

Ridgewood High School

Boys Spring Track and Field

2008

Ridgewood High School
2008 Boys Track and Field
Team and Individual Results

2008 Season Summary

Ridgewood	68	Teaneck	63
Ridgewood	98	St. Joes	33
Ridgewood	93	Nutley	38
Ridgewood	111	Belleville	20
Ridgewood	64	Paramus Catholic	67
Ridgewood	91	Bloomfield	40
Ridgewood	82	Paramus	49
Ridgewood	80	Montclair	51

County Relays.....6th Place

NNJIL B.....Champions (tie)

County Group A...8th Place

State Sectional.....8th Place

<u>Name</u>	<u>Dual</u>	<u>Championship</u>	<u>Total Points</u>
Taro Shigenobu (11)	77	37	114
Akira Monri (12)	50.5	43	93.5
Peter Nygaard (12)	61	29	90
Max Witt (11)	66	11	77
Michael Mosticchio (12)	33	41	74
Tommy DeVita (10)	50	22	72
Christian Trautwein (12)	36.5	30	66.5
InSoo Hwang (9)	43.25	22	65.25
Jack Simmons (10)	24	28	52
Andrew Fine (11)	30	13	43
Brian Cleary (10)	20	16	36
Michael Kavanagh (11)	29 1/3	6	35.3
Nicholas Stitt (11)	14	13	27
Nick Rudd (12)	22	3	25
Matt Grundy (10)	12.5	12	24.5
John Wisener (10)	11	11	22
Bryan Remmen (12)	6	14	20
A.J. Mandarano (10)	11	6	17
Justin Jenkins (11)	10.5	6	16.5
Tucker Borgman (12)	1	13	14
Mark Maniaci (10)	-	11	11
David DeSimone (11)	4	6	10
Kyle Flaherty (12)	3	6	9
Matt Levitsky (11)	5.3	3	8.3
Sam Coopersmith (10)	2	6	8
Matt Beausoleil (9)	6.3	-	6.3
Noah Hoh (11)	1	-	1
Andrew Gramaglia (10)	1	-	1
Sean Mattson (9)	1	-	1

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

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

Freshmen:

Beausoleil, Matt
Chelsi, Chris
Cheung, Tim
DuBois, Chris
Eid, Mohammad
Etna, Stephen
Hamza, Omar
Hwang, InSoo
Iacoviello, Marco
Kagei, Hiro
Kritzer, Eric
Mattson, Sean
Reimer, Jon
Rynkowski, Pat
Sapienza, Spencer
Spreitzer, Steven
Steinacher, Chris
Weisberger, Nick

Seniors:

Borgman, Tucker
Chavrasia, Avi
Dabby, Josh
Flaherty, Kyle
Jang, William
Monri, Akira
Mosticchio, Mike
Nygaard, Peter
Remmen, Bryan
Rudd, Nick
Ruppel, Logan
Trautwein, Christian

Sophomores:

Butler, Alex
Cleary, Brian
Coopersmith, Sam
DeVita, Tommy
Dorsey, Clinton
Felsenstein, Dan
Fishbein, Steven
Francis, Nick
Glennon, Colin
Gramaglia, Andrew
Grundy, Matt
Khalsa, Sachin
Krauss, Max
La Duca, Matt
Legg, Christian
Levitsky, Jacob
Mandarano, AJ
Maniaci, Mark
Martinez, Eddie
Modorow, Carl
Morgan, Shawn
Ontiveros, Alec
Righthand, Rob
Simmons, Jack
Suzuki, Noah
Sweet, Dan
Uzzalino, James
Walsh, Brendan
Wisener, John

Juniors:

Amadeo, Robert
Bair, Adam
Cannito, Chris
DeSimone, David
Edgehill, Andrew
Fine, Andrew
Hoh, Noah
Jenkins, Justin
Kavanagh, Michael
Levitsky, Matt
Martyn, Sean
Nagano-Gerace, Dan
Schwartz, Joel
Shigenobu, Taro
Stitt, Nicholas
Treppedi, Ryan
Witt, Max

Coaches:

Josh Saladino
Don Cooper
Mike Glynn
Torre Watson
Gabe Knutson

NNJIL A

Hackensack: Ausrar Walcott, a senior who is proficient in the 100, 200 and 400, should be one of the top sprinters in North Jersey. Also aiding the Comets should be sophomore Conroy Walker (jumps/100/200/400), junior Lawrence Banton (jumps/hurdles) and senior Brandon Cobb (TJ/HJ).

Paramus: Junior John Kim is a top-drawer pole vaulter and junior Joe Vargas (jumps/hurdles) is one of the best high hurdlers in the league. Other contributors for the Spartans should be sophomores Nick Fiorino (distances/javelin), Ed Berman (sprints/SP), Colin Everett (sprints) and Tony Nadera (sprints/PV), and juniors Chris Stuart (distances), Mike Foster (SP), Jordan Jonas (javelin), Doug Buccì (javelin), Zach Chibane (SP), Ilya Spektor (MD) and Andrew Chern (sprints/jumps).

Ridgewood: The Maroons will count on seniors Akira Monri (hurdles/sprints), Mike Mosticchio (throws), and Peter Nygaard (hurdles), juniors Adam Bail (throws) and Michael Kavanagh (jumps) and sophomore Tommy DeVita (jumps). Ridgewood, division champion a year ago, will also be helped by seniors Christian Trautwein (MD) and Tucker Borgman (throws), and juniors Taro Shigenobu (distances) and Max Witt (PV).

Teaneck: Seniors Craig Brown (LJ/TJ) and Damian Miles (200/400) will lead a strong Teaneck squad. Also contributing for the Highwaymen will be seniors Barry Allen (400), David Butler (100/200) and Max Turner (800), juniors Cyrano Parsons (JH) and Terrance Culver (100/200) and sophomores Justin Hodge (400/800) and Theo Barry (HJ).

NNJIL B

Bergen Tech: Senior Mike Mitchell (1,600/3,200) should be a leader for the Knights. Others expected to contribute for coach Shawn Hackett's team are junior Lornie Cunningham (100/200/400) and Joe Miles (100/200), seniors John Montroy (hurdles) and Dan Bivanco (1,600/3,200) and sophomore Dan Plekhov (hurdles).

Clifton: The Mustangs will count on senior twin brother pole vaulters George and Stephen Mena to lead a rebuilding team that lost 11 seniors to graduation. With about 50 athletes out for the team, the Mustangs will be counting on senior Ryan Gabel (1,600/3,200), juniors Han-ri AbuKhater (100/200), Victor Almonte (hurdles/800/LJ/TJ) and Andrew Kopko (distances/discus) and sophomore James Sahanas (1,600/3,200).

Eastside: Sophomore Salim Corbin should be solid in the distances for the Ghosts.

Kennedy: Seniors Darien Collie (discus) and Steve Malone (SP/discus) are two of the top throwers in the NNJIL. Also helping the Knights will be juniors Kelly Davis (HJ), Keith Slade (HJ) and Curtis Winters (hurdles) and senior Jorge Bette (distances).

Passaic: Seniors Robert East (100/200/400) and Timothy DuWhite (800/1,600/3,200) should be the top runners for the Indians. Also contributing should be seniors Adam Rojas (jumps) and Christopher Rodriguez (hurdles) and sophomore Yusef Reeves (100/200/400).

NNJIL C

Bergen Catholic: Seniors Dom Gaston (200/400/hurdles), Kevin Bostick (jumps), Vincent Lu (hurdles/jumps) and Tom Randall (sprints) will lead the Crusaders. Also playing important roles for Bergen Catholic are seniors Jon Sam (sprints) and Ryan Hayes (distances) and juniors Will Ring (sprints) and Dan McNeely (middle distances/distances).

Don Bosco: Juniors Rob Molke (1,600/3,200) and Leighton Spencer (1,600/3,200) are two of the better middle distance runners in North Jersey. Seniors Matthew Cato (sprints), Steve Wexler (middle distances/hurdles), Bill Thimmel (discus/javelin/SP) and Kevin Pleus (javelin) should help make the Ironmen a Bergen County power once again.

Paramus Catholic: Junior Pat Thomas, second in the Bergen County indoor championships with a throw of 51-1, should be

North Jersey. Others who will contribute for the Paladins include seniors Chris Cagliao (400), Ryan Bailey (800/1,600) and Kyle Langan (javelin), juniors Phil Esposito (PV), Tim Ferrare (jumps), Da Von Robinson (800/1,600) and Justin Schneider (hurdles/PV) and sophomore Keegan Carter (800).

St. Joseph: The Green Knights' top returning sprinters are senior Steve Guarino and junior Kevin Adams. Sophomore Matt O'Dowd and junior Brian Bravo are solid in the distances and seniors Hakeem Williams (jumps), Kyle Thomas (jumps) and Ryan Dinnebiel (throws) should also support the St. Joseph rebuilding effort.

The Top 25

1. Don Bosco
2. Bergen Catholic
3. Hackensack
4. Indian Hills
5. Ridgewood
6. Englewood
7. Teaneck
8. Park Ridge
9. Old Tappan
10. Wayne Valley
11. Mahwah
12. Demarest
13. Hasbrouck Heights
14. New Milford
15. River Dell
16. Ramsey
17. Wood-Ridge
18. Cresskill
19. West Milford
20. Passaic Tech
21. Lakeland
22. Pequannock
23. Tenafly
24. Clifton
25. Kennedy

3/31/08

Boys' eternal for Maroons

RHS boys look to break West Orange streak

BY GREG TARTAGLIA
Assistant Sports Editor

RIDGEWOOD — This year, the Maroons are thinking Orange. West Orange, that is.

The Ridgewood High School boys spring track and field team is seeking to win its first state-sectional title since posting back-to-back Group 4, Section 1 state championships in 2003 and 2004. The last two seasons, Ridgewood has finished runner-up to sectional champ West Orange, which also won the first-ever Group 4, Section 1 state indoor crown contested this winter.

Last year's spring sectional meet hinged on the final event, the 4 x 400-meter relay. While Ridgewood finished third in the race, West Orange captured first place to overtake the Maroons in the final team standings, 66-62.

"We've come really close to winning sectional titles the last couple of years, and that's what we really aim to do this year," Ridgewood senior Christian Trautwein said at Tuesday's team practice. "We're basically out there to win every meet we're in."

But, as classmate Akira Monri added, "We [seniors] haven't won a sectional title yet, but we've gotten close. It's come down to the relays."

Trautwein and Monri, the two returning members of the Maroons' 4 x 400 relay squad, will serve as team captains this year along with seniors Peter Nygaard and Mike Mosticchio. Monri and Nygaard give the team a strong presence in the hurdles and sprints as well, and junior Will Jacoby was part of this winter's indoor 4 x 400 group.

Ridgewood took its biggest...



CHRIS PETERS/STAFF PHOTOGRAPHER

18 Ridgewood High School boys spring track and field team are, from left, seniors Christian Trautwein, Peter Nygaard and Akira Monri.

Track & Field Schedules

UNLESS OTHERWISE NOTED)

Days @ Ramsey H.S., 9 a.m.

)/Holy Angels (girls) and Teaneck @

Invitational (limited varsity)

Wickett H.S., 9 a.m.

Outlet @ RHS Stadium

Bergen County Relays @ Demarest H.S.,

Paramus Catholic @ RHS Stadium

Franklin Field. Philadelphia. times

Invitational @ Bernards H.S., Bernardsville, 9:30 a.m.

May 9-10 NNJIL Championship Meet @ Clifton H.S., 4 p.m./9 a.m.

May 16-17 Red Little Bergen County Group A Championships @ Old Tappan H.S., 3:30 p.m./9 a.m.

May 19 East Coast Relays @ Morristown H.S.

May 23-24 Group 4, Section 1 State Championships @ Wayne Hills H.S., 4 p.m./9 a.m.

May 27 Bergen County Meet of Champions @ Hackensack H.S.

May 30-31 State Group 4 Championships @ Egg Harbor Twp. H.S., 3 p.m./9 a.m.

June 4 State Meet of Champions @ South Plainfield H.S., 2:30

Bergen County Relays @ Demarest H.S.,

May 21 Bergen County Meet of Champions @ Hackensack H.S.

and Paramus Catholic @ RHS Stadium

May 30-31 State Group 4 Championships @ Egg Harbor Twp. H.S., 3 p.m./9 a.m.

@ Franklin Field, Philadelphia, times

June 4 State Meet of Champions @ South Plainfield H.S., 2:30 p.m.

and Paramus @ Paramus H.S.

June 20-21 Nike Outdoor Nationals @ Greensboro, N.C., times TBA

@ Mahwah H.S., 9 a.m.; Bernards

Nygaard and Mike Muscato, Ivorra and Nygaard give the team a strong presence in the hurdles and sprints as well, and junior Will Jacoby was part of this winter's indoor 4 x 400 group.

Ridgewood took its biggest graduation hits in the both sprints and distances, owing to the departure of seven runners who are continuing their careers at the collegiate level. Of them, five specialized in distance races.

"We're not as senior-laden as some of the teams we've had in the past here, but we still have young kids who really work hard," said Maroons head coach Josh Saladino. "There are going to be some names who I think will surprise some people by the end of the season"

Trautwein and junior Taro Shigenobu will buoy this year's distance corps, along with fellow cross-country letterwinners David DeSimone and Andrew Fine, both juniors, and Brian Cleary, a sophomore.

Ridgewood is also optimistic about receiving significant contributions from its throwers, led by Mosticchio. Seniors Bryan Remmen and Tucker Borgman, junior Adam Bair and sophomore Jack Simmons will be factors in the shot put and discus, and senior Kyle Flaherty and sophomore Mark Maniaci bolster the javelin contingent.

"We [the throwers] are going to put up some big numbers and score some points to help us win some big meets," predicted Mosticchio, who competes in all three throwing disciplines. "I think we're going to surprise a lot of people this year."

Outside of Nygaard and Monri, many of the Maroon jumpers are young



CHRIS PETERS/STAFF PHOTOGRAPHER

2008 Ridgewood High School girls spring track and field team are, from left, seniors Kate and Mia Martinez.

See BOYS TRACK, page C4

GIRLS TRACK from C1

Ridgewood is the host school for tomorrow's 25th annual Steve Pawlowski Relays, which will be held at Ramsey High School for the second consecutive year due to the lack of a 400-meter track at the Maroons' own school. The event, which was formerly known as the Ridgewood Relays, was renamed five years ago to honor the memory of 2001 Ridgewood graduate Steve Pawlowski, a high school All-America sprint medley runner who was killed in November of that year when he was struck by a moving vehicle.

BOYS TRACK from C1

but promising. Sophomore Tommy DaVita was named to the All-Bergen County second team after clearing six feet, two inches in the indoor high jump. The pole vault squad will feature juniors Michael Kavanaugh and Max Witt, among others.

Overall, Ridgewood has the balance to be a top contender not only at state-sectionals, but also at this month's Bergen County Relays — where the

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school won back-to-back Group A titles in 2005 and 2006 — and next month's Bergen County Group A championship meet, which the Maroons last won in 2005.

Also on the line is the team's four-year unbeaten streak in Northern New Jersey Interscholastic League (NNJIL) dual meets, as well as a string of seven consecutive NNJIL division titles.

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

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TRACK & FIELD

PASSAIC COUNTY RELAYS

AT PASSAIC VALLEY H.S.

Boys

TEAM SCORES: Wayne Valley 104, Passaic Tech 76, Kennedy 57, West Milford 49, Lakeland 40, DePaul 39, Passaic 23, Hawthorne 22, Clifton 21, Passaic Valley 20, Pompton Lakes 18, Wayne Hills 12, Eastside 10, Manchester 5.

4-x-100: 1. Hawthorne (Kevin Gangeri, Steve Hein, Jake Koningswood, Tyler Dotday), 46.1; 2. Passaic, 46.2; 3. Wayne Hills, 46.7; 4. Pompton Lakes, 46.9; 5. Lakeland, 46.9; 6. Passaic Tech, 47.4.

4-x-200: 1. Passaic (Robert East, Tim DuWhite, Yusef Reaves, D'Nard Robinson), 1:35.0; 2. Passaic Tech, 1:35.3; 3. Hawthorne, 1:36.9; 4. Lakeland, 1:38.2; 5. Pompton Lakes, 1:39.1; 6. Manchester, 1:39.5.

4-x-400: 1. Passaic Tech (Victor Jones, Isaiah Butts, Mike Bennett, Shavoy Lawrence), 3:33.0; 2. Wayne Valley, 3:36.4; 3. DePaul, 3:40.6; 4. West Milford, 3:44.0; 5. Clifton, 3:48.9; 6. Lakeland, 3:52.2.

4-x-800: 1. West Milford (Mark Trunzo, Dan Reyes, Chris Lautz, Brian Michaelson), 8:37.6; 2. Pompton Lakes, 8:51.6; 3. Passaic Tech, 9:11.2; 4. Wayne Valley, 9:11.4; 5. Kennedy, 9:22.0; 6. DePaul, 9:25.5.

4-x-1,600: 1. Kennedy (Ziad Aburumelleh, Jamaal Hilton, Larry Hilton, Jorge Beltre), 20:04.3; 2. Passaic Valley, 20:21.2; 3. Wayne Valley, 20:27.1; 4. Clifton, 20:31.7; 5. Wayne Hills, 20:33.1; 6. Lakeland, 21:12.3.

Sprint medley: 1. Wayne Valley (Tom Papa, Kenton Hughes, Kristian Meek, Mickey O'Shea), 3:42.8; 2. DePaul, 3:42.8; 3. Eastside, 3:46.3; 4. Passaic Tech, 3:52.1; 5. Pompton Lakes, 3:52.7; 6. Passaic, 3:53.9.

Distance medley: 1. Passaic Valley (Brian Piccirillo, Omar Abbasi, Vincent Manzi, Nico Stabile), 11:10.8; 2. Wayne Valley, 11:12.4; 3. Passaic Tech, 11:14.0; 4. Eastside, 11:14.2; 5. DePaul, 11:19.7; 6. Kennedy, 11:33.4.

Shuttle hurdles: 1. Passaic Tech (Garrett Thomas, Jaris Rosseau, Corey Burtwell, Shavoy Lawrence), 1:10.9; 2. Kennedy, 1:11.6; 3. Wayne Valley, 1:12.6; 4. tie between Clifton and West Milford, 1:16.2; 6. Manchester, 1:17.0.

3-x-400 IH: 1. Passaic Tech (Shavoy Lawrence, Isaiah Butts, Garrett Thomas), 3:00.6; 2. Wayne Valley, 3:06.3; 3. Hawthorne, 3:12.1; 4. West Milford, 3:12.4; 5. Manchester, 3:14.9; 6. Clifton, 3:16.4.

Shot put: 1. Wayne Valley (Chris Pantale, Keir Bowers, Sam Stallard), 137-2½; 2. Kennedy, 133-9; 3. DePaul, 132-1; 4. Lakeland, 125-4; 5. Passaic Tech, 117-6; 6. Manchester, 112-8.

Discus: 1. Wayne Valley (Chris Pantale, Keir Bowers, Sam Stallard), 436-11; 2. Kennedy, 401-4; 3. West Milford, 315-6; 4. Lakeland, 307-10; 5. DePaul, 307-2; 6. Pompton Lakes, 304-10.

Javelin: 1. DePaul (Shaun Murray, James DePalma, Ed Paulosky), 423-6; 2. Lakeland, 401-1; 3. West Milford, 377-0; 4. Kennedy, 363-5; 5. Passaic Valley, 352-0; 6. Passaic Tech, 338-6.

High jump: 1. Kennedy (Keith Slade, Craig Hall, Curtis Winters), 16-8; 2. Wayne Valley, 16-6; 3. tie between Passaic Tech, Passaic and Lakeland, 16-4; 6. West Milford, 16-0.

Long jump: 1. Wayne Valley (Tom Papa, Dan Losowyj, Patrick LaNeve), 55-6¼; 2. Lakeland, 54-5¼; 3. Passaic Tech, 54-0¾; 4. DePaul, 53-4; 5. West Milford, 53-0¾; 6. Wayne Hills, 51-10¼.

Triple jump: 1. Wayne Valley (Tom Papa, Dan Losowyj, Kenton Hughes), 118-6¼; 2. Passaic Tech, 112-10¼; 3. Kennedy, 110-8; 4. West Milford, 106-0¾; 5. Clifton, 101-4; 6. Wayne Hills, 100-4½.

Pole vault: 1. Tie: West Milford (Adam Lazor, Michael Stitt), and Clifton (George Mena, Stephen Mena), 23-6; 3. Wayne Valley, 20-6; 4. Lakeland, 19-6; 5. Wayne Hills, 12-6; 6. Pompton Lakes, 10-0.

SEASON OPENER INVITATIONAL

AT INDIAN HILLS

Boys

TEAM SCORES: Park Ridge 52; Hackensack 42; Leonia 38; North Bergen 36; TIE Lodi and Pascack Hills 32; Mendham 31; Indian Hills 28; Wood-Ridge 26; River Dell 25; Saddle Brook 22; TIE Fort Lee and Englewood 20; TIE Ramapo and Hasbrouck Heights 18; TIE Newton and Memorial 13; Bloomfield 12; St. Joseph 8; Union Hill 5; Glen Rock 4.

4-x-100: 1. Englewood (John Hernandez, Curtis Pujley, Colin Cunningham, Terrance Johnson) 43.7; 2. Park Ridge 46.0; 3. Hasbrouck Heights 46.7; 4. Lodi 46.9; 5. Pascack Hills 47.0; 6. Ramapo 47.3.

4-x-200: 1. Hackensack (Walker, Harris, Boyd, Walcott) 1:32.5; 2. Englewood 1:32.8; 3. Ramapo 1:39.3; 4. Hasbrouck Heights 1:40.1; 5. Newton 1:40.5; 6. Mendham 1:41.4.

4-x-400: 1. Hackensack (Boyd, Walcott, Bembry, Douglas) 3:30.1; 2. Park Ridge 3:35.4; 3. Leonia 3:37.3; 4. North Bergen 3:39.1; 5. Pascack Hills 3:43.8.

4-x-800: 1. Park Ridge (Brian Desmond, Tom Sanderson, Sam Janssen, Matt Lingam) 8:29.4; 2. North Bergen 8:31.9; 3. Mendham 8:47.5; 4. St. Joseph 8:55.9; 5. Fort Lee 8:56.7; 6. Memorial 8:57.2.

4-x-1,600: 1. Park Ridge (Matt Lingam, Tom Sanderson, Erik Antokal, Sam Janssen) 19:48.5; 2. Leonia 20:01.5; 3. North Bergen 20:01.8; 4. Pascack Hills 20:04.6; 5. Saddle Brook 20:24.1; 6. Memorial 20:28.2.

Sprint medley: 1. Pascack Hills (Jason Furubushi, Sammy Smith, Erik Jorgensen, Jonny Hirsch) 3:53.0; 2. Mendham 3:55.8; 3. Saddle Brook 3:57.4; 4. Hasbrouck Heights 3:57.9; 5. Glen Rock 4:04.5; 6. Indian Hills 4:05.0.

Distance medley: 1. Mendham (Ryan Savercool, Tom Kearney, James Frick, Mike Franklin) 11:01.6; 2. Indian Hills 11:28.9; 3. Leonia 11:45.2; 4. St. Joseph 11:52.2; 5. Newton 12:00.7; 6. Union Hill 12:08.7.

Shuttle hurdles: 1. Hackensack (Boyd, Cobb, Banton, Oddstadt) 1:09.5; 2. Memorial 1:12.3; 3. Lodi 1:12.4; 4. Ramapo 1:15.9; 5. Pascack Hills 1:17.7; 6. Wood-Ridge 1:18.6.

3-x-400 IH: 1. Fort Lee (Dan Chedink, Walter Derry-Fennell, Eros Alini) 3:11.1; 2. Pascack Hills 3:11.1; 3. Leonia 3:11.9; 4. Union Hill 3:16.7; 5. Glen Rock 3:17.2; 6. Memorial 3:18.7.

Shot put: 1. River Dell (John Farelli, Chris Meo, Andrew Trass) 133-3; 2. Wood-Ridge 131-6; 3. Indian Hills 128-3¾; 4. Hackensack 128-2; 5. Bloomfield 122-4¾; 6. Ramapo 119-3¾.

Javelin: 1. Wood-Ridge (Marc Peck, Seb Luna, Joe Gingerelli) 466-1; 2. North Bergen 406-8; 3. Bloomfield 385-8; 4. Ramapo 370-7; 5. Memorial 369-3; 6. Newton 364-6.

Discus: 1. River Dell (Dan Baumann, Chris Meo, Andrew Trass) 392-9; 2. Indian Hills 346-2; 3. Wood-Ridge 343-4; 4. Bloomfield 328-7; 5. Mendham 320-2; 6. Newton 313-2.

High jump: 1. Leonia (Jong Pauk, Dan Lalerada, Donovan Bolden) 17-0; 2. Lodi 16-10; 3. Newton 11-2; 4. Mendham 10-8; 5. Ramapo 5-8; 6. Englewood 5-6.

Long jump: 1. North Bergen (Xavier Mendez, Joseph Madera, Rob Spesacatena) 57-8¾; 2. Hackensack 57-2¼; 3. Saddle Brook 56-7¼; 4. Lodi 56-6¼; 5. Leonia 54-9; 6. Englewood 54-6.

Triple jump: 1. Lodi (Gary Reginald, Geri Gjtka, Chris Phipps) 121-4; 2. Saddle Brook 114-3; 3. Park Ridge 107-9; 4. Hasbrouck Heights 109-4; 5. Pascack Hills 105-8; 6. Newton 102-1.

Pole Vault: 1. Park Ridge (Chris Cosgrove, Greg Hoffman, John Skovira) 35-0; 2. Fort Lee 31-0; Tie 3. Indian Hills and River Dell 29-0; 5. Pascack Hills 22-0; 6. Wood-Ridge 21-6.

PAWLOWSKI RELAYS

AT RAMSEY HIGH SCHOOL

Boys

LARGE SCHOOL TEAM SCORES: Union 95; Bergen Catholic 62; Paramus Catholic 58; Bergen Tech 57; Paramus 55½; Ridgewood 46; CBA 20; Northern Highlands 2; Shaker (N.Y.) 0.

SMALL SCHOOL TEAM SCORES: Ramsey 109; New Milford 95; Cresskill 75; Westwood 59; Midland Park 46; Wallington 35½; Pequannock 17; Trinity 16; Pascack Valley 11.

4-x-100: 1. Bergen Catholic (Nick Gerst, Matt Dottino, Will Ring, Jon Sam) 45.0; 2. Ramsey, 45.2; 3. New Milford, 46.1; 4. Bergen Tech, 46.4; 5. Union B, 47.0; 6. Wallington, 48.0.

4-x-200: 1. Bergen Catholic (Tom Randall, Ring, Dottino, Dom Gaston), 1:31.9; 2. Union, 1:32.2; 3. New Milford, 1:35.5; 4. Ramsey, 1:35.8; 5. Bergen Tech, 1:38.1; 6. Westwood, 1:38.7.

4-x-400: 1. Union (Stefano Craig, Highsmith, Ellison Lucien, Bayaan Oluyadi), 3:32.2; 2. New Milford, 3P:33.3; 3. Ramsey, 3:37.0; 4. Westwood, 3:40.2; 5. Bergen Tech, 3:42.2; 6. Paramus Catholic, 3:45.2.

4-x-800: 1. CBA (Dan Bailey, Mark Lee, Rich Bohary, Chris LaMorte), 8:44.6; 2. New Milford, 8:49.4; 3. Westwood, 8:58.7; 4. Ramsey, 9:03.7; 5. CBA, 9:04.0; 6. Cresskill, 9:04.6.

4-x-1,600: 1. CBA (Bailey, Dan Mykytshu, Mike Mazzacarro, Lee), 19:11.2; 2. CBA, 19:25.3; 3. Bergen Tech, 19:26.7; 4. Pequannock 19:30.4; 5. Ridgewood, 19:33.2; 6. Westwood, 19:45.

Sprint medley: 1. Union (Craig, Lucien, Isaiah McLain, Oluyadi), 3:46.3; 2. Midland Park, 3:51.2; 3. New Milford, 3:54.9; 4. Wallington, 3:58.0; 5. Westwood, 3:58.6; 6. Ramsey, 4:04.3.

Distance medley: 1. Bergen Tech (Dan Vivanco, Patrick Ryan, Abdel N'Goon, Mike Mitchell), 11:10.0; 2. Pequannock, 11:13.0; 3. Paramus Catholic, 11:16.3; 4. Trinity, 11:33.8; 5. Westwood, 11:39.0; 6. Ramsey, 11:45.8.

Shuttle hurdles: 1. Ramsey (Mike Iozzia, Kevin Kuruc, Jake Kennelly, Matt Bailey), 1:06.2; 2. Union, 1:06.3; 3. Cresskill, 1:09.6; 4. Bergen Tech, 1:11.7; 5. New Milford, 1:11.9; 6. Ridgewood, 1:15.6.

3-x-400 IH: 1. Bergen Catholic (Gaston, Tom Bohlin, Ernest Wingate), 3:08.2; 2. Union, 1:06.3; 3. Cresskill, 1:09.6; 4. Bergen Tech, 1:11.7; 5. New Milford, 1:11.9; 6. Ridgewood, 1:15.6.

Long Jump: 1. Union (Elijah Lee, Stefaun Whitehead, Michael Blingham), 57-0¾; 2. New Milford, 55-8¾; 3. Bergen Catholic, 55-5¼; 4. Union, 54-11¼; 5. Paramus, 53-1¼; 6. Westwood, 52-10.

Triple Jump: 1. Bergen Catholic (Kevin Bostick, Victor Servito, Wingate), 120-10¼; 2. Paramus, 112-11¼; 3. Union, 112-7; 4. Cresskill, 111-3¼; 5. Ridgewood, 110-06; 6. Cresskill, 108-7¼.

High Jump: 1. Bergen Catholic (Justin Schneider, Phil Esposito, Pat Ranft), 32-0; 2. New Milford, 29-0; 3. Ramsey, 21-0; 4. Tie: Wallington, Paramus, 19-0; 6. Cresskill, 12-0.

Shot Put: 1. Paramus Catholic (Patrick Thomas, anny Thoams, Marquise Wright), 123-7¼; 2. Cresskill, 123-2¼; 3. Ramsey, 120-1¼; 4. Westwood, 118-2.5; 5. New Milford, 115-9¼; 6. Ridgewood, 115-2.

Discus: 1. New Milford (Scott Brunner, Dan Suarez, All Metwalli), 358-11; 2. Ramsey, 327-11; 3. Cresskill, 325-8; 4. Ridgewood, 313-9; 5. Union, 306-9; 6. Wallington, 303-11.

Javelin: 1. Cresskill (Arvin Rai, Jason Raggi, Kyle Elliott), 437-10¼; 2. Midland Park, 410-9; 3. Union, 385-8; 4. Ridgewood, 364-3; 5. Ramsey, 354-6¼; 6. Westwood, 344-0.

THE PAWLOWSKI RELAYS Ramsey High School Track

SATURDAY, APRIL, 5, 2008
Ramsey, New Jersey

Boys

Team Score: 1-Ramsey-109. 2-New Milford-95. 3-Union-95. 4-Cresskill-75. 5-BergenCatholic-62.
6-Westwood-59. 7-ParamusCatholic-58.

4X100m: 1-Bergen Catholic (Nick Gerst, Matt Dottino, Will Ring, Jon Sam), 45.0. 2-Ramsey, 45.2. 3-New Milford, 46.1. 4-Bergen Tech, 46.4. 5-Union B, 47.0. 6-Wallington, 48.0. 7-Cresskill, 48.3. 8-Union, 48.9. 9-Paramus, 48.9. 10-Ramsey, 49.1. 11-Union, 49.4. 12-Trinity, 50.8. 13-Midland Park, 51.3. 14-Wallington, 56.5.

4X200m: 1-Bergen Catholic (Tom Randall, Will Ring, Matt Dottino, Dom Gaston), 1:31.9. 2-Union, 1:32.2. 3-New Milford, 1:35.5. 4-Ramsey, 1:35.8. 5-Bergen Tech, 1:38.1. 6-Westwood, 1:38.7. 7-Midland Park, 1:39.9. 8-Paramus, 1:40.1. 9-Cresskill, 1:40.6. 10-Ridgewood, 1:42.0. 11-Wallington, 1:43.0. 12-Trinity, 1:46.4.

4X400m: 1-Union (Craig, Highsmith, Lucien, Oluyadi), 3:32.2. 2-New Milford, 3:33.3. 3-Ramsey, 3:37.0. 4-Westwood, 3:40.2. 5-Bergen Tech, 3:42.2. 6-Paramus Catholic, 3:45.2. 7-Cresskill, 3:45.6. 8-Trinity, 3:48.2. 9-Westwood, 3:49.2. 10-Westwood, 3:51.1. 11-Pascack Valley, 4:04.9.

4X800m: 1-CBA (Dan Dailey, Mark Lee, Rich Bohary, Chris LaMorte), 8:44.6. 2-New Milford, 8:49.4. 3-Westwood, 8:58.7. 4-Ramsey, 9:03.7. 5-CBA, 9:04.0. 6-Cresskill, 9:04.6. 7-Paramus, 9:09.4. 8-Trinity, 9:25.5. 9-Union, 9:30.3

4X1600m: 1-CBA, (Dan Bailey, Dan Mykytshun, Mike Mazzacarro, Mark Lee), 19:11.2. 2-CBA, 19:25.3. 3-Bergen Tech, 19:26.7. 4-Pequannock, 19:30.4. 5-Ridgewood, 19:33.2. 6-Westwood, 19:45. 7-Ramsey, 20:31.5. 8-Ridgewood, 20:48.0. 9-Paramus, 21:01.5. 10-Bergen Tech, 21:08.8. 11-Union, 21:16.0. 12-Midland Park, 21:47.7. 13-Paramus, 22:50.4. 14-Paramus Catholic, 23:11.7.

Sprint Medley: 1-Union (Stefano Craig, Ellison Lucien, Isaiah McLain, Bayaan Oluyadi), 3:46.3. 2-Midland Park, 3:51.2. 3-New Milford, 3:54.9. 4-Wallington, 3:58.0. 5-Westwood, 3:58.6. 6-Ramsey, 4:04.3. 7-Pascack Valley, 4:19.4. 8-Pascack Valley, 4:30.3. 9-Paramus Catholic, 4:51.0

Distance Medley: 1-Bergen Tech (Dan Vivanco, Patrick Ryan, Abdel N'Goon, Mike Mitchell), 11:10.0. 2-Pequannock, 11:13.0. 3-Paramus Catholic, 11:16.3. 4-Trinity, 11:33.8. 5-Westwood, 11:39.0. 6-Ramsey, 11:45.8. 7-Bergen Catholic, 11:46.9. 8-Cresskill, 12:05.1. 9-Wallington, 12:10.3. 10-Union, 12:18.8.

4X110 HH: 1-Ramsey (Mike Iozzia, Kevin Kuruc, Jake Kennelly, Matt Bailey), 1:06.2. 2-Union, 1:06.3. 3-Cresskill, 1:09.6. 4-Bergen Tech, 1:11.7. 5-New Milford, 1:11.9. 6-Ridgewood, 1:15.6.

