

**RIDGEWOOD
WINTER TRACK
AND FIELD
2007-2008**

Dear Seniors,

Oh the ups and downs of a winter track season. We had a few of those "peaks and valleys." It is a bit like the weather during the season. The ups being some of the accomplishments that you each had...some truly outstanding performances, the downs being some of the injuries you each had that unfortunately shortened the season for some. All and all though, I loved the year! Your personalities are awesome! I really enjoyed some of the conversations that I had with each of you and I wish I could have those "one on ones" more. You were all great and should be proud of your year. Things that I will remember from each of you are:

Emily Barr for her leadership, for her peanut butter-potato chip-lettuce and mayo sandwich, for her toughness and for her "Jokes of the Day." Christy Bertelsen for her promptness to stretching, for her awesome 2 mile at sectionals, and for her secret relationship with Christian. Avinash Charurasia for his hanging with Logan, his hanging with Logan, and his hanging with Logan. Josh Dabby for his years of hard work and dedication, for his constant dialogue with Coach Martin, and for his desire to break 30 in the 200m. William Jang for his willingness to push the pace in distance runs, for his desire to take his shirt off on semi-warm days and for his hard work. Mia Martinez for her listening skills and always taking the "coaches' advice," for her lead-off leg at nationals in the HH, and for her use of the blocks. Kate Michel for her coaches' sandwiches, for her ability to NOT seem ready to run and then win, and for her multiple uniforms ("It's the airports' fault"). Akira Monri for his leadership during agilities, for his rice balls, and for his darn hamstring injury. Alex Middleton for her quick exits from track meets, for her ability to handle multiple races, and for her constant bickering with Tory. Jen Moderow for joining her senior year, for her quickness in the hurdles and her upbeat attitude. Peter Nygaard for his sports knowledge, for his various absentee excuses, and his puzzling looks he could give the coaches. Anne Polcari for her new school record in the PV, for her bowling team win, and her connection with Dick Cheney..aka DC. Logan Rupel for his making the varsity 4 x 400, for his table sitting during stretching and ...oh yeah...his hanging with Avi. Christian Trautwein for his charm with the ladies, for his awesome double at county relays, and his knee injury...I mean hip injury...I mean shin injury....whatever.

You have all had great careers here for Ridgewood Winter Track. You should be proud of yourselves. I will always enjoy thinking back to these fond memories. I will miss you and wish you all the best in your futures.

Sincerely, Coach Mullin

Boys Team 2007-08 (Total= 63 athletes)

9th Graders:

Ethan Bae	Matt Besoletti	Tim Cheung	Chris DuBois
Mohamed Eid	Omar Harmza	Hiro Kagaie	Yuki Kawahara
Sean Mattson	Alex Queartararo	Pat Rynkowski	Chris Steinacker
Erik Taketomo	Zach Vinci	Wyatt Vinci	Eric Yoon
In Su			

10th Graders:

Omer Bakshi	Alex Butler	Luke Cichocki	Brian Cleary
John Cleary	Gene Dacula	Tom DeVita	Clinton Dorsey
Neil Ekblom	Dan Felastein	Steve Fishbein	Billy Floyd
Kangwon Go	Andrew Hong	Jae Joo	Mashiro Kato
David Kim	Ian Kresky	Matt LaDuca	Sungwoo Lee
AJ Manderano	Mark Maniaci	Stephen Medel	Alec Ontiveros
Jake Schwartz	John Wisener	Alex Yamamot	

11th Graders:

Travis Becher	David DeSimone	Andrew Fine	Ben Grossman
Will Jacoby	Mike Kavanagh	Dylan Lee	Sean Martyn
Dan Nagano-Gerace	Taro Shiginobo	Ryan Trepedi	Max Witt

12th Graders:

Avinash Chaurasia	Josh Dabby	Willaim Jang	Akira Monri
Peter Nygaard	Logan Ruppel	Christian Trautwein	

Girls Team 2007-08 (Total= 58 athletes)

9th Graders:

Natalie Aguado	Hannah Benenson	Kat Bonelli	Nicole DeSimone
Mackenzie Flood	Katie Garbarini	Julia Guarino	Amanda Jacoby
Akiko Miyagi	Margaret Mullen	Nina Patterson	Kayla Polcari
Danielle Radossi	Haley Roche		

10th Graders:

Jen Bitzer	Erin Caffrey	Alicia Cho	Hyoje Joo
Eurih Lee	Caroline Lynch	Katie Martin	Christie Nelson
Victoria Oliva	Okwuchi Onwubu	Denise Ortega	Alex Salerno
Courtney Schofield	Alex Scibetta	Fiona Smith	Christine Spilka
Madeline Wilson	Sera Yoon	Sino Yoon	

11th Graders:

Hilary Barr	Ramelle Brown	Maeve Casey	Madeline Conboy
Jessica Connor	Megan Gonzalez	Meghan Granski	Robin Lee
Charlotte Lucey	Tory Middleton	Jackie Montero	Tory Mullen
Jenny Narvaez	Jaclyn Pierce	Casey Reilly	Emily Trent
Melissa Wittenbert	Taylor Wrede		

12th Graders:

Emily Barr	Christy Bertelsen	Mia Martinez	Kate Michel
Alex Middleton	Jen Moderow	Anne Polcari	

Coaches: Mike Mullin, Josh Saladino, Holly Martin

Winter Track Meet Schedule 2007-2008

Date	Meet	Location	Who's going?
12/19	Spike Shoe Invite	Armory	All
12/27	Marine Corps Hol Classic	Armory	Select varsity
1/12	Dartmouth Relays	Dartmouth U	Select varsity
1/7	North Jersey Invite	FDU	Varsity runners
1/8	RHS I	FDU	All
1/14	Frosh/Novice Champs	Armory	Sub-varsity
1/15	RHS II	RCC	All
1/23	Bergen Relay Champs	Armory	Varsity
1/25	Paul Schwartz Invite	FDU	All
1/28	NNJIL Champs	Armory	Varsity
2/4	Varsity Classic	Armory	Varsity
2/9	State Gr IV sectional Girls	Jersey Armory	Girls varsity
2/9	State Gr IV sectional Boys	Jersey Armory	Boys varsity
2/16	State Group IV Girls	Toms River	Girls varsity
2/16	State Group IV Boys	Toms River	Boys varsity
2/18	Bergen Individual champ	Armory	All
2/23	Girls State Meet of Champs	Toms River	Girls varsity
2/23	Boys State Meet of Champs	Toms River	Boys varsity
2/26	Eastern States	Armory	Select Varsity
3/14-16	Nationals	Armory	Select Varsity

Spike Shoe Invite

12/18/07

***** Results *****

55m HH:

Boys:

Varsity- Akira Monri- 7.7 (2nd), Peter Nygaard- 8.4

Novice- Luke Cichocki- 9.3, Ben Grossmen- 11.0

Frosh- MattBeasoletti- 11.3 (3rd), Sean Mattson- ?

Girls:

Varsity- Mia Martinez- 8.6 (3rd), Kate Michel- 9.1

Novice- Jenny Naverez- 11.7, Jaclyn Pierce- 10.9, Victoria Olivia- 10.8,
Maeve Casey- 9.9, Emily Trent- 10.4

Frosh- Natalie Aguado- 11.4

55m:

Boys:

Novice- Avinash, Chaurasia- 8.2, Logan Ruppel- 7.3, Josh Dabby- 8.5,
Travis Becher- 7.3, Ben Grossman- 7.3, Will Jacoby- 7.0/7.5, Mike Kavanagh- 7.3/7.2,
Gene Dacula- 7.4, Neil Eklom- 8.0, Sachin Khalsa- 7.5, Max Witt- 7.1/7.0

Frosh- Tim Cheung- 7.6, Alex Quartararo- 8.6

Girls:

Varsity- Emily Barr- 7.5/7.5,

Novice- Jackie Montero- 8.3, Melissa Wittenbert- 9.0, , Denise Ortega- 8.3/8.2,
Madeline Wilson- 9.1, Christie Nelson- 9.9, Hyoje Joo- 9.1, Megan Gonzalez- 8.9,
Sera Yoon- 8.5, Emalee Stier- 9.2

Frosh- Natalie Aguado- 8.5/8.6, Hannah Benenson- 8.0/8.0, Kat Bonelli- 9.1,
Nicole DeSimone- 8.9, Mackenzie Flood- 9.7, Katie Garbarini- 8.4/8.6,
Julia Guarino- 8.3/8.6, Amanda Jacoby- 8.9, Akiko Miyagi- 9.4,
Kayla Polcari- 8.2/8.5, Haley Roche- 8.7, Lauren Scauzzi- 9.9,
Neshat Yazclani- 9.2,

1600m:

Boys:

Varsity- Christian Trautwein- 4:32.8 (3rd),

Novice- William Jang- 5:08.9, David DeSimone- 5:05.0, Sean Martyn- 5:19,
Stephen Fishbein- 5:43

Frosh- Mohamed Eid- 6:06, Yuki Kawahara- 5:30, Zach Vinci- 5:38, Wyatt Vinci- 5:36

Girls:

Varsity- Christy Bertelsen- 5:41.0, Alex Middleton- 5:35.0 (5th), Hilary Barr- 5:49.9,
Tory Middleton- 5:50.0, Alex Scibetta- 5:51

Novice- Jess Connor- 6:29, Tory Mullen- 6:46, Casey Reilly- 6:28,
Meghan Granski- 6:09, Courtney Schofield- 6:09,

Frosh- Margaret Mullen- 6:26

800m:

Boys:

Novice- Andrew Hong- 2:51, Mashiro Kato- 2:49, Alec Ontiveros- 2:18

Frosh- Mohamed Eid- 2:49, Yuki Kawahara- 2:38, Zach Vinci- 2:44, Wyatt Vinci- 2:40

Girls:

Novice- Christine Spilka- 2:35.0 (4th), Catherine Buckley- 2:42, Madelene Conboy- 3:05,
Lisset Dillon- 2:55, Taylor Wrede- 2:58, Meghan Granski- 2:53,
Courtney Schofield- 2:53

Frosh- Margaret Mullen- 2:58

200m:

Boys:

Varsity- Akira Monri- 23.0 (4th) *** *NEW SCHOOL RECORD* ***,
Peter Nygaard- 24.6

Novice- Avinash, Chaurasia- 29.9, Logan Ruppel- 25.9, Josh Dabby- 31.9,
Travis Becher- 26.8, Ben Grossman- 26.7, Will Jacoby- 25.3, Gene Dacula,- 28.4,
Neil Eklom- 28.8, Sachin Khalsa- 27.8,

Frosh- Matt Beasoletti- 28.6, Tim Cheung- 28.9,

200m (cont.)

Girls:

Varsity- Emily Barr- 27.6,

Novice- Maeve Casey- 30.3, Kathy Koo- 33.8, Jackie Montero- 30.8, Emily Trent- 31.4,
Jen Bitzer- 30.9, Denise Ortega- 30.6, Alicai Cho- 38.4, Jenny Naverez- 30.6,
Jaelyn Pierce- 31.3, Victoria Olivia- 28.5, Sera Yoon- 33.6

Frosh- Natalie Aguado- 31.1, Hannah Benenson- 29.2, Kat Bonelli- 35.5,
Nicole DeSimone- 33.4, Mackenzie Flood- 36.6, Katie Garbarini- 31.2,
Julia Guarino- 31.4, Amanda Jacoby- 34.9, Akiko Miyagi- 41.0,
Nina Patterson- 32.4, Kayla Polcari- 30.7, Haley Roche- 32.8, Lauren Scauzzi- 39.9,
Neshat Yazclani- 35.8

4 x 800m: (varsity only)

Girls- (1) Alex Middleton, Tory Middleton, Kate Michel, Chrisy Bertelsen

10:12.8 (4th)..... 2:32.9 2:33.4 2:27.2 2:39.3

(2) Christine Spilka, Hilary Barr, Alex Scibetta, Casey Reilly

10:47.0..... 2:34.6 2:46.6 2:41.6 2:50.4

Field Events:

Triple Jump: (TBA)

Boys:

Varsity- Akira Monri- 41'4 ½", Peter Nygaard- 38'4", Mike Kavanagh- 35'5"

Girls:

Varsity- Robin Lee- 30'1 ¼", Kate Michel- 30'2"

High Jump: (varsity only)

Boys- Luke Cichocki- 5'2"

Pole Vault: (varsity only)

Boys- Mike Kavanagh- NH

Girls- Anne Polcari- 9'0", Robin Lee- 8'6", Kayla Polcari- NH

Shot Put: (varsity only)

Girls- Megan Gonzalez- 30'0", Christy Nelson- 23'0"

COMMENTS: GREAT 1ST MEET! Special congrats to all those who placed...not easy with a meet of over 100 schools. Keep up the good, positive spirit. Your hard work and dedication will pay off.

NORTH JERSEY

Comets' Edwards answers the call

Wins twice in holiday meet

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK — It wasn't an automatic decision for Evana Edwards to become one of Hackensack's indoor track captains.

The talented senior is one of the top athletes in North Jersey but her effort wasn't always consistent.

"We had a preseason meeting and we talked about it among

INDOOR TRACK SPIKED SHOE MEET

the coaches and we decided that she deserved it, so we gave her a chance," said Comet head coach Jim Levitzke.

And so far the decision has proven to be a wise one, on and off the track.

Edwards won two events at the Spiked Shoe Holiday Festival on Wednesday night at the Armory Track Center, and her performances indicate she might be ready to add consistency to her talent.

"I think the difference this year is maturity — definitely maturity," said



Evana Edwards

Edwards, who won the 55 hurdles in 8.2 seconds and then jumped 17 feet, 4 inches to easily win the long jump

"I'm more focused and more determined because it's my senior year and I want to avoid some of the problems I've had in the past."

Levitzke concurs with Edwards' new emphasis on consistency.

"She really has matured," said Levitzke.

"Her grades have improved and she's clearly shown a better work ethic and commitment for what she's doing."

"It's my senior year and I want to be the best," said Edwards, who won the hurdles 3 meters and the long jump by nearly a foot.

"I want to be a sports psychologist and I've started talking to myself to get myself psyched up."

Her added responsibility has carried over to her captaincy.

"I really take being captain seriously," said Edwards, who has applied to Notre Dame, Fordham and Seton Hall, among other schools.

"I even went to a teacher for one of our sophomore boys who isn't doing well to find out what I could do to help him get his grades up.

"That's something I never thought I'd do."

Wayne Valley's Tom Papa was the other North Jersey double winner Wednesday, winning the long jump (21-6¼) and triple jump (42-10½) on his last attempt in each event after fouling his first two jumps each time.

"I was a little ragged on my steps and I had two great long jumps that I just fouled on," said Papa, who was a wide receiver on the 11-1 Indians team that reached the North 1, Group 3 football final.

"But I managed two good jumps on my last jumps, which felt good."

Papa edged Tenafly's Danny Wu by an inch in the long jump and a half-inch in the triple jump.

INDOOR TRACK

SPIKED SHOE HOLIDAY FESTIVAL

AT THE ARMORY TRACK CENTER

BOYS

55: 1. Greg Stripe, Mahwah, 6.6; 2. Greg Bardzell, Lakeland, 6.6; 3. LaRue Harris, Hackensack, 6.7; 4. Jamal Clay, Mahwah, 6.7; 5. Ryan Donelan, Hightstown, 6.9; 6. Sammy Smith, Pascack Hills, 7.0.
55 HH: 1. Gerkenz Senesca, Roselle, 7.7; 2. Akira Monri, Ridgewood, 7.7; 3. Terrell Guy, Roselle, 7.7; 4. Jermaine Boyd, Hackensack, 7.9; 5. Kyle Robinson, Matawan, 7.9; 6. Tim White, Saddle Brook, 8.0.

200: 1. Antoine McGill, Clarkstown South, 22.6; 2. tie between Ryan Donelan, Hightstown, and Akheem Gauntlett, Roselle, 22.8; 4. Akira Monri, Ridgewood, 23.0; 5. Andrew Kesler, Liberty, 23.0; 6. Ray Mamazza, Liberty, 23.2.

800: 1. Christopher Carrington, North Rockland, 2:03.2; 2. Isaiah Butts, Passaic Tech, 2:03.2; 3. Phil Ross, Port Jefferson, 2:03.4; 4. Abel Reddad, Brewster, 2:03.8; 5. Danny Mendoza, Roslyn, 2:04.2; 6. Kyle Ganston, Clarkstown South, 2:04.6.

1,600: 1. Ryan Birchmeier, Ocean City, 4:24.9; 2. Colin Baker, Haddonfield, 4:30.6; 3. Christian Trautwein, Ridgewood, 4:32.8; 4. Thomas Lipari, Roslyn, 4:38.2; 5. Billy Savage, Indian Hills, 4:39.5; 6. Nick Hughes, North Rockland, 4:40.9.

Shot put: 1. Zacharia Ahmed, Hightstown, 55-1; 2. Andrew Trass, River Dell, 50-11½; 3. Pete Foley, Indian Hills, 49-6 1.2; 4. John Garza, Lakeland, 49-5; 5. Alex Spamback, Roslyn, 48-9½; 6. Rocco Mazzagatti, Hillsborough, 48-2.

High jump: 1. Kevin Bostick, Bergen Catholic, 6-2; 2. Tim White, Saddle Brook, 6-0; 3. Alex Maisonette, North Rockland, 6-0; 4. Spencer Lord, Pelham, 5-10; 5. Kyle Robinson, Matawan, 5-10; 6. Kevin Burns, Matawan, 5-10.

Long jump: 1. Tom Papa, Wayne Valley, 21-6¼; 2. Danny Wu, Tenafly, 21-5¼; 3. Greg Stripe, Mahwah, 20-10 1/2; 4. Antoine McGill, Clarkstown South, 20-6; 5. Ausar Walcott, Hackensack, 20-6; 6. Mazs Franklin, Franklin, 20-6.

Triple jump: 1. Tom Papa, Wayne Valley, 42-10½; 2. Danny Wu, Tenafly, 42-10; 3. Chris Pisano, Metuchen, 42-1; 4. Vincent Lu, Bergen Catholic, 41-7½; 5. Akira Monri, Ridgewood, 41-4½; 6. Matt Carnes, Hillsborough, 40-10.

Pole vault: 1. Greg Stripe, Mahwah, 14-0; 2. Kevin Sofia, Ramsey, 13-6; 3. Jon Bartlett, Matawan, 13-0; 4. Austin Schaller, Old Tappan, 12-6; 5. Pat Gray, Hightstown, 12-6; 6. Colin Gold, Mahwah, 12-0.

4-x-400 relay: 1. Bergen Catholic (Tom Randall, Will Ring, Pat Ringelstein, Dom Gaston), 3:31.9; 2. Metuchen, 3:34.0; 3. Hopewell Valley, 3:37.3; 4. Passaic Tech, 3:43.4; 5. Liberty, 3:46.2; 6. Matawan, 3:47.2.

4-x-800 relay: 1. Hillsborough (Rob Marley, Alex Szela, Alex Bown, Jason Walton), 8:07.0; 2. Roslyn, 8:31.6; 3. Monroe Twp., 8:32.0; 4. Matawan, 8:40.9; 5. North Rockland, 8:41.7; Saddle Brook, 8:51.2.

Sprint medley relay: 1. Ocean City (Tim Niokas, Jason Chu, Mike Coletta, Ryan Birchmeier), 3:44.4; 2. Metuchen, 3:44.8; 3. Glen Ridge, 3:49.1; 4. Haddonfield, 3:49.6; 5. Clarkstown South, 3:49.6; 6. Hopewell Valley, 3:50.1.

GIRLS

55: 1. Dominique Booker, Immaculate Conception, 7.0; 2. Fametta Lewis, Wilson, 7.2; 3. Kesi Irwin, Kent Place, 7.4; 4. Mackenzie Chambers, Matawan, 7.5; 5. Chiamaka Ukchukwu, Franklin, 7.6; 6. Arteana Nah, Immaculate Conception, 7.6.

55 HH: 1. Evana Edwards, Hackensack, 8.3; 2. Susan Scavone, Summit, 8.6; 3. Mia Martinez, Ridgewood, 8.6; 4. Brittany Brown, Pelham, 8.6; 5. Danielle Brown, Watchung Hills, 8.7; 6. Sam Kee, Lakeland, 9.0.

200: 1. Dominique Booker, Immaculate Conception, 25.1; 2. Amber Allen, Passaic Tech, 25.7; 3. Kesi Irwin, Kent Place, 26.0; 4. Nicole Ferrara, Hopewell Valley, 26.0; 5. Nicole Ragucci, Monroe Twp., 26.4; 6. Marline Edmond, Elizabeth, 26.8.

800: 1. Sarah Pagano, IHA, 2:20.2; 2. Sue Martinez, Clifton, 2:20.4; 3. Kristin Crawford, Kennedy, 2:24.3; 4. Amy Salek, Ramapo, 2:25.7; 5. Eloisa Paredes, Clifton, 2:28.6; 6. Amber Allen, Pas-

saic Tech, 2:31.3.
1,600: 1. Emily Lipari, Roslyn, 5:00.1; 2. Claire Buck, Hopewell Valley, 5:23.6; 3. Alyssa D'Orazio, Haddonfield, 5:32.4; 4. Julie Jablonski, Hopewell Valley, 5:32.8; 5. Nicole Rocha, Hillsborough, 5:35.7; 6. Alex Middleton, Ridgewood, 5:36.1.

Shot put: 1. Alana Pantale, Wayne Valley, 35-11½; 2. Angela Acosta, Bergenfield, 35-6¼; 3. Quasha Brown, Matawan, 33-7¾; 4. Eileen Becker, Indian Hills, 33-7; 5. Johnalyn Gartagena, Bergenfield, 33-3¾; 6. Angela Davia, Hillsborough, 32-10¼.

High jump: 1. tie between Mary Sancilo, Allentown, 5-2 and Brittany Brown, Pelham, 5-2; 3. Emily Kianka, Hopewell Valley, 5-0; 4. Chiamaka Unkchukwu, Franklin, 5-0; 5. Nikki Galido, Allentown, 4-10; 6. Lexi Zalok, Summit, 4-10.

Long jump: 1. Evana Edwards, Hackensack, 17-4; 2. Jessica Molosh, Indian Hills, 16-4½; 3. Michelle Eberhardt, Clarkstown South, 16-1; 4. Marie Minasi, Holy Angels, 16-0; 5. Jackie Geitz, Old Tappan, 15-10; 6. Tiffany Evangelou, IHA, 15-8.

Triple jump: 1. Michelle Eberhardt, Clarkstown South, 35-4¾; 2. Jess Molosh, Indian Hills, 34-9½; 3. Brooke Kristensen, Mahwah, 34-8¾; 4. Sara Douma, West Milford, 34-6¾; 5. Tiffany Evangelou, IHA, 34-2¾; 6. Emily Babiss, Indian Hills, 34-2¼.

Pole vault: 1. K.L. Markson, West Milford, 10-3; 2. Danielle Brown, Watchung Hills, 9-6; 3. tie between Emily Urcluoli, Clifton, and Lori Reudos, Clarkstown South, 9-6; 5. Emily Mino, River Dell, 9-6; 6. Annie Polcarl, Ridgewood, 9-0.

4-x-400 relay: 1. Wilson, 4:11.0; 2. Hopewell Valley, 4:12.6; 3. Hillsborough, 4:12.6; 4. East Orange, 4:19.7; 5. Passaic Tech, 4:21.3; 6. Metuchen, 4:27.8.

4-x-800 relay: 1. Haddonfield (Alyssa D'Orazio, Lizzy Sikkema, Jackie Sikkema, Athena Wright), 10:02.7; 2. Hopewell Valley, 10:05.0; 3. Hillsborough, 10:12.0; 4. Ridgewood, 10:13.3; 5. Brewster, 10:33.1; 6. Indian Hills, 10:41.2.

Sprint medley relay: 1. Garden City, 4:14.9; 2. IHA, 4:25.1; 3. Marlboro, 4:25.3; 4. Haddonfield, 4:26.1; 5. Hopewell Valley, 4:28.9; 6. Monroe Twp., 4:29.5.

Marine Corp Invite

12/27/07

4 x 55m HH:

Kate Michel- 9.2

Emily Barr- 10.3

Victoria Olivia- 10.2

Mia Martinez- 9.0

Team- 38.8 (5th)

Pole Vault Summit Jan 5, 08

Location: Reno, Nevada

Girls Pole Vault:

Anne Polcari- 11'4"

*** *NEW COUNTY AND SCHOOL RECORD* ***

MONDAY, JANUARY 7, 2008

A competition to remember

Pole vaulters fare well in Nev.

North Jersey's top vaulters enjoyed a very good weekend in the 18th annual National Pole Vault Summit in Reno, Nev.

Ann Polcari of Ridgewood and Michelle Favre of Saddle Brook both broke the Bergen County indoor record by clearing 11 feet, 4 inches in separate girls competitions, and K.L. Markson of West Milford extended her Passaic County record to 11-4.

Polcari, vaulting in the second-seeded high school girls flight, finished 13th in a field of 19 vaulters, and Favre edged Markson on misses to win the fourth of 15 flights involving 15 to 20 athletes apiece.

Mahwah's Greg Stripe cleared an indoor personal best of 14-10 to finish sev-

INDOOR TRACK

enth in the second of 18 boys flights, just 2 inches short of the Bergen County record set by Gabe Knutson in 2004.

His effort was bettered by only 18 of the more than 300 high school boys who participated in the event. Peter Matano of Wayne Hills was sixth in the fifth flight with an indoor personal best of 13-2.

In all, more than 2,000 vaulters – from beginners through Olympians – participated in the event, with up to 12 runways in use at one time.

Stripe and Matano will get another chance to vault Thursday at the NBIL championships.

— Paul Schwartz

North Jersey Invite

1/7/08

***** This meet is team scored and all races are varsity.

***** Bus leaves at 3:00pm.

55m:

Boys- Will Jacoby- 7.2, Max Witt- 7.1

Girls- Emily Barr- 7.8/7.8, Jen Bitzer- 8.2

55m HH:

Boys- Akira Monri- 7.6 (1st), Peter Nygaard- 8.4

Girls- Mia Martinez- 8.4 (1st), Kate Michel- 9.1, Victoria Olivia- 9.8

3200m:

Boys- Andrew Fine- 10:28.9 (6th)

Girls- Christy Bertelsen- 12:08.1 (1st), Alex Scibetta- 13:13

4 x 800m:

Girls- Hilary Barr, Courtney Schofield, Casey Reilly, Megan Granski
11:05.1 (4th)..... 2:37.7 2:42.2 2:53.3 2:52.0

600m:

Girls- Kate Michel- 1:45.2 (2nd), Christine Spilka- 1:26.9 (3rd)

1000m:

Boys- Christian Trautwein- 2:41.7 (1st)

Girls- Alex Middleton- 3:18.2 (4th), Tory Middleton- 3:25.5 (6th)

300m:

Boys- Akira Monri- 36.5 (1st), Max Witt- 44.1

Girls- Emily Barr- 44.4 (6th), Mia Martinez- 45.1, Jen Bitzer- 47.8

1600m:

Boys- Andrew Fine- 5:04.0, Taro Shigenobu- 4:49.4 (1st)

Girls- Christy Bertelsen- 5:54, Alex Scibetta- 5:59, Hilary Barr- 5:59,
Courtney Schofield- 6:09, Casey Reilly- 6:22, Megan Granski- 6:31,
Alex Middleton- 5:50.6 (5th), Tory Middleton- 6:03

4 x 400m:

Boys- Akria Monri, Peter Nygaard, Will Jacoby, Christian Trautwein
3:42.8 (4th)..... 53.2 58.2 58.9 52.1
Girls- Emily Barr, Christine Spilka, Victoria Olivia, Kate Michel
4:16.5 (1st)..... 64.9 65.4 66.1 63.4

Final Scores of top 3 teams out of 15:

Boys:

1. Don Bosco- 55
2. Ridgewood- 47
3. Hackensack- 32

Girls:

1. Ridgewood- 56
2. Holy Angels- 35
3. Immaculate Heart- 32

Comments:

A tremendous meet! I loved the way we competed. We placed in 8 out of 9 girls events, had 4 wins on the boys side and 3 wins on the girls side. Great accomplishments. Special congrats to the girls team who won this meet for the 5th straight year and 8 out of the last 9 years. This should give you a lot of confidence for the tough competition that lies ahead. Nice job!

