

Ridgewood High School

***Boys Spring Track and
Field***

2007

Ridgewood High School

2007 Track and Field

Team and Individual Results

2007 Season Summary

Ridgewood	77	Nutley 54
Ridgewood	94	Belleville 37
Ridgewood	100.5	Paramus 30.5
Ridgewood	86	Teaneck 44
Ridgewood	69	Paramus Catholic 62
Ridgewood	105	St. Joes 26
Ridgewood	101	Montclair 29
Ridgewood	110	Bloomfield 19

County Relays.....2nd Place
NNJIL A.....Champions
County Group A...3rd Place
State Sectional.....2nd Place
State Group IV.....Tie 25th Place

2007 Boys Spring Track and Field Team:

Freshmen:

Bakshi, Omar
Benintende, Tom
Biagi, Matt
Biagi, Rich
Butler, Alex
Cleary, Brian
Coopersmith, Sam
DeVita, Tommy
Fishbein, Steven
Francis, Nick
Glennon, Colin
Grundy, Matt
Halwagy, Justin
Khalsa, Sachin
Krauss, Max
Levitsky, Jacob
Maniaci, Mark
Martinez, Eddie
Moderow, Carl
Molina, Taylor
Morgan, Shawn
Ontiveros, Alec
Righthand, Rob
Simmons, Jack
Spilka, Marc
Sweet, Dan
Uzzalino, James
Wisener, John

Sophomores:

Amadeo, Robert
Baddoura, Philip
Bair, Adam
Birnbaum, Sam
Cannito, Chris
DeSimone, David
Fine, Andrew
Hoh, Noah
Jenkins, Justin
Kavanagh, Michael
Lee, Brian
Martyn, Sean
Nagano-Gerace, Dan
Reveri, Tim
Schwartz, Joel
Shen, John
Shigenobu, Taro
Sierra, Robert
Soriano, John
Stitt, Nicholas
Treppedi, Ryan
Watson, Scott
Witt, Max
Zulauf, Taylor

Juniors:

Borgman, Tucker
Dabby, Josh
Foong, Andrew
Jang, William
Jones, Cameron
Landers, Danny
Monri, Akira
Morse, Danny
Mosticchio, Mike
Nygaard, Peter
Remmen, Bryan
Ruppel, Logan
Stapleton, Matt
Trautwein, Christian

Seniors:

Buckley, Niall
Chwe, Lucas
Emont, Dan
Garber, Jacob
Jenkins, Jeremy
Kalmus, Jeremy
Lee, Jason
Ontiveros, Zach
Pruzinski, Alex
Ryan, Chris
Schmidt, Jeremy
Vaccaro, Mike
Vasquez, Felipe
Vedder, Andrew
Vilchez, Andrew
Webbe, Rob
Zeigler, Chris

Coaching Staff:

Josh Saladino
Don Cooper
Mike Glynn
Torre Watson
Dusty Thomas

Athletic / Strength Training:

Nick Nicholaides
Bill Burniston

<u>Name</u>	<u>Dual</u>	<u>Championship</u>	<u>Total Points</u>
Akira Monri (11)	100	62	162
Chris Zeigler (12)	70.5	73	143.5
Niall Buckley (12)	68.5	74	142.5
Peter Nygaard (11)	56.75	40	96.75
Christian Trautwein (11)	50	40	90
Jeremy Kalmus (12)	50	29	79
Dan Emont (12)	10	58	68
Jacob Garber (12)	27	39	66
Mike Mosticchio (11)	39	19	58
Chris Ryan (12)	39	9	48
Lucas Chwe (12)	9	32	41
Zack Ontiveros (12)	21.5	19	40.5
Tommy DeVita (9)	23	14	37
Mike Vaccaro (12)	22.25	13	35.25
Max Witt (10)	24	3	27
Danny Morse (11)	14	11	25
Taro Shigenobu (10)	5	13	18
Michael Kavanagh (10)	7	11	18
Andrew Vilchez (12)	16	-	16
Nick Stitt (10)	11	3	14
Tucker Borgman (11)	8	3	11
Andrew Fine (10)	10	-	10
Rob Webbe (12)	3.75	5	8.75
Danny Landers (11)	8	-	8
Bryan Remmen (11)	3	3	6
Matt Grundy (9)	5.25	-	5.25
Mark Maniaci (9)	4.75	-	4.75
Sam Coopersmith (9)	1.25	3	4.25
William Jang (11)	3	-	3
David DeSimone (10)	3	-	3
Dan Nagano-Gerace (10)	2.25	-	2.25
Rich Biagi (9)	2.25	-	2.25
John Wisener (9)	2	-	2

Ridgewood's Top 25 All-Time Single Season Point Totals:

1. Dusty Thomas (98).....	234.00
2. Andrew Dolgin (00).....	227.50
3. Gabriel Knutson (04).....	211.00
4. Dan Cooper (99).....	205.25
5. Josh Kauke (00).....	204.00
6. Dave Wharton (98).....	200.00
7. John Parisi (83).....	199.25
8. Bob Keino (93).....	189.25
9. Jim Davis (95).....	186.00
9. Paul Kovach (06).....	186.00
11. Steve Robinson (98).....	183.00
12. Bob Keino (94).....	181.50
12. Dan Cooper (00).....	181.50
14. Tim Geckler (89).....	174.50
15. Andre Dolgin (99).....	173.25
16. Bernard Mann (03).....	170.00
17. Steven Pierce (06).....	166.50
18. Josh Kauke (99).....	166.25
19. John O'Neill (98).....	162.25
20. Gabriel Knutson (03).....	162.00
20. Akira Monri (07).....	162.00
22. Chris Perez (02).....	160.00
23. Craig Halyard (87).....	156.50
24. J.D. Murdock (98).....	151.50
24. Chris Zeigler (06).....	151.50
Goodbye... Doug Schultz (87)	

BOYS TRACK & FI

Set your dial at 800

Distance should be the most competitive

By PAUL SCHWARTZ
STAFF WRITER

There can't be much to running the 800 meters. It's only a quarter of the distance of the longest race in high school track and field. You certainly don't have to run as fast as you do in the 100-meter dash, and there aren't even hurdles on the track as in the 400 intermediate hurdles. So what's the big deal?

Plenty, according to two men who should know, Ridgewood cross-country and outdoor distance coach Mike Glynn and Kennedy cross-country and track coach Ken Samra.

"The challenge of the 800 is that it's not just a sprint and not a distance," said Glynn, who has had a hand in coaching five of the top 10 800-meter runners in Bergen County history, including record-holder Josh Kauke, the State champion who ran 1:50.19 for the distance in 2000. "You can find a strong 400 runner moving up or a faster 1,600 guy coming down."

"And it's hard to make a 400 or a 1,600 kid a great 800 runner without ruining him for his first event," said Samra, who coached Passaic County record-holder Paul Wright to a 1:51.2 clocking in 1980. "It's a special kind of race."

And that's why the 2007 North Jersey outdoor track season might be a special one since the area's 800-meter runners are a large and talented group capable of special things.

There are more than 20 North Jersey runners who appear capable



CHRIS PEDOTA/STAFF PHOTOGRAPHER

NICK MIEHE, DePaul

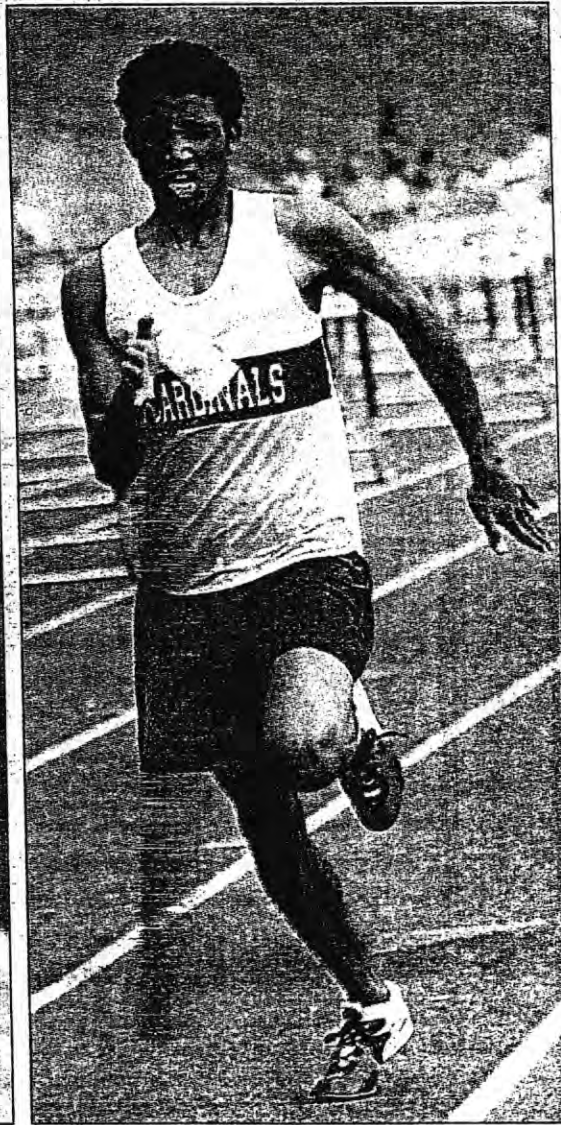
of breaking 1:58.33 for the distance, the time Toby Emanuel ran for Tenafly last spring for the 10th-best time of the 2006 season in North Jersey. Seven State group medal winners return including Group 2 State champ Max Bruno of Indian Hills, Non-Public B champ Nick Miehe of DePaul and sectional champ Dane Bender of Pompton Lakes.

At least seven runners appear

ready to break 1:55 by the end of the year, a time surpassed by only eight Passaic and 35 Bergen runners in North Jersey history.

But it won't be easy.

"Meets are not usually set up to run a fast 800," says Don Bosco coach Rob DeCarlo, whose 4-x-800 team won the National Scholastic Indoor Championships title this month and whose team is a favorite at the Penn Relays next



DON SMITH/STAFF PHOTOGRAPHER

DANE BENDER, Pompton Lakes

month. "You really only get one or two shots at a really fast race and it took until Bergen Meet of Champions last year for our best kid [returnee Sharif Webb] to be in that situation."

Webb delivered a 1:55.30 winning effort that night, second only to Bruno's 1:54.39 at the State Group 2 meet on last year's list, and went on to take second in the Non-Public A championship.

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TRACK & FIELD

Cardinal at 800

THE TOP 20

1. Don Bosco
2. Ridgewood
3. Indian Hills
4. Wayne Valley
5. Bergen Catholic
6. Hasbrouck Heights
7. River Dell
8. Northern Highlands
9. West Milford
10. Pompton Lakes
11. DePaul
12. Ridgefield Park
13. Demarest
14. Old Tappan
15. Park Ridge
16. Saddle Brook
17. Cresskill
18. Hackensack
19. Passaic Valley
20. Ramsey



AFF PHOTOGRAPHER

DON SMITH/STAFF PHOTOGRAPHER

DANE BENDER, Pompton Lakes

The race itself is a difficult one to run, strategically.

"There's little room for error," said Glynn. "Sometimes you can come into the race with a plan and stick to it and sometimes the plans have to change on the fly. If you make an early mistake, there's a lot less time to correct the error than in the 1,600 or 3,200. And that can make things very exciting."

"It used to be that you could just try and pace yourself through the first 400, run the third 200 hard and hang on," said Samra, who won the 1962 State Group 3 800 while at Passaic Valley. "Now you can't relax as much unless you do it early in the race. You have to have that finishing speed, but you've got to be able to run faster earlier too."

The smaller margin for error can sometimes lead to chaos and strange results as many of this year's North Jersey field can attest.

At the indoor State Meet of Champions, five of the top nine seeds were from North Jersey, including indoor State champs Niall Buckley of Ridgewood (Group 4), Bruno (Group 2) and Mike Soroko of Kinnelon (Group 1). Miehle and Webb were in the race as well.

The pack strolled through the first 200 lap in 29 seconds and barely broke 60 seconds for 400. As the field neared the halfway point, there was some contact in the tight pack of elite runners and Bruno and Buckley got knocked off their stride, eventually finishing near the back of the pack.

Finally, the race went to the winner of the unseeded heat - Southern's John Gray, who ran 1:56.82 by going out hard and hanging on. No North Jersey runner placed in a stunning finish.

"Kids sometimes go into the race with a tactical plan and forget about running," said Glynn, who also ran the 800 in high school. "The race is the more unpredictable the more good kids you have in it."

ATHLETES TO WATCH

George Abyad, Passaic Valley, senior, shot put, discus

An All-North Jersey selection who finished second in the State Meet of Champions in the discus and is 2 feet from the Passaic County record in the event.

Max Bruno, Indian Hills, junior, 800 and 1,600 meters

Another All-North Jersey selection last year who has the talent to break the Bergen County record in the 800 meters and become North Jersey's first champion in the event in six years.

Kwame Collins, Hackensack, senior, long and triple jumps

The All-North Jersey athlete transferred from Northern Highlands and hopes to better last year's second-place finish in the State Meet of Champions long jump.

Geoff Goidell, Pascack Hills, senior, shot put, discus

Three-time State indoor Group 1 shot champ was All-North Jersey in the spring last year and looks to become North Jersey's next 60-footer in the shot.

ready to break 1:55 by the end of the year, a time surpassed by only eight Passaic and 35 Bergen runners in North Jersey history.

But it won't be easy.

Teams are not usually set up to run a fast 800," says Don Bosco coach Rob DeCarlo, whose 4-x-800 team won the National Scholastic Indoor Championships title this month and whose team is a favorite at the Penn Relays next

month. "You really only get one or two shots at a really fast race and it took until Bergen Meet of Champions last year for our best kid [returnee Sharif Webb] to be in that situation."

Webb delivered a 1:55.30 winning effort that night, second only to Bruno's 1:54.39 at the State Group 2 meet on last year's list, and went on to take second in the Non-Public A championship.

BOYS TRACK & FI

AROUND THE LEAGUES

NNJIL A

Paramus: The Spartans have a strong sophomore class but are rebuilding behind seniors Andrew Capizzi (distance), Shawn Rembecky (jumps/sprints), Eric Stuart (distance) and Matt Dykes (javelin).

Ridgewood: The perennial power and defending league champ returns a host of prominent seniors in Chris Ziegler (sprints), Niall Buckley (IH, 800, 1,600), Dan Emont (1,600, 3,200), Jeremy Schmidt (400, 800), Jeremy Kalmus (1,600, 3,200) and Jacob Garber (1,600, 3,200). Juniors Akiri Monri (HH, TJ) and Christian Trautwein (800, 1,600) and soph Taro Shigenobu (1,600) also should contribute.

Teaneck: The Highwaymen need Tom San George (800, relay) to get healthy and join junior sprinters Damian Miles and Rashad White, junior jumper Craig Brown and versatile senior Akeem Thomas (200, 400, LJ) to take a in at the Bergen 4-x-400 relay record.

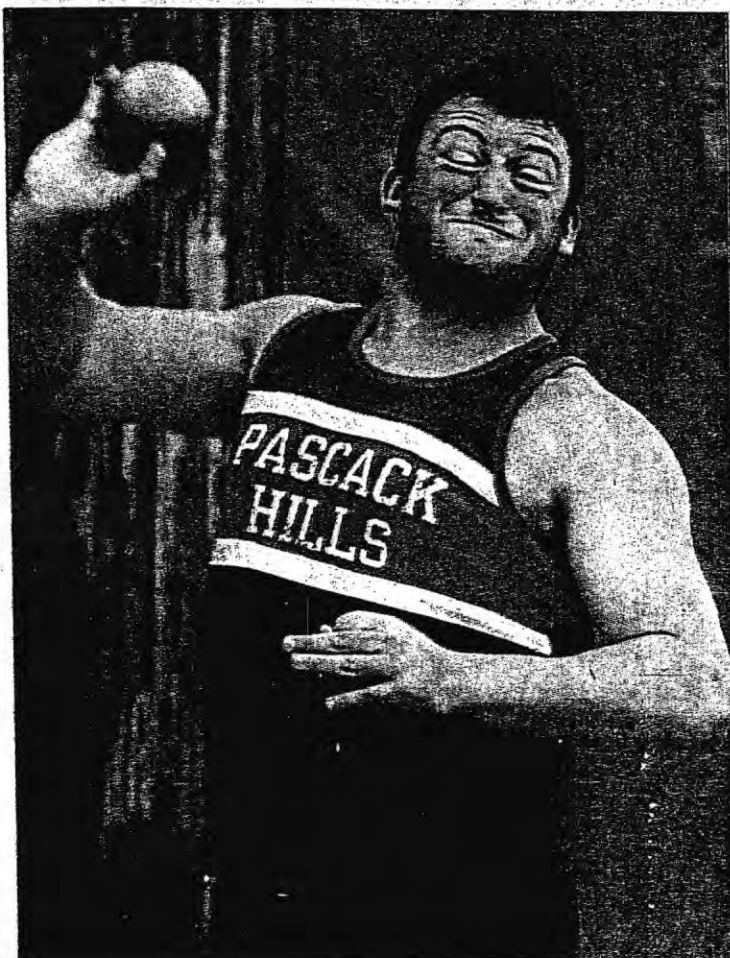
NNJIL B

Bergen Tech: The Bulldogs enter a new league with a pretty solid team paced by outstanding seniors Matt Bertinato (400, 800), Roberto Hannibal (sprints) and Chris Castro (hurdles); senior Ethan Kleinbaum (distance) and junior Mike Mitchell (distance) also should be consistent scorers.

Clifton: The league contender hopes for the return from injury by senior Bowen Hu (jumps, hurdles). Senior distance runners Alex Anolik, Mike Tanayan and Chris Bienkiewicz and junior pole vaulter George Mena are others to watch.

Eastside: The Ghosts have senior leadership in jumper Steven Johnson, sprinter/hurdler/jumper Larry Sams, sprinter Tahree McQueen and versatile Tim Stancil and perhaps North Jersey's distance star of the future, freshman Salim Corbin.

Hackensack: The Comets have a pair of great jumpers in senior Kwame Collins and junior Ausar Walcott, a good hurdler in junior John Ferdinand and a long sprinter in junior Ron Bemby, but may be a year away from contention.



GEOFF GOIDELL, Pascack Hills

John Trumbetti and Corey Purwin.

NBIL

Bergenfield: The Bears welcome back seniors Brendan Ingram (100, 200, TJ), Mina Kelaid (SP), junior Amaury Hernandez (TJ) and soph Emanuel Perez (400), who scored in last year's league meet.

Demarest: The Division 1 runner-up last year is a contender in the unified league meet to be held this year. The key contributors are seniors Peter Westervelt (800, TJ), Anthony Morelli (HH), Jason Schoenfelder (PV), Daniel Yi (SP), and juniors David Blitzer (400, IH), Nick Adamo (1,600, 3,200), Matt Wyatt (1,600), Sevan Chorluyan (PV) and Andres Shambilides (LJ).

Fair Lawn: The Cutters count on senior Nelson Ramirez (HH) and junior Josh Batelli (200) for improvement.

Indian Hills: The Braves could

should contend for a division title.

Wayne Hills: The Patriots have one of Passaic County's best all-around athletes in senior Anthony Chisholm (jumps and hurdles) and also look to seniors Scott Schultz (throws) and Evan Mongiardo (sprints) and juniors Peter Matano (PV) and Joey Threlfall (sprints) to have good seasons.

BCSL American

Cliffside Park: The Red Raiders had a strong turnout, with more than 30 freshmen out for the team. The varsity looks to distance runners Kevin Neary and David Martinez, hurdlers Aruj Dhawan and Hussein Jaafar, thrower Pat Consoli and jumpers Xavier Lee and Eric Estrada to help the team improve. All are seniors.

Dumont: The Huskies are rebuilding, but seniors Austin Hennelly (jumps), Liam Henry (distance), Nick Bowman



KYLE GILROY, West Milford

Westwood: The Cardinals return seniors Brian Carroll (800) and David Fox (PV), juniors Dan Butcher (1,600), Jake Sicking (SP, DT) and junior sprinter James Taylor, who is recovering from surgery.

BCSL National

Becton: The Wildcats are rebuilding after heavy graduation losses, but senior hurdler John Orlic and junior distance runner Joe Coats are promising athletes who should contend in league competition.

Hasbrouck Heights: The defending league champs are full of talent and depth and are one of the top Group 1 teams in the state. Seniors Brandon Gareffa (throws/sprints), Dan D'Amato (hurdles/jumps), and Brandon Melchior (throws/PV) are County and State contenders. Seniors Mike DeSimone (throws), Wade Friedel (sprints), Dave Trotter (hurdles/800), Cory Springer

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Pawlowski Relays
Ramsey High School

April 7th

3xHJ:

T. DeVita 5'6"

D. Yoon 5'3"

D. Morse 5'3"

16'0" – Tie 3rd Place

3xTJ:

P. Nygaard 35'7"

D. Gillis 35'8"

L. Chwe 36'8"

108' ½" – 6th Place

J. Lee 32'3"

3xLJ:

P. Nygaard 15'3"

D. Gillis 15'11"

L. Chwe 15'2"

J. Lee 16'2"

3xJav:

L. Chwe 119'2"

F. Vasquez 103'

D. Gillis 88'

These are incomplete results. Please report other performances to me on Wednesday.

PAWLOWSKI RELAYS

AT RAMSEY

Boys

TEAM SCORES
Large Schools: Christian Brothers 99.5;
 Scotch Plains 84; Paramus Catholic 62;
 Ramsey 60; Union 58; Jackson 46;
 Northern Highlands 26; Pequannock
 23; Bergen Tech 18; Ridgewood 17; Fair

SUNDAY, APRIL 8, 2007

4/7

Small Schools: New Milford 85.5;
 Cresskill 73; Westwood 48; St. Patrick's
 (NY) 42; Secaucus 34; St. Joseph Re-
 gional 31; Trinity Christian 19; Midland
 Park 11; Emerson 2; Eldred (NY) 0; Sad-
 die River 0; McClancy 0.

4x100: 1-Union (Marques Wallace, Isa-
 Abdul-Quddus, Reggie Swinney, Yan-
 nick Jones), 44.9; 2-New Milford, 45.6; 3-
 Paramus Catholic, 46.6; 4-tie-Secaucus
 & SJR, 46.9; 6-Jackson, 47.3
4x200: 1-Union (Marques Wallace, Isa-
 Abdul-Quddus, Reggie Swinney, Yan-
 nick Jones), 1:38.1; 2-Scotch Plains-Fan-
 wood, 1:33.6; 3-New Milford, 1:34.3; 4-
 Secaucus, 1:37.3; 5-St. Patrick, 1:38.9; 6-
 Jackson, 1:39.3

4x400: 1-Union (Isa Abdul-Quddus,
 Marques Wallace, Yannick Jones, Reg-
 gie Swinney), 3:35.8; 2-New Milford,
 3:37.9; 3-Bergen Tech, 3:40.0; 4-tie-Ram-
 sey & Westwood, 3:45.8; 6-St. Patrick's,
 3:46.1

4x800: 1-CBA (Charlie Rooney, Mike
 Slater, Justin Cornell, Christian Yuske-
 vich), 8:52.3; 4-Westwood, 9:12.2; 6-
 Plains-Fanwood, 9:12.3
4x1600: 1-CBA (Kyle Havard, Ben Horel,
 Brendan Pierson, Rich Grandelli),
 19:07.9; 2-CBA, 19:46.5; 3-Trinity Christ-
 ian, 19:48.2; 4-Pequannock, 19:56.6; 5-
 Ramsey, 20:00.8; 6-Jackson, 20:02.1

Sprint medley: 1-Bergen Tech (Chris
 Castro, Lomie Cunningham, Joe Huan-
 tian, 19:48.2; 4-Pequannock, 19:56.6; 5-
 Matt Bertinato), 3:45.9; 2-Union, 3:49.7; 3-
 Paramus Catholic, 3:53.1; 4-Paramus
 3:54.9; 5-CBA, 3:56.9; 6-Ramsey, 3:57.5

Distance medley: 1-Northern High-
 lands (Nick Prakash, An drew Dibella,
 Tommy Gaidus, Mike Dibiella),
 11:00.1; 2-CBA, 11:15.4; 3-Trinity Christ-
 ian, 11:16.2; 4-Scotch Plains-Fanwood,
 11:24.0; 5-Pequannock, 11:34.4; 6-CBA B,
 11:37.1

10x110 HH: 1-New Milford (John Espo-
 sito, Manny Viera, Brian Hirt, Joe Pic-
 ciarolo), 1:08.1; 2-CBA A, 3:04.3; 3-
 1:09.1; 4-Scotch Plains-Fanwood,
 1:09.7; 5-St. Patrick, 1:10.2; 6-Paramus
 Catholic, 1:10.4

3x400 HH: 1-Scotch Plains-Fanwood,
 (Mike Chervenyak, Tom Penella, Kyle
 Roubotan), 3:02.1; 2-CBA A, 3:04.3; 3-
 Paramus Catholic, 3:06.0; 4-CBA, 3:14.7;
 5-St. Patrick's, 3:15.3; 6-New Milford,
 3:16.0

Long jump: 1-Cresskill (LJ Egorow,
 Scott Lee, Tom Olmo), 56-6.5; 2-St.
 Patrick's (Lawrence Casseus, Idrit Pitt,
 Curtis Casseus), 56-6; 3-Union, 54-7; 4-
 Paramus Catholic, 54-2; 5-tie-CBA &
 New Milford, 53-3/4

Triple jump: 1-Paramus Catholic (Mitch
 Bennett, James Jenkins, Bobby Miles),
 122-10; 2-St. Patrick, 111-4 1/2; 4-Cresskill A,
 111-4; 5-New Milford, 110-2; 6-Ridge-
 wood, 108-0 1/2

High jump: 1-Scotch Plains-Fanwood,
 16-9; 2-CBA A, 16-3; 3-tie-Paramus
 Catholic, Cresskill A & Ridgewood, 16-
 0; 6-tie-New Milford & Ramsey, 15-9

Pole vault: 1-Cresskill (Mike Collins,
 Joe Olono, JP Russell), 34-6; 2-CBA, 32-
 0; 3-New Milford, 28-6; 4-Fair Lawn, 28-
 0; 5-Ramsey, 11-0; 6-Cresskill B, 10-0

Shot put: 1-Scotch Plains-Fanwood
 (John Birnbaum, John Badala, Mike
 Alleman), 140-11 1/4; 2-CBA A, 120-5 1/4; 5-
 Cresskill A, 127-4; 4-CBA A, 120-5 1/4; 5-
 New Milford A, 119-3; 6-Jackson, 116-6
 1/4

Discus: 1-Secaucus (Nick Britt, Adam
 Mustafa, John Britt), 414-8; 2-Scotch
 Plains-Fanwood, 376-2; 3-Cresskill A,
 370-9; 4-CBA A, 356-7; 5-New Milford,
 326-9; 6-Westwood A, 312-4

Javelin: 1-Westwood (Drew Tremble,
 Kenroy Morrison, Chris Beekman), 422-
 6; 2-Cresskill, 414-11; 3-Ramsey, 391-9;
 4-Jackson, 388-8; 5-Northern High-
 lands, 388-7; 6-Pequannock, 383-6

Arcadia Invitational
Arcadia, CA

April 6th – April 7th

Sprint Medley:

A. Monri 22.9

Z. Ontiveros 23.0

C. Zeigler 50.7

N. Buckley (tripped) 2:07.4

3:44.0

4xMile:

C. Trautwein 4:33.4

J. Garber 4:35.8

D. Emont 4:28.4

J. Kalmus 4:50.3

18:26

Distance Medley:

N. Buckley 3:08.7

C. Zeigler 51.6 (ran without one shoe)

C. Trautwein 1:57.8

D. Emont 4:25.7

10:23.99 – 6th Place

Some very good performances at this high level meet.

ARCADIA INVITATIONAL

Records fall during 3 schools' Calif. trip

4/8

ARCADIA, Calif. — Ramapo, Indian Hills and Ridgewood flew cross country on the first weekend of the outdoor track season and if their performances at the Arcadia Invitational are any indication, it's going to be quite a season.

The Ridgewood and Ramapo girls set Bergen County records in the shuttle hurdles and sprint medley relays Friday night, and the Indian Hills boys and girls may have run themselves into the Penn Relays later this month with their performances.

Ridgewood's shuttle hurdles team of Mia Martinez, Cristina Law, Alice Wisener and Lara-Jane Que took more than two seconds off the 400-meter mark, finishing second in 1:02.55.

Then the Ramapo sprint medley team of Amy Salek, Courtney Laird, Erin McKenna and Kesley Ramsey took more than three seconds off the Bergen record of 4:08.9 by running 4:05.40 to finish fourth. The race matched some of the best teams in the nation from more than a half-dozen states.

Ramsey ran a stunning 2:11.9 anchor leg in the 800 as the Raiders passed Ridgewood, which finished sixth in 4:09.21.

"I had no idea I had run that fast," Ramsey said. "We were just so ecstatic just to be here and it was a wonderful experience."

Indian Hills junior Max Bruno ran 1:52.9 for his anchor 800 to lead the Braves to a 7:57.31 fourth-place finish in the 4-x-800 to clinch a spot in the Penn Relays.

Brian Reilly, Billy Savage and Mark Fiandro ran personal bests in setting up Bruno for his huge finish.

On Saturday, the Indian Hills girls took their turn, running the 11th-fastest distance medley in Bergen history, 12:28.38, to take third in the seeded race and put themselves in the running for a Penn Relays bid.

Sarah Polansky, Rebecca Coffman and Donna Bruno ran personal bests and Lindsay Jeltz clocked a 5:05.9 on the anchor 1,600.

Ramapo girls team sets

4/9

distance relay record

ARCADIA, Calif. — The spectacular relay weekend for Bergen County teams on both coasts concluded Saturday with another County record set and several other teams qualifying for or improving their positions for the Penn Relays later this month.

The Ramapo girls team of Erin McKenna, Amy Salek, Colleen Sullivan and Kesley Ramsey finished fourth in what was billed as the deepest distance medley in American history at the Arcadia

Invitational in California and broke the Bergen County record set by Ridgewood at the New Jersey Relays in 1982.

McKenna led off with a 3:32.8 1,200 leg, followed by Salek, who ran 56.6 for 400, Sullivan ran a 2:27.8 800 split before Ramsey, who had anchored the Raider sprint medley team to a County record Friday, ran a 5:00.0 anchor 1,600 leg to finish in 11:57.44, more than a second faster than the previous record of 11:58.6.

Ridgewood solidified its hold on a Penn Relays distance medley slot by running 10:23.99 for sixth despite its 400 meter runner Chris Ziegler running nearly his whole leg without a shoe.

Niall Buckley ran 3:08.8 for his leadoff leg but in the scramble to pass the baton, might have stepped on the back of Ziegler's shoe, knocking it off. But Ziegler still managed a 51.7 clocking, two seconds slower than expected. But Christian Trautwein (1:57.7 800)

and Dan Emont (4:25.7 1,600) both posted career bests and the Maroons took more than two seconds off their earlier indoor mark.

Indian Hills, paced by a 3:05.4 leadoff leg by junior Max Bruno, ran a school-record 10:30.60 to move into a possible DMR slot.

Saturday in the Kearny Relays on the other side of the country, Teaneck's 4-x-100 and 4-x-200 teams turned in stunning near-record performances, running 42.6 and 1:29.4 to win the events.

The 4-x-100 team of James Williams, Damian Miles, David Butler and Rashad White ran the third-fastest time in Bergen history, just .2 off the 36-year-old mark set by the 1971 Don Bosco team. The

4-x-200 team, with Akeem Thomas replacing Williams, ran the fastest race in the event since Englewood set the record in 1973, running 1:28.8 for the slightly longer 4-x-220 yard event.

Ridgewood 77

April 10, 2007 – 50 clear

Nutley 54

400 IH: Ridgewood: 8 Nutley: 1
1-Niall Buckley (R) 59.3 2-Peter Nygaard (R) 64.9 3-Marson (N) 65.9
Others: S. Coopersmith 74.4

100m: Ridgewood: 8 Nutley: 1
1-Chris Zeigler (R) 11.1 2-Akira Monri (R) 11.3 3-N. Lirameli (N) 11.5
Others: Z. Ontiveros 11.6; R. Webbe 12.3; D. Nagano-Gerace 12.7; N. Hoh 12.8;
R. Biagi 12.9; A. Foong 13.0; L. Ruppel 13.1; F. Vasquez 13.2; J. Schwartz 13.4;
C. Glennon 13.8; S. Khalsa 14.1; J. Dabby 14.2; T. Benintende 14.3; C. Moderow 14.8

1600m: Ridgewood: 6 Nutley: 3
1-Jacob Garber (R) 4:53 2-B. Barberi (N) 4:55 3-T. Shigenobu (R) 5:03
Others: D. Landers 5:09; D. Desimone 5:19; W. Jang 5:20; B. Cleary 5:25;
S. Martyn 5:26; M. Spilka 5:29; E. Martinez 5:41; S. Fishbein 5:55; T. Reveri 5:59

400m: Ridgewood: 6 Nutley: 3
1-Niall Buckley (R) 54.6 2-T. Aiello (N) 54.5 3-Matt Grundy (R) 56.2
Others: M. Maniaci 63.7; C. Jones 66.7

110HH: Ridgewood: 9 Nutley: 0
1-Akira Monri (R) 15.0 2-Peter Nygaard (R) 16.2 3-Zack Ontveros (R) 16.3
Others: L. Chwe 18.5; D. Morse 19.6; D. Gillis 21.1; D. Yoon 21.5

800m: Ridgewood: 6 Nutley: 3
1-Christian Trautwein (R) 2:06.2 2-M. Pawlowski (N) 2:07.5 3-William Jang (R) 2:24
Others: J. Jenkins 2:25; A. Vedder 2:29; Rob 2:35; Nick 2:41; T. Reveri 2:42;
R. Treppedi 2:48

200m: Ridgewood: 1 Nutley: 8
1-J. Aiello (N) 23.7 2-N. Licameli 24.5 3-M. Vaccaro (R) 24.5
Others: R. Webbe 25.1; L. Chwe 25.3; D. Gillis 25.4; M. Grundy 25.7; D. Nagano-Gerace 26.0; S. Coopersmith 26.5; L. Ruppel 26.5; F. Vasquez 26.8; A. Foong 27.3; M. Kavanagh 27.6; N. Hoh 27.8; J. Schwartz 28.2; C. Glennon 28.6; C. Jones 28.8; S. Khalsa 29.1; C. Moderow 30.7; T. Benintende 29.4 J. Dabby 31.4; B. Righthand 36.4

3200m: Ridgewood: 4 Nutley: 5
1-R. Barberie (N) 11:01 2-Danny Landers (R) 11:14 3-David DiSimone (R) 11:26
Others: B. Cleary 11:46

4x400m: Ridgewood: 0 Nutley: 5
1-Nutley 3:50 2-Ridgewood 4:07.4
(S. Coopersmith 62.4; R. Biagi 63.6; M. Maniaci 64.0 M. Grundy 58.6)

Long Jump: Ridgewood: 3 Nutley: 6
1-S. Kim (N) 19'3" 2-Don Yoon (R) 17'9" 3-J. Aiello(N) 17'8"
Others: D. Gillis 16'2 3/4"; L. Chwe 16'2" T. DeVita 15'5"; J. Lee 15'3"

Triple Jump: Ridgewood: 4 Nutley: 5
1-Kim (N) 38' 1/2" 2-Peter Nygaard (R) 37'11 1/2" 3-L. Chwe 37' 1/2"
Others: D. Yoon 33'8 1/2"; D. Morse 31'6"

High Jump: Ridgewood: 4 Nutley: 5
1-Nutley 5'10" 2-Tommy DeVita (R) 5'8" 3-Don Yoon (R) 5'6"
Others: D. Morse 5'4"

Pole Vault: Ridgewood: 1 Nutley: 8
1-Nutley 9'0" 2-Nutley 9'0" 3-Max Witt (R) 9'0"
Others: M. Kavanagh 8'6"; N. Stitt 8'0"

Shot Put: Ridgewood: 9 Nutley: 0
1-Chris Ryan (R) 40'10 3/4" 2-Mike Mosticchio (R) 39'10" 3-Bryan Remmen (R) 39'7 1/2"
Others: T. Borgman 39'4 1/2"; A. Vilchez 36'9"

Discus: Ridgewood: 8 Nutley: 1
1-Mike Mosticchio (R) 119'9" 2-Chris Ryan (R) 112'2" 3-Georgetti (N) 108'4"
Others:

Ridgewood 94

April 10, 2007 – 50 clear

Belleville 37

400 IH: Ridgewood: 8 Belleville: 1
1-Niall Buckley (R) 59.3 2-Peter Nygaard (R) 64.9 3-J. Cordacco (B) 67.3
Others: S. Coopersmith 74.4

100m: Ridgewood: 4 Belleville: 5
1-Maurice Jones (B) 11.0 2-Chris Zeigler (R) 11.1 3-Akira Monri (R) 11.3
Others: Z. Ontiveros 11.6; R. Webbe 12.3; D. Nagano-Gerace 12.7; N. Hoh 12.8;
R. Biagi 12.9; A. Foong 13.0; L. Ruppel 13.1; F. Vasquez 13.2; J. Schwartz 13.4;
C. Glennon 13.8; S. Khalsa 14.1; J. Dabby 14.2; T. Benintende 14.3; C. Moderow 14.8

1600m: Ridgewood: 6 Belleville: 3
1-Jacob Garber (R) 4:53 2-H. Tram (N) 4:56 3-Taro Shigenobu (R) 5:03
Others: D. Landers 5:09; D. Desimone 5:19; W. Jang 5:20; B. Cleary 5:25;
S. Martyn 5:26; M. Spilka 5:29; E. Martinez 5:41; S. Fishbein 5:55; T. Reveri 5:59

400m: Ridgewood: 9 Belleville: 0
1-Niall Buckley (R) 54.6 2-Matt Grundy (R) 56.2 3-Mike Maniaci (R) 63.7
Others: C. Jones 66.7

110HH: Ridgewood: 9 Belleville: 0
1-Akira Monri (R) 15.0 2-Peter Nygaard (R) 16.2 3-Zack Ontveros (R) 16.3
Others: L. Chwe 18.5; D. Morse 19.6; D. Gillis 21.1; D. Yoon 21.5

800m: Ridgewood: 6 Belleville: 3
1-Christian Trautwein (R) 2:06.2 2-B. Dealo (B) 2:12.7 3-William Jang (R) 2:24
Others: J. Jenkins 2:25; A. Vedder 2:29; Rob 2:35; Nick 2:41; T. Reveri 2:42;
R. Treppedi 2:48

200m: Ridgewood: 1 Belleville: 8
1-Maurice Jones (B) 22.6 2-Reya (B) 24.2 3-M. Vaccaro (R) 24.5
Others: R. Webbe 25.1; L. Chwe 25.3; D. Gillis 25.4; M. Grundy 25.7; D. Nagano-Gerace 26.0; S. Coopersmith 26.5; L. Ruppel 26.5; F. Vasquez 26.8; A. Foong 27.3; M. Kavanagh 27.6; N. Hoh 27.8; J. Schwartz 28.2; C. Glennon 28.6; C. Jones 28.8; S. Khalsa 29.1; C. Moderow 30.7; T. Benintende 29.4 J. Dabby 31.4; B. Righthand 36.4

3200m: Ridgewood: 6 Belleville: 3
1-Danny Landers (R) 11:14 2-H. Tram (B) 11:23 3-David DiSimone (R) 11:26
Others: B. Cleary 11:46

4x400m: Ridgewood: 5 Belleville: 0
1-Ridgewood 4:07.4 2-Belleville 4:10
(S. Coopersmith 62.4; R. Biagi 63.6; M. Maniaci 64.0 M. Grundy 58.6)

Long Jump: Ridgewood: 1 Belleville: 8
1-R. Cooley (B) 19'3 1/4" 2-Maurice Jones (B) 18'9 3/4" 3-Don Yoon (R) 17'9"
Others: D. Gillis 16'2 3/4"; L. Chwe 16'2" T. DeVita 15'5"; J. Lee 15'3"

Triple Jump: Ridgewood: 8 Belleville: 1
1-Peter Nygaard (R) 37'11 1/2" 2-Lucas Chwe 37' 1/2" 3-Hambet (B) 36'9 3/4"
Others: D. Yoon 33'8 1/2"; D. Morse 31'6"

High Jump: Ridgewood: 4 Belleville: 5
1-Belleville 6'0" 2-Tommy DeVita (R) 5'8" 3-Don Yoon (R) 5'6"
Others: D. Morse 5'4"

Pole Vault: Ridgewood: 9 Belleville: 0
1-Max Witt (R) 9'0" 2-Mike Kavanagh (R) 8'6" 3-Nick Stitt (R) 8'0"
Others:

Shot Put: Ridgewood: 9 Belleville: 0
1-Chris Ryan (R) 40'10 3/4" 2-Mike Mosticchio (R) 39'10" 3-Bryan Remmen (R) 39'7 1/2"
Others: T. Borgman 39'4 1/2"; A. Vilchez 36'9"

Discus: Ridgewood: 8 Belleville: 0
1-Mike Mosticchio (R) 119'9" 2-Chris Ryan (R) 112'2" 3-Bryan Remmen (R) 104'0"
Others:

BOYS TRACK

Belleville 37, Ridgewood 94
Bergen Tech 72, Passaic 62
Clifton 97, Barringer 28
Cresskill 122, Palisades Park 18
Dumont 90, Englewood 46
Eastside 78½, Bergen Tech 47½
Eastside 76, Passaic 52
Fort Lee 86, Cliffside Park 54
Kennedy 73½, Clifton 57½
Kennedy 109, Barringer 12
Lodi 75, Manchester 65
Midland Park 69, Eastern Christian 70
Nutley 92, Belleville 39
Nutley 54, Ridgewood 77
Paramus 72, Bloomfield 49
Paramus 77½, St. Joseph 49½
Ridgefield Park 98, Englewood 42
Ridgefield Park 89, Dumont 51
Ridgewood 74, Nutley 57
Ridgewood 99, Belleville 32
St. Joseph 69, Bloomfield 49
Wayne Valley 89, Millburn 51
West Milford 123, West Side 13
West Milford 127, Orange 8
Westwood 100, Cliffside Park 39
Westwood 85, Fort Lee 55

GIRLS TRACK

Bergen Tech 71, Eastside 55
Bergen Tech 89, Passaic 24
Clifton 88, Kennedy 43
Cresskill 118, Palisades Park 20
Dumont 125, Englewood 12
Eastside 63, Passaic 48
Fort Lee 96, Cliffside Park 31
Holy Angels 98, Bloomfield 25
Manchester 89, Lodi 46
Midland Park 102½, East Christian 36½
Nutley 70, Belleville 54
Paramus 104, Bloomfield 25
Paramus 71½, Holy Angels 65½
Ridgefield Park 131, Englewood 6
Ridgefield Park 99, Dumont 41
Ridgewood 116, Nutley 17
Ridgewood 110, Belleville 19
Westwood 115, Cliffside Park 23
Westwood 87, Fort Lee 53

TRACK BESTS

BOYS

100 M: Chris Zeigler, Ridgewood, 11.1;
Matt Dortch, Wayne Valley, 11.3; Orion
Woodard, Pompton Lakes, 11.3; Akira
Monri, Ridgewood, 11.3; Sam Oh,
Tenafly, 11.3.

200 M: Woodard, 22.4; Dortch, 23.1;
Sharp, Kennedy, 23.3.

400 M: Sharp, 52.8; Tony Emanuel,
Tenafly, 53.2.

1,600 M: Tony Salvatore, Wayne Valley,
4:29; Steve Abate, Wayne Valley, 4:30;
Scott Maxfield, Tenafly, 4:30.3; Charles
Goold, Rutherford, 4:36.

3,200 M: Bravo, St. Joseph, 10:20; Stewart,
Paramus, 10:35.

110M HH: Alec Marshall, Wayne Valley,
14.7; Monri, 15.0; Dan White, Glen Rock,
15.4; Mike Berland, Glen Rock, 15.8;

Ryan Dougherty, Ridgefield Park, 15.8;
John Salvatore, Tenafly, 15.8; Kyle
Gilroy, West Milford, 15.9; Peter Ny-
gaard, Ridgewood, 16.2.

400M IH: Emanuel, 57.8; Gilroy, 58.1;
Marshall, 58.6; Kyle Herrick, Wayne Val-
ley, 60.0.

Long jump: Tom Papa, Wayne Valley,
20-10; Chris Phipps, Lodi, 20-3 1/4;
Xavier Lee, Cliffside Park, 20-0 1/2

Triple jump: Phipps, Lodi, 41-7 3/4; Mar-
shall, 40-7; Bowen Hu, Clifton, 40-6; A.
Hennelly, Dumont, 40-1.

High jump: Lee, 6-0; Dan Egorow,
Cresskill, 6-0; Papa, 5-10; Phipps, Lodi,
5-10; Hennelly, 5-10.

Pole vault: Mike Collins, Cresskill, 11-6;
Discuss: Chris Pantale, Wayne Valley,
159-3; Pecoraro, Cresskill, 150-6; Darien
Collie, Kennedy, 138-2; Peter Mazzella,
Pompton Lakes, 135-11.

Javelin: Kyle Elliott, Cresskill, 183-1;
Doug Cerniglia, Ridgefield Park, 177-11.

Shot put: Pantale, 52-7; George Pecor-
aro, Cresskill, 51-4; Dan Smith, Ridge-
field Park, 47-6 1/2; Collie, Kennedy, 46-
2; Keir Bowers, Wayne Valley, 46-1.

GIRLS

100 M: Angelica Johnson, Ridgefield
Park, 12.4; Ajda Dotday, Hawthorne,
12.5; Janelle Liu, Cresskill, 12.5; Evana
Edwards, Hackensack, 12.7; Krystal
Wyche, Hackensack, 12.8; Kelly Dunn,
Rutherford, 12.9; Tony Gatchalian,
Tenafly, 13.0; Katie Landrigan, Holy An-
gels, 13.1; Landrigan, Holy Angels, 13.1;
Kristen Venning, Clifton, 13.1; Kayia
Robinson, Clifton, 13.1; Amanda May,
Westwood, 13.2; Katelyn Savage, Man-
chester, 13.2; Victoria Cumberbatch,
Hackensack, 13.2; Mueller, 13.2; Adri-
ana Baez, Clifton, 13.2; Nicole Thomp-
son, Rutherford, 13.2.

3,200 M: Hannon, Paramus, 12:14;

Nicole Schiavone, Holy Angels, 12:17;
Stephanie Gibney, Holy Angels, 12:17;
Libney, Holy Angels, 12:17; Schiavone,
Holy Angels, 12:18.

110M HH: Edwards, 15.9; CJ Jacob,
Ridgefield Park, 16.0; Ko, 16.4; Thomas,
Cresskill, 16.6; Lindsay Nygren, Glen
Rock, 17.1; Bacote, Kennedy, 17.2.

800 M: Martinez, 2:23; Suzanna
Markolovic, Holy Angels, 2:31.0;
Markovic, Holy Angels, 2:32; Caroline
Lennon, Holy Angels, 2:32.0; Allison
Gadaleta, Holy Angels, 2:32.0.

200 M: Dotday, 25.8; Crawford, 25.9;
Johnson, Ridgefield Park, 26.7;
Gatchalian, 26.9; Jen Mueller, IHA, 27.3;
Wyche, 27.4; Liu, 27.5; Jen Castro, Hack-
ensack, 27.5; Venning, 27.5.

1 mile or 1,600M relay: Tenafly, 4:19.5;
Rutherford, 4:20.8; Holy Angels, 4:23.0;
Hackensack, 4:27.6; IHA, 4:30.

1,600 M: Hannon, Paramus, 5:37; Nicole
Schiavone, Holy Angels, 5:38;
Stephanie Gibney, Holy Angels, 5:38.5;
Schiavone, Holy Angels, 5:39; Libney,
Holy Angels, 5:40.

400 M: Crawford, 60-2; Dotday, 62.0;
Jasmine Adams, Clifton, 62-0; Maggie
Walsh, Tenafly, 62.9; Katie Landrigan,
Holy Angels, 63.0; Kayia Santiago,
Clifton, 63.3; Landrigan, 63.5.

400M IH: Susan Martinez, Clifton, 66.7;
Kristen Crawford, Kennedy, 68.6;
Heather Gearity, Rutherford, 1:10.7;
Suzanna, Markolovic, Holy Angels,
1:10.0; Elousa Paredes, Clifton, 1:11.

Javelin: Kristen Policastro, Lodi, 99-0;
Uberbacher, 95.4; Flaim, 94-7; Carla
Stachurski, Midland Park, 102-2.

Discuss: M. Uberbacher, Dumont, 100-3;
Caitlin Byrne, IHA, 95-5.

Pole vault: Melissa Davila, Hacken-
sack, 10-00; Nora Selimovic, Ridgefield
Park, 8-0; Ursula, 8-0; Brook Mullen,
Clifton, 8-0; Hannon, Paramus, 7-6; Yun-
mi Zaccaro, Clifton, 7-6.

High jump: Jacob, Ridgefield Park, 5-0;
Venning, 4-10.

Triple jump: Edwards, 34-4; Jacob,
Ridgefield Park, 33-11; Mirasi, 33-1;
Megan Thomas, Cresskill, 32-8; Gra-
ham, Kennedy, 31-10 1/2; Keegan, 31-9;
Amber Flaim, Fort Lee, 31-1.

Shot put: Aretia Ertarh, Fort Lee, 31-
11; Oklevia Redway, Hackensack, 31-7.

Long jump: Edwards, 17-4 1/2; Wyche,
16-11 1/2; Savage, Manchester, 16-8;
Tara Keegan, Westwood, 15-9; Ko,
Paramus, 15-7; Jacob, Ridgefield Park,
15-6; Minasi, Holy Angels, 15-5; Ven-
ning, 15-3 1/2; Emily Urcioli, Clifton, 15-
1 1/2; Nicoletti, Paramus, 15-0.

Coast-to-coast, RHS rules in relay events

BY GREG TARTAGLIA
Staff Writer

RIDGEWOOD — The high school spring track season is a week old, and already Ridgewood has shown it can be a force on either side of the country.

Last weekend, a total of 13 Ridgewood athletes — eight boys and five girls — made the trek to California for the Arcadia Invitational, scoring top-10 finishes in four events and breaking a Bergen County record in the process.

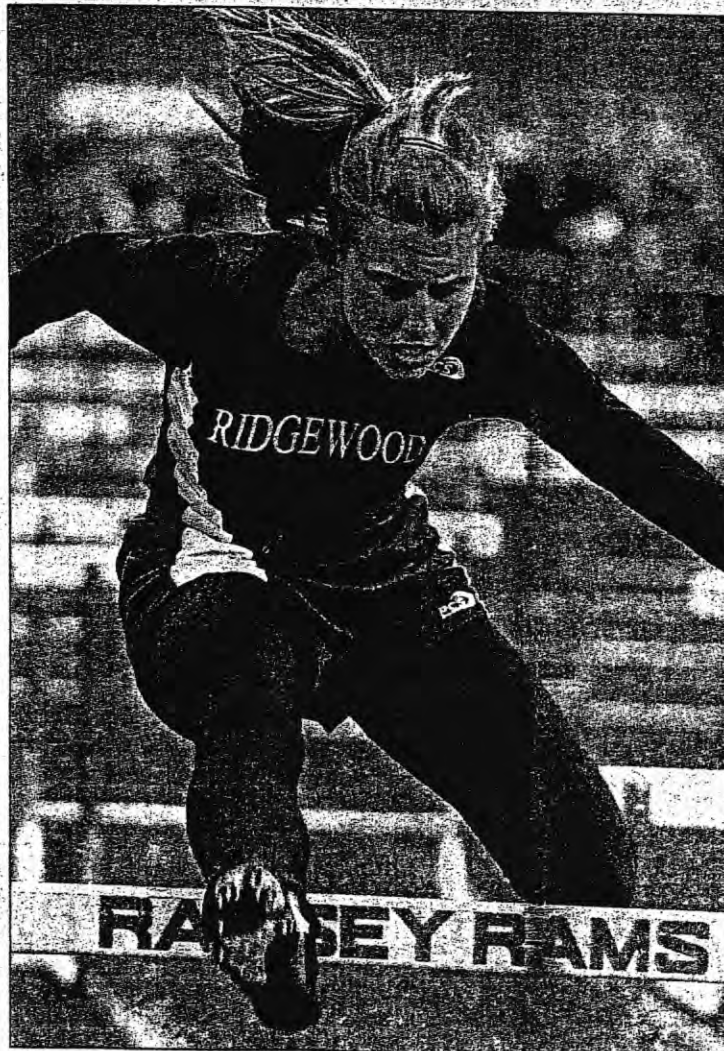
Meanwhile, the rest of the Maroons stayed home and competed in the Pawlowski Relays at Ramsey High School, with the girls winning the large-school championship over Jackson Memorial, 69-65.

"I was thrilled to have part of our team on the West Coast doing well, and then the rest of our team on the East Coast doing well," said Jacob Brown, the Ridgewood girls head coach who accompanied both the boys and girls squads at the Pawlowski Relays. "And we were able to win that meet without five of our athletes, so this right here is a really great team."

Just imagine what the Maroon girls could do with a full squad at the same meet.

Last Friday night at Arcadia, seniors Cristina Law, Lara-Jane Que and Alice Wisener and junior Mia Martinez set a new county record in the 4 x 100-meter shuttle hurdles, running a 1:02.55 to surpass the old mark by over two seconds. The group finished second in the championship race behind defending California state champ Muir High School, which clocked 1:01.87.

"We were there running to win the race, so it was a little bit of a disappointment not to win it," said Ridgewood boys head coach Josh



PHOTO/ERICA DIESTEL

Ridgewood junior Jen Moderow clears a hurdle at the Pawlowski Relays in Ramsey last Saturday. Moderow was part of her team's third-place finish in the 4 x 100-meter hurdles, which helped the Maroon girls win the large-school championship, 69-65, over Jackson Memorial.

to me in terms of the Bergen County teams sticking together out there."

Indian Hills rounded out the trio of schools that represented North Jersey in California. The

that performance."

Zeigler and Buckley also competed in the sprint medley relay with senior Zack Ontiveros and junior Akira Monri, but two opposing runners collided in front

clocked 1:01.87.

"We were there running to win the race, so it was a little bit of a disappointment not to win it," said Ridgewood boys head coach Josh Saladino, who also works with the girls hurdlers and went along on the trip to California. "It wasn't a perfect race, and at that level, it needs to be a perfect race if you're going to win. That being said, it was a county record, and you can't be upset when you run a county record."

Wisener, Que and Law also teamed up with senior Erica Cigolini to establish a school-record time of 4:09.21 in the sprint medley, good for sixth in the Arcadia finals. The Ramapo quartet of Amy Salek, Courtney Laird, Erin McKenna and Kesley Ramsey finished fourth in the same event, setting a new Bergen County record of 4:05.40.

Ramapo also ran a county-record time of 11:57.44 in the girls distance medley relay, with Salek, McKenna and Ramsey combining with Colleen Sullivan for the event.

"One of the things I really appreciated was, when our boys ran distance medley after the Ramapo girls, they stuck around and cheered for our guys an hour after they were done running," Saladino said. "It was 9 o'clock at night, and they were flying out the next morning. So that meant a lot

ty teams sticking together out there."

Indian Hills rounded out the trio of schools that represented North Jersey in California. The Braves' boys 4 x 800-meter relay of Brian Reilly, Mark Filandro, Bill Savage and Max Bruno (7:57.31) earned a spot in the Penn Relays at the end of the month. Meanwhile, Hills' girls distance medley relay of Sarah Polansky, Becca Coffman, Ashley Bava and Lindsey Jeltis (12:28.38) also put itself in a position to qualify for the Penn Relays.

The Ridgewood boys turned in several impressive performances at Arcadia as well. The Maroons placed sixth in the distance medley for the second straight year, and shaved off over two seconds from their 2006 time. Seniors Niall Buckley, Dan Emont and Chris Zeigler and junior Christian Trautwein combined for a run of 10:23.99, earning a berth in the Penn Relays despite an unusual setback.

"Part of the problem was, Chris ran without one shoe," Saladino said. "He got his shoe stepped on as he was receiving the baton, and so he ran the 400 meters with one shoe, which obviously slowed him down a little bit. But the other three guys ran great, and that helped us out; we ran three seconds faster than we'd run all year, and we were very, very happy with

Zeigler and Buckley also competed in the sprint medley relay with senior Zack Ontiveros and junior Akira Monri, but two opposing runners collided in front of Buckley and tripped him on his 800-meter anchor leg. The Maroons finished with an eighth-place time of 3:44.40.

Emont and Trautwein teamed up with seniors Jacob Garber and Jeremy Kalmus for the Arcadia 4 x mile race, clocking 18:27.89 to place 17th.

As for the Ridgewood boys back East, they took 10th place in the large-school standings at the Pawlowski Relays, earning medals in the triple jump (sixth place, combined distance of 108 feet, one-half inch) and high jump (third place, combined height of 16 feet).

The Maroon girls actually trailed Jackson, 65-51, heading into the final two Pawlowski events. However, the Jaguars left the meet early and Ridgewood rallied behind silver medals in the 3 x 400-meter intermediate hurdles and the 4 x 400-meter relay.

Juniors Emily Barr and Kate Michel competed in both events, teaming with Maeve Casey for a time of 3:39.4 in the intermediate hurdles relay before joining Ashlyn Llerandi and Catherine Buckley to

See TRACK, page C4

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clock 4:17.4 in the 4 x 400.

The Barr-Michel tandem also combined with junior Jen Moderow and sophomore Jaclyn Pierce to bring home a bronze medal in the 4 x 100-meter high hurdles. Senior Jaclyn Wypler led the Maroon javelin contingent to a second-place finish with a combined distance of 267 feet, four inches.

Llerandi, a senior, helped the pole vault relay win gold along with junior Annie Polcari and sophomore Ramelle Brown, as the trio cleared a combined 23 feet.

The 24th edition of the Pawlowski Relays, formerly known as the Ridgewood Relays, was moved to Ramsey this season to make use of the Rams' 400-meter track. Due to space constraints, the track Ridgewood High School is only 344 meters in

length.

"The lack of a 400-meter track hurts our program," said Brown. "And teams had stopped coming. The Pawlowski Relay meet was the relay meet on the first weekend of the season over the years. We were starting to struggle with [hosting] the meet, and when we got an offer from the Ramsey people to go up there, it was an offer we couldn't refuse."

The event was renamed five years ago to honor the memory of 2001 Ridgewood graduate Steve Pawlowski, who was killed in November of that year when he was struck by a moving vehicle that had swerved onto the sidewalk in front of him. After earning All-America honors in the sprint medley during his RHS career, Pawlowski had moved on to Quinnipiac University in Hamden, Conn. and had planned on running track for QU, but the school

didn't have a program until what would have been his sophomore year.

The Ridgewood girls' victory at last weekend's meet held a special meaning for Llerandi, who recalled when Pawlowski was her counselor at Graydon Pool summer camp.

"I distinctly remember running a sprint race against him," said Llerandi. "And I remember thinking, 'Okay, he was a little bit faster than I anticipated.' Then when I heard he had died, I was like, 'Oh my God, I *knew* that guy.' It was just crazy to think about."

Llerandi added, "I thought it was great that we won our own meet. You know, in a way, we won it for Steve."

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TRACK & FIELD REPORT

Young Passaic Tech making big strides

By **PAUL SCHWARTZ**
STAFF WRITER

Passaic Tech finished next to last at the 2006 Boverini Memorial Passaic County Relays, scoring just eight points, a third place in the shot put and fifth in the shuttle hurdles.

Saturday, the Bulldogs scored in 10 events at the relays, winning the intermediate hurdles and high jump and taking second in the long jump and 4-x-800 relays en route to a third-place finish behind perennial powers Wayne Valley and West Milford.

"We don't have a lot of stars, but we have a lot of good-quality kids and depth to be a good relay team," said third-year coach Dean Campaglia. "I think we have the most kids we've had out since Joe Dziezawiec was coaching [in the early 1990s] and while we're still pretty young, we have some experience kids, too."

Three who stepped up Saturday were senior Eugene Warren, and juniors Isaiah Butts and Kevin Ryan.

Warren had the day's fastest 400 intermediate hurdles race in 58.10 seconds and teamed with Butts and senior Walner Garcia to win the event. He also was on the silver medal 4-x-800 team and ran a leg on the 4-x-400 team, which also medaled.

Butts added silvers in the 4-x-800 and long jump to his IH gold and may be the most versatile athlete on the team, while the feisty Ryan anchored the 4-x-800 and brought the sprint medley team home in fifth.

"We had 10 underclassmen medal for us in the relays," said Campaglia, "and we won the high jump relay with a senior [Andrew Sims], a junior [Orlando Vazquez] and a new kid [sophomore Denzel Guy]. I think we're a much-improved team this year."

BOYS TOP 20

1. Don Bosco
2. Ridgewood
3. Wayne Valley
4. Indian Hills
5. Bergen Catholic
6. Hasbrouck Heights
7. River Dell
8. Northern Highlands
9. West Milford
10. Passaic Tech
11. New Milford
12. Wood-Ridge
13. DePaul
14. Teaneck
15. Demarest
16. Old Tappan
17. Park Ridge
18. Saddle Brook
19. Cresskill
20. Hackensack

THEY'LL BE BACK: North Arlington boys coach John Orovio only entered eight athletes in six relays in the small-school division of the Kearny Relays last week, and the Wildcats delivered six medal-winning performances, including wins in the 3-x-400 intermediate hurdles and long jump, finishing second as a team behind perennial powerhouse St. Benedict's.

"We'd never been to this meet before so we didn't know what to expect," said Orovio, whose nephew Anthony, a junior, had the division's best high jump and teamed with fellow junior Ruben Santos to win the long jump. Santos, senior Tom Kelichner and freshman Eddie Smolen combined to win the intermediates. "At the beginning of the season I didn't expect much from this group because we lost a lot of kids for academic reasons or to illness,"

Orovio said. "But we've got five or six quality kids who can be a factor in the bigger Saturday meets."

"We were excited about how well we did in the relays and this weekend we're taking the whole team to Lyndhurst and entering a lot more events."

PENN QUALIFIERS: Twelve North Jersey boys have been accepted to participate in individual events at the Penn Relays in Philadelphia on April 26-28. But none of the 12 will be involved in the three individual running events held Friday, April 27 at Franklin Field.

Mahwah's Greg Stripe and Ramapo's Tim Blashford, the only New Jersey pole vaulters to clear 14-6 this winter, are the only Jersey vaulters among the 20 invited to compete Saturday, April 28 at 10 a.m.

Kwame Collins of Hackensack will compete in the long jump Saturday at 9 a.m., while Zach Shapiro of River Dell and Geoff Goidell of Pascack Hills are in the shot put Friday at 2:30 p.m. And Doug Cerniglia of Ridgefield Park and Marc Peck of Wood-Ridge compete in the javelin throw at noon Friday.

The biggest North Jersey impact should come in Saturday morning's discus throw that begins at 9 a.m. One-quarter of the 20-man field are North Jersey athletes including high seeds George Abyad of Passaic Valley and Chris Pantale of Wayne Valley. Also entered are James Stathopoulos of Mahwah, Nick Britt of Secaucus and Brendan Gareffa of Hasbrouck Heights.

Qualifiers for the distance medley and 4-x-800 relays, which should include North Jersey teams, will be announced Monday with qualifying ending Saturday.

Blog:

northjersey.com/varsityaces/schwartz

4/13

THE COMET RELAYS
Tom Dellatorre Field

SATURDAY, APRIL, 14, 2007
Hackensack, New Jersey

BOYS

4X100m: 1-Shabazz (William Winkey, Stephon Buky, Will Evans, Marvin Greshen), 44.9. 2-Ridgewood, 45.0. 3-Montclair, 45.2. 4-Wayne Valley, 45.7. 5-Bergen Catholic, 45.8. 6-Newark Central, 46.0. 7-tie-PCT, 46.3. Hackensack, 46.3 & Barringer, 46.3. 10-tie-Perth Amboy, 46.6 & St Joseph, 46.6.