3X400 IH: 1-Bergen Catholic (Dom Gaston, Tom Bohlin, Ernest Wingate), 3:08.2. 2-Union, 3:10.9. 3-Ramsey, 3:04.9. 4-New Milford, 3:16.1. 5-Paramus Catholic, 3:16.6. 6-Paramus, 3:18.5. 7-Midland Park, 3:25.9. 8-Wallington, 3:31.4. 9-Cresskill, 3:33.3. 10-Ridgewood, 3:33.9.

3X Long Jump: 1-Union (Elijah Lee, Stefaun Whitehead, Michael Bingham), 57-0 ½. 2-New Milford, 55-8 ½. 3-Bergen Catholic, 55-5 ½. 4-Union, 54-11 ½. 5-Paramus, 53-1 ½. 6-Westwood, 52-10. 7-Cresskill, 52-5 ¼. 8-Midland Park, 52-2. 9-Bergen Tech, 51-11 ½. 10-Ramsey, 51-8. 11-Paramus Catholic, 50-11.

3X Triple Jump: 1-Bergen Catholic (Kevin Bostick, Victor Servito, Ernest Wingate), 120-10 ½. 2-Paramus, 112-11 ½. 3-Union, 112-7. 4-Cresskill, 111-3 ½. 5-Ridgewood, 110-6. 6-Cresskill, 108-7 ½. 7-Paramus Catholic, 107-4 ½. 8-Midland Park, 107-2 ½. 9-Ramsey, 105-9. 10-Northern Highlands, 90-4. 11-Pascack Valley, 35-8 ½.

3X High Jump: 1-Bergen Catholic (Victor Serbito Kevin Bostick, Mike McNicholas), 17-10. 2-Ramsey, 16-8. 3-Paramus, 16-4. 4-Bergen Tech, 16-2. 5-New Milford, 16-1. 6-Midland Park, 16-0. 7-Ridgewood, 15-10. 8-Paramus Catholic, 15-9. 9-Cresskill, 11-0. 10-Bergen Catholic, 10-6.

3X Pole Vault: 1-Paramus Catholic (Justin Schneider, Phil Esposito, Pat Ranft), 32-0. 2-New Milford, 29-0. 3-Ramsey, 21-0. 4-tie-Wallington & Paramus, 19-0. 6-Cresskill, 12-0. 7-Pascack Valley, 10-0. 8-Ridgewood, 9-6.

3X Shot Put: 1-Paramus Catholic (Patrick Thomas, Manny Thomas, Marquise Wright), 123-7 ¼. 2-Cresskill, 123-2 ½. 3-Ramsey, 120-1 ½. 4-Westwood, 118-2. 5-New Milford, 115-9 ½. 6-Ridgewood, 115-2. 7-Wallington, 113-11 ¼. 8-Union, 111-9 ½. 9-Ramsey, 109-9. 10-Cresskill, 108-3 ½. 11-Midland Park, 106-9 ¼. 12-Cresskill, 102-3 ¼. 13-Paramus, 101-9.

3X Discus: 1-New Milford (Scott Brunner, Dan Suarez, Ali Metwali), 358-11. 2-Ramsey, 327-11. 3-Cresskill, 325-8. 4-Ridgewood, 313-9. 5-Union, 306-9. 6-Wallington, 303-11. 7-Paramus Catholic, 295-4. 8-Westwood, 291-0. 9-Cresskill, 279-1. 10-Ramsey, 276-6. 11-Ridgewood, 273-1. 12-Bergen Tech, 262-9. 13-Midland Park, 254-8.

3X Javelin: 1-Cresskill (Arom Rai, Jason Raggi, Kyle Elliot), 437-10 ½. 2-Midland Park, 410-9. 3-Union, 385-8. 4-Ridgewood, 364-3. 5-Ramsey, 354-6 ½. 6-Westwood, 344-0. 7-Paramus, 336-6. 8-Wallington, 336-2 ½. 9-Paramus Catholic, 361-1. 10-New Milford, 329-4 ½. 11-Bergen Tech, 241-1 ½.

NOVICE BOYS

4X200m: 1-Ramsey (Yamanashi, Patrick Johns, Chris Donelan, Kevin Severs), 1:44.0. 2-Bergen Tech, 1:45.6. 3-Union, 1:46.3. 4-Bergen Catholic, 1:46.5. 5-Paramus, 1:48.6.
4X400m: 1-Bergen Catholic (Panes, Von Ohlen, D'Arco, Leonard), 3:43.8. 2-Ramsey, 3:50.4. 3-Midland Park, 3:55.3. 4-Cresskill, 3:59.7. 5-New Milford, 4:01.4.
4X800m: 1-Pascack Valley (Mckenna, Kraus, Nowicki, Pescatore), 9:15.5. 2-Ridgewood, 9:20.2. 3-Union, 9:39.3. 4-Paramus, 9:43.7. 5-Bergen Catholic, 9:48.1
Sprint Medley: 1-Bergen Catholic (Tom Bohlin, Anthony Marinaro, John D'Arco, Joe Fiorica), 4:04.6. 2-Bergen Tech, 4:04.8. 3-Union, 4:09.3. 4-Ramsey, 4:18.4. 5-Cresskill, 4:20.1.
4X110H: 1-Pascack Valley (Stern, Ottino, Takabori, Hoogendoorn), 1:15.0. 2-Union, 1:21.2. 3-Ramsey, 1:25.6.
3X400H:

FROSH BOYS

4X100:
4X200m: 1-New Milford (John Follety, Rasheed Lawrence, Nick Robolino, Cody Carlson), 1:44.9. 2-Union, 1:45.3. 3-Pascack Valley, 1:48. 4-Northern Highlands, 1:48.8. 5-Bergen Catholic, 1:52.5.
4X400m: 1-New Milford (Lawrence, Robolino, Carlson, Follety), 3:59.4. 2-Pascack Valley, 4:08.1. 3-Bergen Catholic, 4:09.9. 4-Cresskill, 4:10.4. 5-Union, 4:17.1.
4X800m: 1-CBA (Dan Mikitysha, Will Villa, Nick Wandernozi, Brian Fitzpatrick), 9:28.3. 2-CBA, 9:39.1. 3-Ridgewood, 10:02.3. 4-Pascack Valley, 10:19.8. 5-Ridgewood, 10:23.8.
Sprint Medley: 1-Ridgewood (Sean Matison, Tim Cheung, Matt Beausoleil, Insoo Hwang), 4:15.6. 2-Cresskill, 4:16.8. 3-Union, 4:17.0. 4-Northern Highlands, 4:17.2. 5-Bergen Catholic, 4:44.2.
4X110H: 1-Northern Highlands (Jeremy Yeaton, Nick Picache, James Hoag, Tom Bouregy), 1:23.0. 2-Ridgewood, 1:25.4.
3X400H:

**Pawlowski Relays
@ Ramsey High School**

April 5, 2008

4x1600m: C. Trautwein 4:32 T. Shigenobu 4:45 B. Cleary 5:02 D. DeSimone 5:10
19:33.2 – 5th Place

W. Jang 5:10 N. Rudd 4:58 S. Martyn 4:58 S. Fishbein 5:41
20:48.0 – 8th Place

4x100HH:

Varsity: P. Nygaard 16.0 S. Coopersmith 21.9 A. Mandarano 19.4 T. DaVita 18.4
1:15.6 – 6th Place

Frosh: M. Beausoleil 21.2 O. Hamza 22.8 S. Mattson 21.7 I. Hwang 19.4
1:25.7 – 2nd Place

4x800m:

Novice: A. Ontiveros 2:26 J. Jenkins 2:16 S. Martyn 2:21 A. Fine 2:17
9:20.2 – 2nd Place

C. Legg 2:16 N. Francis 2:30 S. Morgan 2:41 Y. Nam 2:35
10:05

S. Fishbein 2:42 R. Amadeo 2:23 E. Martinez 2:26 A. Edgehill 2:29
10:10

K. Huh 2:37 D. Sweet 2:51 Noah 3:02 R. Treppedi 2:48
11:18

Frosh: M. Incordivia 2:20 P. Rynkowski 2:30 E. Kreitzer 2:31 N. Weisberger 2:36
10:02.3 – 3rd Place

C. Chelsi 2:31 Mohammad 2:41 S. Spreitzer 2:32 O. Hamzi 2:51
10:23.8 – 5th Place

4x200m:

Frosh: O. Hamza 30.8 N. Weisberger 32.6 S. Sapienza 31.5 T. Cheung 27.6
2:01.6

Novice: S. Glennon 29.4 N. Stitt 26.0 M. Maniaci 27.3 M. LaDuca 26.0
1:48.7

D. Felsenstein 28.3 S. Coopersmith 28.2 J. Weisener 26.5 A. Mandarano 28.2
1:51.5

J. Dabby 30.9 A. Gatti 30.5 A. Chaurasia 30.7 B. Walsh 26.8
1:58.9

Varsity: M. Grundy 25.2 M. Witt 24.5 K. Flaherty 26.6 M. Levitski 25.4
1:42.0 – 10th Place

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

Frosh: T. Cheung 62.1 S. Mattson 27.0 M. Beausoleil 28.0 I. Hwang 2:17.9
4:15.6 – 1st Place

3x400IH:

Frosh: I. Hwang 65.0 S. Mattson 70.3 M. Beausoleil 71.6 – 3:26.9 – 1st Place

Varsity: S. Coopersmith 75.4 P. Nygaard 65.9 S. Glennon 71.4 3:33.9 – 10th Place

3xLJ: P. Nygaard 16'8" T. DaVita 16'9" M. Kavanagh
M. Witt S. Khalsa M. Levitsky

3xTJ: P. Nygaard 37'6" T. DaVita 35'4" M. Kavanagh 38'2"
110'6" – 6th Place
M. Witt S. Khalsa M. Levitsky

3xHJ: T. DaVita 5'10" M. Levitsky 5'0" M. Kavanagh 5'0"
15'10" – 7th Place

3xJav: M. Mosticchio 120'3" M. Maniaci 124'3" K. Flaherty 119'
364'3" – 4th Place

3xShot: J. Simmons 41'6" M. Mosticchio 36'11" B. Remmen 36'9"
115'2" – 6th Place
T. LaFleur 34'5" T. Borgman 34'5" M. Stapleton 29'5"
98'5"

3xDisc: M. Mosticchio 119'8" B. Remmen 105' T. Borgman 89'3"
313'9" – 4th Place
J. Simmons 97'5" M. Stapleton 95'6" A. Bair 80'5"
273'4"

3xPV: J. Wisener 9'6" M. Witt NH M. Kavanagh NH
9'6" – 8th Place

Athletes of the Meet:

InSoo Hwang, Sean Mattson, Matt Beausoleil – Wins in the Frosh Spring Medley and the Intermediate Hurdles and a 2nd in the High Hurdles – 3 Medals each!!!

Comments:

This is a meet that we use to get ready for the county relays. I am not concerned about the place or the team standings in this event. I am concerned about a problem with a desire to compete. A competition demands that you perform at your best for yourself and your teammates. We will need to be much more competitive going forward this season.

Ridgewood 68

Teaneck 63

April 8, 2008 – 65 clear @ Teaneck

400 IH: Ridgewood: 1 Teaneck: 8
1-Jason Alexander (T) 61.0 2-Brandan Hombric (T) 61.3 3-Peter Nygaard (R) 62.6
Others: I. Hwang 63.2; A. Mandarano 68.1; C. Glennon 69.1; S. Mattson 69.2;
M. Beausoleil 69.5

100m: Ridgewood: 0 Teaneck: 9
1-Chris Goings (T) 11.0 2-Terrence Culver (T) 11.0 3-Casey Pleasants (T) 11.0
Others: M. Witt 12.0; M. Levitsky 12.4; N. Stitt 12.9; K. Flaherty 13.1; B. Walsh 13.2
T. Cheung 13.2; M. LaDuca 13.4; O. Hamza 13.5; S. Sapienza 13.8; A. Chaurasia 14.0
D. Felsenstein 14.0; H. Kagei 14.3; J. Dabby 14.6; A. Gatti 14.7

1600m: Ridgewood: 6 Teaneck: 3
1-Taro Shigenobu (R) 4:41.4 2-Max Turner (T) 4:48.2 3-Brian Cleary (R) 4:50.2
Others: N. Rudd 5:02; C. Legg 5:08; M. Incoviello 5:09; S. Martyn 5:12;
E. Martinez 5:17; R. Amadeo 5:17; P. Rynkowski 5:20; N. Weisberger 5:27;
E. Kritzer 5:32

400m: Ridgewood: 1 Teaneck: 8
1-Damian Miles (T) 49.8 2-Barry Allen (T) 50.2 3-Christian Trautwein (R) 51.2
Others: S. Coopersmith 59.2; M. Maniaci 61.6

110HH: Ridgewood: 5 Teaneck: 4
1-Peter Nygaard (R) 16.4 2-Branden Hembric (T) 3-Jason Alexander (T)
Others: T. DeVita 18.4; A. Mandarano 19.3; S. Mattson 20.3; M. Beausoleil 21.0

800m: Ridgewood: 5 Teaneck: 4
1-Christian Trautwein (R) 1:59.3 2-Justin Hodge (T) 2:03.4 3-Barry Allen (T) 2:04.5
Others: T. Shigenobu 2:05.5; J. Jenkins 2:12; A. Edgehill 2:15; W. Jang 2:16;
A. Ontiveros 2:21; M. Incoviello 2:21; S. Fishbein 2:23; N. Francis 2:27; D. Sweet 2:31;
K. Hyon 2:31C. Moderow 2:37; S. Youn 2:38; S. Martyn 2:38; M. Eid 2:38;
R. Treppedi 2:38; N. Suzuki 2:48

200m: Ridgewood: 3 Teaneck: 6
1-Corey Pleasants (T) 23.2 2-InSoo Hwang (R) 23.9 3-Teaneck 24.0
Others: M. Witt 24.6; N. Stitt 26.0; K. Flaherty 26.0; B. Walsh 26.4; T. Cheung 27.5;
M. LaDuca 27.8; A. Chaurasia 28.1; D. Felsenstein 28.2; O. Hamza 28.6;
C. Glennon 28.7; S. Sapienza 29.2; A. Gatti 30.1; H. Kagei 30.1; J. Dabby 31.0

3200m: Ridgewood: 9 Teaneck: 0
1-Andrew Fine (R) 10:38.4 2-Nick Rudd (R) 10:38.7 3-Brian Cleary (R) 10:40.8
Others: D. DeSimone 10:41

4x400m: Ridgewood: 0 Teaneck: 5
1-Teaneck 3:30.3 2-Ridgewood 3:40.7
(C. Trautwein 51.0; I. Hwang 55.5; J. Jenkins 57.8; M. Grundy 56.4)

Long Jump: Ridgewood: 3 Teaneck: 6
1-Craig Brown (T) 19'6" 2-Max Witt (R) 18'8 ½" 3-Nevon Williams (T) 18'7 ½"
Others: P. Nygaard 15'11"; A. Gatti 11'11"; M. Levitsky F

Triple Jump: Ridgewood: 3 Teaneck: 6
1-Craig Brown (T) 41'8 ½" 2-Peter Nygaard (R) 38'7 ¾" 3-Dahn Pratt (T) 37'11 ¼"
Others: M. Kavanagh 37'2";

High Jump: Ridgewood: 5 Teaneck: 4
1-Tommy DeVita (R) 5'10" 2-Teaneck 5'8" 3-Teaneck 5'6"
Others:

Pole Vault: Ridgewood: 9 Teaneck: 0
1-Max Witt (R) 10'0" 2-
Others:

Shot Put: Ridgewood: 9 Teaneck: 0
1-Jack Simmons (R) 41'8 ½" 2-Mike Mosticchio (R) 41'1" 3-Bryan Remmen (R) 37'9 ½"
Others: T. Borgman 37'4"; A. Bair 36'4"; T. LaFleur 34'6"; M. Krauss 33'9";
J. Uzzalino 33'5 ¼"; M. Stapleton 32'0"; C. Dorsey 31'8 ¼" Y. Ahmad 31'7";
J. Levitsky 31'6 ½"; S. Etna 29'11 ¼"

Discus: Ridgewood: 9 Teaneck: 0
1-Mike Mosticchio (R) 127'1" 2-Jack Simmons (R) 116'1" 3-Bryan Remmen (R) 112'4"
Others: T. Borgman 106'1"; M. Stapleton F

Ridgewood 98

St. Joes 33

April 8, 2008 – 65 clear @ Teaneck

400 IH: Ridgewood: 8 St. Joes: 1
1-Peter Nygaard (R) 62.6 2-InSoo Hwang (R) 63.2 3-Justin Ruffing (SJ) 68.0
Others: A. Mandarano 68.1; C. Glennon 69.1; S. Mattson 69.2; M. Beausoleil 69.5

100m: Ridgewood: 0 St. Joes: 9
1-St. Joes 11.1 2-St. Joes 11.1 3-Randall Hogan (SJ) 11.7
Others: M. Witt 12.0; M. Levitsky 12.4; N. Stitt 12.9; K. Flaherty 13.1; B. Walsh 13.2
T. Cheung 13.2; M. LaDuca 13.4; O. Hamza 13.5; S. Sapienza 13.8; A. Chaurasia 14.0
D. Felsenstein 14.0; H. Kagei 14.3; J. Dabby 14.6; A. Gatti 14.7

1600m: Ridgewood: 6 St. Joes: 3
1-Taro Shigenobu (R) 4:41.4 2-Brian Bravo (SJ) 4:48.9 3-Brian Cleary (R) 4:50.2
Others: N. Rudd 5:02; C. Legg 5:08; M. Incoviello 5:09; S. Martyn 5:12;
E. Martinez 5:17; R. Amadeo 5:17; P. Rynkowski 5:20; N. Weisberger 5:27;
E. Kritzer 5:32

400m: Ridgewood: 6 St. Joes: 3
1-Christian Trautwein (R) 51.2 2-Malcolm Carter (SJ) 54.8 3-Sam Coopersmith (R) 59.2
Others: M. Maniaci 61.6

110HH: Ridgewood: 9 St. Joes: 0
1-Peter Nygaard (R) 16.4 2-Tommy DeVita (R) 18.4 3-A.J. Mandarano (R) 19.3
Others: S. Mattson 20.3; M. Beausoleil 21.0

800m: Ridgewood: 8 St. Joes: 1
1-Christian Trautwein (R) 1:59.3 2-Taro Shigenobu (R) 2:05.5 3-A. Sadler (SJ) 2:12.5
Others: J. Jenkins 2:12; A. Edgehill 2:15; W. Jang 2:16; A. Ontiveros 2:21;
M. Incoviello 2:21; S. Fishbein 2:23; N. Francis 2:27; D. Sweet 2:31; K. Hyon 2:31
C. Moderow 2:37; S. Youn 2:38; S. Martyin 2:38; M. Eid 2:38; R. Treppedi 2:38
N. Suzuki 2:48

200m: Ridgewood: 4 St. Joes: 5
1-St. Joes 23.5 2-InSoo Hwang (R) 23.9 3-Max Witt (R) 24.6
Others: N. Stitt 26.0; K. Flaherty 26.0; B. Walsh 26.4; T. Cheung 27.5;
M. LaDuca 27.8; A. Chaurasia 28.1; D. Felsenstein 28.2; O. Hamza 28.6;
C. Glennon 28.7; S. Sapienza 29.2; A. Gatti 30.1; H. Kagei 30.1; J. Dabby 31.0

3200m: Ridgewood: 9 St. Joes: 0
1-Andrew Fine (R) 10:38.4 2-Nick Rudd (R) 10:38.7 3-Brian Cleary (R) 10:40.8
Others: D. DeSimone 10:41

4x400m: Ridgewood: 5 St. Joes: 4
1-Ridgewood 3:40.7 2-S. Joes 3:46
(C. Trautwein 51.0; I. Hwang 55.5; J. Jenkins 57.8; M. Grundy 56.4)

Long Jump: Ridgewood: 5 St. Joes: 4
1-Max Witt (R) 18'8 1/2" 2-David Cooke (SJ) 18'5 3/4" 3-Sean Sykes (SJ) 17'8"
Others: P. Nygaard 15'11"; A. Gatti 11'11"; M. Levitsky F

Triple Jump: Ridgewood: 6 St. Joes: 3
1-Peter Nygaard (R) 38'7 3/4" 2-David Cooke (SJ) 37'11 1/2" 3-Mike Kavanagh (R) 37'2"
Others:

High Jump: Ridgewood: 5 St. Joes: 4
1-T. DeVita (R) 5'10" 2-St. Joes 5'6" 3-Tie: M. Levitsky; M. Kavanagh; M. Beausoleil
Others: at 5'2"

Pole Vault: Ridgewood: 9 St. Joes: 0
1-Max Witt (R) 10'0" 2-
Others:

Shot Put: Ridgewood: 8 St. Joes: 1
1-Jack Simmons (R) 41'8 1/2" 2-Mike Mosticchio (R) 41'1" 3-John Cacao (SJ) 40.5"
Others: B. Remmen 37'9 1/2" T. Borgman 37'4"; A. Bair 36'4"; T. LaFleur 34'6";
M. Krauss 33'9"; J. Uzzalino 33'5 1/4"; M. Stapleton 32'0"; C. Dorsey 31'8 1/4"
Y. Ahmad 31'7"; J. Levitsky 31'6 1/2"; S. Etna 29'11 1/4"

Discus: Ridgewood: 9 St. Joes: 0
1-Mike Mosticchio (R) 127'1" 2-Jack Simmons (R) 116'1" 3-Bryan Remmen (R) 112'4"
Others: T. Borgman 106'1"; M. Stapleton F

WEDNESDAY, APRIL 9, 2008

TRACK BESTS

BOYS TRACK

Bergen Catholic 101, Barringer 21
Bergen Catholic 75, Bergen Tech 52
Bergen Tech 93, Barringer 31
Dumont 81, Cliffside Park 49
Englewood 107, Queen of Peace 21
Fort Lee 86, Rutherford 54
Garfield 70, Hawthorne 69
Lodi 72.5, Manchester 66.5
Midland Park 93, Eastern Christian 47
Midland Park 100, Paterson Catholic 40
New Milford 121, Palisades Park 18
Ridgewood 98, St. Joseph 33
Ridgewood 67, Teaneck 64
River Dell 128, Cliffside Park 22
River Dell 118, Dumont 32
River Dell 72, Tenafly 58
Teaneck 74, St. Joseph 39
Tenafly 109, Cliffside Park 29
Tenafly 100, Dumont 39
Westwood 79, Ridgefield Park 61

BOYS

100 (11.3): Lomie Cunningham, Bergen Tech, 10.7; Jon Sam, Bergen Catholic, 10.8; Marvin Whilby, Don Bosco, 10.8; Joe Jones, Englewood, 10.9; Ackeme Brown, Englewood, 11.0 Chris Golins, Teaneck, 11.0; Terrence Culver, Teaneck, 11.0; Casey Pleasants, Teaneck, 11.0; Raldaine McDonald, Englewood, 11.1; Pat Mitchell, New Milford, 11.1; Marcus Cushnie, Englewood, 11.2; Greg Bardzell, Lakeland, 11.2; Calvin Vaughn, Bergen Tech, 11.3; Tom Randall, Bergen Catholic, 11.3; Chris Phipps, Lodi, 11.3.
200 (23.5): Matthew Cato, Don Bosco, 21.9; Cunningham, Bergen Tech, 22.3; McDonald, Englewood, 22.5; Will Ring, Bergen Catholic, 22.7; Brown, Englewood, 22.8; Whilby, Don Bosco, 22.8; Randall, Bergen Catholic, 23.1; Pleasants, Teaneck, 23.2; Jones, Englewood, 23.3; TJ Thorpe, Fort Lee, 23.3; Khaled Elsayed, Garfield, 23.3; Mitchell, New Milford, 23.3; Arlind Allaj, Fort Lee, 23.5; Bardzell, Lakeland, 23.5.
400 (53.5): Damion Miles, Teaneck, 49.8; Marcos McKenzie, Eastside, 50.0; Dom Gaston, Bergen Catholic, 50.5; Christian Tratwein, Ridgewood, 51.7; Sam, Bergen Catholic, 51.8; Ryan MacVeigh, River Dell, 52.5; Matthew Suozzi, Don Bosco, 52.7.
800 (2:05): Tratwein, Ridgewood, 1:59.3; Justin Hodge, Teaneck, 2:03.4; Dane Mosconi, Tenafly, 2:04.7; Allen, Teaneck, 2:04.8; William Jones, Barringer, 2:05; Mike Mitchell, Bergen Tech, 2:05; Steve Wexler, Don Bosco, 2:05.0.
1600 (4:40): Stephen Wyka, Don Bosco, 4:34.8; Mike Mitchell, Bergen Tech, 4:40.
3200 (10:20): Brendan Offer, Don Bosco, 10:06.9; Agamemnon Flanagan, Don Bosco, 10:07.0; Howie Rosas, Don Bosco, 10:12.2; Mike Mitchell, Bergen Tech, 10:14.

110 HM (16.2): Ramazan Nanyev, Manchester, 15.2; Dan Chediak, Fort Lee, 15.5; Montroy, Bergen Tech, 15.8; Victor Servito, Bergen Catholic, 15.8; Anthony Carnevale, River Dell, 16.0; Benjamin Amoah, Englewood, 16.1 Selwyn Maxwell, Don Bosco, 16.2.

400 HM (60.0): Barry Allen, Teaneck, 50.2; Wexler, Don Bosco, 57.7; Gaston, Bergen Catholic, 58.1; Dan Plekhov, Bergen Tech, 58.6; MacVeigh, River Dell, 58.7; Frank Gassert, Don Bosco, 59.2; Pleus, Dumont, 60.0.

Javelin (150): Andrew Trass, River Dell, 176-0.

1600 relay (3:40): Teaneck, 3:30.3; Don Bosco, 3:34.5; Tenafly, 3:38.5; Rutherford, 3:40.

Long jump (19-6): Mitchell, New Milford, 22-2½; Phipps, Lodi, 22-0; Kameron Joyner, Fort Lee, 20-8; Kevin Bostick, Bergen Catholic, 20-7; Eldar Devdsic, Fort Lee, 20-2 1/2; Taylor Jennings, Lakeland, 20-1; Tolak, Rutherford, 20-1; Jonathan Rigg, Bergen Catholic, 20-0; Brown, Englewood, 20-0; McKenzie, Eastside, 19-8½; Danny Wu, Tenafly, 19-7; Vaughn, Bergen Tech, 19-6; Tom Oveis, Lakeland, 19-6.

Triple jump (39-6): Phipps, Lodi, 47-3; Bostick, Bergen Catholic, 45-7; Wu, Tenafly, 43-2; Craig Brown, Teaneck, 42-8; Mitchell, New Milford, 42-2; Jennings, Lakeland, 41-7; A. Lee, Tenafly, 41-3; Oveis, Lakeland, 41-0; Jay Tolak, Rutherford, 40-5; MacVeigh, River Dell, 40-3½; Amadoh Dah, Fort Lee, 40-3 1/4; Servito, Bergen Catholic, 39-9.

High jump (5-10): Rigg, Bergen Catholic, 6-2; Bostick, Bergen Catholic, 6-2; Marcos McKenzie, Eastside, 6-0; Jennings, Lakeland, 6-0; Wu, Tenafly, 5-10; Servito, Bergen Catholic, 5-10; Abdel N'Goan, Bergen Tech, 5-10; Mike Forsthoof, Bergen Tech, 5-10.

Pole vault (11-6): Rob Fecanin, Rutherford, 11-6; Chase Brush, Lakeland, 11-6; George Mena, Clifton, 11-6; Peter Christatos, River Dell, 11-6; Reid Schlegel, River Dell, 11-6.

Shot put (46): John Garza, Lakeland, 49-0; Trass, River Dell, 50-5.

Ridgewood still ticking

4/10/08

Maroons' win streak survives

By GREGORY SCHUTTA and
PAUL SCHWARTZ
STAFF WRITERS

TRACK NOTEBOOK

With the meet against Teaneck winding down Tuesday and Ridgewood's unbeaten dual-meet win streak dating to 2003 hanging in the balance, Maroons boys coach Josh Saladino turned to freshman InSooHwang.

"He was our best option," Saladino said.

He proved to be the right option as well, running the 200 in 23.9 seconds to finish second in the second-to-last running event of the day to earn three key points as the Maroons held off Teaneck, 67-64, to keep their winning streak intact.

"It was very exciting for us because we hadn't lost a dual meet since 2003," Saladino said. "If we lose those three points there, I don't know that we would have won."

Ridgewood, ranked fifth in The Record preseason top 25, was running without star Akira Monri, who was sitting out with an injury, against No. 7 Teaneck. That left it up to athletes like Hwang to pick it up.

"We knew it would come down to every event," Saladino said. "We needed to score in the 200, the triple jump and the high jump to win, and those kids came up big."

Hwang, who also ran 53.8 to finish fourth in the 400 hurdles as Saladino continues to look for the best way to use him, was up to the challenge.

"He knew we were going to need him [in the 200]," Saladino said. "He got himself all excited to do it."

GO WEST: A host of Maroons earned a working vacation in California this weekend to compete in the Arcadia Invitational Track Meet. Ridgewood will compete in the championship round of the boys and girls sprint medleys and the girls shuttle hurdles tonight, along with a scattering of non-championship events.

The girls shuttle hurdles made a splash at the event last year when the team ran 1:02.55, the fifth-fastest time at the national level meet, to finish second overall. Leadoff runner Mia Martinez is the only holdover from that team, joined by Emily Barr, Victoria Oliva and Kate Michel.

The four ran the event (4-x-100) outdoors for the first time last week, finishing in 1:07.3. But over the winter, the same group won the National Scholastic Indoor Championship, running the 4-x-55 in 35.23 seconds.

"They have expectations to live up to from winning the National

Indoor Championship," said Saladino.

The same group, with Barr and Oliva trading places, ran the sprint medley in 4:11 indoors over the winter. The boys sprint medley will consist of Peter Nygaard, Matt Grundy, Hwang and Christian Trautwein.

"They ran 3:35 indoors, but they did that with Akira," Saladino said. "The goal is to run the same time and see what place it gets us."

Indian Hills also is sending a contingent out to Arcadia, including boys and girls distance medley teams and several individual competitors.

ROMAN ON SHELF: Nick Roman of Passaic Valley, who had a sensational junior year in cross-country and was on his way to an even better season last fall, suffered his second devastating injury of the school year last month and is questionable to compete in his final high school season.

Roman, who finished 24th in the 2006 State Meet of Champions, had run extremely well in the fall of 2007, finishing second in the Passaic County and Northern Hills Skyline races. He was near the lead of the Group 3, North 1 race at Garret Mountain when he was forced to drop out with leg pain, later diagnosed as a near stress fracture of his right leg.

Roman snapped back in the winter to earn All-Passaic honors in the 3,000 meters and place in the Group 3 3,200 meters. But during early season practice for the spring season, he suffered a stress fracture in his right femur and is on crutches.

Roman, who hopes to run for Ramapo College next fall, still is upbeat, saying he might be ready for the sectional meet on May 23-24. "I'm doing whatever I can to try to get back," said Roman, who qualified for the Penn Relays 3,000 meters by his winter performance.

ALLEN ON HOLD: Sophomore Amber Allen of Passaic Tech, The Record North Jersey indoor track girl Athlete of the Year, will pass up the Penn Relays by choice, according to the Tech coaching staff.

"We thought about entering her in the 400 hurdles and sending some relay teams," said girls coach Vic Jarosz. "But we decided to wait for next year. We'll be there in force next spring."

Allen led the young (three freshmen and junior Monique Graham) team to wins in the 4-x-100, 4-x-200 and 4-x-400 relays at the Passaic Relays, splitting 56.4 for the final leg in the latter race.

