10 1/2. 5-Ginyard, Middle Twp., 38-11 1/2. 6-Parker, West Deptford, 38-9 1/2.

SHOT PUT: 1-Josh Gierczyk, Buena, 49-4. 2-Logan, Bridgeton, 48-5 1/2. 3-Glover, Gateway, 47-7 1/2. 4-Donocoff, West Deptford, 44-0. 5-Macknet, Haddonfield, 43-0. 6-Pyffer, Buena, 43-1.

DISCUS: 1-Kevin Glover, Gateway, 145-7. 2-Corbitt, Buena, 138-5. 3-Lacontore, Buena, 131-9. 4-Pointer, Overbrook, 131-4. 5-Williams, Middle Twp., 125-0. 6-Campbell, Haddon Twp., 123-6.

JAVELIN: 1-Kevin Glover, Gateway, 174-8. 2-Flynn, Audubon, 171-9. 3-Sutton, Buena, 158-0. 4-Smith, Seneca, and McCordell, Buena, 153-3. 6-Chris Hala, Haddon Twp., 150-4.

POLE VAULT: 1-Steve Stippick, West Deptford, 13-0. 2-Purves, Haddonfield, 12-6. 3-Guenther, Haddon Twp., 12-6. 4-Mancini, Cinnaminson, 12-0. 5-Rooney, Cinnaminson, 12-0. 6-McCardell, Buena, 11-6.

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 NJSIAA/Star-Ledger Track & Field Championships  
 Sectionals - North I - Groups III and IV  
 5/27/2005 to 5/28/2005  
 Wayne Hills High School - Lou Fraulo, Meet Director

## Results

## Boys 100 Meter Dash Group Four

Name	Year School	Finals	Points
1 2860 Shaquan Brown	JR JFKENNEDY-PAT	10.4h	10
2 3271 Kevin Thompson	SR NORTH BERGEN	J10.4h	8
3 3196 Doug Cloninger	JR MORRISTOWN	10.6h	6
4 2348 Leslie Bonsu	SR BERGEN COUNTY TECH	J10.6h	4
5 3804 Justin Gannon	VERNON	10.7h	2
6 3014 Jonathan Moore	SR MONTCLAIR	J10.7h	1

## Boys 200 Meter Dash Group Four

Name	Year School	Finals	Points
1 2860 Shaquan Brown	JR JFKENNEDY-PAT	21.2h	10
2 3271 Kevin Thompson	SR NORTH BERGEN	21.3h	8
3 3196 Doug Cloninger	JR MORRISTOWN	22.2h	6
4 3877 Louis Antenor	SR WEST ORANGE	22.3h	4
5 2348 Leslie Bonsu	SR BERGEN COUNTY TECH	22.6h	2
6 3014 Jonathan Moore	SR MONTCLAIR	22.8h	1

## Boys 400 Meter Dash Group Four

Name	Year School	Finals	Points
1 2860 Shaquan Brown	JR JFKENNEDY-PAT	47.1h	10
2 2887 Ryan Jordan	JR JFKENNEDY-PAT	50.4h	8
3 3877 Louis Antenor	SR WEST ORANGE	50.5h	6
4 3804 Justin Gannon	VERNON	50.9h	4
5 3268 Jonathan Raditch	SR NORTH BERGEN	51.2h	2
6 2442 Will Barbour	BLOOMFIELD	51.8h	1

## Boys 800 Meter Run Group Four

Name	Year School	Finals	Points
1 3654 Byron Williams	11 RIDGEWOOD	1:55.2h	10
2 3294 Hayrol Cruz	12 PASSAIC	1:55.5h	8
3 3662 Jason Apwah	SO ROXBURY	1:55.7h	6
4 3571 Niall Buckley	10 RIDGEWOOD	1:56.8h	4
5 2460 Erick Duverg	BLOOMFIELD	1:56.9h	2
6 3572 Michael Cator	11 RIDGEWOOD	1:57.2h	1

## Boys 1600 Meter Run Group Four

Name	Year School	Finals	Points
1 3654 Byron Williams	11 RIDGEWOOD	4:15.9h	10
2 3523 Geoff McGrane	12 RANDOLPH	4:16.5h	8
3 3572 Michael Cator	11 RIDGEWOOD	4:21.7h	6

4	3294 Hayrol Cruz	12 PASSAIC	4:26.6h	4
5	3662 Jason Apwah	SO ROXBURY	4:27.4h	2
6	3224 Liam Mulcahy	SO MORRISTOWN	4:27.5h	1

Boys 3200 Meter Run Group Four

Name	Year	School	Finals	Points
1	3523	Geoff McGrane	12 RANDOLPH	9:29.2h 10
2	3654	Byron Williams	11 RIDGEWOOD	9:39.4h 8
3	3572	Michael Cator	11 RIDGEWOOD	9:46.4h 6
4	3224	Liam Mulcahy	SO MORRISTOWN	9:54.4h 4
5	3215	Mark Leahey	SO MORRISTOWN	10:00.4h 2
6	2847	Joseph Weber Jr.	11 KEARNY	10:07.0h 1

Boys 110 Meter Hurdles Group Four

Name	Year	School	Finals	Points
1	2779	Danny Oquendo	SR HACKENSACK	14.3h 10
2	2787	Gianni Rollins	SR HACKENSACK	15.0h 8
3	2933	Edwin Garcia	MEMORIAL , WNY	15.6h 6
4	3504	Noah Jenks	12 RANDOLPH	15.8h 4
5	3182	Shaun Adair	SR MORRISTOWN	16.5h 2

Boys 400 Meter Hurdles Group Four

Name	Year	School	Finals	Points
1	2870	Deron Doles	SR JFKENNEDY-PAT	55.1h 10
2	2887	Ryan Jordan	JR JFKENNEDY-PAT	56.0h 8
3	2748	Eddy Cabo	SR HACKENSACK	J56.0h 6
4	2779	Danny Oquendo	SR HACKENSACK	56.8h 4
5	3943	Arthur Pierre-Loui	SR WEST ORANGE	57.1h 2
6	2898	Charles Mills	JR JFKENNEDY-PAT	57.3h 1

Boys 4x400 Meter Relay Group Four

School	Finals	Points
1 KENNEDY, JOHN F -PATERSON>	3:20.3h	10
1) 2898 Charles Mills JR		
3) 2914 Quadeer Wilson JR		
2) 2887 Ryan Jordan JR		
4) 2860 Shaquan Brown JR		
2 RANDOLPH	3:24.4h	8
1) 3525 David Mero 11		
3) 3546 Paul Samuel 12		
4) 3556 Nick Syzonenko 12		
3 MORRIS KNOLLS	3:27.8h	6
1) 3086 Brigham Farrand JR		
2) 3058 Clive Binns JR		
3) 3116 Hedrick Leger JR		
4) 3153 Tim Rush SR		
4 WEST ORANGE	3:28.1h	3
1) 3877 Louis Antenor SR		
2) 3913 Akeem James JR		
3) 3943 Arthur Pierre-Louis SR		
4) 3961 Oberon Weah JR		
4 VERNON	3:28.1h	3
1) 3818 Patrick Jaron		
2) 3813 Jim Hill		
3) 3810 Sean Goetchuis		
4) 3804 Justin Gannon		
6 EASTSIDE, PATERSON	3:29.5h	1
1) 2675 Brown Legrier 10		
2) 2674 Lindsey Kyle 11		
3) 2688 Toney Murphy 10		
4) 2691 Issaic Patterson 10		

Boys High Jump Group Four

Name	Year School	Finals	Points
1 3354 Derick Truesdale	12 PASSAIC	6-04.00	10
2 3556 Nick Syzonenko	12 RANDOLPH	J6-04.00	8
3 2779 Danny Oquendo	SR HACKENSACK	6-02.00	6
4 3925 Ryan Manning	JR WEST ORANGE	J6-02.00	4
5 3153 Tim Rush	SR MORRIS KNOLLS	6-00.00	2
6 3118 Nick Lionetti	SO MORRIS KNOLLS	J6-00.00	1

## Boys Pole Vault Group Four

Name	Year School	Finals	Points
1 3636 Jacob Ricciardi	12 RIDGEWOOD	14-08.00	10
2 3723 Ryan Laue	SR ROXBURY	13-06.00	7
2 3559 Craig Van Leeuwen	12 RANDOLPH	13-06.00	7
4 3234 Alex Sallans	JR MORRISTOWN	J13-06.00	4
5 3716 Dan Kline	JR ROXBURY	13-00.00	2
6 3594 Christian Jensen	12 RIDGEWOOD	J13-00.00	1

## Boys Long Jump Group Four

Name	Year School	Finals	Points
1 3182 Shaun Adair	SR MORRISTOWN	23-00.00	10
2 2348 Leslie Bonsu	SR BERGEN COUNTY TECH	22-06.25	8
3 3925 Ryan Manning	JR WEST ORANGE	22-02.00	6
4 3556 Nick Syzonenko	12 RANDOLPH	21-08.00	4
5 2779 Danny Oquendo	SR HACKENSACK	20-10.00	2
6 2674 Lindsey Kyle	11 EASTSIDE, PATERSON	20-08.00	1

## Boys Triple Jump Group Four

Name	Year School	Finals	Points
1 3182 Shaun Adair	SR MORRISTOWN	47-00.00	10
2 2674 Lindsey Kyle	11 EASTSIDE, PATERSON	46-05.50	8
3 3556 Nick Syzonenko	12 RANDOLPH	44-06.00	6
4 2790 Christian Smalls	SO HACKENSACK	43-03.50	4
5 3961 Oberon Weah	JR WEST ORANGE	42-06.50	2
6 2903 Rafiel Nyakako	SR JFKENNEDY-PAT	41-06.00	1

## Boys Shot Put Group Four

Name	Year School	Finals	Points
1 3230 Khyle Osborne	SR MORRISTOWN	55-01.00	10
2 3811 Josh Hazen	VERNON	53-00.50	8
3 2566 Joseph Hathaway	SR CLIFTON	52-09.25	6
4 3565 Steven Abdallah	11 RIDGEWOOD	47-03.25	4
5 2906 Daniel Rivera	SR JFKENNEDY-PAT	47-01.25	2
6 3809 Michael Glasspool	VERNON	46-11.50	1

## Boys Discus Throw Group Four

Name	Year School	Finals	Points
1 3951 Evan Sheppard	SR WEST ORANGE	139-09	10
2 2878 Caleb Gordon	JR JFKENNEDY-PAT	137-01	8

