

**RIDGEWOOD
WINTER TRACK
AND FIELD
2004-2005**

Dear Seniors,

Looking back, the Spike Shoe Invitational seems so long ago. Christmas Tree Lighting Run, Dartmouth trip, 2 vacations, midterms, many cold and dark practices, and a variety of track meets, are just some of the memories over the past 4 months. We have been named the "Team of the Year" in both the boys and the girls. These are 2 feats that have never been done in Ridgewood. I realize that there are only 6 of you, but your leadership, determination, dedication, and sacrifices for the team were instrumental to our success. I will always have fond memories of this team, and of course some great memories of you guys.

These include: Christian Jensen for his tremendous dry sense of humor, for his connection with Jake and for his clearing 12'6" making him 2nd team all-county; Diana Mangam, who?... for her hanging with the team, for her support of her teammates, and for her fancy I-pod; Anne Ohliger for her determination in the hurdles, for her work ethic, and for her connection with Joe...or is it Joe with Anne... I'm not sure; Okee Onwubu for his classic picture of himself to Nygaard...priceless, for his desire to raise the most money in all fund-raisers, for his "50 Cent" classics, and his All-American 4 x 800 status...through hard work; Jake Ricciardi for being the 5th coach, for his always positive spirit and energy, for being the 2-time Valentine's Day Dance contest winner, and his first team all-county position, Becca Wells for her coming out her senior year, for her desire to have me go on distance runs with them, for her All-American 4 x 800 status, and for her continued improvement and success.

You all have bright futures. I think the impressions you've made on me as well as your teammates will be forever. I wish you the best of luck and happiness.

Sincerely,

Coach Mullin

Ridgewood High School Winter Track Roster

Boys:

12th: Christian Jensen, Okee Onwubu, Jake Ricciardi

11th: Mike Cator, Julien Chamon, Brian Cemente, David Kim,
Cole McGrath, Eugene Mok, John Moody, Joe Nagano, Frank Nestor,
Steve Pierce, Byron Williams

10th: Ben Amendalora, Peter Breining, Niall Buckley, Joe Cramer,
Billy Dunn, Jacob Garber, Albert Gelbaum, Andrew Genova, Matt Lavin,
Jason Lee, Dan Lenihan, Rob Morgan, Steve Murphy, Zack Ontiveros,
Alex Pruzsansky, Jeremy Schmidt, Rob Webbe

9th: Dan Clark, Josh Dabby, Cameron Jones, Akira Monri, Logan Rupel,
Neil Steramberg

Girls:

12th: Diana Mangam, Anne Ohliger, Becca Wells

11th: Grace Ahn, Rosa Dillon, Meredith Jones, Jess Kresja, Becky Lee,
Berit Nelson, Jackie Tyler, Steph Westerman, Cassie Wong

10th: Brooke Bogart, Megan Conheeny, Marya Goodman, Maggie Harms,
Cristina Law, Brianna Lupo, Lara-Jane Que, Alice Wisener

9th: Kate Gruchawaka, Julie Hurley, Siena Irizarry, Mollie Kurshan,
Christina Lewis, Mia Martinez, Cara McBrearty, Maureen Muchel,
Miosati Santos, Kaleigh Sosebee, Carlotta Thomas, Vanessa Vinci

Coaches: Mike Mullin, Josh Saladino, Joanne Flannagan, Erin McAlister

Winter Track 2004-05

Date/Time	Meet	Location
Mon Dec 20	Spike Shoe Invite	Armory (NYC)
Wed Dec 22	Garfield I (Shot Put/HJ)	Garfield HS
Mon, Tues Dec 27,28	Brown Invite	Brown Univ.
Tue Jan 4	Tom Zacone Invite	FDU
Sat Jan 8	Dartmouth Relays	Dartmouth College
Mon Jan 10	North Jersey Champs	FDU
Wed Jan 12	RHS I	FDU
Fri Jan 14	Paul Schwartz Invite	FDU
Fri/Sat Jan 14,15	Yale Invite	Yale Univ
Wed Jan 19	RHS II	Rockland Com College
Thur Jan 20	Garfield II (Shot Put/HJ)	Garfield HS
Sat Jan 22	New Balance Games	Armory, NYC
Mon Jan 24	Frosh/Nov Champs	Armory, NYC
Wed Jan 26	County Relays	Armory, NYC
Mon Jan 31	NNJIL Champs	Armory, NYC
Wed Feb 2	Met Champs	Armory, NYC
Fri Feb 4	Milrose Games	Mad. Sq. Garden, NYC
Mon Feb 7	Varstiy Classic	Armory, NYC
Wed Feb 9`	Garfield III (Shot Put/HJ)	Garfield HS
Thur Feb 10	Ed Church- Dev II	FDU
Wed Feb 16	Garfield Classic(Shot P/HJ)	Garfield HS
Sun. Feb 20	State Group IV	Princeton
Mon Feb 21	County Champs	Armory, NYC
Sun Feb 27	State Meet of Champs	Princeton
Mon Feb 28	Easterns	Armory, NYC
March 11-13	Nationals	Armory, NYC

Team Achievements

Boys:

North Jersey Championships- 1st

County Relay Championship- 1st

NNJIL Championships- 1st

Girls:

North Jersey Championships- 1st

County Relay Championship- 1st

NNJIL Championships- 1st

WINTER TRACK PREVIEW

BOYS: ATHLETES TO WATCH

Hayrol Cruz, Passaic, senior, 400 through 800 meters: The talented All-Passaic middle distance runner could be ready for a breakthrough season, especially in the indoor-only distance of 600 meters.

Michael Ray Garvin, Don Bosco, senior, 55 through 400 meters: The Florida State-bound football star should take advantage of the newest running event in the State championships, the 200 meters, and could become the first State champion.

Chris Guerriero, Saddle Brook, senior, 800 through 3,200 meters: The reigning Group 1 State indoor champion at 1,600 meters, he comes off a sensational cross-country season that included a Group 1 State title and an 11th-place finish in the State Meet of Champions.

James LaGreca, Demarest, senior, 800 through 3,200 meters: The Bergen County cross-country champion usually lowkeys the winter season, but look for him to have an impact in the State group championships this season.

Kyle Lindsay, Eastside, junior, triple jump: He was only second-team All-Passaic last winter, but two months later he won the State Group 4 triple jump championship.

Dan Oquendo, Hackensack, senior, 55 hurdles, high jump, long jump: The Maryland-bound wide receiver missed winning the Bergen pentathlon championship by just 13 points, but will turn his



THOMAS E. FRANKLIN/STAFF PHOTOGRAPHER
Don Bosco senior Michael Ray Garvin is one of the top sprinters in the state.

attention more to the hurdles this season, where he is a preseason State favorite.

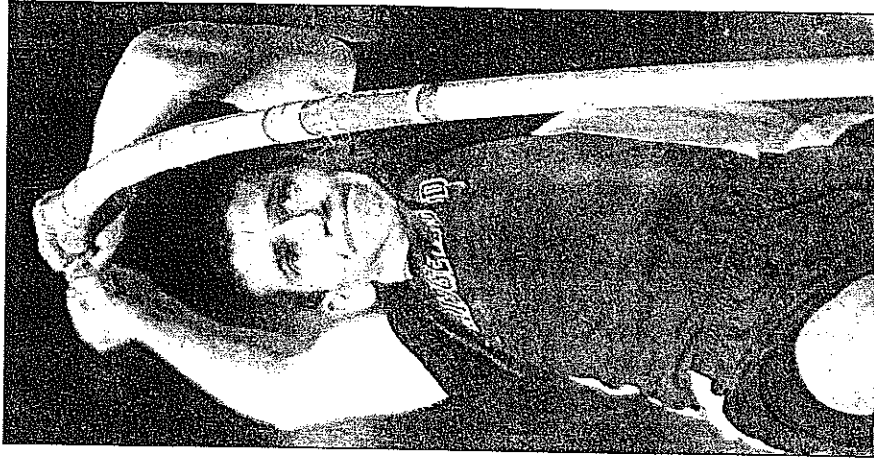
Anthony Pomo, Saddle Brook, senior, 55 hurdles, long jump: Another football star turned hurdler, he is the reigning Group 1 State champion and could be one of Oquendo's major threats in State competition.

Jake Ricciardi, Ridgewood, senior, pole vault: Former teammate Gabe Knutson, the County's first indoor 15-footer, has moved on to the University of Connecticut, and Ricciardi, who cleared 14 feet last spring, looks to be the second 15-footer in the first year a State title will be awarded indoors.

Oderick Turner, Teaneck, senior, high jump & triple jump: Another Division I football recruit who could be a contender in a wide-open State high jump competition. He was second-team All-North Jersey last winter.

Byron Williams, Ridgewood, junior, 400 through 1,600 meters: The surprise second-place finisher in the Bergen Meet of Champions, he is a rapidly improving long sprinter and middle distance star who could be a contender for State honors.

Others to watch: Scott Atkins, Pascack Hills; Michael Cator, Ridgewood; Bobby Gamble, West Milford; Steven Kim, Fort Lee; Steven Klett, Clifton; Ryan Madrid, Paramus Catholic; Andrei Olfier, Fort Lee; Michael Polifonte, Passaic Valley; Matt St. Germain, Queen of Peace.



CARMINE GALASSO/STAFF PHOTOGRAPHER
Jake Ricciardi of Ridgewood will be looking to vault 15 feet and become a State champ.

Defending Passaic County champion Clifton is a favorite to repeat behind an excellent distance team headed by juniors Steven Klett and Carlo Santelli, senior Andrew Garcia and sophomore Alex Anolik. Seniors Joe Hathaway (shot) and Alvin Foster (hurdles/pole vault) also should excel. ... **Demarest** returns North Jersey Cross-Country Runner of the Year James LaGreca, junior all-league sprinter Matt Schuierer and seniors Rich Pasciuto (shot), Larry Sumulong (middle distance), Andrew Becker (hurdles) and Ashish Data (sprinter). ... **DePaul** returns two standouts from last spring's Parochial B State championship outdoor team: senior long jumper Mike Ponte and senior long and triple jumper Dan Mercorelli and the Spartans add sophomore distance star Nick Miehle for his first indoor season. Miehle is a two-time All-Passaic cross-country selection.

Don Bosco figures to have one of the top teams in the area, especially after the Christians break when all the football players return to track. Michael Ray Garvin could be the best 200-300 runner in the state if healthy, and Jared Davis returns after a surprise first-team All-Bergen season in the 300. John Rzezniak could be one of the top shot putters in the area. Don Bosco's distance team counts on seniors Keith Gross and Brent Napoleon and sophs Jason Baker and Jack McDonnell. Junior Claude Guinchard III is one of the top jumpers, hurdlers and vaulters, and juniors Ryan Lindsey and Jon Ridley should be among the area's top sprinters. ... **Dumont** is rebuilding with juniors Christian Sanchez

(middle distance) and Joe Yanette (sprinter).

Hackensack is the defending Bergen Large Schools Relays and NNJIL B champion and that doesn't figure to change this season. The Comets have 10 all-around star Dan Oquendo, high jumper/middle distance standout Ed Cabo, pole vaulters Matt Nowicki, Matt Wiswesser and Mike Wiswesser. All-Bergen relay performer Alex Pierre (400 and 800), throwers Robert Mozia and Travis Parham, sprinter Frank LaBoy and hurdler/sprinter Gianni Rollins. If the young distance team can improve, the Comets will be tough to beat again. ... **Indian Hills** welcomes a new indoor coach in veteran Tony Ciccone and the Braves should be a contender in NBIL Division 2 with an excellent distance team paced by junior All-Bergen star Andy Bruno and his freshman brother Max. Senior middle distance runner Andy Grammatikos and senior shot putter Daryl Lewis also should do well and junior sprinter-jumper Garrett Kroner should contend.

Midland Park looks to seniors Tim Ferri-day, Sean Roberts, Chad Fanning and Ryan Haegler to excel in the 200 and 400. Senior Chris Gregory and juniors Ryan Van Alstine and Scott Walker are part of a solid distance team. ... **New Milford** has a young team led by juniors Anthony Wright (hurdles/jumps), Mark Dvosak (sprints/jumps) and Thomas Diaz (sprints). ... Kevin Thompson has an outstanding chance to be the State's first 200-meter champion and should help

North Bergen be a Hudson County championship contender with senior 400-800 runner John Raditch ready to show great improvement.

Passaic has a solid corps of athletes, led by seniors Hayrol Cruz (400 through 800), Miguel Palacios (distances) and Pablo Hernandez (middle distance). Junior thrower Felix Figueroa should help the Indians be a Passaic County contender. ... John Iurato takes over the **Passaic Tech** program and counts on seniors Rashon Johnson (sprints) and Aziz Johnson (sprints/high jump), Brandon Baldwin (distance) and J'Koi Hailstock (sprints and jumps). ... Bill Johnson takes over at **Passaic Valley** and seniors Mike Polifonte (distance) and Stan Valiz (shot) return off second-team All-Passaic seasons last winter. Polifonte, an All-North Jersey cross-country choice, could be a threat to win Northern Hills and Passaic titles.

Pompton Lakes is a solid team, paced by senior distance runners Alban Musa and Chris Fern, soph standout Dane Bender and junior Tim Zaoravac. ... **Ridgefield Park** could contend for the BCSL American title behind four excellent seniors: hurdler Corey Stanton, sprinters Kofi Asanti and Albert Araya and distance runner Eddie Encarnacion, the first Scarlet in 11 years to qualify for the State cross-country meet.

Ridgewood is more than just distance runners as senior pole vaulters Christian Jensen and Jake Ricciardi, junior jumper Brian Clemente, junior hurdler Joe Nagano and soph sprinter Andrew Genova will prove. But the Maroons are a Bergen County and NNJIL A contender

because they have the area's best distance team, led by senior Okee Onwubui, juniors Mike Cator and Byron Williams and soph Niall Buckley to dominate from 600 to 3,200 meters. ... **Rutherford** has two of the BCSL American's top performers in senior shot putter Tim Lanni and distance runner Marc Polifrone. Seniors Ryan McCauley (distance), Bill Maurer (distance) and Andy Segedin (shot) also can do well and sophs Matt Certosimo (sprinter/jumper) and Daniel Garone (hurdles) add needed depth.

Saddle Brook is the reigning Group 1 State co-champion (with Shore Regional) and if the Falcons can get some help for returning State group champs Chris Guerriero (1,600) and Anthony Pomo (hurdles), they could win again. Senior Steve Matonti is a bright prospect in the shot, while George Valentino is a middle distance runner and hurdler, Eric Savino is a jumper/hurdler and Carmelo Oliveri is a middle distance runner. The Falcons should repeat as Bergen Small School Relay champs. ... **St. Joseph** may have Bergen's best shot putter in junior Doug Klopacz. Senior Rayan Santonacita and promising soph Mike Bruno keep the Green Knights strong in the distances.

Junior Chris DellaFave (shot) and jumpers Chris DeGannes and Corey Purwin should help the Knights excel, especially in the relays. ... **Waldwick** is young but has its best turnout, led by seniors Mike Ferrara (shot), David Kleppe (hurdles/sprints), Mark Krzywicki (distance), Rob LoVerde (shot) and Jeff Tinucci (sprints).

— Paul Schwartz

WINTER TRACK PREVIEW

GIRLS: ATHLETES TO WATCH

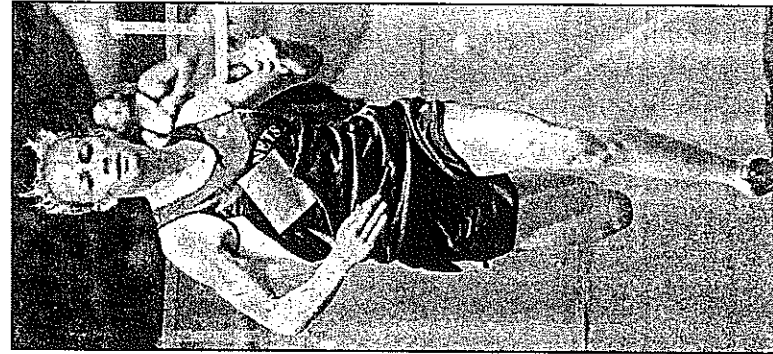
Janine Davis, Queen of Peace, senior, 200 through 1,600 meters: Last year's North Jersey Athlete of the Year has a tough act to follow after setting three indoor Bergen County records and a State record in the 600 meters while winning two State Meet of Champions titles. Her competitiveness and talent probably will push her to national recognition.

Sophia Davis, Queen of Peace, junior, 400 through 800 meters: Younger sister Sophia has shown steady improvement and may be ready to win a State title of her own, after making All-North Jersey last winter.

Alison DiDomenico, Passaic Valley, senior, 55 through 400 meters: Now that the State championships include the 200 meters, DiDomenico, who was an All-North Jersey selection last year, could threaten for the first State title in her favorite outdoor event.

Stephanie Herrick, Wayne Valley, senior, 400 through 1,000 meters, triple jump and shot put: The multitasked Herrick hopes a good cross-country season can propel her to a great indoor season, especially in her favorite event, the 800.

Danielle Kroll, Indian Hills, senior, 55 hurdles, high, long and triple jumps: Second-team All-North Jersey last year, she might be the best healthy area



TARIO ZEHAWI/STAFF PHOTOGRAPHER

Alison DiDomenico of Passaic Valley will challenge for the State title in the 200 meters.

long and triple jumper and is a great all-around athlete.

Jessica Malacrida, Paramus, senior, high and long jumps, 55 hurdles: A two-time indoor State group medalist in the high jump, she is the Garfield Classic record holder with a leap of 5

feet, 5 inches. She was second-team All-North Jersey last winter.

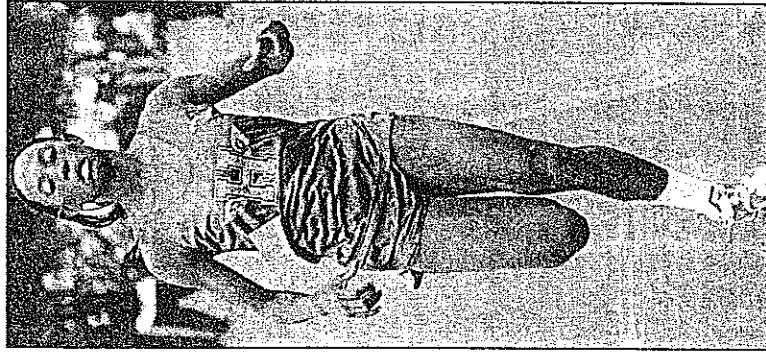
Jessica Perkel, Old Tappan, senior, 55 through 400 meters: An outstanding sprinter throughout her career, she showed great versatility in earning second-team All-Bergen honors and All-Group 3 honors last year.

Michelle Smith, Teaneck, senior, 55 hurdles, 200 and 400 meters: Probably the best returning hurdler in the state, the reigning Colgate Winter Games hurdle champion also finished third in the State Meet of Champions last season. She was All-North Jersey last winter.

Consandria Walker, Hackensack, junior, 55 through 300 meters, long and triple jumps: Don't expect her to do a lot of jumping, especially in the early season as she continues her recovery from a knee injury. But Walker, the Eastern States triple jump champion, will contend at the State level in the sprints.

Amy Van Alstine, Midland Park, junior, 1,600 and 3,200 meters: The State Group 1 cross-country champion, who finished seventh in the State Meet of Champions, she has an excellent chance of adding an indoor State title.

Others to watch: Liz Bissell, Indian Hills; Brittany Bonney, Wayne Hills; Kristin Crawford, Kennedy; Leigh Hoffman, Pas-



DON SMITH/STAFF PHOTOGRAPHER

Consandria Walker of Hackensack might be limited to sprinting as she recovers from a knee injury.

cack Hills; Christina Law, Ridge-wood; Taylor Lebovich, Old Tappan; Cheyenne Ogletree, Garfield; Lisa Sinkovitz, Immaculate Heart; Sable Sweeper, Passaic; Chelsea Townes, Hackensack.

— Paul Schwartz

County with outstanding seniors Laura Myers (pole vault), Elizabeth Post (shot) and Christina Gagliardi (distances) and All-American soccer star Nicole Krzysik, a two-time Passaic County 600-meter champion. Junior shot putter Connie Muslek and junior pole vaulter/distance runner Diane Szafarski and sophomore middle distance runner Jessica Torres add depth and talent to a solid team. ... **Demarest** has a young team with a quartet of potential standouts in junior sprinter/hurdler/jumper Kristin Schanck, junior thrower Chelsea Schiffman, junior distance runner Andrea Rothschild, an All-North Jersey cross-country runner, and soph thrower Christina Bonkalski. ... **Dumont** is another young team with 14 freshmen among the 33 members with senior shot putter Valerie Tiu and hurdler/pole vaulter Samantha Baletti the veteran performers. Junior sprinter/jumper Jackie Tiedens, junior hurdler/jumper Stephanie Zitelli and junior sprinter Jessica Mulligan are also solid performers.

Hackensack has a tremendous senior class with high expectations that go beyond rewinning NNJIL A and Bergen Relays large school titles. Britannia Frazier (hurdler/jumper), Tara McVey (jumper/sprinter), Amma Walcott (sprinter), Zainab Hanif (middle distance), Crystal Fulop (shot put) and Jeanette Javois (sprints) return along with soph sprinter Krystal Wycze and junior distance runners Krista Handy and Sara Peterson. But it is the return of All-State jumper and sprinter Consandria Walker from a knee injury and the indoor debut of All-State hurdler/high jumper Chelsea Townes that makes the Comets even more excited about the season. ... NBIL Division 2 defending champ **Indian Hills** hopes to add a small school Bergen Relays title to a league title behind senior middle distance runners Liz Bissell, Megan Burke and Britany Burke, senior multi-events performer Diana Christopoulos and senior

soph distance runner Lindsey Jettes, jumper Trish Claudio and junior thrower Jessie Steinbegle and the Braves could be a threat in every meet they enter. ... State Group 1 champ and All-State cross-country runner Amy Van Alstine leads **Midland Park** and gets help from senior Tracy Dziubinski, junior Kristine Goemaat and 200-400-800 runner Britta Anderson.

New Milford senior distance runners Jenna Vigna and Emily Palk and a very good junior class led by Aly Hanson (sprinter), Cassie Thomas (high jump), Caitlin Higgins (high jump), Joanne Tiu (hurdles) and Katie Gorman (hurdles) gives the Knights a well-balanced team. ... **North Bergen** is led by senior Kim Galvin, a first-team All-Hudson cross-country runner and returning HCIAA hurdle champ and Hudson 400 champ Priscilla Arboleda. ... **Passaic** has one of the best shot putters in the state in senior Sable Sweeper and a pair of solid juniors in distance runner Anuradha Rana and long sprinter/middle distance runner Angela Reynoso.

Passaic Tech is a contender for Passaic County honors and should make a solid debut in the Northern Hills Conference behind senior hurdler Nyree Wilson, junior sprinter Shavonnah Moss, senior jumper/hurdler Deborah D'Agosta and junior distance runner Angela Bonilla, all potential All-Passaic performers. ... **Passaic Valley** returns senior sprinter Ali DiDomenico, who hopes to parlay her past success in the Northern Hills and Passaic meets into contention for the first State 200 meter championship. Junior distance runner Christina DeSimone and senior distance runner Erika Boyle add to the Hornets' depth. ... **Pompton Lakes** is led by senior distance runner Mary Sciacchetano, soph sprinter Amy Brozowski and senior Georgina Awad.

Ridgefield Park has a solid senior class, with sprinter Akosua Koram, hurdler Mindy

sprinter Kristen Multiliattu and Sophie strong underclassmen, high jumper Nora Selimovic, hurdler Ana Oparaku and shot putter Eddith Garcia, all juniors, and soph sprinter Angelica Johnson. The Scarlets could be dark horses in the BCSL American and Bergen Relays small schools meets. ... First-team **River Dell** coach Michele Carciach welcomes just three seniors, Emily Cain, Jenn Sylva and Julianne Wiggins to one of the top programs in the BCSL American. ... **Ridgewood** is always a contender and even though the Maroons return only three seniors, distance runners Diana Mangam and Becca Wells and sprinter/hurdler Anne Ohliger, they have great sophomores and junior classes. The top juniors are All-North Jersey cross-country runner Meredith Jones, thrower Berit Nelson, sprinters Jess Kreisa and Jackie Tyler, hurdler/pole vaulter Cassie Wong and middle distance runner Steph Westerman. The top sophs are sprinter/jumper Brooke Bogart, middle distance runner and jumper Cristina Law and distance runner Maggie Harms,

Rutherford has a new head coach in Jake Herninko and good seniors in hurdlers Charmaine Runte and Elisa Laforgia along with sprinter Aaisha Alexander and distance runner Nicole Dikun and a fine soph in hurdler/sprinter Nicole Thompson. ... **Saddle Brook** hopes to repeat as Bergen Relays small schools champion behind senior sprinter/jumper Shannon Kellinger, shot putter Amy Albert and hurdler/jumper Megan Fanslau and two juniors, middle distance runner Margaret Ribaud and sprinter Stephanie Yosco. ... **Waldwick** has no seniors but soph thrower Brittany Wright and freshman sprinter Jessica Youmans could surprise and juniors Dana Fytelson (shot put), Marla Haro (hurdles/middle distance) and Kelly Hartmann (hurdles) also could enjoy good seasons.

— Paul Schwar

Spiked Shoe Invite

Mon. 12/20/04

• RESULTS

1600m:

Boys- Frosh: Danny Morse- 5:22, Max Winkler- 5:55, Geoff Alterman- 6:24

Novice: Steve Murphy- 5:52.6, Alex Pruzsansky- 5:13.4,
Jeremy Schmidt- 4:56.7, Cole Magrath- 5:03.0, Joe Cramer- 6:15.0,
Rob Morgan- 5:33

Varsity: Ok Onwubu- 4:51, Byron Williams- 4:32.2 (1st),
Niall Buckley- 4:38.3 (5th)

Girls- Frosh: Julie Hurley- 6:20, Maureen Muchel- 6:28

Novice: Marya Goodman- 6:36.7, Rosa Dillon- 6:15.7

Varsity: Daina Mangam- 5:37.8, Becca Wells- 5:42.5,
Meredith Jones- 5:26.5 (3rd), Steph Westerman- 5:34.0 (6th)
Maggie Harms- 6:15, Cristina Law- 5:39.4

55m dash:

Boys- Frosh- Josh Dabby- 9.0, Dan Gillis- 7.1

Andrew Foong- 8.7,

Novice: Matt Lavin- 7.5, Ben Amendalora- 8.2, Justin Skibinski- 8.1,
Brian Climente, Erlend Ellingboe- 7.4, Eugene Mok, Frank Nestor,

Varsity- Andrew Genova- 6.8

Girls- Frosh: Siena Irizarry- 8.4, Mollie Kurshan- 9.4, Cristina Lewis- 8.1,
Vanessa Vinci- 9.5

Novice:, Alice Wisener- 7.6/7.6, Michelle Mosticchio- 8.5,

Varsity- Jackie Tyler- 7.7, Jessica Kresja- 8.3

55m HH:

Boys- Frosh: Akira Monri- 9.3 (1st)

Novice- Julien Chamoun- Steve Pierce, Albert Gelbaum, Billy Dunn

Varsity- Joe Nagano-8.3/8.0, John Moody

Girls- Frosh: Mia Martinez- 9.4, (2nd)

Novice: Brooke Bogart- 9.9, Cassie Wong, Anne Ohliger- 10.9

Varstiy- Lara Que- 8.5/8.4/8.6 (4th)

800m:

Boys- Frosh: Danny Morse- 2:36.5, Geoff Alterman- 2:54.8

Novice: Steve Murphy- 2:52.5, Alex Pruzsansky- 2:25.0,
Cole Magrath- 2:24.0, Joe Kramer- 3:09.6, Rob Morgan- 2:28.6

Girls- Frosh: Julie Hurley- 2:49.0, Maureen Muchel- 2:56

Novice: Becky Lee- 3:16

200m:

Boys- Frosh: Josh Dabby- 35.9, Dan Gillis- 26.8, Josh Gilman- 31.7,
Cameron Jones- 32.1, Neil Steramberg- 31.8, Dan Clark- 31.6,
Andrew Foong- 30.6, Logan Ruppel- 30.5, Akira Monri- 26.2

Novice: Billy Dunn- 27.3, Charles Gallo- 28.0, Matt Lavin- 27.5,
Zack Ontiveros- 27.0, Mike Vaccaro- 28.6, Rob Webbe- 30.4,
Justin Skibinski- 27.1, Erlend Ellingboe- 25.6, Eugene Mok- 25.4,
Frank Nestor- 26.8, David Kim- 31.0, Julien Chamoun- 27.0,
Steve Pierce- 24.8, Rich Allevi- 28.7, Ben Amendelora- 28.2

Varisty- Andrew Genova- 23.9, Albert Gelbaum- 24.3, Joe Nagano- 24.5,
John Moody- 24.6

Girls- Frosh: Kate Gruchawka- 30.9, Siena Irizarry- 33.5, Mollie Kurshan- 37.6,
Cristina Lewis- 30.8, Vanessa Vinci- 39.2, Mia Martinez- 28.9,
Kaleigh Sossebe- 31.8

Novice: Alice Wisener- 29.1, Michelle Mosticchio- 32.7, Cassie Wong- 28.1,
Anne Ohliger- 30.2

Varsity- Jackie Tyler- 27.8, Jessica Kresja- 31.4, Lara Que- 28.6

4 x 800m: (varsity only)

Boys- Jeremy Schmidt, Byron Williams, Ok Onwubu, Niall Buckley
8:31.5 (3rd) 2:11.6 2:07.0 2:07.4 2:05.5

Girls- Cristina Law, Steph Westerman, Diana Mangam, Meredith Jones
10:10.6 (2nd) 2:29.7 2:32.1 2:36.8 2:32.0

(2) Maggie Harms, Becca Wells, Marya Goodman, Rosa Dillon
11:13..... 2:43.0 2:34.7 2:48.5 2:53.1

4 x 400m:

Boys- Frosh: (1) Danny Morse, Akira Monri, Dan Gillis, Geoff Alterman
4:18.6 62.6 62.8 58.3 75.0

(2) Josh Dabby, Cameron Jones, Max Winkler, Niell Steramberg
5:00.0.. 82 75 66 77

Novice: (1) Eugene Mok, Jeremy Schmidt, Erland Ellingboe, Joe Nagano
3:50.7 (2nd) 57.7 55.5 58.2 59.3

(2) Steve Murphy, Alex Pruzinsky, Cole Magrath, Rich Webbe
4:46..... 72.6 67.5 67.6 78.9

(3) Frank Nestor, Zack Onteveros, Justin Skibinski, Joe Crammer
4:24.7... 58.9 61.8 61.2 82.8

Varsity- Nail Buckley, Andrew Genova, Albert Gelbaum, Ok Onwubu
3:38.7 (5th) 53.8 55.6 54.3 55.0

Girls- Frosh: (1) Julie Hurley, Maureen Muchal, Kate Gruchawka, Mia Martinez
4:58.0 (3rd)..... 75.5 81.2 70.2 71.4

(2) Kaleigh Sosebee, Cristina Lewis, Siena Irizarry, Mollie Kurshan
5:05..... 73.8 71.1 78.1 86.5

Novice: (1) Anne Ohliger, Cassie Wong, Alice Wisener, Brooke Bogart
4:38.5 (4th)... 68.8 67.0 71.4 71.2

Varsity- Jessica Kresja, Steph Westerman, Becca Wells, Cristina Law
4:25.4..... 68.4 65.3 68.8 63.1

Long Jump: (all levels)

Boys- varsity- Andrew Genova- 17'1 1/2", Brian Climente- 16'9"

Girls- Brooke Bogart- 14'6 1/2"

Frosh- Mia Martinez- 13'0" (1st)

Triple Jump: (varsity and novice)

Boys- Varsity- Brian Climente- 36'6"

Girls- Cristina Law- 32'8" (4th), Brooke Bogart- F

Pole Vault:

Boys- Christian Jensen- 11'0", Jake Ricciardi- 12'0" (3rd)

Girls- Lara Que, Cassie Wong- 9'0" (2nd)

Shot Put:

Girls- Berit Nelson- 27'3"

Boys- Dan Lenihan- 38'8", Brian Albano- 35'9"

TRACK

SPIKED SHOE HOLIDAY FESTIVAL

AT THE ARMORY TRACK CENTER
Monday

Boys

55 — 1. Brian Gilbert, Teaneck, 6.3; 2. Michael Demko, Hightstown, 6.4; 3. Travis Warren, Teaneck, 6.4; 4. Frank LaBoy, Hackensack, 6.6; 5. Bayu Sutrisno, Secaucus, 6.7; 6. Fausto Reynoso, Memorial, 6.9.