Track rankings *4/10/08*

Boys

1. Don Bosco
2. Bergen Catholic
3. Hackensack
4. Wayne Valley
5. Ramsey
6. Indian Hills
7. Ridgewood
8. Park Ridge
9. Englewood
10. Passaic Tech
11. Leonia
12. Teaneck
13. Old Tappan
14. New Milford
15. Mahwah
16. Demarest
17. Hasbrouck Heights
18. Cresskill
19. Kennedy
20. River Dell
21. Wood-Ridge
22. West Milford
23. Westwood
24. Lakeland
25. DePaul

Girls

1. Immaculate Heart
2. Ridgewood
3. Ramapo
4. Indian Hills
5. Ramsey
6. Paramus Catholic
7. Holy Angels
8. Clifton
9. River Dell
10. Teaneck
11. Pascack Hills
12. Waldwick
13. No. Highlands
14. Hasbrouck Heights
15. Demarest
16. Wayne Valley
17. Hackensack
18. Westwood
19. Old Tappan
20. Rutherford
21. Tenafly
22. Mahwah
23. Lakeland
24. Garfield
25. Park Ridge

THE COMET RELAYS
Tom Dellatorre Field

SATURDAY, APRIL, 12, 2008
Hackensack, New Jersey

BOYS

- 4X100m:** 1-Bloomfield (Dashawn Maetin, Tevin Padilla, Devon Livingston, Mike Ottey), 44.8. 2-Old Bridge, 45.0. 3-Passaic, 45.4. 4-Pascack Hills, 45.6. 5-Southern, 45.7. 6-Perth Amboy, 45.8. & Park Ridge, 45.8. 8-Science Park, 46.7. 9-Paramus Catholic, 46.8. 10-Bergen Tech, 47.1.
- 4X200m:** 1-Trenton Central (R. Braithwaite, D. Ponton, A. Wiggins, D. Hill), 1:30.5. 2-Old Bridge, 1:31.1. 3-Hackensack, 1:33.1. 4-Bloomfield, 1:33.8. 5-Passaic, 1:34.2. 6-Fair Lawn, 1:35.9. 7-tie-Park Ridge, 1:36.0.&Pascack Hills, 1:36.0. 9-tie-East Orange, 1:36.1. & Newark Central, 1:36.1.
- 4X400m:** 1-Trenton Central (A Wiggins, R Bailey, D Ponton, D Hill), 3:25.7. 2-Park Ridge, 3:30.5. 3-Wagner, 3:32.2. 4-Old Bridge, 3:32.7. 5-Hackensack, 3:36.1. 6-Paramus Catholic, 3:36.8. 7-East Orange, 3:37.7. 8-Old Tappan, 3:39.3. 9-Science Park, 3:39.5. 10-Pascack Hills, 3:41.3.
- 4X800m:** 1-Old Bridge (Mo Thomas, George Rinaldo, Travis Mahoney, Sean Linkenheimer), 8:10.3. 2-Park Ridge, 8:27.4. 3-Wagner, 8:29.5. 4-Pascack Hills, 8:45.3. 5-East Orange, 8:45.5. 6-Perth Amboy, 8:52.4. 7-JP Stevens, 8:55.7. 8-North Brunswick, 8:57.9. 9-Paramus, 8:59.6. 10-Science Park, 9:34.6.
- 4X1600m:** 1-Old Bridge (Shawn Burke, Billy Crane, Zac Gorrison, Billy Baller), 18:55.3. 2-Old Bridge B, 19:01.3. 3-Old Tappan, 19:01.5. 4-Pequannock, 19:05.2. 5-Park Ridge, 19:10.8. 6-Bergen Tech, 19:19.0. 7-Livingston, 19:20.1. 8-JP Stevens, 19:23.7. 9-North Brunswick, 19:44.6. 10-JFK, 19:53.6. 11-Wayne Valley, 19:55.0. 12-Ridgewood, 20:09.8.
- Sprint Medley:** 1-Wagner (Turner, Forte, Diorio, Aralos), 3:41.9. 2-Montclair, 3:42.7. 3-East Orange, 3:43.6. 4-Hackensack, 3:44.0. 5-Passaic, 3:50.1. 6-Pascack Hills, 3:52.0. 7-Old Bridge, 3:52.5. 8-Fair Lawn, 3:54.3. 9-Park Ridge, 3:55.8. 10-Glen Rock, 3:55.8
- Distance Medley:** 1-Old Bridge, 10:48.0. 2-Paramus Catholic, 10:58.1. 3-Pequannock, 10:58.4. 4-Bergen Tech, 11:01.8. 5-Old Bridge B, 11:14.1. 6-Old Tappan, 11:17.3. 7-Livingston, 11:31.6. 8-Wayne Valley, 11:35.5. 9-Perth Amboy, 11:41.9. 10-Paramus, 11:44.2. 11-Bergen Tech, 11:51.5. 12-Pascack Hills, 11:53.7
- 4X110 HH:** 1-Trenton Central (Armis Wiggins, Drew Butler, R. Braithwedte, Devon Hill), 59.4. 2-Bergen Tech, 1:09.9. 3-Old Tappan, 1:11.7. 4-Wayne Valley, 1:12.7. 5-Park Ridge, 1:12.8. 6-JFK, 1:14.0. 7-Pascack Hills, 1:19.6.
- 3X400 IH:** 1-Trenton Central (D Buttler, W Gittens, M Williams), 3:02.1. 2-Wagner, 3:04.9. 3-Pascack Hills, 3:07.7. 4-Wayne Valley, 3:09.2. 5-Livingston, 3:11.5. 6-Old Tappan, 3:14.9. 7-Fair Lawn, 3:16.3. 8-Science Park, 3:17.4. 9-Park Ridge, 3:19.6. 10-Glen Rock, 3:22.5
- 2X Long Jump:** 1-Hackensack (Walker, Wolcott), 39-10. 2-Old Bridge, 39-3 ½. 3-Trenton Central, 39-2. 4-Old Tappan, 37-3. 5-Park Ridge, 36-5. 6-Newark Central, 36-1. 7-Old Tappan B, 36-0. 8-JFK, 35-10 ½. 9-tie-Paramus, 35-7 & Perth Amboy, 35-7. 11-Paramus Catholic, 35-0 ½. 12-Bergen Tech, 34-10 ½.
- 2X Triple Jump:** 1-Hackensack (Banton, Cobb), 84-4. 2-Trenton Central, 82-0 ½. 3-JFK, 78-7 ½. 4-Perth Amboy, 77-5. 5-Old Bridge, 77-2. 6-Paramus, 77-1 ½. 7-Old Tappan, 76-4 ½. 8-Pascack Hills, 74-2 ½. 9-Livingston, 73-11 ½. 10-Wayne Valley, 71-1.
- 2X High Jump:** 1-tie-Perth Amboy (Marcus Cheeks, Ricky Benjamin), 12-2 & JFK, 12-2. 3-tie-Montclair & Bergen Tech, 11-6. 5-Trenton Central, 11-4. 6-tie-Science Park & Wayne Valley, 11-2. 8-Paramus, 11-0. 9-tie-Old Tappan & Pascack Hills, 10-8.
- 2X Pole Vault:** 1-Park Ridge (Hoffmann, Skovira), 26-0. 2-Old Tappan, 25-6. 3-Wagner, 24-0. 4-tie-Wayne Valley A and B, 22-6. 6-tie-Ridgewood & Fair Lawn, 21-0. 8-Paramus Catholic, 20-6. 9-Livingston, 20-0. 10-Paramus, 9-0.
- 2X Shot Put:** 1-Wayne Valley (Sam Stallard, Chris Pantale), 96-1 ¼. 2-Old Bridge, 94-4 ½. 3-JFK, 91-7 ½. 4-Paramus Catholic, 88-7 ½. 5-Montclair, 86-10 ¼. 6-Old Bridge B, 85-10. 7-Ridgewood, 84-3. 8-Bloomfield, 82-8 ½. 9-Old Tappan, 82-5 ½. 10-East Orange, 80-3 ¾. 11-Barringer, 80-0. 12-Wagner, 77-9.
- 2X Discus:** 1-Wayne Valley (Chris Pantale, Sam Stallard), 297-10. 2-Old Bridge, 272-5. 3-JFK, 269-8. 4-Montclair, 255-10. 5-Bloomfield, 247-8. 6-Ridgewood, 228-11. 7-Old Tappan, 220-1. 8-Ridgewood, 219-6. 9-Park Ridge, 216-5. 10-Wagner, 206-4. 11-Paramus Catholic, 201-3. 12-JFK, 195-0. 12-Livingston, 177-11.
- 2X Javelin:** 1-Old Bridge (Brian Florek, Steve DeCarlo), 347-0. 2-Bloomfield, 319-4. 3-North Brunswick, 288-8. 4-Trenton Central, 280-7. 5-Old Bridge B, 277-6. 6-Old Tappan, 276-6. 7-Montclair, 268-4. 8-Trenton Central, 261-10. 9-Park Ridge, 258-5. 10-Paramus Catholic, 249-11. 11-Hackensack, 244-2.

NOVICE BOYS

4X100m: 1-Trenton Central (Jeff Hoffmann, Breon Newkind, Kory Thompson, Michael Williams), 46.3. 2-Montclair, 47.7. 3-North Brunswick, 47.7. 4-Old Bridge, 48.1. 5-Wayne Valley, 48.3.

4X200m: 1-Trenton Central (J. Hoffmann, R. Newkirk, K. Thompson, M. Williams), 1:36.6. 2-Wayne Valley, 1:38.8. 3-Old Tappan, 1:39.2. 4-North Brunswick, 1:39.6. 5-Trenton Central, 1:39.6

4X400m: 1-Trenton Central (Newkirk, Hoffmann, Rotibi, Bennett), 3:41.8. 2-Trenton Central, 3:42.4. 3-Bergen Tech, 3:46.8. 4-Montclair, 3:49.4. 5-Old Bridge, 3:51.9

4X800m: 1-Trenton Central (J. McKinnon, J. Hendrix, W. Gittens, L. Smith), 8:58.5. 2-Old Bridge, 9:02.3. 3-Ridgewood, 9:14.0. 4-Livingston, 9:21.6. 5-JFK, 9:22.7.

Sprint Medley:

Distance Medley: 1-Trenton Central (Smith, Rotibi, Hendrix, McKinnon), 12:07.0. 2-Old Tappan, 12:07.7. 3-Old Bridge, 12:14.5. 4-Wagner, 12:17.3. 5-Pascack Hills, 12:21.8.

4X110HH: 1-Trenton Central (D. Ponton, H. Bennett, L. Peters, M. Williams), 1:10.5. 2-Northern Highlands, 1:18.3.

3X400IH: 1-Perth Amboy (Torres, Martinez, Pena), 3:20.0. 2-Bergen Tech, 3:35.3

2XLJ: 1-Bloomfield (Maxwell Christian, John McKay), 36-4 ½. 2-Old Tappan, 34-10. 3-tie-Northern Highlands & Old Tappan C, 34-2. 5-North Brunswick, 33-6.

2XTJ: 1-JFK (Javon Ewen, Tajay Perry), 74-5 ½. 2-Northern Highlands, 74-4 ½. 3-Northern Highlands A, 73-9 ½. 4-Paramus Catholic, 73-9. 5-Livingston, 71-11.

<http://www.jacobbrown.com/results/080412resultsCometRelays.htm>

4/15/2008

FROSH BOYS

4X100m: 1-Trenton Central (David Prewitt, Phil McGill, Moore, Robert Green), 50.1. 2-Old Tappan, 50.2. 3-Paramus, 50.9. 4-Hackensack, 53.3. 5-Bergen Tech, 54.7.

4X200m: 1-Old Tappan (Mark Curtis, Michael Tarino, John Schettino, Andrew Wallach), 1:42.2. 2-Trenton Central, 1:43.0. 3-Wayne Valley, 1:44.1. 4-Newark Central, 1:44.7. 5-Paramus, 1:46.1

4X400m: 1-Trenton Central (Prewitt, Bailey, Moore, Green), 3:55.5. 2-Old Tappan, 4:05.1. 3-Bergen Tech., 4:08.8. 4-Glen Rock, 4:10.1. 5-Wayne Valley, 4:10.3

4X800m: 1-Wayne Valley (Dan Sexton, Rob Palmerazza, Bhargau Maheta, Mike Sheptock), 9:31.9. 2-JFK, 9:43.2. 3-Bergen Tech, 10:04.2. 4-Paramus, 10:24.7. 5-Livingston, 10:41.2

Sprint Medley:

Distance Medley: 1-JFK (Hilton, Brown, Ramadon, Abruzelett), 12:30.8. 2-Bergen Tech, 12:33.7. 3-Wayne Valley, 12:43.9. 4-Paramus, 13:43

4X110HH:

3X400IH:

2XLJ: 1-Pequannock (Steve Boyd, Steve Pavoni), 29-9 ½. 2-Hackensack, 15-0.

2XTJ: 1-Wayne Valley (Greg LaNeve, Qizzam Saadah), 60-10 ½.

2XShot: 1-Pascack Hills (Besim Tonuzi, Ian Gottheim), 75-4. 2-Paramus Catholic, 74-1. 3-Old Tappan, 64-1. 4-Paramus, 63-5. 5-Hackensack, 62-6.

2XDiscus: 1-Pascack Hills (Dave Goidel, Tyler Demmerte), 172-1. 2-Paramus, 160-4. 3-Hackensack, 147-1. 4-Wagner, 142-10. 5-Pascack Hills, 136-3

**Comet Relays
@ Hackensack High School**

April 12, 2008

4x1600m: B. Cleary 4:56; D. DeSimone 4:59. M. Incordovia 5:10; A. Fine 5:04
20:09

4x800m:
Novice: A. Ontiveros 2:22 E. Martinez 2:23 M. Incordovia 2:18 M. Edgehill 2:20
9:23

4x200m:
Varsity: M. Witt 23.7; M. Levitsky 25.2; N. Stitt 25.9; S. Khalsa 27.3

2xLJ: A. M. Witt 16'1" M. Levitsky 15'6" 31'7"

2xTJ: A: M. Kavanagh; M. Witt
B: J. Wisener; M. Beausoleil

2xHJ: M. Levitsky NH M. Beausoleil 5'2"

2xJav: K. Flaherty NM M. Mosticchio 128'8"
T. Zulof 120' M. Maniaci 116'6"

2xShot: See Coach Watson

2xDisc: See Coach Watson

2xPV: M. Witt 11'0" N. Stitt 10'6"
J. Wisener 10' A. Gramaglia NH

Arcadia Invitational
April 11-12, 2008

Invitational Sprint Medley:

P. Nygaard 24.5

M. Grundy 23.9

I. Hwang 54.4

C. Trautwein 54/ 1:56.6 - 3:39.27 - 6th Place

Distance Medley:

T. Shigenobu 65/2:12/ 3:17.8

M. Grundy 55.0

I. Hwang 64/ 2:12.8

C. Trautwein 61/2:11/ 3:17 / 4:27.7 - 10:53.38

High Jump:

Tommy DeVita 6'0"

Boys

LARGE SCHOOL SCORES: Old Bridge 102, Trenton 70, Wayne Valley 51 ½, Kennedy 45 ½, Susan Wagner (NY) 45, Hackensack 43, Bloomfield 36, Montclair 34 ½, Perth Amboy 31 ½, Paramus Catholic 31, Bergen Tech 30 ½, East Orange 21 ½, Passaic and Livingston 20, Fair Lawn 16 ½, Ridgewood 14 ½, North Brunswick 14, J.P. Stevens 8, Southern, Eastside and Elizabeth 6, Barringer 1.

SMALL SCHOOL SCORES: Park Ridge 66 ½, Old Tappan 65 ½, Pascack Hills 40 ½, Pequannock 16, Paramus 15 ½, Science Park 13 ½, Newark Central 6 ½, Glen Rock 2.

4-x-100: 1. Bloomfield (Dashawn Martin, Tevin Padilla, Devon Livingston, Mike Ottey), 44.9; 2. Old Bridge, 45.0; 3. Passaic, 45.4; 4. Pascack Hills, 45.6; 5. Southern, 45.7; 6. tie between Perth Amboy and Park Ridge, 45.8.

4-x-200: 1. Trenton (Rod Braithwaite, Derrick Ponton, Armis Wiggins, Devon Hill), 1:30.5; 2. Old Bridge, 1:31.8; 3. Hackensack, 1:33.1; 4. Bloomfield, 1:33.8; 5. Passaic, 1:34.2; 6. Fair Lawn, 1:35.9.

4-x-400: 1. Trenton (Armis Wiggins, Rashawn Bailey, Derrick Ponton, Devon Hill), 3:25.7; 2. Park Ridge, 3:30.5; 3. Susan Wagner, 3:32.2; 4. Old Bridge, 3:32.7; 5. Hackensack, 3:36.1; 6. Paramus Catholic, 3:36.8.

4-x-800: 1. Old Bridge (Mo Thomas, George Rinaldo, Travis Mahoney, Sean Lunkenheimer), 8:10.3; 2. Park Ridge, 8:27.4; 3. Susan Wagner (NY), 8:29.5; 4. Pascack Hills, 8:45.3; 5. East Orange, 8:45.5; 6. Perth Amboy, 8:52.4.

4-x-1,600: 1. Old Bridge "A" (Shawn Burke, Billy Crane, Zac Garrison, Billy Bailey), 18:55.3; Old Bridge "B", 19:01.3; 3. Old Tappan, 19:01.5; 4. Pequannock, 19:05.2; 5. Park Ridge, 19:10.8; 6. Bergen Tech, 19:19.0.

Sprint medley: 1. Susan Wagner (Jin Turner, Chet Forte, Ralph Diorio, Mark Awaos), 3:41.9; 2. Montclair, 3:42.7; 3. East Orange, 3:43.6; 4. Hackensack, 3:44.0; 5. Passaic, 3:50.1; 6. Pascack Hills, 3:52.0.

Distance medley: 1. Old Bridge (George Rinaldo, Mike Larson, Billy Baker, Travis Mahoney), 10:48.0; Paramus, 10:58.1; 3. Pequannock, 10:58.4; 4. Bergen Tech, 11:01.8; 5. Old Bridge "B", 11:14.1; 6. Old Tappan, 11:17.3.

Shuttle Hurdles: 1. Trenton (Armis Wiggins, Drew Butler, Rod Braithwaite, Devon Hill), 59.4; 2. Bergen Tech, 1:09.9; 3. Old Tappan, 1:11.7; 4. Wayne Valley, 1:12.7; 5. Park Ridge, 1:12.8; 6. Kennedy, 1:14.0.

4/10

COMET RELAYS

3-x-400 IH: 1. Trenton (Drew Butler, Wayne Gittens, Mike Williams), 3:02.1; 2. Susan Wagner, 3:04.9; 3. Pascack Hills, 3:07.7; 4. Wayne Valley, 3:09.2; 5. Livingston, 3:11.5; 6. Old Tappan, 3:14.9.

Shot put: 1. Wayne Valley (Chris Pantale, Sam Stallard), 96-1 ¼; 2. Old Bridge, 94-4 ½; 3. Kennedy, 91-7 ½; 4. Paramus Catholic, 88-7 ½; 5. Montclair, 86-10 ¼; 6. Old Bridge "B", 85-10.

Discus: 1. Wayne Valley (Chris Pantale, Sam Stallard), 297-10; 2. Old Bridge, 272-5; 3. Kennedy, 269-8; 4. Montclair, 255-10; 5. Bloomfield, 247-8; 6. Ridgewood, 228-11.

Javelin: 1. Old Bridge (Brian Florek, Steve DeCarlo), 346-11; 2. Bloomfield, 319-4; 3. North Brunswick, 288-8; 4. Trenton, 280-7; 5. Old Bridge "B", 277-6; 6. Old Tappan, 276-6.

High jump: 1. tie between Perth Amboy (Marcus Cheeks, Ricky Benjamin) and Kennedy, 12-2; 3. tie between Montclair and Bergen Tech, 11-6; 5. Trenton, 11-4; 6. tie Science Park, Wayne Valley, 11-2.

Long jump: 1. Hackensack (Conroy

Walker, Ausar Walcott), 39-10; 2. Old Bridge, 39-3 ½; 3. Trenton, 39-2; 4. Old Tappan, 37-3; 5. Park Ridge, 36-5; 6. Newark Central, 36-1.

Triple jump: 1. Hackensack (Lawrence Banton, Robert Cobb), 84-4; 2. Trenton, 82-0 ¼; 3. Kennedy, 78-7 ½; 4. Perth Amboy, 77-5; 5. Old Bridge, 77-2; 6. Paramus, 77-1 ½.

Pole vault: 1. Park Ridge (Greg Hoffmann, John-Delfin Skovira), 26-0; 2. Old Tappan, 25-6; 3. Susan Wagner, 24-0; 4. tie between Wayne Valley "A" and Wayne Valley "B", 22-6; 5. tie between Ridgewood and Fair Lawn, 21-0.

NNJIL Track & Field Dual Meet

Ridgewood vs Nutley - Boys

April 15, 2008

Total Score

Event	First Place	Second Place	Third Place	RHS N	
400H	Nygaard, R, 65.2	Amato, N, 66.0	Manorano, R, 66.8	6	3
100m Dash	Burwet, N, 11.0	Witt, R, 11.4	Heuang, R, 11.7	4	5
1600m Run	Shignaro, R, 4:30.6	Fine, R, 4:53.2	Clery, R, 4:55.0	9	0
400m Dash	Hwang, R, 54.5	Moriano, N, 54.8	Cicamela, N, 57.0	5	4
100m Hurdles	Monri, R, 15.8	Nygaard, R, 16.5	Manocrano, R, 19.2	9	0
800m Run	Shigawabu, R, 2:07.6	Russo, N, 2:12.4	Grueter, N, 2:13.9	5	4
200m Dash	Burdy, N, 23.8	Grundy, R, 24.8	Tierma, N, 25.2	3	6
3200m Run	Fine, R, 10:53.1	Rudd, R, 10:55.5	DeSimone, R, 10:57.1	9	0
High Jump	Devita, R, 5-8	Beasoleil, R, 5-6	Ray, N, 5-4	8	1
Pole Vault	<i>NV</i>	<i>Wiscara R 10'6"</i>	<i>Stitt R 9'6"</i>	4	5
Long Jump	Cetrulo, N, 18-1	Witt, R, 17-5 1/2	Devita, R, 16-3 1/2	4	5
Triple Jump	Kavanaugh, R, 36-8 1/2	Monderano, R, 36-3	Nygaard, R, 35-2 1/2	9	0
Discus	Mosticchio, R, 125-2	Remmer, R, 120-7	Borgman, R, 119-1	9	0
Shot Put	Simmons, R, 42-0	Mosticchio, R, 41-8	Borgman, R, 39-01/2.	9	0
4X400relay	Nutley, 3:49.9	Ridgewood, 3:56.5		9	5

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NNJIL Track & Field Dual Meet

Ridgewood vs Belleville - Boys

April 15, 2008

Total Score

Event	First Place	Second Place	Third Place	RHS BE	
400H	Nygaard, R, 65.2	Manorano, R, 66.8	Matson, R, 67.7	9	0
100m Dash	Witt, R, 11.4	Heuang, R, 11.7	Adler, B, 15.1	8	1
1600m Run	Shiganaro, R, 4:30.6	Fine, R, 4:53.2	Clery, R, 4:55.0	9	0
400m Dash	Hwang, R, 54.5	Antonio, 55.5	Coopenhaith, R, 59.5	6	3
100m Hurdles	Monri, R, 15.8	Nygaard, R, 16.5	Hanpan, B, 17.3	8	1
800m Run	Shigawabu, R, 2:07.6	Boybe, B, 2:11.2	Jenkins, R, 2:13.9	6	3
200m Dash	Grundy, R, 24.8	Flaherty, R, 26.2	Levitsky, R, 24.6	9	0
3200m Run	Fine, R, 10:53.1	Rudd, R, 10:55.5	DeSimone, R, 10:57.1	9	0
High Jump	Devita, R, 5-8	Beasoleil, R, 5-6	<i>Lambert R 5-0</i>	8	0
Pole Vault	<i>Wiscara R 10'6"</i>	<i>Stitt R 9'6"</i>	<i>GRAMMUDA R 9'0"</i>	4	0
Long Jump	Witt, R, 17-5 1/2.	Hamdon, B, 17-0 1/2	Devita, R, 16-3 1/2	6	3
Triple Jump	Kavanaugh, R, 36-8 1/2	Hamdon, B, 36-7	Monderano, R, 36-3	6	3
Discus	Mosticchio, R, 125-2	Remmer, R, 120-7	Borgman, R, 119-1	9	0
Shot Put	Simmons, R, 42-0	Mosticchio, R, 41-8	Antonio, B, 40-4 1/2	8	1
4X400relay	Belleville, 3:55.7	Ridgewood, 3:56.5		8	5

111-20

Comment:

**Dual Meet vs. Belleville and Nutley
@ Ridgewood**

April 15, 2008

Non-Scoring Performances:

400IH: C. Glennon 67.8.

100m: K. Flaherty 12.7; J. Levitsky 12.7; M. LaDuca 13.2; N. Hoh 13.3
O. Hamza 13.6; A. Chaurasia 13.7; S. Sapienza 14.1; H. Kagei 14.6; J. Dabby 14.9
A. Gatti 14.9

1600m: D. DeSimone 4:57; W. Jang 4:59; M. Iacoviello 5:01 S. Martyn 5:04
P. Rynkowski 5:11 E. Martinez 5:14 A. Butler 5:14 S. Spreitzer 5:16 S. Fishbein 5:29

400m: M. Maniaci 61.5

110HH: S. Mattson 20.0

800m: W. Jang 2:14 M. Iacoviello 2:15 A. Ontiveros 2:18 A. Butler 2:19
S. Martyn 2:21 A. Edgehill 2:22 N. Francis 2:23 R. Amadeo 2:25 E. Kritzer 2:27
J. Reamer 2:27 K. Hyon 2:27 S. Youm 2:27 C. Steinacher 2:31 M. Eid 2:31
C. Moderow 2:37 S. Morgan 2:38 R. Treppedi 2:40

200m: S. Khalsa 26.5; M. Maniaci 26.6; M. LaDuca 26.9; T. Cheung 27.0;
D. Felsenstein 27.2; C. Glennon 27.4; A. Chaurasia 27.8; O. Hamza 28.0;
S. Sapienza 28.2; H. Kagei 28.7; R. Righthand 29.5; A. Gatti 29.7; J. Dabby 30.1

3200m: N. Weisberger 11:42

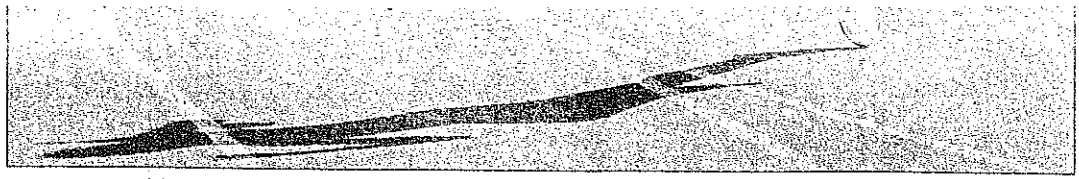
4x400m: S. Coopersmith 61.8
T. Cheung 60.8
J. Jenkins 59.5
M. Grundy 54.6 3:56.6

Long Jump: M. Kavanagh 15'8" A. Mandarano 15'3" A. Gatti 11'7"

Shot and Disc: B. Remmen 38'1"; J. Uzzalino 35'10"; T. LaFleur 34'8";
M. Krauss 33'3"; M. Stapleton 31'7"; S. Etna 31'1"; C. Dorsey 30'4"; J. Levitsky 28'9"

J. Simmons 118'4" M. Stapleton 107'3"; J. Levitsky 80'8"; T. LaFleur 78'10"
M. Krauss 75'3"; C. Dorsey 69'3"; S. Etna 68'8"; J. Uzzalino F

Pole Vault: M. Witt; M. Kavanagh; T. Cheung NH



CHRIS PETERS/STAFF PHOTOGRAPHER

Ridgewood junior Jenny Narvaez, right, pulls ahead of the pack to win the girls 100-meter dash in Tuesday's track and field tri-meet with Belleville and Nutley. The Maroon girls overpowered Belleville, 112-19, and outscored Nutley, 101-30, in their final meet before this week-end's Bergen County Relays.

RHS rounds out its relay squads for county meet

4/18
RHS News

BY GREG TARTAGLIA
Assistant Sports Editor

RIDGEWOOD – Tommy DeVita is ready for the big stage that awaits him.

The Ridgewood High School sophomore already has helped keep the Maroon boys' five-year unbeaten streak in track and field dual meets alive and competed in the first national meet of his career.

Now the high jump standout is hoping to lead Ridgewood to its third Group A championship in the last four years at the Jack Yockers Bergen County Relays in Demarest this weekend.

"It's real nice to be one of the sophomore leaders on the team," DeVita said at Tuesday's NNJIL tri-meet with Belleville and Nutley. His career-best high jump effort to date was six feet, two inches during the winter season, but he added, "I'd like to hopefully get 6-4 by the end of the spring. That's my goal!"

On April 8, DeVita cleared 5-10 in the high jump, the final event of the day, to help Ridgewood emerge with a 67-64 victory over Teaneck to open up the dual-meet season. The victory was the 33rd straight for the Maroon boys team, dating back to the start of 2004.

"Winning that high jump for us was important," said Ridgewood head coach Josh Saladino. "We needed to win that to win the meet. [Tommy] handled the pressure very well, and jumped very well in an important situation for us."

On Tuesday, DeVita topped 5-8 in the high jump as the Maroon boys defeated Belleville, 110-20, and Nutley, 93-38, to improve to 4-0. The RHS girls team completed a sweep of the Essex County schools to improve its record to 4-0 on the spring.

Last weekend, a dozen members of both the Ridgewood boys and girls combined traveled to California for the 41st Arcadia Invitational.

"It was a great experience to see so many great jumpers out there," said DeVita, who jumped six feet to place 11th in his heat. "We had lots of fun. One night we went out to dinner with the [boys] coaches, one night we went out with the girls [team] – it was nice to spend time with everybody."

The Maroon boys entered both the sprint medley and distance medley relays at Arcadia, with senior Christian Trautwein anchoring both squads. With injuries affecting some of Ridgewood's top runners, sophomore Matt Grundy and freshman InSoo Hwang stepped in for both relays, helping to produce a time of 3:39.27 in the sprint medley and 10:53.38 in the distance medley.

The Maroon girls shuttle hurdle relay team of seniors Emily Barr, Mia Martinez and Kate Michel and sophomore Victoria Oliva clocked 1:05.45 in their first major outdoor meet of the season. The same quartet also ran a 4:18.93 in the Arcadia sprint medley, while senior Annie Polcari cleared 11 feet, one inch in the pole vault.

Meanwhile, the rest of Ridgewood's varsity athletes spent last Saturday at the Comet Relays in Hackensack. The girls team placed fifth in the large school division, while the boys wound up 16th.

This year, the Bergen County Relay Group A pole vault and high jump events were actually held on Wednesday, while all other events begin this afternoon. The Ridgewood boys squad is hoping to have the services of senior hurdler Akira Monri, who won the 100-meter high hurdles in Tuesday's dual meet but had been limited by a hamstring injury up to that point.

In order to augment the talents of his athletes, Saladino plans to run as many as possible in the maximum four events. Trautwein will be among those trying his hand at different races, competing in the 4 x 200 meters. Monri and senior Peter Nygaard will be key in the sprints and hurdles, while DeVita leads the jumpers and senior Mike Mosticchio anchors the throwing relays.

For the Maroon girls, the vaunted shuttle hurdle relay group will get the chance to compete against Bergen's best, while Martinez and Barr are also threats in the sprint races. Michel is the team's top middle-distance runner, and seniors Christy Bertelsen and Alex Middleton should be at the front of the pack in the mile races.

"We've got a really good hurdle team, so we hope to get them going," Ridgewood girls head coach Jacob Brown said. "Our distance team, while it's not going to beat IHA, I think they're going to do well and get some good points for us."

Based on the individual pole vault heights of Polcari and juniors Ramelle Brown and Robin Lee, Brown also feels his squad has a shot at breaking the county pole vault relay record of 28 feet, six inches, which the Maroons set in 2006.

In the throwing events, twin sisters Megan and Joanne Gonzalez gives Ridgewood a presence in the shot put and discus. Other juniors looking to help the Maroons in their quest for a second straight county relay championship include Torey Middleton (distances), Charlotte Margel (distances), Jess Vasquez (javelin) and Jenny Narvaez (sprints).

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jersey.com

Strong turnout for Penn Relays

North Jersey well-represented

By GREGORY SCHUTTA and PAUL SCHWARTZ
STAFF WRITERS

TRACK NOTEBOOK

One of the early season highlights for any track and field athlete is the Penn Relays individual competition, which begins Thursday, and 25 North Jersey athletes from 20 schools are slated to compete in this year's 109th meet at Franklin Field in Philadelphia.

The top North Jersey performers figure to be Chris Pantale of Wayne Valley, Chris Phipps of Lodi, Joe Gingerelli of Wood-Ridge, Shannon Sullivan of IHA and Alex Rosenberger of Ramsey.

Pantale finished fifth last season in the boys discus behind winner George Abyad of Passaic Valley with a throw of 168 feet, 4 inches and is the top seed this year. Phipps, who already has the fourth-longest triple jump in New Jersey history, is the third seed in his event and Gingerelli, who threw the javelin more than 202 feet two weeks ago, is also a third seed.

Sullivan and Rosenberger are among the top seven seeds in the girls javelin and 400 hurdles.

Others invited include Nick Roman of Passaic Valley and Rob Molke and Leighton Spencer of Don Bosco (3,000), Marcos McKenzie of Eastside and Kevin Bostick of Bergen Catholic (high jump), Aldra Monri of Ridgewood (400 hurdles), Greg Stripe of Mahwah (pole vault), Ausar Walcott of Hackensack (long jump), Andrew Trass of River Dell (shot) and Kyle Elliott of Cresskill and Marc Peck of Wood-Ridge (javelin).

Girls invited include Sue Martinez of Clifton (400 hurdles), Michelle Favre of Saddle Brook, Emily Urciuoli of Clifton, Ann Polcari of Ridgewood and K.L. Markson of West Milford (pole vault), Evana Edwards of Hackensack (triple jump), Alana Pantale of Wayne Valley (discus) and Taylor Condal of Hasbrouck Heights and Teresa Fitzpatrick of Pascack Hills (javelin).

SHORT-HANDED: The visit by Pope Benedict XVI to the metropolitan area this weekend will leave one team short-handed for the Jack Yockers Bergen County Relays, which begin this afternoon

in Demarest.

"Six of our best girls are going to see the pope on Saturday," Holy Angels coach Howie Schuman said. "I have no problem with it. This is a once in a lifetime thing. But what it means is that everybody else is going to have to step up."

Schuman, in his second year at Holy Angels, had high hopes for his team, a much deeper squad than the one he took over a year ago.

"When I got here we had a lot of good distance runners, and we still do," he said. "But we only had five sprinters. Now we have 25. We had no hurdlers. Now we have seven."

That depth will have to excel if the Angels hope to challenge for the Division B championship. Schuman is looking for a big day from jumper Marie Minasi and typical strong outings from distance runners Stephanie Gibney and Kat Baselice, who also competes in the pole vault.

"Freshman Maureen Crimmins has already run 2:25 in the [800], so she's very talented," Schuman said. "But she and Jen Molke are going to have to do a couple of races, and the question is how they are going to handle that many races."

FUTURE'S SO BRIGHT: Mahwah coach Bob Parker was expecting to see big things from Victoria Mold. He just didn't think they would come so quickly.

Mold, part of a strong freshman class for the T-Birds, set two school records Monday in a dual meet against Bergenfield, winning the 100 in 12.7 seconds and the 200 in 26.8.

"I had heard from my assistant coach who is also the indoor coach, that she had great speed," Parker said. "So I figured maybe in her sophomore year we might see something."

Instead, she tied the school record of 12.9 in the 100, which was set in 1994 and tied twice thereafter, in a preseason scrimmage. An hour after taking the school record officially in Tues-

TRACK RANKINGS

Boys

1. Don Bosco
2. Hackensack
3. Bergen Catholic
4. Wayne Valley
5. Park Ridge
6. Old Tappan
7. Teaneck
8. River Dell
9. Tenafly
10. Ramsey
11. Indian Hills
12. Ridgewood
13. Passaic Tech
14. New Milford
15. Cresskill
16. Mahwah
17. Westwood
18. Englewood
19. Demarest
20. Hasbrouck Heights
21. Kennedy
22. Wood-Ridge
23. Leonia
24. West Milford
25. Lakeland

Girls

1. Immaculate Heart Acad.
2. Ridgewood
3. Ramapo
4. Indian Hills
5. Ramsey
6. Paramus Catholic
7. Clifton
8. Teaneck
9. Pascack Hills
10. Holy Angels
11. Waldwick
12. Northern Highlands
13. Hasbrouck Heights
14. Wayne Valley
15. Old Tappan
16. River Dell
17. Westwood
18. Demarest
19. Hackensack
20. Rutherford
21. Tenafly
22. Mahwah
23. Lakeland
24. Garfield
25. Park Ridge

day's dual, she broke the school record of 27.2 in the 200.

"She ran about 10 meters past the finish, and we told her her time as she came back," Parker said. "She screamed and everybody gathered around to congratulate her. She is definitely a special kid."

4/18

Don Bosco inspired

Wins title for ailing teammate

By PAUL SCHWARTZ
STAFF WRITER

DEMAREST — Steve Wexler waited for the final baton pass of the 4-x-400 relay Saturday, knowing exactly what he needed to do to earn Don Bosco its second consecutive Division A title at the Jack Yockers Bergen County Relays.

"We knew we had to beat Old Tappan in the race to win the title for [Matt] Cato," said Wexler, who already had contributed to Ironmen victories in the 3-x-400 hurdles and sprint medley. "All I was thinking about was winning this meet for him."

Wexler was running where Cato, his injured teammate and friend, should have been running Saturday. But Cato had broken his left femur in a freak accident while practicing handoffs at Thursday's practice and will miss the rest of the season.

"I ran the whole leg thinking about him and there was no doubt in my mind that we would win it," said Wexler, who ran a solid 50.5 400 anchor split and led Don Bosco to fourth place, about eight meters ahead of Old Tappan, for a three-point victory. "He's a great friend of mine and we're both hoping to run at Cornell next year. The whole team went to [Good Samaritan Hospital] before the meet started [Friday] to see him and we're going to take the trophy to his house [today]."

Until the dramatic finish, the top-ranked Ironmen had trailed surprise leader Old Tappan for nearly the entire meet, grabbing a one-point lead in the next-to-last event when the Golden Knights were disqualified from a fourth-place finish in the 4-x-800 when their anchor runner



ALDO MARTINEZ JR./SPECIAL TO THE RECORD

Old Tappan's Nick Ferrentino, left, Ridgewood's Christian Trautwein and Don Bosco's Stephen Wyka competing in the distance medley, won by the Ironmen at Saturday's Jack Yockers Bergen County Relays.

Boys

TOP TEAMS

Division A: Don Bosco 81, Old Tappan 78, Bergen Catholic 75.

