

**RIDGEWOOD
WINTER TRACK
AND FIELD
2006-2007**

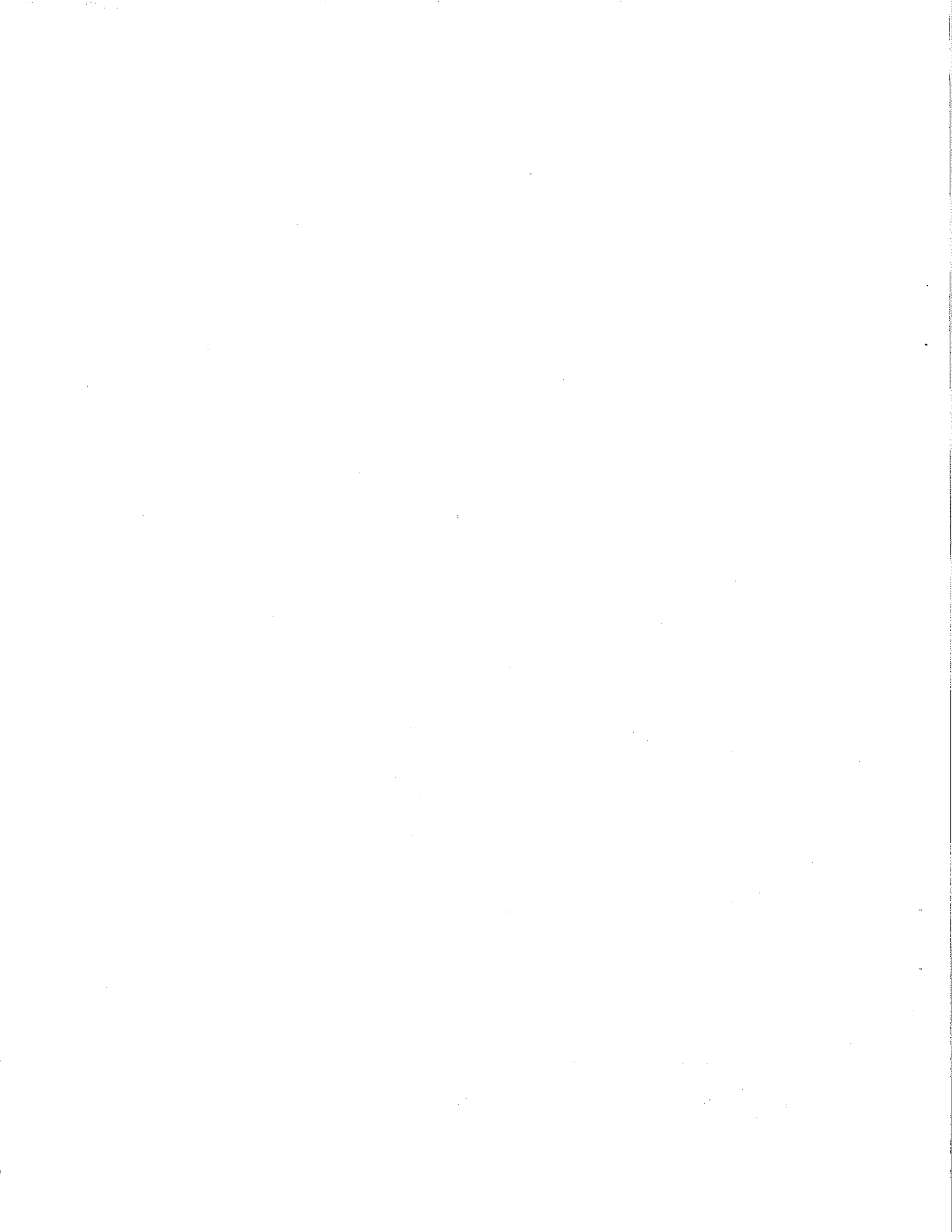
Dear seniors,

As I have said before, it is never easy living up to the standards that have been set for Ridgewood Track and Field, but you guys made it look easy! So many school records, all county athletes, state meet of champs finalists, and All-Americans. What a tremendous accomplishment! Even better than all that was your attitude, enthusiasm, and camaraderie. You made it fun for me to come to practice everyday. It was a pleasure to coach you and really get to know you. Some of my fond memories of each of you are:

Niall Buckley for his stretching with Nick, his icing with Nick, his whirlpools with Nick, his warm-up with Nick, etc...etc... also for his constant bathroom visits right before we run, and for his leadership with the distance runners; Erica Cigolini... "re-united and it feels so good," for her true speed, and her love for the 400m; Dan Emont... aka "Mr. Harvard," for his "really true" speed, for his patience with Niall, and his love for the Valentine's Day Dance Off Competition; Maggie Harms for her constant upbeat, positive, and willing to do anything attitude, for her love of the PaulZ run...unless I say to do the PaulZ run, and for her punctual arrival for stretching and warm-up; Jeremy Kalmus for his expertise in putting up the pole vault bar, for his perseverance through an injury prone season, and for his hosting the track party, Cristina Law for her new found event or should I say "events" and her All-American status in it(Pentathlon), for showing up with Maggie always on time for practice, for her ability to always manipulate a 6 mile run to a short 4 mile run, and for her guts and determination ; Jason Lee for being in the hurdler "connection," for his effort, and his positive attitude; Zack Ontiveros for his multiple various injuries, for his constant dialogue and updates, and for his great 4 x 400 at Easterns; Lara-Jane Que for her constant dance moves and displaying it on the bus to Dartmouth, for her love of the gyro station, for her tremendous leadership, and for her constant smile; Jeremy Schmidt for his...where was he anyway? For his...let's just call it "lower back" injury...and I mean really lower back, for his love for working at track meets, and his determination to return; Mike Vaccaro for his red hair... I mean blue hair... I mean green hair...whatever, for his constant desire to get better, and for his drive to run relays; Felipe Vasquez for his work ethic in the weight room, for his upbeat personality, and his positive attitude, Rob Webbe for hanging out with fashion-plate Mike Vaccaro, for his effort through the years, and his determination, Nikki Whitiker for her happy personality, for her positive attitude with an infectious smile, and her speed and quickness; Alice Wisener, hmmm, Alice, Alice, Alice...where do I start?... For her going into the wrong bathroom at the Armory, for her quick understanding of Emily's jokes...was there any that didn't have to get explained? And for her ability to rebound sooo quickly from a hard 400m; Chris Zeigler for his not competing...then competing...then not competing...then competing, for our adventure to Columbia Presbretarian Hospital, and for his well-manored and respectful style.

I know you all will be successful as you move forward. I wish you all the best and I will truly miss you. I really love you guys. Thanks for a wonderful season.

Sincerely,
Coach Mullin



Winter Track Roster 2006-07

9th Grade Boys:

Bigos, James
Butler, Alex
Castello, Devin
Cichocki, Luke
Clarke, James
Cleary, Brian
Coopersmith, Sam
Dorsey, Clinton
Felsenstein, Dan
Fishbein, Stephen
Floyd, Billy
Ishizuka, Yaya
Jennee, Austin
Krescy, Ian
LaDuca, Matt
Lam, Terrance
Legg, Chris
Manderano, AJ
Maniaci, Mark
Mansbach, Ryan
Martinez, Eddie
Mudry, John
Patterson, Cole
Suzuki, Noah
Sweet, Dan
Wisener, John
Yamamoto, Alex

10th Grade Boys:

Becher, Travis
Boyce, Kevin
Dabby, Josh
DeSimone, David
Jacoby, Will
Jenkins, Justin
Lee, Dylan
Martyn, Sean
McCooe, John
Nagano-Gerace, Dan
Rykken, Mark
Sayanagi, Richard
Shigenobu, Taro
Suh, Collin
Witt, Max

11th Grade Boys:

Dabby, Josh
Foong, Andrew
Monri, Akira
Nygaard, Peter
Ruppel, Logan
Trautwein, Christian

12th Grade Boys:

Buckley, Niall
Emont, Dan
Kalmus, Jeremy
Lee, Jason
Ontiveros, Zack
Schmidt, Jeremy
Vaccaro, Mike
Vasquez, Felipe
Webbe, Rob
Zeigler, Chris

9th Grade Girls:

Bitzer, Jen
Caceres, Pam
Fenzel, Keara
Gruchawka, Caroline
Guerra, Chantal
Jones, Hannah
Lee, Eurih
Lynch, Caroline
Martin, Katie
Meyer, Courtney
Olivia, Victoria
Onwubu, Okwuchi
Ortega, Denise
Randi, Olivia
Safirstein, Pam
Salerno, Alex
Saxton-Lopez, Elise
Scibetta, Alex
Smith, Fiona
Spilka, Christine
Wilson, Madeline
Yoon, Sera

10th Grade Girls:

Barr, Hilary
Brown, Ramelle
Casey, Maeve
Chow, Priscilla
Conboy, Madeline
Conheeny, Kelly
Connor, Jessica
Gonzalez, Megan
Granski, Megan
Lee, Robin
McLoughlin, Megan
Middleton, Tory
Montero, Jacqueline
Mullen, Tory
Muzio, Rita
Peirce, Jaclyn
Rapaport, Molly
Reilly, Casey
Trent, Emily
Wittenbert, Melissa
Wong, Brianne

11th Grade Girls:

Barr, Emily
Martinez, Mia
Michel, Kate
Middleton, Alex
Polcari, Anne

12th Grade Girls:

Cigolini, Erica
Harms, Maggie
Law, Cristina
Que, Lara-Jane
Whitaker, Nikki
Wisener, Alice

Coaches:

Mike Mullin
Josh Saladino
Holly Martin

Winter Track Meet Schedule 2006-2007

Date	Meet	Location	Who's going?
12/20	Spike Shoe Invite	Armory	All
12/27	Marine Corps Hol Classic	Armory	Select varsity
1/3	Tom Zaccone Invite	FDU	All runners
1/6	Dartmouth Relays	Dartmouth U	Select varsity
1/8	North Jersey Invite	FDU	Varsity runners
1/10	RHS II	RCC	All
1/18	Paul Schwartz Invite	FDU	?
1/22	Frosh/Novice Champs	Armory	Sub-varsity
1/24	Bergen Relay Champs	Armory	Varsity
1/29	NNJIL Champs	Armory	Varsity
1/31	MET Invite	Armory	Select varsity
2/5	Varsity Classic	Armory	Varsity
2/14	Lou Molino Invite	FDU	?
2/17	State Gr IV Girls	Toms River	Girls varsity
2/18	State Gr IV Boys	Toms River	Boys varsity
2/19	Bergen Individual champ	Armory	All
2/24	Girls State Meet of Champs	Toms River	Girls varsity
2/25	Boys State Meet of Champs	Toms River	Boys varsity
2/27	Eastern States	Armory	Select Varsity
3/9-11	Nationals	Armory	Select Varsity

BOYS ATHLETES TO WATCH

Max Bruno, Indian Hills junior, 600 through 1,000 meters: Injuries have prevented Bruno from getting the recognition he deserves. But if he stays healthy, he may be the state's biggest surprise in middle distance.

Niall Buckley, Ridgewood senior, 800 through 1,600 meters: He's expected to step into the 1,200 on the Ridgewood distance medley after handling the 800 the past two seasons.

Kwame Collins, Hackensack senior, long and triple jumps: Last year's All-North Jersey outdoor long jumper transferred from Northern Highlands and enters his first winter season as the top returning triple jumper in the state.

Robert East, Passaic junior, 55 and 300 meters: Last year's Passaic champion at 55 meters, comes in ready to reach the State level in sprinting.

Geoff Goidell, Pascack Hills senior, shot put: A two-time State indoor Group 1 champ, he won his first outdoor State gold medal and was third at the Meet of Champions last spring. Should be a gold medal contender this winter.

Tinashe Kitchen, Fort Lee junior, 55 through 400 meters: A second-team selection as an All North Jersey performer last season, he has been a sensation since his freshman year and is ready to be a State medalist.

Nick Miehe, DePaul senior, 800 through 3,200 meters: Another of the middle-distance standouts from this area, he also can run longer distances as he showed with a 29th-place finish in the cross-country State Meet of Champions.

Tom San George, Teaneck senior, 600 through 1,000 meters: The only underclassman individually returning from last winter's All-North Jersey team, he is aching to run after missing most of cross-country with an injury. Last year he nearly won the State Meet of Champions 800 meters from the unseeded heat.

Matt Steeg, Don Bosco senior, pole vault: A second-team selection last winter after leading all North Jersey vaulters with a 13-6 clearance, he hopes to add State recognition and take a shot at the school record of 14-3.

Greg Stripe, Mahwah junior, pole vault: He might be the best vaulter in the state this winter af-

INDOOR TRACK

WINTER SPORTS PREVIEW

BOYS: AROUND THE GROUPS

Group 4

Bergen Tech makes its first appearance in the NNJIL with a solid team led by seniors Roberto Hanibal (400), Matt Berinato (400-00), Chris Castro (HH-600), Daniel Fielder (LJ) and Ethan Weinbaum (1,600-3,200); and juniors Mike Mitchell (1,600-3,200) and Pani Wilson (300-400).

iffion hopes to contend behind seniors Bowen Hu (hurdles/jumps), Mike Urcioli (sprints), Alex Anolik (1,600-1,200), Chris Bienkiewicz (1,600-1,200) and Mike Tanayan (400-000). Don Bosco should dominate the local indoor track scene much as it did in cross-country, hoping to take down state relay, State group and Dartmouth Relays team titles, and qualify relay teams for indoor nationals and Penn Relays outdoors.

seniors Jason Baker (800 through 1,200), Jack McDonnell (600-1,000), Matt Steeg (PV-HH), Sharif Webb (200-1,000), Conor Sullivan (800-3,200), Jason Kelsy (55-100) and Matt Andriulli (55-400) are all potential All-Bergen contenders, along with juniors Steve Nexler (400-1,600), Anthony Beljovine (1,600-3,200) and sophomores Marvin Whitby (55-300) and Robert Molke (800-3,200). Eastside looks to seniors Davon A-Grier (400-LJ) and Tyrone Thompson (400-600) to help with rebuilding. Hackensack adds transfer Kwame Collins (LJ-TJ), from Northern Highlands in his first indoor season, to a senior core of Kwame Benahene (55-400), Anthony Engstrom (1,600-3,200), Shane Smith (1J) and juniors Ausar Walcott (300) and Anthony Ezzo (1,600-3,200).

Kennedy has seniors Christopher Johnson (HH-HJ), Gary Josephs (55-800) and Darrien Colie (SP), junior distance star Jorge Betre and shot putter Shytrayvio Brown, and sophomore Kadeem Gaither (HH) back from a solid team last season. Passaic is led by junior sprinter Robert East, senior Joshua Stevens (55-TJ-LJ) and junior Timmy DuWhite (1,600-3,200). Passaic Tech hopes to improve in the Northern Hills, with seniors Fran Francisco (middle distance/PV), Eugene and Elijah Warren (sprints/jumps), Golam Choudhury (HH), Jesus Medina (SP) and junior distance star Kevin Ryan. Ridgewood will be very good again, led by seniors Niall Buckley (800-1,600), Jeremy Kaimus (1,600-3,200), Jeremy Schmidt (400-800), Chris Ziegler (55-400) and junior Akira Monri (HH-TJ). Senior Dan Emont and sophomore Taro Shigenobu, both All-North Jersey distance runners, are others expected to have big contributions.

Group 3

Bergenfield returns seniors Brandon Ingram (55-HJ-TJ) and Mina Kelaid (SP). Bergen Catholic has some solid lettermen back including seniors Tim Burke (800-3,200), John Rubineti (HH-400-600), Matt Lovely (SP); juniors Tom Randall (55-400), Kevin Bastick (HH-HJ-LJ-TJ), Vincent Lu (HH-LJ-TJ) and Ryan Hayes (1,600-3,200); and sophomore Will Ring (55-400). Fair Lawn's program was almost out last year, but returns with its largest turnout in years led by senior Nelson Rameriz (hurdles/jumps), senior Oscar Mordkovich (1,600-3,200),

tle behind senior middle distance star Tom San George and fellow seniors Akeem Thomas (200-800), Travis Warren (55-200), Reggie Williams (LJ-TJ), James Williams (HH) and junior sprinter Damian Miles. Wayne Hills will try and remain competitive behind senior hurdler/jumper Anthony Chisholm and Evan Klein (1,600). Wayne Valley counts on seniors Tony Salvatore (1,600-3,200), Steve Abate (800-3,200), Alec Marshall (HH), Luke McKibben (55-300) and Jason Moreira (1,600-3,200); as well as juniors Mike O'Shea (600-1,000), Matt Dortch (55-400) and Tom Papa (jumps) to lead them to a repeat victory in Passaic County and perhaps a Northern Hills title. West Milford looks to Kyle Gilroy (HH), Pat Sullivan (1,600-3,200) and Casey Weiss (600-1,000/HJ) for a successful season.

Group 2

Cliffside Park returns a fine senior class led by Gerry Colon (distance), Jose Urena (distance), Kevin Neary (distance), Rich Foster (sprints) and Pat Consoli (SP). Demarest hopes junior Matt Wyatt (distance) will help the Norsemen rebuild. Englewood continues to rebuild its program with a turnout of nearly 50, including seniors Gary Council (sprints), Marcus Cushnie (middle distance), Nate Francisco (sprints) and Desmond Stewart (hurdles/jumps). Juniors Brian David (distance), Jaivon Palmer (sprints), Joe Jones (sprints) and sophomores Mohamed Elsamai (800) and Raldaine McDonald (55/H-H) add tremendous depth. Fort Lee Junior Tinashe Kitchen should contend for the NNJIL. A ti-

brouck Heights is allowed by junior Mike Renr and seniors Dan D'Ami (HH-LJ-TJ), Brendan G. 55), Brandon Melchior and Tom DeQuinzio (d State Group 1 champion country runner Mike S Kinneal will run inside ing basketball this winter wah has the top return vaulter in the state in j Stripe, who also sprint jumps. Other top return senior Pete Sarkissian junior Ryan Casey (55- James Stathopoulos (ing his first appearance Midland Park returns Biesard (400). New IV comes back Almye Tc Park Ridge has some viduals in junior Matt L (800-3,200), senior Jol ta (400) and junior Nic (400). Pascack Hills r (400). Pascack Hills r time State Group 1 sh Geoff Goldell. Pompt Dane Bender (800-1,6 Wright (distance) and derstad (SP). Queen c led by State medalist, Tejero (800). Ramsey of talent including hur Keith Mistretta, Ray S Mike Iozzia, pole vault erchia and shot putter man. Ridgefield Park Glen Cabrera (HJ), Ju (distance), Peter Lee (George Rizo to lead it Saddle Brook has a r in Ed Ciccone and so ent in juniors Paul Kue Makay, Vincent Pelli White. Waldwick retu Oravetz (55-200). Wo returns Sean Carson

(55-200) is one of the top sprinters in North Jersey and seniors Shohei Yasada (middle distance), Elliot Benzevia (distance), Jeremy Vazquez (distance) and Osata Ofu (HH) provide some help. Garfield is rebuilding. Indian Hills lost a lot of talent to graduation but returns senior Kurt Von Weisenstein (PV-HJ), senior Brian Reilly (sprints), junior Jerome Perkins (distance) and Max Bruno (600-1,600), all of whom are among the best in the area in their respective events.

Lakeland has some solid performers returning including seniors Craig Parmenter (SP), Kevin Horbatuck (SP), Rob Martino (55) and juniors Greg Bardzell (55), Tom Calamita (HH) and Brian Post (800-1,600). Pascack Valley has some fine middle distance runners led by Steve Pompeo. River Dell could repeat in the BCSL American. It has perhaps the best shot put trio in the state in seniors Zach Shapiro and Evan Noel and junior Andrew Trass. St. Joseph returns Mike Bravo (distance) and Bob Cervini (55). Tenafly is going through a rebuilding year led by senior distance runners Scott Maxfield, Jacob Aronson and Tobias Moss, as well as senior middle distance runner Toby Emanuel and senior hurdler John Salvatore.

Group 1

DePaul returns senior stars in Matt Ratajczak (HH-400), Nick Miehle (800-3,200), and Luis Castillo (55). Dumont may have the best high jumper in North Jersey in senior Austin Hennelly, and has a very good junior class led by Tristan John (sprinter) and Liam Henry (distance). His-

TO WATCH

Stacey Bond, Ramsey senior, 1,600 and 3,200 meters: Dental problems caused her some problems late in cross-country season, but the four-year standout scored well in the winter State group meet last year.

Rebecca Coffman, Indian Hills junior, 300 and 400 meters: One of four returnees from All-North Jersey last winter, she was last year's Bergen 300 champion in a sizzling 41.0 and was third in the State Group 2 400.

Kristin Crawford, Kennedy junior, 300 through 3,000 meters: Perhaps has the best range of any runner in the state and has been on the cusp of a breakthrough for the past two years.

Evana Edwards, Hackensack junior, 55HH, 55 meters, long jump: A worthy successor to Consandria Walker (now at Northeastern), she is ready to be one of the top jumpers and perhaps the top hurdler in the North.

Pam Kopfensteiner, Northern Highlands junior, 200 through 400 meters: She's a lot faster than her name as last year's performances in the NBIL and Bergen County meets proved.

Alyssa Maier, River Dell senior, 400 meters and triple jump: She was second-team All-North Jersey last winter and may be the state's top returning indoor triple jumper.

Susan Martinez, Clifton junior, 55 HH, 400 through 1,000 meters: A fine cross-country runner, she also excelled in winning the NNJIL B and Passaic 1,000 races last season.

Arianna Pomo, Saddle Brook senior, 55 HH, long jump, high jump, pentathlon: The second returnee from last winter's All-North Jersey, she seems completely healed from the knee injury that cost her last spring and should be ready to break 3,000 points in the pentathlon and contend for Group 1 honors in the high jump and hurdles.

Lara-Jane Que, Ridgewood senior, 55HH and 200 meters: The third returnee was a medal-winner in Group 4 in the hurdles and the defending Bergen County champion.

Amy Salek, Ramapo junior, 55 through 400 meters: A member of the All-North Jersey distance medley team last year, she'll have some great battles in the NBIL with Coffman and Kopfensteiner.

Group 4

Bergen Tech returns seniors Alexandra Adair (HH/400), Meghan Greenidge (55/200) and junior Leah Noble (400). **Clifton** has a chance to contend in Passaic County and the NNJIL behind seniors Jessica Torres (distance) and Jasmine Adams (jumps/sprints) and a fine junior class led by Michelle Telofski (PV/HH/LJ/TJ); Susan Martinez (400/1,600), Dabina Weglinska (distance) and Brooke Mullen (HH/PV/LJ/TJ). **Eastside** returns junior hurdler Akeelia Minto and soph sprinter Christina Ocasio. **Hackensack** is led by seniors Sue Cahill (distance), Melissa Davila (PV) and Krystal Wyche (55/300/LJ); and juniors Evana Edwards (HH/LJ), Victoria Cumberbatch (HH), Natalie Pierre (middle distance), Ashley Paladino (middle distance/PV) and Stephanie Castro (SP).

Immaculate Heart counts on seniors Meg Rodriguez (HH), Christina Fischer (HJ), Maggie McPartland (distance), Lara Sopelsa (SP), Jen Mueller (55/400) and Julianne Hodges (55), juniors Maggie Senor (distance) and MaryBeth Naimo (SP) and soph Sarah Pagano (distance) in order to be a contender in the large-school Bergen Relays. **Kennedy** is a Passaic County and NNJIL B contender behind seniors Quiona Beason (middle distance), Haniyha Brevard (PV) and Khadijatour Faye (55/LJ/HJ), juniors Kristin Crawford (200/3,200) and Kristen Mallory (HH) and sophomores Whitney Gordon (55), Asia Robinson (TJ) and Monique Graham (400/800). **Passaic** has some middle-distance runners in soph Charlene Boria and seniors Maria Palacolis and Angeline Walker, and also has long jumper Odette Fraser. **Passaic Tech** should improve behind senior Abigail Cabral (distance) and Michele Gomez (sprints and jumps), junior Angeline Cerat (hurdles/middle distance) and soph Emma Knighton (jumps/middle distance). **Ridgewood** should be the best team in the area behind seniors Brooke Bogart (HH/LJ/TJ) Lara-Jane Que (HH/200/SP), Erica Cigolini (55/200/400), Maggie Harms (distance) and Alice Wisener (300/400); and juniors Christy Bertelsen (distance), Emily Barr (55/200), Alex Middleton (middle distance), Ann Polcari (PV) and Mia Martinez (HH/HJ).

INDOOR TRACK GIRLS: AROUND THE GROUPS

Spike Shoe Invite

Wed. Dec. 20

***** RESULTS *****

1600m:

Boys-

Varsity: Nial Buckley- 4:29.3 (1ST), Dan Emont- 4:36.6 (3RD),
Jeremy Schmidt- 4:50.3, Christian Trautwein- 4:36.9 (4TH)

Novice: David DeSimone- 5:12, Kevin Boyce- 6:22, Sean Martyn- 5:29,
John McCoe- 5:29, Collin Suh- 5:41

Frosh: Alex Butler- 5:23, Brian Cleary- 5:24, Stephen Fishbein- 6:08,
Chris Legg- 5:08, Eddie Martinez- 6:01, Cole Patterson- 5:54,
Dan Sweet- 5:53,

Girls-

Varsity: Alex Middleton- 5:55

Novice: Hilary Barr- 5:53, Jessica Connor- 6:14,
Meghan McLoughlin- 6:34, Tory Middleton- 6:05, Tory Mullen- 6:36,
Molly Rapaport- 7:25, Casey Reilly- 6:19

Frosh: Katie Martin- 6:42, Okwuchi Onwubu- 6:40,
Alex Scibetta- 6:50, Christine Spilka- 6:28, Courtney Meyer- 6:57

55m:

Boys-

Varsity: Zack Ontiveros- 6.9,

Novice: Mike Vacaro- 7.1, Rob Webbe- 7.3, Josh Dabby- 8.6,
Andrew Foong- 7.6, Logan Rupel- 7.3, Will Jacoby- 7.5,
Max Witt- 7.3

Frosh: Josh Almorade- 7.9, James Bigos- 8.2, Devin Castello- 8.0,
Sam Coopersmith- 7.4, Dan Felsenstein- 8.9, Yaya Ishizuka- 8.2,
Matt LaDuca- 8.5, Terrance Lam- 7.8,
Mark Maniaci- 7.8, Ryan Mansbach- 7.8, John Mudry- 7.9,
Alex- 8.7, AJ Mandereno- 8.2, Billy- 7.9

Girls-

Varsity: Emily Barr- 7.5/7.4/7.8

Novice: Nikki Whitkar- 7.5/7.9/7.8, Ramelle Brown- 8.1/7.9,
Megan Gonzalez- 8.5, Rita Muzio- 8.2/8.4,
Jacqueline Montero- 8.4

Frosh: Jen Bitzer- 8.2, Keara Fenzel- 9.6,
Victoria Olivia- 8.3/8.3, Denise Ortega- 8.3, Sera Yoon- 8.8,
Caroline Lynch- 8.7

55m HH:

Boys-

Varsity: Akira Monri- 7.8/7.7/7.5 (1ST)

Novice: Peter Nygaard- 8.7/8.5/8.6 (4TH), Rich Sayanagi- DQ,
Jason Lee- 10.2

Frosh: AJ Manderano- 10.6/10.7 (4TH), Luke Cichocki- 10.1/9.7 (2ND)

Girls-

Varsity: Lara-Jane Que- 8.6/8.3/8.5 (3RD), Mia Martinez- 9.6,
Alice Wisener- DQ

Novice: Jaclyn Pierce- 11.2, Emily Trent- 11.5, Maeve Casey- 10.3,
Kate Michel- 10.5

Sprint Medley (varsity only): 4-2-2-8

Girls- Alice Wisener, Lara-Jane Que, Emily Barr, Cristina Law
4:17.5 (1ST) 60.5 27.4 27.9 2:21.3

***** NEW SCHOOL RECORD *****

800m:

Boys-

Novice: David DeSimone- 2:22, Kevin Boyce- 2:49, Justin Jenkins- 2:24,
Sean Martyn- 2:27, Collin Suh- 2:33

Frosh: Alex Butler- 2:30, Brian Cleary- 2:29, Chris Legg- 2:21 (6TH),
Eddie Martinez- 3:01, Cole Patterson- 2:44, Dan Sweet- 2:42,

Girls-

Novice: Jessica Connor- 2:47, Meghan McLoughlin- 2:59,
Tory Mullen- 3:09, Molly Rapaport- 3:25

Frosh: Katie Martin- 3:10, Okwuchi Onwubu- 3:03, Alex Scibetta- 3:09,
Christine Spilka- 3:00, Courtney Meyer- 3:09, Hannah Jones- 3:21

200m:

Boys-

Varsity: Zack Ontiveros- 24.5, Akira Monri- 23.8

Novice: Mike Vacaro- 25.3, Rob Webbe- 26.4, Josh Dabby- 32.4,
Andrew Foong- 27.8, Logan Rupel- 27.4, Will Jacoby- 26.2,
Max Witt- 27.1, Peter Nygaard- 24.1 (4TH), Dan Nagano-Gerace- 28.2,

Frosh: Josh Almorade- 28.5, James Bigos- 30.4, Devin Castello- 30.5,
Sam Coopersmith- 26.7, Yaya Ishizuka- 28.9, Austin Jennee- 30.9,
Ian Krescy- 30.6, Matt LaDuca- 29.9, Terrance Lam- 28.5,
Mark Maniaci- 28.3, Ryan Mansbach- 27.9, John Mudry- 28.5,
AJ Manderano- 30.4, Alex Yamamoto- 30.1, Luke Cichocki- 26.5

Girls-

Novice: Nikki Whitikar- 28.8, Maeve Casey- 29.4,
Megan Gonzalez- 32.3, Robin Lee- 28.9,
Jacqueline Montero- 31.5, Rita Muzio- 30.0, Jaclyn Pierce- 30.4,
Emily Trent- 30.7, Brianne Wong- 34.4

Frosh: Keara Fenzel- 35.8, Victoria Olivia- 30.4,
Denise Ortega- 33.0, Sera Yoon- 33.4,
Caroline Lynch- 31.2

4 x 800m: (varsity only)

Girls-	Alex Middleton,	Tory Middleton,	Casey Reilly,	Hilary Barr
10:54.6	2:36.2	2:40.2	2:55.9	2:42.3

LJ:

Boys-

Varsity: Dave Stolfo- 17'0, Jason Lee- 16'1 ¾"

Dan Nagano-Gerrace- 15'7 ¼"

Girls-

Novice: Ramelle Brown- 12'8"

Frosh:

TJ:

Boys-

Varsity: Dave Stolfo- 37'5"

Novice: Jason Lee- F

Girls-

Varsity:

Novice: Robin Lee- 30'3 ½", Kate Michel- 29'1 ¾"

HJ:

Boys- Dave Stolfo- 5'0"

Girls- Mia Martinez- 4'2"

PV:

Girls: Anne Polcari- 10'0" (1st), Robin Lee- 7'0", Briane Wong- NH,
Ramelle Brown- 7'0"

Comments:

Tremendous! What a great job for the 1st meet! I loved the effort and enthusiasm. Special congrats to all those who placed. With over 100 schools there, that is hard to do. Keep up the positive attitude and spirit!

Monri paying dividends in the hurdles

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK — Akira Monri says his name translates from Japanese to "Dawn, Making Prof- it at the Gate."

Monri admits he's not a morn- ing person and he's not sure about the profit-making part yet, but the junior looks like he's got a chance to be money in the bank as a Ridgewood hurdler.

Wednesday night, Monri beat a very good field in the Spiked Shoe Holiday Festival 55 hurdles in a

But when they put out the lower hurdles, I was able to three-step right away. It felt weird for a while for everybody to be so much taller than me. But now sometimes I'm taller than some of the kids on the line."

The quick success with the key athletic move in hurdling came as a surprise to Monri, who went on to be the best freshman hurdler in Bergen County two springs ago.

"I was a bad basketball player as a kid and I'm not that good an all- round athlete," he said. "But hurdling just came to me right away."

Monri credits the graduated trio of Joe Nagano-Gerace, John Moody and Steven Pierce for help- ing him get comfortable in the event.

"They all helped me so much," said Monri. "I was just trying to catch up to them last year and make sure we had a chance to run well in relay meets."

"You could see right away how good he was going to be," said Nagano-Gerace, an official at Wednesday night's meet. "At first I think he was a little intimidated by us but we all knew how huge he

was going to be as a runner. He's short but he has long legs and has such great form. It's fun to watch."

"I was nervous because it was the first meet of the season," said Monri. "I struggled to get my feet moving at the start because I think that's my biggest strength in hur- dling. But I know the second-place runner was right behind me and I have to keep getting better all sea- son."

Other North Jersey winners in- cluded Niall Buckley of Ridge- wood in the boys 1,600, Susan Martinez of Clifton and Casey Weis of West Milford in the girls and boys 800, and Timashe Kitchen of Fort Lee in the boys 55.

Marine Corp Holiday Classic Dec. 27, 2006

***** RESULTS *****

4 x 55m HH:

Mia Martinez, Kate Michel, Alice Wisener, Lara-Jane Que
36.40 (1st) 9.4 9.6 8.9 8.5

4 x 800m: (Sophs)

Jess O'Conner, Megan Granski, Meghan McCloughlin, Tory Middleton
11:12.6 2:46.5 2:43.4 2:55.7 2:47.0

Distance Medley: (Championship)

Nial Buckley, Akira Monri, Christian Trautwein, Dan Emont
10:40.5 3:13.9 51.8 2:00.3 4:34.5

Distance Medley:

Cristina Law, Alice Wisener, Alex Middleton, Kelly Conheeny
12:42.3 (1st) 3:48.8 62.0 2:36.6 5:14.9

Pole Vault Relay:

Anne Polcari, Robin Lee
17'6" (4th) 10'6" 7'0"

Comments:

There were over 5,000 athletes at this meet. To compete at this level is a great accomplishment and we did some great things! Congrats to all who placed and special congrats to all who got those nifty yellow T-shirts for 1st place finishes. Keep up the great work!

INDOOR TRACK

Leading ladies

RHS girls claim four titles in first two meets; boys take two

BY GREG TARTAGLIA
Staff Writer

RIDGEWOOD — The Ridgewood High School indoor track team has started a new season by following an old adage: ladies first.

Over the holiday break, the Maroon girls turned in a pair of top-flight times to win events at the Eighth Annual Marine Corps Holiday Classic at The Armory Track Center in Manhattan. Ridgewood clocked 36.40 in the 55-meter shuttle hurdle relay and 12:42.44 in the distance medley relay, taking first place in both races at the Dec. 27th meet that included over 5,000 athletes from the Mid-Atlantic region.

The Maroons also finished fifth in the girls pole vault relay (17 feet, six inches) and seventh in the boys distance medley relay (10:40.5) at the same meet.

A week earlier, Ridgewood visited The Armory for the Spike Shoe Invitational and came away with four gold medals from the Dec. 20th meet that predominantly featured New Jersey schools. The girls sprint medley team of seniors Alice Wisener, Lara-Jane Que and Cristina Law and junior Emily Barr established a new school record of 4:17.3 in winning the event, while junior Annie Polcari cleared 10 feet to finish first in the pole vault.

Also at the Spike Shoe, junior Akira Monri won the 55-meter hurdle race in a personal-best 7.5

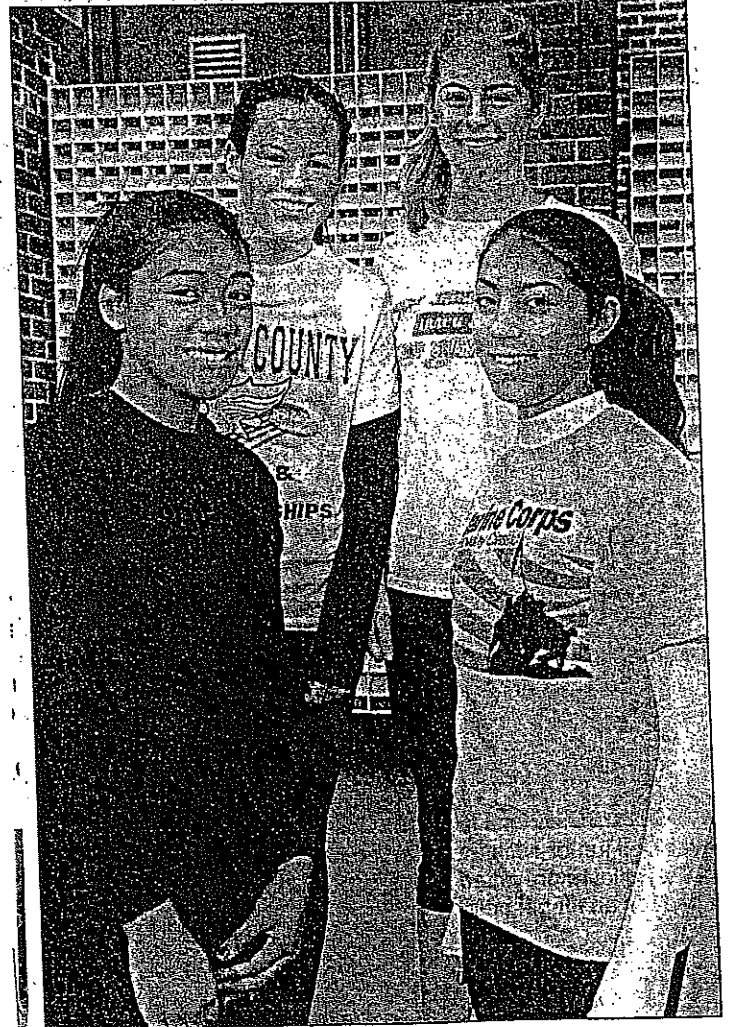
seconds, and senior Niall Buckley took first in the 1,600-meter run with a time of 4:29.9, besting teammates Dan Emont (third, 4:37.1) and Christian Trautwein (fourth, 4:37.4).

