

**RIDGEWOOD
WINTER TRACK
AND FIELD
2008-2009**

Dear Seniors,

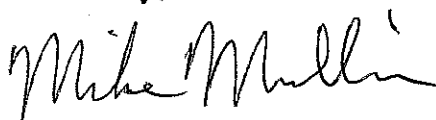
Boy, does time fly! It doesn't seem that long ago when we were doing the "Christmas Tree Lighting Run," braving the elements on a daily basis, taking 3 buses to the Spike Shoe Invite, traveling to Dartmouth, trudging through midterms, driving to Toms River, enjoying the Valentine's Day Practice and competing for multiple team championships. The competition will come and go, but the memories are forever!! I overheard and loved what one athlete said to another as we were on the bus, "I wish we could be teammates forever." That pretty much sums up the type of relationships that have been built...and yes, we do have *relationships* on this team!! Each of you are special to me and some of my memories of you include:

Hilary Barr for hosting the track party, for her finally running a 4 x 400m and doing it well, and for her constant upbeat personality; *Ramelle Brown* for her continued improvement in the PV, for her assigned "back of the bus" seat...hmmmm, and for her bonding with Coach Martin; *Catherine Buckley* for finally turning in her candy money, for her running a great 800m at the end of the year, and for her punctuality; *David DeSimone...who??*, for his injury plagued season, for his determination, and for his bathroom stops; *Andrew Fine* for his awesome work ethic/attitude, for his conversations with the "ladies," and for the "Andrew Fine Fan Club;" *Megan Gonzalez* for being a great leader to the throwers, for enjoying her extra long stay at the Armory...what bus?, and for her great finish at sectionals; *Megan Granski* for her "jokes of the day," for her true love of track workouts???, and for her desire to extend distance runs; *Noah Hoh* for his biceps, for his quickness, and for his work ethic in the weight room; *Justin Jenkins* for his desire to do well, for his solid dance moves, and for his constant late arrival for distance runs; *Robin Lee* for her versatility (PV, TJ,

HH, sprints), for her fashionable Valentine's Day outfit, and for her love of underclassman...who is that guy anyway?; *Matt Levitsky* for his agility coaching, for his secretive relationship...with who?, and for his love of gate swings; *Sean Martyn* for his great improvements throughout the year, for his awesome singing voice, and for his acceptance of each workout without any complaints; *Torey Middleton* for her tremendous work ethic, for her constant bickering with Taro, and for her avoidance of the weight room; *Rita Muzio* for her returning after a tough injury, for her toughness, and for her quickness on the track; *Dan Nagano-Gerace* for his constant conversations, for his lengthy speeches, and for his continued singing during practice; *Jenny Narvaez* for her infectious smile, for her fashionable socks, and for her secretive relationship...with who?; *Casey Reilly* for her distance runs with Katie, for her using her arms when she runs, and for her improvement throughout the year, *Taro Shigenobu* for his solo love song to Lauren, for his dinner dates, for his love for his back pack, and for his commitment to excellence, *Ryan Treppedi* for his enthusiasm, for his effort and for his on time daily arrival, *Max Witt* for his love of the 400m, for his 2nd place finish at sectionals, and for his juggling multiple events with a bit of confusion.

Your dedication and commitment to the team has been outstanding. You all were great leaders and true models of dedicated seniors. You made it fun for me to come to practice everyday despite the difficult weather this year. I truly enjoy each and every one of you and wish you great success and happiness in your future.

Sincerely,

A handwritten signature in cursive script that reads "Mike Mullin". The signature is written in black ink and is positioned below the word "Sincerely,".

Coach Mullin

Winter Track Roster 2008-09

9th Grade Boys

Choe, Juho,
Choi, Andrew
Chun, Dan
Diorio, Tom
Fishbein, Ben
French, Mark
Hong, Brad
Hwang, Inho
Kearny, Rob
Knight, James
Lee, James
Pretorius, Ryan
Ransom, Kyle
Suh, David
Sweet, Andy
Tai, Nick

10th Grade Boys

Beausoleil, Matt
Cleung, Tim
DuBois, Chris
Eid, Mohamaed
Fliuya, Jamie
Granski, Matt
Hwang, InSoo
Hwang, Jaehyun
Kalabalik, Ryan
Kawahara, Yuki
Kritzer, Eric
Martyn, Connor
Mattson, Sean
Quartararo, Alex
Riemer, Jon
Rynkowski, Pat
Steinacher, Chris
Urbano, Gino
Ventura, Anthony
Vinci, Wyatt
Vinci, Zach
Weisberger, Nick
Yoon, Eric

11th Grade Boys

Bakshi, Omer
Butler, Alex
Cleary, Brian
DeVita, Tommy
Fishbein, Steven
Grundy, Matt
Hahn, Andrew
Hong, Andrew
Ishizulen, Yuya
Jahanbin, Amir
Kato, Masahiro
Legg, Chris
McGaffin, Sam
Miedel, Stephan
Ontiveros, Alec
Pettenatti, Mike
Walsh, Brenden
Wisener, John
Yamamoto, Alex

12th Grade Boys

DeSimone, David
Fine, Andrew
Hoh, Noah
Jenkins, Justin
Kim, Seong
Levitsky, Matt
Martyn, Sean
Nagano-Gerace, Dan
Shigenobu, Taro
Treppedi, Ryan
Witt, Max

9th Grade Girls

Chung, Christine
Davidson, Caroline
Duarte, Mia
Garcia, Vicky
Gilliand, Hannah
Kelty, Maggie
Kirshner, Lauren
Krygin, Marina
Leber-Vergallia, Ally
Merck, Catherine
Neborsky, Summer
Riemer, Emily
Scibetta, Andrea
Shigenobu, Hamako
Troll, Meagan
Yook, Jen

10th Grade Girls

Bonelli, Kat
Choi, Jasmine
Choi, Yena
DeSimone, Nicole
DeVita, Sarah
DiMartino, Cassandra
Holland, Hannah
Honoroff, Julia
Jacoby, Amanda
Kelley, Meghan
Kelly, Meghan
Kirshner, Jessie
Llerandi, Grayson
Miyagi, Akiko
Mullen, Margaret
Patterson, Nina
Polcari, Kayla
Reynolds, Grace
Rhee, Jinah
Roche, Haley
Vedder, Hanna
Yazdani, Neshat
Zwyhwn, Kelcy

11th Grade Girls

Bitzer, Jenny
Cho, Alicia
Lee, Eurih
Martin, Katie
Marx, Izzy
Nelson, Christie
Oliva, Victoria
Onwubu, Okwuchi
Ortega, Denise
Schofield, Courtney
Scibetta, Alex
Yoon, Sera

12th Grade Girls

Barr, Hilary
Brown, Ramelle
Buckley, Catherine
Gonzalez, Megan
Granski, Megan
Lee, Robin
Middleton, Torey
Muzio, Rita
Narvaez, Jenny
Reilly, Casey

Coaches

Mike Mullin
Josh Sabadino
Holly Martin

Winter Track Meet Schedule 2008-2009

Date	Meet	Location	Who's going?
12/22	Spike Shoe Invite	Armory	All
12/27	Marine Corps Hol Classic	Armory	Select varsity
1/7	Tom Zacone Invite	FDU	All
1/10	Dartmouth Relays	Dartmouth	Select varsity
1/12	North Jersey Invite	FDU	Varsity runners
1/20	RHS II	RCC	All
1/26	Frosh/Novice Champs	Armory	Sub-varsity
1/28	Bergen Relay Champs	Armory	Varsity
2/2	NNJIL Champs	Armory	All
2/4	MET	Armory	Varsity
2/7 (8am)	State Gr IV sect Boys/Girls	Toms River	Varsity
2/9	Varsity Classic	Armory	Varsity
2/15 (9am)	State Group IV Boys/Girls	Toms River	Varsity
2/16	Bergen Individual champ	Armory	All
2/21 (10am)	Girls State Meet of Champs	Toms River	Girls varsity
2/21 (1 pm)	Boys State Meet of Champs	Toms River	Boys varsity
2/24	Eastern States	Armory	Select Varsity
3/13-15	Nationals	Armory	Select Varsity

INDOOR TRACK

Major meet schedule

- Dec. 19-21:** FDU Holiday Classic, Rothman Center, Hackensack
- Dec. 20:** Bishop Loughlin Games, Armory Track Center, New York
- Dec. 22:** Spike Shoe Holiday Festival, Armory Track Center, New York
- Dec. 23:** DeSchraver Invitational, Drew University, Madison; Season Opener Invitational, Rothman Center, Hackensack
- Dec. 26:** Colgate Women's Games 1, Pratt Institute, Brooklyn
- Dec. 27:** Drew Invitational, Drew University, Madison; Track Universe Pole vault/Long Jump/Triple Jump No 1, Parisi's, Fair Lawn; Marine Corps Holiday Classic, Armory Track Center, New York; Pearl River Invitational, Rockland Community College, Monsey, N.Y.
- Dec. 29:** Passarelli Invitational, Drew University, Madison; Holiday Relay Carnival, Jersey City Armory; Track Universe Shot put/High Jump, Satellite Sports, Totowa
- Dec. 30:** West Point Invitational, West Point, N.Y.
- Dec. 31:** Pieciewicz Invitational, Drew University, Madison
- Jan. 2:** Colgate Women's Games 2, Pratt Institute, Brooklyn; Brown Invitational, Brown University, Providence, R.I.
- Jan. 3:** Northern Hills Conference, Drew University, Madison; Brown Invitational, Brown University, Providence, R.I.
- Jan. 4:** New Jersey Catholic Track Conference, Armory Track Center, New York
- Jan. 5:** Track Universe Shot put/High jump 2, Satellite Sports, Totowa
- Jan. 7:** Black Invitational, Drew University, Madison; Tom Zaccone Invitational, Rothman Center, Hackensack
- Jan. 8:** NBIL championships, Rockland Community College, Monsey, N.Y.
- Jan. 9:** Ridgewood Winter Games 1, Rothman Center, Hackensack; Colgate Women's Games 3, Pratt Institute, Brooklyn; Dartmouth Invitational, Dartmouth College, Hanover, N.H.
- Jan. 10:** Dartmouth Invitational; Hispanic Games, Armory Track Center, New York
- Jan. 12:** Track Universe Shot put/High Jump 3, Satellite Sports, Totowa; North Jersey Championships, Rothman Center, Hackensack
- Jan. 13:** Garfield Shot put/High jump 1, Garfield H.S.
- Jan. 14:** Valentine Invitational, Drew University, Madison
- Jan. 16:** Paul Schwartz Invitational, Rothman Center, Hackensack; Colgate Women's Games 4, Pratt Institute, Brooklyn; Yale Invitational, Yale University, New Haven, Conn.; State Relays, Non-Public, Bennett Center, Toms River
- Jan. 17:** Yale Invitational; Stanner Games, Armory Track Center, New York; State Relays, Group 2, Bennett Center, Toms River, 9 a.m.; State Relays, Group 3, Bennett Center, Toms River, 3 p.m.
- Jan. 18:** State Relays, Group 1, Bennett Center, Toms River, 9 a.m.; State Relays, Group 4, Bennett Center, Toms River, 3 p.m.
- Jan. 19:** Garfield Shot put/High jump 2, Garfield H.S.; Suffern Invitational, Rockland Community College, Monsey, N.Y.
- Jan. 20:** Ridgewood Winter Games 2, Rockland Community College, Monsey, N.Y.
- Jan. 21:** Morris County Championships, Drew University, Madison; Passaic County Championships, The Armory Track Center, New York
- Jan. 24:** Track Universe Pole vault/Long Jump/Triple Jump 2, Parisi's, Fair Lawn; Colgate Women's Games Semifinals, Pratt Institute, Brooklyn; New Balance Games, Armory Track Center, New York
- Jan. 28:** Bergen County Relays, Armory Track Center, New York
- Jan. 30:** Track Universe Shot put/High jump finals, Satellite Sports, Totowa
- Jan. 31:** Track Universe Pole vault/Long jump/Triple jump finals, Parisi's, Fair Lawn; Colgate Women's Games Finals, Madison Square Garden
- Feb. 2:** NNJL championships, Armory Track Center, New York
- Feb. 4:** Metropolitan Invitational, Armory Track Center, New York
- Feb. 5:** Lou Molino Invitational, Rothman Center, Hackensack; North 1 and 2 Group 1 sectionals, Bennett Center, Toms River, 4 p.m.
- Feb. 7:** North 1 and 2 Group 4 sectionals, Bennett Center, Toms River, 8 a.m.; North 1 and 2 Group 3 sectionals, Bennett Center, Toms River, 1 p.m.; North 1 and 2 Group 2 sectionals, Bennett Center, Toms River, 6 p.m.
- Feb. 9:** Varsity Classic, Armory Track Center, New York
- Feb. 10:** BCSL American championships, Armory Track Center, New York
- Feb. 12:** Ed Church Invitational, Rothman Center, Hackensack
- Feb. 13:** Garfield Shot put/High jump 3, Garfield H.S.; Non-Public A and B State Championship, Bennett Center, Toms River, 4 p.m.
- Feb. 14:** Group 3 State Championship, Bennett Center, Toms River, 9 a.m.; Group 1 State Championship, Bennett Center, 2 p.m.
- Feb. 15:** Group 4 State Championship, Bennett Center, Toms River, 4 p.m.; Group 2 State Championship, Bennett Center, 4 p.m.
- Feb. 16:** Bergen County Championships, Armory Track Center, New York
- Feb. 18:** Garfield Classic, Garfield H.S.
- Feb. 21:** State Meet of Champions, Bennett Center, Toms River, (Girls, 10 a.m.); (Boys, 1 p.m.)
- Feb. 24:** Eastern States, Armory Track Center, New York

INDOOR TRACK

BOYS: AROUND THE GROUPS

Group 1

Butler returns seniors Filip Murdzoski (400), Bobby Till (sprints) and junior Nick Otieno (distance). **Hasbrouck Heights** returns seniors Kevin Delcalzo (sprints/jumps), Josh Barbieri (distance), Pete Gambino (PV/sprints), Travis Malave (shot), Neil Marchese (distance) and Lorenzo Tattoli (distance) in a rebuilding mode. New head coach Matt Frederick takes over at **New Milford** with seniors Tony Crouchelli (distance), Steve Connor (hurdles) and Ali Metwalli (shot) and sophs John Follety (sprints) and Rasheed Lawrence (sprints) the top performers. **Palisades Park** has a fine middle distance runner in senior Arthur Freitas. **Park Ridge** might have a State champion in pole vaulter Greg Hoffman and junior shotputter Will Owen should be much improved. Juniors D.J. Puleo (distance) and Joe Sabatino (distance), Alex Smith and Matt Irwin lead a rebuilding **Pascack Hills** team. **Pompton Lakes** counts on a solid senior class led by Scott Hebenstreit, Bob Hebenstreit, Kevin Wilson, Stan Yanitsky, Steve DiGerardo and Brad McNamara. **Rutherford** returns a pair of solid sprinters in Savian Rosario and Garrett Surie, and middle distance runner Ryan Arnold. **Saddle Brook** has two top performers in seniors Connor Bratyanski (pentathlon) and Tim Kicha (distance) and returns lettermen seniors Ben Zamani and Mike Glodava, juniors Chris Gawin, Matt Bellingeri and Steve Attanasio and soph Steve Mancini. **Westwood** is led by Group 1 cross-country star Louie Schiedeler. **Wood-Ridge** has a fine shot putter in junior Chris Luna.

Group 2

Bergenfield's top returnee is senior Kiril Henry (high hurdles). **Cliffside Park** looks to soph Sharif Ali (distance) to help rebuild. **Dumont** looks to distance runners Kevin Corizzi, Ryan Gorrinley and Matt Rainey, Peter Foglio, Travis Lloyd and Garrett McConville will also contribute. Senior sprinters Raldaine McDonald and Ackeme Brown make **Englewood** a dangerous team and distance runner Wilson Bailey will also score points. Last year's Bergen Coach of the Year, Ed Garrison, takes over at **Fort Lee** with a quality group that includes senior distance runners Elliott Bencevi and Jeremy Vasquez, senior hurdler/pole vaulter Daniel Chediak, senior shot putter Dan Shahinian, senior sprinter T.J. Thorpe and senior pole vaulters Alex Lansang and Henry Song. Khaled ElSayed (sprinter) leads **Garfield**. **Indian Hills** has a new head coach in Bill Barry and some returnees in Mark Filandro (400-800), Billy Savage (800-1,600) and distance runner Adam Mahonchak and junior jumper Corey Crawford. **Lakeland** has a very good senior class led by Dan Arnoldi (distance), Chase Brush (pole vault), Evan Wiley (hurdles). Juniors Dennis Arnold (distance) and Kevin Amaditis (sprints) and soph Sean Kunkle (hurdles) make the Lancers a sleeper team for conference and Passaic County honors. **Mahwah** has quality athletes in shot putter Eric Van Dunk and distance runner Alan Zaccone. **Ramsey** is led by juniors Troy Coonrad, Kevin Kuruc, Dennis Wilson and senior Jordan Mistretta. **Ridgefield Park** is led by senior Mike Alberque

(hurdles/shot), junior Elvis Durakovic (distance) and junior Juan Andres Giglio (pole vault). **River Dell** is led by one of North Jersey's top long sprinters, Ryan McVeagh. **Tenafly** returns senior distance runners Dayne Mosconi and Seung Yeop Jee, junior hurdler/jumper James Doherty, junior sprinter Chris Yearwood and a deep middle distance group.

Group 3

Demarest is led by senior long sprinter Jake Hubschman. **Fair Lawn** is a possible contender behind seniors Andrew Sloves (hurdles/sprints), Sean Farrell (distance), juniors Mike Obsuth (distance) and Aaron Solomon (sprints). Juniors Conroy Walker (hurdles/jumps) and Joel Douglas (middle distance) lead **Hackensack**. **Northern Highlands** has one of the area's top distance runners in Tommy Gaidus. **Old Tappan** is led by senior James Eckmayer (sprints/jumps), Nick Ferrentino (distance), Chris Gehl (distance) and Gendel Gul (jumps) and junior Mike Reilly (shot put). **Paramus** has a very good senior class led by Joe Vargas (hurdler/jumper), Andrew Lafer (distance), Sean Moffett (sprints/pole vault), Ilya Spektor (sprints), Chris Stuart (distance), and Natick Vaghasia (sprints/jumps). **Passaic Valley** has a solid team led by sectional champ Nico Stabile (800), Brian Piccirillo (distance), sprinter Omar Abbasi, shot putter Jon Martinez and senior throwers Ben and Tom Homstra. Senior Mo Gadalia (distance) leads **Ramapo**. **Teaneck** is a league and sectional contender led by seniors Hesham Azzam (sprints), Dahn Pratt (jumper/sprinter), Chris Goins (hurdles/sprints),

Brandon Hambric (sprints/hurdles), Terence Culver (Sprints) and Kwabena Bonsu (multi-events) and junior Casey Pleasants (sprints). **Wayne Valley** is led by juniors Mark Sheptock (distance) and Dan Losowyj (jumps).

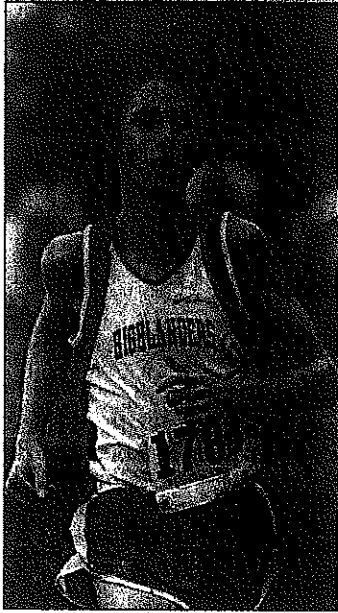
Group 4

Clifton is led by seniors Vic Almonte (600) and junior James Sahanas (distance). **Eastside** looks to distance standout Salim Corbin and sprinter Willie Lewis. **Kennedy** has senior jumper Curtis Winters. Junior distance star Danny Rondon and senior Joseph Madera (800) are **North Bergen's** top returnees. **Passaic Tech** has a very good team with seniors Antwonnie Davis (high jump), Denzel Guy (high jump), Nicoy Hines (300-1,000 and hurdles), Shavoy Lawrence (hurdles), and Garrett Thomas (Hurdles). **Ridgewood** is rebuilding behind senior Taro Shigenobu (distance) and junior Tom DeVita (high jump).

Non-Public

Sprinter Will Ring should be **Bergen Catholic's** best. **DePaul** returns senior sprinter Sal Giardina, senior hurdler John Veltri and distance runners Connor O'Brien and Kevin Schumann. **Don Bosco** looks to seniors Marvin Whilby (sprints), Rob Molke (distance) and Leighton Spencer (distance) to contend again in the states and Bergen Relays. **Paramus Catholic** has good seniors in Da'Von Robinson (distance), Justin Schneider (hurdles), and shot putter Patrick Thomas. **Pateron Catholic** returns soph distance ace Anthony Andrews and junior sprinter Javon Brown.

Boy athletes to watch



DON SMITH/STAFF PHOTOGRAPHER

Tommy Gaidus of Northern Highlands is one of the area's top middle distance runners.

Rob Albano, Pequannock, 1,600 and 3,200 meters, senior: Albano, with a limited schedule, should improve on last year's fifth-place finish in the State Group 1 3,200 meters after an outstanding cross-country season where he won the North 1, Group 2 sectional title and had a top 10 finish in the State Group 2 meet, which propelled him to the State Meet of Champions.

Lomie Cunningham, Bergen Tech, 55 to 400 meters, senior: A second team All-Bergen selection in the 300 meters last year, he earned medals in the NNJIL A 55 and 300 races and was also a 300-meter medalist in the Bergen County championships.

Tom DeVita, Ridgewood, high jump, junior: A second team All-Bergen selection last year, he was third in the NNJIL B, second in the Bergen County championships and third in the North 1, Group 4 sectionals. He just missed a medal at the State Group 4 championships.

Mark Filandro, Indian Hills, 200 to 800 meters, junior: He made All-Bergen last year while running a leg on Indian Hills' Bergen County best 4-x-800 team. But he showed enough individually to make him a contender for top honors this year by taking second in the Group 2 sectionals 400, fourth in State Group 2 and a surprise fifth in the Eastern States.

Tommy Gaidus, Northern Highlands, 800 to 1,600 meters, senior: He had a solid cross-country season and was All-Bergen in the 1,600 last winter with three major titles. He was also second in the Bergen County and Group 3 sectionals and fourth at the Varsity Classic.

Nicoy Hines, Passaic Tech, 300 to 1,000 meters, 55 hurdles, senior: He might be better known as a center fielder, but Hines may be one of the best indoor hurdlers in the state after winning the Passaic title, taking second in the Northern Hills and Group 4 sectionals and eighth in State Group 4 last year. He also was fourth in the Passaic 1,000.

Raldaine McDonald, Englewood, 55 to 300 meters, senior: He won four major sprint titles last winter, dominating at the BCSL American, Bergen County and North 1, Group 2 sectionals, before missing the Group 2 State race - but he'll improve on his 6.51 clocking this year, seventh in Bergen history.

Ryan McVeigh, River Dell, 400 to 800 meters, senior: He was part of River Dell's fine football team the past two years, but his greatest strength is in track and probably in the indoor 600 meters, where he took second in Bergen County and won the BCSL American championship last winter.

Patrick Thomas, Paramus Catholic, shot put, senior: Another football star who is good in track, he won the NNJIL C, took second in Bergen County, was fifth in the Non-Public A meet and was third in the Garfield Classic finals last winter.

Marvin Whilby, Don Bosco, 55 to 400 meters, senior: While his teammates were tearing up the football field and cross-country course, he was training hard for what should be a terrific season. He was the NNJIL C champ, second in Bergen and second in Non-Public A in the short sprint last year.

INDOOR TRACK

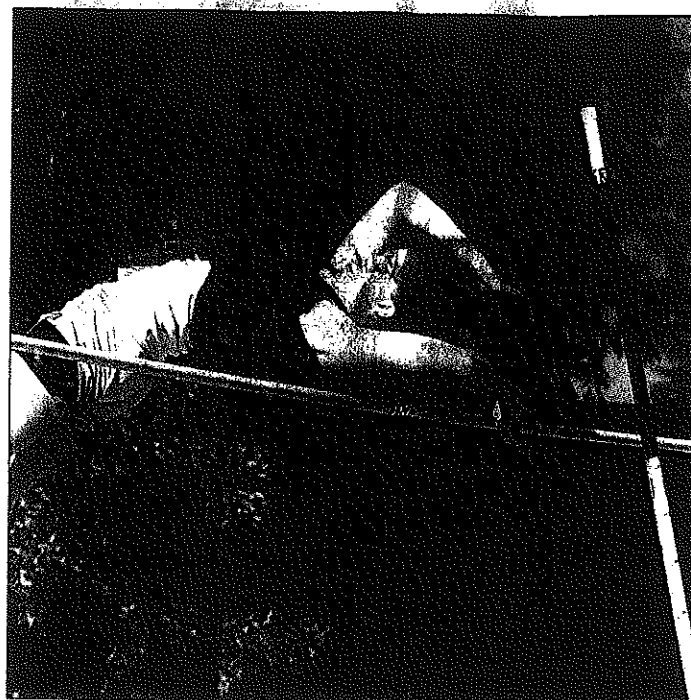
GIRLS: AROUND THE GROUPS

Group 1

Butler is led by sophomore hurdler Rachel Vaccaro and junior jumper Monica Loranger. **Hasbrouck Heights** has a shot at the sectional title behind a deep team led by seniors Alyssa Connors (shot), Angela Cristoflo (jumps/hurdles), Aundrea Georgatos (400, high jump), Tess Miller (sprints), Cadea Robinson (800), junior Sam Guerra (distance) and long sprinters Naomi Robinson and Jennifer Nass, both sophomores. **Kinnelon** has returnees in sophomore sprinter Justine Gray, junior Mariel Flood (400) and sophomore Lexie Greitzer (800). Sophomore hurdler Melanie Lewis is **Midland Park's** best. **New Milford** has a good senior class led by Alanna Blocklin (middle distance), Ashley Vargas (distance), Trisha Javaluyas (distance), Kelly Chicco (shot), Kelly Dunbar (shot) and Abigail Talla (hurdles). Distance runners Kristen Gray and Heather Lehmann lead **Park Ridge**. **Pascack Hills** should have a pair of stars in senior Jenn Sant'Anna (800, hurdles) and junior Julieanne Fontana (400, 800). Seniors Brittany Palish and Melissa Robbins should also help. **Pompton Lakes** counts on senior Kara Falvey and sophomore Melanie DeMio. **Rutherford** is a good team led by seniors Katie Landrigan (sprints), Heather Gearity (400, hurdles, high jump). **Saddle Brook** has a solid team led by seniors Nicole Presti, Jazmin Horton (400, 800), Michelle Favre (pole vault), juniors Katelyn Laube, Shayla Heslen (hurdles) and sophomore Brielle Sutter. **Waldwick** is led by distance runners Kelsey Dunn, Jenna Hascup and Valerie Bedrock and shot putter Jade Murphy. **Westwood** has fine distance runners in Ceile Brennan and Teresa Gagliostro and a multitiered Tara Keegan. **Wood-Ridge** is led by seniors Alexa McAvoy (sprints) and Kasia Gawryluk (distance).

Group 2

Bergenfield is led by senior shot putter Angela Acosta and hurdler Lauren Empleo. **Dumont** has a large turnout, but little experience, led by seniors Brielle Barclay (sprints, high jump), senior



DON SMITH/STAFF PHOTOGRAPHER

Saddle Brook's Michelle Favre holds the Bergen County pole vault record, having cleared 11-6 last winter.

a good shot putter in sophomore Jasmine Yacoub. **Lakeland** has a good senior class of Daria Holm (hurdles), Jaime Petrella (hurdles), Taylor Zelitsky (jumps), Nicole Rutkowski (shot), Kylie Vuksanic (shot), Vicki Viola (sprints), Lara Dominianni (middle distance) and Jackie Rivera (distance). **Mahwah** has an excellent team led by seniors Alex Fede (distance), Natalie Rowland (distance), Ashley Walker (pole vault), Kirsten Bowens (hurdles, jumps), Allie Ritchards (jumps) and Hailey Warnet (sprints) and sophomores Victoria Mold (sprints) and Melinda Rothman (jumps). **Ramsey** is led by juniors Diane Bain (sprints), Alex Clinton (distance) and senior Jessica Cola-Pinto (shot). **Ridgefield Park** will be much improved behind junior Rachel Pena (shot, high jump), junior Haily Simone (hurdles), sophomore Danielle Pena (jumps) and sophomore Steph Encarnacion (jumps, hurdles). **River Dell** looks to distance runner Sarah Hyman and shot putter Jill Hudson for improvement. **Tenafly** has some potential stars in seniors Ally Legend-Siegel (distance), Toni Gatchalian (sprints), Monica Landy (middle distance) and depth from seniors Yoon

Danko (sprints), juniors Farin Fathali (sprints), Jenna Spector (pole vault), Allison Bordogna (sprints) and Alessandra Piazza (hurdles) and sophomore Jen Stefanik (sprints). **Hackensack** is led by senior Charissa Johnson (sprints), junior Crystal Gardner (sprints) and junior Miriam Rodriguez (jumps). **Northern Highlands** has a pair of distance runners in senior Charlotte Tregelles and junior Justine Schnell, who had terrific cross-country seasons. **Old Tappan** could be a contender for league honors behind seniors Jackie Geitz (sprints, jumps), Gina Germinaro (pole vault, jumps), Tamar Hagopian (sprints, jumps), Kara Leary (sprints, jumps), juniors Gianna Aballe (sprints, jumps), Monique Plescia (distance), sophomore Maggie Loudon (middle distance) and junior transfer Christine Spilka (middle distance). **Paramus** has a good sprint and jump team led by seniors Jessica Altamira, Liz Chen and Paige Nicoletti, but needs senior Steph Hios and Erin Benson (middle distance) to step up. **Passaic Valley** is led by seniors Michelle Ponuznik, Jaclyn Douman, Aja Kalenikova and junior Megan Worrall. **Ramapo** hopes senior

(middle distance) and sophomore Aresha Hampton (shot) also major contributors. **Wayne Hills** is led by senior distance runner Arianne Bakelmun and a solid group from the Patriots' Passaic County runner-up cross-country team. **Wayne Valley** looks to sophomore Rachel Herrick (long sprints), juniors Anna Yang (long jump, distance) and Alana Pantale (shot) and seniors Maryanne Lubarsky (middle distance) and Danielle Wardrop (shot) for old seasons.

Group 4

Clifton has standouts in seniors Eloisa Paredes (distance) and Kayla Santiago (middle distance) and juniors Kerry Sorenson (distance) and Emily Urciuoli (pole vault, high jump, hurdles). **East-side's** best are senior Tewanna Price (sprints) and sophomores Kailya Bailey (sprints) and Mariar Morris (long sprints). **Kennedy** looks to junior Jaivaria Bacote (middle distance). **Passaic** returns seniors Charlene Boria (distance) and ChiChi Okoronkwo (shot). Junior Amber Allen (sprints), seniors Kadaisha McPherson (sprints), Monique Graham (triple jump) and Ashley Sanchez (shot) and sophomore Jamelia Johnson (sprints) lead **Passaic Tech**. **Ridgewood** will rebuild with junior hurdler Victoria Oliva, senior pole vaulter Robin Lee and senior thrower Megan Gonzalez.

Non-Public

DePaul has a great group of returnees in seniors Gia Eure (jumps, sprints), Christie Gage (sprints), Ashley Suermann (middle distance), Nicole Beljakovic (jumps, sprints), junior Michelle Trifari (middle distance) and sophomore Alyssa LaGuardia (distance). **Holy Angels** could be a powerhouse with seniors Suzana Markolovic (middle distance) and Marie Minasi (jumps), juniors Kaleigh Kenny (distance), Casey Perez (sprints) and Katie Sylvester (distance) and sophomores Maureen Crimmins (middle distance) and Jen Molke (distance). **IHA** is the team to beat again with seniors Sarah Pagano (distance), Mary Kaye Duff (distance) and Shannon Sullivan (shot) and juniors Serenity

Girl athletes to watch



CHRIS PEDOTA/STAFF PHOTOGRAPHER

Passaic Tech's Amber Allen might expand her range to the 600 and 800 this season.

Amber Allen, Passaic Tech, 55 to 800 meters, junior: Last winter's North Jersey Track Athlete of the Year could be even better this year after taking second in the State Meet of Champions 400 and third in the Eastern States. She might show more range with some 600- and 800-meter races.

Kristen Brown, Englewood, 55 meters, senior: The quiet sprint star was All-Bergen last year with four major titles, including the BCSL American and Bergen County titles, and four runners-up finishes, including in the North 1, Group 2 sectional race.

Gia Eure, DePaul, long and triple jumps, 55 meters, senior: An All-Passaic choice as a triple jumper last year after winning the County championship, she is a triple-threat athlete with several long jumps beyond 16 feet, and was third in the Non-Public A 55-meter dash.

Michelle Favre, Saddle Brook, pole vault, senior: The Bergen County record holder at 11 feet, 6 inches, which she made last winter in winning the Metropolitan Invitational, North 1, Group 1 sectional and State Group 1 titles before taking fourth in the State Meet of Champions and third in the Eastern States, she could take it much higher this winter.

Heather Gearity, Rutherford, high jump, 55 hurdles and pentathlon, senior: One of the best all-around athletes in the state, she won two titles at the BCSL American meet, had two seconds and two wins at the North 1, Group 1 sectional championship and then scored 2,844 points to win the Bergen County pentathlon championship.

