

Ridgewood High School

Boys Spring Track and Field

2006

Ridgewood High School

2006 Track and Field

Team and Individual Results

2006 Ridgewood Boys Spring Track and Field Team

Seniors:

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

Freshmen:

Amadeo, Rob
Bair, Adam
Boyce, Kevin
Fine, Andrew
Fox, Steve
Grossman, Ben
Grossman, Eric
Jenkins, Justin
Kaiser, Adam
King, Paulo
Lee, Dylan
Marquard, Adam
Martyn, Sean
Moran, Matt
Nagano-Gerace, Dan
Nowinski, David
Rykken, Mark
Sayanagi, Richard
Schwartz, Joel
Shen, John
Shigenobu, Taro
Sierra, Rob
Stitt, Nicholas
Suh, Colin
Tackaberry, Sean
Treppedi, Ryan
Witt, Max
Zulauf, Taylor

Juniors:

Buckley, Niall
Chwe, Lucas
Cramer, Joe
Emont, Dan
Garber, Jacob
Haase, Tobin
Jenkins, Jeremy
Kalmus, Jeremy
Kim, John
Lee, Jason
McKeon, Joey
Meissner, Kevin
Meissner, Matt
Morgan, Rob
Murphy, Steve
O'Connell, Brian
Ontiveros, Zach
Perkins, Kevin
Pruzinsky, Alex
Ryan, Chris
Schmidt, Jeremy
Steinberg, Alex
Stolfo, Dave
Vaccaro, Mike
Vasquez, Felipe
Vedder, Andrew
Vilchez, Andrew
Webbe, Rob
Zeigler, Chris

Sophomores:

Berns, Lewis
Borgman, Tucker
Carfora, Dan
Chandler, Zach
Dabby, Josh
Gillis, Dan
Halwagy, Michael
Jang, William
Jones, Cameron
Lai, Jeffery
Landers, Danny
McLoughlin, Andy
Monri, Akira
Morse, Danny
Mosticchio, Mike
Nygaard, Peter
Onorato, Matt
Remmen, Bryan
Stapleton, Matt
Tollin, Marc
Trautwein, Christian

Coaches:

Josh Saladino
Don Cooper
Mike Glynn
Torre Watson
Dusty Thomas

Strength Training:

Bill Burnisten
Nic Napolides ?

2006 Season Summary

Ridgewood 86 Paramus Catholic 45

Ridgewood 98 Paramus 33

Ridgewood 72 Nutley 59

Ridgewood 109 Belleville 22

Ridgewood 80.5 Hackensack 50.5

Ridgewood 104 St. Joes 27

Ridgewood 75 Teaneck 56

Ridgewood 99 Bloomfield 32

County Relays.....Champions

NNJIL A.....Champions

County Group A...2nd Place

State Sectional.....3rd Place

State Group IV.....2nd Place

Coopers vs. Glynn'sMarch 18th - 40 cold

Junior / Senior 6 x 2 lap:

Coopers:

| | |
|---------------|------------|
| Cole Magrath | 2:15 |
| Dan Emont | 2:19 |
| Jeremy Kalmus | 2:11 |
| Steve Murphy | 2:20 |
| Andrew Vedder | 2:12 |
| | <u>WIN</u> |

Glynn's:

| |
|-----------------|
| Danny Morse |
| Joe Cramer |
| Brian O'Connell |
| Kevin Perkins |
| Alex Pruzinsky |

Totally Illegible

Junior / Senior 8 x ½ lap:

Coopers:

| | |
|----------------|------------|
| Brian Clementi | 23 |
| Paul Kovach | 23 |
| Frank Nestor | 24 |
| John Moody | 23 |
| Brian Remmen | 23 |
| Zach Ontiveros | 25 |
| Mike Vaccaro | 25 |
| Rob Webbe | 25 |
| | <u>WIN</u> |

Glynn's:

| |
|----------------|
| Steve Pierce |
| P. Nygaard |
| Lucas Chwe |
| Rick Cooper |
| Joey McKeon |
| Dave Stolfo |
| Felipe Vasquez |
| Peter Yang |

Who Knows

Frosh / Soph 6 x 2 lap:

Coopers:

| | |
|---------------------|------|
| William Jang | 2:10 |
| Rob Amadono | 2:41 |
| Ryan Treppedi | 2:50 |
| Christian Trautwein | 1:58 |
| Adam Kaiser | 2:20 |
| Adam Marquard | 2:23 |
| Robert Sierra | 2:22 |

Glynn's:

| |
|----------------|
| Steve Fox |
| Danny Landers |
| Matt Onorato |
| Cameron Jones |
| John Chen |
| Sean Martyn |
| Taro Shiganobu |

**There were like
3 times recorded**WIN???

Frosh / Soph 6 x ½ lap:

Coopers:

| |
|-------------------|
| Lewis Berns |
| Josh Dabby |
| Dan Nagano-Gerace |
| Joel Schwartz |
| Colin Suh |
| Max Witt |
| Dan Gillis |
| Seung Kim |
| Andy McLaughlin |

Glynn's:

| |
|------------------|
| Dan Carfora |
| Akira Monri |
| Richard Sayanagi |
| Nicholas Stitt |
| Sean Tackaberry |
| Paul Baik |
| Zach Chandler |
| Mike Lee |
| Danny Morse? |

WIN???

4x400m:

Coopers:

P. Kovach 59.8

C. Trautwein 61.1

D. Gillis 62.0

A. Gelbaum 62.8

Glynns:

S. Pierce 59.6

T. Shiganobu 61.3

B. O'Connell 63.1

A. Monri 61.6

WIN

For the 3rd straight year the Glynns win!!!

For the 5th straight year the Coopers lose!!! (2 losses to the undefeated McCrones)

| | Shot Put | Discus: |
|---------------|--------------------------|---------------------------|
| B. Wilson | 41'11" - 1 st | 112'10" - 1 st |
| T. Haase | 36'7" | |
| T. Borgman | 33'6" | |
| M. Mosticchio | 38'2" - 2 nd | 94'9" - 3 rd |
| N. Dawson | 36'10" - 3 rd | 0'0" |
| M. Halwagy | 33'3 1/2" | 79'1" |
| A. Vilchez | 32'11" | 79'11" |
| P. King | 24'10 1/2" | 61'6" |
| M. Tollin | 25'0" | 61'11" |
| M. Stapleton | 26'7" | 79'6" |
| The Bear | 22'0" | 67'2" |
| J. Kim | 23'5" | 62'5" |
| J. Jenkins | 25'10 1/2" | 58'5" |
| B. Remmen | 30'3" | 81'2" |
| R. Cooper | 29'5" | 83'8" |
| S. Pierce | | 97'2" - 2 nd |

BOYS TRACK

ATHLETES TO
WATCH

Leaping to

**George Abyad, Passaic Val.,
junior, shot put, discus**

A second team All-North Jersey selection on the strength of a Passaic sophomore record throw of 164 feet last spring, he'll take a shot at the Passaic County record of 175-7 and hopes to be among the elite throwers in the state this spring.

**Shaquan Brown, Kennedy,
senior, 100 to 400**

After missing the indoor season with a shoulder injury suffered in the fall, Brown, the defending State 200-meter champion and an All-American at 400 meters, hopes to improve on his Passaic County records of 21.23 for the 200 and 46.88 for the 400 before heading to the University of Louisville.

**Mike Cator, Ridgewood,
senior, 1,600, 3,200**

A three-team All-North Jersey selection in cross-country and twice for indoor track, the Marist-bound Cator hopes to cap his high school career with a State Meet of Champions individual medal and help lead the Maroons' distance medley team to a great season.

**Ben Diestel, No. Highlands,
senior, 800 to 3,200**

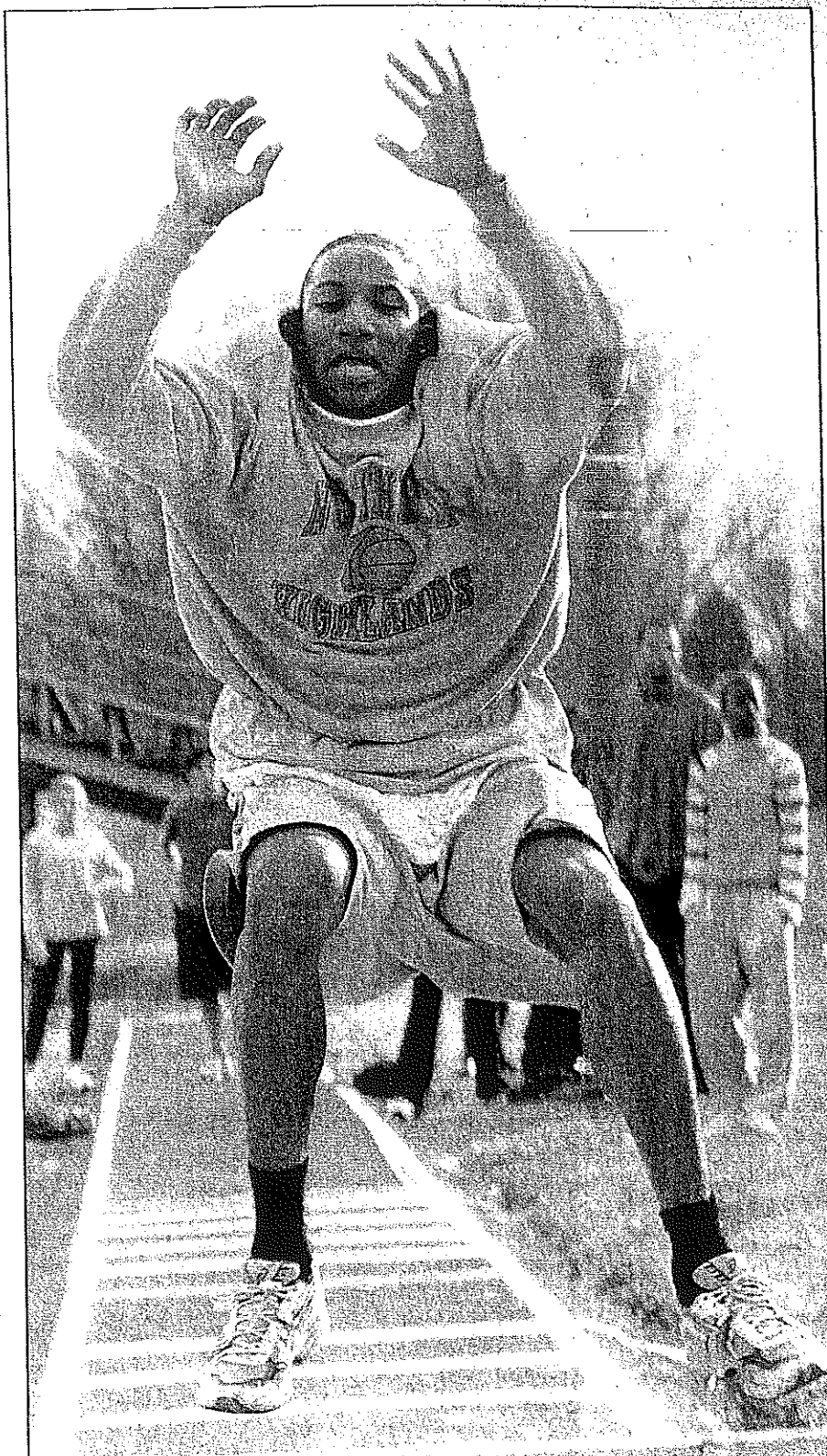
Forsook basketball for indoor track and hopes the extra training will pay off with a sizzling spring. Was second-team All-North Jersey last spring behind a 4:20.0 1,600 clocking and a 9:29.1 in the 3,200.

**Doug Klopacz, St. Joseph,
senior, shot put**

Hopes to throw North Jersey's first outdoor 60-footer in 10 years and in the process become the first North Jersey State champion in 18 years. He has a career-best throw of 56-3 and was third at last year's State Meet of Champions.

**Garrett Kroner, Indian Hills,
senior, 200 to 800**

Villanova-bound star hopes to improve a fourth-place finish in the State Meet of Champions 400 and add to his two outdoor and one indoor State Group titles. A run at the Bergen County 400 record of 47.17 seconds is possible.

**Ted Leshner, No. Highlands,
senior, long, triple jumps, HH**

senior, long jump, 100
Football star returned to basketball this winter after running track the year before. Looks to improve on last spring's 22-3 long jump, which makes him the top returning long jumper in North Jersey.

Jeff Seidel, Hasb. Heights, senior, shot put, discus

Klopacz may be the top returning shot putter in the state but Seidel had the best indoor season in North Jersey, throwing more than 3 feet farther indoors this winter than he did outdoors last spring. North Jersey throwers took the first five slots in the State Group 1 meet last year with Seidel second.

Greg Stripe, Mahwah, sophomore, pole vault

The only sophomore to win a State indoor pole vault Meet of Champions medal, he won the Group 2 State sectional as a freshman last spring, the first North Jersey frosh to ever accomplish that feat.

Byron Williams, Ridgewood, senior, 800 to 3,200

The State runner-up at 1,600 meters last spring with a super 4:12.71 clocking, the San Francisco-bound multiple All-North Jersey selection is part of a distance medley team that hopes to claim Penn Relays and national championship titles.

THE TOP 20

| | |
|-------------------|---------------------------|
| 1. Don Bosco | 13. River Dell |
| 2. No. Highlands | 14. Hackensack |
| 3. Ridgewood | 15. Tenafly |
| 4. Indian Hills | 16. Fort Lee |
| 5. Teaneck | 17. Ridgefield Park |
| 6. Wayne Valley | 18. Saddle Brook |
| 7. Kennedy | 19. Demarest |
| 8. Hasb. Heights | 20. Hawthorne |
| 9. West Milford | Five to watch: De- |
| 10. Old Tappan | |
| 11. Clifton | Paul, Mahwah, |
| 12. Pompton Lakes | Midland Park, New |
| | Milford, Wayne |

be a multi-rieged event by the 1990 outdoor season. But something happened and it wasn't until the 2000 spring season that the triple jump made its way into the State meet.

"I'm not sure what happened back then," said Hackensack athletic director Ed Church, who was on the State track committee at the time. "There was some talk that the South didn't want it for some reason, and it didn't make it."

But Bergen and Passaic counties already had added the event to its regular schedule and 30 years later, in the seventh year of the event's official existence in New Jersey, the North Jersey schools are still well ahead of the rest of the state in the event.

Four of the state's top jumpers call North Jersey home, including the three longest returning jumpers from the 2005

sey. The state record is 43-2 by Darius Pemberton of Hackensack in 1992, when he won the Penn Relays triple jump.

Kyle Lindsay of Eastside, who finished fourth in the State Meet of Champions last spring, had the best jump in the state this winter at 48-1/2, a Passaic County record, the fourth-best indoor jump in State history and ninth in the nation this winter.

Ted Leshar of Northern Highlands, third in the Meet of Champions last spring, leaped 46-10/4 this winter, second best in New Jersey and 10th all time in New Jersey history.

Kwame Collins of Northern Highlands leaped a State sophomore record of 47-9/4 last spring and appears ready to go after playing basketball.

And the sleeper of the group, Val Ter-bich of Fort Lee, the top high and long

problems punning on the elements together. And during the winter you usually can't practice much except for the meets, so it's hard to put it together."

The road to 50 feet will be an interesting one, but Lindsay, Leshar and Collins have realistic chances to get there.

"Fifty feet is my ultimate goal," said Lindsay, who at 5-feet-9, 140 pounds is much smaller than the usual triple jumper. "It's a lot of pressure being the favorite but I just have to focus on my main goals and perform when the time comes."

Lindsay was introduced to the event by his father Bruce, an assistant coach at Eastside. "I used to go with him to practices as a child and after watching it and then doing it myself, it's a true challenge," said Lindsay, who has won the last two State Group 4 titles and should become

COUNTY RECORDS

| | |
|--|--|
| Paul Schwartz has compiled the Bergen and Passaic record-holders for each event and identified the returning athletes who are in the all-time top 50 in each county. The number after an athlete's school represents the place the athlete stands in County history. (B) denotes Bergen; (P) denotes Passaic. | |
| 100 METERS Bergen County record: Joe Dawkins, Hackensack, 1995, 10.31 (Chris Charles, Park Ridge, 2000, 10.2 hand-timed) Passaic County record: Mike Pruzinsky, Wayne Hills, 2003, and Casey Robert, Hawthorne, 2004, 10.4 Returning runners: Garrett Kroner, Indian Hills, 172 (B), 11.02; Matt Schulerer, Demarest, 125 (B), 10.8; Jake Stass, Westwood, 142 (B), 10.9; Shaquan Brown, Kennedy, 3 (P), 10.6 | |
| 200 METERS (*220 YARDS - 1) Bergen County record: Bill Walker, Englewood, 1965, 20.8* Passaic County record: Shaquan Brown, Kennedy, 2005, 21.23 Returning runners: Garrett Kroner, Indian Hills, 119 (B), 21.7; Brown | |
| 400 METERS (*440 YARDS - 3) Bergen County record: Walter McCall, Hackensack, 1988, 47.17 Passaic County record: Shaquan Brown, Kennedy, 2005, 46.88 Returning runners: Garrett Kroner, Indian | |
| Hills, 9 (B), 48.2; Brown, Ryan Jordan, Kennedy, 131 (P), 50.2 | |
| 800 METERS (*880 YARDS - 7) Bergen County record: Josh Kauke, Ridgewood, 2000, 1:50.19 Passaic County record: Paul Wright, Kennedy, 1980, 1:51.2 Returning runners: Byron Williams, Ridgewood, 128 (B), 1:54.7; Dane Bender, Pompton Lakes and Steven Klett, Clifton, 137 (P), 1:58.3 | |
| 1,600 METERS (*ONE MILE - 1.5) Bergen County record: Roger Jones, Ramsey, 1977, 4:06.6* Passaic County record: Curtis McNair, Passaic, 1986, 4:13.1 Returning runners: Byron Williams, Ridgewood, 8 (B), 4:12.71; Steve Williamson, West Milford, 32 (P), 4:26.67; Tony Salvatore, Wayne Valley, 41 (P), 4:27.85 | |
| 3,200 METERS (*TWO MILES - 3.3) Bergen County record: Tim Connehey, Paramus Catholic, 1973, 8:58.9* Passaic County record: Mohamed Khadraoui, Kennedy, 2004, 8:50.44* Returning runner: Tony Salvatore, Wayne Valley, 34 (P), 9:43.5 | |
| 110 METER HIGH HURDLES Bergen County record: Darius Pemberton, Hackensack, 1992, 13.96 Passaic County record: Guy Rose, Wayne Hills, 1998, 13.89 Returning runners: None | |

| | |
|--|--|
| 400 METER HURDLES Bergen County record: Anthony Hampton, Englewood, 1994, 51.92 Passaic County record: Andrew Cameron, Eastside, 1987, 52.05 Returning runners: Alec Marshall, Wayne Valley, 27 (P), 55.68; Ryan Jordan, Kennedy, 135 (P), 55.9; Charles Mills, Kennedy, 47 (P), 56.50. | |
| SHOT PUT Bergen County record: Andy Papathanasiou, Emerson, 1985, 68.3 Passaic County record: Charlie Getty, Pompton Lakes, 1980, 61.6 Returning throwers: None | |
| DISCUS Bergen County record: Mike Buncic, Fair Lawn, 1980, 189.2 Passaic County record: David Porter, Passaic, 1986, 175.7 Returning thrower: George Abyad, Passaic Valley, 5 (P), 164.0 | |
| JAVELIN (NEW) Bergen County record: Erik Heymann, Westwood, 2005, 206.11 Passaic County record: Bert Sisco, Wayne Hills, 2002, 181.1 Returning throwers: Steven Pierce, Ridgewood, 10 (B), 179.11; Brian Fill, Hasbrouck Heights, 25 (B), 170.1; Chris Partale, Wayne Valley, 6 (P), 168.6. | |
| HIGH JUMP Bergen County record: Scoot Palmer, Teaneck, 1979, 1993 and Godfre | |

| | |
|--|--|
| 1995, 6-10 Passaic County record Passaic, 1997, 7-0/2 Returning jumpers: N | |
| TRIPLE JUMP Bergen County record: Hackensack, 1992, 49.1 Passaic County reco Passaic Tech, 1990, 46 Returning jumpers: Kw | |
| ern Highlands, 8 (B), Northern Highlands, 11 sey, Eastside, 3 (P), 46 | |
| LONG JUMP Bergen County record Hackensack, 1993, 24- Passaic County record Saic, 1996, 23-8/4 Returning jumper: N | |
| Hills, 18 (P), 22.3. | |
| POLE VAULT Bergen County record Lawn, 1992, 15.3 Passaic County record Valley, 2003, 14.6 Returning vaulters: nc | |
| 4 X 400 RELAY (*ONE 3:17.7* Passaic County reco | |

can join (we've been) coach his two triple j

"He's so much more Kwame that he just c

ient series of jumps more athletic talent

first step that he might that Eastside kid has e

In the six years that been in the State M

four of the six cham four 48 medals have gone

letes Eight of the 12 f champions are from t

the 44 jumpers in Stat jumped 46 feet are 1

That doesn't figure to especially if the North stay healthy.

E-mail: schwartzp@nor

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1995, 6-10
Passaic County record
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Returning jumpers: N

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Bergen County record
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Passaic County record
Valley, 2003, 14.6

Returning vaulters: nc

4 X 400 RELAY (*ONE
3:17.7*
Passaic County reco

BOYS TRACK

AROUND THE LEAGUES

NNJIL Division A

Hackensack: The Comets are in a rare rebuilding mode, but sprinter Kwame Benehene and javelin thrower-jumper Shane Smith were league medalists last year, and pole vaulter Dominick Fittizzi and long sprinter Mike Bernby had good winter seasons.

Paramus: New head coach Kevin Graves is rebuilding the Spartans with junior distance runner Andrew Capizzi the only returning league medalist. Seniors Kyle Ax (middle distance), Mike Feeney (throws), Richard Garing (hurdles), Alan Liao (sprints) and Jon Massari (hurdles/jumps), and junior Shawn Rembeck (sprints and jumps), are ready to step up.

Ridgewood: The best distance team in the state with seniors Byron Williams and Mike Cator joined by juniors Niall Buckley, Jeremy Schmidt, Dan Emont, Jacob Garber and Jeremy Kalmus should help the Maroons retain their league title. Joe Nagano-Gerace, John Moody and Akira Monri give the Maroons fine hurdlers, and Steven Pierce may be the best javelin thrower in North Jersey. Jumper Brian Clementi will also play a large role in the Maroons' success.

Teaneck: The Highwaymen return most of their standouts from last year's very good team including sprinters Rashad White, Marc Muckle and Akeem Thomas. Also returning are All-Bergen indoor middle distance star Tommy San George, hurdler Andre Mitchell and pole vaulter Dan Sachs-Gibbs. The Highwaymen could make a real run for the league title.

NNJIL Division B

Clifton: Seniors Ken Biason (long sprinter), juniors Mike Tanayan (middle distance), Chris Bienkiewicz (distance) and Alex Anolik (distance) have to come through to support All-Passaic probables Steve Klett (middle distance) and Eric Mullen (pole vault), but the Mustangs are weak in the weights and jumps, and will be just short of winning the league and county.

Eastside: Kyle Lindsay is the State triple jump favorite and should also do well in the long jump and 400 meters. Look for winter County medalists Gordon Harty (sprints), Davon Lagrier (sprints) and shot putter Andre Dawson to enjoy good seasons.

Old Tappan: The Golden Knights are favored to end Demarest's reign atop the league with a terrific senior class of nearly 20 athletes. The top performers are distance stars Calvin Lee, Ken Chonillo and Zach Livingston, along with weightman Charlie Weinfeld, who enjoyed a terrific basketball season, jumper/javelin thrower Rafe Jadrösich and jumper Derrick Cheung. Hurdler Ho Chui Shin, vaulter Eugene Mok and throwers Nick Scilingo, Josh Hanai and Justin Krapels also scored in the league meet last spring.

Ramapo: Sprinter Bryan Hansen, distance runner Nick Iannacone and vaulters Scott Degelmann and Tim Blashford are the returning league medalists for the Green Raiders.

Wayne Hills: Senior sprinter/jumper Nick Romeo is one of the top athletes in North Jersey and junior Anthony Chisholm could be the top hurdler in the division. Add senior sprinter/jumper Pete Sarabia and junior thrower Scott Schultz and the Patriots are a solid team who could make noise in bigger meets.

NBIL Division 2

Indian Hills: A powerful team led by a pair of State contenders in Garrett Kroner, the North Jersey Indoor Track Athlete of the Year, who is not only a great sprinter, but a solid triple jumper, and middle distance runner Max Bruno, the State sophomore indoor record holder at 800 meters. Other returnees who should have a big impact on the Braves' season include sprinters John Hirsch and Evari Lazerowitz, long sprinter Brian Reilly, distance runners Andy Bruno and Jerome Perkins, thrower Shawn Sabo, vaulter Joe Asaro and jumper/vaulter/javelin thrower Kurt Von Weisenstein. The result might be a State Group 2 title.

Mahwah: In many other leagues, the Thunderbirds would be a solid contender for the title, with performers like senior thrower/high jumper Tom Stripe, senior javelin thrower/jumper Arcadius Mbgaya and senior distance runners Brian Doyle and Andrew Blair and sophomore pole vaulter Greg Stripe. A good story should be the return of junior thrower James Stathopoulos who had a terrific freshman year and lost last year to illness.

Northern Highlands: A great team with a very big goal — the State Group 3 championship. With the top trials

Ridgefield Park: The sleeper in every meet they enter, the Scarlets have some potential scorers in senior triple jumper Darius Autie, senior hurdler Mike Monahan, senior middle distance runner Felipe Colon, senior jumper Alex Mallat, junior distance runner Juan Coronel, junior hurdler/jumper Glen Luis Cabrera, junior high hurdler Ryan Dougherty and junior javelin thrower Doug Cerniglia.

River Dell: The Golden Hawks are likely to return to the top of the league behind throwers Zach Shapiro, Evan Noel and Paul Trass, distance runner Dan Olson, pole vaulter Rei Tomita, hurdler Keith Brunner and middle distance runner Jeff Horn. The Golden Hawks will be particularly effective in the relays.

Rutherford: The Bulldogs are in a rebuilding mode.

Tenafly: New head coach Adam Tinter returns senior hurdler Kevin Amagai, senior jumper Justin Park, the Bergen County indoor pentathlon champion, senior long sprinter Craig Salm, junior distance runner Scott Maxfield, sophomore sprinter Sam Oh, senior thrower Nick Carpenter, junior middle distance runner Toby Emanuel and pole vaulter Luke Kaplan as major contributors. The Tigers could be River Dell's top competition in a balanced league.

Westwood: Defending champion Westwood lost a lot of talent to graduation but returns sprinter Jake Stass, middle distance runners Brian Carroll and Joel Trager and jumper Anthony Pillari.

BCSL National

Becton: Senior sprinter/jumper Fred Owusu and distance runner Mike Woyce will be heavily relied on by the Wildcats, who have also added transfer jumper and sprinter Wilman Silvestre from Lyndhurst. Expect the Wildcats to finish in the middle of the pack.

Hasbrouck Heights: The defending league champions came within three points of a State Group 1 championship last spring and may have a chance to go all the way this time. The Aviators count on senior weightmen Jeff Seidel and Bryan Fill, senior distance runner Matt Schwartz, junior sprinter/javelin thrower Brendan Gareffa, junior hurdler/jumper Dan D'Amato, junior thrower Mike DeSimone, junior pole vaulter Brandon Melchior and sophomore thrower Mike Renana.

Lyndhurst: New head coach Charlotte

classmen should near the top of the league champs and Mike Collins by fellow senior hurdles) and junior who enjoyed the spring.

Emerson: Bergen champion Mike figure as long-time coach Bruce Benior weightmen car Farnacio als hurdlers Brendo Ciuiaglia and junior Adrienne Ungun Shike. A large first produce a bright

Leonia: Another senior distance Declan O'Donnell Peter Rifkin, Jeremy Smilovitch Tom Eickelberg hurdler/jumper, anticipated. Also sophomore thru sophomore jump Bolden-Smith

New Milford: The league title behind by Anthony Kyle Fekete (dis sprints), Brian F Marc Dudsak (s lars jumps) and (sprints/jumps) major points to

Palisades Park: Orestes Medina Tigers, with a ve completely start

Park Ridge: A seniors John Re junior John Car of an excellent surprise in league more middle dis Lingam and trip joyed fine winter Lizza (throws), I and Scott Miller excel.

B-PSL King

Elmwood Park: one standout, s hurdler/sprinter Lawrence and

Pawlowski Relays

April 1st - 60 sunny
it did rain hard - 15 mins

4x1600m:

B. Williams 4:33
N. Buckley 4:38
J. Kalmus 5:02
M. Cator 4:28

18:41.4 - 2nd Place

J. Garber 4:43
C. Trautwein 4:51
C. Magrath 5:19
T. Shiganobi 4:52

19:43.6 - 5th Place**4x110HH:****Varsity:**

A. Monri 16.1
P. Nygaard 18.5
J. Schmidt 19.1
J. Moody 15.7

1:09.4 - 4th Place**Frosh:**

D. Nagano-Gerace 21.5
E. Grossman 20.9
R. Sayanagi 20.4 (fall)
B. Grossman 22.4

1:25.6 - 2nd Place**4x100m:**

C. Zeigler
B. Clementi
J. Moody
A. Gelbaum

46.4 - 5th Place**4x800m:****Novice:**

D. Landers 2:21
B. O'Connell 2:17
R. Morgan 2:16
C. Trautwein 2:15

9:09.0 - 1st Place

S. Murphy 2:24
A. Vedder 2:23
K. Meissner 2:19
M. Meissner 2:19

9:25

K. Perkins 2:21
J. Cramer 2:50
M. Onorato 2:39
W. Jang 2:27

10:23

Frosh:

A. Kaiser 2:36
M. Rykken 2:27
D. Lee 2:33
T. Shignaobi 2:11

9:41 - 2nd Place

J. Shen 2:44
R. Amadeo 2:37
T. Zulof 2:48
S. Fox 3:01

11:10 - 5th Place

A. Marquard 2:35
M. Moran 2:45
R. Sierra 2:42
R. Treppedi 3:03

11:05 - 4th Place**4x200m:**

C. Zeigler 23.0
J. Nagano-Gerace 24.7
D. Gillis 24.2
A. Gelbaum 23.1

1:34.8 - 3rd Place**Novice:**

F. Nestor 25.7
P. Nygaard 24.6
W. Jang 29.8
F. Vasquez 26.4

1:46.6

J. Dabby 31.6
J. Lai 30.7
R. Webbe 26.1
M. Vaccaro 26.1

1:54.6**3x400IH:**

R. Sayanagi 68.2

Frosh:

E. Grossman 73.3
D. Lee 79.3

3:41.3 - 1st Place**4x400m****Varsity:**

S. Pierce 55.0
A. Gelbaum 55.4
C. Zeigler 55.7
D. Gillis 56.0

3:42.5 - 5th Place

| | | | | | | |
|---------------|------------------|------|-------------|------|---------------|------|
| Frosh: | R. Sayanagi | 63.9 | K. Boyce | 70.1 | N. Stitt | 72.1 |
| | D. Nagano-Gerace | 68.1 | C. Suh | 74.3 | M. Witt | 77.3 |
| | B. Grossman | 66.6 | J. Schwartz | 81.3 | S. Tackaberry | 73.2 |
| | E. Grossman | 66.2 | D. Nowinski | 72.3 | D. Lee | 71.6 |
| | 4:25 | | 4:57 | | | 4:53 |

| | | | | | |
|-------------|-------------------------|-------------|-------------------------------|--------------|------|
| LJ: | | TJ: | | HJ: | |
| B. Clementi | 18'9" | B. Clementi | 38'5" | P. Kovach | 5'3" |
| P. Kovach | 18'9 1/2" | A. Monri | 39'0" | B. O'Connell | NH |
| J. Moody | 15'4" | P. Kovach | 39' 1/2" | C. Zeigler | DNC |
| | <u>52'10 1/2" - 5th</u> | | <u>116'5 1/2" - 1st Place</u> | | 5'3" |

| | | | |
|------------|-------|------------|-------|
| D. Gillis | 16'1" | B. Remmen | |
| M. Onorato | F | M. Onorato | 30'3" |
| F. Vasquez | 16'1" | J. Moody | 35'6" |
| | 32'2" | | |

| | | | | | |
|---------------|---------------------------|---------------|---------------------------|-------------|---------------------------|
| SP: | | Disc: | | Jav: | |
| B. Wilson | 41'9 1/2" | B. Wilson | 117'1" | S. Pierce | 180'8" |
| M. Mosticchio | 42'2" | S. Pierce | 112'3" | A. Gelbaum | 126'10" |
| S. Pierce | 37'8" | M. Mosticchio | 112'2" | D. Gillis | 116'2" |
| | <u>121'8" - 2nd Place</u> | | <u>331'6" - 3rd Place</u> | | <u>424'5" - 1st Place</u> |

| | | | |
|------------|-------|-----------|--|
| A. Vilchez | 32'8" | R. Cooper | |
| B. Remmen | 32'3" | C. Ryan | |
| C. Ryan | 32'3" | B. Remmen | |
| | 97'2" | | |

| | |
|------------|--------------------------|
| PV: | |
| P. Kovach | 12'0" |
| K. Berns | 11'6" |
| | <u>23'6" - 3rd Place</u> |

Summary and Comments:

Very good first meet! All of the coaches were impressed with many fine performances at this meet. Clearly we have some work to do over the next three weeks, but a good start.

Notable Performances:

Mike Mosticchio - 42'2" / 112'2"

Taro Shiganobi - 4:52 / 2:11

Steve Pierce - 180'8"

Frosh 4x800m - 2nd / 4th / 5th Places!

PAWLOWSKI RELAYS

at Ridgewood High School

>BOYS

>

>TEAM SCORES

>

>Large Schools

>1. Christian Brothers 92; 2. Ridgewood 87; 3. Don Bosco 83; 4. Union 75; 5.

>Passaic Valley 59; 6. Paramus Catholic 41; 7. Bergen Tech 35; 8. Middletown

>North 31; 9. Fair Lawn 12; 10. Bergen Catholic 11.

>

>Small Schools

>1. New Milford 61; 2. Verona 47; 3. Westwood 38; 4. LaSalle 37; 5. McClancy

>33; 6. DePaul 29; 7. Cresskill 23; 8. McNair 22; 9. Midland Park 18; 10.

>Eldred 17; 11. Martin Luther 2.

>

>4-x-100 - 1. Paramus Catholic (Arnold Staton, James Jenkins, Marcus Guest,

>Mike Bennett) 45.3; 2. Union A 45.2; 3. Passaic Valley 45.5; 4. New Milford

>45.6; 5. Ridgewood 46.4; 6. Middletown North 46.7; 7. Bergen Tech 46.8; 8.

>Westwood 47.5; 9. Paramus Catholic B 48.4; 10. LaSalle 48.4.

>

>4-x-200 - 1. Union (Marques Wallace, Adonijah Ashrey, Al'Jamar Moore, Yanick

>Jones) 1:33.8; 2. Passaic Valley 1:34.5; 3. Ridgewood 1:34.8; 4. New Milford

>1:35.4; 5. Christian Brothers 1:36.4; 6. Bergen Tech 1:36.6; 7. DePaul

>1:36.8; 8. Middletown North 1:39.0; 9. Verona 1:41.5; 10. Paramus Catholic

>1:48.9.

>

>4-x-400 - 1-Christian Brothers (Dave McLaughlin, Steve Liapis, Charlie Rooney, Branden Pierson),

3:32.9. 2-Don Bosco Prep, 3:35.8. 3-Passaic Valley, 3:38.3. 4-New Milford, 3:39.7. 5-Ridgewood,

3:42.5. 6-Christian Brothers B, 3:44.2. 7-Bergen Catholic, 3:46.7. 8-Westwood, 3:47.0. 9-LaSalle,

3:47.2. 10-Eldred, 3:51.5.

>

>4-x-800 - 1. Christian Brothers (Brandon Pierson, Greg Leach, Matt Festa,

>Kevin Rogers) 8:20.2; 2. McClancy 8:36.6; 3. Union 8:40.3; 4. Christian

>Brothers B 8:43.4; 5. Don Bosco 9:12.9; 6. LaSalle 9:13.8; 7. 9:33.4; 8.

>Midland Park 9:40.0; 9. DePaul 9:42.1; 10. Westwood 9:48.9.

>

>4-x-1600 - 1. Christian Brothers (Kevin Rogers, Greg Leach, Mike Lee, Chris

>Horel) 18:19.1; 2. Ridgewood A 18:41.4; 3. McClancy 19:15.7; 4. Verona

>19:47.6; 5. Ridgewood B 19:55.6; 6. Christian Brothers B 20:16.3; 7. Bergen

>Tech 20:35.8; 8. DePaul 20:36.5; 9. Don Bosco 20:37.0; 10. Westwood 20:44.5.

>

>4-x-100 HH - 1. Christian Brothers (Bart Henderson, Chris Yuskovich, Steve

>Brusca, John Lane) 1:07.2; 2. Don Bosco 1:07.5; 3. Union 1:08.0; 4.

>Ridgewood 1:09.9; 5. New Milford 1:15.8; 6. Midland Park 1:18.6.

>

>3-x-400 IH - 1. Christian Brothers (Chris Yuskevich, Chris Ibanez, Rich Grandelli), 3:08.3. 2. Don Bosco Prep, 3:15.5. 3. New Milford, 3:17.5. 4. Union, 3:17.6. 5. Middletown North, 3:30.1. 6. Midland Park, 3:43.7.

>

>Sprint Medley - 1. Don Bosco (Webb, Cado, Kelsey, Wexler) 3:44.0; 2. McNair
>3:46.6; 3. DePaul 3:47.7; 4. Westwood 3:48.8; 5. Midland Park 3:49.4; 6.
>Middletown North 3:51.5; 7. LaSalle 3:52.1; 8. Paramus Catholic 3:52.5; 9.
>Eldred 3:53.1; 10. New Milford 3:53.7.

>

>Distance Medley - 1. Christian Brothers (Chris Horel, Mike Rodio, Greg
>Leach, Mike Lee) 11:05.9; 2. McClancy 11:18.2; 3. Bergen Tech 11:33.3; 4.
>Union 11:33.7; 5. Bergen Catholic 11:39.7; 6. Midland Park 11:44.5; 7.
>Passaic Valley 11:47.2; 8. Verona 12:17.2; 9. Westwood 12:17.9; 10.
>Cresskill 12:31.6.

>

>Shot Put - 1. LaSalle A (Dan McHale, Earl Turner, Scott Sisko) 123-0; 2.
>Ridgewood A 121-8; 3. Don Bosco 119-1 1/2; 4. Verona 118-5; 5. Passaic
>Valley 117-3; 6. Union 117-2; 7. Fair Lawn 115-4; 8. Cresskill 114-1; 9.
>Middletown North 113-8; 10. Paramus Catholic 112-4 1/2.

>

>Javelin - 1. Ridgewood (S. Pierce, A. Gelbaum, D. Gillis) 424-5; 2. Verona
>400-11; 3. Union 374-10; 4. Westwood 372-3; 5. Don Bosco 364-7; 6. Cresskill
>363-0; 7. Christian Brothers 361-8; 8. New Milford 337-0; 9. Paramus
>Catholic 325-2; 10. Midland Park 310-10.

>

>Discus - 1. Don Bosco 354-7; 2. Passaic Valley 350-1; 3. Ridgewood A 331-6;
>4. Cresskill 327-5; 5. Paramus Catholic 327-2; 6. Union 321-8; 7. Westwood
>312-0; 8. Verona 311-3; 9. LaSalle A 309-9; 10. Middletown North 295-1.

>

>High Jump - 1. Christian Brothers (Mike Galano, Ian Sutherland, Bart
>Henderson) 16-9; 2. McNair 16-6; TIE 3. Paramus Catholic, LaSalle 16-0; 5.
>Passaic Valley 15-9; TIE 6. Fair Lawn, Verona, 15-6; 8. Union 11-3.

>

>Long Jump - 1. DePaul (Dan Yabonski, Ron Trillo, Lewis Castillo) 54-11; 2.
>New Milford 54-6 1/4; 3. Middletown North 54-5 1/2; 4. Bergen Tech 53-3 1/4;
>5. Ridgewood A 52-10 1/2; 6. Passaic Valley 52-9 1/2; 7. McNair Academic
>52-9; 8. Fair Lawn 52-1 1/2; 9. Verona 52-1; 10. Don Bosco 51-11 1/2.

>

>Triple Jump - 1. Ridgewood (B. Clementi, A. Monci, P. Kovach) 116-5 1/2; 2.
>Paramus Catholic 113-10 1/2; 3. New Milford 112-8 1/2; 4. Eldred 111-11 1/2;
>5. DePaul 111-10; 6. Union 111-0; 7. Passaic Valley 110-11; 8. Christian
>Brothers 109-2 1/2; 9. Verona 107-1; 10. LaSalle 104-8.

>

>Pole Vault - 1. Don Bosco (Matt Steeg, Claude Grinchell, Mike Murphy) 35-0;
>2. Christian Brothers 33-0; 3. Ridgewood 23-6; 4. McClancy 20-0; 5.
>Cresskill 19-0; TIE 6. Westwood, Eldred, Verona 10-0.

>

>

NOVICE BOYS

4X200m: 1-Don Bosco Prep (Wong, Tenazas, Whitmore, Cato), 1:38.5. 2-Fair Lawn, 1:40.9. 3-CBA, 1:42.2. 4-Middletown North, 1:42.3. 5-Martin Luther, 1:45.1. 6-Westwood, 1:46.0.
4X400m: 1-CBA (LaMorte, Cornell, Debski, Rodio), 3:42.0. 2-Don Bosco Prep, 3:57.4. 3-Paramus Catholic, 3:58.6. 4-Middletown North, 3:49.5. 5-Union, 4:02.3. 6-Cresskill, 4:07.2.
4X800m: 1-Ridgewood (D. Landers, R. Morgan, B. O'Connell, C. Tamtwein), 9:09.4. 2-CBA, 9:18.6. 3-Middletown North, 9:21.7. 4-Cresskill, 9:35.6. 5-Martin Luther, 9:39.2. 6-Bergen Tech, 9:42.4.
Sprint Medley: 1-Paramus Catholic (Pat Ranft, Ryan Bailey, Ethan Behar, Chris Cagiao), 4:01.6. 2-Don Bosco Prep, 4:02.2. 3-Middletown North, 4:04.0. 4-Cresskill, 4:12.0. 5-Union, 4:13.7. 6-Bergen Catholic, 4:14.4.
4X110H: 1-Cresskill (Orestes Kotopoulos, Peter Kim, Justin Roese, Austin Savill), 1:19.0. 2-Westwood, 1:22.2. 3-Union, 1:22.4.
3X400H: 1-Union (Taqwi Barnes, Josh Oromedo, Wale Sangobiyyi), 3:22.8. 2-Cresskill, 3:24.3. 3-Don Bosco Prep, 3:40.4.

FROSH BOYS

4X200m: 1-Don Bosco Prep (Riley, Smith, Pedhoretzky, Griffith), 1:40.3. 2-Christian Brothers, 1:45.2. 3-Verona, 1:47.5. 4-Bergen Catholic, 1:48.3. 5-New Milford A, 1:48.4. 6-New Milford B, 1:49.7.
4X400m: 1-CBA (Larkin, Blasi, Tedesco, Gavin), 3:54.4. 2-Don Bosco Prep, 3:56.2. 3-CBA B, 4:08.2. 4-New Milford A, 4:11.5. 5-Cresskill, 4:11.9. 6-CBA C, 4:16.8.
4X800m: 1-CBA (McMillan, La Morte, Archibald, Smith), 9:17.6. 2-Ridgewood A, 9:41.7. 3-New Milford, 9:58.3. 4-Ridgewood C, 11:05.6. 5-Ridgewood B, 11:11.1.
Sprint Medley: 1-Bergen Catholic (Will Ring, Nick Gerst, Ryan Delgado, Dan McNeely), 4:07.8. 2-Middletown North, 4:10.0. 3-CBA, 4:12.2. 4-Cresskill, 4:14.0. 5-Paramus Catholic, 4:15.6. 6-Union, 4:46.6.
4X110H: 1-Christian Brothers (Larkin, Rieker, Tedesco, Stavola), 1:21.8. 2-Ridgewood, 1:25.6.
3X400H: 1-Ridgewood, 3:41.3. 2-Eldred, 3:48.4.

New Milford boys prevail

By GREGORY SCHUTTA
STAFF WRITER

RIDGEWOOD — New Milford did not win a single battle Saturday. The Knights simply won the war.

The New Milford boys came to Saturday's Pawlowski Relays without three of their top competitors and walked away with their first meet title, beating second-place Verona, 61-47, in the small-school division. The win was even sweeter because Group 1 New Milford was competing head-to-head in each event against large-school powers such as Don Bosco, Ridgewood and Christian Brothers.

"It does a lot to build confidence," New Milford coach Ray Harrison said of the season-opening win. "Later in the season, we'll be competing in meets against Group 1 and 2 teams. When you can score against big schools like this, it does a lot for your confidence."

Christian Brothers won the boys large-school division, 92-87, over second-place Ridgewood. Don Bosco was third with 83.

Shaker won the girls large-school division, 96-89, over second-place Jackson. Ridgewood finished third

with 88. St. Dominic won the girls' small-school division, 78-61, over second-place Westwood.

The Knights did not win an event Saturday, but placed in the top 10 in nine of the 16 events. For the first time in the event's history, the large- and small-school meets were combined into one, with all teams competing together in each event and each of the first 10 places earning points from 10 to 1.

"A relay meet has to be a team effort," said Harrison, who was competing without jumpers Anthony Wright and Meal Gallares, who were injured, and quarter-miler Tomas Diaz, who was ill. "I told the guys, 'Here you have an opportunity to step up and do something important.' And they did."

Senior Mark Dudsak was part of the fourth-place 4-x-100, 4-x-200 (23.6 split) and 4-x-400 (53.8) teams and jumped 17 feet, 5 inches for the second-place long jump team. Junior Joe Picciano jumped 18-5 in the long jump and 39-5 for the third-place triple jump team.

PAWLOWSKI RELAYS

Sophomore Patrick Mitchell was also part of the medal-winning long jump, triple jump and 4-x-200 teams and anchored the 4-x-400 relay. Freshman A.J. Scoppa had his coming-out party as part of the 4-x-100, 4-x-200 and 4-x-400 teams, running a 54.6-second split in his first try at the 400.

CBA won six of the first 15 events in the boys large-school division, but still led Ridgewood by just a single point before winning the 4-x-400 by three seconds over Don Bosco to clinch the title. Ridgewood won the javelin, led by Steven Pierce, and the triple jump behind Brian Clementi while Bosco won the sprint medley and the discus.

The Ridgewood girls won the 4-x-400 and the 4-x-800 and got a 10-6 jump from Bergen County record holder Cassie Wong in her first performance of the outdoor season to win the pole vault but still came up one point short of Jackson for second place in the large-school division. Westwood scored in 11 of the 16 events, including a first-place finish in the triple jump and second-place finishes in the pole vault and long jump to finish second in the small schools.

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Ridgewood 98

April 4, 2006 – 45 clear

Paramus 33

400 IH: Ridgewood: 8 Paramus: 1
1-Joe Nagano-Gerace (R) 59.5 2-Steven Pierce (R) 59.6 3-Massare (P)
Others: P. Nygaard 66.5; R. Sayanagi 68.6; E. Grossman 71.2; D. Lee 77.6

100m: Ridgewood: 8 Paramus: 1
1-Chris Zeigler (R) 11.2 2-Albert Gelbaum (R) 11.8 3-Rembecky (P) 11.8
Others: B. Clementi 12.1; L. Chwe 12.2; F. Nestor 12.4; C. Suh 13.6
S. Tackaberry 13.2; F. Vasquez 13.0; D. Nowinski 13.7; M. Witt 13.7; N. Stitt 14.3;
K. Boyce 14.1; J. Schwartz 14.7; J. Lai 14.6; J. Dabby 15.0

1600m: Ridgewood: 9 Paramus: 0
1- *Ganger* *Emond* *Traversa*
Others:

400m: Ridgewood: 6 Paramus: 3
1-Paul Kovach (R) 54.1 2-Liao (P) 55.1 3-Brian O'Connell (R) 55.8
Others: M. Vaccaro 56.9; D. Gillis 57.5; F. Nestor 57.7; R. Webbe 61.0; W. Jang 64.0
A. Marquard 66.3

110HH: Ridgewood: 9 Paramus: 0
1-John Moody (R) 15.8 2- Steven Pierce (R) 16.2 3-J. Nagano-Gerace (R) 16.6
Others: P. Nygaard 18.2; R. Sayanagi 18.8; J. Lee 20.2; D. Nagano-Gerace 21.2;
B. Grossman 23.2

800m: Ridgewood: 9 Paramus: 0
1- *Ganger* *Traversa* *Emond*
Others: *Schwartz*

200m: Ridgewood: 9 Paramus: 0
1-Chris Zeigler (R) 22.9 2-John Moody (R) 24.2 3-Peter Nygaard (R) 24.4
Others: A. Gelbaum 24.6; L. Chwe 25.5; R. Sayanagi 25.6; R. Webbe 26.8;
D. Nagano-Gerace 27.5; B. Grossman 28.4; D. Nowinski 29.1; M. Witt 30.4; J. Lai 30.3;
S. Tackaberry 31.0; J. Dabby 32.0 – others not reported

3200m: Ridgewood: 9 Paramus: 0
1 *Kaimus* *Ganger* *Emond*
Others:

4x400m: Ridgewood: 5 Paramus: 0
1-Ridgewood 3:39.4 (Zeigler 54.1, Vaccaro 56.3, Pierce 55.5, Schmidt 53.6)

Long Jump: Ridgewood: 4 Paramus: 5
1-Massri (P) 19'0" 2-Paul Kovach (R) 18'9" 3-Brian Clementi (R) 18'8"

Others: D. Gillis 16'2 ¼"; J. Moody 15'7 ¾"; D. Stolfo 14'

Triple Jump: Ridgewood: 0 Paramus: 0
1-Paul Kovach (R) 40' ½" 2-Brian Clementi (R) 38'6" 3-John Moody (R) 35'4 ¼"
Others: J. Lee 33'7 ½"; D. Stolfo F

High Jump: Ridgewood: 0 Paramus: 9
1-P 2-P 3-P
Others: All NH

Pole Vault: Ridgewood: 9 Paramus: 0
1-Lucas Berns (R) 11'0" 2-Paul Kovach (R) 10'0" 3-Zach Ontiveros (R) 9'6"
Others: J. McKeon 9'6"

Shot Put: Ridgewood: 6 Paramus: 3
1-Ben Wilson (R) 41'8 ½" 2-Feeny (P) 39'0" 3-Mike Mosticchio (R) 37'4"
Others: A. Vilchez 36'1"; T. Borgman 35'8" T. Haase 35'2"; R. Cooper 34'10";
M. Halwagy 34'0"; B. Remmen 31'1"; M. Stapleton 28'11"; J. Jenkins 28'4";
P. King 27'4"; A. Bair 27'4"; J. Kim 27'2"; M. Tollin 26'9

Discus: Ridgewood: 9 Paramus: 0
1-Steven Pierce (R) 127'0" 2-Ben Wilson (R) 115'6" 3-Mike Mosticchio (R) 115'3"
Others: T. Haase 99'0"; B. Remmen 94'2"; R. Cooper 99'4"; M. Halwagy 88'9";
M. Stapleton 77'1"; J. Kim 75'8" T. Borgman 75'4" P. King 62'10"; A. Vilchez 70'10";
J. Jenkins 61'0"; M. Tollin 54'1"; A. Bair F

Ridgewood 86

April 4, 2006 – 45 clear

Paramus Catholic 45

400 IH: Ridgewood: 4 Paramus Catholic: 5
1-Evan Shaker (PC) 58.52 2-Joe Nagano-Gerace (R) 59.5 3-Steven Pierce (R) 59.6
Others: P. Nygaard 66.5; R. Sayanagi 68.6; E. Grossman 71.2; D. Lee 77.6

100m: Ridgewood: 5 Paramus Catholic: 4
1-Chris Zeigler (R) 11.2 2-Marcus Guest (PC) 11.3 3-M. Staton (PC) 11.5
Others: A. Gelbaum 11.8; B. Clementi 12.1; L. Chwe 12.2; F. Nestor 12.4; C. Suh 13.6
S. Tackaberry 13.2; F. Vasquez 13.0; D. Nowinski 13.7; M. Witt 13.7; N. Stitt 14.3;
K. Boyce 14.1; J. Schwartz 14.7; J. Lai 14.6; J. Dabby 15.0

1600m: Ridgewood: 9 Paramus Catholic: 0
1-
Others:

400m: Ridgewood: 4 Paramus Catholic: 5
1-White (PC) 52.8 2-Paul Kovach (R) 54.1 3-Brian O'Connell (R) 55.8
Others: M. Vaccaro 56.9; D. Gillis 57.5; F. Nestor 57.7; R. Webbe 61.0; W. Jang 64.0
A. Marquard 66.3

110HH: Ridgewood: 4 Paramus Catholic: 5
1-Evan Shaker (PC) 15.7 2-John Moody (R) 15.8 3- Steven Pierce (R) 16.2
Others: J. Nagano-Gerace 16.6; P. Nygaard 18.2; R. Sayanagi 18.8; J. Lee 20.2;
D. Nagano-Gerace 21.2; B. Grossman 23.2

800m: Ridgewood: 9 Paramus Catholic: 0
1-
Others:

200m: Ridgewood: 6 Paramus Catholic: 3
1-Chris Zeigler (R) 22.9 2-Marcus Guest (PC) 23.4 3-John Moody (R) 24.2
Others: P. Nygaard 24.4; A. Gelbaum 24.6; L. Chwe 25.5; R. Sayanagi 25.6;
R. Webbe 26.8; D. Nagano-Gerace 27.5; B. Grossman 28.4; D. Nowinski 29.1;
M. Witt 30.4; J. Lai 30.3; S. Tackaberry 31.0; J. Dabby 32.0 – others not reported

3200m: Ridgewood: 9 Paramus Catholic: 0
1
Others:

4x400m: Ridgewood: 5 Paramus Catholic: 0
1-Ridgewood 3:39.4 (Zeigler 54.1, Vaccaro 56.3, Pierce 55.5, Schmidt 53.6)

Long Jump: Ridgewood: 8 Paramus Catholic: 1
1-Paul Kovach (R) 18'9" 2-Brian Clementi (R) 18'8" 3-Bennett (PC) 18'1"

Others: D. Gillis 16'2 ¼"; J. Moody 15'7 ¾"; D. Stolfo 14'

Triple Jump: Ridgewood: 6 Paramus Catholic: 3
1-Paul Kovach (R) 40' ½" 2-Bennett (PC) 3-Brian Clementi (R) 38'6"
Others: J. Moody 35'4 ¼"; J. Lee 33'7 ½"; D. Stolfo F

High Jump: Ridgewood: 0 Paramus Catholic: 9
1-PC 2-PC 3-PC
Others: All NH

Pole Vault: Ridgewood: 9 Paramus Catholic: 0
1-Lucas Berns (R) 11'0" 2-Paul Kovach (R) 10'0" 3-Zach Ontiveros (R) 9'6"
Others: J. McKeon 9'6"

Shot Put: Ridgewood: 4 Paramus Catholic: 5
1-Passhu (PC) 42'9 ½" 2-Ben Wilson (R) 41'8 ½" 3-Mike Mosticchio (R) 37'4"
Others: A. Vilchez 36'1"; T. Borgman 35'8" T. Haase 35'2"; R. Cooper 34'10";
M. Halwagy 34'0"; B. Remmen 31'1"; M. Stapleton 28'11"; J. Jenkins 28'4";
P. King 27'4"; A. Bair 27'4"; J. Kim 27'2"; M. Tollin 26'9

Discus: Ridgewood: 5 Paramus Catholic: 4
1-Steven Pierce (R) 127'0" 2-PC 3-PC
Others: B. Wilson 115'6"; M. Mosticchio 115'3"; T. Haase 99'0"; B. Remmen 94'2";
R. Cooper 99'4"; M. Halwagy 88'9"; M. Stapleton 77'1"; J. Kim 75'8' T. Borgman 75'4
P. King 62'10"; A. Vilchez 70'10"; J. Jenkins 61'0"; M. Tollin 54'1"; A. Bair F

National-caliber runners lead

BY GREG TARTAGLIA
Staff Writer

RIDGEWOOD – It may seem that seniors comprise the bulk of the 2006 Ridgewood High School boys outdoor track team, given that ten of them are designated captains.

In reality, the seniors make up just a small percentage of an 80-plus member team that will attempt to defend its Bergen County and Northern New Jersey Interscholastic League (NNJIL) championships this spring.

"It's primarily juniors; I think about 32 of them," Maroons' head coach Josh Saladino said of his squad's makeup. "We have a lot of kids that depend on the seniors for leadership because they've done it the right way for a couple of years."

Among them are distance runners such as Byron Williams, Michael Cator and Cole Magrath, hurdlers John Moody and Joe Nagano-Gerace, jumpers Brian Clementi and Paul Kovach and all-around athletes like Steve Pierce, Ben Wilson and Frank Nestor.