Division B: Demarest 73, Ramsey 70½, Indian Hills 68.

Division C: New Milford 80½, Pascack Hills 74, Leonia and Westwood 70.

Division D: Cresskill 96, Hasbrouck Heights 86½, Park Ridge 82.

OUTSTANDING ATHLETES

Track events: Damian Miles, Teaneck

Field events: Chris Phipps, Lodi

veered well out of his lane to try and prevent another team from passing.

Don Bosco had won four events, including the distance medley and 4-x-1,600, to just two for the Golden Knights, but a disqualification in the 4-x-100 trials had put the meet in jeopardy.

"We knew we had to step up after that and the 4-x-800 team did a great job [for second]," said Wexler. "This win means a lot."

Bosco's win, like those of the other three division winners, was a total team effort in a meet that showed more balance than any County Relays since it went to four divisions in 1998. It was the first time no team scored 100 points in that 11-year span and Bosco was the only winning team to win the most events in its division.

Cresskill, winner of its first title since the 1998 Group 1 crown, won by 9½ points in Division D for the largest margin of victory.

"This really was a team effort because we were no worse than fourth in each of the 14 events we scored in, even though we lost about 15 points by disqualifications in both hurdle races," said Cougars coach Rich Miller. "I've been coaching for nearly 40 years and this is as good a team effort as we have ever had in any meet."

Demarest coach Mike Theuerkauf echoed Miller's thoughts, as the Norsemen won only one event in Division B and needed a great effort from the second heat of the 4-x-400 relay to beat Ramsey.

"Our third and fourth legs, Yee Joon Chun and Jake Hubschman ran big legs for us," said Theuerkauf. "We have a lot of good kids and I think we placed in every event but the distance medley."

New Milford's Ray Harrison joined the chorus, singling out freshman John Folley for his efforts in the 4-x-100 relay that helped the Knights repeat in Division C.

"He hurt himself in the trials but we couldn't replace him for the final. He still managed to anchor the race for us in fourth," said Harrison. "That and a coaching suggestion that our assistant Justin Diamond made, moving Pat Mitchell out of the 4-x-200 and into the triple jump, got us another few points and that was the difference."

Bergen County RelaysApril 16th – April 19th**Wednesday @ Ramsey:**

3xPole Vault: M. Witt 11'0" N. Stitt 11'0" J. Wisener 10'0"
32'0" – 2nd Place

3xHigh Jump: T. DeVita 6'0" M. Beausoliel 5'2" M. Levitsky NH
11'2"

Friday @ Demarest

4x1600m: T. Shigenobu 4:32.5; A. Fine 4:50.2 / C. Trautwein 4:32.2
B. Cleary 4:49.7 - 18:45.10 – 3rd Place

4x200m: M. Witt 23.8 C. Trautwein 23.3 I. Hwang 23.2 A. Monri 23.8
1:33.9 – 5th Place

3x400IH: A. Monri 57.6 I. Hwang 61.2 P. Nygaard 61.0
2:59.8 – 2nd Place

Javelin: K. Flaherty 136'2" M. Mosticchio 128'7" M. Maniaci 124'1"
388'10" – 5th Place

Shot Put: M. Mosticchio 44'6 ½" J. Simmons 43'4" T. Borgman 40'9"
128'7 ½" – 3rd Place

Triple Jump: P. Nygaard 37'8" M. Kavanagh 36'11 ½" T. DeVita 35'8 ½"
110'4"

Saturday @ Demarest:

4x110HH: P. Nygaard 16.5 T. DeVita 17.3 A. Mandarano 19.0A. Monri 15.3
1:08.2 – 4th Place

4x100m: M. Witt / P. Nygaard / M. Grundy / I. Hwang **DQ**

Distance Medley: C. Trautwein 3:13.7 S. Coopersmith 57.5 J. Jenkins 2:12.1
T. Shigenobu 4:34.0 10:58.4 – 5th Place

Sprint Medley: I. Hwang 54.4 M. Levitsky 24.7 M. Witt 24.9
T. Shigenobu 2:06.3 3:50.7

4x800m: J. Jenkins 2:15.9 W. Jang 2:14.6 M. Incordova 2:15.1
T. Shigenbou 2:08.9 8:54.8

Long Jump: M. Kavanagh 15.7" M. Levitsky 15'6 ½" S. Khalsa 15'0"
46'2"

Discus: M. Mosticchio 132'4" J. Simmons 123'4" T. Borgman 112'11"
368'10" – 1st Place

Fraulo Race Timing - Contractor License
 Hy-Tek's MEET MANAGER 4:42 PM 4/19/2008
 2008 Jack Yockers Bergen County Relays - 4/18/2008 to 4/19/2008
 Jack Yockers Relays
 DEMAREST HS

Results

Boys 400 Meter Hurdles Relay A

Name	Year	School	Seed	Finals	Points
1 Wexler, Steve	SR	Don Bosco		55.40	3.33
2 Monri, Akira	12	Ridgewood		57.60	2.66
3 Gassert, Frank	SR	Don Bosco		58.10	3.33
4 Vargas, Joe	JR	Paramus		58.50	0.33
5 Gaston, Dom	SR	Bergen Catholic		58.60	
6 Schneider, Justin	JR	Paramus Catholic		59.10	2
7 Suozzi, Matthew	SR	Don Bosco		1:00.40	3.33
8 Sloves, Andrew	JR	Fair Lawn		1:01.00	0.66
8 Nygaard, Peter	12	Ridgewood		1:01.00	2.66
10 Hwang, InSoo	9	Ridgewood		1:01.20	2.66
11 Aboseff, Antonious	SR	Garfield		1:01.40	
12 Hambric, Brandon	JR	Teaneck		1:01.80	1.33
13 Goins, Christopher	JR	Teaneck		1:02.50	1.33
14 Jordan, Eric	SR	Ramapo		1:03.30	
15 Chern, Andrew	JR	Paramus		1:03.50	0.33
16 Bailey, Ryan	SR	Paramus Catholic		1:03.80	2
17 Tran, Mark	SR	Fair Lawn		1:03.90	0.66
18 Martinelli, Eric	JR	Paramus Catholic		1:04.10	2
18 Gattoni, Mike	SO	Ramapo		1:04.10	
20 Leonard, Bill	SO	Bergen Catholic		1:05.10	
20 Griparich, Jerry	JR	Fair Lawn		1:05.10	0.66
22 Upshaw, Anthony	FR	Teaneck		1:05.40	1.33
23 Hanasaki, Ryo	SR	Ramapo		1:05.80	
24 Thomas, Jeremey	FR	Garfield		1:07.50	
25 Patel, Dharm	SO	Paramus		1:09.10	0.33
26 Heinsohn, Cesar	SR	Garfield		1:09.70	
-- Bohlin, Tom	JR	Bergen Catholic		DQ	

Boys 4x100 Meter Relay A

School	Seed	Finals	Points
1 Teaneck 'A'		42.80	10
1) Culver, Terrence JR	2) Butler, David SR		
3) Miles, Damian SR	4) White, Rashad SR		
2 Bergen Catholic 'A'		44.90	8
1) Gerst, Nick JR	2) Randall, Thomas SR		
3) Ring, Will JR	4) Sam, Jonathan SR		
3 Old Tappan 'A'		46.00	6
1) Lee, Abraham JR	2) Choi, Brian FR		
3) Buckley, Tyler SR	4) Ahn, Vic JR		
4 Paramus Catholic 'A'		46.30	4
1) Esposito, Phillip JR	2) McKnight, Malcolm FR		
3) Corbo, John JR	4) Cagliaio, Chris SR		
5 Ramapo 'A'		46.70	2
1) Devonshuk, Jesse SO	2) Rubin, Ethan SO		
3) Imperatore, Andrew JR	4) Bandazian, Jack FR		

6 Hackensack 'A'		J46.70	1
1) Isip, Allan FR	2) Walcott, Ausar SR		
3) Walker, Conroy SO	4) Betty, Shawn SR		
7 Garfield 'A'		47.20	
1) Zuniga, Adam JR	2) Lora, Angel FR		
3) Herrera, Steve SR	4) Elsayed, Khaled JR		
-- Bergen Tech 'A'			DQ
1) Vaughan, Calvin 12	2) Kwee, Brian 12		
3) Banks, Daniel 10	4) Forsthoff, Mike 12		

Boys 4x200 Meter Relay A

School	Seed	Finals	Points
1 Teaneck 'A'		1:27.40	10
1) Butler, David SR	2) White, Rashad SR		
3) Allen, Barrington SR	4) Miles, Damian SR		
2 Bergen Catholic 'A'		1:30.60	8
1) Randall, Thomas SR	2) Sam, Jonathan SR		
3) Gaston, Dom SR	4) Ring, Will JR		
3 Don Bosco 'A'		1:31.50	6
1) Griffith, Billy JR	2) McNamara, Ryan SR		
3) Cobb, Ryan SO	4) Whilby, Marvin JR		
4 Old Tappan 'A'		1:33.70	4
1) Lee, Abraham JR	2) Buckley, Tyler SR		
3) Miller, Casey SR	4) Eckmayer, James JR		
5 Ridgewood 'A'		1:33.90	2
1) Monri, Akira 12	2) Witt, Max 11		
3) Hwang, InSoo 9	4) Trautwein, Christian 12		
6 Paramus Catholic 'A'		1:36.20	1
1) Schneider, Justin JR	2) McKnight, Malcolm FR		
3) Corbo, John JR	4) Cagliaio, Chris SR		
7 Ramapo 'A'		1:36.50	
1) Bandazian, Jack FR	2) Burke, John SO		
3) Imperatore, Andrew JR	4) Paternostro, Bradley FR		
8 Paramus 'A'		1:36.90	
1) Vargas, Joe JR	2) Vaghasia, Naitik JR		
3) Kuriakose, Thomas SR	4) Spector, Ilya JR		
9 Bergen Tech 'A'		1:37.30	
1) Kwee, Brian 12	2) Cunningham, Lomi 11		
3) Vaughan, Calvin 12	4) Banks, Daniel 10		
10 Garfield 'A'		1:37.40	
1) Zuniga, Adam JR	2) Cantero, Enpaul SO		
3) Smith-Hinson, Franklin FR	4) Elsayed, Khaled JR		
11 Northern Highlands 'A'		1:41.00	
1) Stripp, Michael SR	2) Coates, Colin SO		
3) Greenough, John JR	4) Portanova, Matt JR		

Boys 4x400 Meter Relay A

School	Seed	Finals	Points
1 Teaneck 'A'		3:22.20	10
1) Hodge, Justin SO	2) Miles, Damian SR		
3) Turner, Maximillan SR	4) Allen, Barrington SR		
2 Bergen Catholic 'A'		3:22.60	8
1) Randall, Thomas SR	2) Ring, Will JR		
3) Sam, Jonathan SR	4) Gaston, Dom SR		
3 Hackensack 'A'		3:25.10	6

1) Bemby, Ronald SR	2) Boyd, Jermaine SR		
3) Douglas, Joel SO	4) Walcott, Ausar SR		
4 Don Bosco 'A'		3:28.00	4
1) Suozzi, Matthew SR	2) Whilby, Marvin JR		
3) Gassert, Frank SR	4) Wexler, Steve SR		
5 Old Tappan 'A'		3:29.60	2
1) Falkenstern, James SR	2) Gehl, Christopher JR		
3) Eckmayer, James JR	4) Enriquez, Erick JR		
6 Fair Lawn 'A'		3:32.50	1
1) Sloves, Andrew JR	2) Batelli, Josh SR		
3) Tran, Mark SR	4) Park, Peter SO		
7 Bergen Tech 'A'		3:35.80	
1) Cunningham, Lomi 11	2) N'Goan, Addelaziz 11		
3) Lee, Joe	4) Ryan, Patrick 11		
8 Northern Highlands 'A'		3:40.50	
1) Gaidus, Tom JR	2) Batarags, Matiss JR		
3) Stripp, Michael SR	4) Yeaton, Matt JR		
9 Ramapo 'A'		3:42.10	
1) Burke, John SO	2) Paternostro, Bradley FR		
3) Jordan, Eric SR	4) Lauro, Peter SR		
10 Paramus 'A'		3:43.40	
1) Chern, Andrew JR	2) Nadera, Tony SO		
3) Kuriakose, Thomas SR	4) Spector, Ilya JR		
11 Paramus Catholic 'A'		3:43.50	
1) Robinson, Da'Von JR	2) Corbo, John JR		
3) Esposito, Phillip JR	4) Cagliao, Chris SR		

Boys 4x800 Meter Relay A

School	Seed	Finals	Points
1 Teaneck 'A'		8:20.80	10
1) Hodge, Justin SO	2) Allen, Barrington SR		
3) Avery, Frederick JR	4) Turner, Maximillan SR		
2 Don Bosco 'A'		8:27.50	8
1) Flanagan, Stephen SR	2) Amoresano, Joseph SR		
3) Fitzgibbons, Daniel JR	4) Wyka, Stephen SR		
3 Paramus Catholic 'A'		8:30.80	6
1) Bailey, Ryan SR	2) Carter, Keegan SO		
3) Schneider, Justin JR	4) Robinson, Da'Von JR		
4 Bergen Tech 'A'		8:40.30	4
1) Mitchell, Michael 12	2) Kim, Tim 12		
3) Vivanco, Danny 12	4) Liu, Tony 12		
5 Ramapo 'A'		8:48.20	2
1) Walsh, Dan JR	2) Jordan, Eric SR		
3) Gadalla, Mohamed JR	4) Hanasaki, Ken JR		
6 Bergen Catholic 'A'		8:51.70	1
1) Bohlin, Tom JR	2) McNeely, Dan JR		
3) DeFilippis, Anthony SO	4) Von Ohlen, Sean SO		
7 Paramus 'A'		8:53.40	
1) Fiorino, Nicholas SO	2) Stuart, Chris JR		
3) Patel, Dharm SO	4) Verhasselt, Eric JR		
8 Ridgewood 'A'		8:54.80	
1) Jenkins, Justin 11	2) Jang, William 12		
3) Incordovia, Marcos 9	4) Shigenobu, Taro 11		
9 Hackensack 'A'		9:37.80	
1) Avallone, Michael JR	2) Perez, Alex SR		
3) Kazizi, Mirel SR	4) Mercedes, Jean Carlos SO		
10 Garfield 'A'		9:54.80	
1) Kapusnik, Piotr JR	2) Diaz, Anthony SO		

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|----------------------------|-------------------------|----|
| 3) Ballestas, Kevin SO | 4) Munoz, Giovanni SR | |
| -- Old Tappan 'A' | | DQ |
| 1) Ferrentino, Nicholas JR | 2) Gehl, Christopher JR | |
| 3) Stingone, Michael JR | 4) Benolli, Emanuele SO | |

Boys 4x1600 Meter Relay A

School	Seed	Finals	Points
1 Don Bosco 'A'		18:32.30	10
1) Carapezza, Michael JR	2) Offer, Brendan JR		
3) Vargas, Rafael SO	4) Molke, Robert JR		
2 Old Tappan 'A'		18:43.70	8
1) Ferrentino, Nicholas JR	2) Gehl, Christopher JR		
3) Rodriguez, Jonathan JR	4) Harrington, Patrick SR		
3 Ridgewood 'A'		18:45.10	6
1) Shigenobu, Taro 11	2) Fine, Andrew 11		
3) Cleary, Brian 10	4) Trautwein, Christian 12		
4 Bergen Tech 'A'		18:59.50	4
1) Jacob, James 12	2) Mitchell, Michael 12		
3) Kim, Tim 12	4) Vivanco, Danny 12		
5 Bergen Catholic 'A'		19:26.10	2
1) McNeely, Dan JR	2) Ferreri, Steven FR		
3) Von Ohlen, Sean SO	4) Hayes, Ryan SR		
6 Northern Highlands 'A'		19:41.60	1
1) Gaidus, Tom JR	2) Batarags, Matiss JR		
3) Schulsinger, Eric JR	4) Sullivan, Colin JR		
7 Paramus 'A'		20:16.90	
1) Stuart, Chris JR	2) Lefer, Andrew JR		
3) Gramuglia, Anthony SO	4) Fiorino, Nicholas SO		
8 Fair Lawn 'A'		20:19.70	
1) Farrell, Sean JR	2) Revilla, Alfred FR		
3) Wallstein, Andrew JR	4) Obsuth, Mike SO		

Boys 1600 Sprint Medley A

School	Seed	Finals	Points
1 Don Bosco 'A'		3:34.70	10
1) Wexler, Steve SR	2) Cobb, Ryan SO		
3) Whilby, Marvin JR	4) Molke, Robert JR		
2 Bergen Catholic 'A'		3:40.40	8
1) Gaston, Dom SR	2) Ring, Will JR		
3) Randall, Thomas SR	4) Von Ohlen, Sean SO		
3 Hackensack 'A'		3:42.30	6
1) Bembry, Ronald SR	2) Harris, LaRue SR		
3) Boyd, Jermaine SR	4) Douglas, Joel SO		
4 Teaneck 'A'		3:43.30	4
1) White, Rashad SR	2) Miles, Damian SR		
3) Butler, David SR	4) Turner, Maximillan SR		
5 Bergen Tech 'A'		3:46.60	2
1) Cunningham, Lomi 11	2) Coletta, Jean Luc 10		
3) Vaughan, Calvin 12	4) N'Goan, Addelaziz 11		
6 Northern Highlands 'A'		3:46.70	1
1) Gaidus, Tom JR	2) Batarags, Matiss JR		
3) Stripp, Michael SR	4) Yeaton, Matt JR		
7 Old Tappan 'A'		3:47.20	
1) Falkenstern, James SR	2) Lee, Abraham JR		
3) Buckley, Tyler SR	4) Scaduto, Jordan SR		

8	Ridgewood 'A'		3:50.70
	1) Hwang, InSoo 9	2) Witt, Max 11	
	3) Levitsky, Matt 11	4) Trautwein, Christian 12	
9	Fair Lawn 'A'		3:56.60
	1) Sloves, Andrew JR	2) Batelli, Josh SR	
	3) Tran, Mark SR	4) Farrell, Sean JR	
10	Ramapo 'A'		3:56.70
	1) Burke, John SO	2) Bandazian, Jack FR	
	3) Paternostro, Bradley FR	4) Lauro, Peter SR	
11	Paramus 'A'		4:02.50
	1) Ramoth, Matt SR	2) Moffett, Sean JR	
	3) Kim, Jonathan JR	4) Zarif, Tawfeq SO	
12	Garfield 'A'		4:05.60
	1) Zuniga, Adam JR	2) Cantero, Enpaul SO	
	3) Elsayed, Khaled JR	4) Munoz, Giovanni SR	

Boys Distance Medley A

School	Seed	Finals	Points
1 Don Bosco 'A'		10:36.60	10
1) Wyka, Stephen SR	2) Gassert, Frank SR		
3) Suozzi, Matthew SR	4) Spencer, Leighton JR		
2 Old Tappan 'A'		10:49.10	8
1) Ferrentino, Nicholas JR	2) Stingone, Michael JR		
3) Gehl, Christopher JR	4) Harrington, Patrick SR		
3 Bergen Tech 'A'		10:53.30	6
1) Kim, Tim 12	2) Ryan, Patrick 11		
3) Vivanco, Danny 12	4) Mitchell, Michael 12		
4 Paramus Catholic 'A'		10:55.50	4
1) Robinson, Da'Von JR	2) Cagliao, Chris SR		
3) Carter, Keegan SO	4) Bailey, Ryan SR		
5 Ridgewood 'A'		10:58.40	2
1) Trautwein, Christian 12	2) Jenkins, Justin 11		
3) Coopersmith, Sam 10	4) Shigenobu, Taro 11		
6 Paramus 'A'		11:18.20	1
1) Stuart, Chris JR	2) Kuriakose, Thomas SR		
3) Spector, Ilya JR	4) Fiorino, Nicholas SO		
7 Bergen Catholic 'A'		11:22.20	
1) McNeely, Dan JR	2) Ringelstein, Pat 11		
3) Bohlin, Tom JR	4) Hayes, Ryan SR		
8 Fair Lawn 'A'		11:27.00	
1) Obsuth, Mike SO	2) Sloves, Andrew JR		
3) Wallstein, Andrew JR	4) Farrell, Sean JR		
9 Garfield 'A'		12:34.80	
1) Ballestas, Kevin SO	2) Heinsohn, Cesar SR		
3) Diaz, Anthony SO	4) Kapusnik, Piotr JR		

Boys 4x100 Meter Shuttle Hurdle A

School	Seed	Finals	Points
1 Bergen Catholic 'A'		1:05.80	10
1) Bohlin, Tom JR	2) Servito, Victor SR		
3) Wingate, Ernest SO	4) Monaco, Scott JR		
2 Hackensack 'A'		1:07.10	8
1) Boyd, Gary SR	2) Banton, Lawrence JR		
3) Paul, Alain SO	4) Cobb, Brandon SR		
3 Old Tappan 'A'		1:07.60	6

1) Escano, Ivan SR	2) Scaduto, Jordan SR		
3) Ahn, Vic JR	4) Kim, David SO		
4 Ridgewood 'A'		1:08.20	4
1) Nygaard, Peter 12	2) Mandarano, AJ 11		
3) DeVita, Tommy 10	4) Monri, Akira 12		
5 Teaneck 'A'		1:08.40	2
1) Hambric, Brandon JR	2) Goins, Christopher JR		
3) Berry, Theodore SO	4) Alexander, Jason SR		
6 Don Bosco 'A'		1:08.60	1
1) Gassert, Frank SR	2) Roem, Justin SR		
3) Hazell, Greg FR	4) Maxwell, Selwyn FR		
7 Ramapo 'A'		1:09.50	
1) Jordan, Eric SR	2) Degelman, Tim SR		
3) Hanasaki, Ryo SR	4) Gattoni, Mike SO		
-- Northern Highlands 'A'			DQ
1) Diestel, Tucker JR	2) Yeaton, Matt JR		
3) Mo, Jacob SR	4) Hirshfield, Eric JR		

Event 77 Boys Javelin Throw Relay A

Name	Year School	Finals	Points
Finals			
1 Muth, Daniel	SR Old Tappan	159-05	3.33
2 Devonshuk, Jesse	SO Ramapo	153-11	2
3 Pleus, Kevin	SR Don Bosco	152-07	2.66
4 Korsgen, Jack	SR Old Tappan	143-03	3.33
5 Langan, Kyle	SR Paramus Catholic	141-08	1.33
6 Thomas, Patrick	JR Paramus Catholic	139-02	1.33
7 Smith, Wayne	JR Garfield	138-10	
8 Teaton, Bryan	JR Don Bosco	137-05	2.66
9 Flaherty, Kyle	12 Ridgewood	136-02	0.66
10 Barna, Steve	SR Ramapo	135-08	2
11 Thimmel, William	SR Don Bosco	130-00	2.66
12 Bucci, Doug	JR Paramus	129-03	0.33
13 Mosticchio, Michael	12 Ridgewood	128-07	0.66
14 Hoag, Ken	SR Northern Highlands	128-04	
15 Reilly, Michael	SO Old Tappan	125-11	3.33
16 Lamore, Nick	SR Paramus	124-07	0.33
17 Maniaci, Mark	10 Ridgewood	124-01	0.66
18 Avallone, Michael	JR Hackensack	121-08	
19 Farino, Michael	SO Paramus Catholic	120-03	1.33
20 Golz, Mike	SR Ramapo	115-03	2
21 Jonas, Jordan	JR Paramus	111-07	0.33
22 Katsikotis, Joe	FR Northern Highlands	110-11	
23 Westcott, Alexander	FR Hackensack	109-03	
24 Mawad, John	FR Bergen Catholic	103-00	
25 Marinaro, Anthony	SR Bergen Catholic	99-00	
26 Power, Shane	SR Garfield	95-11	
27 Shishmanian, Aram	SR Northern Highlands	94-11	
28 Perez, Dan	SO Bergen Catholic	94-01	
29 Villanueva, Franklin	FR Hackensack	91-04	
30 Irby, Keithian	SO Garfield	73-03	

Event 77 Boys Javelin Throw Relay A
 Team Rankings - Field Event Relay
 Members Per Team - 3

Rank	Team	Total Mark	Points
1	Old Tappan	428-07	10
2	Don Bosco	420-00	8

3	Ramapo	404-10	6
4	Paramus Catholic	401-01	4
5	Ridgewood	388-10	2
6	Paramus	365-05	1
7	Northern Highlands	334-02	0
8	Hackensack	322-03	0
9	Garfield	308-00	0
10	Bergen Catholic	296-01	0

Event 117 Boys Discus Throw Relay A

Name	Year School	Finals	Points
Finals			
1	Mosticchio, Michael	12 Ridgewood	132-04 3.33
2	Clinkscales, Debonair	JR Hackensack	131-06 2.66
3	Simmons, Jack	10 Ridgewood	123-07 3.33
4	Solice, Junior	JR Hackensack	120-03 2.66
5	Muth, Daniel	SR Old Tappan	118-01
6	Barna, Steve	SR Ramapo	117-03
7	Smith, Wayne	JR Garfield	115-00 0.33
8	Thimmel, William	SR Don Bosco	113-05
9	Borgman, Tucker	12 Ridgewood	112-11 3.33
10	Ling, Andrew	SR Northern Highlands	111-05 2
11	Bovino, Brandon	SO Northern Highlands	105-01 2
12	Ohene-Bonsu, Kwabena	JR Teaneck	104-02 1.33
13	Thomas, Manny	SR Paramus Catholic	104-00 0.66
14	Thompson, Charles	SR Teaneck	102-06 1.33
15	Robinson, Tom	JR Don Bosco	102-04
16	Drago, Charles	SR Paramus Catholic	99-08 0.66
17	Wright, Marquise	FR Paramus Catholic	99-06 0.66
18	Carter, Willie	SO Teaneck	98-08 1.33
19	Foster, Michael	JR Paramus	97-07
19	Power, Shane	SR Garfield	97-07 0.33
21	Cima, Nick	JR Bergen Catholic	96-05
22	Jonas, Jordan	JR Paramus	96-03
23	Golz, Mike	SR Ramapo	92-01
24	Guerra, Ron	JR Northern Highlands	90-10 2
25	Lim, Joseph	JR Old Tappan	86-06
26	Lee, Joseph	11 Bergen Tech	84-06
27	Nolasco, Kevin	SO Garfield	83-08 0.33
28	Walters, Brian	SR Ramapo	83-01
29	Perez, Dan	SO Bergen Catholic	81-09
30	Buyuksal, Lukas	FR Paramus	81-00
30	Song, Doug	11 Bergen Tech	81-00
32	Davis, Charles	JR Hackensack	76-00 2.66
33	Lippin, Sam	Bergen Catholic	74-02
34	Coletta, Dominique	9 Bergen Tech	60-10
--	Hurley, Michael	SR Old Tappan	ND
--	Canevari, Paul	FR Don Bosco	ND

Event 117 Boys Discus Throw Relay A
 Team Rankings - Field Event Relay
 Members Per Team - 3

Rank	Team	Total Mark	Points
1	Ridgewood	368-10	10
2	Hackensack	327-09	8
3	Northern Highlands	307-04	6
4	Teaneck	305-04	4

5	Paramus Catholic	303-02	2
6	Garfield	296-03	1
7	Ramapo	292-05	0
8	Paramus	274-10	0
9	Bergen Catholic	252-04	0
10	Bergen Tech	226-04	0
11	Don Bosco	215-09	0
12	Old Tappan	204-07	0

Event 101 Boys High Jump Relay A

Name	Year School	Finals	Points
Finals			
1 Bostick, Kevin	SR Bergen Catholic	6-06.00	3.33
2 Rigg, Jon	SR Bergen Catholic	6-02.00	3.33
3 DeVita, Tommy	10 Ridgewood	6-00.00	
4 N'Goan, Addelaziz	11 Bergen Tech	5-10.00	0.50
4 Forsthoff, Mike	12 Bergen Tech	5-10.00	0.50
4 Servito, Victor	SR Bergen Catholic	5-10.00	3.33
7 Eckmayer, James	JR Old Tappan	5-06.00	2.66
7 Miller, Casey	SR Old Tappan	5-06.00	2.66
7 Charbonnel, Eric	JR Paramus	5-06.00	1.66
7 Engel, Christopher	JR Old Tappan	5-06.00	2.66
7 Hazell, Greg	FR Don Bosco	5-06.00	1.66
12 Teaton, Bryan	JR Don Bosco	5-02.00	1.66
12 McFadden, Jake	JR Don Bosco	5-02.00	1.66
12 Vaghasia, Naitik	JR Paramus	5-02.00	1.66
12 Diestel, Tucker	JR Northern Highlands	5-02.00	0.66
12 Hoag, Colin	SO Northern Highlands	5-02.00	0.66
12 Perez, Alex	SO Northern Highlands	5-02.00	0.66
12 Beausoleil, Matt	9 Ridgewood	5-02.00	
12 Vargas, Joe	JR Paramus	5-02.00	1.66
-- Goldklang, Jordan	10 Bergen Tech	NH	
-- Levitsky, Matt	11 Ridgewood	NH	

Event 101 Boys High Jump Relay A
 Team Rankings - Field Event Relay
 Members Per Team - 3

Rank	Team	Total Mark	Points
1	Bergen Catholic	18-06.00	10
2	Old Tappan	16-06.00	8
3	Don Bosco	15-10.00	5
3	Paramus	15-10.00	5
5	Northern Highlands	15-06.00	2
6	Bergen Tech	11-08.00	1
7	Ridgewood	11-02.00	0

Event 109 Boys Long Jump Relay A

Name	Year School	Finals	Points
Finals			
1 Rigg, Jon	SR Bergen Catholic	21-08.00	3.33
2 Bostick, Kevin	SR Bergen Catholic	21-01.50	3.33
3 Walcott, Ausar	SR Hackensack	21-00.00	2.66
4 Walker, Conroy	SO Hackensack	20-03.00	2.66
5 Miller, Casey	SR Old Tappan	19-07.00	2
6 Banton, Lawrence	JR Hackensack	19-06.50	2.66

7	Williams, Nevon	FR Teaneck	19-03.00	1.33
8	Servito, Victor	SR Bergen Catholic	19-01.50	3.33
9	Pratt, Dahn	JR Teaneck	19-00.00	1.33
10	Cobb, Ryan	SO Don Bosco	18-11.50	0.66
11	Cunningham, Lomi	11 Bergen Tech	18-10.00	0.33
12	Buckley, Tyler	SR Old Tappan	18-08.25	2
13	Vaghasia, Naitik	JR Paramus	18-08.00	
14	Carter, Keegan	SO Paramus Catholic	18-06.50	
15	Vaughan, Calvin	12 Bergen Tech	18-06.00	0.33
16	Eckmayer, James	JR Old Tappan	18-02.50	2
17	McKnight, Malcolm	FR Paramus Catholic	17-06.50	
18	McNamara, Ryan	SR Don Bosco	17-05.25	0.66
19	Hoag, James	FR Northern Highlands	17-04.00	
20	Perez, Alex	SO Northern Highlands	17-02.50	
21	Lauria, Brendan	JR Don Bosco	17-01.50	0.66
22	Ranft, Pat	SR Paramus Catholic	17-00.00	
23	Kuriakose, Thomas	SR Paramus	16-11.00	
24	Merchant, Alonzo	SO Teaneck	16-04.00	1.33
25	Kim, Jonathan	JR Paramus	16-02.50	
26	Banks, Daniel	10 Bergen Tech	15-09.50	0.33
27	Kavanagh, Michael	11 Ridgewood	15-07.50	
28	Levitsky, Matt	11 Ridgewood	15-06.50	
29	Diestel, Tucker	JR Northern Highlands	15-05.50	
30	Khalsa, Sachin	10 Ridgewood	15-00.00	

Event 109 Boys Long Jump Relay A
 Team Rankings - Field Event Relay
 Members Per Team - 3

Rank	Team	Total Mark	Points
1	Bergen Catholic	61-11.00	10
2	Hackensack	60-09.50	8
3	Old Tappan	56-05.75	6
4	Teaneck	54-07.00	4
5	Don Bosco	53-06.25	2
6	Bergen Tech	53-01.50	1
7	Paramus Catholic	53-01.00	0
8	Paramus	51-09.50	0
9	Northern Highlands	50-00.00	0
10	Ridgewood	46-02.00	0

Event 125 Boys Pole Vault Relay A

Name	Year School	Finals	Points
Finals			
1	Schaller, Austin	SR Old Tappan	14-00.00 3.33
2	Choi, Jee Hwan	SR Old Tappan	12-00.00 3.33
3	Witt, Max	11 Ridgewood	11-00.00 2.66
3	Stitt, Nick	11 Ridgewood	11-00.00 2.66
3	Esposito, Phillip	JR Paramus Catholic	11-00.00 1.66
3	Weismiller, Scott	JR Don Bosco	11-00.00 1.66
3	Kim, Jonathan	JR Paramus	11-00.00 0.50
8	Wisener, John	10 Ridgewood	10-00.00 2.66
8	Lynch, John	SO Don Bosco	10-00.00 1.66
8	Gul, Cendel	JR Old Tappan	10-00.00 3.33
8	Pursley, Matt	SR Fair Lawn	10-00.00
8	Schneider, Justin	JR Paramus Catholic	10-00.00 1.66
8	Ranft, Pat	SR Paramus Catholic	10-00.00 1.66
8	Baselice, Michael	FR Don Bosco	10-00.00 1.66
8	Nadera, Tony	SO Paramus	10-00.00 0.50

8	Tran, Mark	SR Fair Lawn	10-00.00	
17	Perez, Alex	SR Hackensack	9-00.00	0.66
17	Stefano, Frank	SO Hackensack	9-00.00	0.66
17	Villanueva, Francis	SR Hackensack	9-00.00	0.66
--	Moffett, Sean	JR Paramus	NH	
--	Klube, Max	JR Fair Lawn	NH	

Event 125 Boys Pole Vault Relay A
 Team Rankings - Field Event Relay
 Members Per Team - 3

Rank	Team	Total Mark	Points
1	Old Tappan	36-00.00	10
2	Ridgewood	32-00.00	8
3	Paramus Catholic	31-00.00	5
3	Don Bosco	31-00.00	5
5	Hackensack	27-00.00	2
6	Paramus	21-00.00	1
7	Fair Lawn	20-00.00	0

Event 89 Boys Shot Put Relay A

Name	Year School	Finals	Points
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Finals