3	2781 Travis Parham	SR HACKENSACK	135-09	6
4	3795 Andrew Dinges	VERNON	134-11	4
5	3565 Steven Abdallah	11 RIDGEWOOD	134-09	2
6	2906 Daniel Rivera	SR JFKENNEDY-PAT	128-06	1

Boys Javelin Throw Group Four

Name	Year	School	Finals	Points
1 2461 Javier Espinola		BLOOMFIELD	187-09	10
2 3947 Dominic Rubino	SR	WEST ORANGE	171-00	8
3 3631 Steven Pierce	11	RIDGEWOOD	166-05	6
4 3964 Anthony Pelleterre		FAIR LAWN	155-01	4
5 3213 Kevin Kohn	JR	MORRISTOWN	153-05	2
6 3131 Brian Moran	JR	MORRIS KNOLLS	151-03	1

Men - Group Four - Team Rankings - 16 Events SScored

1) Kennedy, John F -Paterson	79	2) Ridgewood	68
3) Morristown	57	4) Randolph	55
5) Hackensack	46	6) West Orange	45
7) PASSAIC	22	7) Vernon	22
9) North Bergen	18	10) Roxbury	17
11) Bergen County Tech	14	12) Bloomfield	13
13) Eastside, Paterson	10	13) Morris Knolls	10
15) Memorial , WNY	6	15) Clifton	6
17) Fair Lawn	4	18) Montclair	2
19) Kearny	1		

**Qualifiers for the Bergen County Meet of Champions  
May 31<sup>st</sup> @ Hackensack**

**Shot Put:** Steve Abdallah 46'7 3/4" – 14<sup>th</sup> Place

**Pole Vault:** Jacob Ricciardi 13'6" – 1<sup>st</sup> Place  
Christian Jensen 13'0" – 2<sup>nd</sup> Place

**400 IH:** Joe Nagano-Gerace 57.64 – 8<sup>th</sup> Place

**800m:** Niall Buckley 1:57.81 – 1<sup>st</sup> Place

**1600m:** Jacob Garber 4:40.04 – 9<sup>th</sup> Place

**3200m:** Daniel Emont 10:17.80 – 11<sup>th</sup> Place

**4x400m:**

Dan Engel 53.2  
Niall Buckley 51.3  
Jeremy Schmidt 52.4  
Albert Gelbaum 53.2

3:30.71 – 8<sup>th</sup> Place

**Congratulations to all...especially our BMOC champions Jacob Ricciardi and Niall Buckley!**





# STATE GROUP TRACK CHAMPIONSHIPS: BOYS PREVIEW

When: Today, 3:30 p.m.; Saturday, 10 a.m. Where: Group 2, Non-Public A and B at Notre Dame High School, Lawrenceville.

Groups 1, 3 and 4 at Egg Harbor Township High School

## Group 1

**Returning champions:** None. (Rameik Jackson, Westwood (100 and 400, now in Group 2).

**Returning medalists:** Orestes Medina, Palisades Park (3rd, 400; 4th, T.J.); Chris Guerrero, Saddle Brook (2nd, 3,200); Rob Keim, Beeton (6th, 3,200); Anthony Porro, Saddle Brook (4th, 110 HJ); 5th, L.J.); Chris Ororato, Hasbrouck Heights (4th, DT).

**Top seeds:** Guerrero (1,600); Park Ridge relay; Pat Cunnning, Leonia, and Scott Atkins, Pascack Hills (co-seeds in H.J.); J.J. Ferre and Mike Morello, Lyndhurst (co-seeds in P.V.); Medina (L.J.); Geoff Goideil, Pascack Hills (SP).

**Other seeds:** Porro (1-4th, 100; 3rd, 110 HJ); 3rd, L.J.; 5th, T.J.); Harry Obamija, Bogota (1-4th, 100); Robert Valenti, Wood-Ridge (2nd, 200); Chris Seijo, Hasbrouck Heights (4th, 200); Vin Gafreffa, Hasbrouck Heights (6th, 200; 5th, 400; 4th, 800; 4th, 400 HJ); Medina (2nd, 400); Guerrero (2nd, 800; 2nd, 3,200) Nick Colasurdo, New Milford (5th, 800); Mike Soroko, Kinnelon (2nd, 1,600); Ryan Van Alstine, Midland Park (3rd, 1,600; 3rd, 3,200); Atkins (5th, 110 HJ); Brian Buccino, Cresskill (3rd, 400 HJ); Marshall Keating, Leonia (5th, 400 HJ); Cresskill relay (4th); Randy Lehmann, North Arlington (1-5th, H.J.); Joe Sedlock, Lyndhurst (1-4th, P.V.); Alan Esteves, Hawthorne (1-4th, P.V.); Barry Green (2nd, SP); Jeff Seidel, Hasbrouck Heights (3rd, SP); Ororato (4th, SP; 2nd, DT); Steve Matroni, Saddle Brook (5th, SP; 6th, DT); Jake Parry, Kinnelon (4th, DT); Dallas Edwards, Park Ridge (5th, DT); Steve Gizek, Park Ridge (2nd, JT); Brandon Garaffa, Hasbrouck Heights (6th, JT).

**Other medal hopes:** Robert Nihen, Glen Rock (800); 1,600); Jason English, Pascack Hills (800); Luciano Confrancesco, Glen Rock

(110 HJ); North Arlington and Midland Park relays; Brandon Melchior, Hasbrouck Heights (P.V.); Brian Wiseman, Saddle Brook (L.J.); George Pecoraro, Cresskill (SP, DT).

## Group 2

**Returning champions:** None

**Returning medalists:** Ken Ebeling, Mahwah (4th, 400 HJ); Val Terabizh, Fort Lee (1-6th, H.J).

**Top seeds:** Rameik Jackson, Westwood (100); Garrett Krone, Indian Hills (200, 400); Ebeling (400 HJ).

**Other seeds:** Krone (1-2nd, 100); Jackson (2nd, 200; 2nd, 400); Jake Stass, Westwood (1-5th, 200; 4th, 400); Alex Crabbe, Ramsey (3rd, 800); Bryan Katschmer, Ramsey (3rd, 1,600); 6th, 3,200); Max Bruno, Indian Hills (5th, 1,600); Dan Olson, River Dell (4th, 3,200); Keith Brunner, River Dell (3rd, 400 HJ); Ramsey relay (2nd); Westwood relay (4th); E.J. Schuck, Westwood (3rd, L.J.); Terabizh (3rd, T.J.); Sean Lissmore, Dumont (3rd, SP; 6th, DT); Tom Stripe, Mahwah (4th, SP); Shawn Sabo, Indian Hills (6th, SP); Erik Heymann, Westwood (2nd, DT; 3rd, JT).

**Other medal hopes:** Orion Woodard, Pompton Lakes (200); Dane Bender, Pompton Lakes (800); Todd Hamilton and Joe Kufel, River Dell (3,200); Rafael Merced, Ridgely (400 HJ); Kurt Van Weisenstein, Indian Hills, and Justin Park, Tenafly (H.J.); Greg Stripe, Mahwah (P.V.); Steven Kim, Fort Lee (SP); Tom Stripe, Mahwah (DT); Doug Carniglia, Ridgely Park (JT).

## Group 3

**Returning champions:** None.

**Returning medalists:** James LaGrecia, DeMarrest (4th, 3,200); P.J. Picache, Northern Highlands (5th, 110 HJ); Oderick Turner,

Teaneck (5th, H.J.); Harold Blyden, Bergenfield (3rd, T.J).

**Top seeds:** Tyler deRouen, West Milford (400 HJ); LaGrecia (800); Turner (H.J.); Blyden (T.J.); George Alvord, Passaic Valley (DT).

**Other seeds:** Evan Campbell, Wayne Valley (2nd, 800); Nik Baragas, Northern Highlands (4th, 800); Ben Diestel, Northern Highlands (2nd, 1,600); LaGrecia (3rd, 1,600); Nick Romeo, Wayne Hills (2nd, L.J.); Kwame Collins, Northern Highlands (3rd, L.J.); Turner (6th, L.J.); Ted Lesher, Northern Highlands (4th, T.J.); Ryan McElroy, Demarest (4th, DT); Dan Begley, West Milford (4th, JT); Northern Highlands relay (4th).

**Other medal hopes:** Matt Schulerer, Demarest (100); Keith Williams, Old Tappan (200, 400); Alec Glasgow, Old Tappan (3,200); Bobby Garbke, West Milford (400 H, T.J.); Teaneck and West Milford relays; Konrad Krolkowski and Luke Gunther, West Milford (P.V.); Stan Valvis, Passaic Valley (SP); James Woods, Demarest (JT).

## Group 4

**Returning champion:** Kyle Lindsay, Eastside (T.J).

**Returning medalists:** Kevin Thompson, North Bergen (3rd, 100; 2nd, 200); Shquan Brown, Kennedy (2nd, 400); Dan Oquendo, Hackensack (3rd, 110 HJ); 6th, 400 HJ); Steven Pierce, Ridgewood (3rd, JT); Jake Ricciardi, Ridgewood (5th, P.V).

**Top seeds:** Shaquan Brown, Kennedy (100; 200, 400); Byron Williams, Ridgewood (1,600); Ricciardi (P.V).

**Other seeds:** Thompson (2nd, 100, 200); Williams (2nd, 800); Hayrol Cruz (3rd, 800); Mike Cator, Ridgewood (3rd, 1,600); Oquendo (4th, 110 HJ); Deron Dolis, Kennedy (5th, 400 HJ); Kennedy relay (3rd); Leslie Bonsu, Bergen Tech (3rd, L.J.); Lind-

say (2nd, T.J).

**Other medal hopes:** Niall Buckley, Ridgewood (800); Ryan Jordan, Kennedy (400 HJ); Ed Cabo, Hackensack (400 HJ); Derrick Trusedale, Passaic (H.J.); Christian Smalls, Hackensack (T.J.); Christian Jensen, Ridgewood (P.V.); Joe Hathaway, Clifton (SP); Pierce (JT).

## Non-Public A

**Returning champion:** Michael Ray Garvin, Don Bosco (100 and 200).

**Returning medalists:** Garvin (4th, 400); Ryan Madrid, Paramus Catholic (4th, 800); StaiSean Lyew, Bergen Catholic (6th, 400 HJ); Claude Guinchar, Don Bosco (2nd, P.V).