"The seniors here have never lost the league championship, and they've had a lot of success winning two of three county championships (in 2003 and 2005) and winning two of three state-sectional championships (2003 and 2004) in their three years [on varsity]," Saladino noted.

Several members of the team have also excelled in national events, including the heralded distance medley relay team that includes Williams and Cator along with juniors Jeremy Schmidt and Niall Buckley. In 2005, the quartet placed second in the distance medley at the Arcadia Invitational in California with a time of 10:21.18, less than two seconds behind winner Madera High School of California.

This weekend, Williams, Cator, Schmidt and Buckley return to the West Coast, having entered in both the distance medley and 4x800-meter relay in the 2006 Arcadia Invitational.

"We're excited about going back there, hoping we can win it," said Williams, who will run the final anchor leg the 3200 race tonight



These ten seniors are the captains of the 2006 Ridgewood High School boys outdoor track and field (left): Cole Magrath, Frank Nestor, Steve Pierce, Mike Cator and Brian Clementi. BACK ROW (from left) Gerace, Ben Wilson, Paul Kovach and Byron Williams.

and the distance medley tomorrow night.

Also along for the road trip will be the 4x110 shuttle hurdle team consisting of Schmidt, Pierce, Moody and Nagano-Gerace. They, however, may not be able to partake in tonight's scheduled relays.

"I broke my (left) wrist in the hurdle race on Saturday," Schmidt said, referring to last weekend's 4x110 hurdle race at Ridgewood's Pawlowski Relays. "I can't really do hurdles anymore."

"In the county relays during the

winter, we set a new school record (30.7), and that's what qualified us for this California meet," said Nagano-Gerace, who himself is battling through a stress fracture in his left shin. "Unfortunately, because of Jeremy's injury, we probably won't be able to compete."

Ironically, Schmidt joined the hurdle group because one of its members could not make the trip out west.

"Our original competitor, Akira Monri, is in Germany on an exchange trip, so we sort of plugged

Jeremy in," Moody said. "But [Akira] is a rising sophomore talent."

In addition to the national event in Arcadia, Ridgewood may send a few competitors to the prestigious Penn Relays, which run April 27-29 in Philadelphia. The Maroons' in-state competition, though, should provide equally challenging events throughout the rest of the season.

Last year, Ridgewood finished second in the North Jersey Section 1, Group 4 finals, 11 points behind Paterson Kennedy. The Knights

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Runners lead Maroon boys



GARY JUNG/STAFF PHOTOGRAPHER

is of the 2006 Ridgewood High School boys outdoor track and field team. FRONT ROW (from Steve Pierce, Mike Cator and Brian Clementi. BACK ROW (from left): John Moody, Joe Nagano- and Byron Williams.

winter, we set a new school record (30.7), and that's what qualified us for this California meet," said Nagano-Gerace, who himself is battling through a stress fracture in his left shin. "Unfortunately, because of Jeremy's injury, we probably won't be able to compete."

Ironically, Schmidt joined the hurdle group because one of its members could not make the trip out west.

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Jeremy in," Moody said. "But [Akira] is a rising sophomore talent."

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will remain strong this spring with the return of senior All-State speedster Shaquan Brown, who has committed to run at the University of Louisville.

Brown won the 100-meter, 200-meter and 400-meter races at the 2005 sectionals while also anchoring the Kennedy 4x400 relay team to victory.

"We have national contenders in relays," said Williams, "but when you've got a 400-meter runner that can win events from the 100 to the 400 and take his team to first place

in the 4x400, that's tough to beat."

The Maroons have plenty of strength in other areas, though. Pierce leads a javelin-throwing contingent that took first place at the Pawlowski Relays, with junior Albert Gelbaum and sophomore Dan Gillis contributing, too.

Gelbaum and Gillis are both sprinters as well, while Monri and junior Chris Zeigler, a first-year track participant, could excel in that area.

"Albert Gelbaum and Chris Zeigler are going to be the core of our strength," Saladino said. "They've done a nice job in the pre-season, and we really lean on those guys, who are doing a nice job for us anchoring our sprint relays."

"Akira [Monri], too, has done a great job for us," added Saladino. "He's a second-year guy, but he runs like a third- or fourth-year guy."

Ridgewood will look to Clementi and Kovach to lead the way in the long jump and triple jump. Kovach is also a talented pole vaulter, who returns to vaulting after lingering effects from a serious neck injury suffered in a fall 2004 soccer match that kept him out of the event last spring.

"As a sophomore, Paul was one of the best second-year vaulters in Bergen County," Saladino said. "He was not cleared to vault or to high jump at the end of last season, but he was cleared to run and do the long and triple jumps. So he learned how to do long and triple, which he had never done before, and we found out that he's a good athlete. He can pull all of those things off."

Saladino also added that his vaulters and javelin throwers have benefited from the tutelage of assistant coach Don Cooper, who specializes in field events. Mike Glynn, Ridgewood's boys cross-country head coach, works with the distance runners as an assistant in the spring.

Torre Watson, who assists the football team in the fall and wrestling team in the winter, coaches the shot put and discus throwers.

Greg Tirtaglia's e-mail address is tirtaglia@northjersey.com

Runners jumping out of the gate in a hurry

By PAUL SCHWARTZ and
GREGORY SCHUTTA
STAFF WRITERS

Two of North Jersey's best teams need to be in midseason form this weekend when they travel cross-country to compete in one of the nation's top invitational, the Arcadia Invitational in Arcadia, Calif.

Ridgewood and Indian Hills are in position to earn prestigious titles while enjoying a reward for hard work.

Ridgewood's boys distance medley and 4 x 800 teams are among the favorites in a meet

TRACK NOTES

that includes athletes from more than 20 states. The quartet of Mike Cator, Jeremy Schmid, Niall Buckley and Byron Williams ranked in the top 10 nationally in both events this winter.

Tonight, the quartet faces indoor national champion Warwick Valley (N.Y.) in the 4 x 800. The Maroons also will try to become the first Bergen County team to break 7:50 since a previous Ridgewood team ran 7:49.2 in 1987.

Saturday, the same quartet faces Monsignor Farrell (N.Y.) in the distance medley. Ridgewood was second to Madera (Calif.) last year at Arcadia, running 10:21.18. This year, despite an injury to Schmidt, who fractured his left wrist hurdling at the Pawlowski Relays last weekend at Ridgewood, the Maroons expect to run faster and again contend for the title.

"Jeremy ran 53.4 for 400 and an easy 2:06 for the 800 with a cast on Tuesday at our dual meet," said Ridgewood coach Josh Saladino. "I think he'll be in."

Saturday's meets

Passaic County Relays

at Passaic Valley, Little Falls

Comet Relays

at White Stadium, Englewood

Nanuet Relays

at Nanuet, N.Y. High School

Wallkill Relays

at Wallkill Valley, Hamburg

Indian Hills makes its first trip to Arcadia and has its best chance for success in tonight's sprint medley invitational race. The quartet of Garrett Kroner, Brian Reilly, Evan Lazerowitz and Max Bruno set a State Group 2 relays record in the event at the State Relays in mid-January but never got to run the event again.

They're matched with Colonie (N.Y.) and Irvington in a very competitive field.

"I feel going to Arcadia is an additional step in the growth of our program," said Indian Hills coach Steve Opremcak. "We have kids of quality, class and ability and we wanted to reward them. I also want to see us respond to the increased level of competition."

"Our goal is to have fun, compete well and win," said Saladino.

HAPPY BIRTHDAY: The best present Andy Piotrowsky got on his birthday Tuesday was one he didn't even get to unwrap.

Instead, Clifton's first-year girls coach got to watch as his Mustangs beat Immaculate Heart Academy for the first time in 10 years, 67-64.

"I've been pressing them about it all week," Piotrowsky said after posting his first career win as a head coach. "The ladies knew about it. I told them all I wanted for my birthday was a win over IHA."

The Mustangs jumped out to a lead in the meet with a 1-2 finish

in the pole vault, but they were never able to shake the Blue Eagles. They finally clinched the win when Diane Szaflarski finished second in the 3,200, the second-to-last event of the meet.

"They [IHA] are one of the best all-around teams in North Jersey," Piotrowsky said. "If you beat a club like that, it shows New Jersey who Clifton is."

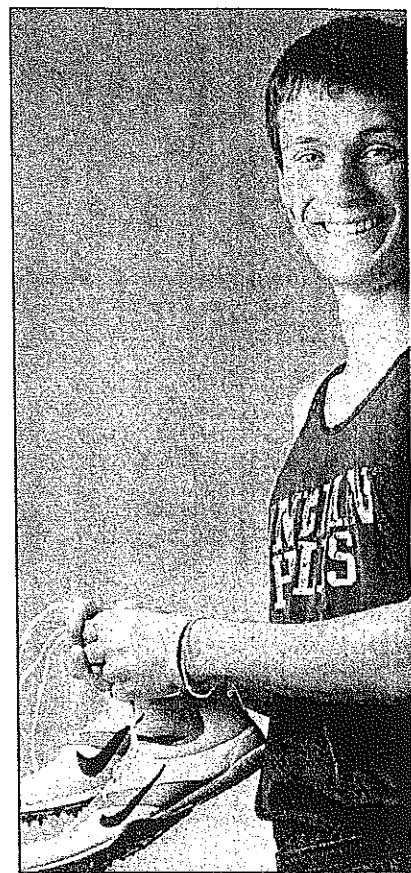
Kristin Venning led the way with wins in the 100 (13.4) and the long jump (15-5), an event she was competing in for the first time. Sue Martinez ran a personal-best 2:21.9 in winning the 800 and ran 68-point in winning the intermediate hurdles. Jasmine Adams won the 400 in 62.1 seconds.

The win is a confidence boost for the Mustangs, who come out of the winter season with high hopes for the spring. The Mustangs won their league title and finished a close second to Kennedy in the County meet.

"You can't go better in your first meet than getting a victory over a quality team like IHA," Piotrowsky said.

ALSO ON THE AGENDA: Closer to home, the big meet this weekend is the Passaic County Relays at Passaic Valley on Saturday. The meet has been officially renamed the Boverini Relays in honor of the late Manlio "Bo" Boverini, the longtime Passaic athletic director, who also was the starter at the event for more than 30 years. Boverini passed away last winter at the age of 88.

Look for two great battles in the teams races with Wayne Valley and Kennedy the boys favorites and Kennedy and Clifton the top girls contenders. Winton White Stadium in Englewood hosts the Comet Relays and several North Jersey teams will travel to the Nanuet Relays and the Wallkill Relays in Sussex County.



TARIQ ZEHAWI

Garrett Kroner and his Indian Hills expecting to contend at the upcoming /

TRACK RAN

Boys

1. Don Bosco
2. Northern Highlands
3. Ridgewood
4. Kennedy
5. Indian Hills
6. Old Tappan
7. Wayne Valley
8. Teaneck
9. Hasbrouck Heights
10. West Milford
11. Pompton Lakes
12. River Dell
13. Hackensack
14. New Milford
15. Bergen Catholic
16. Ramsey
17. Tenafly
18. Demarest
19. Fort Lee
20. Ridgefield Park

Girls

1. Indian Hills
2. Ridge
3. Kenn
4. Butle
5. River
6. Clifto
7. IHA
8. Old T
9. North
10. Ran
11. Wes
12. Laki
13. Way
14. Ran
15. Hac
16. Pas
17. Mar
18. Teal
19. Den
20. Par

THE COMET RELAYS at Engelwood Winton White Stadium

SATURDAY, APRIL, 8, 2006
Engelwood, New Jersey

BOYS

Large School Team: 1-Scotch Plains/Fanwood, 84.5. 2-Morris Hills, 38. 3-Seton Hall, 36. 4-CBA, 35. 5-N.Highlands, 28. 6-OBergen Tech, 26. 7-Hackensack, 25. 8-Ridgewood, 19. 9-Paramus, 17. 10-P.C., 15. 11-Shabazz, 9. 12-Bergenfield, 8. 13-FairLawn, 8. 14-Demarest, 6.

Small School Team: 1-Park Ridge & Bridgetown, 45.5. 3-Has. Heights, 44.5. 4-Wood-Ridge, 29.5. 5-Pascack Hills, 29. 6-Glen Rock, 22.5. 7-Mahwah, 18. 8-Leonia, 13. 9-Cresskill, 10. 10-Waldwick, 10. 11-Indian Hills, 9. 12-Saddle Brook, 9. 13-Marist, 2. 14-NewMilford, 2. 15-Bogota, 1.

4X100m: 1- Bridgetown, 45.4. 2- Seton Hall, 46.2. 3- Hackensack, 47.2. 4- Hasbrouck Heights, 47.4. 5- Paramus Catholic, 47.8. 5- Glen Rock, 47.8. 7- Bergen Tech, 48.0. 8- Waldwick, 48.3. 9- CBA, 48.5. 10- New Milford, 48.6.

4X200m: 1- Hackensack, 1:37.5. 2-Shabazz, 1:37.7. 3- Scotch Plains, 1:40.2. 4- BC, 1:40.7. 5- Ridgewood, 1:41.2. 6- BT, 1:42.1. 7- Bergenfield, 1:43.3. 8- Hasbrouck Heights, 1:44.6. 9- Wood-Ridge, 1:48.5. 10- Bogota, 1:49.4.

4X400m: 1- Scotch Plains, 3:51.5. 2- Park Ridge, 3:54.3.

4X800m: 1- CBA, 8:38.5. 2- Seton Hall, 8:51.4. 3- Morris Hills, 8:58.2. 4- Bridgetown, 9:12.3. 5- BC, 9:37.6. 6- Hasbrouck Heights, 9:51.9. 7- Bergen Tech, 9:58.7. 8- Waldwick, 10:13.4.

4X1600m: 1- CBA, 18:34.2. 2- Seton Hall, 19:26.2. 3- Northern Highlands, 19:51.1. 4- Bergen Tech, 19:53.1. 5- Glen Rock, 20:29.8. 6- Ridgewood, 20:30.2. 7- Scotch Plains, 20:30.2. 8- Indian Hills, 20:48.6. 9- Hasbrouck Heights, 21:26.9. 10- New Milford, 21:28.1.

Sprint Medley: 1-PRidge, 3:52.4. 2-GR, 3:58.6. 3- PH, 4:03.2. 4- NH, 4:05.8. 5- Leonia, 4:25.9.

Distance Medley: 1- Morris Hills, 11:17.0. 2- NH, 11:23. 3- SP, 11:47.0. 4-Paramus, 12:50.2. 5- IH, 13:03.4. 6- Leonia, 13:23.5.

4X110 HH: 1- Bridgetown, 1:03.2. 2- Saddle Brook, 1:09.0. 3- Scotch Plains, 1:09.1. 4- CBA, 1:09.5. 5- Glen Rock, 1:09.8. 6- BC, 1:12.3. 7- Northern Highlands, 1:14.2. 8- Woodridge, 1:14.7. 9- Hasbrouck Heights, 1:17.9. 10- Park Ridge, 1:20.0-

3X400 IH: (event canceled)

2X Long Jump: 1- Bridgetown, 39'4. 1- Park Ridge, 39'4. 3- Morris Hills, 37'2 1/2. 4- Hackensack, 37'0. 5- Bergen Tech, 36'5. 6- WoodRidge, 36'2. 6-Scotch Plains, 36'2. 8-CBA, 35'6. 9- Leonia, 34'4 1/4. 10-Bergenfield, 33'10 1/2.

2X Triple Jump: 1- Scotch Plains, 76'9. 2- Park Ridge, 76'4. 3- Pascack Hills, 56'0.

2X High Jump: 1- Paramus, 10'3. 2- Paramus Catholic, 10'0. 2- Hasbrouck Heights, 10'0. 4- Scotch Plains, 5'6. 5- Wood-Ridge, 5'0. 5- BC, 5'0. 5- Fair Lawn, 5'0.

2X Pole Vault: (event canceled)

2X Shot Put: 1- SP, 97'1 1/2. 2- HH, 92' 6 1/4. 3- Mahwah, 90' 1 3/4. 4- Bridgeton, 86'0 3/4. 5- PH, 85'0.0

2X Discus: 1- Mahwah, 281'3. 2- SH, 215'0. 3- Scotch Plains, 210'1. 4- PH, 207'1. 5- Wood-Ridge, 198'6. 6- Cresskill, 185'7. 7- Ridgewood, 185'2. 8- PRidge, 171'9. 9-Morris Hills, 166'4. 10- Bergenfield, 156'7.

2X Javelin: 1- MH, 268'4. 2- W-R, 261'11. 3- HH, 252'5. 4- Scotch Plains, 234'9. 5- Dem, 229'10. 6-PRidge, 226'5. 7- Waldwick, 218'9. 8-FL, 218'3. 9- Bridgeton, 217'3. 10- PC, 215'3.

GIRLS

Large School Team: 1-Scotch Plains/Fanwood, 66. 2-North Highlands, 43.5. 3-Old Bridge, 42. 4-Jackson, 41. 5-Paramus, 31. 6-Marlboro, &-Ridgewood, 30. 8-P.C. , 28.5. 9-Middletown N, 22. 10-BergenTech, 9. 11-Demarest, 6. 12-Westside, 2. 13-Fairlawn, 1.

Small School Team: 1-Pascack Hills, 64. 2-Park Ridge, 38. 3-Waldwick. 4-Indian Hills, 34. 5-Wood-Ridge, 24. 6-Glen Rock, 18. 7-Pearl River, 17. 8- Leonia, 16. 9-Has Heights, 7. 10-Bogota, 5. 11-Mahwah, 3. 12-Marist, 3.

4X100m: 1- Jackson, 51.5. 2- Ridgewood, 53.7. 3- Scotch Plains, 54.2. 4- Waldwick, 56.0. 5- Old Bridge, 56.1. 6- Marlboro, 57.1. 7- Glen Rock, 57.2. 8-Marist, 58.0. 9- Middletown, 58.3. 10- Fair Lawn, 59.3.

4X200m: 1- Scotch Plains, 1:53.8. 2- Northern Highlands, 1:55.9. 3- Old Bridge, 1:56.5. 4- Ridgewood, 1:57.0. 5- Jackson, 1:58.3. 6- Pascack Hills, 2:00.7. 7- Leonia, 2:01.7. 8- Paramus, 2:04.2. 9- Westside, 2:08.3. 10- Middletown North, 2:09.4.

4X400m: 1- Park Ridge, 4:53.8.

4X800m: 1- Old Bridge, 10:52.4. 2- Bergen Tech, 10:57.6. 3- Paramus Catholic, 11:00.8. 4- Middletown, 11:12.6. 5- Glen Rock, 11:25.6. 6- Waldwick, 11:40.6.

4X1600m: 1- Pearl River, 22:44.4. 2- Jackson Memorial, 23:30.2. 3- Paramus, 23:39.8. 4- Waldwick, 24:07.5. 5- Ridgewood, 24:41.6. 6- Northern Highlands, 24:44.0. 7- Glen Rock, 26:41.2

Sprint Medley: 1- Park Ridge, 4:47.0. 2- PH, 4:49.2. 3- IH, 4:55.6. 4- Marlboro, 5:00.7. 5- Paramus, 5:03.7. 6- Bogota, 5:11.2.

Distance Medley: 1- Scotch Plains, 13:50.2. 2- Paramus, 14:28.9. 3- Pascack Hills, 15:48.5. 4- IH, 16:33.6.

4X100 HH: 1- Northern Highlands, 1:11. 2- Old Bridge, 1:14.1. 3- Leonia, 1:14.5. 4- Hasbrouck Heights, 1:14.7. 5- Pascack Hills 1:15.2. 6- Paramus, 1:15.9. 7- Jackson, 1:16.5. 8- Ridgewood, 1:16.7. 9- Park Ridge, 1:19.3. 10- Pearl River, 1:19.6.

3X400 IH: (event canceled)

2X Long Jump: 1- Scotch Plains, 29' ½. 2- PH, 28' ½. 3- Waldwick, 27'6. 4- Paramus Catholic, 26'3. 4- Indian Hills, 26'3. 6- Park Ridge, 25'8. 7- Leonia, 25'7. 8- Pearl River, 13'0.

2X Triple Jump: 1- PH, 62'0. 2- SP, 58'10.

2X High Jump: 1- Woodridge, 9-00. 2- Paramus Catholic, 8-9. 3- Middletown, 8-6. 3- Waldwick, 8-6. 3- Northern Highlands, 8-6. 3- Park Ridge, 8-6. 3- Park Ridge, 8-6.

2X Pole Vault: (event canceled)

2X Shot Put: 1- PH, 61'6. 2- SP, 57'1 ¾. 3- Marlboro, 52'1 ¼. 4- Middletown, 51'9. 5- IH, 51'3 ¼.

2X Discus: 1- Marlboro, 196'7. 2- Pascack Hills, 193'2. 3- Old Bridge, 168'8. 4- Indian Hills, 167'8. 4- Northern Highlands, 167'8. 6- Scotch Plains, 160'0. 7- Wood Ridge, 157'11. 8- Jackson, 148'1. 9- Park Ridge, 147'1. 10- Mahwah, 146'7.

2X Javelin: 1- Woodridge, 197'9. 2- Jackson, 186'1. 3- Northern Highlands, 177'3. 4- Pascack Hills, 171'6. 5- Demarest, 165'2. 6- Ridgewood, 162'11. 7- Park Ridge, 162'8. 8- Waldwick, 162'7. 9- Mahwah, 147'1. 10- Old Bridge, 137'9.

NOVICE BOYS

4X200m: 1- NH, 1:43.2. 2- West Side, 1:44.0. 3- GR, 1:44.4. 4- Hackensack, 1:46.3. 5- Fair Lawn, 1:47.3.

4X400m:

4X800m: 1- CBA, 9:17.6. 2- Seton Hall, 9:28.6. 3- CBA, 9:31.6

Sprint Medley: 1- Hackensack, 4:09.0 2- Glen Rock, 5:10.1. 3- SR Day, 5:27.0.

Distance Medley:

4X110HH: 1- Hackensack, 1:17.9. 2- Leonia, 1:19.0. 3- Cresskill, 1:27.7.

3X400IH:

2XLJ: 1- Park Ridge, 34'4. 2- Saddle Brook, 32'0. 3- Paramus, 28'5 ½. 4- Bridgetown, 16'5 ½. 5- Leonia, 15'10.

2XTJ:

2Xshot:

2Xdiscus:

NOVICE GIRLS

4X200m: 1- Marlboro, 2:04.8. 2- Hackensack, 2:06.4. 3- Science, 2:08.7. 4- Fair Lawn, 2:09.3. 5- Paramus, 2:09.8

4X400m:

4X800m: 1- Fair Lawn, 12:00.6. 2- Middletown, 12:06.9. 3- Pearl River, 12:09.9. 4- Science, 12:28.4. 5- Jackson, 12:37.3.

Sprint Medley: 1- Glen Rock, 5:29.7. 2- Science, 5:51.4. 3- LIL 4- Leonia

Distance Medley:

4X100HH: 1- Paramus Catholic, 1:23.5. 2- Hackensack, 1:23.5.

3X400IH:

2XLJ: 1- PR, 22'6. 2- Pearl River, 21'3 ½. 3- PR, 19'6. 4- Leonia, 19'3.

2XTJ:

2XShot: 1- Bridgeton, 76'8. 2- Hackensack, 71'6. 3- Leonia, 71'4. 4- Cresskill, 70'7. 5- Ridgewood, 67'9 ½.

2XDiscus:

FROSH BOYS

4X200m: 1- BC, 1:49.0. 2- Shabazz, 1:49.3. 3- SH, 1:53.5. 4- PH, 1:57.0. 5- SB, 2:00.8.

4X400m:

4X800m:

Sprint Medley: 1- Hackensack, 4:37.1. 2- Bogota, 5:00.5. 3- BC, 5:10.9.

Distance Medley:

4X110HH: 1- CBA, 1:21.0.

3X400IH:

2XLJ: 1- Hasbrouck Heights, 33'0. 2- CBA, 31'4 ½. 3- Paramus, 29'11 ½. 4- Paramus, 26'10 ½.

2XTJ:

2XShot: 1- Seton Hall, 67'2. 2- Paramus, 59'11. 3- CBA, 59'5. 4- New Milford, 57'4. 5- BC, 55'8.

2XDiscus:

FROSH GIRLS

4X200m: 1- Pearl River, 2:03.2. 2- Jackson, 2:10.6. 3- Hasbrouck Heights, 2:14.7. 4- Paramus Catholic, 2:15.6. 5- Leonia, 2:18.3.

4X400m:

4X800m: 1- Pearl River, 11:20.8. 2- Hasbrouck Heights, 11:28.2. 3- Marlboro, 11:43.8. 4- Saddle Brook, 12:13.4. 5- Old Bridge, 13:34.4

Sprint Medley: 1- Marlboro, 5:02.4.

Distance Medley:

4X100HH:

3X400IH:

Arcadia Invitational

Friday, April 7th
Saturday, April 8th
60 and clear

4x800m:

| | |
|----------------|--------|
| Niall Buckley | 2:01.3 |
| Michael Cator | 1:58.5 |
| Jeremy Schmidt | 2:03.6 |
| Byron Williams | 1:58.9 |

8:02.70 – 3rd Place

Distance Medley

| | |
|----------------|--------|
| Michael Cator | 3:09.6 |
| Jeremy Schmidt | 51.9 |
| Niall Buckley | 1:57.1 |
| Byron Williams | 4:27.4 |

10:26.35 – 6th Place

MONDAY, APRIL 10, 2006

Ridgewood sixth at track meet

Ridgewood finished a disappointing sixth late Saturday night in the boys distance medley at the Arcadia Invitational track and field meet in Arcadia, Calif.

The Maroons' quartet of Mike Cator, Jeremy Schmidt, Niall Buckley and Byron Williams ran 10:26.35 and finished well behind the winner, Monsignor Farrell of New York, which added the distance medley title to its 4-x-800 title Friday. Indian Hills ran a solid 10:39.69 in the same race and fin-

ished 18th out of 24 teams.

In Saturday's rain-shortened Nanuet Relays, Don Bosco finished second in the boys division, winning the 3-x-400 intermediate hurdles and taking second in the 4-x-200, high jump and shot put.

Immaculate Heart won the high jump, shot put and discus relays and took third in the shuttle hurdles to take third in the girls division while Holy Angels ran a solid 22:55.4 for second in the 4-x-1,600 to help take fifth place in the same division.

Ridgewood 72

April 11, 2006 – 60 clear

Nutley 59

400 IH: Ridgewood: 6 Nutley: 3
1-Steven Pierce (R) 61.05 2-Tom Villa (N) 63.29 3-Richard Sayanagi (R) 65.70
Others:

100m: Ridgewood: 6 Nutley: 3
1-Chris Zeigler (R) 11.66 2-Mike Licamelli (N) 11.97 3-John Moody (R) 12.20
Others: L. Chwe 12.73; D. Gillis 12.92; R. Webbe 12.6; F. Nestor 12.9; D. Stolfo 12.9
D. Nowinski 14.1; J. Schwartz 14.1; N. Stitt 14.2; S. Tackaberry 15.0

1600m: Ridgewood: 9 Nutley: 0
1-Jacob Garber (R) 4:52.01 2-Christian Trautwein (R) 4:52.17 3-Dan Emont (R) 4:54.47
Others: J. Kalmus 5:06; A. Pruzinsky 5:17; K. Meissner 5:19; C. Magrath 5:15;
W. Jang 5:29

400m: Ridgewood: 1 Nutley: 8
1-Ricardo Barroa (N) 52.75 2-Joe Aiello (N) 54.66 3-Mike Vaccaro (R) 55.37
Others: B. O'Connell 56.79; F. Nestor 58.73

110HH: Ridgewood: 4 Nutley: 5
1-Tom Villa (N) 16.36 2-John Moody (R) 16.57 3-Steven Pierce (R) 16.82
Others: R. Sayanagi 19.52; J. Lee 21.43

800m: Ridgewood: 6 Nutley: 3
1-Christian Trautwein (R) 2:09.91 2-M. Pawalowki (N) 2:10.34 3-J. Garber (R) 2:12.22
Others: D. Emont 2:20; M. Meissner 2:20; K. Meissner 2:23; M. Onorato 2:30;
J. Jenkins 2:31; ? 2:33; T. Zulof 2:37

200m: Ridgewood: 6 Nutley: 3
1-Chris Zeigler (R) 23.55 2-Mike Licamelli (N) 24.27 3-Zach Ontiveros (R) 24.3
Others: J. Moody 24.93; L. Chwe 25.67; D. Gillis 25.95; R. Sayanagi 26.3;
R. Webbe 26.5; D. Nowinski 29.6; J. Schwartz 29.9; S. Tackaberry 30.1; M. Witt 30.6

3200m: Ridgewood: 6 Nutley: 3
1-Jacob Garber (R) 10:51.59 2-B. Debarbieri (N) 10:52.28 3-J. Kalmus (R) 10:56.78
Others: D. Emont 11:47

4x400m: Ridgewood: 0 Nutley: 5
1-Nutley 3:44 2-Ridgewood 3:47.0
(O'Connell 57.1, Gillis 55.4, Nestor 59.5, Vaccaro 56.0)

Long Jump: Ridgewood: 3 Nutley: 6
1-Kim (N) 18'0" 2-Paul Kovach (R) 17'8 1/2" 3-Aiello (N) 17'8"
Others: D. Gillis 16'4"

Triple Jump: Ridgewood: 4 Nutley: 5
1-Kim (N) 36'3 1/2" 2-David Stolfo (R) 34'8 3/4" 3-Pawalowski (N) 34'4"
Others: J. Lee 33'1 1/2"

High Jump: Ridgewood: 4 Nutley: 5
1-Craig Machaud (N) 5'8" 2-Paul Kovach (R) 5'6" 3-Tobin Haase (R) 5'2"
Others: D. Stolfo 5'2"; C. Zeigler NH; J. Moody NH

Pole Vault: Ridgewood: 9 Nutley: 0
1-Paul Kovach (R) 13'0" 2-Lewis Berns (R) 10'6" 3-Zach Ontiveros (R) 10'0"
Others: J. McKeon 9'6"

Shot Put: Ridgewood: 8 Nutley: 1
1-Ben Wilson (R) 42'5 3/4" 2-Nadeem Dawson 42'3 1/2" 3-Stoffers (N) 41'5 3/4"
Others: M. Mosticchio 39'11 3/4"; C. Ryan 37'6"; T. Haase 36'8 1/2"; T. Borgman 34'11"
A. Halwagy 35'4 1/4" A. Vilchez 34'10 1/4"; J. Jenkins 30'10 1/2"; M. Stapleton 30'6 1/2";
P. King 29' 1/2"; A. Bair 28'6"; M. Tollin 22'11 3/4"

Discus: Ridgewood: 1 Nutley: 8
1-Gehring (N) 134'7" 2-Stoffers (N) 126'8" 3-Ben Wilson (R) 119'10"
Others: M. Mosticchio 112'10"; S. Pierce 110'; C. Ryan 106'2"; T. Haase 103'

Ridgewood 109**Belleville 22**

April 11, 2006 – 60 clear

400 IH: Ridgewood: 8 Belleville: 1
1-Steven Pierce (R) 61.05 2-Richard Sayanagi (R) 65.70 3-James Robert (R) 65.88
Others:

100m: Ridgewood: 4 Belleville: 5
1-Maurice Jones (B) 11.53 2-Chris Zeigler (R) 11.66 3-John Moody (R) 12.20
Others: L. Chwe 12.73; D. Gillis 12.92; R. Webbe 12.6; F. Nestor 12.9; D. Stolfo 12.9
D. Nowinski 14.1; J. Schwartz 14.1; N. Stitt 14.2; S. Tackaberry 15.0

1600m: Ridgewood: 9 Belleville: 0
1-Jacob Garber (R) 4:52.01 2-Christian Trautwein (R) 4:52.17 3-Dan Emont (R) 4:54.47
Others: J. Kalmus 5:06; A. Pruzinsky 5:17; K. Meissner 5:19; C. Magrath 5:15;
W. Jang 5:29

400m: Ridgewood: 8 Belleville: 1
1-Mike Vaccaro (R) 55.37 2-Brian O'Connell (R) 56.79 3-Jay Valentine (B) 57.19
Others: F. Nestor 58.73

110HH: Ridgewood: 8 Belleville: 1
1-John Moody (R) 16.57 2- Steven Pierce (R) 16.82 3-Laith Hamdan (B) 19.42
Others: R. Sayanagi 19.52; J. Lee 21.43

800m: Ridgewood: 8 Belleville: 1
1-Christian Trautwein (R) 2:09.91 2-Jacob Garber (R) 2:12.22 3-D. Manning (B) 2:13.23
Others: D. Emont 2:20; M. Meissner 2:20; K. Meissner 2:23; M. Onorato 2:30;
J. Jenkins 2:31; ? 2:33; T. Zulof 2:37

200m: Ridgewood: 4 Belleville: 5
1-Maurice Jones (B) 23.40 2-Chris Zeigler (R) 23.55 3-Zach Ontiveros (R) 24.3
Others: J. Moody 24.93; L. Chwe 25.67; D. Gillis 25.95; R. Sayanagi 26.3;
R. Webbe 26.5; D. Nowinski 29.6; J. Schwartz 29.9; S. Tackaberry 30.1; M. Witt 30.6

3200m: Ridgewood: 8 Belleville: 1
1-Jacob Garber (R) 10:51.59 2-Jeremy Kalmus (R) 10:56.78 3-Juan Tran (B) 11:39.48
Others: D. Emont 11:47

4x400m: Ridgewood: 5 Belleville: 0
1-Ridgewood 3:47.0 (O'Connell 57.1, Gillis 55.4, Nestor 59.5, Vaccaro 56.0)
2-Belleville 3:49.2

Long Jump: Ridgewood: 3 Belleville: 6
1-Maurice Jones (B) 18'0" 2-Paul Kovach (R) 17'8 ½" 3-Smith (B) 17'8"
Others: D. Gillis 16'4"

Triple Jump: Ridgewood: 9 Belleville: 0
1-David Stolfo (R) 34'8 3/4" 2-Jason Lee (R) 33'11 1/2" 3-F. Vasquez (R) 33'5 1/2"
Others:

High Jump: Ridgewood: 9 Belleville: 0
1-Paul Kovach (R) 5'6" 3-Tobin Haase (R) 5'2" 3-Dave Stolfo (R) 5'2"
Others: C. Zeigler NH; J. Moody NH

Pole Vault: Ridgewood: 9 Belleville: 0
1-Paul Kovach (R) 13'0" 2-Lewis Berns (R) 10'6" 3-Zach Ontiveros (R) 10'0"
Others: J. McKeon 9'6"

Shot Put: Ridgewood: 8 Belleville: 1
1-Ben Wilson (R) 42'5 3/4" 2-Nadeem Dawson 42'3 1/2" 3-Manuzzi (B) 42'3 1/4"
Others: M. Mosticchio 39'11 3/4"; C. Ryan 37'6"; T. Haase 36'8 1/2"; T. Borgman 34'11"
A. Halwagy 35'4 1/4" A. Vilchez 34'10 1/4"; J. Jenkins 30'10 1/2"; M. Stapleton 30'6 1/2";
P. King 29' 1/2"; A. Bair 28'6"; M. Tollin 22'11 3/4"

Discus: Ridgewood: 9 Belleville: 0
1-Ben Wilson (R) 119'10" 2-Mike Mosticchio (R) 112'10" 3-Steven Pierce (R) 110'
Others: C. Ryan 106'2"; T. Haase 103'

Meet offers exciting preview

By **PAUL SCHWARTZ**
STAFF WRITER

ALLENDALE — Rob DeCarlo of Don Bosco called it an audition. Matt Winn of Ramsey said it was a dress rehearsal. And Shemayne Williams of Immaculate Heart called it a huge confidence boost.

But no matter what it was called, the Highlander Invitational provided the best weather of the spring, some of the best performances and a partial preview of next weekend's Bergen County Jack Yockers Relays.

Don Bosco won four events and scored in every event but the high jump to defeat Ridgewood,

HIGHLANDER INVITATIONAL

90-67, for the boys large-schools title, and Ramsey edged Park Ridge, 35-34, for the small-schools title.

IHA won just two events but scored in everything but the shuttle hurdles to easily win the large-schools girls meet, 78-27, over Paramus. Ramsey used four wins, including a stunning early-season 4-x-400 relay performance to defeat Westwood, 59½-42, for the small-schools title.

But each of the winning coaches pointed to next week's meet as the real reason they were at Saturday's meet.

"We tried to run a few really strong relays and hold auditions for the third spot on some of our field relays and for spots on some of our running relays," said DeCarlo. "The first week we lost the Ridgewood Relays when our 4-x-2 team didn't finish and last week at Nanuet, we couldn't finish the meet because of the weather. Today puts us in a good frame of mind for next week and we can see what we have in some of our events."

The Ironmen had a fine 4-x-200 Saturday with the quartet running 1:31.2, the third-fastest time in school history and tied for No. 10 on the all-time Bergen list. The duo of Matt Steeg and Claude Guinchard combined to pole vault 25-6, with Steeg running out of vaults after making 13-0 under the restrictive six-vault rule.

Winn called the meet a "dress rehearsal" for the third spot on many of the Ram field event relays.

"We drop down to Division C next week but there are still a lot of good teams in that division," said Winn. "We're excited about the meet because it allows the entire team to contribute."

Williams allowed her top distance quartet to run fresh for the 4-x-800, in an attempt to qualify for Penn Relays in the event, and the Blue Eagles responded with an outdoor school record of 9:45.8, keeping their chances alive for a bid.

"This meet today was very, very important, not just for the 4-by-8, but it was a good confidence boost for the whole team," said Williams. "Before this week we really couldn't tell anything about our relays and with only one girl gone from last year's runners, we should really begin to believe in ourselves, just at the right time."

Ramsey girls co-head coach John Kirchhof was excited with his team's performance, calling senior Lisa Tarulli, who was part of three winning relays — the distance medley, 4-x-400 and 2-x-400 hurdles teams — "a great leader who is rounding into shape when we need her."

TRACK & FIELD

HIGHLANDER INVITATIONAL

AT NORTHERN HIGHLANDS H.S.

Boys

TEAM SCORES

Large schools: 1. Don Bosco 90, 2. Ridgewood 67, 3. Old Tappan 26, 4. Ramapo 20, 5. River Dell 18, 6. Paramus 17, 7. Fort Lee 13, 8. Garfield 11, 9. Bergenfield 6½, 10. Bergen Catholic 6, 11. Northern Highlands 5.

Small schools: 1. Ramsey 35, 2. Park Ridge 34, 3. Westwood 30, 4. Englewood 26, 5. Mahwah 20, 6. Glen Rock 14, 7. Saddle Brook 10½, 8. Rutherford 8, 9. Midland Park 6, 10. Pequannock 1.

4-x-100: 1. Englewood (Mike Epps, Delford Brown, Rihay Sampson, Joshua Griffin), 44.3; 2. Don Bosco, 45.1; 3. Ridgewood, 45.3; 4. Old Tappan, 45.6; 5. Bergen Catholic, 46.0; 6. Ramsey, 46.3.

4-x-200: 1. Don Bosco (Jason Kelsey, Matt Andriulli, Mike Cato, Sharif Webb), 1:31.2; 2. Westwood, 1:32.2; 3. Englewood, 1:32.8; 4. Ridgewood, 1:34.1; 5. Bergen Catholic, 1:34.5; 6. Bergenfield, 1:35.5.

4-x-400: 1. Park Ridge (Matt Lingam, John Carabetta, Mike Desmond, John Rankin), 3:31.5; 2. Don Bosco, 3:32.6; 3. Paramus, 3:33.0; 4. Ramsey, 3:33.8; 5. Bergenfield, 3:35.4; 6. Old Tappan, 3:36.8.

4-x-800: 1. Don Bosco (Jack McDonnell, Scott Fallon, Tom MacNamara, Mike Brosnan), 8:39.9; 2. Garfield, 8:48.5; 3. Ramapo, 8:56.1; 4. Ramsey, 8:57.0; 5. Glen Rock, 8:58.4; 6. Pequannock, 9:06.7.

Sprint medley: 1. Ridgewood (Jeremy Schmidt, Chris Ziegler, John Moody, Niall Buckley), 3:38.0; 2. Don Bosco, 3:39.1; 3. Fort Lee, 3:39.9; 4. Westwood, 3:41.2; 5. Midland Park, 3:47.3; 6. Rutherford, 3:54.6.

Distance medley: 1. Don Bosco (Jason Baker, Sharif Webb, Steve Wexler, Conor Sullivan), 10:43.0; 2. Ridgewood, 10:59.6; 3. Park Ridge, 11:04.7; 4. Midland Park, 11:06.2; 5. Bergen Catholic, 11:16.6; 6. Garfield, 11:28.3.

3-x-110 HJ: 1. Saddle Brook (Carlos Tejeda, Tim White, Bob Koped), 47.5; 2. Ramsey, 48.7; 3. Ridgewood, 48.8; 4. Don Bosco, 49.4; 5. Glen Rock, 50.9; 6. Fort Lee, 51.2.

2-x-400 HJ: 1. Ridgewood (Niall Buckley, Joe Nagano-Gerace), 1:56.6; 2. Glen Rock, 2:00.0; 3. Ramsey, 2:01.9; 4. tie between Don Bosco and Paramus, 2:02.4; 5. tie Bergenfield, Saddle Brook, 2:03.1; 6. Old Tappan, 2:03.1.

Shot put: 1. River Dell (Andrew Trass, Zach Shapiro), 97-7; 2. Ridgewood, 84-1½; 3. Old Tappan, 81-4; 4. Don Bosco, 81-3½; 5. Bergenfield, 80-9¼; 6. Northern Highlands, 79-7½.

Discus: 1. Mahwah (Tom Stripe, James Stathopoulos), 300-0; 2. River Dell, 254-4; 3. Don Bosco, 248-9; 4. Old Tappan, 242-2; 5. Ridgewood, 231-10; 6. Bergenfield, 225-10.

Javelin: 1. Ridgewood (Steve Pierce, Dan Gillis), 293-2; 2. Old Tappan, 285-6; 3. Rutherford, 280-3; 4. Northern Highlands, 272-3; 5. Glen Rock, 272-1; 6. Don Bosco, 268-6.

High jump: 1. Mahwah (Tom Stripe, Brian Doyle), 11-8; 2. Paramus, 11-6; 3. Ramapo, 11-0; 4. Ramsey, 10-10; 5. Ridgewood, 10-8; 6. Rutherford, 5-6.

Long jump: 1. Westwood (Anthony Pillari, Ted Van Horn), 39-7¼; 2. Park Ridge, 39-4¼; 3. Don Bosco, 38-6; 4. Englewood, 38-3; 5. Old Tappan, 38-0¼; 6. Ridgewood, 37-5¼.

Triple jump: 1. Park Ridge (Conrad Healy, Nick Bravo), 81-5½; 2. Westwood, 78-9; 3. Englewood, 78-3; 4. Ramsey, 76-10½; 5. Don Bosco, 76-9½; 6. Old Tappan, 76-1¼.

Pole vault: 1. Don Bosco (Claude Guinchard, Matt Steeg), 25-6; 2. Ramapo, 24-0; 3. Fort Lee, 23-0; 4. Ramsey, 21-6; 5. Garfield, 21-0.

Highlander Invitational

April 15, 2006

Shuttle Hurdles (3 man):

| | | |
|-------------------|------|------------------------------------|
| John Moody | 15.8 | |
| Joe Nagano-Gerace | 16.7 | |
| Steven Pierce | 16.4 | <u>48.8 – 3rd Place</u> |

Distance Medley:

| | | |
|---------------------|------|---------------------------------------|
| Jacob Garber | 3:30 | |
| Christian Trautwein | 54.5 | |
| Jeremy Schmidt | 2:06 | |
| Dan Emont | 4:34 | <u>10:59.6 – 2nd Place</u> |

4x100m:

| | | |
|--|--|------------------------------------|
| John Moody / Brian Clementi / Lucas Chwe / Chris Zeigler | | |
| | | <u>45.3 – 3rd Place</u> |

4x200m:

| | | |
|----------------|------|--------------------------------------|
| John Moody | 23.9 | |
| Zach Ontiveros | 23.4 | |
| Brian Clementi | 24.1 | |
| Chris Zeigler | 22.6 | <u>1:34.1 – 4th Place</u> |

2x400 IH:

| | | |
|-------------------|------|--|
| Niall Buckley | 56.8 | |
| Joe Nagano-Gerace | 59.8 | <u>1:56.6 – 1st Place</u> |
| Steven Pierce | 58.1 | |
| Akira Monri | 61.1 | <u>1:59.2 – Would have been 2nd Place</u> |

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

| | | |
|----------------|--------|--------------------------------------|
| Jeremy Schmidt | 52.0 | |
| John Moody | 23.3 | |
| Chris Zeigler | 22.6 | |
| Niall Buckley | 1:59.6 | <u>3:38.0 – 1st Place</u> |

4x400m:

| | | |
|---------------------|------|---------------|
| Joe Nagano-Gerace | 55.4 | |
| Zach Ontiveros | 53.8 | |
| Akira Monri | 54.9 | |
| Christian Trautwein | 53.5 | <u>3:37.1</u> |

Pole Vault:

| | | | |
|----------------|-------|------------|------|
| Paul Kovach | 12'6" | Joe McKeon | 9'0" |
| Zach Ontiveros | NH | | |

High Jump:

| | | | |
|---------------|-------------------------------|-------------|----|
| Paul Kovach | 5'4" | Tobin Haase | NH |
| Niall Buckley | 5'4" | Dave Stolfo | NH |
| | 10'8" – 5 th Place | | |

Long Jump:

| | | | |
|----------------|-----------|-----------------------------------|--|
| Paul Kovach | 18'9 3/4" | | |
| Brian Clementi | 18'8" | 37'5 3/4" – 6 th Place | |

| | | | |
|---------------|-------|-------------|-------|
| Chris Zeigler | F | Akira Monri | 16'5" |
| Dan Gillis | 16'8" | Jason Lee | 15'8" |

Triple Jump:

| | | | | | |
|----------------|--------|------------|-------|----------------|--------|
| Brian Clementi | 38'3" | Dan Gillis | F | Felipe Vasquez | 33'2" |
| Akira Monri | 36'11" | Jason Lee | 33'1" | Dave Stolfo | 36'11" |

Shot Put:

| | | | |
|-----------------|-----------|-----------------------------------|--|
| Ben Wilson | 42'7 1/2" | | |
| Mike Mosticchio | 41'6" | 84'1 1/2" – 2 nd Place | |

| | | | | |
|---------|----------------|-------|---------------|-------|
| Novice: | Tucker Borgman | 34'8" | Nadeem Dawson | DQ |
| | Chris Ryan | 36'1" | Tobin Haase | 34'2" |

Discus:

| | | | |
|--------------|--------|---------------------------------|--|
| Steve Pierce | 123'4" | | |
| Ben Wilson | 108'6" | 231'10" – 5 th Place | |

| | | | | |
|---------|-----------------|---------------------------------|----------------|--------|
| Novice: | Mike Mosticchio | 109'6" | Tucker Borgman | 87'11" |
| | Chris Ryan | 113'4" | Tobin Haase | 81'10" |
| | | 222'10" – 1 st Place | | |

Javelin:

| | | | |
|--------------|--------------------------------|----------------|--------|
| Steve Pierce | 185'0" | Tobin Haase | 110'2" |
| Dan Gillis | 107'2" | Felipe Vasquez | 89'3" |
| | 293'2" – 1 st Place | | |

April 18, 2006 – 60 clear

4x400m: Ridgewood: 0 Hackensack: 5
1-Hackensack 3:35.9
2-Ridgewood 3:37.0 – M. Vaccaro 55.1; D. Gillis 54.9; J. Moody 54.3; C. Zeigler 52.7

Long Jump: Ridgewood: 4 Hackensack: 5
1-Christian Smalls (H) 18'8" 2-Akira Monri (R) 18'3" 3-Brian Clementi (R) 18'1 ½"
Others: D. Gillis 16'5"; D. Stolfo 16'3"; J. Lee 16'2"

Triple Jump: Ridgewood: 4 Hackensack: 5
1-Christian Smalls (H) 39'8" 2-Brian Clementi (R) 39'5" 3-Akira Monri 39' ½"
Others: D. Stolfo 36'9 ½"; M. Onorato 33'3"; J. Lee F

High Jump: Ridgewood: 3.5 Hackensack: 5.5
1-Ausar Walcot (H) 5'8" 2-Paul Kovach (R) 5'6" 3-(tie) Haase (R) / Barber (H) 5'2"
Others: D. Stolfo 5'2"; B. O'Connell NH; B. Clementi NH

Pole Vault: Ridgewood: 8 Hackensack: 1
1-Paul Kovach (R) 12'0" 2-Louis Berns (R) 11'6" 3-Dom Fittizzi (H) 11'6"
Others: J. McKeon 9'6"; Z. Ontiveros 9'6"

Shot Put: Ridgewood: 6 Hackensack: 3
1-Ben Wilson (R) 44'1" 2-Andre (H) 41'8" 3-Nadeem Dawson (R) 41'0"
Others: M. Mosticchio 40'6" C. Ryan 36'3"; T. Haase 35'10"

Discus: Ridgewood: 4 Hackensack: 5
1-Powell (H) 118' 2-Chris Ryan (R) 110'4" 3-Ben Wilson (R) 108'0"
Others: M. Mosticchio 100'11"; T. Haase 99'4"; S. Pierce F

Ridgewood 104

April 18, 2006 – 60 clear

St. Joes 27

400 IH: Ridgewood: 8 St. Joe's: 1
1-Steven Pierce (R) 58.6 2-J. Nagano-Gerace (R) 61.2 3-Lowery (SJ) 65.3
Others: P. Nygaard 65.9; R. Sayanagi 66.6; E. Grossman 72.2 (fall)

100m: Ridgewood: 3 St. Joe's: 6
1-Ferla (SJ) 10.8 2-Chris Zeigler (R) 11.3 3-Guarimo (SJ) 12.0
Others: A. Gelbaum 12.1; J. Moody 12.1; L. Chwe 12.1; F. Nestor 12.6; R. Webbe 12.6;
F. Vasquez 12.9; C. Suh 13.7; D. Nagano-Gerace 13.7; J. Schwartz 13.9;
D. Nowinski 14.1; J. Lai 14.1; S. Tackaberry 14.6; K. Boyce 14.9; J. Dabby 15.7

1600m: Ridgewood: 9 St. Joe's: 0
1-Jeremy Kalmus (R) 4:49.2 2-Christian Trautwein (R) 4:49.8 3-T. Shiganobu (R) 4:50.7
Others: J. Garber 4:59; C. Magrath 5:04; D. Emont 5:06; A. Pruzinski 5:08;
D. Landers 5:08; K. Meissner 5:08; S. Murphy 5:28; W. Jang 5:29; A. Fine 5:46;
D. Morse 5:56; C. Jones 6:16

400m: Ridgewood: 9 St. Joe's: 0
1-Jeremy Schmidt (R) 52.9 2-Mike Vaccaro (R) 55.7 3-B. O'Connell (R) 56.4
Others: F. Nestor 58.2; M. Onorato 59.1

110HH: Ridgewood: 9 St. Joe's: 0
1-Akira Monri (R) 15.8 2-John Moody (R) 16.0 3-Steven Pierce (R) 16.4
Others: R. Sayanagi 18.2; P. Nygaard 18.3; J. Lee 19.2; D. Nagano-Gerace 22.0;
E. Grossman 22.2; B. Grossman 22.4

800m: Ridgewood: 6 St. Joe's: 3
1-Christian Trautwein (R) 2:08.0 2-Ganter (SJ) 2:11.0 3-Jacob Garber (R) 2:15.7
Others: K. Meissner 2:19.0; A. Vedder 2:19.5; R. Morgan 2:21.0; M. Meisser 2:21.8

200m: Ridgewood: 4 St. Joe's: 5
1-Ferla (SJ) 22.5 2-Chris Zeigler (R) 23.3 3-Albert Gelbaum (R) 23.7
Others: Z. Ontiveros 24.0; A. Monri 24.4; P. Nygaard 24.8; D. Gillis 24.9; M. Vaccaro
25.1; D. Stolfo 26.1; R. Sayanagi 26.2; R. Webbe 26.8; E. Grossman 27.3;
D. Nagano-Gerace 27.8; Z. Chananer 28.7; K. Boyce 29.2; C. Suh 29.7; N. Stitt 30.2;
J. Lai 30.5; S. Tackaberry 30.9; J. Dabby 31.9;

3200m: Ridgewood: 4 St. Joe's: 5
1-Brave (SJ) 10:15.8 2-Jeremy Kalmus (R) 10:34.2 3-Dan Emont (R) 11:06.9
Others:

4x400m: Ridgewood: 5 St. Joe's: 0
1-Ridgewood 3:37.0 – M. Vaccaro 55.1; D. Gillis 54.9; J. Moody 54.3; C. Zeigler 52.7

Long Jump: Ridgewood: 9 St. Joe's: 0
1-Akira Monri (R) 18'3" 2-Brian Clementi (R) 18'1 1/2" 3-Dan Gillis (R) 16'5"
Others: D. Stolfo 16'3"; J. Lee 16'2"

Triple Jump: Ridgewood: 9 St. Joe's: 0
1-Brian Clementi (R) 39'5" 2-Akira Monri 39' 1/2" 3-Dave Stolfo (R) 36'9 1/2"
Others: M. Onorato 33'3"; J. Lee F

High Jump: Ridgewood: 9 St. Joe's: 0
1-Paul Kovach (R) 5'6" 2-Tobin Haase (R) 5'2" 3-Dave Stolfo (R) 5'2"
Others: B. O'Connell NH; B. Clementi NH

Pole Vault: Ridgewood: 8 St. Joe's: 1
1-Paul Kovach (R) 12'0" 2-Louis Berns (R) 11'6" 3-John Trumbetti (SJ) 10'6"
Others: J. McKeon 9'6"; Z. Ontiveros 9'6"

Shot Put: Ridgewood: 3 St. Joe's: 6
1-Doug Klopacz (SJ) 47'2" 2-Ben Wilson (R) 44'1" 3-Della Fave (SJ) 41'11"
Others: N. Dawson 41'0"; M. Mosticchio 40'6" C. Ryan 36'3"; T. Haase 35'10"

Discus: Ridgewood: 9 St. Joe's: 0
1-Chris Ryan (R) 110'4" 2-Ben Wilson (R) 108'0" 3-Mike Mosticchio (R) 100'11"
Others: T. Haase 99'4"; S. Pierce F

TRACK BESTS

BOYS

100 M (11.3) — Shaquan Brown, Kennedy, 10.6; Anthony Ferla, St. Joseph, 10.8; Kevin Shim, Ridgefield 10.8; James Taylor, Westwood, 10.8; Tinashe Kitchen, Fort Lee, 10.8; Tom Teel, Dumont, 10.8; Rashad White, Teaneck, 10.84; Gary Counsel, Englewood 10.9; Sal Mancini, Becton, 11.1; Kwame Bonahane, Hackensack, 11.2; Hannibal, Bergen Tech 11.2; Joe Jones, Englewood 11.2; Dan Silvestro, Fair Lawn, 11.28; Chris Zelgler, Ridgewood, 11.3; Chris Oravetz, Waldwick, 11.3; Chris Kang, Bergen Tech, 11.3; Chris Lee, Secaucus, 11.3.

200 M (23.5) — Brown, Kennedy, 22.1; Kitchen, Fort Lee, 22.2; Marcus Guest, Paramus Catholic, 22.2; Ferla, St. Joseph, 22.5; Kevin Shim, Ridgefield, 22.5; Mike Epps, Englewood, 22.5; J. Sam, Bergen Catholic, 22.7; White, 22.7; Bonahane, Hackensack, 22.9; Josh Griffin, Englewood, 22.9; East, Passaic, 23.1; Roberto Hannibal, Bergen Tech, 23.1; Sal Mancini, Becton, 23.1; Jason Kelsey, Don Bosco, 23.1; Chris Lee, Secaucus, 23.2; Zelgler, Ridgewood, 23.3; Fred Owusu, Becton, 23.3; Shawn Rembecky, Paramus, 23.3; Arnold Staton, Paramus Catholic, 23.4; Silvestro, 23.44; Matt Andriulli, Don Bosco, 23.5.

400 M (53.5) — Brown, Kennedy, 49.9; Sharif Webb, Don Bosco, 51.6; Akeem Thomas, Teaneck, 51.9; Kitchen, Fort Lee, 52.1; Robert East, Passaic, 52.8; Jeremy Schmidt, Ridgewood, 52.9; Kevin McVergh, River Dell, 52.9; Landon Woodson, Passaic, 53.2; Sal Mancini, Becton, 53.2; Holton, Clifton, 53.3; Joel Trager, Westwood, 53.3.

800 M (2:05) — Toby Emanuel, Tenafly, 2:04.3; Jeff Horn, River Dell, 2:04.8.

110M HH (16.2) — Mitchell, 15.3; Keith Brunner, River Dell, 15.3; Akira Monri, Ridgewood, 15.8; Chris Castro, Bergen Tech, 15.8; Evan Shaker, Paramus Catholic, 15.8; John Moody, Ridgewood, 16.0; Joe Gogglin, Bergen Catholic, 16.0; Chadwick Cadet, Don Bosco, 16.0; Stephen Spencer, Teaneck, 16.1; Kevin Amagal, Tenafly, 59.2; Andre Mitchell, Teaneck, 59.73; Jon Massari, Paramus, 59.95.

