

**RIDGEWOOD
WINTER TRACK
AND FIELD
2005-2006**

Dear Seniors;

I have always said that winter track is about the people that you meet and the relationships that you make, well this year is the "year of the relationship." Boy did we have a few of them. Through all of that though, your commitment, effort and attitude were fantastic. We have athletes at all different levels and I love to see you perform at your best, whatever that is! There are many of you that I have known for up to 7-8 years. It is a pleasure to have seen you guys mature from little tikes to young adults. I will have fond memories of our time together.

*These memories include: Mike Cator for getting me my fashionplate black sneakers, for his phone calls at various times, for his connections with girls from all other towns, and for his passion for the sport, Brian Climente for his **daily** practice routine, for his constant chattering, and his versatility in the jumps, Rosa Dillon for her tremendous dance moves in the Valentine's Day practices, for her upbeat attitude, and her love and enthusiasm for "theme" practices, Meredith Jones for her love of running, for her really warm outfits...are there any?, and for her new found speed in the 800m, Jessica Krejsa for her new "**attitude**," for her years of putting up with me in the track world, for her perseverance through the tough times, and her leadership, Cole MaGrath for his love of the golf course run, his running club shirt he got me, and his dedication to the sport, Eugene Mok for his desire, his efforts even off the tennis court, and his positive attitude, John Moody for his passion for... I guess I should say "the sport" here... others can fill in the blank, for his senior leadership and great success in the hurdles, and his endless singing on the bus ride to and fro Dartmouth (where's the small van when you need it), Joe Nagano-Gerace for his countless band practices...auditions...shows, for his dedication even with a stress-fracture, and for his ability to overcome the pain and still get a school record, Frank Nestor for his countless hours in the weight room, for his upbeat personality, and his constant efforts to give various girls rides home, Steve Pierce for his still-standing track camp jav record, for his mysterious arrivals late for practice, for his tremendous leadership, and for introducing "Danny" to the team at Dartmouth, Stephanie Westerman (isn't this interesting that she should follow) for her mysterious arrivals late for practice, for her leadership especially among the distance runners, for her winning and setting a meet record at Dartmouth, and her upbeat personality, Byron Williams for his always staying healthy during the season, for his having multiple doctors on his speed dial, for his leadership among the distance crew and his on-line ability, Cassie Wong for her various "bruises" that would appear on her body, for her county record again in the PV, and for her love for the Asian Festival.*

I love to see your passion, leadership, friendship and enthusiasm. You have all been an important part of my life and I thank you for that. I hope you will take these "life-lessons" and memories that you gained from winter track and use them productively in your future. Good luck!

Sincerely, Coach Mullin

Roster 2005-06

9th Graders

Barr, Hilary
Buckley, Catherine
Casey, Maeve
Chow, Priscilia
Conboy, Madeline
Conner, Jessica
Coppola, Alexa
Dillon, Lissett
Granski, Megan
Lee, Robin
Margel, Charlotte

McLoughlin, Megan
Middleton, Torey
Mullen, Tory
Muzio, Rita
Pierce, Jaclyn
Rahill, Ali
Rapaport, Molly
Reilly, Casey
Trent, Emily
VanDevander, Janie

Becher, Travis
Boyce, Kevin
Grossman, Erik
Jenkins, Justin
Kurib, Kota
Lee, Dylan
Lutterbach, Manoz
Marquard, Adam
Martin, Sean
Nagano-Gerace, Dan

Reveri, Tim
Rykken, Mark
Sayanagi, Richard
Shigenobu, Taro
Sierra, Robert
Suh, Collin
Treppedi, Ryan
Zulauf, Greg

10th Graders

Barr, Emily
Benenson, Rachael
Bertelsen, Christy
Gruchawka, Kate
Kurshan, Mollie
Martinez, Mia
Middleton, Alex
Muchel, Maureen
Polcari, Ann

Berns, Lewis
Dabby, Josh
Gillis, Dan
Monri, Akira
Rupel, Logan

11th Graders

Bogart, Brooke
Cigolini, Erica
Goodman, Marya
Harms, Maggie
Law, Cristina
Que, Lara-Jane
Wisener, Alice

Buckley, Niall
Kalmus, Jeremy
Ontiveros, Zach
Schmidt, Jeremy
Seagars, Doug
Stolfo, Dave
Vaccaro, Mike
Vasquez, Felipe
Webbe, Rob
Zeigler, Chris

12th Graders

Dillon, Rosa
Jones, Meredith
Krejsa, Jessica
Westerman, Steph
Wong, Cassie

Cator, Mike
Clemente, Brian
MaGrath, Cole
Mok, Eugene
Moody, John
Nagano-Gerace, Joe
Nestor, Frank
Pierce, Steve
Williams, Byron

Coaches: Mike Mullin, Josh Saladino, Holly Martin

ATHLETES TO WATCH

Racquel Clarke, Teaneck senior, 400 meters and triple jump: An All-Bergen athlete individually and part of two All-North Jersey relay teams, she comes out of the shadow of superstar Michelle Smith, now at Hampton.

Kristin Crawford, Kennedy sophomore, 200 through 1,000 meters: She spends the fall as one of the top cross-country runners in the area, but is more comfortable as an All-North Jersey long sprinter.

Sophia Davis, Queen of Peace senior, 55 through 800 meters: Now that big sister (and two-time All-North Jersey winter track Athlete of the Year) Janine is at the University of Texas, her sister, a fine runner in her own right, has her turn in the spotlight.

Liz Hartwick, Lakeland junior, 55 meters, 55 hurdles: The Lancers missed last year's Passaic championship, but Hartwick showed what she could do in the Northern Hills championships.

Lindsay Jeltis, Indian Hills junior, 800 through 1,600 meters

If she can stay healthy, expect this All-North Jersey second teamer to move up to first team and break 5:05 in the 1,600 meters.

Cristina Law, Ridgewood junior, 600 through 1,000 meters: All-North Jersey selection missed a medal by .03 in the State Meet of Champions last season, and will be a threat this year if she's healthy.

Jenn Pierce, Northern Highlands senior, long and triple jump, 400 meters: An All-Bergen County choice in the long jump last winter as well as being named to the Group 3 All-North Jersey team.

Lara-Jane Que, Ridgewood junior, 55 high hurdles: She was sixth in Group 4's 55 hurdles last winter, and if she's over her foot injury of last spring, might make a bigger splash this winter.

Meggie Sullivan, Tenafly senior, 1,000 through 3,200 meters: A triple winner in last year's BCSL American championships, she also medaled in the Group 2 1,600 meters.

Amy Van Alstine, Midland Park senior, 1,600 and 3,200 meters: She earned a State Group 1 title last winter in the 3,200 meters and was on the All-North Jersey team.

Consandria Walker, Hackensack senior, long and triple jumps, 55 meters: The top triple jumper in the East two years ago, she appears to have recovered completely from the devastating knee injury she suffered in May, 2004 and should be a national contender.

ATHLETES TO WATCH

Max Bruno, Indian Hills, sophomore, 800 through 1,600 meters: Made State Meet of Champions 800 with a wild card last winter, but figures to be the top soph half-miler in the state this time around.

Niall Buckley, Ridgewood, junior, 400 through 1,000 meters: Struggled late in cross-country, but is much more comfortable on the track as part of Ridgewood's nationally ranked 3,200-meter and distance medley relays.

Mike Cator, Ridgewood, senior, 800 through 3,200 meters: All-North Jersey selection last winter after a third-place finish in the State Meet of Champions 1,600 from the unseeded heat.

Geoff Goidell, Pascack Hills, junior, shot put: Reigning State Group 1 shot put champion hopes to move into the top six of all groups this winter.

Claude Guinchard, Don Bosco, senior, 55 hurdles and pole vault: Third-team All-Bergen selection in both events, he hopes to become the first Bergen athlete to win a State indoor pole vault title.

Doug Klopacz, St. Joseph, senior, shot put: Fourth in Bergen last indoor season, his fine outdoor season in the spring makes this Green Knight football star a threat in every meet.

Garret Kroner, Indian Hills, senior, 55 through 800 meters: He

Kyle Lindsay, Eastside, senior, long and triple jump: Injuries cut his 2004 winter season short after he won the NNJIL B title with a triple jump of 45-2½, the best returning jump in the state from last season.

Tony Salvatore, Wayne Valley, junior, 1,000 through 3,200 meters: After a very good cross-country season, the Passaic County champion hopes to continue his development on the track.

Byron Williams, Ridgewood, senior, 600 through 1,600 meters: The first goal for this All-North Jersey returnee is to make the Millrose Games mile, and then to help the distance medley team to the national championship.

pening the vault

Ridgewood star Wong prepares for new season

By **JOE DUFFY**
STAFF WRITER

Imagine a basketball team taking the court for its first game without the benefit of three weeks of intense practices and scrimmages.

How about a wrestler hitting the mat for the opening meet before putting in countless hours of training and sparring?

Sounds crazy, right?

Well, that's the problem that faces Ridgewood's Cassie Wong and other pole vaulters around the State in the winter track season.

Because of a lack of indoor training facilities, pole vaulters are forced to compete in meets with little real practice time.

"You're really just winging it at the meets," said Wong. "It can be difficult. At the meets you know what to do, but there's a sense that you don't know what to do. It's kind of weird."

Ridgewood coach Mike Mullin explained: "There really aren't many places where you can practice the pole vault indoors. So we do as much makeshift stuff in the gym and weight room as possible. But the day-in and day-out access to the runway and pits, you just don't have that."

Wong, a senior who stands about 5-foot-4, quickly established herself as North Jersey's best all-time vaulter and one of the State's best with a number of superb performances during last spring's track season.

She set a Bergen County record by clearing 11-feet-6, took first place at the Bergen Meet of Champions, won the Bergen Group A Championship and placed fourth in the State Meet of Champions.

The indoor season of a year ago proved to be a different story.

10 feet early in the season. She met appointment later at the State meet where she was the only vaulter in all four groups to clear a height but not advance to State Meet of Champions.

"I didn't do very well. I think it's nerves," Wong said. "I really didn't understand what vaulting indoors was about."

Wong didn't use it as an excuse, but dearth of practice time was probably biggest obstacle. So how is Wong trying to turn things around?

"I do a lot of work with weights and pole runs," she said. "We also do a thing called 'inverting,' which simulates the feel of the vault."

Mullin foresees better results for Wong this winter.

"She's a great kid and she works hard," he said. "The winter season can be tricky because you don't get a lot of time to practice indoors. But she does whatever she can and is real good in her own work. Hopefully, by mid-January she'll be in a groove."

Wong has taken to the event so much that she is hoping to continue in college where there are sure to be many interested coaches.

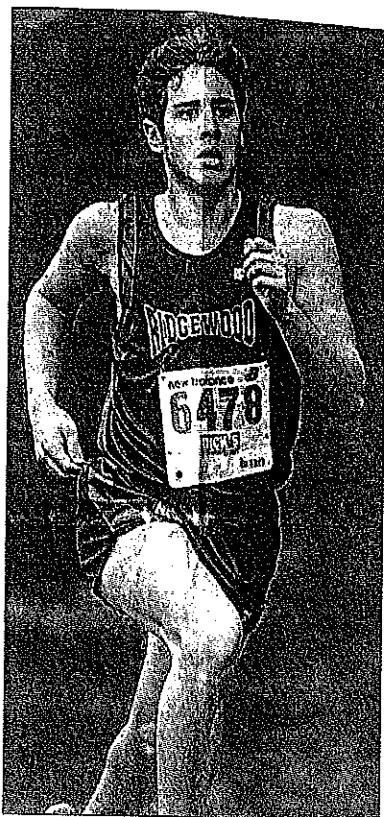
"It's something that's playing a big part in where I decide to go to college," Wong, who said she is looking at Bryn Mawr, Villanova, Lehigh and Lafayette. "I really want to vault in college and I've been checking out the track teams at different schools to see what they have to offer."

As far as the upcoming winter season goes, she is taking the challenge seriously.

"My goal is to qualify for the State Meet of Champions and do as well as I did in the spring," Wong said. "I know what I'm getting into this time."



DON SMITH/STAFF PHOTOGRAPHER



Three-timer Cator headlines boys stars

BY JIM MCCONVILLE
Correspondent

RIDGEWOOD -- After spending the better part of his first three varsity seasons running in the shadow of his more renowned sister Amy, Midland Park's Ryan Van Alstine turned the 2005 cross country season into a personal crusade for excellence.

His goal was achieved on the many courses he conquered, and his efforts land him his initial first team All-Suburban cross-country selection.

The Midland Park senior is one of six 12th-graders honored on the 10-man squad, with three juniors and a sophomore joining them. Ridgewood owns an area-high three selections, while Don Bosco and Northern Highlands each have two representatives. Midland Park, Indian Hills and Ramsey placed one runner apiece.

Ridgewood's Mike Cator is a three-time first team choice, while three others are making their second appearance on the first unit and two are moving up from last year's second team.

Max Bruno of Indian Hills slides over from the freshman of the year spot, an honor that goes to Don Bosco's Robert Molke this season.

The individual profiles:

NIK BATARAGS, Northern Highlands -- This senior is a classic example of a late bloomer who makes the most out of his final season. Batarags ran third at the Season Opener A race and was fourth in the Shore Invitational C meet to get the year going, and he took second in the

North Bergen Interscholastic League (NBIL) meet to start the post-season.

Batarags placed sixth at the Bergen County Group A meet and 12th in the Bergen Meet of Champions (BMOC), then ran 25th at the Group 3 sectional meet. He finished his high school career with a 19th-place finish in the state Group 3 meet and a 70th at the State Meet of Champions (SMOC).

MAX BRUNO, Indian Hills -- This sophomore showed that he should be a force among Bergen County cross-country runners for the next two seasons.

Bruno finished ninth in the Shore D race, but it was the post-season where he truly excelled. He won his first two major championships meets by taking the Bergen County B and Group 2 sectional races. In between those wins was a sixth at the BMOC, and he ran 23rd at the state Group 2, missing out on a shot at the SMOC.

MIKE CATOR, Ridgewood -- This senior completed a brilliant four-year varsity career in which he accumulated numerous individual and team titles, ensuring his place among the elite runners in the Maroons' storied program.

This year, Cator opened up the season with a 20th at the Shore B and a 12th in the Manhattan Invitational G before embarking on the post-season. He started with a fourth at the Bergen County A meet, then finished third in the BMOC, before winning the sectional Group 4 race.

Cator then took 11th in the state Group 4 championships and finished his Maroon

See **BOYS**, page C2

Ridgewood runners lead All-Suburban pack

All-Suburban Girls Cross- Country

FIRST TEAM

Christy Bertelsen, Ridgewood.....Soph
Stacy Bond, RamseyJunior
Patty Hannon, ParamusSophomore
Meredith Jones, RidgewoodSenior
Ashlyn Llerandi, Ridgewood.....Junior
Sarah Pagano, IHAFreshman
Kesley Ramsey, RamapoJunior
Jessica Settles, Paramus.....Senior
Kerry Taylor, Immaculate HeartSenior
Amy VanAlstine, Midland ParkSenior

FRESHMAN OF THE YEAR

Charollette Tregelles, Northern Highlands

SECOND TEAM

Jen Bain, RamseyJunior
Brooke Constable, HighlandsSenior
Tara Hannon, Paramus.....Sophomore
Angie Iribarne, Immaculate Heart..Junior
Lindsey Jeltet, Indian HillsJunior
Jess Krejsa, RidgewoodSenior
Gelsey Johnson, WestwoodSenior
Linda Puntasecca, IHA.....Senior
Steph Westerman, RidgewoodSenior
Staci Zacharski, Indian HillsJunior

All-Suburban Boys Cross- Country

FIRST TEAM

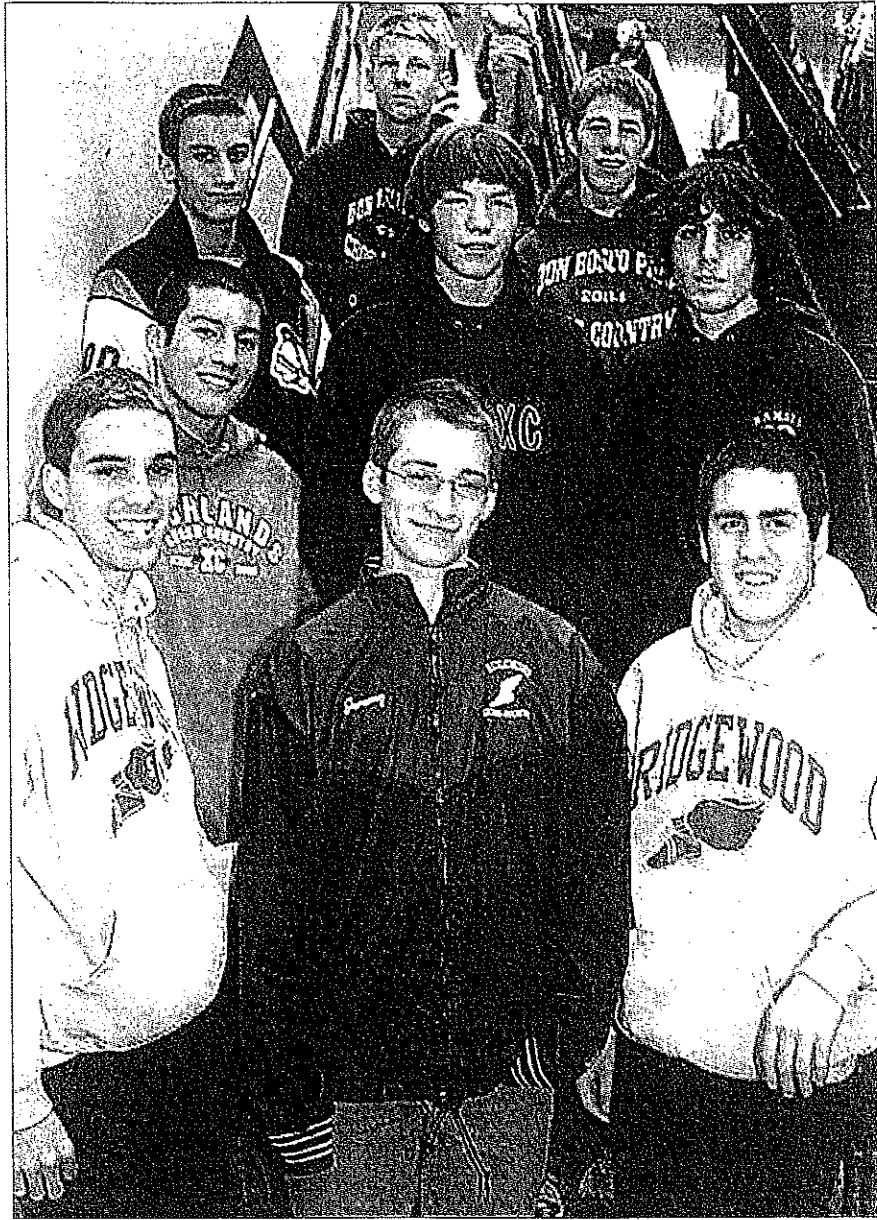
Nik Batarags, Northern Highlands.Senior
Max Bruno, Indian HillsSophomore
Mike Cator, RidgewoodSenior
Ben Diestel, Northern Highlands...Senior
Dan Emont, RidgewoodJunior
Bryan Kretschmer, Ramsey.....Senior
Colin McCullough, Don BoscoJunior
Conor Sullivan, Don Bosco.....Junior
Ryan VanAlstine, Midland ParkSenior
Byron Williams, RidgewoodSenior

FRESHMAN OF THE YEAR

Robert Molke, Don Bosco

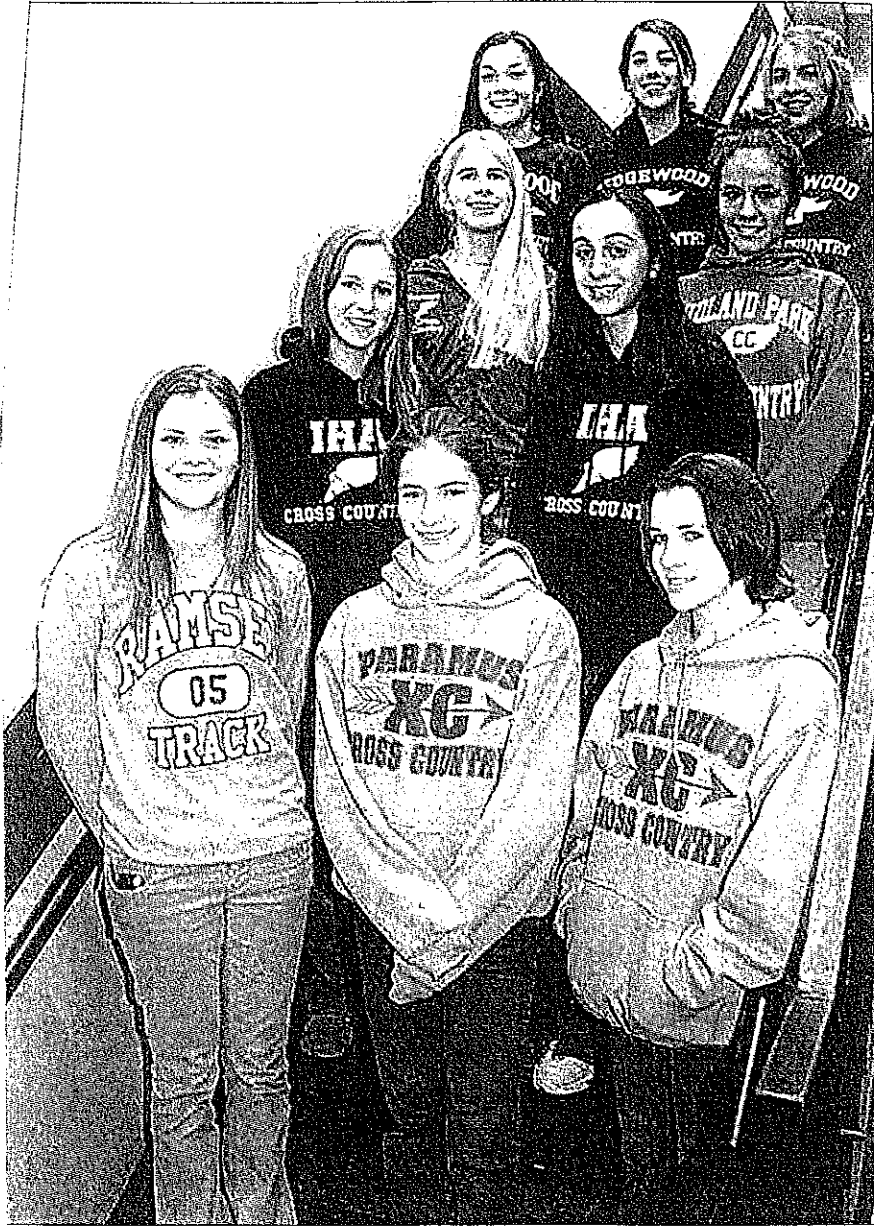
SECOND TEAM

Jason Baker, Don Bosco.....Junior
Andrew Bruno, Indian HillsSenior
Niall Buckley, RidgewoodJunior
Tim Burke, Bergen CatholicJunior
Andrew Gaidus, HighlandsJunior
Jeremy Kalmus, Ridgewood.....Junior
Robert Nihen, Glen RockJunior
Jerome Perkins, Indian Hills..Sophomore
Nick Prakash, Northern Highlands Junior
Scott Walker, Midland ParkSenior



ANTHONY VASSALLO/STAFF PHOTOGRAPHER

The members of the 2005 All-Suburban boys cross-country first team are (front row, from left) Byron Williams, Ben Diestel, Dan Emont and Mike Cator; (second row, from left) Max Bruno, Ryan Van Aistine and Bryan Kretschmer; (top row, from left) Conor Sullivan and Colin McCullough. Not pictured is Nik Batarags.



ANTHONY VASSALLO/STAFF PHOTOGRAPHER

The members of the 2005 All-Suburban girls cross-country team are (from left, front row) Stacy Bond, Jessica Setless and Patty Hannon; (from left, middle row) Kerry Taylor, Kesley Ramsey, Sarah Pagano and Amy Van Alstine; (from left, top row) Ashlyn Lierandi, Christy Bertelsen and Meredith Jones.