Michelle McCourt, IHA, 300 to 600 meters, junior: The All-Bergen 600-meter champion last winter, she was the final piece in an IHA distance medley puzzle, which set the Bergen County indoor record in the event and earned a bid to the Penn Relays. She was also fourth in the Non-Public A 400 meters.

Erin McKenna, Ramapo, 800 to 3,200 meters, senior: A two-time All-Bergen winter track selection who has battled injuries for most of the past year, but still was third in the State Meet of Champions 1,600 meters and hopes to break the five-minute barrier.

Janay Mitchell, Teaneck, 55 to 400 meters, senior: A two-time All-Bergen 300 meters selection, she won the NNJIL B and Bergen 300 titles and the Group 3 sectionals and NNJIL 55-meter races, before taking third in State Group 3 and eighth at the State Meet of Champions. She should excel at the Coigate Women's Games this winter.

Julie Sinkovitz, IHA, 600 to 1,000 meters, junior: A versatile runner who earned All-Bergen cross-country honors in the fall, she was an integral part of IHA's 4-x-400 and 4-x-800 relay teams that earned All-Bergen honors and was a part of the outstanding distance medley team. She's ready to shine individually this year.

Emily Urciouli, Clifton, pole vault, long jump, 55 hurdles, junior: An indoor and outdoor Passaic County record holder, she won only two titles last year, at the Indian Hills Invitational and the Passaic championships — but in a notoriously inconsistent event. She was a model of consistency, earning eight medals in nine meets, including a sixth in the State Meet of Champions.

Spiked Shoe Invite Mon. 12/22/08

***** Results *****

55m:

Boys-

Varsity- Matt Grundy- 7.0, Max Witt- 6.8/6.8/6.7 (**3rd**), Noah Hoh- 7.0,
Matt Lavitsky- 7.0/7.0, Dan Nagano-Gerace- 7.2

Novice- Amir Jahanbin- 7.1, Alex Quararoaro- 7.8, Jamie Eliya- 8.1,
Andrew Hong- 7.6, Anthony Ventura- 7.6, JoeHyun Hwang- 7.8,

Frosh- James Lee- 8.1, Ryan Pretorius- 7.9, Andrrew Choi- 8.6, Tom Diorio- 8.1,
InHo Hwang- 7.3/7.3/7.4 (**6th**), bothers... 8.0 and 7.9

Girls-

Varsity- Jenny Bitzer- 8.1, Catherine Buckley- 8.1

Novice- Haley Roche- 8.5, Rita Muzio- 8.5, Izzy Marx- 8.6, Denise Ortega- 8.6,
Neshat Yazdani- 9.2, Jasmine Choi- 8.7, Haley Press- 8.6, Hanna Vedder- 9.2,
Lindsey Muhlstock- 8.9, Kelsey Zwyhwn- 9.3, Sera Yoon- 8.6, Kat Bonelli- 8.9,
Alicia Cho- 9.8, Grace Reynolds- 9.9, Nina Patterson- 8.6

Frosh- Christine Chung- 9.9, Mia Duarte- 8.9, Haley Jaras- 8.8, Hannah Gilliland- 9.4,
Nicole Hronich- 8.6, Deidre Casey- 8.7

55m HH:

Boys-

Varsity- Tom DeVita- 8.9, InSoo Hwang- 8.3

Novice- Sean Mattson- 9.2/9.0, Matt Beausoleil- 9.7

Frosh- David Suh- 11.4, Mark French- 11.2, Nick Tai- 10.9, InHoo Hwang- 11.2

Girls-

Varsity- Victoria Oliva- 9.9, Robin Lee- 10.2, Jenny Narvaez- 9.8/9.6

Novice- Maeve Casey- 10.1, Sarah DeVita- 10.0/9.8/10.2, Hailey Press- 11.3

Frosh- Deirdre Casey- ?

1600m:

Boys-

Varsity- Andrew Fine- 4:37, Brian Cleary- 4:39, Pat Rynkowski- 4:49,
Sean Martyn- 4:53

Novice- Marco Iacoveillo- 5:08, Steven Fishbein- 5:33, Matt Granski- 5:16,
Yuki Kawahara- 4:59, Nick Weisberger- 5:24

Frosh- Ben Fishbein- 5:26

Girls-

Varsity- Hilary Barr- 5:56, Alex Scibetta- 5:49, Tory Middleton- 5:42,
Grayson Llerandi- 5:45, Megan Granski- 6:26,
Courtney Schofield...aka (Birthday Girl)- 5:51

Novice- Okwuchi Onwubu- 6:16, Jessie Kirshner- 7:35, Katie Martin- 6:15,
Margaret Mullen- 6:09

Frosh- Emily Riemer- 6:34, Lauren Kirshner- 6:41, Jen Yook- 6:38,
Summer Neborsky- 6:37

800m:

Boys-

Novice- Jon Reimer- 2:16.5, Eric Kritzer- 2:27, Mohamed Eid- 2:34,
Steven Fishbein- 2:35, Alec Ontiveros- 2:16, Justin Jenkins- 2:11 (2nd),
Connor Martyn- 2:21

Frosh- Ben Fishbein- 2:43

Girls-

Novice- Casey Reilly- 2:50, Hannah Holland- 2:42

Frosh- Maggie Kelly- 3:15, Caroline Davidson- 2:50, Andrea Scibetta- 3:05,
Vicky Garcia- 3:22, Meagan Troll- 3:12

200m:

Boys-

Varsity- Matt Grundy- 24.5, Noah Hoh- 26.1, Matt Lavitsky- 24.8,
InSoo Hwang- 23.9, Dan Nagano-Gerace- 26.0

Novice- Amir Jahanbin- 27.5, Alex Quararoaro- 29.3, Zach Vinci- 25.6,
Wyatt Vinci- 26.9, JoHo- 28.3, brother- 29.0, Sean Mattson- 25.3

Frosh- James Lee- 29.1, Ryan Pretorius- 27.7, Andrew Choi- 29.5, David Suh- 30.8,
Mark French- 29.8, Nick Tai- 27.0, InHo- 26.4

Girls-

Varsity- Jenny Bitzer- 29.0, Victoria Oliva- 28.1, Jenny Narvaez- 28.1

Novice- Rita Muzio- 31.9, Izzy Marx- 33.2, Neshat Yazdani- 34.7, Akiko Miyagi- 36.4, Haley Press- 34.4, Hanna Vedder- 36.6, Kelsey Zwylhwn- 34.1, Kat Bonelli- 35.6, Nicole DeSimone- 30.4, Maeve Casey- 30.2, Nina Patterson- 32.1, Grace Reynolds- 38.9

Frosh- Christine Chung- 37.0, Hannah Gilliland- 34.2, Deirdre Casey- 33.3

4 x 800m: (varsity only)**Boys-**

(1) Andrew Fine, Brian Cleary, Justin Jenkins, Sean Martyn
8:48.9 (5th) 2:08.9 2:11.8 2:11.5 2:16.7

(2) Pat Rynkowski, Matt Granski, Yuki Kayagawa, Marco Iacoveillo
DQ 2:16.6 2:18.9 2:18.5 NA

Girls-

(1) Tory Middleton, Grayson Llerandi, Alex Scibbeta, Catherine Buckley,
10:33 2:30.8 2:43.3 2:40.6 2:38.4

(2) Hilary Barr, Meghan Granski, Okwuchi Onwubu, Courtney Schofield
11:08 2:44 2:53 2:51 2:43.5

(3) Katie Martin, Casey Reilly, Margaret Mullen, Hannah Holland
11:20 2:52 2:51 2:48 2:48

4 x 400m:**Boys-**

Varsity- Matt Grundy, InSoo Hwang, Max Witt, Matt Levitsky
3:44.9 (6th) 55.5 52.6 58.8 58.2

Novice- Boys:

(1) Connor Martyn, Erik Kritzer, Mohameed Eid, Jon Reimer
4:14 63,1 65.7 68,8 56,9

(2) Ben F, Nick W, Tommy D, Alec O
4:26.6 79.2 65.1 60.9 62.6

Frosh-

(1) Andrew Choi, Mark French, David Suh, Tom Diorio
4:26.4 (4th) 71.1 66.5 68.2 68.2

(2) Ryan Pretorius, James Lee, Nick Tai, InHo Hwang
4:13.1 (1st) 64.1 68.6 60.2 60.3

Girls-

Varsity- Victoria Oliva, Catherine Buckley, Jen Bitzer, Jenny Narvaez
4:21.6 (4th) 65.9 65.4 66.6 63.8

Novice-

Girls:

(1) Sarah D, Nina P, Izzy M, Nicole D
4:47.9 70.7 73.0 72.5 71.8

Frosh:

(1) Maggie, Chritine, Hannah, Dierdre C
5:28 88.7 88.9 83.8 76.6

(2) Caroline, Scibetta, Jen Yook, Caroline D
5:09 (5th) 76.9 76.0 77.5 73.0

(3) Lauren K, Nebrosky, Megan T, ???????
5:28 83.5 81.5 79.1 90.0

Long Jump:

Boys-

Varsity- Max Witt- 18'3", Matt Levitsky- 16'5", Dan Nagano-Gerace- 16'7"

Girls-

Varsity- Sarah DeVita- 14'5", Haley Roche- 12'6",

Novice- Nicole DeSimone

Frosh-

Triple Jump:

Boys-

Varsity- Matt Grundy- 36'1/4"

Girls-

Varsity- Robin Lee- 30'10"

Novice- Denise Ortega- 27'11 1/2"

High Jump: (Varsity only)

Boys- Tom DeVita- 6'2" (2nd), Matt Beausolei- 5'2"

Girls- Sarah DeVita- 4'10" , Haley Roche- NH

Pole Vault: (Varsity only)

Boys- Max Witt- NH

Girls- Robin Lee- 8'6" , Ramelle Brown- 8'6"

Shot Put: (Varsity only)

Girls- Megan Gonzalez- 31'11" , Christine Nelson- 22'0" , Nicole Hronich- 21'0"

Comments:

A nice opener for us. I loved to see the support everyone had for one another. This will be a good building block for us. You know how hard it is to place in these meets, so we have to continue to work hard and set reachable goals.

Fort Lee's Chediak leaps into spotlight

By **PAUL SCHWARTZ**
STAFF WRITER

NEW YORK - It's not like Fort Lee's Dan Chediak had never had success in a hurdles race. The senior had taken second last spring in both the Bergen County Division B and BCSL American 110-meter hurdles and even qualified for the Group 3 State championship in the event.

But his win Monday night in the 55-meter hurdles at the Spiked Shoe Holiday Festival meet at the Armory Track Center left him all but speechless.

"I'm shocked, I'm still in shock," said Chediak after upsetting

Brandon Hambric of Teaneck en route to his first major indoor title and

running each of his heats faster than any he had run before. "I didn't think my time would drop down so much this fast."

But new Fort Lee head coach Ed Garrison is one of the state's finest hurdles coaches, most recently guiding the Englewood shuttle hurdles team to the Group 2 State title last winter, and in a few weeks has taken Chediak to a new level.

"We just do drills and more drills and more drills," said Chediak, who ran 7.8 in the final after clocking 7.5 and 7.6 in trials. "I've been three-stepping since I was a sophomore, but now I feel like my technique is getting much better."

Chediak, who also cleared 12-6 in the pole vault last spring, was sixth in the vault Monday at 11-6.

"I think my vaulting technique helps me in the hurdles, because it's all about leg placement. Coach Jay [the now retired Paul Jayson] taught me that and between him and coach Garrison, I've been fortunate to have two great coaches to make me better."

Chediak is hoping to run in college, possibly at New York University or Fordham, but knows one good or even great race does not a season make.

"Being consistent is what I'm aiming for," Chediak said. "No college coach is going to want me to run if I have one great race, they're looking for a great season."

Immaculate Heart's Michelle McCourt knows that one great race can be the springboard for a great season. And the Blue Eagles' junior, in her first 800-meter race, led wire-to-wire and won in 2:26.5.

"I really wasn't up for the race, but Matt [Flynn, the IHA coach] has been telling me I would be good at it," said McCourt, the 2007-08 All-Bergen County 600 runner. "I thought, 'wow, four laps,' but it's not as bad as I thought it would be."

McCourt, who starting running as an eighth-grader at St. Peter's of River Edge, has gone from being a newcomer to a veteran on the reigning State Non-Public A championship team.

"It feels good to have freshmen looking up to you and asking you for advice," McCourt said. "But I still look up to people like Sarah Pagano, too."

INDOOR TRACK

SPIKED SHOE MEET

Marine Corp Invite

Sat. Dec 27, 08

Results:

4 x 55m HH:

Boys- Tom DeVita, Sean Matson, Matt Beausoleil, InSoo Huang

35.33.... 8.6 9.0 9.6 8.0

Girls- Jen Narvaez, Victoria Oliva, Sarah DeVita, Maeve Casey

38.63.... 9.6 9.5 9.7 9.8

Dartmouth Results 2009

1/10/09

1 mile:

Boys- Brian Cleary- 4:40.24, Sean Martyn- 4:57.18, Pat Rynkowsky- 5:00.44

Girls- Courtney Schofield- 5:48.95, Hilary Barr- 5:50.01, Alex Scibetta- 5:51.41

2 mile:

Boys- Taro Shigenobu- 9:34.90 (3rd), Andrew Fine- 10:02.69

Girls- Grayson Llerandi- 12:32.16

55m HH:

Boys- Tommy DeVita- 9.17

Girls- Robin Lee- 10.65, Jenny Narvaez- 10.37, Victoria Oliva- 10.32,
Sarah DeVita- 10.11

55m:

Boys- Matt Levitsky- 7.31, Max Witt- 6.93, Matt Grundy- 7.09

Girls- Jenny Bitzer- 8.28

400m:

Boys- Matt Grundy- 53.79, Matt Levitsky- 57.23

300m:

Boys- InSoo Huang – 37.11 (5th)

Girls- Jenny Narvaez- 45.02, Victoria Oliva- 47.00, Jenny Bitzer- 47.27

800m:

Boys- Jon Riemer- 2:09.03, Justin Jenkins- 2:13.85

Girls- Torey Middleton- 2:32.08

600m:

Girls- Catherine Buckley- 1:44.10

4 x 200m:

Boys- Max Witt, InSoo Huang, Tommy DeVita, Matt Grundy
1:36.51..... 24.6 23.5 24.4 24.1

Girls- Catherine Buckley, Victoria Oliva, Robin Lee, Jenny Narvaez
1:52.20 (4th)..... 28.4 28.2 27.8 27.8

4 x 800m:

Boys- Brian Cleary, Jon Riemer, Sean Martyn, Pat Rynkowski
8:48.23..... 2:07.02 2:11.7 2:13.8 2:15.4

Girls- Torey Middleton, Alex Scibetta, Courtney Schofield, Grayson Llerandi
10:41.86..... 2:33.2 2:38.9 2:38.2 2:47.0

Long Jump:

Girls- Sarah DeVita- 15'2 ¼"

Triple Jump:

Girls- Robin Lee- 32' 8 ¾"

High Jump:

Boys- Tommy DeVita- 6'0"

Girls- Sarah DeVita- 4'10"

Pole Vault:

Girls- Robin Lee- 9'6" (6th), Ramelle Brown- 8'6"

Shot Put:

Girls- Megan Gonzalez- 32'2 ¾"

Comments:

Definitely one of our more successful Dartmouth trips!! Great job. We had some great early season performances and had fun in the process. Congrats to Taro, Robin, InSoo and the girls 4 x 200m for placing. That is a nice accomplishment in this tough field. Fun time...you guys are great kids!!! Keep the focus for good things to come!!

SUNDAY, JANUARY 11, 2009

Shigenobu strong in two-mile race

Taro Shigenobu of Ridgewood finished third in the two-mile at the Dartmouth Relays in Hanover, N.H., on Saturday with an excellent early-season time of 9:34.90, a top 25 time in Bergen County history.

Shigenobu, who qualified for the Nike Cross-Country Nationals in December, made his indoor track debut in the meet that included teams from all of the New England states and New York in addition to New Jersey.

Will Ring of Bergen Catholic ran the fastest 300 of the year in North Jersey, 36.93, finishing third. Ridgewood sophomore In Soo Hwang of Ridgewood was fifth in 37.11 in the same event.

Hackensack's Lawrence Bantom was third in the triple jump with a leap of 42-1½. Bergen Catholic took fifth in the sprint medley in 3:44.73 and capped the meet with a

INDOOR TRACK

third-place finish in the 4-x-400 relay in 3:31.10, the fastest in North Jersey this year.

Other top performances by North Jersey athletes included Joel Douglas of Hackensack, second in the morning mile in 4:38.14, Brian Cleary of Ridgewood was fifth in 4:40.24 and Ridgewood's Andrew Fine was second in the morning two-mile at 10:02.69.

Robin Lee of Ridgewood became the ninth Bergen girl over 9-6 in the pole vault to take sixth and the Ridgewood girls 4-x-200 relay team was fourth in 1:52.20.

North Bergen junior Dan Rondon was third in the two-mile at the Hispanic Games at the Armory Track Center in New York in 9:35.72.

North Jersey Invite

Mon. 1/12/09

Results:

55m HH:

Boys- Tom DeVita- 9.4, Matt Beausoleil- 9.4, Sean Mattson- 9.4,
InSoo Huang- 8.3

Girls- Jenny Naevaez- 9.8/9.7, Maeve Casey- 9.9/9.9, Victoria Oliva- 9.7/9.6/9.7 (6th),
Sarah DeVita- 10.1/9.9

55m:

Boys- Max Witt- 6.8, Matt Grundy- 6.9, Matt Levitsky- 7.1, Dan Nagano- 7.4

Girls- Jenny Bitzer- 8.1, Robin Lee- 7.8

3200m:

Boys- Andrew Fine- 10:03.5 (2nd), Brian Cleary- 10:04.4 (3rd)

Girls- Grayson Llerandi- 12:24.0 (5th), Alex Scibetta- 13:13, Courtney Schofield- 12:47

4 x 800m:

Boys- Justin Jenkins, Sean Martyn, Alec Ontiveros, Yuki Kawahara

9:01.3 2:11.3 2:13.2 2:17.5 2:19.3

Girls- Emily Garber, Okwuchi Onwubu, Hanako Shigenobu, Hilary Barr
10:42.4 (6th) 2:45.1 2:48.7 2:33.9 2:34.8

600m:

Boys- Matt Grundy- 1:34.6, Jon Reimer- 1:31.7

Girls- Catherine Buckley- 1:48.6 (5th), Casey Reilly- 2:00.6

1000m:

Boys- Taro Shigenobu- 2:42.0 (2nd)

Girls- Torey Middleton- 3:18.6 (5th), Katie Martin- 3:43.0

300m:

Boys- InSoo Huang- 37.7 (6th), Tom DeVita- 40.8 Sean Mattson- 40.7,
Dan Nagano- 44.0, Matt Beausoleil- 43.3, Matt Levitsky- 39.8

Girls- Robin Lee- 45.9, Maeve Casey- 50.3, Sarah DeVita- 47.6, Jenny Narvaez- 45.9

1600m:

Boys- Taro Shigenobu- 4:39.7 (1st), Andrew Fine- 4:48.0, Brian Cleary- 4:52, Sean Martyn- 5:03, Yuki Kawahara- 5:09, Steve Fishbein- 5:46, Matt Gransky- 5:21

Girls- Grayson Llerandi- 5:55, Alex Scibetta- 5:58, Emily Garber- 6:07, Courtney Schofield- 6:00, Hanako Shigenobu- 6:01, Hilary Barr- 5:56, Megan Granski- 6:32, Okwuchi Onwubu- 6:09

4 x 400m:

Boys- Matt Grundy, Max Witt, Jon Reimer, InSoo Huang
3:41.8 (5th) 55.4 57.3 55.5 53.0

Girls- Victoria Oliva, Jenny Navaez, Jenny Bitzer, Catherine Buckley
4:27.0 70.6 63.2 67.9 65.9

Comments:

Our first team scored meet. We came up just a bit short on the guys side and lost to Don Bosco by 3 pts. We fought hard and did well. On the girls side we had some nice efforts and have to set goals to keep improving. We have the county relays in a couple of weeks and we must be at our best in order to compete.

INDOOR TRACK

NORTH JERSEY INVITATIONAL

AT ROTHMAN CENTER, HACKENSACK

BOYS

Team Scores

Boys A: Don Bosco (DB) 38; Ridgewood (R) 35; Passaic Tech (PCT) 34; Eastside (East) and Paramus Catholic (PC) 16; Teaneck (T) 15; Northern Highlands (NH) 12; Fort Lee (FL) 10; Ferris (F) 8; Shabazz (Sh) 4; Bergen Tech (BT) 1.

Boys B: Paterson Catholic (PatC) 28; Englewood (E) 18; Indian Hills (IH) 17; Glen Ridge (GR) 10; St. Joseph (SJR) 8; St. Patrick (SP) 6; Pascack Hills (PH) 4; Ridgefield Park (RP) 1.

55: 1. Marvin Whilby (DB), 6.5; 2. Waydell Harris (F), 6.5; 3. Raldaine McDonald (E), 6.6; 4. Jordan McFadden (PatC), 6.6; 5. Kamal Hogan (G), 6.8; 6. Darnian Miles (T), 6.8.

55 NH: 1. Brandon Hambric (T), 7.6; 2. Dan Chediak (FL), 7.6; 3. Nicoy Hines (PCT), 7.9; 4. Chris Goins (T), 8.3; 5. Justin Schneider (PC), 8.4; 6. Kevin Kuruc (Rms), 9.0.

300: 1. Nicoy Hines (PCT), 36.7; 2. Raldaine McDonald (E), 37.1; 3. Lawrence Brown (SP), 37.4; 4. Barry Clark (SH), 37.5; 5. Billy Griffith (DB), 37.6; 6. Insoo Hwang (R), 37.7.

600: 1. Garrett Barbalinudo (GR), 1:26.2; 2. Nicoy Hines (PCT), 1:26.8; 3. Javon Brown (PatC), 1:27.0; 4. Keegan Carter (PC), 1:27.9; 5. Troy Coonrad (Rms), 1:29.5; 6. Dan Fitzgibbons (DB), 1:30.4.

1,600: Tommy Gaidus (NH), 2:41.6; 2. Taro Shigenobu (R), 2:42.0; 3. Leighton Spencer (DB), 2:43.4; 4. DaVon Robinson (PC), 2:42.4; 5. Matiss Batarags (NH), 2:46.4; 6. Adam Mahonchak (IH), 2:47.0.

1,600: 1. Taro Shigenobu (R), 4:39.3; 2. Anthony Andrews (PatC), 4:41.5; 3. Salim Corbin (East), 4:43.7; 4. D.J. Puleo (PH), 4:44.7; 5. Mike Belgiovine (DB), 4:47.3; 6. Andreas Kellas (BT), 4:47.9.

3,200: 1. Raphael Vargas (DB), 9:55.5; 2. Andrew Fine (R), 10:03.5; 3. Brian Cleary (R), 10:04.4; 4. Anthony Andrews (PatC), 10:10.8; 5. Howie Rosas (DB), 10:13.3; 6. Elvis Durakovic (RP), 10:23.4.

4-x-400 relay: 1. Passaic Tech (Hines, Smith, Rousseau, Bennett), 3:37.7; 2. Indian Hills, 3:38.2; 3. Paramus Catholic, 3:40.3; 4. Englewood, 3:40.7; 5. Ridgewood, 3:41.8; 6. Don Bosco, 3:42.0.

4-x-800 relay: 1. Eastside (Tahlief Jackson, Willie Lewis, Justin McKenzie, Salim Corbin), 8:31.6; 2. Indian Hills, 8:38.0; 3. St. Joseph Regional, 8:38.6; 4. Don Bosco, 8:42.8; 5. Fort Lee, 8:44.9; 6. Ramsey, 9:00.8.

GIRLS

Team Scores

Girls A: Holy Angels (HA) 41; Passaic Tech (PCT) 39; Trenton (T) 24; Paramus Catholic (PC) 18; Teaneck (T) 16; Northern Highlands (NH) 11; Ramapo (Rama) 10; Ridgewood (R) 9; Eastside (East) 2; Shabazz (Sh) 1.

Girls B: Ramsey (Rms) 26; Westwood (We) 20; Indian Hills (IH) 14; Rutherford (Ru) 10; Englewood (E) and Glen Rock (GR) 8; Midland Park (MP) and Hasbrouck Heights (HH) 6; Pascack Hills (PH) and Waldwick (Wa) 4; DePaul (De) 1.

55: 1. Myasia Jacobs (PC), 7.2; 2. Kristen Brown (E), 7.2; 3. Janay Mitchell (T), 7.3; 4. Amber Fitchett (Tr), 7.3; 5. Jessica McNeil (East), 7.7; 6. Shontay Harris (Sh), 7.7.

55 NH: 1. Heather Gearity (Ru), 9.1; 2. Andrea Hagins (Tr), 9.1; 3. Mel Lewis (MP), 9.2; 4. Andrea Gates (PCT), 9.5; 5. Mbalu Keita (T), 9.7; 6. Victoria Oliva (R), 9.7.

300: 1. Amber Allen (PCT), 41.5 (record, old record, 41.7 by Tawana Watkins, Kennedy, 2001); 2. Myasia Jacobs (PC), 42.5; 3. Janay Mitchell (T), 43.8; 4. Jamelia Johnson (PCT), 44.5; 5. Shaena Wizzard (T), 45.0; 6. Andrea Gates (PCT), 45.4.

600: 1. Amber Allen (PCT), 1:41.5; 2. Diane Bain (Rms), 1:42.7; 3. Jonnise Pierce (Tr), 1:43.0; 4. Julieanne Fontana (PH), 1:46.0; 5. Catherine Buckley (R), 1:48.8; 6. Michelle Trifari (De), 1:49.3.

1,000: 1. Erin McKenna (Rama), 3:08.5; 2. Justine Schnell (NH), 3:13.4; 3. Sarah Polansky (IH), 3:15.8; 4. Kelsey Dunn (Wa), 3:18.2; 5. Torey Middleton (R), 3:18.6; 6. Christa McLeod (PV), 3:21.5.

1,600: 1. Suzanne Markolovic (HA), 5:39.1; 2. Suzie Romary (GR), 5:40.9; 3. Alex Clinton (Rms), 5:44.1; 4. Kaleigh Kenny (HA), 5:44.6; 5. Teresa Gagliostro (We), 5:48.4; 6. Katie Sylvester (HA), 5:49.6.

3,200: 1. Suzana Markolovic (HA), 11:47.1; 2. Alex Clinton (Rms), 11:47.3; 3. Jen Molke (HA), 12:00.1; 4. Teresa Gagliostro (We), 12:13.6; 5. Grayson Llerandi (R), 12:23.7; 6. Charlotte Tregelles (NH), 12:34.8.

4-x-400 relay: 1. Passaic Tech (Allen, Johnson, Kelly, Gates), 4:13.7; 2. Westwood, 4:15.9; 3. Trenton Central, 4:16.6; 4. Ramsey, 4:22.2; 5. Hasbrouck Heights, 4:22.8; 6. Ridgewood, 4:27.4.

4-x-800 relay: 1. Holy Angels (Kaleigh Kenny, Lily McLoughlin, Katie Sylvester, Maureen Crimmins), 10:19.3; 2. Indian Hills, 10:20.9; 3. Westwood, 10:23.8; 4. Hasbrouck Heights, 10:33.7; 5. Northern Highlands, 10:38.0; 6. Ridgewood, 10:42.4.

INDOOR TRACK: NORTH JERSEY INVITATIONAL

Bosco, Holy Angels struggle, but post wins

By PAUL SCHWARTZ
STAFF WRITER

HACKENSACK — Rob DeCarlo wasn't happy with his team's performance at the North Jersey Invitational Monday night and Howie Schuman was ecstatic.

And both the Don Bosco boys and Holy Angels girls still carried home trophies for the winning the overall (and A Division) titles at the 27th annual meet.

Don Bosco struggled without injured distance standout Rob Molke, but still held off Ridgewood and Passaic Tech to win its third straight Boys A title, 38-35-34, while Holy Angels used its distance strength to hold off Passaic Tech's sprint strength en route to a 41-39 win, the Angels' first North Jersey title. Paterson Catholic's boys edged three-time defending B Division champion Englewood, 22-18, for its first indoor title of any kind, while Ramsey won its third Girls B title in five years, 26-20, over Westwood.

"We were just terrible tonight," said Don Bosco coach DeCarlo. "We've got a lot of work to do before Friday's State Relays if we think we're going to stand a chance there. We made a lot of mental mistakes and if we're going in there without our best runner, everyone else has to pick it up. It's nice to win this meet, but that wasn't what our main concern was tonight, it was to get ready for [the] States and we're not."

Marvin Whilby won the 55 and Rafael Vargas the 3,200 to lead Bosco, which led throughout, although both Ridgewood and Passaic Tech could have won going into the final event, the 4-x-400 relay.

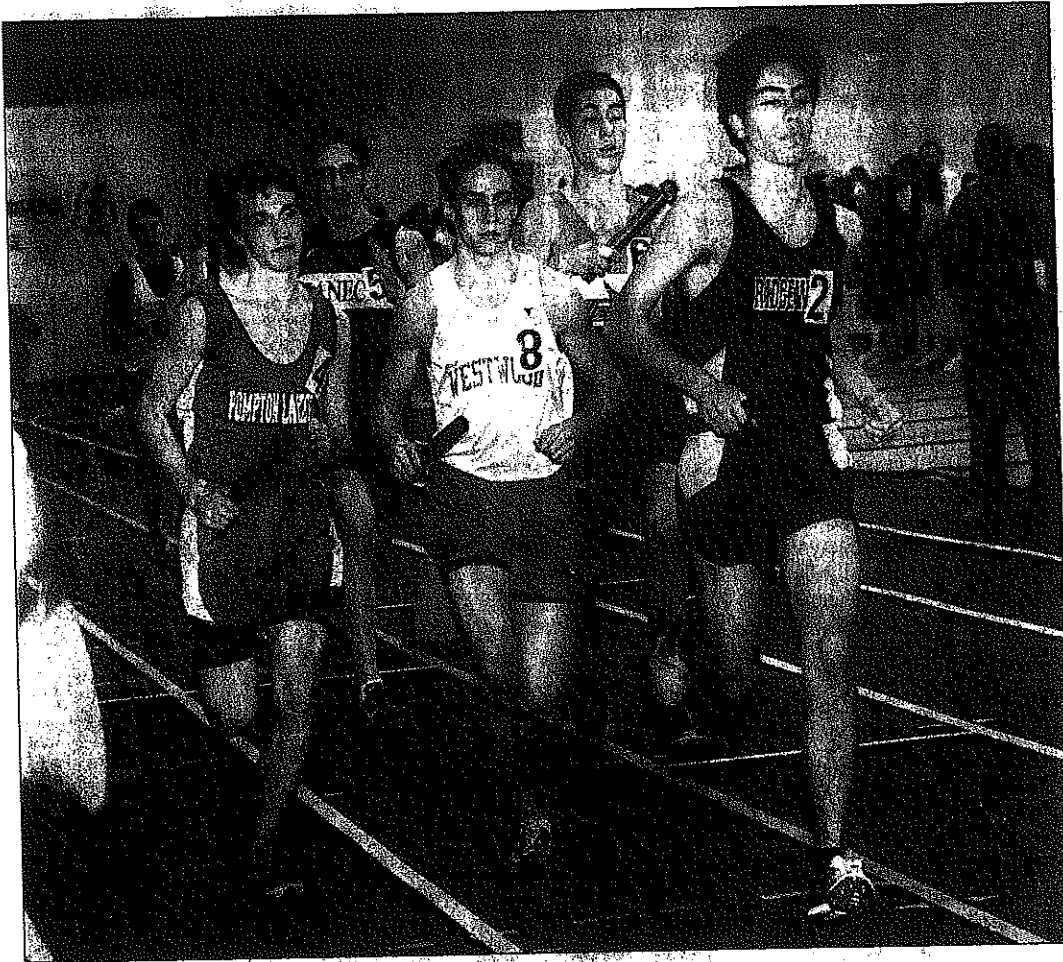
Ridgewood ran third in the first heat, but was bumped to fifth overall as PCT won the race from the second heat. That clinched the meet for Bosco which had to finish no worse than two places behind Ridgewood, if the Maroons were fourth or better.

Schuman was thrilled with Holy Angels' performance, especially a clutch double by senior Suzana Markolovic. "We had Suzana, they [PCT] had Amber Allen and we had a little more depth in the distance than they did in the sprints," said Schuman. "We didn't score in anything under 800 meters and they didn't score in anything over 600."

Markolovic, outkicked Ramsey's Alex Clinton in a tremendous 3,200 meters, winning by less than a yard in an indoor best of 11:47.1, and then ran away on the final lap in the 1,600, leading a 1-4-6 finish for the Angels which clinched the title.

And a good thing too, since PCT's star, Allen, who won the 300 in a meet-record 41.5 and the 600 in a North Jersey leading 1:41.5 had a race left in the 4-x-400 relay.

The wondrous PCT junior split 57.7 to lead her team to a North Jersey-leading and meet-record-tying 4:13.7 clocking in the relay.



CHRIS PETERS/STAFF PHOTOGRAPHER

Ridgewood junior Alec Ontiveros (2) leads the pack in the boys 4 x 800-meter relay race at the North Jersey Indoor Track Invitational on Monday at the Rothman Center in Hackensack.