"The girls are pretty strong in almost everything," Maroon head coach Mike Mullin said at Tuesday's team practice. "They can do well anywhere in the relays as far as the distance medley, sprint medley, and even the 4-by-400 and 4-by-200. We're good in almost everything."

"On the boys side, we're strongest in the distance [events], but we certainly have some sprinters that are going to do very well, too," added Mullin. "So, we'll be able to hold our own in the [boys] 4-by-400 and things like that."

Que had a strong showing in the 55-meter hurdles for the girls at the Spike Shoe, clocking 8.5 seconds to finish third. In the girls' record-setting sprint medley relay, her 27.4-second 200-meter leg followed a 60.5-second 400-meter leg from Wisener and preceded Barr's 27.9-second 200 leg and Law's 2:21.3 800-meter anchor leg.

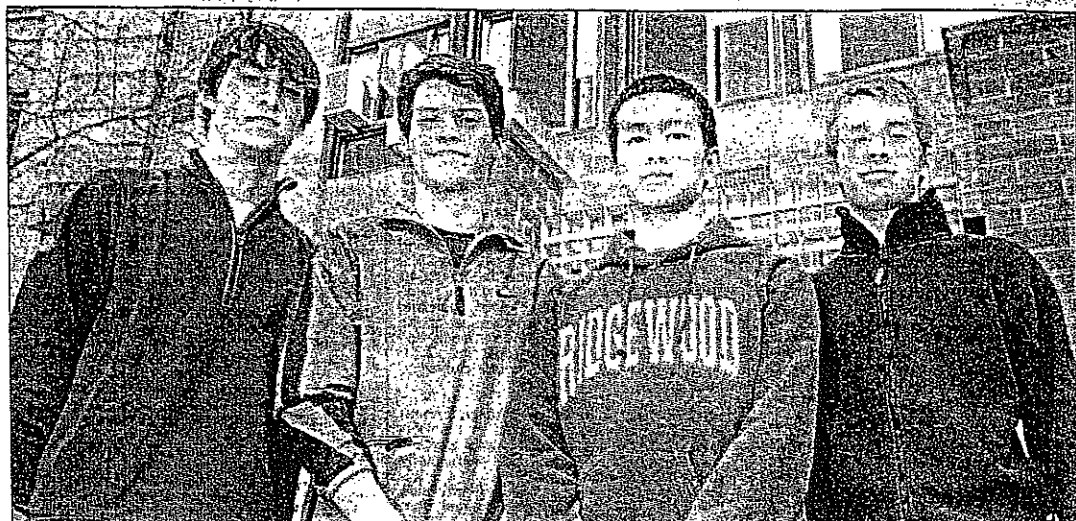
Wisener and Que then joined with juniors Kate Michel and Mia Martinez in winning the shuttle hurdle relay at the Marine Corps Classic. Martinez and Michel look to help the quartet continue its history strong showings despite the graduation of Cassie Wong, who is currently a freshman at



GARY JUNG/STAFF PHOTOGRAPHER

This is the Ridgewood girls 55-meter shuttle hurdle relay team that won the event at the Marine Corps Holiday Classic at The Armory Track Center in Manhattan on Dec. 27. Front row, from left: senior Lara-Jane Que and junior Mia Martinez. Back row, from left: junior Kate Michel and senior Alice Wisener.

See TRACK, page C3



GARY JUNG/STAFF PHOTOGRAPHER

This is the Ridgewood boys distance medley relay squad that placed seventh in the event at the Marine Corps Holiday Classic in New York City on Dec. 27. From left: senior Niall Buckley, junior Christian Trautwein, junior Akira Monri and senior Dan Emont.

TRACK from C1

Brown University.

"Cassie was a huge loss this year," said Que. "She was a great hurdler and a great pole-vaulter, and I thought our shuttle hurdle team would really be hurt [by her graduation]. But with Mia coming back, plus Alice and Kate, who both just came into the season [after playing soccer in the fall], we can be even better than last year."

In the group's Marine Corps Classic victory, Martinez split 9.4 to lead off, followed by Michel (9.6), Wisener (8.9) and Que (8.5).

Wisener also ran with the distance medley squad at the Marine Corps, completing the 400-meter second leg in 62.0 seconds. Law led off with a 3:48.8 in the 1,200-meter leg; junior Alex Middleton followed Wisener with a 2:36.6 in the 800-meter leg, and sophomore Kelly Conheaney ran 5:14.9 in the 1,600-meter anchor leg.

Polcari, who just completed a successful fall season in gymnastics, will help keep the Maroon pole-vaulting contingent strong in the wake of Wong's departure. The junior set an indoor personal record by clearing 10 feet, six inches at the Marine Corps Classic, combining with sophomore Robin Lee (seven feet) to produce Ridgewood's fifth-place finish.

In the boys' first major distance medley relay this season, Buckley clocked 3:13.9 in the 1,200-meter leadoff leg, followed by Monri (51.8 in the 400), Trautwein (2:00.3 in the 800) and Emont (4:34.5 in the 1,600). Of the four, Buckley has the most experience in the event, having enjoyed much success last season with then seniors Mike Cator and Byron Williams in the mix.

"Mike and Byron were both amazing, but we still have solid guys that can compete really well," Buckley said. "As a group, we want to form our own identity this year

— but I also want to be competing at the same level and producing the same kind of results we did last year."

Monri may be the Maroons best sprinter, having run a 23.8 in the 200 at the Spike Shoe in addition to setting a new personal record in his 55-meter hurdle win.

"That [victory] showed that's he's probably one of the higher-caliber kids around," Mullin said of Monri's hurdling prowess. "When you win at one of these high-powered meets in New York City, it's saying something."

The Maroons, though, will have many more chances to showcase their talent in the 2006-07 season, starting with this weekend's Dartmouth Relays at Dartmouth College in Hanover, N.H. The girls are expected to participate in 13 different events, including three relay races, while the boys are slated to enter 11 events, including three relays.

WINTER TRACK REPORT

North Jersey runners off to the (big) races

By **PAUL SCHWARTZ**
STAFF WRITER

This weekend marks the beginning of a busy month in indoor track that includes more than 20 meets at which North Jersey athletes will be competing.

Tonight's Ridgewood Winter Games I at Fairleigh Dickinson, sets the table for the first two championship meets of the season: the Northern Hills Conference championship at Drew on Saturday at 1 p.m. and the North Jersey Championships at FDU on Monday. Wednesday sees the NBIL championships at FDU and the Ridgewood Winter Games II at Rockland Community College.

But the best performances of the week may come from Saturday's Dartmouth Relays, where some of the top athletes from Hackensack, Don Bosco, Ridgewood and Bergen Catholic face some of the top athletes from New York and New England.

There were some outstanding performances by North Jersey athletes during the holiday break.

Ridgewood's quartet of Lara-Jane Que, Alice Wisener, Kate Michel and Mia Martinez ran 36.40 for the five-hurdle race to beat a large field in the shuttle hurdles at the Marine Corps Holiday Festival at the Armory Track Center on Dec. 27. Ridgewood junior Annie Polcari became just the second North Jersey girl to pole vault at least 10-6, helping the Maroons to fourth in the event. Cassie Wong of Ridgewood, now a freshman at Brown, vaulted 10-7½ indoors for the Maroons last winter.

Ramapo's team of Erin McKenna, Amy Salek, Colleen Sullivan and Kesley Ramsey ran 12:31.67 for fourth in the seeded distance medley at the same meet. Ridgewood's team of Cristina Law, Wisener, Alex Middleton and Kelly Conheaney ran 12:42.44 to win the unseeded heat, led by a stunning 5:14 anchor 1,600 by Conheaney, a sophomore in her first high school race.

Ridgewood's boys ran a solid seventh (10:40.86) in a loaded distance medley relay, a very good early season performance with an almost completely new team from last year's All-American group.

The same day, North Jersey athletes won five events and had six silvers at the Pearl River Holiday Festival at Rockland Community College Fieldhouse.

Kwame Collins of Hackensack won both the boys long jump and triple jump. His long jump of 22-5¼ is ninth all time indoors among Bergen County jumpers and his 44-11¼ triple jump is 17th. Other North Jersey golds went to Greg Stripe of Mahwah, whose indoor personal best 13-6 in the pole vault ties him for sixth all time. Stephen Abate of Wayne Valley won the 1,000 yards in 2:24.2. Melissa Davila of Hackensack vaulting 9-6 to win on fewer misses.

Seconds went to Allison Snochowski of Fair Lawn (8:13.3 in the 1,500 meter race walk), Kristin Crawford of Kennedy (38.3 300 yards); Krystal Wyche of Hackensack (16-3¼ long jump), Cameron Sharpe of Kennedy (34.0 300 yards), Nick Roman of Passaic Valley (9:54.8 3,200) and Shawn Rembecky of Paramus (6-0 high jump).

TOM ZACCONE INVITATIONAL TRACK

At Rothman Center, Hackensack

BOYS

55: 1. Stephon Baker, Shabazz, 6.5; 2. William Winkey, Shabazz, 6.7; 3. Akeem Thomas, Teaneck, 6.7; 4. Jaivon Palmer, Englewood, 6.8; 5. Larry Sams, Eastside, 6.8; 6. Taree McQueen, Eastside, 6.9.

55 HH: 1. Raimundo Leach, Oakcrest, 7.8; 2. Anthony Chisholm, Wayne Hills, 7.8; 3. Evan Shaker, Paramus Catholic, 8.0; 4. Curtis Casseus, St. Patrick's, 8.0; 5. Larry Sams, Eastside, 8.4; 6. Tim White, Saddle Brook, 8.4.

200: 1. tie between Will Barbour, Bloomfield and Charles Lester, Weequahic, 24.1; 3. tie between William Winkey, Shabazz and Jaivon Palmer, Englewood, 24.3; 5. tie between Jesse Williams, Bayonne and Timmy Stancel, Eastside, 24.6.

600: 1. Dane Bender, Pompton Lakes, 1:29.3; 2. Jhamil Ervin, Weequahic, 1:29.4; 3. Matt Bertinato, Bergen Tech, 1:29.9; 4. Pat Mulkeen, Paramus Catholic, 1:32.4; 5. Keegan Carter, Paramus Catholic, 1:32.5; 6. Craig Marshall, Bloomfield, 1:32.7.

1,000: 1. Salim Corbin, Eastside, 2:46.8; 2. Matt Lingam, Park Ridge, 2:47.6; 3.

Mark Filandro, Indian Hills, 2:47.8; 4. Nico Stabile, Passaic Valley, 2:47.8; 5. Craig Marshall, Bloomfield, 2:48.3; 6. Billy Savage, Indian Hills, 2:49.3.

4-x-400 relay: 1. Park Ridge (Matt Lingam, Conrad Healy, Nick Bravo, John Carabetta), 3:38.3; 2. Weequahic, 3:40.4; 3. Passaic Tech, 3:42.1; 4. Ramsey, 3:43.9; 5. Bergen Tech, 3:46.4; 6. Paramus, 3:48.7.

4-x-800 relay: 1. Metuchen, 8:46.8; 2. Ramsey, 8:47.9; 3. Rutherford, 8:52.0; 4. Passaic Valley, 8:55.6; 5. Park Ridge, 8:57.9; 6. Pompton Lakes, 9:05.7.

GIRLS

55: 1. Erica Cigolini, Ridgewood, 7.5; 2. Sherice Shabazz, Belleville, 7.5; 3. Kellie Dunn, Rutherford, 7.8; 4. Nicole Thompson, Rutherford, 7.8; 5. Rita Taste, Bloomfield, 7.9; 6. Meghan Greenidge, Bergen Tech, 8.0.

55 HH: 1. Mia Martinez, Ridgewood, 9.0; 2. Danielle Brown, Watchung Hills, 9.0; 3. Tori Ko, Paramus, 9.2; 4. Akeelia Minto, Eastside, 9.4; 5. Sinead Johnson, Bayonne, 9.7; 6. Alyssa Giannaurio, Verona, 9.8.

200: 1. Janay Mitchell, Teaneck, 25.9; 2. Shaylah Counts, Shabazz, 27.5; 3.

Melody Lopez-Bernstein, Paramus Catholic, 27.6; 4. Sonella Cameron, Weequahic, 27.8; 5. Kim Prevedel, Saddle Brook, 27.8; 6. Nijgia Snapp, Oakcrest, 27.9.

600: 1. Amber Allen, Passaic Tech, 1:44.3; 2. Kristin Crawford, Kennedy, 1:44.8; 3. Emily Barr, Ridgewood, 1:47.0; 4. Kate Michel, Ridgewood, 1:47.8; 5. Alyssa Beasley, Paramus Catholic, 1:49.2; 6. Nijgia Snapp, Oakcrest, 1:52.3.

1,000: 1. Lindsay Jettes, Indian Hills, 3:08.2; 2. Patty Hannon, Paramus, 3:23.7; 3. Monique Graham, Kennedy, 3:24.2; 4. Raheem Doharty, Orange, 3:24.7; 5. Shaquanna Clark, Kennedy, 3:26.0; 6. Jen Bain, Ramsey, 3:27.2.

4-x-400 relay: 1. Ramsey (Michelle Erit, Julie Ullmann, Diane Bain, Adriana Lanuto), 4:22.3; 2. Paramus Catholic, 4:28.8; 3. Hasbrouck Heights, 4:31.0; 4. Watchung Hills, 4:38.8; 5. Paramus, 4:39.7; 6. Bergen Tech, 4:40.7.

4-x-800 relay: 1. Kennedy (Shaquanna Clarke, Quiona Beason, Monique Graham, Kristin Crawford), 10:17.7; 2. Ramsey, 10:38.9; 3. Metuchen, 10:43.9; 4. Paramus, 10:46.9; 5. Ridgewood, 11:01.2; 6. Rutherford, 11:18.7.

Tom Zacone Invite

Wed. Jan 3, 2006

***** Results *****

55m HH:

Boys:

Novice- Peter Nygaard- 8.5/8.8, Jason Lee- 10.1

Frosh- AJ Mandereno- 10.4/10.3 (4th), Luke Cichocki- 9.9/9.5 (2nd)

Girls:

Varsity- Mia Martinez- 9.4/9.2/9.0 (1st)

Novice- Jacqueline Pierce- 11.1 , Maeve Casey- 10.7/10.3,
Emily Trent- 11.3, Priscella Chow- 11.1

Frosh- Fiona Smith- 14.9, Chantal Guerriero- 12.6. Vicoria Olivia- 14.8

55m:

Boys:

Novice- Mike Vacarro- 7.5/7.3, Rob Webbe- 7.4, Josh Dabby- 9.4,
Andrew Foong- 7.7, Logan Ruppel- 7.5, Travis Becher- 7.8, Will Jacoby- 7.3,
Max Witt- 8.4, Dan Nagano- 7.7

Frosh- Jon Almorade- 7.6, James Bigos- 8.3, Devin Castello- 8.5, Sam Coppersmith- 7.4,
Clinton Dorsey, Dan Felsenstein, Billy Floyd- 8.3, Yaya Ishizuka- 8.4, Ian Krescy- 8.3,
Matt LaDuca- 8.2, Terrance Lam- 7.7, Mark Maniaci- 8.3, Ryan Mansbach- 7.7,
John Mudry- 7.7, Alex Yamamoto- 8.4

Girls:

Varsity- Erica Cigolini- 7.5/7.4/7.4 (1st)

Novice- Nikki Whitaker- 7.9/7.9/7.8 (4th), Ramelle Brown- 8.3/8.2,
Robin Lee- 7.9, Megan Gonzalez-9.0, Jacqueline Montero- 8.3, Rita Muzio- 8.4,
Melissa Wittenbert- 9.2

Frosh- Pam Caceres- 9.1, Keara Fenzel- 9.2, Denise Ortega- 8.4/8.4, Alex Salerno- 9.9,
MaryKate Strahle- 8.2, Sera Yoon- 9.0, Fiona Smith- 8.3/8.5

4 x 800m:

Boys:

Novice-

(1) David DeSimone, Justin Jenkins, Sean Martyn, Mark Rykken
9:55.3... 2:28.9 2:24.6 2:31.9 2:29.9

Frosh-

(1) Alex Butler, Brian Cleary, Alec Ontiveros, Chris Legg
10:06 (1st) 2:34.7 2:32.2 2:38.2 2:22.8

(2) James Clarke, Stephen Fishbein, Luke Cichocki, Sam Coopersmith
10:43.... 2:37 2:56.3 2:38.4 2:32.1

Girls:

Varsity-

(1) Alex Middleton, Tory Middleton, Hilary Barr, Casey Reilly
11:01.4... 2:41.6 2:41.6 2:46.9 2:51.3

Novice-

(1) Jessica Connor, Megan Granski, Megan McCloughlin, Tory Mullen
11:53.7 (5th) 2:51.9 2:47.9 2:57.8 3:15.9

Frosh-

(1) Christine Spilka, Alex Scibbeta, Katie Martin, Okwuchi Onwubu
12:21.0 (5th) 2:57 2:58.9 3:09.8 3:15.0

200m:

Boys:

Novice- Rob Webbe- 26.7, Josh Dabby- 32.8, Andrew Foong- 28.7, Jason Lee- 28.2,
Logan Ruppel- 27.2, Travis Becher- 28.8, Will Jacoby- 26.4, Max Witt- 27.5,
Dan Nagano- 28.1

Frosh- James Bigos- 30.9, Sam Coppersmith- 27.4, Yaya Ishizuka- 30.6,
Austin Jennee- 31.1, Ian Krescy- 31.9, Terrance Lam- 29.1, Alex Yamamoto- 31.9,
AJ Mandereno- 31.1

Girls:

Novice- Nikki Whitaker- 29.5, Ramelle Brown- 31.5, Priscilla Chow- 34.1,
Robin Lee- 29.4, Megan Gonzalez- 33.3, Jacqueline Montero- 32.1,
Rita Muzio- 31.8, Maeve Casey- 30.9, Emily Trent- 32.7

Frosh- Pam Caceres- 35.1, Keara Fenzel- 33.7, Caroline Gruchawka- 30.3 (4th),
Chantal Guerriero- 31.6, Caroline Lynch- 32.4, Victoria Olivia- 30.3,
Denise Ortega- 32.3, Alex Salerno- 38.3, Mary Kate Strahle- 31.3,
Sera Yoon- 34.0, Fiona Smith- 30.8

4 x 1 lap:

Boys:

Novice-

(1) Will Jacoby, Mike Vaccaro, Peter Nygardd, Felipe Vasquez
1:44.6 (3rd)..... 25.5 28.6 23.0 27.5

(2) Rob Webbe, Jason Lee, Andrew Foong, Logan Rupel
1:45.8... 26.5 26.8 26.6 25.9

Frosh- (1) Brian Cleary, AJ Manderano, Steve Fishbein, Chris Legg
1:56.9..... 32.1 28.7 29.3 26.9

(2) James Bigos, Devin Castello, Sam Coppersmith, Clinton Dorsey,
1:55.6.... 28.6 35.3 26.6 31.4

(3) Eddie Martinez, Billy Floyd, Yaya Ishizuka, Eddie Martinez,
2:02..... 32.3 33.1 28.5 32.3

(4) Ian Krescy, Matt LaDuca, Terrance Lam, Mark, Josh Almorde
1:57.3..... 31.1 29.9 27.3 29.1

(5) Ryan Mansbach, John Mudry, John Wisener, Alex Yamamoto
1:53.9..... 28.5 27.3 29.2 28.4

Girls:

Novice- (1) Jacqueline Pierce, Rita Muzio, Emily Trent, Nikki Whitaker,
1:56.9 (4th) 32.1 28.7 29.3 27.1

(2) Ramelle Brown, Priscilla Chow, Maeve Casey, Robin Lee,
1:59.9.. 28.9 32.8 30.5 27.7

Frosh- (1) Fiona Smith, Madeline Wilson, Pam Caceres, Keara Fenzel,
2:10.7.... 29.6 33.9 35.2 31.8

(2) Caroline Gruchawka, Chantal Guerriero, Caroline Lynch, Victoria Olivia,
2:02.8 (5th) 28.9 30.8 33.4 29.7

(3) Denise Ortega, Sera Yoon, Alex Salerno, Hannah Jones
2:15.3.... 30.9 31.8 35.3 37.5

600m:

Boys:

Varsity- Mike Vacarro- 1:33.4

Girls:

Varsity- Kate Michel- 1:47.9 (5th), Emily Barr- 1:47.1 (4th)

1000m:

Boys:

Novice-

David DeSimone- 3:07.7 (5th), John McCoe- 3:31

Frosh-

Alex Butler- 3:16.9, Alec Ontiveros- 3:37.2, Chris Legg- 3:06.9 (1st),

James Clarke- 3:25, Stephen Fishbein- 3:45, Eddie Martinez- 3:43

Girls:

Novice- Tory Middleton- 3:41.4 (3rd), Hilary Barr- 3:41.9 (4th),

Casey Reilly- 3:42.4 (5th), Molly Rapaport- 4:32, Jessica Connor- 3:48,

Megan Granski-3:42.9, Megan McCloughlin- 3:53, Tory Mullen- 4:15

Frosh-

Christine Spilka- 3:48.3 (1st), Alex Scibbeta- 3:59, Katie Martin- 4:09,

Okwuchi Onwubu- 4:05, Courtney Meyer- 4:11, Eurih Lee- 4:12, Hannah Jones- 4:31

Comments:

I loved the way we competed on the track today. You all were giving it your best and that's all we can ask. We had many places and personal bests.... Great job! Keep up the great work. Stay committed and work hard. It will pay off!

Teaneck soph looking golden

By PAUL SCHWARTZ
STAFF WRITER

INDOOR TRACK

HACKENSACK — Janay Mitchell always knew she was fast. But it took a basketball teammate and friend to convince her that her speed might be of better use on the track than on the basketball court.

"I used to play basketball and I even played in high school as a freshman," said Mitchell, a Teaneck sophomore who won her first gold medal Wednesday night in the Tom Zaccone Invitational 200-meter dash, running 26.9 to easily outpace State medalist Shaylah Counts of Shabazz. "But my friend, Kelly Bense, told me I should try running track. So I went out last spring."

Mitchell had an excellent first season for the perennial track power, earning medals in NNJIL, Bergen Group and State sectional meets. She just missed qualifying for the State Group 3 100-meter final.

"I decided that since I want to try to become good enough to run in college, to stop basketball and run indoor track," said Mitchell.

So far it's proven to be a great decision.

A week ago, Mitchell won a 200-meter heat in the Colgate Women's Games at Pace University, earning 3½ points in the first of four qualifying events. The top six runners advanced to run at Madison Square Garden next month.

"It's harder to run the 200 indoors because it's a full lap with two turns instead of a half-lap around one turn, like it is outdoors," said Mitchell. "And now

they're having me run on the 4-x-400 relay and that's two laps!"

But Mitchell knows her future is in track.

"I already know that I want to run at Penn State and maybe to make the Olympics," said Mitchell. "I'm a runner now."

Ridgewood's Mia Martinez isn't sure yet whether she'll return to the Maroon softball team this spring. If she keeps running like she has this winter, the Maroons jayvee softball team will be looking for a new leadoff hitter and center fielder.

Martinez, who led off the Maroons' championship shuttle-hurdles team last week at the Marine Corps Holiday Festival, won the 55-hurdles race Wednesday night, edging Danielle Brown of Watchung Hills. Martinez now heads with the rest of a fine Ridgewood team for the Dartmouth Relays.

"We all work so hard and it's great to be part of the team," said Martinez. "Last year I ran third on the hurdle teams but I struggled at times, so this year they gave me the choice and I decided to lead off."

The next decision, Martinez may have to make is what sport to compete in this spring.

"I might switch and run track full time," said Martinez. "We've got a really great group of girls and I have been talking to both sets of coaches as to what I should do."

E-mail: schwartz@northjersey.com

Dartmouth Relay Results Sat. 1/6/07

55m:

Girls- Erica Cigolini- 7.69/7.67, Emily Barr- 7.74

55m HH:

Boys- Akira Monri- 7.91/8.01/7.98 (4th)

Girls- Lara-Jane Que- 8.50/8.39/8.38 (1st), Mia Martinez- 9.53

300m:

Girls- Alice Wisener- 43.86, Erica Cigolini- 44.75

400m:

Boys- Zack Ontiveros- 54.24

Girls- Kate Michel- 65.60

600m:

Boys- Jeremy Schmidt- 1:29.42

800m:

Boys- Niall Buckley- 1:59.46 (2nd)

Girls- Cristina Law- 2:17.61 (4th), Alex Middleton- 2:38.78,
Tory Middleton- 2:38.79

1 mile:

Boys- Jeremy Kalmsu- 5:03.79

Girls- Kelly Conheeny- 5:22.57, Maggie Harms-6:19.00, Hilary Barr- 6:03.99

2 mile:

Boys- Dan Emont- 9:45.74 (3rd)

Pole Vault:

Girls- Anne Polcari- 9'6"

Triple Jump:

Girls- Kate Michel- F

4 x 400m:

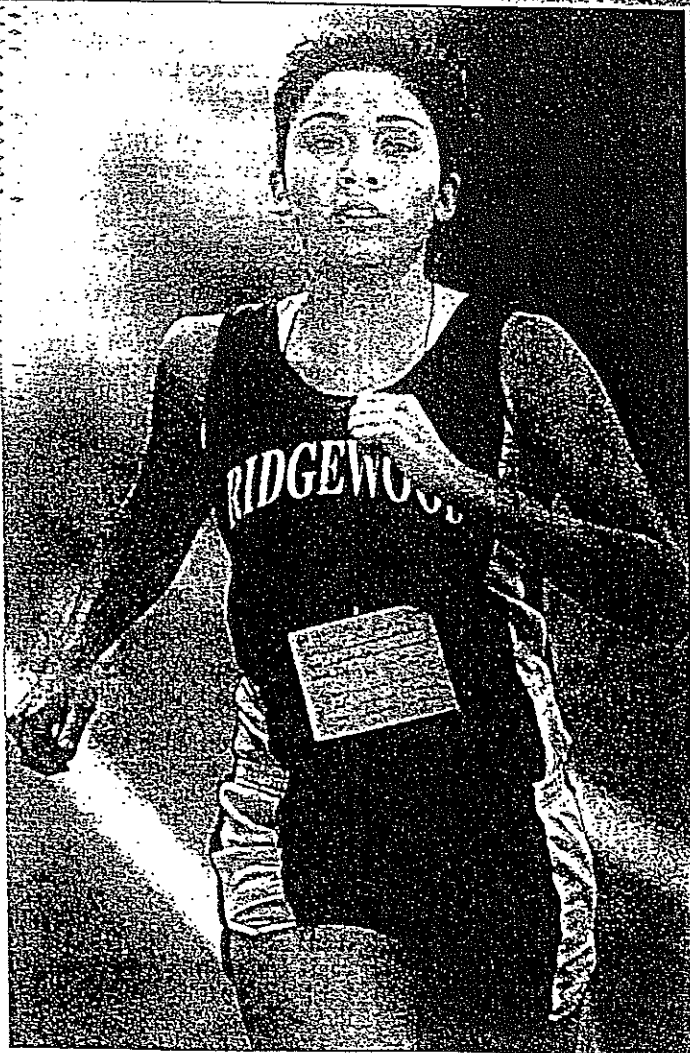
Boys- Akira Monri, Christian Trautwein, Jeremy Schmidt, Niall Buckley
3:32.30 (4th) 54.8 52.7 53.7 51.9

Girls- Emily Barr, Alice Wisener, Kate Michel, Cristina Law
4:08.01 (3rd).... 63.3 62.5 62.3 59.6

DARTMOUTH RELAYS

THE RIDGEWOOD NEWS

SPORTS



PHOTO/JIM CLARKE

Ridgewood senior Cristina Law placed fourth in the 800-meter run at last weekend's Dartmouth Relays in Hanover, N.H. Law finished the race at the regional meet in 2:17.61, her personal-best indoor time in the 800.



PHOTOS/JIM CLAR

After receiving the baton from sophomore Hilary Barr, right, senior Maggie Harms takes off on her leg of Ridgewood's 4x800-meter relay in Monday's North Jersey Invitational indoor track meet. The Maroons won the race in 10:47.3 en route to their fourth straight team title at the meet.

Maroons reign again over North Jersey Invitational

BY GREG TARTAGLIA
Staff Writer

HACKENSACK — On Monday, the Ridgewood High School indoor track team won its fourth consecutive girls championship at the North Jersey Invitational at the Rothman Center on the campus of Fairleigh Dickinson University. The Maroons earned five gold medals to breeze past Hackensack, 77-26.

"That is a great accomplishment, especially for the seniors who have won it four years in a row now," Ridgewood head coach Mike Mullen said.

"We have a great senior class, and we've all grown together in the last four years," said senior Cristina Law, who won the 1,000-meter run in 3:07.6 and anchored the 4 x 400-meter relay squad to victory. "We've really gotten progressively better each year, and, together, we make a good team."

Sophomore Kelly Conheaney aided the cause with her breakout meet of the season, doubling in the 600- and 1,600-meter races.

"I'd only run the mile and the mile relay before," Conheaney said, noting that the shortest event in which she had run previously was the 800 meters in eighth grade. "Before the 600 race I thought, 'How do I run this? I don't even know what I'm supposed to do.' But coach told me to come out strong and just try to get on the inside lane."

Thanks to Conheaney's pair of first-place finishes, the Maroons continued a string of dominance at the North Jersey Invitational. Dating back to 2000, the Ridgewood girls have won seven of the last eight meet championships.

Ridgewood had also won the last two boys invitational titles, but was stopped by Don Bosco Prep, 74-35, this season. The Maroon boys collected one gold medal and three silvers, but the Ironmen won four events and placed second in two others to capture the crown.

"Unfortunately, right now, they're better than us," Mullen said of Don Bosco. "We might have had a shot at beating them if we were firing on all cylinders, and had everybody healthy and here."

Mullen had to tinker with the boys lineup because of the absence of junior Christian Trautwein, who sat out ill, and the abbreviated presence of junior Akira Monri, who had to leave the meet early due to a prior engagement.

The Ridgewood girls also had to reconfigure their 4x400 lineup, because junior Kate Michel was out sick. Junior Mia Martinez stepped in alongside Law, senior Alice Wisener and junior Emily Barr to help the Maroons take first place in 4:19.2.

"I hadn't run the 4x4 since my freshman year," said Martinez, "but I just had to do it for the team."

Martinez also finished third in the 55-meter hurdles behind Hackensack's Evana Edwards, who tied a meet record with an 8.2-second clocking, and Maroon teammate Lara-Jane Que, who was competing in Monday's meet just two days after winning the 55-meter hurdle title at the Dartmouth Relays [see page C1].

"It was difficult because I came here still tired from Saturday," said Que. "Also, [assistant] coach [Josh] Saladino wanted me to do the 55-meter dash in addition to the 55 hurdles, because he said it would be a good learning experience."

Conheaney was originally expected to run in the 3200-meter run, but she missed the start of the race and jumped in late, only to get disqualified for accidentally cutting inside of one of the marker cones.

Because she did not complete the 3200, Mullen decided to enter Conheaney in the 600-meter run two events later. She responded with a time of 1:43.5 to hold off a late-charging Amber Allen from Passaic County Tech by one-tenth of a second.

Conheaney then won her bread-and-butter event, the 1600, clocking 5:35.3 to overwhelm the field by 20 seconds. Junior Alex Middleton and sophomore Hilary Barr also scored points for the Maroons in the race, finishing third and fifth, respectively.

Middleton and Barr also helped bring Ridgewood a victory in the 4x800-meter relay, combining with sophomore Tory Middleton, Alex's sister, and senior Maggie Harms for a 10:47.3 effort.

"This was our first real team meet of the season, so this is an important one to set the trend," said Alex Middleton. "Doing well here can help us build for leagues and counties."

Monri provided the Maroon boys with their only victory of the day, running the 55-meter hurdle race in 7.7 seconds. Senior Jeremy Schmidt added a second-place finish in the 1,000 meters, and Dan Emont ran second in the 3200 behind Andrew Hanko from Trinity Christian of Montville, who set a new meet record in the event with a time of 9:32.3.

Ridgewood senior Niall Buckley faced somewhat of a rematch with Don Bosco's Sharif Webb in the 600-meter run. The two had raced in the 800 meters at the Dartmouth Relays, with Buckley finishing second and Webb finishing third. On Monday, Webb came from behind on the final lap to win the 600 in 1:24.7, relegating Buckley (1:25.3) to second place.



Ridgewood senior Niall Buckley leads Don Bosco's Sharif Webb in Monday's North Jersey Invitational 600-meter run. Webb eventually pulled ahead to win by six-tenths of a second.

Que is queen Of the hurdles

Maroons score seven top-five finishes

BY GREG TARTAGLIA
Staff Writer

HANOVER, N.H. — If Larajane Que didn't believe she could be a hurdling champion before, she has no choice but to start believing now.

The Ridgewood High School senior set a new school record in the 55-meter hurdles at the 38th annual Dartmouth Relays last Saturday, winning the event in 8.58 seconds, the third-fastest time in Bergen County history.

Que's gold medal represented one of seven top-five finishes for the Maroons' indoor track team — three for the girls, four for the boys — in the regional meet held at Dartmouth College's Leverone Field House. A total of 64 boys teams and 58 girls teams participated from schools in eight states across the Northeast, plus several from Canada.

When she recalled winning the final hurdle race in an interview on Monday, Que admitted, "I cried. I was actually crying. I remember hugging my teammate, Kelly Conheaney, and I was in tears because it just means so much to me."

"I always had doubts that I would be able to win," added Que. "[Assistant] Coach [Josh] Saladino always told me, 'You have so much potential that you can actually win, but you just

keep doubting yourself. And then last weekend, for the first time, I didn't even think about [winning]. I just ran, and it worked out fine."

In the team standings, the Ridgewood girls finished in a three-way tie for seventh place with 20 points. LaSalle High School of Rhode Island won the team title with 40 points. The Maroon boys scored 22 points to tie Hackensack for eighth. Merrimack (N.H.) won the boys team championship with 47 points.

Senior Cristina Law ran fourth in the girls 800-meter run with a time of 2:17.61, her personal-best indoor clocking in the event. The winner, senior Caroline King of Scotia-Glenville, N.Y., established a new record in the event with a 2:13.45.

"The heat that I was in was really fast," Law said. "That girl beat the meet record, so it was a good race to be in. I was very happy with it."

Conheaney ran in the seeded one-mile race on Saturday night, clocking 5:22.57 to finish fourth out of 15 runners in her heat and 15th out of 27 overall. Scotia-Glenville junior Jillian King was the only girl to break the five-minute barrier in the event, winning in 4:58.59.

"The race was really competitive and aggressive," said Conheaney. "I was actually getting

See DARTMOUTH, page C4

DARTMOUTH from C1

boxed in a lot, and I was trying to find my way out and run my own race, but it was tough. And then, on the second lap, I came up on the girl in front of me and tripped over her feet, but I got right back up and kept going."

The Maroons' 4 x 400-meter relay squad was impressive as well, placing third with a time of 4:08.01. Meanwhile, junior Annie Polcari took eighth place in the pole vault, clearing nine feet, 6.25 inches.

Among the other Ridgewood girls to make the trip to New Hampshire, junior Mia Martinez placed 23rd in the preliminary hurdle race with a time of 9.53 seconds, and senior Erica Cigolini (7:67) was 15th in the semifinals of the 55-meter dash, although neither qualified for the final event.

In the 800-meter run, sisters Alex Middleton (2:38.78), a junior, and Tory Middleton (2:38.79), a sophomore, ran within one-hundredth of a second of each other, although they did not compete in the same heat.

Senior Alice Wisener ran 13th in the 300-meter dash with a time of 43.86 seconds, while Cigolini's time of 44.79 was good for 26th in the same event. Junior Kate Michel ran the 400 in 1:05.60, and sophomore Hilary Barr and senior Maggie Harms both competed in the unseeded mile race.

For the Maroon boys, seniors Niall Buckley and Dan Emont

continued to carry over their success from the fall cross-country season. Buckley placed second in the 800-meter race, missing the gold medal by a mere .04 seconds, while Emont ran third in the two-mile run.

Buckley actually saw a familiar opponent in his race, Don Bosco Prep's Sharif Webb, who ended up in third place, just over one second behind. Ultimately, though, the race came down to a proverbial photo finish with senior Jeff Moriarty of Westwood, Mass.

