

Ridgewood Boys Spring Track and Field

2009

2009 Season Summary

Ridgewood	92	Paramus Catholic	39
Ridgewood	85	Paramus	46
Ridgewood	82	Hackensack	49
Ridgewood	96	St. Joes	35
Ridgewood	69	Teaneck	62
Ridgewood	87	Bloomfield	44
Ridgewood	87	Nutley	25
Ridgewood	93	Belleville	20

County Relays.....2nd Place

NNJIL B.....Champions

County Group A...2nd Place

State Sectional.....4th Place

2009 Boys Spring Track and Field

Freshmen – 2009

Ahn, DaeJin
Balboa, Anthony
Diorio, Thomas
Feeney, Rory
Fishbein, Benjamin
French, Mark
Gil, David
Halvey, Colin
Hansen, Tyler
Hwang, InHo
Jennings, Levi
Lay, Josh
Legg, Carl
Martinez, Aiden
Ransom, Kyle
Sarappo, Alex
Schneider, Michael
Schwarz, Thomas
Suh, David
Tai, Nick
Tarzian, Christopher
Xue, Edwin

Sophomores – 2009

Beausoleil, Matt
Blair IV, Edward
Cheung, Tim
Colvin, Tim
Eid, Mohamed
Etna, Stephen
Frey, Derek
Gutkin, Izik
Hamza, Omar
Hwang, InSoo
Iacoviello, Marco
Jennings, Corban
Kalabalik, Ryan
Kim, Danny
Kritzer, Eric
Llinas, Juan
Luansing, Michael
Mattson, Sean
Park, Chandler
Park, Nate
Quartararo, Alex
Riemer, Jonathan
Rynkowski, Patrick
Sapienza, Spencer
Shoucair, Jon
Solano, Paolo
Spreitzer, Steven
Steinacker, Christopher
Suh, Justin
Urbano, Gino
Weisberger, Nick

Juniors – 2009

Butler, Alex
Cleary, Brian
DeVita, Tommy
Fishbein, Steven
Gramaglia, Andrew
Grundy, Matt
Halwagy, Justin
Hong, Andrew
Krauss, Max
LaDuca, Matt
Legg, Christian
Levitsky, Jacob
Manderano, A.J.
Maniaci, Mark
Martinez, Eddie
Moderow, Carl
Ontiveros, Alec
Pietrantuono, Sam
Simmons, Jack
Sweet, Dan
Wisener, John

Seniors – 2009

Amadeo, Robert
Bair, Adam
Cannito, Chris
DeSimone, David
Fine, Andrew
Gatti, Anthony
Jacoby, Will
Jenkins, Justin
Levitsky, Matt
Martyn, Sean
Shigenobu, Taro
Soriano, John
Witt, Max
Zulauf, Taylor

Coaches:
Josh Saladino
Don Cooper
Mike Glynn
Torre Watson

<u>Name</u>	<u>Dual</u>	<u>Championship</u>	<u>Total Points</u>
Max Witt (12)	86.5	63	149.5
Jack Simmons (11)	78	50	128
InSoo Hwang (10)	54	61	115
Sean Martyn (12)	82	31	113
Tommy DeVita (11)	73	35	108
Matt Grundy (11)	41.5	37	78.5
Taro Shigenobu (12)	10	64	74
Edward Blair IV (10)	37	30	67
Adam Bair (12)	28	35	63
Andrew Fine (12)	12	47	59
Jon Wisener (11)	30	18	48
Brian Cleary (11)	12	36	48
Matt Beausoleil (10)	25	19	44
Pat Rynkowski (10)	34	10	44
Sean Mattson (10)	14	21	35
Steven Spreitzer (10)	14	16	30
Louis Pietrantuono (12)	2	21	23
Taylor Zulauf (12)		21	21
Will Jacoby (12)	5	13	18
Andrew Gramaglia (11)	8	10	18
Mark Maniaci (11)		18	18
A.J. Mandarano (11)	14	3	17
Max Krauss (11)		16	16
Justin Jenkins (12)	12	3	15
Matt Levitsky (12)	4	10	14
Mike Luansing (10)	6		6
Jon Reimer (10)		5	5
Alex Butler (11)		5	5
Alec Ontiveros (11)		3	3
InHo Hwang (9)	2.5		2.5
Nick Tai (9)	2.5		2.5
Ben Fisbein (9)	2		2
Jacob Levitsky (10)	1		1
Anthony Balboa (9)	1		1
Levi Jennings (9)	1		1
David Suh (9)	1		1

(results through County)

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

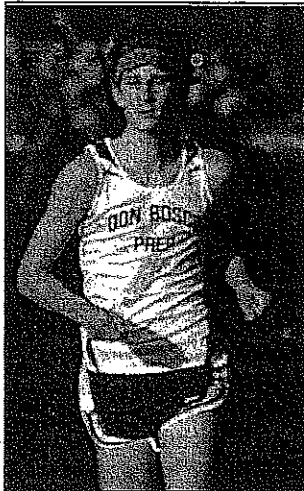
1. Dusty Thomas (98).....	234.00
2. Andrew Dolgin (00).....	227.50
3. Gabriel Knutson (04).....	211.00
4. Dan Cooper (99).....	205.25
5. Josh Kauke (00).....	204.00
6. Dave Wharton (98).....	200.00
7. John Parisi (83).....	199.25
8. Bob Keino (93).....	189.25
9. Jim Davis (95).....	186.00
9. Paul Kovach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

3/07

BOYS TRACK: ATHLETES TO WATCH

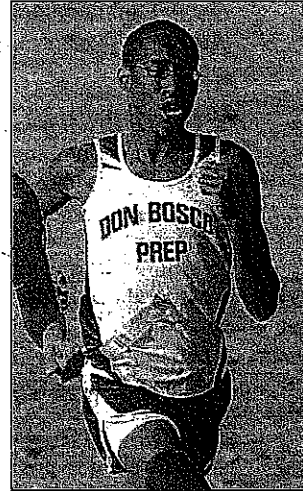
Tommy Gaidus

School: Northern Highlands
Year: Senior
Events: 800, 1,600
Best at: "The mile has been my favorite race all throughout high school," he said. Gaidus ran a little bit in middle school but has run the mile all four years at Northern Highlands.
FYI: Gaidus has been to 49 of the 50 states on cross country trips his family makes every summer.



Rob Molke

School: Don Bosco
Year: Senior
Event: 800, 1,600, 3,200
Best at: The 3,200 is his favorite. "It's like a waiting game," Molke said. "First mile, you sit back and chill. But the second mile is all guts and who can hold on the longest."
FYI: Molke plays electric and acoustic guitar after getting his first guitar at Christmas of 2007. He's looking to start a band soon. He will attend Syracuse in the fall.



Leighton Spencer

School: Don Bosco
Year: Senior
Events: 1,600, 3,200
Best at: Spencer says he likes the 3,200 meters better for one simple reason. "I just run better in the two mile than the mile," he said.
FYI: Spencer has been sky diving since his sophomore year in high school and does it about four times a year, usually during the summer. He will attend Columbia in the fall.

AROUND THE LEAGUES

NNJIL A

2008 champion: Hackensack, 129 points (now in B)
Favorite: Kennedy has rebuilt behind a fine distance and jumping team and always has hurdlers and throwers.
Contenders: Eastside has veteran leadership and a strong attitude. If sprinter Lomie Cunningham is recovered from the injury that cost him the winter, Bergen Tech can win.
Athletes to watch: Hanri Abukater, Clifton (200-400); Ziad Aburumailah, Kennedy (distance); Victor Almonte, Clifton (800); Keshon Brown, Kennedy (hurdles); Salim Corbin, Eastside (distance); Jashon Dawson, Passaic (sprints); James Jackson, Eastside (jumps); Andreas Kellas, Bergen Tech (distance); Willie Lewis, Eastside (800); Abdelaziz N'Goan, Bergen Tech (800, jumps); James Sahanas, Clifton (distance); Keith Slade, Kennedy (jumps).

NNJIL B

Defending champion: Teaneck, 120 points
Favorite: Ridgewood had won seven straight titles before the streak was snapped by Teaneck

last year.

Contenders: Teaneck has to replace the best sprint team in Bergen County history, but will contend again; Hackensack moves back to B and always has a competitive team.
Athletes to watch: Hesham Azam, Teaneck (400); Lawrence Bantom, Hackensack (jumps, hurdles); Brian Cleary, Ridgewood (distance); Tom DeVita, Ridgewood (jumps); Joel Douglas, Hackensack (middle distance); Andrew Fine, Ridgewood (distance); Brandon Hambric, Teaneck (hurdles); Justin Hodge, Teaneck (800); In-Soo Hwang, Ridgewood (400, hurdles); Casey Pleasants, Teaneck (sprints); Dahn Pratt, Teaneck (jumps); Taro Shigenobu, Ridgewood (distance); Joe Vargas, Paramus (hurdles, jumps); Conroy Walker, Hackensack (jumps, sprints).

NNJIL C

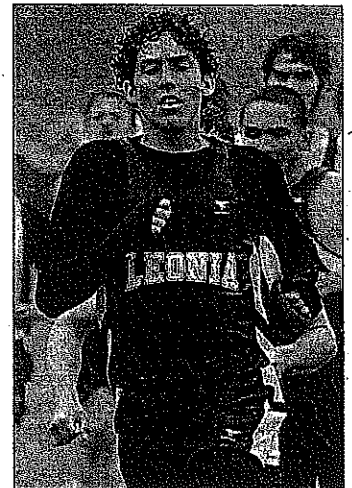
Defending champion: Don Bosco, 101 points
Favorite: Don Bosco enters its second decade of dominance and will have little trouble winning an 11th straight title.
Contenders: Always competitive Bergen Catholic probably will be

runners-up again; Paramus Catholic is getting closer each year; St. Joseph should triple last year's 11-point total.
Athletes to watch: Mike Belgiovine, Don Bosco (distance); Keegan Carter, Paramus Catholic (400, 800); Nick Gerst, Bergen Catholic (sprints); Selwyn Maxwell, Don Bosco (hurdles); Rob Molke, Don Bosco (distance); Brendan Offer, Don Bosco (distance); Will Ring, Bergen Catholic (400); Justin Schneider, Paramus Catholic (hurdles, pole vault); Leighton Spencer, Don Bosco (distance); Scott Weismiller, Don Bosco (long jump, pole vault); Marvin Whilby, Don Bosco (sprints); Da'Von Williams, Paramus Catholic (middle distance); K'waun Williams, St. Joseph (sprints, jumps); Marquise Wright, Paramus Catholic (throws).

BCSL American

Defending champion: River Dell, 114 points
Favorite: Englewood's sprinters and jumpers nearly pulled off their first league-meet win since 1997 last year and should do it this year.

See **BOYS TRACK** Page HS-18



Victor Lopez

School: Leonia
Year: Senior
Events: 800, 1,600, 3,200
Best At: Says he enjoys the 1600 meters the most because it is a happy medium of his three races. "The two mile is too much and the 800 happens too fast," Lopez said.
FYI: Lopez is a Boston Celtics fan since they acquired Ray Allen from the former Seattle Sonics. Lopez, who also plays basketball, patterns his game after the Celtics sharpshooter. He will attend Stony Brook University.



200 ready pace g distance rother, Bri- ngota, ol careers

SPORTS

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PRESEASON RANKINGS

Boys track Top 25

1. Don Bosco
2. Englewood
3. Hasbrouck Heights
4. Leonia
5. Old Tappan
6. Ridgewood
7. River Dell
8. Ramsey
9. Bergen Catholic
10. Passaic Tech
11. Kennedy
12. Paterson Catholic
13. Wayne Valley
14. Demarest
15. Teaneck
16. Paramus Catholic
17. Mahwah
18. Indian Hills
19. Cresskill
20. Hackensack
21. St. Joseph
22. DePaul
23. Tenafly
24. Bergenfield
25. Boonton

Girls track Top 25

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

SPRING SPORTS PREVIEWS

Maroons ready to hit the ground

RHS boys aim for one more NNJIL-B title

BY GREG TARTAGLIA
Assistant Sports Editor

RIDGEWOOD — The seniors on this year's Ridgewood High School boys track and field team have never finished a spring season without winning at least a share of an NNJIL championship.

If all goes to plan for the Maroons, no one besides them will win the league title ever again.

With conference realignment slated to take effect at the start of the 2009-10 school year, the Ridgewood boys get a chance to win the last NNJIL Division B championship contested in outdoor track and field next month. They have captured the past eight in a row, splitting the 2008 title with Teaneck.

"Every year, winning a league championship is a priority for us," seventh-year RHS head coach Josh Saladino said on Tuesday. "The league is a little bit more talented this year, because Hackensack moved back into our division. I would say that the three favorites coming in would be us, Teaneck and Hackensack."

The Maroons have graduated two athletes who are now competing at the college level, distance runner Christian Trautwein (Brown University) and sprinter-hurdler Akira Monri (MIT). However, the distance corps remains strong with the return of seniors Taro Shigenobu and Andrew Fine and junior Brian Cleary.

Shigenobu won the Group 4, Section 1 state cross-country race in the fall and added gold medals in the 1,600- and 3,200-meter runs at the state-sectional indoor finals over the winter. Fine won the 3,200 at the NNJIL indoor meet, while Cleary took second in the 1,600 at both the NNJIL and state-sectional events.

"The three of them got better all winter, and they got better all cross-country season," Saladino said. "We're looking for them to continue to improve in the spring."

The trio, along with sophomore InSoo Hwang, also will team up to power Ridgewood's distance medley relay, which ran fifth at the National Scholastic Indoor Championships last month and will compete at the Penn Relays in three weeks.



GREG TARTAGLIA/THE

The captains of the 2009 Ridgewood High School girls spring track and field team are, from left, senior runner Charlotte Margel, senior distance runner Torey Middleton, senior sprinter-hurdler Jenny Narv and pole vaulter-jumper Robin Lee.

RHS Varsity Spring Track & Field Schedules

(ALL MEETS BEGIN AT 4 P.M. UNLESS OTHERWISE NOTED)

April 4 Steve Pawlowski Relays @ Ramsey H.S., 9 a.m.

April 7 vs. Paramus Catholic and Paramus @ RHS Stadium

April 10-11 at Arcadia, Calif. Invitational (limited varsity)

April 11 Comet Relays @ Hackensack H.S., 9 a.m.

April 14 vs. Belleville and Nutley @ Nutley Oval, 4:15 p.m.

April 15 Jack Yockers Bergen County Relays (field only) @ Ramsey H.S., 3:30 p.m.

April 18-19 Jack Yockers Bergen County Relays @ Demarest H.S., 3:30 p.m./9 a.m.

April 21 vs. St. Joseph (boys)/Holy Angels (girls) and Hackensack @ Hackensack H.S.

April 23-24 Penn Relays @ Franklin Field, Philadelphia, times TBA

April 28 vs. Bloomfield and Teaneck @ RHS Stadium

April 30 Ironman Invitational @ Don Bosco Prep, Ramsey (boys only)

May 8-9 NNJIL Championship Meet @ Woodman Field

Montclair, 4 p.m./9 a.m.

May 13 Red Litter Bergen County Championship @ Ramsey H.S., 3:30 p.m.

May 15-16 Red Litter Bergen County Championships Tappan H.S., 3:30 p.m./9 a.m.

May 18 East Coast Relays @ Morristown H.S.

May 22-23 Group 4, Section 1 State Championships Hackensack H.S., 4 p.m./9 a.m.

May 26 Bergen County Meet of Champions @ Hackensack H.S.

May 29-30 State Group 4 Championships @ Egg H.S., 4 p.m./9 a.m.

June 1 Fast Times Relays @ Warwick Valley H.S., N.Y., 6:30 p.m.

June 3 State Meet of Champs @ South Plainfield p.m. (field)/4:30 p.m. (track)

June 18-20 Nike Outdoor Nationals @ Greensboro times TBA

Saladino said, "We're looking for m to continue to improve in the ing." The trio, along with sophomore InSoo zang, also will team up to power Ridge- od's distance medley relay, which ran at the National Scholastic Indoor ampionships last month and will come e Penn Relays in three weeks. According to Fine, the Maroon dis- ce runners have designs on lowering ir 4 x 1,600 relay time as well. "Last r, we didn't run the time we wanted to," he said, "But this year, we actually e a shot at breaking the school record, hich is something we're very excited out."

Seniors Dave DeSimone and Sean rtyn bring added cross-country experi- ce to the mix, as do sophomores Pat nkowski and Steve Spreitzer and jun- Nick Francis.

The Ridgewood sprinters will benefit m the return of seniors Max Witt and it Levitsky, as well as Hwang. Witt ned a silver medal in the 55-meter dash loors, and Saladino noted, "Max is kng a bit of a name for himself in the ints, and he's hoping to add the long p and the pole vault to that."

Junior Matt Grundy is also an experi- ced sprinter, and the addition brothers uis and Sam Pietrantuono, who trans- red from Bergen Catholic, will bolster e group as well.

Witt and juniors John Wisener and drew Gramaglia are the Maroons' top ee returnees in the pole vault, while rior Tommy DeVita emerged as one of e best high jumpers a year ago d was named to the All-County first un in the event during the winter.

One area where the team made big

TBA
 April 28 vs. Bloomfield and Teaneck @ RHS Stadium
 April 30 Ironman Invitational @ Don Bosco Prep, Ramsey (boys only)
 May 8-9 NNJL Championship Meet @ Woodman Field,

June 3 State Meet of Champs @ South Plainfield H.S. p.m. (field)/4:30 p.m. (track)
 June 18-20 Nike Outdoor Nationals @ Greensboro, N.C. times TBA



The 2009 Ridgewood High School boys spring track and field team will be led by five senior captains. FRC FROW, from left: sprinter-pole vaulter Max Witt and distance runner Andrew Fine. BACK ROW, from left: s Matt Levitsky, distance runner Taro Shigenobu and thrower Adam Bair.

See BOYS TRACK, page C7

2009 Ridgewood HS baseball schedule

(All varsity home games are played at Ben Franklin Middle April 23 at Paterson Kennedy

2009 Ridgewood HS softball schedule

(All varsity home games are played at Veterans Field South. All names begin at 4:15 p.m. unless noted.)

FRIDAY, APRIL 3, 2009

BOYS TRACK Continued from page C3

strides last spring was in the throws. Jack Simmons, now a junior, helped Ridgewood garner gold in the three-man discus relay at the 2008 Bergen County Relays, and he has experience in the shot put, too. Javelin specialist Mark Maniaci, a junior, placed 10th at state-sectionals last year, and Adam Bair provides senior leadership in all three throwing disciplines.

"We don't have any singular [standout] throwers, but together as a relay, we should do pretty well," Bair said. Ridgewood's only other returning letter-winner among the senior class is middle-distance runner Justin Jenkins. Robert Amadeo, Chris Cannito, Anthony Gatti, John Soriano and Taylor Zulaut round out the team's Class of 2009 contingent.

RHS assistant coaches Mike Glynn (distance), Torre Watson (throws) and Don Cooper (pole vault) have returned for another spring season as well.

The Maroons get into action at tomorrow's Pawlowski Relays at Ramsey High School, the first of three straight Saturday relay events. In addition, they will send seven athletes to the Arcadia (Calif.) Invitational next weekend, including DeVita, who will compete in the high jump, the distance medley squad of Cleary, Fine, Hwang and Shigenobu, and a sprint medley squad of Grundy, Hwang, Shigenobu and Witt.

E-mail: tartaglia@northjersey.com

April 22 at Montclair, Woodman Field

May 13 at Paterson Eastside, Eastside Park
 May 14 Wayne Valley

April 20 at Clifton
 April 22 Montclair

Cresskill rides Alorro's wave

By ED MILLS
STAFF WRITER

RAMSEY Even battling adverse weather conditions, Julio Alorro showed Saturday why he could be one of the top pole vaulters in North Jersey this year.

A senior at Cresskill, Alorro tied his personal best by clearing 13 feet to help the Cougars win the pole vault at the Pawlowski Relays.

Cresskill finished second to Ramsey in the boys small school division. Bergen Catholic won the large school boys title with 109 points, beating out Ridgewood and Union, which tied for second with 97 points.

"It was a little windy and cold out there but I felt that I did OK considering it was the first big meet of the season," said Alorro. "I think there is definitely room for improvement and I'm confident I can earn some higher marks later in the year."

A 5-foot-7, 145-pound senior headed for The College of New Jersey in Ewing, Alorro has one big goal in mind for 2009. He wants to top the school record of 14-2, set by Rich Miller in 1990.

"I think he can beat it," said veteran Cresskill coach Rich Miller, the father of the Cougars record holder who is an assistant track coach at the University of the Connecticut. Julio practices very hard and he will give it his best shot.

Alorro, also a cross-country

TRACK & FIELD PAWLOWSKI MEET

runner and standout wrestler, teamed with his brother Josh, a junior, and sophomore Griffin Dulligan to win the three-man pole vault at 31-6.

Ridgewood's Taylor Zulauf threw the javelin 142-6 to help the Maroons win with a 597-4 total.

"I worked hard at getting through to the shaft of the javelin to maintain a steady flight," Zulauf said. "The crosswinds were kind of tough out there but I was able to use my technique correctly to take that into account so my throws wouldn't be negatively affected."

"I tried to maintain a rhythm that would create a level take-off field for me," Zulauf said. "I throw with my left hand so I plant my right leg to get the proper amount of take-off. If I can improve that part of my game, then I'll get even better performances from the javelin later in the season."

Ridgewood won the large schools girls title with 149 points, beating out Shaker of New York by 32 points. Westwood won the girls small school crown with 98 points, followed by Ramsey with 87 and Cresskill with 83.

Northern Highlands' Allison Dench keyed victories for the Highlanders in the discus (258-6 total) and javelin (249-1).

E-mail: mills@northjersey.com

THE PAWLOWSKI RELAYS
Ramsey High School Track

SATURDAY, APRIL, 4, 2009
Ramsey, New Jersey

Team Score:

BOYS

4X100m: 1-Union (Lucien, Richardson, Oluyadi, Highsmith), 44.4. 2-Ridgewood, 45.6. 3-Bergen Catholic, 46.2. 4-Union City, 46.9. 5-Ramsey, 47.0. 6-Cresskill, 47.9. 7-Ridgefield Park, 48.3. 8-Waldwick, 48.6. 9-Pascack Valley, 48.8. 10-Eldred, 52.0

4X200m: 1-Union (Lucien, Richardson, Oluyadi, Highsmith), 1:33.1. 2-Ridgewood, 1:37.0. 3-Union City, 1:38.4. 4-CBA, 1:38.9. 5-Pascack Valley, 1:39.2. 6-Ridgefield Park, 1:41.0. 7-Ramsey, 1:42.8. 8-Trinity, 1:41.2. 9-Bergen Tech, 1:42.5. 10-Waldwick, 1:43.1

4X400m: 1-Bergen Catholic (Leonard, Bohlr, Ringelstein, Ring), 3:33.8. 2-Union, 3:37.9. 3-Ramsey, 3:43.9. 4-Bergen Tech, 3:45.3. 5-Westwood, 3:45.8. 6-Union City, 3:47.1. 7-Ridgewood, 3:50.5. 8-Trinity, 3:52.8. 9-Pascack Valley, 3:53.7. 10-Cresskill, 3:55.1

4X800m: 1-CBA (Smith, Leek, Johnson, Bohry), 8:35.0. 2-Bergen Catholic, 8:39.0. 3-Pascack Valley, 8:50.4. 4-Cresskill, 8:56.1. 5-Westwood, 9:05.2. 6-Ramsey, 9:20.2. 7-Bergen Tech, 9:26.0. 8-Union City, 9:30.1. 9-Ridgefield Park, 9:30.2

4X1600m: 1-Ridgewood (Fine, Martyn, Cleary, Shaglinoth), 18:42.4. 2-CBA B, 18:57.0. 3-Ramsey, 20:29.5. 4-Union City, 20:33.7. 5-Bergen Tech, no time. 6-Bergen Catholic, no time. 7-Union, no time. 8-Ridgefield Park, no time. 9-Ramsey, no time.

Sprint Medley: 1-Bergen Catholic (Rugelstein, Ring, Dotting, Flynn), 3:54.4. 2-Ramsey, 3:59.2. 3-Westwood, 3:59.9. 4-Bergen Tech, 4:01.5. 5-CBA, 4:04.5. 6-Ridgefield Park, 4:06.3. 7-Cresskill, 4:11.1. 8-Waldwick, 4:11.1.

Distance Medley: 1-Trinity Christian (Smith, Freire, Justines, Hanko), 11:32.9. 2-Bergen Tech, 11:34.6. 3-Pascack Valley, 11:43.8. 4-Ridgewood, 11:50.2. 5-Union City, 11:53.9. 6-Bergen Catholic, 12:04.1. 7-Cresskill, 12:04.7. 8-Ramsey, 12:20.4. 9-Ridgefield Park, 12:37.6. 10-Union, 13:15.2.

4X110 HH: 1-Union (Pluivose, Obamedo, Prokopovich, Boateng), 1:05.9. 2-Bergen Catholic, 1:06.6. 3-Bergen Tech, 1:11.5. 4-Northern Highlands, 1:13.6. 5-Ramsey, 1:13.9. 6-Ridgewood, 1:14.2. 7-CBA A, 1:14.4. 8-Ridgefield Park, 1:15.1. 9-Cresskill, 1:16.7

3X400 IH: 1-Bergen Catholic (Bohlin, Leonard, Wingate), 3:07.1. 2-CBA, 3:14.6. 3-Ridgewood, 3:14.9. 4-Union, 3:18.5. 5-Union City, 3:24.1. 6-Ramsey, 3:29.8. 7-Ridgefield Park, 3:30.6. 8-Cresskill, 3:38.2

3X Long Jump: 1-Union (Brown, Richardson, Prokopovich), 54-10 ¼. 2-Cresskill, 53-5 ½. 3-Ridgefield Park, 52-7 ¾. 4-CBA, 51-11. 5-Bergen Catholic, 51-10 ¾. 6-Union City, 51-8. 7-Northern Highlands A, 51-0 ¾. 8-Ridgewood A, 50-7 ¾. 9-Eldred, 49-10 ½. 10-Ramsey, 48-11 ½.

3X Triple Jump: 1-Ridgefield Park (Melley, Tariq, McLean), 115-0. 2-Bergen Catholic, 114-0 ½. 3-Cresskill, 111-2. 4-Northern Highlands, 109-5. 5-Union, 107-11. 6-tie-Eldred, 107-6 & CBA, 107-6. 8-Ramsey, 107-0. 9-Ridgewood, 105-2 ½.

3X High Jump: 1-CBA (Bartlett, Connors, Gregorio), 16-8. 2-Union, 16-6. 3-Ramsey, 16-4. 4-Ridgefield Park, 16-1. 5-Ridgewood, 11-2. 6-Bergen Catholic, 10-11. 7-Bergen Tech, 10-10. 8-Cresskill, 10-9.

3X Pole Vault: 1-Cresskill, 31-6. 2-Ridgefield Park, 21-6. 3-Westwood, 18-6. 4-Bergen Tech, 11-0. 5-Ridgewood, 10-0. 6-CBA, 9-6.

3X Shot Put: 1-Ramsey (Mistretta, Dosch, Assile), 124-10. 2-Cresskill, 120-8 ½. 3-Union City, 118-10. 4-Ridgewood, 117-11. 5-Pascack Valley, 116-4. 6-Bergen Catholic, 114-7. 7-Ridgefield Park, 111-8. 8-Westwood, 106-1. 9-Union, 101-8. 10-Northern Highlands, 88-8.

3X Discus: 1-Ramsey (Mistretta, Dosch, Connell), 375-10. 2-Pascack Valley, 333-11. 3-Cresskill, 329-11. 4-Ridgewood, 322-6. 5-Union, 298-5. 6-Bergen Catholic, 289-1. 7-Union City, 285-1. 8-Ridgefield Park, 281-6. 9-Northern Highlands C, 228-10. 10-Westwood, 221-7.

3X Javelin: 1-Ridgewood (Mamaci, Zulmuf, Beausoleil), 397-4. 2-Ramsey, 377-1. 3-Ridgefield Park, 363-4. 4-Trinity Christian, 357-0. 5-Pascack Valley, 349-4. 6-Cresskill, 338-8. 7-Bergen Catholic, 309-3. 8-Union, 280-10. 9-Westwood, 236-1. 10-Northern Highlands, 197-1.

GIRLS

4X100m: 1-Shaker (Crodelle, Hayes, Torncello, Vandenburg), 52.3. 2-Ridgewood A, 52.7. 3-Union, 54.0. 4-Elizabeth, 53.9. 5-Westwood, 54.4. 6-Cresskill, 55.3. 7-Waldwick, 56.2. 8-Ramsey, 58.2. 9-Eldred, 58.6. 10-Ridgefield Park, 59.5

4X200m: 1-Shaker (Coughlin, Crodelle, Vandenberg, Roberb), 1:52.8. 2-Ridgewood, 1:53.3. 3-Westwood, 1:54.2. 4-Elizabeth, 1:54.6. 5-Ramsey, 1:56.5. 6-Pascack Valley, 1:56.8. 7-Union, 1:58.9. 8-Waldwick, 1:59.4. 9-Ridgefield Park, 2:14.2

4X400m: 1-Westwood (Murphy, Fasano, Cascio, Brennan), 4:17.3. 2-Shaker, 4:19.5. 3-Ridgewood, 4:29.0. 4-Ramsey,

4:31.8. 5-Cresskill, 4:36.1. 6-Elizabeth, 4:40.8. 7-Pascack Valley, 4:43.5. 8-Ridgefield Park, 4:50.2

4X800m: 1-Shaker (Hall, Risler, Nazarian, Sheridan), 10:13.8. 2-Westwood, 10:30.5. 3-Ramsey, 10:32.1. 4-Ridgewood, 10:50.4. 5-Cresskill, 11:12.2. 6-Union, 11:31.9. 7-Waldwick, 11:32.7

4X1600m: 1-Shaker (Dunn, Libruk, Sheridan, Wojtusik), 22:51.0, 2-Ridgewood B, 23:51.17. 3-Westwood, 25:13.7. 4-Elizabeth, 25:32.2. 5-Eldred, 26:22.6

Sprint Medley: 1-Ramsey (Rosenberger, O'Neill, Erli, Bain), 4:31.0. 2-Elizabeth, 4:34.1. 3-Shaker, 4:34.8. 4-Pascack Valley, 4:45.8. 5-Waldwick, 4:46.2. 6-Ridgewood, 4:46.6. 7-Union, 4:55.3. 8-Ridgefield Park, 4:58.1. 9-Northern Highlands, 5:01.3. 10-Cresskill, 5:01.5

Distance Medley: 1-Shaker (Risler, Nephew, Nazarian, Wojtusik), 13:45.1. 2-Ridgewood, 14:07.0. 3-Westwood, 14:15.8. 4-Ramsey, 14:42.7. 5-Ridgefield Park, 14:54.5. 6-Elizabeth, 15:19.5. 7-Pascack Valley, 15:24.3. 8-Cresskill, 15:32.8. 9-Union City, 16:25.9. 10-Union, 17:29.8

4X100 HH: 1-Ridgewood (Lee, Oliva, Narvaez, DeVita), 1:06.4. 2-tie-Northern Highlands, 1:13.5 & Cresskill, 1:13.5. 4-Westwood, 1:16.3. 5-Union, 1:16.9. 6-Union City, 1:17.1. 7-Ridgefield Park, 1:17.7. 8-Ramsey, 1:23.7. 9-Shaker, 1:26.5

3X400 IH: 1-Ridgewood (Oliva, Narvaez, Shigenobu), 3:40.8. 2-Ramsey, 3:46.7. 3-Westwood, 3:59.7. 4-Pascack Valley, 4:01.8. 5-Cresskill, 4:14.4. 6-Ridgefield Park, 4:23.8.

3X Long Jump: 1-Northern Highlands (Collins, Mounaccio, McGovern), 41-3. 2-Shaker, 39-8 ½. 3-Waldwick, 38-6 ½. 4-Ridgewood A, 38-6 ½. 5-Cresskill, 37-2 ½. 6-Ramsey, 35-9 ½. 7-Ridgefield Park, 27-9. 8-Union, 24-9.

3X Triple Jump: 1-Shaker (Crodelle, Torncello, Vandenburg), 97-0 ¼. 2-Ridgewood A, 93-8 ½. 3-Westwood, 93-3. 4-Cresskill, 84-10. 5-Northern Highlands, 82-4 ½. 6-Ramsey, 82-4. 7-Waldwick, 80-4. 8-Eldred, 71-7. 9-Ridgefield Park, 59-1 ½. 10-Union, 25-2.

3X High Jump: 1-Ridgewood (DeVita, Roche, Fuentes), 14-4. 2-Shaker, 13-6. 3-Ridgefield Park, 13-4. 4-Waldwick, 12-6. 5-Cresskill, 8-11. 6-Ramsey, 8-0.

3X Pole Vault: 1-Westwood, 21-6. 2-Ridgewood, 17-0. 3-Eldred, 15-6. 4-Cresskill, 14-6. 5-Ridgefield Park, 13-6. 6-Shaker, 7-0. 7-Ramsey, 6-6.

3X Shot Put: 1-Union (Taylor, Onyegbule, Vilsaint), 92-2. 2-Union City, 86-0 ½. 3-Ridgewood, 84-2. 4-Cresskill, 83-1. 5-Westwood, 82-1. 6-Northern Highlands, 76-7 ½. 7-Waldwick, 75-7 ½. 8-Ridgefield Park, 75-7. 9-Ramsey, 72-7. 10-Pascack Valley, 75-3.

3X Discus: 1-Northern Highlands (Borzilleri, Mayer, Dench), 258-6. 2-Union, 231-0. 3-Ridgewood, 220-3. 4-Cresskill, 203-6. 5-Pascack Valley, 199-8. 6-Eldred, 194-5. 7-Ramsey, 193-11. 8-Westwood, 177-7. 9-Ridgefield Park, 155-6. 10-Waldwick, 154-7.

3X Javelin: 1-Northern Highlands (Snglia, Dench, Mayer), 249-1. 2-Ridgewood, 244-1. 3-Westwood, 211-4. 4-Cresskill, 210-4. 5-Ramsey, 204-11. 6-Union City, 201-10. 7-Ridgefield Park, 201-6. 8-Pascack Valley, 141-5. 9-Waldwick, 114-2.

NOVICE BOYS

4X200m: 1-Bergen Catholic (Kyanjac, Mawdese, Dilworth, Sinnig), 1:40.3. 2-Union, 1:41.6. 3-Northern Highlands, 1:43.8. 4-Union, 1:44.2. 5-Westwood, 1:44.8

4X400m: 1-Ridgewood A (Hamza, Stephen, Blar, Duix), 3:51.9. 2-Bergen Catholic, 4:00.5. 3-Ramsey, 4:05.2. 4-Bergen Catholic, 4:06.9. 5-Westwood, 4:07.7

4X800m: 1-CBA (Costa, Villa, Mitchell, DeMaio), 9:20.9. 2-Ridgewood, 9:43.8. 3-Northern Highlands, 9:50.6. 4-Union City, 9:53.5. 5-Union, 10:03.8

Sprint Medley: 1-Union (Arthur, Morgan-Blunder, Guest, Drylewicz), 4:06.2. 2-Bergen Catholic, 4:09.1. 3-Northern Highlands, 4:10.4. 4-Bergen Tech, 4:13.4. 5-Pascack Valley, 4:18.9

4X110H: 1-Pascack Valley (Takaburi, Hoogenburn, Hunter, Fornar), 1:18.8. 2-Bergen Catholic, 1:21.0. 3-Northern Highlands, 1:21.8.

3X400H: 1-Union (Arthur, Oderinde, Kusi), 4:12.4

NOVICE GIRLS

4X100m:

4X200m: 1-Shaker (Austin-Peters, Bhola, Deluca, Phillips), 2:02.3. 2-Northern Highlands, 2:02.5. 3-Ridgewood, 2:04.8. 4-Ramsey, 2:05.9. 5-Westwood, 2:08.8

4X400m: 1-Shaker (Austin-Peters, Deluca, Bette, McCane), 4:39.2. 2-Westwood, 4:47.0. 3-Ramsey, 5:02.3. 4-Ridgewood, 5:05.3. 5-Cresskill, 5:16.0

4X800m: 1-Ridgewood (Anzan, Martin, Fischer, Holland), 11:14.3. 2-Shaker, 11:25.7. 3-Pascack Valley, 11:26.3. 4-Ridgewood C, 11:47.0. 5-Ridgewood B, 11:53.0

Sprint Medley: 1-Shaker (Bhola, Bette, Phillips, Hughy), 5:06.1. 2-Westwood, 5:06.4. 3-Ridgewood, 5:07.4. 4-Ridgefield Park, 5:47.3

4X100H: 1-Waldwick (Delyarris, Schultz, Willson, Bag-Ao), 1:21.1

3X400H: 1-Union City, 4:30.0. 2-Union, 4:42.1.

FROSH BOYS

4X100:

4X200m: 1-Union (Brown, Duncan, Hailey, Govia), 1:45.3. 2-CBA, 1:45.8. 3-Ridgefield Park, 1:50.7. 4-Trinity Christian, 1:52.8. 5-Ridgewood, 1:53.3

4X400m: 1-Ridgewood (Tai, French, Diorio, Suh), 4:10.2. 2-Cresskill, 4:18.6. 3-Bergen Tech, 4:19.6. 4-Trinity, 4:27.9. 5-Union, 4:28.6

4X800m: 1-CBA (Lipert, Gorman, Zapciz, Mullen), 9:33.6. 2-Ridgewood, 10:11.1. 3-Bergen Catholic, 10:15.1. 4-Union City, 10:27.2. 5-Ridgewood B, 11:05.7

Sprint Medley: 1-CBA (Geltz, Matthesa, Curtis, Mullen), 4:16.8. 2-Union City, 4:27.3. 3-Bergen Tech, 4:27.9. 4-Pascack Valley, 4:33.1. 5-Ridgewood, 4:34.9

4X110H: 1-CBA (Bizzigotti, Geltzweiler, Mattheson, McAnally), 1:26.4

3X400H: 1-Union (Brown, Duncan, Osbourne), 3:35.8. 2-Ridgewood, 3:41.8

FROSH GIRLS

4X100m:

4X200m: 1-Northern Highlands (Sayre, Weiss, Facciola, Buscio), 2:04.1. 2-Shaker, 2:06.1. 3-Westwood, 2:12.8. 4-Ramsey, 2:14.2. 5-Eldred, 2:15.1

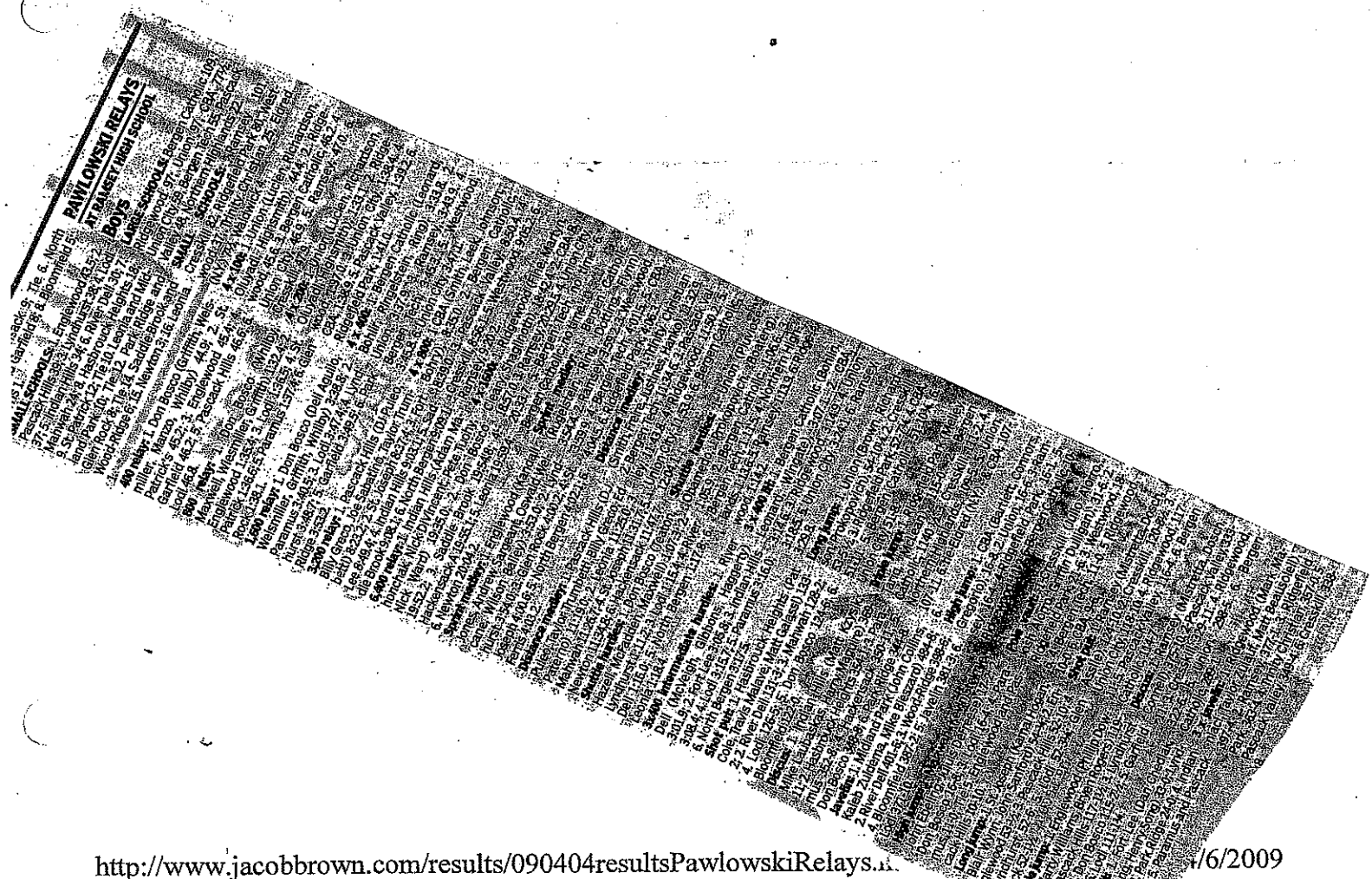
4X400m: 1-Shaker (Hayes, Libruk, Riley, Moras), 4:43.0. 2-Westwood, 4:52.7. 3-Shaker, 5:03.8. 4-Ridgewood, 5:12.2. 5-Ramsey, 5:20.6

4X800m: 1-Shaker (Crummey, Sacca, DeGuire, Moras), 11:14.1. 2-Westwood, 11:48.4. 3-Ridgewood, 12:28.7. 4-Union City, 12:39.5. 5-Ramsey, 12:43.6

Sprint Medley: 1-Shaker (Morawsky, Cappandona, McLean, Crummey), 5:01.9. 2-Eldred, 5:05.4. 3-Union City, 5:20.9. 4-Ridgewood, 5:20.9

4X100H: 1-Northern Highlands (Bascio, Colangelo, Facciola, Collins), 1:21.8. 2-Ridgewood, 1:28.8.

3X400H: 1-Ridgewood, 4:30.6



Pawlowski Relays @ Ramsey

April 4th

4x1600m:

Andrew Fine 4:38; Sean Martyn 4:45; Brian Cleary 4:42; Taro Shigenobu 4:35
18:42.4 – 1st Place

Alex Buter 4:59; Patrick Rynkowski 4:56; Steven Spretizer 5:05;
David DeSimone 4:48

4x100HH:

Varsity: Tommy DeVita 16'8; Edward Blair 19.4; A.J. Mandarano 19.5;
Sean Mattson 18.2 - 1:14.2 – 6th Place

4x100m:

Max Witt; Louis Pietrantuono; Matt Grundy; InSoo Hwang 45.6 – 2nd Place

4x800m:

Novice: Carl Modero 2:42; Dan Sweet; Robbie Amadeo 2:25;
Steven Fishbein 2:33
Eric Kritzer 2:28; Chris Steinarcher 2:31; Nick Weisberger 2:28;
Justin Jenkins 2:14 - 9:43.8 – 2nd Place

Frosh: Levi Jennings 2:21; Mark North 2:33; Alex Sarappo 2:31;
Ben Fishbein 2:43 - 10:11.1 – 2nd Place
Carl Legg 2:42; Declan McPadden 2:47; Chris Tarzian 2:44;
Colin Halvey 2:57 11:05.7 – 5th Place

4x200m:

Varsity: Matt Grundy 24.7; Louis Pietrantuono 24.6; Matt Levitsky 24.5;
Max Witt 23.5 - 1:37.0 – 2nd Place.

Novice: Matt LaDuca 25.6; Sam Pietrantuono 25.8; Omar Hamza 26.4;
Danny Kim 29.8 - 1:47.3
Juan Llinas 30.5; Justin Suh 30.3; Gino Urbano 29.3;
Mike Luansing 28.7 - 1:58.7
Derek Frey 28.9; John Shoucair 29.3; Spencer Sapienza 29.0
Paolo Solano 28.9 - 1:55.9
Izik Gutkin 30.8; Ryan Kalabalik 30.7; Chandler Park 29.5;
Anthony Gatti 29.0 - 1:59.5

Frosh: Tom Diorio 27.3; Tyler Hansen 28.9; Edwin Xue 28.1;
David Suh 28.9 - 1:53.3 – 5th Place
Kyle Ransom 31.2; Colin Halvey 27.5; Aiden Martinez 30.9;
Tom Schwartz 38.9 - 2:08.4

Sprint Medley: 400-200-200-800

Frosh: Nick Tai 57.6; Tyler Hansen 28.6; Tom Diorio 27.3;
Ben Fishbein 2:28.6
Declan McPadden 74.5; David Suh 33.3; Edwin Xue 30.2;
Carl Legg 2:40.2

Distance Medley: 1200-400-800-1600:

Varsity: Sean Martyn 3:32; Justin Jenkins 59.4; Alec Ontiveros 2:21;
S. Spreitzer 4:56 – 11:50.2 – 4th Place

3x400 IH:

Varsity: InSoo Hwang 58.4; Sean Mattson 65.9; Jon Reimer 70.2 – 3:14.9 – 3rd
Frosh: Nick Tai 70.4; Tyler Hansen 77.4; David Suh 73.4 – 3:40.7 – 2nd Place

4x400m:

Varsity: Matt Grundy 54.0; Jon Reimer 59.3; Sean Mattson 57.0;
Matt Levitsky 58.1 – 3:50.5
Novice: Matt LaDuca 56.9; Tom Stephen 61.3; Omar Hamza 58.5;
Edward Blair 57.1 – 3:51.1 – 1st Place
Alex Stephen 64.2; Nate Park 72.3; Corbin Jennings 72.1
Alex Quartarano 65.8 – 4:34.3

Frosh: Nick Tai 59.1; David Suh 64.5; Tom Diorio 63.0;
Mark French 63.2 – 4:10.2 – 1st Place
Colin Halvey 71.3; Aiden Martinez 76.2; Tom Schwartz 92.3;
David Angalone 84.3

Long Jump: Max Witt 16'4"; Tommy DeVita 18'9"; Louis Pietrantuono 15'6 ¼"
50'7 ¾"
AJ Mandarano 13'9"; Danny Kim; Edward Blair 15'5"

Triple Jump: Tommy DeVita 37'10"; Matt Levitsky 33'1"; AJ Mandarano 34'3 ¾"
Danny Kim 29'; Mike Luansing 30'4"; Matt Beauoleil 26'9"

High Jump: Tommy DeVita 6'2"; Matt Beausoleil 5'0"; Matt Levitsky NH
11'2" – 5th Place
Danny Kim NH; Mike Luansing 5'0; Tyler Hansen NH

Pole Vault: Max Witt NH; Andrew Gramaglia 10'0"; Andrew Hong NH

Shot Put: Jack Simmons 42.3"; Adam Bair 39'3"; Max Krauss 36'0"
117'11" – 4th Place
Stephen Etna 36'8"; Taylor Zulauf 38'2"; Chris Cannito 30'0"
104'10"

Discus: Jack Simmons 125'2"; Adam Bair 100'10"; Max Krauss 96'6"
322'6" – 4th Place
Stephen Etna 87'; Justin Halwagy F; Chris Cannito 73"
160'

Javelin: Mark Maniaci 132'4"; Taylor Zulauf 142'6"; Matt Beausoleil 122'6"
397'4" – 1st Place

Comments:

Good job competing at this meet. There were a lot of bests and a good amount of wins!

NNJIL Track & Field Dual Meet

Ridgewood vs Paramus Catholic - Boys

April 7, 2009

Total Score

RHS	PC
92	39

Event	First Place	Second Place	Third Place	RHS	PC
400H	Schneider, PC, 57.5	Insoo, R, 57.7	Lewis, PC, 61.9	3	6
100m Dash	Witt, R, 11.2	McKnight, PC, 11.6	Jacoby, R, 11.5	6	3
1600m Run	Clery, R, 4:47.5	Fine, R, 4:47.6	Martin, R, 4:48	9	0
400m Dash	Grundy, R, 52.6	Brown, PC, 53.2	Hwang, R, 53.5	6	3
100m Hurdles	Devita, R, 16.4	Martinelli, PC, 16.6	Blair, R, 17.4	6	3
800m Run	Shiganobu, R, 2:00.9	Cleary, R, 2:01.2	Fine, R, 2:04.8	9	0
200m Dash	Witt, R, 23.1	Brown, PC, 23.8	Johnson, PC, 24.4	5	4
3200m Run	Rynkowski, R, 10:31	Martyn, R, 10:32	Spritzer, R, 10:32.5	9	0
High Jump	DeVita, R, 5-8	Matt B, R, 5-6	Levitsky, R 5-4	9	0
Pole Vault	Weisner, R, 12-0	Schneider, PC, 11-6	Esposito, PC, 11-6	5	4
Long Jump	Devita, R, 18-4- 1/4	Witt, R, 17-5 1/2	Pietrantuono, R, 16-11	9	0
Triple Jump	Franco, PC, 35-9 1/4	Manderano, R, 35-2 1/4	Grundy, R, 34-4 1/4	4	5
Discus	Simmons, R, 130-10	Wright, PC, 180-0	Bair, R, 99-0	6	3
Shot Put	Simmons, R, 45-6 1/2	M Wright, PC, 45-0	Bair, R, 41-2	6	3
4X400relay	PC			0	5

Comment:

NNJIL Track & Field Dual Meet

Ridgewood vs Paramus - Boys

April 7, 2009

Total Score

RHS	85
Par	46

Event	First Place	Second Place	Third Place	RHS	Par
400H	Vargas, P, 56.9	Insoo, R, 57.7	Patel, P, 62.7	3	6
100m Dash	Witt, R, 11.2	Pittrantuono, R, 12.0	Jacoby, R, 11.5	9	0
1600m Run	Clerry, R, 4:47.5	Fine, R, 4:47.6	Martin, R, 4:48	9	0
400m Dash	Grundy, R, 52.6	Hwang, R, 53.5	Vaghasia, P, 53.9	8	1
100m Hurdles	Vargas, P, 15.2	Devita, R, 16.4	Blair, R, 17.4	4	5
800m Run	Shiganobu, R, 2:00.9	Cleary, R, 2:01.2	Fine, R, 2:04.8	9	0
200m Dash	Witt, R, 23.1	Diedolf, P, 24.2	Jacoby, R, 24.6	6	3
3200m Run	Rynkowski, R, 10:31	Martyn, R, 10:32	Spritzer, R, 10:32.5	9	0
High Jump	Vargas, P, 5-10	DeVita, R, 5-8	Matt B, R, 5-6	4	5
Pole Vault	Weisner, R, 12-0	Witt, R, 11-0	Nadera, P, 9-0	8	1
Long Jump	Vaghasia, P, 19-3 3/4	Devita, R, 18-4 1/4	Lee, P, 17-7 1/4	3	6
Triple Jump	Vaghasia, P, 39-10	Vargas, P, 39-6 3/4	Manderano, R, 35-2 1/4	1	8
Discus	Simmons, R, 130-10	Mike, P, 122-0	Bair, R, 99-0	6	3
Shot Put	Simmons, R, 45-6 1/2	Mike, P, 43-5	Bair, R, 41-2	6	3
4X400relay	Paramus			0	5

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

April 7th 2009

Non-Scoring Performances:

400IH: E. Blair 62.3 S. Mattson 62.9 N. Tai 68.8 D. Suh 72.0 T. Hansen 72.9

100m: L. Pietrantuono 11.9 M. Levitsky 12.1 S. Pietrantuono 12.9A. Gramaglia 12.9
T. Stephen 13.3 P. Solano 13.3 C. Park 13.5 D. Kim 13.6; D. Goulart 13.7
A. Stephen 13.9; D. Frey 13.9 N. Park 14.0 A. Quartarano 14.0 M. Luansing 14.0
E. Xue 14.0 J. Shoucair 14.1 R. Kalabalik 14.1 A. Gatti 14.1 C. Jennings 14.1
K. Ransom 14.2 I. Gutkin 14.2 A. Martinez 15.3 T. Schwartz 17.4

1600m:

400m: M. LaDuca 55.2 InHo Hwang 56.8 O. Hamza 58.6 T. Cheung 60.6
C. Halvey 61.9 J. Llinas 62.8 T. Diorio 63.3 G. Urbano 64.6

110HH: M. Beausoleil 17.6 S. Mattson 18.0 A. Mandarano 18.8 D. Suh 21.3
T. Hansen 21.7

800m:

200m: L. Pietrantuono 24.9 InHo Hwang 25.2 A. Gramaglia 25.6 O. Hamza 25.7
S. Pietrantuono 26.0 T. Stephen 26.2 A. Quartaran 27.2 S. Sapienza 27.4
P. Solano 27.5 T. Diorio 27.5 A. Stephen 27.6 B. Hammill 28.1 E. Xue 28.2
D. Goulart 28.3 K. Ransom 28.3 A. Gatti 28.3 G. Urbano 28.4 D. Frey 28.6
C. Park 28.8 D. Suh 29.0 N. Park 29.1 I. Gutkin 29.3 R. Kalabalik 30.8
C. Jennings 31.1 J. Shoucair 31.8 A. Martinez 31.9 T. Schwartz 38.2

3200m:

4x400m: S. Mattson 57.2 E. Blair 56.8 M. Levitsky 56.5 T. LaDuca 55.1
O. Hamza 60.1 J. Jenkins 57.9 N. Tai 58.2 I. Hwang 58.1

Long Jump: M. Luansing 14'3" W. Jacoby 14'3"

Triple Jump:

High Jump: M. Luansing 5'0" D. Kim NH

Shot and Disc:

S. Etna	F	78'1"
T. Zulauf	36'0"	51'9"
M. Krauss	36'10"	95'1"
J. Halwag	35'9"	88'6"
J. Soriano	27'10"	81'10"
C. Cannito	28'8 1/2"	74'10"
J. Levitsky	30'11"	86'5"
R. Feeney		45'7"

Pole Vault: A. Gramaglia, T. Cheung, A. Hong NH

Area athletes set for Penn

By PAUL SCHWARTZ
STAFF WRITER

tered.

Saddle Brook's Michelle Favre missed a medal last year in the girls pole vault and will be competing with Clifton junior Emily Urciuoli in the event.

Kristen Brown of Englewood makes her first appearance at Penn in the long jump and Passaic Tech's Amber Allen debuts in the 400 hurdles. Pascack Hills senior Jenn Sant'Anna also will run in the 400 hurdles, the meet's first event Thursday morning.

Four other local underclassmen debut in the girls throws. Paramus Catholic juniors Ashley Sims and Olivia Wade and Teaneck sophomore Apresha Hampton will compete in the shot put and Wayne Valley junior Alana Pantale is entered in the discus.

The boys side has fewer medal hopes. Park Ridge senior Greg Hoffman should have the best chance in the pole vault. Scott DM and the Indian Hills boys 4-x-800

Weismiller of Don Bosco also will vault. Kevin Steimle of Mahwah and Mike Biesard and Caleb Zuidema of Midland Park are entered in the javelin. Mike Reilly of Old Lappan (shot put), Ackeme Brown of Englewood (long jump) and Maurice McDonald of Paterson Catholic (triple jump) should complete the local individual contingent.

That could change if Don Bosco is bumped off its bibble spot in the boys distance medley. The Ironmen are the last team expected to compete in the event, but the fields for the 4-x-800 and distanced medley are not finalized until after Saturday's results. If Bosco is bumped, Leighton Spencer of Don Bosco will run the 3,000 Relaywood seems secure with its spot in the distance medley as does the IHA girls DM and the Indian Hills boys 4-x-800

It's unlikely that North Jersey athletes will equal last year's total of six individual Penn Relays medals, yet there's enough talent among the 21 athletes from 15 schools to come close this year.