400M IH (60.0) — Brunner, 57.6; Webb, 58.3; Steven Pierce, Ridgewood, 58.7; Amagal, 59.2; John Ferdinand, Hackensack, 59.3; Mooney, Montclair, 59.3.

1 mile or 1,600M relay (3:40) — Kennedy, 3:31; Hackensack, 3:35.9; Ridgewood, 3:36.9; Don Bosco, 3:39.4.

Long jump (19-6) — Teradizh, Fort Lee, 21-6; Ted Van Horn, Westwood, 20-7; John Totaro, Tenafly, 20-1; Anthony Pillari, Westwood, 19-7; Matt Certossino, Rutherford, 19-7; Ronald Little, Englewood, 19-6.

Triple jump (39-6) — Val Teradizh, Fort Lee, 43-2½; Mitch Bennett, Paramus Catholic, 43-0½; Certossino, 41-7½; Justin Park, Tenafly, 40-9; Totaro, 40-3; Malot, Ridgefield Park, 40-10½; Anthony Smalls, Hackensack, 39-9.

High jump (5-10) — John Rigg, Bergen Catholic, 6-4; Dan Scott, Kennedy, 6-2; Eddie Crockett, Passaic, 6-0; Teradizh, Fort Lee, 6-0; Glen Luis Cabrera, Ridgefield Park, 6-0; Rembecky, 5-11; Woodson, Passaic, 5-10; Mike Monahan, Ridgefield Park, 5-10; Alex Malot, Ridgefield Park, 5-10; Mike Keating, Fair Lawn, 5-10; Joe Massaro, Old Tappan, 5-10; Claude Guinchard, Don Bosco, 5-10.

Pole vault (11-6) — Steven Platkowski, Dumont, 12-6; Paul Kovach, Ridgewood, 12-0; Doug Park, Fort Lee, 12-0; Louis Berns, Ridgewood, 11-6; Dom Fittizzi, Hackensack, 11-6.

Discus (135) — Michael Farr, Don Bosco, 140-10; Caleb Gordon, Kennedy, 138-11; Evan Noel, River Dell, 135-7; Chris Hallissey, Don Bosco, 135-7.

Javelin (160) — Kyle Kolich, Rutherford, 177-1; Doug Cerniglia, Ridgefield Park, 164-5.

Shot put (46) — Zach Shapir, River Dell, 49-2; Doug Klopacz, St. Joseph, 47-10; Andrew Trass, River Dell, 46-10.

TRACK

BOYS

Becton 70, Secaucus 69
Bergen Tech 84, Cresskill 55
Bergen Tech 107, Emerson 34
Bloomfield 68, Belleville 45
Clifton 79, Montclair 47
Clifton 83, Passaic 48
Cresskill 97, Emerson 25
Don Bosco 111, Barringer 9
Don Bosco 77, Eastside 45
Fort Lee 108, Englewood 32
Hackensack 106, St. Joseph 25
Hawthorne 86, Lodi 54
Kennedy 78, Bergen Catholic 49
Nutley 63, Teaneck 63
Nutley 69, Paramus 61
Paramus Catholic 90, Belleville 41
Paramus Catholic 87, Bloomfield 42
Passaic 65, Clifton 63
Passaic 88, Montclair 35
Ridgefield 83, Becton 57
Ridgefield 87, Secaucus 49
Ridgefield Park 110, Englewood 25
Ridgefield Park 73, Fort Lee 67
Ridgewood 78½, Hackensack 52½
Ridgewood 105, St. Joseph 26
River Dell 105, Dumont 26
River Dell 71½, Tenafly 67½
Rutherford 93, Queen of Peace 34
Saddle Brook 77, Midland Park 57
Teaneck 67, Paramus 63
Tenafly 94, Dumont 46
Waldwick 98, Glen Rock 42
Westwood 128, Queen of Peace 11
Westwood 106, Rutherford 34

GIRLS

Becton 75, Ridgefield 56
Becton 84, Secaucus 46
Bergen Tech 71, Emerson 60
Bloomfield 73, Belleville 16
Clifton 85, Montclair 46
Clifton 90, Passaic 41
Cresskill 66, Bergen Tech 65
Emerson 66, Cresskill 65
Fort Lee 114, Englewood 30
Hackensack 81, Holy Angels 49
Hawthorne 84, Lodi 41
IHA 65, Kennedy 65
Midland Park 87, Saddle Brook 48
Paramus 106, Nutley 25
Paramus 65, Teaneck 65
Paramus Catholic 97, Belleville 26
Paramus Catholic 86, Bloomfield 41
Passaic 70, Montclair 48
Ridgefield 63, Secaucus 61
Ridgefield Park 117, Englewood 24
Ridgefield Park 88, Fort Lee 57
Ridgewood 90, Hackensack 41
Ridgewood 96, Holy Angels 34
River Dell 112, Dumont 42
River Dell 100, Tenafly 44
Rutherford 114, Queen of Peace 20
Teaneck 91, Nutley 33
Tenafly 90, Dumont 58
Waldwick 75, Glen Rock 50
Westwood 126, Queen of Peace 14
Westwood 96, Rutherford 48

Ridgewood raring to run in c

BY GREG TARTAGLIA
Staff Writer

RIDGEWOOD — Both the boys and girls outdoor track and field teams of Ridgewood High School will attempt to repeat as Bergen County champions this weekend at the Jack Yockers County Relays in Demarest.

The Maroons' coaches have used a pair of meets in the past week to get their athletes geared up for the county relays, albeit in different ways.

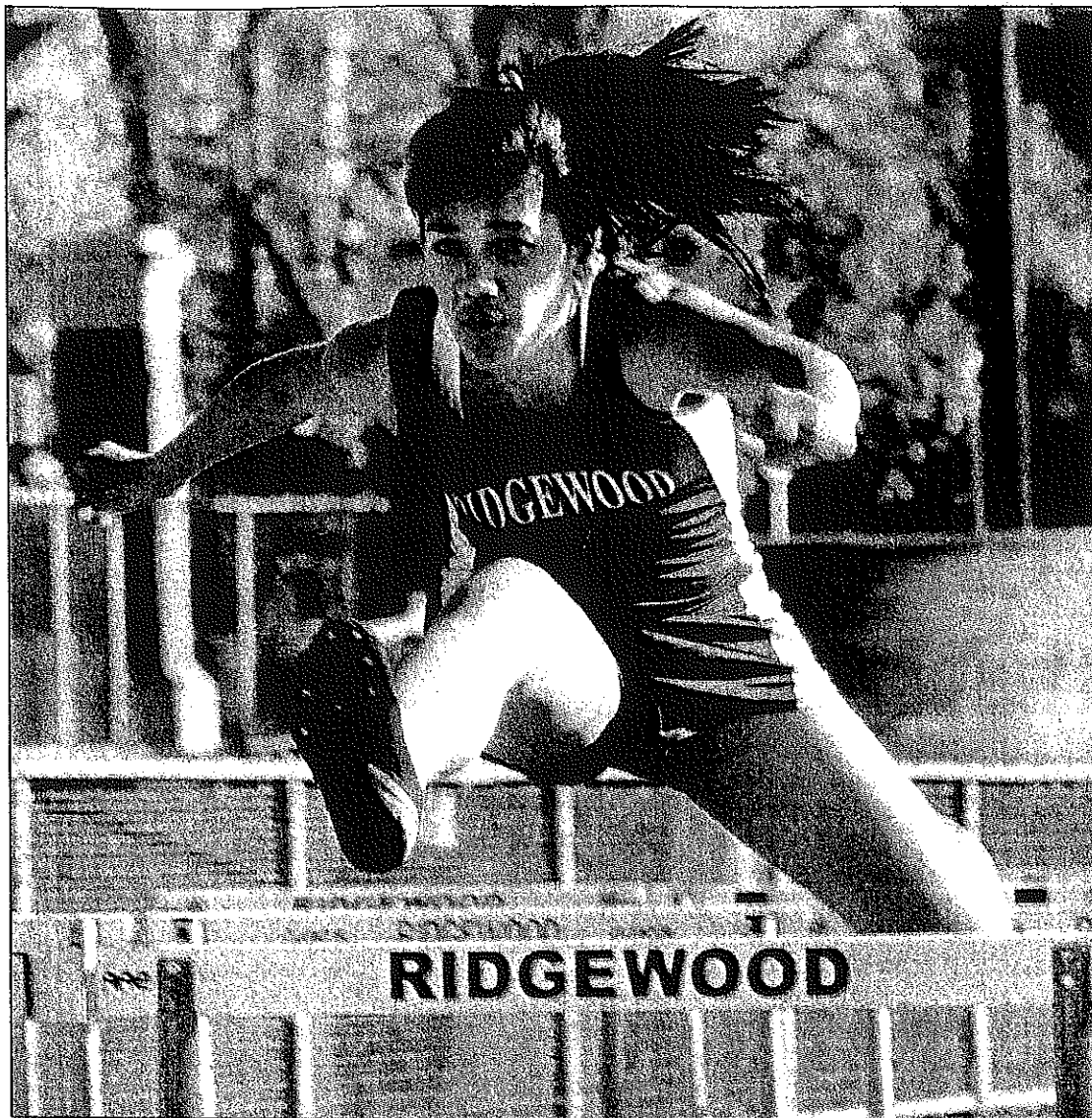
Boys head coach Josh Saladino ran nearly a full squad in last weekend's Highlander Invitational at Northern Highlands High School in Allendale. Senior distance runners Michael Cator and Byron Williams were the only notable absentees, as the Maroons took first place in the sprint medley, intermediate hurdles and javelin relays.

"We weren't necessarily using that meet to try to win it; we were really using the invitational to try and set ourselves up for the county relays," said Saladino. "There were some events that we didn't put any competitors in because we're not trying to wear them down too much. What we're really trying to do is get them ready, so that this weekend, they're at their best."

The Ridgewood boys finished second in the Highlander Invitational behind Don Bosco, 90-67. The Ironmen figure to be the Maroons' biggest competition again this weekend.

"Last year was our first county title since 1988, and we certainly want to go and defend it," Saladino said. "Us, Don Bosco and Northern Highlands finished 1-2-3. So those are certainly two teams we're going to compete with."

Meanwhile, Ridgewood entered just one female athlete in the Highlander Invitational. Cassie Wong took second in the pole vault relay, clearing 11 feet. Girls head coach Jacob Brown placed more importance on Tuesday's tri-meet with



GARY JUNG/STAFF PHOTOGRAPHER

Ridgewood junior Lara-Jane Que shows the fluid form that enabled her to win the 100-meter high hurdle event Tuesday in a time of 15.5 seconds in a tri-meet against Hackensack and Holy Angels.

Hackensack and Holy Angels.

The Lady Maroons ran their Northern New Jersey Interscholastic League (NNJIL) record to 6-0, defeating Hackensack, 90-41, and topping the Angels, 96-34.

"I kind of wanted to make a statement today," Brown said after Tuesday's meet. "Hackensack is normally very good, and we need-

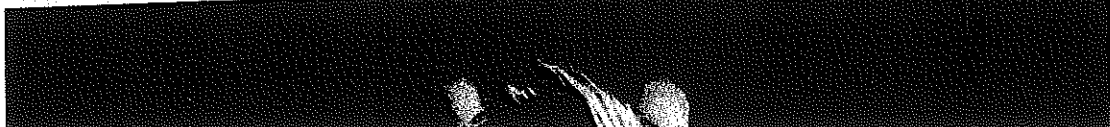
ed kind of a final tune-up for the county relays, so I wanted the kids to get after it today. And it happened, they did real well."

Senior Stephanie Westerman led the charge, winning the 800-meter race in 2:23 and anchoring the 4 x 400 relay team to a first-place finish. Jess Krejsa, Emily Barr and Ashlyn Llerandi combined

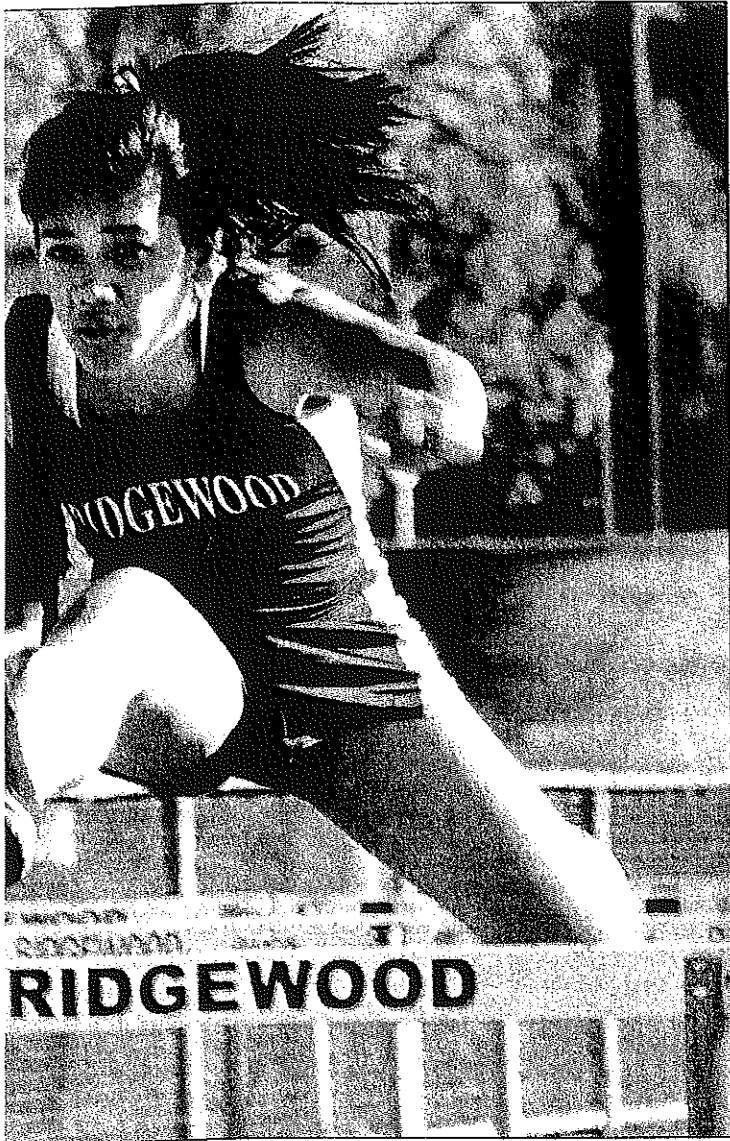
with Westerman to finish the event in 4:14.1. Christy Bertelsen won the 1600-meter run with a time of 5:41.5 and finished second to Holy Angels' Allison Gadaleta (12:24.1) in the 3200 by 20 seconds.

Wong did not compete in the pole vault against Hackensack and Holy Angels, but did finish third behind teammate Lara-Jane Que in the 100-meter high hurdles.

Que, a junior, felt confident about Ridgewood's ability to win the event in the county relays, despite the fact that she and Wong will have to try to do so without one of their best hurdlers. Junior



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GARY JUNG/STAFF PHOTOGRAPHER

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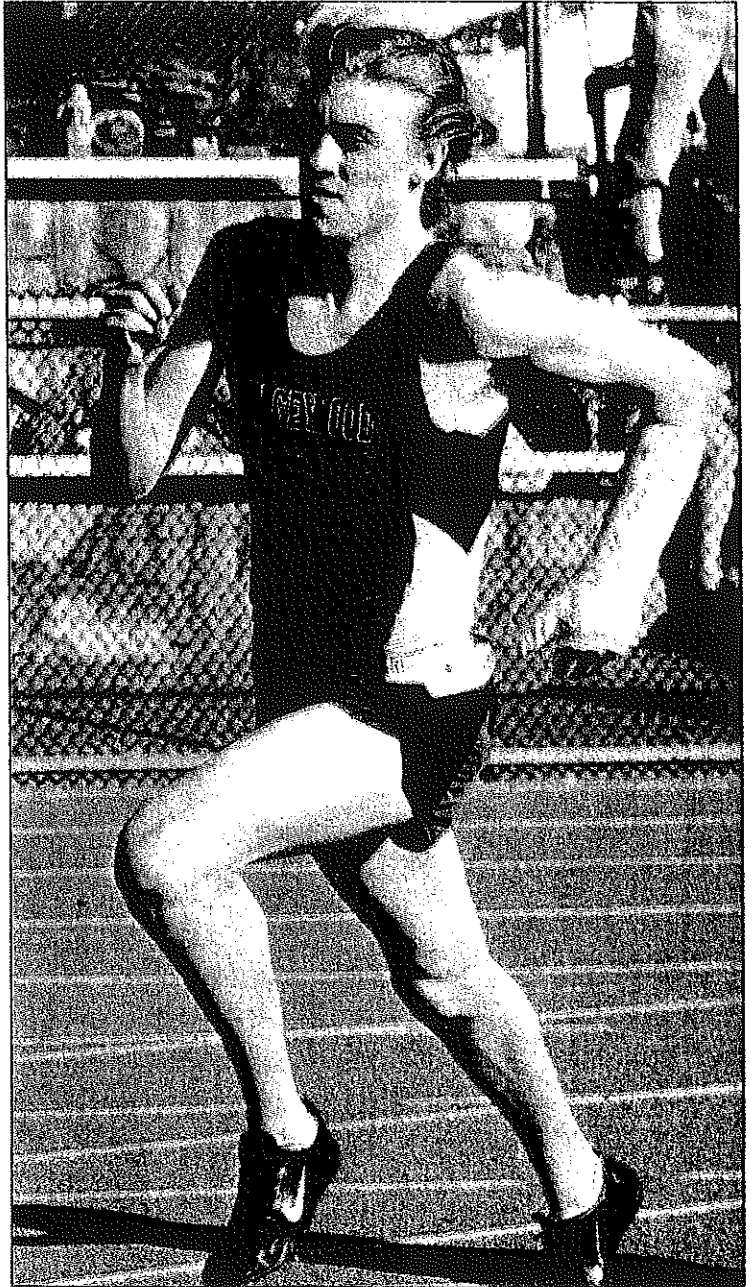
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GARY JUNG/STAFF PHOTOGRAPHER

Ridgewood junior Jeremy Schmidt races to the lead in the 400-meter run in Tuesday's tri-meet against Hackensack and St. Joseph. Schmidt won in 52.9 seconds, edging teammate Mike Vaccaro, who finished second with a clocking of 55.7 seconds.

Joanne along."

For all their inexperience, the Gonzalez twins have already shown promise in the shot put, topping out their throws at 26 feet. Wypler's personal shot put best came in the Maroons' tri-meet with Netherland Bellville on April

and led a Ridgewood sweep of the top four positions. Sophomore Christian Trautwein finished second, only six-tenths of a second behind Kalmus.

Since being displaced from his native New Orleans by Hurricane Katrina, Kalmus has made himself

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GARY JUNG/STAFF PHOTOGRAPHER

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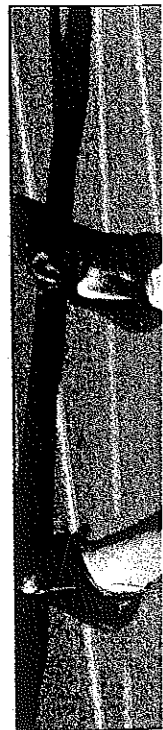
Que, a junior, felt confident about Ridgewood's ability to win the event in the county relays, despite the fact that she and Wong will have to try to do so without one of their best hurdlers. Junior Brooke Bogart recently suffered a hamstring injury and will be unable to participate.

"Because our team is so versatile, we have other people able to take her place in the event," said Que. "That's why this team is so great. Brooke is a major loss, but hopefully we can still get back to where we want to be."

Junior Erica Cigolini will help fortify the Maroons' sprint unit along with Que. On Tuesday, Cigolini ran second in the 100 (12.7), 200 (25.9) and long jump (15 feet, eight inches), placing behind Hackensack's Consandra Walker in each event. Walker won both the 100 and 200 by four-tenths of a second.

Junior Jaclyn Wypier also turned in a solid performance against the Comets and Angels, winning the shot put (28 feet, nine inches) and discus (87 feet). Wypier provides leadership for an otherwise inexperienced contingent of throwers.

"We have two freshmen, Megan and Joanne Gonzalez," said Wypier. "They just came out at the beginning of the spring. I think Megan threw it a little bit in middle school, but Joanne didn't. So Megan was '1 of like, hey, I'm good at this, I since you're my sister, you should be good at this,



GARY JUNG/STAFF PHOTOGRAPHER

Ridgewood junior Jeremy Schmidt races to the lead in the 400-meter run in Tuesday's tri-meet against Hackensack and St. Joseph. Schmidt won in 52.9 seconds, edging teammate Mike Vaccaro, who finished second with a clocking of 55.7 seconds.

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For all their inexperience, the Gonzalez twins have already shown promise in the shot put, topping out their throws at 26 feet. Wypier's personal shot put best came in the Maroons' tri-meet with Nutley and Belleville on April 11, a toss of 31 feet, three inches.

As for the boys, they, too, maintained a perfect record (6-0) in league meets by besting Hackensack, 78.5 to 52.5, and St. Joseph, 104-27.

Jeremy Schmidt ran the 400-meter race in 52.9, and helped the boys 4 x 400 squad to a second-place time of 3:37, just behind Hackensack's 3:35.9. The junior is expected to team up with Cator, Williams and Niall Buckley once again for the distance medley relay at this weekend's county meet.

Last Saturday, Schmidt was the only one of the four to run in the distance medley relay at the Highlander Invitational, as Ridgewood finished second in the event to Don Bosco.

"If we had all of our varsity athletes, we might have won that whole meet," Schmidt said. "Don Bosco is definitely going to be the toughest competitor this weekend. Both they and Northern Highlands beat us indoors in the county relays (in January), but we've gotten a little more determined this (spring) season."

Some of the Maroons' other distance runners often get overshadowed by the big four, but they did enjoy big afternoons in the tri-meet with the Comets and Green Knights. Junior Jeremy Kalnus

and led a Ridgewood sweep of the top four positions. Sophomore Christian Trautwein finished second, only six-tenths of a second behind Kalnus.

Since being displaced from his native New Orleans by Hurricane Katrina, Kalnus has made himself right at home on the Maroons' varsity alongside fellow milers Cator, Williams, Schmidt and Buckley.

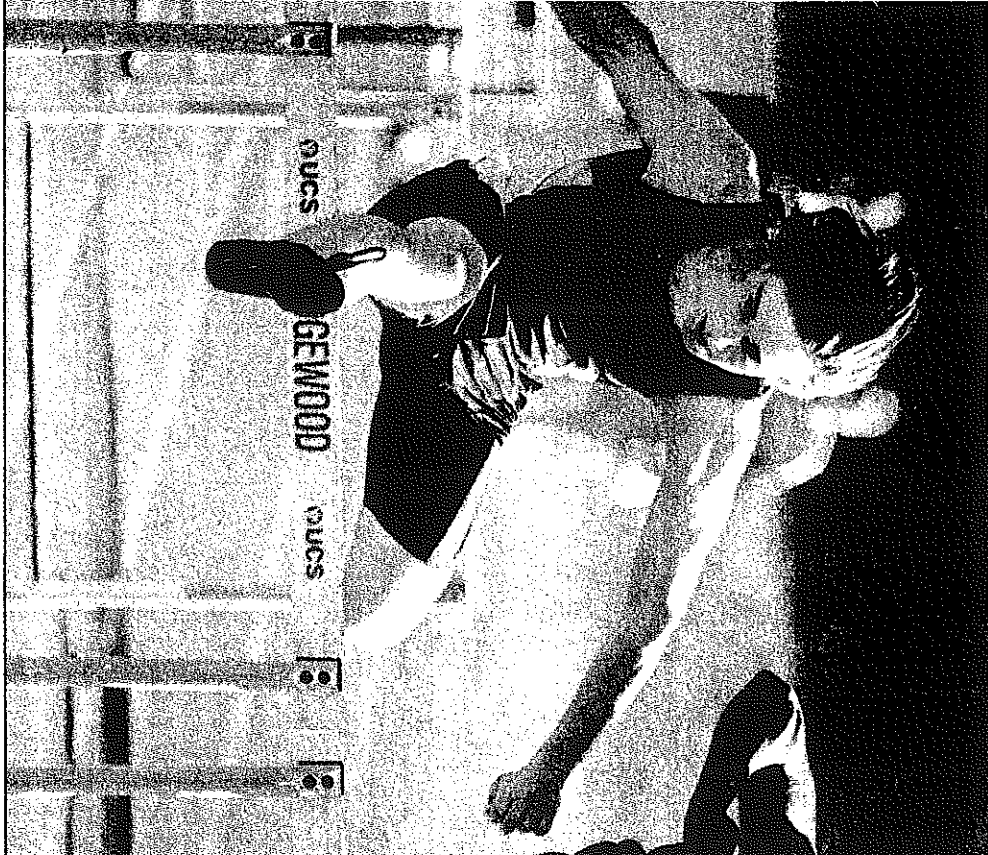
"As soon as I got here, we all just clicked," said Kalnus, who also ran second in the 3200 on Tuesday. "Now those guys are my brothers, really. We're all kind of the same breed."

"Coach Saladino and (distance runners) Coach (Mike) Glynn deserve as much thanks as possible, too," Kalnus added.

Ridgewood also got first-place finishes at the Hackensack-St. Joseph meet from senior Steve Pierce (58.7) in the 400-meter intermediate hurdles and senior John Moody (16.0) in the 110-meter intermediate hurdles. Sophomore Akira Monri actually ran the lowest time of the afternoon in the 110 hurdles, a blistering 15.8 in the second heat of the afternoon.

Meanwhile, Trautwein enjoyed his first win of the season in the 800 with a time of 2:08.

Senior Paul Kovach led all pole vaulters on the day by clearing 12 feet. Kovach, whose personal best is a 13-foot vault turned in against Nutley/Belleville on April 11, and Louis Berns (11 feet, six inches on Tuesday) should also keep the Maroons in contention in the event at the county relays.



GARY JUNG/STAFF PHOTOGRAPHER

ve Pierce shows the thrill of the competition, scaling the 110-meter high tri-meet versus Hackensack and St. Joseph. Pierce finished third in a time of 1:16.3 seconds. Hackensack's Ausar Walcott (16.3 seconds) and the winner, Ridgewood

Locals report for Yockers

Ridgewood girls, Don Bosco boys have work ahead in Group 'A'

By **PAUL SCHWARTZ**
and **GREGORY SCHUTTA**
STAFF WRITERS

It might be the largest high school sporting event held in New Jersey each year in terms of number of competing athletes. It's certainly the largest high school sporting event in North Jersey. It's the Jack Yockers Bergen County Relays, named after the late Tenafly and Demarest coach. Today and Saturday, the 45th edition of the meet will be held at Demarest High School.

Nearly every high school in Bergen County has entered and more than 2,000 athletes are expected to compete in the meet, which has been run in four divisions since 2003. This year, only six teams have changed divisions with Garfield replacing Bergenfield in Group A, the largest group, with the Bears dropping to B and Mahwah and Rutherford moving to Group B replacing Dumont and Ramsey, which drop to Group C.

Girls Group A matches defending champion Ridgewood, No. 1 in The Record's Top 20, against seven other Top 20 teams, IHA (No. 4), Old Tappan (No. 8), Northern Highlands (No. 9), Ramapo (No. 12), Hackensack (No. 14), Teaneck (No. 17) and Paramus (No. 18).

Group B features No. 5 Indian Hills, the defending champion, against No. 7 River Dell, with No. 20 Mahwah and unranked Demarest also contenders.

Defending champ Glen Rock faces a stiff challenge in Division C

Jack Yockers Bergen County Relays at Demarest High School

Today:

Field events: 3:30 p.m.

Running events: 4:15 p.m.

Saturday:

All events: 9 a.m.

from No. 10 Ramsey, No. 15 Pascack Hills and No. 19 Westwood. Group D features surprise 2005 champ Waldwick against No. 16 Hasbrouck Heights and a scrappy Park Ridge team.

On the boys side, No. 1 Don Bosco is favored against a strong field in Group A that includes No. 2 Northern Highlands, No. 3 and defending champion Ridgewood, No. 7 Old Tappan, No. 9 Hackensack, No. 15 Teaneck and No. 16 Bergen Catholic.

Group B matches defending champ and No. 19 Demarest against No. 4 Indian Hills, No. 13 River Dell and No. 20 Tenafly.

In Division C, defending champion and No. 18 Westwood will be challenged by No. 10 New Milford, which already has won two major titles this spring, No. 12 Ramsey and Ridgefield Park also could contend.

Defending champ Hasbrouck Heights (No. 11) is favored over No. 14 Park Ridge and unranked Cresskill in Group D.

PENN RELAYS QUALIFIERS: Several North Jersey distance medley and 4-x-800 teams learned Monday that they were accepted to run in next week's Penn Relays. Only 18 distance medley teams

and 70 4-x-800 teams are selected from the more than 1,000 schools that enter the event.

The Indian Hills and Don Bosco boys teams and the Ridgewood girls team qualified for the 4-x-800 from which 12 teams advance to a final. IHA was just six-tenths of a second away from qualifying in the girls race.

Ridgewood and Northern Highlands both qualified for the boys distance medley, the first time in more than a decade two area schools qualified, and Ramapo will make its first appearance in the girls distance medley.

Amy Van Alstine of Midland Park has been added to the girls 3,000 and Melinda Levendusky of Butler was added to the girls javelin, bringing the number of North Jersey individuals expected to compete to 13.

More than 30 North Jersey schools are expected to compete in the 4-x-100 and 4-x-400 relays which are open to all.

TRACK BRIEFS: Wayne Valley nearly stole the title at the Morris Hills relays last weekend, finishing second, just three points behind the host school and ahead of powers like Roxbury, Morristown and Toms River South.

The Indians won the triple jump with a three-man distance of 115-6¼, were second in the 4-x-1,600 (18:46.61) and the discus throw (362-9), and third in the 3-x-400 hurdles (3:02.90) and the distance medley (10:52.30).

Holy Angels had some good performances at the Uniondale, N.Y., Invitational. The sophomore quartet of Allison Gadaleta, Guil-

TRACK RANKINGS

Boys

1. Don Bosco
2. No. Highlands
3. Ridgewood
4. Indian Hills
5. Wayne Valley
6. Kennedy
7. Old Tappan
8. West Milford
9. Hackensack
10. New Milford
11. Hasb. Hts.
12. Ramsey
13. River Dell
14. Park Ridge
15. Bergen Cath.
16. Teaneck
17. Pomp. Lakes
18. Westwood
19. Demarest
20. Tenafly

Girls

1. Ridgewood
2. Kennedy
3. Clifton
4. IHA
5. Indian Hills
6. Butler
7. River Dell
8. Old Tappan
9. No. Highlands
10. Ramsey
11. West Milford
12. Ramapo
13. Wayne Val.
14. Hackensack
15. Pasc. Hills
16. Hasb. Hts.
17. Teaneck
18. Paramus
19. Westwood
20. Mahwah

liette Trentacosti, Nicole Schiavone and Stephanie Gibney set a meet record of 23:39.1 in the 4-x-one-mile relay. Schiavone then set an unofficial Bergen County record of 8:14.11 in finishing third in the 2,000-meter steeplechase. Mary Kay Duff was fourth in the 3,000 meters in 11:18.09.

QUICK HITS: When Carly Steinmetz of Hasbrouck Heights held off Lacey Habicht of Pascack Hills on Saturday to win the sprint medley for the Aviators at the Lyndhurst Relays, it likely signaled the beginning of a long rivalry between the two freshmen. In another odd twist, each runner is one-half a set of identical twins.

Becton doubles its pleasure

Becton's baseball and softball teams produced five-inning no-hitters Thursday and came within a final-inning walk of delivering a double-dose of perfection.

Sophomore Jeremy Liebeck pitched a perfect game in a 13-0 baseball win over Harrison at Becton Field in East Rutherford. Senior

"One of the girls had gotten a call from one of the boys on the bus and they were excited," softball coach Dwight Hall said. "They'll be talking about it [today] on the school [public address] system."

Liebeck, who started as a freshman, struck out six and only twice reached a full count

Liebeck did not need any superb defensive plays. Shortstop Mike DeLeasa, "made three real nice plays," DeSimone said. The best may have been left fielder Eric Pangaro's running catch of a foul ball.

Ross struck out seven and Hall said, "Her location was there and she was putting the ball

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Chance encounter

LP's Cerniglia makes most of good advice

By PAUL SCHWARTZ
STAFF WRITER

DEMAREST — Three years ago, Doug Cerniglia was a football player and wrestler looking for a spring sport. His sister introduced him to Miles Austin of Garfield, one of the state's top javelin throwers when he was in high school.

"I didn't want to play baseball any more after rec league," said Cerniglia, who threw 191 feet, 4 inches Friday to lead Ridgefield Park to the Group C javelin title at the Jack Yockers Bergen County Relays. That helped the Scarlets take a surprising 42-38 lead over Ramsey after the first day of the two-day meet.

"Miles was one of my sister's friends. He convinced me to throw the javelin and I was pretty good at it right away," Cerniglia said.

So good that by last season he had improved to 178-3, placing second in the Bergen Meet of Champions.

"But I think I threw too much last year and I hurt my arm and didn't qualify for the State Meet of Champions," said Cerniglia, who now sits fourth on the all-time Bergen list with the new javelin, which has been in use for five years.

Cerniglia's throw Friday beat Austin's best with the new javelin by 6 feet, although Austin threw 203-7 with the old javelin a year earlier.

Cerniglia now takes two or three throws a day in practice, and concentrates instead on his other events, the 100, the 110-meter hurdles and the discus.

"I'm not at all surprised at how well he's done," said Mike Raimondi, Cerniglia's event coach. "He's a strong, athletic kid with a good work ethic."

"The conditions were ideal for throwing [Friday] and we haven't had those kind of conditions all season," said Rai-

mondi, who didn't know much about the event when he started coaching it six years ago.

Ridgefield Park has a great javelin tradition going back to the early 1980s with State group or Meet of Champions titlists Bill Parisi (1985 group), Anthony Hayne (1993 Meet of Champs and group), John Dixon (1996 Meet of Champs and 1997 group) and Will Arroyo (1999 group), all of whom are in the top 20 all time in Bergen County with the old javelin, which was last thrown in 2001.

"I knew that we had a tradition, but didn't know how good it was," said Cerniglia. "I just want to try and get better every year. This year my goal is to get to 200 feet."

Cerniglia, fifth in his region at 171 pounds in wrestling last winter, missed most of the football season after getting a stress fracture in his hip in a game against Queen of Peace.

"But it hasn't affected him in the javelin at all," said Raimondi. "We're trying to make sure that he stays healthy until the end of the season because for him the sky's the limit."

No boys records were set Friday although the Northern Highlands triple jumpers came agonizingly close in winning their event by nearly 13 feet. The trio of Kwame Collins (44-11¼), Ted Leshner (45-11½) and Craig Heilmann (39-2) totaled 130 feet, ¾ inch, missing by 1¾ inches the 25-year-old meet and County record set by Hackensack in 1981.

"We knew today was the chance for the kids to get the record and they went after it," said NH coach Tom Buono.

E-mail:
schwartzp@northjersey.com

BOYS



DON SMITH/STAFF PHOTOGRAPHER

Midland Park's Ryan Van Alstine and Glen Rock's Rob Nihen duel in the small-school 4-x-1,600 Friday.

The leaders

The leading teams after the first day of the Jack Yockers Bergen County Relays. The meet concludes today at Demarest beginning at 9 a.m.

Boys

GROUP A (6 events): Ridgewood 43, Don Bosco 40, Northern Highlands 30.

GROUP B (6 events): River Dell 44, Demarest 30, Tenafly 24.

GROUP C (7 events): Ridgefield Park 42, Ramsey 38, Westwood 27½.

GROUP D (7 events): Hasbrouck Heights 42, Cresskill 33, Wood-Ridge 28.

Girls

GROUP A (8 events): Ridgewood 40, Northern Highlands 32, Immaculate Heart 30.

GROUP B (8 events): River Dell 64, Indian Hills 58, Demarest 31½.

GROUP C (9 events): Pascack Hills 66, Ridgefield Park 52, Ramsey 47.

GROUP D (9 events): Waldwick 54½, Hasbrouck Heights 42½, Cresskill 36.

Gray goes extra lifts Park Ridge

By MARK J. CZERWINSKI
STAFF WRITER

DEMAREST — Park Ridge sophomore Leann Gray doesn't run the mile. On Friday, she made an exception.

That's why the Owls were able to enter the 4-x-600 relay at the Jack Yockers Bergen County Relays for the first time in Connie Washnik's 12 years as head coach. And Gray's performance on the second leg of the race was a big reason the Owls won the Group D event with a time of 23:13.1.

"A school record," senior Gaby Skovira said with a laugh. "And my first and last time. That's so cool. If you would've asked me a couple of years ago, I never would've thought we'd do this."

No one twisted Gray's arm to compete, but she wanted the team to have a chance to take part in the event. She was the great unknown in this race, and her performance was one of the most interesting of the afternoon.

"I always ask," Washnik said. "It was her decision. She doesn't run the mile, and I wasn't going to tell her she had to."

Gray started her leg with the lead provided by Skovira but was passed by Brittany DeBord of Waldwick at about the halfway point. DeBord kept a steady pace but never was able to open a lead of more than a few strides.

Gray showed a lot of poise for a sprinter who hadn't run the distance before. Gray didn't panic when DeBord pulled ahead, matching her opponent step for step.

"I was just trying to stay with her," said Gray, who took the lead with a sudden burst of speed down the

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E-mail:
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JACK YOCKERS BERGEN COUNTY

Group A

Boys: Ridgewood 106¼, Don Bosco 99¼, Northern Highlands 75

Girls: Old Tappan 93, Ridgewood 87, Immaculate Heart 67

Group B

Boys: River Dell 104, Indian Hills 84, Tenafly 69

Girls: River Dell 124, Demarest 77½, Indian Hills 73

Group C

Boys: Ramsey 83, Ridgefield Park 62½

Girls: Pascack Hills 126, Ramsey Ridgefield Park 69



TARIQ ZEHAWI/STAFF PHOTOGRAPHER

Shawn Rembecky helping Paramus finish tied for third in the high jump in Group A on Saturday at the Bergen Relays.

Ramsey pulls off stunner

By PAUL SCHWARTZ
STAFF WRITER

Captures title with big rally against RP in final events

DEMAREST — The second day of the Jack Yockers Bergen County Relays didn't start off well for Matt Wynne and his Ramsey team, who were trailing Ridgefield Park, 42-38, after the first day in the C Division.

As soon as he reached Demarest High School, Wynne found

BOYS

out that because of the miserable weather, the boys pole vault was canceled, knocking out Ramsey's best event and the almost-certain 10 points that went with it.

And with three events left, the Rams had fallen to 17 points behind the Scarlets and chances for their first title since 2003 looked dim.

But in the final three events, the Rams overcame the large deficit and with help from Pascack Hills in the day's final event, earned the C title, 83-81, over Ridgefield Park.

The Rams were joined by repeat winners Ridgewood (by seven points over Don Bosco in A), Hasbrouck Heights (by 29 over Cresskill and Park Ridge in D) and River Dell (winner of its first title in B, 104-82, over Indian Hills) as team champions.

"We went to the team as soon as we found out about the pole vault and told them we'd have to try to make up the 10 points somewhere. Ridgefield Park was good in the field [five wins]. I didn't know if we could get them," Wynne said. It didn't take long for a break to occur.

Ridgefield Park had apparently finished third in the 4-x-100 relay, just ahead of Ramsey, but the Scarlets were disqualified for throwing the baton. The lead was suddenly down to nine.

Then Ramsey won the 4-x-800 with Bryan Kretschmer breaking the race open on the third leg and

Neil Johnson holding off Queen of Peace on the anchor leg. Ridgefield Park was fourth in the race and the lead was three with the 4-x-400 the final event.

In the seeded heat, Ramsey finished second behind Westwood, running 3:39.0. Ridgefield Park was fourth in 3:49.0, which would have left the meet an 84-84 tie. But Pascack Hills was in the second heat, and if the Cowboys ran faster than 3:49 but slower than 3:39, Ramsey would win the meet.

"I was rooting for Pascack Hills to run fast, but not too fast," said Wynne with a laugh.

Hills obliged, running 3:39.6 for third and dropping the Scarlets down a notch.

"I feel bad for Ridgefield Park because they had some bad breaks," Wynne said. "But this is a meet we circle on our calendar every year before the season starts because it's a team competition."

Ridgewood didn't dominate the distance races as much as expected, outscoring Don Bosco by just two in the sprint and distance medleys, as well as the 4-x-800 and 4-x-1,600. But unexpected wins in the shot put and 4-x-100 powered the Maroons to a second straight win.

"Being able to win both those events helped us more than just the 10 points each win got us," said Ridgewood coach Josh Saladino. "They showed us that we were a complete track team and we could score in everything."

In fact, the Maroons were the only boys team in any meet to score in each of the 15 events, winning the 4-x-1,600 and 3-x-400 hurdles in addition to their upsets in the 4-x-100 and shot put.

River Dell won six events in the B race including a weight triple to win a group title for the second time (2001 Group 3).

"This is the meet we shoot for," said River Dell coach Mike Urso. "We told the kids we needed to get the lead Friday and if it rained Saturday, no one would catch us."

OT's Halsey tops individual efforts

DEMAREST — The Jack Yockers Bergen County Relays is as close to a true team competition as any meet in the mainly individual sport of track and field. But the four awards given for the top individual performers of the weekend are highly prized.

Ridgewood's Mike Cator won the Bernard Smith Track Award with a terrific trio of races, topped by his 4:19.3 leg that broke open the A 4-x-1,600 race Friday. The Maroons went on to run 18:02.4, the fastest time in the meet in more than 35 years. Cator also ran a 4:28.3 anchor in Ridgewood's runner-up distance medley and ran 1:59.6 leading off the 4-x-800 team. He's the eighth Ridgewood runner to win an individual award.

Doug Cerniglia's state-leading javelin throw of 191-4, the fourth longest with the new javelin in Bergen history, earned the Ridgefield Park junior the Steve Finlay Field Award.

Kim DeLoreto of Pascack Hills won the Jacob Brown Track Award in the girls division, the first Cowgirl to win an individual honor.

DeLoreto led Hills to 34 points in her four events, running a 1:08.7 400-hurdles leg and a 17.0 100 high hurdles leg Friday as the Cowgirls won both C hurdles races. Saturday, DeLoreto split 2:25.0 for her 800 anchor leg of the sprint medley as Hills nearly beat favored Ramsey. She then anchored in 1:03.8 as Pascack Hills took second in the 4-x-400 relay.

But the outstanding performer of the weekend had to be Shenise Halsey of Old

TRACK & FIELD BERGEN RELAYS NOTES

Tappan, who led the Golden Knights to three wins and had three personal bests. That includes a state-leading 5-5¼ high jump on the way to her earning the Dick Hitt Field Award.

Halsey's 5-5¼ is the best jump in Bergen County since 1998, and only nine jumpers have topped the mark. Her 36-7 triple jump led all competitors by nearly a foot, and her 16-11 long jump is a personal best. And Halsey led off the first event of the meet with a 15.2 100-hurdle time, a 0.3 improvement that gave the Golden Knights a lead they never relinquished in the race.

Two meet records were set over the weekend, with Teaneck's 1:45.0 4-x-200 clocking in winning the Girls A title not only a meet record, but the fifth fastest time in Bergen history. The team of Neferiti Harris, Anise Johnson, Yvonne Hunt and freshman Janay Mitchell hope to have another chance to take down the county (and school record) of 1:42.0, set in 1979.

The other meet record came from Ridgewood in the girls pole vault at 28-6. The trio of Cassie Wong, Annie Polcari and Ashlyn Llerandi broke by 3 feet the mark they set last year. Mahwah, led by Tricia Murphy Kennelly (10-6), also broke the old mark easily, vaulting a combined 28 feet.

— Paul Schwartz and Mark J. Czerwinski

JACK YOCKERS BERGEN COUNTY RELAYS

Boys

GROUP A

TEAM SCORES: Ridgewood 106¼, Don Bosco 99¼, Northern Highlands 75, Old Tappan 63¼, Teaneck 34, Paramus Catholic 25, Hackensack 21, Bergen Catholic 18, Garfield 10, Paramus 6¼, Fair Lawn 3, Bergen Tech, Ramapo 2.

4-x-100: 1. Ridgewood (John Moody, Albert Gelbaum, Lucas Cave, Chris Ziegler), 45.3; 2. Teaneck, 45.7; 3. Don Bosco, 45.8; 4. Hackensack, 46.4; 5. Bergen Catholic, 46.6. No sixth.

4-x-200: 1. Teaneck (Akeem Thomas, Damien Miles, Stephen Spencer, Rashad White), 1:31.2; 2. Don Bosco, 1:32.6; 3. Hackensack, 1:33.4; 4. Ridgewood, 1:33.9; 5. Bergen Catholic, 1:34.1; 6. Northern Highlands, 1:34.6.

4-x-400: 1. Northern Highlands (Jarett Menzel, Justin Pulgrano, Mike DiBella, Ben Diestel), 3:28.8; 2. Ridgewood, 3:30.5; 3. Bergen Catholic, 3:31.7; 4. Teaneck, 3:32.2; 5. Don Bosco, 3:34.4; 6. Hackensack, 3:37.2.

4-x-800: 1. Northern Highlands (Nik Batarags, Andrew Gaidus, Ben Diestel, Pete Mundo), 8:09.7; 2. Don Bosco, 8:13.9; 3. Ridgewood, 8:21.6; 4. Old Tappan, 8:42.1; 5. Bergen Catholic, 8:56.3; 6. Teaneck, 9:30.0.

4-x-1,600: 1. Ridgewood (Dan Emont, Mike Cator, Jacob Garber, Byron Williams), 18:02.4; 2. Northern Highlands, 18:08.8; 3. Don Bosco, 18:20.3; 4. Old Tappan, 18:39.2; 5. Bergen Catholic, 19:39.5; 6. Bergen Tech, 19:43.4.

Sprint Medley: 1. Teaneck (Damian Miles, Akeem Thomas, Rashad White, Tom San George), 3:37.5; 2. Ridgewood, 3:40.4; 3. Don Bosco, 3:46.8; 4. Bergen Catholic, 3:53.4; 5. Hackensack, 3:53.9; 6. Old Tappan, 4:00.2.

Distance medley: 1. Don Bosco (Jason Baker, Sharif Webb, Jack McDowell, Connor Sullivan), 10:44.6; 2. Ridgewood, 10:51.0; 3. Old Tappan, 10:59.5; 4. Northern Highlands, 11:12.9; 5. Bergen Catholic, 11:14.1; 6. Paramus, 11:43.6.

4-x-1,100: 1. Don Bosco (Claude Guinchard, Frank Cacere, Matt Steeg, Chadwick Cadet), 1:05.2; 2. Ridgewood, 1:05.3; 3. Northern Highlands, 1:09.0; 4. Old Tappan, 1:10.4; 5. Hackensack, 1:12.5; 6. Teaneck, 1:13.1.

3-x-400: 1. Ridgewood (Niall Buckley, Steve Pierce, Joe Nagano-Gerace), 2:55.1; 2. Don Bosco, 2:56.5; 3. Northern Highlands, 2:59.8; 4. Old Tappan, 3:05.3; 5. Bergen Catholic, 3:07.2; 6. Bergen Tech, 3:07.6.

Shot put: 1. Ridgewood (Mike Motichio, Nadeem Dawson, Ben Wilson), 130-3¼; 2. Don Bosco, 123-5¼; 3. Old Tappan, 121-6¼; 4. Paramus Catholic, 120-6¼; 5. Garfield, 120-4¼; 6. Fair Lawn, 119-9¼.

Discus: 1. Don Bosco (Michael Farr, Chris Hallissey, Jon June), 373-5; 2. Old Tappan, 355-4; 3. Ridgewood, 350-10; 4. Paramus Catholic, 310-6; 5. Fair Lawn, 296-8; 6. Northern Highlands, 290-2.

Javelin: 1. Old Tappan (Rafe Jadrosich, Jack Korsgen, Charlie Weinfeld), 445-5; 2. Ridgewood, 429-10; 3. Don Bosco, 409-1; 4. Garfield, 373-11; 5. Ramapo, 373-7; 6. Northern Highlands, 362-11.

High jump: 1. Paramus Catholic (Marcus Guest, Mitch Bennett, Evan Shaker), 16-3; 2. Northern Highlands, 10-9; 3. tie between Old Tappan, Don Bosco, Paramus and Ridgewood, 10-6.

Long jump: 1. Northern Highlands (Ted Leshar, Craig Heilmann, Kwame Collins), 57-3; 2. Don Bosco, 56-5; 3. Ridgewood, 55-10¼; 4. Old Tappan, 52-10¼; 5. Paramus, 50-7¼; 6. Paramus Catholic, 50-4¼.

Triple jump: 1. Northern Highlands (Kwame Collins, Ted Leshar, Craig Heilmann), 130-0¼; 2. Old Tappan, 116-11¼; 3. Hackensack, 116-2; 4. Garfield, 115-5¼; 5. Paramus Catholic, 114-6; 6. Ridgewood, 113-1¼.

GROUP B

TEAM SCORES: River Dell 104, Indian Hills 82, Tenafly 69, Demarest 68, Fort Lee 37, Pascack Valley 36, Englewood

9:23.8.

4-x-1,600: 1. Ramsey (Kyle I Pankewicz, Bryan Kretschm scott), 19:30.3; 2. Leonia, 19:4 Rock, 19:43.1; 4. Westwood, Ridgefield Park, 20:14.9; 6. F 20:30.1.

Sprint Medley: 1. Glen Rock berg, Pablo Saldia, Ryan Be Nihen), 3:45.2; 2. Ramsey, 3:4 cack Hills, 3:47.3; 4. New Milf 5. Becton, 3:58.5; 6. Westwo

Distance medley: 1. Westw Garland, James Taylor, Joel T Butler), 11:27.8; 2. Queen 11:29.9; 3. Ramsey, 11:42.6; 4. Park, 11:50.5; 5. Pascack Hills, Leonia, 11:57.4.

4-x-110: 1. Ramsey (Keith Ray Schlaier, Mohsin Ka lozzia), 1:05.2; 2. Ridgefield P 3. Leonia, 1:11.0; 4. Ridgefie tie between Becton and V 1:19.0.

3-x-400: 1. Ramsey (D Mohsin Kazmi, Ray Schlaier Pascack Hills, 3:04.8; 3. Leoni Ridgefield Park, 3:09.7; 5. Ne 3:15.9; 6. Glen Rock, 3:16.2.

Shot put: 1. Pascack Hi Goldell, Brian Benke, Mark 131-1¼; 2. New Milford, 119- field, 118-5¼; 4. Westwood, Ridgefield Park, 115-2¼; 6. L 3¼.

Discus: 1. Ridgefield Pa Cerniglia, Boz Sohail, Peter 334-8; 2. Pascack Hills, 314- wood, 299-9; 4. Ramsey, 294 mont, 289-3; 6. New Milford,

Javelin: 1. Ridgefield Pa Cerniglia, Boz Sohail, Andr zuela), 451-7; 2. Dumont, 411- nia, 407-2; 4. Becton, 383-10; 381-4; 6. Ridgefield, 372-1.

High jump: 1. Ridgefield F Cabrera, Mike Monahan, Al 17-0; 2. Leonia, 10-6; 3. Dum Ramsey, 5-3. No other place

Long jump: 1. Ridgefield P Dougherty, Darius Autie, Alk 55-10¼; 2. Westwood, 54-8 Milford, 51-9; 4. Dumont, 50- sey, 50-2¼; 6. Pascack Hills.

Triple jump: 1. Ridgefield F Mallat, Darius Autie, Mike N 117-7¼; 2. Westwood, 112-11 Milford, 106-5¼; 4. Ramsey, Dumont, 102-5; 6. Lyndhurst.

GROUP D

TEAM SCORES: Hasbrouck t Cresskill and Park Ridge 121 Ridge 57, Waldwick 42, North 38, Saddle Brook 32, Midlan Palisades Park 23, Wallington son 9, Bogota 6.

4-x-100: 1. North Arlington (J go, Terry Iavarone, Anthor Matt Barrington), 47.1; 2. 47.6; 3. Hasbrouck Heights, 47.1; 4. Emerson, 47.1; 5. Palisades Park, 48.8.

4-x-200: 1. North Arlingt Iavarone, Sal Manago, Antho Matt Barrington), 1:35.4; 2. 1:36.2; 3. Hasbrouck Heights Palisades Park, 1:39.4; 5. W 1:39.7; 6. Emerson, 1:40.6.

4-x-400: 1. Park Ridge (Brian John Carabetta, Nick Br Rankin), 3:35.1; 2. North 3:45.5; 3. Hasbrouck Heights Waldwick, 3:50.7; 5. Wood-Rik 6. Saddle Brook, 3:57.7.

4-x-800: 1. Waldwick (James Timmy Schultz, Michael Chris Meyer), 9:18.9; 2. Wc 9:21.1; 3. Cresskill, 9:26.7; 4 Park, 9:40.6; 5. Saddle Brook Hasbrouck Heights, 9:50.8.

4-x-1,600: 1. Midland Park (Ry stine, Casey Peters, Bryna Scott Walker), 19:43.0; 2. 20:28.2; 3. Hasbrouck Height 4. Wallington, 20:50.6; 5. Wc 21:11.6; 6. Saddle Brook, 21:4

Sprint Medley: 1. Park Ric Rankin, Pat Revle, Conrad H Carabetta), 3:44.2; 2. North

Weather reigns on softball tournaments

Mother Nature and Elmwood Park were the only winners Saturday, as rain forced the cancellation or postponement of six softball tournaments.

The Friends of Sara Tournament in Wallington was the only one to complete a game as Elmwood Park defeated Hackensack,

TODAY'S SCHEDULE

BASEBALL

Ramapo vs. Bergen Catholic at Yogi Berra Stadium, 2

SOFTBALL

IHA Invitational

Mount St. Dominic at IHA, noon West Milford vs. Park Ridge, 2

Emerson/ESADF Tournament

Park Ridge vs. Indian Hills, 10 a.m. Secaucus vs. Ridgefield Park, noon

Fair Lawn vs. River Dell, 2

of the 2005 Bergen County final between Ridgewood and Ramapo at 4 p.m. The Clifton Classic pushed its four-game schedule back to today, beginning at 4 p.m.

The four games at the Emerson/ESADF Tournament may be rescheduled for Saturday (April 29). Four games remain sched-

**Bergen County Relays
April 21st and April 22nd**

Demarest HS

Friday:

| | | | |
|--------------|------------------|-----------|--|
| 4x110HH: | J. Moody | 15.6 | <u>1:05.3 – 2nd Place</u> |
| | J. Nagano-Gerace | 17.0 | |
| | S. Pierce | 16.7 | |
| | A. Monri | 15.9 | |
| 4x1600m: | D. Emont | 4:36 | <u>18:02.4 – 1st Place</u> |
| | M. Cator | 4:19.3 | |
| | J. Garber | 4:34 | |
| | B. Williams | 4:26 | |
| 4x200m: | J. Moody | 23.9 | <u>1:33.9 – 4th Place</u> |
| | A. Monri | 23.6 | |
| | Z. Ontiveros | 23.8 | |
| | C. Zeigler | 22.3 | |
| 3x400IH: | N. Buckley | 55.9 | <u>2:55.1 – 1st Place</u> |
| | S. Pierce | 59.0 | |
| | J. Nagano-Gerace | 60.2 | |
| Shot Put: | B. Wilson | 45'3" | <u>130'3 1/4" - 1st Place</u> |
| | N. Dawson | 42'2 1/4" | |
| | M. Mosticchio | 42'10" | |
| Triple Jump: | B. Clementi | 35'2 1/2" | <u>113'1 1/2" – 6th Place</u> |
| | P. Kovach | 38'3" | |
| | A. Monri | 39'8" | |
| Javelin: | S. Pierce | 178'11" | <u>429'10" – 2nd Place</u> |
| | A. Gelbaum | 141'10" | |
| | T. Haase | 109'3" | |

Good start to the meet – 3 wins on Day 1

Excellent effort by all three relays

Team Score after Day 1:

Ridgewood 51

Don Bosco 46

Old Tappan 37

Northern Highlands 31

Saturday:

| | | | |
|------------|--------------|--------|---------------------------------------|
| Dist. Med: | B. Williams | 3:14 | |
| | C. Trautwein | 55.2 | |
| | D. Emont | 2:13 | |
| | M. Cator | 4:28.3 | <u>10:51.0 – 2nd Place</u> |

| | | | |
|-------------|-------------|--------|--------------------------------------|
| Sprint Med: | N. Buckley | 52.9 | |
| | C. Zeigler | 22.9 | |
| | J. Moody | 23.9 | |
| | B. Williams | 2:00.6 | <u>3:40.4 – 2nd Place</u> |

4x100 finals: J. Moody / A. Gelbaum / L. Chwe / C. Zeigler
45.3 / 45.3 – 1st Place

| | | | |
|---------|------------|--------|--------------------------------------|
| 4x800m: | M. Cator | 1:59.6 | |
| | J. Schmidt | 2:07.0 | |
| | J. Garber | 2:04.3 | |
| | N. Buckley | 2:09.7 | <u>8:21.6 – 3rd Place</u> |

| | | | |
|---------|--------------|------|--------------------------------------|
| 4x400m: | J. Schmidt | 52.4 | |
| | Z. Ontiveros | 53.3 | |
| | B. Williams | 52.8 | |
| | C. Zeigler | 51.9 | <u>3:30.5 – 2nd Place</u> |

Pole Vault: P. Kovach / L. Berns / J. McEwing - **Cancelled**

| | | | |
|------------|------------|------|---|
| High Jump: | P. Kovach | 5'3" | |
| | T. Haase | 5'3" | |
| | N. Buckley | NH | <u>10'6" – tie 3rd Place</u> |

| | | | |
|------------|-------------|-----------|--|
| Long Jump: | B. Clementi | 18'4" | |
| | P. Kovach | 19'5" | |
| | A. Monri | 18'2 1/2" | <u>55'10 1/2" – 3rd Place</u> |

| | | | |
|---------|-----------|--------|---------------------------------------|
| Discus: | S. Pierce | 116'3" | |
| | B. Wilson | 121'3" | |
| | C. Ryan | 113'4" | <u>350'10" – 3rd Place</u> |

Final Score: Ridgewood 106.5; Don Bosco 99.5; Northern Highlands 75
BACK TO BACK COUNTY RELAYS CHAMPIONS!!!