Buckley had the lead entering the fourth and final lap, but Moriarty pulled even with him in the final 30-meter stretch before leaning ahead to win, 1:59.42-to-1:59.46, as clocked with fully automatic timing (FAT).

"I really pushed it in the middle of the race, but my finishing kick just wasn't enough to keep the space between me and him," Buckley said.

Emont turned in a two-mile time of 9:45.74 to win bronze, less than three seconds off the pace of winner Eyob Eyualem of Oyster River, N.H. Ridgewood head coach Mike Mullin was pleased with the efforts of both of his seniors.

"I thought they raced very tough, both of them really gave it everything they had," Mullin said of Buckley and Emont. "They both put themselves out there to win it, and both had the lead near the end. They took the risk,

and unfortunately Niall just got nipped on a lean at the end. In Dan's case, he got nipped for second at the end, but one other kid finished about five steps in front of him."

Junior Akira Monri, who won the 55-meter hurdle title at last month's Spike Shoe Invitational in Manhattan, qualified for the finals of the event at Dartmouth and ended up fifth overall with a time of 7.98.

"Akira was a little disappointed in his hurdle race, because he really thinks he could have won, and we do, too," said Mullin. "He ended up hitting a hurdle and stumbling a little bit and still managed to get fourth [in his heat], and that was a good accomplishment doing that."

The Maroon boys also placed fourth in the 4 x 400-meter relay with a time of 3:32.30. Merrimack capped its team championship with a gold-medal run of 3:29.93, edging Bergen Catholic, which clocked 3:30.29.

Other Ridgewood participants in the Dartmouth meet included senior Zack Ontiveros, who took 22nd in the 400-meter run with a time of 54.26 seconds, senior Jeremy Schmidt, who ran a 1:29.42 in the 600-meter race to place 14th, Christian Trautwein, who was 12th in the 1,000-meter run with a 2:40.68 clocking, and Jeremy Kalmus, who ran the mile in 5:03.79, placing 43rd.

DARTMOUTH RELAYS

North Jersey Invite
***** Results *****

Mon 1/8/06

55m:

Boys- Akira Monri- 6.9/6.8/76.8 (6th), Zack Ontiveros- 7.1

Girls- Erica Cigolini- 7.7/7.6, Lara-Jane Que- 7.5/7.9, Nikki Whitakar- 7.8/7.8

55m HH:

Boys- Akira Monri- 7.8/7.8/7.7 (1st), Peter Nyaard- 8.4/8.4

Girls- Lara-Jane Que- 8.5/8.4/8.4 (2nd), Mia Martinez- 9.1/8.8/8.9 (3rd),
Alice Wisener- 9.3/9.6

3200m:

Boys- Dan Emont- 9:57.0 (2nd)

Girls- Kelly Conheeny- DQ

4 x 800m:

Girls- Alex Middleton, Tory Middleton, Hilary Barr, Maggie Harms
10:47.3 (1st).... 2:35.9 2:41.6 2:47.3 2:42.5

600m:

Boys- Niall Buckley- 1:25.2 (2nd), Mike Vaccaro- 1:33.9

Girls- Emily Barr- 1:49.6, Kelly Conheeny- 1:43.6 (1st)

1000m:

Boys- Jeremy Schmidt- 2:50.6 (2nd)

Girls- Cristina Law- 3:07.9 (1st)

300m:

Boys- Peter Nygaard- 39.0

Girls- Erica Cigolini- 43.9 (4th), Alice Wisener- 44.4 (6th),
Nicki Whitaker- 47.3

1600m:

Girls- Kelly Conheeny- 5:35.0 (1st), Alex Middleton- 5:59.0 (3rd),
Tory Middleton- 6:07, Hilary Barr- 6:05.0 (5th)

INDOOR TRACK

NORTH JERSEY INVITATIONAL

AT ROTHMAN CENTER

Boys

TEAM SCORING

DIVISION A

Don Bosco (DB) 74, Ridgewood (R) 35, Paramus Catholic (PC) 14, Hackensack (H) 7, Passaic Tech (PCT) 6, Lacey Township (L) and Bergen Tech (BT) 4, Union Hill (UH) and Passaic (Pas) 2.

DIVISION B

Woodbury (Woo) and Englewood (E) 22, Tenafly (T) and Saddle Brook (SB) 16, Trinity Christian (TC) 14, Park Ridge (PR) and Midland Park (MP) 8, St. Joseph (SJ) 7, Rutherford (Ru) 5, Dumont (D) 4, Wallkill Valley (WV), Pompton Lakes (PL), Hasbrouck Heights (HH) and Secaucus (S) 2, Glen Rock (GR) 1.

55: 1. Shawney Kersey (Woo), 6.5; 2. Jaivon Palmer (E), 6.6; 3. Raahjine McDonald (E), 6.7; 4. Tristen John (D), 6.7; 5. Robert East (P), 6.7; 6. Akira Monri (R), 6.8.

55 HH: 1. Akira Monri (R), 7.7; 2. Tim White (SB), 7.9; 3. John Ferdinand (H), 8.0; 4. Evan Shaker (PC), 8.1; 5. Brian DeFelicce (UH), 8.1; 6. Dan D'Amato (HH), 8.1.

300: 1. Shawney Kersey (Woo), 36.4; 2. Matt Bieszard (MP), 36.8; 3. Jaivon Palmer (E), 37.1; 4. Jason Kelsey (DB) 37.4; 5. Kevin Brown (Woo), 37.5; 6. Ausar Walcott (H), 37.8.

600: 1. Sharif Webb (DB), 1:24.7; 2. Nial Buckley (R), 1:25.3; 3. Steve Wexler (DB), 1:27.7; 4. Matt Bertinato (BT) 1:28.0; 5. Jason Baker, Don Bosco 1:29.0; 6. Dane Bender (PL), 1:29.3.

1,000: 1. Robert Molke (DB), 2:45.7; 2. Jeremy Schmidt (R), 2:50.5; 3. Stepher Flanagan (DB), 2:50.7; 4. John Gaffney (Ru), 2:52.7; 5. Roger Hopper (L), 2:52.7; 6. John McNamara (PL), 2:54.2.

1,600: 1. Jason Baker (DB), 4:43.1; 2. Anthony Belgiovine (DB), 4:45; 3. Scot Maxfield (T), 4:46.3; 4. Jared Hanks (TC), 4:56.0; 5. Ryan Shea (S), 4:56.4; 6. Rob Nihen (GR), 4:57.0.

3,200: 1. Andrew Hanks (TC), 9:32. (meet and Rothman Center record, old meet record, 9:35.3 by Matt Illian, Passaic Valley, 1995, old Rothman Center record, 9:34.2 by Justin Schied, Pop John, 2004); 2. Dan Emont (R), 9:57.2; 3. Mike Bravo (SJR), 10:07.1; 4. Pat Kuehnle (SB), 10:07.7; 5. Roger Hoppe (L), 10:10.8; 6. Charles Goold (Ru), 10:15.1.

4-x-400 relay: 1. Don Bosco (Steve Wexler, Sharif Webb, Matt Andriulli, Jason Kelsey), 3:30.7; 2. Park Ridge, 3:31.5; 3. Passaic Tech, 3:42.9; 4. Paramus Catholic, 3:43.5; Englewood, 3:45.2; 6. Hasbrouck Heights, 3:46.6.

4-x-800 relay: 1. Tenafly (John Kutnick, Dayne Mosconi, Toby Emanuel, Scott Maxfield), 8:36.7; 2. Don Bosco, 8:42.7; 3. Paramus Catholic, 8:55.7; 4. Saddle Brook, 9:01.0; 5. Wallkill Valley, 9:09.9; 6. St. Joseph, 9:13.0.

Girls

TEAM SCORING

DIVISION A

Ridgewood (R) 77, Hackensack (H) 26, Passaic Tech (PCT) 21, Garfield (G) and Passaic (Pas) 16, Paramus Catholic (PC) 13, Lacey Township (L) 11, Bergen Tech (BY) 2, Cliffside Park (CP) 1.

DIVISION B

Ridgefield Park (RP) 24, Saddle Brook (SB) 15, Rutherford (Ru) 14, Glen Ridge (GR) 12, Hasb. Heights (HH) 8, Wallkill Valley (WV) 8, Tenafly (T) 7, Pompton Lakes (PL) 4, Glen Rock (GR) 1.

55: 1. Angelica Johnson (RP), 7.1 (ties meet record by Carlene Cummings, Englewood, 1995); 2. Vicky Caruso (WV), 7.2; 3. Krystal Wyche (H), 7.6; 4. Yusmila Novo (RP), 7.6; 5. Toni Gatchalian (T), 7.7; 6. Epiphany Sams (PC), 7.7.

55 HH: 1. Evana Edwards (H), 8.2 (ties meet record by Kim Baumbach, Passaic Valley, 1987); 2. Lara-Jane Que (R), 8.4; 3. Mia Martinez (R), 8.9; 4. Arianna Pomo (SB), 9.1; 5. Stefanie Zabilowicz (L), 9.1; 6. C.J. Jacob (RP), 9.2.

300: 1. Tie between Angelica Johnson (RP) and Amber Allen (PCT), 43.2; 3. Melody Lopez-Bernstein (PC), 43.3; 4. Erica Cigolini (R), 44.3; 5. Kim Prevedel (SB), 44.4; 6. Alice Wisener (R), 44.6.

600: 1. Kelly Conheeny (R), 1:43.5; 2. Amber Allen (PCT), 1:43.6; 3. Alyssa

Beasley (PC), 1:45.2; 4. Katya Dombrowski (GR), 1:46.1; 5. Leah Noble (BT), 1:48.4; 6. Lindsay Nygren (GR), 1:48.9.

1,000: 1. Cristina Law (R), 3:07.6; 2. Angelina Walker (Pas), 3:23.8; 3. Julia Ireland (Ru), 3:24.6; 4. Sue Cahill (H), 3:33.2; 5. Jazmine Horton (SB), 3:34.3; 6. Angelique Pereira (L), 3:36.9.

1,600: 1. Kelly Conheeny (R), 5:35.3; 2. Catherine McMahon (L), 5:56.2; 3. Alex Middleton (R), 5:59.5; 4. Ally Siegel (T), 6:03.0; 5. Hilary Barr (R), 6:05.2; 6. Jazmin Horton (SB), 6:05.4.

3,200: 1. Sylwia Dziedzic (G), 12:36.1; 2. Charlene Boria (Pas), 13:22.9; 3. Liz DeCorso (Ru), 14:00.8; 4. Alexa Dashko (SB), n.t.

4-x-400 relay: 1. Ridgewood (Emily Barr, Mia Martinez, Alice Wisener, Cristina Law), 4:19.2; 2. Hasbrouck Heights, 4:27.6; 3. Hackensack, 4:29.5; 4. Passaic Tech, 4:32.9; 5. Saddle Brook, 4:33.1; 6. Tenafly, 4:33.5.

4-x-800 relay: 1. Ridgewood (Alex Middleton, Torrey Middleton, Hilary Barr, Maggie Harms), 10:47.3; 2. Glen Ridge, 11:12.0; 3. Garfield, 11:16.0; 4. Pompton Lakes, 11:36.9; 5. Rutherford, 11:41.9; 6. Cliffside Park, 11:55.7.

Ridgewood girls, Don Bosco live up to billing

By PAUL SCHWARTZ
STAFF WRITER

HACKENSACK — Don Bosco's boys and Ridgewood's girls were expected to be the top indoor track teams in North Jersey this season — and off of their performances at Monday's North Jersey Invitational, they will live up to expectations.

Don Bosco won four events and easily bested two-time defending champion Ridgewood for its first large-schools title since 2004, 74-35. The Ridgewood girls stretched their large-school streak to five by winning five events en route to a 77-26 win over Hackensack.

Englewood and Woodbury shared the

place in the 1,000 meters, with helping the star-studded Ironmen capture the title.

Ridgewood scored 19 points in the first three events of the meet, but after Bosco took second in the 3,200 meters, Sharif Webb led a 1-3-5 finish in the 600 while Ridgewood's Niall Buckley took second to narrow the gap to a point.

Rob Molke of Don Bosco won the 1,000 but Flanagan, who was beset by injuries most of the last three seasons, battled Ridgewood's Jeremy Schmidt for second throughout the final lap, finally taking third.

"To see him battle a quality runner like Jeremy really gave our kids a lift," said DeCarlo, "and it was a key to our taking

command of the meet."

Ridgewood trailed Hackensack, 16-14, after three events in the girls meet as Evana Edwards reversed a loss two days earlier in the hurdles to the Maroons' Lara-Jane Que.

But Ridgewood won five of the final six events, two by sophomore sensation Kelly Conheeney and one by veteran standout Cristina Law. The 1,600 and 3,200 relay wins completed the domination by the Maroons.

"It's fun to watch Kelly run because she's really an untapped talent," said Ridgewood coach Mike Mullin. "She simply wants to win every race she's a part of."

Conheeney, who had never run a race

other than a 1,600 meter before, was disqualified in the 3,200 after missing the start, and Mullin pulled her off the track early in the race. He then asked her to give it a shot in the 600 and she delivered a stunning victory in 1:43.5, defeating Amber Allen of Passaic Tech in the fastest time by a North Jersey runner this winter. She then blew out the field in the 1,600. First-year head coach Melody Go got out of a sick bed to coach the Scarlets to their win.

They were paced by Angelica Johnson, who tied the meet record in winning the 55 and shared the 300 title with Allen. But key points came from a sixth place by C.J. Jacob in the 55 hurdles and a fourth place by senior Yusmila Novo in the 55.

INDOOR TRACK N.J. INVITATIONAL

Ridgewood II

Wed. Jan 10, 2007

***** Results *****

55m HH:

Boys:

Varsity- Jason Lee- 10.0

Frosh- AJ Mandereno- 10.6/10.5 (3rd), Luke Cichocki- 9.5/9.4 (1st)

Girls:

Soph- Jacqueline Pierce- 11.3, Maeve Casey- 10.3/10.4, Emily Trent- 11.4,
Pricilla Chow- 12.8

Frosh- Fiona Smith- 11/5/11.4 (5th), Chantal Guerriero- 12.2, Victoria Olivia- 12.2

55m:

Boys:

Varsity- Felipe Vasquez- 7.8, Rob Webbe- 7.3, Josh Dabby- 8.6, Andrew Foong- 7.8,
Logan Ruppel- 7.8

Soph- Travis Becher- 7.8, Will Jacoby- 7.4, Dan Nagano- 7.6

Frosh, Devin Castello- 8.3, Matt LaDuca- 8.0, , Ryan Mansbach- 8.0,

Girls:

Soph- Ramelle Brown- 8.1 Robin Lee- 8.3, Melissa Wittenbert- 9.6,
Jacqueline Montero- 8.8, Rita Muzio- 8.6,

Frosh- Pam Caceres- 8.5, Keara Fenzel- 9.4, Maris Ferreira- 9.2,
Caroline Gruchawka- 8.3/8.2 , Caroline Lynch- 8.5, , Olivia Randi, Alex Salerno- 9.9,
MaryKate Strahle- 9.0, Sera Yoon- 9.2

600yd run:

Boys-

Sophs- David DiSimone- 1:31.9, Justin Jenkins- 1:30.4, John McCooe- 1:37.1,
Mark Rykken- 1:36.8, Collin Suh- 1:39.5

Frosh- Sam Coopersmith- 1:29.6 (5th), Terrance Lam- 1:36.6, Alex Butler- 1:33.3,
Brian Cleary- 1:33.7, Stephen Fishbein- 1:47.8, Chris Legg- 1:29.7 (6th),
Eddie Martinez- 1:46.0, Cole Paterson- 1:45.7

Girls-

Sophs- Casey Reilly- 1:45.7, Jess Connor- 1:46.2, Megan McCloughlin- 1:51.5 ,
Tory Mullen- 2:06.1,

Frosh- Christine Spilka- 1:43.1 (4th), Alex Scibbeta- 1:51.1, Katie Martin- 1:58.1, Okwuchi Onwubu- 1:57.5, Courtney Meyer- 1:58.7, Hannah Jones- 2:11.0

1 mile:

Boys:

Novice-

David DeSimone- 5:14.5, Mark Rykken- 5:34.0,
John McCoe- 5:35, Kevin Boyce- 6:02,

Frosh-

Alex Butler- 5:21.9 (5th), Alec Ontiveros- 5:58.9, Chris Legg- 5:19.8 (1st),
Stephen Fishbein- 6:02, , Eddie Martinez- 6:00

Girls:

Novice- Casey Reilly- 6:05.0 (4th), Molly Rapaport- 7:20,
Jessica Connor- 6:25, Megan McCloughlin- 6:38, Tory Mullen- 6:50

Frosh-

Alex Scibbeta- 6:39, Katie Martin- 6:40, Okwuchi Onwubu- 6:35,

4 x 400m:

Boys:

Novice-

(1) Will Jacoby, Dan Nagano, Travis Becher, David DeSimone
4:15.3 62.2 63.8 66.2 62.6

Frosh- (1) Luke Cichocki, Sam Coopersmith, Chris Legg, Brian Cleary
4:23.0 (5th) 67.4 63.4 64.2 66.7

(2) Devin Castello, Ryan Mansbah, Matt LaDuca, Terrance Lam
4:36.5.. 68.8 68.2 73.0 68.2

(3) Alex Butler, Alec Ontiveros, AJ Mandereno, Stephan Fishbein
4:49.3... 67.3 70.0 76.2 76.6

Girls:

Novice- (1) Jacqueline Pierce, Maeve Casey, Emily Trent, Robin Lee
4:38.7 (2nd) 70.1 68.8 72.8 67.1

(2) Ramelle Brown, Priscilla Chow, Rita Muzio, Madeline Conboy,
5:04.8 (5th) 79.4 79.2 68.3 74.9

Frosh- (1) Fiona Smith, Christine Spilka, Victoria Olivia, Caroline Gruchawka
4:38.0 (1st) 72.9 70.1 68.7 66.5

(2) Chantal Guerriero, Caroline Lynch, Alex Scibetta, Mary Kate Strahke
4:51.4 (2nd)... 71.1 71.9 76.8 71.6

(3) Madeline Wilson, Pam Saferstein, Keara Fenzel, Katie Martin
5:30.3 84.3 83.4 80.6 81.2

Shot Put:

Boys-

Frosh- Clinton Dorsey- 29'10" (5th), Austin Jennee- 27'10"

Girls-

Soph- Megan Gonzales- 27'5" (5th)

PV:

Girls-

Anne Polcari- 10'0" (1st), Robin Lee- nh, Ramelle Brown- nh, Brianne Wong- nh

Long Jump:

Boys-

Dan Nagano- F, Luke Cichocki- 16'6", Jason Lee- 16'6", Felipe Vasquez- 14'9"

Triple Jump:

Girls- Robin Lee- 31'2 3/4",

Boys- Jason Lee- 34'10, Dave Stolfo- 34'

High Jump:

Boys- Dave Stolfo- 5'0"

Comments:

A lot of hardware from this meet! Great to see so many places. Congrats! Keep up the good work. The next meet for most of you will be on Monday, January 29th.

RIDGEWOOD GAMES II

RIDGEWOOD WINTER GAMES II

AT ROCKLAND CC, SUFFERN, N.Y.

Boys

55: 1. Akeem Thomas, Teaneck, 6.7; 2. Damian Miles, Teaneck, 6.7; 3. Matt Smith, Bayonne, 6.7; 4. Stephon Baker, Shabazz, 6.7; 5. Roberto Hannibal, Bergen Tech, 6.7; 6. Markland Tormen, Neptune, 6.7.

55 HH: 1. Larry Sams, Eastside, 8.1; 2. Marvin Gresham, Shabazz, 8.2; 3. Ray Stever, Wood Ridge, 8.3; 4. Dan D'Amato, Hasbrouck Heights, 8.4; 5. S Floyd, Neptune, 8.6; 6. John Chiarello, River Dell, 8.6.

300: 1. Akeem Thomas, Teaneck, 32.9; 2. Jeff Rosenberg, Suffern, 33.9; 3. Stephon Baker, Shabazz, 34.3; 4. William Jones, Barringer, 34.4; 5. Jon Sam, Bergen Catholic, 34.6; 6. Jack Beckert, Watchung Hills, 34.7.

600: 1. John Rubinetti, Bergen Catholic, 1:18.2; 2. Gary Josephs, Kennedy, 1:18.3; 3. Matt Bertinato, Bergen Tech, 1:18.5; 4. Jason Codrington, Science, 1:20.1; 5. Butts, Passaic Tech, 1:20.6; 6. Kevin McVeigh, River Dell, 1:20.8.

1,000: 1. Stephen Abate, Wayne Valley, 2:25.4; 2. Andrew Capizzi, Paramus, 2:31.0; 3. Greg DuBois, Watchung Hills, 2:32.0; 4. Laforte, River Dell, 2:32.2; 5. Salim Corbin, Eastside, 2:33.9; 6. Jim Smith, Matawan, 2:39.9.

1,600: 1. Tony Salvatore, Wayne Valley,

4:36.5; 2. Tim Burke, Bergen Catholic, 4:40.4; 3. Mike Mitchell, Bergen Tech, 4:44.5; 4. Mike Famularo, River Dell, 4:45.5; 5. Kevin Ryan, Passaic Tech, 4:49.2; 6. Jake McCormack, Matawan, 4:57.9.

3,200: 1. Andrew Hanko, Trinity Christian, 9:37.6; 2. Jorge Beltre, Kennedy, 9:57.6; 3. Mike Mitchell, Bergen Tech, 10:13.4; 4. Michael Sandstrom, Green Meadow, 10:16.9; 5. Kevin Ryan, Passaic Tech, 10:17.6; 6. Jake McCormack, Matawan, 10:32.3.

Shot put: 1. Zack Shapiro, River Dell, 54-5/4; 2. Andrew Trass, River Dell, 49-11; 3. Matt Crystal, Watchung Hills, 47-9/4; 4. Darrien Collee, Kennedy, 46-8/4; 5. Shytravio Brown, Kennedy, 46-2/4; 6. Evan Noel, River Dell, 45-8.

High jump: 1. Kevin Bostick, Bergen Catholic, 5-9; 2. Marcus McKenzie, Eastside, 5-9; 3. Shawn Rembecky, Paramus, 5-9; 4. tie between Evan Shaker, Paramus Catholic, Orlando Marquez, Passaic Tech, John Chiarello, River Dell and Greg Debel, Wayne Valley, 5-6.

Pole vault: 1. Dominic Fittizi, Hackensack, 11-6; 2. Billy Lordis, Watchung Hills, 11-6; 3. Jason Gardellis, Monroe-Woodbury, 11-0; 4. Mike McGuinness, Matawan, 10-6; 5. John Bachet, Matawan, 10-6; 6. Brandon Melchoir, Hasbrouck Heights, 10-0.

Long jump: 1. Dan D'Amato, Hasbrouck Heights, 20-2/4; 2. Ausar Walcott, Hackensack, 20-1; 3. Craig Brown, Teaneck, 19-6; 4. Isaiiah Butts, Passaic Tech, 19-4/4; 5. Larry Sams, Eastside, 19-3; 6. Tom Papa, Wayne Valley, 19-0.

Triple jump: 1. Larry Sams, Eastside, 42-11/4; 2. Christian Smalls, Hackensack, 41-11; 3. Dan D'Amato, Hasbrouck Heights, 40-3/4; 4. Defay, Suffern, 39-11/4; 5. Shane Smith, Hackensack, 39-9/4; 6. Kevin Bostick, Bergen Catholic, 39-2.

4X400: 1. Eastside (Tyron Thompson, Marcus McKenzie, Timothy Stancil, Jaimera McCray), 3:41.8; 2. River Dell, 3:46.2; 3. Westwood, 3:46.4; 4. Paramus, 3:47.4; 5. Hackensack, 3:47.7.

4X800: 1. Wayne Valley (Tony Salvatore, Mike Keane, Steve Abate, Anthony Giola), 8:53.0; 2. Suffern, 8:53.4; 3. River Dell, 9:15.2; 4. Westwood, 9:17.4; 5. Parsippany, 9:28.7.

Girls

55: 1. Vicky Caruso, Walkkill Valley, 7.2; 2. Shaylah Conhts, Shabazz, 7.3; 3. Donna Alexander, Matawan, 7.7; 4. Mackenzie Chambers, Matawan, 7.7; 5. Alyssa Maier, River Dell, 8.0; 6. Alyssa Puryear, Neptune, 8.0.

55 HH: 1. Tori Ko, Paramus, 9.3; 2. Nicole Weingartner, Hasbrouck Heights, 9.5; 3. Valerie Peterson, Matawan, 9.6; 4. Whitney Gordon, Kennedy, 10.0; 5. Rachel Peck, River Dell, 10.1; 6. Melissa Hwang, Paramus, 10.2.

300: 1. Amber Allen, Passaic Tech, 37.8; 2. Vicky Caruso, Walkkill Valley, 38.1; 3. Janay Mitchell, Teaneck, 39.7; 4. Alyssa Maier, River Dell, 40.6; 5. Erica Roberts, Science Park, 40.7; 6. Shaylah Counts, Shabazz, 40.8.

600: 1. Bry Bonavita, River Dell, 1:29.9; 2. Capri Holmes, Suffern, 1:34.0; 3. Leah Noble, Bergen Tech, 1:34.4; 4. Gayle Walters, Suffern, 1:34.8; 5. Iyanah Gilford, Perth Amboy, 1:35.9; 6. Sherri Lajoie, River Dell, 1:36.7.

1,000: 1. Ari Ackerman, River Dell, 3:07.5; 2. Kelly Loughlin, Paramus, 3:09.0; 3. Cabral, Passaic Tech, 3:12.4; 4. Estafanie Castro, Hackensack, 3:13.3; 5. Sara Chauvette, Parsippany, 3:13.8; 6. Lauren Close, Walkkill Valley, 3:14.2.

1,600: 1. Carlin Kell, Wayne Valley, 5:34.2; 2. Nicole Kufel, River Dell, 5:49.6; 3. Susan Cahill, Hackensack, 5:54.2; 4. Carolyn Garland, Westwood, 6:03; 5. Lauren Pica, Matawan, 6:05.9; 6. Abbey Wallach, Saddle River Day, 6:11.

3,200: 1. Patty Hannon, Paramus, 12:05.8; 2. Patty Affriol, Matawan, 13:03.3; 3. Kelly Brennan, Watchung Hills, 13:09.1; 4. Colleen Mazzei, Watchung Hills, 13:28.7; 5. Alyssa Randazzo, Watchung Hills, 13:35.0; 6. Mercy Mbevi, Matawan, 13:35.4.

Shot put: 1. Alana Pantale, Wayne Valley, 34-2; 2. Robin Callan, Monroe Woodbury, 33-4/4; 3. Okevia Redway, Hackensack, 31-10; 4. Monica Kloc, Matawan, 31-6; 5. Erin Scurry, Matawan, 31-4; 6. Jasmine Jackson, Neptune, 30-10.

High jump: 1. Nina Horowitz, Watchung Hills, 5-1; 2. Ryan Olexson, Watchung Hills, 5-0; 3. Kelly McDermott, River Dell, 4-8; 4. Chloe Pitterson, Wayne Valley, 4-8; 5. Liz Schuck, Westwood, 4-6.

Pole vault: 1. Annie Polcaro, Ridge-wood, 10-0; 2. Bianca Reo, Parsippany, 9-0; 3. TIE-Sherri Lajoie, River Dell and Sarah O'Meara, Watchung Hills, 8-6; 5. Maddie Ballon, Watchung Hills, 8.0.

Long jump: 1. Nicole Weingartner, Hasbrouck Heights, 15-10; 2. Sandy Antenor, Suffern, 15-6; 3. Leah Noble, Bergen Tech, 15-1; 4. Nina Horowitz, Watchung, 14-6; 5. Ryan Olexson, Watchung, 14-5; 6. Amanda May, Westwood, 14-2.

Triple jump: 1. Donna Alexander, Matawan, 35-1/4; 2. Sandy Antenor, Suffern, 34-10/4; 3. Evana Edwards, Hackensack, 33-5/4; 4. Erin Scurry, Matawan, 32-1/4; 5. Melissa Hwang, Paramus, 31-6/4; 6. Robin Lee, Ridge-wood, 31-2/4.

4X400: 1. River Dell (Bonavita, Ackerman, Lajoie, Roth), 4:15.2; 2. Suffern, 4:15.6; 3. Parsippany, 4:30.5; 4. Watchung, 4:31.2; 5. Matawan, 4:31.4.

4X800: 1. Suffern (Sami Randazzo, Christy Goldmann, Sarah Dugandzic, Shelby Greany), 9:52.1; 2. Kennedy, 10:17.4; 3. Suffern, 10:37.0; 4. Paramus, 10:56.8; 5. Wayne Valley, 11:15.0.

New Balance Games 1/20/07

4 x 55m HH:

Boys-

Peter Nygaard, Luke Cicochi, Zack Ontiveros, Akira Monri

33.03... 8.6 8.5 8.7 7.2

Girls-

Mia Martinez, Emily Barr, Alice Wisener, Lara-Jane Que

37.81... 8.9 11.3 9.2 8.2

County Relays Wed. 1/24/07

***** Results *****

4 x 55m HH:

Boys- Peter Nygaard, Zack Ontiveros, Luke Cichocki, Akira Monri
31.5 (1st) 8.1 8.4 8.0 7.1

Girls- Mia Martinez, Alice Wisener, Emily Barr, Lara-Jane Que
32.5 (1st) 8.3 8.2 8.7 7.3

**** NEW SCHOOL RECORD ****

4 x 1600m:

Boys- Niall Buckley, Christian Trautwein, Jeremy Kalmus, Dan Emont
18:28.0 (1st) 4:34 4:32 4:55 4:27

Girls- Maggie Harms, Alex Middleton, Hilary Barr, Kelly Conheeny
23:20 (3rd).... 6:04 5:43 5:55 5:39

4 x 200m:

Boys- Peter Nygaard, Zack Ontiveros, Chris Zeiglar, Akira Monri
1:32.9 (1st).... 23.8 23.5 22.4 23.1

**** NEW SCHOOL RECORD ****

Girls- Lara-Jane Que, Emily Barr, Alice Wisener, Erica Cigolini
1:47.0 (1st).... 26.8 27.2 27.1 25.8

**** NEW SCHOOL RECORD ****

4 x 800m:

Boys- Mike Vaccaro, Jeremy Kalmus, Christian Legg, Dan Emont,
9:26.0 2:17.2 2:21.0 2:22.8 2:25.0

Girls- Tory Middleton, Casey Reilly, Kate Michel, Kelly Conheeny
10:24.2 (4th).... 2:34.9 2:41.9 2:45.6 2:21.7

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

Boys- Chris Zeiglar, Zach Ontiveros, Peter Nygaard, Niall Buckley
3:41.1 (1st).... 54.3 25.8 24.3 1:57.3

Girls- Alice Wisener, Erica Cigolini, Lara-Jane Que, Cristina Law
4:11.2 (2nd).... 59.4 26.5 29.4 2:15.1

**** NEW SCHOOL RECORD ****

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

Boys- Christian Trautwein, Mike Vaccaro, Niall Buckley, Dan Emont
10:51.4 (3rd).... 3:19 57.0 2:03 4:32

Girls- Cristina Law, Nikki Whitiker, Christine Spilka, Kelly Conheeny
 12:58.1 (2nd).... 3:57 64.1 2:38.5 5:18

4 x 400m:

Boys- Akira Monri, Chris Zeiglar, Christian Trautwein, Niall Buckley
 3:25.9 (1st) 51.6 50.9 52.4 51.1
 ** NEW SCHOOL RECORD **

Girls- Alice Wisener, Emily Barr, Kate Michel, Cristina Law
 4:02.6 (1st).... 59.5 62.2 61.4 59.5

2 x Long Jump:

Boys- Jason Lee, Luke Cichocki
 33'6 1/2" 17'1" 16'5 1/2"

Girls- Erica Cigolini, Mia Martinez
 30'2 3/4" (5th) 15'5 1/2" 14'9 1/4"

2 x Triple Jump:

Boys- Akira Monri, Peter Nygaard
 78'3" (2nd).... 40'4" 37'11"

Girls- Robin Lee, Kate Michel
 62'2 3/4" (4th) 32'2 3/4" 30'0"

2 x Shot Put:

Girls- Lara-Jane Que, Meghan Gonzalez
 58'5 (5th).... 28'2" 30'3"

2 x High Jump:

Boys- Chris Zeiglar, Luke Cichocki
 10'4" 5'0" 5'4"

Girls- Mia Martinez, Erica Cigolini
 9'0" (2nd) tie 4'8" 4'4"

2 x Pole Vault:

Boys- Zack Ontiveros, Max Witt
 9'0" 9'0" nh

Girls- Anne Polcari, Ramelle Brown
 17'6" (1st) 10'0" 7'6"

Comments: Just tremendous all around performances and efforts. Loved to see it! The meet was extremely exciting and you all rose to the challenge. Congrats to the girls with a great *team* win and to the boys for an outstanding 2nd place. Many new school records!

Ramapo sets relay record

NEW YORK - Ramapo ran the fastest girls sprint medley relay in the nation this year as the quartet of Amy Salek, Courtney Laird, Rebecca DeJong and Kesley Ramsey clocked 4:10.4 at the Bergen County indoor relays Wednesday night at the Armory Track Center.

The time took nearly seven seconds off the former Bergen County indoor record of 4:17.23 by Queen of Peace in 2003 and is faster than the outdoor record of 4:10.5 set by the 1987 Ridgewood team.

INDOOR TRACK

The Knights were a bit lucky to win the race. Ridgewood's team of Alice Wisener, Erica Cigolini, Lara-Jane Que and Cristina Law, second in 4:11.2, dropped the baton on the first pass, enabling Ramapo to take the lead it never relinquished. Ramsey ran a personal-best 2:15.8 on the anchor leg to hold off Law, who split 2:15.1 and drew close to Ramsey several times on the final lap.

The previous best race in the event this season was 4:10.57 by Chester, Pa., at the Seton Hall Games.

The Ridgewood and Waldwick girls and Don Bosco and Ramsey boys earned team titles in the event. Other top performances included Greg Stripe of Mahwah, with the top pole vault in the state this year at 14-6, and Kwame Collin of Hackensack, who had the state's top long jump at 22-6.

INDOOR TRACK

BERGEN COUNTY RELAYS

AT THE ARMORY TRACK CENTER,
NEW YORK

Boys

LARGE SCHOOLS

TEAM SCORING: Don Bosco 78, Ridgewood 64, Hackensack 53, River Dell 41, Indian Hills 34, Bergen Catholic 16, Englewood 13 1/2, Paramus Catholic 12 1/2, Teaneck 12, Bergen Tech 11, Northern Highlands 9, Cliffside Park and Demarest 8, Ramapo 6, Old Tappan and Paramus 3.

4-x-200: 1. Ridgewood (Peter Nygaard, Zack Ontiveros, Chris Zeigler, Akira Monri), 1:32.9; 2. Don Bosco, 1:33.3; 3. Teaneck, 1:33.5; 4. Englewood, 1:34.2; 5. Bergen Catholic, 1:35.4; 6. Hackensack, 1:36.8.

4-x-400: 1. Ridgewood (Akira Monri, Chris Zeigler, Christian Trautwein, Niall Buckley), 3:26.1; 2. Don Bosco, 3:27.1; 3. Bergen Catholic, 3:30.4; 4. Hackensack, 3:32.7; 5. Bergen Tech, 3:33.7; 6. River Dell, 3:35.7.

4-x-800: 1. Don Bosco (Jason Baker, Conor Sullivan, Steve Wexler, Sharif Webb), 8:03.8; 2. Indian Hills, 8:06.0; 3. Ramapo, 8:55.5; 4. Cliffside Park, 8:58.1; 5. Englewood, 9:02.6; 6. River Dell, 9:18.3.

4-x-1,600: 1. Ridgewood (Christian Trautwein, Dan Emont, Jeremy Kaimus, Niall Buckley), 18:29.5; 2. Don Bosco, 18:34.6; 3. River Dell, 19:50.7; 4. Bergen Catholic, 20:02.7; 5. Indian Hills, 20:03.0; 6. Bergen Tech, 20:08.7.

Sprint medley: 1. Ridgewood, 3:41.1; 2. Bergen Tech, 3:41.6; 3. Don Bosco, 3:43.0; 4. Hackensack, 3:47.7; 5. tie between Paramus Catholic and Englewood, 3:51.2.

Distance medley: 1. Don Bosco (Conor Sullivan, Nick Feldmann, Stephen Wykes, Jason Baker), 10:48.3; 2. Northern Highlands, 10:48.5; 3. Ridgewood, 10:51.6; 4. Cliffside Park, 11:25.1; 5. River Dell, 11:38.2; 6. Hackensack, 11:48.3.

Shuttle Hurdles: 1. Ridgewood (Peter Nygaard, Zack Ontiveros, Luke Cichocki, Akira Monri), 31.5; 2. Hackensack, 31.8; 3. Don Bosco, 32.1; 4. River Dell, 33.3; 5. Bergen Catholic, 33.4; 6. Englewood, 33.9.