INDOOR TRACK

Maroons tackle Dartmouth, North Jersey to open 2009

40TH ANNUAL DARTMOUTH RELAYS

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OFF AND RUNNING



CHRIS PETERS/STAFF PHOTOGRAPHER

Ridgewood freshman Hanako Shigenobu (6) takes off at the start of the North Jersey Invitational girls 4 x 800-meter relay race on Monday. Shigenobu teamed up with Emily Garber, Okwuchi Onwubu and Hilary Barr to produce a sixth-place showing of 10:42.4.

BY GREG TARTAGLIA
Assistant Sports Editor

RIDGEWOOD — One of the quirks of the indoor track and field season for Ridgewood High School is that the Maroons have as many meets in New Hampshire as they do in Bergen County.

Although they still have plenty of local competition yet to face, Monday's North Jersey Invitational at the Rothman Center in Hackensack was the only Bergen-based event in which the RHS boys and girls squads will partake this winter. Aside from the state championship meets in the Pocono Mountains, most of the winter meets are held at the New York City Armory in Manhattan.

For starters, Ridgewood kicked off the 2009 portion of its indoor schedule with a visit to Hanover, N.H., for the 40th annual Dartmouth Relays last Saturday. Twenty-five Maroons made the overnight trip, from which they returned with four medals.

RHS head coach Mike Mullin called it, "Definitely one of our more successful Dartmouth trips. In the past, we have placed more [athletes], but I don't think anybody that went this time had a bad performance."

Senior Taro Shigenobu clocked 9:34.90 to finish third in the boys two-mile championship race, his first outing of the winter following a standout cross-country season. His time ranks among the Top 25 in county history. "I've always been injured for indoor track, so this year is definitely a change of pace for me," he said.

Sophomore InSoo Hwang placed fifth in the boys 300-meter dash with a time of 37.11 seconds, and noted that his trip to Nike Outdoor Nationals last spring helped prepare him mentally for high-level events like Dartmouth.

Meanwhile, Maroons senior Robin Lee became just the ninth girl in Bergen County history to clear 9-foot-6 in the indoor pole vault. She finished sixth, two spots ahead of classmate Ramelle Brown (8-6).

The Ridgewood girls also picked up a fourth-place medal in the 4 x 200-meter relay, with Lee, Catherine Buckley, Jenny Narvaez and Victoria Oliva combining for a time of 1:52.20.

In addition, one of the two Dartmouth Relay records held by Ridgewood athletes was eclipsed over the weekend, as the top three finishers in the girls 1,000-meter run bettered the mark of 3:06.18 set by RHS grad Stephanie Westerman in 2007. Kaitlyn D'Orazio of St. Thomas Aquinas (N.H.) won the race in 3:01.95.

RHS alum Josh Kauke still holds the boys 800-meter record of 1:54.58, which he set in his senior season of 2000.

On Monday, the Maroon girls' streak of five straight Division A titles at the North Jersey Invitational ended, as they finished sixth behind first-time champ Holy

40TH ANNUAL DARTMOUTH RELAYS

Saturday, Jan. 10 (Hanover, N.H.)

RIDGEWOOD H.S. RESULTS

BOYS

55M (Prelim): 22. Max Witt, 5:93; 43. Matt Grundy, 7:09; 69. Matt Levitsky, 7:31.

59H (Prelim): 44. Jimmy DeVita, 9:37.

300M: 5. InSoo Hwang, 37.11.

400M: 10. Matt Grundy, 53.47; 36. Matt Levitsky, 57.23.

800M: 19. Ian Riemer, 2:05.03; 28. Justin Jenkins, 2:13.85.

1-Mile (Morning): 5. Brian Cleary, 4:40.24; 38. Sean Martyn, 4:57.18; 40. Pat Rykowski, 5:00.44.

2-Mile (Morning): 6. Andrew Finn, 10:02.69.

2-Mile (Seeded): 1. Taro Shigenobu, 9:34.90.

High Jump: 7. Tony DeVita, 6-0.

4x200M Relay: 8. Ridgewood, 1:36.51.

4x800M Relay: 12. Ridgewood, 8:48.23.

GIRLS

55M (Prelim): 60. Jenny Bitzer, 8:28.

59H (Prelim): 43. Sarah DeVita, 10:11; 50. Victoria Oliva, 10:32; 52. Jenny Narvaez, 10:37; 89. Robin Lee, 10:65.

300M: 23. Jenny Narvaez, 45:02; 50. Victoria Oliva, 47:00; 58. Jenny Bitzer, 47:27.

600M: 14. Catherine Buckley, 1:44.10.

800M: 19. Torey Middleton, 2:32.16.

1-Mile (Morning): 14. Courtney Schofield, 5:48.95; 20. Hilary Barr, 5:50.01; 25. Alex Scibetta, 5:51.41.

2-Mile (Morning): 6. Grayson Lierandi, 12:32.16.

Shot Put (Seeded): 19. Megan Gonzalez, 32:2.75.

Long Jump: 13. Sarah DeVita, 15-2.25.

Triple Jump: 11. Robin Lee, 32-8.75.

High Jump: 19. Sarah DeVita, 4-10.

Pole Vault: 6. Robin Lee, 9-6; 8. Ramelle Brown, 8-6.

4x200M Relay: 4. Ridgewood, 1:52.20.

4x800M Relay: 16. Ridgewood, 10:41.86.

SOURCE: lancertiming.com



Ridgewood sophomore Grayson Lierandi, center, keeps pace with Northern Highlands senior Charlotte Tranelles in the girls 3200-

1 mile:

Taro Shigenobu- 4:24.62 (5th)

Mahwah's Walker clears 10 feet

TOMS RIVER – Ashley Walker became just the eighth girl in Bergen County history to clear 10 feet in the pole vault indoors Saturday, propelling Mahwah to the only North Jersey win at the NJSIAA Relays at the Bennett Center.

Walker combined with freshman Carolyn Edler to win the Group 2 title at 19-6. Edler vaulted a personal-best 9-6. The team of Kirsten Bowens and Allie Ritchards combined to high jump 9-10 for third place, giving the Thunderbirds a fifth-place team finish with 16 points.

The Indian Hills' boys placed in two events in Group 2, taking fourth in the sprint medley in 3:45.91 and sixth in the distance medley at 11:08.01. The

INDOOR TRACK STATE RELAYS

Braves edged Tenafly in the sprint medley as the Tigers were fifth in 3:45.95. Fort Lee took fourth in the pole vault as Dan Chediak cleared 12 feet.

Don Bosco's boys and Holy Angels' girls were each sixth in the Non-Public relays Friday night at the Bennett Center.

Don Bosco got thirds from its 4-x-800 team (8:24.20) and distance medley (10:43.26) in North Jersey season-leading times and also took third in the high jump (11-6) and fifth in 4-x-200 (1:36.28) and shot put (86 feet, 1/2 inch.

The Ironmen finished with 22 points.

Holy Angels had fourths in the distance medley (13:09.93), 4-x-800 (10:11.64) and 4-x-200 (1:54.45) for a sixth-place finish.

The only other teams to score Friday were Bergen Catholic, fourth in the 4-x-400 (3:34.46) and 4-x-800 (8:32.06) and sixth in the high jump (11-2) and DePaul's girls, sixth in the sprint medley (4:31.39).

Shigenobu fifth

NEW YORK – Taro Shigenobu of Ridgewood ran 4:24.62 for fifth place in the mile at the Stanner Games at the Armory Track Center on Saturday. It was the fastest mile time by a North Jersey runner in three years.

RHS II Tues. 1/20/09

***** Results

55m dash:

Boys: Max Wtt- 7.3, Nah Hoh- 7.4, Matt Grundy- 7.3, Zack Vinci- 7.6
Sam McGaffin- 7.9, Amir Jahanabin- 7.9, Jamie Eliya- 7.9, Alex Quartararo- 8.3,
Anthony Venura- 7.7,

Frosh- James Lee- 9.2, Nick Tai- 7.6, 7.6, 7.7 (5th), InHo Hwang- 7.8, Andrew Choi- 8.6,
David Suh- 7.8, James Knight- 8.2, David Gil- 8.2, JaeHo Choe- 8.0, 7.9,
Tom Diorio- 8.4, Ryan Pretorius- 8.0, 7.9, JuHo Choe- 8.1

Girls- Nina Patterson- 8.9, Ramelle Brown- 8.3/8.2

55m HH:

Boys- InSoo Hwang- 8.4/8.6 (6th), Tom DeVita- 9.1, Sean Matson- 9.9, 9.9,
Matt Beausoleil- 9.7

Frosh- Inho Hwang- 11.9, Mark French- 11.9, Andrew Choi- 12.6,
James Knight- 10.8/11.3 (4th), James Lee- 12.2

Girls- Victoria Oliva- 9.7, Jenny Narvaez- 10.3, Maeve Casey- 10.6, Sarah DeVita- 9.9,
Robin Lee- 10.3, Jenny Bitzer- 11.8, Haley Roesh- 11.2

2 mile:

Boys- Andrew Fine- 9:57.9 (1st), Sean Martyn- 10:38.6, Pat Rynkowski- 10:45.1

Girls- Grayson Llerandi- 12:27.0

600m:

Boys- Steve Fishbein- 1:40.1, Connor Martyn- 1:31.5, Eric Kritzer- 1:34.9,
Frosh- Ben Fishbein- 1:49.7

Girls- Catherine Buckley- 1:33.9 (4th),

Frosh- Caroline Davidson- 1:46.0 (5th), Andrew Scibetta- 2:01,
Summer Neborsky- 2:02.1, Catherine Merck- 2:03, Meghan Troll- 2:02.3,
Maggie Kelty- 2:02.0, Marina Krygin- 2:03.0

300m:

Boys- In Soo Hwang- 34.7, Matt Grundy- 36.1, Max Witt- 37.5, Matt Levitsky- 37.6,
Sam McGaffin- 37.2, Wyatt Vinci- 38.6, Zach Vinci- 40.8, Amir Jahanabin- 39.8,
Anthony Ventura- 40.8, Tom Stephan- 39.8, Jamie Fiuya- 40.9, Alex Quartaro- 41.8

Frosh- Ryan Pretorius- 39.7, Nick Tai- 41.6, David Suh- 44.9, JaeHo Choi- 44.0,
InHo Hwang- 39.1, James Lee- 44.0, JuHo Choe- 45.6, Andrew Choi- 46.0

Girls- Sarah DeVita- 44.4, Rita Muzio- 44.3, Denise Ortega- 46.1, Nina Patterson- 48.3, Jenny Narvaez- 40.8, Robin Lee- 42.7, Jenny Bitzer- 43.0

4 x 800m:

Boys- Brian Cleary, Jon Reimer, Justin Jenkins, Andrew Fine
8:52.9 (3rd) 2:10.1 2:13.8 2:15.1 2:13.9

Girls- Torey Middleton, Courtney Schofield, Hilary Barr, Hanako Shigenobu
10:36.0 (4th) 2:33.3 2:38.6 2:39.3 2:45.6

Casey Reilly, Katie Martin, Alex Scibetta, Meghan Granski
11:13.0..... 2:50.1 2:52.9 2:36.9 2:54.2

1000m:

Boys- Alec Ontiveros- 2:42.2

Girls- Alex Scibetta- 3:01.7, Tory Middleton- 3:02, Hilary Barr- 3:11, Hannah Holland- 3:17, Casey Reilly- 3:22, Katie Martin- 3:15.9, Meghan Granski- 3:29.0

1600m:

Boys- Brian Cleary- 4:46.2 (5th) Yuki Kawahara- 5:03.8, Steve Fishbein- 5:32, Matt Granski- 5:12.0,

Frosh- Ben Fishbein- 5:33.3

Girls- Grayson Llerandi- 5:44, Courtney Schroeder- 5:51., Jessie Kirchner- 7:39

Frosh- Hanako Shigenobu- 6:01 (4th), Emily Reimer- 6:29, Caroline Davidson- 6:17, Lauren Kirchner- 6:48

4 x 400m:

Boys- Varsity- Matt Grundy, Jon Reimer, Matt Levitsky, InHo Hwang
3:45.0 (4th) 56.6 56.8 57.6 54.1

Novice- Sean Matson, Sam McGaffin, Wyatt Vinci, Amir Jahanabin
4:05.1 60.1 61.1 62.1 62.1

Yuki Kawahara, Conor Martyn, Matt Granski, Matt Beausoleil
4:12.0 62.5 65.5 60.7 63.5

4 x 400's cont.

Frosh- Andrew Choi, James Lee, David Suh, Tom Dioria
4:26.6 (5th) 69.1 68.6 64.0 65.4

Ryan Pretorius, Mark French, Nick Tai, InHo Hwang
4:15.0 (2nd) 65.5 65.5 62.1 62.5

Girls:

Varsity- Catherine Buckley, Jenny Narvaez, Jenny Bitzer, Victoria Oliva
4:21.3 (3rd) 64.7 64.9 67.3 64.2

Frosh- Emily Reimer, Andrew Scibetta, Caroline Davidson, Hanako Shigenobu
5:03.0..... 77.6 81.6 75.7 69.8

Shot Put:

Girls- Meghan Gonzalez- 33'1", Christie Nelson- 21'3"

Triple Jump:

Boys- Matt Grundy- 35'5 1/2", Tom DeVita- 36'1/2"

Girls- Victoria Oliva- 24'8", Robin Lee- 32'1/4" (4th), Jenny Narvaez- 29'10",
Denise Ortega- 25'6"

Long Jump:

Boys – Tom DeVita- 17'5", Matt Levitsky- F, Max Witt- 18'2",
Matt Beausoleil- 16'5"

Girls- Sarah DeVita- 14'8", Haley Roche- 14'7"

High Jump:

Boys- Tom DeVita- 6'2" (1st), Matt Levitsky- 5'6", Matt Beausoleil- 5'4"

Girls- Sarah DeVita- NH, Haley Roche- 4'10" (3rd)

Pole Vault:

Girls- Robin Lee- 9'0" (3rd), Kailey Polcari- 8'6", Ramelle Brown- NH

Comments:

It was good to see us compete in a wide variety of events. It is always helpful to get some field events in. Great job by all who placed. Special congrats to Andrew Fine for getting 1st in the 2 mile....many other good showings from others too. I really liked how focused everyone seemed to be for the 4 x 400's which were late in the meet. Good job and let's get ready for the county relays!

WINTER SPORTS ROUNDUP

Ridgewood seniors going the distance

The indoor track season hasn't reached its halfway point yet, and already several Ridgewood High School boys distance runners appear to be in postseason form.

Last Saturday at the Stanner Games in Manhattan, RHS senior Taro Shigenobu turned in the fastest indoor one-mile time by a Bergen County runner since 2006. He ran 4:24.62 at the Armory Track Center, finishing fifth in the boys invitational mile.

On Tuesday, Maroons senior Andrew Fine set a personal record in the 3,200 meters at the Ridgewood Winter Games II at Rockland Community College in Suffern, N.Y., winning the race in 9:58.4.

At the same event, Ridgewood junior Tommy DeVita earned a gold medal with a 6-foot-2 high jump. The Maroons also finished third in the 4 x 400 (3:44.8) and fourth in the 4 x 800 (8:53.4) relays, in addition to getting medals from InSoo Hwang in the 55 hurdles (sixth, 8.6) and Brian Cleary in the 1,600 (fifth, 4:45.8).

Familiar faces in new places

SUFFERN, N.Y. — The girls 600-meter race at the Ridgewood Winter Games II actually pitted a pair of former teammates against each other.

RHS senior Catherine Buckley placed fifth in 1:33.8, just 1.3 seconds off the pace of Old Tappan

junior Christine Spilka, who ran fourth. Spilka had spent the last two years as a member of Maroons prior to moving into the Northern Valley school district.

Other Ridgewood medal-winners included Megan Gonzalez in the shot put (third, 33-1), Haley Roche in the high jump (third, 4-10), Robin Lee in the triple jump (fourth, 32-0.25) and Grayson Lierandi in the 1,600 (fifth, 5:44.1). The Maroons took third in the 4 x 400 (4:20.7) and fourth in the 4 x 800 (10:36.6).

INDOOR TRACK

RIDGEWOOD WINTER GAMES 2

AT ROCKLAND CC, SUFFERN, N.Y.
TUESDAY

Boys

55M: 1. Ai Artesona, Glen Rock, 6.6; 2. Marvin Whilby, Don Bosco, 6.7; 3. Kwaun Williams, St. Joseph, 6.7; 4. Kamal Hogan, St. Joseph, 6.7; 5. Jamie Eckmayer, Old Tappan, 6.7; 6. Chris Yearwood, Tenafly, 7.1.

55M HH: 1. Ryan Whitley, Ramapo (NY), 7.8; 2. Joe Vargas, Paramus, 7.9; 3. Jonathan Ramsey, Neptune, 8.0; 4. James Doherty, Tenafly, 8.2; 5. Kevin Kuruc, Ramsey, 8.5; 6. Insoo Hwang, Ridgewood, 8.6.

300Y: 1. Mike Abelard, Ramapo (NY), 32.7; 2. Chidiz Ezemma, Ramapo (NY), 32.7; 3. Kevin Mailvert, Ramapo (NY), 33.0; 4. Marvin Whilby, Don Bosco, 33.3; 5. Corey Caidenhead, Bergenfield, 33.6; 6. Bill Griffith, Don Bosco, 33.9.

600Y: 1. Umar Hasan, Valley Central, 1:19.1; 2. Bill Griffith, Don Bosco, 1:20.2; 3. Al Wright, Asbury Park, 1:20.4; 4. Ryan McVeigh, River Dell, 1:20.5; 5. Connor Bratvanski, Saddle Brook, 1:20.6; 6. Troy Coonrad, Ramsey, 1:21.4.

1,000Y: 1. Dayne Mosconi, Ridgewood, 2:33.4; 2. Dan Fitzgibbons, Don Bosco, 2:33.6; 3. Andre Sadler, St. Joseph, 2:34.2; 4. John Murphy, Don Bosco, 2:35.3; 5. Eddie Hecker, Don Bosco, 2:36.4; 6. Zeeshan Khan, Belleville, 2:37.4.

1,600M: 1. Rafael Vargas, Don Bosco, 4:38.0; 2. D.J. Puleo, Pascack Hills, 4:42.5; 3. Howie Rosas, Don Bosco, 4:45.1; 4. John Clifford, Don Bosco, 4:45.5; 5. Brian Cleary, Ridgewood, 4:45.8; 6. Nick DeVincent, Indian Hills, 4:51.4.

3,200M: 1. Andrew Fine, Ridgewood, 9:58.4; 2. Jared Hanko, Trinity Christian, 10:01.4; 3. Pat Rochford, Bogota, 10:05.3; 4. Sean Farrell, Fair Lawn, 10:15.6; 5. Mike Obsuth, Fair Lawn, 10:28.4; 6. Zeeshan Khan, Belleville, 10:30.5.

Shot put: 1. Mike Reilly, Old Tappan, 48-6¾; 2. Jordan Mistretta, Ramsey, 47-2; 3. John Farelli, River Dell, 46-¾; 4. Tim Byrne, Don Bosco, 45-8¾; 5. Chris Luna, Wood-Ridge, 44-4¾; 6. Dan Bauman, River Dell, 43-5¼.

High jump: 1. Tommy DeVita, Ridgewood, 6-2; 2. James Doherty, Tenafly, 6-0; 3. Dennis Wilson, Ramsey, 5-10; 4. Jamie Eckmayer, Old Tappan, 5-8; 5. Joe Vargas, Paramus, 5-8.

Long jump: 1. Jamie Eckmayer, Old Tappan, 20-10½; 2. James Doherty, Tenafly, 20-2½; 3. Jason Senate, Ramapo (NY), 20-1; 4. Scott Weismiller, Don Bosco, 19-6½; 5. Naitik Vaghasia, Paramus, 19-6; 6. Tony Durak, Bayonne, 19-6.

Triple jump: 1. Naitik Vaghasia, Paramus, 39-10¼; 2. Bank Phansumarng, Bergenfield, 39-8; 3. Brian Choi, Old Tappan, 39-3¾; 4. Joe Vargas, Paramus, 38-10; 5. Ernest Wingate, Bergen Catholic, 38-7¾; 6. Neil Pinnock, Stepanic, 38-7¼.

Pole vault: 1. Scott Weismiller, Don Bosco, 11-6; 2. Jason Kim, River Dell, 11-0; 3. Anthony Brown, Watchung Hills, 11-0; 4. Chris Lopriero, River Dell, 10-6; 5. Mike Basalice, Don Bosco, 10-6; 6. Nick DiVincent, Indian Hills, 10-0.

4-x-400M relay: 1. River Dell (Gibbons, McVeigh, Scleiger, Berstein), 3:40.6; 2. Ramsey, 3:41.6; 3. Ridgewood, 3:44.8; 4. Fair Lawn, 3:45.2; 5. Don Bosco, 3:50.0; 6. Westwood, 3:50.2.

4-x-800M relay: 1. Indian Hills (Adam Mahonchak, Nick Ward, Bill Savage, Matt Filandro), 8:25.8; 2. St. Joseph, 8:40.2; 3. Bergen Catholic, 8:51.5; 4. Ridgewood, 8:53.4; 5. Tenafly, 9:07.4; 6. Ramsey, 9:15.6.

Girls

55M: 1. Sherece Shabazz, Belleville, 7.5; 2. Ruth Alexandre, Ramapo (NY), 7.5; 3. Serenity Martin, IHA, 7.5; 4. Victoria Barrett, Belleville, 7.8; 5. Synthia Moise, Ramapo (NY), 7.9; 6. Toni Gatchalian, Tenafly, 8.0.

55M HH: 1. Sara Wickes, Monroe-Woodbury, 8.9; 2. Tiffany Evangelou, IHA, 9.1; 3. Mel Lewis, Midland Park, 9.2; 4. Tamar Hagopian, Old Tappan, 9.4; 5. Danielle Brown, Watchung Hills, 9.5; 6. Gina Germinaro, Old Tappan, 9.5.

300Y: 1. Sherece Shabazz, Belleville, 38.7; 2. Jenni Zymet, Paramus, 39.3; 3. Mayerline Louis Juste, Ramapo (NY), 39.5; 4. Tori Roth, River Dell, 39.6; 5. Vanessa Ackon, Belleville, 40.1; 6. Courtney Viallen, Monroe-Woodbury, 40.4.

600Y: 1. Megan Patrignelli, Monroe-Woodbury, 1:29.7; 2. Michelle McCourt, IHA, 1:31.3; 3. Diane Bain, Ramsey, 1:32.0; 4. Christine Spilka, Old Tappan, 1:32.1; 5. Catherine Buckley, Ridgewood, 1:33.8; 6. Jenni Zymet, Paramus, 1:34.0.

1,000Y: 1. Megan Patrignelli, Monroe-Woodbury, 2:43.6; 2. Erin McKenna, Ramapo (NJ), 2:43.8; 3. Julie Sinkovitz, IHA, 2:44.1; 4. Kat McCurdy, IHA, 2:56.5; 5. Julleanne Fontana, Pascack Hills, 2:56.6; 6. Christine Spilka, Old Tappan, 2:56.8.

1,600M: 1. Carly Kiess, Monroe-Woodbury, 5:19.0; 2. Mary Kaye Duff, IHA, 5:32.8; 3. Kate Fitzgerald, Monroe-Woodbury, 5:40.5; 4. Maureen Crimmins, Holy Angels, 5:41.5; 5. Grayson Llerandi, Ridgewood, 5:44.1; 6. Jenn Boyle, Monroe-Woodbury, 5:45.1.

3,200M: 1. Sarah Pagano, IHA, 11:15.3; 2. Meaghan Ventarola, Monroe-Woodbury, 11:36.5; 3. Alex Clinton, Ramsey, 11:49.8; 4. Lily Rutler, Ramapo (NJ), 11:51.1; 5. Sabrina Brooks, Monroe-Woodbury, 11:53.3; 6. Suzana Markolovic, Holy Angels, 11:56.3.

Shot put: 1. Shannon Sullivan, IHA, 37-11; 2. Angela Acosta, Bergenfield, 36-4; 3. Megan Gonzalez, Ridgewood, 33-1; 4. Emily Marte, River Dell, 29-4; 5. Shannon Wortmann, Monroe-Woodbury, 28-4½; 6. Kat Duggan, IHA, 28-4½.

High jump: 1. Ashley Grant, Monroe-Woodbury, 5-3; 2. Margaret Lestrangle, Watchung Hills, 4-10; 3. Haley Roche, Ridgewood, 4-10; 4. tie between Alex Ullisse, IHA and Tamar Hagopian, Old Tappan, 4-8; 6. Melissa Notis, Tenafly, 4-8.

Long jump: 1. Jackie Geitz, Old Tappan, 16-1¾; 2. Tara Keegan, Westwood, 15-8¾; 3. Tiffany Evangelou, IHA, 15-6¾; 4. Tori Roth, River Dell, 15-6; 5. Danielle Brown, Watchung Hills, 15-6; 6. Amanda Rissinger, Watchung Hills, 15-5½.

Triple jump: 1. Tiffany Evangelou, IHA, 33-2½; 2. Danielle Brown, Watchung Hills, 33-1½; 3. Serenity Martin, IHA, 32-3; 4. Robin Lee, Ridgewood, 32-0¼; 5. Tara Keegan, Westwood, 31-10¾; 6. Amanda Parisi, Indian Hills, 31-5¼.

Pole vault: 1. Danielle Brown, Watchung Hills, 10-0; 2. Ashley Walker, Mahwah, 9-6; 3. Melinda Rothman, Mahwah, 9-0; 4. Gina Germinaro, Old Tappan, 9-0; 5. Carolyn Edler, Mahwah, 9-0.

4-x-400M relay: 1. Westwood (Murphy, Cascio, Keegan, Brennan), 4:15.4; 2. River Dell, 4:20.3; 3. Ridgewood, 4:20.7; 4. Ramsey, 4:27.1.

4-x-800M relay: 1. Valley Central, 10:08.3; 2. Westwood, 10:12.7; 3. Indian Hills, 10:17.3; 4. Ridgewood, 10:36.6; 5. Ramsey, 10:58.8.

NNJIL Champs

Monday, Feb 2, 2009

***** Results *****

55m HH:

Boys- Tom DeVita- 8.3 (6th), Sean Matson- 8.7

Girls- Victoria Oliva- 9.4 (4th), Jen Narvaez- 9.9, Sarah DeVita- 9.3 (3rd)

55m:

Boys- InSoo Hwang- 6.8 (5th), Max Witt- 6.6 (4th), Noah Hoh- 7.0

Girls- Jen Bitzer- 8.1, Robin Lee- 7.8

3200m:

Boys- Andrew Fine- 9:46.70 (1st), Sean Martyn- 10:43.50 (4th),
Pat Rynkowski- 10:40.10 (3rd)

Girls- Grayson Llerandi- 12:20.50 (1st), Courtney Schofield- 12:36.30 (2nd),

1000m:

Boys- Taro Shigenobu- 2:35.70 (1st), Brian Cleary- 2:43.60 (2nd)

Girls- Torey Middleton- 3:16.00 (1st), Alex Scibetta- 3:17.50 (2nd),
Hilary Barr- 3:28.00 (3rd)

200m: (FROSH AND NOVICE ONLY)

Boys-

Novice- Anthony Ventura- 27.5, Amir Jahanobin- 26.4, Seyoung- 25.5,
Omar Bakshi- 27.4, Jason – 28.3,

Frosh- InHo Hwang- 25.6, Nick Tai- 26.2, Mark French- 32.0, Tommy Diorio- 29.6,
James Lee- 28.8, Andrew Choi- 29.8, David Suh- 28.5

Girls-

Novice- Rita Muzio- 29.8, Nicole DeSimone- 31.0, Izzy Marx- 31.7, Maeve Casey- 30.8,
Kat Bonelli- 35.7, Akiko Miyagi- 36.5, Nina Patterson- 31.1

4 x 800m:

Boys- Alec Ontiveros, Pat Rynkowski, Yuki Kawahara, Justin Jenkins
9:15.20 (3rd) 2:26 2:23 2:14.4 2:11.0

Girls- Hanako Shigenobu, Courtney Schofield, Caroline Davidson, Hilary Barr
10:54.6 (1st) 2:36.8 2:46.6 2:48.6 2:41.5

600m:

Boys- Jon Reimer- 1:29.1 (3rd), Matt Grundy- 1:29.2 (4th), Sean Martyn- 1:34.7

Girls- Catherine Buckley- 1:49.0 (1st), Hanako Shigenobu- 1:51.1 (2nd)

800m: (FROSH AND NOVICE ONLY)

Boys-

Novice- Connor Martyn- 2:19.0, Stephen Fishbein- 2:38

Mahamed Eid- 2:28

Girls-

Novice- Casey Reilly- 2:45 (5th), Hannah Holland- 2:42 (3rd), Katie Martin- 2:48,
Mehan Granski- 2:53, Margaret Mullen- 2:49, Okwuchi Onwubu- 2:46

Frosh- Jen Yook- 2:55 (3rd), Summer Neborsky- 3:16, Andrea Scibetta- 3:12,
Meghan Troll- 3:13, Catherine Merck- 3:25

300m:

Boys- InSoo Hwang- 37.2 (3rd), Max Witt- 39.5, Noah Hoh- 41.3

Girls- Jen Narvaez- 44.2 (4th), Robin Lee- 46.3, Jenny Bitzer- 46.2

1600m: (ALL LEVELS)

Boys-

Varsity- Taro Shigenobu- 4:28.2 (1st), Andrew Fine- 4:42.3 (3rd),
Brian Cleary- 4:42.2 (2nd)

Novice- Yuki Kawagawa- 5:09.8 (1st), Alec Ontiveros- 5:14.5 (4th),
Nick Weisberger- 5:10.7 (2nd)

Frosh- Ben Fishbein- 5:30.8 (2ND)

Girls-

Varsity- Grayson Llerandi- 6:07.3 (6th), Torey Middleton- 5:48.4 (1st),
Alex Scibetta- 5:54.1 (2nd)

Novice- Jesse Kirchner- 7:35

Frosh- Caroline Davidson- 6:25.0 (2nd), Emily Reimer- 6:27.0 (3rd),
Lauren Kirchner- 6:41

4 x 400m:

Boys-

Varsity- Matt Grundy, Jon Riemer, Matt Levitsky, InSoo Hwang
3:39.3 (1st) 54.7 54.4 56.7 53.2

Novice- Sean Matson, Amir Jahanabin, Matt Beausoleil, Justin Jenkins
3:55.3 (4th) 57.6 60.5 59.5 57.5

Frosh- Nick Tai, David Suh, Mark French, InHo Hwang
4:02.4 (2nd) 57.7 63.5 62.3 58.9

Girls-
Varsity- Jenny Narvaez, Victoria Oliva, Jenny Bitzer, Catherine Buckley
4:17.4 (1st) 62.9 64.9 65.4 63.9

Novice- Izzy Marx, Nicole DeSimone, Rita Muzio, Maeve Casey
4:56.6 (6th) 75.2 75.8 70.6 74.9

Frosh- Emily Reimer, Caroline Davidson, Jen Yook, Hanako Shigenobu
4:53.6 (2ND) 79.6 73.7 74.9 65.4

Triple Jump:

Boys- Tom DeVita- 38'8 ¼" (**5th**), Matt Grundy- 34'10 ½"

Girls- Robin Lee- 34' ¼" , Jenny Narvaez- 32'6 ¾" (**4th**),
Sarah DeVita- 34'1" (**1st**)

Long Jump:

Boys- Max Witt- F, Tom DeVita- 19'4" (**5th**)

Girls- Sarah DeVita- 15'2" (**4th**), Haley Roche- 13'7"

High Jump:

Boys- Tom DeVita- 6'0" (**1ST**), Matt Levitsky- 5'4", Matt Beausoleil- 5'4" (**6th**)

Girls- Sarah DeVita- 4'8" (**4th**), Haley Roche- 5'0" (**1st**)

Shot Put:

Girls- Megan Gonzalez- 34'7" (**3rd**), Christy Nelson- 22'6"

Pole Vault:

Boys- John Wisener- 11'0" (**2nd**), Max Witt- NH

Girls- Robin Lee- 9'0" (**1st**), Ramelle Brown- NH, Kayla Polcari- 8'6" (**2nd**)

Comments: Congrats!!! We won both the boys and girls divisions of the NNJIL!
That's our 8th year in a row on both sides and it's the last time this meet will be run. A
great accomplishment and a nice tribute to your hard work and dedication.

Bittersweet victories for Ridgewood

By **PAUL SCHWARTZ**
STAFF WRITER

NEW YORK – It took 88 years for the state's oldest conference to finally have an indoor league meet, but just 15 years for the meet to run its course.

Monday night, the curtain came down on the NNJIL indoor championships at the Armory Track Center, less than a week after the formation of the Tri-County Conference sounded the death knell for the conference.

"We took two buses in here tonight and I told the kids on my bus that this was the last NNJIL indoor meet and that we wanted to stretch out and try and win it," Ridgewood coach Mike Mullin said.

And Ridgewood delivered, winning both the boys and girls B Division for its eighth straight championship in both meets. The girls beat Paramus, 171-86, and the boys topped Hackensack, 122-103.

INDOOR TRACK NNJIL CHAMPIONSHIPS

"It hurts our sport when we lose a meet like this," Mullin said. "There are few team titles in the winter season and to lose this one, which is such a part of the fabric of the sport, really hurts. I'm glad we were able to win this, but I'm going to miss this meet."

"One of our goals was to try and win both the boys and girls meets," Clifton coach John Pontes said. His team did just that in the A Division, easily defeating Montclair, 141-75, for its fifth straight girls division title and holding off a challenge from Kennedy to win, 138-105, its first boys title since 2006.