4X200m: 1-Old Bridge (Jon Tuazon, Allan Lunkenheimer, Shawn Phillip, Sean Davila), 1:30.5. 2-Bergen Catholic, 1:32.3. 3-Hackensack, 1:32.8. 4-Shabazz, 1:33.0. 5-Ridgewood, 1:33.6. 6-Montclair, 1:33.9. 7-Science Park, 1:35.5. 8-Barringer, 1:35.8. 9-PCT, 1:36.2. 10-Wayne Valley, 1:36.9.

4X400m: 1-Bergen Catholic (Tom Randall, Will Ring, Jon Sam, John Rubinetti), 3:27.0. 2-Old Bridge A, 3:28.0. 3-Shabazz, 3:31.3. 4-Montclair, 3:31.6. 5-Park Ridge, 3:31.7. 6-Hackensack, 3:33.5. 7-Columbia, 3:36.7. 8-Pascack Hills, 3:38.3. 9-PCT, 3:38.7. 10-Paramus, 3:41.7.

4X800m: 1-Old Bridge (Sheriff Showunmi, Nick Carbone, Matt Ciambriello, James Hauser), 8:25.1. 2-Park Ridge, 8:25.2. 3-Old Bridge B, 8:30.9. 4-Pascack Hills, 8:31.5. 5-Columbia, 8:47.3. 6-PCT, 8:54.3. 7-St Joseph, 9:02.6. 8-Paramus Catholic, 9:07.7. 9-Bergen Catholic, 9:39.2. 10-Wayne Valley, 9:47.1.

4X1600m: 1-(James Hauser, Breandan Lyman, Matt Ciambriello, Nick Carbone), 18:37.4. 2-Wayne Valley, 19:12.4. 3-Old Bridge B, 19:12.8. 4-Ridgewood, 19:20.9. 5-Bergen Tech, 19:58.6. 6-Paramus, 20:06.8. 7-Columbia, 20:13.5. 8-St Joseph, 20:16.5. 9-Bergen Catholic, 20:24.0. 10-Hackensack, 20:28.0. 11-Park Ridge, 20:41.1.

Sprint Medley: 1-Wayne Valley (Matt Dartch, Kristian Meek, Kyle Herrick, Tony Salvatori), 3:40.4. 2-Bergen Tech, 3:44.6. 3-Science Park, 3:46.4. 4-Barringer, 3:48.8. 5-Fair Lawn, 3:52.4. 6-Bergen Catholic, 3:50.7. 7-Columbia, 3:56.3. 8-Montclair, 3:57.7. 9-Bergenfield, 3:57.9. 10-PCT, 4:01.7. 11-Glen Rock, 4:11.2.

Distance Medley: 1-Bergen Tech (Ethan Kleinbaun, Tim Kim, Abel Ngoon, Mike Mitchell), 11:08.0. 2-Old Bridge A, 11:08.5. 3-Paramus, 11:16.4. 4-Old Bridge B, 11:22.3. 5-Wayne Valley, 11:29.2. 6-JFK, 11:36.1. 7-Columbia, 11:37.4. 8-Montclair, 11:48.9. 9-Pascack Hills, 11:57.4. 10-Paramus Catholic, 12:12.7. 11-Bergen Catholic, 12:19.7. 12-Park Ridge, 12:20.3.

4X110 HH: 1-Hackensack (Walcott, Boyd, Bantom, B. Cobb), 1:05.8. 2-Glen Rock, 1:07.5. 3-Ridgewood, 1:08.2. 4-Paramus Catholic, 1:10.0. 5-PCT, 1:10.1. 6-Wayne Valley, 1:14.2. 7-Park Ridge, 1:14.8.

3X400 IH: 1-PCT (Isaiah Butts, Eugene Warren, Walner Garcia), 3:03.6. 2-Hackensack, 3:04.9. 3-Bergen Catholic, 3:05.5. 4-Paramus Catholic, 3:05.7. 5-Ridgewood, 3:06.6. 6-Fair Lawn, 3:14.3. 7-Park Ridge, 3:16.3. 8-Paramus Catholic, 3:21.7. 9-Wayne Valley, 3:20.0. 10-Newark Central, 3:40.2.

2X Long Jump: 1-Hackensack (Kwame Collins, Ansar Walcott), 41-4 ½. 2-Montclair, 39-6. 3-Paramus Catholic, 38-1. 4-Old Bridge, 38-0. 5-Wayne Valley, 37-1. 6-PCT, 36-9. 7-Wayne Valley, 36-0 ½. 8-Columbia, 35-4. 9-Paramus Catholic, 35-2. 10-Paramus Catholic, 34-11. 11-Park Ridge, 34-8 ½. 12-Newark Central, 34-6. 13-Pascack Hills, 34-4 ½.

2X Triple Jump: 1-Paramus Catholic (Mitch Bennett, James Jenkins), 85-3 ½. 2-Hackensack A, 82-1 ½. 3-Paramus Catholic, 78-7 ½. 4-PCT, 77-4 ½. 5-Wayne Valley, 76-10. 6-NV/Demarest, 76-1. 7-Ridgewood A, 76-0 ½. 8-Old Bridge, 75-11 ½. 9-Ridgewood B, 73-10 ½. 10-Hackensack B, 73-5. 11-Pascack Hills, 70-4. 12-Park Ridge, 68-9. 13-JFK, 33-9 ½.

2X High Jump: 1-JFK (Curtis Winters, Kelly Davis), 11-6. 2-tie-PCT & Glen Rock, 11-2. 4-tie-Paramus Catholic, Ridgewood, & NV/Demarest, 11-0. 7-Science Park, 6-0. 8-Wayne Valley, 5-10. 9-Paramus Catholic, 5-8. 10-Paramus, 5-6.

2X Pole Vault: 1-tie-Pascack Hills & Park Ridge, 21-6. 3-tie-Paramus Catholic & Wayne Valley A, 19-6. 5-Wayne Valley B, 18-6. 6-Fair Lawn, 9-6. 7-Paramus, 9-0.

2X Shot Put: 1-JFK (Shytravio Brown, Darien Collie), 89-8. 2-Old Bridge, 88-9 ½. 3-Pascack Hills, 87-10. 4-JFK, 87-8 ½. 5-Paramus Catholic, 83-6 ½. 6-Montclair, 82-8 ½. 7-Old Bridge, 82-2 ½. 8-Wayne Valley, 81-10 ½. 9-Park Ridge, 75-4. 10-Ridgewood, 74-9 ½. 11-Wayne Valley, 71-9 ½. 12-Glen Rock, 70-8. 13-Park Ridge, 70-0. 14-PCT, 69-3 ½.

2X Discus: 1-JFK (Shytravio Brown, Darien Collie), 266-10. 2-Wayne Valley, 252-2. 3. JFK, 250.0. 4-Old Bridge, 241-3. 5-Pascack Hills, 234-4. 6-Montclair, 219-7. 7-Old Bridge, 204-7. 8-Ridgewood, 197-10. 9-Park Ridge, 176-10. 10-PCT, 176-8. 11-Wayne Valley, 108-10. 12-Glen Rock, 76.5.

2X Javelin: 1-Old Bridge A (Brian Florek, Kevin Daly), 317-9. 2-Paramus Catholic A, 272-2. 3-NV/Demarest, 267-10. 4-Hackensack A, 254-7. 5-Park Ridge, 250-7. 6-Old Bridge B, 242-5. 7-Paramus Catholic B, 235-2. 8-Wayne Valley, 231-7. 9-Ridgewood A, 230-9. 10-NV/Demarest, 229-0. 11-Glen Rock, 227-10. 12-JFK, 225-1. 13-Park Ridge, 224-9. 14-Paramus, 221-1.

GIRLS

4X100m: 1-Montclair (Shantal Athill, Jasmine McCullough, Keisha Deominick, Caroline Thigpen), 50.3. 2-Ridgewood, 50.7. 3-Paramus Catholic, 52.1. 4-Elizabeth, 52.8. 5-Shabazz, 53.6. 6-Perth Amboy, 54.2. 7-IHA, 54.3. 8-Newark Central, 54.3. 9-PCT, 54.5. 10-Park Ridge, 54.6.

4X200m: 1-Columbia (Tracey Fanfan, Ariel Duncan, Ashley Newby, Claudia Royser), 1:46.3. 2-Ridgewood, 1:48.0. 3-Montclair, 1:50.1. 4-Paramus Catholic, 1:50.2. 5-Shabazz, 1:50.8. 6-Perth Amboy, 1:51.4. 7-Marlboro, 1:52.3. 8-Eastside, 1:52.9. 9-Elizabeth, 1:53.1. 10-PCT, 1:56.5.

4X400m: 1-Columbia (TyVonna Johnson, Ashley Newby, Claudia Royster, Ariel Duncan), 4:03.8. 2-Ridgewood, 4:05.4. 3-Southern Regional, 4:14.3. 4-Shabazz, 4:17.0. 5-PCT, 4:22.6. 6-Elizabeth, 4:24.6. 7-Paramus, 4:26.7. 8-Park Ridge, 4:30.7. 9-Holy Angels, 4:31.4. 10-Paramus Catholic, 4:35.3.

4X800m: 1-Southern Regional (Chelsea Cox, Kate Bergin, Alexis Patrick, Danielle Tauro), 9:34.7. 2-IHA, 10:01.0. 3-Columbia, 10:11.4. 4-JFK, 10:17.5. 5-Holy Angels, 10:23.9. 6-Bergen Tech, 10:45.9. 7-Park Ridge, 10:48.5. 8-Marlboro, 10:55.6. 9-Wayne Valley, 10:59.3. 10-Elizabeth, 11:18.1.

4X1600m: 1-Southern Regional (Kate Armstrong, Jess Dodds, Shalynn Risden, Jillian Smith), 22:40.7. 2-Ridgewood, 23:23.9. 3-Holy Angels, 23:37.3. 4-Marlboro, 23:49.7. 5-Paramus, 23:59.5. 6-Pascack Hills, 24:14.3. 7-Wayne Valley, 24:59.4. 8-Ridgewood, 25:12.9.

Sprint Medley: 1-Southern Regional (Ashley Furlong, Chelsea Cox, Brittany Knowles, Jillian Smith), 4:14.6. 2-Marlboro, 4:20.7. 3-Columbia, 4:22.3. 4-Pascack Hills, 4:29.9. 5-JFK, 4:34.3. 6-Montclair, 4:35.9. 7-Wayne Valley, 4:37.7. 8-Holy Angels, 4:38.1. 9-Glen Rock, 4:40.1. 10-Park Ridge, 4:41.2.

Distance Medley: 1-Southern Regional (Alexis Patrick, Jillian Smith, Kate Bergin, Danielle Tauro), 12:35.0. 2-IHA, 13:01.0. 3-Paramus, 13:33.3. 4-Holy Angels, 13:35.6. 5-Wayne Valley, 13:54.6. 6-Bergen Tech, 14:04.8. 7-Hackensack, 14:15.4. 8-Pascack Hills, 14:33.4. 9-Glen Rock, 15:48.6.

4X100 HH: 1-Paramus (Tori Ko, Melissa Hwang, Carolyn Leung, Julie Virgone), 1:11.1. 2-Park Ridge, 1:13.2. 3-Pascack Hills, 1:13.7. 4-Ridgewood, 1:15.3. 5-IHA, 1:17.1. 6-Fair Lawn, 1:17.6.

3X400 IH: 1-Perth Amboy (Iyanah Gilford, Ivonne Jofre, Jessica Sequinot), 3:33.0. 2-Southern Regional, 3:33.1. 3-Pascack Hills, 3:42.3. 4-Paramus, 3:44.8. 5-Glen Rock, 3:45.6. 6-Paramus Catholic, 3:48.4. 7-Fair Lawn, 3:55.2.

2X Long Jump: 1-Columbia (Claudia Royster, Ashley Newby), 31-6 ½. 2-Holy Angels, 29-3 ½. 3-Southern Regional, 29-2. 4-Paramus, 28-7 ½. 5-Wayne Valley, 28-6 ½. 6-Paramus Catholic, 28-3. 7-Bergen Tech, 28-0. 8-Marlboro, 27-10 ½. 9-Paramus, 27-8 ½. 10-NV/Demarest, 26-11 ½. 11-Montclair, 26-9 ¼.

2X Triple Jump: 1-Southern Regional (Emily Policastro, Erica Broadhert), 66-6. 2-Holy Angels, 62-11. 3-Marlboro, 62-2 ¾. 4-Paramus, 61-11 ½. 5-Paramus, 59-1. 6-Paramus Catholic, 58-7 ½. 7-Pascack Hills, 58-4 ¾. 8-JFK, 58-4 ¼. 9-Ridgewood, 57-4. 10-NV/Demarest, 56-11 ½. 11-Wayne Valley, 56-2 ½.

2X High Jump: 1-Columbia (Brittney Jackson, Ashley Newby), 10-2. 2-Paramus Catholic, 9-10. 3-Southern Regional, 9-8. 4-Pascack Hills, 9-0. 5-Ridgewood, 8-10. 6-tie-Holy Angels, IHA & Paramus, 8-8. 9-tie-Pascack Hills & Fair Lawn, 8-0.

2X Pole Vault: 1-Southern (Ashley Funlona, Brittany Knowles), 20-0. 2-Ridgewood A, 18-0. 3-Pascack Hills, 15-0. 4-tie-Ridgewood B & Paramus, 14-6.

2X Shot Put: 1-Southern Regional (Grace Bohn, Hailey Shapiro), 67-4. 2-Wayne Valley, 62-1 ½. 3-Marlboro, 61-8 ½. 4-Bergenfield, 61-8. 5-Ridgewood, 61-7 ½. 6-Pascack Hills, 61-2 ½. 7-Paramus Catholic, 60-2. 8-IHA, 60-1. 9-Eastside, 59-10. 10-Columbia, 58-4.

2X Discus: 1-Wayne Valley (Pantale, Wardrop), 197-7. 2-Southern Regional, 179-7. 3-Pascack Hills, 178-6. 4-Elizabeth, 177-6. 5-Paramus Catholic, 174-8. 6-Park Ridge, 171-0. 7-IHA, 168-1. 8-Ridgewood, 157-5. 9-Bergenfield, 150-7. 10-Eastside, 139-3.

2X Javelin: 1-Park Ridge (Sacco, Kaiser), 200-10. 2-tie-Pascack Hills, 190-10 & Ridgewood, 190-10. 4-IHA, 189-3. 5-Wayne Valley, 183-6. 6-Emerson, 177-8. 7-NV/Demarest, 175-5. 8-Southern Regional, 166-6. 9-Marlboro, 159-10. 10-Paramus, 149-3.

NOVICE BOYS

4X200m: 1-Hackensack (Adam Lee, Lawrence Banton, Dom Pierre, Mike Avallone), 1:42.0. 2-Paramus, 1:42.2. 3-Bergenfield, 1:42.8. 4-Columbia, 1:43.1. 5-North Brunswick, 1:45.1. 6-Montclair, 1:45.3.

4X400m: 1-North Brunswick (Toddrick Darden, Jonathon Ricketts, Sean Davis, Davon Adams), 3:42.7. 2-Columbia, 3:51.0. 3-Bergen Catholic, 3:57.5. 4-Bergen Tech, 3:58.3. 5-North Brunswick, 3:59.7. 6-Montclair, 4:03.4.

4X800m: 1-Old Bridge (Brian Texeira, Billy Crane, Kyle Kauth, David Gaynor), 8:58.0. 2-Old Bridge B, 9:22.3. 3-Perth Amboy, 9:29.4. 4-Ridgewood, 9:36.1. 5-Columbia, 9:40.8. 6-Bergen Tech, 9:41.0.

Sprint Medley: 1-North Brunswick (Jonathon Ricketts, Sean Davis, Colin Rooney, Toddrick Darden), 3:58.6. 2-Hackensack, 3:59.7. 3-Columbia, 4:02.3. 4-Paramus, 4:09.2. 5-Montclair, 4:10.9. 6-Bergenfield, 4:12.8.

Distance Medley: 1-Old Bridge A (Billy Crane, Brian Texeira, Joe Antonelli, Matt Iandoli), 11:38.2. 2-Old Bridge, 12:10.9. 3-Ridgewood, 12:18.5. 4-Bergen Tech, 12:40.2. 5-Columbia, 12:53.4. 6-Bergen Tech, 12:55.6.

4X110HH: 1-Bergenfield (Kelvin Balcaces, Kevin Bencosma, Kiril Henry, Renell Sadang), 1:28.9.

3X400IH: 1-Columbia (Terry Anderson, McNisky Jeantus, Obinna Okator), 3:15.3.

2XLJ: 1-Hackensack (L. Banton, C. Henry), 35-0 ½. 2-North Brunswick, 34-4 ½. 3-Paramus, 34-1. 4-Bergenfield, 33-1 ½. 5-Wayne Valley, 32-10 ½. 6-Paramus, 32-5. 7-Ridgewood A, 32-1 ½. 8-Bergen Catholic, 31-6 ½. 9-Columbia, 31-4 ½. 10-Fair Lawn, 30-6 ½.

2XTJ: 1-Bergenfield (Emmanuel Perez, Bank Phansumarag), 69-10 ½. 2-Ridgewood A, 66-5 ½. 3-Wayne Valley, 65-4 ½. 4-North Brunswick, 65-2 ½. 5-Ridgewood A, 64-6 ½. 6-Wayne Valley, 62-7. 7-Wayne Valley, 61-6 ½. 8-Ridgewood B, 32-3.

2Xshot: 1-Paramus Catholic (Manny Thomas, Ken Felder), 80-5. 2-NV/Demarest, 79-9. 3-North Brunswick, 76-5 ½. 4-Old Bridge, 75-9. 5-Northern Highlands, 75-7. 6-Park Ridge, 73-5 ½. 7-Hackensack, 73-1. 8-Newark Central, 73-1 ½. 9-Wayne Valley, 72-8. 10-Wayne Valley, 72-3.

2Xdiscus: 1-Montclair (Eric Rimple, Evan Harris), 184-5. 2-Paramus, 181-3. 3-Ridgewood A, 181-2. 4-Newark Central, 177-10. 5-Old Bridge, 170-4. 6-Hackensack, 168-11. 7-Bergen Tech, 164-2. 8-Glen Rock, 164-1. 9-Bergenfield, 158-8. 10-Montclair, 156-7.

NOVICE GIRLS

4X200m: 1-Newark Central (Tiffany Etheredge, Mellisa Horace, Samira Houston, Tabijah Austin), 1:55.4. 2-IHA, 2:00.0. 3-Montclair, 2:00.1. 4-Paramus Catholic, 2:01.0. 5-Southern Regional, 2:02.5. 6-Marlboro, 2:04.3.

4X400m: 1-Southern Regional (Melissa Lahullier, Kate Armstrong, Meagan Simmons, Amanda Chrzandowski), 4:31.1. 2-Westside, 4:32.8. 3-Montclair, 4:36.0. 4-Columbia, 5:11.1. 5-Wayne Valley, 5:19.9. 6-Eastside, 5:28.9.

4X800m: 1-Southern Regional (Sarah Uberti, Kim Simpson, Shalynn Riden, Jess Dodds), 10:59.1. 2-IHA, 11:12.9. 3-Fair Lawn, 11:15.0. 4-Paramus, 11:19.8. 5-Montclair, 11:22.2. 6-IHA, 11:55.5.

Sprint Medley: 1-Southern Regional (Megan Simmons, Amanda Chrzanowski, Brittany Foglebuch, Kate Armstrong), 4:44.3. 2-Westside, 4:47.3. 3-Ridgewood, 4:49.6. 4-Montclair, 4:50.5. 5-Paramus Catholic, 5:00.9. 6-Marlboro, 5:02.0.

Distance Medley: 1-Columbia (Danielle Martin, Prisca Ousju, Ty-Vonna Johnson, Melissa David), 14:03.1. 2-Southern Regional, 14:05.9. 3-Fair Lawn, 14:58.3. 4-Marlboro, 15:34.4. 5-Perth Amboy, 15:36.7. 6-Fair Lawn, 16:14.4.

4X100HH: 1-Northern Highlands (Katie Balch, Tyler Rosa, Kara McGovern, Andra Portnoy), 1:18.4. 2-Glen Rock, 1:18.6. 3-Holy Angels, 1:23.4. 4-Bergenfield, 1:24.5. 5-Hackensack, 1:24.6. 6-Bergen Tech, 1:30.6.

3X400IH: 1-Hackensack, 4:44.1.

2XLJ: 1-Southern Regional (Laurel Rutler, Amanda Chrzanowski), 26-5. 2-IHA, 25-11. 3-Southern Regional, 25-8 ½. 4-IHA, 25-6 ½. 5-Holy Angels, 25-5 ½. 6-Perth Amboy, 25-1.
2XTJ: 1-IHA (Tiffany Evangelou, Lauren Aman), 57-11. 2-Holy Angels, 56-4. 3-Saddle River Day, 56-3. 4-Southern Regional, 55-0. 5-Southern Regional, 53-11. 6-IHA, 53-5. 7-Paramus, 49-5.
2XShot: 1-IHA (Conway, Naimo), 55-6 ½. 2-Columbia, 53-10. 3-Bergenfield, 52-0. 4-IHA, 51-10 ½. 5-PCT, 50-7. 6-Columbia, 49-9.
2XDiscus: 1-NV/Demarest (Lauren Luchan, Lauren Bellamo), 152-2. 2-Ridgewood, 137-3. 3-Northern Highlands, 134-11. 4-Park Ridge, 134-4. 5-Marlboro, 134-2. 6-IHA, 125-8. 7-Ridgewood, 125-4. 8-Bergenfield, 121-0. 9-Glen Rock, 119-2. 10-PCT, 118-4.

FROSH BOYS

4X200m: 1-St Joseph (J. Williams, K. Hogan, J. Brown, B. Wynn), 1:40.9. 2-Bergen Catholic, 1:45.4. 3-Wayne Valley, 1:45.6. 4-Ridgewood, 1:47.8. 5-Paramus, 1:48.1. 6-Northern Highlands, 1:48.2. 7-Hackensack, 1:50.2. 8-Park Ridge, 1:53.3. 9-Bergenfield, 1:53.5. 10-Bergenfield, 2:04.7.
4X400m: 1-Wayne Valley (Robert Gembrays, Dan Delacarrera, Alex Severson, Mark Sheptoek), 4:00.6. 2-Columbia, 4:15.9. 3-Ridgewood B, 4:30.0. 4-Bergen Catholic, 4:38.4. 5-Wayne Valley, 4:40.4.
4X800m: 1-Paramus (Anthony Gramuglia, Ryan Rafeh, Towfeq Zarif, Nick Fiorino), 9:59.0. 2-Ridgewood, 10:03.1. 3-Park Ridge, 10:10.8. 4-Bergenfield, 10:11.1. 5-Wayne Valley, 10:40.4. 6-Bergen Catholic, 10:47.8. 7-Fair Lawn, 11:07.4.
Sprint Medley: 1-St Joseph (J Brown, K Hogan, J Williams, M Carter), 3:56.5. 2-Bergen Tech, 4:16.4. 3-Paramus, 4:17.8. 4-Wayne Valley, 4:18.0. 5-Bergenfield, 4:29.4.
Distance Medley: 1-Bergen Catholic (Sean Von Ohlen, Chris Johnson, Rob Burkland, Joe Florica), 12:40.4. 2-Ridgewood, 13:21.3. 3-Paramus, 13:41.6. 4-Park Ridge, 14:15.0
4X110HH: 1-Northern Highlands (James Merli, Colin Waters, Eric Hirshfield, Zach Lloyd), 1:22.5.
3X400IH: 1-Bergen Tech (Plekhov, Marc, Abrams), 3:35.9.
2XLJ: 1-Ridgewood A (Tommy DaVita, Rich Biagi), 34-3. 2-Northern Highlands, 30-4. 3-Wayne Valley, 28-2. 4-Northern Highlands, 14-10 ½. 5-Ridgewood B, 14-6 ½.
2XTJ:
2XShot: 1-Park Ridge (D. Diomede, S. Diomede), 59-6. 2-PCT, 58-5. 3-Hackensack, 53-9. 4-Fair Lawn, 52-11. 5-Montclair, 52-4. 6-Wayne Valley, 49-4.
2XDiscus: 1-Park Ridge (Rizzie, Owen), 187-9. 2-Park Ridge, 149-3. 3-Wayne Valley, 134-9. 4-Montclair, 133-7. 5-Fair Lawn, 129-9. 6-Park Ridge, 128-7.

FROSH GIRLS

4X200m: 1-Hackensack (Garcia, Roman, Bease, Owen), 1:59.2. 2-Southern Regional, 1:59.4. 3-Hackensack C, 2:05.7. 4-Fair Lawn, 2:05.9. 5-Holy Angels, 2:06.0. 6-Bergen Tech, 2:06.4.
4X400m: 1-Hackensack (Cash, Gardner, Bease, Owen), 4:35.3. 2-Columbia, 4:45.7. 3-Fair Lawn, 4:49.8. 4-Paramus, 4:53.3. 5-Holy Angels, 4:54.1. 6-Columbia, 5:01.9.
4X800m: 1-Holy Angels (Lauren Pincus, Chelsea Lauber, Kaleigh Kenny, Katie Sylvester), 11:15.6. 2-Holy Angels, 12:48.2.
Sprint Medley: 1-Holy Angels (Lauren Pincus, Simone Virцени, Daniella Pascuru, Katie Sylvester), 4:51.2. 2-Marlboro, 5:11.7. 3-Bergenfield, 5:14.6. 4-Paramus, 5:16.0.
Distance Medley:
4X100HH: 1-Bergenfield (Nathalie Cores, Kristyn Syrianoudis, Marly Relato, Krista Mac Sebastian), NT
3X400IH:
2XLJ: 1-Southern Regional (Maggie Morgan, Jess Carlson), 27-9. 2-Hackensack, 26-7. 3-Ridgewood, 23-0 ¼. 4-Park Ridge, 22-4 ½. 5-Hackensack B, 11-8 ½. 6-Bergenfield, 10-8.
2XTJ: 1-Ridgewood (Denise Ortega, Haruna Monri), 53-6 ½. 2-Southern, 30-1 ½.
2Xshot: 1-Paramus Catholic (Shamira Canty, Ashley Sims), 59-9 ½. 2-Glen Rock, 45-0 ½. 3-Holy Angels, 5-7. 4-Ridgewood, 51-0. 5-Ridgewood, 47-11 ½. 6-Bergenfield, 4-1.
2Xdiscus: 1-Paramus (Meleiqe Shala, Kellie), 140-3. 2-Columbia, 123-7. 3-Ridgewood, 107-5. 4-IHA, 106-7. 5-Holy Angels, 104-2. 6-Wayne Valley, 91-10.

Comet Relays

April 14, 2007

4x1600m: J. Kalmus **4:56** / T. Shigenobu **4:59** / J. Garber **4:37** / D. Emont **4:45**
19:20.9 – 4th Place

4x110HH: P. Nygaard **16.3** / L. Chwe **18.3** / Z. Ontiveros **18.6** / A. Monri **15.0**
1:08.2 – 3rd Place

4x100m: A. Monri / P. Nygaard / L. Chwe / C. Zeigler **45.0 – 2nd Place**

4x200m:
Varsity: P. Nygaard **24.2** / Z. Ontiveros **23.0** / D. Gillis **24.3** / C. Zeigler **22.1**
1:33.6 – 5th Place

Novice: L. Ruppel **26.8** / N. Hoh **26.3** / R. Webbe **24.4** / F. Vasquez **29.3**
1:46.7

Frosh: A: M. Grundy **25.2** / R. Biagi **26.9** / B. Cleary **27.6** / S. Coopersmith **27.9**
1:47.8 – 4th Place
B: R. Cornwell **31.3** / B. Righthand **36.6** / C. Moderow **33.6** / S. Morgan **28.9**
2:09.6

4x800m:
Novice: W. Jang **2:19** / J. Jenkins **2:23** / R. Sierra **2:29** / S. Martyn **2:25**
9:36.1 – 4th Place
T. Reveri **2:38** / R. Treppedi **2:51** / N. Francis **2:39** / S. Fishbein **2:48**
10:56

Frosh: M. Spilka **2:30** / A. Ontiveros **2:31** / E. Martinez **2:34** / B. Cleary **2:28**
10:03.1 – 2nd Place

DMR:
Novice: A. Vedder **3:50** / R. Webbe **59.2** / D. DiSimone **2:20** / D. Landers **5:12**
12:18.5 – 3rd Place
W. Jang **3:50** / R. Sierra **72.3** / J. Jenkins **2:25** / S. Martyn **5:32**
12:59.2

Frosh: M. Spilka **4:01** / A. Ontiveros **66.3** / E. Martinez **2:37** / B. Cleary **5:37**
13:21.3 – 2nd Place

3x400IH: A. Monri **58.4** / N. Buckley **56.1** / S. Coopersmith **72.1** **3:06.6 – 5th Place**

4x400m:

Novice: R. Webbe **58.9** / N. Hoh **61.9** / L. Ruppel **63.6** / J. Schwartz **69.1**
4:13.4

Frosh: D. Sweet **66.1** / C. Moderow **68.0** / S. Morgan **69.4** / C. Glennen **66.6**
4:30.3 – 3rd Place

2xLong Jump:

Varsity: D. Gillis **17'1"** / D. Morse **15'3"** **32'4"**
 Novice: M. Kavanah **16'2 ½"** / F. Vasquez **15'10 ½"** **32'1"**
 Frosh: T. DaVita **16'10"** / R. Biagi **17'5"** **34'3" – 1st Place!!!**
 S. Khalsa **14'6 ½"** / N. Lewis **F**

2xTriple Jump:

Varsity: A. Monri **38'1"** / P. Nygaard **37'11 ½"** **76'0"**
 L. Chwe **37'5"** / D. Gillis **36'5 ½"** **73'10 ½"**
 Novice: D. Morse **30'10 ½"** / M. Kavanagh **33'8"** **64'6 ½" – 4th Place**
 J. Jenkins **F** / D. Nagano-Gerace **32'2"**
 Frosh: T. DaVita **32'10 ½"** / R. Biagi **33'7"** **66'5 ½" – 1st Place!!!**
 N. Lewis **F** / S. Khalsa **F**

2xHigh Jump:

Varsity: T. DaVita **5'8"** / D. Morse **5'4"** **11'0"- Tie 4th Place**

2xJav:

Varsity: L. Chwe **120'2"** / F. Vasquez **110'7"** **230'9"**
 D. Nagano-Gerace / D. Gillis

2xPV: M. Witt **NH** / M. Kavanagh **NH**

2xShot:

Varsity: T. Borgman **38'3"** / B. Remmen **36'6 ½"** **74'9 ½"**

Novice: J. Jenkins **37'9"** / M. Stapleton **31'0"** **68'9"**
 P. Baddoura **31'1"** / J. Soriano **26'3 ½"** **57'4 ½"**
 S. Watson **23'2"** / C. Cannito **22'0"** **45'2"**

Frosh: J. Simmons **36'9"** / J. Levitsky **29'11"** **66'8"**
 M. Krauss **30'3"** / J. Halwagy **31'7 ½"** **61'10 ½"**

2xDisc:

Varsity:	T. Borgman 98'6" / B. Remmen 99'4"	<u>197'10"</u>
Novice:	J. Jenkins 82'3" / M. Stapleton 98'8"	<u>181'2" – 3rd</u>
	A. Bair 69'3" / P. Baddoura 64'10"	<u>133'10"</u>
	S. Watson 72'8" / C. Cannito 60'1"	<u>132'9"</u>
Frosh:	J. Simmons 75'1" / J. Levitsky 82'3"	<u>157'4"</u>
	M. Krauss 70'2" / J. Halwagy 59'9"	<u>129'9"</u>

Comments:

Not a great meet. There is less then one week to go until the county relays.

Congrats to **Tommy DaVita** and **Rich Biagi** – winners of the Frosh 2XLJ and Frosh 2XTJ

TRACK & FIELD REPORT

Teaneck eyes two records

By PAUL SCHWARTZ
STAFF WRITER

There was no reason to doubt that Teaneck would be one of the top sprint relay teams in North Jersey this year, with Akeem Thomas, Damien Miles and Rashad White returning from last year's team that won the Division A 4-x-200, and was second in the 4-x-100 at the Jack Yockers Bergen County Relays last spring.

But from the opening weekend of this season, Teaneck has stunned the area and the state with a series of sizzling performances that threaten records far older than the athletes who are going after them.

With a 42.6 in the 4-x-100 at the Carny Relays the first weekend and a 1:28.92 4-x-200 at the Wallkill Valley Relays on Saturday, Teaneck is close to taking out a pair of Bergen County records that have stood for more than 35 years.

"We had no idea how well we'd run in the first meet of the year because that wasn't our focus," said Teaneck head coach Michelle McMillan. "We just wanted to work on our passing and running together as a team."

But the Highwaymen added a pair of not-so-secret weapons to the team who have given them the extra boost needed for a shot at the County records of 42.4 by the 1971 Don Bosco team and 1:28.4 by the Englewood teams of 1969 and 1973.

"James Williams was injured last year but we knew how fast he

was, and David Butler was always one of the fastest kids in school but we could never get him out for track," said McMillan.

Williams and Butler are both on the 4-x-100 team with Miles and White, who earned medals in the 100 and 200 at the State Meet of Champions last year. Thomas replaces Williams on the 4-x-200 team that will run today at the County relays.

BOSCO HOT: Speaking of the County relays, Don Bosco, the projected best team in North Jersey, had a terrific warm-up meet in Cornwall, N.Y., in preparation for their bid for a first relays title since it won the 2002 Group 4 title.

Bosco went 1-2 in the Green Dragon Relays in the discus and javelin, 1-5 in the shot put, and placed at least fourth in each of the meets' seven running events to easily win the team title over some of New York's best teams.

Jason Kesley jumped 21 feet in the long jump, Bill Thimmel threw 163-6 in the javelin and Matt Steeg cleared 13 feet in the pole vault for the Ironmen.

And despite running none of their top runners more than twice, Bosco managed a 43.7 4-x-100, 3:23.9 4-x-400 and 10:42.9 in the distance medley.

"I think we're ready to go," said Don Bosco coach Rob DeCarlo. "Jason Baker is ill and I'm not sure if he'll be able to run this weekend, but other than that we're in good shape."

YOCKERS OUTLOOK: Don Bosco is a huge favorite to de-

BOYS TOP 20

1. Don Bosco
2. Wayne Valley
3. Ridgewood
4. Indian Hills
5. River Dell
6. Northern Highlands
7. West Milford
8. Hackensack
9. Paramus Catholic
10. Wood-Ridge
11. New Milford
12. Park Ridge
13. Hasbrouck Heights
14. Teaneck
15. Passaic Tech
16. DePaul
17. Bergen Catholic
18. Demarest
19. Old Tappan
20. Cresskill

throne two-time defender Ridgewood in the A division with Hackensack, Northern Highlands, Paramus Catholic and Teaneck also fielding strong teams. River Dell should defend in B against Demarest, Indian Hills and Tenafly. Group C matches last year's D champion Hasbrouck Heights against last year's C titlist Ramsey with New Milford looking for its first win since 1973, and Westwood, Ridgefield Park and Rutherford all contending from the BCSL American division. Group D is also a dogfight with Park Ridge and Wood-Ridge seeking their first title and Saddle Brook and Cresskill also in the mix.

PENN RELAYS INVITATIONS: As expected, Ridgewood will make its fourth straight appearance in next Friday's Penn Relays distance medley. Don Bosco and Indian Hills will run in Friday morning's 4-x-800 prelims hoping to qualify for Saturday afternoon's final.

GIRLS TOP 20

1. Ridgewood
2. Ramapo
3. River Dell
4. Old Tappan
5. Clifton
6. Paramus Catholic
7. Wayne Valley
8. Immaculate Heart

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By ADITI KINKHABWALA
STAFF WRITER

PISCATAWAY — Jeremy Zuttah did manage to look sheepish.

But just a little.

"Yeah, I catch myself watching Mike and Kenny Britt," the right tackle said, naming his quarterback, Mike Teel, and the 6-foot-4 freshman wideout who's spent the spring racking up highlights. Sure, Zuttah's supposed to hold his blocks, and yes, soon-to-be seniors aren't supposed to lose focus, but that pair, he said, "you can't not watch."

When Rutgers kicks off its Scarlet-White game Saturday at 2 p.m., there surprisingly should be plenty to watch. Surgeries sidelined 12 Scarlet Knights before the spring session began and five more likely starters have gone down since — tight end Kevin Brock (foot), linebacker Ryan D'Imperio (leg), guard Mike Fladell (ankle), end George Johnson (back) and back Ray Rice, who had minor surgery Thursday to clear out bone chips in his ankle.

Meanwhile, wideout Marcus Daniels (ankle) and tackle Eric Foster (shoulder) didn't finish practice Thursday and may be held out Saturday, too. Still, even if coach Greg Schiano wouldn't promise precision — "It's not going to be great football," he said — he did predict a good time.

"It'll be fun football," the reigning coach of the year said.

And it just might be instructive, too. The game won't be tel-

RD showing no rustiness

By GREGORY SCHUTTA
STAFF WRITER

Passaic County championships as there is," said Hawthorne coach

With stc better d

Heavy rains from the big nor'easter that bar-



LACES OUT



PHOTO/ERICA DIESTEL

Shoelaces flying, Ridgewood senior Niall Buckley embarks on his leg of the Maroons' third-place shuttle hurdle relay last Saturday at the Comet Relays in Hackensack. The Ridgewood boys finished fifth overall in the large-school division, while the girls' team placed second. Both RHS squads return to Hackensack High School this weekend for the Jack Yockers Bergen County Relays. A recap of the meet will be published in next Friday's edition of *The Ridgewood News*.

New Milford champs party like it's 1976

By **PAUL SCHWARTZ**
STAFF WRITER

HACKENSACK — It had been so long since New Milford had won the Jack Yockers Bergen County Relays that coach Ray Harrison didn't remember that he was teaching at the school at the time.

Saturday, the Green Knights, using a balanced effort to score in every event but the 4-x-1,600, edged defending champion Ramsey, 91-82 to win the Group C title, their first championship since they won the 1976 Group 1-2 title, in Harrison's second year as a New Milford teacher.

New Milford joined first-time winner Wood-Ridge (Group D), powerful Don Bosco (Group A) and the only repeat winner, River Dell (Group B) as champions in the 46th running of the meet.

Boys champions

Group A: Don Bosco 108

Group B: River Dell 109

Group C: New Milford 91

Group D: Wood-Ridge 107

Outstanding performers

Track: Sharif Webb, Don Bosco

Field: Chris Phipps, Lodi

1976. I was teaching that year but they had a rule that no one could coach until his third year as a teacher and I just forgot."

That didn't make the first win in 31 years less sweet. "It feels wonderful," said Harrison. "It's really a team effort because our seniors performed well, our juniors were very good and our sophomores were terrific. We knew Ramsey and Hasbrouck Heights would be tough and I knew Pascack Hills did well last week, but our kids were determined to win this."

Senior Kevin Vacciana ran on three of New Milford's five winning teams, the 4-x-100, 4-x-200 and 4-x-400, as did sophomore A.J. Scoppa, a star running back for the Knights' football team.

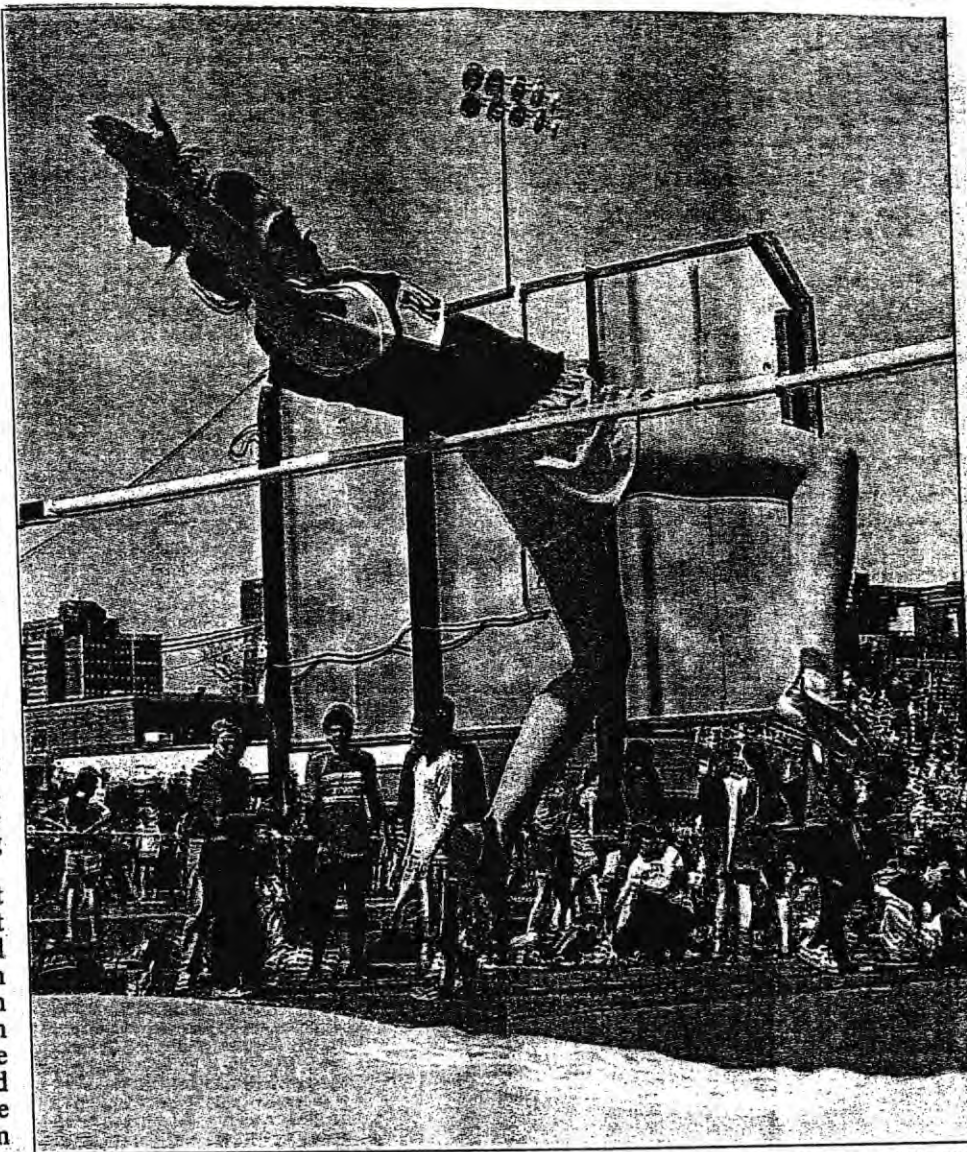
Wood-Ridge had never placed in the top three before Saturday. But the Blue Devils won four events, including their specialty, the javelin throw, and placed in every event to defeat Cresskill, 107-85, for the D title.

"I felt real good coming into this meet," said Wood-Ridge coach Joe Lee. "I saw Cresskill last week and I knew they were good and I know Park Ridge did very well at the Comet Relays."

River Dell also won five events and placed in all 16 en route to a 109-82 win over Demarest. Coach Mike Urso emphasized what the county already knows — his weight team is terrific.

"I can't say enough about those guys because they delivered 30 points last week [at the BCSL American] and did it again today," said Urso.

Don Bosco won only three events and had several foul-ups, including a bad pass in the 4-x-100 final. But the Lodi men used nine seconds to run away from



STAFF PHOTOS BY CARMINE GALASSO

Alex Rosenberger, above, cleared 5-4 in the high jump and ran on three winning relay teams to lead Ramsey to the Group C girls title Saturday. Lara-Jane Que, below, led Ridgewood to a meet record in the shuttle hurdles and the Group A championship.



BOYS

GROUP A

TEAM SCORES: Don Bosco 108, Ridgewood 69½, Hackensack 68, Paramus Catholic 55, Bergen Catholic 49, Old Tappan 43½, Teaneck 33, No. Highlands 28, Bergen Tech 16, Ramapo 12, Paramus 5, Fair Lawn 4, Bergenfield 2.

4-x-100: 1. Ridgewood (Akira Monri, Peter Nygaard, Lucas Chwe, Chris Zeiler), 44.1; 2. Hackensack, 44.5; 3. Bergen Catholic, 45.0; 4. Paramus Catholic, 45.5. No other places.

4-x-200: 1. Teaneck (David Butler, Damian Miles, Akeem Thomas, Rashad White), 1:27.0 (meet and Bergen County record, old meet record, 1:29.7 by St. Joseph, 1968, old County record, 1:28.4 by Englewood, 1969 and Hackensack, 1973); 2. Don Bosco, 1:28.4; 3. Hackensack, 1:31.2; 4. Bergen Catholic, 1:31.4; 5. Ridgewood, 1:33.1; 6. Paramus Catholic, 1:35.3.

4-x-400: 1. Don Bosco (Matt Cato, Jason Kelsey, Steve Wexler, Sharif Webb), 3:21.8 (record, old record, 3:23.7 by Hackensack, 2000); 2. Bergen Catholic, 3:27.6; 3. Northern Highlands, 3:29.2; 4. Teaneck, 3:31.0; 5. Bergen Tech, 3:35.8; 6. Paramus Catholic, 3:37.1.

4-x-800: 1. Don Bosco (Conor Sullivan, Matt Suozzi, Stephen Flanagan, Robert Molke), 8:20.2; 2. Ridgewood, 8:37.0; 3. Northern Highlands, 8:38.5; 4. Hackensack, 8:41.6; 5. Bergen Catholic, 8:44.5; 6. Old Tappan, 9:04.2.

4-x-1,600: 1. Ridgewood (Jacob Garber, Taro Shigenobu, Jeremy Kalmus, Dan Emont), 18:36.5; 2. Don Bosco, 18:42.5; 3. Northern Highlands, 18:46.2; 4. Bergen Tech, 19:21.0; 5. Old Tappan, 19:30.3; 6. Paramus, 19:32.0.

Sprint medley: 1. Bergen Catholic (Tom Randall, Will Ring, John Saati, John Rubineti), 3:40.2; 2. Ridgewood, 3:40.5; 3. Bergen Tech, 3:41.4; 4. Don Bosco, 3:43.1; 5. Old Tappan, 3:43.3; 6. Teaneck, 3:44.1.

Distance medley: 1. Ridgewood (Niall Buckley, Mike Vaccaro, Jacob Garber, Dan Emont), 10:32.5; 2. Don Bosco, 10:38.5; 3. Northern Highlands, 10:43.7; 4. Bergen Tech, 10:59.7; 5. Paramus, 11:09.9; 6. Bergen Catholic, 11:18.4.

Shuttle hurdles: 1. Hackensack (Lawrence Bantom, Jermaine Boyd, Brandon Cobb, Ausar Walcott), 1:04.4; 2. Don Bosco, 1:06.0; 3. Bergen Catholic, 1:08.3; 4. Paramus Catholic, 1:08.6; 5. Northern Highlands, 1:10.4; 6. Old Tappan, 1:17.6.

3-x-400 IH: 1. Don Bosco (Sharif Webb, Steve Wexler, Matt Andriulli), 2:50.7; 2. Ridgewood, 2:53.0; 3. Paramus Catholic, 2:58.8; 4. Hackensack, 3:01.1; 5. Bergen Catholic, 3:03.7; 6. Fair Lawn, 3:11.2.

Shot put: 1. Paramus Catholic (Patrick Thomas, Luis DeLaCruz, Manny Thomas), 129-4; 2. Don Bosco, 127-7; 3. Hackensack, 125-8; 4. Ramapo, 122-1; 5. Ridgewood, 119-4½; 6. Bergen Catholic, 118-10½.

Discus: 1. Old Tappan (Tom Mattner, Mike Hurley, Dan Muth), 380-6; 2. Don Bosco, 370-11; 3. Hackensack, 352-7; 4. Teaneck, 324-2; 5. Ridgewood, 307-4; 6. Ramapo, 305-9.

Javelin: 1. Old Tappan (Dan Muth, Jack Korsgen, Eric Yang), 427-5; 2. Don Bosco, 420-5; 3. Paramus Catholic, 392-0; 4. Hackensack, 355-5; 5. Northern Highlands, 352-8; 6. Ramapo, 341-7.

High jump: 1. Hackensack (Kwame Collins, Fritz Headley, dan Wilson), 17-0; 2. Don Bosco, 16-8; 3. Paramus Catholic, 15-8; 4. Bergen Catholic, 12-2; 5. Paramus, 11-6; 6. tie between Ridgewood and Old Tappan, 10-8.

Long jump: 1. Hackensack (Kwame Collins, Ausar Walcott, Lawrence Bantom), 61-10½; 2. Teaneck, 58-7½; 3. Old Tappan, 58-5½; 4. Paramus Catholic, 57-11½; 5. Don Bosco, 57-4; 6. Bergen Catholic, 54-8½.

Triple jump: 1. Paramus Catholic (Mitch Bennett, James Jenkins, Bobby Miles), 125-6½; 2. Ridgewood, 118-1¼; 3. Teaneck, 116-0; 4. Bergen Catholic, 115-11; 5. Bergenfield, 114-11¼; 6. Old Tappan, 112-7¼.

Pole vault: 1. Old Tappan (Austin Schaller, Sean Kirchoff, Jee hwan Choi), 33-0; 2. Don Bosco, 32-6; 3. Ramapo, 22-0; 4. tie between Paramus Catholic and Fair Lawn, 19-0; 6. Ridgewood, 18-0.

GROUP C

TEAM SCORES: New Milford 91, Ramsey 82, Pascack Hills 78, Hasbrouck Heights 77, Ridgfield Park 45, Dumont 40, Westwood 35, Glen Rock and Leonia 21, Lyndhurst 4, Becton 2.

4-x-100: 1. New Milford (Kevin Vacciana, A.J. Scoppa, Pat Mitchell, Alex Bridge), 44.6; 2. Dumont, 45.5; 3. Ridgfield Park, 46.0; 4. Ramsey, 46.5; 5. Hasbrouck Heights, 46.6; 6. Glen Rock, 47.0.

4-x-200: 1. New Milford (Kevin Vacciana, A.J. Scoppa, Steven Zipp, Pat Mitchell), 1:33.0; 2. Hasbrouck Heights, 1:35.4; 3. Ridgfield Park, 1:37.1; 4. Pascack Hills, 1:37.3; 5. Westwood, 1:38.3; 6. Lyndhurst, 1:38.6.

4-x-400: 1. New Milford (Kevin Vacciana, Dan Diaz, Airmyle Tolentino, A.J. Scoppa), 3:31.0; 2. Hasbrouck Heights, 3:36.3; 3. Pascack Hills, 3:37.3; 4. Ramsey, 3:39.6; 5. Westwood, 3:39.8; 6. Lyndhurst, 3:40.2.

4-x-800: 1. Pascack Hills (Taylor Trumbetti, Alex Molesan, Peter Pinelli, Chris Mazzaway), 8:38.9; 2. Ramsey, 8:48.1; 3. Hasbrouck Heights, 8:48.6; 4. Westwood, 8:50.2; 5. Leonia, 9:00.1; 6. New Milford, 9:05.5.

4-x-1,600: 1. Ramsey (Tim Arscott, Kyle Dillon, John Rosenberger, James Kramer), 19:25.5; 2. Westwood, 19:35.6; 3. Pascack Hills, 19:35.8; 4. Glen Rock, 19:55.4; 5. Ridgfield Park, 20:10.1; 6. Hasbrouck Heights, 20:10.7.

Sprint medley: 1. Pascack Hills (Jason Funabashi, Sam Smith, Erik Jorgenson, Steven Shorr), 3:44.5; 2. Glen Rock, 3:45.5; 3. New Milford, 3:53.2; 4. Ramsey, 3:53.8; 5. Dumont, 3:59.2; 6. Westwood, 4:01.6.

Distance medley: 1. Pascack Hills (Alex Molesan, Ben Hirsch, Peter Pinelli, Chris Mazzaway), 11:06.9; 2. Leonia, 11:10.4; 3. Westwood, 11:11.5; 4. Ramsey, 11:25.5; 5. Ridgfield Park, 11:43.1; 6. New Milford, 11:50.4.

Shuttle hurdles: 1. Ramsey (Mike Iozzia, Jake Kennelly, Ray Schialer, Jordan Mistretta), 1:07.2; 2. New Milford, 1:09.1; 3. Ridgfield Park, 1:12.8; 4. Dumont, 1:15.0; 5. Becton, 1:15.6; 6. Hasbrouck Heights, 1:17.2.

3-x-400 IH: 1. New Milford (Dan Diaz, Joe Picciano, John Esposito), 3:05.8; 2. Hasbrouck Heights, 3:06.2; 3. Pascack Hills, 3:06.5; 4. Leonia, 3:09.6; 5. Dumont, 3:11.7; 6. Ramsey, 3:11.9.

Shot put: 1. Hasbrouck Heights (Brandon Melchior, Mike Renna, Mike DeSimone), 143-1¼; 2. Pascack Hills, 133-1¼; 3. New Milford, 125-11¼; 4. Westwood, 122-7¼; 5. Ramsey, 116-11; 6. Ridgfield Park, 115-1¼.

Discus: 1. Hasbrouck Heights (Brendan Gareffa, Brandon Melchior, Mike DeSimone), 401-5; 2. Ridgfield Park, 357-10; 3. Pascack Hills, 330-6; 4. New Milford, 304-4; 5. Ramsey, 294-4; 6. Glen Rock, 267-8.

Javelin: 1. Ridgfield Park (Doug Cerniglia, Balawal Sohail, Ryan Dougherty), 432-7; 2. Hasbrouck Heights, 422-7; 3. Ramsey, 406-5; 4. Westwood, 400-9; 5. New Milford, 387-11; 6. Leonia, 382-10.

High jump: 1. Dumont (Austin Hennelly, Tristen John, Kyle Lotwick), 17-2; 2. Glen Rock, 16-8; 3. New Milford, 16-2; 4. Ramsey, 11-0; 5. tie between Ridgfield Park, Lyndhurst and Leonia, 10-10.

Long jump: 1. Hasbrouck Heights (Dan D'Amato, Cory Springer, Mac Sakchutchawarn), 58-4¼; 2. Dumont, 54-5¼; 3. Ramsey, 54-4¼; 4. New Milford, 54-3 ¼; 5. Pascack Hills, 49-9; 6. Leonia, 49-8½.

Triple jump: 1. New Milford (Pat Mitchell, Joe Picciano, Leo Novakidis), 112-1¼; 2. Ramsey, 107-1¼; 3. Dumont, 106-6; 4. Leonia, 104-6; 5. Pascack Hills, 103-1¼; 6. Ridgfield Park, 96-0.

Pole vault: 1. Ramsey (Alex Smith, Scott Blanco, Bryan Gonzales), 31-6; 2. Pascack Hills, 30-6; 3. tie between Hasbrouck Heights and New Milford, 22-6; 5. Ridgfield Park, 19-0; 6. Lyndhurst, 18-0.

GROUP D

TEAM SCORES: Wood-Ridge 107, Cresskill 85, Park Ridge 65½, Saddle Brook 52, North Arlington 48, Waldwick 37, Emerson 22, Wallington and Midland Park 21, Bogota 18, Palisades Park 13, Westwood 1 ½.

4-x-100: 1. Emerson (Reynaldo Gutierrez, Timothy Vogel, Derek Whitney, Hayden Driffl), 46.0; 2. Wood-Ridge

1983); 2. Ridgewood, 49.6; 3. Paramus Catholic, 49.7; 4. Old Tappan, 52.9; 5. Immaculate Heart, 53.0.

4-x-200: 1. Teaneck (Anise Johnson, Aderonke Bakare, Janay Mitchell, Neferiti Harris), 1:43.5 (record, old record 1:45.0 by Teaneck 2006); 2. Ridgewood 1:44.8; 3. Paramus Catholic 1:45.5; 4. Hackensack 1:45.7; 5. Ramapo 1:46.8; 6. Immaculate Heart 1:51.1.

4-x-400: 1. Ramapo (Erin McKenna, Kelsey Ramsey, Amy Salek, Colleen Sullivan), 3:59 (record, old record 4:02.7 by Ridgewood 1987); 2. Ridgewood, 4:01.5; 3. Teaneck, 4:02.1; 4. Northern Highlands, 4:09; 5. Immaculate Heart, 4:12.1; 6. Paramus Catholic, 4:14.6.

4-x-800: 1. Immaculate Heart (Julie Sinkovitz, Sarah Mellea, Maggie McPartland, Kaitlyn Cooney), 9:48.5; 2. Old Tappan, 9:50; 3. Ridgewood, 10:16.6; 4. Northern Highlands, 10:52.3; 5. Paramus, 10:57.2; 6. Paramus Catholic, 11:08.4.

4-x-1,600: 1. Immaculate Heart (Kaitlyn Cooney, Angelica Iribarne, Maggie McPartland, Sarah Pagano), 22:04.6; 2. Ridgewood 22:57.9; 3. Old Tappan 23:09.6; 4. Paramus 23:31.8; 5. Northern Highlands 24:13.4; 6. Paramus Catholic 25:53.0.

4-x-100 Shuttle hurdles: 1. Ridgewood (Mia Martinez, Kate Michel, Alice Wisener, Lara-Jane Que), 1:06.3; 2. Paramus, 1:10.2; 3. Hackensack, 1:10.7; 4. Old Tappan, 1:11.6; 5. Ramapo, 1:13.5; 6. Fair Lawn, 1:14.2.

3-x-400 IH: 1. Ridgewood (Cristina Law, Alice Wisener, Ashlyn Llerandi), 3:20.6 (record, old record 3:24 by Ridgewood 1985); 2. Old Tappan 3:33.2; 3. Northern Highlands 3:37.6; 4. Paramus 3:39.0; 5. Ramapo 3:44.0; 6. Fair Lawn 3:45.8.

Sprint medley: 1. Ridgewood (Alice Wisener, Erica Cigolini, Lara-Jane Que, Cristina Law), 4:10.1 (record, old record 4:13.3 by Queen of Peace 2004); 2. Northern Highlands, 4:20.4; 3. Paramus Catholic, 4:20.9; 4. Immaculate Heart, 4:23.6; 5. Teaneck, 4:27.6; 6. Paramus, 4:33.6.

Distance medley: 1. Immaculate Heart (Angelica Iribarne, Jennifer Mueller, Julie Sinkovitz, Sarah Pagano), 12:41.9; 2. Paramus, 13:09.3; 3. Ridgewood, 13:11.3; 4. Old Tappan, 13:40.6; 5. Ramapo, 13:40.9; 6. Hackensack, 14:11.1.

Discus: 1. Immaculate Heart (Caitlin Byrne, Shannon Sullivan, Laura Van Eerde), 232-6; 2. Teaneck 229-3; 3. Ridgewood 229-1; 4. Northern Highlands 220-7; 5. Paramus Catholic 218-9; 6. Old Tappan 214-2.

Shot put: 1. Bergenfield (Angela Acosta, Johnalyn Cartagena, Olga Ndhlovu), 95-6; 2. Immaculate Heart, 91-4½; 3. Ridgewood, 88-1¼; 4. Northern Highlands, 86-6; 5. Teaneck, 77-8½; 6. Hackensack, 77-3¼.

Javelin: 1. Ridgewood (Jaclyn Wypler, Katie Schnieder, Jess Vasquez), 277-8; 2. Immaculate Heart, 257-7; 3. Teaneck, 247-1; 4. Hackensack, 247; 5. Paramus, 239-8; 6. Ramapo, 220-6.

Long jump: 1. Hackensack (Evana Edwards, Krystal Wyche, Ariana Bease), 47-9¼ (record, old record 47-6¼ by Indian Hills 1986); 2. Paramus Catholic, 45-1; 3. Old Tappan, 42-9¼; 4. Teaneck, 42-8; 5. Northern Highlands, 42-6¼; 6. Paramus, 41-5.

High jump: 1. Ridgewood (Mia Martinez, Cristina Law, Erica Cigolini), 14-4; 2. Paramus Catholic 14-2; Tie 3. IHA and Hackensack 14-0; 5. Old Tappan 13-8; 6. No. Highlands 13-6.

Triple jump: 1. Hackensack (Evana Edwards, Britney Kittrell, Krystal Wyche), 96-9¼; 2. Paramus 96-7¼; 3. No. Highlands 96-5¼; 4. Paramus Catholic 96-4¼; 5. IHA 91-5¼; 6. Ridgewood 88-7¼.

Pole vault: 1. Old Tappan (Kirsten Spafford, Gina Germinario, Rachel Magaziner), 24-0; 2. Ridgewood 21-0; 3. Hackensack 17-0; 4. Paramus 14-0.

DIVISION B

TEAM SCORES: River Dell, 111; Demarest, 76; Indian Hills, 64; Holy Angels, 63; Mahwah, 33½; Rutherford, 30; Pascack Valley, 28; Fort Lee, 27; Garfield, 22½; Tenafly, 19; Lodi, 10.

4-x-100: 1. River Dell (Rachel Peck, Santashia Barr, Kelly McDermott, Kathryn Foley), 52.7; 2. Demarest, 52.9; 3. Rutherford, 53.6; 4. Holy Angels, 54.3; 5. Fort Lee, 54.7.

4-x-200: 1. River Dell (Tori Roth, Kelly McDermott, Alissa Maier, Kathryn Fo-

1:54.9; 6. Elmwood Park 1:55.6.

4-x-400: 1. Ramsey (Alex Rosenberger, Adriana Lanuto, Diane Bain, Michelle Eri), 4:03.6 (record, old record 4:12.3 by Glen Rock 2003); 2. Pascack Hills, 4:15.7; 3. Westwood, 4:19; 4. Hasbrouck Heights, 4:26.4; 5. Leonia, 4:29.4; 6. Queen of Peace, 4:32.4.

4-x-800: 1. Ramsey (Michelle Fiori, Jacques Rosato, Anastasia Bond, Alexandra Clinton), 10:31.4; 2. Westwood, 10:38.3; 3. Pascack Hills, 10:38.7; 4. New Milford, 11:05.5; 5. Becton, 11:31.3; 6. Hasbrouck Heights, 11:31.4.

4-x-1,600: 1. Ramsey (Jennifer Bain, Alexandra Clinton, Michelle Fiori, Anastasia Bond) 22:51.2; 2. Pascack Hills 23:08.8; 3. Westwood 23:42.8; 4. Leonia 24:39.1; 5. New Milford 24:43.9; 6. Hasbrouck Heights 25:24.5.

4-x-100 Shuttle hurdles: 1. Ridgfield Park (Catherine Jacob, Hailey Simon, Sharla Boland, Nora Selimovic), 1:08.8; 2. Pascack Hills, 1:09.4; 3. Hasbrouck Heights, 1:11.2; 4. Lyndhurst, 1:12.8; 5. Glen Rock, 1:14.1; 6. New Milford, 1:15.6.

3-x-400 IH: 1. Ramsey (Alex Rosenberger, Adriana Lanuto, Jacques Rosato) 3:32.0; 2. Glen Rock 3:40.1; 3. Pascack Hills 3:43.0; 4. Hasbrouck Heights 3:51.2; 5. Dumont 4:01.1.

Sprint medley: 1. Ramsey (Diane Bain, Lizzy Rosenberger, Alex Rosenberger, Jennifer Bain), 4:20.6 (record, old record 4:21.5 by Glen Rock 2002); 2. Pascack Hills, 4:22.5; 3. Glen Rock, 4:29.1; 4. Hasbrouck Heights, 4:42.9; 5. Ridgfield Park, 4:54.6; 6. Lyndhurst, 4:57.2.

Distance medley: 1. Ramsey (Adriana Lanuto, Michelle Fiori, Alexandra Clinton, Anastasia Bond), 13:20.8; 2. Pascack Hills, 13:27.1; 3. Westwood, 13:31; 4. Leonia, 13:51.2; 5. New Milford, 14:23; 6. Hasbrouck Heights, 14:41.7.