Shot put: 1. River Dell (Andrew Trass, Zach Shapiro), 108-10 1/4; 2. Don Bosco, 87-9; 3. Hackensack, 86-8 1/2; 4. Paramus Catholic, 84-11 1/2; 5. Indian Hills, 81-3 1/2; 6. Old Tappan, 80-5 3/4.

High jump: 1. Indian Hills (Kurt Von Weisenstein, Max Bruno), 11-6; 2. tie between Hackensack and River Dell, 11-4; 4. tie between Paramus and Paramus Catholic, 11-0; 6. Old Tappan, 10-6.

Long jump: 1. Hackensack (Kwame Collins, Ausar Walcott), 43-3 1/4; 2. Indian Hills, 38-8 1/2; 3. Teaneck, 37-10 1/4; 4. Don Bosco, 37-4 1/4; 5. River Dell, 37-2 1/4; 6. Englewood, 37-0 1/4.

Triple jump: 1. Hackensack (Kwame Collins, Christian Smalls), 86-1 1/4; 2. Ridgewood, 78-3; 3. Bergen Catholic, 77-8 1/2; 4. Englewood, 74-4 1/2; 5. River Dell, 73-2; 6. Northern Highlands, 71-9.

Pole vault: 1. Don Bosco (Matt Steeg, Mike Wendolowski), 22-0; 2. Demarest, 20-6; 3. River Dell, 19-6; 4. Indian Hills, 18-0; 5. Hackensack, 12-6; 6. Old Tappan, 10-6.

Girls

LARGE SCHOOLS

TEAM SCORING: Ridgewood 76.2, River Dell 72, IHA 37.2, Indian Hills 30, Holy Angels 28.2, Hackensack 27.2, Ramapo and Paramus 20, Teaneck 16, Bergenfield 10, Northern Highlands 7, Old Tappan 6, Demarest 5, Garfield 4.2, Paramus Catholic and Bergen Tech 4, Fort Lee 2.

4-x-200: 1. Ridgewood (Lara-Jane Que, Emily Barr, Alice Wisener, Erica Cigofini), 1:47.0; 2. Teaneck, 1:48.3; 3. River Dell, 1:49.9; 4. Paramus Catholic, 1:50.0; 5. Indian Hills, 1:51.7; 6. Hackensack, 1:52.4.

4-x-400: 1. Ridgewood (Emily Barr, Kate Michel, Alice Wisener, Cristina Law), 4:02.5; 2. River Dell, 4:04.4; 3. Teaneck, 4:05.1; 4. IHA, 4:16.3; 5. Northern Highlands, 4:19.2; 6. Holy Angels, 4:23.2.

4-x-800: 1. Indian Hills (Ashley Bava, Clare Kiesel, Donna Bruno, Lindsey Jeltes), 10:01.5; 2. Holy Angels, 10:04.9; 3. IHA, 10:12.1; 4. River Dell, 10:23.0; 5. Ridgewood, 10:26.0; 6. Paramus, 10:32.7.

4-x-1,600: 1. Holy Angels (Mary Kaye Duff, Allison Gadaleta, Nicole Schiavone, Suzana Markolovic), 22:22.5; 2. IHA, 22:58.8; 3. Ridgewood, 23:20.1; 4. River Dell, 24:21.0; 5. Fort Lee, 24:44.9; 6. Indian Hills, 27:44.3.

Sprint medley: 1. Ramapo (Amy Salek, Courtney Laird, Rebecca DeJong, Kesley Ramsey), 4:10.4 (Bergen county record, old record, 4:17.23 by Queen of Peace, 2003); 2. Ridgewood, 4:11.2; 3. River Dell, 4:19.1; 4. IHA, 4:32.4; 5. Teaneck, 4:35.6; 6. Holy Angels, 4:42.0.

Distance medley: 1. Ramapo (Erin McKenna, Meghan Downey, Colleen Sullivan, Kesley Ramsey), 12:43.0; 2. Ridgewood, 12:58.2; 3. IHA, 13:23.2; 4. Demarest, 13:27.9; 5. Holy Angels, 13:29.6; 6. Paramus, 13:29.8.

Shuttle Hurdles: 1. Ridgewood (Mia Martinez, Alice Wisener, Emily Barr, Lara-Jane Que), 32.4; 2. River Dell, 33.9; 3. Paramus, 34.3; 4. Northern Highlands, 34.4; 5. Hackensack, 36.4; 6. IHA, 36.9.

Shot put: 1. Bergenfield (Angela Acosta, Johnalyn Cartagena), 68-11 1/4; 2. Indian Hills, 63-11 1/4; 3. Hackensack, 60-9; 4. IHA, 60-3 1/4; 5. Ridgewood, 58-11; 6. Demarest, 56-3 1/4.

High jump: 1. River Dell (Jessie Ruiz, Kelly McDermott), 9-6; tie between Ridgewood, IHA, Garfield, Hackensack and Holy Angels, 9-0.

Long jump: 1. Hackensack (Krystal Wyche, Evana Edwards), 32-2 1/4; 2. River Dell, 32-2; 3. Paramus, 30-1 1/4; 4. Bergen Tech, 29-11 1/4; 5. Ridgewood, 29-9; 6. Indian Hills, 29-7 1/4.

Triple jump: 1. River Dell (Alyssa Maier, Kelly McDermott), 68-4 1/4; 2. Indian Hills, 63-1 1/4; 3. Paramus, 62-11 1/4; 4. Ridgewood, 62-9 1/4; 5. Holy Angels, 60-8 1/2; 6. Northern Highlands, 59-8.

Pole vault: 1. Ridgewood (Annie Polcari, Rabelle), 17-6; 2. River Dell, 16-0; 3. Old Tappan, 13-6; 4. Hackensack, 8-6.

SMALL SCHOOLS

TEAM SCORING: Ramsey 61, Hasbrouck Heights 49, New Milford 46, Saddle Brook 35, Waldwick 30, Ridgefield Park 28, Park Ridge 22, Tenafly 21, Rutherford 20, Mahwah 18, Wood-Ridge 11 1/2, Westwood 10, Queen of Peace 6, Dumont 5, St. Joseph Regional 2, Ridgefield 1/2.

4-x-200: 1. Waldwick (Mike Occhipinti, Connor Kennedy, Mike Molfetas, Chris Oravetz), 1:37.1; 2. Hasbrouck Heights, 1:37.7; 3. Ramsey, 1:38.3; 4. New Milford, 1:39.6; 5. Saddle Brook, 1:40.5; 6. tie between Ridgefield and Wood-Ridge, 1:41.4.

4-x-400: 1. Ramsey (Pisierchia, David Menzo, Conrad), 3:37.3; 2. Waldwick, 3:39.9; 3. Queen of Peace, 3:40.7; 4. Westwood, 3:40.8; 5. Hasbrouck Heights, 3:41.4; 6. New Milford, 3:42.1.

4-x-800: 1. Park Ridge (Matt Lingam, Brian Desmond, Sam Janssen, John Carabetta), 8:23.4; 2. Tenafly, 8:33.9; 3. Saddle Brook, 8:51.8; 4. Westwood, 8:54.9; 5. St. Joseph Regional, 8:56.5; 6. Ramsey, 8:57.5.

4-x-1,600: 1. Rutherford (Charles Goid, John Gaffney, Kris Ramdial, Chris Blinstrub), 19:53.4; 2. Ramsey, 20:02.8; 3. Saddle Brook, 20:09.3; 4. Ridgefield Park, 20:29.7; 5. Hasbrouck Heights, 22:41.0; 6. New Milford, 22:47.3.

Sprint medley: 1. Waldwick (Kevin McGarr, Mike Molfetas, Chris Oravetz, James Bedrock), 3:52.3; 2. New Milford, 3:56.8; 3. Ramsey, 3:57.6; 4. Wood-Ridge, 3:59.8; 5. Ridgefield Park, 4:02.7; 6. Park Ridge, 4:02.9.

Distance medley: 1. Rutherford (Charles Goid, Jeveron DeLorenzi, Kris Ramdial, Sean Gaffney), 11:28.5; 2. Tenafly, 11:35.1; 3. Ridgefield Park, 11:52.7; 4. Ramsey, 11:52.8; 5. Saddle Brook, 11:57.3; 6. Park Ridge, 11:59.1.

Shuttle Hurdles: 1. tie between New Milford (John Esposito, Manny Viera, Brian Hirt, Joe Picciano) and Ramsey (Keith Mistretta, Jake Menzo, Matt Bailey, Mike Iozzia), 32.3; 3. Wood-Ridge, 33.6; 4. Hasbrouck Heights, 33.8; 5. Ridgefield Park, 35.5; 6. Tenafly, 35.9.

Shot put: 1. Hasbrouck Heights (Brandon Melchior, Brendan Gareffa), 96-1; 2. New Milford, 82-5; 3. Ridgefield Park, 78-6 1/4; 4. Mahwah, 77-9; 5. Westwood, 74-6; 6. Dumont, 73-6 1/2.

High jump: 1. tie between Saddle Brook (Tim White, Allen Patterson) and Ramsey (Mike Iozzia, Mike Pisierchia), 10-10; 3. New Milford, 10-6; 4. Dumont, 6-2; 5. Ridgefield Park, 5-8; 6. Hasbrouck Heights, 5-4.

Long jump: 1. Saddle Brook (Tim White, Allen Patterson), 38-2 1/4; 2. Hasbrouck Heights, 37-4 1/4; 3. Ramsey, 37-2; 4. Mahwah, 37-1; 5. Waldwick, 37-0; 6. New Milford, 36-11 1/4.

Triple jump: 1. Park Ridge (Conrad Healy, Nick Bravo), 82-3 1/2; 2. Hasbrouck Heights, 78-9; 3. Ridgefield Park, 75-2; 4. Tenafly, 74-6 1/4; 5. Ramsey, 74-3 1/4; 6. Wood-Ridge, 72-5 1/2.

Pole vault: 1. Mahwah (Greg Stripe, Pete Sarkissian), 25-6; 2. New Milford, 19-0; 3. Hasbrouck Heights, 11-6.

SMALL SCHOOLS

TEAM SCORING: Waldwick 69, Ramsey 51, Hasbrouck Heights 47 1/2, Saddle Brook 42, Ridgefield Park 33, Mahwah 23, Westwood and Rutherford 20, Tenafly 16 1/2, Dumont 12, Wood-Ridge 11, Queen of Peace and Ridgefield 6, Saddle River Day, Midland Park and New Milford 4, Park Ridge 1.

4-x-200: 1. Saddle Brook (Kim Prevedel, Dana Wojdyla, Stephanie Winstead, Arianna Pomo), 1:52.0; 2. Hasbrouck Heights, 1:53.8; 3. Waldwick, 1:54.0; 4. Ridgefield Park, 1:54.4; 5. Ramsey, 1:55.2; 6. Rutherford, 1:55.5.

4-x-400: 1. Ramsey (Diane Bain, Karen Ullmann, Michelle Erii, Adriana Lanuto), 4:14.2; 2. Tenafly, 4:21.1; 3. Rutherford, 4:26.5; 4. Waldwick, 4:26.7; 5. Hasbrouck Heights, 4:27.6; 6. Mahwah, 4:28.1.

4-x-800: 1. Ramsey (Stacey Bond, Michelle Erii, Rosario, Jen Bain), 10:26.9; 2. Westwood, 10:28.9; 3. Tenafly, 10:30.1; 4. Waldwick, 10:55.1; 5. New Milford, 11:16.3; 6. Saddle Brook, 11:45.5.

4-x-1,600: 1. Waldwick (Kelsey Dunn, Brittany DeBord, Jenna Hascup, Lindsay Pedersen), 23:43.4; 2. Ramsey, 23:54.4; 3. Rutherford, 25:22.3; 4. Hasbrouck Heights, 26:19.4; 5. New Milford, 26:48.0.

Sprint medley: 1. Waldwick (Laurer Schultz, Caitlin Mulkeen, Danielle Tricoli, Kesley Dunn), 4:32.5; 2. Saddle Brook, 4:34.3; 3. Ramsey, 4:36.2; 4. Rutherford, 4:36.8; 5. Mahwah, 4:45.6; 6. Park Ridge, 4:53.1.

Distance medley: 1. Westwood (Carolyn Garland, Amanda May, Celine Brennan, Teresa Gagliostro), 13:46.4; 2. Waldwick, 13:55.6; 3. Ramsey, 14:18.6; 4. Saddle River Day, 14:26.7; 5. Hasbrouck Heights, 14:40.1; 6. Saddle Brook, 14:47.9.

Shuttle Hurdles: 1. Saddle Brook (Arianna Pomo, Dana Wojdyla, Shayli Hesien, Stephanie Winstead), 35.5; 2. Ridgefield Park, 36.0; 3. Hasbrouck Heights, 36.2; 4. Midland Park, 37.1; 5. Waldwick, 37.4; 6. Wood-Ridge, 40.1.

Shot put: 1. Wood-Ridge (Gabby Urab Deanna Boreca), 59-2; 2. Dumont, 51-10; 3. Queen of Peace, 56-2; 4. Waldwick, 55-5; 5. Hasbrouck Heights, 50-9 1/2; 6. Ridgefield Park, 53-1 1/2.

High jump: 1. tie between Waldwick (Sarah Aiosa, Jen D'Augustine) and Rutherford (Heather Gearity, Kai Gearity), 9-6; 3. Saddle Brook, 9-2; 4. Ridgefield Park, 9-0; 5. tie between Hasbrouck Heights and Tenafly, 8-8.

Long jump: 1. Waldwick (Kim Queiroz, Jackie Wheatley), 29-8 1/2; 2. Hasbrouck Heights, 29-6 1/2; 3. Mahwah, 28-11 1/4; 4. Ridgefield Park, 28-10; 5. Westwood, 27-4 1/2; 6. Ramsey, 27-7 1/4.

Triple jump: 1. Ridgefield Park (Shay Boland, C.J. Jacob), 63-4 1/4; 2. Ramsey, 62-10 1/4; 3. Mahwah, 62-10; 4. Hasbrouck Heights, 62-2; 5. Waldwick, 59-5 1/2; 6. Tenafly, 59-0 1/4.

Pole vault: 1. Hasbrouck Heights (Krysten Martino, Jessica Bunker), 16-0; 2. Mahwah, 12-0; 3. Saddle Brook, 8-0; 4. tie between Dumont and Ridgefield Park, 6-0.

Ridgewood, Ramsey survive tough fields

By PAUL SCHWARTZ
STAFF WRITER

INDOOR TRACK

NEW YORK - Mike Mullin was relieved. Matt Winn was excited. And after the Ridgewood girls and Ramsey boys had completed wins in their respective 4-x-400 relays, clinching the large-school girls and small-schools boys titles at the Bergen County Indoor Relays on Wednesday night, they reacted in much the same way.

"This was a lot closer than I wanted it to be," said Mullin, the Ridgewood girls coach after his team had run 4:02.5 in the final event to hold off River Dell, 76.2-72. "I haven't seen enough of River Dell to know how good they were before [Wednesday], and I saw too much of them [Wednesday]."

"I haven't really seen New Milford all season and even though I know Hasbrouck Heights has a great program, I didn't know just how good they were," said Winn, the Ramsey boys coach, after his team had clinched its 61-49-46 win over Hasbrouck Heights and New Milford with a five-second seasonal best in the relay.

The other two divisions were won handily by the Don Bosco boys (large schools) and Waldwick girls (small schools) on a night that featured this season's second-fastest girls sprint medley in the nation and this season's best boys pole vault and long jump in the state.

Ramsey shared the high jump title with Saddle Brook as senior Mike Piserchia led the way, with Heights finishing sixth and New Milford third, putting the Rams into a tie with Heights.

Then the Rams, with senior Tim Arscott on the anchor, grabbed a fourth in the distance medley as their leading competitors were shut out.

Piserchia led off the 4-x-400 relay that never trailed, despite a leg injury that cost the Rams a higher finish in the sprint medley.

Ridgewood outscored River Dell in six of the seven girls running events, but usually by one place. And with the Golden Hawks outscooring Ridgewood 28-10 in the three jumps, it left the Maroons almost 10 points behind with four events to go.

"They're so well coached that one more mistake and we were in trouble," Mullin said.

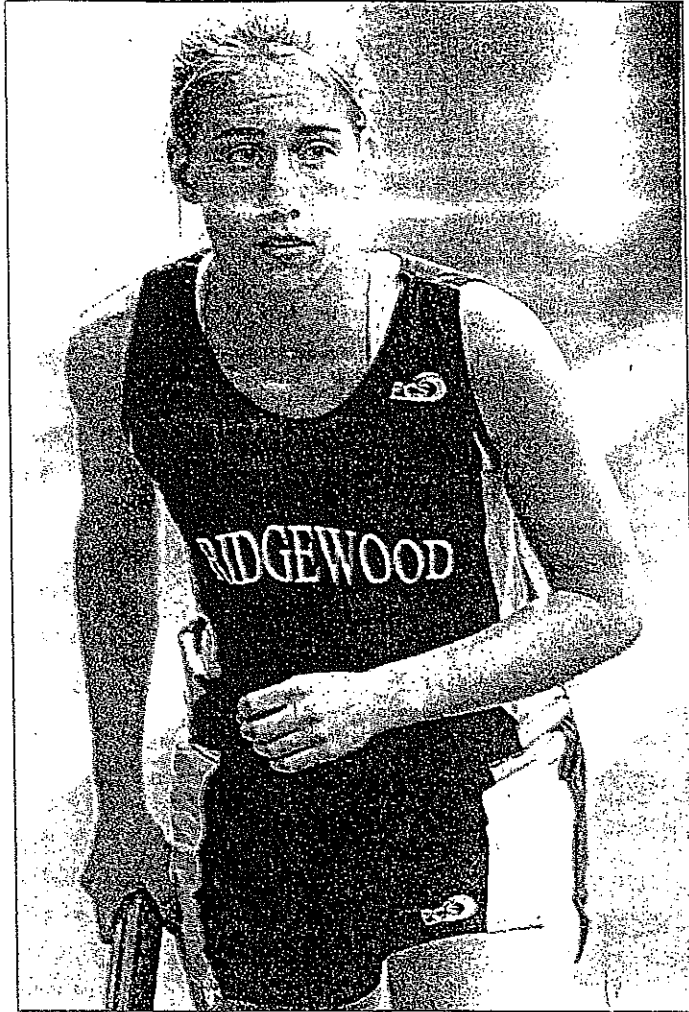
The meet was virtually tied after the Golden Hawks were shut out in the distance medley and shot put as Ridgewood scored 10 points in the two events. And with Ridgewood apparently with an insurmountable lead in the pole vault (with River Dell second), a tired Ridgewood 4-x-400 team took the track against a dangerous River Dell team.

Emily Barr and Kate Michel gave the Maroons a lead after two legs, and Alice Wisener (in her fourth event) and Cristina Law (in her third) held off the Golden Hawks by about 10 meters.

Law, who won the Lou Molino Award for outstanding girls performance, led off Ridgewood's distance medley in 3:57.0 for 1,200 meters, and a half-hour later, ran 59.5 to anchor the 4-x-400 relay. Earlier, she had run 2:15.1 for her 800 anchor in the sprint medley, where Ridgewood broke the County record by six seconds, only to lose to Ramapo's second fastest-in-the-nation effort.

Greg Stripe of Mahwah won the Alan Wedemeier Award for outstanding boys performance by vaulting 14-6, a foot higher than anyone in the state this winter.

BARR OF GOLD



Junior Emily Barr helped the Ridgewood High School girls indoor track team claim three gold medals and the overall team title at the Bergen County Relay Championships on Wednesday night at The Armory in Manhattan. The Maroons edged River Dell, 86.5-82, by beating the Oradell school in the final event of the meet, the 4x400-meter relay. Barr combined with junior Kate Michel and seniors Alice Wisener and Cristina Law to run the race in 4:02.6, nearly two seconds ahead of the River Dell quartet. Barr was also part of the Maroon girls' victorious 4x200-meter and shuttle hurdle relay squads. At the same meet, the Ridgewood boys finished second to Don Bosco Prep, 72-64. A complete recap of both the Bergen County relays and Monday's upcoming Northern New Jersey Interscholastic League (NNJIL) meet will be published in next week's edition of *The Ridgewood News*.

PHOTO/JIM CLARKE

NNJIL Meet
***** Results *****

Mon. January 29, 2007

3200m:

Boys- Dan Emont- 9:45.1 (1st), Jeremy Kalmus- 10:32.9 (3rd)

Girls- Tory Middleton- 13:19.7 (2nd), Casey Reilly- 13:21.6 (3rd)

55m HH:

Boys- Akira Monri- 7.7 (1st), Peter Nygaard- dq, Luke Cichocki- 7.9

Girls- Lara-Jane Que- 8.2 (1st) **MEET RECORD**, Mia Martinez- 8.6 (2nd),
Alice Wisener- 9.3 (4th)

55m:

Girls- Erica Cigolini- 7.2 (1st) **** NEW SCHOOL RECORD ****, Emily Barr- 7.4,
Lara-Jane Que- 7.2 (2ND)

1000m:

Boys- Christian Trautwein- 2:40.4 (1st)

Girls- Kelly Conheeny- 3:04.7 (1st), Alex Middleton- 3:21.6 (4th)

200m: (Novice)

Boys- Rob Webbe- 25.6, Will Jacoby- 25.4, Logan Ruppel- 27.6, Andrew Foong- 27.6,
Josh Dabby- 31.7, Dan Nagano-Gerrace- 26.6

Girls- Jacqueline Pierce- 30.1, Maeve Casey- 29.3, Emily Trent- 30.7,
Madeline Conboy- 31.2, Jacqueline Montero- 30.4, Pricsilla Chow- 33.3,
Melissa Wittenbertt- 33.1

4 x 800m:

Boys- Jeremy Kalmus, Mike Vaccaro, Alex Butler, Chris Legg
9:12 (2nd) 2:17.1 2:09.9 2:17.5 2:17.1

Girls- Hilary Barr, Casey Reilly, Meghan Granski, Maggie Harms
11:01.3 (2nd)... 2:44.9 2:48.3 2:46.8 2:41.0

200m: (frosh)

Boys- Sam Coopersmith- 26.3, Ian Krescy- 27.9, Karsky ?- 29.4, Matt LaDuca- 28.5,
Ryan Mansbach- 27.9

Girls- Victoria Olivia- 29.7, Fiona Smith- 30.1, Caroline Lynch- 31.9, Sera Yoon- 33.3,
Madeline Wilson- 35.2, Alex Salerno- 36.7

600m:

Boys- Niall Buckley- 1:22.3 (1st)

Girls- Cristina Law- 1:36.6 (1st) **Meet Record...** NEW SCHOOL RECORD ****,
Kelly Conheeny- 1:42.2 (2nd), Tory Middleton- 1:51.2

800m: (Novice)

Boys- Justin Jenkins- 2:28.9,

Girls- Tory Mullen- 3:06.3, Molly Rapaport- 3:17.0

800m: (Frosh)

Boys- Sam Coopersmith- 2:22.9, Stephan Fishbein- 2:47.6, Eddie Martinez- 2:46.3

Girls- Christine Spilka- 2:35.8 (1st), Hannah Jones- 3:28, Eurih Lee- 3:14,
Courtney Meyer- 3:20, Sera Yoon- 3:11, Alex Scibbeta- 2:54.6, Okwuchi Onwubi- 2:58,
Katie Martin- 3:04

300m:

Boys- Zach Ontiveros- 38.3 (6th), Peter Nygaard- 39.7

Girls- Erica Cigolini- 42.5 (3rd), Alice Wisener- 42.3 (2nd), Nicky Whitiker- 46.0

1600m:

Boys- Dan Emont- 4:42.3 (1st), Christian Legg- 5:09.1 (6th)

Girls- Alex Middleton- 5:39 (2nd), Hilary Barr- 5:55 (5th)

1600m: (Novice)

Boys- John McCooe- 5:36, Mark Rykken- 5:32

Girls- Jessica Connor- 6:30, Megan Granski- 6:25 (5th), Megan McLoughlin- 6:38

1600m: (Frosh)

Boys- Alex Butler- 5:27, Brian Cleary- 5:25 (5th),

4 x 400:

Boys-

Terrance Lam, Eddie Martinez, Ian Krescy, Matt LaDuca

4:33..... 64.1 72.1 66.0 71.0

Girls-

(1) Smith, Salerno, Olivia, Spilka

4:53 (1st) 70 83 71 68

(2) Wilson, Scibbeta, Martin, Onwubu

5:10 (2nd) 82 72 76 80

4 x 400m: (Novice)

Boys-

Rob Webbe, Dan Nagano, Jason Lee, Felipe Lopez

4:11.8 63.2 63.7 62.3 62.6

Girls-

(1) Jacqueline Pierce, Rita Muzio, Emily Trent, Maeve Casey

4:37 (1st).... 67.4 71.0 71.0 68.0

(2) Madeline Conboy, Melissa Wittenbert, Jacqueline Montero, P. Chow

5:06 (3rd) 72 85 72 75

4 x 400m:

Boys-

Akira Monri, Mike Vacarro, Christian Trautwein, Niall Buckley

3:29.9 (1st).... 52.1 53.7 52.7 51.3

Girls-

Emily Barr, Alice Wisener, Kate Michel, Cristina Law

4:04.4 (1st)..... 62.3 60.4 62.5 59.1

Triple Jump:

Boys- Akira Monri- 40'10" (3rd), Peter Nygaard- 37'3" (6th)

Girls- Robin Lee- 32'5 (3rd), Kate Michel- F

Long Jump:

Boys- Jason Lee- 16', Luke Cichocki- 14'9", Peter Nygaard- 17'4",
Dan Nagano- 16'9"

Girls- Erica Cigolini- 15'6 3/4" (1st), Mia Martinez- 14'5" (6th)

Shot Put:

Girls- Megan Gonzalez- 29'6" (5th), Lara-Jane Que- 30'2" (4th)

High Jump:

Boys- Luke Cichocki- 5'4" (5th), Zach Ontiveros

Girls- Mia Martinez- 4'10" (1st)

Pole Vault:

Boys- Zach Ontiveros- 8'0" (1st), Max Witt- 8'0" (2nd)

Girls- Anne Polcari- 10' (1st), Ramelle Brown- 7'6" (2nd),
Robin Lee- 7'0" (3rd)

Team Totals:

Boys:

1. Ridgewood- 103
2. Teaneck- 79
3. Montclair- 63
4. Nutley- 61
5. Belleville- 41
6. Paramus- 35
7. Bloomfield- 30

Girls:

1. Ridgewood- 186
2. Paramus- 79
3. Montclair- 49
4. Belleville- 36
5. Nutley- 28
6. Teaneck- 25
7. Bloomfield- 8

Comments: Clear domination on both sides. You continue to show that we have athletes at the league, county, state, and national levels! Good job showing support for one another and doing what it takes to win a team title. Special congrats to Cristina, Lara-Jane, and Erica for setting records in various events. Keep up the great work and attitude!

Fraulo Race Timing - Contractor License
 Hy-Tek's MEET MANAGER 8:56 PM 1/29/2007
 NNJIL WINTER TRACK CHAMPIONSHIPS 07 - 1/29/2007
 168th Street Armory

Results

Boys 55 Meter Dash B

Name	Year School	Finals	Points
1 793 Miles, Damian	JR Teaneck High School	6.50	10
2 804 Thomas, Akeem	SR Teaneck High School	J6.50	8
3 100 Hall, Cedric	JR Belleville HS	6.60	6
4 522 Holtz, Omari	SR Montclair	J6.60	4
5 534 Smith, Mitchell	JR Montclair	6.90	2
6 781 Goins, Chris	SO Teaneck High School	J6.90	1

Boys 300 Meter Dash B

Name	Year School	Finals	Points
1 804 Thomas, Akeem	SR Teaneck High School	35.90	10
2 522 Holtz, Omari	SR Montclair	36.30	8
3 100 Hall, Cedric	JR Belleville HS	36.60	6
4 793 Miles, Damian	JR Teaneck High School	36.90	4
5 636 Rembecky, Shawn	SR Paramus	37.00	2
6 699 Ontiveros, Zach	12 Ridgewood	38.30	1

Boys 600 Meter Dash B

Name	Year School	Finals	Points
1 676 Buckley, Niall	12 Ridgewood	1:22.30	10
2 521 Herring, Zachary	SO Montclair	1:26.90	8
3 545 Aiello, Joseph	SR Nutley High School	1:27.50	6
4 807 Turner, Max	JR Teaneck High School	1:28.60	4
5 138 Tran, Huan	SR Belleville HS	1:29.50	2
6 122 Pared, Michael	JR Belleville HS	1:30.60	1

Boys 1000 Meter Run B

Name	Year School	Finals	Points
1 706 Trautwein, Christi	11 Ridgewood	2:40.40	10
2 611 Capizzi, Andrew	SR Paramus	2:48.20	8
3 138 Tran, Huan	SR Belleville HS	2:50.00	6
4 529 Olsen-Swenson, And	SR Montclair	2:54.00	4
5 122 Pared, Michael	JR Belleville HS	2:54.20	2
6 516 Firebrace, James	SR Montclair	2:56.90	1

Boys 1600 Meter Run B

Name	Year School	Finals	Points
1 682 Emont, Dan	12 Ridgewood	4:42.30	10
2 217 Marshall, Craig	SR Bloomfield	4:47.40	8
3 611 Capizzi, Andrew	SR Paramus	4:52.80	6
4 540 Whiteley, Brad	SO Montclair	4:56.10	4
5 643 Stuart, Eric	SR Paramus	5:01.70	2
6 692 Legg, Chris	9 Ridgewood	5:09.10	1

Boys 3200 Meter Run B

Name	Year School	Finals	Points
1 682 Emont, Dan	12 Ridgewood	9:45.10	10
2 217 Marshall, Craig	SR Bloomfield	10:31.00	8
3 688 Kalmus, Jeremy	12 Ridgewood	10:32.90	6
4 561 DeBarbieri, Bryan	SR Nutley High School	10:35.70	4
5 643 Stuart, Eric	SR Paramus	10:56.50	2
6 504 Bangs, Jackson	SR Montclair	11:00.00	1

Boys 55 Meter Hurdles B

Name	Year School	Finals	Points
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1	697 Monri, Akira	11 Ridgewood	7.70	10
2	809 Williams, James	SR Teaneck High School	8.00	8
3	212 Hill, Theodore	SR Bloomfield	8.70	6
4	210 Gantt, Shawn	SO Bloomfield	8.80	4
5	759 Alexandre, Jason	JR Teaneck High School	8.90	2
6	646 Vargas, Joe	SO Paramus	9.00	1

Boys 4x400 Meter Relay B

School	Finals	Points
1 Ridgewood High School 'A'	3:29.90	10
1) 697 Monri, Akira 11	2) 706 Trautwein, Christian 11	
3) 676 Buckley, Niall 12	4) 699 Ontiveros, Zach 12	
2 Teaneck High School 'A'	3:32.70	8
1) 807 Turner, Max JR	2) 814 Wyche, Derrick SR	
3) 793 Miles, Damian JR	4) 804 Thomas, Akeem SR	
3 Montclair High School 'A'	3:38.80	6
1) 522 Holtz, Omari SR	2) 521 Herring, Zachary SO	
3) 516 Firebrace, James SR	4) 529 Olsen-Swenson, Anders SR	
4 Belleville HS 'A'	3:41.10	4
1) 138 Tran, Huan SR	2) 117 Manning, Dennis SR	
3) 68 Antonio, Brian SO	4) 103 Herrmann, Matt JR	
5 Paramus 'A'	3:43.40	2
1) 640 Spector, Ilya SO	2) 611 Capizzi, Andrew SR	
3) 646 Vargas, Joe SO	4) 636 Rembecky, Shawn SR	

Boys 4x800 Meter Relay B

School	Finals	Points
1 Nutley High School 'A'	9:05.60	10
1) 592 Pawalowski, Michael SR	2) 597 Rauco, Anthony SO	
3) 568 Grueter, Jonathan FR	4) 561 DeBarbieri, Bryan SR	
2 Ridgewood High School 'A'	9:12.00	8
1) 688 Kalmus, Jeremy 12	2) 707 Vacarro, Mike 12	
3) 677 Butler, Alex 9	4) 692 Legg, Chris 9	
3 Belleville HS 'A'	9:20.00	6
1) 88 Deoleo, Brian SO	2) 117 Manning, Dennis SR	
3) 85 Cortez, Fabian SR	4) 103 Herrmann, Matt JR	

Boys High Jump B

Name	Year School	Finals	Points
1 583 Michaud, Craig	JR Nutley High School	6-00.00	10
2 636 Rembecky, Shawn	SR Paramus	5-10.00	8
3 759 Alexandre, Jason	JR Teaneck High School	5-08.00	6
4 646 Vargas, Joe	SO Paramus	5-04.00	4
5 1143 Cichocki, Luke	9 Ridgewood	J5-04.00	2

Boys Pole Vault B

Name	Year School	Finals	Points
1 699 Ontiveros, Zach	12 Ridgewood	8-00.00	10
2 712 Witt, Max	10 Ridgewood	J8-00.00	8

Boys Long Jump B

Name	Year School	Finals	Points
1 522 Holtz, Omari	SR Montclair	21-00.00	10
2 545 Aiello, Joseph	SR Nutley High School	19-02.50	8
3 768 Brown, Craig	JR Teaneck High School	18-11.00	6
4 534 Smith, Mitchell	JR Montclair	18-10.00	4
5 811 Williams, Reggie	SR Teaneck High School	18-07.00	2
6 575 Kim, Soo Ho	SR Nutley High School	18-06.00	1

Boys Triple Jump B

Name	Year School	Finals	Points
1 768 Brown, Craig	JR Teaneck High School	42-02.00	10
2 101 Hamdan, Laith	JR Belleville HS	41-01.00	8
3 697 Monri, Akira	11 Ridgewood	40-10.00	6
4 592 Pawalowski, Michae	SR Nutley High School	39-08.00	4
5 575 Kim, Soo Ho	SR Nutley High School	37-08.00	2
6 698 Nygaard, Peter	11 Ridgewood	37-03.50	1

Boys Shot Put B

Name	Year	School	Finals	Points
1 555 Bradley, Christoph	SR	Nutley High School	43-01.50	10
2 502 Andrews, Joseph	JR	Montclair	42-11.25	8
3 581 Luu, Tai Tan	SR	Nutley High School	40-09.00	6
4 1147 Gordon, Leon	SR	Bloomfield	39-09.50	4
5 1145 Revies, Marquise	SR	Montclair	38-09.00	2
6 1141 Robinson, Cory	12	Montclair	37-09.50	1

Men - B - Team Rankings - 14 Events Scored

1) Ridgewood High School	103	2) Teaneck High School	79
3) MONTCLAIR HIGH SCHOOL	63	4) Nutley High School	61
5) BELLEVILLE HS	41	6) PARAMUS	35
7) Bloomfield	30		

Fraulo Race Timing - Contractor License
 Hy-Tek's MEET MANAGER 9:03 PM 1/29/2007
 NNJIL WINTER TRACK CHAMPIONSHIPS 07 - 1/29/2007
 168th Street Armory

Results

Girls 55 Meter Dash B

Name	Year	School	Finals	Points
1 678 Cigolini, Erica	12	Ridgewood	7.20	10
2 701 Que, Lara-Jane	12	Ridgewood	J7.20	8
3 524 McCullough, Jasmin	JR	Montclair	7.30	6
4 131 Shabaz, Sherece	FR	Belleville HS	J7.30	4
5 512 Dominick, Keisha	JR	Montclair	7.40	2
6 237 Taste, Rita	SO	Bloomfield	J7.40	1

Girls 300 Meter Dash B

Name	Year	School	Finals	Points
1 794 Mitchell, Janay	SO	Teaneck High School	41.40	10
2 711 Wisener, Alice	12	Ridgewood	42.30	8
3 678 Cigolini, Erica	12	Ridgewood	42.50	6
4 524 McCullough, Jasmin	JR	Montclair	42.70	4
5 131 Shabaz, Sherece	FR	Belleville HS	43.70	2
6 782 Harris, Nefertiti	SR	Teaneck High School	44.10	1

Girls 600 Meter Dash B

Name	Year	School	Finals	Points
1 689 Law, Cristina	12	Ridgewood	1:36.60	10
2 679 Conheeny, Kelly	10	Ridgewood	1:42.20	8
3 230 Rivera, Leticia	JR	Bloomfield	1:45.40	6
4 778 Fields, Breanna	SR	Teaneck High School	1:49.20	4
5 542 Young, Susannah	SR	Montclair	1:49.60	2
6 615 Dickinson, Megan	JR	Paramus	1:50.90	1

Girls 1000 Meter Run B

Name	Year	School	Finals	Points
1 679 Conheeny, Kelly	10	Ridgewood	3:04.70	10
2 527 Moylen, Arielle	JR	Montclair	3:19.80	8
3 629 Loughlin, Kelly	JR	Paramus	3:21.20	6
4 695 Middleton, Alex	11	Ridgewood	3:21.60	4
5 639 Sherlock, Megan	JR	Paramus	3:28.70	2
6 70 Barnes, Daunya	FR	Belleville HS	4:02.30	1