Ridgewood girls roll to another title

By PAUL SCHWARTZ
STAFF WRITER

HACKENSACK — When the North Jersey Invitational was established in 1982, there were no indoor league meets, and very few indoor meets had a team score. That made the meet an essential team goal in what largely was a developmental season.

As indoor track has grown, adding league and County meets and this year, State sectional championships, the North Jersey Invitational has lost a little luster. But to Mike Mullin of Ridgewood, it's still one of the best meets of the winter.

Maybe that's because his teams have had so much success. The Maroons, despite the loss of several All-North Jersey performers to graduation and to other interests, still managed their fifth straight win and eighth in nine years in the girls meet, scoring in eight of nine events to defeat Holy Angels, 56-35, at the Rothman Center.

Westwood, scoring in just three events, won the girls B title, 26-25, over Wallkill Valley.

In the boys meet, Don Bosco edged Englewood for the overall title, 55-54, by placing two spots ahead of the Maroon Raiders in the meet's final event, the 4-x-400 relay. Englewood won the B Division, 54-16, over Paterson Catholic, and Bosco took the A, 55-47, over Ridgewood.

"We lost a lot from last year, [but] we have a deep team and a lot of girls stepped up for us tonight," said Mullin. "Mia Martinez got a great win for us in the hurdles, and I was really happy for Christy Bertelsen winning the 3,200 meters. That gave us two wins in the first three events and got us rolling."

Ridgewood wouldn't win again until the final event, when the 4-x-400 relay won handily, but a 2-3 finish in the 600 and two places in the 1,000 helped the Maroons win for the 16th time in the meet's 27-year history.

"We have some great senior leadership, starting with Mia and Christy and including Kate Michel, Emily Barr and Alex Middleton, who were all a big part of last year's team," said Mullin. "And that doesn't include our 11-4 vaulter, Ann Polcari, who wasn't even here. This meet is something we love."

Don Bosco won just three events and didn't run three of its top runners. But that gave some of the supporting cast a chance to stand out.

Steve Wexler won the 600 and Leighton Spencer the 3,200, as would be expected, but an unheralded 4-x-800 team beat Englewood, and the Ironmen had seconds in the 4-x-400 relay and 3,200 and a third in the 1,600 from unexpected sources.

"It was fun to let some of the other kids take the spotlight," said Bosco coach Rob DeCarlo. "A kid like Joe Amoresano [part of the winning 4-x-800 and third in the 1,600], who has a lot of talent but has been hurt his entire career, gets a chance because we loaded up several relays [Sunday] night at the NJCTC Relays to get some seed times for the State relays.

"Leighton didn't run [Sunday] night and Rafael Vargas just ran a terrific 3,200 for second behind him," said De-

INDOOR TRACK N.J. INVITATIONAL

INDOOR TRACK

North Jersey Invitational

BOYS

TEAM SCORING

LARGE SCHOOLS

Don Bosco (DB) 55, Ridgewood (R) 47, Hackensack (H) 32, Eastside (Ea) 14, Teaneck (T) 10, Paramus Catholic (PC) 9, Passaic (P) 6, Fort Lee (FL) 1.

SMALL SCHOOLS

Englewood (E) 54, Paterson Catholic (Pat C) 16, Westwood (W) 9, Pompton Lakes (PL) 8, Rutherford (Ru) and Pequannock (Peq) 6, Dumont (Du) 4, Waldwick (Wa) 2.

55: 1. Raldaine McDonald (E), 6.5; 2. Damian Miles (T), 6.6; 3. Ackeme Brown (E), 6.6; 4. Tristen John (D), 6.7; 5. LaRue Harris (H), 6.7; 6. Mike Robinson (E), 6.7.

55 HH: 1. Akira Monri (R), 7.6; 2. Jody Johnson (E), 7.9; 3. Jermaine Boyd (H), 7.9; 4. Benjamin Amoah (E), 8.2; 5. Lawrence Banton (H), 8.4; 6. Jaivon Palmer (E), 9.5.

300: Akira Monri (R), 36.5; 2. Raldaine McDonald (E), 37.0; 3. Marcus McKenzie (Ea), 37.3; 4. Jaivon Palmer (E), 37.6; 5. Robert East (P), 38.2; 6. Chris Cagiao (PC), 38.5.

600: 1. Steve Wexler (DB), 1:27.7; 2. Javon Brown (Pat C), 1:30.3; 3. Chris Murphy (W), 1:30.4; 4. Da'Von Robinson (PC), 1:30.5; 5. Barrington Allen (T), 1:31.0; 6. Matt Suozzi (DB), 1:31.7.

1,000: 1. Christian Trautwein (R), 2:41.7; 2. Salim Corbin (Ea), 2:44.2; 3. John Gaffney (Ru), 2:46.4; 4. Jimmy DuWhite (P), 2:49.1; 5. Steve Flanagan (DB), 2:29.2; 6. Jon McNamara (PL), 2:54.3.

1,600: 1. Taro Shigenobu (R), 4:49.4; 2. Anthony Izzo (H), 4:50.1; 3. Joe Amoresano (DB), 4:51.4; 4. Da'Von Robinson (PC), 4:52.2; 5. Anthony Andrews (Pat C), 4:58.0; 6. Mike Letennier (PL), 5:00.5.

3,200: 1. Leighton Spencer (DB), 9:55.6; 2. Rafael Vargas (DB), 10:02.0; 3. Anthony Andrews (Pat C), 10:18.9; 4. Rob Albano (Peq), 10:23.3; 5. James Vander Wiele (Peq), 10:26.3; 6. Andrew Fine (R), 10:28.9.

4-x-400 relay: 1. Hackensack (Jermaine Boyd, Ronald Bembry, Conroy Walker, Joel Douglas), 3:39.3; 2. Don Bosco, 3:42.3; 3. Ridgewood, 3:42.8; 4. Englewood, 3:43.0; 5. Waldwick, 3:45.4; 6. Westwood, 3:46.9.

4-x-800 relay: 1. Don Bosco (Brendan Offer, James Ungemah, Joe Amoresano, Frank Gassert), 8:44.1; 2. Englewood, 8:52.2; 3. Pompton Lakes, 8:54.5; 4. Hackensack, 8:55.5; 5. Westwood, 9:02.4; 6. Fort Lee, 9:12.7.

GIRLS

TEAM SCORING

LARGE SCHOOLS

Ridgewood (R) 56, Holy Angels (HA) 35, Immaculate Heart (IHA) 32, Bloomfield (Bl) 18, Teaneck (T) 10, Hackensack (H) 8, Fort Lee (FL) and Paramus Catholic (PC) and East Orange (EO) 6, Eastside (Ea) and Garfield (G) 4, Passaic (P) 1.

SMALL SCHOOLS

Westwood (W) 26, Walkkill Valley (WV) 25, Rutherford (Ru) 11, Waldwick (Wa) 10, Englewood (E) and Ramsey (Ram) 8, Saddle River Day (SRD) 3, Ridgefield Park (RP) and Pompton Lakes (PL) 1.

55: 1. Vicky Caruso (WV), 7.2; 2. Kristen Brown (E), 7.3; 3. Epiphany Sams (PC), 7.4; 4. Janay Mitchell (T), 7.5; 5. Eloise Soriano (FL), 7.6; 6. Kellie Dunn (Ru), 7.7.

55 HH: 1. Mia Martinez (R), 8.4; 2. Evana Edwards (H), 8.4; 3. Rita Taste (Bl), 9.0; 4. Akeelia Minto (Ea), 9.3; 5. Tiffany Evangelou (IHA), 9.3; 6. Sharla Boland (RP), 9.5.

300: 1. Vicky Caruso (WV), 42.1; 2. Adriana Lanuto (Ram), 43.0; 3. Janay Mitchell (T), 43.6; 4. Eloise Soriano (FL), 44.2; 5. Nikki Rivera (Bl), 44.4; 6. Emily Barr (R), 44.4.

600: 1. Nikki Rivera (Bl), 1:45.2; 2. Kate Michel (R), 1:45.2; 3. Christine Spilka (R), 1:46.9; 4. Vicky Caruso, Walkkill Valley, 1:48.4; 5. Catherine Crimmins (HA), 1:52.4; 6. Amanda Jones (SRD), 1:53.6.

1,000: 1. Kaitlyn Cooney (IHA), 3:14.3; 2. Sarah Mellea (IHA), 3:15.9; 3. Suzana Markolovic (HA), 3:16.7; 4. Alex Middleton (R), 3:18.2; 5. Maggie Senor (IHA), 3:22.5; 6. Tory Middleton (R), 3:25.5.

1,600: 1. Sarah Pagano (IHA), 5:20.4; 2. Brittany DeBord (Wa), 5:43.8; 3. Teresa Gagliostro (W), 5:47.9; 4. Ceile Brennan (W), 5:48.0; 5. Alex Middleton (R), 5:50.5; 6. Jen Molke (HA), 5:52.5.

3,200: 1. Christy Bertelsen (R), 12:08.1; 2. Stephanie Gibney (HA), 12:09.6; 3. Jen Molke (HA), 12:09.8; 4. Sylwia Dziedzic (G), 12:35.4; 5. Abbey Wallach (SRD), 12:40.1; 6. Charlene Boria (Pas), 12:43.8.

4-x-400 relay: 1. Ridgewood (Emily Barr, Christine Spilka, Victoria Oliva, Kate Michel), 4:16.5; 2. Westwood, 4:19.9; 3. East Orange, 4:25.1; 4. Rutherford, 4:30.3; 5. Holy Angels, 4:33.4; 6. Walkkill Valley, 4:34.5.

4-x-800 relay: 1. Holy Angels (Allison Gadaleta, Nicole Schiavone, Maureen Crimmins, Kat Baselic), 10:25.1; 2. Westwood, 10:26.6; 3. Rutherford, 10:56.4; 4. Ridgewood, 11:05.1; 5. Waldwick, 11:09.8; 6. Pompton Lakes, 11:27.7.

Bertelsen seeks return to form

Ridgewood senior gets close

By PAUL SCHWARTZ
STAFF WRITER

Victory was a long time coming for Christy Bertelsen but when the Ridgewood senior captured the North Jersey Invitational 3,200 meters championship this week, the win was that much sweeter.

Bertelsen was an All-North Jersey selection in cross-country as a freshman, but the combination of injuries and physiological changes in her body had made it difficult to approach the performances she had given three years ago.

But she kept plugging and was an important part of the Maroon team that finished second in the Bergen Meet of Champions and finished ninth in Group 4 last fall.

"It still was frustrating because I thought I was ready to be even better in cross-country," said Bertelsen. "But I continued to work hard and see what happened in indoors."

And the 12:08.1 win Monday brought a smile to her face and a lot of pleasure to her teammates who kept her spirits up even when Bertelsen's might have lagged a little.

"It felt really good to win," said Bertelsen. "I think [Monday] I just needed to have the confidence to hold back a little until it was time to go and then just go after it."

Bertelsen defeated second-team All-Bergen cross-country runners Jen Molke of Holy Angels and Sylwia Dziedzic of Garfield in running her fastest indoor time in two years and looks forward to the rest of the season.

"I think I had a lot of support from people in this race and I'm really excited about the rest of the year," said Bertelsen, who's headed to Vanderbilt next year. "I'm still not where I want to be but it's getting there."

SMALL BUT POWERFUL: The Westwood girls' indoor team is small, just eight members, but pretty strong as they scored in three events and captured the small schools title in the North Jersey meet, 26-25, over Wallkill Valley.

"We've got some very good kids and they each take a part in what we do," said veteran coach George Glover after the Cardinals' second-place finish in the night's final event, the 4-x-400 relay enabled them to pass their Sussex County rivals.

"We've got just two seniors —



RECORD FILE PHOTO
Christy Bertelsen captured the 3,200 meters at the North Jersey Invitational on Monday.

everyone has to contribute and they do."

All-BCSL American cross-country selections Teresa Gagliostro and Ceile Brennan went 3-4 in the 1,600 meters and Garland anchored the 4-x-800 team to second place before the 4-x-400 team completed the win. "We're going to try and load up a couple of relays this weekend [at the State Relays] and see what happens," said Glover.

MOVING QUICKLY: Greg Bardzell of Lakeland is a sprinter to watch this season, especially after his 55-meter clocking of 6.70 won the Northern Hills championship.

"With all the time I put in training, I'm expecting to have a great year," said the 5-foot-6 inch, 180-pound Bardzell, who won the event by more than a meter, powering his way to the fastest time in North Jersey.

"I have to do something in sports when I get to college and I'd love to be a sprinter if I can't play football."

Look for Bardzell at Wednesday's Passaic County championships to improve on his second-place finish from last year and be a Group 2 contender.

RHS I

Tues. Jan 8, 2008

***** Results *****

55m HH:

Boys:

Novice- Luke Cichocki- 8.6/8.7/8.5 (2nd), Ben Grossmen- 10.4,
John Wisener- 11.8, AJ Mandereno- 10.0

Frosh- Matt Beasoletti- 10.2 (2nd), Sean Mattson- 10.1 (1st)

Girls:

Novice- Jenny Naverez- 11.8, Jaclyn Pierce- 11.1, Maeve Casey- 10.4/10.4/10.2 (3rd),
Emily Trent- 10.7/10.8, Jen Moderow- 10.1/10.4

Frosh- Natalie Aguado- 11.2/11.5 (5th)

55m dash:

Boys:

Novice- Avinash Chaurasia- 7.5, Josh Dabby- 8.0, Logan Ruppel- 7.1,
Travis Becher- 7.4, Omer Bakshi- 7.1, Satchen Khalsa- 7.5, Dan Nagano- 6.8/6.8

Frosh- Tim Cheung- 7.7/7.6/7.6 (6th), Hiro Kagai- 8.0, Eric Taketomo- 7.8,

Girls:

Novice- Megan Gonzalez- 8.9/8.9, Robin Lee- 7.8/7.9/7.8 (1st), Jackie Montero- 8.3/8.4,
Melissa Wittenbert- 9.0, Christie Nelson- 10.5, Denise Ortega- 8.4, Fiona Smith- 8.2,
Alex Salarno- 10.0, Erin Caffrey- 9.0

Frosh- Kat Bonelli- 8.8, Nicole DeSimone- 9.3, Mackenzie Flood- 9.6,
Katie Garbarini- 8.7/8.5, Amanda Jacoby- 9.6, Akiko Miyagi- 10.2, Nina Patterson- 8.8,
Kayla Polcari- 8.6, Haley Roche- 8.,7, Lauren Scauzzi- 10.2, Neshat Yazdlani- 8.9

4 x 800m:

Boys:

Novice-

(1) William Jang, David DeSimone, Sean Martyn, Justin Jenkins

9:32.8 (5th)..... 2:21.5 2:24 2:28.8 2:18.5

(2) Dylan Lee, John McCooe, John Cleary, Steven Fishbein

10:10.7..... 2:29.7 2:25.6 2:38.7 2:37.1

Frosh-

(1) Zach Vinci, Wyatt Vinci, Yuki Kawahara, Chris Steinacker

10:33.0..... 2:45.0 2:40.0 2:28 2:38

(2) Chris Dubois, Mohamed Eid, Pat Rynkowski, Hiro Kagei
10:55.0..... 2:44 2:48 2:31.2 2:51

Girls:

Novice-

(1) Margaret Mullen, Jess Connor, Okwuchi Onwubu, Eurih Lee
11:44.8 (5th)..... 2:58 2:56 2:50.8 2:59

(2) Madeline Conbory, Charlotte Lucy, Tory Mullen, Taylor Wrede,
12:29.3..... 3:01.7 3:16.6 3:11.1 2:59.9

4 x 1 lap (approx. 4 x 200m)

****** Reminder....1st lap of each race is a full 200m, the next 3 runners on each relay team run approximately 190m which does effect your times.**

Boys:

Novice-

(1) T. Becher, L Ruppel, B. Grossman, L. Cichocki
1:42.4..... 27.4 24.4 25.4 25.4

(2) O. Bakshi, M. Kato, J. Wisener, T. Divita
1:48.7.... 29.4 28.2 26.5 24.8

(3) S. Martyn, D. DiSomone, W. Jang, J. Jenkins
1:50.1..... 26.9 26.9 29.2 27.2

(4) D. Lee, J. McCooe, S. Fishbein, M. Kavanaugh
1:52.0 29.5 27.6 29.8 25.2

(5) AJ Mandereno, J Dabby, S. Khalsa, A. Chaurasia
1:56.6..... 29.8 30.4 29.0 29.8

Frosh-

(1) T. Chueng, W. Vinci, S. Mattson, M. Beasoletti
1:50.5 (1st)... 28.9 28.6 26.4 26.9

(2) Z. Vinci, C. Steinacher, P. Rynkowski, Y. Kawahara
1:54.9..... 29.2 29.5 28.9 27.4

(3) E. Taketomo, H. Kagai, C. DuBois, M. Eid
2:01.7..... 29.9 30.8 29.9 31.0

Girls: (4 x 1 lap cont.)

**** *Reminder....1st lap of each race is a full 200m, the next 3 runners on each relay team run approximately 190m which does effect your times.*

Novice-

(1) M. Casey, J. Pierce, J. Narvaez, R. Lee
1:57.7 (5th)... 31.9 30.2 28.8 27.0

(2) F. Smith, E. Trent, J. Moderow, T Wrede
2:02.4... 29.1 29.9 33.4 30.1

(3) D. Ortega, A. Salerno, M. Wittenbert, J. Montero
2:06.3 31.2 34.8 31.1 29.3

(4) M. Gonzalez, E. Caffrey, C. Nelson, O. Onwubu
2:12.4.... 31.2 31.2 33.9 34.9

(5) J. Connor, T. Mullen, M. Conboy, C. Lucey
2:14.0..... 32.5 34.8 29.9 36.9

Frosh-

(1) K. Bonelli, H. Roche, K. Polcari, N. Aguado
2:07 (5th)... 36.1 31.2 30.0 30.0

(2) N. DeSimone, M. Mullen, N. Patterson, K. Garbarini
2:09..... 33.5 34.2 32.1 30.3

(3) A. Jacoby, M. Flood, A. Miyagi, N. Yazdani
2:20..... 35.5 35.0 35.9 35.6

Comments:

Nice Job! I counted at least 10 places for us during this meet and that's outstanding. It was great to see you compete hard and really support one another. The relays at the end were awesome. We ran 16 relays at the end ... that was fun to watch. Congrats to all who placed. Keep up the good work!

Dartmouth Relays

Jan 12, 2008

55m:

Boys- Will Jacoby- 7.31

Girls- Emily Barr- 7.61/7.54/7.50 (5th), Robin Lee- 8.07, Jen Bitzer- 8.46

55m HH:

Boys- Akira Monri- 8.10/7.74/7.77 (4th), Peter Nygaard- 8.72,
Luke Chiocki- 8.93

Girls- Mia Martinez- 8.93/8.78/8.82 (5th), Victoria Olivia- 10.76

300m:

Boys- Peter Nygaard- 40.96

Girls- Victoria Olivia- 45.79, Jen Bitzer- 48.30

400m:

Boys- Will Jacoby- 60.36

600m:

Girls- Christine Spilka- 1:46.74

800m:

Boys- Christian Trautwein- 2:00.26 (4th)

Girls- Kate Michel- 2:21.81 (6th), Tory Middleton- 2:31.64

1000m:

Girls- Alex Middleton- 3:11.96

1 mile:

Boys- Taro Shigenobu- 4:44.81, Brian Cleary- 5:01.77

Girls- Hilary Barr- 5:46.96, Alex Scibeta- 5:58.80

2 mile:

Girls- Christy Bertelsen- 12:14.78

Triple Jump:

Boys- Peter Nygaard- 38'4 3/4"

High Jump:

Boys- Tom Divita- 6'0"

Pole Vault:

Girls- Anne Polcari- 10'6" (5th)

4 x 200m:

Boys- Akira Monri, Tom Divita, Peter Nygaard, Christian Trautwein
1:37.91 23.4 25.8 24.7 23.9

Girls- Emily Barr, Robin Lee, Victoria Olivia, Mia Martinez
1:51.98..... 27.7 28.1 28.3 27.9

4 x 800m:

Girls- Kate Michel, Alex Middleton, Tory Middleton, Christine Spilka
10:05.79 (6th) 2:34.2 2:29.4 2:29.9 2:31.9

Comments:

Fun trip! Congratulations on placing in 7 EVENTS! Great accomplishment. We need to use this as a big positive step in leading us into our team championship part of the season! Special congrats to Anne Polcari's bowling team for the "W." I'm still a bit bummed!

INDOOR TRACK

Ridgewood is off and running

BY GREG TARTAGLIA
Staff Writer

RIDGEWOOD — Today, 21 members of the Ridgewood High School indoor track and field team will venture up to New England for a weekend trip that culminates with the 39th annual Dartmouth Relays in Hanover, N.H.

Last season, the Maroon boys and girls squads combined for seven top-five medals at the regional event, which is held at Leverone Field House on the campus of Dartmouth College.

"It's a little bit more of a high-powered meet, and it showcases the kids more," Ridgewood head coach Mike Mullin said at Wednesday's practice. "Plus, I think it's a good team-building trip. It's an honor to get to go, and they have fun with the two-night overnight."

Despite graduating a number of record-setting competitors from both squads, the Maroons have already set three new standards in the early part of this season.

Senior Ann Polcari broke both the school and Bergen County girls pole vault records last weekend at the National Pole Vault Summit in Reno, Nev., clearing 11 feet, four inches. Both marks were previously held by 2006 RHS graduate Cassie Wong, whose top effort was 10 feet, 7.5 inches.

On the boys side, senior Akira Monri broke the RHS record in the 200-meter dash at the Spiked Shoe Invitational on Dec. 18, clocking 23.0 seconds. On Monday, he won the 300-meters at the North Jersey Invitational in 36.5 seconds, besting the previous school mark of 36.7 by Dan Cooper in 2000.

Monri should be a contender in the 55-meter hurdles at Dartmouth, and hopes to give the Maroon boys a medal in the event. Lara-Jane Que, who grad-

uated from RHS last June, won a gold medal the girls 55-meter hurdles at the 2007 meet.

"Last year, I started going on a [downward] slant after that race [at Dartmouth]," said Monri, using a hand motion to illustrate the decline. "My fastest race last season was at the Spiked Shoe, and I went downhill from that. So this year, hopefully I can go upwards" as the winter progresses.

The Ridgewood girls won the overall team competition at Monday's North Jersey Invitational for the 16th time in 27 years, topping Holy Angels, 56-35. Senior Mia Martinez won the 55-meter hurdles in 8.4 seconds, and senior Christy Bertelsen added a gold medal in the 3200-meter run with a time of 12:08.1.

The Maroons' third gold medal came in the 4 x 400-meter relay, where senior Emily Barr (64.9-second split), sophomores Christine Spilka (65.4) and Victoria Oliva (66.1) and senior Kate Michel (63.4) combined to clock 4:16.5. The 4 x 800-meter quartet of Hilary Barr, Courtney Schofield, Casey Reilly and Megan Granski placed fourth in 11:05.1, while Michel earned a silver medal in the 600-meter run, and sisters Alex and Torey Middleton added points in the distance races.

"That was a great team win for the girls, because we really did graduate a lot of true superstars," Mullin said. "I don't think many people expected us to come out the way we did and have such a strong showing."

Ridgewood placed second in the large-school boys team standings behind Don Bosco, 55-47, but did capture four gold medals. In addition to his 300-meter win, Monri also prevailed in the 55-meter hurdles with a time of 7.6 seconds. Senior Christian Trautwein won the 1000-meter race in 2:41.7, while junior Taro Shigenobu took the 1600-meter run in 4:49.4.

Monri, Trautwein, Peter Nygaard and Will Jacoby teamed up for a fourth-place effort of 3:42.8 in the 4 x 400, while Andrew Fine ran sixth in the 3200-meter run in 10:28.9.