55 HH — 1. Dan Oquendo, Hackensack, 7.4; 2. Gianni Rollins, Hackensack, 8.0; 3. Sifiso Takiranbodde, West Windsor-Plainsboro South, 8.0; 4. Shawn Murtagh, Metuchen, 8.1; 5. Mark Shaker, Paramus Catholic, 8.1; 6. Jeff Floranti, Old Bridge, 8.1.

200 — 1. Kevin Thompson, North Bergen, 22.4; 2. Derek Rogers, Winslow, 22.8; 3. Allan Lunkenheimer, Old Bridge, 23.0; 4. Brian Gilbert, Teaneck, 23.4; 5. Jeff Papcun, Raritan, 23.6; 6. Akinnwumi Akinkuwmi, Life Science, 23.7.

800 — 1. Chris Wilk, Bergen Catholic, 2:00.7; 2. Ryan Jagielski, Colts Neck, 2:03.8; 3. Joe Lefkowitz, Teaneck, 2:03.8; 4. Tommy San George, Teaneck, 2:04.1; 5. Chris Clark, Colts Neck, 2:04.2; 6. Evan Campbell, Wayne Valley, 2:04.9.

1,600 — 1. Byron Williams, Ridgewood, 4:32.5; 2. Matt Dahl, Raritan, 4:34.8; 3. Zach Tedoff, Colts Neck, 4:35.1; 4. Nik Batarags, Northern Highlands, 4:36.2; 5. Brad Clarke, Lake Braddock, 4:36.6; 6. Ryan Madrid, Paramus Catholic, 4:37.3.

1,600 relay — Old Bridge (Allan Lunkenheimer, Jeff St. Florant, Paul Racioppi, Bryant McCombs), 3:29.4; 2. Ramsey, 3:33.3; 3. Lake Braddock, 3:35.1; 4. Baldwin, 3:37.4; 5. Teaneck, 3:38.2; 6. Metuchen, 3:38.5.

3,200 relay — 1. Shaker, 7:59.8; 2. Old Bridge, 8:22.7; 3. Ridgewood, 8:31.5; 4. Lake Braddock, 8:41.3; 5. West Windsor-Plainsboro South, 8:43.6; 6. Wayne Valley, 8:51.7.

Sprint medley relay — 1. Metuchen (Farris, Lewis, Cooper, Ostermueller), 3:46.1; 2. Toms River East, 3:47.3; 3. Lake Braddock, 3:51.3; 4. Ramsey, 3:53.0; 5. Watchung Hills, 3:53.8; 6. Science, 3:54.1.

Shot put — 1. Erik Heymann, Westwood, 48-8¼; 2. Steven Kim, Fort Lee, 48-8; 3. Jon Cowden, Lake Braddock, 47-10½; 4. Randall Hunt, Hightstown, 46-11; 5. Scott Phillips, Wayne Valley, 46-11; 6. Travis Parham, Hackensack, 46-10.

High jump — 1. Oderrick Turner, Teaneck, 6-8; 2. Justin Frick, Freehold, 6-2; 3. David Mickey, Freehold, 6-0; 4. Ken Cardullo, Old Bridge, 6-0; 5. Minjoe Williams, Fort Lee, 6-0; 6. Dan Oquendo, Hackensack, 6-0.

Long jump — 1. Dan Oquendo, Hackensack, 20-11; 2. Dan Cirone, Fort Lee, 19-4¾; 3. Craig Heilmann, Northern Highlands, 19-3¼; 4. Kofi Asamoah, Lake Braddock, 19-2¾; 5. Evan Stivala, Colts Neck, 19-2½; 6. Ted Leshner, Northern Highlands, 18-10¼.

Triple jump — 1. Harold Blyden, Bergenfield, 43-9¼; 2. Dan Oquendo, Hackensack, 43-¼; 3. Casey DiCesare, Irvington (N.Y.), 42-8¼; 4. Scott DiCesare, Irvington (N.Y.), 42-2¾; 5. Minjoe Williams, Fort Lee, 41-8¾; 6. Ted Leshner, Northern Highlands, 41-2.

Pole vault — 1. Casey DiCesare, Irvington (N.Y.), 14-7; 2. Scott DiCesare, Irvington (N.Y.), 14-0; 3. Jake Ricciardi, Ridgewood, 12-6; 4. Ian Prohaska, Lake Braddock, 12-0; 5. Greg Lewis, Metuchen, 11-6; 6. Christian Jensen, Ridgewood, 11-0.

Girls

55 — 1. Racquel Vassell, East Orange Campus, 7.0; 2. Krystal Cantey, Winslow, 7.1; 3. Natalie Mapp, Hopewell Valley, 7.4; 4. Martina Nwuga, Wilson, 7.4; 5. Marcee Carter, Winslow, 7.4; 6. Clara Blue, Wilson, 7.7.

55 HH — 1. Michelle Smith, Teaneck, 8.1; 2. Racquel Vassell, East Orange Campus, 8.2; 3. Sable Loper, Wilson, 8.4; 4. Laura-Jane Que, Ridgewood, 8.8; 5. Rolanda Bruce, East Orange Campus, 9.2; 6. Sara Quindelle, East Orange Campus, 9.4.

200 — 1. Racquel Vassell, East Orange, 25.1; 2. Krystal Cantey, Winslow, 25.6; 3. Natalie Mapp, Hopewell Valley, 25.7; 4. Mician Khan, Hopewell Valley, 36.2; 5. Marcee Carter, Winslow, 26.8; 6. Jen Seszysza, Union Catholic, 27.0.

800 — 1. Emily Sherrard, Colts Neck, 2:19.2; 2. Ashley Higginson, Colts Neck, 2:24.2; 3. Stephanie Herrick, Wayne Valley, 2:24.4; 4. Asha Bailey, Science, 2:25.9; 5. Louisa Reilly, Pearl River, 2:26.1; 6. Elise Tagatac, Freehold, 2:26.3.

1,600 — 1. Ashley Higginson, Colts Neck, 5:10.9; 2. Lisa Sinkovitz, IHA, 5:15.2; 3. Laura Reilly, Pearl River, 5:24.7; 4. Meredith Jones, Ridgewood, 5:26.4; 5. Kerry Taylor, IHA, 5:27.5; 6. Samantha Stadt, Pearl River, 5:27.7.

1,600 relay — 1. Wilson (Clara Blue, Jasmine Still, Janee Sharper, Sable Loper), 4:02.9; 2. Lake Braddock, 4:07.0; 3. East Orange Campus, 4:09.5; 4. Teaneck, 4:16.5; 5. Ramsey, 4:16.9; 6. Metuchen, 4:17.4.

3,200 relay — 1. Lake Braddock, 9:34.6; 2. Ridgewood, 10:10.5; 3. Wilson, 10:17.8; 4. IHA, 10:18.1; 5. Cold Spring Harbor, 10:38.4; 6. Hackensack, 10:51.1.

Sprint medley relay — 1. Hopewell Valley (Natalie Mapp, Miriam Khan, Jackie Barret, Emily Sherrard), 4:13.8; 2. Wayne Valley, 4:27.2; 3. Lake Braddock, 4:29.7; 4. Mineola, 4:30.3; 5. Ramsey, 4:30.6; 6. Metuchen, 4:38.0.

Shot put — 1. Amanda Marshall, Hightstown, 39-9¼; 2. Jamila Morrison, Hackensack, 36-2¼; 3. Delisa Riddick, Teaneck, 33-9¼; 4. Sade Henry, Teaneck, 33-0; 5. Teressa McCoy, Lake Braddock, 32-11¼; 6. Lauren Washington, Winslow, 32-5.

High jump — 1. Ashley Haislip, Lake Braddock, 5-4; 2. Rose Lang, Colts Neck, 5-2; 3. Kayla Reddington, Hightstown, 5-0; 4. tie between Tyler Teaton, IHA and Jessica Houghton, Hightstown, 4-10; 6. Anna Noguchi, Lake Braddock, 4-10.

Long jump — 1. Sable Loper, Wilson, 17-4; 2. Jenn Pierce, Northern Highlands, 15-9; 3. Jenn VariGrouw, IHA, 15-5; 4. Alyssa Fanucci, Old Tappan, 15-4; 5. Ashley Haislip, Lake Braddock, 15-3¾; 6. Stephanie Ottino, IHA, 15-1¼.

Triple jump — 1. Alyssa Fanucci, Old Tappan, 33-11; 2. Racquel Clarke, Teaneck, 33-3; 3. Melanie Akwule, Lake Braddock, 33-1½; 4. Christina Law, Ridgewood, 32-8; 5. Brittania Frazier, Hackensack, 31-6¼; 6. Juliana Coleman, Lake Braddock, 31-4¼.

Pole vault — 1. Lauren Chung, Watchung Hills, 9-6; 2. Emily Powers, Pearl River, 9-6; 3. Brean Samuels, Lake Braddock, 9-0; 4. Jennie Meagner, Marlboro, 8-6; 5. Cassie Wong, Ridgewood, 8-6; 6. Megan Borvin, Lake Braddock, 8-6.

Marine Corp Holiday Classic Tue 12/28/04

** Results **

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

Boys- Byron Williams, Andrew Genova, Niall Buckley, Mike Cator
10:41.5..... 3:12.8 54.8 2:06.8 4:27.2

Girls-

(1) Steph Westerman, Jess Kresja, Cristina Law, Meredith Jones
DQ... 4:12.4 65.6 ? 5:16.7

(2) Megan Conheeny, Cristina Law, Cassie Wong, Becca Wells
13:38.9... 4:07.6 63.5 2:48.3 5:39.5

Triple Jump:

Girls- Brooke Bogart, Cristina Law
65'2" (2nd) 31'10" 33'4"

Tom Zaccone Invite Tues. 1/4/05

*** Results ***

55m dash:

Boys- Frosh: Josh Dabby- 9.5, Josh Gilman- 8.8, Cameron Jones- 8.7,
Dan Clark- 8.7, Andrew Foong- 8.3,

Novice: Jason Lee- 7.7, Zack Ontiveros- 7.1, Kevin Phelan- 7.8,
Mike Vaccaro- 8.4, Rob Webbe- 8.1, Brian Climente- 7.3, Erlend Ellingboe- 7.6,
Eugene Mok- 7.2, Ben Amendalora- 7.8

Varsity- Andrew Genova- 6.9, Albert Gelbaum- 7.1

Girls- Frosh: Mollie Kurshan- 9.7, Cristina Lewis- 8.8,
Cara McBrearty- 8.7, Vanessa Vinci- 9.0, Anna Samoylov- 9.3

Novice: Alice Wisener- 8.2/8.2, Michelle Mosticchio- 9.2, Grace Ahn- 9.6

Varsity- Jackie Tyler- 7.7, Jessica Krejsa- 8.4

55m HH:

Boys- Frosh: Akira Monri- 8.8/8.9 (1st)

Novice- Steve Pierce- 9.0/9.0, Albert Gelbaum- 11.1, Billy Dunn-10.5

Varsity- Joe Nagano- 8.7/8.6, John Moody- 8.6/8.4

Girls- Frosh: Mia Martinez- 9.9/9.7/9.7 (1st), Kaleigh Sossebe- 11.6/11.7,
Kate Gruchawka- 11.2/11.4/11.0 (4th)

Novice: Brooke Bogart- 10.3/9.5/11.0 (6th),
Cassie Wong- 9.4/9.3/9.2 (1st), Anne Ohliger- 10.7

Varsity- Lara Que- 8.9/9.2/8.9 (2nd)

4 x 800m:

Boys-

Novice- (1) Jeremy Schmidt, Rob Morgan, Cole Magrath, Alex Pruzanski

9:50 (4th).. 2:19.8 2:33.2 2:26.2 2:31.6

(2) Joe Crammer, Anmol Malhotra, Geoff Alterman, Nick Rudd

11:34.4..... 3:12 2:38.1 2:50.1 2:54

Girls-

Varsity- Cristina Law, Becca Wells, Megan Conheeny, Steph Westerman

10:23.4 (1st).... 2:26.6 2:34.9 2:42.4 2:39.8

Novice- Rosa Dillon, Maggie Harms, Marya Goodman, Brianne Lupo

11:48 (6th).... 2:59.4 2:47.0 3:02.1 2:59.4

Frosh- Maureen Muchel, Julie Hurley, Cara McBrearty, Christina Lewis

12:10.(3rd) ... 3:00.4 3:04.1 3:10.3 2:54.2

200m:

Boys- varsity- Andrew Genova- 24.6, Albert Gelbaum- 24.7, Joe Nagano- 25.3,
John Moody- 24.9, Steve Pierce- 25.3

Girls- varsity- Jackie Tyler- 28.9, Brooke Bogart- 30.2, Lara Que- 30.2

4 x 1 lap: (approx. 4 x 200m)

Boys- Novice- (1) Brian Climente, Eugene Mok, Zack Ontiveros, Erlend Ellingboe

1:43.1..... 26.7 24.1 26.5 25.7

(2) Matt Lavin, Billy Dunn, Jason Lee, Rob Webbe

1:51.1..... 29.4 25.4 27.0 29.4

(3) Rich Allevi, Ben Amendelora, Mike Vaccaro, Carter Andresen

1:52.3..... 30.1 26.9 28.7 26.6

Frosh- (1) Akira Monri, Josh Gilman, Dan Clark, Andrew Foong

1:59.6.... 25.6 33.9 30.6 29.9

(2) Cameron Jones, Nick Rudd, Geoff Alterman, Josh Dabby

2:13.7.... 31.4 33.9 30.9 37.4

Girls- Novice- (1) Alice Wisener, Cassie Wong, Anne Ohliger, Michelle Mostachio
1:58.1..... 27.7 26.4 32.1 31.9

Frosh- (1) Mia Martinez, Kate Gruchawka, Cristina Lewis, Kaleigh Sosebee
2:03.2 (2nd)..... 31.4 28.9 32.2 30.8

(2) Julie Hurley, Maureen Muchal, Vanessa Vinci, Mollie Kurshan
2:18.9..... 33.3 33.7 36.9 35.1

600m:

Boys- Varsity- Niall Buckley- 1:31.4, Ok Onwubu- 1:34.4,

Girls- Varsity- Cristina Law- 1:44.6 (1st), Jessica Krejsa- 1:53.4,
Meghan Conheeny- 1:53.6

Comments: *This meet was a nice start to the 2005 year. It was good to see many get “back in the swing” of winter track. Outstanding performance by many including: the whole hurdling crew, Cristina Law, the 4 x 800’s and many others. Keep up the hard work!*

Dartmouth Relays Sat. 1/8/05

55m HH:

Boys- Joe Nagano- 8.40

Girls- Lara Que- 9.16/8.79/8.60 (2nd) ****NEW SCHOOL RECORD ****

Cassie Wong- 9.81, Brooke Bogart- 10.49

55m:

Boys- Andrew Genova- 7.31

1 mile:

Boys- Mike Cator- 4:45.25, Ok Onwubu- 4:51.25

Girls- Becca Wells- 5:32.10, Megan Conheeny- 5:41.12

400m:

Boys- Andrew Genova- 54.37, Joe Nagano- 57.07

Girls- Jess Krejsa- 67.15

800m:

Boys- Byron Williams- 2:01.42, Niall Buckley- 2:03.04

Girls- Cristina Law- 2:21.90, Stephanie Westerman- 2:26.84

2 mile:

Girls- Meredith Jones- 11:37.67 (4th), Maggie Harms- 13:00

4 x 200m:

Lara Que, Cassie Wong, Jessica Krejsa, Brooke Bogart

1;56.59..... 29.6 27.9 29.4 29.7

4 x 800m:

Boys: Byron Williams, Mike Cator, Ok Onwubu, Niall Buckley
8:17.37 (2nd)... 2:03.7 2:06.9 2:06.3 2:00.4

Girls: Steph Westerman, Becca Wells, Meredith Jones, Cristina Law
9:55.73 (4th) 2:27.1 2:30.2 2:34.4 2:23.4

Long Jump:

Girls- Brooke Bogart- 15'4"

Triple Jump:

Boys- Andrew Genova- F

Girls- Cristina Law- 33'5", Brooke Bogart- 31'7"

Pole Vault:

Boys- Jake Ricciardi- 13'0" (4th)

Girls- Cassie Wong- 10'0" ** *NEW SCHOOL AND COUNTY RECORD!!*
**

COMMENTS:

IT WAS A GREAT WEEKEND! AS I SAID TO YOU BEFORE, I WAS PROUD OF EACH OF YOU FOR ONE THING OR ANOTHER. MANY OF YOU HAD TREMENDOUS ACCOMPLISHMENTS AND PERSONAL ACHIEVEMENTS. SPECIAL CONGRATS TO ALL THOSE WHO PLACED...A GREAT FEAT! DON'T FORGET MY TEAM WON IN BOWLING!

Oquendo posts best hurdle time in state

By PAUL SCHWARTZ
STAFF WRITER

It was a very busy weekend in winter track, in addition to the Hispanic Games in New York and the Northern Hills meet at Drew.

Ridgewood, Hackensack and Bergen Catholic traveled to Hanover, N.H., for the annual Dartmouth Relays and had a series of performances in various events that broke into the all-time Bergen top 25 indoor rankings.

Dan Oquendo of Hackensack won the 55 hurdles in 7.62 seconds, the fastest time in New Jersey this year and the sixth-fastest automatic clocking in Bergen County history.

He also took fourth in the high jump at 6 feet 2 inches and fourth in the triple jump with a jump of 43-4 $\frac{3}{4}$. Robert Mozia finished fifth in the shot put with a throw of 47-11 $\frac{1}{4}$ and the Comets finished fifth with 20 points.

Ridgewood took second in the boys 3,200 relay in 8:17.35 and Jake Ricciardi of Ridgewood cleared 13 feet for fourth in the pole vault. Byron Williams of Ridgewood was seventh in the 800 in 2:01.42. Bergen Catholic was fifth in the 800-meter relay in 1:37.34.

No North Jersey girls won events at Dartmouth, but six athletes broke into the all-time top 25, led by Cassie Wong of Ridgewood, who became the first Bergen girl to clear 10 feet indoors in the pole vault. She finished seventh in the event won by Mary Saxer of Lancaster, N.Y., with a national record of 14 feet.

Lara-Jane Que of Ridgewood and Chelsea Townes of Hackensack went two-three in the 55-meter hurdles. Townes led the preliminary

WINTER TRACK

and semifinals and ran a best of 8.63, 10th all time. But Que, the sophomore who was well back in both the preliminaries and semis, ran 8.60 in the final, three places higher on the all-time list to finish behind Azuree Catledge of Newtown North, Mass.

Townes also was sixth in the high jump at 5-2, and Ridgewood's 3,200 relay was fourth in 9:55.73. Meredith Jones of Ridgewood was fourth in the two mile in 11:37.67, 16th all time in Bergen history. Amma Walcott of Hackensack ran 7.58 in the 55 semifinals, 17th all time in Bergen and Cristina Law of Ridgewood was seventh in the 800 in 2:21.90, 18th all time.

Friday night, Garrett Kroner of Indian Hills set meet records in the 200 (22.8, eighth all time in Bergen) and 400 (50.4, sixth all time) at the Jersey Duals II meet at the Armory Track Center. He won four events as the Braves beat Cherokee, 56-34. Joe Hathaway of Clifton set a meet record in the shot at 51-8 $\frac{1}{2}$. In the girls meet, Cheyenne Ogletree of Garfield ran 2:22.2 to set a meet record in the 800 and Danielle Kroll of Indian Hills set a meet record in the girls triple jump at 33-9.

Sunday in the Group 2 and 3 State relays at Princeton, no North Jersey teams won events, but Ramsey had an excellent day in Group 2 to finish seventh. Oderrick Turner of Teaneck had the day's second-best boys high jump at 6-6 to help the Highwaymen finish third in the event.

North Jersey Invite Mon. Jan. 10th

**** RESULTS ****

55m HH:

Boys- John Moody- 8.3/8.7

Girls- Lara Que- 8.7/8.6/8.8 (1ST), Cassie Wong- 9.3/9.6/10.0 (6TH),

Brooke Bogart- 10.1

55m:

Boys- Andrew Genova- 7.1/7.1, Albert Gelbaum- 7.2, Jake Ricciardi- 7.5

Girls- Jackie Tyler- 7.6/7.4/7.5 (4TH)

3200m:

Boys- Mike Cator- 10:08.3 (4TH)

Girls- Meredith Jones- 11:37.8 (1ST)

4 x 800m:

Boys- Jeremy Schmidt, Jacob Garber, Cole Magrath, Rob Morgan

9:21.6.. 2:14.9 2:15.0 2:25.4 2:25.3

Girls- Rosa Dillon, Megan Conheeny, Brianne Lupo, Maggie Harms

10:58.8 (4TH) 2:53.0 2:35.6 2:48.0 2:43.2

600m:

Boys- Niall Buckley- 1:28.9 (3RD), Ok Onwubu- 1:32.1

Girls- Cristina Law- 1:44.0 (1ST)

1000m:

Boys- Byron Williams- 2:38.0 (1ST)

Girls- Stephanie Westerman- 3:13.5 (1ST), Becca Wells- 3:15.6 (2ND),

Marya Goodman- 3:45.8

300m:

Boys- Andrew Genova- 39.4, Albert Gelbaum- 41.5, John Moody- 41.8,
Jake Ricciardi- 42.6

Girls- Jackie Tyler- 46.5, Brooke Bogart- 51.7

1600m:

boys- Mike Cator- 4:49.5 (4th), Byron Williams- 4:41. 2 (1ST), Jacob Garber- 5:11

Girls- Meredith Jones- 5:35.2 (1ST), Megan Conheeny- 5:47.0 (2ND)

4 x 400m:

Boys- Albert Gelbaum, Ok Onwubu, Andrew Genova, Jeremy Schmidt
3:44.7 (2ND)... 55.9 57.2 55.3 56.3

Girls- Cristina Law, Cassie Wong, Becca Wells, Steph Westerman
4:17.2 (1ST)... 62.6 64.3 66.5 63.3

COMMENTS:

What an exciting meet! We won both the boys and the girls divisions for the large schools and the overall. Quit an accomplishment. There aren't many "team scored" meets during the winter season, so it's nice to take advantage of them when they come around. You certainly rose to the occasion coming off tough events at the Dartmouth Relays. Special congrats to Meredith and Byron for winning 2 events each. Keep up the good hard work, the county relays are in 2 weeks and should be our focus as a team.

Team Scores for top 5:

Boys:

1. Ridgewood- 43
2. Hackensack- 26
3. DonBosco- 17
4. Teaneck- 11
5. Paramus Catholic- 8

Girls:

1. Ridgewood- 87
2. Hackensack- 48
3. Holy Angles- 44
4. Passaic Valley- 20
5. Ramapo- 8

INDOOR TRACK

Ridgewood squads impressive at North Jersey Invitational

BY DAVID ZARO
Staff Writer

HACKENSACK – The Ridgewood High School indoor track squads took the Rothman Center by storm on Monday, capturing the boys and girls Division A and overall titles at the North Jersey Invitational Meet.

Fresh off a strong performance at the Dartmouth Relays on Saturday, both teams responded to the challenge of competing against some of the top teams in the area.

“Coming from Dartmouth on Saturday and having to compete again on Monday was tough for the kids,” said Ridgewood head coach Mike Mullin, now in his 15th season at the helm. “They were put to the test, and they rose up to meet it.”

The girls squad won the A Division and overall meet titles for the fifth time in the last six years and claimed at least a piece of the crown for the 13th time. Ridgewood put up a team score of 87 to finish comfortably ahead of second-place Hackensack (48) and third-place Holy Angels (44).

Ridgewood had victories in six of the nine individual races and had 13 athletes score points for the team.

“It was really a great team win,” Mullin said. “It is a great accomplishment for us to have so many individuals from our team win events, considering that there are 30 or so schools competing in the meet.”

Junior Meredith Jones, an All-North Jersey selection in cross-country, scored a “double win,” taking the 1600-meter run with a time of 5:35.2 and the 3200-meter run with a time of 11:37.8. Sophomore Megan Conheaney was second to Jones in the 1600 at 5:47.

“Meredith had a great meet,” said Mullin. “She was very comfortable and relaxed out there, and her performance looked almost effortless.”

Among the other winners for the Ridgewood squad included sophomore Lara Jane Que in the 55-meter hurdles (8.8) and fellow sophomore Christina Law in the 600-meter dash (1:44.0).

Junior Stephanie Westerman (3:13.5) and senior Becca Wells (3:15.6) finished one-two in the 1000-meter run, and they were joined by Cassie Wong and Jess Krejsa in taking the 1600-meter relay with a time of 4:17.2.

The boys team won its second Division A title in the last four years with a team score of 43, outdistancing second-place Hackensack (26) and third-place Don Bosco (17). Queen of Peace (38) and Ramsey (36), which competed in Division B, was the

closest to Ridgewood in the overall score.

“This was a great accomplishment for the boys,” Mullin said. “We had a couple of kids hurting, but they came through with a great effort.”

Mullin also stressed that the squad was very solid in sticking to its game plan before the meet.

“As a team, we wanted to focus on winning races rather than on individual times,” said Mullin. “The emphasis was on winning, and they had a good handle on that. They knew exactly what we had to do.”

Junior Byron Williams certainly got the message, as he was a double-winner for the boys, capturing the 1000-meter run (2:38) and the 1600-meter run (4:41.2).

“Byron was outstanding,” Mullin said. “He looked to be in command of both races against very good competition.”

Also helping the cause for the Maroons was sophomore Niall Buckley, who was third in the 600-meter run (1:28.9), and junior Mike Cator, who was fourth in both the 1600 (4:49.5) and the 3200 (10:08.3) meters.

Ridgewood also placed second in the 1600-meter relay (3:44.7) and sixth in the 3200-meter relay (9:20.7).

In the Dartmouth Relays, there were also a number of impressive accomplishments by the two squads.

For the girls, Jones finished fourth in the two-mile race, and her time of 11:37:67 placed her 16th all-time in Bergen County history.

Que was second in the 55-meter hurdles with a school-record time of 8:60 in the finals.

Also, Wong set a county record, becoming the first Bergen girl to clear 10 feet indoors in the pole vault. Christina Law was seventh in the 800 meters with a time of 2:21:90, 18th all-time in county history.

The boys team of Williams, Cator, Buckley and senior Okee Onwubu were second at Dartmouth in the 3200-meter relay with a time of 8:17.35. Also, Williams was seventh in the 800-meter race, clocking 2:01.42, and Jake Ricciardi was fourth in the pole vault with a distance of 13 feet.

The next competition for the teams will be in the Ridgewood High School II meet on Wednesday, Jan 19 at Rockland County Community College in New York State. Then, a week later, the teams travel to the Armory in New York City for the Bergen County Relays.

“Our main focus is to prepare for the Bergen County relays, which is the most important meet of the year,” said Mullin.

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Mistake costs Ramsey a title

Disqualification in relay gives Queen of Peace the crown

By PAUL SCHWARTZ
STAFF WRITER

HACKENSACK — Ramsey's disaster led to Queen of Peace's jubilation at the 23rd annual North Jersey Invitational championships Monday night at the Rothman Center.

The Rams' boys seemed in full control of not only winning the B Division but defeating A Division champ Ridgewood, leading, 36-35, over the Maroons going into the 1,600-meter relay. Boasting Bergen County's best relay so far this year, Ramsey would've had to make a major mistake not to sweep the titles, and even if that happened, Queen of Peace would have to win the race to earn the B title by two points.