Girls 1600 Meter Run B

Name	Year	School	Finals	Points
1 618 Hannon, Patty	JR	Paramus	5:33.00	10
2 695 Middleton, Alex	11	Ridgewood	5:47.00	8
3 527 Moylen, Arielle	JR	Montclair	5:55.80	6
4 674 Barr, Hilary	10	Ridgewood	5:56.10	4
5 91 Elmiligi, Sara	JR	Belleville HS	6:55.00	2

Girls 3200 Meter Run B

Name	Year	School	Finals	Points
1 618 Hannon, Patty	JR	Paramus	11:45.60	10
2 696 Middleton, Tory	10	Ridgewood	13:19.70	8
3 702 Reilly, Casey	10	Ridgewood	13:21.60	6
4 91 Elmiligi, Sara	JR	Belleville HS	14:35.70	4
5 110 Kushwaha, Roli	SR	Belleville HS	14:43.60	2

Girls 55 Meter Hurdles B

Name	Year	School	Finals	Points
1 701 Que, Lara-Jane	12	Ridgewood	8.20	10
2 693 Martinez, Mia	11	Ridgewood	8.60	7

2	524 McCullough, Jasmin	JR Montclair	8.60	7
4	711 Wisener, Alice	12 Ridgewood	9.30	4
5	626 Ko, Tori	JR Paramus	9.50	2
6	237 Taste, Rita	SO Bloomfield	10.00	1

Girls 4x400 Meter Relay B

School	Finals	Points
1 Ridgewood High School 'A'	4:04.40	10
1) 673 Barr, Emily 11	2) 711 Wisener, Alice 12	
3) 694 Michel, Kate 11	4) 689 Law, Cristina 12	
2 Teaneck High School 'A'	4:06.10	8
1) 778 Fields, Breanna SR	2) 786 Johnson, Anise SR	
3) 794 Mitchell, Janay SO	4) 782 Harris, Nefertiti SR	
3 Paramus 'A'	4:27.00	6
1) 632 Nicoletti, Paige FR	2) 615 Dickinson, Megan JR	
3) 618 Hannon, Patty JR	4) 629 Loughlin, Kelly JR	
4 Belleville HS 'A'	4:30.60	4
1) 77 Campione, Joanne SR	2) 93 Fields, Nichole SR	
3) 134 Tandazo, Adrianna SO	4) 127 Rodriguez, Ashley SO	

Girls 4x800 Meter Relay B

School	Finals	Points
1 Paramus 'A'	10:46.30	10
1) 618 Hannon, Patty JR	2) 630 Loughlin, Megan FR	
3) 627 Lee, Christine SO	4) 629 Loughlin, Kelly JR	
2 Ridgewood High School 'A'	11:01.30	8
1) 674 Barr, Hilary 10	2) 702 Reilly, Casey 10	
3) 684 Granski, Megan 10	4) 686 Harms, Maggie 12	
3 Belleville HS 'A'	11:08.70	6
1) 77 Campione, Joanne SR	2) 134 Tandazo, Adrianna SO	
3) 132 Soto, Samantha FR	4) 93 Fields, Nichole SR	

Girls High Jump B

Name	Year School	Finals	Points
1 693 Martinez, Mia	11 Ridgewood	4-10.00	10
2 604 Sooksatan, Celina	SO Nutley High School	J4-10.00	8
3 609 Altamira, Jessica	FR Paramus	4-04.00	6
4 554 Boyko, Christine	JR Nutley High School	4-02.00	4

Girls Pole Vault B

Name	Year School	Finals	Points
1 700 Polcari, Ann	11 Ridgewood	9-06.00	10
2 675 Brown, Ramelle	10 Ridgewood	7-06.00	8
3 691 Lee, Robin	10 Ridgewood	7-00.00	6

Girls Long Jump B

Name	Year School	Finals	Points
1 678 Cigolini, Erica	12 Ridgewood	15-06.75	10
2 626 Ko, Tori	JR Paramus	15-01.00	8
3 503 Athill, Shantal	SO Montclair	15-00.75	6
4 632 Nicoletti, Paige	FR Paramus	14-06.00	4
5 622 Hwang, Melissa	JR Paramus	J14-06.00	2
6 693 Martinez, Mia	11 Ridgewood	14-05.00	1
7 228 Rattray-Foote, Nik	SR Bloomfield	14-00.75	
8 591 Pawalowski, Caroli	SR Nutley High School	13-05.25	

Girls Triple Jump B

Name	Year School	Finals	Points
1 591 Pawalowski, Caroli	SR Nutley High School	32-10.25	10
2 626 Ko, Tori	JR Paramus	32-09.75	8
3 691 Lee, Robin	10 Ridgewood	32-05.50	6
4 632 Nicoletti, Paige	FR Paramus	28-09.25	4
5 812 Williams, Veniisa	SR Teaneck High School	25-04.00	2

Girls Shot Put B

Name	Year School	Finals	Points
------	-------------	--------	--------

1	104 Hogan, Allison	JR Belleville HS	32-03.00	10
2	501 Adeogen, Brenda	SR Montclair	32-00.00	8
3	588 Padilla, Amarilis	JR Nutley High School	30-09.00	6
4	701 Que, Lara-Jane	12 Ridgewood	30-02.00	4
5	683 Gonzalez, Megan	10 Ridgewood	29-06.50	2
6	130 Saavadra, Christia	SR Belleville HS	27-00.00	1

Women - B - Team Rankings - 14 Events Scored

1) Ridgewood High School	186	2) PARAMUS	79
3) MONTCLAIR HIGH SCHOOL	49	4) BELLEVILLE HS	36
5) Nutley High School	28	6) Teaneck High School	25
7) Bloomfield	8		

INDOOR TRACK

RHS sweeps league meets

THE RIDGEWOOD NEWS

SPORTS

BY GREG TARTAGLIA
Staff Writer

NEW YORK, N.Y. — New division, same results.

The Ridgewood High School indoor track team completed a sweep of the Northern New Jersey Interscholastic League [NNJIL] Division B Championships on Monday evening, with the boys besting Teaneck, 103-79, and the girls cruising past Paramus, 186-79, at The Armory Track Center in Manhattan.

Last season, the Maroons won both the boys and girls NNJIL titles in Division A. Their victories in the league meet came five days after the Bergen County Relays at The Armory in which the girls finished first and the boys ran second to Don Bosco Prep.

At Monday's meet, the girls team captured first place in eight events, setting meet records in four, led by the 4x400-meter relay grouping of juniors Emily Barr and Kate Michel and seniors Alice Wisener and Cristina Law. The quartet ran the event in 4:04.4 to beat Teaneck by nearly two seconds; both teams surpassed the record of 4:08.1 set by Teaneck in 2005.

"To me, the girls have won every meet that we really strive to win," said Ridgewood head coach Mike Mullin. "They've won the North Jersey Invitational; they've won the county, and now they've won the league. So to me, it proves that they're just a fantastic team altogether, top to bottom."

The Maroon boys won seven of the 14 NNJIL events, paced by seniors Dan Emont, who doubled in the 1600- and 3200-meter runs, and Niall Buckley, who took gold in the 600 and anchored the 4x400 squad to victory in 3:29.9. Buckley teamed with senior Mike Vaccaro and

juniors Akira Monri and Christian Trautwein on the winning relay time, while Monri also brought home gold in the 55-meter hurdles, and Trautwein added a gold medal in the 1000-meter run.

About the only misfortune the boys team suffered was just prior to the start of the meet, when senior Chris Zeigler sustained a cut on his right shin while climbing over the seats in the bleachers.

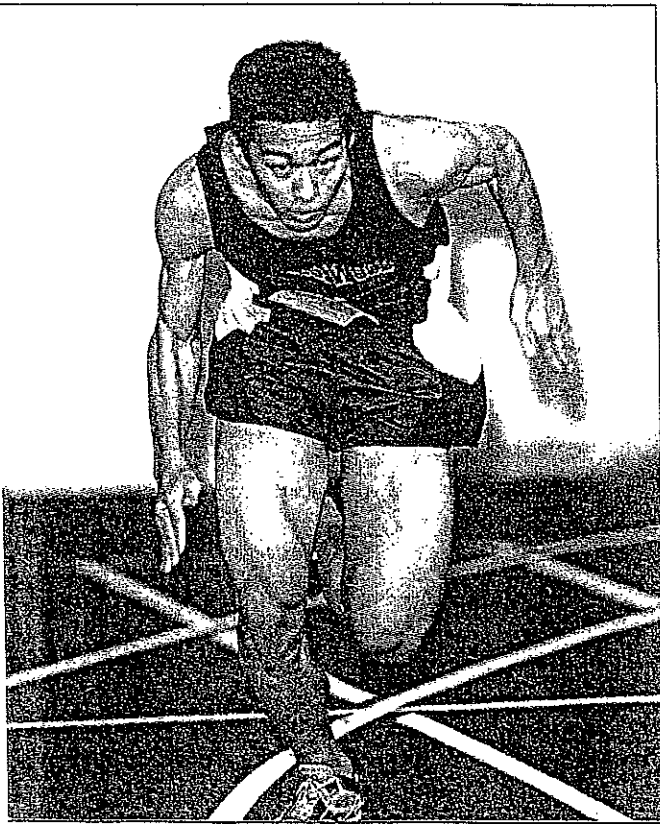
"He had to get 10 stitches across the street at Columbia Presbyterian," Mullin said. "We were in the emergency room from about 4:30 to 7:30."

Nonetheless, the boys were able to win their first major team title of the season after being trumped by Don Bosco at both the North Jersey Invitational and county relays. Although Don Bosco also competes in the NNJIL, the Ironmen were scored separately at the league meet and easily handled non-public rival Bergen Catholic, 107.5-68.5, to win the Division C title.

For Ridgewood, Lara-Jane Que captured yet another girls hurdling title by clocking 8.2 seconds, breaking the record she tied last season by one-tenth, while Monri equaled his second-best hurdling time of the season at 7.7 seconds.

"That wasn't the greatest race for me today because I kept on hitting hurdles," said Monri. "My lead leg just didn't go over, and I usually don't have trouble with that. Before, my trailing leg was giving me issues; at [the] Dartmouth [Relays], that's basically what made me half-trip over and got me fourth."

The Maroons also swept their Division B competition in the 1000, with Trautwein clocking 2:40.4 in the boys race and sophomore Kelly Conheeny



PHOTO/JIM CLARKE

Ridgewood junior Akira Monri captured a gold medal after clocking 7.7 seconds in the 55-meter hurdle race of Monday's NNJIL championship meet at The Armory Track Center in Manhattan.

See TRACK, page C5

RACK from C1

breaking the girls meet record with winning time of 3:04.7. Conneeny bettered the mark 3:04.9 previously set by RHS alumnae leg McDermott in 1999 and Justine Lupo in 2004.

"I'm proud of myself for doing that since I didn't really know it was in me for the 1000," said Conneeny, whose bread-and-butter event is the 1600.

Junior Annie Polcari cleared 10 feet in the pole vault to surpass the meet record that belonged to former teammate Cassie Wong by six inches. Senior Zach Ontiveros and sophomore Max Witt both cleared eight feet to help the Maroons take the boys pole vault title uncontested.

In addition to anchoring the girls 4x400 squad, Law won the 600-meter run in 1:36.6, setting a new personal best and trumping her own school record by two seconds. Said Law, "This was my only chance that I'm going to get to run the 600 this year, so I kind of went to it really hard."

Junior Erica Cigolini surprised many, including herself, by winning the 55-meter dash in 72 seconds. She finished in a dead heat with Que and just one-tenth of a second ahead of Montclair's Jasmine McCullough, then bear-tugged assistant coach Josh Salдино when he told her of the results.

"I'm so happy; that was the first time I've ever come in first in the 55," said Cigolini, who also recorded her first-ever victory in the long jump with a distance of 15 feet, 1.75 inches. "I've just been training my heart out since a few weeks after school ended last year, so I'm just happy that I'm finally seeing the results of that."

Ridgewood junior Mia Martinez cleared a personal best four feet, 10 inches to win the high jump. She was also part of the Maroons' 1-3-1 finish in the hurdles, where she clocked 8.6 seconds to finish behind Que and McCullough and edge out Wisener for third.

Wisener and Cigolini ran 2-3 in the 300-meter dash, and sisters Alex and Tory Middleton captured silver medals in the 1600- and 3200-meter runs, respectively.

At the Bergen County Relays on Jan. 24, the Ridgewood girls erased a 10-point deficit over the final four events and topped River Dell, 76.5-72, for their third consecutive county championship.

Barr, Michel, Wisener and Law cemented the comeback in the final event, combining on a 4x400-meter relay time of 4:02.6 to hold off the second-place River Dell quartet by 1.8 seconds.

Law earned the Lou Molino Award for outstanding girls track performance after anchoring three of the Maroons' relay squads to victory. She clocked 2:15.1 in the 800-meter leg of the sprint medley and 3:57.0 in the 1200-meter leg of the distance medley before closing out the meet with a 59.5-second turn in the 4x400.

"I'd never gotten one of those awards," said Law. "It was a really hard meet for me, so it felt really good that I got something for it."

Molino is the long-time athletic director at Ramsey High School and a pioneer coach of girls track in Bergen County.

"Cristina ran three great races, but the thing nobody saw was that after running her 2:15, she was really [nauseous]," Mullin said. "She had to run the 1200 probably about 20 minutes after that, and then after she ran the 1200, she had to get back on the track 25 minutes later and anchor the 4x4 that we had to win in order to win the meet. To me, that won her the outstanding athlete award, which was well-deserved."

The Maroon girls also took first in the 4x200, shuttle hurdle and pole vault relays and also broke the county record in the sprint medley relay. Wisener, Que, Cigolini and

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Law combined to run the event in 4:11.2, but a dropped baton relegated them to second behind Ramapo's grouping of Amy Salek, Courtney Laird, Rebecca DeJong and Kesley Ramsey, which finished in 4:10.4, the fastest time in the nation this year.

The Ridgewood boys won five county relays, but Don Bosco prevailed in the team standings, 78-64. Trautwein, Emont, Buckley and Jeremy Kalmus combined for a victorious 4x1600 relay time of 18:29.5, but the Maroon sprinters also enjoyed some time in the spotlight, winning the 4x200, 4x400,

sprint medley and shuttle hurdle relays.

In recent years, the Ridgewood sprinters have been overshadowed by their distance-running brethren, but according to Mullen, "Not this year, in either the boys or the girls. That is something that I'm not quite used to, because usually our distance group is the one that we have to rely on. But that's not the case this year; our sprinters are fantastic."

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



Ridgewood sophomore Kelly Conneeny set a new meet record of 3:04.7 in the 1000-meter run at Monday's NNJL championships.

Varsity Classic 2007
**** RESULTS ****

Mon. 2/5/07

3200m:

Dan Emont- 9:21.1 (4th)

55m:

Girls- Erica Cigolini- 7.6/7.4, Lara-Jane Que- 7.4/7.3/7.3 (6th)

55m HH:

Boys- Akira Monri- 7.7/7.6/7.7 (5th), Peter Nygarrrd- 8.2

Girls- Lara-Jane Que- 8.3/8.2/8.2 (2nd), Mia Martinez- 8.6/8.5/8.6

1000m:

Niall Buckley- 2:30.4 (4th) ** *NEW SCHOOL RECORD* **

800m:

Boys- Christian Trautwein- 1:59.0 (2nd)

Girls- Alex Middleton- 2:34.5, Maggie Harms- 2:43.2

400m:

Boys- Mike Vaccaro- 55.9

Girls- Kate Michel- 65.3, Emily Barr- 62.3

4 x 800m:

Girls- Tory Middleton, Kelly Conheeny, Christine Spilka, Cristina Law
9:42.9 (5th) 2:33.2 2:21.7 2:31.2 2:16.7

200m:

Boys- Peter Nygaard- 24.7, Zack Ontiveros- 24.2,
Akira Monri- 23.3 ** *NEW SCHOOL RECORD* **

Girls- Erica Cigolini- 26.1, Nicki Whitiker- 27.9, Alice Wisener- 26.4

4 x 400m:

Girls- Emily Barr, Alice Wisener, Kelly Conheeny, Cristina Law
4:01.7 (2nd) 61.5 59.2 61.1 59.9
** *NEW SCHOOL RECORD* **

Pole Vault:

Girls- Anne Polcari- 10'0" (4TH-tie)

COMMENTS: A very high-powered meet and we had many places. Great job by all and special congrats to Niall, Akira, and the girls 4 x 400 for breaking school records!

THE VARSITY CLASSIC

The New Balance Track and Field Center

Monday, February 5, 2007

New York City

GIRLS

55m: 1-Jamie Walker, Haddon Heights, 7.0. 2-Porshe Gidding, East Orange, 7.1. 3-Angelica Johnson, Ridgefield Park, 7.1. 4-Tylia Gillon, North Brunswick, 7.2. 5-Tian Moorer, Haddon Heights, 7.2. 6-Lara-Jane Que, Ridgewood, 7.3.

55HH: 1-Lataya Dixon, JP Stevens, 8.2 (8.1 in semi). 2-Lara-Jane Que, Ridgewood, 8.2. 3-Susan Scavone, Summit, 8.6. 4-Lacresba Simpson, New Rochelle, 8.6 (8.5 in semi). 5-Melissa Arango, Hillsborough, 8.7 (8.5 in semi). 6-Diana Scala, Hanover Park, 8.8 (8.6 in semi).

200m: 1-Racquel Vassell, East Orange Campus, 25.1. 2-Renee McDougall, Horace Mann, 25.2. 3-Elizabeth Mott, New Rochelle, 25.3. 4-Amber Allen, Passaic County Tech, 25.4. 5-tie-Ogechi Nwaneri, Chatham, 25.5. & Jamie Walker, Haddon Heights, 25.5. 7-Angelica Johnson, Ridgefield Park, 25.6. 8-Janay Mitchell, Teaneck, 26.1. 9-Katya Marin, Mount Vernon, 26.1. 10-Erica Cigolini, Ridgewood, 26.1. 11-Nicole Ragucci, Monroe Township, 26.1. 12-Sasha Richards, Mount Vernon, 26.2. 13-Cortney Dumund, Jackson Memorial, 26.2. 14-Kawsha Ewell, New Rochelle, 26.3. 15-Alice Wisener, Ridgewood, 26.4. 16-Amirah Muneer, Ewing, 26.5. 17-Ebony Young, Hillsborough, 26.8. 18-Avery Sheppard, Hanover Park, 26.6. 19-Kari Shoolbraid, Voorhees, 26.7. 20-Krystal Wyche, Hackensack, 26.8. 21-Michele Eberhart, Clarkstown South, 26.8.

400m: 1-Breanda Crump, Mount Vernon, 56.6. 2-Elizabeth Mott, New Rochelle, 57.0. 3-Nicole Ragucci, Monroe Township, 58.1. 4-Jess Lowinger, Cherokee, 58.7. 5-Jennifer Clayton, Suffern, 58.9. 6-Michelle Youseffian, Scarsdale, 58.9. 7-Amy Salek, Ramapo, 59.0. 8-Kelly Clyde, Cherokee, 59.7. 9-Yessenia Boynton, South Brunswick, 59.8. 10-Chaire Ciabotti, Cornwall, 60.2. 11-Michelle Brown, Seneca, 60.2. 12-Amber Allen, Passaic County Tech, 60.9. 13-Jenna Schaffer, Suffern, 60.9. 14-Tylia Gillon, North Brunswick, 1:01.1.

800m: 1-Ariann Neutts, Roxbury, 2:16.6. 2-Nicole Quagliana, Mount Olive, 2:20.0. 3-Ashley Cromartie, Roxbury, 2:20.9. 4-Alana Levy, Horace Greeley, 2:21.2. 5-Kristen O'Dowd, Colts Neck, 2:21.7. 6-Jackie Merrick, Henderson, 2:22.0. 7-Colleen Gilmore, St Basil, 2:22.2. 8-Assata Cowart, New Rochelle, 2:22.5. 9-Danica Krivanos, Bridgewater Raritan, 2:23.0. 10-Dana Welch, Cornwall, 2:23.5. 11-Keri Brown, Seneca, 2:23.6. 12-Linda Sierra, Cherokee, 2:24.0. 13-Rachel Morelli, St Basil, 2:24.4. 14-Megan Patterson, Freehold Boro, 2:25.0.

Invitation 1000m: 1-Kristen Reese, Carmel, 2:51.2. 2-Emma Millier-Bedell, Tappan Zee, 2:53.6. 3-Devotia Moore, Townsend Harris, 2:55.4. 4-Julie Hudak, Pearl River, 2:56.1. 5-Jahlisa Smith, Plainfield, 2:56.2. 6-Lauren Penney, Roxbury, 2:57.1. 7-Ashley Higginson, Colts Neck, 2:57.3. 8-Erin McKenna, Ramapo, 2:59.6. 9-Lindsay Jeltis, Indian Hills, 3:00.1. 10-Susan Martinez, Clifton, 3:07.9.

1600m: 1-Kesley Ramsey, Ramapo, 5:02.3. 2-Kathleen Davies, St Basil, 5:12.4. 3-Catherine DeSarie, Carmel, 5:13.0. 4-Ashley Maurer, Carmel, 5:15.9. 5-Caity Tully, Carmel, 5:16.4. 6-Christina Morelli, St Basil, 5:16.8. 7-Janice O'Brien, Mendham, 5:22.9.

3200m: 1-Briana Jackucewicz, Colts Neck, 10:55.4. 2-Laura Vigilante, Mendham, 11:09.0. 3-Kathleen Davies, St Basil, 11:17.2. 4-Katrina Spratford, Voorhees, 11:21.1. 5-Dale Kinney, Morristown, 11:24.1. 6-Kristin Cupido, Bridgewater Raritan, 11:24.5. 7-Sarah Cariati, Pope John, 11:24.8. 8-Kelly Cattano, New Providence, 11:26.2. 9-Katie Kellner, West Windsor South, 11:26.5. 10-Alison Weeks, Cherokee, 11:29.9. 11-Rebecca Enright, Morristown, 11:30.6. 12-Brianna Service, Arlington, 11:45.8. 13-Valerie Pocus, Ridge, 11:54.6.

Shot: 1-Taryn O'Connor, Hillsborough, 47-6 (meet record--old record set by Nicola Wilson, Trenton, 44-6, 2002). 2-Sarah Bella, Mendham, 42-10 1/2. 3-Kristen Batts, Marlboro, 40-2. 4-Althea Charles, West Orange, 39-3 1/2. 5-Sophia Coleburn, Haddon Heights, 39-2 1/2. 6-Sarah Anderson, Seneca, 38-9.

High Jump: 1-Lataya Dixon, JP Stevens, 5-6 (tied record). 2-Briana Gray, Haddon Heights, 5-4. 3-Kelly Fortune, Jackson, 5-4. 4-Sammy Howell, West Windsor South, 5-4. 5-Janelle Clayton, Suffern, 5-2. 6-Tayana Brown, Ewing, 5-2. 7-tie-Jillian Rubin, Walkkill Valley, 5-0 & Sarah Wesley, West Orange, 5-0.

Long Jump: 1-Indira Morton, South Brunswick, 17-7. 2-Krystal Wyche, Hackensack, 17-1. 3-Stephanie McIntyre, South Brunswick, 17-0. 4-Jerica Torres, New Rochelle, 16-11. 5-Melissa Arango, Hillsborough, 16-4 1/2. 6-Adrienn LaChance, Cornwall, 16-1 1/2. 7-Kim Dahl, Bridgewater Raritan, 16-1.

Triple Jump: 1-Stephanie McIntyre, South Brunswick, 39-0. 2-Melissa Arango, Hillsborough, 37-3. 3-Michelle Eberhart, Clarkstown South, 36-6. 4-Ada Unachukwu, Marlboro, 35-9 3/4. 5-Ebony Young, Hillsborough, 35-11. 6-Aisha Chisholm, New Rochelle, 35-6 3/4. 7-Sandy Antenor, Suffern, 35-5. 8-Diona Scala, Hanover Park, 35-1 1/4. 9-Jenna Marrione, Warwick Valley, 34-0. 10-Jess Molosh, Indian Hills, 33-6 1/2. 11-Sara Wickes, Monroe Woodbury, 32-9 3/4. 12-Emily Babiss, Indian Hills, 32-8 1/2. 13-Trish Claridio, Indian Hills, 32-4 1/2. 14-Danielle Hudak, South Brunswick, 32-0. 15-Isis Bonney, Hillsborough, 32-0.

Pole Vault: 1-Stephanie Duffy, Washingtonville, 12-6. 2-Adrien LaChance, Cornwall, 10-6. 3-Kelsey Branch, Cornwall, 10-6. 4-tie-Lauren Tausches, Moorestown & Allyson Brooke, Moorestown & Ann Policari, Ridgewood & Samantha Brady, Jackson, 10-0.

Distance Med: 1-Pope John (Lauren Bariexca, Emily Carrollo, Sarah Bieganowsky, Lara Herges), 12:09.5. 2-Warwick Valley, 12:11.7. 3-Suffern, 12:17.6. 4-North Rockland, 12:23.0. 5-Jackson Memorial, (Avaliers-3:58.0, Durant-61.6, Allen-2:29.3, Marino-5:11.2), 12:40.4. 6-Randolph, 12:40.6. 7-Pearl River, 12:51.2. 8-Cornwall, 12:45.9.

4X800: 1-Warwick Valley (Claire Pettit, Lillian Greibesland, Tori Pennings, Kristen Peluso), 9:21.3. 2-Roxbury, 9:27.3. 3-Pope John, 9:29.1. 4-Ursuline, 9:40.2. 5-Ridgewood, 9:42.9. 6-Westfield, 9:46.3. 7-Bernards, 9:48.5. 8-Livingston, 9:50.2. 9-Notre Dame, 9:52.7. 10-Holy Angels, 9:54.9.

4X400: 1-Pope John (Sarah Bieganowsky, Emily Carrollo, Tara Downing, Alex Bush), 3:59.8. 2-Ridgewood, 4:01.7. 3-Suffern, 4:04.8. 4-Ramapo, 4:07.0. 5-Carmel, 4:07.3. 6-Cherokee, 4:07.5. 7-Mt Vernon, 4:08.2. 8-Ewing, 4:09.7.

THE VARSITY CLASSIC

The New Balance Track and Field Center

Monday, February 5, 2007

New York City

BOYS

55m: 1-Mark Short, Upper Darby, 6.3. 2-Dean McCleese, Trenton Central, 6.4. 3-Hanif Kendrick, Franklin, 6.5. 4-Anthony Gorrell, Notre Dame, 6.5. 5-Freddie Lavan, Delsea, 6.5. 6-Akeem Thomas, Teaneck, 6.6.

55HH: 1-Tykeen Fulton, Trenton Central, 7.3. 2-Sean Schnarr, Franklin, 7.5. 3-Jesse Fuca, Warwick Valley, 7.6. 4-Meneik Lewis, New Rochelle, 7.6. 5-Akira Monri, Ridgewood, 7.7 (7.6 in semi). 6-Anthony Chisholm, Wayne Hills, 7.8.

200m: 1-Tykeen Fulton, Trenton Central, 22.0. 2-Dean McCleese, Trenton Central, 22.2. 3-Anthony Gorrell, Notre Dame, 22.5. 4-Akeem Thomas, Teaneck, 22.6. 5-Marvin Whilby, Don Bosco Prep, 22.7. 6-Mark Short, Upper Darby, 22.8. 7-Reuben Aimes, Glen Mills, 22.8. 8-Damien Miles, Teaneck, 22.8. 9-Xavier Mateon, New Rochelle, 22.8. 10-Corey Clapp, West Orange, 22.8. 11-Bernard Geedwyn, Glen Mills, 22.9. 12-Jhavente Carr, Glen Mills, 22.9. 13-Chris Steliga, Cherokee, 22.9. 14-Caleb Duncanson, Scarsdale, 23.0. 15-Sean Schnarr, Franklin, 23.0. 16-Freddie Lavan, Delsea, 23.0. 17-Jason Kelsey, Don Bosco Prep, 23.0. 18-Ian Tamakloe, Randolph, 23.0. 19-Tito Nurdeen, Jackson Memorial, 23.0. 20-Jaivon Paimer, Englewood, 23.0.

400m: 1-Antonio Abney, Willingboro, 49.1. 2-Bernard Goodwyn, Glen Mills, 49.2. 3-Aaron Younger, Delsea, 50.3. 4-Sharif Webb, Don Bosco Prep, 50.6. 5-Mark Givens, Roselle Catholic, 50.7. 6-Nick Estis, Clarkstown South, 50.9. 7-Rashawn Bailey, Trenton Central, 50.9.

800m: 1-Rob McNally, Upper Darby, 1:57.1. 2-Christian Trautwein, Ridgewood, 1:59.0. 3-Scott Maxfield, Tenafly, 1:59.9. 4-Ryan Fenimore, Jackson Memorial, 2:01.4. 5-Marc LoForte, River Dell, 2:01.5. 6-Aki Bajulaiye, New Rochelle, 2:01.9.

Invitation 1000m: 1-Jason Apwah, Roxbury, 2:27.2 (New Jersey state record). 2-Max Bruno, Indian Hills, 2:27.2 (National Junior Class record). 3-Chris Ferry, Henderson, 2:29.1. 4-Kyle Buckley, Ridgewood, 2:30.4. 5-Nick Miehe, DePaul, 2:31.4. 6-Mike Soroko, Kinnelon, 2:31.7. 7-Kyle Soloff, Morris

Hills, 2:31.9. 8-Tony Salvatore, Wayne Valley, 2:32.3. 9-Brendon Krewer, Colts Neck, 2:32.6. 10-Darryll Oliver, Brooklyn Tech, 2:32.9. 11-Duke Mack, Pleasantville, 2:42.4

1600m: 1-Chris Aldrich, Henderson, 4:21.7. 2-Zach Bahor, Randolph, 4:28.1. 3-Jeremy Scheid, Pope John, 4:29.1. 4-Robert Molke, Don Bosco Prep, 4:29.5. 5-Alex Yersak, Cherokee, 4:31.6. 6-Thomas Nobile, Randolph, 4:32.9.

3200m: 1-Andrew Hanko, Trinity Christian, 9:09.6 (meet record--old record set by Ben Massum, Chatham, 9:12.4, 2006). 2-Brian Leung, West Windsor Plainsboro South, 9:18.2. 3-Tom Polanto, Delbarton, 9:20.8. 4-Dan Emont, Ridgewood, 9:21.1. 5-Terence Prial, Warwick Valley B, 9:22.4. 6-Chris Southwick, Voorhees, 9:23.1. 7-Julian Sheinbaum, Scarsdale, 9:30.2. 8-Bryan Herbst, Pearl River, 9:37.0. 9-Andrew Jerurs, Henderson, 9:40.8. 10-Peter Vizcarrondo, Collegiate, 9:43.3. 11-Ed Sheridan, Phillipsburg, 9:46.5. 12-Kyle Howard, Christian Brothers Academy, 9:46.6. 13-Nick Roman, Passaic Valley, 9:54.8.

Shot: 1-Steve D'Arcy, Hanover Park, 57-0 1/4. 2-Mike Alleman, Scotch Plains Fanwood, 55-8 1/2. 3-Nick Alexander, West Morris Central, 54-0 3/4. 4-John Viotto, South Brunswick, 53-0. 5-Kwabena Keene, Washington Township, 252-9 3/4. 6-Zach Shapiro, River Dell, 52-9 1/2. 7-Eric Davis, Notre Dame, 50-9 1/2. 8-Anthony Napoleon, Morristown, 50-7. 9-Victor Smith, Hanover Park, 50-4. 10-John Krower, Colts Neck, 49-2 1/4. 11-John Badala, Scotch Plains Fanwood, 48-8. 12-Vincent Guy, Glen Mills, 48-7 3/4.

High Jump: 1-Devon Bond, Trenton Central, 6-10 (meet record--old record set by Mike Morrison, Willingboro, 6-6, 2002). 2-William Ricketts, South Brunswick, 6-6. 3-Chris Thomas, Pope John, 6-4. 4-Semai Spencer, Glen Mills, 6-4. 5-Tudor Quadir, West Orange, 6-2. 6-tie-Frank Thompson, Trenton Central, Jon Arnold, West Orange, Adam Bengs, Westfield, Jack Gillovan, Manalapan, Kurt VonWerstal, Indian Hills, Enbani Moore, Suffern & Kramer Hakabek, Monroe, 6-2.

Long Jump: 1-Jon Arnold, West Orange, 23-1. 2-Hanif Kendrick, Franklin, 23-0 1/2. 3-Kwame Collins, Hackensack, 22-4 1/2. 4-Reuben Aimes, Glen Mills, 22-2 1/2. 5-Claudio Dellicarpini, Harrison, 21-6 1/2. 6-Chris Steilga, Cherokee, 21-5 1/2. 7-Ausor Walcott, Hackensack, 21-1 1/2. 8-Vince Foronica, Central Bucks, 20-11. 9-Aaron King, Morris Hills, 20-9. 10-Dan D'Amato, Hasbrouck Heights, 20-8. 11-Khalid Weston, South Brunswick, 20-5 1/2. 12-Issaic Butts, Passaic County Tech, 20-4 1/2. 13-Antoine Allen, Mt Olive, 20-2 1/2. 14-Brandon Lane, Hillsborough, 20-2. 15-Dan Reiss, Hillsborough, 20-1 1/2.

Triple Jump: 1-Semai Spencer, Glen Mills, 48-5 (meet record--old record set by Kyle Lindsay, Eastside, 47-3 3/4, 2006). 2-Devon Bond, Trenton Central, 46-4 1/4. 3-Jeremy Whyte, Scarsdale, 45-3 1/2. 4-Darren Johnson, Glen Mills, 44-4 1/4. 5-Julian Remouns, Washingtonville, 44-3 1/2. 6-Muna Okejiaka, Franklin, 44-0. 7-Menelik Lewis, New Rochelle, 43-9.

Pole Vault: 1-Greg Stripe, Mahwah, 14-0. 2-Matt Stieg, Don Bosco Prep, 14-0. 3-Mike Goldwasser, Manalapan, 13-6. 4-tie-Tim Blashford, Ramapo, 13-0 & Kyle DeGhetto, Bernards, 13-0.

Distance Med: 1-Old Bridge (Nick Carbone, Allan Lunkenheimer, James Hauser, Matt Ciambriello), 10:20.1 (meet record--old record set by Pope John, 10:22.0, 2004). 2-Jackson Memorial, (Kearns-3:09.9, Brown-51.3, Meleo-1:55.9, Carle-4:22.9), 10:20.4. 3-Collegiate, (Trotzuk-3:09.8, Myrie-54.9, Begho-1:59.5, Alexis-4:16.4), 10:20.7. 4-Arlington (Doherty-3:10.7, Baur-52.7, Leslie-2:0.5, Ceriello-4:20.6), 10:25.6. 5-Don Bosco Prep, (Sullivan-3:12.0, Kelsey-51.1, Webb-1:58.5, Baker-4:24.8), 10:26.4. 6-Monsignor Donovan (Johnson-3:13.2, Maxwell-52.5, Brice-2:00.9, Coles 4:25.1), 10:31.6. 7-Warwick Valley, 10:31.9. 8-Christian Brothers Academy, 10:34.6. 9-Byram Hills, 10:42.9. 10-Xavier, 10:48.2. 11-Summit, 10:49.3. 12-Northern Highlands, 10:56.1.

4X800r: 1-Notre Dame (Castronova-2:02.5, McCue-2:01.3, Fischer-1:58.1, Gibilisco-1:54.7), 7:56.7 (meet record--old record Westfield, 7:57.5, 1996). 2-Byram Hills, 8:06.9. 3-Franklin, 8:07.7. 4-Pope John, 8:09.2. 5-Hillsborough, 8:12.5.

4X400r: 1-Trenton Central (Tykeen Fulton, Rashawn Bailey, Dean McCleese, Devon Hill), 3:23.2. 2-Clarkstown South, 3:26.7. 3-Glen Mills, 3:26.8. 4-Randolph, 3:30.1. 5-Warwick Valley, 3:30.7. 6-Ewing, 3:31.2. 7-West Orange, 3:31.4. 8-West Windsor South, 3:31.6. 9-Metuchen, 3:32.2. 10-New Rochelle, 3:33.2. 11-Upper Darby, 3:33.3. 12-Passaic County Tech, 3:33.8. 13-Scotch Plains, 3:33.9. 14-Hackensack, 3:34.3.

Bruno sets 1,000 record in 2nd place

Indian Hills' junior beat by slimmest of margins

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK — There are second-place finishes and there are Second Place finishes. Monday night Max Bruno of Indian Hills was out-leaning by Jason Apwah of Roxbury at the finish of the Invitational 1,000 at the Varsity Classic.

But the Braves' junior, while calling the night "bittersweet," might feel a little bit better about it this morning.

Both runners were timed in 2:27.2 for the distance, both breaking the 23-year-old State record by Steve Schadler of Bergenfield of 2:27.71, but Apwah won by an eyelash.

