

*Ridgewood Boys Spring
Track and Field*

2010

2010 Season Summary

Ridgewood	89	Clifton 51
Ridgewood	103	Kennedy 33
Ridgewood	82	Hackensack 49
Ridgewood	95	Passaic Cty Tech 45
Ridgewood	110	Bergen Tech 30
Ridgewood	64	Don Bosco 76
Ridgewood	94	Bergen Catholic 46
Ridgewood	86	Passaic 44
Ridgewood	93	Eastside 38

County Relays.....Champions

NJTCC League.....Champions

County Group A....2nd Place

State Sectional.....Champions

2010 Boys Spring Track and Field

Freshmen – 2010

Ades, William
Barnett, James
Capurso, Michael
Chung, Kevin
Downing, Dylan
Dublirer, Storm
Garritty, Tanner
Hayes, Kenneth
Jones, Graham
Kagei, Shota
Koo, Young Hoe
Moras, Albert
Muller, Aaron
Nathanson, Ilan
Ok, Dominick
Park, Sean
Salamone, Nick
Schoff, Neil
Smith, Robert
Yoon, Youngbin

Sophomores – 2010

Anzalone, David
Balboa, Anthony
Bartlik, Evan
Cerasuolo, Nicholas
Diorio, Thomas
Dremel, Max
Feeney, Rory
Fishbein, Ben
French, Mark
Halvey, Colin
Hansen, Tyler
Henni, Michael
Hwang, In-Ho
Jennee, Ryan
Jennings, Levi
Knight, James
Legg, Carl
Martinez, Aidan
Ransom, Kyle
Sarappo, Alex
Schwarz, Thomas
Suh, David.
Tai, Nicholas
Tarzian, Christopher
Xue, Edwin

Juniors – 2010

Beausoleil, Matthew
Blair IV, Edward
Cheung, Timothy
Colvin, Timothy
Eid, Mohamed
Etna, Stephen
Freides, David
Halawel, Ali
Hamza, Omar
Hwang, InSoo
Jennings, Corban
Llinas, Juan
Martyn, Connor
Mattson, Sean
Quartararo, Alex
Riemer, Jonathan
Rynkowski, Patrick
Shippee, John
Spetsieris, Aristidi
Spreitzer, Steven
Steinacker, Christop
Stephan, Tom
Suh, Justin
Urbano, Gino
Weisberger, Nicholas
Wellington, Ian

Seniors – 2010

Butler, Alex
Cleary, Brian
DeVita, Tommy
Francis, Nicholas
Gramaglia, Andrew
Grundy, Matthew
LaDuca, Matthew
Lai, Kevin
Manderano, Andrue
Maniaci, Mark
Simmons, John
Wisener, John

Coaches:

Josh Saladino
Mike Glynn
Holly Martin
Torre Watson

<u>Name</u>	<u>Dual</u>	<u>Championship</u>	<u>Total Points</u>
InSoo Hwang (11)	59.75	101	160.75
Matt Grundy (12)	46.25	79	125.25
Jon Riemer (11)	28	84	112
Jack Simmons (12)	66	43	109
Tommy DeVita (12)	53	53	106
Evan Bartlik (10)	42	63	105
Matt Beausoleil (11)	51	51	102
Edward Blair IV (11)	41	49	90
Patrick Rynkowski (11)	29	43	72
Sean Mattson (11)	30.5	34	64.5
Juan Llinas (11)	17.75	45	62.75
Young Hoe Koo (9)	20	38	58
Levi Jennings (10)	21	37	58
Brian Cleary (12)	27	30	57
Mark Maniaci (12)	24	27	51
John Wisener (12)	30	18	48
Steven Spreitzer (11)	21	23	44
Kevin Lai (12)	25.25	18	43.25
Tom Stephan (11)	29	5	34
Stephen Etna (11)	9	25	34
Andrew Gramaglia (12)	10	21	31
Mohamed Eid (11)	24	5	29
Anthony Balboa (10)	4	19	23
Matt LaDuca (12)	5.5	10	15.5
A.J. Mandarano (12)	10	3	13
Dave Freides (11)	6	5	11
Michael Henni (10)	8	3	11
Mark French (10)	5	5	10
Ryan Jennee (10)	4	6	10
Connor Martyn (11)	4	5	9
Jack Shippee (11)	4.25		4.25
Tim Cheung (11)	4		4
Neil Schoff (9)	4		4
Will Ades (9)	4		4
InHo Hwang (10)	3.75		3.75
Nick Francis (12)	1		1
Michael Capurso (9)	1		1

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

1. Dusty Thomas (98).....	234.00
2. Andrew Dolgin (00).....	227.50
3. Gabriel Knutson (04).....	211.00
4. Dan Cooper (99).....	205.25
5. Josh Kauke (00).....	204.00
6. Dave Wharton (98).....	200.00
7. John Parisi (83).....	199.25
8. Bob Keino (93).....	189.25
9. Jim Davis (95).....	186.00
9. Paul Kovach (06).....	186.00
11. Steve Robinson (98).....	183.00
12. Bob Keino (94).....	181.50
12. Dan Cooper (00).....	181.50
14. Tim Geckler (89).....	174.50
15. Andre Dolgin (99).....	173.25
16. Bernard Mann (03).....	170.00
17. Steven Pierce (06).....	166.50
18. Josh Kauke (99).....	166.25
19. John O'Neill (98).....	162.25
20. Gabriel Knutson (03).....	162.00
20. Akira Monri (07).....	162.00
22. InSoo Hwang (10).....	160.75
23. Chris Perez (02).....	160.00
24. Craig Halyard (87).....	156.50
25. J.D. Murdock (98).....	151.50
25. Chris Zeigler (06).....	151.50

BOYS TRACK & FIELD

Athletes
to watch

Kevin Amditis, Lakeland, senior, 100, 200: Last year's All-Passaic 400-meter runner is probably better in the short sprints and enjoyed an excellent indoor season, reaching the Group 3 meet. He was a wild card in the State Meet of Champions 100 last year and should be ready to win a group medal this spring.

Keshon Brown, Kennedy, senior, 110 and 400 hurdles, long and triple jumps: One of the most talented and versatile athletes in the area, he had a rough start in the Group 4 100 hurdles last year and didn't finish. But this winter's State Group 4 55 hurdles champ is a much-improved runner and can score in the State meet in all four of his events.

Jashon Dawson, Passaic, senior, 100, 200: The all-Passaic football star was hampered by an injury in the winter, but should be ready to fly this spring, and his battles with Amditis could be terrific to watch. He swept the 100 and 200 in the NNJIL and Passaic County meets last spring.

Tommy DeVita, Ridgewood, senior, high jump: Consistently among the top three jumpers in the state all winter, the Penn Relays-bound DeVita is the defending Bergen County champion. No one's gone higher than 6-3 in Bergen County in seven years, but DeVita, who cleared that height three times this winter, could be the next.

John Farelli, River Dell, senior, shot and discus: A solid performer throughout his career, he reached the State Meet of Champions in the discus and was consistently passing 50 feet in the shot during the indoor season. The latest in a long line of Golden Hawk standouts, he could be the best discus thrower in the area.

Greg Hazell, Don Bosco, junior, high, long and triple jumps: The defending State Non-Public A champion in the long and triple jump was part of the Ironmen's sprint medley team. He was second team last spring in the triple jump and shared All-Bergen first team honors in the winter.

Justin Hodge, Teaneck, senior,

NJTCC

Bergen Catholic's State indoor champion mile relay is the core of the Crusaders' outdoor team. Seniors Billy Leonard (400/800) and Ernest Wingate (hurdles/jumps), juniors Tarique Gray (sprints) and DJ Dixon (sprints) are the gold medal quartet, and senior shot putter Tom Mandese can also score.

Bergen Tech is rebuilding but has a good core of athletes including senior distance runner Andreas Kellas, senior hurdlers Patrick Abrams and Dan Plekhov and senior sprinters Jordan Goldklang and Jean Luc Coletta. **Clifton** is led by senior jumpers Ryan Felix, Jahee Allen and Alonzo Thomas, and junior rising middle distance star Dan Green. Senior distance runner James Sahanas, vaulter/hurdler Julian Macrone, senior distance runner Edgar Quintero and junior thrower Jon Sunday are also important assets.

Don Bosco coach Rob DeCarlo is excited, saying that this season "should be the greatest in DBP history, which is saying a lot based on our previous success." Start with seniors Mike Belgiovine (middle distance), Tim Byrne (throws), Howie Rosas (distance), Rafael Vargas (distance) and Scott Weismiller (jumper/pole vaulter). Then add juniors Greg Hazell (jumper/400H), Selwyn Maxwell (sprinter/hurdler), Phelan McCormick (distance), David Stallings (400/800) and Ryan Walsh (hurdles/jumps). Sprinkle in soph sprinter Leonte Carroo and distance runners Christian Costello and Nick Mendolia and you have a team that could be the first North Jersey squad to win State group championships in all three seasons.

Eastside's best includes distance runner Salim Corbin, who has been all-Passaic in eight seasons, junior middle distance runner Tahlief Jackson and sophomore Justin McKenzie.

Fair Lawn is led by senior distance runner Mike Obsuth.

Hackensack has three stars in senior sprinter/jumper Conroy Walker, senior middle distance

the league. Seniors Tommy DeVita (All-Bergen high jumper), Brian Cleary (all-Bergen middle distance star), John Wisener (all-Bergen pole vaulter), Mark Maniaci (javelin), Jack Simmons (throws) and Matt Grundy (sprints) are joined by an excellent junior class led by InSoo Hwang (hurdles), Edward Blair IV (hurdles), Patrick Rynkowski (distance) and Steven Spreitzer (distance).

Teaneck is another outstanding team in this outstanding league, with seniors Justin Hodge (400/800), Casey Pleasants (sprints) and Zadique Whyte (sprints) the veterans on a talented young team. The Highwaysmen may have the finest soph class in the area with Jamal Williams (jumps/sprints), Damien Elliott (hurdles/400) and Daryian Miles (sprints).

Wayne Hills is rebuilding behind senior Dan Scullion, the Passaic indoor pole vault champion, senior hurdler Matthew Asmar, junior distance runner Dave Rushi, sophomore sprinter Jeff Ginanc and sophomore distance runner Justin Diamond.

Wayne Valley will battle for the Passaic County title led by seniors Mark Sheptock (distance), Alex Severson (pole vault/jumps), Mike Maglio (distance), Franco Rosella (throws) and Kensai Hughes (sprints). Senior jumpers Dan Losowyj and Ryan Meek add depth, especially if Losowyj is healthy and juniors Mike Sheptock and Chris Connally can also produce.

West Milford's best is pole vaulter Mike Stitt.

NBIL

Senior sprinter Elijah Holder is the top returnee for **Bergenfield**, which hopes to be competitive with seniors Kelvin Balcacer (hurdles/jumps), Eduardo Reyes (distance), Robert Filipi (throws), Pat Verzosa (throws), and Pete Quintana (hurdles).

Demarest is one of the top teams in the area and has a deep, balanced roster with seniors Steve Iafrate (javelin), Yaniv Sofer (pole vault), Dan Nytinger (pole vault), Nikolas Tsolakkis (pole vault), Andrew Dyer (high

PRESEASON TOP 25

1. Don Bosco
2. Ridgewood
3. Indian Hills
4. Demarest
5. Teaneck
6. Kennedy
7. Wayne Valley
8. River Dell
9. Ramsey
10. Hasbrouck Heights
11. Bergen Catholic
12. Hackensack
13. Lakeland
14. Old Tappan
15. Lyndhurst
16. Paramus Catholic
17. Clifton
18. Cresskill
19. Wood-Ridge
20. Passaic
21. Leonia
22. Pompton Lakes
23. Englewood
24. Lodi
25. Midland Park

top returners in a large senior class for **Northern Highlands**.

Old Tappan should be one of the best teams in Division 1 behind senior thrower Mike Reilly, senior sprinter/jumper Matthias Kabete, senior pole vaulters Andrew Marki and Andrew Hoh, senior intermediate hurdler/800 standout Emanuel Benolli, who missed the cross-country season when his family temporarily relocated to Dubai, and senior distance runner Kevin Lee. Sophomore sprinters Brandon Gregory and Devin Fuller and junior jumper Brian Choi should also be major scorers.

Paramus Catholic could be a sleeper with some good talent in seniors Javon Brown (sprints), Keegan Carter (400/800/triple jump), and Earvin Paul (jumps), juniors Marquise Wright (weights), James Szwerc (distance) and Brian Feliciano (distance), and sophomore Aubrey Lewis (sprints).

Senior distance runner Joe Sabatino, senior thrower Kevin

something to s North Jersey's runner, sophomore is the top score Hoff (sprints/jumps) (sprints/jumps) (sprints/jumps) (pole vault), Bri (hurdles), Jeff S George Delgad Arnold Omina (by a talented g mores and juni

North Arlington senior class will Justin Cesar, A Eddie Smolen, Sperandeo, Ha and Gianfranco

Junior distance Cahill leads Rick assistance from Hamperl (sprinter) (sprints), D (throws), Adam and junior distance David Suh and

Secaucus short season, Lexington Pokras (Mike Angelo Abdella Noah Mustafa) seniors Matt Trayn Gioni (shot/discus) Pagnano (shot/discus) all place in the

Wallington look Klecha (hurdles) (jumps) to

Wood-Ridge has Chris Luna and junior hurdler Zach Dave Gawryluk with the best jumper as well.

BCSL Olyn

Bogota is led by Amelio Soto.

Cresskill is the with seniors Brance), Josh Al Jeff Buchek (sprinter) Wengertner (discus) Dorian Slavov (John) (distance)

Emerson is represented by seniors Thanh Ferrer (sprinter) Guariella (pole vault) Eric Ciavaglia Leonia is a cor

men's sprint medley team. He was second team last spring in the triple jump and shared All-Bergen first team honors in the winter.

Justin Hodge, Teaneck, senior, 400, 800, 400 IH: He spent the winter on Teaneck's basketball team, while his track teammates were enjoying a fine winter on the 4-x-400 relay team. But now he's back on the track and may well be Teaneck's best 800-meter runner.

Patrick Rono, Lyndhurst, sophomore, 1,600, 3,200: Bergen County's best cross-country runner didn't run indoor track (Lyndhurst doesn't have a team), but he should be primed for a huge outdoor season after the progress he showed in the fall. A sub-9:15 clocking in the 3,200 meters is not out of the question and his battles with Verona's Dave Oster in Group 1 should be classics.

Conroy Walker, Hackensack, senior, 100, 200, long and triple jumps: If he's healthy, he is a threat to win all four events in every meet he enters and is ranked in the all-time Bergen top 50 in each of the four events. Walker won four events in the final NJJIL meet and placed in three events in the State Group 4 meet.

Jaleb Zuidema, Midland Park, junior, javelin: Already the seventh best javelin thrower in Bergen County history, he is the heir apparent to last year's State and Bergen champion and New Jersey record holder Kevin Steimle of Mahwah after taking third in the State Meet of Champions last spring. He is a threat to break the Bergen and New Jersey record of 209-5 after throwing 192-6 last year.

sophomore Justin McKenzie.

Fair Lawn is led by senior distance runner Mike Obsuth.

Hackensack has three stars in senior sprinter/jumper Conroy Walker, senior middle distance runner Joel Douglas and junior thrower Stephen Mozia and if the Cornets can add depth they can contend.

Kennedy is a Passaic County favorite behind senior hurdler/jumper Keshon Brown, senior Larry Hilton (800), junior Jamaal Hilton (middle distance), junior Ziad Aburumeileh (distance) and junior Craig Hall (jumps).

Lakeland returns several stars from last year's Northern Hills Suburban championship team, including all-Passaic sprinter Kevin Amditis, excellent distance runner Dennis Arnold and versatile thrower Ben Reuter, all seniors.

Paramus has senior leadership from captains Nick Florino (400/800), Antonio Nadera (sprints/pole vault) and Dharm Patel (hurdles).

Passaic counts on seniors Jashon Dawson (sprints), Justin Jones (hurdles), Yusef Reeves (high jump/400) and D'Nard Robinson (400).

Passaic Tech is rebuilding but has some talent in junior javelin thrower Quatrell Huffin, senior shot putter Lonnie Day, junior distance runner Victor Reyes, junior hurdler Warren Beason and freshman middle distance runner Nigel Burgess.

Passaic Valley's best is thrower Jonathan Martinez.

Ridgewood is another of the traditional powers en route to another traditionally powerful season and could be the only team to give Don Bosco a run in

Demarest is one of the top teams in the area and has a deep, balanced roster with seniors Steve Iafate (javelin), Yaniv Sofer (pole vault), Dan Nyfinger (pole vault), Nikolas Tsolakdis (pole vault), Andrew Dyer (high hurdles), and Yoonil Kim (high jump), and juniors Adam Bernstein (distance) and Bernard Scaglione (discus).

Indian Hills won the State Group 2 championship indoors and should contend for the same title outdoors behind a balanced and deep team. Start with seniors Mark Filandro (400 IHH/400/800) and Corey Crawford (long jump/high jump/400) who are perhaps the state's best intermediate hurdler and long jumper, respectively. Senior throwers Mike Laubauskas and Harry Maguire, senior sprinter-jumper Mike Wasserman and amazingly versatile senior Nick DiVincent (pole vault/distance/javelin) should also score in most events. Junior distance runner Nick Ward was all-Bergen indoors and in cross-country and fellow juniors Pete Tuohy and John Prizzi add distance depth.

Mahwah is rebuilding after two outstanding seasons but looks to senior pole vaulter Gabe Aydin, junior middle distance runner Erik Moutenot, junior jumper Sammy Roberts and sophomore vaulter Tyler Polland to make the most noise in major meets. Senior distance runners Joey Fede and Erik Krajewski, sprinter Kyle Cohoon and throwers Nick Kominos and Stephen Krause should also help.

Seniors Matiss Batarags (distance), Eric Hirshfield (hurdles), Alex Perez (jumps), Tony Pernice (throws), Laurence Ridgwell (jumps), Charlie Palella (jumps) and Alex Tamirian (sprints) are

senior throwers (weights), James Szwerc (distance) and Brian Feliciano (distance), and sophomore Aubrey Lewis (sprints).

Senior distance runner Joe Sabatino, senior thrower Kevin Bishop, junior jumpers Chet Palumbo and Anthony Greco, and junior throwers Tyler Demmerle and David Goidell need to have great seasons for **Pascack Hills** to succeed.

Pascack Valley has a great 4-x-800 relay team and its best athletes are seniors Luke Nowjicki and Mike Kraus, junior Lucas Hall and sophomore Max Linden.

Ramapo's best is junior distance runner Bradley Paternostro.

Ramsey is a very good team led by seniors Kevin Kuruc (hurdles), Zach Donnarumma (sprints) and Troy Coonrad (400/800), junior distance runner John Dugan and sophomore middle distance runner Chris Eltringham.

BCSL National

With Haddonfield, the state Group 1 indoor group champion, now in group 2 and Indian Hills' headache now, **Hasbrouck Heights** could be in position to win the state outdoor title. The three C's, senior pole vaulter/hurdler Rich Cannici, junior sprinter/high jumper Kevin Condal and junior thrower Patrick Cole are the linchpins of that bid. The Aviators also have senior Alex Fortoul (distance), Joe Romano (shot) and Nick Stellato (javelin), junior sprinter Kevin Harris and sophomore hurdler/jumper Sven Nielsen as potential major meet scorers. But that doesn't mean the Aviators are a shoo-in to win the league. **Lyndhurst** will have

Emerson seniors Ti son Ferra Guariella, Eric Ciary **Leonla** is league, bior distan senior hul Alarcon a (jumps), M and jump dles) and **New Milf** Ryan Ferr Grossbar Follety (s (pole vaul Raphael V lead a ver **Park Ridg** senior cla jumper G Tom Rizzi sprinters Nick Galv ner Chris should be Seniors C don Cude P.J. Ploor help **Sadr Hawthori** keeps grc Venner ar Scott are members

BCSL / **Cliffside** distance i Dominic C **Dumont** i Chiaffarel Conville (Dom Dorr niors Ryan Nico Lanz were all p Huskie cr Englewo

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"PLAY IT



Pawlowski Relays
@ Ramsey High School

April 3, 2010

4x1600m:

S. Spreitzer 4:32
M. Eid 4:55
M. French 5:02
C. Martyn 5:09 19:40.8 – 3rd Place

4x110HH:

E. Blair IV 15.9 / S. Mattson 16.1 / M. Beausoleil 15.8 / I. Hwang 15.0
1:02.6 – 1st Place

4x100m:

M. Grundy / E. Blair IV / K. Lai / J. Reimer 45.3 – 3rd Place

4x800m:

Varsity:

S. Spreitzer 2:03.4
A. Sarappo 2:16.3
N. Weisberger 2:16.8
M. Eid 2:09.3 8:49.2

Frosh:

T. Garrity 2:22
S. Dublier 2:22
G. Jones 2:24
S. Kagai 2:19 9:27 – 1st Place!

4x200m:

M. LaDuca 24.0
D. Freides 23.9
A. Mandarano 25.8
J. Shippee 24.5 – 1:38.4

Sprint Medley:

M. Grundy (400) 50.8
S. Mattson (200) 23.9
J. Reimer (200) 23.5
J. Llinas (800) 2:02.7 3:40.0 – 2nd Place

Distance Medley:

P. Rynkowski 3:13.1
I. Hwang 50.5
L. Jennings 2:02.2
B. Cleary 4:30.0 10:36.5 – 1st Place

3x400IH:

Varsity:

E. Blair IV 64.1
S. Mattson 59.7
A. Mandarano 64.8 3:08.7 – 5th Place

4x400m:**Novice:**

M. LaDuca 54.3
J. Shippee 57.5
D. Freides 57.3
InHo Hwang 53.7
3:42.9 – 2nd Place

M. French 60.2
O. Hamza 58.6
J. Knight 59.4
T. Diorio 57.1
3:55.1

D. Suh 59.2
J. Suh 61.3
E. Xue 61.8
K. Ransom 59.0
4:01.4

T. Hansen 61.7
G. Urbano 60.2
A. Martinez 65.6
D. Anzalone 71.6
4:17.6

J. Lau 61.2
C. Jennings 70.4
C. Tarzian 65.3
T. Schwarz 80.7
4:37.9

Frosh:

K. Cheung 57.0
D. Ok 59.8
S. Park 59.6
R. Smith 59.0 3:54.4 – 2nd Place

I. Nathanson 70.1
N. Salamone 65.3
M. Calton 70.1
J. Barnett 66.3 – 4:31.4

Long Jump:**Varsity:**

T. DeVita 17'10"
M. Beausoleil 17'3"
E. Bartlik 15'10"

Novice (2xLJ)

A. Mandarano
D. Suh
29'7 1/2" – 4th Place

Frosh (2xLJ)

Y. Koo 16'8"
K. Cheung 13'0"
29'8" – 2nd Place

Triple Jump:**Varsity:**

T. DeVita 38'7 1/2"
M. Beausoleil 38'9"
E. Bartlik 38'5"
115'2" – 4th Place

Novice (2xTJ)

A. Mandarano 37'5"
D. Suh F

Frosh (2xTJ)

Y. Koo 33'10"
D. Ok - F

High Jump:**Varsity:**

T. DeVita 6'4"
E. Bartlik 6'0"
Y. Koo 5'6" - 17'10" – 1st Place

Pole Vault:

J. Wisener NH
A. Gramaglia 12'0"
K. Hayes NH

Shot Put:

J. Simmons 46'8"

S. Etna 40'8"

A. Balboa 40'1"

126'10" – 1st Place

J. Barnett 33'6"

A. Muller 30'9"

M. Henni 32'9"

96'0"

Discus:

J. Simmons 129'3"

S. Etna 89'5"

A. Balboa 85'7"

304'3" – 5th Place

M. Henni 91'7"

M. Dremmel 87'1"

J. Barnett 84'0"

262'8"

Javelin:

M. Beausoleil 128'3"

E. Blair IV 125'6"

D. Freides 119'4"

373'4" – 3rd Place

April 6, 2010

Total Score
RHS 89 Clifton 51

Event	First Place	Second Place	Third Place	RHS Clif	
400H	Insoo Hwang, Ridgewood, 56.7	Mattson, Ridgewood, 60.6	Blair, Ridgewood, 62.2	9	0
100m Dash	Thomas, Clifton, 11.3	Felix, Clifton, 11.6	Lai, Ridgewood, 12.0	1	8
1600m Run	Rynkowski, Ridgewood, 4:35	Jennings, Ridgewood, 4:35.7	Green, Clifton, 4:37.7	8	1
400m Dash	Grundy, Ridgewood, 51.3	Riemer, Ridgewood, 52.3	Mosezar, Clifton, 52.7	8	1
100m Hurdles	Blair, Ridgewood, 15.1	Beausoleil, Ridgewood, 15.5	Mattson, Ridgewood, 15.8	9	0
800m Run	Cleary, Ridgewood, 2:02.3	Green, Clifton, 2:02.6	Stephan, Ridgewood, 2:03.1	6	3
200m Dash	Thomas, Clifton, 23.3	Felix, Clifton, 23.6	Lai, Ridgewood, 23.9	1	8
3200m Run	Spreitzer, Ridgewood, 10:17.4	Ied, Ridgewood, 10:41.4	Sahanas, Clifton, 10:46.4	8	1
High Jump	Tommy DeVita, Ridgewood, 6'6"	Evan Brattik, Ridgewood, 6'0"	Young Hoe Koo, Ridgewood, 5'8"	9	0
Pole Vault	John Wisener, Ridgewood, 12'	Julian Macrone, Clifton, 11'	Fabian Rodriguez, Clifton, 8'	5	4
Long Jump	Ryan Felix, Clifton, 19'8 1/4"	Alonso Thomas, Clifton, 18'11"	Evan B, Ridgewood, 18'4 3/4"	1	8
Triple Jump	Tommy DeVita , Ridgewood, 40'4"	Matty B, Ridgewood, 38'10"	Evan B , Ridgewood, 37'11 1/2"	9	0
Discus	Simmons, Ridgewood, 130' 11"	Sunday, Clifton, 117' 6"	Henri, Ridgewood, 96' 2"	6	3
Shot Put	Simmons, Ridgewood, 44'1"	Sunday, Clifton, 40'0"	Etna, Ridgewood, 38'2"	6	3
Javelin	John Sunday, Clifton, 120' 10"	Matt Beausoleil, Ridgewood, 119'2"	Dan Smith, Clifton, 117' 9"	3	6
4X400relay	Clifton, 3:40	Ridgewood, 3:40.3		0	5