The only local medalist returning to Philadelphia for the April 23-25 meet is defending State girls javelin champion Shannon Sullivan of Immaculate Heart, who finished fourth last year in her first Penn Relays.

Sullivan is the top seed in the event this year and has an excellent chance to record North Jersey's first victory in the event. Theresa Kirkpatrick of Pascack Hills, who made the final last year, and junior Hannah Meyer of Northern Highlands also are en-

tered. Saddle Brook's Michelle Favre missed a medal last year in the girls pole vault and will be competing with Clifton junior Emily Urciuoli in the event.

Kristen Brown of Englewood makes her first appearance at Penn in the long jump and Passaic Tech's Amber Allen debuts in the 400 hurdles. Pascack Hills senior Jenn Sant'Anna also will run in the 400 hurdles, the meet's first event Thursday morning.

Four other local underclassmen debut in the girls throws. Paramus Catholic juniors Ashley Sims and Olivia Wade and Teaneck sophomore Apresha Hampton will compete in the shot put and Wayne Valley junior Alana Pantale is entered in the discus.

The boys side has fewer medal hopes. Park Ridge senior Greg Hoffman should have the best chance in the pole vault. Scott DM and the Indian Hills boys 4-x-800

Top 25 Boys

1. Don Bosco
2. Englewood
3. Hasbrouck Heights
4. Old Lappan
5. River Dell
6. Bergen Catholic
7. Rahsey
8. Ridgewood
9. Wayne Valley
10. West Milford
11. Pascack Hills
12. Kennedy
13. Passaic Tech
14. Teonla
15. Cresskill
16. Indian Hills
17. Ridgewood Park
18. Demarest
19. Teaneck
20. Paramus
21. Mahwah
22. Clifton
23. Passaic Valley
24. Bogota
25. Lyndhurst

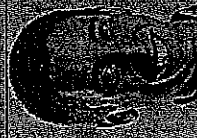
Girls

1. IHA
2. Ridgewood
3. Paramus Catholic
4. Hasbrouck Heights
5. Teaneck
6. Holy Angels
7. Mahwah
8. Clifton
9. Wayne Valley
10. Lakeland
11. Westwood
12. Rahsey
13. Passaic Hills
14. Retterford
15. Tenafly
16. Indian Hills
17. Demarest
18. River Dell
19. Cresskill
20. Fort Lee
21. Chappan
22. Northern Highlands
23. Ridgewood Park
24. Waldwick
25. DePaul

RidgeWood will warm up on the Penn Relays distance medley when the Warriors travel to a tri-A grade, call today and Saturday for the prestigious Areadia Invitational. The Wildcats have entered the invitational's 100 and 200 relay races and junior Tom DeVita will high jump.

There are three meets on the local schedule for Saturday, the Lyndhurst Relays at Lyndhurst, the Come Relays at Hackensack and the BOST American Relays at Tenafly.

Look out for Kennedy's bumper-steed by sophomore Craig Hall, junior Keston Brown and seniors Ralph Meacham and Keith Stader, the Knights won the boys



Warriors looking for a way to finish strong before heading to Farleigh Dickinson after leading the Hornets to first place finishes in the sprint and distance medleys and a second in the 4x800.

Sophomore Baela Smith made her presence felt as a member of Passaic Tech's dominant girls sprint relays team. Each of her legs took out and that's saying a lot. With junior Amber Allen on the team, Smith is someone to keep an eye on.

Senior Nicoy Hines burst onto the out-

door track scene by leading FOT boys 400-meter and shuttle hurdles relays. This is his first outdoor track season after previously playing baseball.

Wayne Valley's girls showed off their depth in throws, winning the shot put and discus, the javelin and placing second in the javelin on the backs of junior Alana Pantale, sophomore Samantha Markowski and senior Danielle Wardob.

The year in boys sprints should be competitive after the performances at the relays. Passaic (4x100), PGI (4x200) and Wayne Valley (4x200) took home victories, while each team placed in the



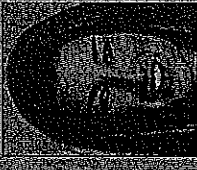
high jump and triple jump and placed second in the long jump at the Passaic County Relays.

Nico Stabile of Passaic Valley showed Wayne's looking for a way to finish strong before heading to Farleigh Dickinson after leading the Hornets to first place finishes in the sprint and distance medleys and a second in the 4x800.

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AROUND THE TRACK



Wayne Valley's girls showed off their depth in throws, winning the shot put and discus, the javelin and placing second in the javelin on the backs of junior Alana Pantale, sophomore Samantha Markowski and senior Danielle Wardob.

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Arcadia Invitational
@ Arcadia, CA

April 10th - 11th

Sprint Medley:

Max Witt 23.2

Matt Grundy 23.1

InSoo Hwang 51.2

Taro Shigenobu 2:00.8 3:38.79 - 7th Place

High Jump:

Tommy DeVita 6'1"

Distance Medley:

Andrew Fine 3:12.7

InSoo Hwang 58.9 - knocked down

Brian Cleary 2:04.1

Taro Shigenobu 4:28.8 10:45.1

Comet Relays @ Hackensack

April 10th

All Events are Varsity Only

4x110HH:

AJ Mandarano	19.2	
Sean Mattson	18.4	
Matt Beausoleil	18.2	
Edward Blair	17.4	- 1:12.2

4x1600

Pat Rynkowsky	4:54	
Steven Spreitzer	4:41	
Alex Buter	5:07	
Sean Martyn	4:45	- <u>19:27.9</u> - 2 nd Place

4x200m:

Sean Mattson	27.9	
Louis Pietrantuono	24.9	
Edward Blair	24.8	
Will Jacoby	23.3	- 1:40.8

2xLJ:

Louis Pietrantuono	AJ Mandarano
Will Jacoby	Mike Luansing

2xTJ:

Louis Pietrantuono	AJ Mandarano
Will Jacoby	Matt Levistsky

2xDisc:

Jack Simmons	116'1	Max Krauss	92'7"
Adam Bair	84'5" 200'6"	Justin Halwagy	82'5" - 175'0"

2xShot:

Jack Simmons	45'2"	Max Krauss	37'
Adam Bair	42'9" <u>87'11</u> - 1 st Place	Justin Halwagy	35' - 72'

**Comet Relays
Hackensack High School Track**

**Saturday, April 11, 2009
Hackensack, NJ**

GIRLS**VARSITY**

Team Score: Large School: 1-Southern Regional-80. 2-IHA-79. 3-Columbia-73

Small School: 1-Holy Angels-81. 2-Pascack Hills-63. 3. Old Tappan-28.

4X100HH: 1-Southern (Carlson, Rubel, Angellella, Ohlson), 1:07.2. 2-Ridgewood, 1:09.1. 3-Pascack Hills, 1:11.3. 4-IHA, 1:13.0. 5-Northern Highlands, 1:13.1. 6-Montclair, 1:13.6. 7-Indian Hills, no time. 8-Bergenfield, 1:15.7. 9-Holy Angels, 1:17.2. 10-Hackensack, 1:19.7.

3X400IH: 1-Holy Angels (Markolovic, Crimmins, Glynn), 3:50.8. 2-Southern, 3:53.6. 3-Fair Lawn, 4:09.3

4X100m: 1-Paramus Catholic (Beasley, Corbo, Knight, Jacobs), 48.6. 2-Columbia, 48.9. 3-Ridgewood, 51.8. 4-IHA, 52.3. 5-Montclair, 52.8. 6-Science Park, 53.9. 7-Pascack Hills, 53.1. 8-Passaic Tech, 53.2. 9-Holy Angels, 53.6. 10-Eastside, 53.7.

4X200m: 1-Ridgewood (Buckley, Montgomery, Narvaez, Oliva), 1:50.5. 2-Paramus Catholic, 1:51.1. 3-Science Park, 1:51.9. 4-Columbia, 1:52.0. 5-Holy Angels, 1:53.7. 6-Montclair, 1:53.9. 7-Southern, 1:54.1. 8-JFK, 1:54.8. 9-Old Tappan, 1:55.2. 10-Hackensack, 1:55.9

4X400m: 1-Columbia (Jackson, Johnson, Richards, Jackson), 4:22.1. 2-Science Park, 4:29.2. 3-Park Ridge, 4:30.7. 4-Hackensack, 4:33.8.

4X800m: 1-Columbia (Johnson, David, Jackson, Jackson), 10:01.1. 2-Holy Angels, 10:20.3. 3-Southern, 10:25.9. 4-Old Tappan, 10:31.9. 5-Northern Highlands, 10:40.6. 6-Pascack Hills, 10:43.4. 7-Wayne Valley, 10:45.1. 8-Ridgewood, 10:52.2. 9-JFK, 12:59.4

4X1600m: 1-IHA (Duff, Sinkovitz, Thompson, Pagano), 21:43.3. 2-Holy Angels, 22:54.5. 3-Ridgewood, 23:27.3. 4-Paramus, 24:59.9. 5-Elizabeth, 25:13.

Sprint Medley: 1-Southern (Jennings, Decerbo, Miller, Cox), 4:24.2. 2-Columbia, 4:28.2. 3-Elizabeth, 4:28.8. 4-IHA, 4:32.5. 5-Holy Angels, 4:37.1. 6-Pascack Hills, 4:41.6. 7-Park Ridge, 4:47.3. 8-Montclair, 4:47.8. 9-West Side, 4:57.5.

Distance Medley: 1-Southern (Knight, Hammel, Miller, Cox), 13:24.1. 2-Holy Angels, 13:25.0. 3-Pascack Hills, 13:59.1. 4-Paramus, 14:36.0. 5-Columbia, 14:57.8. 6-Wayne Valley, 15:09.1

2XLongJump: 1-Paramus Catholic (Corbo, Beasley), 29-11 ¼. 2-Old Tappan, 28-5. 3-Northern Highlands, 26-1 ½. 4-Hackensack, 26-0 ½. 5-Ridgewood, 25-11. 6-Pascack Hills, 25-5. 7-Paramus, 24-5. 8-Bergen Tech, 20-7.

2XTripleJump: 1-Holy Angels (Minasi, Calgary), 64-7 ½. 2-IHA, 63-7. 3-Southern, 62-9. 4-Northern Highlands, 59-8. 5-JFK, 58-8 ½. 6-Indian Hills, 57-5. 7-Pascack Hills, 56-0 ½. 8-Bergenfield, 55-7 ½. 9-Wayne Valley, 29-5. 10-Eastside, 26-3 ½.

2XHighJump: 1-Paramus Catholic (Bailey, Corbo), 9-10. 2-Columbia, 9-6. 3-IHA, 9-4. 4-Indian Hills, 9-0. 5-Holy Angels, 8-10. 6-tie-Park Ridge, Pascack Hills & Northern Highlands, 8-8.

2XPoleVault: Cancelled due to weather

2XShotPut: 1-Paramus Catholic (Wade, Sims), 74-7. 2-IHA, 71-0. 3-Hackensack, 64-2. 4-Wayne Valley, 61-6 ½. 5-JFK, 58-10. 6-Holy Angels, 58-9. 7-Ridgewood, 57-9 ½. 8-Southern, 57-1 ½. 9-Columbia, 54-8. 10-Old Tappan, 51-9 ½.

2XDiscus: 1-Wayne Valley (Pantale, Wardrop), 198-6. 2-Pascack Hills, 177-0. 3-Ridgewood, 174-2. 4-Hackensack, 170-11. 5-IHA, 166-3. 6-Paramus Catholic, 161-8. 7-Southern, 156-10. 8-Montclair, 153-9. 9-Indian Hills, 153-5. 10-Columbia, 151-11.

2XJavelin: 1-IHA (Sullivan, VanEerde), 226-6. 2-Pascack Hills, 195-10. 3-Old Tappan, 189-9. 4-Southern, 179-7. 5-Paramus Catholic, 171-1. 6-Ridgewood, 170-4. 7-Wayne Valley, 169-0. 8-Columbia, 167-11. 9-Elmwood Park, 160-3. 10-Hackensack, 158-8.

NOVICE

4X100HH: No Results; teams DQ and DNF

3X400IH: 1-Southern (DeMarco, Broadbent, Bernard), 4:11.5

4X100m: 1-Eastside (Thomas, Black, Black, Obusen), 57.7. 2-Bergen Tech, 58.3. 3-Montclair, 58.3. 4-tie-Ridgewood, 58.6 & Columbia, 58.6.

4X200m: 1-Southern (Ciordelli, Angellella, Miller, Carlson), 2:00.2. 2-Columbia, 2:01.5. 3-Southern B, 2:01.9. 4-Fair Lawn, 2:02.1. 5-IHA, 2:03.5

4X400m: 1-Southern (Hammel, Knight, Bergin, Dorantes), 4:24.0. 2-Southern B, 4:50.8. 3-Southern C, 5:01.0. 4-Pascack Hills, 5:37.9.

4X800m: 1-Columbia (Gladebo, Martin, Phillip, Johnson), 10:52.1. 2-Fair Lawn, 10:59.5. 3-IHA, 11:23.1. 4-Paramus, 11:24.3. 5-IHA, 11:44.4

DMR: 1-IHA (Rutkowski, Fazio, Danna, Lotterman), 14:05.0. 2-IHA, 14:10.9. 3-IHA, 15:26.3. 4-Southern, 16:04.9

2XTripleJump: 1-IHA (Aman, Capone), 57-0 ½. 2-Southern, 56-6 ½. 3-Southern, 56-4. 4-Fair Lawn, 52-6. 5-Passaic Tech, 51-3 ½.

2XLongJump: 1-Southern (Hartley, Rubel), 26-3. 2-Southern B, 25-1 ½. 3-Northern Highlands, 23-10 ½. 4-Fair Lawn, 23-7. 5-Park Ridge, 21-8 ½.

2XDiscus: 1-IHA (Duggan, VanEerde), 131-8. 2-Paramus, 129-3. 3-Paramus Catholic, 117-2. 4-JFK, 116-6. 5-Ridgewood,

116-2.

2XShot: 1-IHA (Duggan, Stalter), 61-7. 2-JFK, 56-8. 3-IHA B, 53-11. 4-Ridgewood, 52-6. 5-Montclair, 49-10.

FROSH

4X100HH: 1-Northern Highlands (Bascio, Collangelo, Faciola, Collins), 1:20.5

4X100m: 1-Columbia (Frimpong, Smith, Padmore, Bryant), 53.8. 2-Southern, 58.0. 3-Hackensack, 59.1. 4-IHA, 59.3. 5-Paramus, 60.6.

4X200m: 1-Columbia (Padmore, Frimpong, Bryant, Smith), 1:58.9. 2-Holy Angels, 2:05.0. 3-Hackensack, 2:08.9. 4-Paramus, 2:09.1. 5-Wayne Valley, 2:09.8

4X400m: 1-Columbia (Padmore, Smith, Jackson, Frinpong), 4:41.6. 2-Park Ridge, 5:03.3. 3-Southern, 5:04.9. 4-Southern, 5:24.0

4X800m: 1-Southern (Jeffries, Granello, Popovitch, Kovich), 11:02.2. 2-Columbia, 11:48.5. 3-Southern A, 12:16.2. 4-Paramus, 12:33.1. 5-Ridgewood, 12:45.7

DMR: 1-Southern (Neusodt, Belonsky, Jeffries, Heussner), 15:18.1. 2-Paramus, 16:48.2. 3-Columbia, 16:49.1.

2XTripleJump: 1-Passaic Tech (Patterson, Burke), 51-2 ½. 2-Southern, 31-2. 3-Wayne Valley, 26-9 ½. 4-Northern Highlands, 25-4.

2XLongJump: 1-Northern Highlands (Sayre, Wiess), 21-1. 2-Southern, 12-7.

2XDiscus: 1-JFK (Lawson, Palmer), 104-7. 2-Bergen Tech, 98-5. 3-Bergen Tech B, 87-4. 4-Elizabeth, 77-3. 5-Bergen Tech C, 65-5.

2XShot: 1-Holy Angels (Lawlor, Signore), 40-10. 2-JFK, 37-6. 3-Columbia, 27-2.

**Comet Relays
Hackensack High School Track****Saturday, April 11, 2009
Hackensack, NJ****BOYS****VARSITY**

Team Score: Large: 1-Trenton Central-108. 2-Columbia-66. 3-CBA-61

Small: 1-Old Tappan. 2-St Joseph. 3-Pascack Hills-30

4X110HH: 1-Passaic Tech (Rosseau, Beason, Thomas, Hines), 1:04.8. 2-Trenton Central, 1:05.0. 3-Columbia, 1:05.1. 4-JFK, 1:05.9. 5-Bergen Catholic, 1:06.7. 6-Northern Highlands, 1:09.6. 7-CBA, 1:10.1. 8-Bergenfield, 1:11.3. 9-Ridgewood, 1:11.6. 10-Pascack Hills, 1:17.1.

3X400IH: 1-Bergen Catholic (Bohlin, Leonard, Wingate), 3:07.3. 2-Trenton Central, 3:15.2. 3-Columbia, 3:30.0

4X100m: 1-tie-Paramus Catholic (Esposito, Wade, Zaccoli, McKnight), 46.1 & West Side (Ortiz, Stewart, Hastings, Burk), 46.1. 3-St Josephs, 46.2. 4-Columbia, 46.6. 5-Old Tappan, 46.9. 6-Indian Hills, 46.9. 7-Passaic Tech, 47.3. 8-Bergenfield, 47.8. 9-Trenton Central, 48.7. 10-Paramus, 49.7.

4X200m: 1-Columbia (Anderson, Jeantus, Wiggins, Bennett), 1:33.0. 2-Trenton Central, 1:33.9. 3-Paramus Catholic, 1:35.7. 4-St Josephs, 1:36.6. 5-Paramus, 1:37.1. 6-Elmwood Park, 1:37.5. 7-Old Tappan, 1:37.6. 8-CBA, 1:38.6. 9-West Side, 1:39.0.

4X400m: 1-Science Park (Owens, Kinnard, Frasier, Adewanni), 3:41.4. 2-Fair Lawn, 3:45.8. 3-Trenton Central, 3:50.6. 4-Columbia, 3:51.1. 5-Pascack Hills, 3:52.8. 6-Park Ridge, 3:58.5

4X800m: 1-CBA (Mazzaccaro, Lee, Mykityshyn, Johnson), 8:30.7. 2-Bergen Catholic, 8:35.3. 3-Trenton Central, 8:36.5. 4-Columbia, 8:36.7. 5-Science Park, 8:50.4. 6-Hackensack, 8:52.0. 7-Old Tappan, 9:04.6. 8-Paramus, 9:33.7. 9-Wayne Valley, 9:37.1.

4X1600m: 1-CBA (Johnson, Mazzaccaro, Martin, Gorman), 19:16.0. 2-Ridgewood, 19:28.3. 3-Northern Highlands, 19:42.9. 4-JFK, 19:50.0. 5-Wayne Valley, 19:56.7. 6-Old Tappan, 19:59.0. 7-Montclair, no time. 8-Paramus, no time. 9-Fair Lawn, no time.

Sprint Medley: 1-Paramus Catholic (Brown, McKnight, Zoccolli, Robinson), 3:46.2. 2-Bergenfield, 3:50.4. 3-CBA, 3:51.4. 4-Wayne Valley, 3:51.8. 5-Bergen Catholic, 3:53.7. 6-West Side, 3:53.7. 7-Trenton Central, 3:56.7. 8-Barringer, 3:59.7. 9-Old Tappan, 4:00.6. 10-Columbia, 4:05.9.

Distance Medley: 1-Pascack Hills (Puleo, Trumbetti, Sabatino, Greco), 11:02.3. 2-Fair Lawn, 11:32.8. 3-Paramus, 11:35.3. 4-Montclair, 11:41.2. 5-Columbia, 11:41.7. 6-St Josephs, 11:44.1. 7-Bergen Catholic, 12:19.2.

2XLongJump: 1-Trenton Central (Breithwaite, Bailey), 38-8. 2-Indian Hills, 37-1 ¼. 3-Columbia, 36-11. 4-Passaic Tech, 36-5 ½. 5-Perth Amboy, 36-4. 6-tie-Elmwood Park, 36-1 ½ & St Josephs, 36-1 ½. 8-Northern Highlands, 36-1. 9-Old Tappan, 35-10 ½. 10-JFK, 35-10.

2XTripleJump: 1-Trenton Central, 82-3 ½. 2-Bergen Catholic (McNicholas, Wingate), 79-1. 3-JFK, 76-11. 4-CBA, 74-6 ½. 5-Northern Highlands, 74-0 ½. 6-Elmwood Park, 69-4. 7-Hackensack, 40-5 ½. 8-Bergenfield, 36-11 ½. 9-Pascack Hills, 36-11. 10-Columbia, 33-2.

2XHighJump: 1-JFK (McEachin, Slade), 11-4. 2-Trenton Central, 11-0. 3-tie-Bergen Catholic and Hackensack, 10-8. 5-Wayne Valley, 10-4. 6-Elmwood Park, 5-2.

2XPoleVault: Cancelled due to weather

2XShotPut: 1-Ridgewood (Bair, Simmons), 87-11 ½. 2-Old Tappan, 87-5. 3-Indian Hills, 86-9. 4-Park Ridge, 85-9. 5-

Montclair, 82-2. 6-CBA, 81-3. 7-Hackensack, 78-11. 8-St Josephs, 78-3. 9-Paramus Catholic, 77-0. 10-Columbia, 75-11 ½.
2XDiscus: 1-Hackensack (Victorino, Mozia), 252-4. 2-Trenton Central, 247-2. 3-Park Ridge, 238-5. 4-Wayne Valley, 212-0.
 5-Montclair, 209-3. 6-Paramus Catholic, 203-3. 7-Ridgewood, 200-6. 8-Pascack Hills, 192-10. 9-Bergen Catholic, 185-9. 10-Old Tappan, 178-7.
2XJavelin: 1-Trenton Central (Wise-Brey, Manning), 268-7. 2-CBA, 264-3. 3-Ridgewood, 228-2. 4-Hackensack, 222-9. 5-Pascack Hills, 210-6. 6-Park Ridge, 209-0. 7-Passaic Tech, 205-8. 8-St Josephs, 204-6. 9-Old Tappan, 202-4. 10-Wayne Valley, 201-11.

NOVICE

4X110HH: 1-Northern Highlands (Mo, Picache, Linares, Sheutz), 1:23.0
3X400IH: 1-Hackensack (Ottstadt, Vargas, Elliot), 3:29.2
4X100m: 1-Trenton Central (Bailey, Grunt, Green, Moore), 47.9. 2-Old Tappan, no time. 3-Science Park, 48.6. 4-Hackensack, 48.8. 5-Wayne Valley, 49.8
4X200m: 1-Hackensack (Pleasant, Gaines, Toans, Scott), 1:40.2. 2-Trenton Central, 1:40.3. 3-CBA, 1:42.9. 4-Paramus Catholic, 1:43.2. 5-CBA, 1:44.0
4X400m: 1-Bergen Catholic (Krawjac, Dixon, Dilworth, Pannell), 3:45.6. 2-Trenton Central, 4:00.9. 3-Columbia, 4:11.3
DMR: 1-Pascack Hills (Shwartz, Carpola, Dember, Tosi), 12:28.7. 2-Trenton Central, 12:38.7. 3-Park Ridge, 13:35.8. 4-Paramus, 13:44.7.
4X800m: 1-Bergen Catholic (Pannell, Fiorica, Burklund, Rippe), 9:03.9. 2-Trenton Central, 9:21.5. 3-Hackensack, 9:30.4. 4-Fair Lawn, 9:32.1. 5-Passaic Tech, 9:37.8
2XLongJump: 1-Northern Highlands (Lineres, Yeaton), 33-6 ¼. 2-Bergenfield, 32-9 ½. 3-West Side, 32-8 ½. 4-Old Tappan, 32-4 ½. 5-Paramus, 30-6 ½.
2XTripleJump: 1-Northern Highlands (Yeaton, Ridgewok), 68-1 ½. 2-Wayne Valley, 51-7.
2XDiscus: 1-Trenton Central (Page, Mendez), 143-6. 2-Park Ridge, 136-9. 3-Old Tappan, 130-3. 4-Montclair, 121-3. 5-Hackensack, 105-5.
2XShot: 1-JFK (Mix, Pickett), 79-6. 2-Fair Lawn, 75-6. 3-Old Tappan, 75-4. 4-Indian Hills, 74-11. 5-Passaic Tech, 73-11.

FROSH

4X110HH: 1-CBA (Bizz, McAnally, O'Rourke, Tully), 1:23.6
4X100m: 1-Trenton Central (Williams, Saunders, Hill, Collier), 48.0. 2-Columbia, 48.4. 3-Montclair, 50.8. 4-Hackensack, 51.3. 5-Northern Valley Old Tappan, 51.5.
4X200m: 1-Trenton Central (Saunders, Washington, Hill, Collier), 1:42.0. 2-Columbia, 1:43.4. 3-Hackensack, 1:47.8. 4-Bergenfield, 1:49.8. 5-Old Tappan, 1:50.0
4X400m: 1-Trenton Central (Saunders, Washington, Hill, Collier), 3:46.5. 2-Park Ridge, 4:09.9. 3-Pascack Hills, 4:13.1
4X800m: 1-CBA (Lippert, Gorman, Zapcic, Olson), 9:07.1. 2-Wayne Valley, 11:08.5. 3-Paramus Catholic, 11:45.2.
DMR: 1-Wayne Valley (Mehta, Salvatore, Frank, Kudyba), 13:56.4
2XLongJump: 1-Old Tappan (Fawinta, Smith), 28-7. 2-Passaic Tech, 27-8. 3-Trenton Central, 27-5 ½. 4-Hackensack, 27-1. 5-Passaic Tech, 26-4.
2XShot: 1-Old Tappan (Norman, Hurley), 71-8. 2-JFK, 66-7. 3-St Josephs, 58-8. 4-CBA, 50-7.

More bang for Bucs

Bogota is chasing first league title since '79

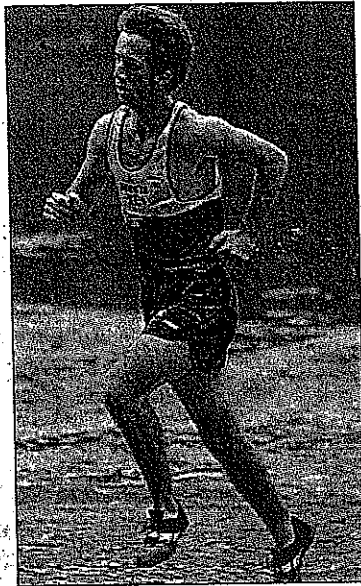
By RONALD P. CLARK
STAFF WRITER

It may not be deep enough to truly make a dent at invitational meets, but Bogota's boys track team is proving to be a force during the dual-meet season. And it has been a long time coming.

"We are not really known for track," said senior Pat Rochford. "But we have five or six kids that do four events per meet. We have such a small team that we are not a strong invitational team. But in duals, we're really hard to beat."

The early season has seen a major improvement from the years prior to this one. Two years ago, the Bucs were 0-6. Last year, they were 4-4. And this year, they are 5-1, dropping their most recent meet to New Milford by three points.

This isn't the same Bogota team from the past, a past that hasn't seen a league title since 1979. And during this, the 30th



RECORD FILE PHOTO

Pat Rochford has helped Bogota get off to a fast start.

year since that title, Rochford can take pride in early-season

start. Especially when his uncle was the captain of that 1979 squad.

"If it could happen," Rochford said, "it would really be something special."

Rochford has done his part. He is running the 800, 1,600 and 3,200 and is a member of the 4-x-400. He ran the 1,600 and 3,200 last year.

"It's tough," Rochford said. "But it's worth it if my team gets the win."

Rochford notices a culture change at Bogota. He and his teammates have brought Bogota track back to relevance. And it feels good.

"We have room for improvement," he said. "But it shows that we have potential. And everyone is willing to do what we can. Everyone has the right attitude. It's a good change at Bogota. We all want to win."

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AROUND THE TRACK

■ Don Bosco's distance medley relay team of Rob Molke, Billy Griffith, Mike Belgiovine and Leighton Spencer survived a six-hour, two state, 150 mile odyssey Saturday and earned an invitation to the Penn Relays championship on April 24. The quartet traveled to Colts Neck for a last chance qualifier, hoping to improve on their 10:29.76 indoor qualifying time. But horrendous weather caused postponement of Saturday's meet.



Mike Belgiovine

So the quartet and distance coach Kevin Kilduff, drove to Nanuet, N.Y., where the rest of

the Ironmen were competing in the Nanuet Relays, arriving in time for the DMR there. The competition wasn't nearly as strong as it would have been in Colts Neck, and the Ironmen could only manage a 10:33.3 clocking in winning by nearly three-quarters of a lap. But no other potential Penn entrant ran faster than Bosco's previous time, so Bosco joins Ridgewood in the prestigious boys race.

■ Ridgewood's trip to Arcadia, Calif., for the distance medley also was frustrating. The Maroons were in an overcrowded 27-team final (Penn has 19 teams in its race) and got caught up in a major collision during the 400-meter leg, ultimately run-

ning far slower than their qualifying time of 10:22.98 for Penn.

■ IHA drew a top-seven seed in Thursday's girls distance medley at Penn. The Blue Eagles were sixth in last year's final. Sarah Pagano, Julie Sinkovitz and Michelle McCourt return from last year's team.



Julie Sinkovitz

■ The Indian Hills boys will be the only local entrant in either 4-x-800 at Penn. The Braves will be in the second of four qualifying races on April 24 with the top 12 teams running a Saturday final.

■ The 48th edition of the Jack Yockers Bergen County Relays will be held today and Saturday at Demarest H.S. with field events starting at 3:30 p.m. and running at 4:15. All events on Saturday start at 9 a.m. Defending champions are Don Bosco (A boys), Demarest (B boys), New Milford (C boys), Cresskill (D boys), IHA (A girls), Ramsey (B girls), Westwood (C girls) and Waldwick (D girls).

■ Many Passaic County schools will be at the Morris Hills Relays in Rockaway or at Secaucus for the HCTCA Relays on Saturday.

— Paul Schwartz

The Top 25

Boys

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

Girls

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

Bosco record falls

Impressive Ironmen set meet standard

By PAUL SCHWARTZ
STAFF WRITER

DEMAREST — One by one the records of the great Don Bosco track team of the 1990s have come off the board.

But the one mark former Don Bosco coach John Neapolitan thought would never be broken withstood all challenges. Until Friday.

The Don Bosco 4-x-1,600-meter

Boys: Leading teams

Group A: Don Bosco 47, Bergen Catholic 36

Group B: Ramsey 38, River Dell 33

Group C: Cresskill 36, Lyndhurst 33

Group D: Hasbrouck Heights 61, Emerson 33

team of Rafael Vargas, Brendan Offer, Leighton Spencer and Rob Molke took out the oldest record in the school record book, running a meet record 17:50.9 on the first day of the Jack Yockers Bergen Relays. The time was the fastest in the country so far this spring, besting by more than 10 seconds the time run by Tampa Jesuit of Florida earlier this month.

"We were aware of the record," said Offer, who split 4:34 as the second leg and gave the Ironmen the lead to stay ahead of a solid effort by runner-up Ridgewood.

Coach Nepo [who still teaches at the school] told us we'd never break it so we gave it everything we have," said Spencer, whose third leg of 4:21 set up Molke for a 4:23 anchor leg that took down the former school mark of 18:05.5 set in 1992. The time was also superior to the meet record of 17:58.8 for the slightly longer 4-mile relay, run by the 1970 Ramapo team. It also is the fastest performance by a Bergen County team in 50 years.

"I tried to keep a solid pace," said Vargas, who opened in 4:33.9, but was a few seconds behind an excellent opening leg by Ridgewood's An-

drew Fine. "But I lost track of it and just tried to stay as close to Fine as I could."

Offer closed the gap on Ridgewood's No. 2 runner, Sean Martyn, slowly over the first two laps but then picked up the pace to hand the stick to Spencer with a solid lead.

"I just didn't want to go out as hard as I did last week [in the Nanuet Relays distance medley 1,600 leg] because that didn't work at all," said Spencer. "But I felt really good after three laps today and I had a lot left for a real good finish."

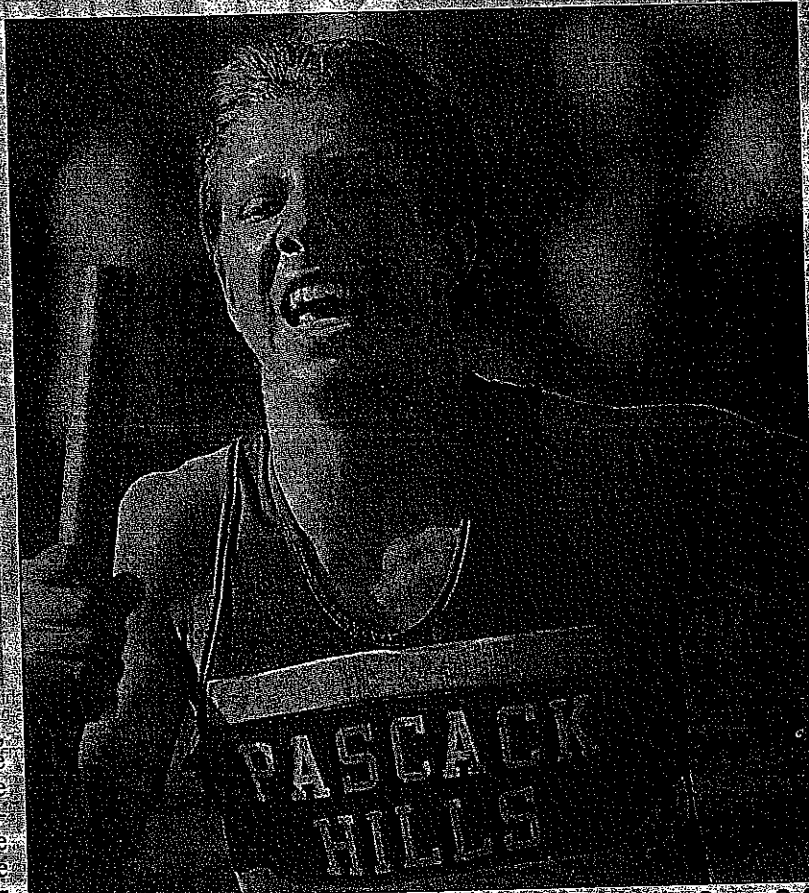
No one knew how close Bosco was to the record as Molke got the stick, but the Syracuse-bound anchor felt pretty good about his chances.

"Everyone had looked very good on their legs and Leighton looked

great so I knew we had a chance," said Molke, finally healthy after a miserable winter in which he ran only three races. "I couldn't hear the splits because I was so focused on what I was doing."

This helps us have a chance at winning the meet and hopefully sets us up for a big distance medley race at Penn next week.

Mark Filandro of Indian Hills ran 56.4 in the Group B 400 hurdles and Englewood won the Group B 4-x-200 in 1:29.7 in other fine performances on the track. Greg Hoffman of Park Ridge, who cleared 15 feet twice indoors, became the newest member of the outdoor 14-foot club and junior John Farelli of River Dell threw 150.3 in the Group B discus to highlight the field events.



Taylor Trumbetti bringing Pascack Hills home first in the Group C 4-x-1,600 relay Friday at the Bergen County Relays.

4/18

4/19

Hawks score in the final three events

By PAUL SCHWARTZ
STAFF WRITER

DEMAREST - River Dell's chances for a third Group B boys title in four years at the Jack Yockers Relays didn't look strong when Ramsey led by 15 points with just three events to go Saturday.

But veteran coach Mike Urso wasn't ready to concede.

"I knew we had our better kids ready for the 4 x 800 and 4 x 400 relays and they hadn't posted the pole vault yet," said Urso. "I figured we'd need about 74 points to win and we still had a chance to get at or near that total."

Add prophet to Urso's title of coach.

Outscoring the Rams, 24-6, over the final three events, the Hawks snatched the title from Ramsey, 72-69, in the closest battle of the weekend. Don Bosco won its third straight Group A title, dominating the field, 119-86, over Ridgewood and winning half of the 16 events with four second places. Pasck Hills won its first boys title, holding off Lyndhurst, 89-72, in Group C and Hasbrouck Heights won its third Group D title in five years, 119-76, over Emerson.

River Dell had won the 3 x 400 hurdles Friday when Ryan McVeigh, Mike Gibbons and James Haggerty combined for the win. The trio was on the track with Nick Schleiger when the Golden Hawks clinched the title with a third-place finish in Saturday's final event, the 4 x 400 relay, a couple of seconds ahead of the Rams. McVeigh, Haggerty and Schleiger had teamed with Adam Herman to win the 4 x 800 about 50 minutes earlier.

"We knew we could have scored in the sprint and distance medleys, but we wanted to keep our best kids fresh for the last two races. We knew we wanted to run McVeigh, Haggerty and Schleiger in both of them," said Urso. "We knew our throwers would score a lot of points and we always get a lot out of our vaulters."

The throwers, as usual, came through, winning the shot and discus with John Parello earning outstanding boys field performer. And the vaulters, a new trio this year, all cleared 11 feet to give River Dell second place and eight more points.

"With Lou Sirignano in the throws and Bill Keith in the pole vault, we don't have to worry about those events. We can just leave them alone and know the kids will produce," said Urso. "They've both been around forever and we're lucky to have them."

Don Bosco didn't need any luck as the area's top team had what head coach Rob DeCarlo called "the best team meet we've had since I've been there."

"You rarely get a meet where everything goes so well, and this was one of those weekends," he said.

Heights showed its versatility in earning its title behind a good mix of seniors and underclassmen. Patrick Cole was part of the winning shot and triple jump teams, while fellow soph Mike Galassi was part of the winning 4 x 100, shot put relays and ran a 400 leg for the fifth-place sprint medley team.

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DAVID BERGELAND/STAFF PHOTOGRAPHER

Weismiller of Don Bosco clearing 13 feet during the Jack Yockers Relays at Demarest.

A first for Holy Angels

By RONALD P. CLARK
STAFF WRITER

DEMAREST - It was a special day for Holy Angels at the Jack Yockers Relays on Saturday. The Angels walked away with a title for the first time.

"It was a tremendous team effort," Angels coach Howie Schuman said after his team won the Group B championship with 108 points to 76 for runner-up Tenafly. "The girls have been working hard from Day One."

Holy Angels placed in all but three events, including five-first-place finishes.

"Today we were ready and our kids performed brilliantly," Schuman said.

The team's depth was evident, but a few individual performances stood out. Senior Marie Minasi was a member of the first-place shot put, long jump and triple jump teams, setting a personal best of 36 feet, 6 1/4 inches in the triple jump on her way to being named outstanding girls field athlete.

"From being a freshman to now senior, it feels good to finish on this meet," Minasi said.

More history was made in Group C as Pasck Hills won its second title, but its first when the Hills boys also won.

"For them to win with the boys is special because they train so

Team champions

Boys

Group A

Don Bosco 119

Group B

River Dell 72

Group C

Pasck Hills 89

Group D

Hasbrouck Heights 119

Girls

Group A

Immaculate Heart 116

Group B

Holy Angels 108

Group C

Pasck Hills 119

Group D

Hasbrouck Heights 157

hard together, work so hard together and they are so supportive of each other," said Pasck Hills coach Chrissie Rossig. "We can celebrate all out. Nobody has to hang their head."

The Cowgirls found a way to do well in everything, scoring 119 points to Westwood's 92. Westwood dominated the sprints, but

the Cowgirls were right behind them, placing second in the 4 x 100, 4 x 200 and 4 x 400.

The Cardinals and Cowgirls performed well in the field events, but the Cowgirls were able to separate themselves by winning the sprint medley, shuttle hurdles and intermediate hurdles.

"The last time the senior girls won the County relays they were freshmen," Rossig said. "So they really wanted to do it again."

Immaculate Heart had to fight off Ridgewood in Group A. The Blue Eagles took advantage of the distance and field events to pull out a victory after the teams were tied after the first day.

The Blue Eagles overcame some hurdles that included a disqualification in the 4 x 100. But they won nine events, including five of the seven field events, to win comfortably, 116-93.

"You want it to be a clean meet," said IHA coach Chemayne Williams, "but nothing is going to be perfect."

Hasbrouck Heights came away with a victory in Group D with a meet-high 10 wins. Senior Tess Miller and sophomore Jennifer Nass were members of three winning relay teams as the Aviators swept the 4 x 100, 4x 200, 4 x 400 and 4 x 800.

"It was a real solid performance by our girls," Hasbrouck Heights coach Rob Brady said.

**JACK YOCKERS
BERGEN COUNTY RELAYS**

AT DEMAREST

Boys

GROUP A

TEAM SCORES: Don Bosco 119, Ridgewood 86, Teaneck 60, Bergen Catholic 48, Old Tappan 45, Demarest 42 1/3, Northern Highlands 32, Paramus 24 1/3, Paramus Catholic 18 1/3, Hackensack 8, Bergen Tech 7, Fair Lawn 4, Ramapo 2.

4-x-100: 1. Teaneck (Chris Goins, Darylan Miles, Terrance Culver, Casey Pleasants), 43.3; 2. Don Bosco, 43.9; 3. Ridgewood, 44.1; 4. Old Tappan, 44.6; 5. Ramapo, 45.7; 6. Demarest, 46.2.

4-x-200: 1. Don Bosco (Billy Griffith, Leonte Carro, Selwyn Maxwell, Marvin Whibly), 1:30.0; 2. Teaneck, 1:30.7; 3. Bergen Catholic, 1:32.9; 4. Ridgewood, 1:33.2; 5. Old Tappan, 1:33.3; 6. Bergen Catholic, 1:33.9.

4-x-400: 1. Teaneck, 3:31.9; 2. Bergen Catholic, 3:32.1; 3. Demarest, 3:32.4; 4. Northern Highlands, 3:35.8; 5. Fair Lawn, 3:37.1; 6. Old Tappan, 3:37.3.

4-x-800: 1. Don Bosco (Mike Carapezza, Rafael Vargas, Mike Belgiovine, Leighton Spencer), 8:10.9; 2. Ridgewood, 8:17.1; 3. Bergen Catholic, 8:17.8; 4. Paramus, 8:21.6; 5. Old Tappan, 8:32.5; 6. Demarest, 8:38.6.

4-x-1,600: 1. Don Bosco (Rafael Vargas, Brendan O'Far, Leighton Spencer, Rob Molke), 17:50.9; 2. Ridgewood, 18:35.0; 3. Northern Highlands, 19:19.5; 4. Old Tappan, 19:26.3; 5. Fair Lawn, 19:31.9; 6. Hackensack, 19:48.9.

Sprint medley: 1. Don Bosco (Leonte Carro, Marvin Whibly, Billy Griffith, Rob Molke), 3:31.9; 2. Teaneck, 3:36.3; 3. Northern Highlands, 3:37.4; 4. Paramus Catholic, 3:38.4; 5. Demarest, 3:43.2.

Distance medley: 1. Ridgewood (Andrew Fine, Matt Levitsky, Brian Cleary, Jaro Shigenobu), 10:50.7; 2. Don Bosco, 10:56.7; 3. Bergen Tech, 11:14.6; 4. Demarest, 11:25.1; 5. Teaneck, 11:33.0; 6. Paramus Catholic, 11:42.1.

Shuttle hurdles: 1. Teaneck (Chris Goins, Terrance Culver, Ivan Spidell, Brandon Hambrick), 4:03.8; 2. Don Bosco, 4:05.8; 3. Northern Highlands, 4:10.1; 4. Ridgewood, 4:10.4; 5. Bergen Catholic, 4:12.8; 6. Demarest, 4:09.7.

3-x-400 IH: 1. Bergen Catholic (Tom Bohlin, Ernest Wingate, Billy Leonard), 2:52.9; 2. Ridgewood, 3:02.4; 3. Paramus Catholic, 3:02.8; 4. Northern Highlands, 3:03.6; 5. Demarest, 3:06.0; 6. Teaneck, 3:05.3.

Shot put: 1. Old Tappan (Mike Reilly, Pete Alsharif, John Miele), 130.1; 2. Don Bosco, 127.5; 3. Ridgewood, 126.4; 4. Bergen Catholic, 126.3; 5. Demarest, 126.2; 6. Hackensack, 121.9.

Discus: 1. Don Bosco (Tim Byrne, Tom Robinson, Peter Mielje), 383.3; 2. Ridgewood, 352.3; 3. Paramus, 341.2; 4. Teaneck, 327.3; 5. Northern Highlands, 319.4; 6. Demarest, 310.0.

Javelin: 1. Demarest (Tyler Potterton, Steve Iafate, Ryan Gammins), 472.6; 2. Ridgewood, 390.8; 3. Paramus, 386.3; 4. Northern Highlands, 380.0; 5. Don Bosco, 372.9; 6. Paramus Catholic, 363.5.

High jump: 1. Tier Don Bosco (Greg Hazell, Bryan Teaton, Jake McFadden) and Bergen Catholic (Mike McNicholas, Sabine Galassi and Billy Leonard), 174.3; 2. Hackensack, 161.0; 4. Tie between Paramus Catholic, Demarest and Paramus, 16.8.

Long jump: 1. Don Bosco (Scott Weismiller, Greg Hazell, Jake McFadden), 60.3 1/2; 2. Old Tappan, 58.4 3/4; 3. Teaneck, 57.1 1/4; 4. Ridgewood, 55.2 1/2; 5. Northern Highlands, 55.1; 6. Demarest, 54.7 1/2.

Triple jump: 1. Old Tappan (Matthias Kabete, Myoung Hyun Chol, Jamie Eckmayer), 125.0; 2. Bergen Catholic, 122.9; 3. Don Bosco, 120.2 1/4; 4. Paramus, 117.4; 5. Demarest, 116.9; 6. Teaneck, 116.7.

Pole vault: 1. Don Bosco (Scott Weismiller, John Lynch, Mike Basilio), 98.0; 2. Demarest, 55.0; 3. Ridgewood, 34.0; 4. Old Tappan, 29.0; 5. Paramus, 20.0; 6. Bergen Catholic, 18.0.

GROUP B

TEAM SCORES: River Dell, 72; 69, Indian Hills 57 1/3, Tenafly, Englewood 52, Mahwah 38, Fort Lodi, 28 1/3, Pascaack Valley 2, Bergenfield 26, St. Joseph 18, Garfield 16, Cliffside Park 8.

4-x-100: 1. Englewood (Ackeme Brown, Andrew Sargent, Oswald Welcomes, Raldaine McDonald), 42.6; 2. Garfield, 44.5; 3. Lodi, 45.6; 4. Ramsey, 46.1; 5. Pascaack Valley, 46.6; 6. Tenafly, 46.7.

4-x-200: 1. Englewood (Ackeme Brown, Andrew Sargent, Darnion Veitch, Raldaine McDonald), 1:29.7; 2. Indian Hills, 1:31.9; 3. St. Joseph, 1:32.4; 4. Bergenfield, 1:34.7; 5. Pascaack Valley, 1:35.6; 6. Tie between Tenafly and Lodi, 1:36.6.

4-x-400: 1. Englewood (Kandell Jones, Ackeme Brown, Andrew Sargent, Raldaine McDonald), 3:27.9; 2. Indian Hills, 3:31.1; 3. River Dell, 3:32.6; 4. Ramsey, 3:34.9; 5. Tenafly, 3:35.7; 6. Lodi, 3:36.4.

4-x-800: 1. River Dell (James Haggerty, Ryan McVeigh, Nick Schlegler, Adam Herman), 8:23.2; 2. Pascaack Valley, 8:30.3; 3. Tenafly, 8:44.1; 4. Cliffside Park, 8:44.7; 5. Ramsey, 8:45.2; 6. Fort Lee, 8:48.2.

4-x-1,600: 1. Tenafly (Seung Yeop Lee, Evan Sparkman, Tatsuj, Ono, Dayne Mosconi), 19:14.8; 2. Ramsey, 19:34.4; 3. Indian Hills, 19:40.3; 4. Cliffside Park, 19:44.7; 5. St. Joseph, 19:50.5; 6. River Dell, 19:51.0.

Sprint medley: 1. Bergenfield (Clijah Holder, Kwasi Asiedu, Renell Sadang, Corey Caidenhead), 3:40.7; 2. Indian Hills, 3:41.7; 3. Fort Lee, 3:43.5; 4. Ramsey, 3:44.3; 5. Tenafly, 3:46.1; 6. River Dell, 3:57.3.

Distance medley: 1. Mahwah, (Eric Moutenet, Chris Kallath, Von Ebeling, Alan Zaccone), 10:57.7; 2. Tenafly, 11:01.7; 3. Indian Hills, 11:02.9; 4. Pascaack Valley, 11:05.9; 5. St. Joseph, 11:19.2; 6. Ramsey, 11:29.7.

Shuttle hurdles: 1. Tenafly (James Doherty, Jay Cho, Ben Edlin, Jonathan Harris), 1:05.5; 2. Ramsey, 1:04.0; 3. Fort Lee, 1:10.6; 4. Bergenfield, 1:10.9; 5. River Dell, 1:12.1; 6. Lodi, 1:16.2.

3-x-400 IH: 1. River Dell (Ryan McVeigh, Mike Gibbons, James Haggerty), 2:57.1; 2. Tenafly, 2:58.1; 3. Indian Hills, 3:00.8; 4. Fort Lee, 3:07.4; 5. Ramsey, 3:10.0; 6. Lodi, 3:11.1.

Shot put: 1. River Dell (John Farrell, Nick Rosenbach, Dan Fletcher), 137.8; 2. Mahwah, 134.5; 3. Lodi, 131.6 1/4; 4. Indian Hills, 130.1; 5. Ramsey, 127.6; 6. Pascaack Valley, 120.9.

Discus: 1. River Dell (John Farrell, Dan Baumann, Nick Rosenbach), 401.10; 2. Indian Hills, 374.0; 3. Ramsey, 363.7; 4. Pascaack Valley, 351.1; 5. Mahwah, 348.10; 6. Garfield, 329.10.

Javelin: 1. Ramsey (Doug Nemeth, John Cohen, Christian Assile), 428.1; 2. Lodi, 422.7; 3. River Dell, 413.2; 4. Pascaack Valley, 411.4; 5. Mahwah, 405.0; 6. Tenafly, 399.0.

High jump: 1. Mahwah (Julius DeFreese, John Ebeling, Kevin Steimle), 17.6; 2. Ramsey, 16.6; 3. River Dell, 16.2; 4. Lodi, 16.0; 5. Englewood, 15.10; 6. Indian Hills, 10.10.

Long jump: 1. Englewood (Ackeme Brown, Bryan Rodgers, Marty Williams), 60.8 1/2; 2. St. Joseph, 59.7; 3. Ramsey, 55.6; 4. Tenafly, 54.6 1/4; 5. River Dell, 54.5 1/4; 6. Garfield, 53.9.

Triple jump: 1. Englewood (Bryan Rodgers, Phil Dowell, Marty Williams), 123.8; 2. Bergenfield, 119.2; 3. Garfield, 119.1; 4. Ramsey, 115.1; 5. Fort Lee, 113.1; 6. Lodi, 112.1 1/2.

Pole vault: 1. Fort Lee (Dan Chediak, Alex Lansang, Henry Song), 34.0; 2. River Dell, 33.0; 3. Mahwah, 30.0; 4. Tie between Pascaack Valley, Tenafly and Indian Hills, 29.0.

GROUP C

TEAM SCORES: Pascaack Hills 89, Lyndhurst 72, Gresskill 64, Westwood 55, Ridgefield Park 49, New Milford 46, Leonia 38, Rutherford 32, Elmwood Park 22, Dumont 12, Glen Rock and North Arlington 7.

4-x-100: 1. Elmwood Park (Jarrod Diaz, Bobby Garcia, Anthony DeFreitas, Barry Bradley), 45.2; 2. Pascaack Hills, 45.5; 3. New Milford, 45.8; 4. Westwood, 46.1; 5. Gresskill, 46.5; 6. Lyndhurst, 46.7.

4-x-200: 1. Westwood (Eric Weiderlight, Eric Leitnauer, Cody Burke, Morgan Reilly), 1:34.3; 2. Pascaack Hills, 1:35.2; 3. Rutherford, 1:35.4; 4. New Milford, 1:35.7; 5. Elmwood Park, 1:36.0; 6. Ridgefield Park, 1:36.4.

4-x-400: 1. Westwood (Eric Leitnauer, Cody Burke, Zack Mower, Morgan Reilly), 3:32.7; 2. Rutherford, 3:35.6; 3. Pascaack Hills, 3:36.8; 4. New Milford, 3:37.7; 5. Ridgefield Park, 3:39.9; 6. Lyndhurst, 3:41.3.

4-x-800: 1. Pascaack Hills (Joe Sabatino, Billy Greco, DJ Puleo, Taylor Trumbetti), 8:26.1; 2. Leonia, 8:39.1; 3. Gresskill, 8:42.4; 4. Westwood, 8:43.5; 5. New Milford, 8:45.2; 6. Lyndhurst, 8:55.9.

4-x-1,600: 1. Pascaack Hills (Joe Sabatino, Billy Greco, DJ Puleo, Taylor Trumbetti), 18:49.4; 2. Westwood, 19:32.2; 3. Rutherford, 19:39.2; 4. Gresskill, 19:47.1; 5. Leonia, 20:02.9; 6. Dumont, 20:35.2.

Sprint medley: 1. Rutherford (Savann Rosario, Garret Surlet, Mario Cespedes, Ryan Arnold), 3:42.4; 2. Lyndhurst, 3:44.4; 3. Pascaack Hills, 3:48.7; 4. Ridgefield Park, 3:55.3; 5. Elmwood Park, 3:57.7; 6. North Arlington, 4:03.6.

Distance medley: 1. Pascaack Hills (Justin Veroga, Joe Sabatino, Taylor Trumbetti, DJ Puleo), 10:58.0; 2. Westwood, 11:02.7; 3. Leonia, 11:03.4; 4. Gresskill, 11:13.6; 5. Rutherford, 11:46.3; 6. Ridgefield Park, 11:48.0.

Shuttle hurdles: 1. Lyndhurst (Alan Mijanovic, Brian Pulido-Vaz, PJ Miller, Patrick Duffy), 4:09.7; 2. Dumont, 4:10.8; 3. Ridgefield Park, 4:11.8; 4. Gresskill, 4:13.6; 5. Pascaack Hills, 4:14.6; 6. Leonia, 4:17.5.

3-x-400 IH: 1. Lyndhurst (Alan Mijanovic, Patrick Duffy, PJ Miller), 3:07.9; 2. Leonia, 3:13.4; 3. Ridgefield Park, 3:17.2; 4. Pascaack Hills, 3:18.3; 5. Dumont, 3:25.9; 6. Gresskill, 3:30.8.

Shot put: 1. New Milford (All Metwalli, Dan Suarez, Robin Robustillo), 129.5; 2. Gresskill, 129.3; 3. Lyndhurst, 127.0; 4. Ridgefield Park, 120.5; 5. Leonia, 118.0; 6. Westwood, 118.0.

Discus: 1. New Milford (All Metwalli, Robin Robustillo, Dan Suarez), 341.5; 2. Gresskill, 340.9; 3. Lyndhurst, 300.0; 4. Elmwood Park, 292.9; 5. Leonia, 288.1; 6. Westwood, 277.9.

Javelin: 1. New Milford (All Metwalli, Sean Dunn, Mark Grosshard), 397.10; 2. Ridgefield Park, 390.10; 3. North Arlington, 389.7; 4. Lyndhurst, 371.1; 5. Gresskill, 367.7; 6. Pascaack Hills, 359.0.

High jump: 1. Tie between Westwood (Devon Miller, Max Policastro, Eric Weiderlight) and Gresskill (Scott Lee, Joe Yun, Paul Yun), 16.6; 3. Leonia, 16.10; 4. Ridgefield Park, 11.7; 5. Pascaack Hills, 10.10; 6. Lyndhurst, 10.4.

Long jump: 1. Pascaack Hills (Chet Palumbo, Gary Ward, Anthony Greco), 57.7; 2. Lyndhurst, 54.1 1/2; 3. Elmwood Park, 54.10; 4. Gresskill, 54.9; 5. Westwood, 54.3; 6. Ridgefield Park, 54.0.