Ridgewood Winter Games II

Tues 1/15/08

***** Results *****

55m:

Boys-

Varsity- Akira Monri- 6.7/6.8/6.7 (4th), Mike Kavanagh- 7.3, Logan Ruppel- 7.2, Travis Becher- 7.5, Dan Nagano- 7.4, Josh Dabby- 8.6

Soph- Omer Bakshi- 7.8, Neil Ekblom- 7.9, Sachin Khalsa- 7.9, Matt LaDuca- 7.9,

Frosh- Tim Cheung- 7.4

Girls-

Varsity- Mia Martinez- 7.8, Megan Gonzalez- 8.9, Jackie Montero- 8.4, Melissa Wittenbert- 8.9

Soph- Jen Bitzer- 8.3/8.1/8.2 (5th), Caroline Lynch- 8.9, Christie Nelson- 9.7, Alex Salerno- 9.9, Fiona Smith- 8.2/8.3/8.2 (6th),

Frosh- Hannah Benenson- 8.3/8.2/8.0 (2nd), Kat Bonelli- 9.3, Nicole DeSimone- 9.2, Julia Guarino- 8.6/8.6/8.6 (5th)

55m HH:

Boys-

Varsity- Peter Nygaard-8.3/8.4, Max Witt- 11.3, Will Jacoby- DQ

Soph- Luke Cichocki- 8.7/8.6 (2nd), John Wisener 10.9, AJ Mandereno- 10.1

Frosh- Matt Beasoletti- 10.4 (2nd), Sean Mattson- 10.9 (4th)

Girls-

Varsity- Emily Barr- 9.7, Kate Michel- 9.8/9.7 (5th), Maeve Casey- 10.5, Jenny Navaez- 11.5, Jaclyn Pierce- 11.1, Emily Trent- 10.1, Jen Moderow- 10.3, Robin Lee- 10.2

Soph- Victoria Olivia- 10.3/10.4 (2nd),

Frosh- Natalie Aguado- 10.8/10.5 (1st), Kayla Polcari- 12.0

2 mile (varsity only):

Boys- Dylan Lee- 12:10, David DeSimone- 10:39

600m:

Boys-

Varsity- Peter Nygaard- 1:31.5, William Jang- 1:29.5, John McCoe- 1:31.5,
Justin Jenkins- 1:28.1

Soph- Mashiro Kato- 1:43.9

Frosh- Chris Dubios- 1:45.8, Mohamad Eid- 1:45.5, Yuki Kawahara- 1:37.2,
Pat Rynkowski- 1:37.5, Chris Steinacker- 1:43.9, Erik Taketomo- 1:45.8,
Zach Vinci- 1:37.8, Wyatt Vinci- 1:38.1

Girls-

Varsity- Christine Spilka- 1:37.6, Catherine Buckley- 1:36.7, Lissett Dillon- 1:52.1,
Taylor Wrede- 1:50.2, Madeline Conboy- 1:52.2

4 x 800m (varsity only):

Girls- Megan Granski, Casey Reilly, Courtney Schofield, Okwuchi Onwubu
11:00.2 (6th)..... 2:45.5 2:48.5 2:38.4 2:47.6

300yd (varsity only):

Boys- Logan Ruppel- 37.2, Travis Becher- 38.9,

1000yd (varsity only)

Girls- Alex Middleton- 2:53.4 (**4th**), Tory Middleton- 2:59.3, Alex Scibetta- 3:05.3

1 mile:

Boys-

Varsity- William Jang- 5:13, David DeSimone- 5:05, Sean Martyn- 5:19,
Ryan Treppedi- 5:50

Soph- Brian Cleary- 5:02 (**2nd**), Steve Fishbein- 5:37,

Frosh- Chris Dubios- 6:25, Mohamad Eid- 6:10, Yuki Kawahara- 5:18,
Pat Rynkowski- 5:35, Chris Steinacker- 6:05, Erik Taketomo- 6:27,
Zach Vinci- 5:40, Wyatt Vinci- 5:38

Girls-

Varsity- Jessica Connor- 6:34, Lissett Dillon- 6:27, Tory Mullen- 6:49

Soph- Courtney Schofield- 5:55 (**5th**), Okwuchi Onwubu- 6:20

4 x 400m:

Boys-

Soph- Brian Cleary, Tom DiVita, Luke Cichocki, Omer Bakshi
4:09.1.... 61.2 62.9 61.2 63.9

Girls-

Varsity-

Buckley, Narvaez, Pierce, Casey

4:35.4... 68.5 67.8 70.0 69.0

Reilly, Granski, Scibetta, Dillon

4:59.... 74.8 77.9 70.7 75.7

Frosh-

Bonelli, Aguardo, DeSimone, Benenson

5:04.3 (4th) 77.9 74.1 76.4 76.0

FIELD EVENTS:

WE ENCOURAGE ALL TO TRY SOME...ESPECIALLY FROSH!! SEE YOUR COACH!!!

Shot put:

Boys-

Soph- Clinton Dorsey- 33'9 1/2", Billy Floyd- 23'9 1/2", David Kim- 28'1",
Mark Maniaci- 30'3"

Frosh- Eric Yoon- 15'6"

Girls-

Varsity- Megan Gonzalez- 30' 5" (2nd)

Soph- Christy Nelson- 22'0"

HJ:

Boys:

Varsity- Tom DeVita- 5'10"

Soph- Luke Cichocki- 5'6"

Girls-

Varsity- Mia Martinez- 4'10"

Frosh- Julia Guarino- NH

PV:

Boys- Max Witt- NH, Mike Kavanagh- NH, John Wisener- NH

Girls- Robin Lee- 9'6" (1st), Ramelle Brown- 8'6" (4th), Kayla Polcari- NH

TJ (varsity only):

Boys- Akira Monri- 40'0", Peter Nygaard- 38'9 ½", Tom DeVita- 35',
Dan Nagano- 33'7", Mike Kavanagh- 35'7"

Girls- Kate Michel- 25', Robin Lee- 31'2", Victoria Olivai- 26'10",
Jenny Navaez- 27'6"

LJ (frosh and varsity):

Boys-

Dan Nagano- 16'4", Will J- 13'9", tommy D- 15'9", Mike K- 16'3", Akira M- 19'6",
Sachin K- 16'4"

Girls-

Varsity- Emily Barr- 15'4", Jackie- 11'8", Julia G- 13'4", Hannah B- 12'2"
Natalie A- 12'11, Jenny N- 12'3", Fiona S- 14'1", Jen Moderow- 12'2"

Comments:

Good job with the field events. It was nice to see people give great efforts working towards the county relays next week.

Growing pains for pole vault

By **PAUL SCHWARTZ**
STAFF WRITER

The winter track season added the pole vault to its program four years ago, but the expansion has not been without its problems.

The Group 4 boys pole vault Saturday at the State Relays at the Jersey City Armory was suspended when the last of four pole vault crossbars at the meet was broken. That event will

INDOOR TRACK NOTES

finish Feb. 16 before the Group 4 State individual championships begin.

Then Sunday, an official was fired in the midst of the girls Group 2 event for consistently not measuring the heights correctly despite being advised by every coach that the standards were being set incorrectly.

The latest problem is the inability of the NJSIAA to store the landing pits and the 12 4-foot-by-8-foot, 200-pound wooden planks that make up the portable pole vault runway at the Armory until the North 1 and 2 sectionals Feb. 7, 11-12, and 13.

"We were told that we could store the pads [pits] and the portable runway in the Armory until they would be needed on Feb. 7," NJSIAA assistant director Don Danser said in a release sent to all schools Wednesday. "Sunday, we were informed by the Armory that we could not leave the pole vault system in the Armory until Feb. 7."

Faced with the possibility of cancelling the pole vault for all schools, the NJSIAA decided to hold a pole vault day Friday, Feb. 8 at the Bennett Center in Toms River, site of the South and Central sectionals, the State Group meets and the State Meet of Champions.

All athletes who were to pole vault at the North 1 and 2 sectionals and the Non-Public A and B championships at the Jersey City Armory instead will vault on Feb. 8 in Toms River.

The North 1 and 2 Group 4 vaults will begin at 9 a.m. on two runways, followed by North Group 3 at 12:30 p.m., North Group 2 and Non-Public B at 4 p.m. and North Group 1 and Non-Public A at 7:30 p.m.

LOOKING BACK — While many teams were competing in the three-day State Relays, Hackensack and Ridgewood ventured to the Dartmouth Invitational, one of New England's biggest meets.

Hackensack's Evana Edwards had the best North Jersey performance of the weekend, taking second in the girls 55-meter hurdles in 8.41 seconds, just behind race winner Jessie Labreck of Messalonskee, N.H. Ridgewood's Mia Martinez was fifth in 8.78. Other girls medals went to Ridgewood's Emily Barr (fifth in the 55 in 7.50), Kate Michel (sixth in the 800 in 2:21.81), Ann Polcari (fifth in the pole vault at 10-6) and the Ridgewood 4-x-800 relay, (sixth in 10:05.79).

Akira Monri of Ridgewood was fourth in the boys 55 hurdles in 7.74 and teammate Christian Trautwein took fourth in the 800 in 2:00.26.

County Relays

Wed. Jan 23rd, 08

RUNNING EVENTS:

4 x 55m HH:

BOYS- Peter Nygaard, Luke Cichocki, Tommy DiVita, Akira Monri
31.6 (3rd) 8.0 8.1 8.2 7.3

GIRLS- Kate Michel, Emily Barr, Victoria Olivia, Mia Martinez
34.5 (1st) 8.7 8.4 9.0 8.4

4 x 1600m:

BOYS- Taro Shigenobu, Andrew Fine, Brian Cleary, Christian Trautwein
19:03 (2nd) 4:35.2 4:52.6 5:04.1 4:33.1

GIRLS- Christy Bertelsen, Courtney Schofield, Alex Scibetta, Alex Middleton
22:33 (2nd) 5:34.9 5:46 5:38.1 5:33.4

4 x 200m:

BOYS- Peter Nygaard, Will Jacoby, Max Witt, Akira Monri
1:38.2 (6th) 24.6 24.6 25.6 23.5

GIRLS- Victoria Olivia, Jen Bitzer, Robin Lee, Mia Martinez
1:51.1 (3rd) 28.1 28.9 27.4 26.9

4 x 800m:

BOYS- David DeSimone, Brian Cleary, Justin Jenkins, Andrew Fine
9:06.... 2:17.2 2:16.6 2:14.9 2:16.4

GIRLS- Alex Middleton, Tory Middleton, Courtney Schofield, Christine Spilka
10:06.3 (3rd) 2:29.9 2:29.6 2:38.2 2:28.5

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

BOYS- Akira Monri, Peter Nygaard, Will Jacoby, Christian Trautwein
3:35.9 (1st) 50.9 24.5 25.0 1:55.4

GIRLS- Emily Barr, Robin Lee, Mia Martinez, Kate Michel
4:23.4 (1st) 621.4 27.5 27.5 2:26.0

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

BOYS- Andrew Fine, Will Jacoby, Brian Cleary, Taro Shigenobu
11:28 (6th) 3:32.9 57.9 2:16.1 4:41.0

GIRLS- Alex Middleton, Jen Bitzer, Tory Middleton, Christy Bertelsen
13:15.2 (3rd) 4:03.1 65.9 2:33.3 5:32.9

4 x 400m:

GIRLS- Kate Michel, Victoria Olivia, Christine Spilka, Emily Barr
4:09.3 (1st) 60.9 63.3 62.9 61.9

FIELD EVENTS: (2 PERSON RELAYS)

Long Jump:

BOYS- Mike Kavanagh, Dan Nagano-Gerace
32'3" 15'4" 16'11"

GIRLS- Emily Barr, Fiona Smith
27'6" 14"10 12'8"

Triple Jump:

BOYS- Akira Monri, Peter Nygaard
79'10 1/2" (3rd) 42'1 1/2" 37'9"

GIRLS- Robin Lee, Victoria Olivia
57'9" (6th) 30'5" 27'3"

High Jump:

BOYS- Tom Divita, Luke Cichocki
11'6" (2nd) 5'10" 5'8"

GIRLS- Mia Martinez, Julia Guarino
NH

Pole Vault:

BOYS- Max Witt, Mike Kavanagh
NH

GIRLS- Anne Polcari, Robin Lee
18'0" (1st) 9'0" 9'0"

Shot Put:

GIRLS- Megan Gonzalez, Christy Nelson
53'0" 30'6" 22'6"

Comments:

A competitive meet. We came in 2nd overall for the girls and 3rd in the boys. Good job. I think we could have won the girls meet if all things were falling our way. Anyway, you continue to give great efforts and have positive attitudes. Keep that up as we continue to enter an exciting part of our season.

INDOOR TRACK

BERGEN COUNTY RELAYS

AT THE ARMORY TRACK CENTER

BOYS A

TEAM SCORES: Don Bosco 59½, Bergen Catholic 45, Ridgewood and Teaneck 38, Hackensack 35½, Englewood 29, Indian Hills 24, Paramus Catholic 22, Tenafly 19, Bergen Tech 16, Demarest 14, Fair Lawn 12, Northern Highlands 7, Old Tappan and Ramapo 4, Fort Lee 3½, Paramus 1½.

4-x-200: 1. Englewood (Jaivon Palmer, Ackeme Brown, Joe Jones, Raldaine McDonald), 1:31.0 (meet record, old record); 1:31.8 by Hackensack, 2000 and 2001); 2. Teaneck, 1:32.3; 3. Don Bosco, 1:33.3; 4. Hackensack, 1:33.8; 5. Fair Lawn, 1:37.3; 6. Ridgewood, 1:38.0.

4-x-400: 1. Bergen Catholic (Tom Randall, Will Ring, Pat Ringelstein, Dom Gaston), 3:26.6; 2. Don Bosco, 3:28.4; 3. Paramus Catholic, 3:32.1; 4. Teaneck, 3:32.3; 5. Fair Lawn, 3:41.2; 6. Bergen Tech, 3:42.0.

4-x-800: 1. Indian Hills (Jerome Perkins, Mark Filandro, Billy Savage, Max Bruno), 8:09.0; 2. Don Bosco, 8:19.4; 3. Englewood, 8:38.6; 4. Ramapo, 8:44.9; 5. Fort Lee, 8:47.4; 6. Hackensack, 9:05.3.

4-x-1,600: 1. Don Bosco (Leighton Spencer, Joe Amoresano, Rafael Vargas, Rob Molke), 18:39.1; 2. Ridgewood, 19:07.1; 3. Bergen Tech, 19:10.4; 4. Tenafly, 19:49.5; 5. Bergen Catholic, 19:49.8; 6. Demarest, 20:15.9.

Sprint medley: 1. Ridgewood (Akira Monri, Peter Nygaard, Will Jacoby, Christian Trautwein), 3:35.9; 2. Don Bosco, 3:38.0; 3. Teaneck, 3:41.9; 4. Bergen Catholic, 3:47.3; 5. Northern Highlands, 3:49.1; 6. Hackensack, 3:50.3.

Distance medley: 1. Don Bosco (Stephen Wyka, Nick Feldmann, Joe Amoresano, Rob Molke), 10:50.2; 2. Bergen Tech, 11:15.2; 3. Indian Hills, 11:20.3; 4. Tenafly, 11:25.9; 5. Hackensack, 11:27.8; 6. Ridgewood, 11:28.5.

Shuttle hurdles: 1. Englewood (Jody Johnson, Ben Amoah, Jaivon Palmer, Raldaine McDonald), 30.8; 2. Hackensack, 31.4; 3. Ridgewood, 31.7; 4. Bergen Catholic, 32.2; 5. Don Bosco, 33.5; 6. Demarest, 33.8.

Shot put: 1. Paramus Catholic (Patrick Thomas, Manny Thomas), 86-4; 2. Indian Hills, 86-2½; 3. Don Bosco, 83-8¼; 4. Hackensack, 82-10½; 5. Demarest, 81-9¼; 6. Bergen Catholic, 79-7¾.

High jump: 1. Bergen Catholic (Kevin Bostick, Vic Servito), 11-10; 2. Ridgewood, 11-6; 3. tie between Tenafly and Indian Hills, 11-4; 5. tie between Hackensack and Paramus, 11-2.

Long jump: 1. Teaneck (Craig Brown, Dahn Pratt), 39-10; 2. Bergen Catholic, 39-2; 3. Hackensack, 39-1¼; 4. Tenafly, 39-0; 5. Englewood, 38-4¼; 6. Bergen Tech, 37-6.

Triple jump: 1. Teaneck (Craig Brown, Dahn Pratt), 82-2; 2. Hackensack, 81-8¾; 3. Bergen Catholic, 80-6; 4. Ridgewood, 79-10½; 5. Tenafly, 78-11¾; 6. Englewood, 78-7.

Pole vault: 1. Demarest (Ken Baron, Yaniv Sofer), 22-0; 2. Fair Lawn, 21-6; 3. Paramus Catholic, 21-0; 4. Old Tappan, 12-0; 6. tie between Don Bosco and Fort Lee, 11-0.

Wood-Ridge (Matt Selle, Danny Davenport), 23-6; 4. Park Ridge, 12-6; 5. Ridgewood Park, 10-6; 6. New Milford, 9-0.

GIRLS A

TEAM SCORES: IHA 74, Ridgewood 68, Ramapo 44, Holy Angels 41, Indian Hills 40, Old Tappan 23, Hackensack 16, Paramus Catholic 12, Tenafly 11½, Teaneck 10, Northern Highlands 9, Bergenfield 8, Fair Lawn 5½, Demarest 4, Paramus 3, Garfield 2, Fort Lee 1.

4-x-200: 1. Ramapo (Amy Salek, Rebecca DeJong, Anita Rogers, Courtney Laird), 1:50.4; 2. IHA, 1:50.5; 3. Ridgewood, 1:51.0; 4. Paramus Catholic, 1:51.5; 5. Teaneck, 1:52.6; 6. Fort Lee, 1:53.0.

4-x-400: 1. Ridgewood (Kate Michel, Christine Spilka, Victoria Oliva, Emily Barr), 4:09.3; 2. Paramus Catholic, 4:12.8; 3. IHA, 4:13.5; 4. Teaneck, 4:18.6; 5. Tenafly, 4:19.6; 6. Holy Angels, 4:22.4.

4-x-800: 1. IHA (Kaitlyn Cooney, Mary Kay Duff, Sarah Pagano, Sarah Mellea), 9:41.0 (meet record, old record, 9:48.6 by IHA, 2005); 2. Ramapo, 9:59.7; 3. Ridgewood, 10:06.3; 4. Holy Angels, 10:10.1; 5. Indian Hills, 10:24.8; 6. Northern Highlands, 10:56.3.

4-x-1,600: 1. IHA (Mary Kay Duff, Maggie Senior, Sarah Mellea, Sarah Pagano), 22:03.3; 2. Ridgewood, 22:32.4; 3. Holy Angels, 22:43.9; 4. Ramapo, 24:14.3; 5. Garfield, 24:26.9; 6. Demarest, 25:53.6.

Sprint medley: 1. Ridgewood (Emily Barr, Robin Lee, Mia Martinez, Kate Michel), 4:23.6; 2. Tenafly, 4:24.1; 3. Holy Angels, 4:28.6; 4. Ramapo, 4:31.2; 5. Hackensack, 4:33.7; 6. Paramus, 4:36.3.

Distance medley: 1. Kaitlyn Cooney, Michelle McCourt, Julie Sinkovitz, Sarah Pagano), 12:30.6 (meet record, old record, 12:43.0 by Ramapo, 2007); 2. Northern Highlands, 13:04.2; 3. Ridgewood, 13:52.2; 4. Holy Angels, 13:24.9; 5. Ramapo, 13:38.0; 6. Old Tappan, 13:43.9.

Shuttle hurdles: 1. Ridgewood (Kate Michel, Emily Barr, Victoria Oliva, Mia Martinez), 34.5; 2. IHA, 35.6; 3. Old Tappan, 36.5; 4. Ramapo, 37.2; 5. Holy Angels, 37.4; 6. Fair Lawn, 37.8.

Shot put: 1. Indian Hills (Eileen Becker, Emily Abernathy), 67-7¼; 2. Bergenfield, 65-2½; 3. IHA, 64-11¼; 4. Teaneck, 62-10¼; 5. Demarest, 59-8½; 6. Holy Angels, 54-0.

High jump: 1. Tie between Indian Hills (Emily Babiss, Taylor Clarkson), Old Tappan (Cara Leary, Tamar Hagopian) and Hackensack (Shelisa Campbell, Victoria Cumberbatch), 9-2; 4. Tie between Fair Lawn and Holy Angels, 9-0; 6. Demarest, 8-8.

Long jump: 1. Indian Hills (Emily Babiss, Jess Molosh), 31-9¼; 2. IHA, 29-9; 3. Hackensack, 29-5¼; 4. Holy Angels, 28-11; 5. Ramapo, 28-9 ¾; 6. Paramus, 27-11½.

Triple jump: 1. Indian Hills (Emily Babiss, Jess Molosh), 69-11½ (meet record, old record, 69-2½ by Demarest, 1995); 2. IHA, 68-8; 3. Holy Angels, 65-2½; 4. Ramapo, 64-2½; 5. Ridgewood, 57-9; 6. Paramus, 56-10½.

Pole vault: 1. Ridgewood (Ann Polcari, Robin Lee), 18-0 (group record, old record, 17-6 by Ridgewood, 2007); 2. Old Tappan, 14-6; 3. Ramapo, 14-0; 4. Holy Angels, 13-6; 5. tie between Tenafly and Fair Lawn, 12-0.

NNJIL Meet

Jan 28, 2008

***** Results *****

55m:

Boys- Will Jacoby- 7.0, Logan Ruppel- 7.2, Max Witt- 6.9/7.0 (6th)

Girls- Emily Barr- 7.4/7.3 (4th), Jen Bitzer- 8.2

55m HH:

Boys- Akira Monri- 7.8/7.9 (1st), Peter Nygaard- 8.1/8.0 (2nd), Luke Cichocki- 8.4

Girls- Mia Martinez- 8.6/8.7 (1st), Kate Michel- 9.3/9.5 (3rd),

Victoria Olivia- 9.7/10.1 (4th)

3200m:

Boys- Andrew Fine- 10:26.8 (1st), David DeSimone- 11:07.5 (6th)

Girls- Christy Bertelsen- 11:57.3 (2nd), Alex Scibbeta- 12:59.7 (3rd)

1000m:

Boys- Christian Trautwein- 2:35.9 (1st), Taro Shigenobu- 2:42.1 (2nd)

Girls- Alex Middleton- 3:17.0 (1st), Tory Middleton- 3:19.0 (2nd)

200m (Frosh and Novice):

Boys-

Novice- Avinash- 30.3, Josh Dabby- 32.4,

Girls-

Novice- Maeve Casey- 29.6, Jen Moderow- 30.9, Milissa Witenbert- 31.9

Frosh- Kayla Polcari- 30.8

4 x 800m:

Boys- Brian Cleary, David DeSimone, Alex Ontiveros, Justin Jenkins
9:18.0 (3rd) 2:16.6 2:18.9 2:26.4 2:16.2

Girls- Casey Reilly, Megan Granski, Okwuchi Onwubu, Alex Scibbeta
11:13.8 (1st) 2:51.2 2:42.3 2:50.4 2:48.9

600m:

Boys- Christian Trautwein- 1:24.8 (1st)

Girls- Kate Michel- 1:41.8 (1st), Christine Spilka- 1:42.4 (3rd)

800m (Frosh and Novice):

Boys-

Frosh- Wyatt Vinci- 2:28.0

Girls-

Novice- Catherine Buckley- 2:37.7 (1st)

300m:

Boys- Akira Monri- 36.4 (2nd), Logan Ruppel- 39.6

Girls- Mia Martinez- 43.6 (3rd), Jen Bitzer- 45.9

1600m (All Levels):

Boys-

Varsity- Taro Shigenobu- 4:41.3 (1st), Andrew Fine- 4:52.6 (3rd),

Brian Cleary- 4:48.4 (5th)

Novice- Steve Fishbein- 5:30.0

Frosh- Yuki Kagawai- 5:16.6

Girls-

Varsity- Christy Bertelsen- 5:35.4 (2nd), Alex Middleton- 5:33.8 (1st),

Courtney Schofield- 6:01.7 (4th)

4 x 400m (All Levels):

Boys-

Varsity- Akira Monri, Peter Nygaard, Will Jacoby, Logan Rupel
3:45.2 (2nd)..... 50.6 58.9 58.4 57.3

Girls-

Varsity- Emily Barr, Victoria Olivia, Christine Spilka, Kate Michel
4:13.1 (1st)... 63.1 64.8 63.4 61.5

Frosh- Hannah B, Neshat, Kayla P, Natalie A
5:01.8 (3rd) 73.6 8.16 73.9 72.7

Triple Jump:

Boys- Akira Monri- 41'0" (2nd), Peter Nygaard- 39'0" (4th),

Tommy DiVita- 37'5"

Girls- Robin Lee- 30'8" (3rd), Victoria Olivia- 27'4" , Jenny Navaez- 26'8"

Long Jump:

Boys- Mike Kavanagh- 17'2", Dan Nagano-Gerace- 17'0", Peter Nygaard- 18'8" (4th)

Girls- Emily Barr- 16'8 3/4" (1st), Fiona Smith- 14'0" (4th), Hannah Benensen- 12'8"

High Jump:

Boys- Tommy DiVita- 5'10" (1st), Luke Cichocki- 5'8" (4th),

Girls- Mia Martinez- 4'8" (1st),

Pole Vault:

Boys- Max Witt- 10'0" (3rd), Mike Kavanagh- 10'6" (1st),

Girls- Anne Polcari- 11'0" (1st), Robin Lee- 8'0" (2nd), Ramelle Brown- 8'0" (3rd)

Shot Put:

Boys- Clinton Dorsey- 34'10" (6th), Dave Kim- 28'4"

Girls- Megan Gonzalez- 30'1" (3rd), Christy Nelson- 23'2"

FINAL SCORES:

BOYS:

1. RIDGEWOOD- 144
2. Teaneck- 110
3. Montclair- 44.5
4. Paramus- 42.5
5. Belleville- 39
6. Bloomfield- 23
7. Nutley- 19

GIRLS:

1. RIDGEWOOD- 179
2. Paramus- 61
3. Teaneck- 52
4. Belleville- 50
5. Nutley- 34
6. Bloomfileld- 26
7. Montclair- 17

Commnets:

Great TEAM wins. We scored in *EVERY EVENT IN BOTH MEETS!!!* Tremendous accomplishment! To win both by a lot is proving that you are both dominant teams. Nice job. Keep up the good work.

Trautwein, Molke both strike gold

By **PAUL SCHWARTZ**
STAFF WRITER

NEW YORK - Rob Molke and Christian Trautwein battled to the finish line in the 1,000-meter run at Monday's NNJIL indoor championships at the Armory Track Center with Don Bosco's Molke edging his Ridgewood counterpart, with both clocked in 2:35.9. Yet both runners earned gold medals in the three-division setting that is the NNJIL.

Hackensack, Ridgewood and Don Bosco's boys and Clifton, Ridgewood and Immaculate Heart's girls won divisional titles in comfortable fashion with all divisions clinched long before the final events of the night. That brought mixed reviews from some of the winning coaches.

INDOOR TRACK NNJIL CHAMPIONSHIPS

"I didn't mind it," said Don Bosco coach Rob DeCarlo, whose team held off Bergen Catholic, 87-65, in the four-team Boys C Division. "The kids get psyched up to go against Bergen head-to-head and when you run in a lot of the big meets in the winter, it seems like that gets lost. We'll take the setup whatever it is even though in the distance races it sometimes leads to unusual finishes."

"Sometimes I wish the team scoring needs to be more competitive as it would be in a one-division meet," said Ridgewood coach Mike Mullin, whose team won the Girls B Division meet, outscoring the next three teams combined and whose boys team edged Teaneck, 144-110. "It gets a little watered down when you're running in a distance race and you realize the kid running with you is in another division. Our depth really shows when the divisions are broken up."

For IHA coach Shemayne Williams, the divisional set-up meant a bit of redemption for her team, runner-up by nine points behind Holy Angels indoors and by two points to Paramus Catholic outdoors last spring, both in the C Division.

"We learned last year that we couldn't rest on our laurels and coming off our win in the County relays last week, we wanted to show what we had," said Williams, whose team scored an impressive 74-40-33 win over Holy Angels and Paramus Catholic.

IHA ran their top 4-x-800 team and finished in 9:40.1, the best time in North Jersey this year despite the fact that three of the four legs had run hard races within an hour of their relay triumph.

The A Division winners, Clifton's girls, 162-88 victors over Hackensack and Hackensack's boys, 132½-75 over Bergen Tech, were pleased with their wins but had some disappointments.

"We have so few opportunities to run the 1,000 and even though all the good kids were in the same heat, they didn't run hard until the last lap," said Clifton coach John Pontes. "Maybe we can brainstorm with the coaches and figure out a solution next year."

Hackensack coach Jim Levitzke was pleased with the divisional setup, saying "Sometimes some of the races are a little thin, but I like running against teams in my division so I can figure out how we're doing."