Comment:

NNJIL Track & Field Dual Meet **Ridgewood vs Kennedy - Boys**

April 6, 2010

M Total Score

Event	First Place	Second Place	Third Place	RHS	JFK	RHS	JFK
400H	Insoo Hwang, Ridgewood, 56.7	Brown, Kennedy, 57.8	Mattson, Ridgewood, 60.6	6	3	103	33
100m Dash	Lai, Ridgewood, 12.0	Friedes, Ridgewood, 12.0	Oliver, Kennedy, 12.6	8	1		
1600m Run	Rynkowski, Ridgewood, 4:35	Jennings, Ridgewood, 4:35.7	J. Hilton, Kennedy, 4:45.1	8	1		
400m Dash	Grundy, Ridgewood, 51.3	Riemer, Ridgewood, 52.3	LaDuca, Ridgewood, 54.8	9	0		
100m Hurdles	Brown, Kennedy, 14.4	Blair, Ridgewood, 15.1	Beausoleil, Ridgewood, 15.5	4	5		
800m Run	Cleary, Ridgewood, 2:02.3	Stephan, Ridgewood, 2:03.1	Lilias, Ridgewood, 2:05	9	0		
200m Dash	Lai, Ridgewood, 23.9	Shippee, Ridgewood, 24.9	Oliver, Kennedy, 25.1	8	1		
3200m Run	Spreitzer, Ridgewood, 10:17.4	Ied, Ridgewood, 10:41.4	Ramadan, Kennedy, 10:59.3	8	1		
High Jump	Tommy DeVita, Ridgewood, 6'6"	Craig Hall, Kennedy, 6'0"	Evan Brattik, Ridgewood, 6'0"	6	3		
Pole Vault	John Wisener, Ridgewood, 12'	Tim Cheung, Ridgewood, 8'		8	0		
Long Jump	Keshon Brown, Kennedy, 19'7 1/2"	Craig Hall, Kennedy, 19'1"	Evan B, Ridgewood, 18'4 3/4"	1	8		
Triple Jump	Craig Hall, Kennedy, 41' 3/4"	Evan B, Ridgewood, 40'4"	Keshon Brown, Kennedy, 40'2"	6			
Discus	Simmons, Ridgewood, 138' 11"	Thomas, Kennedy, 98' 11"	Hennl, Ridgewood, 98'2"	6	3		
Shot Put	Mark Ramsey, Kennedy, 44'4 1/2"	Simmons, Ridgewood, 44'1"	Tomas Garcia, Kennedy, 43'5 1/2"	3	6		
Javelin	Matt Beausoleil, Ridgewood, 119'2"	Dave Fritas, Ridgewood, 111' 5"	Freddie Perez, Kennedy, 109' 9"	8	1		
4X400relay	Ridgewood, 3:40.3			5	0		

**Dual Meet vs. Kennedy and Clifton
@ Ridgewood – non scoring**

April 6th, 2010

400IH: A. Mandarano 65.5

100m: J. Shippee 12.2 E. Bartlik 12.3 T. Cheung 12.6 K. Chung 12.7
O. Hamza 12.8 S. Park 13.1 K. Ransom 13.1 E. Xue 13.2 I. Nathanson 13.3
C. Jennings 14.5 A. Martinez 14.6 T. Schwarz 18.1

1600m: C. Martyn 4:48.2 M. Eid 4:49.0

400m: InHo Hwang 55.3 C. Halvey 59.0 T. Hansen 59.6 D. Ok 59.9

110HH: A. Mandarano 16.8 D. Suh 18.1 K. Chung 21.4

800m: N. Francis 2:14.5

200m: Y. Koo 25.3 K. Ransom 25.6 T. Diorio 25.8 C. Halvey 26.3 S. Park 26.4
O. Hamza 26.5 E. Xue 27.1 D. Ok 27.8 T. Hansen 28.3 I. Nathanson 29.3
A. Martinez 30.4 C. Jennings 31.1

3200m: T. Garrity 11:22.9

4x400m: M. LaDuca 54.4; K. Lai 55.6; J. Shippee 56.1 InHo Hwang 54.3 3:40.4

Long Jump: Y. Koo 18'3" M. Beausoleil 18' ½" J. Shippee 16'9" D. Suh 15'3"

Triple Jump: A. Mandarano 36'8 ½" Y. Koo 36'0"

High Jump:

Shot: A. Balboa 36'2" J. Barnett 33'5" M. Henni 32'8" M. Dremmell 30'8"
A. Muller 29'8" R. Feeney 27'9" R. Halawal 25'4" N. Cerasulo 24'5"
I. Wellington 24'3"

Discus: S. Etna 93'5" J. Barnett 89'5" M. Dremmell 86'11" A. Balboa 75'6"
A. Muller 73'10" R. Feeney 73'4" N. Cerasulo 72'5" R. Halawel 69'4"
I. Wellington 59'4"

Javelin T. Diorio 95'3"

Pole Vault:

RIDGEWOOD TRACK & FIELD PREVIEWS

Athletes preparing to spring into action

Boys begin by capturing relay crown

BY GREG TARTAGLIA
Assistant Sports Editor

RIDGEWOOD — For the first time since the event became known as the Steve Pawlowski Relays, the Ridgewood High School boys track and field team emerged with a title at its season-opening meet.

The host Maroons kicked off the spring with a 108-106 win over Union in the large schools division of last Saturday's 26th annual Pawlowski Relays, which were held at Ramsey High School for the third straight year due to the lack of a 400-meter track at Ridgewood High. Christian Brothers of Lincroft (94 points) was third, followed by Ramsey (93) and Bergen Catholic (91).

The meet was born as the Ridgewood Relays before being renamed in 2002 to honor the memory of Steve Pawlowski (RHS Class of '01), a high school All-America sprint medley runner who was killed in November 2001 when he was struck by a moving vehicle.

"We always try to do well in that meet, and to be able to win it was nice for us, in terms of what it means to Ridgewood track and field," Maroon head coach Josh Saladino said Wednesday. "We're a pretty good team this year, and I think we showed that there."

"Now, in order to compete with some of the best teams around, we're going to need to compete at that level [all season]," added Saladino, now in his eighth year at the helm.

The Maroons' victory showcased a number of athletes aiming to bring continued success to a team that finished 8-0 in dual meets and won its ninth consecutive league title a year ago.

The all-junior quartet of Matt Beausoleil, Eddie Blair IV, InSoo Hwang and Sean Mattson won the shuttle hurdle relay in 1:02.6, while Hwang, senior Brian Cleary, junior Pat Rynkowski and sophomore Levi Jennings took gold in the distance medley relay, clocking 10:36.5.

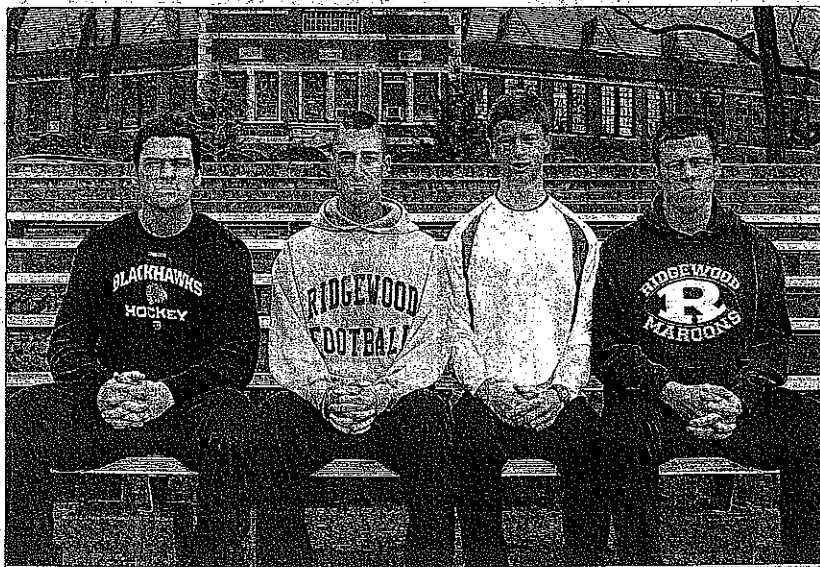
Each of those squads has earned a trip to this weekend's Arcadia Invitational in California, as has senior high jumper Tommy DeVita, who combined with sophomore Evan Bartlik and freshman Young Hoe Koo for a winning height of 17 feet, 10 inches in the Pawlowski high jump relay.

RHS senior Jack Simmons, one of the team's four captains, joined forces with Anthony Balboa and Steven Etna to win last Saturday's shot put relay (126-10). Other leaders in the field events for Ridgewood include senior javelin thrower Mark Maniaci and senior pole vaulters John Wisener and Andrew Gramaglia.

Wisener is also headed to Arcadia, along with the Maroons' sprint medley (Beausoleil, Blair and juniors Matt Grundy and Tom Stephan) and 4 x 800-meter (Cleary, Jennings, Rynkowski and junior Juan Linares) relays. As the season continues, Beausoleil is expected to contribute in the hurdles, jumps and javelin as well, while juniors Steven Spreitzer and Mohamed Edd add depth to the distance corps.

On Tuesday, the Maroons began the dual-meet portion of their schedule with victories over Clifton and Kennedy. "They both provided fairly formidable challenges to us early on," Saladino noted. "Those two teams can pose a pretty good threat, [which helps] to get you prepared and focused right away, so winning those was important to us."

Thanks to realignment, Ridgewood's road to a possible NJTCC Division B title will also include a head-to-head battle with reigning Bergen County and Non-Public A state champ Don Bosco. "They're going to be a very formidable challenge for us at the league and the county levels," said the coach.



The senior captains of the 2010 Ridgewood High School boys spring track and field team are, from left, thrower Jack Simmons, jumper Tommy DeVita, distance runner Brian Cleary and sprinter Matt Grundy.

Girls eyeing success in the long run

BY GREG TARTAGLIA
Assistant Sports Editor

RIDGEWOOD — After 39 years Brown is no longer coaching di runners. At least, not for the Ridg High School girls track and field te

The Maroons can rest assure Brown, who started the program spring of 1972, is still their head coa did, however, need to reorganize h following the recent retirement of time pole vault coach Don Cooper

Enter Steve Opremeck, the 1 Indian Hills head coach who has h on as an assistant with Ridgewood

"We were unable to find a polt coach," Brown explained on Wedr "So now I am the pole vault coach that meant that we were looking fo tance coach, and Steve was availab been a fabulous addition to our staf

Ever a top contender in the dist RHS will also feature a number of performers in the sprints this season, seniors Victoria Oliva, Nina Montg and Jenny Bitzer. The Lehigh-hon va is a three-year varsity fixture wha fies a talented group of hurdlers as

In last Saturday's Pawlowski Re Ramsey High School, the Ma scored 113 points to place second large school division behind Wes (129 points). They garnered gold events, including both hurdle relays va, Sarah DeVita, Kayla Polca Kanami Itoh combined to clock 1:1 the 4 x 100 shuttle hurdles, while DeVita and Charlotte "Chuckie" teamed up for a winning time of 3: the 3 x 400 intermediate hurdles.

"We would have liked to beat wood, but we beat everybody else, so a good way to start the season," said I who doubles as the Pawlowski Relay director. "We had some bright spo we saw some spots that we need t on. So, we kind of got what we wa get from an early-season relay [even Ridgewood displayed its strengt jumps, top. DeVita, a junior, her y sister Mimi, a freshman, and junior Roche cleared a combined 13 fee inches in the high jump relay to hi Maroons tie Ridgefield Park for fir Roche joined forces with Polcarl ar for Grayson Llerandi to win the jump relay (93-6).

The Maroons' fifth gold medal from the distance medley relay (2 of Llerandi, Rachel Anzano, C Davidson and Clare Keating. This distance corps has tremendous thanks to the presence of five cross try mainstays, including seniors Co Schofield, Emily Garber, Katie l and Okwuchi Onwubu and soph Hanako Shigenobu.

In the field, Polcarl and Mimi l look to continue their pole vault p after a solid winter season, and Eva Zymaris will lead the team's i ing contingent.

Ridgewood followed up its Paw Relays effort with dual-meet vi against Clifton and Kennedy on Tt This weekend, the team will send it the hurdle relay quartet of Oliva, F Shigenobu and Sarah DeVita to the dia Invitational in California.

The Maroons get their first k nemesis Immaculate Heart at next end's Bergen County relays. The t also be vying head-to-head for the Division B title this spring.

"The focus in April always is to best we can in the county relays," said. "Then, we're going to take around and see what we can do championship season."

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RHS Varsity Spring Track & Field Schedules

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

April 3 Steve Pawlowski Relays @ Ramsey H.S. (Boys: 1st place; Girls: 2nd place)

April 6 vs. Clifton and Paterson Kennedy @ RHS Stadium (Boys: W-W; Girls: W-W)

April 9-10 at Arcadia, Calif. Invitational (limited varsity)

April 10 Comet Relays @ Hackensack H.S., 9 a.m.

April 13 vs. Passaic Tech and Hackensack @ Passaic County Tech, Wayne

April 14 Jack Yockers Bergen County Relays (field events only) @ Ramsey, 3:30 p.m.

April 18-19 Jack Yockers Bergen County Relays @ River Dell H.S., 4 p.m./9 a.m.

April 20 at Bergen Tech

April 22-23 Penn Relays @ Franklin Field, Philadelphia, times TBA

April 27 vs. Bergen Catholic and Don Bosco (boys) and Immaculate Heart (girls) @ RHS Stadium

April 29 Ironman Invitational @ Don Bosco Prep, Ramsey (boys only)

May 1 County Seat Meet @ Mahwah H.S., 9 a.m. (Boys); Bernards H.S. Invitational, Bernardsville, time TBA (girls)

May 4 vs. Passaic and Paterson Eastside @ Passaic H.S.

May 7-8 NJTCC Championship Meet @ Hackensack, 4 p.m./9 a.m.

May 14-15 Red Litter Bergen County Championships @ Old Tappan H.S., 3:30 p.m./9 a.m.

May 17 East Coast Relays @ Morristown H.S.

May 21-22 North 1, Group 4 State Championships @ Randolph H.S., 4 p.m./11 a.m.

May 25 Bergen County Meet of Champions @ Hackensack

May 28-29 Group 4 State Championships @ Eng Harbor Twp. H.S., 4 p.m./11 a.m.

June 2 State Meet of Champs @ South Plainfield H.S., 3:30 p.m.



The 2010 Ridgewood High School girls spring track and field team will be led by eight seniors. FRONT ROW, from left: sprinter-hurdler Victoria Oliva and sprinter Jenny Bitzer. BACK ROW, from left: distance runners Okwuchi Onwubu, Katie Martin, Courtney Schofield and Emily Garber. Not pictured: sprinter-jumper Nina Montgomery.

COMET RELAYS

AT HACKENSACK HS

Boys

TEAM SCORES

Large Schools: Don Bosco, 136; Old

Tappan, 90; Ridgewood, 62; Montclair, 60; Fair Lawn, 55; Paramus Catholic, 46; Paramus, 36; Bergen Tech, 29; Hackensack, 28; Perth Amboy, 10.

Small Schools: Pearl River, 87; St. Joseph, 68; Robbinsville, 47; Glen Rock, 34; Science Park, 15; Paterson Catholic, 11.

4-x-100: 1. St. Joseph (Jabari Garvin, Malcolm Carter, Pat Edmonds, John Sanford), 44.3; 2. Montclair, 45.0; 3. Fair Lawn, 45.4; 4. Don Bosco, 46.0; 5. Montclair, 46.5; 6. Pearl River, 47.2.

4-x-200: 1. Don Bosco (Greg Hazell, Paul Canevari, Leonte Carroo, Selwyn Maxwell), 1:33.5; 2. St. Joseph, 1:34.0; 3. Montclair, 1:34.6; 4. Old Tappan, 1:35.6; 5. Pearl River, 1:36.9; 6. Paramus Catholic, 1:37.7.

4-x-400: 1. Fair Lawn (Luke Walsh, Alex Shink, Pat Romaglia, Gli Rozenster), 3:36.4; 2. Montclair, 3:38.0; 3. Pearl River, 3:39.7; 4. Paterson Catholic, 3:42.1; 5. Robbinsville, 3:43.3; 6. Science Park, 3:43.5.

4-x-800: 1. Don Bosco (Erik Lapinski, Will McCormack, Jordan Timpak, Dave Stillings), 8:44.6; 2. Old Tappan, 8:52.8; 3. Pearl River, 8:56.7; 4. St. Joseph, 9:23.1; 5. Robbinsville, 9:33.4; 6. Fair Lawn, 9:59.2.

4-x-1,600: 1. Don Bosco (Howie Rosas, Christian Costello, Rafael Vargas, Mike Belgiouine), 18:23.4; 2. Bergen Tech, 19:25.2; 3. Old Tappan, 19:42.2; 4. Robbinsville, 19:44.4; 5. Montclair, 19:52.1; 6. St. Joseph, 20:38.1.

Sprint Medley: 1. Ridgewood (Jon Reinher, Kevin Lai, Matt LaDuca, Steven Spreitzer), 3:44.3; 2. Don Bosco, 3:47.5; 3. Fair Lawn, 3:48.3; 4. St. Joseph, 3:49.0; 5. Science Park, 3:49.7; 6. Robbinsville, 3:49.8.

Distance Medley: 1. Don Bosco (Rafael Vargas, Jeremy Gonzalez, Christian Costello, H. Rosas), 11:09.8; 2. Bergen Tech, 11:22.5; 3. Robbinsville, 11:23.1; 4. Paramus Catholic, 11:33.6; 5. Fair Lawn, 11:37.8; 6. St. Joseph, 12:21.4.

Shuttle Hurdles: 1. Don Bosco (Greg Hazell, Ryan Walsh, Jeremy Gonzalez, Selwyn Maxwell), 1:04.8; 2. Pearl River, 1:12.5; 3. Montclair, 1:14.2.

3x400 IH: 1. Old Tappan (Benelli, Gregory, Lennack), 3:06.7; 2. Pearl River, 3:11.7; 3. Don Bosco, 3:12.3; 4. Montclair, 3:20.3; 5. Glen Rock, 3:26.9; 6. Fair Lawn, 3:38.2.

Javelin: 1. Don Bosco (Henry Walker, Mike Proscia), 234.2; 2. Paramus, 236.1; 3. Paramus Catholic, 221.5; 4. Bergen Tech, 208.0; 5. St. Joseph, 206.4; 6. Robbinsville, 203.1.

Shot Put: 1. Hackensack (Anthony Montessano, Stephen Mozia), 99.3; 2. Paramus Catholic, 89.1; 3. Old Tappan, 89.9; 4. Don Bosco, 89.3; 5. Ridgewood, 85.10; 6. St. Joseph, 82.5.

Triple Jump: 1. Don Bosco (Greg Hazell, Ryan Walsh), 79.5; 2. Ridgewood, 74.8; 3. Old Tappan, 73.3; 4. Fair Lawn, 72.10; 5. Pearl River, 71.0; 6. Paramus, 69.8.

Long Jump: 1. Old Tappan (Brian Choi, Matthias Kabete), 35.9; 2. Ridgewood, 34.10; 3. St. Joseph, 34.7; 4. Pearl River, 33.1; 5. Robbinsville, 33.7; 6. Paramus, 33.6.

High Jump: 1. Ridgewood (Evan Bartlik, Young Hoe Koo), 11.4; 2. Pearl River, Montclair, 11.0; 4. Paramus, 10.8; 5. Hackensack, 5.10; 6. Don Bosco, 5.8.

Pole Vault: 1. Pearl River (Deplinto, Spadaccini), 25.0; 2. Old Tappan, 22.6; 3. Glen Rock, 19.6; 4. Ridgewood, 12.0; 5. Paramus, 8.0; 6. St. Joseph, 7.0.

Discus: 1. Don Bosco (Tim Byrne, Paul Canevari), 275.6; 2. Hackensack, 251.7; 3. Old Tappan, 226.7; 4. Paramus Catholic, 219.10; 5. Glen Rock, 215.5; 6. Ridgewood, 192.4.

**Arcadia Invitational
@ Arcadia, CA**

April 9-10, 2010

Friday:

4x800m:

Patrick Rynkowski	2:02.6	
Levi Jennings	2:00.7	
Juan Llinas	2:04.2	
Brian Cleary	2:00.2	8:07.80

4x110HH:

Edward Blair	15.5	
Sean Mattson	16.0	
Matt Beausoleil	15.4	
InSoo Hwang	15.2	<u>62.07 – 2nd Place!!!</u>

Sprint Medley:

Edward Blair	23.5	
Matt Beausoleil	23.3	
Matt Grundy	51.2	
Tom Stephan	2:03.1	3:41.12

Saturday:

Pole Vault:

John Wisener	No Height
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High Jump:

Tommy DeVita	6'3"
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Distance Medley:

Patrick Rynkowski	3:17.3	
InSoo Hwang	50.3	
Levi Jennings	2:06.3	
Brian Cleary	4:25.9	10:39.8

Comments:

Some very good performances, some not so good performances. Competing at this level is challenging both physically as well as psychologically. Those who competed well did a great job. Congrats to the shuttle hurdles on running the 5th fastest time in the country to this point.