Spike Shoe Invite (Results) Monday 12/19/05

1600m:

Boys-

Frosh- Dylan Lee- 5:44, Sean Martin- 5:49, Taro Shigenobu- 5:03 (4th),
Robert Sierra- 5:49, Mark Rykken- 5:22, Justin Jenkins- 5:51, Adam Marquard- 5:58

Novice- Cole MaGrath- 5:09

Varsity- Mike Cator- 4:27.0 (2nd), Byron Williams- 4:24.3 (1st),
Niall Buckley- 4:28.8 (3rd), Jeremy Kalmus- 4:41.3, Jeremy Schmidt- 4:56,

Girls-

Frosh- Hilary Barr- 6:07, Catherine Buckley- 6:25, Jessica Conner- 6:29,
Lisett Dillon- 6:23, Megan Granski- 6:29, Katherine Griffith- 6:49, Robin Lee- 6:48,
Charlotte Margel- 6:21, Tory Middleton- 6:58, Tory Mullen- 6:52, Jenny Narvaez- 6:27,
Molly Rapaport- 7:27, Casey Reilly- 6:18, Kristin Dikun- 7:15,
Megan McLoughlin- 6:57, Ali Rahill- 7:03, Annie Vaughn- 6:44

Novice- Rachel Benenson- 7:10, Marya Goodman- 6:11, Rosa Dillon- 6:39

Varsity- Meredith Jones- 5:29.6 (3rd), Steph Westerman- 5:30.6 (4th),
Maggie Harms- 5:48, Christy Bertelsen- 5:50, Alex Middleton- 6:10.5,

55m dash:

Boys-

Frosh- Travis Becher- 7.8, Kevin Boyce- 8.5, Ian Burde- 8.6, Chris Davis- 8.8,
Erik Grossman- 8.5, Kota Kurib- 8.5, Marcos Lutterbach- 8.6, Dan Nagano- 8.6,
Tim Reveri- 8.8, Richard Sayanagi- 8.4, Collin Suh- 8.4, Ryan Treppedi- 8.5,
Greg Zulauf- 8.6

Novice- Josh Dabby- 9.3, Dan Gillis- 8.6, Logan Ruppel- 8.5,
Mike Vaccaro- 7.6, Rob Webbe- 7.8, Chris Zeigler- 7.5, Zach Ontivaros- 7.8,
Filipe Vasquez- 8.2, Frank Nestor- 7.8

Girls-

Frosh- Maeve Casey- 8.8,, Priscilla Chow- 8.5, Madeline Conboy- 8.5,
Alexa Coppola-7.8, Alex Cowan- 8.5, Tori Emery- 8.6, Madeline Hong- 8.6,
Rita Muzio- 8.5, Jessica Nebbling- 9.2, Caroline Petriello- 9.5, Jaclyn Pierce- 8.4,
Brittany Quenn- 8.8, Mary Reynolds- 9.6, Charlotte Spatz- 8.7, Emily Trent- 8.7,

Novice- Emily Barr- 7.8 (4th), Kate Gruchawka- 7.7, Mollie Kurshan- 8.8,
Erica Piscatelli- 8.6, Natalie Ryneveld- 9.2,

Varsity- Erica Cigolini- 7.5,

55m HH:

Boys-

Frosh- Richard Sayanagi- 9.6, Dan Nagano- 13.4, Erik Grossman- 11.6,
Kevin Boyce- 11.8

Novice- Akira Monri- 8.0/8.2, Dan Gillis- 11.2

Varsity- John Moody- 8.6, Joe Nagano- 8.2, Steve Pierce- 8.8

Girls-

Frosh- Maeve- 12.0, Jaclyn Pierce- 12.0, Madeline Conboy- 12.3, Emily Trent- 13.5

Varsity- Lara Que- 8.5 (3rd), Cassie Wong- 8.7, Mia Martinez- 9.1, Alice Wisener- 10.7,
Brooke Bogart- 9.2

800m:

Boys-

Frosh- Dylan Lee- 2:41, Sean Martin- 2:47, Taro Shigenobu- 2:17 (4th),
Robert Sierra- 2:51, Mark Rykken- 2:25,

Varsity- Jeremy Kalmus- 2:10.8

Girls-

Frosh- Hilary Barr- 2:51, Catherine Buckley- 2:52, Jessica Conner- 3:03,
Lissett Dillon- 2:49, Megan Granski- 2:53, Katherine Griffith- 3:12,
Mikaela Kislevitz- 3:16, Robin Lee- 3:08, Charlotte Margel- 3:01,
Torey Middleton- 3:08, Tory Mullen- 3:19, Jenny Narvaez- 2:56, Ali Rahill- 3:22,
Molly Rapaport- 3:24, Casey Reilly- 2:49, Janie VanDevander- 3:07,
Kristin Dikun- 3:11, Megan McLoughlin- 2:53

Novice- Rachel Benenson- 3:14

200m:

Boys-

Frosh- Travis Becher- 28.0, Kevin Boyce- 35.3,
Erik Grossman- 29.1, Kota Kurib- 29.9, Adam Marquard- 31.5,
Dan Nagano- 29.9, Richard Sayanagi- 28.9, Collin Suh- 31.2, Ryan Treppedi- 31.3,
Greg Zulauf- 31.9, Tony Petrysin- 30.5,

Novice- Josh Dabby- 37.5, Dan Gillis- 25.7, Logan Ruppel- 28.6,
Mike Vaccaro- 27.2, Rob Webbe- 29.0, Chris Zeigler- 25.7, Zach Ontivaros- 25.4,
Filipe Vasquez- 29.3, Akira Monri- 24.4

Varsity-: Eugene Mok- 25.3, John Moody- 24.9

Girls-

Frosh- Maeve Casey- 33.4, Priscilla Chow- 33.7, Madeline Conboy- 32.2,
Rita Muzio- 31.9, Jaclyn Pierce- 33.2, Brittany Quenn- 32.5, Emily Trent- 32.2,

Novice- Emily Barr- 29.4, Mollie Kurshan- 33.0, Erica Piscatelli- 35.4,
Ann Polcari- 30.4, Natalie Ryneveld- 32.3, Mia Martinez- 29.3,

Varsity- Alice Wisener- 28.5, Erica Cigolini- 28.3, Cassie Wong- 28.4

4 x 800m: (varsity only)

Girls- (A) Maggie Harms, Alice Wisener, Christy Bertelson, Steph Westerman
10:46.8... 2:37.9 3:01.7 2:39.8 2:27.4

(B) Emily Barr, Marya Goodman, Rosa Dillon, Alex Middleton
11:20.9... 2:45.9 2:49.6 2:59.8 2:45.0

Long Jump:

Boys-

Varsity- Brian Climente- 19'3 ½", Steve Pierce- 18' ½", Akira Monri- 17'6 ½"

Girls-

Varsity- Brooke Bogart- F, Anne Polcari- 13'6"

Triple Jump:

Boys-

Varsity- Brian Climente- 37'10", Akira Monri- 38'11", Steve Pierce- 36',

Girls-

Varsity- Brooke Bogart- 34'2", Anne Polcari- 30'2 ½"

High Jump: (varsity only)

Girls- Mia Martinez- 4'4", Erika Cigolini- 4'4"

Pole Vault: (varsity only)

Boys- Zach Onitveros- NH, Frank Nestor- NH

Girls- Cassie Wong- 10'0" (**1st**), Anne Polcari- 8'6" (**3rd**)

Shot Put: (varsity only)

Boys- Steve Aboallah 46'11 ½" (**4th**), Paul Kim- 29'11 ½"

COMMENTS:

Now you know how a winter track meet runs... Organized Chaos! A good 1st meet for us. Some great accomplishments highlighted by the boys going 1-2-3 in the varsity mile. It was great to see the spirit and enthusiasm of the group. We WILL continue to get better only if YOU work hard!

Marine Corp Invite

Tue 12/27/05

**** RESULTS ****

Shuttle Hurdle Relay:

Boys- Steve Pierce, Akira Monri, John Moody, Joe Nagano
32.28 (6th) * NEW SCHOOL RECORD *****

Girls- Cassie Wong, Brooke Bogart, Mia Martinez, Lara Que
37.43 (5TH)

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

Boys-

1: Mike Cator, Jeremey Schmidt, Niall Buckley, Byron Williams
10:26.3 (1st) 3:09.9 53.9 1:58.2 4:24.3

2. Jeremy Kalmus, Steve Pierce, Joe Nagano, Cole MaGrath
11:56.3 3:30.2 56.4 2:15.0 5:14.7

Girls-

1: Steph Westerman, Alice Wisener, Jess Kresja, Meredith Jones
13:03 (3rd) 4:02.9 64.7 2:29.3 5:26.0

2: Maggie Harms, Kate Gruchawka, Alex Middleton, Christy Bertelson
13:42.1 4:10.3 66.0 2:42.2 5:43.3

Pole Vault Relay:

Girls- Cassie Wong, Anne Polcari
18'0" (4th) 9'0" 9'0"

**** NEW SCHOOL RECORD ****

Comments:

Tremendous job! Many highlights...2 New school records, a 3rd in the girls DM, and a 1st in the boys DM which is also the fastest time in the country this year so far! Awesome work. Keep it up!

Tom Zaccone Invite

Tues. Jan 3rd, 2006

***** Results *****

55m dash:

Boys-

Frosh- Chris Davis- 9.8, Erik Grossman- 7.6/7.4, Dan Nagano- 8.0, Tim Reveri- 7.9,
Richard Sayanagi- 7.4/7.5, Collin Suh- 8.1, Ryan Treppedi- 8.2,
Greg Zulauf- 7.9

Novice- Logan Ruppel- 7.8, Eugene Mok- 7.2, Mike Vaccaro- 7.7, Rob Webbe- 7.5,
Chris Zeigler- 6.9/6.8/6.9 (4th), Zach Ontivaros- 7.2, Filipe Vasquez- 7.8

Varsity- Brian Climente- 7.4, Steve Pierce- 7.1

Girls-

Frosh- Priscilla Chow- 9.1, Madeline Conboy- 8.7, Rita Muzio- 9.0,

Novice- Emily Barr- 8.1/8.0/7.8 (5th), Mollie Kurshan- 9.3

Varsity- Alice Wisener- 8.0, , Erica Cigolini- 7.5

55m HH:

Boys-

Frosh- Richard Sayanagi- 9.0/9.3 (3rd), Dan Nagano- 10.9, Erik Grossman- 9.6,
Kevin Boyce- 13.9, Marcos Lutterbach- 11.0

Novice- Dan Gillis- 11.0

Varsity- John Moody- 8.4/8.5, Joe Nagano- 8.6/8.6, Steve Pierce- 8.7,
Akira Monri- 8.3/8.2/8.6 (6th)

Girls-

Frosh- Maeve Casey- 11.8, Jaclyn Pierce- 11.6, Emily Trent- 11.6

Varsity- Cassie Wong- 9.1/9.0/8.9 (3rd), Mia Martinez- 9.1/9.0/9.2 (5th)

4 x 800m:

Boys-

Varsity- Niall Buckley, Jeremy Schmidt, Joe Nagano, Jeremy Kalmus
8:48.3 (3rd).... 2:07.7 2:10.4 2:16.4 2:13.8

Frosh-

(1) Mark Rykken, Tara Shigenobu, Dylan Lee, Justin Jenkins
10:10.4 (1st)... 2:34.9 2:21.6 2:33.1 2:40.8

(2) Sean Martin, Tim Reveri, Adam Marquard, Dan Nagano
11:18.2... 2:41.3 2:47..8 2:54.6 2:49.2

Girls-
Varsity-

(1) Steph Westerman, Jess Kresja, Maggie Harms, Meredith Jones
10:17.9 (2nd) 2:31.1 2:32.8 2:41.8 2:32.0

(2) Rosa Dillon, Marya Goodman, Alex Middleton, Christy Bertelson
11:12.7.. 2:57.7 2:51.4 2:45.7 2:36.8

Frosh-

(1) Hillary Barr, Casey Reilly, Lisset Dillon, Catherine Buckley
11:37 (1st) .. 2:57 2:55 2:54 2:51

(2) Megan Granski, Charlotte Margel, Jenny Narvaez, Jessica Connor
12:14 (2nd) 2:56 3:08 3:12 2:58

(3) Tory Middleton, Katherine Griffith, Megan McLoughlin, Robin Lee
12:17 (3rd) 3:00 3:04 3:10 3:03

(4) Ali Rahill, Janie Vandevander, Anne Vaughn Kristin Dunkun
12:42 (5th) 3:10 3:11 3:08 3:03

(5) Madeline Hong, Molly Rapaport, Mikaela Kislevitz, Rachel Benenson
13:53..... 3:39 3:22 3:26 3:33

200m (varsity):

Boys- Steve Pierce- 25.7, John Moody- 26.2

Girls- Erica Cigolini- 27.8 (5th)

Novice- Emily Barr- 29.8 (4th), Molly Kurshan- 34.9

4 x 1 lap:

Boys-

Novice- (1) Dan Gillis, Chris Zeiglar, Zach Ontivaros, Eugene Mok
1:38.7 (6th).... 26.4 23.7 24.8 23.9

(2) Logan Ruppel, Mike Vacarro, Rob Webbe, Felipe Vasquez
1:48.9 28.1 26.6 27.1 27.0

Frosh- (1) Tim Reveri, Adam Marquard, Kota Kurib, Richard Sayanagi
1:57..... 33.1 30.4 28.5 25.9

(2) Colin Suh, Kevin Boyce, Ryan Treppedi, Marcos Lutterbach
2:06..... 33.2 30.4 31.7 31.6

Girls-

(1) Catherine, Lauren Wilson, Kristin Dikun, Anne Vaughn
2:13... 35.1 35.7 31.6 33.6

(2) Rita Muzio, Maeve Casey, Emily Trent, Jaclyn Pierce
2:09..... 32.3 37.2 31.9 31.0

600m: (varsity only)

Girl- Jess Kresja- 1:50.5 (**1st**), Alice Wisener- 1:57.1

1000m:

Boys-

Varsity- Jeremy Kalmus- 2:50.4

Novice- Cole Magrath- 3:09.5

Frosh-

Tara Shigenobu- 3:00.0 (**1st**), Dylan Lee- 3:31, Justin Jenkins- 3:31,
Sean Martin- 3:38,

Girls-

Varsity- Steph Westerman- 3:15.0 (**3rd**), Maggie Harms- 3:41.0,
Christy Bertelsen- 3:27.0

Novice- Rosa Dillon- 3:51.0, Marya Goodman- 3:46, Alex Middleton- 3:39.7 (**2nd**),
Rachel Benesen- 4:22

Frosh-

Hillary Barr- 3:47 (**2nd**), Casey Reilly- 3:52 (**6th**), Lisset Dillon- 3:49 (**3rd**),
Catherine Buckley- 3:46 (**1st**), Megan Granski- 3:51 (**5th**), Charlotte Margel- 3:55,
Jenny Narvaez- 4:09, Jessica Connor- 3:57, Tory Middleton- 4:06,
Katherine Griffith- 4:22, Robin Lee- 4:13, Ali Rahill- 4:30, Anne Vaughn- 4:26,
Molly Rapaport- 4:29, Madeline Hong- 4:35

Comments:

A great night! We brought home a lot of hardware...Nice Job! Great job all the way around, but congrats to the hurdlers for a super job and special congrats to Catherine Buckley and Taro Shigenobu for getting 2 gold medals a piece...way to go! Keep up the good, hard work!

Passaic Valley's Esguerra stands tall

By PAUL SCHWARTZ
STAFF WRITER

HACKENSACK - Six one-hundredths of a second isn't a very long time.

But A.J. Esguerra of Passaic Valley has had .06 on the brain for nearly a year now. And it won't completely disappear until Jan. 29.

Esguerra missed qualifying for the State Meet of Champions last winter in the 55-meter hurdles by a scant .06, missing a wild-card spot from the State Group 2 meet by that margin. It haunts his successful early season this winter.

"It's pretty much what I'm focusing on this year," Esguerra said after he ran a personal best 7.6 to win the hurdles race at the Tom Zaccone Invitational at the

INDOOR TRACK ZACCONE INVITATIONAL

Rothman Center on Tuesday night. "I want to make the Meet of Champions this year."

Esguerra, who also won the hurdles race at the Pearl River (N.Y.) Invitational at Rockland Community College last week, defeated Ted Lesher of Northern Highlands and Alec Marshall of Wayne Valley on Tuesday, a sure sign of good things to come.

"Alec beat me all the time last winter," said Esguerra, who was fifth in the Northern Hills championships and third in Passaic County in the 55 hurdles last season, with a best time of 8.2 seconds.

"And it wasn't close in the spring. But my technique is better this year and I seem to be a lot faster."

"He's our secret weapon," said Hornet coach Bill Johnson. "I don't think a lot of people know about him, but he just missed the Meet of Champions indoors last year and just missed making it to the State meet [in the 110 hurdles] last spring.

"His attitude is the best part of his performance and preparation, and he just works so hard and so smart."

"I think my technique really helps me because even if you get a slow start, your technique can carry you," said Esguerra, who played cornerback on the football team and had two interceptions. "I always thought I was more of a speed hurdler than a technique hurdler, but I think I've improved more on my technique this year and it's made me faster."

Though the Group 2 meet isn't until Jan. 29, Esguerra still has some interim goals to concentrate on in the weeks leading up to the State championship.

"I want to win the league [Northern Hills at Drew on] Saturday and the Passaic County [at the Armory on Jan. 18]," said Esguerra, who may continue in track at Rutgers or Montclair State.

"I wish those meets were a little later in the season, but we all are going to have the same preparation time coming in," he said, "so you have to be ready compete."

And Esguerra, who placed in five major events last winter but never finished higher than third, has a goal for the Passaic County meet.

"I saw in the preview that the County meet record was 7.7," he said. "I want to beat that."

The 3,200-meter relay was the highlight at the meet Tuesday: Marlboro and Ridgewood, the top two finishers in the girls race; and Northern Highlands, the easy boys winner, all broke into the all-time Rothman Center top 25 with their performances.

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INDOOR TRACK

TOM ZACCONE INVITATIONAL

AT ROTHMAN CENTER, HACKENSACK

Boys

55 - 1. Ken Britt, Bayonne, 6.3; 2. Kieron Gardiner, Bloomfield, 6.5; 3. Kevin Shlm, Ridgefield, 6.5; 4. Joe Jones, Englewood, 6.5; 5. Mike Epps, Englewood, 6.6; 6. Somar Williams, Shabazz, 6.7.

55 HH - 1. A.J. Esguerra, Passaic Valley, 7.6; 2. Ted Lesher, Northern Highlands, 7.7; 3. Alec Marshall, Wayne Valley, 8.0; 4. Chris Castro, Bergen Tech, 8.4; 5. John Steplen, Bergenfield, 8.6; 6. Akrl Monri, Ridgewood, 8.6.

200 - 1. Ishmael Robbins, Irvington, 23.5; 2. Mike Epps, Englewood, 23.7; 3. Jaymark Bailey, Irvington, 23.8; 4. Somar Williams, Shabazz, 23.9; 5. tie between Will Barbour, Bloomfield and A.J. Esguerra, Passaic Valley, 24.1.

600 - 1. Garrett Kroner, Indian Hills, 1:29.9; 2. Dane Bender, Pompton Lakes, 1:31.7; 3. Scott Walker, Midland Park, 1:33.8; 4. Ben Diestel, Northern Highlands, 1:34.1; 5. Adenford Jean Philippe, Irvington, 1:34.4; 6. Nik Batarags, Northern Highlands, 1:34.8.

1,000 - 1. Rollin Deas, Verona, 2:45.7; 2. Max Bruno, Indian Hills, 2:46.3; 3. Steve Abate, Wayne Valley, 2:46.7; 4. Nick Roman, Passaic Valley, 2:48.4; 5. Tony Salvatore, Wayne Valley, 2:49.2; 6. Tom Cullen, Bergen Tech, 2:50.1.

1,600 relay - 1. Hackensack (Henry, Bahahene, Bembry, Burrell), 3:45.3; 2. Bergen Tech, 3:50.2; 3. Ramsey, 3:51.8; 4. Passaic Tech, 3:56.9; 5. Hackensack B, 4:00.2; 6. Ramsey B, 4:06.8.

3,200 relay - 1. Northern Highlands (Nik Batarags, Ben Diestel, Andrew Galdus, Peter Mundo), 8:30.1; 2. Wayne Valley, 8:46.1; 3. Ridgewood, 8:48.0; 4. Ramsey, 8:58.1; 5. Passaic Tech, 9:00.9; 6. Ridgefield Park, 9:01.2.

Girls

55 - 1. Consandria Walker, Hackensack, 7.1; 2. Evana Edwards, Hackensack, 7.4; 3. Shaylah Counts, Shabazz, 7.4; 4. Krystal Wyche, Hackensack, 7.5; 5. Angelica Johnson, Ridgefield Park, 7.5; 6. Nicole Thompson, Rutherford, 7.7.

55 HH - 1. Evana Edwards, Hackensack, 8.8; 2. Julia Marshall, Northern Highlands, 8.9; 3. Cassie Wong, Ridgewood, 8.9; 4. Arianna Pomo, Saddle Brook, 9.0; 5. Mia Martinez, Ridgewood, 9.2; 6. C.J. Jacob, Ridgefield Park, 9.4.

200 - 1. Shaylah Counts, Shabazz, 27.0; 2. Consandria Walker, Hackensack, 27.1; 3. Shavannah Moss, Passaic Tech, 27.2; 4. Angelica Johnson, Ridgefield Park, 27.5; 5. Korvette Hinton, Orange, 27.7; 6. Erica Clgonini, Ridgewood, 27.9.

600 - 1. Jess Kresja, Ridgewood, 1:50.1; 2. Leticia Rivera, Bloomfield, 1:51.0; 3. Erica Weitz, Marlboro, 1:51.9; 4. Julia Ireland, Rutherford, 1:52.7; 5. Dayle Van Ess, Passaic Valley, 1:52.8; 6. Kelli Sinclair, Ridgefield, 1:53.8.

1,000 - 1. Lindsey Jettes, Indian Hills, 3:12.2; 2. Amy Van Alstine, Midland Park, 3:12.9; 3. Steph Westerman, Ridgewood, 3:15.6; 4. Susan Fortkiewicz, Bloomfield, 3:19.6; 5. Dayle Van Ess, Passaic Valley, 3:22.3; 6. Stacey Bond, Ramsey, 3:25.1.

1,600 relay - 1. Ramsey (Erii, Singer, Schwarz, Lanuto), 4:29.9; 2. Hackensack, 4:33.3; 3. Bergen Tech, 5:00.0. No other places.

3,200 relay - 1. Marlboro (Weitz, L. Pietiosh, B. Pietiosh, Karlovich), 10:14.7; 2. Ridgewood, 10:18.0; 3. Northern Highlands, 10:30.3; 4. Ramsey, 10:49.6; 5. Verona, 11:05.4; 6. Bergen Tech, 11:13.1.

Krejsa utilizes inner strength

Ridgewood senior fights illness

By PAUL SCHWARTZ
STAFF WRITER

Ridgewood senior Jess Krejsa won her first major title Tuesday night at the Tom Zaccone Invitational at the Rothman Center, using the strength that helped her become one of the Maroons' top cross-country runners to win the 600 meters in 1:50.4.

A year earlier, Krejsa not only wasn't running, she was preparing to undergo her first chemotherapy treatment for a condition that might have ended her athletic career.

At the end of cross-country in 2003, the then-sophomore began to feel extremely tired. After some blood tests, she was diagnosed with autoimmune hemolytic anemia.

"They treated me with Prednisone and I was able to come back and run in the spring," said Krejsa, who also ran a fine leg on Ridgewood's second-place 3,200 relay team Tuesday. "But in the fall of 2004 during cross-country, I began to get tired again and I guess my body had developed a tolerance for the Prednisone because this time it didn't work."

So the next step was a series of four treatments with Ritoxin, once a week on Saturdays with all the side effects chemotherapy can bring. It seemed to work, but Krejsa was a little hesitant to consider cross-country again because of what had happened the two previous years.

"But I knew that Mr. [Jacob] Brown [the Ridgewood cross-country coach] would make sure that if I had any problems, he would stop me," Krejsa said. "I just wanted to run again."

She ran cross-country this past fall, running fourth or fifth for the Maroons in every meet and providing key points as Ridgewood extended its dual-meet winning streak to 145 and won the Bergen Meet of Champions again.

"Without her, we wouldn't have won any of the championships we won and the winning streak would

INDOOR TRACK NOTEBOOK

be gone, too," Brown said.

Krejsa now watches her diet carefully and gets monthly blood tests to check her hemoglobin levels, but is running better than ever.

HOLIDAY HIGHLIGHTS: At the Drew Invitational, Connie Musleh of Clifton was third in the girls shot put with a throw of 34 feet, 3½ inches, Carlo Santelli of Clifton was third in the boys 3,200 in 10:39.17 and Patrick Jacobs of Butler was third in the boys 1,600 in 4:45.99.

Jess Setless of Paramus took second in the girls 3,200 at the Pearl River Holiday Classic in 12:08.3, and Hayley Kellinger of Saddle Brook was third in the 55 hurdles in 9.4.

A.J. Esguerra of Passaic Valley won the boys 55 hurdles in 7.9 with Alec Marshall of Wayne Valley third in 8.2. Claude Guinchard of Don Bosco tied for first in the pole vault at 12 feet and Greg Stripe of Mahwah was third at 11-6. Jon Massari of Paramus was second in the high jump at 5-9, and Kyle Lindsay of Eastside was third in the triple jump with a jump of 44-5¾. Warren Martin of Don Bosco was third in the shot put with a throw of 43-0. Will Nowicki of Pascack Valley was second in the 3,200 with a time of 9:51.6.

Teaneck's Jamila Morrison threw 36-5½ to win the girls shot put at the Seton Hall Games.

GARFIELD RESULTS: In the first of three qualifying meets that make up the Garfield Invitational, Chelsea Schiffman of Demarest won the girls shot put with a throw of 35-9¼. Tanya Elshahawi of Indian Hills was second at 34-2 and Natalia Arias of Tenafly was third at 32-11.

Doug Klopacz of St. Joseph won the boys shot put with a toss of 52-5½. Jeff Seidel of Hasbrouck Heights was second at 49-3½, followed by Geoff Goidell of Pascack Hills at 49-2¾.

Dartmouth Relays

Sat 1/7/06

***** Results *****

1 mile:

Boys- Jeremy Kalmus- 4:49.5

Girls-Christy Bertelsen- 5:42.69, Maggie Harms- 5:49.19, Rosa Dillon- 6:29.35

2 mile:

Boys- Cole MaGrath- 11:16.83

1000m:

Girls- Stephanie Westerman- 3:06.18 (1st) ***New Meet Record*

800m:

Boys- Niall Buckley- 2:00.16

Girls- Alex Middleton- 2:39.78

600m:

Boys- Jeremy Schmidt- 1:28.4

400m:

Boys- John Moody- 57.34

Girls- Emily Barr- 66.69

300m:

Boys- Steve Pierce- 39.35, Joe Nagano- 39.53

Girls- Erica Cigolini- 44.10, Alice Wisener- 44.85

55m:

Boys- Steve Pierce- 7.14,

Girls- Erica Cigolin- 7.65/7.72, Emily Barr- 8.04

55m HH:

Boys- Akira Monri- 8.48/8.44, Joe Nagano- 8.79, John Moody- 8.63

Girls- Lara-Jane Que- 8.90/8.82/8.73 (3rd)

Triple Jump:

Boys- Brian Climente- 37'10", Akira Monri- 38'8 1/4"

Long Jump:

Boys- Brian Climente- 17'0"

Pole Vault:

Girls- Cassie Wong- 10'6" (5th) **** New school and county record**

4 x 200m:

Girls- Lara-Jane Que, Alice Wisener, Cassie Wong, Erica Cigolini
1:55.45..... 28.9 31.3 28.1 27.7

4 x 400m:

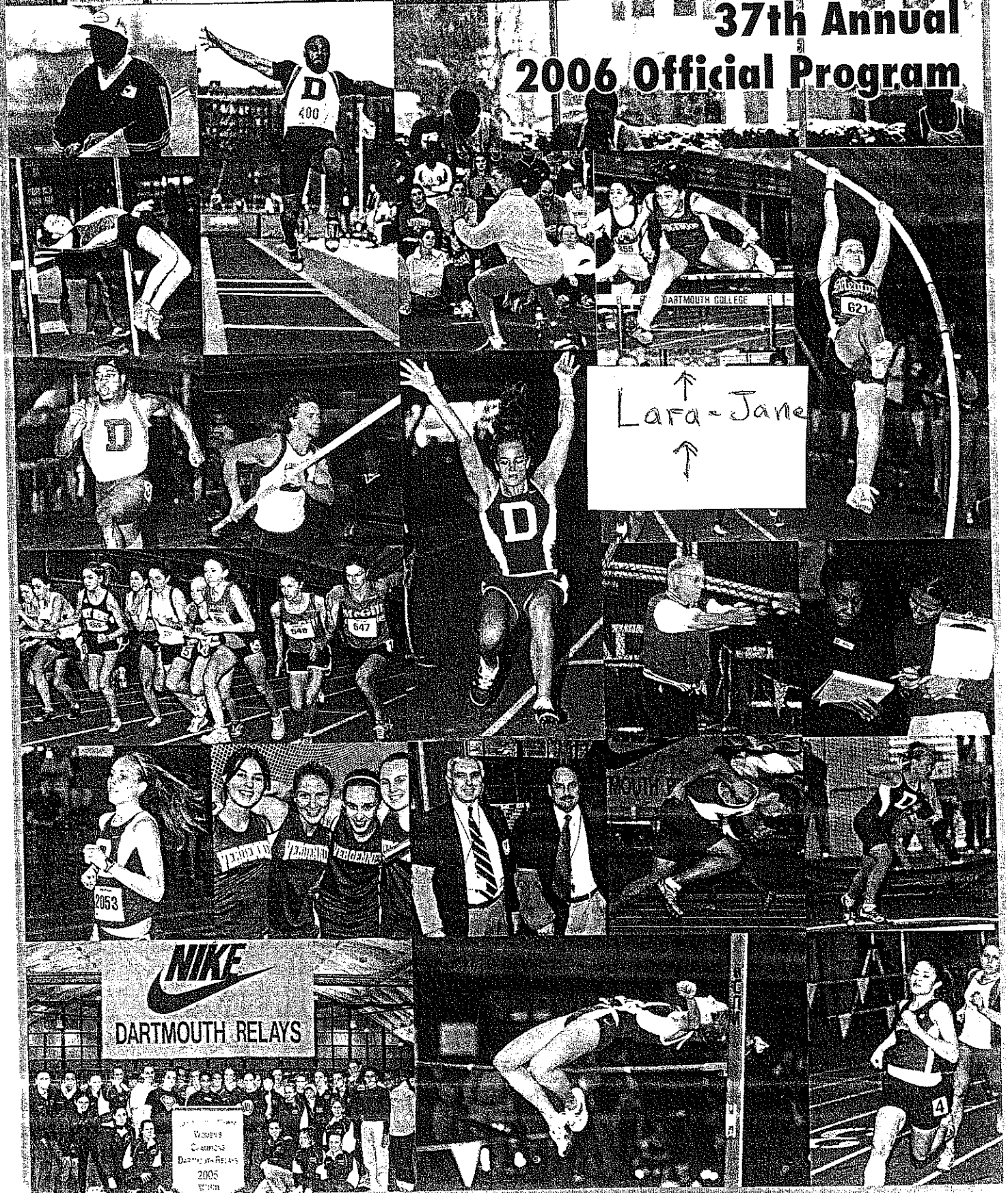
Boys- Jeremy Schmidt, Joe Nagano, Steve Pierce, Niall Buckley
3:38.19..... 54.0 56.8 54.9 52.5

COMMENTS:

Cosmic bowling, laser tag, delicious veggie pizza, the pool?, Maggie's 81, "Danny," Alice being Alice, and oh yeah, there was a track meet too. Fun time! You separated the fun from knowing when to compete... Awesome job with that! Special congrats to Steph for winning the 1000m, Lara-Jane for getting 3rd in the hurdles and Cassie for getting 5th in the pole vault while setting a new county and school record. Keep up the good work!