Discus: 1. Pascack Hills (Stephanie Fegan, Melissa O'Donnell, Theresa Kirkpatrick) 254-1; 2. Dumont 248-0; 3. Lyndhurst 231-4; 4. Hasbrouck Heights 219-3; 5. Ridgfield Park 218-2; 6. Ramsey 210-7.

Shot put: 1. Hasbrouck Heights (Krista Sabatini, Natalie Ayoub, Hazel Luque), 85-0; 2. Pascack Hills, 84-10; 3. Queen of Peace, 84-4½; 4. Dumont, 82-2½; 5. Lyndhurst, 79-11¼; 6. Westwood, 79-2¼.

Javelin: 1. Pascack Hills (Meredith Palmer, Theresa Kirkpatrick, Katlyn Benke), 277-0; 2. Dumont, 249-9; 3. Ramsey, 233-7; 4. Leonia, 220-7; 5. Lyndhurst, 215-8; 6. Hasbrouck Heights, 195-10.

Long jump: 1. Ridgfield Park (Catherine Jacob, Alexandra Jacob, Hailey Simon), 42-0; 2. Westwood, 40-4¼; 3. Ramsey, 40-¼; 4. Hasbrouck Heights, 39-9¼; 5. New Milford, 37-5; 6. Pascack Hills, 27-1.

High jump: 1. Ramsey (Alex Rosenberger, Ali Singer, Lizzy Rosenberger), 14-10; 2. Ridgfield Park, 14-4; 3. Pascack Hills, 13-8; 4. Hasbrouck Heights, 13-0; 5. Westwood, 9-0; 6. New Milford, 8-8.

Triple jump: 1. Hasbrouck Heights (Nicole Weingartner, Juliana Romano, Angela Cristofolo), 95-0¼; 2. Ramsey 90-1¼; 3. Westwood 87-6¼; 4. Lyndhurst 86-7; 5. Pascack Hills 85-9¼; 6. New Milford 82-0¼.

Pole Vault: 1. Hasbrouck Heights (Jessica Bunker, Kristen Marfino, Jessica Bunone) 15-0; 2. Pascack Hills 14-0; 3. Ridgfield Park 8-6; Tie 4. Ramsey and Westwood 7-0.

DIVISION D

TEAM SCORES: Waldwick, 117; Park Ridge, 70; Wood-Ridge, 68; Cresskill, 64; Saddle Brook, 36; North Arlington, 35; Midland Park, 32; Saddle River Day, 10; Wallington, 8; Palisades Park, 5.

4-x-100: 1. Cresskill (Megan Thomas, Nicole Barretta, Janelle Liu, Kimberly Breslin), 53.3; 2. Waldwick, 54.0; 3. Park Ridge, 55.6; 4. North Arlington, 58.4; 5. Wood-Ridge, 58.6.

4-x-200: 1. Cresskill (Megan Thomas, Nicole Hernandez, Janelle Liu, Kimberly Breslin) 1:51.8; 2. Waldwick 1:53.8; 3. Wood-Ridge 1:55.1; 4. Saddle Brook 1:55.2; 5. North Arlington 1:58.9; 6. Park Ridge 2:00.8.

4-x-400: 1. Saddle Brook (Shayla Heslen, Dani Wojdyla, Jazmin Horton, Stephanie Winstead), 4:28.5; 2. Cresskill, 4:30.4; 3. North Arlington, 4:34.9; 4. Waldwick, 4:48.2; 5. Wood-Ridge, 4:48.4.

4-x-800: 1. Waldwick (Megan Thomas,

Fraulo Race Timing - Contractor License

Hy-Tek's MEET MANAGER 4/21/2007

2007 Jack Yockers Bergen County Relays - 4/20/2007 to 4/21/2007

Jack Yockers Relays

Hackensack High School

Results

Boys 400 Meter Hurdles Relay A

Name	Year	School	Seed	Finals	H#	Points
1 3191 Buckley, Niall	12	Ridgewood		55.30	3	2.66
1 588 Webb, Sharif	SR	Don Bosco Prep		55.30	2	3.33
3 2507 Shaker, Evan	SR	Paramus Catholic		56.00	3	2
4 590 Wexler, Steve	JR	Don Bosco Prep		57.00	2	3.33
5 1166 Boyd, Jermaine	SO	Hackensack		57.10	1	1.33
6 3234 Monri, Akira	11	Ridgewood		58.20	3	2.66
7 539 Andriulli, Matt	SR	Don Bosco Prep		58.40	2	3.33
8 173 Rubinetti, John	SR	Bergen Catholic		59.10	2	0.66
9 3241 Ontiveros, Zack	12	Ridgewood		59.50	3	2.66
10 882 Ramirez, Nelson	SR	Fair Lawn		1:00.40	4	0.33
11 146 Lu, Vincent	JR	Bergen Catholic		1:00.50	2	0.66
12 887 Sloves, Andrew	SO	Fair Lawn		1:01.00	4	0.33
13 2483 Franco, Mark	SR	Paramus Catholic		1:01.10	3	2
14 1163 Banton, Lawrence	SO	Hackensack		1:01.70	1	1.33
14 2505 Schneider, Justin	SO	Paramus Catholic		1:01.70	3	2
16 1169 Cobb, Brandon	JR	Hackensack		1:02.30	1	1.33
17 131 Gaston, Dom	JR	Bergen Catholic		1:04.10	2	0.66
18 2261 Falkenstern, James	JR	NV Old Tappan		1:04.70	1	
19 2233 Ahn, Victor	SO	NV Old Tappan		1:05.40	1	
20 2322 Shin, Ki Chul	JR	NV Old Tappan		1:06.10	1	
21 869 Griparich, Jerry	SO	Fair Lawn		1:09.80	4	0.33

Boys 4x100 Meter Relay A

School	Seed	Finals	Points
1 Ridgewood 'A'		44.10	10
1) 3234 Monri, Akira 11	2) 3239 Nygaard, Peter 11		
3) 3195 Chwe, Lucas 12	4) 3270 Zeigler, Chris 12		
2 Hackensack 'A'		44.50	8
1) 1179 Harris, LaRue JR	2) 1171 Cooper, Kenneth SR		
3) 1205 Walker, Conroy FR	4) 1173 Edwards, Mark SR		
3 Bergen Catholic 'A'		45.00	6
1) 177 Sam, Jon JR	2) 171 Ring, Will SO		
3) 126 Dottino, Matt FR	4) 175 Saati, John JR		
4 Paramus Catholic 'A'		45.50	4
1) 2466 Cagiao, Chris JR	2) 2485 Jenkins, James SR		
3) 2491 Miles, Bobby SR	4) 2464 Bennett, Mitchell SR		

Boys 4x200 Meter Relay A

School	Seed	Finals	Points
1 Teaneck 'A'		1:27.00	10
1) 4184 Butler, David 11	2) 4193 Miles, Damien 11		
3) 4198 Thomas, Akeem 12	4) 4201 White, Rashad 11		
2 Don Bosco Prep 'A'		1:28.40	8

1) 547 Cato, Matt JR	2) 591 Whilby, Marvin SO		
3) 588 Webb, Sharif SR	4) 565 Kelsey, Jason SR		
3 Hackensack 'A'		1:31.20	6
1) 1173 Edwards, Mark SR	2) 1176 Guerrero, Nelson JR		
3) 1171 Cooper, Kenneth SR	4) 1204 Walcott, Ausar JR		
4 Bergen Catholic 'A'		1:31.40	4
1) 177 Sam, Jon JR	2) 171 Ring, Will SO		
3) 167 Randall, Tom JR	4) 173 Rubinetti, John SR		
5 Ridgewood 'A'		1:33.10	2
1) 3239 Nygaard, Peter 11	2) 3240 Ontiveros, Alec 9		
3) 3262 Vaccaro, Michael 12	4) 3270 Zeigler, Chris 12		
6 Paramus Catholic 'A'		1:35.30	1
1) 2466 Cagiao, Chris JR	2) 2462 Behar, Ethan JR		
3) 2489 Marti, Daniel JR	4) 2464 Bennett, Mitchell SR		
7 Northern Valley-Old Tappa 'A'		1:35.60	
1) 2315 Rowe, Jaime JR	2) 2288 Lee, Abraham SO		
3) 2287 Kreitman, Kyle SR	4) 2252 DaCosta, Derrick SR		
8 Bergenfield 'A'		1:36.80	
1) 341 Ingram, Brandon SR	2) 344 Magbiro, Albert SR		
3) 351 Ogunbiyi, Abdul SR	4) 356 Perez, Emmanuel SO		
9 Paramus 'A'		1:39.90	
1) 2404 Rembecky, Shawn SR	2) 2391 Chern, Andrew SO		
3) 2403 Ramoth, Matt JR	4) 2389 Berman, Ed FR		
10 Northern Highlands 'A'		1:42.60	
1) 2173 Stripp, Mike JR	2) 2138 Collins, Okezie SO		
3) 2142 Fernandez, Adam JR	4) 2148 Gebhard, Chris SR		
-- Bergen County Voc/Tech HS 'A'			DQ
1) 237 Cunningham, Lomie 10	2) 232 Castro, Christopher 12		
3) 240 Huan, Benjamin 12	4) 241 Huan, Joseph 12		

Boys 4x400 Meter Relay A

School	Seed	Finals	Points
1 Don Bosco Prep 'A'		3:21.80	10
1) 547 Cato, Matt JR	2) 565 Kelsey, Jason SR		
3) 590 Wexler, Steve JR	4) 588 Webb, Sharif SR		
2 Bergen Catholic 'A'		3:27.60	8
1) 177 Sam, Jon JR	2) 171 Ring, Will SO		
3) 167 Randall, Tom JR	4) 173 Rubinetti, John SR		
3 Northern Highlands 'A'		3:29.20	6
1) 2140 DiBella, Mike SR	2) 2146 Gaidus, Andrew SR		
3) 2167 Prakash, Nick SR	4) 2175 Yeaton, Matt SO		
4 Teaneck 'A'		3:31.00	4
1) 4193 Miles, Damien 11	2) 4198 Thomas, Akeem 12		
3) 4179 Azzam, Hesham 10	4) 4184 Butler, David 11		
5 Bergen County Voc/Tech HS 'A'		3:35.80	2
1) 231 Bertinato, Matthew 12	2) 232 Castro, Christopher 12		
3) 254 N'Goan, Abdelaziz 10	4) 237 Cunningham, Lomie 10		
6 Paramus Catholic 'A'		3:37.10	1
1) 2507 Shaker, Evan SR	2) 2468 Carter, Keegan FR		
3) 2505 Schneider, Justin SO	4) 2466 Cagiao, Chris JR		

Boys 4x800 Meter Relay A

School	Seed	Finals	Points
1 Don Bosco Prep 'A'		8:20.20	10
1) 582 Sullivan, Conor SR	2) 583 Suozzi, Matt JR		

3) 559 Flanagan, Stephen JR	4) 570 Molke, Robert SO		
2 Ridgewood 'A'		8:37.00	8
1) 3207 Garber, Jacob 12	2) 3251 Shigenobu, Taro 10		
3) 4148 Kalmus, Jeremy 12	4) 3202 Emont, Daniel 12		
3 Northern Highlands 'A'		8:38.50	6
1) 2155 Johnson, Tom SR	2) 2167 Prakash, Nick SR		
3) 2147 Gaidus, Tom SO	4) 2169 Ryan, Tim SR		
4 Hackensack 'A'		8:41.60	4
1) 1197 Ried, Mark SR	2) 1184 Lanez, Phil SR		
3) 1161 Avallone, Mike SO	4) 1188 Mensah, Marvin SO		
5 Bergen Catholic 'A'		8:44.50	2
1) 107 Burke, Tim SR	2) 184 Von Ohlen, Sean FR		
3) 108 Burklund, Rob FR	4) 152 McNeely, Dan SO		
6 Northern Valley-Old Tappa 'A'		9:04.20	1
1) 2264 Gehl, Christopher SO	2) 2254 Eckmayer, James SO		
3) 2262 Ferrentino, Nicholas SO	4) 2235 Benolli, Emanuele FR		

Boys 4x1600 Meter Relay A

School	Seed	Finals	Points
1 Ridgewood 'A'		18:36.50	10
1) 3202 Emont, Daniel 12	2) 3207 Garber, Jacob 12		
3) 3251 Shigenobu, Taro 10	4) 4148 Kalmus, Jeremy 12		
2 Don Bosco Prep 'A'		18:42.50	8
1) 542 Belgiovine, Anthony JR	2) 559 Flanagan, Stephen JR		
3) 538 Amoresano, Joey JR	4) 593 Wyka, Stephen JR		
3 Northern Highlands 'A'		18:46.20	6
1) 2167 Prakash, Nick SR	2) 2169 Ryan, Tim SR		
3) 2147 Gaidus, Tom SO	4) 2146 Gaidus, Andrew SR		
4 Bergen County Voc/Tech HS 'A'		19:21.00	4
1) 242 Jacob, James 11	2) 245 Kleinbaum, Ethan 12		
3) 274 Vivanco, Daniel 11	4) 251 Mitchell, Michael 11		
5 Northern Valley-Old Tappa 'A'		19:30.30	2
1) 2262 Ferrentino, Nicholas SO	2) 2329 Wiggers, Sean JR		
3) 2237 Brunnquell, Christopher SR	4) 2314 Rodriguez, Jonathan SO		
6 Paramus 'A'		19:32.00	1
1) 2390 Capizzi, Andrew SR	2) 2395 Fiorino, Nicholas FR		
3) 2407 Stuart, Eric SR	4) 2406 Stuart, Chris SO		
7 Bergen Catholic 'A'		19:38.60	
1) 107 Burke, Tim SR	2) 184 Von Ohlen, Sean FR		
3) 152 McNeely, Dan SO	4) 136 Hayes, Ryan JR		
8 Hackensack 'A'		19:52.00	
1) 1184 Lanez, Phil SR	2) 1188 Mensah, Marvin SO		
3) 1207 Wolf, John JR	4) 1197 Ried, Mark SR		

Boys 1600 Sprint Medley A

School	Seed	Finals	Points
1 Bergen Catholic 'A'		3:40.20	10
1) 167 Randall, Tom JR	2) 171 Ring, Will SO		
3) 175 Saati, John JR	4) 173 Rubinetti, John SR		
2 Ridgewood 'A'		3:40.50	8
1) 3270 Zeigler, Chris 12	2) 3266 Webbe, Rob 12		
3) 3262 Vaccaro, Michael 12	4) 3191 Buckley, Niall 12		
3 Bergen County Voc/Tech HS 'A'		3:41.40	6
1) 232 Castro, Christopher 12	2) 237 Cunningham, Lomie 10		
3) 241 Huan, Joseph 12	4) 231 Bertinato, Matthew 12		

4 Don Bosco Prep 'A'	3:43.10	4
1) 552 DeLucia, Mike JR		
3) 547 Cato, Matt JR		
5 Northern Valley-Old Tappa 'A'	3:43.30	2
1) 2287 Kreitman, Kyle SR		
3) 2315 Rowe, Jaime JR		
6 Teaneck 'A'	3:44.10	1
1) 4176 Allen, Barrington 11		
3) 4198 Thomas, Akeem 12		
2) 539 Andriulli, Matt SR		
4) 593 Wyka, Stephen JR		
2) 2252 DaCosta, Derrick SR		
4) 2262 Ferrentino, Nicholas SO		
2) 4188 Holland, Jovan 12		
4) 4199 Turner, Maximillan 11		

Boys Distance Medley A

School	Seed	Finals	Points
1 Ridgewood 'A'	10:32.50	10	
1) 3191 Buckley, Niall 12			
3) 3207 Garber, Jacob 12			
2 Don Bosco Prep 'A'	10:38.50	8	
1) 582 Sullivan, Conor SR			
3) 560 Gassert, Francis JR			
3 Northern Highlands 'A'	10:43.70	6	
1) 2167 Prakash, Nick SR			
3) 2146 Gaidus, Andrew SR			
4 Bergen County Voc/Tech HS 'A'	10:59.70	4	
1) 245 Kleinbaum, Ethan 12			
3) 254 N'Goan, Abdelaziz 10			
5 Paramus 'A'	11:09.90	2	
1) 2390 Capizzi, Andrew SR			
3) 2395 Fiorino, Nicholas FR			
6 Bergen Catholic 'A'	11:18.40	1	
1) 107 Burke, Tim SR			
3) 125 Donofrio, David SO			
7 Northern Valley-Old Tappa 'A'	11:23.50	1123.5	
1) 2314 Rodriguez, Jonathan SO			
3) 2264 Gehl, Christopher SO			
8 Ramapo 'A'	11:24.70		
1) 2880 Lauro, Peter			
3) 2866 Gadalla, Mo			
9 Paramus Catholic 'A'	11:40.40		
1) 2460 Bailey, Ryan JR			
3) 2488 Lewandowski, Harrison SO			
10 Hackensack 'A'	11:41.70		
1) 1207 Wolf, John JR			
3) 1197 Ried, Mark SR			
2) 2860 Burke, John			
4) 2875 Iannacone, Nick			
2) 2462 Behar, Ethan JR			
4) 2461 Barrenechea, Jeffrey SO			
2) 1185 Lee, Adam SO			
4) 1184 Lanez, Phil SR			

Boys 4x100 Meter Shuttle Hurdle A

School	Seed	Finals	Points
1 Hackensack 'A'	1:04.40	10	
1) 1163 Banton, Lawrence SO			
3) 1169 Cobb, Brandon JR			
2 Don Bosco Prep 'A'	1:06.00	8	
1) 590 Wexler, Steve JR			
3) 539 Andriulli, Matt SR			
3 Bergen Catholic 'A'	1:08.30	6	
1) 132 Goggin, Joe JR			
3) 146 Lu, Vincent JR			
4 Paramus Catholic 'A'	1:08.60	4	
2) 1166 Boyd, Jermaine SO			
4) 1204 Walcott, Ausar JR			
2) 557 Feldmann, Nick JR			
4) 580 Steeg, Matt SR			
2) 104 Bohlin, Tom SO			
4) 178 Servito, Victor JR			

1) 2507 Shaker, Evan SR	2) 2505 Schneider, Justin SO		
3) 2483 Franco, Mark SR	4) 2490 Martinelli, Eric SO		
5 Northern Highlands 'A'		1:10.40	2
1) 2175 Yeaton, Matt SO	2) 2165 Mo, Jacob JR		
3) 2148 Gebhard, Chris SR	4) 2141 Diestel, Tucker SO		
6 Northern Valley-Old Tappa 'A'		1:17.60	1
1) 2233 Ahn, Victor SO	2) 2288 Lee, Abraham SO		
3) 2261 Falkenstern, James JR	4) 2322 Shin, Ki Chul JR		

Boys High Jump Relay A

Name	Year School	Seed	Finals	Points
1 105 Bostick, Kevin	JR Bergen Catholic		6-06.00	2
2 1170 Collins, Kwame	SR Hackensack		5-10.00	3.33
2 2404 Rembecky, Shawn	SR Paramus		5-10.00	1
2 1180 Headley, Fritz	SO Hackensack		5-10.00	3.33
5 575 Prior, Kenneth	JR Don Bosco Prep		5-08.00	2.66
5 580 Steeg, Matt	SR Don Bosco Prep		5-08.00	2.66
5 178 Servito, Victor	JR Bergen Catholic		5-08.00	2
5 2409 Vargas, Joe	SO Paramus		5-08.00	1
9 3201 DeVita, Tommy	9 Ridgewood		5-04.00	0.25
9 2507 Shaker, Evan	SR Paramus Catholic		5-04.00	2
9 2303 Miller, Casey	JR NV Old Tappan		5-04.00	0.25
9 2465 Brown, Alex	JR Paramus Catholic		5-04.00	2
9 3236 Morse, Daniel	11 Ridgewood		5-04.00	0.25
9 1206 Wilson, Daniel	JR Hackensack		5-04.00	3.33
9 549 Cobb, Ryan	FR Don Bosco Prep		5-04.00	2.66
9 2254 Eckmayer, James	SO NV Old Tappan		5-04.00	0.25
17 2493 Munguti, Nzyuko	JR Paramus Catholic		5-00.00	2
-- 2154 Hoag, Ken	JR Northern Highlands		NH	
-- 3218 Kavanagh, Michael	10 Ridgewood		NH	
-- 2137 Coates, Colin	FR Northern Highlands		NH	
-- 2141 Diestel, Tucker	SO Northern Highlands		NH	
-- 2244 Cheringal, William	SR NV Old Tappan		NH	
-- 2408 Vaghasia, Naitik	FR Paramus		NH	
-- 132 Goggin, Joe	JR Bergen Catholic		NH	

Boys Pole Vault Relay A

Name	Year School	Seed	Finals	Points
1 580 Steeg, Matt	SR Don Bosco Prep		13-06.00	2.66
2 2857 Biashford, Tim	12 Ramapo		13-00.00	3
3 2318 Schaller, Austin	JR NV Old Tappan		12-06.00	3.33
4 2284 Kirchhof, Sean	JR NV Old Tappan		11-06.00	3.33
5 1175 Fittizzi, Dominick	SR Hackensack		11-00.00	
6 895 Tran, Mark	JR Fair Lawn		10-00.00	1.50
6 566 Lynch, John	FR Don Bosco Prep		10-00.00	2.66
6 2476 Esposito, Phillip	SO Paramus Catholic		10-00.00	1.50
9 589 Weismiller, Scott	FR Don Bosco Prep		9-00.00	2.66
9 2246 Choi, Jee Hwan	JR NV Old Tappan		9-00.00	3.33
9 881 Pursley, Matt	JR Fair Lawn		9-00.00	1.50
9 3268 Witt, Max	10 Ridgewood		9-00.00	0.50
9 2505 Schneider, Justin	SO Paramus Catholic		9-00.00	1.50
9 3218 Kavanagh, Michael	10 Ridgewood		9-00.00	0.50
9 2874 Heenehan, Sean	Ramapo		9-00.00	3
-- 3257 Stitt, Nicholas	10 Ridgewood		NH	
-- 2498 Ranft, Pat	JR Paramus Catholic		NH	

--	1203 Villanueva, Franci	JR Hackensack	NH
--	2876 Im, Simon	Ramapo	NH
--	879 Pierro, Donato	JR Fair Lawn	NH
--	1194 Perez, Alex	JR Hackensack	NH

Boys Long Jump Relay A

Name	Year School	Seed	Finals	Points
1 1170 Collins, Kwame	SR Hackensack	22-02.00	3.33	
2 1204 Walcott, Ausar	JR Hackensack	21-06.00	3.33	
3 565 Kelsey, Jason	SR Don Bosco Prep	20-09.00	0.66	
4 4198 Thomas, Akeem	12 Teaneck	20-07.00	2.66	
5 2485 Jenkins, James	SR Paramus Catholic	19-09.50	1.33	
6 105 Bostick, Kevin	JR Bergen Catholic	19-08.50	0.33	
7 588 Webb, Sharif	SR Don Bosco Prep	19-07.00	0.66	
8 2315 Rowe, Jaime	JR NV Old Tappan	19-06.50	2	
9 2244 Cheringal, William	SR NV Old Tappan	19-05.50	2	
9 2303 Miller, Casey	JR NV Old Tappan	19-05.50	2	
11 4182 Brown, Craig	11 Teaneck	19-04.00	2.66	
12 2464 Bennett, Mitchell	SR Paramus Catholic	19-03.50	1.33	
13 2465 Brown, Alex	JR Paramus Catholic	18-10.25	1.33	
14 4203 Williams, Reggie	12 Teaneck	18-08.50	2.66	
15 1163 Banton, Lawrence	SO Hackensack	18-02.50	3.33	
16 146 Lu, Vincent	JR Bergen Catholic	17-09.50	0.33	
16 2174 Tamirian, Alex	FR Northern Highlands	17-09.50		
18 2155 Johnson, Tom	SR Northern Highlands	17-06.50		
19 2148 Gebhard, Chris	SR Northern Highlands	17-05.25		
20 178 Servito, Victor	JR Bergen Catholic	17-02.25	0.33	
21 356 Perez, Emmanuel	SO Bergenfield	17-01.00		
22 590 Wexler, Steve	JR Don Bosco Prep	17-00.00	0.66	
23 357 Phansumarry, Bank	SO Bergenfield	16-08.50		
23 2408 Vaghasia, Naitik	FR Paramus	16-08.50		
25 3201 DeVita, Tommy	9 Ridgewood	16-07.50		
26 3188 Biagi, Rich	9 Ridgewood	16-05.00		
27 3218 Kavanagh, Michael	10 Ridgewood	16-01.00		
28 2400 Lee, Jae Woo	FR Paramus	15-11.50		
29 2398 Kim, Jon	SO Paramus	15-10.00		
-- 341 Ingram, Brandon	SR Bergenfield		ND	

Boys Triple Jump Relay A

Name	Year School	Seed	Finals	Points
1 1170 Collins, Kwame	SR Hackensack	44-05.00		
2 2464 Bennett, Mitchell	SR Paramus Catholic	43-07.50	3.33	
3 105 Bostick, Kevin	JR Bergen Catholic	42-08.00	1.33	
4 1200 Smalls, Christian	SR Hackensack	42-00.00		
5 2485 Jenkins, James	SR Paramus Catholic	41-02.50	3.33	
6 4182 Brown, Craig	11 Teaneck	40-09.50	2	
7 2491 Miles, Bobby	SR Paramus Catholic	40-08.50	3.33	
8 3234 Monri, Akira	11 Ridgewood	40-01.00	2.66	
9 341 Ingram, Brandon	SR Bergenfield	39-08.50	0.66	
10 3195 Chwe, Lucas	12 Ridgewood	39-06.00	2.66	
11 146 Lu, Vincent	JR Bergen Catholic	38-10.00	1.33	
12 4203 Williams, Reggie	12 Teaneck	38-09.50	2	
13 3239 Nygaard, Peter	11 Ridgewood	38-06.25	2.66	
14 2244 Cheringal, William	SR NV Old Tappan	38-00.00	0.33	
15 356 Perez, Emmanuel	SO Bergenfield	37-10.25	0.66	

16	2303 Miller, Casey	JR NV Old Tappan	37-09.25	0.33
17	357 Phansumarry, Bank	SO Bergenfield	37-05.00	0.66
18	2148 Gebhard, Chris	SR Northern Highlands	37-02.00	
19	2233 Ahn, Victor	SO NV Old Tappan	36-10.00	0.33
20	2175 Yeaton, Matt	SO Northern Highlands	36-07.00	
21	4197 Pratt, Dahn	10 Teaneck	36-05.00	2
22	2141 Diestel, Tucker	SO Northern Highlands	35-04.00	
23	178 Servito, Victor	JR Bergen Catholic	34-05.00	1.33
--	1201 Smith, Shane	SR Hackensack	ND	

Boys Shot Put Relay A

Name	Year	School	Seed	Finals	Points
1 1191 Mozia, Mike	SR	Hackensack	45-01.50	2	
2 2511 Thomas, Patrick	SO	Paramus Catholic	44-10.00	3.33	
3 563 Jeune, Jon	SR	Don Bosco Prep	44-06.00	2.66	
4 2474 DeLaCruz, Luis	JR	Paramus Catholic	44-01.50	3.33	
5 2856 Barna, Steve		Ramapo	43-07.00	1.33	
6 1168 Clinkscales, Debon	JR	Hackensack	42-11.50	2	
7 562 Hallissey, Chris	SR	Don Bosco Prep	42-05.00	2.66	
8 145 Lovely, Matt	SR	Bergen Catholic	42-02.50	0.33	
9 2271 Hurley, Michael	JR	NV Old Tappan	41-11.50		
10 3237 Mosticchio, Michae	11	Ridgewood	41-08.00	0.66	
11 585 Thimmel, Billy	JR	Don Bosco Prep	40-08.50	2.66	
12 4200 Warren, Travis	11	Teaneck	40-06.50		
13 2510 Thomas, Manny	JR	Paramus Catholic	40-04.50	3.33	
14 2869 Golz, Mike		Ramapo	40-00.00	1.33	
15 132 Goggin, Joe	JR	Bergen Catholic	39-05.00	0.33	
16 2162 Mazzuto, Richard	SR	Northern Highlands	39-04.50		
17 3247 Ryan, Christopher	12	Ridgewood	39-04.00	0.66	
18 2881 Manning, Ed		Ramapo	38-06.00	1.33	
19 2300 Mattner, Thomas	SR	NV Old Tappan	38-04.50		
19 3190 Borgman, Tucker	11	Ridgewood	38-04.50	0.66	
21 2154 Hoag, Ken	JR	Northern Highlands	38-00.00		
22 2296 Lim, Joseph	SO	NV Old Tappan	37-08.00		
23 1189 Milazzo, Trevor	JR	Hackensack	37-07.00	2	
24 2156 Katsikotis, Evan	JR	Northern Highlands	37-04.50		
25 117 Chabot, Joe	SO	Bergen Catholic	37-03.00	0.33	
26 4195 Norwood, Allen	12	Teaneck	36-03.00		
27 2396 Holowko, Matthew	FR	Paramus	35-09.00		
28 2392 Chibane, Zach	FR	Paramus	34-03.50		
29 260 Pumo, Jeffrey	10	Bergen County VO	34-01.50		
30 4174 Ahmed, Amir	12	Teaneck	32-00.50		
31 2389 Berman, Ed	FR	Paramus	31-08.00		
32 275 Yanetti, Gary	11	Bergen County VO	31-01.00		
33 268 Simeone, Andrew	9	Bergen County VO	25-06.50		

Boys Discus Throw Relay A

Name	Year	School	Seed	Finals	Points
1 562 Hallissey, Chris	SR	Don Bosco Prep	145-00	2.66	
2 2492 Molinaro, Chris	SR	Paramus Catholic	133-02		
3 2300 Mattner, Thomas	SR	NV Old Tappan	130-08	3.33	
4 2271 Hurley, Michael	JR	NV Old Tappan	129-04	3.33	
5 3237 Mosticchio, Michae	11	Ridgewood	125-09	0.66	
6 563 Jeune, Jon	SR	Don Bosco Prep	123-11	2.66	
7 1193 Perdon, Noel	SO	Hackensack	122-04	2	

8	2308 Muth, Daniel	JR NV Old Tappan	120-06	3.33
9	1168 Clinkscales, Debon	JR Hackensack	115-11	2
10	4174 Ahmed, Amir	12 Teaneck	114-10	1.33
11	1191 Mozia, Mike	SR Hackensack	114-04	2
12	3247 Ryan, Christopher	12 Ridgewood	111-02	0.66
13	132 Goggin, Joe	JR Bergen Catholic	110-10	
14	2510 Thomas, Manny	JR Paramus Catholic	110-03	
15	4196 Ohene-Bonsu, Kwabe	10 Teaneck	110-01	1.33
16	2856 Barna, Steve	Ramapo	107-05	0.33
17	2869 Golz, Mike	Ramapo	106-11	0.33
18	2134 Bovino, Brian	SR Northern Highlands	103-01	
19	550 Colman, Chris	SR Don Bosco Prep	102-00	2.66
20	2158 Ling, Andrew	JR Northern Highlands	101-01	
21	4195 Norwood, Allen	12 Teaneck	99-03	1.33
22	119 Cima, Nick	SO Bergen Catholic	95-01	
23	2151 Guerra, Paul	SO Northern Highlands	91-07	
24	2881 Manning, Ed	Ramapo	91-05	0.33
25	260 Pumo, Jeffrey	10 Bergen County VO	84-06	
26	124 DeRiso, Alex	SO Bergen Catholic	82-06	
27	275 Yanetti, Gary	11 Bergen County VO	80-01	
28	3243 Remmen, Bryan	11 Ridgewood	70-05	0.66
29	268 Simeone, Andrew	9 Bergen County VO	47-05	
--	2500 Ritchie, Kevin	SR Paramus Catholic	ND	

Boys Javelin Throw Relay A

Name	Year School	Seed	Finals	Points
1 2492 Molinaro, Chris	SR Paramus Catholic		164-00	2
2 2308 Muth, Daniel	JR NV Old Tappan		146-00	3.33
3 2285 Korsgen, Jack	JR NV Old Tappan		144-00	3.33
4 580 Steeg, Matt	SR Don Bosco Prep		143-11	2.66
5 2134 Bovino, Brian	SR Northern Highlands		142-07	0.66
6 543 Bogulaski, Peter	SR Don Bosco Prep		140-03	2.66
7 2330 Yang, Eric	JR NV Old Tappan		137-05	3.33
8 585 Thimmel, Billy	JR Don Bosco Prep		136-03	2.66
9 2856 Barna, Steve	Ramapo		131-03	0.33
10 1167 Brown, Jobari	SR Hackensack		128-06	1.33
11 2487 Langan, Kyle	JR Paramus Catholic		122-08	2
12 1201 Smith, Shane	SR Hackensack		116-08	1.33
13 2874 Heenehan, Sean	Ramapo		114-03	0.33
14 142 Kieferle, Jeremy	10 Bergen Catholic		112-05	
15 1161 Avallone, Mike	SO Hackensack		110-03	1.33
16 2171 Shishmanian, Aram	JR Northern Highlands		106-00	0.66
17 2500 Ritchie, Kevin	SR Paramus Catholic		105-04	2
18 2154 Hoag, Ken	JR Northern Highlands		104-01	0.66
19 260 Pumo, Jeffrey	10 Bergen County VO		101-09	
20 4195 Norwood, Allen	12 Teaneck		98-02	
21 4174 Ahmed, Amir	12 Teaneck		98-00	
22 2865 Fernandez, Brian	Ramapo		96-01	0.33
23 102 Allegretta, Steve	SR Bergen Catholic		74-05	
24 275 Yanetti, Gary	11 Bergen County VO		73-06	
25 175 Saati, John	JR Bergen Catholic		70-00	
26 268 Simeone, Andrew	9 Bergen County VO		53-08	
-- 4200 Warren, Travis	11 Teaneck		ND	
-- 3195 Chwe, Lucas	12 Ridgewood		DQ	
-- 3238 Nagano-Gerace, Dan	10 Ridgewood		DQ	
-- 3263 Vasquez, Felipe	12 Ridgewood		DQ	

Men - A - Team Rankings - 16 Events Scored

=====			
1) Don Bosco Prep	108	2) Ridgewood	69.50
3) Hackensack	68	4) Paramus Catholic	55
5) Bergen Catholic	49	6) Northern Valley-Old Tappa	43.49
7) Teaneck	33	8) Northern Highlands	28
9) Bergen County Voc/Tech HS	16	10) RAMAPO	12
11) Paramus	5	12) Fair Lawn	4
13) Bergenfield	2		

**Bergen County Relays
Hackensack, NJ**

April 20th – April 21st

Friday:

4x1600m:

Taro Shigenobu	4:46	
Jacob Garber	4:33	
Jeremy Kalmus	4:43	
Dan Emont	4:30	<u>18:36.5 – 1st Place</u>

4x200m:

Peter Nygaard	24.4	
Zack Ontiveros	22.8	
Mike Vaccaro	24.1	
Chris Zeiglar	21.9	<u>1:33.1 – 5th Place</u>

3x400IH:

Niall Buckley	55.3	
Akira Monri	58.2	
Zack Ontiveros	59.5	<u>2:53.0 – 2nd Place</u>

Javelin:

Lucas Chwe	
Felipe Vasquez	
Dan Nagano-Gerace	DQ

Shot Put:

Mike Mosticchio	41'8"	
Chris Ryan	39'4"	
Tucker Borgman	38'4 ½"	<u>119'4 ½" – 5th Place</u>

Triple Jump:

Akira Monri	40'1"	
Peter Nygaard	38'6 ¼"	
Lucas Chwe	39'6"	<u>118'1 ¼" – 2nd Place</u>

Saturday:

4x110HH:

Peter Nygaard	
Lucas Chwe	
Zack Ontiveros	
Akira Morni	DQ

4x100m:

Akira Monri
Peter Nygaard
Lucas Chwe
Chris Zeigler

44.7 / 44.1 – 1st Place – New School Record

Distance Medley:

Niall Buckley	3:12	
Michael Vaccaro	52.2	
Christian Trautwein	2:01.5	<i>GARBER</i>
Daniel Emont	4:25.7	<u>10:32.5 – 1st Place</u>

Sprint Medley:

Chris Zeigler	51.5	
Michael Vaccaro	23.8	
Rob Webbe	25.4	
Niall Buckley	1:59.7	<u>3:40.5 – 2nd Place</u>

4x800m:

Jacob Garber	2:03.7	
Daniel Emont	2:09.3	
Taro Shigenobu	2:10.3	
Jeremy Kalmus	2:12.4	<u>8:37.0 – 2nd Place</u>

High Jump:

Tommy DeVita	5'4"	
Michael Kavanagh	NH	
Danny Morse	5'4"	<u>10'8" – 6th Place</u>

Long Jump:

Tommy DeVita	16'7 ½"	
Rich Biagi	16'5"	
Michael Kavanagh	16'1"	49'1 ½"

Discus:

Mike Mosticchio	125'9"	
Chris Ryan	111'2"	
Bryan Remmen	70'5"	<u>307'4" – 6th Place</u>

Pole Vault:

Max Witt	9'0"	
Michael Kavanagh	9'0"	
Nick Stitt	NH	<u>18'0" – 6th Place</u>

Athletes of the Meet:

Taro Shigenobu / Michael Vaccaro

#1: 800 Meters

Ridgewood's Niall Buckley vs. Sharif Webb of Don Bosco

Stare at these photos of Ridgewood runner Niall Buckley, left, and Sharif Webb of Don Bosco and ultimately the eyes land on the facial expressions. The peak of competition always seems to provide the kind of extreme face time seen here and as the two best 800-meter men in Bergen County match kicks, the puffing cheeks, bulging eyes and ice-bucket-cool eyes cause us to wonder:

Who is tired?

Who has the edge?

Who will win?

But face it, inquiry is only skin deep.

So beginning at the starting line with Buckley and Webb, friends who have nearly a half-dozen all-county selections between them and have basically split the bevy of races they have run against each other, here comes the inside story. For these two seniors, the 800 best frames their shoulder-to-shoulder rivalry.



Pre-race

Webb says he is thinking about how hard his rival trains, about his work ethic. "I have to stay on him and take him at the line," he confides. Buckley is lost in his own mind. "Have a plan," he thinks. "Stick to the plan. The plan doesn't change."

The start

Buckley says if he's not on his 'A' game, "he will take me at the line." Behind the almost catatonic look, Webb is thinking, "Get out in front. I've had success doing that against him. That's the edge I have."

The first lap

Nobody would guess this about Webb: "I'm tired," he admits. "Mentally tired thinking about what to do next." Buckley is thinking ahead as well. "In the 800 you only have one chance. My plan is to make my move around 400."

Going into the second lap

Getting a little physical at this point; trading elbows jockeying for position is a definite possibility. "I've got to run a gutsy second lap," Buckley says. "I know he has that next gear." Webb's plan: "Stay in touch. When he goes, I go."

Setting up for the finish

The battle of wills between Webb, the sprinter, and Buckley, the middle distance specialist, peaks here. "I'm starting my kick," Webb explains. "Picking up my knees and pumping my arms." Perfect execution coarsens through Buckley. "He will capitalize on any mistake," he believes.

The finish

This point can only be explained in their own words. "I'm staring at the line," Buckley begins. "It's a great sign at this point if I don't know who I'm racing." It comes down to this for Webb: "My speed, that's the edge I have."



Ridgewood 100.5**Paramus 30.5**

April 24, 2007 – 65 clear @ Teaneck

400 IH: Ridgewood: 8 Paramus: 1
1-Niall Buckley (R) 58.4 2-Akira Monri (R) 58.9 3-J. Vargas (P) 60.3
Others: S. Coopersmith 70.9

100m: Ridgewood: 6 Paramus: 3
1-Chris Zeigler (R) 10.9 2-Paramus 11.5 3-Lucas Chwe (R) 11.6
Others: R. Webbe 12.0; D. Nagano-Gerace 12.7; R. Biagi 12.7; N. Hoh 12.7;
J. Schwartz 12.7; L. Ruppel 12.7; A. Foong 12.8; M. Biagi 12.9; C. Glennon 13.1;
C. Jones 13.2; O. Bakshi 13.5; S. Khalsa 13.5; S. Morgan 13.5; C. Moderow 13.5;
R. Cornwell 13.6; T. Benintende 13.8; J. Dabby 14.8; B. Righthand 16.9

1600m: Ridgewood: 9 Paramus: 0
1-Jeremy Kalmus (R) 4:48 2-Jacob Garber (R) 4:50 3-Taro Shigenobu (R) 4:52
Others: D. DeSimone 5:08; A. Fine 5:08; W. Jang 5:09; M. Spilka 5:12; B. Cleary 5:18;
S. Martyn 5:23; R. Amadeo 5:24; E. Martinez 5:39; S. Fishbein 5:43

400m: Ridgewood: 6 Paramus: 3
1-Niall Buckley (R) 52.2 2-Paramus 54.6 3-Mike Vaccaro (R) 56.3
Others: M. Maniaci 64.0

110HH: Ridgewood: 6 Paramus: 3
1-Akira Monri (R) 15.4 2-J. Vargas (P) 15.5 3-Peter Nygaard (R) 16.2
Others: D. Morse 18.6; T. DeVita 20.5

800m: Ridgewood: 9 Paramus: 0
1-Christian Trautwein (R) 2:05.8 3-Jacob Garber (R) 2:10 3-Taro Shigenobu (R) 2:13
Others: W. Jang 2:16; J. Jenkins 2:18; A. Vedder 2:21; S. Coopersmith 2:25; A.
Ontiveros 2:27; B. Cleary 2:27; T. Reveri 2:29; R. Amadeo 2:30; D. Sweet 2:32; Rob
2:32; N. Francis 2:33; R. Treppedi 2:40

200m: Ridgewood: 6 Paramus: 3
1-Chris Zeigler (R) 21.8 2-Paramus 23.5 3-Mike Vaccaro (R) 24.0
Others: R. Webbe 24.5; D. Nagano-Gerace 25.6; L. Ruppel 25.8; R. Biagi 26.1
– there was an error in all other timing – no times recorded

3200m: Ridgewood: 9 Paramus: 3
1-Jeremy Kalmus (R) 10:05 2-Paramus 10:47 3-Andrew Fine (R) 11:05
Others: D. DeSimone 11:06

4x400m: Ridgewood: 5 Paramus: 0
1-Ridgewood 3:48.0 2-Paramus 3:50.3
(P. Nygaard 56.6, D. Nagano-Gerace 60.4, R. Webbe 57.7, M. Vaccaro 53.2)

Long Jump: Ridgewood: 9 Paramus: 0
1-A. Monri (R) 19'3 1/2" 2-Peter Nygaard 17'6" 3-Lucas Chwe 16'7"
Others: T. DeVita 16'3"; R. Biagi F

Triple Jump: Ridgewood: 8 Paramus: 1
1-Akira Monri (R) 41'1" 2-Peter Nygaard (R) 39'2" 3-Paramus 37'3"
Others: L. Chwe F; T. DeVita F; R. Biagi F

High Jump: Ridgewood: 1 Paramus: 8
1-(tie) Paramus and Paramus 5'8" 3-Danny Morse (R) 5'8"
Others: T. DeVita 5'6"

Pole Vault: Ridgewood: 4 Paramus: 5
1-Paramus 10'6" 2-Max Witt (R) 9'0" 3-Nick Stitt (R) 8'6"
Others:

Shot Put: Ridgewood: 9 Paramus: 0
1-Mike Mosticchio (R) 40'7" 2-Tucker Borgman (R) 38'8" 3-Chris Ryan (R) 38'6"
Others: B. Remmen 38'2"; J. Jenkins 35'9"; J. Simmons 35'5"; A. Vilchez 33'10 1/2";
J. Levitsky 30'3"; M. Krauss 29'0"; M. Stapleton 28'4"; P. Baddoura 27'3"; S. Watson
26'7"; B. Lee 26'3"; J. Soriano 23'4";

Discus: Ridgewood: 9 Paramus: 0
1-Chris Ryan (R) 121'6" 2-Andrew Vilchez (R) 111'3" 3-M. Mosticchio (R) 109'7"
Others: T. Borgman 105'1 1/2"; B. Remmen 102'0"

Ridgewood 86

Teaneck 44

April 24, 2007 – 65 clear @ Teaneck

400 IH: Ridgewood: 8 Teaneck: 1
1-Niall Buckley (R) 58.4 2-Akira Monri (R) 58.9 3-Teaneck 68.7
Others: S. Coopersmith 70.9

100m: Ridgewood: 5 Teaneck: 4
1-Chris Zeigler (R) 10.9 2-Damien Miles (T) 10.9 3-Teaneck 11.1
Others: L. Chwe 11.6; R. Webbe 12.0; D. Nagano-Gerace 12.7; R. Biagi 12.7;
N. Hoh 12.7; J. Schwartz 12.7; L. Ruppel 12.7; A. Foong 12.8; M. Biagi 12.9;
C. Glennon 13.1; C. Jones 13.2; O. Bakshi 13.5; S. Khalsa 13.5; S. Morgan 13.5;
C. Moderow 13.5; R. Cornwell 13.6; T. Benintende 13.8; J. Dabby 14.8;
B. Righthand 16.9

1600m: Ridgewood: 9 Teaneck: 0
1-Jeremy Kalmus (R) 4:48 2-Jacob Garber (R) 4:50 3-Taro Shigenobu (R) 4:52
Others: D. DeSimone 5:08; A. Fine 5:08; W. Jang 5:09; M. Spilka 5:12; B. Cleary 5:18;
S. Martyn 5:23; R. Amadeo 5:24; E. Martinez 5:39; S. Fishbein 5:43

400m: Ridgewood: 3 Teaneck: 6
1-Akeem Thomas (T) 51.2 2-Niall Buckley (R) 52.2 3-Damian Miles (T) 52.4
Others: M. Vaccaro 56.3; M. Maniaci 64.0

110HH: Ridgewood: 9 Teaneck: 0
1-Akira Monri (R) 15.4 2-Peter Nygaard (R) 16.2 3-Danny Morse (R) 18.6
Others: T. DeVita 20.5

800m: Ridgewood: 4 Teaneck: 5
1-M. Turner (T) 2:05.8 2-Christian Trautwein (R) 2:05.8 3-Jacob Garber (R) 2:10
Others: T. Shigenobu 2:13; W. Jang 2:16; J. Jenkins 2:18; A. Vedder 2:21; S.
Coopersmith 2:25; A. Ontiveros 2:27; B. Cleary 2:27; T. Reveri 2:29; R. Amadeo 2:30;
D. Sweet 2:32; Rob 2:32; N. Francis 2:33; R. Treppedi 2:40

200m: Ridgewood: 5 Teaneck: 4
1-Chris Zeigler (R) 21.8 2-Damien Miles (T) 21.9 3-Teaneck 22.3
Others: M. Vaccaro 24.0; R. Webbe 24.5; D. Nagano-Gerace 25.6; L. Ruppel 25.8;
R. Biagi 26.1 – there was an error in all other timing – no times recorded

3200m: Ridgewood: 9 Teaneck: 0
1-Jeremy Kalmus (R) 10:05 2-Andrew Fine (R) 11:05 3-David DiSimone (R) 11:06
Others:

4x400m: Ridgewood: 0 Teaneck: 5
1-Teaneck 2-Ridgewood 3:48.0
(P. Nygaard 56.6, D. Nagano-Gerace 60.4, R. Webbe 57.7, M. Vaccaro 53.2)

Long Jump: Ridgewood: 1 Teaneck: 8
1-Akeem Thomas (T) 20'9" 2-C. Brown (T) 20'1" 3-Akira Monri (R) 19'3 ½"
Others: P. Nygaard 17'6"; L. Chwe 16'7"; T. DeVita 16'3"; R. Biagi F

Triple Jump: Ridgewood: 5 Teaneck: 4
1-Akira Monri (R) 41'1" 2-Reggie Williams (T) 39'6 ½" 3-C. Brown (T) 39'5"
Others: P. Nygaard 39'2"; L. Chwe F; T. DeVita F; R. Biagi F

High Jump: Ridgewood: 8 Teaneck: 1
1-Danny Morse (R) 5'8" 2-Tommy DeVita (R) 5'6" 3-Teaneck 5'2"
Others:

Pole Vault: Ridgewood: 8 Teaneck: 0
1-Max Witt (R) 9'0" 2-Nick Stitt (R) 8'6" 3- No Place
Others:

Shot Put: Ridgewood: 6 Teaneck: 3
1-Mike Mosticchio (R) 40'7" 2-Teaneck 39'5" 3-Tucker Borgman (R) 38'8"
Others: C. Ryan 38'6"; B. Remmen 38'2"; J. Jenkins 35'9"; J. Simmons 35'5"; A.
Vilchez 33'10 ½"; J. Levitsky 30'3"; M. Krauss 29'0"; M. Stapleton 28'4"; P. Baddoura
27'3"; S. Watson 26'7"; B. Lee 26'3"; J. Soriano 23'4";

Discus: Ridgewood: 6 Teaneck: 0
1-Chris Ryan (R) 121'6" 2-A. Ahmed (T) 118'7 ½" 3-Andrew Vilchez (R) 111'3"
Others: M. Mosticchio 109'7"; T. Borgman 105'1 ½"; B. Remmen 102'0"

RUN NEWS
4/27

Staff Writer

HACKENSACK - At the beginning of the spring, Ridgewood High School girls track and field head coach Jacob Brown talked about the destiny that lies ahead for the members of this year's record-setting senior class.

"Their destiny is to try to become the best of all time," said Brown, who has coached every Maroon girls track team since he started the program in the early 1970s. "Statistically, they're the second-best team we've ever had at Ridgewood in 36 years. The best team was in 1988, and their goal is to try to be better than the '88 team was, so that in 20 years, we'll talk about the '07 team."

After last weekend's Jack Yockers Bergen County Relays at Hackensack High School, the RHS girls are one step closer to fulfilling that ambition.

Ridgewood won five gold medals and placed in the top three in 14 of the 16 relay events - setting three meet records and two school records along the way - to breeze past Immaculate Heart Academy, 113-70, and win the girls Group A championship.

The Maroon boys finished 1-2 with Don Bosco Prep in Group A for the second straight season, but the Ironmen reversed the order of last year's finish with a 108-69.5 victory over Ridgewood, which



PHOTOS/ERICA DIESTEL

Ridgewood seniors Cristina Law, center, and Alice Wisener, right, each ran in the Maroons' victorious sprint medley and intermediate hurdle relays at the Jack Yockers Bergen County Relays in Hackensack last weekend. Ridgewood set meet records in both events.

was still able to secure gold medals in the 4 x 100-meter, 4 x 1600-meter and distance medley relays.

"In terms of the overall meet, Bosco certainly had a better cou-

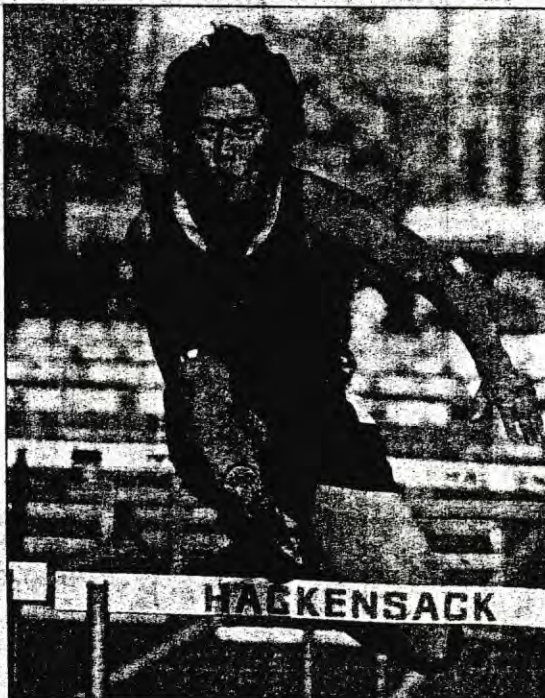
ple of days than us," said Ridgewood boys head coach Josh Saladino. "We were disqualified in the high hurdles and in the javelin, and those things hurt us. But even with those events, Bosco had a better meet than we did, and they should be congratulated for having one of the better performances in the county relays in recent history."

The most dominant force at the event, though, was Brown's bunch. Seniors Alice Wisener and Cristina Law led the sprint medley and 3 x 400-meter intermediate hurdle relay squads to victory in record times and were part of a 4 x 400-meter quartet that broke Ridgewood's 1987 meet record along with Ramapo and Teaneck.

Seniors Erica Cigolini and Lara-Jane Que teamed with Wisener and Law to clock 4:10.1 in the sprint medley, surpassing the mark of 4:13.3 set by Queen of Peace in 2004. Ramapo, which set the overall county record of 4:05.40 in the event at the Arcadia Invitational in California earlier this month, did not enter last weekend's race.

"We really wanted to run against Ramapo because of what happened at Arcadia," said Que. "We kind of wanted to get back and show them that we're in the running, too, for being a good sprint medley team."

In the intermediate hurdle relay, senior Ashlyn Llerandi combined with Law and Wisener for a time of 3:20.6, nearly four seconds better than the Yockers county



Ridgewood senior Lucas Chwe bounds through the shuttle hurdles at last weekend's Bergen County relays. Chwe was also part of the Maroon boys 4 x 100-meter relay squad that won a gold medal and tied the school record with a time of 44.1 seconds.



GARY JUNG/STAFF PHOTOGRAPHER

Ridgewood High School senior Lara-Jane Que signs her National Letter of Intent on April 19 to attend the University of Rhode Island on a track and field scholarship. Sitting on the left is Ridgewood girls spring track head coach Jacob Brown; on the right is Que's mother, June Delgado. In the back row are, from left, RHS Principal Jack Lorenz, Maroon hurdling coach Josh Saladino and Ridgewood girls winter track head coach Mike Mullin.

TRACK from C1

relay record set by Ridgewood in 1985. The three also teamed with junior Emily Barr for a 4:01.5 effort in the 4 x 400, second only to the Ramapo quartet of Erin McKenna, Kelsey Ramsey, Amy Salek and Colleen Sullivan, which lowered the meet record to 3:59.

Although Teaneck established new meet records in the 4 x 100 (49.1 seconds) and 4 x 200 (1:43.5), the Maroons did set new school benchmarks in the two events, clocking 49.6 and 1:44.8, respectively.

Que and Wisener also combined with juniors Mia Martinez and Kate Michel to capture the 4 x 100-meter shuttle hurdle title in 1:06.3, while Martinez joined Law and Cigolini on the winning high jump relay, which cleared a combined 14 feet, four inches.

"I don't think we've ever won the high jump relay before," Law said. "That caught us off guard. We had no idea we were going to win, because we never had before."

Ridgewood senior Jaclyn Wypler unleashed a 124-foot, seven-inch throw in the javelin, her third-best effort all-time, and combined with junior Katie Schneider

six inches last season.

The Maroon boys, meanwhile, will now try to concentrate on turning the tables on Don Bosco when they square off at the Bergen County championship meet at Old Teppan on May 18-19. Last weekend, Ridgewood beat the Ironmen in the distance events, claiming the 4 x 1600 and distance medley relay titles, but placed behind the eventual champions in the 4 x 200, 4 x 800 and 3 x 400 intermediate hurdles.

"They've got Sharif Webb and a lot of fast guys," Ridgewood senior Chris Zeigler said of the Ironmen. "Sometimes they can be intimidating, but we go back and forth; they win one meet, we win one meet. It just comes down to who ever has the better day."

Zeigler, senior Lucas Chwe and juniors Akira Monri and Peter Nygaard combined to tie the school record of 44.1 seconds in winning the 4 x 100-meter relay, while Chwe, Monri and Nygaard put forth an impressive second-place showing of 118 feet, 1.25 inches in the triple jump relay.

Seniors Jacob Garber and Dan Emont factored in the Maroons' other two gold-medal squads, teaming with seniors Niall Buckley and Mike Vaccaro to win the

compete in the 4 x 100, 4 x 400 and distance medley relays on the boys side tomorrow.

Yesterday, the Penn Relays got underway with the girls events in which Ridgewood entered its 4 x 100, 4 x 400 and 4 x 800 relay squads. Wypler also became the first Maroon thrower ever to participate in the meet, taking part in the javelin event.

The Ridgewood girls success on the track has also carried over to the academic realm. On April 19, Que signed a National Letter of Intent to run track at the University of Rhode Island, which competes in Division I of the NCAA as well as the Atlantic 10 Conference.

"I'm looking forward to going to URI," said Que. "I'm really excited to run for them and to go to the school, because it's a great [academic] school, too."

Que should also be more than adequately prepared for the chilly New England springs that await her, given the less-than-desirable conditions that Ridgewood has competed in outdoors early this season.

"I guess the weather here is really similar to Rhode Island, so it doesn't make that much of a dif-

River Dell girls perform relay well

4 x-400 team earns North Jersey's only first place

By PAUL SCHWARTZ
STAFF WRITER

PHILADELPHIA — Alyssa Maier stood at the head of the triple jump runway, ready for her second jump at the Penn Relays on Thursday, and looked 10 feet to her left.

Her River Dell teammate, Bry Bonavita, was completing the first leg of the 4-x-400 relay and about to hand off to Tori Roth.

"She told me good luck and she gave me the 'shoop' sign, an inside joke on our team," said Roth.

Then Maier jumped a season-best 37 feet, 2 inches, and Bonavita handed off to Roth with a nice lead. Roth, Ari Ackerman and Sherri Lajoie completed the win by more than 20 meters over Dunbar of Baltimore, running 4:05.12, earning the only North Jersey winner's plaque of the day. Maier improved to 37-3 on her final jump in the trials, but finished ninth, missing the triple jump

PENN RELAYS NOTES

finals by just 5 inches.

"It was really awesome that they were able to cheer for each other in a meet this size," said River Dell coach Michele Carcich. "I think it really helped all of the girls."

Bonavita, a junior, went out hard and split 58.1 as the Golden Hawks opened a large lead. Sophomores Roth and Ackerman went 62.1 and 60.8, respectively, and Lajoie got the baton with about a 10-meter lead on Dunbar's anchor, who immediately cut the lead in half.

"No matter what, I wasn't going to let her get past me," said Lajoie, a junior. "There's no way we weren't taking that plaque home."

Ramsey, Clifton and Holy Angels joined River Dell as medalists in their

heats by finishing in the top three of the race, with the latter two teams earning medals for the first time.

"I think we could have won the heat if they didn't call it back the first time," said Clifton girls coach Andy Piotrowski. "Kayla [Santiago] got out perfectly the first time, and there was a fall behind her. I thought it was too far into the race for a recall, but they brought us back."

Santiago, a sophomore, got boxed in on the second start and the Mustangs were in the middle of the 13-team field as she handed off to soph Eloisa Paredes, running her first season. Paredes moved the Mustangs to sixth and then Jasmine Adams, the only senior on the squad, ran 61.1 to put Clifton in fifth, and junior Susan Martinez ran 59.8, and the Mustangs passed Great Neck North and East Brunswick in the final 100 meters to take third in 4:13.40.

Ridgewood ran faster than any other North Jersey team in the 4-x-400, with

the team of Kate Michel, Emily Barr, Alice Wisener and Cristina Law running 4:02.89. But the Maroons were seventh, nearly half a lap behind Edwin Allen of Jamaica, the day's top qualifier in 3:41.11.

The Ridgewood 4-x-100 team of Lara-Jane Que, Erica Cigolini, Mia Martinez and Barr went 49.67, missing an alternate's spot in Saturday's Tri-State final by just .07 seconds. But the Maroons lowered their school record with the 10th-fastest race in Bergen history.

Ridgewood's 4-x-800 team of Law, Ashlyn Llerandi, Tori Middleton and Alex Middleton ran 9:47.36 and did not qualify for today's final.

Ramsey's Alex Rosenberger ran a seasonal best of 1:05.46 in the 400 hurdles and finished sixth in her heat. Jaclyn Wypler of Ridgewood threw 110-3 and didn't qualify for the javelin finals. Krystal Wyche of Hackensack long jumped 15-10 and did not advance.

TRACK RANKINGS

BOYS TOP 20 GIRLS TOP 20

1. Don Bosco	1. Ridgewood
2. River Dell	2. IHA
3. Wayne Valley	3. Clifton
4. Ridgewood	4. Ramsey
5. Hackensack	5. Pascack Hills
6. Bergen Catholic	6. River Dell
7. Paramus Cath.	7. Paramus Cath.
8. New Milford	8. Old Tappan
9. Demarest	9. Hackensack
10. Old Tappan	10. Demarest
11. Wood-Ridge	11. Teaneck
12. Teaneck	12. Paramus
13. Cresskill	13. Indian Hills
14. Passaic Tech	14. No. Highlands
15. Ramsey	15. Lakeland
16. Pascack Hills	16. Wayne Valley
17. Hasb. Heights	17. Waldwick
18. West Milford	18. Holy Angels
19. Tenafly	19. Hasb. Heights
20. Park Ridge	20. Ramapo

**Penn Relays
Philadelphia, PA**

April 27th – 28th

4x100m:

Akira Monri

Peter Nygaard

Lucas Chwe

Zack Ontiveros

DQ – Pass out of zone

Distance Medley Championship of America

Niall Buckely **3:13.3**

Chris Zeigler **50.9**

Christian Trautwein **2:01.1**

Daniel Emont **4:26.3** **10:30.63**

4x400m

Niall Buckley **51.7**

Akira Monri **51.8**

Zack Ontiveros **51.4**

Chris Zeigler **49.6** **3:24.59**

155 HSB

Distance Medley

Friday, 5:35 pm

Championship of America

Place	School/Affiliation	Mark	Runners
1	Coatesville (Coatesville, PA)	10:08.51	<i>Sean Ward (3:07.9), Chris Cline (49.3), Owen Dawson (1:55.8), Kyle Dawson (4:15.5)</i>
2	Colts Neck (Colts Neck, NJ)	10:09.11	<i>Brenden Krewer (3:09.5), Evan Stivala (51.6), Kevin O'Dowd (2:03.8), Craig Forys (4:04.2)</i>
3	Shenendehowa (Clifton Park, NY)	10:12.47	<i>Zac Suriano (3:05.3), Chris Canapoli (50.4), Tyler Fogarty (1:57.3), Zach Predmore (4:19.5)</i>
4	Collegiate (New York, NY)	10:13.46	<i>Dylan Trotzuk (3:10.3), Jonathan Meminger (52.8), Dwayne Alexis (1:56.6), Chris Williams (4:13.8)</i>
5	Old Bridge (Matawan, NJ)	10:16.29	<i>Nick Carbone (3:09.3), Allan Lunkenheimer (47.5), James Hauser (1:56.7), Matt Ciambriello (4:22.8)</i>
6	Brookline (Brookline, MA)	10:16.88	<i>Matthew Stewart (3:06.8), Michael Bennett (52.0), Tobias Blattler (2:01.3), Robert Gibson (4:16.8)</i>
7	Xaverian Brothers (Westwood, MA)	10:23.72	<i>Dan Higgins (3:17.4), Taylor Fitzgerald (50.5), Pete Dolan (2:02.7), Mark Amirault (4:13.1)</i>
8	Warwick Valley (Warwick, NY)	10:24.33	<i>Brad Ackerman (3:17.1), Nick Longfellow (47.1), Frank Pfaffenberger (1:59.4), Terence Prial (4:20.7)</i>
9	Smithtown West (Smithtown, NY)	10:26.86	<i>Brendan Martin, Dan Holst, Dan Frost, Giovanni Signoretti</i>
10	Henderson (West Chester, PA)	10:28.04	<i>Chris Ferry (3:12.9), Tim Shea (51.9), Andrew Jervis (1:59.0), Chris Aldrich (4:24.2)</i>
11	Danbury (Danbury, CT)	10:29.01	<i>Parker Boudreau, Mike Danzy, Matt Terry, Willie Ahearn</i>
12	Germantown Friends (Philadelphia, PA)	10:29.46	<i>Jake McKenzie, Alex Waterman, Jasper Sneff-Nanni, Max Kaulbach</i>
13	Ridgewood (Ridgewood, NJ)	10:30.63	<i>Niall Buckley, Chris Zeigler, Christian Trautwein, Dan Emont</i>
14	Upper Dublin (Fort Washington, PA)	10:33.97	<i>Michael Palmisano, Brian Rosenthal, Dan Kessler, Joe Dorris</i>
15	St. Benedict's Prep (Newark, NJ)	10:36.03	<i>Jorge Marque, Brian Bucknor, Jervais Thomas, Jordan Inacio</i>
16	Brooklyn Technical (Brooklyn, NY)	10:39.32	<i>Darryll Oliver, Waldein Felix, Anthony Guzman, Rafael Klein-Cloud</i>
17	Shaker (Latham, NY)	10:39.68	<i>Craig Weiss, Kevin Conti, Brian Benson, Matt Bogdan</i>
18	North Rockland (Thiells,	10:53.77	<i>Christian Mendez, Demba Musa, Norm Thompson, A.J.</i>

Place	ID	School/Affiliation	Mark	Runners
1	C	Manchester (Midlothian, VA)	3:23.60	Reggie Hill, Ronald Booker, Evan Brooks, Lenold Smith
2	M	Trinity (Camp Hill, PA)	3:23.80	David Smith, Corbin Hellis, Chris Kearney, Shane Seymore
3	E	Ridgewood (Ridgewood, NJ)	3:24.59	Niall Buckley, Akira Monri, Zack Ontiveros, Chris Zeigler
4	J	Lawrence (Lawrenceville, NJ)	3:24.85	Ken Sherman, Pat McDowell, Andrew Santora, Chandell Fuqua
5	H	Digital Harbor (Baltimore, MD)	3:25.30	Angelo Diggs, Justin Jiggetts, Jordan Pridgen, Anthony Drumsgoole
6	I	Twin Valley (Elverson, PA)	3:25.76	Nick Wilkinson, Josh Trego, Josh Lee, Kevin Moore
7	A	Bishop Hendricken (Warwick, RI)	3:27.42	Ryan Marcus, Anthony Colella, Mike Langella, Kyle Ricci
8	D	New Rochelle (New Rochelle, NY)	3:28.09	Xavier Mateen, Ruben Barajas, Menelik Lewis, Aki Bajulaive
9	G	W.T. Woodson (Fairfax, VA)	3:35.83	Kevin Todd, Stephen Honan, Alex Miller, Charlie Waltrip
10	F	Howard D. Woodson (Washington, DC)	3:48.81	Craig Wilkins, Greg Robinson, Jerold Hunter, Rashard Allen

BRIEFS: Ridgewood's tough-luck season continued in the distance medley late Friday. The Maroons ran 10:30.63 for 13th place, well off their qualifying time of 10:23.99. Niall Buckley led off with a 2:02.800 and had the Maroons at the lead, but he faded to a 3:13. Chris Ziegler ran 50.9 to get them back in the race, but Christian Trautwein lost a shoe in the first 20 meters of his 800 leg and ran 2:01.1. Dan Emont anchored in 4:25.6.