WINTER TRACK VARSITY CLASSIC

But there was plenty of consolation for Bruno, including:

A share of the third-fastest time run this year in the United States.

A Bergen County record, breaking Schadler's mark.

A 16th-place national all-time mark in the event.

And the capper: an American junior class record, taking more than a second off of the previous record set by Sharif Karie of Virginia in 1996.

"I guess I feel a little better about it now," said Bruno, before flashing a big smile after being informed of his national class record.

"It was a great race, but I thought I was going to get him with 25 meters to go."

Apwah, who led from the opening gun, took the race through a sizzling 27.0 first lap and through 1:58.2 for 800 meters with Bruno battling Chris Ferry of Henderson (Pa.) back about 10 meters off the pace.

But Bruno closed quickly on the final lap, drawing aside Apwah as they battled down the final straightaway.

"I didn't even feel him until there were about 25 meters left in the race and I had to give it everything I had," said Apwah, who has committed to Villanova. "It was great to be part of it."

Niall Buckley of Ridgewood was fourth in the race, in 2:30.4, breaking the great Bob Keino's school record of 2:32.0. Nick Mische of DePaul was fifth in 2:31.4, taking .1 off of his own Passaic County record.

Mahwah's Greg Stripe was the only North Jersey boys winner in the meet, which featured more than 120 schools from three states. He cleared 14 feet in the pole vault to edge Matt Steeg of Don Bosco on misses.

Ramapo's Kesley Ramsey easily won the girls 1,600 in a personal best of 5:02.3.



MAX BRUNO

Buckley breaks RHS record in 1000 meters

Indian Hills' Bruno sets national mark

BY GREG TARTAGLIA
Staff Writer

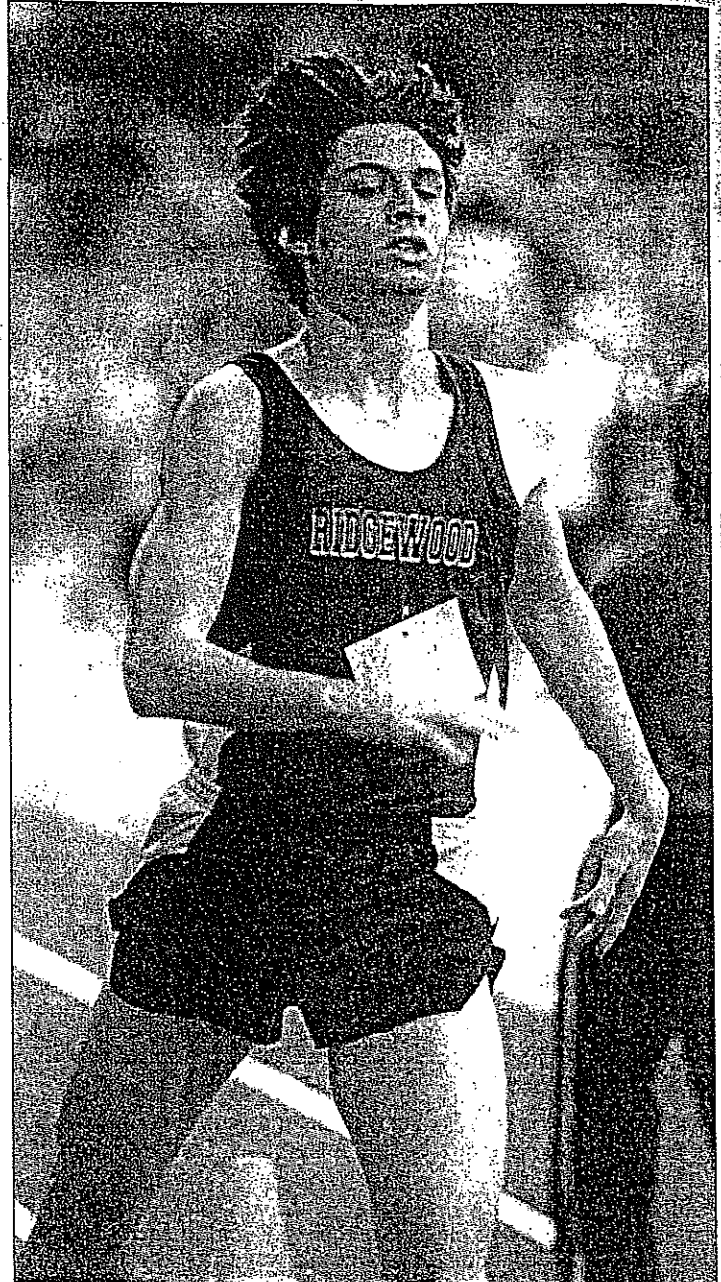
NEW YORK, N.Y. — Monday, Feb. 5 was not a good day to be an indoor track record.

Three Ridgewood High School records were broken at the Varsity Classic Invitational at The Armory Track Center in Manhattan that day, including the 1000-meter mark set by Bob Keino in 1994. In fact, Keino's old record of 2:31.0 would only have been good enough for a distant fifth-place finish.

Ridgewood senior Niall Buckley is now the Maroons' indoor 1000-meter record holder after clocking 2:30.4 to place fourth in the Varsity Classic race. In the same event, Roxbury senior Jason Apwah nosed out Indian Hills junior Max Bruno to win, as both runners clocked a state-record 2:27.2.

"They kind of went out pretty quickly, and I was second to last for most of the race," said Buckley, who will run up against Apwah in Sunday's Group 4 state championships before seeing Bruno again at Monday's Bergen County meet. "I moved up with about 500 meters to go, but I had to use a lot of my energy working past other kids. And then by the time I got to the front, they were already too far ahead."

Bruno not only broke the state- and county-record time of 2:27.1 — set by Bergenfield's Steve Schadler in 1984 — he also set the national 1000-meter record for high school juniors. Sharif Karie of Virginia set the previous national junior class mark in 1996, and Charles White of Colorado had lowered it to 2:27.6 just two days earlier on Feb. 3.



PHOTO/JIM CLARKE

Ridgewood senior Niall Buckley clocked 2:30.4 in the 1000-meter run at the Varsity Classic Invitational in Manhattan on Feb. 5, breaking Bob Keino's 1994 school record by 0.6 seconds.

En route to becoming the first Indian Hills track runner to hold an individual national record, Bruno logged the 16th fastest time ever by a high school male athlete in the nation and the third fastest 1000-meter time in the United States this winter.

"I was happy that they [Bruno and Apwah] ran so fast and broke

the state record," Buckley said. "I'm friends with Max, and it was nice to see him do something great like set the junior class record, which is a really big deal."

Buckley also said that he was honored to break Keino's record, particularly after spending some

time training with the 1994 RHS graduate in the summer of 2004.

"He's a legendary runner, and he was such an amazing competitor," Buckley said of Keino. "It was nice to know that I compared with someone who was that great."

"Bob Keino is one of the best runners in school history and one of the best runners in the country," said Ridgewood indoor track head coach Mike Mullin, who is in his 16th season with the team. "I tell the kids quite often, Ridgewood has a long history of great track and field athletes. And it seems like there are different records that keep falling, but they've got to understand that these records that they're breaking are very good records."

The two other Ridgewood school standards to fall at the Varsity Classic were in the boys 200-meter dash and the girls 4 x 400-meter relay. Junior Akira Monri ran the 200 in 23.3 seconds to top the mark of the late Steve Pawlowski [Class of 2000] by three-tenths of a second. Monri also took home a silver medal with a 7.7-second run in the 55-meter hurdles.

The quartet of junior Emily Barr, sophomore Kelly Conheaney and seniors Alice Wisener and Cristina Law clocked 4:01.7 in the 4 x 400, two-tenths of a second better than the old mark, which had stood



PHOTO COURTESY OF JOHN NEPOLITAN

Indian Hills junior Max Bruno, left, and Roxbury senior Jason Apwah lean for the finish line of the 1000-meter run at the Feb 5th Varsity Classic Invitational in Manhattan. Apwah beat Bruno by a nose, but both runners set a new state-record time of 2:27.2 in the event.

See TRACK, page C5

TRACK from C1

since 1989. Barr led off the relay with a 61.5-second split, followed by Wisener, who split a season-low 59.2 seconds.

"Alice has been running 59s pretty consistently now, so she's become a real pleasant surprise for us," Mullin said. "And that really solidifies our 4 x 4 relay."

As she has all season, Law ran the anchor leg for the Maroons, splitting 59.9 seconds. Conheeneey continued to venture into different events, running the 4 x 400 for the

first time and clocking 61.1 seconds for the third leg. Prior to this season, the sophomore had competed almost exclusively in distance races.

"I don't think Kelly thinks she has that kind of speed, but we know just by watching her train that she has the potential to go from the 400 up to the two-mile [run]," said Mullin. "And that's not to take away from Kate Michel or Erica Cigolini, who have also done the 4 x 4, but we wanted to give Kelly a shot and see what she had."

Other Ridgewood athletes to

place in the Varsity Classic included senior Dan Emont, who took fourth in the 3200-meter run with a time of 9:21.1, and junior Christian Trautwein, who went under two minutes in the 800-meters for the first time, finishing fourth in 1:59.0.

Maroon senior Lara-Jane Que captured second in the girls 55-meter hurdles with a time of 8.2 seconds, followed by junior teammate Mia Martinez, who placed seventh in 8.6 seconds. Que also clocked 7.3 seconds to take sixth in the 55-meter dash, while Cigolini

(26.1 seconds) and Wisener (26.4) had the 10th- and 15th-best times in the 200 meters, respectively.

Junior Annie Polcari finished in a four-way tie for fourth place in the pole vault, clearing 10 feet, and the Maroons' 4 x 800-meter relay squad took fifth in 9:42.9, which was the fastest time in the county entering this week. Sophomore Tory Middleton led off the 4 x 800 with a 2:33.2 split, followed by Conheeneey (2:21.7), freshman Christine Spilka (2:31.2) and Law (2:16.7).

The Ridgewood girls return to

action tomorrow at the Group 4 state championships at the Jo Bennett Indoor Athletic Complex in Toms River starting at 9 a.m. The Group 4 state boys meet will be held in the same location starting at 9 a.m. on Sunday.

The Maroons then face the quickest turnaround of the season as they are scheduled to compete in the Bergen County individual championships at The Armory Monday at 4 p.m.

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

State Group IV Meet

Sat/Sun 2/17-18/07

***** Results *****

1600m:

Girls- Kelly Conheeny- 5:06.41 (6th)

55m:

Boys- Chris Zeiglar- 6.64

Girls- Erica Cigolini- 7.48/7.65 (6th), Emily Barr- 7.59/7.82

55m HH:

Girls- Lara-Jane Que- 8.25 (2nd), Mia Martinez- 9.2

800m:

Boys- Niall Buckley- 1:57.50 (1st), Christian Trautwein- 2:01.8

Girls- Cristina Law- 2:17.05 (3rd)

400m:

Boys- Chris Zeiglar- 52.5

3200m:

Boys- Dan Emont- 9:47.8

4 x 400m:

Girls-	Emily Barr,	Alice Wisener,	Kelly Conheeny,	Cristina Law
4:04.81 (<u>5th</u>)	62.5	60.3	60.8	60.5

Pole Vault:

Girls- Anne Polcari- 10'0" (4th)

Comments:

Great job! We had 7 girls and 4 boys move on to the state meet of champs.
Special congrats to Niall for being the state group 4 champ in the 800m!

North Jersey boys trio win indoor titles

By PAUL SCHWARTZ
STAFF WRITER

TOMS RIVER — For Tony Salvatore and Niall Buckley, titles won Sunday at the State group track championships meant taking care of some unfinished business. For Matt Steeg, North Jersey's third champion at the Bennett Indoor Athletic Complex, it was about taking the lessons learned from a fellow competitor and showing his own improvement.

Salvatore, a Wayne Valley senior, captured the Group 3 1,600-meter run early Sunday morning, ending a year of frustration that had seen him come close to winning State group titles three previous times.

Buckley, a Ridgewood senior, got his

WINTER TRACK GROUP 3-4 BOYS

Group 4 800 meter title a year later than he had expected after being caught just before the tape in 2006. And Steeg, of Don Bosco, cleared 13 feet, 6 inches to win the Group 4 pole vault after not having cracked the top 10 in the same event last year.

Salvatore, who finished second in last year's Group 3 indoor 3,200, fourth in last spring's Group 3 1,600 and second in last fall's Group 3 cross-country race, took the lead midway through Sunday's first final and held off a series of challenges from Notre Dame's Luke Fischer to earn his first group champi-

onship.

"I haven't won one of these before," said Salvatore after running 4:24.24 to beat Fischer by about two meters. "It's about time I finally got one."

Salvatore had never been favored in his previous close calls, but this time he wore the number one label on his hip as the top seed and he delivered.

"I knew that someone would take the race out too hard, so I started out somewhat deliberately," said Salvatore, who was fifth after the first lap and second after the next two. "When I got the lead I tried to slow the pace down a little so I'd have a little bit extra left for the end. And then when I tried to use it, [Fischer] wouldn't go away."

But the Princeton-bound Salvatore was never really in trouble as he led all

the way to the finish.

Buckley learned his lesson last winter after he had grabbed the lead in a slow-paced race, but hadn't opened up enough of a gap to hold off the surging Matt Andes of Cherokee. But this time, he took control of the race shortly after the halfway point.

"They all got out hard and I stayed back, in position, working my way up after the first 100 meters," said Buckley, who took the lead from Anthony De-meo of Jackson and extended it through the 600-meter mark.

"I felt in control the entire time, even when people started to come back at me," said Buckley, who finished in 1:57.50, about two meters clear of De-meo. "I have much more confidence in my ability this year and it helped me

when the race got closer."

Steeg also used his increased confidence and experience to fashion his impressive win.

"I saw what happened to Greg [Mahwah vaulter Stripe] at the meet Thursday and I decided to start at a height that I was comfortable, that I could make easily," said Steeg, referring to the shocking no-height finish by Stripe in the Group 1 meet. "That meant coming in at 12-6."

Steeg cleared 12-6, 13-0 and 13-6 on his first attempts, as everyone else in the field suffered at least one miss. The third clearance came after Mike Goldwasser of Manalapan cleared 13-6 on his first try to briefly take the lead. But Steeg answered with his best vault of the day moments later to clinch the title.

Ridgewood makes most of its chances

By PAUL SCHWARTZ
STAFF WRITER

INDOOR TRACK GROUP 4 GIRLS

TOMS RIVER — Ridgewood brought only eight girls to compete at the State Group 4 indoor track championships Saturday at the Bennett Indoor Athletic Complex.

And nearly all of them earned trips to the State Meet of Champions by finishing in the top six of their events. The Maroons finished fourth with 22 points.

"We had a great day," said Ridgewood coach Mike Mullin, after his team placed in six of the meet's 10 events, more than any other team and scored five different individuals, also a meet best.

"We didn't do as well in the relay as I had hoped but everywhere else we came with had the right mind-set and performed great."

According to 55 hurdles runner-up Lara-Jane Que, it was largely because of the new facility at Toms River, affectionately known as "The Bubble."

"It's unbelievably better than it was running at Princeton," said Que, who ran a personal best of 8.25 and almost caught favored Racquel Vassell of East Orange.

"The aura here is really great for high school track and field. There is so much about Princeton that is intimidating."

Senior Cristina Law made a bold move in the 800 with a little more than a lap to go and finished third in 2:17.05.

Ridgewood got a tie for fourth from Annie Polcari, who cleared 10 feet in the pole vault and a sixth from Erica Cigolini in the 55. Kelly Conheaney ran a personal best

5:06.41 in the 1,600 for sixth place.

The only other North Jersey medal winner was Michelle Telofski of Clifton, who tied with Polcari for fourth in the vault.

INDOOR TRACK

STATE GROUP CHAMPIONSHIPS

AT THE BENNETT INDOOR COMPLEX TOMS RIVER

GIRLS GROUP 3

TEAM SCORING: Ramapo 35, Notre Dame 26, Camden 24; 20. West Milford 4; 26. Bergenfield 1.

55: 1. Georgina Nembhard, Ocean Twp., 7:18; 2. Assante Johnson, Camden, 7:27; 3. Shavon Greaves, Lakewood, 7:34; 4. Briana Barlow, New Brunswick, 7:35; 5. Shaterri Aiston, Camden, 7:39; 6. Michelle Brown, 7:41.

55 HH: 1. Holland Thomas, West Windsor North, 8:41; 2. Georgina Nembhard, Ocean Twp., 8:63; 3. Stefani Zabilowicz, Lacey Twp., 8:65; 4. Danal Lendor, Lawrence, 8:67; 5. Josefina Kivist, Ridge, 9:03; 6. Azudei Dubois, Irvington, 9:15.

400: 1. Kristen Mahon, Notre Dame, 57:19; 2. Nicole Ragucci, Monroe Twp., 58:72; 3. Kamice Smalls, Camden, 58:50; 4. Michelle Brown, Seneca, 59:01; 5. Amy Salek, Ramapo, 59:06; 6. Karl Shoolbraid, Voorhees, 59:16.

800: 1. Ariann Neutts, Roxbury, 2:17.15; 2. Kelsey Ramsey, Ramapo, 2:17.80; 3. Libby Bilas, Princeton, 2:21.13; 4. Megan Patterson, Freehold Boro, 2:21.38; 5. Kerri Brown, Seneca, 2:21.39; 6. Nicole Quagliana, Mount Olive, 2:21.72.

1,600: 1. Erin McKenna, Ramapo, 5:04.17; 2. Kelsey Ramsey, Ramapo, 5:06.69; 4. Trish Reilly, West Windsor North, 5:10.16; 5. Lauren Penney, Roxbury, 5:10.58; 6. Brittney Veeck, Scotch Plains-Fanwood, 5:14.05.

3,200: 1. Amanda Goetchius, Delsea, 10:52.05; 2. Chelsea Ley, Kingsway, 11:00.79; 3. Erin McKenna, Ramapo, 11:15.29; 4. Lauren Penney, Roxbury, 11:18.40; 5. Katrina Spratford, Voorhees, 11:22.61; 6. Nicol Traynor, Ridge, 11:22.62.

High jump: 1. Jessica Haughton, Hightstown, 5-4; 2. Samantha Howell, West Windsor South, 5-2; 3. tie between Kathryn Wirth, Shawnee, Sara Allen, Ridge, Chizorom Eke-Okoro, Winslow Twp., and Hannah Boyce, Ocean Twp., 5-0.

Shot put: 1. Tiona Long, New Brunswick, 41-7 3/4; 2. Shanna Campbell, Pemberton, 39-6 1/4; 3. Sarah Anderson, Seneca, 38-6 1/4; 4. Jackie Berthelsen, Lacey Twp., 36-11 1/4; 5. Tessie Allan, Kingsway, 36-1 1/4; 6. Angela Acosta, Bergenfield, 36-1 1/4.

Pole vault: 1. Nicole Ragucci, Monroe Township, 10-0; 2. Allyson Brooks, Moorestown, 10-0; 3. Megan Mahon, Notre Dame, 9-6; 4. Casey Monks, West Milford, 9-6; 5. Lauren Taucher, Moorestown, 9-6; 6. tie between Dana Perez, Voorhees and Helen Riggs, Kingsway, 9-0.

4-x-400 relay: 1. Notre Dame (Megan Mahon, Caroline Perry, Caitlin Wismer, Kristen Mahon), 4:03.11; 2. Camden, 4:03.14; 3. Seneca, 4:08.38; 4. Princeton, 4:08.72; 5. Ridge, 4:12.65; 6. Ramapo, 4:15.66.

GIRLS GROUP 4

TEAM SCORING: Southern 34, East Orange 30, Colts Neck 26, Ridgewood 21, 23. Clifton 3.

55: 1. English Gardner, Eastern, 7:10; 2. Adaobi Unachukwu, Marlboro, 7:28; 3. Porshe Giddings, East Orange, 7:29; 4. Meagan Morris, Montclair, 7:41; 5. Tylia Gillon, North Brunswick, 7:46; 6. Erica Cigolini, Ridgewood, 7:65.

55 HH: 1. Racquel Vassell, East Orange, 8:15; 2. Lara-Jane Que, Ridgewood, 8:25; 3. Lataya Dixon, J.P. Stevens, 8:39; 4. Brittany Knowles, Southern, 8:55; 5. Melissa Arango, Hillsborough, 8:58; 6. Janica Austin, Trenton, 8:74.

400: 1. English Gardner, Eastern, 56:44; 2. Symone O'Connor, Franklin, 57:00; 3. Cora Dayon, Trenton, 58:77; 4. Porshe Giddings, East Orange, 59:28; 5. Jackie Dim, Washington Twp., 59:38; 6. Nijah Dupiche, Piscataway, 59:43.

800: 1. Jillian Smith, Southern, 2:14.99; 2. Jahiisa Smith, Plainfield, 2:16.46; 3. Cristina Law, Ridgewood, 2:17.05; 4. Kim Standridge, Randolph, 2:18.41; 5. Kristen Perrine, Brick Mem., 2:18.45; 6. Meryl Wimberley, Colts Neck, 2:18.69.

1,600: 1. Jillian Smith, Southern, 4:52.21; 2. Ashley Higginson, Colts Neck, 4:53.70; 3. Amanda Marino, Jackson, 5:01.00; 4. Kim Standridge, Randolph, 5:02.79; 5. Allyson Moskal, Freehold Twp., 5:03.18; 6. Kelly Conheaney, Ridgewood, 5:06.41.

3,200: 1. Ashley Higginson, Colts Neck, 10:38.73; 2. Theresa Cattuna, Cherry Hill East, 10:42.42; 3. Brianna Jackucewicz, Colts Neck, 10:54.32; 4. Amanda Marino, Jackson, 11:00.04; 5. Tori Berard, Morris Knolls, 11:03.27; 6. Allyson Moskal, Freehold Twp., 11:10.42.

High jump: 1. Ashley Newby, Columbia, 5-6; 2. Lataya Dixon, J.P. Stevens, 5-6; 3. Bianca Stewart, Columbia, 5-6; 4. Lynn Mayer, Sayreville, 5-4; 5. Yasmin Parks, J.P. Stevens, 5-2; 6. Ryan Olexson, Watchung Hills, 5-2.

Shot put: 1. Taryn O'Connor, Hillsborough, 46-0 1/4; 2. DeAnne Hahn, Brick Twp., 45-10; 3. Althea Charles, West Orange, 42-0 3/4; 4. Maureen Laffan, Toms River North, 41-5; 5. Kristen Batts, Marlboro, 40-1 1/4; 6. Lisa Stuto, Brick Twp., 39-1.

Pole vault: 1. Samantha Brady, Jackson, 11-6; 2. Natailie Parkes, Hunterdon Central, 11-0; 3. Ashley Furlong, Southern, 11-0; 4. tie between Annie Polcari, Ridgewood and Michelle Telofski, Clifton, 10-0; 6. Jenna Meagher, Marlboro, 10-0.

4-x-400 relay: 1. East Orange (Shadha Canzater, Tiffany Carter, Racquel Vassell, Porshe Giddings), 4:01.47; 2. Trenton, 4:02.30; 3. Cherokee, 4:04.47; 4. Southern, 4:04.57; 5. Ridgewood, 4:04.81; 6. Colts Neck, 4:05.08.

GROUP 2 BOYS

TEAM SCORING: 1. Monmouth Regional, 46; 2. Hanover Park, 32; 3. Pleasantville, 24.50; 5. Indian Hills, 20.

55: 1. Charles Cox, Monmouth Regional, 6:52; 2. Paul Barolette, Saint John Vianney, 6:60; 3. James Owens, West Deptford, 6:66; 4. Clarence Rothmaller, Deptford, 6:68; 5. Chris Medina, Monsignor Donovan, 6:69; 6. Damier Johnson, Long Branch, 6:69.

55HH: Mike Cuppari, Hanover Park, 7:53; 2. Kamryn Austin, Ewing, 7:57; 3. Aaron Kling, Morris Hills, 7:59; 4. Kenneth Davis, Pleasantville, 7:59; 5. Robby Robinson, Bridgeton, 8:00; 6. Deion Lawson, Rahway, 8:02.

400: 1. Charles Cox, Monmouth Regional, 49.11; 2. Christopher Cox, Monmouth Regional, 49.98; 3. Duke Mack, Pleasantville, 50.01; 4. Paul Jones-Burden, Rahway, 50.19; 5. Chris Lewnes, Saint John Vianney, 51.75; 6. Paul Barolette, Saint John Vianney, 51.83.

800: 1. Max Bruno, Indian Hills, 1:57.33; 2. Matt Poskus, Cinnaminson, 1:58.16; 3. Jonathan McFaul, Deptford, 2:00.23; 4. Alan Laws, Jr., Pleasantville, 2:00.27; 5. Alex Best, Pleasantville, 2:00.62; 6. Jamar Mack, Bridgeton.

1600: 1. Dennie Walte, Red Bank Regional, 4:21.58; 2. Brian Tetreault, Cinnaminson, 4:21.81; 3. Stephen Hankinson, Summit, 4:26.84; 4. George Galasso, Holmdel, 4:27.50; 5. Michael Keebler, Holy Spirit, 4:30.39; 6. Alex Pereira, Monsignor Donovan, 4:39.19.

4x400 relay: 1. Monmouth Regional (Kelly Fisher, Joseph Ortiz, Christopher Cox, Charles Cox); 2. Pleasantville (Alan Laws, Jr., Alex Best, Kenneth Davis, Duke Mack); 3. Rahway (Paul Jones-Burden, Deion Lawson, Marquis Barnes, John Ferrer); 4. Monsignor Donovan (Anthony Cappello, Nick Chiarella, Ryan Wells, Jayce Maxwell); 5. Hopewell Valley (Marc Kilstein, Richard Yu, Matt Cook, Chris Anuzis); 6. Ewing (Jammal Lim, Davay Lyman, Andrew Dash, Brandon Leftridge).

3200: 1. Kyle Soloff, Morris Hills, 9:23.16; 2. James Grimes, Chatham, 9:25.93; 3. Tom Poland, Delbarton, 9:38.82; 4. Michael Keebler, Holy Spirit, 9:44.58; 5. Raymond Coles, Monsignor Donovan, 9:49.82; 6. Matt Hilderbrandt, Hopewell Valley, 9:54.97.

Shot put: 1. Steve D'Arcy, Hanover Park, 57-08; 2. Oliver Haney, A.L. Johnson, 56-00.25; 3. Brandon Catley, Monmouth Regional, 53-02.50; 4. Tory Smith, Hanover Park, 51-02; 5. Pat Shell, Holy Spirit, 49-10; 6. Dominique Williams,

Bridgeton, 49-01.
High jump: 1. Kurt Von Weisenstein, Indian Hills, 6-04; 2. Scott McCullough, Chatham, 6-04; 3. Alex Smith, Rumson-Fair Haven, 6-02; 4. Brian Makinson, Cinnaminson, 6-02; 5. Andre Dozier, Weequahic, 6-02; 6. Kenneth Davis, Pleasantville, 6-00.

Pole Vault: 1. Chris Favaio, Saint John Vianney, 13-06; 2. Mike Cuppari, Hanover Park, 12-00; 3. Antonio Trapanese, Allentown, 12-00; 4. Edward Zubrzycki, Highland, 12-00; 5. John Leung, Monmouth Regional, 11-00; 6. Jonathan Bartlett, Matawan, 10-00.

GROUP 2 GIRLS

TEAM SCORES: 1. Hopewell Valley, 60; 2. Hanover Park, 33; 3. West Morris Mendham, 25; 14. Indian Hills, 20.

55: 1. Audrey Wilson, Deptford, 7:15; 2. Ogechi Nwaneri, Chatham, 7:21; 3. Andrea Butler, Rahway, 7:34; 4. Famatta Lewis, Woodrow Wilson, 7:40; 5. Nicole Ferrara, Hopewell Valley, 7:50; 6. Deseira Sanders, Long Branch, 7:50.

55HH: 1. Diona Scala, Hanover Park, 8:79; 2. Julie Alexander, Hopewell Valley, 8:79; 3. Susan Scavone, Summit, 8:87; 4. Dominique Best, Pleasantville, 8:88; 5. Shayne Hughes, Hopewell Valley, 9:27; 6. Jessica Fennes-Pheney, Cranford, 9:30.

400: 1. Julie Alexander, Hopewell Valley, 58.99; 2. Tamara Jones, Woodrow Wilson, 59.66; 3. Gabriella Kelly, Rumson-Fair Haven, 1:00.36; 4. Audrey Wilson, Deptford, 1:00.38; 5. Melissa Bellin, Rumson-Fair Haven, 1:00.60; 6. Famatta Lewis, Woodrow Wilson, 1:00.74.

800: 1. Samantha Lee, Summit, 2:16.76; 2. Sarah Gustafson, Hopewell Valley, 2:20.07; 3. Marissa Greco, Hopewell Valley, 2:22.84; 4. Janine Louie, Red Bank Catholic, 2:23.59; 5. Jamie Carroll, Rumson-Fair Haven, 2:23.76; 6. Elizabeth Dowdy, Red Bank Regional, 2:26.75.

1600: 1. Amanda Hefferan, Parsippany, 5:08.64; 2. Lindsey Jaites, Indian Hills, 5:09.46; 3. Clare Buck, Hopewell Valley, 5:10.35; 4. Megan Fitzpatrick, Hopewell Valley, 5:10.37; 5. Kristine Altland, Raritan, 5:12.14; 6. Kim Hudock, Saint Dominic, 5:19.61.

4x400 relay: 1. Wilson Woodrow (Famatta Lewis, Tamara Jones, Alexis King, Samantha Sharper); 2. Hanover Park (Shadaya Bennett, Averie Sheppard, Kelly Rosenfeld, Diona Scala); 3. Ewing (Asha Winters, Mahalia Ewers, Tyler Barnes, Amirah Muneer); 4. Hopewell Valley (Nicole Ferrara, Maggie Griffiths, Sarah Gustafson, Julie Alexander); 5. Summit (Kayla McDonald, Susan Scavone, Paige Boehmcke, Samantha Lee); 6. Rumson-Fair Haven (Gabriella Kelly, Christina Roque, Jaime Carroll, Melissa Bellin).

3200: 1. Laura Gallo, Cranford, 11:09.19; 2. Laura Vigilante, West Morris Mendham, 11:11.23; 3. Clare Buck, Hopewell Valley, 11:14.79; 4. Erin Lunny, Red Bank Catholic, 11:17.10; 5. Megan Fitzpatrick, Hopewell Valley, 11:20.60; 6. Amanda Hefferan, Parsippany, 11:21.35.

Shot put: 1. Sarah Bella, West Morris Mendham, 40-07; 2. Adrian Mobley, Pleasantville, 37-02.50; 3. Jayme Yeskel, Hanover Park, 35-02.50; 4. Joanna Shinn, Monsignor Donovan, 34-04.75; 5. Erin Scurry, Matawan, 34-04.25; 6. Stephanie Rosamilia, Governor Livingston, 34-00.50.

High jump: 1. Lauren Burke, Morris Hills, 5-04; 2. Tayona Brown, Ewing, 5-00; 3. Gillian Tobias, West Morris Mendham, 5-00; 4. Mary Sancilo, Allentown, 5-00; 5. Kristan Albo, Hanover Park, 4-10; 5. Stephanie Amalfie, A.L. Johnson, 4-10; 5. Brigita Baranauskaitė, Ewing, 4-10.

Pole Vault: 1. Chrissy Finkel, Montville, 11-06; 2. Nicole Pompei, Hanover Park, 11-00; 3. Bianca Reo, Parsippany, 10-00; 4. Ashley Aquilante, Manasquan, 9-06; 5. Katelyn Pagano, Hopewell Valley, 8-06; 6. Sarah Bender, Cranford, 8-00.

North Jersey wild cards: Janay Mitchell, Teaneck (55); Susan Martinez, Clifton (800); Kristin Crawford, Kennedy (400); Amber Allen, Passaic Tech (400); Mary Kaye Duff, Holy Angels (3,200); Ashley Coleman, Passaic (SP); Jamie Sacco, Park Ridge (HJ).

INDOOR TRACK

STATE GROUP CHAMPIONSHIPS

AT BENNETT INDOOR ATHLETIC COMPLEX, TOMS RIVER

BOYS GROUP 3 TEAM SCORING

Camden 30, Notre Dame 29.16, West Windsor South 23, 7. Wayne Valley 14, 16. Ramapo and Teaneck 8, 20. West Milford 6.16, 21. Passaic Valley 6.

55: 1. Charles Willis, Hamilton West, 6.56; 2. Geoffrey Mock, Timber Creek, 6.60; 3. Freddie Lavan, Delsea, 6.61; 4. Sherman Goree, Camden, 6.62; 5. Jaymark Bailey, Irvington, 6.67; 6. Willy Rodriguez, Ocean Twp., 6.82.

55 HH: 1. Emanuel Meyers, Lakewood, 7.70; 2. Jamelle Ross, Clearview, 7.73; 3. Akeem Adiafu, Willingboro, 7.74; 4. Alec Marshall, Wayne Valley, 7.74; 5. Joshua Evans, Irvington, 7.80; 6. Anthony Brown, Hamilton West, 7.88.

400: 1. Sherman Goree, Camden, 50.52; 2. Akeem Thomas, Teaneck, 50.54; 3. Antonio Abney, Willingboro, 50.62; 4. Ishmael Robbins, Irvington, 50.83; 5. Aaron Younger, Delsea, 51.09; 6. Joe Brown, West Windsor South, 51.50.

800: 1. Jason Apwah, Roxbury, 1:58.11; 2. Gigi Ginillsco, Notre Dame, 1:58.75; 3. Casey Pinckney, Camden, 2:00.03; 4. Josh Clark, Seneca, 2:00.51; 5. Casey Weiss, 2:00.84; 6. Luke Fischer, Notre Dame, 2:00.85.

1,600: 1. Tony Salvatore, Wayne Valley, 4:24.24; 2. Luke Fischer, Notre Dame, 4:24.86; 3. Myles Udland, Millburn, 4:26.09; 4. Gigi Gibilisco, Notre Dame, 4:27.42; 5. Sean McNulty, West Windsor North, 4:27.57; 6. Charles Mitchell, Triton, 4:29.44.

3,200: 1. Brian Leung, West Windsor South, 9:25.56; 2. Alex Brenner, Ridge, 9:38.91; 3. Nick Roman, Passaic Valley, 9:40.13; 4. Peter Murphy, Millburn, 9:42.72; 5. Anshul Gupta, Ridge, 9:44.76; 6. Chris Southwick, Voorhees, 9:45.62.

Shot put: 1. Mike Alleman, Scotch Plains-Fanwood, 59-6¼; 2. Vincent Eiarado, Lacey Twp., 57-10; 3. Kyle Goodman, Toms River South, 56-2¼; 4. Patrick Park, Toms River South, 54-10¼; 5. Nick Alexander, West Morris, 52-0¼; 6. Sackie Kerkulh, Willingboro, 50-7¼.

High jump: 1. John Provaznik, Lacey Twp., 6-4; 2. Waynelle Gravesande, Irvington, 6-2; 3. Dennis Lucey, Central Reg., 6-2; 4. Antoine Allen, Mt. Olive, 6-0; 5. Ameer Wright, Irvington, 5-10; 6. tie between Casey Weiss, West Milford, Craig Michaud, Nutley, Alex Maurer, Voorhees, Travis Larmore, Notre Dame, Matt Melton, Wall, and Michael Grier, Princeton, 5-10.

Pole vault: 1. Andrew Long, West Windsor South, 13-0; 2. Tim Blashford, Ramapo, 12-6; 3. Dan Haefel, Toms River South, 12-6; 4. Adam Lazor, West Milford, 12-6; 5. Rob Kirsten, Shawnee, 12-6; 6. Joon Lee, West Windsor North, 12-0.

1,600 relay: 1. Camden (Charles Waugh, Kadeer Lane, Casey Pinckney, Sherman Goree), 3:26.74; 2. Notre Dame, 3:26.76; 3. Delsea, 3:26.77; 4. Winslow Twp., 3:28.57; 5. West Windsor South, 3:29.58; 6. Lawrence, 3:29.59.

BOYS GROUP 4 TEAM SCORING

Trenton 60, Don Bosco 29, Old Bridge 24, 11. Ridgewood 10.

55: 1. Reggie Dixon, Plainfield, 6.37; 2. Chris Church, Millville, 6.54; 3. Asher Ashfield, Cherry Hill East, 6.57; 4. Dean McCleese, Trenton, 6.60; 5. Hanif Kendrick, Franklin, 6.60; 6. Davon Goldsborough, Vineland, 6.62.

55 HH: 1. Tykeen Fulton, Trenton, 7.46; 2. Sean Schnarr, Franklin, 7.64; 3. Devon Hill, Trenton, 7.76; 4. Chris Rutherford, Toms River East, 7.77; 5. Albert Bastien, St. Joseph (Met.), 7.93; 6. Dan Mularz, Freehold Twp., 8.01.

400: 1. Allan Lunkenheimer, Old Bridge, 49.01; 2. Tykeen Fulton, Trenton, 49.66; 3. Patrick Blackie, Seton Hall, 49.87; 4. Dean McCleese, Trenton, 50.02; 5. Yacid Chaniz-Rico, Vineland, 50.35; 6. Michael Drake, Cherry Hill East, 50.64.