Dartmouth Relays 2006

37th Annual
2006 Official Program



2007 Dartmouth Relays January 5, 6, 7

Hispanic Games Sat. ~~1~~7/06

Invitational 1 mile run:

Mike Cator- 4:27.73 (11th)

Byron Williams- 4:18.83 (7th)

North Jersey Invite

Mon 1/9/06

***** Results *****

55m:

Boys- Eugene Mok- 7.3, Chris Zeiglar- 6.8

Girls- Erica Cigolini- 7.7/7.7, Emily Barr- 7.8/7.7

55m HH:

Boys- Joe Nagano- 8.7/8.6, John Moody- 8.3/8.2/8.3 (5th),
Akira Monri- 8.3/8.2, Steve Pierce- 8.6

Girls- Lara-Jane Que- 8.7/8.6/8.7 (2nd), Cassie Wong- 9.1/8.9/9.0 (4th),
Mia Martinez- 9.3/9.1/9.1 (6th)

3200m:

Boys- Mike Cator- 9:53.0 (1st)

Girls- Meredith Jones- 11:49.8 (3rd), Christy Bertelsen- 12:46.3

4 x 800m:

Boys- Taro Shiganobu, Joe Nagano, Jeremy Kalmus, Doug Seagars
9:05.0 (4th).... 2:18.2 2:16.0 2:14.5 2:18.8

Girls- Maggie Harms, Alex Middleton, Hillary Barr, Catherine Buckley
10:53.7 (2nd)..... 2:37.3 2:45.5 2:51.0 2:39.8

600m:

Boys- Niall Buckley- 1:30.2 (1st), Jeremy Schmidt- 1:35.6

Girls- Jess Kresja- 1:47.5 (1st), Alice Wisener- 1:51.9

1000m:

Boys- Byron Williams- 2:49.8 (1st), Taro Shiginobu- 3:02, Doug Seagars- 3:00

Girls- Steph Westerman- 3:11.7 (1st), Alex Middleton- 3:32.0 (6th)

300m:

Boys- Eugene Mok- 40.9, Chris Ziegler- 51.1, John Moody- 39.8

Girls- Erica Cigolini- 46.3, Cassie Wong- 46.5, Mia Martinez- 47.4

1600m:

Boys- Mike Cator- 4:48.1 (2nd), Byron Williams- 4:48.0 (1st),
Jeremy Kalmus- 4:50.0 (4th)

Girls- Meredith Jones- 5:36.0 (1st), Christy Bertelson- 5:49.0 (6th),
Maggie Harms- 6:13, Marya Goodman- 6:22.0, Rosa Dillon- 6:34.0

4 x 400m:

Boys- Niall Buckley, Steve Pierce, Jeremy Schmidt, Akira Monri
3:39.3 (1st)..... 52.8 55.0 56.2 55.4

Girls- Alice Wisener, Emily Barr, Jess Kresja, Steph Westerman
4:17.8 (1st)..... 64.6 65.6 64.6 63.2

Team Totals: (1st 3 place teams)

Boys:

RIDGEWOOD- 68
Don Bosco- 50
Ramapo- 18

Girls:

RIDGEWOOD- 72
Hackensack- 31
Bloomfield- 17

Comments:

A great accomplishment winning both the boys and the girls divisions! You clearly were the superior "teams" here. There were so many good races and many 1st places. It was a nice all-around win. Special congrats to the 1st place winners, and they were, Mike Cator (3200), Byron Williams (1000, 1600), Niall Buckley (600), Jess Kresja (600), Steph Westerman (1000), Meredith Jones (1600m), and both the boys and the girls 4 x 400's which were the clear highlight! Great job!

FRIDAY, JANUARY 13, 2006

Injury curtails indoor champ

Shaquan Brown was at the Rothman Center last Friday as the Kennedy track team was competing in the Ridgewood Winter Games 1 meet.

But, unfortunately for track fans, Brown was dressed in a Baltimore Ravens football jersey (Eddie Reed's number 20) instead of a Kennedy track uniform

INDOOR TRACK NOTEBOOK

after a left shoulder injury suffered in football has knocked him out of the indoor season.

Brown, the national record holder indoors at 600 meters, underwent surgery earlier this week for his separated shoulder, but is expected to make a full recovery in time for the spring season.

"I'm riding a [stationary] bike as much as I can to stay in shape," said Brown, who has a full track scholarship to the University of Louisville. "I'm disappointed, but I'll be ready for spring."

Brown is the reigning indoor State champion at 400 meters and outdoor State titlist at 200 meters.

FOUR IS LUCKY — Ramsey's girls won their second straight B division title in the North Jersey Invitational meet Tuesday night, and four, as in four points for fourth place, proved to be the Rams' lucky number.

Ramsey earned four (naturally) fourth-place finishes en route to its 24-14 victory over Arts.

"I think I have to go play No. 4 in the lottery tomorrow," said Ramsey coach Matt Winn after the victory. "There were lots of quality teams here tonight, and fourth places are important finishes. We use this meet as a steppingstone to our [NBIL] league meet and the State Relays next week, and it gives us a chance to compete against great teams."

Stacey Bond earned two of the Rams' fourth-place finishes, in the 1,600 and 3,200, while Adriana Lanuto had a surprise fourth in the 300, and Lisa Tarulli was fourth in the 600. The only place that wasn't a fourth for the Rams was the four-girl 1,600-meter relay, in which the Rams came in second.

NORTHERN SUCCESS — Three of North Jersey's top programs traveled to Dartmouth College last weekend and provided some fine early-season performances.

Ridgewood's Stephanie Westerman was the only local winner, running a personal-best 3:06.18 to win the 1,000 meters. But Hackensack's Consandria Walker scored two second-place finishes, running 7.40 in the 55 meters and jumping 16 feet, 10 inches in the long jump.

Racquel Clarke of Teaneck was second in the girls 400 in 1:02.11. Lara Què of Ridgewood was third in the 55 hurdles in 8.73, while Hackensack's Evana Edwards was sixth in 8.88. Ridgewood's Cassie Wong tied for fifth in the pole vault with a Bergen County indoor record vault of 10-6 while Teaneck's 1,600-meter relay was sixth in 4:14.61.

The boys didn't do quite as well, with only the Teaneck sprint medley — second in 3:41.03 — and Niall Buckley of Ridgewood — sixth in the 800 in 2:00.16 — earning medals.

NORTHERN HILLS SUCCESS — Wayne Valley's Steve Abate had a terrific start to the indoor track season, capped by a meet-record 1,600-meter victory at the Northern Hills meet Saturday at Drew University.

Abate, a two-time All-Passaic selection who was second-team All-North Jersey in cross-country this year, ran 4:32.55 to break the former record held by Wayne Valley's Matt Winkler in 2000. Winkler went on to a Division III All-American career in college.

"Last year my track season was terrible, and indoors I was sick, it seemed, for about three-quarters of it, and I didn't want that to happen this year," said Abate, who has outshined his more-celebrated junior classmate, Tony Salvatore, in the opening weeks of the season. "Training with Tony every day has really helped me get better, because he pushes me every day in practice."

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By **PAUL SCHWARTZ**
STAFF WRITER

HACKENSACK — Fresh off the biggest win of her career, Ridgewood's **Stephanie Westerman** had other things on her mind at the North Jersey Invitational in the Rothman Center.

"This is the first time really running for the team this season," said Westerman, who won the 1,000 meters and anchored the 1,600-meter relay Tuesday night as Ridgewood swept the A divisions, outscoring Hackensack, 71-31, in the girls' meet and Don Bosco, 68-50, in the boys'. "Before this we were just running for ourselves."

Westerman had scored the only North Jersey victory in the weekend's

INDOOR TRACK NORTH JERSEY INVITATIONAL

Dartmouth Invitational, winning the 1,000 over a field that included runners from eight states.

Ramsey repeated in the girls B division Tuesday, 24-14, over Arts, and Englewood defeated Pascack Valley, 25-16, in the boys B division.

But it was a dominating meet for both the Ridgewood boys and girls. The Maroons won nine of the 18 events in the two meets — no other team scored more than one victory.

"The boys have gotten more recognition than us recently, and we're motivated to get some of that same recognition," added **Jess Krejsa**, who won her second major race in a week and also ran on the winning Maroon relay. "It's a lot harder when you're running for a team. You don't want to let the rest of your teammates down and you know how important your points are."

Krejsa also credited head coach **Mike Mullen** and the Ridgewood coaching staff for providing even more inspiration.

"I've been going to his [middle-school track] camp since I was 9. Most of the girls have been, too," said Krejsa. "We all want to run well for them because they do so much for us."

Another boost for the Maroons was the continuing comeback of **Meredith Jones**, who won the 1,600 and took third in the 3,200.

"She really inspires us when she runs well and she has a huge impact on the team," said Westerman.

The boys' win was secured when **Michael Cator**, **Byron Williams** and **Jeremy Kalmus** finished 1-2-4 in the 1,600 meters, enabling the Maroons to overcome an 11-point deficit against Don Bosco. Cator and Williams had earlier won other events and **Niall Buckley**, the winner of the 600, clinched the victory with a stellar 52.8-second anchor leg on the Maroons' winning 1,600 relay.

Englewood was paced in the small-schools events by sprinter **Michael**

Epps, who led a 1-3-6 finish in the 55 and also took second in the 300.

"We've got more than 40 boys on the team this year, which I'm told is the biggest turnout we've had in a long, long time," said head coach **Ed Garrison**, a longtime Bergen County track coach who is in his first year at Englewood.

Former head coach and current assistant **Reggie Williams** "has been here for a long time, and I'm benefiting from all he's done here. The guys are working hard and we're trying to compete in every event, which we haven't done for a long time. Last year this team was on the brink, and now we're starting to see what can be done here."

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Ridgewood girls, boys roll to Invitational crowns

NORTH JERSEY INVITATIONAL

BOYS

TEAM SCORES

Large Schools: Ridgewood (R) 68, Don Bosco (DB) 50, Bloomfield (BL) 17, Passaic Valley (PV) 10, Passaic Tech (PCT) and Weequahic (W) 8, West Milford (WM) 7, Bergenfield (B) and Garfield (G) 4, Shabazz (S) 2, Hackensack (H) and St. Joseph Regional (SJR) 1.

Small Schools: Englewood (E) 25, Passaic Valley (PsV) 16, Queen of Peace (QP) 14, Westwood (WST) 12, Science (NS) 8, Fort Lee (FL) 7, Ramsey (RA) 6, Midland Park (MP) 5, Tenafly (T) 3, Ridgefield Park (RP) 2, Pompton Lakes (PL) 1.

55 - 1. Mike Epps (E), 6.5; **2.** Kleron Gardiner (BL), 6.5; **3.** Joseph Jones (E), 6.5; **4.** Ryan Lawrence (BL), 6.8; **5.** Somar Williams (S), 6.8; **6.** Gary Counsel (E), 6.8.

55 HH - 1. A.J. Esquerria (PV), 7.9; **2.** Chadwick Cadet (DB), 8.0; **3.** Kyle Gilroy (WM), 8.3; **4.** Claude Guinchar III (DB), 8.3; **5.** John Moody (R), 8.4; **6.** Kevin Amagal (T), 8.5.

300 - 1. Jake Stass (WST), 37.7; **2.** Mike Epps (E), 37.8; **3.** tie between Marvin Whilby (DB) and Willi Barbour (BL), 38.0; **5.** Dan Henriquez (QP), 38.3; **6.** Matt Bleszard (MP), 38.4.

600 - 1. Niall Buckley (R), 1:29.8; **2.** Jason Codrington (NS), 1:30.0; **3.** Steve Wexler (DB), 1:30.5; **4.** Antonio Tejada (QP), 1:31.0; **5.** George Rizo (RP), 1:31.2; **6.** Dane Bender (PL), 1:31.9.

1,000 - 1. Byron Williams (R), 2:50.8; **2.** Will Nowicki (PsV), 2:52.3; **3.** Sharif Webb (DB), 2:53.9; **4.** Jesus Martinez (G), 2:54.3; **5.** Terry King (PCT), 2:58.5; **6.** Andrei Olfier (FL), 2:58.6.

1,600 - 1. Mike Cator (R), 4:48.3; **2.** Byron Williams (R), 4:48.7; **3.** Bryan Kretschmer (RA), 4:49.3; **4.** Jeremy Kaimus (R), 4:50.1; **5.** Dan O'Neill (DB), 4:52.8; **6.** Jack McDonnell (DB), 4:54.5.

3,200 - 1. Mike Cator (R), 9:53.0; **2.** Will Nowicki (PsV), 9:58.2; **3.** Collin McCullough (DB), 10:01.7; **4.** Ryan Van Alstine (MP), 10:07.6; **5.** Robert Moike (DB), 10:13.2; **6.** Mike Bruno (SJR), 10:17.4.

1,600 relay - 1. Ridgewood (Jeremy Schmidt, Steve Pierce, Akira Monri, Niall Buckley), 3:39.2; **2.** Weequahic, 3:39.3; **3.** Passaic Tech, 3:43.1; **4.** Bergenfield, 3:43.8; **5.** Westwood, 3:45.4; **6.** Hackensack, 3:45.5.

3,200 relay - 1. Don Bosco (Sharif Webb, Jeff Rickert, Jack McDonnell, Joe Wexler), 8:49.1; **2.** Queen of Peace, 8:49.8; **3.** Fort Lee, 9:06.3; **4.** Ridgewood, 9:07.7; **5.** Tenafly, 9:09.6; **6.** West Milford, 9:10.3.

GIRLS

TEAM SCORES

Large Schools: Ridgewood (R) 71, Hackensack (H) 31, Shabazz (S) and Ramapo (RAM) 18, Paramus Catholic (PC) 16, Holy Angels (HA) 15, Bloomfield (BL) 14, West Milford (WM) 13, Weequahic (W) 4, Passaic Valley (PV) 2.

Small Schools: Ramsey (RA) 24, Arts (A) 14, Queen of Peace (QP) and Midland Park (MP) 10, Rutherford (RU) 8, Saddle Brook (SB) 6, Fort Lee (FL) 3, Westwood (WST) 2.

55 - 1. Shaylah Counts (S), 7.3; **2.** Judline Tumson (A), 7.3; **3.** Krystal Wyche (H), 7.5; **4.** Evana Edwards (H), 7.5; **5.** Rita Taste (BL), 7.5; **6.** Nicole Thompson (RU), 7.7.

55 HH - 1. Evana Edwards (H), 8.7; **2.** Lara-Jarie Que (R), 8.7; **3.** Arianna Pomo (SB), 8.9; **4.** Cassie Wong (R), 9.0; **5.** Whitney Awaru (FL), 9.0; **6.** Mija Martinez (R), 9.0.

300 - 1. Sophia Davls (QP), 43.4; **2.** Shaylah Counts (S), 43.8; **3.** Judline Tumson (A), 44.1; **4.** Adrianna Lanuto (RA), 44.9; **5.** Krystal Wyche (H), 45.0; **6.** Victoria Cumberbatch (H), 45.4.

600 - 1. Jess Kresja (R), 1:47.4; **2.** Alyssa Beasley (PC), 1:47.4; **3.** Alex Elkas (HA), 1:47.8; **4.** Lisa Tarulli (RA), 1:50.8; **5.** Alice Wisener (R), 1:51.7; **6.** Kelly Davln (HA), 1:53.2.

1,000 - 1. Stephanie Westerman (R), 3:11.6; **2.** Christina Valerio (WM), 3:17.7; **3.** Julia Ireland (RU), 3:20.9; **4.** Melanie Wilson (RAM), 3:21.9; **5.** Katherine Mulligan (HA), 3:31.0; **6.** Alex Middleton (R), 3:31.8.

1,600 - 1. Meredith Jones (R), 5:36.0; **2.** Katie Malachowski (PC), 5:39.5; **3.** Erin McKenna (RAM), 5:41.8; **4.** Stacey Bond (RA), 5:44.1; **5.** Susan Fortkiewicz (BL), 5:46.3; **6.** Christy Bertelson (R), 5:49.4.

3,200 - 1. Amy Van Alstine (MP), 11:19.4; **2.** Kesley Ramsey (RAM), 11:46.9; **3.** Meredith Jones (R), 11:49.8; **4.** Stacey Bond (RA), 12:08.8; **5.** Dayle Van Ess (PV), 12:12.3; **6.** Leanne Pelak (WM), 12:23.4.

1,600 relay - 1. Ridgewood (Alice Wisener, Emily Barr, Jessica Kresja, Steph Westerman), 4:17.8; **2.** Ramsey, 4:24.6; **3.** Hackensack, 4:26.1; **4.** Weequahic, 4:36.6; **5.** Westwood, 4:37.3; **6.** Rutherford, 4:40.6.

3,200 relay - 1. Bloomfield (Susan Fortkiewicz, Julie Cumming, Cara Constantino, Nikki Rivera), 10:53.9; **2.** Ridgewood, 10:54.1; **3.** Holy Angels, 10:57.2; **4.** West Milford, 11:00.6; **5.** Hackensack, 11:07.3; **6.** Fort Lee, 11:09.8.

SPORTS

BOYS, GIRLS INDOOR TRACK MEET

Maroons top-flight in North Jersey

BY NED WINNER
Staff Writer

RIDGEWOOD — So far this winter, the Ridgewood High School indoor track team has been busy compiling individual honors, which is why head coach Mike Mullin was thrilled about Monday's North Jersey Invitational Meet, when the Maroons were scored as a team for the first time.

And as a team, Ridgewood impressed, taking first place in both the boys and the girls meets.

"It was a nice team accomplishment," Mullin said. "Not many things are scored team-wise in winter track; that's more of a spring track kind of thing. It was good to win both. It was nice to put it out there that we're one of the top teams."

The girls team ran away with its title at Fairleigh Dickinson University's Rothman Center, while the boys needed a late push in the evening's final two events — the mile and the 4x400-meter relay — to hold off a threatening Don Bosco team.

Mullin called the relay the most exciting race of the night, with junior anchor Niall Buckley just edging out an opponent in the last few meters. The rest of the relay team — junior Jeremy Schmidt and seniors Steve Pierce and Akira Monri — ran stellar legs to put Buckley in a position to win the race.

As a team, Ridgewood won nine events, tops among the field of nearly 30 teams.

"That's a pretty nice accomplishment considering the amount of teams that were out there," Mullin said.

Other Ridgewood winners in the North Jer-

sey meet were senior Byron Williams in the mile and the 1,000-meter run, senior Mike Cator in the two-mile and Buckley in the 600-meter run.

On the girls side for Ridgewood, senior Jess Krejsa won the 600-meter run; senior Stephanie Westerman won the 1000-meter run, and senior Meredith Jones took first place in the mile.

The girls 4x400-meter relay team also won first place, with Krejsa, Westerman, junior Alice Wisener and sophomore Emily Barr besting the field.

"They ran a nice time," Mullin said of the girls relay team. "They won pretty handily and ran a pretty good time for FDU, which isn't the fastest track in the world."

The North Jersey Invitational meet kicks off a trio of meets in which Ridgewood will be scored as a team. Tuesday night, the Maroons will compete in the Ridgewood Winter Games II at Rockland Community College in New York State before taking part in the Bergen County Relays on Jan. 25 in what Mullin considers the biggest team meet of the year.

"It should be interesting; it should be close," Mullin said. "On the boys side, Don Bosco gets better in the relay meets. We have some of the top runners, but they have some more depth, so it will be interesting to see how it plays out. With the girls, you throw Immaculate Heart Academy into the mix, and they're always solid."

Making things more difficult for the girls is the absence of junior Christina Law and Brooke Bogart, two of Ridgewood's top relay participants a year ago.

Prior to Monday's meet, Ridgewood competed in two prestigious individual meets. On

Jan. 3, the Maroons took part in the Tom Zaccone Invitational, also at the Rothman Center, and competed in the Dartmouth Relays last weekend.

The star of the competitions was Westerman, who took first place in the 1,000-meter event at Dartmouth, running against the top athletes in a six-state radius.

"Stephanie Westerman turned in the best showing," Mullin said. "It's a pretty high-powered meet, so even to place in that meet is impressive. It was good to see her place first, being a senior and being a great leader and a hard worker."

Senior Cassie Wong recorded a record-breaking performance in the pole vault, clearing 10 feet, 6 inches. The mark is a Ridgewood High School record as well as a Bergen County record and earned her a fifth-place finish among Dartmouth's stiff competition.

Junior Lara-Jane Que also stood out among New England's best, finishing third in the hurdles.

Another recent star for the Maroons has been Krejsa, who took first place in the 600-meters at both the North Jersey Invitational and the Zaccone Invitational. Krejsa has battled back from illness to re-emerge as one of the Maroons' top runners this winter after being the fourth or fifth runner on Ridgewood's girls cross-country team this fall.

"Those were two great performances from Jess," Mullin said. "She's obviously a girl who has battled back from some tricky illnesses to be successful again. That's quite an accomplishment."

Ned Winner's e-mail address is winner@north-jersey.com

Ridgewood Winter Games II Tues. 1/17/06

***** Results *****

Varsity 2 mile:

Boys- Cole Magrath- 11:51.0, Jeremy Kalmus- 10:25 (2nd)

Girls- Meredith Jones- 12:10, Christy Bertelsen- 12:24

55m dash:

Boys-

Frosh- Travis Becher- 8.8, Kevin Boyce- 8.7, Kota Kurib- 8.8,
Dan Nagano- 8.4, Tim Reveri- 9.8, Richard Sayanagi- 7.7, Collin Suh- 9.5,
Greg Zulauf- 8.2, Tony Petrysin- 7.9

Varsity- Josh Dabby- 9.1, Logan Ruppel- 7.9, Dave Stolfo- 7.5,
Mike Vaccaro- 7.9, Rob Webbe- 7.8, Chris Zeigler- 6.7/6.6, Filipe Vasquez- 7.8

Girls-

Frosh- Maeve Casey- 8.7, Priscilla Chow- 9.1, Madeline Conboy- 8.7, Rita Muzio- 9.1,
Jaclyn Pierce- 8.6, , Emily Trent- 9.8,

Soph- Emily Barr- 7.8/8.2

Varsity- Erica Cigolini- 7.6/7.6/7.7

55m HH:

Boys-

Frosh- Richard Sayanagi- 9.7/9.6 (2nd), Dan Nagano- 11.7, Erik Grossman- 11.6,
Kevin Boyce- DNF, Marcos Lutterbach- 13.3

Soph- Akira Monri- 8.3/8.2 (2nd)

Varsity- John Moody- 8.4, Joe Nagano- 8.8, Steve Pierce- 9.1

Girls-

Frosh- Maeve Casey- 11.2, Jaclyn Pierce- 11.6, Emily Trent- 11.6

Varsity- Mia Martinez- 9.9/9.1 (2nd), Cassie Wong- 9.1/9.1 (3rd),

600yd:

Boys-

Varsity- Jeremey Schmidt- 1:21.7 (6th), Joe Nagano- 1:22.8, Doug Seagars- 1:28.3

Frosh- Tara Shigenobu- 1:25.3 (1st), Dylan Lee- 1:37.0, Sean Martin- 1:40,
Rob Sierra- 1:47.0

Girls- Jess Kresja- 1:33.7 (1st)

Soph- Alex Middleton- 1:42.5

Frosh- Casey Reilly- 1:45.6 (5th), Lisset Dillon- 1:50.4,
Catherine Buckley- 1:39.2 (2nd), Megan Granski- 1:46.0,
Tory Middleton- 1:50.6, Janie Vandevander- 2:05.0,
Megan McLoughlin- 1:56.4

Varsity 4 x 800m:

Maggie Harms, Marya Goodman, Alex Middleton, Rosa Dillon
11:18.3..... 2:46.0 2:49.9 2:43.8 2:58.3

Varsity 300yd:

Boys- Chris Zieglar- 35.1, John Moody- 36.0

Girls- Erica Cigolini- 41.5, Emily Barr- 43.4

Varsity 1000yd:

Boys- Niall Buckley- 2:24.9 (1st)

Girls- Steph Westerman- 2:54.0 (1st)

1 mile run:

Boys-

Varsity- Jeremy Kalmus- 4:53.0 (5th)

Frosh-

Tara Shigenobu- 5:09.4 (1st), Dylan Lee- 6:04.8,

Frosh-

Hillary Barr- 6:05.0 (2nd), Lisset Dillon- 6:29.0, Charlotte Margel- 6:23.0,
Tory Middleton- 6:43.0, Megan McLoughlin- 6:51.0

4 x 400m:

Girls- Frosh

Catherine Buckley, Lisset Dillon, Hillary Barr, Jaclyn Pierce
4:43.8 (2nd)..... 66.0 73.0 71.5 72.8

Shot Put:

Boys- Steve Pierce- 39'2"

Girls- Cassie Wong- 23'

HJ:

Boys- Dave Stolfo- NH

Girls- Mia Martinez- 4'6"

Pole Vault:

Boys- Lewis Berns- NH, Zach Ontivaros- NH

Girls- Cassie Wong- NH, Anne Polcari- 8'6"

Varsity Triple Jump:

Boys- Brian Climente- 37'3", Akira Monri- 38'6", John Moody- 33'4"

Frosh and Varsity Long Jump:

Boys- Brian Climente- 19'2 1/4", Akira Monri- 17'5", Steve Pierce- 17'11"

Comments:

A good tune up for the county relays for the varsity and a nice meet for the frosh/novice. We **must** get better if we are going to win the county relays next Wed. People are going to have to step up in order to prove that we are the **best team** in the area!