**Other medal hopes:** Chris DeGarnes, St. Joseph (100; L.J.); Matt St. Germain, Queen of Peace (100-200-400); Darin Chandler, Paramus Catholic (200-400); Lyew (400); Madrid (1,600); Jason Baker, Don Bosco (1,600); Chadwick Cadet, Don Bosco (110 HJ); Doug Klopacz, St. Joseph Regional (SP); Michael Farr, Don Bosco (DT); Justin Murphy, Paramus Catholic (JT).

## Non-Public B

**Returning champions:** None.

**Returning medalists:** Mike Porte, DePaul (2nd, HJ; 2nd, L.J.); Dan Mercouelli, DePaul (3rd, L.J.); 2nd, T.J.); Lewis Castillo, DePaul (5th, T.J).

**Other medal hopes:** Donald Lee, St. Mary's (100, 200); Darron Mekerson, St. Mary's (400); Ponte (100; 200); Nick Mierte, DePaul (800, 1,600); Matt Fatyczak, DePaul (110 HJ); 400 HJ); DePaul relay; Ethan Ruffolo, DePaul (L.J.); Greg Schranz, DePaul (JT); John Cheresnik, Eastern Christian (JT); Brad Tahn, Eastern Christian (400 HJ).

— Paul Schwartz

# STATE GROUP TRACK CHAMPIONSHIPS

## Garvin runs away with the 100

By **JOE DUFFY**  
STAFF WRITER

LAWRENCEVILLE — The rain fell steadily, the track was slippery and Don Bosco's Michael Ray Garvin still found a way to blow away the competition and set a record in the 100 meters.

The senior barely was challenged in the defense of his Non-Public A 100 title at the State group championships, clocking 10.56, a meet record and the best in the state this year.

"If it was warm I could have done better, but I'm happy," Garvin said. "The biggest thing for me is always the start. Whoever gets out first always wins and I got out first."

## Bosco senior sets meet record; Kroner, Ebeling also triumph

Making Garvin's record more impressive were the less-than-perfect conditions.

"Everyone else has to run in the same conditions so it didn't bother me," said Garvin, headed to Florida State on a football scholarship. "The 100 is my race. I can fully use my explosiveness, just like in football."

Indian Hills' Garrett Kroner won the 400 meters in Group 2 in 49.81 and surprised himself with a second-place finish in the 100.

"I was pretty confident about

the 400, but the 100 was surprising," Kroner said. "I'm definitely more of a 100 guy."

Mahwah's Ken Ebeling glanced at his opponents' times on the seeding sheet and knew he had a chance in the Group 2 400 intermediate hurdles.

"I was seeded second but I wasn't happy with that," Ebeling said. "I saw the kid's time who was ahead of me and I knew if I ran my race, I'd have a shot."

Ebeling's feelings proved correct as the senior overcame a slow start to take first place with

a time of 55.90. Ebeling finished fourth at last year's State group meet.

"This was something I knew I could do ever since last year," Ebeling said.

Westwood's Rameik Jackson finished a disappointing fifth in the Group 2 100. It was obvious something was amiss when Jackson struggled to finish the race.

"I definitely pulled something, it might be my groin or my abdomen, even the trainer wasn't sure," he said.

The injury forced Jackson to miss the 400 and put his status for today's 1,600 relay in doubt. If Jackson is out longer it could be a blow to Westwood's Group 2 title hopes.

## Kennedy star's mistake causes him to miss race

By **PAUL SCHWARTZ**  
STAFF WRITER

EGG HARBOR TOWNSHIP — Shaquan Brown heard the starter's gun go off in the distance and realized he'd missed the start of his Group 4, 400-meter race Friday.

So the Kennedy junior, embarrassed by his mistake, disappeared for more than 40 minutes, afraid to face his friends, his teammates and his coaches.

"I misjudged the start of the race. I thought I'd have enough time to go and get back before the race started. But then I heard the gun for my race go off," said Brown, who had earlier been edged for the 100-meter title by Jamar Cotton of Irvington.

The race was won by Bryant McCombs of Old Bridge in 48.6 seconds, well off Brown's best time of 47.1.

Brown's showdown with Mc-

Combs had been anticipated since the winter, when the Kennedy star lost to McCombs in the indoor State Group 4 400.

Brown came back to win the State Meet of Champions and Eastern States titles, but had never faced McCombs, who set the State junior class record in winning the nationals, a race Brown skipped.

"I was ready to run," said Brown. "I was disappointed because I really wanted to run this race."

"I'm shocked and really disappointed at what happened, because he's never done anything like this before," said Kennedy coach Ken Samra. "I'm just glad nothing serious happened to him."

Brown is expected to run the 200 meters today, again in an anticipated showdown against McCombs.

Brown's disappearance overshadowed a good first day by North Jersey boys, who earned five

gold medals in Groups 1, 3 and 4.

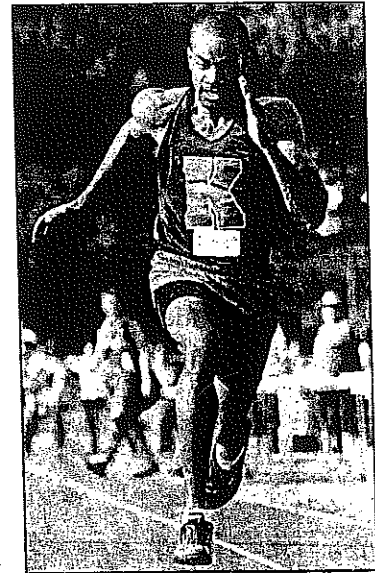
Two of those golds went to Saddle Brook's Anthony Pomo, who scored impressive wins in the Group 1 long jump (21 feet, 6 $\frac{1}{4}$  inches) and 100 meters (11.53). Hasbrouck Heights leads the team standings with 26 points.

West Milford's Tyler deRouen won the Group 3 400 hurdles in 54.88 and then zipped up to his senior prom in Randolph with plans to come back here for today's 1,600 relay.

"The prom's important, but track is more important today," said deRouen.

Ridgewood's Byron Williams won his first State Group 4 title, overtaking Anthony Kelhower of Shawnee in the final strides to win the 1,600 as Kelhower sprawled to the track five meters from the finish.

Williams ran 4:18.15, including a 61.3 final 400, continuing his outstanding recent running. "I'm



RECORD FILE PHOTO

Junior Shaquan Brown was embarrassed after he misjudged the start time of the 400-meter race.

confident about my kick and I was sure I'd have enough to catch him," said Williams. "He grabbed for my hip as he lost his balance and I was worried they'd disqualify me."

Lyndhurst's Barry Green led a 1-2-3-4-5 sweep for Bergen County in the Group 1 shot, throwing 50-9.

# STATE TRACK CHAMPIONS

North Jersey individuals and teams who won State Group track championships Friday and Saturday.

## Boys

### Group 4

1,600: Byron Williams, Ridgewood, 4:18.15

Triple jump: Kyle Lindsay, Eastside, 45-8½

### Group 3

400 IH: Tyler deRouen, West Milford, 54.88

Triple jump: Harold Blyden, Bergenfield, 47-10½

### Group 2

200: Garrett Kroner, Indian Hills, 22.28

400: Kroner, 49.81

400 IH: Ken Ebeling, Mahwah, 55.9

### Group 1

Team: Saddle Brook

100: Anthony Pomo, Saddle Brook, 11.53

200: Vinnie Gareffa, Hasbrouck Heights, 22.78

Shot put: Barry Green, Lyndhurst, 50-9

Long jump: Pomo, 21-6¼

Triple jump: Brian Wiseman, Saddle Brook, 43-10½

### Non-Public A

100: Michael Ray Garvin, Don Bosco, 10.56

200: Garvin, 21.71

Shot put: Doug Klopacz, St. Joseph, 56-3

### Non-Public B

100: Michael Ponte, DePaul, 11.29

200: Donald Lee, St. Mary's, 22.99

400 IH: Brad Tanis, Eastern Christian, 59.2

Javelin: Jon Cheresnick, Eastern Christian, 150-5

## Girls

### Group 4

Pole vault: Cassie Wong, Ridgewood, 11-0

### Group 3

Triple jump: Shanelle Cross, Garfield, 35-4

### Group 2

Pole vault: Patricia Murphy-Kennelly, Mahwah, 9-6

### Group 1

800: Alicia Henry, Cresskill, 2:17.34

3,200: Amy Van Alstine, Midland Park, 11:09.73

Discus: Jessica Lehmann, Park Ridge, 116-4

High jump: Mallory Cornett, Hawthorne, 5-2

Long jump: Arianna Pomo, Saddle Brook, 18-10

Triple jump: Lynn Matante, Glen Rock, 34-1¼

1,600 relay: Hawthorne, 4:02.94

### Non-Public A

400: Janine Davis, Queen of Peace, 56.21

800: Davis, 2:10.07



## GROUP 4

**TEAM SCORES:** Old Bridge (OB) 44, Phillipsburg (PHI) and Randolph (RAN) 32, Piscataway (PIS) 28, South Brunswick (SB) 27, Pennsauken (PEN) 25 1/2, Irvington (I) 25, Ridgewood (R) 24, Kennedy (K) 22, Winslow Twp. (WIN) and Egg Harbor Twp. (EHT) 16, Morristown (MOR) and Westfield (W) 15, Lenape (LEN) 14, Franklin (FRA), and Rancocas Valley (RV) 13, Eastern (EAS) 11, Union (U), Eastside (E) and Brick Township (BRI) 10, Bloomfield (BLO) and Atlantic City (AC) 9, Toms River East (TRE) and Hackensack (H) 8, Passaic (P) 7 1/2, J.P. Stevens (JPS) and Toms River South (TRS) 6, Freehold Twp. (FRE) 5 1/2, Brick Mem (BRI), Watchung Hills (WAT), Elizabeth (ELI), Vineland (VIN), and Absegami (ABS) 4, Toms River North (TRN), Montclair (MONT), Hillsborough (HIL), Manalapan (MAN) and Lawrence (LAW) 2, West Windsor Plainsboro South (WWPS), Cherokee (CHER), East Brunswick (EB), and Southern (SOU) 1, Columbia (COL) 1/2.

**100:** 1. Jamar Cotton (I), 11:02; 2. Shaquan Brown (K), 11:03; 3. Lindsey Shannon (AC), 11:10; 4. Latif Brewer (U), 11:15; 5. Jonathan Moore (MON), 11:34; 6. Doug Cloninger (MOR), 11:41.