800: 1. Niall Buckley, Ridgewood, 1:57.50; 2. Anthony Meleo, Jackson, 1:57.77; 3. Sharif Webb, Don Bosco, 1:58.77; 4. John Gray, Southern, 1:59.13; 5. Christian Gonzalez, Franklin, 1:59.37; 6. Kevin Cronin, Mainland, 1:59.44.

1,600: 1. Craig Forsys, Colts Neck, 4:21.43; 2. Christian Gonzalez, Franklin, 4:24.37; 3. Conor Sullivan, Don Bosco, 4:25.51; 4. Doug Weeks, Toms River East, 4:28.07; 5. Andrew Brodeur, Brick Mem., 4:28.47; 6. Ryan Fenimore, Jackson, 4:29.60.

3,200: 1. Craig Forsys, Colts Neck, 9:28.40; 2. Matt Ciambrello, Old Bridge, 9:34.10; 3. Zach Bahor, Randolph, 9:34.17; 4. Jason Baker, Don Bosco, 9:38.10; 5. Rob Molke, Don Bosco, 9:38.23; 6. Ed Sheridan, Phillipsburg, 9:38.67.

Shot put: 1. John Viotto, South Brunswick, 53-4¼; 2. Kwabena Keene, Washington Twp., 53-2; 3. Lloyd Codada, West Orange, 51-8¼; 4. Matt Crystal, Watchung Hills, 51-6¼; 5. John Krewer, Colts Neck, 50-11¼; 6. Josh Cumberbatch, Piscataway, 50-0¼.

High jump: 1. Devon Bond, Trenton, 6-8; 2. Frank Thompson, Trenton, 6-6; 3. Jon Arnold, West Orange, 6-4; 4. Qadir Tudor, West Orange, 6-4; 5. William Ricketts, South Brunswick, 6-4; 6. Hanif Kendrick, Franklin, 6-2.

Pole vault: 1. Matt Steeg, Don Bosco, 13-6; 2. Mike Goldwasser, Manalapan, 13-6; 3. Ryan Eng, Randolph, 13-0; 4. Geirge Vailone, North Hunterdon, 12-6; 5. Eric Pontrello, Cherokee, 12-6; 6. tie between Rick Villanova, Toms River North, Dan Ipp, Livingston, Mike Williams, Cherry Hill East and Daniel Reiss, Hillisborough, 12-0.

1,600 relay: 1. Trenton (Dean McCleese, Rashawn Bailey, Devon Hill, Rahson Nock), 3:24.30; 2. Seton Hall, 3:25.57; Old Bridge, 3:26.99; 4. Vineland, 3:28.57; 5. Jackson, 3:29.93; 6. Don Bosco, 3:29.95.

North Jersey wild cards: Chris Ziegler, Ridgewood (55); Christian Trautwein, Ridgewood (800); Steve Bertinato, Bergen Tech (800); Stephen Wyke, Don Bosco (1,600); Stephen Abate, Wayne Valley (1,600); Tim Burke, Bergen Catholic (3,200); Dan Emont, Ridgewood (3,200); Kyle Gilroy, West Milford (55 HH).

INDOOR TRACK

Buckley has a blast at 'The Bubble'

BY GREG TARTAGLIA
Staff Writer

TOMS RIVER — Niall Buckley was not going to let it happen again.

Last season, the Ridgewood High School senior was less than one lap away from a victory in the 800-meter race at the Group 4 state indoor track championships when Cherokee's Will Andes came from behind to beat him by 0.13 seconds.

This season, the site of the Group 4 title meet changed, and so did the outcome of the 800. Sunday at the Bennett Indoor Athletic Complex, a.k.a. the Toms River Bubble, Buckley held back early in

the race and moved ahead halfway through, charging to the 800-meter championship in 1:57.50, just 0.25 seconds ahead of Jackson senior Anthony Meleo.

"Last year after I took the lead, I kind of started to settle and didn't really go all-out," Buckley said. "This time, when I came around the first lap, I saw that the pace was extremely fast. I knew that they were all going to tire out, so I could move up in the middle of the race get the lead."

Buckley was one of four Ridgewood boys to qualify for Sunday's State Meet of Champions (SMOC), which will also be held in Toms River. Seniors Chris Zeigler (55-meter dash) and Dan Emont (3200-meter run) and junior Christian Trautwein (1000-

meter run) also advanced.

The Maroons also placed seven athletes in the Group 4 girls state-championship meet last Saturday, led by senior Lara-Jane Que's second-place finish in the 55-meter hurdles. Seniors Erica Cigolini, Cristina Law and Alice Wisener, juniors Emily Barr and Annie Polcari and sophomore Kelly Conheeny also earned berths in the girls SMOC, which begins tomorrow.

In the Group 4 meet team standings, the Ridgewood boys placed 11th behind Trenton with a score of 10 points, and the girls finished fourth behind Southern Regional with 22 points.

This was the first season that all four group championships were held at the brand-new Toms River

Bubble, which opened last month. Previously, the meets had been held at Princeton University's Jadwin Gymnasium.

"It was like the meet had a totally different feel to it," Buckley said of the switch to the Bennett Indoor Complex. "The surface isn't bad, but the turns are really tight and your feet tend to slip in your shoes."

Fortunately for Buckley, whereas spiked shoes were not permitted on the track at Jadwin, they were allowed at the Bubble, leaving Buckley free to use an old pair of spikes to keep his feet from sliding.

"Niall has run faster in spring, and he's run a faster relay split in the sprint medley," said RHS head coach Mike Mullin. "But he had a great race, and winning the group [title] is a nice accomplishment."

County Champs

Mon. 2/19/07

***** Results *****

***** All races Varsity unless stated

55m:

Boys-

Chris Zeigler- 6.5 (1st) ** *Ties School Record* **

Girls-

Nikki Whitkar- 7.6, Erica Cigolini- 7.4 (2nd)

55m HH:

Boys-

Akira Monri- 7.8 (1st), Peter Nygaard- 8.5

Girls-

Mia Martinez- 8.8 (2nd), Kate Michel- 9.3 (5th)

600m:

Boys-

Niall Buckley- 1:22.6 (2nd)

Girls

Kelly Conheeny- 1:41.1 (2nd)

400m:

Boys- Mike Vaccaro- 55.5

1000m:

boys-

Christian Trautwein- 2:41.1 (1st)

800m:

Girls-

Alex Middleton- 2:30.8 (6th), Christine Spilka- dnf

300m:

Girls-

Varstiy- Alice Wisener- 40.8 (2nd) ** *New School Record* **, Emily Barr- 42.9 (6th),

Erica Cigolini- 42.3 (4th)

Novice- Maave Casey- 46.9 (2nd), Jackie Montero- 49.4, Emily Trent- 51.4,

Melissa Wittenbert- 52.4

Frosh- Victoria Olivia- 45.7 (1st)

1600m:

Girls-

Novice- Hilary Barr- 5:48.6 (1st), Casey Reilly- 5:59.7 (4th)

4 x 400m:

Boys-

3:26.9 (3rd) Akira Monri, Chris Zeigler, Christian Trautwein, Niall Buckley
52.5 50.9 53.2 50.6

Girls-

4:07.9 (1st) Emily Barr, Kelly Conheeny, Kate Michel, Alice Wisener
63.4 62.1 63.1 59.6

Triple Jump:

Boys-

Peter Nygaard- 39'6" (6th)

Girls-

Robin Lee- 30'7 ½", Kate Michel- 30'4 ½"

Shot Put:

Girls-

Megan Gonzalez- 31' ½"

Pole Vault:

Girls-

Anne Polcari- 10'0" (1st), Ramelle Brown- 8'0", Robin Lee- 7'0"

Pentathlon:

Cristnina Law- 2996 points

(8.9 HH, 23' ¾" SP, 5'0" HJ, 15'2 ¼" LJ, 2:18.9 800m)

Comments:

Awesome meet. Nice to see us get so many places and be one of the elite....if not "the elite" team in the county. Congrats.

INDOOR TRACK

BERGEN CHAMPIONSHIPS

AT THE ARMORY TRACK CENTER,
NEW YORK CITY

BOYS

- 55: 1. Chris Ziegler, Ridgewood, 6.5; 2. Akeem Thomas, Teaneck, 6.5; 3. Ral-daine McDonald, Englewood, 6.5; 4. Marvin Wilby, Don Bosco, 6.6; 5. Dami-an Miles, Teaneck, 6.6; 6. Joe Jones, En-glewood, 6.6.
- 55 HH: 1. Akira Monri, Ridgewood, 7.8; 2. Ryan Dougherty, Ridgewood Park, 7.8; 3. Chris Castro, Bergen Tech, 7.9; 4. Evan Shaker, Paramus Catholic, 7.9; 5. Jermaine Boyd, Hackensack, 7.9; 6. Dan D'Amato, Hasbrouck Heights, 7.9.
- 300: 1. Akeem Thomas, Teaneck, 34.8; 2. Jason Kelsey, Don Bosco, 35.9; 3. Matt Bieszard, Midland Park, 36.0; 4. Brian Reilly, Indian Hills, 36.8; 5. Tom Randall, Bergen Catholic, 36.9; 6. Will Ring, Bergen Catholic, 36.9.
- 400: 1. John Rubinetti, Bergen Catholic, 51.2; 2. Mike DiBella, Northern High-lands, 51.3; 3. Brian Reilly, Indian Hills, 51.5; 4. Shawn Rembecky, Paramus, 51.8; 5. Kevin McVeigh, River Dell, 52.0; 6. Chris Castro, Bergen Tech, 52.8.
- 600: 1. Sharif Webb, Don Bosco, 1:22.3; 2. Niall Buckley, Ridgewood, 1:22.8; 3. Steve Wexler, Don Bosco, 1:25.7; 4. John Carabetta, Park Ridge, 1:26.9; 5. Matt Suozzi, Don Bosco, 1:27.7; 6. Brian Car-roll, Westwood, 1:28.2.
- 800: 1. Max Bruno, Indian Hills, 1:56.6 (record, old record, 1:56.4, by Bruno, 2006); 2. Conor Sullivan, Don Bosco, 1:58.2; 3. Matt Bertinato, Bergen Tech, 2:00.3; 4. Stephen Wyka, Don Bosco, 2:01.4; 5. Scott Maxwell, 2:01.7; 6. Tom-mey Gaidus, Northern Highlands, 2:03.6.
- 1,000: 1. Christian Trautwein, Ridge-wood, 2:41.7; 2. Mike Famularo, River Dell, 2:45.5; 3. John Gaffney, Rutherford, 2:45.6; 4. Peter Lee, Ridgewood Park, 2:45.7; 5. Ryan Bailey, Paramus Catholic, 2:49.4; 6. Danny Petrocelli, Queen of Peace, 2:57.8.
- 1,600: 1. Charles Good, Rutherford, 4:33.1; 2. Andrew Gaidus, Northern Highlands, 4:33.8; 3. Matt Lingam, Park Ridge, 4:36.8; 4. Robert Nihen, Glen Rock, 4:37.3; 5. Matt Wyatt, Demarest, 4:38.8; 6. Kevin Neary, Cliffside Park, 4:38.8.
- 3,200: 1. Jerome Perkins, Indian Hills, 9:55.6; 2. Leighton Spencer, Don Bosco, 10:00.6; 3. Mike Mitchell, Bergen Tech, 10:12.5; 4. Paul Kuehnle, Saddle Brook, 10:16.0; 5. Nick Prakash, Northern High-lands, 10:17.6; 6. Ethan Kleinbaum, Bergen Tech, 10:21.7.
- Shot put: 1. Zach Shapiro, River Dell, 57-3¼; 2. Geoff Goldeli, Pascoack Hills, 51-6½; 3. Andrew Trass, River Dell, 49-1¼; 4. Brandon Melchior, Hasbrouck Heights, 48-5¼; 5. Evan Noel, River Dell, 48-2¼; 6. Brendan Gareffa, Hasbrouck Heights, 45-5.
- High Jump: 1. Austin Hennelly, Dumont, 6-2; 2. Kurt Von Weisenstein, Indian Hills, 6-0; 3. Glen Cabrera, Ridgewood Park, 5-10; 4. Jason Alexander, Teaneck, 5-8; 5. Shawn Rembecky, Para-mus, 5-8; 6. tie between Raiell Ham-mond, Hackensack and Corey Purwin, St. Joseph regional, 5-6.
- Long jump: 1. Kwame Collins, Hacken-sack, 22-6; 2. Conrad Healy, Park Ridge, 20-10¼; 3. Dan D'Amato, Hasbrouck Heights, 20-2¼; 4. Craig Brown, Teaneck, 19-5¼; 5. Ryan Dougherty, Ridge-field Park, 19-2; 6. Nick Bravo, Park Ridge, 18-9.
- Triple jump: 1. Kwame Collins, Hacken-sack, 44-9¼; 2. Craig Brown, Teaneck, 41-10¼; 3. Christian Smalls, Hacken-sack, 41-6¼; 4. Shane Smith, Hacken-sack, 40-5; 5. Brandon Ingram, Bergen-field, 39-9¼; 6. Peter Nygaard, Ridge-wood, 39-5.
- Pole vault: 1. Greg Stripe, Mahwah, 14-0 (record, old record, 13-7 by Alan Schepps, Teaneck, 1976); 2. Matt Steeg, Don Bosco, 13-6; 3. Tim Blashford, Ramapo, 12-0; 4. Pete Sarkissan, Mah-wah, 11-0; 5. Neil Gallaras, New Mil-liford, 10-0; 6. Mark Tran, Fort Lee, 9-0.
- Pentathlon: 1. Tim White, Saddle Brook (7.9 HH, 37-6¼ SP, 6-2 HJ, 19-0¼ LJ, 251.0 1,000) 3,344 points; 2. Ausar Walcott, Hackensack, 3,103; 3. Mike Iozzia, Ram-sey, 3,020; 4. John Esposito, New Milliford, 2,837; 5. John Chiarello, River Dell, 2,820; 6. Anthony Carnevale, River Dell, 2,475.
- 4-x-400 relay: 1. Don Bosco (Jason Kelsey, Matt Andriulli, Steve Wexler, Sharif Webb), 3:25.2 (record, old record, 3:25.4 by Hackensack, 1999); 2. Park Ridge, 3:26.4; 3. Ridgewood, 3:26.9; 4.

GIRLS

- 55: 1. Angelica Johnson, Ridgewood Park, 7.2; 2. Erica Cigolini, Ridgewood, 7.4; 3. Epiphany Sams, Paramus Catholic, 7.4; 4. Kellie Dunn, Rutherford, 7.5; 5. Krystal Wyche, Hackensack, 7.5; 6. Megan Gadaleta, Demarest, n.t.
- 55 HH: 1. Evana Edwards, Hackensack, 8.4; 2. Mia Martinez, Ridgewood, 8.8; 3. C.J. Jacob, Ridgewood Park, 8.9; 4. Nicole Weingartner, Hasbrouck Heights, 9.0; 5. Kate Michel, Ridgewood, 9.3; 6. Emily Babiss, Indian Hills, 9.5.
- 300: 1. Janay Mitchell, Teaneck, 40.7; 2. Alice Wisener, Ridgewood, 40.8; 3. An-gelica Johnson, Ridgewood Park, 41.9; 4. Erica Cigolini, Ridgewood, 42.3; 5. Re-becca Coffman, Indian Hills, 42.3; 6. Emily Barr, Ridgewood, 42.9.
- 400: 1. Amy Salek, Ramapo, 57.7; 2. Melody Lopez-Bernstein, Paramus Catholic, 59.0; 3. Tori Roth, River Dell, 1:01.9; 4. Anise Johnson, Teaneck, 1:02.3; 5. Aderonke Bakare, Teaneck, 1:02.5; 6. Katie Nestor, Northern High-lands, 1:02.5.
- 600: 1. Bry Bonavita, River Dell, 1:37.3; 2. Kelly Conheaney, Ridgewood, 1:41.1; 3. Leah Noble, Bergen Tech, 1:44.3; 4. Alyssa Beasley, Paramus Catholic, 1:44.5; 5. Jane Siebold, Demarest, 1:45.7; 6. Sherri LaJoie, River Dell, 1:47.3.
- 800: 1. Kelsey Ramsey, Ramapo, 2:20.4; 2. Colleen Sullivan, Ramapo, 2:28.1; 3. Julie Sinkovitz, IHA, 2:28.2; 4. Donna Bruno, Indian Hills, 2:28.4; 5. Lindsay Nygren, Glen Rock, 2:30.7; 6. Alex Mid-dleton, Ridgewood, 2:30.8.
- 1,000: 1. Erin McKenna, Ramapo, 3:02.9; 2. Lindsey Jaites, Indian Hills, 3:04.3; 3. Ari Ackerman, River Dell, 3:14.3; 4. Car-olyn Garland, Westwood, 3:15.1; 5. Kelsey Muller, Bergen Tech, 3:33.1; 6. Estefanie Castro, Hackensack, 3:36.0.
- 1,600: 1. Kelsey Ramsey, Ramapo, 5:06.9 (ties meet record set by Caitlin Smyth, IHA, 2003); 2. Sarah Pagano, IHA, 5:23.1; 3. Patty Hannon, Paramus, 5:27.6; 4. Sarah Mellea, IHA, 5:34.2; 5. Maggie Mcpartland, IHA, 5:36.2; 6. Stephanie Gibney, Holy Angels, 5:38.0.
- 3,200: 1. Erin McKenna, Ramapo, 11:17.0; 2. Mary Kaye Duff, Holy Angels, 11:27.5; 3. Patty Hannon, Paramus, 11:42.7; 4. Stephanie Gibney, Holy An-gels, 12:05.2; 5. Nicole Schiavone, Holy Angels, 12:05.8; 6. Stacey Bond, Ram-sey, 12:14.2.
- Shot put: 1. Angela Acosta, Bergen-field, 37-4¼; 2. O'Klevia Redway, Hackensack, 35-3; 3. Danielle Marion, Fair Lawn, 33-4 ¼; 4. Caitlin Byrne, IHA, 32-6 ¼; 5. Jackie Ix, Indian Hills, 31-6; 6. Eileen Becker, Indian Hills, 31-5.
- High jump: 1. Christine Fischer, IHA, 4-10; 2. Jessica Ruiz, River Dell, 4-10; 3. C.J. Jacob, Ridgewood Park, 4-10; 4. Heather Gearity, Rutherford, 4-10; 5. tie be-tween Mia Martinez, Ridgewood and Rebecca DeJong, Ramapo, 4-10.
- Long jump: 1. Krystal Wyche, Hacken-sack, 16-1¼; 2. Nicole Weingartner, Hasbrouck Heights, 15-10¼; 3. Asher Beasley, Paramus Catholic, 15-10; 4. Marie Minasi, Holy Angels, 15-8; 5. Jes-sica Molosh, Indian Hills, 15-7; 6. C.J. Ja-cob, Ridgewood Park, 15-7.
- Triple jump: 1. Evana Edwards, Hacken-sack, 35-4¼; 2. Alyssa Maier, River Dell, 35-2¼; 3. Brooke Kristensen, Mahwah, 33-7¼; 4. C.J. Jacob, Ridgewood Park, 33-6; 5. Melissa Hwang, Paramus, 32-6¼; 6. Em-ily Babiss, Indian Hills, 32-0¼.
- Pole vault: 1. Annie Polcari, Ridgewood, 10-0 (record, old record, 9-6 by two vaulters); 2. Michelle Favre, Saddle Brook, 10-0; 3. Melissa Davila, Hacken-sack, 9-6; 4. Kristen Marfino, Has-brouck Heights, 8-6; 5. Sherri LaJoie, River Dell, 8-6; 6. Nora Selimovic, Ridgewood Park, 8-0.
- Pentathlon: 1. Cristina Law, Ridgewood (8.9 HH; 23-0¼ SP; 5-0 HJ; 15-2¼ LJ; 2:18.9 800), 2,996 points (record, old record, 2,834 by Arianna Pomo, Saddle Brook, 2006); 2. Arianna Pomo, Saddle Brook, 2,775; 3. Kelly McDermott, River Dell, 2,699; 4. Tara Macuia, River Dell, 2,353; 5. Jamie Sacco, Park Ridge, 2,231.
- 4-x-400 relay: 1. Ridgewood (Emily Barr, Kate Michel, Kelly Conheaney, Alice Wisener), 4:07.9; 2. River Dell, 4:08.4; 3. Teaneck, 4:11.9; 4. IHA, 4:13.3; 5. Para-mus Catholic, 4:18.0; 6. Ramsey, 4:21.7.

ORTH JERSEY SPORTS

A preview of the State regional wrestling tournaments and a look at North Jersey's top wrestlers. S-9

BERGEN COUNTY TRACK AND FIELD

Pentathlon champs

Saddle Brook's White, Ridgewood's Law win titles

By PAUL SCHWARTZ
STAFF WRITER

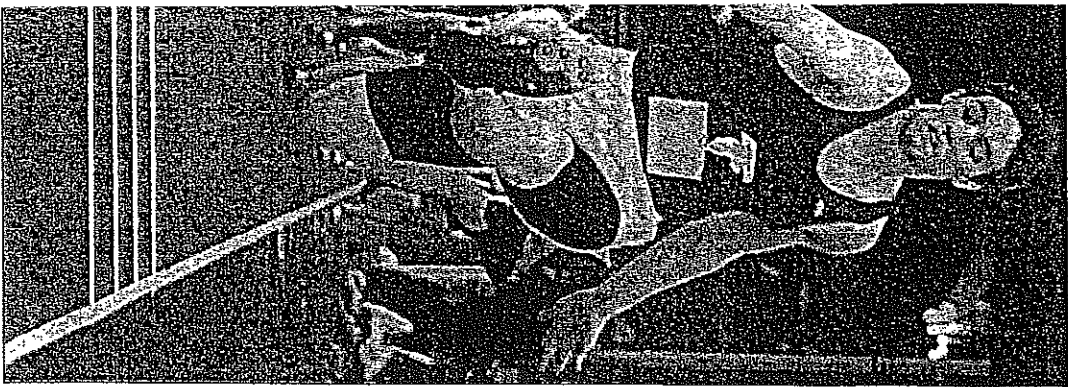
NEW YORK — Saddle Brook's Tim White has always liked the pentathlon. It fits his description of the kind of athlete he is.

"I've always been pretty good in a lot of things, but never fantastic in any one thing," said White, who easily won the pentathlon Monday at the Bergen County indoor track championships at the Army Track Center.

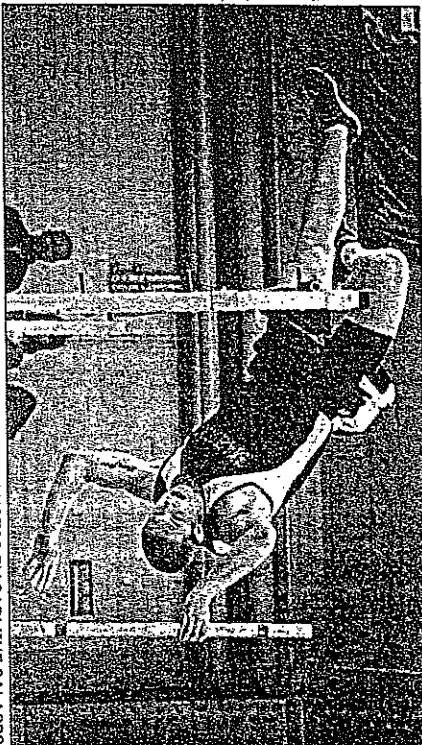
White scored 3,344 points to defeat Ansur Walcott of Hackensack by 241 points. Mike Lozza of Ramsey was third with 3,020 points.

Christina Law of Ridgewood has wanted to do the pentathlon since her sophomore year but wasn't able to until Monday. The wait proved worthwhile for the senior when she delivered a sensational finish, running 2:18.9 in the 800 meters, the final event, to overtake defending champion Arianna Pomo of Saddle Brook, 2,996 to 2,775, setting a meet record.

"Last year I lost by seven points," said White. "And the first thing I did was try to improve my shot put, which was my weakest event." White went from throwing just



Brook's Tim White, left, competing in jump Monday en route to capturing an County pentathlon crown.



MAHWAH'S GREG STRIPE BROKE A 31-YEAR-OLD RECORD IN THE POLE VAULT.

STAFF PHOTOS BY CARMINE GALASSO

over 35 feet to 37-6 $\frac{3}{4}$. He also high jumped 6-2, which would have shared the title in the regular competition with Austin Hennelly of Dumont, and then ran 2:51.0 in the closing event, the 1,000 meters, a time that would have placed him sixth in the regular meet.

White had won the small-schools Bergen title in cross-country before switching to football. He improved his score by nearly 400 points and is a junior as are his two closest competitors.

jump had no athletes breaking that barrier.

With one event to go, Law trailed Pomo by 313 points and had to win by at least 25 seconds to take the title.

"I think the other girls knew I was very good in the 800 and I felt strong enough to get out the way I usually do," Law said.

It was obvious after two laps that Law would win the title and when she went through the 600 in 1:43.6, fast enough to finish third in the open 600 race, victory was assured.

Law's record was one of five set on the day. Greg Stripe of Mahwah cleared 14-0 in the pole vault to break the 31-year-old mark of Alan Schepers of Teaneck four days after no-hegging in the State Group 1 meet. Max Bruno of Indian Hills lowered his 800 mark to 1:55.6, and the Don Bosco relay team ran 3:25.2 for the third boys record.

Annie Polcari of Ridgewood and Michelle Favre of Saddle Brook each cleared 10 feet in the pole vault, with Polcari getting the win on misses. And Kesley Ramsey of Ramapo tied the meet mark of 5:06.9 in the 1,600.

Alicem Thomas of Teaneck ran 34.8 in the boys 300, the eighth-fastest time in the nation this winter.

Law is golden in pentathlon

BY GREG TARTAGLIA
Staff Writer

NEW YORK, N.Y. — Cristina Law entered the pentathlon at Monday's Bergen County Indoor Track Championships just for fun. Yet the Ridgewood High School senior left The Armory Track Center in Manhattan with an added bonus: a gold medal.

Law scored 2,996 points, unseating defending pentathlon champion Arianna Pomo of Saddle Brook while simultaneously breaking her county record. Pomo, a senior, scored 2,775 points this season after setting the previous standard of 2,834 as a junior in 2006.

"She [Pomo] competes in those events regularly, so she was legitimate competition in at least four of the events," said Law, who came from behind by winning her specialty, the 800-meter run, in the final event. "The 800 really helped me out a lot. That's her worst event, and it's my best event, so I knew I could capitalize on that."

Pomo held a 313-point lead entering the 800 meters, meaning that Law needed to win the race by at least 25 seconds, which she did with a time of 2:18.9.

"Going in, I didn't even know if I was going to be able to beat her," Law said. "I was fine with getting second because I really was just doing this for fun. But then it got close at the end, and they told me how fast I'd have to run to win, so I went for it."

Law's pentathlon victory was one of three first-place finishes for the Ridgewood girls on the day. Junior Annie Polcari cleared 10 feet to set a new meet record in the pole vault, and the 4 x 400-meter relay combination of juniors Emily Barr and Kate Michel, sophomore Kelly Conheaney and senior Alice Wisener clocked 4:07.9 to defeat River Dell by half a second.

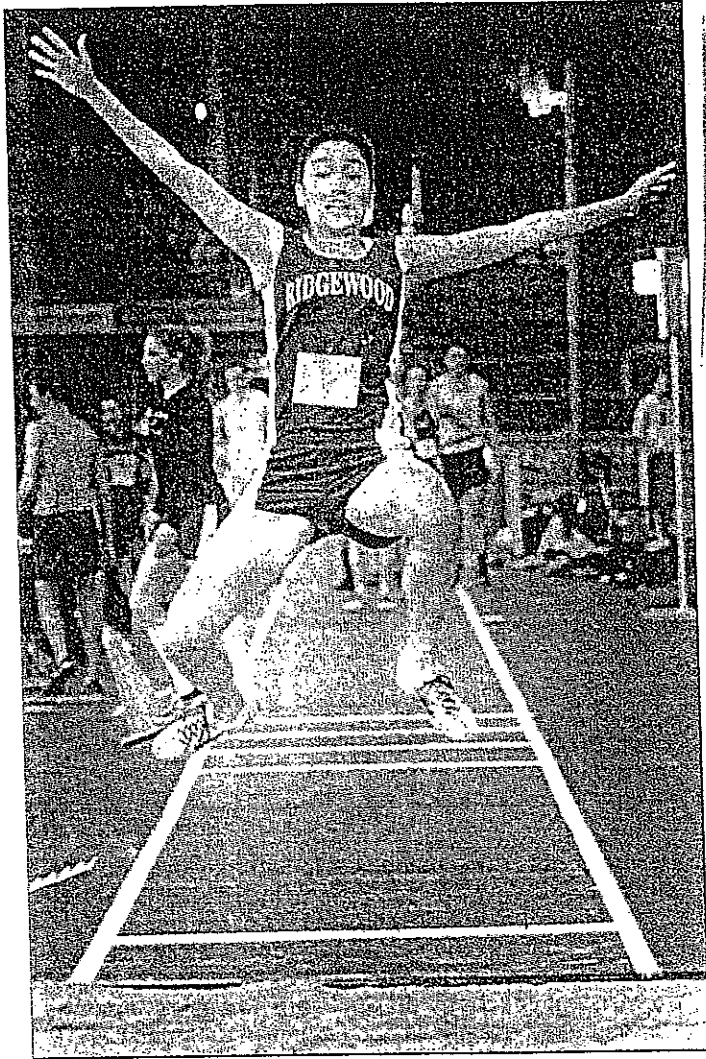
The Maroon boys took home three individual county titles, with senior Chris Zeigler winning the 55-meter dash, junior Akira Monri claiming the 55-meter hurdles and junior Christian Trautwein prevailing in the 1000-meter run.

Law was faced with three events in which she had never competed in a varsity meet, the 55-meter high hurdles, shot put and long jump. She started off with an 8.9-second clocking in the hurdles, followed by a 23-foot, 0.75-inch throw in the shot put, a five-foot high jump and a 15-foot, 2.25-inch long jump before cruising to victory in the 800.

"If you took those events the she did, she would have won the open 800 and the high jump," said Ridgewood head coach Mik Mullin. "She would have held her own and probably gotten third in the hurdles and probably placed in the long jump. So you could say she had a nice meet."

The hurdles and long jump were less of an issue for Law, who runs the 400-meter intermediate hurdles in the spring and had done the triple jump in the past.

See PENTATHLON, page C



CARMINE GALASSO/THE RECORD

Ridgewood senior Cristina Law prepares herself for landing in the long jump portion of the pentathlon in the Bergen County Indoor Track Championships at The Armory in New York City. Law, who had never competed in the long jump prior to Monday's meet, recorded a distance of 15 feet, 2.25 inches en route to winning pentathlon gold.

PENTATHLON from C1

For the shot put, she had but two weeks of practice working with Mullin and teammates Lara-Jane Que and Megan Gonzalez, who throw the shot more regularly.

"I'm not the strongest person, so I was mostly trying to use my legs," Law said. "I'm not so good at the form yet, but I did enough not to fall too far behind."

Wisener also had a strong meet, breaking an RHS record while finishing second in the 300-meter dash, one-tenth of a second behind winner Janay Mitchell of Teaneck. Wisener's time of 40.8 seconds bettered the school mark set by Melissa Gilbert in 1994.

Barr ran sixth in the 300, and Conheaney won a silver medal in the 600-meter run, clocking 1:41.1. The two then teamed up with Wisener and Michel to beat a field that also included Northern New Jersey Interscholastic League rivals Teaneck and Immaculate Heart Academy.

"That was a good win for us there, because Cristina wasn't in the race, and she's usually our anchor," Mullin said. "To see the other four girls step up and beat River Dell, Teaneck and a pretty good IHA team, that was a nice win for them."

Senior Erica Cigolini won a silver medal in the 55-meter dash

with a time of 7.4 seconds and ran the 300 in 42.3 seconds to place fourth. Junior Mia Martinez logged a second-place time of 8.8 seconds in the 55-meter hurdles and cleared four feet, 10 inches in the high jump, placing fifth. Junior Alex Middleton finished sixth in the 800 in 2:30.8.

Just one day after winning his first Group 4 state 800-meter title, senior Niall Buckley had another exciting showdown with Don Bosco's Sharif Webb in the 600 meters. Webb ran a 1:22.3 to beat Buckley by half a second.

Zeigler nosed out Akeem Thomas of Teaneck to win the 55-meter dash in 6.5 seconds, and Monri's victory over Ryan Dougherty of Ridgefield Park in the hurdles was equally close, as both competitors recorded a hand time of 7.8 seconds.

Trautwein ran the 1000 meters in 2:41.6 to win by nearly four seconds. Said Mullin, "It would have been nice to see somebody of a little higher caliber there who could have given Christian a run and pushed him a little bit more, but a win is certainly a great thing."

Junior Peter Nygaard added a sixth-place effort of 39 feet, six inches in the triple jump, and the Maroons clocked 3:25.2 to finish third in the boys 4 x 400 behind Don Bosco, which set a new meet record in 3:25.2.

State Meet of Champions 2007 Feb 24-25

55m HH:

Girls- Lara-Jane Que- ~~8~~7.30 (2nd)

55m dash:

Girls- Erica Cigolini- 7.65

Boys- Chris Zeigler- 6.76

800m:

Girls- Cristina Law- 2:16.55 (5th)

Boys- Niall Buckley- 2:02.24, Christian Trautwein- 2:00.65

1600m:

Girls- Kelly Conheeny- 5:04.37 (7th)

3200m:

Boys- Dan Emont- 9:42.7

Pole Vault:

Girls- Anne Polcari- 10'0" (6th-tie)

4 x 400m:

Girls- Cristina Law, Emily Barr, Kelly Conheeny, Alice Wisener
4:05.89 (8th) 60.2 62.7 62.9 59.7

Day to remember for Ridgewood, Ramapo aces

By PAUL SCHWARTZ
STAFF WRITER

GIRLS TRACK MEET OF CHAMPS

TOMS RIVER - Lara-Jane Que shook off a bad preliminary race and Kesley Ramsey broke a barrier.

As a result, the two North Jersey athletes won silver medals Saturday at the girls indoor track State Meet of Champions, the best finishes for area athletes.

Que, a Ridgewood senior who failed to make the final in the 55-meter hurdles a year ago, had a bad start in her trial and barely made the final as the third of four qualifiers on time. But she snapped back to take second in the final, behind Racquel Vassell of East Orange, in 8.30 seconds.

Only 1998 State champion Carlene Cummings of Englewood has finished higher among North Jersey athletes in the 28-year history of the 55 hurdles.

"I think what happened today proves how much I have matured emotionally and mentally this year," said Que, who also lost to Vassell in the State Group 4 finals last week. "Last year after a bad race like the one I had in trials, I would have finished no better than sixth in the finals."

Que, who complained all last

season of a bad foot, has had some minor knee problems this season and skipped Monday's Bergen championships as a precaution. But she hasn't let the nagging injury or anything else bother her as she has put together one of the top seasons in the event of any North Jersey girl in indoor history.

"I think after I won at Dartmouth [in early January], I realized that I really had a chance to have a great season," said Que. "I've been working harder, but my confidence to come back after a bad race has never been higher."

Ramapo's Ramsey has chased the indoor five-minute barrier for 1,600 meters all winter, coming close several times - curious since

North Jersey medalists

Lara-Jane Que, Ridgewood
2nd, 55 high hurdles, 8.30
Kesley Ramsey, Ramapo
2nd 1,600, 4:58.81
Cristina Law, Ridgewood
5th, 800, 2:16.55
Erin McKenna, Ramapo
5th, 3,200, 11:00.84
Annie Polcari, Ridgewood
tie-6th, pole vault, 10-0

she had run 4:56.53 in the event last spring.

"To do it indoors means you've really reached the next level of competition, and I didn't run it

that fast last winter," said Ramsey, whose 4:58.81 clocking for second Saturday is the fastest North Jersey time in the event since Jasmin Jones of Hackensack set the Bergen County record 20 years ago.

Ramsey let favorite and eventual winner Jillian Smith of Southern control the race, sitting contentedly in the pack of four runners behind her for the first 800 meters, going through in 2:28.8. The pace slowed over the next 400 as Smith ran away from the pack, but Ramsey moved into second place just past the 1,200 mark and stayed there, powering away to a 55.5 final 200 to hold off third-place finisher Allyson Moskal of Freehold Town-

ship.

Que's teammate, Cristina Law and Ramsey's, Erin McKenna, also took fifth in her specialty.

Law, who ran a school-record 2:16.55 in the 800, bemoaned missed opportunity that could have made her a State champion.

"I came here thinking I could win this race," said Law, who made a move on the final backstretch a move into second before tiring the final 50 meters. "I thought I had a chance but fatigue set in."

McKenna, on the other hand, was delighted with her 11:00 clocking in the 3,200, an indoor personal best.