The mistake came early on the first leg, when leadoff runner Alex Lanuto, who earlier had won the 600, cut too far inside on the Fairleigh Dickinson track and actually ran a few steps on the infield, leading to Ramsey's disqualification after it easily won the race. Queen of Peace advanced from second to first after the DQ to edge the stunned Rams, 38-36, for B Division honors. Saddle Brook was third with 32 points.

Ridgewood won the overall team score and the A Division title, 43-26, sparked by a double win by Byron Williams in the

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1,000 and 1,600.

Ridgewood won its fifth girls A and overall title in the last six years and won or shared the title for the 13th time, 87-48, over five-time champion Hackensack, while ironically the Ramsey girls won their first B title with 27 points.

"Even if we hadn't won the meet, I would have been very pleased with our performance," said QP coach Jeff Riddick, who has rebuilt a Golden Griffins program that was moribund only four years ago. "The win gives these kids a lot of confidence, and validates the hard work and effort they've been putting in."

Queen of Peace's victory was led by senior Matt St. Germain, who won the 300 on a lean over Hackensack's Dan Oquendo, took second in the 55 and anchored the 1,600 relay win. The 3,200 relay quartet of Danny Henriques, Bryan Louvado, Antonio Tejelo and Frank Valente edged Ramsey for the win, another important factor in the team's victory.

Ridgewood's girls performed well at Saturday's Dartmouth Relays and head coach Mike Mullen gave them a choice of which meet they wanted to compete in

this week.

"I love this meet because it's a team competition, but I wondered how hard to push the kids because they were coming off Dartmouth," said Mullen. "But they were all for the team thing and I said if we're going to come here, we're going to go [for the victory]."

Thirteen Maroons scored in the meet and Ridgewood won six of the nine individual races and placed in everything but the 300.

All-North Jersey cross-country star Meredith Jones won the 1,600 and 3,200 handily, outpacing Amy Van Alstine of Midland Park in the latter race in 11:37.8, a fine time on the slow Rothman track.

"She looked so relaxed in the first half of the 3,200, the rest of the night seemed to come easy to her," said Mullen.

Jones and Passaic Valley sprinter Alison DiDomenico joined Williams as the only double winners, with DiDomenico recording her third and fourth wins of the last five days in sweeping the 55 and 300. She also won the 55 at Wednesday's Passaic meet and Saturday's Northern Hills meet.

Lara Jane Que (hurdles), Cristina Law (600), Steph Westerman (1,000) and the Ridgewood 1,600 relay team recorded the other Maroon wins.

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WINTER TRACK

NORTH JERSEY INVITATIONAL At Rothman Center, Hackensack

BOYS

Team scoring

Division A: Ridgewood (R) 43, Hackensack (H) 26, Don Bosco (DB) 17, Teaneck (T) 11, Paramus Catholic (PC) 8, Demarest (D) 7, Passaic Valley (PV) 3. **Division B:** Queen of Peace (QP) 38, Ramsey (Rams) 36, Saddle Brook (SB) 32, Westwood (W) 12, Pascack Valley (PsV) 10, Pompton Lakes (PL) 5, Weequahic (Wee), Rutherford (Ru), Pascack Hills (PH) and Ridgefield Park 4, Midland Park (MP) 2.

Individual events

55 - 1. Brian Gilbert (T), 6.8; 2. Matt St. Germain (QP), 6.7; 3. Anthony Pomo (SB), 6.7; 4. Dan Oquendo (H), 6.7; 5. Chris Seijo (HH), 6.8; 6. Travis Warren (T), 6.8.

55 HH - 1. Dan Oquendo (H), 7.5; 2. Anthony Pomo (SB), 7.6; 3. Dylan Coonrad (Rams), 8.0; 4. Scott Atkins (PH), 8.1; 5. Chadwick Cadet (DB), 8.2; 6. A.J. Esquerro (PV), 8.2.

300 - 1. Matt St. Germain (QP), 37.5; 2. Dan Oquendo (H), 37.5; 3. Jake Stass (W), 38.6; 4. Jhamil Ervin (Wee), 38.7; 5. Tim Zadravac (PL), 37.8; 6. Jared Davis (DB), 38.4.

600 - 1. Alex Lanuto (Rams), 1:27.4; 2. Brent Napoleon (DB), 1:28.5; 3. Niall Buckley (R), 1:28.9; 4. Ed Cabo (H), 1:30.2; 5. Sharif Webb (DB), 1:31.1; 6. Vin Gareffa (HH), 1:31.6.

1,000 - 1. Byron Williams (R), 2:38.0; 2. Ryan Madrid (PC), 2:40.9; 3. James LaGreca (D), 2:41.7; 4. Marc Polifrone (Ru), 2:43.5; 5. Jason Baker (DB), 2:52.2; 6. Paul Majeski (D), 2:55.3.

1,600 - 1. Byron Williams (R), 4:41.2;

Chris Guerriero (SB), 4:41.9; 3. Bryan Kretschmer (Rams), 4:48.3; 4. Mike Cator (R), 4:49.5; 5. Scott Walker (MP), 4:54.4; 6. Jason Baker (DB), 4:54.5.

3,200 - 1. Will Nowicki (PsV), 9:57.6; 2. Chris Guerriero (SB), 9:59.1; 3. Bryan Kretschmer (Rams), 10:04.5; 4. Mike Cator (R), 10:08.3; 5. Mike Polifrone (PV), 10:11.8; 6. Keith Gross (DB), 10:16.8.

1,600 relay - 1. Queen of Peace (Manny Frega, Antonio Tejelo, Donny Henriques, Matt St. Germain), 3:43.3; 2. Ridgewood, 3:44.7; 3. Westwood, 3:46.0; 4. Hasbrouck Heights, 3:48.2; 5. Saddle Brook, 3:52.7; 6. Pompton Lakes, 3:52.9.

3,200 relay - 1. Queen of Peace (Danny Henriques, Bryan Louvado, Antonio Tejelo, Frank Valente), 8:51.7; 2. Ramsey, 8:51.8; 3. Hasbrouck Heights, 9:07.4; 4. Ridgefield Park, 9:12.9; 5. Pompton Lakes, 9:20.0; 6. Ridgewood, 9:20.7.

GIRLS

Team scoring

Division A: Ridgewood (R) 87, Hackensack (H) 48, Holy Angels (HA) 44, Passaic Valley (PV) 20, Ramapo (Rama) and Teaneck (T) 8, Paramus Catholic (PC) 6.

Division B: Ramsey (Rams) 27, Midland Park (MP) and Ridgefield Park (RP) 8, Rutherford and Saddle Brook (SB) 4, Westwood (W) 3, Pascack Hills (PH) 2, Dwight-Englewood (DE) and Emerson 1.

Individual events

55 - 1. Alison DiDomenico (PV), 7.3; 2. Amma Walcott (H), 7.4; 3. Sonia Malpesso (HA), 7.5; 4. Jackie Tyler (R), 7.5; 5. Dominque Adamo (Rams), 7.6; 6. Krystal Wyche (H), 7.7.

55 HH - 1. Lara Jane Que (R), 8.8; 2. Chelsea Townes (H), 9.1; 3. Deshadiya

Spearman (T), 9.2; 4. Hayley Kellinger (SB), 9.3; 5. Britannia Frazier (H), 9.4; 6. Cassie Wong (R), 10.0.

300 - 1. Alison DiDomenico (PV), 42.9; 2. Sonia Malpesso (HA), 43.2; 3. Angelica Johnson (RP), 44.8; 4. Krystal Wyche (H), 45.1; 5. Olivia Sisti (HA), 45.9; 6. Cassie Wong (R), 46.5.

600 - 1. Cristina Law (R), 1:44.0; 2. Lisa Tarulli (Rams), 1:46.4; 3. Britannia Frazier (H), 1:50.8; 4. Tara McVey (H), 1:52.8; 5. Anise Johnson (T), 1:53.1; 6. Ashley Miller (HA), 1:54.4.

1,000 - 1. Stephanie Westerman (R), 3:13.5; 2. Becca Wells (R), 3:15.6; 3. Melanie Wilson (Rama), 3:19.8; 4. Alyssa Beasley (PC), 3:24.9; 5. Lindsay Callahan (Rama), 3:28.6; 6. Zainab Hanif (H), 3:31.9.

1,600 - 1. Meredith Jones (R), 5:35.2; 2. Megan Conheeny (R), 5:47.0; 3. Nicki Gross (HA), 5:51.1; 4. Nicole Schiavone (HA), 5:53.5; 5. Katie Malachowski (PC), 5:54.0; 6. Becky Schwarz (Rams), 5:59.0.

3,200 - 1. Meredith Jones (R), 11:37.8; 2. Amy Van Alstine (MP), 11:39.8; 3. Stephanie Gussin (HA), 12:36.0; 4. Stacey Bond (Rams), 12:54.8; 5. Tara LaRezza (PH), 14:09.4; 6. Jenna Donachie (DE), 14:19.8.

1,600 relay - 1. Ridgewood (Stephanie Westerman, Cassie Wong, Becca Wells, Jess Krejsa), 4:17.2; 2. Ramsey, 4:20.5; 3. Hackensack, 4:21.3; 4. Rutherford, 4:37.1; 5. Ridgefield Park, 4:52.8; 6. Westwood, 4:53.5.

3,200 relay - 1. Holy Angels (Katie Clifford, Elizabeth Kohli, Nicki Gross, Christina Burke), 10:16.2; 2. Hackensack, 10:40.7; 3. Ridgewood, 10:58.8; 4. Ramsey, 11:12.0; 5. Westwood, 11:32.9; 6. Emerson, 11:40.1.

Ridgewood I Wed. 1/11/05

Results:

55m dash:

Boys- Frosh: Josh Dabby- 9.5, Cameron Jones- 8.2, Dan Gillis- 7.7/7.5
Dan Clark- 8.5, Logan Ruppel- 7.9, Neil Stramberg- 7.9

Novice: Charles Gallo- 7.5, Matt Lavin- 7.6, Jason Lee-7.7,
Zack Ontiveros- 7.4, Mike Vaccarro- 7.9, Rob Webbe- 7.9, Brian Climente- 7.5,
Eugene Mok- 7.6, Carter Anderson- 7.5

Girls- Frosh: Siena Irizarry- 8.8, Mollie Kurshan- 9.8, Cristina Lewis- 8.3,
Cara McBrearty- 8.2/8.2/8.5 (6th), Vanessa Vinci- 9.5, Anna Somoylov- 9.2

Novice: Alice Wisener- 8.1/8.1, Michelle Mosticchio- 9.3

55m HH:

Boys- Frosh: Akira Monri- 9.0/8.8 (1st)

Novice- Julien Chamoun- 9.2/9.1, Steve Pierce- 9.2/8.8, Billy Dunn- 10.0/10.0

Varsity- Joe Nagano- 8.3

Girls- Frosh: Mia Martinez- 9.5/9.4/9.3 (1st), Kate Gruchawka- dq

4 x 800m:

Boys-

Novice- (1), Alex Pruzanski, Zack Onteveros, Anmol Malhotra, Steve Murphy

10:16.3 (6th) 2:28 2:36 2:30.1 2:40.8

Girls- Frosh- Maureen Muchel, Julie Hurley, Becky Lee, Christina Lewis

12:09.2..... 3:04.9 2:58.4 3:10.2 2:54.8

4 x 1 lap: (approx. 4 x 200m)

Boys- Novice- (1) Brian Climente, Eugene Mok, Billy Dunn, Jason Lee

1:44.2..... 27.1 24.7 25.4 27.1

(2) Matt Lavin, Mike Vaccaro, Carter Andersen, Rob Webbe

1:51.8..... 30.8 27.9 26.2 27.0

Frosh- (1) Akira Monri, Dan Gillis, Dan Clark, Logan Ruppel

1:49.2.... 24.4 27.4 29.1 28.3

(3) Cameron Jones, Nick Rudd, Josh Dabby, Neil Stramberg

2:09.4..... 30.7 34.2 35.4 29.2

Girls- Novice- (1) Alice Wisener, Becky Lee, Siena Irizary, Michelle Mostachio

2:07.9 29.5 32.6 32.7 32.1

Frosh- (1) Mia Martinez, Kate Gruchawka, Cristina Lewis, Cara McBreaty

1:59.3 ((2nd))..... 27.2 28.6 32.8 30.7

(2) Julie Hurley, Maureen Muchal, Vanessa Vinci, Mollie Kurshan

2:26.9..... 37.2 24.8 35.2 39.7

Ridgewood Winter Games II

55m:

Boys- Akira Monri- 7.4/7.2, Matt Lavin- 7.6, Billy Dunn- 7.4/7.3,
Rob Webbe- 8.2, Steve Pierce- 7.3

Girls- Kate Gruchwaka- 8.4/8.5

55m HH:

Boys- Akira Monri- 9.1/9.0 (2nd), Joe Nagano- 8.9, Billy Dunn- 10.1,
John Moody- 9.0, Steve Pierce- 9.1,

Girls- Cassie Wong- 9.2/9.3, Mia Martinez- 9.7

300yd:

Boys- Cameron Jones- 46.7

600yd:

Boys- Okee Onwubu- 1:23.0, Niall Buckley- 1:19.7 (5th)

1000m:

Boys- Byron Williams-2:21.2 (2nd)

Girls- Stephanie Westerman- 2:52.1 (3rd)

1600m:

Boys- Jacob Garber- 5:02.2 (4th), Jeremy Schmidt- 5:03.5 (5th)

3200m:

Boys- Mike Cator- 9:59.8 (2nd)

Girls- Meredith Jones- 11:23.3 (1st)

4 x 800m:

Girls- Megan Conheeny, Maggie Harms, Becca Wells, Rosa Dillon
10:47,8 (2nd) 2:36.5 2:42.4 2:30.4 2:58.5

Shot Put:

Boys- Peter Breining- 32', Dan Lenihan- 39'8"

Girls- Carlotta Thomas- 23'11" (2nd), Miosoti Santos- 18'10"

Triple Jump:

Boys- Brian Climente, Jake Ricciardi- 33'5, Jason Lee- 33'6, Andrew Genova- 35'7"

Long Jump:

Boys- Brian Climente- 17'1/2", Jason Lee

Girls- Mia Martinez- 13'8", Kate Gruchwaka- F

Pole Vault:

Boys- Jake Ricciardi- 12'0" (2nd), Christian Jensen- 11'6" (4th)

Girls- Cassie Wong- ?

County Relays Wed. Jan. 26, 2005

4 x 55m HH:

Boys- John Moody, Steve Pierce, Akira Monri, Joe Nagano
32.8 (2nd)..... 7.8 8.3 8.7 8.2

Girls- Lara Que, Cassie Wong, Brooke Bogart, Mia Martinez
33.5 (2nd)..... 8.0 8.5 8.9 8.2

**** NEW SCHOOL RECORD ****

4 x 1600m:

Boys- Mike Cator, Jeremy Schmidt, Jacob Garber, Niall Buckley
18:53.9 (1ST)..... 4:26.1 4:55.0 4:59.4 4:33.2

Girls- Becca Wells, Stephanie Westerman, Maggie Harms, Meredith Jones
22:56.2 (1ST) 5:33.9 5:42.9 6:06.8 5:28.6

4 x 200m:

Boys- John Moody, Akira Monri, Steve Pierce, Joe Nagano
1:39.5 25.4 25.6 24.2 24.3

Girls- Jackie Tyler, Alice Wisener, Kate Gruchwaka, Mia Martinez
1:54.3 (5TH).. 28.9 28.2 29.1 28.0

4 x 800m:

Boys- Niall Buckley, Ok Onwubu, Mike Cator, Jeremy Schmidt
8:20.1 (2ND).. 2:00.7 2:05.0 2:03.2 2:10.9

Girls- Stephanie Westerman, Megan Conheeny, Meredith Jones, Becca Wells
9:56.4 (2ND)... 2:25.6 2:32.5 2:26.5 2:31.4

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

Boys- Andrew Genova, John Moody, Steve Pierce, Byron Williams
3:41.0 (2ND) 55.0 25.5 24.3 1:55.8

Girls- Cassie Wong, Alice Wisener, Jackie Tyler, Cristina Law
4:22.1 (1ST).. 65.3 27.2 27.6 2:21.8

**** NEW SCHOOL RECORD ****

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

Boys- Byron Williams, Joe Nagano, Jeremy Schmidt, Mike Cator
10:59.0 (2ND) 3:19.1 55.6 2:13.5 4:30.9

Girls- Becca Wells, Kate Gruchwaka, Megan Conheeny, Meredith Jones
13:07.2 (2ND) 4:05.4 66.9 2:35.7 5:18.2

4 x 400m:

Boys- Ok Onwubu, Andrew Genova, Byron Williams, Niall Buckley
3:33.8 (2ND).. 53.9 54.6 52.4 53.1

Girls- Cristina Law, Cassie Wong, Alice Wisener, Stephanie Westerman
4:11.8 (2ND)... 62.6 64.5 62.7 61.9

Long Jump:

Boys- Andrew Genova, Brian Climente
35'8" (5th)... 17'6" 18'2"

Girls- Brooke Bogart, Mia Martinez
28'4" (6th)... 15'3" 13'1"

Triple Jump:

Boys- Andrew Genova, Brian Climente
77'6 3/4" (5TH)... 39'3 3/4" 38'3"

Girls- Cristina Law, Brooke Bogart
65'3" (2ND).... 33'3" 32'0"

Shot Put:

Boys- Dan Lenihan, Pete Briening
68'5" 37'6" 32'0"

Girls- Lara Que, Berit Nelson
53'2" (6th) 25'8" 27'10"

High Jump:

Boys- Niall Buckley, Matt Lavin

5'0" 5'0" NH

Girls- Stephanie Westerman, Cristina Law

9'0" (4th) 4'4" 4'8"

Pole Vault:

Boys- Jake Ricciardi, Christian Jensen

24'6" (1st).... 13'0" 11'6"

**** NEW SCHOOL RECORD ****

Girls- Lara Que, Cassie Wong

16'6" (1st).... 6'6" 10'0"

**** NEW SCHOOL RECORD****

Comments:

We came in 1st in both the girls and the boys meets! Tremendous job! There were so many highlights I can't mention them all. It was a true team win a great accomplishment. Congratulations and keep up the great work.

INDOOR TRACK: BERGEN COUNTY RELAYS Saddle Brook earns a fifth straight title

By **PAUL SCHWARTZ**
STAFF WRITER

NEW YORK — There was no clear-cut favorite in either of the boys team championships at the Bergen County Indoor Relays on Wednesday night for the first time in many years.

BOYS

But that didn't stop Saddle Brook from stepping up to win a record fifth straight small schools title, 67-58, over Fort Lee, despite a late mistake. And Ridgewood was the only one of the four major contenders to avoid a serious mishap and earned the large schools title, 63-51, over defending champion Hackensack, with three other teams — Don Bosco, Bergen Catholic and Northern Highlands — scoring at least 40 points.

Saddle Brook won mainly on the strength of Alan Wedemaier Award-winner Anthony Pomo, who continued his amazing winter season by helping the Falcons win the shuttle hurdles, long jump and triple jump and taking second in the 800-meter relay.

Pomo jumped 22 feet, 4½ inches in the long jump, ninth-longest indoor performance in Bergen County history and the best since 2000, and ran a career-best 22.6-second 200 along with a knockout leadoff leg in the shut-

tle hurdles and a personal best of 43-1 in the triple jump.

"He continues to be outstanding," said coach Howie Schuman, who admitted that this year's team didn't have the depth of past Falcon champions. "Dave [son and assistant coach Schuman] has done a great job with him, and the jumping and hurdle teams and our distance teams [which scored 16 points] came through despite little rest."

Ridgewood won only the pole vault and 6,400 relays, with Jacob Ricciardi clearing 13 feet in the former event and Mike Cator running a 4:26 anchor 1,600 to bring the Maroons from 150 meters behind to win the latter event.

And the Maroons took advantage of disqualifications of Hackensack, Don Bosco and Northern Highlands to take second in the 1,600, the meet's final event, to clinch the title.

"Sometimes that how this meet goes," Mullin said. "Our girls were dominant, but our boys scratched and clawed for every point."

The key event for the Maroons was the sprint medley, where Byron Williams ran a terrific 1:55.8 800 anchor to take the Maroons from sixth to second and tie Hackensack with three events to go. Ridgewood outscored the Comets, 18-6, in the triple jump, distance medley and high jump to earn the win.

E-mail: schwartzp@northjersey.com

Ridgewood, River Dell meet in winner's circle

By **PAUL SCHWARTZ**
STAFF WRITER

NEW YORK — Ridgewood and River Dell approach the indoor track season from different directions. Ridgewood is a high visibility program, which travels to Dartmouth, makes numerous appearances in major Armory meets, and has a number of State medal contenders.

GIRLS

River Dell is more low key, skipping the State meet in many winters (including this one) and keying on two meets, the Bergen

"I always feel that this is the most important meet of the winter," says veteran Ridgewood coach Mike Mullin. "Our kids get excited about competing in this meet and we get great performances from our stars, and our other kids step up and help us cover every event."

Sophomore Cristina Law showed her versatility for the Maroons, placing in the high jump and triple jump, running a leg on the second-place 1,600-meter team and leading the sprint medley to a win with a 2:21.8 split as the 800-meter anchor.

River Dell coach Michelle Carcich, in only her second year at the helm, used a



of Alan Wedemaier Award-winner Anthony Pomo, who continued his amazing winter season by helping the Falcons win the shuttle hurdles, long jump and triple jump and taking second in the 800-meter relay.

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River Dell is more low key, skipping the State meet in many winters (including this one) and keying on two meets, the Bergen County Indoor Relays and the BCSL American championships.

Wednesday, both philosophies enjoyed success in remarkably similar ways, as the Maroons and Golden Hawks earned the large school and small school titles at the Bergen County Relays at the Armory Track Center.

Ridgewood won just three events but finished second in five others and was the only large school team to score in all 12 events in defeating Hackensack, 82-62. River Dell won four events, one less than runner-up Indian Hills, but was the only small school team to score in every event in its 82-59 win over the Braves.

"I always feel that this is the most important meet of the winter," says veteran Ridgewood coach Mike Mullin. "Our kids get excited about competing in this meet and we get great performances from our stars, and our other kids step up and help us cover every event."

Sophomore Cristina Law showed her versatility for the Maroons, placing in the high jump and triple jump, running a leg on the second-place 1,600-meter team and leading the sprint medley to a win with a 2:21.8 split as the 800-meter anchor.

River Dell coach Michelle Carcich, in only her second year at the helm, used a strong turnout of more than 40 athletes to place third or better in nine events, without an individual star. But senior Julianne Wiggins was part of three winning teams and sophomores Alyssa Maier and Kelly McDermott were part of two winning units.

"We have a young team but there's a lot of good talent," said Carcich. "Wiggins and our other senior, Emily Cain, were part of our shuttle hurdles win that got us started."

Lisa Sinkovitz of IHA earned the Lou Molino Award as the outstanding performer with fine anchor legs of 2:20 in the 3,200 and 5:14 in the distance medley.

BERGEN COUNTY RELAYS

AT THE ARMORY TRACK CENTER

BOYS

Large schools

Team scores: Ridgewood 63, Hackensack 51, Don Bosco 50, Bergen Catholic 46, Northern Highlands 40, Teaneck 27, Demarest 25½, Bergenfield 20, Paramus Catholic 18, Old Tappan 13 ½, Paramus 10, Bergen Tech 4, Garfield 2.
800 - 1. Teaneck (Travis Warren, Oederick Turner, Marc Muckle, Brian Gilbert), 1:33.3; 2. Bergen Catholic, 1:35.1; 3. Hackensack, 1:37.3; 4. Bergenfield, 1:37.4; 5. Don Bosco, 1:38.1; 6. Paramus Catholic, 1:38.7.
1,600 - 1. Bergen Catholic (Stai Sean Lyew, Brian Fredrickson, Chris Wilk, Mike Orlando), 3:29.1; 2. Ridgewood, 3:33.8; 3. Bergenfield, 3:36.5; 4. Paramus Catholic, 3:40.7; 5. Old Tappan, 3:41.8; 6. Teaneck, 3:43.6.
3,200 - 1. Don Bosco (Brent Napoleon, Jack McDonnell, Anthony Amato, Sharif Webb), 8:14.1; 2. Ridgewood, 8:20.1; 3. Northern Highlands, 9:12.2; 4. Bergen Tech, 9:16.2; 5. Hackensack, 9:27.5; 6. Garfield, 9:29.2.

wood, 77-6¼; 6. Demarest, 74-11¼.
Pole vault - 1. Ridgewood (Jacob Ricciardi, Christian Jensen), 24-6; 2. Don Bosco, 21-0; 3. Hackensack, 20-6; 4. Bergen Catholic, 10-0; 5. Teaneck, 9-0.

Small schools

Team scores: Saddle Brook 67, Fort Lee 58, Ramsey 44, Tenafly 34, River Dell 30, Queen of Peace 24, Indian Hills 23, Hasbrouck Heights 16, Rutherford and Ridgewood Park 14, Westwood 12, Englewood and Dumont 10, Pascack Hills 5, Midland Park 2, Mahwah 1.
800 - 1. Englewood (Rihay Sampson, Joseph Jones, Delford Brown, Michael Epps), 1:34.8; 2. Saddle Brook, 1:35.4; 3. Fort Lee, 1:35.5; 4. Queen of Peace, 1:37.6; 5. Tenafly, 1:40.0; 6. River Dell, 1:40.2.
1,600 - 1. Westwood (Gil, Schuck, Carroll, Stass), 3:39.4; 2. Ramsey, 3:40.3; 3. Hasbrouck Heights, 3:40.8; 4. Queen of Peace, 3:47.2; 5. Fort Lee, 3:48.0; 6. River Dell, 3:48.7.
3,200 - 1. Queen of Peace (Danny Henriques, Bryan Louvado, Antonio Tejelo, Frank Valente), 8:36.5; 2. Ramsey, 8:43.5; 3. Saddle Brook, 8:59.1; 4. Tenafly, 9:00.7; 5. Ridgefield Park,

tween Ridgefield Park and Fort Lee, 10-6; 4. River Dell, 10-0. No fifth or sixth.

GIRLS

Large Schools

Team scores: Ridgewood 82, Hackensack 62, IHA 45, Old Tappan 43, Teaneck 30, Paramus 26, Northern Highlands 19, Garfield 16, Holy Angels 15, Bergenfield 8, Demarest and Paramus Catholic 5, Fair Lawn 4.
800 - 1. Hackensack (Evana Edwards, Krystal Wyche, Nicole DeMott, Amma Walcott), 1:47.9; 2. Teaneck, 1:50.2; 3. Old Tappan, 1:53.3; 4. Northern Highlands, 1:54.1; 5. Ridgewood, 1:54.3; 6. IHA, 1:54.6.
1,600 - 1. Teaneck (Racquel Clarke, Anise Johnson, Nefertiti Harris, Michelle Smith), 4:09.5; 2. Ridgewood, 4:11.8; 3. Hackensack, 4:13.9; 4. IHA, 4:14.3; 5. Holy Angels, 4:24.7; 6. Northern Highlands, 4:25.7.
3,200 - 1. IHA (Kerry Taylor, Kate Cooney, Linda Puntasecca, Lisa Sinkovitz), 9:48.6; 2. Ridgewood, 9:56.4; 3. Hackensack, 10:32.8; 4. Old Tappan, 10:35.9; 5. Fair Lawn, 10:52.9; 6. Holy Angels, 11:15.0.

sack, 7-6; 3. Old Tappan, 6-6. No other places

Small schools

Team scores: River Dell 82, Indian Hills 59, Tenafly 33, New Milford and Saddle Brook 28, Fort Lee 24, Ramsey 20, Pascack Hills 18, Dumont and Hasbrouck Heights 14, Glen Rock 10, Midland Park 8, Westwood and Wood-Ridge 6, Rutherford 5, Ridgefield Park 2, Palisades Park 1.
800 - 1. River Dell (Maier, Wiggins, Snyder, McDermott), 1:52.0; 2. Ramsey, 1:54.2; 3. Fort Lee, 1:56.6; 4. Saddle Brook, 1:57.4; 5. Glen Rock, 1:59.0; 6. Dumont, 1:59.7.
1,600 - 1. Fort Lee (Natalia Abbott, Angela Yan, Meg Inomata, Michelle DiBona), 4:22.6; 2. Indian Hills, 4:23.7; 3. River Dell, 4:33.5; 4. New Milford, 4:35.8; 5. Westwood, 4:37.6; 6. Saddle Brook, 4:39.8.
3,200 - 1. Indian Hills (Liz Bissell, Lindsay Amone, Megan Burke, Lindsay Jaites), 10:36.7; 2. Fort Lee, 10:50.0; 3. New Milford, 10:56.6; 4. Westwood, 10:59.0; 5. River Dell, 11:03.3; 6. Palisades Park, 11:20.4.
6,400 - 1. Indian Hills (Liz Bissell,

County schools always win the BOSS American championships.

Wednesday, both philosophies enjoyed success in remarkably similar ways, as the Maroons and Golden Hawks earned the large school and small school titles at the Bergen County Relays at the Armory Track Center.

Ridgewood won just three events but finished second in five others and was the only large school team to score in all 12 events in defeating Hackensack, 82-62. River Dell won four events, one less than runner-up Indian Hills, but was the only small school team to score in every event in its 82-59 win over the Braves.

place third or better in nine events, without an individual star. But senior Julianne Wiggins was part of three winning teams, and sophomores Alyssa Maier and Kelly McDermott were part of two winning units.

"We have a young team but there's a lot of good talent," said Carcich. "Wiggins and our other senior, Emily Cain, were part of our shuttle hurdles win that got us started."

Lisa Sinkovitz of IHA earned the Lou Molino Award as the outstanding performer with fine anchor legs of 2:20 in the 3,200 and 5:14 in the distance medley.