"If this was to be the last meet, we wanted to win it even more, because we've had a lot of firsts over the years and we wanted this last. This league has always conducted its meets with such class that it really means something to be the last winner. It's a melancholy kind of feeling that something that's been around so long [the NNJIL] has to be torn down. There was a lot of heart and soul put into this," Pontes said.

Don Bosco won its 10th straight boys title and Immaculate Heart its ninth in 10 years in the C Divisions. The Bosco boys beat Bergen Catholic, 78-49½, and the IHA girls topped Paramus Catholic, 73-35.

"I haven't been coaching in this league for as long as a lot of people," Don Bosco coach Rob DeCarlo said. "But even when I was in high school, the NNJIL was the league we looked at to succeed in. I'll miss it."

The meet saw three records set and a fourth tied. And the records set by Julie Sinkovitz of IHA (2:59.7 in the 1,000), Leighton Spencer of Don Bosco (9:32.2 in the 3,200) and Emily Urciuoli of Clifton (11-4 in the pole vault) never will be broken. Myasia Jacobs of Paramus Catholic ran 6.9 in the girls 55 to tie the record held by Olympian Lisa Barber of Montclair.

"I really didn't think about it that way," said Sinkovitz, who joined brother Ken (1999-2001) and sister Lisa (2003-05) as champions in the meet. "It's been hard to live up to their legacy because they were

Ridgewood sweeps league track meets

BY GREG TARTAGLIA
Assistant Sports Editor

NEW YORK — There are only two things you need to know about the DeVitas: they're great at jumping, and you may see them doing it for quite some time at Ridgewood High School.

Junior Tommy DeVita and his sister, sophomore Sarah DeVita, each placed in the same four events to help both the RHS boys and girls indoor track teams capture their eighth consecutive NNJIL Division B championships on Monday at the Armory Track Center in Manhattan.

The Maroon boys outscored Hackensack, 122-103, while the girls squad cruised past Paramus, 171-86.

It could be merely a coincidence that the eldest two of six DeVita siblings both specialize in the high jump, long jump, triple jump and 55-meter hurdles. It is more likely, though, that the spring in their step runs in the family.

"Yup, I would say that," agreed Tommy, who cleared six feet to earn a gold medal in the high jump.

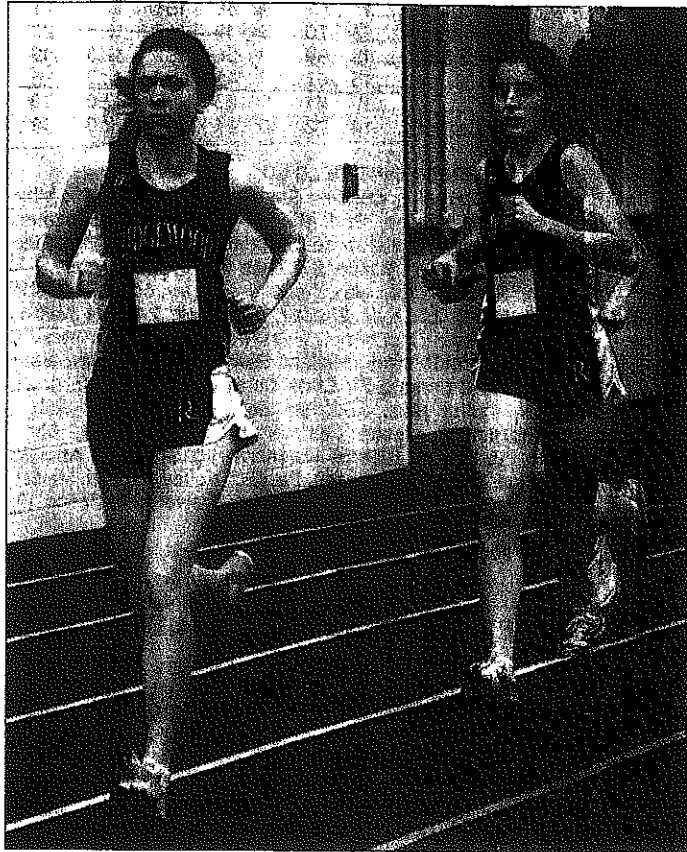
Indeed, what other reason besides innate ability could explain Sarah's surprising gold-medal performance of 34 feet, 11 inches in the triple jump, an event in which she had never competed and rarely practiced?

"I'd tried doing the approach about three times, maybe," said the sophomore, who does have a background in bounding as an RHS gymnast. "Our coach told me that I was doing it, so I gave it a try, and it worked out pretty well."

"She knew how to triple jump," said Ridgewood head coach Mike Mullin. "It was just a matter of doing it in a meet."

Sarah DeVita also took fourth in the long jump (15-2.25) and high jump (4-8) and ran third in the hurdles (9.3 seconds). Tommy DeVita placed sixth in the hurdles (8.3), long jump (19-4) and triple jump (38-8.25), setting personal records in all three.

"With the triple and long jumps, I increased my best by about two



CHRIS PETERS/STAFF PHOTOGRAPHER

Courtney Schofield, left, and Alex Scibetta each captured two medals in helping Ridgewood to its eighth straight NNJIL girls indoor track title on Monday. Schofield took silver in the 3,200 and helped the Maroons win gold in the 4 x 800 relay, while Scibetta earned silver in both the 1,000 and 1,600.

feet in each," the junior said. "I surprised myself."

"I'm always impressed with the kids that do four events," said Mullin. "Tommy had a great meet."

On the girls side, RHS senior Jenny Narvaez also competed in four events, placing in three. She finished fourth in the 300-meter dash and triple jump and helped the Maroons earn gold in the 4 x 400 relay with a time of 4:17.4.

Senior Catherine Buckley led off the relay and got boxed in shortly after the start, but passed three people on the final turn of her leg to get the baton to Narvaez in first. Juniors Jenny Bitzer and Victoria Oliva kept Ridgewood comfortably ahead, leading to a four-second victory over Paramus.

Buckley also won the 600 in 1:49, just 2.1 seconds ahead of

freshman teammate Hanako Shigenobu, while senior Torey Middleton and junior Alex Scibetta ran 1-2 in both the 1,000- and 1,600-meter runs. In all, the Maroon girls took the top two spots in six different events, getting additional gold medals from senior Robin Lee (pole vault) and sophomores Grayson Llerandi (3,200) and Haley Roche (high jump).

Senior Hilary Barr added a fourth-place finish in the 1,000 and anchored the 4 x 800 relay (10:54.6) to victory.

"In the beginning of the season, we went through kind of a rough patch, and people said we were rebuilding," Narvaez noted. "This league meet really got our confidence up."

See NNJIL CHAMPS page C4

NNJIL CHAMPS from C1

The Ridgewood boys team ended up claiming gold in five events, with senior Taro Shigenobu winning the 1,000 (2:35.7) and 1,600 (4:28.2). Junior Brian Cleary ran second in both races, and senior Andrew Fine completed the Maroons' 1-2-3 sweep in the 1,600 in addition clocking 9:46.7 in his 3,200-meter victory.

In the pole vault, junior John Wisener made his return from a broken fibula that he suffered while practicing with his club

team, the Hudson Valley Flying Circus, in late November. He cleared a varsity-best 11 feet to take second place behind Nutley senior Joseph Oliveri (14-0).

"Pole vaulting is not a sport, it's actually a lifestyle," smiled Wisener. "I was more upset that I couldn't compete than I was about breaking my leg, so nothing was going to stop me from going to the league meet."

The Maroons' 4 x 400 relay quartet of senior Matt Levitsky, junior Matt Grundy and sophomores Jon Reimer and InSoo

Huang capped the meet by fending off Teaneck, 3:39.3 to 3:40.8.

Tomorrow at 8 a.m., both Ridgewood squads return to action at the Group 4, Section 1 state championships, which have been moved from the Jersey City Armory to the Bennett Center in Toms River due to space requirements. Last season, the Maroons won the girls title and placed third in the boys meet.

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NNJIL INDOOR TRACK & FIELD CHAMPIONSHIPS

(at New York Armory)

RIDGEWOOD H.S. RESULTS

BOYS

55M: 4. Max Witt, 6.6; 5. InSoo Huang, 6.8.
55H: 6. Tommy DeVita, 8.3.
300M: 3. Matt Levitsky, 37.2.
600M: 3. Jon Reimer, 1:29.1; 4. Noah Hoh, 1:29.2.
1,000M: 1. Taro Shigenobu, 2:35.7; 2. Brian Cleary, 2:43.6.
3,200M: 1. Andrew Fine, 9:46.7; 3. Pat Rynkowski, 10:40.1; 4. Sean Martyn, 10:43.5.
1,600M: 1. Taro Shigenobu, 4:28.2; 2. Brian Cleary, 4:42.1; 3. Andrew Fine, 4:42.3.
High Jump: 1. Tommy DeVita, 6-0; 6. Matt Beausoleil, 5-4.
Long Jump: 6. Tommy DeVita, 19-4.
Triple Jump: 6. Tommy DeVita, 38-8.25.
Pole Vault: 2. John Wisener, 11-0.
4x400M Relay: 1. RHS (Grundy, Reimer, Levitsky, Huang), 3:39.3.
4x800M Relay: 3. RHS (Ontiveros, Rynkowski, Kawahara, Jenkins), 9:15.2.

GIRLS

55H: 3. Sarah DeVita, 9.3; 4. Victoria Oliva, 9.4.
300M: 4. Jenny Narvaez, 44.2.
600M: 1. Catherine Buckley, 1:49; 2. Hanako Shigenobu, 1:51.1.
1,000M: 1. Torey Middleton, 3:16; 2. Alex Scibetta, 3:17.5; 3. Hilary Barr, 3:28.
1,600M: 1. Torey Middleton, 5:48.4; 2. Alex Scibetta, 5:54.1.
3200M: 1. Grayson Llerandi, 12:20.5; 2. Courtney Schofield, 12:36.3.
Long Jump: 4. Sarah DeVita, 15-2.25.
Triple Jump: 1. Sarah DeVita, 34-11; 2. Robin Lee, 34-0.75; 4. Jenny Narvaez, 32-6.75.
High Jump: 1. Haley Roche, 5-0; 4. Sarah DeVita, 4-8.
Pole Vault: 1. Robin Lee, 9-0; 2. Kayla Polcari, 8-6.
4x400M Relay: 1. RHS (Narvaez, Oliva, Bitzer, Buckley), 4:17.4.
4x800M Relay: 1. RHS (H.Shigenobu, Schofield, Davidson, Barr), 10:54.6.

NNTJIL Meet... League

DIVISION B
TEAM SCORES: Ridgewood (R) 122, Hackensack (H) 103, Teaneck (T) 71, Paramus (P) 55, Nutley (N) 42, Belleville (Be) 26, Bloomfield (Bl) 11.
55: 1. Khalif Burney (N), 6.4; 2. Conroy Walker (H), 6.5; 3. Casey Pleasants (T), 6.6.
55 HH: 1. Brandon Hambric (T), 7.7; 2. Joe Vargas (P), 7.9; 3. Fino Hall (Bl), 8.0
300: 1. Conroy Walker (H), 36.1; 2. Khalif Burney (N), 36.9; 3. Matt Levitsky (R), 37.2.
600: 1. Joel Douglas (H), 1:26.7; 2. Joe Vargas (P), 1:27.7; 3. Jon Reimer (R), 1:29.1.
1,000: 1. Taro Shigenobu (R), 2:35.7; 2. Brian Cleary (R), 2:43.6; 3. Marvin Mensah (H), 2:46.6.
1,600: 1. Taro Shigenobu (R), 4:28.2; 2. Brian Cleary (R), 4:42.1; 3. Andrew Fine (R), 4:42.3.
3,200: 1. Andrew Fine (R), 9:46.7; 2. Joel Douglas (H), 10:23.3; 3. Pat Rynkowski (R), 10:40.1.
Shot put: 1. Brandon Victorino (H), 48-1; 2. Brian Antonio (Be), 44-4½; 3. Anthony Montesano (H), 38-3.
High jump: 1. Tommy DeVita (R), 6-0; 2. Joe Vargas (P), 5-10; 3. Cyrano Parsons (T), 5-8.
Long jump: 1. Conroy Walker (H), 22-1½; 2. Dahn Pratt (T), 20-9½; 3. Nevon Williams (T), 20-1½
Triple jump: 1. Conroy Walker (H), 43-8; 2. Naitik Vaghasia (P), 42-1; 3. Joe Vargas (P), 40-6¾;
Pole vault: 1. Joseph Oliveri (N), 14-0; 2. John Wisener (R), 11-0; 3. Franklin Villanueva (H), 9-0
4-x-400 relay: 1. Ridgewood (Matt Grundy, Jon Reimer, Matt Levitsky, In-Soo Hwang), 3:39.3; 2. Teaneck, 3:40.8; 3. Belleville, 3:42.4
4-x-800 relay: 1. Nutley (Patrick Roche, Brandon Cresci, Anthony Rauco, Jonathan Grueter), 8:54.5; 2. Hackensack, 9:14.7; 3. Ridgewood, 9:15.2.

DIVISION B
TEAM SCORES: Ridgewood (R) 171, Paramus (P) 86, Teaneck (T) 56, Bloomfield (Bl) 36, Belleville (Be) 34, Hackensack (H) 24, Nutley (N) 22.
55: 1. Janay Mitchell (T), 7.0; 2. Sherece Shabazz (Be), 7.3; 3. Jenny Zymet (P), 7.4.
55 HH: 1. Rita Taste (Bl), 8.4; 2. Natalie McAlister (Bl), 9.0; 3. Sarah DeVita (R), 9.3.
300: 1. Janay Mitchell (T), 40.6; 2. Jenny Zymet (P), 41.9; 3. Jaslyn Ford (Bl), 44.0.
600: 1. Catherine Buckley (R), 1:49.0; 2. Hanako Shigenobu (R), 1:51.1; 3. Aderonke Bakare (T), 1:54.8.
1,000: 1. Torey Middleton (R), 3:16.0; 2. Alex Scibetta (R), 3:17.5; 3. Hilary Barr (R), 3:28.0.
1,600: 1. Torey Middleton (R), 5:48.4; 2. Alex Scibetta (R), 5:54.1; 3. Christina Hwang (P), 6:04.7.
3,200: 1. Grayson Llerandi (R), 12:20.5; 2. Courtney Schofield (R), 12:36.3; 3. Christina Hwang (P), 13:21.9.
Shot put: 1. Apresha Hampton (T), 37-2½; 2. Stephanie Elisee (Bl), 34-7; 3. Katherine Mollica (H), 32-7.
High jump: 1. Haley Roche (R), 5-0; 2. Shelisa Campbell (H), 5-0; 3. Celina Sooksatan (N), 5-0.
Long jump: 1. Jessica Altamira (P), 16-1½; 2. Jenny Zymet (P), 15-10½; 3. Mbalu Keita (T), 15-3¼.
Triple jump: 1. Sarah DeVita (R), 34-11; 2. Robin Lee (R), 34-0¾; 3. Mbalu Keita (T), 32-10¾.
Pole vault: 1. Robin Lee (R), 9-0; 2. Kayla Polcari (R), 8-6; 3. tie between Rachel Spillane (P) and Larissa Lohman (N), 7-0.
4-x-400 relay: 1. Ridgewood (Jenny Narvaez, Victoria Oliva, Jenny Bitzer, Catherine Buckley), 4:17.4; 2. Paramus, 4:21.4; 3. Belleville, 4:22.6.
4-x-800 relay: 1. Ridgewood (Hanako Shigenobu, Courtney Schofield, Caroline Davidson, Hilary Barr), 10:54.6; 2. Nutley, 11:08.4; 3. Paramus, 11:18.3.

INDOOR TRACK

NNJL CHAMPIONSHIPS

AT THE ARMORY TRACK CENTER

Boys

DIVISION A

TEAM SCORES: Clifton (C) 138, Kennedy (K) 105, Bergen Tech (BT) 59, Montclair (M) 51, Eastside (E) 39, Passaic (P) 23.

55: 1. Jashon Dawson (P), 6.5; 2. Hanni Abukhater (C), 6.7; 3. James Jackson (E), 6.9.

55 HH: 1. Keshon Brown (K), 7.9; 2. Kadeem Gaither (K), 8.0; 3. Dan Plekhov (E), 8.1.

300: 1. Nathan Howard (C), 37.2; 2. Hanni Abukhater (C), 37.4; 3. Jashon Dawson (P), 37.7.

600: 1. Zach Herring (M), 1:26.2; 2. Larry Hilton (K), 1:29.7; 3. Abdelaziz N'Goan (BT), 1:30.7.

1,000: 1. Larry Hilton (K), 2:40.8; 2. Dan Green (C), 2:45.0; 3. Ivan Enriquez (C), 2:56.8.

1,600: 1. Morris Jenkins (M), 4:35.8; 2. Andreas Kallas (BT), 4:49.7; 3. Larry Hilton (K), 4:50.0.

3,200: 1. Ziad Aburumailah (K), 10:20.3; 2. Andreas Kallas (BT), 10:24.2; 3. James Sahanas (C), 10:32.4.

Shot put: 1. Chaddon Newton (M), 40-0; 2. Donte Glenn (C), 36-8½; 3. Mina Gerages (C), 35-1½.

High jump: 1. Ralph McEachin (K), 5-10; 2. Craig Hall (K), 5-8; 3. Mark Leszczyszak (C), 5-8.

Long jump: 1. James Jackson (E), 20-3½; 2. Vic Almonte (C), 20-2; 3. Ja-Hee Allen (C), 19-3½.

Triple jump: 1. James Jackson (E), 42-11½; 2. Craig Hall (K), 40-4½; 3. Kadeem Gaither (K), 38-5½.

Pole vault: 1. Marjo Stroni (BT), 9-0; 2. Alexander Carter (C), 9-0.

4-x-400 relay: 1. Montclair (Jerel Moss, Morris Jenkins, Rory Monaghan, Zach Herring), 3:36.9; 2. Clifton, 3:37.6; 3. Bergen Tech, 3:39.3.

4-x-800 relay: 1. Eastside (Salim Corbin, Willie Lewis, Justin McKenzie, Andrew Campbell), 9:09.4; 2. Clifton, 9:13.9; 3. Kennedy, 9:14.3.

Matt O'Dowd), 8:33.6; 2. Don Bosco, 8:54.3; 3. Bergen Catholic, 8:57.8.

Girls

DIVISION A

TEAM SCORES: Clifton (C) 141, Montclair (M) 75, Kennedy (K) 52, Eastside (E) 47, Passaic (P) 37, Bergen Tech 36, Barringer (B) 8.

55: 1. Lacy Morris (E), 7.3; 2. Kewa Price (E), 7.4; 3. Shantal Athill (M), 7.5.

55 HH: 1. Jaivaria Bacote (K), 8.8; 2. Micheaux Ferdinand (M), 9.1; 3. Er Urciuoli (C), 9.1.

300: 1. Micheaux Ferdinand (M), 42.0; 2. Jaivaria Bacote (K), 42.8; 3. Lacy Morris (E), 43.1.

600: 1. Kayla Santiago (C), 1:48.4; 2. Hakiemah Bateman (B), 1:49.4; 3. Isabelle Star (M), 1:50.1.

1,000: 1. Eloisa Paredes (C), 3:13.5; 2. Saily Goodman (M), 3:24.8; 3. Lauren Glading (M), 3:28.6.

1,600: 1. Eloisa Paredes (C), 5:31.1; 2. Charlene Boria (P), 5:32.5; 3. Kerry Sorenson (C), 5:36.0.

3,200: 1. Charlene Boria (P), 12:06.0; 2. Kerry Sorenson (C), 12:20.9; 3. Cheryl Gordon (BT), 12:53.6.

Shot put: 1. Chi Chi Okoronkwo (P), 31-1½; 2. Ashanta Sessoms (K), 33-0; 3. Sondra Stevenson (K), 31-0½.

High jump: 1. Jaivaria Bacote (K), 5-0; 2. Emily Urciuoli (C), 4-6; 3. Nia Jackson (C), 4-4.

Long jump: 1. Shantal Athill (M), 18-0; 2. Jessica McNeill (E), 16-1; 3. Emily Urciuoli (C), 15-11½.

Triple jump: 1. Jaivaria Bacote (K), 10½; 2. Jessica McNeill (E), 33-7; 3. Kate Lasyn (C), 28-2½.

Pole vault: 1. Emily Urciuoli (C), (record, old record, 11-0 by Ann Pol Ridgewood, 2007); 2. Colleen Reyn (C), 8-0; 3. Karina Carmichael (C), 7-0.

4-x-400 relay: 1. Montclair (Micheaux Ferdinand, Shana Kerr, Taylor Norman, Shantal Athill), 4:13.2; 2. Clifton, 4:16.2; 3. Passaic, 4:26.7.

4-x-800 relay: 1. Clifton (Danielle Ca cho, Ektaa Rana, Jillian Swisher, Berna Heisterman), 11:33.7; 2. Bergen Tech, 11:40.9.

DIVISION C

TEAM SCORES: IHA 78, Paramus Catholic (PC) 35, Holy Angels (HA) 32.

55: 1. Myasia Jacobs (PC), 6.9 (ties record set by Lisa Barber, Montclair, 1998); 2. Serenity Martin (IHA), 7.2; 3. Asher Beasley (PC), 7.6.

55 HH: 1. Tiffany Evangelou (IHA), 8.6; 2. Jen Capone (IHA), 9.2; 3. Asher Beasley (PC), 9.3.

300: 1. Myasia Jacobs (PC), 41.5; 2. Michelle McCourt (IHA), 42.3; 3. Jen Pash (IHA), 43.8.

600: 1. Michelle McCourt (IHA), 1:40.0; 2. Taylor Michella (IHA), 1:47.0; 3. Katherine Pearson (PC), 1:49.4.

1,000: 1. Julie Sinkovitz (IHA), 2:59.7 (record, old record, 3:04.7 by Kelly Conneaney, Ridgewood, 2007); 2. Kathleen McCurdy (IHA), 3:14.3; 3. Lily McLaughlin (HA), 3:23.6.

1,600: 1. Sarah Pagano (IHA), 5:23.7; 2. Mary Kaye Duff (IHA), 5:27.4; 3. Kaleigh Kenny (HA), 5:30.0.

3,200: 1. Sarah Pagano (IHA), 11:25.3; 2. Mary Kaye Duff (IHA), 11:50.5; 3. Jen Molke (HA), 11:54.3.

Shot put: 1. Ashley Sims (PC), 38-5½; 2. Olivia Wade (PC), 38-3½; 3. Shannon Sullivan (IHA), 37-8.

High jump: 1. Marie Minasi (HA), 5-0; 2. Khylla Bailey (PC), 4-10; 3. Jen Capone (IHA), 4-10.

Long jump: 1. Asher Beasley (PC), 16-10½; 2. Marie Minasi (HA), 16-10; 3. Tiffany Evangelou (IHA), 16-4½.

Triple jump: 1. Tiffany Evangelou (IHA), 35-8½; 2. Serenity Martin (IHA), 33-7¼; 3. Jennifer Capone (IHA), 32-10½.

Pole vault: 1. Becky Testi (HA), 7-0; 2. Elizabeth Norton (HA), 6-0.

4-x-400 relay: 1. IHA (Michelle McCourt, Julie Sinkovitz, Kathleen McCurdy, Taylor Michella), 4:08.7; 2. Holy Angels, 4:18.7; 3. Paramus Catholic, 4:28.9.

4-x-800 relay: 1. IHA (Julie Sinkovitz, Sarah Pagano, Mary Kaye Duff, Kathleen McCurdy), 9:49.5; 2. Holy Angels, 10:03.2.

DIVISION C

TEAM SCORES: Don Bosco (DB) 80, Bergen Catholic (BC) 55½, Paramus Catholic (PC) 47½, St. Joseph (SJ) 27.

55: 1. Marvin Whilby (DB), 6.4; 2. K'Waun Williams (SJR), 6.6; 3. Matt Dotino (BC), 6.6.

55 HH: 1. Justin Schneider (PC), 8.1; 2. Tarique Gray (BC), 8.2; 3. Ernest Wingate (BC), 8.3.

300: 1. Will Ring (BC), 36.0; 2. Marvin Whilby (DB), 36.6; 3. Billy Griffith (DB), 36.8.

600: 1. Davon Robinson (PC), 1:25.0; 2. Keegan Carter (PC), 1:25.1; 3. Billy Leonard (BC), 1:26.7.

1,000: 1. Davon Robinson (PC), 2:38.7; 2. Rafael Vargas (DB), 2:41.2; 3. Mike Carapezza (DB), 2:42.7; 4. Howard Rosas (DB), 2:44.0; 5. Dan McNeely (BC), 2:50.7.

1,600: 1. Rafael Vargas (DB), 4:31.4; 2. Brendan Offer (DB), 4:36.8; 3. Brian Bravo (SJR), 4:45.9.

3,200: 1. Leighton Spencer (DB), 9:32.2 (record, old record, 9:33.3 by Mohamed Khadraoui, Kennedy, 2003); 2. Mike Belgiovine (DB), 9:48.0; 3. John Clifford (DB), 10:21.8.

Shot put: 1. Marquise Wright (PC), 46-8; 2. Tim Byrne (DB), 44-10; 3. John Butler (SJ), 43-6.

High jump: 1. Bryan Teaton (DB), 6-2; 2. Justin Schneider (PC), 5-10; 3. Greg Hazell (DB), 5-8; 4. tie between Earvin Paul (PC) and Mike McNicholas (BC) < 5-6.

Long jump: 1. K'waun Williams (SJ), 21-11½; 2. Scott Weismiller (DB), 21-1½; 3. Kamal Hogan (SJ), 20-2¼.

Triple jump: 1. Mike McNicholas (BC), 39-10; 2. Ernest Wingate (BC), 39-5¼; 3. Adrian Go (BC), 37-11.

Pole vault: 1. Mike Baselice (DB), 12-0; 2. Justin Schneider (PC), 11-6.

4-x-400 relay: 1. Bergen Catholic (Billy Leonard, Tarique Gray, Tom Bohlin, Will Ring), 3:30.1; 2. Paramus Catholic, 3:36.5; 3. Don Bosco, 3:39.1.

4-x-800 relay: 1. St. Joseph (Andre Sadler, Matt Doherty, Kyle Gugliotta,

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Results

Event 5 Boys 3200 Meter Run B

Name	Year School	Seed	Finals	Points
Finals				
1 Fine, Andrew	12 Ridgewood		9:46.70	10
2 Douglas, Joel	JR Hackensack		10:23.30	8
3 Rynkowski, Pat	10 Ridgewood		10:40.10	6
4 Martyn, Sean	12 Ridgewood		10:43.50	4
5 Cifuentes, Justin	SO Teaneck		10:47.60	2
6 Roche, Patrick	JR Nutley		10:52.30	1

Event 11 Boys 55 Meter Dash B

Name	Year School	Seed	Finals	Points
1 Burney, Khalif	SR Nutley		6.40	10
2 Walker, Conroy	JR Hackensack		6.50	8
3 Pleasants, Casey	JR Teaneck		6.60	6
4 Witt, Max	12 Ridgewood		J6.60	4
5 Huang, InSoo	10 Ridgewood		6.80	2
6 Bollotta, Patrick	JR Bloomfield		6.90	1

Event 17 Boys 55 Meter Hurdles B

Name	Year School	Seed	Finals	Points
1 Hambric, Brandon	SR Teaneck		7.70	10
2 Vargas, Joe	SR Paramus		7.90	8
3 Hall, Finzo	SR Bloomfield		8.00	6
4 Gantt, Shawn	SR Bloomfield		8.20	4
5 Goins, Chris	SR Teaneck		J8.20	2
6 DeVita, Tommy	11 Ridgewood		8.30	1

Event 23 Boys 1000 Meter Run B

Name	Year School	Seed	Finals	Points
1 Shigenobu, Taro	12 Ridgewood		2:35.70	10
2 Cleary, Brian	11 Ridgewood		2:43.60	8
3 Mensah, Marvin	SR Hackensack		2:46.60	6
4 Boyce, Terrance	SO Belleville		2:55.40	4
5 Avery, Frederick	SR Teaneck		3:14.60	2

Event 29 Boys 4x800 Meter Relay B

School	Seed	Finals	Points
1 Nutley 'A'		8:54.50	10
1) Roche, Patrick JR	2) Cresci, Brandon JR		
3) Rauco, Anthony SR	4) Grueter, Jonathan JR		
2 Hackensack 'A'		9:14.70	8
1) Pujols, John FR	2) Avallone, Mike SR		
3) Elliot, Gregory SR	4) Coronado, Carlos FR		
3 Ridgewood 'A'		9:15.20	6
1) Ontiveros, Alec 11	2) Rynkowski, Pat 10		
3) Kawahara, Yuki SO	4) Jenkins, Justin 12		
4 Belleville 'A'		9:16.70	4
1) Sanasbria, Steven FR	2) Chacon, jeffrey SO		
3) Cure, Bryon SO	4) Clark, Jared SO		
5 Paramus 'A'		9:42.00	2
1) Verhasselt, Eric SR	2) Lefer, Andrew SR		
3) Castillo, Ace SO	4) Stuart, Chris SR		
6 Teaneck 'A'		10:19.70	1
1) Brent, Bobby JR	2) Bhowmick, Kuntal SO		
3) Marks Saint-Preux, Paris SO	4) Thomas, Tremayne SO		

Event 35 Boys 600 Meter Dash B

Name	Year School	Seed	Finals	Points
1 Douglas, Joel	JR Hackensack		1:26.70	10
2 Vargas, Joe	SR Paramus		1:27.70	8
3 Reimer, Jon	10 Ridgewood		1:29.10	6
4 Hoh, Noah	12 Ridgewood		1:29.20	4
5 Azzam, Hesham	SR Teaneck		1:30.50	2
6 Avery, Frederick	SR Teaneck		1:32.20	1

Event 42 Boys 300 Meter Dash B

Name	Year School	Seed	Finals	Points
1 Walker, Conroy	JR Hackensack		36.10	10
2 Burney, Khalif	SR Nutley		36.90	8
3 Levitsky, Matt	12 Ridgewood		37.20	6
4 Cabrita, Matt	SR Belleville		37.30	4
5 Pleasants, Casey	JR Teaneck		37.40	2
6 Goins, Chris	SR Teaneck		38.30	1

Event 48 Boys 1600 Meter Run B

Name	Year School	Seed	Finals	Points
1 Shigenobu, Taro	12 Ridgewood		4:28.20	10
2 Cleary, Brian	11 Ridgewood		4:42.10	8
3 Fine, Andrew	12 Ridgewood		4:42.30	6
4 Mensah, Marvin	SR Hackensack		4:49.40	4
5 Douglas, Joel	JR Hackensack		4:52.30	2
6 Stuart, Chris	SR Paramus		5:07.00	1

Event 54 Boys High Jump B

Name	Year School	Seed	Finals	Points
1 DeVita, Tommy	11 Ridgewood		6-00.00	10
2 Vargas, Joe	SR Paramus		5-10.00	8
3 Parsons, Cyrano	SR Teaneck		5-08.00	6
4 Vaghasia, Naitik	SR Paramus		5-06.00	4
5 Azzam, Hesham	SR Teaneck		J5-06.00	2
6 Beausoleil, Matt	10 Ridgewood		5-04.00	1

Event 60 Boys Shot Put B

Name	Year School	Seed	Finals	Points
1 Victorino, Brandon	SR Hackensack		48-01.00	10
2 Antonio, Brian	SR Belleville		44-04.50	8
3 Montesano, Anthony	JR Hackensack		38-03.00	6
4 Bonsu, Kwabena	SR Teaneck		37-04.00	4
5 Johnson, Brian	SR Nutley		36-11.00	2
6 Mozia, Stephen	SO Hackensack		36-06.00	1

Event 66 Boys Long Jump B

Name	Year School	Seed	Finals	Points
1 Walker, Conroy	JR Hackensack		22-01.50	10
2 Pratt, Dahn	SR Teaneck		20-09.50	8
3 Williams, Nevon	SO Teaneck		20-01.50	6
4 Vaghasia, Naitik	SR Paramus		19-11.50	4
5 Bonsu, Kwabena	SR Teaneck		19-08.50	2
6 DeVita, Tommy	11 Ridgewood		19-04.00	1
7 Johnson, Romaine	JR Hackensack		17-08.50	

Event 72 Boys Triple Jump B

Name	Year School	Seed	Finals	Points
1 Walker, Conroy	JR Hackensack		43-08.00	10
2 Vaghasia, Naitik	SR Paramus		42-01.00	8
3 Vargas, Joe	SR Paramus		40-06.75	6
4 Bonsu, Kwabena	SR Teaneck		39-09.25	4
5 Pratt, Dahn	SR Teaneck		39-00.00	2
6 DeVita, Tommy	11 Ridgewood		38-08.25	1
7 Williams, Nevon	SO Teaneck		37-06.50	

Event 78 Boys Pole Vault B

Name	Year School	Seed	Finals	Points
1 Oliveri, Joseph	SR Nutley		14-00.00	10
2 Wisener, John	11 Ridgewood		11-00.00	8
3 Villanueva, Franklin	SO Hackensack		9-00.00	6
4 Moffett, Sean	SR Paramus		J9-00.00	4