Ridgewood 82

April 13 – 50 cloudy @ PCT

Hackensack 49

400 IH: Ridgewood: 9 Hackensack: 0
1-InSoo Hwang (R) 57.0 2-Sean Mattson (R) 60.1 Edward Blair (R) 61.0
Others: A. Mandarano 64.0; D. Suh 71.1 (fell)

100m: Ridgewood: 1 Hackensack: 8
1-Walker (H) 11.0 2-Hackensack 11.5 3-Kevin Lai (R) 11.9
Others: J. Shippee 12.1; K. Cheung 12.4; O. Hamza 12.4; G. Urbano 12.5; K. Ransom 12.5; S. Park 12.6; A. Quarantaro 12.7; R. Jennee 12.7; J. Suh 12.8; E. Xue 13.0; C. Steinacher 13.4; I. Nathanson 13.9; A. Martinez 14.0; C. Jennings 14.0

1600m: Ridgewood: 8 Hackensack: 1
1- Pat Rynkowski (R) 4:38.2 2-Levi Jennings (R) 4:38.8 3-Hackensack 4:41
Others: M. Eid 4:50; A. Sarappo 5:08; M. French 5:14; S. Dublier 5:15; S. Kagai 5:17 N. Salamone 5:17; T. Colvin 5:21; M. Calton 5:30

400m: Ridgewood: 9 Hackensack: 0
1-Matt Grundy (R) 51.2 2-Jon Riemer (R) 51.7 3-Matt LaDuca 54.4
Others: InHo Hwang 54.5; N. Schoff 56.2; C. Halvey 58.3; D. Ok 59.6; T. Hansen 59.7

110HH: Ridgewood: 8 Hackensack: 1
1-Edward Blair IV (R) 15.1 2-Matt Beausoleil (R) 15.5 3-Hackensack 15.9
Others: S. Mattson 16.1; A. Mandarano 17.3; D. Suh 17.8

800m: Ridgewood: 4 Hackensack: 5
1-Douglas (H) 2:01 2-Brian Cleary (R) 2:05.2 3-Tommy Stephan (R) 2:05.9
Others: J. Llinas 2:06.5; C. Martyn 2:06.9 W. Ades 2:10.6; D. Anzalone 2:51

200m: Ridgewood: 3 Hackensack: 6
1-Walker (H) 22.5 2-Matt Grundy (R) 23.2 3-Hackensack 23.6
Others: K. Lai 23.9; N. Schoff 24.4; J. Shippee 24.8; G. Urbano 24.8; D. Freides 24.9; T. Diorio 25.0; J. Knight 25.1; R. Jennee 25.1; C. Halvey 25.3; K. Ransom 25.5; O. Hamza 25.6; K. Chung 25.7; S. Park 25.9; C. Steinacher 25.9; A. Quarantaro 26.3; D. Ok 26.7; E. Xue 27.2; J. Suh 27.5; I. Nathanson 28.4; A. Martinez 29.0; C. Jennings 30.3

3200m: Ridgewood: 5 Hackensack: 4
1-Steven Spreitzer (R) 10:11 2-Hackensack 3-Hackensack
Others: M. Eid 10:27 T. Garrity 10:57

4x400m: Ridgewood: 5 Hackensack: 0
1-Ridgewood 3:48.3
(J. Llinas 55.4 J. Reimer 59.1 InHo Hwang 55.5 InSoo Hwang 58.4)

Long Jump: Ridgewood: 4 Hackensack: 5
1-Walker (H) 2-Tommy DeVita (R) 20'0" 3-Young Hoe Koo 19'5 ½"
Others: E. Bartlik 18'10"; M. Beausoleil 18'4 ½"

Triple Jump: Ridgewood: 4 Hackensack: 5
1-Walker (H) 2-Tommy DeVita (R) 39'0" 3-Evan Bartlik 38'10 ½"
Others: Y. Koo 38'6" M. Beausoleil F

High Jump: Ridgewood: 6 Hackensack: 3
1-Tommy DeVita (R) 6'4" 2-Hackensack 6'2" 3-Evan Barlik (R) 5'10"
Others: Y. Koo 5'10" J. Shippee 5'0"

Pole Vault: Ridgewood: 0 Hackensack: 5
1-Hackensack
Others: No other jumpers cleared a height

Shot Put: Ridgewood: 3 Hackensack: 6
1-Mozia (H) 48'3" 2-Jack Simmons (R) 44'11 ½" 3-Hackensack
Others: S. Etna 40'4 ½"; A. Balboa 38'6" M. Henni 31'7"; M. Dremmell 30'11";
A. Muller 30'10"; J. Barnett 30'8"; R. Feeney 28'1"; N. Cersulo 27'8";
A. Halawel 25'8"; I. Wellington 23'8"; A. Moras 20'5"

Discus: Ridgewood: 3 Hackensack: 6
1-Mozia (H) 155' 2-Jack Simmons (R) 134'8" 3-Mike Henni (R) 96'3"
Others: A. Balboa 95'9"; S. Etna 87'6"

Javelin: Ridgewood: 9 Hackensack: 0
1-Mark Maniaci (R) 145' 2-Matt Beausoleil 124'8" 3-Edward Blair IV (R) 116'4"
Others: D. Freides 104'1"

Ridgewood 95**Passaic County Tech 45**

April 13 – 50 cloudy @ PCT

400 IH: Ridgewood: 9 PCT: 1
1-InSoo Hwang (R) 57.0 2-Sean Mattson (R) 60.1 3-PCT 60.3
Others: E. Blair 61.0 A. Mandarano 64.0; D. Suh 71.1 (fell)

100m: Ridgewood: 3 PCT: 6
1-PCT 11.3 2-Kevin Lai (R) 11.9 3-PCT 12.0
Others: J. Shippee 12.1; K. Cheung 12.4; O. Hamza 12.4; G. Urbano 12.5; K. Ransom 12.5; S. Park 12.6.; A. Quarantaro 12.7; R. Jennee 12.7; J. Suh 12.8; E. Xue 13.0; C. Steinacher 13.4; I. Nathanson 13.9; A. Martinez 14.0; C. Jennings 14.0

1600m: Ridgewood: 9 PCT: 0
1- Pat Rynkowski (R) 4:38.2 2-Levi Jennings (R) 4:38.8 3-Mohammed Eid (R) 4:50
Others: A. Sarappo 5:08; M. French 5:14; S. Dublier 5:15; S. Kagai 5:17
N. Salamone 5:17; T. Colvin 5:21; M. Calton 5:30

400m: Ridgewood: 8 PCT: 1
1-Matt Grundy (R) 51.2 2-Jon Riemer (R) 51.7 3-PCT 53.4
Others: M. LaDuca 54.4; InHo Hwang 54.5; N. Schoff 56.2; C. Halvey 58.3; D. Ok 59.6; T. Hansen 59.7

110HH: Ridgewood: 8 PCT: 1
1-Edward Blair IV (R) 15.1 2-Matt Beausoleil (R) 15.5 3-PCT 15.8
Others: S. Mattson 16.1; A. Mandarano 17.3; D. Suh 17.8

800m: Ridgewood: 9 PCT: 0
1-Brian Cleary (R) 2:05.2 2-Tommy Stephan (R) 2:05.9 3-Juan Llinas (R) 2:06.5
Others: C. Martyn 2:06.9 W. Ades 2:10.6; D. Anzalone 2:51

200m: Ridgewood: 4 PCT: 5
1-PCT 22.7 2-Matt Grundy (R) 23.2 3-Kevin Lai (R) 23.9
Others: N. Schoff 24.4; J. Shippee 24.8; G. Urbano 24.8; D. Freides 24.9; T. Diorio 25.0; J. Knight 25.1; R. Jennee 25.1; C. Halvey 25.3; K. Ransom 25.5; O. Hamza 25.6; K. Chung 25.7; S. Park 25.9; C. Steinacher 25.9; A. Quarantaro 26.3; D. Ok 26.7; E. Xue 27.2; J. Suh 27.5; I. Nathanson 28.4; A. Martinez 29.0; C. Jennings 30.3

3200m: Ridgewood: 8 PCT: 1
1-Steven Spreitzer (R) 10:11 2-Mohammed Eid (R) 10:27 3-PCT
Others: M. Eid 10:27 T. Garrity 10:57

4x400m: Ridgewood: 5 PCT: 0
1-Ridgewood 3:48.3
(J. Llinas 55.4 J. Reimer 59.1 InHo Hwang 55.5 InSoo Hwang 58.4)

Long Jump: Ridgewood: 8 PCT: 1
1-Tommy DeVita (R) 20'0" 2-Young Hoe Koo 19'5 ½" 3-PCT 19'4"
Others: E. Bartlik 18'10"; M. Beausoleil 18'4 ½"

Triple Jump: Ridgewood: 4 PCT: 5
1-PCT 42'3" 2-Tommy DeVita (R) 39'0" 3-Evan Bartlik 38'10 ½"
Others: Y. Koo 38'6" M. Beausoleil F

High Jump: Ridgewood: 9 PCT: 0
1-Tommy DeVita (R) 6'4" 2-Evan Barlik (R) 5'10" 3-Young Hoe Koo (R) 5'10"
Others: J. Shippee 5'0"

Pole Vault: Ridgewood: 0 PCT: 9
1-PCT 2-PCT 3-PCT
Others:

Shot Put: Ridgewood: 4 PCT: 5
1-PCT 45'3 2-Jack Simmons (R) 44'11 ½" 3-Steven Etna (R) 40'4 ½"
Others: A. Balboa 38'6" M. Henni 31'7"; M. Dremmell 30'11";
A. Muller 30'10"; J. Barnett 30'8"; R. Feeney 28'1"; N. Cersulo 27'8";
A. Halawel 25'8"; I. Wellington 23'8"; A. Moras 20'5"

Discus: Ridgewood: 6 PCT: 3
1-Jack Simmons (R) 134'8" 2-PCT 124'11" 3-Mike Henni (R) 96'3"
Others: A. Balboa 95'9"; S. Etna 87'6"

Javelin: Ridgewood: 3 PCT: 6
1-PCT 156'3" 2-Mark Maniaci (R) 145' 3-PCT 135'2"
Others:

Cavos' tiehler exhibits control

WITHERNE — Larry isn't an overpowering pitcher, but he's made the Emeraff better by consistently giving the ball over the plate. After giving up a first-inning run, then shut the door on former Christian on Thursday, the Cavos, ranked 15-0 in the North Jersey Top 25, won in BCSL Olympic

HIGH SCHOOL SPOTLIGHT

in baseball. The junior pitcher struck out two and two to pick up his first win. "I didn't strike out many, but I kept the ball down by the 'said Emerson coach Bob' h. 'Fourteen of his outs on ground balls. That's what you want' from a high pitcher, and we need him No. 3."

Cavos (5-2) scored three in the first inning to give the team all the help he needed. After, Anthony Hill, Mike and Frankie Parisi drove for the Cavos.

Wins again

BROUCK HEIGHTS — The team doesn't have the big-time stars of recent past, so Charlie Giachetti has been getting innings around quite

plan has worked well. Left-hander Anthony Veld won his third win and the improved to 4-1 with an 11 over Hasbrouck Heights National Division action on field.

Giachetti has thrown well so far. "We haven't a guy exceed four innings first five games, and it's (3-0), who's headed to St. Mary's, has appeared in 11 games, but won only 11 innings.

Ridge flexes

RIDGE — Steve Kozar hit back-to-back hits in the first and fifth, setting the stage for Park 5-4 win over BCSL rival New Milford.

the No. 2 hitter, and the Owls a 2-0 lead, shed the margin to 4-1. Milford scored three runs in the sixth, but Park on in the bottom of the when Zach Carroll doune Kozar.

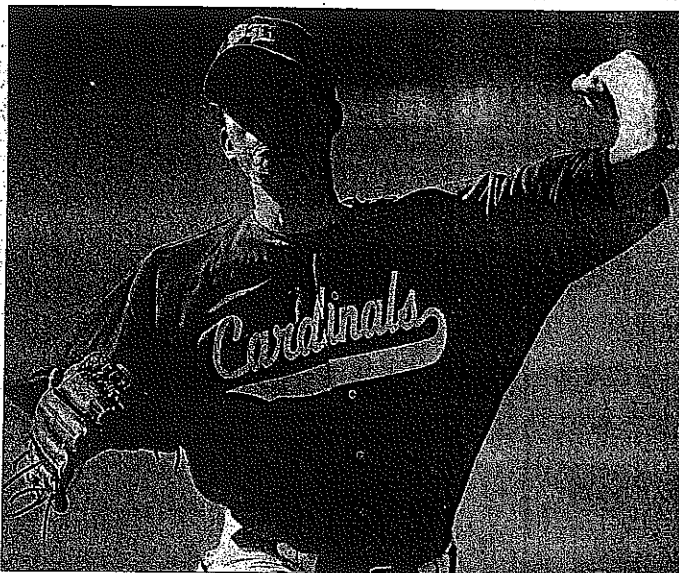
3ALL

Sparkles

LINGTON — Christina singled to center field out in the bottom of the inning to score Angelica with the winning run as on edged Wood-Ridge, lington tied the game in the 11th inning, 4-4, when Tiffany Vellis singled with the bases loaded and

rs triumph

ERFORD — Sophomore ridan pitched a four-hit out 10, to lead Hasbrouck past St. Mary, 4-3,



CARMINE GALASSO/STAFF PHOTOGRAPHER

With Alex Ott, above, on the mound, "It's almost a guaranteed win," Pompton's Eric Tario said.

Alex the Great's pitches are better

By KEITH IDEC
STAFF WRITER

POMPTON LAKES — Alex Ott is starting to feel as though he should stay away from Citi Field.

He has attended four games at the Mets' stadium since it opened a year ago, and his favorite team has lost each time. Two of those losses were games Johan Santana started, including the Mets' 5-2 defeat to Washington on Sunday.

The hard-throwing, 6-foot-4 left-hander's presence has had the complete opposite effect on the Pompton Lakes' baseball team.

"When we have Ott on the mound," said senior right-hander Eric Tario, "it's almost a guaranteed win."

Ott has resumed his place as one of the most dominant pitchers in North Jersey early in his senior season. He pitched his third complete game in three starts Wednesday and struck out nine in an 8-1 victory over Midland Park.

Ott, who will pitch for the University of Pennsylvania, is 3-0, has posted an .057 ERA and has struck out 30 in 21 innings for the Cardinals (5-1), ranked No. 21 in the North Jersey Top 25.

Those impressive numbers mirror what he did during his breakout junior season, when Ott went 9-1, recorded a 1.54 ERA, had 94 strikeouts in 50 innings and led Pompton Lakes to the Passaic County tournament final.

He has refined his curveball since his junior year ended and that improvement, combined with a fastball that regularly approaches 90 miles per hour, has made him even more intimidating to opponents.

"His change-up is very, very good," Pompton Lakes' coach Paul Tario said. "He's got great control of it, but now all of a sudden he has found a breaking ball. That makes him a dangerous pitcher, because he'll throw his breaking ball for a strike now. In the last two years, he could never do it. It was a waste pitch, if we can call it that, just to have the hitters think about something. But now he can throw it for a strike. He'll throw it with no count on the batter, too."

Control problems plagued Ott during his sophomore season, his first at the varsity level. He credits senior catcher Tim Lindberg, his batterymate since fourth grade, with helping him maximize his

potential.

"He knows what I want to throw," said Ott, who picked Penn over Harvard and St. John's. "If I throw a 100-pitch game, I think I shake him off once. We're that comfortable with each other. We're really close on and off the field. Having a catcher like that makes it a totally different ballgame."

Like Lindberg, Ott, also a first baseman, has been a consistent offensive contributor for Pompton Lakes. He batted .392 his junior season and is the Cardinals' No. 3 hitter this year.

Together, along with an experienced nucleus that also features senior center fielder Mike Ferreira and senior shortstop Tom Kassab, they think they're capable of winning Pompton Lakes' first PCT title since 1996 and competing for the Cardinals' first sectional title since 1969.

"If we're hitting the way we can," Ott said, "and if we're doing the little things right, I think we have a serious shot at the County [title] and a State run. It's been a while and I've loved playing for Coach Tario the past four years. To bring one home for him, it would mean a lot to us seniors."

Top of West Milford's order leads hit parade

By GREG MATTURA
STAFF WRITER

WEST MILFORD — Lauren Bogart got the hit party started and she also finished it off for West Milford.

The leadoff hitter was part of a Highlanders' top of the order that was a smashing success during Thursday's five-inning, 11-1 victory over Hawthorne in non-league softball.

The Highlanders' first five hitters strung together five consecutive hits to ignite a five-run first inning. The quintet finished a collective 10-for-14 with seven runs and eight RBI.

SOFTBALL

WEST MILFORD HAWTHORNE

runs and two RBI. Her hard groundball single just inside the third-base bag in the bottom of the fifth inning drove in Michelle Coyle (2-for-3, two runs, RBI) and triggered the 10-run rally.

Bogart started the five-run first inning with a double to center. Steph Romano (2-for-3, two runs, two RBI) followed with a single up the middle to score Bogart to make it 1-0.

game-opening explosion. "For the first [five] people to get a hit, that's not a rarity."

"The hits weren't really a surprise," said Bogart, "but at the same time it was great that they were big hits, and important to start off the way we did."

West Milford led, 9-0, through three innings, and that made it even easier for junior right-hander Ashley Gieger (7-1). She allowed two hits, walked two, struck out seven and Hawthorne's run was unearned. She allowed a fourth-inning double to cleanup hitter Olivia Gagliardi and a fifth-inning infield single to No. 2 batter Corinne Minicozzi.

TRACK & FIELD REPORT

Familiar faces an inspiration

Yang and Reynolds lead WV

By PAUL SCHWARTZ
STAFF WRITER

Anna Yang and Claire Reynolds have been important parts of the Wayne Valley girls cross-country and track teams since the fall of 2006. They've never been the stars of the team, although Yang has been All-Passaic County eight times in cross-country, middle-distance events and the long jump, and Reynolds has been a mainstay of the cross-country team, despite injuries.

But it was clear Saturday that the two seniors are the leaders of the Indians, winners of the Boverini Passaic Relays title for the first time since 2005 after dethroning three-time reigning champion Clifton.

Many of the underclassmen smiled knowingly and nodded their heads, pointing at Reynolds and Yang as they described their own climb from freshman followers to senior leaders.

"Our job is to get the whole team excited and into each meet," said Reynolds, who ran a strong 800 leg as the Indians came from behind to win the 4-x-800 and also took a turn on the runner-up 4-x-1,600 team. "We hadn't won this meet since Anna and I have been on the team and we really wanted it."

"When we were freshmen we really looked up to the juniors and seniors and they inspired us," said Yang, who also ran on the 4-x-800 team and anchored the winning distance medley. "We want to inspire others now."

Wayne Valley cross-country coach Conan Ward, who also coaches the distance runners in the winter and spring, has coached both girls for all 12 of

The Top 25	
Boys	Girls
1. Don Bosco	1. HA
2. Ridgewood	2. Holy Angels
3. Ramsey	3. Paraisi City
4. Indian Hills	4. Wayne Valley
5. Teaneck	5. Westwood
6. Wayne Valley	6. Ridgewood
7. West Milford	7. Hask Heights
8. River Dell	8. Clifton
9. Demarest	9. Ramsey
10. Hask Heights	10. Passaic Valley
11. Kennedy	11. Carlisle
12. Lakeland	12. Ridgewood Park
13. Old Tappan	13. Cassatill
14. Lindhurst	14. Passaic Hills
15. Paramus City	15. Mahwah
16. Eastside	16. Indian Hills
17. Parkchester	17. Park Ridge
18. Clifton	18. Demarest
19. Passaic Tech	19. Dapali
20. Tenafly	20. Passaic Valley
21. Hackensack	21. Fair Lawn
22. Ridgewood Park	22. Passaic Tech
23. Orangetown	23. Demarest
24. Englewood	24. Old Tappan
25. Fair Lawn	25. NJ Highlands

their high school seasons and concurs about their leadership ability.

"They show great leadership and they are what is so great about this sport," said Ward, now a part-time coach. "Sometimes I can't get to practice and I'll send the workouts to Claire and Anna and they really coach the girls on the distance team. They're smart, hard-working and the girls all look up to them."

Yang already has been accepted to Princeton and Reynolds is leaning toward Lafayette for college and both still are considering running in college, even though, once again, they won't be the stars. But count on them to be an important part of the programs should they choose to get involved. Their enthusiasm is contagious.

AROUND THE TRACK

Teaneck's boys and girls traveled to Hudson and Sussex County for its first two meets and are off to good starts. The girls were third and the boys second opening week at the Kearny Relays and last weekend Teaneck's boys won the Ranger Relays at Wallkill Valley and the girls were second.

Teaneck's boys won half of the 16 events at Wallkill, including the shuttle hurdles and 4-x-800. They also swept the 4-x-100, 4-x-200, 4-x-400 and sprint medley and took the long and triple jumps. Jamal Williams was part of four winning teams and Malcolm McKnight, Darylan Miles and Zadique Whyte each earned three gold medals. The girls took the 4-x-400 and 4-x-200, with their 1:47.20 in the 4-x-200 the fastest of the season in North Jersey.

Ridgewood had mixed success in a visit to the Arcadia Invitational in California, one of the top early-season meets in the country. The Maroon boys ran 1:02.07 for second in the invitational shuttle hurdles, the best performance by a Bergen County team since 1993. The girls were third in 1:06.92, 13th in Bergen history. The top individual performances came from Kayla Polcari (11-1 in the girls pole vault), Tommy DeVita (6-3 in the boys high jump) and Sarah DeVita (15.37 in the girls 100 meter hurdles).

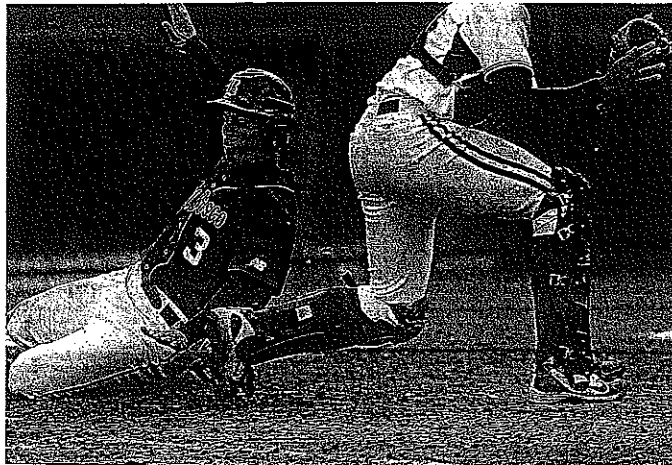
Pascack Valley's boys were second at the Nanuet Relays, winning the triple jump and taking five second places.

The Jack Yockers Bergen County Relays start today with Immaculate Heart (Division A), Holy Angels (Division B), Pascack Hills (Division C) and Hasbrouck Heights (Division D) looking to defend their girls titles.

Ramsey's girls, who finished in a three-way tie behind Hasbrouck Heights for second at the Aviator Relays, placed in seven events. Watch out for their 4-x-400, 4-x-800 and intermediate hurdle teams, led by senior Diane Bain.

Clifton was unable to make it four straight Passaic County Relay titles but the performance by senior Emily Urcioli still was one to behold. She had the best long jump (relay placed fifth), tied for third in the high jump (relay placed third) and led the pole vault and shuttle hurdle teams to wins.

— Paul Schwartz and Ronald P. Clark



ick Bruno scoring for Don Bosco as EJ DaCosta of Delbarton awaits the throw Saturday.

BASEBALL
DELBARTON 4
DON BOSCO 3

Don Bosco's baseball season probably can be best defined by a series of measuring-stick games leading up to the Bergen County and State tournaments.

Last weekend's win over Calvert Hall in Maryland was one such game. So is the much-anticipated April 30 showdown with archrival St. Joseph.

Then there was Saturday. The Ironmen got a chance to see how they measure up against Delbarton, one of the premier teams in New Jersey and one their chief rivals for a State title. For now, it's advantage Delbarton.

"In baseball, you're going to lose games," Bosco coach Mike Stanton said after the Ironmen, ranked No. 3 in the North Jersey Top 25, dropped a heartbreaking 4-3 decision at Delbarton's Fleury Field.

"There's no way around it."

That may be true, but this one probably will sting for a while because of the way it ended. The Iron-

men's Stevens (2-2), who threw a strong game, had two outs with a runner on first when he walked leadoff hitter Matt Kastner for the third time. Kastner is one of Delbarton's best hitters, and it was his long two-out triple in the fifth inning that tied the game at 1.

"Eric threw very good again," Stanton said. "He wasn't quite as sharp as he was in his last outing [Monday against Wayne Hills], but he was aggressive and he stayed ahead of the hitters."

Stevens, a senior right-hander bound for Boston College, also did everything he could to finish the job. He got John Elson to hit a bouncer to second base that was misplayed as the tying run raced home.

Matt DeRenzi, Delbarton's No. 3 hitter, followed with a sharp grounder back up the middle that was knocked down as Kastner came home with the winning run.

of those games where it's a shame someone has to lose," Stanton said. "I told the players right afterward that I thought they played a great game. There were a couple of mistakes that cost us, but that's how baseball is."

This was a big win for Delbarton. The Green Wave were coming off Friday's 4-3 loss to Pope John, and they came within one out of having their two top pitchers lose consecutive one-run games.

Delbarton was aggressive on the bases. The Green Wave stole five bases in six attempts, two by Kastner, and even tried — and failed — on a suicide squeeze.

Stevens struck out 10 and scattered seven hits. He had 21 strikeouts in 13½ innings over two starts last week, and the rotation is set so that he'll face St. Joseph in 12 days.

George Iskenderian had two hits and an RBI for Bosco, and sophomore first baseman Matt Dacey continues to impress. Stanton hit him cleanup, and he responded with two hits, an RBI and two walks.

JACK YOCKERS BERGEN COUNTY RELAYS

Ridgewood, Angels win

Maroons work overtime to top Bosco for title

By BRIAN A. GIUFFRÀ
SPECIAL TO THE RECORD

ORADELL — They volunteered to put themselves through more pain than they had to. But after a week of suffering through sore legs and muscle aches, the members of the Ridgewood boys track team walked away from the Jack Yockers Bergen County Relays all smiles.

Motivated by a goal to snatch the Division A title away from Don Bosco, Ridgewood held nothing back. Tommy DeVita, InSoo Hwang, Edward Blair and Matt Beausoleil volunteered to compete in extra events and their overtime work paid off as Ridgewood unseated the three-time defending Division A champion Ironmen.

BOYS

"When you're doing three or four events, you're really beating your body up to sacrifice for the team," Ridgewood coach Josh Saladino said. "It was really nice that those guys were willing to do that."

"We wanted to be the best team in Bergen County and I think this weekend we proved we are."

With Blair and Hwang starting and finishing the race, respectively, Ridgewood set a meet record in the shuttle hurdles (1:01.0, breaking the record of 1:01.5 set in 1978 by Indian Hills) during a chilly final day at River Dell. It also won the shot put and high jump Saturday to earn a 114-102 win over Don Bosco, which set a meet record in the distance medley (10:28.0).

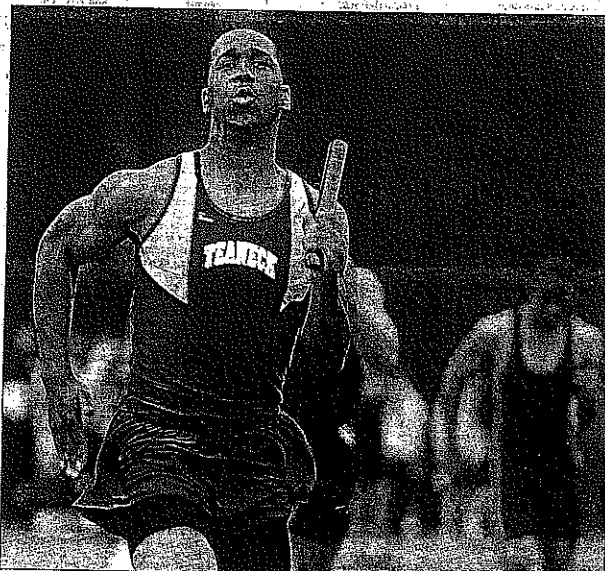
Ramsey also went into the final day of the three-day meet with redemption on its mind. After finishing second in Division B the previous three years, the Rams ended their hex by winning the distance medley, shuttle hurdles and long jump for a 97-88 win over Indian Hills.

The long jump — with Dennis Wilson, Brian Pota and D'Anthony Bly competing — was especially satisfying to Rams coach Matthew Wynne because, as he said, "I was hoping to get fourth."