BERGEN COUNTY RELAYS

AT THE ARMORY TRACK CENTER

BOYS

Large schools

Team scores: Ridgewood 63, Hackensack 51, Don Bosco 50, Bergen Catholic 46, Northern Highlands 40, Teaneck 27, Demarest 25½, Bergenfield 20, Paramus Catholic 18, Old Tappan 13 ½, Paramus 10, Bergen Tech 4, Garfield 2. **800** - 1. Teaneck (Travis Warren, Oderick Turner, Marc Muckle, Brian Gilbert), 1:33.3; 2. Bergen Catholic, 1:35.1; 3. Hackensack, 1:37.3; 4. Bergenfield, 1:37.4; 5. Don Bosco, 1:38.1; 6. Paramus Catholic, 1:38.7.

1,600 - 1. Bergen Catholic (Stai Sean Lyew, Brian Fredrickson, Chris Wilk, Mike Orlando), 3:29.1; 2. Ridgewood, 3:33.8; 3. Bergenfield, 3:36.5; 4. Paramus Catholic, 3:40.7; 5. Old Tappan, 3:41.8; 6. Teaneck, 3:43.6.

3,200 - 1. Don Bosco (Brent Napoleon, Jack McDonnell, Anthony Amato, Sharif Webb), 8:14.1; 2. Ridgewood, 8:20.1; 3. Northern Highlands, 9:12.2; 4. Bergen Tech, 9:16.2; 5. Hackensack, 9:27.5; 6. Garfield, 9:29.2.

6,400 - 1. Ridgewood (Niall Buckley, Jeremy Schmidt, Jacob Garber, Mike Cator), 18:53.9; 2. Don Bosco, 19:03.2; 3. Northern Highlands, 19:25.0; 4. Old Tappan, 19:28.0; 5. Bergen Catholic, 20:17.9. No sixth.

Sprint medley - 1. Bergen Catholic (Stai Sean Lyew, Mike Orlando, Brian Fredrickson, Chris Wilk), 3:38.3; 2. Ridgewood, 3:41.0; 3. Paramus Catholic, 3:42.2; 4. Teaneck, 3:42.6; 5. Demarest, 3:44.0; 6. Hackensack, 3:48.6.

Distance medley - 1. Demarest (Paul Majeski, Larry Sumolonga, Dan Shonfelder, James LaGreca), 10:55.9; 2. Ridgewood, 10:59.0; 3. Don Bosco, 11:01.4; 4. Old Tappan, 11:05.2; 5. Paramus, 11:16.9; 6. Northern Highlands, 11:39.7.

Shuttle hurdles - 1. Hackensack (Gianri Rollins, Mike Wiswesser, Ed Cabo, Dan Quendo), 32.4; 2. Ridgewood, 32.8; 3. Don Bosco, 33.8; 4. Bergen Catholic, 34.1; 5. Demarest, 34.3; 6. Old Tappan, 34.7.

Shot put - 1. Hackensack (Robert Mozia, Travis Parham), 89-2 ½; 2. Bergen Catholic, 83-2 ¼; 3. Northern Highlands, 82-11 ¾; 4. Demarest, 81-9; 5. Paramus Catholic, 77-3 ¾; 6. Garfield, 75-9 ¼.

High jump - 1. Teaneck (Brian Gilbert, Oderick Turner), 12-4; 2. Paramus, 11-0; 3. tie between Northern Highlands and

wood, 77-6 ¼; 6. Demarest, 74-11 ¼.

Pole vault - 1. Ridgewood (Jacob Ricciardi, Christian Jensen), 24-6; 2. Don Bosco, 21-0; 3. Hackensack, 20-6; 4. Bergen Catholic, 10-0; 5. Teaneck, 9-0.

Small schools

Team scores: Saddle Brook 67, Fort Lee 58, Ramsey 44, Tenafly 34, River Dell 30, Queen of Peace 24, Indian Hills 23, Hasbrouck Heights 16, Rutherford and Ridgefield Park 14, Westwood 12, Englewood and Dumont 10, Pascack Hills 5, Midland Park 2, Mahwah 1.

800 - 1. Englewood (Rijhay Sampson, Joseph Jones, Delford Brown, Michael Epps), 1:34.8; 2. Saddle Brook, 1:35.4; 3. Fort Lee, 1:35.5; 4. Queen of Peace, 1:37.6; 5. Tenafly, 1:40.0; 6. River Dell, 1:40.2.

1,600 - 1. Westwood (Gil, Schuck, Carroll, Stass), 3:39.4; 2. Ramsey, 3:40.3; 3. Hasbrouck Heights, 3:40.8; 4. Queen of Peace, 3:47.2; 5. Fort Lee, 3:48.0; 6. River Dell, 3:48.7.

3,200 - 1. Queen of Peace (Danny Henriques, Bryan Louvado, Antonio Tejero, Frank Valente), 8:36.5; 2. Ramsey, 8:43.5; 3. Saddle Brook, 8:59.1; 4. Tenafly, 8:59.7; 5. Ridgefield Park, 9:05.7; 6. Fort Lee, 9:08.4.

6,400 - 1. Rutherford (Marc Pollifrone, Ryan McCaully, Jevetton DeLorenzi, Bill Maurer), 19:36.2; 2. River Dell, 19:50.7; 3. Ramsey, 19:52.1; 4. Saddle Brook, 20:19.3; 5. Queen of Peace, 20:27.8; 6. Indian Hills, 21:43.5.

Sprint medley - 1. Fort Lee (Tonashe Kitchen, Dan Cirone, Iliia Pashintsev, Andrei Olfier), 3:42.4; 2. Ramsey, 3:44.6; 3. Indian Hills, 3:44.7; 4. Saddle Brook, 3:46.3; 5. Queen of Peace, 3:53.5; 6. River Dell, 3:56.8.

Distance medley - 1. River Dell (Kufel, Hamilton, McVeigh, Olsen), 11:27.9; 2. Indian Hills, 11:35.3; 3. Saddle Brook, 11:37.5; 4. Ramsey, 11:42.3; 5. Midland Park, 11:43.6; 6. Queen of Peace, 11:43.9.

Shuttle hurdles - 1. Saddle Brook (Anthony Pomo, Tim White, Eric Savino, Matt Zagaza), 32.2; 2. Tenafly, 32.4; 3. Ramsey, 33.1; 4. River Dell, 34.2; 5. Pascack Hills, 35.1; 6. Ridgefield Park, 35.2.

Shot put - 1. Fort Lee (Steve Kim, Christian Buda), 96-0 ¼; 2. Indian Hills, 94-6 ¾; 3. Hasbrouck Heights, 91-8 ¾; 4. Rutherford, 90-2; 5. Pascack Hills, 90-1 ¼; 6. Saddle Brook, 85-4 ¼.

High jump - 1. Fort Lee (Minjoe Williams, Dan Cirone), 11-4; 2. Saddle Brook, 11-2; 3. Tenafly, 11-0; 4. Ridgefield Park, 10-10; 5. Westwood, 10-6; 6.

twoen Ridgefield Park and Fort Lee, 10-6; 4. River Dell, 10-0. No fifth or sixth.

GIRLS

Large Schools

Team scores: Ridgewood 82, Hackensack 62, IHA 45, Old Tappan 43, Teaneck 30, Paramus 26, Northern Highlands 19, Garfield 16, Holy Angels 15, Bergenfield 8, Demarest and Paramus Catholic 5, Fair Lawn 4.

800 - 1. Hackensack (Evana Edwards, Krystal Wyche, Nicole DeMott, Amma Walcott), 1:47.9; 2. Teaneck, 1:50.2; 3. Old Tappan, 1:53.3; 4. Northern Highlands, 1:54.1; 5. Ridgewood, 1:54.3; 6. IHA, 1:54.6.

1,600 - 1. Teaneck (Racquel Clarke, Anise Johnson, Nefertiti Harris, Michelle Smith), 4:09.5; 2. Ridgewood, 4:11.8; 3. Hackensack, 4:13.9; 4. IHA, 4:14.3; 5. Holy Angels, 4:24.7; 6. Northern Highlands, 4:25.7.

3,200 - 1. IHA (Kerry Taylor, Kate Cooney, Linda Puntasecca, Lisa Sinkovitz), 9:48.6; 2. Ridgewood, 9:56.4; 3. Hackensack, 10:32.8; 4. Old Tappan, 10:35.9; 5. Fair Lawn, 10:52.9; 6. Holy Angels, 11:15.0.

6,400 - 1. Ridgewood (Becca Wells, Maggie Harms, Stephanie Westerman, Meredith Jones), 22:56.2; 2. IHA, 23:46.4; 3. Holy Angels, 24:07.4; 4. Hackensack, 24:29.0; 5. Northern Highlands, 25:34.6. No sixth.

Sprint medley - 1. Ridgewood (Cassie Wong, Jackie Tyler, Alice Wisener, Cristina Law), 4:22.1; 2. Garfield, 4:23.3; 3. Paramus, 4:27.1; 4. Hackensack, 4:29.0; 5. Northern Highlands, 4:32.8; 6. Demarest, 4:36.3.

Distance medley - 1. IHA (Kerry Taylor, Jen Mueller, Kate Cooney, Lisa Sinkovitz), 12:51.1; 2. Ridgewood, 13:07.2; 3. Holy Angels, 13:27.9; 4. Demarest, 14:13.6; 5. Hackensack, 14:20.6; 6. Paramus Catholic, 14:25.3.

Shuttle hurdles - 1. Paramus (Shannon Feehey, Tori Ko, Elana Jauhar, Jessica Malacrida), 33.4; 2. Ridgewood, 33.5; 3. Hackensack, 33.9; 4. Old Tappan, 35.3; 5. IHA, 36.0; 6. Northern Highlands, 36.1.

Shot put - 1. Teaneck (Sade Henry, Delisa Riddick), 66-7; 2. Bergenfield, 65-8; 3. Hackensack, 60-8 ½; 4. Paramus Catholic, 56-2; 5. Fair Lawn, 55-2 ¼; 6. Ridgewood, 53-2.

High jump - 1. tie between Hackensack (Chelsea Townes, Britania Frazier), and IHA (Tyler Teaton, Christine Fischer), 10-0; 3. Paramus, 9-8; 4. tie between Ridgewood and Old Tappan, 9-2; 6.

sack, 7-6; 3. Old Tappan, 6-6. No other places

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Team scores: River Dell 82, Indian Hills 59, Tenafly 33, New Milford and Saddle Brook 28, Fort Lee 24, Ramsey 20, Pascack Hills 18, Dumont and Hasbrouck Heights 14, Glen Rock 10, Midland Park 8, Westwood and Wood-Ridge 6, Rutherford 5, Ridgefield Park 2, Palisades Park 1.

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6,400 - 1. Indian Hills (Liz Bissell, McKenna Kruse, Megan Burke, Lindsay Jeltos), 23:23.7; 2. Tenafly, 24:31.0; 3. River Dell, 24:53.0; 4. Hasbrouck Heights, 26:42.1. No fifth or sixth.

Sprint medley - 1. Tenafly (Sam Weinberg, Magan Salm, Yea Ji hwang, Meggie Sullivan), 4:32.2; 2. River Dell, 4:33.3; 3. Ramsey, 4:36.9; 4. Glen Rock, 4:37.9; 5. Rutherford, 4:51.9; 6. Pascack Hills, 4:55.3.

Distance medley - 1. Indian Hills (Liz Bissell, Ashley Bava, Megan Burke, Lindsay Jeltos), 13:31.9; 2. Midland Park, 13:54.8; 3. Ramsey, 14:18.4; 4. River Dell, 14:27.7; 5. Pascack Hills, 14:32.9; 6. Tenafly, 14:49.1.

Shuttle hurdles - 1. River Dell (Julianne Wiggins, Rachel Peck, Emily Cain, Ann Behrens), 34.9; 2. Hasbrouck Heights, 36.2; 3. New Milford, 37.0; 4. Pascack Hills, 37.1; 5. Ridgefield Park, 37.2; 6. Rutherford, 38.0.

Shot put - 1. Indian Hills (Lauren Pierzchala, Jessie Steinbeigle), 67-6 ¼; 2. Saddle Brook, 62-6; 3. Wood-Ridge, 57-3; 4. Tenafly, 56-6 ½; 5. River Dell, 54-8 ¼; 6. Dumont, 49-1 ½.

High jump - 1. River Dell (Jessie Ruiz, Kelly McDermott), 9-6; 2. tie between Pascack Hills and New Milford, 9-0; 4. tie between Dumont and Saddle Brook, 8-10; 6. Tenafly, 8-6.

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Shot put - 1. Hackensack (Robert Mozia, Travis Parham), 89-2 ½; 2. Bergen Catholic, 83-2 ¼; 3. Northern Highlands, 82-11 ¾; 4. Demarest, 81-9; 5. Paramus Catholic, 77-3 ¼; 6. Garfield, 75-9 ¼.

High jump - 1. Teaneck (Brian Gilbert, Oderick Turner), 12-4; 2. Paramus, 11-0; 3. tie between Northern Highlands and Paramus Catholic, 10-6; 5. Don Bosco, 10-4; 6. tie between Old Tappan and Demarest, 10-2.

Long jump - 1. Hackensack (Dan Oquendo, Anastacio Henry), 39-6; 2. Northern Highlands, 39-0; 3. Demarest, 36-8; 4. Don Bosco, 35-9 ¼; 5. tie between Old Tappan and Ridgewood, 35-8.

Triple jump - 1. Bergenfield (Harold Blyden, Steven Harris), 82-1 ½; 2. Northern Highlands, 81-4 ½; 3. Hackensack, 80-11 ¾; 4. Don Bosco, 77-7 ¼; 5. Ridge-

wood, 77-6 ¼; 6. Demarest, 74-11 ¼.

Pole vault - 1. Ridgewood (Jacob Ricciardi, Christian Jensen), 24-6; 2. Don Bosco, 21-0; 3. Hackensack, 20-6; 4. Bergen Catholic, 10-0; 5. Teaneck, 9-0.

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Shot put - 1. Fort Lee (Steve Kim, Christian Buda), 96-0 ¼; 2. Indian Hills, 94-6 ¾; 3. Hasbrouck Heights, 91-8 ¾; 4. Rutherford, 90-2; 5. Pascack Hills, 90-1 ¼; 6. Saddle Brook, 85-4 ½.

High jump - 1. Fort Lee (Minjoe Williams, Dan Cirone), 11-4; 2. Saddle Brook, 11-2; 3. Tenafly, 11-0; 4. Ridgefield Park, 10-10; 5. Westwood, 10-6; 6. Queen of Peace, 10-2.

Long jump - 1. Saddle Brook (Eric Savino, Anthony Pomo), 41-9 ¼; 2. Fort Lee, 39-3; 3. Tenafly, 37-4 ¾; 4. Hasbrouck Heights, 36-10; 5. Ramsey, 36-6 ¼; 6. Pascack Hills, 35-8.

Triple jump - 1. Saddle Brook (Anthony Pomo, Eric Savino), 82-3; 2. Tenafly, 80-3; 3. River Dell, 77-11 ¾; 4. Fort Lee, 75-9 ¼; 5. Ramsey, 75-3 ¾; 6. Mahwah, 74-0 ¼.

Pole vault - 1. Dumont (Seiya Jewell, Steven Palowicki), 18-0; 2. tie be-

tween Ridgefield Park and Fort Lee, 10-6; 4. River Dell, 10-0. No fifth or sixth.

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High jump - 1. tie between Hackensack (Chelsea Townes, Britannia Frazier), and IHA (Tyler Teator, Christine Fischer), 10-0; 3. Paramus, 9-8; 4. tie between Ridgewood and Old Tappan, 9-2; 6. Northern Highlands, 9-0.

Long jump - 1. Old Tappan (Shenise Halsey, Alyssa Fanucci), 31-2; 2. Northern Highlands, 30-1 ¼; 3. Paramus, 29-7 ¼; 4. Garfield, 28-11 ¾; 5. Hackensack, 28-6 ¾; 6. Ridgewood, 28-4 ¾.

Triple jump - 1. Old Tappan (Shanise Halsey, Alyssa Fanucci), 68-6; 2. Ridgewood, 65-3 ¼; 3. Garfield, 64-5 ¾; 4. Paramus, 63-7 ¼; 5. Teaneck, 61-10; 6. IHA, 61-4.

Pole vault - 1. Ridgewood (Cassie Wong, Lara-Jane Que), 16-6; 2. Hacken-

sack, 7-6; 3. Old Tappan, 6-6. No other places

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6,400 - 1. Indian Hills (Liz Bissell, McKenna Kruse, Megan Burke, Lindsey Jeltis), 23:23.7; 2. Tenafly, 24:31.0; 3. River Dell, 24:53.0; 4. Hasbrouck Heights, 26:42.1. No fifth or sixth.

Sprint medley - 1. Tenafly (Sam Weinberg, Magan Salm, Yea Ji hwang, Meggie Sullivan), 4:32.2; 2. River Dell, 4:33.3; 3. Ramsey, 4:36.9; 4. Glen Rock, 4:37.9; 5. Rutherford, 4:51.9; 6. Pascack Hills, 4:55.3.

Distance medley - 1. Indian Hills (Liz Bissell, Ashley Bava, Megan Burke, Lindsey Jeltis), 13:31.9; 2. Midland Park, 13:54.8; 3. Ramsey, 14:18.4; 4. River Dell, 14:27.7; 5. Pascack Hills, 14:32.9; 6. Tenafly, 14:49.1.

Shuttle hurdles - 1. River Dell (Julianne Wiggins, Rachel Peck, Emily Cain, Ann Behrens), 34.9; 2. Hasbrouck Heights, 36.2; 3. New Milford, 37.0; 4. Pascack Hills, 37.1; 5. Ridgefield Park, 37.2; 6. Rutherford, 38.0.

Shot put - 1. Indian Hills (Lauren Pierzchala, Jessie Steinbeigle), 67-6 ¼; 2. Saddle Brook, 62-6; 3. Wood-Ridge, 57-3; 4. Tenafly, 56-6 ¼; 5. River Dell, 54-8 ¼; 6. Dumont, 49-1 ¼.

High jump - 1. River Dell (Jessie Ruiz, Kelly McDermott), 9-6; 2. tie between Pascack Hills and New Milford, 9-0; 4. tie between Dumont and Saddle Brook, 8-10; 6. Tenafly, 8-6.

Long jump - 1. River Dell (Alyssa Maier, Julianne Wiggins), 30-10 ¾; 2. Saddle Brook, 30-4 ¼; 3. New Milford, 29-8; 4. Glen Rock, 29-4 ¾; 5. Hasbrouck Heights, 28-9; 6. Indian Hills, 28-7 ¼.

Triple jump - 1. Indian Hills (Chrissy Whiteman, Danielle Kroll), 65-1 ¼; 2. River Dell, 62-9 ¼; 3. Saddle Brook, 61-9 ¼; 4. Pascack Hills, 31-9; 5. Rutherford, 30-9 ¼. No sixth.

Pole vault - 1. tie between Tenafly (Alyssa Park, Nicole Puig), and Dumont (Samantha Baietti, Kerry Constantino) 13-6; 3. River Dell, 12-0.

NNJIL Meet

1/27/05

***** Results *****

3200m:

Boys- Mike Cator- 10:01.90 (1st), Cole Magrath- 10:26.6 (2nd),

Jacob Garber- 10:39.9 (3rd)

Girls- Meredith Jones- 11:26.70 (1st), Maggie Harms- 13:20.70 (3rd)

55m dash:

Boys- Andrew Genova- DQ

Girls- Jackie Tyler- 7.50 (3rd), Alice Wisener- 7.9

55m HH:

Boys- Joe Nagano- 8.20 (3rd), John Moody- 8.4, Steve Pierce- 8.9

Girls- Lara Que- 8.50 (2nd), Cassie Wong- 8.90 (4th), Brooke Bogart- 8.9

1000m:

Boys- Byron Williams- 2:35.60 (1st), Niall Buckley- 2:36.20 (2nd),

Girls- Stephanie Westerman- 3:09.20 (1st), Becca Wells- 3:14.20 (2nd),

Megan Conheeny- 3:16.90 (3rd)

200m: (novice)

Boys-Juliean Chamoun- 26.0, Erlend Ellingboe- 26.6, Eugene Mok- 24.7,

Frank Nestor- 26.3, Billy Dunn- 26.1, Matt Lavin- 27.3, Jason Lee- 27.7,

Zack Ontiveros- 24.9 (5th), Rob Webbe- 29.4,

Girls- Grace Ahn- 36.9, Michelle Mostachio- 33.8

4 x 800m:

Boys- Jacob Garber, Cole Magrath, Jeremy Schmidt, Ok Onwubu

9:03.00 (2nd) 2:14.7 2:23.6 2:09.1 2:15.2

Girls- Maggie Harms, Rosa Dillon, Marya Goodman, Cara McBreaty

11:29.50 (2nd) 2:50.9 2:51.1 2:49.3 2:56.8

200M: (frosh)

Boys- Josh Dabby- 35.3, Cameron Jones-29.3, Akira Monri- 25.7,
Neill Steremberg- 28.9, Dan Clark- 28.5

Girls- Kate Gruchwaka- 29.7, Siena Irizary- 32.9, Vanessa Vinci- 35.2,
Ana Samoylov- 36.8, Mollie Kurshan- 36.6

600m:

Boys- Byron Williams- 1:25.60 (1st), Ok Onwubu- 1:28.90 (4th)

Girls- Cristina Law- 1:40.9 (2nd), Stephanie Westerman- 1:41.00 (3rd),

800m: (novice)

Boys- Rob Morgan- 2:29.6

300m:

Boys- Andrew Genova- 38.7, John Moody- 39.4, Steve Pierce- 38.20 (4th)

Girls- Alice Wisener- DQ, Cassie Wong- 44.50 (2nd)

1600m:

Boys- Mike Cator- 4:35.30 (1st), Niall Buckley- 4:36.60 (2nd), Jeremy Schmidt- 5:08.7

Girls- Meredith Jones- 5:23.30 (1st), Becca Wells- 5:40.9 (2nd),

1600m: (novice)

Boys- Steve Murphy- 5:46.0

1600m: (frosh)

Girls- - Julie Hurley- 6:33.7 (2nd),

4 x 400m: (frosh)

Boys- Dan Clark, Niell Steramerg, Cameron Jones, Akira Monri
4:29.7 68.2 70.6 69.7 59.4

Girls- (1) Kate Gruchwaka, Julie Hurley, Cara McBreaty, Mia Martinez
4:53.7 (2nd).... 67.7 78.4 78.5 69.1

4 x 400m: (novice)

Boys- (1) Billy Dunn, Zack Ontiveros, Frank Nestor, Erlend Ellingboe

4:04.5.... 61.8 60.4 62.5 59.9

(2) Jason Lee, Julien Chamoun, Matt Lavin, Steve Murphy

4:25.4..... 61.9 64.2 68.3 71.1

4 x 400m:

Boys- Ok Onwubu, Andrew Genova, Byron Williams, Niall Buckley

3:33.70 (1st) 53.8 54.2 52.9 52.8

Girls- Cristina Law, Cassie Wong, Alice Wisener, Steph Westerman

4:11.50 (3rd).. 61.3 65.1 63.5 61.8

Triple jump:

Boys- Brian Climente- 39' 1/2" (3rd), Andrew Genova- 37' 6 1/4" (6th)

Girls- Cristina Law- 33' 3 3/4" (1st), Brooke Bogart- 32' 4 1/2" (3rd)

Long jump:

Boys- Brian Climente- 18' 7 1/2" (6th)

Girls- Brooke Bogart- 15' 1/2" (4th), Mia Martinez-

Shot put:

Boys- Dan Lenihan- 33' 10" (6th)

Girls-

Novice- Carlotta Thomas- 24' (2nd), Miosati Santos- 18'

High jump:

Boys- Niall Buckley- 5'6" , Steve Pierce- 5'0", Niall Buckley- 5'0"

Girls- Cristina Law- 4'10" (3rd), Mia Martinez- 4'10" (4th)

Pole vault:

Boys- Jake Ricciardi- 13'3" (1st), Christian Jensen- 11'6" (2nd)

Girls- Cassie Wong- 9'6" (1st), Lara Que- 7'0" (3rd)

Ridgewood, Clifton sweep; Bosco boys rol

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK — When Ridgewood coach Mike Mullin looked at his roster for the indoor track season, he didn't think his boys team could win a fourth straight NNJL Division A title.

"I knew Hackensack was coming into the division and I knew we didn't have a lot of seniors back, so I thought we wouldn't have the depth we've had in the past," Mullin said.

He didn't have worried.

INDOOR TRACK NNJL MEET

The Maroons not only won their fourth straight NNJL A title, they prevented Hackensack from winning a boys title for the first time since the NNJL indoor meet started in 1995.

The Maroons got double wins from All-North Jersey distance stars Byron Williams and Mike Cator, a 1-2 finish from their senior pole vaulters and enough

points from a host of role players to outscore the Comets, 131-125, Monday night at the Armory Track Center.

The Division B boys title went to Clifton, the first Passaic County boys team to win an NNJL indoor title, while Don Bosco earned its sixth straight Division C crown.

Ridgewood's girls breezed to a fourth straight A title, while Clifton easily won its first B title and Immaculate Heart retained its C title.

"We tried not to overuse our

kids," said Mullin, referring to Cator and Williams. "But I was kicking myself when it got close at the end for not putting Byron in the 1,600. But with the help of young kids like [sophomores] Andrew Genova, Niall Buckley and juniors Joe Nagano and Brian Climente, we had enough."

Ridgewood had only four seniors score in the meet, with vaulters Jake Ricciardi and Christian Jensen joining Okece Onwubun on the boys team and first-year indoor runner Becca Wells, the only senior on the girls team.

Clifton recorded its first wins in the B Division, with the girls repeating their easy win in the Passaic meet and the boys reversing a close loss to Kennedy in the County meet by scoring in every event but the 300 in winning, 143-133.

There were stars aplenty at the meet, but the brightest duo was Kennedy's versatile Kristin Crawford and Shaquan Brown.

Crawford, a freshman, won the B 1,000 in 5:10.8, the 600 in 1:41.8 and the 300 in 41.6 and capped the evening by anchoring the winning 1,600 relay team with a 59.6

split for 400 meters.

Brown took every away with a stunning 400 leg on the relay. Tied teams from all three were matched in the Brown took the baton place, more than 40 p Bergen Catholic, who the fastest relay in this winter.

He quickly caught Williams and moved and then nearly ran making up all but five the enormous lead.

Jones-led Maroons sparkle in track meet

BY DAVID ZARO
Staff Writer

SUFFERN, N.Y. — In preparation for its trip on Wednesday to New York City for the all-important Bergen County Relays, the Ridgewood High School boys and girls indoor track squads gave a very strong showing in the Ridgewood Winter Games II at Rockland County Community College last week.

"We did well overall, and it was good preparation for the county relays," said Mike Mullin, head coach of both the boys and girls teams.

Meredith Jones continued her stellar season for the Maroons, as the junior captured the two-mile event with a time of 11:23.6.

"She expects to perform well, but she is also pleasantly surprised when the times come in," Mullin said of Jones. "She just keeps getting better."

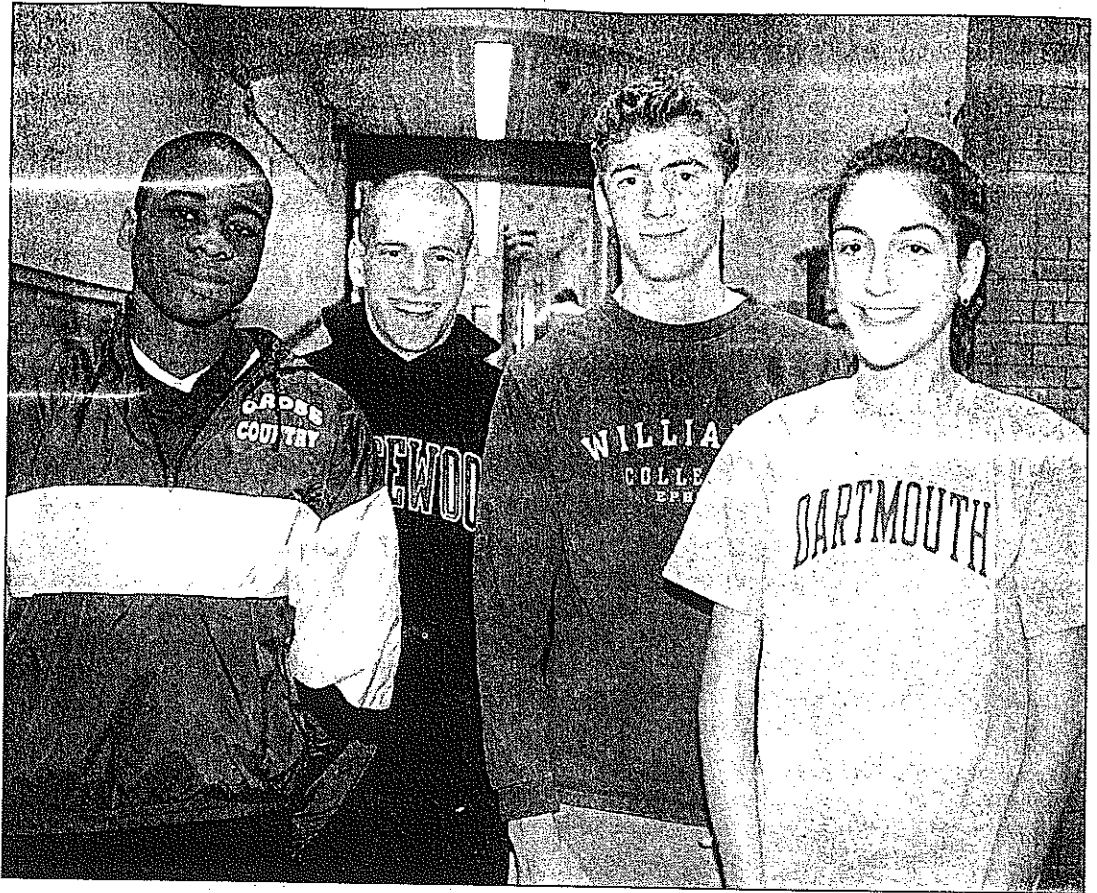
Junior Stephanie Westerman, a second-team All-Suburban selection in cross-country, was third in the 1000 meters with a time of 2:52.7.

"Stephanie is a great kid and a hard worker," said Mullin. "Even though she is a junior, she is one of the team leaders and a role model for the freshmen and sophomores. She will do anything to help the team."