1	Thomas, Patrick	JR Paramus Catholic	47-09.50	3.33
2	Clinkscales, Debonair	JR Hackensack	47-06.00	1.33
3	Thimmel, William	SR Don Bosco	46-09.00	0.66
4	Thomas, Manny	SR Paramus Catholic	46-00.00	3.33
5	Reilly, Michael	SO Old Tappan	45-02.00	2.66
6	Mosticchio, Michael	12 Ridgewood	44-06.50	2
7	Foster, Michael	JR Paramus	44-06.00	
8	Hurley, Michael	SR Old Tappan	44-03.50	2.66
9	Power, Shane	SR Garfield	43-05.50	
10	Simmons, Jack	10 Ridgewood	43-04.00	2
11	Muth, Daniel	SR Old Tappan	42-05.50	2.66
12	Barna, Steve	SR Ramapo	42-03.00	0.33
13	Wright, Marquise	FR Paramus Catholic	42-02.00	3.33
14	Davis, Charles	JR Hackensack	42-01.00	1.33
15	Smith, Wayne	JR Garfield	41-04.00	
16	Hoag, Ken	SR Northern Highlands	41-02.50	
17	Spidell, Ivan	JR Teaneck	40-09.50	
18	Borgman, Tucker	12 Ridgewood	40-09.00	2
19	Meile, Peter	SO Don Bosco	39-09.50	0.66
20	Byrne, Tim	SO Don Bosco	39-08.50	0.66
21	Golz, Mike	SR Ramapo	39-06.50	0.33
22	Walters, Brian	SR Ramapo	39-05.00	0.33
23	Milazzo, Trevor	SR Hackensack	38-11.00	1.33
24	Thompson, Charles	SR Teaneck	38-08.50	
25	Nova, Chris	SO Bergen Catholic	37-06.00	
26	Pernice, Tony	SO Northern Highlands	36-10.00	
27	Jonas, Jordan	JR Paramus	36-05.00	
28	Chabot, Joe	JR Bergen Catholic	36-00.50	
29	Burns, Mike	JR Northern Highlands	35-10.50	
30	Morrison, Lloyd	Bergen Catholic	35-08.50	
31	Nolasco, Kevin	SO Garfield	35-01.00	
32	Leslie, Jasper	SO Teaneck	34-09.00	
33	Buyuksal, Lukas	FR Paramus	30-00.50	

Event 89 Boys Shot Put Relay A
 Team Rankings - Field Event Relay
 Members Per Team - 3

Rank	Team	Total Mark	Points
1	Paramus Catholic	135-11.50	10
2	Old Tappan	131-11.00	8
3	Ridgewood	128-07.50	6
4	Hackensack	128-06.00	4
5	Don Bosco	126-03.00	2
6	Ramapo	121-02.50	1
7	Garfield	119-10.50	0
8	Teaneck	114-03.00	0
9	Northern Highlands	113-11.00	0
10	Paramus	110-11.50	0
11	Bergen Catholic	109-03.00	0

Event 93 Boys Triple Jump Relay A

Name	Year School	Finals	Points
Finals			
1	Bostick, Kevin	SR Bergen Catholic	45-06.00 3.33
2	Alexander, Jason	SR Teaneck	41-11.50 2
3	Walker, Conroy	SO Hackensack	41-10.00 2.66
4	Lora, Angel	FR Garfield	41-07.00 1.33
5	Servito, Victor	SR Bergen Catholic	41-01.00 3.33
6	Cobb, Brandon	SR Hackensack	40-05.50 2.66
7	Banton, Lawrence	JR Hackensack	40-00.00 2.66
8	Pratt, Dahn	JR Teaneck	39-10.00 2
9	Choi, Brian	FR Old Tappan	39-02.00 0.66
10	Cunningham, Lomi	11 Bergen Tech	38-11.00
11	McNicholas, Michael	JR Bergen Catholic	38-10.00 3.33
11	Vargas, Joe	JR Paramus	38-10.00 0.33
13	Carter, Keegan	SO Paramus Catholic	37-11.25
14	Vaghasia, Naitik	JR Paramus	37-11.00 0.33
15	Nygaard, Peter	12 Ridgewood	37-08.00
16	Ahn, Vic	JR Old Tappan	37-05.50 0.66
17	Hoag, James	FR Northern Highlands	37-03.00
18	Ranft, Pat	SR Paramus Catholic	37-00.00
19	Kavanagh, Michael	11 Ridgewood	36-11.50
20	Zuniga, Adam	JR Garfield	36-11.00 1.33
21	Fields, Warren	FR Teaneck	36-09.00 2
22	Pai, Tim	11 Bergen Tech	36-06.00
23	Miller, Casey	SR Old Tappan	36-04.25 0.66
24	Aboseff, Antonious	SR Garfield	35-11.00 1.33
25	Vaughan, Calvin	12 Bergen Tech	35-10.00
25	Kim, Jonathan	JR Paramus	35-10.00 0.33
27	Kagei, Hiro	9 Ridgewood	35-08.50
28	Wade, Jordan	SO Paramus Catholic	35-04.00
28	Palella, Charlie	SO Northern Highlands	35-04.00
--	Diestel, Tucker	JR Northern Highlands	ND

Event 93 Boys Triple Jump Relay A
 Team Rankings - Field Event Relay
 Members Per Team - 3

Rank	Team	Total Mark	Points
1	Bergen Catholic	125-05.00	10
2	Hackensack	122-03.50	8
3	Teaneck	118-06.50	6
4	Garfield	114-05.00	4
5	Old Tappan	112-11.75	2
6	Paramus	112-07.00	1

7	Bergen Tech	111-03.00	0
8	Ridgewood	110-04.00	0
9	Paramus Catholic	110-03.25	0
10	Northern Highlands	72-07.00	0

Men - A - Team Rankings - 16 Events Scored

1) Don Bosco	81	2) Old Tappan	78
3) Bergen Catholic	75	4) Teaneck	64
5) Hackensack	51	6) Ridgewood	48
7) Paramus Catholic	42	8) BERGEN TECH	18
9) Ramapo	11	10) Paramus	10
10) Northern Highlands	10	12) GARFIELD	5
13) Fair Lawn	3		

NNJIL Track & Field Dual Meet

Ridgewood vs Paramus Catholic - Boys

April 22, 2008

Event	First Place	Second Place	Third Place	RHS PC		Total Score	
				RHS	PC	RHS	PC
400H	Munri, R, 58.4	Schneider, PC, 58.6	Nigard, R, 62.5	6	3	64	67
100m Dash	Caglio, PC, 11.5	Hwang, R, 11.6	Max Witt, R, 11.7	4	5		
1600m Run	Shiganobu, R, 4:35.8	Robinson, PC, 4:40.0	Cleary, R, 4:50.7	6	3		
400m Dash	Caglio, PC, 51.2	Trautwein, R, 51.5	Keegan, PC, 53.5	3	6		
100m Hurdles	Munri, R, 15.1	Schneider, PC, 15.4	Nygaard, R, 16.2	6	3		
800m Run	Trautwein, R, 2:03.7	Bailey, PC, 2:04.3	Shiganobu, R, 2:04.4	6	3		
200m Dash	Hwang, R, 23.9	Caglio, PC, 24.2	Ferrare, PC, 24.2	5	4		
3200m Run	Shiganobu, R, 10:15.9	Bailey, PC, 10:18.8	Cleary, R, 10:24.5	6	3		
High Jump	Tommy D, R, 6'0"	Justin Schneider, PC, 6'0"	Tim Ferrare, PC, 5'4"	5	4		
Pole Vault	?Name?, PC, 11-0	?name?, R, 10-6	?name?, PC, 10-6	3	6		
Long Jump	Keegan Carter, PC, 18'1"	Pat Ranft, PC, 17'6.5"	Max Witt, R, 17'4.5"	1	8		
Triple Jump	Pat Ranft, PC, 37'9"	Mike Kavanagh, R, 37'4"	Peter Nygaard, R, 37'3"	4	5		
Discus	Mosticcho, R, 120'11"	Simmons, R, 119'8"	Borgman, R, 117'6"	9	0		
Shot Put	Patrick Thomas, PC, 51'	Manny Thomas, PC, 43'6"	Marquis Wright, PC, 43'	0	9		
4X400relay	PC, 3:36.9	R, 4:40.9		0	5		

Comment:

NNJIL Track & Field Dual Meet

Ridgewood vs Bloomfield - Boys

April 22, 2008

Event	First Place	Second Place	Third Place	RHS BL		Total Score	
				RHS	BL	RHS	BL
400H	Munro, R, 58.4	Hall, B, 59.9	Nigard, R, 62.5	6	3	91	40
100m Dash	Ottey, B, 11.2	Livingstone, B, 11.4	Hwang, R, 11.6	1	8		
1600m Run	Shigawomu, R, 4:35.8	Cleary, R, 4:50.7	Desimone, R, 4:56.4	9	0		
400m Dash	Trautwein, R, 51.5	Williams, B, 52.7	Grundy, R, 55.6	6	3		
100m Hurdles	Munri, R, 15.1	Gant, B, 16.0	Nygaard, R, 16.2	6	3		
800m Run	Trautwein, R, 2:03.7	Shiganoru, R, 2:04.4	Jenkins, R, 2:14.5	9	0		
200m Dash	Ottey, B, 23.3	Livingstone, B, 23.5	Hwang, R, 23.9	1	8		
3200m Run	Shiganobu, R, 10:15.9	Cleary, R, 10:24.5	Pisemone, R, 11:02.1	9	0		
High Jump	Tommy D, R, 6'0"	Mike K, R, 5'2"	Matt L, R, 5'2"	9	0		
Pole Vault	R Witt	R Storr	R Wilcox	9	0		
Long Jump	Stefon Williams, B, 20'2.5"	John McKoy, B, 18'8"	Michael Ottey, B, 17'7.25"	0	9		
Triple Jump	Mike Kavanagh, R, 37'4"	Peter Nygaard, R, 37'3"	Tommy Devita, R, 35'4.25"	9	0		
Discus	Petine, B, 134'	Musticchio, R, 120'11"	Simmons, R, 119'8"	4	5		
Shot Put	Mosticchio, R, 42'8"	Simmons, R, 41'3"	Maquan Adams, B, 41'1"	8	1		
4X400relay	R, 4:40.9			5	0		

**Dual Meet vs. Paramus Catholic and Bloomfield
@ Ridgewood**

April 22, 2008

Non-Scoring Performances:

400IH: C. Glennon 68.0 S. Mattson 68.0

100m: N. Hoh 12.2 K. Flaherty 12.3 M. Levitsky 12.3 T. DeVita 12.4
M. LaDuca 12.6 O. Hamza 13.0 D. Felsenstein 13.0 J. Dabby 14.2 A. Gatti 14.2

1600m: A. Butler 5:02.2 S. Martyn 5:02.5 W. Jang 5:05.7 S. Spretizer 5:07.9
P. Rynkowski 5:08.2

400m: M. Grundy 55.3

110HH: T. DeVita 17.5 S. Mattson 20.3

800m: A. Ontiveros 2:19.4 S. Martyn 2:20.3 N. Francis 2:23.2 J. Reimer 2:25.6
M. Eid 2:26.5

200m: A. Monri 24.3 M. LaDuca 25.4 M. Levitsky 25.5 K. Flaherty 25.6
H. Kagai 26.6 C. Glennon 26.6 T. Cheung 26.7 D. Felsenstein 27.0
A. Gatti 29.0 J. Dabby 29.7

3200m: N. Weisberger 12:00

4x400m: A. Monri 53.8
M. Grundy 55.6
J. Jenkins 57.7
I. Hwang 54.7 -4:40.9

Long Jump: M. Levitsky 16'10" P. Nygaard 16'2 ½" A. Gatti 11'7"

Triple Jump: All scored

High Jump: All scored

Shot and Disc: T. LaFleur 36'6 ½"; T. Borgman 36'0" A. Bair 34'9" S. Etna 34'3"
J. Uzzalino 34'2 ½" Y. Ahmad 33'9" M. Stapleton 32'9" C. Dorsey 31'4"

A. Bair 101'7" M. Stapleton 101'3" C. Dorsey 92'3" M. LaFleur 81'6" J. Levitsky
78'8" Y. Ahmad 71'4" S. Etna 71'2"

Pole Vault: M. Kavanagh 9'6" T. Cheung 8'6" A. Gramaglia NH

BOYS TRACK & FIELD

Maroon throwers earn discus gold

BY GREG TARTAGLIA
Assistant Sports Editor

RIDGEWOOD — The throwers on the Ridgewood High School boys track and field team have brought a gold lining to an otherwise cloudy week for the Maroons.

At last weekend's Jack Yockers Bergen County Relays in Demarest, Ridgewood finished a disappointing sixth in Group A with 48 points, 33 behind repeat champion Don Bosco Prep. The three-man discus relay of seniors Mike Mosticchio and Tucker Borgman and sophomore Jack Simmons brought home the Maroons' sole first-place finish, combining for a gold-medal distance of 368 feet, 10 inches to beat out Hackensack by over 40 feet.

"In our first meet of the year at [the] Pawlowski [Relays on April 5], we kind of had a down meet," said Mosticchio. "In the following meet [the Comet Relays on April 12], we kind of stepped it up, and this week, we took it to another level in terms of throwing and competing."

Simmons set a personal record in the discus with his throw of 123 feet, seven inches at the county relays, while Mosticchio led all throwers with a 132-4. Borgman's effort of 112-11 was the ninth best at the meet.

The same trio combined for a third-place effort of 128 feet, 7.5

inches in the shot put relay, each putting forth a personal best. Mosticchio (44-6.5) had the sixth-longest throw, while Simmons (43-4) and Borgman (40-9) were each among the top 20.

"It was too good of a day not to throw our personal bests," Borgman said. "The weather was sunny and warm; it was perfect."

Paramus Catholic won the shot put relay with a combined distance of 135 feet, 11.5 inches from senior Manny Thomas, junior Patrick Thomas and freshman Marquise Wright.

On Tuesday, PC again got the best of the Maroons, handing them their first dual-meet loss since 2003, 67-64, at RHS Stadium.

For Ridgewood head coach Josh Saladino, though, the team's outing at the Bergen County Relays was still the greatest cause for concern.

"I was very disappointed in our performance over the weekend," said Saladino. "We under-performed in every area except for the 400 hurdles, the pole vault, the shot put and the discus. And it's 15 events, so when you under-perform in 11 of them, usually the results speak for themselves."

The Maroons' three-man pole vault relay cleared a combined height of 32 feet, good for second place behind Old Tappan (36 feet). Juniors Max Witt and Nick Stitt each vaulted 11 feet, while sophomore John Wisener topped out at 10 feet.

Ridgewood senior Akira Monri saw his first major-meet action since suffering a hamstring pull in January and led a second-place finish in the 400-meter hurdle relay. Monri (57.6 seconds) teamed up with senior Peter Nygaard (1:01.0) and freshman InSoo Hwang (1:01.2) to clock 2:59.8, just under six seconds behind Don Bosco's trio of Steve Wexler, Frank Gassert and Matt Suozzi.

"In terms of somebody really going for it at the county relays, Akira was a nice surprise for us," Saladino said. "He did risk re-injuring his hamstring, but he said that if he ended up getting hurt county relays and not being able to compete in the Penn Relays, then fine. He wasn't really interested in his individual races first."

Monri will be the Maroon boys' lone entry into this weekend's Penn Relays at Franklin Field in Philadelphia, running in the 400-meter hurdle race at 9 a.m. tomorrow.

4/25

RHS News

FRIDAY, APRIL 25, 2008

TRACK RANKINGS

BOYS TOP 25

1. Don Bosco
2. Old Tappan
3. Demarest
4. Bergen Catholic
5. Ramsey
6. Wayne Valley
7. Teaneck
8. Hackensack
9. Ridgewood
10. Indian Hills
11. River Dell
12. Tenafly
13. Cresskill
14. Mahwah
15. Englewood
16. Paramus Catholic
17. New Milford
18. Hasbrouck Heights
19. Park Ridge
20. Pascack Hills
21. Passaic Tech
22. Bergen Tech
23. Wood-Ridge
24. Kennedy
25. West Milford

GIRLS TOP 25

1. Immaculate Heart
2. Ridgewood
3. Ramapo
4. Ramsey
5. Clifton
6. Indian Hills
7. Westwood
8. Paramus Catholic
9. Old Tappan
10. Mahwah
11. Holy Angels
12. Pascack Hills
13. Demarest
14. No. Highlands
15. Wayne Valley
16. River Dell
17. Teaneck
18. Waldwick
19. Lakeland
20. Hasbrouck Heights
21. Kennedy
22. Park Ridge
23. Ridgefield Park
24. West Milford
25. DePaul

Penn Relays
@ Philadelphia

April 26th

400IH: Akira Monri **56.60**

A light entry but a good race for Akira -- a personal best.

Ridgewood 80**Montclair 51**

April 29, 2008 – 65 clear @ Paramus

400 IH: Ridgewood: 6 Montclair: 3
1-Akira Monri (R) 58.3 2-J. Gaither (M) 61.4 3-InSoo Hwang (R) 61.7
Others: M. Beausoleil 67.4; A. Mandarano 67.9; C. Glennon 69.0; S. Mattson 69.3

100m: Ridgewood: 3 Montclair: 6
1-Nelson (M) 11.2 2-Max Witt (R) 11.4 3-Moss (M) 11.6
Others: N. Hoh; 12.1; M. Levitsky 12.2; K. Flaherty 12.5; B. Walsh 13.0; S. Khalsa 13.1;
O. Hamza 13.2; S. Sapienza 13.6; D. Felsenstein 13.6; H. Kagai 14.0; A. Gatti 14.6
J. Dabby 14.6

1600m: Ridgewood: 6 Montclair: 3
1-Taro Shigenobu (R) 4:37 2-Montclair 4:46 3-Andrew Fine (R) 4:47
Others:

400m: Ridgewood: 1 Montclair: 8
1-J. Nelson (M) 54.1 2-J. Moss (M) 3-InSoo Hwang (R) 56.0
Others: M. Grundy 56.9; S. Coopersmith 59.3; E. Blair 60.2; A. Ontiveros 60.9;
S. Khalsa 63.2

110HH: Ridgewood: 9 Montclair: 0
1-Akira Monri (R) 15.1 2-Peter Nygaard (R) 15.8 3-Tommy DeVita (R) 17.4
Others: T. DeVita 17.4; A. Mandarano 18.8; S. Mattson 19.8; M. Beausoleil 21.5

800m: Ridgewood: 9 Montclair: 0
1-Taro Shigenobu (R) 2:07 2-Justin Jenkins (R) 2:13 3-Akira Monri (R) 2:16
Others:

200m: Ridgewood: 0 Montclair: 9
1-Nelson (M) 22.8 2-Moss (M) 23.7 3-Herrin (M) 23.9
Others: I. Hwang 24.1; M. Levitsky; P. Nygaard 24.3; Max Witt 24.4; M. LaDuca 25.5;
K. Flaherty 25.6; B. Walsh 25.6; E. Blair 26.0; M. Maniaci 26.0; C. Glennon 26.7;
D. Felsenstein 27.0; O. Hamza 27.6; S. Sapienza 27.8; H. Kagai 29.1; A. Gatti 29.3;
J. Dabby 30.6

3200m: Ridgewood: 9 Montclair: 0
1-Nick Rudd (R) 10:39 2-Brian Cleary (R) 10:40 3-Andrew Fine (R) 10:40
Others:

4x400m: Ridgewood: 0 Montclair: 5
1-Paramus 3:45 2-Ridgewood 3:56.1
(M. Grundy 56.5; S. Coopersmith 60.3; E. Blair 60.7; J. Jenkins 58.8)

Long Jump: Ridgewood: 9 Montclair: 0
1-Max Witt (R) 17' ½" 2-Mike Kavanagh (R) 16' 11 ½" 3-Peter Nygaard (R) 16' 4"
Others: M. Levitsky 14' 7"; E. Blair 10' 8"

Triple Jump: Ridgewood: 9 Montclair: 0
1-Peter Nygaard (R) 36' 8 ½" 2-Tommy DeVita (R) 35' 10 ½"
3-A.J. Mandarano (R) 35' 10"
Others: M. Kavanagh 35' 9 ½"; M. Beausoleil 33' 5"

High Jump: Ridgewood: 6 Montclair: 3
1-Tommy DeVita (R) 6' 0" 2-Spencer (M) 6' 0" 3-Matt Levitsky (R) 5' 4"
Others: M. Kavanagh 5' 2"; M. Beausoleil NH

Pole Vault: Ridgewood: 9 Montclair: 0
1-Max Witt (R) 11' 0" 2-Mike Kavanagh (R) 9' 6" 3-Nick Stitt (R) 9' 0"
Others: A. Gramaglia NH

Shot Put: Ridgewood: 3 Montclair: 6
1-J. Adams (M) 45' 7 ½" 2-Mike Mosticchio (R) 44 1 ½" 3-Blake Hughes (M) 40' 10"
Others: J. Simmons 40' ½" B. Remmen 38' 5"; T. Brogman 37' 4"; M. LaFleur 37' 1";
A. Bair 36' 10"; M. Krauss 35' 10"; J. Uzzalino 35' 1"; S. Etna 33' 10"; \
M. Stapleton 32' 10"; C. Dorsey 32' 0"; Y. Ahmad 31' 5 ½"; J. Levitsky 28' 2"

Discus: Ridgewood: 1 Montclair: 8
1-Blake Hughes (M) 115' 6" 2-Rimple (M) 136' 3" 3-Mike Mosticchio (R) 135' 7"
Others: B. Remmen 125' 10"; J. Simmons 116' 3" T. Borgman 114' 11";
M. Stapleton 111' 8"

Ridgewood 82

Paramus 49

April 29, 2008 – 65 clear @ Paramus

400 IH: Ridgewood: 4

Paramus: 5

1-J. Vargas (P) 56.2 2-Akira Monri (R) 58.3 3-InSoo Hwang (R) 61.7

Others: M. Beausoleil 67.4; A. Mandarano 67.9; C. Glennon 69.0; S. Mattson 69.3

100m: Ridgewood: 6

Paramus: 3

1-Max Witt (R) 11.4 2-Moffit (P) 11.8 3-Noah Hoh (R) 12.1

Others: M. Levitsky 12.2; K. Flaherty 12.5; B. Walsh 13.0; S. Khalsa 13.1;

O. Hamza 13.2; S. Sapienza 13.6; D. Felsenstein 13.6; H. Kagai 14.0; A. Gatti 14.6

J. Dabby 14.6

1600m: Ridgewood: 6

Paramus: 3

1-Taro Shigenobu (R) 4:37 2-N. Fiorano (P) 4:46 3-Andrew Fine (R) 4:47

Others:

400m: Ridgewood: 4

Paramus: 5

1-J. Spekter (P) 53.9 2-InSoo Hwang (R) 56.0 3-Matt Grundy (R) 56.9

Others: S. Coopersmith 59.3; E. Blair 60.2; A. Ontiveros 60.9; S. Khalsa 63.2

110HH: Ridgewood: 6

Paramus: 3

1-Akira Monri (R) 15.1 2-J. Vargas (P) 15.3 3-Peter Nygaard (R) 15.8

Others: T. DeVita 17.4; A. Mandarano 18.8; S. Mattson 19.8; M. Beausoleil 21.5

800m: Ridgewood: 8

Paramus: 1

1-Taro Shigenobu (R) 2:07 2-Justin Jenkins (R) 2:13 3-J. Spekter (P) 2:16

Others:

200m: Ridgewood: 9

Paramus: 0

1-InSoo Hwang (R) 24.1 2-Matt Levitsky (R) 24.2 3-Peter Nygaard (R) 24.3

Others: Max Witt 24.4; M. LaDuca 25.5; K. Flaherty 25.6; B. Walsh 25.6; E. Blair 26.0;

M. Maniaci 26.0; C. Glennon 26.7; D. Felsenstein 27.0; O. Hamza 27.6;

S. Sapienza 27.8; H. Kagai 29.1; A. Gatti 29.3; J. Dabby 30.6

3200m: Ridgewood: 9

Paramus: 0

1-Nick Rudd (R) 10:39 2-Brian Cleary (R) 10:40 3-Andrew Fine (R) 10:40

Others:

4x400m: Ridgewood: 0

Paramus: 5

1-Paramus 3:50 2-Ridgewood 3:56.1

(M. Grundy 56.5; S. Coopersmith 60.3; E. Blair 60.7; J. Jenkins 58.8)

Long Jump: Ridgewood: 4

Paramus: 5

1-N. Vashasasia (P) 17'8 ½" 2-Max Witt (R) 17' ½" 3-Mike Kavanagh (R) 16'11 ½"

Others: P. Nygaard 16'4"; M. Levitsky 14'7"; E. Blair 10'8"

Triple Jump: Ridgewood: 1 Paramus: 8
1-J. Vargas (P) 38'11 1/2" 2-J. Kim (P) 37'2" 3-Peter Nygaard (R) 36'8 1/2"
Others: T. DeVita 35'10 1/2"; A. Mandarano 35'10"; M. Kavanagh 35'9 1/2";
M. Beausoleil 33'5"

High Jump: Ridgewood: 5 Paramus: 4
1-Tommy DeVita (R) 6'0" 2-Paramus 5'8" 3-J. Vargas (P) 5'6"
Others: M. Levitsky 5'4"; M. Kavanagh 5'2"; M. Beausoleil NH

Pole Vault: Ridgewood: 5 Paramus: 4
1-Max Witt (R) 11'0 2-J. Kim 10'6" 3-Paramus 10'
Others: M. Kavanagh 9'6"; N. Stitt 9'0"; A. Gramaglia NH

Shot Put: Ridgewood: 6 Paramus: 3
1-Mike Mosticchio (R) 44 1 1/2" 2-Foster (P) 42'3" 3-J. Simmons 40' 1/2"
Others: B. Remmen 38'5"; T. Brogman 37'4"; M. LaFleur 37'1"; A. Bair 36'10";
M. Krauss 35'10"; J. Uzzalino 35'1"; S. Etna 33'10"; M. Stapleton 32'10";
C. Dorsey 32'0"; Y. Ahmad 31'5 1/2"; J. Levitsky 28'2"

Discus: Ridgewood: 9 Paramus: 0
1-Mike Mosticchio (R) 135'7" 2-Bryan Remmen (R) 125'10" 3-J. Simmons 116'3"
Others: T. Borgman 114'11"; M. Stapleton 111'8"

TRACK BESTS

BOYS

100 (11.3) — Lomie Cunningham, Bergen Tech, 10.6; Marvin Whilby, Don Bosco, 10.7; Ryan K. Williams, St. Joseph, 11.1; Nick Gerst, Bergen Catholic, 11.1; Casey Pleasants, Teaneck, 11.2; Max Whit, Ridgewood, 11.2; Yee Joon Chun, Demarest, 11.2; Jake Hubschman, Demarest, 11.3; Tom DiBanca, Wayne Hills, 11.3; McNamara, Don Bosco, 11.3.

200 (23.5) — Cunningham, Bergen Tech, 22.0; Damian Miles, Teaneck, 22.2; David Butler, Teaneck, 22.4; Whilby, Don Bosco, 22.4; John Sam, Bergen Catholic, 22.8; Will Ring, Bergen Catholic, 22.8; Jake Hubschman, Demarest, 23.0; James Doherty, Tenafly, 23.3; Chris Cagliao, Paramus Catholic, 23.5.

400 (53.5) — Barry Allen, Teaneck, 50.5; Jake Hubschman, Demarest, 52.0; Tom Randall, Bergen Catholic, 52.0; Mike Brown, Westwood, 52.2; Pat Ringelstein, Bergen Catholic, 52.9; Yee Joon Chun, Demarest, 53.0.

800 (2:05) — Joe Amaresano, Don Bosco, 2:03.

1600 (4:40) — Mike Mitchell, Bergen Tech, 4:36; Shinagobu, Ridgewood, 4:37.

3200 (10:20) — Mitchell, Bergen Tech, 10:03; Michael Beiglione, Don Bosco, 10:11; Matt Wyatt, Demarest, 10:20; Nick Adamo, Demarest, 10:20.

110MH (16.2) — Monri, Ridgewood, 15.1; Victor Serito, Bergen Catholic, 15.2; Vargas, Paramus, 15.3; Brandon Hambric, Teaneck, 15.4; Anthony Morelli, Demarest, 15.4; Salwyn Maxwell, Don Bosco, 15.5; Peter Nygaard, Ridgewood, 15.8; John Montroy, Bergen Tech, 15.8; Kadeem Galther, Kennedy, 15.9; Dan Plekhov, Bergen Tech, 16.0; Doherty, Tenafly, 16.0; Andrew Dyer, Demarest, 16.2.

490M (60.0) — Joe Vargas, Paramus, 56.2; Steve Wexler, Don Bosco, 58.0; Mac Sakchutzhwan, Hasbrouck Heights, 58.4; Akira Monri, Ridgewood, 58.4; Brandon Hambric, Teaneck, 59.4; Matt Selle, Wood-Ridge, 59.5; Frank Gassert, Don Bosco, 60.0.

1600M relay (3:40) — Bergen Catholic, 3:36.5; Westwood, 3:39.

Long jump (19-6) — Dan Wu, Tenafly, 21-10 1/4; Bostick, Bergen Catholic, 20-10 1/2; Hyato Yamaine, Demarest, 19-6 1/2; Doherty, Tenafly, 19-11 1/4; Dahn Pratt, Teaneck, 19-11 1/2; Aaron Yaslow, Demarest, 19-8 1/2.

Triple jump (39-6) — Bostick, Bergen Catholic, 46-4; Wu, Tenafly, 43-2 1/4; Max Bosco, Demarest, 40-7; Dahn Pratt, Teaneck, 40-2 3/4; Serito, Bergen Catholic, 40-1 1/4.

High jump (5-10) — Keith Slade, Kennedy, 6-2; Kevin Bostick, Bergen Catholic, 6-0; Serito, Bergen Catholic, 6-0; Craig Hall, Kennedy, 6-0; Tommy DeVita, Ridgewood, 6-0; Max Bosco, Demarest, 6-0; J.T. Kim, Demarest, 5-10; Max McGinley, Demarest, 5-10.

Pole vault (11-6) — Kenny Baron, Demarest, 13-0; Pete Matano, Wayne Hills, 13-0.

Discus (135) — Collie, Kennedy, 146-7; Steve Malone, Kennedy, 138-1; Mike Mostichio, Ridgewood, 135-7.

Javelin (160) — Joe Gingerelli, Wood-Ridge, 180-10; Marc Peck, Hasbrouck Heights, 165-3; Chris Luna, Wood-Ridge, 161-9.

Shot put (46) — Pat Thomas, Paramus Catholic, 49-5 1/2; Jake Sickinger, Westwood, 47-0; Joe Gingerelli, Wood-Ridge, 46-4; Jordan Migliore, Demarest, 46-3; Darien Collie, Kennedy, 46-0.

BOYS TRACK

4/30/08

Bergen Catholic 83, Passaic 44
Bergen Catholic 85, Clifton 46
Bergen Tech 79, Kennedy 52
Clifton 81, Passaic 49
Demarest 111, Wayne Hills 20
Don Bosco 92, Kennedy 39
Don Bosco 80, Bergen Tech 51
Eastside 72, Barringer 48
Fair Lawn 67, Northern Highlands 64
Hackensack 90, Eastside 41
Hackensack 108, Barringer 17
Hasbrouck Heights 78, Wood-Ridge 53
Hasbrouck Heights 96, Secaucus 35
Manchester 110, Paterson Catholic 29
Manchester 129, Hawth. Christian 11
Manchester 75, Hawthorne 65
Manchester 59, Eastern Christian 41
Nutley 57, Bloomfield 55
Paramus 70, Montclair 59
Paramus Catholic 74, St. Joseph 53
Paramus Catholic 92, Belleville 38
Ridgewood 80, Paramus 51
Ridgewood 85, Montclair 46
St. Joseph 81, Belleville 31
Teaneck 86, Nutley 36
Teaneck 84, Bloomfield 37
Tenafly 74, Westwood 66
Wood-Ridge 97, Secaucus 34

Ironman Invite
@ Don Bosco

May 1, 2008

Shot Put: Mike Mosticchio 44'11" – 6th Place; Jack Simmons 41'7 ½"
Bryan Remmen 40'0"; Tucker Borgman NM

Discus: Mike Mosticchio 131'6" – 2nd Place;
Jack Simmons 118'8" – 6th Place
Bryan Remmen 118'7" – 7th Place
Tucker Borgman NM

Pole Vault: Mike Kavanagh 10'0"; John Wisener 10'0"; Max Witt NH

Long Jump: Mike Kavanagh 17'11" – 8th Place; Max Witt 17'2"

Triple Jump: Peter Nygaard 37'5 ¼" – 7th Place; Mike Kavanagh 36'3"

High Jump: Tommy DeVita 6'0" – 2nd Place

5000: Andrew Fine 16:31.22; Nick Rudd 17:05.90

1-1-2-4: Max Witt, Peter Nygaard, InSoo Hwang, Akira Monri DQ

1500m Taro Shigenobu 4:10.39 – 4th Place
Brian Cleary 4:24.03; David DeSimone 4:28.45

100m: Max Witt 12.17

110HH: Akira Monri 15.5/ 15.4/ 14.9 – 4th Place
Peter Nygaard 15.7/ 15.8/ 15.8 – 6th Place; Tommy DeVita 17.0

400m: InSoo Hwang 54.14; Matt Grundy 55.17

A good meet – a lot of personal bests and seasonal bests

Bergen Tech's Mitchell finds pace

By GREGORY SCHUTTA
STAFF WRITER

RAMSEY - Mike Mitchell prefers running on grass. But the senior from Bergen Tech didn't do too badly on the track Thursday.

Mitchell ran the 5,000 meters in 15 minutes, 49.16 seconds to win the first-place trophy at the inaugural Ironman Invitational track meet at Don Bosco.

"I've never run a 5K on the track so that was kind of fun," said Mitchell, who has run 15:38 for 5,000 meters in cross-country. "On the track, you

TRACK & FIELD IRONMAN INVITATIONAL

can kind of moderate your pace a little. If you slow down, somebody will yell out a split and you can take off. Off the track, it's kind of a free for all."

Mitchell took control early in the 12½-lap race and cruised to a five-second win over second-place Matthew Wyatt of Demarest.

"I came up here looking for a competitive race," Mitchell said. "A faster race probably would have been better for me."

The fans got a faster race minutes later when Brett Johnson of Ocean City blazed around the track in the 1,500 to finish in a remarkable time of 3:53.71. It was the highlight of the meet, cutting more than three seconds off the nation's best time this year (3:56.92).

Don Bosco's Robert Molke finished second in 4:05.19.

5/2/08

Fordham Prep dominated in the jumps and the sprints, winning six of the 15 events and finishing second in four others, to win the meet with 152 points. Don Bosco was second with 106½ and Hackensack third with 88½.

Bosco coach Rob DeCarlo is hoping to make the meet an annual event, featuring some events like the 5,000 and 1,500 that are not typically run on the track in high school.

"We put a few of those events in to give kids a chance to maybe get national qualifying times," he said.

Jermaine Boyd and Debonair Clinkscales helped lift Hackensack to a third-place finish with three top finishes of their own.

Boyd won both hurdles races in personal-best times, the intermediates in 55.16 seconds and the high hurdles in 14.5.

"Those are my personal bests, but they're just a step in trying to get better," the senior said. "I'm trying to get All-County, and I want to place in the State."

Clinkscales followed up a fourth-place finish in the shot put by winning the discus with a personal best of 143 feet, 6 inches on his final throw.

Demarest's Ken Baron didn't reach his personal best in the pole vault, but it wasn't for lack of trying.

Baron, who cleared 13-6 for the first time two weeks ago, initially cleared 13 Thursday to win the meet and immediately set the bar at 14-1 to try to break the school record (14-0).

TRACK & FIELD

IRONMAN INVITATIONAL

AT DON BOSCO

TEAM SCORES: 1. Fordham Prep (FP) 152; 2. Don Bosco (DB) 106.5; 3. Hackensack (H) 88.5; 4. Demarest (DEM) 78; 5. Ridgewood (RW) 44; 6. Leonia (LEO) 33; 7. DePaul (DEP) 28; Tie 8. Ocean City (OC) and Bergen Tech (BT) 10; Tie 10. Xavier (X) and River Dell (RD) 3.