E-mail: schwartzp@northjersey.cc

INDOOR TRACK

GIRLS STATE MEET OF CHAMPS

AT TOMS RIVER

55: 1. English Gardner, Eastern, 7.08; 2. Georgijna Nembhard, Ocean Twp., 7.09; 3. Assante Johnson, Camden, 7.17; 4. Jamie Walker, Haddon Hts., 7.18; 5. Audrey Wilson, Deptford, 7.25; 8. Angelica Johnson, Ridge Pk., 7.32.
55 HH: 1. Racquel Vassell, East Orange, 8.11; 2. Lara-Jane Que, Ridgewood, 8.30; 3. Lataya Dixon, Stevens, 8.32; 4. Holland Thomas, West Windsor N., 8.32.

400: 1. English Gardner, Eastern, 56.29; 2. Symone O'Connor, Franklin, 56.74; 3. Emily Carrollo, Pope John, 57.72; 4. Jackie Dim, Washington Township, 57.86; 5. Cora Dayon, Trenton, 58.58; 10. Amy Salek, Ramapo, 58.92.
800: 1. Lauren Barilexca, Pope John, 2:15.24; 2. Ariann Neutts, Roxbury, 2:15.64; 3. Jahlisa Smith, Plainfield, 2:16.21; 4. Kristen Perrine, Brick Mem., 2:16.49; 5. Cristina Law, Ridgewood, 2:16.55.

1,600: 1. Jillian Smith, Southern, 4:53.98; 2. Kesley Ramsey, Ramapo, 4:58.81; 3. Allyson Moskal, Freehold Twp., 4:59.20; 4. Kim Standridge, Randolph, 5:01.17; 5. Elizabeth Campbell, Mt. St. Mary's, 5:01.66; 7. Kelly Conheeny, Ridgewood, 5:04.37.

3,200: 1. Ashley Higginson, Coits Neck, 10:26.53 (record, old record, 10:36.74 by Higginson, 2006); 2. Theresa Cattuna, Cherry Hill East, 10:46.85; 3. Lara Heigis, Pope John, 10:7.25; 4. Amanda Goetchius, Delsea, 10:59.92; 5. Erin McKenna, Ramapo, 11:00.84.

Shot put: 1. Taryon O'Connor, Hillsborough, 46-3; 2. DeAnne Hahn, Brick Twp., 44-9; 3. Monique Riddick, Bishop Ahr, 41-10 1/4; 4. Maureen Laffan, Toms River North, 41-9 3/4; 5. Tiona Long, New Brunswick, 41-5.

High jump: 1. Lataya Dixon, J.P. Stevens, 5-8; 2. tie between Anna Cook, Florence and Bianca Stewart, Columbia, 5-6; 4. Ashley Newby, Columbia, 5-6; 5. tie between Lynn Mayer, Sayreville and Jessica Haughton, Hightstown, 5-4.

Pole vault: 1. Chrissy Finkel, Montville, 11-6; 2. Natalie Parkes, Hunterdon Central, 11-0; 3. tie between Samantha Brady, Jackson and Ashley Furlong, Southern, 11-0; 5. Nicole Pompei, Hanover Park, 11-0; 6. tie between Annie Polcari, Ridgewood, Allyson Brooks, Moorestown and Megan Mahon, Notre Dame, 10-0.

4-x-100 relay: 1. East Orange, 3:59.03; 2. Pope John, 3:59.87; 3. Notre Dame, 4:00.27; 4. Southern, 4:01.23; 8. Ridgewood, 4:05.89.

Rough day for North Jersey standouts

PAUL SCHWARTZ
AFF WRITER

TOMS RIVER — Matt Steeg of Don Bosco stood at the end of the pole vault runway with a final chance to clear 14 feet and earn North Jersey's only gold medal of the State Meet of champions on Sunday.

He ran down the runway, planted and took off, hitting the bar with his left leg and knocking it off, ending up with fourth-place finish.

Steeg's final vault was indicative of an entire frustrating day for North Jersey boys — opportunities for great performances and possible championships that just slipped away, leaving North Jersey athletes with just five bronze medals for finishes third and lower, the first time since 1990 that no golds or silvers returned to the area.

The day of frustration started in the first race when Tony Salvatore of Wayne Valley took third behind Dennis Waite of Red Bank Regional and Stephen Hankinson of Summit in the 500 meters.

Salvatore had gotten out in excellent position through the first 400 meters.

Locals grab no golds or silvers for the first time since 1990

North Jersey medalists

Tim Blashford, Ramapo
Tie for fifth, pole vault, 13-0
Geoff Goidell, Pascoack Hills
Sixth, shot put, 54-3½
Adam Lazor, West Milford
Tie for fifth, pole vault, 13-0
Tony Salvatore, Wayne Valley
Third, 1,600, 4:24.33
Matt Steeg, Don Bosco
Fourth, pole vault, 13-6

He then made a move on the third lap when the race began to slow to challenge for the lead, but then held up, allowing the race to slow down and losing his chance for victory.

"I really don't know why I stopped the move," said Salvatore, who was third in 4:24.33, almost the exact time he ran in winning Group 3 last week.

"I just doubted myself and I let up in the middle 800 of the race."

When he finally "woke up" as he phrased it, with 400 meters to go, he put on an excellent kick but could only move from sixth to third, ending up nearly 20 meters behind Waite.

But as bad as the disappointment was, it got worse in the 800. North Jersey runners held five of the nine spots in the seeded heat, and all knew that the previous heat had been won by John Gray of Southern in an excellent time of 1:56.82.

Mike Soroko of Kinnelon (Group 1), Max Bruno of Indian Hills (Group 2) and Niall Buckley (Group 4) all had won their group races last week and seemed poised for a classic battle with Jason Apwah of Roxbury and Gigi Gibilisco of Notre Dame.

Yet when Apwah went out in a slow 23.0 for the first 200 and an even slower 58.7 for 400, no one

picked up the pace.

Then Bruno, running near the back of a too-close pack, got pushed and flew off to the fourth lane, effectively finishing his day. No one else reacted and the field plodded through the next lap slower than either of the first two heats, before Apwah and Gibilisco turned on the jets. When the results were posted, three of the top four places had gone to the second-heat runners and North Jersey was shut out, with Sharif Webb of Don Bosco the top finisher in seventh place.

"I'm so annoyed at what happened," said Bruno, who had the top time in the group meets at 1:57.33. "I planned to go out faster and I just didn't."

"I guess I got psyched out by the slow pace," added Buckley, the third seed at 1:57.50.

Even in the pole vault, where Steeg, Tim Blashford of Ramapo and Adam Lazor of West Milford took half of the six medals, it was only 4-5-6.

"I just never got it the way I wanted," said Steeg. "I just didn't feel comfortable on the pole all day."

Geoff Goidell of Pascoack Hills was sixth in the shot put (54-3½).

NJSIAA BOYS MEET OF CHAMPIONS

At Bennett Indoor Athletic Complex, Toms River
55: 1. Reggie Dixon, Plainfield, 6:46; 2. Chris Church, Millville, 6:47; 3. Freddie Lavan, Delsea, 6:58; 4. Charles Willis, Hamilton West, 6:52; 5. Dean McCluskey, Trenton, 6:53; 6. Asher Ashfield, Cherry Hill East, 6:64.
55 Hh: 1. Tykeen Fulton, Trenton, 7:45; 2. Emanuel Mayers, Lakewood, 7:45; 3. Mike Cuppari, Hanover Park, 7:43; 4. Karmyn Austin, Ewing, 7:55; 5. Kenneth Davis, Pleasantville, 7:55; 6. Chris Rutherford, Toms River East, 7:76.

400: 1. Charles Cox, Monmouth, 49.32; 2. Chris Cox, Monmouth, 49.15; 3. Allan Lunkenheimer, Old Bridge, 49.26; 4. Antonio Abney, Willingboro, 49.73; 5. Paul Jones-Burden, Rahway, 49.75; 6. Duke Mack, Pleasantville, 50.07; 9. Akeem Thomas, Teaneck, 50.54.

800: 1. John Gray, Southern, 1:56.82; 2. Alan Laws Jr., Pleasantville, 1:57.18; 3. Jason Apwah, 1:57.74; 4. Monroe Kearns, Jackson, 1:58.25; 5. Gigi Gibilisco, Notre Dame, 1:58.49; 6. Nick Carbone, Old Bridge, 1:58.11; 7. Sharif Webb, Don Bosco, 1:58.72.

1,600: Dennis Waite, Red Bank, 4:21.62; 1. Stephen Hankinson, Summit, 4:21.96; 3. Tony Salvatore, Wayne Valley, 4:24.33; 4. Michael Keebler, Holy Spirit, 4:24.64; 5. Andrew Broderick, Brick Men, 4:24.73; 6. George Galasso, Holmdel, 4:25.04.

3,200: 1. Craig Forsys, Collis Neck,

3:03.58 (record, old record, 3:07.8 by Chris Inman, Essex Catholic, 1973); 2. Doug Smith, Gill St. Bernard's, 3:11.19; 3. Brian Leung, West Windsor South, 3:20.12; 4. James Griffin, Chatham, 3:22.76; 5. Matt Ciambriolo, Old Bridge, 3:24.32; 6. Zach Sebor, Randolph, 3:25.03; 7. Jason Baker, Don Bosco, 3:29.40.

Shot put: 1. Mike Alleman, Scotch Plains-Fanwood, 59-3; 2. Steve Darcy, Hanover Park, 57-6½; 3. Vincent Elardo, Lacey Two, 57-1½; 4. Patrick Gidell, Pascoack Hills, 54-5½; 5. Nick Alexander, West Morris Central, 54-7½; 6. Geoff Goidell, Pascoack Hills, 54-5½.

High jump: 1. Devon Bond, Trenton, 6-6; 2. John Provarzik, Lacey Two, 6-6; 3. Qaadir Tuzor, West Orange, 6-4; 4. Jon Arnold, West Orange, 5-4; 5. Scott McCullough, Chatham, 5-4; 6. Michael Deutor, Vernon, 5-4; 7. Kurt Von Weisenstein, Indian Hills, 5-2.

Pole vault: 1. Mike Goldwasser, Mansfield, 13-6; 2. Chris Cavalaro, St. John Vianney, 13-2; 3. George Vallone, North Haverford, 13-5; 4. Matt Steeg, Don Bosco, 13-6; 5. Tie between Adam Lazor, West Milford and Tim Blashford, Ramapo, 13-3.

1,600 relay: 1. Monmouth (Kelly Fisher, Joseph Ortiz, Chris Cox, Charles Cox), 3:22.42 (record, old record, 3:22.44 by Camden, 2001); 2. Trenton, 3:22.56; 3. Pleasantville, 3:22.78; 4. Seton Hall Prep, 3:24.47; 5. Camden, 3:24.73; 6. Old Bridge, 3:25.14; 9. Park Ridge, 3:29.28.

Easterns

Tues. 2/27/07

***** Results *****

55m HH:

Girls- Lara-Jane Que- 8.48/9.14, Mia Martinez- 8.92

4 x 200m:

Girls- Lara-Jane Que, Emily Barr, Alice Wisener, Erica Cigolini
1:45.28 27.5 26.5 25.7 25.3

**** NEW SCHOOL RECORD ****

4 x 800m:

Girls- Kelly Conheeny, Tory Middleton, Alex Middleton, Cristina Law
9:36.86... 2:20.6 2:32.7 2:28.1 2:14.9

DM: (1200-400-800-1600)

Boys

Niall Buckley, Chris Zeigler, Christian Trautwein, Dan Emont
10:26.79.... 3:09.2 49.9 1:59.9 4:27.3

4 x 400m:

Boys- Chris Zeigler, Christian Trautwein, Zack Ontiveros, Niall Buckley
3:25.21..... 50.6 52.2 51.6 50.6

**** NEW SCHOOL RECORD ****

Girls- Alice Wisener, Emily Barr, Kate Michel, Cristina Law
4:05.62 60.1 60.6 65.5 59.3

Pole Vault:

Girls- Anne Polcari- 9'6"

Comments:

You would think that a meet in which we get no places would be a big negative. However, we did some great things. This is an extremely high-powered meet. I think everyone was giving all they had and really wanted to do well, and that's all we can ask. I was proud of the way we competed, performed, and supported one another. It was a lot of fun to be a part of. Great job!

North Jersey's best bounce back at Eastern States meet

by PAUL SCHWARTZ
STAFF WRITER

NEW YORK — The 71st annual Eastern States championships included a national record, five meet records, five season national-leading performances and a pair of New Jersey records Tuesday night — none turned in by a North Jersey athlete.

But it was nonetheless a much

better meet for North Jersey performers than the State Meet of Champions over the weekend.

Thirteen North Jersey athletes and relay teams earned medals in the meet, which drew athletes from more than 260 schools in six states.

River Dell's Zach Shapiro, who didn't enter the State shot put championship, was third with a toss of 58-1, nearly a foot farther than his previous best and the

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longest throw by a North Jersey athlete indoors since 1996.

But Shapiro probably was equally excited about his series of six throws as he was about his best, which placed him behind only New Jersey State champion Mike Alleman of Scotch Plains-Farwood

and national weight-throw record holder Walter Henning of St. Anthony's (N.Y.).

"It's the most consistent series I've had all year," said Shapiro, who also had three throws of 57 feet or more, a fourth of 56-10 and a worst throw of more than 55 feet. "Usually I have one great throw and the rest of my throws are just average."

Hackensack junior Ausar Wal-

cott turned in a fourth-place finish with a long jump of 22-3/4, 10 inches better than his previous best.

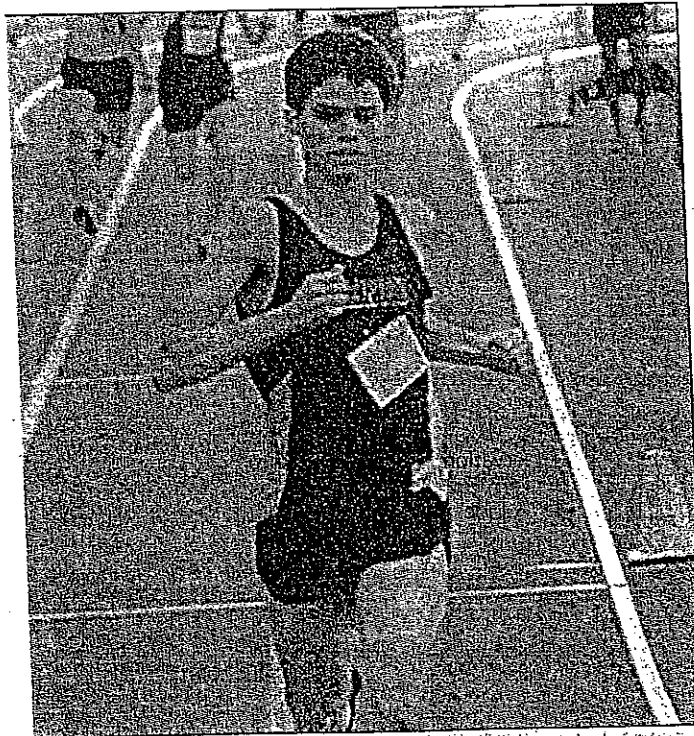
Ramapo's Tim Blashford became only the third North Jersey vaulter to clear 14-6 in the pole vault, 18 inches over his previous competitive best, in taking fourth.

Other all-time top five Bergen indoor performances were turned in by Ramapo's Amy Salek (fifth in the girls 400, 57.55; for second all-

time in Bergen); Teaneck's A. Thomas (sixth, boys 400, 4 third); Angelica Johnson of R field Park (seventh, girls 55, third); and Evana Edward Hackensack (seventh, girls 55 dles, 8.29; fourth).

Bry Bonavita of River Dell fifth in the 800 in 2:16.78, eighth time in Bergen, and Edward teammate Krystal Wyche sixth fourth in the long jump at 17-

DOWN THE HOME STRETCH



CARMINE GALASSO/THE RECORD

Ridgewood High School junior Christian Trautwein was one of 11 Maroons to advance to last weekend's State Meet of Champions (SMOC) in Toms River. Three RHS athletes earned medals, including seniors Lara-Jane Que (second in the high hurdles) and Cristina Law (fifth in the 800 meters) and junior Annie Polcari (sixth in the pole vault). A full recap of the SMOC will be published in next week's edition of *The Ridgewood News*.

Nationals

March 9-11, 2007

55m HH Relay:

Mia Martinez, Cristina Law, Alice Wisener, Lara-Jane Que

8.6 8.6 8.7 8.1

Overall= 34.14 (2nd)

***** New School and County Record *****

***** 5th Best ever in State**

Distance Medley Relay:

Boys-

Niall Buckley, Chris Zeigler, Christian Trautwein, Dan Emont

3:14.9 51.8 2:02.5 4:29.0

Overall= 10:38.76

Girls-

Cristina Law, Alice Wisener, Ashlyn Llerandi, Kelly Conheeny

3:40.1 60.9 2:24.4 5:04.3

Overall= 12:10.15 (9th)

4 x 200m:

Boys-

Chris Zeigler, Zack Ontiveros, Peter Nygaard, Niall Buckley

22.6 23.4 23.8 23.1

Overall= 1:33.18

Girls-

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

26.9 25.3 26.8 26.1

Overall= 1:45.34

Pentathlon:

Cristina Law- 3184 pts (5th)

60m HH- 9.73, HJ- 4'11", SP- 23'8", LJ- 16'10", 800m- 2:17.57

Record time for Maroon hurdlers

NEW YORK - Ridgewood's shuttle hurdles team of Mia Martinez, Cristina Law, Alice Wisener and Lara-Jane Que finished second Friday in the National Indoor Scholastic Track and Field Championships at the Armory Track Center.

Ridgewood ran 34.14 to finish behind New Rochelle, which ran 33.93 in a different heat.

"We would have loved to race them head-to-head and I'm sure

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they would have loved to race us because both of us ran our heats pretty easily," Ridgewood assistant coach Josh Saladino said. "And neither of us ran in what was supposed to be the fastest heat."

The shuttle hurdles were contested over five hurdles at the full 55-meter distance. Normally the girls shuttle hurdles are run over a slightly shorter course with just four hurdles.

Ridgewood's time set a Bergen County record for the longer distance and is the fifth best in New Jersey history. The same team had run 32.4 at the Bergen County Relays at the shorter distance for the Bergen record.

"They ran terrific and all of the girls were at or better than their split bests," Saladino said. "We're very happy."

The Ridgewood girls distance medley team of Law, Wisener, Ashlyn Llerandi (fresh off her swimming season) and Kelly Conheaney took ninth in 12:10.15, which qualifies them for the Penn Relays. The Maroons edged Ramapo by .01 second in a very deep field.

Kurt Von Weisenstein of Indian Hills tied for 10th in the boys high jump at 6-3¼.

Don Bosco won its heat and finished ninth overall in the sprint medley in 3:34.83, easily the fastest time of the year in North Jersey and fifth in Bergen County history.

Record-setting day for Bosco relays

NEW YORK - Don Bosco set two Bergen County records and Ridgewood's Cristina Law just missed one Saturday at the National Indoor Championships at the Armory Track Center.

Don Bosco's quartet of Jason Baker, Conor Sullivan, Robert Molke and Stephen Wyka ran 17:42.71 for the four-mile relay, finishing fifth, and breaking the record of 17:45.20 set by Ridgewood in 2004. The time is the second best in State history and nationally is in the

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top 20 all time. Baker ran a 4:25.9 leg and Sullivan had a personal-best split of 4:23.0. Molke, just a sophomore, opened eyes with a personal-best 4:21.9 to move the Ironmen into second with one leg to go.

"Stephen did a great job on the anchor, after Rob had a breakthrough race to blow it open behind Shenendehowa [the race win-

ner]," said Don Bosco coach Rob DeCarlo. "He hung in there after we ran our best legs on the first three legs."

The Bosco 800 relay team of Marvin Whilby, Matt Andriulli, Jason Kelsey and Sharif Webb lowered its Bergen County record by nearly a second, running 1:29.93 to qualify for today's final.

Law, who was a part of Ridgewood's shuttle hurdles runner-up team Friday, finished fifth in the girls pentathlon, scoring 3,184

points, nearly 200 more than she scored in winning the Bergen County championship three weeks ago. She went from 11th to fifth by winning the final event in 2:17.57, less than a second off her personal best in her specialty. She also added a 16-10 long jump.

Bergen champion Tim White of Saddle Brook was ninth in the boys pentathlon with 3,303 points. Matt Steeg of Don Bosco and Greg Stripe of Mahwah qualified for today's pole vault final, clearing 14 feet.

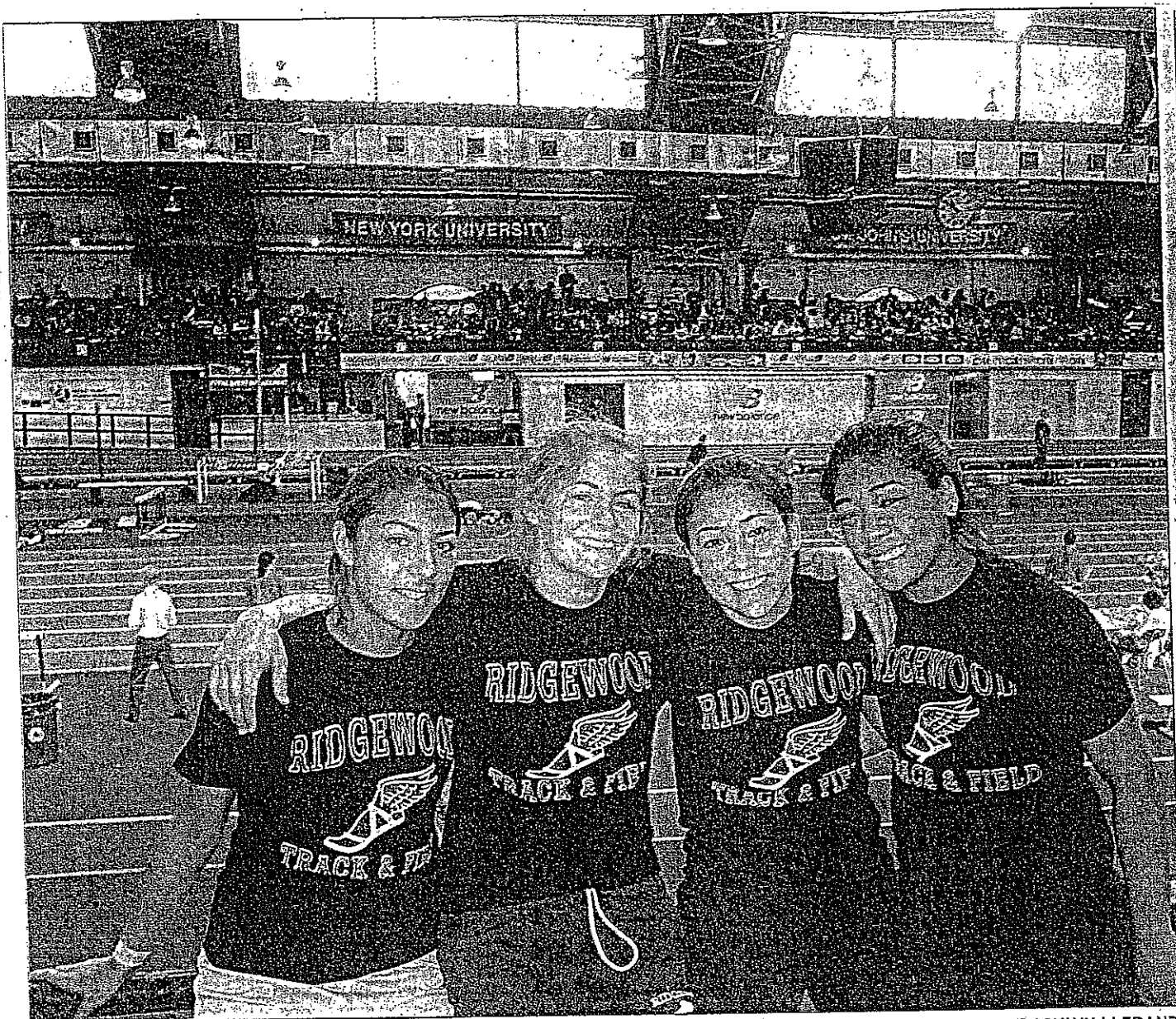


PHOTO COURTESY OF ASHLYN LLERANDI

These Ridgewood High School girls placed second as a team in the 55-meter shuttle hurdles relay at the National Scholastic Indoor Track and Field Championships on March 9 at the New York City Armory. From left: sophomore Mia Martinez and seniors Alice Wisener, Cristina Law and Lara-Jane Que.

RHS hurdles team 2nd in nation

RHS hurdles team 2nd in nation

BY BRIAN FARRELL
Sports Editor

NEW YORK, N.Y. — The Ridgewood High School 55-meter shuttle hurdle relay team of junior Mia Martinez and seniors Cristina Law, Alice Wisener and Lara-Jane Que is now nationally renowned.

The seasoned Maroon quartet placed second in a field of 21 teams from around the country March 9 at the National Indoor Scholastic Track and Field Championships at the New York City Armory's New Balance Track and Field Center.

Ridgewood's time of 34.14 seconds also set a Bergen County record for the longer distance [five hurdles] and is the fifth best clocking in New Jersey history. The Maroons finished second behind New Rochelle, which ran a 33.93 in a different heat.

The teams that finish one-two are accorded the honor of first team All-American. The third- and fourth-place teams receive second team All-American status.

Also at the nationals, the Ridgewood girls distance medley team of Law, Wisener, Ashlyn

Llerandi and Kelly Conheeney placed ninth with a time of 12:10.15, which qualifies it for the Penn Relays in early April. The Maroons edged Ramapo by .01 second.

Earlier this season, the Ridgewood shuttle hurdle relay team had run a 32.4 at the Bergen County Relays for the county record at the shorter distance [four hurdles].

In order to qualify for the shuttle hurdles, a team had to run the event in 40 seconds or less at a meet during the season.

The hurdle team is coached by Josh Saladino, a 1995 Ridgewood High School graduate who is also the boys track head coach.

"Coach Saladino told us that we actually had a chance of winning," Law said, "so we got really focused last week. For us seniors, it was our last shot, and we really wanted to do well."

Law is a newcomer to the shuttle hurdle relay team, as it was only the second time she had competed in the event, having first done so in the pentathlon at the Bergen County Indoor Track Championships on Feb. 19. Law won the pentathlon, which consists of the 55-meter hurdles, high jump, long jump, shot put and 800-meter run.

"Coach Saladino got me ready for the hurdles," said Law. "He worked with us individu-

ally after practice, and he is a big reason as to why we did so well. I didn't want to disappoint my teammates, because they practiced all year [for the shuttle hurdles]."

"Our coaches are the big reason as to why we did well all season," said Law, pointing to head coach Mike Mullin and Saladino and Holly Martin, the assistant coaches.

For Wisener, it is her third year on the shuttle hurdle relay team.

"We definitely worked hard for this," said Wisener. "We knew we could place, and finishing second was awesome for us. Coach Saladino has been a source of inspiration to us. He was very helpful in preparing us. He's the best hurdles coach around."

"This is very exciting," Wisener said. "I can't believe we're second in the nation. It hasn't sunk in completely."

Que said a 34.14 time is considered a good clocking.

"In order for us to do well, we had to run the perfect race, and we basically ran the perfect race," said Que, who noted that Ridgewood's shuttle hurdle relay team ran a 35.8 at the Marine Corps Classic at the New York City

Armory earlier this season.

"It was a complete shock to us [running a 34.14], because we didn't realize how fast we were running," Que said.

Que, who is in her fourth year on the shuttle hurdle relay team, said a major contributing factor to Ridgewood placing second in the nation was the team's work ethic throughout the season.

"We went into the season determined to do well, but we didn't expect to go to nationals," Que said. "We have great team chemistry and great communication. We just enjoy each other's company."

Que also praised the work of Saladino.

"I could not ask for a better hurdling coach; he is just absolutely amazing," Que said. "His coaching style, his intensity and his caring also made us do well at nationals."

For Martinez, it is her second year on the shuttle hurdle relay team.

"This feel great, because we weren't expecting to be second [in the nation]," Martinez said. "We were confident that we were going to place, but being second is a big accomplishment for us. We worked hard for it with a lot of hard practices."

Martinez also brought up that intangible ingredient to a team's success.

"We are comfortable with each other and work well together; we have a lot of fun at practice," said Martinez. "We know how to perform to help the team; it's not about ourselves."

Next month, Ridgewood's shuttle hurdles relay team is headed to California for the Arcadia Relays on April 6. The Maroons' sprint medley team will also be running on West Coast time.

All-County Awards 2007

1st Team All-County:

Boys:

Chris Zeigler- 55m dash

Akira Monri- 55m HH

Christian Trautwein- 1000m

Boys 4 x 400m-

(Chris Zeigler, Zach Ontiveros, Christian Trautwein, Niall Buckley)

Girls:

Lara-Jane Que- 55m HH

Anne Polcari- Pole vault

Cristina Law- Pentathlon

Girls 4 x 400m-

(Alice Wisener, Emily Barr, Kate Michel, Cristina Law)

Girls 4 x 800m-

(Kelly Conheeny, Alex Middleton, Tory Middleton, Cristina Law)

2nd Team All-County:

Boys:

Niall Buckley- 800m

Dan Emont- 3200m

Girls:

Erica Cigolini- 55m dash

Alice Wisener- 300m dash

Kelly Conheeny- 1600m

New School Records

Boys Records:

Event	Name (New Record)	Past Record Holder (year)
55m	Chris Zeigler (6.5)-tie	Phil McGillicuddy (1971)
200m	Akira Monri (23.3)	Steve Pawlowski (2000)
1000m	Niall Buckley (2:30.4)	Bob Keino (1994)
4 x 200m	Monri/Ontiveros/ (1:32.9) Nygaard/Zeigler	Marino/Williams/ (1983) Parisi/Lanni
4 x 400m	Zeigler/Ontiveros/(3:25.21) Trautwein/Buckley	Cooper/Dolgin/ (2000) DiPasquale/Kauke

Girls Records:

Event	Name (New Record)	Past Record Holder (year)
55m	Erica Cigolini (7.2)	Cathy Vickery (1984) Virginia Figlar (1988)
200m	Erica Cigolini (26.10)	Erica Cigolini (2006)
300m	Alice Wisener (40.8)	Melissa Gilbert (1994)
600m	Cristina Law (1:36.6)	Cristina Law (2005)
800m	Cristina Law (2:16.55)	Margaret Scutro (1985)
55m HH	Lara-Jane Que (8.2)	Lara-Jane Que (2006)
Pentathlon	Cristina Law (3184pts)	Rene Pavelski (1993)
4 x 55m HH (4)	Que/Barr/ (32.4) Wisener/Martinez	Que/Wong/ (2006) Bogart/Martinez
4 x 55m HH (5)	Que/Law/ (34.14) Martinez/Wisener	none
4 x 200m	Que/Cigolini/ (1:45.28) Barr/Wisener	Barr/Wisener/ (2006) Que/Cigolini
4 x 400m	Barr/Conheeny/(4:01.7) Wisner/Law	McDermott/Reilly/ (1989) Collazo/Hughes
Sprint Medley	Wisener/Que/ (4:11.2) Cigolini/Law	Wisener/Que/ (2006) Barr/Law

Ridgewood Boys Track and Field Indoor Records

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yd dash (55m)	6.5	P. McGillicuddy	1971	168 Armory
		Chris Zeigler	2007	
100yd dash	10.8	Ralph Jones	1971	168 Armory
200m dash	23.3	Akira Monri	2007	168 Armory
300yd dash	32.9	Matt Krever	1991	RCC
300m dash	36.7	Dan Cooper	2000	168 Armory
400m dash	50.31	Tim Geckler	1989	Annapolis
500m	69.6	Charles Cortellesi	1983	West Point
600yd	1:15.5	Tim Geckler	1989	Princeton
600m	1:21.4	Josh Kauke	2000	168 Armory
800m	1:54.1	Josh Kauke	2000	168 Armory
1000yd	2:17.4	John Parisi	1983	Princeton
1000m	2:30.4	Niall Buckley	2007	168 Armory
1500m	4:00.4	Bob Keino	1993	FDU
1600m	4:21.9	Mike Cator	2006	168 Armory
Mile	4:14.31	Bob Keino	1994	Mad Sq Garden
Mile walk	8:36.0	Ed Landers	1985	RCC
3000m	8:25.28	Bob Keino	1993	Princeton
3200m	9:18.11	Bob Keino	1994	Princeton
55m HH	7.3	Rich Wankmueller	1975	
Shot Put	54'9"	Eric Bryant	1981	Saddle Brook
Long Jump	23'5 1/2"	Craig Halyard	1989	Annapolis
High Jump	6'6"	Jim Davis/F. Rosenbach	1995	Garfield
Triple Jump	49'6 1/2"	Craig Halyard	1989	Princeton
Pole Vault	15'0"	Gabe Knutson	2004	168 Armory
Pentathlon	3259 pts	Gabe Knutson	2004	168 Armory
4 x 55 m HH	30.7	Nagano-Gerace/Moody Monri/Pierce	2006	168 Armory
4 x 200m	1:32.9	Monri/Ontiveros/ P.Nygaard/Zeigler	1983	RCC
4 x 400m	3:25.21	Zeigler/Ontiveros/ Trautwein/Buckley	2007	168 Armory
4 x 800m	7:52.16	Buckley/Onwubu Cator/Williams	2005	168 Armory
4 x 1 mile	17:45.19	E.Nygaard, Cator Maher/Zamir	2004	168 Armory
Sprint Medley (2-2-4-800m)	3:31.10	Cooper/Dolgin DiPasquale/Kauke	2000	168 Armory
Distance Medley (12-4-8-1600m)	10:18.57	Williams/Schmidt Buckley/Cator	2006	168 Armory
Shot Put Relay	133'4"	Laborde/Pfund/Phillips	1984	St. Josephs
Shot Put (2 man)	97'3"	Kearns/Bryant	1981	Paramus Cath
High Jump Rel	12'2"	Davis/Roseenbach	1995	Princeton
Triple Jump Rel	84'9 3/4"	Hong/Halyard	1987	RCC
Long Jump Rel	40'10 1/2"	Hong/Darrow	1987	RCC
Pole Vault Rel (3 man)	31'6"	Karl/Novcka/Boyland	1979	RCC
Pole Vault Rel (2 man)	24'6"	Ricciardi/Jensen	2005	168 Armory

Girls Winter Track and Field Records

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yd dash (55m)	7.2	Erica Cigolini	2007	168 Armory
100yd dash	12.0	Sue Davis	1976	168 Armory
200m dash	26.10	Erica Cigolini	2007	168 Armory
300yd dash	37.25	Virginia Figlar	1987	Harvard
300m dash	40.8	Alice Wisener	2007	168 Armory
400m dash	57.94	Virginia Figlar	1987	Yale
600yd	1:24.58	Virginia Figlar	1988	Harvard
600m	1:36.6	Cristina Law	2007	168 Armory
800m	2:16.55	Cristina Law	2007	Toms River
1000yd	2:32.7	Margaret Scutro	1985	RCC
1000m	2:47.44	Margaret Scutro	1985	Byrne Arena
1500m	4:33.35	Margaret Scutro	1985	Yale
1 mile	4:56.53	Margaret Scutro	1985	Dartmouth
3000m	10:03.12	Jennifer Hughes	1988	Yale
2 mile	10:40.8	Patti Mileski	1983	Harvard
55m HH	8.2	Lara-Jane Que	2007	168 Armory
Shot Put	37'3 1/2"	Shyana Brown	1998	Garfield
Long Jump	18'11"	Jen McDermott	1989	Harvard
High Jump	5'8 1/4"	Becky Deetz	1974	Syracuse
Triple Jump	37'6"	Jen McDermott	1989	Harvard
Pole Vault	10'7 1/2"	Cassie Wong	2006	168 Armory
Pentathlon	3184pts	Cristina Law	2007	168 Armory
4 x 55m HH (4 hurdles)	32.4	Que/Barr/ Wisener/Martinez	2007	168 Armory
4 x 55m HH (5 hurdles)	34.14	Martinez/Law/ Wisener/Que	2007	168 Armory
4 x 200m	1:45.28	Que/Cigolini/ Barr/Wisener	2007	168 Armory
4 x 400m	4:01.7	Barr/Conheeny/ Wisener/Law	2007	168 Armory
4 x 800m	9:22.18	Figlar/Jean Hughes Jen Hughes/Collazo	1988	Yale
4 x 1600m	22:11.5	Nowakowski/Lupo O'Connell/Terrin	2002	168 Armory
Sprint Medley (2-2-4-800m)	4:11.2	Wisener/Que Cigolini/Law	2007	168 Armory
Distance Medley 12-4-8-1600m	11:56.5	Pringle/Scutro Mileski/Mileski	1983	Yale
Shot Put Relay	66'3"	Rayevich/Eldridge	1988	Hackensack
High Jump Relay	9'10"	Wrubel/VanDerSchyff	1988	Princeton
Long Jump Relay	32'4"	Bogart/Cigolini	2006	168 Armory
Triple Jump Rel.	65'11"	Hawthorne/Granata	1983	RCC
Pole Vault Relay	18'0"	Wong/Polcari	2006	168 Armory