Triple jump: 1. Ridgefield Park (Markues McMillian, Ryan Melley, Kevin Melley), 116.5 1/2; 2. Gresskill, 114.3 1/2; 3. Lyndhurst, 112.5; 4. Leonia, 110.5; 5. Westwood, 110.1 1/2; 6. Glen Rock, 110.0.

Pole vault: 1. Lyndhurst (Matt Waldron, Justin Lim, George Delgado), 31.20; 2. Pascaack Hills, 29.0; 3. Gresskill, 28.0; 4. Ridgefield Park, 28.0; 5. Tie between Dumont and Glen Rock, 19.0.

GROUP D

TEAM SCORES: Hasbrouck Heights 119, Emerson 76, Wood-Ridge 57, Saddle Brook 50, Midland Park 49, Bogota 47, Park Ridge 42, Wallington 32, Waldwick 9.

4-x-100: 1. Emerson (Jason Ferrar, Tim Vogel, Eric Ciavaglia, Hayden Duffy), 44.7; 2. Hasbrouck Heights, 45.2; 3. Bogota, 46.4; 4. Wallington, 47.0; 5. Midland Park, 47.8; 6. Wood-Ridge, 48.3.

4-x-200: 1. Hasbrouck Heights (Kevin Condal, Kevin DeCalzo, Matt Galassi, Kevin Harris), 1:33.7; 2. Emerson, 1:36.3; 3. Wallington, 1:38.2; 4. Saddle Brook, 1:38.9; 5. Park Ridge, 1:39.9; 6. Wood-Ridge, 1:43.5.

4-x-400: 1. Hasbrouck Heights (Kevin DeCalzo, Kevin Condal, Neil Marchese, Kevin Harris), 3:34.6; 2. Saddle Brook, 3:38.1; 3. Midland Park, 3:42.6; 4. Emerson, 3:43.5; 5. Park Ridge, 3:48.5; 6. Bogota, 3:54.4.

4-x-800: 1. Saddle Brook (Tim Kicha, Chris Gawin, Chris Bullis, Connor Bratynski), 8:49.9; 2. Emerson, 9:12.3; 3. Hasbrouck Heights, 9:20.1; 4. Wood-Ridge, 10:55.

4-x-1,600: 1. Saddle Brook (Tim Kicha, Steve Mancini, Rishi Ghali, Connor Bratynski), 19:37.2; 2. Hasbrouck Heights, 20:12.9; 3. Park Ridge, 20:59.6; 4. Wallington, 22:18.6; 5. Wood-Ridge, 23:10.5.

Sprint medley: 1. Emerson (Rames DeLaRosa, Eric Ortega, Tim Vogel, Hayden Duffy), 3:44.2; 2. Bogota, 3:47.2; 3. Park Ridge, 3:58.6; 4. Saddle Brook, 3:59.8; 5. Hasbrouck Heights, 4:04.0; 6. Midland Park, 4:05.2.

Distance medley: 1. Saddle Brook (Connor Bratynski, Matt Bellinger, Chris Gawin, Tim Kicha), 11:32.2; 2. Bogota, 11:24.3; 3. Hasbrouck Heights, 12:04.5; 4. Park Ridge, 12:21.1; 5. Wallington, 12:52.6; 6. Wood-Ridge, 13:45.8.

Shuttle hurdles: 1. Wood-Ridge (Zach Davenport, Mike Garryuk, Daniel Lee, John Porteous), 4:12.0; 2. Emerson, 4:13.1; 3. Hasbrouck Heights, 4:16.4; 4. Midland Park, 4:18.9.

3-x-400 IH: 1. Wood-Ridge (John Porteous, Zach Davenport, Alex Nelkos), 3:11.6; 2. Emerson, 3:15.1; 3. Hasbrouck Heights, 3:17.2; 4. Midland Park, 3:25.3.

Shot put: 1. Hasbrouck Heights (Travis Malave, Patrick Cole, Matt Galassi), 135.8; 2. Park Ridge, 131.1; 3. Wood-Ridge, 115.10; 4. Bogota, 112.5; 5. Saddle Brook, 99.4; 6. Waldwick, 92.0.

Discus: 1. Wallington (Thomas DiGooz, Ima Lukas Pura, Wojciech Brzozowski), 334.9; 2. Hasbrouck Heights, 318.10; 3. Park Ridge, 314.10; 4. Bogota, 296.1; 5. Wood-Ridge, 292.4; 6. Emerson, 272.2.

Javelin: 1. Midland Park (Kaleb Zuidema, Mike Biesard, Jonathan Collins), 508.4; 2. Wood-Ridge, 451.1; 3. Wallington, 421.7; 4. Bogota, 400.7; 5. Hasbrouck Heights, 380.0; 6. Emerson, 357.1.

High jump: 1. Midland Park (Mike Biesard, Kaleb Zuidema, Nick Acitro), 16.10; 2. Tie between Hasbrouck Heights and Emerson, 15.10.4; Waldwick, 10.4; 5. Wood-Ridge, 5.8.

Long jump: 1. Hasbrouck Heights (Kevin DeCalzo, Niko Nieves, Mike Pkowski), 55.7; 2. Wood-Ridge, 53.6; 3. Bogota, 52.8; 4. Midland Park, 52.6; 5. Saddle Brook, 51.6; 6. Emerson, 50.4.

Triple jump: 1. Hasbrouck Heights (Sven Nielsen, Niko Nieves, Patrick Cole), 109.1; 2. Midland Park, 107.0; 3. Bogota, 104.4; 4. Emerson, 102.5; 5. Wood-Ridge, 97.1; 6. Waldwick, 92.0.

Pole vault: 1. Hasbrouck Heights (Richard Nieder, Ryan Spandler, Peter Gambino), 22.0; 2. Park Ridge, 14.0; 3. Emerson, 11.0; 4. Waldwick, 10.0.

Bergen County Relays

4/15 and 4/17-4/18

Wednesday @ Ramsey:

3xHJ:

Tommy DeVita 6'2"

Matt Beausoleil 5'2"

Matt Levitsky 5'2" - 16'6"

Friday @ Demarest:

4x1600m:

Andrew Fine 4:32

Brian Cleary 4:35

Sean Martyn 4:35

Taro Shigenobu 4:52 - 18:35.0 - 2nd Place

4x200m:

Matt Grundy 23.3

Will Jacoby 23.3

Louis Pietrantuono 24.0

Max Witt 22.6 - 1:33.2 - 4th Place

3x400H:

InSoo Hwang 58.0

Edward Blair 62.5

Sean Mattson 61.9 - 3:02.4 - 2nd Place

Discus:

Jack Simmons 135'4"

Adam Bair 111'10"

Max Krauss 105'1" - 352'3" - 2nd Place

Triple Jump:

Tommy DeVita 40'9 ¼"

Matt Grundy 34'1 ½"

AJ Mandarano 35'4 ¾"

Javelin:

Taylor Zulauf 136'5"

Mark Maniaci 142'3"

Matt Beausoleil 112'0" - 390'8" - 2nd Place

Saturday @ Demarest

4x110HH:

Tommy DeVita 16.5

Sean Mattson 18.0

Matt Beausoleil 17.9

Edward Blair 16.5 – 1:08.4 – 4th Place

4x100m:

Max Witt

Will Jacoby

Matt Grundy

InSoo Hwang 44.1 – 3rd Place

Distance Medley:

Andrew Fine 3:13

Matt Levitsky 54.6

Brian Cleary 2:05

Taro Shigenobu 4:35 – 10:50.7 – 2nd Place

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

InSoo Hwang 51.1

Will Jacoby 23.5

Louis Pietrantuono 23.7

Taro Shigenobu 1:57.6 – 3:37.0 – 3rd Place

4x800m:

Brian Cleary 2:05.5

Sean Martyn 2:04.8

Steven Spreitzer 2:06.8

Andrew Fine 2:00.2 – 8:17.1 – 2nd Place

4x400m:

Matt Grundy 53.1

Sean Mattson 55.4

Matt Levitsky 56.7

InSoo Hwang 52.3 – 3:37.8

Shot Put:

Jack Simmons 45'2 ½"

Adam Bair 44'7"

Max Krauss 36'6 ¾" – 126'4 ½" – 3rd Place

Long Jump:

Tommy DeVita 19'7"

Max Witt 17'7 ½"

Louie Pietrantuono 18'0" – 55'2 ½" – 4th Place

Pole Vault:

John Wisener 12'0"

Max Witt 11'0"

Andrew Gramaglia 11'0" – 34'0" – 3rd Place

Team Score:

Don Bosco 119

Ridgewood 86

Teaneck 60

Bergen Catholic 48

Old Tappan 45

Comments:

This was a good meet for us. There were a lot of personal bests. As of right now this is by far the 2nd best track and field team in Bergen County. That is a nice start to our season. I'm not sure that we could have won this meet without Don Bosco making a mistake or two, however I do think there were a few areas that we left points on the table. We cannot leave points on the table and expect to win championships in the future. Good job this weekend – lets get better!

Fraulo Race Timing - Contractor License

Hy-Tek's MEET MANAGER

2009 Jack Yockers Bergen County Relays - 4/15/2009 to 4/18/2009

Jack Yockers Relays

Demarest High School

Results**Event 1 Boys 4x1600 Meter Relay A**

School	Seed	Finals	Points
Finals			
1 Don Bosco Preparatory HS 'A'		17:50.90	10
1) 641 Vargas, Rafael JR	2) 630 Offer, Brendan SR		
3) 637 Spencer, Leighton SR	4) 626 Molke, Robert SR		
2 Ridgewood 'A'		18:35.00	8
3 Northern Highlands 'A'		19:19.50	6
4 Old Tappan 'A'		19:26.30	4
5 Fair Lawn 'A'		19:31.90	2
6 Hackensack HS 'A'		19:48.90	1
7 Bergen Catholic 'A'		20:01.40	
8 Demarest 'A'		20:07.20	
9 Paramus 'A'		20:11.70	
10 Bergen Tech 'A'		20:13.70	

Event 9 Boys 4x200 Meter Relay A

School	Seed	Finals	Points
1 Don Bosco Preparatory HS 'A'		1:30.00	10
1) 601 Griffith, William SR	2) 593 Carroo, Leonte FR		
3) 618 Maxwell, Selwyn SO	4) 645 Whilby, Marvin SR		
2 Teaneck 'A'		1:30.70	8
3 Paramus Catholic 'A'		1:32.90	6
4 Ridgewood 'A'		1:33.20	4
5 Old Tappan 'A'		1:33.30	2
6 Bergen Catholic 'A'		1:33.90	1
7 Hackensack HS 'A'		1:34.50	
8 Fair Lawn 'A'		1:34.60	
9 Ramapo 'A'		1:34.80	
10 Demarest 'A'		1:35.00	
11 Paramus 'A'		1:37.00	
12 Northern Highlands 'A'		1:38.80	

Event 17 Boys 400 Meter Hurdles Relay A

Name	Year School	Seed	Finals	Points
1 2591 Vargas, Joe	SR Paramus		56.90	
2 7 Bohlin, Tom	SR Bergen Catholic		57.10	3.33
3 85 Wingate, Ernest	JR Bergen Catholic		57.50	3.33
4 3381 Hwang, InSoo	10 Ridgewood		58.00	2.66
5 46 Leonard, Billy	JR Bergen Catholic		58.30	3.33
6 2230 Picache, Nick	FR Northern Highlands		58.60	1.33
7 2522 Schnieder, Justin	SR Paramus Catholic		1:00.10	2
8 3754 Hambric, Brandon	SR Teaneck		1:00.80	0.33
9 2505 Martinelli, Eric	SR Paramus Catholic		1:01.10	2
10 530 Degnon, Sean	FR Demarest		1:01.60	0.66

10	2503	Lewis, Aubrey	FR	Paramus Catholic	1:01.60	2
12	3368	Blair IV, Edward	10	Ridgewood	1:01.90	2.66
13	559	Modi, Sushaan	JR	Demarest	1:02.00	0.66
13	2213	Hirshfield, Eric	JR	Northern Highlands	1:02.00	1.33
15	533	Dyer, Andrew	JR	Demarest	1:02.40	0.66
16	3757	Kendrick, Kamal	FR	Teaneck	1:02.50	0.33
16	3393	Mattson, Sean	10	Ridgewood	1:02.50	2.66
18	3012	Belotti, Len	JR	Ramapo	1:02.70	
19	1026	Sloves, Andrew	SR	Fair Lawn	1:03.00	
19	3776	Qualls, Aaron	JR	Teaneck	1:03.00	0.33
19	2225	Palella, Charlie	SO	Northern Highlands	1:03.00	1.33
22	177	Plekhov, Daniel	11	Bergen Tech	1:03.20	
23	151	Goldklang, Jordan	11	Bergen Tech	1:03.50	
24	1335	Oddstadt, Christop	JR	Hackensack HS	1:03.90	
25	2316	Guzman, Freddy	SO	Old Tappan	1:04.20	
26	2583	Patel, Dharm	JR	Paramus	1:04.40	
27	1321	Elliot, Gregory	SR	Hackensack HS	1:04.70	
28	2293	Benolli, Emanuele	JR	Old Tappan	1:06.40	
29	996	Griparich, Jerry	SR	Fair Lawn	1:06.80	
30	3036	Moffit, Grant	JR	Ramapo	1:07.10	
31	133	Abrams, Patrick	11	Bergen Tech	1:07.70	
32	2352	Scozzafava, Nichol	JR	Old Tappan	1:07.80	
33	3024	Gattoni, Mike	JR	Ramapo	1:08.50	
33	1342	Vargas, Alejandro	SO	Hackensack HS	1:08.50	
35	984	Boller, Mike	JR	Fair Lawn	1:08.70	
36	2571	Han, Julian	JR	Paramus	1:11.40	

Rank	Team	Total Mark	Points
1	Bergen Catholic	2:52.90	10
2	Ridgewood	3:02.40	8
3	Paramus Catholic	3:02.80	6
4	Northern Highlands	3:03.60	4
5	Demarest	3:06.00	2
6	Teaneck	3:06.30	1
7	Paramus	3:12.70	0
8	Bergen Tech	3:14.40	0
9	Hackensack HS	3:17.10	0
10	Ramapo	3:18.30	0
11	Old Tappan	3:18.40	0
12	Fair Lawn	3:18.50	0

Event 25 Boys 4x100 Meter Shuttle Hurdle A

School	Seed	Finals	Points
1 Teaneck 'A'		1:03.80	10
1) 3751 Goins, Chris SR	2) 3741 Culver, Terrance SR		
3) 3786 Spidell, Ivan SR	4) 3754 Hambric, Brandon SR		
2 Don Bosco Preparatory HS 'A'		1:05.60	8
3 Northern Highlands 'A'		1:07.10	6
4 Ridgewood 'A'		1:08.40	4
5 Bergen Catholic 'A'		1:08.90	2
6 Demarest 'A'		1:09.70	1
7 Bergen Tech 'A'		1:12.20	
-- Old Tappan 'A'		DNF	
-- Ramapo 'A'		DQ	

Event 33 Boys Distance Medley A

School	Seed	Finals	Points
1 Ridgewood 'A'		10:50.70	10
1) 3375 Fine, Andrew 12	2) 3388 Levitsky, Matt 12		
3) 3371 Cleary, Brian 11	4) 3398 Shigenobu, Taro 12		
2 Don Bosco Preparatory HS 'A'		10:56.70	8
3 Bergen Tech 'A'		11:14.60	6
4 Demarest 'A'		11:25.10	4
5 Teaneck 'A'		11:33.00	2
6 Paramus Catholic 'A'		11:42.10	1
7 Paramus 'A'		12:00.10	
8 Bergen Catholic 'A'		12:15.30	
-- Old Tappan 'A'		DQ	
-- Fair Lawn 'A'		DQ	

Event 41 Boys 1600 Sprint Medley A

School	Seed	Finals	Points
1 Don Bosco Preparatory HS 'A'		3:31.90	10
1) 593 Carroo, Leonte FR	2) 645 Whilby, Marvin SR		
3) 601 Griffith, William SR	4) 626 Molke, Robert SR		
2 Teaneck 'A'		3:36.80	8
3 Ridgewood 'A'		3:37.00	6
4 Northern Highlands 'A'		3:37.40	4
5 Paramus Catholic 'A'		3:38.40	2
6 Demarest 'A'		3:43.20	1
7 Ramapo 'A'		3:45.80	
8 Hackensack HS 'A'		3:55.90	
9 Old Tappan 'A'		3:58.00	
10 Bergen Tech 'A'		3:58.60	
11 Paramus 'A'		4:01.80	
12 Bergen Catholic 'A'		4:04.50	

Event 49 Boys 4x100 Meter Relay A

School	Seed	Finals	Points
1 Teaneck 'A'		43.30	10
1) 3751 Goins, Chris SR	2) 3763 Miles, Daryian FR		
3) 3741 Culver, Terrance SR	4) 3773 Pleasants, Casey JR		
2 Don Bosco Preparatory HS 'A'		43.90	8
3 Ridgewood 'A'		44.10	6
4 Old Tappan 'A'		44.60	4
5 Ramapo 'A'		45.70	2
6 Demarest 'A'		46.20	1
7 Bergen Catholic 'A'		46.60	
8 Paramus Catholic 'A'		46.70	
9 Paramus 'A'		47.30	
10 Bergen Tech 'A'		48.30	
11 Northern Highlands 'A'		48.70	
12 Hackensack HS 'A'		49.30	

Event 57 Boys 4x800 Meter Relay A

School	Seed	Finals	Points
1 Don Bosco Preparatory HS 'A'		8:10.90	10

1) 592 Carapezza, Michael SR	2) 641 Vargas, Rafael JR		
3) 590 Belgiovine, Michael JR	4) 637 Spencer, Leighton SR		
2 Ridgewood 'A'		8:17.10	8
3 Bergen Catholic 'A'		8:17.80	6
4 Paramus 'A'		8:21.60	4
5 Old Tappan 'A'		8:32.50	2
6 Demarest 'A'		8:38.60	1
7 Hackensack HS 'A'		8:41.90	
8 Teaneck 'A'		8:49.50	
9 Northern Highlands 'A'		8:54.50	
10 Ramapo 'A'		8:56.10	
11 Bergen Tech 'A'		9:01.20	

Event 65 Boys 4x400 Meter Relay A

School	Seed	Finals	Points
1 Teaneck 'A'		3:31.90	10
2 Bergen Catholic 'A'		3:32.10	8
1) 46 Leonard, Billy JR	2) 7 Bohlin, Tom SR		
3) 69 Ringelstein, Pat SR	4) 50 Manzo, Nick FR		
3 Demarest 'A'		3:32.40	6
4 Northern Highlands 'A'		3:35.80	4
5 Fair Lawn 'A'		3:37.10	2
6 Old Tappan 'A'		3:37.30	1
7 Hackensack HS 'A'		3:37.70	
8 Ridgewood 'A'		3:37.80	
9 Ramapo 'A'		3:38.70	
10 Bergen Tech 'A'		3:38.90	

Event 77 Boys Javelin Throw Relay A

Name	Year School	Seed	Finals	Points
1 570 Potterton, Tyler	SR Demarest		170-05	3.33
2 546 Iafrate, Steven	JR Demarest		156-07	3.33
3 528 Crimmins, Ryan	SO Demarest		145-06	3.33
4 3391 Maniaci, Mark	11 Ridgewood		142-03	2.66
5 2561 Bucci, Doug	SR Paramus		136-05	2
5 3404 Zulauf, Taylor	12 Ridgewood		136-05	2.66
7 2574 Jonas, Jordan	SR Paramus		132-05	2
8 69 Ringelstein, Pat	SR Bergen Catholic		132-01	
9 2203 Bovino, Brandon	SO Northern Highlands		130-11	1.33
10 615 Lynch, John	JR Don Bosco Prep		128-08	0.66
11 2216 Katsikotis, Joe	FR Northern Highlands		127-11	1.33
12 1313 Avallone, Mike	SR Hackensack HS		127-02	
13 2322 Kim, John	SR Old Tappan		125-10	
14 2487 Farino, Michael	JR Paramus Catholic		125-03	0.33
15 632 Proscia, Michael	SO Don Bosco Prep		123-07	0.66
16 2530 Wright, Marquise	SO Paramus Catholic		122-02	0.33
17 2211 Guerra, Paul	SR Northern Highlands		121-02	1.33
18 638 Teaton, Bryan	SR Don Bosco Prep		120-06	0.66
19 1316 Cahoon, Edward	JR Hackensack HS		119-08	
20 2568 Fiorino, Nicholas	JR Paramus		117-05	2
21 2479 Bartels, Kwamena	SR Paramus Catholic		116-00	0.33
22 3367 Beausoleil, Matt	10 Ridgewood		112-00	2.66
23 38 Habibian, Michael	JR Bergen Catholic		109-00	
24 2298 Borzone, Louis	JR Old Tappan		108-09	
25 57 Miller, Mark	SO Bergen Catholic		107-05	

26	3742	Davis, Mahlik	JR Teaneck	103-00
27	1323	Harrison, John	JR Hackensack HS	99-09
28	3779	Robinson, Rulan	FR Teaneck	88-08
29	3759	Leslie, Jasper	JR Teaneck	76-07
--	2313	Fuller, Devin	FR Old Tappan	ND

Rank	Team	Total Mark	Points
1	Demarest	472-06	10
2	Ridgewood	390-08	8
3	Paramus	386-03	6
4	Northern Highlands	380-00	4
5	Don Bosco Preparatory HS	372-09	2
6	Paramus Catholic	363-05	1
7	Bergen Catholic	348-06	0
8	Hackensack HS	346-07	0
9	Teaneck	268-03	0
10	Old Tappan	234-07	0

Event 89 Boys Shot Put Relay A

Name	Year	School	Seed	Finals	Points
1 2346	Reilly, Michael	SO Old Tappan		50-05.50	3.33
2 2530	Wright, Marquise	SO Paramus Catholic		45-05.00	
3 3399	Simmons, Jack	11 Ridgewood		45-02.50	2
4 591	Byrne, Timothy	JR Don Bosco Prep		44-09.75	2.66
5 3366	Bair, Adam	12 Ridgewood		44-07.00	2
6 528	Crimmins, Ryan	SO Demarest		44-06.50	0.66
7 1343	Victorino, Brandon	SR Hackensack HS		44-04.25	0.33
8 34	Galassi, Sabino	SR Bergen Catholic		44-01.00	1.33
9 556	Menezes, Andrew	SR Demarest		43-04.75	0.66
10 624	Meile, Peter	JR Don Bosco Prep		42-07.00	2.66
11 1332	Mozia, Stephen	SO Hackensack HS		42-05.00	0.33
12 42	Kloeblen, Brian	JR Bergen Catholic		41-11.50	1.33
13 2291	Alsharif, Peter	SO Old Tappan		41-02.00	3.33
14 49	Mandese, Tom	JR Bergen Catholic		40-03.00	1.33
15 3786	Spidell, Ivan	SR Teaneck		40-02.75	
16 3737	Carter, Willie	JR Teaneck		40-02.50	
17 633	Robinson, Thomas	SR Don Bosco Prep		40-01.00	2.66
18 2337	Miele, John	SR Old Tappan		39-04.00	3.33
19 2228	Pernice, Tony	SO Northern Highlands		38-09.50	
20 989	Eisser, Chris	SR Fair Lawn		38-09.00	
21 581	Westervelt, David	JR Demarest		38-03.50	0.66
22 2211	Guerra, Paul	SR Northern Highlands		37-11.00	
23 2510	Nitti, Joe	JR Paramus Catholic		37-02.00	
24 999	Iosif, Gabe	JR Fair Lawn		36-08.50	
25 3386	Krauss, Max	11 Ridgewood		36-06.75	2
26 3759	Leslie, Jasper	JR Teaneck		36-03.75	
27 2203	Bovino, Brandon	SO Northern Highlands		36-01.00	
28 2485	Esposito, Phil	SR Paramus Catholic		35-07.00	
29 1030	Urbina, Anthony	SR Fair Lawn		35-05.00	
30 1331	Montesano, Anthony	JR Hackensack HS		34-11.00	0.33
31 3008	Ambrose, John	SR Ramapo		32-04.50	
32 3028	Imperatore, Andrew	SR Ramapo		30-08.75	
33 3035	Meussner, Jack	JR Ramapo		29-08.25	
34 3018	Csaki, Brandon	SO Ramapo		29-03.50	
35 3013	Budinsky, Steve	SR Ramapo		28-06.50	
-- 3050	Watkins, William	SO Ramapo			ND

Rank	Team	Total Mark	Points
1	Old Tappan	130-11.50	10
2	Don Bosco Preparatory HS	127-05.75	8
3	Ridgewood	126-04.25	6
4	Bergen Catholic	126-03.50	4
5	Demarest	126-02.75	2
6	Hackensack HS	121-08.25	1
7	Paramus Catholic	118-02.00	0
8	Teaneck	116-09.00	0
9	Northern Highlands	112-09.50	0
10	Fair Lawn	110-10.50	0
11	Ramapo	92-09.50	0

Event 93 Boys Triple Jump Relay A

Name	Year	School	Seed	Finals	Points
1	605	Hazell, Gregory	SO Don Bosco Prep	43-05.00	2
2	56	McNicholas, Michae	SR Bergen Catholic	42-10.75	2.66
3	1344	Walker, Conroy	JR Hackensack HS	42-08.50	
4	2319	Kabete, Matthias	JR Old Tappan	42-02.75	3.33
5	2300	Choi, Myoung Hyun	SO Old Tappan	42-01.25	3.33
6	84	Wingate, Chuck	FR Bergen Catholic	41-10.75	2.66
7	2590	Vaghasia, Naitik	SR Paramus	41-10.25	1.33
8	3373	DeVita, Tommy	11 Ridgewood	40-09.25	
9	2307	Eckmayer, James	SR Old Tappan	40-08.00	3.33
10	3767	Ohene-Bonsu, Kwabe	SR Teaneck	40-05.00	0.33
11	3747	Fields, Warren	SO Teaneck	40-01.00	0.33
12	2591	Vargas, Joe	SR Paramus	39-08.75	1.33
13	1342	Vargas, Alejandro	SO Hackensack HS	39-07.75	
14	549	Kim, Byung Bo	SO Demarest	39-07.50	0.66
15	622	McFadden, Jake	SR Don Bosco Prep	39-03.00	2
16	529	Crousillat, Luis	SO Demarest	38-10.75	0.66
17	578	Sofer, Yaniv	JR Demarest	38-02.00	0.66
18	2215	Hoag, James	FR Northern Highlands	38-00.75	
19	24	Dixon, Darryl	FR Bergen Catholic	37-11.75	2.66
20	2491	Franco, Anthony	JR Paramus Catholic	37-10.00	
21	2528	Wade, Jordan	JR Paramus Catholic	37-09.50	
22	610	Jeune, Randy	SR Don Bosco Prep	37-06.50	2
23	2479	Bartels, Kwamena	SR Paramus Catholic	37-05.75	
24	2236	Tamirian, Alex	SO Northern Highlands	36-09.50	
25	3794	Williams, Nevon	SO Teaneck	36-01.50	0.33
26	2239	Yeaton, Jeremy	FR Northern Highlands	35-10.00	
27	2576	Kim, Jonathan	SR Paramus	35-09.25	1.33
28	3390	Manderano, A.J.	11 Ridgewood	35-04.75	
29	3377	Grundy, Matt	11 Ridgewood	34-01.50	
30	1324	Headley, Moquiez	FR Hackensack HS	33-04.75	

Rank	Team	Total Mark	Points
1	Old Tappan	125-00.00	10
2	Bergen Catholic	122-09.25	8
3	Don Bosco Preparatory HS	120-02.50	6
4	Paramus	117-04.25	4
5	Demarest	116-08.25	2
6	Teaneck	116-07.50	1
7	Hackensack HS	115-09.00	0
8	Paramus Catholic	113-01.25	0
9	Northern Highlands	110-08.25	0

10 Ridgewood

110-03.50

0

Event 101 Boys High Jump Relay A

Name	Year	School	Seed	Finals	Points	
1	3373	DeVita, Tommy	11	Ridgewood	6-02.00	
2	605	Hazell, Gregory	SO	Don Bosco Prep	6-00.00	3
3	2591	Vargas, Joe	SR	Paramus	5-10.00	0.77
3	56	McNicholas, Michae	SR	Bergen Catholic	5-10.00	3
3	638	Teaton, Bryan	SR	Don Bosco Prep	5-10.00	3
3	551	Kim, Yoonil	SO	Demarest	5-10.00	0.77
3	34	Galassi, Sabino	SR	Bergen Catholic	5-10.00	3
3	2522	Schnieder, Justin	SR	Paramus Catholic	5-10.00	0.77
9	1342	Vargas, Alejandro	SO	Hackensack HS	5-08.00	2
9	1323	Harrison, John	JR	Hackensack HS	5-08.00	2
9	2513	Paul, Earvin	JR	Paramus Catholic	5-08.00	0.77
9	549	Kim, Byung Bo	SO	Demarest	5-08.00	0.77
9	2590	Vaghasia, Naitik	SR	Paramus	5-08.00	0.77
9	46	Leonard, Billy	JR	Bergen Catholic	5-08.00	3
15	2215	Hoag, James	FR	Northern Highlands	5-06.00	
15	2232	Ridgewell, Laurenc	JR	Northern Highlands	5-06.00	
15	1327	Mensah, Bright	SO	Hackensack HS	5-06.00	2
15	622	McFadden, Jake	SR	Don Bosco Prep	5-06.00	3
19	2564	Charbonnel, Eric	SR	Paramus	5-02.00	0.77
19	2508	McKight, Malcom	SO	Paramus Catholic	5-02.00	0.77
19	3376	Gramaglia, Andrew	11	Ridgewood	5-02.00	
19	2227	Perez, Alex	SO	Northern Highlands	5-02.00	
19	564	Palmadessa, Dennis	JR	Demarest	5-02.00	0.77
19	3388	Levitsky, Matt	12	Ridgewood	5-02.00	

Rank	Team	Total Mark	Points
1	Don Bosco Preparatory HS	17-04.00	9
1	Bergen Catholic	17-04.00	9
3	Hackensack HS	16-10.00	6
4	Paramus Catholic	16-08.00	2.33
4	Demarest	16-08.00	2.33
4	Paramus	16-08.00	2.33
7	Ridgewood	16-06.00	0
8	Northern Highlands	16-02.00	0

Event 109 Boys Long Jump Relay A

Name	Year	School	Seed	Finals	Points	
1	644	Weismiller, Scott	JR	Don Bosco Prep	20-10.00	3.33
2	2307	Eckmayer, James	SR	Old Tappan	20-02.00	2.66
3	605	Hazell, Gregory	SO	Don Bosco Prep	20-01.50	3.33
4	3794	Williams, Nevon	SO	Teaneck	19-09.50	2
5	2319	Kabete, Matthias	JR	Old Tappan	19-07.50	2.66
6	3373	DeVita, Tommy	11	Ridgewood	19-07.00	1.33
6	56	McNicholas, Michae	SR	Bergen Catholic	19-07.00	
8	622	McFadden, Jake	SR	Don Bosco Prep	19-04.00	3.33
9	2590	Vaghasia, Naitik	SR	Paramus	19-03.50	
10	3793	Williams, Jamal	FR	Teaneck	19-03.00	2
11	2215	Hoag, James	FR	Northern Highlands	19-02.50	0.66
12	551	Kim, Yoonil	SO	Demarest	18-10.00	0.33
13	2300	Choi, Myoung Hyun	SO	Old Tappan	18-07.25	2.66

14	529	Crousillat, Luis	SO Demarest	18-05.50	0.33
14	2227	Perez, Alex	SO Northern Highlands	18-05.50	0.66
16	3041	Paternostro, Bradl	SO Ramapo	18-04.50	
17	3027	Im, Simon	SR Ramapo	18-04.00	
18	3767	Ohene-Bonsu, Kwabe	SR Teaneck	18-01.00	2
19	3394	Pietrantuono, Loui	12 Ridgewood	18-00.00	1.33
20	85	Wingate, Ernest	JR Bergen Catholic	17-09.00	
21	3403	Witt, Max	12 Ridgewood	17-07.50	1.33
22	2578	Lee, Jae	SR Paramus	17-06.50	
23	2236	Tamirian, Alex	SO Northern Highlands	17-05.00	0.66
24	4397	Kim, Jin Tee	10 Demarest	17-04.00	0.33
25	2593	Wuu, Yen	SO Paramus	17-03.50	
26	135	Banks, Daniel	11 Bergen Tech	17-03.00	
27	3026	Holloran, Thomas	FR Ramapo	16-11.50	
28	137	Bennett, Karl	10 Bergen Tech	16-08.50	
29	2491	Franco, Anthony	JR Paramus Catholic	16-03.00	
30	2485	Esposito, Phil	SR Paramus Catholic	15-10.50	
31	84	Wingate, Chuck	FR Bergen Catholic	15-09.50	
32	148	Giordano, Frank	11 Bergen Tech	14-04.00	
--	2513	Paul, Earvin	JR Paramus Catholic		ND

Rank	Team	Total Mark	Points
1	Don Bosco Preparatory HS	60-03.50	10
2	Old Tappan	58-04.75	8
3	Teaneck	57-01.50	6
4	Ridgewood	55-02.50	4
5	Northern Highlands	55-01.00	2
6	Demarest	54-07.50	1
7	Paramus	54-01.50	0
8	Ramapo	53-08.00	0
9	Bergen Catholic	53-01.50	0
10	Bergen Tech	48-03.50	0
11	Paramus Catholic	32-01.50	0

Event 117 Boys Discus Throw Relay A

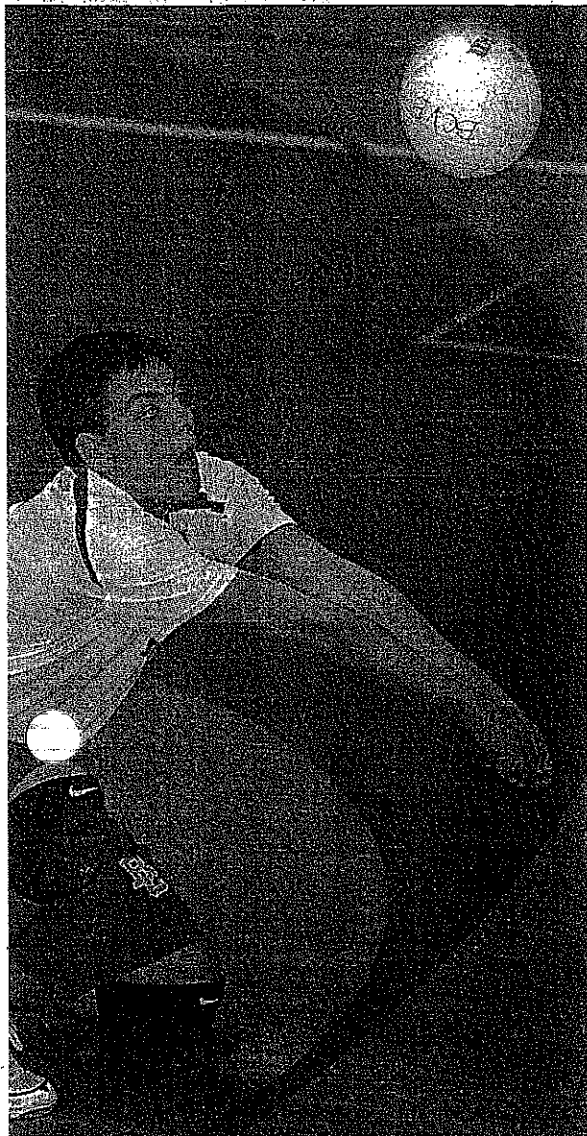
Name	Year	School	Seed	Finals	Points
1	591	Byrne, Timothy	JR Don Bosco Prep	139-08	3.33
2	1332	Mozia, Stephen	SO Hackensack HS	135-10	
3	3399	Simmons, Jack	11 Ridgewood	135-04	2.66
4	2530	Wright, Marquise	SO Paramus Catholic	128-03	
5	633	Robinson, Thomas	SR Don Bosco Prep	125-05	3.33
6	2569	Foster, Mitchell	SO Paramus	124-10	2
7	624	Meile, Peter	JR Don Bosco Prep	118-02	3.33
8	528	Crimmins, Ryan	SO Demarest	117-10	0.33
9	2203	Bovino, Brandon	SO Northern Highlands	116-03	0.66
10	3737	Carter, Willie	JR Teaneck	114-03	1.33
11	2574	Jonas, Jordan	SR Paramus	112-01	2
12	3366	Bair, Adam	12 Ridgewood	111-10	2.66
13	3767	Ohene-Bonsu, Kwabe	SR Teaneck	110-07	1.33
14	1343	Victorino, Brandon	SR Hackensack HS	109-09	
15	2228	Pernice, Tony	SO Northern Highlands	107-11	0.66
16	2328	Leggett, Ryan	JR Old Tappan	107-07	
17	2353	Sheppard, Tyler	JR Old Tappan	105-05	
18	3386	Krauss, Max	11 Ridgewood	105-01	2.66
19	47	Lippin, Sam	SO Bergen Catholic	105-00	
20	2573	Holowko, Matthew	SR Paramus	104-03	2
21	3759	Leslie, Jasper	JR Teaneck	102-05	1.33

the point

PENN RELAYS PREVIEW

The 115th Penn Relays

Thursday through Saturday, at Franklin Field, Philadelphia



KEVIN R. WEXLER/STAFF PHOTOGRAPHER

making a play against Teaneck on Monday.

ugh at the begin- Teamwork was really the only thing I
 senior libero Tim was able to take from other sports."
 : now everybody Against Teaneck, Feldman showed
 plenty of athleti- the full extent of his knowledge of the
 he players spent row and the front row on his way to
 ing how to play notching 15 kills. Meanwhile, Bergen
 s collectively feel- Catholic ran its offense cleanly, and
 season because played solid defense as Matt Parowski
 coming more ini- had nine kills, Smyth had eight digs and
 Shane Bray had 21 assists.
 ar...s so much The team's confidence has improved
 it...ame than as well. A year ago, no one quite knew
 l senior Andrew what to expect when the season started.
 s soccer and bas- This season, the players have an incen-
 -how to play. tive to improve.

ishin expands

Girls

400-meter hurdles

When: Thursday, 10:20 a.m.

Local entrants: Amber Allen, Passaic Tech, and Jenn Sant Anna, Pascack Hills.

Local outlook: Allen, a junior gets her first chance on the Penn stage, while Sant Anna hopes to improve her career-best time.

Shot put

When: Thursday, 11 a.m.

Local entrants: Apresha Hampton, Teaneck; Ashley Sims, Paramus Catholic; Olivia Wade, Paramus Catholic.

Local outlook: The local trio hope to reach the 40-foot barrier in their first crack at the Penn Relays. All three underclassmen could make the final this year, but hope to medal next year.

Javelin

When: Thursday, noon

Local entrants: Teresa Kirkpatrick, Pascack Hills; Hannah Meyer, Northern Highlands; Shannon Sullivan, Immaculate Heart.

Local outlook: Sullivan, fourth last year, is favored to become North Jersey's first javelin winner at Penn. Kirkpatrick made the finals last year and could medal this time. Mayer, a junior, is a potential finalist.

Pole vault

When: Thursday, 1 p.m.

Local entrants: Michelle Favre, Saddle Brook; Emily Urciuoli, Clifton.

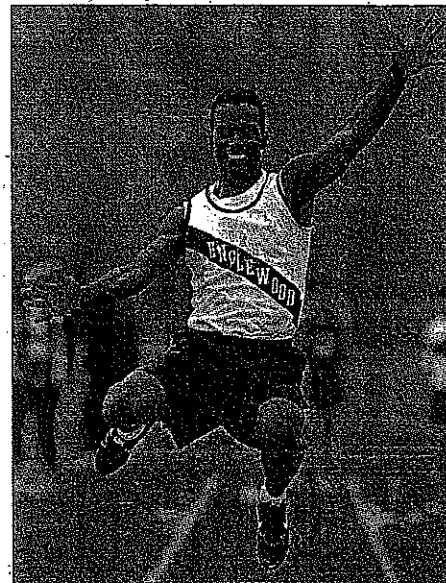
Local outlook: Favre just missed a medal last year and she and Urciuoli, the Bergen and Passaic County record holders, can both medal this year.

Long jump

When: Thursday, 1:45 p.m.

Local entrant: Kristen Brown, Englewood.

Local outlook: Brown hopes to approach 19 feet and perhaps make the final.



TARIQ ZEHAWI/STAFF PHOTOGRAPHER

Englewood's Ackeme Brown is hoping to leap into the long jump final.

Boys

Shot put

When: Friday, 2:30 p.m.

Local entrant: Mike Reilly, Old Tappan.

Local outlook: Reilly, just a junior, looks to get back to the level of throwing he had during the winter that enabled him to qualify for the meet.

Javelin

When: Friday, 2 p.m.

Local entrants: Kaleb Zuidema and Mike Bieszard, Midland Park; Kevin Steimle, Mahwah.

Local outlook: The Bergen throwers have been around 180 feet all season. They'll need to bump that up by least 10 feet to make the final.

Long jump

When: Saturday, noon

Local entrant: Ackeme Brown, Englewood.

Local outlook: Brown has been consistently over 22-feet in every big meet indoors and outdoors. That may be enough to get him to the final, but he probably needs to tie his personal best of 22-8 or better to medal.

Triple jump

When: Saturday, noon

Local entrant: Maurice McDonald, Paterson Catholic.

And then the winners of the sectionals will come to the finals."

The inaugural girls championship was held in 2001 and did not feature a team. The first team title was awarded in 2004, but only players who qualified as individuals were eligible, and the rule remained through last year.

The two-player format as ideal if a team had two very good players, as Ridge-wood did. With Eunae Jo and Julia Rappa, the Maroons won the modified team title in 2005, 2006 and last year.

The four-player format benefits teams with depth

and that's good news for Immaculate Heart. The Blue Eagles are capable of a top-three finish thanks to four girls capable of breaking 90: senior Lauren Rhein, sophomore Yeo Hye Yoon and freshmen Mary Tabatneck and Christina Paulsen.

"If you have a team of four players and those four scores all count," Stayton said, "you're going to get a more accurate representation of a team champion."

Stayton and Vanderbush are less enthused with the rule requiring teams to win 70 percent of their matches through May 8 to qualify for the girls championship.



RECORD FILE PHOTO

Sarah Pagano and her IHA teammates are aiming for a distance medley medal.

Discus

When: Friday, 9 a.m.

Local entrant: Alana Pantale, Wayne Valley.

Local outlook: Pantale returns for her second attempt at Penn and hopes to better last year's 15th place finish.

Distance medley

When: Thursday, 6:55 p.m.

Local entrant: IHA

Local outlook: The team of Julie Sinkovitz, Michelle McCourt, Mary Kaye Duff and Sarah Pagano return to the scene of IHA's sixth place finish last April. The Blue Eagles must approach their 12:05 clocking to have a chance for a medal in this loaded field.

4-x-100 relay

When: Thursday, 11:10 a.m.

Local entrants: Clifton, DePaul, Eastside, Englewood, Hackensack, Hasbrouck Heights, Holy Angels, IHA, Kinnelon, Mahwah, Northern Highlands, Paramus Catholic, Ramsey, Ridgewood, River Dell, Teaneck, Tenafly, Wayne Valley, West Milford, Westwood, Wood-Ridge.

Local outlook: Only eight of nearly 700 teams qualify for Friday's championship final. Sixteen others qualify for consolation finals. Paramus Catholic has a chance to break the Bergen County record of 48.6. Teaneck and Mahwah probably are the other fastest area teams.

4-x-400 relay

When: Thursday, 1:25 p.m.

Local entrants (in order of races): Ridgewood (1:30); Secaucus (1:35); Hackensack and Paramus (1:40); Waldwick (1:50); Ramsey (1:55); Tenafly (2:15); West Milford and Holy Angels (2:20); Hasbrouck Heights, Wood-Ridge, Wayne Valley (2:30); Eastside, Kinnelon, Clifton (2:35); Mahwah (2:45); Pascack Hills (2:50); Northern Highlands (2:55); Westwood (3:00); Ramapo and River Dell (3:10); DePaul (3:15); Paramus Catholic (3:20); Old Tappan (3:25); Teaneck (3:30); IHA and Ridgewood (3:45).

Local outlook: The centerpiece of the high school portion of the meet with the top eight teams from 47 races returning for a Friday final. A plaque and three sets of medals are awarded in every heat, roughly seeded by time and past performance.

he started jumping, McDonald is on one of a high school athlete's biggest stages. A jump in the 46-foot range would make the meet a success.

Pole vault

When: Saturday, 10 a.m.

Local entrants: Greg Hoffman, Park Ridge; Scott Weismiller, Don Bosco.

Local outlook: Hoffman has a good shot at a medal and the Bergen County record of 15-3. Weismiller, just a junior, is a possible top-eight finisher.

4-x-800 relay

When: Friday, 9:30 a.m.

Local entrant: Indian Hills.

Local outlook: The Braves won their heat last year in dramatic fashion, but this year will face, among others, top-three nationally ranked Morris Hills. The Braves again look to break eight minutes.

Distance medley

When: Friday, 5:45 p.m.

Local entrants: Don Bosco, Ridgewood.

Local outlook: The two local teams have major goals: Ridgewood aims to become the fourth Maroons' team in five years to break 10:20, while Bosco shoots for a school record.

4-x-100 relay

When: Friday, 10:40 a.m.

Local entrants: Bergen Catholic, DePaul, Don Bosco, Emerson, Englewood, Garfield, Hackensack, Hasbrouck Heights, Indian Hills, Lyndhurst, Paramus Catholic, Pascack Hills, Passaic, Passaic Valley, Paterson Catholic, Ramsey, Ridgewood, River Dell, Secaucus, Teaneck, Tenafly, West Milford, Wood-Ridge.

Local outlook: The Maroon Raiders look to break the Bergen record of 42.08. If they do, they'll qualify for a Saturday race. Don Bosco, Teaneck, Ridgewood and Emerson are the best of the other local teams.

4-x-400 relay

When: Saturday, 9:10 a.m.

Local entrants (in order of races): Paterson Catholic (9:15); Tenafly and Westwood (9:20); Secaucus, Ramsey and Lyndhurst (9:25); Hasbrouck Heights, Passaic Valley, West Milford and Lodi (9:30); River Dell (9:35); Northern Highlands, Palisades Park and Emerson (9:40); Garfield and Paramus (9:50); Pascack Hills (9:55); Wood-Ridge (10:00); Ridgewood (10:10); Englewood (10:25); Indian Hills and Wayne Valley (10:40); Hackensack (10:45); Don Bosco (10:50); Old Tappan (10:55); Bergen Catholic (11:10); Teaneck (11:15); Passaic (11:20); Paterson Catholic (11:25).

Local outlook: No North Jersey school will make the final, but several should medal.

— Paul Schwartz

BOARD

BOYS LACROSSE

Bergen Catholic 16,

Peter's Prep 5

Bergen Catholic 0 2 0 3 5
Peter's Prep 2 5 6 3 16
Goals: (SPP) Kyle Robinson 2, Nick Ingone 1, A. Williams 1, M. Salerno 1. (BC) Alexander Walters 2, Peter Cauld 1, Alex Miller 4, Keith Switzer 2, Sean McGuire 1, John Walker 2, Justin Ryan 1, Guy Talarico 1, Alex Brown 1, and I. Assists: (SPP) J. Smith (BC) Sean McGuire 3, Justin Cornetto 1, (SPP) Will Cummings 12. (BC) Michael Bottinelli 7, Sean Payne 4, Tan Swan 2. **Records:** St. Peter's Prep 0-3, Bergen Catholic 3-4.

Bergen Tech 13,

River Dell 6

Bergen Tech 2 3 4 4 13
River Dell 1 1 3 1 6
Goals: (BT) Pat Daniele 2, Jae Yu 4, Amir Baroudi 3, Tarundeep Singh 1, Matt Sneyer 2, Kevin Ma 1. (RD) Joseph Tazzi 1, Justin Kuchar 1, John Sherk 4. **Assists:** (BT) Pat Daniele 1, Matt Sneyer 1, Ian McKiernan 5, Rick Benedicci 1, Tarundeep Singh 1. (RD) Joe Vossberg 13, Justin Kuchar 1, Mike Inopoli 4. **Records:** Bergen Tech 3-1, River Dell 0-5-1.

Paramus Catholic 5,

Old Tappan 2

Paramus Catholic 2 0 2 1 5
Old Tappan 1 0 1 0 2
Goals: (ParC) Doug Klein 2, Victor Burato 1, Joe Noseworthy 1, Levi Cohen 1. **Assists:** (ParC) Doug Klein 1, Sam Reilly 3, Levi Cohen 1. **Saves:** (ParC) Doug Florio 20. **Records:** Paramus Catholic 4-2, Old Tappan 0-7.

Demarest 10, Union City 3

Union City 0 0 3 0 3
Demarest 3 3 3 1 10
Goals: (UC) Jason Rivera 1, Chris Cuernas 1, Brian Suarez 1. (Dem) Jordan S 2, Brett Sosnik 3, Jake Morgenrn 2, A.J. Vallone 1, Chris McArdle 1, in Schwarz 1. **Assists:** (Dem) Jordan S 2, Sosnik 1, Jake Morgenrn 1, Schwarz 1. **Saves:** (Dem) in Schwarz 10. **Records:** Union City 0-3, Demarest 1-6.

Northern Highlands 7,

Wayne Valley 6 (OT)

Nor. Highlands 2 2 1 1 17
Wayne Valley 2 2 2 0 0-6
Goals: (NH) Duncan Constable 1, Dan. Feldman 1, Connor Brightly 2, DJ Bonifacio 3. (WV) Cory Knittel 4, Brian Seldeen 2. **Assists:** (NH) Dan Feldman 2, DJ Bonifacio 1. (WV) Ryan Cummings 1, Andrew Fournier 1. **Saves:** (NH) Justin Schick 9. (WV) Anthony Dalasandro 7. **Records:** Northern Highlands 4-2, Wayne Valley 5-1.

GIRLS LACROSSE

Ramapo 12,

Holy Angels 11

Holy Angels 6 5 11
Ramapo 8 4 12
Goals: (HA) Christie Fredericks 3, Christina Connell 1, Heather Burke 2, Kate Russo 3, Kaitlin Saar 1, Melanie Everett 1. (Rmp) Shannon Larson 2, Maria Toscano 1, Jackie Boswick 1, Caroline Shield 2, Ana Drehwing 5, Brianna Rickert 1. **Assists:** (HA) Christie Fredericks 3, Kate Russo 2, Erin Ennis 1, Kaitlin Saar 2. (Rmp) Jen Ramsden 1, Shannon Larson 1, Taylor Vancalkar 1. **Saves:** (HA) Amy Oakley 15. (Rmp) Shannon Brady 8. **Records:** Holy Angels 4-3, Ramapo 6-2.

Madison 16,

Pequannock 4

Pequannock 3 1 4
Madison 11 5 16
Goals: (Peg) Chloe Cogavin 2, Michelle Fallon 1, Lindsey Shanks 1. (Mad) Emily Kole 1, Afi Foulsham 3, Evan Foulsham 5, Jackie O'Dell 3, Kathleen Matthews 1, Emily Rutland 1. **Assists:** (Mad) Chelssea Davies 1, Rachel Misko 1, Abby Shoaf 1, Kathleen Matthews 1, Emily Rutland 3. **Saves:** (Peg) Justine Thimmel 10. (Mad) Christina Rooney 2, Shannon Sweeney 5. **Record:** Pequannock 2-6.