We were the only team in the county to place in every contested event - we are the most complete team in the county!

Special congratulations to Michael Cator – winner of the Bernard Smith award for track athlete of the meet!!!

Ridgewood 75

April 25, 2006 – 60 clear

Teaneck 56

400 IH: Ridgewood: 4 Teaneck: 5
1-Andre Mitchell (T) 58.0 2-Joe Nagano-Gerace (R) 58.8 3-Akira Monri (R) 59.7
Others: P. Nygaard 64.4; R. Sayanagi 66.4; E. Grossman 71.6

100m: Ridgewood: 1 Teaneck: 8
1-Rashad White (T) 10.8 2-Damian Miles (T) 11.1 3-Chris Zeigler (R) 11.2
Others: L. Chwe 11.8; R. Webbe 12.1; R. Sayanagi 12.6; D. Nagano-Gerace 12.7;
E. Grossman 12.8; D. Nowinski 12.9; J. Lai 13.1; J. Schwartz 13.2; K. Boyce 13.4;
C. Suh 13.5; S. Tackaberry 14.2; J. Dabby 15.2

1600m: Ridgewood: 4 Teaneck: 5
1-Tommy San George (T) 4:43.2 2-Taro Shigenobu (R) 4:44.7 3-J. Kalmus (R) 4:48.3
Others: J. Garber 4:57; D. Emont 5:03; D. Landers 5:03; C. Magrath 5:05;
D. Morse 5:25; W. Jang 5:30; S. Murphy 5:42; C. Jones 5:56; A. Fine 5:57

400m: Ridgewood: 1 Teaneck: 8
1-Akeem Thomas (T) 52.6 2-Rashad White (T) 52.7 3-Zach Ontiveros (R) 53.3
Others: S. Pierce 53.4; C. Trautwein 54.0; M. Vaccaro 54.9; D. Gillis 54.9;
F. Nestor 57.5; M. Onorato 59.3; Z. Chalaner 65.6

110HH: Ridgewood: 6 Teaneck: 3
1-John Moody (R) 15.7 2-Andre Mitchell (T) 15.7 3-Akira Monri (R) 15.8
Others: P. Nygaard 17.1; R. Sayanagi 17.9; J. Lee 19.5; B. Grossman 21.6;
D. Nagano-Gerace 22.0

800m: Ridgewood: 4 Teaneck: 5
1-Tommy San George (T) 2:06.6 2-Christian Trautwein (R) 2:07.5 3-J. Garber (R) 2:12.5
Others: T. Shiganobu 2:12.9; W. Jang 2:23; R. Morgan 2:24; D. Lee 2:29;
M. Rykken 2:29; A. Marquard 2:31; J. Shen 2:34; T. Zulof 2:34; R. Sierra 2:37

200m: Ridgewood: 3 Teaneck: 6
1-Akeem Thomas (T) 22.5 2-Chris Zeigler (R) 22.9 3-Andre Mitchell (T) 24.1
Others: J. Moody 24.1; L. Chwe 24.3; P. Nygaard 24.6; D. Gillis 24.6;
M. Vaccaro 25.2; D. Stolfo 25.5; F. Vasquez 25.6; R. Sayanagi 26.1; R. Webbe 26.8;
E. Grossman 27.1; D. Nagano-Gerace 27.8; K. Boyce 27.9; J. Lai 28.5; C. Suh 29.5;
D. Nowinski 29.5; J. Schwartz 29.6; S. Tackaberry 30.1; B. Grossman 30.1; J. Dabby 31.7

3200m: Ridgewood: 9 Teaneck: 0
1-Jeremy Kalmus (R) 10:27 2-Dan Emont (R) 11:07 3-Jacob Garber (R) 11:11
Others:

4x400m: Ridgewood: 0 Teaneck: 5
1-Teaneck 3:39.2
2-Ridgewood 3:43.2 (Gillis 55.3; Pierce 55.7; Moody 58.0; Ontiveros 54.1)

Long Jump: Ridgewood: 4 Teaneck: 5
1-Akeem Thomas (T) 19'8" 2-Paul Kovach (R) 19'6 1/2" 2-Akira Monri (R) 19'0"
Others: B. Clementi 18'6"; D. Stolfo 16'9"; D. Gillis 16'6"

Triple Jump: Ridgewood: 9 Teaneck: 0
1-Paul Kovach (R) 40'7 1/2" 2-Akira Monri (R) 39'0" Brian Clementi (R) 38'0"
Others: D. Stolfo 36'1/2"; J. Lee F

High Jump: Ridgewood: 3 Teaneck: 6
1-Stephen Spencer (T) 5'6" 2-Tobin Haase (R) 5'4" 3-Barry Allen (T) 5'4"
Others: D. Stolfo 5'0"; B. O'Connell 5'0"

Pole Vault: Ridgewood: 9 Teaneck: 0
1-Paul Kovach (R) 11'0" 2-Louis Berns (R) 10'6" 3-Joe McKeon (R) 9'0"
Others: Z. Ontiveros 9'0"

Shot Put: Ridgewood: 9 Teaneck: 0
1-Ben Wilson (R) 44'3" 2-Mike Mosticchio (R) 40'11" 3-Chris Ryan (R) 36'10"
Others: T. Haase 36'5"; T. Borgman 34'11"; B. Remmen 33'2"; A. Vilchez 30'2 1/2";
J. Jenkins 29'1"; M. Halwagy 27'10"; J. Kim 27'9"; M. Stapleton 26'8";
M. Tollin 25'9 1/2"; N. Dawson F

Discus: Ridgewood: 9 Teaneck: 0
1-Ben Wilson (R) 113'2" 2-Mike Mosticchio (R) 110'4" 3-Steve Pierce (R) 109'1"
Others: C. Ryan 105'10"; T. Haase 99'7"; T. Borgman 92'2"; M. Halwagy 84'10"; A.
Vilchez 84'5"; B. Remmen 84'3"; M. Stapleton 78'5"; J. Kim 74'8"; J. Jenkins 70'4";
M. Tollin 53'7";

Ridgewood 99

April 25, 2006 – 60 clear

Bloomfield: 32

400 IH: Ridgewood: 9 Bloomfield: 0
1-J. Nagano-Gerace (R) 58.8 2-Akira Monri (R) 59.7 3-P. Nygaard (R) 64.4
Others: R. Sayanagi 66.4; E. Grossman 71.6

100m: Ridgewood: 4 Bloomfield: 5
1-Gardiner (B) 11.1 2-Chris Zeigler (R) 11.2 3-Lucas Chwe 11.8
Others: R. Webbe 12.1; R. Sayanagi 12.6; D. Nagano-Gerace 12.7;
E. Grossman 12.8; D. Nowinski 12.9; J. Lai 13.1; J. Schwartz 13.2; K. Boyce 13.4;
C. Suh 13.5; S. Tackaberry 14.2; J. Dabby 15.2

1600m: Ridgewood: 8 Bloomfield: 1
1-Taro Shigenobu (R) 4:44.7 2-Jeremy Kalmus (R) 4:48.3 3-Marshall 4:57.5
Others: : J. Garber 4:57; D. Emont 5:03; D. Landers 5:03; C. Magrath 5:05
D. Morse 5:25; W. Jang 5:30; S. Murphy 5:42; C. Jones 5:56; A. Fine 5:57

400m: Ridgewood: 4 Bloomfield: 5
1-Barbou (B) 53.1 2-Zach Ontiveros (R) 53.3 3-Steve Pierce (R) 53.4
Others: C. Trautwein 54.0; M. Vaccaro 54.9; D. Gillis 54.9; F. Nestor 57.5;
M. Onorato 59.3; Z. Chalaner 65.6

110HH: Ridgewood: 8 Bloomfield: 1
1-John Moody (R) 15.7 2-Akira Monri (R) 15.8 3-Hill (B) 17.0
Others: P. Nygaard 17.1; R. Sayanagi 17.9; J. Lee 19.5; B. Grossman 21.6;
D. Nagano-Gerace 22.0

800m: Ridgewood: 9 Bloomfield: 0
1-Christian Trautwein (R) 2:07.5 2-J. Garber (R) 2:12.5 3-Taro Shiganobu (R) 2:12.9
Others: W. Jang 2:23; R. Morgan 2:24; D. Lee 2:29; M. Rykken 2:29; A. Marquard 2:31;
J. Shen 2:34; T. Zulof 2:34; R. Sierra 2:37

200m: Ridgewood: 3 Bloomfield: 6
1-Gardner (B) 22.6 2-Chris Zeigler (R) 22.9 3-Polynice (B) 23.4
Others: J. Moody 24.1; L. Chwe 24.3; P. Nygaard 24.6; D. Gillis 24.6;
M. Vaccaro 25.2; D. Stolfo 25.5; F. Vasquez 25.6; R. Sayanagi 26.1; R. Webbe 26.8;
E. Grossman 27.1; D. Nagano-Gerace 27.8; K. Boyce 27.9; J. Lai 28.5; C. Suh 29.5;
D. Nowinski 29.5; J. Schwartz 29.6; S. Tackaberry 30.1; B. Grossman 30.1; J. Dabby 31.7

3200m: Ridgewood: 9 Bloomfield: 0
1-Jeremy Kalmus (R) 10:27 2-Dan Emont (R) 11:07 3-Jacob Garber (R) 11:11
Others:

4x400m: Ridgewood: 5 Bloomfield: 0
1-Ridgewood 3:43.2 (Gillis 55.3; Pierce 55.7; Moody 58.0; Ontiveros 54.1)

Long Jump: Ridgewood: 9 Bloomfield: 0
1-Paul Kovach (R) 19'6 ½" 2-Akira Monri (R) 19'0" 3-Brian Clementi (R) 18'6"
Others: D. Stolfo 16'9"; D. Gillis 16'6"

Triple Jump: Ridgewood: 9 Bloomfield: 0
1-Paul Kovach (R) 40'7 ½" 2-Akira Monri (R) 39'0" Brian Clementi (R) 38'0"
Others: D. Stolfo 36'½"; J. Lee F

High Jump: Ridgewood: 9 Bloomfield: 0
1-T. Haase (R) 5'4" 2-(tie) Dave Stolfo and Brian O'Connell 5'0"
Others:

Pole Vault: Ridgewood: 9 Bloomfield: 0
1-Paul Kovach (R) 11'0" 2-Louis Berns (R) 10'6" 3-Joe McKeon (R) 9'0"
Others: Z. Ontiveros 9'0"

Shot Put: Ridgewood: 4 Bloomfield: 5
1-Said Gaeda (B) 48'10" 2-Ben Wilson (R) 44'3" 3-Mike Mosticchio (R) 40'11"
Others: C. Ryan 36'10" T. Haase 36'5"; T. Borgman 34'11"; B. Remmen 33'2";
A. Vilchez 30'2 ½"; J. Jenkins 29'1"; M. Halwagy 27'10"; J. Kim 27'9";
M. Stapleton 26'8"; M. Tollin 25'9 ½"; N. Dawson F

Discus: Ridgewood: 0 Bloomfield:
1-Said Gaida (B) 130'7" 2-Beachum (B) 126'5" 3-Dallavalle (B) 114'3 ½"
Others: B. Wilson 113'2"; M. Mosticchio 110'4"; S. Pierce 109'1"; C. Ryan 105'10";
T. Haase 99'7"; T. Borgman 92'2"; M. Halwagy 84'10"; A. Vilchez 84'5"; B. Remmen
84'3"; M. Stapleton 78'5"; J. Kim 74'8"; J. Jenkins 70'4"; M. Tollin 53'7";

TRACK BESTS

BOYS

100 M (11.3) — Shaquan Brown, Kennedy, 10.6; Rashad White, Teaneck, 10.8; Tom Teel, Dumont, 10.8; Kevin Shim, Ridgefield, 11.0; Donald Lee, St. Mary's, 11.0; Damian Miles, Teaneck, 11.1; Rob Casasnovas, Lakeland, 11.1; Chris Ziegler, Ridgewood, 11.2; James Taylor, Westwood, 11.2; Jeff Seidel, Hasbrouck Heights, 11.3; Eddie Crockett, Passaic, 11.4; Robert East, Passaic, 11.2.

200 M (23.5) — Brown, 21.1; White, 22.5; East, 22.6; Lee, 22.7; Casasnovas, 22.8; Ziegler, 22.9; Teel, 22.9; Shim, 23.0; Hannibal, Bergen Tech, 23.2; Darnon Merkerson, St. Mary's, 23.2; Joshua Stevens, Passaic, 23.3; Jon Sam, Bergen Catholic, 23.5; Richmond, Park Ridge, 23.5.

400 M (53.5) — Brown, 47.5; John Rankin, Park Ridge, 51.4; Akeem Thomas, Teaneck, 52.6; Bertinato, Bergen Tech, 52.6; Merkerson, 52.6; Diaz, New Milford, 52.7; White, 52.8; Landon Woodson, Passaic, 53.1; Nick Bravo, Park Ridge, 53.2; Zach Ontiveros, Ridgewood, 53.3; Anthony Pillari, Westwood, 53.3; Tom Randall, Bergen Catholic, 53.4; East, Passaic, 53.4; Steve Pierce, Ridgewood, 53.5; Mitchell, Bergen Tech, 53.5.

800 M (2:05) — John Carabatta, Park Ridge, 2:01.7; Steven Klett, Clifton, 2:04; Cohen, Bergen Tech, 2:05.

1,600 M (4:40) — Cohen, 4:31.9; Matt Lingam, Park Ridge, 4:32.1; Mitchell, Bergen Tech, 4:32.1; Rob Nihen, Glen Rock, 4:36; Ryan Van Alstine, Midland Park, 4:40.

110M HH (16.2) — Ryan Gordon, Kennedy, 15.1; Carlos Tejeda, Saddle Brook, 15.3; Cadet Chadwick, Don Bosco, 15.3; Matt Zagaja, Saddle Brook, 15.5; Kevin Amagai, Tenafly, 15.5; John Moody, Ridgewood, 15.7; Andre Mitchell, Teaneck, 15.7; Akira Monri, Ridgewood, 15.8; Kim Spencer, Teaneck, 15.9; John Horneff, Bergen Catholic, 15.9; Castro, Bergen Tech, 15.9; Matt Steez, Don Bosco, 15.9; Joe Goggin, Bergen Catholic, 16.0; Claud Guinchard, Don Bosco, 16.0.

3200 M (10:20) — Mitchell, 10:05.6; Lingam, 10:17.5.

400M HH (60.0) — Mitchell, 58.0; Gordon, Kennedy, 58.7; Joe Gerace, Ridgewood, 58.8; Castro, Bergen Tech, 58.8; Jason Kelsey, Don Bosco, 59.4; Monri, Ridgewood, 59.7; John Rubineti, Bergen Catholic, 59.7.

1,600M relay (3:40) — Park Ridge, 3:33.4; New Milford, 3:34.5; Bergen Tech, 3:36; Passaic, 3:36; Kennedy, 3:37.

Long jump (19-6) — John Rigg, Bergen Catholic, 22-5½; Ted Van Horn, Westwood, 21-10; John Totaro, Tenafly, 20-6; Thomas, Teaneck, 19-8; Paul Kovach, Ridgewood, 19-6½; Kevin Bostick, Bergen Catholic, 19-6½; Andre Guzman, Garfield, 19-6; Owen Cabrera, Garfield, 19-11; Chris Lee, Secaucus, 19-10.

Triple jump (39-6) — Johnson, Eastside, 43-5; Van Horn, 41-7; Cabrera, Garfield, 41-3½; Taylor Jennings, Lakeland, 41-3; Bowen Hu, Clifton, 41-2¼; Bravo, Park Ridge, 41-2¼; Totaro, Tenafly, 41-2; Donald Lee, 40-8; Kovach, Ridgewood, 40-7½; Rankin, Park Ridge, 40-4½; Conrad Healy, Park Ridge, 40-4½; Nick Hedian, Garfield, 39-7; Chadwick, Don Bosco, 39-6½; Bostick, 39-10.

High jump (5-10) — Austin Hennelly, Dumont, 6-2; Crockett, Passaic, 6-0; Rigg, Bergen Catholic, 5-10; Van Horn, Westwood, 5-10; Totaro, Tenafly, 5-10; Justin Park, Tenafly, 5-10; Vincent Richmond, Park Ridge, 5-10; Jennings, 5-10; Ryan Spain, Hasbrouck Heights, 5-10.

Pole vault (11-6) — Steez, Don Bosco, 12-

0; Guinchard, Don Bosco, 12-0; Brian Nardi, Garfield, 11-6.

Discus (135) — Nick Britt, Secaucus, 156-7; Seidel, 146-10; Kevin Horbatauck, Lakeland, 136-2; Matt Farr, Don Bosco, 136-2.

Javelin (160) — Kyle Kolich, Rutherford, 175-8.

Shot put (46) — Seidel, 53-3½; Bryan Fill, Hasbrouck Heights, 47-2¼.

GIRLS

100 M (13.2) — Jeanelle Lui, Cresskill, 12.7; Sheniqua Jones, Passaic, 12.8; Lopez-Bernstein, Paramus Catholic, 12.9; Jen Mueller, IHA, 13.0; Tierra Cleves, Kennedy, 13.0; Kristen Venning, Clifton, 13.0; Hansen, New Milford, 13.0; Chelsea Coleman, Park Ridge, 13.0; Kristine Sentipal, Hasbrouck Heights, 13.0; Kellie Dunn, Rutherford, 13.1; Juliana Camargo, Dumont, 13.19; Amanda May, Westwood, 13.2; Nicole Weingartner, Hasbrouck Heights, 13.2; Alex Elkas, Holy Angels, 13.2.

200 M (27.5) — Kristin Crawford, Kennedy, 25.5; Jones, Passaic, 26.4; Hansen, New Milford, 26.6; Elkas, 26.8; Katie Landrigan, Holy Angels, 27.2; Jaleesa Carter, Clifton, 27.5; Lopez-Bernstein, 27.5.

400 M (64.0) — Crawford, Kennedy, 57.6; Jones, Passaic, 59.0; Elkas, 59.7; Shani Heber, Kennedy, 59.9; Lopez-Bernstein, 60.1; Mueller, IHA, 60.3; Jasmine Adams, Clifton, 62.6; Coleman, Park Ridge, 63.0; Noble, Bergen Tech, 63.2; Lui, Cresskill, 64.0.

800 M (2:32) — Susan Martinez, Clifton, 2:26; Michelle McCree, Bergen Tech, 2:27.5; Mary Kay Duff, Holy Angels, 2:28.6; Nicole Schiavone, Holy Angels, 2:30.6; Beason, Kennedy, 2:31; Cardamore, Bergen Tech, 2:31.9.

1600 M (5:40) — Camille Longu, Bergen Tech, 5:29.1; Heather Lehmann, Park Ridge, 5:30.5; Gelsey Johnson, Westwood, 5:33.5; Kate Cooney, IHA, 5:36.4; Maggie McPartland, IHA, 5:37.5; Gabby Skovira, Park Ridge, 5:38.7; Cardamore, Bergen Tech, 5:38.9.

110M HH (17.2) — Rodriguez, IHA, 16.6; Megan Thomas, Cresskill, 16.8; Kate Passero, Midland Park, 17.0; Michelle Telofski, Clifton, 17.2.

400M HH (71) — Crawford, Kennedy, 68.0; Meg Rodriguez, IHA, 69.9; Martinez, Clifton, 70.3; Sessika, Wallington, 71.0.

1,600M relay (4:30) — Clifton, 4:19.4; Holy Angels, 4:20.5; Bergen Tech, 4:24.4.

Discus (90) — Natalia Arias, Tenafly, 114-5; Jeani Ducos, Passaic, 103-9; Kaiser, Park Ridge, 100-0; Stephanie Schwartz, Palisades Park, 95-4; Guirland, Lyndhurst, 94-3; Ashley Coleman, Passaic, 92-8; Kate Smith, IHA, 91-4.

Pole vault (7-6) — Telofski, Clifton, 8-6; Diane Szafarski, Clifton, 8-6.

High jump (4-10) — Camargo, 5-4; Heather Gearity, Rutherford, 4-10.

Triple jump (32-0) — Camargo, 35-0; Amanda Pollifrone, Rutherford, 33-7; Matanle, Glen Rock, 33-5; Minasi, 33-4; Courtney Wass, Paramus Catholic, 32-9; Deon Malon, Kennedy, 32-8½.

Shot put (31) — Lara Sopelsa, IHA, 34-3; Arias, Tenafly, 33-1; Smith, IHA, 32-6½; Nicole Guirland, Lyndhurst, 31-4¼.

Long jump (15-0) — Marie Minasi, Holy Angels, 17-3; Camargo, 17-10; Jones, Passaic, 16-0½; Stephanie Otino, IHA, 15-7; Aly Hansen, New Milford, 15-6; Venning, Clifton, 15-5½; Julie Hodges, IHA, 15-5; May, Westwood, 15-2; Lynn Matanle, Glen Rock, 15-0½; Sentipal, 15-0½.

Javelin (95) — April Kaiser, Park Ridge, 112-5; Lauren Frain, Rutherford, 100-8.

TUESDAY'S RESULTS

BOYS TRACK

Bergen Catholic 90½, Montclair 35½
Bergen Catholic 100, Barringer 27
Clifton 68, Eastside 63
Don Bosco 81, Passaic 50
Dumont 78, Rutherford 62
Garfield 106, Waldwick 34
Garfield 101, Manchester 39
Glen Rock 72½, Midland Park 57½
Hasbrouck Heights 83, Secaucus 48
Hasbrouck Heights 93, St. Mary's 29
Kennedy 76, Passaic 41
Kennedy 74, Don Bosco 57
Lodi 108, Elmwood Park 20
Manchester 69½, Waldwick 68½
Pompton Lakes 91, Hawthorne 35
Ridgefield 81, Wallington 59
Ridgefield 106, Lyndhurst 34
Ridgewood 100, Bloomfield 31
Ridgewood 75, Teaneck 56
Saddle Brook 80, Eastern Christian 60
Saddle Brook 90, Paterson Catholic 50
Secaucus 89, St. Mary's 40
Teaneck 80, Bloomfield 43
Tenafly 71, Westwood 59
Tenafly 115, Cliffside Park 25
Westwood 101, Cliffside Park 21

GIRLS TRACK

Clifton 84, Eastside 48
Cresskill 76, Palisades Park 55
Cresskill 105, Dwight-Englewood 26
Hasbrouck Heights 102, Secaucus 29
Hasbrouck Heights 108, St. Mary's 14
Holy Angels 101, Nutley 19
Holy Angels 79, Paramus Catholic 43
Garfield 76, Manchester 65
IHA 84, Montclair 31
Kennedy 70, Passaic 44
Lodi 66, Elmwood Park 64
Lyndhurst 82½, Wallington 47½
Lyndhurst 84, Ridgefield 46
Midland Park 70, Glen Rock 61
Pal Park 80, Dwight-Englewood 51
Paramus Catholic 84, Nutley 31
Park Ridge 86½, New Milford 44½
Pompton Lakes 78, Hawthorne 48
Rutherford 81, Dumont 60
Saddle Brook 75, Eastern Christian 65
Saddle Brook 100, Paterson Catholic 30
Secaucus 81, St. Mary's 30
Tenafly 100, Cliffside Park 21
Waldwick 91, Manchester 47
Waldwick 83, Garfield 57
Westwood 79, Tenafly 56
Westwood 103, Cliffside Park 27

4/26



JUNG/STAFF PHOTOGRAPHER

6-2, 4-0 in individual
victory over Paramus
on Tuesday.

Double players, will be held at
separate locations throughout
weekend and Franklin Lakes start-
at 8:30 a.m. In the event of
rain, the event will be moved to
Friday.

On Monday, Ridgewood gets
first rematch of the season
when Teaneck pays a visit. The
Maroon players feature freshman
Hodges in first singles; up to
this point, Hodges proved to be
Teaneck's toughest challenge,
though the Maroons' sophomores
still came away with a 6-2,
win in their last meeting on
April 18.

It would therefore appear that
the biggest obstacle Brewer and
company will face in the near
future will be how to keep every-
one on the team involved.

"I still have to put my strongest
players out there because they
need to get the experience," said
Brewer. "And it's tough, because
I need to get the other kids a
chance to play in some of the
latter matches. But at the begin-
ning of the season, we really can't
give a chance on not having our
own starters ready for later on."

Pole vaulting is just one of the talents of Ridgewood junior Ashlyn Llerandi. Last weekend at the Bergen County relays, Llerandi not only helped the Maroon girls set a new county vault record, she also ran for the Ridgewood 3 x 400 intermediate hurdles squad that captured a gold medal.

Maroon boys repeat as county relay champions

Girls set pole vault mark, place second in meet

BY GREG TARTAGLIA
Staff Writer

RIDGEWOOD - Prior to the Jack Yockers Bergen County relays last weekend, the Ridgewood High School boys track and field team was ranked third in the county behind Don Bosco Prep and Northern Highlands. The Ridgewood girls, meanwhile, were number one in Bergen County going in.

After the events in Demarest last Friday and Saturday, those rankings looked to be in need of some minor adjustments.

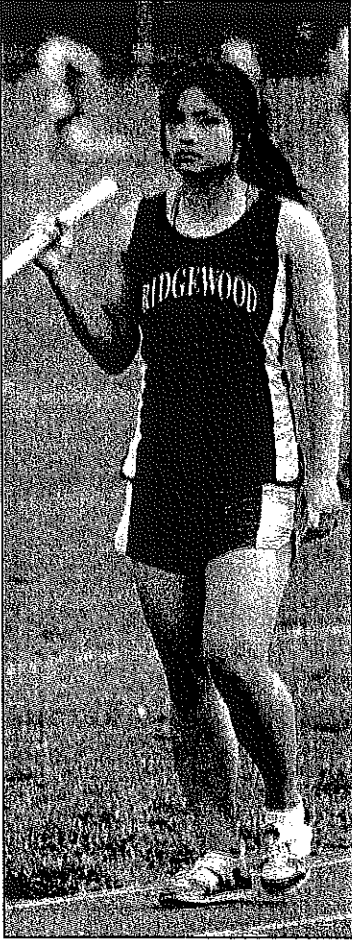
Senior Michael Cator became the second Ridgewood runner to win the Bernard Smith Track Award in as many years, as the Maroon boys won their second consecutive Group A title, 106-and-one quarter-to-99-and-one quarter over Don Bosco. Northern Highlands finished third with 75 points.

The Ridgewood girls got a record-breaking performance from their pole vaulters, but still suffered an upset loss to Old Tappan in Group A, 93-87. Immaculate Heart Academy took third place with 67 points.

In the 15 boys events held over the two-day tournament - the 16th event, the pole vault, was rained out - the Maroons claimed four first-place finishes, five seconds and four thirds. Their victory was book-ended by surprise gold medals in the shot put and 4 x 100-meter race.

"The shot put win and the 4 x 100 win were very important to our team," said Ridgewood boys head coach Josh Saladino. "They really proved that we are a complete team, and they also proved that some of our younger guys, who aren't used to being in that position, are willing to step up and get a win when we need it."

Those "younger guys" included junior sprinters Albert Gelbaum, Lucas Chwe and Chris Ziegler, who teamed with senior John



STAFF PHOTO/GARY JUNG

Ridgewood senior Cassie Wong and the Lady Maroon pole vaulters broke their own record at last weekend's county relays by clearing 28 feet, six inches combined.

Moody to win the 4 x 100 late on Saturday. Their time of 45.3 seconds helped Ridgewood turn a two-point lead in the meet standings into a more comfortable six-point lead.

It was also good enough to hold off Teaneck in the race by four-tenths of a second.

"I'm very surprised that we pulled through like that," said Gelbaum, who ran the second leg of the event. "I didn't actually notice how Teaneck's Rashad White

almost caught up with Chris (the anchor leg) at the end. But after I saw him finish, it was awesome."

In Friday's shot put, the very first event of the tournament, the Maroons got personal-best efforts from senior Ben Wilson (45 feet, one inch), sophomore Mike Mosticchio (42 feet, 10 inches) and junior Nadeem Dawson (42 feet, three inches) to outdistance Don Bosco's throwers by nearly seven feet.

See TRACK, page C4



STAFF PHOTO/GARY JUNG

Ridgewood senior Ben Wilson led the Maroon boys to first place in the shot put and third place in the discus at last weekend's county relays.



A JNG/STAFF PHOTOGRAPHER

sophomore stars for the 9-0 Borshansky have lost just one tech play record to 8-0 on

Club plans ve members

ader in paddle tennis competition

enovated clubhouse serves as a its members and is available for rs and non-members alike.

ing to play tennis should bring a r proper tennis attire. The on-court Upper Ridgewood Tennis Club is t wear collared shirts.

ted in attending the "Open House" business office before May 3 at

dgewood Tennis Club e-mail address lgewood@optonline.net.

team report

added two hits at the plate. Demetrius Lewis and Joe Coniglio also had two hits apiece, with Coniglio also contributing four runs batted in.

TRACK from C3

"To get an early victory against them (Bosco) was really a nice surprise," said Wilson. "We had a bunch of our team members over there watching us, and it was a really good way to start the meet. It really pumped up our whole team."

Ridgewood's other first place finishes came in the 3 x 400 intermediate hurdles and the 4 x 1600-meter race. Niall Buckley, Steve Pierce and Joe Nagano-Gerace completed their hurdles run in 2:55.1, while juniors Dan Emont and Jacob Garber joined with seniors Byron Williams and Cator to run the 4 x 1600 in 18:02.4.

Cator was happy to help the Maroons repeat in winning both the county relays and the Bernard Smith Award.

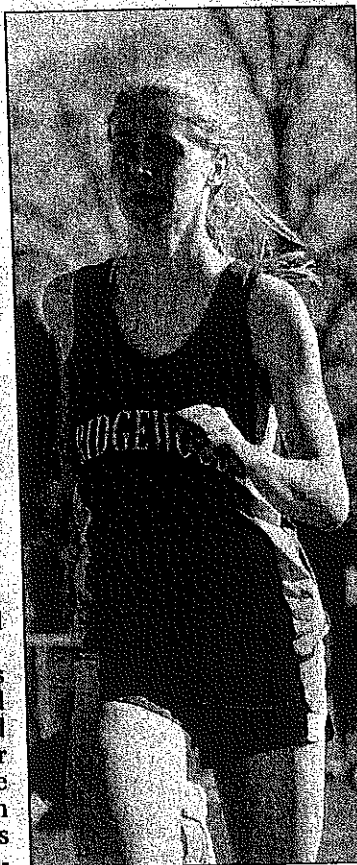
"My friend Byron Williams won it last year, so I was excited that I won it this year," Cator said of the award, which is given for outstanding performance in the boys track event. "It was a fun meet, and on Saturday, it was great to know that we were county champions. I'm real happy about that."

In addition to completing the second leg of the 4 x 1600 in a meet-low 4:19.3, Cator ran a 4:28.3 as part of Ridgewood's second-place distance medley team with Williams, Emont and Christian Trautwein and a 1:59.6 as part of the third-place 4 x 800 squad with Garber, Buckley and Jeremy Schmidt.

As for the Maroon girls, they won five of the 16 relay events held, including the pole vault. Senior Cassie Wong, junior Ashlyn Llerandi and sophomore Annie Polcari each cleared nine feet, six inches, combining to set a new Bergen County standard of 28 feet, six inches. It was the second straight year that the three broke the meet record, having teamed up to clear 25 feet, six inches in 2005.

"We could have done better," said Wong, whose personal best in the vault is 11 feet, six inches. "But the fact that we beat our old record by three feet from just last year is pretty amazing."

"Part of it might have been that last year, Annie was a first-timer, and I was technically a first-timer," said Llerandi, who also helped the



STAFF PHOTO/GARY JUNG

Ridgewood junior Alice Wisener was a part of three first-place relay squads for the Lady Maroons at last weekend's Bergen County relays.

Lady Maroons to a gold medal in the 3 x 400 hurdles. "We were all kind of feeling our way into vaulting. But this year we had it down."

However, Old Tappan was able to top Ridgewood for the meet title thanks to stellar performances from Shenise Halsey. The Golden Knights' senior won the Dick Hitt Field Award for leading her team to first-place finishes in the high jump, long jump, triple jump and 4 x 100 high hurdles, as well as the girls overall championship.

"If you take her performance out, we win the meet easily," said Ridgewood girls head coach Jacob Brown. "She deserved the award. She had great performances, plus she led her team to victory."

A pair of disqualifications also did in the Maroons, as they committed fouls in the 4 x 100 hurdles and the 4 x 200 race, earning themselves no points for either relay.

"In fairness to the athletes that were involved, they were DQ's of trying too hard," Brown said. "Things like getting out of the (baton-passing) zone and trying so hard that you trip over the last hurdle. They were errors of aggression as opposed to mental lapses."

Senior Jess Krejsa, one of Ridgewood's 4 x 200 runners, watched Teaneck go on to win that event with a meet-record time of 1:45.0 on Friday. That turned out to provide motivation for subsequent races, as Krejsa helped both the 4 x 400 and sprint medley squads to victory over the Highwaywomen.

"After we got disqualified in the 4 x 200 on Friday, I told coach Brown right after that race, 'I am not losing to Teaneck, I refuse,'" said Krejsa. "So we went out Saturday trying to really beat them, even though our biggest competition ended up being Old Tappan."

As it turned out, Krejsa, Stephanie Westerman, Christina Law and Alice Wisener ran a 4:05.6 in the 4 x 400 to beat Teaneck by 2.9 seconds. The Lady Maroons then edged the Highwaywomen in 2.5 seconds in the sprint medley behind a clocking of 4:21.3 from Wisener, Krejsa, Westerman and Nikki Whitaker.

Wisener was also a part of the winning 3 x 400 intermediate hurdles relay with Llerandi and Law, while Krejsa earned her third gold medal in the 4 x 100 along with Lara-Jane Que, Emily Barr and Erica Cigolini.

Next up for both the Ridgewood boys and girls are this weekend's Penn Relays. The Lady Maroons entered the 4 x 100-, 4 x 400- and 4 x 800-meter races, while the boys will have athletes in the 4 x 100, 4 x 400, distance medley and javelin relays.

Williams, Buckley, Schmidt and Cator will once again join forces for the distance medley, hoping to drastically improve on their 14th-place finish in the 2005 Penn Relays.

"Last year, I was sick the night before the race, so that didn't go well at all," said Cator. "But this year, I'm hoping we can bring it home for Ridgewood. I feel a lot more confident this year."

Greg Tartaglia's e-mail address is tartaglia@northjersey.com

Walker pleased with her effort

By PAUL SCHWARTZ

STAFF WRITER

PHILADELPHIA — Two years after her greatest success, Hackensack's Consandria Walker returned to the Penn Relays triple jump Thursday and wrote another chapter in her comeback story.

Walker, second in the triple jump as a sophomore in 2004, missed last year's event while recovering from a serious knee injury.

Thursday, she had her best jump since her injury in May, 2004, leaping 38 feet on her final attempt of the trials to climb from 12th place to a tie for fifth and qualify for the eight-girl final.

She couldn't improve on that jump in the final, finishing sixth, a place out of the medals, but taking another large step back to the form she showed in her sensational sophomore year.

"This is the best I've felt in a long time," said Walker, who jumped 39-0 $\frac{1}{4}$ in taking second two years ago. "I still have to work more on the second phase, but when I took my third jump it felt the way it used to before I got hurt."

Walker hit the takeoff board perfectly on her first two jumps, but her best jump of 36-8 $\frac{1}{4}$ was 6 inches short of making the final.

Her third jump was nowhere near the board, but she showed the explosiveness that has been missing since her injury. She couldn't find the board on her final three jumps and settled for sixth.

"I really wanted to make the finals here as my primary goal," said Walker. "Hopefully, this is the start of better things for me. It's nice to feel good again."

Julia Cohan of Northern Highlands was 13th in the javelin with a throw of 113-8, while Melinda Levendusky of Butler was 20th

with 102-2.

Teaneck became the 12th Bergen County team to break 50 seconds in the 4-x-100, running 49.91, 10th on the all-time list. Ridgewood nearly became the 13th, but had to be content with a school-record 50.13 clocking, 14th in Bergen history.

After a 2005 that saw three area teams win heats of the 4-x-400 relay, North Jersey teams performed well with five teams running under 4:06 and an amazing 13 teams under 4:16 on a perfect day for the competition.

But no local team earned a coveted Penn Relays plaque, although three teams were runners-up and a fourth earned a set of bronze medals for third.

Ramsey came closest, leading until the final 150 meters, when

State indoor 400 champ Kristen Mahon of Notre Dame ran a sizzling 54.3 anchor to make up 20 meters on the Rams' Alex Rosenberger, who ran her own personal-best split of 58.3.

Northern Highlands ran a school-record 4:03.13 with Jenn Pierce splitting 59.3 and almost overtaking Walter Johnson (Md.) and North Rockland (N.Y.) after taking the baton in fifth place.

Oddly, the two fastest local races of the day came from teams that were not medalists.

Teaneck ran a solid 4:02.59 for fourth in its heat. But the tough draw hard-luck team of the day had to be Kennedy.

The Knights ran 4:02.13, the 11th-fastest time in Passaic County history, but finished nearly a half-lap behind in their heat, running behind a stunning 3:36.09 from Holmwood Tech of Jamaica, the third-fastest race in Penn Relays history.

Two other teams qualified for the eight-team final out of the heat.

TRACK RANKINGS

Boys

1. Ridgewood
2. Don Bosco
3. River Dell
4. No. Highlands
5. Old Tappan
6. Indian Hills
7. Wayne Valley
8. Kennedy
9. West Milford
10. Demarest
11. Tenafly
12. Ramsey
13. Ridgefield Park
14. Hasbrouck Hgts.
15. Bergen Cath.
16. Westwood
17. Hackensack
18. Teaneck
19. Pascack Hills
20. Park Ridge

Girls

1. River Dell
2. Old Tappan
3. Ridgewood
4. Pascack Hills
5. Kennedy
6. Clifton
7. Demarest
8. Indian Hills
9. Ramsey
10. IHA
11. Waldwick
12. Butler
13. West Milford
14. Teaneck
15. No. Highlands
16. Ramapo
17. Paramus
18. Ridgefield Park
19. Holy Angels
20. Tenafly

PENN RELAYS PREVIEW *Roos 4/16*

The 112th Penn Relays, Thursday through Saturday
at Franklin Field, Philadelphia

GIRLS

3,000 meters

When: Thursday, 6:55 p.m.

Local entrant: Amy Van Alstine, Midland Park

Local outlook: Van Alstine has run very well in shorter races this year and hopes to run close to 10:15 in her first long race of the spring.

Javelin

When: Thursday, noon

Local entrants: Julia Co-han, Northern Highlands and Melinda Levendusky, Butler

Local outlook: Both are underclassmen, so reaching the final would be a tremendous accomplishment.

Triple jump

When: Thursday, 1:45 p.m.

Local entrant: Consandria Walker, Hackensack.

Local outlook: Walker was the runner-up and top American two years ago. A serious knee injury kept her out of last year's event and she's been a little slow to regain form this spring. If she does, she could medal again.

4-x-800 relay

When: Thursday, 10:50 a.m.

Local entrant: Ridgewood

Local outlook: Team is unlikely to reach this year's 12-team final. But a sub-9:40 performance would be encouraging.

Distance medley

When: Thursday, 6:35 p.m.

Local entrant: Ramapo

Local outlook: The team of Erin McKenna, Amy Salek, Melanie Wilson and Kesley Ramsey are just the third North Jersey school to qualify. In one of the best fields ever, the Green Raiders hope to become the first North Jersey non-Ridgewood team under 12:15.

Klopacz, St. Joseph.

Local outlook: Klopacz was third in New Jersey last year but hasn't hit his stride this spring. Seidel has a great chance to make the finals.

400 meter hurdles

When: Saturday, 9 a.m.

Local entrant: Keith Brunner, River Dell

Local outlook: The fourth River Dell entry in less than a decade hopes to break 56 seconds for the first time this spring.

Triple jump

When: Saturday, 9 a.m.

Local entrant: Kyle Lindsay, Eastside

Local outlook: Along with the Jamaican contingent, Lindsay is a favorite along with Kyle Anthony of Eldred (N.Y.) who is coached by former Bergenfield coach Frank Schorling. Lindsay has jumped 48 feet indoors but is an inch short of the Passaic County outdoor record of 46-6½.

Discus

When: Saturday, 9 a.m.

Local entrants: James Stathopoulos and Tom Stripe, Mahwah; George Abyad, Passaic Valley.

Local outlook: A great local representation hopefully will mean at least one thrower in the finals. Abyad and Stathopoulos are juniors.

Distance medley

When: Friday, 5:55 p.m.

Local entrants: Ridgewood and Northern Highlands.

Local outlook: The same Ridgewood team of Byron Williams, Jeremy Schmidt, Niall Buckley and Mike Cator returns after a disappointing finish last year. This year the Maroons are a title contender. Northern Highlands with Nik Batarags, Jarett Menzel, Andrew Gaidus and Ben Di-estel could be a medal contender.

4-x-100 relay

When: Thursday, 11:10 a.m.

Local entrants: Butler, Eastside, Hackensack, Hasbrouck Heights, IHA, Indian Hills, Kennedy, Northern Highlands, Old Tappan, Palisades Park, Ramsey, Ridgewood, Saddle Brook, Secaucus, Teaneck, Tenafly, West Milford, Wood-Ridge.

Local outlook: Eight of nearly 1,000 teams qualify for a championship final Friday. Eight others qualify for consolation small and large school finals. Ridgewood, Teaneck and Kennedy hope to break 50 seconds.

4-x-400 relay

When: Thursday, 1:15 p.m.

Local entrants (in order of races): Palisades Park (1:15); Secaucus (1:20); Holy Angels (1:25); Hackensack (1:30); Westwood and Tenafly (1:35); West Milford (1:40); Saddle Brook and Ramsey (1:45); Hasbrouck Heights (1:50); Eastside (1:55); Wood-Ridge and Fair Lawn (2:05); Paramus and River Dell (2:10); Old Tappan (2:25); IHA (3:00); Butler and Northern Highlands (3:05); Teaneck and Ramapo (3:15); Ridgewood (3:25); Kennedy (3:30).

Local outlook: The centerpiece of the high school portion of the meet, with the top eight teams from more than 40 races returning for a Saturday final. A Penn Relays plaque is given to the winner of every heat, which is roughly seeded according to time and prior performance. Medals are awarded to the top three teams in each heat. Ramsey, River Dell, Old Tappan, Butler, Teaneck, Ridgewood and Kennedy appear to be the best hopes for medals.

BOYS

Javelin

When: Friday, noon

Local entrant: Steve Pierce, Ridgewood.

Local outlook: Pierce has all the tools to make the final and perhaps medal. His goal is to beat all the New Jersey throwers entered.

Shot put

When: Friday, 2:30 p.m.

Local entrants: Jeff Seidel, Hackensack Heights, Ramapo

4-x-800 relay

When: Friday, 9:20 a.m.

Local entrants: Indian Hills and Don Bosco (9:50 a.m.).

Local outlook: The top 12 teams from four heats of about 18 teams each qualify for a final Saturday afternoon. Both local teams have a chance to run the estimated 7:57 needed to advance with Indian Hills having the better anchor in Max Bruno, who ran 1:53.7 on the Braves' winning sprint medley in California two weeks ago.

4-x-100 relay

When: Friday, 10:35 a.m.

Local entrants: Bergen Catholic, Don Bosco, Fair Lawn, Hackensack, Hasbrouck Heights, Kennedy, Lyndhurst, Northern Highlands, Passaic, Passaic Valley, Ramsey, Ridgewood, River Dell, Saddle Brook, St. Joseph Regional, Secaucus, Teaneck, Wallington, West Milford, Wood-Ridge

Local outlook: The magic number here for local teams is a sub-45 second run with Don Bosco, Ridgewood and Teaneck the teams with the best chances of doing so.

4-x-400 relay

When: Saturday, 9:10 a.m.

Local entrants (in order of races): Lyndhurst (9:10); Tenafly (9:15); Secaucus, Saddle Brook and Ramsey (9:25); Wood-Ridge, Hasbrouck Heights and Wallington (9:40); River Dell (9:45); Paramus (10:00); Old Tappan and Passaic Valley (10:05); West Milford (10:10); Ridgewood and Bergen Catholic (10:30); Hackensack (10:35); Westwood (10:40); Bergenfield (11:00); Teaneck and Don Bosco (11:05); Indian Hills (11:15); Northern Highlands (11:20); Kennedy (11:30).

Local outlook: Although Kennedy is in the fastest heat after qualifying for (but not running) the final last year, the Knights are not expected to compete. That leaves medal possibilities in the hands of West Milford, Ridgewood, Westwood, Teaneck, Don Bosco, Indian Hills and Northern Highlands

Penn Relays

April 28th – April 29th

4x100m:

John Moody / Albert Gelbaum / Lucas Chwe / Chris Zeigler

44.96 – 2nd fastest time by a Bergen County team

Javelin:

Steve Pierce **159'8" (48.68m) – 15th Place**

Distance Medley:

Byron Williams **3:07.8**

Jeremy Schmidt **52.2**

Niall Buckley **2:01.0**

Michael Cator **4:21.6** **10:22.59 – 10th Place**

Saturday:

4x400m:

Jeremy Schmidt **52.5**

Niall Buckley **52.5**

Steve Pierce **52.2**

Chris Zeigler **53.5** **3:30.90 – 5th in Bergen**

TRACK

PENN RELAYS

AT FRANKLIN FIELD, PHILADELPHIA

BOYS 4-X-100 RELAY

(Team, time, place in heat)

Teaneck, 43.95, 2nd

Kennedy, 44.74, 4th

Ridgewood, 44.96, 3rd

Hackensack, 44.98, 3rd

Don Bosco, 45.19, 4th

Secaucus, 45.67, 3rd

Bergen Catholic, 45.77, 8th

Northern Highlands, 45.79, 7th

Passaic, 45.85, 7th

River Dell, 45.94, 6th

Wallington, 45.94, 4th

Hasbrouck Heights, 46.27, 8th

Passaic Valley, 46.28, 7th

Saddle Brook, 46.41, 7th

Ramsey, 47.82, 7th

Wood-Ridge, 49.36, 9th

Lyndhurst, 51.16, 9th

Ridgewood hoped for a better finish

Maroons fall short in distance medley

By **PAUL SCHWARTZ**
STAFF WRITER

PHILADELPHIA — It's tough to wait a year to get a chance at redemption. It's tougher still when that shot at redemption comes up short.

Ridgewood's distance medley team of Byron Williams, Jeremy Schmidt, Niall Buckley and Mike Cator improved four places and 10 seconds from last year's finish in the boys distance medley championship Friday at the Penn Relays. But it wasn't enough to satisfy the Maroons, who expected more than a 10th-place finish in 10:22.59.

Northern Highlands ran very well, improving to a school-record 10:28.82 for a 13th-place finish.

"We just didn't run what we wanted to run," said Cator, who split 4:21.4 and was the only Maroon to run better than he did last year. "I had to run faster than I did last year because I was horrible."

Unfortunately, Williams (3:07.8, 1.1 seconds slower than last year), Schmidt (52.1, a half-second slower) and Buckley (2:01.5, four seconds slower) all were behind their 2005 legs.

"I felt good and thought I was running well," said Buckley, who went out in 56.4 seconds. "But the Monsignor Farrell kid passed me and my legs tightened."

Nik Batarags led Highlands with a solid 3:09.2 in the 1,200 and Jarett

TRACK & FIELD PENN RELAYS

Menzel ran 51.1 for his 400 leg. Andrew Gaidus, the only junior on the team, clocked a personal best of 1:59.0 in the 800 and Ben Diestel ran 4:29.5 to anchor.

Earlier in the day, Indian Hills and Don Bosco came up short in their bids to qualify for the finals of the 4-x-800 relay.

Indian Hills finished fifth in the first heat in 8:06.17, avoiding disaster when leadoff Garrett Kroner had trouble locating Brian Reilly and the two almost collided.

"The officials wouldn't let me move to the inside as Garrett kept passing kids coming in," said Reilly who recovered to run a 2:03.5 leg after Kroner, moving from 11th to third in the last 250 meters, split 1:58.3. Anchor Max Bruno ran 1:58.0, but showed some sophomore inexperience in going out in a pedestrian 60.5.

Don Bosco ran all right in the final heat, splitting 8:07.05 for ninth with Jason Baker running 2:01.6, Sharif Webb 2:00.0 and Conor Sullivan 2:00.6.

"We ran nowhere near what we're capable of," Bosco coach Rob DeCarlo said. "But with everyone back, we'll be back to run something next year."

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League meets take spotlight

Park Ridge favored to capture first BCSL crown in 31 years

By PAUL SCHWARTZ
Staff Writer

After the sensational Penn Relays weekend, the track season turns to individual competition, starting with the Bernards Invitational in Bernardsville and the County Seat Invitational at Wayne Hills on Saturday. The championship season begins Monday with the BCSL National pole vault and high jump Becton and Olympic pole vault

TRACK NOTES

high jump at Park Ridge. The PSL meet is Tuesday and Wednesday at Glen Rock and the BCSL National and Olympic meet shifts to the new Bergen Regional Sports Complex at Overlook County Park in Palisades Park on Wednesday and Thursday. The NBIL meet is Thursday at Old Tappan.

The Northern Hills meet is Friday and Saturday at Wayne Hills, with the NNJIL meet at Teaneck and the BCSL American at River Dell on the same days.

Here is a look at the first set of league meets:

B-PSL: Saddle Brook has a very young boys team but coach Don Schuman thinks the Falcons can repeat in the Carpenter boys meet. But Midland Park remains double champions. Matt Cressard and Ryan Van Alstine should be a contender for its first league meet title. No. 12 Waldwick should end Glen Rock's 13-year reign as a divisional champion, and win its first

B-PSL divisional title in the girls meet. Hayley Kellinger of Saddle Brook and Amy Van Alstine of Midland Park are returning double winners. No. 19 Pompton Lakes is favored in the King Division boys meet over defending champion Garfield, led by returning double winners O.J. Woodard and Dane Bender. No. 20 Pompton Lakes, Garfield, Manchester and Hawthorne are all potential winners of the girls meet. Katelyn Savage of Manchester and Mallory Cornett of Hawthorne are returning double winners.

BCSL National: No. 14 Hasbrouck Heights should breeze to a fourth league meet title in six years in the boys meet, although the only returning double winner is sprinter Donald Lee of St. Mary's. After two close losses to Wood-Ridge the last two years, a young Hasbrouck Heights team should regain the girls championship.

BCSL Olympic: No. 20 Park Ridge hasn't won a league meet since the Owls won three straight titles from 1973-1975. But the Owls went undefeated through the dual meet season and should be able to hold off New Milford and defending champion Bergen Tech to end that streak. Bergen Tech, in its final year in the league, has the only defending double champion in distance runner Tom Cullen. The Knights move to the NNJIL next year.

Bergen Tech, Park Ridge and three-time defending champion Cresskill should battle for the girls title, although it's New Milford's Aly Hanson (four titles last year) and Leonia's Kate Watson

TRACK RANKINGS

Boys

1. Ridgewood
2. Don Bosco
3. River Dell
4. Northern Highlands
5. Old Tappan
6. Indian Hills
7. Wayne Valley
8. Kennedy
9. West Milford
10. Demarest
11. Tenafly
12. Ramsey
13. Ridgely Park
14. Hasbrouck Heights
15. Teaneck
16. Bergen Catholic
17. Westwood
18. Hackensack
19. Pompton Lakes
20. Park Ridge

Girls

1. River Dell
2. Old Tappan
3. Ridgewood
4. Pascack Hills
5. Kennedy
6. Clifton
7. Butler
8. Demarest
9. Indian Hills
10. Ramsey
11. IHA
12. Waldwick
13. West Milford
14. Teaneck
15. Northern Highlands
16. Ramapo
17. Paramus
18. Ridgely Park
19. Holy Angels
20. Pompton Lakes

(two titles) who are likely the individual stars.

NBIL: One of the most interesting league meets each year is the NBIL meet and this year should be no exception. No. 10 Demarest shoots for a third straight Division I boys title led by returning double winner Matt Schuier, but will tested by No. 5 Old Tappan. No. 8 Demarest and No. 2 Old Tappan have combined to win 15 of the last 16 girls titles and Old Tappan is favored for a third straight title, but No. 16 Ramapo has double winners returning in Amy Salek and Kesley Ramsey and might sweep the six running events. But Old Tappan's Shenise Halsey won three events last year and could win four this year.

The Division 2 boys meet matches No. 6 Indian Hills and

three-time champion No. 4 Northern Highlands with some of the top individuals in the state. Garrett Kroner of Indian Hills won three events and Kwame Collins of Northern Highlands won two last year and 11 of the 15 individual champions return. No. 12 Ramsey is also in the meet.

The girls meet throws No. 10 Ramsey and No. 4 Pascack Hills into the mix with No. 15 Northern Highlands and No. 9 Indian Hills, with Pascack Hills shooting for its first title. Twelve of last year's 15 individual titlists return, led by double winners Rebecca Coffman of Indian Hills, Alex Rosenberger of Ramsey and Julie Haledjian of Pascack Hills.

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St. Mary's Gomez is perfect

RUTHERFORD — Jessica Gomez could have kept on pitching. Maybe that's why St.

Junior shuts out Wood-Ridge for second time this season

second and third, respectively, with Jessica Knapp at the plate. Labriola, though, got her to pop out to keep the shutout intact

Sophomore full season

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STAFF WR

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TRACK AND FIELD

No hurdle too big

Kennedy's Brown wins 2 events despite injuries

By **PAUL SCHWARTZ**
STAFF WRITER

BERNARDSVILLE

Shaquan Brown came to the eighth hurdle at the Bernards Invitational on Saturday nearly a hurdle behind Ben Copeland of Montgomery and did a quick body check.

Left shoulder (injured in football), check; hamstrings (tweaked in winning the 100), check; calves (subject to cramps), check; shoes on tight, check.

Then the sensational Kennedy senior shifted into overdrive and caught Copeland at the finish line in 53.3 seconds, the fastest 400 hurdle race by a Passaic County runner since Andrew Cameron of Eastside ran 52.05 for the County record in 1987.

"I tweaked my left hamstring again when I won the 100 [in a meet and Passaic County record-tying 10.4 seconds]," said Brown. "I think I broke two sets of blocks trying to get comfortable and I couldn't lift my leg very well."

So Brown chose to go without blocks for the hurdles, which ran about two hours after the 100. He got out OK, but nearly knocked the second hurdle into a refreshment stand alongside the track. He then switched lead legs but seemed well out of the race.

"I just wanted to finish the race and I knew I had a lot of catching up to do," said Brown. "But I started going after the kid from Piscataway and I started to move pretty good as I hit the fi-

BERNARDS INVITATIONAL

nal turn. Then I did the body check and I thought I was good to go."

And go he did, as the crowd erupted and Copeland began to struggle. When Brown cleared the 10th and final hurdle he still was about 10 meters behind Copeland with about 30 meters to go, but was in full flight.

Brown, in only his fourth open hurdles race, broke the school record set by Shawn Collins, who ran 53.5 in 1991.

Brown's double accounted for two of 10 titles by North Jersey athletes.