INDOOR TRACK

RIDGEWOOD WINTER GAMES 2

AT ROCKLAND CC, MONSEY, N.Y.

BOYS

55: 1. Ken Britt, Bayonne, 6.4; 2. Corey Nelms, Neptune, 6.6; 3. Justin Smith, Franklin, 6.6; 4. Somm Williams, Shabazz, 6.8; 5. Shaun Shields, Asbury Park, 6.8; 6. Kwame Bmahene, 7.0.

55 HH: 1. Corey Nelms, Neptune, 7.5; 2. Adenford Jean Phillippe, Irvington, 7.7; 3. Brian Manetti, Watchung Hills, 7.9; 4. Jerrod Starling, Linden, 8.0; 5. Evan Shaker, Paramus Catholic, 8.3. No sixth.

300 yards: 1. Corey Nelms, Neptune, 33.0; 2. Randy James, Irvington, 34.1; 3. Jake Stass, Westwood, 34.4; 4. tie between Billy Elmore, Science and Roberto Hernandez, Bergen Tech, 34.5; 6. Shawn Poland, Neptune, 34.6.

600 yards: 1. Jason Codrington, Science, 1:19.3; 2. Alan Liao, Paramus, 1:20.7; 3. Erin Schirm, Green Meadow, 1:20.7; 4. Matt Bertinato, Bergen Tech, 1:21.1; 5. Ahkiel White, Franklin, 1:21.3; 6. Jeremy Schmidt, Paramus, 1:21.7.

1,000 yards: 1. Niall Buckley, Ridgewood, 2:24.7; 2. Christian Gonzales, Franklin, 2:25.5; 3. Matt Lingam, Park Ridge, 2:27.8; 4. Jermalne Coore, Franklin, 2:27.9; 5. Scott Walker, Midland Park, 2:31.7; 6. Greg Dubols, Watchung Hills, 2:33.8.

1,600 meters: 1. Mike Pachella, Wallkill Valley, 4:42.6; 2. Scott Maxfield, Tenafly, 4:45.3; 3. Tom Cullen, Bergen Tech, 4:46.1; 4. Mike Mitchell, Bergen Tech, 4:46.4; 5. Jeremy Kalmus, Ridgewood, 4:54.5; 6. Anthony Engstrom, Hackensack, 4:55.1.

3,200 meters: 1. Ryan Van Alstine, Midland Park, 10:18.6; 2. Jereny Kalmus, Ridgewood, 10:24.9; 3. Andrew Capizzi, Paramus, 10:37.3; 4. Ethan Kleinbaum, Bergen Tech, 10:39.0; 5. Eric Stuart, Paramus, 10:44.9; 6. Jake McCormack, Matawan, 10:45.7.

1,600-meter relay: 1. Franklin, 3:38.5; 2. Park Ridge, 3:44.5; 3. Paramus Catholic, 3:44.6; 4. Watchung Hills, 3:44.7; 5. Franklin "B", 3:44.8; 6. River Dell, 3:45.5.

3,200-meter relay: 1. Wallkill Valley, 8:38.6; 2. Tenafly, 8:57.6; 3. Paramus Catholic, 9:07.7; 4. Hackensack, 9:23.8; 5. Waldwick, 9:32.5; 6. Matawan, 9:32.7.

Shot put: 1. Pierre James, Franklin, 51-8; 2. Zach Shapiro, River Dell, 47-7 1/4; 3. Claude Dlenhoue, Barringer, 45-4; 4. Jason Yanchuck, Franklin, 44-11 1/4; 5. Andrew Trass, River Dell, 44-9; 6. Ronnie Quacquarelli, Franklin, 44-2.

High jump: 1. Frank Elmaccio, Wallkill Valley, 5-10; 2. John Massari, Paramus, 5-8; 3. tie between Justin Park, Tenafly and Howard Davis, Franklin, 5-8; 5. Trol Smith, Ewing, 5-0. No sixth.

Long jump: 1. Brandon Allen, Ewing, 20-1 1/4; 2. James Hamilton, Franklin, 19-11; 3. Sean Schnarr, Franklin, 19-8; 4. Brian Clemente, Ridgewood, 19-2 1/4; 5. Justin Park, Tenafly, 19-0; 6. Anastacio Henry, Hackensack, 18-10 1/4.

Triple jump: 1. Justin Park, Tenafly, 40-8; 2. Anastacio Henry, Hackensack, 39-8; 3. John Carabetta, Park Ridge, 39-0 1/4; 4. Shane Smith, Hackensack, 38-11 1/4; 5. Akira Monri, Ridgewood, 38-9; 6. Shawn Poland, Neptune, 38-4 1/4.

Pole vault: 1. Nate Sahlman, Watchung Hills, 12-0; 2. Chris Leary, Middletown North, 11-6; 3. Adam Garcia, Matawan, 11-6; 4. Rei Tomita, River Dell, 10-0; 5. tie between Ben Chin, River Dell and Michael McGuinen, Matawan, 10-0.

GIRLS

55: 1. Consandria Walker, Hackensack, 7.4; 2. Judline Tumson, Arts, 7.4; 3. Shaylah Counts, Shabazz, 7.4; 4. Asha Winters, Ewing, 7.8; 5. Erica Cigoilni, Ridgewood, 7.9; 6. Alyssa Maier, River Dell, 7.9.

55 HH: 1. Arianna Pomo, Saddle Brook, 9.1; 2. Mia Martinez, Ridgewood, 9.1; 3. Cassie Wong, Ridgewood, 9.1; 4. Felisha Blount, Linden, 9.2; 5. Hayley Kellinger, Saddle Brook, 9.3; 6. Tori Ko, Paramus, 9.3.

300 yards: 1. Judline Tumson, Arts, 39.3; 2. Monica Rodriguez, Watchung Hills, 39.6; 3. Shaylah Counts, Shabazz, 39.9; 4. tie between Audel Dubols, Irvington and Tyler Barnes, Ewing, 40.0; 6. Jen Mueller, IHA, 40.1.

600 yards: 1. Jess Krejsa, Ridgewood, 1:33.8; 2. Kelly Berkanish, River Dell, 1:34.5; 3. Adele Banks, Watchung Hills, 1:35.3; 4. Kerry Taylor, IHA, 1:36.8; 5. Sarah Mellea, IHA, 1:38.3; 6. Linda Puntasecca, IHA, 1:38.3.

1,000 yards: 1. Stephanie Westerman, Ridgewood, 2:54.4; 2. Jess Setless, Paramus, 3:01.0; 3. Kate Cooney, IHA, 3:01.3; 4. Kaitlin Tanner, River Dell, 3:03.4; 5. Maggie McPartland, IHA, 3:04.6; 6. Sarah Mellea, IHA, 3:05.0.

1,600 meters: 1. Gelsey Johnson, Westwood, 5:36.4; 2. Katie Malachowski, Paramus Catholic, 5:37.6; 3. Heather Lehmann, Park Ridge, 5:39.2; 4. Lindsay Pedersen, Waldwick, 5:39.6; 5. Camille Longue, Bergen Tech, 5:47.0; 6. Gaby Skovlra, Park Ridge, 5:47.2.

3,200 meters: 1. Amy Van Alstine, Midland Park, 11:25.3; 2. Andrea Rothschild, Demarest, 11:44.8; 3. Jess Setless, Paramus, 11:50.3; 4. Meredith Jones, Ridgewood, 12:12.0; 5. Camille Longue, Bergen Tech, 12:19.4; 6. Christy Bertelsen, Ridgewood, 12:25.9.

1,600-meter relay: 1. Watchung Hills, 4:19.3; 2. IHA, 4:19.6; 3. River Dell, 4:20.3; 4. Waldwick, 4:32.8; 5. Park Ridge, 4:33.0; 6. Westwood, 4:37.4.

3,200-meter relay: 1. Paramus (Rachel Setless, Katie Loughlin, Megan Sherlock, Jess Setless), 10:33.6; 2. Marlboro, 10:34.5; 3. Waldwick, 10:58.5; 4. Perth Amboy, 11:03.1; 5. Hackensack, 11:06.5; 6. Ridgewood, 11:18.2.

Shot put: 1. Krystina Laucik, Watchung Hills, 33-1 3/4; 2. Arianna Pomo, Saddle Brook, 30-10 3/4; 3. Christine Rapp, Saddle Brook, 30-5 1/4; 4. Natalia Arias, Tenafly, 30-3; 5. Solveig Henn, Middletown North, 30-0 1/4; 6. Jasmine Jackson, Neptune, 29-9.

High jump: 1. Mia Martinez, Ridgewood, 4-6. No other places.

Long jump: 1. Arianna Pomo, Saddle Brook, 16-11; 2. Consandria Walker, Hackensack, 15-10; 3. Hayley Kellinger, Saddle Brook, 15-7 1/4; 4. Iyanah Gifford, Perth Amboy, 15-3; 5. Kim Quierolo, Waldwick, 15-0; 6. Courtney Welss, Paramus Catholic, 14-11 1/4.

Triple jump: 1. Hayley Kellinger, Saddle Brook, 33-0; 2. Tori Ko, Paramus, 32-11 1/4; 3. Jen Tarsan, Middlesex, 31-11 1/4; 4. Autumn Breeze, Middletown North, 31-4 3/4; 5. Nina Horowitz, Watchung Hills, 31-3 1/4; 6. Melissa Hwang, Paramus, 30-10 1/4.

Pole vault: 1. Sara O'Meara, Watchung Hills, 9-0; 2. tie between Jeanna Meaha, Marlboro and Annie Polcari, Ridgewood, 8-6; 4. Melissa Davila, Hackensack, 8-0; 5. Mikayla Chiea, River Dell, 7-6; 6. Ashley Paladino, Hackensack, 7-0.

New Balance Games Sat. 1/21/06

Invitational 1 mile run:

Mike Cator- 4:19.73 (7th)

Byron Williams- 4:21.40 (8th)

High School Invitational Mile

1	Dan McManamon-Shenendehowa	04:13.17
2	Charles White-Garden City	04:15.67
3	Matt Shaffer-Bethlehem	04:16.81
4	Alex Bean-Somers	04:17.29
5	Tradelle Ward-Griswold	04:19.16
6	Matlack Gillen-Springfield	04:19.65
7	Mike Cator-Ridgewood	04:19.73
8	Byron Williams-Ridgewood	04:21.40
9	Chris Croff-Griswold	04:21.89
10	Ryan McDermott-Chaminade	04:22.43
11	John Haenle-Lockport	04:24.19
12	Brian McArthur-Great Neck South	04:29.67

County Relays

Wed 1/25/06

***** Results *****

4 x 55m HH:

Boys- John Moody, Akira Monri, Steve Pierce, Joe Nagano

30.7 (1st)

*** NEW SCHOOL AND MEET RECORD ***

Girls- Cassie Wong, Brooke Bogart, Mia Martinez, Lara-Jane Que

DQ

4 x 1600m:

Boys- Mike Cator, Jeremy Kalmus, Taro Shigenobu, Byron Williams

18:41.4 (3rd).... 4:24.3 4:46.0 4:54.0 4:37.1

Girls- Christy Bertelsen, Maggie Harms, Alex Middleton, Meredith Jones

22:41.0 (2nd)..... 5:35.0 5:40.0 5:57.0 5:24.0

4 x 200m:

Boys- Chris Zeiglar, John Moody, Doug Seagars, Eugene Mok

1:40.4.... 25.4 25.0 25.8 24.8

Girls- Emily Barr, Alice Wisener, Lara-Jane Que, Erica Cigolini

1:48.1 (1st)..... 27.6 27.4 27.3 25.9

*** NEW SCHOOL RECORD ***

4 x 800m:

Boys- Mike Cator, Jeremy Schmidt, Taro Shigenobu, Niall Buckley

8:18.3 (2nd).... 2:02.5 2:02.4 2:13.1 2:00.7

Girls- Jess Kresja, Meredith Jones, Catherine Buckley, Steph Westerman

10:03.7 (1st).... 2:25.1 2:27.3 2:40.5 2:29.7

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

Boys- Steve Pierce, Chris Zieglar, Akira Monri, Niall Buckley

DQ

Girls- Alice Wisener, Erica Cigolini, Emily Barr, Steph Westerman

4:17.8 (1st)..... 62.8 25.9 27.7 2:21.2

*** NEW SCHOOL AND MEET RECORD ***

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

Boys- Niall Buckley, Taro Shiganobu, Jeremy Kalmus, Mike Cator
11:00.1 (2nd)... 3:20.3 58.1 2:09.8 4:32.0

Girls- Steph Westerman, Cassie Wong, Christy Bertelsen, Meredith Jones
13:12.6 (3rd)..... 4:05.4 64.9 2:33.0 5:28.9

4 x 400m:

Boys- Akira Monri, Steve Pierce, Jeremy Schmidt, Niall Buckley
3:30.9 (2nd)..... 53.8 52.7 53.3 50.9

Girls- Jess Kresja, Alice Wisener, Emily Barr, Catherine Buckley
4:13.5 (2nd)..... 61.3 61.6 64.1 66.3

Long Jump:

Boys- Brian Climente, Steve Pierce
35'2 1/2" (6th)... 18'8 3/4" 15'9 3/4"

Girls- Erica Cigolini, Brooke Bogart
32'4" (1st)..... 16'3 1/4" 16' 1/4"

*** *NEW SCHOOL RECORD* ***

Triple Jump:

Boys- Brian Climente, Akira Monri
77'9 1/2" (2nd)..... 37'11 1/2" 39'10"

Girls- Anne Polcari, Brooke Bogart
65'1" (2nd)..... 30'8" 34'5"

Shot Put:

Girls- Lara-Jane Que, Cassie Wong
53'10" (5th)... 28'11" 24'3"

High Jump:

Boys- Dave Stolfo, Doug Seagars
10'6"..... 5'4" 5'2"

Girls- Steph Westerman, Mia Martinez
9'4" (2nd)..... 4'6" 4'10"

Pole Vault:

Boys- Zach Ontiveros, Lewis Berns
21'0" (2nd)..... 10'6" 10'6"

Girls- Cassie Wong, Anne Polcari
8'6" (3rd)..... NH 8'6"

Team Totals:

Boys:

1. Don Bosco- 84
 2. Northern Highlands- 63
 3. **Ridgewood- 57**
- ect...

Girls:

1. **Ridgewood- 85**
 2. IHA- 54
 3. Old Tappan- 49
- ect...

COMMENTS:

The ultimate "team" meet is a tough test for everyone. I love the meet because I think you can really see what people are willing to sacrifice of themselves for the better of "the team." The girls were clearly dominant and could have been even more so if we weren't DQ'd out of the hurdles and we won the PV(which we clearly should have). There were 4 meet and/or school records that were set and there should have been 6! That rarely happens! The caliber of athletes that we have on this team is truly outstanding. When you are in the middle of the season, it is hard to recognize this. However, if you compare our 2 teams to past Ridgewood teams (which have been and continue to be excellent) we rank right up there with the best "teams" ever! Great job! Set lofty goals for yourselves and relay teams.

RIDGEWOOD INDOOR TRACK

Girls team finishes first, boys third in county relays

BY NED WINNER
Staff Writer

NEW YORK, N.Y. — Ridgewood High School indoor track head coach Mike Mullin called the county relays the most important team meet of the winter season. His team took his words to heart Wednesday night at the 168th Street Armory in New York City, with the Maroons finishing first on the girls side and third in the boys competition.

"The girls were pretty dominant," Mullin said. "They got the job done pretty well."

The meet demands great team-wide efforts because, as its title indicates, every event is a relay. All the jumps and other field events are scored in pairs, combining height or distances. Four-person teams compete in all of the running events.

"It's kind of unique because it shows you who has depth," Mullin said. "It taxes your depth more than any meet. It does help to have great individuals, but they're not necessarily the ones who are going to win it for you. Sometimes, it's the pluggers, the second, third or fourth people in any event. It's kind of good that way."

Juniors Brooke Bogart and Erica Cigolini turned in fantastic performances in the winning effort, teaming up to win first place in the long jump. Bogart also combined with sophomore Annie Polcari to take second place in the triple jump.

Making Bogart's performance all the more clutch is that she's only been practicing with the team for a week, rebounding from a

bout with appendicitis.

Cigolini participated in two other first-place endeavors, running two legs in the 4x200 medley and the sprint medley.

The boys were hurt by the absence of senior Byron Williams, who missed the meet due to illness. Far from an excuse, Mullin said that even with a healthy Williams, Ridgewood would have had a very difficult time beating first-place Don Bosco.

The boys hurdle-relay team of Joe Nagano, John Moody, Akira Monri and Steve Pierce did continue to impress, setting both school and meet records en route to a first-place finish.

Two pole vaulters, Lewis Berns and Zach Ontiveros, cleared an impressive 10 feet, 6 inches.

In what amounted to a final tune-up for the county relays, the Maroons competed in the Ridgewood Winter Games II at Rockland Community College in Suffern, N.Y., on Jan. 17, with a slew of Ridgewood athletes taking home first-place honors.

Senior Jess Kresja continued her highly successful winter season, finishing first in the 600 meters with a time of 1:38.8, while classmate Stephanie Westerman took top honors in the 1,000 meters, clocking in at 2:54.4.

On the boys side, Niall Buckley ran the 1,000 meters in 2:24.7, topping the field.

"It's good to see Jess get the win; it just proves that she just keeps getting better and a little bit faster," Mullin said.

He also said that although winning a race is always a great accomplishment, the event was basically to get ready for Wednesday's meet.

"Those wins were good wins, but for the most part, those races for those guys were tune-ups more than anything," Mullin said. "A lot of the stuff we did there was trying to get ready for the counties."

Junior Jeremy Kalmus, competing in his first indoor track season for the Maroons, took second in the 3200 meters and sixth in the 1600 meters. Jeremy Schmidt, also a junior, finished sixth in the 600 meters.

In addition to Kresja and Westerman's top finishes on the girls side, senior Meredith Jones finished fourth in the 3200, with Christie Bertelsen taking sixth in the event.

Cigolini finished fifth in the 55-meter dash, and sophomore Mia Martinez and senior Cassie Wong finished second and third, respectively, in the 55-meter high hurdles.

Polcari tied for second in the pole vault, clearing 8 feet, 6 inches.

Last Saturday, Williams and fellow senior Mike Cator competed in the New Balance Games in New York City, an invitational mile event that qualifies athletes for the prestigious Millrose Games next Friday at Madison Square Garden. Although Cator produced his personal best in the mile with a 4:19 and Williams turned in a 4:21, neither earned a spot in the 99th annual event. Mullin said that a mile time of about 4:16 is needed to qualify.

Tomorrow, the Maroons will head south to Princeton for the Group 4 state championships. A placing in the top six in any event will earn them a trip to the State Meet of Champions.

"Some of the kids deserve to throw themselves at the state level and see where they're at," Mullin said. "It is prestigious to try and become a state champion, which I think some of our kids have the potential to do."

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Dell's boys, girls capture small-schools titles

River Dell took relay, the Gold-finish in the first at the Bergen sday night, head his captains to ad a chance to ey felt healthy that we would o get as many / to win it," said of the four cap- | Let's go for it." nly three of the

INDOOR TRACK BERGEN RELAYS

last seven events, but finished third in the pole vault and distance medley and second in the night's final event, the 1,600 relay, which proved to be enough to hold off a late surge by Indian Hills. The Golden Hawks won their first boys title, 59-53, over the Braves, snapping Saddle Brook's five-year reign atop the division.

The River Dell girls scored 17 points in its last two events to hold off Indian Hills, 77-68, to repeat as girls small-school champions.

In the large schools division, Don

Bosco won three events and took four seconds to win its first boys title since 1998, 84-63, over Northern Highlands, and Ridgewood rolled to its second straight girls title, 85-54, over Immaculate Heart.

"This is really the first time we've been able to come to this meet with a full team," said Urso, whose team had finished second three times. "Usually, we'd have midterms this week and it would cost us some people, but we've done away with midterms.

"We don't really go to a lot of places in the indoor season, but this meet and the [BCSL American] league meet are meets we point to."

An unexpected win in the day's second,

event, the 6,400, was the only win for the Golden Hawk boys.

"We really only have a couple of kids, like Olson and Keith Brunner and our thrower Zach Shapiro, that people really know," said Urso. "It's really a full team effort."

The same goes for the River Dell girls, who gave Michelle Carcich her second championship in two years. The girls placed in every event, winning the shuttle hurdles, 1,600 and 3,200 relays.

But it wasn't until the last two events, the pole vault and 1,600, that Carcich could relax.

"All I can do during the meet is stand here and be a nervous wreck," said Carcich, "We had to enter everything to have

a chance to win. I knew we'd do well in the hurdles and 3,200, but winning the 3,200 was huge for us. Then we got a fourth in the 6,400 that I never expected."

Kelly Berkanish was a key member of all three winning teams, and her strong 59.7 400 anchor leg in the 1,600 relay brought the Golden Hawks from third to first and clinched the title.

The Ridgewood girls were perhaps the most dominant team of the night, winning four events and placing third or higher in 10 of 11 events. And had the Maroons not been disqualified in the opening event, the hurdles, they would have set a scoring record for the meet.

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Ridgewood's indoor track teams running at full strength again

BY NED WINNER
Staff Writer

RIDGEWOOD - Scores of athletes milled about the track outside Ridgewood High School, taking advantage of the balmy weather on the final day of November. Mike Mullin, head coach of the school's indoor track team, stood on the concrete steps overlooking the mass of shorts and long-sleeved T-shirts, preparing to once again mold this chattering crew into one of the top units in the state.

"We had a great year last year," Mullin said. "It was really the first year we've won boys and girls county championships in the same year. Certainly, we're coming off a strong year. It will be nice to see if we can duplicate that again, and I think we have the potential to do that on both the boys and the girls sides."

Following tradition, the strength of both squads will be the distance runners. Several star athletes from the boys cross-country team that finished fifth in the state will head indoors this winter, including seniors Byron Williams and Mike Cator and juniors Niall Buckley and Jeremy Kalmus.

"We're going to be very high-powered in some of the boys stuff, especially our distance guys who are coming off a strong cross-country season," Mullin said. "They'll have some very high-powered relays and some distance medleys. Hopefully, we'll have a strong 4 x 800."

There's no reason to believe that the Maroons shouldn't have a strong 4 x 800 relay team, particularly with three members - Buckley, Cator and Williams - returning from last season's team that finished fifth in the National Scholastic Indoor Track Championships in New York City.

"Certainly, the expectations for them are high," Mullin said. "Plus, we have a good supporting cast, because we have good hurdlers who will start coming through for the boys and a jumper or two that should hold their own."

Integral in this supporting cast will be Brian Clementi, a senior whom Mullin hopes will come through in the long jump and triple jump events. Joe Nagano-Gerace should excel in the hurdles, helping the squad in the 400- and 800-meter events.

Mullin said the key to the girls team would be how the distance runners respond to a sub-par cross-country season. He has high hopes for sophomore Christie Ber-

telsen and senior Meredith Jones, although Ashlyn Llerandi - the Maroons' top distance runner in the fall - spends her winters in the pool on the swim team. Bertelsen gave up her swimming career and is running indoor track for the first time.

"Christie Bertelsen is a great addition; she'll certainly help us," Mullin said. "Meredith decided to come out, too, which is great. I know she had a slightly frustrating cross-country season, so she'll be looking to redeem herself a little bit. Right now, she's feeling good and happy."

Mullin also expects big things from senior Stephanie Westerman, who should take on more of a starring role indoors than she did on the cross-country team.

"Certainly, this is more of Stephanie Westerman's forte," Mullin said. "She's more of a middle distance runner, maybe the mile, certainly the 800 and 400. She'll be a top runner here."

Junior Lara-Jane Que should retake her place as one of the top hurdlers in the county and help out the team in the sprints. Senior Cassie Wong is back, fresh off a 2004-05 campaign in which she solidified her spot as North Jersey's premier pole vaulter.

Mullin, along with assistants Josh Saladino and Holly Martin, who is new to the staff, hopes to pluck a few new freshman stars from the mass of sprinters, runners and jumpers that gathered on the track Wednesday, particularly on the girls side.

"With the girls, we know what we have with a lot of them," Mullin said, "but sometimes you get younger kids that pop out a little bit. And we have a ton of those younger kids. When late January comes around, there may be one or two of those who will really help us, but it's too early to tell just yet."

Unlike the fall and spring cross-country and track seasons, the Maroons' indoor track runners get regular opportunities to test themselves against the region's best. Mullin schedules no dual meets, only invitationals, sometimes competing against up to 60 schools.

This winter's slate includes competition against New York and Philadelphia teams as well as a trip to Dartmouth University in Hanover, N.H., to race against several schools from New England.