"It was nice to finally break through for my seniors who have been second every year," Wynne said. "They really wanted to win this meet and they were all in it together. They really wanted to put it together and overcome and they did that."

Hasbrouck Heights romped to its second straight Division D title with a 59-point margin behind dominant performances in the 4-x-100, 4-x-400, 4-x-800, sprint medley, discus and pole vault. Ridgefield Park won its first Division C title, taking the distance medley and javelin Saturday to beat Lyndhurst, 96-75.

"We have a group of kids that are the hardest-working, most selfless group that I have been a part of," said Ridgefield Park coach Dennis Murri. "They're deep in talent, but they're deeper in character."



Casey Pleasants anchoring Teaneck to the Division A 4-x-100 title Saturday.

STAFF PHOTOS BY AMY NEWMAN



Alex Hahn helping Midland Park to third place in the Division D shuttle hurdles.

Holy Angels rallies to hold on to its crown

By RONALD P. CLARK
STAFF WRITER

ORADELL — Year after year passed with Holy Angels having nothing to show for its efforts at the Jack Yockers Bergen County Relays. Now, the Angels just can't seem to get enough of winning.

The Angels pulled out a victory in Division B on Saturday, beating host River Dell, 87-81, after entering the final day trailing the Golden Hawks by three. It was the Angels' second consecutive Jack Yockers title after never having won a County title in school history.

"Last year, we won by 20," said Angels coach Howard Schuman. "This year, we battled the whole way. In a way, it makes it sweeter."

The Angels had to fight through plenty of adversity. A disqualification and not placing in five events they viewed as point-scoring opportunities caused some concern. "We struggled all three days," Schuman said. "But the girls never gave up and kept battling. We never took the lead until a half hour before the end of the meet."

The other divisions didn't provide nearly as much drama as Division B.

Immaculate Heart won its third straight Division A title, 112-75½ over Ridgewood, as it placed in all but one event.

"We lost a lot of studs from last season," said IHA coach Shemayne Williams. "It just goes to show that we have girls on the team who've stepped up and that we still have a lot of talent left, enough to do what we needed to do."

Paramus Catholic's 4-x-100 relay team set a Bergen County record with a time of 47.1, breaking the record of 47.61 it set last season.

Hasbrouck Heights repeated in Division D with another display of depth. The Aviators scored 138 points, swept the running events and placed in all the field events.

Junior Nickie Inglesby had four personal bests over the course of the meet including the 200-meter leg on the sprint medley.

"We're happy that our kids were able to come in and get our relays together," said Aviators coach Rob Brady. "Our junior class of girls really worked hard. We got good senior contributions. So it was nice for those girls to stick it out and help contribute to this also."

Westwood swept the running events and scored 127 points in Division C on its way to its second title in three years. The Cardinals rely on seniors Teresa Gagliostro and Colleen Murphy, and juniors Michelle Cascio and Kaita Passano.

Demarest's Kathryn Hirsch and Ramsey's Alexandra Clinton won the Dick Hitt Field Award and the Jacob Brown Track Award, respectively.

GIRLS

Bergen County Relays
@ Ramsey (Wed) and River Dell

April 14th 16th and 17th

Discus:

Jack Simmons	163'1" (NEW SCHOOL RECORD)
Steven Etna	112'6"
Michael Henni	105'11"
	<u>381'6" – 4th Place</u>

4x1600m:

Patrick Rynkowski	4:28.7
Steven Spretizer	4:32.5
Brian Cleary	4:42.3
Levi Jennings	4:45.7
	<u>18:27.2 – 2nd Place</u>

4x200m:

Matt Grundy	23.9
Matt Beausoleil	23.1
Kevin Lai	23.4
John Riemer	23.9
	<u>1:34.1 – 6th Place</u>

3x400IH:

InSoo Hwang	55.2
Sean Mattson	58.9
Edward Blair IV	61.0
	<u>2:55.1 – 1st Place!!!</u>

Triple Jump:

Tommy DeVita	41'1"
Evan Bartlik	39'1 ½"
Young Hoe Koo	40'10"
	<u>121'5 ½" – 3rd Place</u>

Pole Vault:

John Wisener	13'0"
Andrew Gramaglia	11'0"
Tommy DeVita	9'0"
	<u>33'0" – 1st Place!!!</u>

Javelin:

Mark Maniaci	149'3"
Matt Beausoleil	143'6"
Edward Blair IV	126'3"
	<u>419'0" – 1st Place!!!</u>

Saturday:

4x110HH:

Edward Blair IV	15.1
Sean Mattson	15.9
Matt Beausoleil	15.5
InSoo Hwang	14.5
<u>61.0 – 1st Place!!!</u>	

4x100m:

Matt Grundy / Edward Blair IV / Kevin Lai / John Reimer	
<u>45.3 – 3rd Place</u>	

Distance Medley:

Brian Cleary	3:13.8
Juan Llinas	51.5
Levi Jennings	1:59.6
Patrick Rynkowski	4:32.2
<u>10:37.4 – 2nd Place</u>	

Sprint Medley:

InSoo Hwang	50.3
Matt Beausoleil	23.2
Matt Grundy	22.7
Brian Cleary	2:00.7
<u>3:36.9 – 5th Place</u>	

4x800m:

Patrick Rynkowski	2:02.8
Tom Stephan	2:04.9
Steven Spreitzer	2:03.7
Levi Jennings	2:03.8
<u>8:15.4 – 2nd Place</u>	

4x400m:

Matt Grundy	49.9
Juan Llinas	53.9
Jon Riemer	50.9
InSoo Hwang	50.7
<u>3:25.5 – 3rd Place</u>	

Shot Put:

Jack Simmons	43'3"
Steven Etna	40'2"
Anthony Balboa	41'6 ½"
<u>124'11 ½" – 1st Place!!!</u>	

Long Jump:

Tommy DeVita	19'7 ¾"
Evan Bartlik	18'10 ½"
Young Hoe Koo	18'3 ½"
	<u>56'9 ¾" – 3rd Place</u>

High Jump:

Tommy DeVita	6'6"
Evan Bartlik	6'0"
Young Hoe Koo	5'8"
	<u>18'2" – 1st Place!!!</u>

Frosh 4x400m:

Kevin Chung	59.0
Sean Park	59.4
Will Ades	55.3
Neil Schoff	53.4
	<u>3:48.0 – 3rd Place!!</u>

Team Score:

1) Ridgewood	115	2) Don Bosco	102
3) Teaneck	65	4) Old Tappan	47
5) Bergen Catholic	46.33	6) Hackensack	39
7) Northern Highlands	28.33	8) Ramapo	27
9) Paramus Catholic	10	10) Bergen CTY VT	8.33
11) Paramus	4	12) Fair Lawn	3

Comments:

Awesome win! The most impressive aspect about this win is that we scored in every event. That shows the depth of our team. I am very happy with the performances we had this weekend. You came together as a team very well when you pulled for each other and supported each other and motivated each other. You were challenged to step-up and compete. You were challenged to embrace competition and not shy away from it. You were challenged to set personal bests in every event you were in. You met those challenges. Congratulations on a win that you will remember for the rest of your lives.

JACK YOCKERS BERGEN COUNTY RELAYS

lawthorne 16,

Tech 2

lawthorne 16 104 308 0-16 182
assault Tech 020 000 0-244
R: (Haw) Mike Dittfield, Tyler Johnson, Scott Koningswood 2. **RBI:** (Haw) Mike Dittfield 3, Mike Grosick 2, Kevin Hancock 3, Ryan Hollis 2, Tyler Johnson, Scott Koningswood 3. (PCT) Nathan Quiros. **Records:** Hawthorne 1-5-0 Passaic Tech (1-9-0)
WP Mike Grosick (2-2) **LP** Santos (---)

Old Tappan 2,

Bergen Catholic 1

Old Tappan 001 000 0-132
Bergen Catholic 101 000 0-232
R: (Bc) Toby Schwartz. (OT) Mike Reilly, Jeff Pinelli, Joey Rizzo. **RBI:** (Bc) Toby Schwartz. (OT) Ryan Spagnuolo
Records: Bergen Catholic (4-4-0) Old Tappan (5-3-0)
WP Sam Elias (3-0) **LP** Dylan Reid (---)

Palisades Park 11,

Manchester 2

Palisades Park 443 000 0-11 120
Manchester 110 000 0-254
R: (PP) Josh Mejia, Steven Nunez 3. (P) Victor Acosta. **RBI:** (PP) Matt Ippolito, Sean Krakower 3, Steven Nunez 3, Dave Valentin. (M) Victor Acosta, Johnnie Perez. **Records:** Palisades Park (7-3-0) Manchester (0-7-0)
WP Christopher Boyko (1-0) **LP** Thomas Arroyo

Paterson Catholic 14,

Kennedy 3

Paterson Catholic 000 300 -371
Kennedy 004 026 -14 120
R: (PC) Cassie Camilo, Emmanuel Hierro. (K) Steven Vazquez. (PCT) Michael Brito 4, Brian Uzcio 3, Emmanuel Hierro 2, Christian Moczko 2, Allen Nunez. **Records:** Paterson Catholic (0-7-0) Kennedy (1-1-0)
WP Christian Moczko (1-1) **LP** A. Iñiguez

Port Lee 10,

Bogota 6

Port Lee 112 020 0-691
Bogota 220 213 0-1083
R: (Bog) Hernandez, Pena. **RBI:** (Bog) Ed Briones, Giacomo 12, Hernandez. (P) Ross Fasman 2, Mike Frankie 3, Golegic, Pedro Lopez 2, Justin Par. **Records:** Bogota (2-5-0) Port Lee (5-1-0)
WP Zach Shatz (2-0) **LP** Pena (0)

Ridgefield 8,

Cliffside Park 3

Ridgefield 050 020 1-871
Cliffside Park 201 000 0-352
R: (Rd) Luis Hidalgo, Chris Schultz, Mike Turano. (CP) Mike Mesisca. **RBI:** (Rd) Anthony DeSposito 2, Luis Hidalgo 2, Edgar Lebron, Chris Schultz. (CP) Crespo. **Records:** Ridgefield (8-1-0) Cliffside Park (5-5-0) **WP** Rudy Aveez (2-0) **LP** Jalen Gotay

Morris Knolls 5,

Clark 3

Morris Knolls 000 001 2-383
Clark 200 030 0-591
R: (GR) Erica Machi. **RBI:** (GR) Laura Rubio 2, Allison Roeker. (MoK) Itney Ellenberg, Angela Maloran, a Nappi. **Records:** Glen Rock (7-3-0) Morris Knolls (9-1-0) **WP** Caitlin O'Conor (8-1) **LP** Taylor Feuss (1-2)

Glen Rock 7, Kearny 5

Boys

DIVISION A

TEAM SCORES: 1. Ridgewood, 114; 2. Don Bosco, 102; 3. Teaneck, 65; 4. Old Tappan, 47; 5. Bergen Catholic, 46.33; 6. Hackensack, 39.
4x100: 1. Teaneck (Malcolm McKnight, Zadique White, Daryan Miles, Casey Pleasants), 43.6; 2. Ramapo, 45.2; 3. Ridgewood, 45.3; 4. Hackensack, 45.5; 5. Paramus Catholic, 45.6; 6. Don Bosco, 46.2.
4x200: 1. Teaneck (Daryan Miles, Zadique Whyte, Malcolm McKnight, Casey Pleasants), 1:29.1; 2. Bergen Catholic, 1:30.2; 3. Don Bosco, 1:31.6; 4. Ramapo, 1:33.3; 5. Old Tappan, 1:33.9; 6. Ridgewood, 1:34.1.
4x400: 1. Bergen Catholic (Ernest Wingate, Mario Kranjac, Tarique Gray, William Leonard III), 3:20.4; 2. Teaneck, 3:20.5; 3. Ridgewood, 3:25.5; 4. Ramapo, 3:30.1; 5. Fair Lawn, 3:33.5; 6. Don Bosco, 3:36.7.
4x800: 1. Don Bosco (Rafael Vargas, Nicholas Mendolia, Michael Belgiovine, Brandon Baxter), 8:11.4; 2. Ridgewood, 8:15.4; 3. Old Tappan, 8:25.3; 4. Hackensack, 8:37.7; 5. Bergen Catholic, 8:42.6; 6. Teaneck, 8:55.3.
Sprint medley: 1. Ramapo (John Burke, Jack Bandazian, Ethan Rubin, Bradley Paternostro), 3:32.7; 2. Bergen Catholic, 3:32.8; 3. Teaneck, 3:33.0; 4. Don Bosco, 3:35.6; 5. Ridgewood, 3:36.9; 6. Old Tappan, 3:38.3.
Distance medley: 1. Don Bosco (Rafael Vargas, David Stillings, Howard Rosas, Michael Belgiovine), 10:28.0; 2. Ridgewood, 10:37.4; 3. Hackensack, 10:52.4; 4. Bergen County Tech, 11:07.1; 5. Old Tappan, 11:13.0; 6. Paramus Catholic, 11:17.2.
Shuttle hurdle: 1. Ridgewood (Edward Blair, Sean Mattson, Matt Beaussotell, InSoO Hwang), 1:01.0; 2. Don Bosco, 1:01.2; 3. Bergen Catholic, 1:01.8; 4. Northern Highlands, 1:06.3; 5. Teaneck, 1:12.0; 6. Fair Lawn, 1:20.6.
Shot put: 1. Ridgewood (Jack Simmons, Anthony Balboa, Stephen Etra), 124-11.5; 2. Don Bosco, 124-00.25; 3. Old Tappan, 123-00.5; 4. Hackensack, 121-10.75; 5. Teaneck, 119-09.25; 6. Paramus Catholic, 118-03.5.
Discus: 1. Old Tappan (Tyler Sheppard, Louis Petrocchi, Keith Rodman), 393-5; 2. Don Bosco, 393-4; 3. Hackensack, 386-2; 4. Ridgewood, 381-6; 5. Bergen Catholic, 330-5; 6. Paramus Catholic, 329-6.
Javelin: 1. Ridgewood (Mark Maniaci, Matt Beaussotell, Edward Blair IV), 419-0; 2. Don Bosco, 398-5; 3. Paramus Catholic, 377-11; 4. Northern Highlands, 344-7.5; 5. Old Tappan, 333-3; 6. Bergen Tech, 321-3.
High jump: 1. Ridgewood (Tommy Devita, Evan Bartlik, Young Hoe Koo), 18-2; 2. Don Bosco, 16-8; 3. Teaneck, 16-6; 4. Northern Highlands, 15-6 (tie); 4. Bergen Catholic, 15-6; 4. Bergen Tech, 15-6.
Triple jump: 1. Don Bosco (Greg Hazell, Selwyn Maxwell, Ryan Walsh), 122-8; 2. Teaneck, 121-8 1/2; 3. Ridgewood, 121-0 1/2; 4. Northern Highlands, 117-6; 5. Old Tappan, 116-2 3/4; 6. Hackensack. **Long jump:** 1. Teaneck (Jamal Williams, Nevon Williams, Demor Hamilton), 59-4.25; 2. Hackensack, 57-1.75; 3. Ridgewood, 56-9.75; 4. Don Bosco, 56-2; 5. Northern Highlands, 54-1; 6. Bergen Catholic, 53-5.5.
Pole vault: 1. Ridgewood (John Wisener, Andrew Gramaglia, Tommy DeVita), 33-0; 2. Old Tappan, 32-0; 3. Don Bosco, 31-0; 4. Paramus, 19-0; 5. Northern Highlands, 10-0.

DISCUSSION: 1. Ramapo (Erik Quesada, Tommy Grimmer, Thomas Hayes), 3:07.0; 2. Pascack Hills, 3:07.2; 3. Ridgefield Park, 3:12.9; 4. Lodi, 3:13.0; 5. Rutherford, 3:15.9; 6. Leonia, 3:16.6.
Sprint medley: 1. Lyndhurst (Erik Quesada, Eric Angus, Jimmy Gangi, Patrick Rono), 3:39.3; 2. Lodi, 3:45.7; 3. Westwood, 3:46.6; 4. Rutherford, 3:47.6; 5. Pascack Hills, 3:52.8; 6. Glen Rock, 3:54.5.
Distance medley: 1. Ridgefield Park (Brenden Conway, Jeffery Estrella, Brian Zambrano, Elvis Durakovic), 11:23.2; 2. Pascack Valley, 11:25.9; 3. Rutherford, 11:45.6; 4. Leonia, 11:50.2; 5. Lyndhurst, 11:51.2; 6. Glen Rock, 11:56.3.
Shuttle hurdle: 1. Lyndhurst (Erik Quesada, Ali Kone, Tommy Grimmer, Thomas Hayes), 1:07.1; 2. Leonia, 1:10.3; 3. Ridgefield Park, 1:12.9; 4. Lodi, 1:14.5; 5. Cresskill, 1:16.0.
Shot put: 1. Cresskill (Dorian Slavov, Brendan Wengerter, Dakota Bryant), 128-6 3/4; 2. Ridgefield Park, 127-10.3; 3. Westwood, 120-1 3/4; 4. Leonia, 119-7 3/4; 5. Pascack Hills, 117-5 1/4; 6. Lodi, 113-2 1/4.
Discus: 1. Cresskill (Dorian Slavov, Brendan Wengerter, Mike Schultz), 377-0; 2. Ridgefield Park, 327-3; 3. Leonia, 322-7; 4. Pascack Hills, 320-1; 5. Westwood, 306-4; 6. Elmwood Park, 295-6.
Javelin: 1. Ridgefield Park (Marc Aspinwall, Juan Felipe, Luis Jacob), 423-11; 2. Lyndhurst, 400-3; 3. Pascack Hills, 398-9; 4. Elmwood Park, 396-2; 5. Westwood, 392-8; 6. Lodi, 390-5.
High jump: 1. Leonia (Alberto Alarcon, Chris Churchill, Kemarley McIntosh), 17-8; 2. Pascack Hills, 16-0; 3. tie between Lyndhurst and Westwood, 15-8; 5. Ridgefield Park, 15-4; 6. tie between Rutherford and New Milford, 15-0.
Triple jump: 1. Lyndhurst (Chris Hoff, Eric Angus, Matt Pombo), 116-8 1/4; 2. Lodi, 113-0; 3. Ridgefield Park, 111-8 1/4; 4. Pascack Hills, 111-7; 5. New Milford, 109-11 1/4; 6. Cresskill, 105-11 1/4.
Long jump: 1. Lodi (Patryk Najbar, Viktor Gashi, Donat Gashi), 58-5.25; 2. Elmwood Park, 55-4.25; 3. Pascack Hills, 55-1.75; 4. Ridgefield Park, 54-4.25; 5. Lyndhurst, 54-3.25; 6. New Milford, 54-5; 7. Leonia, 53-25; 8. Rutherford, 51-7.75; 9. Cresskill, 50-7.
Pole vault: 1. tie: Glen Rock (David Belstock, Eddie Bender, Al Artesona) and Cresskill, 32-0; 3. Lyndhurst, 31-0; 4. Pascack Hills, 28-0; 5. New Milford, 18-0; 6. Lodi, 10-0.

DISCUSSION: 1. Hasbrouck Heights, 142; 2. Wood-Ridge, 83; 3. Emerson, 53; 4. Midland Park, 51; 5. Bogota, 39.5; 6. Saddle Brook, 36; 7. Park Ridge; 8. North Arlington, 24.5; 9. Wallington, 17; 10. Waldwick, 6; Saddle River Day, 2.
4x100: 1. Hasbrouck Heights (Kevin Condal, Rich Davis, Matt Galassi, Kevin Harris), 44.7; 2. Emerson, 47.1; 3. Bogota, 47.3; 4. North Arlington, 47.6; 5. Saddle River Day, 51.5; 6. Wood-Ridge, 54.7; Midland Park, DNF.
4x200: 1. Hasbrouck Heights (Kevin Condal, Kevin Harris, Rich Davis, Matt Galassi), 1:33.0; 2. Bogota, 1:38.2; 3. Wallington, 1:38.8; 4. Emerson, 1:39.5; 5. Wood-Ridge, 1:40.5; 6. Saddle Brook, 1:41.1.
4x400: 1. Hasbrouck Heights (Kevin Condal, Rich Davis, Kevin Harris, Alex Quinn), 3:32.4; 2. Saddle Brook, 3:39.5; 3. Park Ridge, 3:40.2; 4. Emerson, 3:47.3; 5.

maculate Heart, 4:05.4; 4. Ridgewood, 4:07.4; 5. Bergen Tech, 4:20.4; 6. Fair Lawn, 4:21.8
4x800: 1. Immaculate Heart (Michelle McCourt, Julie Sinkovitz, Erin Thompson, Kaylin Bacha), 9:43.9; 2. Old Tappan, 9:44.9; 3. Ridgewood, 10:22.2; 4. Bergen Tech, 10:43.5; 5. Ramapo, 10:52.4; 6. Fair Lawn, 11:03.5
4x1600: 1. Immaculate Heart (Gabriella Veloz, Rachel Lotterman, Kaylin Bacha, Julie Sinkovitz), 22:05.7; 2. Ridgewood, 22:51.0; 3. Paramus, 24:18.8; 4. Old Tappan, 24:42.7
Sprint Medley: 1. Immaculate Heart (Michelle McCourt, Serenity Martin, Megan Schlosser, Julie Sinkovitz), 4:15.5; 2. Ridgewood, 4:25.0; 3. Northern Highlands, 4:31.9; 4. Teaneck, 4:32.8; 5. Bergen Tech, 4:34.8; 6. Fair Lawn, 4:44.2
Distance Medley: 1. Old Tappan (Christine Spilka, Casey Kreitman, Sharon O'Reilly, Maggie Loudon), 12:40.0; 2. Immaculate Heart, 13:01.7; 3. Ridgewood, 13:10.0; 4. Northern Highlands, 13:29.5; 5. Bergen Tech, 13:46.1; 6. Paramus, 13:53.5
Shuttle Hurdles: 1. Immaculate Heart (Shannon Casey, Gina Carlinio, Jennifer Capone, Tiffany Evangelou), 1:05.4; 2. Northern Highlands, 1:06.7; 3. Ridgewood, 1:06.9; 4. Paramus, 1:12.2; 5. Teaneck, 1:13.6; 6. Bergen Tech, 1:14.4
3x400 IH: 1. Ridgewood (Sarah DeVita, Victoria Oliva, Hanako Shigenobu), 3:30.4; 2. Northern Highlands, 3:30.6; 3. Old Tappan, 3:30.8; 4. Immaculate Heart, 3:40.3; 5. Teaneck, 3:43.0; 6. Bergenfield, 3:56.5
Javelin: 1. Northern Highlands (Hannah Mayer, Demi McEntee, Catherine Pearce), 287-1; 2. Paramus Catholic, 269-8; 3. Paramus, 256-0; 4. Immaculate Heart, 254-4; 5. Ridgewood, 246-2; 6. Old Tappan, 242-1
Shot Put: 1. Teaneck (Apresha Hampton, Jewel Evans, Elliot Chardonay), 100-4 3/4; 2. Immaculate Heart, 95-1 3/4; 3. Hackensack, 92-1 1/2; 4. Northern Highlands, 84-5 1/4; 5. Paramus Catholic, 84-4; 6. Paramus, 80-5
Triple Jump: 1. Immaculate Heart (Serenity Martin, Tiffany Evangelou, Cayla Benson), 103-10; 2. Teaneck, 96-11 3/4; 3. Northern Highlands, 94-9 1/2; 4. Ridgewood, 88-9; 5. Old Tappan, 85-8 1/2; 6. Paramus, 84-5 1/2
Long Jump: 1. Immaculate Heart (Tiffany Evangelou, Gina Carlinio, Jen Pash), 47-10 1/2; 2. Northern Highlands, 43-5 3/4; 3. Teaneck, 43-4 3/4; 4. Ridgewood, 43-3 1/2; 5. Old Tappan, 43-0 1/2; 6. Fair Lawn, 42-0 1/2
High Jump: 1. Paramus Catholic (Khyla Bailey, Rae Corbo, Asher Beasley), 15-0; 2. Teaneck, 13-2; 3. Paramus, 12-10; 4. Bergen Tech, Ridgewood, Northern Highlands, 9-6
Pole Vault: T-1. Ridgewood (Kayla Polcarl, Ilana Brown, Abby Taylor), Old Tappan (Madison Lucas, Glana Aballe, Danielle Heymann), 26-0; 3. Fair Lawn, 21-0; 4. Paramus, 20-0; 5. Northern Highlands, 18-0; 6. Immaculate Heart, 7-0
Discus: 1. Teaneck (Apresha Hampton, Jasmine Callis, Rilkeya Hogan), 289-10; 2. Hackensack, 278-11; 3. Immaculate Heart, 261-10; 4. Paramus, 231-11; 5. Northern Highlands, 223-11; 6. Bergen Tech, 213-10.