100: 1. Marvin Whilby (DB) 11.11; 2. Bruce Grant (FP) 11.50; 3. LaRue Harris (H) 11.54; 4. Jared Blake (FP) 11.83; 5. Ryan McNamara (DB) 11.85; 6. Jake Hubschman (DEM) 12.49.

400: 1. Zachary Keefer (FP) 49.73; 2. Jake Hubschman (DEM) 51.02; 3. Sal Giardina (DEP) 51.64; 4. Ronald Bembry (H) 52.66; 5. Conroy Walker (H) 52.77; 6. Billy Griffith (DB) 53.27; 7. Ramzy Salem (FP) 53.29; 8. Yee Joon Chun (DEM) 53.83.

1500: 1. Brett Johnson (OC) 3:53.71; 2. Robert Molke (DB) 4:05.19; 3. Michael Jennings (FP) 4:05.34; 4. Taro Shigenobu (RW) 4:10.39; 5. Victor Lopez (LEO) 4:12.74; 6. Stephen Wyka (DB) 4:13.17; 7. Stephen Flanagan (DB) 4:13.72; 8. Harley Griffiths (FB) 4:14.90.

5000: 1. Mike Mitchell (BT) 15:49.16; 2. Matthew Wyatt (DEM) 15:54.63; 3. Rafael Vargas (DB) 16:05.84; 4. Howard Rosas (DB) 16:15.49; 5. Nicholas Adamo (DEM) 16:23.74; 6. Mike Famularo (RD) 16:26.13; 7. Brendan Offer (DB) 16:27.70; 8. Edward Jennings (FP) 16:29.03.

110 Hurdles: 1. Jermaine Boyd (H) 14.50; 2. Wayne Seaton (FP) 14.60; 3. Donovan Bolden (LEO) 14.90; 4. Akira Monri (RW) 14.90; 5. Selwyn Maxwell (DB) 15.5; 6. Peter Nygaard (RW) 15.80.

400 Hurdles: 1. Jermaine Boyd (H) 55.16; 2. Wayne Seaton (FP) 55.81; 3. Frank Gassert (DB) 59.03; Tie 4. Brandon Cobb (H) and Matthew Suozzi (DB) 59.42; 5. Daniel Fitzgibbons (DB) 1:00.53; 7. Albert Alarcon (LEO) 1:01.12; 8. Andrew Dyer (DEM) 1:02.15.

4-x-200: 1. Fordham Prep A (Bruce Grant, Juan Carlos Petrovich, Zachary Keefer, Wayne Seaton) 1:32.57; 2. Don Bosco 1:32.98; 3. Leonia 1:34.57; 4. De-

Paul 1:40.18; 5. Fordham Prep B 1:40.98.

4-x-800: 1. Fordham Prep A 8:22.81; 2. Don Bosco A 8:23.74; 3. Fordham Prep B 8:59.09.

800 Medley: 1. Hackensack (LaRue Harris, Conroy Walker, Lawrence Banton, Ronald Bembry) 1:35.91; 2. Don Bosco 1:36.38; 3. Fordham Prep A 1:37.74; 4. DePaul 1:39.87; 5. Ridgewood 1:42.34; 6. Xavier 1:46.74; 7. Fordham Prep B 1:49.41.

Shot Put: 1. Jordan Migliore (DEM) 49-7; 2. Nick Sengatta (DEP) 48-7; 3. Jon Annunziata (FP) 46-9; 4. Debonair Clinkscales (H) 46-1; 5. Junior Solice (H) 45-0; 6. Michael Mosticchio (RW) 44-10; 7. William Thimmel (DB) 44-9; 8. Ryan Lyver (FP) 44-1.

Discus: 1. Debonair Clinkscales (H) 143-6; 2. Michael Mosticchio (RW) 131-6; 3. William Majeski (DEM) 125-9; 4. William Thimmel (DB) 124-1; 5. Paul Canevari (DB) 120-7; 6. Jack Simmons (RW) 118-8; 7. Bryan Remmen (RW) 118-7; 8. Tim Byrne (DB) 118-1.

High Jump: 1. Jourdan White (FP) 6-2; 2. Tommy DeVita (RW) 6-0; 3. Jin Tae Kim (DEM) 5-10; 4. Jong Won Park (LEO) 5-10; 5. Max McGinley (DEM) 5-8; 6. Max Bosco (DEM) 5-8; 7. Jake McFadden (DB) 5-6.

Long Jump: 1. Andrew Hemmings (FP) 20-3¼; 2. Jourdan White (FP) 19-7½; 3. Lawrence Banton (H) 19-7; 4. Aaron Yoselow (DEM) 19-4; 5. Sal Giardina (DEP) 19-4; 6. Chris Carillo (LEO) 18-11¼; 7. Terry Oh (LEO) 18-5½; 8. Michael Kavanagh (RW) 17-11.

Triple Jump: 1. Andrew Hemmings (FP) 42-10½; 2. Lawrence Banton (H) 42-9½; 3. Brandon Cobb (H) 41-7¼; 4. Chris Carillo (LEO) 40-7; 5. Max Bosco (DEM) 38-7; 6. Jin Tae Kim (DEM) 38-5; 7. Peter Nygaard (RW) 37-5¼; 8. Aaron Yoselow (DEM) 37-4¼.

Pole Vault: 1. Kenneth Baron (DEM) 13-0; 2. Scott Weismiller (DB) 12-6; 3. John Horvath (FP) 12-0; 4. James Schindler (FP) 12-0; 5. Keegan Talty (FP) 11-6; 6. Anthony Carr (FP) 11-6; 7. Tie: Andrew Petrovich (FP), Thomas Ferguson (FP) and Yaniv Sofer (DEM) 11-0.

5/2 Heights keeps rolling

Aviators close in on 13th straight title

By PAUL SCHWARTZ
and GREG SCHUTTA
STAFF WRITERS

The number 13 has turned out to be a very lucky one for the Hasbrouck Heights girls track team and coach Rob Brady.

With Tuesday's convincing victories over Wood-Ridge and Secaucus in a tri-meet, the Aviators notched their 13th consecutive undefeated dual meet season, and moved one step closer to their 13th straight league title, since 1998 in the BCSL National and in 1996 and 1997 in the BCSL Olympic.

"I think the girls take a lot of pride in going undefeated [in duals]," said Brady, a Heights graduate who took over as the boys and girls track coach in 1996 and has known nothing but wins in league duals ever since. "We talk about it every season. It helps the kids focus on every dual meet."

Hasbrouck Heights, 8-0 in the league, still must do well in the league championship meet Wednesday and Thursday at Overpeck Park in Palisades Park to clinch the BCSL National title.

But right now Hasbrouck Heights can take pride in a streak that has reached 104 dual meet wins in the league. Brady remembers some close calls, including a tough seven-point win over Wood-Ridge in 2004.

"They had a team that year that

matched up with us very well," he said. "North Arlington was very good in the late Nineties, and we had some good battles with them."

The Aviators shoot for a fourth straight National boys title while New Milford tries to become the first team to win back-to-back Olympic boys titles since Leonia won in 2000 and 2001. Look for Cresskill and Park Ridge to give the Knights a strong run and Wood-Ridge to give Heights trouble in the National division.

Heights won't have any trouble winning a third straight league meet title in the girls National division, while Park Ridge is favored to win its third straight league meet title in the Olympic division.

SPRING BREAK NO PROBLEM: Pasack Hills had some missing athletes in their trip to the Twin-Boro Relays, but those who showed led the Cowboys to the Group 2 championship by more than 11 points over Ramsey.

"We didn't have a full team out there [because of the spring vacation]," Pasack Hills coach Sean Boyle said. "But everybody chipped in and did a real nice job. I'm real proud of them for contributing to this team victory."

Hills won only one event, the 4-x-200, with Erik Jorgenson, Chet Palumbo, Jeff Cataraso and Sammy Smith combining to run 1:34.8. Smith also took second in the open 100 and Hills was second in the intermediate hurdles relay and had three third-place finishes.

That was a nice warm-up for Thursday's NBIL championships at Mahwah, which includes five ranked boys and eight ranked girls teams.

The meet returns to a two-division format after last year's true league title, won by the Old Tappan boys and Ramapo girls, the latter by one point.

Look for Old Tappan to battle Demarest for the boys 1 title and Ramsey, Pasack Hills and Mahwah for the boys 2 title. Ramapo and Ramsey are favored for the girls titles.

MOORE IS BETTER: Senior Dana Corasanti and sophomore Jen Becker were expected to run well in the intermediate hurdles relay last Saturday at the Twin-Boro Relays, and they did. But the reason Hawthorne upset Pasack Hills to win the event at Ramsey was the Bears' third leg, junior Erin Moore.

"That was the best I've ever run," said Moore after taking nearly three seconds off of her personal best of 1:18.0 to help the Bears combine for a 3:37.2, more than 1½ seconds ahead of the Cowgirls. "It was nice to win the event. Dana and Jen did a great job and I tried to stay with them."

GIRLS

1. IHA	11. Mahwah
2. Ridgewood	12. Holy Angels
3. Ramapo	13. Demarest
4. Ramsey	14. No. High
5. Clifton	15. Wayne Valley
6. Indian Hills	16. River Dell
7. Paramus Catholic	17. Teaneck
8. Old Tappan	18. Watchick
9. Westwood	19. Lakeland
10. Pasack Hills	20. Hasbrouck Hts.
21. Kennedy	22. Park Ridge
23. Ridgely Park	24. West Milford
25. DePaul	

BOYS

1. Don Bosco	11. River Dell
2. Old Tappan	12. Tenafly
3. Demarest	13. Cresskill
4. Bergen Catholic	14. Mahwah
5. Ramsey	15. Englewood
6. Wayne Valley	16. Paramus Cath.
7. Teaneck	17. Pasack Hills
8. Hackensack	18. New Milford
9. Ridgewood	19. Hasbrouck Hts.
10. Indian Hills	20. Park Ridge
21. Passaic Tech	22. Bergen Tech
23. Wood-Ridge	24. Kennedy
25. West Milford	

Hawthorne hopes its solid fifth-place finish in the Group 2 portion of the meet will propel it to improve on last year's third-place finish in the B-PSL King division meet Tuesday and Wednesday at Glen Rock in the season's first league championship. Garfield is favored to win its third title in four years while Waldwick should win a third straight Carpenter girls title.

Garfield shoots for a seventh King boys title in eight years and the Carpenter division should be a battle between defending champ Pompton Lakes and Saddle Brook.

5/9/08

KEY SPORTS

Track rankings

Boys

1. Don Bosco
2. Old Tappan
3. Demarest
4. Bergen Catholic
5. Ramsey
6. Wayne Valley
7. Teaneck
8. Hackensack
9. Ridgewood
10. Indian Hills
11. River Dell
12. Tenafly
13. Cresskill
14. Mahwah
15. Englewood
16. Paramus Catholic
17. Pascack Hills
18. New Milford
19. Hasbrouck Heights
20. Park Ridge
21. Passaic Tech
22. Bergen Tech
23. Wood-Ridge
24. Kennedy
25. West Milford

Girls

1. Immaculate Heart
2. Ridgewood
3. Ramapo
4. Ramsey
5. Clifton
6. Indian Hills
7. Paramus Catholic
8. Old Tappan
9. Westwood
10. Pascack Hills
11. Mahwah
12. Holy Angels
13. Demarest
14. Northern Highlands
15. Wayne Valley
16. River Dell
17. Teaneck
18. Waldwick
19. Lakeland
20. Hasbrouck Heights
21. Kennedy
22. Park Ridge
23. Ridgefield Park
24. West Milford
25. DePaul

Through Wednesday

All roads lead to Teaneck win

Highwaymen halt Ridgewood

By GREGORY SCHUTTA
STAFF WRITER

CLIFTON — The air was filled with the sounds of buses roaring to life and pulling away from the field. But as the stands at Clifton Stadium emptied following the NNJIL track and field championships Saturday, there remained a small sea of blue in one corner of the nearly empty bleachers.

The Teaneck boys team had a good idea of what it had just accomplished, but the Highwaymen were not about to leave until they heard it live. And when the announcement finally came, a roar erupted from that corner of the bleachers.

Damian Miles won the 200 and 400 and anchored the winning relay as Teaneck ended Ridgewood's seven-year stranglehold on the NNJIL Division B championship with a 120-110 win.

"This is really big for us because we did it together as a team," Miles said. "And doing it in my senior year was even better."

"We've gotten close a couple of times," coach Michele McMillan said after her team won the meet for the first time in her 19 years as head coach. "This is so sweet. It gets us to the next level."

Hackensack outlasted Kennedy, 129-102, to win its second straight Division A boys title, and Don Bosco rolled to its eighth straight title with a 101-78 victory over Bergen Catholic in boys Division C.

Immaculate Heart regained the Division C girls title with an 83.5-59 victory over Paramus Catholic, one year after IHA saw its run of six straight meet titles ended by the Paladins. Ridgewood won its fifth straight title, 211-84, over

Teaneck in Division B.

Clifton won its fourth straight Division A championship, 197-84, over Hackensack.

"They lost their first dual meet in three years two weeks ago against IHA, and that pushed them [Saturday]," Clifton girls coach Andy Piotrowsky said. "Our focus has been on the County meet [Wednesday and Thursday] and this is a great confidence boost."

Kristen Venning had her best meet of the year, winning the 100 (12.77) and the high jump (5-2), finishing second in the long jump (17-2) and third in the 200 (26.59), all personal-best times. Pole vaulter Emily Urciuoli also tied her best height outdoors, winning with a vault of 11-6.

Miles helped Teaneck to its thrilling win by winning the 200 (22.02) and the 400 (50.04), beating Ridgewood ace Akira Monri in the 400, and anchoring the winning relay in 3:28.17. And he did all of it in one day after Friday's opening events were rained out.

"My legs are a little shaky," he said. "It was kind of hard running two tough 400s and then coming back and running the 200."

He had a hand in three of Teaneck's six gold-medal performances. David Butler (100), Brandon Hambric (110 hurdles) and Jason Alexander (triple jump) had the others.

Janay Mitchell provided another highlight for Teaneck on the girls' side, winning the 200 in 24.89 seconds to break the school record of 24.9 held by Nicole Golden and Michelle Forrester. Mitchell also won the 100 (12.06).

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5/11

NNJIL Championship @ Clifton**May 7, 9-10th****Wednesday:**

Javelin: M. Maniaci 147'7" – 2nd Place; K. Flaherty 125'2";
M. Mosticchio 119'2"

Friday:

200m: M. Grundy 24.83; M. Witt 24.31; M. Levitsky 24.91

3200m: T. Shigenobu 9:52.30 – 1st Place; A. Fine 10:04.67 – 2nd Place;
N. Rudd 10:30.87 – 4th Place

400IH: I. Hwang 61.14 – 3rd Place; P. Nygaard 63.91

Long Jump: M. Witt 17'10"; M. Kavanagh 17'2"; A. Mandarano 16'6"

Shot Put: J. Simmons 43'5" – 6th Place; B. Remmen 40'9"; M. Mosticchio F

Pole Vault: N. Stitt 12'0" – 1st Place; J. Wisener 10'0" – 4th Place; A. Gramaglia 9'0"

Saturday:

100m: M. Witt 11.91; N. Hoh 12.33; M. Levitsky 12.12

110HH: A. Monri 15.29 / 15.46 – 2nd Place; P. Nygaard 16.22 / 15.88 – 6th Place;
I. Hwang 16.62

800m: T. Shigenobu 2:01.89 – 3rd Place; J. Jenkins 2:09.39
I. Hwang 2:14.67

400m: A. Monri 52.62 – 2nd Place; M. Grundy 54.34 – 6th Place

1600m: T. Shigenobu 4:40.87 – 1st Place; B. Cleary 4:43.51 – 2nd Place;
D. DiSimone 4:47.97 – 5th Place

4x400m: M. Grundy 55.6; M. Levitsky 56.5; J. Jenkins 57.7; I Hwang 53.9
3:43.85 – 5th Place

Triple Jump: A. Monri 38'10" – 6th Place P. Nygaard 37'7"; M. Kavanagh 36'10"

High Jump: T. DeVita 5'10" – 3rd Place; M. Beausoleil 5'4".; M. Levitsky NH

Discus: M. Mosticchio 140'7" – 3rd Place; J. Simmons 121'9";
B. Remmen 121'0"

2nd Place – 10 point loss. Disappointing

TRACK AND FIELD

NJHL AT CLIFTON Boys

DIVISION A

TEAM SCORES: 1. Hackensack (H) 129; 2. Kennedy (K) 102; 3. Eastside (E) 68; 4. Bergen Tech (BT) 62; 5. Clifton (C) 53; 6. Passaic (PAS) 46; 7. Barringer (BAR) 33.

100: 1. Robert East (PAS) 10.93; 2. Calvin Vaughn (BT) 11.10; 3. LaRue Harris (H) 11.39; 4. Sherwood Phillip (E) 11.43; 5. Conroy Walker (H) 11.67; 6. Lomi Cunningham (BT) 11.69.

200: 1. Robert East (PAS) 22.37; 2. Lomi Cunningham (BT) 22.38; 3. Ausar Walcott (H) 22.74; 4. Conroy Walker (H) 23.40; 5. Hanni Abukhater (C) 23.50; 6. William Jones (BAR) 23.68.

400: 1. Ausar Walcott (H) 49.22; 2. Marcos McKenzie (E) 49.55; Hanni Abukhater (C) 51.85; 4. Gabriel Centeno (C) 52.91; 5. Orlando Forrest (K) 53.81; 6. Ali Jones (BAR) 54.01.

800: 1. William Jones (BAR) 2:01.70; 2. Timothy DuWhite (PAS) 2:02.85; 3. Joel Douglas (H) 2:03.96; 4. Victor Almonte (C) 2:04.58; 5. Addelaziz N'Goan (BT) 2:06.14; 6. Willie Lewis (E) 2:07.95.

1600: 1. Salim Corbin (E) 4:28.49; 2. Jorge Beltre (K) 4:35.69; 3. Michael Mitchell (BT) 4:40.53; 4. Joel Douglas (H) 4:40.95; 5. James Sahanas (C) 4:42.60; 6. Tim Kim (BT) 4:42.62.

3200: 1. Jorge Beltre (K) 9:40.52; 2. Michael Mitchell (BT) 9:46.07; 3. Salim Corbin (E) 9:59.24; 4. James Sahanas (C) 10:12.86; 5. Joel Douglas (H) 10:28.93; 6. Ziad Aburumelleh (K) 10:38.69.

4-x-400 Relay: 1. Hackensack 3:30.21; 2. Passaic 3:33.12; 3. Barringer 3:33.39; 4. Clifton 3:36.28; 5. Bergen Tech 3:42.42; 6. Kennedy 3:47.45.

110 HH: 1. Jermaine Boyd (H) 15.04; 2. John Montroy (BT) 15.27; 3. Lawrence Banton (H) 15.92; 4. Jahmier Jackson (K) 15.95.

400 IH: 1. Jermaine Boyd (H) 58.04; 2. Christopher Rodriguez (PAS) 1:00.24; 3. Brandon Cobb (H) 1:01.24; 4. Jahmier Jackson (K) 1:01.26; 5. John Montroy (BT) 1:02.14; 6. Curtis Winters (K) 1:02.63.

Shot Put: 1. Darien Collie (K) 50-0; 2. Debonair Clinkscales (H) 47-5/4; 3. Steve Malone (K) 45-3; 4. Mark Artis (BAR) 41-9; 5. Charles Davis (H) 41-8; 6. Jonathan Slade (K) 38-9/4.

Javelin: 1. Keegan Padmore (BAR) 137-0; 2. Darien Collie (K) 126-3; 3. Orlando Forrest (K) 126-0; 4. Michael Avallone (H) 123-4; 5. Danny Smith (C) 122-4; 6. Andrew Kopko (C) 118-2.

Discus: 1. Darien Collie (K) 154-0; 2. Debonair Clinkscales (H) 141-5; 3. Jonathan Slade (K) 141-0; 4. Steve Malone (K) 133-5; 5. Charles Davis (H) 109-5; 6. Mark Artis (BAR) 103-7.

High Jump: 1. Marcos McKenzie (E) 6-8; 2. Keith Slade (K) 6-0; Tie 3. Mike Forsthoft (BT) and Craig Hall (K) 5-10; 5. Addelaziz N'Goan (BT) 5-8; 6. Yusef Reaves (PAS) 5-6.

Long Jump: 1. Marcos McKenzie (E) 22-2/4; 2. Ausar Walcott (H) 20-10/4; 3. Calvin Vaughn (BT) 20-2; 4. James Jackson (E) 19-8; 5. Lawrence Banton (H) 19-7/4; 6. Curtis Winters (K) 19-2/4.

Triple Jump: 1. Marcos McKenzie (E) 44-11; 2. Conroy Walker (H) 42-3/4; Tie 3. Brandon Cobb (H) and James Jackson (E) 41-11; 5. Craig Hall (K) 40-6/4; 6. Yusef Reaves (PAS) 40-1/4.

Pole Vault: 1. George Mena (C) 12-6; 2. Stephen Mena (C) 11-0; 3. Harshit Rana (E) 11-0; 4. Leonard Grant (K) 10-0; 5. Marjo Stroni (BT) 10-0; 6. Sean Jung (BT) 9-0.

DIVISION B

TEAM SCORES: 1. Teaneck (T) 120; 2. Ridgewood (RW) 110; 3. Bloomfield (BL) 78; 4. Montclair (M) 72; 5. Paramus (PAR) 64; 6. Nutley (N) 40; 7. Belleville (BEL) 11.

100: 1. David Butler (T) 10.83; 2. Khalif Burney (N) 10.95; 3. Rashad White (T) 11.32; 4. Michael Ottey (BL) 11.33; 5. Tevin Padilla (BL) 11.42; 6. Casey Pleasants (T) 11.57.

200: 1. Damian Miles (T) 22.02; 2. David Butler (T) 22.04; 3. Khalif Burney (N) 23.19; 4. Michael Ottey (BL) 23.29; 5. Edwin Poteau (BL) 23.58; 6. Joseph Nelson (M) 23.67.

400: 1. Damian Miles (T) 50.04; 2. Akira Monri (RW) 52.62; 3. Hesham Azzam (T) 53.00; 4. Stefan Williams (BL) 53.56; 5. Ilya Spector (PAR) 54.15; 6. Matt Grundy (RW) 54.34.

800: 1. Zachary Herring (M) 1:59.22; 2. Maximilian Turner (T) 2:00.68; 3. Taro Shigenobu (RW) 2:01.89; 4. Justin Hodge (T) 2:01.97; 5. Nicholas Fiorino (PAR) 2:04.66; 6. Frederick Avery (T) 2:07.59.

1600: 1. Taro Shigenobu (RW) 4:40.87; 2. Brian Cleary (RW) 4:43.51; 3. Maximilian Turner (T) 4:47.52; 4. Henry Engelstein (M) 4:47.81; 5. David DeSimone (RW) 4:47.97; 6. Brad Whitely (M) 4:49.78.

3200: 1. Taro Shigenobu (RW) 9:52.30; 2. Andrew Fine (RW) 10:04.67; 3. Nicholas Fiorino (PAR) 10:21.09; 4. Nick Rudd (RW) 10:30.87; 5. Chris Stuart (PAR) 10:47.54; 6. Patrick Roche (N) 10:48.81.

4-x-400 Relay: 1. Teaneck 3:28.17; 2. Montclair 3:33.78; 3. Paramus 3:40.71; 4. Nutley 3:42.30; 5. Ridgewood 3:43.85.

110 HH: 1. Brandon Hambric (T) 15.15; 2. Akira Monri (RW) 15.46; 3. Joe Vargas (PAR) 15.56; 4. Hall Finzo (BL) 15.45; 5. Jason Alexander (T) 15.67; 6. Peter Nygaard (RW) 15.88.

400 IH: 1. Joe Vargas (PAR) 58.31; 2. Hall Finzo (BL) 59.01; 3. InSoo Hwang (RW) 1:01.14; 4. James Gaither (M) 1:01.20; 5. Christopher Goins (T) 1:01.53; 6. Brandon Hambric (T) 1:02.47.

Shot Put: 1. Joseph Andrews (M) 47-8; 2. Maquan Adams (BL) 45-6; 3. Brian Antonio (BEL) 44-6; 4. Emeka Nchieie (BL) 44-5; 5. Michael Foster (PAR) 44-5; 6. Jack Simmons (RW) 43-5.

Javelin: 1. Ryan Ackerman (BL) 160-7; 2. Mark Maniaci (RW) 147-7; 3. Ryne Dougherty (M) 146-4; 4. Brian Antonio (BEL) 135-9; 5. Doug Buccell (PAR) 132-8; 6. Jordan Jonas (PAR) 131-5.

Discus: 1. Blake Hughes (M) 154-5; 2. Nicholas Petline (BL) 149-5; 3. Michael Moticchio (RW) 140-7; 4. Eric Yune-man (BL) 137-9; 5. Eric Rimpel (M) 137-8; 6. Brian Antonio (BEL) 129-11.

High Jump: 1. Craig Michaud (N) 6-2; 2. Spencer Grayson (M) 5-10; 3. Tommy DeVita (RW) 5-10; 4. Jason Alexander (T) 5-8; 5. Eric Charbonnel (PAR) 5-8; 6. Joe Vargas (PAR) 5-6.

Long Jump: 1. Stefan Williams (BL) 21-7; 2. Daniel Simmons (M) 20-8; 3. Jonathan McKay (BL) 20-5; 4. Dahn Pratt (T) 20-4; 5. Nevon Williams (T) 20-3; 6. Raymond Cetrulo (N) 19-9.

Triple Jump: 1. Jason Alexander (T) 42-6; 2. Naifik Vaghasia (PAR) 39-10/4; 3. Joe Vargas (PAR) 39-9/4; 4. Dahn Pratt (T) 39-7; 5. Raymond Cetrulo (N) 39-6; 6. Akira Monri (RW) 38-10.

Pole Vault: 1. Nick Stitt (RW) 12-0; 2. Joseph Oliveri (N) 12-0; 3. Jonathan Kim (PAR) 11-0; 4. John Wisener (RW) 10-0; 5. Tony Nadera (PAR) 10-0; 6. Matthew Reaves (T) 9-6.

DIVISION C

TEAM SCORES: 1. Don Bosco (DB) 101; 2. Bergen Catholic (BC) 78; 3. Paramus Catholic (PC) 62; 4. St. Joseph (SJ) 11.

100: 1. Marvin Whilby (DB) 10.92; 2. Nick Gerst (BC) 11.38; 3. Jared Williams (SJ) 11.59; 4. Matt Dottino (BC) 11.64; 5. Billy Griffith (DB) 11.80; 6. Ryan McNamara (DB) 11.99.

200: 1. Marvin Whilby (DB) 22.20; 2. Will Ring (BC) 23.13; 3. Jared Williams (SJ) 23.84; 4. Eric Bliss (PC) 23.86; 5. Thomas Randall (BC) 23.91.

400: 1. Dom Gaston (BC) 50.97; 2. Will Ring (BC) 51.90; 3. Thomas Randall (BC) 51.97; 4. Chris Caglio (PC) 52.00; 5. Steve Wexler (DB) 52.36.

800: 1. Ryan Bailey (PC) 2:01.62; 2. Matthew Suzzo (DB) 2:02.11; 3. Frank Gassert (DB) 2:02.42; 4. Joseph Amoresano (DB) 2:02.60; 5. Da'Von Robinson (PC) 2:03.20.

1600: 1. Leighton Spencer (BC) 4:29.04; 2. Stephen Wyka (DB) 4:33.31; 3. Da'Von Robinson (PC) 4:35.75; 4. Rafael Vargas (DB) 4:35.81; 5. Brian Bravo (SJ) 4:43.93.

3200: 1. Brendan Offer (DB) 9:54.31; 2. Stephen Flanagan (DB) 9:54.68; 3. Howard Rosas (DB) 9:55.04; 4. Ryan Bailey (PC) 10:33.41; 5. Ryan Hayes (BC) 10:43.58.

4-x-400 Relay: 1. Bergen Catholic 3:29.20; 2. Don Bosco 3:29.83; 3. Paramus Catholic 3:33.12.

110 HH: 1. Selwyn Maxwell (DB) 15.39; 2. Victor Servito (BC) 15.48; 3. Justin Schneider (PC) 15.99; 4. Justin Roem (DB) 17.26; 5. Ernest Wingate (BC) 17.30.

400 IH: 1. Steve Wexler (DB) 57.74; 2. Frank Gassert (DB) 59.29; 3. Justin Schneider (PC) 59.31; 4. Dom Gaston (BC) 1:02.72; 5. Tom Bohlin (BC) 1:02.85.

Shot Put: 1. Patrick Thomas (PC) 48-5; 2. William Thimmel (DB) 46-5; 3. Manny Thomas (PC) 46-3/4; 4. Marquise Wright (PC) 43-2; 5. Tim Byrne (DB) 43-2.

Javelin: 1. Kyle Langan (PC) 160-5; 2. Patrick Thomas (PC) 150-7; 3. Kevin Pleus (DB) 145-6; 4. Michael Farino (PC) 128-7; 5. William Thimmel (DB) 127-7.

Discus: 1. William Thimmel (DB) 143-1; 2. Marquise Wright (PC) 124-4; 3. Tim Byrne (DB) 119-7; 4. Richard Ziegler (SJ) 112-9; 5. Tom Robinson (DB) 110-7.

High Jump: 1. Kevin Bostick (BC) 6-6; 2. Victor Servito (BC) 6-0; 3. Jon Rigg (BC) 6-0; 4. Justin Schneider (PC) 5-10; 5. Jake McFadden (DB) 5-6.

Long Jump: 1. Kevin Bostick (BC) 21-11; 2. Jon Rigg (BC) 21-10; 3. Scott Weismiller (DB) 19-9/4; 4. Victor Servito (BC) 19-8/4; 5. Michael Baselice (DB) 19-3/4; 6. Pat Ranft (PC) 19-0.

Triple Jump: 1. Kevin Bostick (BC) 46-11; 2. Victor Servito (BC) 40-8; 3. Michael McNicholas (BC) 39-1; 4. David Cooke (SJ) 38-11/4; 5. Greg Hazell (DB) 38-7.

Pole Vault: 1. Scott Weismiller (DB) 13-6; 2. Justin Schneider (PC) 11-6; 3. Phillip Esposito (PC) 11-0; 4. Pat Ranft (PC) 10-6; 5. Tom Bohlin (BC) 10-0.

Novice Championships
@ Ridgewood

May 13, 2008

400 IH: AJ Mandarano **65.6 – 6th Place**

100m: Colin Glennon **12.7**; Anthony Gatti **14.1**; Josh Dabby **14.3**

400m: Sam Coopersmith **59.8**

1600m: Alex Butler **4:48 – 3rd Place**; Sean Martyn **4:53 – 6th Place**;
Marco Incoviello **4:54**; William Jang **4:55**; Eddie Martinez **5:09**
Rob Amadeo **5:10**

110 HH: AJ Mandarano **19.1 / 18.3 – 1st Place**

800m: Justin Jenkins **2:12 – 2nd Place**; William Jang **2:17 – 5th Place**;
Alec Ontiveros **2:19 – 6th Place**; Rob Amadeo **2:27**

200m: Matt LaDuca **25.1**; Colin Glennon **26.4**; Dan Felsenstein **26.9**;
Anthony Gatti **29.1**; Josh Dabby **29.5**

3200m: Alex Butler **10:57**; Nick Francis **11:22**

Discus: Tucker Borgman **114'4" – 2nd Place**; Matt Stapleton **111'11" – 3rd Place**
Tim LaFleur **99'2"**

Long Jump: Anthony Gatti **14'1"**

Triple Jump: AJ Mandarano **35'5" – 3rd Place**

Javelin: Matt Beausoleil **105'9"**; Andrew Gramaglia **103'7"**

Pole Vault: Tim Cheung **8'0"**; Andrew Gramaglia **NH**

Could one of the throwers give me the results?

**A great meet! A lot of personal bests – looks great for next season for most of you
and a great way to end your careers for some of you. Excellent!**

Ridgewood sophomore Christine Spilka prepares to release the javelin at last weekend's NNJIL Division B track and field championships. Spilka also competed in the 800-meter run and the 4 x 400-meter relay, winning gold medals for each.

Barr breaks record, leads RHS girls to league title

Maroon boys' NNJIL championship streak ends at seven

BY GREG TARTAGLIA
Assistant Sports Editor

CLIFTON — Emily Barr has spent much of the past year helping the Ridgewood High School girls track and field team break various relay records.

Last Saturday, the senior sprinter gave her team a boost while setting a standard on her own.

Barr broke the Maroons' 100-meter dash record and anchored their 4 x 400 relay squad to victory, giving Ridgewood its fifth straight Northern New Jersey Interscholastic League (NNJIL) Division B girls title, 211-84 over Teaneck.

The Maroon boys team, which

had won the previous seven NNJIL-B titles, had its streak snapped by Teaneck, 120-110.

Barr, who already has been a part of the Ridgewood girls' 4 x 100-meter record, clocked 12.42 seconds in the open 100 to better the mark of 12.76 set by 2007 RHS graduate Erica Cigolini last spring.

"That has been the class [07] that I've been looking up to for my four years of track," said Barr. "So it was really exciting to be able to get the record."

"That record sat there for so many years, and [fell] all at once, boom-boom," said Maroons head coach Jacob Brown. "I think Erica was an inspiration to Emily, and Emily's done a great job of working hard to be a better sprinter."

Teaneck junior Janay Mitchell edged out Barr for first place in both the 100 and 200. However, the RHS senior finished the meet by running a 58.7-second anchor leg in the 4 x 400, combining with

sophomore Christine Spilka, junior Jenny Narvaez and senior Kate Michel for a time of 4:04.90.

Spilka also won the 800 meters in 2:24.88 and placed fifth in the javelin throw, while Michel won the 400-meter hurdles in 1:10.30 and took fifth in the 800.

Ridgewood swept the top three positions in three events. Senior Alex Middleton (5:33.05) took first in the 1,600 meters, followed by Christy Bertelsen and Charlotte Margel. Bertelsen, a senior, won the 3,200 in 11:53.46, followed by Margel and Middleton.

Maroons senior Ann Polcari (10-6) led the way in the pole vault, followed by freshman Kayla Polcari and junior Robin Lee, who each cleared nine feet. Senior Mia Martinez gave RHS its seventh gold medal, winning the 100-meter hurdles in 15.33 seconds.