**200:** 1. Bryant McCombs (OB), 21:55; 2. Shaquan Brown (K), 21:63; 3. Jamar Cotton (I), 21:78; 4. Jermaine Morris (VIN), 22:06; 5. Malcolm Jenkins (PIS), 22:11; 6. Desmond Hamilton (PEN), 22:25.

**400:** 1. Bryant McCombs (OB), 48.5; 2. Malcolm Jenkins (PIS), 49.1; 3. Frank Jackson (WIN), 49.8; 4. Allan Lunkenheimer (OB), 50.3; 5. Phillip Reid (RV), 50.5; 6. tie between Aaron Wyche (COL) and Ray Campbell (PEN), 50.8.

**800:** 1. Ian Waterhouse (RV), 1:53.83; 2. Josh Davis (PHI), 1:54.27; 3. Hayrol Cruz (PAS), 1:54.61; 4. Robert Damon (PIS), 1:54.66; 5. Byron Williams (R), 1:55.51; 6. Erick Duverge (BLO), 1:56.48.

**1,600:** 1. Byron Williams (R), 4:18.15; 2. Anthony Kellhower (LEN), 4:19.97; 3. Geoff McGrane (RAN), 4:20.36; 4. Josh Davis (PHI), 4:23.15; 5. Justin Brackett (TRN), 4:23.48; 6. Jeff Perrella (W), 4:24.37.

**3,200:** 1. Geoff McGrane (RAN), 9:16.39; 2. Jeff Perrella (W), 9:22.91; 3. Anthony Kellhower (LEN), 9:23.33; 4. Matt Weissinger (BRI), 9:27.79; 5. Mike Cator (R), 9:28.95; 6. Joe Ennis (WWPS), 9:30.03.

**10 HR:** 1. Justin Gaymon (PHI), 14:17; 2. Dan Oquendo (H), 14:36; 3. Chris Haley (U), 14:48; 4. Brian Metrick (ABS), 14:55; 5. Jon Francois (PIS), 14:51; 6. Sekyi Nyameki (I), 14:83.

**400 HR:** 1. Justin Gaymon (PHI), 53:76; 2. Malcolm Jenkins (PIS), 55:09; 3. Brian Sutherland (JPS), 58:69; 4. Charles Mills (K), 57:50; 5. Brian Scott (LAW), 57:81; 6. George Eggers (EAS), 58:18.

**Shot put:** 1. Yemi Ayeni (SB), 58-9; 2. Sal Delhiero (TRE), 54-4; 3. Khylie Osborne (MOR), 53-7 1/2; 4. Matt Hardison (FT), 51-11; 5. Chris Berzansky (HIL), 51-8; 6. Prescott Hill (SB), 51-2.

**Discus:** 1. Yemi Ayeni (SB), 197-5; 2. Jamar Figueroa (OB), 168-5; 3. Prescott Hill (SB), 160-8; 4. Pierre James (FRA), 157-10; 5. Jason Hillman (FRA), 152-9; 6. Tom Nessler (CHER), 152-0.

**Javelin:** 1. Rob Mahler (BRI), 188-8; 2. Javier Espinola (BLO), 185-1; 3. Ken Cardullo (OB), 183-10; 4. Jeremy Penning (WAT), 182-2; 5. Steven Pierce (R), 179-11; 6. Brian Winn (SOU), 173-9.

**High Jump:** 1. Marshall Akins (EHT), 6-8; 2. Justin Oliver (PEN), 6-8; 3. Mike Tyree (FRA), 6-6; 4. Nick Syzonenko (RAN), 6-4; 5. tie between Derick Truesdale (P) and Shane Donohue (FRE), 6-4.

**Long Jump:** 1. Desmond Hamilton (PEN), 21-9 1/2; 2. Nick Syzonenko (RAN), 21-2 1/2; 3. Marshall Akins (EHT), 21-2; 4. Joseph Gonzalez (ELI), 21-0 1/2; 5. Adam Hegel (MAN), 20-11; 6. Andre Sneed (AC), 20-9 1/2.

**Triple Jump:** 1. Kyle Lindsay (E), 45-8 1/2; 2. Shaun Adair (MOR), 44-10 3/4; 3. Desmond Hamilton (PEN), 43-9 3/4; 4. Nick Syzonenko (RAN), 43-9 1/2; 5. Andre Sneed (AC), 43-7; 6. Ramon Jobson-Brown (FRA), 43-4.

**Pole Vault:** 1. Don Smith (EAS), 14-6; 2. Jake Ricciardi (R), 14-0; 3. David McCullough (TRS), 14-0; 4. Mike Woods (W), 14-0; 5. Mike Gorski (W), 14-0; 6. Stephen Schreyer (EB), 13-6.

**400 relay:** 1. Winslow Township (Derek ers, Branden Grantham, Darnell Barber, Erik Jackson), 3:20.47; 2. Irvington, 3:20.99; 3. Old Bridge, 3:22.04; 4. Piscataway, 3:23.02; 5. Kennedy, 3:23.42; 6. Rancocas Valley, 3:24.39.

# Henry has it all under control

By PAUL SCHWARTZ  
STAFF WRITER

**EGG HARBOR TOWNSHIP**  
— A year after a disappointing fifth-place finish in the State Group I 800 meters, Alicia Henry of Cresskill had a score to settle. The 2005 field paid for her unhappiness at the 2004 meet.

Henry, who finished a distant second behind Janine Davis at the Bergen County Meet of Champions on Tuesday, pulled off a Davis-like domination Saturday, powering to a 35-meter win in the 800, running 2:17.34.

She joined Amy Van Alstine of Midland Park (3,200), Adriana Pomo of Saddle Brook (long jump) and the Hawthorne 1,600-meter relay team as winners Saturday, giving North Jersey seven Group I champions in the meet.

Ridgewood's Cassie Wong was the only other North Jersey winner Saturday, capturing the Group 4 pole vault at 11 feet.

"Last year we came down Saturday morning, got lost [going to Notre Dame High School in Lawrenceville], spent an extra hour in the car and we got to the meet with no time for me to warm up," said Henry, still shuddering at the memory. "This time I came down with the boys team [Friday], relaxed and really prepared for my race."

That was apparent from the opening gun as Henry pulled away from the pack and raced through the 400 in a speedy 63.4, already 25 meters ahead. And she never lost a step of her lead, extending it almost to the finish.

"I think I can run a lot faster

Wednesday night," said Henry, referring to the State Meet of Champions at South Plainfield. "This turned out to be one of the easiest races I've had this year. I usually think I run better chasing people, but today I was determined to take the race at my pace."

"Wednesday, I know there are some great runners in the field and I'm not going to win, but I'm going to sit on the shoulders or close to the top kids for as long as I can and see what happens."

Wong bluntly answered "no" when asked if she could win Wednesday night, but teammates said her negativity just acts as motivation for her performances.

And her performance Saturday marks her as a contender for the State all-groups title.

Wong had a rare miss at 10 feet when she forgot to change her standards, running though the pit, but didn't miss again until the last competitor was eliminated at 11 feet. She cleared 10-0, 10-6 and 11-0 easily and nearly made a Bergen County record 11-8.

"It's my fault at 10 because I forgot to tell the officials to move my standards and didn't realize it until it was too late to stop," said Wong, only a sophomore.

"We're really a family of vaulters, the girls and the guys," said Wong, who was vaulting at the same time teammate Jake Ricciardi was taking second in the boys vault. "We do drills together, we practice together and we have a lot of fun together. And Coach [Don] Cooper really puts it all together for us."

**State Group IV Championship  
@ Egg Harbor, NJ**

**June 3<sup>rd</sup> – pouring 55  
June 4<sup>th</sup> – drizzling 60**

**Friday:**

**1600m:**

Byron Williams **4:18.15 – 1<sup>st</sup> Place**  
Michael Cator **4:30.73 – 12<sup>th</sup> Place**

**Shot Put:**

Steven Abdallah **40'9 1/4" – 17<sup>th</sup> Place**

**Saturday:**

**800m:**

Byron Williams **1:55.51 – 5<sup>th</sup> Place**  
Niall Buckley **2:00.77 – 14<sup>th</sup> Place**

**Discus:**

Steven Abdallah **127'11" – 16<sup>th</sup> Place**

**Pole Vault:**

Jacob Ricciardi **14'0" – 2<sup>nd</sup> Place**

**3200m:**

Michael Cator **9:28.95 – 5<sup>th</sup> Place**

**Javelin:**

Steven Pierce **179'11" – 5<sup>th</sup> Place**

**Team Score:**

**24 points – 8<sup>th</sup> Place**

# Maroons' Williams, Wong capture state track crowns

BY DAVID ZARO  
Staff Writer

**EGG HARBOR TOWNSHIP** — Byron Williams and Cassie Wong of Ridgewood High School won individual championships last weekend at the state Group 4 track and field finals at Egg Harbor Township High School.

Williams won the 1600 meters, and Wong captured the pole-vault title to advance to the State Meet of Champions, which was held Wednesday at South Plainfield High School.

Wong, who was named *The Record* Athlete of the Week for her efforts, posted a vault of 11 feet to top the field, the same height that she cleared to win the Bergen Meet of Champions title last Tuesday.

"According to the seeds, I should have won, but you can never just expect to win," Wong said. "You never know if someone is going to have a PR (personal record) or just a bad day."

Wong started her sophomore year as a 9-foot vaulter and has quickly developed into a championship-caliber performer.

Despite her obvious talent, Wong was not convinced that she could be a champion after watching some of the impressive Ridgewood pole vaulters that preceded her, such as Kerri Norton, who won the pole vault at last year's Bergen Meet of Champions.

"I never thought that I would be a champion," said Wong. "Kerri was a champion, and I didn't think that I could be as good as she was."

Wong credits her development to the support of head coach Jacob Brown and pole vault expert and assistant coach Don Cooper, as well as the co-captain of the boys team, senior Jake Ricciardi, an accomplished vaulter himself.

Ricciardi has enjoyed an excellent season, winning the pole vault at numerous events, most recently the county championships and the state-sectionals, and was second in the event at the Group 4 final.

"Jake has really helped me with motivation and technique," Wong said.

Williams' title in the 1600 meters came in dramatic fashion, as he moved past Anthony Kelhower of Lenape, who stumbled and fell to the track with just about five meters to go in the race. With a 61.3 second pace in the final 400 meters, Williams put himself in position to claim the victory.