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State Group IV Meet

Sat. January 28th, 2006

***** RESULTS *****

55m dash:

Girls- Erica Cigolini- 7.69, Alice Wisener- 8.02

55m HH:

Boys- Steve Pierce- 8.83

Girls- Lara-Jane Que- 8.67/8.64 (5th), Cassie Wong

1600m:

Girls- Christy Bertelsen- 5:33.41

3200m:

Boys- Mike Cator- 9:43.17 (4th), Jeremy Kalmus- 10:12.72

Girls- Meredith Jones- 11:59.44

200m:

Boys- Steve Pierce- 25.16

Girls- Erica Cigolini- 27.01 *** *NEW SCHOOL RECORD* ***, Alice Wisener- 28.13

800m:

Boys- Niall Buckley- 1:59.37 (2ND), Jeremy Schmidt- 2:10.39

Girls- Steph Westerman- 2:28.92, Jessica Kresja- 2:26.26

Pole Vault:

Girls- Cassie Wong- 10'6" (3RD), Anne Polcari- 8'6"

High Jump:

Girls- Mia Martinez- NH

COMMENTS:

SPECIAL CONGRATS TO ALL WHO PLACED IN THIS MEET. THEY ARE:
NIALL(800), MIKE(3200), CASSIE(PV), AND LARA(HH). ALSO, CONGRATS TO
ERICA TO BREAKING "WHAT'S HER NAME'S" SCHOOL RECORD! BOO, HOO,
HOO...KIDDING...GREAT JOB!

Missed chance for Ridgewood

By PAUL SCHWARTZ
STAFF WRITER

PRINCETON — If there were any sure victories in the State Group 4 championships for North Jersey athletes, they were lost when Kennedy's Shaquan Brown went down with a shoulder injury before the season and Ridgewood's Byron Williams was sidelined by bronchitis earlier this week.

All afternoon Saturday, Ridgewood, one of only six North Jersey teams to enter the meet, had opportunities to break the victory drought. But despite gallant efforts from Lara-Jane Que, Niall Buckley, Cassie Wong and Mike Cator, the meet ended with no North Jersey wins for the first time since 1990.

STATE TRACK GROUP 4

"We had some very good efforts but everyone came up short," Ridgewood coach Mike Mullen said. "We had a good day generally, but we were hoping for a much better day."

The best chance at a victory turned out to be the boys 800. Buckley, a junior, was the top seed and performed like it, taking the lead midway through the second of four laps and holding off challenges until the final turn.

But Cherokee's Will Andes passed Buckley with less than 50 meters to go and held on to win in 1:59.24, a scant .13 ahead of the Ridgewood standout.

"I really wanted to make one move instead of two," said Buckley. "I went over all sorts of scenarios in my head before the race and I should have waited longer. But I was afraid to let the race get away."

Cator admitted he may have let that happen in the boys 3,200, where he finished fourth in 9:43.17.

"I was trying to run my own race and go through the 1,600 in 4:45 to 4:50 and really push the last 1,200," said Cator, who went through the 1,600 in 4:49.

But race winner Jeff Perrella of Westfield, Chris Horel of Christian Brothers and Chris Carle of Jackson pulled away in the second 800. Cator probably ran the final six laps faster than anyone else, but had too much ground to make up and had to settle for fourth.

"I'm not that upset," said Cator, who had passed up the 1,600, where he would have been the fastest man in the race, to try to run a fast 3,200. "It doesn't matter which race I picked because today just wasn't my day."

Wong had three goals coming into the girls pole vault.

"First I wanted to make a height," she said with a laugh after no-heighting in her previous two meets. "Then I wanted to make the Meet of Champions and of course I wanted to jump well."

So even though Wong finished third with a Bergen County record-tying clearance of 10-6, her goals were achieved.

She easily cleared her opening height of 9-6 and then cleared 10-0 and 10-6 without a miss.

NNJIL Championships

Mon. January 30, 2006

***** Results *****

3200m:

Boys- Mike Cator- 10:00.0 (1st), Jeremy Kalmus- 10:14.2 (2nd),
Cole Magrath- 11:16.5 (6th)

Girls- Meredith Jones- 11:44.7 (1st), Christy Bertelsen- 12:19.2 (2nd)

55m dash:

Boys- Chris Zeiglar- 6.6 (3rd), Eugene Mok- 7.1

Girls- Erica Cigolini- 7.7 (5th), Emily Barr- 7.7 (6th)

55m HH:

Boys- John Moody- 7.8 (1st), Akira Monri- 7.9 (2nd), Steve Pierce- 8.5 (6th)

Girls- Lara-Jane Que- 8.3 (1st), Mia Martinez- 8.9 (3rd), Cassie Wong- 9.1 (4th)

1000m:

Boys- Niall Buckley- 2:37.5 (1st)

Girls- Steph Westerman- 3:06.3 (1st), Alex Middleton- 3:22.8 (4th)

4 x 800m:

Boys- Doug Seagars, Jeremy Kalmus, Taro Shigenobu, Mark Ryken
9:18.6 (2nd)..... 2:14.9 2:16.5 2:19.5 2:26.9

Girls- Hilary Barr, Catherine Buckley, Marya Goodman, Maggie Harms
10:52.8 (3rd)..... 2:40.7 2:41.6 2:50.8 2:36.8

600m:

Boys- Jeremy Schmidt- 1:26.2 (1st)

Girls- Jess Kresja- 1:40.9 (2nd),

300m:

Boys- Chris Ziegler- 38.5 (5th), John Moody- 38.9 (6th), Eugene Mok- 39.4

Girls- Erica Cigolini- 43.0 (2nd), Emily Barr- 46.3, Alice Wisener- 42.9 (1st)

1600m:

Boys- Jeremy Kalmus- 4:46.9 (1st)

Girls- Meredith Jones- 5:30.3 (1st), Christy Bertelsen- 5:54.9 (5th),
Maggie Harms- 5:48.5 (3rd)

4 x 400m:

Boys- Jeremy Schmidt, Niall Buckley, Steve Pierce, Akira Monri
3:33.0 (1st)..... 53.2 51.2 54.5 54.0

Girls- Emily Barr, Jess Kresja, Alice Wisener, Steph Westerman
4:08.2 (1st)..... 64.2 62.3 60.9 60.7

Triple Jump:

Boys- Brian Climente- 38'8 1/2" (3rd), Akira Monri- 39' 1 3/4" (2nd)

Girls- Brooke Bogart- 33'6 3/4" (2nd), Anne Polcari- 31'1 1/4" (6th)

Long Jump:

Boys- Brian Climente- 18'11 3/4" (1st), Steve Pierce- 16'9 1/2", Chris Zeiglar- 14'6"

Girls- Brooke Bogart- 16'11 3/4" (1st), Erica Cigolini- 15'4 1/2" (6th)

Shot Put:

Boys- Steve Pierce- 45'10" (1st)

Girls- Lara-Jane Que- 28'6" (3rd)

High Jump:

Boys- Doug Seagars- 5'0", Dave Stolfo- 5'3" (6th),

Girls- Mia Martinez- 4'8" (2nd)

Pole Vault:

Boys- Zach Ontiveros- 10'6" (2nd), Lewis Berns- 10'6" (3rd)

Girls- Cassie Wong- 10'6" (1st), Anne Polcari- 8'6" (3rd)

Comments: *What a meet! The boys won the meet by 66pts and the girls won by 72 pts. That was total domination of the league. The effort was widespread. Many people did great things as you can see by the amount of places that we had. We continue to get better and prove that we are powerful in a county, state and national level! Keep up the great effort and attitude.*

NNJL CHAMPIONSHIPS

AT ARMORY TRACK CENTER, NEW YORK

Boys

DIVISION A

TEAM SCORES: Ridgewood (R) 143½, Teaneck (T) 77½, Hackensack (H) 68, Paramus (P) 53, Bloomfield (B) 47, Nutley (N) 23, Belleville (Be) 14.
55: 1. Kieron Gardiner (B), 6.3 (ties record set by Jared Granderson, Montclair, 1997); 2. Travis Warren (T), 6.6; 3. Chris Ziegler (R), 6.6; 4. Ryan Lawrence (B), 6.6.
55 HH: 1. John Moody (R), 7.8; 2. Akira Monri (R), 7.9; 3. Stephen Spencer (T), 8.2.
300: 1. William Barbour (B), 37.2; 2. Kwame Banahene (H), 37.5; 3. Kieron Gardiner (B), 37.9.
600: 1. Jeremy Schmidt (R), 1:26.2; 2. Alan Liao (P), 1:29.0; 3. Andre Mitchell (T), 1:31.7.
1,000: 1. Niall Buckley (R), 2:37.5; 2. Tommy San George (T), 2:37.7; 3. Mike Pawalowski (N), 2:49.4.
1,600: 1. Jeremy Kaimus (R), 4:46.9; 2. Anthony Engstrom (H), 4:50.6; 3. Andrew Capizzi (P), 4:51.3.
3,200: 1. Mike Cator (R), 10:00.0; 2. Kalmus (R), 10:14.2; 3. Capizzi (P), 10:21.5.
Shot put: 1. Steve Pierce (R), 45-10; 2. Steve Kozack (B), 42-11½; 3. Antonio Powell (H), 40-6.
High jump: 1. Andrew Lefer (P), 5-10; 2. Craig Michaud (N), 5-10; 3. Jon Massari (P), 5-8.
Long jump: 1. Brian Clemente (R), 18-11¾; 2. Reggie Williams (T), 18-3¾; 3. Massari (P), 17-8½.
Triple jump: 1. Shane Smith (H), 40-6¾; 2. Akira Monri (R), 39-1¾; 3. Brian Clemente (R), 38-8¾.
Pole vault: 1. Daniel Sachs-Gibbs (T), 12-0; 2. Zach Ontiveros (R), 10-6; 3. Lewis Berns (R), 10-6.
1,600 relay: 1. Ridgewood (Schmidt, Akira Monri, Pierce, Buckley), 3:33.0; 2. Teaneck, 3:39.5; 3. Paramus, 3:43.5.
3,200 relay: 1. Hackensack (Anthony Engstrom, Mark Ried, Phil Lanez, Joe Mayosky), 9:01.3; 2. Ridgewood, 9:18.6; 3. Belleville, 9:33.1.

DIVISION B

TEAM SCORES: Clifton (C) 173½, Kennedy (K) 69½, Montclair (M) 56, Passaic (P) 47, Eastside (E) 40, Barringer (Ba) 3.
55: 1. Robert East (P), 6.5; 2. Omari Holtz (M), 6.8; 3. Ken Blason (C), 6.8.
55 HH: 1. Bowen Hu (C), 8.4; 2. Alfred Gordon (K), 8.7; 3. Darren Farinas (C), 8.8.
300: 1. East (P), 37.9; 2. Holtz (M), 38.5; 3. Davon LaGrier (E), 38.7.
600: 1. Mike Mooney (M), 1:28.6; 2. David Abukhater (C), 1:30.8; 3. Gary Josephs (E), 1:31.0.
1,000: 1. Steven Klett (C), 2:42.4; 2. Ben Klein (M), 2:42.8; 3. Chris Bienkiewicz (C), 2:48.6.
1,600: 1. Kiett (C), 4:33.9; 2. Klein (M), 4:43.6; 3. Bienkiewicz (C), 4:46.8.
3,200: 1. Alex Anolik (C), 10:18.1; 2. Lawrence Crowley (K), 10:29.0; 3. Rob Edmiston (M), 10:36.3.
Shot put: 1. Darrien Collie (K), 43-10; 2. Caleb Gordon (K), 43-10; 3. Shytrayvio Brown (K), 43-2.
High jump: 1. Christopher Johnson (K), 5-8; 2. Matt Haley (C), 5-3; 3. Farinas (C), 5-0.
Long jump: 1. Kyle Lindsay (E), 19-8¾; 2. Josh Stevens (P), 18-5¾; 3. David Marco (C), 18-4¾.
Triple jump: 1. Lindsay (E), 47-4 (record, old record, 47-0, by Anthony DiCosmo (PC), 1995); 2. Hu (C), 38-6¾; 3. Hailey (C), 37-4¾.
Pole vault: 1. Eric Mullen (C), 11-0. no other places.
1,600 relay: 1. Clifton (Blason, Mike Urcioli, Mike Tanayan, Dave Abukhater), 3:42.4; 2. Passaic, 3:52.1; 3. Eastside, 3:57.8.
3,200 relay: 1. Clifton (Lawrence Crowley, Brian Dunphy, Farinas, Tanayan), 9:21.6; 2. Kennedy, 9:46.8.

DIVISION C

TEAM SCORES: Don Bosco (DB) 124, Bergen Catholic (BC) 40, Paramus Catholic (PC) 36, St. Joseph Reg. (SJR) 11.
55: 1. Jason Wong (DB), 6.5; 2. Marcus Guest (PC), 6.6; 3. Will Ring (BC), 6.9.
55 HH: 1. Chadwick Cadet (DB), 7.8; 2. Evan Shaker (PC), 8.2; 3. Matt Steeg (DB), 8.4.
300: 1. Matt Andriulli (DB), 37.1; 2. Tom Randall (BC), 37.4; 3. Anthony Belgiovine (DB), 37.6; 4. Tyler Kaufman (DB), 37.8.
600: 1. John McDonnell (DB), 1:27.5; 2. Tramaine Waite (PC), 1:29.9; 3. Steve Wexler (DB), 1:30.6.
1,000: 1. Sharif Webb (DB), 2:41.5; 2. Matt Miller (BC), 2:44.6; 3. Stephen Wyka (DB), 2:52.9.
1,600: 1. Wexler (DB), 4:41.0; 2. Conor Sullivan (DB), 4:41.2; 3. Tim Burke (BC), 4:47.2.
3,200: 1. Jason Baker (DB), 9:53.8; 2. Rob Molke (DB), 9:59.5; 3. Mike Bravo (SJR), 10:15.7; 4. Burke (BC), 10:19.1; 5. Dan O'Neill (DB), 10:23.3.
Shot put: 1. Doug Klopacz (SJR), 50-9¾; 2. Warren Martin (DB), 45-11; 3. Jordan Passano (PC), 45-11.
High jump: 1. Shaker (PC), 5-10; 2. Guest (PC), 5-6; 3. Mike Wendolowski (DB), 5-3.
Long jump: 1. Frank Cacione (DB), 19-5; 2. Claude Guinchard (DB), 18-4¾; 3. Steeg (DB), 17-11¾.
Triple jump: 1. Cadet (DB), 40-6¾; 2. Joe Goggins (BC), 36-3¾; 3. Chris Dinallo (DB), 35-4¾.
Pole vault: 1. Steeg (DB), 13-0; 2. Guinchard (DB), 12-6; 3. Wendolowski (DB), 9-0.
1,600 relay: 1. Bergen Catholic (John Rubineti, Jonathan Sam, Dom Gaston, Tom Randall), 3:40.3; 2. Paramus Catholic, 3:42.6; 3. Don Bosco, 3:46.1.
3,200 relay: 1. Don Bosco (Mike Moran, James Murphy, David Brosnan, Stephen Flanagan), 9:00.7; 2. Bergen Catholic, 9:26.5.

Girls

DIVISION A

TEAM SCORES: Ridgewood (R) 166, Hackensack (H) 94, Teaneck (T) 60, Paramus (P) 44, Bloomfield (B) and Belleville (Be) 22, Nutley (N) 11.
55: 1. Consandria Walker (H), 7.2; 2. Yvonne Hunt (T), 7.4; 3. Krystal Wyche (H), 7.5.
55 HH: 1. Lara-Jane Que (R), 8.3 (ties record set by Kayla Crowley, Montclair, 2003); 2. Evana Edwards (H), 8.3; 3. Mia Martinez (R), 8.9.
300: 1. Alice Wisener (R), 42.9; 2. Erica Cigolini (R), 43.0; 3. Wyche (H), 43.0; 4. Hunt (T), 43.9; 5. Anise Johnson (T), 43.9; 6. Walker (H), 43.9.
600: 1. Racquel Clarke (T), 1:40.7; 2. Jess Krejsa (R), 1:40.9; 3. Jess Setless (P), 1:44.5; 4. Nefertiti Harris (T), 1:46.0; 5. Rachel Setless (P), 1:48.3.
1,000: 1. Steph Westerman (R), 3:06.3; 2. Kelly Loughlin (P), 3:21.4; 3. Megan Sherlock (P), 3:21.7; 4. Alex Middleton (R), 3:22.8.
1,600: 1. Meredith Jones (R), 5:30.3; 2. Susan Fortkiewicz (B), 5:43.5; 3. Maggie Harms (R), 5:48.5.
3,200: 1. Jones (R), 11:44.7; 2. Christy Bertelsen (R), 12:19.2; 3. Jaclyn Feola (Be), 12:33.4.
Shot put: 1. Jamila Morrison (T), 36-9; 2. Lourdes Bernabe (Be), 30-1; 3. Que (R), 28-6.
High jump: 1. Kenrika Willis (T), 4-10; 2. Martinez (R), 4-8; 3. Rachel Setless (P), 4-5.
Long jump: 1. Brooke Bogart (R), 16-11¾; 2. Edwards (H), 16-10¾; 3. Walker (H), 16-8¾; 4. Wyche (H), 15-10¾; 5. Tori Ko (P), 15-7; 6. Cigolini (R), 15-4¾.
Triple jump: 1. Walker (H), 35-5¾; 2. Bogart (R), 33-6¾; 3. Melissa Hwang (P), 32-5¾; 4. Tori Ko (P), 32-2¾.
Pole vault: 1. Cassie Wong (R), 10-6 (record, old record, 9-6 by Wong, 2005); 2. tie between Annie Polcari (R) and Melissa Davila (H), 8-6.
1,600 relay: 1. Ridgewood (Stephanie Westerman, Alice Wisener, Hilary Barr,

Jess Krejsa), 4:08.2; 2. Teaneck, 4:10.9; 3. Hackensack, 4:24.5; 4. Paramus, 4:28.4.
3,200 relay: 1. Bloomfield (Sue Fortkiewicz, Natalia Mazur, Cara Constantino, Leticia Rivera), 10:24.6; 2. Hackensack, 10:36.7; 3. Ridgewood, 10:52.8.
DIVISION B
TEAM SCORES: Clifton (C) 162, Kennedy (K) 145, Montclair (M) 65, Passaic (P) 37, Eastside (E) 7.
55: 1. Jasmine McCullough (M), 7.3; 2. Ilani Paige-Waldon (M), 7.3; 3. Khadijatour Faye (K), 7.6.
55 HH: 1. Susan Martinez (C), 9.2; 2. Brooke Mullen (C), 9.8; Akeelia Minto (E), 10.0.
300: 1. Kristin Crawford (K), 43.5; 2. McCullough (M), 43.7; 3. Kuiera Home (K), 44.8.
600: 1. Crawford (K), 1:40.4; 2. Ashley Wakefield-Hall (M), 1:40.9; 3. Jasmine Adams (C), 1:41.1; 4. Monique Graham (K), 1:44.5.
1,000: 1. Martinez (C), 3:10.2; 2. Crystal Lee Pow (M), 3:12.2; 3. Quiona Beason (K), 3:12.5; 4. Jessica Torres (C), 3:18.9; 5. Susannah Young (M), 3:22.0.
1,600: 1. Diane Szafarski (C), 5:51.8; 2. Torres (C), 5:55.8; 3. Asia Robinson (K), 6:18.9.
3,200: 1. Crawford (K), 12:26.7; 2. Diane Szafarski (C), 12:29.6; 3. Sarah Mendoza (C), 13:20.2.
Shot put: 1. Connie Musleh (C), 35-6¾; 2. Wenda Noel-Lane (M), 34-9¾; 3. Ashley Coleman (P), 29-10¾.
High jump: 1. tie between Torres (C) and Adams (C), 4-5; 3. Kuiera Home (K), 4-5.
Long jump: 1. Faye (K), 13-10; 2. Odette Fraser (P), 13-4¾; 3. Michelle Telofski (C), 13-2¾.
Triple jump: 1. Home (K), 32-5¾; 2. Robinson (K), 21-8¾; 3. De'on Mallory (K), 30-10¾.
1,600 relay: 1. Montclair (Crystal Lee Pow, Kiarra McRimmon, Young, Wakefield-Hall), 4:16.4; 2. Kennedy, 4:21.3; 3. Clifton, 4:33.2.
3,200 relay: 1. Kennedy (Robinson, Rebecca Colon, Haniyha Brevard, Shaquanna Clark), 11:11.0; 2. Passaic, 11:17.8; 3. Clifton, 12:05.5.
DIVISION C
TEAM SCORES: Immaculate Heart Academy (IHA) 74, Holy Angels (HA) 39, Paramus Catholic (PC) 24.
55: 1. Stephanie Ottino (IHA), 7.9; 2. Jackie Rodriguez (PC), 8.0; 3. Jumana Jaloudi (HA), 8.0.
55 HH: 1. Meg Rodriguez (IHA), 9.2; 2. Lisa Vander Veer (PC), 9.4; 3. Tyler Teaton (IHA), 9.8.
300: 1. Alex Elkas (HA), 42.7; 2. Jen Mueller (IHA), 42.9; 3. Meg Rodriguez (IHA), 43.9; 4. Cassie Pierce (HA), 44.7.
600: 1. Linda Puntasecca (IHA), 1:48.7; 2. Olivia Sisti (HA), 1:51.9; 3. Jaloudi (HA), 1:54.1.
1,000: 1. Kate Cooney (IHA), 3:09.2; 2. Nicki Gross (HA), 3:20.3; 3. Linda Puntasecca (IHA), 3:20.6; 4. Katherine Mulligan (HA), 3:20.8.
1,600: 1. Katie Malachowski (PC), 5:27.0; 2. Kerry Taylor (IHA), 5:32.1; 3. Maggie McPartland (IHA), 5:43.1; 4. Juliette Trentacosti (HA), 5:44.8.
3,200: 1. Taylor (IHA), 11:55.5; 2. Mary Kaye Duff (HA), 12:36.6; 3. Nicole Schiavone (HA), 12:36.8; 4. Caroline Lennon (HA), 12:47.8.
Shot put: 1. Lara Sopaesa (IHA), 33-2¾; 2. Amanda Brooks (PC), 32-7; 3. Krisa Cordo (IHA), 28-3.
High jump: 1. Christine Fischer (IHA), 5-0; 2. Tyler Teaton (IHA), 5-0; 3. Elkas (HA), 4-10.
Long jump: 1. Ottino (IHA), 14-4; 2. Courtney Weiss (PC), 14-1¾; 3. Christina Brown (PC), 14-0.
Triple jump: 1. Courtney (PC), 31-10; 2. Katherine Tallaj (IHA), 30-5¾; 3. Erin Vander Have (HA), 29-2¾.
600 relay: 1. Holy Angels (Elkas, Jaloudi, Pierce, Olivia Sisti), 4:12.6; 2. IHA, 4:17.2. no other places.
3,200 relay: 1. IHA (Taylor, Maggie McPartland, Fischer, Meg McPartland), 10:19.0; 2. Holy Angels, 10:29.7.

This triple's a home run

Eastside senior jumps 47-4

By **PAUL SCHWARTZ**
STAFF WRITER

NEW YORK — On a night when all six defending team champions easily retained their NNJIL division titles, Kyle Lindsay put a spark into a meet that included a handful of outstanding individual performances.

The Eastside senior soared 47 feet 4 inches on his second attempt in the triple jump, setting a Passaic County indoor record and moving into the top 10 in the nation this winter.

Lindsay's jump Monday night was nearly 2 feet better than his previous indoor best and almost a foot better than his outdoor best, 46-5½. It is the sixth longest indoor triple jump in New Jersey history and longest in 11 years.

INDOOR TRACK NNJIL MEET

"My first jump was 44-7, but I felt good until the second phase and my left leg kind of gave way, so it took a lot of distance away from me," said Lindsay, who finished third last spring in the outdoor State Meet of Champions. "But on the second jump, I was perfect on the board and carried out the next two jumps really well. I hit it."

The excitement of soaring past the 46-foot barrier, which had haunted him all winter, nearly persuaded Lindsay to pass on his last two jumps, but a change of heart brought a second big jump — 47-3½ — and a long foul that might have been 48 feet.

"I've got to rethink my goals for this winter," said Lindsay. "I kept telling everyone I was going to get 47 feet and now I have it."

Lindsay's performance highlighted an event that included two meet records, two meet records tied and eight 2006 North Jersey bests.

The closest team competition was Clifton's 162-145 margin over Kennedy in the girls Division B. The Ridgewood boys and girls won by 66 and 72 points, respectively, in Division A; Clifton's boys won by 104 points in Division B and Division C winners, Don Bosco and Immaculate Heart outscored the rest of their divisions.

Don Bosco junior Matt Steeg became the first North Jersey athlete to clear 13 feet in the pole vault this winter. He then came close on his final attempt at a school-record 13-7.

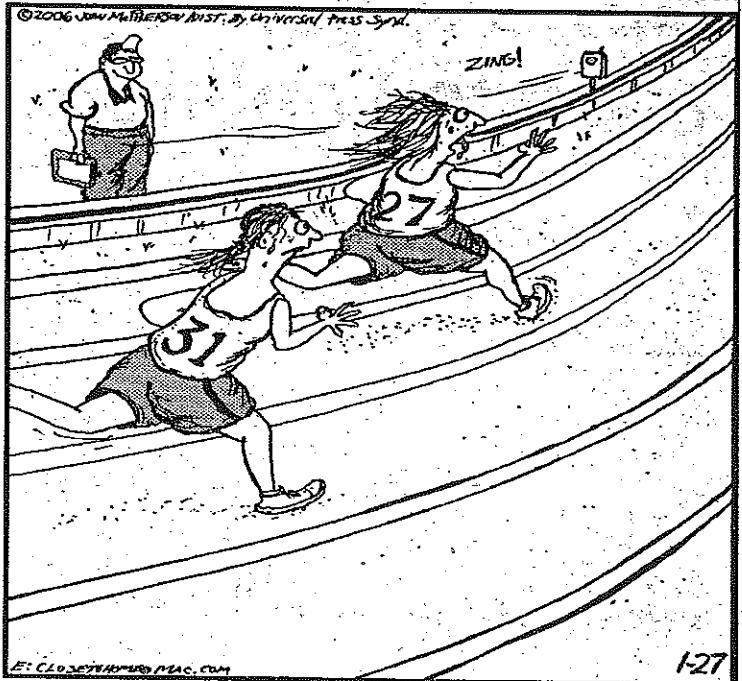
The top performance on the track probably was the Ridgewood girls' 1,600-meter relay team of Alice Wisener, Stephanie Westerman, Hilary Barr and Jess Krejsa, who ran 4:08.2, upsetting Teaneck and taking over the North Jersey lead in the event.

Clifton's girls were led by two young stars, sophomore Susan Martinez, who won the 1,000 and 55 hurdles, and junior Jasmine Adams, whose 1:41.1 for third place in the 600 narrowly missed the Clifton school record of 1:40.3 held by Natalie Popowicz.

Ridgewood's boys won easily despite the continued absence of Byron Williams (bronchitis), who hopes to be back by Saturday's Collegiate Invitational 3,200 relay, and just one event run by Mike Cator.

CLOSE TO HOME

John McPherson



The Ridgewood High girls' track team began setting record times with the use of its new iPod lure.