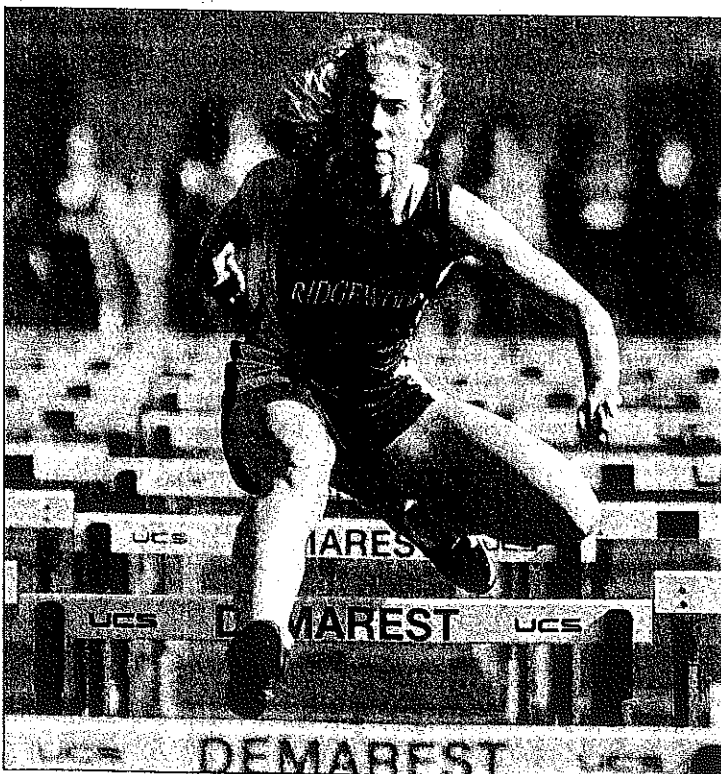
Junior Megan Gonzalez brought home silver medals in the shot put (31-10) and discus (99-0), setting a personal record in the latter. Freshman Sara DeVita was second in the long jump with a personal-best 15-11.5, and junior Sam Laddin cracked the century mark to win bronze in the javelin (102-7).

The Ridgewood boys dominated both distance races, despite the absence of senior Christian Trautwein due to a stress fracture in his shin. Taro Shigenobu, Andrew Fine and Nick Rudd ran 1-2-4 in the 3,200, while Shigenobu, Brian Cleary and Dave DeSimone finished 1-2-5 in the 1,600.

"Our distance guys ran very well in this meet," said Maroon boys head coach Josh Saladino. "I felt like we could have improved in a few other areas, and we didn't. But we tip our hats to Teaneck for putting together a quality meet and taking the streak away from us."

RHS junior Nick Stitt added a breakthrough 12-foot performance in the pole vault, outdoing his personal best by one foot to win gold.

Both Ridgewood squads return to action this weekend for the Bergen County Group A meet, which begins this afternoon at Old Tappan, weather permitting. The Maroon girls enter as the two-time defending county champions.



PHOTO/ROBERT PYTEL

Senior Emily Barr, shown here competing in the 100-meter hurdles, broke the Ridgewood High School girls record in the 100-meter dash at the NNJIL Championships last Saturday, clocking 12.42 seconds.

Paul Schwartz's picks

BOYS A

100: David Butler, Teaneck
200: Damian Miles, Teaneck
400: Ausar Walcott, Hackensack
800: Rob Molke, Don Bosco
1,600: Leighton Spencer, Don Bosco
3,200: Rob Molke, Don Bosco
110 HH: Jermaine Boyd, Hackensack
400 IH: Steve Wexler, Don Bosco
Shot put: Patrick Thomas, Paramus Catholic
Discus: Bill Thimmei, Don Bosco
Javelin: Kyle Langan, Paramus Catholic
High jump: Kevin Bostick, Bergen Catholic
Long jump: Jon Rigg, Bergen Catholic
Triple jump: Kevin Bostick, Bergen Catholic
Pole vault: Austin Schaller, Old Tappan
Relay: Bergen Catholic
Team: Don Bosco

BOYS B

100: Greg Stripe, Mahwah
200: Joe Jones, Englewood
400: Mark Filandro, Indian Hills
800: Max Bruno, Indian Hills
1,600: Max Bruno, Indian Hills
3,200: Matt Wyatt, Demarest
110 HH: Jaivon Palmer, Englewood
400 IH: Ryan McVeigh, River Dell
Shot put: Andrew Trass, River Dell*
Discus: Andrew Trass, River Dell*
Javelin: Andrew Trass, River Dell*
High jump: Chris Phipps, Lodi*
Long jump: Chris Phipps, Lodi*
Triple jump: Chris Phipps, Lodi
Pole vault: Kevin Sofia, Ramsey*
Relay: Englewood
Team: River Dell

BOYS C

100: Sammy Smith, Pascack Hills
200: Donovan Bolden, Leonia
400: A.J. Scoppa, New Milford
800: John Gaffney, Rutherford
1,600: Danny Butcher, Westwood
3,200: Victor Lopez, Leonia
110 HH: Donovan Bolden, Leonia
400 IH: Dave Nowak, Lyndhurst
Shot put: Dan Smith, Ridgefield Park
Discus: All Metwall, New Milford
Javelin: Rob Fecanin, Rutherford
High jump: Tevin Ankie, Glen Rock
Long jump: Ruben Santos, North Arlington
Triple jump: Pat Mitchell, New Milford
Pole vault: Patrick Barnes, Pascack Hills
Relay: New Milford
Team: Leonia

BOYS D

100: Matt Bleszard, Midland Park
200: Hayden Duffy, Emerson
400: Hayden Duffy, Emerson
800: Sam Janssen, Park Ridge
1,600: Matt Lingam, Park Ridge
3,200: Matt Lingam, Park Ridge
110 HH: Tim White, Saddle Brook
400 IH: Tim White, Saddle Brook
Shot put: Mike Renna, Hasbrouck Heights
Discus: Tom Dlugozima, Wallington
Javelin: Joe Gingerelli, Wood-Ridge
High jump: Tim White, Saddle Brook
Long jump: Allen Patterson, Saddle Brook
Triple jump: Danilo Silveira, Waldwick
Pole vault: Greg Hoffman, Park Ridge
Relay: Park Ridge
Team: Park Ridge

GIRLS A

100: Janay Mitchell, Teaneck
200: Janay Mitchell, Teaneck
400: Amy Salek, Ramapo
800: Kaitlyn Cooney, IHA
1,600: Erin McKenna, Ramapo
3,200: Sarah Pagano, IHA
100 HH: Mia Martinez, Ridgewood
400 IH: Kate Michel, Ridgewood
Shot put: Ashley Sims, Paramus Catholic
Discus: Shannon Sullivan, IHA
Javelin: Shannon Sullivan, IHA
High jump: Tracy Elsser, Fair Lawn
Long jump: Amber Beasley, Paramus Catholic
Triple jump: Evana Edwards, Hackensack
Pole vault: Ann Polcarl, Ridgewood
Relay: Ridgewood
Team: IHA

GIRLS B

100: Megan Gadaleta, Demarest
200: Rebecca Coffman, Indian Hills
400: Alex Rosenberger, Ramsey
800: Bry Bonavita, River Dell
1,600: Alex Clinton, Ramsey
3,200: Jen Molke, Holy Angels
100 HH: Emily Babiss, Indian Hills
400 IH: Alex Rosenberger, Ramsey
Shot put: Aretah Ertah, Fort Lee*
Discus: Christine Coppola, River Dell*
Javelin: Julia Lagregni, Ramsey*
High jump: Alex Rosenberger, Ramsey*
Long jump: Jessica Molosh, River Dell*
Triple jump: Jessica Molosh, Indian Hills
Pole vault: Emily Mino, River Dell*
Relay: Ramsey
Team: Ramsey

GIRLS C

100: Kellie Dunn, Rutherford
200: Katie Landrigan, Rutherford
400: Julieanne Fontana, Pascack Hills
800: Julieanne Fontana, Pascack Hills
1,600: Ceille Brennan, Westwood
3,200: Aubrey LaRezza, Pascack Hills
100 HH: Jennifer Sant Anna, Pascack Hills
400 IH: Jennifer Sant Anna, Pascack Hills
Shot put: Rachel Pena, Ridgefield Park
Discus: Michelle Uberbacher, Dumont
Javelin: Theresa Kirkpatrick, Pascack Hills
High jump: Heather Gearity, Rutherford
Long jump: Tara Keegan, Westwood
Triple jump: Tara Keegan, Westwood
Pole vault: Tara Fisher, North Arlington
Relay: Westwood
Team: Pascack Hills

GIRLS D

100: Janelle Liu, Cresskill
200: Jamie Sacco, Park Ridge
400: Aundrea Georgatos, Hasbrouck Heights
800: Brittany DeBord, Waldwick
1,600: Brittany DeBord, Waldwick
3,200: Brittany DeBord, Waldwick
100 HH: April Kaiser, Park Ridge
400 IH: Lauren Schultz, Waldwick
Shot put: Laura Cowan, Cresskill
Discus: Laura Cowan, Cresskill
Javelin: April Kaiser, Park Ridge
High jump: Jamie Sacco, Park Ridge
Long jump: Amanda Duggan, Waldwick
Triple jump: Amanda Duggan, Waldwick
Pole vault: Michelle Favre, Saddle Brook
Relay: Hasbrouck Heights
Team: Waldwick

* Events held Wednesday

ge's quality quartet

5/18/08

Talented foursome helps secure crown

By PAUL SCHWARTZ
STAFF WRITER

BOYS

OLD TAPPAN – When the Park Ridge quartet of Brian Desmond, Ross Koehler, Sam Janssen and Matt Lingam runs its last race wearing the maroon and white colors worn by the Owls, it'll probably be the 4-x-400 relay at the State Meet of Champions next month.

It'll be fitting because the quartet is largely responsible for Park Ridge's first Bergen County championship Saturday, scoring 72 points between them in the Owls' easy 131½-97 win over Cresskill for the Division D title.

"We've been running together for four years and it'll be perfect to run together in the relay for our last race together," said Lingam, who won two events, took third in the 400 and anchored the winning relay that capped the impressive victory.

"Running the relay has become part of the Park Ridge tradition and we all want to be part of it," adds Janssen, who had a win and a second in addition to being on the relay.

Park Ridge took a two-point lead into Saturday's final nine events and Lingam and Janssen, with an assist from sophomore Tom Sanderson, quickly turned it into 22 with a 1-2-5 finish in the 800. Janssen and Nick Bravo (another senior candidate for the final 4-x-400) went 3-4 in the 400 and Bravo won the triple jump to turn a tight meet with Yockers Relays Division D winner Cresskill into a rout.

"This is a great senior group that meant a lot to each other," said Lingam. "This is very special."

So too was the comeback performance from the Indian Hills team, which trailed River Dell by 33 points after Friday's events but rallied, winning every running event from 400 to 3,200 meters to squeeze out a two-point win.

Senior Max Bruno was the star, as usual, winning the 3,200 Friday and doubling in the 800 and 1,600 Saturday, breaking his own meet record in the 800 by running 1:54.4 to lead a 1-2-3 sweep.

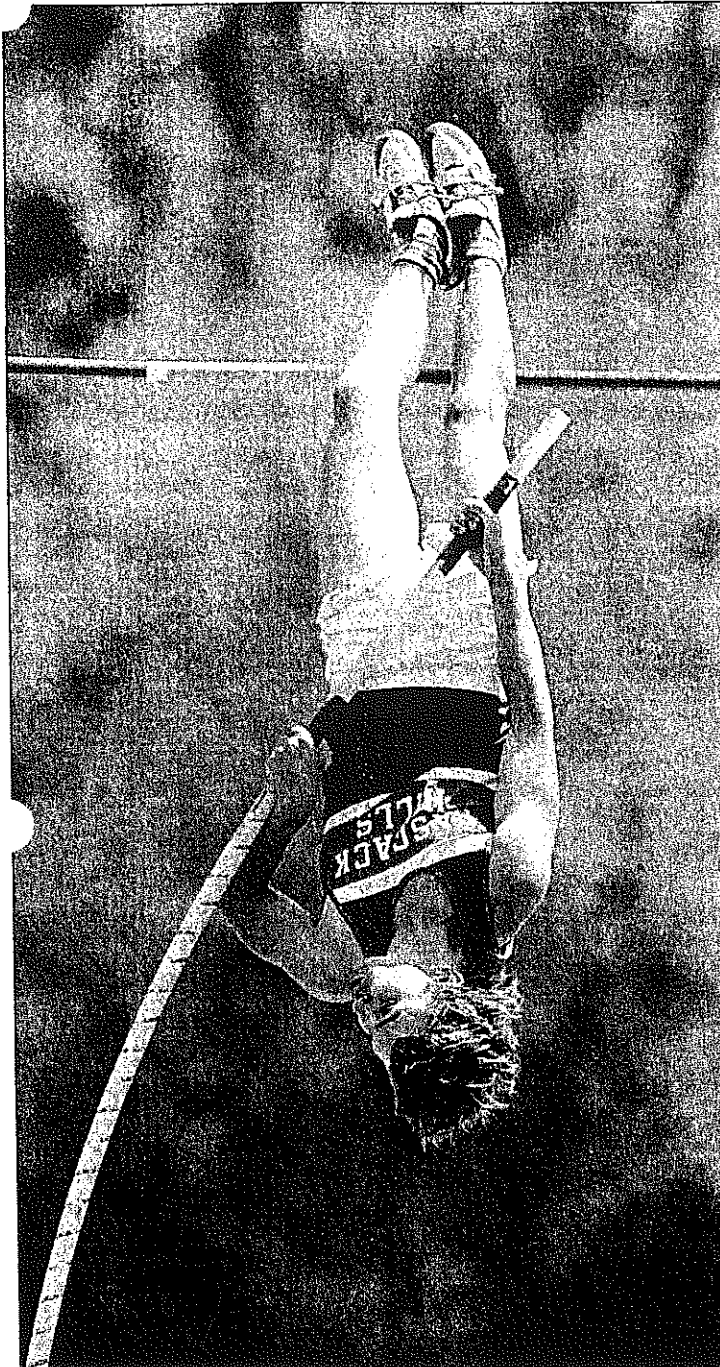
But Bruno was quick to credit the Braves' throw teams for making the victory possible with their surprising performance in Wednesday's B field events.

"I couldn't believe that we had two sophs [Matt Krzyzik and Mike Laubauskas] score in the throws Wednesday in addition to other guys [Dan Rice and Peter Foley]," said Bruno, who looked effortless in his Saturday double. "Coach O [Steve Opremcak] always pumps us up and motivates us to make us believe we can win a meet and when we put those points in the bank from the throws, it gives us a great chance to do it."

Bruno was assisted by a yeoman's effort from soph Mark Filandro, who missed Friday's races for his brother's college graduation, and ran four times on Saturday, winning the 400 less than an hour after taking second behind Bruno (and ahead of Billy Savage) in the 800. He then anchored the third place 4-x-400 team that clinched the championship.

"I hadn't run an 800 since (the 4-x-800) at Penn Relays, so I was kind of nervous" said Filandro. "I was supposed to run the 200 and 400 hurdles Friday and I didn't realize I wouldn't be able to make it because of the graduation until the day before. The 800 was so tough."

Three other athletes scored individual triples: Matt Bieszard of Midland Park swept the D 100, 200 and 400; Chris Phipps of Lodi took the B jumps; and Andrew Trass of River Dell won the three B throws.



Patrick Barnes of Pascack Hills is on his way up and over 12 feet to finish second in the Division C pole vault at the Bergen championships.

Bergen County team champions

Girls

- *Division A: IHA 134
- Division B: Indian Hills 109
- *Division C: Pascack Hills 141
- *Division D: Waldwick 136

Boys

- Division A: Don Bosco, 108½
- Division B: Indian Hills, 86
- Division C: Pascack Hills 96
- Division D: Park Ridge 131½

*Pole vault to be contested Monday

18TH JERSEY SCOREBOARD

RED LITTLER BERGEN COUNTY TRACK & FIE

AT OLD TAPPAN H.S.

BOYS

DIVISION A

TEAM SCORES: Don Bosco (DB) 108 3/4, Hackensack (H) 86, Paramus Catholic (PC) 53, Teaneck (T) 52, Bergen Catholic (BC) and Old Tappan (OT) 51, Bergen Tech (BT) 34, Ridgewood (R) 26, Northern Highlands (NH) 13, Paramus (P) 8, Garfield (G) 7, Ramapo (Rama) 4, Fair Lawn (FrLn) 1 1/2.

Leonia (Le) 77, Rutherford (Ru) 57, Westwood (W) 52, New Milford (NM) 47 1/2, Glen Rock (GR) 45, North Arlington (NA) 44, Ridgefield Park (RP) 42, Dumont (Du) 21, Becton (Be) 7 1/2, Lyndhurst (Ly) 4, Elmwood Park (EP) 2, Queen of Peace (QP) 1.

DIVISION B

TEAM SCORES: Indian Hills (IH) 86, River Dell (RD) 84, Englewood (E) 63, Ramsey (Rams) 60, Mahwah (M) 52 1/3, Demarest (Dem) 45 1/3, Lodi (Lo) 37, Tenafly (T) 29 1/3, Fort Lee (FL) 26, Bergenfield (B) 8.

DIVISION D

TEAM SCORES: Park Ridge (PR) 131 1/2, Cresskill (C) 97, Hasbrouck Heights (HH) 48, Midland Park (MP) 46, Bogota (Bo) 34, Wood-Ridge (WR) 33 1/2, Saddle Brook (SB) 32, Emerson (E) 27, Wallington (Wa) 21, Palisades Park (PP) 15, Waldwick (Wald) 10.

DIVISION C

TEAM SCORES: Pascack Hills (PH) 96,

Bergen County Championships
@ Old Tappan

May 16-17th

Friday:

Javelin: Mark Maniaci **123'6"** , Matt Beausoleil **109'4"**

Shot Put: Jack Simmons **42'7"** – **6th Place**
Mike Mosticchio **42'7"**; Tim LaFleur **40'6"**

Long Jump: Max Witt **17'6"**; Mike Kavanagh **15'10"**

High Jump: Tommy DeVita **NH**; Matt Beausoleil **NH**; Mike Kavanagh **NH**

200m: Max Witt **24.4**; Matt Levitsky **24.8**

400 IH: Akira Monri **57.6** – **4th Place**;
InSoo Hwang **61.4**; Peter Nygaard **61.4**

3200m: Taro Shigenobu **9:41.4** – **3rd Place**;
Andrew Fine **10:02**; Brian Cleary **10:10**

Saturday:

110HH: Akira Monri **15.3 / 15.31** – **3rd Place**;
Peter Nygaard **15.8**; InSoo Hwang **16.7**

100m: Akira Monri **11.5**; Matt Grundy **12.2**; Noah Hoh **12.4**

400m: Matt Grundy **53.9**; InSoo Hwang **54.2**; Matt Levitsky **56.2**

1600m: Taro Shigenobu **4:30.2** – **5th Place**;
Brian Cleary **4:42**; David DeSimone **4:48**

Triple Jump: Akira Monri **40'0"** Mike Kavanagh **36'7"** Peter Nygaard **F**

Pole Vault: Nick Stitt **11'0"**; Max Witt **NH**; John Wisener **NH**

Discus: Bryan Remmen **123'3"** – **3rd Place**; Jack Simmons **119'6"** – **6th Place**
Mike Mosticchio **100'3"**

Freshmen County Championships

- 400IH: InSoo Hwang – 59.1 – 1st Place
Sean Mattson – 64.4
- 100m: Omar Hamza 12.7 / 12.6; Tim Cheung 12.5 / 12.5
Eddie Blair 12.5; Hiro Kagai 13.4; Spencer Sapienza 13.9
- 400m: InSoo Hwang – 54.4 – 1st Place
Eddie Blair 57.6
- 1600m: Steven Spreitzer 4:59.7 – 3rd Place; Pat Rankowski 5:09.2
- 110HH: InSoo Hwang 16.5 / 16.3 – 1st Place
Sean Mattson 18.4 / 19.3 – 4th Place
- 800m: John Reimer 2:16 – 4th Place
Eric Kreitzer 2:28; Mohammad Eid 2:29
- 200m: Omar Hamza 27.3; Spencer Sapienza 27.4
- 3200m: Nick Weisburger 11:58
- 4x400m: Sean Mattson 57.4
Eddie Blair 59.6
Tim Cheung 59.9
InSoo Hwang 53.9 3:52.3 – 4th Place
- Pole Vault: Tim Cheung 8'0"
- Shot Put: Steven Etna 35'4" – 3rd Place
Yama Ahmad 32'3"
- Discus Yama Ahmad 86'9" – 5th Place
Steven Etna 82'3"

Team Standings:

Don Bosco 72
Northern Highlands 69
Teaneck 61
Ridgewood 54

Comments:

An excellent end to the season – a lot of personal bests!!!
Congratulations to InSoo Hwang the Bergen County Track Athlete of the Meet!!!
InSoo is the 3rd ever winner from Ridgewood in the 29 year history of the meet!!!

Returning champion: Casey Weiss, West Milford (800).

Events to watch: Chris Pantale of Wayne Valley has a great shot at setting the Passaic County record in the discus. Austin Schaller of Old Tappan, Adam Lazar of West Milford, Ken Baron of Demarest and Peter Matano of Wayne Hills make the pole vault one of the most balanced and deepest events of the meet. Damian Miles of Teaneck, Anthony Chierici and Sal Colangelo of Montville and Kevin Person of Mount Olive are all sub-50-second 400 runners.



PANTALE

NORTH 1, GROUP 4

Teams to watch: Last year's battle went down to the final event with West Orange edging Ridgewood and Randolph. This year, Eastside, Hackensack, Passaic Tech and Ridgewood will challenge in the most balanced group in the section.

Returning champions: Ausar Walcott, Hackensack (400); Ivan Santos, Memorial (javelin); Darien Collie, Kennedy (discus).

Events to watch: Ellis Mensah of West Orange, Lornie Cunningham of Bergen Tech, Walcott and Marcos McKenzie of Eastside make the 400 a spectacular event, with the winner likely to break 49 seconds. Jermaine Boyd of Hackensack, Shavoy Lawrence and Isaiah Butts of Passaic Tech make the 400 hurdles equally competitive and McKenzie and Gaadir Tudor of West Orange are two of the state's best high jumpers.

NORTH 2, GROUP 1

Teams to watch: Academic and Whippany Park shared the title last year but North Arlington is much improved and could contend for its first team title.

Returning champions: Stephen Nunez, Jonathan Dayton (110 hurdles); Jon Gomez, Whippany Park (javelin).

Events to watch: Anthony Orovio and Ruben Santos give the Wildcats a fine 1-2 punch in the sprints and jumps and Nunez might get a battle from Dawys German in the high hurdles. Dave Nowak (400 hurdles) is Lyndhurst's best chance for a win.

NORTH 2, GROUP 2

Teams to watch: Hanover Park is the defending champ and probably will repeat, with Lodi showing great improvement.

Returning champions: Chris Phipps, Lodi (triple jump, long jump); Scott McCullough, Chatham (high jump).

Events to watch: Phipps is sensational and could add the 100 and high jump to his long and triple jump titles. Every time he jumps, the Bergen and State triple jump records are in jeopardy. John Gaffney of Rutherford (800), Andres Giglio of Ridgefield Park and Rob Fecanin of Rutherford (pole vault) and Elvis Cake of Lodi (400) also could win sectional titles.

Events to watch: It's Found 2 for Mitchell and Salek in both the 100 and 200 with Salek facing Aderonke Bakare of Teaneck in the 400. Lauren Penney, Ashley Cromar-tie, Arianna Neutts and Mary Migton will mix and match from 400 to 3,200 meters for Roxbury to face Salek and Erin McKenna of Ramapo with Arianne Bakelmun of Wayne Hills also posing a threat. Sara Douma of West Milford and Anita Rogers of Ramapo have a nice showdown in the long and triple jumps.

NORTH 1, GROUP 4

Teams to watch: Defending champion Ridgewood lost three-quarters of its point-producing athletes from last year but could still be in the mix in a very balanced group. But Clifton is the favorite, with Randolph also a contender. Passaic Tech, West Orange and Livingston also will contend.

Returning champion: Ann Polcarl, Ridge-wood (pole vault).

Events to watch: Amber Allen of Passaic Tech, Susan Martinez of Clifton and Kate Michel of Ridgewood start the meet with a key event. Allen, Martinez, and Shanai Heber and Kristin Crawford of Kennedy match up in the 400. Heber and Kristen Venning of Clifton are long jump con-tenders but the meet could down to the pole vault with Polcarl battling Emily Ur-ciouli of Clifton, and the relay with Clifton, Ridgewood and Passaic Tech all capable of winning.

NORTH 2, GROUP 1

Teams to watch: Whippany Park and Jonathan Dayton are the favorites but Lyn-dhurst and North Arlington could be con-tenders.

Returning champions: Melissa Itidiare, Jonathan Dayton (100); Tellisia Williams, Academic (1,600); Aliy Hall, Academic (400, long jump); Kim Villeau, Whippany Park (javelin).

Events to watch: Tara Fisher of North Ar-lington is one of North Jersey's top up-and-coming athletes and could win the high jump, long jump and pole vault.

NORTH 2, GROUP 2

Teams to watch: Defending champ Hanover Park and Madison are very strong but Rutherford is a solid team with several stars and Ridgefield Park will score some points.

Returning champions: Ogechi Nwaneri, Chatham (100, 200); Alex Kelly, Hanover Park (javelin); Rebecca Misko, Madison (shot put, discus); Kristin Smoot, Bernards (800); Nicole Pompei, Hanover Park (pole vault).

Events to watch: Heather Gearity of Rutherford will face Molly Johnson of Madison in the high jump, Susan Scavone of Summit and Averie Sheppard of Hanover Park in both hurdles and Kristen Becht of Madison in the 400 hurdles, all tight and interesting races. Katie Landrigan of Rutherford will battle Kristin Smoot of Bernards and Kayla McDonald of Summit in the 400 and get a good at look at one of the state's top sprinters in Nwaneri.

- Paul Schwartz

TUESDAY
(6) Bloomfield at (2) Belleville
(5) Livingston at (1) Ridgewood

NORTH 2, GROUP 2

QUARTERFINALS
THURSDAY
Rutherford 2, West Essex 1 (8 inn.)
SEMIFINALS
TUESDAY
(8) Caldwell at (4) Rutherford

NORTH 2, GROUP 3

QUARTERFINALS
THURSDAY
Nutley 8, Fort Lee 3

BOYS VOLLEYBALL

NORTH
Passaic Valley 2,
Wayne Hills 0

Passaic Valley 25 25
Wayne Hills 19 22
Kills: Colin McNeill (PV) 11, Andrew Gross (WH) 8. Assists: Allan Bronkowski (PV) 20, Pedro Crespo (WH) 21. Digs: Nick Hrehovcik (PV) 7, Tyler Debrody (WH) 4. Records: Passaic Valley 15-10, Wayne Hills 18-5.

Fair Lawn 2,
Bloomfield 0

Bloomfield 19 14
Fair Lawn 25 25
Kills: Matt Agnew (FL) 9, Stephen Vahalla (B) 5. Assists: Jon Schwartz (FL) 23, Patrick Padilla (B) 15. Digs: Eric Grossberg (FL) 15, Vahalla (B) 7. Records: Bloomfield 25-6, Fair Lawn 17-8.

Don Bosco 2,
Wayne Valley 0

Wayne Valley 14 17
Don Bosco 25 25
Kills: Jim Lambridis (WV) 6, Jake Sandoval (DB) 7. Assists: Doug Battersby (DB) 20, George Hionides (WV) 13. Digs: D.J. Mulvihill (WV) 7, Jake Sandoval (DB) 6. Records: Wayne Valley 14-9, Don Bosco 27-5.

Clifton 2,
Belleville 0

Belleville 14 12
Clifton 25 25
Kills: Christian Hyra (C) 9. Assists: Ed Colon (C) 11. Digs: Anup Patel (C) 4. Records: Clifton 25-5, Belleville 26-8.

Vernon 2,
Lakeland 1

Lakeland 31 19 18
Vernon 29 25 25
Kills: Cody Bredin (L) 14. Assists: Kevin Froehlich (L) 21. Digs: Pat Sunday (L) 9.

GOLF

LAKELAND 173, PASSAIC VALLEY 222
At Passaic County CC, par 35
1 (13-13): Kyle Hegel 39.
RAMSEY 214, RIDGEWOOD 226
Girls
At Ramsey CC, par 35
Ra (10-5): Jade Nicholson, 48.
Rir: Jesse Kaplove, 49.
RIVER DELL 159, LEONIA 192
At Hackensack CC, par 36
River Dell (20-4): Eric Salizzoni 37.
Leonia (21-6): Youngeom Han 42.
GLEN ROCK 184, MANCHESTER 230
At Orchard Hills, par 35
GR (19-4): Anthony Serafino, 40.
BERGEN CATHOLIC 154, ST. PETER'S 171
At Emerson GC, par 36
BC (23-1): Drew Doldge 37, David Kim 38, Sachey Mandhie 39.
SP (12-2): Steve Gardner 40.
DDN BOSCO 164, PASCACK HILLS 166
At Edgewood CC, par 35
DB (20-5): Brian Dack 40.
PH (18-4): Josh Spellman 38.
DON BOSCO, 162, BLOOMFIELD 203
WEDNESDAY
At Darlington, par 36
DB (19-5): Conor Colman 38.
B (7-14): Mike Persky 44.

(17-5).
Monte
North
No. High
Montville
RB: (NH)
(M) Jacki
le DiPiaz
(16-7).
Rama
Dema
Demarest
Ramapo
RB: (R) A
Balunco (7).
NORTH
Ridge
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Montclair
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Fitzgerald
Bellevi
Clifton
Clifton
Belleville
RB: (C) Al
(B) Alexa
mento (11)
NORTH
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RB: (R) Pa
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Harriso
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RB: (W) M
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RB: (I) Chi
Sceppaguer
Alicia Daniel
WP: Miquel
3).

State Sectional Championship
May 23-24, 2008 @ Hackensack

Friday:

400IH: Akira Monri **58.99**; InSoo Hwang **59.49**; Peter Nygaard **60.95**

100m: Max Witt **12.10**; Noah Hoh **12.46**; Matt Grundy **12.55**

1600m: Andrew Fine **4:42.08**; Brian Cleary **4:43.16** David DeSimone **4:47.49**

Long Jump: Max Witt **16'8"**; Mike Kavanagh **16'7"**

Shot Put: Jack Simmons **41'6"**; Tim LaFleur **40'3 3/4"**; Mike Mosticchio **F**

High Jump: Tommy DeVita **6'0"**; Mike Kavanagh **5'4"**; Matt Levitsky **NH**

Saturday:

110HH: Akira Monri **15.16 / 14.75 – 2nd Place**;
Peter Nygaard **15.53**; Tommy DeVita **17.46**

800m: Christian Trautwein **1:58.09 – 1st Place**

200m: InSoo Hwang **23.54**; Matt Grundy **24.42**; Matt Levitsky **24.77**

3200m: Brian Cleary **9:57.04 – 4th Place**;
Andrew Fine **10:19.60**; David DeSimone **10:48.86**

4x400m: I. Hwang **53.1**; M. Grundy **54.9**; M. Levitsky **55.6**; P. Nygaard **55.1**
3:29.28

Javelin: Mark Maniaci **146'2"**

Discus: Mike Mosticchio **143'3" – 5th Place**;
Jack Simmons **119'0"**; Bryan Remmen **111'5"**

Triple Jump: Peter Nygaard **37'2"**; Tommy DeVita **36'10 1/4"** Mike Kavanagh **36'5 3/4"**

Pole Vault: John Wisener **11'0" – 5th Place**
Nick Stitt **11'0"**; Max Witt **10'0"**

26 points – 8th Place

Bergen County Meet of Champions
Tuesday, May 27th
@ Hackensack

High Jump: Tommy DeVita **6'0"** – **5th Place**

Discus: Michael Mosticchio **121'1"**

110HH: Akira Monri **15.15 / 15.04** – **4th Place**

1600m: Brian Cleary **4:43.00**

800m: Christian Trautwein **1:59.31** – **1st Place**

3200m: Andrew Fine **10:00.39** – **5th Place**

TRACK & FIELD: BERGEN COUNTY MEET OF CHAMPIONS

O'Neil comes up big

River Dell shot putter earns title

By ED MILLS
STAFF WRITER

HACKENSACK — Sean O'Neil figures it's one of the better decisions he ever has made. And what happened Tuesday at the Lou Lanzalotto Bergen County Meet of Champions did nothing to change his mind.

River Dell's O'Neil won the shot put with a throw of 54 feet 2

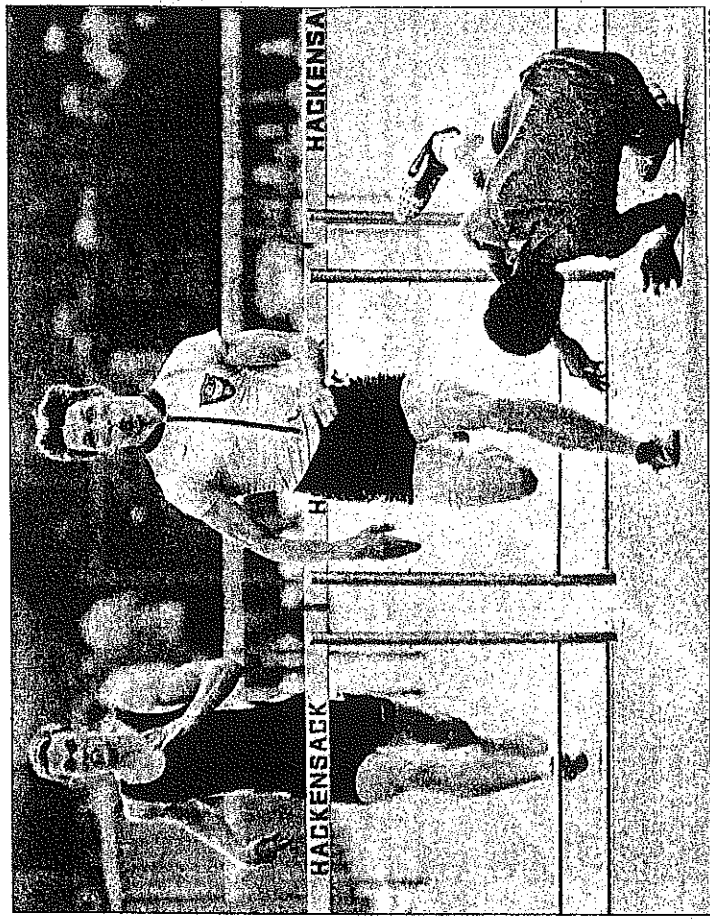
BOYS

inches, beating Jordan Migliore of Demarest, who threw 52-5. O'Neil is in his first competitive year of track after spending the last couple of seasons on the Golden Hawks' baseball team.

"I just thought track would be a better fit for me," said O'Neil, a 6-foot-4, 225-pound junior.

"When I was at third base on the baseball diamond I just thought that there was probably something better in the spring for me. Luckily I found the field events in track, especially the shot."

O'Neil's River Dell teammate, Andrew Trass, won the discus with a throw of 146-11. Trass had



LESLIE BARBARO/SPECIAL TO THE RECORD

better, but it's more in trying to make the other person improve upon his own throws," said Trass, a senior. "Today was Sean's day in the shot. I just could never get it going there or in the javelin. But I felt the weather wasn't a big factor. I just wasn't throwing like I normally do in those events."

A hard downpour began just as the shot put event finished. The meet then was held up for about 45 minutes before resuming when the rain let up.

"I just uncorked a real good throw," said Trass about his winning discus toss that took place right after the meet resumed. "I'm happy I did well in at least that one event today," added Trass, who like O'Neil, was a starting defensive lineman on River Dell's 2007 North 1, Group 2 sectional championship football team that went 12-0.

O'Neil had his best-ever throw in the shot put with a 54-4 when he won the North 1, Group 2 sectional meet last weekend at Mahwah.

"I don't believe I've come close to my limit yet in the shot," said O'Neil, who will compete in that event Friday and Saturday at the State group meet at Egg Harbor and also could be in the State Meet of Champions at South Plainfield on June 4. "I know one thing, though, I made the right call when I left baseball to give track a chance."