Frutolo Race Timing - Contractor License
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 NUSIL WHEELER TRACK CHAMPIONSHIPS 08 - 1/26/2008
 168th Street Armory, NYC

Results

Days 55 Meter Dash M

Name	Year	School	Seed	Finals	Points
1 Butler, David	SR	Teaneck		6.40	10
2 Miles, Damian	SR	Teaneck		36.40	2
3 Hall, Cedric	SR	Belleville		36.40	6
4 Pains, Chris	JR	Teaneck		7.50	4
5 Nelson, Joseph	SR	Montclair		9.00	2
6 Witt, Max	11	Ridgewood		7.00	1

Days 100 Meter Dash B

Name	Year	School	Seed	Finals	Points
1 Miles, Damian	SR	Teaneck		33.80	10
2 Morris, Akira	12	Ridgewood		34.40	8
3 Butler, David	SR	Teaneck		34.50	6
4 Campbell, Deryck	JR	Bloomfield		37.50	4
5 Everett, Colin	SO	Paramus		38.90	1.50
6 Nelson, Joseph	SR	Montclair		38.90	1.50
7 Moss, Jerel	JR	Montclair		39.20	

Days 200 Meter Dash B

Name	Year	School	Seed	Finals	Points
1 Trautwein, Christian	12	Ridgewood		1:24.30	10
2 Allen, Barry	SR	Teaneck		1:26.40	8
3 Moss, Jerel	JR	Montclair		1:32.00	6
4 Nelson, Joseph	SR	Montclair		1:33.60	4
5 Annan, Resham	JR	Teaneck		1:35.30	2
6 Kelly, Julian	JR	Bloomfield		1:40.70	1

Days 400 Meter Run B

Name	Year	School	Seed	Finals	Points
1 Trautwein, Christian	12	Ridgewood		2:35.90	10
2 Shiginobo, Taro	11	Ridgewood		2:42.10	8
3 Khan, Zaeshaw	SO	Belleville		2:53.00	6
4 Vargas, Joe	SR	Paramus		2:59.50	4
5 Avery, Frederick	FR	Teaneck		3:00.60	2
6 Verhasselt, Eric	JR	Paramus		3:02.40	1
7 Donovan, Alec	FR	Bloomfield		3:10.60	

Days 800 Meter Run B

Name	Year	School	Seed	Finals	Points
1 Shiginobo, Taro	11	Ridgewood		4:41.30	10

2	Whiteley, Brad	JR	Montclair	4:50.80	8
3	Fine, Andrew	11	Ridgewood	4:52.60	6
4	Abellard, Stacy	SO	Belleville	4:57.40	4
5	Cleary, Brian	10	Ridgewood	4:58.40	2
6	Engelstein, Henry	JR	Montclair	4:59.00	1

Boys 3200 Meter Run B

Name	Year	School	Seed	Finals	Points
1	Fine, Andrew	11	Ridgewood	10:26.80	10
2	Dwyer, Brendon	FR	Montclair	10:43.80	8
3	Stuart, Chris	JR	Paramus	10:45.40	6
4	Afuentes, Justin		Teaneck	10:49.10	4
5	Velasquez, Nycal	JR	Bloomfield	11:02.30	2
6	Becher, Travis	11	Ridgewood	11:07.50	1
7	Burgos, Ray	JR	Belleville	11:28.20	
8	Pryce, Stephen	JR	Bloomfield	11:28.80	
9	Lefer, Andrew	11	Paramus	12:00.10	
10	Unnasch, David	SR	Bloomfield	12:03.80	

Boys 55 Meter Hurdles B

Name	Year	School	Seed	Finals	Points
1	Monri, Akira	12	Ridgewood	7.90	10
2	Nygaard, Peter	12	Ridgewood	8.00	8
3	Gantt, Shawn	JR	Bloomfield	8.10	6
4	Simpson-Terry, Guy	JR	Bloomfield	8.30	4
5	Alexandre, Jason	SR	Teaneck	8.50	2

Boys 4x400 Meter Relay B

School	Seed	Finals	Points
1 Teaneck 'A' 1) Turner, Max SR 3) Miles, Damian SR	2) Azzam, Hesham JR 4) Allen, Barry SR	3:29.40	10
2 Ridgewood 'A' 1) Monri, Akira 12 3) Jacoby, Will 11	2) Nygaard, Peter 12 4) Trautwein, Christian 12	3:45.20	8
3 Paramus 'A' 1) Everett, Colin SO 3) Moffett, Sean SO	2) Kuriakose, Thomas SR 4) Parzivand, Dan 12	3:47.10	6
4 Belleville 'A' 1) Robinson, Ajani SR 3) Feliciano, Edward JR	2) Saporito, Dean JR 4) Antonio, Manuel SR	3:54.70	4

Boys 4x800 Meter Relay B

School	Seed	Finals	Points
1 Belleville 'A' 1) Saporito, Dean JR 3) Robinson, Ajani SR	2) Boyle, John SR 4) Boyce, Terrance FR	9:07.50	10
2 Nutley 'A' 1) Grueter, Jonathan SO 3) Roche, Patrick SO	2) Kilianski, Scott SO 4) Rauco, Anthony JR	9:07.60	8
3 Ridgewood 'A'		9:18.00	6

4	Paramus 'A'			9:40.80	4
	1) Gramuglia, Anthony SO	2) Cepeda, Chris SR			
	3) Verhasselt, Eric JR	4) Stuart, Chris JR			
5	Teaneck 'A'			10:26.80	2

Boys High Jump B

Name	Year School	Seed	Finals	Points
1 DeVita, Tommy	10 Ridgewood		5-10.00	10
2 Vargas, Joe	JR Paramus		J5-10.00	8
3 Alexandre, Jason	SR Teaneck		5-08.00	6
4 Michaud, Craig	SR Nutley		J5-08.00	3
4 Cichocki, Luke	10 Ridgewood		J5-08.00	3
5 Vaghasia, Naitik	FR Paramus		J5-04.00	1
6 Bowe, John	Teaneck		5-04.00	
6 Feliciano, Edward	JR Belleville		5-04.00	

Boys Pole Vault B

Name	Year School	Seed	Finals	Points
1 Kavanagh, Mike	11 Ridgewood		10-06.00	10
2 Oliveri, Joseph	JR Nutley		J10-06.00	8
3 Witt, Max	11 Ridgewood		10-00.00	6

Boys Long Jump B

Name	Year School	Seed	Finals	Points
1 Brown, Craig	SR Teaneck		20-09.75	10
2 Pratt, Dahn	JR Teaneck		19-02.50	8
3 Vaghasia, Naitik	FR Paramus		18-10.50	6
4 Nygaard, Peter	12 Ridgewood		18-08.25	4
5 Kuriakose, Thomas	SR Paramus		18-04.75	2
6 Hamdan, Laith	SR Belleville		18-02.00	1

Boys Triple Jump B

Name	Year School	Seed	Finals	Points
1 Brown, Craig	SR Teaneck		43-01.00	10
2 Monri, Akira	12 Ridgewood		41-00.25	8
3 Alexandre, Jason	SR Teaneck		40-06.50	6
4 Nygaard, Peter	12 Ridgewood		39-00.00	4
5 Pratt, Dahn	JR Teaneck		38-08.75	2
6 Vargas, Joe	JR Paramus		38-04.50	1
7 Hamdan, Laith	SR Belleville		38-00.50	
8 DeVita, Tommy	10 Ridgewood		37-05.00	

Boys Shot Put B

Name	Year School	Seed	Finals	Points
1 Andrews, Joseph	SR Montclair		43-09.00	10
2 Antonio, Brian	JR Belleville		41-11.00	8
3 Bailey, Sean	JR Bloomfield		41-08.00	6
4 Hughes, Blake	SR Montclair		41-00.25	4
5 Bauzon, Ray	SR Paramus		37-02.50	2

6 Dorsey, Clinton

10 Ridgewood

34-10.00

1

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Men - B - Team Rankings - 14 Events Scored
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1) Ridgewood	144	2) Teaneck	110
3) Montclair	44.50	4) Paramus	42.50
5) Belleville	39	6) Bloomfield	23
7) Nutley	19		

Fraulo Race Timing - Contractor License
Hy-Tek's MEET MANAGER
NNJIL WINTER TRACK CHAMPIONSHIPS 08 - 1/28/2008
168th Street Armory, NYC

Results

Girls 55 Meter Dash B

Name	Year School	Seed	Finals	Points
1 Mitchell, Janay	JR Teaneck		7.20	10
2 Demonick, Keisha	SR Montclair		J7.20	8
3 Shabazz, Sherece	SO Belleville		7.30	6
4 Barr, Emily	12 Ridgewood		J7.30	4
5 Barrett, Victoria	JR Belleville		7.60	2
6 Simmons, Nerissa	SR Bloomfield		7.80	1

Girls 300 Meter Dash B

Name	Year School	Seed	Finals	Points
1 Mitchell, Janay	JR Teaneck		41.90	10
2 Shabazz, Sherece	SO Belleville		43.50	8
3 Rivera, Leticia	SR Bloomfield		J43.50	6
4 Martinez, Mia	12 Ridgewood		43.60	4
5 Barrett, Victoria	JR Belleville		44.00	2
6 Martinez, Ashley	SR Bloomfield		44.10	1

Girls 600 Meter Dash B

Name	Year School	Seed	Finals	Points
1 Michel, Kate	12 Ridgewood		1:41.80	10
2 Rivera, Leticia	SR Bloomfield		1:42.30	8
3 Spilka, Christine	10 Ridgewood		1:42.40	6
4 Moyllen, Arielle	SR Montclair		1:44.00	4
5 Price, Allison	SO Teaneck		1:48.40	2
6 Sherlock, Megan	SR Paramus		1:49.90	1

Girls 1000 Meter Run B

Name	Year School	Seed	Finals	Points
1 Middleton, Alex	12 Ridgewood		3:17.00	10
2 Middleton, Tori	11 Ridgewood		3:19.00	8
3 Principe, Dana	SO Nutley		3:22.50	6
4 Sherlock, Megan	SR Paramus		3:30.40	4
5 Turnbull, T'Keyah	JR Teaneck		3:32.20	2
6 Loughlin, Megan	SO Paramus		3:36.90	1
7 Vreeland, Catlyn	SO Belleville		4:00.10	

Girls 1600 Meter Run B

Name	Year School	Seed	Finals	Points
1 Middleton, Alex	12 Ridgewood		5:33.80	10
2 Bertelsen, Christy	12 Ridgewood		5:35.40	8

3 Hannon, Patty	SR Paramus	5:39.40	6
4 Schofield, Courtney	10 Ridgewood	6:01.70	4
5 Hwang, Christina	SO Paramus	6:08.40	2
6 Soto, Samantha	SO Belleville	6:32.30	1

Girls 3200 Meter Run B

Name	Year School	Seed	Finals	Points
1 Hannon, Patty	SR Paramus		11:57.00	10
2 Bertelsen, Christy	12 Ridgewood		11:57.30	8
3 Scibetta, Alex	10 Ridgewood		12:59.70	6
4 Hwang, Christina	SO Paramus		13:15.90	4
5 Soto, Samantha	SO Belleville		13:35.40	2
6 Elmiligi, Sara	SR Belleville		14:36.30	1

Girls 55 Meter Hurdles B

Name	Year School	Seed	Finals	Points
1 Martinez, Mia	12 Ridgewood		8.70	10
2 Taste, Rita	JR Bloomfield		8.80	8
3 Michel, Kate	12 Ridgewood		9.50	6
4 Olivia, Victoria	10 Ridgewood		10.10	4
5 Carty, Karissa	SO Bloomfield		10.30	2
6 Keita, Mbalu	JR Teaneck		10.40	1

Girls 4x400 Meter Relay B

School	Seed	Finals	Points
1 Ridgewood 'A'		4:13.10	10
1) Barr, Emily 12	2) Spilka, Christine 10		
3) Olivia, Victoria 10	4) Michel, Kate 12		
2 Teaneck 'A'		4:17.10	8
1) Bakare, Aderonke JR	2) Mitchell, Janay JR		
3) Price, Allison SO	4) Turnbull, T'Keyah JR		
3 Belleville 'A'		4:33.80	6
1) Tandazo, Adrianna JR	2) Perez, Melissa SO		
3) Rodriguez, Ashley JR	4) Ackon, Vanessa FR		
4 Paramus 'A'		4:37.20	4
1) Sherlock, Megan SR	2) Loughlin, Megan SO		
3) Hios, Stephanie JR	4) Nicoletti, Paige JR		

Girls 4x800 Meter Relay B

School	Seed	Finals	Points
1 Ridgewood 'A'		11:13.80	10
1) Reilly, Casey 11	2) Granski, Meghan 11		
3) Scibetta, Alex 10	4) Onwubu, Okwuchi 10		
2 Paramus 'A'		11:36.20	8
1) Hios, Stephanie JR	2) Loughlin, Kelly SR		
3) Nguyen, Liz SO	4) Loughlin, Megan SO		
3 Belleville 'A'		11:57.70	6
1) Victorio, Crissabel FR	2) Colon, Christina SO		
3) Ackon, Vanessa FR	4) Nigli, Rhea SO		
4 Nutley 'A'		12:21.00	4
1) Okabe, Shoko FR	2) Kim, Irene FR		

3) Guerrero, Karen SO

4) Sakai, Yuka FR

Girls High Jump B

Name	Year School	Seed	Finals	Points
1 Martinez, Mia	12 Ridgewood		4-08.00	10
2 Sooksatan, Celina	JR Nutley		J4-08.00	8
3 Chakowski, Nicole	SR Nutley		4-02.00	6
4 Tirgrath, Sherry	SO Belleville		4-00.00	4

Girls Pole Vault B

Name	Year School	Seed	Finals	Points
1 Polcari, Anne	12 Ridgewood		11-00.00	10
2 Lee, Robin	11 Ridgewood		8-00.00	8
3 Polcari, Kayla	9 Ridgewood		J8-00.00	6

Girls Long Jump B

Name	Year School	Seed	Finals	Points
1 Barr, Emily	12 Ridgewood		16-08.75	10
2 Nicoletti, Paige	JR Paramus		15-02.25	8
3 Sylvester, Julia	SR Teaneck		14-03.00	6
4 Smith, Fiona	10 Ridgewood		14-00.25	4
5 Roessler, Ashley	FR Paramus		13-08.50	2
6 Keita, Mbalu	JR Teaneck		13-01.50	1

Girls Triple Jump B

Name	Year School	Seed	Finals	Points
1 Nicoletti, Paige	JR Paramus		31-02.00	10
2 Sylvester, Julia	SR Teaneck		31-00.25	8
3 Lee, Robin	11 Ridgewood		30-08.75	6
4 Keita, Mbalu	JR Teaneck		30-03.25	4
5 Alade, Opeyemi	SO Belleville		28-07.25	2
6 Narvaez, Jenny	11 Ridgewood		27-10.50	1
7 Olivia, Victoria	10 Ridgewood		27-04.75	
8 Jauhar, Molly	JR Paramus		24-11.00	

Girls Shot Put B

Name	Year School	Seed	Finals	Points
1 Hogan, Allison	SR Belleville		34-02.25	10
2 Padilla, Amarilis	SR Nutley		31-02.00	8
3 Gonzalez, Megan	11 Ridgewood		30-01.00	6
4 Smith, Stephanie	SR Montclair		27-08.00	4
5 Orgueira, Stephanie	JR Nutley		26-02.00	2
6 Shala, Meleiqe	FR Paramus		25-02.00	1

Women - B - Team Rankings - 14 Events Scored

1) Ridgewood	179	2) Paramus	61
3) Teaneck	52	4) Belleville	50
5) Nutley	34	6) Bloomfield	26
7) <i>Montclair</i>	17		

Varsity Classic

Feb. 4, 2008

3200m:

Girls- Chrsity Bertelsen- 12:03.3

55m:

Girls- Emily Barr- 7.4/7.3/7.4 (5th)

55m HH:

Boys- Akira Monri- 8.0/7.8, Peter Nygaard- 8.3

Girls- Mia Martinez- 8.6/8.5/8.5 (4th)

800m:

Boys- Christian Trautwein- 1:59.7 (2nd)

4 x 800m:

Girls- Christine Spilka, Alex Middleton, Tory Middleton, Kate Michel
9:55.3.. 2:37.7 2:26.7 2:28.5 2:22.5

400m:

Boys- Akira Monri- 51.4

4 x 400m:

Girls- Emily Barr, Christine Spilka, Victoria Olivia, Kate Michel
4:09.9 61.4 63.8 63.7 60.9

Long Jump:

Girls- Emily Barr- 15'5"

Triple Jump:

Boys- Peter Nygaard- 38' ½"

High Jump:

Boys- Tom DeVita- 6'0"

Pole Vault:

Girls- Anne Polcari- 11'0" (3rd)

Comments:

Good job in this "high-powered" meet. Special congrats to Emily, Mia, Christian, and Anne for placing in the top 6 in their event.

THE VARSITY CLASSIC102nd Engineers Armory**Monday, February 4, 2008**168th Street and Fort Washington Avenue, New York CityGIRLS

55m: 1-Dominique Booker, Immaculate Conception, 6.8. 2-Vicky Caruso, Wallkill Valley, 6.9. 3-Shaterri Alston, Camden, 7.4. 4-Sherece Shabazz, Belleville, 7.4. 5-Emily Barr, Ridgewood, 7.4.

55HH: 1-Evana Edwards, Hackensack, 8.1. 2-Susan Scavone, Summit, 8.4. 3-Chiamaka Ukachukwu, Franklin, 8.4. 4-Mia Martinez, Ridgewood, 8.4. 5-Danae Wise, North Brunswick, 8.6. 6-Sara Wickes, Monroe-Woodbury, 8.8.

200m: 1-Dominique Booker, Immaculate Conception, 24.2. 2-Jen Clayton, Suffern, 24.4. 3-Tylia Gillion, Jackson Memorial, 25.7. 4-Jackie Dim, Washington Twp, 25.8. 5-Iffekam Oyanume, Jackson Memorial, 25.9. 6-Shamika Mindingall, Mt Vernon, 26.0. 7-Susan Scavone, Summit, 26.1. 8-Heidy Palacios, Saunders, 26.4. 9-Gayle Walters, Suffern, 26.4. 10-Rebecca Coffman, Indian Hills, 26.4. 11-Natasha Durant, Jackson Memorial, 26.4. 12-Kenina Bonner, Mt Vernon, 26.6. 13-Desiree Mayo, Franklin, 26.7. 14-Navia Nelson, Prospect Heights, 26.7. 15-Ellie Kantor, Byram Hills, 26.8.

400m: 1-Elizabeth Mott, New Rochelle, 55.1. 2-English Gardner, Eastern, 55.4. 3-Emily Carrollo, Pope John, 55.6. 4-Vicky Caruso, Wallkill Valley, 57.2. 5-Amy Salek, Ramapo, 57.7. 6-Amber Allen, PCT, 58.2. 7-Heidy Pallacios, Saunders, 58.3. 8-Kamice Smalls, Camden, 58.7. 9-Fafavi Lumax, Franklin, 59.3. 10-Navia Nelson, Prospect Heights, 59.9. 11-Jamie Jones, Camden, 60.0. 12-Miriam Boyd, Camden, 60.2. 13-Adedazo Adn, Howell, 60.2. 14-Sarah Rieganousky, Pope John, 60.3.

800m: 1-Ariann Neutts, Roxbury, 2:14.3. 2-Emma Miller-Bedell, Tappan Zee, 2:14.5. 3-Colleen Gilmore, St Basil Academy, 2:18.3. 4-Susan Martinez, Clifton, 2:19.4. 5-Dana Walsh, Convent of the Sacred Heart, 2:20.0. 6-Kristen Crawford, JFK, 2:20.1. 7-Andi DeFonce, Harrison, 2:20.4. 8-Emma Clarke, Bronxville, 2:20.6. 9-Liz Barrett, St Basil Academy, 2:22.2. 10-Stephanie Barnes, Bay Shore, 2:23.2. 11-Megan McCann, Mt Olive, 2:23.3. 12-Arianne Bakelmun, Wayne Hills, 2:23.8. 13-Sara Graney, Tappan Zee, 2:24.0. 14-Jessica Murrer, Bronxville, 2:24.6.

1600m: 1-Holly Cavalluzzo, Valley Central, 5:08.8. 2-Ashley Cromartie, Roxbury, 5:12.6. 3-Sarah Cariati, Pope John, 5:14.2. 4-Janine Louie, Red Bank Catholic, 5:14.4. 5-Erin McKenna, Ramapo, 5:14.7. 6-Steph Fulmer, Saint Pius X, 5:15.6. 7-Kerry Guerin, Pearl River, 5:19.8. 8-Mary Migton, Roxbury, 5:23.3. 9-Ashley Deckert, Delsea, 5:23.5. 10-Brittany Veeck, Scotch Plains Fanwood, 5:25.0. 11-Rachel Morris, Colts Neck, 5:25.3. 12-Miriam Munn, Brewster, 5:25.7.

3200m: 1-Carly Hamond, Henderson, 10:55.3. 2-Briana Jackucewicz, Colts Neck, 10:56.5. 3-Katrina Spratford, Voorhees, 11:17.9. 4-Lindsay Lambert, Howell, 11:18.5. 5-Lauren Penney, Roxbury, 11:21.5. 6-Brianna Service, Arlington, 11:32.9. 7-Mary Kay Duff, IHA, 11:33.4. 8-Ines Simoes, Roselle Catholic, 11:33.9. 9-Stephanie Gibney, Holy Angels, 11:35.5. 10-Emily Rooney, Red Bank Catholic, 11:36.1. 11-Kelly Cattano, New Providence, 11:40.8. 12-Kelli Van Houten, Pearl River, 11:45.1. 13-Jenny Heigis, Pope John, 11:53.5. 14-Nikki Livesey, Livingston, 11:55.9.

Shot: 1-Sarah Bella, Mendham, 41-8. 2-Carlaya Jones, Scotch Plains Fanwood, 38-9 $\frac{1}{4}$. 3-Shannon Sullivan, IHA, 37-11 $\frac{1}{4}$. 4-Eileen Becker, Indian Hills, 37-8. 5-Charlotte Pope, New Rochelle, 35-11. 6-Sandra Jean-Romain, Old Bridge, 35-8 $\frac{1}{2}$. 7-Ashely Sanchez, PCT, 35-5. 8-Robin Callan, Monroe-Woodbury, 35-1. 9-Lauren Campbell, Somers, 35-0. 10-Kiki Scanlon, Washington Twp, 34-9 $\frac{1}{2}$. 11-Nneka Pile, Old Bridge, 34-4. 12-Katrina Anderson, New Rochelle, 34-2. 13-Yaa Keene, Washington Twp, 34-1 $\frac{1}{4}$. 14-Megan Faeth, Somers, 33-10. 15-Sylvia Okoye, Pope John, 33-2. 16-Apresha Hampton, Teaneck, 33-1.

High Jump: 1-Lauren Burke, Morris Hills, 5-4. 2-Brittany Brown, Pelham, 5-2. 3-TIE-Mary Diduch, Wayne Hills & Ashley Grant, Monroe Woodbury, 5-0. 5-Avery Faeth, Somers, 5-0.

Long Jump: 1-Jen Clayton, Suffern, 18-1 $\frac{1}{4}$. 2-Britney Clarke, North Rockland, 17-3 $\frac{1}{2}$. 3-Mariah Browne, South Brunswick, 17-2 $\frac{1}{4}$. 4-Evana Edwards, Hackensack, 16-11. 5-Jackie Dim, Washington Twp, 16-10 $\frac{1}{2}$. 6-Alexandra Reo, Parsippany, 16-6. 7-Jamie Thompson, South Brunswick, 16-5. 8-Diane MacDowell, Valley Central, 16-0 $\frac{1}{4}$. 9-Erin McInerney, IHA, 15-11 $\frac{1}{4}$. 10-Tara Keegan, Westwood, 15-9. 11-Tiffany Evangelon, IHA, 15-7. 12-Julia Espy, Summit, 15-6 $\frac{1}{4}$. 13-Marie Minasi, Holy Angels, 15-6. 14-Emily Barr, Ridgewood, 15-5. 15-Alexis Barrau, Bay Shore, 15-2 $\frac{1}{2}$.

Triple Jump: 1-Evana Edwards, Hackensack, 37-5 $\frac{1}{4}$. 2-Aisha Chisholm, New Rochelle, 36-10 $\frac{1}{2}$. 3-Michelle Eberhart, Clarkstown South, 36-6 $\frac{3}{4}$. 4-Sara Wickes, Monroe Woodbury, 35-9. 5-Stephanie Barnes, Bay Shore, 35-5 $\frac{1}{2}$. 6-Julia Beekman, Southern Regional, 35-2. 7-Erin McInerney, IHA, 34-9. 8-Soroya Hudson, Cornwall, 34-7 $\frac{1}{4}$. 9-Emily Babiss, Indian Hills, 34-6 $\frac{1}{4}$. 10-Tenica Roberts, Bay Shore, 34-5 $\frac{3}{4}$. 11-Brooke Kristensen, Mahwah, 34-3 $\frac{1}{4}$.

12-Anita Rogers, Ramapo, 34-1 $\frac{3}{4}$. 13-Jessica Carlson, Southern Regional, 34-1 $\frac{1}{2}$. 14-Chiamaka Ukachukwu, Franklin, 34-0. 15-Sarah Canfield, Scotch Plains Fanwood, 33-11 $\frac{3}{4}$. 16-Idelis Matias, Dover, 33-9 $\frac{1}{4}$. 17-Lauryn Strebeck, South Brunswick, 33-10 $\frac{1}{4}$. 18-Amanda Egbuta, New Rochelle, 33-6. 19-Lorraine Schule, Pearl River, 33-5. 20-Carina Luck, Cornwall, 33-4 $\frac{1}{4}$. 21-Tara Keegan, Westwood, 33-3 $\frac{1}{2}$. 22-Jessica McNeil, Eastside, 33-1. 23-Brawn Wright, Franklin, 32-7 $\frac{1}{2}$. 24-Alexis Barrau, Bay Shore, 32-6 $\frac{1}{4}$. 25-Whitney Adams, Scotch Plains Fanwood, 32-4 $\frac{1}{2}$. 26-Michelle Brady, Pearl River, 32-4. 27-Christine Stern, Red Bank Catholic, 32-3 $\frac{1}{4}$. 28-Holly Ferguson, Somers, 32-1 $\frac{3}{4}$. 29-Ceili Brennan, Westwood, 32-1 $\frac{1}{4}$.

Pole Vault: 1-Kelsey Branch, Cornwall, 11-6. 2-Sam Brady, Jackson, 11-6. 3-Ann Polcani, Ridgewood, 11-0. 4-Nicole Coney, Tappan Zee, 11-0. 5-Emily Urciuoli, Clifton, 11-0. 6-KL Mankson, West Milford, 10-6.

Distance Med: 1-Suffern (Goldman, Clayton, Carlson, Greany), 12:01.2. 2-Voorhees, 12:03.8. 3-IHA, 12:04.6. 4-Bromaville, 12:10.0. 5-Ursuline School, 12:27.5. 6-South Brunswick, 12:39.7. 7-Hunterdon Central, 12:40.3. 8-Northern Highlands, 12:42.1. 9-Arlington, 12:43.4. 10-Cornwall, 12:47.4. 11-Pearl River, 12:50.3. 12-Livingston, 12:54.0. 13-Eastern, 12:54.2. 14-Morristown, 12:57.2.