Met Invite

Wed 2/1/06

***** Results *****

55m HH:

Boys- Marcos Lutterbach- 14.4, Kevin Boyce- 12.7, Richard Sayanagi- 9.2/9.0,
Dan Nagano-Gerrace- 11.4,

Girls- Maeve Casey- 11.8, Emily Trent- 11.9, Jaclyn Pierce- 11.3,

55m:

Boys- Travis Becher- 7.7, Rob Webbe- 7.3/7.2, Logan Rupel- 7.5, Greg Zulauf- 8.4,
Felipe Vasquez- 7.8, Richard Sayanagi- 7.4/7.2, Frank Nestor- 7.5

Girls- Mollie Kurshan- 9.4, Emily Trent- 9.1, Maeve Casey- 8.7, Jaclyn Pierce- 8.9,
Rita Muzio- 8.8

1600m:

Boys- Mark Rykken- 5:30.3, Dylen Lee- 5:41, Tara Shigenobu- 5:03.2,
Sean Martin- 5:40.0, Rob Sierra

Girls- Charlotte Margel- 6:22.0, Tory Mullen- 6:51, Jess Connor- 6:42,
Molly Rapaport- 7:14, Hilary Barr- 5:52.1, Marya Goodman- 6:16.8, Ali Rahill- 6:59

800m:

Boys- Dylen Lee- 2:37, Tara Shigenobu- 2:16.2 (4th), Sean Martin- 2:40,
Rob Sierra- 2:57, Justin Jenkins- 2:31, Adam Marquard- 2:46, Frank Nestor- 2:34.6

Girls- Catherine Buckley- 2:45.5, Megan McLoughlin- 3:07, Torey Middleton- 2:48.6,
Rachael Benenson- 3:07.4, Megan Granski- 2:49.3, Casey Reilly- 2:44.5,
Rosa Dillon- 2:55.1, Robin Lee- 3:01.2, Janie Vandevander- 3:16

200m:

Boys- - Travis Becher- 27.5, Rob Webbe- 26.6, Logan Rupel- 27.2,
Richard Sayanagi- 26.7, Kevin Boyce- 30.4, Mike Vaccaro- 26.7,
Dan Nagano-Gerrace- 29.6, Kota Kuribayashi- 29.1,

Girls- Mollie Kurshan- 33.7, Emily Trent- 33.8, Maeve Casey- 32.3,
Jaclyn Pierce- 31.8, Rita Muzio- 33.9

LJ:

Boys- Marcos Lutterbach- 11'4", Felipe Vasquez- 16'9 1/2",
Dan Nagano-Gerrace- 12'5", Richard Sayanagi- 14'8", Mark Rykken- 13'5",

Pole Vault:

Girls- Cassie Wong- 10'0" (1st)

4 x 800m:

Mike Cator- 1:58.7

Byron Williams- 1:59.8

Jeremy Schmidt- 2:01.1

Niall Buckley- 1:58.8

Total= 7:58.74 (3rd)

MONDAY, FEBRUARY 6, 2006

Ridgewood runs fast 3,200-meter relay

NEW YORK - Ridgewood's team of Mike Cator, Byron Williams, Jeremy Schmidt and Niall Buckley finished third in the boys 3,200 relay Saturday at the Armory Collegiate Invitational, in 7:58.74. It is the fastest time for a New Jersey team this winter and sixth fastest in the nation.

Shaker High School of New York won in 7:52.63 followed by Monsignor Farrell of Staten Island, in 7:52.91, the two fastest

times in the nation this year. Don Bosco was seventh in 8:08.47.

Cator opened with a 1:59.1 800 split, giving the Maroons the lead at the first baton pass. Williams, in his first race in two weeks after suffering from bronchitis, managed a 1:59.5 split, but the Maroons also slipped to third. Schmidt followed with a personal-best 2:01.2 split before Buckley closed with a 1:58.8 final 800.

Varsity Classic

Monday 2/6/06

***** Results *****

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

Boys- Byron Williams, Jeremy Schmidt, Niall Buckley, Mike Cator
10:28.7 (2nd)..... 3:13.0 52.4 2:00.8 4:22.5

55m:

Boys- Chris Zeiglar- 6.6/6.6

Girls- Erica Cigolini- 7.5/7.5, Emily Barr- 7.7

55m HH:

Boys- John Moody- 8.2/8.2, Steve Pierce- 8.3

Girls- Lara-Jane Que- 8.3/8.2/8.3 (3rd), Mia Martinez- 8.9/8.7, Cassie Wong- 9.2/9.0

800m:

Girls- Alice Wisener- 2:39.5, Alex Middleton- 2:39.2

400m:

Boys- Steve Pierce- 53.1

4 x 800m:

Girls- Jess Krejsa, Meredith Jones, Christy Bertelsen, Steph Westerman
9:45.9 (5th)..... 2:20.7 2:31.9 2:31.0 2:22.3

200m:

Boys- John Moody- 23.9

Girls- Erica Cigolini- 26.5 ***NEW SCHOOL RECORD***

1600m:

Boys- Jeremy Kalmus- 4:36.1

Girls- Maggie Harms- 5:46.4

4 x 400m:

Girls- Jess Krejsa, Alice Wisener, Emily Barr, Steph Westerman
4:14.1.. 62.5 64.5 64.6 62.5

Long Jump:

Boys- Brian Climente- 19'5"

Girls- Brooke Bogart- 15'2", Erica Cigolini- 14'8 ½"

Triple Jump:

Boys- Brian Climente- F

Girls- Brooke Bogart- 32'1 ¾"

High Jump:

Girls- Mia Martinez- 4'9"

Pole Vault:

Girls- Cassie Wong- 10'6" (3rd)

Comments:

A few things stand out to me in this high powered meet: (1) Jeremy Kalmus running 4:36 in the 1600m, (2) Jess Krejsa running a 2:20 opening leg of the girls 4 x 800m, (3) Erica's new school record in the 200m (breaking her own record) and (4) Lara's continued improvement and great performances in the hurdles. Continue to set reachable goals!

IH speeding along in 400

Coffman, Kroner starring

By **PAUL SCHWARTZ**
STAFF WRITER

NEW YORK – For now, at least, Indian Hills High School appears to be the North Jersey capital for 400-meter runners. Sophomore Rebecca Coffman ran the eighth-fastest girls 400 in Bergen County history, 58.9, to take fifth Monday in the prestigious Varsity Classic meet at the Armory Track Center.

On Sunday, Garrett Kroner will try to add the State Meet of Champions 400 title to his Group 2 crown earned Jan. 29.

TRACK AND FIELD VARSITY CLASSIC

"I've been running at a new level this year," said Coffman, who won the 100 and 200 titles last spring in the NBIL Division 2 and Bergen B meets. "This is a new event for me because I didn't run the 400 much last spring and didn't run it at all last winter."

But the former 63-second sprinter has been running faster from her first race of the winter and qualified for Sunday's State Meet of Champions by running 1:00.38 for third place out of an unseeded heat at the State Group 2 meet.

Her 58.9 400 is more than two seconds ahead of any other girls 400 runner in North Jersey this winter and far ahead of her own expectations.

"I'm shocked," said Coffman. "I never thought I'd break 60 so quickly and by so much. Now I'm really excited about running Sunday and trying to get a medal."

Indian Hills indoor head coach Tony Ciccone thinks Coffman is just beginning to show what she can do.

"She's such a strong girl and so powerful looking that when she came out originally we thought she'd be with the weights," said Ciccone. "And with all the weight people we graduate this year, she's going to do some throwing next year."

For now, Coffman is confining herself to the 400, where she has a great role model in Kroner.

"He's such a motivator and role model for me," says Coffman. "The boys and girls work out together although we each do our own individual work. He's awesome to watch."

For his part, Kroner skipped the 400 Monday, running the 200, the event he'll probably skip at the State Meet of Champions. But he didn't waste his time Monday, running 22.0, the Bergen County indoor record for the comparatively new indoor event and taking second behind State 200 co-favorite A.J. Bunton of West Deptford.

"I don't really like being the target Sunday," said Kroner, who is the top seed after finishing sixth last winter and fourth in the spring. "There are so many good runners in the race and anything can happen, but I'm enjoying the season so far."

North Jersey athletes enjoyed an excellent day in the meet, which drew more than 130 schools from New York, New Jersey and Pennsylvania. More than 30 medals went to area athletes, including golds by triple jumpers Kyle Lindsay of Eastside and Consandria Walker of Hackensack. Walker's win was especially sweet, because her 37-3/4 was her best jump in nearly two years and the top mark in New Jersey this winter.

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TRACK AND FIELD

VARSITY CLASSIC

AT THE ARMORY TRACK CENTER

BOYS

55 – 1. A.J. Bunton, West Deptford, 6.2; 5. Tinashe Kitchen, Fort Lee, 6.7.
55 HH – 1. Kyle Edmonds, Metuchen, 7.6; 6. Anthony Chisholm, Wayne Hills, 7.8.
200 – 1. A.J. Bunton, West Deptford, 21.7; 2. Garrett Kroner, Indian Hills, 22.0 (Bergen County record, old record, 22.2 by Melvin Sampson, Hackensack, 2001); 4. Tinashe Kitchen, Fort Lee, 22.7.
400 – 1. Bryant McCombs, Old Bridge, 49.6; 3. Marc Muckle, Teaneck, 51.1.
800 – 1. Anthony LaMastro, Pope John, 1:54.1; 5. Tommy San George, Teaneck, 1:57.9.
1,600 – 1. Kyle Soloff, Morris Hills, 4:27.1; 6. Calvin Lee, Old Tappan, 4:31.2.
3,200 – 1. Ben Massam, Chatham, 9:12.4 (record, old record, 9:27.1 by Mike Myers, Eastern, 2000); 4. Will Nowicki, Passaic Valley, 9:40.2.
Shot put – 1. Pierre James, Franklin, 55-6 1/4; 3. Jeff Seidel, Hasbrouck Heights, 54-4 3/4.
High jump – 1. Ryan Manning, West Orange, 6-6 (ties meet record held by four others); 5. tie between Tyler Cole, Toms River South, Garruty Etienne, West Orange, Shawn Rembecky, Paramus, Jon Massa, Paramus, Adam Hegel, Manalapan and Ricardo Kennedy, Hunterdon Central, 5-9.
Long jump – 1. Ryan Manning, West Orange, 23-10 (record, old record, 22-10 by Val Sisti, DePaul, 2004); 4. Lindsay, Eastside, 21-6.
Triple jump – 1. Lindsay, Eastside, 47-3 3/4 (record, old record, 46-6 1/2 by Jason Ramsey, Mount Vernon, 2002); 2. Ted Leshar, Northern Highlands, 46-6.
Pole vault – 1. Devon Purves, Haddonfield, 15-0 (ties meet record held by three others); 3. Matt Steeg, Don Bosco, 13-6; 5. Greg Stripe, Mahwah, 13-0; 6. Claude Guinhard, Don Bosco, 13-0.
1,600 relay – 1. Camden (McGriff, Waugh, Goree, Pinckney), 3:26.5.
3,200 relay – 1. Pleasantville, 8:00.2; 2.

CBA, 8:06.9; 3. Monroe-Woodbury, 8:10.4; 4. Westfield, 8:12.0; 5. Hillsborough, 8:13.0; 6. Morris Hills, 8:13.9.
Distance medley – 1. Arlington, 10:28.5; 2. Ridgewood, 10:28.8.

GIRLS

55 – 1. Ogechi Nawaneri, Chatham, 6.8 (ties record set by Karen Robinson, New Rochelle, 2002); Consandria Walker, Hackensack, 7.1.
55 HH – 1. Lynne Layne, New Rochelle, 7.9; 3. Lara-Jane Que, Ridgewood, 8.3.
200 – 1. Lynne Layne, New Rochelle, 24.7; 5. tie between Sophia Davis, Queen of Peace, Shavoonah Moss, Passaic Tech, Amy Salek, Ramapo, and Karice Smalls, Camden, 26.3.
400 – 1. Celeste Holder, Parsippany, 57.8.
800 – 1. Laura Cundey, Washington Twp., 2:21.8.
1,600 – 1. Ashley Higginson, Colts Neck, 4:54.7 (record, old record, 5:00.5 by Caitlin Smith, IHA, 2003).
3,200 – 1. Kathleen Davies, St. Basil's, 11:07.8; 4. Andrea Rothschild, Demarest, 11:20.3.
Shot put – 1. Kadine Johnson, New Rochelle, 43-5 1/4.
High jump – 1. tie between Caitlin Knight, New Rochelle and Bianca Stewart, Columbia, 5-4.
Long jump – 1. Celeste Holder, Parsippany, 18-10 (record, old record, 18-7 by Carlene Cummings, Englewood, 1998); 4. Arianna Pomo, Saddle Brook, 16-10 1/2.
Triple jump – 1. Consandria Walker, Hackensack, 37-3 3/4; 2. Shenise Halsey, Old Tappan, 35-4 3/4; 5. Lynn Matanile, Glen Rock, 34-3 1/2.
Pole vault – 1. Tara Oberg, Hunterdon Central, 11-0; 3. Cassie Wong, Ridgewood, 10-6; 6. tie between Tricia Murphy Knelly, Mahwah and Michelle Telofski, Clifton, 9-6.
1,600 relay – 1. Suffern, 3:59.1; 4. Teaneck, 4:06.8.
3,200 relay – 1. Roxbury, 9:18.1 (record, old record, :20.3 by New Rochelle, 2002; 5. Ridgewood, 9:46.0.
Distance medley – 1. Roxbury, 12:05.3; 4. Ramapo, 12:37.6.

THE RIDGEWOOD NEWS

SPORTS

RIDGEWOOD BOYS INDOOR TRACK

4x800 relay team seeks nation's top time

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BY NED WINNER
Staff Writer

RIDGEWOOD — Their names long since known around these parts, the four members of Ridgewood High School's boys indoor track 3200-meter relay team have decided to expand their horizons a little bit.

Thanks to a sizzling performance last Saturday at the Armory Collegiate Invitational in New York City, seniors Mike Cator and Byron Williams and juniors Jeremy Schmidt and Niall Buckley have become names-to-know well beyond the borders of New Jersey.

Their combined 4x800 time of 7:58:74 is the fastest time turned in by a relay unit from the Garden State this winter, and the event's sixth fastest time by an American high school team this indoor track campaign. The time actually placed them third at the meet behind Shaker High School of Latham, N.Y., and Monsignor Farrell of Staten Island, which ran the country's top two times this season. Shaker finished the race in 7:52.63.

Cator kicked off the race with a 1:59.1 before handing the baton off to Williams, who ran his leg at a 1:59.5 clip. Schmidt ran a personal best 2:01.2 in the third leg before Buckley turned in a team-low 1:58.8 as the anchor.

"We're really pretty excited about it," said Cator, who will run cross-country and track for Marist College in Poughkeepsie, N.Y., next fall. "We all ran solid, but we're always looking to run a second faster. It's good to know we can run with all those top teams."

The Maroon runners are optimistic that they'll be able to top Shaker's time and make a bid for the title of best 4x800 relay team in the country. The fact that Williams is still recovering from a bout with bronchitis has the team believing they're not yet running on all cylinders.

"I think they can run better," Ridgewood head coach Mike Mullin said. "Coming off Byron's sickness, it could have been a different race if he was completely healthy. I think we could have had a shot at first in that race. With him

healthy, I think that's a difference between four and five seconds. I think they did run a great race, though."

The four runners have plenty of time to improve on their times. Amazingly, Saturday was the first time the team competed together in the event, and they'll finish out the winter and spring track seasons running the 4x800.

It would be easy for a quartet of teenagers to develop egos as their names are thrown around using terms like "nation's best" and "All-American". To some extent, a little cockiness is necessary to compete on the national level, and the runners do walk into practice with a

particular swagger, the unmistakable mark of athletes who know they're successful. Assistant coach Josh Saladino jokingly stated that the Maroons have "four Lawrence Taylors" on the indoor track team, referencing the New York Giants' brash yet Hall of Fame linebacker of the 1980's.

But the four stars know that in order to reach the pinnacle of their sport, they can't be satisfied with anything they've done. "It's still not the best time, so we still have something to work for," said Williams, who will run at the University of San Francisco next year. "We can definitely compete with

the best," Cator said. "We're going to get our heads on straight a little more. Once everything clicks, we know that nobody can beat us. We want to start getting it done, so it just becomes what we do."

Mullin said that he spoke with the team after a sub-par performance at Monday night's Varsity Classic, also at the Armory. He reminded them that they have something special and need to maintain the intensity that helped them produce Saturday's excellent time. "I've always known they are national-caliber type kids," Mullin said. "I told them after the Varsity Classic that they have to under-

stand the level of talent they are at. They can never sell themselves short because it's few and far between that you get kids of this caliber all together at the same time. They have to make the most of it, and right now, they are for the most part."

The dynamics of the unit should also help drop seconds off its time. With two seniors and two juniors on the team, there is a clear hierarchy. Cator stands out as the outspoken leader of the group, always the first to answer questions. Williams tends to speak more softly, but does so with an authoritative air that perks the ears of underclassmen. Buckley and

Schmidt said they look up to the two seniors and take their suggestions just as seriously as they would the words of any coach.

"We learn a lot from them every day," Schmidt said.

"They teach us some things," Buckley said. "They know more and they've been around longer than us."

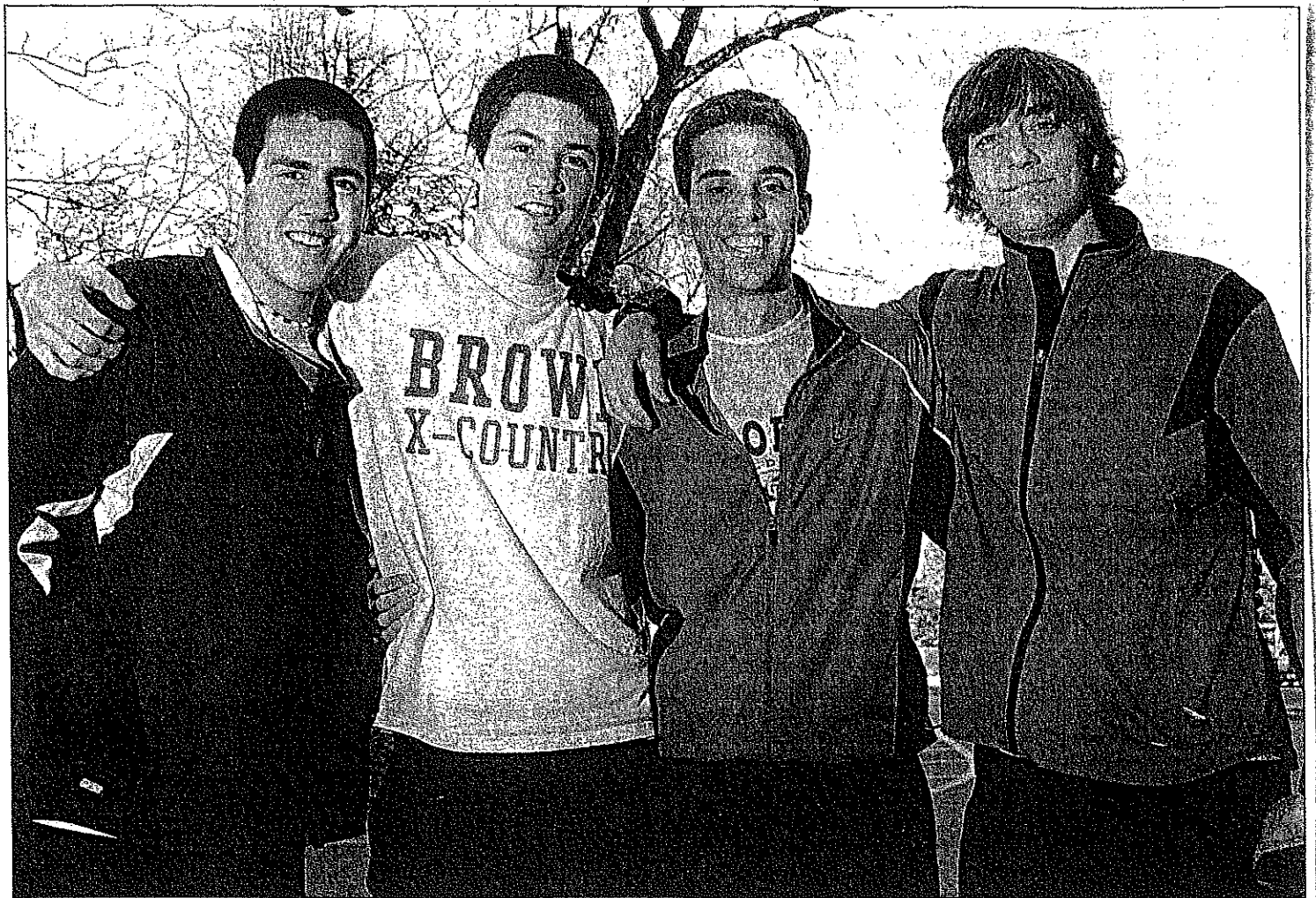
Mullin said that this idea of leading by example has been what has made Ridgewood track teams great over the years. Especially in winter track, with so many students participating, it's important that older runners take on a coaching role.

"They're goofy, and they're fun, but they're very self-motivated," Mullin said of Cator and Williams. "They know what they're doing. They're not going to cut workouts; they're not going to be slackers in any way. They're good leaders in that respect. They're good at bringing people along, and that's a tradition Ridgewood has always had. The older kids bring the younger ones into their own because they see them as an example of how hard they have to work."

With Williams regaining his health and Schmidt and Buckley coming into their own as national caliber athletes, it's reasonable to believe that this foursome will further its status as one of America's top high school relay teams by the time graduation rolls around. Cator and Williams know they only have a few months to take advantage of just how the stars have aligned for them, and their respective competitive streaks certainly aren't fading as their high school careers wind down. A time of 7:52.63 is most certainly a tangible mark.

"They're really going to have to pop a time to be the best in the country," Mullin said. "There are some good times out there. Certainly, I think we can run as good as 7:52, which is the best time now. I think they are capable of popping a time and reaching that mark. That really depends on how much they want it, and that's up to them. I think they are capable."

Ned Winner's e-mail address is winner@northjersey.com



GARY JUNG/STAFF PHOTOGRAPHER

The members of the Ridgewood High School 3200-meter relay team, which, last Saturday, recorded the nation's sixth fastest time in the event this indoor track season, are (from left) senior Mike Cator, junior Niall Buckley, senior Byron Williams and junior Jeremy Schmidt.

INDOOR TRACK PERFORMANCE LIST

(THROUGH FEBRUARY 8)

Boys

55

(AUTO TIME ONLY)

Travis Warren, Teaneck	6.81
Tanisha Kitchen, Fort Lee	6.82
Matt Schulerer, Demarest	6.90

55 HH

(AUTO TIME ONLY)

Alec Marshall, Wayne Valley	7.85
A.J. Esquerre, Passaic Valley	7.86
Kyle Gilroy, West Milford	8.02
Ted Leshner, Northern Highlands	8.09
Chadwick Cadet, Don Bosco	8.11

200

Garrett Kroner, Indian Hills	22.0
Tinasha Kitchen, Fort Lee	22.7
Michael Epps, Englewood	22.9
Kwame Banahene, Hackensack	23.4
Jake Stass, Westwood	23.56

300

Matt Dortch, Wayne Valley	36.6
Tim Zdravac, Pompton Lakes	36.9
Matt Andriulli, Don Bosco	37.1
Tom Randall, Bergen catholic	37.4
Kwame Banahene, Hackensack	37.5

400

Garrett Kroner, Indian Hills	49.65
Marc Muckie, Teaneck	51.1
Sharif Webb, Don Bosco	52.64
Jake Stass, Westwood	52.97
Michael DiBella, No. Highlands	53.19

600

Jeremy Schmidt, Ridgewood	1:26.2
Dane Bender, Pompton Lakes	1:27.0

Casey Weiss, West Milford	1:27.4
John McDonnell, Don Bosco	1:27.5
Lorenzo Stanford, Passaic Tech	1:27.9

800

Tom San George, Teaneck	1:57.9
Niall Buckley, Ridgewood	1:59.37
Nick Miehle, DePaul	2:01.7
Ben Diestel, No. Highlands	2:02.1
Nik Batarags, No. Highlands	2:02.27

1,000

Niall Buckley, Ridgewood	2:37.5
Tommy San George, Teaneck	2:37.7
Nick Miehle, DePaul	2:39.4
Steven Klett, Clifton	2:40.2
Sharif Webb, Paramus Catholic	2:41.7

1,600

Byron Williams, Ridgewood	4:17.32*
Mike Cator, Ridgewood	4:18.23*
Niall Buckley, Ridgewood	4:29.0
Calvin Lee, Old Tappan	4:31.2
Stephen Abate, Wayne Valley	4:32.55

3,200

Tony Salvatore, Wayne Valley	9:39.91
Will Nowicki, Pascack Valley	9:40.2
Mike Cator, Ridgewood	9:43.17
Colin McCullough, Don Bosco	9:43.2
Calvin Lee, Old Tappan	9:51.67

SHOT PUT

Jeff Seidel, Hasbrouck Heights	54-7½
Doug Klopacz, St. Joseph Reg.	53-6¼
Geoff Goldell, Pascack Hills	51-3
Shawn Sabo, Indian Hills	50-9½
Kyle Wanamaker, Lakeland	48-8¼

HIGH JUMP

Val Terebizh, Fort Lee	6-2
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Austin Hennelly, Dumont	6-0
Jon Massari, Paramus	6-0

10 tied at 5-10

LONG JUMP

Val Terebizh, Fort Lee	21-6
Kyle Lindsay, Eastside	21-6
Ted Leshner, Northern Highlands	20-7½
Dan D'Amato, Hasb. Heights	20-7¼
Anastacio Henry, Hackensack	20-4

TRIPLE JUMP

Kyle Lindsay, Eastside	47-4
Ted Leshner, Northern Highlands	46-6
Val Terebizh, Fort Lee	44-4¾
Kyle Gilroy, West Milford	42-10½
Garrett Kroner, Indian Hills	42-3¼

POLE VAULT

Matt Steeg, Don Bosco	13-6
Greg Stripe, Mahwah	13-0
Claude Guinchard III, Don Bosco	13-0
Doug Park, Fort Lee	12-6
Daniel Sachs-Gibbs, Teaneck	12-0

1,600 RELAY

Don Bosco	3:28.5
Ridgewood	3:30.9
Teaneck	3:32.1
New Milford	3:36.6
Fort Lee	3:36.8

3,200 RELAY

Don Bosco	8:08.0
Ridgewood	8:18.3
Indian Hills	8:18.7
Northern Highlands	8:30.1
River Dell	8:30.4

*Mile time minus 1.5 seconds

GIRLS TRACK PERFORMANCE LIST

55 (AUTO TIME ONLY)