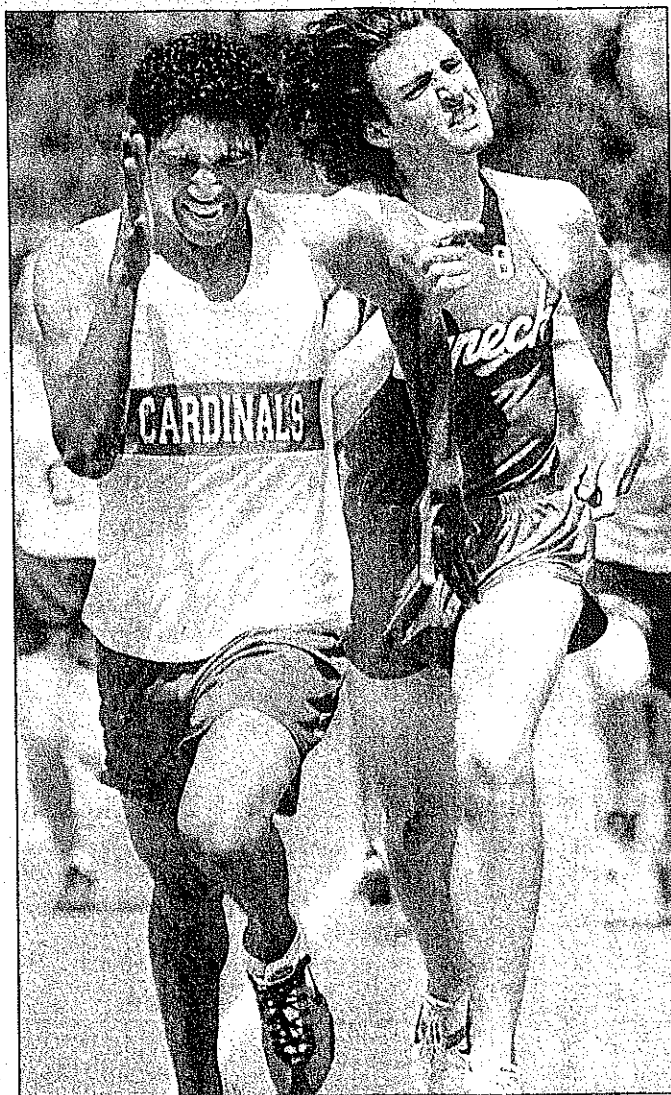
Ridgewood's Cassie Wong had a sensational day in the pole vault, making each of her first four heights on her first attempt, including a Bergen County record-tying 11-6. She upset defending outdoor State champion Kristen Hafford of Warren Hills, who passed at 10-6 in an attempt to put pressure on her opponent.

"When she passed, I knew she was trying to beat me on misses if she couldn't jump higher, so it made me want to clear my heights first," Wong said.

Wong's easy clearance at 11-6 seemed to rattle Hafford, who missed badly on her first two vaults at the height before barely missing her third.

Wong then tried to raise her Bergen County record to 11-8, but just missed.

Teaneck's girls swept the 4-x-100 and 4-x-400 relays with



CHRIS PEDOTA/STAFF PHOTOGRAPHER

Teaneck's Tom San George (8) was awarded first in the 800 meters when Pompton Lakes' Dane Bender was disqualified.

North Jersey-leading times of 49.7 and 4:01.4, respectively. And Teaneck's Tom San George won the 800 meters in 1:58.9 when Pompton Lakes junior Dane Bender was disqualified for cutting off the Teaneck runner.

Six weeks after she started throwing the discus, Passaic

sophomore Jeani Ducos, a mainstay of the Indians' volleyball and basketball teams, had a personal best of 111-11 in winning the event.

Ramapo's Kesley Ramsey ran a personal-best 5:04.9 in easily winning the girls 1,600, a welcome break from the tests she's been taking.

Thomas, Teaneck, 20-7¼; 3. Ryan Jordan, Kennedy, 20-5¼; 4. Mark Shapiro, Bernards, 20-1¾; 5. Chris Liu, Watchung Hills, 20-0¾.

Triple jump: 1. Felder Jones, Williamstown, 42-6½; 2. Muse Ogie, South Plainfield, 42-6; 3. Karl Reed, Lenape, 40-10; 4. Greg Rackley, Franklin, 40-2; 5. Marc Shapiro, Bernards, 40-1¼.

Pole vault: 1. Justin Delpaino, South Brunswick, 15-0; 2. Ricky Zamora, Bernards, 14-6; 3. Paul Kovach, Ridgewood, 13-6; 4. Nate Sahlman, Watchung Hills, 13-0; 5. Tim Blashford, Ramapo, 13-0.

4-x-100 relay: 1. Franklin (Justin Smith, Sean Schnarr, Oscar Wilson, Hanif Kendrick), 42.9; 2. Piscataway, 43.5; 3. Passaic, 43.8; 4. Pingry, 46.1; 5. North Hunterdon, 46.3.

4-x-400 relay: 1. Franklin (Sean Schnarr, Oscar Wilson, Christian Gonzalez, Randy Booker), 3:29.0; 2. Piscataway, 3:29.6; 3. Teaneck, 3:36.3; 4. Ridge, 3:38.0; 5. Williamstown, 3:38.9.

Boys

100: 1. Shaquan Brown, Kennedy, 10.4 (ties record set by Kevin Thompson, North Bergen, 2005); 2. Mason Robinson, Somerville, 10.5; 3. Orion Woodard, Pompton Lakes, 10.8; 4. Tyrone Pouncy, Williamstown, 10.9; 5. Na Ibeh, Colonia, 11.0.

200: 1. Orion Woodard, Pompton Lakes, 21.9; 2. Rasheed White, Teaneck, 22.0; 3. Tyrone Pouncy, Williamstown, 22.7; 4. Damien Miles, Teaneck, 22.8; 5. Anthony Penny, Lenape, 23.0; 6. Chris Ziegler, Ridgewood, 23.3.

400: 1. Melvin Finley, Matawan, 49.5; 2. Randy Booker, Franklin, 50.5; 3. Na Ibeh, Colonia, 50.7; 4. Jeff Page, St. Joseph (Met), 51.0; 5. Brandon Malloy, North Hunterdon, 52.1.

800: 1. Tom San George, Teaneck, 1:58.9; 2. Pat Sullivan, West Milford, 2:01.1; 3. Steve Williamson, West Milford, 2:01.2; 4. Dan Stiles, Somerville, 2:01.4; 5. Steve Klett, Clifton, 2:01.6. (Dane Bender, Pompton Lakes won race in 1:58.0 but was disqualified.)

1,600: 1. Ryan DiOrio, Bridgewater-Raritan, 4:27.6; 2. Dale Taylor, North Hunterdon, 4:28.4; 3. Christian Gonzalez, Franklin, 4:31.6; 4. Tom Banafato, Bridgewater-Raritan, 4:33.9; 5. Alex Brenner, Ridge, 4:36.1.

3,200: 1. Adam Gruchacz, Bridgewater-Raritan, 9:40.9; 2. Chris Scavone, Pingry, 9:44.2; 3. Will Nowicki, Pascack Valley, 9:53.8; 4. Anthony Palma, Bernards, 9:59.0; 5. Steve Sample, South Brunswick, 10:00.2.

110 Hh: 1. Jon Francols, Piscataway, 14.4; 2. Brian Monetti, Watchung Hills, 14.7; 3. Ben Copeland, Montgomery, 14.8; 4. Donavan Bolden-Smith, Leonia, 15.6; 5. Garratt Askew, Hudson Catholic, 16.0.

400 Hh: 1. Shaquan Brown, Kennedy, 53.3; 2. Ben Copeland, Montgomery, 53.4; 3. Brian Cashman, Somerville, 57.8; 4. Ryan Jordan, Kennedy, 58.0; 5. Max Checo, South Brunswick, 58.2.

Shot put: 1. Jason Yamchock, Franklin, 51-11; 2. Said Galda, Bloomfield, 51-5; 3. Anthony Grasso, Matawan, 50-6¾; 4. Matt Crystal, Watchung Hills, 48-10¾; 5. John Blotto, South Brunswick, 48-7¼.

Discus: 1. Matt Crystal, Watchung Hills, 157-7; 2. Devon Ramsey, Lawrenceville, 154-2; 3. John Vitto, South Brunswick, 145-0; 4. Jordan Passro, Paramus Catholic, 132-9; 5. Darrien Collie, Kennedy, 131-4.

Javelin - 1: Jeremy Pennino, Watchung Hills, 191-7; 2. Steve Pierce, Ridgewood, 186-1; 3. Jon Anderson, Williamstown, 161-6; 4. Dan Pedota, Bernards, 151-2; 5. Joe Johnson, South Brunswick, 150-0.

High jump: 1. Greg Smart, Lawrenceville, 6-0; 2. Will James, Piscataway, 5-10; 3. tie between Shawn Bethea, Piscataway, Mike Zwiren, South Brunswick and Danny Scott, Kennedy, 5-10.

Long jump: 1. Felder Jones, Williamstown, 21-6¾; 2. Akeem

**Frosh Dual (some novice) vs. Hackensack
@ Ridgewood**

May 3, 2005

400IH: R. Sayanagi **68.7 – 1st Place** E. Grossman **72.2 – 3rd Place**

100m: K. Boyce **14.3** J. Schwartz **14.1** D. Nowinski **13.8** S. Tackaberry **14.6**

1600m: T. Shiganobu **4:49 – 1st Place** D. Landers **5:01** K. Meissner **5:07**
A. Pruzinski **5:10** A. Fine **5:31** T. Haase **5:54**

400m: B. Grossman **64.4** J. Shen **69.8**

110HH: R. Sayanagi **18.1 – 1st Place** D. Nagano-Gerace **21.1 – 3rd Place**

800m: J. Jenkins **2:22 – 2nd Place**; A. Kaiser **2:28**; S. Martin **2:28**;
M. ?(cant read writing) **2:30**; A. Zulof **2:31**; R. Sierra **2:42**; R. Amado **2:42**;
S. Madden **2:42** R. Treppedi **2:55**

200m: R. Sayanagi **26.2 – 2nd Place** D. Nagano-Gerace **27.9** K. Boyce **28.8**
J. Schwartz **29.2** M. Witt **28.2** S. Tackaberry **29.3** E. Grossman **27.3** S. Martin **29.5**
M. Vaccaro **25.2** J. Lai **28.4** J. Dabby **32.3**

4x400m: R. Sayanagi **68.6** / E. Grossman **68.1** / D. Nagano-Gerace **68.4**
T. Shiganobu **56.3 – 4:22.1**

Long Jump: D. Nagano-Gerace **15'5" – 3rd Place** B. Grossman **14'10"**

Triple Jump: E. Grossman **32'1" – 2nd Place** R. Sayanagi **31'8" -3rd Place**

Shot and Disc: P. King **30'4" – 2nd place** / **80'1" – 3rd Place**

The Maroons Win!!!

Penn Relays prep Maroons for post-season track meets

BY GREG TARTAGLIA
Staff Writer

RIDGEWOOD – The “championship season” for the Ridgewood High School spring track and field team does not begin until this weekend, when the Maroons kick off three straight weeks of league, county and state-sectional title meets.

Several of the team’s athletes, though, have already begun rounding into championship form.

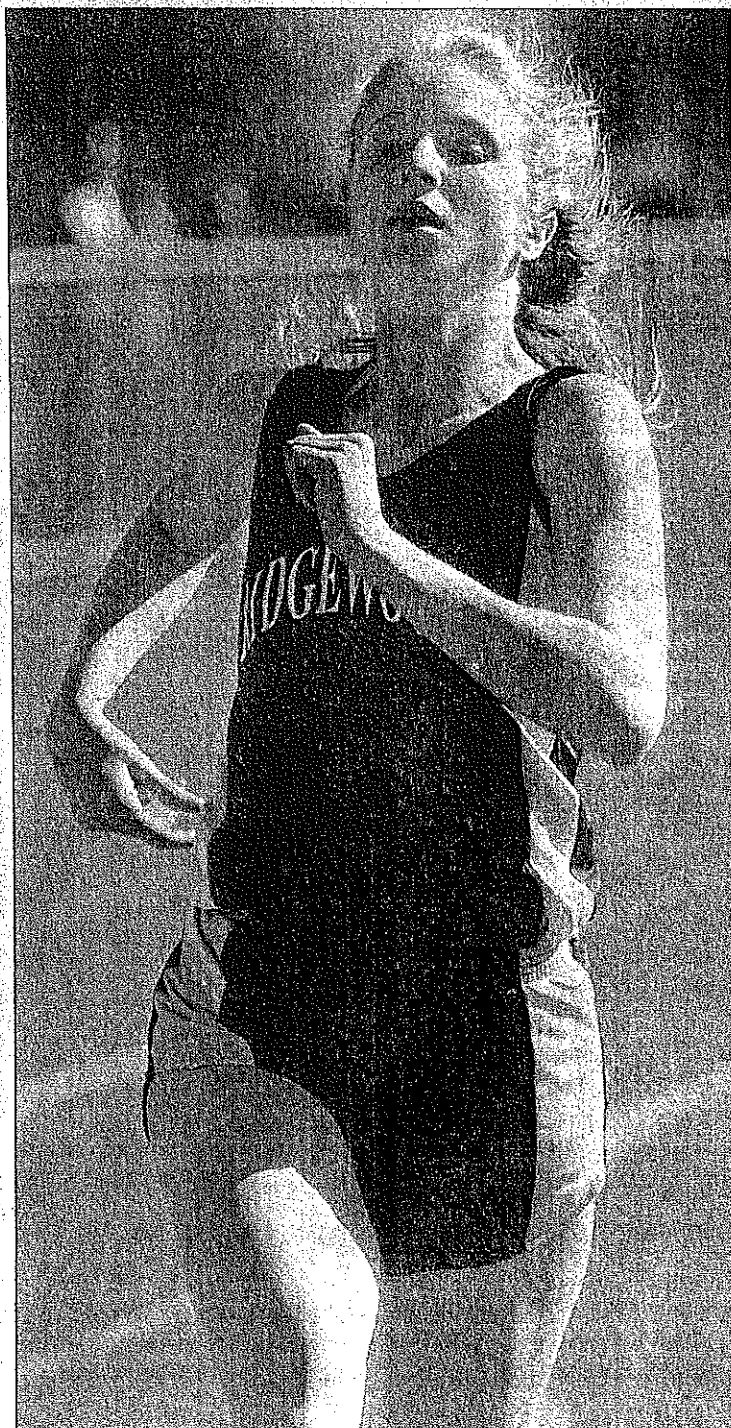
The Maroon boys entered five of its members into a pair of national high school finals events at the Penn Relays in Philadelphia two weekends ago, while the girls 3200-meter relay team was an unexpected qualifier for the national finals. Both the boys and girls squads got surprise performances from their 400-meter relay teams as well.

The Ridgewood quartet of seniors Byron Williams and Mike Cator and juniors Jeremy Schmidt and Niall Buckley ran a 10:22.59 to place tenth in the boys distance medley relay championship, four spots better than their finish in the event at the 2005 Penn Relays.

Williams (3:07.8 split), Schmidt (52.1) and Buckley (2:01.5), the Maroons’ first three runners, each finished behind their respective times of a year ago. Cator ran a 4:21.4 anchor leg, nearly 16 seconds better than his 2005 time, which was affected due to illness.

“They weren’t going down there to come in tenth,” said boys head coach Josh Saladino. “They were looking for a medal performance, which would have been the top five. So, certainly, we left a little bit disappointed from that, but hopefully, as we go forward with the rest of our championship season, they can try to figure out ways that they can individually and as a collective unit improve.”

The only New Jersey school to finish ahead of Ridgewood in the distance medley was Christian Brothers Academy (10:16.04), a team that the Maroons beat in the event several times during the winter indoor track season. The April 28 event at the Penn Relays was won by Fayetteville-Manlius of Manlius, N.Y., with a time of 10:06.71.



GARY JUNG/STAFF PHOTOGRAPHER

Ridgewood junior Erica Cigolini was part of the Lady Maroons’ 4 x 100 relay squad that established a new school record for the girls program in the event (50.13 seconds) at the Penn Relays on April 27.

Meanwhile, senior Steve Pierce represented the Maroons in the javelin championship, recording a throw of 159 feet, eight inches to finish 15th out of 17 competitors.

Jeremy Pennino of Watchung Hills

won the event with a distance of 194 feet, two inches.

The most impressive Ridgewood performance of the Penn

See TRACK, page C4

RACK from C2

elays, however, had to be that of seniors Jess Krejsa and Stephanie Westerman and juniors Ashlyn Llerandi and Christina Law in the 4x800 events. The girls ran a time of 9:23.30 in the 70-team qualifying race on Thursday, April 27, good enough to earn the 12th final spot in the championship field.

"We didn't think that we were going to qualify at all, because our best time when we placed at Nationals in indoor was around 9:30," said Westerman, who ran the anchor leg. "We were all so excited. It was the biggest surprise ever. In fact, no one came prepared for it."

The 4 x 800 finals raised even more eyebrows the next day. Krejsa, the leadoff runner, completed one 200-meter lap before Lenape Regional's Tori LaPonte tangled up with her in the first turn of the second lap. Both runners picked themselves up and continued, but not before losing nearly five seconds.

"We just happened to be very close together," said Krejsa, who split 2:27.1 in the finals. "I tried to get around her, but she moved out with me, and our legs got tangled. We both went down pretty hard, but we both got back up and finished."

And thanks to the efforts of Llerandi (2:20.0), Law (1:17.7) and Westerman (2:22.1), the Maroons recovered to post a tenth-place showing of 9:26.93, beating Bardonia of East Setauket, N.Y., and Lenape.

"Even with the fall, we were able to beat two teams that had beaten us the day before," girls head coach Bob Brown said. "I thought the kids did a great job. Without the fall, Jess would have run even faster, but

they were fired up."

The spill did not dampen Krejsa's excitement from Thursday's events, either. Less than 90 minutes after completing the 3200-meter relay qualifying race, she ran in the 400-meter relay and helped Ridgewood set a new school record. Juniors Lara-Jane Que and Erica Cigolini and sophomore Emily Barr combined with Krejsa to finish the 4 x 100 with a fully automated time of 50.13 seconds.

"The old record was 50.4 seconds, hand time, which means it was probably closer to 50.5 by our team from 1985, so we were thrilled," Brown said.

"After the 4 x 800, all my nerves were gone, and I was really just excited to be there, especially doing the 4 x 100," Krejsa said. "I've been doing that since I was a freshman, and I've been trying to break that record since I was a freshman, so to do it at the Penn Relays my senior year was perfect."

Que, Barr, Krejsa and Cigolini had run a 51.4 to win the event at the Bergen County relays a week earlier. Barr, Que and Cigolini also teamed with Alice Wisener to run the 4 x 400-meter race at the Penn Relays; the quartet finished with an 11th-place showing of 4:10.11 in their 12-team heat.

The Maroon boys 4 x 100 team of senior John Moody and juniors Albert Gelbaum, Lucas Chwe and Chris Zeigler also continues to impress, following up its first-place county relay finish of 45.3 seconds with a clocking of 44.96 seconds at the Penn Relays. The latter ranks as the second-best time in school history and the fastest since 1991, according to Saladino.

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"We were very happy with their performance," said Saladino. "We got Chris Zeigler on the team for the first time this spring, and he's really helped as our anchor. Albert was dinged up at the beginning of the season, but he's come back from injury pretty well to help us out there. And then, of course, we've got good senior leadership in John Moody, and Lucas Chwe has done a great job with the stick."

"It's not always the four fastest guys that run the best time; it's the guys that can move the baton around the track the fastest, and Lucas has done especially well with that," added Saladino.

One week after the Penn Relays, Zeigler went on to place sixth in the 200-meter sprint of the Bernards Invitational in Bernardsville last Saturday. Zeigler ran the race in 23.3, just 1.4 seconds behind winner O.J. Woodard of Pompton Lakes. Senior Paul Kovach took third in the pole vault, clearing a personal best 13 feet, six inches.

Pierce won silver in the javelin at Bernards with a toss of 186 feet, one inch, but again ran up against Watchung Hills' Pennino, who missed equaling his Penn Relays throw by two-and-a-half feet.

Senior Cassie Wong was the only Maroon to capture gold in Bernardsville, tying her personal record and Bergen County record of 11 feet, six inches in the pole vault. Wong beat out Kristen Hartford of Warren Hills, the 2005 Outdoor Meet of Champions winner, by half-a-foot.

"Cassie is a top [vaulter] around here, and she needed some good competition," Brown said, "so she went down and beat a really good kid. She got a real nice start to her championship season."

For all of the Maroons, that season begins today and tomorrow at the Northern New Jersey Interscholastic League (NNJIL) meet at Old Tappan High School. The Ridgewood boys and girls teams both emerged from their regular-season NNJIL dual meet schedules with 8-0 records.

"The boys have also won five league championships in a row, so we'd like to keep that going," said Saladino. "That's really the first goal. Setting ourselves up for the county championship and state sectionals would be nice, but we need to go into this and look to win."

League meets reign on weekend

By **PAUL SCHWARTZ**
STAFF WRITER

The final three league championship meets of the season will be held today and Saturday with the **INJIL** at Teaneck, the **BCSL American** at the new River Dell facility and the **Northern Hills** at Wayne Valley.

Here's a closer look at the meets:
INJIL: Ridgewood, No. 1 in the record's Top 20, should have little trouble earning a sixth straight "A" boys title, led by Byron Williams

TRACK NOTES

and Mike Cator, who dominated the distances last year. No. 15 Teaneck aims for second.

No. 8 Kennedy will breeze to a second-straight "B" title behind Shaquan Brown and Ryan Jordan who combined for five wins and 72 points last year. Hopefully, Eastside senior Kyle Lindsay, the State triple jump favorite, can return from injury.

No. 2 Don Bosco will make it 6-for-6 in "C" over No. 16 Bergen Catholic. Bosco went 1-2 in Tuesday's discus throw for a big lead early.

The most interesting meet here should be two-time defending champ and No. 3 Ridgewood against No. 13 Teaneck and No. 15 Hackensack in the "A" division. Double-winner Consandria Walker of Hackensack is the only multi-event winner returning. No. 5 Kennedy and defending champ Clifton, No. 7, have their third tight battle in "B" with Kennedy's Kristin Crawford a returning doubler. No. 11 IHA will make it six straight in "C" but No. 19 Holy Angels may be closing the gap.

BCSL American: No. 17 Westwood ended No. 3 River Dell's reign in the boys meet last year with a dominating win, but don't expect it to happen this year. Fort Lee's Andrei Olifer (800) is the only returning champ at the meet. No. 11 Tenaflly and No. 13 Ridgely Park should also do well.

No. 1 River Dell will win a third straight girls meet over No. 20 Ridgely Park. Tenaflly thrower Natalia Arias is the only double winner back.

Northern Hills: The double winners back in the boys meet are Ryan Manning of West Orange and George Abyad of Passaic Valley, but look for No. 6 Wayne Valley to overtake No. 9 West Milford to win the title.

Double-winner Nick Miehle leads DePaul in the Suburban Division against Delbarton and Millburn.

No. 18 West Milford will contend for the girls Skyline title against Wayne Valley and West Orange and No. 6 Butler should have little trouble defending in the Suburban behind Jianna Spadaccini and Alessandra Valdetara, who combined for five wins last year.

TRACK RANKINGS

Boys

1. Ridgewood
2. Don Bosco
3. River Dell
4. No. Highlands
5. Old Tappan
6. Wayne Valley
7. Indian Hills
8. Kennedy
9. West Milford
10. Demarest
11. Tenaflly
12. Ramsey
13. Ridge. Park
14. Has. Heights
15. Teaneck
16. Bergen Cath.
17. Westwood
18. Mahwah
19. Garfield
20. Glen Rock

Girls

1. River Dell
2. Old Tappan
3. Ridgewood
4. Pascack Hills
5. Kennedy
6. Butler
7. Clifton
8. Demarest
9. Indian Hills
10. Ramsey
11. IHA
12. Waldwick
13. Teaneck
14. No. High.
15. Ramapo
16. Hackensack
17. Pomp. Lakes
18. West Milford
19. Holy Angels
20. Ridge. Park

Thursday's league meets
not included

Jones nearing 18 in the long jump

Passaic senior's 17-9 tops NNJIL B

By GREGORY SCHUTTA
STAFF WRITER

TEANECK — Sheniqua Jones always will remember what Piscataway's Asia Washington jumped last year to beat her in the State Group 4 long jump.

"It was just one inch more than I jumped," said the Passaic senior, who jumped her personal best that day. "I'll always remember that."

It would be easy to think that 1 inch is what's driving Jones this year, but she prefers to concentrate on what she's doing rather than on anybody else.

Jones broke off a jump of 17 feet, 9 inches Friday, adding 4 inches to her personal best of a year ago, to win the Division B girls long jump in the first day of the NNJIL Track and Field Championships and take the next step toward her goal of a jump well into 18 feet and hopefully to 19.

"If I could do that, I'd be happy," she said.

Jones, who moments earlier had placed third in the 200 for the Indians, broke 17 feet in three of her six jumps Friday with the 17-9 coming on her second attempt.

"I was a little upset because I didn't put all the aspects of the jump together," said Jones, who has about a month left in the championship season to get her long jump up to where she wants it. "Either I had the height and I wasn't holding [my form] long enough or I held [my form] long enough but I wasn't getting any height. I know that if I can get the height, I can do [19 feet]."

Clifton jumped out to the early lead in the girls Division B race with 98 points behind 1-2 finishes from Diane

TRACK & FIELD NNJIL CHAMPIONSHIP

Szaflarski and Jessica Torres in the 3,200 and Betty Bodyziak and Connie Musleh in the javelin and a 1-2-3 sweep in the pole vault.

Passaic (44), Montclair (43) and Kennedy (42) are bunched up behind, but the defending champion Knights could have the edge with the 100, 400 and the high hurdles still to come today.

Ridgewood leads Division A in both boys and girls. Steven Pierce threw 176-1 in the javelin and Michael Cator ran the 3,200 in 9:53.6 to lead the Maroons to a 78-41 lead over Teaneck in the boys competition.

The girls got wins from Cassie Wong, who cleared 11 feet in the pole vault, and Jaclyn Wypler in the discus (105-2) to take a 90-57 lead over Hackensack. Teaneck is a close third with 53 points.

Shaquan Brown ran 21.4 to win the 200 and 53.5 for an easy win in the intermediate hurdles to lead defending champion Kennedy to a 98-38½ lead over Eastside in the boys Division B point race. Steven Johnson jumped 42-5½ in the triple jump to lead Eastside.

Don Bosco, behind wins from John McDonnell (3,200), Steve Wexler (400 IH), Billy Thummel (javelin) and Chris Hallissey (discus), holds a 54-25½ lead over second-place Paramus Catholic in boys Division C. Immaculate Heart got six wins from six different athletes to take a commanding 58-18 lead over Holy Angels in the girls Division C.

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NNJIL Championship:
Tuesday @ Ridgewood
Friday / Saturday @ Teaneck

May 9, 12, and 13th

Tuesday:

Javelin:

| | |
|----------------|--------------------------------------|
| Steve Pierce | <u>176'1" – 1st Place</u> |
| Albert Gelbaum | <u>147'2" – 4th Place</u> |
| Dan Gillis | 112'0" |

Discus:

| | |
|-----------------|--------------------------------------|
| Ben Wilson | <u>127'8" – 2nd Place</u> |
| Mike Mosticchio | 109'10" |
| Steve Pierce | 109'9" |

Excellent start to the meet! Bests posted by Ben and Albert – Ben went from 5th to 2nd on his final throw!

Friday:

200m:

| | |
|----------------|--|
| Chris Zeigler | <u>22.8 – Tie 3rd Place</u> |
| Albert Gelbaum | 23.6 |
| John Moody | 24.1 |

400 IH:

| | |
|-------------------|------------------------------------|
| Niall Buckley | <u>57.0 – 1st Place</u> |
| Steve Pierce | <u>59.0 – 4th Place</u> |
| Joe Nagano-Gerace | <u>59.6 – 6th Place</u> |

3200m:

| | |
|---------------|---------------------------------------|
| Michael Cator | <u>9:53.6 – 1st Place</u> |
| Daniel Emont | <u>10:22.3 – 3rd Place</u> |
| Jacob Garber | <u>10:21.1 – 2nd Place</u> |

Triple Jump:

| | |
|----------------|--------------------------------------|
| Paul Kovach | <u>40'10" – 1st Place</u> |
| Akira Monri | <u>38'4" – 5th Place</u> |
| Brian Clementi | 37'11" |

High Jump:

| | |
|-------------|------|
| Dave Stolfo | 5'2" |
|-------------|------|

Saturday:**100m:**

| | |
|----------------|---|
| Chris Zeigler | <u>11.5 / 11.4 – 6th Place</u> |
| Albert Gelbaum | 11.7 |
| Lucas Chwe | 12.1 |

110HH:

| | |
|-------------------|---|
| Akira Monri | <u>15.9 / 15.6 – 1st Place</u> |
| John Moody | <u>16.2 / 16.4 – 5th Place</u> |
| Joe Nagano-Gerace | 17.3 |

800m:

| | |
|----------------|--------------------------------------|
| Byron Williams | <u>1:57.6 – 2nd Place</u> |
| Michael Cator | <u>2:00.1 – 4th Place</u> |
| Niall Buckely | <u>1:57.5 – 1st Place</u> |

400m:

| | |
|---------------------|------------------------------------|
| Jeremy Schmidt | <u>52.2 – 3rd Place</u> |
| Zach Ontiveros | <u>53.6 – 6th Place</u> |
| Christian Trautwein | 53.8 |

1600m:

| | |
|----------------|--------------------------------------|
| Byron Williams | DNF |
| Taro Shiganobu | <u>4:39.9 – 2nd Place</u> |
| Jeremy Kalmus | <u>4:37.8 – 1st Place</u> |

4x400m:

| | |
|----------------|---|
| Albert Gelbaum | 54.9 |
| Steve Pierce | 53.0 |
| Michael Cator | 53.5 |
| Chris Zeigler | 52.5 – <u>3:34.3 – 3rd Place</u> |

Long Jump:

| | |
|----------------|--------------------------------------|
| Brian Clementi | 18'3" |
| Paul Kovach | <u>18'11" – 5th Place</u> |

Shot Put:

| | |
|-----------------|-------------------------------------|
| Ben Wilson | <u>45'8" – 2nd Place</u> |
| Mike Mosticchio | <u>43'9" – 4th Place</u> |
| Nadeem Dawson | 41'3" |

Pole Vault:

| | |
|-------------|--|
| Paul Kovach | <u>13'6" – 1st Place</u> |
| Lewis Berns | <u>11'0" – 3rd Place</u> |
| Joe McEwing | <u>9'0" – tie 4th Place</u> |

LEAGUE TRACK CHAMPIONSHIPS

County powers show top form

By GREGORY SCHUTTA
STAFF WRITER

TEANECK — Ridgewood and Don Bosco spread the wealth while Kennedy rode the coattails of a once-in-a-lifetime athlete.

There were few surprises Saturday as all three teams won their respective division titles at the NNJIL Track and Field Championships.

"It was a pretty good team win for us," said Ridgewood coach Josh Saladino, whose Maroons got eight golds from six different athletes to win their sixth straight Division A championship. "That's indicative of a pretty strong meet. This is the time of year when you need performances to come together for you."

Paul Kovach, who won the pole vault with a Bergen best this season of 13 feet, 6 inches and the triple jump, and Niall Buckley also won two events to power Ridgewood to a 176½-105 victory over second-place Teaneck. Buckley, who already had won the intermediate hurdles Friday, won a thrilling 800 Saturday with a time of 1:57.5, leading three athletes under 1:58 in the race.

"Winning two events in this league meet is impressive," Saladino said. "But I think the real key for us was that we placed somebody in the top three in all but the 100, the high jump

and the long jump."

If that's the case, then Kennedy's Shaquan Brown was twice as impressive, winning four events to lead the Knights to their second straight Division B title, 205-104½, over Clifton.

Brown, who has been adding to his repertoire on the track in recent weeks, won the 100 (10.8), 200 (21.4), 800 (1:59.1) and intermediate hurdles (53.5). Ryan Jordan jumped 20-10½ to add a gold in the long jump and also was part of the winning 4-x-400 relay team (3:28.4), while Caleb Gordon (shot put) and Shytrayvio Brown (discus) added the other golds.

Don Bosco won its sixth straight Division C title, 117-53½, over Bergen Catholic as Sharif Webb be-

gan to round into midseason shape just in time for championship season.

The junior won the 800 in 1:58.2 and ran a 49.6-second anchor leg for the winning relay team (3:25.3).

"It's the first time he's broken 50 seconds," Bosco coach Rob DeCarlo said of Webb. "He had a breakout spring last year. He ran the 800 in 1:56.9 to win this meet last year and hadn't come anywhere near that since. Today he ran a 1:58, so hopefully he's beginning to come around."

One of the highlights for Bergen Catholic was the performance of sophomore Jon Rigg, who cleared a Bergen County-best 6-4½ on Friday to win the high jump.

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Fraulo Race Timing - Contractor License

Hy-Tek's MEET MANAGER 12:07 PM 5/13/2006

2006 NNJIL TRACK & FIELD CHAMPIONSHIPS - 5/13/2005 to 5/14/2005

Teaneck

Results

Boys 100 Meter Dash A

| Name | Year School | Finals | Points |
|------------------------|---------------|--------|--------|
| 1 1265 White, Rashad | SO Teaneck | 10.90 | 10 |
| 2 114 Jones, Maurice | SO Belleville | 11.20 | 8 |
| 3 259 Gardiner, Kieron | SR Bloomfield | 11.30 | 6 |
| 4 1244 Miles, Damian | SO Teaneck | J11.30 | 4 |
| 5 607 Banahene, Kwame | SR Hackensack | 11.40 | 2 |
| 6 1126 Zeigler, Chris | Ridgewood | J11.40 | 1 |

Boys 200 Meter Dash A

| Name | Year School | Finals | Points |
|------------------------|---------------|--------|--------|
| 1 1265 White, Rashad | SO Teaneck | 22.10 | 10 |
| 2 1244 Miles, Damian | SO Teaneck | 22.50 | 8 |
| 3 1262 Thomas, Akeem | JR Teaneck | 22.80 | 5 |
| 3 1126 Zeigler, Chris | Ridgewood | 22.80 | 5 |
| 5 114 Jones, Maurice | SO Belleville | J22.80 | 2 |
| 6 607 Banahene, Kwame | SR Hackensack | J22.80 | 1 |
| 7 247 Barbour, William | JR Bloomfield | 23.20 | |

Boys 400 Meter Dash A

| Name | Year School | Finals | Points |
|------------------------|-------------|--------|--------|
| 1 1262 Thomas, Akeem | JR Teaneck | 50.60 | 10 |
| 2 1265 White, Rashad | SO Teaneck | 51.90 | 8 |
| 3 1118 Schmidt, Jeremy | Ridgewood | 52.20 | 6 |
| 4 938 Liao, Alan | SR Paramus | 52.90 | 4 |
| 5 850 Barros, Ricardo | SR Nutley | 53.50 | 2 |
| 6 1114 Ontiveros, Zach | Ridgewood | 53.60 | 1 |

Boys 800 Meter Run A

| Name | Year School | Finals | Points |
|--------------------------|---------------|---------|--------|
| 1 1093 Buckley, Niall | Ridgewood | 1:57.50 | 10 |
| 2 1124 Williams, Byron | Ridgewood | 1:57.60 | 8 |
| 3 1255 San-George, Tommy | JR Teaneck | 1:57.90 | 6 |
| 4 1094 Cator, Michael | Ridgewood | 2:00.10 | 4 |
| 5 608 Bembry, Ronald | SO Hackensack | 2:02.30 | 2 |
| 6 926 Capizzi, Andrew | JR Paramus | 2:05.30 | 1 |

Boys 1600 Meter Run A

| Name | Year School | Finals | Points |
|-------------------------|---------------|---------|--------|
| 1 1102 Kalmus, Jeremy | Ridgewood | 4:37.80 | 10 |
| 2 1119 Shiganobu, Taro | Ridgewood | 4:39.90 | 8 |
| 3 944 Stuart, Eric | JR Paramus | 4:46.20 | 6 |
| 4 265 Marshall, Craig | JR Bloomfield | 4:46.40 | 4 |
| 5 616 Engstrom, Anthony | SR Hackensack | 4:52.70 | 2 |
| 6 135 Tran, Huan | JR Belleville | 4:54.10 | 1 |

Boys 3200 Meter Run A

| Name | Year School | Finals | Points |
|------|-------------|--------|--------|
|------|-------------|--------|--------|

| | | | | |
|---|-----------------------|---------------|----------|----|
| 1 | 1094 Cator, Michael | Ridgewood | 9:53.60 | 10 |
| 2 | 1098 Garber, Jacob | Ridgewood | 10:21.10 | 8 |
| 3 | 1097 Emont, Dan | Ridgewood | 10:22.30 | 6 |
| 4 | 944 Stuart, Eric | JR Paramus | 10:26.10 | 4 |
| 5 | 265 Marshall, Craig | JR Bloomfield | 10:33.10 | 2 |
| 6 | 616 Engstrom, Anthony | SR Hackensack | 10:34.30 | 1 |

Boys 110 Meter Hurdles A

| Name | Year | School | Finals | Points |
|------|-----------------------|---------------|--------|--------|
| 1 | 1107 Monri, Akira | Ridgewood | 15.60 | 10 |
| 2 | 889 Villa, Tomas | SR Nutley | 15.70 | 8 |
| 3 | 635 Walcott, Ausar | SO Hackensack | 16.00 | 6 |
| 4 | 1245 Mitchell, Andre | SR Teaneck | 16.20 | 4 |
| 5 | 1108 Moody, John | Ridgewood | 16.40 | 2 |
| 6 | 1260 Spencer, Stephen | SR Teaneck | 20.50 | 1 |

Boys 400 Meter Hurdles A

| Name | Year | School | Finals | Points |
|------|-------------------------|---------------|--------|--------|
| 1 | 1093 Buckley, Niall | Ridgewood | 57.00 | 10 |
| 2 | 1245 Mitchell, Andre | SR Teaneck | 57.90 | 8 |
| 3 | 939 Massari, Jonathan | SR Paramus | 58.90 | 6 |
| 4 | 1115 Pierce, Steven | Ridgewood | 59.00 | 4 |
| 5 | 618 Ferdinand, John | SO Hackensack | 59.40 | 2 |
| 6 | 1110 Nagano-Gerace, Joe | Ridgewood | 59.60 | 1 |

Boys 4x400 Meter Relay A

| School | Finals | Points |
|-------------------------------|---------|--------|
| 1 Teaneck 'A' | 3:29.00 | 10 |
| 1) 1262 Thomas, Akeem JR | | |
| 2) 1245 Mitchell, Andre SR | | |
| 3) 1244 Miles, Damian SO | | |
| 4) 1255 San-George, Tommy JR | | |
| 2 Hackensack 'A' | 3:31.00 | 8 |
| 1) 608 Bembry, Ronald SO | | |
| 2) 618 Ferdinand, John SO | | |
| 3) 611 Burrell, Devon SR | | |
| 4) 635 Walcott, Ausar SO | | |
| 3 Ridgewood 'A' | 3:34.30 | 6 |
| 4 Nutley 'A' | 3:42.70 | 4 |
| 1) 880 Pawalowski, Michael JR | | |
| 2) 889 Villa, Tomas SR | | |
| 3) 852 Braun, Bokole SR | | |
| 4) 850 Barros, Ricardo SR | | |
| 5 Belleville 'A' | 3:49.50 | 2 |
| 1) 117 Manning, Dennis JR | | |
| 2) 135 Tran, Huan JR | | |
| 3) 136 Valentine, Jason SR | | |
| 4) 99 Campione, Nick SR | | |

Boys High Jump A

| Name | Year | School | Finals | Points |
|------|-----------------------|---------------|----------|--------|
| 1 | 635 Walcott, Ausar | SO Hackensack | 5-10.00 | 10 |
| 2 | 874 Michaud, Craig | SO Nutley | J5-10.00 | 8 |
| 3 | 939 Massari, Jonathan | SR Paramus | 5-08.00 | 6 |
| 4 | 942 Rembecky, Shawn | JR Paramus | 5-06.00 | 4 |
| 5 | 1260 Spencer, Stephen | SR Teaneck | J5-06.00 | 2 |
| 6 | 133 Smith, Abdul | JR Belleville | J5-06.00 | 1 |

Boys Pole Vault A

| Name | Year | School | Finals | Points |
|------|-----------------------|------------|----------|--------|
| 1 | 1103 Kovach, Paul | Ridgewood | 13-06.00 | 10 |
| 2 | 939 Massari, Jonathan | SR Paramus | 11-00.00 | 8 |

| | | | | |
|---|------------------------|---------------|-----------|------|
| 3 | 1092 Berns, Lewis | Ridgewood | J11-00.00 | 6 |
| 4 | 1106 McKeon, Joey | Ridgewood | 9-00.00 | 2.33 |
| 4 | 931 Garing, Richard | SR Paramus | 9-00.00 | 2.33 |
| 4 | 634 Villanueva, Franci | SO Hackensack | 9-00.00 | 2.33 |

Boys Long Jump A

| ===== | | | | | | |
|-------|------|-------------------|------|------------|----------|--------|
| Name | | | Year | School | Finals | Points |
| ===== | | | | | | |
| 1 | 1262 | Thomas, Akeem | JR | Teaneck | 20-10.50 | 10 |
| 2 | 114 | Jones, Maurice | SO | Belleville | 20-04.00 | 8 |
| 3 | 939 | Massari, Jonathan | SR | Paramus | 19-06.00 | 6 |
| 4 | 866 | Kim, SooHoo | JR | Nutley | 19-01.00 | 4 |
| 5 | 1103 | Kovach, Paul | | Ridgewood | 18-11.50 | 2 |
| 6 | 1226 | Brown, Craig | SO | Teaneck | 18-08.00 | 1 |

Boys Triple Jump A

| ===== | | | | | |
|-------|------|--------------------|---------------|----------|--------|
| Name | | | Year School | Finals | Points |
| ===== | | | | | |
| 1 | 1103 | Kovach, Paul | Ridgewood | 40-10.00 | 10 |
| 2 | 633 | Smith, Shane | JR Hackensack | 40-08.00 | 8 |
| 3 | 1260 | Spencer, Stephen | SR Teaneck | 39-02.25 | 6 |
| 4 | 925 | Ax, Kyle | SR Paramus | 38-10.25 | 4 |
| 5 | 1107 | Monri, Akira | Ridgewood | 38-04.00 | 2 |
| 6 | 1247 | Moronta, Jefferson | SO Teaneck | 38-00.50 | 1 |
| 7 | 1096 | Clementi, Brian | Ridgewood | 37-11.00 | |
| 8 | 880 | Pawalowski, Michae | JR Nutley | 36-04.00 | |

Boys Shot Put A

| ===== | | | | | |
|-------|------|-------------------|---------------|----------|--------|
| Name | | Year | School | Finals | Points |
| ===== | | | | | |
| 1 | 257 | Gaida, Said | SR Bloomfield | 50-02.00 | 10 |
| 2 | 1125 | Wilson, Ben | Ridgewood | 45-08.00 | 8 |
| 3 | 139 | Yannuzzi, Tom | SR Belleville | 44-09.00 | 6 |
| 4 | 1109 | Mosticchio, Mike | Ridgewood | 43-09.00 | 4 |
| 5 | 888 | Stoffers, Zachary | SR Nutley | 43-06.00 | 2 |
| 6 | 629 | Powell, Antonio | JR Hackensack | 43-00.00 | 1 |

Boys Discus Throw A

| Name | Year | School | Finals | Points | |
|------|------|-------------------|---------------|--------|----|
| 1 | 861 | Gehring, Hye-Chun | SR Nutley | 137-09 | 10 |
| 2 | 1125 | Wilson, Ben | Ridgewood | 127-08 | 8 |
| 3 | 248 | Beachum, Ronnie | JR Bloomfield | 126-10 | 6 |
| 4 | 888 | Stoffers, Zachary | SR Nutley | 126-04 | 4 |
| 5 | 1275 | Woodson, John | JR Bloomfield | 126-03 | 2 |
| 6 | 1264 | Warren, Travis | JR Teaneck | 110-10 | 1 |

Boys Javelin Throw A

| ===== | | | | | |
|-------|------|-----------------|---------------|--------|--------|
| Name | | Year | School | Finals | Points |
| ===== | | | | | |
| 1 | 1115 | Pierce, Steven | Ridgewood | 176-01 | 10 |
| 2 | 111 | Hemsley, Chris | SR Belleville | 150-07 | 8 |
| 3 | 633 | Smith, Shane | JR Hackensack | 147-06 | 6 |
| 4 | 1099 | Gelbaum, Albert | Ridgewood | 147-02 | 4 |
| 5 | 139 | Yannuzzi, Tom | SR Belleville | 143-10 | 2 |
| 6 | 620 | Franklin, Dazs | SO Hackensack | 138-10 | 1 |

Men - A - Team Rankings - 16 Events Scored

| | | | |
|--------------|--------|------------|-----|
| 1) Ridgewood | 176.33 | 2) Teaneck | 105 |
|--------------|--------|------------|-----|

| | | | |
|---------------|-------|---------------|-------|
| 3) Hackensack | 52.33 | 4) Paramus | 51.33 |
| 5) Nutley | 42 | 6) Belleville | 38 |
| 7) Bloomfield | 30 | | |

Novice Championship
@ Ridgewood High School

May 16th

400 IH: P. Nygaard 64.0 – 4th Place

100m F. Nestor 12.2 / R. Webbe 12.0 / Z. Chalaner 13.8 / D. Carfora 13.2
J. Lai 14.2 / J. Dabby 15.4

1600m: C. Trautwein 4:43 – 1st Place / D. Landers 4:56 / C. Magrath 5:10
A. Pruzinski 5:04 / K. Meissner 5:06 / W. Jang 5:21

400m: M. Vaccaro 55.5 – 6th Place M. Onorato 57.9 / F. Vasquez 61.7
A. McLaughlin 63.9 / C. Jones 64.9

110HH P. Nygaard 17.7 / 17.9 / 17.4 – 4th Place / J. Lee 18.7 / 18.8

800m: B. O'Connell 2:16.0 – 4th Place / A. Vedder 2:22.4 / W. Jang 2:23.9
M. Meissner 2:27.3 / D. Morse 2:27.3 / J. Cramer 2:37.7

200m: P. Nygaard 24.8 – 6th Place / D. Gillis 24.9 / R. Webbe 25.6 /
D. Carfora 26.8 / D. Morse 27.8 / Z. Chalaner 28.4 J. Lai 28.9
J. Dabby 33.3

4x400m: M. Vaccaro 56.7 / D. Gillis 54.7 / F. Nestor 57.9 / C. Trautwein 55.0
3:44.6 – 1st Place

Pole Vault: J. McEwing 10'0" – 2nd Place

High Jump: F. Vasquez / J. Lee – both NH

Long Jump: M. Onorato 16'5" / J. Lee 16' ½" / F. Vasquez 16'0" / D. Stolfo 15'11 ½"

Triple Jump: J. Lee 34'7" – 5th Place M. Onorato 34'2" – 6th Place / F. Vasquez F

Shot Put: results destroyed in a furious rage by Coach Watson
(Tobin was 3rd in something)

Discus:

Javelin L. Chwe 139'1" – 1st Place / D. Gillis F

Comments:

Excellent job by all who competed – a very nice end to the season.

Wins: Christian – 1600m / Lucas – Jav and the 4x400m – great job this year.

Maroon boys storm to sixth straight title

BY GREG TARTAGLIA
Staff Writer

TEANECK — Teaneck High School had home-track advantage at the Northern New Jersey Interscholastic League (NNJIL) Track and Field Championships last Friday and Saturday. Ridgewood didn't much seem to care.

The Maroon boys won their sixth consecutive NNJIL Division A title, 176.3-105, over the host Highwaymen on the strength of eight gold medals from six different athletes.

Junior Niall Buckley and senior Paul Kovach each won two events, while Mike Cator, Steve Pierce, Akira Monri and Jeremy Kalmus earned one gold medal each. Ridgewood placed at least one athlete in the top three spots of 13 different events, and 14 Maroons each took home one or more medals of bronze or better.

"The key to that is getting good numbers and getting good coaching, and we have those things," said Josh Saladino, who has coached the Ridgewood boys to their last five NNJIL titles. "We cover all the areas, we have multiple kids in every event, and it really pays off in the league championship."

Cator, a senior, led a 1-2-3 Maroon sweep in the 3200-meter run, cruising to victory in 9:53.60 to hold off junior teammates Jacob Garber and Dan Emont by almost 30 seconds. Ridgewood also finished 1-2 in the 800- and 1600-meter events.

Buckley won the 800 with a time of 1:57.50, edging out senior Byron Williams by one-tenth of a second, and beating third-place Tommy San-George of Teaneck by four-tenths.

"It feels so great to be part of the

team and win big events in a big meet like that," Buckley said. "And Tommy San-George, I respect him a lot. He's a really fast runner, and he's really tough. Every time we see him, I know it's going to be a good race."

Maroon junior Jeremy Kalmus finished the 1600 in 4:37.80 to take first place, ahead of freshman Taro Shiganobu. Along with the sophomore Monri, who won the 110-meter high hurdles by a tenth of a second, Shiganobu was one of the underclassman surprises of the day.

"Akira winning a league title as a sophomore is pretty impressive, and for Taro to come in second place in the mile, and run it under 4:40 as a freshman, is something that certainly turned some heads at that meet," said Saladino. "Both of them were great surprises, and not surprises in that we didn't know they could do it, but in terms of doing it at a big meet, which takes a lot of heart."

Kovach put forth two personal bests on Saturday, jumping 40 feet, 10 inches to win the triple jump, and clearing 13 feet, six inches to earn pole vault gold. Previously, he had only vaulted 13-6 one other time, at the Bernards Invitational on May 6.

"Earlier this year, I was jumping on a 14-foot pole that's made to bend for a person that weighs about 180 pounds," said Kovach. "But now I've moved up to a pole that's 15 feet long and bends for someone that's 185 pounds. Depending on how fast you run and certain aspects of your form, you can get more recoil from poles for people that weigh more, and that will shoot you higher in the air."

The Ridgewood boys also got

See **BOYS TRACK**, page C5

Lady Maroon ju

BY GREG TARTAGLIA
Staff Writer

TEANECK — It came as no surprise to Ridgewood High School girls track and field coach Jacob Brown that his juniors dominated at last weekend's Northern New Jersey Interscholastic League (NNJIL) meet.

To put it quite simply, Brown said, "There are a lot of them, and they're real good."

Thanks in large part to the efforts of their junior class, the Lady Maroons were able to win seven of 16 events and topple host Teaneck, 196-105, for their third straight NNJIL Division A crown.

"They were real strong sophomores last year, and they were real strong when they were freshmen," Brown said of his third-year athletes. "In fact, every year, their class has scored the highest percentage of points in our meets."

Over the course of last Friday and Saturday, Alice Wisener captured three gold medals, Christina Law won two gold and one silver, and Erica Cigolini and Ashlyn Llerandi each won a gold, a silver and a bronze. The four juniors joined forces to run a Ridgewood season-best time of 4:00.80 in the 4x400 — two seconds better than second-place Teaneck.

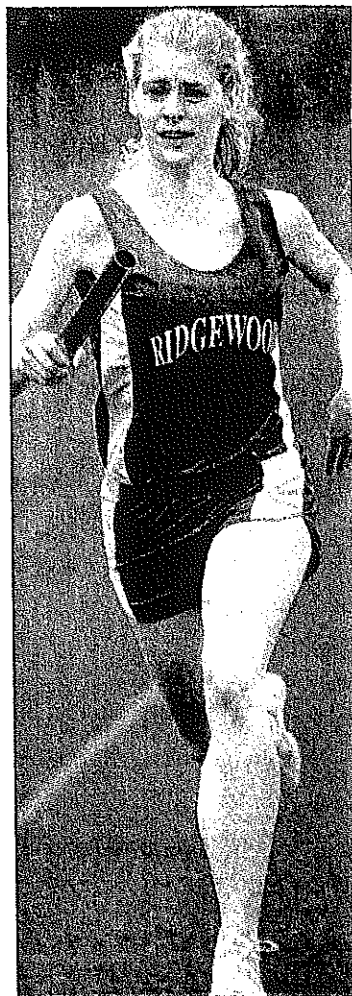
"We have six or seven people that can run the 4 x 400," said Wisener, who won the event at the county relays with Law and seniors Jess Krejsa and Stephanie Westerman. "We're all running better this spring, and it's been really good beating Teaneck. That's something I've wanted to do since last year, when they were beating us with Michelle Smith."

Cigolini, the Lady Maroons' best sprinter, helped her team set a new school record in the 4x100-meter event at the Penn Relays on April 27, but races in the 4x400

less frequently.

"I've been practicing for it more lately, and even did the 4 x 4 for us at the Penn Relays," said Cigolini. "Last weekend, Coach Brown put me in the 4x4 race at the last minute, and it worked out. It was a lot of fun."

Wisener's specialty is running one lap, no more, no less, in any



TARIQ ZEHAWI/THE RECORD

Ridgewood junior Alice Wisener won three gold medals to lead the Lady Maroons to their third league championship in a row.

Introducing the
BROGAN of Ridgewood
V-SERIES FAMILY

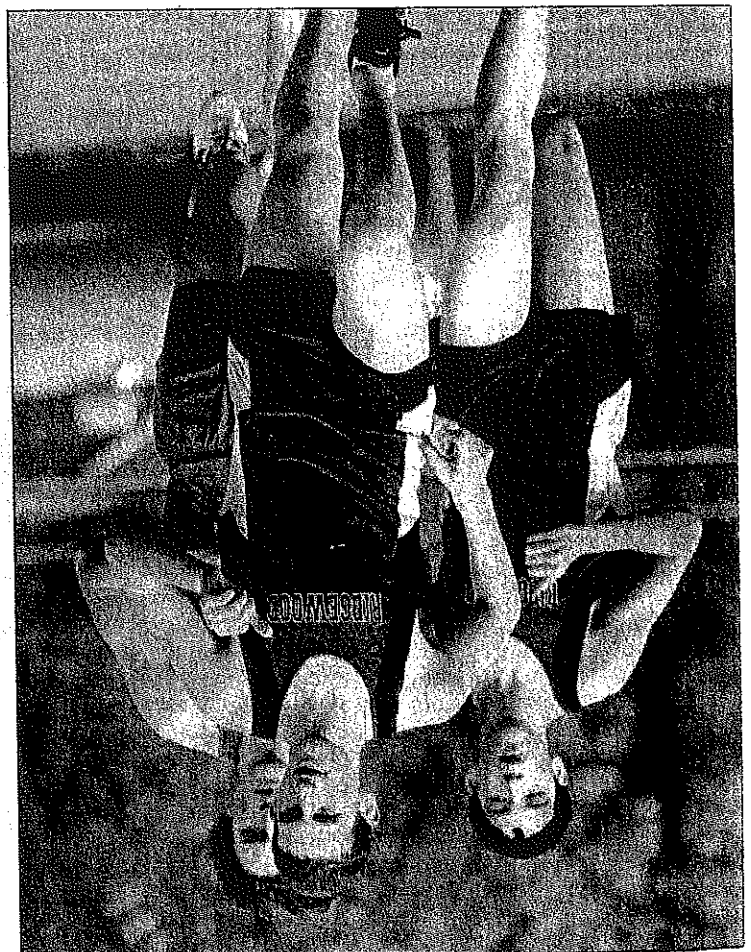
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2006 STS-V

Ridgewood sweeps league t



GARY JUNG/STAFF PHOTOGRAPHER
Ridgewood junior Jeremy Kalnus (center) won a gold medal in the boys 1600-meter run at last weekend's Northern New Jersey Interscholastic League Division A meet in Teaneck.

Maroon boys storm to sixth straight title

BY GREG TARTAGLIA
Staff Writer

TEANECK — Teaneck High School had home-track advantage at the Northern New Jersey Interscholastic League (NNJIL) Track and Field Championships last Friday and Saturday. Ridgewood didn't much seem to care.

The Maroon boys won their sixth consecutive NNJIL Division A title, 176.3-105, over the host second, Shiganobu was one of the meter high hurdles by a tenth of a more Mount, who won the 110-Shiganobu. Along with the sophomore finished the 1600 in 4:37.80 to take Maroon junior Jeremy Kalnus good race."

TEANECK High see him, I know it's going to be a lot. He's a really fast runner, and he's really tough. Every time we Tommy San-George, I respect him meet like that" Buckley said. "And team and win big events in a big



Christina Law (right) passes the baton to junior classmate Alice Wisener in last weekend's NNJIL Division A Track and Field Championships. Teaneck by two seconds.

Lady Maroon jui

BY GREG TARTAGLIA
Staff Writer

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BERGEN TRACK CHAMPIONSHIPS

AT OLD TAPPAN HIGH SCHOOL

FRIDAY, 3:30 P.M., SATURDAY, 9 A.M.

Defending champions (Boys): Ridgewood (A), Demarest (B), Westwood (C), Hasbrouck Heights (D).

(Girls): Teaneck (A), Indian Hills (B), Glen Rock (C), Saddle Brook (D).

Group changes: Bergenfield A to B; Garfield B to A; Dumont B to C; Ramsey B to C; Mahwah C to B; Rutherford C to B.