4X800r: 1-Roxbury (Ashley Cromartie, Mary Migton, Lauren Penney, Ariann Neutts), 9:22.2. 2-New Rochelle, 9:40.9. 3-Voorhees, 9:46.1. 4-Arlington, 9:46.6. 5-Valley Central, 9:47.5. 6-Radnor, 9:49.5. 7-Monroe Woodbury, 9:51.1. 8-Middletown South, 9:52.1. 9-JMHS, 9:54.8

4X400r: 1-Camden (Kamice Smalls, Jamie Jones, Miriam Boyd, Shaquanda Gainey), 4:00.2. 2-Pope John, 4:02.5. 3-JMHS, 4:07.4. 4-Pearl River, 4:07.8. 5-Old Bridge, 4:08.6. 6-Suffern, 4:08.9. 7-Ridgewood, 4:09.9

THE VARSITY CLASSIC

102nd Engineers Armory

Monday, February, 4, 2008

168th Street and Fort Washington Avenue, New York City

BOYS

55m: 1-David Butler, Teaneck, 6.4. 2-Cedric Hall, Belleville, 6.5. 3-Akheem Gauntlett, Roselle, 6.5. 4-Raldaine Mcdonald, Englewood, 6.5. 5-Zachary Clarke, Camden, 6.5. 6-Ellis Mensah, West Orange, 6.6.

55HH: 1-Antoine McGill, Clarkstown South, 7.5. 2-Menelik Lewis, New Rochelle, 7.6. 3-Jaiwon Palmer, Englewood, 7.6. 4-Claudio Delli Carpini, Harrison, 7.6. 5-Ike Onyejiaka, Franklin, 7.7. 6-Chris Rones, New Rochelle, 8.2.

200m: 1-Damian Miles, Teaneck, 21.8. 2-Akheem Gauntlett, Roselle, 22.0. 3-David Butler, Teaneck, 22.1. 4-Marvin Whilby, Don Bosco Prep, 22.5. 5-Antoine McGill, Clarkstown South, 22.5. 6-Kevin Merrigan, Cherokee, 22.6. 7-Steve Greer, Epstein, 22.7. 8-Vito Ulke, Colts Neck, 22.9. 9-Damiere Byrd, Timber Creek, 22.9. 10-Ryan Moroz, Jackson Memorial, 23.0. 11-Geoff Mock, Timber Creek, 23.0. 12-Mike Ricketts, South Brunswick, 23.0

400m: 1-Ellis Mensah, West Orange, 49.5. 2-Dom Gaston, Bergen Catholic, 50.4. 3-Kadeer Lone, Camden, 50.6. 4-Udochi Okoro, Delsea, 51.0. 5-Terrance Burns, Delsea, 51.0. 6-Steve Greer, Eastern, 51.0. 7-Justin Worthing, West Orange, 51.0. 8-Akira Monri, Ridgewood, 51.4. 9-David Hayes, Howell, 51.4

800m: 1-Max Bruno, Indian Hills, 1:57.2. 2-Christian Trautwein, Ridgewood, 1:59.7. 3-Daniel Kirschner, Millburn, 2:00.4. 4-Steve Challacombe, Newburgh, 2:01.2. 5-Colin Baker, Haddonfield, 2:01.3.

1600m: 1-Chris Aldrich, Henderson, 4:17.3. 2-Evan Flach, Suffern, 4:24.7. 3-Mark Leininger, Colts Neck, 4:27.1. 4-Tommy Conilous, Northern Highlands, 4:28.5. 5-Steve Challacombe, Newburgh, 4:29.9. 6-John Turro, Somers, 4:30.9. 7-Alex Yersak, Cherokee, 4:31.1. 8-Pressler, VC, 4:31.6. 9-Adel Reddad, Brewster, 4:32.0.

3200m: 1-Chris Bodary, Bishop Shanahan, 9:24.1. 2-David Forward, Shawnee, 9:32.6. 3-Jorge Beltre, JFK, 9:35.4. 4-Austin Santillo, Jackson Memorial, 9:36.0. 5-Jonathan Vitez, Haddonfield, 9:36.8. 6-Jon Julens, Pope John, 9:42.3. 7-Greg Laraia, Newburgh, 9:43.0. 8-Matthew Wyatt, Demarest, 9:43.0. 9-Anthony Belgiovine, Don Bosco Prep, 9:48.3.

Shot: 1-Nick Vena, Morristown, 63-2 $\frac{3}{4}$. 2-Mike Alleman, Scotch Plains Fanwood, 62-1. 3-Kwabena Keene, Washington Twp, 56-9 $\frac{1}{2}$. 4-Jorge Merino, Old Bridge, 54-7 $\frac{3}{4}$. 5-Anthony Napoleon, Morristown, 52-4. 6-Andrew Trass, River Dell, 51-8. 7-Darien Collie, JFK, 51-3. 8-Eddie McClain, Morris Hills, 51-3. 9-Kenneth Bell, Glen Mills, 50-5 $\frac{1}{2}$. 10-Michael Renna, Hasbrouck Heights, 49-7 $\frac{1}{2}$. 11-Isiah Gonzalez, Glen Mills, 49-2 $\frac{1}{2}$.

High Jump: 1-Marcos McKinzie, Eastside, 6-8. 2-Kevin Bostick, Bergen Catholic, 6-4. 3-Reinaldo Aponte, Jackson Memorial, 6-2. 4-Matt Waters, Washingtonville, 6-2. 5-Elijah Jackson, Glen Mills, 6-0.

Long Jump: 1-Chris Steliga, Cherokee, 22-8 $\frac{1}{2}$. 2-Antoine Allen, Mt Olive, 22-3 $\frac{1}{2}$. 3-Danny Wu, Tenaffly, 22-1. 4-Marcos McKenzie, Eastside, 21-6 $\frac{1}{2}$. 5-Ameer Waugh, Camden, 21-6. 6-Claudio Delli Carpini, Harrison, 21-4 $\frac{1}{2}$.

7-Akheem Gauntlett, Roselle, 21-3. 8-Asjan Alferd, Franklin, 21-1 $\frac{1}{2}$. 9-Antoine McGill, Clarkstown South, 21-0 $\frac{1}{2}$. 10-Conrad Zwolinski, Howell, 20-11. 11-Robert Robinson, Newburgh, 20-8. 12-Craig Brown, Teaneck, 20-4. 13-Marcus

Richardson, Glen Mills, 20-3 1/2. 14-Ashton Gooding, Colts Neck, 20-3. 15-Corey Jones, Washingtonville, 20-2. 16-Shawn Day, New Rochelle, 20-1 1/2. 17-Chris Delli Carpini, Harrison, 20-1 1/2. 18-Lawrence Banton, Hackensack, 20-0 1/2. 19-Ashton King, Timber Creek, 20-0. 20-Matt Waters, Washingtonville, 19-11 1/2. 21-Corey Thomas, Glen Mills, 19-11 1/4. 22-Idris Pitt, St Patrick, 19-10 1/2. 23-Taoheed Glugbode, Phillipsburg, 19-9. 24-Russell Stern, Lynbrook, 19-8. 25-Deon James, New Rochelle, 19-6 1/2. 26-Conroy Walker, Hackensack, 19-6.

Triple Jump: 1-Menelik Lewis, New Rochelle, 45-5 3/4. 2-Wayne Walks, Camden, 44-8 1/2. 3-Danny Wu, Tenafly, 44-5 1/2. 4-Antoine Allen, Mt Olive, 44-0 3/4. 5-Craig Brown, Teaneck, 43-8 1/2. 6-Lawrence Banton, Hackensack, 43-5 3/4. 7-Kevin Bostick, Bergen Catholic, 42-8. 8-Chris Rones, New Rochelle, 41-2 3/4. 9-Conroy Walker, Hackensack, 41-10 1/4. 10-Eric Smith, Timer Creek, 41-7. 11-Russell Stern, Lynbrook, 41-4 1/2. 12-Idris Pitt, St Patrick, 41-0 1/4. 13-Jason Alexander, Teaneck, 41-2 3/4. 14-Elijah Jackson, Glen Mills, 40-11. 15-Mac Sakchutchawarn, Hasbrouck Heights, 40-2. 16-Chris Steliga, Cherokee, 40-9 1/4.

Pole Vault: 1-Greg Stripe, Mahwah, 14-0. 2-Adam Lazor, West Milford, 13-6. 3-Andy Morris, Hunterdon, 13-6. 4-Nick Henderson, Hunterdon, 13-6. 5-Austin Schuller, Old Tappan, 13-6. 6-George Mena, Clifton, 13-0.

Distance Med: 1-Franklin (Lumax, Grunsand, O'Connor, Cooke), 10:28.4. 2-Arlington, 10:31.7. 3-Metuchen, 10:34.0. 4-Jackson Memorial, 10:34.4. 5-Washington Twp, 10:36.0. 6-Xavier, 10:36.2. 7-Cornwall, 10:39.2. 8-Don Bosco Prep, 10:39.5. 9-Iona Prep School, 10:40.2. 10-Washingtonville, 10:49.7.

4X800r: 1-Old Bridge (Sean Lunkenheimer, Evan Petrovich, Anthony Branco, George Rinaldo), 8:05.2. 2-Westfield, 8:09.6. 3-Monsignor Donovan, 8:13.2. 4-Morristown, 8:14.8. 5-Don Bosco Prep, 8:16.3.

4X400r: 1-Newburgh (Fred Locklary, Randy Patterson, Donald Cooper, Tim Mountain), 3:21.7. 2-Don Bosco Prep, 3:26.7. 3-Washington Twp, 3:26.9. 4-Delsea, 3:28.2. 5-Glen Mills School, 3:28.8. 6-PCT, 3:31.1. 7-South Brunswick, 3:31.5. 8-Hunterdon Central, 3:31.8. 9-Mt Olive, 3:32.5. 10-Lynbrook, 3:33.3

State Sectionals

Tue. Feb 12, 2008

Results!

400m:

Girls- Emily Barr- 60.84 (3rd), Victoria Olivia- 63.90

55m HH:

Boys- Akira Monri- 7.64 (1st), Peter Nygaard- 8.41 (6th)

Girls- Mia Martinez- 8.83 (3rd),

55m:

Boys- Akira Monri- dnf, Will Jacoby- 7.1

Girls- Emily Barr- 7.60 (2nd), Robin Lee- 7.94

1600m:

Boys- Christian Trautwein- 4:32.17 (1st), Brian Cleary- 4:59.52

Girls- Alex Middleton- 5:27.23 (4th), Tory Middleton- 5:41.80

3200m:

Boys- David DeSimone- 10:47.95

Girls- Christy Bertelsen- 11:47.94 (1st) Alex Scibetta- 12:48.53

800m:

Boys- Christian Trautwein- 1:59.81 (1st),

Girls- Kate Michel- 2:20.66 (2nd), Christine Spilka- 2:26.15 (5th)

4 x 400m:

Boys- Tom DeVita, Will Jacoby, Peter Nygaard, Christian Trautwein
4:08.4 62.2 59.2 59.2 67.6

Girls- Emily Barr, Christine Spilka, Victoria Olivai, Mia Martinez
4:18 (2nd) 62.7 67.2 64.5 65.1

Shot Put:

Girls- Megan Gonzalez- 31'10"

High Jump:

Boys- Tom DeVita- 6'0" (3rd)

Girls- Mia Martinez- 5'0" (2nd)

Pole Vault:

Boys- Mike Kavanagh- NH, Max Witt- NH

Girls- Anne Polcari- 11'0" (1st), Robin Lee- 9'0" (4th)

Comments:

Awesome job! Congratulations to the girls team for being state sectional champs! That's the 1st time we had sectionals in winter track so you are in uncharted waters!! Great job to the boys as well for coming in 3rd despite injuries and sickness. Keep up the great work!!!

Ridgewood and Waldwick champs

By PAUL SCHWARTZ
STAFF WRITER

INDOOR TRACK
NORTH 1 GIRLS

JERSEY CITY — Lauren Schultz remembers the excitement starting the day after Thanksgiving.

"As soon as Coach [Eric] Weizmann put up the sign-ups for indoor track, he told us that this was going to be the first year that there were indoor sectionals and that we were going to be the first team to win our section," said Schultz, a sprinter on the Waldwick team. "It's all we've talked about and pointed for all season."

Thursday night, Waldwick became the first North 1, Group 1 girls champion in an impressive 71-44 win over Park Ridge, scoring in every event but the pole vault. The Warriors were joined as team champions by the Ridgewood girls team, a powerful Group 4 winner over Randolph, 74-54, in the twice-postponed meet held at the Jersey City Armory.

"Waldwick never had a history before and now we have a history," said Brittany DeBord, who won in the 1,600 meters and took third place in the 800. "It's very, very exciting."

DeBord and Jenna Hascup (3,200 meters) were the Warriors' only winners. But event after event, Waldwick piled up points with seniors DeBord, Schultz and Amanda Duggan.

And the enthusiasm helped the Warriors survive two days of what DeBord called "very

stressful" postponements, rescheduling and re-scheduling that finally left the teams with just one day of rest before the State Group championships Saturday in Toms River.

"Coach always has us on a strict schedule but that got destroyed this week," said Duggan. "We just pepped ourselves up and went after it."

Ridgewood did the same en route to its easy win. Ann Polcari and Robin Lee went 1-4 in last week's pole vault to get the Maroons off to a quick start and then Emily Barr took third in the 400 and second in the 55 on Thursday to keep the momentum.

"I was really impressed with that double," said Ridgewood head coach Mike Mullen. "It kept us going and then Mia [Martinez], Christy [Bertelsen] and Kate [Michel] really stepped up."

Martinez finished a strong third in a loaded 55 hurdles field and made five feet for the first time this winter for a second in the high jump. Michel, straight from an emergency dental appointment, took second in the 800. And Bertelsen held off Randolph's Natalie Anthony in a career-best 3,200 win to all but clinch the win with three events left.

Girls team opens championship season with title

BY GREG TARTAGLIA
Staff Writer

IDGEWOOD — The track and field athletes at Ridgewood High School have made a habit of winning their names in the history books. So, their finishes at the first indoor Group 4, Section 1 state championships should come as no surprise.

The Maroon girls team defeated Randolph, 74-54, to win the state-sectional title at the Jersey City Armory on Feb. 14. The Ridgewood boys captured three gold medals, but were derailed by a mid-meet injury to senior star Aki-Muuri and wound up third with 12 points. West Orange bested Randolph, 46-42, for the boys team title.

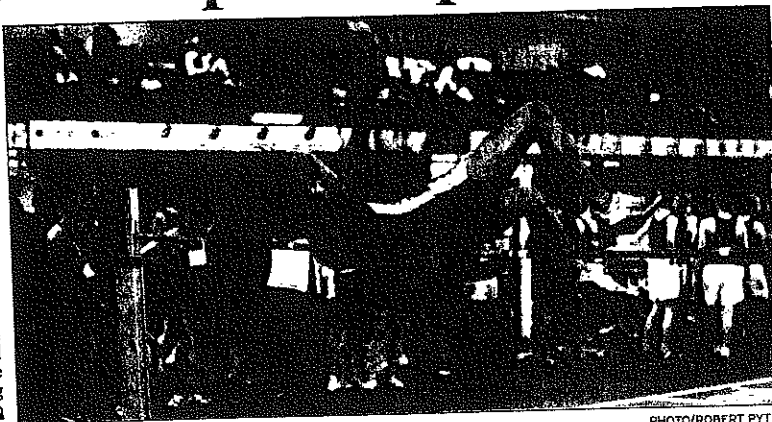
In previous years, the winter track state-championship season typically included the group meets and the Tournament of Champions, both of which are held at the Benjamin Franklin Center in Toms River. In all, 12 Ridgewood athletes advanced to

the Group 4 meet on Feb. 16-17, and of them, three qualified for last Saturday's Tournament of Champions.

At the Group 4, Section 1 championships, senior Emily Barr got the Maroon girls team started off on the right foot by placing third in the 400-meter dash (1:00.84) and second in the 55-meter dash (7.60 seconds) in back-to-back events. Seniors Christy Bertelsen (11:47.94 in the 3200) and Ann Polcari (11 feet in the pole vault) each won a gold medal in their respective events.

"Emily really stepped it up and pretty much set the tone," said Ridgewood head coach Mike Mullin. "And I was kind of hoping Christy would hang on and try to split some of the Randolph distance girls up, just so they wouldn't get so many points, and she ended up doing that."

Maroons senior Mia Martinez added a pair of top-three finishes, clocking 8.83 seconds to win a bronze medal in the 55-meter hurdles and clearing a personal-record five feet to secure a silver medal in



PHOTO/ROBERT PYTEL

Ridgewood senior Mia Martinez cleared a personal-best five feet in the high jump to win a silver medal at the Group 4, Section 1 state championships on Feb. 14. Martinez also earned a bronze medal in the 55-meter hurdles to help the Maroons defeat Randolph, 74-54, and capture the state-sectional title.

the high jump. Sisters Alex and Torey Middleton finished fourth and seventh, respectively, in the

1600-meter run, and junior Robin Lee took fourth in the pole vault. Ridgewood closed out the meet

with a second-place showing in the 4 x 400-meter relay, as Barr combined with senior Kate Michel and

sophomores Christine Spilka and Victoria Oliva for a time of 4:20.10. "We had a lot of great performances," Mullin said. "Not just good, but great. The girls really stepped up and did a tremendous job."

In the boys state-sectional meet, Monri won the 55-meter hurdles in 7.64 seconds, followed by Maroon teammate Peter Nygaard, who ran sixth in 8.34 seconds. Senior Christian Trautwein then turned in a winning time of 4:32.17 in the 400, but Monri pulled up with a hamstring injury at the end of the 55-meter dash time trials after posting the second-fastest qualifying time (6.70).

"We think that we could have won it if we had Akira healthy for the rest of the meet," said Mullin. "So that was a little bit of a downer, but that's the way it goes."

Trautwein added a second victory in the 800-meter run, clocking 1:59.81, and sophomore Tommy DeVita added points in the high jump by clearing six feet to place

See TRACK, page C2

TRACK from C1

third. The Maroons were hurt by a pair of no-heights in the pole vault, as well as the absence of distance runners Taro Shigenobu (injury) and Andrew Fine (illness).

"In order to win these things, you've got to have everything clicking," Mullin said. "And unfortunately, we didn't have it all."

Nygaard, Trautwein and DeVita all earned spots in the Group 4 state-championship meet, where Trautwein qualified for the Tournament of Champions by taking third in the 800 with a time of 1:58.89.

The Ridgewood girls earned enough team points to finish in a three-way tie with Eastern Region-

al of Voorhees and Oakcrest of Mays Landing for ninth at the Group 4 championships. Michel earned a Tournament of Champions berth with her fifth-place time of 2:18.55 in the 800, while Polcari again cleared 11 feet in the pole vault and took second.

At the Tournament of Champions, Trautwein (1:59.44) came home ninth in the boys 800-meter race, and Michel (2:19.23) edged out Immaculate Heart Academy senior Kaitlyn Cooney by .15 seconds to place sixth in the girls 800. Polcari's 11-foot height in the pole vault earned her a seventh-place tie with Bianca Reo of Parsippany.

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

INDOOR TRACK

NORTH 1 SECTIONALS AT JERSEY CITY ARMORY

Boys

GROUP 1

TEAM SCORES: Park Ridge (PR) 82, Saddle Brook (SB) 57, New Milford (NM) and Wood-Ridge (WR) 40½, Hasbrouck Heights (HH) 22, Pequannock (P) 18, Pompton Lakes (PL) 16, Dover (D) 12, Butler (B) 10, Ridgefield Park (RP) 9.

55: 1. Kevin Delcaizo (HH), 7.01; 2. Kevin Cornello (PL), 7.07; John Delfin-Skovira (PR), 7.08; 4. A.J. Scoppa (NM), 7.09; 5. Stephen Zipp (NM), 7.13; 6. Michael Yenuhdah (D), 7.26.

55 HH: 1. Tim White (SB), 8.04; 2. Allen Patterson (SB), 8.17; 3. Will Walsh (NM), 8.27; 4. Matt Selle (WR), 8.38; 5. John Esposito (NM), 8.47; 6. Jonathan Orrala (R), 8.75.

400: 1. A.J. Scoppa (NM), 52.62; 2. Tim White (SB), 53.54; 3. Brian Desmond (PR), 53.72; 4. Ross Koehler (PR), 53.94; 5. Joel Caban (D), 54.32; 6. Filip Murdzoski (B), 54.38.

800: 1. Sam Janssen (PR), 2:05.57; 2. Jonathan McNamara (PR), 2:06.33; 3. Brian Desmond (PR), 2:06.43; 4. Connor Bratynski (SB), 2:07.37; 5. Alex Alvarado (D), 2:08.34; 6. Nick Themistocleous (NM), 2:10.56.

1,600: 1. Matt Lingam (PR), 4:43.42; 2. James Jammal (WR), 4:44.07; 3. Kyle Parrill (B), 4:46.04; 4. Paul Kuehnle (SB), 4:51.26; 5. Tom Sanderson (PR), 4:53.31; 6. Nick Otieno (B), 4:59.66.

3,200: 1. James VanderWeile (P), 10:02.77; 2. Rob Albano (P), 10:07.66; 3. James Jammal (WR), 10:29.73; 4. Paul Kuehnle (SB), 10:32.95; 5. Matt Lingam (PR), 10:47.53; 6. Tim Kicha (SB), 10:58.02.

Shot put: 1. Mike Renna (HH), 49-0¼; 2. Dan Smith (RP), 47-8¼; 3. Joe Gingerelli (WR), 45-2; 4. Chris Luna (WR), 44-3; 5. Travis Malave (HH), 42-9; 6. Nicholas Amato (RP), 42-2½.

High jump: 1. Tim White (SB), 6-2; 2. Ross Koehler (PR), 5-8; 3. James Morgan (NM), 5-6; 4. Allen Patterson (SB), 5-6; 5. tie between John Esposito (NM) and Matt Selle (WR), 5-2.

Pole vault: 1. John-Delfin Skovira (PR), 12-6; 2. Greg Hoffman (PR), 12-0; 3. Matt Selle (WR), 12-0; 4. Daniel Davenport (WR), 10-0.

4-x-400 relay: 1. Park Ridge (Ross Koehler, John Delfin-Skovira, Sam

Janssen, Matt Lingam), 3:39.63; 2. New Milford, 3:40.06; 3. Dover, 3:41.90; 4. Saddle Brook, 3:46.19; 5. Butler, 3:46.34; 6. Wood-Ridge, 3:54.38.

GROUP 4

TEAM SCORES: West Orange (WO) 46, Randolph (Ran) 42, Ridgewood (R) 37, Passaic Tech (PCT) 30, Eastside (E) 22, North Bergen (NB) 21, Kennedy (K) 20, Clifton (C) 19, Montclair (M) 16, Hackensack (H) 14, Livingston (L) and Passaic (P) 10, East Orange (EO) 9, Bloomfield (Bl) 8, Kearny (Ky) 5.

55: 1. Ellis Mensah (WO), 6.56; 2. Robert East (P), 6.73; 3. Justin Taylor (Ran), 6.74; 4. Conroy Walker (H), 6.79; 5. LaRue Harris (H), 6.82; 6. Derek Hsu (Ran), 6.83.

55 HH: 1. Akira Monri (R), 7.64; 2. Nicoy Hines (PCT), 7.79; 3. Jermaine Boyd (H), 7.81; 4. James Burroughs (WO), 8.15; 5. Guy Simpson-Terry (Bl), 8.21; 6. Peter Nygaard (R), 8.34.

400: 1. Ellis Mensah (WO), 50.98; 2. Justin Taylor (Ran), 52.09; 3. Roberto Spezzacatena (NB), 52.13; 4. Marcos McKenzie (E), 52.26; 5. Justin Worthing (WO), 52.64; 6. Joseph Madera (NB), 52.87.

800: 1. Christian Trautwein (R), 1:59.81; 2. Zach Herring (M), 2:00.82; 3. Shavoy Lawrence (PCT), 2:02.89; 4. Davian Jenson (EO), 2:04.08; 5. Joe Madera (NB), 2:06.74; 6. Timmy DuWhite (P), 2:06.74.

1,600: 1. Christian Trautwein (R), 4:32.17; 2. Salim Corbin (E), 4:34.41; 3. Curtis Richburg (WR), 4:35.98; 4. Jacob Schaeffer (L), 4:37.67; 5. Anthony Izzo (H), 4:40.69; 6. Timmy DuWhite (P), 4:43.24.

3,200: 1. Jorge Beltre (K), 9:54.84; 2. Danny Rondon (NB), 10:08.65; 3. Kevin Ryan (PCT), 10:15.95; 4. Brian Mendez (Ky), 10:18.61; 5. Alex Flores (L), 10:20.89; 6. Gus Roman (Ran), 10:21.34.

Shot put: 1. Darien Collie (K), 51-2; 2. Joe Andrews (M), 46-11; 3. Sean Bailey (Bl), 41-9; 4. Robert Gray (EO), 40-8; 5. Chauncey Wright (PCT), 40-7 ½; 6. Joe Fayad (Ran), 40-3 ½.

High jump: 1. Marcos McKenzie (E), 6-6; 2. Glenn Scheideler (Ran), 6-4; 3. Tommy DeVita (R), 6-0; 4. Stevenson Vilas (WO), 6-0; 5. Chris Fairfield (Ran), 5-8; 6. Tim Esposito (Ky), 5-8.

Pole vault: 1. George Mena (C), 12-6; 2. tie between Stephen Mena (C) and Ali Hashemi (Ran), 11-0; 4. Gary Stetz (L), 11-0; 5. Sean Pham (Ran), 10-0.

4-x-400 relay: 1. West Orange (Justin Worthing, James Burroughs, Floyd

Morgan, Ellis Mensah), 3:31.43; 2. Passaic Tech, 3:32.83; 3. Randolph, 3:35.58; 4. North Bergen, 3:40.72; 5. Clifton, 3:42.18; 6. East Orange, 3:42.92.

Girls

GROUP 1

TEAM SCORES: Waldwick (Wald) 71, Park Ridge (PR) 44, Wood-Ridge (WR) 32, Butler (B) 28, Dover (D) 27, Pascack Hills (PH) 25, Kinnelon (K) 23, Ridgefield Park (RP) 22½, Saddle Brook (SB) 11, Hasbrouck Heights (HH) 10½, Pompton Lakes (PL) 2, Midland Park (MP) 1.

55: 1. Idelis Matias (D), 7.74; 2. Alexa McAvoy (WR), 7.89; 3. Ashley Summer-set (D), 8.10; 4. Amanda Duggan (Wald), 8.01; 5. Meaghan Flood (Kin), 8.02; 6. Justine Gray (Kin), 8.14.

55 HH: 1. Idelis Matias (D), 8.85; 2. April Kaiser (PR), 9.34; 3. Sharla Boland (RP), 9.41; 4. Lauren Schultz (Wald), 9.52; 5. Rachel Vaccaro (B), 9.67; 6. Melanie Lewis (MP), 9.82.

400: 1. Julieanne Fontana (PH), 1:00.59; 2. Alexandra Jacob (RP), 1:02.53; 3. Meaghan Flood (Kin), 1:02.96; 4. Lauren Schultz (Wald), 1:04.57; 5. Mariel Flood (K), 1:04.67; 6. Jazmin Horton (SB), 1:06.11.