DISCUSSION: 1. Hasbrouck Heights, 138; Emerson, 73; Park Ridge, 60; Waldwick, 58; Saddle Brook, 48; North Arlington, 32; Wood-Ridge, 29; Midland Park, 27; Wallington, 11; Immaculate Conception, 9; Bogota, 2.
4x100: 1. Hasbrouck Heights (Heather Held, Jennifer Nass, Marissa Romano, Michele Gianni), 53.3; 2. Emerson, 55.7; 3. Wallington, 57.1; 4. Park Ridge, 59.7; 5. North Arlington, 59.9; 6. Immaculate Conception, 1:00.0
4x200: 1. Hasbrouck Heights (Heather Held, Michele Gianni, Jennifer Nass, Marissa Romano), 1:51.8; 2. Saddle Brook, 1:53.6; 3. Park Ridge, 1:55.1; 4. Emerson, 1:57.5; 5. Wallington, 2:02.0; 6. Midland Park, 2:14.5
4x400: 1. Hasbrouck Heights (Jennifer Nass, Naomi Robinson, Haleigh Machtemes, Michele Gianni), 4:20.2; 2. Park Ridge, 4:26.1; 3. Saddle Brook, 4:26.5; 4. Emerson, 4:38.0; 5. North Arlington, 4:41.7; 6. Midland Park, 5:00.0
8x100: 1. Hasbrouck Heights (Naomi Robinson, Rebecca Fortoul, Missy Machtemes, Samantha Guerra), 10:32.2; 2. Waldwick, 10:59.0; 3. North Arlington, 11:39.0; 4. Park Ridge, 12:56.7
4x1600: 1. Hasbrouck Heights (Rebecca Fortoul, Samantha Guerra, Jennifer

maculate Heart, 4:05.4; 4. Ridgewood, 4:07.4; 5. Bergen Tech, 4:20.4; 6. Fair Lawn, 4:21.8
4x800: 1. Immaculate Heart (Michelle McCourt, Julie Sinkovitz, Erin Thompson, Kaylin Bacha), 9:43.9; 2. Old Tappan, 9:44.9; 3. Ridgewood, 10:22.2; 4. Bergen Tech, 10:43.5; 5. Ramapo, 10:52.4; 6. Fair Lawn, 11:03.5
4x1600: 1. Immaculate Heart (Gabriella Veloz, Rachel Lotterman, Kaylin Bacha, Julie Sinkovitz), 22:05.7; 2. Ridgewood, 22:51.0; 3. Paramus, 24:18.8; 4. Old Tappan, 24:42.7
Sprint Medley: 1. Immaculate Heart (Michelle McCourt, Serenity Martin, Megan Schlosser, Julie Sinkovitz), 4:15.5; 2. Ridgewood, 4:25.0; 3. Northern Highlands, 4:31.9; 4. Teaneck, 4:32.8; 5. Bergen Tech, 4:34.8; 6. Fair Lawn, 4:44.2
Distance Medley: 1. Old Tappan (Christine Spilka, Casey Kreitman, Sharon O'Reilly, Maggie Loudon), 12:40.0; 2. Immaculate Heart, 13:01.7; 3. Ridgewood, 13:10.0; 4. Northern Highlands, 13:29.5; 5. Bergen Tech, 13:46.1; 6. Paramus, 13:53.5
Shuttle Hurdles: 1. Immaculate Heart (Shannon Casey, Gina Carlinio, Jennifer Capone, Tiffany Evangelou), 1:05.4; 2. Northern Highlands, 1:06.7; 3. Ridgewood, 1:06.9; 4. Paramus, 1:12.2; 5. Teaneck, 1:13.6; 6. Bergen Tech, 1:14.4
3x400 IH: 1. Ridgewood (Sarah DeVita, Victoria Oliva, Hanako Shigenobu), 3:30.4; 2. Northern Highlands, 3:30.6; 3. Old Tappan, 3:30.8; 4. Immaculate Heart, 3:40.3; 5. Teaneck, 3:43.0; 6. Bergenfield, 3:56.5
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Shot Put: 1. Teaneck (Apresha Hampton, Jewel Evans, Elliot Chardonay), 100-4 3/4; 2. Immaculate Heart, 95-1 3/4; 3. Hackensack, 92-1 1/2; 4. Northern Highlands, 84-5 1/4; 5. Paramus Catholic, 84-4; 6. Paramus, 80-5
Triple Jump: 1. Immaculate Heart (Serenity Martin, Tiffany Evangelou, Cayla Benson), 103-10; 2. Teaneck, 96-11 3/4; 3. Northern Highlands, 94-9 1/2; 4. Ridgewood, 88-9; 5. Old Tappan, 85-8 1/2; 6. Paramus, 84-5 1/2
Long Jump: 1. Immaculate Heart (Tiffany Evangelou, Gina Carlinio, Jen Pash), 47-10 1/2; 2. Northern Highlands, 43-5 3/4; 3. Teaneck, 43-4 3/4; 4. Ridgewood, 43-3 1/2; 5. Old Tappan, 43-0 1/2; 6. Fair Lawn, 42-0 1/2
High Jump: 1. Paramus Catholic (Khyla Bailey, Rae Corbo, Asher Beasley), 15-0; 2. Teaneck, 13-2; 3. Paramus, 12-10; 4. Bergen Tech, Ridgewood, Northern Highlands, 9-6
Pole Vault: T-1. Ridgewood (Kayla Polcarl, Ilana Brown, Abby Taylor), Old Tappan (Madison Lucas, Glana Aballe, Danielle Heymann), 26-0; 3. Fair Lawn, 21-0; 4. Paramus, 20-0; 5. Northern Highlands, 18-0; 6. Immaculate Heart, 7-0
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4x100: 1. Hasbrouck Heights (Heather Held, Jennifer Nass, Marissa Romano, Michele Gianni), 53.3; 2. Emerson, 55.7; 3. Wallington, 57.1; 4. Park Ridge, 59.7; 5. North Arlington, 59.9; 6. Immaculate Conception, 1:00.0
4x200: 1. Hasbrouck Heights (Heather Held, Michele Gianni, Jennifer Nass, Marissa Romano), 1:51.8; 2. Saddle Brook, 1:53.6; 3. Park Ridge, 1:55.1; 4. Emerson, 1:57.5; 5. Wallington, 2:02.0; 6. Midland Park, 2:14.5
4x400: 1. Hasbrouck Heights (Jennifer Nass, Naomi Robinson, Haleigh Machtemes, Michele Gianni), 4:20.2; 2. Park Ridge, 4:26.1; 3. Saddle Brook, 4:26.5; 4. Emerson, 4:38.0; 5. North Arlington, 4:41.7; 6. Midland Park, 5:00.0
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Sprint Medley: 1. Immaculate Heart (Michelle McCourt, Serenity Martin, Megan Schlosser, Julie Sinkovitz), 4:15.5; 2. Ridgewood, 4:25.0; 3. Northern Highlands, 4:31.9; 4. Teaneck, 4:32.8; 5. Bergen Tech, 4:34.8; 6. Fair Lawn, 4:44.2
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Shuttle Hurdles: 1. Immaculate Heart (Shannon Casey, Gina Carlinio, Jennifer Capone, Tiffany Evangelou), 1:05.4; 2. Northern Highlands, 1:06.7; 3. Ridgewood, 1:06.9; 4. Paramus, 1:12.2; 5. Teaneck, 1:13.6; 6. Bergen Tech, 1:14.4
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4x200: 1. Hasbrouck Heights (Heather Held, Michele Gianni, Jennifer Nass, Marissa Romano), 1:51.8; 2. Saddle Brook, 1:53.6; 3. Park Ridge, 1:55.1; 4. Emerson, 1:57.5; 5. Wallington, 2:02.0; 6. Midland Park, 2:14.5
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Sprint Medley: 1. Immaculate Heart (Michelle McCourt, Serenity Martin, Megan Schlosser, Julie Sinkovitz), 4:15.5; 2. Ridgewood, 4:25.0; 3. Northern Highlands, 4:31.9; 4. Teaneck, 4:32.8; 5. Bergen Tech, 4:34.8; 6. Fair Lawn, 4:44.2

DeVita jumping back home to Virginia

By ANDY VASQUEZ

STAFF WRITER

After growing up in Charlottesville, Va., Tommy DeVita always was looking for a way home. He now has his path.

DeVita, a senior at Ridgewood, has committed verbally to the University of Virginia track and field team.

Vita said, "I grew up in Charlottesville. I always wanted to go back, and it's just the thing on the cake that track could get me back to the place I wanted to be."

DeVita finished second in the high jump at the Indoor Meet of Champions in February with jump of 6 feet 6 inches. He also holds the Ridgewood school record at 6-8.

He's been a wonderful leader and role model on this team," Ridgewood coach Josh Saladino said. "And I couldn't be happier for him right now."

DeVita plans to specialize in the high jump at Virginia, a perennial contender in the Atlantic Coast Conference. He also might be considered for the decathlon.

"But I just want to do whatever I can to

help the team," DeVita said.

DeVita isn't sure what he'll study at Virginia, but he's thinking about psychology. He also played corner back and wide receiver on the Ridgewood football team, but will stick to track in college.

THE WRIGHT STUFF: Tracy Wright has proved herself as one of

Pain Lawn's finest volleyball players. Now she'll get a chance to add to her legacy

Wright has committed verbally to Division I Quinnipiac where she'll contribute to play the libero position.

"They have a really, really nice campus," Wright said. "And they have a great group of girls on their team. I just felt it was the best fit for me."

Wright, who has the most digs in school

history, is Pain Lawn's first volleyball player to commit to a Division I school in coach Peter Zasa's seven-year tenure.

"We won a State championship and a league championship with her," Zasa said. "She basically turned around our program and made us relevant. It's really proud."

Wright chose Quinnipiac over Division I Rhode Island, Division II Lock Haven and Division III Salisbury. She also considered playing club volleyball at Florida State.

"I had a little bit of everything to choose from," Wright said. "I wanted the competition and commitment of a Division I program. That's something I need."

She plans to study business management. And after a solid high school career,

Wright has confidence as she heads to the next level. To play Division I volleyball, Wright said.

THE RECRUITING WIRE: For the first time, Indian Hills girls will play college lacrosse. Danielle Marceta is headed to Division III East Stroudsburg. Kelsey Mitchell will attend Division III Muhlenberg and Allegheny is choosing from among Lafayette, Loyola, Marist and Fairfield.

Lakeland center fielder Cait Deam will play softball at William Paterson. Queen of Peace wrestler Andrew Poldore is considering American International. Sacred Heart, Roger Williams, Wilkes, SUNY Oneonta and Elizabethtown College. He plans to wrestle at 133 pounds in college.

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DeVITA

Ridgewood 110

Bergen Tech: 30

April 20 @ BT

400 IH: Ridgewood: 9 BT: 1
1-Sean Mattson (R) 59.8 2-Bergen Tech 60.9 3-A. Mandarano 63.5
Others: N. Schoff 64.4; D. Suh 66.7

110m: Ridgewood: 9 BT: 0 (*we actually ran 110m*)
1-Matt Beausoleil (R) 12.3 2-Matt Grundy (R) 12.4 3-Kevin Lai (R) 12.5
Others: J. Shippee 13.3; D. Freides 13.3; R. Jennee 13.6; K. Cheung 13.8; O. Hamza 13.9; G. Urbano 13.9; A. Quartanaro 13.9; K. Ransom 14.0; S. Park 14.1; C. Steinacher 14.2; E. Xue 14.7; T. Hansen 14.7; I. Nathanson 14.8; J. Suh 14.9; A. Martinez 16.0; C. Tarzian 16.3; T. Schwarz 18.6

1600m: Ridgewood: 1 BT: 8
1- Bergen Tech 4:31 2-Bergen Teach 4:50 3-Mohammed Eid (R) 4:54
Others: A. Sarappo 5:03; M. French 4:57; W. Ades 4:59; N. Salamone 5:04; S. Dublier 5:05;

400m: Ridgewood: 9 BT: 0
1-Jon Riemer (R) 51.7 2-Juan Llinas (R) 3-Matt LaDuca (R) 53.4
Others: InHo Hwang 54.9; N. Schoff 55.4; C. Halvey 57.8; D. Ok 59.7

110HH: Ridgewood: 8 BT: 1
1-Edward Blair IV (R) 15.5 2-Matt Beausoleil (R) 15.8 3-BT 16.0
Others: A. Mandarano 17.4; D. Suh 19.6 (fall); J. Knight 19.8

800m: Ridgewood: 8 BT: 1
1-Tom Stephan (R) 2:04 2-Connor Martyn (R) 2:06 3-BT 2:09
Others: Nick 2:17; D. Anzalone 2:46

200m: Ridgewood: 9 BT: 0
1-Matt Grundy (R) 23.4 2-Edward Blair IV (R) 24.0 3-Kevin Lai (R) 24.5
Others: J. Shippee 24.8; D. Freides 25.1; G. Urbano 25.2 K. Chung 25.5; J. Knight 25.6; K. Ransom 25.7; C. Halvey 25.8; S. Park 26.2; O. Hamza 26.2; R. Jennee 26.3; A. Quartanaro 26.4; C. Steinacher 26.5; T. Hansen 26.9; D. Ok 27.0; E. Xue 27.5; J. Suh 27.9; C. Tarzian 29.7; I. Nathanson 29.8; A. Martinez 30.0; C. Jennings 30.3

3200m: Ridgewood: 3 BT: 6
1-BT 2-Mohammed Eid (R) 10:49 3-BT
Others: G. Jones 11:10; T. Garrity 11:10; M. French 11:19; T. Colvin 11:49; Tom 11:51

4x400m: Ridgewood: 5 BT: 0
1-Ridgewood 3:37.6
(J. Llinas 55.9, J. Riemer 52.8, S. Mattson 53.9, M. LaDuca 55.2)
2-Ridgewood (Storm 61, Nick 67, Will 61, Neil 55) 4:04

Long Jump: Ridgewood: 3 BT: 6
1-BT 18'11" 2-Evan Bartlik 18'9 ½" 3-BT 18'3"
Others: Y. Koo 18'2 ½" A. Mandarano 17'8"

Triple Jump: Ridgewood: 8 BT: 1
1-Evan Bartlik 40'3" 2-Matt Beausoleil 40' ¼" 3-BT 39'6"
Others: Y. Koo 37'1" A. Mandarano 37'8"

High Jump: Ridgewood: 6 BT: 3
1-Evan Barlik (R) 6'5" 2-BT 5'8" 3-Young Hoe Koo (R) 5'8"
Others: J. Shippee 5'0"

Pole Vault: Ridgewood: 8 BT: 1
1-Andrew Gramaglia (R) 11'0" 2-John Wisener (R) 10'6" 3-BT 10'
Others: T. Chung 9'0"; K. Hayes 7'6"

Shot Put: Ridgewood: 9 BT: 0
1- Jack Simmons (R) 44'3" 2-Anthony Balboa (R) 41'10 ½" 3-Steven Etna (R) 41'4"
Others: A. Spetsieris 35'8"; J. Barnett 35' ½"; M. Dremmell 33'3"; M. Henni 31'8"; A. Meuller 30'6"; R. Feeney 28'11"; N. Cerasulo 28'2"; Ian 27'9"; A. Halawel 26'4"; A. Moras 24'11"

Discus: Ridgewood: 9 BT: 0
1-Jack Simmons (R) 144'1" Mike Henni (R) 98'2" 3-Steven Etna (R) 97'2"
Others: J. Barnett 95'11"; A. Balboa 71'10"

Javelin: Ridgewood: 9 BT: 0
1-Mark Maniaci (R) 167'7" 2-Dave Freides (R) 120'8" 3-Ryan Jennee 114'9"
Others: T. Diorio 99'5"

THE 116TH PENN RELAYS

Thursday through Saturday at Franklin Field, Philadelphia

Girls

400-METER HURDLES

When: Thursday, 10:20 a.m.

Local entrant: Amber Allen, Passaic Tech

Local outlook: Allen, fourth last year and the defending State champion is the No. 1 seed in an international field that includes runners from six states and three foreign countries. She'll probably need to approach her personal best of 58.44 seconds to become the first North Jersey girl to win this title.

SHOT PUT

When: Thursday, 11 a.m.

Local entrants: Aresha Hampton, Teaneck; Kathryn Hirsch, Demarest; Theresa Picciallo, IHA; Ashley Sims and Olivia Wade, Paramus Catholic; Rachel Peng, Ridgely Park.

Local outlook: An unprecedented six local throwers in the 20-girl field could produce multiple medals (even though Penn only awards them to the top five).

Hampton made the finals last year, finishing eighth, and Sims and Wade all threw here last year. Look for Hirsch, Hampton and Picciallo to have the best chances to medal.

DISCUS

When: Friday, 9 a.m.

Local entrant: Alana Pantale, Wayne Valley

Local outlook: In her third try at Penn, Pantale, eighth last year has a solid shot at a medal in a tightly packed field. She'll probably need a personal best throw of more than 130 feet to accomplish that.

JAVELIN

When: Thursday, Noon

Local entrants: Alex Hunsberger, Mahwah; Hannah Mayer, Northern Highlands.

Local outlook: Mayer threw last year and could contend for a medal this time.

POLE VAULT

When: Thursday, 1 p.m.

Local entrants: Chelsea Hartigan, Ramapo; Kayla Polcari, Ridgewood; Emily Urciuoli, Clifton.

Local outlook: Will the third time be the charm for Urciuoli, the No. 1 seed in the event? She just missed a medal last year and is the top-seed after clearing 12-6 1/2 indoors. Hartigan and Polcari are also in the medal mix in a balanced field in which fewest misses may decide the championship.

4-x-800 RELAY

When: Thursday, 10:20 a.m.

Local entrants: Old Tappan, Ramsey, Westwood. Local outlook: It's unlikely that any of the three teams can qualify for Friday's 12-team final, but a local showdown in the 10:30 a.m. heat (one of four) should produce excellent times for all three. Old Tappan's Christine Spilka ran for Ridgewood in the 2007 race.

4-x-100 RELAY

When: Thursday, 11:10 a.m.

Local entrants: Clifton, Cresskill, DePaul, Eastside, Englewood, Garfield, Hasbrouck Heights, Holy Angels, IHA, Indian Hills, Kennedy, Kinneelon, Mahwah, North Bergen, Northern Highlands, Paramus, Paramus Catholic, Pascack Hills, Ridgely Park, Ridgewood, River Dell, Secaucus, Teaneck, Tenafly, Wayne Valley.

Local outlook: Can the Paramus Catholic quartet of Bryanna Knight, Rae Corbo, Asher Beasley and Myasia Jacobs repeat their three-day run of last year in which they set the Bergen County record three times in three days, reached the large school final and finished second in Saturday's Tri-State race? Only eight of nearly 700 teams qualify for a championship final Friday and PC can be one of them. But handoffs will be the key.

4-x-400 RELAY

When: Thursday, 1:30 p.m.

Local entrants (in order of races): North Bergen (1:35); Englewood (1:40); Ramsey (1:45); Demarest, Eastside, Garfield (1:50); Holy Angels (2:05); Paramus (2:10); Secaucus, West Milford (2:15); Tenafly (2:20); Wayne Valley, Wood-Ridge (2:30); Hasbrouck Heights, Indian Hills (2:35); DePaul, River Dell (2:45); Cresskill (2:50); Northern Highlands, Old Tappan, Pascack Hills (2:55); Mahwah (3:05); Kinneelon (3:10); Kennedy (3:25); Westwood (3:45); Ridgewood (3:50); IHA, Passaic Tech (3:55); Paramus Catholic, Teaneck (4:00).

Local outlook: The centerpiece of the high school portion of the meet with the top eight teams from 48 races returning for the Friday final. A Penn Relays plaque and three sets of medals are awarded in every heat, roughly seeded by time and past performance. The races from 3:45



RECORD FILE PHOTO
Kaleb Zuidema of Midland Park hopes to surpass the 200-foot mark Friday.

and Westwood won plaques last year and six teams earned medals. But the Highwaywomen (seven races faster) and Westwood (13) are seeded in much faster heats this year.

Boys

400-METER HURDLES

When: Saturday, 9 a.m.

Local entrants: Mark Flandro, Indian Hills; In So Hwang, Ridgewood.

Local outlook: Olympic fourth-place finisher Jehue Gordon of Trinidad is in the race, so there'll be no upset victory. But Flandro could medal and could have an outside chance at a Penn Relays watch given to the top American.

SHOT PUT

When: Friday, 2:30 p.m.

Local entrant: Pat Cole, Hasbrouck Heights.

Local outlook: Cole looks to improve on his personal best of 56 feet and possibly make the final.

DISCUS

When: Saturday, 9 a.m.

Local entrant: Stephen Mozia, Hackensack

Local outlook: Mozia hopes to improve on his personal best of 169 feet and looks to make the final in his junior year.

JAVELIN

When: Friday, 2 p.m.

Local entrant: Kaleb Zuidema, Midland Park

Local outlook: Zuidema is having an excellent spring and could contend for the title. He looks to get his first major meet 200-foot throw.

HIGH JUMP

When: Saturday, 10 a.m.

Local entrant: Tommy DeVita, Ridgewood

Local outlook: DeVita probably needs to better his outdoor personal best of 6-6 to earn a medal.

LONG JUMP

When: Saturday, Noon

Local entrants: Corey Crawford, Indian Hills; Conroy Walker, Hackensack.

Local outlook: Crawford should earn a medal but looks to show that his 25-foot, 1/4-inch jump two weeks ago was more than just a great jump with the wind. Walker seems to be rounding into healthy form and hopes to jump a personal best.

POLE VAULT

When: Saturday, 10 a.m.

Local entrants: Juan Andres Giglio, Ridgely Park; John Wisener, Ridgewood.

Local outlook: Giglio has cleared 15 feet in a dual meet but hasn't jumped particularly well in big meets. But he and Wisener can be in contention for medals with good days.

4-x-800 RELAY

When: Friday, 9:20 a.m.

Local entrants: Indian Hills (9:20); Pascack Valley (9:30); Ramsey (9:20).

Local outlook: Local supremacy is at stake here as none of the three teams figures to be one of the 12 teams to qualify for Saturday's final. Each team can break eight minutes.

4-x-100 RELAY

When: Friday, 10:40 a.m.

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

Local outlook: Teaneck is the fastest of the local teams and hopes to break 43 seconds in good weather conditions.

4-x-400 RELAY

When: Saturday, 9:10 a.m.

Local entrants (in order of races): Kennedy (9:10); Eastside, Ramsey, Tenafly and West Milford (9:20); Garfield (9:35); North Bergen and River Dell (9:40); Secaucus (9:45); Hasbrouck Heights, Pascack Hills, Passaic Valley and Wood-Ridge (9:50); Paramus (9:55); Hackensack (10:25); Westwood (10:35); Ridgewood (10:55); Indian Hills (11:00); Wayne Valley (11:05); Paramus Catholic (11:15); Old Tappan (11:20); Englewood (11:25); Bergen Catholic and Don Bosco (11:30); Teaneck (11:35); Passaic (11:40).

Local outlook: No North Jersey school is likely to make the final but several teams should win medals and Teaneck and Bergen Catholic could approach the Bergen County record of 3:17.56.

THE GOLF REPORT

NBIL girls have title to shoot for

By GREG MATTURA
STAFF WRITER

Erica Repetto, a freshman from Holy Angels, hit the first tee shot, a slice that landed in the rough. Theresa Ra, also an Angels' freshman, had the first par, reaching the green in two and two-putting. And so began North Jersey's first "A League of Their Own" for girls golf. After years of regular-season matches with no league tie implications, Holy Angels' win over Pascack Hills on Friday at Orchard Hills Golf Course in Paramus marked the first official girls NBIL match.

"Now we have something to shoot for," said Pat Dunne, Holy Angels' coach. "And that's a league title."

North Jersey has 13 official girls teams, according to the NJISAA, and six are in the NBIL: Holy Angels, Pascack Hills, Pascack Valley, Ramapo, Ramsey and Northern Highlands. Next year's State-mandated realignment should allow several more local teams to join and create a larger girls league.

"Our girls are excited because it

The Top 15

1. Bergen Catholic (8-0)
2. Ramapo (8-3)
3. Mahwah (5-0)
4. Northern Highlands (2-0)
5. Old Tappan (6-0)
6. Don Bosco (7-1)
7. Tenafly (6-0)
8. River Dell (13-1)
9. Ramsey (6-2-1)
10. DePaul (5-0)
11. Ridgewood (4-1)
12. Indian Hills (2-3)
13. Wayne Hills (6-1)
14. Pascack Valley (5-1)
15. Wayne Valley (4-3)

Through Monday's matches

gives them something to play for, instead of just going to the County tournament at the end of the year," Ramsey coach Keith Nixon said. "They feel it legitimizes their status as a varsity sport."

"It's a sign of the times," Pascack Hills coach Ed Sandt said.

More kids are playing golf, it's the girls, too. We're going to have to make some change we're going to have to make room for more and more teams. It's a great thing to see.

One change the NJISAA this year in response to the girls golf is adding section tournaments. The 10th State championship is May 26 in the first time, players and must advance through a section qualifier May 17.

Holy Angels won Friday's player NBIL match, 201-24 shot 43 and Repetto and St. more Meredith Dwyer each 52. Ra and Repetto were named by the event's history significance.

"I wasn't that nervous," Ra said. "I was kind of excited to play because I've never played in a tournament before."

"You're always a little nervous before you play any sport, but it's good because it helps you form a little bit better," Ra said. "But I just kind of tri-

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AROUND THE COURSE

■ Pascack Hills jumped into the deep end and kept its head above water at Monday's Garden State Cup at Blue Heron Pines in Galloway Township. The senior-less Cowboys placed 12th among 18 teams with a shoot-five, count-four score of 344. Sophomore Michael Parsini shot 8-over 80 on a hard, fast course.

■ Ridgely Park sophomore Daniel Rivera continues to raise his game and lower his average. Rivera, who last year had a nine-hole average of 45.7, shot a season-best, 2-over 39 at Overlook in Teaneck on Monday's 28-8 BCSL American win over Cliffs Park. He trimmed his average below 42.