"It really hasn't hit me yet, but it will at some later point," said Williams, who posted a final time of 4:18.15. "I expected the race to be a little faster around 4:15."

It has been a tremendous season for Williams, who has been one of the top competitors in North Jersey all season long in three different events, the 800, 1600, and 3200 meters.

Williams mentioned that the presence of his teammate in the race, junior Mike Cator, was very reassuring to him before the race began. Cator finished 12th with a time of 4:30.73.

"It helps when you have a teammate there," Williams said. "It makes it more comfortable when you can talk to someone before the race."

The multi-talented Williams also competed in the 800 meters, coming in fifth overall at 1:55.51.

"The race went out at :55, which is a little faster than I would have liked," Williams said. "It was physically toward the end, and I lost a bit of energy for my kick."

Williams credits both mental and physical preparation for his success throughout the season.

"It comes from pushing yourself to the limits in practice and having your coaches, teammates and friends supporting you and knocking out any of the doubts you have," said Williams.

\*\*\*  
The Group 4 title for the boys was captured by Old Bridge High School while Piscataway High School won the girls title.

David Zaro's e-mail address is [zaro@northjersey.com](mailto:zaro@northjersey.com)



HIGH SCHOOL SPORTS: BOYS AND GIRLS TRACK MEET OF CHAMPIONS

# Ten things to keep track of

BY JIM LAMBERT  
AND RICH BEVENSEE  
FOR THE STAR-LEDGER

A meet-record attempt by Janine Davis of Queen of Peace, an attempted triple by Tiquan Underwood of Notre Dame and possible doubles by Yemi Ayeni of South Brunswick, Justin Gaymon of Phillipsburg and Bryant McCombs of Old Bridge will highlight tomorrow's NJSIAA/Star-Ledger Meet of Champions in South Plainfield.

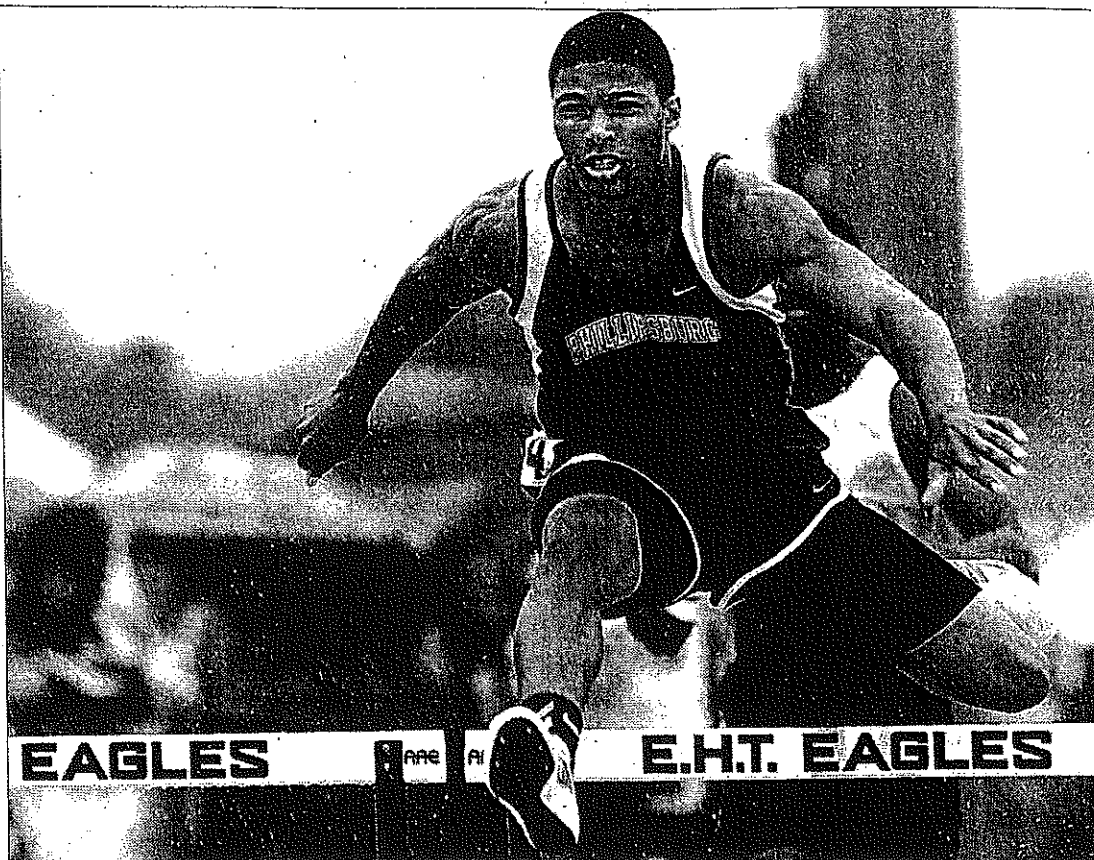
Ten things to keep an eye on:

**1. Look out Clark:** After just missing the meet record in the girls' 800 meters last year, University of Texas-bound Janine Davis of Queen of Peace of North Arlington will take her final shot at the mark of 2:06.7 run in 1980 by Olympian Joetta Clark of Columbia of South Orange/Maplewood. Clark also holds the state record of 2:04.5. Davis won the M of C last year in 2:07.82, but her personal best is 2:07.10. She could get pushed by Group 4 champion Danielle Tauro of Southern Regional of Manahawkin and Group 3 winner Renee Tomlin of Ocean City. Tauro has run 2:10.81 this season. Tomlin was second to Davis last year in 2:10.44.

**2. Watch Ti fly:** Tiquan Underwood, a senior at Notre Dame of Lawrenceville, wants to do something unforgettable, so he's gunning for three victories. Reuben McCoy of Winslow of Atco is the only boy to win three events at the same M of C, which he did in the 200, 400 and 400 intermediate hurdles last year.

Underwood, the defending champion in the triple jump, is the second seed in that event (47-6½), the top seed in the long jump (23-10) and the second seed in the 400 hurdles (53.87). Underwood went 48-5½ in the triple jump last year, second-best in state history behind the 49-0½ by Anthony DiCosmo of Paramus Catholic in 1995.

**3. Historic double:** No girl has ever won both hurdle races at the same M of C, but Trier Young of Neptune could change that. Young, who is headed to South Carolina, is the top seed in both races after winning the Group 3 titles in 14.06 and



Phillipsburg's Justin Gaymon is the favorite to win both the 110 hurdles and 400 hurdles.

1:00.64, but she isn't sure if she will run both. Her chances of pulling off the historic double improved when Krystal Cantey of Winslow elected to skip the 400 hurdles and run just the 200. Cantey, the 2003 400 hurdles winner, owns the state's fastest time with a 58.88, No. 3 in state history.

**4. Hurdle double:** Justin Gaymon of Phillipsburg is in position to become just the fourth boy and first in 13 years to win both the 110 and 400 hurdles at the same M of C. Chris Person of Plainfield (1978), Craig Morris of Monmouth Regional (1979 and '80) of Tinton Falls and Vince Rawlins of Eastern (1992) of Voorhees have done it.

Gaymon, headed to Georgia, is the top seed in both races after winning the Group 4 titles in 14.17 and 53.76. Gaymon's best time in the 400 IH is 52.44, No. 1 in the nation this season.

**5. Bombs away:** Yemi Ayeni of South Brunswick has a good chance of becoming the eighth boy to win both the shot put and discus at the same Meet of Champions. He is a huge favorite to win the discus and is also the top seed in the shot. The Virginia-bound Ayeni has thrown 204-8 in the discus, No. 4 in state history. His 58-9 to win the Group 4 shot put makes him the top seed in that event. If Ayeni can hit 60 in the shot, he'd become the fifth person to throw 60 feet in the shot and more than 200 feet in the discus in the same season.

**6. McCombs double:** If junior Bryant McCombs of Old Bridge wins the 200 and 400, he'd join Curt McIntire (1992) of Bridgeton as the only boy to capture both in the same season. McCombs is the top seed in both races after winning the 200 (21.55) and

400 (48.5) in Group 4 last year. He has a problem winning the 400 but will have his shot against Shaquan F. Kennedy, Michael Bosco Prep of Raritan of Irvington.

**7. Young on the girls' 100:** Michele Young has a fresh start in 1978. A freshman, she won both the 100 and 200. Nwaneri of Columbia of Colton is the top winning Group 4 in state's fastest non-freshman at 11.85, a state fresh after the second seed at 24.62. Krystal Cantey beat Nwaneri in Group 4 at 24.42.

MEET OF CHAMPIONS: WHAT YOU NEED TO KNOW



## SPORTS: BOYS AND GIRLS TRACK MEET OF CHAMPIONS PREVIEW

## to keep track of in M of C



MARY GODLESKI/THE STAR-LEDGER

is the favorite to win both the 110 hurdles and 400 hurdles.

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400 (48.5) in Group 4. He should have no problem winning the 400, which is first, but will have his hands full in the 200 against Shaquan Brown of Paterson Kennedy, Michael Ray Garvin of Don Bosco Prep of Ramsey and Jamar Cotton of Irvington.

**7. Young and fast:** Only once since the girls' M of C began in 1974 has a freshman won the 100 dash. Michele Glover of Pennsauken did it in 1978. A freshman girl has never won both the 100 and 200, but freshman Ogechi Nwaneri of Columbia could win both. Nwaneri is the top seed in the 100 after winning Group 4 in 12.07 and has the state's fastest non-wind-aided time of 11.85, a state freshman record. She is also the second seed in the 200 with a 24.62. Krystal Cantey of Winslow, who beat Nwaneri in Group 4, is the top seed at 24.42.

**8. No Papazian-Forys duel:** The top two distance runners in the state — Bobby Papazian of Gill St. Bernard's of Gladstone and Craig Forys of Colts Neck — will not square off in the 3,200. Forys will be running the 1,600 instead of the 3,200 in order to save his legs for the Reebok Grand Prix meet in New York on Saturday, where he'll be running on Colts Neck's 4x800 team.

Forys should have a good battle in the 1,600 with Josh Davis of Phillipsburg, Byron Williams of Ridgewood and Anthony Kelhower of Lenape. Forys' personal best is 4:16.62, while Davis has run 4:16.24 and Williams 4:15.9. Forys also will be trying to break the state sophomore record of 4:13.15 set in 1992 by Rich Morris of Jackson.