There was some good news earlier in the 4-x-100 when Hackensack juniors Ausar Walcott and LaRue Harris and seniors Ken Cooper and Mark Edwards ran 43.74 in their heat, the 19th fastest time in Bergen County history and the best North Jersey time of the day. "We got three good handoffs and that translates to a good race," Hackensack coach Jim Levitzke said.

Stripe continues his ascent

By PAUL SCHWARTZ
STAFF WRITER

PHILADELPHIA — The Penn Relays awards medals to just the top five athletes and teams in the championship events.

So Greg Stripe of Mahwah and Kwame Collins of Hackensack, sixth in Saturday's Penn

PENN RELAYS NOTEBOOK

Relays pole vault and long jump, respectively, will have to settle for some good memories and very good performances but no hardware.

Stripe moved up the all-time Bergen County ladder with his performance, clearing 14 feet, 9 inches to move from fifth to third all time. And Collins, who jumped 23-0¼ while at Northern Highlands last year, jumped a season-best 22-10.

"It was an amazing experience," said Stripe after he extended his week-old personal best by 2 inches with a techni-

Mahwah vaulter clears 14-9 for third all time in Bergen

cally perfect clear 6 inches over the bar and then had a great try at 15-1. "When you come out of indoor season, it's a mental thing to get used to vaulting outside, with the wind and the cold. But now I'm ready to go even higher."

The only two Bergen vaulters to outpace Stripe are Matt Psaltis of Fair Lawn, who set the Bergen County record at 15-3 in 1992, and Gabe Knutson of Ridgewood, who vaulted 15-1.

Ramapo's Tim Blashford, the only other New Jersey athlete in the vault, cleared an outdoor school-record 13-9¼ to move to 26th place on the Bergen list, setting a school record in the process.

Collins, who had been stuck in the low-22s for the first part of this season, got off a terrific jump on his second attempt in the trials to move into fifth place, ahead of Conlon Bonner of La-

Guardia (N.Y.). But on his sixth jump, Bonner went 23-3½ to take fifth. Collins answered with a jump of 22-5, but it wasn't enough.

"I wanted to hit at least 23 feet today," said Collins. "I'm happy that I jumped better than I have been, but I'm still disappointed."

No local teams earned plaques for winning heats in the 4-x-400 relay but four teams earned medals, led by an impressive second-place finish by Bergen Catholic in North Jersey's fastest time of 3:23.49.

"I told them at breakfast this morning I expected them to run between 3:23.5 and 3:24.5," said veteran Bergen Catholic coach Al Naimo. "They listened to their coach."

The team of senior John Rubinetti, juniors Tom Randall and Jon Sam and sophomore Will Ring led for most of the race before it was caught by St. John the

Baptist of Maryland at the wire.

"We had a very good race and everybody ran what they should," said Naimo. Rubinetti and Ring each split 50.6 for their 400 leg.

Tenafly and North Bergen also earned silvers and Ridgewood got a little solace from Friday's difficult day by taking a bronze in its heat, running 3:24.59, its first medal since 2003.

"It's a nice comeback for the kids who ran the distance medley [Niall Buckley and Chris Ziegler] and Zach Ontiveros came back from the 4-x-100 to run very well on his leg," said Ridgewood coach Josh Saladino.

Ziegler split 49.6 to bring the Maroons from sixth to third on the final leg.

Don Bosco's Sharif Webb ran the day's fastest split, 49.0 as the Ironmen ran 3:24.09, several seconds off last weekend's performance. Webb teamed with Jason Kelsey to take the Ironmen from a distant eighth to a competitive third until they were caught at the line and slipped to fourth.

Smooth as silk

Hurdler finds his rhythm

By JEFF ROBERTS
STAFF WRITER

Everything has to be just right.

The fingers on Akira Monri's left hand dance across the cello's neck, as his right hand glides the bow across the strings: poetry in motion, creating poetry in sound.

There can be no mistakes. Nothing less than precision will do. You have to capture the mood, not just replicate the notes of a classical piece.

And when you do, you own them — and the audience.

"I definitely feel a sense of powerfulness that you don't feel anywhere else," Monri said. "You never get to control that many people, all at one time, all acting the same way. It's a really unique, powerful feeling.

"You control them with the way you feel for the music. It's not that you want them to do a certain thing. You do what you want to do and they act accordingly."

The accomplished musician and accomplished hurdler for the Ridgewood track team has played Carnegie Hall 12 times with the New York Youth Symphony. And Monri will be playing a track near you, as one of the best hurdlers in North Jersey.

The 2006 All-County runner in the 110 high hurdles is coming off a first-team All-County winter season in the 55 high hurdles in which the junior won three titles, including the Bergen crown.

"Right now he's one of the best hurdlers in North Jersey," said Ridgewood coach Josh Saladino. "He's probably one of the better hurdlers in the state. He's too naturally talented a young man and too hard working to set a limit on him.

"He can certainly run with anyone in the country."

Monri, 17, lives in the world of athletics and the world of music. He was born in Philadelphia, but spent six years in Tokyo. His family moved to Bergen County in 1996.

When it did, Monri was left without friends and without a common language, isolated in a new land.

"I didn't have anything. I just didn't have anything," Monri



CARMINE GALASSO/STAFF PHOTOGRAPHER

Ridgewood hurdler Akira Monri enjoying some peace while playing the cello in his backyard.

"It worked as a stress reliever, just because I could run. After that I just kept on doing it because I needed to run. If I didn't run, I thought I would go crazy."

AKIRA MONRI

said. "The TV would be there, I would turn it on. It didn't speak Japanese, obviously. The lawn [outside] is huge, but there is no one there to play with. I was only spending time with my family."

But he had the cello. And he found an escape.

Each piece he learned fueled his desire to master another. Monri says you almost have to get lost in the music.

"In playing classical music, you have to be able to make the mood before you even start playing," he said.

"Just starting with a note of a piece just doesn't cut it. You have to be able to breathe right and move in a certain way that would make that mood before you get to that note.

"Even if you get the same note quality, it doesn't seem right. It's like performing in more of an acting way. If you can't breathe

properly with the music, that's really hard."

Then he found track, a new release. His mom, Izumi, had been a record holder in the 100 meters at the University of Tokyo, he said. Some of her genes were passed to her older child.

"It worked as a stress reliever, just because I could run," Monri said. "After that I just kept on doing it because I needed to run. If I didn't run, I thought I would go crazy."

But Monri's abilities exceed track and the cello.

He uses his sense of humor to disarm people and to draw them to him. Despite all his success, he often makes himself the butt of his own jokes. He plans on studying mechanical engineering or aeronautics in college and eventually aims to become a commercial pilot.

"He really is an incredible young man," said Saladino. "He excels in everything he does. What's maybe most important about him is the way kids gravitate to him. He's a natural leader.

"Kids gravitate towards that [sense of humor] and his personality."

Monri is using that sense of humor to cope with the absence of his dad, Tsuyoshi, who was transferred to Japan in early April. His family, including his sister, Haruna, who also is on the Ridgewood track team, is deciding whether to stay or return to Japan.

Either way, Monri still will have track and his cello.

"As a performer you get the whole control of this mass of people in front of you," Monri said. "With just this little movement, you get to control this whole widespread [collection] of people. Just keeping the bow on the string and taking it a little off, that's a big difference for the audience, it gives you this different mood.

"One second you're in this dark, tragic mood, and then it's over."

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Ridgewood 69

May 1, 2007 – 65 clear @ PC

Paramus Catholic 62

400 IH: Ridgewood: 4

Paramus Catholic: 5

1- Evan Shaker (PC) 56.4 2-Niall Buckley (R) 56.7 2-Akira Monri (R) 57.1

Others: S. Coopersmith 70.9

100m: Ridgewood: 5

Paramus Catholic: 4

1-Chris Zeigler (R) 11.1 2-Mitch Bennett (PC) 11.5 3-Carbo (PC) 11.8

Others: L. Chwe 11.8; P. Nygaard 11.8; D. Nagano-Gerace 12.7; N. Hoh 12.7;
A. Foong 12.7; F. Vasquez 12.8; L. Ruppel 13.1; J. Schwartz 13.2; C. Glennon 13.6
S. Morgan 13.7; C. Jones 13.7; S. Khalsa 13.9; C. Moderow 14.1; R. Cornwell 14.2
J. Dabby 14.9;

1600m: Ridgewood: 8

Paramus Catholic: 1

1-Jeremy Kalmus (R) 4:43 2-Christian Trautwein (R) 4:42 3-Baily (PC) 4:52.6

Others: T. Shigenobu 4:56; A. Fine 5:12; D. DiSimone 5:13; W. Jang 5:13;
B. Cleary 5:20; S. Martyn 5:22; D. Landers 5:24; R. Amadeo 5:28; E. Martinez 5:32;
S. Fishbein 5:37

400m: Ridgewood: 4

Paramus Catholic: 5

1-Cagino (PC) 50.8 2-Zack Ontiveros (R) 52.0 3-Mike Vaccaro (R) 54.6

Others: R. Webbe 56.9; M. Maniaci 63.0

110HH: Ridgewood: 6

Paramus Catholic: 3

1-Akira Monri (R) 14.8 2-Evan Shaker (PC) 14.9 3-Peter Nygaard (R) 16.3

Others: D. Morse 18.1; L. Chwe 18.3; T. DeVita 20.7

800m: Ridgewood: 9

Paramus Catholic: 0

1-Niall Buckley (R) 2:02.8 2-Christian Trautwein (R) 2:03.3 3-Jacob Garber (R) 2:06.2

Others: W. Jang 2:14; J. Jenkins 2:15; A. Ontiveros 2:21; S. Coopersmith 2:21; T. Riveri
2:26; R. Amadeo 2:28; N. Francis 2:33; R. Sierra 2:34; D. Sweet 2:35; R. Treppedi 2:42

200m: Ridgewood: 6

Paramus Catholic: 3

1-Chris Zeigler (R) 22.0 2-Cagino (PC) 23.4 3-Zack Ontiveros (R) 23.7

Others: M. Vaccaro 24.9; R. Webbe 25.0; D. Nagano-Gerace 25.6; F. Vasquez 26.0;
L. Ruppel 26.5; A. Foong 26.7; C. Glennon 27.5; J. Schwartz 27.8; C. Jones 28.1;
S. Morgan 28.8; S. Khalsa 29.3; C. Moderow 29.6; J. Dabby 31.8;

3200m: Ridgewood: 8

Paramus Catholic: 1

1-Daniel Emont (R) 10:08.1 2-Jeremy Kalmus (R) 10:13.7 3-PC 10:51

Others: A. Fine 11:20; D. DiSimone 11:25

4x400m: Ridgewood: 5

Paramus Catholic: 0

1-Ridgewood 3:30.3

(N. Buckley 52.0; Z. Ontiveros 53.0; M. Vaccaro 54.0; C. Zeigler 51.3)

Long Jump: Ridgewood: 3 Paramus Catholic: 6
1-Jenkins (PC) 19'8 1/2" 2-Akira Monri (R) 19'3 1/2" 3-Carter (PC) 17'4 1/2"
Others: T. DeVita 16'9 1/2"; D. Nagano-Gerace 15'11 3/4"

Triple Jump: Ridgewood: 3 Paramus Catholic: 6
1-Mitch Bennett (PC) 44'6" 2-Akira Monri (R) 40'10 3/4" 3-Jenkins (PC) 40'7 1/4"
Others: P. Nygaard 38'8"; M. Kavanagh 36'3 1/2"; L. Chwe F

High Jump: Ridgewood: 1 Paramus Catholic: 8
1-PC 5'8" 2-PC 5'8" 3-Tommy DeVita 5'4"
Others: D. Morse NH

Pole Vault: Ridgewood: 4 Paramus Catholic: 5
1-Espisito (PC) 10'0" 2-Max Witt (R) 9'0" 3-Mike Kavanagh (R) 9'0"
Others: N. Stitt 8'6"; T. Zulof 8'6"; S. Birnbaum 8'6"

Shot Put: Ridgewood: 0 Paramus Catholic: 9
1-DelaCruz (PC) 42'4" 2-Thomas (PC) 41'4 1/2" 3-Thomas 41'3 1/2"
Others: C. Ryan 39'10 1/2"; T. Borgman 36'4"; B. Remmen 35'4 1/2"; J. Simmons 34'5";
J. Jenkins 34'2"; J. Levitzkey 33'7"; A. Vilchez 33' 1/2"; M. Krauss 30'0"; P. Baddoura
28'1 1/2"; B. Lee 27'0"; J. Soriano 24'4 1/2"; S. Watson 23'5" C. Cannito 21'5 1/2"

Discus: Ridgewood: 3 Paramus Catholic: 6
1-Molinaro (PC) 118'11" 2-Andrew Vilchez (R) 113'4" 3-Richie (PC) 113'1"
Others: T. Borgman 111'9"; C. Ryan 109'4"; B. Remmen 97'7"; A. Bair 97'3"

Ridgewood 105

St. Joe's 26

May 1, 2007 – 65 clear @ PC

400 IH: Ridgewood: 8 St. Joe's: 1
1-Niall Buckley (R) 56.7 2-Akira Monri (R) 57.1 3-Ruffling (SJ) 64.0
Others:

100m: Ridgewood: 5 St. Joe's: 4
1-Chris Zeigler (R) 11.1 2-Guarino (SJ) 11.7 3-Adams (SJ) 11.7
Others: L. Chwe 11.8; P. Nygaard 11.8; D. Nagano-Gerace 12.7; N. Hoh 12.7;
A. Foong 12.7; F. Vasquez 12.8; L. Ruppel 13.1; J. Schwartz 13.2; C. Glennon 13.6
S. Morgan 13.7; C. Jones 13.7; S. Khalsa 13.9; C. Moderow 14.1; R. Cornwell 14.2
J. Dabby 14.9;

1600m: Ridgewood: 8 St. Joe's: 1
1-Jeremy Kalmus (R) 4:43 2-Christian Trautwein (R) 4:44 3-Bravo (SJ) 4:46
Others: T. Shigenobu 4:56; A. Fine 5:12; D. DiSimone 5:13; W. Jang 5:13;
B. Cleary 5:20; S. Martyn 5:22; D. Landers 5:24; R. Amadeo 5:28; E. Martinez 5:32;
S. Fishbein 5:37

400m: Ridgewood: 6 St. Joe's: 3
1-Z. Ontiveros (R) 52.0 2-Brown (SJ) 52.3 3-Mike Vaccaro (R) 54.6
Others: R. Webbe 56.9; M. Maniaci 63.0

110HH: Ridgewood: 9 St. Joe's: 0
1-Akira Monri (R) 14.8 2-Peter Nygaard (R) 16.3 3-Danny Morse (R) 18.1
Others: L. Chwe 18.3; T. DeVita 20.7

800m: Ridgewood: 9 St. Joe's: 0
1-Niall Buckley (R) 2:02.8 2-Christian Trautwein (R) 2:03.3 3-Jacob Garber (R) 2:06.2
Others: W. Jang 2:14; J. Jenkins 2:15; A. Ontiveros 2:21; S. Coopersmith 2:21; T. Riveri
2:26; R. Amadeo 2:28; N. Francis 2:33; R. Sierra 2:34; D. Sweet 2:35; R. Treppedi 2:42

200m: Ridgewood: 6 St. Joe's: 3
1-Chris Zeigler (R) 22.0 2-Guarino (SJ) 23.5 3-Zack Ontiveros (R) 23.7
Others: M. Vaccaro 24.9; R. Webbe 25.0; D. Nagano-Gerace 25.6; F. Vasquez 26.0;
L. Ruppel 26.5; A. Foong 26.7; C. Glennon 27.5; J. Schwartz 27.8; C. Jones 28.1;
S. Morgan 28.8; S. Khalsa 29.3; C. Moderow 29.6; J. Dabby 31.8;

3200m: Ridgewood: 8 St. Joe's: 1
1-Daniel Emont (R) 10:08.1 2-Jeremy Kalmus (R) 10:13.7 3-Bravo (SJ) 10:26.8
Others: A. Fine 11:20; D. DiSimone 11:25

4x400m: Ridgewood: 5 St. Joe's: 0
1-Ridgewood 3:30.3
(N. Buckley 52.0; Z. Ontiveros 53.0; M. Vaccaro 54.0; C. Zeigler 51.3)

Long Jump: Ridgewood: 9 St. Joe's: 0
1-Akira Monri (R) 19'3 1/2" 2-Tommy DeVita (R) 16'9 1/2" 3-D. N-Gerace (R) 15'11 1/2"
Others:

Triple Jump: Ridgewood: 9 St. Joe's: 0
1-Akira Monri (R) 40'10 3/4" 2-Peter Nygaard (R) 38'8" 3-Mike Kavanagh (R) 36'3 1/2"
Others: L. Chwe F

High Jump: Ridgewood: 1 St. Joe's: 8
1-SJ 5'6" 2-SJ 5'6" 3-Tommy DeVita 5'4"
Others: D. Morse NH

Pole Vault: Ridgewood: 9 St. Joe's: 0
1-Max Witt (R) 9'0" 3-Mike Kavanagh (R) 9'0" 3-Nick Stitt (R) 8'6"
Others: T. Zulof 8'6"; S. Birnbaum 8'6"

Shot Put: Ridgewood: 4 St. Joe's: 5
1-Purwin (SJ) 39'11 1/2" 2-Chris Ryan (R) 39'10 1/2" 3-Tucker Borgman (R) 36'4"
Others: B. Remmen 35'4 1/2"; J. Simmons 34'5"; J. Jenkins 34'2"; J. Levitzkey 33'7";
A. Vilchez 33' 1/2"; M. Krauss 30'0"; P. Baddoura 28'1 1/2"; B. Lee 27'0"; J. Soriano 24'4
1/2"; S. Watson 23'5" C. Cannito 21'5 1/2"

Discus: Ridgewood: 9 St. Joe's: 0
1-Andrew Vilchez (R) 113'4" 3-Tucker Borgman (R) 111'9" 3-Chris Ryan 109'4"
Others: B. Remmen 97'7"; A. Bair 97'3"

4x-100 relay: 1. Trenton (Janica Austin, Autumn Hobbs, Iyana Wright, Cora Dayton), 3:58.55; 2. Pingry, 4:06.33; 3. Teaneck, 4:06.99; 4. Ridge, 4:07.29; 5. Bernards, 4:07.80.

100 Hb: 1. Donovan Bolden, Leonia, 14.68; 2. James Goodliffe, Hunterdon Central, 14.71; 3. Chris Roberts, Somerville, 15.04; 4. Kamryn Austin, Ewing, 15.05; 5. Reggie Perry, Bound Brook, 15.07.

400 Hb: 1. Max Checo, South Brunswick, 55.45; 2. Reggie Perry, 55.63; 3. Daniel Brown, 56.15; 4. Ahkiel White, Franklin, 56.66; 5. Jason Jan, Ridge, 56.80.

Shot put: 1. John Viotto, South Brunswick, 53-10; 2. Anthony Grasso, Matawan, 53-0; 3. Devon Ramsey, Lawrenceville, 50-6; 4. Stephen Turner, Matawan, 50-2; 5. Matt Crystal, Watchung Hills, 48-5.

Discus: 1. George Abyad, Passaic Valley, 183-5 (Passaic County record, old record; 179-8 by Abyad, 2007); 2. John Viotto, South Brunswick, 159-4; 3. Chris Hallissey, Don Bosco, 151-7; 4. Andrew Troiani, Matawan, 148-2; 5. Sean Lease, South Brunswick, 146-1.

Javelin: 1. Joe Martinek, Hopatcong, 201-4; 2. Chris MacCutocher, Matawan, 172-3; 3. Harrison Wright, North Brunswick, 168-9; 4. Tyler Cuffie, Somerville, 164-11; 5. Matt Kaminsky, Somerville, 161-11.

High Jump: 1. William Ricketts, South Brunswick, 6-2; 2. Julio Rodriguez, Bound Brook, 6-2; 3. Marcos McKenzie, Eastside, 6-0; 4. Gerard Gray, Piscataway, 6-0; 5. Justin King, Lawrenceville, 6-0.

Long Jump: 1. Hanif Kendrick, Franklin, 23-9; 2. Jason Kelsey, Don Bosco, 21-5; 3. Kyle Robinson, Matawan, 20-10; 4. Aaron Wright, South Plainfield, 20-10; 5. Devin Baker, Bound Brook, 20-9.

Triple Jump: 1. Pat Bieghley, Lawrenceville, 43-9; 2. Opie Muse, South Plainfield, 43-2; 3. Isaac Patterson, Eastside, 43-0; 4. Terrance Fox, Piscataway, 42-6; 5. Bill Watson, Somerville, 42-3; 6. Bowen Hu, Clifton, 42-2.

Pole Vault: 1. Tim Blashford, Ramapo, 14-0; 2. Matt Steeg, Don Bosco, 13-6; 3. Kyle DeGhetto, Bernards, 13-0; 4. Jim Winters, Somerville, 12-6; 5. Marco Lourenco, Bernards, 12-6; 6. Matt Kearney, Pascack Valley, 12-0.

4x-100 relay: 1. Ewing (Brandon Leftridge, Tazwell Salter, Davay Lyman, Brandon Allen), 44.50; 2. Monroe, 45.12; 3. Don Bosco, 45.48; 4. Lawrence, 45.90; 5. Morristown Beard, 47.06.

4x-400 relay: 1. Lawrenceville (Jae Belsch, Calvin Otis, Leonard Hayes, Matt Gonzalez), 3:23.87; 2. North Hunterdon, 3:25.01; 3. South Brunswick, 3:32.83; 4. Bernards, 3:33.57; 5. South Brunswick B, 3:36.66.

Girls

100: 1. Ada Unachukwu, Marlboro, 12.47; 2. Angelica Johnson, Ridgefield Park, 12.52; 3. Tylia Gillon, North Brunswick, 12.56; 4. Nicole Ragucci, Monroe, 12.78; 5. Asia Hollis, South Plainfield, 12.79.

200: 1. Racquel Vassell, East Orange, 25.37; 2. Ada Unachukwu, Marlboro, 25.38; 3. Angelica Johnson, Ridgefield Park, 26.00; 4. Tylia Gillon, North Brunswick, 26.07; 5. Ronnah Parham, Piscataway, 26.09.

400: 1. Symone O'Connor, Franklin, 55.46; 2. Nicole Ragucci, Monroe, 56.71; 3. Leslie Njoku, Academic, 57.51; 4. Cora Dayton, Trenton, 58.18; 5. Tylia Gillon, North Brunswick, 59.23.

800: 1. Kesley Ramsey, Ramapo, 2:13.60 (ties meet record by Kim Sannito, Caldwell, 1983); 2. Susan Martinez, Clifton, 2:15.45; 3. Sophia Ginez, South Brunswick, 2:17.01; 4. Melanie Thompson, Voorhees, 2:17.87; 5. Kristin Smoot, Bernards, 2:18.19.

1,600: 1. Erin Toner, Pingry, 5:16.08; 2. Sarah Pagano, IHA, 5:20.03; 3. Katrina Spraford, Voorhees, 5:24.28; 4. Trish Reilly, West Windsor Plainsboro North, 5:25.68; 5. Sam Anderson, North Hunterdon, 5:26.26.

3,200: 1. Amanda Herrman, Montgomery, 11:28.39; 2. Kristin Cupido, Bridgewater-Raritan, 11:31.42; 3. Valerie Pocus, Ridge, 11:53.85; 4. Trish Reilly, West Windsor Plainsboro North, 12:03.40; 5. Noelle Gotthardt, Pascack Valley, 12:06.33.

100 Hb: 1. Racquel Vassell, East Orange, 14.48; 2. Holland Thomas, West

COUNTY SEAT INVITATIONAL

AT WAYNE HILLS

Boys

DIVISION A

TEAM SCORES: Trenton Central (TC) 114; Wayne Valley (WV) 94; Paramus Catholic (PC) 64; Lakeland (LKLD) 43; Kennedy (K) 36; Passaic Tech (PCT) 33; Tie Ridgewood (RW) and Paramus (PAR) 28; Northern Highlands (NH) 16; Bergen Tech (BT) 14; West Milford (WM) 10; Kearny (KNY) 5; Tie Cliffside Park (CP) and Fair Lawn (FLWN) 4; Manchester, 3.

100: 1. Dean McCleese (TC) 11.1; 2. Noah York (TC) 11.2; 3. Greg Burdzell (LKLD) 11.3; 4. Tajh Lester (TC) 11.5; 5. Matt Dortch (WV) 11.5; 6. Aramis Wiggins (TC) 11.5.

200: 1. Noah York (TC) 23.0; 2. Tom Papa (WV) 23.4; 3. Matt Dortch (WV) 23.6; 4. Mike Bennett (PCT) 23.7; 5. Aramis Wiggins (TC), Tajh Lester (TC) and Luke McKribben (WV) 23.9.

400: 1. Dean McCleese (TC) 49.3; 2. Rashawn Bailey (TC) 50.3; 3. Mike DiBella (NH) 50.7; 4. Eugene Warren (PCT) 51.1; 5. Jonny Dominguez (CP) 53.5; 6. Michael Bennett (PCT) 53.8.

800: 1. Matt Bertinato (BT) 1:58.3; 2. Thomas Gaidus (NH) 2:00.5; 3. Isaiah Betts (PCT) 2:01.5; 4. Abdel N'Goon (BT) 2:02.3; 5. Gary Josephs (K) 2:04.8; 6. Andrew Capizzi (PAR) 2:06.9.

1,600: 1. Tony Salvatore (WV) 4:20.9; 2. Niall Buckley (RW) 4:21.3; 3. Steve Abate (WV) 4:27.6; 4. Blson Mendez (KNY) 4:35.8; 5. Andrew Capizzi (PAR) 4:38.1; 6. Albert Mendes (KNY) 4:39.0.

3,200: 1. Daniel Emont (RW) 9:40.0; 2. Jorge Beltré (K) 9:45.4; 3. Jacob Garber (RW) 9:52.3; 4. Jeremy Kalmus (RW) 9:56.3; 5. Andrew Capizzi (PAR) 10:00.6; 6. Eric Stuart (PAR) 10:10.3.

4x-400: 1. Trenton Central (Frank Thompson, Rashawn Bailey, Tykeen Fulton, Dean McCleese) 3:32.7; 2. Paramus 3:44.3; 3. Passaic Tech 3:47.0.

110 Hb: 1. Tykeen Fulton (TC) 13.9; 2. Alec Marshall (WV) 14.1; 3. Evan Shaker (PC) 15.0; 4. Dahmyra Owens (TC) 16.0; 5. Walker Garcia (PCT) 16.0.

400 Hb: 1. Tykeen Fulton (TC) 55.1; 2. Evan Shaker (PC) 55.3; 3. Alex Marshall (WV) 57.7; 4. Kyle Herrick (WV) 58.1; 5. Mike DiBella (NH) 58.3; 6. Wahwaya Owens (TC) 59.6.

Shot Put: 1. Chris Pantale (WV) 50-6; 2. Cecil Mitroo (K) 49-1; 3. Shytravio Brown (K) 48-2; 4. Lou Dela Cruz (PC) 46-7; 5. Pat Thomas (PC) 46-6; 6. John Gorza (LKLD) 46-0.

Javelin: 1. Chris Molinaro (PC) 169-11; 2. Erik Patricola (LKLD) 153-6; 3. Matt Bickerstaff (LKLD) 142-4; 4. Nick Lamore (PAR) 131-9; 5. Keir Bowers (WV) 128-6; 6. Kevin Ritchie (PC) 127-7.

Discus: 1. Chris Pantale (WV) 154-6; 2. Kier Bowers (WV) 146-7; 3. Kevin Herbatuck (LKLD) 137-6; 4. Shytravio Brown (K) 138-10; 5. Chris Molinaro (PC) 126-7; 6. John Garza (LKLD) 125-6.

High Jump: 1. Frank Thompson (TC) 6-6 (Tie meet record: 6-6, Eumie Rahman, Hackensack 1998 and Guy Rose, Wayne Hills, 1999); 2. Kelly Davis (K) 6-0; 3. Tom Papa (WV) 6-0; 4. Shawn Rembecky (PAR) 5-10; 5. Javier Lee (CP) 5-10; 6. Justin Schneider (PC) 5-6.

Long Jump: 1. Andrew Sims (PCT) 21-0; 2. Dan Kusnic (LKLD) 20-5; 3. Frank Thompson (TC) 20-1; 4. James Jenkins (PC) 20-0 1/2; 5. Mitchell Bennett (PC) 19-8; 6. Aramis Wiggins (TC) 18-2 1/2.

Triple Jump: 1. Mitchell Bennett (PC) 43-5; 2. Frank Thompson (TC) 42-1 1/2; 3. Alec Marshall (WV) 41-11; 4. James Jenkins (PC) 41-1; 5. Nzuko Munguti (PC) 40-3/4; 6. Bobby Miles (PC) 40-1.

Pole Vault: 1. Adam Lazor (WM) 13-6; 2. Chase Brush (LKLD) 11-0; 3. Jon Kim (PAR) 11-0; 4. Mark Tran (FLWN) 10-6; 5. Phil Esposito (PC) 10-6; 6. Mike Moore (WV) 10-6.

DIVISION B

TEAM SCORES: Hasbrouck Heights (HH) 114; Wood-Ridge (WR) 67; North Arlington (NA) 66; Park Ridge (PR) 41; Trinity (TRIN) 39; Lodi (LO) 28; Pequannock (PEQ) 23; Paramus (PAR) 11.

5: 6. Marc Peck (WR) 42-6.

Discus: 1. Brendan Gareffa (HH) 151-3; 2. Brandon Melchior (HH) 139-1; 3. James Lee (PP) 138-4; 4. Anthony Scorzetti (MAN) 134-0; 5. Seb Kowalik (WR) 130-9; 6. Box Sohail (RP) 130-9.

High Jump: 1. Anthony Orovio (NA) 6-0; 2. Matthew Sele (WR) 5-4; 3. Ruben Santos (NA) 5-4.

Long Jump: 1. Chris Phipps (LO) 22-8 (new meet record: 22-3, Anthony Pomo, Saddle Brook, 2005); 2. Dan D'Amato (HH) 20-7 1/2; 3. Healy (PR) 20-7 1/2; 4. Ryan Daugherty (RP) 19-9; 5. Ruben Santos (NA) 19-3; 6. Anthony Orovio (NA) 18-10 1/4.

Triple Jump: 1. Chris Phipps (LO) 48-3 (meet record: 46-11, Dave Frazier, Rutherford, 1989); 2. Healy (PR) 42-3 1/4; 3. Jason Mango (NA) 34-7 1/4.

Pole Vault: 1. Julio Alorro (CK) 12-0; 2. J.P. Russell (CK) 12-0; 3. Dan Davenport (WR) 11-6; 4. Brendan Melchior (HH) and John Olmo (CK) 11-6; 5. John Orlic (BEC) 10-6.

Girls

TEAM SCORES: Paramus Catholic (PC) 51; Wayne Valley (WV) 47; Pequannock (PEQ) 32; Paramus (PAR) 30; Ridgefield Park (RP) 29; Lakeland (LKLD) 28; Rutherford (RU) 27; Tie Northern Highlands (NH) and Passaic Tech (PCT) 23; Holy Angels (HA) 22; Hasbrouck Heights (HH) 19; Indian Hills (IH) 16; Tie Manchester (MAN), Wood-Ridge (WR) and Wayne Hills (WH) 14; Fort Lee (FL) 12; Tie Kennedy (K) and Saddle Brook (SB) 10; North Arlington (NA) 9; Eastside (E) 8; Tie Queen of Peace (QP), West Milford (WM) and Lodi (LO) 8; Fair Lawn (FLWN) 7; Palisades Park (PP) 6; Ridgewood (RW) 2; Kearny (KNY) 2; Bergen Tech (BT) 1.

100: 1. Epiphany Sams (PC) 12.6; 2. Katie Ryan (WV) 12.9; 3. Kellie Dunn (RU) 12.9; 4. Stacey Ferrara (QP) 12.9; 5. Kadiesha McPherson (PCT) 13.1; 6. Meghan Greenridge (BT) 13.1.

200: 1. Amber Allen (PCT) 25.8; 2. Melody Lopez-Bernstein (PC) 26.1; 3. Katie Ryan (WV) 26.1; 4. Epiphany Sams (PC) 26.6; 5. Bryanna Knight (PC) 27.1; 6. Kadiesha McPherson (PCT) 27.1.

400: 1. Amber Allen (PCT) 57.9; 2. Kristen Crawford (K) 58.0; 3. Melody Lopez-Bernstein (PC) 59.8; 4. Michaela Riddick (E) 1:02.7; 5. Nicole Thompson (RU) 1:02.8; 6. Tess Miller (HH) 1:03.2.

800: 1. Anna Yang (WV) 2:27.1; 2. Carlin Kell (WV) 2:28.1; 3. Kelly Loughlin (PAR) 2:29.6; 4. Caroline Lennon (HA) 2:30.1; 5. Suzana Markolovic (HA) 2:34.9; 6. All Snichowski (FLWN) 2:35.5.

1,600: 1. Arianna Bakelmun (WH) 5:05.7 (new meet record: 5:12.6, Amy Kempf, Paramus, 1989); 2. Patty Hannon (PAR) 5:31.5; 3. Katherine DeLeon (PP) 5:46.9; 4. Elika Len (MAN) 5:48.1; 5. Sariya Betances (KNY) 5:48.1; 6. Reema Sethi (NA) 5:49.7.

3,200: 1. Suzana Markolovic (HA) 11:52.3; 2. Justice Stafford (FL) 11:52.4; 3. Carlin Kell (WV) 11:55.1; 4. Nicole Schiavone (HA) 12:05.5; 5. Stephanie Gibney (HA) 12:06.5; 6. Charlotte Tregakes (NH) 12:20.1.

4x-400: 1. Paramus (Kelly Loughlin, Megan Dickinson, Mary King, Paige Nicoletti) 4:25.9; 2. North Arlington 4:42.2; 3. Wood-Ridge 5:00.3.

100 Hb: 1. Teya Wright (E) 16.1; 2. Nicole Weingartner (HH) 16.4; 3. CJ Jacob (RP) 16.4; 4. Sam Kee (LKLD) 16.8; 5. Cathy Jacobs (NH) 17.5; 6. Rachel Watkins (IH) 17.5.

400 Hb: 1. Kiara Arrick (MAN) 1:03.7 (new meet record: 1:05.8, Yolanda Perez, Union Hill, 1984); 2. Sam Kee (LKLD) 1:08.9; 3. Karen Ruzensha (FLWN) 1:10.1; 4. Heather Garity (RU) 1:11.3; 5. Carolyn Bakker (PEQ) 1:12.4; 6. Jenna Tracy (WR) 1:12.4.

Shot Put: 1. Ashley Sims (PC) 36-4; 2. Alana Pantale (WV) 35-4; 3. Erica Mertrud (PEQ) 32-8; 4. A. Dench (NH) 32-7; 5. Aretah Ettah (FL) 32-3/4; 6. Gabby Uratu (WR) 30-10.

Javelin: 1. Arielle VanWingarden (PEQ) 115-4; 2. Kristen Policastro (LO) 108-10; 3. Jess Kotlowski (WR) 107-1; 4. Mary King (PAR) 106-3; 5. Catherine Campbell (103-0; 6. Lauren Frain (RU) 102-7.

Discus: 1. Erica Mertrud (PEQ) 113-8; 2. T. Shea (NH) 104-3; 3. Emily Abernathy (IH) 100-1; 4. Stephanie Rojas (QP) 93-0; 5. Laurie Roberts (PEQ) 90-10; 6. Vanessa Diaz (FL) 90-5.

May 8, 2007

Total Score
RHS Mont. 101 29

Event	First Place	Second Place	Third Place	RHS	Mon
400H	Niall Buckley, RHS, 57.8	Zack Ontiveros, RHS, 1:00.3	Taylor, M, 1:07.5	8	1
100m Dash	Chris Zeigler, RHS, 10.9	Jenkins, M, 11.3	Gouroum, M, 11.7	5	4
1600m Run	Trautwein, RHS 4:33	Kalmus, RHS 4:39	Garber, RHS 4:44	9	0
400m Dash	Vaccaro, RHS, 53.6	Moss, M, 53.6	Dunk, M, 57.9	5	4
100m Hurdles	Monri, RHS, 14.7	Nygaard, RHS, 15.9	Ontiveros, RHS, 16.3	9	0
800m Run	Trautwein, RHS, 2:04.1	Herring, M, 2:06.9	Garber, RHS, 2:09.8	6	3
200m Dash	Zeigler, RHS, 22.0	Monri, RHS, 23.3	Moss, M, 24.4	8	1
3200m Run	Kalmus, RHS, 10:29.3	Fine, RHS, 11:09.3	Whitely, M, 11:10.2	8	1
High Jump	Devita RHS 5'10"	Morse RHS 5'4"	No Runner	8	0
Pole Vault	Witt RHS 9'6"	Stitt RHS 8'6"	Wisener RHS 8'0"	9	0
Long Jump	Holtz, M, 20-2	Monri, RHS, 18-5	Smith, M, 18-3.5	3	6
Triple Jump	Nygaard RHS 39'3 1/2"	Smith M 37'10 1/2"	Kavanagh RHS 36'2 1/2"	6	3
Discus	Mosticchio RHS 119'5"	Vilchez RHS 115'1"	Hughes M 114'1"	8	1
Shot Put	Joseph Andrews, M, 44-0	Chris Ryan, RHS, 40-9.5	Mike Mostichio, RHS, 40-5	4	5
4X400relay	Ridgewood 3:55.1			5	0

NNJIL Track & Field Dual Meet **Ridgewood vs Bloomfield**

May 8, 2007

Total Score
 RHS 110 Bloom 19

Event	First Place	Second Place	Third Place	RHS Blo	RHS	Blo
400H	Niall Buckley, RHS,	Zack Ontiveros, RHS	Hall, B, 1:04.1	8	1	
100m Dash	Chris Ziegler, RHS, 10.9	Padali, B, 11.4	Boltey, B, 11.6	5	4	
1600m Run	Trautwein, RHS 4:34	Marshall, B 4:36	Kalmus, RHS 4:39	6	3	
400m Dash	Vaccaro, RHS 53.6	Salzaar, B, 59.8	Maniaci, RHS, 1:03	6	3	
100m Hurdles	Monri, RHS, 14.7	Nygaard, RHS, 15.9	Gautt, B, 16.2	8	1	
800m Run	Trautwein, RHS, 2:04.1	Garber, RHS, 2:09.8	Jang, RHS, 2:14.9	9	0	
200m Dash	Zeigler, RHS, 22.0	Monri, RHS 23.3	Padilla, B, 23.8	8	1	
3200m Run	Kalmus, RHS, 10:29.3	Fine, RHS, 11:09.3	No Runner	8	0	
High Jump	DeVita RHS 5'10"	Morse RHS 5'4"	No Runner	8	0	
Pole Vault	Witt RHS 9'6"	Stitt RHS 8'6"	Wisener RHS 8'0"	9	0	
Long Jump	Monri, RHS, 18-5	Chwe, RHS, 18-2	Devita, RHS, 17-1	9	0	
Triple Jump	Nygaard RHS 39'31/2"	Kavanagh RHS 36'2 1/2"	R. Biagi RHS 34'2 1/2"	9	0	
Discus	Petina B 129'10"	Mosticchio RHS 119'5"	Vilchez RHS 115'1"	4	5	
Shot Put	Chris Ryan, RHS, 40-9.5	Mike Mostichio, RHS, 40-5	Savion Wright, B, 38-10	8	1	
4X400relay	Ridgewood 3:55.1			5	0	

Comment:

Non-Scoring Results from Dual Meet vs. Montclair and Bloomfield
May 8, 2007 @ Ridgewood

400IH: All Scored

100m: L. Chwe 11.7 P. Nygaard 11.7 R. Webbe 11.7 D. Nagano-Gerace 12.0
A. Foong 12.1 R. Biagi 12.5 N. Hoh 12.7 M. Biagi 12.7 F. Vasquez 12.6
J. Schwartz 12.8 L. Ruppel 12.3 C. Jones 13.2 T.J. Benintende 14.0 C. Glennon 13.3
C. Moderow 13.2 R. Righthand 16.4

1600m: A. Fine 4:59 W. Jang 5:06 B. Cleary 5:08 A. Vedder 5:17 A. Pruzinsky 5:18
S. Martyn 5:18 R. Amadeo 5:21 E. Martinez 5:29 D. Landers 5:29 S. Fishbein 5:40

400m: All Scored

110HH: L. Chwe 16.6 D. Morse 17.3

800m: J. Jenkins 2:15 A. Ontiveros 2:20 S. Coopersmith 2:22 R. Amadeo 2:27
T. Riveri 2:30 N. Francis 2:32 R. Sierra 2:34 D. Sweet 2:37 R. Treppedi 2:40

200m: R. Webbe 24.5 / R. Biagi 25.1 D. Nagano-Gerace 25.8 M. Biagi 27.7
N. Hoh 26.2 F. Vasquez 25.7 C. Jones 27.8 J. Dabby 31.0 J. Schwartz 27.6 A. Foong
25.7 L. Ruppel 25.9 T.J. Benintende 28.7 C. Glennon 28.9 C. Moderow 28.0.

3200m: All Scored

4x400m:

Scoring Team: P. Nygaard 60.1 M. Maniaci 63.6 R. Webbe 57.5 M. Vaccaro 54.0

Long Jump: R. Biagi 16'4" M. Biagi 14'11 ½"

Triple Jump: L. Chwe 33'11" M. Biagi 32'8"

High Jump: All Scored

Shot: T. Borgman 36'9 ½" J. Simmons 36'2" A. Vilchez 34'9" J. Jenkins 34'6"
B. Remmen 33'11 ½" M. Stapleton 30'9" M. Krauss 30'1" J. Uzzalino 28'10"
J. Halwagy 28'9" P. Baddoura 26'11" B. Lee 25'10" S. Watson 23'2"
J. Soraino 22'11" C. Cannito 19'1"

Discus: C. Ryan 104'4" T. Borgman 102'9" B. Remmen 102'4" M. Stapleton 96'10"
A. Bair 85'1" J. Simmons 84'6" J. Jenkins 84'11" M. Krauss 82'0" B. Lee 70'1"
J. Halwagy 69'1" P. Baddoura 65'0" S. Watson 60'6" J. Soriano 59'1"
C. Cannito 56'8" J. Uzzalino 50'7"

Pole Vault: S. Birmbaum 8'0" M. Kavanagh NH T. Zulaf 8'0"

A roll, captures hurdles

By GREGORY SCHUTTA
STAFF WRITER

HACKENSACK - Evan Shaker's mind is firmly set on this weekend's NNJIL track championships. But the Paramus Catholic senior's heart is already leaning toward next weekend's Bergen County championships at Old Tappan. Shaker won the boys Division C intermediate hurdles Friday with a time of 56.4 seconds just a week after running 55.3 at the County Seat Invitational, beating Don Bosco ace Sharif Webb and set-

TRACK & FIELD NNJIL CHAMPIONSHIP

ting up a likely showcase race among those two and Ridgewood's Niall Buckley in next weekend's Division A intermediate hurdles.

"I am really looking forward to that," Shaker said Friday. "That's going to be a great race."

Shaker said he has beaten Buckley once, and before Friday had come within .4 seconds of beating Webb. Webb finished third in the Division C race Friday with a time of 58.1 seconds. Buckley won the Division B intermediate hurdles in 55.9 seconds.

Bosco tops the Division C boys standings with 41½ points after the first day of competition while Bergen Catholic (26) and Paramus Catholic (25½) battle it out for second. Hackensack holds a slim lead over second-place Eastside, 44½-40, in Division A while Ridgewood leads by one point, 77-34, in Division B.

Paramus Catholic and Holy Angels are just three points, 30-27, after seven events. Clifton leads Hackensack, 84-61, in Division B while Ridgewood holds a hefty, 96-46, lead over second-place Paramus in Division B.

It's been a good week for Shaker, who last year was running about 58 seconds. "I was just so excited to be able to see that," Shaker said of the 55.3 he ran at the County Seat last week. "Everybody kept telling me that this was my year and that I had to step up, so I've been training harder. My goal now is to break 55 or at least reach it consistently. I have to push myself to get better times."

Shaker's teammate Mitchell Bennett pushed himself Friday, jumping a personal best 44-11¾ to win the boys Division C triple jump and clearing 5-10 to finish third in the high jump before high-tailing it off to his prom Friday night. Zadique White of Teaneck won a blazing 200 in Division A, finishing in 21.8 seconds to lead teammate Damien Miller (22.1) in a 1-2 finish for the High School boys.

Susan Martinez ran a blazing 200 in girls Division A, finishing in 22.1 seconds to lead Clifton's

A PC statement

Paladins put an end to IHA's title run

By GREGORY SCHUTTA
STAFF WRITER

HACKENSACK - The wins kept coming, the way Paramus Catholic coach Scott Langan had drawn it up, and others came from out of nowhere.

So when they went 1-2-3 in the 100 meters, the Paladins finally had broken Immaculate Heart's six-year stranglehold on the NNJIL Division C girls track championship.

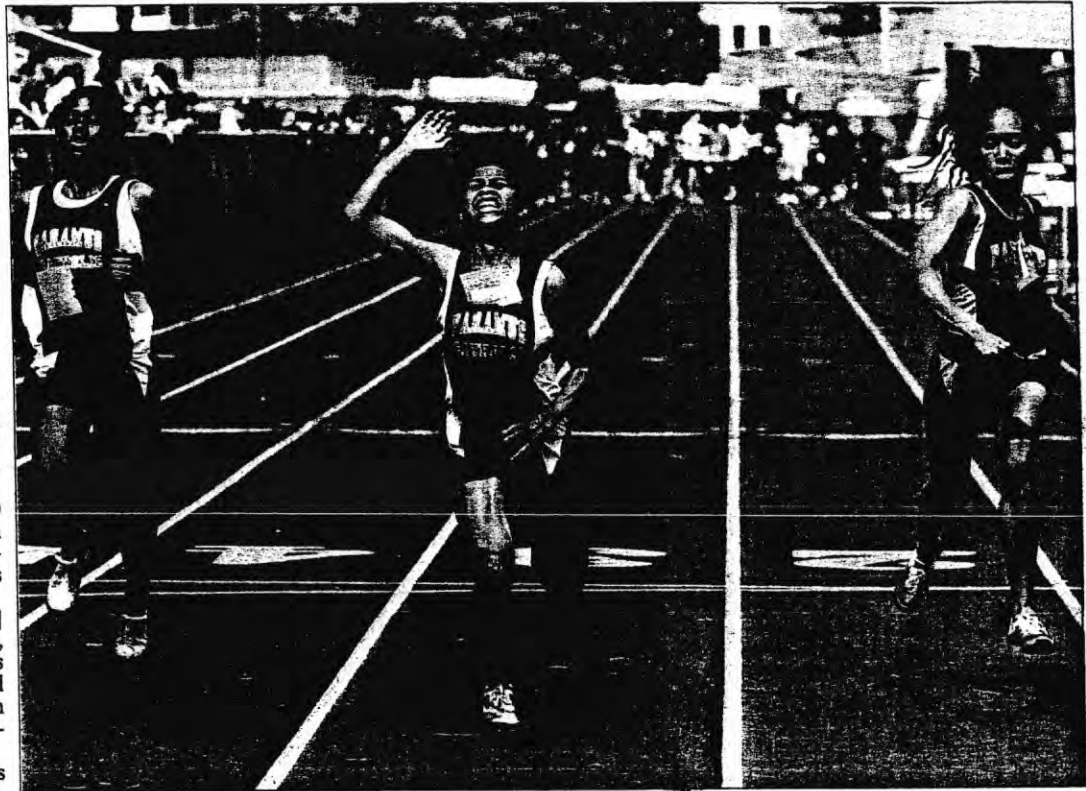
"Because both our [boys and girls] teams hadn't been strong in a while, people were kind of questioning us this year," Langan, who coaches both, said after the girls' 64-62 victory over IHA on Saturday. "We wanted to make a statement."

Clifton won its third straight girls championship in Division A, and Ridgewood rolled to its fourth in a row in Division B. Ridgewood (Division B) and Don Bosco (Division C) each won its seventh straight boys championship, and Hackensack outdueled Bergen Tech to win Division A.

Paramus Catholic and IHA were locked in battle for most of the day in the girls' Division C race, with each winning six events.

"I figured we were both strong in the distances, so I tried to push the sprints and the jumps and let the rest just cancel each other out," Langan said.

Melody Lopez-Bernstein won the 200 (25.7) and 400 (58.5) and Ashley Sims won the shot (35-10). But the meet turned when Ashley Wade was a surprise winner in the discus and Raeshonn Corbo led a 1-2 finish in the high jump for PC, clearing 5-0 for the gold.



Epiphany Sams, center, leading a 1-2-3 finish for Paramus Catholic in the 100 meters Saturday afternoon. Melody Lopez-Bernstein, right, placed second and Raeshonn Corbo took third in the NNJIL Division C event.

DON SMITH/STAFF PHOTOGRAPHER

"Most of our wins came in places that we figured we were going to get," Langan said. "Ashley's winning the disc was huge because we weren't expecting it, and we got the win in the high jump but not from the jumper we expected. All year, this group has been coming together as a team."

The Paladins clinched the meet when Epiphany Sams ran the 100 in 12.3 to lead Lopez-Bernstein and Corbo in a 1-2 finish for Ridgewood in the girls' Division B meet. Law won the intermediate hurdles in 1:02.5, breaking the school record by a second, and Wyppler uncorked a 135-11 on her final throw to come from behind and win the javelin.

NNJIL track champions

BOYS

Division A: Hackensack

Division B: Ridgewood

Division C: Don Bosco

GIRLS

Division A: Clifton

Division B: Ridgewood

Division C: Par. Cath.

2-3 finish and a key points.

Clifton's Susan Martinez won the intermediate hurdles and the 800, ran a 59.7-second anchor leg as the relay team ran the second-fastest time in school history for the gold (4:10.8) and finished second in the high hurdles to lead the Mustangs.

Cristina Law and Jaylyn Wyppler led a dominating performance for Ridgewood in the girls' Division B meet. Law won the intermediate hurdles in 1:02.5, breaking the school record by a second, and Wyppler uncorked a 135-11 on her final throw to come from behind and win the javelin.

Don Bosco's team of Matt Cato, Matt Andriulli, Jason Kelsey and Sharif Webb ran a blazing relay to cap off the meet, winning the Division C 4-x-400 in 3:19.1 to break 3:20 for the first time and set a school record.

"They ran incredibly today," Bosco coach Rob DeCarlo said. "It's something they always knew they could do, and they finally did it."

DePaul coach John Merritt enjoyed the weekend from start to finish as the

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Wayne Valley boys dethrone W. Orange

By PAUL SCHWARTZ
STAFF WRITER

WAYNE - There's a mandatory 10-minute break from the last individual event at the Northern Hills track championships to the beginning of the 4-x-400

place to clinch Wayne Valley's first title in six years, 132-129, over West Orange.

DePaul won seven of the eight individual running events and

Northern Hills track champions

BOYS

Suburban: DePaul

Skyline: Wayne Valley

ter hurdles gave Wayne Valley the lead for the first time. West Orange grabbed it back with a 2-3-5 finish in the 200 before the Indians' stars stepped up again.

And Marshall, who also ran a school-record 55.27 in winning the 400 hurdles and had a personal best in the triple jump, capped his final meet with a 51.5 anchor leg in the relay, the first time he'd run the event all year.

DePaul coach John Merritt enjoyed the weekend from start to finish as the

NNJIL Championships
May 11th-12th Hackensack High School

Friday:

200m:

Chris Zeigler	<u>22.5 – 3rd Place</u>
Mike Vaccaro	24.7
Rob Webbe	24.8

400IH:

Niall Buckley	<u>55.9 – 1st Place</u>
Akira Monri	<u>59.1 – 2nd Place</u>
Zack Ontiveros	<u>59.5 – 5th Place</u>

3200m:

Dan Emont	<u>9:56.6 – 1st Place</u>
Jeremy Kalmus	<u>10:00.4 – 2nd Place</u>
Jacob Garber	<u>10:09.9 – 3rd Place</u>

Triple Jump:

Akira Monri	<u>41'9" – 1st Place</u>
Lucas Chwe	<u>39'0" – 5th Place</u>
Peter Nygaard	<u>38'9 ½" – 6th Place</u>

High Jump:

Tommy DeVita	<u>5'8" – 4th Place</u>
Danny Morse	5'6"

Discus:

Mike Mosticchio	<u>140'5" – 1st Place</u>
Andrew Vilchez	99'7"
Chris Ryan	99'3"

Saturday:

100m:

Chris Zeigler	<u>11.1 / 11.0 – 3rd Place</u>
Rob Webbe	12.0
Lucas Chwe	11.9

HH:

Akira Monri	14.8 / DQ
Peter Nygaard	<u>15.6 / 15.4 – 2nd Place</u>

800m:

Niall Buckley	<u>2:00.7 – 1st Place</u>
Christian Trautwein	<u>2:01.3 – 2nd Place</u>
Jacob Garber	<u>2:02.5 – 4th Place</u>

400m:

Mike Vaccaro	54.6
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1600m:

Dan Emont	<u>4:35.3 – 1st Place</u>
Jeremy Kalmus	<u>4:37.5 – 2nd Place</u>

4x400m:**Long Jump:**

Lucas Chwe	<u>18'3 ½" – 6th Place</u>
Tommy DeVita	15'8 ½"
Rich Biagi	15'9"

Shot Put:

Chris Ryan	<u>43'0" – 2nd Place</u>
Mike Mosticchio	<u>42'6" – 3rd Place</u>
Jack Simmons	37'5 ½"

Pole Vault:

Mike Kavanagh	<u>10'0" – 2nd Place</u>
Nick Stitt	NH

Javelin:

Mike Mosticchio	<u>133'11" – 4th Place</u>
Lucas Chwe	<u>130'8" – 5th Place</u>
Felipe Vasquez	105'3"

League Champions:

Niall Buckley (800, 400IH); Daniel Emont (1600, 3200); Michael Mosticchio (Discus); Akira Monri (TJ)

Team Score:

Ridgewood	160
Teaneck	90
Montclair	68
Nutley	59
Paramus	52
Bloomfield	35
Belleville	23

200: 1. Ausar Walcott (H) 22.3; 2. Brandon Morales (BAR) 23.0; 3. Nelson Guerrero (H) 23.2; 4. Roberto Hannibal (BT) 23.2; 5. Timothy Stancil (E) 23.4; 6. Davon Legrier (E) 24.1.

400: 1. Ausar Walcott (H) 50.0; 2. Marcos McKenzie (E) 51.4; 3. Ali Jones (BAR) 51.9; 4. Roberto Hannibal (BT) 52.8; 5. Jash Stine (BAR) 52.9; 6. Nathan Howard (C) 53.2.

800: 1. Matthew Bertinato (BT) 2:00.0; 2. Gary Joseph (K) 2:02.0; 3. Abdelaziz N'Goan (BT) 2:02.5; 4. Alexander Anolik (C) 2:02.9; 5. William Jones (BAR) 2:03.4; 6. Mark Ried (H) 2:07.1.

1600: 1. Chris Bieckiewicz (C) 4:28.4; 2. Michael Mitchell (BT) 4:29.6; 3. Jorge Beltré (K) 4:31.6; 4. Salim Corbin (E) 4:35.0; 5. Alexander Anolik (C) 4:42.2; 6. Timothy DuWhite (PAS) 4:46.5.

3200: 1. Michael Mitchell (BT) 9:49.4; 2. Salim Corbin (E) 9:54.3; 3. Alexander Anolik (C) 9:56.1; 4. Ethan Kleinbaum (BT) 10:08.9; 5. Ryan Gabel (C) 10:20.0; 6. Timothy DuWhite (PAS) 10:29.5.

4-6-400: 1. Barringer (Brandon Morales, William Jones, Jash Stine, Ali Jones) 3:26.7; 2. Bergen Tech 3:30.9; 3. Eastside 3:34.2; 4. Hackensack 3:35.0; 5. Clifton 3:39.5; 6. Passaic 3:46.5.

110 HHS: 1. Christopher Castro (BT) 14.7; 2. Jermaine Boyd (H) 15.8; 3. John Montroy (BT) 15.8; 4. Lawrence Barton (H) 16.1; 5. Bowen Hu (C) 16.1.

400 HHS: 1. Christopher Castro (BT) 56.6; 2. Jermaine Boyd (H) 57.6; 3. Nathan Howard (C) 59.7; 4. John Montroy (BT) 1:00.6; 5. Christopher Rodriguez (PAS) and Lawrence Barton (H) 1:01.6.

Shot Put: 1. Darien Collier (K) 49-2 1/4; Cecil Mittoo (K) 47-10; 3. Shytrayvio Brown (K) 47-9; 4. Mike Mozia (H) 44-0 1/2; 5. Debonair Clinkscales (H) 43-9; 6. Mark Solice (H) 42-0 1/4.

Javelin: 1. Shane Smith (H) 141-1; 2. Timothy Stancil (E) 135-0; 3. Darien Collier (K) 127-9; 4. Jobari Brown (H) 127-1; 5. Jeffrey Pumo (BT) 123-10; 6. Cecil Mittoo (K) 119-11.

Discuss: 1. Darien Collier (K) 138-9; 2. Debonair Clinkscales (H) 137-7; 3. Cecil Mittoo (K) 134-2; 4. Shytrayvio Brown (K) 126-3; 5. Israel Castro (PAS) 123-0; 6. Timothy Stancil (E) 112-5.

High Jump: 1. Marcos McKenzie (E) 6-6; 2. Adam Rojas (PAS) 6-6; 3. Kelly Davis (K) 5-10; 4. Fritz Headley (H) 5-10; 5. Abdelaziz N'Goan (BT) 5-6; 6. Keith Slade (K) 5-6.

Long Jump: 1. Ausar Walcott (H) 21-8; 2. Isaac Patterson (E) 20-8; 3. Larry Sams (E) 19-2 1/2; 4. Conroy Walker (H) 19-2; 5. Bowen Hu (C) 18-8; 6. Curtis Winters (K) 18-6 1/4.

Triple Jump: 1. Isaac Patterson (E) 44-8; 2. Larry Sams (E) 43-2 1/2; 3. Shane Smith (H) 41-5 1/2; 4. Bowen Hu (C) 41-3; 5. Joshua Stevens (PAS) 39-4 1/2; 6. Nelson Guerrero (H) 39-3 1/4.

Pole Vault: 1. George Mena (C) 13-0; 2. Marjo Stroni (BT) 10-0; 3. Francis Villanueva (H) 10-0; 4. Stephen Mena (C) 9-6; 5. Jaimere McCray (E) and Alex Perez (H) 9-0.

GIRLS

TEAM SCORES: Clifton (C) 176; Hackensack (H) 118; Passaic (PAS) 58; Bergen Tech (BT) 51; Kennedy (K) 44; Eastside (E) 44.

100: 1. Krystal Wyche (H) 12.7; 2. Jessica McNeill (E) 12.8; 3. Victoria Cumberbatch (H) 12.8; 4. Kristen Venning (C) 12.8; 5. Michaela Riddick (E) 12.8; 6. Alyssa Robinson (C) 12.8.

200: 1. Kristin Crawford (K) 25.3; 2. Evana Edwards (H) 26.2; 3. Kristen Venning (C) 26.5; 4. Michaela Riddick (E) 26.5; 5. Jessica McNeill (E) 26.9; 6. Jennifer Castro (H) 27.0.

400: 1. Kristin Crawford (K) 57.0; 2. Michaela Riddick (E) and Jasmine Adams (C) 1:00.2; 4. Kayla Santiago (C) 1:02.8; 5. Meghan Greenridge (BT) 1:03.1; 6. Leah Noble (BT) 1:03.2.

800: 1. Susan Martinez (C) 2:18.7; 2. Eloisa Paredes (C) 2:27.9; 3. Monique Graham (K) 2:30.8; 4. Angeline Walker (PAS) 2:34.7; 5. Charlene Boria (PAS) 2:35.1; 6. Jillian Cardamone (BT) 2:35.7.

1600: 1. Chelsea Gordon (BT) 5:31.9; 2. Monique Graham (K) 5:46.5; 3. Charlene Boria (PAS) 5:50.1; 4. Jessica Torres (C) 5:52.2; 5. Kerry Sorenson (C) 5:53.5; 6. Susan Cahill (H) 5:55.9.

3200: 1. Chelsea Gordon (BT) 12:01.9; 2. Charlene Boria (PAS) 12:23.3; 3. Jessica Torres (C) 12:23.8; 4. Kerry Sorenson (C) 12:43.3; 5. Susan Cahill (H) 12:48.5; 6.

ciulli (C) 32:11.4; 4. Jessica McNeill (E) 32:11.4; 5. Britney Kittrell (H) 32:11; 6. Monique Graham (K) 32:34.

Pole Vault: 1. Melissa Davila (H) 10-0; 2. Brooke Mullen (C) 9-0; 3. Emily Urciuoli (C) 8-6; 4. Tia Yumli Zaccaro (C) and Juliana Campiglla (H) 7-0.