Consandria Walker, Hackensack	7.40
Amy Salek, Ramapo	7.61
Lauren Maisky, Kinnelon	7.62
Erica Cigolini, Ridgewood	7.65
Yvonne Hunt, Teaneck	7.67

55 HH (AUTO TIME ONLY)

Lara Que, Ridgewood	8.64
Evana Edwards, Hackensack	8.78
Julia Marshall, No. Highlands	8.96
Liz Hartwick, Lakeland	8.97
Arianna Pomo, Saddle Brook	9.08

200

Shavannah Moss, Passaic Tech	26.3
Amy Salek, Ramapo	26.3
Sophia Davis, Queen of Peace	26.3
Rebecca Coffman, Indian Hills	26.7
Consandria Walker, Hackensack	27.00

300

Kristin Crawford, Kennedy	41.6
Shavannah Moss, Passaic Tech	42.8
Alice Wisener, Ridgewood	42.9
Erica Cigolini, Ridgewood	43.0
Krystal Wyche, Hackensack	43.0

400

Rebecca Coffman, Indian Hills	58.9
Kristin Crawford, Kennedy	59.6
Jenn Pierce, No. Highlands	1:01.1
Racquel Clarke, Teaneck	1:01.2
Pam Kopfensteiner, No. High.	1:01.5

600

Kristin Crawford, Kennedy	1:38.8
Racquel Clarke, Teaneck	1:40.7
Jess Krejsa, Ridgewood	1:40.9
Jasmine Adams, Clifton	1:41.1

Quiona Beason, Kennedy	1:42.2
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800

Jess Setless, Paramus	2:23.1
Jenn Pierce, No. Highlands	2:24.2
Jess Krejsa, Ridgewood	2:26.26
Kristin Crawford, Kennedy	2:27.5
Stephanie Westerman, Rdgwd	2:28.92

1,000

Stephanie Westerman, Rdgwd	3:06.18
Kate Cooney, IHA	3:09.2
Susan Martinez, Clifton	3:10.2
Lindsey Jeltis, Indian Hills	3:12.2
Quiona Beason, Kennedy	3:12.5

1,600

Kesley Ramsey, Ramapo	5:15.72
Christina Valerio, West Milford	5:20.21
Jess Setless, Paramus	5:20.9
Lindsey Jeltis, Indian Hills	5:21.09
Kerry Taylor, IHA	5:23.98

3,200

Amy Van Alstine, Midland Pk.	11:14.45
Andrea Rothschild, Demarest	11:20.3
Kesley Ramsey, Ramapo	11:44.3
Meredith Jones, Ridgewood	11:44.7
Stacey Bond, Ramsey	11:49.72

SHOT PUT

Chelsea Schiffman, Demarest	37-7
Heather Morba, Kinnelon	37-5 3/4
Tanya Elshahawi, Indian Hills	37-1 3/4
Jamila Morrison, Teaneck	36-9
Connie Musleh, Clifton	35-6 1/2

HIGH JUMP

Katelyn Rodgers, Lakeland	5-4
Shenise Halsey, Old Tappan	5-2
Arianna Pomo, Saddle Brook	5-2

Tyler Teaton, IHA	5-2
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Juliana Carnargo, Dumont	5-0
Christine Fischer, IHA	5-0
Kristen Kern, Indian Hills	5-0

LONG JUMP

Consandria Walker, Hack	17-8 1/2
Arianna Pomo, Saddle Brook	17-6 1/4
Brooke Bogart, Ridgewood	16-11 3/4
Jenn Pierce, No. Highlands	16-11
Evana Edwards, Hackensack	16-10 1/2

TRIPLE JUMP

Consandria Walker, Hack	37-3 3/4
Jessica Molosh, Indian Hills	35-6 1/2
Alyssa Maier, River Dell	35-6
Shenise Halsey, Old Tappan	35-4 3/4
Kristin Kern, Indian Hills	34-9
Lynn Matanle, Glen Rock	34-7 1/2

POLE VAULT

Cassie Wong, Ridgewood	10-6
Tricia Murphy, Mahwah	9-6
Michele Telofski, Clifton	9-6
Annie Polcari, Ridgewood	9-0
Melissa Davila, Hackensack	9-0

1,600 RELAY

Teaneck	4:06.8
Ridgewood	4:08.2
Holy Angels	4:12.6
River Dell	4:15.0
Northern Highlands	4:15.4

3,200 RELAY

Ridgewood	9:46.0
IHA	9:53.2
River Dell	10:13.2
Ramsey	10:14.9
Indian Hills	10:15.0

Ridgewood's loss leads to new focus

By PAUL SCHWARTZ
STAFF WRITER

The Ridgewood boys distance-medley relay team finished with the sixth-fastest time in the nation last spring, and with three of four runners returning, figured to make a run for the national championship indoors and outdoors this year.

But the Maroons were stunned by Arlington High School from upstate New York at Monday's Varsity Classic, running more than two seconds slower than they had six weeks earlier at the Marine Corps Holiday Classic.

"That wasn't Ridgewood," said Mike Cator, running the 1,600-meter anchor instead of his usual leadoff 1,200 because Byron Williams is not yet 100 percent after missing 10 days with bronchitis. "We didn't run our best."

But the loss may prove to be the jump-start the Maroons need to show they are among the elite.

"Maybe we were taking some things for granted," said Cator. "There's going to be a new Ridgewood the next time we step onto the track."

"I think we should be reacting to moves [by other teams] instead of sitting back," said Williams, who is headed for the University of San Francisco in the fall. "We should have won that race easily."

Niall Buckley, the 800-meter run-

ner who anchored Ridgewood two days earlier to a State-leading 7:58.74 in the Armory College Invitational 3,200 relay, agreed. "I wasn't focused the way I should have been. That changes now and in the future."

The fourth member of the team, 400 runner Jeremy Schmidt, the only newcomer to the unit, ran 52.2 for his 400 leg, nearly two seconds faster than he had earlier in the year. But even he wasn't pleased.

"I can do better," said Schmidt. "We all can do better."

AT THE MEET OF CHAMPIONS — There are some unexpected North Jersey qualifiers at Sunday's State Meet of Champions at Princeton, including Queen of Peace junior Antonio Tejelo, who finished second in the Group 1 800 to qualify for the race.

Tejelo, who doesn't have a lot of racing experience, finished second to highly regarded Mikey Pachella of Wallkill Valley at the Jersey City Development meet in the 600 a week earlier, and in his first open 800 of the year in the Group 1 meet came from fifth in the final straightaway to earn the silver medal.

"I was just trying to stay with the pack and trying to kick through and it worked," said Tejelo, whose 2:03.23 was less than a second behind his

outdoor 800 best. "I'm excited about the Meet of Champions."

Kinnelon's Lauren Malsky, also a junior, qualified for the Meet of Champs in both the 55 and 200, finishing third in the Group 1 55 despite not really liking the event.

"I like the 200 better and I'm more comfortable in the 100 and 200 outdoors than the 55 indoors because I don't start well," said Malsky.

Demarest's Chelsea Schiffman continued her remarkable comeback from two stress fractures in her lower back last year with a personal best of 36-10 $\frac{3}{4}$ in the Girls 2 shot put for second place.

"I think it happened from throwing the javelin," said Schiffman, who has already improved her personal best by nearly two feet this winter. "I feel very healthy now and I'm staying away from the javelin this spring."

HEATING UP — After a slow start, North Jersey pole vaulters are heating up over the last week. Matt Steeg of Don Bosco became the area's first 13-footer 10 days ago at the NNJL championships. Greg Stripe of Mahwah and Steeg's teammate, Claude Guinchard, joined him at the Varsity Classic with clearances of 13 feet, and Steeg then cleared 13-6 for third at the same meet. Only Stripe qualified for the Meet of Champions on Sunday, but the trio will meet at the Bergen County meet Feb. 20.

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INDOOR TRACK NOTEBOOK

Ed Church Invite

2/8/06

***** Results *****

55m:

Boys- Travis Becher- 7.4, Greg Zulauf- 7.9, Richard Sayanagi- 7.2/7.1,
Mike Vacarro- 7.5, Logan Rupel- 7.5, Rob Webbe- 7.6, Josh Dabby- 9.3,
Felipe Vasquez- 7.6, Eric Grossman- 7.6,

Girls- Rita Muzio- 8.5, Mollie Kurshan- 9.2.

55m HH:

Boys- Marcoz Lutterbach- 12.1, Kevin Boyce- 11.6, Dan Nagano-Gerace- 11.0,
Richard Sayanagi- 9.3/9.1, Eric Grossman- 10.5

Girls- Jaclyn Pierce- 12.2, Emily Trent- 12/2/11.9, Maeve Casey- 11.2

1600m: (Varsity Only)

Girls- Maggie Harms- 6:05, Rosa Dillon- 6:30.2

4 x 800m:

Boys-

(1) Mark Rykken, Taro Shigenobu, Dylan Lee, Sean Martin

10:06 (1st)... 2:33 2:16 2:38 2:37

Girls-

(1) Casey Reilly, Catherine Buckley, Lissett Dillon, Hilary Barr

11:27.2 (1st)..... 2:47 2:46 3:01 2:52

(2) Charlotte Margel, Jess Connor, Tory Mullen, Molly Rappaport

12:42 2:59 2:56 3:23 3:22

(3) Robin Lee, Allie Rahill, Torey Middleton, Megan McLoughlin

12:09 (4th)..... 3:03 3:13 2:50 3:02

200m:

Boys-Travis Becher- 28.5, Ryan Treppedi- 33.2, Richard Sayanagi- 27.2,
Mike Vacarro- 26.9, Josh Dabby- 33.8, Felipe Vasquez- 27.2, Eric Grossman- 28.6
Rob Webbe- 28.0

Girls- Emily Trent- 34.3, Maeve Casey- 33.1, Rita Muzio- 31.5, Jaclyn Pierce- 31.6

800m:

Boys- Taro Shigenobu- 2:20.3 (**1st**), Dylan Lee- 2:39, Rob Sierra- 2:54,
Sean Martin- 2:48, Frank Nestor- 2:29.9, Ryan Treppedi- 3:10, Kota Kurib- 2:46

Girls- Megan Granski- 2:58, Casey Reilly- 2:51, Lissett Dillon- 2:54,
Catherine Buckley- 2:52, Charlotte Margel- 3:01, Torey Mullen- 3:15,
Jessica Connor- 3:00, Hilary Barr- 2:47.0 (**4th**), Rachael Benenson- 3:16

4 x 400m:

Boys-

(1) Mark Rykken, Dylan Lee, Taro Shigenobu, Richard Sayanagi
4:08.7 (**3rd**).. 64.4 63.3 58.9 62.1

(2) Adam Marquard, Dan Nagano, Marcos Lutterbach, Collin Suh
4:36.... 65.9 67.1 74.6 68.9

Girls-

(1) Catherine Buckley, Casey Reilly, Jaelyn Pierce, Hilary Barr
4:49.3 (**2nd**).... 71.7 74.2 72.1 71.3

(2) Megan Granski, Lissett Dillon, Charlotte Margel, Robin Lee
5:02.3 (**5th**)... 74.3 74.9 78.9 74.3

(3) Torey Mullen, Tory Middleton, Jessica Connor, Megan McCloughlin
5:17.5..... 75.5 82.5 78.1 78.5

(4) Rita Muzio, Molly Rappaport, Emily Trent, Maeve Casey
5:15.5 (**6th**).. 77.2 84.4 79.2 74.6

Comments:

A tremendous job by our team! I loved the effort and the attitude!

Athletes of the Week



Mike Cator, Byron Williams, Niall Buckley and Jeremy Schmidt

By Carl Schell

Against lesser competition, the Ridgewood 4x800 relay team would have left others in their wake. Unfortunately, when faced with the daunting task of running in the same race as Shaker High School and Monsignor Farrell at the Armory Collegiate Invitational, they could only manage a third-place finish.

It wasn't the result they were looking for, but their time of 7:58.74 is the fastest in New Jersey this season in the event and the sixth best in the nation.

Senior Mike Cator, who is headed to Marist this fall to run cross-country and track, led off for the Maroons. It was only the second 800 he has run indoors this year, and thus was pleased with his 1:59.1. "I knew that I had to hand the baton off in first. I wasn't concerned about anything else."

After taking two weeks off because of bronchitis, San Francisco-bound Byron Williams, also set to run cross-country and track at the next level, was up second. Admittedly, the senior didn't have his best day, but he still clocked a 1:59.5. "It was okay, but I'm not satisfied. I have the potential to do way better."

Junior Jeremy Schmidt ran third, turning in a personal record 2:01.2, but he was unable to make up any ground on the leaders. "I was about three seconds back when I started and about three seconds back when I finished. It was a good time for me, but I wanted to get us closer."

Running the anchor leg, junior Niall Buckley closed with an impressive 1:58.8. "It was an average day. I kept us in third, but I'm upset that we didn't win. I need to work harder and focus more, and we need to work harder and focus more to be where we need to be, which is in contention for first."

Ridgewood will get their shot at redemption at the National Scholastic Indoor Championships in March. "I'm not a confident person," Schmidt said, "but that race a few weeks ago gave me loads of confidence. We can beat anyone. It's just a matter of us coming together at the same time."

All four runners confess to enjoying relays more than competing individually. "When you're by yourself, it's your own fault if you mess up," Williams said. "Relays are fun. We can joke around with each other, but we realize there's a time to get serious, too."

Mike Mullen and John Glynn are huge influences on them. "Coach Mullen pushes us and tells us to just go out there and do it," Cator said. "Coach Glynn encourages us, but he'll also let us know when we need to pick it up. It's an honor to run for both of them."

Moreover, it's an honor to be part of the Maroons track program, a program that has a rich and storied history; with that, though, comes pressure. But, "I like that," Buckley said. "You've just got to take the



State Meet of Champions Sun 2/19/06

***** Results *****

55m HH:

Lara-Jane Que- 8.93

800m:

Niall Buckley- 2:04.10

3200m:

Mike Cator- 9:34.97

Pole Vault:

Cassie Wong- 10'6" (5th)

County Individual Championship Meet Mon. 2/20/06

***** Results *****

3200m:

Girls- Meredith Jones- 11:44.2 (3rd)

55m:

Boys- Eugene Mok- 7.1

Girls- Erica Cigolini- 7.6/7.5/7.5 (5th), Emily Barr- 7.6/7.5/7.7

55m HH:

Boys- John Moody- 8.3/8.0/8.0 (2nd)

Girls- Lara-Jane Que- 8.4/8.4/8.3 (1st), Cassie Wong- 9.4/9.0/8.7 (3rd)

600m:

Boys- Jeremy Schmidt- 1:24.7 (2nd)

Girls- Jessica Krejsa- 1:42.9 (2nd)

1600m:

Boys-

Varsity- Byron Williams- 4:27.6 (3rd), Jeremy Kalmus- 4:53, Mike Cator- 4:21.9 (1st)

Frosh- Justin Jenkins- 5:48

Girls-

Varsity- Christy Bertelsen- 5:38.0, Meredith Jones- 5:29.5 (6th)

Frosh- Hilary Barr- 5:59.8 (1st), Tory Middleton- 6:14.0

1000m:

Girls- Stephanie Westerman- 3:06.1 (2nd)

300m:

Boys-

Varsity- John Moody- 38.5, Eugene Mok- 39.2,

Novice- Frank Nestor- 42.3

Frosh- Travis Becher- 44.5, Richard Sayanagi- 41.4, Dan Nagano- 47.4

Girls-

Varsity- Erica Cigolini- 43.2 (6th), Alice Wisener- 43.8

Frosh- Rita Muzio- 49.1, Maeve Casey- 50.4, Emily Trent- 53.4

800m:

Boys- Niall Buckley- 1:58.4 (2nd)

Girls- Alex Middleton- 2:37.8, Catherine Buckley- 2:39.4

4 x 400m:

Boys-

Varsity- Niall Buckley, Akira Monri, Jeremy Schmidt, Byron Williams
3:30.9 (2nd).... 51.9 53.6 53.0 52.5

Girls-

Varsity- Emily Barr, Alice Wisener, Jess Krejsa, Steph Westerman
4:08.4 (1st).... 64.1 60.7 62.1 61.6

Frosh- Catherine Buckley, Hilary Barr, Maeve Casey, Tory Middleton
4:46.0 (2nd)..... 67.6 70.9 73.8 73.6

High Jump:

Boys- Dave Stolfo- NH

Long Jump:

Boys- Brian Climente- 20' 1 1/2" (3rd)

Girls- Brooke Bogart- 16'0" (4th)

Triple Jump:

Boys- Brian Climente- F

Girls- Brooke Bogart- 32'1 3/4"

Pole Vault:

Boys- Lewis Berns- NH

Girls- Cassie Wong- NH

Comments: Congrats to all those who placed in the county. Hopefully, things work out for you guys in the "all county" status.

Easterns

Tues. 2/28/06

***** Results *****

55m HH:

Boys- John Moody- 8.31

Girls- Lara-Jane Que- 8.71

200m:

Girls- Erica Cigolini- 26.42 *** *NEW SCHOOL RECORD* ***

Pole Vault:

Girls- Cassie Wong- 10'6"

Boys Distance Medley:

Byron Williams- 3:08.2

Jeremy Schmidt- 51.4

Niall Buckley- 1:57.9

Mike Cator- 4:20.2

TOTAL= 10:18.57 (1ST) * *NEW SCHOOL RECORD* *****

2ND FASTEST TIME IN COUNTRY THIS YEAR!

Girls 4 x 200m:

Cassie Wong- 28.8

Emily Barr- 27.7

Alice Wisener- 26.5

Erica Cigolini- 25.6

TOTAL= 1:49.09

Girls 4 x 800m:

Jessica Krejsa- 2:20.3

Meredith Jones- 2:25.4

Christy Bertelsen- 2:31.9

Steph Westerman- 2:20.6

Total= 9:38.92 (5th)

Ridgewood snares victory

NEW YORK - Mike Cator held off an incredible 4:05.7 1,600 anchor Tuesday night by State champion Craig Fors of Colts Neck to help Ridgewood win the distance medley at the Eastern States Track and Field Championships.

The team of Byron Williams (3:08.3 1,200), Jeremy Schmidt (51.8 400), Niall Buckley (1:58.1 800) and Cator (4:20.4) ran 10:18.57, the second-fastest time of the season in the United States, to hold off Fordham Prep by about 10 meters.

Colts Neck, 16th at the final baton pass, placed third at the Armory Center.

Nationals

March 10-12

Girls Sprint Medley:

Erica Cigolini- 26.0

Alice Wisener- 26.5

Jess Krejsa- 60.8

Steph Westerman- 2:24.1

Total= 4:17.87

Boys Distance Medley:

Byron Williams- 3:08.6

Jeremy Schmidt- 51.4

Niall Buckley- 1:58.4

Mike Cator- 4:22.1

Total= 10:20.85 (4th)

Boys 4 x 800m:

Mike Cator- 1:59.4

Niall Buckley- 1:57.6

Jeremy Schmidt- 2:01.4

Byron Williams- 1:54.8

Total= 7:53.46 (3rd)

Girls Pole Vault:

Cassie Wong- 10'7 1/2" *** *NEW SCHOOL AND COUNTY RECORD****

COMMENTS: Special congrats to all those who competed at this high level. It's an honor just to make it and you guys did great!

Ridgewood 3,200, DM teams rank

NEW YORK — Ridgewood had a pair of top five performances in the 3,200 meter and distance medley relays at the National Scholastic Indoor Classic this weekend.

The team of Mike Cator, Niall Buckley, Jeremy Schmidt and Byron Williams finished third Sunday in the 3,200 meter race in 7:53.46, the fifth fastest time in the nation this season. Williams sized on a 1:54.9 anchor leg to catch North Penn (Pa.) at the finish line for third behind Warwick Valley and Fordham Prep, both of New York.

"It was a great way to end the indoor season," said Ridgewood coach Mike Mullin. "They knew they hadn't run very well Friday [in the distance medley] and we let them know about it. They

snapped back today."

On Friday, Ridgewood ran 10:20.85 in the distance medley, more than two seconds slower than its Eastern States time.

Don Bosco's Steve Wexler, Jack McDonnell, Sharif Webb and Jason Baker ran a season's best of 8:02.47 for 10th in the 3,200 relay.

On the girls side, Ramapo's distance medley set a school record with 12:27.43 for 15th place. Ridgewood senior Cassie Wong cleared 10-7½, a Bergen County indoor record in the pole vault, but did not qualify for the finals.

— Paul Schwartz

TRACK

RIDGEWOOD INDOOR TRACK

Boys relay team is among nation's best

Wong sets pole vault record

BY GREG TARTAGLIA
Staff Writer

NEW YORK, N.Y. — This past weekend, the Ridgewood High School indoor track and field team completed its season at the National Scholastic Indoor Classic at the Armory Track and Field Center.

The boys relay team of seniors Mike Cator and Byron Williams and juniors Niall Buckley and Jeremy Schmidt captured fourth place in the distance medley last Friday with a time of 10:20.85. Finishing first in the 21-team event was Fordham Prep with a clocking of 10:14.68.

On Sunday, Ridgewood's relay team placed third in the 3200-meters with a time of 7:53.46, five seconds behind the 7:48.42 clocking of champion Warwick Valley Central of New York State. There were 31 teams in the event.

Although the quartet's distance medley time was two seconds slower than their winning time at the Eastern States Championships last month, their 3200 time was five seconds better than their previous best.

"To finish top three in the country is quite an accomplishment," said Ridgewood head coach Mike Mullin. "I think we're a slightly better distance medley team than a 4x800 team, but the good thing is they have more opportunities in the spring to put it together."

Cator, Williams, Buckley, and Schmidt had run the 3200-meter relay in 7:58.74 at the Armory Collegiate Invitational on Feb. 4, fastest in New Jersey and sixth fastest in the nation at the time. Their 3200 time at Nationals was good enough for fifth best this season.

The group's best effort may have been its distance medley title at the Eastern States on Feb. 28, a

10:18.57, which at the time ranked second-best in the nation. Williams started that race with a 3:08.3 in the 1200-meter leg; Schmidt followed with a time of 51.8 seconds in the 400; Buckley ran a 1:57.9 in the 800, and Cator closed with a 1600-meter anchor leg of 4:20.2.

The four are also expected to race together in several national spring events — including the prestigious Penn Relays in late April. Mullin does not coach the spring track team, but he was impressed with the winter indoor season turned in by his boys relay group.

"I was happy with their attitude, their work ethic and the results," Mullin said. "Everything ended up working out great for them. We would have loved to be national champs, but they are still one of the top distance medley relay teams in the country."

Not to be forgotten are the efforts of the Maroon girls 1600-meter sprint medley team at the National Scholastic Indoor Classic. Last Friday, juniors Erica Cigolini and Alice Wisener and seniors Jess Krejsa and Stephanie Westerman teamed to produce a school-record time of 4:17.87, good for 19th place overall.

Also on Friday, senior Cassie Wong established a new Bergen County indoor record in the pole vault, clearing 10 feet, seven-and-a-half inches. Wong narrowly missed the top-20 cutoff for advancing to the finals, placing 21st. On the season, she managed to clear 10-6 on six other occasions.

"Cassie had a great year," said Mullin. "She was fourth in the State Meet of Champions and third in the state Group 4 finals. When you're up there in the state level like that, that's a great accomplishment."

Greg Tartaglia can be reached at tartaglia@northjersey.com

NORTH JERSEY

ALL-COUNTY BOYS

BERGEN



TRAVIS
WARREN
Teaneck



TED LESHER
Northern
Highlands



MATT
BIESZARD
Midland Park



GARRETT
KRONER
Indian Hills



STEVE
WEXLER
Don Bosco



MAX BRUNO
Indian Hills



TOM
SAN GEORGE
Teaneck



BYRON
WILLIAMS
Ridgewood



MIKE CATOR
Ridgewood



JEFF SEIDEL
Hasbrouck
Heights



VAL
TEREBIZH
Fort Lee



CLAUDE
GUINCHARD
Don Bosco



NIALL
BUCKLEY
Ridgewood



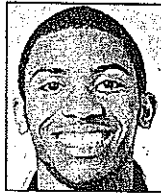
JEREMY
SCHMIDT
Ridgewood



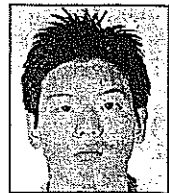
TYLER
KAUFMAN
Don Bosco



MATT
ANDRIULLI
Don Bosco



SHARIF
WEBB
Don Bosco



JUSTIN PARK
Tenafly

First team

- 55: Travis Warren, Teaneck, junior**
Bergen champ moves up from third team last year.
- 55 HH: Ted Leshner, Northern Highlands, senior**
Bergen champ won four events at NBIL meet.
- 300: Matt Bieszard, Midland Park, sophomore**
Ran second fastest race of the winter in North Jersey.
- 400: Garrett Kroner, Indian Hills, senior**
Repeater won State Group 2 title, was second in State Meet of Champs.
- 600: Steve Wexler, Don Bosco, sophomore**
County champ was nationally ranked with his 1:24.6 clocking.
- 800: Max Bruno, Indian Hills, sophomore**
Moves up from third team by winning County title and just missing an Eastern States medal.
- 1,000: Tom San George, Teaneck, junior**
County champ in 1,000 also was State Meet of Champions 800 runner-up.
- 1,600: Byron Williams, Ridgewood, senior**
Ran fastest North Jersey mile of the year at Hispanic Games.
- 3,200: Mike Cator, Ridgewood, senior**
Was all-Bergen at 1,600 last year and was seventh at State Meet of Champions.
- Shot put: Jeff Seidel, Hasbrouck Heights, senior**
Was Bergen and Garfield Classic champ and took fifth at Eastern States Championships.
- High jump: Val Terebizh, Fort Lee, senior**
Had best North Jersey jump at 6-5 in winning Bergen County championship.
- Long jump: Val Terebizh, Fort Lee, senior**
Was only North Jersey 22-footer of winter and won Bergen and BCSL American titles.
- Triple jump: Ted Leshner, Northern Highlands, senior**
His best of 46-10 $\frac{1}{4}$ is seventh in Bergen County history.
- Pole vault: Claude Guinchard, Don Bosco, senior**
Third-teamer last year pulled away with win at Bergen County meet and a 13-6 clearance at Easterns.
- 1,600 relay: Don Bosco** (Steve Wexler, soph, Tyler Kaufman, senior, Matt Andriulli, junior, Sharif Webb, junior)
Bergen champs ran fastest race at Bergen County large school relays.
- 3,200 relay: Ridgewood** (Mike Cator, senior, Byron Williams, senior, Jeremy Schmidt, junior, Niall Buckley, junior)
Finished third in National Scholastic Indoor Classic in 7:53.46.
- Pentathlon: Justin Park, Tenafly, senior**
Won Bergen County pentathlon championship by seven points with a score of 2,965 points.
- Coach of the Year: Rob DeCarlo, Don Bosco**
Led Ironmen to NNNJIL C title and their first Bergen Relays title in five years.