Event 81 Boys 4x400 Meter Relay B

School	Seed	Finals	Points
1 Ridgewood 'A'		3:39.30	10
1) Grundy, Matt 11	2) Reimer, Jon 10		
3) Levitsky, Matt 12	4) Huang, InSoo 10		
2 Teaneck 'A'		3:40.80	8
1) Azzam, Hesham SR	2) Pratt, Dahn SR		
3) Hambric, Brandon SR	4) Whyte, Zadique JR		
3 Belleville 'A'		3:42.40	6
1) Barber, David JR	2) Boyce, Terrance SO		
3) Cabrita, Matt SR	4) Sanasbria, Steven FR		
4 Hackensack 'A'		3:46.60	4
1) Mensah, Marvin SR	2) Scott, Elijawon JR		
5 Paramus 'A'		3:49.90	2
1) Enriquez, Josh SO	2) Toppo, Alex FR		
3) Vaghasia, Naitik SR	4) Deidolf, Forrest SR		
6 Nutley 'A'		3:55.30	1
1) Prata, Antonio SO	2) Russo, Matthew JR		
3) Wiedman, Douglas JR	4) Ryder, Michael SR		

Men - B - Team Rankings - 14 Events Scored

1) Ridgewood	122	2) Hackensack	103
3) Teaneck	71	4) Paramus	55
5) Nutley	42	6) Belleville	26
7) Bloomfield	11		

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Results

Event 2 Girls 3200 Meter Run B

Name	Year School	Seed	Finals	Points
Finals				
1 Llerandi, Grayson	10 Ridgewood		12:20.50	10
2 Schofield, Courtney	11 Ridgewood		12:36.30	8
3 Hwang, Christina	JR Paramus		13:21.90	6
4 Kuderka, Katie	FR Paramus		J13:21.90	4
5 Elmiligi, Mona	SO Belleville		14:15.50	2
6 Delgado, Yanil	JR Belleville		15:21.90	1

Event 8 Girls 55 Meter Dash B

Name	Year School	Seed	Finals	Points
1 Mitchell, Janay	SR Teaneck		7.00	10
2 Shabazz, Sherece	JR Belleville		7.30	8
3 Zymet, Jenny	JR Paramus		7.40	6
4 Altamira, Jessica	SR Paramus		7.50	4
5 Barrett, Victoria	SR Belleville		7.60	2
6 Bakare, Aderonke	SR Teaneck		7.70	1

Event 14 Girls 55 Meter Hurdles B

Name	Year School	Seed	Finals	Points
1 Taste, Rita	SR Bloomfield		8.40	10
2 McAlister, Natalie	FR Bloomfield		9.00	8
3 DeVita, Sarah	10 Ridgewood		9.30	6
4 Oliva, Victoria	11 Ridgewood		9.40	4
5 Keita, Mbalu	SR Teaneck		9.50	2
6 Roessler, Ashley	SO Paramus		9.70	1

Event 20 Girls 1000 Meter Run B

Name	Year School	Seed	Finals	Points
1 Middleton, Torey	12 Ridgewood		3:16.00	10
2 Scibetta, Alex	11 Ridgewood		3:17.50	8
3 Barr, Hilary	12 Ridgewood		3:28.00	6
4 Loughlin, Megan	JR Paramus		3:31.30	4
5 Benson, Erin	SR Paramus		3:41.60	2
6 Guzman, Jenny	SO Belleville		3:43.10	1

Event 26 Girls 4x800 Meter Relay B

School	Seed	Finals	Points
1 Ridgewood 'A'		10:54.60	10
1) Shigenobu, Hanako 9	2) Schofield, Courtney 11		
3) Davidson, Caroline 9	4) Barr, Hilary 12		
2 Nutley 'A'		11:08.40	8
1) Principe, Dana JR	2) Andrews, Laura SO		
3) Kim, Irene SO	4) Tanaka, Miki SO		
3 Paramus 'A'		11:18.30	6
1) Hios, Stephanie SR	2) Benson, Erin SR		
3) Hwang, Christina JR	4) Loughlin, Megan JR		
4 Belleville 'A'		11:22.50	4
1) Victorio, Crissabel SO	2) Diaz, Mary FR		
3) Nigli, Rhea JR	4) Tirgrath, Sherry JR		
5 Hackensack 'A'		11:26.60	2
1) Meneses, Patricia FR	2) Obelle, Onyinyechi FR		
3) Cole, Elicia JR	4) Davis, Chelsea SO		

Event 32 Girls 600 Meter Dash B

Name	Year School	Seed	Finals	Points
1 Buckley, Catherine	12 Ridgewood		1:49.00	10
2 Shigenobu, Hanako	9 Ridgewood		1:51.10	8
3 Bakare, Aderonke	SR Teaneck		1:54.80	6
4 Ackon, Vanessa	SO Belleville		1:55.90	4
5 Soto, Samantha	JR Belleville		1:57.50	2
6 Roessler, Ashley	SO Paramus		1:59.90	1

Event 38 Girls 300 Meter Dash B

Name	Year School	Seed	Finals	Points
1 Mitchell, Janay	SR Teaneck		40.60	10
2 Zymet, Jenny	JR Paramus		41.90	8
3 Ford, Jaslyn	SO Bloomfield		44.00	6
4 Narvaez, Jenny	12 Ridgewood		44.20	4
5 Jones, Imani	SO Bloomfield		44.40	2
6 Wizzard, Shaena	JR Teaneck		44.80	1

Event 45 Girls 1600 Meter Run B

Name	Year School	Seed	Finals	Points
1 Middleton, Torey	12 Ridgewood		5:48.40	10
2 Scibetta, Alex	11 Ridgewood		5:54.10	8
3 Hwang, Christina	JR Paramus		6:04.70	6
4 Nigli, Rhea	JR Belleville		6:06.60	4
5 Cole, Elicia	JR Hackensack		6:07.20	2
6 Llerandi, Grayson	10 Ridgewood		6:07.30	1

Event 51 Girls High Jump B

Name	Year School	Seed	Finals	Points
1 Roche, Haley	10 Ridgewood		5-00.00	10
2 Campbell, Shelisa	SR Hackensack		J5-00.00	8
3 Sooksatan, Celina	SR Nutley		J5-00.00	6
4 DeVita, Sarah	10 Ridgewood		4-08.00	4
5 Koster, Megan	SO Nutley		4-04.00	2
6 Holowko, Ariana	FR Paramus		4-02.00	1
7 Wizzard, Shaena	JR Teaneck		J4-02.00	

Event 57 Girls Shot Put B

Name	Year School	Seed	Finals	Points
1 Hampton, Apresha	SO Teaneck		37-02.50	10
2 Elisee, Stephanie	SO Bloomfield		34-07.00	8
3 Mollica, Katherine	SR Hackensack		32-07.00	6
4 Paul, Lenora	SO Hackensack		31-00.00	4

Event 63 Girls Long Jump B

Name	Year School	Seed	Finals	Points
1 Altamira, Jessica	SR Paramus		16-01.50	10
2 Zymet, Jenny	JR Paramus		15-10.50	8
3 Keita, Mbalu	SR Teaneck		15-03.25	6
4 DeVita, Sarah	10 Ridgewood		15-02.25	4
5 Carty, Karissa	JR Bloomfield		14-09.50	2
6 Nicoletti, Paige	SR Paramus		14-08.00	1
7 Wizzard, Shaena	JR Teaneck		14-06.00	

Event 69 Girls Triple Jump B

Name	Year School	Seed	Finals	Points
1 DeVita, Sarah	10 Ridgewood		34-11.00	10
2 Lee, Robin	12 Ridgewood		34-00.75	8
3 Keita, Mbalu	SR Teaneck		32-10.75	6
4 Narvaez, Jenny	12 Ridgewood		32-06.75	4
5 Nicoletti, Paige	SR Paramus		30-08.25	2
6 Roessler, Ashley	SO Paramus		29-10.50	1

Event 75 Girls Pole Vault B

Name	Year School	Seed	Finals	Points
1 Lee, Robin	12 Ridgewood		9-00.00	10
2 Polcari, Kayla	10 Ridgewood		8-06.00	8
3 Spillane, Rachel	SO Paramus		7-00.00	5
3 Lohman, Larissa	JR Nutley		7-00.00	5
5 Kisley, Stephanie	SO Paramus		6-00.00	2
-- Forbes, Michelle	FR Hackensack		NH	
-- Brown, Ramelle	12 Ridgewood		NH	

Event 84 Girls 4x400 Meter Relay B

School	Seed	Finals	Points
1 Ridgewood 'A'		4:17.40	10
1) Narvaez, Jenny 12	2) Oliva, Victoria 11		
3) Bitzer, Jenny 11	4) Buckley, Catherine 12		
2 Paramus 'A'		4:21.40	8
1) Altamira, Jessica SR	2) Loughlin, Megan JR		
3) Spillane, Rachel SO	4) Zymet, Jenny JR		
3 Belleville 'A'		4:22.60	6
1) Ackon, Vanessa SO	2) Shabazz, Sherece JR		
3) Barrett, Victoria SR	4) Victorio, Crissabel SO		
4 Teaneck 'A'		4:24.50	4
1) Bakare, Aderonke SR	2) Wizzard, Shaena JR		
3) Price, Alison JR	4) Mitchell, Janay SR		
5 Hackensack 'A'		4:31.20	2
1) Davis, Chelsea SO	2) Cole, Elicia JR		
3) Campbell, Shelisa SR	4) Gardner, Crystal JR		
6 Nutley 'A'		4:31.40	1
1) Principe, Dana JR	2) Tanaka, Miki SO		
3) Andrews, Laura SO	4) Patrizio, Alexandra SR		

Women - B - Team Rankings - 14 Events Scored

1) Ridgewood	171	2) Paramus	86
3) Teaneck	56	4) Bloomfield	36
5) Belleville	34	6) Hackensack	24
7) Nutley	22		

Varsity Classic Mon. 2/9/09

***** Results *****

55m:

Boys- Max Witt- 6.6/6.6

Girls- Jen Bitzer- 8.1

55m HH:

Boys- Tom DeVita- 8.7

Girls- Sarah DeVita- 9.2/9.0, Jenny Narvaez- 9.4,
Victoria Oliva- FS

DM:

Boys- Andrew Fine, InSoo Huang, Brian Cleary, Taro Shigenobu
10:33.0 (5th) 3:14.9 51.5 2:03.9 4:22.7

Girls- Torey Middleton, Jenny Narvaez, Catherine Buckley, Grayson Llerandi
13:18.7 4:00.7 62.8 2:29.8 5:45.3

400m:

Boys- Matt Grundy- 53.9, Matt Levitsky- 56.9

4 x 800m:

Boys- Jon Reimer, Yuki Kawahara, Matt Granski, Justin Jenkins
8:43.3 2:08.2 2:11.1 2:13.8 2:10.2

Girls- - Alex Scibetta, Courtney Schofield, Hanako Shigenobu, Hilary Barr
10:11.2 2:32.4 2:35.8 2:34.1 2:28.9

200m:

Boys- Max Witt- 23.9, Noah Hoh- 24.9, Matt Grundy- 24.4,
Matt Levitsky- 24.5

Girls- Jen Bitzer- 28.4

1600m:

Boys- Sean Martyn- 4:46.9, Pat Rynkowski- 4:52.2

4 x 400m:

Girls- Catherine Buckley, Jen Narvaez, Hanako Shigenobu, Victoria Oliva
4:12.6 63.1 61.8 63.9 63.8

Shot Put:

Girls- Megan Gonzalez- 33'6"

Triple Jump:

Girls- Sarah DeVita- 33'1", Robin Lee- F, Jenny Narvaez- 32'6"

High Jump:

Boys- Tom DeVita- 5'9"

Girls- Haley Roche- 4'9", Sarah DeVita- 4'9"

Pole Vault:

Girls- Robin Lee- NH, Kayla Polcari- NH, Ramelle Brown- NH

Comments:

A high powered meet as usual. It is very tough to place in this meet...over 200 schools!! Congrats to the boys DM for coming in 5th. There were many personal bests by both boys and girls...that was great to see. Keep up the good, HARD work!!

Filandro's big kick lifts Indian H.

By **PAUL SCHWARTZ**
STAFF WRITER

INDOOR TRACK VARSITY CLASSIC

NEW YORK - When he took the baton in the 4-x-800 meter relay Monday night at the Varsity Classic, Mark Filandro was fewer than two minutes from removing the word "potential" from in front of the word "star."

Indian Hills was running in the middle of a strong pack in the event, looking to try to qualify for the Eastern States Indoor meet in two weeks and the Penn Relays outdoors in April. Then Filandro got the baton and 1:54.2 later, the Braves could make reservations for both.

Filandro's awesome leg, easily the best of the night, propelled the Braves into fourth place and a North Jersey-leading 8:09.1 time to highlight a very good night for area athletes, including wins by Marvin Whilby of Don Bosco in the boys 200 and Aresha Hampton of

Teaneck in the girls shot put. More than 200 schools from New York, New Jersey and Pennsylvania participated in the meet and nearly 20 medals were earned by local teams.

But Filandro's performance was clearly the highlight.

He ran the first 200 in 27 seconds and the second 200 at the same pace, leading coach Bill Barry to not call out the split.

"I think he was afraid it would scare me," said Filandro, who hoped to go in a still-fast 56 seconds. Filandro held on and went through the 600 in 1:24, faster than any North Jersey boy has run the open 600 race all winter. "I got out fast and kept working the second lap, which I didn't do Wednesday night at the Metro meet."

With about 150 meters to go, the fast early pace finally got to him, but Filandro fought through, passing Rahway at Morristown to bring the Braves a medal.

"Everything just clicked tonight," said the junior, who won the 400 meters Saturday's North 1, Group 2 meet but struggled to finish fourth in the 800. "I don't think I was ready for Saturday's race but I was ready tonight."

So, too, was Hampton, who needed a throw of 38-feet 1/2 inch on her next-to-last attempt to overtake Shannon Sullivan of Immaculate Heart by a quarter inch.

"My coach [Warren Julious] was kind of mad at me when I fouled two throws in the trials, but when he went up to the top of the bleachers to watch my throw in the finals, I threw better," Hampton said.

Whilby ran a seasonal best 22.2 to take first in the 200 after finishing a close third in the 55.

State Sectional Meet Sat. 2/7/09

***** Results *****

RUNNING EVENTS:

400m:

Boys- InSoo Huang- 54.59 (6th), Matt Grundy- 54.77, Sean Matson- 56.74

Girls- Jenny Narvaez- 64.24 (5th), Victoria Oliva- 64.73, Jenny Bitzer- 66.97

1600m:

Boys- Taro Shigenobu- 4:28.67 (1st), Andrew Fine- 4:39.39 (4th),

Brian Cleary- 4:39.37 (3rd)

Girls- Courtney Schofield- 5:52.79, Torey Middleton- 5:43.60,

Alex Scibetta- 5:46.14

55m HH:

Boys- Tom DeVita- 9.78, Sean Matson- 9.38, Matt Beausoliel- 10.10

Girls- Sarah DeVita- 9.88, Victoria Oliva- FS, Jenny Narvaez- 10.29

800m:

Boys- Jon Reimer- 2:14.0, Sean Martyn- 2:12.03,

Girls- Catherine Buckley- 2:29.52 (6th), Hilary Barr- 2:32.33,

Hanako Shigenobu- 2:33.60

55m dash:

Boys- Max Witt- 6.72 (2nd), Matt Levitsky-7.09

Girls- Robin Lee- 7.97, Jenny Bitzer- 8.43

3200m:

Boys- Taro Shigenobu- 9:46.58 (1st), Andrew Fine- 9:56.60 (4th),

Brian Cleary- 10:10.29 (6th)

Girls- Courtney Schofield- 12:25.50, Grayson Llerandi- 12:24.51 (6th),

Alex Scibetta- 13:03.0

4 x 400m:

Boys- Matt Grundy, Jon Reimer, Matt Levitsky, InSoo Huang

3:38.61 (5th) 54.6 55.3 56.4 52.5

Girls- Catherine Buckley, Jenny Narvaez, Hanako Shigenobu, Victoria Oliva

4:16.83 (3rd) 63.7 63.3 64.8 64.8

FIELD EVENTS:

Shot Put:

Girls- Meghan Gonzalez- 34'5" (3rd), Christy Nelson- 22'9"

Pole Vault:

Boys- John Wisemer- NH, Max Witt- NH

Girls- Robin Lee,- 9'0" (4th) Kayla Polcari- 9'0 (4th), Ramelle Brown- 8'0" (6th)

High Jump:

Boys- Tom DeVita- 6'2" (2nd), Matt Beausoliel- 5'6"

Girls- Haley Roche- 4'8" (3rd), Sarah DeVita- 4'4" (5th)

Comments:

We came in 3rd in both the boys and girls. It was a nice team effort. The boys meet came down to the final race...very close. Remember...EVERY LITTLE THING COUNTS in these team scored meets!!

Tough day for Bergen

Close but no title for several teams

By **PAUL SCHWARTZ**
STAFF WRITER

TOMS RIVER - The Teaneck and Old Tappan girls, and Teaneck and Ridgewood boys could look at Saturday's North 1, Group 3 and 4 standings and only wonder what if?

■ If there was a 200-meter race indoors for Janay Mitchell of Teaneck to run and win.

■ If Jenni Zymet of Paramus, who beat Mitchell in the 400, took the winter off again instead of adding indoor track to her success in soccer and softball.

■ If Old Tappan's 4-x-400 relay could have run just four seconds faster or Tamar Hagopian had run .02 seconds faster in the hurdles final.

■ If each of Teaneck's boy sprinters ran .07 seconds faster in the 55 meter dash.

■ If Ridgewood had a shot putter.

Of course if all that had happened, the winning sectional teams of Randolph (Group 4 boys), Mount Olive (Group 3 boys) and Morris Knolls (Group 3 girls) might have had an "if" list as well. That's the nature of a four-hour track meet.

As a result, Bergen County teams were shut out of the first four North 1

INDOOR TRACK STATE SECTIONALS

sectional titles awarded Saturday.

"I think we squeezed every point we really could expect to squeeze out of our girls," said Old Tappan coach Antonio Marino, whose team came up 1 $\frac{3}{4}$ points short of Morris Knolls and $\frac{1}{4}$ -point ahead of Teaneck in the Group 3 girls meet.

"We put two girls in the hurdle final, placed two in both the pole vault and high jump, and got some great races from our relay team and Christine Spilka in the 800. I'm not sure what else we could have done."

Mike Mullen of Ridgewood said much the same thing after his boys team had come up short of Randolph and West Orange, losing 63-62-54.

"I'm a little disappointed that some of the things didn't work out," said Mullen. "I've liked this meet since it started last year because it gives us another team championship and I like going against good programs we don't always see. But we tried to find some points in events that we weren't strong in and it wasn't

enough."

"I didn't really expect Max [Witt] to take second in the 55 and I didn't think we'd get 20 points in the 1,600 or 15 in the 3,200. So you take your ups and your downs."

North Jersey athletes earned 16 gold medals in 40 events, including impressive individual doubles by Nico Stabile of Passaic Valley in the Group 3 800 and 1,600 and Taro Shigenobu of Ridgewood in the Group 4 1,600 and 3,200.

Stabile outkicked Northern Highlands star Tom Gaidus to win the 1,600, running a 63.8 final 400 to finish with a personal best of 4:27.89 and then came back to beat the Highlanders' Matiss Batarags to win the 800.

"I think I'm only going to do the 800 next week [at the group championships]," said Stabile. "I'm really confident now, but I know how much harder the competition will be next week."

Shigenobu isn't as sure of his choice yet.

"I'll wait and see about next week," said Shigenobu, who led almost every step of both his wins, running an easy 4:28.67 to win the 1,600 and an even easier 9:46.58 in the 3,200.

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HIGH SCHOOL TRACK STATE SECTIONALS

AT BENNETT CENTER, TOMS RIVER

NORTH 1 GROUP 4

BOYS

TEAM SCORES: Randolph (Ran) 63, West Orange (WO) 62, Ridgewood (R) 54, Kearny (Ky) 27, Passaic Tech (PCT) 22, East Orange (EO) 18, Montclair (M) and Kennedy (K) 15, Passaic (P) 10, North Bergen (NB) 4, Union City (UC), Bloomfield (Bl) and Clifton (C) 2, Vernon (V) 1.

55: 1. Jashon Dawson (P), 6.71; 2. Max Witt (R), 6.72; 3. Floyd Morgan (WO), 6.83; 4. Tevin Cunningham (NB), 6.88; 5. Justin Taylor (Ran), 6.91; 6. Hanni Abukhater (C), 6.93. (Halim McCartha (PCT) advances on official error.)

55 HH: 1. Josh Major (WO), 7.89; 2. Nicoy Hines (PCT), 7.89; 3. Keshon Brown (K), 8.04; 4. James Burroughs (WO), 8.07; 5. Pinzo Hall (Bl), 8.25; 6. Stephen Grib (V), 8.44.

400: 1. Wilson Martinez (Ran), 52.45; 2. Manuel Esposito (Ky), 53.32; 3. Justin Taylor (Ran), 53.61; 4. Floyd Morgan (WO), 53.70; 5. Mike Bennett (PCT), 54.49; 6. InSoo Huang (R), 54.59.

800: 1. Zach Herring (M), 2:03.36; 2. Larry Hilton (K), 2:03.59; 3. Josh Martin (WO), 2:03.90; 4. Davian Jenerson (EO), 2:05.73; 5. Curtis Richburg (WO), 2:06.10; 6. Mike Nobile (Ran), 2:06.44.

1,600: 1. Taro Shigenobu (R), 4:28.67; 2. Brian Mendez (Ky), 4:30.79; 3. Brian Cleary (R), 4:39.37; 4. Andrew Fine (R), 4:39.39; 5. Curtis Richburg (WO), 4:39.97; 6. Morris Jenkins (M), 4:41.44.

3,200: 1. Taro Shigneobu (R), 9:46.58; 2. Brian Mendez (Ky), 9:54.06; 3. Collin Frost (Ran), 9:56.92; 4. Andrew Fine (R), 9:58.60; 5. Luis Romero (UC), 9:58.77; 6. Brian Cleary (R), 10:10.29.

Shot put: 1. Tom Beals (EO), 46-9; 2. Rhema Boyo (WO), 46-1½; 3. Lonnie Day (PCT), 45-1½; 4. Robert Gray (EO), 44-7½; 5. Roguillyk Dormevil (WO), 42-9; 6. Claudio DaSilva (Ky), 42-7.

High jump: 1. Glenn Scheideler (Ran), 6-4; 2. Tommy DeVita (R), 6-2; 3. Stevenson Vilas (WO), 5-10; 4. Patrick Bosiquot (WO), 5-10; 5. Tim Esposito (Ky), 5-10; 6. Ralph McEachin (K), 5-6.

Pole vault: 1. Ali Hashemi (Ran), 12-6; 2. Adrian Sedestrom (Ran), 10-6.

4-x-400 relay: 1. Randolph (Justin Taylor, Mike Moserowitz, Julian Rodriguez, Wilson Martinez), 3:33.13; 2. West Orange, 3:33.85; 3. Passaic Tech, 3:37.15; 4. Montclair, 3:38.07; 5. Ridgewood, 3:38.61; 6. Clifton, 3:40.78.

GIRLS

TEAM SCORES: Randolph (Ran) 96, Clifton (C) 49, Ridgewood (R) 30¼, Passaic Tech (PCT) 26¾, Bloomfield (Bl) 25, Passaic (P) 20, Montclair (M) 19, West Orange (WO) 16, North Bergen (NB) 10, Kennedy (K) 8, Eastside (E) 7, Vernon (V) 2, Kearny (Ky) 1.

55: 1. Rita Taste (Bl), 7.49; 2. Shantal Athill (M), 7.62; 3. Jessica McNeill (E), 7.71; 4. Amber Allen (PCT), 7.71; 5. Briana Feldhaus (Ran), 7.75; 6. Kewanna Price (E), 7.75.

55 HH: 1. Briana Feldhaus (Ran), 8.47; 2. Rita Taste (Bl), 8.62; 3. Natalie McAlister (Bl), 8.86; 4. Kara Scheideler (Ran), 9.12; 5. Demi Bourne (WO), 9.16; 6. Emily Urciuoli (C), 9.31.

400: 1. Amber Allen (PCT), 1:01.84; 2. Micheaux Ferdinand (M), 1:02.79; 3. Kayla Santiago (C), 1:03.55; 4. Michelle Kusik (Ran), 1:04.07; 5. Jenny Narvaez (R), 1:04.24; 6. Jaslyn Ford (Bl), 1:04.71.

800: 1. Joelle Amaral (Ran), 2:22.65; 2. Victoria Kiss (Ran), 2:24.98; 3. Eloisa Paredes (C), 2:27.94; 4. Catrice Austin (WO), 2:29.44; 5. Catherine Buckley (R), 2:29.52; 6. Any Stickle (Ran), 2:29.87.

1,600: 1. Joelle Amaral (Ran), 5:21.03; 2. Eloisa Paredes (C), 5:29.01; 3. Catrice Austin (WO), 5:29.65; 4. Kerry Sorenson (C), 5:30.94; 5. Charlene Boria (P), 5:36.01; 6. Sally Goodman (M), 5:43.06.

3,200: 1. Natalie Anthony (Ran), 11:22.55; 2. Charlene Boria (P), 11:59.38; 3. Rebecca Snelson (Ran), 12:10.75; 4. Kerry Sorenson (C), 12:14.83; 5. Megan Kelly (V), 12:18.38; 6. Grayson Llerandi (R), 12:24.51.

Shot put: 1. ChiChi Okoronkwo (P), 37-2½; 2. Lisbeth Lopez (Ran), 34-9½; 3. Megan Gonzalez (R), 34-5; 4. Elana Lemon (WO), 34-4; 5. Ashley Sanchez (PCT), 32-2; 6. Stephanie Belcastro (Ran), 31-9¼.

High jump: 1. Brittney Kilkenny (NB), 5-0; 2. Jaivairia Bacote (K), 4-10; 3. Haley Roche (R), 4-8; 4. Kara Scheideler (Ran), 4-8; 5. tie between Emily Urciuoli (C), Nia Jackson (C), Sarah DeVita (R) and Ayana Ward (PCT), 4-4.

Pole vault: 1. Emily Urciuoli (C), 11-0; 2. Kim Logoyda (Ran), 10-6; 3. Jess Knierem (Ran), 9-6; 4. Kayla Polcari (R),

9-0; 5. Robin Lee (R), 9-0; 6. tie between Colleen Reynolds (C) and Ramelle Brown (R), 8-0.

4-x-400 relay: 1. Passaic Tech (Jamelia Johnson, Andrea Gates, Daeja Smith, Amber Allen), 4:11.82; 2. Clifton, 4:15.61; 3. Ridgewood, 4:16.83; 4. Randolph, 4:17.89; 5. Montclair, 4:20.61; 6. Kearny, 4:33.10.

County Relays

***** Results *****

4 x 55m HH:

Boys- Tom DeVita, Sean Matson, Matt Beausoleil, InHo Hwang

DQ.... 8.3 8.0 8.8 9.6

Girls- Victoria Oliva, Sarah DeVita, Kayla Polcari, Robin Lee

35.4 (1st) 9.3 8.2 9.4 8.3

4 x 1600m:

Boys- Andrew Fine, Brian Cleary, Sean Martyn, Taro Shigenobu

18.16.4 (2nd) 4:28.4 4:34.7 4:44.4 4:28.5

Girls- Courtney Schofield, Hilary Barr, Okuchi Onwubu, Grayson Llerandi

23:32.9 (4th) 5:44.9 5:51.5 6:08.2 5:49.2

4 x 200m:

Boys- Matt Grundy, Max Witt, Sean Matson, InSoo Hwang

1;35.5 (5th) 23.4 24.1 24.3 23.4

Girls- Jenny Bitzer, Victoria Oliva, Robin Lee, Catherine Buckley

1:49.7 (3rd) 28.6 26.8 27.0 27.7

4 x 800m:

Boys- Justin Jenkins, Pat Rynkowsky, Jon Riemer, Sean Martyn

8:50.5 (5th) 2:10.7 2:12.1 2:18.6 2:08.9

Girls- Torey Middleton, Hilary Barr, Hannah Holland, Casey Reilly

10:31.5 (3rd) 2:30.1 2:33.9 2:39.6 2:45.1

SM (400-200-200-800):

Boys- InSoo Hwang, Max Witt, Matt Grundy, Taro Shigenobu

3:38.6 (1st) 51.7 23.7 24.1 1:59.3

Girls- Victoria Oliva, Jenny Bitzer, Robin Lee, Catherine Buckley

4:25.8 (1st) 63.2 28.6 27.5 2:26.3

DM (1200-400-800-1600):

Boys- Brian Cleary, InHo Hwang, Sean Martyn, Andrew Fine
11:10.7 (2nd) 3:24.1 56.8 2:10.6 4:38.4

Girls- Torey Middleton, Kayla Polcari, Courtney Schofield, Grayson Llerandi
13:42.8 (4th) 4:04.6 72.3 2:38.9 5:46.0

4 x 400m:

Boys- Matt Grundy, Jon Reimer, Sean Matson, InSoo Hwang
3:35.6 (2nd) 53.3 55.3 54.5 52.4

Girls- Catherine Buckley, Jenny Bitzer, Hilary Barr, Victoia Oliva,
4:15.9 (2nd) 61.1 63.7 64.8 63.3

Long Jump:

Boys- Tom DeVita, Max Witt
37'2" (5th) 19'1" 18'1"

Girls- Sarah DeVita, Haley Roche
29'6 1/4" (3rd) 15'9 1/4" 13'9"

Triple Jump:

Boys- Tom DeVita, Matt Grundy
75'2 1/2" 40'1 1/2" 35'1"

Girls- Robin Lee, Sarah DeVita
66'3" (3RD) 32'3 1/2" 33'11 1/2" ***NEW SCHOOL RECORD***

High Jump:

Boys- Tom DeVita, Matt Levitsky
11'6" (2ND) 6' 5'6"

Girls- Sarah DeVita, Haley Roche
9'8" (1st) 4'10" 4'10"

Shot Put:

Girls- Meghan Gonzalez, Christine Nelson
54'2" 32'8" 21'6"

Pole Vault:

Boys- John Wisener, Max Witt
18'6" (4th) 9'6" 9'0"

Girls- Ramelle Brown, Kayla Polcari
17'6" (1st) 8'6" 9'0"

Comments:

Ughhhh!! An excellent meet by both groups and we came in 2nd in the county in both the boys and the girls. The downer was we lost in the girls meet by 1 point to IHA. That's always tough to take because it's easy to find 1 point in the meet. We did perform well and everyone (both the boys and girls) really gave their best! Congrats on a nice team season.

IHA girls tops in A Division

Sinkovitz settles the score

By PAUL SCHWARTZ
STAFF WRITER

INDOOR TRACK BERGEN RELAYS

NEW YORK - Julie Sinkovitz thought she knew the score.

The Immaculate Heart junior thought the Blue Eagles were tied with Ridgewood entering the last leg of the final event Monday at the Bergen County Relays. She knew that to win their second straight championship, her anchor leg would make the difference.

While it did make the difference, no one realized the Blue Eagles actually were a point behind the Maroons before the race - because of a scoring error in the high jump.

And Sinkovitz delivered, not only defeating the Maroons for the A Division title in the 4-x-400 relay, but almost bringing the Blue Eagles back from nearly 30 meters to overtake Westwood for the overall relay title. The top six teams in each event, regardless of school size, earn medals with six places awarded in each division.

"I knew I had to beat Ridgewood for us to win the meet," said Sinkovitz, who earned the Lou Molino Award as the outstanding performer in the meet by running key legs on two gold-medal winning relays - the 4-x-800 and distance medley - and, of course, the 4-x-400 as IHA edged Ridgewood, 80-79, in the closest finish ever in the meet. "So on the first lap I wanted to go out and see where I could get to."

That being easily ahead of Ridgewood and suddenly in striking distance of the Cardinals and their excellent anchor, Cella Bren-

catch her, but she held me off really well to the finish," said Sinkovitz, who still recorded a 57.3 final 400, easily the best split of the day at the Armory Track center.

Sinkovitz's final leg enabled her to overshadow a sensational day by Mahwah's Kirsten Bowens, who led the Thunderbirds to their first B Division title, 68-65, over Westwood. Bowens jumped a career-best 5 feet, 2 inches in the high jump to help the Thunderbirds set one of five meet records. Her 36-3½ triple jump, a personal best, tied the meet record in the event. She also helped Mahwah to a division win in the long jump.

"She stepped up today," said Mahwah coach Rob Pasek, whose team added the County Relays title to their wins in the NBIL meet and North 1, Group 2 sectional meet. "She had a great day and Ashley Walker, our best pole vaulter, went 10-6 for the first time."

Don Bosco won or tied six events, including a surprising three in the field events, for an easy 85-53 win over Ridgewood in the A Division boys for its fourth straight title. It was the largest margin of victory ever in the division. Ramsey won three events to hold off St. Joseph for the B Division title, 77-64. Park Ridge's Greg Hoffman cleared 14-6 in the pole vault for the second time in three days to earn the Alan Wedemeier Award as the top boys performer. Park Ridge set a meet record in the pole vault by a foot as Hoffman's teammate Garrett LaRocca cleared 12

SCOREBOARD

INDOOR

A.12

Bergen Relays

AT ARMORY TRACK CENTER, N.Y.

Boys

DIVISION A

Team scores: Don Bosco 85, Ridgewood 53, Englewood 30, Bergen Catholic 29½, Teaneck 22, Bergen Tech 18, Paramus 17, Bergenfield 13½, Paramus Catholic, Demarest and River Dell 12, Indian Hills 11, Old Tappan 10, Hackensack 9, Pascack Valley 8, Northern Highlands 6, Fair Lawn 1.