■ Hackensack senior Chris Zito also has significantly improved his game from last year. The 5-foot-6, 130-pound Zito, who last season averaged 47.0, is averaging near 40 and last week shot a season-best, 1-under 34 at Orchard Hills in Paramus.

■ Christina Paulsen, Immaculate Heart's All-Bergen sophomore, has been a model of consistency so far. Paulsen has shot a 42-43 and a pair of 44s, and shot 88 at last week's Red Devil Invitational at Copper Hill in Ringoes.

■ Tenafly's veteran lineup has added a promising freshman in Tim Maloney. He shot 5-over 39

at Overlook during Friday's 30-6 BCSL American win over Queen of Peace. He lives in West Orange, but can attend Tenafly because a parent works there.

■ Freshman Christopher Sherman has emerged as Dwight Englewood's top player. Sherman averages in the low 40s and his card includes 41 at difficult Alpine in Demarest and a 4-over 39 at Orchard Hills.

■ As a member of the NBIL, Indian Hills (2-3) might play the toughest regular-season schedule in North Jersey. The Braves, 12th in the North Jersey top 15, lost to No. 3 Mahwah, 166-167, on Monday at Darlington in Mahwah. Senior Curtis Mezelewski shot 39 vs. the Thunderbirds.

■ Entering Tuesday, River Dell junior Thomas Barnes led North Jersey with 10 scores of 39 or better, featuring a 34 at Hackensack in Emerson. Wayne Hills freshman Anthony Alex led North Jersey in nine-hole average with 33.5, featuring a 6-under 30 last week at Passaic County in Wayne. No one is within two strokes.

The Bergen County Dan Luciano individual championship scheduled for May 10 has been moved from Hackensack to Alpine.

— Greg Mattura

Lakeland's Reilley hurl 6-inning perfect game

WANAQUE — Sean Reilley doesn't overpower, but the junior right-hander learned a long time ago that a pitcher doesn't have to throw hard to get batters out.

Reilley retired every Teaneck batter he faced Tuesday, pitching a six-inning perfect game as the Lancers defeated Teaneck 10-0, in an NJTCC contest.

"He has good stuff. He just has to spot it. When he spots it and keeps kids off stride, he's very good," Lakeland coach Rick Capozzi said. "After he had a big smile from ear to ear. He really was business-like. He had command of every pitch."

HIGH SCHOOL SPOTLIGHT

The Maroons trailed, 4-1, going into the seventh, but got a run back on Russell Tanner's second sacrifice fly of the game. After a walk to load the bases, Cooper Byrne followed with a single to center field to tie the score at 4.

That set up Hommen's heroics. He laced a single to right field to bring in two more runs and give Ridgewood (10-2) a 6-4 lead.

Sheridan matched zeros. Lyndhurst starter Casey Zdi for four innings before the Avi finally broke through. She ripped a double as part of a 1-run inning. Senior right fielder Raquel Barroso belted a two-home run in a six-run sixth as brouck Heights pulled away.

Lyndhurst, which was he four hits, rallied for two runs in seventh on RBI by Jenna Le and Julie Schneidmeyer.

No-hitter for John!

EMERSON — Ashley John had six strikeouts in a five-in-

Maroons have a field day at County relays

Boys squad topples three-time defending champion Don Bosco

BY GREG TARTAGLIA
Assistant Sports Editor

RIDGEWOOD — It is official: Tommy DeVita can jump over just about anything.

The Ridgewood High School senior competed in all four jumping events at last weekend's Jack Yockers Bergen County Relays, boosting the Maroons to victories in the high jump and pole vault. Senior Jack Simmons added a school-record throw in the discus and led a gold-medal outing in the shot put to help RHS knock off reigning Division A champion Don Bosco, 115-102, at River Dell High School in Oradell.

"I can't even put it into words," a giddy DeVita said on Monday. "It was a long-awaited win, obviously, and to do it my senior year is even more special to me."

"Beating Bosco is always the best," said Simmons. "They're our rival in every sport. And it's just fun [knowing] that they can bring in talent from all over, and we as just a town can beat them."

Ridgewood had last won a County relay championship in 2006, before the Ironmen put together a string of three in a row.

The Maroons captured six event titles in all, sweeping the hurdle races behind juniors Matt Beausoleil, Eddie Blair IV, InSoo Hwang and Sean Mattson, while adding gold in the javelin (419 feet), with senior Mark Maniaci (149 feet, 3 inches) receiving support from Beausoleil (143-6) and Blair (126-3).

"The key to the meet was that we scored in all 16 events," said RHS head coach Josh Saladino.

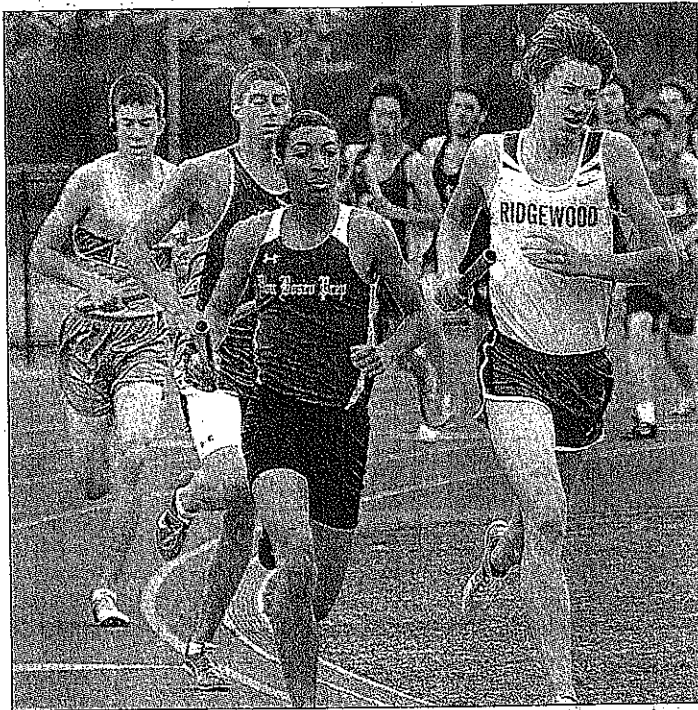


PHOTO COURTESY OF JOHN SPREITZER

Ridgewood junior Pat Rynkowski, right, edges ahead of Don Bosco senior Rafael Vargas in the boys 4 x 1,600-meters at the Bergen County Relays last Friday. Vargas' Ironmen won the race, but Rynkowski and the Maroons ran off with the Group A title.

"We were the only ones to do that in the large school boys meet, so that really is a sign of a very deep and balanced team."

Ridgewood also prevailed by being an unselfish team. Blair had not thrown the javelin before this season, and DeVita had never competed in the pole vault prior to the County relays, but both ventured into unfamiliar territory for the greater good.

"We had a dual meet on Tuesday [April 13], and I asked coach Saladino and [assistant] coach [Mike] Glynn who our third pole vaulter was," DeVita recalled. "They said, 'Right now, we don't really have anybody.' So, they told me, 'You could probably get over

nine feet,' and I was confident enough to know that I could at least clear a height and help out the team. And I'm glad that I was able to do that when it mattered."

With senior pole vault standout John Wisener clearing 13-0 and classmate Andrew Gramaglia topping 11-0, DeVita's effort of 9-0 put Ridgewood (33-0) over the top, as it bettered second-place Old Tappan by a foot.

"It's a sign of a team that cares about each other and cares about winning when you have guys willing to do three and four events, including events that they don't typically compete in," Saladino said.

See **BOYS TRACK**, page C4



Ridgewood senior Christian Rota Wednesday versus Teaneck.

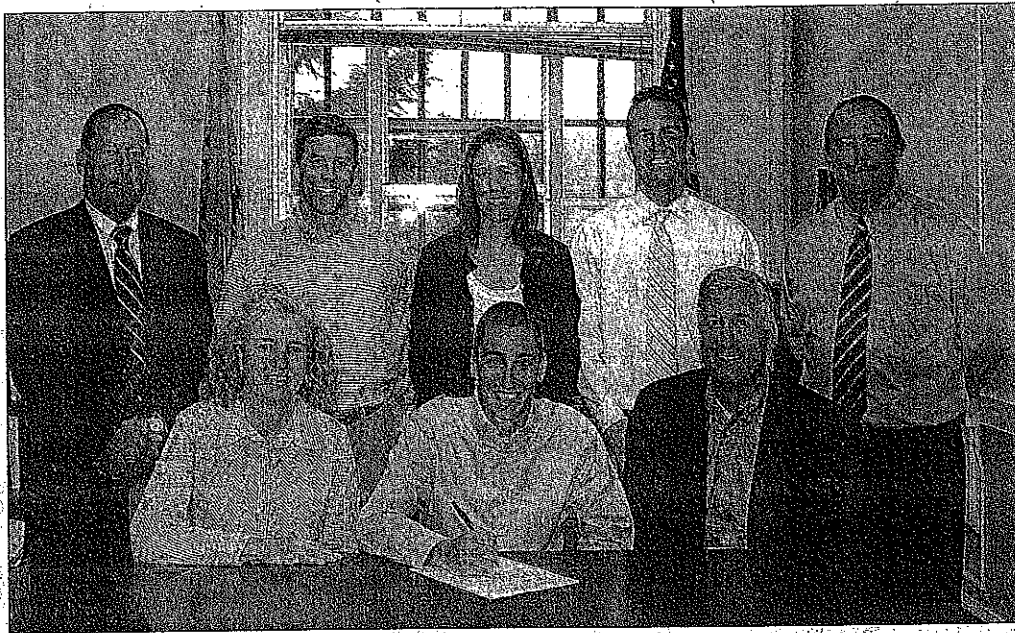
HIGH SCHOOL BASEBALL

Ridgewood dimensions

BY BRIAN FARRELL
Sports Editor

RIDGEWOOD — Not only is the Ridgewood High School baseball team out to its best start in 30 seasons, the Maroons are now showing their fans and the Bergen County baseball arena

Girls win two relays, place 2nd



CHRIS PETERS/STAFF PHOTOGRAPHER

Ridgewood High School senior Tommy DeVita signs a letter of intent on Tuesday to continue his high-jumping career at the University of Virginia. Seated next to him are his mother, Margaret, and father, Tom. In the back row are, from left, RHS Principal Jack Lorenz, winter track coach Mike Mullin, jumping coach Holly Martin, spring track coach Josh Saladino and RHS Athletic Director Greg McDonald.

BOYS TRACK from C1

"Certainly, we're going to have strength in the hurdles and strength in the distance, which we traditionally have," added the coach. "The jumpers and the throwers coming through were really critical to this team's win."

The Maroon throwers set a tone in the very first event, the discus relay on April 14. Simmons unleashed a 163-1, surpassing the previous RHS standard of 157-11 set by John Marshall in 1971. Junior Stephen Etna (112-6) and sophomore Michael Henni (105-11) registered personal bests as well, combining for a fourth-place 381-6.

"I knew I had a big throw in me, but I didn't think I would eventually break the school record," said Simmons. "But I

was happy for the coaches and happy for the team."

In the shot put relay, Simmons (43-3) and Etna (40-2) joined forces with sophomore Anthony Balboa (41-6½) to produce a winning distance of 124-11½. In the high jump relay, DeVita (6-6), sophomore Evan Bartlik (6-0) and freshman Young Hoe Koo (5-8) combined for a gold-medal height of 18-2.

Hwang led the way in Ridgewood's 3 x 400 intermediate hurdle title, clocking a meet-best 55.2 seconds, while Mattson (58.9) and Blair (1:01.0) contributed to a time of 2:55.1. Beausoleil joined the trio to help break the 32-year-old meet record in the 4 x 110 shuttle hurdles by half a second, as the Maroons clocked 1:01.0 to fend off Don Bosco by 0.2.

RHS earned silver medals in

the distance medley (10:37.4), 4 x 800 (8:15.4) and 4 x 1,600 (18:27.2) relays to go along with bronze medals in the 4 x 100 (45.3), 4 x 400 (3:25.5), long jump (56-9.75) and triple jump (121-0½).

On Monday, DeVita also spoke about his recent commitment to continue high jumping for the men's track and field team at the University of Virginia.

"We used to live in Charlottesville, which is where [UVA] is, and we moved here to Ridgewood when I was 10 years old," said the 6-foot-2 senior. "Ever since, I've always dreamed of being able to go back down there. I'm so happy it actually happened."

DeVita set an RHS record in his bread-and-butter event by clearing 6-8 during winter track

season. He has an eye on equaling the mark this spring, in addition to defending his Bergen Meet of Champions high jump crown — a title that his father, Tom, claimed as a senior at Bergen Catholic in 1981.

"My dad did it, and that's how I got started," the younger DeVita said. "In middle school, you get the one day a year — a field day — where you actually get to high jump. That was always like a long-awaited day [for me]."

"Then, my freshman year [at RHS], I knew I wanted to be on the track team, and I knew I wanted to high jump," he added. "And I took it year by year, trying to get better each year, and I'm happy it could help me get somewhere that I really want to be."

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RHS SENIOR WRESTLERS HONORED



106TH PENN RELAYS

PENN
NOTEBOOK

Ramsey finally wins

For four years, the Ramsey girls chased the 4-x-400 heat winner's plaque at the Penn Relays. And four years in succession, the Rams came up just short, taking second place each time.

"I was sick of those things [the silver medals]," said Diane Bain, who had run on the last three runners-up teams. "I just wanted to win." So Ramsey coach John Kirchof switched the order, putting his fastest runner first. Bain delivered a 58.3 opening split to power the Rams to a 4:04.05 victory and the first Ramsey plaque in nearly 20 years.

But it may have been the only Ram who never had run at Penn who made the difference — freshman second-leg Katie Vernon, who split 60.1.

"I was a little nervous, but then I just was able to run," said Vernon, who opened a large lead for third runner Sarah Hudson to maintain. The junior split 63.5, but maintained her lead and handed the stick to Elizabeth Rosenberger with a comfortable lead.

A first for Heights

Hasbrouck Heights and River Dell joined the Rams as plaque winners Thursday, the first time for the Aviators' girls.

The Hasbrouck Heights team of Juniors Jenn Nass, Naomi Robinson, Michelle Gianni and Marissa Romano ran 4:05.12 to run away from Morris Knolls.

"Last year Naomi and I got silver, and we wanted to come back this year and win gold," said Nass, who led off in 59.2. "I was close to the lead when I handed off to Naomi, but it was scary early in the race because from the first step, I got bumped and got boxed in, but I was able to get out of it."

Robinson blew open the race with a brilliant 58.0 split, and then turned over the baton to Gianni and Romano, the Penn rookies.

"I was very confident that they'd carry us through because we've worked so hard for this and they've worked as hard as we have," said Robinson.

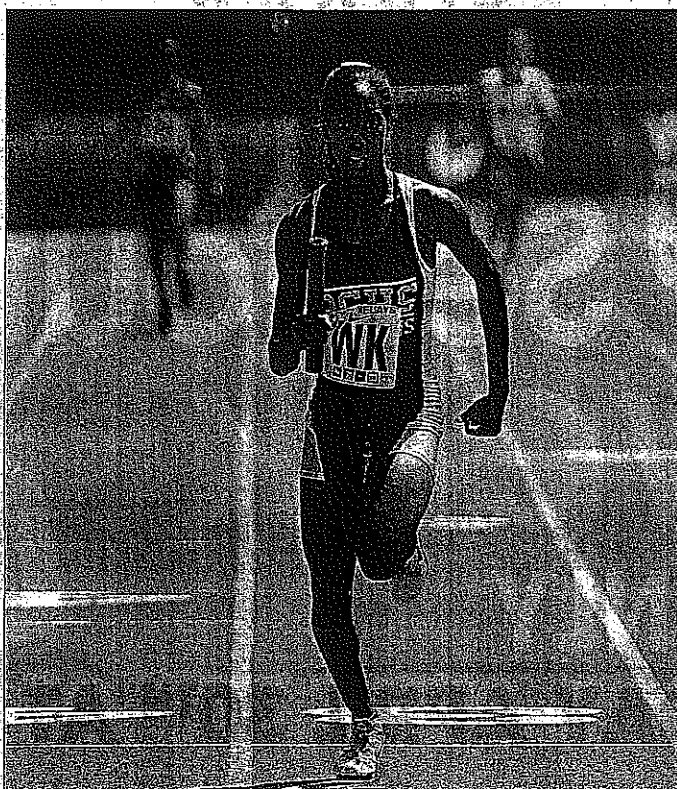
"This is the greatest memory for me at Penn," said Heights coach Rob Brady. "For us to do this with two new girls is fabulous."

Teaneck is fast

Teaneck had the best time of the day for local teams, running 4:01.15 for fourth in one of the faster heats.

Ramsey, Old Tappan and Westwood all ran school records and top 15 all-time Bergen performances in the 4-x-400 heats. Ramsey ran 9:28.42, sixth all time; for fifth in the race, Old Tappan was seventh in 9:31.61, 11th all time, paced by a six-second personal best opening leg by Casey Kreiman; and Westwood ran 9:38.94, 15th all time.

— Paul Schwartz



Myasia Jacobs bringing Paramus Catholic home in first place in its heat of the 4-x-100 relay at the Penn Relays. PC earned a spot in the Large School final.

Paramus Catholic
4-x-100 advances

By PAUL SCHWARTZ
STAFF WRITER

PHILADELPHIA — The eyes weren't as wide, the adrenalin wasn't as strong and the results weren't as surprising, and maybe even a little disappointing.

The Paramus Catholic 4-x-100 relay team returned to the Penn Relays on Thursday, site of their extraordinary breakthrough weekend last spring. The team of Asher Beasley, Rae Corbo, Bryan Knight and Myasia Jacobs, which demolished the Bergen County record three times in three days and lost the Tri-State championship by an eyelash last April, ran 47:29 this time, just missing the Championship of America final.

But they earned a rematch with archrival Columbia of Maplewood in today's Large School final, a race in which PC finished sixth last year. Columbia handoffs were OK but we can do better.

"I'll probably help us the next two days," said Jacobs. "We want

"Last year when we ran here the first day it was the first time we'd ever run the race together," said Knight. "We didn't know what to expect, but now we know what we're capable of."

"And the Paladins were probably capable of running fast enough to make the Championship race, as the final qualifier was clocked in 47:11 seconds. But a combination of minor injuries, which struck Jacobs, Knight and Beasley in a dual meet earlier in the week and a long early morning bus ride probably created the 0.18 difference between running for the Championship of America and being third seeded in the Large Schools race."

"We had to get over the first day jitters," said Corbo. "We know now that when we run at this level every little mistake makes all the difference. Our handoffs were OK but we can do better."

"I'll probably help us the next two days," said Jacobs. "We want

another chance to run against Columbia and now we might get two chances."

Columbia ran 47:28 to win its heat, and earn the second seed in the Large School race and top seed in the Tri-State race with PC right behind.

"We're a little banged up but everyone felt better today [than Monday]," said Beasley. "Anyway we're in the race [today] and Saturday and we didn't come all this way to do anything but show what we can do."

"And this time we don't have to go back home and then come back down the next day," said Corbo with a laugh, recalling that she and Knight raced back to North Jersey last year for the junior prom and then returned to Franklin Field for the final race Saturday. "This time we're staying in a hotel."

Teaneck and Mahwah ran seasonal bests of 49:35 and 49:83 in their heats, marking the first time three Bergen County teams broke 50 seconds in the same meet.

Missed chances
for girl athletes

Mistakes cost Allen, Polcari

By PAUL SCHWARTZ
STAFF WRITER

PHILADELPHIA — Amber Allen finished third in the Penn Relays 400 hurdles last year and was ecstatic. Thursday, she finished third and was pretty upset.

"It's not because I thought I was a shoo-in," said the top-seeded Passaic Tech senior, who ran 1:00.76 to finish behind Leah Nugent of Abingdon, Pa., and Ristiana Tracey of Jamaica. "It bothers me because I just wasn't in the race and I hurdled terribly."

Allen, who ran 58.44 in winning the State Meet of Champions last June, had a slow start, but seemed to be catching the leaders when she stuttered coming to the fifth of 10 hurdles. She never regained her rhythm.

"I can only hurdle with my left leg," said Allen who rallied to finish third after slipping to fifth. "That makes it difficult when I lose my steps because I had to take three long steps and lost my balance a little."

"I honestly felt I was ready to run really fast and I felt fine coming in," said Allen, who will run for South Carolina next year.

"I thought today was going to be my day and I knew if I could be with Leah and the girl from Jamaica at the final hurdle, I'd have a great chance. But to make mistakes like that at this level, you just can't make up for them."

Allen's near-miss exemplified the day for North Jersey's individual entrants.

Kayla Polcari of Ridgewood was leading the girls pole vault on first-attempt clearances at 11-1 1/2, 11-5 1/2 and 11-9 1/2.

When Allison Vanek of Wilson Area High School of Easton, Pa. cleared 12-1 1/2 on her first attempt and Polcari missed, the pressure (and the lead) shifted.

Polcari never caught up, missing her final two attempts and finished third, when New Jersey indoor champ Catherine Shih of Bernards made 12-1 1/2 on her final attempt.

"It's a bummer," said Polcari, a junior, who would have set the Bergen County record had she cleared her final height. "I don't watch the other competitors much, because it's really me against the bar."

"My first jump [at 12-1 1/2], my steps were a little off and my second attempt I felt on but I missed it. Then on the last vault, I didn't stay close enough to the pole when I inverted and my legs kind of collapsed."

"I'm satisfied with winning a medal but I know I could have done more."

Teaneck's Annesha Hampton felt the same way after her 41-10

The Top 25

Boys

1. Ridgewood
2. Don Bosco
3. Ramsey
4. Indian Hills
5. Pascack Valley
6. Hasbrouck Heights
7. Teaneck
8. Old Tappan
9. River Dell
10. Demarest
11. Bergen Catholic
12. Hackensack
13. Wayne Valley
14. West Milford
15. Ridgefield Park
16. St. Joseph
17. Wood-Ridge
18. Englewood
19. Tenafly
20. Kennedy
21. Northern Highlands
22. Ramapo
23. Lyndhurst
24. Pascack Hills
25. Lodi

Girls

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

throw gave her fourth place in the shot put.

It was the junior's second straight appearance in the final after her eighth place last year, and she was the only one of the six Bergen throwers to reach the eight-girl final.

"I'm stronger than I was last year and I'm finally starting to control my temper and channel it into my throws," Hampton said.

"But now I'm worried that they're going to eliminate our sport next year because the budget didn't pass Tuesday and I won't get to throw after this year."

The Penn Relays
Philadelphia, PA

April 23, 2010

400IH:

InSoo Hwang **54.49 – 4th Place!!!**

High Jump:

Tommy DeVita **6'5"**

Pole Vault:

John Wisener **14'3 ¼"**

4x400m:

Matt Grundy 50.3

Juan Llinas 52.4

Jon Riemer 51.4

InSoo Hwang 51.0 **3:25.11 – 1st Place in the Heat!!!**

Comments:

Competing at this level is not easy. It was a successful weekend for our athletes. Special congratulations to InSoo Hwang for placing 4th in the 400IH. Placing in a championship section of this meet is a great accomplishment.

116TH PENN RELAYS

Filandro falls, then flies

His star rebounds in relay

By PAUL SCHWARTZ
STAFF WRITER

PHILADELPHIA — It was a fairy tale about to come true. With one hurdle to clear and 50 meters to go Saturday morning, Mark Filandro was going to make North Jersey history in the 400 intermediate hurdles and deliver the most stunning upset of the year at the Penn Relays.

But the Indian Hills senior knew he was in trouble.

"I went out so fast, faster than I ever did in my life, and when I got to the seventh hurdle I started to feel tired," Filandro said. "I hit the seventh, eighth and ninth hurdles and as I got to the last one, I was in so much trouble."

Filandro desperately tried to get over the hurdle, but his lead leg couldn't quite get over the 33-inch high barrier and he tumbled to the ground, both knees striking the track hard.

"No one passed me and I thought I might be able to get back up and get to the line first anyway, but my legs were just dead," said Filandro, who managed to stagger across the finish line in 54.97 seconds, fifth in his heat and sixth overall in the event.

"I heard the announcer say Filandro with the early lead and I saw 45 [on the trackside clock] as I got to the last hurdle and I thought, I might just pull this off and break 52 seconds."

But it was not to be and the day seemed a total loss for the Penn State-bound senior as he lay there in disbelief and in pain as medical staff rushed to his side. Nothing was torn or broken, but his knees were raw and cut and he had some track



WILLIAM PEARLMAN/STAR LEDGER

Indian Hills' Mark Filandro stumbling over the final obstacle in the 400M hurdles Saturday.

burns on one ankle. Not only didn't he win, he finished one place out of the medals.

Running in his team's 4 x 400 heat 90 minutes later seemed impossible.

"Coach [Bill] Barry called Corey [Crawford] in the paddock where the other kids were waiting to get ready and said he'd get the alternate over there."

When we got there, Corey said "Are you running?", and I looked at Coach and said "There's no doubt I can do this". He looked at me and

said 'are you sure?'

And he was.

Indian Hills was eighth in its heat, because of some jostling on the first leg that left Crawford with a large scrape on his left thigh. But then Filandro took off, passing five anchor runners en route to a 47.9 split that gave Indian Hills third place and a set of bronze medals.

"It was redemption for me," said Filandro, who then shook his head, remembering what had happened earlier. "But I had it."

Crawford cleaned up himself and

then headed to the long jump pit, where he leaped 23 feet, 9 inches on his first try. It turned out to be good enough for fourth, behind a Jamaican jumper, one from Zimbabwe and reigning champion Carlton Lavong of Methacton, Pa.