800: 1. Julieanne Fontana (PH), 2:28.6; 2. Kelsey Dunn (Wald), 2:32.39; 3. Brittany DeBord (Wald), 2:32.50; 4. Michelle Scatena (PH), 2:38.74; 5. Lexie Greitzer (K), 2:39.70; 6. Kara Falvey (PL), 2:40.81.

1,600: 1. Brittany DeBord (Wald), 5:37.08; 2. Kristen Gray (PR), 5:55.37; 3. Kristen White (WR), 5:58.12; 4. Kasia Gwryluk (WR), 5:58.50; 5. Valerie Bedrock (Wald), 6:00.15; 6. Michelle Tetla (PL), 6:01.78.

3,200: 1. Jenna Hascup (Wald), 13:08.15; 2. Kristen White (WR), 13:30.58; 3. Paula Gonzalez (Wald), 13:30.70; 4. Jane DeMaria (HH), 13:33.94; 5. Samantha Guerra (HH), 13:49.77; 6. Christina Dellosso (PH), 14:25.57.

Shot put: 1. April Kaiser (PR), 38-0¼; 2. Rachel Pena (RP), 33-7¼; 3. Gabby Urato (WR), 33-3¼; 4. Jamie Sacco (PR), 33-0 ¼; 5. Alyssa Connors (HH), 32-7¼; 6. Jade Murphy (Wald), 32-7¼.

High jump: 1. Jamie Sacco (PR), 4-10; 2. Jen D'Augustine (Wald), 4-8; 3. tie between Dianely Encarnacion (B), and Monica Loranger (B), 4-6; 5. Michelle DeLyannis (Wald), 4-6; 6. tie between Rachel Pena (RP) and Aundrea Georgatos (HH), 4-6.

Pole vault: 1. Michelle Favre (SB), 11-1; 2. Monica Loranger (B), 7-6.

4-x-400 relay: 1. Kinnelon (Mariel Flood, Katherine Gibson, Justine Gray, Meaghan Flood), 4:24.87; 2. Butler, 4:28.39; 3. Waldwick, 4:30.05; 4. Park Ridge, 4:35.16; 5. Hasbrouck Heights, 4:36.56; 6. Dover, 4:40.15.

GROUP 4

TEAM SCORES: Ridgewood (R) 74, Randolph (Ran) 54, Clifton (C) 33, Passaic Tech (PCT) 32, Livingston (L) 30, West Orange (EO) 21, Passaic (P) 16, Montclair (M) 14, Hackensack (H) and Kennedy (K) 10, Eastside (E) and East Orange (EO) 6, Bloomfield (Bl) 2, North Bergen (NB) and Kearny (Ky) 1.

55: 1. Keisha Demonick (M), 7.42; 2. Emily Barr (R), 7.60; 3. Kadaisha McPherson (PCT), 7.66; 4. Kewanna Price (E), 7.69; 5. Jessica McNeill (E), 7.72; 6. Jecika Merzius (WO), 7.79.

55 HH: 1. Evana Edwards (H), 8.45; 2. Briana Feldhaus (Ran), 8.55; 3. Mia Martinez (R), 8.83; 4. Justine Ameye (Ran), 9.28; 5. Jaivairia Bacote (K), 9.42; 6. Emily Urciuoli (C), 9.43.

400: 1. Amber Allen (PCT), 58.63; 2. Kristin Crawford (K), 1:00.43; 3. Emily Barr (R), 1:00.84; 4. Susan Martinez (C), 1:01.62; 5. Jaslyn Ford (Bl), 1:02.09; 6. Briana Feldhaus (PH), 1:02.27.

800: 1. Susan Martinez (C), 2:19.15; 2. Kate Michel (R), 2:20.66; 3. Joelle Amara (Ran), 2:23.85; 4. Arielle Moylen (M),

2:25.23; 5. Christine Spilka (R), 2:26.6; Victoria Kiss (Ran), 2:26.32.

1,600: 1. Joelle Amaral (Ran), 5:15.1; Natalie Anthony (Ran), 5:22.28; 3. S Lederman (L), 5:24.98; 4. Alex Midton (R), 5:27.23; 5. Monica Kinsella 5:34.03; 6. Kerry Sorenson (C), 5:37.

3,200: 1. Christy Bertelsen (R), 11:47; 2. Natalie Anthony (Ran), 11:48.8; Nikki Livesey (L), 12:01.53; 4. Sara Lerman (L), 12:08.92; 5. Charlene B (P), 12:16.45.

Shot put: 1. Ashley Coleman (P), 37; 2. Alisha Gray (WO), 35-9; 3. As Sanchez (PCT), 34-5; 4. ChiChi (ronkwo (P), 34-1½; 5. Anne Joseph 33-8¼; 6. Chelsea Payne (NB), 33-4.

High jump: 1. Sarah Wesley (WO), 5:34.03; 2. Mia Martinez (R), 5-0; 3. Michelle rester (L), 4-10; 4. Julianne Ko (Ran), 4-8; 5. Emily Urciuoli (C), 4 Kat Mintz (L), 4-2.

Pole vault: 1. Anne Polcari (R), 11; Emily Urciuoli (C), 11-0; 3. Mic Telofski (C), 9-6; 4. Robin Lee (R), 9; tie: Tiffany Lighty (L), Anne Joseph 8-0.

4-x-400 relay: 1. Passaic Tech (A Allen, Monique Graham, Jamelia son, Vionna Kelly), 4:18.27; 2. P wood, 4:20.10; 3. East Orange, 4:21; Randolph (Ran), 4:21.98; 5. We: ange, 4:25.06; 6. Clifton, 4:29.85.

TODAY'S SCHEDULE

BOYS BASKETBALL

North Arlington at Harrison, 7
St. Mary at Wood-Ridge, 7
Lyndhurst at Hasbrouck Heights, 7
Becton at Wallington, 7
Weehawken at Secaucus, 7
Bogota at Emerson, 7
Ridgefield at Leonia, 7
Dwight-Englewood at Cresskill, 7
Park Ridge at New Milford, 7
Madison at West Milford, 7
Waldwick at Tenafly, 6
Eastern Christian at Wayne Hills, 7
River Dell at Fort Lee, 4:30

GIRLS BASKETBALL

Harrison at North Arlington, 7
Wood-Ridge at St. Mary, 7
Hasbrouck Heights at Lyndhurst, 7
Wallington at Becton, 7
Secaucus at Weehawken, 7
Emerson at Bogota, 7
Leonia at Ridgefield, 7
Cresskill at Dwight-Englewood, 7

West Milford at Madison, 4
Hawthorne Christian at Garfield
Newark Vocational at Tenafly, 4
New Milford at Park Ridge, 7

ICE HOCKEY

Ramapo at Wayne Hills, 7
Fair Lawn at Indian Hills, 9
Montclair Kimberley at Don Bos
Pequannock at St. Peter's, 9:30
Pascack Valley at Nutley, 9:45
Dumont at Hudson Catholic, 8
Montclair at Passaic Valley, 5:30
West Milford at Clifton, 7:30

WRESTLING

Garfield at Passaic Valley, 4:45
Secaucus at Cliffside Park, 7
West Orange at Old Tappan, 7
St. Mary at Clifton, 7
Ridgewood at Northern High
Westwood at Bergenfield, 7
New Milford at Dumont, 7
Garfield at Pascack Valley, 7
New Milford at Dumont, 7

County Champs

Monday Feb 18, 2008

***** Results *****

3200m:

Boys- Andrew Fine- 10:33.2

55m HH:

Boys- Peter Nygaard- 7.3/7.3

Girls- Mia Martinez- 8.5/8.8/8.5 (2nd), Victoria Olivia- 9.8/9.8,
Maeve Casey- 10.0

55m:

Boys- Dan Nagano- 7.2

Girls- Emily Barr- 7.3/7.3 (4th)

600m:

Girls- Kate Michel- 1:36.5 (1st), Christine Spilka- 1:43.4 (5th)

1000m:

Boys- Chistian Trautwein- 2:36.1 (1st)

1600m:

Boys-

Varsity- Brian Cleary- 4:50.4, David DeSimone- 5:07.6

Novice- Willian Jang- 5:14.0, Sean Martyn- 5:35.0

Frosh- Chris DuBois- 6:07.9, Yuki Kawahara- 5:08.9

Girls-

Novice- Katie Martin- 6:35.6

300m:

Boys-

Novice- Ben Grossman- 41.5, Josh Dabby- 49.9

Frosh- Hiro Kagai- 49.1, Sean Mattson- 41.2, Insoo- 39.5 (2nd), Matt Beasoletti- 43.7

Girls-

Frosh- Kayla Polcari- 47.9, Natalie Aguado- 49.6, Katie Garbarini- 51.1,
Kat Bonelli- 55.8, Nina Patterson- 51.9, Haley Roche- 54.8, Akiko Miyagi- 59.8

800m:

Boys- Justin Jenkins- 2:13.8, Alec Ontiveros- 2:30.2

Girls- Alex Middleton- 2:26.2 (4th), Tory Middleton- 2:29.6

4 x 400m: (Frosh and Varsity)

Boys-

Frosh-

Yuki, Insoo, Matt B, Sean M

4:13.2 (5th)... 64.1 57.8 66.8 64.6

Girls-

Varsity-

Emily Barr, Christine Spilka, Victoria Olivia, Kate Michel

4:05.9 (2nd)... 61.3 62.7 62.4 59.6

Frosh-

Haley R, Katie G, Natalie A, Kayla P

5:03.2 (4th)... 80.4 77.4 71.5 74.1

SP:

Boys- Clinton Dorsey- 33'5"

Girls- Megan Gonzalez- 31'7", Christy Nelson- 23'1"

HJ:

Boys- Tom DeVita- 6'2" (2nd)

Girls- Mia Martinez- 4'10"

PV:

Boys- Mike Kavanagh- 10'6"

Girls- Anne Polcari- 11'0" (1st), Robin Lee- 9'6" (4th), Kayla Polcari- 8'0"

LJ:

Boys- Dan Nagano- 16'5", Mike Kavanagh- 16'11 ½", Pater Nygaard- 17'4"

TJ:

Boys- Peter Nygaard- 37'2 ½"

INDOOR TRACK

Bergen County Championships

At Armory Track Center, New York

BOYS

55: 1. Raldaine McDonald, Englewood, 6.5; 2. Marvin Whilby, Don Bosco, 6.5; 3. Terrill Cushnie, Englewood, 6.6; 4. LaRue Harris, Hackensack, 6.6; 5. Lomie Cunningham, Bergen Tech, 6.7; 6. Khaled Elsayed, Garfield, 6.7.

55 HH: 1. Jaivon Palmer, Englewood, 7.6; 2. Jermaine Boyd, Hackensack, 7.8; 3. Danny Chediak, Fort Lee, 8.0; 4. Will Walsh, New Milford, 8.0; 5. Anthony Morelli, Demarest, 8.1; 6. Vic Servito, Bergen Catholic, 8.1.

300: 1. Damian Miles, Teaneck, 34.7; 2. Raldaine McDonald, Hackensack, 35.9; 3. tie between Matt Bieszard, Midland Park and Lomie Cunningham, Bergen Tech, 36.0; 5. Tom Randall, Bergen Catholic, 36.2; 6. Will Ring, Bergen Catholic, 36.4.

400: 1. Matt Cato, Don Bosco, 50.1; 2. Barry Allen, Teaneck, 50.6; 3. Mark Filandro, Indian Hills, 50.8; 4. Jaivon Palmer, Englewood, 51.1; 5. Jake Hubschman, Demarest, 51.6; 6. Mike DeLucia, Don Bosco, 52.6.

600: 1. Steve Wexler, Don Bosco, 1:24.4; 2. Ryan McVeigh, River Dell, 1:25.1; 3. Frank Gassert, Don Bosco, 1:25.5; 4. Patrick Mulkeen, Paramus Catholic, 1:25.9; 5. Max Turner, Teaneck, 1:26.8; 6. Troy Coonrad, Ramsey, 1:27.3.

800: 1. Sam Janssen, Park Ridge, 2:04.7; 2. Joel Douglas, Hackensack, 2:05.7; 3. Chris Murphy, Westwood, 2:06.3; 4. Ilya Spektor, Paramus, 2:07.2; 5. Connor Bratyanski, Saddle Brook, 2:08.1; 6. Nick Themistocleous, New Milford, 2:08.7.

1,000: 1. Christian Trautwein, Ridgewood, 2:36.3; 2. Matt Suozzi, Don Bosco, 2:39.3; 3. John Gaffney, Rutherford, 2:41.8; 4. Justin Kearns, River Dell, 2:42.3; 5. Ryan Bailey, Paramus Catholic, 2:43.7; 6. Wilson Bailey, Englewood, 2:48.5.

1,600: 1. Dayne Mosconi, Tenafly, 4:29.7; 2. Tommy Gaidus, Northern Highlands, 4:32.4; 3. Matt Lingam, Park Ridge, 4:35.9; 4. DaVon Robinson, Paramus Catholic, 4:39.5; 5. Matt Wyatt, Demarest, 4:41.3; 6. Steve Flanagan, Don Bosco, 4:42.0.

3,200: 1. Matt Wyatt, Demarest, 9:48.4; 2. Rafael Vargas, Don Bosco, 9:52.6; 3. Mike Famularo, River Dell, 9:53.9; 4. Jerome Perkins, Indian Hills, 9:57.2; 5. Brendan Offer, Don Bosco, 10:12.5; 6. Sean Farrell, Fair Lawn, 10:17.8.

Shot put: 1. Andrew Trass, River Dell, 53-11; 2. Pat Thomas, Paramus Catholic, 51-0; 3. Mike Renna, Hasbrouck Heights, 50-10; 4. Bill Thimmel, Don Bosco, 48-5½; 5. Eric Van Dunk, Mahwah, 48-5; 6. Dan Smith, Ridgewood Park, 47-5½.

High jump: 1. Kevin Bostick, Bergen Catholic, 6-5; 2. Tommy DeVita, Ridgewood, 6-2; 3. Tevin Ankle, Glen Rock, 6-0; 4. Danny Wu, Tenafly, 5-10; 5. tie between Ken Prior, Don Bosco and Vic Servito, Bergen Catholic, 5-10.

Long jump: 1. Kevin Bostick, Bergen Catholic, 21-0½; 2. Danny Wu, Tenafly, 20-5; 3. Craig Brown, Teaneck, 20-3½; 4. Conroy Walker, Hackensack, 20-2; 5. Allen Patterson, Saddle Brook, 19-9; 6. Dahn Pratt, Teaneck, 19-7.

Triple jump: 1. Conroy Walker, Hackensack, 44-3¼; 2. Jaivon Palmer, Englewood, 44-3; 3. Craig Brown, Teaneck, 43-2½; 4. Danny Wu, Tenafly, 42-11¼; 5. Kevin Bostick, Bergen Catholic, 42-8¾; 6. Jason Alexander, Teaneck, 42-3¼.

Pole vault: 1. Greg Stripe, Mahwah, 13-0; 2. Ken Baron, Demarest, 13-0; 3. Greg Hoffman, Park Ridge, 12-6; 4. tie between Andres Giglio, Ridgewood Park and Matt Selle, Wood-Ridge, 11-6; 6. Dan Davenport, Wood-Ridge, 11-6.

4-x-400 relay: 1. Bergen Catholic (Tom Randall, Will Ring, Pat Ringlestein, Dom Gaston), 3:25.1; 2. Teaneck, 3:26.9; 3. Don Bosco, 3:27.2; 4. Paramus Catholic, 3:29.3; 5. Englewood, 3:31.2; 6. Hackensack, 3:36.8.

Pentathlon: 1. Tim White (7.8 HH; 42-1 SP; 6-2 HJ; 19-6¼ LJ; 2:46.6 1,000)/3,529 points; 2. Jake Menzo, Ramsey, 3,087; 3. Joe Vargas, Paramus, 2,962; 4. John Es-

GIRLS

55: 1. Kristen Brown, Englewood, 7.2; 2. Megan Gadaleta, Demarest, 7.4; 3. Bryanna Knight, Paramus Catholic, 7.4; 4. Emily Barr, Ridgewood, 7.4; 5. Kellie Dunn, Rutherford, 7.5; 6. Anita Rogers, Ramapo, 7.5.

55 HH: 1. Evana Edwards, Hackensack, 8.4; 2. Mia Martinez, Ridgewood, 8.5; 3. Sharla Boland, Ridgewood Park, 9.4; 4. April Kaiser, Park Ridge, 10.0.

300: 1. Janay Mitchell, Teaneck, 40.6; 2. Rebecca Coffman, Indian Hills, 41.6; 3. Adriana Lanuto, Ramsey, 42.0; 4. Melody Lopez-Bernstein, Paramus Catholic, 42.4; 5. Eloise Soriano, Fort Lee, 42.9; 6. Colleen Murphy, Westwood, 43.1.

400: 1. Melody Lopez-Bernstein, 59.6; 2. Aderonke Bakare, Teaneck, 1:01.5; 3. Toni Gatchalian, Tenafly, 1:02.9; 4. Alex Jacob, Ridgewood Park, 1:03.2; 5. Courtney Laird, Ramapo, 1:03.5; 6. Katelyn Ary, Demarest, 1:04.3.

600: 1. Kate Michel, Ridgewood, 1:36.6; 2. Michelle McCourt, IHA, 1:38.4; 3. Diane Bain, Ramsey, 1:41.0; 4. Christine Spilka, Ridgewood, 1:43.5; 5. Meagan Downey, Ramapo, 1:45.2; 6. Allison Price, Teaneck, 1:47.8.

800: 1. Julie Sinkovitz, IHA, 2:17.1; 2. Sarah Mellea, Westwood, 2:23.3; 3. Natalie Rowland, Mahwah, 2:25.3; 4. Alex Middleton, Ridgewood, 2:26.3; 5. Amanda Jones, Saddle River Day, 2:27.7; 6. Donna Bruno, Indian Hills, 2:28.9.

1,000: 1. Kaitlyn Cooney, IHA, 3:03.4; 2. Monica Landy, Tenafly, 3:03.8; 3. Suzana Markoivovic, Holy Angels, 3:06.6; 4. Maggie Loudon, Old Tappan, 3:12.2; 5. Kat Baselice, Holy Angels, 3:16.7; 6. Kelsey Dunn, Waldwick, 3:18.1.

1,600: 1. Sarah Pagano, IHA, 5:09.7; 2. Sarah Polansky, Indian Hills, 5:24.4; 3. Jen Molke, Holy Angels, 5:25.0; 4. Jillian Rothschild, Demarest, 5:34.7; 5. Ally Siegel, 5:37.8; 6. Abbey Wallach, Saddle River Day, 5:38.7.

3,200: 1. Mary Kay Duff, IHA, 11:23.0; 2. Stephanie Gibney, Holy Angels, 11:38.8; 3. Alex Clinton, Ramsey, 12:06.3; 4. Patty Hannon, Paramus, 12:17.1; 5. Chrissy Klepper, River Dell, 12:24.4; 6. Sara Hyman, River Dell, 12:37.4.

Shot put: 1. Shannon Sullivan, IHA, 38-7; 2. Ashley Sims, Paramus Catholic, 36-10; 3. April Kaiser, Park Ridge, 36-7; 4. Angela Acosta, Bergenfield, 36-7; 5. Olivia Wade, Paramus Catholic, 36-0½; 6. Rachel Pena, Ridgewood Park, 34-8¼.

High jump: 1. Allie Ritchards, Mahwah, 5-0; 2. tie between Tracey Eisner, Fair Lawn and Liz Schuck, Westwood, 5-0; 4. Kristen Bowens, Mahwah, 4-10; 5. Colleen Dolan, Demarest, 4-10; 6. Mia Martinez, Ridgewood, 4-10.

Long jump: 1. Evana Edwards, Hackensack, 17-0; 2. Jessica Molosh, Indian Hills, 16-8; 3. Tara Keegan, Westwood, 16-5½; 4. Tiffany Evangelou, IHA, 16-3½; 5. Katherine Tallaj, IHA, 16-3; 6. Nathalie Cazeau, Englewood, 16-0½.

Triple jump: 1. Evana Edwards, Hackensack, 35-11; 2. Brooke Kristensen, Mahwah, 35-5¼; 3. Jessica Molosh, Indian Hills, 35-1¼; 4. Tiffany Evangelou, IHA, 34-7½; 5. Amanda Polifrone, Rutherford, 34-7½; 6. Anita Rogers, Ramapo, 34-3¼.

Pole vault: 1. Ann Polcari, Ridgewood, 11-0; 2. Emily Mino, River Dell, 8-6; 3. Robin Lee, Ridgewood, 9-6; 4. Jess Molosh, Indian Hills, 9-0; 5. Ashley Walker, Mahwah, 8-0; 6. tie between Kayla Polcari, Ridgewood and Sherri LaJoie, River Dell, 8-0.

4-x-400 relay: 1. IHA (Kaitlyn Cooney, Michelle McCourt, Sarah Pagano, Julie Sinkovitz), 4:02.2; 2. Ridgewood, 4:05.7; 3. Ramsey, 4:09.6; 4. Westwood, 4:10.4; 5. Tenafly, 4:10.5; 6. Teaneck, 4:11.0.

Pentathlon: 1. Heather Gearity, Rutherford (9.2 HH; 24-9 SP; 5-2 HJ; 15-2¼ LJ; 2:30.2 800), 2,844 points; 2. Emily Babiss, Indian Hills, 2,661; 3. Jamie Sacco, Park Ridge, 3,504; 4. Marie Minasi, Holy Angels, 2,367; 5. Stacie Dulcis,

State Group IV

Sat. Feb 16, 2008

***** Results *****

55 HH:

Boys- Peter Nygaard- 8.46

Girls- Mia Martinez- 8.80

55m:

Girls- Emily Barr- 7.50

1600m:

Girls- Alex Middleton- 5:23.45

3200m:

Girls- Christy Bertelsen- 12:00.33

800m:

Boys- Christian Trautwein- 1:58.73 (6th)

Girls- Kate Michel- 2:18.55 (5th), Christine Spilka- 2:27.99

4 x 400m:

Girls-	Emily Barr,	Christine Spilka,	Victoria Olivia,	Kate Michel
4:12.42.....	61.6	64.4	63.9	61.9

HJ:

Boys- Tom DeVita- 6'0"

Girls- Mia Martinez- NH

PV:

Girls- Anne Polcari- 11'0" (2nd), Robin Lee- 9'6"

Comments:

It's always a great accomplishment just getting to this meet, but special congrats to Christian, Kate, and Anne for moving on the State Meet of Champs.

INDOOR TRACK

State Championships

GROUP 4

BOYS

TEAM SCORES: Old Bridge 28, Washington Twp. 21, Absegami and Jackson 20, Toms River North 17, West Orange 16, Hillsborough, Millville and Franklin 14, Trenton 12, Eastside 11, Ridgewood and Hackensack 1.

55: 1. Chris Church, Millville, 6.54.

55 HH: 1. Chris Rutherford, Toms River East, 7.61; 6. Jermaine Boyd, Hackensack, 7.91.

400: 1. Ellis Mensah, West Orange, 49.80.

800: 1. Rob Andrews, Manalapan, 1:55.01; 6. Christian Trautwein, Ridgewood, 1:58.89.

1,600: 1. Jermaine Coore, Franklin, 4:18.35; 6. Salim Corbin, Eastside, 4:28.54.

3,200: 1. Andrew Brodeur, Brick, 9:26.52; 4. Jorge Beltre, Kennedy, 9:34.47.

Shot put: 1. Kwabena Keene, Washington Twp., 54-4/4.

High jump: 1. Marcos McKenzie, Eastside, 6-6.

Pole vault: 1. Rick Villanova, Toms River North, 14-0.

4-x-400 relay: 1. Old Bridge (George Rinaldo, Mohamed Mansaray, Sean Lunkenheimer, Evan Petrovich), 3:27.49.

GIRLS

TEAM SCORES: Lenape 48, Southern 43, Jackson 30, Millville 20, Colts Neck 18, Toms River North 14, Columbia 12 1/2, Union 12, Ridgewood, Eastern and Oakcrest 10, Passaic tech, Clifton and East Brunswick 8, Randolph 7, Passaic, Hackensack and Hunterdon Central 6, Howell, Marlboro, J.P. Stevens and South Brunswick 4, Old Bridge 3, Cherokee 2 1/2, West Orange, Washington Twp., Montclair, Williamstown and Franklin 2, Pennsauken and Brick 1.

55: 1. English Gardner, Eastern, 7.08; 5. Keisha Demonick, Montclair, 7.41.

55 HH: 1. Ashley Battle, Union, 8.34; 3. Evana Edwards, Hackensack, 8.46.

400: 1. Nijgia Snapp, Oakcrest, 55.65; 2. Amber Allen, Passaic Tech, 56.02.

800: 1. Jillian Smith, Southern, 2:14.08; 5. Kate Michel, Ridgewood, 2:18.55; 6. Susan Martinez, Ridgewood, 2:18.60.

1,600: 1. Jillian Smith, Southern, 5:06.69.

3,200: 1. Allison Linnell, Colts Neck, 10:48.33.

Shot put: 1. Shannon Watt, Jackson, 42-5; 3. Ashley Coleman, Passaic, 38-3/4.

High jump: 1. Lindsey Walsh, Lenape, 5-6.

Pole vault: 1. Samantha Brady, Jackson, 12-1; 2. Anne Polcari, Ridgewood, 11-0; 3. Emily Urciuoli, Clifton, 11-0; 6. Michelle Telofski, Clifton, 11-0.

4-x-400 relay: 1. Southern (Julia Beekman, Katherine Wymbs, Chelsea Cox, Jillian Smith), 3:55.33.

GROUP 1

BOYS

TEAM SCORES: Pleasantville 58, Metuchen 47, Haddonfield 32, Park Ridge 19, Asbury Park and Pennsville 16, Roselle 15, Saddle Brook and Shore 12, Hasbrouck Heights and Highland Park 10, Glassboro 8 1/2, Ridgefield Park, Pequannock and Haddon Heights 8, Robbinsville 7, Wood-Ridge 6, New Providence 4, Burlington City, Verona and Palmyra 3, Glen Ridge 2, Penns Grove and University 1, Bordentown 1/2.

55: 1. Bryant Fitzgerald, Highland Park, 6.55.

55 HH: 1. Kenneth Davis, Pleasantville, 7.73; 3. Tim White, Saddle Brook, 7.98.

400: 1. Kenneth Davis, Pleasantville, 51.33.

800: 1. Billy Latta, Metuchen, 2:01.30.

1,600: 1. Colin Baker, Haddonfield, 4:28.71.

3,200: 1. Jonathan Vitez, Haddonfield, 9:35.03; 5. Rob Albano, Pequannock, 9:51.43.

Shot put: 1. Mike Renna, Hasbrouck Heights, 51-0/4; 2. Dan Smith, Ridgefield Park, 48-4/4; 3. Joe Gingerelli, Wood-Ridge, 48-2/4.

ford, 5-0; 6. tie between Jamie Sacco, Park Ridge and Jen D'Augustine, Waldwick, 4-8.