Without Forys, it'll be tougher for the Colorado-bound Papazian, who owns the season's fastest time of 9:09.31 in the 3,200, to make a run at the meet record of 8:58.72 set in 1999 by Murad Campbell of Overbrook of Pine Hill. Geoff McGrane of Randolph, the Group 4 winner in 9:16.39, is capable of pushing Papazian for most of the race.

**9. Linebacker versus running back:** Jamar Cotton of Irvington against Michael Ray Garvin of Don Bosco Prep in the 100 dash is a matchup of two of the state's fastest football players. Garvin, a running back/defensive back, is the top seed with a 10.56. Cotton, a linebacker, has run 10.71 this season. Garvin is headed to Florida State and Cotton to New Mexico State on football scholarships. Both are expected to run the 200 as well.

**10. Throwing double:** It has been 20 years since a girl won both the shot put and discus at the same M of C, but Daria Zivanovic of St. Dominic of Jersey City, is in good position to pull off that double. Audra Corson of Monmouth Regional was the last to win both in the same year in 1985.

The Cornell-bound Zivanovic, who won the indoor M of C shot put title this past winter, is the top seed in the discus with a 134-0 and the second seed in the shot put with a 42-5, just an inch and half behind top-seeded Danielle Dailey of Freehold Township.

## MEET OF CHAMPIONS: WHAT YOU NEED TO KNOW

(Durham Road). Right onto Dur-

From North Jersey and East:

From North Jersey and West:

From Route 22 East: Route 22

at 3:30 p.m.  
Running events at 4:30 pm.  
**Where:** Frank Jost Field in South Plainfield.  
**Who:** The top six finishers in each event in each group and non-public divisions, plus six wild

**Directions:**  
**From South Jersey:** Garden State Parkway or New Jersey Turnpike to I-287 North (Parkway exit 129 toward Edison; Turnpike exit 10 toward Edison/Metuchen). I-287 North to South Plainfield exit

Boulevard. Right at third light onto Maple Avenue.

Go approximately one-half mile, then right at PAL building. Frank Jost Field is behind the PAL building.

field exit (Somerset Street). Somerset Street turns into Park Avenue. Approximately 2.5 miles on Park Avenue, then right onto Maple Avenue. Approximately two blocks, then left at PAL building. Jost Field is behind PAL building.

# Boys meet at a glance

## 100-METER DASH

**Top contenders:** Michael Ray Garvin, Don Bosco Prep; Jamar Cotton, Irvington; Shaquan Brown, Paterson Kennedy; James Scott, Highland Reg.; Rich Gunnell, Notre Dame  
**Meet record:** Jamar Ervin, Camden, 10.35 (2000)  
**State record:** Jamar Ervin, Camden, 10.35 (2000)  
**National record:** Derrick Florence, Galveston, Texas, 10.13 (1986)  
**Prediction:** Garvin

## 200-METER DASH

**Top contenders:** Bryant McCombs, Old Bridge; Shaquan Brown, Paterson Kennedy; Michael Garvin, Don Bosco Prep; Jamar Cotton, Irvington; Wayne Davis, Oakcrest  
**Meet record:** Dennis Mitchell, Edgewood, 20.7 (hand) (1983)  
**State record:** Dennis Mitchell, Edgewood, 20.7 (hand) (1983)  
**National record:** Roy Martin, Dallas, 20.13 (1985)  
**Prediction:** McCombs

## 400-METER RUN

**Top contenders:** Bryant McCombs, Old Bridge; Malcolm Jenkins, Piscataway; Patrick Blackie, Seton Hall Prep; Kevin Payton, Camden  
**Meet record:** Dennis Mitchell, Edgewood, 46.5 (1983)  
**State record:** Dennis Mitchell, Edgewood, 46.02 (1984)  
**National record:** Darrell Robinson, Tacoma, Wash., 44.69 (1982)  
**Prediction:** McCombs

## 800-METER RUN

**Top contenders:** Ian Waterhouse, Rancocas Valley; Rob Novak, Borden-Mike Pachella, Walkkill Valley; Hayrol Cruz, Passaic; Rob Damon, away  
**Meet record:** John Marshall, Plainfield, 1:49.5 (1981)  
**State record:** John Marshall, Plainfield, 1:48.5 (1981)  
**National record:** Michael Granville, Bell Gardens, Calif., 1:46.45 (1996)  
**Prediction:** Novak

## 1,600-METER RUN

**Top contenders:** Josh Davis, Phillipsburg; Craig Forsys, Colts Neck; Byron Williams, Ridgewood; Anthony Keltower, Lenape; Greg Leach, Christian Brothers; Anthony LaMastro, Pope John  
**Meet record:** John Richardson, Ocean City, 4:09.20 (2003)  
**State record:** Marty Liquori, Essex Catholic, 3:59.8 (mile) (1967)  
**National record:** Alan Webb, Reston, Va., 3:53.43 (mile) (2001)  
**Prediction:** Forsys

## 3,200-METER RUN

**Top contenders:** Bobby Papazian, Gill St. Bernard's; Geoff McGrane, Randolph; Brian Trembley, Seton Hall Prep; Ben Massam, Chatham; Joe McKenney, Cranford; Jeff Perrella, Westfield  
**Meet record:** Murad Campbell, Overbrook, 8:58.72 (1999)  
**State record:** Charles Logan, Bernards, 8:52.0 (two miles) (1979)  
**National record:** Jeff Nelson, Burbank, Calif., 8:36.3 (two miles) (1979)  
**Prediction:** Papazian

## 110-METER HIGH HURDLES

**Top contenders:** Justin Gaymon, Phillipsburg; Danny Oquendo, Hackensack; Will Brown, Palmyra; Tyrell Ross, Clearview; Lamir Whetstone, Notre Dame; Chris Haley, Union; Nick Syzenenko, Randolph  
**Meet record:** Gerard Reynolds, Willingboro, 13.59 (1990)  
**State record:** Renaldo Nehemiah, Scotch Plains, 12.9 (hand time) (1977)  
**National record:** Renaldo Nehemiah, Scotch Plains 12.9 (hand time) (1977)  
**Prediction:** Gaymon

## 400-METER INTERMEDIATE HURDLES

**Top contenders:** Justin Gaymon, Phillipsburg; Tiquan Underwood, Notre Dame; Errol Watson, St. Joseph (Met.), Tyler deRouen, West Milford  
**Meet record:** Dwight Ruff, Camden, 51.14 (2001)  
**State record:** Dwight Ruff, Camden, 50.37 (2001)  
**National record:** Ken Ferguson, Detroit, 49.38 (2002)  
**Prediction:** Gaymon

## HIGH JUMP

**Top contenders:** Marshall Akins, Egg Harbor; Justin Oliver, Pennsauken; Josh Butler, Delsea; Justin Frick, Freehold Borough; Tim Cook, Glassboro; Mike Tyree, Franklin  
**Meet record:** Eric Taylor-Perry, Montclair, 7-2 (1990)  
**Robert Jordan, Millville, 7-2 (1999)**  
**Paul Klemic, Mainland, 7-2 (2000)**  
**State record:** Paul Klemic, Mainland, 7-4½ (2000)  
**National record:** Andra Manson, Brenham, Texas, 7-7 (2002)  
**Prediction:** Akins

## LONG JUMP

**Top contenders:** Tiquan Underwood, Notre Dame; Davon Edwards, Middle Township; Shaun Adair, Morristown; Anthony Pomo, Saddle Brook  
**Meet record:** William Spearman, Camden-Wilson, 25-0 (1996)  
**State record:** Carl Lewis, Willingboro, 26-6 (1979)  
**National record:** Dion Bentley, Pittsburgh, 26-9¼ (1989)  
**Prediction:** Underwood

## TRIPLE JUMP

**Top contenders:** Tiquan Underwood, Notre Dame; Kyle Lindsay, Paterson Eastside; Harold Blyden, Bergenfield; Kwame Collins, Northern Highlands; Wayne Davis, Oakcrest; Shaun Adair, Morristown; Davon Edwards, Middle Township  
**Meet record:** Ralph Davis, Paramus, 46-6¼ (2003)  
**State record:** Anthony DiCosmo, Paramus Catholic, 49-0½ (1995)  
**National record:** Kenny Hall, Baton Rouge, La., 54-10¼ (2004)  
**Prediction:** Underwood

## SHOT PUT

**Top contenders:** Yemi Ayeni, South Brunswick; Sai Delhiero, Toms River East; Doug Klopacz, St. Joseph (Met.); Eric Plummer, St. Joseph's (Met.); Khyie Osborne, Morristown; Chris Berezansky, Hillsborough  
**Meet record:** Kevin DiGiorgio, Bayonne, 68-11 (1997)  
**State record:** Kevin DiGiorgio, Bayonne, 69-8¼ (1997)  
**National record:** Michael Carter, Dallas, 81-3½ (1979)  
**Prediction:** Ayeni

## DISCUS

**Top contenders:** Yemi Ayeni, South Brunswick; Phil Smith, Hopatcong; Jamar Figueroa, Old Bridge; Josh Dillard, Lindenwood  
**Meet record:** Ron Dayne, Overbrook, 215-3 (1996)  
**State record:** Ron Dayne, Overbrook, 216-11 (1996)  
**National record:** Niklas Arrhenius, Orem, Utah, 234-3 (2001)  
**Prediction:** Ayeni

## JAVELIN

**Top contenders:** Marion Easley, Somerville; Erik Heymann, Westwood; Joe Martinek, Hopatcong; Rob Mahler, Brick; Javier Espinola, Bloomfield  
**Meet record (new implement):** Christian Francisco, Bloomfield, 206-2 (2000)  
**State record (new implement):** Bobby Smith, Hopatcong, 223-10 (2001)  
**National record (new implement):** Tommi Viskari, Amsterdam, N.Y., 241-11 (1988)  
**Prediction:** Easley

## POLE VAULT

**Top contenders:** Anthony Abitante, Gov. Livingston; Don Smith, Eastern; Mike Woods, Westfield; Jacob Ricciardi, Ridgewood; Devon Purves, Haddonfield; Mike Gorski, Westfield  
**Meet record:** Will Nesbitt, Millburn, 16-4 (1980)  
**State record:** Adam Sarafian, Ocean Twp., 17-4½ (2004)  
**National record:** Tommy Skipper, Sandy, Ore., 18-3 (2003)  
**Prediction:** Abitante