More H.S. scoreboard, S-8

Ridgewood 82

Hackensack 49

April 21 - 60 cloudy @ Hackensack

400 IH: Ridgewood: 9 Hackensack: 0
1-InSoo Hwang (R) 57.2 2-Edward Blair (R) 61.4 3-Sean Mattson (R) 63.2
Others: N. Tai 69.4; D. Suh 69.6; T. Hansen 69.6

100m: Ridgewood: 3 Hackensack: 6
1-Walker (H) 10.8 2-Max Witt (R) 11.2 3-Clarke (H) 11.8
Others: L. Pietrantuono 12.2; M. Maniaci 12.6; W. Jacoby 13.0; M. Luansing 13.3;
D. Kim 13.4; D. Gill 13.4; C. Park 13.6; D. Frey 13.7; A. Quartanaro 13.7; N. Park 13.8;
P. Solano 13.9; J. Suh 14.0; C. Jennings 14.2; K. Ranson 14.2; E. Xue 14.3; I. Gutkin
14.5; R. Kalaalik 14.6; A. Martinez 15.1; T. Schwartz 17.9

1600m: Ridgewood: 6 Hackensack: 3
1-Sean Martyn (R) 4:40 2-Mensa (H) 4:42 3-Pat Rynkowsky (R) 4:43
Others: S. Spreitzer 4:46; M. Iacoviello 4:59; L. Jennings 5:10; R. Amadeo 5:11;
N. Weisberger 5:13; B. Fishbein 5:19; M. French 5:29; C. Weismuller 5:32;
S. Fishbein 5:33; D. McPadden 5:53

400m: Ridgewood: 6 Hackensack: 3
1-Matt Grundy (R) 52.9 2-Avallone (H) 53.7 3-Matt Levitsky (R) 54.6
Others: M. LaDuca 56.3; InHo Hwang 72.3; J. Reimer 58.6; J. Llinas 58.9; O. Hamza
60.7; G. Urbano 61.4; C. Halvey 62.5; T. Diorio 62.5

110HH: Ridgewood: 8 Hackensack: 1
1-Tommy DeVita (R) 16.6 2-Matt Beausoleil (R) 17.0 3-Ostrada (H) 18.4
Others: A. Mandarano 18.5 D. Suh 20.3; T. Hansen 21.3

800m: Ridgewood: 4 Hackensack: 5
1-Douglas (H) 2:06.5 2-Sean Martyn (R) 2:10.1 3-Justin Jenkins (R) 2:11.5
Others: S. Spreitzer 2:14; A. Ontiveros 2:15; R. Amadeo 2:15;
L. Jennings 2:17; E. Kreitzer 2:29; M. French 2:33; A. Butler 2:31; M. Eid 2:23;
C. Steinacher 2:26; N. Weisberger 2:26; Dan 2:35; Tim 2:36;

200m: Ridgewood: 4 Hackensack: 5
1-Walker (H) 21.8 2-Max Witt (R) 22.5 3-InSoo Hwang (R) 22.6
Others: L. Pietrantuono 24.8; G. Urbano 25.8; O. Hamza 25.9; M. Maniaci 25.9; S.
Sapienza 26.9; D. Gill 27.0; T. Diorio 27.1; D. Suh 27.7; A. Quartanaro 27.8; K. Ransom
28.0; P. Solano 28.2; E. Xue 28.2; D. Frey 28.7; C. Park 28.7; N. Park 29.2; I. Gutkin
30.0; R. Kalabalik 30.8; C. Jennings 30.8; A. Martinez 31.8; T. Schwartz 37.2

3200m: Ridgewood: 5 Hackensack: 4
1-Sean Martyn (R) 10:33 2-Mensa (H) 10:50 3-Coronado (H) 11:07
Others: B. Fishbein 11:14

4x400m: Ridgewood: 5 Hackensack: 0
1-Ridgewood 3:39.9 2-Hackensack 3:42
(M. Witt 57.3; E. Blair 55.8; S. Mattson 55.5; M. Grundy 51.6)
Others: M. LaDuca 56.1; L. Jennings 60.3; G. Urbano 59.7; N. Tai 56.2 – 3:51.7

Long Jump: Ridgewood: 3 Hackensack: 6
1-Walker (H) 20'8" 2-Tommy DeVita (R) 18'10 ½" 3-Mensah 17' ¾"
Others: L. Pietrantuono 16'10" M. Luansing 16'9" M. Grundy 16'8 ½"

Triple Jump: Ridgewood: 3 Hackensack: 6
1-Walker (H) 40'2 ½" 2-Tommy DeVita (R) 38 5 ½" 3-Vargas (H) 36'8 ½"
Others:

High Jump: Ridgewood: 5 Hackensack: 4
1-Tommy DeVita (R) 6'4" 2-Harrison (H) 6'0" 3-Mensah (H) 5'10"
Others: M. Beausoleil 5'6" M. Luansing 5'2" D. Kim 5'0"

Pole Vault: Ridgewood: 9 Hackensack: 0
1-John Wisener (R) 12'0" 2-Andrew Gramaglia (R) 11'6" 3-Max Witt (R) 10'0"
Others:

Shot Put: Ridgewood: 6 Hackensack: 3
1-Jack Simmons (R) 47'7" 2-Victorino (H) 46'7" 3-Adam Bair 44'0"
Others: T. Zulauf 39'8"; S. Etna 38'9 ½"; A. Balboa 38'6 ½"; M. Krauss 37'3"; J.
Halwagy 36'1 ½"; C. Cannito 32'4"; J. Soriano 30'4"; R. Feeney 27'9" J. Lay 23'9"

Discus: Ridgewood: 5 Hackensack: 4
1-Jack Simmons (R) 144' 2- Mozia (H) 137'9" 3- Victorino (H) 114'5"
Others: A. Bair 100'5"; M. Krauss 96'7"; T. Zulauf 96'3"; J. Soriano 78'11"; J. Halwagy
77'9"; S. Etna 77'8"; C. Cannito 71'8"; R. Feeney 61'11"; A. Balboa 58'; J. Lay 52'

Ridgewood 96

St. Joes: 35

April 21 - 60 cloudy @ Hackensack

400 IH: Ridgewood: 9 St. Joes: 0
1-InSoo Hwang (R) 57.2 2-Edward Blair (R) 61.4 3-Sean Mattson (R) 63.2
Others: N. Tai 69.4; D. Suh 69.6; T. Hansen 69.6

100m: Ridgewood: 5 St. Joes: 4
1-Max Witt (R) 11.2 2-Carter (SJ) 11.4 3-Adams (SJ) 11.5
Others: L. Pietrantuono 12.2; M. Maniaci 12.6; W. Jacoby 13.0; M. Luansing 13.3;
D. Kim 13.4; D. Gill 13.4; C. Park 13.6; D. Frey 13.7; A. Quartanaro 13.7; N. Park 13.8;
P. Solano 13.9; J. Suh 14.0; C. Jennings 14.2; K. Ranson 14.2; E. Xue 14.3; I. Gutkin
14.5; R. Kalaalik 14.6; A. Martinez 15.1; T. Schwartz 17.9

1600m: Ridgewood: 8 St. Joes: 1
1-Sean Martyn (R) 4:40 2-Pat Rynkowsky (R) 4:43 3-Bravo (SJ) 4:45
Others: S. Spreitzer 4:46; M. Iacoviello 4:59; L. Jennings 5:10; R. Amadeo 5:11;
N. Weisberger 5:13; B. Fishbein 5:19; M. French 5:29; C. Steinacher 5:32;
S. Fishbein 5:33; D. McPadden 5:53

400m: Ridgewood: 3 St. Joes: 6
1-Sanford (SJ) 51.8 2-Matt Grundy (R) 52.9 3-Carter (SJ) 54.2
Others: M. Levitsky 54.6; M. LaDuca 56.3; InHo Hwang 72.3; J. Reimer 58.6; J. Llinas
58.9; O. Hamza 60.7; G. Urbano 61.4; C. Halvey 62.5; T. Diorio 62.5

110HH: Ridgewood: 9 St. Joes: 0
1-Tommy DeVita (R) 16.6 2-Matt Beausoleil (R) 17.0 3-A. Mandarano (R) 18.5
Others: D. Suh 20.3; T. Hansen 21.3

800m: Ridgewood: 3 St. Joes: 6
1-Sadler (SJ) 2:06.1 2-Sean Martyn (R) 2:10.1 3-Dougherty (SJ) 2:11.0
Others: J. Jenkins 2:11; S. Spreitzer 2:14; A. Ontiveros 2:15; R. Amadeo 2:15;
L. Jennings 2:17; E. Kreitzer 2:29; M. French 2:33; A. Butler 2:31; M. Eid 2:23;
C. Steinacher 2:26; N. Weisberger 2:26; Dan 2:35; Tim 2:36;

200m: Ridgewood: 8 St. Joes: 1
1-Max Witt (R) 22.5 3-InSoo Hwang (R) 22.6 3-Adams (SJ) 23.0
Others: L. Pietrantuono 24.8; G. Urbano 25.8; O. Hamza 25.9; M. Maniaci 25.9; S.
Sapienza 26.9; D. Gill 27.0; T. Diorio 27.1; D. Suh 27.7; A. Quartanaro 27.8; K. Ransom
28.0; P. Solano 28.2; E. Xue 28.2; D. Frey 28.7; C. Park 28.7; N. Park 29.2; I. Gutkin
30.0; R. Kalabalik 30.8; C. Jennings 30.8; A. Martinez 31.8; T. Schwartz 37.2

3200m: Ridgewood: 8 St. Joes: 1
1-Sean Martyn (R) 10:33 2-Bravo (SJ) 10:33 3-Ben Fishbein (R) 11:15
Others:

4x400m: Ridgewood: 5 St. Joes:: 0
1-Ridgewood 3:39.9 2-S. Joes 3:41
(M. Witt 57.3; E. Blair 55.8; S. Mattson 55.5; M. Grundy 51.6)
Others: M. LaDuca 56.1; L. Jennings 60.3; G. Urbano 59.7; N. Tai 56.2 – 3:51.7

Long Jump: Ridgewood: 1 St. Joes:: 8
1-Hogan (SJ) 20'3" 2-Adams (SJ) 19'8" 3-Tommy DeVita (R) 18'10 ½"
Others: L. Pietrantuono 16'10" M. Luansing 16'9" M. Grundy 16'8 ½"

Triple Jump: Ridgewood: 6 St. Joes: 3
1-Tommy DeVita (R) 38'5 ½" 2- Sanford (SJ) 36'4 ¾" 3-A.J. Mandarano (R) 34'9 ½"
Others:

High Jump: Ridgewood: 9 St. Joes: 0
1-Tommy DeVita (R) 6'4" 2-Matt Beausoleil (R) 5'6" 3-Mike Luansing (R) 5'2"
Others: D. Kim 5'0"

Pole Vault: Ridgewood: 9 St. Joes:: 0
1-John Wisener (R) 12'0" 2-Andrew Gramaglia (R) 11'6" 3-Max Witt (R) 10'0"
Others:

Shot Put: Ridgewood: 8 St. Joes: 1
1-Jack Simmons (R) 47'7" 2-Adam Bair 44'0" 3-Lougharan (SJ) 39'9"
Others: T. Zulauf 39'8"; S. Etna 38'9 ½"; A. Balboa 38'6 ½"; M. Krauss 37'3"; J.
Halwagy 36'1 ½"; C. Cannito 32'4"; J. Soriano 30'4"; R. Feeney 27'9" J. Lay 23'9"

Discus: Ridgewood: 5 St. Joes: 4
1-Jack Simmons (R) 144' 2- Kastner (SJ) 110'11" 3-Reynolds (SJ) 108'
Others: A. Bair 100'5"; M. Krauss 96'7"; T. Zulauf 96'3"; J. Soriano 78'11"; J. Halwagy
77'9"; S. Etna 77'8"; C. Cannito 71'8"; R. Feeney 61'11"; A. Balboa 58'; J. Lay 52'

Ridgewood gets double silver at County Relays

Maroon boys tie school record in 4x100; girls close in on 4x200 mark

BY GREG TARTAGLIA
Assistant Sports Editor

DEMAREST — Catherine Buckley did not start running the 200-meter dash until this winter. Will Jacoby did not start running any track events until two-and-a-half weeks ago.

The two Ridgewood High School seniors nevertheless helped the Maroon girls and boys track and field teams, respectively, write new entries in the school record books at last weekend's Jack Yockers Bergen County Relays.

The Ridgewood girls won three events en route to a second-place finish behind Immaculate Heart, 116-93, in Group A, while the Maroon boys captured one gold medal and five silvers and finished runner-up to Don Bosco Prep, 119-86.

On Friday night, Buckley teamed up with classmate Jenny Narvaez and junior Victoria Oliva to win the 3 x 400 intermediate hurdle relay in 3:30.0. The trio also combined with junior Nina Montgomery to clock 1:46.5 in the 4 x 200-meter relay, good for third all-time in RHS girls history and less than two seconds off the record of 1:44.67 set at the 2007 East Coast Relays in Morristown.

"I'm not really a 100/200 runner, I'm more of a 400/800 runner," said Buckley, who also competed in the 4 x 400 and high jump relays. "But we have a few more weeks until this year's East Coast Relays [on May 18], so I think we can break the record."

"We haven't had the best weather in the past few weeks, for any of our meets," Narvaez noted. "But the East Coast Relays are later in the season when, hopefully, it will be sunny and not as windy as it was there last year."

Jacoby, meanwhile, joined forces with senior Max Witt, junior Matt Grundy and sophomore InSoo Hwang to run the boys 4 x 100 relay in 44.1 seconds on Saturday. The quartet finished third in the event but tied the program's all-time mark set at the 2007 County Relays.

"Between the four of us, we all felt we could have had somewhat better handoffs," Jacoby said. "We kind of ran each other down on each one, but we definitely ran

PREVIEW: The 115th Penn Relays

AT FRANKLIN FIELD, PHILADELPHIA

An overview of the events in which Ridgewood HS athletes are scheduled to compete:

GIRLS

(Events held yesterday; results unavailable at press time)

4 x 100 — Robin Lee, Nina Montgomery, Jenny Narvaez, Victoria Oliva

4 x 400 — Catherine Buckley, Jenny Narvaez, Victoria Oliva, Hanako Shigenobu

BOYS

Distance medley (today, 5:45 p.m.) — Andrew Fine, InSoo Hwang, Brian Cleary, Taro Shigenobu

4 x 400 (tomorrow, 10:10 a.m.) — Matt Grundy, InSoo Hwang, Matt Levitsky, Sean Mattson

coach Karla Mixon said after the game. "Their communication was great. From the slide-help defense to the midfielders pressuring the ball, they just did a fantastic job. I'm very proud of the entire team."



For the first 15 minutes, the two sides, which entered the day with identical 4-2 records, appeared headed for a tight contest due to strong team defenses and the play of both goaltenders.

Sippel set the tone for the Maroons (5-2) by making a point-blank save on Lakers attacker Meagan Stickle just 50 seconds into the game. For Mountain Lakes (4-3), senior goalie Britt Dignes matched her counterpart with five saves in the opening 10 minutes, while Sippel turned away four shots by the Lakers.

After being awarded a free position shot, Mountain Lakes freshman Ingrid Hermanson broke a scoreless tie at the midway point of the first half. The goal appeared to awaken the Maroons' offense, which soon took control of the game. Dignes was able to stop two consecutive shots by Cermack, but a third beat

Ridgewood senior (close eye on Mount) battle for Stars Div Kisievitz and comp goals to spur Ridge

the Laker net-minder later to even the score just under 10 minutes half.

Ridgewood kept up attack over the next minutes, with Bakker a scoring goals 55 seconds give their team a 3-1

"In the beginning we weren't really (page on offense," C "But because our defense so well in the beginning able to keep our momentum. Once we started scoring weren't stopping."

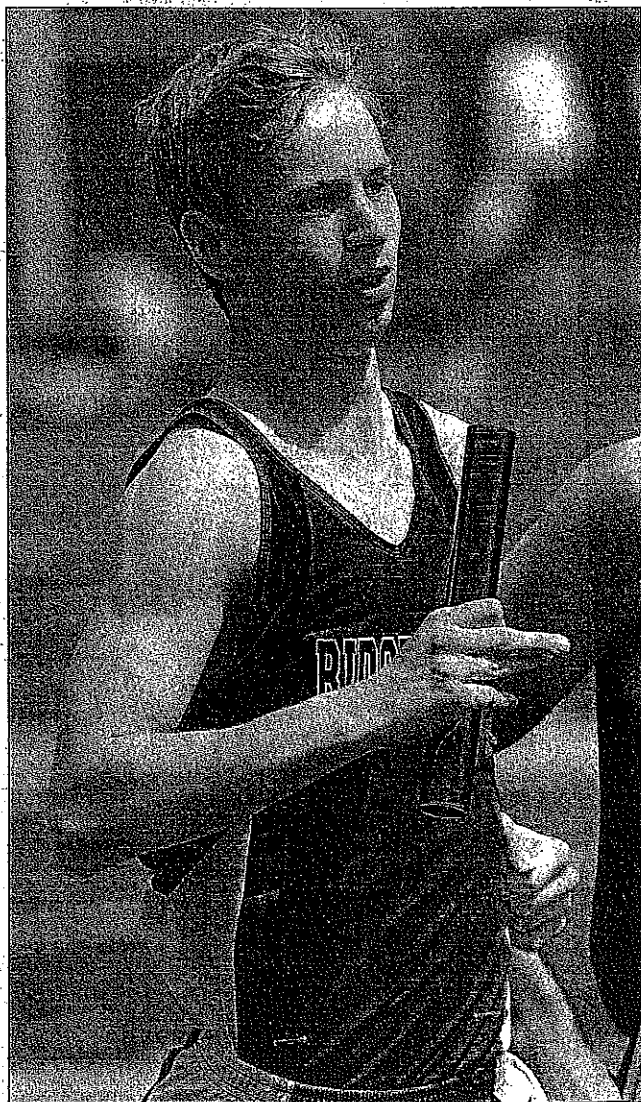
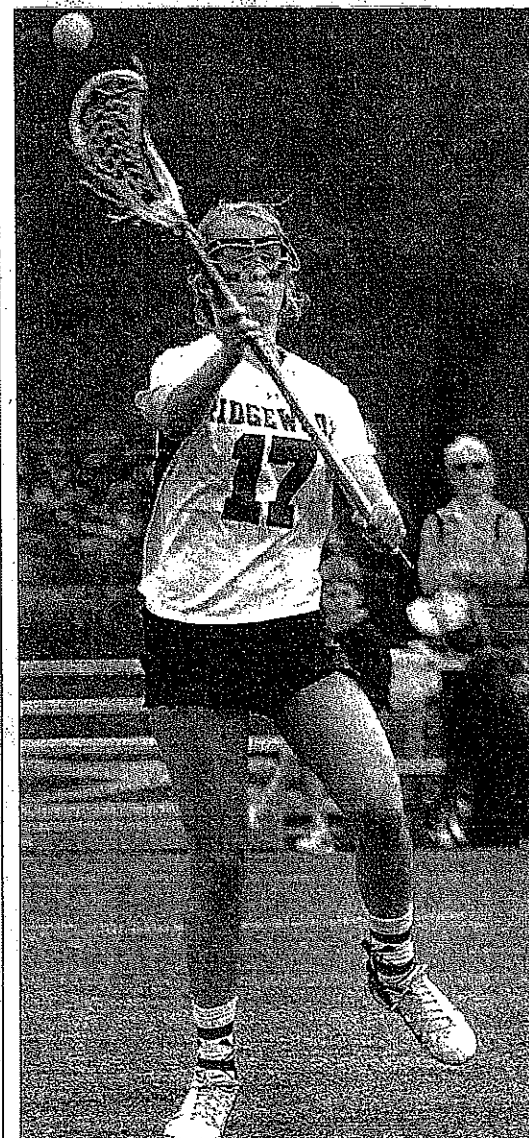


PHOTO COURTESY OF JOHN SPREITZER

Ridgewood senior Brian Cleary runs the leadoff leg of the boys 4 x 800-meter race during last Saturday's Bergen County Relays in Demarest. Cleary and the Maroons went on



Samantha Cermack helped Ridgewood dominate Mountain Lakes on Tuesday, 14-3, by having a hand in half of Maroons' goals. The junior attacker scored three goals

RELAYS

Continued from page C1

really fast, and we felt pretty good about it."

Perhaps the senior speedster can be forgiven for needing to brush up on relay handoffs. At the beginning of the month, he was cradling a lacrosse stick in his hands, rather than a baton.

"I spent this winter trying to get ready for lacrosse, but I just decided to give it a rest," said Jacoby, who last ran track at RHS during the 2007-08 indoor season. "I thought I could be more of a help to the track team."

"He came up to me a couple of weeks ago and said, 'I play lacrosse, but I really want to join the track team, do you mind?'" recalled Maroon boys coach Josh Saladino. "I said, 'Of course not. You've been staying in shape, and it's not like you walked in off the street, so that's great.' And he's come out and really helped our sprint relays."

The Ridgewood boys distance runners had a solid all-around County Relay meet as well. Junior Brian Cleary and seniors Andrew Fine, Matt Levitsky and Taro Shigenobu won the distance medley in 10:50.7, while Cleary, Fine, senior Sean Martyn and sophomore Steven Spreitzer took second in the 4 x 800 in 8:17.1.

The Maroon boys also earned silver medals in the 4 x 1,600 (18:35.0), 3 x 400 hurdle (5:02.4), javelin (390 feet, eight inches) and discus (352 feet, three inches) relays. Their javelin squad has been particularly impressive in the early season, having combined on a winning distance of 397-4 at the April 4th Pawlowski Relays behind a throw of 142-6 from senior Taylor Zalauf.

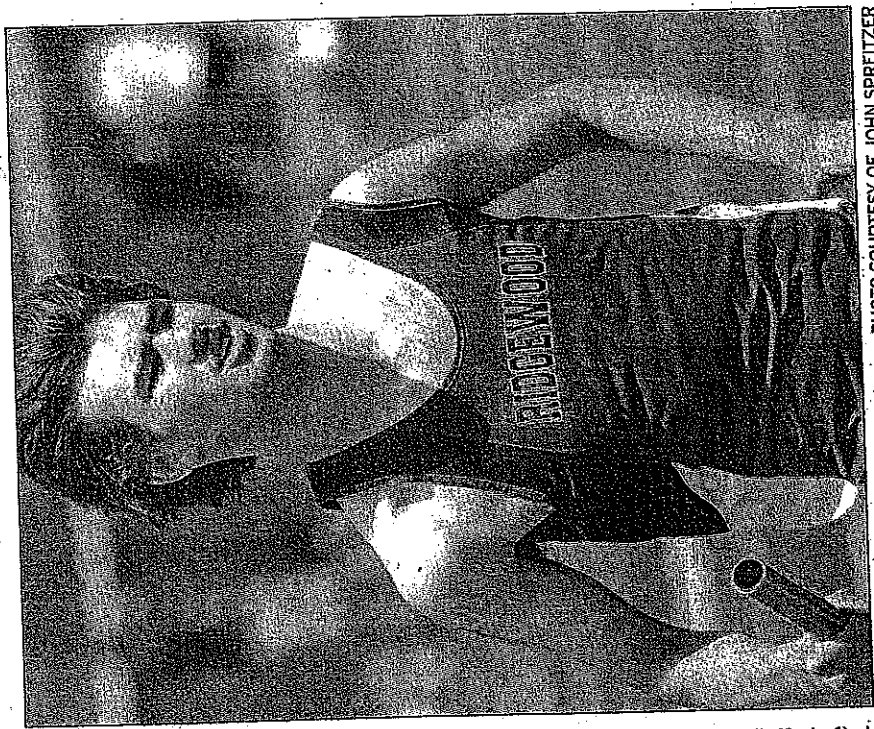


PHOTO COURTESY OF JOHN SPREITZER

Ridgewood sophomore Steven Spreitzer runs the second leg of the Maroons' silver-medal winning 4 x 800-meter relay last Saturday at the Bergen County Relays.

tion of its schedule beginning with the last-ever NNJL Championships at Montclair on May 9. The RHS boys placed second to Bergen Catholic, 109-97, in the large-school division at the Pawlowski Relays, then finished seventh at the April 11th Comet Relays in Hackensack - minus their top distance medley group, which ran at the Arcadia (Calif.) Invitational that same weekend.

The Maroon girls won the Pawlowski large-school division, 149-117 over Shaker (N.Y.), then scored 64 points at the Comet Relays to place fifth behind-champ Southern Regional (80) and runner-up IHA (79).

"Relay season is the best," said Montgomery. "It's very team-building."
"We have an evenly-balanced team," Oliva added. "So the relay meets are our chance to compete with IHA, and kind of prove to them that we're a team that [collectively] can do really well."

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Penn Relays
@ Franklin Field, Philadelphia

April 24-25th

Distance Medley:

Andrew Fine 3:09.4
InSoo Hwang 52.9
Brian Cleary 2:01.8
Taro Shigenobu 4:19.2

10:23.25 – 8th Place

4x400m:

Matt Grundy 53.3
Matt Levitsky 54.8
Sean Mattson 54.3
InSoo Hwang 51.8

3:34.46

FRIDAY, APRIL 24, 2009

Track Top 25

Boys

1. Don Bosco
2. Ridgewood
3. River Dell
4. Ramsey
5. Teaneck
6. Indian Hills
7. Bergen Catholic
8. Old Tappan
9. Tenafly
10. Demarest
11. Kennedy
12. Pascack Hills
13. Lyndhurst
14. Grosskill
15. Northern Highlands
16. Englewood
17. West Milford
18. Mahwah
19. Hasbrouck Heights
20. Westwood
21. Wayne Valley
22. Fort Lee
23. Paramus
24. Lodi
25. Pascack Valley

Girls

1. IHA
2. Ridgewood
3. Holy Angels
4. Pascack Hills
5. Demarest
6. Tenafly
7. Mahwah
8. Northern Highlands
9. Hasbrouck Heights
10. Westwood
11. Old Tappan
12. River Dell
13. Clifton
14. Teaneck
15. Wayne Valley
16. Lakeland
17. Ramsey
18. Ramapo
19. Passaic Tech
20. Fort Lee
21. Pascack Valley
22. DePaul
23. Waldwick
24. Wood-Ridge
25. Paramus Catholic

Time to celebrate Bosco's medley

By PAUL SCHWARTZ
STAFF WRITER

PHILADELPHIA — Senior Rob Molke ran his opening 1,200-meter leg in the boys distance medley championship as if Don Bosco had a chance to win the race. Freshman Leonte Carroo followed with a 400-meter leg that seemed to show he thought the 16th seed could win the race.

Don Bosco didn't win the race, finishing fourth behind Upper Dublin, West Windsor-Plainsboro North and Manalapan, but ran a sensational time of 10:15.21, shattering their school record set in 1992 by more than five seconds and continuing the tradition of clutch Penn performances.

Ridgewood also ran very well, sparked by a great leadoff effort from Andrew Fine. The Maroons were eighth in 10:23.25.

But Bosco stole the local show. Molke, who struggled with injuries, illness and a lack of fitness all winter, ran 3:07.5 to be even with the lead as he handed off to Carroo, who opened some eyes last week with a pair sub-50-second legs at the Bergen Relays.

Carroo ran 50.2 and the Ironmen were in first place after two legs.

"I was very excited," said Carroo, who ran age-group track in his hometown of Edison. "We've worked hard at practice and I knew Rob had run a great leg."

"It was ridiculous to have the lead when I got the baton," said 800-leg Mike Belgiovine, who split 2:00.9, a solid run for the more distance-oriented junior. "I knew Tyler [Corkedale of West Windsor North] and the Upper Dublin kid would go by me, but I used my cross-country endurance to keep us in the race."

It was left to Leighton Spencer to hold off the charging pack and keep Bosco in the medals. He did just that, running a career-best 4:16.6 as Bosco moved into ninth place all time on the Bergen list.

"The roar on the entire back stretch every lap of the race was something I'd never heard before while I was runner," said Spencer.

Fine ran a three-second personal best on the lead leg, running 3:09.4 to keep Ridgewood in contact. In Soo Hwang (53.4) and Brian Cleary (2:01.9) followed with solid legs before Iaro Shigenobu anchored in 4:18.8, allowing the Maroons to erase the memory of a bad race in Arcadia, Calif., two weeks earlier.

"It was a lot better today," said Hwang, who fell and lost the baton as Ridgewood struggled to a 10:44, clocking the last time the four had run together.

THE EXPERIENCE ALANA PANTALE gained at last year's Penn Relays paid off Friday, when the Wayne Valley junior made the discus final a year after finishing near the bottom of the field.

Pantale was the only New Jersey competitor to advance, earning her spot with a throw of 123 feet 5 inches on the final round of the trials. She finished eighth.

"I haven't been very good in the discus so far this year because the weather's been not so good and I've been having some foul problems," said Pantale, whose throw was a personal best by 2½ feet and lifted her from 10th to sixth on the all-time Passaic list. "I've been working on the technique with coach [Brian] O'Connor and trying to get it down. It worked well today."

Pantale's career-best throw lifted her from 10th place into the finals.

NNJIL Track & Field Dual Meet

Ridgewood vs Teaneck - Boys

April 28, 2009

Event	First Place	Second Place	Third Place	RHS Tea		Total Score	
				RHS	Tea	RHS	Tea
400H	Hong, R, 58.4	Hambrick, T, 60.4	Goins, T, 61.8	5	4	69	62
100m Dash	Witt, R, 11.0	Pleasant, T, 11.3	Hambrick, T, 11.2	5	4		
1600m Run	Martin, R, 4:43.1	Spritzer, R, 4:45.8	Rynkowski, R, 4:56.4	9	0		
400m Dash	Grundy, R, 51.8	Fields, T, 52.2	Hwang, R, 52.7	6	3		
100m Hurdles	Hambrick, T, 14.3	Goins, T, 14.8	Beausoleil, R, 16.1 <i>BLAIR</i>	1	8		
800m Run	Hodge, T, 2:06.5	Martin, R, 2:07	Avery, T, 2:07.5	3	6		
200m Dash	Pleasant, T, 22.0	Whyte, T, 22.5	Miles, T, 22.6	0	9		
3200m Run	Marin, R, 11:02.4	Rynkowski, R, 11:11.9	Garcia, T, 11:21.5	8	1		
High Jump	DeVita, R, 6-4	Ferreira, T, 5-8	Beausoleil, R, 5-4	6	3		
Pole Vault	Weisner, R, 11-0	Witt, R, 10-0	Gnamaglia, R, 10-0	9	0		
Long Jump	Praht, T, 19-3 3/4	Devita, R, 18-9 3/4	Murphy, T, 18-6	3	6		
Triple Jump	Praht, T, 41-11	N. Williams, T, 41-1 1/2	J. Williams, T, 40-10	0	9		
Discus	Simmons, R, 129-10	Kwabena, T, 117-10	Bair, R, 110-0	6	3		
Shot Put	Simmons, R, 44-6	Bair, R, 44-6	Ivan, T, 39-10 1/2	8	1		
4X400relay	Teaneck, 3:34.9	Ridgewood, 3:49.7		0	5		

Comment:

NNJIL Track & Field Dual Meet

Ridgewood vs Bloomfield - Boys

April 28, 2009

Event	First Place	Second Place	Third Place	RHS BL		Total Score	
				RHS	BL	RHS	BL
400H	Hong, R, 58.4	Blair, R, 63.5	Mattson, R, 63.9	9	0	87	44
100m Dash	Otzey, B, 10.8	Witt, R, 11.0	Padilla, B, 11.0	3	6		
1600m Run	Martin, R, 4:43.1	Spritzer, R, 4:45.8	Rynkowski, R, 4:56.4	9	0		
400m Dash	Grundy, R, 51.8	Hwang, R, 52.7	Levitsky, R, 54.5	9	0		
100m Hurdles	Hole, B, 15.2	Gant, B, 15.6	Simpson, B, 15.3	0	9		
800m Run	Martin, R, 1:07	Jenkins, R, 2:09	Spritzer, R, 2:09.5	9	0		
200m Dash	Witt, R, 22.7	Otty, B, 23.0	Livingston, B, 23.3	5	4		
3200m Run	Martin, R, 11:02.4	Rynkowski, R, 11:11.9	Fishbein, R, 11:44.9	9	0		
High Jump	DeVita, R, 6-4	Wooten, B, 5-8	Beausoleil, R, 5-4	6	3		
Pole Vault	Weisner, R, 11-0	Witt, R, 10-0	Gnamaglia, R, 10-0	9	0		
Long Jump	McCoy, B, 19-4 3/4 19 4 3/4	Livingston, B, 19- 1/2	Devita, R, 18-9 3/4	1	8		
Triple Jump	DeVita, R, 39-8 1/4	Beausoleil, R, 36-11 1/2	Taste, B, 36-4 1/2	8	1		
Discus	Simmons, R, 129-10	Kris, B, 127-2	Bair, R, 110-0	6	3		
Shot Put	Sokoli, B, 44-7	Simmons, R, 44-6	Bair, R, 44-6	4	5		
4X400relay	Bloomfield, 3:49.3	Ridgewood, 3:49.7		0	5		

**Dual Meet vs. Teaneck and Bloomfield
@ Ridgewood**

April 28th 2009

Non-Scoring Performances:

400IH: N. Tai 69.5 D. Suh 72.7 T. Hansen 72.1

100m: W. Jacoby 11.6 M. Levitsky 11.7 InHo Hwang 12.2 S. Pietrantuono 12.6
A. Gramaglia 12.6 T. Stephen 13.1 P. Solano 13.8 C. Park 13.0 D. Kim 13.2;
D. Goulart 13.3 J. Suh 13.7 A. Stephen 13.4; D. Frey 13.9 N. Park 13.5
A. Quartarano 13.1 M. Luansing 12.6 E. Xue 13.1 J. Shoucair 14.3 C. Jennings
14.7 K. Ransom 13.6 I. Gutkin 14.4 A. Martinez 15.6 T. Schwartz 17.2

1600m: L. Jennings 4:57 A. Ontivero 5:04; N. Weisberger 5:10; R. Amadeo 5:14
S. Fishbein 5:28 B. Fishbein 5:29

400m: M. LaDuca 55.1 N. Tai 56.4 O. Hamza 57.9 T. Cheung 58.6
C. Halvey 61.0 T. Diorio 60.5 G. Urbano 60.4

110HH: E. Blair 16.3 M. Beausoleil 16.6 S. Mattson 17.0 A. Mandarano 17.2
D. Suh 19.9 T. Hansen 20.9

800m: L. Jennings 2:14 R. Amadeo 2:19 A. Ontiveros 2:20 N. Weisberger 2:26 Alex
S. 2:26 Dan 2:31 J. Reimer 2:31 Tim 2:38 C. Legg 2:39

200m: M. Levitsky 24.4 InHo Hwang 24.5 M. LaDuca 24.9 A. Gramaglia 25.6
O. Hamza 26.3 S. Pietrantuono 26.3 T. Stephen 26.5 A. Quartaran 27.0
P. Solano 28.1 T. Diorio 26.9 A. Stephen 27.9 E. Xue 27.0 K. Ransom 27.4
D. Gil 27.4 G. Urbano 26.3 J. Suh 27.9 D. Frey 28.4 C. Park 28.9 D. Suh 28.0
N. Park 29.0 I. Gutkin 30.5 C. Jennings 30.7 J. Shoucair 29.0 A. Martinez 32.4
T. Schwartz 36.9

3200m: S. Spreitzer 11:57

4x400m: S. Mattson 56.7; E. Blair 58.5; M. LaDuca 58.1; M. Levitsky 55.2
3:49.5

Long Jump: M. Beausoleil 17'8 ¼" A. Mandarano 16'5 ¾" M. Luansing 16'4 ½"
D. Kim 15'5"

Triple Jump: A. Mandarano 36'3 ¼" M. Grundy 35'3" D. Kim F

High Jump: D. Kim 5'0" M. Luansing 5'0"

Shot and Disc:

S. Etna	36'5"	78'5"
J. Halwagy	38'1"	87'6"
J. Soriano	31'7"	81'6"
A. Balboa	37'2"	74'11"
R. Feeney	27'11"	62'7"
J. Lay	20'4 ½"	F

Pole Vault: A. Hong 8'0" T. Cheung NH

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 2009 Ironman Invitational - 4/30/2009
 Don Bosco Prep HS

Results - All Times FAT except 110 Meters Hurdles

Event 1 Boys 5000 Meter Run

Name	Year	School	Seed	Finals	Points
Finals					
1	145	Spencer, Leighton	Don Bosco	15:02.75	10
2	134	Molke, Robert	Don Bosco	15:17.65	8
3	632	Oster, Dave	Verona	15:22.62	6
4	606	Hanko, Jared	Trinity	15:39.91	4
5	149	Vargas, Rafael	Don Bosco	15:41.31	2
6	7	Banafato, Chris	Bridgewater	15:46.85	1
7	77	Ruskan, Jake	Bridgewater	15:56.38	
8	384	Piccirillo, Brian	Passaic Valley	16:55.16	

Event 2 Boys 400 Meter Hurdles

Name	Year	School	Seed	Finals	H#	Points
1	412	Hwang, InSoo	Ridgewood	56.78	1	10
2	574	Omata, Naoki	Tenafly	59.12	1	8
3	399	Blair IV, Edward	Ridgewood	59.68	2	6
4	113	Hazell, Gregory	Don Bosco	1:00.48	1	4
5	529	Edlin, Ben	Tenafly	1:00.49	1	2
6	526	Doherty, James	Tenafly	1:01.17	2	1
7	424	Mattson, Sean	Ridgewood	1:01.24	2	
8	315	Oddstadt, Christop	Hackensack	1:02.00	2	

Event 4 Boys 1500 Meter Run

Name	Year	School	Seed	Finals	Points
1	654	Albano, Rob	Pequannock	4:07.03	10
2	98	Belgiovine, Michae	Don Bosco	4:07.54	8
3	85	Tasco, Dominic	Bridgewater	4:13.41	6
4	100	Carapezza, Michael	Don Bosco	4:13.64	4
5	138	Offer, Brendan	Don Bosco	4:14.52	2
6	423	Martyn, Sean	Ridgewood	4:18.55	1
7	300	Douglas, Joel	Hackensack	4:24.13	
8	428	Rynkowski, Patrick	Ridgewood	4:31.73	
9	415	Jennings, Levi	Ridgewood	4:33.06	
10	677	Ontivoros, Alec	Ridgewood	4:35.35	

Event 5 Boys 100 Meter Dash

Name	Year	School	Seed	Finals	H#	Points
1	153	Whilby, Marvin	Don Bosco	11.17	1	10
2	434	Witt, Max	Ridgewood	11.37	2	8
3	436	Adams, Kevin	St. Joseph Montvale	11.46	2	6
4	467	Hogan, Kamal	St. Joseph Montvale	11.69	1	4

Name	Year	School	Seed	Finals	Points
1	99	Byrne, Timothy	Don Bosco	47-05.50	10
2	323	Victorino, Brandon	Hackensack	46-06.50	8
3	430	Simmons, Jack	Ridgewood	44-04.00	6
4	132	Meile, Peter	Don Bosco	42-00.00	4
5	312	Mozia, Stephen	Hackensack	41-09.00	2
6	397	Bair, Adam	Ridgewood	41-01.00	1
7	105	Cobb, Ryan	Don Bosco	38-10.50	
8	311	Montesano, Anthony	Hackensack	35-05.00	

Event 11 Boys High Jump

Name	Year	School	Seed	Finals	Points
1	113	Hazell, Gregory	Don Bosco	6-00.00	10
2	303	Harrison, John	Hackensack	5-08.00	8
3	307	Mensah, Bright	Hackensack	J5-08.00	6
4	322	Vargas, Alejandro	Hackensack	5-06.00	4

Event 12 Boys Pole Vault

Name	Year	School	Seed	Finals	Points
1	259	Horvath, John	Fordham Prep	13-06.00	10
2	152	Weismiller, Scott	Don Bosco	J13-06.00	8
3	241	Carr, Anthony	Fordham Prep	12-06.00	6
4	285	Talty, Keegan	Fordham Prep	J12-06.00	4
5	434	Witt, Max	Ridgewood	J12-06.00	2
6	433	Wisener, Jon	Ridgewood	12-00.00	1
7	407	Gramaglia, Andrew	Ridgewood	11-06.00	
--	123	Lynch, John	Don Bosco	NH	
--	244	DiIorio, Peter	Fordham Prep	NH	

Event 13 Boys Long Jump

Name	Year	School	Seed	Finals	Points
1	324	Walker, Conroy	Hackensack	20-11.25	10
2	467	Hogan, Kamal	St. Joseph Montvale	20-01.50	8
3	105	Cobb, Ryan	Don Bosco	19-06.00	6
4	505	Williams, K'Waun	St. Joseph Montvale	19-04.25	4
5	118	Jeune, Randy	Don Bosco	18-08.00	2
6	436	Adams, Kevin	St. Joseph Montvale	18-05.75	1
7	130	McFadden, Jake	Don Bosco	18-03.25	
8	307	Mensah, Bright	Hackensack	18-02.50	
9	398	Beausoleil, Matt	Ridgewood	17-01.50	
10	122	Lauria, Brendan	Don Bosco	16-11.75	
--	152	Weismiller, Scott	Don Bosco	ND	

Event 14 Boys Triple Jump

Name	Year	School	Seed	Finals	Points
1	324	Walker, Conroy	Hackensack	43-05.50	10
2	113	Hazell, Gregory	Don Bosco	43-05.25	8
3	118	Jeune, Randy	Don Bosco	39-07.25	6

5/1/09

TRACK & FIELD NOTEBOOK

Track Top 25

Boys	Girls
1. Don Bosco	1. IHA
2. Ridgewood	2. Ridgewood
3. River Dell	3. Holy Angels
4. Ramsey	4. Pascack Hills
5. Teaneck	5. Demarest
6. Indian Hills	6. Tenafly
7. Bergen Catholic	7. Mahwah
8. Old Tappan	8. No. Highlands
9. Tenafly	9. Hasb. Heights
10. Demarest	10. Westwood
11. Kennedy	11. Old Tappan
12. Lynchhurst	12. River Dell
13. Cresskill	13. Clifton
14. No. Highlands	14. Teaneck
15. Englewood	15. Wayne Valley
16. West Milford	16. Lakeland
17. Mahwah	17. Ramsey
18. Pascack Hills	18. Ramapo
19. Hasb. Heights	19. Paramus Cath
20. Westwood	20. Passaic Tech
21. Passaic Tech	21. Fort Lee
22. Wayne Valley	22. Pascack Valley
23. Fort Lee	23. DePaul
24. Paramus	24. Waldwick
25. Lodi	25. Wood Ridge

■ He's been running the intermediate hurdles for less than a month, but former baseball player Nicoy Hines of Passaic Tech is quickly making his mark on the Passaic County record book. Saturday he ran the 400 meter hurdles at the Randolph Relays in 54.66 seconds, the fastest in North Jersey this year and 11th fastest in Passaic County history. He's within a second of the school record of 53.9 set by former LIU runner King Barry in 1991.

Hines combined with Jaris Rosseau, Garrett Thomas and Warren Beason to win the Randolph shuttle high hurdles in 1:02.84, the fastest time in North Jersey this spring. The Bulldogs also took seconds in the 4-x-200 (1:31.99), intermediate hurdles and 4-x-400 (3:30.53) to finish third in the large school division with 45 points.

The PCT girls were second in the 4-x-100 (51.28) and third in the 4-x-200 (1:48.29) at Randolph.

■ Butler's girls won the small schools shuttle hurdles (1:06.19) and intermediate hurdles at Randolph with senior Val Roosma, junior Monica Loranger and soph Rachel Vaccaro on both teams.

■ The cancellation of this year's Bernards Invitational, always a popular venue for North Jersey teams like IHA, Ridgewood, Teaneck, Kennedy, Wayne Valley and Passaic, has left a hole in this weekend's schedule. The Bernards track is being redone and the meet is expected to return next year.

■ The County Seat Invitational at Mahwah is the only area meet this week, although some teams might travel to Glassboro for the Rowan Invitational.

■ Next week starts the championship season with the B-PSL meet at Glen Rock on Tuesday and Wednesday, the BCSL National Olympic meet Wednesday and Thursday at Overpeck Park in Palisades Park and the NBIL meet at Mahwah. These are likely to be the last meets in the history of these leagues with the realignment scheduled to begin next fall.

Reigning meet champions are: Pompton Lakes boys and Waldwick girls (B-PSL Carpenter); Manchester boys and Hawthorne girls (B-PSL King); Wood-Ridge boys and Hasbrouck Heights girls (BCSL National); Park Ridge boys and girls (BCSL Olympic); Old Tappan boys and Ramapo girls (NBIL 1) and Ramsey boys and Mahwah and Ramsey girls (NBIL 2).

- Paul Schwartz

Ridgewood 87**Nutley: 25**

April 21 – 55 rain @ Nutley

400 IH: Ridgewood: 6 Nutley: 3
1-Edward Blair (R) 61.6 2-Amato (N) 63.7 3-Sean Mattson (R) 64.0 (fell)
Others: D. Suh 68.8; N. Tai 70.2

100m: Ridgewood: 6 Nutley: 3
1-Max Witt (R) 11.3 2-Burney (N) 11.4 3-InSoo Hwang (R) 11.5
Others: J. Wisener 12.2; InHo Hwang 12.3; A. Gramaglia 12.5; S. Pietrantuono 12.7;
M. Luansing 12.9; S. Sapienza 13.2; P. Solano 13.4; D. Frey 13.5; C. Park 13.6; J. Suh
13.6; N. Park 13.7; E. Xue 13.8; T. Hansen 13.8; A. Quartarano 14.0; K. Ransom 14.3;
I. Gutkin 14.7; R. Kalabalek 15.0; A. Martinez 15.3 C. Jennings 15.7; T. Schwartz 17.4

1600m: Ridgewood: 9 Nutley: 0
1-Sean Martyn (R) 4:42.2 2-Pat Rynkowsky (R) 4:44.3 3-Steven Spretizer (R) 4:49.9
Others: L. Jennings 4:54; A. Ontiveros 4:59; R. Amadeo 5:13; N. Weisberger 5:16;
Alex 5:17; S. Fishbein 5:29; Trazan 5:32

400m: Ridgewood: 6 Nutley: 3
1-Matt Grundy (R) 52.4 2-Marano (N) 53.7 3-Matt Levitsky (R) 54.8
Others: M. LaDuca 56.2; A. Gramaglia 56.7; N. Tai 58.1; T. Diorio 59.5;
G. Urbano 60.1; O. Hamza 61.2; C. Halvey 62.9

110HH: Ridgewood: 9 Nutley: 0
1-Edward Blair (R) 16.5 2-Matt Beausoleil (R) 17.4 3-Sean Mattson (R) 17.8
Others: A. Mandarano 18.3; D. Suh 20.1; T. Hansen 20.1

800m: Ridgewood: 4 Nutley: 5
1-Russo (N) 2:06.8 2-Justin Jenkins (R) 2:10.9 3-Steven Spretizer (R) 2:11.4
Others: M. Eid 2:23; N. Weisberger 2:24; R. Amadeo 2:26; C. Steinacher 2:30;
M. French 2:31; S. Fishbein 2:37; E. Kritzer 2:28; J. Reimer 2:39; C. Legg 2:39

200m: Ridgewood: 4 Nutley: 5
1-Burnery (N) 22.9 2-InSoo Hwang (R) 23.0 3-Max Witt (R) 23.8
Others: InHo Hwang 25.4; M. LaDuca 25.5; J. Wisener 26.0; A. Gramaglia 26.0; T.
Diorio 26.3; G. Urbano 26.4; O. Hamza 26.6; T. Hansen 27.5; E. Xue 27.9; D. Suh 27.9;
D. Frey 28.2; P. Solano 28.2; C. Park 28.4; S. Sapienza 28.5; A. Quarano 28.7; C.
Halvey 28.8; J. Suh 28.9; K. Ransom 29.0; N. Park 29.6; C. Jennings 32.0; I. Kutkin
32.4; R. Kalabalek 32.4; A. Martinez 33.1; T. Schwartz 37.9

3200m: Ridgewood: 8 Nutley: 1
1-Sean Martyn (R) 10:34 2-Pat Rynkowsky (R) 10:36 3-Roche (N) 10:42
Others: L. Jennings 11:04; B. Fishbein 11:15

North Jersey Sports

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Coaches feel sadness at final meet

Event ends after 100-plus years

By PAUL SCHWARTZ
STAFF WRITER

MONTCLAIR — When the first Northern New Jersey Interscholastic League track and field meet was held in 1906, the World Series was new and the Wright Brothers were still launching their planes with an assist from a running take-off.

The forthcoming NJSIAA realignment brought the NNJL meet to an end Saturday at Woodman Field, and the coaches of the team champions in the final year will feel its absence.

Ridgewood girls coach Jacob Brown, who has coached the Maroons in every one of the 33 girls championships since the meet added girls in 1977, was pleased that his team in Division B had won a fifth straight divisional championship and 15th overall, but the joy almost was outweighed by the thought that there would be no more.

"I feel more of a sadness than joy," said Brown, whose team romped to an easy 65-point win over Teaneck. "The history of this league is significant and it shouldn't

be trashed over something this sport had no control of. This is always a fabulous day of track and field and now it's gone."

"I haven't been in the league very long, compared to other coaches and people," added Don Bosco coach Rob DeCarlo, whose team earned an 11th straight divisional title by winning the boys C Division, 100-65½. "But I really respect the history and the competitiveness of the league, and hearing about some of the plans for track in the next realignment makes me concerned."

But the most poignant comments from a winning coach may have come from Ridgewood boys coach Josh Saladino, who also was part of a championship team in 1995 while running for the Maroons. The 2009 Maroons won by 54 points over Teaneck.

"One of the most fun team meets in my life was the 1995 [Atlantic Division] meet where we came from behind and tied Bergen Catholic for

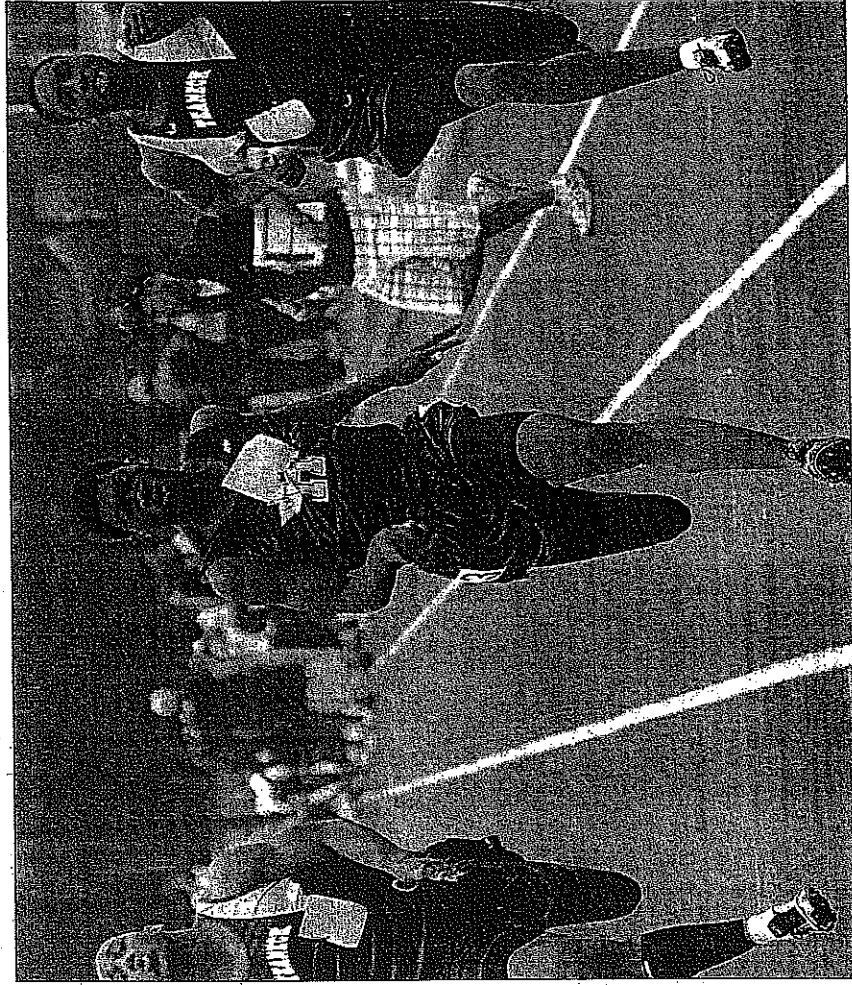
the title," said Saladino. "It's a tragedy to end this meet, and wipe it out for reasons unrelated to the sport. Look at our record book — the record holders in this meet are among the greatest track and field athletes ever in this state — Jasmin Jones, Bob Keino, Darius Pemberton, Joe Dawkins and Mohamed Khadraoui. And now it's gone.

"It was important for us to win this meet because it was the last one and it sets us up for the rest of the season. But it's terrible that we'll all be going our separate ways."

Other champs were Kennedy, by 45 over Montclair, in boys A, Clifton, by 61 over Montclair in girls A and IHA, an 80-65 winner over Paramus Catholic in girls C.

The athlete of the meet may have been Hackensack junior Conroy Walker, who won four events in boys B, including an 11-second 100 meters, 22 feet, 5½ inches in the long jump and 44-4 in the triple jump, all the top performances of the meet.

IHA javelin star Shannon Sullivan set the final record at the meet, throwing 140-8 to better her 2008 mark by more than 6 feet.



VIORÉ FLORESCU/SPECIAL TO THE RECORD

Hackensack's Conroy Walker, center, winning the boys Division B 100 meters Saturday.

SOFTBALL: BERGEN COUNTY TOURNAMENT

NNJIL Championship
@ Montclair

May 9, 2009

400 IH:

InSoo Hwang 57.55 - 2nd Place
Edward Blair 60.68 - 6th Place
Sean Mattson 61.49

1600m:

Taro Shigenobu 4:34.84 - 3rd Place
Andrew Fine 4:34.45 - 2nd Place
Brian Cleary 4:34.07 - 1st Place

100m:

Max Witt 11.2 / 11.40 - 3rd Place
Will Jacoby 11.4

110HH:

Edward Blair 16.13 / 16.05 - 2nd Place
Sean Mattson 17.15
A.J. Mandarano 17.40

400m:

InSoo Hwang 52.29 - 5th Place
Matt Grundy 51.62 - 3rd Place
Matt Levitsky 54.70

3200m:

Sean Martyn 10:10.03 - 1st Place
Patrick Rynkowsky 10:14.21 - 2nd Place
Steven Spretizer 10:28.08 - 4th Place

200m:

Max Witt 23.55
Will Jacoby 24.40

800m:

Taro Shigenobu 2:00.30 - 2nd Place
Andrew Fine 2:01.90 - 3rd Place
Brian Cleary 2:03.50 - 4th Place

4x400m:

Matt Grundy 53.4
Sean Mattson 54.2
Edward Blair 54.4
InSoo Hwang 51.3 3:33.49 - 2nd Place

Long Jump:

Tommy DeVita 18'9"
Matt Beausoleil 17'8"
Mike Luansing 18'0"

Triple Jump:

Tommy DeVita 40'9" – 6th Place
Matt Beausoleil 37'3 3/4"
A.J. Mandarano 38'2 1/2"

Shot Put:

Jack Simmons 43'2" – 5th Place
Adam Bair 48'7 1/2" – 2nd Place
Anthony Balboa 34'9"

Discus:

Jack Simmons 124'0" – 3rd Place
Adam Bair F
Jacob Levitsky 100'2"

High Jump:

Tommy DeVita 6'2" – 1st Place
Matt Beausoleil 5'6"
Matt Levitsky NH

Javelin:

Mark Maniaci 146'0" – 4th Place
Taylor Zulauf 146'6" – 3rd Place
Matt Beausoleil 128'7"

Pole Vault:

Max Witt 11'6" – 1st Place
John Wisener 11'6" – 2nd Place
Andrew Gramaglia 11'0" – tie 3rd Place

Team Standings:

Ridgewood 157
Teaneck 103
Bloomfield 78
Hackensack 72
Paramus 60
Belleville 16
Nutley 10

Congrats – NNJIL Champions!!!