Pole vault: 1. Michelle Favre, Saddle Brook, 11-4.

4-x-400 relay: 1. Haddonfield (Athena Wright, Maggie Lupinski, Kirsten King, Greta Feldman), 4:07.26.

NON-PUBLIC A

BOYS

TEAM SCORES: Christian Brothers (CBA) 63; Don Bosco (DB) 52; Monsignor Donovan (MD) 45; Union Catholic (UC) 36; Bergen Catholic (BC) 27; Pope John (PJ) 18; Seton Hall Prep (SHP) 16; Paramus Catholic (PC) 12; Notre Dame (ND) 10; St. John Vianney (SJV) 10; Delbarton (Delb) 9; Red Bank Catholic (RBC) 6; St. Joseph Metuchen (SJM) 3; Hudson Catholic (HCath) 1; St. Peter's Prep (SPP) 1.

55: 1. Mike Suarez (UC) 6.68; 2. Marvin Whilby (DB) 6.69.

55 hurdles: 1. Medina (MD) 8.05; 4. Justin Schneider (PC) 8.37; 5. Victor Servito (BC) 8.37.

400: 1. Clayton Parros (SHP) 49.92; Dom Gaston (BC) 51.86; 5. Matthew Cato (DB) 52.45.

800: 1. Brendon Pierson (CBA) 1:59.36; 2. Steve Wexler (DB) 1:59.90.

1,600: 1. Pierson (CBA) 4:23.89; Rob Molke (DB) 4:25.88; 4. Anthony Belgiovine (DB) 4:33.01.

3,200: 1. Leighton Spencer (DB) 9:42.29; 2. Molke (DB) 9:43.11.

4-x-400 relay: 1. Bergen Catholic (Tom Randall, Pat Ringelstein, Dom Gaston, Will Ring) 3:29.84; 4. Don Bosco 3:32.28.

High jump: 1. Chris Thomas (PJ) 6-6; 2. Kevin Bostick (BC) 6-6; 5. Tiew: Tyler Hayton (MD), Victor Servito (BC) 5-8, Labron Collins (HC) 5-8.

Shot put: 1. Eric Davis (ND) 51-11; (MD) 50-1; 5. Patrick Thomas (PC) 49-6.

Pole vault: 1. Mike Reese (SJV) 12-0; 4. Tie: Justin Schneider (PC), Pat Ranft (PC) 10-0.

GIRLS

TEAM SCORES: Immaculate Heart (IHA) 56; Pope John (PJ) 49; Paramus Catholic (PC) 43; Monsignor Donovan (MD) 40.40; Notre Dame (ND) 27; Union Catholic (UC) 27; Holy Angels (HA) 16.40; Red Bank Catholic (RBC) 12; Holy Spirit (HS) 10; DePaul (Dep) 10; St. John Vianney (SJV) 8; St. Dominic Academy (SDA) 5.

55: 1. Bryanna Knight (PC) 7.57; 2. Serenity Martin (HA) 7.71; 5. Erin Smith (PC) 7.80; 6. Casey Perez (HA) 7.81.

55 hurdles: 1. Francesca D'Angelo (HS) 8.84 4. Tiffany Evangelou (IHA) 9.13; 5. Katherine Tallaj (IHA) 9.29.

400: 1. Emily Carrolo (PJ) 57.57; 2. Melody Lopez-Bernstein (PC) 59.40; 3. Michelle McCourt (IHA) 59.84.

800: 1. Carrolo (PJ) 2:18.06; 2. Kaitlyn Cooney (IHA) 2:20.42; 4. Julie Sinkovitz (IHA) 2:21.54.

1,600: 1. Cariati (PJ) 5:11.58; 2. Mary Kay Duff (IHA) 5:12.81; 6. Nicole Schiavone (HA) 5:30.64.

3,200: 1. Sarah Pagano (IHA) 10:58.41; 4. Stephanie Gibney (HA) 11:27.29; 6. Jennifer Molke (HA) 11:29.28.

4-x-400 relay: 1. Notre Dame (Megan Mahon, Caitlin Wismer, Haley Langton, Kim Maleski) 4:11.76; 3. Paramus Catholic 4:18.13; 6. Holy Angels 4:28.84.

High jump: 1. Tiara Brown (UC) 5-2; 6. Asher Beasley (PC) 4-6.

Shot put: 1. Ashley Sims (PC) 37-6/2; 2. Olivia Wade (PC) 37-4; 3. Shannon Sullivan (IHA) 36-10;

Pole vault: 1. Megan Mahon (ND) 9-6; 2. Tie: Rebecca Testi (HA), Iris Ulep (MD), Erin Van der Have (HA), Katie O'Neil (Paul), Kristen Ortiz (MD) 7-6.

NON-PUBLIC B

BOYS

TEAM SCORES: Holy Cross (HC) 72; Bishop Eustace (BEus) 51; Saint Rose (SR) 49; St. Patrick (SP) 48; Pingry (Ping) 38; Sacred Heart (SH) 16; Veritas Christian Academy (Ver) 16; Paterson Catholic (PC) 3.

55: 1. Lawrence Brown (SP) 6.93.

NORTH JERSEY SPORTS

VARSITY ACES

For video highlights of the weekend's basketball tournament games log on to northjersey.com/varsityaces

Saddle Brook's White tops pentathlon

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK -- In the three years since he first tried the multi-event pentathlon, Tim White has gone from reluctant athlete to student of the event.

On Monday, the Saddle Brook senior became the first boy to repeat in the event at the Bergen County Championships since its inception in 2001. White won by more than 400 points with an excellent score of 3,329 points, the second-best performance in meet history. He joined Rutherford junior Heather Gearity, who scored 2,844 points to win the girls pentathlon.

"I'm very satisfied with this meet," said White, who bettered his 2007 performance in four of the five events and equaled his 6-foot-2 high jump of last year en route to a 185-point improvement overall.

"My sophomore year I really didn't want to do it, and I didn't know what I could be good at. Coach [Howie] Schuman [now the coach at Holy Angels] entered me in it and taught me the events I didn't know.

"After I lost by seven points [to Justin Park of Tenafly], I started to get interested in doing it again. And with the help of our new coach, [Ed] Ciccone, I began to understand each of the five events [55 hurdles, shot put, long jump, high jump, 1,000 meters] better.

INDOOR TRACK BERGEN CHAMPIONSHIPS

"This year I have studied the record books and I really understand the events and I love to compete in it. I can't wait to compete at the New York nationals and I hope to place this year after finishing ninth last year."

Gearity was competing in her first pentathlon and her victory over Indian Hills senior Emily Babiss wasn't assured until the girls' final event, the 800 meters. Gearity led by just 12 points, but launched a terrific kick in the final 200 meters to run 2:30.3

and open her winning margin to 183 points. Babiss finished 14.5 seconds later.

"In the spring one of my events is the 400 hurdles, so I knew I could finish strong in the 800 meters," said Gearity, who took third in the Group 1 high jump Saturday.

"I was a little concerned about the events I hadn't done before [long jump and shot put], but I did all right in the shot and long jumped 15-2¼."

"I liked doing the pentathlon," said Gearity, who did 5-2 in the high jump, which would have won the open high jump. "It was fun to hear everyone cheering all of us."

Other highlights in the meet included a

stunning 34.7 300 by Damian Miles of Teaneck, second fastest in Bergen history, and a dramatic ¼-inch victory in the triple jump on the final jump of the competition by Conroy Walker of Hackensack.

Evana Edwards of Hackensack tripled in the girls meet, dominating the 55 hurdles, long and triple jumps as she has all season.

Kate Michel of Ridgewood ran a sizzling 1:36.6 in the 600 meters, tied for third fastest in Bergen history.

Kaitlyn Cooney of Immaculate Heart edged Tenafly's Monica Landy in a terrific battle in the 1,000.

■ Meet results. S-8

Eastside senior is over the top

By **PAUL SCHWARTZ**
STAFF WRITER

TOMS RIVER — Marcos McKenzie had two goals in the high jump entering the 2007-08 indoor track season, one for his coaches and a private one he kept to himself for most of the season.

"The coaches kept telling me that I had to get consistent, and I knew that," said the Eastside senior after he became the only North Jersey winner at Saturday's State Group 4 championships. "Then I started to think that I could win the Group 4 championship in the event."

The consistency that McKenzie showed all season in reaching his first goal proved key to accomplishing his second Saturday. He was the only jumper to clear 6 feet 6 inches without a miss, earning the victory when Adam Bergo of Westfield and Afolabi Omole of Union also missed at 6-8.

"Winning this was really my goal all year long," said McKenzie, the first Ghost to win a State title since Tom Pearson won the 1992 Group 4 400 championship. "And when I cleared 6-8 at the Varsity Classic [Feb. 4], I knew I had a good chance.

"Running the 400 [earlier in the meet] gave me a good warm-up and helped get me loose," said McKenzie, who entered the competition at 6-2 after most of the field of 24 had been eliminated. "Coach wanted me to go in at 6-4, but I get scared when

INDOOR TRACK STATE GROUP 4

I go in at a higher height. After I get one jump at a height I feel comfortable at, the height doesn't bother me."

Until this season McKenzie had struggled with consistency.

"As a freshman, I made 6-2 in the league meet but never made 6-0 or 6-2 again that season," he said. "Then last year I made 6-6 and then almost cleared 6-8 at the league meet and never even made 6-4 again. This year changed all that."

McKenzie has been at 6-4 or better in five straight meets and is the probable favorite at next week's State Meet of Champions.

Before McKenzie's heroics in the next to last event of the meet, it was Amber Allen's race in the first event that was the highlight of the day for North Jersey competitors.

The Passaic Tech sophomore, who didn't even qualify for the Meet of Champions last year, was second to Nijgia Snapp of Oakcrest in the 400 in a personal-best 56.02, more than 1.5 seconds faster than her previous best and the third-fastest time ever run by a North Jersey girl.

"It felt good but I didn't think it was that fast," said Allen, who ran 57.8 in the Varsity Classic. "I don't like to go out too fast, but I get stronger as the race goes on because of the strength work I do."

State Meet of Champs

Sat. 2/23/08

***** Results *****

800m:

Boys- Christian Trautwein- 1:59.44 (9th)

Girls- Kate Michel- 2:19.23 (6th)

Pole Vault:

Girls- Anne Polcair- 11'0" (7th)

Comments:

Good job by all 3. Special congrats to Kate for getting a medal at the State Meet of Champs!

INDOOR TRACK

STATE MEET OF CHAMPIONS

AT BENNETT CENTER, TOMS RIVER

Boys

55: 1. Damier Johnson, Long Branch, 6.38; 2. Bryant Fitzgerald, Highland Park, 6.39; 3. Mike Peavey, Neptune, 6.41; 4. Chris Church, Millville, 6.45; 5. James Brown, Glassboro, 6.53; 6. Chris Medina, Mon. Donovan, 6.55.

55 HH: 1. Kamryn Austin, Ewing, 7.48; 2. Joshua Evans, Irvington, 7.52; 3. Matt Marshall, Camden, 7.53; 4. Chris Rutherford, Toms River East, 7.54; 5. Ameer Wright, Irvington, 7.65; 6. Gerkenz Senesca, Roselle, 7.68.

400: 1. Clayton Parros, Seton Hall, 49.35; 2. Ellis Mensah, West Orange, 49.68; 3. Barry Cephas, Winslow Twp., 50.13; 4. Terry Alston, Camden, 50.17; 5. Garrett Ellis, Union Catholic, 50.27; 6. tie between Arthur Gilman, Toms River North and Ryan Donelan, Hightstown, 50.49; 8. Dom Gaston, Bergen Catholic, 50.87.

800: 1. Rob Andrews, Manalapan, 1:54.85; 2. Monroe Kearns, Jackson, 1:55.85; 3. Max Bruno, Indian Hills, 1:56.63; 4. Ford Palmer, Absegami, 1:57.34; 5. Selasi Lumax, Franklin, 1:57.72; 6. Tom Pierson, Lacey, 1:57.93; 9. Christian Trautwein, Ridgewood, 1:59.44.

1,600: 1. Jermaine Coore, Franklin, 4:18.68; 2. Ryan Birchmeier, Ocean City, 4:20.51; 3. Myles Udland, Millburn, 4:20.97; 4. Jon Juleus, Pope John, 4:21.19; 5. Brendon Pierson, CBA, 4:23.03; 6. Tyler Corkdale, West Windsor North, 4:24.11.

3,200: 1. Brian Leung, West Windsor South, 8:59.77; 2. Doug Smith, Gill St. Bernard's, 9:01.86; 3. Andrew Brodeur, Brick, 9:21.87; 4. Peter Murphy, Millburn, 9:24.01; 5. David Forward, Shawnee, 9:28.34; 6. Christian Baumbach, Hopewell Valley, 9:30.83; 8. Rob Molke, Don Bosco, 9:33.66; 9. Leighton Spencer, Don Bosco, 9:33.99.

Shot put: 1. Nick Vena, Morristown, 66-0¼; 2. Mike Alleman, Scotch Plains, 63-¾; 3. Zach Ahmed, Hightstown, 56-9¼; 4. Kwabena Keene, Washington Twp., 56-4; 5. Chris DiLorenzo, Seton Hall, 54-6¼; 6. Anthony Napoleon, Morristown, 53-9¼; 8. Mike Renna, Hasbrouck Heights, 52-6¼; 9. Andrew Trass, River Dell, 51-3.

High jump: 1. Adam Bergo, Westfield, 6-8; 2. Ameer Wright, Irvington, 6-6; 3. tie between Afolabi Omole, Union, and Chris Thomas, Pope John, 6-6; 5. Kyle Soden, Hanover Park, 6-4; 6. Kevin Bostick, Bergen Catholic, 6-4; 7. Marcos McKenzie, Eastside, 6-4.

Pole vault: 1. Daniel Battdorf, West Deptford, 15-6; 2. Rick Villanova, Toms River North, 14-6; 3. Greg Kelley, Toms River North, 14-0; 4. tie between Mark Ksiezopolski, Hillsborough and Chris Wychoff, Toms River East, 14-0; 6. Andy Morris, Hunterdon Central, 14-0; 7. tie between Pete Matano, Wayne Hills, Adam Lazor, West Milford and Greg Stripe, Mahwah, 13-6.

4-x-400 relay: 1. Winslow Twp. (Barry Cephas, Darin Washington, Gerald Stephens-Holland, Davis McNeil), 3:24.32; 2. Camden, 3:24.64; 3. Pleasantville, 3:24.83; 4. Highland, 3:25.62; 5. Jackson, 3:26.65; 6. Old Bridge, 3:27.06; 8. Bergen Catholic, 3:28.36.

Girls

55: 1. Ogechi Nwaneri, Chatham, 6.93; 2. Dominique Booker, Montclair Immaculate, 6.98; 3. English Gardner, Eastern, 7.04; 4. Tylia Gillon, Jackson, 7.27; 5. Assante Johnson, Camden, 7.27; 6. Mackenzie Chambers, Matawan, 7.33; 8. Janay Mitchell, Teaneck, 7.35.

55 HH: 1. Samantha Sharper, Camden, 8.09; 2. Susan Scavone, Summit, 8.23; 3. Briana Feldhaus, Randolph, 8.30; 4. Azudei Dubois, Irvington, 8.32; 5. Kayia Henry, Winslow Twp., 8.38; 6. Briana Barlow, New Brunswick, 8.39.

400: 1. Nijgia Snapp, Oakcrest, 55.19; 2. Amber Allen, Passaic Tech, 55.74; 3. Emily Carrolo, Pope John, 56.07; 4. Michelle Brown, Seneca, 56.40; 5. Julie Alexander, Hopewell Valley, 56.86; 6. Vicky Caruso, Walkill Valley, 57.38.

800: 1. Emily Carrolo, Pope John, 2:14.88; 2. Chelsea Cox, Southern, 2:14.88; 3. Britney Kott, Millville, 2:15.17; 4. Ariann Neutts, Roxbury, 2:15.59; 5. Brooke Kott, Millville, 2:16.15; 6. Kate Michel, Ridgewood, 2:19.23; 7. Kaitlyn Cooney, IHA, 2:19.38; 10. Julie Sinkovitz, IHA, 2:21.31.

1,600: 1. Jillian Smith, Southern, 5:00.96; 2. Kathleen McCafferty, Oak Knoll, 5:04.76; 3. Erin McKenna, Ramapo, 5:06.03; 4. Sophia Ginez, South Brunswick, 5:06.64; 5. Trish Reilly, West Windsor North, 5:07.13; 6. Miya Johnson, Lenape, 5:07.60; 10. Mary Kay Duff, IHA, 5:11.60.

3,200: 1. Melanie Thompson, Voorhees, 10:42.82; 2. Sarah Pagano, IHA, 10:43.98; 3. Chelsea Ley, Kingsway, 10:44.89; 4. Clare Buck, Hopewell Valley, 10:45.38; 5. Allison Linnell, Colts Neck, 10:50.82; 6. Brianna Jackucewicz, Colts Neck, 10:52.24.

Shot put: 1. DeAnne Hahn, Brick Twp., 46-1¼; 2. Lisa Stuto, Brick Twp., 44-6; 3. Maureen Laffan, Toms River North, 44-1¼; 4. Shannon Watt, Jackson, 42-9; 5. Sarah Bella, Mendham, 40-10¼; 6. Carlaya Jones, Scotch Plains, 40-2¼; 7. Shannon Sullivan, IHA, 40-1¼; 9. Ashley Coleman, Passaic, 37-1.

High jump: 1. Lindsey Walsh, Lenape, 5-6; 2. tie between Brigita Roemer, Ewing, and Sammy Howell, West Windsor South, 5-4; 4. Lauren Burke, Morris Hills, 5-4; 5. tie between Tayona Brown, Ewing, Mary Sancilio, Allentown, Jazmine Waller, Winslow Twp., Yasmin Parks, J.P. Stevens, Fiona Paladino, Montgomery and Emily Kianka, Hopewell Valley, 5-2.

Pole vault: 1. Jen Holly, Barnegat, 12-6; 2. Chrissy Finkel, Montville, 12-0; 3. Nicole Pompei, Hanover Park, 12-0; 4. tie between Samantha Brady, Jackson and Michelle Favre, Saddle Brook, 11-6 (Bergen County record, old record, 11-4 by Favre and Ann Polcari, Ridgewood, 2008); 6. Emily Urcioui, Clifton, 11-6 (Passaic County record, old record, 11-3 by Urcioui, 2008); 7. Anne Polcari, Ridgewood, 11-0.

4-x-400 relay: 1. Southern (Julia Beekman, Katherine Wymbbs, Chelsea Cox, Jillian Smith), 3:56.76; 2. Millville, 3:58.51; 3. Camden, 3:58.97; 4. Lenape, 3:59.65; 5. Hopewell Valley, 4:00.58; 6. Jackson, 4:02.88.

North Jersey rakes in medals

No champions, but locals place and set County records

By **PAUL SCHWARTZ**
STAFF WRITER

TOMS RIVER — For the second straight year, there were no North Jersey winners at the State Meet of Champions, but unlike last year's meet, the eight area medalists were nearly all smiles after the meet.

Passaic Tech's Amber Allen opened the meet with a gritty runner-up finish in the girls 400 meters in 55.74 seconds and nearly

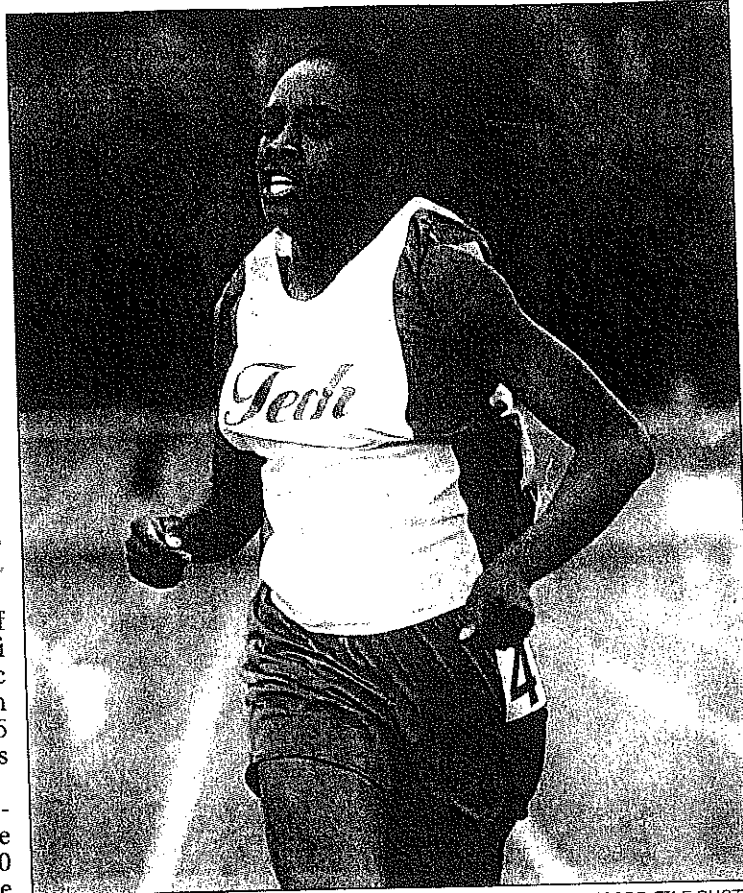
INDOOR TRACK STATE MEET OF CHAMPIONS

six hours later, Michelle Favre of Saddle Brook and Emily Urcioli of Clifton set Bergen and Passaic County records in the pole vault in back-to-back jumps at 11 feet 6 inches, to take medals in the day's last event.

Allen, the wondrous sophomore who has caught fire in the last month after earning the 400 overall title at the Colgate Women's Games on Feb. 2, gave favored Nijgia Snapp of Oakcrest all she could handle Saturday, going out in 26.5 seconds for the first 200 meters.

"I tried to take it out as hard as I could," said Allen, whose time is the fastest runner-up time in meet history. "I didn't want to get cut off so I went out right from the gun."

Allen had the lead until Snapp moved outside with 150 to go and with Emily Carrollo of Pope John launching her finish, it looked like



RECORD FILE PHOTO

Passaic Tech sophomore Amber Allen finished second in the State Meet of Champions 400 meters Saturday in 55.74 seconds,

Allen might fade to third.

"But when I made my final move [with less than 100 to go], I got away from her and just couldn't catch first."

Allen was joined as a silver medalist by Immaculate Heart junior Sarah Pagano, who continued her amazing year with a 15-second personal best in running

10:43.98 for second behind State cross-country champion Melanie Thompson of Voorhees in the girls 3,200.

"I know I tried to stay calm throughout the race and stay near the front of the pack," said Pagano, who is now only three seconds away from the 25-year-old Bergen County record set by Ridgewood's

Patty Mileski in 1983. "I only got little nervous with two laps to go when we started to pick up speed and I didn't want them to get away from me."

Pagano, who alternated between third and fourth place for most of the 16-lap race, pulled away from fourth-place finisher Clare Buck of Hopewell Valley and then caught third-place finisher Chelsea Ley of Kingsway just before the line, finishing about seven meters behind Thompson.

"I have so much more confidence than last winter, which was my first season running indoor," said Pagano. "And knowing my teammates were there cheering for me made things even better."

Indian Hills senior Max Bruner ran a gallant race and finished third in the boys 800 in 1:56.6, earning his first Meet of Champions medal.

"I'm not happy because I thought I could win," said Bruner who finished behind Rob Andre of Manalapan and Monroe Keaton of Jackson. "But this is a step."

Ramapo's Erin McKenna finished third in the girls 1,600 in 5:06.03, her best race of the year.

"I really wanted to take the race out much harder," said McKenna. "But I got boxed in at the start. I had to be patient."

Winner Jillian Smith of Southern led the field through a peppy performance, winning the 800 in 2:37.1 and then opening it up with 600 to go. McKenna was ready to go with her.

"It felt good to get some separation from everyone else and I was very good even though I knew I wouldn't catch Jill."

Eastern States

Tue. 2/26/08

***** Results *****

55m:

Girls- Emily Barr- 7.46/7.51

55m HH:

Girls- Mia Martinez- 8.73/8.73

4 x 800m:

Girls- Kate Michel, Christine Spilka, Tory Middleton, Alex Middleton
9:38.22 2:20.3 2:24.3 2:27.3 2:25.9

800m:

Boys- Christian Trautwein- 2:08.34

4 x 400m:

Girls- Emily Barr, Christine Spilka, Victoria Olivia, Kate Michel
4:05.92 61.1 63.1 62.2 59.3

Pole Vault:

Girls- Anne Polcari- 11'0"

High Jump:

Boys- Tom DeVita- NH

Comments:

We had some ups and downs in this meet. It's tough rising to the occasion when the competition is so good. You have to really be ready to compete at your best with confidence! You guys are a great group and a lot of fun to be around. Good job.

SDAY, FEBRUARY 28, 2008

INDOOR TRACK

EASTERN STATES CHAMPIONSHIPS

AT ARMORY TRACK CENTER

Boys

55: 1. Mike Peavey, Neptune, 6.45.
55 HH: 1. Devon Hill, Trenton, 7.34.
200: 1. Mike Abelard, Ramapo (NY), 21.50; 4. Damian Miles, Teaneck, 22.18 (22.10 in trials); 5. Marvin Whilby, Don Bosco, 22.63 (22.26 in trials).
400: 1. Clayton Parros, Seton Hall, 48.26; 4. Matt Cato, Don Bosco, 49.95; 6. Mark Filandro, Indian Hills, 50.14; 9. Barry Allen, Teaneck, 50.43.
800: 1. Monroe Kearns, Jackson, 1:55.90.
1 mile: 1. Julian Shienbaum, Scarsdale, 4:20.89.
2 mile: 1. Jonathan Vitez, Haddonfield, 9:34.38; 10. Matt Wyatt, Demarest, 9:54.28.
Shot put: 1. Nick Vena, Morristown, 63-2 1/2.
High jump: 1. Adam Bergo, Westfield, 7-0; 4. Kevin Bostick, Bergen Catholic, 6-6.
Long jump: 1. Jarenn Stewart, Archbishop Molloy (NY), 22-8 1/4.
Triple jump: 1. Steve Crouse, Colonie (NY), 48-9 1/4; 7. Craig Brown, Teaneck, 44-11.
Pole vault: 1. Dan Batdorf, West Deptford, 15-6; 10. Austin Schaller, Old Tappan and Kevin Sofia, Ramsey, 13-6.
4-x-200 relay: 1. Union Catholic (Mike Suarez, Shariff Stubbs, Obinna Nwafor, Garrett Ellis), 1:28.35; 8. Englewood, 1:31.60.
4-x-400 relay: 1. Newburgh (Don Cooper, Fred Lockery, Tim Mountain, Randy Patterson), 3:21.10; 6. Bergen Catholic, 3:25.29.
4-x-800 relay: 1. Hillsborough (Rob Marley, Alex Szella, Alex Brown, Jason Walton), 8:00.42; 2. Don Bosco, 8:03.37.
Distance medley relay: 1. West Windsor Plainsboro South (Sam Macaluso, Jeff Reimann, Keith Griffin, Brian Leung), 10:18.76.