Division B

BOYS

TEAM SCORES: Ridgewood (RW) 160; Teaneck (T) 90; Montclair (M) 68; Nutley (N) 59; Paramus (PAR) 52; Bloomfield (BFLD) 35; Belleville (BEL) 23.

100: 1. Rashad White (T) 10.9; 2. Maurice Jones (BEL) 10.9; 3. Chris Zeigler (RW) 11.0; 4. Damien Miles (T) 11.1; 5. David Butler (T) 11.1; 6. Omari Holtz (M) 11.2.

200: 1. Zadique White (T) 21.8; 2. Damien Miles (T) 22.1; 3. Chris Zeigler (RW) 22.5; 4. David Butler (T) 22.7; 5. Omari Holtz (M) 22.7; 6. Maurice Jones (BEL) 22.7.

400: 1. Shawn Rembecky (PAR) 51.0; 2. Barrington Allen (T) 51.3; 3. Ariel Mitchell (T) 51.7; 4. Joseph Aiello (N) 52.8; 5. Hesham Azzam (T) 53.6; 6. Jersel Moss (M) 54.1.

800: 1. Niall Buckley (RW) 2:00.7; 2. Christian Trautwein (RW) 2:01.3; 3. Michael Pawalowski (N) 2:02.0; 4. Jacob Garber (RW) 2:02.5; 5. Maximilian Turner (T) 2:03.3; 6. Anders Olsen-Swanson (M) 2:04.4.

1600: 1. Daniel Emont (RW) 4:35.3; 2. Jeremy Kalmus (RW) 4:37.5; 3. Craig Marshall (BFLD) 4:40.6; 4. Eric Stuart (PAR) 4:43.3; 5. Bryan DeBarbieri (N) 4:47.0; 6. Nicholas Florino (PAR) 4:50.9.

3200: 1. Daniel Emont (RW) 9:56.6; 2. Jeremy Kalmus (RW) 10:00.4; 3. Jacob Garber (RW) 10:09.9; 4. Eric Stuart (PAR) 10:19.6; 5. Bryan DeBarbieri (N) 10:31.4; 6. Jackson Bangs (M) 10:52.1.

4-6-400: 1. Teaneck (Ariel Mitchell, Maximilian Turner, Damien Miles, Barrington Allen) 3:26.7; 2. Montclair 3:29.5; 3. Nutley 3:34.1; 4. Paramus 3:43.2; 5. Belleville 3:58.3.

110 HHS: 1. James Williams (T) 15.3; 2. Peter Nygaard (RW) 15.4; 3. Joe Vargas (PAR) 15.9; 4. Shawn Gantt (BFLD) 16.0; 5. Finzo Hall (BFLD) 16.1.

400 HHS: 1. Niall Buckley (RW) 55.9; 2. Aldra Monri (RW) 59.1; 3. Anders Olsen-Swanson (M) 59.1; 4. Joe Vargas (PAR) 59.4; 5. Zack Ontiveros (RW) 59.5; 6. James Williams (T) 59.9.

Shot Put: 1. Joe Andrews (M) 47-7; 2. Christopher Ryan (RW) 43-0; 3. Michael Mosticchio (RW) 42-6; 4. Savion Wright (BFLD) 42-3 1/4; 5. Travis Warren (T) 41-5 1/4; 6. Christopher Bradley (N) 39-10 1/4.

Javelin: 1. Christopher Bradley (N) 172-8; 2. Dewayne Varner (BFLD) 150-11; 3. Ryan Ackerman (BFLD) 140-5; 4. Michael Mosticchio (RW) 133-11; 5. Lucas Chwe (RW) 130-8; 6. Jordan Jonas (PAR) 130-3.

Discuss: 1. Michael Mosticchio (RW) 140-5; 2. Blake Hughes (M) 130-4; 3. Cory Robinson (M) 130-4; 4. Nick Petine (BFLD) 123-6; 5. Eric Rimpel (M) 120-3; 6. Eric Yuneman (BFLD) 109-10.

High Jump: 1. Carroll Tinsley (N) 5-10; 2. Craig Michaud (N) 5-10; 3. Shawn Rembecky (PAR) 5-10; 4. Tommy DeVita (RW) 5-8; 5. Jason Alexander (T) 5-8; 6. Theodore Berry (T) 5-6.

Long Jump: 1. Omari Holtz (M) 20-11; 2. Maurice Jones (BEL) 20-9; 3. Daniel Simmons (M) 19-2 1/4; 4. Laith Hamdan (BEL) 19-1 1/2; 5. Naitik Vagharia (PAR) 18-5 1/2; 6. Lucas Chwe (RW) 18-3 1/2.

Triple Jump: 1. Aldra Monri (RW) 41-9; 2. Craig Brown (T) 41-6 1/4; 3. Mitchell Smith (M) 40-3; 4. Michael Pawalowski (N) 39-7 1/2; 5. Lucas Chwe (RW) 39-0; 6. Peter Nygaard (RW) 38-9 1/2.

Pole Vault: 1. Jon Kim (PAR) 10-6; 2. Michael Kavanagh (RW) 10-0; 3. Joseph Oliveri (N) 10-0.

GIRLS

TEAM SCORES: Ridgewood (RW) 229; Paramus (PAR) 76; Montclair (M) 70; Teaneck (T) 65; Nutley (N) 24; Belleville (BEL) 22; Bloomfield (BFLD) 5.

100: 1. Janay Mitchell (T) 12.3; 2. Erica Cigolini (RW) 12.3; 3. Caroline Thigpen (M) 12.6; 4. Sherree Shabazz (BEL) 12.6; 5. Shantal Athill (M) 12.7; 6. Tiffany Mills (T) 12.8.

200: 1. Janay Mitchell (T) 25.3; 2. Erica Cigolini (RW) 25.6; 3. Keisha Dominick (M) 26.4; 4. Sherree Shabazz (BEL) 26.5; 5. Nefertiti Harris (T) 26.6; 6. Jasmine McCullough (M) 26.6.

Mary King (PAR) 115-9; 3. Kacner Furman (T) 101-8; 4. Stephanie Ciozzolongo (BFLD) 100-5; 5. Dana Wilcomes (PAR) 84-1; 6. Deanna Cesaro (N) 81-10.

Discuss: 1. Meridian Morgan (T) 107-11; 2. Jaclyn Wypler (RW) 88-10; 3. Dale Marie Tyus (T) 87-10; 4. Lanae Brown (M) 84-11; 5. Allison Hogan (BEL) 82-10; 6. Stephanie Smith (M) 79-7.

High Jump: 1. Cristina Law (RW) 5-0; 2. Mia Martinez (RW) 4-10; 3. Solana McMillan (T) 4-8; 4. Katherine Anzano (RW) 4-8; 5. Celine Sooksatan (N) 4-8.

Long Jump: 1. Brooke Bogart (RW) 16-10; 2. Shantel Athill (M) 15-11 1/2; 3. Erica Cigolini (RW) 15-11 1/2; 4. Caroline Thigpen (M) 15-6; 5. Tori Ko (PAR) 14-9 1/2; 6. Christina Hwang (PAR) 14-4.

Triple Jump: 1. Brooke Bogart (RW) 34-4 1/4; 2. Caroline Pawalowski (N) 34-1 1/4; 3. Keisha Dominick (M) 32-7 1/2; 4. Mary King (PAR) 32-7; 5. Melissa Hwang (PAR) 32-3 1/4; 6. Shantal Athill (M) 32-1 1/4.

Pole Vault: 1. Ann Polcari (RW) 10-6; 2. Patty Hannon (PAR) 7-0; 3. Tara Hannon (PAR) 7-0; 4. Kellie Palomba (PAR) and Arielle Scarpelli (N) 7-0.

Division C

BOYS

TEAM SCORES: Don Bosco (DB) 124 1/2; Bergen Catholic (BC) 61; Paramus Catholic (PC) 58 1/2; St. Joseph (SJ) 7.

100: 1. Marvin Whilby (DB) 11.1; 2. Jon Sam (BC) 11.3; 3. Will Ring (BC) 11.4; 4. Matt Dottino (BC) 11.6; 5. Steve Guarino (SJ) 11.7.

200: 1. Jason Kelsey (DB) 22.3; 2. Matt Cato (DB) 22.4; 3. John Rubinetti (BC) 22.6; 4. Marvin Whilby (DB) 22.7; 5. Tom Randall (BC) 22.8.

400: 1. Sharif Webb (DB) 48.8; 2. Jason Kelsey (DB) 49.2; 3. John Rubinetti (BC) 50.1; 4. Matt Cato (DB) 50.3; 5. Chris Cagiao (PC) 50.6.

800: 1. Steve Wexler (DB) 2:00.1; 2. Stephen Wyka (DB) 2:00.8; 3. Joey Amoresano (DB) 2:02.3; 4. Malcolm Carter (SJ) 2:05.7; 5. Ryan Bailey (PC) 2:06.7.

1600: 1. Connor Sullivan (DB) 4:23.7; 2. Jason Baker (DB) 4:25.2; 3. Robert Molke (DB) 4:28.4; 4. Tim Burke (BC) 4:33.2; 5. Michael Bravo (SJ) 4:48.5.

3200: 1. Anthony Belgiovine (DB) 9:55.7; 2. Tim Burke (BC) 10:00.2; 3. Michael Bravo (SJ) 10:10.9; 4. Kenneth Prior (DB) 10:23.2; 5. Stephen Flanagan (DB) 10:29.9.

4-6-400: 1. Don Bosco (Matt Cato, Matt Andriulli, Jason Kelsey, Sharif Webb) 3:19.1; 2. Bergen Catholic 3:24.6; 3. Paramus Catholic 3:37.4.

110 HHS: 1. Victor Servito (BC) 16.1; 2. Matt Andriulli (DB) 16.1; 3. Vincent Lu (BC) 16.4; 4. Kevin Bostick (BC) 16.8.

400 HHS: 1. Evan Shaker (PC) 56.4; 2. John Rubinetti (BC) 57.1; 3. Sharif Webb (DB) 58.1; 4. Steve Wexler (DB) 58.7; 5. Justin Schneider (PC) 59.5.

Shot Put: 1. Luis DeLaCruz (PC) 47-5 1/4; 2. Matt Lovely (BC) 45-5; 3. Patrick Thomas (PC) 45-4; 4. Jon Jeune (DB) 43-1; 5. Billy Thimmel (DB) 42-10 1/4; 6. Manny Thomas (PC) 42-3.

Javelin: 1. Chris Molinaro (PC) 166-1; 2. Kevin Pleus (DB) 145-3; 3. Billy Thimmel (DB) 135-10; 4. Peter Bogulawski (DB) 135-2; 5. Kyle Langan (PC) 133-2.

Discuss: 1. Chris Hallissey (DB) 151-2; 2. Michael Farr (DB) 131-2; 3. Kevin Ritchie (PC) 125-7; 4. Chris Molinaro (PC) 122-0; 5. Jon Jeune (DB) 119-7 1/2.

High Jump: 1. Kevin Bostick (BC) 6-4; 2. Kenneth Prior (DB) 6-0; 3. Mitchell Bennett (PC) 5-10; 4. Victor Servito (BC) 5-10; 5. Matt Steeg (DB) and Evan Shaker (PC) 5-8.

Long Jump: 1. Jason Kelsey (DB) 20-9 1/2; 2. Kevin Bostick (BC) 19-11 1/2; 3. Mitchell Bennett (PC) 19-5; 4. Sharif Webb (DB) 18-6; 5. Nzyuko Munguti (PC) 18-5 1/2.

Triple Jump: 1. Mitchell Bennett (PC) 44-11 1/4; 2. Vincent Lu (BC) 42-2 1/2; 3. James Jenkins (PC) 41-8; 4. Kevin Bostick (BC) 40-7 1/2; 5. Bobby Miles (PC) 38-7.

Pole Vault: 1. Matt Steeg (DB) 13-6; 2. Phillip Esposito (PC) 10-6; 3. John Lynch (DB) 10-0; 4. Justin Schneider (PC) 9-6.

GIRLS

TEAM SCORES: Paramus Catholic (PC) 64; Immaculate Heart (IHA) 62; Holy Angels (HA) 46.

100: 1. Epiphany Sams (PC) 12.3; 2. Melody Lopez-Bernstein (PC) 12.4; 3. Raeshonn Corbo (PC) 12.6; 4. Katie Lan-

asney Wade (PC) 101-4; 2. Shannon Sullivan (IHA) 96-2; 3. Jennifer Cagna (PC) 89-6; 4. Caitlin Byrne (IHA) 84-9.

High Jump: 1. Raeshonn Corbo (PC) 5-0; 2. Alicia Salzbach (PC) 4-10; 3. Christine Fischer (IHA) 4-10; 4. Caitlin Gallagher (HA) 4-8.

Long Jump: 1. Marie Minasi (HA) 15-10; 2. Raeshonn Corbo (PC) 15-6 1/2; 3. Christa Lewandowski (PC) 15-6; 4. Asher Beasley (PC) 15-3 1/4.

Triple Jump: 1. Marie Minasi (HA) 33-9; 2. Raeshonn Corbo (PC) 33-7 1/2; 3. Katherine Tallaj (IHA) 32-1; 4. Caitlin McSherry (PC) 31-11 1/4.

Pole Vault: 1. Becky Testi (HA) and Erin Vander Have (HA) 7-0; 3. Kat Baselice (HA) 7-0.

events in the two-day competition and had either a first, second or third in every event.

"As we were going along, I almost didn't realize that we were winning by so much," Brown said. "This is a solid group, quite remarkable."

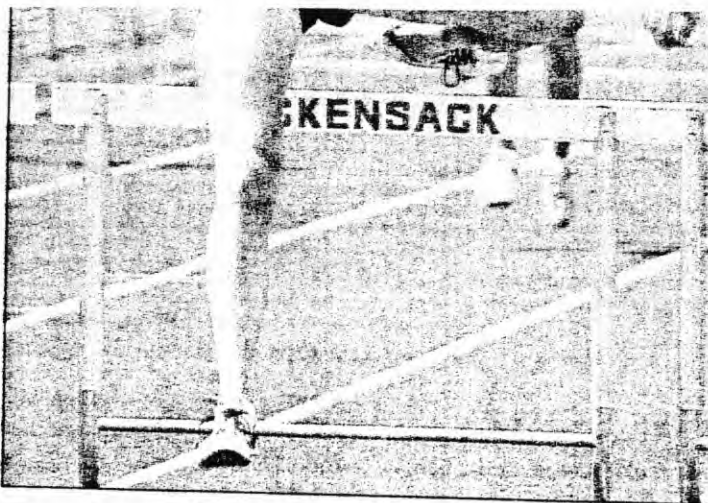
There were stars galore, but senior Cristina Law's record-breaking day was a headliner. The triple winner timed 1:02.5 in the 400-meter intermediate hurdles to erase the school record set by Lynne Collazo in 1989 by a second.

"It was the best time in all the league meets in the county the past week," Brown said.

Law also won the high jump with a 5-0 leap and anchored the winning 4 x 400 relay team that won in 4:02.4.

Juniors Emily Barr and Kate Michel and senior Alice Wisener ran the other legs of the relay. Wisener won the 400 with a 58.9 time. Law also took a third in the 100 high hurdles with a good time (15.6).

"Cristina had quite a day," Brown said.



PHOTO/ERICA DIESTEL

Ridgewood senior Cristina Law set a new school record with a time of 1:02.5 in the 400-meter intermediate hurdles at the Northern New Jersey Interscholastic League championships last Friday evening.

Senior Brooke Bogart, who came out late for the team but has come on strong, was a double winner in the jumps, spanning 16 feet, 10 inches in the long jump and 34 feet, four-and-three-quarter inches in the triple jump.

Jaclyn Wypler came through with a meet highlight in the javelin with a throw of 135 feet, 11 inches on her final attempt, matching her best distance of last season.

See **GIRLS TRACK**, page C3

Ridgewood boys capture 7th straight NNJIL crown

BY JIM JONES

Sports Editor Emeritus

HACKENSACK — Seniors Niall Buckley and Dan Emont led the way for the Ridgewood High School boys track and field team with double wins, as the Maroons rolled to their seventh straight Northern New Jersey Interscholastic League B Division championship the past Saturday at Hackensack High School.

"We're proud of winning seven straight league championships," head coach Josh Saladino said.

The Maroons piled up 160 points, 70 more than runner-up Teaneck, and won six events.

Buckley won the 400-meter intermediate hurdles with a 55.9 time and clocked 2:00.7 in the 800-meter run. "Niall was impressive, uncontested in the hurdles and not challenged in the 800," Saladino said.

The coach said Emont ran good races in winning the 1600-meter run in 4:35.3 and the 3200-meter run in 9:56.6. But Saladino said Emont will be challenged in distances in this weekend's Bergen County Track and Field Championship Meet.

Junior Akira Monri spanned 41 feet, 9 inches to win the triple jump. "It was his personal best," Saladino said. "Akira is getting better every time he

competes. He's a fierce competitor."

Monri was also runner-up to Buckley in the intermediate hurdles.

Michael Mosticchio, also a junior, impressed the coach with his winning 140-foot, 5-inch discus throw. "He did a great job," Saladino said. "It was his personal best, and he had his three best-ever throws in his six attempts. It shows Michael can compete at a higher level."

Seniors Jeremy Kalmus and Chris Zeigler made solid contributions to the winning total. Kalmus was second to Emont in the 1600 meters, timing 4:37.5, and also right behind him in the 3200 meters with a 10:00.4 time. Zeigler had thirds in both the 100 meters (11.0) and the 200 meters (22.5).

Christian Trautwein followed Buckley across the finish line in the 800, timing 2:01.3. Peter Nygaard was runner-up in the 110-meter high hurdles with a time of 15.4; Christopher Ryan was second in the shot put with a 43-0 distance, and Michael Kavanagh was the second-place finisher in the pole vault, clearing 10 feet.

Ridgewood came in second to Northern Highlands in the Bergen County championships last year and were third in the state sectionals behind West Orange and Paterson Kennedy.

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

**Novice Championship:
Ridgewood High School**

May 15th

100m: J. Dabby **14.7** N. Hoh **12.2** J. Schwartz **13.3** C. Jones **12.8** L. Ruppel **12.6**
A. Foong **12.1** D. Nagano-Gerace **12.4**

200m: J. Dabby **31.0** N. Hoh **26.5** J. Schwartz **37.4 (injured)** C. Jones **26.9**
L. Ruppel **25.3** A. Foong **26.1** D. Nagano-Gerace **26.1**

1600m: A. Vedder **4:56** D. DiSimone **5:06** W. Jang **5:02** A. Pruzinski **5:22**
D. Landers **5:33** S. Morgan **5:14** R. Amadeo **5:32**

400m: J. Jenkins **61.6**

800m: W. Jang **2:15** J. Jenkins **2:17** R. Treppedi **2:38** R. Sierra **2:33**
T. Reveri **2:27**

3200m: A. Fine **11:14** D. Landers **11:18**

4X400:

I didn't write down the order – my fault...

61.7 / 62.4 / 59.9 / 57.5

LJ: F. Vasquez / D. Nagano-Gerace – no results

Jav: F. Vasquez **98'**

Shot and Disc:

P. Baddoura	29'5" / 53'10"
C. Cannito	20'0" / 62'
J. Jenkins	35'9" / 80'5"
B. Lee	29'0" / 76'1"
J. Soriano	25'0" / 55'8"
M. Stapleton	31'3" / 101'11" 5TH PLACE!!!
S. Watson	20' / 59'8"
A. Bair	102'5" – 4th PLACE!!!

PV: M. Witt **9'0'** S. Birnbaum / T. Zulauf / N. Stitt / J. Shen - **NH**

4x400m: D. Nag-Ger / N. Hoh / L. Ruppel / F. Vasquez

BERGEN COUNTY TRACK CHAMPIONSHIPS

At Old Tappan High School: Friday 3:30 p.m.; Saturday 7 a.m.

Defending champions

Boys: (A) Northern Highlands, (B) Indian Hills, (C) Westwood, (D) Hasbrouck Heights. Girls: (A) Ridgewood, (B) Indian Hills, (C) Ramsey and Pascack Hills, (D) Waldwick. Group changes: Hasbrouck Heights D to C; Bergenfield B to A

Paul Schwartz's picks

Boys

Group D

100: Matt Bleszard, Midland Park
200: Damon Merkerson, St. Mary
400: Damon Merkerson, St. Mary
800: John Carabetta, Park Ridge
1,600: Matt Lingam, Park Ridge
3,200: Matt Lingam, Park Ridge
110 HH: Tim White, Saddle Brook
400 HH: Tim White, Saddle Brook
Shot put: George Pecoraro, Cresskill
Discus: George Pecoraro, Cresskill
Javelin: Kyle Elliott, Cresskill
High jump: Tim White, Saddle Brook
Long jump: Conrad Healy, Park Ridge
Triple jump: Conrad Healy, Park Ridge
Pole vault: Mike Collins, Cresskill
Relay: Park Ridge
Team: Park Ridge

Group C

100: James Taylor, Westwood
200: Donovan Bolden, Leonia
400: Steven Shorr, Pascack Hills
800: Rob Nihen, Glen Rock
1,600: Charles Goold, Rutherford
3,200: Tim Arscott, Ramsey
110 HH: Donovan Bolden, Leonia
400 HH: Steven Shorr, Pascack Hills
Shot put: Geoff Goideil, Pascack Hills
Discus: Brendan Gareffa, Hasb. Heights
Javelin: Doug Cerniglia, Ridgely Park
High jump: Austin Hennelly, Dumont
Long jump: Dan D'Amato, Hasb. Heights
Triple jump: Dan D'Amato, Hasb. Heights
Pole vault: Kevin Sofia, Ramsey
Relay: New Milford
Team: Pascack Hills

Group B

100: Ralldaine McDonald, Englewood
200: Colin McEvoy, Pascack Valley
400: David Biltzer, Demarest
800: Max Bruno, Indian Hills
1,600: Max Bruno, Indian Hills
3,200: Jerome Perkins, Indian Hills
110 HH: Keith Mistretta, Ramsey
400 HH: Tim Carroll, River Dell
Shot put: Zach Shapiro, River Dell
Discus: James Stathopoulos, Mahwah
Javelin: Andrew Trass, River Dell
High jump: Kurt Von Weisenstein, Ind. Hills
Long jump: Chris Phipps, Lodi
Triple jump: Chris Phipps, Lodi
Pole vault: Greg Stripe, Mahwah
Relay: River Dell
Team: River Dell

Group A

100: Rashad White, Teaneck
200: Rashad White, Teaneck
400: Sharif Webb, Don Bosco
800: Niall Buckley, Ridgewood
1,600: Conor Sullivan, Don Bosco
3,200: Dan Emort, Ridgewood
110 HH: Chris Castro, Bergen Tech
400 HH: Niall Buckley, Ridgewood
Shot put: Lou Della Cruz, Paramus Catholic
Discus: Chris Hallisey, Don Bosco
Javelin: Chris Molinaro, Paramus Catholic
High jump: Kevin Bostick, Bergen Catholic
Long jump: Ausar Walcott, Hackensack
Triple jump: Mitch Bennett, Paramus Cath.
Pole vault: Tim Blasford, Ramapo
Relay: Don Bosco
Team: Don Bosco

Girls

Group D

100: Janelle Liu, Cresskill
200: Amanda Duggan, Waldwick
400: Nicole Sarabelkian, Park Ridge
800: Kelsey Dunn, Waldwick
1,600: Heather Lehmann, Park Ridge
3,200: Lindsey Pedersen, Waldwick
100 HH: Arianna Pomo, Saddle Brook
400 HH: Nicole Barretta, Cresskill
Shot put: April Kaiser, Park Ridge
Discus: April Kaiser, Park Ridge
Javelin: Jen Kortowski, Wood-Ridge
High jump: Arianna Pomo, Saddle Brook
Long jump: Amanda Duggan, Waldwick
Triple jump: Martha Sesulka, Wallington
Pole vault: Michelle Favre, Saddle Brook
Relay: Cresskill
Team: Waldwick

Group C

100: Angelica Johnson, Ridgely Park
200: Angelica Johnson, Ridgely Park
400: Alex Rosenberger, Ramsey
800: Kim Deloreto, Pascack Hills
1,600: Stacey Bond, Ramsey
3,200: Aubrey LaRezza, Pascack Hills
100 HH: C.J. Jacob, Ridgely Park
400 HH: Alex Rosenberger, Ramsey
Shot put: Stephanie Fegan, Pascack Hills
Discus: Nicole Guirland, Lyndhurst
Javelin: Meredith Palmer, Pascack Hills
High jump: Alex Rosenberger, Ramsey
Long jump: Nicole Weingartner, Hasb. Hts.
Triple jump: C.J. Jacob, Ridgely Park
Pole vault: Kristen Marfino, Hasb. Heights
Relay: Ramsey
Team: Ramsey

Group B

100: Alyssa Maier, River Dell
200: Katie Landigan, Holy Angels
400: Bry Bonavita, River Dell
800: Bry Bonavita, River Dell
1,600: Lindsey Jettes, Indian Hills
3,200: Mary Kaye Duff, Holy Angels
100 HH: Stephanie Oliveira, Garfield
400 HH: Bry Bonavita, River Dell
Shot put: Amber Flaim, Fort Lee
Discus: Emily Abernathy, Indian Hills
Javelin: Dara Schwann, Demarest
High jump: Jessie Ruiz, River Dell
Long jump: Jessica Molosh, Indian Hills
Triple jump: Alyssa Maier, River Dell
Pole vault: Emily Milno, River Dell
Relay: River Dell
Team: River Dell

Group A

100: Janay Mitchell, Teaneck
200: Janay Mitchell, Teaneck
400: Amy Salek, Ramapo
800: Kelsey Ramsey, Ramapo
1,600: Kelsey Ramsey, Ramapo
3,200: Kelsey Ramsey, Ramapo
100 HH: Lara-Jane Que, Ridgewood
400 HH: Cristina Law, Ridgewood
Shot put: Angela Acosta, Bergenfield
Discus: Taylor Shea, Northern Highlands
Javelin: Jaclyn Wypler, Ridgewood
High jump: Mia Martinez, Ridgewood
Long jump: Brooke Bogart, Ridgewood
Triple jump: Lizzie Faust, No. Highlands
Pole vault: Annie Polcarl, Ridgewood
Relay: Ramapo
Team: Ridgewood

us for iels' Duff

A cross-country runner and first-year hurdler, ran 1:07.5 to finish third in the intermediate hurdles. Marie Minasi's 16-10½ in the long jump was second to Jessica Molosh of Indian Hills, who had the same jump but a better second jump.

"It's really exciting that we're being competitive in this meet," Duff said.

Ramsey holds a 41-38 lead over second-place Pascack Hills in the Group C division. Those two teams tied for the Group title last year.

Defending champion Ridgewood holds a 35-point lead over Paramus Catholic in Group A, and Waldwick leads Park Ridge, 52½-37, in its quest for a second straight Division D title.

Angelica Johnson of Ridgewood field Park won the Group C 200 in 25.5 seconds, which was a disappointment for her.

"I was shooting for 25.1 or 25.2," said Johnson, who is bound for Sacred Heart University next year. "My times haven't been the best this year. I'm the defending champion in the [Bergen Meet of Champions] 100 and 200, and I'm nervous that I won't be able to defend my titles."

Johnson is hoping that competing against Group 2 champion Ogechi Nwaneri of Chatham in next weekend's North 2, Group 2 sectional will help bring her times up in time for the Bergen Meet of Champions.

In the 200 Suzana North Jersey



DON SMITH/STAFF PHOTOGRAPHER
Saddle Brook's Tim White charging over the hurdles on his way to a personal-best time of 57.1 seconds to win the 400 meters Friday.

SB's White keeps focus

By PAUL SCHWARTZ
STAFF WRITER

OLD TAPPAN - It could have been a tough transition for Saddle Brook's Tim White after Howie Schuman resigned as the track coach after more than 35 years. But the Falcon junior, who has been close to Schuman since watching his brother run for the Saddle Brook coach, handled the transition to new coach Ed Ciccone with the same aplomb he used to win the Bergen County pentathlon last winter.

"No matter who your coach is, he's going to want you to do your best and try to help you to win," said White after he won two events on the opening day of the Red Little Bergen County Track & Field Championships on Friday. "You have to trust your coach."

White won the D division high jump at 5-10, well below his best, on a cold, raw day, but ran a personal-best 57.1 to easily win the 400 hurdles and move closer to his seasonal goal in what has become his favorite event.

"I want to run in the 55s this year and then go after the school record (54.4) next year," said White, who hopes to add the pole vault to his repertoire next year. "The intermediates have become my favorite event and I think I can keep improving."

So, too, does Ridgewood senior Dan Emont, who tied the meet record held by Bob Keino of Ridgewood by running 9:15.8 in the Group A 3,200 meters, the

fastest time by a Bergen runner since Keino ran 9:02.73 in winning the 1993 State Meet of Champions.

"Each season, I seem to be getting better," said Emont, who ran his previous personal best of 9:21.1 at the indoor Varsity Classic in February. "I had a really bad junior track season, but in the summer I seemed to feel better and I've been able to run much better since then."

Emont and Don Bosco's Conor Sullivan quickly separated themselves from the rest of the field and went through the 1,600 in 4:39.0, before Emont started to put the pressure on Sullivan.

"I knew he was faster than me so I tried to put some spurts in, especially on the seventh lap," said Emont.

They still were together with two laps to go, but Emont, wary of Sullivan's finishing speed, ran a 69-second seventh lap to drop the Bosco star and then put on a kick of his own to finish with a 66 final 400 to crack the all-time Bergen top 20 for the event.

Group D provided one of the most exciting races of the day with Matt Biesard of Midland Park edging Damon Merkerson of St. Mary in the 200 meters in 22.0. The small school group also provided one of the best field events in the javelin, where Cresskill junior Kyle Elliott edged Wood-Ridge junior Joe Gingerelli, 192-3 to 190-11. Max Katzner of Bogota (184-9) and Marc Peck of Wood-Ridge (179-2) also had

personal bests in the event.

Leading girls teams

- Division A
Ridgewood 58
- Division B
Holy Angels 46½
- Division C
Ramsey 41
- Division D
Waldwick 52½

Divisions A, B, D through 6 events; C through 4 events

Leading boys teams

- Division A
Don Bosco 49
- Division B
River Dell 61
- Division C
Pascack Hills 26
- Division D
Cresskill 52

Divisions A, B, D through 7 events; C through 3 events

Bergen County Championships
May 18th – 19th Old Tappan

Friday:

200m

Chris Zeigler **21.7 – 2nd Place – New School Record**

Mike Vaccaro **24.5**

R. Webbe **24.4**

400IH

Niall Buckley **55.2 – 2nd Place**

Akira Monri **58.0**

3200m:

Dan Emont **9:15.8 – 1st Place**

Jeremy Kalmus **9:40.2**

Jacob Garber **9:55.4**

High Jump

Tommy DeVita **5'6"**

Danny Morse **5'6"**

Shot Put:

Chris Ryan **40'2"**

Mike Mosticchio **40'4"**

B. Remmen **38'9"**

Javelin

Lucas Chwe **140'5"**

Felipe Vasquez **110'3"**

Mike Mosticchio **129'3"**

Saturday):

100m:

Chris Zeigler **10.9 / 10.8 – 3rd Place**

Rob Webbe **11.7**

HH:

Akira Monri **15.3 / DQ**

Peter Nygaard **16.1 / 15.9 – 5th Place**

Zack Ontiveros **16.0 - DNF**

800m:

Niall Buckley 1:54.8 – 2nd Place
Christian Trautwein 1:56.6 – 3rd Place
Jacob Garber 2:05.3

400m:

Mike Vaccaro 54.1
Chris Zeigler 51.3

1600m:

Dan Emont 4:30
Christian Trautwein 4:25.1 - 6/12
Niall Buckley 4:22.9 - 1/4

Triple Jump:

Lucas Chwe 39'6 1/2"
Akira Monri 41'5 1/2" – 5th Place

Discus:

Mike Mosticchio 125'5"
Chris Ryan 101'3
Andrew Vilchez 100'2

Pole Vault:

Max Witt NH
Mike Kavanagh NH
Nick Stitt NH

Team Scores:

Don Bosco – 135
Teaneck – 73
Ridgewood – 66
Paramus Catholic – 65
Hackensack – 54

I'm not that concerned about the final score – we could have made it closer by running some of our guys in 4 events and certainly could have beat Teaneck for 2nd if that was our goal. Since our goal is to win championships we made the decision to prepare ourselves for the state sectional this weekend once DB had clinched the team title. I am concerned about this list...

Points in the Field:

Don Bosco – 51
Paramus Catholic – 49
Hackensack – 42
Teaneck – 9
Ridgewood – 4

We have never had a field event performance so poor in the six years I have been coaching here. That type of performance will be unacceptable this weekend.

Fraulo Race Timing - Contractor License

Hy-Tek's MEET MANAGER 3:48 PM 5/19/2007

2007 Bergen County Track & Field Championships - 5/16/2007 to 5/19/2007

NVRHS at Old Tappan

Results

Boys 100 Meter Dash Group A

Name	Year School	Finals	Points
1 3793 White, Rashad	11 Teaneck	10.6	10
2 3678 Butler, David	11 Teaneck	10.7	8
3 3315 Zeigler, Chris	12 Ridgewood	10.8	6
4 3744 Miles, Damien	11 Teaneck	J10.8	4
5 591 Whilby, Marvin	SO Don Bosco Prep	J10.8	2
6 1205 Walcott, Ausar	JR Hackensack	11.0	1

Boys 200 Meter Dash Group A

Name	Year School	Finals	Points
1 3793 White, Rashad	11 Teaneck	21.2	10
2 3315 Zeigler, Chris	12 Ridgewood	21.7	8
3 3678 Butler, David	11 Teaneck	22.1	6
4 3744 Miles, Damien	11 Teaneck	J22.1	4
5 565 Kelsey, Jason	SR Don Bosco Prep	22.2	2
6 1205 Walcott, Ausar	JR Hackensack	22.4	1

Boys 400 Meter Dash Group A

Name	Year School	Finals	Points
1 565 Kelsey, Jason	SR Don Bosco Prep	49.2	10
2 3784 Thomas, Akeem	12 Teaneck	49.9	8
3 1205 Walcott, Ausar	JR Hackensack	50.2	6
4 547 Cato, Matt	JR Don Bosco Prep	50.4	4
5 173 Rubinetti, John	SR Bergen Catholic	51.0	2
6 2138 DiBella, Mike	SR Northern Highlands	J51.0	1

Boys 800 Meter Run Group A

Name	Year School	Finals	Points
1 588 Webb, Sharif	SR Don Bosco Prep	1:53.9	10
2 3187 Buckley, Niall	12 Ridgewood	1:54.8	8
3 3299 Trautwein, Christi	11 Ridgewood	1:56.6	6
4 590 Wexler, Steve	JR Don Bosco Prep	1:59.0	4
5 195 Bertinato, Matthew	12 Bergen County VO	2:00.0	2
6 2148 Gaidus, Tom	SO Northern Highlands	2:01.5	1

Boys 1600 Meter Run Group A

Name	Year School	Finals	Points
1 3187 Buckley, Niall	12 Ridgewood	4:22.9	10
2 582 Sullivan, Conor	SR Don Bosco Prep	4:23.8	8
3 541 Baker, Jason	SR Don Bosco Prep	4:24.9	6

4	3299 Trautwein, Christi	11 Ridgewood	4:25.1	4
5	2147 Gaidus, Andrew	SR Northern Highlands	4:28.3	2
6	236 Mitchell, Michael	11 Bergen County VO	4:28.8	1

Boys 3200 Meter Run Group A

Name	Year School	Finals	Points
1 3205 Emont, Daniel	12 Ridgewood	9:15.8	10
2 582 Sullivan, Conor	SR Don Bosco Prep	9:25.6	8
3 570 Molke, Robert	SO Don Bosco Prep	9:27.5	6
4 541 Baker, Jason	SR Don Bosco Prep	9:28.6	4
5 2147 Gaidus, Andrew	SR Northern Highlands	9:32.4	2
6 236 Mitchell, Michael	11 Bergen County VO	9:32.6	1

Boys 110 Meter Hurdles Group A

Name	Year School	Finals	Points
1 198 Castro, Christophe	12 Bergen County VO	14.5	10
2 2522 Shaker, Evan	SR Paramus Catholic	15.4	8
3 3796 Williams, James	12 Teaneck	J15.4	6
4 132 Goggin, Joe	JR Bergen Catholic	J15.4	4
5 3268 Nygaard, Peter	11 Ridgewood	15.9	2
6 2434 Vargas, Joe	SO Paramus	16.0	1

Boys 400 Meter Hurdles Group A

Name	Year School	Finals	Points
1 588 Webb, Sharif	SR Don Bosco Prep	54.5	10
2 3187 Buckley, Niall	12 Ridgewood	55.2	8
3 2522 Shaker, Evan	SR Paramus Catholic	55.6	6
4 198 Castro, Christophe	12 Bergen County VO	56.6	4
5 1135 Boyd, Jermaine	SO Hackensack	56.7	2
6 2329 Scaduto, Jordan	JR NV Old Tappan	57.1	1

Boys 4x400 Meter Relay Group A

School	Finals	Points
1 Don Bosco Prep 'A'	3:22.7	10
1) 547 Cato, Matt JR		
2) 590 Wexler, Steve JR		
3) 565 Kelsey, Jason SR		
4) 588 Webb, Sharif SR		
2 Teaneck 'A'	3:25.6	8
1) 3746 Mitchell, Ariel 11		
2) 3744 Miles, Damien 11		
3) 3651 Allen, Barrington 11		
4) 3784 Thomas, Akeem 12		
3 Bergen Catholic 'A'	3:27.6	6
1) 177 Sam, Jon JR		
2) 171 Ring, Will SO		
3) 167 Randall, Tom JR		
4) 173 Rubinetti, John SR		
4 Northern Highlands 'A'	3:34.4	4
1) 2138 DiBella, Mike SR		
2) 2202 Yeaton, Matt SO		
3) 2184 Prakash, Nick SR		
4) 2158 Johnson, Tom SR		
5 Hackensack 'A'	3:35.0	2
1) 1134 Bembry, Ronald JR		
2) 1135 Boyd, Jermaine SO		
3) 1161 Guerrero, Nelson JR		
4) 1172 Lee, Adam SO		
6 Bergen County Voc/Tech HS 'A'	3:38.9	1
1) 195 Bertinato, Matthew 12		
2) 218 Hannibal, Roberto 12		

3) 240 N'Goan, Abdelaziz 10

4) 198 Castro, Christopher 12

Boys High Jump Group A

Name	Year School	Finals	Points
1 2424 Rembecky, Shawn	SR Paramus	5-10.00	10
2 1166 Headley, Fritz	SO Hackensack	J5-10.00	8
3 575 Prior, Kenneth	JR Don Bosco Prep	J5-10.00	6
4 2448 Bennett, Mitchell	SR Paramus Catholic	5-08.00	4
5 2449 Brown, Alex	JR Paramus Catholic	J5-08.00	1
5 2889 Gattoni, Will	Ramapo	J5-08.00	1
5 178 Servito, Victor	JR Bergen Catholic	J5-08.00	1

Boys Pole Vault Group A

Name	Year School	Finals	Points
1 580 Steeg, Matt	SR Don Bosco Prep	13-06.00	10
2 2330 Schaller, Austin	JR NV Old Tappan	13-00.00	8
3 2871 Biashford, Tim	12 Ramapo	12-06.00	6
4 589 Weismiller, Scott	FR Don Bosco Prep	11-06.00	4
5 2275 Kirchhof, Sean	JR NV Old Tappan	J11-06.00	2

Boys Long Jump Group A

Name	Year School	Finals	Points
1 1205 Walcott, Ausar	JR Hackensack	22-02.50	10
2 3784 Thomas, Akeem	12 Teaneck	22-00.50	8
3 565 Kelsey, Jason	SR Don Bosco Prep	21-01.50	6
4 2480 Jenkins, James	SR Paramus Catholic	20-08.00	4
5 2221 Cheringal, William	SR NV Old Tappan	20-04.75	2
6 2448 Bennett, Mitchell	SR Paramus Catholic	20-04.25	1

Boys Triple Jump Group A

Name	Year School	Finals	Points
1 2448 Bennett, Mitchell	SR Paramus Catholic	45-05.50	10
2 1201 Smith, Shane	SR Hackensack	42-02.50	8
3 146 Lu, Vincent	JR Bergen Catholic	41-08.00	6
4 3258 Monri, Akira	11 Ridgewood	41-05.50	4
5 2496 Miles, Bobby	SR Paramus Catholic	41-03.50	2
6 2480 Jenkins, James	SR Paramus Catholic	40-09.00	1
7 1131 Banton, Lawrence	SO Hackensack	40-08.25	
8 1161 Guerrero, Nelson	JR Hackensack	40-06.50	

Boys Shot Put Group A

Name	Year School	Finals	Points
1 2465 DeLaCruz, Luis	JR Paramus Catholic	47-08.50	10
2 1145 Clinkscales, Debon	JR Hackensack	46-04.75	8
3 2530 Thomas, Patrick	SO Paramus Catholic	45-07.00	6
4 2870 Barna, Steve	Ramapo	44-01.00	4
5 1181 Mozia, Mike	SR Hackensack	43-08.75	2
6 563 Jeune, Jon	SR Don Bosco Prep	43-07.25	1

Boys Discus Throw Group A

Name	Year	School	Finals	Points
1 562 Hallissey, Chris	SR	Don Bosco Prep	151-04	10
2 556 Farr, Michael	SR	Don Bosco Prep	133-03	8
3 1145 Clinkscates, Debon	JR	Hackensack	131-10	6
4 2261 Hurley, Michael	JR	NV Old Tappan	131-03	4
5 2511 Ritchie, Kevin	SR	Paramus Catholic	126-00	2
6 3648 Ahmed, Amir	12	Teaneck	125-07	1

Boys Javelin Throw Group A

Name	Year	School	Finals	Points
1 2497 Molinaro, Chris	SR	Paramus Catholic	177-06	10
2 2126 Bovino, Brian	SR	Northern Highlands	162-05	8
3 2276 Korsgen, Jack	JR	NV Old Tappan	159-11	6
4 574 Pleus, Kevin	JR	Don Bosco Prep	155-09	4
5 585 Thimmel, Billy	JR	Don Bosco Prep	150-08	2
6 2311 Muth, Daniel	JR	NV Old Tappan	146-11	1

Men - Group A - Team Rankings - 16 Events Scored

1) Don Bosco Prep	135	2) Teaneck	73
3) Ridgewood	66	4) Paramus Catholic	65
5) Hackensack	54	6) Northern Valley-Old Tappa	24
7) Bergen Catholic	19	7) Bergen County Voc/Tech HS	19
9) Northern Highlands	18	10) RAMAPO	11
10) Paramus	11		

Boys

GROUP A

TEAM SCORES: Don Bosco (DB) 135, Teaneck (T) 73, Ridgewood (RW) 66, Paramus Catholic (PC) 65, Hackensack 54, Old Tappan (OT) 24, Bergen Catholic (BC) and Bergen Tech (BT) 19, Northern Highlands (NH) 18, Ramapo (RAMA) and Paramus (P) 11.

100: 1. Rashad White (T), 10.6; 2. David Butler (T), 10.7; 3. Chris Ziegler (RW), 10.8; 4. Damien Miles (T), 10.8; 5. Marvin Whilby (DB), 10.8; 6. Ausar Walcott (H), 11.0.

200: 1. Rashad White (T), 21.2 (record, old record, 21.7 by Michael Ray Garvin, Don Bosco, 2005); 2. Chris Ziegler (RW), 21.7; 3. David Butler (T), 22.1; 4. Damien Miles (T), 22.1; 5. Jason Kelsey (DB), 22.2; 6. Ausar Walcott (H), 22.8.

400: 1. Jason Kelsey (DB), 49.2; 2. Akeem Thomas (T), 49.9; 3. Ausar Walcott (H), 50.2; 4. Matt Cato (DB), 50.4; 5. John Rubineti (BC), 51.0; 6. Mike DiBella (NH), 51.0.

800: 1. Sharif Webb (DB), 1:53.9; 2. Niall Buckley (RW), 1:54.8; 3. Christian Trautwein (RW), 1:56.6; 4. Steve Wexler (DB), 1:59.0; 5. Matt Bertinato (BT), 2:00.0; 6. Tom Gaidus (NH), 2:01.5.

1,600: 1. Niall Buckley (RW), 4:22.9; 2. Connor Sullivan (DB), 4:23.8; 3. Jason Baker (DB), 4:24.9; 4. Christian Trautwein (RW), 4:25.1; 5. Andrew Gaidus (NH), 4:28.3; 6. Mike Mitchell (BT), 4:28.8.

3,200: 1. Dan Emont (RW), 9:15.8 (ties record set by Bob Keino, Ridgewood, 1993); 2. Connor Sullivan (DB), 9:25.6; 3. Robert Molke (DB), 9:27.5; 4. Jason Baker (DB), 9:28.6; 5. Andrew Gaidus (NH), 9:32.4; 6. Mike Mitchell (BT), 9:32.6.

110 HH: 1. Chris Castro (BT), 14.5; 2. Evan Shaker (PC), 15.4; 3. James Williams (T), 15.4; 4. Joe Goggins (BC), 15.4; 5. Peter Nygaard (RW), 15.9; 6. Joe Vargas (P), 16.0.

400 IH: 1. Sharif Webb (DB), 54.5; 2. Niall Buckley (RW), 55.2; 3. Evan Shaker (PC), 56.4; 4. Christopher Castro (BT), 56.6; 5. Maine Boyd (H), 56.7; 6. Jordan Scaduto (OT), 57.1.

Shot put: 1. Luis DeLaCruz (PC), 47-8 3/4; 2. Debonair Clinkscals (H), 46-4 3/4; 3. Patrick Thomas (PC), 45-7; 4. Steve Barina (RAMA), 44-1; 5. Mike Mozia (H), 43-8 3/4; 6. Jon Jeune (DB), 43-7 1/4.

Discus: 1. Chris Hallissey (DB), 151-4; 2. Michael Farr (DB), 133-3; 3. Debonair Clinkscals (H), 131-10; 4. Michael Hurley (OT), 131-3; 5. Kevin Ritchie (PC), 126-0; 6. Amir Ahmed (T), 125-7.

Javelin: 1. Chris Molinaro (PC), 177-6; 2. Brian Bovino (NH), 162-5; 3. Jack Korsgen (OT), 159-11; 4. Kevin Pleus (D), 155-9; 5. Billy Thimmell (DB), 150-8; 6. Dan Muth (OT), 146-11.

High jump: 1. Shawn Rembecky (P), 5-10; 2. Fritz Headley (H), 5-10; 3. Kenneth Prior (DB), 5-10; 4. Mitch Bennett (PC), 5-8; 5. tie between Vic Servito (BC), Alex Brown (PC) and Will Gattoni (RAMA), 5-8.

Long jump: 1. Ausar Walcott (H), 22-2 1/4; 2. Akeem Thomas (T), 22-0 1/4; 3. Jason Kelsey (DB), 21-1 1/4; 4. James Jenkins (PC), 20-8; 5. Billy Cheringal (OT), 20-4 3/4; 6. Mitch Bennett (PC), 20-4 1/4.

Triple jump: 1. Mitch Bennett (PC), 45-5 1/4; 2. Shane Smith (H), 42-2 1/4; 3. Vincent Lu (BC), 41-8; 4. Akira Monri (RW), 41-5 1/4; 5. Bobby Miles (PC), 41-3 1/4; 6. James Jenkins (PC), 40-9.

Pole vault: 1. Matt Steeg (DB), 13-6; 2. Austin Schaller (OT), 13-0; 3. Tim Blashford (RAMA), 12-6; 4. Scott Weissmiller (DB), 11-6; 5. Sean Kirchhof (RAMS), 11-6.

4-x-400 relay: 1. Don Bosco (Matt Cato, Steve Wexler, Jason Kelsey, Sharif Webb), 3:22.7; 2. Teaneck, 3:25.6; 3. Bergen Catholic, 3:27.6; 4. Northern Highlands, 3:34.4; 5. Hackensack, 3:35.0; 6. Bergen Tech, 3:38.9.

GROUP B

TEAM SCORES: River Dell (RD) 121, Indian Hills (IH) 72, Demarest (DEM) 65, Tenafly (TEN) 54, Mahwah (M), Englewood (E) and Lodi (L) 36, Pascack Valley (PV) 20, Cliffside Park (CP) 19, Rutherford (RU) 16, Fort Lee (FTL) 13, St. Joseph Regional (SJR) 4, Garfield (G) 2.

100: 1. Ralaine McDonald (E), 10.9 (ties record set by four others); 2. Colin McEvoy (PV), 11.2; 3. Chris Phipps (L), 11.2; 4. Ackeme Brown (E), 11.2; 5. Peter Grancaric (FTL), 11.2; 6. Kevin Adams (SJR), 11.5.

200: 1. Colin McEvoy (PV), 22.3; 2. Ralaine McDonald (E), 22.8; 3. Mark Filandro (IH), 23.1; 4. Kevin McVeigh (RD), 23.1; 5. Jaivon Palmer (E), 23.2; 6. David Blitzer (DEM), 23.4.

400: 1. Kevin McVeigh (RD), 51.0; 2. Mark Filandro (IH), 51.2; 3. David Blitzer (DEM), 51.2; 4. Peter Westervelt (DEM), 51.6; 5. Javon Brown (SJR), 52.1; 6. Jake Hubschman (DEM), 53.0.

800: 1. Max Bruno (IH), 1:57.3; 2. Scott Maxfield (TEN), 1:59.0; 3. Marc LoForte (RD), 4. Toby Emanuel (TEN), 2:01.2; 5. Billy Savage (IH), 2:01.3; 6. John Gaffney (RU), 2:02.2.

1,600: 1. Charles Goid (RU), 4:30.2; 2. Kevin Neary (CP), 4:30.4; 3. Mike Famularo (RD), 4:36.4; 4. Jerome Perkins (IH), 4:36.6; 5. Matt Wyatt (DEM), 4:38.6; 6. Mike Bravo (SJR), 4:40.9.

3,200: 1. Max Bruno (IH), 9:39.8; 2. Mike Famularo (RD), 9:43.2; 3. Jerome Perkins (IH), 9:44.8; 4. Matt Wyatt (DEM), 9:53.5; 5. Steve Febish (PV), 10:00.0; 6. Jacob Aronson (TEN), 10:12.7.

110 HH: 1. Anthony Morelli (DEM), 15.5; 2. Anthony Carnevale (RD), 16.0; 3. Osagie Afe (FTL), 16.5; 4. Dan Chediak (FTL), 16.6; 5. Kurt Von Weisenstein (IH), 16.8; 6. Daniel Wu (TEN), 17.2.

400 IH: 1. Toby Emanuel (TEN), 57.8; 2. Tim Carroll (RD), 58.0; 3. Ryan McVeigh (RD), 59.9; 4. Peter Westervelt (DEM), 59.9; 5. Aruj Dhawan (CP), 59.9; 6. Eric Perez (G), 1:00.3.

Shot put: 1. Zach Shapiro (RD), 54-7; 2. Andrew Trass (RD), 51-7 3/4; 3. Evan Noel (RD), 48-7; 4. Connor Hartigan (M), 46-11; 5. Jonathan Yi (DEM), 46-8 3/4; 6. Jordan Migliore (DEM), 44-11.

Discus: 1. James Stathopoulos (M), 142-3; 2. Zach Shapiro (RD), 138-7; 3. Evan Noel (RD), 137-9; 4. Andrew Trass (RD), 135-3; 5. Connor Hartigan (M), 125-5; 6. John Kusnic (DEM), 125-4.

Javelin: 1. Kevin Steimle (M), 171-11; 2. Kurt Von Weisenstein (IH), 168-1; 3. Jamal Clay (M), 157-5; 4. Andrew Trass (RD), 155-11; 5. Ivan Nedds (IH), 147-; 6. Jason Marti (G), 144-8.

High jump: 1. Chris Phipps (L), 6-2; 2. Xavier Lee (CP), 5-10; 3. Kurt Von Weisenstein (IH), 5-10; 4. John Chiarello (RD), 5-8; 5. Anthony Carnevale (RD) < 5-6. No sixth.

Long jump: 1. Chris Phipps (L), 22-3; 2. Daniel Wu (TEN), 20-7 1/4; 3. Kurt Von Weisenstein (IH), 20-2; 4. Jeverton DeLorenzi (RU), 19-9 1/4; 5. Jaivon Palmer (ENG), 18-11 3/4; 6. Dan Chiarello (RD), 18-11 1/4.

Triple jump: 1. Chris Phipps (L), 45-8; 2. Daniel Wu (TEN), 42-10 1/4; 3. Jaivon Palmer (E), 41-3; 4. Max Bosco (DEM), 40-10 1/4; 5. Mike Buccholz (RD), 40-9; 6. Xavier Lee (CP), 40-6 1/4.

Pole vault: 1. Jason Schoenfelder (DEM), 12-0; 2. Gates Helms (TEN), 11-6; 3. tie between Sevan Chorluyan (DEM), and Jamar Dickson (M), 11-6; 5. James O'Connor (DEM), 11-6; 6. Robert Fecanin (RU), 11-0.

4-x-400 relay: 1. River Dell, 3:29.5; 2. Demarest, 3:31.5; 3. Tenafly, 3:36.2; 4. Englewood, 3:38.9; 5. Indian Hills, 3:44.3; 6. Fort Lee, 3:45.1.

GROUP C

TEAM SCORES: Pascack Hills (PH) 104, Hasbrouck Heights (HH) 97, Leonia (LEO) 73, New Milford (NM) 66, Ramsey (RAMS) 47, Glen Rock (GR) 31, Ridgefield Park (RP) 30, Westwood (W) 18, Dumont (DUM) 16, Lyndhurst (LYN) 13, Ridgefield (RF) 1.

100: 1. Donovan Bolden (LEO), 10.9 (ties record set by Rameik Jackson, Westwood, 2005); 2. Sam Smith (PH), 11.0; 3. Tristen John (DUM), 11.0; 4. Pat Mitchell (NM), 11.2; 5. Kevin Vacciana (NM), 11.2; 6. Mark Basile (LYN), 11.5.

200: 1. Donovan Bolden (LEO), 22.4; 2. Sam Smith (PH), 22.5; 3. A.J. Scoppa (NM), 22.6; 4. Mark Basile (LYN), 22.8; 5. Kevin Vacciana (NM), 22.9; 6. Tom Brande (GR), 23.4.

400: 1. Steve Shorr (PH), 50.6; 2. A.J. Scoppa (NM), 52.3; 3. Corey Davis (RAMS), 53.5; 4. David Cord (W), 53.6; 5. Dan Diaz (NBM), 53.9; 6. Wade Friedel (HH), 54.0.

800: 1. Chris Mazzaway (PH), 1:59.5; 2. Rob Nihen (GR), 2:02.2; 3. Tom Eickelberg (LEO), 2:02.9; 4. Taylor Trumbetti (PH), 2:04.3; 5. Danny Butcher (W), 2:05.7; 6. Peter Lee (RP), 2:06.1.

1,600: 1. Chris Mazzaway (PH), 4:38.7; 2. Tom Eickelberg (LEO), 4:41.2; 3. Tim Arscott (RAMS), 4:41.7; 4. Danny Butcher (W), 4:41.8; 5. Joe Maddolin (DUM), 4:42.7; 6. Mike Wilkens (LEO), 4:43.8.

3,200: 1. Tom Eickelberg (LEO), 9:48.5; 2. Chris Mazzaway (PH), 9:51.1; 3. Tim Arscott (RAM), 9:52.5; 4. Danny Butcher (W), 9:57.8; 5. Scott Murphy (W), 10:10.1; 6. Victor Lopez (LEO), 10:12.0.

110 HH: 1. Donovan Bolden (LEO), 14.7; 2. Dan White (GR), 14.8; 3. Keith Mistretta (RAMS), 14.9; 4. Dan D'Amato (HH), 15.1; 5. Ryan Dougherty (RP), 15.4; 6. Joe Picciano (NM), 15.8.

400 IH: 1. Steven Shorr (PH), 56.0; 2. Dan D'Amato (HH), 57.3; 3. Dan White (GR), 57.5; 4. Mike Pleus (DUM), 57.7; 5. Dan Diaz (NM), 59.1; 6. Andrew Parker (RF), 1:00.2.

Shot put: 1. Geoff Goidell (PH), 55-2 1/4; 2. Brandon Melchior (HH), 52-11; 3. Brandon Gareffa (HH), 49-7; 4. Mike Renna (HH), 49-2; 5. Scott Brunner (NM), 47-5; 6. Matt Scheetz (W), 45-9 1/4.

Discus: 1. Brendan Gareffa (HH), 154-10; 2. Brandon Melchior (HH), 143-1; 3. Geoff Goidell (PH), 141-10; 4. Scott Brunner (NM), 134-7; 5. Mike DeSimone (HH), 131-7; 6. Theron Cromer (LO), 130-6.

Javelin: 1. Doug Cerniglia (RP), 179-10; 2. Brandon Gareffa (HH), 167-4; 3. Tom Lester (RAMS), 161-8; 4. Adito Fera (LEO), 159-8; 5. Dan Diaz (NM), 155-1; 6. Zachary Ketcho (WR), 147-8.

High jump: 1. Glenn Luis Cabrera (RP), 5-10; 2. Tevin Ankle (GR), 5-8; 3. Dave Nowak (LYN), 5-8; 4. Kyle Lotwick (DUM), 5-8; 5. Mike Iozzia (RAMS), 5-8; 6. Donovan Bolden (LEO), 5-8.

Long jump: 1. Dan D'Amato (HH), 21-5; 2. Pat Mitchell (NM), 21-4 1/4; 3. Ryan Dougherty (RP), 21-1 3/4; 4. Chris Carrillo (LEO), 19-9; 5. Joe Picciano (NM), 19-6 3/4; 6. Cory Springer (HH), 18-10 3/4.

Triple jump: 1. Dan D'Amato (HH), 41-6; 2. Joe Picciano (NM), 41-5 1/4; 3. Chris Carrillo (LEO), 41-0; 4. Mac Sakchutchawan (HH), 39-8 3/4; 5. Pat Mitchell (NM), 39-6 1/4; 6. Glenn Luis Cabrera (RP), 38-11.

Pole vault: 1. Patrick Barnes (PH), 12-0; 2. Scott Bianco (RAMS), 12-0; 3. Brandon Melchior (HH), 11-0; 4. tie between Neil Gallares (NM) and Bryan Gonzales (RAMS), 10-6; 6. Jose Emmanuelli (LEO), 10-6.

4-x-400 relay: 1. Pascack Hills (Ben Hirsch, Alex Molesan, Chris Mazzaway, Steve Shorr), 3:31.8; 2. New Milford, 3:32.7; 3. Hasbrouck Heights, 3:41.9; 4. Ramsey, 3:42.8; 5. Lyndhurst, 3:43.2; 6. Westwood, 3:43.6.

GROUP D

TEAM SCORES: Cresskill (CR) 111, Sadle Brook (SB) 81, Park Ridge (PR) 79 1/2, Wood-Ridge (WR) 42, St. Mary's (SM) 28, Emerson (EM) and Midland Park (MP) 26, North Arlington (NA) 25 1/2, Wallington (WALL) 25, Waldwick (WALD) 23, Bogota (BO) 18, Palisades Park (PP) 9, Saddle River Day (SRD) 1.

100: 1. Damon Merkerson (SM), 10.7 (record, old record, 10.8 by Chris Charles, Park Ridge, 2000); 2. Matt Bieszard (MP), 10.9; 3. Shane Stanek (BO), 11.2; 4. Szymon Gusciora (WALL), 11.2; 5. Rubin Santos (NA), 11.5; 6. Chris Cosgrove (PR), 11.7.

200: 1. Matt Bieszard (MP), 22.0 (record, old record, 22.2 by Jacek Kwiatkowski, Wallington, 1998); 2. Damon Merkerson (SM), 22.1; 3. Hayden Duffy (EM), 22.9; 4. Szymon Gusciora (WALL), 23.1; 5. Connor Kennedy (WALD), 23.8; 6. Mike Occhipinti (WALD), 24.2.

400: 1. Damon Merkerson (SM), 48.8 (record, old record, 49.5 by Gary Gagliardi, Hasbrouck Heights, 2001); 2. Matt Bieszard (MP), 50.5; 3. Hayden Duffy (EM), 51.1; 4. Szymon Gusciora (WALL), 52.7; 5. Nick Bravo (PR), 53.3; 6. tie between Tom Kelchner (NA), and Brian Desmond (PR), 53.8.

800: 1. Matt Lingam (PR), 1:59.1; 2. John Carabetta (PR), 1:59.9; 3. Sam Janssen (PR), 2:00.5; 4. James Bedrock (WALD), 2:05.5; 5. Arthur Freitas (PP), 2:05.8; 6. Eric Conroy (NA), 2:06.2.

1,600: 1. Matt Lingam (PR), 4:42.7; 2. Paul Kuehnle (SB), 4:46.3; 3. Jim Jammal (WR), 4:47.7; 4. Matt Majchrzak (WALL), 4:47.9; 5. Bryan Ramirez (CR), 4:48.3; 6. Pawel Kasica (WALL), 4:50.1.

3,200: 1. Matt Lingam (PR), 9:57.5; 2. Paul Kuehnle (SB), 10:01.0; 3. Pat Rochford (BO), 10:09.7; 4. Pawel Kasica (WALL), 10:14.4; 5. Bryan Ramirez (CR), 10:14.6; 6. Jim Jammal (WR), 10:15.2.

110 HH: 1. Tim White (SB), 15.0; 2. Ray Stever (WR), 15.5; 3. Mike Guarriello (EM), 15.6; 4. Allen Patterson (SB), 15.9; 5. Matt Selle (WR), 16.1; 6. Dan Egorow (CR), 16.3.

400 IH: 1. Tim White (SB), 57.1; 2. Mike Guarriello (EM), 59.1; 3. Tom Kelchner (NA), 59.4; 4. Dan Egorow (CR), 59.4; 5. Dan Egorow (CR), 1:00.1; 6. Ben Delfs (SRD), 1:00.5.

Shot put: 1. George Pecoraro (CR), 50-0 1/4; 2. John Fontana (SB), 45-4 1/4; 3. Bob Sozzo (WALD), 44-2; 4. Kyle Elliott (CR), 42-8; 5. Piotr Wtulisiak (WALL), Vincent Pell (SB), 42-6 3/4.

Discus: 1. George Pecoraro (CR), 158-9; 2. Marc Peck (WR), 134-7; 3. James Lee (PP), 134-6; 4. Jason Raggi (CR), 131-8; 5. Seb Kowalik (WR), 131-7; 6. Tomasz Dlugozima (WALL), 130-3.

Javelin: 1. Kyle Elliott (CR), 192-3; 2. Joe Gingerelli (WR), 190-11; 3. Max Katzner (BO), 184-9; 4. Marc Peck (WR), 179-2; 5. Seb Luna (WR), 162-1; 6. Tomasz Dlugozima (WALL), 147-9.

High jump: 1. Tim White (SB), 5-10; 2. Dan Egorow (CR), 5-8; 3. Steve Lapp (CR), 5-8; 4. Rubin Santos (NA), 5-6; 5. Caleb King (CR), 5-6. No sixth.

Long jump: 1. Conrad Healy (PR), 20-10 1/4; 2. Allen Patterson (SB), 20-9; 3. Rubin Santos (NA), 20-4 3/4; 4. Dan Egorow (CR), 19-5; 5. Scott Lee (CR), 18-11 3/4; 6. Connor Kennedy (WALD), 18-3 3/4.

Triple jump: 1. Allen Patterson (SB), 40-8; 2. Scott Lee (CR), 40-4 1/4; 3. Joseph Yun (CR), 39-8; 4. Dan Silveri (WALD), 39-3 1/4; 5. Dante Santiago (CR), 38-4; 6. Chris Mayer (WALD), 38-0.