The 3200 relay squad, consisting of senior Becca Wells and sophomores Megan Conheeny, Maggie Harms and Rosa Dillon, placed second to a strong Harrison squad, posting a time of 10:47.9.

In the boys two-mile race, junior Mike Cator was second with a time of 10:00.2, and fellow junior Byron Williams finished second in the 1000 meters (2:21.3).

"They both ran very nice races," Mullin said. "Mike is coming off mono, so it has been a bit of a struggle for him to get his strength



GARY JUNG/STAFF PHOTOGRAPHER

Some of the top performers on the Ridgewood High School indoor track team are (from left) seniors Okee Onwubu, Jake Ricciardi, Christian Jensen and Becca Wells.

back, but he is getting stronger and continuing to improve.

A pair of Maroon seniors took two of the top four spots in the boys pole vault, with Jake Ricciardi finishing second (12-0) and Christian Jensen coming in fourth (11-6), while Cassie Wong placed second on the girls side with a 9-0.

Ridgewood's performance in the pole vault was particularly impressive, considering the difficulty of finding the time and place to practice such an event. In fact, once a week, Ricciardi travels 90 minutes each way to a training facility to get in some jumps.

"We are able to do some minor drills at the school, but the meets are really the training," said

Mullin. "This is a great accomplishment for them, considering that there is no day-in, day-out practicing."

With the squads taking to the 168th Street Armory on Wednesday, Mullin noted that a different mindset would be needed in approaching the meet, considering the format.

"This is a team-scored event, which we don't often have in winter track," Mullin explained. "Every event is a relay, so team depth is important. It is a physically and mentally exhausting meet because many athletes are competing in multiple events. The whole team is taxed, but it really shows who the best team is."

"The kids also love the track," he continued. "It is probably the best facility in the country in terms of track speed."

The Maroons had success in the event last year, with the boys finishing third and the girls placing fifth.

"The team is ready and understands that it is a high-powered meet," said Mullin.

On Monday, Ridgewood will be back at the Armory in defense of its four-year streak as winners (both boys and girls) of the Northern New Jersey Interscholastic League (NNJIL) Championships.

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

INDOOR TRACK

Ridgewood squads rule league, county in New York City

BY DAVID ZARO
Staff Writer

RIDGEWOOD - In his famous song about New York City, Frank Sinatra sang about being "King of the Hill, Top of the Heap."

After its performance across the river at the 168th Street Armory, capturing the Bergen County Relays last Wednesday and the Northern New Jersey Interscholastic League (NNJIL) Championships on Monday, it certainly has been more than a "very good year" thus far for the Ridgewood High School boys and girls track squads.

In the Bergen County Relays, the girls team was the only squad to score in all 12 events, including three firsts and two seconds. With an overall point total of 82, the girls easily outdistanced second-place Hackensack (62) and third-place Immaculate Heart Academy (45).

"This is a very talented group with a lot of depth in different places," said Ridgewood head coach Mike Mullin. "These girls will do well wherever I put them, because they will do whatever it takes to win."

Sophomore Cristina Law stamped her name on the win, anchoring the victorious sprint medley team, running a leg for the second-place 1600-meter group and placing in both the high jump and triple jump.

"Cristina was hurting a little bit with a slight leg injury, but she is a tough girl who loves to compete,"

Mullin said. "She was great in all four events."

Other members of the sprint medley team included junior Jackie Tyler, sophomore Alice Wisener and junior Cassie Wong, who teamed up with Lara-Jane Que to take the pole-vault event.

No Maroon girls meet would be complete without a contribution from junior Meredith Jones, who joined senior Becca Wells, sophomore Maggie Harms and junior Stephanie Westerman on the winning 6400-meter relay team.

"Meredith is just one of those tremendous athletes who does whatever is asked of her," said Mullin. "She had a great meet and continues to get better and better."

"Becca ran three hard races in this meet and never complained," Mullin added. "She is a great asset to our team."

In winning the event for the first time since 1991, the boys team (63 team points) knocked off defending champion Hackensack (51), while Don Bosco (50) finished third.

The Maroons were even with Hackensack through nine events and outscored the Comets, 18-6, in the triple jump, distance medley and high jump to earn the title.

"The boys stepped up in the last few events, and it was a real team win," Mullin said. "It is quite an accomplishment for us to beat those teams that are so strong year-in and year-out. It is really a tribute to our guys."

One of the key wins of the day

See **TRACK**, page C2

TRACK from C1

for the Maroons was in the 6400 relay, where junior Byron Williams ran a time of 1:55.8 as the anchor to move the team up from sixth to a second-place finish. Williams also led off in the distance medley and anchored the 1600 relay team.

"Byron ran a tremendous 800 time," said Mullin. "He is an intelligent runner who is always ready to run and knows what he has to do to win."

Junior Mike Cator had a busy night, running a 4:26 anchor time in the 1600 to bring the team back from 150 meters behind, and he ran strong in the 3200 event as well.

"Mike ran a lot of races with not a lot of rest in-between," Mullin said. "He did a great job."

Another star for Ridgewood was sophomore Niall Buckley, a first-team All-Suburban cross-county selection last year. Buckley ran the lead leg for the 3200 team and was also part of the winning 6400 group, which included Cator and sophomores Jeremy Schmidt and Jacob Garber. "Niall keeps getting better and has potential that may be like no other on our team," Mullin said. "He is still young and has been a great addition to our team." The NINJIL championships presented

the Maroons with many of the same opponents as the county relays, but ended with similar results, as they used their wealth of depth to conquer their foes.

On the girls' side, Ridgewood was dominant in victory with 158 team points, while Hackensack (106) and Teaneck (75) followed well behind.

Junior Jackie Tyler, who is a well-regarded softball player for the high school team, finished third in the 55-meter dash (7:50).

"Jackie has a great attitude and helps us out tremendously in the short sprints," Mullin said.

Wong made her presence felt throughout the meet, as she won the pole-vault competition, finished second in the 300-meter dash, fourth in the 55-meter hurdles and was part of the third-place 4-by-400 meter relay team.

"She has really stepped up and found a place this year," said Mullin of Wong. "She is the top pole vaulter in the county and has been coming through and helping in the sprints and hurdles as well."

Wells was second to Westernman in the 1000-meter run (sophomore Megan Cornehey was third) and second to Jones in the 1600-meter run, while Harms took third in the 3200 meters. Harms also helped the 4-by-800-meter relay team to

a second-place finish along with junior Rosa Dillon, sophomore Marya Goodman and freshman Cara McBrearty.

"Maggie had a leg injury in the fall, and she couldn't run," Mullin said. "When she came back, she was clearly not at the level that she was used to being at. She has been slowly progressing every meet and has persevered through some tough times. Her attitude has always stayed positive, and she has shown great dedication. Maggie is just a super girl."

Que was second in the 55-meter hurdles and third in the pole vault.

"Hurdling is Lara-Jane's forte, and she has proven to be one of the best in the county," said Mullin.

Other key finishers for Ridgewood included the third-place 4-by-400 relay team of Law, Wong, Weisner and Kaleigh Sosebee, freshman Mia Martinez, who was fourth in high jump, and sophomore Brooke Bogart, who was fourth in the long jump and third in the triple jump.

The boys meet was a tight one throughout, as the Maroons edged Hackensack, 131-125, with Teaneck finishing third (91).

"A six-point win, some people might not realize how close that is," Mullin said. "It's a battle of inches. It could be the difference of one place in one event. Every event that we placed in really counted toward the

victory."

Williams won both the 600- and 1000-meter events while also joining the winning 4-by-400-meter relay team that included Buckley, sophomore Andrew Genova and senior Okee Onwubu, who also ran fourth in the 600-meter dash.

"In the 600, Okee was very competitive in a quick race, and he really went for it and surged to the lead in the 4-by-400," said Mullin. "He is a fun kid who adds a lot of humor to the team, and he is a leader who gives everything he has."

Buckley was second in the 1000- and 1600-meter runs while finishing seventh in the high jump.

The Maroons took the top three spots in the 3200-meter run, with Cator, who also took the 1600-meter event, crossing first, followed by junior Cole McGrath and Garber. McGrath and Garber were also on the second-place 4-by-800 team along with Onwubu and Schmidt.

"Jeremy ran well in the race, and he is getting better," Mullin said. "We are going to need him to run well for us in the future."

A group of juniors also made valuable contributions, including Steve Pierce, who was third in the 300-meter dash, and Joe Nagano (third) and John Moody (fifth) in the 55-meter hurdles.

"Those kids

through, and needed points Sophomore Mullin described part of it placed sixth in Brian Climer jump (39-00. jump (18-07.5

"Brian spec jumps, and he winter," Mullin good spot to j

And, in the event, senior Christian Jens "They give time, and we j because they: Mullin.

The squads pete in the Wednesday a Classic on Mt "The Metr teams, and th high-powered want to go on the All-Cou (March 11) a 30)." "

Those kids are starting to come through, and they picked up some well-earned points for us," said Mullin. Sophomore Andrew Genova, whom Mullin described as a "constant plugger", was part of the 4-by-400 relay team and finished sixth in the triple jump, while junior Brian Climer was third in the triple jump (39-00.50) and sixth in the long jump (18-07.50). Brian specializes in the long and triple jumps, and he has been coming around all year," Mullin said. "He really picked a good spot to jump his best." And, in the often overlooked pole-vault event, seniors Jake Ricciardi (13-3) and Christian Jensen (11-6) finished one-two. They give us first and second every year, and we just expect points from them because they are at such a high level," said Mullin. The squads were at the Armory to compete in the Metropolitan Classics on Wednesday and head back for the Varsity Classic on Monday. The Metropolitan has about 80-to-100 athletes, and the Varsity Classic is always a well-powered meet," Mullin said. "We want to go out and solidify our places for the All-County teams, the Nationals (March 11) and the Penn Relays (April

Metropolitan Invitational Wed. 2/2/05

***** Results *****

4 x 800m:

Boys- Niall Buckley, Mike Cator, Ok Onwubu, Byron Williams

8:05.1 (1st).... 2:00.1 2:04.6 2:02.1 1:58.3

Girls- Cristina Law, Becca Wells, Meredith Jones, Steph Westerman

9:29.9 (2nd)..... 2:19.6 2:24.8 2:24.8 2:20.7

Pole Vault:

Boys- Jake Ricciardi- 13'0" (4th), Christian Jensen- 11'6"

Comments:

Wow! A great meet for all with really fast times. It really looks like we're ready to do great things. Keep the focus and set high goals for yourself...You can do it!!!

Varsity Classic Mon 2/7/05

***** Results *****

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

Boys- Byron Williams, Ok Onwubu, Niall Buckley, Mike Cator

10:24.4 (2nd).... 3:07.2 53.6 2:00.4 4:23.1

Girls- Stephanie Westerman, Alice Wisener, Cristina Law, Meredith Jones

12:25.0 (2nd).... 3:45.8 63.2 2:19.6 5:17.6

55m HH:

Boys- Joe Nagano- 8.3/8.3, John Moody- 8.4, Steve Pierce- 8.9

Girls- Cassie Wong- 9.1/9.2

55m:

Boys- Andrew Genova- 6.9

Girls- Jackie Tyler- 7.4/7.4

800m:

Boys- Jacob Garber- 2:14.1

Girls- Becca Wells- 2:25.5, Megan Conheeny- 2:33.7, Maggie Harms- 2:40.8

200m:

Boys- Andrew Genova- 24.7

Girls- Jackie Tyler- 27.7

Long Jump:

Boys- Brian Climente- 18'3"

Girls- Brooke Bogart- 14'9"

Triple Jump:

Boys- Brian Climente- 37'10", Andrew Genova- F

Girls- Brooke Bogart- F

Pole Vault:

Boys- Jake Ricciardi- 12'6", Christian Jensen- 12'6"

Girls- Cassie Wong- 9'0"

A good start for Sweeper

By **PAUL SCHWARTZ**
STAFF WRITER

NEW YORK - While Kennedy's Shaquan Brown was setting a national record of 1:17.9 in the 600 meters Monday night at the Varsity Classic at the Armory Track Center, Passaic's Sable Sweeper was approaching a simpler goal.

Sweeper, who won the girls shot put at 39 feet 6¼ inches, shook off some butterflies and got closer to the technique she hopes to show at the State Group 4 meet Feb. 20 at Princeton.

"I felt I have been [stronger] at other meets this year," said

Sweeper, who threw a foot farther at the Passaic County meet last month.

"But this is really the first big meet of the winter and I had to stay more focused than usual. I think I'm about 95 percent ready

"I'm very excited to be thinking about the State [meet]. I need to concentrate more on my technique and with the way three or four [other New Jersey shot putters] seem to be throwing about the same, whoever has the best day can win."

Old Tappan senior Taylor Lebovich, who missed the Bergen Relays 10 days ago because of bronchitis, took more than 15 seconds off her indoor best and ran away with the girls 1,600 in 5:19.5.

"The race went out very slowly for the first three laps," said Lebovich, who ran the first 800 in 2:40.3 and the second 800 a second faster. "But on the fourth lap, I felt really good and I left everyone behind.

"I'm hoping to run 5:10 before the end of the winter," said the Connecticut-bound Lebovich, who clocked 5:08 outdoors last spring.

The only North Jersey boys winner was Saddle Brook's Anthony Pomo, who won his second straight 55 hurdles race over Hackensack's Dan Oquendo in 7.4. But the Falcon senior was more excited about his second-place finish in the 55 dash in a career-best 6.3.

"I want to try to run both events in the Nationals," said Pomo, who also took third in the long jump. "I think my speed has made me a much better hurdler."

Ridgewood's distance medley teams took giant steps toward qualifying for the Penn Relays with runner-up finishes, both buoyed by big 1,200-meter leadoff legs. Byron Williams led off the boys relay in 3:07.2 and the Maroons finished second in 10:24.6, the fourth fastest in the nation this season. Christian Brothers won in 10:23.7.

E-mail: schwartzp@northjersey.com

INDOOR TRACK

Varsity Classic

AT THE ARMORY TRACK CENTER

MONDAY

BOYS

55: 1. Doug Cloninger, Morristown, 6.3; 2. Anthony Pomo, Saddle Brook, 6.3; 3. Carl Smith, Camden, 6.3; 4. Jason Harper, Pope John, 6.4; 5. Knowshon Moreno, Middletown South, 6.5.

Distance medley: 1. CBA (Greg Leach, Brandon Lenart, Peter Glackin, Chris Horel), 10:23.7; 2. Ridgewood (Byron Williams, OK Onwubu, Niall Buckley, Mike Cator), 10:24.6; 3. North Rockland, 10:28.2; 4. Cranford, 10:32.1; 5. Randolph, 10:34.3; 6. Arlington, 10:34.8.

GIRLS

55: 1. Tonisha Friday, Franklin, 7.0; 2.

INDOOR TRACK

VARSITY CLASSIC

AT THE ARMORY TRACK CENTER MONDAY BOYS

55: 1. Doug Cloninger, Morristown, 6.3; 2. Anthony Pomo, Saddle Brook, 6.3; 3. Carl Smith, Camden, 6.3; 4. Jason Harper, Pope John, 6.4; 5. Knowshon Moreno, Middletown South, 6.5.

55 HH: 1. Anthony Pomo, Saddle Brook, 7.4; 2. Dan Oquendo, Hackensack, 7.4; 3. Devon Burroughs, Camden, 7.7; 4. Deron Doles, Kennedy, 7.7; 5. Rob Silva, North Rockland, 7.8; 6. Gianni Rollins, Hackensack, 7.9.

200: 1. Smith, Camden, 21.9; 2. Doug Cloninger, Morristown, 22.2; 3. Austin Carey, Parsippany Hills, 22.3; 4. Jamar Cotton, Irvington, 22.4; 5. (t) Marcus Tucker, Eastern and Andrew McCloskey, Penn Crest (Pa.), 22.6.

400: 1. Louis Antenor, West Orange, 50.5; 2. Julian Edwards, Bishop McDevitt (Pa.), 50.8; 3. A.J. Parillo, South River, 50.8; 4. Winnie Gareffa, Hasbrouck Heights, 51.2; 5. Brad Forbes, Montgomery, 51.3; 6. Burroughs, Camden, 51.4.

600: 1. Shaquan Brown, Kennedy, 1:17.9 (National record, old National record, 1:18.80 by Damien Drummond, Paul Robeson, 2000; old New Jersey record, 1:20.0 by Ken Sinkovitz, Bergen Catholic, 2003; old Passaic County record, 1:20.3 by Brown, 2005); 2. Rob Novak, Bordentown, 1:19.6; 3. Lionel Williams, St. Peter's (St.), 1:19.9; 4. Marcel Van Eeden, Mendham, 1:20.1; 5. Mike Pachella, Walkill Valley, 1:21.5; 6. Hayrol Cruz, Passaic, 1:22.0.

800: 1. Pat DiGiacchino, Bernards, 1:57.5; 2. Ryan Madrid, Paramus Catholic, 1:59.1; 3. Chris Wilk, Bergen Catholic, 1:59.8; 4. Nick DiGrosso, Bishop Eustace, 2:01.3; 5. Andrei Olfier, Fort Lee, 2:01.9; 6. Joe Lefkowitz, Teaneck, 2:02.1.

1,600: 1. Jim Kavaliuskas, Highland, 4:23.1; 2. Mattack Gillin, Springfield Twp. (Pa.), 4:34.2; 3. Bryan Kretschmer, Ramsey, 4:34.9; 4. Calvin Lee, Old Tappan, 4:36.2; 5. Mike Polifonte, Passaic Valley, 4:41.3; 6. Paul Bernardo, Hillsborough, 4:42.1.

3,200: 1. Ben Massam, Chatham, 9:34.5; 2. Chris Guerriero, Saddle Brook, 9:42.5; 3. Brian Dennis, Hillsborough, 9:44.8; 4. Andrew Hanko, Trinity Christian, 9:45.0; 5. Jeremy Scheld, Pope John, 9:45.2; 6. Jared Lebar, Morris Hills, 9:48.5.

Shot put: 1. John Hickey, Tappan Zee, 64-4 (record, old record, 61-0½ by Tyree Suber, Glen Mills, 2003); 2. Khyler Osborne, Morristown, 57-10½; 3. Chris Berezansky, Hillsborough, 54-11¼; 4. Erik Heymann, Westwood, 52-8¾; 5. Joe Hathaway, Clifton, 51-10¼.

High jump: 1. Chris Ianone, Washingtonville, 6-4; 2. Joe Gill, Washingtonville, 6-2; 3. Tom Planer, Cranford, 6-2; 4. Chris Treble, Montgomery, 6-0; 5. Marcellos Coleman, Glen Mills (Pa.), 6-0.

Long jump: 1. Parillo, South River, 22-9; 2. Wendell Simpkins, Glen Mills, 22-5; 3. Pomo, Saddle Brook, 21-6½; 4. Ramon Jobson-Brown, Franklin, 20-10½; 5. Craig Hellmann, Northern Highlands, 20-10; 6. Herbert Jackson, Glen Mills, 20-2¼.

Triple jump: 1. Smith, Camden, 44-9¼; 2. Harold Blyden, Bergenfield, 44-7; 3. Herbert Jackson, Glen Mills, 44-0; 4. Oquendo, Hackensack, 42-9¾; 5. Ramon Jobson-Brown, Franklin, 42-3¾; 6. Val Terebizh, Fort Lee, 41-2¼.

Pole vault: 1. Mike Woods, Westfield, 13-6; 2. Tim Ohm, Penn Crest, 13-6; 3. Brad Lawrence, Voorhees, 13-6; 4. tie between Brian Getz, Monroe-Woodbury and Dave McCullough, Toms River South, 13-0; 6. Jon Campbell, Glen Mills, 13-0.

1,600 relay: 1. New Rochelle, 3:24.7; 2. Central Reg., 3:26.2; 3. Ramsey, 3:27.9; 4. Glen Mills, 3:29.3; 5. Washington Twp., 3:32.3; 6. Eastern, 3:32.6.

3,200 relay: 1. Cranford, 8:06.9; 2. Springfield Twp., 8:10.3; 3. CBA, 8:11.2; 4. Glen Mills, 8:11.8; 5. Hillsborough, 8:15.4; 6. Morris Hills, 8:16.6.

Distance medley: 1. CBA (Greg Leach, Brandon Lenhart, Peter Giacklin, Chris Horel), 10:23.7; 2. Ridgewood (Byron Williams, OK Orwubu, Niall Buckley, Mike Cator), 10:24.6; 3. North Rockland, 10:28.2; 4. Cranford, 10:32.1; 5. Randolph, 10:34.3; 6. Arlington, 10:34.8.

GIRLS

55: 1. Toneisha Friday, Franklin, 7.0; 2. Kay Kay Richemond, Suffern, 7.1; 3. Celeste Holder, Parsippany, 7.2; 4. Tracey Cameron, Franklin, 7.3; 6. Jacqueline Sendgikoski, Mount Olive, 7.3.

55 HH: 1. Bryanna Johnson, Jackson, 8.0; 2. Trier Young, Neptune, 8.1; 3. Lynne Layne, New Rochelle, 8.2; 4. Iman Johnson, Columbia, 8.2; 5. Yvana Hepburn, North Rockland, 8.4; 6. Andrea March, Washington Twp., 8.4.

200: 1. Layne, New Rochelle, 24.5 (ties meet record set by Jennifer Jackson, Eastern, 2003); 2. Friday, Franklin, 24.6; 3. Raquel Vassell, East Orange Campus, 24.6; 4. Avionne Sloan, Camden, 25.4; 5. Tie: Deahna Vlnson, Suffern and Celeste Holder, Parsippany, 25.9.

400: 1. Richemond, Suffern, 57.1; 2. Lauren Blake, Jackson, 57.8; 3. Kristin Crawford, Kennedy, 58.0; 4. Rolanda Bruce, East Orange Campous, 58.6; 5. Marla Fasolino, Washington Twp., 59.1; 6. Jilliana Blackshear, W. Orange, 59.6.

600: 1. Janine Davis, Queen of Peace, 1:30.4; 2. Jeavon Benjamin, Hempstead, 1:31.9; 3. Richemond, Suffern, 1:35.2; 4. Symone O'Connor, Franklin, 1:35.8; 5. Stephanie Herrick Wayne Valley, 1:35.8; 6. Kim Standridge, Randolph, 1:38.2.

800: 1. Kara McKenna, Suffern, 2:16.5; 2. Faye Korich, Springfield Twp., 2:18.5; 3. Chavanne Hubbard, Franklin, 2:21.1; 4. Jenn Ennis, Roxbury, 2:21.3; 5. Laura Cundey, Washington Twp., 2:21.6; 6. Brianna Welch, North Shore, 2:21.8.

1,600: 1. Taylor Lebovich, Old Tappan, 5:19.5; 2. Aimee Chegwidde, Walkill Valley, 5:23.5; 3. Korich, Springfield Twp., 5:26.0; 4. Liz So, Pope John, 5:26.7; 5. Laura Cundey, Washington Twp., 5:29.1; 6. Katie Van Horn, Triton, 5:29.9.

3,200: 1. Theresa Cattuna, Cherry Hill East, 11:24.5; 2. Liz Bissell, Indian Hills, 11:34.5; 3. Lindsey Pierret, Morristown, 11:39.5; 4. Diana Sobers, Mount Olive, 11:39.5; 5. Amanda Heffernan, Parsippany, 11:40.1.

Shot put: 1. Sable Sweeper, Passaic, 39-6¼; 2. Julia Hopson, Arlington, 39-0¼; 3. Shaakira West, Jackson, 37-4¼; 4. Jessie Steinbeigle, Indian Hills, 36-11; 5. Taryn O'Connor, Hillsborough, 36-9.

High jump: 1. Carin Knight, New Rochelle, 5-6 (ties record by Lisa Schenck, Jackson, 2002); 2. Kathleen Rooney, Mendham, 5-2; 3. tie between Jacqueline Sendgikoski, Mount Olive and Kelly Fortune, Jackson, 5-2; 5. Clarece Bradley, Neptune, 5-2; 6. Ashley Newby, Columbia, 5-2.

Long jump: 1. Lynne Layne, New Rochelle, 17-9; 2. Celeste Holder, Parsippany, 16-11; 3. Zaire Ashby, North Rockland, 16-8; 4. Jenn Pierce, Northern Highlands, 16-7¼; 5. Kara Musso, Ridge, 16-3; 6. Alyssa Fanucci, Old Tappan, 16-2.

Triple jump: 1. Yvana Hepburn, North Rockland, 37-5; 2. Danielle Kroll, Indian Hills, 35-7¼; 3. Shenise Halsey, Old Tappan, 34-11¼; 4. Brittany Bonney, Wayne Hills, 34-3¼; 5. Hayley Kellinger, Saddle Brook, 33-11¼; 6. Alyssa Fanucci, Old Tappan, 33-8¼.

Pole vault: 1. Julianne Toto, Middletown South, 12-6; 2. Robin Friedman, Hillsborough, 11-6; 3. Jessica Kloss, Moorestown, 11-6; 4. Tara Obura, Hunterdon Central, 11-0; 5. Lauren Chun, Watchung Hills, 10-6.

1,600 relay: 1. Suffern, 3:57.6; 2. Camden, 4:04.3; 3. Mendham, 4:11.3; 4. Metuchen, 4:12.4; 5. Scotch Plains, 4:12.7; 6. Pearl River, 4:12.8.

3,200 relay: 1. Suffern, 9:31.9; 2. Ursuline Academy, 9:39.8; 3. Westfield, 9:40.8; 4. Morristown, 9:48.6; 5. Perkiomen Valley (PA), 9:50.8; 6. Pope John, 9:52.6.

Distance medley: 1. Bronxville, 12:14.2; 2. Ridgewood (Stephanie Westerman, Alice Wlsener, Cristina Law, Meredith Jones), 12:25.9; 3. Roxbury, 12:26.4; 4. Jackson, 12:28.0; 5. Pearl River, 12:32.8.

Ed Church Dev. II Meet

***** Results *****

55m:

Boys-

Novice- Matt Lavin- 7.7, Jason Lee- 7.8, Zack Onteveros- 7.3/7.5, Rob Webbe- 7.9,
Ben Amendalora- 7.7

Frosh- Josh Dabby- 9.3, Cameron Jones- 9.0, Dan Clark,- 8.7, Neil Steremberg- 8.4

Girls-

Frosh- Vanessa Vinci- 9.5, Mollie Kurshan- 9.4, Cara McBreaty- 8.2,
Cristina Lewis- 9.0, Kate Gruchawka- 8.2/8.2, Mia Martinez- 7.9/7.6/7.7 (4th)

55m HH:

Boys-

Novice- Billy Dunn- 9.9

Frosh- Akira Monri- 9.1/8.9 (1st)

Girls:

Novice- Anne Ohliger- 10.2/10.0

1600m: (varsity only)

Boys- Cole Magrath- 5:18.5

Girls- Rosa Dillon- 6:16.4, Marya Goodman- 6:21.7, Becky Lee- 7:14.0

4 x 800m:

Boys-

Novice- Rob Morgan, Joe Krammer, Zack Ontiveros, Alex Pruzinski

10:45.0.. 2:30.7 3:09.0 2:37.0 2:28.5

Girls-

Frosh- Mia Martinez, Cristina Lewis, Kate Gruchwaka, Cara McBreaty

12:33.1.... 3:03.6 3:15.2 2:56.0 3:18.3

200m:

Boys-

Novice- Matt Lavin- 27.2, Jason Lee- 28.3, Rob Webbe- 29.9,
Ben Amendalora- 28.3, Billy Dunn- 25.8

Frosh- Josh Dabby- 36.5, Cameron Jones- 33.2, Dan Clark- 31.5, Akira Monri- 26.6,
Neil Steremberg- 32.9

Girls-

Novice- Michelle Mostaccio- 32.9, Anne Ohliger- 31.5

Frosh- Siena Irizary- 33.2, Vanessa Vinci- 34.9, Mollie Kurshan- 36.6

State Group IV

Sun. 2/20/05

***** Results *****

55m:

Boys- Andrew Genova- 7.38

Girls- Jackie Tyler- 7.78

55m HH:

Boys- Joe Nagano- 8.67, John Moody- 9.23

Girls- Lara Que- 8.83/8.86, Cassie Wong- 9.3

200m:

Boys- Andrew Genova- 25.11

Girls- Jackie Tyler- 28.63

1600m:

Boys- Mike Cator- 4:36.14

400m:

Boys- Ok Onwubu- 56.03

800m:

Boys- Byron Williams- 2:01.02 (5th), Niall Buckley- 2:00.74 (4th)

Girls- Cristina Law- 2:23.49 (3rd), Stephanie Westerman- 2:25.10 (4th)

3200m:

Girls- Meredith Jones- 11:51.04 (5th)

Pole Vault:

Boys- Jake Ricciardi- 12'0" (3rd), Christian Jensen- 12'0" (3rd)

Girls- Cassie Wong- 8'0"

COMMENTS: CONGRATS TO ALL THOSE MOVING ON TO THE STATE MEET OF CHAMPIONS!!

Cruz wins 800 meters

Gets lone North Jersey victory

By **PAUL SCHWARTZ**
STAFF WRITER

PRINCETON -- Hayrol Cruz of Passaic has spent the winter track season in the large shadow of Kennedy's Shaquan Brown. Sunday morning he spent the first three laps of the State Group 4 800 meters in the shadows of Byron Williams of Ridgewood and Greg Leach of Christian Brothers.

But on the fourth lap, after Leach had taken the lead from Williams, Cruz came out of the shadows, passing both runners in the final straightaway to win North Jersey's only championship in Group 4, with a personal indoor record of 1:58.51.

Brown, the national record holder in the 600 and a heavy favorite in the Group 4 400, was second in the 400 at 51.30, suffering from the effects of a flu-like illness that nearly forced

GROUP 4 TRACK CHAMPIONSHIP

him to withdraw from the meet. He was one of four North Jersey second-place finishers in the meet.

"I feel better than I ever felt before," Cruz said after his win, the first in the State meet by a Passaic boy since 1997. "I got boxed in like I always seem to do in this race. But when we started the final lap, I had a good feeling."