Paul Schwartz's picks

Boys

GROUP A

100: Rashad White, Teaneck
200: Rashad White, Teaneck
400: Jarett Menzel, Northern Highlands
800: Byron Williams, Ridgewood*
1,600: Michael Cator, Ridgewood
3,200: Michael Cator, Ridgewood
110 HH: Ted Leshner, No. Highlands
400 IH: Niall Buckley, Ridgewood
Shot put: Anthony Pelletiere, Fair Lawn
Discus: Michael Farr, Don Bosco
Javelin: Steve Pierce, Ridgewood*
High jump: Jon Riggs, Bergen Catholic
Long jump: Kwame Collins, No. High.
Triple jump: Ted Leshner, No. Highlands
Pole vault: Paul Kovach, Ridgewood**
Relay: Teaneck
Team: Northern Highlands

GROUP B

100: Tinashe Kitchen, Fort Lee
200: Garrett Kroner, Indian Hills*
400: Garrett Kroner, Indian Hills*
800: Max Bruno, Indian Hills
1,600: Max Bruno, Indian Hills
3,200: Will Nowicki, Pascack Valley
110 HH: Keith Brunner, River Dell
400 IH: Keith Brunner, River Dell
Shot put: Tom Stripe, Mahwah
Discus: James Stathopoulos, Mahwah
Javelin: Kurt Von Weisenstein, Ind. Hills
High jump: Val Terebizh, Fort Lee*
Long jump: Val Terebizh, Fort Lee
Triple jump: Val Terebizh, Fort Lee
Pole vault: Greg Stripe, Mahwah
Relay: Fort Lee
Team: Indian Hills

GROUP C

100: Kevin Shim, Ridgefield
200: Sal Mancini, Becton
400: Jake Stass, Westwood
800: Joel Trager, Westwood
1,600: Bryan Kretschmer, Ramsey
3,200: Bryan Kretschmer, Ramsey
110 HH: Ryan Berland, Glen Rock
400 IH: Dave King, Ramsey
Shot put: Geoff Goidell, Pascack Hills
Discus: Geoff Goidell, Pascack Hills
Javelin: Doug Cerniglia, Ridgefield Park
High jump: Mike Monahan, Ridge. Pk.
Long jump: Ted Van Horn, Westwood
Triple jump: Alex Malliat, Ridge, Park
Pole vault: Dan Paslawsky, Ramsey
Relay: Westwood
Team: Westwood

GROUP D

100: Harry Obamije, Bogota
200: Donald Lee, St. Mary's*
400: Matt Bieszard, Midland Park
800: Scott Walker, Midland Park
1,600: Matt Lingam, Park Ridge
3,200: Ryan Van Alstine, Midland Park
110 HH: Carlos Tejada, Saddle Brook
400 IH: Dan Egorow, Cresskill
Shot put: Jeff Seidel, Hasb. Heights**
Discus: George Pecoraro, Cresskill**
Javelin: Bryan Fill, Hasb. Heights**
High jump: Tim White, Saddle Brook**
Long jump: Allen Patterson, Sad. Brk.**
Triple jump: Allen Patterson, Sad. Brk.
Pole vault: Mike Collins, Cresskill**
Relay: Park Ridge
Team: Park Ridge

Girls

GROUP A

100: Consandria Walker, Hackensack
200: Consandria Walker, Hackensack
400: Amy Salek, Ramapo
800: Cristina Law, Ridgewood*
1,600: Kesley Ramsey, Ramapo*
3,200: Kesley Ramsey, Ramapo*
100 HH: Lara-Jane Que, Ridgewood
400 IH: Jamie Zavardino, Old Tappan
Shot put: Angela Acosta, Bergenfield
Discus: Jaclyn Wypler, Ridgewood
Javelin: Julia Cohan, No. Highlands
High jump: Shenise Halsey, Old Tappan
Long jump: Consandria Walker, Hack.
Triple jump: Shenise Halsey, OT*
Pole vault: Cassie Wong, Ridgewood*
Relay: Teaneck
Team: Ridgewood

GROUP B

100: Alyssa Maier, River Dell
200: Rebecca Coffman, Indian Hills*
400: Alex Elkas, Holy Angels*
800: Bry Bonavita, River Dell
1,600: Lindsey Jeltos, Indian Hills
3,200: Andrea Rothschild, Demarest
100 HH: Whitney Awaru, Fort Lee
400 IH: Jane Siebold, Demarest
Shot : Chelsea Schiffman, Demarest
Discus: Chelsea Schiffman, Demarest
Javelin: Chelsea Schiffman, Demarest
High jump: Kristin Kern, Indian Hills
Long jump: Brooke Kristiansen, Mah.
Triple jump: Alyssa Maier, River Dell
Pole vault: T. Murphy-Kennelly, Mah****
Relay: River Dell
Team: River Dell

GROUP C

100: Angelica Johnson, Ridgefield Park
200: Sophia Davis, Queen of Peace
400: Alex Rosenberger, Ramsey
800: Kim DeLoreto, Pascack Hills
1,600: Stacey Bond, Ramsey
3,200: Stacey Bond, Ramsey
100 HH: C.J. Jacob, Ridgefield Park*
400 IH: Alex Rosenberger, Ramsey***
Shot put: Julie Haledjian, Pascack Hills
Discus: Julie Haledjian, Pascack Hills*
Javelin: Angel Ulysse, Becton
High jump: Juliana Camargo, Dumont
Long jump: Juliana Camargo, Dumont
Triple jump: Olivia Stinson, Westwood*
Pole vault: Nina Silverstein, Pasc. Hills
Relay: Ramsey
Team: Ramsey

GROUP D

100: Amanda Duggan, Waldwick
200: Amanda Duggan, Waldwick*
400: Lauren Schultz, Waldwick
800: Amy Van Alstine, Midland Park
1,600: Amy Van Alstine, Midland Park*
3,200: Amy Van Alstine, Midland Park*
100 HH: Hayley Kellinger, Saddle Brook
400 IH: Lauren Schultz, Waldwick*
Shot put: Deana Borreca, Wd.-Ridge**
Discus: April Kaiser, Park Ridge**
Javelin: Jessica Kotlowski, Wd.-Ridge**
High jump: Jamie Sacco, Park Ridge**
Long jump: Jen Swan, Waldwick**
Triple jump: Jen Swan, Waldwick
Pole vault: Michelle Favare, Sad. Brk.**
Relay: Waldwick
Team: Waldwick
* defending champion; ** Won event held Wednesday; *** won in different group last year

Recons 5/18

Cator has the INSHIPS re time of his life in win



ELLE P. RICHARDS/STAFF PHOTOGRAPHER
 y Ramsey, taking the Division A
 , nine seconds better than her best.

d her own Division D 3,200 meter
 zzing 10:57 flat, nearly a full minute
 l-place Gaby Skovira of Park Ridge.
 ero Shenise Halsey of Old Tappan
 build before breaking off an 18-foot
 al attempt in the long jump to beat
 Consandria Walker for the first time
 year-old Division A record set by
 n McDermott in 1989.

ol," Halsey said. "I used to look at
 ll the time and think I'll never jump
 'm going to be in there too."
 an of Pascack Hills broke a 12-year-
 he Group C discus with a throw of
 ee division records fell in the pole
 ood's Cassie Wong and Mahwah's
 y-Kennelly both cleared 10 feet,
 record of 9-6 in Division A and 9-0 in
 p ely. Murphy already holds the
 sion C at 10 feet for Mahwah, which
 e up to B this year.

Brook's Michelle Favre cleared 8
 1 D, breaking the record of 7-6 which
 uree different vaulters.

@northjersey.com

Ridgewood senior joins County's all-time best with fantastic 3,200

By **PAUL SCHWARTZ**
 STAFF WRITER

OLD TAPPAN — Michael Cator has been looking to run a fast 3,200-meter race for more than two years. It seemed that every time he was primed to run one, something would happen — bad weather, a minor injury, a larger team goal.

Friday, the Ridgewood senior finally got his chance to run fast and made the most of it, breaking away from an excellent field with a 67-second opening 400 meters and winning the A Division race at the first day of the Red Little Bergen County track and field championship.

Boys

GROUP A

(Through 7 events)

Ridgewood 52
 No. Highlands 49
 Don Bosco 43

GROUP B

(Through 7 events)

River Dell 43½
 Indian Hills 41
 Mahwah, Ft. Lee 26

GROUP C

(Through 7 events)

Westwood 53
 Ridgefield Park 31
 Leonia 30

GROUP D

(Through 9 events)

Hasb. Heights 72
 Cresskill 46½
 Saddle Brook 38

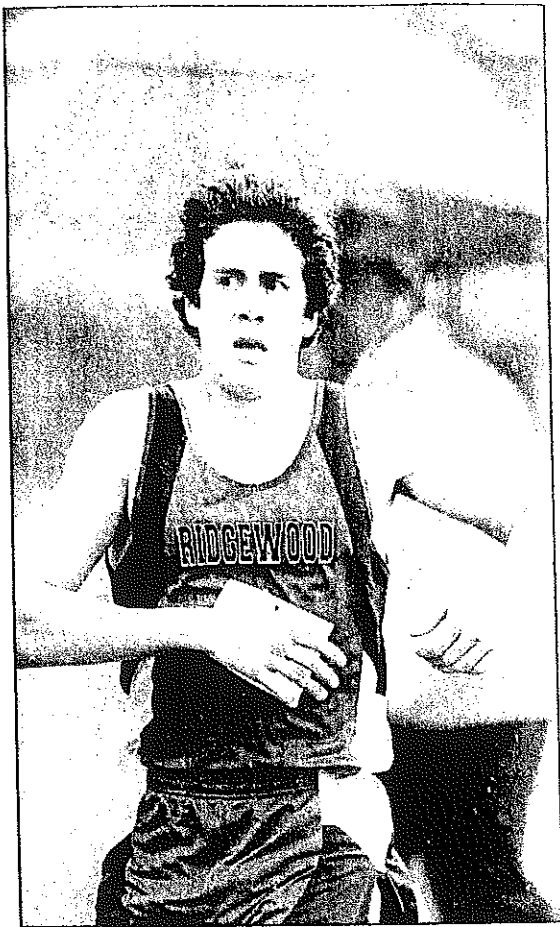
running well but short of his own expectations after an exceptional sophomore year. Then his senior cross-country year also came up short of what he wanted, and his confidence waned.

But Ridgewood had some early-season success in distance relays, Cator ran 4:19.73 for seventh in a loaded Eastern field at New Balance, and he committed to Marist College, all factors that lifted a weight off his shoulders.

"It was very tough at times, knowing I was better than what I was doing," said Cator. "But picking Marist and then running well at New Balance gave me confidence and made me stop worrying about so many things."

Cator clicked off a series of 400s between 70 and 72 seconds after his big opening lap, opening up a huge lead over the field, which included four other first-team All-Bergen cross-country stars. None ever made a run at him, but there was one obstacle remaining.

"I looked up at the clock with one lap to go and it read 8:16," said Cator. "I knew I'd have to run a big fi-



DANIELLE P. RICHARDS/STAFF PHOTOGRAPHER

All hail Michael Cator, who didn't let a little rain prevent him from winning the 3,200 meters Friday.

nal lap to break 9:25." Sixty-eight seconds later he had accomplished his goal.

Max Bruno hadn't run a 3,200 all season for Indian Hills, but the super sophomore made his first one a fast one, burning a 63-second final 400 to run 9:43.2 and win the B Division.

"I've been doing all speed work all season it seems," said Bruno, an All-Bergen cross-country runner whose best event is the 800. "I just started distance runs last week when coach told me I'd be running this."

So he cautiously ran seventh for the first few laps, before moving into second with 2½ laps to go and passing race leader Dan Olson as the bell lap sounded.

Rutherford senior Kyle Kolich had been stuck in the 170s in the javelin throw all season, plagued by a balky back. And his first three throws Friday in the B championship were even worse, in the 150s on the cold and often wet day.

But his first throw in the final was a huge 187-4, a 10-foot personal best and the second-best throw in North Jersey this year.

"My speed on the runway hadn't been up to par," said Kolich, who dashed from the Old Tappan track to a theater rehearsal after his big throw. "But I felt better today than I have all year."

BERGEN COUNTY TRACK & FIELD CHAMPION

Highlands makes history

First Group 3 school to win Division A title

By PAUL SCHWARTZ
STAFF WRITER

BOYS

OLD TAPPAN — Kwame Collins and Ted Leshner went 1-2 as expected in the Division A triple jump Saturday morning, putting Northern Highlands in the lead for the first time at the Red Little Bergen County track and field championships.

But the Highlanders couldn't clinch their first Bergen group title since winning the 1971 Group 2 championship until they finished second in the meet's final event, the 4 x 400 relay. The Highlanders became the first Group 3 team to win a Division A title, earning 119 points to 113 for Ridgewood and 103 for Don Bosco.

"I said in the beginning of the year that we wanted to win some major title we hadn't won before with this group," said Northern Highlands coach Tom Buono. "Winning this one makes the season a great one."

Collins, the wondrous junior jumper, leaped a career-best 22 feet, 7 inches in winning the long jump Friday, just missing the top 20 in Bergen history and the group record. He then jumped 45-2 in the triple jump to edge Leshner by half an inch and added a fourth in only his fourth 110-meter hurdle race.

But Buono pointed to a series of starring performances.

"We didn't win this meet because of one kid or two kids, but because of everyone on the team," said Buono, who saw 10 different athletes score. "Brian Bovino got a

third in the javelin and Craig Heilmann got a huge second in the high jump when it was pouring out Friday. And when Ben Diestel went from sixth to fourth on the last lap of the 1,600-meter run, it kept the lead for us going to the relay."

"I knew Ridgewood and Don Bosco had been above us in the rankings and they had very good teams," said Leshner, who scored 30 points on two seconds and two thirds. "But I knew we had a very good team, too."

Diestel, who earlier had a disappointing finish in the 800, knew his 1,600 race was key.

"I had two Ridgewood kids right behind me in fifth and sixth places in the last 200 meters," said Diestel. "I couldn't let them pass me."

Highlands led Ridgewood by two points going into the 1,600 relay. And Maroon standouts Byron Williams and Niall Buckley, who already had combined for two wins and 48 points, talked coach Josh Saladino into letting them run the relay.

But Highlands had its own workhorse, third leg Nik Batarags, who had earlier won the 800 in a personal-best 1:56.4, but who had run a sub-par 1,600 race less than 25 minutes earlier.

"I felt pretty good and I wanted to pick it up for the team," said Batarags, who followed good opening legs from Mike DiBella and Justin Pulgrano with a solid leg



DON SMITH/STAFF PHOTOGRAPH

Northern Highlands' Kwame Collins leaping 45-2 to capture the Division A triple jump by a half-inch Saturday at the Bergen County meet

of his own, putting Highlands well ahead of Ridgewood and close to eventual race winner Teaneck.

Batarags then handed to anchor Jarrett Menzel, who had taken

thirds in the 100 and 200 and won the open 400 in a blistering 49.4

Menzel finished nearly five seconds and two places ahead of the Maroons to clinch the title.

IH notches third title in a row

Pascack Hills, Ramsey deadlock to cap nerve-racking meet

By GREGORY SCHUTTA
STAFF WRITER

surprising third-place finish in the second to last event to offset the

BERG BOYS RECAP

Division A

The teams: Ridgewood made a great bid to retain its title, winning seven individual events. But Northern Highlands' depth prevailed.

The stars: Kwame Collins of Northern Highlands was the only double winner, but Teaneck sophomores Damien Miles and Rashad White each won a sprint race and were part of Teaneck's winning relay team. Byron Williams made an amazing run in the inside lane to go from third to first in the final 100 meters and give Ridgewood a chance to win the meet.

Division B

The teams: Indian Hills used a sweep of the six open track races to win its second divisional title in three years, 98-74½, over River Dell. Mahwah edged Fort Lee, 65-64½, for third.

"I don't know if anyone's ever done that before," said Indian Hills coach Steve Opremcak. "And when Shawn Sabo went from third to first on the last throw of the discus, it really gave us a boost."

The stars: Garrett Kroner won the three sprints, tying meet records with 10.9, 21.8 and breaking his own meet record of 49.2 in the 400. Soph Max Bruno had a meet record of 1:55.9 in his specialty, the 800 and also scored easy wins in the 1,600 and 3,200, running 60.9 for the last 400 in the 1,600 and 62.5 in the 3,200. Kyle Kolich of Rutherford set the other meet record in the javelin.

River Dell's Mike Brunner doubled in the hurdles and Fort Lee's Val Terebizh won all three jumps, in the process becoming just the second boy in any group to win the high jump three straight years.

But the most interesting double might have been by the

RED LITTLER BERGEN

Boys

DIVISION A

TEAM SCORES: Northern Highlands (NH) 119, Ridgewood (RW) 113, Don Bosco (DB) 103, Teaneck (T) 58, Hackensack (H) 22, Old Tappan (OT) 18½, Bergen Catholic (BC) 17, Paramus Catholic (PC) 16, Fair Lawn (FL) 12, Ramapo (RPO) 8, Garfield (G) 6, Paramus (P) 3½.

100: 1. Rashad White (T), 10.8; 2. Damien Miles (T), 11.1; 3. Jarrett Menzel (NH), 11.1; 4. Chris Zeigler (RW), 11.1; 5. Kwame Banahene (H), 11.1; 6. Derek DaCosta (OT), 11.4.

200: 1. Damien Miles (T), 22.5; 2. Kwame Banahene (H), 22.6; 3. Jarrett Menzel (NH), 22.9; 4. Chris Zeigler (RW), 22.9; 5. Matthew Cato (DB), 23.1; 6. Derek DaCosta (OT), 23.3.

400: 1. Jarrett Menzel (NH), 49.4; 2. Akeem Thomas (TEA), 50.2; 3. Sharif Webb (DB), 50.4; 4. Mike DiBella (NH), 50.6; 5. Tom Randall (BC), 50.9; 6. Matthew Cato (DB), 50.9.

800: 1. Nik Batarags (NH), 1:56.4; 2. Byron Williams (RW), 1:57.1; 3. Niall Buckley (RW), 1:57.5; 4. Michael Cator (RW), 1:58.9; 5. Steve Wexler (DB), 2:00.1; 6. Tommy San-George (TEA), 2:00.4.

1,600: 1. Byron Williams (RW), 4:23.8; 2. Conor Sullivan (DB), 4:24.2; 3. Jason Baker (DB), 4:24.6; 4. Ben Diestel (NH), 4:26.7; 5. Niall Buckley (RW), 4:27.8; 6. Michael Cator (RW), 4:29.1.

3,200: 1. Michael Cator (RW), 9:24.6; 2. Jason Baker (DB), 9:33.1; 3. Conor Sullivan (DB), 9:33.8; 4. Ben Diestel (NH), 9:36.5; 5. Byron Williams (RW), 9:41.1; 6. Andrew Gaidus (NH), 9:45.0.

110 HH: 1. Akira Monri (RW), 15.5; 2. Chadwick Cadet (DB), 15.5; 3. Ted Leshner (NH), 15.5; 4. Kwame Collins (NH), 15.6; 5. Joe Goggin (BC), 15.6; 6. Andre Mitchell (TEA), 16.1.

400 HH: 1. Niall Buckley (RW), 56.2; 2. Ted Leshner (NH), 56.3; 3. Steve Wexler (DB), 56.5; 4. Sharif Webb (DB), 57.5; 5. Andre Mitchell (T), 57.5; 6. Dom Gaston (BC), 58.8.

Shot put: 1. Ben Wilson (RW), 48-8¾; 2. Anthony Pelletiere (FL), 45-8; 3. Warren Martin (DB), 45-5; 4. Mike Mosticchio (RW), 43-5½; 5. Matt Lovejoy (BC), 43-7½; 6. Jerry Wdowiak (G), 43-1½.

Discus: 1. Chris Hallissey (DB), 146-10; 2. Michael Farr (DB), 135-6; 3. Jordan Passno (PC), 133-7; 4. Thomas Mattner (OT), 131-5; 5. Michael Hurley (OT), 129-0; 6. Ben Wilson (RW), 124-2.

Javelin: 1. Steve Pierce (RW), 176-10 (record, old record, 174-5 by Pierce, 2005); 2. Charles Weinfeld (OT), 169-4; 3. Brian Bovino (NH), 167-1; 4. Anthony Pelletiere (FL), 151-9; 5. Albert Gelbaum (RW), 143-8; 6. Joe Badulato (DB), 142-8.

High jump: 1. Jon Rigg (BC), 6-0; 2. Craig Heilmann (NH), 5-10; 3. Kenneth Prior (DB), 5-8; 4. Mitch Bennett (PC), 5-8; Tie 5. Derek Cheung (OT) and Shawn Rembecky (PAR), 5-8.

Long jump: 1. Kwame Collins (NH), 22-7; 2. Akeem Thomas (TEA), 21-5; 3. Ted Leshner (NH), 20-11¾; 4. Chadwick Cadet (DB), 20-9½; 5. Mitch Bennett (PC), 20-8¾; 6. Andre Guzman (G), 20-1½.

Triple jump: 1. Kwame Collins (NH), 45-2; 2. Ted Leshner (NH), 45-1¼; 3. Shane Smith (H), 40-9½; 4. James Jenkins (PC), 40-9¼; 5. Chadwick Cadet (DB), 40-3½; 6. Paul Kovach (RW), 40-2½.

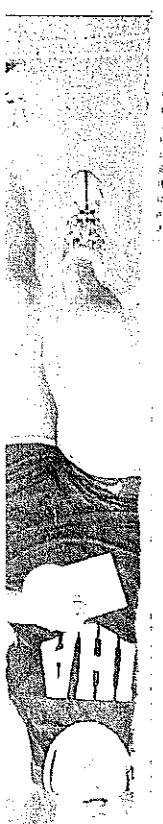
Pole vault: 1. Paul Kovach (RW), 13-0; 2. Claude Guinchard (DB), 13-0; 3. Tim Blasford (RPO), 12-6; 4. Brian Nardi (G), 12-0; 5. Scott Degelman (RPO), 12-0; 6. Eugene Mok (OT), 12-0.

4-x-400 relay: 1. Teaneck (Tom San George, Akeem Thomas, Damien Miles, Rashad White), 3:24.1; 2. Northern Highlands, 3:24.2; 3. Hackensack, 3:28.3; 4. Ridgewood, 3:29.0; 5. Paramus, 3:31.6; 6. Don Bosco, 3:32.3.

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**Bergen County Group "A" Championship
@ Old Tappan High School**

May 19th and 20th

Friday:

200m: Chris Zeigler **22.9/ 22.9 – 4th Place**
Albert Gelbaum **24.4** John Moody **24.3**

3200m: Michael Cator **9:24.6 – 1st Place**
Byron Williams **9:41.1 – 5th Place** Jacob Garber **9:57.3**

400 IH: Niall Buckley **56.2 – 1st Place**
Joe Nagano-Gerace **59.9** Steve Pierce **59.1**

High Jump: Paul Kovach and Dave Stolfo – **both NH**

Shot Put: Ben Wilson **48'8 ¼" – 1st Place**
Mike Mosticchio **43'5 ½" – 4th Place** Nadeem Dawson **41'6"**

Javelin: Steve Pierce **176'10" – 1st Place**
Albert Gelbaum **143'8" – 5th Place** Lucas Chwe **128'0"**

Long Jump: Paul Kovach **18'5 ¾"** Akira Monri **17'3"** Brian Clementi **19'1"**

Saturday:

110HH: Akira Monri **15.5 / 15.5 – 1st Place**
John Moody **16.0** Peter Nygaard **17.6**

100m: Chris Zeigler **11.3 / 11.1 – 4th Place**
Lucas Chwe **13.6 – hamstring**

800m: Byron Williams **1:57.1 – 2nd Place**
Niall Buckley **1:57.5 – 3rd Place**
Michael Cator **1:58.9 – 4th Place**

400m: Zach Ontiveros **53.6** Christian Trautwein **53.9**

1600m: Byron Williams **4:23.5 – 1st Place**
Niall Buckley **4:27.5 – 5th Place**
Michael Cator **4:29.1 – 6th Place**

4x400m: Jeremy Schmidt **52.0**
Byron Williams **53.1 (hurdled DB)**
Niall Buckley **52.2**
Chris Zeigler **51.3** **3:29.0 – 4th Place**

Pole Vault: Paul Kovach 13'0" –1st Place
Lewis Berns 11'6" Joe McEwing NH

Discus: Ben Wilson 124'2" – 6th Place
Steve Pierce 118'3" Mike Mosticchio 113'0"

Triple Jump: Paul Kovach 40'2 ½" – 6th Place
Akira Monri 37'6" Brian Clementi 38'4 ¼"

Thoughts:

Good meet – we lost 119 to 113 to a very good Northern Highlands team.

Northern Highlands 119

Ridgewood 113

Don Bosco 103

Teaneck 58

Fraulo Race Timing - Contractor License

Hy-Tek's MEET MANAGER 2:12 PM 5/20/2006

2006 Bergen County Track & Field Championships - 5/19/2006 to 5/20/2006
OLD TAPPAN

Results

Boys 100 Meter Dash Group A

| Name | Year School | Finals | Points |
|-----------------------|---------------------|--------|--------|
| 1 3117 White, Rashad | SO Teaneck | 10.8 | 10 |
| 2 3096 Miles, Damian | SO Teaneck | 11.1 | 8 |
| 3 1747 Menzel, Jarett | SR North. Highlands | J11.1 | 6 |
| 4 2691 Zeigler, Chris | Ridgewood | J11.1 | 4 |
| 5 973 Banahene, Kwame | SR Hackensack | J11.1 | 2 |
| 6 1900 DaCosta, Derek | JR Northern Valley- | 11.4 | 1 |

Boys 200 Meter Dash Group A

| Name | Year School | Finals | Points |
|-----------------------|---------------------|--------|--------|
| 1 3096 Miles, Damian | SO Teaneck | 22.5 | 10 |
| 2 973 Banahene, Kwame | SR Hackensack | 22.6 | 8 |
| 3 1747 Menzel, Jarett | SR North. Highlands | 22.9 | 6 |
| 4 2691 Zeigler, Chris | Ridgewood | J22.9 | 4 |
| 5 429 Cato, Matthew | SO Don Bosco Prep | 23.1 | 2 |
| 6 1900 DaCosta, Derek | JR Northern Valley- | 23.3 | 1 |

Boys 400 Meter Dash Group A

| Name | Year School | Finals | Points |
|-----------------------|---------------------|--------|--------|
| 1 1747 Menzel, Jarett | SR North. Highlands | 49.4 | 10 |
| 2 3114 Thomas, Akeem | JR Teaneck | 50.2 | 8 |
| 3 498 Webb, Sharif | JR Don Bosco Prep | 50.4 | 6 |
| 4 1731 DiBella, Mike | JR North. Highlands | 50.6 | 4 |
| 5 104 Randall, Tom | SO Bergen Catholic | 50.9 | 2 |
| 6 429 Cato, Matthew | SO Don Bosco Prep | J50.9 | 1 |

Boys 800 Meter Run Group A

| Name | Year School | Finals | Points |
|--------------------------|---------------------|--------|--------|
| 1 1727 Batarags, Nik | SR North. Highlands | 1:56.4 | 10 |
| 2 2689 Williams, Byron | Ridgewood | 1:57.1 | 8 |
| 3 2658 Buckley, Niall | Ridgewood | 1:57.5 | 6 |
| 4 2659 Cator, Michael | Ridgewood | 1:58.9 | 4 |
| 5 500 Wexler, Steve | SO Don Bosco Prep | 2:00.1 | 2 |
| 6 3107 San-George, Tommy | JR Teaneck | 2:00.4 | 1 |

Boys 1600 Meter Run Group A

| Name | Year School | Finals | Points |
|------------------------|---------------------|--------|--------|
| 1 2689 Williams, Byron | Ridgewood | 4:23.8 | 10 |
| 2 490 Sullivan, Conor | JR Don Bosco Prep | 4:24.2 | 8 |
| 3 418 Baker, Jason | JR Don Bosco Prep | 4:24.6 | 6 |
| 4 1732 Diestel, Ben | SR North. Highlands | 4:26.7 | 4 |
| 5 2658 Buckley, Niall | Ridgewood | 4:27.8 | 2 |

| | | | | |
|---|---------------------|-----------|--------|---|
| 6 | 2659 Cator, Michael | Ridgewood | 4:29.1 | 1 |
|---|---------------------|-----------|--------|---|

Boys 3200 Meter Run Group A

| Name | Year School | Finals | Points |
|------------------------|---------------------|--------|--------|
| 1 2659 Cator, Michael | Ridgewood | 9:24.6 | 10 |
| 2 418 Baker, Jason | JR Don Bosco Prep | 9:33.1 | 8 |
| 3 490 Sullivan, Conor | JR Don Bosco Prep | 9:33.8 | 6 |
| 4 1732 Diestel, Ben | SR North. Highlands | 9:36.5 | 4 |
| 5 2689 Williams, Byron | Ridgewood | 9:41.1 | 2 |
| 6 1735 Gaidus, Andrew | JR North. Highlands | 9:45.0 | 1 |

Boys 110 Meter Hurdles Group A

| Name | Year School | Finals | Points |
|------------------------|---------------------|--------|--------|
| 1 2672 Monri, Akira | Ridgewood | 15.5 | 10 |
| 2 425 Cadet, Chadwick | SR Don Bosco Prep | J15.5 | 8 |
| 3 1742 Leshner, Ted | SR North. Highlands | J15.5 | 6 |
| 4 1730 Collins, Kwame | JR North. Highlands | 15.6 | 4 |
| 5 85 Goggin, Joe | SO Bergen Catholic | J15.6 | 2 |
| 6 3097 Mitchell, Andre | SR Teaneck | 16.1 | 1 |

Boys 400 Meter Hurdles Group A

| Name | Year School | Finals | Points |
|------------------------|---------------------|--------|--------|
| 1 2658 Buckley, Niall | Ridgewood | 56.2 | 10 |
| 2 1742 Leshner, Ted | SR North. Highlands | 56.3 | 8 |
| 3 500 Wexler, Steve | SO Don Bosco Prep | 56.5 | 6 |
| 4 498 Webb, Sharif | JR Don Bosco Prep | 57.5 | 4 |
| 5 3097 Mitchell, Andre | SR Teaneck | J57.5 | 2 |
| 6 83 Gaston, Dom | SO Bergen Catholic | 58.8 | 1 |

Boys 4x400 Meter Relay Group A

| School | Finals | Points |
|-----------------------------------|------------------------------|--------|
| 1 Teaneck 'A' | 3:24.1 | 10 |
| 1) 3107 San-George, Tommy JR | 2) 3114 Thomas, Akeem JR | |
| 3) 3096 Miles, Damian SO | 4) 3117 White, Rashad SO | |
| 2 Northern Highlands Regional 'A' | 3:24.2 | 8 |
| 1) 1747 Menzel, Jarett SR, | 2) 1751 Pulgrano, Justin SR | |
| 3) 1731 DiBella, Mike JR | 4) 1727 Batarags, Nik SR | |
| 3 Hackensack 'A' | 3:28.3 | 6 |
| 1) 973 Banahene, Kwame SR | 2) 974 Bembry, Ronald SO | |
| 3) 1001 Walcott, Ausar SO | 4) 984 Ferdinand, John SO | |
| 4 Ridgewood 'A' | 3:29.0 | 4 |
| 1) 2683 Schmidt, Jeremy | 2) 2680 Pierce, Steven | |
| 3) 2658 Buckley, Niall | 4) 2691 Zeigler, Chris | |
| 5 Paramus 'A' | 3:31.6 | 2 |
| 1) 1987 Rembecky, Shawn JR | 2) 1984 Massari, Jonathan SR | |
| 3) 1983 Liao, Alan SR | 4) 1970 Ax, Kyle SR | |
| 6 Don Bosco Prep 'A' | 3:32.3 | 1 |
| 1) 452 Kelsey, Jason JR | 2) 500 Wexler, Steve SO | |
| 3) 429 Cato, Matthew SO | 4) 498 Webb, Sharif JR | |

Boys High Jump Group A

| Name | Year School | Finals | Points |
|------------------------|---------------------|----------|--------|
| 1 3677 Rigg, Jon | 10 Bergen Catholic | 6-00.00 | 10 |
| 2 1738 Heilmann, Craig | SR North. Highlands | 5-10.00 | 8 |
| 3 476 Prior, Kenneth | SO Don Bosco Prep | 5-08.00 | 6 |
| 4 2016 Bennett, Mitch | JR Paramus Catholic | J5-08.00 | 4 |
| 5 1987 Rembecky, Shawn | JR Paramus | J5-08.00 | 1.50 |
| 5 1896 Cheung, Derek | SR Northern Valley- | J5-08.00 | 1.50 |

Boys Pole Vault Group A

| Name | Year School | Finals | Points |
|--------------------------|---------------------|-----------|--------|
| 1 2668 Kovach, Paul | Ridgewood | 13-00.00 | 10 |
| 2 448 Guinchard III, Cla | SR Don Bosco Prep | J13-00.00 | 8 |
| 3 2322 Blashford, Tim | JR Ramapo | 12-06.00 | 6 |
| 4 844 Nardi, Brian | SR Garfield | 12-00.00 | 4 |
| 5 2327 Degelman, Scott | SR Ramapo | J12-00.00 | 2 |
| 6 1925 Mok, Eugene | SR Northern Valley- | J12-00.00 | 1 |

Boys Long Jump Group A

| Name | Year School | Finals | Points |
|-----------------------|---------------------|----------|--------|
| 1 1730 Collins, Kwame | JR North. Highlands | 22-07.00 | 10 |
| 2 3114 Thomas, Akeem | JR Teaneck | 21-05.00 | 8 |
| 3 1742 Leshner, Ted | SR North. Highlands | 20-11.25 | 6 |
| 4 425 Cadet, Chadwick | SR Don Bosco Prep | 20-09.50 | 4 |
| 5 2016 Bennett, Mitch | JR Paramus Catholic | 20-08.25 | 2 |
| 6 839 Guzman, Andre | SR Garfield | 20-01.50 | 1 |
| 7 424 Cacace, Frank | SR Don Bosco Prep | 20-00.75 | |

Boys Triple Jump Group A

| Name | Year School | Finals | Points |
|------------------------|---------------------|----------|--------|
| 1 1730 Collins, Kwame | JR North. Highlands | 45-02.00 | 10 |
| 2 1742 Leshner, Ted | SR North. Highlands | 45-01.25 | 8 |
| 3 999 Smith, Shane | JR Hackensack | 40-09.50 | 6 |
| 4 2026 Jenkins, James | JR Paramus Catholic | 40-09.25 | 4 |
| 5 425 Cadet, Chadwick | SR Don Bosco Prep | 40-03.50 | 2 |
| 6 2668 Kovach, Paul | Ridgewood | 40-02.50 | 1 |
| 7 1921 Massaro, Joseph | SR Northern Valley- | 39-06.50 | |

Boys Shot Put Group A

| Name | Year School | Finals | Points |
|--------------------------|--------------------|----------|--------|
| 1 2690 Wilson, Ben | Ridgewood | 48-08.25 | 10 |
| 2 685 Pellettere, Anthon | SR Fair Lawn | 45-08.00 | 8 |
| 3 458 Martin, Warren | SR Don Bosco Prep | 45-05.00 | 6 |
| 4 2674 Mosticchio, Mike | Ridgewood | 43-05.50 | 4 |
| 5 92 Lovely, Matt | JR Bergen Catholic | 43-04.50 | 2 |
| 6 852 Wdowiak, Jerry | SR Garfield | 43-01.50 | 1 |

Boys Discus Throw Group A

| Name | Year School | Finals | Points |
|------|-------------|--------|--------|
|------|-------------|--------|--------|

| | | | | |
|---|----------------------|---------------------|--------|----|
| 1 | 449 Hallissey, Chris | JR Don Bosco Prep | 146-10 | 10 |
| 2 | 440 Farr, Michael | JR Don Bosco Prep | 135-06 | 8 |
| 3 | 2032 Passno, Jordan | SR Paramus Catholic | 133-07 | 6 |
| 4 | 1923 Mattner, Thomas | JR Northern Valley- | 131-05 | 4 |
| 5 | 1910 Hurley, Michael | SO Northern Valley- | 129-00 | 2 |
| 6 | 2690 Wilson, Ben | Ridgewood | 124-02 | 1 |

Boys Javelin Throw Group A

| Name | Year | School | Finals | Points |
|------|------|---------------------|---------------------|-----------|
| 1 | 2680 | Pierce, Steven | Ridgewood | 176-10 10 |
| 2 | 1937 | Weinfeld, Charles | SR Northern Valley- | 169-04 8 |
| 3 | 1728 | Bovino, Brian | JR North. Highlands | 167-01 6 |
| 4 | 685 | Pellettiere, Anthon | SR Fair Lawn | 151-09 4 |
| 5 | 2664 | Gelbaum, Albert | Ridgewood | 143-08 2 |
| 6 | 417 | Badulato, Joseph | JR Don Bosco Prep | 142-08 1 |

Men - Group A - Team Rankings - 16 Events Scored

| | | | |
|-------------------------------|-----|------------------------------|-------|
| 1) Northern Highlands Regiona | 119 | 2) Ridgewood | 113 |
| 3) Don Bosco Prep | 103 | 4) Teaneck | 58 |
| 5) Hackensack | 22 | 6) Northern Valley-Old Tappa | 18.50 |
| 7) Bergen Catholic | 17 | 8) Paramus Catholic | 16 |
| 9) Fair Lawn | 12 | 10) RAMAPO | 8 |
| 11) Garfield | 6 | 12) Paramus | 3.50 |

**East Coast Relays
@ Morristown**

**May 22, 2006
55 – windy**

4x110HH:

| | |
|-------------------|------|
| John Moody | 15.7 |
| Joe Nagano-Gerace | 16.7 |
| Steve Pierce | 16.3 |
| Akira Monri | 15.4 |

64.27 – 10th Place

2nd All-Time at Ridgewood

4x100m:

John Moody / Akira Monri / Steve Pierce / Chris Zeigler
45.51 – 8th Place

4x1600m:

| | |
|---------------------|--------|
| Christian Trautwein | 4:39.7 |
| Jeremy Kalmus | 4:41.9 |
| Taro Shiganobu | 4:44.2 |
| Jacob Garber | 4:49.0 |

18:54.36

4x200m:

| | |
|---------------|------|
| John Moody | 23.9 |
| Akira Monri | 23.7 |
| Steve Pierce | 24.0 |
| Chris Zeigler | 22.5 |

1:34.43 – 10th Place

Bergen Frosh Invitational

- 400 IH: R. Sayanagi **64.9**
- 100m: S. Tackaberry **14.2**; D. Nowinski **13.3**; K. Boyce **14.2**; C. Suh **14.1**;
J. Schwartz **13.6** D. Nagano-Gerace **13.7**
- 400m: D. Lee **63.9**
- 1600m: T. Shiganobu **4:38.9 – 2nd Place**; A. Fine **5:23.8**
- 110HH: R. Sayanagi **17.4 / 17.3 – 2nd Place**; B. Grossman **21.1**
- 800m: R. Sierra **2:35**; J. Shen **2:32**; R. Treppedi **2:46**; S. Martyn **2:28**;
T. Zulauf, **2:29** S. Fox **2:49**; M. Rykken **2:28**; R. Amadeo **2:42**
M. Moran **2:29**; A. Marquard **2:27**
- 200m: E. Grossman **27.2**; R. Sayangi **25.9**; S. Tackaberry **28.5**;
D. Nowinski **28.6**; K. Boyce **27.1**; C. Suh **28.1** J. Schwartz **28.7**
- LJ: D. Nagano-Gerace **15'1"**; B. Grossman **14'9 ¼"**
- SP: A. Bair **32'3"**; P. King **27'9"**
- Disc: A. Bair **87'1"** – **6th Place**; P. King **70'1"**
- PV: N. Stitt **NH**

STATE SECTIONAL TRACK PR

North 1, Groups 1 and 2: at Indian Hills, Friday, 4 p.m., Saturday, 10 a.m.; North 1, Groups 3 and 4: at V North 2, Groups 1 and 2: at Parsippany, Friday, 4 p.m., Saturday, 10 a.m. Top six finishers in each event q

Boys

NORTH 1

Group 1

Teams to watch: Defending champion Saddle Brook is very young but still might repeat against a fine Hasbrouck Heights field team. But Pascack Hills and Pompton Lakes have some star power that could make a difference.

Returning champion: Geoff Goidell, Pascack Hills (SP).

Events to watch: The shot put matches Goidell and North Jersey leader Jeff Seidel of Hasbrouck Heights, with 50-footers George Pecoraro of Cresskill and Bryan Fill of Hasbrouck Heights also in the mix. The 1,600 should match Kinnelon's Mike Soroko against Matt Lingam of Park Ridge, Dane Bender of Pompton Lakes and Ryan Van Alstine of Midland Park.

Group 2

Teams to watch: Defending champ Westwood is not as strong as last year, but the Bergen C champ is still formidable. But Indian Hills, River Dell and Mahwah are much stronger than last year and Hopatcong still has versatile superstar Joe Martinak.

Returning champions: Garrett Kroner, Indian Hills (200, 400); Mike Pachella, Wallkill Valley (800); Bryan Kretschmer, Ramsey (1,600); Dan Olson, River Dell (3,200); Joe Martinak, Hopatcong (HJ, LJ, JT); Greg Stripe, Mahwah (PV).

Events to watch: If Pachella is healthy, his battle with Max Bruno of Indian Hills in the 800 could be one for the ages, but mono probably will knock Pachella out this week. Shawn Sabo of Indian Hills, and Tom Stripe and James Stathopoulos of Mahwah will battle in the discus. Keith Brunner of River Dell gets a challenge from Sam Paul f Newton in the intermediates.

Group 3

Teams to watch: In perhaps one of the classic struggles in sectional history, Bergen A champ Northern Highlands faces Morris champ Morris Hills after sharing the title last year. But Passaic runner-up Wayne Valley also can win the title and Fort Lee and Teaneck have formidable individuals who can act as spoilers.

Returning champions: Ben Diestel, Northern Highlands (1,600); George Abyad, Passaic Valley (DT).

Events to watch: Every event has a classic showdown. The distance races match Morris Hills' Kyle Soloff, Jared Labar and Jayson Decker, Wayne Valley's Steve Abate, Tony Salvatore and Kirk Tencate and Highlands' Diestel, Nik Batarags and Andrew Gaidus. Chris Behre of Mount Olive (800 and 1,600) and Tommy San George of Teaneck are potential spoilers. Ted Leshner of Highlands, Ted Galligan of Morris Hills and Alec Marshall of Wayne Valley match up in the 110 hurdles, while Abyad and rival Chris Pantale of Wayne Valley take the discus near a Passaic County record of 175-7. Fort Lee sprinter Tinashe Kitchen and jumper Val Terebizh will contend in their specialties.

Group 4

Teams to watch: Defending champ Kennedy and runner-up Ridgewood are strong again, but Essex champ West Orange may prove to be the team to beat in this balanced region.

Returning champions: Shaquan Browri, Kennedy (100, 200, 400); Byron Williams, Ridgewood (800, 1,600).

Events to watch: West Orange has an extraordinary jumping team that can score 60-plus points in three events, although Eastside jumper Kyle Lindsay is favored in the triple jump over Ryan Manning of West Orange. Roxbury star Jason Apwah matches up with the Ridgewood trio of Niall Buckley, Mike Cator

and Byron Williams in the distances and Raul Flores of Livingston will battle Paul Kovach of Ridgewood in the vault. But the meet may come down to the relay and how many points Kennedy can get in the weights and hurdles. If the Knights can score 40 points combined in addition to Brown's expected 30 in the sprints, they could win again.

NORTH 2

Group 1

Teams to watch: Lyndhurst, North Arlington, Ridgefield and Secaucus are the North Jersey entrants in this group that has received a complete makeover now that reigning champion Bernards is in Group 2.

Returning champions: Derrick Foster, University (100), Nick Britt, Secaucus (DT).

Events to watch: Britt should win the discus again and is a State contender. North Arlington's Terry Iavarone is a threat in the 400, and the Vikings' relay team could win the event. Lyndhurst's Mehmet Guvener could place in the jumps and Ridgefield's Andrew Parker (intermediate hurdles) and Chris Lesko (distances) could do well. If Kevin Shim of Ridgefield is healthy, he could win the 100 and 200.

Group 2

Teams to watch: Ridgefield Park could give Bernards and Chatham a run for its money here. Cliffside Park, Lodi and Rutherford are the other North Jersey teams competing here.

Returning champions: Ben Massam, Chatham (1,600, 3,200); Matt Steinhart, Caldwell (HJ); Steve D'Arcy, Hanover Park (SP); Clarence Stewart, Lincoln (JT).

Events to watch: Ridgefield Park junior Ryan Dougherty could score well in the hurdles and Darius Autie and Alex Mailat could place in the long and triple jumps. Doug Cerniglia of

Ridgefield Park and Kyle Kolich of Rutherford are contenders not only for the sectional javelin crown but for the State Group 2 title. Jumpers Chris Phipps and Chris Powell lead a resurgent Lodi team. Kevin Neary could place in the distances for Cliffside Park.

Girls

NORTH 1

Group 1

Teams to watch: Add defending sectional champ Butler, defending North 2 champ Verona, Bergen C co-champ Pascack Hills and Bergen D champion Waldwick. Mix in 11 returning champions and the makings of a classic are there.

Returning champions: Lauren Malsky, Kinnelon (100); Alessandra Valdeta, Butler (200); Aly Hanson, New Milford (400); Amy Van Alstine, Midland Park (1,600, 3,200); Megan Thomas, Cresskill (100 HH); Jianna Spadaccini, Butler (400 LH); Isabelle Wnekowicz, Cedar Grove (PV); Arianna Pomo, Saddle Brook (LJ, injured); Heather Morba, Kinnelon (SP); Julie Haledjian, Pascack Hills (DT); Melinda Levendusky, Butler (JT).

Events to watch: Malsky will be tested by Cresskill freshman Janelle Lui in the sprints. Haledjian will battle Morba in a very good shot put competition and there are five 110-plus javelin throwers including the Levendusky twins of Butler, the Kedzierski twins of Waldwick and April Kaiser of Park Ridge. Van Alstine shoots for meet records of 5:10.7 (1,600) and 11:15.3 (3,200).

Group 2

Teams to watch: Defending champion Indian Hills will battle River Dell and Ramsey for the title.

Returning champions: Bry Bonavita, River Dell (800); Lindsey Jelttes, Indian Hills (1,600); Kristin Kern, Indian Hills (100

St. Joseph, Bosco to face tough out-of-state foes



Here's a look at boys sectional ch

BY JIM LAMBERT
FOR THE STAR-LEDGER

The busiest weekend on the track-and-field schedule begins today at eight sites around the state. The NJSIAA/Star-Ledger sectional track and field championships get underway at 4 p.m. and continue tomorrow at 10 a.m.

The top six finishers in each event in each sectional championship will advance to the state group championships. The group meet will be at two sites on June 2-3. The championships for Groups 1, 2, and 4 will be at Egg Harbor. The Group 3, Non-Public A and Non-Public B championships will take place in South Plainfield.

Also this weekend will be the New Jersey Catholic Track Conference Championships on Sunday at 11 a.m. at Notre Dame in Lawrenceville.

Here's an inside look at each sectional.

NORTH JERSEY, SECTION 1

Groups 1 and 2 at Indian Hills
Groups 3 and 4 at Wayne Hills

GROUP 4

Last 10 champions: 2005-Paterson Kennedy. 2004-Ridgewood. 2003-Ridgewood. 2002-Teaneck. 2001-Wayne Valley. 2000-Hackensack. 1999-Hackensack. 1998-Hackensack. 1997-Vernon. 1996-Passaic.

Contenders: Paterson Kennedy, West Orange, Ridgewood, Vernon, Livingston

Individuals to watch: Shaquan Brown, Paterson Kennedy (sprints, 400 IH, 4x400); Jason Apwah, Roxbury (400/800); Doug Smith, Roxbury (distances); Ryan Manning, West Orange (jumps); Jordan Kitzer, Livingston (hurdles); Justin Gannon, Vernon (sprints); Kieron Gardiner, Bloomfield (sprints); Mike Cator, Ridgewood (distances); Byron Williams, Ridgewood (distances); Joe Weber, Kearny (distances); Mario Morrison-Bird, West Orange (throws); Raul Flores, Livingston (PV); Charles Mills, Paterson Kennedy (sprints, IH); Kyle Lindsay, Paterson Eastside (jumps); Shytrayio Brown, Paterson Kennedy (throws); Nick Lionetti, Morris Knolls (HJ); Matt Rosana, Vernon (hurdles); Ben Wilson, Ridgewood (throws); Steven Pierce, Ridgewood (j.v.).

Prediction: West Orange's jumping points will give it enough to edge Ridgewood for its first title.

GROUP 3

Last 10 champions: 2005-Morris Hills and Northern Highlands. 2004-Sparta. 2003-Wayne Hills. 2002-Garfield. 2001-Garfield. 2000-River Dell. 1999-Lakeland. 1998-Lakeland. 1997-Lakeland. 1996-Snyder.

Contenders: Morris Hills, Northern Highlands, Mount Olive, Wayne Valley.

Individuals to watch: Aaron Dixon, Morris Hills (jumps/hurdles); Ted Galligan, Morris Hills (hurdles); Dominique Dixon, Morris Hills (j.v./jumps/hurdles); Chris Behre, Mount Olive (800/1,600); Chris Taiwo, Mount Olive (sprints); Tony Salvatore, Wayne Valley (distances); Steve Abate, Wayne Valley (distances); Alec Marshall, Wayne Valley (hurdles); Chris Pantale, Wayne Valley (throws); George Abyad, Passaic Valley (throws); Rus-

Gilroy, West Milford (hurdles); Nik Batarags, Northern Highlands (distances); Kyle Soloff, Morris Hills (distances); Damian Miles, Teaneck (sprints); Jarrett Menzel, Northern Highlands (sprints); Kwame Collins, Northern Highlands (jumps); Ted Leshner, Northern Highlands (jumps); Val Terebizh, Fort Lee (jumps).

Prediction: After Morris Hills and Northern Highlands tied last year, Morris Hills will prevail in another epic battle.

GROUP 2

Last 10 champions: 2005-Westwood. 2004-Morris Hills. 2003-Newton. 2002-Leonia. 2001-Mahwah. 2000-Ramsey. 1999-Ramsey. 1998-Westwood. 1997-Kittatinny. 1996-Glen Rock.

Contenders: Indian Hills, River Dell, Mahwah.

Individuals to watch: Garrett Kroner, Indian Hills (sprints); Max Bruno, Indian Hills (distances); Joe Martinek, Hopatcong (jumps/j.v.); Keith Brunner, River Dell (hurdles); Tom Stripe, Mahwah (throws, PV); Shawn Sabo, Indian Hills (throws); Jake Stass, Westwood (sprints); Grant Till, Wayne Hills (j.v.); Sam Paul, Newton (hurdles); John Ramos, Waitkill Valley (hurdles, jumps).

Prediction: Indian Hills will get too many points from Bruno and Kroner for any team to overcome.

GROUP 1

Last 10 champions: 2005-Saddle Brook. 2004-Glen Rock. 2003-Glen Rock. 2002-Glen Rock. 2001-Glen Rock. 2000-Glen Rock. 1999-Glen Rock. 1998-Cresskill. 1997-Glen Rock. 1996-Palisades Park.

Contenders: Hasbrouck Heights, Midland Park, Saddle Brook.

Individuals to watch: Geoff Goidell, Pascack Hills (throws); Jeff Seidel, Hasbrouck Heights (throws); Mike Soroko, Kinnelon (distances); Bryan Fill, Hasbrouck Heights (j.v.); Rollin Deas, Verona (distances); Nick Sengotta, Verona (throws); Matt Bieszard, Midland Park (sprints); Tim White, Saddle Brook (HJ, hurdles).

Prediction: Hasbrouck Heights will take its first title since 1994.

NORTH JERSEY, SECTION 2

Groups 3 and 4 at South Plainfield
Groups 1 and 2 at Parsippany

GROUP 4

Last 10 champions: 2005-Phillipsburg. 2004-Piscataway. 2003-Elizabeth. 2002-Morristown. 2001-Plainfield. 2000-Elizabeth. 1999-Randolph. 1998-Elizabeth. 1997-Plainfield. 1996-Morristown.

Contenders: Phillipsburg, Irvington, Franklin, Elizabeth, Westfield.

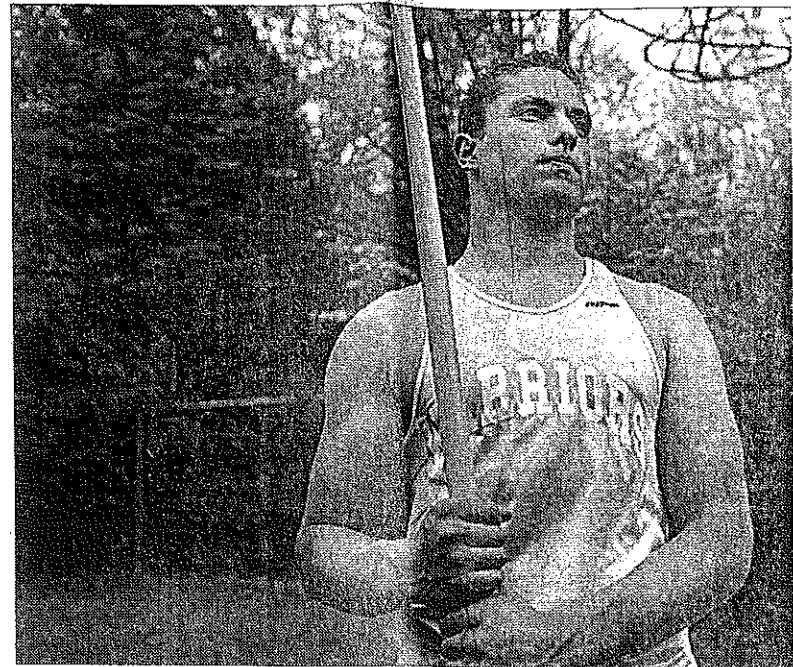
Individuals to watch: Jeff Perrella, Westfield (distances); Jaymark Bailey, Irvington (sprints); Ishmael Robbins, Irvington (sprints); Randy James, Irvington (sprints/hurdles); Leonardo Wright, Irvington (sprints); Pierre James, Franklin (throws); Bryan Lein, Phillipsburg (distances); Malcolm Dock, Phillipsburg (sprints/jumps); Jeremy Pennino, Watchung Hills (j.v.); Ryan DiOrio, Bridgewater-Raritan (distances); Dorian Elterbe, Columbia (800); Brian Monetti, Watchung Hills (hurdles); Josh Chavanne, Elizabeth (IH,PV); Jon Francois, Piscataway (hurdles); Tyler Dobbs, North Hunterdon (800); Dale Taylor, North Hunterdon (distances); Donovan Bembridge, East Orange (HJ/800).

Prediction: Irvington's speed will edge Phillipsburg's distance points in a thrilling tussle that ends with Irvington's first title.

GROUP 3

Last 10 champions: 2005-Montgomery. 2004-Phillipsburg. 2003-Morris Hills. 2002-Morris Hills. 2001-Scotch Plains. 2000-Scotch Plains. 1999-Scotch Plains. 1998-Morristown. 1997-Scotch Plains. 1996-Scotch Plains.

Contenders: Scotch Plains, Morristown,



Watchung Hills' Jeremy Pennino, who was the javelin champion at the Penn Relays, is a candidate to win the Group 4 state title this weekend.

Individuals to watch: Kyle Rowbotham, Scotch Plains (hurdles, jumps); Mike Alleman, Scotch Plains (throws); Joe McKeeney, Cranford (distances); Doug Cloninger, Morristown (sprints); Andrew Longley, Millburn (sprints/hurdles); Ben Copeland, Montgomery (hurdles/400); Nick Alexander, West Morris (throws); Chris Southwick, Voorhees (distances); George Twill, Mendham (HJ); Andrew Schofield, Mendham (sprints); Alex Brenner, Ridge (distances); Opie Muse, South Plainfield (jumps); Duval Sewer, New Brunswick (800); Timmian Banton, New Brunswick (IH); Nna Ibeh, Colonia (sprints); Chris MacCutcheon, Matawan (j.v.); Adam Lampell, Holmdel (distances); Anthony Gross, Matawan (throws); Jerry Carter, Morristown (sprints); Ryan Warner, Montgomery (400).

Prediction: Scotch Plains, after losing by seven points last year, will ride its field and hurdle points to its first championship in five years.

GROUP 2

Last 10 champions: 2005-Gov. Livingston. 2004-Gov. Livingston. 2003-Parsippany. 2002-Hanover Park. 2001-Hanover Park. 2000-Hanover Park. 1999-Roselle. 1998-Morris Hills. 1997-Newark Central. 1996-Hanover Park.

Contenders: Hanover Park, Chatham, Bernards, Ridgefield Park, Parsippany, Whippany Park.

Individuals to watch: Ben Massam, Chatham (distances); Ricky Zamora, Bernards (PV); Steve D'Arcy, Hanover Park (throws); Mike Cuppari (sprints/hurdles); James Grimes, Chatham (distances); Eric Couphos, Chatham (HJ); Kevin Shim, Ridgefield Park (sprints); Doug Cerniglia, Ridgefield Park (j.v.); Chuck Anderson, Parsippany (sprints); Bryant Joseph, Parsippany (sprints).

Prediction: Hanover Park is the best team on paper and will prove it on the track.

GROUP 1

Last 10 champions: 2005-Bernards. 2004-Bernards. 2003-Whippany Park. 2002-New Providence. 2001-Butler. 2000-New Providence. 1999-New Providence. 1998-New Providence. 1997-Arts. 1996-New Providence.

Contenders: Bound Brook, Science, Brearley, McNair, Secaucus.

Individuals to watch: Ryan Malloy,

Brook (sprints); Reggie Perry, Bound Brook (hurdles); Anthony McDonald, Brearley (sprints); Dennis Hoag, Brearley (j.v.); Jason Codrington, Science (800); Reggie McLeod, McNair (sprints, HJ); Mitchell Young, Science (sprints); P.J. Antonacci, Secaucus (throws); Nick Britt, Secaucus (throws); Deven Baker, Bound Brook (sprints/jumps).