## 1,600-METER RELAY

**Top contenders:** Winslow, Camden; Paterson Kennedy; Seton Hall Prep; Irvington; Piscataway; Pennsauken  
**Meet record:** Winslow 3:10.70 (2003)  
**State record:** Camden 3:09.91 (2001)  
**National record:** Hawthorne, Calif., 3:07.40 (1985)  
**Prediction:** Seton Hall Prep

# Girls r

## 100-METER DASH

**Top contenders:** Ogechi Nwaneri, Columbia; Shavon Gi Andrea Butler, Rahway; La'Shonda Carter, Rahway; Cary; Racquel Vassell, East Orange Campus; Georgina Twp.  
**Meet record:** Wendy Vereen, Trenton, 11.3 (hand time)  
**State record:** Michele Glover, Willingboro, 11.42 (1981)  
**National record:** Angela Williams, Chino, Calif., 11.11 (T)  
**Prediction:** Nwaneri

## 200-METER DASH

**Top contenders:** Krystal Cante, Winslow; Ogechi Nwaneri, Columbia; Tiffany Grant, Franklin; Shavon Greaves, Lakewood; Nicole Castronuova, Jackson  
**Meet record:** Wendy Vereen, Trenton, 23.0 (1983)  
**State record:** Wendy Vereen, Trenton, 22.99 (1983)  
**National record:** Allyson Felix, Sepulveda, Calif., 22.11  
**Prediction:** Cante

## 400-METER RUN

**Top contenders:** Symone O'Connor, Franklin; Asia Wa way; Tiffany Grant, Ocean Twp.; Kristen Mahon, Notre C  
**Meet record:** Stephanie Saleem, Neptune, 53.0 (1985)  
**State record:** Mikele Barber, Montclair, 52.56 (1998)  
**National record:** Sanya Richards, Fort Lauderdale, Fla.,  
**Prediction:** O'Connor

## 800-METER RUN

**Top contenders:** Janine Davis, Queen of Peace; Ren City; Danielle Tauro, Southern Reg.; Asia Washington, P  
**Meet record:** Joetta Clark, Columbia, 2:06.7 (1980)  
**State record:** Joetta Clark, Columbia, 2:04.5 (1980)  
**National record:** Kim Gallagher, Upper Dublin, Pa., 2:00  
**Prediction:** Davis

## 1,600-METER RUN

**Top contenders:** Danielle Tauro, Southern Reg.; Ren City; Leah Brogan, Msgr. Donovan; Emily Sherrard, Hoc Ennis, Roxbury  
**Meet record:** Margaret Scuto, Ridgewood, 4:46.4 (198)  
**State record:** Erin Donohue, Haddonfield, 4:42.96 (mile)  
**National record:** Polly Plumer, Irvine, Calif., 4:35.24 (19  
**Prediction:** Tauro

## 3,200-METER RUN

**Top contenders:** Katie Van Horn, Triton; Jen Clausen, Je Roxbury; Ashley Higginson, Colts Neck; Amanda Marina uana, Roxbury  
**Meet record:** Jodie Bilotta, North Hunterdon, 10:18.1 (1  
**State record:** Michelle Rowen, Washington Twp., 10:12  
**National record:** Kim Mortenson, Thousand Oaks, Calif.  
**Prediction:** Van Horn

## 100-METER HURDLES

**Top contenders:** Trier Young, Neptune; Michelle Sm anna Johnson, Jackson  
**Meet record:** Dawn Bowles, Neptune, 13.33 (1988)  
**State record:** Dawn Bowles, Neptune, 13.33 (1988)  
**National record:** Candy Young, Beaver Falls, Pa., 12.95  
**Prediction:** Young

## 400-METER INTERMEDIATE HUR

**Top contenders:** Trier Young, Neptune; Sonya Sullivan Michelle Smith, Teaneck  
**Meet record:** Tonya Lee, Rancocas Valley, 59.03 (1988  
**State record:** Tawana Watkins, Paterson Kennedy, 58.  
**National record:** Leslie Maxie, Millbrae, Calif., 55.20 (1  
**Prediction:** Young

**State Meet of Champions  
S. Plainfield**

**June 8, 2005  
88 – sunny**

Javelin:

Steven Pierce      **175'11" – 9<sup>th</sup> Place**

1600m:

Byron Williams      **4:12.71 – 2<sup>nd</sup> Place – fastest in Ridgewood in eleven years!!**

3200m:

Michael Cator      **9:35.52 – 10<sup>th</sup> Place**

Pole Vault:

Jacob Ricciardi      **13'6" – tie 8<sup>th</sup> Place**

**Excellent Job By All Who Competed!!**

lasted more than an hour. But the caught them off balance."

that way [today] maybe we can pull make some clutch shots and win wj

# Brown looking good

## Kennedy star takes the 200; Garvin excels

By **PAUL SCHWARTZ**  
STAFF WRITER

**SOUTH PLAINFIELD** — Five days after one of the worst days of his track and field life, Shaquan Brown had one of his best Wednesday night.

The Kennedy junior, who missed the start of the Group 4 400 meters Friday, came back with a vengeance in the State Meet of Champions 200, running 21.23 seconds for a Passaic County record and the fourth-fastest time in New Jersey history. Later he split 45.9 for the second time as he anchored Kennedy to a fifth place in the 1,600 relay in 5:18.16.

In the 200, Brown outran Michael Ray Garvin of Don Bosco, who had earlier demolished the field in the 100 meters, running a Bergen County record 10.50.

"It's been really hard the last few days in school

### STATE BOYS TRACK MEET OF CHAMPIONS

#### North Jersey winners

**100:** Michael Ray Garvin, Don Bosco, 10.50

**200:** Shaquan Brown, Kennedy, 21.23

and in town," said Brown. "Everybody is saying that I let them down and looking at me kind of funny since I missed the [Group 4] race. But I've got great coaches, great teammates and I believed in myself. I feel vindicated with this win."

Garvin got off to his usual flying start with Brown out better than usual, two lanes to his outside.

"I know he gets an amazing start," said Brown, who had raced against Garvin earlier in the season in a dual meet. "That's one of his biggest strong points. But I got out good and after about 25 meters, I figured we'd meet up on the turn."

Garvin still had the lead through the turn, but Brown pulled alongside in the final 25 meters. He then finished in classic style, winning by about two meters over Garvin, who set a Bergen County record of 21.31 with his second-place finish.

"He owns the first five steps of the race," said Brown. "But I own the last five."

Garvin had easily won the 100 on the hot, humid day, running 10.51 in the trials, 0.40 faster than any other qualifier.

"I was disappointed with how I ran in this meet last year," said Garvin, who failed to make the 100 finals and finished fifth in the 200. "I really wanted to come back and run well this year."

Garvin had been hospitalized with dehydration following his dual-meet races with Brown, and no one would have been surprised if the Florida State-bound football standout had called it a track career after the scare.

"It focused me more on what I had to do to be successful," said Garvin.

Elsewhere, Ridgewood junior Byron Williams ran the race of his life, shadowing the favored Craig Forys of Colts Neck step for step until the final 90 meters en route to a 4:12.71 runner-up clocking in the 1,600. Forys won in 4:11.27.

Passaic's Hayrol Cruz ran a personal-best 1:53.62 in the 800 for second, and teammate Derrick Truesdale cleared 6 feet, 8 inches for fourth in the high jump.

Records

6/9

beat Novak to win the Burlington County Open 800 last month, never threatened in the race, winding up 25th in the 27-runner field in 2:02.39.

Ed Barmakian contributed to this report.

## BOYS RESULTS

**100-METER DASH:** 1-Michael Ray Garvin, Don Bosco Prep, 10.50. 2-Jamar Cotton, Irvington, 10.78. 3-Jonathan Casillas, New Brunswick, 10.82. 4-Latif Brewer, Union, 10.87. 5-Charles Cox, Monmouth, 10.97. 6-Daryl Marshall, Manchester Twp., 11.02.

**200-METER DASH:** 1-Shaquan Brown, Paterson Kennedy, 21.23. 2-Michael Ray Garvin, Don Bosco Prep, 21.31. 3-Bruce Owens, Deptford, 21.56. 4-Bryant McCombs, Old Bridge, 21.62. 5-Jermaine Morris, Vineland, and Charles Cox, Monmouth Reg., 21.90.

**400-METER RUN:** 1-Bryant McCombs, Old Bridge, 46.94. 2-Carl Smith, Camden, 47.76. 3-Patrick Blackie, Seton Hall Prep, 48.18. 4-Garrett Kroner, Indian Hills, 48.53. 5-Frank Jackson, Winslow, 48.66. 6-Brad Forbes, Montgomery, 48.75.

**800-METER RUN:** 1-Rob Novak, Bordentown, 1:50.36. 2-Hayrol Cruz, Passaic, 1:53.62. 3-Pat DiGloacchino, Bernards, 1:54.06. 4-Robert Damon, Piscataway, 1:54.63. 5-Ryan Jagielski, Colts Neck, 1:54.66. 6-Erick Duverg, Bloomfield, 1:54.84.

**1,600-METER RUN:** 1-Craig Forsy, Colts Neck, 4:11.27. 2-Byron Williams, Ridgewood, 4:12.71. 3-Anthony Kelhower, Lenape, 4:15.73. 4-Josh Davis, Phillipsburg, 4:17.58. 5-Anthony LaMastro, Pope John, 4:17.66. 6-James Kavaliauskas, Highland Reg., 4:18.13.

**3,200-METER RUN:** 1-Robert Papazian, Gill St. Bernard's, 8:59.78. 2-Ben Massam, Chatham, 9:18.26. 3-Jeffrey Perrella, Westfield, 9:20.12. 4-Brian Trembley, Seton Hall Prep, 9:22.87. 5-Tom Walsh, Matawan, 9:24.26. 6-Andrew Hanko, Trinity Christian, 9:25.54.

**110-METER HURDLES:** 1-Justin Gaymon, Phillipsburg, 14.09. 2-Chris Haley, Union, 14.15. 3-Matt Brown, Palmyra, 14.29. 4-Tyrell Rose, New, 14.31. 5-Cory Nelms, Neptune, and Whetstone, Notre Dame, 14.68.

**400-METER INTERMEDIATE HURDLES:** 1-Justin Gaymon, Phillipsburg, 51.55. 2-Tiquan Underwood, Notre Dame 52.27. 3-Malcom Jenkins, Piscataway, 53.88. 4-Brian Sutherland, J.P. Stevens, 54.11. 5-Andrew Porter, Mount Olive, 54.15. 6-Aaron Holden, Bridgeton, 54.67.