Pole vault: 1. Mike Collins (CR), 13-0 (ties record held by five others); 2. Jun Olmo (CR), 12-0; 2. John-Delfin Skovira (PR), 11-6; 4. Robert Brislin (PR), 11-6; 5. Greg Hoffman (PR), 11-6; 6. Matt Selle (WR), 11-6.

4-x-400 relay: 1. Park Ridge (Conrad Healy, Brian Desmond, Matt Lingam, John Carabetta), 3:30.0; 2. Cresskill, 3:41.4; 3. North Arlington, 3:41.8; 4. Sadle Brook, 3:44.8; 5. Waldwick, 3:46.5; 6. Palisades Park, 4:02.6.

4x110HH:

Peter Nygaard / Lucas Chwe / Zack Ontiveros / Akira Monri - **DQ**

4x100m:

Akira Monri / Peter Nygaard / Lucas Chwe / Chris Zeigler - **45.40 (bad 3rd stick pass)**

4x200m:

Akira Monri **22.8**

Zack Ontiveros **23.1**

Peter Nygaard **24.1**

Chris Zeigler **21.5**

1:31.83 - New School Record

Bergen relay marks vanish

Ridgewood girls,
Teaneck boys star

It was quite a night for Bergen County schools Monday in the East Coast Relays at Morristown High School.

Four County records were set Monday, with the Teaneck boys and Ridgewood girls each doing so twice.

Several other top 10 Bergen standards were recorded at the meet, which draws some of the best teams in the state.

TRACK AND FIELD EAST COAST RELAYS

Teaneck's winning 4-x-100 relay team of Damien Miles, David Butler, James Williams and Rashad White ran a stunning 42.08 to break the 36-year-old record set by Don Bosco (42.4).

Akeem Thomas then replaced Williams as the Highwaymen lowered their record of 1:27.0 to 1:26.78 in the 4-x-200 relay. Both times are among the top 25 in State history.

Teaneck was pressed to the finish in the 4-x-200 relay by Don Bosco, which ran 1:27.34 (Matt Cato, Sharif Webb, Marvin Whilby and Jason Kelsey).

Bosco's Matt Andriulli replaced Whilby in the sprint medley, and Webb split 1:52.9 on the 800 anchor to hold off Brian Guterl of Union Catholic at 3:27.39 in the 1,600 meters.

It is the fastest time ever run in meters by a Bergen County team and is marginally behind the 1975 Paramus team's time of 3:27.7 for the mile event - approximately 11 yards longer. It also is in the top 25 all time in New Jersey history.

Ridgewood's shuttle-hurdles team of Mia Martinez, Cristina Law, Alice Wisener and Lara-Jane Que won in 1:00.77 and took nearly two seconds off its Bergen record of 1:02.55 in the event, set earlier this spring.

Their time is tied for eighth in New Jersey history.

Law, Wisener and Ashlyn Llerandi ran a combined 3:14.90 to win in the 3-x-400 intermediate hurdles, taking more than 2.5 seconds off the Bergen County record they set last year.

Ridgewood used a 16-11 long jump by Brooke Bogart and a 16-1 by Law to win the long-jump relay, and Jaclyn Wypler threw 127-4 to help the Maroons take second in the javelin relay.

The Teaneck, Paramus Catholic and Ridgewood teams in the girls 4-x-200 relay finished seventh through ninth, but the respective times of 1:44.02, 1:44.24 and 1:44.62 rank fifth, sixth and seventh on the all-time Bergen County list.

— Paul Schwartz

**Freshman Championship
@ Ramsey**

May 23, 2007

100m: C. Glennon 13.1 N. Lewis 13.3 O. Bakshi 13.4 C. Moderow 13.7
S. Morgan 13.8 R. Righthand 15.9

1600m: B. Cleary 5:03; M. Spilka 5:23 E. Martinez 5:29 S. Fishbein 5:44

110HH: T. DeVita 20.6

800m: A. Ontiveros 2:15 – 6th Place S. Coopersmith 2:21 N. Francis 2:24
D. Sweet 2:24

200m: S. Morgan 27.9 O. Bakshi 27.9 C. Glennon 28.1 C. Moderow 28.3
R. Righthand 34.5

3200m: B. Cleary 11:12 – 5th Place

4x400m:
M. Maniaci 62.5 A. Ontiveros 60.7 E. Martinez 65.7 S. Coopersmith 59.2
4:08.1

Long Jump: T. DeVita 15'6" S. Khalsa 12'5 ½"

Triple Jump: T. DeVita 34'11 ½" S. Khalsa F

High Jump: T. DeVita 5'8" – 2nd Place

Shot Put: J. Simmons 40'1 ½" – 1st Place – County Champion!!!
M. Krauss 33'1" J. Uzzalino 30'1" J. Halwagy 27'3 ¼"

Discus: J. Simmons 93'4" – 5th Place; M. Krauss 81'8"; J. Halwagy 78'8"
J. Uzzalino 78'5"; J. Levitsky 75'6";

Javelin: M. Maniaci 129'6" – 2nd Place!!!

Pole Vault: J. Wisener 9'6" – 4th Place!!!

Total Score: 35 points – 4th Place

**Great way to end the season – a lot of personal bests and a county win by Jack!!!
Great job by Alex Butler and Matt Grundy sticking out the season through injury
and supporting you guys! You came together as a team in this meet. Well done.**

TRACK & FIELD: STATE SECTIONAL PREVIEW

Today, 4 p.m.; Saturday, 10 a.m.

North 1, Groups 1 & 2 at Indian Hills; North 1, Groups 3 & 4 at Wayne Hills; North 2, Groups 1 & 2 at Parsippany

Boys

North 1, Group 1

Teams to watch: Defending champ Pompton Lakes has a chance, but only Hasbrouck Heights and Cresskill, field event powerhouses, divide those points evenly. Park Ridge, Leonia and Saddle Brook also can score well.

Returning champions: Orion Woodard, Pompton Lakes (100 and 200); Matt Bieszard, Midland Park (400); Dane Bender, Pompton Lakes (800); Mike Soroko, Kinnelon (1,600 and 3,200); Carlos Tejada, Saddle Brook (HH); Brendan Bareffa, Hasbrouck Heights (DT); Tim White, Saddle Brook (HJ); Brandon Bowen, Boonton (LJ); Allen Patterson, Saddle Brook (TJ); Mike Collins, Cresskill (PV).

Events to watch: The jumps will feature Brandon Hillman of Verona, Dan D'Amato of Hasbrouck Heights, Bowen and Patterson. The shot duel between Brandon Melchior of Hasbrouck Heights and George Pecoraro of Cresskill could decide the meet.

North 1, Group 2

Teams to watch: If reigning champ Indian Hills is healthy, it probably will outpoint River Dell, Hopatcong, Pascack Hills and Tenafly. But Max Bruno must complete his triple and Kurt Von Weisenstein must hold together or there'll be a new champ.

Returning champions: Bruno, Indian Hills (1,600); Sam Paul, Newton (IH); Joe Martinek, Hopatcong (JT, HJ); Greg Stripe, Mahwah (PV).

Events to watch: Any race Bruno or Martinek is in. If Stripe is healthy, the pole vault and his assault on 15 feet will be the feature.

North 1, Group 3

Teams to watch: Northern Highlands beat Morris Hills in a classic last year. Teaneck's sprinters, Wayne Valley's stars and Morris Hills duo Kyle Soloff and Aaron King promise another great battle.

Returning champions: Rashad White, Teaneck (100 and 200); Tony Salvatore, Wayne Valley (1,600); Chris Pantale, Wayne Valley (SP); George Abyad, Passaic Valley (DT); Tim Blashford, Ramapo (PV).

Events to watch: Salvatore, Soloff and Stephen Abate of Wayne Valley battle in the distance races and King and Wayne Hills' Anthony Chisholm will

battle in the jumps.

North 1, Group 4

Teams to watch: Reigning champion West Orange has had some injury problems but still is favored over Morris County champ Randolph, a good Vernon team and solid groups from Ridgewood and Hackensack.

Returning champions: Jason Apwah, Roxbury (800); Jon Arnold, West Orange (LJ).

Events to watch: The distance races should be a treat with Apwah against Niall Buckley of Ridgewood in the 800, Zach Bahor of Randolph against Buckley and Christian Trautwein of Ridgewood in the

1,600, and Dan Emont of Ridgewood and Mike Mitchell of Bergen Tech in the 3,200.

North 2, Group 1

Teams to watch: 2006 champion Bound Brook has moved to Central Jersey with runner-up Dunellen, leaving Academic as the favorite. Illness knocked North Arlington out of contention and Secaucus, with great weightmen, may not have enough in the other events.

Returning champions: Reggie McLeod, Academic (100 and 200); Tauqeer Qazi, Academic (3,200); Nick Britt, Secaucus (DT).

Events to watch: Britt gets better each week and his teammate Adam Mustafa may be the most improved thrower in the state in the discus.

North 2, Group 2

Teams to watch: Reigning champ Parsippany is down, leaving an opening for Hanover Park or Chatham, with Ridgefield Park hoping to improve on its fourth place finish of 2006.

Returning champions: Mike Cuppari, Hanover Park (HH); Steve D'Arcy, Hanover Park (SP); Paul Gary, Lincoln (DT); Doug Cerniglia, Ridgefield Park (JT); Scott McCullough, Chatham (HJ).

Events to watch: The 1,600 with Stephen Hankinson of Summit, James Grimes of Chatham and Charles Gould of Rutherford should be sensational and anything Chris Phipps of Lodi is in (HJ, LJ, TJ, 100) should be fun to watch.

Girls

North 1, Group 1

Teams to watch: Reigning champ But-

ler is down. 2006 State champ Pascack Hills is now in Group 2 and the battle among Verona, Waldwick, Park Ridge and Cresskill should be a treat.

Returning champions: Sherilyn Ferrari, Verona (400); Kate Watson, Leonia (HH); Heather Morba, Kinnelon (SP); Anna Gleason, Butler (HJ); Kristen Marfino, Hasbrouck Heights (PV).

Events to watch: Arianna Pomo, the 2005 long jump State Group 1 champ is back and better than ever and should be sensational in the high hurdles and long jump. Park Ridge's April Kaiser faces a huge test against Morba in the shot and discus.

North 1, Group 2

Teams to watch: Never bet against reigning champ River Dell in a sectional, but Bergen B champ Indian Hills and Bergen C champ Ramsey, along with 2006 State Group 1 champ Pascack Hills make this the meet of the day in North Jersey.

Returning champions: Vicky Caruso, Walkill Valley (100 and 200); Alex

Rosenberger, Ramsey (400 and IH); Bry Bonavita, River Dell (800); Lindsey Jettes, Indian Hills (1,600); Almee Chegwidden, Walkill Valley (3,200); Arielle VanWingerden, Pequannock (JT); Alyssa Maier, River Dell (TJ).

Events to watch: The 400 hurdles, with Bonavita, Rosenberger and Kiara Arrick of Manchester may match the top three intermediate hurdlers in the group. Caruso, Rosenberger and Bonavita also may match up well in the 400 and the meet may come down to Ramsey versus River Dell in the 4-x-400 relay.

North 1, Group 3

Teams to watch: Ramapo counts on its big three of Amy Salek, Kesley Ramsey and Erin McKenna to match or exceed their 66 points of last year. And the Raiders have some depth behind them this year to hold off Northern Highlands, Lakeland, Teaneck and Wayne Valley.

Returning champions: Amy Salek, Ramapo (100, 200 and 400); Kesley Ramsey, Ramapo (1,600 and 3,200); Diana Restrepo, Morris Hills (IH); Lizzie Faust, Northern Highlands (TJ).

Events to watch: Patty Hannon of Paramus, Arianna Bakelmun of Wayne Hills and Christina Valerio of West Milford have the potential to press Ramsey and McKenna in the distance races they run, especially in the 3,200.

North 1, Group 4

Teams to watch: Ridgewood, and then everybody else. The only question is whether the Maroons will reach triple digits against good teams from Roxbury, Clifton and Randolph. The bet is that 120 might be the winning number.

Returning champions: Kristin Crawford, Kennedy (200 and 400); Ariann Neutts, Roxbury (800 and 1,600); Lara-Jane Que, Ridgewood (HH); Cristina Law, Ridgewood (IH); Kristen Venning, Clifton (HJ).

Events to watch: The 200 with Crawford, Amber Allen of Passaic Tech and Ridgewood's Erica Cigolini should be a lot of fun and Law and

Susan Martinez of Clifton should join Neutts and Ashley Cromartie of Roxbury in a great 800. If Kim Standeridge of Randolph also runs the event, it might take 2:17 to make it to the States.

North 2, Group 1

Teams to watch: Lyndhurst should have been in position to win the title after its near-miss last year, but the Golden Bears may have some attendance issues. If not, it's a wide-open meet with Academic, Secaucus and perhaps North Arlington in the mix.

Returning champions: Leslie Njoku, Academic (200, 800, IH and HJ); Leeann Weiner, Secaucus (3,200); Mercedes Heggis, Lyndhurst (HH and TJ); Ashley Little, Jonathan Dayton (SP); Nicole Guirland, Lyndhurst (DT and JT).

Events to watch: Any throwing event with Guirland and any event running event with Njoku.

North 2, Group 2

Teams to watch: Reigning champ Hanover Park dominated Morris County and while Ridgefield Park may have the best 1-2 punch in Angelica Johnson and CJ Jacob, Hanover Park's depth and talent is too much.

Returning champions: Ogechi Nwaneri, Chatham (100 and 200); Alexis Weiner, Caldwell (1,600 and 3,200); Diona Scala, Hanover Park (HH); Shadaya Bennett, Hanover Park (IH); Christina D'Amato, Madison (SP); Rebecca Misko, Madison (DT); Alexandra Kelly, Hanover Park (JT); CJ Jacob, Ridgefield Park (HJ).

Events to watch: Scala against Jacob in the high hurdles, Nwaneri against Johnson in the sprints and Weiner against Samantha Lee of Summit in the 800 and 1,600.

— Paul Schwartz



Tim White



Amber Allen



Bry Bonavita

HIGH SCHOOL SPORTS: TRACK AND FIELD

Here's a look at boys sectional championships

BY JIM LAMBERT
FOR THE STAR-LEDGER

Since 1993, many different teams have captured sectional track and field championships. Except in Central Jersey, Group 1.

That is where Metuchen has built a dynasty, reeling off a state-record 14 straight championships, all under legendary coach Marty Holleran.

Before Holleran arrived 24 years ago, Metuchen never won a sectional title. Holleran changed that in 1991, and after Montgomery won the section in 1992, Metuchen has been on top since.

And the Metuchen express — star juniors Dejuan Miller (sprints) and Chris Pisano (all-around) are backed by a deep supporting cast — is not showing any signs of slowing down.

Metuchen is a big favorite to extend its streak to 15 as Holleran brings one of his best teams in recent years into today's NJSIAA Star-Ledger sectional championships. The two-day sectionals begin today at 4 p.m. at eight sites around the state and continue tomorrow morning at 10.

For the first time ever, each sectional meet will use automatic timing.

The top six finishers in each event in each sectional championship — including ties for sixth — will advance to the state group championships. The group meets will be contested over two days at two sites on June 1 and 2. The Group 1, 2, and 3 championships will be at Frank Jost Field in South Plainfield. Meanwhile, Egg Harbor will host the Non-Public A and B, and Group 4 Championships.

Also this weekend is the New Jersey Catholic Track Conference Championships on Sunday at 11 a.m. at Notre Dame in Lawrenceville. Notre Dame is the defending champion.

Here is a look at each sectional:

NORTH JERSEY, SECTION 1

Groups 1 and 2 at Indian Hills, Oakland
Groups 3 and 4 at Wayne Hills

GROUP 1
Last 10 champions: 2006-West Orange, 2005-Paterson, 2004-Kennedy, 2003-Ridgewood, 2002-Teaneck, 2001-Wayne Valley, 2000-Hackensack, 1999-Hackensack, 1998-Hackensack, 1997-Vernon.

Individuals to watch: Jason Agha, Roxbury (sprints), Chris Ziegler, Ridgewood (sprints), Asa Walcott, Hackensack (sprints), Maurice Jones, Belleville (sprints), Craig Marshall, Bloomfield (distances), Dan McInnes, Livingston (sprints), Matt Ro-

sano, Vernon (hurdles), Mark Lisa, Vernon (jumps, jav, sprints), Deione Sydnor, West Orange (H), Lloyd Coadia, West Orange (throws), Jon Arnold and Qadir Tudor, West Orange (jumps), Zach Bator, Randolph (distances), Daniel Emont, Ridgewood (distances), Niall Buckley, Ridgewood (H/800), Marcus McKenzie, Paterson (jumps), Kennedy (jumps).

Prediction: If Jon Arnold (foot) is healthy, West Orange can repeat. If not, Ridgewood is the pick.

GROUP 2
Last 10 champions: 2006-Northern Highlands, 2005-Morris Hills and Northern Highlands, 2004-Sparta, 2003-Wayne Hills, 2002-Garfield, 2001-Garfield, 2000-River Dell, 1999-Lakeland, 1998-Lakeland, 1997-Lakeland.

Contenders: Morris Hills, Wayne Valley, West Milford, Teaneck, Demarest.
Individuals to watch: Aaron King, Morris Hills (all-around), George Ayad, Passaic Valley (throws), Rashad White, Teaneck (sprints), David Butler, Teaneck (sprints), Akeem Thomas, Teaneck (400), Damien Miles, Teaneck (sprints), Kyle Soloff, Morris Hills (distances), Mike Baird, Morris Hills (H), Jon Karsson, Morris Hills (800), Stephen Abate, Wayne Valley (distances), Tony Salvatore, Wayne Valley (distances), Chris Parale, Wayne Valley (throws), Anthony Chierici, Montville (400), Tom Papa, Wayne Valley (jumps), Adam Lazor, West Milford (H), Kyle Gilroy, West Milford (hurdles), Casey Weiss, West Milford (800), Alec Marshall, Asgwen Valley (hurdles), Greg Ross, Morris Hills (H).

Prediction: Passaic County champion Wayne Valley and 2005 sectional runner-up Morris Hills will have a good battle, with Wayne Valley coming out on top.

GROUP 3
Last 10 champions: 2006-Indian Hills, 2005-Westwood, 2004-Morris Hills, 2003-Newtown, 2002-Leonia, 2001-Mahwah, 2000-Ramsey, 1999-Ramsey, 1998-Westwood, 1997-Kittatany.

Contenders: River Dell, Indian Hills, Passaic Hills, Hopatcong, Jefferson, Ramsey, Tenafly.
Individuals to watch: Max Bruno, Indian Hills (distances), Joe Martinek, Hopatcong (throws), Cody Unger, Jefferson (H), Geoff Goddard, Passaic Hills (throws), Patrick Barnes, Passaic Hills (H), Steven Shore, Passaic Hills (hurdles), Chris Mazzavie, Passaic Hills (distances), Mark Flandro, Indian Hills (sprints), Jerome Perkins, Indian Hills (distances), Mike Landshoff, Hopatcong (H), Kurt Neubauer, Hopatcong (jumps/hurdles), Zach Shapiro, River Dell (throws).

Prediction: River Dell has the edge, but multi-event star Joe Martinek and his Hopatcong team, as well as Passaic Hills, could surprise.

GROUP 4
Last 10 champions: 2006-Pompton Lakes, 2005-Saddle Brook, 2004-Glen Rock, 2003-Glen Rock, 2002-Glen Rock, 2001-Glen Rock, 2000-Glen Rock, 1999-Glen Rock, 1998-Cresskill, 1997-Glen Rock.

Contenders: Pompton Lakes, Verona, Kinnelon, Cresskill, Saddle Brook, Leonia, New Milford, Hackensack Heights, Basking Ridge.
Individuals to watch: Mike Soroko, Kinnelon (distances), Orion Woodard, Pompton Lakes (distances), Adam Wright, Pompton Lakes (distances), Peter Mazzella, Pompton Lakes (throws), Dan DePalma, Verona (jumps), Brandon Hillman, Verona (jumps/hurdles), Nick Sengotta, Verona (throws), Mike Lukas, Verona (H), Tom Frawley, Verona (throws), Dan Eggen, Verona (hurdles/jumps), Mike Collins, Cresskill (H), George Pecoraro, Cresskill (throws), Kyle Elliott, Cresskill (H), Tim White, Saddle Brook (hurdles/jumps), Brendan Ganeff, Hackensack Heights (throws), Donovan Bolden, Leonia (sprints), Brandon Bowen, Basking (sprints).

Prediction: Hackensack Heights will pile up enough points in the field events to win its first title since 1984.

NORTH JERSEY, SECTION 2

Groups 1 and 2 at Parsippany
Groups 3 and 4 at South Plainfield

GROUP 1
Last 10 champions: 2006-Irvington, 2005-Phillipsburg, 2004-Piscataway, 2003-Elizabeth, 2002-Morris-town, 2001-Plainfield, 2000-Elizabeth, 1999-Randolph, 1998-Elizabeth, 1997-Plainfield.

Contenders: Irvington, Franklin, Westfield, North Haverhill, Phillipsburg, Union Piscataway.

Individuals to watch: Ismael Robbins, Irvington (sprints), Leonardo Wright, Irvington (sprints), Jay-Mark Bailey, Irvington (sprints), Rashon Evans, Irvington (sprints), Jon Evans, Irvington (hurdles), Amber Wright, Irvington (jumps), Christian Gorzalez, Franklin (distances), Hank Kendrick, Franklin (sprints/jumps), Sean Schnarr, Franklin (sprints/hurdles), Jermaine Coore, Franklin (distances), Ricardo Kennedy, Westfield (sprints), Adam Berge, Westfield (jumps), Brandon Heroux, Westfield (H), Adam Tarlow, Westfield (800), Evan Friedman, Westfield (distances), Matt Crystal, Watchung



Aaron King's all-around efforts will make Morris Hills a contender to win the North Jersey, Section 1, Group 3 state title this weekend at Wayne Hills.

Hills (throws), Ronnie Quacquarelli, Watchung Hills (throws), Ed Sheridan, Phillipsburg (distances), George Valone, North Haverhill (H), Tom Urbanowicz, J.P. Stevens (H), Brent Scott, J.P. Stevens (H), Isa Abdul-Quodus, Union (sprints), Marques Wallace, Union (sprints), William Ricketts, Piscataway (H), Gerard Gray, Piscataway (H), Josh Cumberbatch, Piscataway (throws).

Prediction: Assuming Bailey (knee) and Wright (hamstring) don't have setbacks, Irvington will be tough to dethrone. But Skyland Conference champion Franklin, which should get a lot of points from Gonzalez and Kendrick, and balanced Westfield, a program on the rise, also have a shot. Westfield hasn't won a sectional since 1978. Franklin is looking for its first in 10 years.

GROUP 2
Last 10 champions: 2006-New Brunswick, 2005-Montgomery, 2004-Phillipsburg, 2003-Morris Hills, 2002-Morris Hills, 2001-Scott Plains, 2000-Scott Plains, 1999-Scott Plains, 1998-Morris-town, 1997-Scott Plains.

Contenders: Scott Plains-Farwood, Ridge, Millburn, Morris-town, Cranford.
Individuals to watch: Mike Rowbotham, Scott Plains (hurdles, H), Mike Alaman, Scott Plains (throws), Tom Pennella (hurdles/H), John Badala, Scott Plains (throws), Adam Biner, Scott Plains (distances), George Galasso, Hometel (distances), Danny Kirschner, Millburn (800), Jason Jan, Ridge (H), Ope Muse, South Plainfield (jumps), Alex Brenner, Ridge (distances), Charlie Murphy, Millburn (distances), Myles Ujaldin, Millburn (distances), Joe McKenney, Cranford (distances), Chris Bradley, Nutley (H), Mackenzie Dow, Cranford (H), Chris Woolf, Voorhees (distances), Nick Alexander, West Morris (throws), Shabazz Ketton, New Brunswick (sprints), Derrick Jordan, Iselin Kennedy (sprints).

Prediction: Union County kingpin Scott Plains, third in 2005 and runner-up last year, should easily win its first title in six years.

GROUP 3
Last 10 champions: 2006-Parsippany, 2005-Gov. Livingston, 2004-Gov. Livingston, 2003-Parsippany, 2002-Hanover Park, 2001-Hanover Park, 2000-Hanover Park, 1999-Roselle, 1998-Morris Hills, 1997-Newark Central.

Contenders: Hanover Park, Bernards, Chatham, Lodi.

Individuals to watch: Dylan Bauer, Hanover Park (1200/400), Mike Cuppari, Hanover Park (sprints/hurdles), Randy Watkins, Hanover Park (jumps), Steve D'Arcy, Hanover Park (throws), Greg Pristie,

Hanover Park (sprints), Kyle DeGhetto, Bernards (H), Anthony Palma, Bernards (distances), Michael Bracken, Chatham (400), Steve Hankinson, Summit (distances), James Grimes, Chatham (distances), Scott McCullough, Chatham (H/H), Terrell Coleman, Dover (H).

Prediction: After nearly winning the title in a talented and deep Morris County meet, Hanover Park is a huge favorite to win its first title since winning a straight in 2002.

GROUP 4
Last 10 champions: 2006-Bound Brook, 2005-Bound Brook, 2004-Bernards, 2003-Whippany Park, 2002-New Providence, 2001-Suder, 2000-New Providence, 1999-New Providence, 1998-New Providence, 1997-Arts.

Contenders: McHale, Secaucus, Science, Whippany Park.
Individuals to watch: Nick Britt, Secaucus (throws), Reggie McLeod, McHale (sprints/jumps), Peter Akle, McHale (hurdles), Taqueer Gazi, McHale (distances), Jason Coddington, Science (400/800).

Prediction: McHale, third year, will ride McLeod, Gazi and Akle to its first title.

CENTRAL JERSEY

Groups 1 and 4 at Hillsborough
Groups 2 and 3 at Monmouth Regional

GROUP 1
Last 10 champions: 2006-Old Bridge, 2005-Old Bridge, 2004-Old Bridge, 2003-Hillsborough, 2002-Old Bridge, 2001-Piscataway, 2000-Hillsborough, 1999-Old Bridge, 1998-Piscataway, 1997-Hunterdon Central.

Contenders: Old Bridge, Trenton, Colts Neck, Jackson, Hunterdon Central.

Individuals to watch: Craig Foy, Colts Neck (distances), Brenden Krew, Colts Neck (distances), Kevin Kelly, Colts Neck (H), Devon Bond, Trenton (jumps), Tykes Fulton, Trenton (sprints/hurdles), Dean McCleese, Trenton (sprints/jumps), Frank Thompson, Trenton (jumps), Andrew Brodeur, Brick Memorial (distances), Kris Carle, Jackson (distances), Monroe Kaas, Jackson (800), Allan Lunkensmeier, Old Bridge (sprints), Nick Carbone, Old Bridge (distances), James Hauser, Old Bridge (800), Brian Flock, Old Bridge (throws), James Goodfellow, Hunterdon Central (hurdles), Todd Craig, Trenton, North Brunswick (sprints), Chris Vito, South Brunswick (throws), Brian Leung, West Windsor South (distances), Chris Heale, West Windsor South (distances), Andrew Long, West Windsor South (H), Robby Anderson, Manalapan (distances), Mike Goldwasser, Manalapan (H).

Prediction: With Bond (ankle tendinitis) back in the lineup, Trenton should win its first title since 1994. This is the deepest and most talented sectional in the state and has the potential for several meet records to fall. The records in the 800 (1:53.2), 1,600 (4:19.3), and 3,200 (9:24.8) could all be broken by Foy. The 3,200 has the potential to have the top six all under 9:30.

GROUP 2
Last 10 champions: 2006-Monmouth, 2005-Willingboro, 2004-Willingboro, 2003-Ewing, 2002-Menomouth, 2001-Ewing, 2000-Ewing, 1999-Ewing, 1998-Ocean Township, 1997-Franklin.

Contenders: Monmouth, Willingboro, Lakewood.
Individuals to watch: Charles Cox and Chris Cox, Monmouth (sprints); Blake Alleyne, Monmouth (throws); Kelly Fisher, Monmouth (jumps); Emanuel Mayers, Lakewood (hurdles/jumps); Antonio Abey, Willingboro (sprints); Russon Boyd, Willingboro (sprints/hurdles); Denise Watts, Red Bank (distances); Zach Theinert, Monroe (800); Steven Au-Yang, West Windsor North (800); John LiPuma, West Windsor North (distances); Kerry Shernan, Lawrence (sprints); Jerome Leslie, West Windsor North (jumps); Zach Ahmed, Hightstown (throws); Barnett Wu, West Windsor North (throws); Kerone Rhoden, Red Bank (sprints); Dan Hittman, Ocean (H); Nick Moyle, Ocean (jumps).

Prediction: Monmouth's sprinting, throwing and jumping points will carry it to another title.

GROUP 3
Last 10 champions: 2006-Somerville, 2005-Somerville, 2004-Somerville, 2003-Somerville, 2002-Somerville, 2001-Somerville, 2000-Hopewell Valley, 1999-Holmdel, 1998-Holmdel, 1997-Hopewell Valley, 1996-Matamoras.

Contenders: Somerville, Rahway, Weequahic, Roselle, Ewing, Shore.
Individuals to watch: Mason Robinson, Somerville (sprints); Rance Savage, Roselle (hurdles); Andre Duzette, Weequahic (jumps); Paul Jones-Burden, Rahway (sprints/800); Alkhem Gauntlett, Roselle (H); Deion Lawson, Rahway (hurdles); Malcolm Freeman, Rahway, (400/hurdles); Dan Stiles, Somerville (distances), Brian Schider, Delaware Valley (800); Brandon Allen, Ewing (sprints); Brandon Lettrige, Ewing (800); Kamryn Austin, Ewing (hurdles); Alex Smith, Rahway (H); Derek Schultz, Shore (400); Donnell Hayden, Bordentown (throws).

Prediction: Somerville, which always rises to the occasion when it matters most, will take home its seventh straight title.

GROUP 1

Last 10 champions: Metuchen has won a state-record 14 straight.

Contenders: Metuchen, Florence, Brearley, Dun-

ellen.
Individuals to watch: Dejuan Miller, Metuchen (sprints), Dennis Hoag, Brearley (H), Matt Turpil, Dunellen (distances), Chris Pisano, Metuchen (H, jumps), Kevin Visser, Metuchen (sprints), Mike Saunders, Metuchen (sprints), Julian Fensterheim, Metuchen (distances), Jon Azzara (distances), Billy Latta, Metuchen (800), Doug Bonner, Metuchen (800), Eric Biggs, Dunellen (H), Darren Cunningham, Asbury Park (H), Joe Price, Florence (sprints), Kevin Reeder, Florence (hurdles/H), Chris Salaga, Florence (H), Jonathan Allen, Florence (throws), Bryant Fitzgerald, Highland Park (sprints).
Prediction: Metuchen will run away with another title to extend its state-record streak to 15.

SOUTH JERSEY

Groups 1 and 4 at Egg Harbor
Groups 2 and 3 at Buena

GROUP 1
Last 10 champions: 2006-Winslow, 2005-Pennsauken, 2004-Winslow, 2003-Winslow, 2002-Winslow, 2001-Cherokee, 2000-Toms River East, 1999-Millville, 1998-Overbrook and Vineland, 1997-Camden.

Contenders: Winslow, Oakcrest, Asgwen, Toms River North, Millville, Toms River South.

Individuals to watch: John Gray, Southern (400/800), Arthur Gilman, Toms River North (sprints), Vinnie Elando, Lacey (throws), Tom Pierson, Lacey (800), John Provaznik, Lacey (jumps), Rick Villanova, Toms River North (H), Chris Rutherford, Toms River East (hurdles), Patrick Park, Toms River South (throws), Kyle Goodman, Toms River South (throws), David Stone, Toms River North (jumps), Geoff Navarro, Absegami (sprints), Anthony Della Vecchia, Absegami (400), Raimundo Leach, Oakcrest (hurdles), Stevenson Cajuste, Egg Harbor (jumps/hurdles), Mike Murray, Winslow (800), Barry Caputo, Winslow (sprints), Felix Roman, Pennsauken (H), Kevin Cronin, Mainland (distances), Marquis Bond, Millville (sprints), Chris Church, Millville (sprints).

Prediction: This appears wide open with defending-champion Winslow trying to hold off Absegami, Oakcrest and Toms River North.

GROUP 2
Last 10 champions: 2006-Bridgeton, 2005-Camden, 2004-Camden, 2003-Willingboro, 2002-Toms River South, 2001-Camden, 2000-Willingboro, 1999-Toms River South, 1998-Toms River South, 1997-Manchester.

Contenders: Delsea, Lower Cape May, Ocean City, Highland Regional.

Individuals to watch: Fred Lavan, Delsea (sprints), Aaron Young, Delsea (hurdles), Melton Diggs, Delsea (sprints), Bobby Makowski, Lower Cape May (sprints/hurdles), James Smith, Lower Cape May (sprints/jumps), Ryan Birchmeier, Ocean City (800), Brett Johnson, Ocean City (distances), John Henneke, Ocean City (distances), Terry Alston, Camden (sprints), Sherman Gore, Camden (sprints/hurdles), Chuckie Waugh, Camden (sprints), Matt Marshall, Camden (hurdles), Mike Daniels, Highland (throws), Rhondie Spence, Camden Wilson (H), Monzer Blair, Timber Creek (H).

Prediction: Delsea has too much firepower to lose.

GROUP 3
Last 10 champions: 2006-Delsea, 2005-Bridgeton, 2004-Bridgeton, 2003-Cinnaminson, 2002-Bridgeton, 2001-Buena, 2000-Buena, 1999-Pleasantville, 1998-Manchester, 1997-Bridgeton.

Contenders: Pleasantville, Bridgeton, Overbrook, Sterling, Haddon Heights, Haddonfield, Cinnaminson.

Individuals to watch: Andrew Dunbar, Manchester (sprints), Bobby Stone, Point Pleasant (jumps), Alan Laws, Pleasantville (800, H), Alex Best, Pleasantville (distances), Duke Mack, Pleasantville (sprints).

Justin Brown, Sterling (sprints/hurdles), Myron Peterson, Overbrook (sprints), Cami Carr, Haddonfield (distances), Brian Tetreault, Cinnaminson (distances), Matt Poskus, Cinnaminson (800).

Prediction: Pleasantville is loaded and should win handsly.

GROUP 4
Last 10 champions: 2006-Woodbury, 2005-Schalick, 2004-Schalick, 2003-Bordertown, 2002-Bordertown, 2001-Bordertown, 2000-Bordertown, 1999-Maple Shade, 1998-Maple Shade, 1997-Paulsboro.

Contenders: Woodbury, Paulsboro, Pennsville.
Individuals to watch: Shawnee Kersey, Woodbury (sprints), Kevin Brown, Woodbury (sprints), Lamar Lancaster, Woodbury (sprints), Marcus Gaines, Paulsboro (sprints), Brian Chaires, Paulsboro (sprints), John Clark, Pennsville (throws).

Prediction: Woodbury is once again the class of this field.

TRACK & FIELD: STATE SECTIONALS

art is back brings best

ITZ

NORTH 1, GROUPS 3-4 GIRLS

been a short wood's Brooke talented senior in it didn't end by winning the triple jump on sed most of last t month of this es of ailments, best 36 feet on edge Hacken- urds.

"It was hot out there and [Allen] pushed me for the first half of the race," Law said. "I wanted to get into the 61s, but maybe I can Tuesday night [at the Bergen Meet of Champions]."

Ramapo grabbed the Group 3 lead as expected with Amy Salek winning the 400 and taking second in the 100, and Kelsey Ramsey and Erin McKenna going 1-2 in the 1,600.

What wasn't expected — except by coach Scott Jackson — was a second-place finish by Ramsey behind Salek in the 400.

"We knew a few weeks ago that we were going to do this," said Jackson after Ramsey ran 58.23 behind Salek's winning 57.00.

Ramapo led Northern Highlands, 44½-37, after nine events. Highlands was paced by repeat triple jump winner Lizzie Faust, who shook off a quadriceps injury to jump a seasonal-best 36-9.



TEANECK'S RASHAD WHITE, EN ROUTE TO HIS 10.93 IN THE 100 TO WIN THE GROUP 3 TITLE FRIDAY. TEANECK SWEEPED THE TOP THREE SPOTS IN THE EVENT.

MICHAEL KARAS/SPECIAL TO THE RECORD

White makes 100 look easy

By PAUL SCHWARTZ
STAFF WRITER

WAYNE — Rashad White of Teaneck has a simple explanation for why the Highwaysmen are so good in the 100 meters.

"What makes us so tough is how much work we put in running the 200 and 400 in practice and running the 4-x-200 in meets," said White, who led the Highwaysmen to a 1-2-3 sweep in the event Friday at the North 1, Group 3 sectional. "After we practice hard in the 200 and 400, running the 100 is easy."

White, the All-State running back who has committed to play football for Rutgers in the fall of 2008, made it look easy by running 10.93 with junior classmates David Butler and Damien Miles finishing second and third.

"Everybody on the team practices as hard as we run in the meets," White said. "We compete with each other in practice every day. We pray for each other, we're best friends and we hang together all the time."

The sweep, added to a win by Akeem Thomas in the 400 and a second in the long jump, kept Teaneck in the hunt for a sectional title. The Highwaysmen are two points behind Morris Hills with favored Wayne Valley a distant third.

NORTH 1, GROUPS 3-4 BOYS

"I'm looking forward to the State [group meet] next week and the nationals next month," White said.

Ridgewood got wins from Chris Ziegler in the 100 and Niall Buckley in the 400 hurdles to remain in the Group 4 hunt with 30 points after six events, three behind favored West Orange.

Ziegler, who ran a personal-best 11.06 to win the 100, beat a nemesis in Belleville's Maurice Jones.

"I lost to him last year and earlier this year and it's good to finally beat him," said Ziegler, who is nursing an injured hamstring that kept him out of the 400. "I have to save myself for the 200 [today] and hopefully run a good 4-x-400."

Kennedy's Cecil Mittoo decided to put more effort into throwing the shot and a result has been a meteoric rise in the event, capped with a personal best throw of 51-1¼ to win the Group 4 shot.

"I decided it was time to work hard as a senior because I wanted to be known," said Mittoo, who had thrown only 44 feet prior to this season. "My father has been a great motivator and my coach [Donovan Jonah] has been great."

Ramsey can lean on Rosenberger

Ridgewood hit: Maroon four

By **PAUL SCHWARTZ**
STAFF WRITER

WAYNE — Everything had seemed to be going wrong for heavily favored Ridgewood in the North 1, Group 4 girls track and field championship Saturday.

The Maroons had no qualifiers in the 200, scored just two points in the long jump and came up short of their expected point totals in the 100 hurdles and 800.

Their 27-point lead over East Orange Campus had dwindled to just two, and they faced a strong challenge in the 4-x-400 relay without

GROUP 4

their strongest runner, senior Cristina Law, who had competed in the maximum four events. East Orange had a faster seed time and unless they could beat their rivals, the Maroons faced, at best, a tie meet.

But the 4-x-400 relay team of Emily Barr, Kate Michel, Ashlyn Llerandi and Alice Wisener wasn't having any of that. Juniors Barr and Michel ran great legs to keep Ridgewood close for the first half of the race and seniors Llerandi and Wisener ran career-best legs to pull away to a 10-meter victory over East Orange to clinch the 83-79 victory for the Maroons.

The win, in 3:55.79, the fourth-fastest time in Bergen County history, left Jacob Brown, the only coach the Maroons have ever had, nearly speechless for a few moments.

"I don't know a team that I've coached that has thrilled me more than this group," said Brown, whose teams have won 11 sectional titles and the 1988 State championship. "I told them that they had to

beat East Orange to win the meet and everything that happened before didn't matter. The fact that they did and the way they did it shows the character of the team."

"Some of the girls who felt they had let the team down this weekend who weren't on the relay got behind the relay team and were doing all they could to encourage them. We've won easily all year so it's almost nice for the relay that we tanked so badly today," Brown said with a laugh.

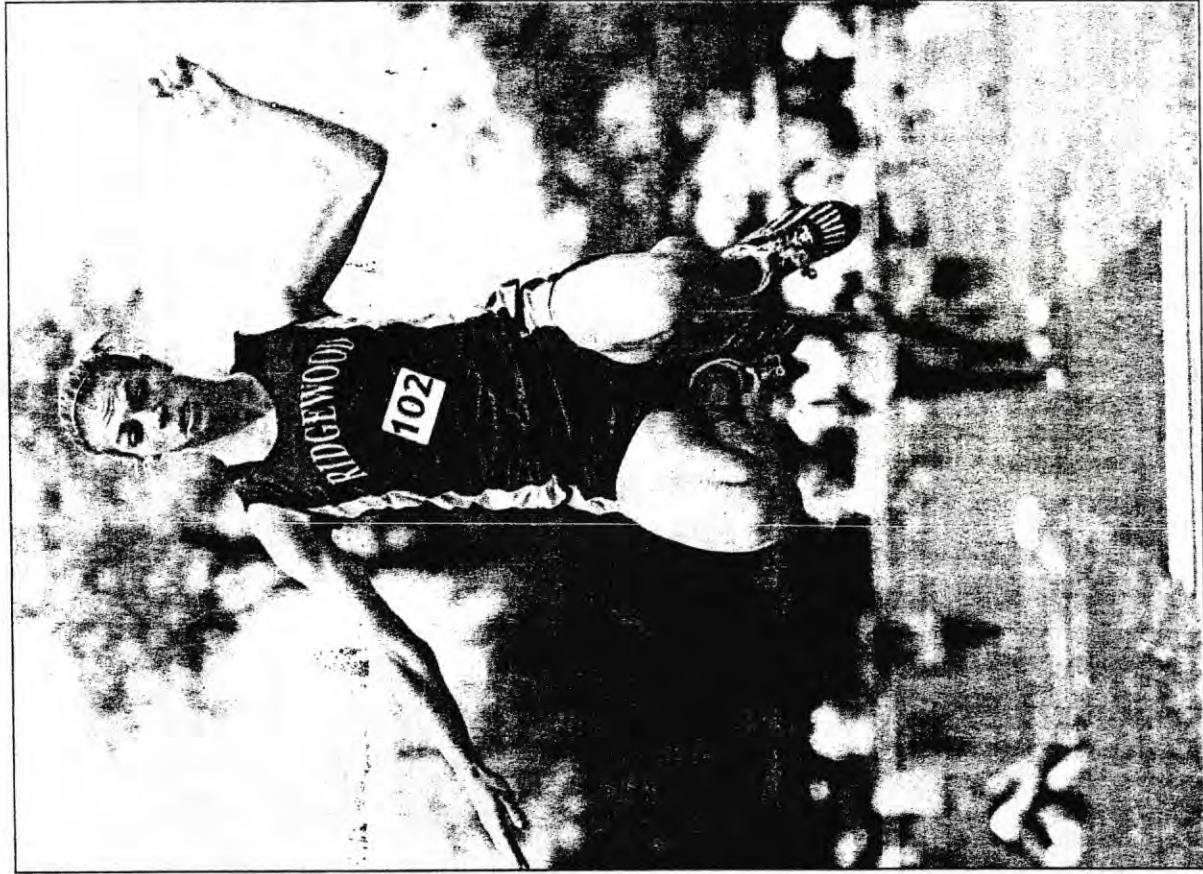
Before Ridgewood's great finish, Hackensack's Evana Edwards and Clifton's Susan Martinez had enjoyed sensational days, helping put Ridgewood in jeopardy. Edwards jumped 18-0 $\frac{1}{4}$ on her last attempt to win the long jump, the first 18-footer in North Jersey this year, and edged Lara-Jane Que for second in the 100 hurdles behind State indoor champ Raquel Vassell of East Orange.

Martinez took more than a second off the Passaic County 800 record, running 2:13.36 for third in the fastest 800 in sectional history.

Unfortunately, Ridgewood's boys couldn't get the same happy ending as the girls and fell four points short of West Orange, 66-62 after another difficult day.

"It's very disappointing to lose by four points after we thought we needed a perfect day to win and never got near that," said coach Josh Saladino of Ridgewood. "At some point, there has to be some accountability for our failures in the distances, hurdles and weights and that has to fall on me as the coach. It's a tough way to end our team season."

Saladino was pleased with the terrific sprint double by Chris Ziegler, who also ran a 49.7 split on Ridgewood's 4-x-400 re-



ALDO MARTINEZ JR./SPECIAL TO THE RECORD
Ridgewood's Brooke Bogart, who captured the triple jump, en route to a fifth-place finish in the long jump Saturday at Wayne Hills High School.

lay and the win of Dan Emont in the 3,200 and took a diplomatic approach to the disqualification of hurdler Akira Monri, who finished second in the 110 hurdles but was disqualified despite no apparent violation. a title."

"I thought the officials made a call that they thought they had to make and I disagree with it," said Saladino. "It's a shame to have a meet like Chris had and not win a title."

Ram keep both on tl

BY **PAUL SCHWAI**
STAFF WRITER

WAYNE — Ran North 1, Group 2 and field title was the second day of the season Saturday. K McKenna had co of three 1-2 fims 800, and Jenna 2 second-place in tl But coach Sci

working on every Raiders were in a "We're thinking

trying to win the 5 we're trying to se cover next week,

So the Raiders points en route to title, easily the largest margin in the history of the sectional, with Ramsey adding a to her 1,600 win to Salek adding a 21 Friday's 400 win,

"There's so ma get ready for a w cially when it's tl "Getting enough Gatorade, setting the uniform tops ice to keep them the easy part."

NJSIAA NORTH JERSEY, SECTION 1 TRACK AND FIELD

BOYS
NORTH JERSEY, SECTION 1
GROUP 4

TEAMS: 1-West Orange 66, 2-Ridgewood 62, 3-Randolph 59½, 4-Paterson Kennedy 39, 5-Hackensack 33, 6-Vernon 28, 9-Memorial (W.N.Y.) 25, 10-Bergen Tech 22, 11-Roxbury 21½, 12-East Orange 13, 13-Montclair, North Bergen 12, 15-Morris Knolls 10, 16-Passaic Tech 9, 17-Clifton 8, 18-Bloomfield 7, 19-Passaic, Kearny 5, 21-Belleville 4.

100-METER DASH: 1-Chris Zeigler, Ridgewood, 11.6, 2-Innocent Buile, Memorial, 11.11, 3-Omar Holtz, Montclair, 11.18, 4-Maurice Jones, Belleville, 11.19, 5-Larry Sams, Paterson Eastside, 11.50, 6-Daniel Stover, East Orange, 11.51.

200-METER DASH: 1-Chris Zeigler, Ridgewood, 22.22, 2-Ausar Walcott, Hackensack, 22.47, 3-Innocent Buile, Memorial, 22.72, 4-Omar Holtz, Montclair, 22.86, 5-Corey Clapp, West Orange, 23.07, 6-Daniel Stover, East Orange, 23.76.

400-METER DASH: 1-Ausar Walcott, Hackensack, 49.27, 2-Corey Clapp, West Orange, 49.69, 3-Josh Mbanasi, West Orange, 50.20, 4-Marcos McKenzie, Paterson Eastside, 50.33, 5-Joseph Madera, North Bergen, 50.60, 6-Ellis Mensah, West Orange, 50.63.

800-METER DASH: 1-Jason Apwah, Roxbury, 1:52.80, meet record; former meet record 1:52.20, Jason Apwah, Roxbury, 2-Matt Karlin, Livingston, 1:56.93, 3-Rashan Kirkland, East Orange, 1:57.55, 4-Christian Trautwein, Ridgewood, 1:58.39, 5-Thomas Nobile, Randolph, 1:59.01, 6-Bobby Feigenberg, Livingston, 1:59.21.

1,600-METER RUN: 1-Zach Baylor, Randolph, 4:23.09, 2-Tucker Borgman, Ridgewood, 4:25.71, 3-Alexander Anolik, Clifton, 4:26.23, 4-Thomas Nobile, Randolph, 4:25.71, 5-Mike Mitchell, Bergen Tech, 4:27.07, 6-Craig Marshall, Bloomfield, 4:28.10.

3,200-METER RUN: 1-Daniel Emont, Ridgewood, 9:24.16, 2-Zach Baylor, Randolph, 9:24.79, 3-Jorge Beltré, Paterson Kennedy, 9:42.80, 4-Michael Mitchell, Bergen Tech, 9:43.56, 5-Salim Corbin, Paterson Eastside, 9:44.06, 6-Jacob Garber, Ridgewood, 9:47.46.

110-METER HURDLES: 1-Christopher Castro, Bergen Tech, 14.77, 2-Matt Rosana, Vernon, 15.04, 3-John Haslett, Randolph, 15.20, 4-Deione Sydnor, West Orange, 15.29, 5-James Forbes, Randolph, 15.80.

400-METER HURDLES: 1-Niall Buckley, Ridgewood, 55.55, 2-Isaiah Butts, Passaic Tech, 56.77, 3-Christopher Castro, Bergen Tech, 56.86, 4-Deione Sydnor, West Orange, 56.94, 5-Akira Morris, Ridgewood, 57.28, 6-Matt Rosana, Vernon, 57.46.

HIGH JUMP: 1-Jon Arnold, West Orange, 6-4, 2-Nick Lontini, Morris Knolls, 6-2, 3-Adam Rojas, Passaic, David Wilson, Kearny, 6-2, 5-Brian Burgess, West Orange, Marcos McKenzie, Paterson Eastside, Kareem Bain, East Orange, 6-0.

LONG JUMP: 1-Jon Arnold, West Orange, 22-11½, 2-Mark Lisa, Vernon, 22-0, 3-Ausar Walcott, Hackensack, 21-10, 4-Isaac Patterson, Paterson Eastside, 21-10, 5-Omar Holtz, Montclair, 21-5, 6-Matt Rosana, Vernon, 21-3½.

SHOT PUT: 1-Cecil Mottolo, Paterson Kennedy, 51-11¼, 2-Tim Shusta, Randolph, 50-9¼, 3-Shytrayvion Brown, Paterson Kennedy, 50-4¾, 4-Lloyd Codaga, West Orange, 49-5¾, 5-Doug Searles, Roxbury, 47-4, 6-Darien Collier, Paterson Kennedy, 46-10½.

JAVELIN: 1-Ivan Santos, Memorial, 171-8, 2-Thomas Guaschino, North Bergen, 170-2, 3-Dan Lisa, Vernon, 169-10, 4-Bill Bergmann, Vernon, 157-2, 5-Andrew Donohue, Morris Knolls, 152-5, 6-George Schilzer, Memorial, 147-9.

DISCUS: 1-Darien Collier, Paterson Kennedy, 145-0, 2-Doug Searles, Roxbury, 144-1, 3-Nick Petrone, Bloomfield, 137-3, 4-Cecil Mottolo, Paterson Kennedy, 137-7, 5-Shytrayvion Brown, Paterson Kennedy, 136-6, 6-Deborah Clinkscales, Hackensack, 134-7.

POLE VAULT: 1-Dan Melamed, Livingston, 13-0, 2-Dan Ipp, Livingston, 13-0, 3-Ryan Eng, Randolph, 13-0, 4-Mike Faust, Randolph, 13-0, 5-Evan Rosenberg, Randolph, Brian Cooper, Roxbury, 12-6.

GROUP 3

TEAMS: 1-Morris Hills 108, 2-Teaneck 83½, 3-Wayne Valley 62, 4-West Milford 58, 5-Mount Olive 36½, 6-Northern Highlands 29, 7-Passaic Valley 25, 8-Wayne Hills 24, 9-Old Tappan 16, 10-Demarest 14, 11-Ramapo 10, 12-Paramus 8, 13-High Point, Montville 6, 15-Lakeland, Sparta 3, 17-Parsippany Hills, Fort Lee 2.

100-METER DASH: 1-Rashan White, Teaneck, 10.93, 2-David Butler, Teaneck, 11.18, 2-Damen Miles, Teaneck, 11.19, 4-Aaron Gilson, Mount Olive, 11.46, 5-Mike Misco, Sparta, 11.55, 6-Derrick DaCosta, Old Tappan, 11.59.

200-METER DASH: 1-Rashan White, Teaneck, 22.10, 2-Damen Miles, Teaneck, 22.28, 3-David Butler, Teaneck, 22.78, 4-Anthony Chierici, Montville, 23.34, 5-Mike VanHooker, West Milford, 23.52, 6-T.J. Thorpe, Fort Lee, 23.54.

400-METER DASH: 1-Akeem Tomas, Teaneck, 50.07, 2-David Blitzer, Demarest, 50.45, 3-Aaron Gilson, Mount Olive, 50.49, 4-Mike DiBella, Northern Highlands, 50.87, 5-Anthony Chierici, Montville,

River Dell, 147-2, 4-James Stathopolous, Mahwah, 146-2, 5-Geoff Goldell, Passaic Hills, 140-1, 6-Dan Rice, Indian Hills, 129-0.

JAVELIN: 1-Joe Martinek, Hopatcong, 195-09, 2-Cody Unger, Jefferson, 186-06, 3-Andrew Trass, River Dell, 174-02, 4-Kurt Von Weisenstein, Indian Hills, 173-06, 5-Kevin Rheinheimer, Newton, 164-07, 6-Kevin Steimle, Mahwah, 161-02.

POLE VAULT: 1-Greg Stripe, Mahwah, 15-1, 2-Mike Landshoff, Hopatcong, 13, 3-Kevin Sofia, Ramsey, 13, 4-Gates Helms, Tenafly, 12-6, 5-Matt Kearny, Passaic Valley, 12-6, 6-Scott Bianco, Ramsey, 12.

GROUP 1

TEAMS: 1-Pompton Lakes 65, 2-Hasbrouck Heights 62, 3-Verona 54, 4-Cresskill 47½, 5-Park Ridge 45½, 6-Saddle Brook 34, 7-Kinnelon 30, 8-Leonia 29, 9-Boonton 28, 10-Wood-Ridge 26, 11-New Milford 25, 12-Emerson 17, 13-Midland Park 16, 14-Cedar Grove 12, 15-Butler 3, 16-Wallington, Walldick 1.

100-METER DASH: 1-Orion Woodard, Pompton Lakes, 11.09, 2-Donovan Bolden, Leonia, 11.24, 3-Matt Bourout, Boonton, 11.44, 4-Pat Mitchell, New Milford, 11.53, 5-AJ Scoppa, New Milford, 11.65, 6-Andre Simms, Boonton, 11.65.

200-METER DASH: 1-Orion Woodard, Pompton Lakes, 23.35, 2-Matthew Bieszard, Midland Park, 22.64, 3-Hayden Duffy, Elmwood Park, 22.96, 4-Kevin Bacciana, New Milford, 23.06, 5-Tyler Cohen, Cedar Grove, 23.16, 6-AJ Scoppa, New Milford, 23.92.

400-METER DASH: 1-Orion Woodard, Pompton Lakes, 49.80, 2-Matthew Bieszard, Midland Park, 49.82, 3-Hayden Duffy, Emerson, 50.19, 4-John Carabetta, Park Ridge, 50.60, 5-Nick Bravo, Park Ridge, 52.00, 6-AJ Scoppa, New Milford, 52.37.

800-METER DASH: 1-Mike Soroko, Kinnelon, 1:56.41, 2-Dane Bender, Pompton Lakes, 1:57.59, 3-John Carabetta, Park Ridge, 1:59.87, 4-Matt Lingam, Park Ridge, 2:02.31, 5-Stan Janssen, Park Ridge, 2:02.49, 6-James Bedrock, Walldick, 2:05.52.

1,600-METER RUN: 1-Mike Soroko, Kinnelon, 4:22.80, meet record; former meet record 4:23, Frank Lamberti, Mahwah, 2005, 2-Dane Bender, Pompton Lakes, 4:30.25, 3-Matt Lingam, Park Ridge, 4:31.60, 4-David Oster, Verona, 4:33.81, 5-Kyle Parrill, Butler, 4:34.63, 6-Tom Eickelberg, Leonia, 4:36.71.

3,200-METER RUN: 1-Alex Medina, Palisades Park, 10:40.29, 2-Adam Wright, Pompton Lakes, 10:42.22, 3-David Lukas, Verona, 10:47.77, 4-Jimmy Ryan, Hasbrouck Heights, 10:54.77, 5-Chris Walker, Park Ridge, 11:00.82, 6-Chris Bullis, Saddle Brook, 11:08.69.

110-METER HURDLES: 1-Donovan Bolden, Leonia, 14.87, 2-Ray Stever, Wood-Ridge, 15.19, 3-Matt Bourout, Boonton, 15.27, 4-Mike Guarriello, Elmwood Park, 15.29, 5-Tim White, Saddle Brook, 15.31, 6-Dan D'Amato, Hasbrouck Heights, 15.31.

400-METER HURDLES: 1-Tim White, Saddle Brook, 56.36, 2-Dan D'Amato, Hasbrouck Heights, 56.81, 3-Brandon Hillman, Verona, 57.43, 4-Clirrim Dauti, Pompton Lakes, 58.46, 5-Raymond Stever, Wood-Ridge, 58.66, 6-Mike Guarriello, Emerson, 58.76.

HIGH JUMP: 1-Tim White, Saddle Brook, 6-2, 2-Dan DePalma, Verona, 6-0, 3-Aymen Abdellah, Kinnelon, 43-0, 4-Conrad Healy, Park Ridge, 42-4, 5-Dan D'Amato, Hasbrouck Heights, 41-11, 6-Chris Carillo, Leonia, 41-5.

LONG JUMP: 1-Dan DePalma, Verona, 22-2.5, meet record; former record 22-0¾, Larry Bowens, Mahwah, 1979, 2-Brandon Bowen, Boonton, 21-4, 3-Dan D'Amato, Hasbrouck Heights, 21-2½, 4-Allen Patterson, Saddle Brook, 20-8, 5-Conrad Healy, Park Ridge, 20-5½, 6-Brandon Hillman, Verona, 20-2.

TRIPLE JUMP: 1-Brandon Hillman, Verona, 43-11, 2-Dan DePalma, Verona, 43-3, 3-Aymen Abdellah, Kinnelon, 43-0, 4-Conrad Healy, Park Ridge, 42-4, 5-Dan D'Amato, Hasbrouck Heights, 41-11, 6-Chris Carillo, Leonia, 41-5.

SHOT PUT: 1-George Pecoraro, Cresskill, 52-11¼, 2-Brendan Gareffa, Hasbrouck Heights, 52-8½, 3-Brandon Melchior, Hasbrouck Heights, 52-3¼, 4-Nicholas Sengotta, Verona, 50-2¾, 5-Michael Renza, Hasbrouck Heights, 49-7½, 6-Scott Brunner, New Milford, 48-5.

DISCUS: 1-Brendan Gareffa, Hasbrouck Heights, 167-7, 2-George Pecoraro, Cresskill, 156-6, 3-Scott Brunner, New Milford, 146-4, 4-Mike DeSimone, Hasbrouck Heights, 137-3, 5-Marc Peck, Wood-Ridge, 135-0, 6-Peter Mazzeila, Pompton Lakes, 134-1.

JAVELIN: 1-Kyle Elliott, Cresskill, 183-7, 2-Joe Gignarelli, Wood-Ridge, 174-11, 3-Marc Peck, Wood-Ridge, 170-7, 4-Brendan Gareffa, Hasbrouck Heights, 166-6, 5-Adito Faria, Leonia, 161-0, 6-Tomasz Dziugozima, Wallington, 160-9.

POLE VAULT: 1-Mike Collins, Cresskill, 13-0, 2-John-Delino Skovira, Park Ridge, Brandon Melchior, Hasbrouck Heights, 12-6, 4-Ben Pietrowski, Pompton Lakes, 12-6, 5-Jon Gimo, Cresskill, 12-6, 6-Greg Hoffman, Park Ridge, Jose Emmanuelli, Leonia, 12-0.

5:00.92, meet record; former record 5:02.90, Julia Emanuel, Tenafly, 2003, 2-Erin McKenna, Ramapo, 5:12.58, 3-Arianne Bakelmun, Wayne Hills, 5:13.46, 4-Stacey Lepes, High Point, 5:20.76, 5-Carlin Keil, Wayne Valley, 5:21.11, 6-Corinne Fitzgerald, Morris Hills, 5:23.78.

3,200-METER RUN: 1-Kesley Ramsey, Ramapo, 11:12.67, 2-Erin McKenna, Ramapo, 11:37.84, 3-Corinne Fitzgerald, Morris Hills, 11:46.39, 4-Patty Hannon, Paramus, 11:50.38, 5-Carlin Keil, Wayne Valley, 11:55.48, 6-Stacey Lepes, High Point, 12:04.05.

100-METER HURDLES: 1-Shannon McEvoy, High Point, 15.32, 2-Jenna Zauk, Ramapo, 15.61, 3-Chelsea Galipeau, Parsippany Hills, 16.00, 4-Rebecca Leonardo, Passaic Valley, 16.46, 5-Carly Gossard, Old Tappan, 16.46, 6-Tori Ko, Paramus, 16.70.

400-METER HURDLES: 1-Shannon McEvoy, High Point, 1:04.51, 2-Samantha Kee, Lakeland, 1:07.45, 3-Pam Kopfstein, Northern Highlands, 1:07.97, 4-Dyana Picchase, Northern Highlands, 1:08.10, 5-Emily Reichbach, Old Tappan, 1:09.76, 6-Alanna Haight, West Milford, 1:10.01.

HIGH JUMP: 1-Katelyn Rogers, Lakeland, 5-4, 2-Lauren Burke, Morris Hills, 5-4, 3-Mary Diduch, Wayne Hills, 5-2, 4-Lizzie Faust, Northern Highlands, 5-2, 5-Diana Smusz, Garfield, 5-2, 6-Julia Nicholson, West Milford, 5-0.

LONG JUMP: 1-Alyssa Henderson, Parsippany Hills, 16-6½, 2-Alanna Haight, West Milford, 16-6½, 3-Tori Ko, Paramus, 16-5¼, 4-Shannon McEvoy, High Point, 16-4, 5-Danna Wasserman, Demarest, 16-3, 6-Ashley Sanborn, High Point, 16-1.

TRIPLE JUMP: 1-Lizzy Faust, Northern Highlands, 36-9; meet record, former record 36-8, Erika Ostrove, Cresskill, 2004, 2-Shannon McEvoy, High Point, 35-7, 3-Sara Douma, West Milford, 34-6½, 4-Sam Vanni, Lakeland, 34-6, 5-Tori Ko, Paramus, 33-9, 6-Alanna Haight, West Milford, 33-4.

SHOT PUT: 1-Christina Bonkalski, Demarest, 35-5½, 2-Alana Pantale, Wayne Valley, 34-9¾, 3-Alison Dench, Northern Highlands, 34-7¾, 4-Danielle Wardrop, Wayne Valley, 33-7, 5-Gina Inga, Sparta, 33-5, 6-Alyssa DeGennaro, Parsippany Hills, 33-5.

JAVELIN: 1-Mary King, Paramus, 127-3, 2-Dara Schwam, Demarest, 124-7, 3-Briana Casey, Parsippany Hills, 111-10, 4-Rachel Furman, Teaneck, 111-5, 5-Chelsea Hayes, Demarest, 105-3, 6-Sasha Scott, High Point, 102-3.

DISCUS: 1-Alana Pantale, Wayne Valley, 114-5, 2-Gabriella Galvez, Parsippany Hills, 114-0, 3-Tayllor Shea, Northern Highlands, 111-2, 4-Kimberly Koury, Lakeland, 100-2, 5-Diana Smusz, Garfield, 95-5, 6-Hannah Mayer, Northern Highlands, 91-9.

POLE VAULT: 1-Chrissy Finkel, Montville, 12-4; meet record, former record 10-6, Kerri Norton, Ridgewood, 2004, 2-Krystie-Lynn Marston, West Milford, 10-0, 3-Casey Monks, West Milford, 10-0, 4-Giana Aballe, Old Tappan, 9-5, 5-Tiffany Atieh, Parsippany Hills, 9-0, 6-Vicky Stefanelli, Fair Lawn, Vanessa Adamo, Ramapo, 9-0.