Fraulo Race Timing - Contractor License
 Hy-Tek's MEET MANAGER
 2009 NNUJIL TRACK & FIELD CHAMPIONSHIPS - 5/9/2009
 MONTCLAIR

Results - All times are FAT

Event 1 Boys 400 Meter Hurdles B

Name	Year School	Seed	Finals	H#	Points
Finals					
1 1578 Vargas, Joe	Paramus High School		55.85	1	10
2 1235 Hwang, InSoo	Ridgewood		57.55	1	8
3 308 Hall, Finzo	Bloomfield		58.21	2	6
4 1412 Hambric, Brandon	Teaneck		58.67	1	4
5 303 Gantt, Shawn	Bloomfield		1:00.10	3	2
6 1209 Blair IV, Edward	Ridgewood		1:00.68	1	1
7 342 Simpson-Terry, Guy	Bloomfield		1:01.42	2	
8 1255 Mattson, Sean	Ridgewood		1:01.49	2	
9 1405 Goins, Chris	Teaneck		1:02.86	1	
10 635 Elliot, Gregory	Hackensack		1:02.95	2	
11 1557 Patel, Dharm	Paramus High School		1:02.96	3	
12 667 Oddstadt, Christop	Hackensack		1:03.07	1	
13 1372 Brent, Bobby	Teaneck		1:03.72	3	
14 1589 Amato, Christopher	Nutley		1:05.12	2	
15 644 Headley, Moquiez	Hackensack		1:06.60	2	

Event 8 Boys 1600 Meter Run B

Name	Year School	Seed	Finals	Points
1 1216 Cleary, Brian	Ridgewood		4:34.07	10
2 1223 Fine, Andrew	Ridgewood		4:34.45	8
3 1272 Shigenobu, Taro	Ridgewood		4:34.84	6
4 634 Douglas, Joel	Hackensack		4:38.99	4
5 41 Khan, Zeeshan	Belleville		4:43.94	2
6 1531 Fiorino, Nicholas	Paramus High School		4:53.54	1
7 629 Coronado, Carlos	Hackensack		4:55.23	
8 1550 Lefer, Andrew	Paramus High School		4:55.97	
9 1381 Cifuentes, Justin	Teaneck		4:56.90	
10 1424 Kendrick, Kamal	Teaneck		4:57.87	
11 1358 Avery, Frederick	Teaneck		5:01.03	
12 1575 Stuart, Chris	Paramus High School		5:03.84	
13 24 Cure, Bryon	Belleville		5:05.83	
14 295 Duncan, Alexander	Bloomfield		5:11.97	
15 654 Mercedes, Jean-Car	Hackensack		5:12.83	
16 292 Cupoli, Joseph	Bloomfield		5:45.62	

Event 12 Boys 110 Meter Hurdles B

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 1412 Hambric, Brandon	Teaneck		15.23q	1
2 308 Hall, Finzo	Bloomfield		15.48q	3
3 342 Simpson-Terry, Guy	Bloomfield		15.54q	1
4 1578 Vargas, Joe	Paramus High School		15.55q	2
5 303 Gantt, Shawn	Bloomfield		15.74q	2

6	1209	Blair IV, Edward	Ridgewood	16.13q	3
7	1405	Goins, Chris	Teaneck	16.40	3
8	1444	Parsons, Cyrano	Teaneck	16.88	2
9	1255	Mattson, Sean	Ridgewood	17.15	2
10	1250	Manderano, A.J.	Ridgewood	17.40	1
11	1557	Patel, Dharm	Paramus High School	17.79	3
12	680	Vargas, Alejandro	Hackensack	17.89	1
13	667	Oddstadt, Christop	Hackensack	18.10	3
14	1589	Amato, Christopher	Nutley	18.18	1
15	671	Perez, Xavier	Hackensack	23.97	2

Event 12 Boys 110 Meter Hurdles B

Name	Year	School	Prelims	Finals	Points
Finals					
1	1412	Hambric, Brandon	Teaneck	15.23	15.02 10
2	1578	Vargas, Joe	Paramus High School	15.55	15.05 8
3	308	Hall, Finzo	Bloomfield	15.48	15.65 6
4	303	Gantt, Shawn	Bloomfield	15.74	15.66 4
5	1209	Blair IV, Edward	Ridgewood	16.13	16.05 2
6	342	Simpson-Terry, Guy	Bloomfield	15.54	16.81 1
Preliminaries					
7	1405	Goins, Chris	Teaneck	16.40	
8	1444	Parsons, Cyrano	Teaneck	16.88	
9	1255	Mattson, Sean	Ridgewood	17.15	
10	1250	Manderano, A.J.	Ridgewood	17.40	
11	1557	Patel, Dharm	Paramus High School	17.79	
12	680	Vargas, Alejandro	Hackensack	17.89	
13	667	Oddstadt, Christop	Hackensack	18.10	
14	1589	Amato, Christopher	Nutley	18.18	
15	671	Perez, Xavier	Hackensack	23.97	

Event 19 Boys 100 Meter Dash B

Name	Year	School	Seed	Finals	Points
Finals					
1	682	Walker, Conroy	Hackensack	11.00	10
2	333	Ottoy, Michael	Bloomfield	11.34	8
3	1278	Witt, Max	Ridgewood	11.40	6
4	1449	Pleasants, Casey	Teaneck	11.45	4
5	1599	Burney, Khalif	Nutley	11.47	2
6	1482	Whyte, Zadique	Teaneck	11.58	1

Event 25 Boys 400 Meter Dash B

Name	Year	School	Seed	Finals	H#	Points
1	1416	Hodge, Justin	Teaneck	51.28	1	10
2	1398	Fields, Warren	Teaneck	51.58	2	8
3	1231	Grundy, Matt	Ridgewood	51.62	2	6
4	14	Cabrita, Matt	Belleville	51.79	1	4
5	1235	Hwang, InSoo	Ridgewood	52.29	1	2
6	1434	Miles, Daryian	Teaneck	53.34	2	1
7	32	Feliciano, Edward	Belleville	53.44	1	
8	1642	Marano, Matthew	Nutley	53.49	2	
9	1571	Spector, Ilya	Paramus High School	54.46	2	
10	1527	Deidolf, Forrest	Paramus High School	54.49	3	

11	679	Scott, Elijahon	Hackensack	54.55	3
12	1584	Levitsky, Jacob	Ridgewood	54.70	2
13	316	Martin, Dashawn	Bloomfield	54.73	1
14	1653	Patel, Shvet	Nutley	56.26	3
15	1616	Grueter, Jonathan	Nutley	57.00	3
16	308	Hall, Finzo	Bloomfield	57.79	1

Event 32 Boys 3200 Meter Run B

Name	Year	School	Seed	Finals	Points
1	1254	Martyn, Sean	Ridgewood	10:10.03	10
2	1268	Rynkowski, Patrick	Ridgewood	10:14.21	8
3	41	Khan, Zeeshan	Belleville	10:18.88	6
4	1274	Spreitzer, Steven	Ridgewood	10:28.08	4
5	1662	Roche, Patrick	Nutley	10:34.71	2
6	1575	Stuart, Chris	Paramus High School	10:42.98	1
7	1550	Lefer, Andrew	Paramus High School	10:51.30	
8	1660	Rauco, Anthony	Nutley	10:54.98	
9	1403	Garcia, Ismael	Teaneck	11:02.41	
10	1381	Cifuentes, Justin	Teaneck	11:09.09	
11	674	Pujols, John	Hackensack	11:09.91	
12	1634	Lochan, Matt	Nutley	11:13.17	
13	684	Zelhof, Charles	Hackensack	11:18.39	
14	1368	Bhowmick, Kuntal	Teaneck	11:19.42	
15	24	Cure, Bryon	Belleville	11:21.23	
16	665	Nunez, Aneudy	Hackensack	11:25.69	

Event 34 Boys 200 Meter Dash B

Name	Year	School	Seed	Finals	H#	Points
1	682	Walker, Conroy	Hackensack	22.60	1	10
2	1449	Pleasants, Casey	Teaneck	22.83	1	8
3	333	Ottey, Michael	Bloomfield	23.07	2	6
4	1482	Whyte, Zadique	Teaneck	23.20	1	4
5	1599	Burney, Khalif	Nutley	23.35	1	2
6	313	Livingston, Devon	Bloomfield	23.42	2	1
7	1434	Miles, Daryian	Teaneck	23.48	1	
8	1278	Witt, Max	Ridgewood	23.55	1	
9	334	Padilla, Tevin	Bloomfield	23.63	2	
10	673	Pleasant, Christop	Hackensack	24.26	2	
11	1527	Deidolf, Forrest	Paramus High School	24.63	3	
12	1593	Aramando, Sam	Nutley	24.64	3	
13	679	Scott, Elijahon	Hackensack	24.69	3	
14	1236	Jacoby, Will	Ridgewood	24.80	2	
15	1581	Ye, Sam	Paramus High School	24.88	3	
16	1677	Stefan, Tudor	Nutley	26.24	3	

Event 40 Boys 800 Meter Run B

Name	Year	School	Seed	Finals	Points
1	1416	Hodge, Justin	Teaneck	1:59.90	10
2	1272	Shigenobu, Taro	Ridgewood	2:00.30	8
3	1223	Fine, Andrew	Ridgewood	2:01.90	6
4	1216	Cleary, Brian	Ridgewood	2:03.50	4
5	634	Douglas, Joel	Hackensack	2:05.40	2
6	1531	Fiorino, Nicholas	Paramus High School	2:06.60	1

7	653 Mensah, Marvin	Hackensack	2:06.89
8	1666 Russo, Matthew	Nutley	2:07.48
9	1358 Avery, Frederick	Teaneck	2:08.10
10	1577 Vaghasia, Naitik	Paramus High School	2:09.50
11	1372 Brent, Bobby	Teaneck	2:09.80
12	312 Khan, Abdul	Bloomfield	2:13.09
13	1579 Verhasselt, Eric	Paramus High School	2:13.58
14	678 Sanchez, Carlos	Hackensack	2:14.32
15	1638 Lynch, Ryan	Nutley	2:15.00
16	331 Ortiz, Carlos	Bloomfield	2:19.60
17	1641 Mantone, Thomas	Nutley	2:22.20
18	316 Martin, Dashawn	Bloomfield	2:27.21

Event 49 Boys 4x400 Meter Relay B

School	Seed	Finals	Points
1 Teaneck 'A'		3:24.76	10
1) 1449 Pleasants, Casey	2) 1405 Goins, Chris		
3) 1398 Fields, Warren	4) 1416 Hodge, Justin		
2 Ridgewood 'A'		3:33.49	8
1) 1231 Grundy, Matt	2) 1255 Mattson, Sean		
3) 1209 Blair IV, Edward	4) 1235 Hwang, InSoo		
3 Paramus High School 'A'		3:35.27	6
1) 1578 Vargas, Joe	2) 1527 Deidolf, Forrest		
3) 1571 Spector, Ilya	4) 1531 Fiorino, Nicholas		
4 Belleville 'A'		3:37.37	4
1) 32 Feliciano, Edward	2) 38 Ibrahim, Hayek		
3) 53 Richardson, Douglas	4) 14 Cabrita, Matt		
5 Nutley 'A'		3:42.43	2
1) 1642 Marano, Matthew	2) 1653 Patel, Shvet		
3) 1589 Amato, Christopher	4) 1666 Russo, Matthew		
6 Hackensack 'A'		3:54.42	1
1) 679 Scott, Elijahon	2) 654 Mercedes, Jean-Carlos		
3) 667 Oddstadt, Christopher	4) 680 Vargas, Alejandro		

Event 56 Boys Pole Vault B

Name	Year School	Seed	Finals	Points
1 1278 Witt, Max	Ridgewood		11-06.00	10
2 1277 Wisener, Jon	Ridgewood		J11-06.00	8
3 1230 Gramaglia, Andrew	Ridgewood		11-00.00	5
3 1544 Kim, Jonathan	Paramus High School		11-00.00	5
5 1556 Nadera, Tony	Paramus High School		10-06.00	2
6 1555 Moffett, Sean	Paramus High School		10-00.00	1
-- 1360 Ayoride, Oluwadami	Teaneck		NH	
-- 1632 Lin, Jeffrey	Nutley		NH	
-- 1406 Goins, Parker	Teaneck		NH	
-- 1378 Campbell, Lorenzo	Teaneck		NH	
-- 621 Brown, Julian	Hackensack		NH	
-- 1614 Gencarelli, Nichol	Nutley		NH	

Event 65 Boys Long Jump B

Name	Year School	Seed	Finals	Points
1 682 Walker, Conroy	Hackensack		22-05.50	10
2 1577 Vaghasia, Naitik	Paramus High School		20-04.50	8

3	1451 Pratt, Dahn	Teaneck	20-01.50	6
4	1485 Williams, Nevon	Teaneck	19-08.50	4
5	1484 Williams, Jamal	Teaneck	19-01.00	2
6	652 Mensah, Bright	Hackensack	18-09.00	1
7	1220 DeVita, Tommy	Ridgewood	J18-09.00	
8	1603 Cetrulo, Raymond	Nutley	18-04.25	
9	349 Taste, Steve	Bloomfield	18-00.50	
10	1249 Luansing, Michael	Ridgewood	18-00.00	
10	53 Richardson, Dougla	Belleville	18-00.00	
12	1207 Beausoleil, Matt	Ridgewood	17-08.00	
13	1593 Aramando, Sam	Nutley	17-07.00	
14	1549 Lee, Jae	Paramus High School	17-00.50	
15	1621 Jimenez, Jordan	Nutley	16-09.00	

Event 68 Boys Triple Jump B

Name	Year School	Seed	Finals	Points
1	682 Walker, Conroy	Hackensack	44-04.00	10
2	1577 Vaghasia, Naitik	Paramus High School	43-04.25	8
3	1451 Pratt, Dahn	Teaneck	42-10.25	6
4	1485 Williams, Nevon	Teaneck	42-03.50	4
5	1484 Williams, Jamal	Teaneck	41-06.00	2
6	1220 DeVita, Tommy	Ridgewood	40-09.00	1
7	680 Vargas, Alejandro	Hackensack	40-08.25	
8	53 Richardson, Dougla	Belleville	38-06.00	
9	1250 Manderano, A.J.	Ridgewood	38-02.50	
10	349 Taste, Steve	Bloomfield	37-11.25	
11	1207 Beausoleil, Matt	Ridgewood	37-03.75	
12	1621 Jimenez, Jordan	Nutley	35-07.00	
12	644 Headley, Moquiez	Hackensack	35-07.00	
14	1593 Aramando, Sam	Nutley	34-11.75	
15	303 Gantt, Shawn	Bloomfield	34-06.50	

Event 77 Boys High Jump B

Name	Year School	Seed	Finals	Points
1	1220 DeVita, Tommy	Ridgewood	6-02.00	10
2	643 Harrison, John	Hackensack	5-10.00	8
3	1578 Vargas, Joe	Paramus High School	J5-10.00	6
4	1367 Berry, Theodore	Teaneck	J5-10.00	4
5	1524 Charbonnel, Eric	Paramus High School	5-08.00	2
6	652 Mensah, Bright	Hackensack	J5-08.00	1
7	1577 Vaghasia, Naitik	Paramus High School	J5-08.00	
7	1397 Ferreria, Kyann	Teaneck	J5-08.00	
9	1207 Beausoleil, Matt	Ridgewood	5-06.00	
9	349 Taste, Steve	Bloomfield	5-06.00	
11	1444 Parsons, Cyrano	Teaneck	5-04.00	
--	680 Vargas, Alejandro	Hackensack	NH	
--	1247 Levitsky, Matt	Ridgewood	NH	
--	342 Simpson-Terry, Guy	Bloomfield	NH	

Event 80 Boys Shot Put B

Name	Year School	Seed	Finals	Points
1	327 Ndichie, Emeka	Bloomfield	50-00.00	10
2	1206 Bair, Adam	Ridgewood	48-07.50	8

3	347	Sokoli, Kristjan	Bloomfield	47-09.00	6
4	681	Victorino, Brandon	Hackensack	46-09.50	4
5	1273	Simmons, Jack	Ridgewood	43-02.00	2
6	661	Mozia, Stephen	Hackensack	43-01.00	1
7	1532	Foster, Mitchell	Paramus High School	42-07.00	
8	1470	Spidell, Ivan	Teaneck	40-10.00	
9	659	Montesano, Anthony	Hackensack	39-07.50	
10	1426	Leslie, Jasper	Teaneck	38-02.00	
11	1657	Petrucelli, Christ	Nutley	37-04.50	
12	1596	Azierski, Stephen	Nutley	36-00.00	
13	1583	Balboa, Anthony	Ridgewood	34-09.00	
14	1379	Carter, Willie	Teaneck	33-07.00	
15	1652	Palma, Gregory	Nutley	30-06.50	

Event 89 Boys Discus Throw B

Name	Year	School	Seed	Finals	Points
1	661	Mozia, Stephen	Hackensack	147-05	10
2	347	Sokoli, Kristjan	Bloomfield	147-02	8
3	1273	Simmons, Jack	Ridgewood	124-00	6
4	1441	Ohene-Bonsu, Kwabe	Teaneck	123-03	4
5	324	Morales, Esteban	Bloomfield	120-02	2
6	1470	Spidell, Ivan	Teaneck	116-07	1
7	1379	Carter, Willie	Teaneck	114-00	
8	1532	Foster, Mitchell	Paramus High School	113-07	
9	1592	Aquino, Mark	Nutley	112-04	
10	681	Victorino, Brandon	Hackensack	104-06	
11	1542	Jonas, Jordan	Paramus High School	102-06	
12	1584	Levitsky, Jacob	Ridgewood	100-02	
13	1596	Azierski, Stephen	Nutley	98-00	
14	1652	Palma, Gregory	Nutley	94-08	
15	628	Coloquhon, Alex	Hackensack	88-03	
--	1206	Bair, Adam	Ridgewood	ND	

Event 92 Boys Javelin Throw B

Name	Year	School	Seed	Finals	Points
1	324	Morales, Esteban	Bloomfield	172-00	10
2	353	Varner, Dwayne	Bloomfield	167-08	8
3	1279	Zulauf, Taylor	Ridgewood	146-06	6
4	1251	Maniaci, Mark	Ridgewood	146-00	4
5	1643	Matallana, Juan	Nutley	137-04	2
6	1542	Jonas, Jordan	Paramus High School	135-09	1
7	1608	DeGrazio, Johnny	Nutley	129-02	
8	1207	Beausoleil, Matt	Ridgewood	128-07	
9	617	Avallone, Mike	Hackensack	121-06	
10	1679	Stickles, Jonathan	Nutley	119-05	
11	1524	Charbonnel, Eric	Paramus High School	106-02	
12	1470	Spidell, Ivan	Teaneck	103-06	
13	315	Marinaro, Christia	Bloomfield	102-05	
14	1388	Davis, Mahlik	Teaneck	92-02	
15	1459	Robinson, Rulan	Teaneck	84-11	

Men - B - Team Rankings - 16 Events Scored

1) Ridgewood	157	2) Teaneck	103
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3) Bloomfield	78	4) Hackensack	72
5) Paramus High School	60	6) Belleville	16
7) Nutley	10		

An NNJIL farewell

Boys team wins 9th straight title

BY RON FOX
Correspondent

MONTCLAIR — Ridgewood High School head coach Josh Saladino wanted most to convey to his athletes the importance of putting their best feet forward in last weekend's Northern New Jersey Interscholastic League track and field championships. He based his inspirational talks on two subjects.

First, Saladino mentioned the fact that he had been there before as an RHS runner. Then, he pointed out a success rate that the Maroons should feel compelled to continue.

"I graduated from Ridgewood in 1995," said the former sprinter and hurdler. "In 1995, we tied Bergen Catholic for the league championship, and I know how much that meant to me."

The coach wanted his charges to experience the same lofty feeling of accomplishment that has buoyed his spirits to this day.

And then there was the streak that he knew meant a lot to his athletes and all those who had performed before them in previous years. The year before, Saladino took over as head coach. Ridgewood won the league title. And in each of his seven seasons at the

See **BOYS TRACK**, page C7

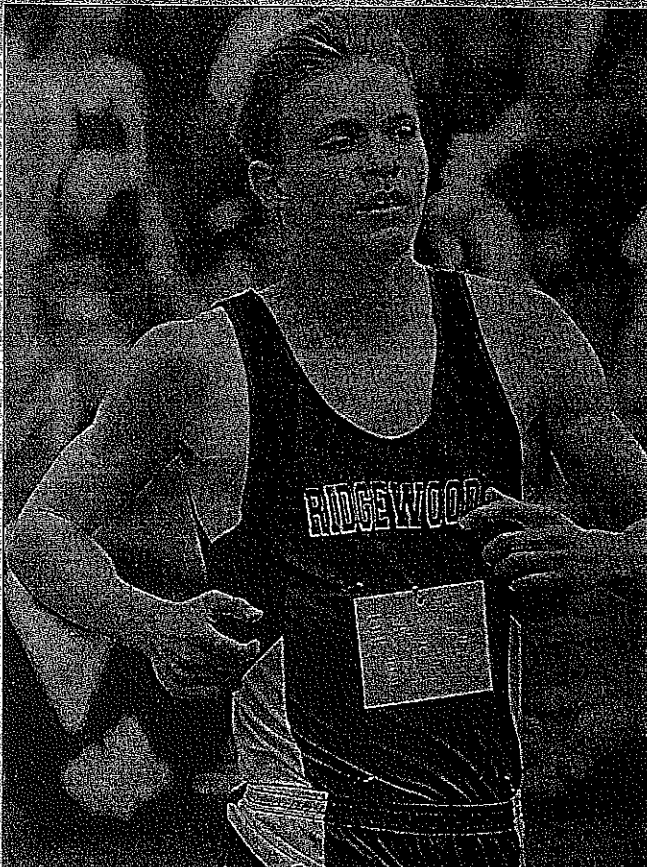


PHOTO COURTESY OF JOHN SPREITZER

Ridgewood senior Andrew Fine earned a pair of medals at last weekend's NNJIL Division B boys track and field championships in Montclair. He clocked 4:34.45 to earn silver in the 1,600 meters and ran 2:01.90 to take home bronze in the 800 meters.

Maroon girls make it six in a row

BY RON FOX
Correspondent

MONTCLAIR — On a hot, muggy day last weekend, Ridgewood High School girls track and field coach Jacob Brown spread out the assignments for the final Northern New Jersey Interscholastic League championship meet. Brown got plenty of girls involved, and the results were priceless.

As expected, the Maroon seniors who normally dominate the proceedings came through again, but a number of very interesting underclassmen added important contributions to the school's sixth straight NNJIL Division B championship — the 33rd title directed by Brown, who is in his 38th season as head coach.

The prime example of the inject



SPORTS

BOYS TRACK from C1

help the Maroons were winners either sharing the NNJL title or winning outright.

The coach wanted just one more to make a name in the row.

This would be the last NNJL championship because of the realignment that goes into effect next school year, Saladino said. It was even more important to win this year and end it with the streak.

The Maroons shared the Division B title with Teaneck last year, having lost to the Highwaymen in the league meet after beating them head-to-head during the regular season. This time, spurred on by all the positive points, Saladino emphasized, Ridgewood sailed to victory, scoring 157 points to Teaneck's 165 in a well-balanced performance as anyone can recall.

There were 16 events, and we finished in the top six in 14 of the 16, the coach said as he prepared for this weekend's Bergen County

championships at Old Tappan. I'm proud of the way the guys handled it. We're pretty well rounded, and that's one of the high points for me. That should set us up to compete well at the higher levels.

The Maroons were spurred on by three champions — seniors Max Witt in the pole vault (41.6) and Sean Marvyn in the 3,200 meters (40:10.93), and junior Brian Cleary in the 1,600 meters (4:54.07). But the coach mentioned that there were plenty of co-stars all of whom were needed to come through with their best efforts.

One athlete who just about went beyond the call of duty was senior Adam Barr, who threw the shot put 48 feet, 7 inches, which vaulted him from fourth place to second place in the event. The silver medal effort came on a powerful throw that surpassed all expectations.

We had people exceeding their personal bests," Saladino said. Adam's throw was nearly four

feet better than he'd ever done.

Again, the coach mentioned the great depth of talent and versatility Ridgewood displayed. Scoring in two events were junior Jack Summons in the discus (third, 124.0) and shot put (fifth, 45.2), sophomore Insoo Hwang in the 400 hurdles (second, 57.55) and open 400 (fifth, 52.29), and sophomore Edward Blair IV in the 10 hurdles (fifth, 16.05) and 400 hurdles (sixth, 90.68). In addition to seniors Andrew Pitt and Laro Shigenobu, both of whom scored in the 800 and 1,600 meters.

In the 1,600, the Maroons swept the top three positions with Cleary, Pitt (4:34.45) and Shigenobu (4:34.84), all finishing within 77 of each other.

Those are great accomplishments in a league like the NNJL, Saladino said. Distance is our strength, and we also finished 4 in the 3,200. The guys train hard and they run hard against each other, but they're out to score for

the team, first and foremost.

Sophomores Pat Rynkowski (40:14.27) and Steve Spreitzer (40:28.08) were Ridgewood's second and fourth place finishers in the 3,200. Witt added a bronze medal in the 100 (1:14.0), and senior leading a sweep on the top three spots in the pole vault, along with John Wisener (11:16) and Andrew Gramaglia (11:09).

Junior Matt Grundy earned individual bronze in the 400 (51.62).

and helped the Maroons take silver in the 4 x 400 (meaning up with Blair Hwang and sophomore Sean Manson for a time of 3:35.49).

Ridgewood junior Tommy Davita cleared 6.2 to take home gold in the high jump, while placing sixth in the triple jump (40.9) and getting edged out for sixth place on attempts in the long jump championship suraic.

The Maroons also scored in the javelin, behind the efforts of Taylor Zulauf (third, 146.6) and

Marl Manna (fourth, 146.0). For RFS, the points came in swims thanks to the team that rostered by Saladino, who knew what felt like to be an athlete of a title team and was pleased to witness the same joy through the eyes of a coach seeing his athletes celebrate at the end of a great championship suraic.

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**Paul Schwartz's
Bergen County
track picks**
At Old Tappan H.S.
Today: 3:30 p.m.
Saturday: 9 a.m.

BOYS**DIVISION A**

100: Marvin Whilby, Don Bosco
200: Marvin Whilby, Don Bosco
400: Jake Hubschman, Demarest
800: Rob Mólke, Don Bosco
1,600: Rob Mólke, Don Bosco
3,200: Leighton Spencer, Don Bosco
110 HH: Brandon Hambric, Teaneck
400 IH: Joe Vargas, Paramus
Shot put: Mike Reilly, Old Tappan*
Discus: Steve Mozia, Hackensack*
Javelin: Tyler Potterton, Demarest*
High jump: Tom DeVita, Ridgewood*
Long jump: Conroy Walker, Hack*
Triple jump: Walker, Hackensack
Pole vault: Yaniv Sofer, Demarest*
Relay: Teaneck
Team: Don Bosco

DIVISION B

100: Raldaine McDonald, Englewood
200: Raldaine McDonald, Englewood
400: Mark Filandro, Indian Hills
800: Corey Caidenhead, Bergenfield
1,600: Dayne Mosconi, Tenafly
3,200: Dayne Mosconi, Tenafly
110 HH: Dan Chedlak, Fort Lee
400 IH: Mark Filandro, Indian Hills
Shot put: Pat Thomas, Lodi
Discus: John Farelli, River Dell
Javelin: Kevin Stelmie, Mahwah
High jump: Julius DeReese, Mahwah
Long jump: Ackeme Brown, Englewood
Triple jump: Angel Lora, Garfield
Pole vault: Dan Chedlak, Fort Lee
Relay: Englewood
Team: Englewood

DIVISION C

100: Barry Bradley, Elmwood Park
200: AJ Scoppa, New Milford
400: Morgan Reilly, Westwood
800: Victor Lopez, Leonia
1,600: Taylor Trumbetti, Pascack Hills
3,200: Patrick Rono, Lyndhurst
110 HH: Travis Lloyd, Dumont
400 IH: Alen Mujahovic, Lyndhurst
Shot put: Ali Metwalli, New Milford
Discus: Ali Metwalli, New Milford
Javelin: Ali Metwalli, New Milford
High jump: Marquis McMillian, Rid.Pk
Long jump: Ron Rolas, Lyndhurst
Triple jump: Marquis McMillian, Rid.Pk
Pole vault: Julio Alorro, Cresskill
Relay: Westwood
Team: New Milford

DIVISION D

100: Kevin Condal, Hasbrouck Heights
200: Hayden Duffy, Emerson
400: Hayden Duffy, Emerson
800: Arthur Freitas, Palisades Park
1,600: Pat Rochford, Bogota
3,200: Pat Rochford, Bogota
110 HH: John Porteous, Wood-Ridge
400 IH: John Porteous, Wood-Ridge
Shot put: Pat Cole, Hasbrouck Heights
Discus: Tomasz Blugozima, Wallington
Javelin: Kaleb Zuidema, Midland Park
High jump: Kaleb Zuidema, Mid.Park
Long jump: John Porteous, Wd.-Ridge
Triple jump: John Porteous, Wd.-Ridge
Pole vault: Greg Hoffman, Park Ridge

GIRLS**DIVISION A**

100: Myasia Jacobs, Paramus Catholic
200: Janay Mitchell, Teaneck
400: Myasia Jacobs, Paramus Catholic
800: Julie Sinkovitz, IHA
1,600: Sarah Pagano, IHA
3,200: Sarah Pagano, IHA
100 HH: Sarah DeVita, Ridgewood
400 IH: Katelyn Ary, Demarest
Shot put: Apresha Hampton, Teaneck*
Discus: Shannon Sullivan, IHA*
Javelin: Shannon Sullivan, IHA*
High jump: Hailey Roche, Ridgewood*
Long jump: Danna Wasserman, Dem*
Triple jump: Rae Corbo, Par. Catholic
Pole vault: Chelsea Hartigan, Ramapo
Relay: Teaneck
Team: IHA

DIVISION B

100: Kristen Brown, Englewood
200: Victoria Mold, Mahwah
400: Tori Roth, River Dell
800: Diane Bain, Ramsey
1,600: Kaleigh Kenny, Holy Angels
3,200: Alex Clinton, Ramsey
100 HH: Kirsten Bowers, Mahwah
400 IH: Diane Bain, Ramsey
Shot put: Aretan Ertan, Fort Lee
Discus: Jessica Cola-Plinto, Ramsey
Javelin: Alex Hunsberger, Mahwah
High jump: Allie Richards, Mahwah
Long jump: Kirsten Bowers, Mahwah
Triple jump: Kirsten Bowers, Mahwah
Pole vault: Ashley Walker, Mahwah
Relay: River Dell
Team: Mahwah

DIVISION C

100: Janelle Liu, Cresskill
200: Colleen Murphy, Westwood
400: Brielle Stefanelli, Pascack Hills
800: Julieanne Fontana, Pascack Hills
1,600: Julieanne Fontana, Pascack Hills
3,200: Betsy Eickelberg, Leonia
100 HH: Jenni Sant Anna, Pascack Hills
400 IH: Jenni Sant Anna, Pascack Hills
Shot put: Rachel Pena, Ridgewood Park
Discus: Teresa Kirkpatrick, Pas. Hills
Javelin: Teresa Kirkpatrick, Pas. Hills
High jump: Heather Gearity, Ruth
Long jump: Tara Fisher, No. Arlington
Triple jump: Rachel Green, Leonia
Pole vault: Nikki Hernandez, Cresskill
Relay: Pascack Hills
Team: Pascack Hills

DIVISION D

100: Alexa McEvoy, Wood-Ridge
200: Jenni Nass, Hasbrouck Heights
400: Rebecca Skovira, Park Ridge
800: Naomi Robinson, Hasb. Heights
1,600: Kelsey Dunn, Waldwick
3,200: Ewelina Marut, Becton
100 HH: Melanie Lewis, Midland Park
400 IH: Nickie Ingelsby, Hasb. Heights
Shot put: Alyssa Connors, Hasb. Hts.
Discus: Alyssa Connors, Hasb. Heights
Javelin: Rebecca Skovira, Park Ridge
High jump: Janelle Carrasco, Bogota
Long jump: Christina Coleman, PK.Rid.
Triple jump: Juliana Romano, Has. Hts.
Pole vault: Michelle Favre, Sad. Brook
Relay: Hasbrouck Heights
Team: Hasbrouck Heights

* Events held Wednesday at Ramsey H.S.

Lyndhurst's Rono golden in 3,200 win

By **KEITH IDEC**
STAFF WRITER

OLD TAPPAN — Patrick Rono realized as soon as Victor Lopez passed him Friday night that he had to make his move.

The Lyndhurst High School freshman moved in front of Lopez shortly thereafter and never looked back.

Rono won the boys Division C 3,200-meter championship at the Red Little Bergen County Track and Field Championships at Old Tappan High School. Rono ran the race in 9:44.8. Lopez, a senior at Leonia, finished second with a time of 9:49.5.

"I was just thinking, 'I can't go at his pace because it'll slow down my time,'" Rono said. "I had to get out in front of him."

Rono improved to 10-0 in 3,200-meter races this season, but fell roughly three seconds short of his best time. He was displeased with how he ran the first half of the race, which came as no surprise to longtime Lyndhurst coach Tom Shoebridge.

"He's a great kid, a wonderful kid," Shoebridge said. "He's as humble as the day is long, he's fun to be around, he works hard. It's amazing, because sometimes your peers will shy away from you when you're that talented. But he's just one of the guys. And that's great. He's always cheering the other guys on. His humility comes from his upbringing. His family is the same way. They're very humble people and they work hard."

Rono's father, Peter, won a gold medal in the 1,500 meters at the 1988 Summer Olympics in Seoul, South Korea. Peter Rono, who represented Kenya, became the youngest Olympic gold medalist in the 1,500 meters (21 years, 62 days).

"It's a great feeling, because I always look up [to my father]," Rono said. "It's also an advantage because he shows me how to train and gives me encouragement during my workouts. That helps a lot."

Rono is scheduled to run the 800-meter and 1,600-meter races today, but the 3,200-meter event has become his favorite. He'll run it next at the North 2, Group 1 meet a week from today at Parsippany High School.

"I want to go around 9:30," Rono said. "That's my goal. I just have to train hard."

As impressive as Rono was Friday, Don Bosco senior Leighton Spencer set himself apart from the competition. Spencer set a meet record with a time of 9:14.9 in the Division A 3,200-meter race. Spencer, a Bergen County cross-country champion in 2008, will run cross-country at Columbia University in the fall.

Boys leaders

Division A

Ridgewood 55

Division B

Manwah 59

Division C

Cresskill 29

Division D

Hasb. Heights 50



Jenn Sant Anna of Pascack Hills, center, leading the pack in the Division C high hurdles Saturday at the Bergen County championship.

Cresskill nets gutsy victory

By PAUL SCHWARTZ
STAFF WRITER

OLD TAPPAN - Rich Miller goes into every championship track meet with two numbers in his head: How many points he thinks his Cresskill team can score and how many he thinks it needs to win.

Before this year's Red Littler Bergen County championships, Miller thought his team could score up to 70 points. He looked at the balanced competition in Division C and thought 70 might do it.

Cresskill didn't get to 70 Saturday, scoring just 63, but it was enough to win Division C over seven other teams with 40 points or more.

"It was just a gutsy performance by our team," said the veteran Cougar coach. "This has been a special year for our team. We really are a team devoid of stars, but the kids came to practice every day and worked harder. And they went to meets and worked harder and they just kept getting better and better."

Senior shot putter Arvin Raj was one of two winners for Cresskill.

"He's the classic example of a kid who keeps working to get better," said Miller.

"He was a 30-foot shot putter as a freshman and did nothing special in the other throws. But he kept at it and he won the shot [49-4½], was second in the discus and third in the javelin."

Four teams led at various points of the meet and had Lyndhurst's relay quartet run a half-second faster and finished third instead of fifth, it would have tied Cresskill.

Division B also came down to the relay - sort of. Indian Hills, led by Mark Filandro on the track, Corey Crawford in the jumps and Matt Krzysik in the throws, led Mahwah by just three points going into the final event.

But Indian Hills has a strong relay and the Braves took second, three spots ahead of Mahwah to win its fourth title in six years, 90-81.

"We wanted to concentrate on getting our kids personal bests in every meet from here on and see what it got us," said Bill Barry, the

Boys champions
Division A: Don Bosco 122½
Division B: Indian Hills 90
Division C: Cresskill 63
Division D: Hasbrouck Heights 96

first-year head coach at Indian Hills but a veteran of more than 25 years of coaching. "That happened on the track, in the jumps and in the throws and it's a tribute to the coaching staff and the kids who believed in them."

"Corey really came into his own in this meet," said Braves jumps coach Alisa Vetter. "He came into the season injured, but now he's healthy and it's really clicking."

Crawford had a seasonal County best in high-jumping 6-4 for a win and a 22-7¼ long jump for second. Filandro won the 400 and 400 hurdles and was second in the 200, and Krzysik won the discus in a County-leading 156-4.

Don Bosco struggled Friday but roared back Saturday to win Division A for the third straight year, led by a distance double by Leighton Spencer and a surprise triple jump win by Greg Hazell.

Hasbrouck Heights easily took its third Division D title in five years led by the Kevins - Condal and DelCalzo who combined for four wins and 50 points.

E-mail: schwartzp@northjersey.com

Fontana all her c

By RONALD P. CLARK
STAFF WRITER

OLD TAPPAN - Even with an attempt to give her entire team credit for its performance at the Red Littler Bergen County track championships Saturday, Pascack Hills coach Christie Rossig knew who carried her team to the Division C title - senior Julieanne Fontana.

"She is tough and gutsy and refuses to let someone come back on her and outkick her," Rossig said.

Fontana won the 800, 1,600 and 3,200 meters to lead the Cowgirls to the title with a 107½-106 win over Westwood. She ran the 3,200 for the first time competitively and beat Leonia's Betsy Eickelberg in the 1,600 and 3,200.

"[Fontana's] legs were tired because she hadn't run that distance this season," Rossig said. "I asked her [Saturday] morning how she was feeling and she said she felt good."

The Cowgirls would need every point Fontana scored. They held off Cresskill in the 4-x-400 relay for second place behind the Cardi-

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SOFTBALL: BERGEN COUNTY QUARTER

Perfect



It's doub

Bergen County Championships
@ Ramsey and Old Tappan

Javelin:

Mark Maniaci 149'7" - 3rd Place

Taylor Zulauf 146'8" - 5th Place

Matt Beausoleil 118'3"

High Jump:

Tommy DeVita 6'2" - 1st Place

Matt Levitsky NH

Pole Vault:

Max Witt 12'6" - 3rd Place

John Wisener NH

Andrew Gramaglia 11'6"

Long Jump:

Matt Beausoleil 17'6"

Mike Luansing 16'10"

Shot:

Adam Bair 45'6" - 5th Place

Jack Simmons 44'9" - 6th Place

Stephen Etna 37'6"

Discus:

Jack Simmons 143'4" - 3rd Place

Adam Bair 112'5"

Jacob Levitsky 97'6"

Friday:

3200m:

Taro Shigenobu 9:23.8 - 2nd Place

Andrew Fine 9:37.1 - 4th Place

Brian Cleary 9:46.8 - 5th Place

200m:

Max Witt 22.6 / DQ

Matt Grundy 23.8

400IH:

InSoo Hwang 56.2 - 2nd Place

Edward Blair 58.5

Sean Mattson 59.6

Saturday:

Triple Jump:

Mike Luansing 34'6"

Matt Beausoleil 35'8"

A.J. Mandarano 37'6"

110HH:

Edward Blair 15.8 / 15.92 - 6th Place

Sean Mattson 17.2

InSoo Hwang 15.7 / 15.76 - 3rd Place

100m:

Max Witt 11.3 / 11.44 - 3rd Place

Will Jacoby 11.6

Matt Levitsky 11.8

800m:

Taro Shigenobu 1:58.4 - tie 3rd Place

Andrew Fine 1:58.8 - 5th Place

Sean Martyn 2:03.5

400m:

InSoo Hwang 51.2

Matt Grundy 51.1 - 6th Place

Matt LaDuca 54.0

1600m:

Taro Shigenobu 4:21.9 - 2nd Place

Brian Cleary 4:31.5

Andrew Fine 4:38

4x400m:

Matt Grundy 54.4

Sean Mattson 54.4

Edward Blair 54.8

Matt LaDuca 56.6 3:39.9

Team Standings:

Don Bosco 122.5

Ridgewood 84

Demarest 59

Teaneck 45

Bergen Catholic 52

Again a very good meet. We are by far the 2nd best team in Northern New Jersey.

Novice Championship
@ Ridgewood High School

May 12, 2009

100m:

M. Luansing **12.6**, S. Pietrantuono **13.5**, C. Jennings **15.1**, C. Park **12.6**,
A. Quartarano **13.5** S. Sapienza **13.1**, J. Suh **13.5** P. Solano **13.6** J. Riemer **13.3**;
I. Gutkin **15.3**; D. Frey **13.8**; O. Hamza **12.7**; G. Urbano **13.1**

1600m:

L. Jennings **4:49 – 2nd Place!!** ; A. Ontiveros **4:53 3rd Place!!** ; M. French **5:03**;
N. Weisberger **5:04**; M. Eid **5:11**; C. Steinacher **5:13**; S. Fishbein **5:22**; C. Tarzian **5:39**

400m:

M. LaDuca **55.1 – 1st Place!!!**, A. Gramaglia **55.9 – 3rd Place!!!**
J. Jenkins **57.2** J. Llinas **57.3**,

800m:

J. Jenkins **2:11 – 1st Place!!!**; E. Kreitzer **2:19**; N. Weisberger **2:21**; C. Steinacher **2:24**;
M. Eid **2:33**; D. Sweet **2:36**; C. Moderow **2:38**; T. Colvin **2:42**

200m:

G. Urbano **25.9**, C. Jennings **30.8**, C. Park **27.7**, A. Quartarano **26.9**, S. Sapienza **26.5**,
J. Suh **28.2**, P. Solano **27.5** O. Hamza **25.8**

3200m:

N. Weisberger **10:59**; B. Fishbein **11:05**

Long Jump:

M. Luansing **16'8 ½" – 3rd Place**
D. Kim **14'1 ½"**

Triple Jump:

M. Luansing **35'6" – 2nd Place**

Javelin:

T. Diorio

4x400m:

J. Jenkins **58.9**
O. Hamza **58.8**
J. Llinas **56.9**
M. LaDuca **53.9** **3:48.6 – 2nd Place!!!**

Fraulo Race Timing - Contractor License

Hy-Tek's MEET MANAGER

2009 Bergen County Championships - 5/15/2009 to 5/16/2009

Gene "Red" Littler Championships

Northern Valley Regional HS at Old Tappan

Results**Event 1 Boys 100 Meter Dash A - FAT**

Name	Year School	Seed	Finals	Points
Finals				
1 645 Whilby, Marvin	SR Don Bosco Prep	10.90	11.14	10
2 1344 Walker, Conroy	JR Hackensackol	10.90	11.18	8
3 3403 Witt, Max	12 Ridgewood	11.20	11.44	6
4 545 Hubschman, Jake	SR Demarest	11.20	11.54	4
5 3773 Pleasants, Casey	JR Teaneck	11.30	11.55	2
6 609 Jenkins, Malcolm	FR Don Bosco Prep	11.50	11.83	1
7 3791 Whyte, Zadique	JR Teaneck	11.20	11.84	
8 3744 Drummond, Joshua	JR Teaneck	11.10	11.95	

Event 2 Boys 200 Meter Dash A

Name	Year School	Seed	Finals	Points
1 645 Whilby, Marvin	SR Don Bosco Prep		21.80	10
2 1344 Walker, Conroy	JR Hackensackol		21.90	8
3 3791 Whyte, Zadique	JR Teaneck		22.50	5
3 3773 Pleasants, Casey	JR Teaneck		22.50	5
5 593 Carroo, Leonte	FR Don Bosco Prep		22.60	2
6 545 Hubschman, Jake	SR Demarest		22.70	1

Event 3 Boys 400 Meter Dash A

Name	Year School	Seed	Finals	Points
1 545 Hubschman, Jake	SR Demarest		48.80	10
2 68 Ring, Will	SR Bergen Catholic		49.70	8
3 593 Carroo, Leonte	FR Don Bosco Prep		50.50	6
4 46 Leonard, Billy	JR Bergen Catholic		50.70	4
5 2482 Brown, Javon	JR Paramus Catholic		50.80	2
6 3377 Grundy, Matt	11 Ridgewood		51.10	1

Event 4 Boys 800 Meter Run A

Name	Year School	Seed	Finals	Points
1 3756 Hodge, Justin	JR Teaneck		1:57.60	10
2 626 Molke, Robert	SR Don Bosco Prep		1:57.60	8
3 3398 Shigenobu, Taro	12 Ridgewood		1:58.40	5
3 590 Belgiovine, Michae	JR Don Bosco Prep		1:58.40	5
5 3375 Fine, Andrew	12 Ridgewood		1:58.80	2
6 2209 Gaidus, Tom	12 Northern Highlands		1:59.40	1

Event 5 Boys 1600 Meter Run A

Name	Year School	Seed	Finals	Points
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1	637	Spencer, Leighton	SR Don Bosco Prep	4:20.90	10
2	3398	Shigenobu, Taro	12 Ridgewood	4:21.90	8
3	626	Molke, Robert	SR Don Bosco Prep	4:22.10	6
4	2311	Ferrentino, Nichol	SR Old Tappan	4:27.40	4
5	2209	Gaidus, Tom	12 Northern Highlands	4:28.30	2
6	990	Farrell, Sean	SR Fair Lawn	4:30.50	1

Event 6 Boys 3200 Meter Run A

Name	Year	School	Seed	Finals	Points
1	637	Spencer, Leighton	SR Don Bosco Prep	9:14.90	10
2	3398	Shigenobu, Taro	12 Ridgewood	9:23.80	8
3	641	Vargas, Rafael	JR Don Bosco Prep	9:32.40	6
4	3375	Fine, Andrew	12 Ridgewood	9:37.10	4
5	3371	Cleary, Brian	11 Ridgewood	9:46.80	2
6	634	Rosas, Howard	JR Don Bosco Prep	9:54.90	1

Event 7 Boys 110 Meter Hurdles A - FAT

Name	Year	School	Seed	Finals	Points	
1	2591	Vargas, Joe	SR Paramus	15.10	14.94	10
2	618	Maxwell, Selwyn	SO Don Bosco Prep	15.20	15.14	8
3	3381	Hwang, InSoo	10 Ridgewood	15.80	15.76	6
4	3751	Goins, Chris	SR Teaneck	15.90	15.85	4
5	85	Wingate, Ernest	JR Bergen Catholic	15.50	15.90	2
6	3368	Blair IV, Edward	10 Ridgewood	15.70	15.92	1
7	533	Dyer, Andrew	JR Demarest	16.30	16.38	
--	3754	Hambric, Brandon	SR Teaneck	14.90	DQ	

Event 8 Boys 400 Meter Hurdles A

Name	Year	School	Seed	Finals	Points
1	2591	Vargas, Joe	SR Paramus	55.90	10
2	3381	Hwang, InSoo	10 Ridgewood	56.20	8
3	3754	Hambric, Brandon	SR Teaneck	57.00	6
4	605	Hazell, Gregory	SO Don Bosco Prep	57.20	4
5	46	Leonard, Billy	JR Bergen Catholic	57.30	2
6	2522	Schnieder, Justin	SR Paramus Catholic	58.10	1

Event 9 Boys Shot Put A

Name	Year	School	Seed	Finals	Points
1	2346	Reilly, Michael	SO Old Tappan	50-10.00	10
2	2530	Wright, Marquise	SO Paramus Catholic	50-05.50	8
3	591	Byrne, Timothy	JR Don Bosco Prep	49-09.00	6
4	989	Eisser, Chris	SR Fair Lawn	46-05.00	4
5	3366	Bair, Adam	12 Ridgewood	45-06.00	2
6	3399	Simmons, Jack	11 Ridgewood	44-09.00	1
7	34	Galassi, Sabino	SR Bergen Catholic	43-10.00	

Event 10 Boys Discus Throw A

Name	Year	School	Seed	Finals	Points
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1	1332 Mozia, Stephen	SO Hackensackol	152-06	10
2	2530 Wright, Marquise	SO Paramus Catholic	149-01	8
3	3399 Simmons, Jack	11 Ridgewood	143-03	6
4	591 Byrne, Timothy	JR Don Bosco Prep	140-07	4
5	2569 Foster, Mitchell	SO Paramus	129-09	2
6	3767 Ohene-Bonsu, Kwabe	SR Teaneck	129-02	1

Event 11 Boys Javelin Throw A

Name	Year School	Seed	Finals	Points
1	570 Potterton, Tyler	SR Demarest	169-03	10
2	546 Iafrate, Steven	JR Demarest	149-11	8
3	3391 Maniaci, Mark	11 Ridgewood	149-07	6
4	583 Woods, Charles	SO Demarest	147-07	4
5	3404 Zulauf, Taylor	12 Ridgewood	146-08	2
6	643 Walker, Henry	JR Don Bosco Prep	145-08	1

Event 12 Boys Long Jump A

Name	Year School	Seed	Finals	Points
1	1344 Walker, Conroy	JR Hackensackol	22-10.75	10
2	2307 Eckmayer, James	SR Old Tappan	20-11.75	8
3	2300 Choi, Myoung Hyun	SO Old Tappan	20-10.00	6
4	3794 Williams, Nevon	SO Teaneck	20-05.75	4
5	2590 Vaghasia, Naitik	SR Paramus	20-04.25	2
6	56 McNicholas, Michae	SR Bergen Catholic	20-03.25	1

Event 13 Boys Triple Jump A

Name	Year School	Seed	Finals	Points
1	605 Hazell, Gregory	SO Don Bosco Prep	44-05.50	10
2	2319 Kabete, Matthias	JR Old Tappan	43-11.50	8
3	56 McNicholas, Michae	SR Bergen Catholic	43-07.50	6
4	1344 Walker, Conroy	JR Hackensackol	43-03.00	4
5	3775 Pratt, Dahn	SR Teaneck	42-04.50	2
6	2590 Vaghasia, Naitik	SR Paramus	41-07.25	1
7	3793 Williams, Jamal	FR Teaneck	41-05.00	

Event 14 Boys Pole Vault A

Name	Year School	Seed	Finals	Points
1	578 Sofer, Yaniv	JR Demarest	13-00.00	10
2	561 Nyfenger, Daniel	JR Demarest	J13-00.00	8
3	3403 Witt, Max	12 Ridgewood	12-06.00	6
4	3027 Im, Simon	SR Ramapo	12-00.00	4
5	580 Tsolakidis, Nikola	JR Demarest	J12-00.00	2
6	586 Baselice, Michael	SO Don Bosco Prep	11-06.00	0.50
6	2331 Marki, Christopher	JR Old Tappan	11-06.00	0.50

Event 15 Boys High Jump A

Name	Year School	Seed	Finals	Points
1	3373 DeVita, Tommy	11 Ridgewood	6-02.00	10
2	56 McNicholas, Michae	SR Bergen Catholic	J6-02.00	8

3	605 Hazell, Gregory	SO Don Bosco Prep	J6-02.00	6
4	2522 Schnieder, Justin	SR Paramus Catholic	6-00.00	4
5	551 Kim, Yoonil	SO Demarest	5-10.00	2
6	34 Galassi, Sabino	SR Bergen Catholic	J5-10.00	1

Event 121 Boys 4x400 Meter Relay A

School	Seed	Finals	Points
1 Bergen Catholic 'A'		3:24.60	10
1) 46 Leonard, Billy JR	2) 69 Ringelstein, Pat SR		
3) 7 Bohlin, Tom SR	4) 68 Ring, Will SR		
2 Don Bosco Preparatory HS 'A'		3:25.30	8
1) 601 Griffith, William SR	2) 645 Whilby, Marvin SR		
3) 609 Jenkins, Malcolm FR	4) 593 Carroo, Leonte FR		
3 Teaneck 'A'		3:26.70	6
1) 3773 Pleasants, Casey JR	2) 3751 Goins, Chris SR		
3) 3747 Fields, Warren SO	4) 3756 Hodge, Justin JR		
4 Old Tappan 'A'		3:32.00	4
1) 2314 Gehl, Christopher SR	2) 2304 DeLeon, Corey SO		
3) 2313 Fuller, Devin FR	4) 2300 Choi, Myoung Hyun SO		
5 Bergen Tech 'A'		3:32.50	2
1) 170 N Goan, Abdelaziz 12	2) 139 Coletta, Jean Luc 11		
3) 166 Miles, Joseph 12	4) 182 Ryan, Patrick 12		
6 Paramus 'A'		3:32.70	1
1) 2568 Fiorino, Nicholas JR	2) 2590 Vaghasia, Naitik SR		
3) 2591 Vargas, Joe SR	4) 2587 Spector, Ilya SR		

Men - A - Team Rankings - 16 Events Scored

1) Don Bosco Preparatory HS	122.50	2) Ridgewood	84
3) Demarest	59	4) Teaneck	45
5) BERGEN CATHOLIC	42	6) Old Tappan	40.50
7) Hackensackol	40	8) Paramus	26
9) Paramus Catholic	23	10) Fair Lawn	5
11) Ramapo	4	12) Northern Highlands	3
13) Bergen Tech	2		

Frosh County Championship
@ Ramsey HS

May 20th

- 400IH: D. Suh 67.1 – 6th Place; T. Hansen 69.9
- 1600m: L. Jennings 5:06 - injured; M. French 4:59.6; C. Tarzian 5:40.1
- 400m: I. Hwang 55.1 – 4th Place; N. Tai 56.7 – 6th Place; C. Halvey 60.7
- 110HH: D. Suh 18.9 / 19.0 – 5th Place; T. Hansen 19.8
- 800m: A. Sarappo 2:24.5; M. French 2:25.6
- 200m: I. Hwang 24.5 – 5th Place; T. Diorio 25.5; D. Gil 26.4; T. Hansen 27.2
E. Xue 27.3; K. Ransom 27.3; A. Martinez 30.2
- 3200m: B. Fishbein 11:07.8 – 4th Place
- 4x400m: N. Tai 57.1; M. French 61.5; T. Diorio 58.2; I. Hwang 55.0
3:51.9 -5th Place
- SP: A. Balboa 35'10" – 2nd Place; J. Lay 28'6"; R. Feeney 27'6"
- Disc: R. Feeney 66'4"; A. Balboa 56'; J. Lay 45'
- Jav: T. Diorio 101'3" – 3rd Place; T. Schwartz 75'8"; A. Martinez 72'6"

Team: 30 points – 5th Place. A very good showing by this team! A lot of personal bests in your final meet! Congratulations on a great season!

TRACK & FIELD: STATE SECTIONALS

Friday: 4 p.m.; Saturday: 10 a.m.

North 1, Groups 1 & 4: at Hackensack; North 1, Groups 2 & 3: At Mahwah; North 2, Groups 1 & 2: at Parsippany

Boys

North 1, Group 1

Teams to watch: Reigning champion Verona has moved back to North 2, leaving a wide-open scramble between Bergen D champ Hasbrouck Heights, Morris County field power Boonton, Bergen C champ Cresskill and dark horses Westwood, Bogota, Leonia and New Milford. The meet could come down to the relay.

Returning champions: Tomasz Dlugozima, Wallington (DT); Ronald Prophete, Boonton (LJ); Greg Hoffman, Park Ridge (PV).

Events to watch: There is no event where more than three of the contenders will battle head-on, but the throws could be key if Dlugozima and the Midland Park javelin corps knock Hasbrouck Heights and Cresskill out of needad points, helping Boonton's strong jump team. Hoffman may make a bid for a Bergen County pole-vault record.

North 1, Group 2

Teams to watch: Reigning champion Indian Hills is in a war to repeat with fellow Bergen standouts Pascack Hills, River Dell, Mahwah and Englewood. All five teams will have great matchups in the field events, but the meet could turn on who gets the most out of their perceived strengths.

Returning champions: Ackeme Brown, Englewood (100, 200); Mark Filandro, Indian Hills (400, 400 IH); Rob Albano, Pequannock (3,200); Matt Krzysik, Indian Hills (DT); Tossin Olugbenga, Hopatcong (HJ).

Events to watch: The throws should be fun with Mahwah's Kevin Steimle (javelin), Eric Van Dunk (shot) and Indian Hills' Krzysik (discus) the tops in the area this year. Lodi's Pat Thomas and Mike Laubauskas of Indian Hills make the shot perhaps the most competitive of the three. Al Artesona of Glen Rock could break up the Englewood 100 monopoly.

North 1, Group 3

Teams to watch: Morris Hills has one of the great distance and combined with a good thrower figures to make Demarest wait another year to win its first sectional since 1997. Sparta, Mount Olive, Wayne Valley and Old Tappan also are strong.

Returning champions: Brandon Hambric, Teaneck (HJ); Victor Boonham, Sparta (H); Liam Tansey, Morris Hills (800); Vinny Chiusano, Morris Hills (1,600); Sean Pohorence, Morris Hills (3,200).

Events to watch: Perhaps the best race in the state depth-wise is the 800 with the Morris Hills trio of Tansey, Chiusano and Lucas Clyne. Throw in Bergenfield's Corey Caldenhead, Tenafly's Dayne Mosconi, Bergen A champ Justin Hodge of Teaneck, Passaic Valley's Nico Stable and Tommy Gaidus of Northern Highlands and you have the makings of a classic with a sub-1:57 likely necessary to advance to the



Keshon Brown

North 1, Group 4

Teams to watch: Reigning champion Hackensack has some stars, but probably not enough to compete with Ridgewood, Passaic champ Kennedy, runner-up Passaic Tech, Morris champ Randolph, Essex champ West Orange and Hudson champ Kearny.

Returning champions: Salim Corbin, Eastside (1,600); Gary Stetz, Livingston (PV).

Events to watch: Every event should be terrific, but the best might be the 110 hurdles battle between Keshon Brown of Kennedy, Nicoy Hines of Passaic Tech and Josh Major of West Orange. The distance events match Taro Shigenobu of Ridgewood, Salim Corbin of Eastside, Jeremy Elkaum of Livingston and Curtis Richburg of West Orange. And the sprints won't be bad, either.

North 2, Group 1

Teams to watch: Reigning champ Whippany Park is joined by 2008 North 1, Group 1 champ Verona as the favorites but don't count out Lyndhurst.

Returning champions: Garrett Barbalinardo, Glen Ridge (400); Benjamin Singleton, University Academy (1,600, 3,200); Dave Oster, Verona (1,600 and 3,200 in North 1, Group 1); Betim Bujari, Secaucus (SP, DT).

Events to watch: Singleton, Oster and Lyndhurst freshman Patrick Rono should make for a stunning 1,600 and 3,200 double bill. Arthur Freitas of Palisades Park will join Oster and Rono in an 800 duel.

North 2, Group 2

Teams to watch: Reigning champ Hanover Park will battle Snyder and Bernards for the title but Fort Lee, Ridgefield Park and Rutherford will be in the mix.

Returning champions: Zamir Thomas, Snyder (100); Juan Andres Giglio, Ridgefield Park (PV).

Events to watch: Giglio and Dan Chediak of Fort Lee have battled all year in the pole vault and Connor Chilton of Bernards joins them. Dan Lourenco of Hanover Park and Domlnick Farell of Parsippany will face Rutherford's Carl Schneck and David Zurla in a javelin showdown.

Girls

North 1, Group 1

Teams to watch: Like in the boys' meet, there is no defender as Verona has moved back to North 2. No Bergen team has won here since Cresskill in 2004, but Hasbrouck Heights' overall depth of Westwood's excellence easily should end that streak. Butler also is solid, but a win by anyone but the top two would be a stunning upset.

Returning champions: Janelle Liu, Cresskill (100); Chelsea Coleman, Park Ridge (200, LJ); Valerie Roomsma, Butler (HJ); Michelle Favre, Saddle Brook (PV).

Events to watch: The 200 battle between Jerin Nass of Hasbrouck Heights, Colleen Murphy of Westwood, Coleman, Liu and Terra Luke of Leonia should be classic. But the top event should be a javelin battle between Angela Christofole of Heights, Gina Pettigano of Elmwood Park, Laura Wall of Emerson and Rebecca Skovira of Park Ridge.

North 1, Group 2

Teams to watch: Ramsey is the reigning champion but it will be difficult for it to repeat and the Rams' amazing streak of 16 straight top-two finishes is in jeopardy. Pascack Hills and Mahwah, neither of whom have won a title, are the heavy favorites, with Walkkill Valley and Indian Hills also solid.

Returning champions: Julieanne Fontana, Pascack Hills (400, 800); Alex Clinton, Ramsey (1,600, 3,200); Kirsten Bowers, Mahwah (HJ); Jerin Sant Anna, Pascack Hills (H).

Events to watch: Anything that Walkkill Valley sprinter Vicky Caruso is in. The star, one year removed from a horrific injury at last year's sectional, will face Kristen Brown of Englewood in the 100 and Fontana in the 400. The Fontana-Diane Bain battle in the 800 should be fun and Sant Anna and Bowers meet again in the high hurdles.

North 1, Group 3

Teams to watch: Ramapo's three-year reign atop this group probably is coming to an end with Teaneck, Demarest, Wayne Valley, Morris Knolls and Sparta all in contention. The quintet has combined for 11 of the previous 14 titles before Ramapo's run.

Returning champions: Janay Mitchell, Teaneck (100, 200); Arlann Neutts, Roxbury (800); Tori Berard, Morris Knolls (won North 1, Group 4 3,200); Apresha Hampton, Teaneck (SP); Alana Pantale, Wayne Valley (DT); Hannah Meyer, Northern Highlands (JT); Jackie Geitz, Old Tappan (LJ); Chrissy Finkel, Montville (PV).