4-x-200: 1. Teaneck (Casey Pleasants, Zadique White, Daryian Miles, Chris Goins); 1:33.0; 2. Englewood, 1:33.5; 3. Don Bosco, 1:34.6; 4. Bergen Catholic, 1:34.7; 5. Ridgewood, 1:35.5; 6. Fair Lawn, 1:38.3.

4-x-400: 1. Bergen Catholic (Billy Leonard, Tarique Gray, Pat Ringelstein, Will Ring), 3:28.5; 2. Ridgewood, 3:35.6; 3. Don Bosco, 3:36.8; 4. Bergen Tech, 3:39.6; 5. Pascack Valley, 3:41.8; 6. Hackensack, 3:42.8.

4-x-800: 1. Don Bosco (Mike Belgiove, John Murphy, Brendan Offer, Dan Fitzgibbons), 8:23.1; 2. Bergen Catholic, 8:24.9; 3. Pascack Valley, 8:41.2; 4. Ridgewood, 8:50.5; 5. Fort Lee, 9:10.5; 6. Indian Hills, 9:26.5.

4-x-1,600: 1. Don Bosco (Rafael Vargas, Rob Molke, Howie Rosas, Leighton Spencer), 18:11.2; 2. Ridgewood, 18:16.4; 3. Indian Hills, 19:09.2; 4. Bergen Tech, 19:46.9; 5. Fort Lee, 19:53.3; 6. Demarest, 20:30.2.

Sprint medley: 1. Ridgewood (In-Soo Huang, Max Witt, Matt Grundy, Taro Shigenobu), 3:38.6; 2. Paramus Catholic, 3:39.4; 3. Northern Highlands, 3:40.4; 4. Englewood, 3:44.7; 6. tie between Bergenfield and Indian Hills, 3:48.5.

Distance medley: 1. Don Bosco (Dan Fitzgibbons, Mike Belgiove, Brendan Offer, Rob Molke), 11:07.8; 2. Ridgewood, 11:10.7; 3. Hackensack, 11:22.9; 4. Bergen Tech, 11:33.2; 5. Indian Hills, 11:40.3; 6. Bergen Catholic, 11:50.2.

Shuttle hurdles: 1. Bergenfield (Kelvin Balcacer, Kiril Henry, Bank Phansumang, Renell Sadang), 34.0; 2. Demarest, 34.5; 3. Bergen Tech, 35.5.

Shot put: 1. Old Tappan (Mike Reilly, Chris Engel), 88-5¼; 2. Don Bosco, 87-6¼; 3. River Dell, 86-9; 4. Paramus Catholic, 85-11¼; 5. Hackensack, 85-2¼; 6. Bergen Catholic, 80-11.

High jump: 1. Don Bosco (Greg Hazell, Bryan Teaton), 11-10; 2. tie between Ridgewood and Paramus, 11-6; 4. tie between Demarest and Teaneck, 11-4; 6. tie between Indian Hills and Bergen Catholic, 11-2.

Long jump: 1. Englewood (Ackeme Brown, Oshane Wint), 39-11¼; 2. Teaneck, 39-6¼; 3. Don Bosco, 38-11¼; 4. Paramus, 37-5; 5. Ridgewood, 37-2; 6. Bergen Catholic, 36-8.

Triple jump: 1. Don Bosco (Greg Hazell, Randy Jeune), 81-4; 2. Englewood, 81-0¼; 3. Paramus, 79-3; 4. Bergen Catholic, 79-0¼; 5. Bergenfield, 78-3¼; 6. Teaneck, 76-3¼.

Pole vault: 1. tie between Fort Lee (Dan Chediak, Alex Lansang) and Don Bosco (Scott Welsmiller, Mike Basello), 22-6; 3. River Dell, 21-6; 4. Ridgewood, 18-6.

DIVISION B

Team scores: Ramsey 77, St. Joseph 64, Saddle Brook 30, Rutherford 28, Westwood 24, Has-

brock Heights 23, Midland Park 20, Dumont 14, Park Ridge and Ridgefield Park 11, New Milford and Wood-Ridge 8, Waldwick 1.

4-x-200: 1. Westwood (Eric Lethauer, Morgan Kelly, Gary Samborina, Matt Arietta), 1:36.7; 2. St. Joseph, 1:37.9; 3. Ramsey, 1:38.4; 4. N. Milford, 1:41.8; 5. Dumont, 1:43.3; 6. Ridgefield Park, 1:46.4.

4-x-400: 1. Rutherford (Garret Surle, Ryan Arnold, Savian Rosario, Gavin Davis), 3:36.7; 2. Westwood, 3:40.9; 3. Ramsey, 3:41.7; 4. St. Joseph, 3:43.5; 5. Saddle Brook, 3:45.0; 6. Waldwick, n.t.

4-x-800: 1. St. Joseph (Andre Sadler, Matt Doherty, Brian Bravo, Matt O'Dowd), 8:34.2; 2. Hasbrouck Hgts., 9:21.5; 3. Ramsey, 9:23.6; 4. Saddle Brk., 9:47.2; 5. Ridgefield Pk., 9:53.4; 6. Dumont, 10:07.7.

4-x-1,600: 1. Saddle Brook (Connor Bratynski, Steve Mancini, Del'Quan Hall, Chris Gawin), 19:47.6; 2. Rutherford, 20:05.5; 3. Ramsey, 20:22.2; 4. Hasbrouck Hgts., 20:31.9; 5. St. Joseph, 22:18.6.

Sprint medley: 1. Ramsey (Dennis Wilson, Alex Wynne, Joe Farrell, Troy Coonrad), 3:55.1; 2. St. Joseph, 3:55.4; 3. Saddle Brook, 4:00.4; 4. Rutherford, 4:00.5; 5. Westwood, 4:03.4; 6. Dumont, 4:12.2.

Distance medley: 1. St. Joseph (Matt O'Dowd, Matt Doherty, Andre Sadler, Brian Bravo), 11:43.4; 2. Saddle Brook, 11:44.1; 3. Ramsey, 11:52.0; 4. Westwood, 12:00.9; 5. Rutherford, 12:07.5; 6. Hasbrouck Heights, 12:24.7.

Shuttle hurdles: 1. Ramsey (Jake Kennelly, Kazuma Yamanashi, Robbie Davis, Kevin Kuruc), 34.2; 2. Ridgefield Park, 37.1; 3. Midland Park, 37.2.

Shot put: 1. Hasbrouck Heights (Patrick Cole, Travis Malave), 96-10¼; 2. Ramsey, 85-11¼; 3. Wood-Ridge, 83-11¼; 4. New Milford, 82-3¼; 5. St. Joseph, 78-2¼; 6. Park Ridge, 73-11¼.

High jump: 1. Ramsey (Dennis Wilson, John Rosenberger), 10-6.

Long jump: 1. St. Joseph Regional (K'Waun Williams, Kamal Hogan), 40-0¼; 2. Midland Park, 35-11¼; 3. Dumont, 35-10; 4. Rutherford, 32-10¼; 5. Wood-Ridge, 30-10¼; 6. Ramsey, 30-7.

Triple jump: 1. St. Joseph (K'Waun Williams, John Sanford), 80-2¼; 2. Ramsey, 74-3¼; 3. Midland Park, 69-0¼; 4. Dumont, 68-0¼.

Pole vault: 1. Park Ridge (Greg Hoffman, Garrett LaCroce), 26-6 (record, old record, 25-6, Mahwah, 2007).

Girls

DIVISION A

Team scores: IHA 80, Ridgewood 79, Holy Angels 66, Paramus Catholic 21, Indian Hills 21, Teaneck 19, Demarest 14, Englewood 14, Paramus 12, Old Tappan 9, River Dell and Bergen Tech 8, Hackensack 4, Fort Lee 3, Fair Lawn and Garfield 2.

4-x-200: 1. Teaneck (Aderonke Bakare, Kahla Taylor, Shaena Wizard, Janay Mitchell), 1:45.8 (record, old record, 1:47.0 by Ridgewood, 2007); 2. IHA, 1:46.8; 3. Ridgewood, 1:49.7; 4. Englewood, 1:53.6; 5. Paramus, 1:55.1; 6. Holy Angels, 1:56.0.

4-x-400: 1. IHA (Kat McCurdy, Taylor Michella, Michelle McCourt, Julie Sinkovitz), 4:07.5; 2. Ridgewood, 4:15.9; 3. Teaneck, 4:17.1; 4. Holy Angels, 4:21.4; 5. Bergen Tech, 4:32.8; 6. Fair Lawn, 4:40.0.

4-x-800: 1. IHA (Julie Sinkovitz, Sarah Pagano, Mary Kaye Duff, Kathleen McCurdy), 10:07.5; 2. Holy Angels, 10:18.9; 3. Ridgewood, 10:31.5; 4. Bergen Tech, 11:07.2; 5. Garfield, 11:37.7.

4-x-1,600: 1. IHA (Mary Kaye Duff, Lauren Mazur, Kaylyn Bacha, Sarah Pagano), 22:07.2; 2. Holy Angels, 22:17.3; 3. Indian Hills, 23:27.7; 4. Ridgewood, 23:32.9; 5. Paramus, 25:30.1.

Sprint medley: 1. Ridgewood (Victoria Oliva, Jenny Bitzer, Robin Lee, Catherine Buckley), 4:25.5; 2. Holy Angels, 4:37.6; 3. Paramus, 4:39.8; 4. Paramus Catholic, 4:50.5; 5. Bergen Tech, 4:53.6; 6. Fair Lawn, 5:06.6.

Distance medley: 1. IHA (Mary Kaye Duff, Michelle McCourt, Julie Sinkovitz, Sarah Pagano), 12:54.9; 2. Old Tappan, 13:10.8; 3. Holy Angels, 13:27.3; 4. Ridgewood, 13:42.6; 5. Indian Hills, 13:46.7; 6. Demarest, 14:31.2.

Shuttle hurdles: 1. Ridgewood (Kayla Polcari, Victoria Oliva, Robin Lee, Sarah DeVita), 35.3; 2. IHA, 36.8; 3. Paramus Catholic, 37.4; 4. Holy Angels, 37.7; 5. Teaneck, 38.0; 6. Fort Lee, 38.2.

Shot put: 1. Paramus Catholic (Ashley Sims, Olivia Wade), 76-6¼; 2. Demarest, 73-1¼; 3. IHA, 66-6¼; 4. Hackensack, 64-9¼; 5. Holy Angels, 64-6¼; 6. tie between Fort Lee and Teaneck, 63-9.

High jump: 1. Tie between Ridgewood (Sarah DeVita, Haley Roche) and Indian Hills (Rachel Watkins, Taylor Clarkson), 9-8; 3. Tie between Demarest and Holy Angels, 9-6; 5. tie between Fort Lee, Old Tappan and Paramus Catholic, 9-4.

Long jump: 1. IHA (Tiffany Evangelou, Gina Carlino), 32-4; 2. Englewood, 31-10¼; 3. Ridgewood, 29-6¼; 4. Holy Angels, 29-4¼; 5. Paramus, 29-2¼; 6. Teaneck, 28-6¼.

Triple jump: 1. Holy Angels (Marie Minasi, Christina Colgary), 66-11¼; 2. IHA, 66-10¼; 3. Ridgewood, 66-3; 4. Indian Hills, 64-11¼; 5. Englewood, 60-6¼.

Pole vault: 1. Ridgewood (Kayla Polcari, Ramele Brown), 17-6; 2. River Dell, 16-0; 3. Holy Angels, 13-6.

DIVISION B

Team scores: Mahwah 68, Westwood 65, Rutherford 57, Hasbrouck Heights 53, Ridgefield Park 33, Waldwick 28, Ramsey 26, Wood-Ridge 20, New Milford 4, Saddle Brook 3, Dumont and Park Ridge 1.

4-x-200: 1. Westwood (Tara Keegan, Michelle Cascio, Colleen Murphy, Kaila Fasano), 1:50.5; 2. Mahwah, 1:51.0; 3. Rutherford, 1:53.1; 4. Hasbrouck Heights, 1:54.5; 5. Saddle Brook, 1:56.3; 6. Dumont, 2:00.2.

4-x-400: 1. Westwood (Colleen Murphy, Tara Keegan, Kaila Fasano, Ceile Brennan), 4:07.2 (record, old record, 4:10.5 by Queen of Peace, 2003); 2. Hasbrouck Heights, 4:17.3; 3. Waldwick, 4:25.0; 4. Rutherford, 4:25.8; 5. Mahwah, 4:28.8; 6. Ramsey, 4:38.7.

4-x-800: 1. Ramsey (Lizzie Rosenberger, Alex Clinton, Lisa Anderson, Diane Bain), 10:16.6; 2. Westwood, 10:26.8; 3. Hasbrouck Heights, 10:35.2; 4. Mahwah, 11:01.1; 5. New Milford, 11:30.3; 6. Wood-Ridge, 11:38.4.

4-x-1,600: 1. Waldwick (Stephanie Montana, Kelsey Dunn, Jessica Andre, Valerie Bedrock), 23:51.3; 2. Rutherford, 24:24.3; 3. Westwood, 24:27.3; 4. Ramsey, 24:29.1; 5. Hasbrouck Heights, 24:49.5; 6. New Milford, n.t.

Sprint medley: 1. Westwood (Celli Brennan, Gabriella Sloeer, Megan Boullianne, Teresa Gagliostro), 13:19.4; 2. Ramsey, 13:26.2; 3. Waldwick, 13:50.6; 4. Rutherford, 13:53.3; 5. Hasbrouck Heights, 13:57.0; 6. New Milford, 14:15.0.

Shuttle hurdles: 1. Hasbrouck Heights (Angela Cristofolo, Nickie Ingelsby, Samantha Bunone, Nicole Baldicanas), 36.7; 2. Ridgefield Park, 36.9; 3. Mahwah, 37.1; 4. Waldwick, 38.1; 5. Ramsey, 38.2; 6. Rutherford, 38.3.

Shot put: 1. Rutherford (Taylor Stever, Juliana Ohanlan), 67-4¼; 2. Ridgefield Park, 63-1; 3. Hasbrouck Heights, 60-3¼; 4. Wood-Ridge, 59-4; 5. Waldwick, 53-6¼; 6. Saddle Brook, 53-0.

High jump: 1. Mahwah (Kirsten Bowers, Allie Ritchards), 10-2 (record, old record, 9-10 by Pascack Valley, 1989 and Ridgefield Park, 1994); 2. Rutherford, 9-6; 3. Wood-Ridge, 9-2; 4. tie between Ridgefield Park and Hasbrouck Heights, 9-0; 6. Ramsey, 8-8.

Long jump: 1. Ridgefield Park (Danielle Pena, Stephanie Encarnacion), 29-1¼; 2. Mahwah, 29-1¼; 3. Wood-Ridge, 29-0; 4. Hasbrouck Heights, 28-11¼; 5. Rutherford, 28-6¼; 6. Westwood, 28-0.

Triple jump: 1. Mahwah (Kirsten Bowers, Melinda Rothman), 67-2 (tics record set by Glen Rock, 1995); 2. Westwood, 65-3; 3. Rutherford, 62-8¼; 4. Ridgefield Park, 62-2; 5. Hasbrouck Heights, 61-7¼; 6. Wood-Ridge, 58-5.

Pole vault: 1. Mahwah (Ashley Walker, Carolyn Eder), 18-6 (record, old record, 18-0 by Mahwah, 2005); 2. Westwood, 12-0.

Counties 2/18/09

***** Results *****

55m:

Boys- InHo Hwang- 7.1, Andrew Choi- 8.1, David Suh- 7.7, James Lee, 7.5,
Amir Jahanibin- 7.1,

Girls- Jen bitzer- 7.8/7.8, Ramelle Brown- 7.7/7.8

55 m HH:

Boys- Sean Matson- 8.8/8.7, Matt Beasoliel- 9.5

Girls- Victoria Oliva- 9.5/9.7, Robin Lee- 9.5/9.9, Kayla Polcari- 11.7, Sarah DeVita- 9.1

400m:

Boys- Tim Diorio- 66.3

3200m:

Boys- Ben Fishbein- 11:19.2

600m:

Boys- Brian Cleary- 1:29.0 (5th)

Girls- Catherine Buckley- 1:40.2 (5th)

1000m:

Girls- Torey Middleton- 3:12.4 (4th), Hilary Barr- 3:18.4

300m:

Boys- InSoo Hwang- 36.6 (3rd), David Suh- 45.3, Anthony Ventura- 43.3,
InHo Hwang- 40.4, Amir Jahanabin- 40.8, Andrew Choi- 48.3, James Lee- 44.7

800m:

Boys- Alec Onteros- 2:16.5, Justin Jenkins- 2:10.6

Girls- Casey Reilly- 2:43.5, Katie Martin- 2:43.6

1600m:

Boys- Sean Martyn- 4:41.4 (5th), Pat Rynkowksi- 4:50.8, Yuki Kayagawa- 4:53.4,
Ben Fishbein- 5:29.2, Stephen Fishbein- 5:35.6

Girls- Courtney Schofield- 5:45.0 (6th), Okuchi Onwubu- 6:04.9, Emily Reimer- 6:33.0

4 x 400m:

Boys- Matt Grundy, Jon Reimer, Sean Matson, InSo Hwang
3:34.4 (4th) 53.3 54.9 54.1 52.1

Girls- Catherine Buckley, Hilary Barr, Jen Bitzer, Victoria Oliva
4:12.5 (3rd) 62.2 64.5 63.4 62.5

Pole Vault:

Boys- John Wisener- 10'

Girls- Roin Lee- 9'6" (3rd), Kayla Polcari- 9'6" (2nd), Ramelle Brown- 9'6" (5th)

High Jump:

Boys- Tom DeVita- 6'0" (1st), Matt Beosoliel- 5'6"

Girls- Haley Roche- NH

Shot Put:

Girls- Meghan Gonzalez- 32'4", Christie Nelson- 23'6"

Pentathlon:

Girls- Sarah DeVita- 2697pts (2nd)
(HH- 9.1, Shot Put- 21'5", HJ- 4'10", LJ- 16'5 ¼", 800m- 2:40.8)

Comments:

Many personal bests in a lot of different events. Awesome job!!! It proves that your hard work pays off. Congrats to all.

Gearity wins pentathlon

Becomes 5th to break 3,000

By **PAUL SCHWARTZ**
STAFF WRITER

NEW YORK – She's perhaps Bergen County's best high jumper and is one of the area's top hurdlers. But over the past two winters, Rutherford's Heather Gearity has proven herself to be unquestionably the best pentathlete in the area.

Wednesday, the Bulldog senior set a meet record of 3,044 points in the event at the Bergen County Championships and became only the fifth Bergen girl to break the 3,000 point barrier at any indoor meet. Gearity's record was one of five meet records set and was one of nearly a dozen all-time Bergen top 10 performances recorded in the meet.

"Three thousand points had been my goal for this meet," said Gearity, who scored 2,844 points in winning the 2008 title. "All winter, every time I would do an event at a meet, I was thinking 'how many points is that?'"

When Gearity took the track for the last event, the 800 meters, she needed a 2:38.0 to break the meet record of 2,996 points and needed a slight faster time to hit 3,000.

"I knew I had a chance to break the record and coach [Bob] Hemmel was hollering at me to keep pushing," said Gearity, who ran 2:34.5 for the 800 and bettered her 2008 performances in the hurdles, long jump and shot and equaled her 5-2 high jump. "I just tried to finish and worked my arms as hard as I could. I guess I'm tired now."

Paramus senior Joe Vargas didn't set the boys record, but his 3,216 points was 129 better than runner-up James Doherty of Tenafly. "I was third last year and

INDOOR TRACK BERGEN MEET

wanted to get better. It's been a season of ups and downs, but I tried not to make the highs too high so I wouldn't get cocky or the lows too low so I wouldn't get upset. This was my goal all winter."

Park Ridge's Greg Hoffman set the only boys meet record with his third 14-6 clearance in the pole vault in five days and had a great vault at the Bergen County record of 15-1.

Michelle Favre of Saddle Brook cleared a meet record 11-6 in the girls pole vault but it was four girls races that dominated the afternoon.

Diane Bain of Ramsey outdueled Michelle McCourt of IHA in a scintillating 600, Bain tying the third best performance ever with a flashy 1:36.6. "I was a little worried when she took it out so hard (29.1 first 200), but I didn't let her get away and I wanted to win this very badly."

Paramus junior Jenni Zymet ran a meet record 57.3 in the 400, the third fastest ever by a Bergen athlete and ran third in 2:21.1 in the 800 behind an sparkling performance by IHA junior Julie Sinkovitz.

Sinkovitz ran the third fastest 800 in County history, 2:13.8 and trails only former State champions Janine Davis and Jasmin Jones on the all-time list.

And for good measure, Erin McKenna of Ramapo warmed up for an 800 duel with Sinkovitz at Saturday's State Meet of Champions by running a meet record 2:57.8 in the 1,000, fifth fastest ever.

INDOOR TRACK

BERGEN COUNTY CHAMPIONSHIPS

AT THE ARMOY TRACK CENTER

55 Hrs: 1. Brandon Hambric, Teaneck, 7.5; 2. Dan Chediak, Fort Lee, 7.7; 3. Travis Lloyd, Dumont, 7.7; 4. Chris Goins, Teaneck, 8.1; 5. Andrew Dyer, Demarest, 8.1; 6. Renell Sadang, Bergenfield, 8.1.

300: 1. Will Ring, Bergen Catholic, 35.5; 2. Jake Hubschman, Demarest, 36.4; 3. InSoo Hwang, Ridgewood, 36.6; 4. Corey Crawford, Indian Hills, 36.9; 5. Adam Zuniga, Garfield, 36.8; 6. Billy Griffith, Don Bosco, 37.0.

400: 1. Corey Caidenhead, Bergenfield, 49.9; 2. Keegan Carter, Paramus Catholic, 50.6; 3. Hesham Azzam, Teaneck, 50.6; 4. Kendell Jones, Englewood, 51.9; 5. Andrew Sargeant, Englewood, 52.0; 6. John Burke, Ramapo, 52.4.

600: 1. Bill Leonard, Bergen Catholic, 1:24.0; 2. Ryan LeVeigh, River Dell, 1:24.3; 3. Troy Coonrad, Ramsey, 1:27.0; 4. Wilson Bailey, Englewood, 1:27.3; 5. Brian Cleary, Ridgewood, 1:29.0; 6. Malcolm Carter, St. Joseph, 1:29.2.

800: 1. Dayne Mosconi, Tenafly, 1:59.2; 2. Mattis Batarags, No. Highlands, 2:00.5; 3. Tom Bohlin, Bergen Cath., 2:01.3; 4. Jeremy Vasquez, Fort Lee, 2:02.5; 5. Mo Gadalla, Ramapo, 2:02.6; 6. Wilson Bailey, Englewood, 2:04.9.

1,000: 1. Tommy Gaidus, No. Highlands, 2:35.2; 2. DaVon Robinson, Paramus Catholic, 2:37.0; 3. Pat Rochford, Bogota, 2:38.4; 4. Ryan Arnold, Rutherford, 2:40.5; 5. Joel Douglas, Hackensack, 2:41.3; 6. Dan McNeely, Berg. Cath., 2:44.8.

1,600: 1. Brendan Offer, Don Bosco, 4:31.1; 2. D.J. Puleo, Pascack Hills, 4:32.2; 3. Andreas Kelias, Bergen Tech, 4:36.0; 4. Nick Ward, Indian Hills, 4:39.1; 5. Sean Martyn, Ridgewood, 4:41.4; 6. Nick Mendolia, Don Bosco, 4:42.0.

3,200: 1. Howie Rosas, Don Bosco, 9:44.5; 2. Mike Obsuth, Fair Lawn, 10:07.6; 3. Sean Farrell, Fair Lawn, 10:11.2; 4. Louie Schledeler, Westwood, 10:14.7; 5. Alan Zacccone, Mahwah, 10:15.4; 6. Nick Ferrentino, Old Tappan, 10:17.2.

Shot put: 1. Eric Van Dunk, Mahwah, 53-3/4; 2. Patrick Cole, Hasbrouck Heights, 53-2; 3. Mike Reilly, Old Tappan, 51-4; 4. Brandon Victorino, Hackensack, 48-8 1/4; 5. Jordan Mistretta, Ramsey, 48-6; 6. Travis Malave, Hasb. Hts., 48-5.

High jump: 1. Tommy DeVita, Ridgewood, 6-0; 2. John Engel, Old Tappan, 5-10; 3. Mike McNicholas, Bergen Catholic, 5-10; 4. tie between Corey Crawford, Indian Hills and Cyrano Parson, Teaneck, 5-10.

Long jump: 1. Conroy Walker, Hackensack, 21-11; 2. Ackeme Brown, Englewood, 21-6 1/4; 3. Kwaun Williams, St. Joseph, 21-5 1/4; 4. Angel Lora, Garfield, 20-9 1/4; 5. Travis Lloyd, Dumont, 20-9 1/4; 6. Dahn Pratt, Teaneck, 20-8 1/4.

Triple jump: 1. Angel Lora, Garfield, 42-11 3/4; 2. Conroy Walker, Hackensack, 42-10 1/4; 3. Kwaun Williams, St. Joseph, 42-4 1/4; 4. Lawrence Banton, Hackensack, 42-3 1/4; 5. Bryan Rogers, Englewood, 41-8 3/4; 6. Naitik Vaghasia, Paramus, 41-2 1/4.

Pole vault: 1. Greg Hoffman, Park Ridge, 14-6 (record, old record, 14-0 by Greg Stripe, Mahwah, 2007); 2. Scott Weismiller, Don Bosco, 13-0; 3. Dan Chediak, Fort Lee, 12-6; Garrett LaCroce, Park Ridge, 12-0; 5. Simon Im, Ramapo, 11-0; 6. Yaniv Sofer, Demarest, 11-0.

4-x-400 relay: 1. Bergen Catholic (Leonard, Ringelstein, Gray, Ring), 3:26.6; 2. Englewood, 3:27.0; 3. Rutherford, 3:34.0; 4. Ridgewood, 3:34.4; 5. River Dell, 3:37.3; 6. Ramsey, 3:37.6.

Pentathlon: 1. Joe Vargas, Paramus, 3,216 points; 2. James Doherty, Tenafly, 3,087; 3. Justin Schneider, Paramus Catholic, 2,984; 4. Andrew Sloves, Fair Lawn, 2,918; 5. Chris Engel, Old Tappan, 2,888.

Girls

55: 1. Serenity Martin, IHA, 7.2; 2. Jessica Altamira, Paramus, 7.2; 3. Katie Landrigan, Rutherford, 7.3; 4. Colleen Murphy, Westwood, 7.5; 5. Kim Nagotko, Mahwah, 7.6; 6. Giulianna Germinaro, Holy Angels, 7.6.

55 Hrs: 1. Tiffany Evangelou, IHA, 8.5; 2. Kirsten Bowens, Mahwah, 8.9; 3. Gina Germinaro, Old Tappan, 9.1; 4. Stephanie Carnevale, River Dell, 9.2; 5. Katelyn Ary, Demarest, 9.2; 6. Mbalu Keita, Teaneck, 9.6.

300: 1. Myasia Jacobs, Paramus Catholic, 41.7; 2. Katie Landrigan, Rutherford, 43.7; 3. Katie Johnston, Indian Hills, 44.4; 4. Chelsea Davis, Hackensack, 44.5; 5. Taylor Michella, IHA, 45.1; 6. Molly Cohan, Mahwah, 45.5.

400: 1. Jenni Zymet, Paramus, 57.3 (record, old record, 57.6 by Dana Riley, Teaneck, 1993); 2.

Victoria Mold, Mahwah, 1:00.1; 3. Aderonke Bakare, 1:00.7; 4. Tori Roth, River Dell, 1:00.8; 5. Celli Brennan, Westwood, 1:01.1; 6. Toni Gatchallan, Tenafly, 1:02.0.

600: 1. Diane Bahr, Ramsey, 1:36.6; 2. Michelle

1:40.3; 3. Catherine, Park Ridge, Ridgewood, 1:40.3; 4. Kristen Gray, Park Ridge, 1:46.7.

800: 1. Julie Sinkovitz, IHA, 2:13.8; 2. Julieanne Fortana, Pascack Hills, 2:18.1; 3. Jenni Zymet, Paramus, 2:21.2; 4. Katelyn Ary, Demarest, 2:24.7; 5. Lizzie Rosenberger, Ramsey, 2:27.8; 6. Amanda Jones, Saddle River Day, 2:28.3.

1,000: 1. Erin McKenna, Ramapo, 2:57.8 (record, old record, 2:58.4 by Erin Henry, Glen Rock, 2002); 2. Suzana Markolovic, Holy Angels, 3:06.0; 3. Maggie Loudon, Old Tappan, 3:10.5; 4. Katie Sylvester, Holy Angels, 3:11.6; 5. Torey Middleton, Ridgewood, 3:12.8; 6. Natalie Rowland, Mahwah, 3:13.0.

1,600: 1. Charlotte Tregelias, Northern Highlands, 5:21.7; 2. Sarah Polansky, Indian Hills, 5:26.3; 3. Kasia Gawryluk, Wood-Ridge, 5:40.2; 4. Katie Vandervalk, Glen Rock, 5:42.0; 5. Rebecca Fortoul, Hasbrouck Heights, 5:43.2; 6. Courtney Schofield, Ridgewood, 5:45.0.

3,200: 1. Alex Clinton, Ramsey, 11:28.8; 2. Mary Kaye Duff, IHA, 11:31.2; 3. Teresa Gagliostro, Westwood, 11:50.4; 4. Lily Rutler, Ramapo, 12:00.3; 5. Jill Rothschild, Demarest, 12:20.0; 6. Sarah Hyman, River Dell, 12:23.1.

Shot put: 1. Shannon Sullivan, IHA, 39-7; 2. Ashley Sims, Paramus Cath., 39-6; 3. Kathryn Hirsch, Demarest, 39-5 1/4; 4. Taylor Stever, Rutherford, 38-2 1/4; 5. Olivia Wade, Par. Cath., 38-1 1/4; 6. Angela Acosta, Bergenfield, 37-3/4.

High jump: 1. Khyla Bailey, Par. Cath., 5-2; 2. Allie Ritchards, Mahwah, 5-0; 3. Rachel Watkins, Indian Hills, 5-0; 4. tie Marie Minasi, Holy Angels, Shelisa Campbell, Hackensack, 4-10; 6. Deirdre Kane, Rutherford, 4-10.

Long jump: 1. Kristen Brown, Englewood, 18-4; 2. Jackie Geitz, Old Tappan, 17-1; 3. Kirsten Bowens, Mahwah, 17-0; 4. Marie Minasi, Holy Angels, 16-7; 5. Tiffany Evangelou, IHA, 16-7; 6. Gina Carlino, IHA, 16-6 1/4.

Triple jump: 1. Kirsten Bowens, Mahwah, 36-11 1/4; 2. Marie Minasi, Holy Angels, 36-0; 3. Kristen Brown, Englewood, 35-0 1/4; 4. Tiffany Evangelou, IHA, 34-10 1/4; 5. Tara Keegan, Westwood, 33-11; 6. Amanda Polifrone, Rutherford, 33- 3/4.

Pole vault: 1. Michelle Favre, Saddle Brook, 11-6 (record, old record, 11-0 by Anne Polcari, Ridgewood, 2008); 2. Kayla Polcari, Ridgewood, 9-6; 3. Robin Lee, Ridgewood, 9-6; 4. Ashley Walker, Mahwah, 9-6; 5. Ramell Brown, Ridgewood, 9-6; 6. tie: Hillary Felice, River Dell, Melinda Rothman, Mahwah, 9-0.

4-x-400 relay: 1. IHA (McCurdy, Martin, McCourt, Sinkovitz), 4:04.6; 2. Westwood, 4:08.9; 3. Ridgewood, 4:12.5; 4. Holy Angels, 4:13.2; 5. tie: River Dell, Hasbrouck Heights, 4:14.9.

Pentathlon: 1. Heather Garity, Rutherford, 3,044 points (record, old record, 2,996 by Cristina Law, Ridgewood, 2007)

2. Sarah DeVita - 2697 pts

State Group IV

Sun. Feb 15th

***** Results *****

1600m:

Boys- Brian Cleary- 4:32.26

800m:

Girls- Catherine Buckley- 2:31.61

55m:

Boys- Max Witt- 6.82

3200m:

Boys- Taro Shigenobu- 9:28.31 (2nd), Andrew Fine- 9:37.92 (5th)

Girls- Grayson Llerandi- 12:35.27

Shot Put:

Girls- Megan Gonzalez- 33'6"

Pole Vault:

Girls- Robin Lee- 9', Kayla Polcari- 9', Ramelle Brown- NH

High Jump:

Boys- Tommy DeVita- 6'

Comments:

Congrats to Taro, Andrew and Tommy for moving on to the State Meet of Champs!

Group 4 boys, girls track results (High school Boys Indoor Track news)

Posted by [dliss](#) February 15, 2009 19:40PM

GROUP 4

BOYS

TEAMS: 1-Plainfield 28. 2-Old Bridge 24. 3-Freehold Twp. 22. 4-Washington Twp. 20. 5-Southern Reg. and Pennsauken 18. 7-Colts Neck 16. 8-Columbia and Millville 14. 10-Cherokee 13. 11-Toms River North 12. 12-Cherry Hill East 11. 13-Union, Ridgewood, Trenton and Toms River East 10. 17-Eastern, Absegami and Randolph 8. 20-Franklin, Lenape and Egg Harbor 6. 23-Piscataway and Jackson 4. 25-West Orange, Westfield, Hunterdon Central and Rancocas Valley 2. 29-Passaic and Bridgewater-Raritan 1.