Prediction: Bound Brook will load up in the sprints and hurdles and capture its first title since 1989.

CENTRAL JERSEY

Groups 1 and 4 at Hillsborough
Group 2 and 3 at Monmouth Reg.

GROUP 4

Last 10 champions: 2005-Old Bridge. 2004-Old Bridge. 2003-Hillsborough. 2002-Old Bridge. 2001-Piscataway. 2000-Hillsborough. 1999-Old Bridge. 1998-Piscataway. 1997-Hunterdon Central. 1996-Piscataway.

Contenders: Old Bridge, Trenton, Hillsborough, East Brunswick, South Brunswick, Rancocas Valley.

Individuals to watch: Bryant McCombs, Old Bridge (sprints); Allan Lunkenheimer, Old Bridge (sprints); Ken Cardullo, Old Bridge (j.v./jumps); Matt Ciambriello, Old Bridge (distances); Jamaar Figueroa, Old Bridge (throws); Devon Bond, Trenton (jumps); Tykeon Fulton, Trenton (sprints/hurdles); Brian Soltan, West Windsor South; Brian Dennis, Hillsborough (distances); Greg Bull, East Brunswick (distances); Yannick Wood, East Brunswick (800); Kris Carle, Jackson (distances); Adam Hegel, Manalapan (jumps); Chris Wynn, Hunterdon Central (jumps); Phil Reid, Rancocas Valley (sprints); Berne Edwards, Howell (hurdles).

Prediction: Old Bridge, arguably the best team in the state, will steamroll to a third straight title.

GROUP 3

Last 10 champions: 2005-Willingboro. 2004-Willingboro. 2003-Ewing. 2002-Monmouth. 2001-Ewing. 2000-Ewing. 1999-Ewing. 1998-Ocean Twp. 1997-Franklin. 1996-Franklin.

Contenders: Monmouth Reg., Hamilton, Hightstown, Neptune.

Individuals to watch: Charles Cox, Mon-

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State Sectional Championship:

Friday:

400IH: Niall Buckley 56.4 – 5th Place
Steve Pierce 59.1 Joe Nagano-Gerace 58.7

100m: Chris Zeigler 11.1 / 11.1 John Moody 11.5

1600m: Michael Cator 4:20.4 – 1st Place
Byron Williams 4:22.9 – 2nd Place
Niall Buckley 4:30.1

Discus: Ben Wilson 127'10" Mike Mosticchio 111'1" Chris Ryan 100'2"

Triple Jump: Brian Clementi 39'4" Dave Stolfo 36'2"

Pole Vault: Paul Kovach 13'6" – 2nd Place
Lewis Berns 11'0" Joe McKeon NH

Saturday:

110HH: Akira Monri 14.8 / 14.9 / 14.7 – 3rd Place
John Moody 15.4 Joe Nagano-Gerace 16.4

800m: Byron Williams 1:56.1 – 2nd Place
Niall Buckley 1:58.9 – 6th Place
Jeremy Schmidt 2:02.5

200m: Chris Zeigler 22.7 / 22.7 – 5th Place
John Moody 23.6 Zach Ontiveros 23.9

3200m: Michael Cator 9:29.1 – 1st Place
Jeremy Kalmus 9:48.8 – 4th Place
Jacob Garber 10:13.3

4x400m: Niall Buckley 51.6
Zack Ontiveros 52.6
Jeremy Schmidt 52.4
Chris Zeigler 50.9 - 3:27.7 – 5th Place

Javelin: Steve Pierce 184'8" – 1st Place

Long Jump: Brian Clementi 18'9"

Shot Put: Ben Wilson 46'3" – 5th Place
Mike Mosticchio 43'11 ½"

TRACK & FIELD: STATE SECTION: CROSS COUNTRY

Ridgewood girls clear big hurdle

By PAUL SCHWARTZ
STAFF WRITER

WAYNE — This looked to be the year for the Ridgewood girls track team to return to the prominence it had enjoyed through most of Jacob Brown's long guidance of the team.

But some misadventures at the Jack Yockers Bergen County Relays last month cost the Maroons that meet and gave their coach pause for thought.

"It certainly focused my interest and energized me and the kids," said Brown, who led his team to

its first North 1, Group 4 title in six years with a 96-76 win over Roxbury on Saturday at Wayne Hills. It completed the Maroons' first Triple Crown (league, County, sectional championships) since 1993.

"I haven't been as relaxed the last few weeks and the kids noticed it," Brown said.

Ridgewood won only two events, the 100 hurdles and 400 hurdles, but took four seconds and six thirds to overcome a dominating performance by Roxbury in the 800, 1,600 and 3,200, where it scored 59 of a possible 72 points.

"When we went 2-3 in the 100

time. And in the final, she was breezing again until she came to the 10th and final barrier.

"I guess the hurdles have been coming up on me faster because I'm running faster," Que said.

She was forced to come to a screeching halt before the last hurdle, somehow avoiding crashing through it. She then hopped over it and held on for a narrow win.

The team win brought a smile to the face of senior Stephanie Westerman, who in the final event helped the 4-x-400 relay team to its best clocking (3:57.8 for second place) since the 1988 team that set

the County record.

"Everyone knows how good coach Brown is and we haven't had this good of a team in a long time," Westerman said. "Our juniors are just so powerful and it makes the few seniors do our part to help us win."

The individual highlight came from Consandria Walker of Hackensack, who cemented her win in the triple jump with the longest girls leap in the state in eight years, 39-8. She tied for third all time in New Jersey and second in Bergen history.

Kennedy sophomore Kristin

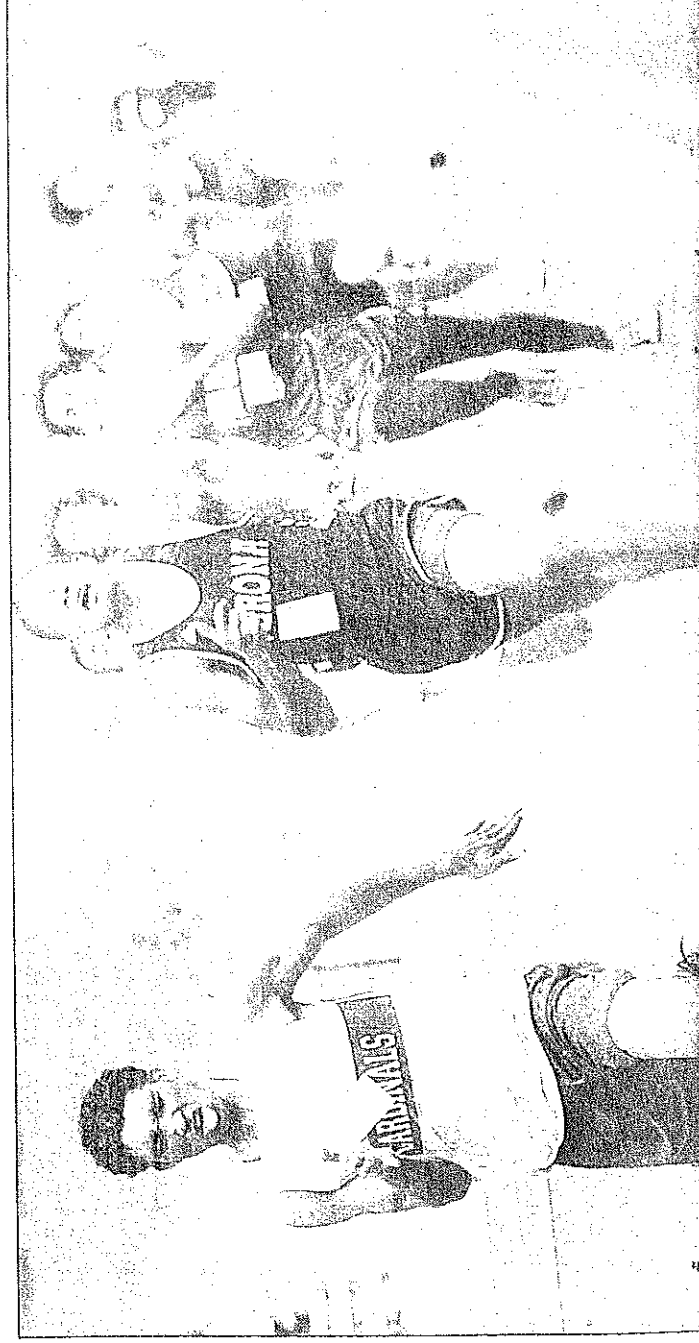
Crawford had a winning the 200 all-time Passaic (eighth) and another to a 3:56.7 win (Kennedy edged 73, for second place behind team Orange.

However, the star Shaquan Ibor is questionable for the weekend's group off the turn on to ly easy win in ti jured his balky le ing up to a second

Success sweet for River Dell, Indian H.

By GREGORY SCHUTTA
STAFF WRITER

OAKLAND — While the tradition in track is for the winning team to do a victory lap while hoisting the trophy in the air, the River Dell girls chose Saturday to leave their mark in a different way by having



Highlights pull gutsy in class

By PAUL SCHWARTZ
STAFF WRITER

WAYNE — It's said that what was better than the Godfather II."

Add the Northern Hills North 1, Group 3 rematch Saturday at Wa

Fraulo Race Timing - Contractor License

Hy-Tek's MEET MANAGER 2:03 PM 5/27/2006

NJSIAA/Star-Ledger Track & Field Championships

Sectionals - North I - Groups III and IV - 5/26/2006 to 5/27/2006

Wayne Hills - Lou Fraulo, Meet Director

Results**Boys 100 Meter Dash Group Four**

| ===== | | | | |
|--|------|-------------|--------|--------|
| Group Record: # 10.40 5/27/2005 Shaquan Brown, JFKennedy-Pat | | | | |
| Sec N1 Rec: * 10.20 2000 Chris Charles, Park Ridge | | | | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 3363 Justin Gannon | SR | VERNON | 10.9h | 10 |
| 2 1728 Maurice Jones | SO | BELLEVILLE | J11.1h | 8 |
| 3 3617 Tremaine Mosley | SR | WEST ORANGE | J11.0h | 6 |
| 4 2420 Omari Holtz | JR | MONTCLAIR | 11.2h | 4 |
| 5 2049 Kwame Banahene | SR | HACKENSACK | J11.2h | 2 |
| 6 3098 Brian Harris | SR | RANDOLPH | 11.3h | 1 |

Boys 200 Meter Dash Group Four

| ===== | | | | |
|--|------|------------------|--------|--------|
| Group Record: # 21.20 5/27/2005 Shaquan Brown, JFKennedy-Pat | | | | |
| Sec N1 Rec: * 21.20 5/27/2005 Shaquan Brown, JFKennedy-Pat | | | | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 3363 Justin Gannon | SR | VERNON | 21.9h | 10 |
| 2 2201 Shaquan Brown | SR | KENNEDYJ.F. PATE | 22.3h | 8 |
| 3 2049 Kwame Banahene | SR | HACKENSACK | 22.4h | 6 |
| 4 3618 Andrew Nnadi | SR | WEST ORANGE | 22.6h | 4 |
| 5 3196 Chris Zeigler | | RIDGEWOOD | 22.7h | 2 |
| 6 3098 Brian Harris | SR | RANDOLPH | 22.9h | 1 |

Boys 400 Meter Dash Group Four

| ===== | | | | |
|--|------|------------------|--------|-----------|
| Group Record: # 47.10 5/27/2005 Shaquan Brown, JFKennedy-Pat | | | | |
| Sec N1 Rec: * 47.10 5/27/2005 Shaquan Brown, JFKennedy-Pat | | | | |
| Name | Year | School | Finals | H# Points |
| ===== | | | | |
| 1 2201 Shaquan Brown | SR | KENNEDYJ.F. PATE | 48.2h | 1 10 |
| 2 3363 Justin Gannon | SR | VERNON | 50.1h | 1 8 |
| 3 2077 Ausar Walcott | SO | HACKENSACK | 50.6h | 1 6 |
| 4 2231 Charles Mills | SR | KENNEDYJ.F. PATE | 50.7h | 1 4 |
| 5 2656 Roberto Spezzacate | SO | NORTH BERGEN L | 50.9h | 1 2 |
| 6 3614 Ellis Mensah | SO | WEST ORANGE | 51.2h | 1 0.50 |
| 6 2050 Ronald Bembry | SO | HACKENSACK | 51.2h | 1 0.50 |

Boys 800 Meter Run Group Four

| ===== | | | | |
|--|------|------------------|----------|--------|
| Group Record: # 1:54.70 2000 Josh Kauke, Ridgewood | | | | |
| Sec N1 Rec: * 1:54.60 1993 Brian Viscomi, Kittatinny & 2004, | | | | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 3198 Jason Apwah | JR | ROXBURY | 1:53.2h* | 10 |
| 2 3194 Byron Williams | | RIDGEWOOD | 1:56.1h | 8 |
| 3 2247 Vincent Williams | SR | KENNEDYJ.F. PATE | 1:56.7h | 6 |
| 4 2338 Matt Karlin | 11 | LIVINGSTON | 1:57.2h | 4 |
| 5 3095 Dylan Frost | SR | RANDOLPH | 1:58.1h | 2 |
| 6 3162 Niall Buckley | | RIDGEWOOD | 1:58.9h | 1 |

Boys 1600 Meter Run Group Four

| ===== | | | | |
|-------------------------|------|----------------|------------------------------------|------------|
| Group Record: # 4:15.20 | | 2004 | Mohamed Khadraoui, J.F. Kennedy-Pa | |
| Sec N1 Rec: * 4:15.20 | | 2004 | Mohamed Khadraoui, J.F. Kennedy-Pa | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 | 3163 | Michael Cator | RIDGEWOOD | 4:20.4h 10 |
| 2 | 3194 | Byron Williams | RIDGEWOOD | 4:22.9h 8 |
| 3 | 3247 | Doug Smith | FR ROXBURY | 4:25.6h 6 |
| 4 | 3198 | Jason Apwah | JR ROXBURY | 4:25.9h 4 |
| 5 | 3071 | Zach Bahor | JR RANDOLPH | 4:26.5h 2 |
| 6 | 3095 | Dylan Frost | SR RANDOLPH | 4:27.5h 1 |

Boys 3200 Meter Run Group Four

| ===== | | | | |
|-------------------------|------|------------------|--------------------------|------------|
| Group Record: # 9:09.90 | | 1987 | Eric Bernsten, Ridgewood | |
| Sec N1 Rec: * 9:09.90 | | 1987 | Eric Bernsten, Ridgewood | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 | 3163 | Michael Cator | RIDGEWOOD | 9:29.1h 10 |
| 2 | 3247 | Doug Smith | FR ROXBURY | 9:35.5h 8 |
| 3 | 3071 | Zach Bahor | JR RANDOLPH | 9:40.9h 6 |
| 4 | 3172 | Jeremy Kalmus | RIDGEWOOD | 9:48.8h 4 |
| 5 | 1877 | Alexander Anolik | JR CLIFTON | 9:51.9h 2 |
| 6 | 2195 | Jorge Beltre | SO KENNEDYJ.F. PATE | 9:52.3h 1 |

Boys 110 Meter Hurdles Group Four

| ===== | | | | |
|-----------------------|------|----------------|-----------------------|----------|
| Group Record: # 13.80 | | 2004 | Mike Pohludka, Vernon | |
| Sec N1 Rec: * 13.70 | | 1999 | Guy Rose, Wayne Hills | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 | 3082 | Dawan Buie | SR RANDOLPH | 14.6h 10 |
| 2 | 2345 | Jordan Litner | 12 LIVINGSTON | J14.6h 8 |
| 3 | 3177 | Akira Monri | RIDGEWOOD | 14.7h 6 |
| 4 | 2309 | Mohamed Abuouf | 12 LIVINGSTON | 14.9h 4 |
| 5 | 3375 | Matt Rosana | JR VERNON | 15.1h 2 |
| 6 | 2215 | Alfred Gordon | SR KENNEDYJ.F. PATE | 15.2h 1 |

Boys 400 Meter Hurdles Group Four

| ===== | | | | |
|-----------------------|------|---------------|-------------------------------------|-----------|
| Group Record: # 54.30 | | 1996 | Neville Rose, J.F. Kennedy-Paterson | |
| Sec N1 Rec: * 53.40 | | 1999 | Guy Rose, Wayne Hills | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 | 2201 | Shaquan Brown | SR KENNEDYJ.F. PATE | 51.6h* 10 |
| 2 | 2231 | Charles Mills | SR KENNEDYJ.F. PATE | 55.4h 8 |
| 3 | 2345 | Jordan Litner | 12 LIVINGSTON | J55.4h 6 |
| 4 | 2224 | Ryan Jordan | SR KENNEDYJ.F. PATE | 56.2h 4 |
| 5 | 3162 | Niall Buckley | RIDGEWOOD | 56.4h 2 |
| 6 | 3125 | David Mero | SR RANDOLPH | J56.4h 1 |

Boys 4x400 Meter Relay Group Four

| ===== | | | | |
|-------------------------|--|------|--------------------------|--------|
| Group Record: # 3:20.30 | | 2004 | John F. Kennedy-Paterson | |
| Sec N1 Rec: * 3:20.30 | | 2004 | J.F. Kennedy-Paterson | |
| School | | | Finals | Points |
| ===== | | | | |

| | | |
|-----------------------------|---------------------------|----|
| 1 WEST ORANGE | 3:22.7h | 10 |
| 1) 3618 Andrew Nnadi SR | 2) 3612 Ryan Manning SR | |
| 3) 3628 Oberon Weah SR | 4) 3614 Ellis Mensah SO | |
| 2 HACKENSACK | 3:25.0h | 8 |
| 1) 2049 Kwame Banahene SR | 2) 2077 Ausar Walcott SO | |
| 3) 2050 Ronald Bembry SO | 4) 2060 John Ferdinand SO | |
| 3 KENNEDYJ.F. PATERSON | 3:25.5h | 6 |
| 1) 2247 Vincent Williams SR | 2) 2225 Gary Josephs JR | |
| 3) 2224 Ryan Jordan SR | 4) 2231 Charles Mills SR | |
| 4 ROXBURY | 3:26.3h | 4 |
| 1) 3254 Devon Yang SR | 2) 3253 Danny Yang SO | |
| 3) 3205 Scott Burtis SR | 4) 3198 Jason Apwah JR | |
| 5 RIDGEWOOD | 3:27.7h | 2 |
| 1) 3162 Niall Buckley | 2) 3184 Zach Ontiveros | |
| 3) 3188 Jeremy Schmidt | 4) 3196 Chris Zeigler | |
| 6 LIVINGSTON | 3:30.1h | 1 |
| 1) 2345 Jordan Litner 12 | 2) 2338 Matt Karlin 11 | |
| 3) 2349 Derrick Michel 11 | 4) 2309 Mohamed Abuouf 12 | |

Boys High Jump Group Four

| | | | | |
|-----------------|------|-------------------------------------|-----------------------|--------|
| ===== | | | | |
| Group Record: # | 6-10 | 1979 | Scoot Palmer, Teaneck | |
| Sec N1 Rec: * | 6-10 | 1979 | Scoot Palmer, Teaneck | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 | 3612 | Ryan Manning SR WEST ORANGE | 6-08.00 | 10 |
| 2 | 3594 | Jon Arnold JR WEST ORANGE | 6-06.00 | 8 |
| 3 | 2566 | Nick Lionetti JR MORRIS KNOLLS | 6-04.00 | 6 |
| 4 | 3627 | Qaadir Tutor SO WEST ORANGE | J6-04.00 | 4 |
| 5 | 2239 | Daniel Scott SR KENNEDYJ.F. PATE | 6-00.00 | 2 |
| 6 | 1931 | Steven Johnson 11 EASTSIDE PATERSON | 5-10.00 | 1 |

Boys Pole Vault Group Four

| | | | | |
|-----------------|-------|---------------------------|----------------------------|--------|
| ===== | | | | |
| Group Record: # | 15-01 | 2004 | Gabriel Knutson, Ridgewood | |
| Sec N1 Rec: * | 15-01 | 2004 | Gabriel Knutson, Ridgewood | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 | 3244 | John Shaw SR ROXBURY | 13-06.00 | 10 |
| 2 | 3173 | Paul Kovach RIDGEWOOD | J13-06.00 | 8 |
| 3 | 3227 | Dan Kline SR ROXBURY | J13-06.00 | 6 |
| 4 | 2331 | Raul Flores 12 LIVINGSTON | 13-00.00 | 4 |
| 5 | 2337 | Dan Ipp 11 LIVINGSTON | 12-00.00 | 2 |
| 6 | 2348 | Dan Melamed 11 LIVINGSTON | 11-06.00 | 1 |

Boys Long Jump Group Four

| | | | | |
|-----------------|----------|-----------------------------------|------------------------------|--------|
| ===== | | | | |
| Group Record: # | 24-00.50 | 1993 | Darius Pemberton, Hackensack | |
| Sec N1 Rec: * | 24-00.50 | 1993 | Darius Pemberton, Hackensack | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 | 3594 | Jon Arnold JR WEST ORANGE | 23-00.75 | 10 |
| 2 | 3612 | Ryan Manning SR WEST ORANGE | 22-11.75 | 8 |
| 3 | 1933 | Kyle Lindsay 12 EASTSIDE PATERSON | 21-07.00 | 6 |
| 4 | 2224 | Ryan Jordan SR KENNEDYJ.F. PATE | 21-04.75 | 4 |
| 5 | 3083 | Oliver Casson-Gary SR RANDOLPH | 21-01.75 | 2 |
| 6 | 2420 | Omari Holtz JR MONTCLAIR | 20-10.25 | 1 |
| 7 | 3621 | Rick Pierre-Philip SR WEST ORANGE | 20-09.00 | |
| 8 | 1879 | Kenneth Biason SR CLIFTON | 19-10.00 | |

Boys Triple Jump Group Four

| | | | | |
|-----------------|----------|----------------|-----------------------------------|-------------|
| ===== | | | | |
| Group Record: # | 47-00 | 5/27/2005 | Shaun Adair, Morristown | |
| Sec N1 Rec: * | 48-02.25 | 2004 | Vernard Hoover, Hasbrouck Heights | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 | 3612 | Ryan Manning | SR WEST ORANGE | 45-11.50 10 |
| 2 | 1933 | Kyle Lindsay | 12 EASTSIDE PATERSON | 45-01.50 8 |
| 3 | 1931 | Steven Johnson | 11 EASTSIDE PATERSON | 43-07.00 6 |
| 4 | 3628 | Oberon Weah | SR WEST ORANGE | 42-09.75 4 |
| 5 | 3618 | Andrew Nnadi | SR WEST ORANGE | 41-09.00 2 |
| 6 | 2349 | Derrick Michel | 11 LIVINGSTON | 41-07.50 1 |
| 7 | 2075 | Shane Smith | JR HACKENSACK | 41-06.75 |
| 8 | 1941 | Larry Sams | 11 EASTSIDE PATERSON | 41-00.00 |

Boys Shot Put Group Four

| | | | | |
|-----------------|----------|--------------------|--------------------------|-------------|
| ===== | | | | |
| Group Record: # | 65-07.50 | 1998 | Kevin DiGiorgio, Bayonne | |
| Sec N1 Rec: * | 65-07.50 | 1998 | Kevin DiGiorgio, Bayonne | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 | 1844 | Said Gaida | SR BLOOMFIELD | 51-05.50 10 |
| 2 | 3616 | Mario Morrison-Bir | SR WEST ORANGE | 50-05.50 8 |
| 3 | 2202 | Shytrayvio Brown | JR KENNEDYJ.F. PATE | 48-08.50 6 |
| 4 | 3599 | Lloyd Codada | JR WEST ORANGE | 47-06.50 4 |
| 5 | 3195 | Ben Wilson | RIDGEWOOD | 46-03.75 2 |
| 6 | 3243 | Doug Searles | JR ROXBURY | 46-02.75 1 |

Boys Discus Throw Group Four

| | | | | |
|-----------------|--------|--------------------|--------------------------|-----------|
| ===== | | | | |
| Group Record: # | 199-10 | 2001 | Glenn DiGiorgio, Bayonne | |
| Sec N1 Rec: * | 199-10 | 2001 | Glenn DiGiorgio, Bayonne | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 | 3616 | Mario Morrison-Bir | SR WEST ORANGE | 160-00 10 |
| 2 | 2216 | Caleb Gordon | SR KENNEDYJ.F. PATE | 149-06 8 |
| 3 | 3617 | Tremaine Mosley | SR WEST ORANGE | 139-09 6 |
| 4 | 1844 | Said Gaida | SR BLOOMFIELD | 139-04 4 |
| 5 | 2883 | Felix Figueroa | 12 PASSAIC | 137-00 2 |
| 6 | 2205 | Darien Collie | SO KENNEDYJ.F. PATE | 133-10 1 |
| 7 | 2202 | Shytrayvio Brown | JR KENNEDYJ.F. PATE | 132-07 |
| 8 | 3361 | Ken Devens | JR VERNON | 132-05 |

Boys Javelin Throw Group Four

| | | | | |
|-----------------|--------|--------------------|-----------------------------|-----------|
| ===== | | | | |
| Group Record: # | 200-11 | 1976 | Tim McManus, North Bergen | |
| Sec N1 Rec: * | 219-03 | 1997 | John Dixon, Ridgefield Park | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 | 3185 | Steven Pierce | RIDGEWOOD | 184-08 10 |
| 2 | 3367 | Dan Lisa | JR VERNON | 162-01 8 |
| 3 | 2573 | Brian Moran | SR MORRIS KNOLLS | 160-03 6 |
| 4 | 1831 | Ryan Ackerman | SO BLOOMFIELD | 156-04 4 |
| 5 | 3616 | Mario Morrison-Bir | SR WEST ORANGE | 151-07 2 |
| 6 | 2552 | Andrew Donahue | FR MORRIS KNOLLS | 148-03 1 |

=====

Men - Group Four - Team Rankings - 16 Events Scored

=====

| | | | |
|----------------------|--------|-------------------------|-------|
| 1) West Orange | 106.50 | 2) KennedyJ.F. Paterson | 79 |
| 3) Ridgewood | 73 | 4) Roxbury | 49 |
| 5) Vernon | 38 | 6) Livingston | 31 |
| 7) Randolph | 26 | 8) Hackensack | 22.50 |
| 9) EASTSIDE Paterson | 21 | 10) Bloomfield | 18 |
| 11) Morris Knolls | 13 | 12) Belleville | 8 |
| 13) Montclair | 5 | 14) Clifton | 2 |
| 14) Passaic | 2 | 14) North Bergen 1 | 2 |

BERGEN MEET OF CHAMPIONS

Fans treated to showcase

ree to see
op track,
eld stars

PAUL SCHWARTZ
STAFF WRITER

DEMAREST — The 15th combined Lou Lanzalotto Bergen Meet of Champions at Demarest has some of the best matchups.

Admission is free on Track Fan Appreciation Night, courtesy of the Bergen County Coaches Association and Bergen County Women's Athletics Association.

Boys 100: St. Joseph Regional senior Anthony Ferla heads a balanced field.

200: Ferla gets a strong challenge from Teaneck sophomore Rashad Dite.

400: Fort Lee sophomore Tinashe Chen is heavily favored.

800: Ridgewood junior Niall Buckley looks to defend his title against a field that includes eight other sub-2:00 half-milers.

1,600: Mike Cator of Ridgewood, Ryan Kretschmer of Ramsey and Ryan Diestel of Northern Highlands meet together in potentially the best race of the night.

3,200: A wide-open race with Bergen Tech's Tom Cullen and Mike Mitchell and Old Tappan's Calvin Reineke the leading contenders.

110 HH: Ryan Berland of Glen Rock, Carlos Tejada of Saddle Brook and Ted Leshner of Northern Highlands hook up in a great battle.

400 IH: Keith Brunner of River Dell is favored but Steven Shorr of Pascack Hills has been running great.

Shot put: Defending champ Doug Lopacz of St. Joseph Regional faces stiff challenge from State leader from Mahwah, Jeff Seidel of Mahwah, and Geoff Seidel of Pascack Hills.

Discus: Another great competition



DANIELLE P. RICHARDS/STAFF PHOTOGRAPHER

Northern Highlands' Ted Leshner, left, racing Ridgewood's Niall Buckley, is a top competitor in the 110 hurdles.

Today At Demarest

Field events: 3:30

Track events: 6 o'clock

with seven 150-foot throwers meeting.

Javelin: Doug Cerniglia of Ridgewood, Bryan Fill of Hasbrouck Heights, Kyle Kolich of Rutherford and Steve Pierce of Ridgewood have all thrown more than 185 feet this year.

High jump: Jon Rigg of Bergen Catholic and Val Terebizh of Fort Lee are favored.

Long jump: Kwame Collins of Indian Hills and John Totaro of Tenafly each have jumped more than 22 feet.

Triple jump: Leshner, Collins and Terebizh are all over 46 feet this season.

Pole vault: Sophomore Greg Stripe of Mahwah cleared 14-1 at the sec-

tionals Saturday.

Relay: Teaneck and Northern Highlands are the class of the field.

Girls 100: Consandria Walker of Hackensack is a clear favorite.

200: Defending champ Amy Salek of Ramapo has a rematch with Ridgewood's Angelica Johnson.

400: Salek and defending champ Sophia Davis of Queen of Peace are among eight sub-60 400 runners.

800: The race of the night with Kate Cooney of Immaculate Heart, Cristina Law of Ridgewood, Bry Bonavita of River Dell and Jess Setless of Paramus all in contention.

1,600: It's Ramapo's Kesley Ramsey against the clock.

3,200: Andrea Rothschild of Demarest faces defending champ Amy Van Alstine of Midland Park.

100 HH: Lara-Jane Que of Ridgewood seems to be the class here.

400 IH: Alex Rosenberger of Ram-

sey faces Jane Siebold of Demarest in a race that includes five sub-66 runners.

Shot put: Tanya Elshahawi of Indian Hills upset Chelsea Schiffman of Demarest in the Bergen B meet.

Discus: Julie Haledjian of Pascack Hills duels with Schiffman here.

Javelin: Julia Cohan of Northern Highlands is favored.

High jump: Suddenly a very hot event with four of the 10 jumpers over 5-5 or better.

Long jump: Shenise Halsey of Old Tappan and Walker are both over 18 feet.

Triple jump: Walker jumped 39-8 Saturday to take command of a field that includes six 36-footers.

Pole vault: Defending champ Cassie Wong of Ridgewood faces five other 10-footers.

Relay: Teaneck and Ridgewood cap the evening with a classic duel.

TENNIS TOURNAMENT OF CHAMPIONS

STATE SOFTBALL TOURNAMENT

NORTH 1, GROUP 4

FIRST ROUND

Montclair 2, Randolph 1 (8)
Morris Knolls 10, West Orange 0

Pequannock 5, Jefferson Twp. 2
Glen Rock 1, Indian Hills 0
Walkkill Valley 1, Hawthorne 0

SEMIFINALS, TODAY

(7) Pequannock at (6) Pascack Valley, 4

Dunellen 23, Technology 0
Belvidere 16, Bound Brook 0
(10) Jonathan Dayton at (7) Bloomfield Tech

QUARTERFINALS

Secaucus 2, Jonathan Dayton 0

Super soph, super day

Ramsey's Rosenberger stars

By GREGORY SCHUTTA
STAFF WRITER

The stars

DEMAREST — Alex Rosenberger proved she can run from the front and she can run from behind.

The sophomore from Ramsey capped a tremendous season Tuesday in the Bergen Meet of Champions by winning the girls' 400 intermediate hurdles in 1 minute, 3.88 seconds and running a stellar 57.4-second anchor leg for the Rams in one of the fastest 4-x-400 meter relays in Bergen County history — the top six teams broke 4:04.

"I'm just really happy to get close to the same," said Rosenberger, who just missed her personal best of 1:03.84. Jane Siebold of Demarest "really helped push me at the end. I tend not to push it in the last stretch, but she was even with me and really pushed me."

It was different in the relay when Ramsey was running a distant fourth to Teaneck as Rosenberger took the baton for the final lap.

"That's probably the best I've ever run," she said. "I figure if I'm not going to win it, I'm just going to give it all I got."

Teaneck won the relay in 3:55.45, a second off the meet record, followed by Ridgewood, Northern Highlands, Ramsey, River Dell and Old Tappan. In the final event of the night, the Northern Highlands boys ran a sizzling 3:21.10 to win the relay.

Sizzling was the only way to describe Sharif Webb of Don Bosco, who won the 800' in 1:55.30, breaking his personal best of 1:56.9 set last year as a sophomore.

"Basically I've been preparing for the race for months," said Webb, who came on late to outdistance his nearest competition by nearly three seconds. Ridgewood's Niall Buckley "and I have been battling for three years in this race. Last year he took it."

But it wasn't whom he beat as much as

Boys

Track: Sharif Webb, Don Bosco, ran 1:55.3 to win the 800 meters.

Field: Paul Kovach, Ridgewood, cleared a North Jersey best 14-6 to win the pole vault.

Girls

Track: Kesley Ramsey, Ramapo, and Alex Rosenberger, Ramsey. Ramsey won the 1,600 meters in 5:01.75. Rosenberger won the intermediate hurdles in 1:03.88 and ran a 57.4 anchor leg on the 4-x-400 relay.

Field: Cassie Wong, Ridgewood, and Consandria Walker, Hackensack. Wong cleared 11-7 to break her County record in the pole vault. Walker jumped a season best 18-7½ in the long jump and won the triple jump at 37 feet-¾ inch.

what he accomplished that was important to Webb.

"Taking the Bergen Meet of Champions, this is probably the best night of my life right now," said Webb. "It gives me a good look at what I can do. They tell you if you shoot for the moon, you may end up among the stars. This puts me in the race."

It was a very good night for Ridgewood, which had some tremendous individual performances. Mike Cator broke 4:20 for the first time outdoors, running 4:17.10 to win the 1,600 meters.

Cassie Wong cleared 11 feet, 7 inches in the pole vault to break her Bergen County record by an inch. And senior Paul Kovach added a full foot to his personal best in the pole vault when he cleared 14-6 to win the boys event.

"I was stuck at 13-6 for quite awhile," said Kovach, who didn't vault last year because of an injury he suffered in soccer. "For me, it was kind of a mental thing."

E-mail: schutta@northjersey.com



DON
Angelica Johnson of Ridgewood Park winning the 1,600 meters in the Bergen County Meet of Champions



Ridgewood continue Sets sights on its first sectional title

By DARRIN COOPER

GROUP 1/SECTIONAL 2

Qualifiers for Bergen Meet of Champs:

Event: Athlete:

Pole Vault: Paul Kovach 14'6" – 1st Place (6th all time in Bergen County)

Javelin: Steve Pierce 189'2" – 1st Place (6th all-time in Bergen County)

Shot Put: Ben Wilson 41'10"

100m: Chris Zeigler 11.56 / 11.51

110HH: Akira Monri 15.85 / 15.46 – 4th Place
 John Moody 15.71 / 15.53 – 5th Place

400IH: Joe Nagano-Gerace 58.93

800m: Niall Buckley 1:59.22 – 4th Place

1600m: Michael Cator 4:17.10 – 1st Place (30th all-time in Bergen County)
 Jeremy Kalmus 4:34.2
 Taro Shiganobu 4:38.5
 Christian Trautwein 4:37.1

3200m: Jacob Garber 10:06.3

4x400m: Niall Buckley 51.6
 Zach Ontiveros 51.6
 Jeremy Schmidt 51.5
 Chris Zeigler 50.2 3:25.15 – 6th Place (fastest in Rwd since 2000)

Boys Athlete of the Meet (Ed Church Award)

Paul Kovach – Ridgewood!!!

Maroon track teams enjoy 1

Girls win state-sectional crown

Vaulters r

BY GREG TARTAGLIA
Staff Writer

WAYNE - Every May, fans flock to the track with the hopes of seeing another Triple Crown winner.

No, not the horseracing track, at least not at Ridgewood High School.

The Maroon girls track and field team completed a different kind of trifecta last weekend, capping a three-week run of league, county and state-sectional championships with a 96-76 victory over Roxbury at the Group 4, Section 1 meet in Wayne.

Ridgewood won its first sectional title in six years, and swept all three May championship meets for the first time in 13 years. Last Friday and Saturday, the Maroons won just two events at Wayne Hills High School, but also took home 10 other medals of either silver or bronze.

"This season has been so much fun," said Maroon junior Cristina Law. "The Triple Crown is really special, and I'm just glad that we're working hard and it's actually paying off this year. We work hard every year, but this season, we finally came through."

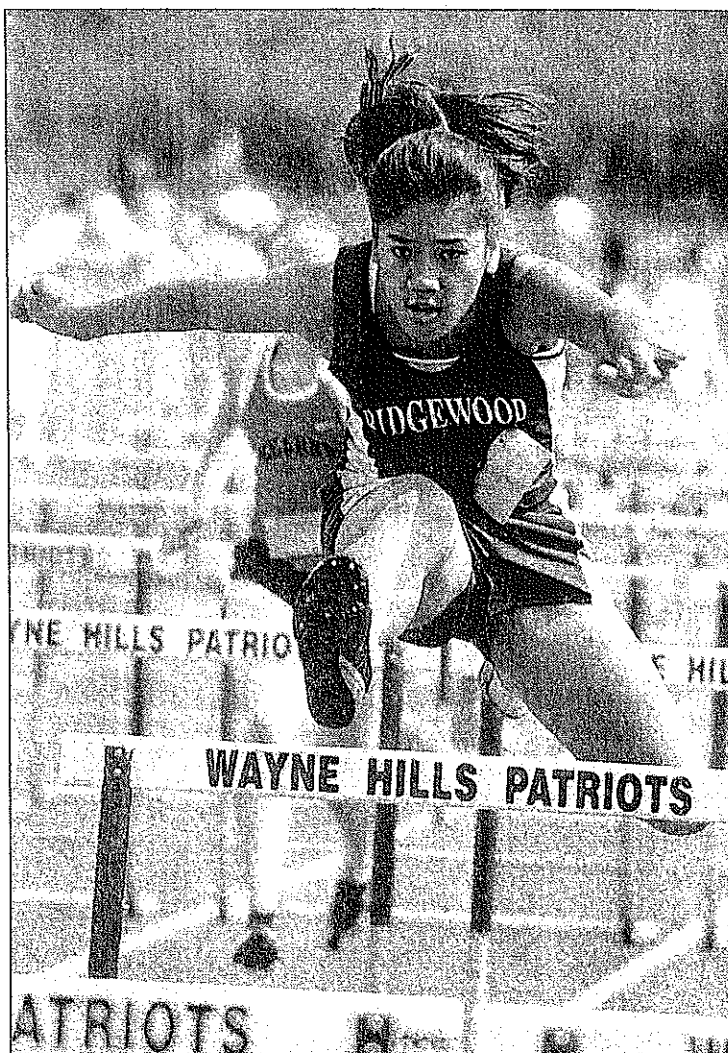
"All spring, you train with the idea of being good now," girls head coach Jacob Brown said. "You work hard in April and you run through meets so that you can be strong now."

Both Ridgewood gold medals came in the hurdle races. Law won the 400-meter intermediate hurdles with a personal-best time of 1:04.8, nipping Morris Knolls' Lauren Gregory by one-tenth of a second and junior teammate Alice Wisener by half a second.

The Maroons also finished 1-3 in the 100-meter high hurdles, with junior Lara-Jane Que winning in 15.5 seconds and senior Cassie Wong collecting bronze with a run of 15.7.

Que was on pace to complete the race in under 15 seconds, but in doing so, came up too quickly on the final hurdle.

"It was the scariest thing," said Que. "I was running faster than I thought I would, and the last one came too fast and I didn't know



PHOTO/ERICA DIESTEL

Ridgewood junior Lara-Jane Que scales the 100-meter hurdles in winning the event at the Group 4, Section 1 state meet.

the 800 in 2:14.6, some 2.5 seconds ahead of the Law, who ran fourth.

The Maroons, though, were able to stay ahead thanks to four silver medals, including a 2-3-4 finish in the pole vault. Wong, sophomore Annie Polcari and junior Ashlyn Llerandi all cleared 10 feet, six inches. Polcari and Llerandi each improved on their previous personal bests by a foot.

"[Vaulting] Coach [Don] Cooper got me a new pole, so I've been working with that," Polcari said. "He also takes video of us, and after the meet we run through it step-by-step in slow motion to help figure out the little things we can improve."

Que and Erica Cigolini each ran a 12.8 in the 100-meter dash to

scored 73 points at the state-sectional meet to finish third behind West Orange (106.5) and Paterson Kennedy (79).

Mike Cator won the 1600 (4:20.4) by two-and-a-half seconds over teammate Byron Williams and the 3200 (9:29.1) by over six seconds against Roxbury's Doug Smith.

Williams was unable to defend his 800-meter crown despite a clocking of 1:56.1. Roxbury's Jason Apwah beat him out for first place by running a 1:53.2, which broke the meet record of 1:54.7, set by Ridgewood alumnus Josh Kauke in 2001.

Steve Pierce easily won the javelin with a throw of 184 feet, eight inches. The biggest eye-open-

BY GREG TARTAGLIA
Staff Writer

DEMAREST - Paul Kovach went the extra foot to set his personal record in the pole vault. Cassie Wong went an extra inch to do the same.

Both Ridgewood High School seniors reached new heights at the Lou Lanzalotto Bergen County Meet of Champions on Tuesday and both were among six Maroon track and field athletes to earn gold medals at Demarest High School.

Senior Michael Cator won the 1600-meter run with a season-low time of 4:17.10, and senior Steve Pierce unleashed a personal-best 189-foot, two-inch throw to take first in the javelin. Juniors Cristina Law and Lara-Jane Que garnered gold in the 800-meter run and 100-meter hurdles, respectively.

Kovach's vault of 14 feet, six inches set a season high for the county, and earned him the Ed Church Award for outstanding boys field athlete. His best previous vault was 13 feet, six inches which he had cleared three times already this spring.

"Paul is just starting to come into his own," said Ridgewood vaulting coach Don Cooper. "He's a tremendous talent, and he has great physical ability. And I think you've just seen the beginning of what Paul is capable of doing."

Wong already held the girl county record in the pole vault - 11 feet, six inches - heading into the meet. Unbeknownst to her, Cooper had the bar raised on additional inch before her winning vault, giving Wong a new personal- and county-best mark of 11 feet, seven inches.

"They pulled that trick on me last year," Wong said with a broad smile. "Today they did the same thing. In the back of my head, I knew it would probably happen but I just went for it anyway."

Wong shared the Paul Schwartz Award for outstanding girls field athlete with Consandria Walker of Hackensack, who won the long and triple jumps.

Law won a hotly contested 800-meter race in 2:16.34, edging River Dell's Bry Bonaviti.

Que. "I was running faster than I thought I would, and the last one came too fast and I didn't know what to do. So I stopped, and then jumped over it, but I was in such a lead that it didn't affect my placing."

Roxbury, meanwhile, dominated the distance races. The Gaels ran 1-2-3 in the 1600 meters, and the top two finishers - Ariann Neutts (4:53.0) and Jenn Ennis (4:55.9) - each broke the group and meet record of 4:58.7, set in 1983 by Ridgewood alumna Patti Mileski.

Ennis also led a 1-2 Roxbury finish the 3200, while Neutts won

improve."

Que and Erica Cigolini each ran a 12.8 in the 100-meter dash to take second and third, respectively, while Jaclyn Wypler won silver in the javelin with a toss of 116 feet, five inches.

The Maroons' best runner-up effort came in the final event of the weekend on Saturday. The 4x400 relay team of Emily Barr, Stephanie Westerman, Law and Wisener combined to finish the race in 3:57.8. That time was Ridgewood's fastest time since the 1988 squad, which set the Bergen County record of 3:54.29.

The Maroon boys, meanwhile,

Steve Pierce easily won the javelin with a throw of 184 feet, eight inches. The biggest eye-opener, though, may have been sophomore Akira Monri.

One week after winning the 110-meter hurdles at the county meet in 15.5 seconds, Monri set a new personal best with a time of 14.7 seconds. He wound up third at sectionals, just one-tenth off the pace of winner Dawan Buie of Randolph.

"It was surprising because I didn't think I was going to get within the 14s this year," Monri said. "I still felt a little bit mad at myself for being edged out. Then again, it's a personal best, so I can't really complain."

At the Bergen County meet on May 19 and 20, the Ridgewood boys placed second to Northern Highlands in Division A, 119-113, in spite of a scorching performance from Cator in the 3200-meter run.

The senior breezed through the two-mile event in 9:24.6, running a 67-second first lap and a 68-second final lap. It was the second-fastest 3200 time in Bergen County in the last 10 years.

"I really wanted to go into that meet and run a really fast two-mile," Cator said. "And since the 3200 was the first day, I was fresh, and so that worked out really well."

Greg Tartaglia's e-mail address is tartaglia@northjersey.com

Law won a hotly contested 800-meter race in 2:16.34, edging River Dell's Bry Bona (2:16.92) and Immaculate Heart's Kate Cooney (2:18.92). The win was extra sweet in the wake of Law's heartbreaking 800 loss to Cooney at the county team championships on May 20.

"It meant so much to me," Law said. "When she (Cooney) lapped me, she came out of nowhere right at the line, and I was defeated. So I came back here just had to prove to myself that I could beat her again."

Maroon girls head coach Ja Brown noticed that Law seemed to shift into an extra gear for Friday's stretch run. "You saw in the last 50 meters, when that kid started coming up on her, you saw that extra gear that she has," said. "We'll call it 'Law gear.'"

Meanwhile, Que won her fourth consecutive 100-meter hurdles title, dating back to her victory in the Northern New Jersey Interscholastic League meet earlier in May. Several other Ridgewood girls earned medals by setting personal bests, including juniors Erica Cigolini in the 100-meter dash (bronze, 26.11), Ashlyn Lleras in the pole vault (silver, 10 feet 10 inches) and Jaclyn Wypler in the javelin (silver, 120 feet, two inches).

For the Maroon boys, Pierson bested Ridgewood's D



PHOTO/ERICA DIESTEL

Ridgewood senior Byron Williams (right) heads down the home stretch of the 800-meter race last Friday in the Group 4, Section 1 state-championship meet. Williams captured silver medals in both the 800 and 1600.

YOUTH SOFTBALL

The following is a report of games played by the Ridgewood traveling softball teams.

The U14 Rampage traveled to Hilltown, Pa. to participate in the Deep Run Memorial Day Tournament.

Ridgewood earned a number-five seed after blasting the Northampton Lightning, 10-0, thanks to an eight-run inning.

In the third, singles by Chris Reynolds, Kat Bonelli and Katie Mulroy gave Ridgewood the lead. With two runners on, Emily Trent then ripped a two-run triple to center, which was followed by run-scoring singles by Marisa Gorman and Rebecca Wong. Mulroy went the distance in the circle, hurling a two-hit shutout.

On Sunday, the Rampage were eliminated from the tournament by the Fury Fastpitch, 4-2.

Morgan Grunat's double put Ridgewood ahead, but the team could not overcome a few fielding miscues. Marisa Gorman pitched well in defeat, limiting the hard-hitting Fury team to

only three hits.

The U12 Raiders traveled to Hilltown, Pa. to compete in the Northampton Memorial Day Tournament. In the first game, the Raiders won 11-5.

Meghan Roxas (C), Emily Riemer (2-for-3 with 2 RBIs) provided the offense that could not contain the Raiders.

In their next game, the Raiders dealt the Raiders a 4-1 victory. Andie Scibetta pitched through five innings, while Riemer helped in leftfield, but Phil won the game.

Facing the top team in the tournament, the Raiders lost 3-1. In the game three, the Raiders lost 3-1. Ilana Brown, Andie Scibetta and Nick Schwartz and Nick Schwartz and Nick Schwartz scored runs, but the Raiders lost.

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Teams enjoy long weekend

Personal crown

Vaulters rule Meet of Champs

BY GREG TARTAGLIA
Staff Writer

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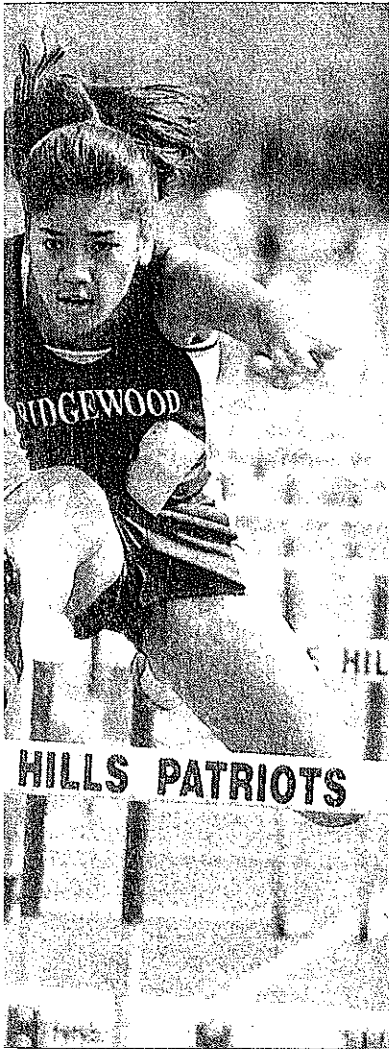
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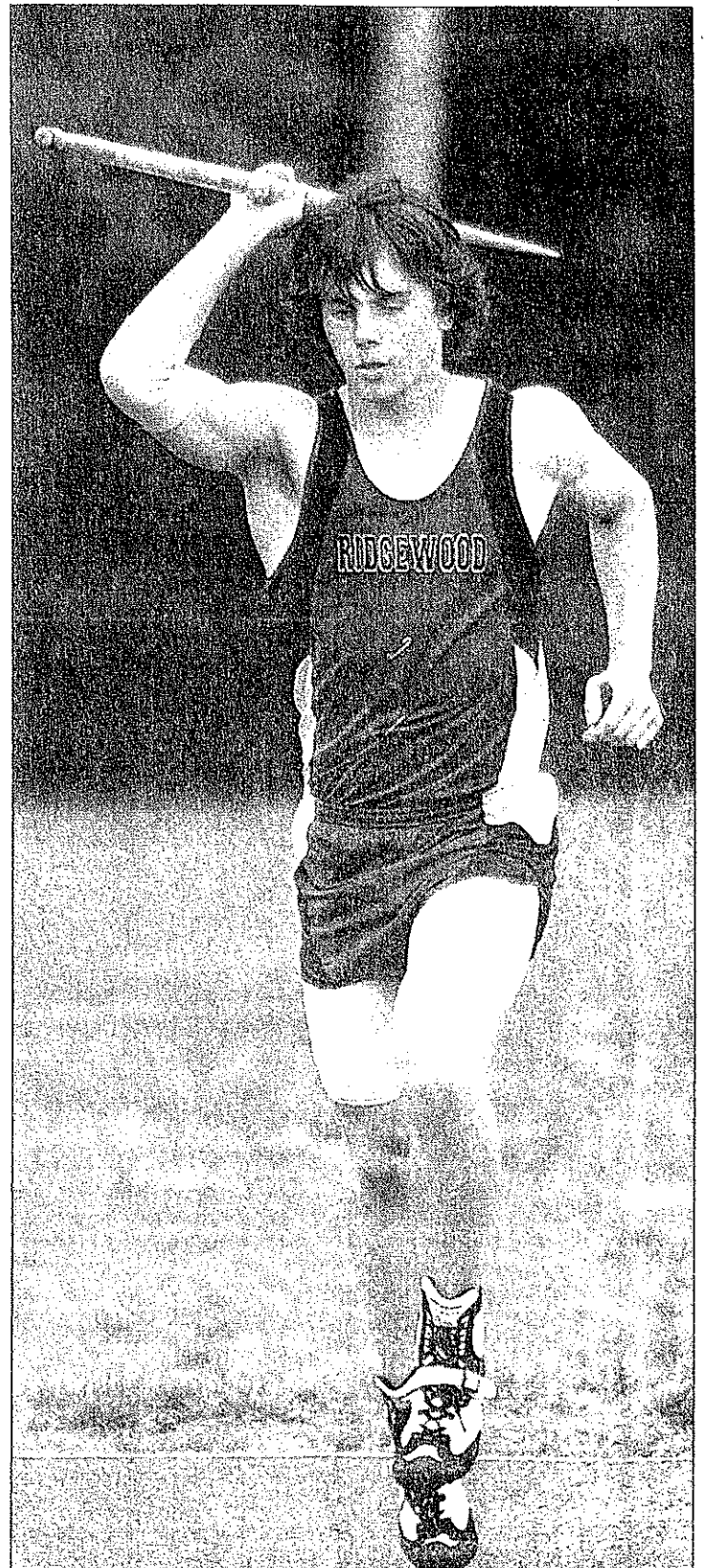
PHOTO/ERICA DIESTEL

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Group 4, Section 1 state meet.

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For the Maroon boys, Pierce bested Ridgefield Park's Doug



PHOTO/ERICA DIESTEL

Steve Pierce set a new personal record in the javelin at Tuesday's Bergen County Meet of Champions. The Ridgewood senior earned a gold medal with a throw of 189 feet, two inches, eclipsing his previous best by just over three feet.

Cerniglia in the javelin by over five feet, and topped his previous long of 186 feet, one inch.

"He (Cerniglia) threw 191 earlier in the season, so I knew he was my toughest competition," said Pierce. "After I threw my 189, I knew I would do pretty well."

Cator won an especially electrifying 1600 race. Ramsey's Bryan Kretschmer managed to stay close to him for the first three laps, but Cator stirred the crowd by pulling away over the final 400 meters and winning by over five seconds.

"I had my friends and teammates spread all around the track, and if I lost focus for a second, I'd hear one of them and get right back in it," said Cator. "That's why running is so much fun."

The final event of the evening was the 4x400-meter relay. The Ridgewood boys quartet of juniors Niall Buckley (51.6 split), Zach Ontiveros (51.5), Jeremy Schmidt (51.5) and Chris Zeigler (50.1) turned in a season-low time of 3:25.15. Ontiveros, Schmidt and Zeigler all set personal records in the event.

"The point of the sport is to run your best at the end of the season said boys head coach Josh Saladino. "That's what our goal is. And that's happened for these guys, so it's great to see."

The Maroon girls relay team (Law, sophomore Emily Bar, junior Alice Wisener and senior Stephanie Westerman) ran the 4x400 in 3:57.01, beating their season-best time set in last Saturday's state-sectional meet. They are less than three seconds away from breaking both the school and county record of 3:54.29 set in the 1988 Ridgewood squad.

Teaneck, however, still looms as a threat to the record as well after besting the Maroons in Tuesday's race with a time of 3:55.4

"They were close. Actually they're a hair away," said Brov, the only coach the Ridgewood girls' team has ever had. "So, actually have to figure out a way to beat Teaneck so they don't own our county record."

Greg Tartaglia's e-mail address is tartaglia@northjersey.com

YOUTH SOFTBALL

The following is a report of games played by the Ridgewood traveling softball teams.

The **U14 Rampage** traveled to Hilltown, Pa. to participate in the Deep Run Memorial Day Tournament.

Ridgewood earned a number-five seed after blasting the Northampton Lightning, 10-0, thanks to an eight-run inning.

In the third, singles by Chris Reynolds, Kat Bonelli and Katie Mulroy gave Ridgewood the lead. With two runners on, Emily Trent then ripped a two-run triple to center, which was followed by run-scoring singles by Marisa Gorman and Rebecca Wong. Mulroy went the distance in the circle, hurling a two-hit shutout.

On Sunday, the Rampage were eliminated from the tournament by the Fury Fastpitch, 4-2.

Morgan Grunat's double put Ridgewood ahead, but the team could not overcome a few fielding miscues. Marisa Gorman pitched well in defeat, limiting the hard-hitting Fury team to

only three hits.

The **U12 Raiders** also made the trip to Hilltown, Pa. to compete against some of the top teams in the Northeast.

In the first game, the Raiders fell to the Fury, 11-5.

Meghan Roxas (2-for-2, two runs batted in), Emily Riemer (2-for-2) and Margo Tanner (two RBIs) provided the offense, but the Raiders could not contain the Fury bats.

In their next game, the Philadelphia Flash dealt the Raiders a 10-5 loss.

Andie Scibetta kept the Flash off-balance through five innings with an assortment of pitches. Riemer helped out with a running catch in leftfield, but Philadelphia eventually pulled out a victory.

Facing the top seed Boyertown Storm in game three, the Raiders again fell short, 10-5.

Ilana Brown, Lucie Kloak, Hannah Schwartz and Nicole Hroncich each supplied run-scoring hits, but again were trumped by the

opposing team's offense.

In Sunday's elimination round, the eventual tournament champion Northampton Softball knocked out the Raiders, 8-1.

Great defense by Courtney Pedalino supported the fine pitching of Roxas, who accumulated three hits, but it wasn't enough for Ridgewood to keep pace.

The **U10 Raiders** went on the road to do Bergenfield, 15-4.

After falling behind, the Raiders took the lead when singles by Taryn Carroll and Ben Butler were followed by a long triple off the bat of Erica Dennis.

Ridgewood put the game away with a run fourth inning, powered by run-scoring from Carroll, Butler, Katie Basile, Nicole Decandia, Jaime Gorman and Nicole Pat

Gorman went the distance in the circle, tallying four hits.