Williams took the field through a pedestrian 60-second first 400 and opened up a slight lead over Leach in the third lap of the four-lap race. On the backstretch Leach pulled alongside Williams and passed him. But Cruz used the same move to slingshot past Williams moments later and then outran Leach to the finish line as Williams faded to fifth.

"I've been upset because Shaquan's been beating me all year in the 600," said Cruz. "And then I thought Byron was going to beat me today, but I guess all the strength I've gotten by running those 600s and the speed I have carried me through."

"I'm very excited about winning this race and being a State champion. And after I pulled my right hamstring at the Passaic meet [in early January], I am glad that I was able to come back and run as well as I did."

Brown said he hadn't been able to keep food down since dinnertime Saturday night and wasn't sure he was going to run, even when he stepped to the starting line.

"I was real dizzy and couldn't see real well, but then my head cleared," said Brown. "I knew if I didn't run today, then I couldn't run in the [Feb. 27] Meet of Champions, so I was going to run regardless of how I felt."

Bryant McCombs of Old Bridge won the event in 50.55.

Dan Oquendo of Hackensack was upset by Union's Chris Haley in the 55 hurdles, but promises a different result next week.

"I didn't have the traction I needed to get a good start," said Oquendo, who closed quickly but couldn't overcome a poor start. "I hear we can use blocks next week and that should help."

E-mail: schwartzp@northjersey.com

Boys
Group
IV

Team Scores

CBA 40, Union 28½, Old Bridge 22, **Ridgewood** and Lenape 16, Winslow Twp., Hillsborough and **North Bergen** 14, Toms River North 12, Eastern 10 2/3, Plainfield, Bayonne and **Passaic** 10, **Hackensack** 9 2/3, **Kennedy** 9 1/2, Toms River East 8 1/3, Irvington, Southern and Vineland 8, East Brunswick 7, Absegami 6 1/3, Sayreville and South Brunswick 6, Pennsauken 4 1/3, Brick Twp. 2 1/3, Piscataway and **Clifton** 2, Linden, St. Peter's Prep, Cherokee, **Montclair** and Rancocas Valley 1, Mainland 1/3.

55: 1. Reginald Dixon-Venson, Plainfield, 6.67; 2. Latif Brewer, Union, 6.67; 3. Kevin Thompson, North Bergen, 6.70; 4. Auril Mattis, Irvington, 6.72; 5. Kevin Woolfolk, Piscataway, 6.75; 6. Ryan Scott, Montclair, 6.76.

55 HH: 1. Chris Haley, Union, 7.66; 2. Dan Oquendo, Hackensack, 7.74; 3. Kyle Grady, East Brunswick, 7.79; 4. Alixon Byron, Irvington, 7.91; 5. Tim Boeni, Brick Twp., 7.95; 6. Jermaine Morris, Vineland, 8.01.

200: 1. Bryant McCombs, Old Bridge, 22.68; 2. Kevin Thompson, North Bergen, 23.03; 3. Jamar Byrd, Vineland, 23.24; 4. Desmond Hamilton, Pennsauken, 23.35; 5. Shurnon Flaveny, Sayreville, 23.38; 6. Phillip Reid, Rancocas Valley, 23.41.

100: 1. Bryant McCombs, Old Bridge, 10.55; 2. Shaquan Brown, Kennedy, 11.30; 3. Steve Swern, Lenape, 11.40; 4. Shurnon Flaveny, Sayreville, 12.22; 5. tie between Jamar Byrd, Vineland, and Ryan Jordan, Kennedy, 12.29.

100: 1. Hayrol Cruz, Passaic, 1:58.51; 2. Greg Leach, CBA, 1:58.78; 3. Pete Jackson, CBA, 2:00.14; 4. Niall Buckley, Ridgewood, 2:00.74; 5. Byron Williams, Ridgewood, 2:01.02; 6. Sebastien Filelus, St. Peter's Prep, 2:02.4; 8. Steve Jlett, Clifton, 2:04.39; 10. Eddy Cabo, Hackensack, 2:04.99; 12. Chris Wilk, Jergen Catholic, 2:05.66*.

600: 1. Greg Leach, CBA, 4:22.87; 2. Joe Simpson, Southern, 4:24.43; 3. Justin Brackett, Toms River North, 4:28.78; 4. Justin Wheat, CBA, 4:30.39; 5. Brian Jennis, Hillsborough, 4:31.69; 6. Greg Jull, East Brunswick, 4:31.92; 10. Mike Jator, Ridgewood, 4:36.14*.

1200: 1. Anthony Keltower, Lenape, 9:40.14; 2. Chris Horel, CBA, 9:40.32; 3. Kenny Kyle, Absegami, 9:40.98; 4. Kevin Rogers, CBA, 9:44.20; 5. Umar Saeed, Old Bridge, 9:46.42; 6. Tom Yersak, Cherokee, 9:47.04; 11. Alex Anolik, Clifton, 11:03.55*.

Shot put: 1. Steve DiGiorgio, Bayonne, 59-1 1/4; 2. Sai Delhiero, Toms River East, 57-4 3/4; 3. Yemi Ayeni, South Brunswick, 57-3 1/4; 4. Chris Berezansky, Hillsborough, 54-1 1/4; 5. Joe Hathaway, Clifton, 52-6 1/4; 6. Jimmy Marino, Linden, 52-6 1/4; 10. Rob Petrosino, Bergen Catholic, 49-4*.

High jump: 1. Chris Haley, Union, 6-4; 2. Darnell Barber, Winslow Twp., 6-2; 3. Miles Eswards, Winslow Twp., 6-2; 4. Brian Santay, Toms River North, 6-0; 5. tie between Amir Gorham, Absegami, Dan Oquendo, Hackensack, Bob Hong, Mainland, Eddy Cabo, Hackensack, Chris Rutherford, Toms River East, Korey Wallace, Eastern, Dean Lewis, Pennsauken, George Eggers, Eastern and Tim Boeni, Brick Twp., 5-8.

Pole vault: 1. Don Smith, Eastern, 13-0; 2. Matt Bitten, Hillsborough, 13-0; 3. Christian Jensen, Ridgewood, 12-0; 4. Jake Ricciardi, Ridgewood, 12-0; 5. Greg Kelly, Toms River North, 12-0; 6. Mike Wiswesser, Hackensack, 11-6; 9. Matt Wiswesser, Hackensack, 11-6*.

BOYS GROUP 1

Team Scores

Saddle Brook 38, Bordentown 31, **Pascack Hills** 22, South River 21, Metuchen 18, Schalick and Whippary Park 14, Roselle Catholic, Shore and Bishop Eustace 12, Bernards 11, Montclair Kimberley 10, Haddon Heights and **Immaculate Conception** 9, Palmyra, Seneca, and **Queen of Peace** 8, Pennsville 7, Woodstown, **Rutherford**, **Hasbrouck Heights** and University 6, Academic, Clark and Madison 4, Burlington City and Hanover Park 3, Woodbury 2, Gill St. Bernard and Penns Grove 1.

55: 1. Anthony Pomo, Saddle Brook, 6.72; 2. Will Brown, Palmyra, 6.78; 3. Derrick Foster, University, 6.87; 4. Don-

South River, 6.89; 7. Matt St. Germain, Queen of Peace, 6.95*.

55 HH: 1. Anthony Pomo, Saddle Brook, 7.74; 2. Kevin Gauntt, Seneca, 8.00; 3. Kyle Edmonds, Metuchen, 8.01; 4. Scott Atkins, Pascack Hills, 8.02; 5. Jamal Cottman, Woodbury, 8.10; 6. Rodney Oscar, Immaculate Conception, 8.17.

200: 1. A.J. Parrillo, South River, 23.39; 2. Matt St. Germain, Queen of Peace, 23.65; 3. Anthony Pomo, Saddle Brook, 24.00; 4. Matt Villane, Shore, 24.01; 5. Marcus Farris, Metuchen, 24.08; 6. Keith Arthur, Haddon Heights, 24.11.

400: 1. A.J. Parrillo, South River, 52.12; 2. Rob Novak, Bordentown, 52.41; 3. Vinnie Gareffa, Hasbrouck Heights, 52.43; 4. Reginald McLeod, Academic, 52.87; 5. Taylor Kirk, Shore, 53.04; 6. Fred Mendenhall, Bordentown, 53.35.

800: 1. Pat DiGiacchino, Bernards, 2:00.14; 2. Rob Novak, Bordentown, 2:02.64; 3. Nick DiGrosso, Bishop Eustace, 2:03.61; 4. Fred Mendenhall, Bordentown, 2:04.42; 5. Scott Britton, Shore, 2:04.87; 6. Josh Widen, Penns Grove, 2:04.91.

1,600: 1. Rob Novak, Bordentown, 4:24.94; 2. Andrew Catalano, Roselle Catholic, 4:25.16; 3. Brendan McDonough, Woodstown, 4:29.80; 4. Robert Burdalski, Bishop Eustace, 4:32.74; 5. Chris Guerriero, Saddle Brook, 4:33.53; 6. Joe Palma, Bernards, 4:39.57.

3,200: 1. Nicolai Naranjo, Montclair-Kimberley, 9:55.38; 2. Chris Guerriero, Saddle Brook, 10:06.80; 3. Matt Mitchell, Haddon Heights, 10:08.07; 4. Mike Kennedy, Roselle Catholic, 10:23.19; 5. Adam Cramer, Haddon Heights, 10:31.81; 6. Taylor Coate, Gill St. Bernard, 10:35.47.

Shot put: 1. Geoff Goldell, Pascack Hills, 52-0; 2. Anthony Woolford, Immaculate Conception, 49-9; 3. Tim Lanni, Rutherford, 49-6; 4. Jason Wrubel, Shore, 49-0; 5. Karl Armand, Bishop Eustace, 48-0 1/4; 6. Steve D'Arcy, Hanover Park, 47-3 3/4.

High jump: 1. Donnie Hill, Schalick, 6-2; 2. Scott Atkins, Pascack Hills, 6-2; 3. Justin King, Whippary Park, 5-10; 4. Marquis Triplett, Clark, 5-10; 5. Eric Savino, Saddle Brook, 5-10; 6. Jeff Boone, Burlington City, 5-8.

Pole vault: 1. Greg Lewis, Metuchen, 12-6; 2. Colin Feeney, Whippary Park, 11-0; 3. Ryan Calmi, Pennsville, 10-6; 4. Bill McLinden, Madison, 10-0; 5. Mike Cuppari, Hanover Park, 9-6; 6. Eric Hutchinson, Pennsville, 9-0.

GIRLS GROUP 4

Team Scores

Jackson 50, Winslow Twp. 44, Columbia 32, East Orange and Piscataway 19, Cherokee and Brick Twp. 16, Hillsborough 13, **Ridgewood** 12, Millville and Southern 10, Washington Twp. and **Passaic** 8, Watchung Hills 7, **IHA** and Freehold Twp. 6, Hunterdon Central, Toms River North and Manalapan 4, J.P. Stevens 3, South Brunswick, Union, **Kennedy**, **Clifton**, **Kennedy**, Cherry Hill East and Old Bridge 2, Mainland 1 1/2, West Orange, Trenton and Rancocas Valley 1, **Hackensack** 1/2.

55: 1. Krystal Cantey, Winslow Twp., 7.30; 2. Racquel Vassell, East Orange, 7.35; 3. Dominique Merchant, Winslow Twp., 7.38; 4. Michelle Losey, Piscataway, 7.47; 5. Ashley Gonzalez, Old Bridge, 7.57; 6. Porsche Gidding, East Orange, 7.61.

55 HH: 1. Bryanna Johnson, Jackson, 8.30; 2. Krystal Cantey, Winslow Twp., 8.42; 3. Racquel Vassell, East Orange, 8.61; 4. Iman Johnson, Columbia, 8.62; 5. Nicole Bryant, Union, 8.63; 6. Brittinie Scurry, Trenton, 8.73; 7. Lara-Jane Que, Ridgewood, 8.86*.

200: 1. Krystal Cantey, Winslow Twp., 25.55; 2. Nicole Castron, Jackson, 25.63; 3. Lauren Blake, Jackson, 26.39; 4. Racquel Vassell, East Orange, 26.43; 5. Michelle Losey, Piscataway, 26.52; 6. Asia Washington, Piscataway, 26.60.

400: 1. Krystal Cantey, Winslow Twp., 58.27; 2. Michelle Losey, Piscataway, 58.41; 3. Lauren Blake, Jackson, 58.54; 4. Asia Washington, Piscataway, 59.02; 5. Kristin Crawford, Kennedy, 59.58; 6. Ilia Blackshear, West Orange, 1:00.20.

800: 1. Robin Daniels, Brick Twp., 2:21.47; 2. Laura Cundey, Washington Twp., 2:22.83; 3. Cristina Law, Ridgewood, 2:23.49; 4. Stephanie Westerman, Ridgewood, 2:25.10; 5. Miya Johnson, Lenape, 2:25.66; 6. Ali Hehn, Toms River North, 2:25.80.

5:07.11; 3. Lisa Sinkovitz, IHA, 5:10.51; 4. Amanda Marino, Jackson, 5:11.76; 5. Theresa Cattuna, Cherry Hill East, 5:15.50; 6. Amy Rheln, South Brunswick, 5:20.58; 9. Lourdes Fabian, Kennedy, 5:28.60*.

3,200: 1. Jen Clausen, Jackson, 11:05.29; 2. Lisa Burkholder, Cherokee, 11:31.67; 3. Erin Reddan, Brick Twp., 11:36.87; 4. Sofia Machado, Manalapan, 11:45.66; 5. Meredith Jones, Ridgewood, 11:51.04; 6. Amy Rhein, South Brunswick, 11:52.59.

Shot put: 1. Iman Johnson, Columbia, 40-7; 2. Sable Sweeper, Passaic, 39-8 1/4; 3. Danielle Dailey, Freehold Twp., 39-1 1/4; 4. Taryn O'Connor, Hillsborough, 36-3 1/4; 5. Ingrid Berrio, Hillsborough, 36-2; 6. Sam Daniels, Rancocas Valley, 36-2.

High jump: 1. Bianca Stewart, Columbia, 5-4; 2. Ashley Newby, Columbia, 5-2; 3. Kelly Fortune, Jackson, 5-2; 4. tie between Caitlin McCann, Toms River North, and Yasmin Parks, J.P. Stevens, 5-0; 6. Chelsea Townes, Hackensack, 5-0; 9. Tyler Teaton, IHA, 4-10*.

Pole vault: 1. Melissa Gale, Millville, 11-6; 2. tie between Robin Friedman, Hillsborough and Lauren Chun, Watchung Hills, 11-0; 4. Tara Oberg, Hunterdon Central, 10-0; 5. Laura Myers, Clifton, 9-6; 6. Lisa Martin, Mainland, 9-6; 8. Diane Szafarski, Clifton, 9-0*.

GIRLS GROUP 1

Team Scores

Queen of Peace 36, Hanover Park 35, Bishop Eustace and Shore 33, Madison 24, Paulsboro 20, St. Rose and Haddon Heights 18, Academic 16, Schalick 13, Verona 12, **Midland Park** 10, Mt. St. Mary 9, New Providence 7, Pitman, Barnegat, Henry Hudson and Woodbury 4, Penns Grove 3, Arts 2, Woodstown, Science, Oak Knoll and Metuchen 1.

55: 1. Sharda Anderson, Paulsboro, 7.30; 2. Janine Davis, Queen of Peace, 7.35; 3. Jamie Walker, Haddon Heights, 7.45; 4. Kim Moody, Woodbury, 7.57; 5. Judline Tumson, Arts, 7.57; 6. Elizabeth Spokony, Woodstown, 7.64.

55 HH: 1. Annie Taft, Bishop Eustace, 8.37; 2. Alaina Alfano, Hanover Park, 8.49; 3. Dianna Anderson, Verona, 8.72; 4. Leslie Njoku, Academic, 8.97; 5. Katherine Gibson, St. Rose, 9.18; 6. Diona Scala, Hanover Park, 9.18.

200: 1. Sharda Anderson, Paulsboro, 25.80; 2. Janine Davis, Queen of Peace, 25.88; 3. Alaina Alfano, Hanover Park, 26.41; 4. Jamie Walker, Haddon Heights, 26.58; 5. Annie Taft, Bishop Eustace, 26.88; 6. Kristen Pierce, Shore, 27.36.

400: 1. Janine Davis, Queen of Peace, 58.44; 2. Leslie Njoku, Academic, 1:00.23; 3. Kristen Pierce, Shore, 1:00.58; 4. Lauren Fike, Bishop Eustace, 1:01.64; 5. Margaret Polanin, Mt. St. Mary's, 1:02.29; 6. Asha Bailey, Science, 1:02.34.

800: 1. Janine Davis, Queen of Peace, 2:20.10; 2. Jordan Sarraga, Bishop Eustace, 2:22.64; 3. Emily McMillan, St. Rose, 2:23.72; 4. Kendra Boyd, Henry Hudson, 2:26.35; 5. Justine Carnevale, Shore, 2:28.47; 6. Cara O'Neill, Metuchen, 2:30.12.

1,600: 1. Martine McGrath, Shore, 5:18.33; 2. Carolyn Heisler, Madison, 5:24.54; 3. Anna Cushing, Mt. St. Mary's, 5:26.89; 4. Jennifer Nelson, Barnegat, 5:27.46; 5. Laura Embrey, Shore, 5:29.75; 6. Aly Carter, Oak Knoll, 5:34.36.

3,200: 1. Amy Van Alstine, Midland Park, 11:33.95; 2. Martine McGrath, Shore, 11:56.29; 3. Carolyn Heisler, Madison, 11:58.4; 4. Emily Gallagher, Madison, 12:04.72; 5. Nicole Ullmeyer, Shore, 12:20.59; 6. Devann Ard, Mt. St. Mary's, 12:33.39.

Shot put: 1. Caitlin Kelly, Hanover Park, 41-2 1/4; 2. Stephanie Scaramella, Bishop Eustace, 39-8 3/4; 3. Jody Boose, Schalick, 36-3; 4. Christina D'Amato, Madison, 33-10 3/4; 5. Chanea Creamer, Penns Grove, 33-10 1/4; 6. Mary Ann Magee, Penns Grove, 32-9.

High jump: 1. Alaina Alfano, Hanover Park, 5-4; 2. Briana Gray, Haddon Heights, 5-4; 3. Jen Bulger, Verona, 5-2; 4. Leslie Njoku, Academic, 5-0; 5. Elizabeth Doyle, Madison, 5-0; 6. tie between Kelly Wurst, Bishop Eustace and Wynne Mulvey, Bishop Eustace, 4-10.

Pole vault: 1. Megan Hiller, St. Rose, 9-0; 2. tie between Leah Landwehr, Schalick, and Liz Masucci, New Providence, 8-0; 4. Casey Whitley, Pitman, 8-0; 5. Jill Cummings, Shore, 7-0. * - denotes wild card qualifier.

County Championships Wed. 2/23/05

***** Results *****

55m:

Boys- Andrew Genova- 6.7/6.9, Albert Gelbaum- 6.9

Girls- Kate Gruchwaka- 7.8

55m HH:

Boys- Joe Nagano- 8.2/8.1

Girls- Lara Que- 8.4/8.5/8.8 (3rd), Cassie Wong- 9.0/8.8/8.8 (4th)

600m:

Boys- Ok Onwubu- 1:26.4 (4th)

Girls- Cristina Law- 1:38.8 (1st) ****NEW SCHOOL RECORD****

1000m:

Boys- Byron Williams- 2:34.0 (1st)

Girls- Stephanie Westerman- 3:09.2 (2nd)

300m:

Boys- Joe Nagano- 37.9, Albert Gelbaum- 39.1

1600m:

Girls- Maggie Harms- 6:01.7

Boys- Mike Cator- 4:24.3 (1st)

800m:

Boys- Niall Buckley- 1:56.9 (1st)

300m: (frosch and novice)

Girls- Kate Gruchwaka- 45.8 (1st)

4 x 400m:

Boys- Byron Williams, Niall Buckley, Ok Onwubu, Andrew Genova

3:30.7 (2nd),.... 52.9 51.3 52.8 53.6

Pole Vault:

Boys- Jake Ricciardi- 13'0" (1st), Christian Jensen- NH

Girls- Cassie Wong- 9'6" (1st)

Long Jump:

Boys- Brian Climente- 19'11" (5th)

Triple Jump:

Boys- Brian Climente- 37'8 1/2", Andrew Genova- 37'5"

COMMENTS: MANY PEOPLE REALLY ROSE TO THE OCCASION FOR THIS MEET. YOU CONTINUE TO PROVE YOU ARE THE BEST IN THE COUNTY! SPECIAL CONGRATS TO OUR COUNTY INDIVIDUAL CHAMPIONS. THEY ARE:

MIKE CATOR(1600), BYRON WILLIAMS(1000M), NIALL BUCKLEY(800M), JAKE RICCIARDI(PV), CRISTINA LAW(600M), CASSIE WONG(PV), AND KATE GRUCHWAKA(FROSH 300M). AWESOME JOB BY ALL!

BERGEN COUNTY CHAMPIONSHIPS

WEDNESDAY

AT ARMORY TRACK CENTER

Boys

55: 1. Brian Gilbert, Teaneck, 6.2 (ties Bergen County record set by Bob Hauk, St. Joseph Regional, 1968 and Derrick Horner, Don Bosco, 1988; meet record, old record, 6.3 by Sullivan Parker, Bergenfield, 2004); 2. Anthony Pomo, Saddle Brook, 6.5; 3. Travis Warren, Teaneck, 6.5; 4. Howard Jones, Mahwah, 6.7; 5. Delford Brown, Englewood, 6.7; 6. Michael Epps, Englewood, 6.7.

55 HH: 1. Anthony Pomo, Saddle Brook, 7.6; 2. Claude Guinchard, Don Bosco, 7.9; 3. Dylan Coonrad, Ramsey, 8.0; 4. Scott Atkins, Pascack Hills, 8.0; 5. P.J. Piche, Northern Highlands, 8.0; 6. Hasei Takahashi, Tenafly, 8.2.

300: 1. Matt St. Germain, Queen of Peace, 36.0; 2. StaiSean Lyew, Bergen Catholic, 36.1; 3. Darrin Chandler, Paramus Catholic, 36.2; 4. Jake Stass, Westwood, 36.7; 5. tie between Jared Davis, Don Bosco, and Ilia Pashantsev, Fort Lee, 36.9.

400: 1. Garrett Kroner, Indian Hills, 49.4; (record, old record, 50.8 by Jon Reid, Bergen Tech, 2003); 2. Vinnie Gareffa, Hasbrouck Heights, 51.0; 3. Chris Seljo, Hasbrouck Heights, 51.7; 4. Mike Orlando, Bergen Catholic, 52.0; 5. Matt Schuierer, Demarest, 52.8; 6. Matt St. Germain, Queen of Peace, 53.1.

600: 1. Chris Wilk, Bergen Catholic, 1:23.3; 2. Alex Lanuto, Ramsey, 1:23.9; 3. Brent Napoleon, Don Bosco, 1:24.4; 4. OK Onwubu, Ridgewood, 1:26.4; 5. Jack McDonnell, Don Bosco, 1:27.6; 6. Edgar Cepeda, Paramus, 1:28.0.

800: 1. Niall Buckley, Ridgewood, 1:56.9; 2. Ryan Madrid, Paramus Catholic, 1:57.7; 3. Max Bruno, Indian Hills, 1:58.9; 4. Joe Lefkowitz, Teaneck, 1:59.5; 5. Tom San George, Teaneck, 2:01.4; 6. Eric Pfeifer, Ramapo, 2:05.6.

1,000: 1. Byron Williams, Ridgewood, 2:34.0; 2. Marc Polifrone, Rutherford, 2:35.1; 3. Andrei Oilfer, Fort Lee, 2:39.6; 4. Pat Fallon, Don Bosco, 2:42.0; 5. Joe Kufel, River Dell, 2:47.2; 6. Ryan Kopp, Westwood, 2:48.5.

1,600: 1. Mike Cator, Ridgewood, 4:24.3; 2. Bryan Kretschmer, Ramsey, 4:35.9; 3. Ryan Van Alstine, Midland Park, 4:37.0; 4. Calvin Lee, Old Tappan, 4:37.4; 5. Jason Baker, Don Bosco, 4:37.7; 6. Ryan McAuley, Rutherford, 4:43.8.

3,200: 1. James LaGreca, Demarest, 9:46.6; 2. Will Nowicki, Pascack Valley, 9:47.3; 3. Chris Guerriero, Saddle Brook, 9:47.5; 4. Alec Glasgall, Old Tappan, 9:53.8; 5. Keith Gross, Don Bosco, 9:55.4; 6. Dan Olson, River Dell, 9:57.2.

Shot put: 1. Tim Lanni, Rutherford, 53.794; 2. Erik Heymann, Westwood, 52.994; 3. Geoff Goldell, Pascack Hills, 48.6; 4. Doug Klopacz, St. Joseph Regional, 48.4; 5. Steven Kim, Fort Lee, 48.3; 6. Daryl Lewis, Indian Hills, 46.64.

High jump: 1. Oderick Turner, Teaneck, 6-4; 2. Brian Gilbert, Teaneck, 6-2; 3. Mike Monahan, Ridgefield Park, 6-2; 4. Scott Atkins, Pascack Hills, 5-10; 5. tie between Jon Massar, Paramus and Val Terebizh, Fort Lee, 5-10.

Long jump: 1. Anthony Pomo, Saddle Brook, 21-11; 2. Craig Heilmann, Northern Highlands, 20-4½; 3. Anastacio Henry, Hackensack, 20-2; 4. Val Terebizh, Fort Lee, 19-11 ½; 5. Brian Clementi, Ridgewood, 19-11; 6. Ted Leshner, Northern Highlands, 19-10.

Triple jump: 1. Ted Leshner, Northern Highlands, 44-5; 2. Val Terebizh, Fort Lee, 42-9½; 3. Steven Han, Tenafly, 41-5½; 4. Claude Guinchard, Don Bosco, 40-5¾; 5. Howard Jones, Mahwah, 40-3¼; 6. Anastacio Henry, Hackensack, 39-8½.

Pole vault: 1. Jake Ricciardi, Ridgewood, 13-0; 2. Mike Wiswesser, Hackensack, 12-0; 3. Claude Guinchard, Don Bosco, 11-6; 4. Matt Wiswesser, Hackensack, 11-0; 5. Matt Steeg, Don Bosco, 10-6; 6. tie between Kyle Murphy, Don Bosco and Slavco Mizimakoski, Ridgefield Park, 10-0.

1,600 relay: 1. Bergen Catholic (StaiSean Lyew, Brian Fredrickson, Mike Orlando, Chris Wilk), 3:28.3; 2. Ridgewood, 3:30.7; 3. Don Bosco, 3:31.1; 4. Ramsey, 3:31.3; 5. Hasbrouck Heights, 3:36.0; 6. Paramus Catholic, 3:37.5.

Girls

55: 1. Amma Walcott, Hackensack, 7.1 (ties record held by four others); 2. Consandria Walker, Hackensack, 7.3; 3. Alyssa Fanucci, Old Tappan, 7.4; 4. Beth Montana, Ramsey, 7.5; 5. Julia Marshall, Northern Highlands, 7.6; 6. Danielle Kroll, Indian Hills, 7.6.

55 HH: 1. Michelle Smith, Teaneck, 8.0 (ties record set by Smith, 2004); 2. Jessica Malacrida, Paramus, 8.8; 3. Larajane Que, Ridgewood, 8.8; 4. Cassie Wong, Ridgewood, 8.8; 5. Evana Edwards, Hackensack, 8.9; 6. Deshadhya Spearman, Teaneck, 9.2.

300: 1. Jen Mueller, IHA, 42.6; 2. Stephanie Ottlno, IHA, 43.7; 3. Angelica Johnson, Ridgefield Park, 43.8; 4. Melissa Hannibal, Bergen Tech, 44.0; 5. Amy Salek, Ramapo, 44.1; 6. Rebecca Coffman, Indian Hills, 45.1.

400: 1. Racquel Clarke, Teaneck, 1:00.6; 2. Krystal Wyche, Hackensack, 1:02.6; 3. Tara McVey, Hackensack, 1:03.2; 4. Raisa Lewis, Garfield, 1:04.9; 5. Elana Jauhar, Paramus, 1:05.0; 6. Alyssa Crosby, Hackensack, 1:07.6.

600: 1. Cristina Law, Ridgewood, 1:38.8; 2. Jess Setless, Paramus, 1:41.0; 3. Lisa Tarulli, Ramsey, 1:44.2; 4. Kaitlyn Cooney, IHA, 1:46.1; 5. Linda Puntasecca, IHA, 1:47.1; 6. Lauren Conroy, Old Tappan, 1:48.1.

800: 1. Cheyenne Ogletree, Garfield, 2:16.7; 2. Zainab Hanif, Hackensack, 2:27.5; 3. Melanie Wilson, Ramapo, 2:27.9; 4. Jen Bain, Ramsey, 2:30.7; 5. Mairi McPartland, 2:31.8; 6. Lindsay Callahan, 2:32.3.

1,000: 1. Lisa Sinkovitz, IHA, 3:03.4; 2. Stephanie Westerman, Ridgewood, 3:09.2; 3. Kerry Taylor, IHA, 3:12.5; 4. Christina Burke, Holy Angels, 3:13.8; 5. Michelle Wallace, Emerson, 3:21.4; 6. Stephanie Corral, IHA, 3:22.7.

1,600: 1. Lindsey Jelts, Indian Hills, 5:15.6; 2. Taylor Lebovich, Old Tappan, 5:17.2; 3. Meggie Sullivan, Tenafly, 5:20.4; 4. Katie Malachowski, Paramus Catholic, 5:36.8; 5. Jess Setless, Paramus, 5:38.0; 6. Nicole Kufel, River Dell, 5:38.9.

3,200: 1. Amy Van Alstine, Midland Park, 11:21.9; 2. Liz Bissell, Indian Hills, 11:33.0; 3. Nicki Gross, Holy Angels, 12:20.8; 4. Stacey Bond, Ramsey, 12:28.1; 5. Megan Sharlow, Fair Lawn, 12:35.9; 6. Allie Ruitenbergh, IHA, 12:38.2.