55-METER DASH: 1-Stephon Knox, Plainfield, 6.52. 2-Henry Bender, Pennsauken, 6.58. 3-Khalid Cherry, Millville, 6.60. 4-Ellison Lucien, Union, 6.66. 5-Justin Frazier, Pennsauken, 6.66. 6-Jashon Dawson, Passaic, 6.71.

400-METER RUN: 1-Isaiah Gill, Plainfield, 49.39. 2-Ryan Spadola, Freehold Twp., 49.84. 3-Clayton Gravesande, Franklin, 50.52. 4-Barry Bethea, Eastern, 50.71. 5-Evan Desauiniers, Toms River East, 50.75. 6-Sean Harper, Rancocas Valley, 50.85.

800-METER RUN: 1-Sean Lunkenheimer, Old Bridge, 1:57.20. 2-Ford Palmer, Absegami, 1:57.43. 3-Xavier Fraction, Washington Twp., 1:58.17. 4-Abe Hamami, Freehold Twp., 1:58.34. 5-Josh Einbinder, Westfield, 1:58.65. 6-Garrett Derringer, Jackson, 1:59.04.

1,600-METER RUN: 1-Xavier Fraction, Washington Twp. 4:25.06. 2-Steve Burkholder, Cherokee 4:28.56. 3-Justin Brearley, Southern, 4:28.57. 4-Alex Bruno, Eastern, 4:29.79. 5-Greg Caldwell, Jackson, 4:30.51. 6-Michael Saporito, Hunterdon Central, 4:30.84.

3,200-METER RUN: 1-Mark Leininger, Colts Neck, 9:24.58. 2-Taro Shigenobu, Ridgewood, 9:28.31. 3-Mike O'Dowd, Colts Neck, 9:35.48. 4-Matt Valeriani, Southern, 9:35.61. 5-Andrew Fine, Ridgewood, 9:37.92. 6-Chris Banafato, Bridgewater-Raritan, 9:39.45.

55-METER HURDLES: 1-Rolston Braithwaite, Trenton, 7.61. 2-Stephon Knox, Plainfield, 7.63. 3-Harold Lathan, Egg Harbor, 7.68. 4-Patrick Jones, Piscataway, 7.72. 5-Tim Carey, Washington Twp., 7.88. 6-Major Mobley, Cherokee, 7.97.

1,600-METER RELAY: 1-Freehold Twp. (Abe Hamami, Matt Intile, Boby Searby and Ryan Spadola) 3:25.63. 2-Columbia 3:26.09. 3-Union 3:28.15. 4-Old Bridge 3:28.41. 5-Washington Twp. 3:28.51. 6-Rancocas Valley 3:29.37.

SHOT PUT: 1-Jorge Merinbo, Old Bridge, 54-10 3/4. 2-Joe Carmichael, Pennsauken, 53-9. 3-Ray Stinsman, Lenape, 53-1 1/2. 4-Anthony Stroffolino, Southern, 52-6 1/2. 5-Evan Regas, Toms River North, 50-2 3/4. 6-Shane Carle, Jackson, 49-0.

POLE VAULT: 1-Greg Kelley, Toms River North, 14-6, meet record; former record 14-0, Rick Villanova, Toms River North, 2008. 2-Chris Wyckoff, Toms River East, 14-0. 3-Vince Maggio, Southern; Josh Parr, Millville, and Kevin Dever, Millville, 13-6. 6-Tim Shanahan, Hunterdon Central, 12-6.

HIGH JUMP: 1-Uchenna Njoku, Cherry Hill East, 6-8. 2-Glenn Scheidler, Randolph, 6-8. 3-Terry Anderson, Columbia, 6-4. 4-Edward Kramer, Cherokee, 6-2. 5-Stevenson Vilaas, West Orange, 6-2. 6-Andrew Athias, Cherry Hill East, 6-2.

INDOOR TRACK

State Championships

Bennett Center, Toms River

BOYS

Team scoring

1. Plainfield 28; 13. Ridgewood 10; 29. Passaic 1.
2. 1. Stephen Knox, Plainfield, 6:52; 6. Jashon
Lawson, Passaic, 6:71.

100: 1. Rolston Braithwaite, Trenton, 7:61.

200: 1. Isaiah Gill, Plainfield, 48:39.

400: 1. Sean Lunkenheimer, Old Bridge, 1:57.20.
800: 1. Xavier Fraction, Washington Twp.,
2:50.6.

1,600: 1. Mark Leininger, Colts Neck, 9:24.58; 2.
Taro Shigenobu, Ridgewood, 9:28.31; 3. Andrew
Fine, Ridgewood, 9:37.92.

3,200: 1. Jorge Marino, Old Bridge, 54:10.34.

High jump: 1. Uchenna Njoku, Cherry Hill E., 6-8.

Pole vault: 1. Greg Kelley, Toms River N., 14-6.

4-x-400 relay: 1. Freehold Twp. (Ryan Spadola,
Bobby Searby, Abe Hamani, Matt Intile),
3:25.63.

GIRLS

Team scoring

1. Southern 48; 17. Passaic Tech and Clifton 8; 23.
Passaic 6.

55: 1. Kayann Richards, Columbia, 7:32.

55 HH: 1. Briana Feldhaus, Randolph, 8:34.

400: 1. Nijgia Snapp, Oakcrest, 55:33; 2. Amber
Allen, Passaic Tech, 56:79.

800: 1. Jill Smith, Southern, 2:13.44.

1,600: 1. Jill Smith, Southern, 5:02.31.

3,200: 1. Briana Jackucewicz, Colts Neck,
10:51.54.

Shot put: 1. Shannon Watt, Jackson, 41-1; 3.

Chi Chi Okoronkwo, Passaic, 36-0 1/4.

High jump: 1. Alexis Wachter, Southern, 5-5.

Pole vault: 1. Brooke Kohler, Hunterdon Cen-
tral, 11-0; 2. Emily Urcluoli, Clifton, 10-6.

4-x-400 relay: 1. Southern (Alexis Wachter,
Erin Horleman, Chelsea Cox, Jill Smith),
3:57.35.

GROUP 2

BOYS

Team scoring

1. Morris Hills 52; 13. Tenafly and Englewood 8;
29. River Dell 1.

55: 1. Sean McPherson, Delsea, 6:59; 2. Ack-
eme Brown, Englewood, 6:70.

55 HH: 1. Kevon Brown, West Deptford, 7:50.

400: 1. Ricky Draughn, Rahway, 50:47.

800: 1. Liam Tansey, Morris Hills, 1:58.11.

1,600: 1. Liam Tansey, Morris Hills, 4:24.19; 2.
Dayne Mosconi, Tenafly, 4:24.46.

3,200: 1. Sean Pohorence, Morris Hills, 9:23.60.

Shot put: 1. Samard Walker, Lincoln, 53-10 1/4.

High jump: 1. Alex Smith, Rumson-Fair Haven,
6-8.

Pole vault: 1. Justin Amezcuita, Gov. Liv-
ingston, 14-6; 6. Jason Kim, River Dell, 11-6.

4-x-400 relay: 1. Camden (Wayne Walls,
William Hillman, Terry Alston, Clive Harriot),
3:25.39.

GIRLS

Team scoring

1. Hopewell Valley 65; 10. Pidgefield Park 10; 14.
Bergenfield, Mahwah and Englewood 6; 22.
Fort Lee 2; 28. Lakeland 1.

55: 1. Audrey Wilson, Deptford, 7:18; 3. Kristen
Brown, Englewood, 7:35.

55 HH: 1. Shayne
8:55; 6. Kirsten Bo

400: 1. Julie Alexa

800: 1. Kari Shooll

1,600: 1. Clare Buc

3,200: 1. Melar
10:51.88.

Shot put: 1. Rach
4; 3. Angela Aco

tah Ettarh, Fort
Lakeland, 34-7 3/4.

High jump: 1. Err
5-7 1/2.

Pole vault: 1. Nicc
8; 3. Ashley Walk

4-x-400 relay:
Shaquanda Gair
Clark, 3:59.03.

Trio get 2nd shot to rise up

by PAUL SCHWARTZ
STAFF WRITER

TOMS RIVER — The effort was here but the results weren't what was desired by Taro Shigenobu, Amber Allen and Emily Urciuoli at the Group 4 State track and field championships Sunday at the Bennett Center.

While the North Jersey trio easily qualified for the State Meet of Champions on Saturday, all three

GROUP 4

had elements of disappointment in their second-place finishes.

Ridgewood's Shigenobu ran a personal best and North Jersey season best of 9:28.31 in the boys 3,200, but was outkicked by Mark Leininger of Colts Neck, who executed his race plan better than Shigenobu did his.

Passaic Tech's Allen blew away the field in her heat of the 400 meters, running the third-fastest race of the weekend, 56.79 seconds. But because of last week's sub-par performance in winning the North 1 sectional she was in the next to slowest of four heats and could only watch as her archrival, Nijgia Snapp of Oakcrest, won the event in 55.33 from the seeded heat.

Clifton's Urciuoli, feeling the effects of a virus that surfaced Feb. 8 and caused her to miss two days of practice, cleared only 10 feet, 6 inches in the pole vault and missed at 11 feet, losing to Brooke Kohler of Hunterdon Central.

"I was hoping we'd go 4:40 for the first 1,600 and burn out [Leininger's] kick," said Shigenobu, 22nd on the all-time Bergen list. "But it wasn't my day."

Allen's reaction to her runner-up finish was a mixture of frustration and relief. "It might have been different if I was in the same heat as her," said Allen, who has defeated Snapp the last two times they've met.

Urciuoli refused to use the illness, that also knocked her out of the Varsity Classic, as an excuse, but admitted, "It was a bad week all around for me."

State Meet of Champions 2/21/09

**** Results ****

3200m:

Boys- Taro Shigenobu- 9:27.20, Andrew Fine- 9:42.30

High Jump:

Boys- Tom DeVita- 6'0"

INDOOR TRACK

STATE MEET OF CHAMPIONS

AT BENNETT CENTER, TOMS RIVER

Girls

55: 1. Dominique Booker, Immaculate Conception, 6.92 (meet record); 2. Audrey Wilson, Deptford, 7.07; 3. Myasia Jacobs, Paramus Catholic, 7.09 (Bergen County record, old record, 7.14 by Takara Wilks, Queen of Peace, 2001 and Jacobs, 2009); 4. Janay Mitchell, Teaneck, 7.24; 5. Assante Johnson, Camden, 7.25; 6. Tylia Gillon, Jackson, 7.26; 9. Kristen Brown, Englewood, 7.35.

55 HM: 1. Briana Feldhaus, Randolph, 8.12; 2. Briana Barlow, New Brunswick, 8.22; 3. Stephanie Hicks, Hamilton North, 8.26; 4. Ugonna Ndu, Union, 8.29; 5. Amber Scott, Robbinsville, 8.40; 6. Rita Taste, Bloomfield, 8.49.

400: 1. Nijgia Snapp, Oakcrest, 55.74; 2. Michelle Brown, Seneca, 55.88; 3. Amber Allen, Passaic Tech, 55.95; 4. Julie Alexander, Hopewell Valley, 57.01; 5. Britney Kott, Millville, 57.19; 6. Morgan Gordon, Rancocas Valley, 57.58.

800: 1. Ajee Wilson, Neptune, 2:10.45; (meet record, old record, 2:11.50, by Jasmin Jones, Hackensack, 1987) 2. Chelsea Cox, Southern, 2:12.25; 3. Ariann Neutts, Roxbury, 2:14.18; 4. Julie Sinkovitz, IHA, 2:15.07; 5. Chelsea Lodato, Old Bridge, 2:15.24; 6. Felicia O'Donnell, Delsea, 2:15.90; 11. Erin McKenna, Ramapo, 2:19.04.

1,600: 1. Jillian Smith, Southern, 4:48.23 (meet record); 2. Molly McNamara, Red Bank Catholic, 4:58.79; 3. Dana Guglielmo, Ridge, 5:00.40; 4. Clare Buck, Hopewell Valley, 5:01.02; 5. Maria Ruiz, Williamstown, 5:03.81; 6. Trish Reilly, West Windsor Plainsboro North, 5:04.79; 12. Mary Kaye Duff, IHA, 5:10.66.

3,200: 1. Melanie Thompson, Voorhees, 10:39.39; 2. Angela Rugino, Toms River North, 10:39.71; 3. Briana Jackuciewicz, Colts Neck, 10:41.35; 4. Chelsea Ley, Kingsway, 10:43.10; 5. Megan Venables, Highland, 10:46.09; 6. Colette Whitney, Voorhees, 10:53.25; 9. Sarah Pagano, IHA, 10:56.85.

Shot put: 1. Shannon Watt, Jackson, 42-6 $\frac{3}{4}$; 2. Genevieve Rybicki, OLMA, 41-6 $\frac{1}{2}$; 3. Lisa Stuto, Brick Twp., 41-5 $\frac{1}{4}$; 4. Victoria Imbesi, OLMA, 40-3 $\frac{1}{2}$; 5. Shannon Sullivan, IHA, 40-2 $\frac{1}{2}$; 6. Ashley Sims, Paramus Catholic, 39-7 $\frac{1}{4}$; 7. Olivia Wade, Paramus Catholic, 38-5; 10. Kathryn Hirsch, Demarest, 36-6 $\frac{3}{4}$; 11. Chi Chi Okoronkwo, Passaic, 36-6.

High jump: 1. Emily Kianka, Hopewell Valley, 5-6; 2. Samantha Yeats, Voorhees, 5-6; 3. Mary Durek, Shawnee, 5-4; 4. Tayona Brown, Ewing, 5-4; 5. tie between Emily Vargas, A.L. Johnson, and Courtney Newman, Hamilton West, 5-4; 7. (tie) Heather Gearity, Rutherford, 5-2.

Pole vault: 1. Chrissy Finkel, Montville, 12-6 (ties meet record); 2. Nicole Pompei, Hanover Park, 12-0; 3. Emily Urciuoli, Clifton, 11-6; 4. tie between Lauren Bednarz, Toms River South, Catherine Shih, Bernards and Michelle Favre, Saddle Brook, 11-0.

4-x-400 relay: 1. Camden (Jamie Jones, Shaquanda Gainey, Assante Johnson,

Victoria Clark), 3:55.08 (meet record); 2. Southern, 3:55.69; 3. Jackson, 3:58.85; 4. Columbia, 3:59.14; 5. Seneca, 3:59.28; 6. Millville, 3:59.76.

Boys

55: 1. James Brown, Glassboro, 6.38; 2. Stephen Knox, Plainfield, 6.45; 3. Damiere Byrd, Timber Creek, 6.48; 4. Nicci Balestrieri, Manasquan, 6.51; 5. Michael Peavy, Neptune, 6.53; 6. Justin Fraier, Pennsauken, 6.53.

55 HM: 1. Joshua Evans, Irvington, 7.40; 2. Rolston Braithwaite, Trenton, 7.41; 3. Kevon Brown, West Deptford, 7.50; 4. Kyle Robinson, Matawan, 7.55; 5. Pierre Darisme, Rahway, 7.57; 6. Kurt Jones, Manchester Twp., 7.64; 12. Brandon Hambric, Teaneck, 7.89.

400: 1. Andrew Burt, Lacey, 49.33; 2. Isaiah Gill, Plainfield, 49.54; 3. Ryan Spadola, Freehold Twp., 49.65; 4. Tim Carey, Washington Twp., 49.89; 5. Najee Glass, St. Peter's Prep, 50.34; 6. Ricky Draughn, Rahway, 50.41.

800: 1. Xavier Fraction, Washington Twp., 1:54.82; 2. Tivo Rivera, Kingsway, 1:55.16; 3. Lucas Clyne, Morris Hills, 1:55.45; 4. Sean Lunkenheimer, Old Bridge, 1:55.46; 5. Mamadou Niang, West Essex, 1:56.85; 6. Hamer Farag, Morristown, 1:56.93.

1,600: 1. Liam Tansey, Morris Hills, 4:11.95 (meet record); 2. Jim Rosa, West Windsor Plainsboro North, 4:16.60; 4. Tyler Corkedale, West Windsor Plainsboro North, 4:18.65; 5. Ryan Savercool, Mendham, 4:20.51; 6. Colin Baker, Haddonfield, 4:20.65; 9. Tommy Gaidus, Northern Highlands, 4:23.51.

3,200: 1. Sean Pohorence, Morris Hills, 9:08.55; 2. Joe Rosa, West Windsor Plainsboro North, 9:13.30; 3. Leighton Spencer, Don Bosco, 9:15.56; 4. Mark Leininger, Colts Neck, 9:16.01; 5. David Forward, Shawnee, 9:17.71; 6. D.J. Thornton, Union Catholic, 9:19.38; 10. Taro Shigenobu, Ridgewood, 9:27.20.

Shot put: 1. Nick Vena, Morristown, 67-7 (meet record); 2. Jorge Merino, Old Bridge, 58-3; 3. Samard Walker, Lincoln, 56-9 $\frac{1}{4}$; 4. Corey Abernathy, West Windsor Plainsboro North, 56-7; 5. Shane Carle, Jackson, 53-10 $\frac{1}{4}$; 6. Eddie McClain, Morris Hills, 53-9 $\frac{1}{4}$; 11. Travis Malave, Hasbrouck Heights, 50-4 $\frac{1}{2}$.

High jump: 1. Alex Smith, Rumson-Fair Haven, 6-8; 2. Glenn Scheideler, Randolph, 6-6; 3. Kyle Soden, Hanover Park, 6-6; 4. Jake Bartlett, CBA, 6-4; 5. Terry Anderson, Columbia, 6-4; 6. Uchenna Njoku, Cherry Hill East, 6-2.

Pole vault: 1. Greg Kelley, Toms River North, 15-0 (won on jumpoff); 2. Greg Hoffman, Don Bosco, 15-0 (ties Bergen County record set by Gabe Knutson, Ridgewood, 2004); 3. Chris Wyckoff, Toms River East, 14-6; 4. Mike Rivard, Haddonfield, 14-6; 5. Ed Zubrzycki, Highland, 14-6; 6. tie between Pat Gray, Hightstown and Vin Maggio, Southern, 14-6.

4-x-400 relay: 1. Rahway (Russell Jenkins, Christen Whyte, Ricky Draughn, Christian Brown), 3:23.02; 2. Timber Creek, 3:23.42; 3. Columbia, 3:23.47; 4. Freehold Twp., 3:23.81; 5. Camden, 3:27.06; 6. Mount Olive, 3:27.70.

Easterns

2/24/09

Distance Medley:

Boys- Andrew Fine, InSoo Huang, Brian Cleary, Taro Shigenobu
10:29.30 (8th) 3:13.2 51.8 2:03.9 4:19.9

4 x 200m:

Boys- Max Witt, InSoo Huang, Sean Matson, Matt Grundy
1:35.18 23.9 23.2 24.4 23.4

Girls- Robin Lee, Catherine Buckley, Jen Narvaez, Victoria Oliva
1:48.30 27.4 26.7 27.1 26.7

55m:

Max Witt- 6.79

Shot Put:

Megan Gonzalez- 31'3"

HJ:

Boys- Tommy DeVita- 6'0"

Girls- Haley Roche- NH

TJ:

Girls- Sarah Devita- 34'7 3/4", Robin Lee- 33'5 3/4"

Comment:

Great Job everyone!! It's nice to see you compete at such a high level!

INDOOR TRACK

RHS caps season at Nationals today

BY GREG TARTAGLIA
Assistant Sports Editor

RIDGEWOOD — Friday the 13th may or may not be a lucky day for the Ridgewood High School indoor track and field teams. The National Scholastic Indoor Championships (NSIC), though, definitely have brought the Maroons plenty of good fortune in recent years.

Today, the two events coincide at The Armory Track Center in Manhattan. Day one of three at the NSIC meet features, among other competitions, the shuttle hurdle and distance medley relays.

The Ridgewood girls earned silver in the shuttle hurdle relay in 2007, and followed up that performance with a National Championship in the event last winter. The lone returnee from the latter group, junior Victoria Oliva, will team up with seniors Robin Lee and Jenny Narvaez and sophomore Sarah DeVita for this morning's race, which begins at 11 a.m.

"Those will be tough acts to follow," RHS head coach Mike Mullin said Tuesday. "But it's good that that kind of tradition has been established for the girls. They want to try to keep it going."

The Maroon boys finished fourth in the 2006 NSIC distance medley relay and will aim for the top-10 again this afternoon at 3:55 p.m. Seniors Taro Shigenobu and Andrew Fine, junior Brian Cleary and sophomore InSoo Huang combined for an eighth-place showing of 10:29.30 in the race at the Eastern States Championships on Feb. 24, which currently has the quartet in position to qualify for next month's Penn Relays.

"That was a really stacked race,"

said Mullin, adding that the Eastern States meet can "get pretty competitive, because people are trying to vie for a Penn Relays spot. It's hard to get accepted into the distance medley for Penn, since they only take about 16 teams."

"The kids want to run it again at Nationals to try and better their time even more," Mullin added. "You never know what's going to happen with Penn, so that's their goal."

Regardless of today's outcomes, the NSIC will cap off a season that included a number of highlights for Ridgewood. Shigenobu was named first-team All-Bergen County in the 1,600 meters, and junior Tommy DeVita was selected to the All-County first team for the high jump. DeVita tied his season high (6-0) at Eastern States, finishing in a seven-way tie for 11th place.

Fine (3,200) and Huang (300) each received third-team All-County recognition in their top events.

Also at Eastern States, DeVita, Huang, senior Max Witt and junior Matt Grundy ran the 4 x 200 relay in 1:35.18, 24th-fastest overall, while Witt turned in a 6.79-second qualifying time in the shuttle hurdles, good for 21st overall.

For the Maroon girls, Sarah DeVita earned second-team All-County honors in the pentathlon after finishing runner-up to Rutherford's Heather Gearity at the Feb. 18th Bergen County individual meet. DeVita tallied 2,697 points from her efforts in the shuttle hurdles (9.1 seconds), long jump (16 feet, 5.5 inches), high jump (4-10) and 800 meters (2:40.0), as well as the shot put

SEE TRACK PAGE C3

Nationals

Friday 3/13/09

Girls Shuttle Hurdle Relay:

Robin Lee, Victoria Oliva, Jenny Narvaez, Sarah DeVita

9.5 8.8 9.2 8.8

Team Result- 36.42 **(9th)**

Boys Distance Medley Relay:

Andrew Fine, InSoo Hwang, Brian Cleary, Taro Shigenobu

3:11.6 51.5 2:02.3 4:17.3

Team Result- 10:22.95 **(5th)**

**** *ALL AMERICAN STATUS* ****

Comments:

I'm very proud of you guys. You proved that hard work and dedication does pay off. Congrats.

TRACK

CONTINUED FROM PAGE C1

(21-5.00), which she had never thrown in a meet prior to counties.

"Once Sarah heard about the pentathlon, she wanted to give it a whirl," said Mullin. "I think the seed has been planted, and she might try to get better at it."

Gearity set a meet record with 3,044 points, surpassing the mark of 2,996 set by Cristina Law (RHS Class of 2007) two years ago. Law still holds the overall county pentathlon scoring record, having tallied 3,184 points at the 2007 NSIC.

At Eastern States, Sarah DeVita (34-7.75) and Lee (33-5.75) finished 17th and 32nd, respectively, in the triple jump.

Lee, Oliva, Narvaez and senior Catherine Buckley combined to run a 1:48.30 in the 4 x 200, 17th-fastest overall, while senior Megan Gonzalez capped her indoor shot-putting career with a 34th-place throw of 31-3.00.

This winter, the Ridgewood girls team also came within a point of upending Immaculate Heart Academy for the Division A title at the Feb. 16th Bergen County Relays, falling to the Blue Eagles, 80-79.

"That does drive me bananas, because you can find one point so easily in a meet like that," said Mullin. "To beat IHA would have been a great accomplishment, because they're stacked with All-County athletes, and it would have been a true testament to our team."

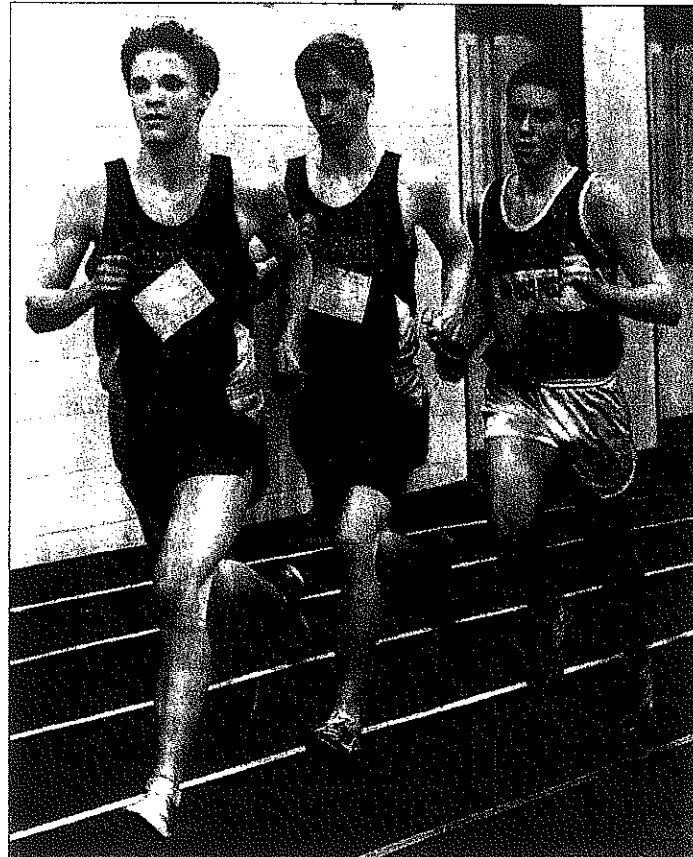
"But it was a great accom-

plishment just being [in the hunt]," the coach added, "Because I don't think anyone expected us to be there [at the end], and we had a shot right down to the last event."

The Maroons did win three county relay events: DeVita, Lee, Oliva and sophomore Kayla Polcari took gold in the shuttle hurdles (35.3); Lee, Oliva, Buckley and Jenny Bitzer prevailed in the sprint medley (4:25.5); and Polcari and senior Ramelle Brown captured the pole vault (17-6) title.

The RHS boys took home a county relay title in the sprint medley (3:38.6) behind Shigenobu, Huang, Witt and Grundy.

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-CHRIS PETERS/STAFF PHOTOGRAPHER

Senior Andrew Fine, left, and junior Brian Cleary, center, are part of the Ridgewood boys distance medley relay squad that will run in today's National Scholastic Indoor Championships at The Armory Track Center in New York.

Ridgewood keeps improving

By **PAUL SCHWARTZ**
STAFF WRITER

Several of North Jersey's finest athletes extended their indoor track seasons this weekend at the National Scholastic Indoor Championships at the Armory Track Center in New York and the Nike Indoor Nationals at the Reggie Lewis Center in Boston.

The top performance of the weekend by a local team may have come from the Ridgewood boys distance medley squad of Andrew Fine, In Soo Hwang, Brian Cleary and Taro Shigenobu, which fin-

ished fifth in the NSIC race in 10:22.95, a time that should solidify its spot in next month's Penn Relays.

Fine ran a solid 3:11.3 1,200 followed by Hwang's 51.5 400, Cleary's 2:02.3 800 and Shigenobu's 4:17.8 1,600 anchor.

"I'm really happy with the way we finished the season," said Ridgewood indoor coach Mike Mullen. "The kids gave us every thing they had all year and got better with each race."

Greg Hoffman of Park Ridge tied for third in the NSIC pole vault, by clearing 14 feet 3/4 inches.

INDOOR TRACK

In Boston, Immaculate Heart's Julie Sinkovitz, Michelle McCourt, Mary Kaye Duff and Sarah Pagano combined to run their seasonal best time of 12:05.98 for fifth in NIN.

The Blue Eagles are a shoo-in to make their second straight appearance at the Penn Relays. Sinkovitz ran 3:41 for 1,200, Duff 2:19 for 800, McCourt 59.5 for 400 and Pagano ran 5:06.5 for her 1,600 anchor leg.

Myasia Jacobs of Paramus Catholic was sixth in the NIN 60 meters in 7.60 seconds, and Amber Allen of Passaic Tech was seventh in the 400 final in 56.81 after qualifying fourth in the trials a day earlier.

Other non-medal winning performances of note from the weekend: Chelsea Hartigan of Ramapo made 10-6 and Mahwah's Ashley Walker and Carolyn Edler each made 10 feet in New York, but didn't make the pole vault finals in New York. Clifton's Emily Urciuoli was 12th in the pole vault finals at 11-6 1/4.

Also in New York, H Garity of Rutherford was in the pentathlon with points, Ridgewood was ninth in the girls shuttle hurdles in and Kristen Traub of E Christian, who played basketball all winter, was third in the man mile in 5:18.37 and 1 the 5,000 in 18:30.12. Phillips of Ridgewood, who for Regis, was seventh in the freshman mile at 4:46.54.

In Boston, Sinkovitz had the best individual performance for the Blue Eagles, running 12th in the 800.



CHRIS PETERS/STAFF PHOTOGRAPHER

Junior Jenny Narvaez will compete for the Ridgewood girls shuttle hurdle relay team at the National Scholastic Indoor Championships today in Manhattan.

Ridgewood indoor relay squads post top-10 finishes at Nationals

BY GREG TARTAGLIA
Assistant Sports Editor

NEW YORK — Eight Ridgewood High School track athletes competed in the National Scholastic Indoor Championships (NSIC) at the Armory Track Center last Friday, and all eight set personal records.

Seniors Andrew Fine and Taro Shigenobu, junior Brian Cleary and sophomore InSoo Hwang combined for a fifth-place time of 10:22.95 in the boys distance medley relay, eclipsing their previous season-best by over six seconds. The top-

five finish earned the Maroons second-team All-America status.

"It was a great accomplishment, and they were very excited," RHS head coach Mike Mullin said on Wednesday. "Nothing's been determined yet, but it certainly helps solidify a spot in [next month's] Penn Relays for them."

Fine led off with a 3:11.3 in the 1,200 meters, and Hwang followed with a 51.5-second 400-meter leg. Cleary ran a 2:02.3 in the 800 before handing off to Shigenobu, who clocked 4:17.5 for the 1,600-meter anchor leg. The quartet finished .28 behind fourth-place Bishop Ford of Brooklyn.

Meanwhile, seniors Robin Lee and Jenny Narvaez, junior Victoria Oliva and sophomore Sarah DeVita teamed up to run the girls 4 x 55-meter shuttle hurdle relay in 36.42 seconds. Ridgewood won its heat by .19 over Harrison (N.Y.) and took ninth overall, a mere .03 behind eighth-place Randolph. "The girls did a good job," said Mullin.

The Maroons also nipped 10th-place Hillsborough by .01, as positions eight through 14 in the girls shuttle hurdles were separated by just over half a second.

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ALL-BERGEN COUNTY BOYS INDOOR TRACK



Raldaine McDonald
Englewood



Brandon Hambric
Teaneck



Will Ring
Bergen Catholic



Cory Caidenhead
Bergenfield



Bill Leonard
Bergen Catholic



Dayne Mosconi
Tenafly



Tommy Gaidus
Northern Highlands



Taro Shigenobu
Ridgewood



Leighton Spencer
Don Bosco



Mike Reilly
Old Tappan



Tommy DeVita
Ridgewood



Ackeme Brown
Englewood



Greg Hoffman
Park Ridge



Pat Ringlestein
Bergen Catholic



Tarique Gray
Bergen Catholic



Tom Bohlin
Bergen Catholic



Nick Ward
Indian Hills



Bill Savage
Indian Hills



Adam Mahonchak
Indian Hills



Mark Filandro
Indian Hills



Joe Vargas
Paramus



Coach Matt Wynne
Ramsey

Second team

55: Al Artesona, Glen Rock, junior
55 HH: Dan Chediak, Fort Lee, senior
300: Jake Hubschman, Demarest, senior
400: Mark Filandro, Indian Hills, junior
600: Ryan McVeigh, River Dell, senior
800: Mattias Batarags, No. Highlands, junior
1,000: Davon Robinson, Paramus Cath., senior
1,600: D.J. Puleo, Pascack Hills, junior
3,200: Michael Belgiovine, Don Bosco, junior
Shot put: Eric Van Dunk, Mahwah, senior
High jump: Bryan Teaton, Don Bosco, senior
Long jump: K'waun Williams, St. Joe's, junior
Triple jump: Angel Lora, Garfield, sophomore
Pole vault: Scott Weismiller, Don Bosco, junior
4-x-400 relay: Englewood (Kandell Jones, Andrew Sargeant, Ackeme Brown, Raldaine McDonald)
4-X-800 Relay: Don Bosco (Dan Fitzgibbons, Brendan Offer, John Murphy, Mike Belgiovine)
Pentathlon: James Doherty, Tenafly, junior

Third team

55: Marvin Whioy, Don Bosco, senior
55 HH: Travis Lloyd, Dumont, senior
300: Insoo Hwang, Ridgewood, sophomore
400: Hesham Azzam, Teaneck, senior

600: Troy Coonrad, Ramsey, junior
800: Bill Savage, Indian Hills, senior
1,000: Patrick Rochford, Bogota, senior
1,600: Brendan Offer, Don Bosco, senior
3,200: Andrew Fine, Ridgewood, senior
Shot put: Patrick Cole, Hasb. Hts., sophomore
High jump: Jamie Eckmayer, Old Tap., senior
Long jump: Dahn Pratt, Teaneck, senior
Triple jump: Lawrence Banton, Hack, senior
Pole vault: Garrett Lacroce, Park Ridge, junior
4-x-400 relay: Indian Hills (Calvin Knox, Mike Wasserman, Corey Crawford, Mark Filandro)
4-x-800 relay: Bergen Catholic (Tom Bohlin, Bill Leonard, Dan McNeely, Robert Flynn)
Pentathlon: Justin Schneider, Par. Cath., sr.