GROUP 2

TEAMS: 1-Indian Hills 86½, 2-Ramsey 79, 3-River Dell 64, 4-Pascack Hills 50, 5-Walkkill Valley 46, 6-Hawthorne 27, 7-Manchester 26, 8-Westwood 19, 9-Pequanock 18, 10-Tenafly 14½, 11-Dumont 14, 12-Newton 12, 13-Glen Rock 10, 14-Mahwah 9, 15-Pascack Valley 8, 16-Lenape Valley 5, 17-Hopatcong 4, 18-Jefferson, Kittatiny 2.

100-METER DASH: 1-Ajda Dotday, Hawthorne, 12.68, 2-Katelyn Savage, Manchester Regional, 13.03, 3-Rebecca Coffman, Indian Hills, 13.09, 4-Jessica Molosh, Indian Hills, 13.21, 5-Amanda May, Westwood, 13.48, 6-Erin Moore, Lenape Valley, 13.54.

200-METER DASH: 1-Vicky Caruso, Walkkill Valley, 24.93, 2-Ajda Dotday, Hawthorne, 25.47, 3-Rebecca Coffman, Indian Hills, 26.30, 4-Adriana Lantoro, Ramsey, 26.52, 5-Alex Rosenberg, Ramsey, 26.57, 6-Toni Gatchalian, Tenafly, 26.72.

400-METER DASH: 1-Vicky Caruso, Walkkill Valley, 56.70, meet record; former record 58.3, Alex Rosenberg, Ramsey, 2006, 2-Adriana Lantoro, Ramsey, 57.59, 3-Alex Rosenberg, Ramsey, 58.63, 4-Diane Bain, Ramsey, 59.52, 5-Toni Gatchalian, Tenafly, 59.55, 6-Celie Brennan, Westwood, 1:01.60.

800-METER DASH: 1-Bry Bonavita, River Dell, 2:18.12, record; former record 2:18.2, Lisa Pakutka, Hopatcong, 1982, 2-Kim DeLoreto, Pascack Hills, 2:20.49, 3-Lindsay Nygren, Glen Rock, 2:21.30, 4-Ari Ackerman, River Dell, 2:22.55, 5-Tracey Barke, Jefferson, 2:23.03, 6-Lindsay Jaites, Indian Hills, 2:23.17.

1,600-METER RUN: 1-Lindsay Jaites, Indian Hills, 5:18.68, 2-Kim DeLoreto, Pascack Hills, 5:21.48, 3-Noelle Gotthardt, Pascack Valley, 5:26.87, 4-Megan Murnane, Lenape Valley, 5:29.50, 5-Alexandra Clinton, Ramsey, 5:29.71, 6-Donna Bruno, Indian Hills, 5:30.10.

3,200-METER RUN: 1-Kim DeLoreto, Pascack Hills, 11:46.15, 2-Amee Chegwidden, Walkkill Valley, 11:50.49, 3-Kait Chegwidden, Walkkill Valley, 11:53.14, 4-Maria Ayvoniotti, Tenafly, 11:56.05, 5-Christina Boudreau, River Dell, 12:00.00.

**State Sectional Championships
May 25th – 26th Wayne Hills**

Friday:

400IH

Niall Buckley **55.55 – 1st Place**

Akira Monri **57.28 – 5th Place**

100m

Chris Zeigler **11.07 / 11.06 – 1st Place**

Rob Webbe **12.51**

1600m

Niall Buckley **4:32.4**

Christian Trautwein **4:25.71 – 2nd Place**

Dan Emont **4:33.4**

400m

Mike Vaccaro **53.99**

Shot Put

Mike Mosticchio **41'0"**

Chris Ryan **42' ½"**

Saturday

HH:

Akira Monri **15.48 / DQ**

Peter Nygaard **16.32**

Danny Morse **18.45**

800m:

Niall Buckley **1:59.92**

Christian Trautwein **1:58.39 – 4th Place**

200m:

Chris Zeigler **22.09 / 22.22 – 1st Place**

Rob Webbe **24.95**

Mike Vaccaro **24.82**

3200m:

Dan Emont **9:24.16 – 1st Place**

Jacob Garber **9:47.46 – 6th Place**

Jeremy Kalmus **10:25.45**

4x400m:

Christian Trautwein 52.3

Akira Monri 52.2

Chris Zeigler 49.7

Niall Buckley 50.1

3:24.41 – 3rd Place

Javelin:

Lucas Chwe 114'1"

Mike Mosticchio 116'4"

Mark Maniaci F

High Jump:

Tommy DeVita NH

Danny Morse NH

Triple Jump:

Lucas Chwe 40'7 ½"

Akira Monri 42'10" – 6th Place

Discus:

Mike Mosticchio 128'3"

Chris Ryan 109'7"

Andrew Vilchez 101'10"

Pole Vault:

Max Witt 11'0"

Michael Kavanach NH

Nick Stitt NH

A disappointing meet. We did not perform well and we lost by 4 points.

Great job by:

Chris Zeigler – 2 wins

Akira Monri – PB in hurdles 1 foot PB in triple jump

Max Witt – 11' PV is a foot PB

**Qualifiers for the Bergen Meet of Champions
Tuesday – May 29th @ Hackensack HS**

200m: Chris Zeigler 22.54 – 5th Place

800m: Niall Buckley 1:58.24 – 1st Place

1600m: Christian Trautwein 4:31.92 – 4th Place

3200m: Jeremy Kalmus 9:47.90 – 4th Place Jacob Garber 9:42.88 – 2nd Place

110HH: Peter Nygaard 16.07 Akira Monri 14.98 / 14.94 – 2nd Place

Discus: Mike Mosticchio 126'8"

4x400m:

Akira Monri 51.1

Chris Zeigler 49.5

Christian Trautwein 51.1

Niall Buckley 48.9

3:20.72 – 3rd Place in the fastest race ever run in Bergen County

2nd Place all-time at Ridgewood High School – top 12 time in County history.

TRACK & FIELD

BERGEN MEET OF CHAMPIONS

TUESDAY NIGHT AT HACKENSACK

BOYS

100: 1. Rashad White, Teaneck, 11:00; 2. David Butler, Teaneck, 11:02; 3. Marvin Wilby, Don Bosco, 11:12; 4. Ralaine McDonald, Englewood, 11:16; 5. Tristen John, Dumont, 11:34; 6. Colin McEvo, Pascack Valley, 11:50.

200: 1. Rashad White, Teaneck, 21:97; 2. Damon Merkerson, St. Mary, 22:24; 3. Damien Miles, Teaneck, 22:26; 4. David Butler, Teaneck, 22:51; 5. Chris Ziegler, Ridgewood, 22:54; 6. Marvin Wilby, Don Bosco, 22:57.

400: 1. Damon Merkerson, St. Mary, 48:07 (meet record); 2. Ausar Walcott, Hackensack, 49:34; 3. Matt Cato, Don Bosco, 49:70; 4. Mike DiBella, Northern Highlands, 49:95; 5. Matthew Bleszard, Midland Park, 50:39; 6. David Blitzer, Demarest, 50:81.

800: 1. Niall Buckley, Ridgewood, 1:58:28; 2. Matthew Berninato, Bergen Tech, 1:59:80; 3. Christopher Mazawey, Pascack Hills, 1:59:99; 4. Stephen Wyka, Don Bosco, 2:00:21; 5. Matt Suozzi, Don Bosco, 2:00:21; 6. Tom Gaidus, Northern Highlands, 2:00:50.

1600: 1. Charles Gould, Rutherford, 4:24:33; 2. Andrew Gaidus, Northern Highlands, 4:26:20; 3. Scott Maxfield, Tenafly, 4:29:85; 4. Christian Trautwein, Ridgewood, 4:31:92; 5. Victor Lopez, Leonia, 4:32:82; 6. Colin McCullough, Don Bosco, 4:33:22.

3200: 1. Michael Mitchell, Bergen Tech, 9:37:31; 2. Jacob Garber, Ridgewood, 9:42:88; 3. Leighton Spencer, Don Bosco, 9:44:24; 4. Jeremy Kalmus, Ridgewood, 9:47:90; 5. Matthew Wyatt, Demarest, 9:51:53; 6. Nick Prakash, Northern Highlands, 9:54:36.

4x400: 1. Teaneck (Barrington Allen, Ariel Mitchell, Damian Miles, Akem Thomas), 3:19:16; 2. Don Bosco, 3:19:24; 3. Ridgewood, 3:20:72; 4. Bergen Catholic, 3:24:63; 5. Park Ridge, 3:24:67; 6. Demarest, 3:25:64.

1100H: 1. Christopher Castro, Bergen Tech, 14:81; 2. Akira Morri, Ridgewood, 14:94; 3. Dan D'Amato, Hasbrouck Heights, 15:30; 4. Dan White, Glen Rock, 15:31; 5. Ryan Dougherty, Ridgewood Park, 15:32; 6. Mike Guarriello, Emerson, 15:41.

400H: 1. Evan Shaker, Paramus Catholic, 55:73; 2. Tim White, Saddle Brook, 56:06; 3. Jordan Scaduto, Old Tappan, 56:30; 4. Steven Shorr, Pascack Hills, 56:30; 5. Steve Wexler, Don Bosco, 56:97; 6. Toby Emanuel, Tenafly, 57:80.

Shot Put: 1. Geoff Goldell, Pascack Hills, 59:44; 2. George Pecoraro, Cresskill, 53:24; 3. Zach Shapiro, River Dell, 53:04; 4. Andrew Trass, River Dell, 51:89; 5. Brandon Melchior, Hasbrouck Heights, 50:10; 6. Michael Renna, Hasbrouck Heights, 50:5.

Javelin: 1. Joe Gingerelli, Wood-Ridge, 152:76; 2. Jenny Hong, De-

marci, 52:56; 3. Kyle Elliott, Cresskill, 186:7; 3. Marc Peck, Wood-Ridge, 180:1; 4. Douglas Cerniglia, Ridgewood Park, 168:6; 5. Brian Bovino, Northern Highlands, 165:11; 6. Kurt Von Weisenstein, Indian Hills, 163:3.

Discus: 1. Brendan Gareffa, Hasbrouck Heights, 160:11; 2. George Pecoraro, Cresskill, 158:4; 3. James Stathopoulos, Mahwah, 151:8; 4. Chris Hallissey, Don Bosco, 148:2; 5. Zach Shapiro, River Dell, 147:0; 6. Evan Noel, River Dell, 145:4.

High Jump: 1. Kenneth Prior, Don Bosco, 6:3 (jumpoff); 2. Chris Phipps, Lodi, 6:2; 3. Austin Hennelly, Dumont, 6:2; 4. Dan Egorow, Cresskill, 6:0; 5. Tevin Ankle, Glen Rock, 6:0; 6. Glenn Luis Cabrera, Ridgewood Park, 6:0.

Long Jump: 1. Ausar Walcott, Hackensack, 22:8; 2. Chris Phipps, Lodi, 22:4; 3. Akeem Thomas, Teaneck, 21:11; 4. Pat Mitchell, New Milford, 21:6; 5. Dan D'Amato, Hasbrouck Heights, 21:4; 6. Conrad Healy, Park Ridge, 20:11.

Triple Jump: 1. Chris Phipps, Lodi, 47:0; 2. Mitchell Bennett, Paramus Catholic, 44:6; 3. Shane Smith, Hackensack, 44:0; 4. Daniel Wu, Tenafly, 43:7; 5. Conrad Healy, Park Ridge, 43:3; 6. Vincent Lu, Bergen Catholic, 42:54.

Pole Vault: 1. Greg Stripe, Mahwah, 14-6; 2. Austin Schaller, Old Tappan, 13-6; 3. Matt Steeg, Don Bosco, 13-6; 4. Tim Biasford, Ramapo, 13-6; 5. Mike Collins, Cresskill, 13-0; 6. John Delfin, Skovira, Park Ridge, 12-6.

Girls

100: 1. Angelica Johnson, Ridgewood Park, 12:17; 2. Epiphany Sams, Paramus Catholic, 12:60; 3. Janelle Liu, Cresskill, 12:75; 4. Erica Cigolini, Ridgewood, 12:82; 5. Krystal Wyche, Hackensack, 12:92; 6. Katie Landrigan, Holy Angels, 13:21.

200: 1. Janay Mitchell, Teaneck, 25:39; 2. Angelica Johnson, Ridgewood Park, 25:57; 3. Erica Cigolini, Ridgewood, 25:67; 4. Neferetti Harris, Teaneck, 26:21; 5. Rebecca Coffman, Indian Hills, 26:25; 6. Melody Lopez-Bernstein, Paramus Catholic, 26:37.

400: 1. Amy Salek, Ramapo, 56:29; 2. Adriana Lanuto, Ramsey, 57:86; 3. Jennifer Mueller, IHA, 59:29; 4. Pam Kopfensteiner, Northern Highlands, 1:00:25; 5. Anise Johnson, Teaneck, 1:00:33; 6. Julianne Fontana, Pascack Hills, 1:00:94.

800: 1. Kaitlyn Cooney, IHA, 2:19:03; 2. Kim DeLoreto, Pascack Hills, 2:19:74; 3. Julie Sinkovitz, IHA, 2:21:22; 4. Suzana Markolovic, Holy Angels, 2:21:23; 5. Katie Nestor, Northern Highlands, 2:22:24; 6. Jennifer Bain, Ramsey, 2:22:49.

1600: 1. Kesley Ramsey, Ramapo, 5:05:59; 2. Sarah Pagano, IHA, 5:12:75; 3. Nicole Schiavone, Holy Angels, 5:24:87; 4. Charlotte Tregelles, Northern Highlands, 5:24:87; 5. Monique Piscia, Old Tappan, 5:25:76; 6. Jenny Hong, De-

marci, 52:56; 3. Kyle Elliott, Cresskill, 186:7; 3. Marc Peck, Wood-Ridge, 180:1; 4. Douglas Cerniglia, Ridgewood Park, 168:6; 5. Brian Bovino, Northern Highlands, 165:11; 6. Kurt Von Weisenstein, Indian Hills, 163:3.

Discus: 1. Brendan Gareffa, Hasbrouck Heights, 160:11; 2. George Pecoraro, Cresskill, 158:4; 3. James Stathopoulos, Mahwah, 151:8; 4. Chris Hallissey, Don Bosco, 148:2; 5. Zach Shapiro, River Dell, 147:0; 6. Evan Noel, River Dell, 145:4.

High Jump: 1. Kenneth Prior, Don Bosco, 6:3 (jumpoff); 2. Chris Phipps, Lodi, 6:2; 3. Austin Hennelly, Dumont, 6:2; 4. Dan Egorow, Cresskill, 6:0; 5. Tevin Ankle, Glen Rock, 6:0; 6. Glenn Luis Cabrera, Ridgewood Park, 6:0.

Long Jump: 1. Ausar Walcott, Hackensack, 22:8; 2. Chris Phipps, Lodi, 22:4; 3. Akeem Thomas, Teaneck, 21:11; 4. Pat Mitchell, New Milford, 21:6; 5. Dan D'Amato, Hasbrouck Heights, 21:4; 6. Conrad Healy, Park Ridge, 20:11.

Triple Jump: 1. Chris Phipps, Lodi, 47:0; 2. Mitchell Bennett, Paramus Catholic, 44:6; 3. Shane Smith, Hackensack, 44:0; 4. Daniel Wu, Tenafly, 43:7; 5. Conrad Healy, Park Ridge, 43:3; 6. Vincent Lu, Bergen Catholic, 42:54.

Dark horses: Janay Mitchell, Teaneck (100, 200); Arianne Bakelmun, Wayne Hills (800, 1,600); McKenna (1,600; 3,200); Alana Pantale, Wayne Valley (DT); Taylor Shea, Northern Highlands (DT); Northern Highlands relay.

Group 4

Returning champions: None.

Returning medalists: Kristin Crawford, Kennedy (4th, 400); Lara-Jane Que, Ridgewood (6th, HH); Jaclyn Wypler, Ridgewood (2nd, JT); Krystal Wyche, Hackensack (6th, LJ).

Top-seeds: Cristina Law, Ridgewood (HH); Wypler (JT).

Other seeds: Crawford (6th, 200); Amber Allen, Passaic Tech (4th, 400); Susan Martinez, Clifton (6th, 800); Evana Edwards, Hackensack (4th, LJ); Brooke Bogart, Ridgewood (6th, TJ); Annie Polcari, Ridgewood (T2nd, PV); Melissa Davila, Hackensack (T 4th, PV); Ridgewood relay (3rd).

Dark horses: Edwards (HH); Que (HH); Allen (HH); Ashley Coleman, Passaic (SP); Wyche (LJ); Bogart (LJ); Emily Urciouli, Clifton (PV).

Non-Public A

Returning champions: None.

Returning medalists: Jen Mueller, IHA (5th, 100; 6th, 200; 5th, 400); Melody-Lopez Bernstein, Paramus Catholic (6th, 100; 4th, 400); Kate Cooney, IHA (3rd, 800); Caitlin Byrne, IHA (4th, DT); Laura Van Erdee, IHA (3rd, JT); Christine Gage, DePaul (5th, Non-Public B 100); Nikol Belljakovic, DePaul (2nd, B TJ).

Other medal hopes: Epiphany Sams, Paramus Catholic (100, 200, 400); Katie Landrigan, Paramus Catholic (200, 400); Suzana Markolovic, Holy Angels (800); Julie Sinkovitz, IHA (800); Sarah Pagano, IHA (1,600; 3,200); Mary Kay Duff, Holy Angels (1,600; 3,200); Olivia Wade, Paramus Catholic (SP); Ashley Sims, Paramus Catholic (SP); Ashley Wade, Paramus Catholic (SP; DT); Shannon Sullivan, IHA (JT); Alicia Salzbach, Paramus Catholic (HJ); Marie Minasi, Holy Angels (LJ, TJ); Rae Corbo, Paramus Catholic (TJ); IHA relay.

Non-Public B

Returning champions: None

Returning medalists: None

Other medal hopes: Rebecca Flim, Eastern Christian (JT); Stephanie Rojas, Queen of Peace (SP, DT, JT).

Public B

champion: Damon Merkerson, St. Mary's

ing medalist: Eastern Christian relay (3rd).

edal hopes: Merkerson (100, 200, 400).

Public B

Dark horses: Jason Kelsey, Don Bosco (400, LJ); Rob Molke, Don Bosco (1,600, 3,200); Sullivan John Rubineti, Bergen Catholic (HH); Evan Shaker, Catholic (HH, HH); Lou Dela Cruz, Paramus (SP); Chris Molinaro, Paramus Catholic (JT).

Public B

ing champions: None.

ing medalists: None.

eds: Dan Emont, Ridgewood (3,200)

eds: Niall Buckley, Ridgewood (T 5th, HH); Cecil Kennedy (5th, SP); Darren Collie, Kennedy (5th, SP); Patterson, Kennedy (5th, LJ; 2nd, TJ); Ausar Hackensack (6th, LJ); Shane Smith, Teaneck (3rd, PV); Anthony Chisholm, Wayne Hills (4th, LJ; 4th, TJ); azor, West Milford (T 2nd, PV); Peter Matano, Hills (T 4th, PV); Teaneck relay (4th).

resses: David Butler, Teaneck (100); Miles (100, 200); San George (800); Stephen Abate, Valley (1,600); Andrew Gaidus, Northern Highlands Pantale (SP); Tom Papa, Wayne Valley (LJ).

Public A

ing champions: Don Bosco relay; Nick Mische, DePaul (Non-Public B 800); Matt Ratajczak, DePaul (Non-Public B 800);

ing medalists: Matt Cato, Don Bosco (4th, 400); Randall, Bergen Catholic (6th, 400); Sharif Webb, Don Bosco (2nd, 800); Conor Sullivan, Don Bosco (4th, 1,600); taker, Don Bosco (5th, 1,600; 4th, 3,200); Steve Don Bosco (4th, HH); Michael Farr, Don Bosco (T); Chris Hallissey, Don Bosco (3rd, DT); Kevin Bo-

rgen Catholic (6th, HJ); Mitch Bennett, Paramus (4th, TJ); Matt Steeg, Don Bosco (3rd, PV); Catholic relay (6th); Mische (4th, B1,600; 6th, B Ratajczak (3rd, B HH); Jeff Brown, DePaul (5th, B nes DePalma, DePaul (5th, B JT); Lewis Castillo J; 6th B TJ).

edal hopes: Jason Kelsey, Don Bosco (400, LJ); Rob Molke, Don Bosco (1,600, 3,200); Sullivan John Rubineti, Bergen Catholic (HH); Evan Shaker, Catholic (HH, HH); Lou Dela Cruz, Paramus (SP); Chris Molinaro, Paramus Catholic (JT).

Public B

g champion: Damon Merkerson, St. Mary's

g medalist: Eastern Christian relay (3rd).

edal hopes: Merkerson (100, 200, 400).

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PHOTO COURTESY OF ANN ROBERTS

This is the Ridgewood High School girls 4 x 400-meter relay team that clinched last Saturday's Group 4, Section 1 state championship with a winning time of 3:55.79 at Wayne Hills High School. From left: senior Ashlyn Llerandi, junior Kate Michel, senior Alice Wisener and junior Emily Barr.

RIDGEWOOD TRACK AND FIELD

Relay wraps up sectional title

Girls edge East Orange for first; Boys team settles for second

BY GREG TARTAGLIA
Staff Writer

WAYNE — Grace under pressure would be proud.

The Ridgewood High School girls track and field team was on the verge of having its bid for a second straight "Triple Crown" — winning league, county and state-sectional championships in the same season — come up short last Saturday. East Orange had roared back from a 27-point deficit to whittle the Maroons' lead at the Group 4, Section 1 state meet down to two points with one event remaining at Wayne Hills High School.

Needing to win the 4x400-meter relay to secure victory, the quartet of juniors Emily Barr and Kate Michel and seniors Ashlyn

fastest time by a Ridgewood team since 1988.

The Maroons' clocking of 3:55.79 bested East Orange by nearly two seconds and put the finishing touches on an 83-79 victory, completing the 11th state-sectional title in school history.

"We've been talking about coming back and repeating sectionals for a whole year," said Jacob Brown, the only girls head coach Ridgewood has ever had. "So when that became in jeopardy, you could see everybody just rose up. It was just real exciting to watch the team get fired up like that."

Ridgewood also had to enter the relay without its fastest runner, senior Cristina Law, who had already competed in the maximum four events for the weekend.

"Mr. Brown came up to us and said, 'If you win this, we win the meet. If you get second, we tie the meet. You have to win this,'" said Llerandi, who ran the third leg of the relay. "It wasn't 'Give it your best shot.' It was, 'You have to win

an extra motivating factor for Ridgewood. Llerandi got the baton to Wisener in first place, and Wisener kept her team in front, winning by 10 meters.

"I just imagined getting the baton in second place and having to run against the East Orange anchor," Wisener said, referring to the Jaguars' Porsche Giddings, who had already won the open 400-meter run in 56.01 seconds. "I thought, 'I'm never going to beat her.' So when I got the baton in first, I just kept running fast and hoped she didn't catch me."

Barr led off with a split of 58.9 seconds, followed by Michel (59.0), Llerandi (59.3) and Wisener (58.5).

"When I saw Alice coming around the final turn, it was just the greatest feeling ever," said Llerandi. "It was like, that's my team right there, winning the sectional meet."

And Ridgewood's was a true team victory as well. In their quest to join the 1988 squad atop the list of greatest teams in school history,

Bogart took fifth in the long jump before the Maroons won the meet on the relay.

"We fed off our each others' energy in the 4x4, and then the whole rest of the team backed us up," Llerandi said. "It was a great feeling to have so many people behind you."

Meanwhile, the Ridgewood boys team came up four points shy of victory, falling to West Orange, 66-62. The Maroons did wind up with four gold medals, including two from senior Chris Zeigler, who doubled in the 100- and 200-meter dashes. However, mishaps in the 800-meter run and 110-meter high hurdles cost the team valuable points.

"That's why that meet, in all honesty, was a little bit tougher to take," said Ridgewood boys head coach Josh Saladino. "We didn't have a good meet, and we were still right there to win the sectionals but weren't able to get it done. And we lost to a very good team; West Orange saw the opportunity and they took it, so you've got to

settles for second

BY GREG TARTAGLIA
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Needing to win the 4x400-meter relay to secure victory, the quartet of juniors Emily Barr and Kate Michel and seniors Ashlyn Llerandi and Alice Wisener responded with the fourth-fastest time in county history and the

3:55.79 bested East Orange by nearly two seconds and put the finishing touches on an 83-79 victory, completing the 11th state-sectional title in school history.

"We've been talking about coming back and repeating sectionals for a whole year," said Jacob Brown, the only girls head coach Ridgewood has ever had. "So when that became in jeopardy, you could see everybody just rose up. It was just real exciting to watch the team get fired up like that."

Ridgewood also had to enter the relay without its fastest runner, senior Cristina Law, who had already competed in the maximum four events for the weekend.

"Mr. Brown came up to us and said, 'If you win this, we win the meet. If you get second, we tie the meet. You have to win this,'" said Llerandi, who ran the third leg of the relay. "It wasn't 'Give it your best shot,' it was, 'You have to win this.' I can't recall a situation where that much pressure was on."

Yet the pressure seemed to be

Wisener kept her team in front, winning by 10 meters.

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And Ridgewood's was a true team victory as well. In their quest to join the 1988 squad atop the list of greatest teams in school history, the Maroons won five events over the course of the two-day meet, with four gold medals coming in the events last Friday evening.

Wisener and Michel helped garner points in the 400-meter intermediate hurdles, finishing fourth and fifth, respectively, to back up a 63.30-second victory by senior Cristina Law.

Ridgewood senior Erica Cigolini then clocked 12.87 seconds to capture bronze in the 100-meter dash behind Giddings (12.18 seconds) and her East Orange teammate, Racquel Vassell (12.42).

Senior Jaclyn Wypler padded the Maroons' lead with a gold-medal effort of 132 feet, five inches in the javelin throw, giving her victories in the event at each of the Triple Crown meets this spring.

"When I joined the team last year, I was like, 'Oh, I don't even know what the Triple Crown is, this is nice,'" Wypler said. "This year, I really felt like part of it. And it was so much more exciting, coming down to two points going into the 4x400."

Senior Brooke Bogart won the triple jump with an effort of 36 feet even, and Law added points with a bronze-medal jump of 34 feet, 6.5 inches. Junior Annie Polcari tied a personal best by clearing 11 feet in her pole vault victory.

East Orange began catching up in the Saturday events, as Vassell won the 100-meter hurdles in 14.36 seconds, while senior Larajane Que (14.81 seconds) and junior Mia Martinez (15.14) finished 3-4 for Ridgewood. Law ran fifth in the 800-meter run and

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Senior Niall Buckley set a positive tone early by winning the 400-meter intermediate hurdles in 55.55 seconds on Friday, while junior Akira Monri clocked 57.28 seconds to finish fifth.

In the first two events on Saturday, though, the Maroons ran into trouble. Monri finished second in the high hurdles but was disqualified for no apparent reason. In the following event, Buckley was tripped up on the first lap of the 800 before rallying from last place to finish eighth.

Ridgewood senior Dan Emont ran a 9:24.16 to win the 3200-meter run before Zeigler clocked 22.22 seconds to win the 200. The Maroons' top sprinter captured the gold medal in the 100 on Friday night with a run of 11.06 seconds, just five-hundredths faster than Innocent Buule of Memorial-West New York.

"Usually I'm competing with Rashad White," said Zeigler, referring to the Teaneck speedster he faced in both the league and county meets. "There was a different feel to it, but I ran as hard as I usually do and it got me first. So I was pretty happy about that."

Maroons junior Christian Trautwein finished second in the 1600 and fourth in the 800, and Ridgewood finished the meet with a third-place showing of 3:24.41 in the 4x400 relay.

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

capture BMOC gold



PHOTO/ERICA DIESTEL

Law, right, has the inside track on Ramsey's Alex Rosenberger in showdown in Monday's Bergen Meet of Champions. Law ran a meet

seconds, leading his team to a near-record victory of 3:19.16.

Ridgewood's time of 3:20.72 was about a second-and-a-half off the RHS record of 3:19.25, and Buckley's split of 48.9 seconds was a personal best. Junior Akira Monri led off the relay, followed by

seconds to win.

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

Tire & Wheel Performance Center

advantage of, and if you do that, you're going to have some good scores." *Greg Tartaglia's e-mail address is tartaglia@northjersey.com*

Lierandi and Alice Wisener responded with the fourth-fastest time in county history and the this! I can't recall a situation where that much pressure was on." Yet the pressure seemed to be

Law, Buckley capture BMOC gold

BY GREG TARTAGLIA
Staff Writer

HACKENSACK — Everyone tried to catch Cristina Law and the Maroons, but no one could.

The Ridgewood High School senior won the 400-meter intermediate hurdles in record time and anchored her school's 4x400-meter relay squad to a gold-medal performance at Monday's Lou Lanzalotto Bergen County Meet of Champions in Hackensack. For her performance, Law earned the Tom Zaccone Award for outstanding performance by a girls track athlete.

In all, the Ridgewood girls team captured five gold medals. On the boys side, senior Niall Buckley breezed to victory in the 800 meters and anchored his 4x400-meter team to the second-fastest time in RHS history, which was good for third place behind Teaneck and Don Bosco Prep.

Law ran a nip-and-tuck race with Ramsey junior Alex Rosenberger in the intermediate hurdles, winning by 0.26 seconds with a time of 1:01.97, just one-hundredth of a second faster than the previous Bergen Meet of Champions (BMOC) record set by Glen Rock's Kim Mineo in 2002.

Both hurdlers had won the event at their respective state-sectional track meets over the weekend — Law in Group 4, Section 1, and Rosenberger in Group 2, Section 1. After their first head-to-head meeting this season, Law said, "I was hoping to see what I could do against someone who is that good."

In the girls 4 x 400, Law held off a late-charging Amy Salek of Ramapo, who closed a 20-meter gap down to 10 in the home stretch, but came up short despite a sizzling anchor leg of 55.76 seconds. Law clocked 57.6 seconds in her final leg, combining with juniors Emily Barr and Kate Michel and senior Alice Wisener to



PHOTO/ERICA DIESTEL

Ridgewood senior Cristina Law, right, has the inside track on Ramsey's Alex Rosenberger in their intermediate hurdle showdown in Monday's Bergen Meet of Champions. Law ran a meet record 1:01.97 to defeat Rosenberger by just over three-tenths of a second.

lead Ridgewood to a time of 3:56.52.

Buckley entered the 800 meters intent on improving on his performance from the Group 4, Section 1 meet, in which he was tripped early in the race and wound up eighth. At the BMOC, he ran a 1:58.28 to win by over a second.

"I wanted to run the 800 because I thought that Sharif [Webb] was going to be in it, and I thought that we were going to have a fast race," said Buckley, referring to his close friend and rival from Don Bosco. "I thought that Max [Bruno of Indian Hills] was going to be here, too, but he got injured two weeks ago."

Buckley did have a chance to square off against Webb in the final event of the evening, as both ran the final leg of the boys 4x400-meter relay. However, Teaneck's Akeem Thomas ran an eye-popping anchor leg of just over 47 sec-

onds, leading his team to a near-record victory of 3:19.16.

Ridgewood's time of 3:20.72 was about a second-and-a-half off the RHS record of 3:19.25, and Buckley's split of 48.9 seconds was a personal best. Junior Akira Monri led off the relay, followed by senior Chris Zeigler and junior Christian Trautwein.

Said Ridgewood boys head coach Josh Saladino, "It's not very often you have three teams running a 3:21 [or better] in the same race at the county level. There are not very many counties that can say they have three teams running a 3:21 period, so it was an excellent race."

Ridgewood senior Jaclyn Wypler won the girls javelin throw, while junior Annie Polcari cleared 11 feet to win the pole vault in a jump-off. Senior Lara-Jane Que and junior Mia Martinez finished 1-2 in the 100-meter high hurdles, with Que clocking 14.96

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**500 Route 17 South
Ridgewood, NJ 07450**

**State Group IV Championships
@ Egg Harbor Township HS**

June 1st / June 2nd

100m:

Chris Zeigler: 10.93 / 10.97 – 5th Place – New School Record

400 IH:

Akira Monri: 56.91 – 10th Place

800m:

Christian Trautwein: 1:58.50 – 12th Place

200m:

Chris Zeigler: 22.29 – 7th Place

3200m:

Daniel Emont: 9:31.41 – 4th Place

Jacob Garber: 10:07.79 – 13th Place

4x400m:

Akira Monri 53.3

Chris Zeigler 50.5

Christian Trautwein 51.3

Niall Buckley 51.0

3:26.58 – 10th Place

TRACK & FIELD: STA

Boys

GROUP 1

TEAM SCORING: Metuchen 45, Woodbury 44, Penns Grove 39, Riverside and Pennsville 34, Hasbrouck Heights 30, Pompton Lakes, Cresskill and Verona 26, Bound Brook 24, Salem 21, Dunellen 18, Florence 15, Wood-Ridge 14, Academic 11, Kinnelon, Asbury Park and Middlesex 10, New Milford 9, Science 7, Secaucus 6, Leonia and Park Ridge 5, Burlington City and Brearley 4, Saddle Brook, Midland Park and Emerson 3.

100: 1. Shawney Kersey, Woodbury, 10.76; 2. Jordan Barrett, Bound Brook, 10.89; 3. Orion Woodard, Pompton Lakes, 10.99; 4. Kevin Linico, Florence, 11.00; 5. Aaron Heyward, Penns Grove, 11.04; 6. Joe Price, Florence, 11.13.

200: 1. Orion Woodard, Pompton Lakes, 21.69; 2. Shawney Kersey, Woodbury, 1.72; 3. Aaron Heyward, Penns Grove, 22.76; 4. DeJuan Miller, Metuchen, 22.18; 5. Reggie McLeod, Academic, 22.54; 6. Matt Bieszard, Midland Park, 22.79.

400: 1. Shawney Kersey, Woodbury, 47.88; 2. DeJuan Miller, Metuchen, 48.37; 3. Kevin Brown, Woodbury, 49.25; 4. Reginald McLeod, Academic, 49.41; 5. Matt Bieszard, Midland Park, 50.04; 6. Hayden Duffy, Emerson, 50.46.

800: 1. Dane Bender, Pompton Lakes, 1:55.88; 2. Billy Latta, Metuchen, 1:56.83; 3. Jason Codrington, Science, 1:57.06; 4. Juan Rodriguez, Penns Grove, 1:58.21; 5. Sean Vazquez, New Egypt, 1:58.92; 6. John Carabatta, Park Ridge, 2:00.27.

1,600: 1. Mike Soroko, Kinnelon, 4:18.76; 2. Matt Turilip, Dunellen, 4:18.92; 3. Juan Rodriguez, Penns Grove, 4:25.15; 4. Taqueer Qazi, Academic, 4:27.80; 5. Antonio Gomes, South River, 4:28.46.

3,200: 1. Matt Turilip, Dunellen, 9:43.27; 2. Julian Fensterheim, Metuchen, 9:50.95; 3. Mark Kearney, Pennsville, 9:52.40; 4. Tom Eickelberg, Leonia, 9:54.06; 5. Paul Kuehnle, Saddle Brook, 9:56.49.

110 HH: 1. Darren Cuttingham, Asbury Park, 14.70; 2. Phil Lindmuller, Riverside, 14.85; 3. Kevin Reeder, Florence, 15.02; 4. Matt Belcher, Florence, 15.03; 5. Mike Guarriello, Emerson, 15.37.

400 IH: 1. Reggie Perry, Bound Brook, 55.01; 2. Phil Lindmuller, Riverside, 55.64; 3. Chris Pisano, Metuchen, 56.02; 4. Keenan Cormantie, Penns Grove, 56.40; 5. Brandon Hillman, Verona, 56.65; 6. Tim White, Saddle Brook, 56.72.

Shot put: 1. John Clark, Pennsville, 56.74; 2. Mike Renna, Hasb. Hts., 51.2-4; 3. Brandon Melchior, Hasb. Hts., 50.10; 4. George Pecoraro, Cresskill, 50.9; 5. Nick Sengotta, Verona, 49.8; 6. Scott Brunner, New Milford, 48.6.

Discus: 1. John Clark, Pennsville, 170.3; 2. Brendan Garreffa, Hasb. Hts., 163.11; 3. Nick Britt, Secaucus, 161.5; 4. Scott Brunner, New Milford, 148.7; 5. George Pecoraro, Cresskill, 145.1; 6. Dave Kelly, Maple Shade, 139.8.

Javelin: 1. Kyle Elliott, Cresskill, 186.7; 2. Joe Gingerelli, Wood-Ridge, 186.3; 3. Marc peck, Wood-Ridge, 177.11; 4. Brendan Garreffa, Hasb. Hts., 171.10; 5. Dennis Hoag, Brearley, 168.11.

High jump: 1. Anthony Gregory, Salem, 6-8; 2. Phil Lindmuller, Riverside, 6-4; 3. Julio Rodriguez, Bound Brook, 6-2; 4. Mike Pruden, Burlington City, 6-2; 5. Andre Simms, Boonton, 6-0.

Long jump: 1. Anthony Gregory, Salem, 21-10; 2. Dan DePalma, Verona, 21-6; 3. Ray Mendez, Middlesex, 21-1 1/2; 4. Stephen Brown, Penns Grove, 21-1 1/2; 5. William Ricks, Brearley, 20-10.

Triple jump: 1. Phil Lindmuller, Riverside, 45-3 1/2; 2. Dan DePalma, Verona, 45-3 1/2; 3. Brandon Hillman, Verona, 45-1 1/2; 4. Ray Mendez, Middlesex, 43-6 1/2; 5. Chris Pisano, Metuchen, 43-6.

Pole vault: 1. Mike Collins, Cresskill, 13-6; 2. tie: Shawill Green, Penns Grove, and Ryan Calmi, Pennsville, 13-0; 4. John Deffin-Skovira, Park Ridge, 13-0; 5. Brandon Melchior, Hasb. Hts., 13-0; 6. Jose Emmanuelli, Leonia, 12-0.

4-x-400 relay: 1. Woodbury, 3:22.30; 2. Metuchen, 3:22.62; 3. Penns Grove, 3:27.48; 4. New Milford, 3:28.37; 5. Lakewood, 3:28.56; 6. Rahway, 3:28.43; 7. Scotch Plains, 3:28.56; 8. Passaic Valley, 3:29.01; 9. Highland 20, Holmdel 19, Wayne Valley 16, Delsea 15, Teaneck 14, South Plainfield 12, Clearview, West Deptford and Ocean Twp. 10, Nutley, Cranford, Central Reg. And Wayne Hills 8, Neptune and Millburn 7, Allentown, Wilson, West Morris Central and Cumberland 6, Middletown South, Ramapo, Middletown South, Ramapo, Northern Highlands, Triton, Northern Burlington and West Windsor Plainsboro North 4, Mt. Olive and Lawrence 3, Voorhees, Wall, Ridge and Hightstown 2, Moorestown and Pemberton 1.

TEAM SCORING: Somerville 49, Pleasantville 32, Cinnaminson 30, Burlington Twp. and Roselle 28, Rahway 22, Hopatcong 21 1/2, Bridgeton 21, Hanover Park 18, Lodi, Jefferson, A.L. Johnson, Pascack Hills and Chatham 16, Schalick 14, Sterling 12, Mahwah, Haddon Twp. and Buena 10, Bernards 9 1/2, Ewing and River Dell 9, Indian Hills, Overbrook, Shore and Matawan 8, Haddonfield and Bordertown 7, Gov. Livingston and Manchester Twp. 6, Tenafly and Pequannock 4, Englewood 1.

100: 1. Mason Robinson, Somerville, 10.66; 2. Kashif Moore, Burlington Twp., 10.74; 3. Andrew Dunbar, Manchester Twp., 10.95; 4. Sam Smith, Pascack Hills, 11.10; 5. Kyle Hardy, Matawan, 11.12.

200: 1. Mason Robinson, Somerville, 21.81; 2. Kashif Moore, Burlington Twp., 22.19; 3. Stephen Fournette, Bridgeton, 22.50; 4. Derek Schultz, Shore, 22.59; 5. Darren Brown, Snyder, 22.70; 6. Sam Smith, Pascack Hills, 22.73.

400: 1. Mason Robinson, Somerville, 49.09; 2. Paul Jones-Burden, Rahway, 49.32; 3. Alan Laws Jr., Pleasantville, 49.80; 4. Patrick McCarney, Jefferson, 50.37; 5. Robert Friedman, Sterling, 50.50.

800: 1. Matt Poskus, Cinnaminson, 1:54.44; 2. Jamar Mack, Pleasantville, 1:55.14; 3. Alan Laws Jr., Pleasantville, 1:56.36; 4. Patrick McCarney, Jefferson, 1:56.49; 5. Brian Trefault, Cinnaminson, 1:56.74; 6. Marc Loforte, River Dell, 1:57.26.

1,600: 1. Matt Poskus, Cinnaminson, 4:14.60; 2. Brian Trefault, Cinnaminson, 4:15.44; 3. Max Bruno, Indian Hills, 4:20.02; 4. Stephen Hankinson, Summit, 4:21.62; 5. Jamar Mack, Bridgeton, 4:23.76.

3,200: 1. James Grimes, Chatham, 9:24.90; 2. Dan Stiles, Somerville, 9:40.95; 3. Erik Hinrichsen, Haddonfield, 9:44.67; 4. James VaniderWiele, Pequannock, 9:47.48; 5. Jerome Perkins, Indian Hills, 9:49.69.

110 HH: 1. Mike Cuppari, Hanover Park, 14.34; 2. Gerkins Senesca, Roselle, 14.63; 3. Justin Brown, Sterling, 14.67; 4. Jeremy Simkins, Schalick, 14.95; 5. Chris Roberts, Somerville, 15.18.

400 IH: 1. Jeremy Simkins, Schalick, 53.87; 2. Malcolm Freeman, Rahway, 55.30; 3. Kenneth Davis, Pleasantville, 55.60; 4. Alan Laws Jr., Pleasantville, 55.63; 5. Andrew Dash, Ewing, 55.71; 6. Steven Shorr, Pascack Hills, 56.16.

Shot put: 1. Geoff Goldell, Pascack Hills, 59-4; 2. Steve D'Arcy, Hanover Park, 57-8 1/2; 3. Oliver Haney, A.L. Johnson, 54-10 1/2; 4. Zach Shapiro, River Dell, 53-8 1/2; 5. Andrew Trass, River Dell, 52-4.

Discus: 1. Steve Hague, Buena, 166-2; 2. Arnett Pointer, Overbrook, 153-3; 3. Donnell Hayden, Bordertown, 153-0; 4. Oliver Haney, A.L. Johnson, 148-1; 5. Brian England, Raritan, 147-9.

Javelin: 1. Joe Martinek, Hopatcong, 190-1; 2. Cody Unger, Jefferson, 185-2; 3. Chris MacCutcheon, Matawan, 179-2; 4. Matt Kaminsky, Somerville, 170-7; 5. Andrew Trass, River Dell, 168-0.

High jump: 1. Ken Wise, Haddon Twp., 6-8; 2. Joe Martinek, Hopatcong, 6-6; 3. Scott McCullough, Chatham, 6-3; 4. Joe Burton, Bridgeton, 6-4; 5. tie between Na'im Lyons, Pleasantville, Kevin Knox, Glassboro and Alex Smith, Rumson-Fair Haven, 6-2.

Long jump: 1. Rahdel Savage, Roselle, 23-3; 2. Chris Phipps, Lodi, 23-0; 3. Brandon Allen, Ewing, 22-0; 4. Derek Schultz, Shore, 21-9 1/2; 5. Kashif Moore, Burlington Twp., 21-9.

Triple jump: 1. Rahdel Savage, Roselle, 47-3; 2. Chris Phipps, Lodi, 47-2 1/2; 3. Anthony Vargas, A.L. Johnson, 44-6; 4. Daniel Wu, Tenafly, 43-7; 5. Joe Martinek, Hopatcong, 43-5; 6. Jaivon Palmer, Englewood, 43-1.

Pole vault: 1. Greg Stripe, Mahwah, 15-0; 2. Kyle DeGhetto, Bernards, 13-6; 3. Carl Smith, Gov. Livingston, 13-0; 4. Jim Winters, Somerville, 13-0; 5. tie between Mike Landshof, Hopatcong and Marco Lourenco, Bernards, 12-6.

4-x-400 relay: 1. Burlington Township (Will Martin, David Lindabury, Justin Morris, Kashif Moore), 3:21.29; 2. Pleasantville, 3:22.06; 3. Rahway, 3:22.43; 4.

GROUP 3

TEAM SCORING: Morris Hills and Monmouth 45, Willingboro 30, Scotch Plains 26, Lakewood and Kingsway 24, Camden 23, Passaic Valley 22, Red Bank 21, Highland 20, Holmdel 19, Wayne Valley 16, Delsea 15, Teaneck 14, South Plainfield 12, Clearview, West Deptford and Ocean Twp. 10, Nutley, Cranford, Central Reg. And Wayne Hills 8, Neptune and Millburn 7, Allentown, Wilson, West Morris Central and Cumberland 6, Middletown South, Ramapo, Middletown South, Ramapo, Northern Highlands, Triton, Northern Burlington and West Windsor Plainsboro North 4, Mt. Olive and Lawrence 3, Voorhees, Wall, Ridge and Hightstown 2, Moorestown and Pemberton 1.

100: 1. Robert Page, Kingsway, 10.68; 2. Rashad White, Teaneck, 10.74; 3. Michael Perry, Neptune, 10.83; 4. Kerone Rhoden, Red Bank, 10.83; 5. David Butler, Teaneck, 10.86.

200: 1. Charles Cox, Monmouth, 21.42; 2. Robert Page, Kingsway, 21.69; 3. Antonio Abney, Willingboro, 21.75; 4. Rashad White, Teaneck, 21.82; 5. Jason Boyd, Willingboro, 21.9.

400: 1. Antonio Abney, Willingboro, 47.43; 2. Charles Cox, Monmouth, 47.48; 3. Chris Cox, Monmouth, 48.11; 4. Sherman Goree, Camden, 48.65; 5. Aaron Younger, Delsea, 48.79.

800: 1. Casey Pinckney, Camden, 1:56.01; 2. Jon Karlsson, Morris Hills, 1:56.48; 3. Sadiki White, Allentown, 1:57.24; 4. Tom Starner, Triton, 1:57.80; 5. Mark Degenhart, Red Bank, 1:58.60.

1,600: 1. Dennis Waite, Red Bank, 4:16.84; 2. George Galasso, Holmdel, 4:17.08; 3. Tony Salvatore, Wayne Valley, 4:18.22; 4. Stephen Abate, Wayne Valley, 4:18.66; 5. Joe McKenney, Cranford, 4:21.41.

3,200: 1. George Galasso, Holmdel, 9:20.63; 2. Kyle Soloff, Morris Hills, 9:23.75; 3. Charlie Murphy, Millburn, 9:36.49; 4. Mike Kolodziej, Red Bank, 9:39.12; 5. Nick Roman, Passaic Valley, 9:44.84.

110 HH: 1. Emanuel Meyers, Lakewood, 14.04; 2. Jamelle Ross, Clearview, 14.50; 3. Kyle Rowbotham, Scotch Plains, 14.64; 4. Akeem Adiatu, Willingboro, 14.65; 5. Matt Marshall, Camden, 14.68; 6. Alec Marshall, Wayne Valley, 14.87.

400 IH: 1. Emanuel Meyers, Lakewood, 51.98; 2. Aaron Younger, Delsea, 52.88; 3. Kyle Rowbotham, Scotch Plains, 54.06; 4. Chris Tomori, Northern Burlington, 54.54; 5. Patrick Dolan, Clearview, 55.50.

Shot put: 1. George Abyad, Passaic Valley, 57-3; 2. Mike Alleman, Scotch Plains, 57-2; 3. Nick Alexander, West Morris Central, 55-4-4; 4. Mike Daniels, Highland, 55-1; 5. Edrick Alleyene, Monmouth, 54-5.

Discus: 1. George Abyad, Passaic Valley, 176-10; 2. James Plummer, Central reg., 160-5; 3. Mike Alleman, Scotch Plains, 152-8; 4. Barnett Wu, West Windsor Plainsboro North, 151-9; 5. Edrick Alleyene, Monmouth, 150-7; 6. Chris Pantale, Wayne Valley, 146-0.

Javelin: 1. Dan Hiltman, Ocean Twp., 181-5; 2. Chris Bradley, Nutley, 178-9; 3. Andrew Pierce, Cumberland, 175-2; 4. Brian Bovino, Northern Highlands, 167-0; 5. Tim Farrell, Wall, 166-0.

High jump: 1. Mike Baird, Morris Hills, 6-4; 2. Mitch Witcher, Highland, 6-2; 3. R.J. Holmes, Kingsway, 6-2; 4. Matt Wood, Middletown South, 6-2; 5. Alex Maurer, Voorhees, 6-2.

Long jump: 1. Opie Muse, South Plainfield, 22-6 1/2; 2. Aaron King, Morris Hills, 22-5 3/4; 3. Kelly Fisher, Monmouth, 22-2 1/2; 4. Tom Papa, Wayne Valley, 22-1 1/2; 5. Aaron Wright, South Plainfield, 21-10.

Triple jump: 1. Aaron King, Morris Hills, 47-4; 2. Anthony Chisholm, Wayne Hills, 47-3 1/2; 3. Rhodney Spence, Wilson, 46-9; 4. Emanuel Meyers, Lakewood, 46-3 1/2; 5. Antoine Allen, Mt. Olive, 43-8.

Pole vault: 1. Dan Batdorf, West Deptford, 14-6; 2. Eddie Zubryczki, Highland, 13-6; 3. Jeff Caravella, Cranford, 13-6; 4. Tim Blashford, Ramapo, 12-0; 5. Patrick Gray, Hightstown, 13-0.

4-x-400 relay: 1. Monmouth (Rashon Verrett, Kelly Fisher, Chris Cox, Charles Cox), 3:15.04; 2. Willingboro, 3:15.63; 3. Camden, 3:16.08; 4. Delsea, 3:21.05; 5. Lawrence, 3:22.56; 6. Ridge, 3:24.70.

GROUP 4

TEAM SCORING: Trenton Central (TC) 64; Colts Neck (CN) 37; Old Bridge (OB) 31; South Brunswick (SB) 26; Franklin (F) 24; Eastern (E) 22; West Windsor Plainsboro South (WWP) 22; Toms River South (TRS) 21; West Orange (WO) 20; Millville (MILL) 15; Manalapan (MAN) 15; Vineland (V) 14; Winslow Twp. (WT) 14; Irvington (I) 14; Absegami (ABS) 12; Freehold Twp. (FREE) 12; Washington Twp. (WASH) 9; North Hunterdon (NH) 9; Oakcrest (OAK) 9; Jackson (JACK) 8.33; Brick Memorial (BM) 8; Cherokee (CHER) 8; Pennsauken (PENN) 8; Watchung Hills (WH) 7; Toms River North (TRN) 6; Egg Harbor Twp. (EHT) 6; North Brunswick (NB) 6; Southern (SOUTH) 6; Lenape 6; Ridgewood (RW) 6; Eastside (ESIDE) 2.

100: 1. Sabli Gonnert (E) 10.76; 2. Marquis Bonds (MILL) 10.77; 3. Chris Church (MILL) 10.79; 4. Dean McCleese (TC) 10.85; 5. Chris Zeigler (RW) 10.97; 6. Rashon Evans (I) 10.98.

200: 1. Sabli Gonnert (E) 21.89; 2. Dean McCleese (TC) 21.90; 3. Barry Cephas (WT) 21.99; 4. Anthony DellaVecchia (ABS) 22.06; 5. Tykeon Fulton (TC) 22.13; 6. Marquis Bonds (MILL) 22.16.

400: 1. Allan Lunkenheimer (OB) 48.53; 2. Dean McCleese (TC) 48.75; 3. Yadi Chantz-Rico (V) 49.08; 4. Toddrick Darden (NB) 49.09; 5. Sabli Gonnert (E) 49.57; 6. Ishmael Robbins (I) 49.85.

800: 1. Robby Andrews (MAN) 1:54.37; 2. Ford Palmer (ABS) 1:54.98; 3. Jason Apwah (ROX) 1:54.99; 4. Christian Gonzalez (F) 1:55.28; 5. Tom Pierson (LT) 1:55.73; 6. Matt Karlin (LIV) 1:56.01.

1,600: 1. Craig Forsy (CN) 4:07.36 (all-group record: old John Richardson, Ocean City, 4:09.19, 2003; old group record: Bob Keino, Ridgewood, 4:09.35, 1994); 2. Andrew Broder (BM) 4:18.49; 3. Brian Leung (WWP) 4:20.61; 4. Christian Gonzalez (F) 4:21.10; 5. Kevin Cronin (MAN) 4:22.47.

3,200: 1. Craig Forsy (CN) 9:14.93; 2. Christopher Carle (JACK) 9:24.14; 3. Brian Leung (WWP) 9:26.24; 4. Daniel Emont (RW) 9:31.41; 5. Zach Bahor (RAN) 9:35.43.

4-x-400: 1. Old Bridge (Sean Davila, Evan Petrovich, Shawn Phillip, Allan Lunkenheimer) 3:20.98; 2. Winslow Twp. 3:21.74; 3. Vineland 3:22.63; 4. Irvington 3:23.91; 5. Randolph 3:25.30.

110 HH: 1. Tykeon Fulton (TC) 14.21; 2. Raimundo Leach (OAK) 14.47; 3. Sean Schnarr (F) 14.56; 4. Joshua Evans (I) 14.61; 5. James Goodliffe (HC) 14.62.

400 IH: 1. Tykeon Fulton (TC) 54.46; 2. Delone Sydnor (WO) 55.12; 3. Matt Sullivan (CN) 55.89; 4. Dan Mulars (FREE) 56.28; 5. Jose Zayas (V) 56.32.

Shot put: 1. Patrick Park (TRS) 56-3/4; 2. Kwabena Keene (WASH) 53-5/8; 3. John Viotto (SB) 53-5; 4. John Krewer (CN) 53-1; 5. Ronnie Quacquarelli (WH) 52-7.

Javelin: 1. Brian Florek (OB) 191-3; 2. Felix Roman (PENN) 187-10; 3. Kevin Kelly (CN) 186-10; 4. Jack Gilburn (MAN) 182-9; 5. Harrison Wright (NB) 179-6.

Discus: 1. Patrick Park (TRS) 175-1; 2. John Viotto (SB) 166-3; 3. Anthony Strofollino (SOUTH) 160-3; 4. Matt Crystal (WH) 153-2; 5. Sean Lease (SB) 152-3; 6. Alex Necovski (WH) 151-1.

High jump: 1. Devon Bond (TC) 6-6; 2. Jon Arnold (WO) 6-4; Tie 3. William Ricketts (SB) and Adam Bergo (WF) 6-4; 5. Frank Thompson (TC) 6-2.

Long jump: 1. Hanif Kendrick (F) 22-2 1/2; 2. Chris Steliga (CHER) 21-7 1/4; 3. Stevenson Cajuste (EHT) 21-7 1/2; 4. Jon Arnold (WO) 21-6 1/4; 5. Terrance Fox (PIS) 21.

Triple jump: 1. Devon Bond (TC) 50-0 1/4 (state record: old Darius Pemberton, Hackensack, 49-9 1/4, 1992; all-group record: old Lindsay Kyle, Eastside, 48-2 1/4, 2006); 2. Marcus Goode (FREE) 46-10 1/4; 3. Karl Reed (LEN) 45-4 1/2; 4. Armer Wright (I) 45-0 1/4; 5. Brandon Lane (HILL) 45-0 1/4; 6. Isaac Patterson (ESIDE) 44-10 1/4.

Pole vault: 1. Andrew Long (WWP) 14-0; 2. George Vallone (NH) 13-6; Tie 3. Matt Kirbos (SB) and Gregory Kelley (TRN) 13-0; 5. Mark Ksiezopolski (HILL) 13-0; 6. Rick Villanova (TRN) 13-0.

NON-PUBLIC A

TEAM SCORING: Seton Hall Prep (SHP) 96; Don Bosco (DBP) 83.50; Notre Dame (ND) 53; Paramus Catholic (PC) 31; St. John Vianney (SVJ) 26; Pope John (PJ) 22; Union Catholic (UC) 22; Holy Spirit 22; Christian Brothers Academy 19.50; St. Joseph-Metuchen (SJM) 19; Bishop Eustace (BE) 16; Monsignor Donovan (MDON) 15.33; DePaul (DEP) 14.33; Delbarton (DELB) 14.

100: 1. Paul Barollette (SVJ) 10.95; 2. Clayton Parros (SHP) 11.03; 3. Patrick Blackie (SHP) 11.03; 4. Marvin Whilby (DBP) 11.15; 5. Chris Medina (MDON) 11.23; 6. Jeremy Tucker (PJ) 11.39.

200: 1. Clayton Parros (SHP) 22.32; 2. Matt Cato (DBP) 22.44; 3. Patrick Blackie (SHP) 22.51; 4. Mark Givens (RC) 22.51; 5. Jason Kelsey (DBP) 22.

400: 1. Clayton Parros (SHP) 48.80; 2. Patrick Blackie (SHP) 49.36; 3. Gigi Gibilisco (ND) 49.67; 4. Sharif Webb (DB) 49.95; 5. Corey Alexander (SHP) 50.24; 6. Mark Givens (RC) 50.70.

800: 1. Sharif Webb (DBP) 1:52.44 (record: old Mark Bednarz, Paramus Catholic, 1:52.78, 1988); 2. Brian Guterl (UC) 1:54.48; 3. Gigi Gibilisco (ND) 1:55.06; 4. Brian Laskowski (BE) 1:55.39; 5. Nick Miehle (DEP) 1:55.66.

1,600: 1. Brian Guterl (UC) 4:18.11; 2. Michael Keebler (HS) 4:21.68; 3. Nick Miehle (DEP) 4:22.76; 4. Tom Poland (DELB) 4:22.91; 5. Mike Sheehan (HC) 4:23.61; 6. Jason Baker (DBP) 4:24.37.

3,200: 1. Tom Poland (DELB) 9:31.23; 2. Mike Sheehan (HC) 9:35.55; 3. Michael Keebler (HS) 9:38.98; 4. Kevin McDonnell (CC) 9:43.87; 5. Jeremy Scheid (PJ) 9:47.91; 6. Jon Juleus (PJ) 9:50.92.

4-x-400: 1. Seton Hall Prep 3:21.98; 2. Don Bosco 3:22.33; 3. Notre Dame 3:25.11; 4. Union Catholic 3:27.59; 5. Monsignor Donovan 3:28.20; 6. St. Joseph-Metuchen 3:32.31.

110 HH: 1. Scott Horta (ND) 14.73; 2. Shaikat Bardhan (BA) 15.05; 3. Robert Rogers (STR) 15.35; 4. Evan Shaker (PC) 15.36; 5. Matt Ratajczak (DEP) 15.38.

H: 1. Sharif Webb (DBP) 55.20; 2. Shaker (PC) 55.98; 3. Steve Wexler (UBP) 56.60; 4. Christian Yusevich (CBA) 57.01; 5. Matt Ratajczak (DEP) 57.04; 6. Travis Larmore (ND) 57.08.

Shot put: 1. Chris DiLorenzo (SHP) 52.64; 2. Pat Schell (HS) 51.54; 3. Eric Davis (ND) 50.94; 4. Brad Moran (SJM) 48.11; 5. Joseph Giandrea (BE) 48.10; 6. Jon LoPresti (CBA) 48.10.

Javelin: 1. John Zimmatore (BE) 189.4; 2. Chris Molinaro (PC) 184.1; 3. Paul Sant'Ambrogio (SHP) 176.3; 4. Anthony Santino (HC) 173.2; 5. Justin Bomba (CBA) 164.9; 6. James DePalma (DEP) 159.1.

Discus: 1. Chris Hallissey (DBP) 149.3; 2. Carl McSherry (CBA) 140.10; 3. Chris DiLorenzo (SHP) 138.0; 4. Kevin Roehrig (CBA) 136.10; 5. Theo Lusardi (PJ) 135.0; 6. Steve Caprio (SHP) 134.4.

High jump: 1. Chris Thomas (PJ) 6-2; 2. J.T. Walsh (RBC) 6-2; 3. Travis Larmore (ND) 6-0; 4. Kenneth Prior (DBP) 6-0; 5. Joe Badru (SVJ) 5-10.

Long jump: 1. Chris Medina (MDON) 20-9; 2. Carl Luxhoj (SJM) 20-9; 3. Jason Kelsey (DBP) 20-7; 4. Scott Horta (ND) 20-5; 5. Jeremy Tucker (PJ) 20-4; 6. Jeff Brown (DEP) 20-2.

Triple jump: 1. Mi Bennett (PC) 46-1; 2. Scott Horta (ND) 46-1; 3. Carl Luxhoj (SJM) 44-3; 4. Chris Thomas (PJ) 43-5; 5. Corey Alexander (SHP) 42-5; 6. James Jenkins (PC) 42-3.

Pole vault: 1. Matt Steeg (DBP) 13-6; 2. Chris Favaloro (SVJ) 13-6; 3. Mike Reese (SVJ) 13-0; 4. Matt Pepper (SHP) 12-0; 5. Robert Rogers (STR) 11-6.

NON-PUBLIC B

TEAM SCORING: Pingry (P) 85; Mater Dei (MD) 69; Sacred Heart (SH) 52; Gill St. Bernards (GSB) 44; Immaculate Conception-Montclair (ICM) 42; St. Mary (StM) 40; St. Patrick's (StP) 39; Eastern Christian (EC) 33.50; Montclair Kimberley (MKA) 14.

100: 1. Da'Mon Merkerson (StM) 11.08 (meet record: old Vern June, St. Benedict's, 11.0, 1984 and Donald Lee, St. Mary, 11.19, 2006); 2. James Behot (GSB) 11.41; 3. Drew Viola (SH) 11.55; 4. Donte Merricks (CMC) 11.60; 5. Wesley Stapleton (GSB) 11.60; 6. Lawrence Brown (StP) 11.74.

200: Da'Mon Merkerson (StM) 22.36; 2. Lawrence Brown (StP) 23.22; 3. Brenton Widgeon (CMC) 23.39; 4. Drew Viola (SH) 23.66; 5. Wesley Stapleton (GSB) 23.94; 6. Shaquil Murphy (ICM) 23.98.

400: 1. Da'Mon Merkerson (StM) 48.97; 2. Mark Benedetto (SH) 53.42; 3. Shaquil Murphy (ICM) 54.50; 4. Tyler Rowell (GSB) 54.56; 5. Brenton Widgeon (CMC) 54.57; 6. Matt Glogau (SH) 54.59.

800: 1. Da'Mon Merkerson (StM) 1:59.03; 2. Patrick O'Boyle (MD) 1:59.94; 3. Dan Schuchinsky (P) 2:00.73; 4. Matt LaForgia (P) 2:05.09; 5. Daniel Davidson (P) 2:05.37; 6. Mike Woyak (MD) 2:05.43.

1,600: 1. Andrew Hanko (TRIN) 4:21.08; 2. Chris Scavone (P) 4:27.82; 3. Curtis Jensen (MD) 4:34.10; 4. Matt LaForgia (P) 4:36.75; 5. Dan Schuchinsky (P) 4:39.63; 6. Evan Wade (WWC) 4:40.05.

3,200: 1. Andrew Hanko (TRIN) 9:13.63 (record: old Oskar Nordenbring, Montclair-Kimberley, 9:16.46, 2003); 2. Doug Smith (GSB) 9:19.14; 3. Chris Scavone (P) 9:45.14; 4. Curtis Jensen (MD) 10:07.05; 5. Jared Hanko (TRIN) 10:10.04; 6. Dan Schuchinsky (P) 10:38.99.