Shot put: 1. Jessy Steinbelgie, Indian Hills, 37.94; 2. Jamila Morrison, Hackensack, 35-0; 3. Lara Sopelsa, IHA, 34-4½; 4. Sade Henry, Teaneck, 34-2¾; 5. Delsa Riddick, Teaneck, 33-8¼; 6. Tanya Elshahawi, Indian Hills, 33-3.

High jump: 1. Jessica Malacrida, Paramus, 5-2; 2. Chelsea Townes, Hackensack, 5-2; 3. Shenise Halsey, Old Tappan, 5-0; 4. Tyler Teaton, IHA, 5-0; 5. tie between Christine Fischer, IHA and Juliana Camargo, Dumont, 4-9.

Long jump: 1. Shanelle Cross, Garfield, 16-2½ (won on second best jump); 2. Danielle Kroll, Indian Hills, 16-2½; 3. Alyssa Fanucci, Old Tappan, 15-10½; 4. Julianne Wiggins, River Dell, 15-10; 5. Juliana Camargo, Dumont, 15-10; 6. Evana Edwards, Hackensack, 15-7.

Triple jump: 1. Danielle Kroll, Indian Hills, 35-8¾; 2. Shanelle Cross, Garfield, 35-4; 3. Shenise Halsey, Old Tappan, 35-2¼; 4. Hayley Kellinger, Saddle Brook, 34-1½; 5. Alyssa Maier, River Dell, 34-0½; 6. Alyssa Fanucci, Old Tappan, 33-11½.

Pole vault: 1. Cassie Wong, Ridgewood, 9-6 (record, old record, 8-6 by Jessica Blenstock, Fair Lawn, 2004); 2. Kerri Constantinou, Dumont, 7-6; 3. tie between Melissa Davila, Hackensack and Mikayla Chianello, River Dell, 7-0; 5. Jessica Bunker, Hasbrouck Heights, 6-6.

1,600 relay: 1. Teaneck (Anise Johnson, Racquel Clarke, Nefertiti Harris, Michelle Smith), 4:08.0; 2. Ramsey, 4:15.6; 3. IHA, 4:16.6; 4. Old Tappan, 4:24.8; 5. River Dell, 4:25.0; 6. Paramus Catholic, 4:30.9.

INDOOR TRACK

Six Maroons claim Bergen County titles

BY DAVID ZARO
Staff Writer

RIDGEWOOD - The people at EZPass are probably big fans of the Ridgewood High School indoor track squads, considering how often they have crossed the river to the 168th Street Armory this season.

The Bergen County Championships on Feb. 23 marked the fifth trip to the armory this season for Ridgewood, which had six athletes, four boys and two girls take first place in a variety of events.

"It was a great meet for us," said Ridgewood head coach Mike Mullin. "Particularly, for the winners, they proved that they are the best in the county, which is a fantastic accomplishment."

Junior Byron Williams was the winner in the 1000-meter event with a time of 2:34.0, the sixth-fastest time in Bergen County history.

"Byron controlled the race," Mullin said. "He got into a battle in the last lap, but, as usual, he did what he had to do to win. He is a great competitor."

In the 800, sophomore Niall Buckley topped an impressive field of runners, posting a time of 1:56.9, three seconds better than his previous best. Ryan Madrid of Paramus Catholic was second (1:57.7) and Max Bruno of Indian Hills was third (1:58.9).

Junior Mike Cator cruised to victory in the 1600 (4:24.3), as he outpaced second-place Bryan Kretschmer of Ramsey by over 11 seconds.

"Mike ran a great time considering he wasn't really challenged," said Mullin. "It's harder for him to run a time like that when he is running by himself with no one pushing him."

In the pole vault, senior Jake Ricciardi cleared the field with a 13-foot effort, which was a foot better than second-place finisher Mike Wiswesser of Hackensack (12-0).

"He continues to prove his dominance," said Mullin of Ricciardi. "There is no one within a foot of his best. He is unmatched in the county."

The 1600-meter relay group of Williams, Buckley, senior Okee Onwubu and sophomore Andrew Genova was second with a time of 3:30.7, coming in right behind Bergen Catholic (3:28.3).

Onwubu also ran fourth in the 600 (1:26.4), won by Bergen Catholic's Chris Wilk (1:23.3).

"Okee did a nice job, and he continues to get better each meet," Mullin said. "He is a very important part of the team."

Junior Brian Climente, who earned a point for his team by placing sixth in the long jump earlier this season at the league meet, placed fifth in the county event with a jump of 19-11.

"He really had a great sequence of jumps, mostly in the 19's," said Mullin. "It was a great meet for him and, hopefully, a sign of great things to come for him."

On the girls side, versatile junior Cassie Wong, who already holds the school and county pole-vault records, set a new meet mark with

a vault of 9-6 while finishing fourth in the 55-meter hurdles (8.8), just behind sophomore Lara-Jane Que.

"They (Que and Wong) are certainly up there as two of the better hurdlers in the county," Mullin said. "With hard work and dedication, they can be even better."

Sophomore Cristina Law won the 600 meters (1:38.8), breaking a school-record time that was set in 1992. Jess Settles of Paramus (1:41.0) was second, and Lisa Tarulli of Ramsey (1:44.2) finished third.

"Christina ran a great time," said Mullin. "She is a super athlete, and she's been running great."

In the 1000-meter run, junior Stephanie Westerman finished second with a time of 3:09.2, with Lisa Sinkovitz of Immaculate Heart Academy taking the top spot (3:03.4).

"She competed hard against a very good opponent," Mullin said of Westerman. "She is a great runner that continues to shine."

In the State Meet of Champions held in Princeton last Sunday, the Maroons had athletes place among the top seven in three events, including Williams' sixth-place finish in the 800 (1:58.44).

"Byron is one of the best in the state, and he always challenges to win races," said Mullin.

Cator, a wild-card entry in the 1600, won the unseeded heat and finished third overall.

"Mike wasn't in the seeded heat, but he ran a fast time and proved that he is one of the best distance runners in the state," Mullin said.

Law was seventh in the girls 800 (2:18.78), missing the sixth spot by just .03. The winner of the event, Janine Davis of Queen of Peace (2:13.72), is a runner that Mullin says "may be seen in red, white and blue someday."

"Cristina ran a great time, and she is one of the best in the county and the state," said Mullin.

The squads were back in New York on Wednesday to compete in the Easterns, as they looked to improve on their times in the relays.

"The focus is on the boys and girls 4 x 800," Mullin said. "We hold some of the best times in the county, and we are looking to better those times and solidify places in the nationals."

The nationals, also in New York City, is the final meet on the winter schedule, and events will be held next Friday, Saturday and Sunday.

See TRACK, page C6

Oquendo sharp in pentathlon

Scores meet record in points

By **PAUL SCHWARTZ**
STAFF WRITER

NEW YORK – When Danny Oquendo of Hackensack came up 13 points short of Gabe Knutson of Ridgewood in the 2004 Bergen County Pentathlon last winter, he wasn't sure that he wanted to try the grueling five-event competition at this year's Bergen County Indoor Track Championships.

But Wednesday, the Maryland-bound senior gave it another shot and scored a meet record 3,576 points to beat Harold Blyden of Bergenfield by more than 240 points. Oquendo's performance was more than 300 points better than his 2004 performance. It included a 7.3 in the 55 hurdles and a 6-4 high jump, his best performances in the events he will compete in at the State Meet of Champions on Sunday.

"I had to come back and try this again after losing by 13 points last year," said Oquendo, who also managed a 20-11½ high jump and ran 15 seconds faster in the final event, the 1,000 meters, than he did last year.

"You have to have a lot of energy to do this, but you also have to conserve your energy so you don't go too all-out in any one event or you won't be able to score in the other four," Oquendo said.

The boys supplied most of the highlights at the meet, which was postponed after Monday's heavy snow.

Indian Hills junior Garrett Kroner took more than a second off the meet record in the 400 meters, running 50.4 seconds, a time surpassed only twice in Bergen indoor history.

"I hurt my right Achilles' tendon at the Varsity Classic [two weeks ago] and I haven't been training as much as I want to," said Kroner, who is one of the favorites in Sunday's 400 at the State championship. "We've run most of our meets out of the spotlight this sea-

son, but I feel that's helped me get stronger and faster. After Sunday, I'm going to shut it down for a week or two and then get ready for spring."

Ridgewood sophomore Niall Buckley took advantage of a fast early pace by Paramus Catholic's Ryan Madrid and sizzled to a 1:56.9 clocking in the boys 800, leading four boys under two minutes in the deepest 800 in meet history.

"I'm relieved that I finally got under two minutes," said Buckley, who seemed unaware of how fast his winning time was. "I've run two-flat five or six times and I promised one of my teammates [Okee Onwubu] that I'd get under [two minutes]."

Another teammate, junior Byron Williams, outraced Marc Pollifrone of Rutherford in the 1,000, running 2:34.0, sixth fastest in Bergen history to Pollifrone's 2:35.1, No. 10 all time.

Teaneck senior Brian Gilbert, a dark horse in Sunday's State dash, became only the third Bergen runner hand-timed in 6.2 seconds in easily winning the 55 meters.

The girls also had some standout races with Amy Van Alstine of Midland Park running the best North Jersey 3,200 of the year in 11:21.9. Also Cristina Law of Ridgewood (1:38.8 in the 600), Cheyenne Ogletree of Garfield (2:16.7 in the 800) and Lisa Sinkovitz of IHA (3:03.4 in the 1,000) all ran the sixth fastest Bergen times in the history of their events. And Paramus senior Jessica Malacrida won the high jump for the fourth time, joining Anike Ormogunje of Queen of Peace (2000-2003 in the 300) as four-time event winners.

INDOOR TRACK BERGEN MEET

E-mail: schwartzp@northjersey.com

STATE MEET OF CHAMPIONS Sun. 2/27/05

***** Results *****

55m HH:

Girls- Lara Que- 9.08

1600m:

Boys- Mike Cator- 4:23.88 (3rd)

800m:

Boys- Byron Williams- 1:58.44 (6th), Niall Buckley- 2:04.97

Girls- Cristina Law- 2:18.78, Stephanie Westerman- 2:24.85

3200m:

Girls- Meredith Jones- 12:18.73

Pole Vault:

Boys- Jake Ricciardi- NH, Christian Jensen- NH

**COMMENTS: SPECIAL CONGRATULATIONS TO MIKE
AND BYRON FOR PLACING IN THIS MEETS. NICE JOB!**

NORTH JERSEY SCOREBOARD

STATE MEET OF CHAMPIONS

AT JADWIN GYM, PRINCETON

BOYS

55: 1. Latif Brewer, Union, 6:56; 2. Bruce Owens, Deptford, 6:59; 3. Brian Gilbert, Teaneck, 6:61; 4. Reginald Dixon-Vernson, Plainfield, 6:63; 5. A.J. Burton, West Deptford, 6:66; 6. Daryl Marshall, Manchester Twp., 6:66; 10. Kevin Thompson, North Bergen, 6:75.
55 HH: 1. Chris Haley, Union, 7:49; 2. John McManus, Delbarton, 7:55; 3. Darryl Oquendo, Hackensack, 7:61; 4. Tyrell Ross, Clearview, 7:69; 5. Cory Nelms, Neptune, 7:69; 6. Marcus Jenkins, Long Branch, 7:74; 7. Anthony Purno, Saddle Brook, 7:82.
200: 1. Bryant McCombs, Old Bridge, 1:56.52; 2. Shurron Flaveney, Sayreville, 2:27.4; 3. Austin Casey, Parsippany Hills, 2:29.1; 4. Carl Smith, Camden, 2:29.4; 5. Desmond Hamilton, Pennsauken, 2:29.6; 6. Jarrett Byrd, Vineland, 2:29.9.
400: 1. Shaquan Brown, Kennedy, 49:53; (Passaic county record, old record, 50:14 by Andrew Carrion, Eastside, 1987); 2. Carl Smith, Camden, 49:53; 3. Marcel Van Eeden, Mendham, 49:94; 4. Paul Ray, Central, 50:20; 5. Wayne Davis, Oakcrest, 50:52; 6. Garrett Kroner, Indian Hills, 50:80.
800: 1. Rob Novak, Bordertown, 1:56.52; 2. Mike Pachella, Walkill Valley, 1:57.6; 3. Hayri Cruz Passaic, 1:57.17; 4. Marcel Van Eeden, Mendham, 1:57.47; 5. Jason Apwan, Roxbury, 1:58.18; 6. Byron Williams, Ridgewood, 1:58.44; 11. Evan Campbell, Wayne Valley, 2:00.71.
1,600: 1. Greg Leach, CBA, 4:18.35; 2. Joe

Simpson, Southern, 4:20.21; 3. Mike Cator, Ridgewood, 4:23.88; 4. Greg Bull, East Brunswick, 4:24.60; 5. Matt Dahl, Barhan, 4:24.70; 6. James Lagreca, DeMarrest, 4:25.09.
3,200: 1. Joe Mckenney, Cranford, 9:20.77; 2. Chris Horel, 9:22.14; 3. Geoff McGrane, Randolph, 9:30.73; 4. Ben Massam, Chatham, 9:31.44; 5. Jeff Perrella, Westfield, 9:34.44; 6. Anthony Kehover, Lenape, 9:34.73.
High Jump: 1. Chris Haley, Union, 6-10; 2. Justin Frick, Freehold Eoro, 6-8; 3. Nick Syzonenko, Randolph, 6-6; 4. Oderrick Turner, Teaneck, 6-4; 5. Josh Butler, Delsea, 6-4; 6. Tom Planer, Cranford, 6-2.
Shot put: 1. Steven DiGiorgio, Bayonne, 57-8; 2. Sal Deliberto, Toms River East, 55-11; 3. Tim Lanni, Rutherford, 53-9; 4. Kyle Osborne, Morristown, 53-4

1/4 5. Yemil Ayeni, South Brunswick, 53-3; 6. Jimmy Marino, Linden, 52-4; 9. Joe Hathaway, Clifton, 50-7; 4.
Pole vault: 1. Anthony Adfante, Gov. Livingston, 14-6; 2. Matt Bradley, Matawan, 14-0; 3. Don Smith, Eastern, 14-0; 4. Mike Woods, Westfield, 14-0; 5. Matt Mancini, Cinnaminson, 13-0; 6. Tom Hannen, Cranford, 12-6.
GIRLS
55: 1. Shavon Greaves, Lakewood, 7:20; 2. Toneisha Friday, Franklin, 7:27; 3. Dominique Merchant, Winslow Twp., 7:31; 4. Shardee Anderson, Paulsboro, 7:32; 5. Georgina Nemhard, Ocean Twp., 7:40; 6. Jamie Walker, Haddon Heights, 7:41.
55 HH: 1. Trier Young, Neptune, 8:04; 2. Sonya Sullivan, Manchester Twp., 8:16; 3. Bryanna Johnson, Jackson, 8:30; 4.

Michelle Smith, Teaneck, 8:34; 5. Alaina Alfano, Hanover Park, 8:44; 6. Nicole Bryant, Union, 8:45.
200: 1. Symone O'Connor, Franklin, 25:22; 2. Krystal Cantey, Winslow Twp., 25:23; 3. the between Toneisha Friday, Franklin and Nicole Caston, Jackson, 25:37; 5. Shardee Anderson, Paulsboro, 25:39; 6. Raquel Vassell, East Orange, 25:71.
400: 1. Krystal Cantey, Winslow Twp., 56:93; 2. Tiffany Grant, Ocean Twp., 57:18; 3. Celeste Holder, Parsippany, 57:21; 4. Kristen Marlon, Notre Dame, 57:68; 5. Symone O'Connor, Franklin, 57:96; 6. Natalie Mapp, Hopewell Valley, 58:02; 9. Kristin Crawford, Kennedy, 58:83.
800: 1. Janine Davis, Queen of Peace, 2:13.72; 2. Emily Sieraldi, Hopewell Valley, 2:15.67; 3. Stephanie Herrick,

Wayne Valley, 2:16.41; 4. Emily MacNeil, Westfield, 2:17.57; 5. Robin Daniels, Brick Twp., 2:18.56; 6. Lauren Gregory, Morris Knolls, 2:18.75; 7. Christina Law, Ridgewood, 2:18.78.
1,600: 1. Danielle Tauru, Southern, 4:57.90; 2. Leah Brogan, Mon. Donovan, 4:58.42; 3. Vern Ertis, Roxbury, 5:04.40; 4. Amanda Marfo, Jackson, 5:07.36; 5. Lisa Burkholder, Cherokee, 5:08.38; 6. Theresa Cattura, Cherry Hill East, 5:08.68; 8. Lisa Sirkovitz, IHA, 5:12.62.
3,200: 1. Ashley Higginson, Coits Neck, 10:52.72; 2. Karen Guthrie, Mendham, 10:59.12; 3. Jennifer Clausen, Jackson, 11:06.22; 4. Erin Reddard, Brick Twp., 11:10.69; 5. Kathleen Henry, Ridge, 11:11.64; 6. Catherine Van Horn, Triton, 11:14.01; 9. Amy Van Alstine, Midland Park, 11:34.82.
High Jump: 1. Alaina Alfano, Hanover

Park, 5-6; 2. the beta art, Columbia, and. Paramus 5-4; 4. Ash bla, 5-4; 5. Brian Heights, 5-4; 6. the Tomnes, Hackensai Sendgkoski, Mount Kelly, Hanover Park. **Pole vault:** 1. Kristie Hills, 12-0; 2. Julian South, 11-6; 3. Robi doorough, 11-6; 4. Taddon Central, 11-0; 5. Kyle, 11-0; 6. Laurei Hills, 10-0.

NORTH JERSEY SPORTS

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INDOOR TRACK STATE MEET OF CHAMPIONS

Two local stars dig deep for the go

Brown wins 400 by a hair

By PAUL SCHWARTZ
STAFF WRITER

PRINCETON — Now that he's overcome some adversity and a 45-minute wait for his first State championship, Kennedy junior Shaquan Brown can better appreciate his meteoric rise to the top.

Brown came out of the dreaded lane 6 Sunday to win a photo finish in the 400 meters for North Jersey's only boys gold medal at the State Meet of Champions at Jadwin Gym.

Brown set an indoor Passaic County record of 49.53 seconds to edge Camden's Carl Smith by the narrowest of margins, a pixel on a blown-up photograph.

"I wasn't sure who had won, until Coach put up one finger after he saw the official picture," said Brown, who broke the Passaic record of 50.14 set by Andrew Cameron of Eastside in 1987.

"Because I was sick last week [and ran a slow time], I was in lane 6, and I'd never been out that far before. My coach told me that when the guy in lane 5 [Marcel Van Eeden] came up on me that I should take off because that meant he was ahead of me."

Brown pulled alongside Smith about 15 meters from the finish.

BOYS

"I thought to myself, 'Now we'll find out who's going to be the real man today,'" said Brown.

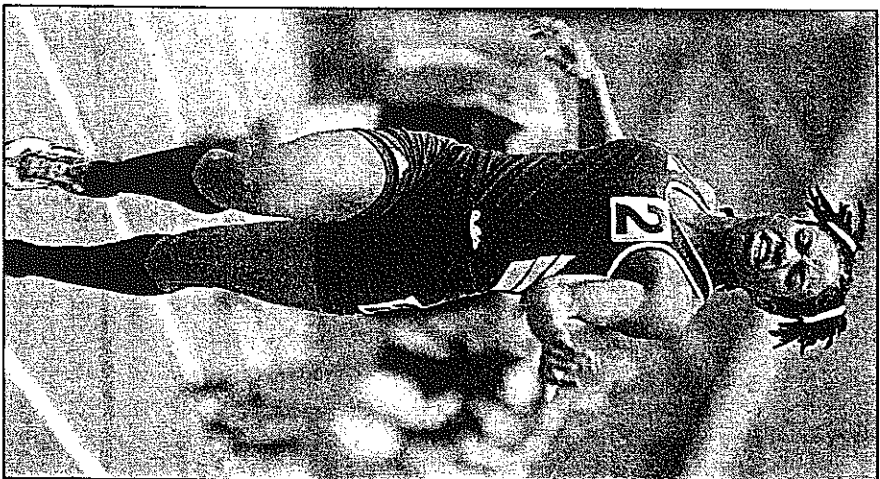
The two strained for the line and crossed almost simultaneously, with observers split on who had won the race.

Brian Gilbert of Teaneck, who was only fifth in Group 5 six weeks ago, had two excellent races in the 55 meters, running a personal-best 6.61 for third in the final.

Dan Oquendo of Hackensack survived a poor trial heat and ran a personal best of 7.61 to take third in the hurdles. Group 4 800 champion Hayrol Cruz of Passaic took nearly another 1.5 seconds off his best time to run 1:57.17 for third in his event.

Mike Cator of Ridgewood, who barely earned a wild card after a rocky 10th place in the Group 4 1,600, won the unseeded heat in 4:23.88 and beat all but two runners in the seeded heat for his third-place finish.

Tim Lanni of Rutherford was a surprise third-place finisher in the shot put by throwing 53 feet 9¼ inches after finishing just third in Group 1 eight days ago.



DANIELLE P. RICHARDS/STAFF PHOTOGRAPHER

Queen of Peace's Janine Davis en route to gold in the 800 at the State Meet of Champions.

Davis a repeat champion

By PAUL SCHWARTZ
STAFF WRITER

PRINCETON — It's rare that Janine Davis is not the center of attention at every meet she enters.

But despite winning her second straight girls State Meet of Champions 800 Sunday at Jadwin Gym, Davis was almost unnoticed, even though she dominated her race, winning in 2:13.72, just off her indoor personal best. She was the only North Jersey winner among six medalists.

"It seems like a lot of people weren't paying much attention to me today," a smiling Davis said. She chose only to defend her 800-meter title, although she would have been favored to win the 400 as well. "I guess it's because I only ran the one race and I usually run more."

As usual, Davis took the lead from the opening gun and ran through a fairly even split 32.0, 66.4, 1:41.0 pace before running 32.8 in her last 200 to pull away from Emily MacNeil of Westfield. Wayne Valley's Stephanie Herrick was third in a personal-best 2:16.41, the second-fastest time indoor or outdoor in Passaic County history.

"My coach and I decided we wanted to run just one race today, because we're

going to run a hard race Easterns," said Davis. Every lap as hard as I little tired after the race didn't do the double time. Herrick, who normally hard, chose to sit behind Davis, and ended by even splits of 68.0 more than four seconds best.

"I was looking forward today, even though she told me," said Herrick. "I'm telling me for four years so good. It's great to year."

Jessica Malacrida is the closest of North joining Davis in the win for second in the high missing 5 feet 6 inches tempt, which would Alaina Alfano of Hamm

"This season exceptions after not even winter," said Malacrida

Eastern States Meet Wed. 3/2/05

55m HH:

Boys- Joe Nagano- 8.35

Girls- Lara Que- 8.69/8.62

55m :

Girls- Jackie Tyler- 7.76/7.72

4 x 800m:

Boys- Niall Buckley, Mike Cator, Ok Onwubu, Byron
Williams

7:56.87 (1st) 1:57.9 1:59.3 2:03.9 1:55.4

*** *New School Record* ***

Girls- Cristina Law, Becca Wells, Meredith Jones, S.
Westerman

9:40.10 (6th) 2:21.7 2:24.7 2:29.4 2:24.0

Pole Vault:

Boys- Jake Ricciardi- NH

Girls- Cassie Wong- 9'6"

Comments: *Awesome accomplishment by the boys 4 x 800 who ran the fastest time in Bergen County in 30 years!! Nice Job!*

**EASTERN STATES
CHAMPIONSHIPS**

AT THE ARMORY TRACK CENTER

Boys**55:** 1. Thomas Walls, Wilson, 6.50.**55 HH:** 1. Chris Haley, Union, 7.43; 2. Danny Oquendo, Hackensack, 7.46; 6. Anthony Pomo, Saddle Brook, 7.74.**200:** 1. Tristan Walker, South Shore, 21.67; 4. Kevin Thompson, North Bergen, 22.40.**400:** 1. Shaquan Brown, Kennedy, 47.75 (Passaic County record, old record, 49.53 by Brown, 2004, New Jersey Junior class record, old record, 49.01 by Nakia Fenner, Newark Eastside, 1994); 9. Ryan Jordan, Kennedy, 50.55.**800:** 1. Brian Scotland, St. Benedict's, 1:52.47; 4. Hayrol Cruz, Passaic, 1:55.89 (Passaic County record, old record, 1:56.8 by Dave Heerema, West Milford, 2001); 5. Ryan Madrid, Paramus Catholic, 1:56.83.**Mile:** 1. Josh Davis, Phillipsburg, 4:21.459. Bryan Kretschmer, Ramsey, 4:33.41.**2 mile:** 1. James LaGreca, Demarest, 9:41.72; 5. Chris Guerrero, Saddle Brook, 10:01.92.**Shot put:** 1. John Hickey, Tappan Zee, 61-5; 2. Steven DiGiorgio, Bayonne, 60-9; 4. Steven Kim, Fort Lee, 52-7 6. Daryl Lewis, Indian Hills, 50-11 1/4.**High jump:** 1. Chris Haley, Union, 6-6; 3. tie between Oderick Turner, Teaneck and Chris Smith, Willingboro, 6-4.**Long jump:** 1. Mike Turner, Phillipsburg, 22-7; 2. Anthony Pomo, Saddle Brook, 22-5 1/2; Mike Ponte, DePaul, 21-3 1/4; 8. Harold Blyden, Bergenfield, 20-8.**Triple jump:** 1. Gersinio Thelismond, Nyack, 47-2 1/4; 3. Danny Oquendo, Hackensack, 44-8 1/4; 4. Harold Blyden, Bergenfield, 44-6.**Pole vault:** 1. Brian Duggan, Mon. Farrell, 15-6.**4 x 200 relay:** 1. Mt. St. Michael, 1:29.25.**4 x 400 relay:** 1. Seton Hall Prep, 3:19.36; 6. Bergen Catholic, 3:26.67; 9. Ramsey, 3:29.46.**4 x 800 relay:** 1. Ridgewood (Niall Buckley, Mike Cator, Okee Onwubu, Byron Williams), 7:56.87; 8. Don Bosco, 8:14.46.**Distance medley:** 1. Colts Neck, 10:15.08 (meet record, old record, 10:15.23 by Northport, 2003).**Girls****55:** 1. Lynne Layne, New Rochelle, 7.06.
55 HH: 1. Sonya Sullivan, Manchester Twp., 8.09.**200:** 1. Toneisha Friday, Franklin, 24.34.
400: 1. Tiffany Grant, Ocean Twp., 56.25; 9. Sonia Malpeso, Holy Angels, 1:00.16.**800:** 1. Janine Davis, Queen of Peace, 2:09.27 (meet and Bergen County record, old meet record, 2:11.35 by Ellen Dougherty, Riverhead, 2004, old Bergen County record, 2:11.50, by Jasmín Jones, Hackensack, 1987); 6. Stephanie Herrick, Wayne Valley, 2:16.96.**Mile:** 1. Emily Sherrard, Hopewell Valley, 5:01.72.**2 mile:** 1. Laura Gallo, Cranford, 11:29.79; 3. Liz Bissell, Indian Hills, 11:41.80; 4. Andrea Rothschild, Demarest, 11:45.84.**Shot put:** 1. Sable Sweeper, Passaic, 42-3 1/4; 8. Jessy Steinbeigie, Indian Hills, 35-4 3/4.**High jump:** 1. Lauren Biscardi, Shoreham-Wading River, 5-8; 6. tie between Chelsea Townes, Hackensack and Ashley Newby, Columbia, 5-2; 8. Jessica Malacrida, Paramus, 5-2; 9. Tyler Teaton, IHA, 5-0.**Long jump:** 1. Alaina Alfano, Hanover Park, 18-7 1/4; 8. Alyssa Fanucci, Old Tappan, 16-4 1/2.**Triple jump:** 1. Kirsten Fields, Mount Vernon, 39-9 1/4; 9. Danielle Kroll, Indian Hills, 35-4 1/2; 10. Racquel Clarke, Teaneck, 35-3 1/4.**Pole vault:** 1. Julianne Toto, Middletown South, 12-0.**4 x 200 relay:** 1. Hempstead, 1:40.51.**4 x 400 relay:** 1. Hempstead, 3:53.94. 8. Teaneck, 4:06.54.**4 x 800 relay:** 1. Suffern, 9:24.13; 6. Ridgewood, 9:40.10.**Distance medley:** 1. Suffern, 11:57.92.

Birth Jersey's dynamic duo rolls on

ARTZ

K — The indoor track season ended Wednesday with the indoor track season, has been all season, Davis of Queen of Passaic County and the 2006 national junior-class record held by William Reed of Philadelphia.

Bellport, N.Y., in the girls 800 meters, taking more than two seconds off the 18-year-old Bergen mark set by NCAA All-American Jasmin Jones of Hackensack.

Brown ran a New Jersey state junior-class record and lowered his Passaic County record in the 400 meters with a 47.75 clocking, just 0.06 off the national junior-class record held by William Reed of Philadelphia.

The two stars were joined by three other North Jersey winners: shot putter Sable Sweeper of Passaic, the Ridgewood boys 3,200-meter relay team and two-miler

INDOOR TRACK EASTERN STATE

James LaGreca of Denarrest.

Davis and Brown came close to not running their events Wednesday night.

"I think if the meet had been held Monday night, I would have run the 400," said Davis, who had defended her State 800 title Sunday at Princeton. "But with the girls in the field tonight, we thought it would make for better competition."

As usual Davis went out hard, through the 200 in 31.9 and the 400 in 64.1, with Wayne Valley's Stephanie Herrick surprisingly a step behind. Sheffield made a move on the third lap and Davis opened up, going through the 600 in 1:26.5.

Sheffey closed the gap on the backstretch and Davis responded, pulling away to a 5-meter victory in the third fastest time in the nation this year.

"I had to dig deep when she came up on me," said Davis. "I knew I had a lot left and I knew I was mentally ready to run fast."

Brown had taken statewide testing earlier Wednesday and came to the Army not sure if he was mentally ready to run.