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Don Bosco's Steven Wexler, center, winning the 400-meter hurdles as Hackensack's Jermaine Boyd trips.

been the co-favorite along with O'Neil in the shot put but did not place in that event or in the javelin.

The highlight of the meet was Lodi's Chris Phipps setting a State record of 50-3 in the triple jump with a meet-record 23-6 1/4 and second in the high jump in a friendly rivalry.

"We like to see who can do



Ramsey's Rosenberger proves change is good

- 100:** 1. David Butler, Teaneck, 10:83; 2. Marvin Whibly, Don Bosco, 10:88; 3. Ackeme Brown, Englewood, 11:02; 4. Terri Cushie, Englewood, 11:26; 5. Donovan Bolden, Leonia, 11:36; 6. Connor Walker, Hackensack, 11:40.
- 200:** 1. Damian Mills, Teaneck, 21:82; 2. Marvin Whibly, Don Bosco, 22:46; 3. Greg Stripsa, Mahwah, 22:57; 4. Joseph Jones, Englewood, 22:73; 5. Ralaine Mcdonald, Englewood, 23:42; 6. James Eckmeyer, Old Tappan, 24:26.
- 400:** 1. Robert Dutoy, Englewood, 1:06.4; 2. Auser Walcott, Hackensack, 1:08.5; 3. Don Gaston, Bergen Catholic, 1:09.5; 4. Lynn Dominguez, Bergen Tech, 50:42; 5. Matt Lineam, Park Ridge, 50:58; 6. Corey Cautenhead, Bergenfield, 50:68.
- 800:** 1. Christian Trautwein, Ridgewood, 2:15.31; 2. Matthew Suzzi, Don Bosco, 1:59.99; 3. Tom Galdus, Northern Highlands, 2:00:76; 4. Taylor Trumbetti, Pascaqua Hills, 2:01:02; 5. Sam Janssen, Park Ridge, 2:01:32; 6. Joseph Amoreano, Don Bosco, 2:01:47.
- 1,600:** 1. Michael Mitchell, Bergen Tech, 4:25.40; 2. Nicholas Perrentino, Old Tappan, 4:33.65; 3. Stephen Wyka, Don Bosco, 4:34:13; 4. Tim Kim, Bergen Tech, 4:35:65; 5. Bryan Ramirez, Cresskill, 4:36:78; 6. Dayne Mosconi, Tenafly, 4:38:78.
- 3,200:** 1. Matthew Wyatt, Demarest, 9:50:13; 2. Sean Farrell, Fair Lawn, 9:59:33; 3. Howard Rossas, Don Bosco, 9:55:54; 4. Patrick Harrington, Old Tappan, 10:00:17; 5. Andrew Fine, Ridgewood, 10:00:39; 6. Tom Sanderson, Park Ridge, 10:00:52.
- 4-7-400:** 1. Bergen Catholic, (Tom Rardella, Will Ring, Pat Ringelstein, Don Gaston) 3:22:03; 2. Park Ridge, 3:25:18; 3. New Milford, 3:29:98; 4. Fair Lawn, 3:32:57; 5. Leonia, 3:33:07; 6. Old Tappan, 3:33:79.
- 100H:** 1. Dan White, Glen Rock, 14:66; 2. Brandon Hamrick, Teaneck, 14:92; 3. Joe Vargas, Paramus, 14:95; 4. Akira Morri, Ridgewood, 15:04; 5. Matt Bailey, Ramsey, 15:20; 6. John Montroy, Bergen Tech, 15:49.
- 400H:** 1. Steve Wecker, Don Bosco, 54:96; 2. Mark Pflando, Indian Hills, 56:03; 3. Tim White, Saddle Brook, 56:37; 4. Ross Koelien, Park Ridge, 57:48; 5. Edward Donoves, 58:77.
- 800H:** 1. Sean O'Neil, River Dell, 54:02; 2. Jordan Migliore, Demarest, 52:5; 3. Eric Van Dunk, Mahwah, 52:4; 4. Michael Renna, Hackensack Heights, 51:11; 5. Connor Hartigan, Mahwah, 50:11; 6. Jordan Mistretta, Ramsey, 50:6.
- Discus:** 1. Andrew Trass, River Dell, 146-11; 2. Tomasz Dlugozima, Wallington, 145-9; 3. Jake Sickinger, Westwood, 139-4; 4. Joseph Ginnelli, Wood-Ridge, 136-11; 5. William Thirumel, Don Bosco, 133-4; 6. Connor Hartigan, Mahwah, 132-1.
- Javelin:** 1. Joseph Ginnelli, Wood-Ridge, 190-4; 2. Kyle Elliot, Cresskill, 188-10; 3. Marc Peck, Wood-Ridge, 181-9; 4. Kevin Steimle, Mahwah, 171-3; 5. Tomasz Dlugozima, Wallington, 166-1; 6. Kaius Zurenda, Midland Park, 165-5.
- High Jump:** 1. Kevin Bostick, Bergen Catholic, 6-8; 2. Chris Phipps, Lodi, 6-4; 3. Jordi Zueling, Mahwah, 6-2; 4. Anthony Orvino, North Arlington, 6-5; 5. Tommy DeVita, Ridgewood, 6-6; 6. Kevin Ankile, Glen Rock, 6-4.
- Long Jump:** 1. Chris Phipps, Lodi, 23-5; 2. Daniel Wu, Tenafly, 22-2; 3. Auser Walcott, Hackensack, 21-8; 4. Ackeme Brown, Englewood, 21:2; 5. Ruben Santos, North Arlington, 20-11; 6. James Schaefer, Old Tappan, 19-5.
- Triple Jump:** 1. Chris Phipps, Lodi, 50-3; 2. Tomasz Dlugozima, Wallington, 47-11; 3. Matt Raymond, Hackensack Heights, 20:3; 4. Don Gaston, Hackensack, 49-9; 5. Darius Pemberton, Hackensack, 19:2; 6. old state record 50-3 by Devon Bond, Trenton, 20:07; 7. Kevin Bostick, Bergen Catholic, 46-10; 8. Daniel Wu, Tenafly, 45-05; 4. Angel Lora, Garfield, 42-11; 5. Brandon Cobb, Hackensack, 42-11; 6. Shawn Fraser, Emerson, 42-5.
- Pole Vault:** 1. Kevin Sofia, Ramsey, 14-4; 2. Austin Schaller, Old Tappan, 13-6; 3. Kenneth

**State Group IV Championship
May 30-31st @ Egg Harbor**

110HH:	Akira Monri 15.03
800m:	Christian Trautwein 1:58.07
3200m:	Brian Cleary 10:35.74
Pole Vault:	John Wisener NH

1st Team All-NNJIL "B":**2nd Team All-NNJIL "B":**

<u>Event:</u>	<u>Name:</u>	<u>School:</u>	<u>Grade:</u>	<u>Name:</u>	<u>School:</u>	<u>Grade:</u>
100m:	David Butler	Teaneck	12	Khalif Burney	Nutley	11
200m:	Damien Miles	Teaneck	12	David Butler	Teaneck	12
400m:	Damien Miles	Teaneck	12	Akira Monri	Ridgewood	12
800m:	Zach Herring	Montclair	11	Max Turner	Teaneck	12
1600m:	Taro Shigenobu	Ridgewood	11	Brian Cleary	Ridgewood	10
3200m:	Taro Shigenobu	Ridgewood	11	Andrew Fine	Ridgewood	11
110HH:	Brandon Hambric	Teaneck	11	Akira Monri	Ridgewood	12
400 IH:	Joe Vargas	Paramus	11	Hall Finzo	Bloomfield	11
4x400m:	Teaneck			Montclair		
High Jump:	Craig Mushad	Nutley	12	Spencer Grayson	Montclair	12
Pole Vault:	Nick Stitt	Ridgewood	11	Joe Oliveri	Nutley	11
Long Jump:	Stefon Williams	Montclair	11	Daniel Simmons	Montclair	12
Triple Jump:	Jason Alexander	Teaneck	12	Naitik Vaghasia	Paramus	11
Shot Put:	Joe Andrews	Montclair	12	Maquan Adams	Bloomfield	11
Discus:	Blake Hughes	Montclair	12	Nicholas Petine	Bloomfield	12
Javelin:	Ryan Ackerman	Bloomfield	12	Mark Maniaci	Ridgewood	10

Honorable Mention: Peter Nygaard - Ridgewood (among others)

<u>Year:</u>	<u>Dual Meets:</u>	<u>County Relays:</u>	<u>League:</u>	<u>County:</u>	<u>State Sectional:</u>	<u>State Group:</u>
1975			Champions	2nd Place	Champions	
1976				3rd Place		
1977						
1978				3rd Place		
1979				3rd Place		
1980				3rd Place		
1981						
1982		2nd Place				
1983				3rd Place	3rd Place	
1984		3rd Place		3rd Place	3rd Place	
1985		3rd Place	3rd Place	3rd Place	3rd Place	
1986						
1987			Champions	Champions	2nd Place	
1988		Champions	Champions	3rd Place	Champions	9th Place
1989	7-1	2nd Place	Champions	2nd Place		
1990		2nd Place				
1991	5-3	2nd Place	3rd Place	2nd Place	2nd Place	
1992	5-3	5th Place	2nd Place	2nd Place	5th Place	
1993	7-1	3rd Place (tie)	2nd Place	3rd Place	3rd Place	3rd Place
1994	7-1	4th Place	2nd Place	3rd Place	3rd Place	
1995	7-1	4th Place	Champions (tie)	2nd Place	5th Place	
1996	5-3	5th Place	3rd Place	5th Place	5th Place	
1997	8-0	6th Place	Champions	2nd Place	6th Place	
1998	8-0	3rd Place	Champions	2nd Place	2nd Place	
1999						
2000		2nd Place	3rd Place	3rd Place	2nd Place	
2001		3rd Place	Champions			
2002	6-2	3rd Place	Champions	4th Place	7th Place (tie)	6th Place
2003	5-1	3rd Place	Champions	Champions	Champions	5th Place
2004	6-0	3rd Place	Champions	2nd Place	Champions	8th Place
2005	8-0	Champions	Champions	Champions	2nd Place	2nd Place
2006	8-0	Champions	Champions	2nd Place	3rd Place	
2007	8-0	2nd Place	Champions	3rd Place	2nd Place	
2008	7-1	6th Place	Champions (tie)	8th Place	8th Place	

Ridgewood High School All-Time Top 10 List

<u>100m:</u>	<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>	<u>County Rank:</u>
10.90	Chris Zeigler	State Meet of Champs	2007	16th / 10th Auto
10.99	Dusty Thomas	BMOC	1998	21st (tie)
10.8	Matt Krever	BMOC	1991	27th (tie)
10.9	Dan Cooper	NNJIL Championship	2000	52nd (tie)
11.2	Ted Winfield	NNJIL Championship	1997	
11.3	Evan Yeaw	NNJIL Championship	2004	
11.3	Chris Hamlin	NNJIL Championship	1989	
11.3	Albert Gelbaum	County Championship	2005	
11.4	Mike DiMauro	NNJIL Championship	1995	
11.4	Bernard Mann	NNJIL Championship	2003	
<u>200m:</u>				
21.7 / 22.05	Chris Zeigler	County / SMOC	2007	30th
22.15	Dusty Thomas	BMOC	1998	50th
22.0	Mike Henderson		1961	53rd (tie)
22.1	Tim Geckler	NNJIL Championship	1989	
22.4	Matt Krever	NNJIL Championship	1991	
22.7	Chris Zeigler	State Sectionals	2006	
23.21	Mike DiMauro	NNJIL Championship	1995	
23.2	Albert Gelbaum	Bernards Invite	2005	
23.54	InSoo Hwang	State Sectionals	2008	
<u>400m:</u>				
48.7	Tim Geckler	NNJIL Championship	1989	19th (tie)
49.41	Josh Kauke		1999	53rd
49.3	Jim Nepola		1970	54th (tie)
49.4	Mike Henderson		1960	62nd (tie)
50.2	Dusty Thomas	County Championship	1998	
50.4	Chris Perez	NNJIL Championship	2002	
51.2	Josh Saladino	State Sectionals	1995	
51.3	Greg Corcoran	State Sectionals	2003	
51.4	Matt Krever	NNJIL Championship	1991	
51.9	Tom Rooke	State Sectionals	2003	
<u>800m:</u>				
1:50.19	Josh Kauke		2000	1st
1:51.61	Chris Rae	Golden West	1987	5th
1:53.4	Bob Keino	BMOC	1994	13th (tie)
1:54.0	John Parisi		1983	21st (tie)
1:54.2	Tom Rae		1971	26th (tie)
1:54.4	John Lander		1985	29th
1:54.7	Byron Williams	Bernards Invite	2005	32nd (tie)
1:54.8	Niall Buckley	County Championship	2007	34th (tie)
1:55.3	Chris Sullivan		1985	48th (tie)
1:55.3	Eric Berntsen		1987	48th (tie)

1600m:

4:09.35	Bob Keino	State Group IV	1994	4th
4:11.9	Chris Sullivan		1985	6th
4:12.0	Chris Rae		1987	7th
4:12.71	Byron Williams	State Meet of Champs	2005	8th
4:15.4	Joe LeMay		1985	19th (tie)
4:15.5	Ari Zamir	State Sectionals	2004	22nd
4:15.7	Eric Berntsen		1987	23rd
4:17.10	Michael Cator	BMOC	2006	31st
4:17.1	Tom Tomai		1975	32nd (tie)
4:19.5	Josh Kauke		2000	59th (tie)
4:19.6	Erik Nygaard	State Sectionals	2004	61st
4:19.9	Eric Boucher	BMOC	1991	63rd (tie)

3200m:

9:02.73	Bob Keino	Arcadia Invite	1993	3rd
9:05.7	Eric Berntsen		1987	4th
9:08.82	Daniel Emont	State Meet of Champs	2007	7th
9:12.8	Joe LeMay		1985	16th
9:17.29	Eric Boucher	State Meet of Champs	1991	24th
9:18.10	Ari Zamir	State Group IV	2004	25th
9:18.65	Michael Cator	State Meet of Champs	2006	28th
9:22.4	Kevin McCabe		1987	38th (tie)
9:24.9	Bruce Mason		1972	46th
9:27.4	Ed Quinn		1976	57th (tie)
9:28.0	Byron Williams	County Championship	2005	

110HH:

14.4	Mike Rogers		1975	31st (tie)
14.70	Steve Pawlowski		2001	51st
14.5	Jeff Lane		1975	52nd (tie)
14.5	Rich Wankmuller		1976	52nd (tie)
14.75	Akira Monri	State Sectionals	2008	
15.30	Steve Robinson	BMOC	1998	
15.53	John Moody	BMOC	2006	
15.53	Peter Nygaard	State Sectionals	2008	
15.3	Fletcher Rosenbach	State Sectionals	1995	
15.55	Jim Davis	NNJIL Championship	1995	

400 IH:

53.9	John Parisi		1983	10th
54.7	Dave Shultz		1987	29th (tie)
55.2	Niall Buckely	County Championship	2007	47th (tie)
55.4	Tim Kelley		1982	56th (tie)
55.8	Dave Warton	County Championship	1998	
56.59	Akira Monri	Penn Relays	2008	
56.7	Josh Saladino	County Championship	1995	
56.8	Jason Lahita	NNJIL Championship	1993	
57.2	Greg Corcoran	State Sectionals	2003	
57.64	Joe Nagano-Gerace	BMOC	2005	

400m splits:

48.0	Tim Geckler	NNJIL Championship	1989
48.9	Niall Buckley	BMOC	2007
49.6	Chris Zeigler	Nike Outdoor Nationals	2007
49.7	Matt Krever	NNJIL Championship	1991
50.0	Dusty Thomas	State Group IV	1998
50.2	Byron Williams	NNJIL Championship	2005
50.5	Dave Warton	BMOC	1998
50.6	Josh Saladino	County Championship	1995
50.7	Peter Martin	NNJIL Championship	1991
50.8	Greg Corcoran	State Sectionals	2003

800m splits:

1:52.6	Bob Keino	Penn Relays	1993
1:53.8	Christian Trautwein	Nike Outdoor Nationals	2007
1:54.8	Naill Buckley	Nike Outdoor Nationals	2006
1:55.6	Ari Zamir	East Coast Relays	2004
1:55.9	Byron Williams	County Relays	2005

1200m splits:

3:03.7	Chris Sullivan	Penn Relays	1985
3:04.9	Byron Williams	Nike Outdoor Nationals	2006
3:06.0	Niall Buckley	Nike Outdoor Nationals	2007
3:08.6	Michael Cator	Nike Outdoor Nationals	2005
3:09.7	Bob Keino	Penn Relays	1992

1600m splits:

4:08.2	Bob Keino	Penn Relays	1993
4:15.3	Byron Williams	Nike Outdoor Nationals	2005
4:16.7	Michael Cator	Nike Outdoor Nationals	2006
4:18.5	Daniel Emont	Nike Outdoor Nationals	2007

Long Jump:

22'11"	Craig Halyard	Arcadia Invite	1989
21'11"	Gabriel Knutson	State Sectionals	2004
21'5 1/2"	Dusty Thomas	County Championship	1998
21'3"	Bernard Mann	NNJIL Championship	2003
20'10 1/4"	Andrew Dolgin	County Championship	1998
20'10"	T.J. Crocker	NNJIL Championship	1989
20'5 3/4"	Doug Randolph	County Relays	1993
20'5 1/2"	Chris Hamlin	State Sectionals	1989
20'4 1/2"	Ted Winfield	State Group IV	1997
20'3"	Peter Martin	NNJIL Championship	1991

16th

Triple Jump:

48'7"	Craig Halyard	Golden West	1989	5th
45'8"	Gabriel Knutson	County Championship	2004	27th (tie)
43'7"	Bernard Mann	NNJIL Championship	2003	
42'10"	Akira Monri	State Sectionals	2007	
42'5 1/2"	Andrew Dolgin	County Championship	1998	
40'10 1/2"	Yusik Choi	County Championship	1992	
40'10"	Ted Winfield	County Championship	1997	
40'10"	Paul Kovach	NNJIL Championship	2006	
40'9"	Jim Davis	County Championship	1995	
40'8"	Dave Warton	NNJIL Championship	1998	
40'7 1/2"	Lucas Chwe	State Sectionals	2007	

High Jump:

6'7"	Pete Rutherford		1972	15th (tie)
6'7"	Bernard Mann	Dual	2003	15th (tie)
6'6"	Jim Davis	State Group IV	1995	22nd (tie)
6'2"	T.J. Crocker	NNJIL Championship	1989	
6'2"	Fletcher Rosenbach	County Championship	1995	
6'0"	Jeff Braden	County Championship	1997	
6'0"	Tommy DeVita	County Relays	2008	

Pole Vault:

15'1"	Gabriel Knutson	State Sectionals	2004	2nd
14'8"	Jacob Ricciardi	State Sectionals	2005	4th
14'7"	Dan Cooper		2000	6th
14'6"	Paul Kovach	BMOC	2006	8th (tie)
13'6"	John Boylan		1980	35th (tie)
13'6"	Vahe Hagopian	State Group IV	1993	35th (tie)
13'6"	James Norton	State Meet of Champs	2002	35th (tie)
13'0"	Dave Warton	BMOC	1998	
13'0"	Christian Jensen	State Sectionals	2005	
12'6"	Mike Huang	BMOC	1995	
12'6"	Jim Davis	BMOC	1995	

Shot Put:

54'11"	Eric Bryant		1980	
51'9 3/4"	J.D. Murdock	County Relays	1997	
51'1 1/2"	Kevin Strahle	BMOC	2002	
50'5"	Patrick Rae	NNJIL Championship	1989	
50'1"	Sam Horowitz	BMOC	1993	
49'4"	Kassim Dawson	BMOC	1993	
48'11"	Torre Watson	State Sectionals	1991	
48'10"	Steven Abdallah	Bernards Invite	2005	
48'8 1/4"	Ben Wilson	County Championship	2006	
47'9"	Brian Zuccala	NNJIL Championship	1998	
47'6 3/4"	Chris Wolfstirn	State Sectionals	2003	

Discus:

157'11"	John Marshall		1971
151'5"	J.D. Murdock	County Relays	1998
150'5"	Glenn Hansen	BMOC	1994
147'1"	Gabriel Knutson	County Championship	2004
144'3"	Brian Zuccala	NNJIL Championship	1998
143'8"	Ramone Hache	State Group IV	1991
143'3"	Michael Mosticchio	State Sectionals	2008
143'1"	Patrick Rae	County Championship	1989
138'3"	Kassim Dawson	NNJIL Championship	1993
136'2"	Chris Wolfstirn	State Sectionals	2003

Javelin:

202'0"	Steve Pierce	State Meet of Champs	2006	3rd (new)
198'8"	J.D. Murdock	County Championship	1998	20th (old)
187'2"	John Grubb		2000	47th (old)
177'8"	Adam Whitelaw	Bernards Invite	2003	20th (new)
170'5"	Thibaut van Marke	Bernards Invite	1993	
168'5"	Brian Zuccala	County Championship	1998	
164'0"	Rob Budelman	Thunderbird Invite	1991	
154'3"	Anthony Halwagy	NNJIL Championship	2003	
151'5"	Matt Picarelli	Pawlowski Relays	1995	

Ridgewood High School All-Time Top 10 Relays

	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>	<u>County Rank:</u>
<u>4x100m:</u>				
44.1	A. Monri / P. Nygaard / L. Chwe / C. Zeigler	County Relays	2007	38th (tie)
44.3	M. Krever / C. Halyard / T. Crocker / T. Geckler	Penn Relays	1989	50th (tie)
44.96	J. Moody / A. Gelbaum / L. Chwe / C. Zeigler	Penn Relays	2006	
45.2	S. Oh / L. Chwe / D. Engel / A. Gelbaum	Bernards Invite	2005	
45.9	D. Cooper / D. Warton / S. Robinson / D. Thomas	Penn Relays	1998	
46.59	M. DiMauro / R. Genovese / F. Rosenbach / J. Saladino	Penn Relays	1995	
46.5	P. Martin / J. Bennett / S. Dangelo / M. Krever	County Relays	1991	
46.7	B. Warnock / R. Garcia / S. Aps / M. Nally	Pawlowski Rel.	1994	
46.8	B. Warnock / J. Saladino / T van Marke / S. Aps	Bernards Invite	1993	
<u>4x200m:</u>				
1:31.83	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	E Coast Relays	2007	41st
1:31.9	C. DiPasquale / A. Dolgin / S. Pawlowski / D. Cooper		2000	50th (tie)
1:32.5	C. Hamlin / C. Halyard / T. Crocker / T. Geckler	County Relays	1989	
1:33.9	A. Monri / M. Witt / I. Hwang / C. Trautwein	County Relays	2008	
1:33.9	J. Moody / Z. Ontiveros / A. Monri / C. Zeigler	County Relays	2006	
1:36.6	D. Cooper / C. Rogers / A. Dolgin / D. Thomas	Englewood Rel	1998	
1:36.9	E. Yeaw / S. Oh / H. Smith / G. Knutson	Comet Relays	2004	
1:36.9	J. Nagano-Gerace / D. Engel / J. Moody / A. Gelbaum	County Relays	2005	
1:37.1	W. Tsai / R. Garcia / M. DiMauro / J. Saladino	Pawlowski Rel	1995	
1:38.0	A. Halwagy / T. Rooke / D. Sampson / J. Chu	County Relays	2003	
<u>4x400m:</u>				
3:19.25	Pierson / C. Halyard / T. Geckler / Ellinghous	State MOC	1988	7th
3:20.72	A. Monri / C. Zeigler / C. Trautwein / N. Buckley	BMOC	2007	19th (tie)
3:22?			2000	
3:25.15	N. Buckley / Z. Ontiveros / J. Schmidt / C. Zeigler	BMOC	2006	
3:25.50	A. Dolgin / D. Warton / J. O'Neill / D. Thomas	BMOC	1998	
3:26.5	B. Dougherty / C. Halyard / M. Giffuni / T. Geckler	BMOC	1989	
3:26.8	J. Schmidt / N. Buckley / A. Gelbaum / B. Williams	NNJIL Champs	2005	
3:26.9	D. Sampson / T. Rooke / B. Williams / G. Corcoran	State Sectionals	2003	
3:27.1	D. Culver / P. Martin / J. Bennett / M. Krever	NNJIL Champs	1991	
3:27.9	B. Keino / R. Cleary / S. Alsaïdi / J. Lahita	BMOC	1993	
<u>4x800m:</u>				
7:49.0	D. Shultz / Williams / E. Berntsen / C. Rae		1987	7th
7:52.05	B. Williams / M. Cator / E. Nygaard / A. Zamir	East Coast Rel	2004	11th
7:57.9			1972	28th
7:58.1			1976	29th
8:01.10	S. Alsaïdi / R. Cleary / T. Cotton / B. Keino	Penn Relays	1993	37th
8:02.57	J. Saladino / R. Cleary / B. Palatucci / B. Keino	Penn Relays	1994	46th
8:05.3	J. Fronefield / S. Alsaïdi / D. Connors / B. Keino	Penn Relays	1992	
8:05.5	E. Boucher / W. McCann / D. Connors / D. Culver	Penn Relays	1991	

4x1600m:

17:52.8	J. LeMay / C. Rae / Lander / C. Sullivan		1985	8th
17:55.34*	M. Cator / B. Williams / E. Nygaard / A. Zamir	National Champs	2004	9th
18:02.4	D. Emont / M. Cator / J. Garber / B. Williams	County Relays	2006	12th
18:13.8	S. Alsaïdi / T. Ricart / T. Cotton / B. Keino	County Relays	1993	26th
18:21.4	M. Cator / D. Emont / B. Williams / J. Pfeiffer	County Relays	2005	39th
18:21.49*	C. Trautwein / J. Garber / J. Kalmus / D.Emont	Arcadia Invite	2007	40th
18:22.0	R. Crispin / E. Nygaard / K. Engelken / A. Zamir	Comet Relays	2003	42nd
18:26.7	T. Cotton / J. Fronefield / J. Lahita / B. Keino	County Relays	1992	
18:35.4	J. Fronefield / S. Alsaïdi / D. Connors / E. Boucher	County Relays	1990	
18:45.1	T. Shigenobu / A. Fine / C. Trautwein / B. Cleary	County Relays	2008	

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

3:27.58	D. Cooper / S. Pawlowski / A. Dolgin / J. Kauke	National Champs	2000	4th
3:29.6			1987	8th (tie)
3:30.84	A. Monri / Z. Ontiveros / C. Zeigler / N. Buckley	National Champs	2007	13th (tie)
3:31.36			1999	15th
3:33.3			1975	18th
3:35.1			1971	32nd (tie)
3:36.3	D. Engel / A. Gelbaum / J. Schmidt / B. Williams	County Relays	2005	45th (tie)
3:37.6	C. Hamlin / C. Halyard / T. Geckler / M. Giffuni	County Relays	1989	
3:38.8	E. Yeaw / H. Smith / B. Williams / A. Zamir	County Relays	2004	
3:40.6	C. Zeigler / J. Moody / N. Buckley / B. Williams	County Relays	2006	

Distance Medley:

10:06.57	B. Williams / C. Zeigler / N. Buckley / M. Cator	National Champs	2006	2nd
10:07.97	N. Buckley / C. Zeigler / C. Trautwein / D. Emont	National Champs	2007	4th
10:11.1	C. Sullivan / Caminiti / Lander / J. LeMay	Penn Relays	1985	6th
10:13.79	M. Cator / J. Schmidt / N. Buckley / B. Williams	National Champs	2005	7th
10:16.2			1987	9th
10:22.36	T. Cotton / J. Lahita / S. Alsaïdi / B. Keino	Penn Relays	1993	16th
10:29.67	E. Nygaard / N. Buckley / B. Williams / M. Cator	National Champs	2004	26th
10:30.49	B. Keino / D. Connors / S. Alsaïdi / J. Fronefield	Penn Relays	1992	29th
10:33.7	D. Culver / M. Krever / D. Connors / E. Boucher	Penn Relays	1991	38th
10:34.8			1976	40th (tie)

Shuttle Hurdles:

59.2			1972	1st
1:03.2	Muth / R. Wankmuller / J. Lane / M. Rogers		1975	28th
1:04.27	J. Moody / J. Nagano-Gerace / S. Pierce / A. Monri	E. Coast Relays	2006	
1:04.9	J. Davis / J. Braden / J. Hu / F. Rosenbach	County Relays	1995	
1:08.2	P. Nygaard / A. Mandarano / T. DeVita / A. Monri	County Relays	2008	
1:08.2	P. Nygaard / L. Chwe / Z. Ontiveros / A. Monri	Comet Relays	2007	
1:08.2	D. Warton / C. Rogers / J. Roth / S. Robinson	County Relays	1998	
1:09.1	J. Moody / A. Monri / S. Pierce / J. Nagano-Gerace	County Relays	2005	
1:10.3	J. Braden / D. Warton / C. Rogers / S. Robinson	County Relays	1997	
1:12.3	C. Lalonde / A. Braden / F. Rosenbach / J. Lahita	County Relays	1993	

3x400 IH:

2:50.9	T. Kelley / J. Parisi / Buckley	1982	6th
2:53.0	N. Buckley / A. Monri / Z. Ontiveros	County Relays 2007	11th (tie)
2:55.1	N. Buckley / S. Pierce / J. Nagano-Gerace	County Relays 2006	22nd
2:58.1	N. Buckley / J. Nagano-Gerace / S. Pierce	County Relays 2005	
2:59.8	A. Monri / P. Nygaard / I. Hwang	County Relays 2008	
3:00.1	D. Warton / S. Robinson / C. Rogers	Engelwood Rel 1998	
3:01.7	C. Perez / J. Norton / G. Corcoran	County Relays 2002	
3:02.9	J. Saladino / J. Hu / F. Rosenbach	County Relays 1994	
3:03.0	J. Saladino / F. Rosenbach / J. Hu	County Relays 1995	
3:05.1	J. Lahita / J. Saladino / C. Lalonde	County Relays 1993	

3XLJ:

60'3 3/4"	C. Halyard / T. Crocker / Pierson	1988	24th
60'2 1/2"		1970	28th
59'10 1/2"	C. Halyard / T. Crocker / C. Hamlin	County Relays 1989	37th
55'11"	G. Knutson / H. Smith / K. Wanchoo	County Relays 2004	
55'10 1/2"	P. Kovach / B. Clementi / A. Monri	County Relays 2006	
55'9 3/4"	D. Randolph / S. Aps / T. van Marke	County Relays 1993	
55'6"	B. Mann / G. Knutson / K. Wanchoo	County Relays 2003	
55'5"	T. Winfield / D. Thomas / S. Wolfson	County Relays 1996	
54'9 1/2"	J. Hu / R. Garcia / M. DiMaulo	County Relays 1995	
54' 3/4"	B. Clementi / S. Oh / L. Chwe	County Relays 2005	

3xTJ:

125'10 1/4"	C. Halyard / T. Geckler / J. Chang	County Relays 1989	14th
120'4 1/2"	G. Knutson / H. Smith / B. Clementi	County Relays 2004	
119'1"	B. Mann / G. Knutson / K. Wanchoo	County Relays 2003	
118'1 1/4"	A. Monri / L. Chwe / P. Nygaard	County Relays 2007	
116'8"	A. Dolgin / S. Robinson / D. Warton	County Relays 1998	
115'1 3/4"	B. Clementi / S. Oh / J. Moody	County Relays 2005	
114'11 3/4"	T. Winfield / A. Dolgin / S. Robinson	County Relays 1997	
114' 1/2"	T. van Marke / K. Dawson / C. Lalonde	County Relays 1993	
113'2 3/4"	Y. Choi / K. Dawson / T. van Marke	County Relays 1992	
113'1 1/4"	A. Monri / P. Kovach / B. Clementi	County Relays 2006	

3xHJ:

17'6"	J. Davis / F. Rosenbach / J. Braden	Pawlowski Rel 1995	
17'1"	B. Mann / H. Smith / K. Engelken	Pawlowski Rel 2002	
16'10"	B. Mann / K. Engelken / G. Knutson	County Relays 2003	
16'9"	F. Rosenbach / J. Davis / J. Braden	Pawlowski Rel 1994	
16'9"	S. Robinson / B. Reese / J. Roth	Pawlowski Rel 1998	
16'8"	J. Braden / S. Robinson / W. Byren	County Relays 1996	
16'0"	T. DeVita / D. Yoon / D. Morse	Pawlowski Rel 2007	
16'0"	H. Smith / C. Perez / K. Engelken	County Relays 2002	
16'0"	H. Smith / K. Engelken / N. Buckley	County Relays 2004	

3xPV:

38'0"	G. Knutson / J. Riccairdi / C. Jensen	County Relays	2004	2nd
34'0"			1976	35th (tie)
32'6"	D. Warton / D. Cooper / C. Rogers	County Relays	1998	
32'0"	M. Witt / N. Stitt / J. Wisener	County Relays	2008	
31'6"	J. Norton / J. Riccairdi / G. Knutson	County Relays	2002	

3XShot:

146'8 1/2"	Pfund / Gautier / Laborde		1983	33rd
132'5 1/2"	B. Zuccala / J. Murdock / T. Zurla	County Relays	1998	
130'7 3/4"	S. Horowitz / K. Dawson / A. Greico	County Relays	1993	
130'3 1/4"	B. Wilson / M. Mosticchio / N. Dawson	County Relays	2006	
129'3"	S. Abdallah / M. Flicker / B. Mercer	County Relays	2004	
129'0"	J. Murdock / T. Zurla / F. Lockwood	Pawlowski Rel	1998	
128'7 1/2"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008	
127'3 1/2"	M. Picarelli / C. Van Cleve / T. Steiner	County Relays	1995	
124'8 1/2"	K. Strahle / C. Wolfstirn / S. Pskowski	County Relays	2002	
124'3"	M. Flicker / N. Kovach / C. Wolfstirn	County Relays	2003	

3xDisc:

422'8"			1971	18th
387'3"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998	
377'7"	R. Hache / T. Watson / P. Beisler	County Relays	1991	
372'2"	K. Strahle / S. Pskowski / C. Wolfstirn	County Relays	2002	
368'10"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008	
362'4"	K. Dawson / A. Greico / S. Horowitz	County Relays	1993	
358'1"	S. Abdallah / B. Wilson / S. Pierce	County Relays	2005	
352'11"	T. Li / D. Barry / C. Mala	County Relays	1995	
350'10"	B. Wilson / S. Pierce / C. Ryan	County Relays	2006	

3xJavelin:

442'8"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998	
431'1" *	S. Pierce / N. Ontiveros / A. Gelbaum	County Relays	2005	
429'10" *	S. Pierce / A. Gelbaum / T. Haase	County Relays	2006	
417'11"	J. Murdock / B. Zuccala / P. Hans	County Relays	1996	
404'1"	M. Picarelli / J. Murdock / D. Barry	County Relays	1995	
393'5"	A. Whitelaw / A. Halwagy / S. Pierce	Pawlowski Rel	2003	
390'5"	R. Budelman / P. Beisler / K. Dawson	County Relays	1991	
388'10" *	K. Flaherty / M. Mosticchio / M. Monfared	County Relays	2008	
371'5"	T. van Marke / D. Kaplan / S. Horowitz	County Relays	1993	
370'4"	A. Whitelaw / A. Halwagy / T. Wagner	County Relays	2002	

* = add 10% (new jav)