Reported by Brian Lewis

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GROUP 4

TEAM SCORES: Old Bridge (OB) 77, Ridgewood (R) 39, Pennsauken (Pen) 37, Franklin (Fra) 24, Winslow Twp. (Win) 22½, Toms River South (TRS) 22, Irvington (I) 21, Westfield (Wes) 20, Roxbury (Rox) 17, West Orange (WO) 15, Washington Twp. (WT) and Vineland (Vin) 14, Trenton (Tre) 13, West Windsor Plainsboro South (WWPS) 10½, Triton (Tri), Eastern (E), Eastside (PE) and Watchung Hills (WH) 10, Southern (Sou) and Williamstown (Wit) 9, Egg Harbor Township (EHT), Howell (How) and South Brunswick (SB) 8, Millville (Mil) 7½, Jackson (Jac) 7, Columbia (Col), North Hunterdon (Nhu), Absegami (Abs) and Piscataway (Pisc) 6, Livingston (Liv) 5½, East Orange (EO), Vernon (Ver) and Rancocas Valley (RV) 4, Hamilton East (HE) 3, Mainland (main) and Hunterdon Central (HC) 2, Lenape (Len), Hillsborough (Hil), Cherokee (Cher), Toms River North (TRN) and Kennedy (K) 1.

100: 1. Robert Darby (Pen), 10.85; 2. Tyrone Pouncy (Wit), 10.90; 3. Bruce Bartley (Vin), 11.06; 4. Justin Gannon (Ver), 11.04; 5. Chris Church (Mil), 11.13; 6. Anthony Penny (Len), 11.24.

200: 1. Bryant McCombs (OB), 21.80; 2. Robert Darby (Pen), 22.07; 3. Randy James (I), 22.24; 4. Allan Lunkenheimer (OB), 22.37; 5. Brian Soltau (WWPS), 22.50; 6. Arthur Gilman (TRN), 22.56.

400: 1. Bryant McCombs (OB), 48.36; 2. Allan Lunkenheimer (OB), 48.88; 3. Chris Cox (Sou), 49.01; 4. Phillip Reid (RV), 49.76; 5. Bruce Bartley (Vin), 49.93; 6. tie between Derek Rogers (WT) and Brian Soltau (WWPS), 50.13.

800: 1. Jason Apwah (Rox), 1:53.95; 2. Niall Buckley (R), 1:56.72; 3. Monroe Keames (Jac), 1:57.05; 4. Matt Karlin (Liv), 1:57.43; 5. Dorian Ellerbe (Col), 1:57.70; 6. Jason Walton (Hil), 1:57.73.

1,600: 1. Jeff Perrella (Wes), 4:18.66; 2. Mike Cator (R), 4:20.53; 3. Dale Taylor (Nhu), 4:22.02; 4. Rudy Belko (Tri), 4:23.01; 5. Chris Choate (WT), 4:23.37; 6. Byron Williams (R), 4:24.58.

3,200: 1. Jeff Perrella (Wes), 9:18.41; 2. Mike Cator (R), 9:23.69; 3. Rudy Belko (Tri), 9:27.92; 4. Doug Smith (Rox), 9:28.15; 5. Kevin Gahr (Main), 9:29.60; 6. Matt Clambriello (OB), 9:30.56.

110 HH: 1. Randy James (I), 14.15; 2. Sifiso Takirambudde (WWPS), 14.41; 3. John Francois (Pisc), 14.43; 4. Brian Metrick (Abs), 14.50; 5. Tim Alexander (Abs), 14.56; 6. Tykeen Fulton (Tre), 14.68.

400 IH: 1. Tykeen Fulton (Tre), 53.87; 2. Berne Edwards (How), 54.16; 3. George Eggers (E), 54.50; 4. Randy James (I), 54.66; 5. tie between Dale Parris (Mil), and Jordan Litner (Liv), 55.97.

Shot put: 1. Jamaar Figueroa (OB), 55-9¼; Patrick Park (TRS), 55-6; 3. Pierre James (Fra), 54-9; 4. Kyle Goodman (TRS), 53-7; 5. Kawabena Keene (WT), 52-7; 6. Vic Rizzotto (Sou), 51-6.

Discus: 1. Patrick Park (TRS), 163-5; 2. Pierre James (Fra), 161-8; 3. Jamaar Figueroa (OB), 160-2; 4. Rondell Barton (Col), 154-4; 5. Tahir Lamar (Pen), 152-10; 6. Caleb Gordon (K), 146-0.

Javelin: 1. Jeremy Pennino (WH), 195-6; Steve Pierce (R), 187-8; 3. Ken Cardullo (OB), 187-0; 4.

Brian Florek (OB), 182-2; 5. Brian Winn (Sou), 176-4; 6. Felix Roman (Pen), 176-0.

High jump: 1. Justin Oliver (Pen), 6-10; 2. Marshall Akins (EHT), 6-8; 3. Qaadir Tutor (WO), 6-6; 4. Donovan Bembridge (EO), 6-6; 5. Devon Bond (Tre), 6-6; 6. Jon Arnold (WO), 6-6.

Long jump: 1. Hanif Kendrick (Fra), 22-9¼; 2. Julian Talley (Win), 22-0; 3. Darnell Barber (Win), 22-0; 4. Jon Arnold (WO), 21-10½; 5. Ryan Manning (WO), 21-2½; 6. Chris Steliga (Cher), 20-10¼.

Triple jump: 1. Kyle Lindsay (PE), 48-2¼ (meet, group and Passaic County record, old meet record 47-10½ by Harold Blyden, Bergenfield, 2005, old group record, 45-8½ by Lindsay, 2005, old Passaic County record, 46-6¼ by Sherwin Tann, Passaic Tech, 1990); 2. Jeff St. Florant (OB), 44-5¼; 3. Jordan Ray (Pen), 44-1¼; 4. Tyron Johnson (Mil), 43-10; 5. Ryan Manning (WO), 43-8; 6. Felder Jones (Wit), 43-8.

Pole vault: 1. Mike Salera (WT), 14-0; 2. Justin Delplano (SB), 14-0; 3. Paul Kovach (R), 14-0; 4. tie between Dan Kline (Rox) and Jeff Meyer (HE), 13-6; 6. Chris Kerr (Jac), 13-6.

4-x-400 relay: 1. Old Bridge (Paul Racioppi, Allan Lunkenheimer, Sean Davila, Bryant McCombs), 3:19.60; 2. Winslow Twp., 3:20.41; 3. Vineland, 3:21.81; 4. Eastern, 3:21.99; 5. Hunterdon Central, 3:22.51; 6. Irvington, 3:23.04.

State Group IV Championship
Egg Harbor NJ

June 2nd- June 3rd

Friday:

400 IH: Niall Buckley **56.29 – 8th Place**

1600m: Michael Cator **4:20.53 – 2nd Place**
Byron Williams **4:24.58 – 6th Place**

Pole Vault: Paul Kovach **14'0" – 3rd Place**

Saturday:

800m: Niall Buckley **1:56.72 – 2nd Place**

3200m: Michael Cator **9:23.69 – 2nd Place**
Jeremy Kalmus **10:07.19 – 22nd Place**

200m: Chris Zeigler **23.12 – 10th Place**

Javelin: Steve Pierce **187'8" – 2nd Place**

4x400m: Niall Buckley **51.8**
Zach Ontiveros **52.5**
Jeremy Schmidt **51.7**
Chris Zeigler **51.3**
3:28.09 – 14th Place

Team Scores:

Old Bridge 77

Ridgewood 39

Pennsauken 37

Franklin 24

2nd Place in the State Group IV meet – no Ridgewood team has ever done better!

State Meet of Champions
South Plainfield

June 9, 2006

Javelin: Steve Pierce 202'0" – 1ST PLACE!!!
1ST RIDGEWOOD BOY OR GIRL STATE CHAMP SINCE 2000!!!

Pole Vault: Paul Kovach 13'6" – 8th Place

3200m: Michael Cator 9:18.65 – 6th Place

800m: Niall Buckley 1:57.16

Congratulations to those who placed and to those who qualified. Special congrats to
state champion Steve Pierce

RTH JERSEY SPORTS

ALL-COUNTY PHOTOS

The final photo sessions for all-County athletes are Monday from 7-8 p.m. at the Herald News in West Paterson and Wednesday from 5:30-8:30 p.m. at The Record in Hackensack.

TRACK & FIELD: STATE MEET OF CHAMPIONS

Jovial day in javelin

Ridgewood's Pierce cracks 200 feet for top medal

By **PAUL SCHWARTZ**
STAFF WRITER

SOUTH PLAINFIELD — Steve Pierce knew when he released the javelin for the final time Thursday night that he had just made the throw of his life.

"I saw it was just a dot in the sky and that's supposed to mean that it's a good throw," the Ridgewood senior said. "I hit my block perfectly, I had a great effort and the hang time was perfect."

When the javelin landed, Pierce had a 13-foot improvement, a throw of 202 feet and the State Meet of Champions title.

Pierce, who had been consistent between 184 and 189 feet all season, moved from 180-7 on his first throw and fifth place to 187 feet on his fourth throw, but he trailed both Joe Martinek of Hopatcong and Gary Johnson of

Hamilton West with one throw left.

"I really was just aiming for second because I thought that Joe had a big throw left in him," Pierce said. "But my energy level was real high and the throw felt great."

"I found a nice dry spot on the right side of the runway to throw," said Pierce, who at 5 feet 9 and 158 pounds was the smallest competitor in the field. "I came in just hoping for a spot in the top five because there are so many good throwers in the State."

But the two top seeds, Jeremy Pannino of Watchung Hills and Mike Paski of Delbarton didn't make final and four Bergen County throwers did, relaxing Pierce and adding to his confidence.

"I'd never beaten [Pannino]," said Pierce, who lost to Pannino at Bernards, the Penn Relays and Saturday at the

State Group 4 meet. "I just feel great."

Pierce's win was the only one of the night for North Jersey boys athletes, who earned 20 medals, including 14 in the field.

Eastside's Kyle Lindsay grabbed the lead from Ted Leshner of Northern Highlands and Josh Butler of Delsea in the triple jump with a leap of 47-4¼ on his third jump. That held up until the next-to-last jump of the competition, when Butler, better known as a high jumper, went 48 feet on his last jump.

Lindsay got off a monster jump, out near the 50-foot mark, but fouled by half a shoe to finish second. Leshner was third at 47-2¼, a personal best.

"I'm really disappointed because I wanted to jump 50," said Lindsay, whose 48-2¼ jump in winning State Group 4 last week was the State's best this year.

Passaic Valley junior George Abyad scored a pair of bests, throwing 55-5 in the shot for fifth, and then coming within two feet of the Passaic County record by throwing 173-7 in the discus. Abyad was the leader until the next-to-last set of throws when Jamaar Fugueroa of Old Bridge launched a throw of 182-5, the best in the State this year.

"I knew he was good but I hoped I could get him," said Abyad.

Garret Kroner of Indian Hills had the best North Jersey race on the track, running 47.84 for third place in the 400, the third fastest time in Bergen County history.

Kwame Collins of Northern Highlands lost the long jump by just an inch to Hanif Kendrick of Franklin, who hit 23-1¼. Collins' 23-¼ was the first 23-foot jump in North Jersey since 1997.



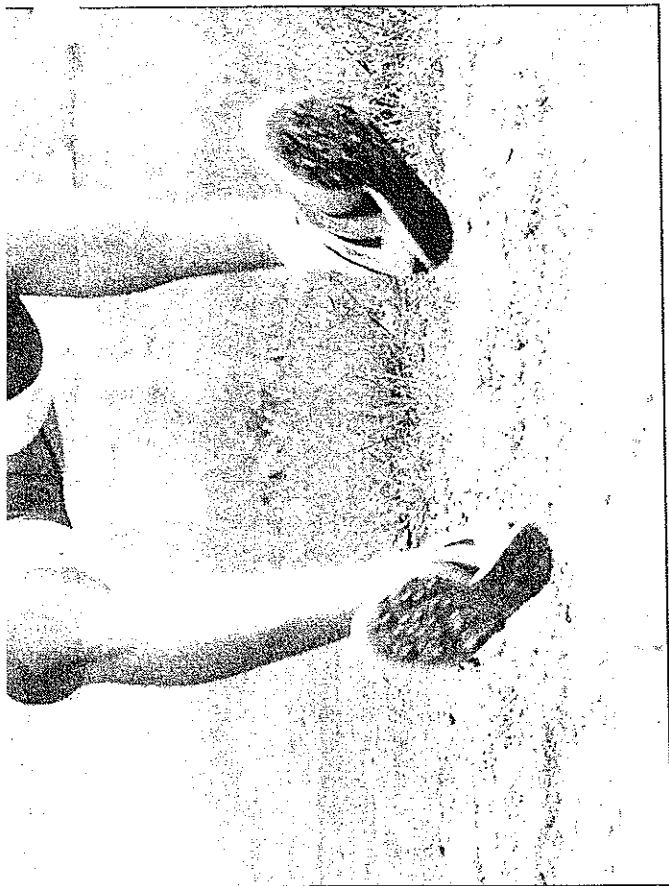
STAFF PHOTOGRAPHER
rickson reacting to a
State final loss.

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CL... ..Cahan



CHRIS PEDOTA/STAFF PHOTOGRAPHER

Eastside's Kyle Lindsay uncorking one of his prodigious triple jumps at the State Meet of Champions on Thursday. Lindsay's best leap, 47-4 1/4, earned him a silver medal.

at Inman Sports
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on Wednesday].
d player."

ey.com

to show off All-Star versatility one last time

my position. It's the position I was born to. Tonight's game

run around like a nut back there as quar- points. He said it won't be easy to give that
terback, and the shiftness of my body that a sport up in college, and he may try to play

"To my knowledge, she's the first fe-
male State champion we've had," High-
lands coach Tom Buono said.

"I could never imagine this," said Co-
han, who beat her personal best by 6
inches and her performance on the same
field in Friday's rainy State Group 3 meet
by 12 feet. "This is my last meet of the
year, so I guess I topped off the season
well."

Cohan, competing in the second of
three fights, threw the 129-footer on her
first throw.

"I was really relieved that I got it right
then," she said. "I figured a [personal
best] on my first throw, that's a pretty
good way to start."

That throw stood up through the seed-
ed flight and on through the finals as the
runway got muddier in the rain. Indira
Morton of South Brunswick threw 127-
11 to finish second. Ridgewood's Jaclyn
Wypier finished fourth with a throw of
125-7.

"I felt kind of iffy because I only threw
117 last week," Cohan said. "The condi-
tions were pretty bad last week. And a lot

donfield, 4:17.74; 4. Dale Taylor,
North Hunterdon, 4:18.15; 5. Brian
Guterl, Union Catholic, 4:18.58; 7.
Tony Salvatore, Wayne Valley,
4:19.69.
3:200: 1. Craig Fonys, Colts Neck,
8:56.14; 2. Ben Massam, Chatham,
9:07.28; 3. Jeffrey Perrella, Westfield,
9:08.14; 4. Doug Smith, Roxbury,
9:14.61; 5. Chris Horel, Christian
Brothers, 9:17.87; 6. **Michael Cator,**
Ridgewood, 9:18.65.
4x400: 1. Willingboro (Antonio Ab-
ney, Jason Boyd, Daquan Brown,
Wesley Marsh), 3:18.50; 2. Vineland,
3:18.99; 3. Old Bridge, 3:19.73; 4.
Winslow Township, 3:19.94; 5. Cam-
den, 3:20.11.
110 IH: 1. William Brown, Palmyra,
14.13; 2. John Francois, Piscataway,
14.31; 3. Mark Jones, Lindenwald,
14.43; 4. Sifiso Takrambude, West
Windsor-Plainsboro South, 14.44.
400 IH: 1. Emanuel Mayers, Lake-
wood, 52.78; 2. Raymond Davis,
Monmouth Regional, 53.04; 3. Tim-
mian Barton, New Brunswick, 53.57.
High Jump: 1. Devon Bond, Trenton
Central, 6-10; 2. Josh Butler, Delsea,
6-8; (tie) 3. Keith Onto, Point Pleas-

Hamilton West, 171; 4. Paul Wagner,
Hopewell Valley, 170-3; 5. Pierre
James, Franklin, 165-7; 6. **Chris Par-
tale, Wayne Valley, 165-5.**
Javelin: 1. Steven Pierce, Ridge-
wood, 202-0; 2. Joe Martinek, Hopat-
cong, 192-0; 3. Gary Johnson, Hamil-
ton West, 188-9; 4. Ken Cardullo, Old
Bridge, 184-2; 5. Sean Blehn,
Burlington City, 182-6; 6. **Bryan Fil,
Hastbruck Heights, 182-3; 7. Dou-
glas Carrigla, Ridgewood Park, 176-
3; 8. Kurt Von Weisenstein, Indian
Hills, 172-7.**
GIRLS
100: 1. Ogechi Nwaneri, Chatham,
11:06; 2. Georgina Nemhard, Ocean
Township, 11:53; 3. Audrey Wilson,
Deptford, 12:06.
200: 1. Ogechi Nwaneri, Chatham,
23:56; 2. Georgina Nemhard,
Ocean Township, 24:18; 3. Nicole
Castron, Jackson, 24:75.
400: 1. Tiffany Grant, Ocean Town-
ship, 54.39; 2. Symone O'Connor,
Franklin, 54:82; 3. Jasmine Still,
Woodrow Wilson, 55:33.
High Jump: 1. Anna Cook, Florence,
5-6; 2. Lataya Walsh, J.P. Stevens, 5-
6; 3. Lindsey Walsh, Lenape, 5-6.

Long Jump: 1. Celeste Holder, Par-
sippany, 18-11 1/4; 2. Britanny
Clybourn, Oakcrest, 18-3; 3. Josefine
Kvist, Ridge, 18-2; 5. **Sheniqua Jones,**
Pascack, 18-0.
Triple Jump: 1. Stephanie McIntyre,
South Brunswick, 38-11 1/4; 2. Donna
Alexander, Matawan, 37-7 1/4; 3. Brit-
tany Gibbs, Old Bridge, 37-07.
Pole Vault: 1. Natalie Gengel, Prince-
ton, 12-3; 2. Kristen Hafford, Warren
Hills, 11-6; 3. Melissa Gale, Millville,
11-0; 5. **Cassie Wong, Ridgewood,**
11-0.
Shot Put: 1. Deanne Hahn, Lake-
wood, 43-10; 2. Mercedes Hicks, At-
lantic City, 42-7 1/4; 3. Kimberly War-
ren, Atlantic City, 42-0.
Discus: 1. Kimberly Warren, Atlantic
City, 138-10; 2. Deanne Hahn, Lake-
wood, 134-5; 3. Mercedes Hicks, At-
lantic City, 133-4; 4. Kristen Batts,
Marlboro, 132-5; 5. Jen Frank,
Delsea, 130-9; 6. **Julie Haledjian, Pas-
cack Hills, 123-6.**
Javelin: 1. **Julia Cohan, Northern**
Highlands, 129-6; 2. Indira Morton,
South Brunswick, 127-11; 3. Jackie
Iannucci, Verona, 125-8; 4. Jaclyn
Wypier, Ridgewood, 125-7.

Princeton's Natalie Gengel won, clearing
a meet-record 12-5.

Sheniqua Jones of Passaic, jumped 18
feet for fifth in the long jump, and
Ramapo's Kelsey Ramsey finished fifth in
the 1,600, breaking five minutes for the
second time in a week despite being
boxed in for most of the race.

"I hate being boxed in," said Ramsey,
who ran 4:57.54, just shy of the school-
record 4:56.35 she ran to finish second in
the State Group 3 championship last
week. "But I came in here just trying to
medal and I broke five minutes again. I
can't complain. It was an honor running
with people like [Southern's] Danielle
Tauro."

Tauro won the event in 4:49.17.
Julie Haledjian of Pascack Hills, who
was seeded 13th, took sixth place in the
discus with a throw of 123-8.

Sophomore Alex Rosenberger of Ram-
sey placed in her first State Meet of
Champions, finishing eighth in the 400 in-
termediate hurdles with a time of 1:03.67.

E-mail: schutta@northjersey.com

Still to compete....

Golden West: - Sacramento CA

Javelin – Steve Pierce

Nationals: - Greensboro, NC

Javelin – Steve Pierce

Distance Medley:

Byron Williams
Chris Zeigler
Niall Buckley
Michael Cator

Boy Track

NNJIL CHAMPIONSHIPS 2006

| School | Div | Wins | Losses | Tie | Pct | Standings | Champs | Final Points | Final Place |
|-----------------|-----|------|--------|-----|------|-----------|--------|--------------|-------------|
| Ridgewood | A | 8 | 0 | | 100% | | 7 | 14 | 1 |
| Hackensack | A | 7 | 1 | | 88% | | 6 | 11 | 2 |
| Teaneck | A | 4 | 3 | 1 | 50% | | 4.5 | 10.5 | 3 |
| Paramus | A | 3 | 5 | | 38% | | 4 | 8 | 4 |
| Nutley | A | 4 | 3 | 1 | 50% | | 4.5 | 7.5 | 5 |
| Belleville | A | 0 | 8 | | 0% | | 2 | 4 | 6 |
| Bloomfield | A | 1 | 7 | | 13% | | 1 | 2 | 7 |
| J.F. Kennedy | B | 7 | 0 | | 100% | | 6 | 12 | 1 |
| Passaic | B | 4 | 3 | | 57% | | 5 | 9 | 2T |
| Clifton | B | 3 | 4 | | 42% | | 4 | 9 | 2T |
| Eastside | B | 1 | 6 | | 28% | | 3 | 6 | 4 |
| Montclair | B | 1 | 6 | | 14% | | 2 | 4 | 5 |
| Barringer | B | 0 | 7 | | 0% | | 1 | 2 | 6 |
| Don Bosco | C | 6 | 1 | | 85% | | 4 | 8 | 1 |
| Paramus Cath. | C | 6 | 2 | | 75% | | 3 | 5 | 2T |
| Bergen Catholic | C | 5 | 2 | | 71% | | 2 | 5 | 2T |
| St. Joseph | C | 2 | 6 | | 25% | | 1 | 2 | 4 |

1st Team All-NNJIL "A":

| <u>Event:</u> | <u>Name:</u> | <u>School:</u> | <u>Grade:</u> |
|----------------------|---------------------|-----------------------|----------------------|
| 100m: | Rashad White | Teaneck | 10 |
| 200m: | Rashad White | Teaneck | 10 |
| 400m: | Akeem Thomas | Teaneck | 11 |
| 800m: | Niall Buckley | Ridgewood | 11 |
| 1600m: | Jeremy Kalmus | Ridgewood | 11 |
| 3200m: | Michael Cator | Ridgewood | 12 |
| 110HH: | Akira Monri | Ridgewood | 10 |
| 400 IH: | Niall Buckley | Ridgewood | 11 |
| 4x400m: | Teaneck | | |
| High Jump: | Ausar Walcott | Hackensack | 10 |
| Pole Vault: | Paul Kovach | Ridgewood | 12 |
| Long Jump: | Akeem Thomas | Teaneck | 11 |
| Triple Jump: | Paul Kovach | Ridgewood | 12 |
| Shot Put: | Said Gaida | Bloomfield | 12 |
| Discus: | Hye-Chun Gehring | Nutley | 12 |
| Javelin: | Steve Pierce | Ridgewood | 12 |

2nd Team All-NNJIL "A":

| <u>Name:</u> | <u>School:</u> | <u>Grade:</u> |
|---------------------|-----------------------|----------------------|
| Maurice Jones | Belleville | 10 |
| Damian Miles | Teaneck | 10 |
| Rashad White | Teaneck | 10 |
| Byron Williams | Ridgewood | 12 |
| Taro Shiganobu | Ridgewood | 9 |
| Jacob Garber | Ridgewood | 11 |
| Thomas Villa | Nutley | 12 |
| Andre Mitchell | Teaneck | 12 |
| Hackensack | | |
| Craig Michaud | Nutley | 10 |
| Jonathan Massari | Paramus | 12 |
| Maurice Jones | Belleville | 10 |
| Shane Smith | Hackensack | 10 |
| Ben Wilson | Ridgewood | 12 |
| Ben Wilson | Ridgewood | 12 |
| Chris Hemsley | Belleville | 12 |

Honorable Mention: John Moody - Ridgewood (among others)

Ridgewood All-County:

1st Team: Niall Buckley – 400 IH
 Michael Cator – 3200m
 Paul Kovach – Pole Vault
 Steven Pierce – Javelin

3rd Team: Akira Monri – 110HH

Honorable Mention - TBD

Team History:

| <u>Year:</u> | <u>Dual Meets:</u> | <u>County Relays:</u> | <u>League:</u> | <u>County:</u> | <u>State Sectional:</u> | <u>State Group:</u> |
|--------------|--------------------|-----------------------|-----------------|----------------|-------------------------|---------------------|
| 1975 | | | Champions | 2nd Place | Champions | |
| 1976 | | | | 3rd Place | | |
| 1977 | | | | | | |
| 1978 | | | | | | |
| 1979 | | | | | | |
| 1980 | | | | | | |
| 1981 | | | | 3rd Place | | |
| 1982 | | 2nd Place | | 3rd Place | | |
| 1983 | | | | 3rd Place | | |
| 1984 | | 3rd Place | | 3rd Place | 3rd Place | |
| 1985 | | 3rd Place | 3rd Place | 3rd Place | 3rd Place | |
| 1986 | | | | | | |
| 1987 | | Champions | Champions | Champions | 2nd Place | |
| 1988 | | Champions | | 3rd Place | | |
| 1989 | 7-1 | 2nd Place | Champions | 2nd Place | Champions | 9th Place |
| 1990 | | 2nd Place | | | | |
| 1991 | 5-3 | 2nd Place | 3rd Place | 2nd Place | 2nd Place | |
| 1992 | 5-3 | 5th Place | 2nd Place | 2nd Place | 5th Place | |
| 1993 | 7-1 | 3rd Place (tie) | 2nd Place | 3rd Place | 3rd Place | 3rd Place |
| 1994 | 7-1 | 4th Place | 2nd Place | 3rd Place | 3rd Place | |
| 1995 | 7-1 | 4th Place | Champions (tie) | 2nd Place | 5th Place | |
| 1996 | 5-3 | 5th Place | 3rd Place | 5th Place | 5th Place | |
| 1997 | 8-0 | 6th Place | Champions | 2nd Place | 6th Place | |
| 1998 | 8-0 | 3rd Place | Champions | 2nd Place | 2nd Place | |
| 1999 | | | | | | |
| 2000 | | 2nd Place | 3rd Place | 3rd Place | 2nd Place | |
| 2001 | | 3rd Place | Champions | | | |
| 2002 | 6-2 | 3rd Place | Champions | 4th Place | 7th Place (tie) | 6th Place |
| 2003 | 5-1 | 3rd Place | Champions | Champions | Champions | 5th Place |
| 2004 | 6-0 | 3rd Place | Champions | 2nd Place | Champions | 8th Place |
| 2005 | 8-0 | Champions | Champions | Champions | 2nd Place | 2nd Place |
| 2006 | 8-0 | Champions | Champions | 2nd Place | 3rd Place | |

Ridgewood High School All-Time Top 10 List

| | <u>Athlete:</u> | <u>Meet:</u> | <u>Year:</u> | <u>County Rank:</u> |
|---------------------|----------------------|----------------------------|--------------|---------------------|
| <u>100m:</u> | | | | |
| 10.99 | Dusty Thomas | BMOC | 1998 | 19th |
| 10.8 | Matt Krever | BMOC | 1991 | 25th (tie) |
| 10.9 | Dan Cooper | NNJIL Championship | 2000 | 42nd (tie) |
| 11.1 | Chris Zeigler | County Championship | 2006 | |
| 11.2 | Ted Winfield | NNJIL Championship | 1997 | |
| 11.3 | Evan Yeaw | NNJIL Championship | 2004 | |
| 11.3 | Chris Hamlin | NNJIL Championship | 1989 | |
| 11.3 | Albert Gelbaum | County Championship | 2005 | |
| 11.4 | Mike DiMauro | NNJIL Championship | 1995 | |
| 11.4 | Bernard Mann | NNJIL Championship | 2003 | |
| <u>200m:</u> | | | | |
| 22.15 | Dusty Thomas | BMOC | 1998 | 43rd |
| 22.0 | Mike Henderson | | 1961 | 45th (tie) |
| 22.1 | Tim Geckler | NNJIL Championship | 1989 | |
| 22.4 | Matt Krever | NNJIL Championship | 1991 | |
| 22.7 | Chris Zeigler | State Sectionals | 2006 | |
| 23.21 | Mike DiMauro | NNJIL Championship | 1995 | |
| 23.2 | Albert Gelbaum | Bernards Invite | 2005 | |
| 23.5 | Dan Engel | Bernards Invite | 2005 | |
| 23.6 | Evan Yeaw | County Championship | 2004 | |
| 23.6 | Anthony Halwagy | NNJIL Championship | 2003 | |
| 23.6 | John Moody | State Sectionals | 2006 | |
| <u>400m:</u> | | | | |
| 48.7 | Tim Geckler | NNJIL Championship | 1989 | 15th (tie) |
| 49.41 | Josh Kauke | | 1999 | 42nd |
| 49.4 | Mike Henderson | | 1960 | 49th (tie) |
| 50.2 | Dusty Thomas | County Championship | 1998 | |
| 50.4 | Chris Perez | NNJIL Championship | 2002 | |
| 51.2 | Josh Saladino | State Sectionals | 1995 | |
| 51.3 | Greg Corcoran | State Sectionals | 2003 | |
| 51.4 | Matt Krever | NNJIL Championship | 1991 | |
| 51.9 | Tom Rooke | State Sectionals | 2003 | |
| <u>800m:</u> | | | | |
| 1:50.19 | Josh Kauke | | 2000 | 1st |
| 1:51.61 | Chris Rae | Golden West | 1987 | 4th |
| 1:53.4 | Bob Keino | BMOC | 1994 | 12th (tie) |
| 1:54.0 | John Parisi | | 1983 | 20th (tie) |
| 1:54.2 | Tom Rae | | 1971 | 24th (tie) |
| 1:54.4 | John Lander | | 1985 | 26th |
| 1:54.7 | Byron Williams | Bernards Invite | 2005 | 28th (tie) |
| 1:55.3 | Chris Sullivan | | 1985 | 41st (tie) |
| 1:55.3 | Eric Berntsen | | 1987 | 41st (tie) |
| 1:56.0 | Niall Buckley | County Championship | 2005 | |

1600m:

| | | | | |
|----------------|----------------------|----------------------|-------------|------------|
| 4:09.35 | Bob Keino | State Group IV | 1994 | 4th |
| 4:11.9 | Chris Sullivan | | 1985 | 6th |
| 4:12.0 | Chris Rae | | 1987 | 7th (tie) |
| 4:12.71 | Byron Williams | State Meet of Champs | 2005 | 8th |
| 4:15.4 | Joe LeMay | | 1985 | 19th (tie) |
| 4:15.5 | Ari Zamir | State Sectionals | 2004 | 22nd |
| 4:15.7 | Eric Berntsen | | 1987 | 23rd |
| 4:17.10 | Michael Cator | BMOC | 2006 | |
| 4:17.1 | Tom Tomai | | 1975 | 30th (tie) |
| 4:19.5 | Josh Kauke | | 2000 | 50th (tie) |
| 4:19.6 | Erik Nygaard | State Sectionals | 2004 | 52nd |
| 4:19.9 | Eric Boucher | BMOC | 1991 | 54th (tie) |

3200m:

| | | | | |
|----------------|----------------------|-----------------------------|-------------|------------|
| 9:02.73 | Bob Keino | Arcadia Invite | 1993 | 3rd |
| 9:05.7 | Eric Berntsen | | 1987 | 4th |
| 9:12.8 | Joe LeMay | | 1985 | 15th (tie) |
| 9:17.29 | Eric Boucher | State Meet of Champs | 1991 | 23rd |
| 9:18.10 | Ari Zamir | State Group IV | 2004 | 24th |
| 9:18.65 | Michael Cator | State Meet of Champs | 2006 | |
| 9:22.4 | Kevin McCabe | | 1987 | 36th |
| 9:23.69 | Michael Cator | State Group IV | 2006 | |
| 9:27.4 | Ed Quinn | | 1976 | 50th (tie) |
| 9:28.0 | Byron Williams | County Championship | 2005 | |
| 9:32.7 | Kyle Engelken | County Championship | 2004 | |

110HH:

| | | | | |
|--------------|--------------------|-------------------------|-------------|------------|
| 14.4 | Mike Rogers | | 1975 | 30th (tie) |
| 14.70 | Steve Pawlowski | | 2001 | 48th |
| 14.5 | Jeff Lane | | 1975 | 49th (tie) |
| 14.5 | Rich Wankmuller | | 1976 | 49th (tie) |
| 14.7 | Akira Monri | State Sectionals | 2006 | |
| 15.30 | Steve Robinson | BMOC | 1998 | |
| 15.53 | John Moody | BMOC | 2006 | |
| 15.3 | Fletcher Rosenbach | State Sectionals | 1995 | |
| 15.55 | Jim Davis | NNJIL Championship | 1995 | |
| 15.85 | Jeff Braden | BMOC | 1997 | |

400 IH:

| | | | | |
|-------------|----------------------|----------------------|-------------|------------|
| 53.9 | John Parisi | | 1983 | 10th |
| 54.7 | Dave Shultz | | 1987 | 28th (tie) |
| 55.4 | Tim Kelley | | 1982 | 51st (tie) |
| 55.8 | Dave Warton | County Championship | 1998 | |
| 55.9 | Niall Buckely | County Relays | 2006 | |
| 56.7 | Josh Saladino | County Championship | 1995 | |
| 56.8 | Jason Lahita | NNJIL Championship | 1993 | |
| 57.2 | Greg Corcoran | State Sectionals | 2003 | |
| 57.64 | Joe Nagano-Gerace | BMOC | 2005 | |
| 58.6 | Steve Robinson | County Championship | 1998 | |

400m splits:

| | | | |
|-------------|----------------------|---------------------|-------------|
| 48.0 | Tim Geckler | NNJIL Championship | 1989 |
| 49.7 | Matt Krever | NNJIL Championship | 1991 |
| 50.0 | Dusty Thomas | State Group IV | 1998 |
| 50.2 | Byron Williams | NNJIL Championship | 2005 |
| 50.2 | Chris Zeigler | BMOC | 2006 |
| 50.5 | Dave Warton | BMOC | 1998 |
| 50.5 | Niall Buckley | NNJIL Championship | 2005 |
| 50.6 | Josh Saladino | County Championship | 1995 |
| 50.7 | Peter Martin | NNJIL Championship | 1991 |
| 50.8 | Greg Corcoran | State Sectionals | 2003 |

800m splits:

| | | | |
|--------|----------------|-------------------|------|
| 1:52.6 | Bob Keino | Penn Relays | 1993 |
| 1:55.6 | Ari Zamir | East Coast Relays | 2004 |
| 1:55.9 | Byron Williams | County Relays | 2005 |

1200m splits:

| | | | |
|--------|----------------|------------------------|------|
| 3:03.7 | Chris Sullivan | Penn Relays | 1985 |
| 3:06.8 | Byron Williams | Penn Relays | 2005 |
| 3:08.6 | Michael Cator | Nike Outdoor Nationals | 2005 |
| 3:09.7 | Bob Keino | Penn Relays | 1992 |

1600m splits:

| | | | |
|--------|----------------|------------------------|------|
| 4:08.2 | Bob Keino | Penn Relays | 1993 |
| 4:15.3 | Byron Williams | Nike Outdoor Nationals | 2005 |

Long Jump:

| | | | | |
|------------|-----------------|---------------------|------|------|
| 22'11" | Craig Halyard | Arcadia Invite | 1989 | 13th |
| 21'11" | Gabriel Knutson | State Sectionals | 2004 | |
| 21'5 1/2" | Dusty Thomas | County Championship | 1998 | |
| 21'3" | Bernard Mann | NNJIL Championship | 2003 | |
| 20'10 1/4" | Andrew Dolgin | County Championship | 1998 | |
| 20'10" | T.J. Crocker | NNJIL Championship | 1989 | |
| 20'5 3/4" | Doug Randolph | County Relays | 1993 | |
| 20'5 1/2" | Chris Hamlin | State Sectionals | 1989 | |
| 20'4 1/2" | Ted Winfield | State Group IV | 1997 | |
| 20'3" | Peter Martin | NNJIL Championship | 1991 | |

Triple Jump:

| | | | | |
|---------------|--------------------|---------------------------|-------------|------------|
| 48'7" | Craig Halyard | Golden West | 1989 | 3rd |
| 45'8" | Gabriel Knutson | County Championship | 2004 | 24th (tie) |
| 43'7" | Bernard Mann | NNJIL Championship | 2003 | |
| 42'5 1/2" | Andrew Dolgin | County Championship | 1998 | |
| 40'10 1/2" | Yusik Choi | County Championship | 1992 | |
| 40'10" | Ted Winfield | County Championship | 1997 | |
| 40'10" | Paul Kovach | NNJIL Championship | 2006 | |
| 40'9" | Jim Davis | County Championship | 1995 | |
| 40'8" | Dave Warton | NNJIL Championship | 1998 | |
| 40'7 1/4" | Tim Geckler | County Championship | 1989 | |

High Jump:

| | | | | |
|------|--------------------|---------------------|------|------------|
| 6'7" | Pete Rutherford | | 1972 | |
| 6'7" | Bernard Mann | Dual | 2003 | 15th (tie) |
| 6'6" | Jim Davis | State Group IV | 1995 | |
| 6'2" | T.J. Crocker | NNJIL Championship | 1989 | |
| 6'2" | Fletcher Rosenbach | County Championship | 1995 | |
| 6'0" | Jeff Braden | County Championship | 1997 | |

Pole Vault:

| | | | | |
|--------------|--------------------|----------------------|-------------|------------------|
| 15'1" | Gabriel Knutson | State Sectionals | 2004 | 2nd |
| 14'8" | Jacob Ricciardi | State Sectionals | 2005 | 3rd |
| 14'7" | Dan Cooper | | 2000 | 5th |
| 14'6" | Paul Kovach | BMOC | 2006 | 6th (tie) |
| 13'6" | John Boylan | | 1980 | 29th (tie) |
| 13'6" | Vahe Hagopian | State Group IV | 1993 | 29th (tie) |
| 13'6" | James Norton | State Meet of Champs | 2002 | 29th (tie) |
| 13'0" | Dave Warton | BMOC | 1998 | |
| 13'0" | Christian Jensen | State Sectionals | 2005 | |
| 12'6" | Mike Huang | BMOC | 1995 | |
| 12'6" | Jim Davis | BMOC | 1995 | |

Shot Put:

| | | | | |
|------------------|-------------------|----------------------------|-------------|--|
| 54'11" | Eric Bryant | | 1980 | |
| 51'9 3/4" | J.D. Murdock | County Relays | 1997 | |
| 51'1 1/2" | Kevin Strahle | BMOC | 2002 | |
| 50'5" | Patrick Rae | NNJIL Championship | 1989 | |
| 50'1" | Sam Horowitz | BMOC | 1993 | |
| 49'4" | Kassim Dawson | BMOC | 1993 | |
| 48'11" | Torre Watson | State Sectionals | 1991 | |
| 48'10" | Steven Abdallah | Bernards Invite | 2005 | |
| 48'8 1/4" | Ben Wilson | County Championship | 2006 | |
| 47'9" | Brian Zuccala | NNJIL Championship | 1998 | |
| 47'6 3/4" | Chris Wolfstirn | State Sectionals | 2003 | |

Discus:

| | | | | |
|---------|-----------------|---------------------|------|--|
| 157'11" | John Marshall | | 1971 | |
| 151'5" | J.D. Murdock | County Relays | 1998 | |
| 150'5" | Glenn Hansen | BMOC | 1994 | |
| 147'1" | Gabriel Knutson | County Championship | 2004 | |
| 144'3" | Brian Zuccala | NNJIL Championship | 1998 | |
| 143'8" | Ramone Hache | State Group IV | 1991 | |
| 143'1" | Patrick Rae | County Championship | 1989 | |
| 138'3" | Kassim Dawson | NNJIL Championship | 1993 | |
| 136'2" | Chris Wolfstirn | State Sectionals | 2003 | |
| 135'9" | Pete Beisler | NNJIL Championship | 1992 | |

Javelin:

| 202'0" | Steve Pierce | State Meet of Champs | 2006 | 3rd (new) |
|---------------|---------------------|-----------------------------|-------------|------------------|
| 198'8" | J.D. Murdock | County Championship | 1998 | 20th (old) |
| 187'2" | John Grubb | | 2000 | 47th (old) |
| 177'8" | Adam Whitelaw | Bernards Invite | 2003 | 14th (new) |
| 170'5" | Thibaut van Marke | Bernards Invite | 1993 | |
| 168'5" | Brian Zuccala | County Championship | 1998 | |
| 164'0" | Rob Budelman | Thunderbird Invite | 1991 | |
| 154'3" | Anthony Halwagy | NNJIL Championship | 2003 | |
| 151'5" | Matt Picarelli | Pawlowski Relays | 1995 | |

Ridgewood High School All-Time Top 10 Relays

| | <u>Team Members:</u> | <u>Meet:</u> | <u>Year:</u> | <u>County Rank:</u> |
|-----------------------|--|----------------------|--------------|---------------------|
| <u>4x100m:</u> | | | | |
| 44.1 | M. Krever / C. Halyard / T. Crocker / T. Geckler | Penn Relays | 1989 | 20th (tie) |
| 44.96 | J. Moody / A. Gelbaum / L. Chwe / C. Zeigler | Penn Relays | 2006 | |
| 45.2 | S. Oh / L. Chwe / D. Engel / A. Gelbaum | Bernards Invite | 2005 | |
| 45.9 | D. Cooper / D. Warton / S. Robinson / D. Thomas | Penn Relays | 1998 | |
| 46.59 | M. DiMaulo / R. Genovese / F. Rosenbach / J. Saladino | Penn Relays | 1995 | |
| 46.5 | P. Martin / J. Bennett / S. Dangelo / M. Krever | County Relays | 1991 | |
| 46.7 | B. Warnock / R. Garcia / S. Aps / M. Nally | Pawlowski Rel. | 1994 | |
| 46.8 | B. Warnock / J. Saladino / T van Marke / S. Aps | Bernards Invite | 1993 | |
| <u>4x200m:</u> | | | | |
| 1:31.9 | C. DiPasquale / A. Dolgin / S. Pawlowski / D. Cooper | | 2000 | 27th (tie) |
| 1:32.5 | C. Hamlin / C. Halyard / T. Crocker / T. Geckler | County Relays | 1989 | |
| 1:33.9 | J. Moody / Z. Ontiveros / A. Monri / C. Zeigler | County Relays | 2006 | |
| 1:36.6 | D. Cooper / C. Rogers / A. Dolgin / D. Thomas | Englewood Rel | 1998 | |
| 1:36.9 | E. Yeaw / S. Oh / H. Smith / G. Knutson | Comet Relays | 2004 | |
| 1:36.9 | J. Nagano-Gerace / D. Engel / J. Moody / A. Gelbaum | County Relays | 2005 | |
| 1:37.1 | W. Tsai / R. Garcia / M. DiMaulo / J. Saladino | Pawlowski Rel | 1995 | |
| 1:38.0 | A. Halwagy / T. Rooke / D. Sampson / J. Chu | County Relays | 2003 | |
| <u>4x400m:</u> | | | | |
| 3:19.25 | Pierson / C. Halyard / T. Geckler / Ellinghaus | State MOC | 1988 | 4th |
| 3:22? | | | 2000 | |
| 3:25.15 | N. Buckley / Z. Ontiveros / J. Schmidt / C. Zeigler | BMOC | 2006 | |
| 3:25.50 | A. Dolgin / D. Warton / J. O'Neill / D. Thomas | BMOC | 1998 | |
| 3:26.5 | B. Dougherty / C. Halyard / M. Giffuni / T. Geckler | BMOC | 1989 | |
| 3:26.8 | J. Schmidt / N. Buckley / A. Gelbaum / B. Williams | NNJIL Champs | 2005 | |
| 3:26.9 | D. Sampson / T. Rooke / B. Williams / G. Corcoran | State Sectionals | 2003 | |
| 3:27.1 | D. Culver / P. Martin / J. Bennett / M. Krever | NNJIL Champs | 1991 | |
| 3:27.9 | B. Keino / R. Cleary / S. Alsaidi / J. Lahita | BMOC | 1993 | |
| 3:28.2 | R. Cleary / M. DiMaulo / W. Tsai / J. Saladino | BMOC | 1995 | |
| <u>4x800m:</u> | | | | |
| 7:49.0 | D. Shultz / Williams / E. Berntsen / C. Rae | | 1987 | 5th |
| 7:52.05 | B. Williams / M. Cator / E. Nygaard / A. Zamir | East Coast Rel | 2004 | 7th |
| 7:58.1 | | | 1976 | 16th |
| 7:58.3 | | | 1972 | 17th |
| 8:01.10 | S. Alsaidi / R. Cleary / T. Cotton / B. Keino | Penn Relays | 1993 | 20th |
| 8:02.57 | J. Saladino / R. Cleary / B. Palatucci / B. Keino | Penn Relays | 1994 | 27th |
| 8:05.3 | J. Fronefield / S. Alsaidi / D. Connors / B. Keino | Penn Relays | 1992 | |
| 8:05.5 | E. Boucher / W. McCann / D. Connors / D. Culver | Penn Relays | 1991 | |

4x1600m:

| | | | | |
|----------------|--|----------------------|-------------|------|
| 17:52.8 | J. LeMay / C. Rae / Lander / C. Sullivan | | 1985 | 7th |
| 18:01.34 | M. Cator / B. Williams / E. Nygaard / A. Zamir | National Champs | 2004 | 9th |
| 18:02.4 | D. Emont / M. Cator / J. Garber / B. Williams | County Relays | 2006 | |
| 18:13.8 | S. Alsaidi / T. Ricart / T. Cotton / B. Keino | County Relays | 1993 | 16th |
| 18:21.4 | M. Cator / D. Emont / B. Williams / J. Pfeiffer | County Relays | 2005 | 25th |
| 18:22.1 | R. Crispin / E. Nygaard / K. Engelken / A. Zamir | Comet Relays | 2003 | 26th |
| 18:26.7 | T. Cotton / J. Fronefield / J. Lahita / B. Keino | County Relays | 1992 | |
| 18:35.4 | J. Fronefield / S. Alsaidi / D. Connors / E. Boucher | County Relays | 1990 | |

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

| | | | | |
|---------------|---|----------------------|-------------|------------|
| 3:27.58 | D. Cooper / S. Pawlowski / A. Dolgin / J. Kauke | National Champs | 2000 | 3rd |
| 3:29.6 | | | 1987 | 5th (tie) |
| 3:31.36 | | | 1999 | 10th |
| 3:35.1 | | | 1971 | 24th (tie) |
| 3:35.2 | | | 1975 | 26th (tie) |
| 3:36.3 | D. Engel / A. Gelbaum / J. Schmidt / B. Williams | County Relays | 2005 | |
| 3:37.6 | C. Hamlin / C. Halyard / T. Geckler / M. Giffuni | County Relays | 1989 | |
| 3:38.8 | E. Yeaw / H. Smith / B. Williams / A. Zamir | County Relays | 2004 | |
| 3:40.6 | C. Zeigler / J. Moody / N. Buckley / B. Williams | County Relays | 2006 | |
| 3:41.7 | R. Chung / D. Cooper / D. Thomas / J. Kauke | County Relays | 1998 | |

Distance Medley:

| | | | | |
|-----------------|---|--------------------|-------------|------|
| 10:11.1 | C. Sullivan / Caminiti / Lander / J. LeMay | Penn Relays | 1985 | 3rd |
| 10:13.79 | M. Cator / J. Schmidt / N. Buckley / B. Williams | National Champs | 2005 | 5th |
| 10:16.2 | | | 1987 | 7th |
| 10:22.36 | T. Cotton / J. Lahita / S. Alsaidi / B. Keino | Penn Relays | 1993 | 10th |
| 10:22.59 | B. Williams / J. Schmidt / N. Buckley / M. Cator | Penn Relays | 2006 | |
| 10:29.67 | E. Nygaard / N. Buckley / B. Williams / M. Cator | National Champs | 2004 | 16th |
| 10:30.49 | B. Keino / D. Connors / S. Alsaidi / J. Fronefield | Penn Relays | 1992 | 19th |
| 10:33.7 | D. Culver / M. Krever / D. Connors / E. Boucher | Penn Relays | 1991 | 23rd |

Shuttle Hurdles:

| | | | | |
|----------------|---|------------------------|-------------|------|
| 1:03.2 | Muth / R. Wankmuller / J. Lane / M. Rogers | | 1975 | 16th |
| 1:04.27 | J. Moody / J. Nagano-Gerace / S. Pierce / A. Monri | E. Coast Relays | 2006 | |
| 1:04.9 | J. Davis / J. Braden / J. Hu / F. Rosenbach | County Relays | 1995 | |
| 1:08.2 | D. Warton / C. Rogers / J. Roth / S. Robinson | County Relays | 1998 | |
| 1:09.1 | J. Moody / A. Monri / S. Pierce / J. Nagano-Gerace | County Relays | 2005 | |
| 1:10.3 | J. Braden / D. Warton / C. Rogers / S. Robinson | County Relays | 1997 | |
| 1:12.3 | C. Lalonde / A. Braden / F. Rosenbach / J. Lahita | County Relays | 1993 | |
| 1:12.7 | J. Hu / J. Braden / A. Braden / F. Rosenbach | Pawlowski Rel | 1994 | |
| 1:13.4 | J. Moody / J. Chamoun / E. Yeaw / J. Nagano-Gerace | County Relays | 2004 | |
| 1:13.5 | S. Robinson / J. Braden / S. Schnettacher / J. Ng | County Relays | 1996 | |

3x400 IH:

| | | | | |
|---------------|--|----------------------|-------------|-----|
| 2:50.9 | T. Kelley / J. Parisis / Buckley | | 1982 | 5th |
| 2:55.1 | N. Buckley / S. Pierce / J. Nagano-Gerace | County Relays | 2006 | |
| 2:58.1 | N. Buckley / J. Nagano-Gerace / S. Pierce | County Relays | 2005 | |
| 3:00.1 | D. Warton / S. Robinson / C. Rogers | Engelwood Rel | 1998 | |
| 3:01.7 | C. Perez / J. Norton / G. Corcoran | County Relays | 2002 | |
| 3:02.9 | J. Saladino / J. Hu / F. Rosenbach | County Relays | 1994 | |
| 3:03.0 | J. Saladino / F. Rosenbach / J. Hu | County Relays | 1995 | |
| 3:05.1 | J. Lahita / J. Saladino / C. Lalonde | County Relays | 1993 | |
| 3:05.9 | B. Williams / E. Yeaw / J. Nagano-Gerace | County Relays | 2004 | |

3XLJ:

| | | | | |
|-------------------|---|----------------------|-------------|------|
| 60'3 3/4" | C. Halyard / T. Crocker / Pierson | | 1988 | 18th |
| 59'10 1/2" | C. Halyard / T. Crocker / C. Hamlin | County Relays | 1989 | 29th |
| 55'11" | G. Knutson / H. Smith / K. Wanchoo | County Relays | 2004 | |
| 55'10 1/2" | P. Kovach / B. Clementi / A. Monri | County Relays | 2006 | |
| 55'9 3/4" | D. Randolph / S. Aps / T. van Marke | County Relays | 1993 | |
| 55'6" | B. Mann / G. Knutson / K. Wanchoo | County Relays | 2003 | |
| 55'5" | T. Winfield / D. Thomas / S. Wolfson | County Relays | 1996 | |
| 54'9 1/2" | J. Hu / R. Garcia / M. DiMaulo | County Relays | 1995 | |
| 54' 3/4" | B. Clementi / S. Oh / L. Chwe | County Relays | 2005 | |

3xTJ:

| | | | | |
|-------------------|---|----------------------|-------------|------|
| 125'10 1/4" | C. Halyard / T. Geckler / J. Chang | County Relays | 1989 | 13th |
| 120'4 1/2" | G. Knutson / H. Smith / B. Clementi | County Relays | 2004 | |
| 119'1" | B. Mann / G. Knutson / K. Wanchoo | County Relays | 2003 | |
| 116'8" | A. Dolgin / S. Robinson / D. Warton | County Relays | 1998 | |
| 115'1 3/4" | B. Clementi / S. Oh / J. Moody | County Relays | 2005 | |
| 114'11 3/4" | T. Winfield / A. Dolgin / S. Robinson | County Relays | 1997 | |
| 114' 1/2" | T. van Marke / K. Dawson / C. Lalonde | County Relays | 1993 | |
| 113'2 3/4" | Y. Choi / K. Dawson / T. van Marke | County Relays | 1992 | |
| 113'1 1/4" | A. Monri / P. Kovach / B. Clementi | County Relays | 2006 | |
| 112'1" | J. Davis / F. Rosenbach / J. Hu | County Relays | 1995 | |
| 111'10" | Y. Choi / J. Bennett / K. Dawson | County Relays | 1991 | |

3xHJ:

| | | | | |
|--------|-------------------------------------|---------------|------|--|
| 17'6" | J. Davis / F. Rosenbach / J. Braden | Pawlowski Rel | 1995 | |
| 17'1" | B. Mann / H. Smith / K. Engelken | Pawlowski Rel | 2002 | |
| 16'10" | B. Mann / K. Engelken / G. Knutson | County Relays | 2003 | |
| 16'9" | F. Rosenbach / J. Davis / J. Braden | Pawlowski Rel | 1994 | |
| 16'9" | S. Robinson / B. Reese / J. Roth | Pawlowski Rel | 1998 | |
| 16'8" | J. Braden / S. Robinson / W. Byren | County Relays | 1996 | |
| 16'0" | H. Smith / C. Perez / K. Engelken | County Relays | 2002 | |
| 16'0" | H. Smith / K. Engelken / N. Buckley | County Relays | 2004 | |

3xPV:

| | | | | |
|-------|---------------------------------------|---------------|------|------------|
| 38'0" | G. Knutson / J. Riccairdi / C. Jensen | County Relays | 2004 | 2nd |
| 34'0" | | | 1976 | 31st (tie) |
| 32'6" | D. Warton / D. Cooper / C. Rogers | County Relays | 1998 | |
| 31'6" | J. Norton / J. Riccairdi / G. Knutson | County Relays | 2002 | |

3XShot:

| | | | | |
|-------------------|--|----------------------|-------------|------|
| 146'8 1/2" | Pfund / Gautier / Laborde | | 1983 | 28th |
| 132'5 1/2" | B. Zuccala / J. Murdock / T. Zurla | County Relays | 1998 | |
| 130'7 3/4" | S. Horowitz / K. Dawson / A. Greico | County Relays | 1993 | |
| 130'3 1/4" | B. Wilson / M. Mosticchio / N. Dawson | County Relays | 2006 | |
| 129'3" | S. Abdallah / M. Flicker / B. Mercer | County Relays | 2004 | |
| 129'0" | J. Murdock / T. Zurla / F. Lockwood | Pawlowski Rel | 1998 | |
| 127'3 1/2" | M. Picarelli / C. Van Cleve / T. Steiner | County Relays | 1995 | |
| 124'8 1/2" | K. Strahle / C. Wolfstirn / S. Pskowski | County Relays | 2002 | |
| 124'3" | M. Flicker / N. Kovach / C. Wolfstirn | County Relays | 2003 | |
| 123'5" | J. Murdock / T. Zurla / R. Simpadian | County Relays | 1997 | |

3xDisc:

| | | | | |
|----------------|---|----------------------|-------------|------|
| 422'8" | | | 1971 | 13th |
| 387'3" | J. Murdock / B. Zuccala / F. Lockwood | County Relays | 1998 | |
| 377'7" | R. Hache / T. Watson / P. Beisler | County Relays | 1991 | |
| 372'2" | K. Strahle / S. Pskowski / C. Wolfstirn | County Relays | 2002 | |
| 362'4" | K. Dawson / A. Greico / S. Horowitz | County Relays | 1993 | |
| 358'1" | S. Abdallah / B. Wilson / S. Pierce | County Relays | 2005 | |
| 352'11" | T. Li / D. Barry / C. Mala | County Relays | 1995 | |
| 350'10" | B. Wilson / S. Pierce / C. Ryan | County Relays | 2006 | |

3xJavelin:

| | | | | |
|----------------|--|----------------------|-------------|--|
| 442'8" | J. Murdock / B. Zuccala / F. Lockwood | County Relays | 1998 | |
| 431'1" | S. Pierce / N. Ontiveros / A. Gelbaum | County Relays | 2005 | |
| 429'10" | S. Pierce / A. Gelbaum / T. Haase | County Relays | 2006 | |
| 417'11" | J. Murdock / B. Zuccala / P. Hans | County Relays | 1996 | |
| 404'1" | M. Picarelli / J. Murdock / D. Barry | County Relays | 1995 | |
| 393'5" | A. Whitelaw / A. Halwagy / S. Pierce | Pawlowski Rel | 2003 | |
| 390'5" | R. Budelman / P. Beisler / K. Dawson | County Relays | 1991 | |
| 371'5" | T. van Marke / D. Kaplan / S. Horowitz | County Relays | 1993 | |
| 370'4" | A. Whitelaw / A. Halwagy / T. Wagner | County Relays | 2002 | |
| 369'10" | S. Pierce / M. Monfared / P. Kovach | Pawlowski Rel | 2004 | |