**HIGH JUMP:** 1-Justin Frick, Freehold Borough, 6-10. 2-Joe Martinek, Hopatcong, 6-8. 3-Marshall Akins, Egg Harbor, and Justin Oliver, Pennsauken, 6-8. 5-Derick Truesdale, Passaic, 6-8. 6-Mike Tyree, Franklin, 6-6.

**LONG JUMP:** 1-Shawn Adair, Morristown, 23-9. 2-Shawn Bolcarovic, Morris Hills, 23-5½. 3-Tiquan Underwood, Notre Dame, 23-1¼. 4-Anthony Parillo, South River, 22-10¾. 5-Andre Snead, Atlantic City, 22-8. 6-James Smalls, Oakcrest, 22-4¾.

**TRIPLE JUMP:** 1-Tiquan Underwood, Notre Dame, 49-4¼, state and meet record; former state record 49-0½, Anthony Dicosmo, Paramus Catholic, 1995; former meet record 48-5½, Tiquan Underwood, Notre Dame, 2004. 2-Harold Blyden, Bergenfield, 46-9½. 3-Lindsey Kyle, Paterson Eastside, 46-4¾. 4-Ted Leshner, Northern Highlands, 46-0¼. 5-Bryan Potter, Willingboro, 45-8. 6-Orestes Medina, Palisades Park, 44-9¾.

**SHOT PUT:** 1-Sal Delhiero, Toms River East, 58-2¾. 2-Yemi Ayeni, South Brunswick, 57-5½. 3-Douglas Klopacz, St. Joseph (Mont.), 56-0½. 4-Khyle Osborne, Morristown, 56-0½. 5-Cheris Berzansky, Hillsborough, 53-1. 6-Eric Plummer, St. Joseph (Met.), 52-11½.

**DISCUS:** 1-Yemi Ayeni, South Brunswick, 190-9. 2-Phil Smith, Hopatcong, 176-3. 3-Josh Dillard, Lindenwood, 170-7. 4-Jamar Figueroa, Old Bridge, 169-1. 5-Matt Dara, Kingsway, 159-7. 6-Prescott Hill, South Brunswick, 159-5.

**JAVELIN:** 1-Marion Easley, Somerville, 204-3. 2-Matt Mahler, Brick, 195-9. 3-Joe Martinek, Hopatcong, 190-4. 4-Javier Espinola, Bloomfield, 189-1. 5-Kevin Glover, Gateway, 178-3. 6-Timothy Lamore, Iselin Kennedy, 177-10.

**1,600-METER RELAY:** 1-Camden (Sherman Goree, Devon Burroughs, Kevin Payton and Carl Smith) 3:13.50. 2-Seton Hall Prep 3:13.88. 3-Old Bridge 3:17.60. 4-Irvington 3:17.93. 5-Paterson Kennedy 3:18.16. 6-Willingboro 3:19.08.

thing memorable."

Gaymon did just that when he

Palmyra was third in 14.29.

Gaymon became just the fourth

at the M of C, said finally winning a title was important to him, as were the times.



Eventual winner Craig Forsy of Colts Neck leads runners into the corner during 1,600-meter run yesterday.

# Forsy, Papazian go the distance

BY JIM LAMBERT  
FOR THE STAR-LEDGER

They didn't meet on the track, but that didn't stop Craig Forsy and Bobby Papazian from proving that they are the two most dominant distance runners in the state.

Forsy, a sophomore at Colts Neck, used a 60.3 final 400 meters to pull away from Byron Williams of Ridgewood and win the 1,600-meter run in 4:11.27 to break the state sophomore record last night at the 37th boys' NJSIAA/Star-Ledger Meet of Champions at Frank Jost Field in South Plainfield.

Forsy broke the mark of 4:13.5 set in 1991 by Rich Morris of Jackson.

A few hours later, Papazian, a senior at Gill St. Bernard's in Gladstone, sent the crowd of 5,000 into a frenzy when he ran a 61.9 final 400 to cross the first in 8:59.78 and become just the 10th runner in state history to break nine minutes in the 3,200.

Forsy had debated on whether or not to race Papazian in the 3,200, but elected to run just the

1,600 and save his legs for the 4x800 with his Colts Neck teammates at a Reebok Grand Prix meet on Randall's Island in New York on Saturday.

Forsy's absence in the 3,200 was supposed to make it more difficult for Papazian to run fast.

Not the case.

"It would have been great to race Craig," said Papazian, who is headed to NCAA Division 1 cross-country champion Colorado. "At first, I felt like it could have been a little faster with him in it, but I just ran my own race and still got the sub-9:00."

Papazian, who hit the first 1,600 in 4:33.5, just missed the meet record of 8:58.72 set in 1998 by Murad Campbell of Overbrook in Pine Hill. Papazian didn't lose to a New Jersey runner in cross-country or track this school year.

"I'd like to think I did enough to make people remember my name," said Papazian. "I hope when people hear my name next year or another year, it will ring a bell."

While Papazian built an impressive resume and left an indelible mark, Forsy also appears to be well

on his way to a similar career. Forsy blasted to a lead in the 1,600 with an opening 400 of 63.4 and never trailed. He hit 800 in 2:07.9 and 1,200 in 3:11.8.

"I usually don't run the third lap in a race that hard," said Forsy. "But I've been working on that third quarter in my workouts and went hard this time."

But even after his 63.9 third quarter, he couldn't shake Williams.

"I wanted to see who I was up against and what I needed to do to win," said Forsy. "When I saw it was Williams, I pushed it on the backstretch and he was still on me. So I made a bigger push with 200 to go."

Williams was second in 4:12.71.

Forsy has a chance to become just the second boy in state history to win three straight 1,600 M of C titles. Matt Elmuccio of Westfield did it from 1995 through '97.

Forsy will close out the season by running the two-mile and anchoring the distance medley for Colts Neck at the Nike National Scholastic Championships June 17-18 in Greensboro, N.C.

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Entries for 2005 National Championship:  
June 17<sup>th</sup> and 18<sup>th</sup>  
Greensboro, NC

Javelin:  
Steven Pierce

Distance Medley:  
Michael Cator  
Jeremy Schmidt  
Niall Buckley  
Byron Williams

*Pole Vault:*  
*SACOB RICCIARDI*

## All-County Selections:

### 1<sup>st</sup> Team All-County:

1600m: Byron Williams  
Pole Vault: Jacob Ricciardi

### 2<sup>nd</sup> Team All-County:

800m: Niall Buckley  
3200m: Michael Cator

### 3<sup>rd</sup> Team All-County:

Pole Vault: Christian Jensen  
Javelin: Steven Pierce

### Honorable Mention All-County:

Hurdles: Joe Nagano-Gerace  
Throws: Steven Abdallah  
4x400m Relay:  
Jeremy Schmidt / Niall Buckley / Dan Engel / Albert Gelbaum

## BERGEN COUNTY RECORDS

### BOYS

100 METERS – 10.31 by Joe Dawkins, Hackensack, 1995 and 10.2 by Chris Charles, Park Ridge, 2000  
200 METERS – 21.58 by Joe Dawkins, Hackensack, 1995  
220 YARDS – 20.9 by Bill Walker, Englewood, 1965  
400 METERS – 47.17 by Walter McCall, Hackensack, 1986  
440 YARDS – 47.4 by Joe Bryant, Englewood, 1966  
800 METERS – 1:50.19 by Josh Kauke, Ridgewood, 2000  
880 YARDS – 1:52.2 by Roger Jones, Ramsey, 1977  
1600 METERS – 4:09.35 by Bob Keino, Ridgewood, 1994  
ONE MILE – 4:08.1 by Roger Jones, Ramsey, 1977  
3200 METERS – 9:02.73 by Bob Keino, Ridgewood, 1993  
TWO MILES – 9:02.2 by Tim Conheaney, Paramus Catholic, 1973  
110 METER HIGH HURDLES – 13.8 by Greg Horner, Don Bosco, 1985 and Jerome Pemberton, Hackensack, 1986  
400 METER INTERMEDIATE HURDLES – 51.92 by Anthony Hampton, Englewood, 1994  
SHOT PUT – 68-3 by Andy Papatthanassiou, Emerson, 1985  
DISCUS – 189-2 by Mike Buncic, Fair Lawn, 1980  
JAVELIN (OLD) – 222-6 by Mike Collins, Don Bosco, 1978  
JAVELIN (NEW) – 206-11 by Erik Heymann, Westwood, 2005  
HIGH JUMP – 6-10 by Scoot Palmer, Teaneck, 1979  
TRIPLE JUMP – 49-9 by Darius Pemberton, Hackensack, 1992  
LONG JUMP – 24-11 ½ by Darius Pemberton, Hackensack, 1993  
POLE VAULT – 15-3 by Matt Psaltis, Fair Lawn, 1992  
4 x 400 METER RELAY – 3:19.01 by Hackensack, 1995  
ONE MILE RELAY – 3:18.8 by Englewood, 1971

### GIRLS

100 METERS – 11.96 by Anike Orimogunje, Queen of Peace, 2002  
200 METERS – 24.3 by Anike Orimogunje, Queen of Peace, 2002  
400 METERS – 54.68 by Dana Riley, Teaneck, 1993  
800 METERS – 2:07.82 by Janine Davis, Queen of Peace, 2004  
1600 METERS – 4:46.4 by Margaret Scutro, Ridgewood, 1985  
3200 METERS – 10:33.9 by Jenna Rogers, Ridgewood, 1994  
100 METER INTERMEDIATE HURDLES – 14.12 by Michelle Smith, Teaneck, 2004 (13.8 handtimed by Smith, 2005)  
400 METER INTERMEDIATE HURDLES – 61.09 by Michelle Smith, Teaneck, 2004  
SHOT PUT – 46-7 ¼ by Jessica Fazekas, Demarest, 2002 and Kelly Fazekas, Demarest, 2003  
DISCUS – 143-4 by Jenn Flinchum, Demarest, 1999  
JAVELIN – 155-8 by Daina Pucurs, Demarest, 2004  
HIGH JUMP – 5-10 by Cheryl Burdick, Ramsey, 1998  
TRIPLE JUMP – 42-2 ¾ by Carlene Cummings, Englewood, 1998  
LONG JUMP – 19-4 by Jen McDermott, Ridgewood, 1989  
4 x 400 METER RELAY – 3:54.29 by Ridgewood, 1988  
POLE VAULT – 11-4 by Cassie Wong, Ridgewood, 2005