Girls

55: 1. English Gardner, Eastern 6.92.
55 HH: 1. Samantha Sharper, Wilson, 8.01.
200: 1. Dominique Booker, Montclair Immaculate, 24.21.
400: 1. Nijgia Snapp, Oakcrest, 54.91; 3. Amber Allen, Passaic Tech, 55.32; 6. Amy Salek, Ramapo, 57.00.
800: 1. Kristin Reese, Carmel (NY), 2:11.37; 7. Sue Martinez, Clifton, 2:17.71.
1 mile: 1. Jaclyn Marshall, Kings Park (NY), 5:00.37; 8. Erin McKenna, Ramapo, 5:13.04.
2 mile: 1. Katie McCaffery, Oak Knoll, 10:32.73; 10. Jen Molke, Holy Angels, 11:39.50.
Shot put: 1. Maureen Laffan, Toms River North, 44-10 1/2; 7. Shannon Sullivan, IHA, 38-6.
High jump: 1. Yasmin Parks, J.P. Stevens, 5-6.
Long jump: 1. Lindsey Walsh, Lenape, 18-6 3/4; 5. Evana Edwards, Hackensack, 17-9; 9. Tiffany Evangelou, IHA, 17-2 1/4.
Triple jump: 1. Kelly Burke, Cranford, 37-8; 5. Evana Edwards, Hackensack, 36-6 3/4.
Pole vault: 1. Nicole Pompei, Hanover Park, 11-6; 3. Michelle Favre, Saddle Brook, 11-6; 7. K.L. Markson, West Milford, Ann Polcari, Ridgewood and Emily Urciuli, Clifton, 11-0.
4-x-200 relay: 1. Camden (Assante Johnson, Jamie Jones, Miriam Boyd, Kamice Smalls), 1:41.19.
4-x-400 relay: 1. Millville (Nyrae Newman, Alyssa Barrow, Brooke Kott, Britney Kott), 3:54.82; 6. IHA, 4:02.24; 10. Ridgewood, 4:05.92.
4-x-800 relay: 1. Lenape (Brianna Beddall, Miya Johnson, Caitlin Orr, Moira Cunningham), 9:11.94; 8. Ridgewood, 9:38.22.
Distance medley relay: 1. Warwick Valley (NY) (Lillian Greibesland, Kristen Jados, Tori Pennings, Claire Pettit),

Nationals

3/14-16/08

***** Results *****

4 x 55m HH:

Mia Martinez, Victoria Oliva, Emily Barr, Kate Michel

8.4

9.0

8.7

9.0

Team Time= 35.23 (1st)

***** #1 in Nation!!!**

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

Mia Martinez, Victoria Oliva, Emily Barr, Kate Michel

27.5

27.0

59.9

2:17.4

Team Time= 4:12.09 (11th)

Pole Vault:

Anne Polcari- 11'5 3/4" *****New School Record*****

800m:

Kate Michel- 2:17.57

Comments:

What can I say...you exceeded my expectations! To be #1 in the nation...Tremendous! The SM, Anne and Kate were all outstanding in those competitions as well. To do this well at a meet of this caliber is a tribute to you guys.

Congrats!

NORTH JERSEY SPORTS

VARSITY ACES

Follow all the action from the Public B hockey semifinals as the Aces blog live from Mennen Arena tonight and Sunday.
northjersey.com/varsityaces

Ridgewood girls golden in shuttle hurdles

A year after their Bergen County-record performance earned them second place at the National Scholastic Indoor Championships, Ridgewood's girls shuttle hurdles relay team returned to the meet at the Armory Track Center in New York on Friday with less lofty goals. "We just hoped this year we might be able to get a top-six finish with just one runner back from last year's team," said Ridgewood hurdle coach Josh Saladino. Instead the Maroons got the gold medal that eluded them last season on the first day of the three-day meet. Mia Martinez (the only returnee), Emily Barr, Victoria Oliva and Kate Michel combined to win the first of four heats in 35.23 seconds and had to sweat out three more heats and an agonizing review of photographs to edge Lake Braddock, Va., the winner of the third heat, by .002 seconds. All but Oliva, a sophomore, are seniors. "We ran really well to beat Ran-

INDOOR TRACK NATIONALS

dolph in our heat and then the girls sat and watched the clock as each heat went off," said Saladino. "New Rochelle [N.Y.] won the second heat in 35.40 and then they posted Lake Braddock's time as 35.23 in the third heat."

The fourth heat was won in 36.94 seconds, and then Ridge-

wood had to sit through a 50-minute wait before the final results were announced — Ridgewood, 35.226 seconds, and Lake Braddock, 35.228.

"We ran more than a second faster last year [34.14], but were second," said Saladino. "To come back this year and win is really exciting."

Immaculate Heart ran the fastest girls distance medley relay ever by a Bergen County team, indoors or outdoors, finishing fifth in 11:55.24

wood had to sit through a 50-minute wait before the final results were announced — Ridgewood, 3:42.4 for her opening 1,200-meter leg, and then sophomore Michelle McCourt split 58.2 for 400 meters. Sophomore Julie Sinkovitz ran 2:17.2 for 800 meters before junior anchor Sarah Pagano ran a career-best 1,600 leg of 4:57.4 to bring the Blue Eagles a medal.

Ramapo ran 11:56.59 at the Penn Relays last spring, the previ-

ous Bergen best. Evana Edwards of Hackensack advanced to this morning's 60-meter hurdles semifinals by finishing second in her heat in 9.12 seconds.

Ridgewood's Ann Polcari cleared a career-best 11 feet, 5 3/4 inches to qualify for today's final.

Ramapo and Ridgewood finished 10th and 11th in the sprint medley, running 4:11.66 and 4:12.09, the best times of the winter for North Jersey teams.

— Paul Schwartz

THE RIDGEWOOD NEWS

SPORTS



PHOTO COURTESY OF WILLIAM MARTINEZ

This is the Ridgewood High School girls shuttle hurdle relay team that edged out Lake Braddock, Va. by .002 seconds for first place at the National Scholastic Indoor Championships last Friday at The Armory Track and Field Center in Manhattan. From left: RHS hurdling coach Josh Saladino, senior Mia Martinez, senior Emily Barr, sophomore Victoria Oliva, senior Kate Michel and RHS indoor track head coach Mike Mullin.

National Champions

RHS girls shuttle hurdle relay team is the best in the U.S.

BY GREG TARTAGLIA
Staff Writer

NEW YORK, N.Y. — Last year, the Maroons set a record and finished second. This year, they did not set a record but finished second to no one.

Ridgewood High School seniors Mia Martinez, Emily Barr and Kate Michel and sophomore Victoria Oliva teamed up to win a gold medal in the girls 55-meter shuttle hurdle relay at the National Scholastic Indoor Championships (NSIC) last Friday morning at The Armory Track and Field Center in Manhattan.

The Maroons posted a time of 35.23 seconds, which ranks second all-time in Bergen County history and 22nd in New Jersey history for the five-hurdle race format.

In 2007, Martinez competed in the same race at Nationals with then seniors Cristina Law, Larajane Que and Alice Wisener. The quartet ran a Bergen County-record time of 34.14 seconds, but had to settle for silver behind New Rochelle, N.Y., which set a meet record of 33.93 seconds.

"Last year's group had to deal with a lot of pressure throughout, being the top team going into Nationals," said Ridgewood hurdling coach Josh Saladino. "That team ran a great race, but so did these girls here. It's no shame running the second-fastest time in Bergen County history."

"This year, we had less to lose," Martinez said. "We just went into it [believing] that we were going to run our fastest, and it was a really good surprise that we won."

Ridgewood raced in the first heat of the shuttle hurdle relay, the very first event of the meet, and breezed to an easy victory over Randolph (36.21). However, the Maroons' status as National Champions was not confirmed until after three more heats and a lengthy photo review.

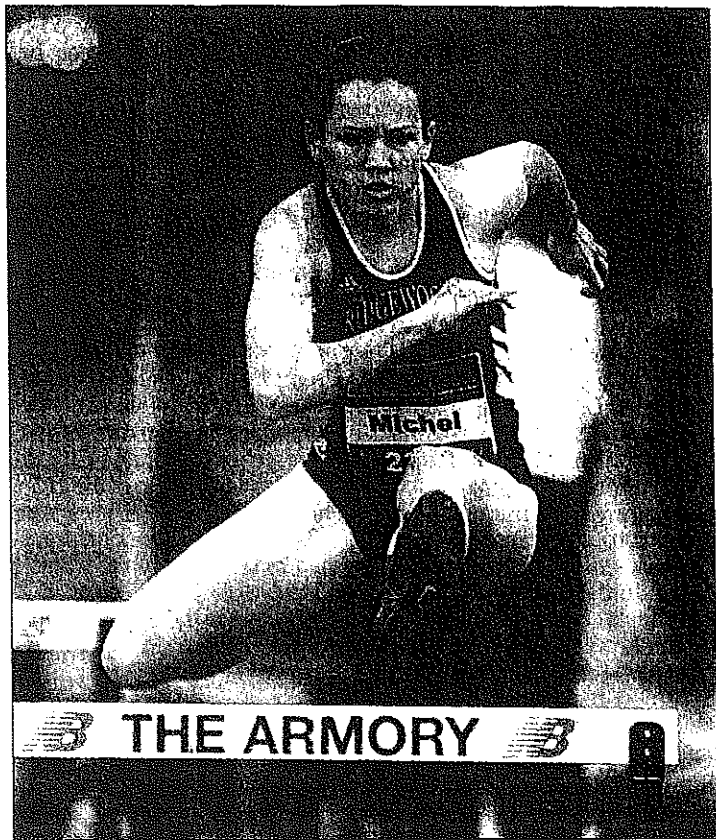
Lake Braddock, Va. won the third heat, also clocking 35.23 seconds. After the fourth and final race ended, it took over 45 minutes before meet officials finally determined the exact margin of victory to be two-thousandths of a second.

"We didn't know what was going to happen," Michel said of the seemingly endless wait. "We were still really excited, because we knew first or second would be great."

"When they read off the six teams to go down to the podium, they didn't say what places everyone got," said Martinez. "But we were the last ones that they announced."

The Maroons found out the reason they were called last when the official times finally were read over the public address: Ridgewood 35.226, Lake Braddock 35.228.

"Really, our goal going in was to run 35.5 and come in top-six," Saladino said. "We thought 35.5 would be good enough for a



MARY DIBIASE BLAICH/WWW.WINGEDFOOTFOTOS.COM

Ridgewood senior Kate Michel goes airborne over a hurdle on her way to completing a 9.0-second anchor leg in the Maroons' shuttle hurdle relay race at the National Scholastic Indoor Championships last Friday.

medal, since it had been top-three or top-four time the past few years."

Martinez kicked off Ridgewood's race with an 8.4-second leadoff leg, opening up a healthy lead on the other two teams in the first heat, Randolph and St. Dominic. Barr then split 8.8 seconds, followed by Oliva (9.0) and Michel (9.0).

"Usually, you have your fastest kid run last," said Saladino. "We felt we were better with Mia running first. She's great at starting, so putting her first kind of gave us a chance to also have the other kids run from up front. They can kind of focus on their own race when they're doing that, rather than

See NATIONALS, page C4

NATIONALS from C1

worry about the people around them."

Previously, Barr had competed at the 2007 NSIC meet, but as a part of Ridgewood's 4 x 200-meter relay squad. Michel had run at Nike Outdoor Nationals in North Carolina last spring with the Maroons' 4 x 400-meter relay entry.

"Outdoor Nationals were a little different because we had to travel so far, and I was a little more nervous because I wasn't used to the track there," said Michel, who was still in a celebrating mood on Monday, her birthday. "But indoors, we've had a lot of meets at The Armory, so I was kind of used to it, and it felt like the other meets we've had

I was pretty confident going into the race."

Defending National Champion New Rochelle finished third in this year's shuttle hurdle relay with a time of 35.40. As was the case last year, Ridgewood earned first-team All-America honors, which are conferred to the top two finishers in every event at the NSIC.

This time, however, the Maroons will also receive championship rings as a bonus. "We got fitted for them that day," Barr noted.

"It certainly took them some inner strength to believe that they belonged in this race, and I was really proud of the way they handled themselves," Saladino said. "To run in the opening race of Nationals and to run your best

shows that they were mentally and physically ready for this race."

Ridgewood also entered the sprint medley relay at the NSIC, and finished 11th overall. Barr, Martinez, Michel and Oliva combined for a time of 4:12.09 and finished just behind Ramapo, which 4:11.66 in a different heat to place 10th overall.

Maroons senior Ann Polcari also cleared a personal-record 11 feet, 5.75 inches in the NSIC pole vault preliminaries last Friday, earning a spot in Saturday's finals. She wound up with a no-height in the final round, but still tied for the 11th-best height recorded at the meet.

Greg Tartaglia's e-mail address is

ALL-BERGEN BOYS INDOOR TRACK

First team

55: Raldaine McDonald, Englewood, junior
55 HH: Jaivon Palmer, Englewood, senior
300: Damian Miles, Teaneck, senior
400: Dom Gaston, Bergen Catholic, senior
400: Matt Cato, Don Bosco, senior
600: Steve Wexler, Don Bosco, senior
800: Max Bruno, Indian Hills, senior
1,000: Christian Trautwein, Ridgewood, senior
1,600: Tommy Gaidus, No. Highlands, junior
3,200: Rob Molke, Don Bosco, junior
Shot put: Andrew Trass, River Dell, senior
High jump: Kevin Bostick, Bergen Cath., senior
Long jump: Daniel Wu, Tenafly, senior
Triple jump: Craig Brown, Teaneck, senior
Pole vault: Greg Stripe, Mahwah, senior
4-x-400 relay: Bergen Catholic (Randall, Ringelstein, Ring, Gaston)
4-x-800 relay: Indian Hills (Savage, Perkins, Filandro, Bruno)
Pentathlon: Tim White, Saddle Brook, senior
Coach of the Year: Ed Garrison, Englewood

Second team

55: David Butler, Teaneck, senior
55 HH: Akira Monri, Ridgewood, senior
300: Lomie Cunningham, Bergen Tech, junior
300: Tom Randall, Bergen Catholic, senior
600: Ryan McVeigh, River Dell, junior
800: Sam Janssen, Park Ridge, senior
1,000: Matt Stozzi, Don Bosco, senior
1,600: Anthony Belgiovine, Don Bosco, senior
3,200: Leighton Spencer, Don Bosco, junior
Shot put: Mike Renna, Hasbrouck Heights, senior
High jump: Tom DeVita, Ridgewood, sophomore
Long jump: Conroy Walker, Hackensack, sophomore
Triple jump: Lawrence Banton, Hackensack, junior
Pole vault: Austin Schaller, Old Tappan, senior
Pole vault: Kevin Sofia, Ramsey, senior
4-x-400 relay: Teaneck
4-x-800 relay: Don Bosco
Pentathlon: Jake Menzo, Ramsey, senior

Third team

55: Marvin Whilby, Don Bosco, junior
55 HH: Jermaine Boyd, Hackensack, senior
400: Matt Filandro, Indian Hills, sophomore
600: Frank Gassert, Don Bosco, senior
800: Mohammed Elasmai, Englewood, junior
1,000: John Gaffney, Rutherford, senior
1,600: Dayne Mosconi, Tenafly, junior
3,200: Matt Wyatt, Demarest, senior
Shot put: Patrick Thomas, Paramus Catholic, junior
High jump: Ken Prior, Don Bosco, senior
Long jump: Allen Patterson, Saddle Brook, senior
Triple jump: Vincent Lu, Bergen Catholic, senior
4-x-400 relay: Don Bosco
4-x-800 relay: Park Ridge
Pentathlon: Joe Vargas, Paramus, junior

Honorable mention

Tom Bohlin, Dan McNeely, Will Ring, Pat Ringelstein, Vic Servito and Sean Van Ohlen, Bergen Catholic; Mike Mitchell, Calvin Vaughn and Pani Wilson, Bergen Tech; Kenny Baron, Jake Hubschman, Jordan Migliore and Anthony Morelli, Demarest; Mike DeLucia, Dan Fitzgibbons, Steve Flanagan, Billy Griffith, Brandon Offer, Billy Thimmel, Rafael Vargas and Stephen Wyka, Don Bosco; Tristen John, Dumont; Ben Amoah, Wilson Bailey, Ackeme Brown, Terrill Cushnie, Phil Dowell, Jody Johnson, Mike Robinson, Andrew Sargeant and Michael Wynter, Englewood; Sean Farrell and Jason Rose, Fair Lawn; Arlind Aliaj, Danny Chediak and Trevon Thorpe, Fort Lee; Khaled Elsayed, Garfield; Tevin Ankle, Glen Rock; Brandon Cobb, Joel Douglas, Nelson Guerrero, Larue Harris and Anthony Izzo, Hackensack; Mac Sakchutawan, Hasbrouck Heights; Corey Crawford, Pete Foley, Adam Mahonchak, Jerome Perkins, Dan Rice and Billy Savage, Indian Hills; Eric Van Dunk, Mahwah; Matt Bieszard, Midland Park; Scott Brunner, John Esposito, A.J. Scoppa, Nick Themistocleous and Will Walsh, New Milford; Vic Ahn, Jamie Eckmayer and Nick Ferrentino, Old Tappan; Colin Everett, Tom Kuriakose and Ilya Spektor, Paramus; Ryan Bailey, Chris Cagliao, Luis delaCruz, Pat Mulkeen, DeVon Robinson, Josh Romney and Justin Schneider, Paramus Catholic; John Delfin-Skovira, Brian Desmond, Greg Hoffman, Sam Janssen, Ross Koehler and Matt Lingam, Park Ridge; Javier Telejo, Queen of Peace; Troy Coonrad, Ramsey; Andres Giglio and Dan Smith, Ridgefield Park; Taro Shigenobu, Ridgewood; Anthony Carnevale, Mike Famularo, Justin Kearns and Chris Meo, River Dell; Savian Rosario and Garrett Surie, Rutherford; Connor Bratynski, Saddle Brook; Jason Alexander, Barry Allen, Dahn Pratt and Max Turner, Teaneck; Alex Lee, Tenafly; Eric Leithauser, Chris Murphy, Matt Scheetz and Jake Sickinger, Westwood; Dan Davenport, Joe Gingerelli and Matt Selie, Wood-Ridge.

ALL-BERGEN GIRLS INDOOR TRACK

First team

55: Kristen Brown, Englewood, junior
55 HH: Evana Edwards, Hackensack, senior
300: Janay Mitchell, Teaneck, junior
400: Amy Salek, Ramapo, senior
600: Michelle McCourt, IHA, sophomore
800: Kate Michel, Ridgewood, senior
1,000: Kaitlyn Cooney, IHA, senior
1,600: Erin McKenna, Ramapo, junior
3,200: Sarah Pagano, IHA, junior
Shot put: Shannon Sullivan, IHA, junior
High jump: Liz Schuck, Westwood, senior
Long jump: Tiffany Evangelou, IHA, sophomore
Triple jump: Jessica Molosh, Indian Hills, senior
Pole vault: Michelle Favre, Saddle Brook, junior
4-x-400 relay: Immaculate Heart (Kaitlyn Cooney, Michelle McCourt, Sarah Pagano, Julie Sinkovitz)
4-x-800 relay: Immaculate Heart (Sarah Mellea, Sarah Pagano, Kaitlyn Cooney, Julie Sinkovitz)
Pentathlon: Heather Gearity, Rutherford, junior
Coach of the Year: Shemayne Williams, Immaculate Heart

Second team

55: Kellie Dunn, Rutherford, senior
55 HH: Mia Martinez, Ridgewood, senior
300: Rebecca Coffman, Indian Hills, senior
400: Melody Lopez-Bernstein, Paramus Cath.c, senior
600: Diane Bain, Ramsey, sophomore
800: Julie Sinkovitz, IHA, sophomore
1,000: Monica Landy, Tenafly, junior

1,600: Katie Nestor, Northern Highlands, senior
3,200: Mary Kaye Duff, IHA, junior
Shot put: April Kaiser, Park Ridge, senior
High jump: Allie Ritchards, Mahwah, junior
Long jump: Marie Minasi, Holy Angels, junior
Triple jump: Marie Minasi, Holy Angels, junior
Pole vault: Ann Polcari, Ridgewood, senior
4-x-400 relay: Ridgewood
4-x-800 relay: Ridgewood
Pentathlon: Emily Babiss, Indian Hills, senior

Third team

55: Emily Barr, Ridgewood, senior
55 HH: Emily Babiss, Indian Hills, senior
300: Adriana Lanuto, Ramsey, senior
400: Julieanne Fontana, Pascack Hills, sophomore
600: Alyssa Beasley, Paramus Catholic, senior
800: Natalie Rowland, Mahwah, junior
1,000: Suzana Markolovic, Holy Angels, junior
1,600: Brittany Debord, Waldwick, senior
3,200: Stephanie Gibney, Holy Angels, senior
Shot put: Ashley Sims, Paramus Catholic, sophomore
High jump: Tracy Elsser, Fair Lawn, senior
Long jump: Tara Keegan, Westwood, junior
Triple jump: Brooke Kristensen, Mahwah, senior
Pole vault: Emily Mino, River Dell, senior
4-x-400 relay: Ramsey
4-x-800 relay: Ramapo
Pentathlon: Jamie Sacco, Park Ridge, senior

Ridgewood Boys Track and Field Indoor Records

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yd dash (55m)	6.5	P. McGillicuddy Chris Zeigler	1971 2007	168 Armory
100yd dash	10.8	Ralph Jones	1971	168 Armory
200m dash	23.0	Akira Monri	2008	168 Armory
300yd dash	32.9	Matt Krever	1991	RCC
300m dash	36.4	Akira Monri	2008	168 Armory
400m dash	50.31	Tim Geckler	1989	Annapolis
500m	69.6	Charles Cortellesi	1983	West Point
600yd	1:15.5	Tim Geckler	1989	Princeton
600m	1:21.4	Josh Kauke	2000	168 Armory
800m	1:54.1	Josh Kauke	2000	168 Armory
1000yd	2:17.4	John Parisi	1983	Princeton
1000m	2:30.4	Niall Buckley	2007	168 Armory
1500m	4:00.4	Bob Keino	1993	FDU
1600m	4:21.9	Mike Cator	2006	168 Armory
Mile	4:14.31	Bob Keino	1994	Mad Sq Garden
Mile walk	8:36.0	Ed Landers	1985	RCC
3000m	8:25.28	Bob Keino	1993	Princeton
3200m	9:18.11	Bob Keino	1994	Princeton
55m HH	7.3	Rich Wankmueller	1975	
Shot Put	54'9"	Eric Bryant	1981	Saddle Brook
Long Jump	23'5 1/2"	Craig Halyard	1989	Annapolis
High Jump	6'6"	Jim Davis/F. Rosenbach	1995	Garfield
Triple Jump	49'6 1/2"	Craig Halyard	1989	Princeton
Pole Vault	15'0"	Gabe Knutson	2004	168 Armory
Pentathlon	3259 pts	Gabe Knutson	2004	168 Armory
4 x 55 m HH	30.7	Nagano-Gerace/Moody Monri/Pierce	2006	168 Armory
4 x 200m	1:32.9	Monri/Ontiveros/ P.Nygaard/Zeigler	2007	168 Armory
4 x 400m	3:25.21	Zeigler/Ontiveros/ Trautwein/Buckley	2007	168 Armory
4 x 800m	7:52.16	Buckley/Onwubu Cator/Williams	2005	168 Armory
4 x 1 mile	17:45.19	E.Nygaard, Cator Maher/Zamir	2004	168 Armory
Sprint Medley (2-2-4-800m)	3:31.10	Cooper/Dolgin DiPasquale/Kauke	2000	168 Armory
Distance Medley (12-4-8-1600m)	10:18.57	Williams/Schmidt Buckley/Cator	2006	168 Armory
Shot Put Relay	133'4"	Laborde/Pfund/Phillips	1984	St. Josephs
Shot Put (2 man)	97'3"	Kearns/Bryant	1981	Paramus Cath
High Jump Rel	12'2"	Davis/Rosenbach	1995	Princeton
Triple Jump Rel	84'9 3/4"	Hong/Halyard	1987	RCC
Long Jump Rel	40'10 1/2"	Hong/Darrow	1987	RCC
Pole Vault Rel (3 man)	31'6"	Karl/Novcka/Boyland	1979	RCC
Pole Vault Rel	24'6"	Ricciardi/Jensen	2005	168 Armory

Girls Winter Track and Field Records

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yd dash (55m)	7.2	Erica Cigolini	2007	168 Armory
100yd dash	12.0	Sue Davis	1976	168 Armory
200m dash	26.10	Erica Cigolini	2007	168 Armory
300yd dash	37.25	Virginia Figlar	1987	Harvard
300m dash	40.8	Alice Wisener	2007	168 Armory
400m dash	57.94	Virginia Figlar	1987	Yale
600yd	1:24.58	Virginia Figlar	1988	Harvard
600m	1:36.6	Cristina Law Kate Michel	2007 2008	168 Armory 168 Armory
800m	2:16.55	Cristina Law	2007	Toms River
1000yd	2:32.7	Margaret Scutro	1985	RCC
1000m	2:47.44	Margaret Scutro	1985	Byrne Arena
1500m	4:33.35	Margaret Scutro	1985	Yale
1 mile	4:56.53	Margaret Scutro	1985	Dartmouth
3000m	10:03.12	Jennifer Hughes	1988	Yale
2 mile	10:40.8	Patti Mileski	1983	Harvard
55m HH	8.2	Lara-Jane Que	2007	168 Armory
Shot Put	37'3 1/2"	Shyana Brown	1998	Garfield
Long Jump	18'11"	Jen McDermott	1989	Harvard
High Jump	5'8 1/4"	Becky Deetz	1974	Syracuse
Triple Jump	37'6"	Jen McDermott	1989	Harvard
Pole Vault	11'5 3/4"	Anne Polcari	2008	168 Armory
Pentathlon	3184pts	Cristina Law	2007	168 Armory
4 x 55m HH (4 hurdles)	32.4	Que/Barr/ Wisener/Martinez	2007	168 Armory
4 x 55m HH (5 hurdles)	34.14	Martinez/Law/ Wisener/Que	2007	168 Armory
4 x 200m	1:45.28	Que/Cigolini/ Barr/Wisener	2007	168 Armory
4 x 400m	4:01.7	Barr/Conheeny/ Wisener/Law	2007	168 Armory
4 x 800m	9:22.18	Figlar/Jean Hughes Jen Hughes/Collazo	1988	Yale
4 x 1600m	22:11.5	Nowakowski/Lupo O'Connell/Terrin	2002	168 Armory
Sprint Medley (2-2-4-800m)	4:11.2	Wisener/Que Cigolini/Law	2007	168 Armory
Distance Medley 12-4-8-1600m	11:56.5	Pringle/Scutro Mileski/Mileski	1983	Yale
Shot Put Relay	66'3"	Rayevich/Eldridge	1988	Hackensack
High Jump Relay	9'10"	Wrubel/VanDerSchyff	1988	Princeton
Long Jump Relay	32'4"	Bogart/Cigolini	2006	168 Armory
Triple Jump Rel.	65'11"	Hawthorne/Granata	1983	RCC
Pole Vault Relay	18'0"	Wong/Polcari	2006	168 Armory