"I had a difficult day at school and wasn't sure what to do. Coach [Ken] Samra told me if he put my card in [entering the race], that I'd have to run," said Brown. "About an hour before the race, I told him to put the card in. I took a 20-minute nap and I felt a lot better."

Brown had his usual slow start, but after going through the 200 in third place, he came on with a strong move on the backstretch. Newburgh's Sam Stubbs held him

off to the final turn, but Brown never faltered, racing by and winning by about 4 meters.

Sweeper's throw of 42 feet 3/4 inches is the best throw in New Jersey this season by more than a foot. Passaic teammate Hayrol Cruz was fourth in the boys 800 in a Passaic County record 1:55.89.

Ridgewood's Niall Buckley, Mike Cator, O'kee Onwubu and Byron Williams won going away from Warwick Valley in 7:56.87, the fastest time in 30 years by a Bergen County team.

E-mail: schwartzp@northjersey.com

Nationals

3/11-13/05

*** Results ***

Distance Medley:

Boys- Niall Buckley, Okee Onwubu, Mike Cator, Byron Williams
10:33.58 3:17.6 52.5 2:01.7 4:20.9

Girls- Cristina Law, Alice Wisener, Becca Wells, Stephanie Westerman
12:58.71... 3:48.4 63.2 2:26.6 5:39.7

4 x 800m:

Boys- Niall Buckley, Mike Cator, Okee Onwubu, Byron Williams
7:52.16.. 1:57.4 1:58.2 2:00.4 1:55.9

5th PLACE!

NEW SCHOOL RECORD!

ALL AMERICAN STATUS!

Girls- Cristina Law, Becca Wells, Meredith Jones, Stephanie Westerman
9:30.50 2:17.8 2:23.9 2:28.9 2:19.6

6th PLACE!

ALL AMERICAN STATUS!

COMMENTS: A TREMENDOUS FINISH TO AN OUTSTANDING SEASON. PLACING AND BECOMING ALL-AMERICANS IS A TREMENDOUS ACCOMPLISHMENT! CONGRATULATIONS!

Maroon teams finish high in nationals

BY DAVID ZARO
Staff Writer

NEW YORK, N.Y. - No longer can the Ridgewood High School 4-by-800 meter relay teams simply be measured against the best in the area.

They now stand among the best in the country.

In the National Scholastic Indoor Track Championships at the 168th Street Armory this past weekend, Ridgewood joined Warwick (N.Y.) Valley Central High School as the only schools to have both teams "medal" (finish in the top six) in this year's competition.

The boys squad finished fifth overall, and its time of 7:52.16 was the second fastest ever recorded for a Bergen County team.

Shaker Latham of New York won the event with a time of 7:42.84, and New Jersey boasted two other top five finishers in Colts Neck (second place, 7:47.69) and Christian Brothers Academy (fourth, 7:51.74).

"We see some of the best teams in the nation on the state level," said Ridgewood head coach Mike Mullin. "It's a tribute to our guys and to track in New Jersey. The

best teams in the country are right here."

Sophomore Niall Buckley got things started for the Maroons, running the leadoff leg in 1:57.1

"Niall looked strong," Mullin said. "There was a lot of bumping and jockeying for position, but he handled it great."

Buckley handed off to junior Mike Cator, who, despite struggling through illness late in the week, ran a personal best time of 1:58.2.

"He is a consistent runner," said Mullin. "He bounced back from being sick, hung in there and kept it close. The time was a great breakthrough for him."

According to Mullin, senior Okee Onwubu, who followed Cator, ran his best race of the year, posting a 2:00.4, two seconds better than his previous best.

"I wasn't really sure how he would run," Mullin said. "But he hung in there against national-level

competition and ran tough. He could have given up, but he kept us in good position."

The anchor, junior Byron Williams, ran a 1:55.8 to get the Maroons across the finish line.

"Byron knew what he had to do to put us in a position to run well," said Mullin. "When he got the baton, he was just behind the

first four runners, and he had to stretch to get them. He made up about 20 meters to get back in the race."

The girls' time of 9:30.50 equaled their best time of the year and was good for sixth place, with Suffern (N.Y.) High School taking

first with a time of 9:11.07, followed by Lake Braddock (Va.) High School at 9:17.83 and Shen Track Club (N.Y.) at 9:19.31.

Sophomore Christina Law ran the opening leg in a personal best time of 2:17.8.

"You always look for the strongest runner physically to lead off the race," Mullin said. "Christi-

na is strong, fast, tough and fights for whatever she gets. She made a great move on the third lap to move around a pack of four or five girls."

Becca Wells, a senior, followed Law by running a 2:23.9, her best indoor time.

"Becca had a great performance," said Mullin. "She went after it and got us in nice position."

As usual, the team counted on a strong performance from junior Meredith Jones, who ran a 2:28.8 despite not being at 100 percent.

"She has been struggling with some fatigue, but she ran tough," Mullin said of Jones. "We really needed her in order to run our best. It was one of her most gutsy performances. She had to reach back and find stuff that she didn't know she had."

Junior Stephanie Westerman closed out the team effort with a time of 2:19.6.

"Stephanie looked hungry to win, and she really went after people," said Mullin. "She was running to prove that she belongs in the elite. It was a hard first three laps, but she was determined to place and toughed it out on the last lap."

See TRACK, page C4

'We see some of the best teams in the nation on the state level. The best teams in the country are right here.'

Mike Mullin
Ridgewood indoor track coach

TRACK from C2

By virtue of finishing in the medal standings, the four members of each relay team were named as National Scholastic Indoor Track Championship All-Americans.

"It's a neat thing for them to receive that kind of national recognition," Mullin said. "Track is easier to compare than most sports.

You are comparing stopwatches, so there is not a lot of guessing."

With both teams capturing titles, Mullin realizes the significance of the accomplishment and what it means in terms of the future of the program.

"It's great to have athletes competing at that level," said Mullin.

"Sometimes, it can be taken for granted, and we can lose sight of

how well we are doing. We have been shattering school records at a place that has a tradition of tremendous runners. Not too many people have ever seen the likes of it. Most of the team is coming back, so our goals next year will be very lofty."

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

First team

55: **Brian Gilbert, Teaneck, senior**
Speedy football star won Bergen title and took third in State Meet of Champions.

55 **HH: Anthony Pomo, Saddle Brook, senior**
Connecticut-bound hurdler won State Group 1 title for second straight year.

300: **Matt St. Germain, Queen of Peace, senior**
Second generation long sprinter won Bergen title in 36.0, fastest time of year.

400: **Garret Kroner, Indian Hills, junior**
State Meet of Champions medalist won Bergen County title in 49.4, third all-time.

600: **Chris Wilk, Bergen Catholic, senior**
Talented middle distance star ran sub-1:25 three times.

800: **Ryan Madrid, Paramus Catholic, senior**
Eastern States fourth-place finish in 1:56.83 clinched All-Bergen selection.

1,000: **Byron Williams, Ridgewood, junior**
Strong relay runner ran three sub-2:35 races in this classic event.

1,600: **Mike Cator, Ridgewood, junior**
Moves up from second team behind a Bergen title and a third in State Meet of Champs.

3,200: **James LaGreca, Demarest, senior**
Finished strongly, winning Bergen and Eastern States championships.

Shot put: **Tim Lanni, Rutherford, senior**
Only 53-footer of winter won Bergen and took surprise third in State Meet of Champions.

High jump: Oderick Turner, Teaneck, senior
Group 3 and Bergen champion medaled in State Meet of Champions and Eastern States.

Long jump: Anthony Pomo, Saddle Brook, senior
Finished second in Eastern States, and jumped 22 feet in four meets.

Triple jump: Harold Blyden, Bergenfield, senior
Moves up from honorable mention, winning Metropolitan Invitational with leap of 45-10.

Pole vault: Jake Ricciardi, Ridgewood, senior
Third teamer last year, this year he was the only vaulter over 13 feet.

1,600 relay: Bergen Catholic (StaiSean Lyew, senior; Brian Fredrickson, senior; Mike Orlando, senior; Chris Wilk, senior)
Each of last five races was improvement and ran 3:26.67 for sixth at Eastern States.

3,200 relay: Ridgewood (Niall Buckley, sophomore; Okee Onwubuike, senior; Mike Cator, junior; Byron Williams, junior)
7:56.87 winning performance at Eastern States was fastest in Bergen since 1975.

Pentathlon: Danny Oquendo, Hackensack, senior
Scored a record 3,576 points in Bergen meet, which would have been runner-up in Nationals last year.

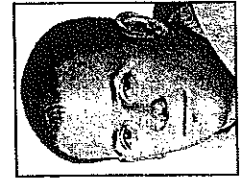
ALL-BERGEN BOYS TRACK



Brian Gilbert
Teaneck



Anthony Pomo
Saddle Brook



Matt St. Germain
Queen of Peace



Garret Kroner
Indian Hills



Chris Wilk
Bergen Catholic



Ryan Madrid
Paramus Cath.



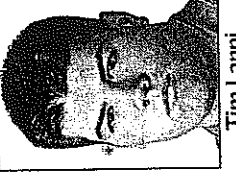
Byron Williams
Ridgewood



Mike Cator
Ridgewood



James LaGreca
Demarest



Tim Lanni
Rutherford



Oderick Turner
Teaneck



Harold Blyden
Bergenfield



Jake Ricciardi
Ridgewood



Danny Oquendo
Hackensack



StaiSean Lyew
Bergen Catholic



Brian Fredrickson
Bergen Catholic



Mike Orlando
Bergen Catholic



Niall Buckley
Ridgewood



Okee Onwubuike
Ridgewood

ALL-BERGEN GIRLS TRACK



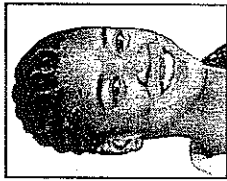
Anna Walcott Hackensack



Michelle Smith Teaneck



Sonia Malpeso Holy Angels



Racquel Clarke Teaneck



Janine Davis Queen of Peace



Cheyenne Ogletree Garfield



Lindsey Jettes Indian Hills



Lisa Sinkovitz IHA



Amy Van Alstine Midland Park



Jessy Steinbeigle Indian Hills



Jessica Malacrada Paramus



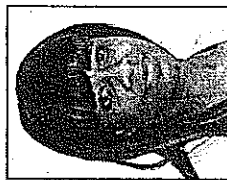
Jenn Pierce No. Highlands



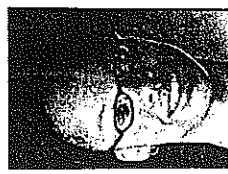
Danielle Kroll Indian Hills



Cassie Wong Ridgewood



Anise Johnson Teaneck



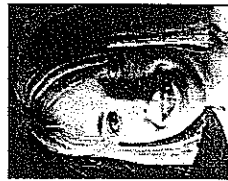
Brittanica Frazier Hackensack



Cristina Law Ridgewood



Becca Wells Ridgewood



Meredith Jones Ridgewood



Stephanie Westerman Ridgewood

First team

55: Anna Walcott, Hackensack, senior
Bergen champ just missed making Eastern States final.

55 HH: Michelle Smith, Teaneck, senior

Repeat selection missed County record by just .12 and won State Group 3 title.

300: Sonia Malpeso, Holy Angels, junior

Most improved long sprinter in county ran 42.4 at NNJIL meet.

400: Racquel Clarke, Teaneck, junior

Bergen County champion also is a 35-foot triple jumper.

600: Janine Davis, Queen of Peace, senior

National record-holder hasn't lost any race to a New Jersey runner in two years.

800: Cheyenne Ogletree, Garfield, senior

Bergen cross-country champion had low-key winter, but still ran 2:16.800 to win Bergen title.

1,000: Janine Davis, Queen of Peace, senior

Ran fourth-fastest 1,000 in national scholastic history and was All-Bergen three times.

1,600: Lindsey Jettes, Indian Hills, sophomore

Medaled in the Metropolitan Invitational and won the Bergen 1,600 championship, running 5:09.

1,600: Lisa Sinkovitz, IHA, senior

She was third in the Group 4 1,600 and ran 5:09 in the New Balance Games mile.

3,200: Amy Van Alstine, Midland Park, junior

She won the State Group 1 3,200 title and led all Bergen runners with an 11:21.9 clocking.

Shot put: Jessy Steinbeigle, Indian Hills, senior

She added more than 3 feet to her personal best and dominated the county.

High jump: Jessica Malacrada, Paramus, senior

A four-time honoree, she won State Group 3 and was second in State Meet of Champions.

Long jump: Jenn Pierce, Northern Highlands, junior

Placed in the Varsity Classic and the Metropolitan Invitational.

Triple jump: Danielle Kroll, Indian Hills, senior

Won Bergen championship with personal-best 35-8 $\frac{1}{4}$.

Pole vault: Cassie Wong, Ridgewood, junior

Became first Bergen vaulter to clear 10 feet indoors and easily won County title.

1,600 relay: Teaneck (Anise Johnson, sophomore; Racquel Clarke, junior; Nefertiti Harris, sophomore; Michelle Smith, senior)

Smith and Clarke return from last year's All-Bergen squad; this year's team ran 4:06 at Easterns.

3,200 relay: Ridgewood (Cristina Law, sophomore; Becca Wells, senior; Meredith Jones, junior; Stephanie Westerman, junior)

This team ran 9:30, fastest in New Jersey this winter.

Pentathlon: Brittanica Frazier, Hackensack, senior

Set a Bergen meet record of 2,774 points, breaking her own mark by 153 points.

Girls

Second team

55: Consandria Walker, Hackensack, junior
 55 HH: Lara-Jane Que, Ridgewood, sophomore
 300: Jen Mueller, IHA, sophomore
 400: Cheyenne Oletree, Garfield, senior
 600: Christina Law, Ridgewood, sophomore
 800: Stephanie Westerman, Ridgewood, junior
 1,000: Meggie Sullivan, Tenafly, junior
 3,200: Meredith Jones, Ridgewood, junior
 Shot put: Jamila Morrison, Hackensack, junior
 High jump: Chelsea Townes, Hackensack, senior
 Long jump: Alyssa Fanucci, Old Tappan, senior
 Triple jump: Shanell Cross, Garfield, senior
 Pole vault: Kerr Costantino, Dumont, senior
 1,600 relay: Ramsey (Alex Sharry, senior; Beth Montana, senior; Michelle Erl, sophomore; Lisa Tarulli, junior)
 3,200 relay: IHA (Kerry Taylor, junior; Kate Cooney, freshman; Lin-za Purtaesecca, junior; Lisa Sirkovitz, senior)
 Pentathlon: Jenn Pierce, Northern Highlands, junior

Third team

55: Beth Montana, Ramsey, senior
 55 HH: Jessica Malacrida, Paramus, senior
 300: Sophia Davis, Queen of Peace, junior
 400: Krystal Wyche, Hackensack, sophomore
 600: Jessica Setless, Paramus, junior
 800: Melanie Wilson, Ramapo, junior
 1,000: Kerry Taylor, IHA, junior
 1,600: Taylor Lebovich, Old Tappan, senior
 3,200: Liz Bissell, Indian Hills, senior
 Shot put: Lara Sopolisa, IHA, sophomore
 High jump: Tyler Teaton, IHA, junior
 Long jump: Juliana Camargo, Dumont, junior
 Triple jump: Juliana Fanucci, Old Tappan, senior
 Pole vault: Melissa Davila, Hackensack, sophomore
 1,600 relay: Hackensack (Tara McVeey, senior; Krystal Wyche, soph; Victoria Cumberbatch, freshman; Zainab Hanif, senior)
 3,200 relay: Indian Hills
 Pentathlon: Ann Behrens, River Dell, junior

Honorable mention

55 (7.5): 55 HH (9.0); 300 (44.0); 400 (64.0); 600 (1146.0); 800 (2132.0); 1,000 (3260.0); 1,600 (5400.0); 3,200 (12150.0); Shot put (32.0); High jump (4.10); Long jump (15.6); Triple jump (32.0); Pole vault (7.0); Michelle Wallace (1,000); Emerson; Megan Sharlow (3,200); Fair Lawn; Whitney Awaru (HH); Meg Inomata (55); Fort Lee; Raisa Lewis (PV); Hasbrouck Heights; Christina Burke (800); Evana Edwards (HH, LJ); Zainab Hanif (800); Tara McVeey (600, 800); Hackensack; Jessica Bunker (1,000); Christine Fischer (HH); Mairin McPartland (600, 800); Stephanie Ottino (300); Diana Christopoulos (SP); Rebecca Goffman (300); Tanya Elisha (SP); Lauren Pierzchala (SP); Indian Hills; Aly Hanson, New Milford (400, LJ); Julia Marshall (55, HH); Northern Highlands; Lauren Conroy (600); Shanise Halsey (HH, TJ); Z-Hye Lee (LJ); Sara Lenihan (800); Old Tappan; Shannon Feehey (HH); Eiana Jaunar (TJ), Hackensack Hills; Lindsay Callahan (800); Amy Salek (300); Ramapo; Jen Bain (800); Stacey Bond (3,200); Lisa Tarulli (600, 800); Ramsey; Jackie Tyler (55); Becca Wells (1,000); Ridgewood; Mikayla Chiarello (PV); Larisa Kolmykova (1,000); Nicole Kufel (1,000, 1,600); Alyssa Zaker (300, LJ, TJ); Kelly McDermott (HH); Jessie Ruiz (HH); Kaitlin Tanner (600); Julianne Wiggins (LJ); River Dell; Amy Albert (SP); Hayley Kellinger; Saddle Brook (HH, TJ); Sade Henry (SP); Delisa Riddick (SP); DeShadya Spearman (HH); Teaneck; Alyssa Park (PV) and Nicole Pulg (PV); Tenafly; 4 x 400 relay (4:25.0); Fort Lee; Holy Angels, Indian Hills, IHA, Old Tappan, Paramus Catholic, River Dell, 200 relay (10:50.0); Fair Lawn, Fort Lee, Holy Angels.

Teams selected by Bergen County Coaches Association

Boys

Second team

55: Anthony Pomo, Saddle Brook, senior
 55 HH: Mark Shaker, Paramus Catholic, senior
 300: Stalisen Lyew, Bergen Catholic, senior
 400: Vinne Gareffa, Hasbrouck Heights, senior
 600: Alex Lanuto, Ramsey, senior
 800: Niall Buckley, Ridgewood, sophomore
 1,000: Marc Pollifrone, Rutherford, senior
 1,600: Bryan Kreischner, Ramsey, junior
 3,200: Chris Guerriero, Saddle Brook, senior
 Shot put: Steven Kim, Fort Lee, senior
 High jump: E.J. Schuck, Westwood, senior
 Long jump: Chris DeGannes, St. Joseph Regional, senior
 Triple jump: Ted Leshar, Northern Highlands, junior
 Pole vault: Christian Jensen, Ridgewood, senior
 1,600 relay: Ramsey (Alex Lanuto, senior; Dylan Coonrad, senior; Dave King, junior; Alex Crabbe, senior)
 3,200 relay: Don Bosco (Brent Napoleon, senior; Anthony Amato, senior; Jack McDonnell, soph; Sharif Webb, sophomore)
 Pentathlon: Harold Blyden, Bergenfield, senior

Third team

55: Travis Warren, Teaneck, sophomore
 55 HH: Claude Gulinchard, Don Bosco, junior
 300: Darlin Chandler, Paramus Catholic, senior
 400: Chris Sello, Hasbrouck Heights, senior
 600: Brent Napoleon, Don Bosco, senior
 800: Max Bruno, Indian Hills, freshman
 1,000: Andrei Olfier, Fort Lee, junior
 1,600: Chris Guerriero, Saddle Brook, senior
 3,200: Will Nowicki, Pasack Valley, junior
 Shot put: Erik Heymann, Westwood, senior
 High jump: Scott Atkins, Pasack Hills, senior
 Long jump: Craig Hellmann, Northern Highlands, junior
 Triple jump: Val Terazibih, Fort Lee, senior
 Pole vault: Claude Gulinchard, Don Bosco, junior
 1,600 relay: Don Bosco (Jared Davis, senior; Anthony Amato, senior; James Gilson, junior; Sharif Webb, sophomore)
 3,200 relay: Queen of Peace (Danny Henriques, junior; Bryan Lovado, junior; Antonio Tejero, sophomore; Frank Valente, senior)
 Pentathlon: Tom O'Connell, Ramsey, senior

Honorable mention

55 (6.7); 55 HH (8.0); 300 (37.5); 400 (54.0); 600 (128.0); 800 (204.0); 1,000 (250.0); 1,600 (440.0); 3,200 (1020.0); Shot put (47.0); High jump (5.10); Long jump (28.0); Triple jump (49.0); Pole vault (11.4); Brian Fredrickson (600); Matt Miller (1,000); Mike Orlando (400) and Rob Petrosino (SP); Bergen Catholic; Jason Smith (55); Bergenfield; Matt Schulerer (400); Demarest; Jason Baker (1,600, 3,200); Jared Davis (300); Patrick Fallon (1,000); Keith Gross (3,200); Colin McCullough (3,200); Jack McDonnell (600); Kyle Murphy (PV) and Matt Steeg (PV); Don Bosco; Selga Jewell, Dumont (PV); Brandon Barnes (55); Delford Brown (55); Michael Epps (55) and Jim Jones (55); Englewood; Chris Frugis (300); Fair Lawn; Tinashe Kitchen (300); Ila Pashtisy (300); Ila Tepitsky (600) and Minjoe Williams (HH, TJ); Fort Lee; Ed Cabo (400, HH); Anastacio Henry (LJ, TJ); Matt Wiswesser (PV) and Mike Wiswesser (PV); Hackensack; Jeff Seidel (SP); Hasbrouck Heights; Billy LaDuc (55) and Darryl Lewis (SP); Indian Hills; Howard Jones (55, LJ, TJ); Mahwah; Ryan Van Aistine (1,000, 1,600) and Scott Walker (1,000); Midland Park; Niko-lays Batrags (1,600); Mike DiBella (55); Jun Ho Ham (SP) and P.J. Picacche (HH); Northern Highlands; Alec Glassall (3,200); Calvin Lee (1,600) and Keith Williams (55); Old Tappan; Edgar Cepeda (600) and Jon Massari (HH); Paramus; Jerrette Frank (400) and Marcus Guest (55); Paramus Catholic; Carl Carfello (55, 300) and Geoff Goldell (SP); Pasack Hills; Antonio Tejero (600); Queen of Peace; Rich Buser (400) and Eric Pfeifer (800); Ramapo; Dylan Coonrad (HH); Alex Crabbe (400) and Dan Van Blarcom (PV); Ramsey; Slavco Mizimakoski (PV) and Mike Monahan (HH); Ridgewood Park; Brian Clement (LJ) and Okeke Onwuabu (600); Ridgewood; Drew Eckert (pentathlon); Todd Hamilton (3,200); Joe Kufel (1,000) and Dan Olson (3,200); River Dell; Ryan McAuley, Rutherford (1,600); Steve Matoni (SP) and Eric Savino (HH); Saddle Brook; Doug Klopacz (SP); St. Joseph Regional; Joe LeKowitz (800) and Tommy San George (800); Teaneck; Steven Han (TJ); Justin Park (TJ); Hassel Takahashi (HH) and Yun Yi (HH); Tenafly; Mike Gil (300); Jake Stass (300) and Ryan Kopp (1,000); Westwood; 1,600 relay (3:37.5); Paramus Catholic, Queen of Peace, Ridgewood, 3,200 relay (8:45.0); Hasbrouck Heights, Ramsey, River Dell.

Teams selected by Bergen County Coaches Association

Individual and Relay Achievements

All American:

Boys 4 x 800m: Niall Buckley, Mike Cator, Okee Onwubu,
Byron Williams

Girls 4 x 800m: Cristina Law, Becca Wells, Meredith Jones,
Stephanie Westerman

All County:

1st Team:

- Byron Williams- 1000m
- Mike Cator- 1600m
- Jake Ricciardi- Pole Vault
- Cassie Wong- Pole Vault
- Boys 4 x 800m: Niall Buckley, Mike Cator, Okee Onwubu,
Byron Williams
- Girls 4 x 800m: Cristina Law, Becca Wells, Meredith Jones,
Stephanie Westerman

2nd Team:

- Niall Buckley- 800m
- Christian Jensen- Pole Vault
- Lara-Jane Que- 55m HH
- Cristina Law- 600m
- Stephanie Westerman- 800m
- Meredith Jones- 3200m

Ridgewood Boys Track and Field Indoor Records

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yd dash (55m)	6.5	P. McGillicuddy	1971	
100yd dash	10.8	Ralph Jones	1971	168 Armory
200m dash	23.6	Steve Pawlowski	2000	168 Armory
300yd dash	32.9	Matt Krever	1991	RCC
300m dash	36.7	Dan Cooper	2000	168 Armory
400m dash	50.31	Tim Geckler	1989	Annapolis
500m	69.6	Charles Cortellesi	1983	West Point
600yd	1:15.5	Tim Geckler	1989	Princeton
600m	1:21.4	Josh Kauke	2000	168 Armory
800m	1:54.1	Josh Kauke	2000	168 Armory
1000yd	2:17.4	John Parisi	1983	Princeton
1000m	2:31.0	Bob Keino	1994	168 Armory
1500m	4:00.4	Bob Keino	1993	FDU
1600m	4:22.3	Chris Sullivan	1985	Princeton
Mile	4:14.31	Bob Keino	1994	Mad Sq Garden
Mile walk	8:36.0	Ed Landers	1985	RCC
3000m	8:25.28	Bob Keino	1993	Princeton
3200m	9:18.11	Bob Keino	1994	Princeton
55m HH	7.3	Rich Wankmueller	1975	
Shot Put	54'9"	Eric Bryant	1981	Saddle Brook
Long Jump	23'5 1/2"	Craig Halyard	1989	Annapolis
High Jump	6'6"	Jim Davis/F. Rosenbach	1995	Garfield
Triple Jump	49'6 1/2"	Craig Halyard	1989	Princeton
Pole Vault	15'0"	Gabe Knutson	2004	168 Armory
Pentathlon	3259 pts	Gabe Knutson	2004	168 Armory
4 x 55 m HH	32.4	Jacoby/Buckley Parisi/Kelley	1981	Princeton
4 x 200m	1:35.7	Marino/Williams Parisi/Lanni	1983	RCC
4 x 400m	3:27.0	Cooper/Dolgin DiPasquale/Kauke	2000	168 Armory
4 x 800m	7:52.16	Buckley/Onwubu Cator/Williams	2005	168 Armory

4 x 1 mile	17:45.19	Nygaard, Cator Maher/Zamir	2004	168 Armory
Sprint Medley (2-2-4-800m)	3:31.10	Cooper/Dolgin DiPasquale/Kauke	2000	168 Armory
Distance Medley (12-4-8-1600m)	10:20.20	Sullivan/Caminiti Lander/LeMay	1985	Yale
Shot Put Relay	133'4"	Laborde/Pfund/Phillips	1984	St. Josephs
Shot Put (2 man)	97'3"	Kearns/Bryant	1981	Paramus Cath
High Jump Rel	12'2"	Davis/Roseenbach	1995	Princeton
Triple Jump Rel	84'9 3/4"	Hong/Halyard	1987	RCC
Long Jump Rel	40'10 1/2"	Hong/Darrow	1987	RCC
Pole Vault Rel (3 man)	31'6"	Karl/Novcka/Boylard	1979	RCC
Pole Vault Rel (2 man)	24'6"	Ricciardi/Jensen	2005	168 Armory

Girls Winter Track and Field Records

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yd dash (55m)	7.3	Cathy Vickery	1984	FDU
		Virginia Figlar	1988	FDU
100yd dash	12.0	Sue Davis	1976	168 Armory
200m dash	27.5	Jeanne McGuire	1985	West Point
300yd dash	37.25	Virginia Figlar	1987	Harvard
300m dash	42.2	Melissa Gilbert	1994	FDU
400m dash	57.94	Virginia Figlar	1987	Yale
600yd	1:24.58	Virginia Figlar	1988	Harvard
600m	1:38.8	Cristina Law	2005	168 Armory
800m	2:13.0	Margaret Scutro	1985	Byrne Arena
1000yd	2:32.7	Margaret Scutro	1985	RCC
1000m	2:47.44	Margaret Scutro	1985	Byrne Arena
1500m	4:33.35	Margaret Scutro	1985	Yale
1 mile	4:56.53	Margaret Scutro	1985	Dartmouth
3000m	10:03.12	Jennifer Hughes	1988	Yale
2 mile	10:40.8	Patti Mileski	1983	Harvard
55m HH	8.60	Lara-Jane Que	2005	Dartmouth
Shot Put	37'3 1/2"	Shyana Brown	1998	Garfield
Long Jump	18'11"	Jen McDermott	1989	Harvard
High Jump	5'8 1/4"	Becky Deetz	1974	Syracuse
Triple Jump	37'6"	Jen McDermott	1989	Harvard
Pole Vault	10'0"	Cassie Wong	2005	Dartmouth
4 x 55m HH	33.5	Que/Wong/ Bogart/Martinez	2005	168 Armory
4 x 200m	1:51.9	Bruno/Harris Vetter/ K. Zucaro	2000	168 Armory
4 x 400m	4:01.9	McDermott/Reilly Collazo/Hughes	1989	FDU
4 x 800m	9:22.18	Figlar/Jean Hughes Jen Hughes/Collazo	1988	Yale
4 x 1600m	22:11.5	Nowakowski/Lupo O'Connell/Terrin	2002	168 Armory

Sprint Medley (2-2-4-800m)	4:22.1	Wong/Tyler/ Wisener/Law	2005	168 Armory
Distance Medley 12-4-8-1600m	11:56.5	Pringle/Scutro Mileski/Mileski	1983	Yale
Shot Put Relay	66'3"	Rayevich/Eldridge	1988	Hackensack
High Jump Relay	9'10"	Wrubel/VanDerSchuyff	1988	Princeton
Long Jump Relay	32'1 1/4"	McDermott/Wrubel	1987	Brown
Triple Jump Relay	65'11"	Hawthorne/Granata	1983	RCC
Pole Vault Relay	16'6"	Wong/Que	2005	168 Armory