"I'll take that," he said. "I really didn't have the spring in my legs I usually have. But my last jump [23-7 1/2] was really the most spring I had all day."

"This was an awesome experience. To jump in front of a full house and jump against Carlton for the first time was great. I won't forget this."

TRACK & FIELD

PENN RELAYS

Boys

400: 1H: 4. In Soo Hwang, Ridgewood, 54.49; 6. Mark Filandro, Indian Hills, 54.97.
Discus: 5. Stephen Mozia, Hackensack, 172-0.
High jump: 9. Tommy DeVito, Ridgewood, 6-5.
Pole vault: 9. Juan Andres Giglio, Ridgewood, 14-3 1/4; 12. John Wisener, Ridgewood, 14-3 1/4.
Long jump: 4. Corey Crawford, Indian Hills, 23-9; 17. Conroy Walker, Hackensack, 20-5 1/2.
4 x 100 Large Schools Final: 8. Teaneck, 43.95; 9. Bergen Catholic, 44.00.
4 x 400 relay: (time and place in heat): Teaneck (3:22.99, 2); Bergen Catholic (3:23.73, 3); Indian Hills (3:24.04, 3); Ridgewood (3:25.11, 1); Englewood (3:25.42, 6); Ramsey (3:28.32, 1); Hasbrouck Heights (3:29.08, 4); Wayne Valley (3:30.21, 8); Westwood (3:30.77, 6); Garfield (3:32.40, 1); River Dell (3:32.57, 3); North Bergen (3:33.20, 5); Don Bosco (3:33.47, 10); West Milford (3:34.93, 4); Secaucus (3:35.52, 7); Eastside (3:36.59, 5); Wood-Ridge (3:37.13, 9); Paterson Catholic (3:37.49, 5); Paramus (3:37.91, 8); Hackensack (3:39.13, 13).

It takes Bolt to upstage PC girls

By PAUL SCHWARTZ
STAFF WRITER

PHILADELPHIA — The record Penn Relays crowd of 54,310 rose to its feet and cheered thunderously as Paramus Catholic took the track for the girls Tri-State 4 x 100-meter race Saturday.

But as much as the Paladins four some might have deserved it after their record-setting performance Friday in winning the Large Schools final, the cheers weren't for Asher Beasley, Rae Corbo, Bryanna Knight or Myasia Jacobs.

The huge crowd had spotted world-record holder and Olympic champion Usain Bolt, who had entered the infield to warm up for his appearance in the USA vs. the World 4 x 100 later in the meet.

"I heard it and I realized it must be

for him," said Beasley, who settled in after the roar died down and led off a second major win in two days for the Paladins. They also lowered the Bergen County in the 4 x 100 for the sixth time in seven meets in the last 12 months. "I was more nervous because the crowd was so much bigger than [Friday], but then I was ready."

The passes weren't quite as crisp as Friday but the result was nearly identical. Jacobs again ran away on the final leg to win in 46.90, .01 faster than the day before.

"We did what we came here to do," said Knight. "This was inspiring."

Stephen Mozia of Hackensack wasn't quite as satisfied but the junior earned a fifth-place medal in the discus, throwing 172-0. He also moved into 20th on the all-time Bergen County list and retook the seasonal lead from River Dell's John Farelli who threw 171-3

at last week's Bergen County Relays.

"I'm happy, but I know I can do better if I stop fouling," said Mozia, who threw 171 feet on his second throw but fouled his next three before improving to 172-0 on his last. "I'm going down the right side of the sector too much."

Other than the PC girls, Ridgewood's In Soo Hwang may have had the best weekend of all the North Jersey athletes.

Hwang won his heat in the 400 intermediate hurdles and ran a personal best 54.49 to claim the fourth-place medal. Less than two hours later, he anchored the Maroons to one of three 4 x 400 heat wins by North Jersey teams, running 50.0 as the Maroons won easily in 3:25.11.

"In the hurdles, I just tried to focus on my lane," said Hwang, a junior. "It's my first real big meet and this was exciting."

A 4 x 400 win was consolation for Ramsey and Troy Coonrad after a disappointing race in the 4 x 800 trials Friday. Ramsey led from the gun but Coonrad was quickly caught by the anchor leg from Steinert of Trenton, who went out hard and passed him on the opening turn.

"I wasn't worried," said Coonrad, who anchored the 4 x 800 team. "He went too fast and I wasn't going to let him beat me. We needed this after [Friday]."

Coonrad waited patiently on Jason Dzurinin's shoulder and then tore past on the final turn, running to the win in 3:28.32.

Garfield won its first plaque, led by a fine anchor by Angel Lora. Juan Andres Giglio of Ridgewood Park and John Wisener both cleared 14-3/4 in the pole vault and are now tied for 15th in Bergen history.

Track & Field Dual Meet

Ridgewood vs Don Bosco - Boys

April 27, 2010

Total Score

RHS DB

64 76

Event	First Place	Second Place	Third Place	RHS	DB
400H	Insoo Hwang, RHS, 55.0	Sean Matson, RHS, 60.5	J. Gonzalez, DB, 61.7	8	1
100m Dash	S. Maxwell, DB, 11.3	M. Beosoheil, RHS, 11.7	P. Canevari, DB, 11.7	3	6
1600m Run	M. Belgivine, DB, 4:26.9	Vargus, DB, 4:29.8	B. Cleary, RHS, 4:30.7	1	8
400m Dash	M. Grundy, RHS, 50.1	L. Carroo, DB, 50.4	J. Riemer, RHS, 51.6	6	3
100m Hurdles	S. Maxwell, DB, 14.7	E. Blaire, RHS, 15.3	M. Beavsoleil, RHS, 15.3	4	5
800m Run	M. Belgivine, DB, 2:00.6	P. McCormack, DB, 2:02.8	L. Jennings, RHS, 2:03.5	1	8
200m Dash	L. Carroo, DB, 22.5	Ins Hwang, RHS, 22.8	S. Maxwell, DB, 23.0	3	6
3200m Run	H. Rosas, DB, 9:50.2	R. Vargus, DB, 9:50.3	P. Rynkowski, RHS, 10:00.0	1	8
High Jump	DeVita, RHS, 6' 0"	Bartlick, RHS, 6' 0"	Walsh, DB, 5' 8"	8	1
Pole Vault	Weisner, RHS, 12' 6"	Baselice, DB, 12' 0"	Gramaglia, RHS, 11' 6"	6	3
Long Jump	Greg Hazell, DB, 21' 1/2"	Tommy Davis, RHS, 19' 1/2"	Young Horkoo, RHS, 18' 2"	4	5
Triple Jump	Gregg Hazell, DB, 44' 0"	Evan Bartlick, RHS, 39' 4 1/2"	Begasoleil, RHS, 38' 11 1/2"	4	5
Discus	J. Simmons, RHS, 139' 10"	Tim Byrne, DB, 136' 8"	Paul Carevari, DB, 108' 6"	5	4
Shot Put	Tim Byrne, DB, 48' 3 1/2"	J. Simmons, RHS, 42' 8 1/2"	Stephen Etna, RHS, 41' 5"	4	5
Javelin	Walker, DB, 152' 5"	Proscia, DB, 139' 10"	Maniachi, RHS, 138' 11"	1	8
4X400relay	RHS, 3:31.1			5	0

Comment:

Track & Field Dual Meet

Ridgewood vs Bergen Catholic - Boys

April 27, 2010

Total Score

RHS BC

94 46

Event	First Place	Second Place	Third Place	RHS BC	Score
400H	Insoo Hwang, RHS, 55.0	Earnest Wingate, BC, 55.2	Tyler Dilworth, BC, 60.1	5	4
100m Dash	T. Grey, BC, 11.4	M. Beosoheil, RHS, 11.7	K. Chung, RHS, 11.7	4	5
1600m Run	B. Cleary, RHS, 4:30.7	P. Rynkowski, RHS, 4:40.9	Finnegan, BC, 5:00.1	8	1
400m Dash	M. Grundy, RHS, 50.1	M. Kranjac, BC, 51.2	J. Riemer, RHS, 51.6	6	3
100m Hurdles	E. Wingate, BC, 14.4	E. Blaire, RHS, 15.3	M. Beausoleil, RHS, 15.3	4	5
800m Run	L. Jennings, RHS, 2:03.5	B. Cleary, RHS, 2:04.8	A. DeFilipas, BC, 2:05.5	8	1
200m Dash	Ins Hwang, RHS, 22.8	T. Gray, BC, 23.2	M. Grundy, RHS, 23.4	6	3
3200m Run	P. Rynkowski, RHS, 10:00.0	Jennings, RHS	Sprietzer, RHS	9	0
High Jump	DeVita, RHS, 6' 0"	Bartlick, RHS, 6' 0"	Tsimis & Wingate, BC, 5' 8"	8	1
Pole Vault	Weisner, RHS, 12' 6"	Gramagla, RHS, 11' 6"	Capurso, RHS, 8' 0"	9	0
Long Jump	Tommy Davis, RHS, 19'2"	Tarique Gray, BC, 18' 6"	Young Hoe Koo, RHS, 18'2"	6	3
Triple Jump	Wingate, BC, 41' 7 1/2"	Evan, RHS, 39' 4 1/2"	Adrian GO, BC, 39' 4"	3	6
Discus	J. Simmons, RHS, 139'10"	Mike Henni, RHS, 107'10"	Ian Barber, BC, 99'3"	8	1
Shot Put	Tom Mandes, BC, 46' 6"	J. Simmons, RHS, 42' 8 1/2"	Stephen Etna, RHS, 41' 5"	4	5
Javelin	Maniachi, RHS, 138' 11"	Miller, BC, 132' 4"	Beausoleil, RHS, 121' 6"	6	3
4X400relay	BC, 3:31.0			0	5

**Dual Meet vs. Don Bosco and Bergen Catholic
@ Ridgewood – non scoring**

April 27th, 2010

400IH: A. Mandarano 62.3; N. Schoff 65.9; D. Suh 66.4

100m: J. Shippee 12.0; D. Freides 12.1; O. Hamza 12.4; G. Urbano 12.5;
A. Quartinaro 12.6; T. Chung 12.6; S. Park 13.0; C. Steinacher 13.1; I. Nathanson 13.1;
T. Hansen 13.3; E. Xue 13.5; K. Ransom 13.5; C. Jennings 13.9; C. Tarzian 14.3;
A. Martinez 14.4; T. Schwartz 16.3

1600m: M. French 5:01.7; N. Francis 5:02.2; A. Sarappo 5:04; S. Dublier 5:08;
N. Salamone 5:12; S. Kagai 5:15

400m: M. LaDuca 54.9 InHo Hwang 55.3 C. Halvey 57.5; D. Ok 59.6

110HH: S. Matton 17.1; A. Mandarano 17.9; D. Suh 18.4

800m: J. Llinas 2:06.8; W. Ades 2:08; C. Martyn 2:10; S. Kagai 2:20;
D. Anzalone 2:38

200m: K. Lai 23.9; J. Shippee 24.3; D. Freides 24.5 N. Schoff 24.6 A. Gramaglia 24.6
K. Chung 24.7 G. Urbano 24.7 J. Knight 25.3 C. Steinacher 25.7 C. Halvey 25.7
A. Quartinaro 26.3 S. Park 26.6 T. Hansen 26.8 C. Tarzian 28.5 A. Martinez 29.3;
C. Jennings 29.7

3200m: M. Eid 10:21; T. Garrity 11:02; G. Jones 11:03; T. Colvin 11:33

4x400m: M. Grundy 52.6 J. Reimer 52.6 S. Mattson 53.0 I. Hwang 53.1 3:31.4

Long Jump: E. Bartlik 17'6"

Triple Jump: A. Mandarano 38'7 ½"

High Jump: J. Shippee 5'4"

Shot: A. Balboa 40'10" A. Spetsieris 33'5" M. Henni 32'9" J. Barnett 32'8"
N. Cerasulo 28' ½" R. Feeney 27'9 ½" A. Muller 27'4" A. Halawal 27'3"
I. Wellington 25'7" A. Moras 23'8"

Discus: S. Etna 94'4" M. Dremmell 91'8" J. Barnett 91'7" A. Spetsieris 81'11" A.
Halawel 77'5" N. Cerasulo 73'5" A. Balboa 71'9" R. Feeney 67'3" A. Muller 63'9"
I. Wellington 55'1"

Javelin R. Jennee 119'4" D. Freidis 115'3" E. Blair 102'6"

Pole Vault:

PASSAIC COUNTY TENNIS TOURNAMENT

Weisberger, WH No. 1

Sophomore caps sweep by Patriots

By GREGORY SCHUTTA
STAFF WRITER

WEST MILFORD — Wayne Hills coach Bruce Keogh waited until the last minute to decide whether sophomore Lee Weisberger would play in the Passaic County boys tennis tournament this week.

But this time, that was the only surprise involving Passaic County's top player.

A year after coming out of nowhere to win his first County title, Weisberger, who is recovering from a pulled leg muscle, lost just four games in the tournament at first singles to repeat as County champion Thursday and lead a sweep of all five titles for the Patriots.

It is the sixth straight title for the Patriots, and just one set in the tournament, and fifth outright in that span. Passaic, which had two finalists Thursday, finished second, its best finish since winning the tournament in 1987.

"I did feel a little more pressure on me this time," said Weisberger, who was the top seed this year after coming out of the fourth seed as a freshman last year to win the title. "But I just had to play tennis, play my best, and that worked for me."

Weisberger, who had to retire from a match against Ridgewood 10 days ago and sat out two more matches with the leg injury, downed second-seeded Shashay Rana of Passaic, 6-1, 6-1, in the final Thursday. Rana was the top seed at first singles last year when Weisberger upset him in the semifinals.

"He's a really good player, and we had a good match," said the sophomore, who is 10-1 this season. "I was moving my feet well and trying to move up to the net, which is what I like to do. I try to work up to the net during the point and put it away with the volley."

"When you return [as a champion] there is always a little sense of pressure since you've won it already," Keogh said. "But Lee is such a confident and smart player. He's skilled at all the strokes and simply has to make the decision



CHRIS PEDOTA/STAFF PHOTOGRAPHER

Lee Weisberger repeated as Passaic County champion at No. 1 singles Thursday.

on how he wants to approach a match based on his opponent."

The Patriots had clinched the team title following Wednesday's semifinals, but capped the tournament by winning all five position titles in straight sets Thursday.

Returning third singles champ Shawn Lefkowitz won the rubber match against Passaic Valley's Michael Makino, 6-3, 6-2, to win at second singles, and Evan Baron, a two-time County champ at doubles, moved up to third singles to beat Clifton's Shilpan Chokshi, 6-3, 6-0.

"I tried to get to make an adjustment this time," said Lefkowitz,

who lost in straight sets to Makino earlier this season after beating him in the third singles final last year.

"I tried to get to the net a lot. I think the turning point was when I was able to break his serve to go up 5-3 in the first set."

"I was happy that Shawn had the discipline to come back with confidence against a player who had beaten him," Keogh said.

"Evan has made the adjustment to singles. And my doubles teams. Only Andrew Dorian is a returning varsity player, but all four are seniors. This is something they're all going to remember."

THURSDAY'S SCORES

BASEBALL

Bogota 12, Haw. Christian 2
Clifton 13, Eastside 1
Bergen Tech 20, Eastside 0
Glen Rock 15, Saddle Brook 5
Hawthorne Heights 7, Bergen 5
Lakeland 10, Bergen Tech 8
Lyndhurst 17, Harrison 8
New Milford 13, Leonia 0
Northern Highlands 10, Paterson Catholic 3
Paramus 5, Teaneck 4
Park Ridge 4, Dwy. Englewood 1
Passaic Val. 10, Passaic Hills 7
Ramsey 13, Paramus Catholic 7
Ridgewood 5, Cresskill 4
Ridgewood Park 8, Rutherford 1
Ridgewood 5, Hackensack 4
River Dell 8, Cliffside Park 1
Saint Mary 14, Weehawken 5
St. Joseph & Passaic Valley 5
Wayne Valley 6, Fair Lawn 1
W. Milford 9, Bergen Catholic 2
Wood-Ridge 10, N. Arlington 0
Palisades Park 6, Emerson 4

SOFTBALL

Bogota 15, Hawthorne Heights 4
Bergen Tech 20, Eastside 0
Bergenfield 10, Demarest 1
Clifton 10, Eastern Christian 1
Emerson 12, Palisades Park 1
Fort Lee 14, Mahwah 0

TOURNAMENT

BERGEN SOFTBALL

FIRST ROUND
HIA 12, Waldwick 1
TODAY
C20 Emerson at (10) Glen Rock, 4
C20 Ramapo at (10) Glen Rock, 4

Garfield 18, Mary Help 1
Haw. Christian 15, Bogota 8
HIA 12, Waldwick 1
Immaculate Heart 1, Conception 5
Lakeland 5, Passaic Tech 4
Lyndhurst 13, Harrison 12
New Milford 11, Leonia 8
Paramus 3, DePaul 2
Park Ridge 12, Dwy. Englewood 0
Passaic Valley 9, Holy Angels 1
Passaic 3, Hawthorne 2
Ramsey 6, Old Tappan 5
Ridgewood 1, Hackensack 0
River Dell 12, Cliffside Park 0
Rutherford 7, Ridgewood Park 2
Saint Mary 7, Weehawken 0
Terrell 14, Queen of Peace 1
Wayne Hills 17, Kennedy 0
Wayne Valley 2, Passaic Val. 0
Wood-Ridge 15, N. Arlington 3

BOYS TENNIS

Bergen Tech 5, Teaneck 0
Bergenfield 4, Mahwah 1
Cresskill 5, Emerson 0
Don Bosco 5, Fair Lawn 0
Elmwood Park 3, Garfield 2
Fort Lee 4, Dwight Morrow 1
Glen Rock 5, Weehawken 0
Indian Hills 5, Ramsey 0
Northern Highlands 4, Paramus Catholic 1
Palisades Park 3, Secaucus 2

Paramus 5, Passaic Tech 0
Ramapo 5, Demarest 0
River Dell 5, Queen of Peace 0
Saddle River Day 3, Leonia 2
Terrell 5, Rutherford 0
Westwood 3, Ridgewood Park 2
Wood-Ridge 5, Harrison 0

BOYS LACROSSE

Demarest 10, Indian Hills 1
Paramus Cath. 1, Old Tappan 5
Passaic Valley 10, Fair Lawn 6
River Dell 9, Morris Hills 5
Clifton 12, Lakeland 5

BOYS VOLLEYBALL

Don Bosco 2, Teaneck 1
Passaic 2, Snyder 0
Passaic Valley 2, Passaic Tech 0
Wayne Valley 2, Bergen Tech 0

GOLF

Bergen Catholic 161, Paramus Catholic 139, Bergen Tech 201
Cresskill 1914, Haw. Christian 1614
Demarest 128, Saddle River Day 195
Don Bosco 165, Passaic Hills 167
Fort Lee 24, Cliffside Park 20
Fort Lee 23, Dwy. Englewood 7

PASSAIC TENNIS TOURNAMENT

AT WEST MILFORD
TEAM SCORES: 1. Wayne Hills 20; 2. Passaic 12; 3. Wayne Valley 9; 4. Eastern Christian 8; 5. West Milford 6; 6. The 6. Clifton and Pompton Lakes 5; 7. The 6. Passaic Valley and Passaic Tech 3; 8. The 10. Kennedy and Lakeland 2.

FINALS
FIRST SINGLES
Lee Weisberger, Wayne Hills, def. Shashay Rana, Passaic, 6-1, 6-1.
SECOND SINGLES
Shawn Lefkowitz, Wayne Hills, def. Michael Makino, Passaic Valley, 6-3, 6-2.
THIRD SINGLES
Evan Baron, Wayne Hills, def. Shilpan Chokshi, Clifton, 6-3, 6-0.
FOURTH SINGLES
Eric Friedman and Kevin Wang, Wayne Hills, def. Ken Wronka and Harrison Mark, Wayne Valley, 6-1, 7-5.

SECOND DOUBLES
Andrew Dorian and Eric Ornstein, Wayne Hills, def. Bill Calosci and Jenish Jariwala, Passaic, 6-2, 6-2.

Hawthorne Christian 23 1/4, Dwight Englewood 12 1/4
Leonia 19 1/4, Dumont 16 1/4
No. Highlands 16 1/4, Bergenfield 22 1/4
Old Tappan 16 1/4, Passaic Val. 17 1/4
Park Ridge 22 1/4, Hawthorne Christian 13 1/4
Ramapo 15 1/4, Mahwah 16 1/4
Terrell 22, River Dell 14 1/4

BOYS TRACK
Paramus 80, Fair Lawn 60
Wayne Valley 82, Paramus 58
Wayne Valley 94, Fair Lawn 41
Lakeland 80, Passaic Tech 60
Lakeland 50, Passaic Valley 50
Wayne Valley 83, Paramus 57
Wayne Valley 57, Fair Lawn 42
Lodi 95, Saddle Brook 44

GIRLS TRACK
Lakeland 81, Passaic Valley 56
Lakeland 75, Passaic Tech 56
Wayne Valley 96, Paramus 44
Wayne Val. 97 1/2, Fair Lawn 42 1/2
Wayne Hills 73, DePaul 61
Paramus 75, Fair Lawn 65
Lodi 79, Saddle Brook 60

THURSDAY'S TRACK BESTS
The 40th BCSL American meet is Friday at River Dell with the River

TRACK & FIELD REPORT

Comet throws are sky-high

Mozia wins discus, shot put

By RONALD P. CLARK
STAFF WRITER

RAMSEY — Stephen Mozia joined Hackensack's track team to be a sprinter. But his best friend, Hackensack senior Anthony Montesano, had other ideas.

Those early days of Mozia's freshman year seem like a distant memory as the junior has turned into one of the top throwers in North Jersey, especially in the discus, where he produced a winning throw of 177 feet, 9 inches Thursday at the Don Bosco Ironman Invitational.

Mozia gives a lot of the credit to Montesano, who pulled Mozia off the track, put weights in his hands and taught him everything he knows.

"He is the one who taught me the most on how to throw the shot and disc," Mozia said. "Thanks to him, I picked it up. After that, coaches worked with me and I just started getting better from there."

Mozia won the shot put as well, with a distance of 53-7, but the discus is his favorite and most productive event. Even the actual act of throwing a discus is more attractive to him than the shot put.

"Discus for me is just more elegant," Mozia said. "Shot put is more brutish. When I throw a discus, it seems like everything just flows well. With shot put, it just seems like it's more rigid."

Demarest's Steve Iafraite knew when the javelin left his hand that he had accomplished something he hadn't done before.

"It felt so natural and smooth," Iafraite said. "It just never felt like that before. I thought it would be a 178 or a 179, but when [the official] said 186, that's pretty high."

Iafraite's winning throw of 186-7 topped his previous best, set at the Bergen Meet of Champions last season, by 13 feet. His "less is more" approach is producing results Iafraite would like to build upon once he arrives on Notre Dame of Ohio's campus in the fall.

The Top 25

Boys	Girls
1. Ridgewood	1. Immaculate Heart
2. Don Bosco	2. Holy Angels
3. Ramapo	3. Westwood
4. Indian Hills	4. River Dell
5. Passaic Valley	5. Ridgewood
6. Hack. Heights	6. Teaneck
7. Teaneck	7. Demarest
8. Old Tappan	8. Hack. Heights
9. River Dell	9. Paramus Cath.
10. Demarest	10. Wayne Valley
11. Bergen Catholic	11. No. Highlands
12. Hackensack	12. Terrell
13. Wayne Valley	13. Old Tappan
14. West Milford	14. Passaic Hills
15. Ridgefield Park	15. Garfield
16. St. Joseph	16. Passaic Valley
17. Wood-Ridge	17. Clifton
18. Englewood	18. Mahwah
19. Terrell	19. Ramsey
20. Kennedy	20. Ridgefield Park
21. No. Highlands	21. Indian Hills
22. Lodi	22. Cresskill
23. Ramapo	23. New Milford
24. Lyndhurst	24. Paramus
25. Passaic Hills	25. Passaic Tech

"I'm doing a lot more body weight," Iafraite said. "Just taking it easy. Last year I threw a little too much."

It doesn't stop here for Iafraite. His eyes are set on the bigger picture, like finishing in the top three at the State Meet of Champions.

"Hopefully I can get in the 190s and place," Iafraite said.

Demarest's Dan Nyfenger broke the two-year-old school record in the pole vault, held by Kenny Baron, with a height of 14-2. Nyfenger had been chasing the record for quite some time and knew he got it once he got over the bar.

"It felt really great," Nyfenger said. "It was a great day. A lot of hard work paid off."

The Garfield girls 4-x-200 relay team of sophomore Breonah Toon, junior Chelsea Davis, senior Lena Johnson and junior Tyra Jamison won the event and set a school record with a time of 1:49.46.

The Demarest boys and girls teams came away with team titles.

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AROUND THE TRACK

The final league meets for the soon to be defunct Bergen-Passaic Scholastic League, Bergen County Scholastic League American, National and Olympic divisions and Northern Bergen Inter-scholastic League will be held next week along with the only meet the North Jersey Tri-County Conference ever holds.

The 40th B-PSL meet opens Tuesday at Glen Rock and concludes Wednesday at the same site.

Reigning champions are Saddle Brook (Boys Carpenter), Lodi (Boys King), Pompton Lakes (Girls Carpenter) and Garfield (Girls King).