Events to watch: The shot put matches Pantale, Hampton and Demarest freshman Kathryn Hirsch, while Pantale and Meyer battle in the javelin. On the track, look for Tara Ruddy of Sparta, Mitchell and Katelyn Ary of Demarest in the 400 and Berard, Neutts and Ramapo's Erin



Emily Urciuoli

North 1, Group 4

Teams to watch: Reigning champ Clifton is strong again, but the division appears stronger with an improved Passaic Tech team, a very strong West Orange team, Vernon and Ridgewood.

Returning champions: Amber Allen, Passaic Tech (200, 400, 400 IH); Molly Higgins, Randolph (800, 1,600); Shantal Athill, Montclair (LJ); Emily Urciuoli, Clifton (PV).

Events to watch: The 800 should match Eloisa Paredes of Clifton and Higgins. Allen is worth the price of admission as she chases an intermediate hurdles State title. And Urciuoli continues her assault on 12 feet.

North 2, Group 1

Teams to watch: Whippany Park dominates here, but don't count out Verona, which moves over from North 1. Wood-Ridge is the best local school in this group.

Returning champions: Beaira Thomas, Snyder (200, LJ); Katya Dombrowski, Glen Ridge (400, 800); Alyssa Rodriguez, North Arlington (HJ); Devin Feeney, Whippany Park (JT).

Events to watch: Ann Marie Moccia of Wood-Ridge can challenge Feeney in the javelin and Alexa McAvoy of Wood-Ridge should be in the sprint battle.

North 2, Group 2

Teams to watch: Madison almost beat Hanover Park last year and — even though Summit and Bernards are strong — should win this year. Rutherford has a great chance to keep it close and maybe pull an upset.

Returning champions: Katie Landrigan, Rutherford (200); Averie Sheppard, Hanover Park (400, IH); Kristin Smoot, Bernards (800); Heather Gearty, Rutherford (HJ); Alexandria Reo, Parsippany (LJ); Nicole Pompei, Hanover Park (PV).

Events to watch: Gearty and Sheppard collide in a great 400 hurdles rematch, while Rachel Pena of Ridgefield Park and Taylor Stever of Rutherford battle. Mia Riley of Caldwell in the shot, while Stever, Nicole Pompei, Pena and Riley square off in the discus.

— Paul Schwartz



PHOTOS COURTESY OF JACOB BROWN

Ridgewood sophomore InSoo Hwang (7), center, does battle in the boys 110-meter hurdles with, from left, Demarest's Andrew Dyer, Bergen Catholic's Ernest Wingate, Paramus' Joe Vargas and Teaneck's Brandon Hambric at the Bergen County Group A championship meet last Saturday. Hwang finished third in 15.76 seconds, just .82 behind winner Vargas.

RIDGEWOOD TRACK & FIELD

High jumpers excel at county meet

BY GREG TARTAGLIA
Assistant Sports Editor

OLD TAPPAN — Haley Roche and Tommy DeVita have been running faster, though that hasn't necessarily helped them win medals for Ridgewood High School on the track.

In the field, however, their speed has made a noticeable difference.

At last week's Red Little Bergen County Group A championships, Roche cleared five feet even to earn a gold medal in the girls high jump, while DeVita topped out at 6-foot-2 to garner

spring. I'm hoping to go 6-4, maybe even 6-6 [this weekend [at state-sectionals]]."

The county Group A field events were contested on Wednesday, May 13, giving the Maroons an early point cushion heading into the Friday and Saturday races at Old Tappan High School.

The Ridgewood boys held a lead on Don Bosco Prep heading into Saturday morning, but the Ironmen posted back-to-back wins in the 100-meter dash and 1,600-meter run to prevail, 122.5-84.

"We're better in the field than Don Bosco, and they're better on the track than we are," said Maroon boys coach Josh Saladino, whose team's second-place showing was a six-spot improvement from 2008. "Our goal coming in was to have a bunch of personal bests and keep the pressure on them, and I think we did a good job of that throughout the whole meet."

One of Ridgewood's strategies for keeping up the pressure was entering senior Taro Shigenobu into every distance race — the 800,

1,600 and 3,200 — one of the most challenging triples for any athlete.

Shigenobu clocked 9:23.8 in the 3,200 to take second behind Don Bosco senior Leighton Spencer (9:14.9) on Friday night, then earned a bronze medal in the 800 on Saturday morning. He squared off with Spencer again in the 1,600, the penultimate event, and took the lead near the end of lap three before the Ironman standout pulled ahead with a strong kick in the final 200 meters.

See TRACK & FIELD, page C7

BERGEN COUNTY GROUP A TRACK & FIELD CHAMPIONSHIPS
(at Old Tappan High School)
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High jumpers excel at county meet

BY GREG TARTAGLIA
Assistant Sports Editor

OLD TAPPAN – Haley Roche and Tommy DeVita have been running faster, though that hasn't necessarily helped them win medals for Ridgewood High School on the track.

In the field, however, their speed has made a noticeable difference.

At last week's Red Littler Bergen County Group A championships, Roche cleared five feet even to earn a gold medal in the girls high jump, while DeVita topped out at 6-foot-2 to garner gold in the boys high jump. The duo helped Ridgewood to top-four finishes in both the girls and boys team standings.

Roche started out clearing 4-8 at the beginning of the winter season and has been progressing since. "At one [winter] meet, I jumped 4-10, and I almost freaked out because it was so sudden," she said. "Then, at another meet, I jumped five feet, and I was told my approach was terrible, but my form over the bar was beautiful."

Working with RHS assistant coach Holly Martin, Roche has fine-tuned the speed of her approach, which she called "the most common problem" with many high jumpers.

"They might have a beautiful arch, but if they just speed up a little bit and thrust their hips more, then they can get [higher] over the bar," said the sophomore.

DeVita, meanwhile, remained stuck at 6-0 for much of the winter before breaking through to the next level, and the solution for him was the same.

"I'm running a lot faster at the bar now, and that helps me get up a lot easier and go a lot smoother over the bar," the junior said. "I've been pretty consistent over 6-2 this

spring. I'm hoping to go 6-4, maybe even 6-6 [this] weekend [at state-sectionals]."

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See TRACK & FIELD, page C7

BERGEN COUNTY GROUP A TRACK & FIELD CHAMPIONSHIPS (at Old Tappan High School) RIDGEWOOD RESULTS

BOYS

Team scoring: 1. Don Bosco, 122.5; 2. RIDGEWOOD, 84; 3. Demarest, 59; 4. Teaneck, 45; 5. Old Tappan, 40; 6. Max Wirtz, 11:44; 7. Ridgefield, 11:44; 8. Ridgefield, 11:44; 9. Ridgefield, 11:44; 10. Ridgefield, 11:44; 11. Ridgefield, 11:44; 12. Ridgefield, 11:44; 13. Ridgefield, 11:44; 14. Ridgefield, 11:44; 15. Ridgefield, 11:44; 16. Ridgefield, 11:44; 17. Ridgefield, 11:44; 18. Ridgefield, 11:44; 19. Ridgefield, 11:44; 20. Ridgefield, 11:44; 21. Ridgefield, 11:44; 22. Ridgefield, 11:44; 23. Ridgefield, 11:44; 24. Ridgefield, 11:44; 25. Ridgefield, 11:44; 26. Ridgefield, 11:44; 27. Ridgefield, 11:44; 28. Ridgefield, 11:44; 29. Ridgefield, 11:44; 30. Ridgefield, 11:44; 31. Ridgefield, 11:44; 32. Ridgefield, 11:44; 33. Ridgefield, 11:44; 34. Ridgefield, 11:44; 35. Ridgefield, 11:44; 36. Ridgefield, 11:44; 37. Ridgefield, 11:44; 38. Ridgefield, 11:44; 39. Ridgefield, 11:44; 40. Ridgefield, 11:44; 41. Ridgefield, 11:44; 42. Ridgefield, 11:44; 43. Ridgefield, 11:44; 44. 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N COUNTY GROUP A TRACK & FIELD CHAMPIONSHIPS
 (at Old Tappan High School)
RIDGEWOOD RESULTS

5: 2. RIDGEWOOD, 84; 3. Demarest, 59; 4. Teaneck, 45

5. Andrew Fine, 1:58.8

8: 4. Andrew Fine, 9:37.1; 5. Brian Cleary, 9:46.8
 Eddie Blair IV, 15:92

Jack Simmons, 44-9

5. Taylor Zulauf, 146-8

141; 2. Paramus Catholic, 103; 3. Teaneck, 49; 4. RIDGEWOOD, 48.5

3.7

ctoria Oliva, 17:26

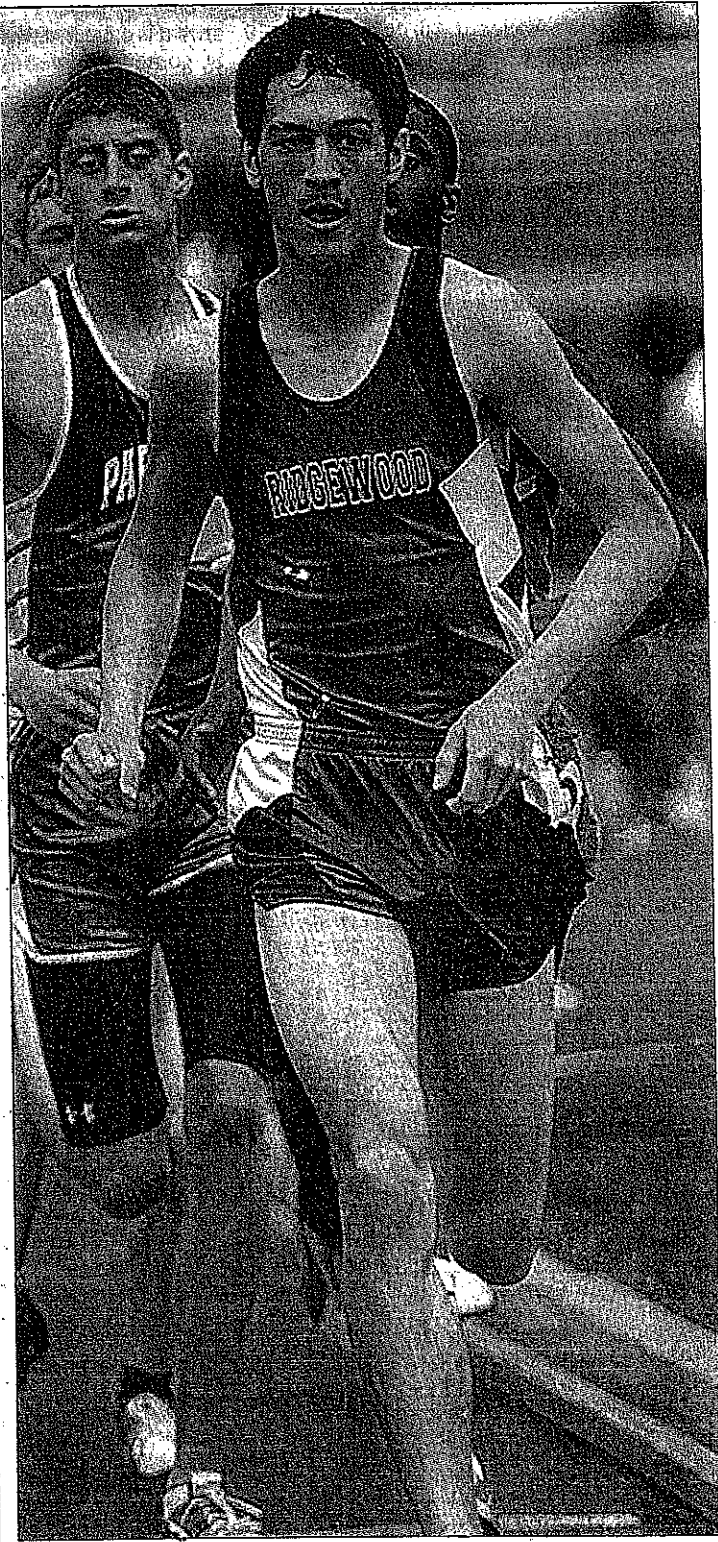
5-6.5

9:6; 4. Kayla Polcarl, 9-6 (jumps); 6. Robin Lee, 8-6
 Orvaez, Criqui, Buckley) 4:07.0

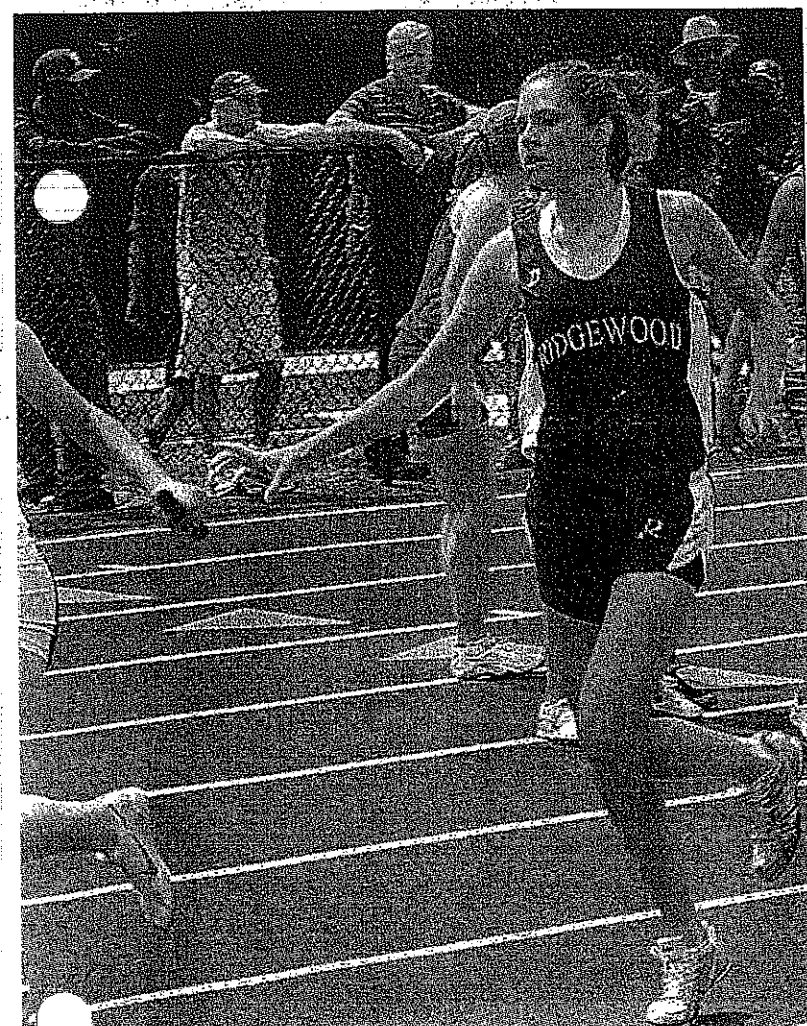
to play without junior co-captain Max Kurshan, who was taking AP exams that day. Still, the team finished 12-5 in NNJIL dual matches (14-6 overall), completing rainouts with Barringer, Eastside, Kennedy and Nutley by matching cards at the league tournament.

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Editor's note: Due to an early deadline, The Ridgewood News was unable to print results of this week's Bergen County boys and girls golf tournaments. Coverage of both events will be printed in next Friday's edition.



Ridgewood senior Taro Shigenobu brought home silver medals in the Group A 1,600- and 3,200-meter races and a bronze medal in the Group A 800-meter run at last Saturday's Bergen County boys track and field championships.



ly, left, takes the baton handoff from sophomore Chuckie Criqui to Ridgewood girls' 4 x 400-meter relay at the Bergen County Group A day in Old Tappan. The Maroons placed second in the event, clocking

TRACK & FIELD from C3

Spencer won 4:20.9-4:21.9 while teammate Robert Molke finished third to clinch the title for Bosco going into the 4 x 400 relay.

"Even though he didn't end up with a win, the kids that beat him [in the distance events] only ran two races, and Faro ran three," Saladino said. "So that puts a little more stress on him, but he's a real competitor and a team-first athlete, and he wanted to do whatever it took to give us a shot to try and win this thing."

Sophomore InSoo Hwang added a silver medal in the 400 hurdles (56.2) and a bronze in the 110 hurdles (15.76). The Maroon boys also got bronze medals from Max Witt in the 100-meter dash (11.44) and pole vault (12-6), Jack Simmons in the discus (143.3) and Mark Mamiaci in the javelin (149-7).

The Ridgewood girls team ended up fourth in Group A with 48.5 points, just 0.5 behind third place Teaneck. Immaculate Heart defeated Paramus Catholic, 141-103, for the title.

"We had been in second for part of the meet, then Paramus Catholic really had their sprint power kick in, which put us in third," Maroon girls coach Jacob Brown said. "Then Teaneck had a great triple jump, and we didn't really, so they got ahead of us by 5 points."

Needing to beat the Highway women by two places in the 4 x 400 to overcome that point differential, the Ridgewood quartet of Victoria Oliva, Jenny Narvaez, Charlotte "Chuckie" Cugin and Catherine Buckley turned in a silver-medal time of 4:07.0. Teaneck, however, was able to overtake Ramapo for third place in the final 50 meters, maintaining its spot in the team standings.

The Maroons earned two other silver medals, with Megan Gonzalez launching a 107-foot four-inch discus throw, and Ramelle Brown clearing 9-6 in the pole vault and edging out teammate Kayla Polcari (fourth, 9-6) on attempts.

Coach Brown also was encouraged by his squad's showing in the 100 hurdles, where Sarah DeVita ran neck-and-neck with eventual champ Tiffany Evangelou of IHA (15.86) before stumbling over the seventh hurdle. The RHS sophomore regrouped to complete the race, while Robin Lee (16.66) and Victoria Oliva (17.26) secured third and sixth place, respectively, for Ridgewood.

After reflecting on the outcome, DeVita determined she would take it as a learning experience. "I learned to focus more on just my race, instead of who's around me," she said. "It's going to help a lot. I feel in the next few meets."

"For seven hurdles, there Sarah was the class of the county, there's no question about that," Jacob Brown said. "We can take away some confidence in that."

she's ready to run some big hurdle races."

The next major event for both the Ridgewood boys and girls will be the Group 4, Section 1 state championship meet, which

begins at 4 p.m. today at Hackensack High School and will continue tomorrow morning at 10 a.m.

E-mail: starglia@northersey.com

State Sectional Championship
@Hackensack

May 22-23

Friday:

- 400IH: I. Hwang 56.21 – 4th Place; E. Blair 59.84; S. Mattson 60.63
- 1600m: T. Shigenobu 4:20.10 – 3rd Place; A. Fine 4:24.79 – 5th Place;
B. Cleary 4:32.09
- 100m: M. Witt 11.20 / 11.36 – 5th Place; W. Jacoby 11.87; M. Levitsky 12.08
- 400m: M. Grudy 52.42; I. Hwang 52.25; M. LaDuca 54.19
- Javelin: T. Zulauf 150'1" – 6th Place; M. Maniaci 147'11"
M. Beausoleil 124'11"
- Triple Jump: A. Mandarano F M. Beausoleil 36'10"
- Discus: J. Simmons 137'4" – 2nd Place; A. Bair 117'3"; J. Levitsky 102'3"

Saturday:

- 110HH: E. Blair 16.20; S. Mattson 17.45; A. Mandarano 18.37
- 800m: A. Fine 2:00.03 – 3rd Place; T. Shigenobu 2:00.44 – 5th Place
S. Martyn 2:04.48
- 3200m: T. Shigenobu 9:32.79 – 2nd Place; A. Fine 9:38.93 – 5th Place;
B. Cleary 9:48.00
- 200m: I. Hwang 23.53; W. Jacoby 25.19
- 4x400m: M. Grundy 51.9 S. Mattson 54.4 M. LaDuca 52.7 I. Hwang 51.5
3:30.65
- Shot Put: A. Bair 46'9" – 6th Place J. Simmons 43'9 3/4" S. Etna 35'1"
- High Jump: T. DeVita 6'4" – 3rd Place M. Levitsky 5'4" M. Beausoleil 5'4"
- Long Jump: T. DeVita 18'11' 1/2" M. Beausoleil 16'10 1/2"
- Pole Vault: J. Wisener 13'0" – 1st Place M. Witt 12'0" – 4th Place
A. Gramaglia 10'0"

Team Score:

Bloomfield 84

West Orange 71

Randolph 68

Ridgewood 62

Hackensack 48

PCT 34

A good team meet for us. We scored in 10 of 16 events. That is the sign of a well-balanced team.

Fraulo Race Timing - Contractor License

Hy-Tek's MEET MANAGER

NJSIAA/Star-Ledger/M-F Athletic Track & Field

Sectionals - North I - Groups I and IV - 5/22/2009 to 5/23/2009

Hackensack - Lou Fraulo, Meet Director

Results**Event 1 Boys 400 Meter Hurdles Gr 4**

Name	Year School	Seed	Finals	H#	Points
Finals					
1 2590 Nicoy Hines	12 PASSAIC TECH		54.64	6	10
2 2735 Stephen Vitale	JR RANDOLPH		55.64	6	8
3 1924 Andrew Sloves	SR FAIR LAWN		55.98	5	6
4 2760 InSoo Hwang	10 RIDGEWOOD		56.21	5	4
5 2065 Keshon Brown	JR JFKENNEDY-PAT		56.49	6	2
6 2038 Tim Esposito	SR KEARNY		56.72	6	1
7 2997 James Burroughs	SR WEST ORANGE		57.04	6	
8 1500 Finzo Hall	SR BLOOMFIELD		58.09	4	
9 2269 German Valdez	SO LIVINGSTON		58.59	5	
9 2314 James Gaither	SR MONTCLAIR		58.59	5	
11 2622 Jaris Rosseau	12 PASSAIC TECH		58.85	4	
12 1518 Guy Simpson-Terry	SR BLOOMFIELD		59.29	2	
13 2746 Edward Blair IV	10 RIDGEWOOD		59.84	5	
14 2628 Garrett Thomas	12 PASSAIC TECH		59.93	3	
15 1693 Nathan Howard	SR CLIFTON		1:00.04	5	
16 2250 Michael Leiwant	SR LIVINGSTON		1:00.38	4	
17 2914 Eric Rossi	SR VERNON		1:00.40	4	
18 2773 Sean Mattson	10 RIDGEWOOD		1:00.63	3	
19 1674 Alexander Carter	SR CLIFTON		1:00.73	1	
20 2478 Leonides Solis	JR NORTH BERGEN		1:00.80	4	
21 2882 Jesus Larios	SO UNION CITY		1:01.77	4	
22 1788 Willie Lewis	SR EASTSIDE		1:01.78	6	
23 1457 Daniel Plekhov	11 BERGEN TECH		1:02.03	3	
24 3011 Anfernee LaRue	FR WEST ORANGE		1:02.81	3	
25 2472 Xavier Paulino	JR NORTH BERGEN		1:02.86	2	
26 1496 Shawn Gantt	SR BLOOMFIELD		1:02.99	2	
27 1670 Victor Almonte	SR CLIFTON		1:03.36	1	
28 2662 Kyle Holder	FR RANDOLPH		1:03.41	1	
29 1941 Gregory Elliot	SR HACKENSACK		1:03.48	3	
30 1955 Christopher Oddsta	JR HACKENSACK		1:04.00	2	
31 1944 Moquiez Headley	FR HACKENSACK		1:04.57	2	
32 2887 Frankie Ortiz	JR UNION CITY		1:05.90	2	
33 2915 Kurt Rossi	SO VERNON		1:06.33	3	
34 2878 Nelson Flores	FR UNION CITY		1:06.40	1	
35 2468 Mohammed Hoque	JR NORTH BERGEN		1:07.29	1	

Event 5 Boys 1600 Meter Run Gr 4

Name	Year School	Seed	Finals	Points
1 3025 Curtis Richburg	JR WEST ORANGE		4:17.68	10
2 2230 Jeremy Elkaim	SO LIVINGSTON		4:20.01	8
3 2778 Taro Shigenobu	12 RIDGEWOOD		4:20.10	6
4 2644 Louie Catizone	SR RANDOLPH		4:24.13	4
5 2754 Andrew Fine	12 RIDGEWOOD		4:24.79	2
6 2048 Brian Mendez	SR KEARNY		4:25.54	1

7	2263	Jacob Schneider	SR LIVINGSTON	4:27.20
8	2749	Brian Cleary	11 RIDGEWOOD	4:32.09
9	2919	Louie Stengel	JR VERNON	4:32.26
10	1784	Tahlief Jackson	SO EASTSIDE	4:32.39
11	2903	Sam Brensinger	JR VERNON	4:32.40
12	1439	Andreas Kellas	10 BERGEN TECH	4:32.96
13	2321	Morris Jenkins	JR MONTCLAIR	4:33.89
14	2233	Nick Fogarty	FR LIVINGSTON	4:34.31
15	1940	Joel Douglas	JR HACKENSACK	4:35.19
16	2313	Henry Engelstein	SR MONTCLAIR	4:37.95
17	2904	Tom Burke	SO VERNON	4:38.91
18	2032	Carlos Alarcon	SR KEARNY	4:40.09
19	2671	Sam Knipper	FR RANDOLPH	4:41.06
20	1691	Daniel Green	SO CLIFTON	4:42.04
21	2897	Luis Romero	SO UNION CITY	4:42.07
22	2694	Mike Nobile	SR RANDOLPH	4:42.76
23	1780	Corbin Corbin	JR EASTSIDE	4:43.07
24	2088	Jamaal Hilton	SO JFKENNEDY-PAT	4:43.37
25	2872	Ariel Caceres	SO UNION CITY	4:47.65
26	1470	William Szymczak	12 BERGEN TECH	4:49.09
27	1948	Marvin Mensah	SR HACKENSACK	4:49.44
28	1408	Zeeshan Khan	JR BELLEVILLE	4:50.18
29	2349	Bradford Whiteley	SR MONTCLAIR	4:51.16
30	2530	David Galvez	PASSAIC	4:53.52
31	2279	Verdejo Jorge	SR MEMORIAL W. NY	4:54.44
32	2280	Pairol Luis	FR MEMORIAL W. NY	4:56.11
33	1467	Kiren Srinivasan	10 BERGEN TECH	4:56.90
34	2473	Anderson Rodriguez	JR NORTH BERGEN	4:58.35
35	2117	Aburumeileh Ziad	SO JFKENNEDY-PAT	5:00.73
36	1403	Bryon Cure	SO BELLEVILLE	5:01.69
37	2046	Eric Lorenzo	SO KEARNY	5:06.47
38	2900	Justin Valazques	JR UNION CITY	5:06.90
--	1911	Mike Obsuth	JR FAIR LAWN	FS

Event 6 Boys 100 Meter Dash Gr 4

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	1964	Conroy Walker	JR HACKENSACK	11.12q	2
2	1515	Michael Ottey	SR BLOOMFIELD	11.20q	4
2	2783	Max Witt	12 RIDGEWOOD	11.20q	5
4	2525	Jashon Dawson	PASSAIC	11.24q	1
5	2895	Jose Rodriguez	SO UNION CITY	11.36q	3
6	2704	Julian Rodriguez	JR RANDOLPH	11.39q	5
7	2337	Aaron Rhodes	SO MONTCLAIR	11.56	4
8	1666	Hanni Abukhater	SR CLIFTON	11.61	1
9	2921	Deshawn Wilder	SR VERNON	11.62	3
9	2330	Valdir Mondesir	SR MONTCLAIR	11.62	1
11	2319	Khalif Herbin	FR MONTCLAIR	11.66	2
12	3036	Dexter Valley	FR WEST ORANGE	11.68	3
12	2905	Ray Giangeruso	JR VERNON	11.68	5
14	2907	Ryan Lausch	SO VERNON	11.80	2
15	1488	Malik Copper	SO BLOOMFIELD	11.86	1
16	2761	Will Jacoby	12 RIDGEWOOD	11.87	4
17	1730	Alonzo Thomas	JR CLIFTON	11.88	4
17	1917	Patrick Romaglia	FR FAIR LAWN	11.88	2
19	2768	Matt Levitsky	12 RIDGEWOOD	12.08	1
20	2534	Justin Jones	PASSAIC	12.12	3
20	1446	Joseph Miles	12 BERGEN TECH	12.12	4

22	1783	Michael Hilary	EASTSIDE	12:15	3
22	2462	Maurice Dudley	JR NORTH BERGEN	12.15	5
24	1779	Andrew Campbell	SO EASTSIDE	12.26	2
25	1777	Dixon Aaron	SR EASTSIDE	12.43	5
26	1694	Nathaniel Howard	SR CLIFTON	12.50	2
27	2991	TJ Biney	SR WEST ORANGE	12.65	1
28	2892	Ricky Ramos	JR UNION CITY	16.52	4

Event 6 Boys 100 Meter Dash Gr 4

Name	Year	School	Prelims	Finals	Points
Finals					
1	1515	Michael Ottey	SR BLOOMFIELD	11.20	11.08 10
2	1964	Conroy Walker	JR HACKENSACK	11.12	11.09 8
3	2525	Jashon Dawson	PASSAIC	11.24	11.18 6
4	2895	Jose Rodriguez	SO UNION CITY	11.36	11.30 4
5	2783	Max Witt	12 RIDGEWOOD	11.20	11.36 2
6	2704	Julian Rodriguez	JR RANDOLPH	11.39	11.48 1
Preliminaries					
7	2337	Aaron Rhodes	SO MONTCLAIR	11.56	
8	1666	Hanni Abukhater	SR CLIFTON	11.61	
9	2921	Deshawn Wilder	SR VERNON	11.62	
9	2330	Valdir Mondesir	SR MONTCLAIR	11.62	
11	2319	Khalif Herbin	FR MONTCLAIR	11.66	
12	3036	Dexter Valley	FR WEST ORANGE	11.68	
12	2905	Ray Giangeruso	JR VERNON	11.68	
14	2907	Ryan Lausch	SO VERNON	11.80	
15	1488	Malik Copper	SO BLOOMFIELD	11.86	
16	2761	Will Jacoby	12 RIDGEWOOD	11.87	
17	1730	Alonzo Thomas	JR CLIFTON	11.88	
17	1917	Patrick Romaglia	FR FAIR LAWN	11.88	
19	2768	Matt Levitsky	12 RIDGEWOOD	12.08	
20	2534	Justin Jones	PASSAIC	12.12	
20	1446	Joseph Miles	12 BERGEN TECH	12.12	
22	1783	Michael Hilary	EASTSIDE	12.15	
22	2462	Maurice Dudley	JR NORTH BERGEN	12.15	
24	1779	Andrew Campbell	SO EASTSIDE	12.26	
25	1777	Dixon Aaron	SR EASTSIDE	12.43	
26	1694	Nathaniel Howard	SR CLIFTON	12.50	
27	2991	TJ Biney	SR WEST ORANGE	12.65	
28	2892	Ricky Ramos	JR UNION CITY	16.52	

Event 13 Boys 400 Meter Dash Gr 4

Name	Year	School	Seed	Finals	H#	Points
Finals						
1	2590	Nicoy Hines	12 PASSAIC TECH	50.04	6	10
2	3021	Floyd Morgan	JR WEST ORANGE	50.67	6	8
3	2037	Manuel Esposito	JR KEARNY	50.85	6	6
4	2895	Jose Rodriguez	SO UNION CITY	51.23	5	4
5	2684	Wilson Martinez	SR RANDOLPH	51.52	6	2
6	2525	Jashon Dawson	PASSAIC	51.80	5	1
7	1666	Hanni Abukhater	SR CLIFTON	51.81	4	
8	2043	Chris Happel	SR KEARNY	52.18	3	
9	2461	Tevin Cunningham	JR NORTH BERGEN	52.22	6	
10	2760	InSoo Hwang	10 RIDGEWOOD	52.25	4	
11	2756	Matt Grundy	11 RIDGEWOOD	52.42	5	

12	1400	Matt Cabrera	SR BELLEVILLE	52.43	4
13	2912	Taylor Purdue	SR VERNON	52.79	5
14	1405	Edward Feliciano	SR BELLEVILLE	52.94	4
15	1693	Nathan Howard	SR CLIFTON	52.96	2
16	2320	Zachary Herring	SR MONTCLAIR	53.13	3
17	1450	Abdelaziz N Goan	12 BERGEN TECH	53.18	4
18	1527	Ranmir Wyche	SO BLOOMFIELD	53.33	3
19	2547	Yusef Reaves	PASSAIC	53.35	5
19	2549	D'Nard Robinson	PASSAIC	53.35	4
21	1917	Patrick Romaglia	FR FAIR LAWN	53.72	2
22	1788	Willie Lewis	SR EASTSIDE	53.75	6
23	1462	Patrick Ryan	12 BERGEN TECH	53.97	3
24	2905	Ray Giangeruso	JR VERNON	53.98	5
25	2766	Matt LaDuca	11 RIDGEWOOD	54.19	1
26	1961	Elijawon Scott	JR HACKENSACK	54.41	2
27	2916	Zach Santillo	JR VERNON	54.58	3
28	2459	Winfield Arias	SO NORTH BERGEN	54.91	2
29	2460	Willie Cardenas	JR NORTH BERGEN	55.15	2
30	1896	Ivan Ho	JR FAIR LAWN	55.30	2
31	2325	Rory Managhan	SO MONTCLAIR	55.70	1
32	2031	Mike Acevedo	SO KEARNY	57.22	1
33	1790	Justin McKenzie	SO EASTSIDE	58.44	3
34	2901	Julio Yunes	SR UNION CITY	59.75	1

Event 17 Boys 110 Meter Hurdles Gr 4

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	2065	Keshon Brown	JR JFKENNEDY-PAT	14.74q	6
2	2590	Nicoy Hines	12 PASSAIC TECH	14.90q	5
3	3016	Josh Major	JR WEST ORANGE	15.29q	1
4	2735	Stephen Vitale	JR RANDOLPH	15.45q	1
5	2715	Glenn Scheideler	SR RANDOLPH	15.46q	3
6	1496	Shawn Gantt	SR BLOOMFIELD	15.47q	3
7	2997	James Burroughs	SR WEST ORANGE	15.49	4
8	2269	German Valdez	SO LIVINGSTON	15.54	4
9	1500	Finzo Hall	SR BLOOMFIELD	15.62	2
10	2746	Edward Blair IV	10 RIDGEWOOD	16.20	3
11	2628	Garrett Thomas	12 PASSAIC TECH	16.26	2
12	2250	Michael Leiwant	SR LIVINGSTON	16.37	2
13	1431	Jordan Goldklang	11 BERGEN TECH	16.40	1
14	1457	Daniel Plekhov	11 BERGEN TECH	16.43	6
15	2622	Jaris Rosseau	12 PASSAIC TECH	16.44	1
16	2314	James Gaither	SR MONTCLAIR	16.56	4
17	2895	Jose Rodriguez	SO UNION CITY	16.60	5
18	1723	Hector Seclen	SR CLIFTON	16.91	5
19	2638	Tunde Agunbiade	JR RANDOLPH	16.95	4
20	1714	Jairo Parra	SR CLIFTON	16.96	3
21	2915	Kurt Rossi	SO VERNON	17.08	6
22	1674	Alexander Carter	SR CLIFTON	17.22	2
23	1962	Alejandro Vargas	SO HACKENSACK	17.35	3
24	2770	A.J. Manderano	11 RIDGEWOOD	17.45	6
25	1955	Christopher Oddsta	JR HACKENSACK	17.74	6
26	2773	Sean Mattson	10 RIDGEWOOD	18.37	4
27	2033	Tyler Anderson	FR KEARNY	18.49	4
28	2041	Bruno Gerlado	SO KEARNY	18.98	5
--	1518	Guy Simpson-Terry	SR BLOOMFIELD	DQ	6
--	2038	Tim Esposito	SR KEARNY	DQ	2
--	2081	Kadeem Gaither	SR JFKENNEDY-PAT	DQ	5

-- 2914 Eric Rossi

SR VERNON

DQ 5

Event 17 Boys 110 Meter Hurdles Gr 4

Name	Year School	Prelims	Finals	Points
Finals				
1 2065 Keshon Brown	JR JFKENNEDY-PAT	14.74	14.78	10
2 3016 Josh Major	JR WEST ORANGE	15.29	14.86	8
3 2590 Nicoy Hines	12 PASSAIC TECH	14.90	14.89	6
4 2735 Stephen Vitale	JR RANDOLPH	15.45	15.65	4
5 1496 Shawn Gantt	SR BLOOMFIELD	15.47	15.79	2
6 2715 Glenn Scheideler	SR RANDOLPH	15.46	16.03	1
Preliminaries				
7 2997 James Burroughs	SR WEST ORANGE	15.49		
8 2269 German Valdez	SO LIVINGSTON	15.54		
9 1500 Finzo Hall	SR BLOOMFIELD	15.62		
10 2746 Edward Blair IV	10 RIDGEWOOD	16.20		
11 2628 Garrett Thomas	12 PASSAIC TECH	16.26		
12 2250 Michael Leiwant	SR LIVINGSTON	16.37		
13 1431 Jordan Goldklang	11 BERGEN TECH	16.40		
14 1457 Daniel Plekhov	11 BERGEN TECH	16.43		
15 2622 Jaris Rosseau	12 PASSAIC TECH	16.44		
16 2314 James Gaither	SR MONTCLAIR	16.56		
17 2895 Jose Rodriguez	SO UNION CITY	16.60		
18 1723 Hector Seclen	SR CLIFTON	16.91		
19 2638 Tunde Agunbiade	JR RANDOLPH	16.95		
20 1714 Jairo Parra	SR CLIFTON	16.96		
21 2915 Kurt Rossi	SO VERNON	17.08		
22 1674 Alexander Carter	SR CLIFTON	17.22		
23 1962 Alejandro Vargas	SO HACKENSACK	17.35		
24 2770 A.J. Manderano	11 RIDGEWOOD	17.45		
25 1955 Christopher Oddsta	JR HACKENSACK	17.74		
26 2773 Sean Mattson	10 RIDGEWOOD	18.37		
27 2033 Tyler Anderson	FR KEARNY	18.49		
28 2041 Bruno Gerlado	SO KEARNY	18.98		
-- 1518 Guy Simpson-Terry	SR BLOOMFIELD	DQ		
-- 2038 Tim Esposito	SR KEARNY	DQ		
-- 2081 Kadeem Gaither	SR JFKENNEDY-PAT	DQ		
-- 2914 Eric Rossi	SR VERNON	DQ		

Event 21 Boys 800 Meter Run Gr 4

Name	Year School	Seed	Finals	Points
Finals				
1 3025 Curtis Richburg	JR WEST ORANGE		1:58.13	10
2 1940 Joel Douglas	JR HACKENSACK		1:59.86	8
3 2754 Andrew Fine	12 RIDGEWOOD		2:00.03	6
4 1780 Corbin Corbin	JR EASTSIDE		2:00.35	4
5 2778 Taro Shigenobu	12 RIDGEWOOD		2:00.44	2
6 2089 Larry Hilton	JR JFKENNEDY-PAT		2:01.78	1
7 1784 Tahlief Jackson	SO EASTSIDE		2:01.83	
8 2904 Tom Burke	SO VERNON		2:02.16	
9 2890 Xiemy Perez	SO UNION CITY		2:02.18	
10 2313 Henry Engelstein	SR MONTCLAIR		2:02.67	
11 2232 Alexander Flores	SR LIVINGSTON		2:03.12	
11 1450 Abdelaziz N Goan	12 BERGEN TECH		2:03.12	
13 2217 Brett Altman	SR LIVINGSTON		2:03.38	

14	1691 Daniel Green	SO CLIFTON	2:03.61
15	2320 Zachary Herring	SR MONTCLAIR	2:04.35
16	2772 Sean Martyn	12 RIDGEWOOD	2:04.48
17	3005 Mekail Endashaw	FR WEST ORANGE	2:04.51
18	2694 Mike Nobile	SR RANDOLPH	2:05.69
19	2661 Conor Higgins	JR RANDOLPH	2:05.95
20	2464 Israel Flores	JR NORTH BERGEN	2:06.50
21	2456 Henry Alfonso	SO NORTH BERGEN	2:07.59
22	1670 Victor Almonte	SR CLIFTON	2:07.86
23	2872 Ariel Caceres	SO UNION CITY	2:07.94
24	2281 Steven Ramirez	SO MEMORIAL W. NY	2:08.88
25	3017 Joshua Martin	JR WEST ORANGE	2:09.22
26	2058 Amine Zaouia	SO KEARNY	2:09.76
27	1430 Khristofor Godovin	10 BERGEN TECH	2:10.54
28	2546 Xavier Ramirez	PASSAIC	2:10.78
29	1960 Carlos Sanchez	SO HACKENSACK	2:10.95
30	1468 Samuel Stevens	10 BERGEN TECH	2:10.97
31	2670 Jon Knipper	FR RANDOLPH	2:12.00
32	2553 Jelinson Siri	PASSAIC	2:12.40
33	2922 John Yaccarino	SR VERNON	2:12.62
34	2884 Wilson Mantilla	JR UNION CITY	2:13.94
35	1790 Justin McKenzie	SO EASTSIDE	2:13.96
36	2480 Erick Ubillus	SO NORTH BERGEN	2:14.09
37	1400 Matt Cabrera	SR BELLEVILLE	2:14.94
38	2053 Kevin Plaza	SR KEARNY	2:15.39
39	2335 Samuel Obaditch	SO MONTCLAIR	2:16.43
40	2045 Carlos Lopes	SR KEARNY	2:19.77
41	2554 Ronny Siri	PASSAIC	2:20.24

Event 25 Boys 3200 Meter Run Gr 4

Name	Year School	Seed	Finals	Points
1	2230 Jeremy Elkaim	SO LIVINGSTON	9:26.52	10
2	2778 Taro Shigenobu	12 RIDGEWOOD	9:32.79	8
3	2263 Jacob Schneider	SR LIVINGSTON	9:35.54	6
4	2048 Brian Mendez	SR KEARNY	9:36.91	4
5	2754 Andrew Fine	12 RIDGEWOOD	9:38.93	2
6	2657 Collin Frost	SO RANDOLPH	9:39.70	1
7	2903 Sam Brensinger	JR VERNON	9:44.96	
8	2749 Brian Cleary	11 RIDGEWOOD	9:48.00	
9	2032 Carlos Alarcon	SR KEARNY	9:49.02	
10	2644 Louie Catizone	SR RANDOLPH	9:50.17	
11	3010 Benjamin Kaplan	SR WEST ORANGE	9:51.58	
12	1439 Andreas Kellas	10 BERGEN TECH	9:55.50	
13	2321 Morris Jenkins	JR MONTCLAIR	9:56.54	
14	2919 Louie Stengel	JR VERNON	9:58.01	
15	1470 William Szymczak	12 BERGEN TECH	10:00.30	
16	2897 Luis Romero	SO UNION CITY	10:04.18	
17	1784 Tahlief Jackson	SO EASTSIDE	10:05.44	
18	2276 Sam Badillo	SR MEMORIAL W. NY	10:08.72	
19	1911 Mike Obsuth	JR FAIR LAWN	10:13.49	
20	1408 Zeeshan Khan	JR BELLEVILLE	10:20.35	
21	2312 Brendan Dwyer	SO MONTCLAIR	10:26.10	
22	2323 Jeffrey Kerbel	SO MONTCLAIR	10:26.78	
23	2117 Aburumeileh Ziad	SO JFKENNEDY-PAT	10:33.46	
24	2740 Hui-Hung Yu	JR RANDOLPH	10:36.86	
25	2900 Justin Valazques	JR UNION CITY	10:37.46	
26	1888 Sean Farrell	SR FAIR LAWN	10:40.86	
27	2226 David Coleman	SO LIVINGSTON	10:42.65	

28	1737	Amad Walojahi	SO CLIFTON	10:55.75
29	1697	Andrew Kopko	SR CLIFTON	10:56.89
30	1403	Bryon Cure	SO BELLEVILLE	10:58.65
31	2537	Jamie Lopez	PASSAIC	11:07.48
32	2088	Jamaal Hilton	SO JFKENNEDY-PAT	11:07.53
33	2555	Christian Torres	PASSAIC	11:42.99
34	2543	Ariel Ortega	PASSAIC	12:24.96

Event 26 Boys 200 Meter Dash Gr 4

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	1964	Conroy Walker	JR HACKENSACK	22.90q	5
2	2704	Julian Rodriguez	JR RANDOLPH	23.11q	4
2	1515	Michael Ottey	SR BLOOMFIELD	23.11q	6
4	2895	Jose Rodriguez	SO UNION CITY	23.13q	4
5	1924	Andrew Sloves	SR FAIR LAWN	23.33q	4
6	2525	Jashon Dawson	PASSAIC	23.46q	5
7	2760	InSoo Hwang	10 RIDGEWOOD	23.53	5
8	1666	Hanni Abukhater	SR CLIFTON	23.57	6
9	2337	Aaron Rhodes	SO MONTCLAIR	23.70	4
10	1420	Lomi Cunningham	12 BERGEN TECH	23.72	5
11	2564	Mike Bennett	12 PASSAIC TECH	23.73	4
12	2912	Taylor Purdue	SR VERNON	23.74	2
13	1518	Guy Simpson-Terry	SR BLOOMFIELD	23.86	5
14	3000	Kirby Chery	JR WEST ORANGE	23.94	2
15	2905	Ray Giangeruso	JR VERNON	24.04	3
16	2547	Yusef Reaves	PASSAIC	24.05	6
17	1917	Patrick Romaglia	FR FAIR LAWN	24.07	3
18	2037	Manuel Esposito	JR KEARNY	24.19	3
19	1446	Joseph Miles	12 BERGEN TECH	24.20	3
20	1957	Christopher Pleasa	SO HACKENSACK	24.24	1
21	1694	Nathaniel Howard	SR CLIFTON	24.30	2
22	2549	D'Nard Robinson	PASSAIC	24.34	6
23	2921	Deshawn Wilder	SR VERNON	24.39	3
24	1782	Ezequiel Edge	SO EASTSIDE	24.48	1
25	1488	Malik Copper	SO BLOOMFIELD	24.56	6
26	1961	Elijawon Scott	JR HACKENSACK	24.89	3
27	1783	Michael Hilary	EASTSIDE	25.03	2
28	2761	Will Jacoby	12 RIDGEWOOD	25.19	2
29	2892	Ricky Ramos	JR UNION CITY	25.26	1
30	1462	Patrick Ryan	12 BERGEN TECH	25.29	1
31	1786	Martin Kevin	JR EASTSIDE	26.10	1
--	2684	Wilson Martinez	SR RANDOLPH	DQ	5

Event 26 Boys 200 Meter Dash Gr 4

Name	Year	School	Prelims	Finals	Points
Finals					
1	1964	Conroy Walker	JR HACKENSACK	22.90	22.47 10
2	1515	Michael Ottey	SR BLOOMFIELD	23.11	22.94 8
3	2704	Julian Rodriguez	JR RANDOLPH	23.11	22.95 6
4	2895	Jose Rodriguez	SO UNION CITY	23.13	23.01 4
5	2525	Jashon Dawson	PASSAIC	23.46	23.21 2
6	1924	Andrew Sloves	SR FAIR LAWN	23.33	23.54 1
Preliminaries					
7	2760	InSoo Hwang	10 RIDGEWOOD	23.53	

8	1666	Hanni Abukhater	SR CLIFTON	23.57
9	2337	Aaron Rhodes	SO MONTCLAIR	23.70
10	1420	Lomi Cunningham	12 BERGEN TECH	23.72
11	2564	Mike Bennett	12 PASSAIC TECH	23.73
12	2912	Taylor Purdue	SR VERNON	23.74
13	1518	Guy Simpson-Terry	SR BLOOMFIELD	23.86
14	3000	Kirby Chery	JR WEST ORANGE	23.94
15	2905	Ray Giangeruso	JR VERNON	24.04
16	2547	Yusef Reaves	PASSAIC	24.05
17	1917	Patrick Romaglia	FR FAIR LAWN	24.07
18	2037	Manuel Esposito	JR KEARNY	24.19
19	1446	Joseph Miles	12 BERGEN TECH	24.20
20	1957	Christopher Pleasa	SO HACKENSACK	24.24
21	1694	Nathaniel Howard	SR CLIFTON	24.30
22	2549	D'Nard Robinson	PASSAIC	24.34
23	2921	Deshawn Wilder	SR VERNON	24.39
24	1782	Ezequiel Edge	SO EASTSIDE	24.48
25	1488	Malik Copper	SO BLOOMFIELD	24.56
26	1961	Elijawon Scott	JR HACKENSACK	24.89
27	1783	Michael Hilary	EASTSIDE	25.03
28	2761	Will Jacoby	12 RIDGEWOOD	25.19
29	2892	Ricky Ramos	JR UNION CITY	25.26
30	1462	Patrick Ryan	12 BERGEN TECH	25.29
31	1786	Martin Kevin	JR EASTSIDE	26.10
--	2684	Wilson Martinez	SR RANDOLPH	

Event 33 Boys 4x400 Meter Relay Gr 4

School	Seed	Finals	H#	Points
Finals				
1 WEST ORANGE		3:24.82	2	10
1) 3000 Kirby Chery JR	2) 2997 James Burroughs SR			
3) 3017 Joshua Martin JR	4) 3021 Floyd Morgan JR			
2 RANDOLPH		3:24.90	2	8
1) 2741 Lou Zarro JR	2) 2704 Julian Rodriguez JR			
3) 2735 Stephen Vitale JR	4) 2684 Wilson Martinez SR			
3 PASSAIC COUNTY TECHNICAL		3:27.81	2	6
1) 2564 Mike Bennett 12	2) 2562 Warren Beason 10			
3) 2628 Garrett Thomas 12	4) 2590 Nicoy Hines 12			
4 PASSAIC		3:29.44	2	4
1) 2525 Jashon Dawson	2) 2549 D'Nard Robinson			
3) 2541 Jonathan Mitchell	4) 2547 Yusef Reaves			
5 KEARNY		3:29.90	1	2
1) 2043 Chris Happel SR	2) 2052 Chris Novais SR			
3) 2038 Tim Esposito SR	4) 2037 Manuel Esposito JR			
6 CLIFTON		3:30.38	1	1
1) 1666 Hanni Abukhater SR	2) 1694 Nathaniel Howard SR			
3) 1691 Daniel Green SO	4) 1693 Nathan Howard SR			
7 RIDGEWOOD		3:30.65	1	
1) 2756 Matt Grundy 11	2) 2773 Sean Mattson 10			
3) 2766 Matt LaDuca 11	4) 2760 InSoo Hwang 10			
8 MONTCLAIR		3:30.80	2	
1) 2320 Zachary Herring SR	2) 2313 Henry Engelstein SR			
3) 2314 James Gaither SR	4) 2337 Aaron Rhodes SO			
9 VERNON		3:32.94	1	
1) 2905 Ray Giangeruso JR	2) 2922 John Yaccarino SR			
3) 2916 Zach Santillo JR	4) 2912 Taylor Purdue SR			
10 BERGEN TECH		3:35.24	2	
1) 1450 Abdelaziz N Goan 12	2) 1419 Jean Luc Coletta 11			

- 3) 1446 Joseph Miles 12
 11 LIVINGSTON
 1) 2250 Michael Leiwant SR
 3) 2232 Alexander Flores SR
- 4) 1462 Patrick Ryan 12
 2) 2242 Steve Jung SR
 4) 2248 Michael Lazar SO
- 3:49.99 1

Event 38 Boys Discus Throw Gr 4

Name	Year	School	Seed	Finals	Points
1	1519	Kristjan Sokoli	JR BLOOMFIELD	155-07	10
2	2779	Jack Simmons	11 RIDGEWOOD	137-04	8
3	2994	Rhema Boyo	SR WEST ORANGE	136-07	6
4	2533	Andrew Holloman	PASSAIC	135-08	4
5	1952	Stephen Mozia	SO HACKENSACK	131-06	2
6	2634	Jiheam Watson	12 PASSAIC TECH	131-05	1
7	1963	Brandon Victorino	SR HACKENSACK	131-04	
8	2918	Charles Smigen	SR VERNON	128-07	
9	2738	Pete Wolmart	SO RANDOLPH	123-05	
10	3009	Lenz Joseph	SR WEST ORANGE	118-07	
11	2578	Lonnie Day	11 PASSAIC TECH	118-06	
12	2743	Adam Bair	12 RIDGEWOOD	117-03	
13	2333	Chaddon Newton	SR MONTCLAIR	116-07	
14	2274	Kevin Yee	SR LIVINGSTON	112-07	
15	1728	John Sunday	SO CLIFTON	111-05	
16	2906	Kyle Holly	JR VERNON	111-01	
17	2659	Kevin Hantke	JR RANDOLPH	111-00	
18	3024	Greg Repayo	SR WEST ORANGE	109-11	
19	2334	Cyddon Newton	SR MONTCLAIR	108-03	
20	2724	Greg Sweedy	JR RANDOLPH	107-08	
21	1528	Eric Yuneman	SR BLOOMFIELD	107-01	
22	1777	Dixon Aaron	SR EASTSIDE	104-03	
23	2036	Claudio Da Silva	SR KEARNY	103-02	
24	2767	Jacob Levitsky	RIDGEWOOD	102-03	
25	1915	RJ Reindeau	JR FAIR LAWN	101-03	
26	1933	Mike Avallone	SR HACKENSACK	100-07	
27	2039	Mike Fernandes	SO KEARNY	98-00	
28	2910	Gordon Merck	SR VERNON	94-08	
29	2227	Kevin Coleman	SR LIVINGSTON	93-11	
30	2228	Jeredy Cruchaga	SR LIVINGSTON	91-09	
31	1676	Tamir Dayya	SR CLIFTON	88-07	
32	1727	Danny Smith	SO CLIFTON	80-03	
--	1887	Chris Eisser	SR FAIR LAWN		ND

Event 42 Boys Triple Jump Gr 4

Name	Year	School	Seed	Finals	Points
1	1525	Stefon Williams	SR BLOOMFIELD	46-03.00	10
2	1964	Conroy Walker	JR HACKENSACK	46-02.25	8
3	2691	Mike Moserowitz	JR RANDOLPH	44-02.00	6
4	2988	James Adams	JR WEST ORANGE	43-10.00	4
5	2086	Craig Hall	SO JFKENNEDY-PAT	43-06.75	2
6	2908	Scott Lisa	JR VERNON	43-02.00	1
7	2561	Victor Arias	12 PASSAIC TECH	42-10.00	
8	2564	Mike Bennett	12 PASSAIC TECH	42-01.00	
9	2997	James Burroughs	SR WEST ORANGE	42-00.75	
10	2741	Lou Zarro	JR RANDOLPH	41-10.00	
11	2065	Keshon Brown	JR JFKENNEDY-PAT	41-06.50	
12	1669	Jahee Allen	JR CLIFTON	41-03.00	

13	2914	Eric Rossi	SR VERNON	40-04.25
14	1962	Alejandro Vargas	SO HACKENSACK	40-03.50
14	2715	Glenn Scheideler	SR RANDOLPH	40-03.50
16	1496	Shawn Gantt	SR BLOOMFIELD	39-05.75
17	1520	Steve Taste	FR BLOOMFIELD	39-04.50
18	2081	Kadeem Gaither	SR JFKENNEDY-PAT	39-04.25
19	2605	Rahmir McCray	09 PASSAIC TECH	39-02.25
20	1887	Chris Eisser	SR FAIR LAWN	39-00.00
21	2044	Ken Llano	JR KEARNY	38-03.00
22	1670	Victor Almonte	SR CLIFTON	38-01.75
23	2043	Chris Happel	SR KEARNY	37-09.25
24	2275	Charles Zou	SR LIVINGSTON	37-06.50
25	2051	Ralph Murray	SR KEARNY	37-04.00
26	1704	Chinua McDonald	SO CLIFTON	37-03.75
27	1409	Douglas Richardson	SR BELLEVILLE	36-10.75
28	2745	Matt Beausoleil	10 RIDGEWOOD	36-10.00
29	1944	Moquiez Headley	FR HACKENSACK	35-11.50
30	2922	John Yaccarino	SR VERNON	35-08.00
--	2770	A.J. Manderano	11 RIDGEWOOD	ND