4-x-400: 1. Sacred Heart 3:40.35; 2. Trinity Christian 3:40.61; 3. Mater Dei 3:42.06; 4. Pingry 3:44.68; 5. Eastern Christian 3:46.20; 6. Wildwood Catholic 3:48.47.

110 HH: 1. Carlton Bowers (P) 15.78; 2. Frank Zorzi (SH) 15.82; 3. Brandon McLaughlin (WWC) 16.11; 4. Gabe Arnold (WWC) 16.63; 5. Lawrence Casseus (StP) 16.76.

400 HH: 1. Brandon McLaughlin (WWC) 59.47; 2. Curtis Casseus (StP) 59.61; 3. Frank Zorzi (SH) 59.62; 4. Pat McGee (MD) 1:01.16; 5. Toreyan Clarke (P) 1:01.22; 6. Joshua Tanis (EC) 1:02.78.

Shot put: 1. Ryan Lino (MD) 47-4; 2. Russell Simpson (P) 45-5; 3. Joel Veenstra (EC) 44-9; 4. Mike Donato (MD) 43-3; 5. Luke Damiano (MKA) 42-6; 6. Erik Johnson (SH) 41-4.

Javelin: 1. Mike Deatherage (MKA) 163.3; 2. Robert Green (SH) 154.9; 3. Patrick O'Boyle (MD) 153-6; 4. Mario Cornacchia (MD) 139-4; 5. Brian Dixon (SJM) 139-2; 6. Matt Ford (P) 135-9.

Discus: 1. Russell Simpson (P) 130-9; 2. Tyler Littland (EC) 126-6; 3. Dan Yerves (MD) 122-4; 4. Chris Theobald (MD) 110-1; 5. Adam Canton (MKA) 110-1; 6. Cenny Bonneau (ICM) 109-4.

High jump: 1. Wesley Stapleton (GSB) 6-0; 2. Brandon McLaughlin (WWC) 6-0; 3. Isaiah Harris (ICM) 6-0; 4. Lawrence Brown (StP) 5-8; 5. Mike Amato (MD) 5-6; 6. Patrick Dillon (WWC) and Linley Thoburne (EC) 5-6.

Long jump: 1. Wesley Stapleton (GSB) 20-0; 2. Matthew Sunga (ICM) 19-5; 3. Idris Pitt (StP) 19-3; 4. Curtis Casseus (StP) 19-2; 5. Brenton Widgeon (CMC) 19-1; 6. Mario DeLeon (ICM) 18-11.

Triple jump: 1. Isaiah Harris (ICM) 40-0; 2. Matthew Sunga (ICM) 39-10; 3. Lawrence Casseus (StP) 39-8; 4. Anthony Albanese (MD) 39-6; 5. Shaun Jacobs (EC) 39-5; 6. Tucker Bourne (P) 39-5.

Pole vault: 1. Evan Mendelsohn (P) 10-0; 2. Justin Vierling (EC) 10-0; 3. Tim Rudd (EC) 9-0; 4. Ted Moiler (P) 8-6; 5. Evan Roseman (P) 8-0.

GROUP 4

TEAM SCORING: Southern (SOUTH) 48; East Orange (EO) 41; Jackson (JACK) 33; South Brunswick (SB) 30; Brick Township (BT) 28; Toms River North (TRN) 24; Eastern (E) 20; Trenton Central (TC) 19; Franklin (F) 18; Washington Twp. (WASH) 18; J.P. Stevens (JPS) 17; Oakcrest (OAK) 16; Columbia (COL) 16; Ridgewood (RW) 16; Colts Neck (CN) 16; Hillsborough (HILL) 14; Lenape (LEN) 13; Randolph (RAN) 10; Winslow Twp. (WT) 10; Howell (HOW) 9; Roxbury (ROX) 8; North Brunswick (NB) 8; Cherry Hill East (CHE) 8; Hackensack (HACK) 7; Passaic Tech (PCT) Montclair (MCLAIR) 2; Clifton (CL) 2.

100: 1. English Gardner (E) 11.69; 2. Porsche Giddings (EO) 12.07; 3. Tylia Gillon (NB) 12.19; 4. Ada Unachukwu (MARL) 12.49; 5. Jasmine McCullough (MCLAIR) 12.52.

200: 1. English Gardner (E) 24.04; 2. Symone O'Connor (F) 24.38; 3. Racquel Vassell (EO) 24.75; 4. Jackie Dim (WASH) 24.82; 5. Porsche Giddings (EO) 24.82; 6. Ronnah Parham (PIS) 25.61.

400: 1. Symone O'Connor (F) 56.23; 2. Jackie Dim (WASH) 56.37; 3. Amber Allen (PCT) 56.43; 4. Porsche Giddings (EO) 56.64; 5. Ryisha Boyd (BT) 57.01.

800: 1. Danielle Tauro (SOUTH) 2:09.21; 2. Jillian Smith (SOUTH) 2:10.35; 3. Kimberly Standridge (RAN) 2:10.81; 4. Miya Johnson (LEN) 2:11.95; 5. Susan Martinez (CL) 2:14.76.

1,600: 1. Danielle Tauro (SOUTH) 4:44.35; 2. Jillian Smith (SOUTH) 4:46.87; 3. Ashley Higginson (CN) 4:47.71; 4. Kimberly Standridge (RAN) 4:55.99; 5. Lauren Penney (ROX) 4:58.68.

3,200: 1. Ashley Higginson (CN) 10:52.49; 2. Theresa Cattuna (CHE) 10:58.44; 3. Lauren Penney (ROX) 11:08.64; 4. Amanda Marino (JACK) 11:08.67; 5. Sophia Ginez (SB) 11:13.21.

4-x-400: 1. East Orange (Tiffany Carter, Porsche Giddings, Shadia Canzater, Sade Grandberry) 3:55.46; 2. Columbia 3:56.46; 3. Washington Twp. 3:56.46; 4. Trenton Central 3:56.91; 5. Southern 3:57.17; 6. Lenape 4:00.92.

100 HH: 1. Racquel Vassell (EO) 14.15; 2. Janica Austin (TC) 14.26; 3. Lara-Jane Que (RW) 14.62; 4. Lataya Dixon (JPS) 14.78; 5. Brittany Clybourn (OAK) 14.78; 6. Evana Edwards (HACK) 14.93.

400 HH: 1. Alexandra Hehn (TRN) 1:02.35; 2. Ebony Young (HILL) 1:03.25; 3. Janica Austin (TC) 1:03.61; 4. Ronnah Parham (PIS) 1:03.92; 5. Danae Wise (NB) 1:03.95.

Shot Put: 1. DeAnne Hahn (BT) 45-4; 2. Maureen Laffan (TRN) 45-0; 3. Taryn O'Connor (HILL) 44-3; 4. Justine Stevenson (JACK) 43-6; 5. Shannon Watt (JACK) 42-5.

Javelin: 1. Indira Morton (SB) 123-1; 2. Brittany Napoli (HOW) 123-11; 3. Justine Stevenson (JACK) 123-7; 4. Jaclyn Wypler (RW) 122-10; 5. Dana Keister (ABS) 121-6.

Discus: 1. DeAnne Hahn (BT) 138-4; 2. Shannon Watt (JACK) 123-6; 3. Maureen Laffan (TRN) 122-4; 4. Lisa Stuto (BT) 114-0; 5. Yewande Salako (ELIZ) 109-5; 6. Althea Charles (WO) 108-10.

High Jump: 1. Jazmin Waller (WT) 5-6; 2. Lindsey Walsh (LEN) 5-4; 3. Tye 5-4; 4. Tye 5-4; 5. Sammy Howell (WWP), Nina Horowitz (WH) and Blanca Stewart (COL) 5-4.

Long jump: 1. Brittany Clybourn (OAK) 18-0; 2. Indira Morton (SB) 17-2; 3. Ashley Newby (COL) 17-1; 4. Evana Edwards (HACK) 17-1; 5. Ryisha Boyd (BT) 16-11.

Triple jump: 1. Stephanie McIntyre (SB) 40-0; 2. Stephanie McIntyre, South Brunswick, 39-7; 3. Lataya Dixon (JPS) 37-2; 4. Della Sartor (MILL) 36-3; 5. Shamyra Brown (OAK) 36-0; 6. Evana Edwards (HACK) 36-0; 7. Tracey Fanfan (COL) 35-5.

Pole vault: 1. Ashley Furlong (SOUTH) 11-6; 2. Samantha Brady (JACK) 11-0; 3. Ann Polcari (RW) 11-0; 4. Brandy (HC) 10-6; 5. Davielle

TRACK: STATE MEET OF CHAMPIONS

Wednesday at Jost Field, South Plainfield. Field events, 3:30 p.m.; running events, 4:30 p.m.

All eyes on medals

Abyad, Stripe favored to take the gold

PAUL SCHWARTZ
AFF WRITER

It could be one of the better nights for North Jersey in recent years at the State Meet of Champions on Wednesday, especially in the boys meet, where four area athletes are top-seeded, including heavy favorites George Abyad of Passaic Valley in the discus and Greg Stripe of Mahwah in the pole vault.

Here's a look at North Jersey chances in each of the events at the meet at Jost Field in South Plainfield that starts at 3:30 p.m. for field events and 4:30 for running. The top eight finishers medal in each event.

Boys

100: Rashad White of Teaneck battles Mason Robinson of Somerville and Robert Page of Kingsway for the title, with teammate David Butler a possible medalist.

200: White and Pompton Lakes tandem Orion Woodard should contend with Woodard a gold medal contender if Charles Cox of Monmouth skips the race as expected.

400: Quadruple Non-Public B gold medal winner Da'mon Merkerson of St. Mary has a great shot at a sub-48 clocking and a medal.

800: Don Bosco's Sharif Webb is the top seed, but look out for defending champion Jason Apwah of Roxbury. Nick Miehe of DePaul and Dane Bender of Pompton Lakes are medal hopefuls.

1,600: Four potential medal contenders behind national star Craig Forays of Colts Neck, including Tony Salvatore and Stephen Abate of Wayne Valley, Mike Soroko of Kinnelon and the intriguing Max Bruno of Indian Hills.

3,200: Dan Emont of Ridgewood is the only area contender.

110 HH: If he returns to form, Alec Marshall of Wayne Valley should medal.

400 IH: No medal contenders.

Shot put: Geoff Goidell of Pascack Hills, last year's third-place finisher, is the top seed in a balanced field with six throwers over 56 feet. Abyad can contend for the title and Zach Shapiro of River Dell can medal.

Discus: Abyad is the only 180-plus thrower in New Jersey this year and should post a solid field, with Hasbrouck Heights' Brendan Gareffa and Secaucus' Nick Britt medal hopefuls.



KEVIN R. WEXLER/SPECIAL TO THE RECORD

Teaneck's Rashad White should be in contention for the gold medal in the 100 at the State Meet of Champions, and he's also expected to medal in the 200.

with Kyle Elliott of Cresskill and Joe Gingerelli of Wood-Ridge in contention for the win and Marc Peck of Wood-Ridge and Chris Molinaro of Paramus Catholic medal hopefuls.

High jump: No medal contenders.

Long jump: Chris Phipps of Lodi is a contender for the win and Tom Papa of Wayne Valley could medal.

Triple jump: 50-footer Devon Bond of Trenton is a heavy favorite, but look for Phipps, Anthony Chisholm of Wayne Hills and Mitch Bennett of Paramus Catholic to finish high.

Pole vault: Stripe is the state's only 15-footer and the other three entries — Mike Collins of Cresskill, Matt Steeg of Don Bosco and Tim Blashford of Ramapo — could all place.

Relay: Don Bosco has one last shot at the Bergen County record.

Girls

100: Angelica Johnson of Ridgefield Park is the best hope for a medal.

200: No medal contenders.

400: Amy Salek of Ramapo and Amber Allen of Passaic Tech have two goals: break 56 and earn a medal.

800: Bry Bonavita of River Dell, Erin McKenna of Ramapo and Susan Martinez of Clifton all can earn medals and if she chooses to run this, so can Kesley Ramsey of Ramapo.

here and looks for a top-five finish.

3,200: No medal contenders.

100 HH: Lara-Jane Que of Ridge-wood hopes to improve on her seventh-place finish last year and Evana Edwards of Hackensack can medal.

400 IH: Alex Rosenberger of Ramsey should medal and Kiara Arrick of Manchester can medal.

Shot put: An exceptional field of 14 40-footers, including Heather Morba of Kinnelon.

Discus: Erika Mertrud of Pequannock can medal.

Javelin: Jaclyn Wypler of Ridge-wood has been slumping but a return to form could win her gold.

High jump: Rosenberger and C.J. Jacob of Ridgefield Park can medal.

Long jump: Edwards and Manchester's Katelyn Savage are the top area hopefuls.

Triple jump: Alyssa Maier of River Dell, Lizzie Faust of Northern Highlands, Brooke Kristensen of Mahwah and Rae Corbo of Paramus Catholic are solid medal contenders.

Pole vault: Annie Polcari of Ridge-wood should medal and Michelle Favre of Saddle Brook and Emily Mino of River Dell could medal.

Relay: River Dell and Ramsey find themselves in the seeded heat with Ramapo in the next-to-last section. all

MEET OF CHAMPS QUALIFIERS

BOYS

100: David Butler, Teaneck; Raldaine McDonnald, Englewood*; DA'MON MERKERSON, St. Mary; Sam Smith, Pascack Hills; Marvin Whilby, Don Bosco; Rashad White, Teaneck; Orion Woodard, Pompton Lakes; Chris Ziegler, Ridgewood.

200: Matt Bieszard, Midland Park; Matt Cato, Don Bosco; Jason Kelsey, Don Bosco; DA'MON MERKERSON, St. Mary; Damian Miles, Teaneck*; Sam Smith, Pascack Hills; Rashad White, Teaneck; ORION WOODARD, Pompton Lakes; Chris Ziegler, Ridgewood*.

400: Matt Bieszard, Midland Park; David Blitzer, Demarest*; Hayden Duffy, Emerson; DA'MON MERKERSON, St. Mary; Sharif Webb, Don Bosco.

800: DANE BENDER, Pompton Lakes; John Carabetta, Park Ridge; Marc Loforte, River Dell; Chris Mazawey, Pascack Hills*; DA'MON MERKERSON, St. Mary; Nick Miehe, DePaul; SHARIF WEBB, Don Bosco.

1,600: Stephen Abate, Wayne Valley; Jason Baker, Don Bosco; Max Bruno, Indian Hills; Nick Miehe, DePaul; Tony Salvatore, Wayne Valley; MIKE SOROKO, Kinnelon.

3,200: Jorge Beltre, Kennedy*; Tom Eickelberg, Leonia; Dan Emont, Ridgewood; Paul Kuehnle, Saddle Brook; Jerome Perkins, Indian Hills; Nick Roman, Passaic Valley; James VanderWiele, Pequannock.

110 HH: Mike Guarriello, Emerson; Alec Marshall, Wayne Valley; Matt Ratajczak, DePaul; Evan Shaker, Paramus Catholic.

400 IH: Kyle Gilroy, West Milford*; Matt Ratajczak, DePaul; Evan Shaker, Paramus Catholic; Steve Shorr, Pascack Hills; Josh Tannis, Eastern Christian; SHARIF WEBB, Don Bosco; Steve Wexler, Don Bosco; Tim White, Saddle Brook.

Shot put: GEORGE ABYAD, Passaic Valley; Scott Brunner, New Milford; Darien Collie, Kennedy*; GEOFF GOIDELL, Pascack Hills; Brandon Melchior, Hasbrouck Heights; Chris Pantale, Wayne Valley*; George Pecoraro, Cresskill; Mike Renna, Hasbrouck Heights; Zach Shapiro, River Dell; Andrew Trass, River Dell; Joel Veenstra, Eastern Christian.

Discus: GEORGE ABYAD, Passaic Valley; Keir Bowers, Wayne Valley*; Nick Britt, Secaucus; Scott Brunner, New Milford; Brendan Gareffa, Hasbrouck Heights; CHRIS HALLISSEY, Don Bosco; Tyler Litland, Eastern Christian; Chris Pantale, Wayne Valley; George Pecoraro, Cresskill.

Javelin: Brian Bovino, Northern Highlands; James DePalma, DePaul; KYLE ELLIOTT, Cresskill; Brendan Gareffa, Hasbrouck Heights; Joe Gingerelli, Wood-Ridge; Tom Guaschiga, North Bergen*; Chris Molinaro, Paramus Catholic; Marc Peck, Wood-Ridge; Andrew Trass, River Dell.

High jump: Ken Prior, Don Bosco; Linley Thoburne, Eastern Christian.

Long jump: Jeff Brown, DePaul; Anthony Chisholm, Wayne Hills*; Jason Kelsey, Don Bosco; Tom Papa, Wayne Valley; Isaac Patterson, Eastside; Chris Phipps, Lodi; Akeem Thomas, Teaneck*.

Triple jump: MITCH BENNETT, Paramus Catholic; Anthony Chisholm, Wayne Hills; Shaun Jacobs, Eastern Christian; James Jenkins, Paramus Catholic; Jaivon Palmer, Englewood; Isaac Patterson, Eastside; Chris Phipps, Lodi; Daniel Wu, Tenafly.

Pole vault: Tim Blashford, Ramapo; MIKE COLLINS, Cresskill; MATT STEEG, Don Bosco; GREG STRIPE, Mahwah.

Relay: Don Bosco; Eastern Christian; Hasbrouck Heights; New Milford.

Girls

100: Ajda Dotday, Hawthorne; Angelica Johnson, Ridgefield Park; Katie Landrigan, Holy Angels; Janelle Liu, Cresskill; Lauren Malsky, Kinnelon; Janay Mitchell, Teaneck*; Epiphany Sams, Paramus Catholic.

200: Kristin Crawford, Kennedy*; Angelica Johnson, Ridgefield Park; Melody Lopez-Bernstein, Paramus Catholic; Lauren Malsky, Kinnelon; Jen Mueller, IHA; Amy Salek, Ramapo; Kate Watson, Leonia.

400: Amber Allen, Passaic Tech; Christine Gage, DePaul; Adriana Lanuto, Ramsey; Lauren Malsky, Kinnelon; Jen Mueller, IHA; Amy Salek, Ramapo.

800: BRY BONAVITA, River Dell; Katie Budd, Kinnelon; Kate Cooney, IHA; Kelsey Dunn, Waldwick; Susan Martinez, Clifton; Erin McKenna, Ramapo; KESLEY RAMSEY, Ramapo.

1,600: Heather Lehmann, Park Ridge; Erin McKenna, Ramapo; Kesley Ramsey, Ramapo.

3,200: KIM DELORETO, Pascack Hills; Sarah Pagano, IHA; Lindsay Pedersen, Waldwick.

110 HH: Evana Edwards, Hackensack; Anna Gleason, Butler; C.J. Jacob, Ridgefield Park;

BOYS RECAP

Banner day for Bosco

Webb rallies in 800, relay team sets record

By PAUL SCHWARTZ
STAFF WRITER

100 meters

David Butler and Rashad White of Track shockingly false started in the heat and Chris Zeigler of Ridgeview just missed the final despite a personal-best 10.90 seconds. Mason Robinson of Somerville won a wind-aided final in 10.51.

200 meters

Zeigler was the hard-luck runner of the night with two PRs (the second, 22.05 in this race) and two ninth-place finishes.

400 meters

Da'mon Merkerson of St. Mary's was a quadruple winner at the Non-Public B meet last weekend. This time he picked one event and was fourth in 47.89, becoming the fourth-fastest 400 runner in Bergen history. Antonio Abney of Willingboro won in 47.35.

800 meters

North Jersey's only winner was Sharif Webb of Don Bosco, who ran a stunning 1:51.07 and out-kicked defending champion Jason Apwah to win by nearly four meters. Nick Miehle of DePaul ran near the front for the first 600 meters and hung on for the eighth and final medal in a personal-best 1:55.11.

1,600 meters

Craig Forsy of Colts Neck won his third straight race in this event, running 4:09.59 to win easily. Tony Salvatore of Wayne Valley and Mike Soroko of Kinnelon finished seventh and eighth in sub-4:20 times.

3,200 meters

Forsy completed an extraordinary double, only the second runner to do so and set a meet record in the event at 8:52.58. The fast pace helped Dan Emont of Ridgeview to a PR of 9:08.82, the fastest race by a North Jersey runner in more than 10 years. Emont finished fifth. Kennedy's Jorge Beltre had a 14-second PR and ran 9:29.42, finishing 18th.

110 meter hurdles

Mike Cupari of Hanover Park won in 14.05 seconds.

400 meter hurdles

Emanuel Meyers of Lakewood defended his title in 52.44 seconds, holding off Aaron Younger of Deisea.

Shot put

A terrific competition with Geoff Goiddell throwing 57-5 3/4 for fifth and Zach Shapiro of River Dell seventh at 56-4.

Discus

George Abyad of Passaic Valley struggled in the event he dominated all year and finished fifth in 165-11, one place ahead

SOUTH PLAINFIELD - For most 800-meter runners, the third 200 meters of the race is the most important segment of the race.

But Sharif Webb is not like most 800-meter runners.

"There are few half-milers who have 21 [-second] 200 speed like Sharif has," said Don Bosco assistant coach Maurice Gibbs. "I've always told him that he should let

BOYS

the milers and half-milers go out hard and then give it back to them in the last 120 meters."

Wednesday night in the State Meet of Champions, Webb followed his coach's advice perfectly and ended up as North Jersey's only winner.

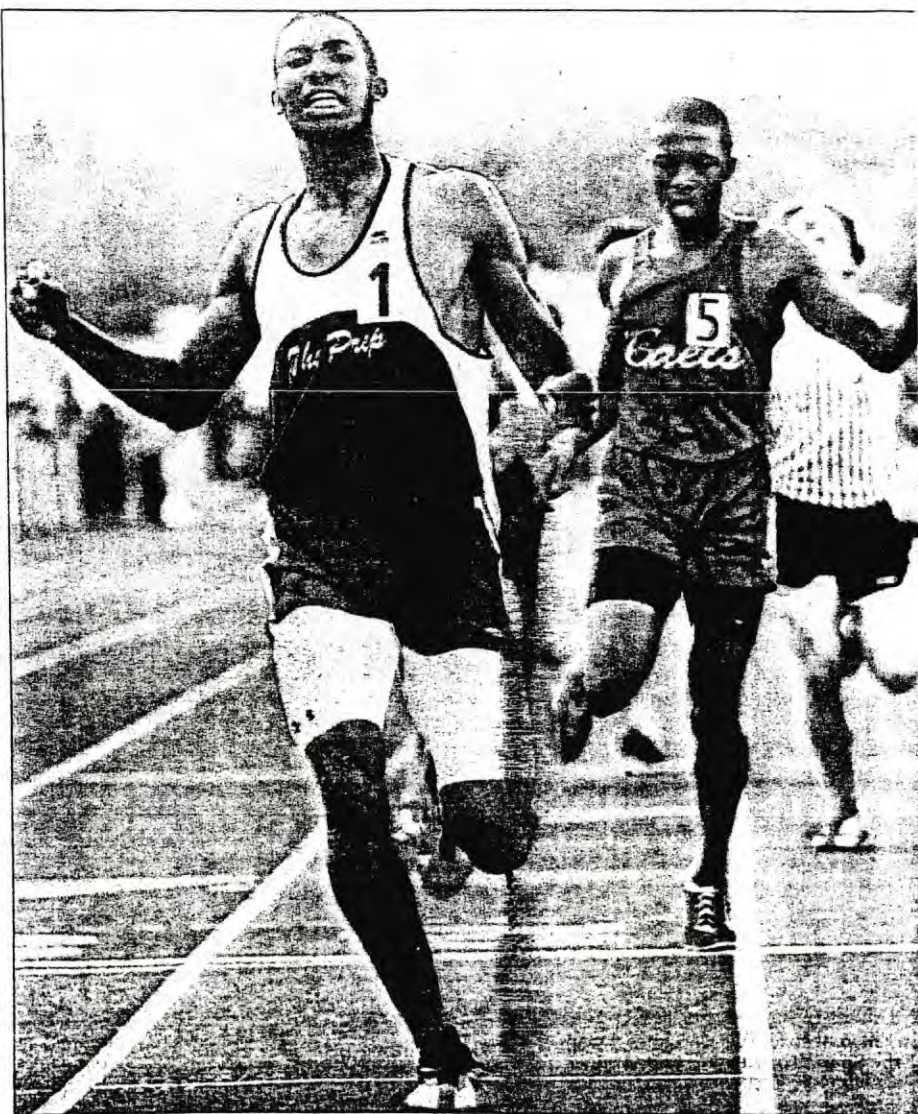
Webb got out quickly, then settled into fourth place through a fast but not sizzling opening 53.9 400 and sat behind reigning champion Jason Apwah of Roxbury through the next 200 meters, with Nick Miehle of DePaul and Gigi Giblisco of Paul VI also ahead of him.

"I knew I had to make a move to get to second and I made that just after the 200," said Webb, who finished in 1:51.07, one of the top five times in Bergen history.

Then Webb moved again just before the head of the final stretch and blew past Apwah, pumping hard to the finish, and validating the top seed he earned by winning the Non-Public A 800 in 1:52.44 on Saturday.

"It probably added pressure and I was a bit more nervous than I have been," said Webb, who didn't medal in the indoor 800. "I got out well [in the outside of the California start] and I knew that I had to stay in contact to have a chance to finish."

Webb ran a 47.6 third leg and teamed with Matt Cato, Steve Wexler and anchor Jason Kelsey (48.0) to run 3:17.56 for fourth in the 4-x-400 relay to cap the night.



CHRIS PEDOTA/STAFF PHOTOGRAPHER

Don Bosco's Sharif Webb crossing the finish line with an impressive win in the 800 meters Wednesday.

The time broke the 36-year-old Bergen County set by Englewood at 3:17.7 in 1971.

"The boys decided to flip the third and fourth legs," said Gibbs. "Sharif has rarely been tested on the fourth leg and Jason finishes stronger in the last 100 than Sharif does."

Before Webb's win, there were

great disappointments for North Jersey athletes.

Undeclared discus thrower George Abyad of Passaic Valley had his worst meet in two years, throwing 165-11 and finishing a distant fourth.

"I was nervous and tight before the event started as I usually am," said Abyad. "But today I never got

over the tightness."

Pole vault favorite Greg S of Mahwah was fourth in event, behind two other Be vaulters, runner-up Matt Ste Don Bosco and Tim Blashfor Ramapo, clearing 14 feet, r than a foot below his best.

E-mail: schwartzp@northjersey.

Sound of music ensures girl

**State Meet of Champions
@ South Plainfield HS**

June 6th

100m:

Chris Zeigler: 10.90 – 9th Place

**New School Record / 10th best auto time in
Bergen County History**

200m:

Chris Zeigler: 22.05 – 9th Place

New School Auto-timed Record

3200m:

Daniel Emont 9:08.82 –

**5th Place / 8th best time in Bergen County
History**

A great day for both athletes!!!

Daniels kicked a career-high 52-yard field goal as a junior, and averaged 38.8 yards per punt last season.

"The distance comes naturally and from lifting," Daniels said. "Accuracy is something you can always go out and practice. I know I can spend hours out there practicing."

E-mail: czerwinski@northjersey.com

Steve Maneri of Saddle Brook and former St. Joseph star. Junior Galette.

"They made no promises," said Daniels, who wants to major in architecture or physical education. "They just want me to come in and see if I can earn a job."

And a potential scholarship? "They told me that 'If you start, I will determine my own future,'" said Daniels, who will be handling the kicking chores for the South team in Friday night's 12th Bergen County All-Star High School Football Classic at Overpeck County Park in Leonia. "How hard I work determines how far I go."

Magic ride ends for Tenafly seniors

By ROB CELENTANO
STAFF WRITER

WEST WINDSOR — No one would have expected Brian Brauntuch and Jason Kleinman to get this far.

Not even them.

The Tenafly doubles duo, first paired last year, grew into one of the best tandems in the state. They advanced to the State doubles semifinals Wednesday at Mercer County Park before falling to second-seeded Theo Patsalos-Fox and Graham Kirby of Delbarton, 6-1, 6-3.

"We started off slow last season and surprised people," Kleinman said.

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es in North Jersey came against Kunal Hingorani and Jon Lee of Dwight-Englewood last year, and Brauntuch and Kleinman are now 4-2 against that pair.

"They had a great run," Tenafly coach Anthony Zorovich said. "It shows a lot about our program. We're continuing a great tradition of doubles."

Brauntuch and Kleinman became the first North Jersey duo to advance to the semis since their teammates Ben and Alex Lee won the doubles tournament in 2005. There wasn't much fanfare, but a few parents as well as Tenafly's alternate player and biggest fan Mike Lenok witnessed their final

"Besides Ben and Alex, they're the best team we've had," said Zorovich. "They've grown as doubles players."

That growth was evident in their final win, as they defeated Mike Pury and Raj Putatunda of Moorestown, 7-5, 7-6 (7-5), in the quarterfinals. Patsalos-Fox and Kirby, however, proved to be too overpowering.

"They were just more aggressive than we were," said Zorovich. "But getting to the final four of this tournament is an unbelievable accomplishment for them. It's a nice memory to end their [doubles] careers on."

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TRACK & FIELD: STATE MEET OF CHAMPIONS SUMMARIES

AT SOUTH PLAINFIELD HS

BOYS

100: 1. Mason Robinson, Somerville, 10.51; 2. Kashif Moore, Burlington Township, 10.62; 3. Sabill Gonnert, East-End Central, 10.67; 4. Dean McClesse, Trenton, 10.71; 5. Robert Page, Kingsway, 10.71; 6. Marquis Bonds, Mill Bank Regional, 10.88; Rashon Evans, Irvington, 10.93.

200: 1. Sabill Gonnert, East-End Central, 21.61; 2. Charles Cox, Monmouth, 21.66; 3. Dean McClesse, Trenton, 21.71; 4. Robert Page, Kingsway, 21.74; 5. Dean McClesse, Trenton, 21.77; 6. Barry Cephas, Winslow Township, 21.90; 7. Kerone Rhoden, Red Bank Regional, 21.98.

400: 1. Antonio Abney, Willingboro, 47.35; 2. Charles Cox, Monmouth, 47.50; 3. Clayton Parros, Seton Hall Prep, 47.50; 4. Da'von McKerson, St. Mary (Rutherford), 47.89; 5. Allan Lunkenshelmer, Old Bridge, 48.19; 6. Yadir Chalmers, Lakewood, 48.35; 7. Reginald McLeod, McNair Academic, 48.80; 8. Patrick McKie, Seton Hall Prep, 48.91.

800: 1. Sharif Webb, Don Bosco, 1:51.07; 2. Jason Awwah, Roxbury, 1:52.37; 3. Matt Poskus, Cinnaminson, 1:52.97; 4. Robby Andrews, Manalapan, 1:53.71; 5. Gigli Giliberto, Notre Dame, 1:53.71; 6. Ford Palmer, DePaul, 1:54.41; 7. Mielhe, DePaul, 1:55.11.

1600: 1. Craig Poyos, Colts Neck, 4:09.59; 2. Dennis Waite, Red Bank Regional, 4:10.00; 3. Anthony Gregory, 4:10.00; 4. Adam Berge, Westfield, 4:10.00; 5. Scott McCullough, Chatham, 4:10.00; 6. Ricardo

4:15.48; 3. Andrew Brodeur, Brick Memorial, 4:15.82; 4. Brian Guteri, Union Catholic, 4:16.11; 5. Christian Gonzalez, Franklin, 4:16.62; 6. Brian Tetreault, Cinnaminson, 4:17.44; 7. Tony Salvatore, Wayne Valley, 4:18.95; 8. Mike Soroko, Kinnelon, 4:19.24.

3200: 1. Craig Poyos, Colts Neck, 8:52.58; 2. Andrew Hanko, Trinity Christian, 9:00.50; 3. Kyle Soloff, Morris Hills, 9:01.76; 4. Doug Smith, Gill St. Bernard's, 9:04.52; 5. Daniel Emont, Ridgewood, 9:08.82; 6. Tom Poland, Delbarton, 9:13.13; 7. Brian Leung, West Windsor-Plainsboro South, 9:14.54; 8. Zach Bahor, Randolph, 9:15.27.

110 hurdles: 1. Mike Cuppari, Hanover Central, 14.06; 2. Emarquis Mayers, Lakewood, 14.09; 3. Emanuel Senesca, Abraham Clark, 14.34; 4. Joshua Evans, Irvington, 14.48; 5. Raimundo Leach, Oakcrest, 14.50; 6. Akem Adiatu, Willingboro, 14.68; 8. Kamryn Austin, Ewing, 14.87.

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54.91; 2. Kristen Mahon, Notre Dame, 55.18; 3. Vicki Caruso, Walkkill Valley, 55.55; 4. Jackie Day, Washington, 55.55; 5. Kelly Boyd, Brick Township, 56.64; 6. Nicole Raquel, Monroe, 56.65; 7. Amy Saiek, Ramapo, 56.95; 8. Nigila Shap, Oakcrest, 57.23.

100: 1. Jilian Smith, Southern Regional, 2:08.89; 2. Kimberly Standridge, Randolph, 2:10.62; 3. Kesley Ramsey, Ramapo, 2:12.43; 4. Bry Bonavita, River Dell, 2:13.15; 5. Susan Martinez, Clifton, 2:13.81; 6. Libby Bliss, Princeton, 2:13.95; 7. Samantha Lee, Summit, 2:14.22; 8. Molly Higgins, Randolph, 2:14.26.

1600: 1. Danielle Tauro, Southern Regional, 4:49.51; 2. Melanie Thompson, Voorhees, 4:58.12; 3. Ashley Cromartie, Roxbury, 5:01.08; 4. Marie Walsh, Mater Dei, 5:04.26; 5. Janet Parris, Freehold, 5:04.59; 6. Sarah Carriati, Pope John, 5:05.01; 7. Sophia Ginez, South Brunswick, 5:05.49; 8. Allison Tereault, Moorestown, 5:08.63.

3200: 1. Ashley Higgins, Colts Neck, 12:20; 2. Nicole Traynor, Ridge, Slippany Hills, 12:04; 3. Alana Pentale, Wayne Hills, 12:04; 4. Sharon Walt, Park, 11:56; 5. Nicole Pampel, Park, 11:56; 6. Ashley Auliant, Park, 11:56; 7. Nicole Pampel, Park, 11:56; 8. Ashley Auliant, Park, 11:56; 9. Nicole Pampel, Park, 11:56; 10. Ashley Auliant, Park, 11:56; 11. Nicole Pampel, Park, 11:56; 12. Ashley Auliant, Park, 11:56; 13. Nicole Pampel, Park, 11:56; 14. Ashley Auliant, Park, 11:56; 15. Nicole Pampel, Park, 11:56; 16. Ashley Auliant, Park, 11:56; 17. Nicole Pampel, Park, 11:56; 18. Ashley Auliant, Park, 11:56; 19. Nicole Pampel, Park, 11:56; 20. Ashley Auliant, Park, 11:56; 21. Nicole Pampel, Park, 11:56; 22. Ashley Auliant, Park, 11:56; 23. Nicole Pampel, Park, 11:56; 24. Ashley Auliant, Park, 11:56; 25. Nicole Pampel, Park, 11:56; 26. Ashley Auliant, Park, 11:56; 27. Nicole Pampel, Park, 11:56; 28. Ashley Auliant, Park, 11:56; 29. Nicole Pampel, Park, 11:56; 30. 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1st Team All-NNJIL "B":

<u>Event:</u>	<u>Name:</u>	<u>School:</u>	<u>Grade:</u>
100m:	Rashad White	Teaneck	11
200m:	Rashad White	Teaneck	10
400m:	Shawn Rembecky	Paramus	12
800m:	Niall Buckley	Ridgewood	12
1600m:	Daniel Emont	Ridgewood	12
3200m:	Daniel Emont	Ridgewood	12
110HH:	James Williams	Teaneck	12
400 IH:	Niall Buckley	Ridgewood	12
4x400m:	Teaneck		
High Jump:	Carrol Tinsley	Nutley	12
Pole Vault:	Jon Kim	Ridgewood ^{PARAMUS}	10
Long Jump:	Omari Holtz	Montclair	12
Triple Jump:	Akira Monri	Ridgewood	11
Shot Put:	Joe Andrews	Montclair	12
Discus:	Michael Mosticchio	Ridgewood	11
Javelin:	Christopher Bradley	Nutley	12

2nd Team All-NNJIL "B":

<u>Name:</u>	<u>School:</u>	<u>Grade:</u>
Maurice Jones	Belleville	11
Damian Miles	Teaneck	10
Barrington Allen	Teaneck	11
Christian Trautwein	Ridgewood	11
Jeremy Kalmus	Ridgewood	12
Jeremy Kalmus	Ridgewood	11
Peter Nygaard	Ridgewood	11
Akira Monri	Ridgewood	11
Montclair		
Craig Michaud	Nutley	11
Michael Kavanagh	Ridgewood	10
Maurice Jones	Belleville	11
Criag Brown	Teaneck	11
Chris Ryan	Ridgewood	12
Blake Hughes	Montclair	11
Dewayne Varner	Bloomfield	10

Honorable Mention: Jacob Garber - Ridgewood (among others)

2007 All-Bergen County

1st Team All-County:

Dan Emont – 3200m

Niall Buckley – 400 IH

2nd Team All-County:

Chris Zeigler – 100m

3rd Team All-County:

4x400m (Akira Monri, Chris Zeigler, Christian Trautwein, Niall Buckley)

Honorable Mention:

Distances: Jacob Garber, Jeremy Kalmus, Christian Trautwein

Hurdles: Akira Monri

Throws: Michael Mosticchio

Jumps: Akira Monri

Team History:

<u>Year:</u>	<u>Dual Meets:</u>	<u>County Relays:</u>	<u>League:</u>	<u>County:</u>	<u>State Sectional:</u>	<u>State Group:</u>
1975			Champions	2nd Place	Champions	
1976				3rd Place		
1977						
1978						
1979						
1980						
1981						
1982		2nd Place				
1983				3rd Place		
1984		3rd Place		3rd Place		
1985		3rd Place	3rd Place	3rd Place	3rd Place	
1986						
1987		Champions	Champions	Champions	2nd Place	
1988		Champions		3rd Place		
1989	7-1	2nd Place	Champions	2nd Place	Champions	9th Place
1990		2nd Place				
1991	5-3	2nd Place	3rd Place	2nd Place	2nd Place	
1992	5-3	5th Place	2nd Place	2nd Place	5th Place	
1993	7-1	3rd Place (tie)	2nd Place	3rd Place	3rd Place	3rd Place
1994	7-1	4th Place	2nd Place	3rd Place	3rd Place	
1995	7-1	4th Place	Champions (tie)	2nd Place	5th Place	
1996	5-3	5th Place	3rd Place	5th Place	5th Place	
1997	8-0	6th Place	Champions	2nd Place	6th Place	
1998	8-0	3rd Place	Champions	2nd Place	2nd Place	
1999						
2000		2nd Place	3rd Place	3rd Place	2nd Place	
2001		3rd Place	Champions			
2002	6-2	3rd Place	Champions	4th Place	7th Place (tie)	6th Place
2003	5-1	3rd Place	Champions	Champions	Champions	5th Place
2004	6-0	3rd Place	Champions	2nd Place	Champions	8th Place
2005	8-0	Champions	Champions	Champions	2nd Place	2nd Place
2006	8-0	Champions	Champions	2nd Place	3rd Place	
2007	8-0	2nd Place	Champions	3rd Place	2nd Place	Tie 25th Place

Ridgewood High School All-Time Top 10 List

	<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>	<u>County Rank:</u>
100m:				
10.90	Chris Zeigler	State Meet of Champs	2007	16th / 10th Auto
10.99	Dusty Thomas	BMOC	1998	22nd
10.8	Matt Krever	BMOC	1991	28th (tie)
10.9	Dan Cooper	NNJIL Championship	2000	48th (tie)
11.2	Ted Winfield	NNJIL Championship	1997	
11.3	Evan Yeaw	NNJIL Championship	2004	
11.3	Chris Hamlin	NNJIL Championship	1989	
11.3	Albert Gelbaum	County Championship	2005	
11.4	Mike DiMaulo	NNJIL Championship	1995	
11.4	Bernard Mann	NNJIL Championship	2003	
200m:				
21.7 / 22.05	Chris Zeigler	County / SMOC	2007	20th
22.15	Dusty Thomas	BMOC	1998	46th
22.0	Mike Henderson		1961	49th (tie)
22.1	Tim Geckler	NNJIL Championship	1989	
22.4	Matt Krever	NNJIL Championship	1991	
22.7	Chris Zeigler	State Sectionals	2006	
23.21	Mike DiMaulo	NNJIL Championship	1995	
23.2	Albert Gelbaum	Bernards Invite	2005	
23.5	Dan Engel	Bernards Invite	2005	
400m:				
48.7	Tim Geckler	NNJIL Championship	1989	15th (tie)
49.41	Josh Kauke		1999	42nd
49.4	Mike Henderson		1960	49th (tie)
50.2	Dusty Thomas	County Championship	1998	
50.4	Chris Perez	NNJIL Championship	2002	
51.2	Josh Saladino	State Sectionals	1995	
51.3	Greg Corcoran	State Sectionals	2003	
51.4	Matt Krever	NNJIL Championship	1991	
51.9	Tom Rooke	State Sectionals	2003	
800m:				
1:50.19	Josh Kauke		2000	1st
1:51.61	Chris Rae	Golden West	1987	4th
1:53.4	Bob Keino	BMOC	1994	12th (tie)
1:54.0	John Parisi		1983	20th (tie)
1:54.2	Tom Rae		1971	24th (tie)
1:54.4	John Lander		1985	26th
1:54.7	Byron Williams	Bernards Invite	2005	28th (tie)
1:54.8	Niall Buckley	County Championship	2007	32nd (tie)
1:55.3	Chris Sullivan		1985	44th (tie)
1:55.3	Eric Berntsen		1987	44th (tie)

1600m:

4:09.35	Bob Keino	State Group IV	1994	4th
4:11.9	Chris Sullivan		1985	6th
4:12.0	Chris Rae		1987	7th (tie)
4:12.71	Byron Williams	State Meet of Champs	2005	8th
4:15.4	Joe LeMay		1985	19th (tie)
4:15.5	Ari Zamir	State Sectionals	2004	22nd
4:15.7	Eric Berntsen		1987	23rd
4:17.10	Michael Cator	BMOC	2006	
4:17.1	Tom Tomai		1975	30th (tie)
4:19.5	Josh Kauke		2000	50th (tie)
4:19.6	Erik Nygaard	State Sectionals	2004	52nd
4:19.9	Eric Boucher	BMOC	1991	54th (tie)

3200m:

9:02.73	Bob Keino	Arcadia Invite	1993	3rd
9:05.7	Eric Berntsen		1987	4th
9:08.82	Daniel Emont	State Meet of Champs	2007	8th
9:12.8	Joe LeMay		1985	15th (tie)
9:17.29	Eric Boucher	State Meet of Champs	1991	23rd
9:18.10	Ari Zamir	State Group IV	2004	24th
9:18.65	Michael Cator	State Meet of Champs	2006	
9:22.4	Kevin McCabe		1987	36th
9:27.4	Ed Quinn		1976	50th (tie)
9:28.0	Byron Williams	County Championship	2005	
9:32.7	Kyle Engelken	County Championship	2004	

110HH:

14.4	Mike Rogers		1975	30th (tie)
14.70	Steve Pawlowski		2001	48th
14.5	Jeff Lane		1975	49th (tie)
14.5	Rich Wankmuller		1976	49th (tie)
14.94	Akira Monri	BMOC	2007	
15.30	Steve Robinson	BMOC	1998	
15.53	John Moody	BMOC	2006	
15.3	Fletcher Rosenbach	State Sectionals	1995	
15.55	Jim Davis	NNJIL Championship	1995	
15.4	Peter Nygaard	NNJIL Championship	2007	

400 IH:

53.9	John Parisi		1983	10th
54.7	Dave Shultz		1987	29th (tie)
55.2	Niall Buckely	County Championship	2007	46th (tie)
55.4	Tim Kelley		1982	
55.8	Dave Warton	County Championship	1998	
56.7	Josh Saladino	County Championship	1995	
56.8	Jason Lahita	NNJIL Championship	1993	
57.28	Akira Monri	State Sectionals	2007	
57.2	Greg Corcoran	State Sectionals	2003	
57.64	Joe Nagano-Gerace	BMOC	2005	

400m splits:

48.0	Tim Geckler	NNJIL Championship	1989
48.9	Niall Buckley	BMOC	2007
49.5	Chris Zeigler	BMOC	2007
49.7	Matt Krever	NNJIL Championship	1991
50.0	Dusty Thomas	State Group IV	1998
50.2	Byron Williams	NNJIL Championship	2005
50.5	Dave Warton	BMOC	1998
50.6	Josh Saladino	County Championship	1995
50.7	Peter Martin	NNJIL Championship	1991
50.8	Greg Corcoran	State Sectionals	2003

800m splits:

1:52.6	Bob Keino	Penn Relays	1993
1:54.8	Naill Buckley	Nike Outdoor Nationals	2006
1:55.6	Ari Zamir	East Coast Relays	2004
1:55.9	Byron Williams	County Relays	2005

1200m splits:

3:03.7	Chris Sullivan	Penn Relays	1985
3:04.9	Byron Williams	Nike Outdoor Nationals	2006
3:08.6	Michael Cator	Nike Outdoor Nationals	2005
3:09.7	Bob Keino	Penn Relays	1992

1600m splits:

4:08.2	Bob Keino	Penn Relays	1993
4:15.3	Byron Williams	Nike Outdoor Nationals	2005
4:16.7	Michael Cator	Nike Outdoor Nationals	2006

Long Jump:

22'11"	Craig Halyard	Arcadia Invite	1989	13th
21'11"	Gabriel Knutson	State Sectionals	2004	
21'5 1/2"	Dusty Thomas	County Championship	1998	
21'3"	Bernard Mann	NNJIL Championship	2003	
20'10 1/4"	Andrew Dolgin	County Championship	1998	
20'10"	T.J. Crocker	NNJIL Championship	1989	
20'5 3/4"	Doug Randolph	County Relays	1993	
20'5 1/2"	Chris Hamlin	State Sectionals	1989	
20'4 1/2"	Ted Winfield	State Group IV	1997	
20'3"	Peter Martin	NNJIL Championship	1991	

Triple Jump:

48'7"	Craig Halyard	Golden West	1989	3rd
45'8"	Gabriel Knutson	County Championship	2004	24th (tie)
43'7"	Bernard Mann	NNJIL Championship	2003	
42'10"	Akira Monri	State Sectionals	2007	
42'5 1/2"	Andrew Dolgin	County Championship	1998	
40'10 1/2"	Yusik Choi	County Championship	1992	
40'10"	Ted Winfield	County Championship	1997	
40'10"	Paul Kovach	NNJIL Championship	2006	
40'9"	Jim Davis	County Championship	1995	
40'8"	Dave Warton	NNJIL Championship	1998	

40'7 1/2"	Lucas Chwe	State Sectionals	2007	
High Jump:				
6'7"	Pete Rutherford		1972	15th (tie)
6'7"	Bernard Mann	Dual	2003	15th (tie)
6'6"	Jim Davis	State Group IV	1995	22nd (tie)
6'2"	T.J. Crocker	NNJIL Championship	1989	
6'2"	Fletcher Rosenbach	County Championship	1995	
6'0"	Jeff Braden	County Championship	1997	

Pole Vault:				
15'1"	Gabriel Knutson	State Sectionals	2004	2nd
14'8"	Jacob Ricciardi	State Sectionals	2005	4th
14'7"	Dan Cooper		2000	6th
14'6"	Paul Kovach	BMOB	2006	7th (tie)
13'6"	John Boylan		1980	33rd (tie)
13'6"	Vahe Hagopian	State Group IV	1993	33rd (tie)
13'6"	James Norton	State Meet of Champs	2002	33rd (tie)
13'0"	Dave Warton	BMOB	1998	
13'0"	Christian Jensen	State Sectionals	2005	
12'6"	Mike Huang	BMOB	1995	
12'6"	Jim Davis	BMOB	1995	

Shot Put:				
54'11"	Eric Bryant		1980	
51'9 3/4"	J.D. Murdock	County Relays	1997	
51'1 1/2"	Kevin Strahle	BMOB	2002	
50'5"	Patrick Rae	NNJIL Championship	1989	
50'1"	Sam Horowitz	BMOB	1993	
49'4"	Kassim Dawson	BMOB	1993	
48'11"	Torre Watson	State Sectionals	1991	
48'10"	Steven Abdallah	Bernards Invite	2005	
48'8 1/4"	Ben Wilson	County Championship	2006	
47'9"	Brian Zuccala	NNJIL Championship	1998	
47'6 3/4"	Chris Wolfstirn	State Sectionals	2003	

Discus:				
157'11"	John Marshall		1971	
151'5"	J.D. Murdock	County Relays	1998	
150'5"	Glenn Hansen	BMOB	1994	
147'1"	Gabriel Knutson	County Championship	2004	
144'3"	Brian Zuccala	NNJIL Championship	1998	
143'8"	Ramone Hache	State Group IV	1991	
143'1"	Patrick Rae	County Championship	1989	
140'5"	Michael Mosticchio	NNJIL Championship	2007	
138'3"	Kassim Dawson	NNJIL Championship	1993	
136'2"	Chris Wolfstirn	State Sectionals	2003	

Javelin:

202'0"	Steve Pierce	State Meet of Champs	2006	3rd (new)
198'8"	J.D. Murdock	County Championship	1998	20th (old)
187'2"	John Grubb		2000	47th (old)
177'8"	Adam Whitelaw	Bernards Invite	2003	14th (new)
170'5"	Thibaut van Marke	Bernards Invite	1993	
168'5"	Brian Zuccala	County Championship	1998	
164'0"	Rob Budelman	Thunderbird Invite	1991	
154'3"	Anthony Halwagy	NNJIL Championship	2003	
151'5"	Matt Picarelli	Pawlowski Relays	1995	

Ridgewood High School All-Time Top 10 Relays

	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>	<u>County Rank:</u>
4x100m:				
44.1	A. Monri / P. Nygaard / L. Chwe / C. Zeigler	County Relays	2007	24th (tie)
44.3	M. Krever / C. Halyard / T. Crocker / T. Geckler	Penn Relays	1989	33rd (tie)
44.96	J. Moody / A. Gelbaum / L. Chwe / C. Zeigler	Penn Relays	2006	
45.2	S. Oh / L. Chwe / D. Engel / A. Gelbaum	Bernards Invite	2005	
45.9	D. Cooper / D. Warton / S. Robinson / D. Thomas	Penn Relays	1998	
46.59	M. DiMaulo / R. Genovese / F. Rosenbach / J. Saladino	Penn Relays	1995	
46.5	P. Martin / J. Bennett / S. Dangelo / M. Krever	County Relays	1991	
46.7	B. Warnock / R. Garcia / S. Aps / M. Nally	Pawlowski Rel.	1994	
46.8	B. Warnock / J. Saladino / T van Marke / S. Aps	Bernards Invite	1993	
4x200m:				
1:31.83	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	E Coast Relays	2007	24th (tie)
1:31.9	C. DiPasquale / A. Dolgin / S. Pawlowski / D. Cooper		2000	31st (tie)
1:32.5	C. Hamlin / C. Halyard / T. Crocker / T. Geckler	County Relays	1989	
1:33.9	J. Moody / Z. Ontiveros / A. Monri / C. Zeigler	County Relays	2006	
1:36.6	D. Cooper / C. Rogers / A. Dolgin / D. Thomas	Englewood Rel	1998	
1:36.9	E. Yeaw / S. Oh / H. Smith / G. Knutson	Comet Relays	2004	
1:36.9	J. Nagano-Gerace / D. Engel / J. Moody / A. Gelbaum	County Relays	2005	
1:37.1	W. Tsai / R. Garcia / M. DiMaulo / J. Saladino	Pawlowski Rel	1995	
1:38.0	A. Halwagy / T. Rooke / D. Sampson / J. Chu	County Relays	2003	
4x400m:				
3:19.25	Pierson / C. Halyard / T. Geckler / Ellinghaus	State MOC	1988	6th
3:20.72	A. Monri / C. Zeigler / C. Trautwein / N. Buckley	BMOC	2007	13th (tie)
3:22?			2000	
3:25.15	N. Buckley / Z. Ontiveros / J. Schmidt / C. Zeigler	BMOC	2006	
3:25.50	A. Dolgin / D. Warton / J. O'Neill / D. Thomas	BMOC	1998	
3:26.5	B. Dougherty / C. Halyard / M. Giffuni / T. Geckler	BMOC	1989	
3:26.8	J. Schmidt / N. Buckley / A. Gelbaum / B. Williams	NNJIL Champs	2005	
3:26.9	D. Sampson / T. Rooke / B. Williams / G. Corcoran	State Sectionals	2003	
3:27.1	D. Culver / P. Martin / J. Bennett / M. Krever	NNJIL Champs	1991	
3:27.9	B. Keino / R. Cleary / S. Alsaidd / J. Lahita	BMOC	1993	
3:28.2	R. Cleary / M. DiMaulo / W. Tsai / J. Saladino	BMOC	1995	
4x800m:				
7:49.0	D. Shultz / Williams / E. Berntsen / C. Rae		1987	5th
7:52.05	B. Williams / M. Cator / E. Nygaard / A. Zamir	East Coast Rel	2004	7th
7:58.1			1976	16th
7:58.3			1972	17th
8:01.10	S. Alsaidd / R. Cleary / T. Cotton / B. Keino	Penn Relays	1993	20th
8:02.57	J. Saladino / R. Cleary / B. Palatucci / B. Keino	Penn Relays	1994	27th
8:05.3	J. Fronefield / S. Alsaidd / D. Connors / B. Keino	Penn Relays	1992	
8:05.5	E. Boucher / W. McCann / D. Connors / D. Culver	Penn Relays	1991	
4x1600m:				
17:52.8	J. LeMay / C. Rae / Lander / C. Sullivan		1985	7th
18:01.34	M. Cator / B. Williams / E. Nygaard / A. Zamir	National Champs	2004	9th

18:02.4	D. Emont / M. Cator / J. Garber / B. Williams	County Relays	2006	
18:13.8	S. Alsaïdi / T. Ricart / T. Cotton / B. Keino	County Relays	1993	16th
18:21.4	M. Cator / D. Emont / B. Williams / J. Pfeiffer	County Relays	2005	25th
18:22.1	R. Crispin / E. Nygaard / K. Engelken / A. Zamir	Comet Relays	2003	26th
18:26.7	T. Cotton / J. Fronefield / J. Lahita / B. Keino	County Relays	1992	
18:26.9	C. Trautwein / J. Garber / J. Kalmus / D.Emont	Arcadia Invite	2007	
18:35.4	J. Fronefield / S. Alsaïdi / D. Connors / E. Boucher	County Relays	1990	

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

3:27.58	D. Cooper / S. Pawlowski / A. Dolgin / J. Kauke	National Champs	2000	3rd
3:29.6			1987	5th (tie)
3:31.36			1999	10th
3:35.1			1971	24th (tie)
3:35.2			1975	26th (tie)
3:36.3	D. Engel / A. Gelbaum / J. Schmidt / B. Williams	County Relays	2005	
3:37.6	C. Hamlin / C. Halyard / T. Geckler / M. Giffuni	County Relays	1989	
3:38.8	E. Yeaw / H. Smith / B. Williams / A. Zamir	County Relays	2004	
3:40.5	M. Vaccaro / R. Webbe / C. Zeigler / N. Buckley	County Relays	2007	
3:40.6	C. Zeigler / J. Moody / N. Buckley / B. Williams	County Relays	2006	

Distance Medley:

10:06.57	B. Williams / C. Zeigler / N. Buckley / M. Cator	National Champs	2006	2nd
10:11.1	C. Sullivan / Caminiti / Lander / J. LeMay	Penn Relays	1985	4th
10:13.79	M. Cator / J. Schmidt / N. Buckley / B. Williams	National Champs	2005	6th
10:16.2			1987	8th
10:22.36	T. Cotton / J. Lahita / S. Alsaïdi / B. Keino	Penn Relays	1993	11th
10:23.99	N. Buckley / C. Zeigler / C. Trautwein / D. Emont	Arcadia Invite	2007	12th
10:29.67	E. Nygaard / N. Buckley / B. Williams / M. Cator	National Champs	2004	16th
10:30.49	B. Keino / D. Connors / S. Alsaïdi / J. Fronefield	Penn Relays	1992	19th
10:33.7	D. Culver / M. Krever / D. Connors / E. Boucher	Penn Relays	1991	23rd

Shuttle Hurdles:

1:03.2	Muth / R. Wankmuller / J. Lane / M. Rogers		1975	16th
1:04.27	J. Moody / J. Nagano-Gerace / S. Pierce / A. Monri	E. Coast Relays	2006	
1:04.9	J. Davis / J. Braden / J. Hu / F. Rosenbach	County Relays	1995	
1:08.2	P. Nygaard / L. Chwe / Z. Ontiveros / A. Monri	Comet Relays	2007	
1:08.2	D. Warton / C. Rogers / J. Roth / S. Robinson	County Relays	1998	
1:09.1	J. Moody / A. Monri / S. Pierce / J. Nagano-Gerace	County Relays	2005	
1:10.3	J. Braden / D. Warton / C. Rogers / S. Robinson	County Relays	1997	
1:12.3	C. Lalonde / A. Braden / F. Rosenbach / J. Lahita	County Relays	1993	
1:12.7	J. Hu / J. Braden / A. Braden / F. Rosenbach	Pawlowski Rel	1994	
1:13.4	J. Moody / J. Chamoun / E. Yeaw / J. Nagano-Gerace	County Relays	2004	
1:13.5	S. Robinson / J. Braden / S. Schnettacher / J. Ng	County Relays	1996	

3x400 IH:

2:50.9	T. Kelley / J. Parisi / Buckley		1982	5th
2:53.0	N. Buckley / A. Monri / Z. Ontiveros	County Relays	2007	11th (tie)
2:55.1	N. Buckley / S. Pierce / J. Nagano-Gerace	County Relays	2006	
2:58.1	N. Buckley / J. Nagano-Gerace / S. Pierce	County Relays	2005	
3:00.1	D. Warton / S. Robinson / C. Rogers	Engelwood Rel	1998	
3:01.7	C. Perez / J. Norton / G. Corcoran	County Relays	2002	
3:02.9	J. Saladino / J. Hu / F. Rosenbach	County Relays	1994	

3:03.0	J. Saladino / F. Rosenbach / J. Hu
3:05.1	J. Lahita / J. Saladino / C. Lalonde
3:05.9	B. Williams / E. Yeaw / J. Nagano-Gerace

County Relays	1995
County Relays	1993
County Relays	2004

3XLJ:

60'3 3/4"	C. Halyard / T. Crocker / Pierson
59'10 1/2"	C. Halyard / T. Crocker / C. Hamlin
55'11"	G. Knutson / H. Smith / K. Wanchoo
55'10 1/2"	P. Kovach / B. Clementi / A. Monri
55'9 3/4"	D. Randolph / S. Aps / T. van Marke
55'6"	B. Mann / G. Knutson / K. Wanchoo
55'5"	T. Winfield / D. Thomas / S. Wolfson
54'9 1/2"	J. Hu / R. Garcia / M. DiMaulo
54' 3/4"	B. Clementi / S. Oh / L. Chwe

	1988	18th
County Relays	1989	29th
County Relays	2004	
County Relays	2006	
County Relays	1993	
County Relays	2003	
County Relays	1996	
County Relays	1995	
County Relays	2005	

3xTJ:

125'10 1/4"	C. Halyard / T. Geckler / J. Chang
120'4 1/2"	G. Knutson / H. Smith / B. Clementi
119'1"	B. Mann / G. Knutson / K. Wanchoo
118'1 1/4"	A. Monri / L. Chwe / P. Nygaard
116'8"	A. Dolgin / S. Robinson / D. Warton
115'1 3/4"	B. Clementi / S. Oh / J. Moody
114'11 3/4"	T. Winfield / A. Dolgin / S. Robinson
114' 1/2"	T. van Marke / K. Dawson / C. Lalonde
113'2 3/4"	Y. Choi / K. Dawson / T. van Marke
113'1 1/4"	A. Monri / P. Kovach / B. Clementi

County Relays	1989	13th
County Relays	2004	
County Relays	2003	
County Relays	2007	
County Relays	1998	
County Relays	2005	
County Relays	1997	
County Relays	1993	
County Relays	1992	
County Relays	2006	

3xHJ:

17'6"	J. Davis / F. Rosenbach / J. Braden
17'1"	B. Mann / H. Smith / K. Engelken
16'10"	B. Mann / K. Engelken / G. Knutson
16'9"	F. Rosenbach / J. Davis / J. Braden
16'9"	S. Robinson / B. Reese / J. Roth
16'8"	J. Braden / S. Robinson / W. Byren
16'0"	T. DeVita / D. Yoon / D. Morse
16'0"	H. Smith / C. Perez / K. Engelken
16'0"	H. Smith / K. Engelken / N. Buckley

Pawlowski Rel	1995
Pawlowski Rel	2002
County Relays	2003
Pawlowski Rel	1994
Pawlowski Rel	1998
County Relays	1996
Pawlowski Rel	2007
County Relays	2002
County Relays	2004

3xPV:

38'0"	G. Knutson / J. Riccairdi / C. Jensen
34'0"	
32'6"	D. Warton / D. Cooper / C. Rogers
31'6"	J. Norton / J. Riccairdi / G. Knutson

County Relays	2004	2nd
	1976	31st (tie)
County Relays	1998	
County Relays	2002	

3XShot:

146'8 1/2"	Pfund / Gautier / Laborde
132'5 1/2"	B. Zuccala / J. Murdock / T. Zurla
130'7 3/4"	S. Horowitz / K. Dawson / A. Greico
130'3 1/4"	B. Wilson / M. Mosticchio / N. Dawson
129'3"	S. Abdallah / M. Flicker / B. Mercer
129'0"	J. Murdock / T. Zurla / F. Lockwood
127'3 1/2"	M. Picarelli / C. Van Cleve / T. Steiner

	1983	28th
County Relays	1998	
County Relays	1993	
County Relays	2006	
County Relays	2004	
Pawlowski Rel	1998	
County Relays	1995	

124'8 1/2"	K. Strahle / C. Wolfstirn / S. Pskowski	County Relays	2002
124'3"	M. Flicker / N. Kovach / C. Wolfstirn	County Relays	2003
123'5"	J. Murdock / T. Zurla / R. Simpadian	County Relays	1997

3xDisc:

422'8"			1971	13th
387'3"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998	
377'7"	R. Hache / T. Watson / P. Beisler	County Relays	1991	
372'2"	K. Strahle / S. Pskowski / C. Wolfstirn	County Relays	2002	
362'4"	K. Dawson / A. Greico / S. Horowitz	County Relays	1993	
358'1"	S. Abdallah / B. Wilson / S. Pierce	County Relays	2005	
352'11"	T. Li / D. Barry / C. Mala	County Relays	1995	
350'10"	B. Wilson / S. Pierce / C. Ryan	County Relays	2006	

3xJavelin:

442'8"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
431'1"	S. Pierce / N. Ontiveros / A. Gelbaum	County Relays	2005*
429'10"	S. Pierce / A. Gelbaum / T. Haase	County Relays	2006*
417'11"	J. Murdock / B. Zuccala / P. Hans	County Relays	1996
404'1"	M. Picarelli / J. Murdock / D. Barry	County Relays	1995
393'5"	A. Whitelaw / A. Halwagy / S. Pierce	Pawlowski Rel	2003*
390'5"	R. Budelman / P. Beisler / K. Dawson	County Relays	1991
371'5"	T. van Marke / D. Kaplan / S. Horowitz	County Relays	1993
370'4"	A. Whitelaw / A. Halwagy / T. Wagner	County Relays	2002
369'10"	S. Pierce / M. Monfared / P. Kovach	Pawlowski Rel	2004*

* = MEV
Sav

Ridgewood High School

Boys Spring Track and

Field

2003