Second team

- 55: Tinashe Kitchen, Fort Lee, sophomore**
- 55 HH: Chad Cadet, Don Bosco, senior**
- 300: Tinashe Kitchen, Fort Lee, soph**
- 400: Marc Muckle, Teaneck, senior**
- 600: Jeremy Schmidt, Ridgewood, junior**
- 800: Niall Buckley, Ridgewood, senior**
- 1,000: Sharif Webb, Don Bosco, junior**
- 1,600: Jason Baker, Don Bosco, junior**
- 3,200: Will Nowicki, Pasc. Valley, senior**
- SP: Doug Klopacz, St. Joseph, senior**
- HJ: Austin Hennelly, Dumont, senior**
- LJ: Dan D'Amato, Hasb. Heights, junior**
- TJ: Anthony Wright, New Milford, senior**
- PV: Matt Steeg, Don Bosco, junior**
- 1,600 relay: Ridgewood** (Niall Buckley, junior, Jeremy Schmidt, junior, Akiri Monri, sophomore, Steve Pierce, senior)
- 3,200 relay: Don Bosco** (Steve Wexler, sophomore, Jack McDonnell, junior, Jason Baker, junior, Sharif Webb, junior)
- Pent.: Tim White, Saddle Brook, soph**

Third team

- 55: Michael Epps, Englewood, senior**
- 55 HH: John Moody, Ridgewood, senior**
- 300: Matt Andriulli, Don Bosco, junior**
- 400: Mike DiBella, No. Highlands, junior**
- 600: Jack McDonnell, Don Bosco, junior**
- 800: Nik Batarags, No. Highlands, senior**
- 1,000: Andrei Olifer, Fort Lee, senior**
- 1,600: Ben Diestel, No. Highlands, senior**
- 3,200: Dan Olson, River Dell, senior**
- SP: Geoff Goidell, Pascack Hills, junior**
- HJ: Joseph Gray, Englewood, senior**
- HJ: Jon Massari, Paramus, senior**
- LJ: Chadwick Cadet, Don Bosco, senior**
- TJ: Chadwick Cadet, Don Bosco, senior**
- PV: Greg Stripe, Mahwah, sophomore**
- 1,600 relay: Teaneck** (Tom San George, junior, Andre Mitchell, senior, Hakim Azly, junior, Marc Muckle, senior)
- 3,200 relay: Indian Hills** (Garrett Kroner, senior, Billy Savage, freshman, Brian Reilly, junior, Max Bruno, sophomore)
- Pentathlon: Mike Iozzia, Ramsey, soph**

Teams selected by Bergen County Coaches Association

NORTH JERSEY

ALL-COUNTY GIRLS

BERGEN



CONSANDRIA
WALKER
Hackensack



LARA-JANE
QUE
Ridgewood



REBECCA
COFFMAN
Indian Hills



KELLY
BERKANISH
River Dell



JESSICA
KREJSA
Ridgewood



JESSICA
SETLESS
Paramus



STEPHANIE
WESTERMAN
Ridgewood



KESLEY
RAMSEY
Ramapo



AMY
VAN ALSTINE
Midland Park



CHELSEA
SCHIFFMAN
Demarest



SHENISE
HALSEY
Old Tappan



JENN PIERCE
Northern
Highlands



CASSIE
WONG
Ridgewood



ANISE
JOHNSON
Teaneck



RACQUEL
CLARKE
Teaneck



NEFERTITI
HARRIS
Teaneck



BREANNA
FIELDS
Teaneck



MEREDITH
JONES
Ridgewood



CHRISTY
BERTELSEN
Ridgewood



ARIANNA
POMO
Saddle Brook

First team

55: Consandria Walker, Hackensack, senior

Returned to first team after winning Bergen County title and taking fifth in the Eastern States meet.

55 HH: Lara-Jane Que, Ridgewood, junior

Moves up from second team with good performance at Dartmouth and Bergen victory.

300: Sophia Davis, Queen of Peace, senior

Was third-team selection last year, but Bergen title moves her up to first team.

400: Rebecca Coffman, Indian Hills, sophomore

Breakout season included third-place finish in State Group 2 and a Bergen 300 win.

600: Kelly Berkanish, River Dell, senior

Bergen champion who also finished second in the BCSL American meet.

600: Jessica Krejsa, Ridgewood, senior

Great comeback from illness included several 600 major wins and second in Bergen.

800: Jessica Setless, Paramus, senior

Placed eighth in the Easterns and ran the fastest 1,000 of the season in North Jersey.

1,000: Stephanie Westerman, Ridgewood, senior

Win at Dartmouth Invitational and several other major wins move her from second team last year.

1,600: Kesley Ramsey, Ramapo, junior

First indoor season was terrific and included sixth in State Meet of Champions and fifth in Easterns.

3,200: Amy Van Alstine, Midland Park, senior

Repeater won second straight State Group 1 title and was seventh in State Meet of Champions.

Shot put: Chelsea Schiffman, Demarest, senior

Came back from injury to win Bergen title and was State Group 2 runner-up and eighth at Easterns.

High jump: Shenise Halsey, Old Tappan, senior

Bergen County champ also took fifth in State Group 3 and cleared 5-2 four times.

Long jump: Jenn Pierce, Northern Highlands, senior

Repeater won Bergen County meet and NBIL championship this season.

Triple jump: Consandria Walker, Hackensack, senior

Also returns to first team in this event, with a win in the Bergen meet and a fourth in the Eastern States.

Pole vault: Cassie Wong, Ridgewood, senior

Was third in Group 4, fifth in State Meet of Champs, and raised Bergen County record to 10-7½.

1,600 relay: Teaneck (Anise Johnson, junior, Nefertiti Harris, junior, Breanna Fields, junior, Racquel Clarke, senior)

Fields replaces Michelle Smith as Teaneck earns third straight honor with a best of 4:06.8.

3,200 relay: Ridgewood (Jessica Krejsa, senior, Stephanie Westerman, senior, Meredith Jones, senior, Christy Bertelsen, sophomore)

The Maroons finished fifth in Varsity Classic and Eastern States with solid clocking of 9:38.92.

Pentathlon: Arianna Pomo, Saddle Brook, junior

She showed her versatility with meet-record 2,834 points in Bergen meet.

Second team

55: Amy Salek, Ramapo, sophomore

55 HH: Evana Edwards, Hackensack, sophomore

300: Amy Salek, Ramapo, sophomore

400: Racquel Clarke, Teaneck, senior

800: Jenn Pierce, Northern Highlands, senior

1,000: Jessica Setless, Paramus, senior

1,600: Katie Malachowski, Paramus Catholic, senior

3,200: Andrea Rothschild, Demarest, senior

Shot put: Tanya Elshahawi, Indian Hills, senior

High jump: Tyler Teaton, IHA, senior

Long jump: Brooke Bogart, Ridgewood, junior

Triple jump: Alyssa Maier, River Dell, junior

Pole vault: Tricia Murphy-Kennelly, Mahwah, senior

1,600 relay: Ridgewood (Jessica Krejsa, senior, Alice Wisener, junior, Emily Barr, sophomore, Stephanie Westerman, senior)

3,200 relay: IHA (Kerry Taylor, senior, Kate Cooney, sophomore, Sarah Mellea, junior, Linda Puntasecca, senior)

Pentathlon: Kristen Kern, Indian Hills, senior

Third team

55: Angelica Johnson, Ridgefield Park, junior

55 HH: Whitney Awaru, Fort Lee - Senior

55 HH: Julia Marshall, Northern Highlands, senior

300: Angelica Johnson, Ridgefield Park, junior

400: Pam Koppfensteiner, Northern Highlands - Sophomore

600: Alyssa Beasley, Paramus Catholic, sophomore

800: Kate Cooney, IHA, sophomore

1,000: Kaitlin Tanner, River Dell, senior

1,600: Lindsey Jeltis, Indian Hills, junior

3,200: Meredith Jones, Ridgewood, senior

Shot put: Jamila Morrison, Teaneck, senior

High jump: Juliana Camargo, Dumont, senior

Long jump: Krystal Wyche, Hackensack, junior

Triple jump: Lynn Matanle, Glen Rock, senior

Pole vault: Melissa Davila, Hackensack, junior

1,600 relay: River Dell (Kelly Berkanish, senior, Alyssa Maier, junior, Toby Roth, freshman, Rachel Peck, junior)

3,200 relay: River Dell (Kaitlin Tanner (senior), Ari Ackerman, freshman, Kelly Berkanish, senior, Sherri LaFolie, sophomore)

Pentathlon: Jamie Sacco, Park Ridge, sophomore

Boys - All County HM

Honorable mention

55 (6.6); 55 HH (8.0); 300 (37.5); 400 (54.0); 600 (1:30.0); 800 (2:05.0); 1,000 (2:50.0); 1,600 (4:40.0); 3,200 (10:20.0); 1,600 relay (3:37.5); 3,200 relay (8:40.0); Shot put (46-6); High jump (5-10); Long jump (19-6); Triple jump (40-0); Pole vault (11-6).

Tim Burke (3,200), Kevin Heaney (1,000), Matt Miller (1,000), Tom Randall (300) and John-Rubinetti (600), Bergen Catholic; John Stepien, Bergenfield (Pent); Chris Castro (HJ) and Roberto Hannibal (400), Bergen Tech; Dan Juchniewicz (HH), Matt Schuierer (55, 400) and Dan Yi (SP), Demarest; Frank Cacere (LJ), Tyler Kaufman (400), Jason Kelsey (300), Warren Martin (SP), Colin McCullough (3,200), Rob Molke (3,200), Kyle Murphy (PV), Conor Sullivan (1,600, 3,200), Marvin Whilby (300) and Jason Wong (55), Don Bosco; Tristan John (55), Dumont; Delford Brown (55), Josh Griffin (55, TJ) and Joe Jones (55), Englewood; Doug Park (PV) and Xavier Rodriguez, Fort Lee (600); Jesus Martinez (1,000) and Kudzim Odza (PV), Garfield; Ryan Berland (HH), Rob Nihen (1,600) and Ben Wolf (TJ), Glen Rock; Kwame Banahene (55, 300), Mike Bembrly (400), Dominick Fittizzi (PV) and Shane Smith (LJ, TJ), Hackensack; Mike Penna (SP) and Ryan Spain (HJ), Hasbrouck Heights; Jerome Perkins (3,200), Brian Reilly (400, LJ), Shawn Sabo (SP) and Kurt Von Weisenstein (HJ, PV), Indian Hills; Ryan Van Alstine (3,200) and Scott Walker (800, 1,000), Midland Park; Will Walsh (LJ), New Milford; Andrew Gaidus (1,600), Craig Heilmann (H.I.I.) and Peter Mundo (800), No.

Highlands; Ken Chonillo (800), Calvin Lee (1,600, 3,200) and Jim Niederer (400), Old Tappan; Andrew Capizzi (3,200), Alan Liao (600) and Shawn Rebecky (HJ), Paramus; Marcus Guest (55), Evan Shaker (HJ) and Tremaine Waite (600), Paramus Catholic; Nick Bravo (TJ), John Carabetta (600, TJ) and Matt Lingam (800, 1,000), Park Ridge; Colin McEvoy (LJ), Pascack Valley; Danny Henriques (600), Luke Janeczko (1,000) and Antonio Tejero (600, 800), Queen of Peace; David King (400) and Bryan Kretschmer (1,600), Ramsey; Andrew Parker (600) and Kevin Shim (55), Ridgefield; Darius Autie (LJ, TJ), Glen Cabrera (HJ), Felipe Colon (1,000), Martin Diptee (300), Ryan Dougherty (LJ), Peter Lee (1,000), Alex Maliat (TJ) and Mike Monahan (HJ), Ridgefield Park; Steve Abdallah (SP), Brian Clementi (LJ), Jeremy Kalmus (1,600, 3,200), Akira Monri (HH) and Chris Zeiglar (55), Ridgewood; Keith Brunner (HH, 400), Jeff Horn (600), Mark LoPorte (1,000), Kevin McVeigh (300), Evan Noel (SP), Zach Shapiro (SP), Rei Tomita (PV) and Paul Trass (SP), River Dell; Mike Bravo (3,200), St. Joseph Regional; Damien Miles (55, 300), Andre Mitchell (Pent) and Daniel Sachs-Gibbs (PV), Teaneck; Kevin Amagal (HH), Toby Emanuel (800), Scott Maxfield (3,200) and Hasei Takahashi (HH), Tenafly; Brian Carroll (1,000) and Joel Trager (600, 800), Westwood. 1,600 relay: Bergen Catholic, Fort Lee, New Milford, No. Highlands, Park Ridge and River Dell. 3,200 relay: No. Highlands, Queen of Peace, River Dell and Tenafly.

Girls - All County HM

Honorable mention

55 (7.6); 55 HH (9.2); 300 (44.0); 400 (1:05.0); 600 (1:48.0); 800 (2:35.0); 1,000 (3:20.0); 1,600 (5:30.0); 3,200 (12:15.0); 1,600 relay (4:21.0); 3,200 relay (10:50.0); Shot put (32-0); High jump (4-10); Long jump (15-10); Triple jump (3240-0); Pole vault (7-0).

Stephanie Fuentes (1,000), Bergenfield; Camille Longue (3,200), Michelle McCree (600) and Samantha Stringham (3,200), Bergen Tech; Christina Bonkalski (SP), Kristen Noetzel (TJ), Jane Siebold (HH), Demarest; Kerry Costantino (PV), Dumont; Jessica Bunker (TJ), Kristin Marfino (PV), Kristine Sentipal (55) and Nicole Weingartner (HH, LJ), Hasbrouck Heights; Alex Elkas (300, 600, HJ), Christine Fischer (HJ), Nicki Gross (1,000), Caroline Lennon (1,000), Katherine Milligan (1,000) and Olivia Sisti (400), Holy Angels; Krista Corso (SP), Sarah Mellea (600, 800, 1,000), Mairin McPartland (1,000); Jen Mueller (300), Linda Puntasacca (600, 800), Meg Rodriguez (HH, 300), Lara Sopelsa (SP) and Kerry Taylor (1,000, 1,600, 3,200), IHA; Ashley Bava (800), Jeanette Cantwell (400), Jessica Moiosh (TJ) and Lauren Pierzchala (SP), Indian Hills; Kara DiMaio (PV), Stacey Duchak (PV), Stacie Dulklis (55, HJ) and Brooke Kristensen (TJ), Mahwah; Aly Hanson (55, 400, TJ), New Milford; Lizzie Faust (TJ), Julia Marshall (55) and Charlotte Tregelles (600), Northern Highlands; Lauren Conroy (800), Michaela Focchi (400), Gina Germinaro (PV), Kelly Kuerzi (600), Z-hye Lee (LJ, TJ), Jenn Oh (HH)

and Christine Terpstra (PV), Old Tappan; Melissa Hwang (TJ), Tori Ko (HH, TJ), Rachel Setless (600) and Megan Sherlock (1,000), Paramus, Amanda Brooks (SP), Paramus Catholic; Heather Lehmann (1,600), Park Ridge; Meredith Palmer (HJ) and Carly Planker (HJ), Pascack Hills; Stacy Ferrara (55), Queen of Peace; Rebecca DeJong (HJ), Erin McKenna (1,600) and Melanie Wilson (800), Ramapo; Jenn Bain (800), Stacey Bond (3,200), Michelle Eri (LJ, TJ), Adrianna Lanuto (400), All Singer (HJ) and Lisa Tarulli (800), Ramsey; Eddith Garcia (SP), C.J. Jacob (HH, LJ, HJ) and Nora Selimovic (PV), Ridgefield Park; Erica Cigolini (55, 300), Mia Martinez (HH), Annie Polcari (PV) and Alice Wisener (300), Ridgewood; Ari Ackerman (1,000), Ann Behrens (HJ); Mikayla Chiarello (PV), Sherri Lajoie (PV), Kelly McDermott (HH), Rachel Peck (HH) and Tori Roth (600), River Dell; Dominique DiCristo (TJ), Julia Ireland (800) and Nicole Thompson (55, 400), Rutherford; Hayley Kellinger (HH, LJ, TJ) and Stephanie Rupp (SP), Saddle Brook; Nefertiti Harris (600), Yvonne Hunt (55, 300), Anise Johnson (300) and Kenrika Willis (HJ), Teaneck; Natalia Arias (SP), Tenafly; Danielle Kedzinski (SP) and Jen Swan (LJ), Waldwick; Gelsey Johnson (800), Westwood; 1,600 relay: Holy Angels, Immaculate Heart Academy, Indian Hills, Northern Highlands and Ramsey. 3,200 relay: Holy Angels, Indian Hills, Northern Highlands, Old Tappan, Paramus and Ramsey.

COUNTY RECORDS

Bergen

55: Takara Wilks, Queen of Peace, 2001, 7.14.
100: Alike Orimogunje, Queen of Peace, 2000, 24.99.
200: Janine Davis, Queen of Peace, 2004, 39.1.
400: Janine Davis, Queen of Peace, 2004, 54.70.
800: Janine Davis, Queen of Peace, 2005, 1:29.27.
1,600: Janine Davis, Queen of Peace, 2005, 2:07.60.
5000: Margaret Scutro, Ridgewood, 1985, 2:47.44.
1,600 meters: Jasmin Jones, Hackensack, 1987, 4:47.32.
2,000 meters: Patti Mileski, Ridgewood, 1983, 10:40.96.
5 HH: Carlene Cummings, Englewood, 1998, 8.11.
High Jump: Cheryl Burdick, Ramsey, 1999, 5-9.
Long Jump: Carlene Cummings, Englewood, 1998, 19-1 1/4.
Triple Jump: Carlene Cummings, Englewood, 1998, 40-9 3/4.
Pentathlon: Jamie Dillon, Passaic Valley, 2000, 3,222 points.

Passaic

55 - Tawana Watkins, Kennedy, 2000, 7.1.
300 - Tawana Watkins, Kennedy, 2002, 39.3.
600 - Tawana Watkins, Kennedy, 2001, 1:36.8.
1,000 - Stephanie Herrick, Wayne Valley, 2005, 3:06.6.
1,500 - Shakira Williams, Passaic, 2001, 4:52.2.
3,000 - Cathy Feeney, Wayne Valley, 1990, 9:58.2.
55 hurdles - Melissa Jones, Eastside, 1997, 8.2.
1,600 relay - Passaic Tech, 2002, 4:07.0.
Shot put - Labelle Hillgrove, Passaic, 1998, 41-4 1/4.
High Jump - Michele Dudzinski, Passaic Valley, 1992, 5-6.
Long Jump - Jen Roy, Wayne Valley, 1993, 18-1 1/4.
Triple Jump - Andrea Herbert, Passaic Tech, 2002, 36-11 1/4.
Pole vault - Karen Langner, Clifton, 2004, 9-0.

COUNTY RECORDS

Bergen

55: Joe Dawkins, Hackensack, 1995, 6.30.
200: Melvin Sampson, Hackensack, 2001, 22.2.
300: Dimar Labega, Rutherford, 2002, 35.3.
400: Ken Sinkovitz, Bergen Catholic, 2003, 49.7.
600: Ken Sinkovitz, Bergen Catholic, 2003, 1:20.0.
800: Ken Sinkovitz, Bergen Catholic, 2003, 1:53.22.
1,000: Steve Schadler, Bergenfield, 1984, 2:27.71.
1,600: Kevin Byrne, Paramus Catholic, 1977, 4:06.5*
3,200: Kevin Byrne, Paramus Catholic, 1977, 8:56.4**
55 HH: Darius Pemberton, Hackensack, 1993, 7.35.
High jump: Darius Pemberton, Hackensack, 1993, 6-10 3/4.
Pole vault: Gabe Knutson, Ridgewood, 2004, 15-0.
Long jump: Darius Pemberton, Hackensack, 1992, 23-7 1/4.
Triple Jump: Craig Halvard, Ridgewood, 1989, 49-6 1/4.
Shot put: Steve Adams, St. Joseph, 1970, 65-10.
Pentathlon: Darius Pemberton, Hackensack, 1993, 4,120 points.

*Mile time minus 1.5 seconds; ** 2-mile time minus 3.33 seconds

Passaic

55: Kevin Rember, Passaic, 1993, 6.2.
300: Craig Kolk, Wayne Valley, 2001, 35.6.
600: Shaquan Brown, Kennedy, 2005, 1:20.3.
1,000: Derek Storbeck, Wayne Valley, 2001, 2:37.9.
1,500: Mohamed Khadraoul, Kennedy, 2004, 4:10.5.
3,000: Mohamed Khadraoul, Kennedy, 2003, 8:52.4.
55 HH: Three runners tied at 7.7.
1,600 relay: West Milford, 2001, 3:29.3.
Shot put: Jamaal Richardson, Passaic, 2002, 54-4.
High Jump: Linden Richmond, Passaic, 1997, 6-8.
Triple Jump: Kyle Lindsay, Eastside, 2005, 42-10 3/4.
Long Jump: Richard Carter, Passaic, 1993, 23-2.
Pole vault: Jeff Young, Wayne Valley, 2002 and Ken Stoute, Clifton, 2003, 13-0.

Ridgewood Boys Track and Field Indoor Records

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yd dash (55m)	6.5	P. McGillicuddy	1971	
100yd dash	10.8	Ralph Jones	1971	168 Armory
200m dash	23.6	Steve Pawlowski	2000	168 Armory
300yd dash	32.9	Matt Krever	1991	RCC
300m dash	36.7	Dan Cooper	2000	168 Armory
400m dash	50.31	Tim Geckler	1989	Annapolis
500m	69.6	Charles Cortellesi	1983	West Point
600yd	1:15.5	Tim Geckler	1989	Princeton
600m	1:21.4	Josh Kauke	2000	168 Armory
800m	1:54.1	Josh Kauke	2000	168 Armory
1000yd	2:17.4	John Parisi	1983	Princeton
1000m	2:31.0	Bob Keino	1994	168 Armory
1500m	4:00.4	Bob Keino	1993	FDU
1600m	4:21.9	Mike Cator	2006	168 Armory
Mile	4:14.31	Bob Keino	1994	Mad Sq Garden
Mile walk	8:36.0	Ed Landers	1985	RCC
3000m	8:25.28	Bob Keino	1993	Princeton
3200m	9:18.11	Bob Keino	1994	Princeton
55m HH	7.3	Rich Wankmueller	1975	
Shot Put	54'9"	Eric Bryant	1981	Saddle Brook
Long Jump	23'5 1/2"	Craig Halyard	1989	Annapolis
High Jump	6'6"	Jim Davis/F. Rosenbach	1995	Garfield
Triple Jump	49'6 1/2"	Craig Halyard	1989	Princeton
Pole Vault	15'0"	Gabe Knutson	2004	168 Armory
Pentathlon	3259 pts	Gabe Knutson	2004	168 Armory
4 x 55 m HH	30.7	Nagano-Gerace/Moody Monri/Pierce	2006	168 Armory
4 x 200m	1:35.7	Marino/Williams Parisi/Lanni	1983	RCC
4 x 400m	3:27.0	Cooper/Dolgin DiPasquale/Kauke	2000	168 Armory
4 x 800m	7:52.16	Buckley/Onwubu Cator/Williams	2005	168 Armory
4 x 1 mile	17:45.19	Nygaard, Cator Maher/Zamir	2004	168 Armory
Sprint Medley (2-2-4-800m)	3:31.10	Cooper/Dolgin DiPasquale/Kauke	2000	168 Armory
Distance Medley (12-4-8-1600m)	10:18.57	Williams/Schmidt Buckley/Cator	2006	168 Armory
Shot Put Relay	133'4"	Laborde/Pfund/Phillips	1984	St. Josephs
Shot Put (2 man)	97'3"	Kearns/Bryant	1981	Paramus Cath
High Jump Rel	12'2"	Davis/Roseenbach	1995	Princeton
Triple Jump Rel	84'9 3/4"	Hong/Halyard	1987	RCC
Long Jump Rel	40'10 1/2"	Hong/Darrow	1987	RCC
Pole Vault Rel (3 man)	31'6"	Karl/Novcka/Boyland	1979	RCC
Pole Vault Rel (2 man)	24'6"	Ricciardi/Jensen	2005	168 Armory

Girls Winter Track and Field Records

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yd dash (55m)	7.3	Cathy Vickery Virginia Figlar	1984 1988	FDU FDU
100yd dash	12.0	Sue Davis	1976	168 Armory
200m dash	26.42	Erica Cigolini	2006	168 Armory
300yd dash	37.25	Virginia Figlar	1987	Harvard
300m dash	42.2	Melissa Gilbert	1994	FDU
400m dash	57.94	Virginia Figlar	1987	Yale
600yd	1:24.58	Virginia Figlar	1988	Harvard
600m	1:38.8	Cristina Law	2005	168 Armory
800m	2:13.0	Margaret Scutro	1985	Byrne Arena
1000yd	2:32.7	Margaret Scutro	1985	RCC
1000m	2:47.44	Margaret Scutro	1985	Byrne Arena
1500m	4:33.35	Margaret Scutro	1985	Yale
1 mile	4:56.53	Margaret Scutro	1985	Dartmouth
3000m	10:03.12	Jennifer Hughes	1988	Yale
2 mile	10:40.8	Patti Mileski	1983	Harvard
55m HH	8.3	Lara-Jane Que	2006	168 Armory
Shot Put	37'3 1/2"	Shyana Brown	1998	Garfield
Long Jump	18'11"	Jen McDermott	1989	Harvard
High Jump	5'8 1/4"	Becky Deetz	1974	Syracuse
Triple Jump	37'6"	Jen McDermott	1989	Harvard
Pole Vault	10'7 1/2"	Cassie Wong	2006	168 Armory
4 x 55m HH	33.5	Que/Wong/ Bogart/Martinez	2005	168 Armory
4 x 200m	1:48.1	Barr/Wisener Que/Cigolini	2006	168 Armory
4 x 400m	4:01.9	McDermott/Reilly Collazo/Hughes	1989	FDU
4 x 800m	9:22.18	Figlar/Jean Hughes Jen Hughes/Collazo	1988	Yale
4 x 1600m	22:11.5	Nowakowski/Lupo O'Connell/Terrin	2002	168 Armory
Sprint Medley (2-2-4-800m)	4:17.87	Wisener/Cigolini Barr/Westerman	2006	168 Armory
Distance Medley 12-4-8-1600m	11:56.5	Pringle/Scutro Mileski/Mileski	1983	Yale
Shot Put Relay	66'3"	Rayevich/Eldridge	1988	Hackensack
High Jump Relay	9'10"	Wrubel/VanDerSchyff	1988	Princeton
Long Jump Relay	32'4"	Bogart/Cigolini	2006	168 Armroy
Triple Jump Relay	65'11"	Hawthorne/Granata	1983	RCC
Pole Vault Relay	16'6"	Wong/Que	2005	168 Armory