Event 45 Boys Javelin Throw Gr 4

Name	Year	School	Seed	Finals	Points
1	1509	Esteban Morales	JR BLOOMFIELD	161-06	10
2	1523	Dwayne Varner	SR BLOOMFIELD	158-04	8
3	2906	Kyle Holly	JR VERNON	155-07	6
4	2908	Scott Lisa	JR VERNON	154-01	4
5	2659	Kevin Hantke	JR RANDOLPH	153-04	2
6	2784	Taylor Zulauf	12 RIDGEWOOD	150-01	1
7	2592	Quatrell Huffin	10 PASSAIC TECH	149-08	
8	2771	Mark Maniaci	11 RIDGEWOOD	147-11	
9	1883	Egor Buhrain	JR FAIR LAWN	135-06	
10	2043	Chris Happel	SR KEARNY	133-09	
11	2307	Charles Carrier	SO MONTCLAIR	129-07	
12	2695	Mike Nunnick	JR RANDOLPH	128-06	
13	3014	Mike Madden	SR WEST ORANGE	127-11	
14	2477	Manny Sierra	SR NORTH BERGEN	127-08	
14	2476	Alex Sierra	SR NORTH BERGEN	127-08	
16	2623	Jelad Salik	12 PASSAIC TECH	127-01	
17	2745	Matt Beausoleil	10 RIDGEWOOD	124-11	
18	2049	Arthur Monroig	SR KEARNY	123-00	
19	2228	Jeredy Cruchaga	SR LIVINGSTON	122-07	
20	2227	Kevin Coleman	SR LIVINGSTON	122-03	
21	2701	Cameron Platt	SR RANDOLPH	118-07	
22	3034	Anthony Sugaste	SO WEST ORANGE	117-07	
23	2909	Julian Manfredo	SR VERNON	115-05	
24	3001	Jonathan Couper	SO WEST ORANGE	111-10	
25	2272	Josh Wang	FR LIVINGSTON	111-02	
26	2054	Jescy Rodriguez	SR KEARNY	111-00	
27	1727	Danny Smith	SO CLIFTON	106-02	
28	1699	Mark Leszczyszak	SR CLIFTON	101-00	
29	1697	Andrew Kopko	SR CLIFTON	93-09	
--	1782	Ezequiel Edge	SO EASTSIDE	ND	

Event 51 Boys Shot Put Gr 4

Name	Year	School	Seed	Finals	Points
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1	1510	Emeka Ndichie	JR BLOOMFIELD	49-02.00	10
2	2994	Rhema Boyo	SR WEST ORANGE	48-07.50	8
3	1519	Kristjan Sokoli	JR BLOOMFIELD	47-02.00	6
4	1963	Brandon Victorino	SR HACKENSACK	47-01.00	4
5	2533	Andrew Holloman	PASSAIC	47-00.00	2
6	2743	Adam Bair	12 RIDGEWOOD	46-09.00	1
7	2333	Chaddon Newton	SR MONTCLAIR	44-10.75	
8	1887	Chris Eisser	SR FAIR LAWN	44-06.00	
9	2578	Lonnie Day	11 PASSAIC TECH	44-04.00	
10	3003	Roguilky Dormevil	JR WEST ORANGE	44-03.00	
11	2779	Jack Simmons	11 RIDGEWOOD	43-09.75	
12	2910	Gordon Merck	SR VERNON	43-06.25	
13	2913	Eric Rebisz	SR VERNON	43-02.00	
14	1952	Stephen Mozia	SO HACKENSACK	42-08.50	
15	2654	Joe Fayad	JR RANDOLPH	42-05.00	
16	1951	Anthony Montesano	JR HACKENSACK	40-09.00	
17	2039	Mike Fernandes	SO KEARNY	40-04.00	
18	2334	Cyddon Newton	SR MONTCLAIR	40-03.00	
19	2724	Greg Sweedy	JR RANDOLPH	39-04.25	
20	1728	John Sunday	SO CLIFTON	39-03.00	
21	1928	Anthony Urbina	SR FAIR LAWN	38-11.00	
22	2634	Jiheam Watson	12 PASSAIC TECH	38-03.00	
23	2918	Charles Smigen	SR VERNON	37-06.50	
24	2036	Claudio Da Silva	SR KEARNY	36-10.50	
25	2738	Pete Wolmart	SO RANDOLPH	35-07.00	
26	1690	Donte Glenn	SR CLIFTON	35-02.50	
27	2752	Stephen Etna	10 RIDGEWOOD	35-01.00	
28	1711	Kareem Najjar	SR CLIFTON	32-10.00	
29	1777	Dixon Aaron	SR EASTSIDE	29-00.25	

Event 58 Boys Long Jump Gr 4

Name	Year	School	Seed	Finals	Points
1	1525	Stefon Williams	SR BLOOMFIELD	21-10.25	10
2	1964	Conroy Walker	JR HACKENSACK	21-02.75	8
3	2691	Mike Moserowitz	JR RANDOLPH	20-10.00	6
4	3016	Josh Major	JR WEST ORANGE	20-09.75	4
5	2065	Keshon Brown	JR JFKENNEDY-PAT	20-05.75	2
6	2561	Victor Arias	12 PASSAIC TECH	20-05.50	1
7	2908	Scott Lisa	JR VERNON	20-02.00	
8	2269	German Valdez	SO LIVINGSTON	19-10.25	
9	2715	Glenn Scheideler	SR RANDOLPH	19-05.25	
10	2741	Lou Zarro	JR RANDOLPH	19-04.50	
11	2086	Craig Hall	SO JFKENNEDY-PAT	19-02.50	
12	2044	Ken Llano	JR KEARNY	19-00.00	
13	2081	Kadeem Gaither	SR JFKENNEDY-PAT	18-11.50	
13	2751	Tommy DeVita	11 RIDGEWOOD	18-11.50	
15	2912	Taylor Purdue	SR VERNON	18-10.50	
16	2037	Manuel Esposito	JR KEARNY	18-06.50	
17	2541	Jonathan Mitchell	PASSAIC	18-04.50	
18	1670	Victor Almonte	SR CLIFTON	18-02.50	
19	2319	Khalif Herbin	FR MONTCLAIR	18-01.75	
20	1688	Ryan Felix	JR CLIFTON	18-00.50	
21	1520	Steve Taste	FR BLOOMFIELD	17-08.50	
22	2605	Rahmir McCray	09 PASSAIC TECH	17-07.50	
23	2916	Zach Santillo	JR VERNON	17-05.25	
24	1947	Bright Mensah	SO HACKENSACK	17-05.00	
25	2047	Anthony Marmora	SR KEARNY	17-04.50	
26	2564	Mike Bennett	12 PASSAIC TECH	17-04.25	

27	2275	Charles Zou	SR LIVINGSTON	17-03.50
28	1409	Douglas Richardson	SR BELLEVILLE	17-02.25
29	2892	Ricky Ramos	JR UNION CITY	17-01.50
30	1778	Kerron Armstrong	JR EASTSIDE	16-11.50
31	2901	Julio Yunes	SR UNION CITY	16-11.00
32	2745	Matt Beausoleil	10 RIDGEWOOD	16-10.50
33	2248	Michael Lazar	SO LIVINGSTON	16-09.00
34	1446	Joseph Miles	12 BERGEN TECH	16-07.00
35	1431	Jordan Goldklang	11 BERGEN TECH	16-05.75
36	2534	Justin Jones	PASSAIC	16-03.00
37	1428	Frank Giordano	11 BERGEN TECH	14-07.25
--	2988	James Adams	JR WEST ORANGE	ND

Event 61 Boys High Jump Gr 4

Name	Year	School	Seed	Finals	Points
1	2715	Glenn Scheideler	SR RANDOLPH	6-10.25	10
2	2330	Valdir Mondesir	SR MONTCLAIR	6-04.00	8
3	2751	Tommy DeVita	11 RIDGEWOOD	J6-04.00	6
4	2908	Scott Lisa	JR VERNON	6-02.00	4
5	2996	Bernie Brice	SR WEST ORANGE	6-00.00	1.50
5	3038	Stevenson Vius	SR WEST ORANGE	6-00.00	1.50
7	2110	Keith Slade	SR JFKENNEDY-PAT	J6-00.00	
7	3030	Gerald Silvera	JR WEST ORANGE	J6-00.00	
9	2638	Tunde Agunbiade	JR RANDOLPH	5-08.00	
9	2653	Kevin Faranetta	SR RANDOLPH	5-08.00	
9	1887	Chris Eisser	SR FAIR LAWN	5-08.00	
9	1947	Bright Mensah	SO HACKENSACK	5-08.00	
9	2086	Craig Hall	SO JFKENNEDY-PAT	5-08.00	
9	2240	Ken Jenkins	SR LIVINGSTON	5-08.00	
9	1450	Abdelaziz N Goan	12 BERGEN TECH	5-08.00	
9	2095	Ralph MC Eachin	SR JFKENNEDY-PAT	5-08.00	
9	2269	German Valdez	SO LIVINGSTON	5-08.00	
9	1943	John Harrison	JR HACKENSACK	5-08.00	
9	2038	Tim Esposito	SR KEARNY	5-08.00	
9	2461	Tevin Cunningham	JR NORTH BERGEN	5-08.00	
9	2547	Yusef Reaves	PASSAIC	5-08.00	
22	1962	Alejandro Vargas	SO HACKENSACK	5-04.00	
22	2052	Chris Novais	SR KEARNY	5-04.00	
22	2541	Jonathan Mitchell	PASSAIC	5-04.00	
22	2768	Matt Levitsky	12 RIDGEWOOD	5-04.00	
22	2745	Matt Beausoleil	10 RIDGEWOOD	5-04.00	
22	1669	Jahee Allen	JR CLIFTON	5-04.00	
22	1520	Steve Taste	FR BLOOMFIELD	5-04.00	
22	2887	Frankie Ortiz	JR UNION CITY	5-04.00	
22	2914	Eric Rossi	SR VERNON	5-04.00	
22	2920	Dan Tintle	FR VERNON	5-04.00	
--	1443	Jaewon Kwon	11 BERGEN TECH		NH
--	2534	Justin Jones	PASSAIC		NH

Event 64 Boys Pole Vault Gr 4

Name	Year	School	Seed	Finals	Points
1	2782	John Wisener	11 RIDGEWOOD	13-00.00	10
2	2660	Ali Hashemi	JR RANDOLPH	J13-00.00	8
3	2266	Gary Stetz	SR LIVINGSTON	12-06.00	6
4	2783	Max Witt	12 RIDGEWOOD	12-00.00	4

5	2261 James Pineda	SR LIVINGSTON	11-06.00	2
6	2711 Mark Santamaria	JR RANDOLPH	11-00.00	1
7	1674 Alexander Carter	SR CLIFTON	10-00.00	
7	1895 Kevin Guy	SO FAIR LAWN	10-00.00	
7	2755 Andrew Gramaglia	11 RIDGEWOOD	10-00.00	
7	1703 Julian Macrone	JR CLIFTON	10-00.00	
7	2242 Steve Jung	SR LIVINGSTON	10-00.00	
7	1714 Jairo Parra	SR CLIFTON	10-00.00	
--	1791 Michael Santos	EASTSIDE		NH
--	2917 James Siglin	FR VERNON		NH
--	1958 John Pujols	FR HACKENSACK		NH

Men - Gr 4 - Team Rankings - 16 Events Scored

1) Bloomfield	84	2) West Orange	71
3) Randolph	68	4) Ridgewood	62
5) Hackensack	48	6) Passaic County Technical	34
7) Livingston	32	8) Passaic	19
9) Kennedy, JF-Paterson	17	10) VERNON	15
11) Kearny	14	12) Union City	12
13) Montclair	8	14) Fair Lawn	7
15) EASTSIDE	4	16) Clifton	1

Bergen Meet of Champions
@ Hackensack

May 26th

100m: Max Witt 11.37 / 11.38 – 4th Place

400m: Matt Grundy 51.54 – 5th Place

1600m: Brian Cleary 4:30.48 – **BMOC Champion!!!**

3200m: Sean Mattson **10.05.11**
Patrick Rynkowski **10:15.43**

110HH: Edward Blair IV **16.15**

400IH: InSoo Hwang 56.51 – 3rd Place

Shot Put: Adam Bair 47'5"

Discus: Jack Simmons 135'2"

High Jump: Tommy DeVita 6'4" – **BMOC Champion!!!**

Pole Vault: Max Witt 12'6"

believed he had radar up until that
 it then, peo-
 coming for you,"
 nk a lot of guys
 , and I wanted to
 Hackensack High

played basketball in the winter. "This meet for me wasn't about having fun. It was about winning, getting back to where I thought I should be."
 There's something to be said about being chased, of course, and the expectations that come with being at the front of the pack. Steimle admits to have learned plenty from being in that posi-

in Eric Van Dunk as a teammate has absolutely helped. Van Dunk took a little advice from Steimle when he won gold Tuesday, appropriately enough on his last throw of 54-7.
 "He just told me to go after it," Van Dunk said of Steimle, who took third in the shot put with a personal best of 52-4 1/2. "He won the javelin on his last

needed confidence-wise, and that swagger he brought with him Tuesday slowly was disappearing.
 When Zuidema increased his lead, the odds seemed to be stacked against him.
 "I needed one, a bomb," Steimle said. And that's all it took for Steimle to reaffirm his status as the one to beat.

The Iro against Imr ace Evan D him around four errors
 Left field Brook crac make it 8-(what seeme cake turned tory. Hans RBI, includ as many ga
 "Things left-hander to 8-1. "Th we didn't te
 Spezial j seems to g but the per the first to bother him innings and fifth.

DeVita's championship genes

By RONALD P. CLARK
 STAFF WRITER

HACKENSACK — It was like father, like son, even if neither one was aware of it.

When Ridgewood's Tommy DeVita won the boys high jump at the Meet of Champions on Tuesday, he didn't know that he was adding to somewhat of a family tradition.

His father, Tom DeVita, won the same event at the 1981 Meet of Champs for Bergen Catholic.

"I knew he had cleared 6-5 in high school," Tommy DeVita said. "But I didn't know he won it at this particular meet."

The younger DeVita won with a height of 6-4, yet his father named him the better of the two.

"It's wonderful but I think he's a better high jumper than I was," Tom DeVita said. "He won it as a junior and I didn't win it until I was a senior."

On the girls' side, Immaculate Heart's Shannon Sullivan did some-

thing only girls with the last name Fazekas had done at the Meet of Champs. Sullivan, with wins in the javelin and shot put and a second-place showing in the discus, finished with a total distance of 302-4, making her only the third girl to complete the feat. The previous two girls were the Fazekas sisters, Jessica and Kelly, of Demarest.

With the sprint triumvirate of Don Bosco's Marvin Whilby, Englewood's Raldaine McDonald and Hackensack's Conroy Walker broken up by the absence of Whilby due to an illness, the two remaining favorites took care of their respective events.

McDonald, in one of the best races of the day, edged Teaneck's Zadique Whyte to win the 100 with a time of 11.29 to Whyte's 11.33. Walker, who also won the triple jump at 44-5 1/4, won the 200 in 22.29.

Myasia Jacobs of Paramus Catholic continued her dominance in the sprints. The freshman from Paterson cruised to a double with times of 12.31

in the 100 and 25.03 in the 200. Jacobs became the third girl in the past four years to complete the sprint double at the meet.

Emerson's Hayden Duffy defended his 400 meters title in 49.44. The Mt. St. Mary's-bound runner was short of his 49.3 time last year.

After missing out on a North 1, Group 3 sectional title Saturday, Demarest's Danna Wasserman rebounded with a close victory over Kristen Brown of Englewood in the long jump, 17-3 1/2 to 17-2 3/4.

Reigning champion Ackeme Brown of Englewood was upset by Indian Hills' Corey Crawford in the boys long jump as Crawford jumped 22-3 1/4. Crawford, a junior, also finished second in the high jump.

In the girls high jump, Indian Hills' senior Rachel Watkins stole the show from favorites Heather Gearity of Rutherford and Allie Ritchards of Mahwah, clearing 5-2 to win.

E-mail: clarkr@northjersey.com



STAFF PHOTOGRAPHER Myasia Jacobs won the 100 meters, ends on Tuesday.

This mc Gomez. He plays at hitting stop the threat in the up, 5-0.

Gomez 1 and his hus two runs. F 1 1/2 innings in the mix mound Fric

"One of t does that ki a laugh. "E Great playe

Bosco ha Butler was n ing plans Stevens for against Ran

AA adds a new twist to realign

in Conference 2A.

"Even though we understand what the situation is, we just wish that the NJSIAA would leave well enough alone," said Pat Tirico, the athletic director at Lodi, which would move to Conference 2A under the committee recommendation. "They're kind of just shuffling the deck — three, four, five schools, one league, then another. In the end, there's at least a few schools that will be left unhappy."

"Nobody has convinced me that this isn't just a football issue that has become everyone's issue," said Bob Klie, the interim athletic

director at Dumont. "The NJSIAA solution for a problem that involved 15 schools is to spread it out to hundreds of schools."

The latest recommendation, which will be voted on by the NJSIAA executive committee next Wednesday, is to pull Cliffside Park, Ramsey, Lodi and Dumont, the four largest schools remaining in Conference 3, into 2A beginning with the 2010-2011 season.

They could join Garfield, River Dell, Mahwah, Indian Hills and Englewood, all of whom objected to their placement in 2A when the conferences were merged earlier

this month, plus DePaul and St. Joseph in an 11-team Group 2 division in Conference 2A. All the other schools in the 40-school conference are Group 3 and 4 schools.

The conference would contain the remaining Bergen and Passaic County members of the NNJL and Northern Hills Conferences, all but Pascack Hills from the NBIL, six of the 10 members of the BCSL American and Garfield and Lodi from the B-PSL. Committee chairman James O'Neill, the superintendent of Group 2 Chatham, wrote in the recommendation released Tuesday that moving the

five Group 2 public schools back to Conference 3 was considered, but "on balance, it was believed that expanding Conference 2A was the better long-term solution to the issues raised by member schools."

The NJSIAA's premise behind the realignment, which began 17 months ago, always has been that larger conferences create more flexible scheduling options because of the diversity of schools based on size and location.

"As long as Conference 2A would keep it as a Group 2 division, it's fine," said Ramsey AD Lou Molino. "My biggest thing has

always done: schoo

"Tr our k Taibi sendi Rams week, And v the [n The to b meeti Staff V this st

TRACK & FIELD

LOU LANZALOTTO BERGEN
MEET OF CHAMPIONS

AT HACKENSACK

BOYS

100: 1. Raldaine McDonald, Englewood, 11:29; 2. Zadique Whyte, Teaneck, 11:33; 3. Casey Pleasants, Teaneck, 11:38; 4. Max Witt, Ridgewood, 11:42; 5. Al Artesano, Glen Rock, 11:44; 6. Barragon Bradley, Elmwood Park, 11:54.

200: 1. Conroy Walker, Hackensack, 22:29; 2. Casey Pleasants, Teaneck, 22:51; 3. Zadique Whyte, Teaneck, 22:70; 4. Kevin Condal, Hasbrouck Heights, 22:74; 5. AJ Scoppa, New Milford, 23:07; 6. Daryian Miles, Teaneck, 23:30.

400: 1. Hayden Duffy, Emerson, 49:44; 2. Elvis Caka, Lodi, 50:30; 3. Javon Brown, Paramus Catholic, 51:08; 4. Morgan Reilly, Westwood, 51:28; 5. Matt Grundy, Ridgewood, 51:54; 6. John Burke, Ramapo, 51:82.

800: 1. Dayne Mosconi, Tenafly, 1:55.65; 2. Arthur Freitas, Palisades Park, 1:58.69; 3. Joel Douglas, Hackensack, 1:59.37; 4. Davon Robinson, Paramus Catholic, 1:59.45; 5. Emanuele Benelli, Old Tappan, 1:59.64; 6. Nicholas Florino, Paramus, 2:00.11.

1600: 1. Brian Cleary, Ridgewood, 4:30.48; 2. Rafael Vargas, Don Bosco, 4:30.55; 3. Brendan Offer, Don Bosco, 4:31.19; 4. Nicholas Ferrantino, Old Tappan, 4:35.90; 5. Andreas Kellas, Bergen Tech, 4:36.47; 6. Brian Bravo, St. Joseph, 4:36.65.

3200: 1. Patrick Rono, Lyndhurst, 9:32.96; 2. Howard Rosas, Don Bosco, 9:44.49; 3. Alan Zaccone, Mahwah, 9:47.48; 4. Mike Obsuth, Fair Lawn, 9:51.58; 5. Pat Rochford, Bogota, 9:55.01; 6. Erik Lapinski, Don Bosco, 9:55.23.

1100H: 1. Brandon Hambrick, Teaneck, 14.63; 2. Daniel Chediak, Fort Lee, 14.74; 3. Ernest Wingate, Bergen Catholic, 15.51; 4. Kevin Kunic, Ramsey, 15.63; 5. Alen Mujanovic, Lyndhurst, 15.70; 6. Nick Picache, Northern Highlands, 15.78.

400H: 1. Mark Filandro, Indian Hills, 55.13; 2. Ryan McVeigh, River Dell, 56.22; 3. InSoo Hwang, Ridgewood, 56.51; 4. Joe Vargas, Paramus, 56.79; 5. John Porteous, Wood-Ridge, 57.17; 6. Andrew Stoves, Fair Lawn, 57.24.

4x-400: 1. Teaneck (Hesham Azzam, Chris Goins, Warren Fields, Justin Hodge), 3:23.68; 2. Indian Hills, 3:24.22; 3. Bergen Catholic, 3:24.84; 4. Englewood, 3:25.03; 5. Old Tappan, 3:28.34; 6. Demarest, 3:29.20.

Shot put: 1. Eric Van Dunk, Mahwah, 54.74; 2. Patrick Thomas, Lodi, 54.34; 3. Kevin Steimle, Mahwah, 52.44; 4. Travis Malave, Hasbrouck Heights, 50.114; 5. Michael Labauskas, Indian Hills, 50.34; 6. Michael Reilly, Old Tappan, 49.61.

Discus: 1. Matthew Krzysik, Indian Hills, 153.9; 2. Marquise Wright, Paramus Catholic, 150.6; 3. Tomasz Dlugozima, Wallington, 150.6; 4. Timothy Byrne, Don Bosco, 147.4; 5. All Metwall, New Milford, 145.1; 6. Stephen Mozia, Hackensack, 143.0.

Javelin: 1. Kevin Steimle, Mahwah, 200

(meet record), old record 194-0 by Jim Malizia, St. Joseph (2002); 2. Kaleb Zuidema, Midland Park, 192.6; 3. Tyler Potterton, Demarest, 182.4; Patrick Thomas, Lodi, 181.8; 5. Steven Iafrate, Demarest, 173.5; 6. All Metwall, New Milford, 168.0.

High jump: 1. Tommy DeVita, Ridgewood, 6-4; 2. Corey Crawford, Indian Hills, 6-4.3; 3. Julius DeFreese, Mahwah, 6-4.3; 4. Michael McNicholas, Bergen Catholic, 6-0; 5. James Eckmayer, Old Tappan, 6-0; 6. Gregory Hazell, Don Bosco, 6-0.

Long jump: 1. Corey Crawford, Indian Hills, 22-3/4; 2. Conroy Walker, Hackensack, 22-0; 3. Ackeme Brown, Englewood, 21-6; 4. Bryan Rodgers, Englewood, 20-10; 5. Tevin Ankle, Glen Rock, 20-3/4; 6. Angel Lora, Garfield, 20-1/4.

Triple jump: 1. Conroy Walker, Hackensack, 44-5/4; 2. Gregory Hazell, Don Bosco, 44-3; 3. Bryan Rodgers, Englewood, 44-2; 4. Phillip Dowell, Englewood, 43-6/4; 5. Marques McMillan, Ridgely Park, 43-6; 6. Michael McNicholas, Bergen Catholic, 43-3/4.

Pole vault: 1. Greg Hoffman, Park Ridge, 14-6; 2. Scott Weismiller, Don Bosco, 13-6; 3. Julio Alorro, Cresskill, 13-6; 4. Tie Daniel Nyrenger, Demarest; Simon Im, Ramapo, 13-0; 6. Nikolaos Tsolakidis, Demarest, 13-0.

GIRLS

100: 1. Myasia Jacobs, Paramus Catholic, 12.31; 2. Serenity Martin, Immaculate Heart, 12.79; 3. Tiffany Mills, Teaneck, 12.92; 4. Megan Gabaleta, Demarest, 13.06; 5. Jen Pash, Immaculate Heart, 13.07; 6. Jessica Altamira, Paramus, 13.08.

200: 1. Myasia Jacobs, Paramus Catholic, 25.03; 2. Bryanna Knight, Paramus Catholic, 25.99; 3. Serenity Martin, Immaculate Heart, 26.32; 4. Jen Pash, Immaculate Heart, 26.47; 5. Tie Victoria Mold, Mahwah, Michelle Okereke, Bergen Tech, 26.89.

400: 1. Aderonke Bakare, Teaneck, 59.54; 2. Rebecca Skovira, Park Ridge, 1:00.0; 3. Kahlla Taylor, Teaneck, 1:00.36; 4. Tori Roth, River Dell, 1:01.45; 5. Toni Gatchalian, Tenafly, 1:01.59; 6. Nandee Sophias, Fort Lee, 1:01.73.

800: 1. Julienne Fontana, Pascack Hills, 2:15.38; 2. Julie Sinkovitz, Immaculate Heart, 2:16.03; 3. Christine Spilka, Old Tappan, 2:19.34; 4. Suzana Markovic, Holy Angels, 2:21.68; 5. Alexandra Arnold, Rutherford, 2:23.45; 6. Maureen Crimmins, Holy Angels, 2:24.73.

1600: 1. Sarah Paganio, Immaculate Heart, 5:01.87; 2. Erin McKenna, Ramapo, 5:11.49; 3. Mary Kaye Duff, Immaculate Heart, 5:19.20; 4. Kaleigh Kenry, Holy Angels, 5:19.62; 5. Monica Landy, Tenafly, 5:20.68; 6. Margaret Loudon, Old Tappan, 5:22.58.

3200: 1. Erin Thompson, Immaculate Heart, 11:27.86; 2. Chelsea Gordon, Bergen Tech, 11:39.20; 3. Tara Rutkowsk, Immaculate Heart, 11:39.40; 4. Jessica Andre, Waldwick, 11:39.95; 5. Teresa Gaaliostro, Westwood, 11:43.13; 6. Charlotte Margel, Ridgewood, 11:51.72.

1000H: 1. Kirsten Bowens, Mahwah, 15.09; 2. Stephanie Carnevale, River Dell, 16.11; 3. Jennifer Sarr Anna, Pascack Hills, 16.14; 4. Rachel Watkins, In-

dian Hills, 16.21; 5. Melanie Lewis, Midland Park, 16.34; 6. Tiffany Evangelou, Immaculate Heart, 16.57.

400H: 1. Katelyn Ary, Demarest, 1:03.82; 2. Diane Bain, Ramsey, 1:04.78; 3. Heather Garity, Rutherford, 1:05.11; 4. Catherine Buckley, Ridgewood, 1:07.22; 5. Tie Allison Torsiglietti, Tenafly, Jennifer Sarr Anna, Pascack Hills, 1:07.44; 6.

4x-400: 1. Teaneck (Kahlla Taylor, Allison Price, Shaena Wizzard, Aderonke Bakare), 4:01.55; 2. Ramsey, 4:02.56; 3. Ridgewood, 4:02.70; 4. Westwood, 4:03.07; 5. Hasbrouck Heights, 4:04.06; 6. Immaculate Heart, 4:04.91.

Shot put: 1. Alisha Hampton, Teaneck, 43-0; 2. Shannon Sullivan, Immaculate Heart, 41-13; 3. Olivia Wade, Paramus Catholic, 40-7/4; 4. Ashley Sims, Paramus Catholic, 40-1; 5. Theresa Picciallo, Immaculate Heart, 39-1/4; 6. Arstan Euan, Fort Lee, 37-3.

Discus: 1. Shannon Sullivan, Immaculate Heart, 112-11/2; 2. Megan Gonzalez, Ridgewood, 110-10; 3. Teresa Kirkpatrick, Pascack Hills, 110-10; 4. Hannah Mayer, Northern Highlands, 109-05; 5. Allison Dench, Northern Highlands, 103-11; 6. Alyssa Connors, Hasbrouck Heights, 103-01.

Javelin: 1. Shannon Sullivan, Immaculate Heart, 149-1/2; 2. Hannah Mayer, Northern Highlands, 136-4; 3. Teresa Kirkpatrick, Pascack Hills, 125-4; 4. Laura Wall, Emerson, 115-5; 5. Alex Hunsberger, Mahwah, 114-0; 6. Laura Bruno, Tenafly, 112-11.

High jump: 1. Rachel Watkins, Indian Hills, 5-2; 2. Heather Garity, Rutherford, 5-2; 3. Allie Richards, Mahwah, 5-2; 4. Stephanie Encarnacion, Ridgely Park, 5-0; 5. Tie Daequanna Owen, Hackensack, Rachel Pena, Ridgely Park, 5-0.

Long jump: 1. Danna Wasserman, Demarest, 17-3/4; 2. Kristen Brown, Englewood, 17-2/4; 3. Daequanna Owen, Hackensack, 16-11; 4. Rae Corbo, Paramus Catholic, 16-10; 5. Jaclyn Geitz, Old Tappan, 16-6; 6. Gina Carino, Immaculate Heart, 16-5.

Triple jump: 1. Kristen Bowens, Mahwah, 38-3/4; 2. Rae Corbo, Paramus Catholic, 35-8/4; 3. Mbalu Keita, Teaneck, 35-5/4; 4. Tiffany Evangelou, Immaculate Heart, 35-1/4; 5. Marie Milnasi, Holy Angels, 34-10/4; 6. Rachel Green, Leonia, 34-9/4.

Pole vault: 1. Michelle Favre, Saddle Brook, 11-6; 2. Chelsea Hartigan, Ramapo, 11-0; 3. Carolyn Edler, Mahwah, 10-0; 4. Ashley Walker, Mahwah, 10-0; 5. Ranelle Brown, Ridgewood, 9-6; 6. Nicole Hernandez, Cresskill, 9-6.

RHS showcases depth of talent

Track and field teams notch top-four finishes at state-sectionals

BY GREG TARTAGLIA
Assistant Sports Editor

HACKENSACK — Team balance has been the calling card for Ridgewood High School in track and field this spring, and the well-rounded Maroons continued dialing up big performances at the Group 4, Section 1 state-championship meet last weekend.

The RHS boys team scored 62 points to place fourth behind champion Bloomfield (84) and had nine individuals finish in the top six of their respective events to qualify for this weekend's up 4 state finals at Egg Harbor Township. The Ridgewood girls squad produced 11 state-group qualifiers en route to a third-place total of 40 points, just seven fewer than Passaic County Tech, which was runner-up to Randolph, 93-47.

Among the Maroon boys to set personal records were senior captain Max Witt in the 100-meter dash (fifth place, 11.36 seconds), sophomore InSoo Hwang in the 400-meter hurdles (fourth, 56.21), senior Taylor Zulauf in the javelin (sixth, 150 feet, one inch) and junior John Wisener, who cleared 13 feet in the pole vault to produce the team's lone gold medal.

"I told the kids I was very proud of the fact that we scored in 10-of-16 events, which no other team did," Ridgewood boys coach Josh Saladino said. "That shows the balance that our team has. We could have used a couple more 1-2-3 [finishes] than 4-5-6's, but I thought our guys were very good."

In each of the distance events, RHS seniors Taro Shigenobu and

Andrew Fine placed in the top five. Shigenobu led the duo in the 1,600 (third, 4:20.10) and 3,200 (9:32.79), while Fine clocked 2:00.03 to lead a 3-5 finish in the 800.

Junior Jack Simmons turned in a fine performance in the discus throw, recording a silver-medal distance of 137.4. The key, he said, was a change in his windup.

"I was going 100 miles an hour last year," noted Simmons. "I slowed it down, and that helped a lot."

Elsewhere in the field, junior Tommy DeVita tied a personal best in the high jump, clearing 6-4 to earn a bronze medal. Senior Adam Bair was sixth in the shot put with a throw of 46-9, while Witt topped out at 12-0 to take fourth in the pole vault.

The Maroon girls' 4 x 400 quartet of Catherine Buckley, Jenny Narvaez, Chuckie Criqui and Victoria Oliva clocked 4:07.02 to run second. Narvaez and Buckley, both seniors, finished 5-6 in the intermediate hurdles, while sophomore Sarah DeVita took fourth in the 100 hurdles with a time of 16.47.

Sophomore Kayla Polcari earned silver with a career-best pole vault of 10-6, and said she felt "relieved" after becoming the first Maroon to break the 10-foot barrier this spring. Senior Ramelle Brown (9-6) was fourth in the event.

Ridgewood senior Megan Gonzalez delivered a silver-medal discus throw of 111-3, a personal best, while sophomore Grayson Llerandi was fifth in the javelin with a throw of 84-6. Senior Robin Lee (33-2.75) added a fifth-place showing in the triple jump, and sophomore Haley Roche (5-0) took sixth in the high jump.

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FRIDAY, MAY 29, 2009



PHOTO COURTESY OF JOHN SPREITZER

Ridgewood senior Max Witt goes above and beyond to record a fourth-place height of 12 feet in the boys pole vault at the Group 4, Section 1 state championships last Saturday in Hackensack. Witt also won a medal in the 100-meter dash, placing fifth in 11.36 seconds.

TRACK: STA

Boys

Group 1

Returning champions: Tomasz Dlugozima, Wallington (DT); Greg Hoffman, Park Ridge (PV).

Returning medalists: Hayden Duffy, Emerson (3, 400); Victor Lopez, Leonia (2, 1,600); Mike Bleszard, Midland Park (6, JT); Judio Alorro, Cresskill (2, PV).

Top seeds: Duffy (800); John Porteous, Wood-Ridge (IH); Dlugozima (DT); Kaleb Zuidema, Midland Park (JT); Hoffman (PV).

Other seeds: Duffy (3, 400); Patrick Rono, Lyndhurst (3, 800; 2, 3,200); Art Freitas, Passaic Park (4, 800); Lopez (6, 1,600); Pat Rochford, Bogota (4, 3,200); Travis Malave, Hasbrouck Heights (2, SP); Matt Scheetz, Westwood (3, SP); Arvin Rai, Cresskill (6, SP); Tom Rizzie, Park Ridge (6, SP); Ali Metwali, New Milford (2, DT); Gerard Lanzetti, Wood-Ridge (2, JT); Chris Luna, Wood-Ridge (4, JT); Richie Cannici, Hasbrouck Heights (2, PV); Judio Alorro (4, PV); Garrett LaCroce, Park Ridge (4, PV); Westwood relay (9); Ridgely relay (5).

Dark horses: AJ Scoppa, New Milford (100); Kevin Condat, Hasbrouck Heights (400; 200; 400); Rono (1,600); Alen Mujanovic, Lyndhurst (IH); Dorian Slavov, Cresskill (SP); Betjem Bujan, Seacucus (SP); Patrick Cole, Hasbrouck Heights (SP); Bleszard (JT); Hasbrouck Heights and Emerson relays.

Group 2

Returning champions: None.

Returning medalists: Mark Filandro, Indian Hills (6, 400; 6, 800; 3, IH); Rob Albano, Pecanock (6, 3,200); John Farrell, River Dell (6, DT); Ackeme Brown, Englewood (4, LJ).

Top seed: Matt Krzysyk, Indian Hills (DT).

Other seeds: Raldaine McDonald, Englewood (4, 100); Brown (6, 100); Elvis Cake, Lodi (6, 400); Filandro (6, 800; 2, IH); Albano (5, 1,600; 2, 3,200); Dan Chedlak, Fort Lee (6, IH); Ryan McVeigh, River Dell (6, IH); Eric Van Dunk, Mahwah (3, SP); Patrick Thomas, Lodi (5, SP; 2, JT); Farrell (2, DT); Nick Rosenbach, River Dell (6, DT); Kevin Steimie, Mahwah (4, JT); Dan Rounds, Mahwah (6, JT); Julius DeFress, Mahwah (3, HU); Corey Crawford, Indian Hills (6, IH); Tim Brown (3, LJ); Kevin Ankle, Glen Rock (2, TJ); Kelly Davis, Manchester (3, TJ); Marquis McMullan, Ridgely Park (4, TJ); Angel Lora, Garfield (6, TJ); Brad McNamara, Pompton Lakes (4, PV).

Dark horses: Filandro (400); Taylor Humbert, Pascack Hills (800); Du Puleo, Pascack Hills (1,600); Alan Zaccone, Mahwah (3,200); Nick Ward, Indian Hills (3,200); Steimie (SP); David Zuna, Rutherford (IH); Carl Schnek, Rutherford (IH); Davis (LJ); Jason Kim, River Dell (PV); Chedlak (PV); Juan Andres Giolo, Ridgely Park (PV); Englewood and Indian Hills relays.

Group 3

Returning champions: None.

Returning medalists: None.

Top seed: Corey Caddenhead, Bergenfield (400).

Other seeds: Caddenhead (6, 800); Dayne Mosconi, Tenafly (6, 1,600); Erik Patricola, Lakeland (4, JT); Teaneck relay (6).

Dark horses: Jake Hubschman, Demarest (400); Justin Hodges, Teaneck (400; 800); Brandon Hambric, Teaneck (IH); Joe Vargas, Paramus (IH, IH); Zach Protin, Lakeland (SP); Mike Reilly, Old Tappan (SP); James Doherty, Tenafly (LJ); Yaniv Sofer, Demarest (PV).

Group 4

Returning champions: None.

Returning medalists: None.

Top seeds: None.

Other seeds: Keshon Brown, Kennedy (3, IH); Nicoy Hines, Passaic Tech (3, IH); Tommy De-

TE GROUP CHA

Vita, Ridgewood (15, HJ); Conroy Walker, Hackensack (4, TJ).

Dark horses: Walker (100; 200; LJ); Taro Shiganobu, Ridgewood (1,600; 3,200); Andrew Fine, Ridgewood (3,200); Hines (IH); Andrew Sloves, Fair Lawn (IH); In-Soo Hwang, Ridgewood (IH).

Non-Public A

Returning champions: None.

Returning medalists: Marvin Whilby, Don Bosco (2, 100; 2, 200); Rob Molke, Don Bosco (2, 1,600; 2, 3,200); Leighton Spencer, Don Bosco (3, 3,200); Rafael Vargas, Don Bosco (5, 3,200); Selwyn Maxwell, Don Bosco (6, IH); Justin Schneider, Paramus Catholic (5, IH); Scott Weismiller, Don Bosco (3, PV); Mike Basello, Don Bosco (6, PV).

Other medal hopes: Kevin Adams, St. Joseph (100; 200); Will Ring, Bergen Catholic (400); Javon Brown, Paterson Catholic (400); Molke (800); Mike Belgiovine, Don Bosco (800); Davon Robinson, Paramus Catholic (800); Billy Leonard, Bergen Catholic (800); Spencer (1,600); Ernest Wingate, Bergen Catholic (IH, IH); Tim Byrne, Don Bosco (SP, DT); Marquise Wright, Paramus Catholic (SP, DT); Greg Hazell, Don Bosco (HJ, TJ); Mike McNicholas, Bergen Catholic (HJ, TJ); Schneider (PV); Don Bosco and Bergen Catholic relays.

Non-Public B

Returning champion: Maurice McDonald, Paterson Catholic (TJ).

Returning medalists: Mustafa Lawrence, Queen of Peace (5, 200); Ben DeWaal, Malefy, Eastern Christian (3, DT); Stefano Cosini, Eastern Christian (6, PV).

Other hopes: Lawrence (100); Anthony Andrews, Paterson Catholic (1,600; 3,200); Nate Van Eck, Eastern Christian (DT); McDonald (HJ, LJ).

**State Group IV Championship
@ Egg Harbor**

May 29-30th

400IH: InSoo Hwang **55.40** – advances to SMOC as wildcard

Javelin: Taylor Zulauf **149'6"**

Discus: Jack Simmons **136'9"**

3200m: Taro Shigenobu **9:17.23** – **2nd Place!**

Shot Put: Adam Bair **42'9 1/4"**

High Jump: Tommy DeVita **6'6"** – **3rd Place!**

Comments:

Excellent job competing at this meet. All of you came to do your best. 3 moving on to the State Meet of Champions on Wednesday.

TRACK & FIELD: STAT

BOYS

GROUP 4

100: 1. Tejay Johnson (Egg Harbor) 10.92; 2. Daniel Woods (Plainfield) 10.94; 3. Christian Cox (Southern Reg) 11.01; 4. Conroy Walker (Hackensack) 11.07; 5. Fabian Santiago (Oakcrest) 11.1; 6. Brian Oni (South Brunswick) 11.17.

200: Tejay Johnson (Egg Harbor) 21.3; 2. Isaiah Gill (Plainfield) 21.36; 3. Henry Bender (Pennsauken) and Daniel Woods (Plainfield) 21.97; 5. Conroy Walker (Hackensack) 22.12; 6. Christian Cox (Southern Reg) and Will Rapp (Cherokee) 22.27.

400: 1. Isaiah Gill (Plainfield) 47.49; 2. Tim Carey (Washington Twp) 48.92; 3. Tejay Johnson (Egg Harbor) 49.08; 4. Christian Cox (Southern Reg) 49.2; 5. Joe DiBlanca (Oakcrest) 49.35; 6. Scott Miller (Egg Harbor) and Ryan Spadola (Freehold Twp) 49.86.

800: 1. Robert Andrews (Manalapan) 1:52.39; 2. Xavier Fraction (Washington Twp) 1:53.77; 3. Ford Palmer (Absegami) 1:54.59; 4. Aaron Johnson (Oakcrest) 1:56.2; 5. Brian Schoefer (West Windsor South) 1:56.33; 6. Ryan Garvin (Lenape) 1:56.39.

1,600: 1. Xavier Fraction (Washington Twp) 4:16.72; 2. Ryan Garvin (Lenape) 4:17.87; 3. Curtis Richburg (West Orange) 4:18.71; 4. David Berger (Cherry Hill East) 4:19.25; 5. Maanek Kumar (Piscataway) 4:19.56; 6. Joe Kotran (Toms River North) 4:20.18.

3,200: 1. Jeremy Elkaim (Livingston) 9:16.58; 2. Taro Shigenobu (Ridgewood) 9:17.23; 3. Joe Kotran (Toms River North) 9:21.34; 4. Mark Leninger (Coits Neck) 9:22.26; 5. Sam Macaluso (West Windsor South) 9:22.84; 6. Kevin Foy (West Windsor South) 9:28.86.

110 hurdles: 1. Nicoy Hines (Passaic Tech) 14.43; 2. Rolston Braithwaite (Trenton Central) 14.44; 3. Josh Major (West Orange) 14.57; 4. Stephen Knox (Plainfield) 14.62; 5. Terry Anderson (Columbia) 14.76; 6. Anthony Terry (Toms River South) 14.91.

400 H: 1. Tim Carey (Washington) 52.11; 2. Nicoy Hines (Passaic Tech) 53.03; 3. Stephen Knox (Plainfield) 54.07; 4. Bobby Searby (Freehold Township) 54.24; 5. Stephen Vitale (Randolph) 54.34; 6. Barry Bethea (Eastern) 55.11.

4x400: 1. Egg Harbor (Scott Miller, Joe Magosh, Ben Nealy, Tejay Johnson) 3:17.79; 2. Freehold Twp. 3:18.42; 3. Plainfield 3:18.48; 4. Absegami 3:20.69; 5. 3:21.13; 6. Washington Twp. 3:21.74.

High Jump: 1. Glenn Scheideler (Randolph) 6'10"; 2. Justin Turner (Cherokee) 6'6"; 3. Tommy DeVita (Ridgewood) 6'6"; 4. Ashraf Abdus Salaam (East Brunswick) 6'4".

Long Jump: 1. Conroy Walker (Hackensack) 22'9"; 2. Steron Williams (Bloomfield) 22'6"; 3. Rolston Braithwaite (Trenton Central) 22'5"; 4. Rob Whitfield (Toms River South) 22'3"; 5. Tristian Simms (Plainfield) 21'8"; 6. Andrew Micheliche (Toms River South) 21'2".

Triple Jump: 1. Rolston Braithwaite (Trenton Central) 49'11"; 2. Rob Whitfield (Toms River South) 47'10"; 3. Steron Williams (Bloomfield) 47'6"; 4. Alex Prieto (West Windsor Plainsboro South) 45'7"; 5. James Adams (West Orange) 44'10"; 6. Todd Dorn (Oakcrest) 44'6".

Pole Vault: 1. Chris Wyckoff (Toms River East) 14'6"; 2. Christian Bok (Southern) 14'0"; 3. Mike Romano (Toms River East) 14'0"; 4. Vince Maggio (Southern) 13'6"; 5. Douglas Zienluk (North Hunterdon) and Gary Stetz (Livingston) 13'6".

Shot Put: 1. Jorge Merino (Old Bridge) 57'3"; 2. Anthony Stoffolino (Southern) 54'9"; 3. Frank Visconti (Eastern) 52'7"; 4. Shane Carle (Jackson) 52'5"; 5. Joseph Carmichael (Pennsauken) 52'0"; 6. Tim Palno (Toms River East) 50'1".

Discus: 1. Jorge Merino (Old Bridge) 166'4"; 2. Samuel Mattis (East Brunswick) 166'1"; 3. Anthony Stoffolino (Southern) 162'4"; 4. Kristian Sokoll (Bloomfield) 157'6"; 5. Dominick Radovano (South Brunswick) 157'2"; 6. Dave Downey (Absegami) 151'2".

Javelin: 1. Joshua Suttmeier (North Hunterdon) 180'10"; 2. Andre Davis (Old Bridge) 179'9"; 3. Patrick Sinko (North Hunterdon) 177'11"; 4. Joseph Carmichael (Pennsauken) 173'4"; 5. Christopher Tillotson (Hillsborough) 172'4"; 6. Michyael Koskowski (Woodbridge) 168'10".

STATE MEET OF CHAMPIONS

Personal bests on agenda

G/2

By PAUL SCHWARTZ
STAFF WRITER

If the weather cooperates, Wednesday night's New Jersey State Meet of Champions could be one of the most competitive and exciting of its history.

More than half of the 32 events have at least four athletes who have excellent chances of winning, and sure things are few. North Jersey athletes have legitimate gold-medal chances in at least 10 events and medal hopes in all but a few events. The top eight finishers earn medals.

If the State group meet is an indication, many local athletes who don't win will achieve personal bests and move up the all-time lists in Bergen and Passaic counties.

Here's a preview:

Boys

100: If he chooses to run, Conroy Walker of Hackensack could sur-
prise.

400: If he runs, Bergenfield's Corey Caidenhead is the No. 3 seed. Elvis Calk of Lodi, Hayden Duffy of Emerson and Jake Hubschman of Demarest are among 20 runners who ran 49.30 or better last weekend and can medal.

800: Duffy, Caidenhead and wildcard Justin Hodge of Teaneck can medal.

1,600: An amazing field includes 23 qualifiers who broke 4:20 last weekend. Rob Molke of Don Bosco fourth at 3:20 last year, is the best local hope.

3,200: Don Bosco's Leighton Spencer is perhaps the most improved elite runner in the state this year. Look for him in the hunt for gold with Ridgewood's Taro Shigenobu and perhaps Lyndhurst's Patrick Rono in medal contention.

110 hurdles: Nicoy Hines of Passaic Tech won Group 4 in the fifth fastest time (second automatic) in Passaic history. But there are at least seven legitimate contenders and a medal is not assured.

400 hurdles: Hines is the second choice behind Washington Township's Tim Carey, while Indian Hills' Mark Pilandro has an excellent chance to medal.

Discus: Tomasz Dlugozina of Wallington, Matt Krzyzalk of Indian Hills and John Farrell of River Dell are in contention for medals, and All-Bergen is on the line.

Javelin: Kevin Steimle of Mahwah may be the heaviest favorite of the night off his State record-setting performance at the Group 2 meet. But two weeks ago, Steimle lost his sectional and the javelin is an unpredictable event. Kaleb Zuidema of Midland Park should medal, but at least three or four other local throwers could sneak in with a big throw.

High jump: Tommy DeVita's 6-6 at State Group 4 gives him a shot at a medal and Julius DeFrees of Mahwah and Mike McNicholas of Bergen Catholic could join him with similar jumps.

Long jump: Fifteen jumpers were



TYSON TRISH/STAFF PHOTOGRAPHER
Nicoy Hines of Passaic Tech will compete in a loaded field in the 110 hurdles.

over 22 feet last weekend, none over 23. Among them are group champs Walker and Ackeme Brown of Englewood and late-season sensation Kelly Davis of Manchester. Anyone can win.

Triple jump: After averaging four medals a year for the first nine years of competition, North Jersey jumpers might miss out. Non-Public A champ Greg Hazell of Don Bosco might have the best chance of extending the streak.

Pole vault: It's all on the line for Park Ridge's Greg Hoffman, a chance at the State title he lost indoors in a vault off and a last shot at the Bergen record of 15-3. Richie Cannici of Hasbrouck Heights and Brad McNamara of Pompton Lakes can medal.

Girls

100: Freshman Myasia Jacobs of Paramus Catholic set a Bergen record by running 11.94 in the preliminaries en route to winning the Non-Public A title. Now she'll try to beat Tylia Gillon of Jackson, Audrey Wilson of West Deptford and 55 indoor champ Dominique Booker of Immaculate Conception for her first of what may be many State titles.

400: Passaic Tech's Amber Allen has a tough choice: go against reigning State champ Nijga Snapp of Oakcrest and Michelle Brown of Seneca, or national 400 hurdles leader, Uonna Ndulof Union in another race. Either way, she'll likely be in the top three. Paramus Catholic's Rae Corbo can medal as well.

800: With 15 runners finishing under 2:15 last weekend, tough decisions face potential medalists Diane Bain of Ramsey and Julieanne Fontana of Pascack Hills. Bain also is a possible medalist at 400 hurdles and Fontana ran 5:00.27 for 1,600 meters Friday. IHA's Julie Sinkovitz has a chance for a medal.

1,600: Talk about depth. Eight runners have been clocked under five minutes, 30 under 5:07. Erin McKenna of Ramapo is the only medal hope, but freshman Kristen Traub of Eastern Christian, Fontana

and Sarah Pagano of IHA will be in the mix should they choose this race.

3,200: Neither Pagano nor Traub broke 11 minutes Saturday, unlike 12 other runners in the race, but both are capable of medaling, especially Pagano, who ran a Bergen record 10:29.79 for fourth in the same race last year.

400 hurdles: Melissa Bellin of Rumson Fair Haven and Mary Bohl of Seneca also would face Allen for the title. Twenty hurdlers are under 1:04.5, including Bain, Katelyn Ary of Demarest and Heather Gearty of Rutherford, all of whom could medal.

Shot put: Thirteen throwers over 40 feet, with seven from Bergen and Passaic counties. Shannon Watt of Jackson is a clear favorite, with a monster toss of 45-5 1/2 on Friday, but Apresna Hampton of Teaneck and Olivia Wade of Paramus Catholic have tossed over 42 feet. Alana Pantale of Wayne Valley, Ashley Sims of Paramus Catholic, Shannon Sullivan and Theresa Picciallo of IHA and ChiChi Okoronkwo of Passaic have surpassed 39 feet and are contenders. Only Sullivan and Okoronkwo are seniors.

Discus: Pantale had a rough day Saturday, but still has an outside shot at gold. If she returns to form, she easily will medal for the second time.

Javelin: Reigning champ Sullivan has her hands full with Lindsey Minch of Pennsville, Victoria Imbesi of Our Lady of Mercy and Jillian Shaner of Egg Harbor Township. Look for Hannah Mayer of Northem Highlands and Teresa Kirkpatrick of Pascack Hills to be near the top and also medal.

Long jump: They're not the favorites, but Kirsten Bowers of Mahwah and Kristen Brown of Englewood are capable of big jumps and a victory against another balanced and strong field. A dozen other jumpers are capable of the same distances, so medals are not assured.

Triple jump: Bowers seems to get better in this event in every meet, and if she can make one more big improvement, she could steal gold from favored Christina Bpps of Morristown. Kelly Burke of Cranford, Ada Unachikwu of Marlboro and Ebony Young of Hillsborough All have jumped at least 38-6. Bowers' best is 38-3/4.

Pole vault: Michelle Favre of Saddle Brook and Emily Urciulo of Clifton have earned Meet of Champs medals in the past, and Chelsea Hartigan of Ramapo is in position to join them. Kayla Polcari of Ridgewood and Ashley Walker of Mahwah are potential medalists as well in what could be an unpredictable event.

Relay: Paramus Catholic hadn't broken 4:10 before Saturday. But the Paladins' quartet of Corbo, Bryanna Knight, Asher Beasley and Jacobs ran 3:57.97 to become a medal threat.

TRACK AND FIELD

Qualifiers

Wednesday, Jost Field, South Plainfield

Field events, 3:30 p.m., Running events, 4:30 p.m.

Boys

100: Kevin Amditis, Lakeland*; Leonte Carroo, Don Bosco; Mustafa Lawrence, Queen of Peace; Conroy Walker, Hackensack; Marvin Whilby, Don Bosco.

200: Kevin Condal, Hasbrouck Heights; Lawrence, Casey Pleasants, Teaneck; Will Ring, Bergen Catholic; Walker; Whilby.

400: **Corey Caidenhead**, Bergenfield; Elvis Cake, Lodi; Condal; Hayden Duffy, Emerson; Jake Hubschman, Demarest; Billy Leonard, Bergen Catholic.

800: Caidenhead; **Hayden Duffy**, Emerson; Mark Filandro, Indian Hills; Arthur Freitas, Palsades Park; Justin Hodge, Teaneck*; Rob Molke, Don Bosco; Andre Sadler, St. Joseph.

1,600: Rob Albano, Pequannock; Anthony Andrews, Paterson Catholic; Mike Belgiovine, Don Bosco; Tommy Gaidus, Northern Highlands*; Victor Lopez, Leonia; Molke; Leighton Spencer, Don Bosco.

3,200: Albano; Andrews; Molke; Patrick Rono, Lyndhurst; Taro Shigenobu, Ridgewood; Spencer; Rafael Vargas, Don Bosco.

110 HH: Dan Chediak, Fort Lee; Brandon Hambric, Teaneck; **Nicoy Hines**, Passaic Tech; Selwyn Maxwell, Don Bosco; Scott Monaco, Bergen Catholic; Ernest Wingate, Bergen Catholic*.

400 IH: **Mark Filandro**, Indian Hills; Hines; In-Soo Hwang, Ridgewood*; Ryan McVeigh, River Dell.

Shot put: Betim Bujari, Secaucus; Tim Byrne, Don Bosco; **Patrick Cole**, Hasbrouck Heights; Chris Luna, Wood-Ridge; Travis Malave, Hasbrouck Heights; Mike Reilly, Old Tappan; Matt Scheetz, Westwood; Kevin Steimle, Mahwah; Patrick Thomas, Lodi.

Discus: Tim Byrne, Don Bosco; **Ben Dewaal Malefy**, Eastern Christian; **Tomasz Dlugoza**, Wallington; John Farelli, River Dell; Matt Krzysik, Indian Hills; Nate Van Eck, Eastern Christian.

Javelin: Mike Bieszard, Midland Park; Gerard Lanzerotti, Wood-Ridge; Ali Metwali, New Milford; Brian Mizerak, West Milford; Erik Patricola, Lakeland*; Dan Rounds, Mahwah; **Kevin Steimle**, Mahwah; Thomas*; **Kaleb Zuldema**, Midland Park.

High jump: Corey Crawford, Indian Hills; Julius DeFreese, Mahwah; Tommy DeVita, Ridgewood; Greg Hazell, Don Bosco; Mike McNicholas, Bergen Catholic; Bryan Teaton, Don Bosco.

Long jump: Victor Arias, Passaic Tech*; **Ackeme Brown**, Englewood; Kelly Davis, Manchester; **Greg Hazell**, Don Bosco; Naitik Vagharia, Paramus; **Conroy Walker**, Hackensack.

Triple jump: Tevin Ankle, Glen Rock; Davis; Jaqueiss Gerald, Paterson Catholic; Craig Hall, Kennedy*; **Greg Hazell**, Don Bosco; Maurice McDonald, Paterson Catholic; McNicholas; Walker*.

Pole vault: Mike Baselice, Don Bosco; Richie Cannici, Hasbrouck Heights; Andrew Flores, Eastern Christian; **Greg Hoffman**, Park Ridge; Brad McNamara, Pompton Lakes; Scott Welsmiller, Don Bosco.

4 x 400 relay: Bergen Catholic, Englewood, Teaneck.

Girls

100: Jasmine Hammonds, Elmwood Park; **Myasia Jacobs**, Paramus Catholic; Bryanna Knight, Paramus Catholic; Janelle Liu, Cresskill; Serenity Martin, Immaculate Heart; Tiffany Mills, Teaneck.

200: **Jacobs**; Knight; Martin; Colleen Murphy, Westwood; Brielle Sutter, Saddle Brook.