Honorable mention

Tom Bohlin, Matt Dottino, Mike McNicholas and Dan McNeely, Bergen Catholic; Renell Sadang, Bergenfield; Andreas Kefias, Bergen Tech; Andrew Dyer and Yaniv Sofer, Demarest; Mike Baselice, Timothy Byrne, Mike Carapezza, Colin Cunningham, Dan Fitzgibbons, Billy Griffith, Greg Hazell, Jake McFadden, Nick Mendolla, Rob Molke, Howie Rosas, Rafael Vargas and Ryan Walsh, Don Bosco; Wilson Bailey, Kandell Jones, Bryan Rodgers, Andrew Sargeant, Damion Veitch, Oswald Welcome and Marty Williams, Englewood; Sean Farrell, Mike Obsuth and Andrew Sloves, Fort Lee; Michael Davis, Don Bosco; Khaled Elsayed and Adam Zuniga, Garfield; Lawrence Banton, Joel Douglas and Brandon Victorino, Hackensack; Kevin Delcaizo and Travis Malave, Hasbrouck Heights; Corey Crawford, Adam Mahonchak, Bill Savage and Nick Ward, Indian Hills; Anthony Daillesandro and Alan Zaccane, Mahwah; John Folley and Ali Metwalli, New Milford; Nick Picache, Northern Highlands; Chris Engel and Nick Ferrentino, Old Tappan; Naitik Vagharia, Paramus; Keegan Carter and Marquise Wright, Paramus Catholic; Mustafa Lawrence, Queen of Peace; John Burke, Simon Im and Mo Gadalia, Ramapo; Kevin Kuruc, Jordan Mistretta and Dennis Wilson, Ramsey; Brian Cleary, Matt Grundy, Sean Martyn, Jon Reimer, John Wisener and Max Witt, Ridgewood; John Farelli, Mike Gibbons and Jason Kim, River Dell; Ryan Arnold and Gavin Davis, Rutherford; Malcolm Carter and Kamal Hogan, St. Joseph; Kwabena Bonsu, Justin Cifuentes, Chris Goins, Darylan Miles, Cyrano Parson, Casey Pleasants, Zadique White and Nevvis Williams, Teaneck; Seung Yeop Lee, Tenafly; Matt Scheetz and Louie Schiedeier, Westwood.

4-x-400 relay: Ramsey, Ridgewood, River Dell, Rutherford, Teaneck.
4-x-800 relay: Fort Lee, St. Joseph.

Teams chosen by Bergen County Coaches Association

ALL-BERGEN COUNTY BOYS INDOOR TRACK

First team

55: Raldaine McDonald, Englewood, senior: He won the Bergen County and Paul Schwartz Invitational titles, and took seconds at the Metropolitan Invitational, BCSL American and North 1, Group 2 meets.

55 HH: Brandon Hambric, Teaneck, senior: In his first indoor season, he won titles at the North Jersey Invitational, NNJIL B, Metropolitan, North 1, Group 3 and Bergen meets, and was second in the State Group 3.

300: Will Ring, Bergen Catholic, senior: He was third at the Dartmouth Invitational and won the NNJIL C and Bergen championships and his 35.5 is tied for fifth in Bergen history.

400: Corey Caidenhead, Bergenfield, senior: He was second in the NBIL and the North 1, Group 2 400, won the Bergen County title and was a top-10 finisher in the Eastern States meet. He ranks sixth all-time in Bergen with a 49.9 clocking.

600: Bill Leonard, Bergen Catholic, junior: The son of 1977 State cross-country runner-up Bill Leonard, he won the Bergen 600 in the fastest North Jersey time of the year with the 17th fastest in Bergen history.

800: Dayne Mosconi, Tenafly, senior: He won the Met and Bergen 800 titles, took the Ridgewood Winter Games 1 1,600, the Ridgewood Winter Games 2 1,000 yards and second in the State Group 2 1,600.

1,000: Tommy Gaidus, Northern Highlands, senior: He won the North Jersey Invitational and Bergen titles at 1,000 meters, the NBIL title at 1,600 and had six medal-winning performances.

1,600: Taro Shigenobu, Ridgewood, senior: After missing most of last winter to injury, he came back with an excellent season, including wins in the North Jersey Invitational, NNJIL B and North 1, Group 4 1,600 meters.

3,200: Leighton Spencer, Don Bosco, senior: The North Jersey cross-country runner of the year had a great winter, setting a meet record in winning the NNJIL C title, taking fourth in the Non-Public A and third in the State Meet of Champions in 9:15.56, the fastest time in Bergen in 32 years.

Shot put: Mike Reilly, Old Tappan, junior: The most improved thrower in the area, he won major

meets at Garfield 1, NBIL, Ridgewood Winter Games 2 and North 1, Group 3, was third in the Met, the Varsity Classic, Bergen and State Group 3 and second at the Garfield Classic.

High jump: Tommy DeVita, Ridgewood, junior: He moves up from the second team on a season that included wins in the Ridgewood Winter Games 2, NNJIL B and Bergen championships and a second in North 1, Group 4.

Long jump: Ackeme Brown, Englewood, senior: Perhaps the best long jumper in New Jersey this year, he won the BCSL American, Metropolitan and FDU Holiday Classic titles, was second in the Bergen and Eastern States meets and had the ninth longest jump in Bergen history.

Triple jump: Conroy Walker, Hackensack, junior: He won the NNJIL B title and Spiked Shore Holiday Festival, took third in the Varsity Classic, second in Bergen and ninth in the Eastern States.

Pole vault: Greg Hoffman, Park Ridge, senior: He won the North 1, Group 1, the State Group 1 title, the Alan Wedemeier Award at the Bergen Relays, the Bergen title and cleared a Bergen record-tying 15 feet in taking second at the State Meet of Champions and third at the Eastern States.

4-x-400 relay: Bergen Catholic (Will Ring, Pat Ringlestein, Tarique Gray, Tom Bohlin): With Ring and Ringlestein returning from last year's all-Bergen team, the Crusaders won the NNJIL C, Bergen Relays A and Bergen titles, took third at Dartmouth, fourth in the State Non-Public relays and fifth in the State Non-Public A meet.

4-x-800 relay: Indian Hills (Nick Ward, Bill Savage, Adam Mahonchak, Mark Filandro): Returnees Savage and Filandro led a team which won the Ridgewood Games 2, took second in the North Jersey Invitational, third in the Metropolitan Invitational and fourth in the Varsity Classic.

Pentathlon: Joe Vargas, Paramus, senior: Vargas won the Bergen pentathlon easily, scoring 3,216 points, 12th best in Bergen history. He won 14 major medals during the winter in the high jump, hurdles, 600 and triple jump.

Coach of the Year: Matt Wynne, Ramsey: The veteran coach led his team to an impressive win in the Bergen Relays B division, third in the NBIL and fourth in North 1, Group 2 despite having no athletes on any of the three all-Bergen teams.

ALL-BERGEN



Myasia
Jacobs
Paramus
Catholic



Tiffany
Evangelou
IHA



Janay
Mitchell
Teaneck



Jenni
Zymet
Paramus



Diane Bain
Ramsey



Julie
Sinkovitz
IHA



Erin
McKenna
Ramapo



Mary Kaye
Duff
IHA



Sarah
Pagano
IHA



Shannon
Sullivan
IHA



Allie
Ritchards
Mahwah



Kristen
Brown
Englewood



Kristen
Bowens
Mahwah



Michelle
Favre
Saddle
Brook



Serenity
Martin
IHA



Taylor
Michella
IHA



Michelle
McCourt
IHA



Kathleen
McCurdy
IHA



Heather
Gearity
Rutherford



Coach
Rob Pasek
Mahwah

Second team

55: Serenity Martin, IHA, junior
55 HH: Melanie Lewis, Midland Park, soph
300: Katie Landrigan, Rutherford, senior
400: Victoria Mold, Mahwah, sophomore
600: Michelle McCourt, IHA, junior
800: Julianne Fontana, Pascack Hills, junior
1,000: Suzana Markolovic, Holy Angels, senior
1,600: Justine Schnell, No. Highlands, junior
3,200: Alex Clinton, Ramsey, junior
Shot put: Ashley Sims, Paramus Cath., junior
High jump: Khyla Bailey, Paramus Cath., soph
Long jump: Jackie Geltz, Old Tappan, senior
Triple jump: Marie Minasi, Holy Angels, senior
Pole vault: Chelsea Hartigan, Ramapo, junior
4-x-400 relay: Westwood (Colleen Murphy, Kaia Fasano, Tara Keegan, Ceili Brennan)
4-x-800 relay: Holy Angels (Suzana Markolovic, Kaleigh Kenny, Katie Sylvester, Maureen Crimmins)
Pentathlon: Sarah Devita, Ridgewood, soph

Third team

55: Jessica Altamira, Paramus, senior
55 HH: Stephanie Carnevale, River Dell, junior
300: Jen Pash, IHA, freshman
400: Aderonke Bakare, Teaneck, senior
600: Christine Spilka, Old Tappan, junior
800: Ceili Brennan, Westwood, senior
1,000: Maggie Loudon, Old Tappan, soph

1,600: Charlotte Tregelles, No. Highl., senior
3,200: Jen Molke, Holy Angels, sophomore
Shot put: Kathryn Hirsch, Demarest, frosh
High jump: Rachel Watkins, Ind. Hills, senior
Long jump: Gina Carlino, IHA, freshman
Triple jump: Tara Keegan, Westwood, senior
Pole vault: Ashley Walker, Mahwah, senior
4-x-400 relay: Teaneck (Aderonke Bakare, Kahlia Taylor, Shaena Wizzard, Janay Mitchell)
4-x-800 relay: Westwood (Tara Keegan, Teresa Gagliostro, Megan Boullianne, Ceili Brennan)
Pentathlon: Asher Beasley, Para. Cath., junior

Honorable mention

Angela Acosta, Bergenfield; Katelyn Ary, Colleen Doan, Megan Gadaleta, Jillian Rothschild and Dana Wasserman, Demarest; Naomi Dunkley, Englewood; Sasha Bouie, Aretah Ettarh, Lauren Katz, Sophia Luppino and Charmaine Samakande, Fort Lee; Katie Vandervalk, Glen Rock; Shelisa Campbell, Chelsea Davis and Katie Mollica, Hackensack; Nicolle Baldicaras, Alyssa Connors, Angela Cristofolo, Rebecca Fortoul, Aundrea Georgatos, Nickie Ingelsby, Tess Miller and Naomi Robinson, Hasbrouck Heights; Kelsey Broomfield, Christina Cagary, Giulianna Germinaro, Kaleigh Kenny, Casey Perez and Katie Sylvester, Holy Angels; Jen Capone, Shannon Casey, Taylor Michella and Alex Ulisse, IHA; Katie Johnston, Amanda Parisi, Sarah Polansky and Kayla Savage, Indian Hills; Karissa Ciliento, Molly Cohan, Carolyn Edler, Kim Nagotko, Melinda Rothman and Natalie Row-

land, Mahwah; Kerri Bergin and Katie Hinchon, Northern Highlands; Gina Germinaro and Tamar Hagopian, Old Tappan; Olivia Wade, Paramus Catholic; Kristen Gray, Park Ridge; Lily Rutler, Ramapo; Elizabeth Rosenberger, Ramsey; Stephanie Encarnacion, Danielle Pena and Rachel Pena, Ridgely Park; Ramelle Brown, Catherine Buckley, Megan Gonzalez, Robin Lee, Grayson Llerandi, Torey Middleton, Jenny Narvaez, Kayla Polcari, Haley Roche, Alex Scibetta, Courtney Schofield, Ridgewood; Michelle Christman, Hillary Felice, Jill Hudson, Sarah Hyman and Tori Roth, River Dell; Alex Arnold, Deirdre Kane, Amanda Polifrone and Taylor Stever, Rutherford; Amanda Jones, Saddle River Day; Apressha Hampton, Mbalu Keita and Shaena Wizzard, Teaneck; Toni Gatchalian, Monica Landy and Melissa Notis, Tenafly; Kelsey Dunn, Ali Giordano and Jade Murphy, Waldwick; Michelle Cascio, Teresa Gagliostro and Colleen Murphy, Westwood; Kasia Gawryluk, Wood-Ridge. **4-x-400 relay:** Hasbrouck Heights, Holy Angels, Old Tappan, Ramapo, Ramsey, Ridgewood, River Dell. **4-x-800 relay:** Indian Hills, Ridgewood, Tenafly.

Teams selected by
Bergen County
Womens' Coaches
Association

First team

55: Myasia Jacobs, Paramus Cath., freshman

One of the most heralded freshmen in Bergen County lived up to her billing, winning the Colgate Games, NNJIL C, Spiked Shoe Holiday Festival, North Jersey Invitational, and State Non-Public A titles and taking second in the State Meet of Champions and Eastern States in a Bergen County record 7.09 seconds.

55 HH: Tiffany Evangelou, IHA, junior

She won the Tom Zaccone, Paul Schwartz, NNJIL C and Bergen high hurdles titles, was second in State Non-Public A.

300: Janay Mitchell, Teaneck, senior

She won her third straight honor at 300 meters by taking third in the North Jersey Invitational and winning the NNJIL B title. But she had as good a year in the 55, winning three titles, taking third in the Eastern States and fourth in the State Meet of Champions.

400: Jenni Zymet, Paramus, junior

She earned 16 medals in distances from 55 to 800 meters, won the Bergen 400 title, took third in State Group 3, sixth in the Eastern States and for good measure took third in the Bergen 800.

600: Digne Bain, Ramsey, junior

She won the Bergen 600 in the fastest time in New Jersey this year and the third fastest in Bergen history, was second in the North Jersey Invitational and third in the Ridgewood Winter Games 2.

800: Julie Sinkovitz, IHA, junior

She had a breakthrough season, winning the Paul Schwartz, Bergen and State Non-Public A titles at 800 meters. She was the Lou Molino Most Valuable Performer at the Bergen Relays, took fourth in the State Meet of Champions 800 and second in the Metropolitan Invitational.

1,000: Erin McKenna, Ramapo, senior

Earned her third indoor honor in her third event after an injury-laden cross-country season. She won the North Jersey Invitational 1,000, took second in the Ridgewood Winter Games 2, 1,000 yards and won the Bergen 1,000 title in a meet record 2:58.4, fifth all-time.

1,600: Mary Kaye Duff, IHA, senior

She placed second in the Paul Schwartz, Ridgewood Winter Games 2 and NNJIL C meets, third at the Met, fifth in State Non-Public A and 12th in the State Meet of Champions.

3,200: Sarah Pagano, IHA, senior

The Energizer Bunny of North Jersey distance running kept right on ticking to a repeat honor here

with 3,200 wins at the Ridgewood Winter Games 2, NNJIL C and state Non-Public A races.

Shot put: Shannon Sullivan, IHA, senior

She says she doesn't like the shot very much but the Duke-bound javelin ace is a two-time all-Bergen indoor selection with major titles at the Spiked Shoe Holiday Festival, Garfield 1, Ridgewood Winter Games 2, Bergen, Metropolitan and State Non-Public A meets.

High jump: Allie Ritchards, Mahwah, senior

She had a solid group of performances that included wins in the NBIL and North 1, Group 2 meets and second at the Spiked Shoe Holiday Festival, Metropolitan, Garfield 3 and Bergen County meets, jumping 5 feet or 5-2 every time.

Long jump: Kristen Brown, Englewood, senior

She won six major titles including the FDU Holiday Classic and Field Event 1 and 2, the BCSL American, Metropolitan and Bergen titles.

Triple jump: Kirsten Bowens, Mahwah, senior

She had a spectacular rise in the triple jump including wins in the NBIL and Bergen meets, and sixth places in the Met and Eastern States meets.

Pole vault: Michelle Favre, Saddle Brook, senior

The Bergen County record holder did not extend her 11-8½ record, but repeated at the North 1, Group 1, and Bergen meets, setting a meet record in the latter event. She also was fourth in the Varsity Classic, tied for fourth at State Meet of Champions and tied for fourth at the Easterns.

4-x-400 relay: IHA (Julie Sinkovitz, Serenity Martin, Taylor Michella, Michelle McCourt)

Sinkovitz and McCourt return from last year's first team and this year the quartet won the Paul Schwartz, NNJIL C, Bergen Relays A and Bergen championship titles.

4-x-800 relay: IHA (Julie Sinkovitz, Kathleen McCurdy, Sarah Pagano, Mary Kaye Duff)

Sinkovitz and Pagano return from last year's team and this year the foursome won the NNJIL C, Metropolitan and Bergen Relays A meets with a best time of 9:29.7, fourth in the state this year.

Pentathlon: Heather Gearity, Rutherford, senior

Gearity became the second girl to repeat as the Bergen pentathlon champion and scored a meet record 3,044 points in the process. She also won the North Jersey Invitational, BCSL American and North 2, Group 1 hurdles and the BCSL American and FDU Holiday Classic high jump.

Coach of the Year: Rob Pasek, Mahwah

Pasek led the Thunderbirds to the first North Jersey winter Triple Crown - league title (NBIL), Bergen Relays (B) title and North 1, Group 2.

ALL-COUNTY Winter Track Feb. 26, 2009 Ramsey HS

<i>Teams of the Year:</i>	BOYS 1st Team	BOYS 2nd Team	BOYS 3rd Team
<i>Coch of the Year:</i>	Matt Wynne (Ramsey-Boys)		
<i>Teams of the Year:</i> <i>Teams of the Year:</i>	Boys (small)- Ramsey Boys (large)- Don Bosco		
<i>Shot Put</i>	First Team Mike Reilly (Jr.) Old Tappan Coach Antonio Marino	Second Team Eric Van Dunk (Sr.) Mahwah	Third Team Pat Cole (Soph.) Hasbrouck Heights
<i>High Jump</i>	First Team Tom DeVita (Jr.) Ridgewood Coach Mike Mullin	Second Team Bryan Teaton (Sr.) Don Bosco	Third Team Jamie Eckmayer (Sr.) Old Tappan
<i>55M Dash</i>	First Team Raldaine McDonald (Sr.) Dwight Morrow Coach	Second Team Al Artesona (Jr.) Glen Rock	Third Team Marvin Whilby (Sr.) Don Bosco
<i>300M</i>	First Team Will Ring (Sr.) Bergen Catholic Coach Al Naimo	Second Team Jake Hubschman (Sr.) Demarest	Third Team InSo Hwang (Soph.) Ridgewood
<i>400M</i>	First Team Corey Caidenhead (Sr.) Bergenfield Coach Shane Biggins	Second Team Mark Filandro (Jr.) Indian Hills	Third Team Hesham Azzan (Sr.) Teaneck
<i>Pentathlon</i>	First Team Joe Vargas (Sr.) Paramus HS Coach Jeff Shorling	Second Team James Doherty (Jr.) Tenafly	Third Team Justin Schneider (Sr.) Paramus Catholic
<i>55 Hurdles</i>	First Team Brandon Hambric (Sr.) Teaneck Coach Charlie Lovelace	Second Team Dan Chediak (Sr.) Fort Lee	Third Team Travis Lloyd (Sr.) Dumont
<i>600M</i>	First Team Bill Leonard (Jr.) Bergen Catholic Coach Al Naimo	Second Team Ryan McVeigh (Sr.) River Dell	Third Team Troy Coonrad (Jr.) Ramsey
<i>1000M</i>	First Team Tommy Gaidus (Sr.) Northern Highlands Coach Frank Gilli	Second Team Da'von Robinson (Sr.) Paramus Catholic	Third Team Pat Rochford (Sr.) Bogota

<u>800M</u>	First Team Dayne Mosconi (Sr.) Tenafly Coach Erin Cook	Second Team Matiss Bataracts (Jr.) Northern Highlands	Third Team Bill Savage (Sr.) Indian Hills
<u>1600 M</u>	First Team Taro Shigenobu (Sr.) Ridgewood Coach Mike Mullin	Second Team DJ Puleo (Sr.) Pascack Hills	Third Team Brendan Offer (Sr.) Don Bosco
<u>3200M</u>	First Team Leighton Spencer (Sr.) Don Bosco Coach Kevin Kilduff	Second Team Michael Belgiovine (Jr.) Don Bosco	Third Team Andrew Fine (Sr.) Ridgewood
<u>4x400</u>	First Team Bergen Catholic Tarique Gray (Soph) Pat Ringelstein (Sr.) Tom Bohlin (Sr.) Will Ring (Sr.)	Second Team Dwight Morrow Kandell Jones (Sr.) Andrew Sargeant (Jr.) Ackeme Brown (Sr.) Raldaine McDonald (Sr.)	Third Team Indian Hills Calvin Knox (Fr.) Mike Wasserman (Jr.) Corey Crawford (Jr.) Mark Filandro (Jr.)
<u>4x800</u>	First Team Indian Hills Nick Ward (Soph.) Bill Savage (Sr.) Adam Mahonchak (Sr.) Mark Filandro (Jr.)	Second Team Don Bosco Daniel Fitzgibbons (Sr.) John Murphy (Sr.) Brendan Offer (Sr.) Michael Belgiovine (Jr.)	Third Team Bergen Catholic Tom Bohlin (Sr.) Bill Leonard (Jr.) Dan McNeely (Sr.) Robert Flynn (Sr.)
<u>Long Jump</u>	First Team Ackeme Brown (Sr.) Dwight Morrow Coach Madei Williams	Second Team K'waun Williams (Jr.) St. Joseph	Third Team Dahn Pratt (Sr.) Teaneck
<u>TJ</u>	First Team Conroy Walker Hackensack Coach Jim Levitcke	Second Team Angel Lora (Soph.) Garfield	Third Team Lawrence Banton (Sr.) Hackensack
<u>Pole Vault</u>	First Team Greg Hoffinan (Sr.) Park Ridge Coach Danielle Centurione Coach Shemayne Williams	Second Team Scott Weismiller (Jr.) Don Bosco	Third Team Garrett La Croce (Jr.) Park Ridge

ALL COUNTY	Winter Track	Feb. 26, 2009	Ramsey HS
Teams of the Year:	Girls 1st Team	Girls 2nd Team	Girls 3rd Team
Coach of the Year:	Rob Pasek Mahwah		
Team of the Year:	Mahwah		
Shot Put	First Team Shannon Sullivan (Sr.) IHA Coach Williams	Second Team Ashley Sims (Jr.) Paramus Catholic	Third Team Kathryn Hirsch (Fr.) Demarest
High Jump	First Team Allie Ritchards (Sr.) Mahwah Coach Rob Pasek	Second Team Khyla Bailey (Soph.) Paramus Catholic	Third Team Rachel Watkins (Sr.) Indian Hills
55M Dash	First Team Myasia Jacobs (Fr.) Paramus Catholic Coach Dan Mejias	Second Team Serenity Martin (Jr.) IHA	Third Team Jessica Altamira (Sr.) Paramus HS
300M	First Team Janay Mitchell (Sr.) Teaneck Coach Charlie Lovelace	Second Team Katie Landrigan (Sr.) Rutherford	Third Team Jen Pash (Fr.) IHA
400M	First Team Jenni Zymet (Jr.) Paramus HS Coach Jeff Schorling	Second Team Victoria Mold (Soph.) Mahwah	Third Team Aderonke Bakare (Sr.) Teaneck
Pentathlon	First Team Heather Gearity (Sr.) Rutherford Coach	Second Team Sarah DeVito (Soph.) Ridgewood	Third Team Asher Beasley (Jr.) Paramus Catholic
55 Hurdles	First Team Tiffany Evangelou (Jr.) IHA Coach Shemayne Williams	Second Team Melaine Lewis (Soph.) Midland Park	Third Team Stephanie Carnevale (Jr.) River Dell
600M	First Team Diane Bain (Jr.) Ramsey Coach Matt Wynne	Second Team Michelle McCourt (Jr.) IHA	Third Team Christina Spilka (Jr.) Old Tappan
1000M	First Team Erin McKenna (Sr.) Ramapo Mike Nangle	Second Team Suzana Markolovic (Sr.) Holy Angels	Third Team Maggie Loudon (Soph.) Old Tappan

<u>800M</u>	First Team Julie Sinkovitz (Jr.) IHA Coach Shemayne Williams	Second Team Julianne Fontana (Jr.) Pascack Hills	Third Team Ceili Brennan (Sr.) Westwood
<u>1600 M</u>	First Team Mary Kay Duff (Sr.) IHA Coach Shemayne Williams	Second Team Justine Schnell (Jr.) Northern Highlands	Third Team Charlotte Tregelles (Sr.) Northern Highlands
<u>3200M</u>	First Team Sarah Pagano (Sr.) IHA Coach Shemayne Williams	Second Team Alexandra Clinton (Jr.) Ramsey	Third Team Jenifer Molke (Soph.) Holy Angels
<u>4x400</u>	First Team IHA Julie Sinkovitz (Jr.) Serenity Martin (Jr.) Taylor Michella (Sr.) Michelle McCourt (Jr.)	Second Team Westwood Colleen Murphy (Jr.) Kaila Fasano (Soph.) Tara Keegan (Sr.) Ceili Brennan (Sr.)	Third Team Teaneck Aderonde Bakare (Sr.) Kahila Taylor (Fr.) Shaena Wizzard (Jr.) Janay Mitchell (Sr.)
<u>4x800</u>	First Team IHA Julie Sinkovitz (Jr.) Kathleen McCurdy (Fr.) Saraha Pagano (Sr.) Mary Kaye Duff (Sr.)	Second Team Holy Angels Suzana Markolovic (Sr.) Kaliegh Kenny (Jr.) Katie Sylvester (Jr.) Maureen Crimmins (Soph.)	Third Team Westwood Teresa Gagliostro (Jr.) Megan Boullianne (Jr.) Tara Keegan (Sr.) Ceili Brennan (Sr.)
<u>Long Jump</u>	First Team Kristen Brown (Sr.) Dwight Morrow Coach Madei Williams	Second Team Jackie Geitz (Sr.) Old Tappan	Third Team Gina Carlino (Fr.) IHA
<u>TJ</u>	First Team Kirsten Bowens (Sr.) Mahwah Coach Rob Pasek	Second Team Marie Minasi (Sr.) Holy Angels	Third Team Tara Keegan (Sr.) Westwood
<u>Pole Vault</u>	First Team Michelle Favre (Sr.) Saddle Brook Coach Ed Ciccone	Second Team Chelsea Hartigan (Jr.) Ramapo	Third Team Ashley Walker (Sr.) Mahwah

Winter Track and Field 2009

Team Honors:

Boys Team (68 athletes):

NNJiL Champs

2nd place in County

2nd place in North Jersey Championships

3rd place state section

Girls Team (61 athletes):

NNJiL Champs

2nd place in County

Individual Honors:

All County:

Boys:

1st team- Taro Shigenobu, Tom DeVita

**3rd team- Andrew Fine, InSoo Hwang
(multiple honorable mention)**

Girls:

2nd team- Sarah DeVita

(multiple honorable mention)

All NNJiL:

Boys-

**1st team- Taro Shigenobu (1000m, 1600m), Andrew Fine (3200m),
Tom DeVita (HJ),
4 x 400m relay team (Grundy, Reimer, Levitsky, Hwang)**

2nd team- Brian Cleary (3200m), John Wisener (PV)

Girls-

**1st team- Catherine Buckley (600m), Torey Middleton(1000m, 1600m),
Grayson Llerandi (3200m), Haley Roche (HJ), Sarah DeVita (TJ),
Robin Lee (PV),**

4 x 400m relay team (Oliva, Bitzer, Buckley, Narvaez)

4 x 800m relay team (Shigenobu, Schofield, Davidson, Barr)

2nd team- Hanako Shigenobu (600m), Alex Scibetta (1600m),

Courtney Schofield (3200m), Robin Lee (TJ), Kayla Polcari (PV),

School Records:

Girls Triple Jump Relay- Sarah DeVita and Robin Lee (66'3")

Ridgewood Boys Track and Field Indoor Records

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

Girls Winter Track and Field Records

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yd dash (55m)	7.2	Erica Cigolini	2007	168 Armory
100yd dash	12.0	Sue Davis	1976	168 Armory
200m dash	26.10	Erica Cigolini	2007	168 Armory
300yd dash	37.25	Virginia Figlar	1987	Harvard
300m dash	40.8	Alice Wisener	2007	168 Armory
400m dash	57.94	Virginia Figlar	1987	Yale
600yd	1:24.58	Virginia Figlar	1988	Harvard
600m	1:36.6	Cristina Law Kate Michel	2007 2008	168 Armory 168 Armory
800m	2:16.55	Cristina Law	2007	Toms River
1000yd	2:32.7	Margaret Scutro	1985	RCC
1000m	2:47.44	Margaret Scutro	1985	Byrne Arena
1500m	4:33.35	Margaret Scutro	1985	Yale
1 mile	4:56.53	Margaret Scutro	1985	Dartmouth
3000m	10:03.12	Jennifer Hughes	1988	Yale
2 mile	10:40.8	Patti Mileski	1983	Harvard
55m HH	8.2	Lara-Jane Que	2007	168 Armory
Shot Put	37'3 1/2"	Shyana Brown	1998	Garfield
Long Jump	18'11"	Jen McDermott	1989	Harvard
High Jump	5'8 1/4"	Becky Deetz	1974	Syracuse
Triple Jump	37'6"	Jen McDermott	1989	Harvard
Pole Vault	11'5 3/4"	Anne Polcari	2008	168 Armory
Pentathlon	3184pts	Cristina Law	2007	168 Armory
4 x 55m HH (4 hurdles)	32.4	Que/Barr/ Wisener/Martinez	2007	168 Armory
4 x 55m HH (5 hurdles)	34.14	Martinez/Law/ Wisener/Que	2007	168 Armory
4 x 200m	1:45.28	Que/Cigolini/ Barr/Wisener	2007	168 Armory
4 x 400m	4:01.7	Barr/Conheeny/ Wisener/Law	2007	168 Armory
4 x 800m	9:22.18	Figlar/Jean Hughes Jen Hughes/Collazo	1988	Yale
4 x 1600m	22:11.5	Nowakowski/Lupo O'Connell/Terrin	2002	168 Armory
Sprint Medley (2-2-4-800m)	4:11.2	Wisener/Que Cigolini/Law	2007	168 Armory
Distance Medley 12-4-8-1600m	11:56.5	Pringle/Scutro Mileski/Mileski	1983	Yale
Shot Put Relay	66'3"	Rayevich/Eldridge	1988	Hackensack
High Jump Relay	9'10"	Wrubel/VanDerSchyff	1988	Princeton
Long Jump Relay	32'4"	Bogart/Cigolini	2006	168 Armory
Triple Jump Rel.	66'3"	Lee/DeVita	2009	168 Armory
Pole Vault Relay	18'0"	Wong/Polcari	2006	168 Armory

BERGEN COUNTY TRACK RECORDS

Boys

55 meters: 6.30 seconds by Joe Dawkins, Hackensack, 1995.

200 meters: 21.8, by Damian Miles, Teaneck, 2008.

300 meters: 34.3, by Garrett Kroner, Indian Hills, 2006.

400 meters: 48.7, by Ken Sinkovitz, Bergen Catholic, 2003.

600 meters: 1:20.0, by Sinkovitz, 2003.

800 meters: 1:53.22, by Sinkovitz, 2003.

1,000 meters: 2:27.2, by Max Bruno, Indian Hills, 2007.

1,600 meters: 4:08.0*, by Kevin Byrne, Paramus Catholic, 1977.

3,200 meters: 8:59.7**, by Byrne, 1977.

55 meter hurdles: 7.35, by Darius Pemberton, Hackensack, 1993.

High jump: 6-10¾, by Pemberton, 1993.

Long jump: 23-7¼, by Pemberton, 1992.

Triple jump: 49-6½, by Craig Halyard, Ridgewood, 1989.

Pole vault: 15-0, by Gabe Knutson, Ridgewood, 2004.

Shot put: 65-10, by Steve Adams, St. Joseph Regional, 1970.

Pentathlon: 4,120 points, by Pemberton, 1993.

* 1 mile time; ** 2 mile time.

Girls

55: 7.14, by Takara Wilks, Queen of Peace, 2001.

200: 24.99, by Anike Orimogunje, Queen of Peace, 2000.

300: 39.1, by Janine Davis, Queen of Peace, 2004.

400: 54.70, by Davis, 2004.

600: 1:29.27, by Davis, 2005***.

800: 2:07.60, by Davis, 2005.

1,000: 2:47.44, by Margaret Scutro, Ridgewood, 1985.

1,600: 4:47.32, by Jasmin Jones, Hackensack, 1987.

3,200: 10:40.96, by Patti Mileski, Ridgewood, 1983.

55 meter hurdles: 8.11, by Carlene Cummings, Englewood, 1998.

High jump: 5-9, by Cheryl Burdick, Ramsey, 1999.

Long jump: 19-1¼, by Cummings, 1998.

Triple jump: 40-9¾, by Cummings, 1998.

Pole vault: 11-6, by Michelle Favre, Saddle Brook, 2008

Shot put: 48-6½, by Kelly Fazekas, Demarest, 2003.

Pentathlon: 3,232 points, by Jamie Lilien, Pascack Valley, 2000.

*** National record.