400: Amber Allen, Passaic Tech; Celli Brennan, Westwood; Rae Corbo, Paramus Catholic; Jacobs; Michelle McCourt, IHA; Rebecca Skovira, Park Ridge.

800: Diane Bain, Ramsey; Brennan; Julieanne Fontana, Pascack Hills; Alyssa LaGuardia, DePaul; Julie Sinkovitz, IHA.

1,600: Fontana; Allison Kriskewic, Kinnelon; Erin McKenna, Ramapo*; **Sarah Pagano**, IHA; Sinkovitz; Kristen Traub, Eastern Christian.

3,200: **Jessica Andre**, Waldwick; Alex Clinton, Ramsey*; Betsy Eickelberg, Leonia; Teresa Gagliostro, Westwood; **Sarah Pagano**, IHA; Erin Thompson, IHA; **Kristen Traub**, E. Christian.

110 HH: Asher Beasley, Paramus Cath.; Kristen Bowers, Mahwah; Shannon Casey, IHA; Tiffany Evangelou, IHA; Val Roosma, Butler.

400 IH: Allen; Katelyn Ary, Demarest; Diane Bain, Ramsey; Beasley; Heather Gearity, Rutherford; Roosma; Elaina Rose, IHA.

Shot put: Alyssa Connors, Hasbrouck Heights; Aretah Ettari, Fort Lee; Aprasha Hampton, Teaneck; Kathryn Hirsch, Demarest; Teresa Kirkpatrick, Pascack Hills; Katherine Mollica, Hackensack*; Chi Chi Okoronkwo, Passaic; Alana Pantale, Wayne Valley; Danielle Pena, Ridgefield Park; Theresa Picciallo, IHA; Ashley Sims, Paramus Catholic; Shannon Sullivan, IHA; **Olivia Wade**, Paramus Catholic.

Discus: Ettari; Megan Gonzalez, Ridgewood*; Hannah Mayer, Northern Highlands*; Pantale; Colleen Stalter, IHA; Sullivan; Jamie Van Buiten, Eastern Christian.

Javelin: Angela Cristofolo, Hasbrouck Heights; Kirkpatrick; Jamie Klein, Paramus Catholic; **Hannah Mayer**, Northern Highlands; Ann Marie Moccia, Wood-Ridge; Pantale*; Gina Pettigano, Elmwood Park; Christine Spilka, Old Tappan*; **Shannon Sullivan**, IHA; Laura Van Eerde, IHA; Laura Wall, Emerson.

High jump: Khyia Bailey, Paramus Catholic; Caitlin Gallagher, Holy Angels; Monica Lorange, Butler; Daequanna Owen, Hackensack; Allie Ritchards, Mahwah; Darcy Schneider, IHA; Rachel Watkins, Indian Hills.

Long jump: Beasley; Bowers; Kristen Brown, Englewood; Gina Carliano, IHA; Corbo; Evangelou; Mariel Flood, Kinnelon*; Tara Keegan, Westwood; Owen.

Triple jump: Jalvaria Bacote, Kennedy; Bowers; Brown; Jen Capone, IHA; Christina Colgary, Holy Angels; **Rae Corbo**, Paramus Catholic; Evangelou; Rachel Green, Leonia; Martin, IHA; Marie Minasi, Holy Angels; Amanda Parisi, Indian Hills; Roosma.

Pole vault: Emily Bruins, Eastern Christian; Brittany DalCals, W. Milford; **Michelle Favre**, Saddle Brook; Chelsea Hartigan, Ramapo; Nikki Hernandez, Cresskill; Klein; Monica Lorange, Butler; Kayla Polcani, Ridgewood; **Stephanie Rozalski**, Queen of Peace; Kerith Sunden, E. Christian; Emily Urciuoli, Clifton; Ashley Walker, Mahwah.

4 x 400 relay: Hasbrouck Heights, IHA, Kinnelon, **Paramus Catholic, Westwood**.

Bold: group champion, *Indicates wild card.

State Meet of Champions
@ S Plainfield

June 4, 2009

400IH: InSoo Hwang 55.54 12th Place

3200m: Taro Shigenbou 9:08.91 5th Place

High Jump: Tommy DeVita 6'2" tie 14th place

Congrats to Taro for running the 8th fastest time in Bergen County history!

TRACK & FIELD: STATE MEET OF CHAMPIONS

Urciuoli peaks at right time

Clifton junior win pole vault, clearing 12-6

By RONALD P. CLARK and PAUL SCHWARTZ
STAFF WRITERS

SOUTH PLAINFIELD - Emily Urciuoli was always so close. She attempted 12-feet in April, but didn't get it. It seemed like every time she tried, she would hit the bar with her chest or her arm.

Neither body part was in her way at South Plainfield High School on Thursday. She won the

MEET OF CHAMPS NOTEBOOK

State Meet of Champions pole vault title with a clearance of 12-6, tying the meet record and improving her former Passaic County record of 11-9.

"I knew once I did 12-feet, I could do 12-6," Urciuoli said. "Because it was in reach and I knew it was there, I just needed to grab it."

Achieving something she'd been striving for the last two years was special for the junior.

"It's amazing," Urciuoli said. "I tied the meet record, that's so exciting. I just really wanted to do it now, in the last meet of my junior season. I'm thinking about college and I'm just ... oh, I'm just so happy."

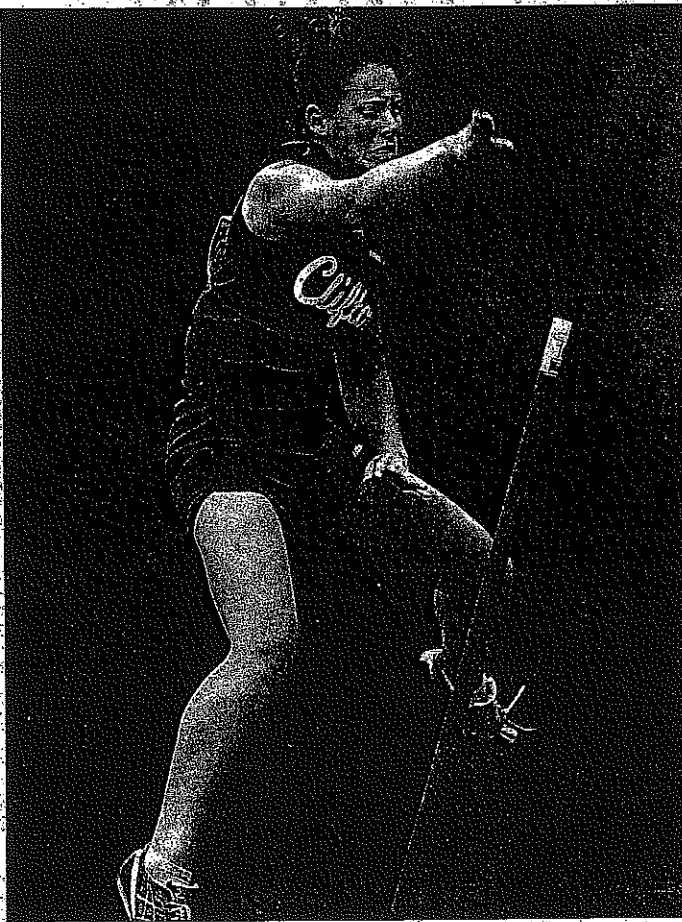
Her father was proud, her coach screamed at an octave she'd never heard before. Her junior season ended just as she would have it.

SULLIVAN FIGHTS OFF PAIN: Shannon Sullivan's back was aching, but she wasn't going to let her javelin title get away.

The IHA senior was in third place with one throw left after Victoria Imbesi of Our Lady of Mercy and Lindsey Minch of Pennsville went by on their final throws. But Sullivan, diagnosed with a herniated disc earlier in the week, wasn't going to quit.

"It was crazy," said Sullivan. "I knew I just had to get through it because I didn't know if I was going to throw when I got here because of my back. But my back felt okay and I was so pumped - it was pretty exciting."

And her final throw of 136-7



Clifton's Emily Urciuoli cleared 12-6 for the first time to win the State Meet of Champions.

was enough to beat Minch by six inches and Imbesi by seven, to become the area's first two-time javelin champ.

IDEAL CONDITIONS: The meet was sensational from start to finish with perfect weather conditions: no wind and "the right temperature to allow sprinters and distance runners to record great times."

Ridgewood's Taro Shigenobu ran 9:08.91 for fifth in the 3,200 meters, eighth all-time in Bergen history while Don Bosco's Rob Molke ran 4:12.52 for eighth, the

last medal place in the 1,600, also eighth all-time.

Four Bergen girls placed in the shot put, with freshman Kathryn Hirsch throwing 42-2/4 for a stunning second place, also eighth in Bergen history. Aresha Hampton of Peanock was third with Paramus Catholic seniors Ashley Sims and Olivia Wade finishing sixth and seventh.

Pascack Hills junior Julieanne Fontana continued her stunning late season improvement, running 2:11.87 for sixth place in the 800,

eighth fastest in Bergen history.

Michelle Pavre of Saddle Brook went from out of the medals to fifth place in the pole vault with a clutch last vault clearance at 12 feet, just off her Bergen record of 12-1. Alana Pantale of Wayne Valley improved her discus best to 129 feet to grab her second medal in three years and now ranks fourth in Passaic history in the event.

Sophomore Katelyn Ary of Demarest was a surprise seventh in the girls 400 hurdles, running 1:02.75 for 11th all-time in Bergen.

STATE MEET OF CHAMPIONS RESULTS

AT SOUTH PLAINFIELD

BOYS

- 100: 1. Tejay Johnson, Egg Harbor, 10:67; 2. James Brown, Glassboro, 10:87; 3. Miles Stuller, Forestburg, 10:94; 4. Jacoby Williams, Montclair, 11:06; 5. Justin Spivey, Pemberton, 10:94; 6. Daniel Woods, Plainfield, 10:98.
- 200: Clayton Parnes, Seton Hall, 21:31; 2. Tejay Johnson, Egg Harbor, 21:41; 3. Isaiah Gill, Plainfield, 21:54; 4. Daeseun Kim, Bordertown, 21:68; 5. Geoffrey Stewart, West Side, 21:58; 6. Justin Spivey, Pemberton, 22:18.
- 400: 1. Clayton Parnes, Seton Hall, 48:29; 2. Isaiah Gill, Plainfield, 47:80; 3. Najee Glass, Saint Peter's, 48:57; 4. Corey Caldenhead, Bergenfield, 48:65; 5. John Alasi, Ocean Township, 48:36; 6. Ben Raskin, Summit, 49:36.
- 800: 1. Robert Andrews, Manalapan, 1:48.66; 2. Mamadou Niang, West Essex, 1:52.01; 3. Ford Palmer, Absegami, 1:52.24; 4. Keith Griffith III, Renensia, 1:52.96; 5. Lucas Cyna, Morris Hills, 1:52.26; 6. Kevin Byrne, Red Bank Catholic, 1:51.51.
- 1600: 1. Liam Tunney, Morris Hills, 4:08.11; 2. Colin Balcer, Haddonfield, 4:06.30; 3. Pat Schellberg, Delaware, 4:10.07; 4. Curtis Blumberg, West Orange, 4:11.87; 5. Xavier Fraction, Washington Township, 4:11.07; 6. Ryan Garvin, Lenape, 4:11.15; 7. Tyler Cordeale, WWP North, 4:11.66; 8. Robert Molke, Don Bosco, 4:12.22.
- 3200: 1. Jim Rosa, WWP North, 9:33.69; 2. Mike Mazzaccaro, Christian Brothers, 9:50.95; 3. Jeremy Elkaim, Livingston, 9:47.08; 4. Mike Franklin, West Morris Mendham, 9:57.65; 5. Taro Shigenobu, Ridgewood, 9:08.91; 6. Dave Forward, Shawnee, 9:09.27.
- 110H: 1. Joshua Evans, Irvington, 14:09; 2. Kyle Robinson, Matawan, 14:14; 3. Shailesh Bardhan, Bishop Ark, 14:21; 4. Kevin Brown, West Deptford, 14:37; 5. Kurt Jones, Manchester Twp., 14:38; 6. Bennett Jackson, Raritan, 14:48; 7. Nicoy Hines, Passaic Tech, 14:46; 8. Drew King, Seneca, 14:54.
- 400H: 1. Christen Whyte, Rahway, 52:29; 2. Nicoy Hines, Passaic Tech, 53:00; 3. Victor Boothman, Sparta, 53:24; 4. Andrew Burt, Lacey, 53:48; 5. Stephen King, Plainfield, 53:48; 6. Dave Brown, Ewing, 53:71.
- 4x400: 1. Plainfield (Daniel Woods, Tristan Simons, Isaiah Gill, Stephen Knox), 3:16.25; 2. Rahway, 3:17.09; 3. Egg Harbor, 3:18.74; 4. Absegami, 3:18.67; 5. Irvington, 3:19.68; 6. Pope John, 3:20.27.
- Shot put: 1. Nicholas Vena, Morristown, 72-8; 2. Chris Duran, Matawan, 71-4; 3. Corey Abernathy, WWP North, 68-4; 4. Jorge Merino, Old Bridge, 58-9/4; 5. Anthony Sroffolino, Southern Regional, 57-7/4; 6. Tom Vorhies, Morris Knolls, 55-4.
- Discus: 1. Nicholas Vena, Morristown, 173-1/2; 2. Anthony Sroffolino, Southern Regional, 171-0; 3. Matthew Huckabee, Timber Creek, 170-10; 4. Dominick Padovano, South Brunswick, 166-10; 5. Jorge Merino, Old Bridge, 163-0; 6. Kevin Hebron, Middle Twp., 161-8.
- Javelin: 1. Kevin Shelima, Mahwah, 194-7; 2. Andrew Pierce, Cumberland, 191-3; 3. Kalib Zulfadon, Middle Park, 188-8; 4. Jimmy Tull, Christian Brothers, 189-1; 5. Zack Torrell, Lacey, 182-6; 6. Eddie McClain, Morris Hills, 180-1/2.
- 1600m: 1. Glenn Schneider, Randolph, 6:06; 2. Montez Blair, Timber Creek, 6-8; 3. Drew King, Seneca, 6-6; 4. Mark Jones, Summit, 6-6; 5. Valdir Mondesir, Montclair, 6-4; 6. Brandon Bastwick, Weequaric, 6-7; 7. Ferni Adeboia, High Point, 6-4.
- Long Jump: 1. Stefan Williams, Bloomfield, 23-0; 2. Ackeme Brown, Englewood, 22-8/4; 3. Drew King, Seneca, 22-9/4; 4. Archibald Maccabreus, Jonathan Dayton, 22-9/4; 5. Kurt Jones, Manchester Twp., 22-3; 6. Conroy Walker, Hackensack, 22-2; 7. Rob Whitfield, Toms River South, 22-1; 8. Montez Blair, Timber Creek, 22-0.
- Triple Jump: 1. Ryan Carson, Glassboro, 47-7/4; 2. Chris Rountree, Haddon Heights, 47-6/4; 3. Stefan Williams, Bloomfield, 47-2/4; 4. Steven Brown, Penns Grove, 46-4/4; 5. Eric Smith, Timber Creek, 45-3/4; 6. Rob Whitfield, Toms River South, 45-2/4; 7. Andre Sims, Boonton, 45-5/4; 8. Nelson Nwamunnu, Woodstock, 44-5/4.
- Pole Vault: 1. Justin Amazulu, Governor Livingston, 14-0; 2. Jordan Sabai, Toms River North, 14-6; 3. Greg Hoffman, Park Ridge, 14-6; 4. Josh Brinkerhoff, Veritas, 14-0; 5. Michael Rivard, Haddonfield, 14-0; 6. Mike Malra, Seneca, 14-0; 7. Patrick Gray, Hightstown, 14-0.

GIRLS

- 100: 1. Myasia Jacobs, Paramus Catholic, 11:72; 2. Dominique Booker, Immaculate Conception, 11:83; 3. Mia Gillon, Jackson Memorial, 12:07; 4. Audrey Wilson, Deptford, 12:07; 5. Morgan Gordon, Rancocas Valley, 12:30; 6. Kayann Richards, Columbia, 12:36.
- 200: Myasia Jacobs, Paramus Catholic, 23:59; 2. Morgan Gordon, Rancocas Valley, 24:45; 3. Dominique Booker, Immaculate Conception, 24:66; 4. Michelle Brown, Seneca, 24:55; 5. Vicky Caruso, Wallkill Valley, 24:65; 6. Tyla Gilton, Jackson Memorial, 24:94.
- 400: 1. Michelle Brown, Seneca, 53:72; 2. Nigila Snapp, Colchester, 54:11; 3. Amber Allen, Passaic Tech, 55:31; 4. Sneyce Michik, Winslow Twp., 56:35; 5. Nabila Englese, Cranford, 56:29; 6. TyVonna Johnson, Columbia, 56:85.
- 800: 1. Jillian Smith, Southern Regional, 2:04:57; 2. Emily Carroll, Pope John, 2:06:49; 3. Mariale Hall, Haddonfield, 2:07:34; 4. Arianna Neutts, Roxbury, 2:08:58; 5. Keri Shoobarat, Voorhees, 2:11:56; 6. Julieanne Fontana, Pascack Hills, 2:11:87.
- 1600: 1. Melanie Thompson, Voorhees, 4:46:26; 2. Alex Wilson, Neptune, 4:46:53; 3. Arianna Neutts, Roxbury, 4:48:49; 4. Caitlin Orr, Lenape, 4:52:95; 5. Sophia Ginez, South Brunswick, 4:53:15; 6. Clare Buck, Hopewell Valley, 4:54:00.
- 3200: 1. Chelsea Lee, Kingsway, 10:19:32; 2. Katie Kellner, WWP South, 10:34:04; 3. Sarah Pagan, Immaculate Heart, 10:35:42; 4. Meghan McLaughlin, West Deptford, 10:37:47; 5. Laura Vigilante, West Morris Mendham, 10:37:72; 6. Ines Simoes, Rosalie Catholic, 10:39:56.
- 1000H: 1. Ugonna Ndu, Union, 14:17; 2. Stephanie Hicks, Hamilton Twp., 14:05; 3. Ashley Porterfield, Neptune, 14:72; 4. Amber Scott, Robbinsville, 14:75; 5. Rina Taste, Bloomfield, 14:82; 6. Briana Kennedy-Feldhaus, Randolph, 14:86.
- 400H: 1. Amber Allen, Passaic Tech, 58:44 (meet record, old record, 59:03 by Toriya Lee, Rancocas Valley); 2. Ugonna Ndu, Union, 59:55; 3. Melissa Bejin, Rumson-Fair Haven, 1:00:52; 4. Brooke Kell, Millville, 1:01:14; 5. Mary Beth Seneca, 1:02:08; 6. Emily Kilgus, Cherokee, 1:02:54; 7. Katelyn Ary, Demarest, 1:02:75.
- 4x400: 1. Columbia (Britney Jackson, TyVonna Ndu, Kelsey Jackson, Kayann Richards), 3:47:55; 2. Willingboro, 3:49:53; 3. Camden, 3:50:35; 4. Jackson Memorial, 3:50:54; 5. Southern Regional, 3:50:52; 6. Neptune, 3:51:03; 7. Seneca, 3:55:37; 8. Millville, 3:55:03.
- Shot put: 1. Sandra Jean-Romani, Old Bridge, 44-2; 2. Kathryn Hirsch, Demarest, 42-2/4; 3. Aresha Hampton, Teaneck, 41-9/4; 4. Lavin Childers, Faber, 40-9/4; 5. Shannon Watt, Jackson Memorial, 40-8/4; 6. Ashley Sims, Paramus Catholic, 40-4/4; 7. Olivia Wade, Our Lady of Mercy, 40-3/4; 8. Victoria Imbesi, Our Lady of Mercy, 40-2/4.
- Discus: 1. Victoria Imbesi, Our Lady of Mercy, 134-5; 2. Chloe Early, Delaware Valley, 131-9; 3. Shannon Watt, Jackson Memorial, 130-5; 4. Alana Pantale, Wayne Valley, 129-5; 5. Leeanne Shill, Chesham Hill West, 121-8; 6. Genevieve Rybicki, Our Lady of Mercy, 119-3.
- Javelin: 1. Shannon Sullivan, Immaculate Heart, 136-7/2; 2. Lindsey Minch, Pennsville, 136-5; 3. Victoria Imbesi, Our Lady of Mercy, 136-4; 4. Teresa Kirkpatrick, Pascack Hills, 130-2; 5. Nia Barnes, West Orange, 129-5; 6. Hannah Mayer, Northern Highlands, 126-5.
- High Jump: 1. Emily Kianka, Hopewell Valley, 5-9/4; 2. Asha Samaha, Years, Voorhees, Magie Gilberson, Howell, 5-6; 4. Fiona Paladino, Montgomery, 5-6; 5. (tie) Tiffany Turner, Cherokee, Britney Jackson, Columbia, Emily Vargas, Arthur L. Johnson, 5-4.
- Long Jump: 1. Shantal Athill, Montclair, 18-4/4; 2. Mariah Brown, South Brunswick, 17-10; 3. Tayona Brown, Ewing, 17-8; 4. Essence Mayer, Chesham Hill West, 17-6; 5. Emily Vargas, Arthur L. Johnson, 17-6; 6. Kristen Brown, Englewood, 17-4.
- Triple Jump: 1. Ebony Young, Hillsborough, 40-10; 2. Chelsea Lee, Kingsway, 39-8/4; 3. Christina Epps, Morristown, 38-8; 4. Emily Vargas, Arthur L. Johnson, 38-8; 5. Kristen Bowens, Mahwah, 38-3; 6. Essence Mayer, Chesham Hill West, 37-8.
- Pole Vault: 1. Emily Urciuoli, Clifton, 12-6; 2. Nicole Pompei, Hanover Park, 12-4; 3. Chrissy Finke, Montvale, 12-4; 4. Kelly Burke, Cranford, 12-4; 5. Michelle Pavre, Saddle Brook, 12-2; 6. Emily Somerville, 11-8; (tie) Chelsea Hartigan, Ramapo, Danielle Brown, Watchung Hills, 11-8.

Boys: Steimle stars

From Page S-1

The final started in a slight drizzle and was further hampered when the measurement of Zuidema's fifth throw was delayed when the only measuring tape broke, causing a 10-minute delay. After the meet resumed, none of the eight finalists could improve on their previous throws.

"I really didn't want to throw after that," said Steimle. "But I thought I had it back for the last one."

His approach was spoiled by a slip at the line, but the gold was still his.

"After an up and down beginning to the season, this is a great way to end it," said Steimle, who is committed to Lehigh and is getting late interest from Virginia and Maryland.

No other local athletes took gold, but Nicoy Hines of Passaic Tech and Ackeme Brown of Englewood took silvers and seven other athletes won medals, several with outstanding finishes.

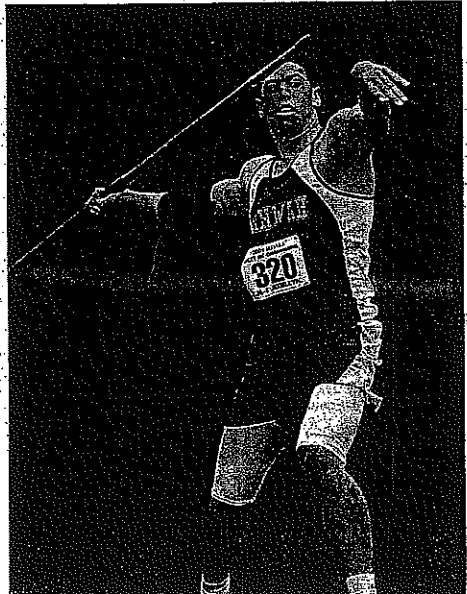
onds flat. "I expected to feel someone coming up on my inside but [Whyte] came up on the outside and I just couldn't hold him off."

But it was hard for Hines, who also took seventh in the 110 high hurdles, to be too disappointed in his silver medal. Villanova and Rutgers showed a lot of interest at the meet and Hines' college options seem to be getting better by the day.

"I still miss baseball," said the former center fielder who converted to track full time this spring. "But track is better for my future and I'm really enjoying it."

Brown had set a goal of winning the State long jump title during the winter but came up just short with a second place jump of 22-8/4. He was 3/4 inches behind winner Stefan Williams of Bloomfield.

"I really wanted to be in the top three," said Brown. "But I wasn't even sure I'd make the final the way I was jumping [Thursday]."



FDU: Green out

From Page S-1

2008-09, finishing with a 7-23 record. He compiled a 407-351 career record.

"Coach Green is no longer our coach and I can't say anything else beyond that," FDU athletic director David Langford said in a telephone interview. "Coach Green has worked for FDU for 26 years and done a lot of good things, and helped the university with its visibility and we're very thankful to him for that."

Green, who had one year left on his contract, said he was blindsided by the move. He had been working with returning players during the spring and said he was looking forward to having a full complement of healthy players in the coming season.

The Knights signed former YCU point guard Mike Scott from Eastern Utah junior college, and Green was excited about what he would bring. Add to that the return of

power forward DeJuan Pursley, who will be eligible after sitting out the 2008-09 season because of academic problems, and Green saw the Knights as a potential Northeast Conference champion.

"Langford told me two years ago not to be concerned about wins and losses. Just be concerned about players doing the right thing, going to class and working hard in class," Green said. "This past year - 2008 - was the best I've had with kids academically. We've got recruits signed, players eligible and now they fire me."

"This decision kills my career. To get fired in June of year 26 kills a career. I'd hoped to coach another five or six years before I even thought about retiring," Green said. "It not only affects me, but I've got three assistant coaches and two of them have families. There are no Division I college basketball head coaching jobs available in June."



All-County Recognition

1st Team All-County:

Tommy DeVita – High Jump

2nd Team All-County:

Max Witt – 100m

Taro Shigenobu – 3200m

3rd Team All-County:

InSoo Hwang – 400IH

Honorable Mention All-County:

Brian Cleary – Distances

Andrew Fine – Distances

Jack Simmons - Throws

<u>Year:</u>	<u>Dual Meets:</u>	<u>County Relays:</u>	<u>Team History:</u> <u>League:</u> Champions	<u>County:</u>	<u>State Sectional:</u> Champions	<u>State Group:</u>
1975			Champions	2nd Place		
1976				3rd Place		
1977						
1978				3rd Place		
1979				3rd Place		
1980				3rd Place		
1981						
1982		2nd Place		3rd Place		
1983				3rd Place		
1984		3rd Place		3rd Place	3rd Place	
1985		3rd Place	3rd Place	3rd Place	3rd Place	
1986						
1987			Champions	Champions	2nd Place	
1988			Champions	3rd Place		9th Place
1989		2nd Place	Champions	2nd Place	Champions	
1990		2nd Place				
1991		2nd Place	3rd Place	2nd Place	2nd Place	
1992		5th Place	2nd Place	2nd Place	5th Place	
1993		3rd Place (tie)	2nd Place	3rd Place	3rd Place	3rd Place
1994		4th Place	2nd Place	3rd Place	3rd Place	
1995		4th Place	Champions (tie)	2nd Place	5th Place	
1996		5th Place	3rd Place	5th Place	5th Place	
1997		6th Place	Champions	2nd Place	6th Place	
1998		3rd Place	Champions	2nd Place	2nd Place	
1999						
2000		2nd Place	3rd Place	3rd Place	2nd Place	
2001		3rd Place	Champions			
2002		3rd Place	Champions	4th Place	7th Place (tie)	6th Place
2003		3rd Place	Champions	Champions	Champions	5th Place
2004		3rd Place	Champions	2nd Place	Champions	8th Place
2005		Champions	Champions	Champions	2nd Place	2nd Place
2006		Champions	Champions	2nd Place	3rd Place	
2007		2nd Place	Champions	3rd Place	2nd Place	
2008		6th Place	Champions (tie)	8th Place	8th Place	
2009		2nd Place	Champions	2nd Place	4th Place	

Ridgewood High School All-Time Top 10 List

	<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>	<u>County Rank:</u>
<u>100m:</u>				
10.90	Chris Zeigler	State Meet of Champs	2007	
10.99	Dusty Thomas	BMOC	1998	
10.8	Matt Krever	BMOC	1991	
10.9	Dan Cooper	NNJIL Championship	2000	
11.20 (FAT)	Max Witt	NNJIL Championship	2009	
11.2	Ted Winfield	NNJIL Championship	1997	
11.3	Evan Yeaw	NNJIL Championship	2004	
11.3	Chris Hamlin	NNJIL Championship	1989	
11.3	Albert Gelbaum	County Championship	2005	
<u>200m:</u>				
21.7 / 22.05	Chris Zeigler	County / SMOC	2007	
22.15	Dusty Thomas	BMOC	1998	
22.0	Mike Henderson		1961	
22.1	Tim Geckler	NNJIL Championship	1989	
22.4	Matt Krever	NNJIL Championship	1991	
22.6	Max Witt	County Championship	2009	
23.21	Mike DiMauro	NNJIL Championship	1995	
23.2	Albert Gelbaum	Bernards Invite	2005	
23.53	InSoo Hwang	State Sectionals	2009	
<u>400m:</u>				
48.7	Tim Geckler	NNJIL Championship	1989	
49.41	Josh Kauke		1999	
49.3	Jim Nepola		1970	
49.4	Mike Henderson		1960	
50.2	Dusty Thomas	County Championship	1998	
50.4	Chris Perez	NNJIL Championship	2002	
51.1	Matt Grundy	County Championship	2009	
51.2	Josh Saladino	State Sectionals	1995	
51.2	InSoo Hwang	County Championship	2009	
51.3	Greg Corcoran	State Sectionals	2003	
51.4	Matt Krever	NNJIL Championship	1991	
<u>800m:</u>				
1:50.19	Josh Kauke		2000	
1:51.61	Chris Rae	Golden West	1987	
1:53.4	Bob Keino	BMOC	1994	
1:54.0	John Parisi		1983	
1:54.2	Tom Rae		1971	
1:54.4	John Lander		1985	
1:54.7	Byron Williams	Bernards Invite	2005	
1:54.8	Niall Buckley	County Championship	2007	
1:55.3	Chris Sullivan		1985	
1:55.3	Eric Berntsen		1987	

1600m:

4:09.35	Bob Keino	State Group IV	1994
4:11.9	Chris Sullivan		1985
4:12.0	Chris Rae		1987
4:12.71	Byron Williams	State Meet of Champs	2005
4:15.4	Joe LeMay		1985
4:15.5	Ari Zamir	State Sectionals	2004
4:15.7	Eric Berntsen		1987
4:17.10	Michael Cator	BMOC	2006
4:17.1	Tom Tomai		1975
4:19.5	Josh Kauke		2000
4:19.6	Erik Nygaard	State Sectionals	2004
4:19.9	Eric Boucher	BMOC	1991

3200m:

9:02.73	Bob Keino	Arcadia Invite	1993
9:05.7	Eric Berntsen		1987
9:08.82	Daniel Emont	State Meet of Champs	2007
9:08.91	Taro Shigenobu	State Meet of Champs	2009
9:12.8	Joe LeMay		1985
9:17.29	Eric Boucher	State Meet of Champs	1991
9:18.10	Ari Zamir	State Group IV	2004
9:18.65	Michael Cator	State Meet of Champs	2006
9:22.4	Kevin McCabe		1987
9:24.9	Bruce Mason		1972
9:27.4	Ed Quinn		1976
9:28.0	Byron Williams	County Championship	2005

110HH:

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

400 IH:

53.9	John Parisi		1983
54.7	Dave Shultz		1987
55.2	Niall Buckely	County Championship	2007
55.4	Tim Kelley		1982
55.8	Dave Warton	County Championship	1998
56.21	InSoo Hwang	State Sectionals	2009
56.59	Akira Monri	Penn Relays	2008
56.7	Josh Saladino	County Championship	1995
56.8	Jason Lahita	NNJIL Championship	1993
57.2	Greg Corcoran	State Sectionals	2003
57.64	Joe Nagano-Gerace	BMOC	2005

400m splits:

48.0	Tim Geckler	NNJIL Championship	1989
48.9	Niall Buckley	BMOC	2007
49.6	Chris Zeigler	Nike Outdoor Nationals	2007
49.7	Matt Krever	NNJIL Championship	1991
50.0	Dusty Thomas	State Group IV	1998
50.2	Byron Williams	NNJIL Championship	2005
50.5	Dave Warton	BMOC	1998
50.6	Josh Saladino	County Championship	1995
50.6	Akira Monri	Nike Outdoor Nationals	2008
50.7	Peter Martin	NNJIL Championship	1991
50.8	Greg Corcoran	State Sectionals	2003

800m splits:

1:52.6	Bob Keino	Penn Relays	1993
1:53.5	Christian Trautwein	Nike Outdoor Nationals	2008
1:54.8	Naill Buckley	Nike Outdoor Nationals	2006
1:55.6	Ari Zamir	East Coast Relays	2004
1:55.9	Byron Williams	County Relays	2005

1200m splits:

3:03.7	Chris Sullivan	Penn Relays	1985
3:04.9	Byron Williams	Nike Outdoor Nationals	2006
3:06.0	Niall Buckley	Nike Outdoor Nationals	2007
3:08.6	Michael Cator	Nike Outdoor Nationals	2005
3:09.4	Andrew Fine	Penn Relays	2009
3:09.7	Bob Keino	Penn Relays	1992

1600m splits:

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

Long Jump:

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

Triple Jump:

48'7"	Craig Halyard	Golden West	1989
45'8"	Gabriel Knutson	County Championship	2004
43'7"	Bernard Mann	NNJIL Championship	2003
42'10"	Akira Monri	State Sectionals	2007
42'5 1/2"	Andrew Dolgin	County Championship	1998
40'10 1/2"	Yusik Choi	County Championship	1992
40'10"	Ted Winfield	County Championship	1997
40'10"	Paul Kovach	NNJIL Championship	2006
40'9 1/4"	Tommy DeVita	County Relays	2009
40'9"	Jim Davis	County Championship	1995

High Jump:

6'7"	Pete Rutherford		1972
6'7"	Bernard Mann	Dual	2003
6'6"	Jim Davis	State Group IV	1995
6'6"	Tommy DeVita	State Group IV	2009
6'2"	T.J. Crocker	NNJIL Championship	1989
6'2"	Fletcher Rosenbach	County Championship	1995
6'0"	Jeff Braden	County Championship	1997

Pole Vault:

15'1"	Gabriel Knutson	State Sectionals	2004
14'8"	Jacob Ricciardi	State Sectionals	2005
14'7"	Dan Cooper		2000
14'6"	Paul Kovach	BMOC	2006
13'6"	John Boylan		1980
13'6"	Vahe Hagopian	State Group IV	1993
13'6"	James Norton	State Meet of Champs	2002
13'0"	Dave Warton	BMOC	1998
13'0"	Christian Jensen	State Sectionals	2005
13'0"	John Wisener	State Sectionals	2009
12'6"	Mike Huang	BMOC	1995
12'6"	Jim Davis	BMOC	1995
12'6"	Max Witt	BMOC	2009

Shot Put:

54'11"	Eric Bryant		1983
51'9 3/4"	J.D. Murdock	County Relays	1997
51'1 1/2"	Kevin Strahle	BMOC	2002
50'5"	Patrick Rae	NNJIL Championship	1989
50'1"	Sam Horowitz	BMOC	1993
49'4"	Kassim Dawson	BMOC	1993
48'11"	Torre Watson	State Sectionals	1991
48'10"	Steven Abdallah	Bernards Invite	2005
48'8 1/4"	Ben Wilson	County Championship	2006
48'7 1/4"	Adam Bair	NNJIL Championship	2009
47'9"	Brian Zuccala	NNJIL Championship	1998
47'6 3/4"	Chris Wolfstörn	State Sectionals	2003

Discus:

157'11"	John Marshall		1971
151'5"	J.D. Murdock	County Relays	1998
150'5"	Glenn Hansen	BMOC	1994
147'1"	Gabriel Knutson	County Championship	2004
144'3"	Brian Zuccala	NNJIL Championship	1998
143'8"	Ramone Hache	State Group IV	1991
143'4"	Jack Simmons	County Championship	2009
143'3"	Michael Mosticchio	State Sectionals	2008
143'1"	Patrick Rae	County Championship	1989
138'3"	Kassim Dawson	NNJIL Championship	1993
136'2"	Chris Wolfstirn	State Sectionals	2003

Javelin:

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

Ridgewood High School All-Time Top 10 Relays

	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>	<u>County Rank:</u>
4x100m:				
44.1	M. Witt / W. Jacoby / M. Grundy / I. Hwang	County Relays	2009	
44.1	A. Monri / P. Nygaard / L. Chwe / C. Zeigler	County Relays	2007	
44.3	M. Krever / C. Halyard / T. Crocker / T. Geckler	Penn Relays	1989	
44.96	J. Moody / A. Gelbaum / L. Chwe / C. Zeigler	Penn Relays	2006	
45.2	S. Oh / L. Chwe / D. Engel / A. Gelbaum	Bernards Invite	2005	
45.9	D. Cooper / D. Warton / S. Robinson / D. Thomas	Penn Relays	1998	
46.59	M. DiMaulo / R. Genovese / F. Rosenbach / J. Saladino	Penn Relays	1995	
46.5	P. Martin / J. Bennett / S. Dangelo / M. Krever	County Relays	1991	
46.7	B. Warnock / R. Garcia / S. Aps / M. Nally	Pawlowski Rel.	1994	
46.8	B. Warnock / J. Saladino / T van Marke / S. Aps	Bernards Invite	1993	
4x200m:				
1:31.83	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	E Coast Relays	2007	
1:31.9	C. DiPasquale / A. Dolgin / S. Pawlowski / D. Cooper		2000	
1:32.5	C. Hamlin / C. Halyard / T. Crocker / T. Geckler	County Relays	1989	
1:33.2	M. Grundy / W. Jacoby / L. Pietrantuono / M. Witt	County Relays	2009	
1:33.9	A. Monri / M. Witt / I. Hwang / C. Trautwein	County Relays	2008	
1:33.9	J. Moody / Z. Ontiveros / A. Monri / C. Zeigler	County Relays	2006	
1:36.6	D. Cooper / C. Rogers / A. Dolgin / D. Thomas	Englewood Rel	1998	
1:36.9	E. Yeaw / S. Oh / H. Smith / G. Knutson	Comet Relays	2004	
1:36.9	J. Nagano-Gerace / D. Engel / J. Moody / A. Gelbaum	County Relays	2005	
1:37.1	W. Tsai / R. Garcia / M. DiMaulo / J. Saladino	Pawlowski Rel	1995	
4x400m:				
3:19.25	Pierson / C. Halyard / T. Geckler / Ellinghaus	State MOC	1988	
3:20.72	A. Monri / C. Zeigler / C. Trautwein / N. Buckley	BMOC	2007	
3:22?			2000	
3:25.15	N. Buckley / Z. Ontiveros / J. Schmidt / C. Zeigler	BMOC	2006	
3:25.50	A. Dolgin / D. Warton / J. O'Neill / D. Thomas	BMOC	1998	
3:26.5	B. Dougherty / C. Halyard / M. Giffuni / T. Geckler	BMOC	1989	
3:26.8	J. Schmidt / N. Buckley / A. Gelbaum / B. Williams	NNJIL Champs	2005	
3:26.9	D. Sampson / T. Rooke / B. Williams / G. Corcoran	State Sectionals	2003	
3:27.1	D. Culver / P. Martin / J. Bennett / M. Krever	NNJIL Champs	1991	
3:27.9	B. Keino / R. Cleary / S. Alsaidi / J. Lahita	BMOC	1993	
4x800m:				
7:49.0	D. Shultz / Williams / E. Berntsen / C. Rae		1987	
7:52.05	B. Williams / M. Cator / E. Nygaard / A. Zamir	East Coast Rel	2004	
7:57.9			1972	
7:58.1			1976	
8:01.10	S. Alsaidi / R. Cleary / T. Cotton / B. Keino	Penn Relays	1993	
8:02.57	J. Saladino / R. Cleary / B. Palatucci / B. Keino	Penn Relays	1994	
8:05.3	J. Fronefield / S. Alsaidi / D. Connors / B. Keino	Penn Relays	1992	
8:05.5	E. Boucher / W. McCann / D. Connors / D. Culver	Penn Relays	1991	

4x1600m:

17:52.8	J. LeMay / C. Rae / Lander / C. Sullivan		1985
17:55.34*	M. Cator / B. Williams / E. Nygaard / A. Zamir	National Champs	2004
18:02.4	D. Emont / M. Cator / J. Garber / B. Williams	County Relays	2006
18:02.96	A. Fine / S. Martyn / B. Cleary / T. Shigenobu	East Coast Rel	2009
18:13.8	S. Alsaidi / T. Ricart / T. Cotton / B. Keino	County Relays	1993
18:21.4	M. Cator / D. Emont / B. Williams / J. Pfeiffer	County Relays	2005
18:21.49*	C. Trautwein / J. Garber / J. Kalmus / D.Emont	Arcadia Invite	2007
18:22.0	R. Crispin / E. Nygaard / K. Engelken / A. Zamir	Comet Relays	2003
18:26.7	T. Cotton / J. Fronefield / J. Lahita / B. Keino	County Relays	1992
18:35.4	J. Fronefield / S. Alsaidi / D. Connors / E. Boucher	County Relays	1990
18:45.1	T. Shigenobu / A. Fine / C. Trautwein / B. Cleary	County Relays	2008

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

3:27.58	D. Cooper / S. Pawlowski / A. Dolgin / J. Kauke	National Champs	2000
3:29.6			1987
3:30.39	P. Nygaard / I. Hwang / A. Monri / C. Trautwein	National Champs	2008
3:30.84	A. Monri / Z. Ontiveros / C. Zeigler / N. Buckley	National Champs	2007
3:31.36			1999
3:33.3			1975
3:35.1			1971
3:36.3	D. Engel / A. Gelbaum / J. Schmidt / B. Williams	County Relays	2005
3:37.0	W. Jacoby / L. Pietrantuono / I. Hwang / T. Shigenobu	County Relays	2009
3:37.6	C. Hamlin / C. Halyard / T. Geckler / M. Giffuni	County Relays	1989

Distance Medley:

10:06.57	B. Williams / C. Zeigler / N. Buckley / M. Cator	National Champs	2006
10:07.97	N. Buckley / C. Zeigler / C. Trautwein / D. Emont	National Champs	2007
10:11.1	C. Sullivan / Caminiti / Lander / J. LeMay	Penn Relays	1985
10:13.79	M. Cator / J. Schmidt / N. Buckley / B. Williams	National Champs	2005
10:16.2			1987
10:22.36	T. Cotton / J. Lahita / S. Alsaidi / B. Keino	Penn Relays	1993
10:29.67	E. Nygaard / N. Buckley / B. Williams / M. Cator	National Champs	2004
10:30.49	B. Keino / D. Connors / S. Alsaidi / J. Fronefield	Penn Relays	1992
10:33.7	D. Culver / M. Krever / D. Connors / E. Boucher	Penn Relays	1991
10:34.8			1976

Shuttle Hurdles:

<u>59.2</u>			1972
1:03.2	Muth / R. Wankmuller / J. Lane / M. Rogers		1975
1:04.27	J. Moody / J. Nagano-Gerace / S. Pierce / A. Monri	E. Coast Relays	2006
1:04.9	J. Davis / J. Braden / J. Hu / F. Rosenbach	County Relays	1995
1:08.2	P. Nygaard / A. Mandarano / T. DeVita / A. Monri	County Relays	2008
1:08.2	P. Nygaard / L. Chwe / Z. Ontiveros / A. Monri	Comet Relays	2007
1:08.2	D. Warton / C. Rogers / J. Roth / S. Robinson	County Relays	1998
1:08.4	T. DeVita / S. Mattson / M. Beausoleil / E. Blair	County Relays	2009
1:09.1	J. Moody / A. Monri / S. Pierce / J. Nagano-Gerace	County Relays	2005
1:10.3	J. Braden / D. Warton / C. Rogers / S. Robinson	County Relays	1997

3x400 IH:

2:50.9	T. Kelley / J. Parisi / Buckley		1982
2:53.0	N. Buckley / A. Monri / Z. Ontiveros	County Relays	2007
2:55.1	N. Buckley / S. Pierce / J. Nagano-Gerace	County Relays	2006
2:58.1	N. Buckley / J. Nagano-Gerace / S. Pierce	County Relays	2005
2:59.8	A. Monri / P. Nygaard / I. Hwang	County Relays	2008
3:00.1	D. Warton / S. Robinson / C. Rogers	Engelwood Rel	1998
3:01.7	C. Perez / J. Norton / G. Corcoran	County Relays	2002
3:02.4	I. Hwang / S. Mattson / E. Blair	County Relays	2009
3:02.9	J. Saladino / J. Hu / F. Rosenbach	County Relays	1994
3:03.0	J. Saladino / F. Rosenbach / J. Hu	County Relays	1995

3XLJ:

60'3 3/4"	C. Halyard / T. Crocker / Pierson		1988
60'2 1/2"			1970
59'10 1/2"	C. Halyard / T. Crocker / C. Hamlin	County Relays	1989
55'11"	G. Knutson / H. Smith / K. Wanchoo	County Relays	2004
55'10 1/2"	P. Kovach / B. Clementi / A. Monri	County Relays	2006
55'9 3/4"	D. Randolph / S. Aps / T. van Marke	County Relays	1993
55'6"	B. Mann / G. Knutson / K. Wanchoo	County Relays	2003
55'5"	T. Winfield / D. Thomas / S. Wolfson	County Relays	1996
55'2 1/2"	T. DeVita / L. Pietrantuono / M. Witt	County Relays	2009
54'9 1/2"	J. Hu / R. Garcia / M. DiMauro	County Relays	1995

3xTJ:

125'10 1/4"	C. Halyard / T. Geckler / J. Chang	County Relays	1989
120'4 1/2"	G. Knutson / H. Smith / B. Clementi	County Relays	2004
119'1"	B. Mann / G. Knutson / K. Wanchoo	County Relays	2003
118'1 1/4"	A. Monri / L. Chwe / P. Nygaard	County Relays	2007
116'8"	A. Dolgin / S. Robinson / D. Warton	County Relays	1998
115'1 3/4"	B. Clementi / S. Oh / J. Moody	County Relays	2005
114'11 3/4"	T. Winfield / A. Dolgin / S. Robinson	County Relays	1997
114' 1/2"	T. van Marke / K. Dawson / C. Lalonde	County Relays	1993
113'2 3/4"	Y. Choi / K. Dawson / T. van Marke	County Relays	1992
113'1 1/4"	A. Monri / P. Kovach / B. Clementi	County Relays	2006

3xHJ:

17'6"	J. Davis / F. Rosenbach / J. Braden	Pawlowski Rel	1995
17'1"	B. Mann / H. Smith / K. Engelken	Pawlowski Rel	2002
16'10"	B. Mann / K. Engelken / G. Knutson	County Relays	2003
16'9"	F. Rosenbach / J. Davis / J. Braden	Pawlowski Rel	1994
16'9"	S. Robinson / B. Reese / J. Roth	Pawlowski Rel	1998
16'8"	J. Braden / S. Robinson / W. Byren	County Relays	1996
16'6"	T. DeVita / M. Beausoleil / M. Levitsky	County Relays	2009
16'0"	T. DeVita / D. Yoon / D. Morse	Pawlowski Rel	2007
16'0"	H. Smith / C. Perez / K. Engelken	County Relays	2002
16'0"	H. Smith / K. Engelken / N. Buckley	County Relays	2004

3xPV:

38'0"	G. Knutson / J. Riccairdi / C. Jensen	County Relays	2004
34'0"	J. Wisener / M. Witt / A. Gramaglia	County Relays	2009
34'0"			1976
32'6"	D. Warton / D. Cooper / C. Rogers	County Relays	1998
32'0"	M. Witt / N. Stitt / J. Wisener	County Relays	2008
31'6"	J. Norton / J. Riccairdi / G. Knutson	County Relays	2002

3XShot:

146'8 1/2"	Pfund / Gautier / Laborde		1983
132'5 1/2"	B. Zuccala / J. Murdock / T. Zurla	County Relays	1998
130'7 3/4"	S. Horowitz / K. Dawson / A. Greico	County Relays	1993
130'3 1/4"	B. Wilson / M. Mosticchio / N. Dawson	County Relays	2006
129'3"	S. Abdallah / M. Flicker / B. Mercer	County Relays	2004
129'0"	J. Murdock / T. Zurla / F. Lockwood	Pawlowski Rel	1998
128'7 1/2"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
127'3 1/2"	M. Picarelli / C. Van Cleve / T. Steiner	County Relays	1995
126'4 1/4"	J. Simmons / A. Bair / M. Krauss	County Relays	2009
124'8 1/2"	K. Strahle / C. Wolfstirn / S. Pskowski	County Relays	2002

3xDisc:

422'8"			1971
387'3"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
377'7"	R. Hache / T. Watson / P. Beisler	County Relays	1991
372'2"	K. Strahle / S. Pskowski / C. Wolfstirn	County Relays	2002
368'10"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
362'4"	K. Dawson / A. Greico / S. Horowitz	County Relays	1993
358'1"	S. Abdallah / B. Wilson / S. Pierce	County Relays	2005
352'11"	T. Li / D. Barry / C. Mala	County Relays	1995
352'3"	J. Simmons / A. Bair / M. Krauss	County Relays	2009
350'10"	B. Wilson / S. Pierce / C. Ryan	County Relays	2006

3xJavelin:

442'8"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
431'1" *	S. Pierce / N. Ontiveros / A. Gelbaum	County Relays	2005
429'10" *	S. Pierce / A. Gelbaum / T. Haase	County Relays	2006
417'11"	J. Murdock / B. Zuccala / P. Hans	County Relays	1996
404'1"	M. Picarelli / J. Murdock / D. Barry	County Relays	1995
393'5"	A. Whitelaw / A. Halwagy / S. Pierce	Pawlowski Rel	2003
390'8" *	M. Maniaci / T. Zulauf / M. Beausoleil	County Relays	2009
390'5"	R. Budelman / P. Beisler / K. Dawson	County Relays	1991
388'10" *	K. Flaherty / M. Mosticchio / M. Maniaci	County Relays	2008
371'5"	T. van Marke / D. Kaplan / S. Horowitz	County Relays	1993

* = add 10% (new jav)

All-Decade Teams:

1980s

100m:

Chris Hamlin (1989) 11.3

200m:

Tim Geckler (1989) 22.1

400m:

Tim Geckler (1989) 48.7

800m:

Chris Rae (1987) 1:51.61
John Parisi (1983) 1:54.0
John Lander (1985) 1:54.4

1600m:

Chris Sullivan (1985) 4:11.9
Chris Rae (1987) 4:12.0
Joe LeMay (1985) 4:15.0

3200m:

Eric Berntsen (1987) 9:05.7
Joe LeMay (1985) 9:12.8
Kevin McCabe (1987) 9:22.4

110HH:

400IH:

John Parisi (1983) 53.9
Dave Shultz (1987) 54.7
Tim Kelley (1982) 55.4

400m Splits:

Tim Geckler (1989) 48.0

Other Splits:

Chris Sullivan (1985) 3:03.7 (1200m)

Long Jump:

Craig Halyard (1989) 22'11"
T.J. Crocker (1989) 20'10"
Chris Hamlin (1989) 20'5 1/2"

Triple Jump:

Craig Halyard (1989) 48'7"

High Jump:

T.J. Crocker (1989) 6'2"

Pole Vault:

John Boylan (1980) 13'6"

Shot Put:

Eric Bryant (1980) 54'11"
Patrick Rae (1989) 50'5"

Discus:

Patrick Rae (1989) 143'1"

Javelin:

All-Decade Teams:

1990s

100m:

Dusty Thomas (1998) 10.99
Matt Krever (1991) 10.8
Ted Winfield (1997) 11.2

400m:

Dusty Thomas (1998) 50.2
Josh Saladino (1995) 51.2
Matt Krever (1991) 51.4

1600m:

Bob Keino (1994) 4:09.35
Eric Boucher (1991) 4:19.9

110HH:

Steve Robinson (1998) 15.30
Fletcher Rosenbach (1995) 15.3
Jim Davis (1995) 15.55

400m Splits:

Matt Krever (1991) 49.7
Dusty Thomas (1998) 50.0
Dave Warton (1998) 50.5
Josh Saladino (1995) 50.6

Long Jump:

Dusty Thomas (1998) 21'5 1/2"
Andrew Dolgin (1998) 20'10 1/4"
Doug Randolph (1993) 20'5 3/4"

High Jump:

Jim Davis (1995) 6'6"
Fletcher Rosenbach (1995) 6'2"
Jeff Braden (1997) 6'0"

Shot Put:

J.D. Murdoch (1997) 51'9 3/4"
Sam Horowitz (1993) 50'1"
Kassim Dawson (1993) 49'4"

Javelin:

J.D. Murdoch (1998) 198'8"
Thibaut van Marke (1993) 170'5"
Brian Zuccala (1998) 168'5"

200m:

Dusty Thomas (1998) 22.15
Matt Krever (1991) 22.4
Mike DiMauro (1995) 23.21

800m:

Bob Keino (1994) 1:53.4

3200m:

Bob Keino (1993) 9:02.73
Eric Boucher (1991) 9:17.29

400IH:

Dave Warton (1998) 55.8
Josh Saladino (1995) 56.7
Jason Lahita (1993) 56.8

Other Splits:

Bob Keino (1993) 800m - 1:52.6
Bob Keino (1993) 1600m - 4:08.2

Triple Jump:

Andrew Dolgin (1998) 42'5 1/2"
Yusik Choi (1992) 40'10 1/2"
Ted Winfield (1997) 40'10"

Pole Vault:

Vahe Hagopian (1993) 13'6"
Dave Warton (1998) 13'0"
Jim Davis (1995) 12'6"
Mike Huang (1995) 12'6"

Discus:

J.D. Murdoch (1997) 151'5"
Glenn Hansen (1994) 150'5"
Brian Zuccala (1998) 144'3"

All-Decade Teams:

2000s:

100m:

Chris Zeigler (2007) 10.90
Dan Cooper (2000) 10.9
Max Witt (2009) 11.20

400m:

Josh Kauke (1999) 49.41
Chris Perez (2002) 50.4
Greg Corcoran (2003) 51.4

1600m:

Byron Williams (2005) 4:12.71
Ari Zamir (2004) 4:15.5
Michael Cator (2006) 4:17.10

110HH:

Steve Pawlowski (2001) 14.70
Akira Monri (2008) 14.75
John Moody (2006) 15.53
Peter Nygaard (2008) 15.53

400m Splits:

Niall Buckley (2007) 48.9
Chris Zeigler (2007) 49.6
Byron Williams (2005) 50.2
Akira Monri (2008) 50.6

Long Jump:

Gabe Knutson (2004) 21'11"
Bernard Mann (2003) 21'3"
Akira Monri (2007) 19'10"

High Jump:

Bernard Mann (2003) 6'7"

Shot Put:

Kevin Strahle (2001) 51'1 1/2"
Ben Wilson (2008) 48'8 1/4"
Adam Bair (2009) 48'7 1/4"

Javelin:

Steve Pierce (2006) 202'0"
Adam Whitelaw (2003) 177'8"
John Grubb (2000) 187'2" (old jav)

200m:

Chris Zeigler (2007) 22.07 / 21.7
Max Witt (2009) 22.6
Albert Gelbaum (2005) 23.2

800m:

Josh Kauke (2000) 1:50.19
Byron Williams (2005) 1:54.7
Niall Buckley (2007) 1:54.8

3200m:

Dan Emont (2007) 9:08.82
Taro Shigenobu (2009) 9:08.91
Ari Zamir (2004) 9:18.10

400IH:

Niall Buckley (2007) 55.2
Akira Monri (2008) 56.59
Greg Corcoran (2003) 57.2

Other Splits:

Christian Trautwein (2008) 800m - 1:53.5
Niall Buckley (2006) 800m - 1:54.8
Byron Williams (2006) 1200m - 3:04.6
Niall Buckley (2007) 1200m - 3:06.0
Byron Williams (2006) 1600m - 4:15.3
Michael Cator (2006) 1600m - 4:16.7

Triple Jump:

Gabe Knutson (2004) 45'8"
Bernard Mann (2003) 43'7"
Akira Monri (2007) 42'10"

Pole Vault:

Gabe Knutson (2004) 15'1"
Jacob Ricciardi (2005) 14'8"
Dan Cooper (2000) 14'7"

Discus:

Gabe Knutson (2004) 147'1"
Michael Mosticchio (2008) 143'3"
Chris Wolfstim (2003) 136'2"