The BCSL National and Olympic meets will be held for the 44th and 38th times, respectively, Wednesday and Thursday at Overpeck Park in Palisades Park. Reigning champions are Lyndhurst (Boys BCSL National), Cresskill (Boys BCSL Olympic), Hackensack Heights (Girls BCSL National) and Park Ridge (Girls BCSL Olympic).

The 40th BCSL American meet is Friday at River Dell with the River

Dell boys and Westwood girls the reigning champions.

Thursday at Mahwah, the 57th NBIL (formerly the Bergen-Passaic Interscholastic League) title sees Demarest and Indian Hills (Boys A and B titles) and Demarest and Mahwah (Girls A and B champs) as the reigning champs.

The NJTCC, which is divided into four divisions, will require three days for its only meet, Wednesday, Friday and Saturday, all at Hackensack.

Paterson Catholic, which is closing in June, made its second appearance in the Penn Relays last week and almost brought home a plaque.

The Cougars' quartet of sophomore Elijah Shumate, senior Jaquies Gerald, junior Antonio Hunt and junior Anthony Andrews led their heat of the 4-x-400 relay for three legs before an excellent anchor leg by Garfield's Angel Lora gave Garfield the victory: Paterson Catholic finished fifth in 3:37.49.

— Paul Schwartz and Ronald Clark

Delzotto takes over at Dumont

Dumont hired its second head football coach in as many months with the announcement Thursday that one North Jersey veteran assistant, Phil Delzotto, has replaced another, Mike Llaugiet.

Delzotto, 32, spent last season as Wood-Ridge's defensive coordinator and also served as an assistant at Passaic (2003-2008)

FOOTBALL

and Passaic Hills (1997-2000). He's a Mahwah resident and graduated from Passaic Hills in 1995.

Delzotto takes over a program that was 2-8 last season under A.J. Wells, who resigned after two seasons. Over the past nine years, the Indians went 35-55 and had

TODAY'S HIGH SCHOOL SCHEDULE

BASEBALL

Paramus at Passaic, 4
Fair Lawn at Kennedy, 4
Passaic Valley at Bergen Tech, 4
DePaul at Ridgewood, 4
Wayne Valley at Passaic Tech, 4

Hackensack at Teaneck, 4
Kernedy at Fair Lawn, 4:30
Fairfield at Lakeland, 4
Fort Lee at Dwight Morrow, 4
Rutherford at Cliffside Park, 4
Queen of Peace at Dumont, 4

Ramapo at Old Tappan, 4
Demarest at Northern Highlands, 4
Ridgewood at Dwight Englewood, 4
Bergenfield at Passaic Valley, 4
Paramus Cath. at Passaic Hills, 4
Elmwood Park at Garfield, 4

Ridgewood 86

May 4th 75, sunny and windy

Passaic 44

400 IH: Ridgewood: 9 Passaic: 0
1-Sean Mattson (R) 62.0 2-Neil Schoff (R) 62.8 3-A.J. Mandarano (R) 63.5
Others: D. Suh 64.9

100m: Ridgewood: 5 Passaic: 4
1-InSoo Hwang (R) 11.4 2-Robinson (P) 11.4 3-Dawson (P) 11.5
Others: M. Beausoleil 11.5; K. Lai 11.7; D Freides 12.2; G. Urbano 12.2; R. Jennee 12.4; C. Steinacher 13.2; A. Quartanaro 13.2; T. Hansen 13.3; J. Suh 13.5

1600m: Ridgewood: 9 Passaic: 0
1- Tom Stephan (R) 4:38 2-Mark French (R) 4:56 3-Nick Francis (R) 4:59
Others: T. Garrity 5:00; A. Sarrappo 5:02; G. Jones 5:02; S. Dublier 5:04;
N. Salamone 5:09;

400m: Ridgewood: 4 Passaic: 5
1-Reaves (P) 49.5 2-Matt Grundy (R) 50.9 3-Jon Riemer (R) 51.3
Others: M. LaDuca 53.8; InHo Hwang 54.6; N. Tai 55.7; S. Park 58.8; D. Ok 59.4

110HH: Ridgewood: 9 Passaic: 0
1-InSoo Hwang (R) 15.3 2-Edward Blair IV (R) 15.5 3-Matt Beausoleil (R) 15.5
Others: K. Chung 18.5; D. Suh 18.8

800m: Ridgewood: 8 Passaic: 1
1-Juan Llinas (R) 2:06.5 2-Will Ades (R) 2:07.8 3-Passaic 2:10
Others: S. Kagai 2:14; D. Anzalone 2:44

200m: Ridgewood: 1 Passaic: 8
1-Reaves (P) 22.5 2-Passaic 3-Kevin Lai (R) 23.2
Others: S. Mattson 23.9; D. Freides 24.8; G. Urbano 24.8; J. Knight 25.3;
A. Quartanaro 25.4; C. Steinacher 25.5; R. Jennee 25.6; T. Hansen 25.7; E. Xue 26.4;
J. Suh 29.0; C. Jennings 29.6; A. Martinez 29.6

3200m: Ridgewood: 9 Passaic: 0
1- Mohamed Eid (R) 10:23 2-Tom Stephan (R) 10:56 3-Mark French (R) 10:58
Others: G. Jones 11:02

4x400m: Ridgewood: 0 Passaic: 5
1-Passaic 3:37 2-Ridgewood 3:40.3
(M. LaDuca 54.3; W. Ades 55.7; K. Chung 55.5; N. Schoff 54.5)

Long Jump: Ridgewood: 4 Passaic: 5
1-Robinson (P) 2-Young Hoe Koo (R) 18'2" 3-Matt Beausoleil (R) 17'10"
Others: A. Mandarano 16'3 1/4"

Triple Jump: Ridgewood: 5 Passaic: 3
1-A.J. Mandarano (R) 35'10" 2-Passaic
Others:

High Jump: Ridgewood: 4 Passaic: 5
1-Reaves (P) 6'3" 2-Evan Barlik (R) 6'2" 3-Young Hoe Koo (R) 5'6"
Others:

Pole Vault: Ridgewood: 9 Passaic: 0
1-John Wisener (R) 13'0" 2-Andrew Gramaglia (R) 12'0" 3-Tim Chung (R) 9'6"
Others: J. Knight 7'6"

Shot Put: Ridgewood: 4 Passaic: 5
1-Passaic 2-Jack Simmons (R) 43'9 1/4" 3-Anthony Balboa 42'2"
Others: S. Etna 41'11 1/4"; A. Spetsieris 37'5"; M. Henni 36'10 3/4"; J. Barnett 36' 1/4";
M. Dremmel 34'2"; A. Meuller 30'2"; A. Halawel 29'7"; N. Cerasulo 28'5";
I. Wellington 27'8"; A. Moras 25'1"

Discus: Ridgewood: 6 Passaic: 3
1-Jack Simmons (R) 157'10" 2-Passaic 109' 3-Steven Etna (R) 108'6"
Others: M. Henni 104'6"; A. Balboa 98'8"; J. Barnett 97'6"

Javelin: Ridgewood: Passaic:
Not Contested

Others:

Ridgewood 93

Eastside 38

May 4th 75, sunny and windy

400 IH: Ridgewood: 4 Eastside: 5
1-Eastside 61.0 2-Sean Mattson (R) 62.0 2-Neil Schoff (R) 62.8
Others: A. Mandarano 63.5; D. Suh 64.9

100m: Ridgewood: 4 Eastside: 5
1-Eastside 11.3 2-InSoo Hwang (R) 11.4 3-Matt Beausoleil (R) 11.5
Others: K. Lai 11.7; D Freides 12.2; G. Urbano 12.2; R. Jennee 12.4; C. Steinacher 13.2;
A. Quartanaro 13.2; T. Hansen 13.3; J. Suh 13.5

1600m: Ridgewood: 6 Eastside: 3
1- Tom Stephan (R) 4:38 2-Jackson (E) 4:40 3-Mark French (R) 4:56
Others: N. Francis 4:59; T. Garrity 5:00; A. Sarrappo 5:02; G. Jones 5:02;
S. Dublier 5:04; N. Salamone 5:09;

400m: Ridgewood: 8 Eastside: 1
1-Matt Grundy (R) 50.9 2-Jon Riemer (R) 51.3 3-Eastside 52.4
Others: M. LaDuca 53.8; InHo Hwang 54.6; N. Tai 55.7; S. Park 58.8; D. Ok 59.4

110HH: Ridgewood: 9 Eastside: 0
1-InSoo Hwang (R) 15.3 2-Edward Blair IV (R) 15.5 3-Matt Beausoleil (R) 15.5
Others: K. Chung 18.5; D. Suh 18.8

800m: Ridgewood: 6 Eastside: 3
1-Juan Llinas (R) 2:06.5 2-Jackson (E) 2:06.8 3-Will Ades (R) 2:07.8
Others: S. Kagai 2:14; D. Anzalone 2:44

200m: Ridgewood: 3 Eastside: 6
1-Eastside 22.9 2-Kevin Lai (R) 23.2 3-Eastside 23.4
Others: S. Mattson 23.9; D. Freides 24.8; G. Urbano 24.8; J. Knight 25.3;
A. Quartanaro 25.4; C. Steinacher 25.5; R. Jennee 25.6; T. Hansen 25.7; E. Xue 26.4;
J. Suh 29.0; C. Jennings 29.6; A. Martinez 29.6

3200m: Ridgewood: 8 Eastside: 1
1- Mohamed Eid (R) 10:23 2-Tom Stephan (R) 10:56 3-Eastside
Others: G. Jones 11:02

4x400m: Ridgewood: 0 Eastside: 5
1-Eastside 3:33 2-Ridgewood 3:40.3
(M. LaDuca 54.3; W. Ades 55.7; K. Chung 55.5; N. Schoff 54.5)

Long Jump: Ridgewood: 8 Eastside: 1
1-Young Hoe Koo (R) 18'2" 2-Matt Beausoleil (R) 17'10" 3-Eastside
Others: A. Mandarano 16'3 1/4"

Triple Jump: Ridgewood: 3 Eastside: 6
1-McKenzie (E) 2-A.J. Mandarano (R) 35'10" 2-Eastside
Others:

High Jump: Ridgewood: 8 Eastside: 1
1-Evan Barlik (R) 6'2" 2-Young Hoe Koo (R) 5'6" 3-McKenzie (E) 5'4
Others:

Pole Vault: Ridgewood: 9 Eastside: 1
1-John Wisener (R) 13'0" 2-Andrew Gramaglia (R) 12'0" 3-Eastside 10'
Others: T. Chung 9'6"; J. Knight 7'6"

Shot Put: Ridgewood: 9 Eastside: 0
1-Jack Simmons (R) 43'9 1/4" 2-Anthony Balboa 42'2" 3-Sтивен Etna (R) 41'11 1/4"
Others: A. Spetsieris 37'5"; M. Henni 36'10 3/4"; J. Barnett 36' 1/4"; M. Dremmel 34'2";
A. Meuller 30'2"; A. Halawel 29'7"; N. Cerasulo 28'5";
I. Wellington 27'8"; A. Moras 25'1"

Discus: Ridgewood: 9 Eastside: 0
1-Jack Simmons (R) 157'10" 2-Sтивен Etna (R) 108'6" 3-Mike Henni (R) 104'6"
Others: M. Henni 104'6"; A. Balboa 98'8"; J. Barnett 97'6"

Javelin: Ridgewood: Eastside:
Not Contested

Others:

Maroons prevail as DB bails

By PAUL SCHWARTZ
STAFF WRITER

HACKENSACK - The stage was set for a dramatic finish in the boys' B Division of the North Jersey Tri-County Conference meet Saturday.

Ridgewood had led Don Bosco for most of the two-day meet, but the Ironmen had gone 1-2-4 in the 3,200, won the triple jump and took second in the 200 to narrow what was once a 25½ point deficit to 2½ with just the 4-x-400 relay remaining.

Ridgewood's coaches were scurrying around trying to confirm the current score and prepare for the final event.

BOYS

But when the Maroons stepped onto the track for their heat of the relay, they got a shock: Don Bosco had chosen not to contest the relay, conceding the victory to Ridgewood. The Maroons took second in the relay for a 126½-116 victory.

"This wasn't how I thought it would play out," said Ridgewood coach Josh Saladino. "We had a great meet with a lot of personal bests in the field and on the track, but I didn't expect this."

"We just stunk this weekend," said Don Bosco coach Rob DeCarlo. "And it wouldn't have been right to use the two kids we could have used on the relay, because they weren't the problem. So we'll regroup and come back next week" in the Bergen County championships.

Ridgewood grabbed the lead Friday when the Maroons went 2-3-4 in the 1,600 and outscored the Ironmen, 18-1, in what was expected to be a strong event for both teams. John Wisener scored the Maroons' only Saturday win in the pole vault just before the meet was delayed for 40 minutes by lightning. Ridgewood scored in every event, capped by a surprise second by sophomore Evan Bartlik in the triple jump to keep the Maroons ahead going into the relay.

More than half of the Maroons' points were scored by underclassmen, but Saladino says that his team is worried about now, not the future.

"They're not interested in waiting to see what they can do next year, they are focused on this year," said Saladino.

So, too, is a Teaneck team that romped in the small-school A Division, winning six events and having 17 top-three finishes en route to a 159½-73 win over Wayne Valley.

"We believe we may be the No. 1 team in the area and we've been building a long time to get to this spot," said Michelle McMillan, the Teaneck head coach. "I think we're ready to show people next week."

"We want to show it in practice and show it on the track," said senior Casey Pleasants, who won the 100 and 200. "We're coming in as a lower seed and no one is really paying attention to us."

"We've got the heart and dedication to do this," added senior Justin Hodge, who won the 800 and 1,600 and anchored the winning relay.

Individually, the meet star was Hackensack's Conroy Walker. Walker won the 100, 200 and long jump, recording a personal outdoor best of 22.11 in the jump.



DON SMITH/STAFF PHOTOGRAPHER

Teaneck's Tiffany Mills, right, and Kahliya Taylor finishing first and second in the 200 on Saturday at the NJTCC championships in Hackensack.

Teaneck peaking at the right time

By RONALD P. CLARK
STAFF WRITER

HACKENSACK - It might seem as if the Teaneck girls track team has been in hiding. But that has been by design.

"I like to go other places and see how we fare against other teams," Teaneck coach Cheryl Miller-Porter said. "I like to run outside of Bergen and then come back to Bergen. We spread the wealth a little bit."

After participating in the Rowan Invitational in Glassboro last weekend, the Highwaywomen resurfaced for the NJTCC championship meet. While Immaculate Heart won comfortably in Division B, the Highwaywomen put Bergen County on notice that they are hitting their stride.

How else do you explain putting up 156 points and winning Division A by 66 points over second-place Wayne Valley?

"Where we're strong, we're very strong," Miller-Porter said. "I look forward to that over the next few weeks. The team is rising to the top at the right time."

Teaneck can hold its own during the relay season, as seen in its third-place finish in Division A of the Bergen County Relays. But the Highwaywomen are built for the time of year when individual talents can be showcased and track again becomes a team sport based on individual performances.

And the Highwaywomen weren't short on performances Friday and Saturday.

Sophomore Kahliya Taylor won the 100 in 12.7, the 400 in 59.2 and anchored the winning 4-x-400 relay team that ran 4:09.1 over the two days.

It was a bit of a coming-out party for Taylor, who is becoming one of the top young sprinters in Bergen County.

"I was a little nervous," Taylor said. "I wasn't sure because sometimes teams have people who just bust out on certain days. So I wasn't really sure, but I was pretty confident."

Senior Tiffany Mills missed Friday because of a prior commitment, so Taylor stepped in for the 100. Mills returned Saturday to win the 200, with Taylor in second.

It didn't stop with the sprinters. Shaena Wizzard (triple jump, long jump), Carla Olgetree (high jump), Apressha Hampton (shot put) and Ashley Barker (400 IH) each won her event for the balanced Highwaywomen.

"We've been really strong and we're getting stronger as the season comes to an end," Taylor said. "After Penn Relays, we've just been getting really good as a team."

IHA had another dominant performance behind Erin Thompson (1,600, 3,200) and Theresa Picciallo (discus, shot put), despite some seniors missing events on Friday because of IHA's prom.

Julie Sinkovitz (800) and Jen Pash (100) also won their events as the Blue Eagles show they're one of the deepest teams in Bergen County.

"They have been producing championships since they were freshmen," IHA coach Shemayne Williams said, "and I think they needed this privilege of going to their prom and enjoying it. I was willing to sacrifice. It wasn't easy, but they did the best they could."

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DIVISION B

TEAM SCORES: Ridgewood (R) 126 1/2; Don Bosco (DB) 116; Hackensack (H) 65 1/2; Bergen Catholic (BC) 48; Kennedy (K) 35; Passaic Tech (PCT) 28; Eastside (E) 25; Passaic (PS) 22; Clifton (C) 18; Bergen Tech (BT) 12.

100: 1. Conroy Walker (H), 10.7; 2. Leonte Carroo (DB), 11.0; 3. Jashon Dawson (PS), 11.1; 4. Tarique Gray (BC), 11.1; 5. Selwyn Maxwell (DB), 11.2; 6. Latimore Campbell (E), 11.2.

200: 1. Conroy Walker (H), 22.1; 2. Leonte Carroo (DB), 22.2; 3. Tarique Gray (BC), 22.4; 4. Selwyn Maxwell (DB), 22.6; 5. In Soo Hwang (R), 22.8; 6. Ernest Wingate (BC), 22.9.

400: 1. Leonte Carroo (DB), 49.0; 2. Yusef Reeves (PS), 49.2; 3. Matt Grundy (R), 49.4; 4. Billy Leonard (BC), 50.3; 5. Jon Reimer (R), 50.4; 6. In Soo Hwang (R), 51.0.

800: 1. Salm Corbin (E), 1:56.9; 2. Tahleef Jackson (E), 1:57.3; 3. Mike Belgiovine (DB), 1:58.0; 4. Joel Douglas (H), 1:58.5; 5. Levi Jennings (R), 1:58.9; 6. Phelan McCormick (DB), 1:59.0.

1,600: 1. Andreas Kellas (BT), 4:23.7; 2. Pat Rynkowski (R), 4:24.2; 3. Brian Cleary (R), 4:25.1; 4. Levi Jennings (R), 4:25.4; 5. Joel Douglas (H), 4:25.6; 6. Rafael Vargas (DB), 4:26.3.

3,200: 1. Rafael Vargas (DB), 9:31.5; 2. Pat Rynkowski (R), 9:34.1; 3. Howie Rosas (DB), 9:36.5; 4. Christian Costello (DB), 9:42.7; 5. Andreas Kellas (BT), 9:50.0; 6. Brian Cleary (R), 9:50.9.

110 HH: 1. Keshon Brown (K), 13.9; 2. In Soo Hwang (R), 14.4; 3. Ernest Wingate (BC), 14.5; 4. Selwyn Maxwell (DB), 14.5; 5. Edward Blair IV (R), 14.8; 6. Matt Beausoleil (R), 15.2.

400 IH: 1. In Soo Hwang (R), 54.4; 2. Ernest Wingate (BC), 55.8; 3. Keshon Brown (K), 56.3; 4. Billy Leonard (BC), 56.3; 5. Greg Hazell (DB), 56.3; 6. Mark Jones (H), 57.6.

Shot put: 1. Stephen Mozia (H), 56.4; 2. Tim Byrne (DB), 51.2; 3. Lonnie Day (PCT), 50.11; 4. Tom Mandese (BC), 50.1; 5. Jack Simmons (R), 48.4; 6. Anthony Balboa (R), 45.8.

Discus: 1. Stephen Mozia (H), 165.4; 2. Jack Simmons (R), 149.5; 3. Tim Byrne (DB), 143.6; 4. Lonnie Day (PCT), 132.3; 5. John Sunday (C), 126.11; 6. Paul Caneyari (DB), 125.3.

Javelin: 1. Quantrell Huffin (PCT), 162.8; 2. Mark Manlack (R), 161.3; 3. Lonnie Day (PCT), 157.2; 4. Tyler Yee (DB), 155.4; 5. John Sunday (C), 143.9; 6. Ryan Jehnee (R), 142.8.

High jump: 1. Tommy DeVita (R), 6-6; 2. Yusef Reeves (PS), 6-6; 3. Craig Hall (K), 6-4; 4. Greg Hazell (DB), 6-0; 5. tie between John Harrison (H) and Evan Bartlik (R), 6-0.

Long jump: 1. Conroy Walker (H), 22-11 1/2; 2. Greg Hazell (DB), 21-7; 3. Craig Hall (K), 21-6 1/2; 4. Ryan Felix (C), 19-10 1/2; 5. Matt Grundy (R), 19-10; 6. Benjamin Davis (DB), 19-2 1/2.

Triple jump: 1. Greg Hazell (DB), 44-11; 2. Evan Bartlik (R), 43-5; 3. Keshon Brown (K), 43-4 3/4; 4. Conroy Walker (H), 43-0 3/4; 5. Jaheer Allen (C), 42-3 1/4; 6. Ellajawon Scott (H), 41-9 1/4.

Pole vault: 1. John Wisener (R), 14-0; 2. Mike Baselice (DB), 13-0; 3. Andrew Gramuglia (R), 12-0; 4. Julian Macrone (C), 11-6; 5. Jaheer Tyree (PCT), 11-0; 6. Adrian Go (BC), 10-0.

4-x-400 relay: 1. Bergen Catholic (Ernest Wingate, Tarique Gray, Mario Krahiac, Billy Leonard), 3:24.1; 2. Ridgewood, 3:27.3; 3. Eastside, 3:35.4; 4. Clifton, 3:37.5; 5. Hackensack, 3:41.2; 6. Kennedy, 3:41.6.

Girls

DIVISION A

TEAM SCORES: Teaneck (T) 156; Wayne Valley (WV) 90; DePaul (D) 84; Passaic Valley (PV) 47; West Milford (WM) 44 1/2; Lakeland (L) and Wayne Hills (WH) 25; Fair Lawn (FL) 15; Paramus (P) 9 1/2.

100: 1. Kahila Taylor (T), 12.7; 2. Nicole Lopez (D), 12.9; 3. Lauren Szweczyk (PV), 13.1; 4. Michaela Arbus (D), 13.1; 5. Annie Rivera (L), 13.2; 6. Jessiva Nendze (WM), 13.3.

200: 1. Tiffany Mills (T), 25.6; 2. Kahila Taylor (T), 25.6; 3. Shaena Wizzard (T),

TRACK & FIELD

NITCC

AT HACKENSACK

Boys

DIVISION A

TEAM SCORES: Teaneck (T) 159 1/2; Wayne Valley (WV) 73; West Milford (WM) 61; St. Joseph Regional (SJ) 55; Lakeland (L) 50; Paramus (P) 32; Fair Lawn (FL) 29; Passaic Valley (PV) 16; DePaul (D) 12 1/2; Wayne Hills (WH) 8.

100: 1. Casey Pleasants (T), 11.0; 2. Zadique Whyte (T), 11.0; 3. Darylan Miles (T), 11.0; 4. Kevin Amditis (L), 11.0; 5. Aaron Aquino (L), 11.2; 6. Malcolm Carter (SJ), 11.4.

200: 1. Casey Pleasants (T), 22.1; 2. Darylan Miles (T), 22.3; 3. Kevin Amditis (L), 22.3; 4. John Sanford (SJ), 22.3; 5. Zadique Whyte (T), 22.6; 6. Jabari Garvin (SJ), 22.9.

400: 1. John Sanford (SJ), 49.5; 2. Bryan Murphy (T), 49.6; 3. Warren Fields (T), 50.7; 4. Damien Elliott (T), 51.2; 5. Cody Geyer (L), 51.4; 6. Malcolm Carter (SJ), 51.7.

800: 1. Justin Hodge (T), 1:59.6; 2. Warren Fields (T), 1:59.9; 3. Mark Sheptock (WV), 2:00.0; 4. Nick Fiorino (P), 2:02.2; 5. Mike Maglio (WV), 2:02.9; 6. Kyle Gugliotta (SJ), 2:03.3.

1,600: 1. Justin Hodge (T), 4:34.2; 2. Mike Obsuth (FL), 4:35.3; 3. Nick Fiorino (P), 4:36.0; 4. Mike Maglio (WV), 4:37.1; 5. Adam Gill (D), 4:38.2; 6. Mark Sheptock (WV), 4:40.8.

3,200: 1. Dennis Arnold (L), 9:55.4; 2. Mike Obsuth (FL), 10:03.5; 3. Adam Gill (D), 10:07.1; 4. Adam Ross (FL), 10:15.7; 5. Justin Cifuentes (T), 10:27.6; 6. Mike Sheptock (WV), 10:27.9.

110 HH: 1. Mark Van Teyens (WM), 14.9; 2. Jake Hankinson (WM), 16.0; 3. Chris McDonald (WV), 16.1; 4. Demor Hamilton (T), 16.4; 5. Cody Pepe (D), 16.7; 6. Dharm Patel (P), 16.7.

400 IH: 1. Dharm Patel (P), 57.6; 2. Damien Elliott (T), 58.9; 3. Chris Connolly (WV), 59.0; 4. Mark VanTeyens (WM), 59.3; 5. Dan Sexton (WV), 59.5; 6. Wisam Saadah (WV), 59.7.

Shot put: 1. James Merse (WM), 47.11; 2. Franco Rosella (WV), 47.11; 3. Jonathan Martinez (PV), 47.9; 4. Aharown Campbell (P), 44.3; 5. Mike Vigorita (WM), 43.7; 6. Pat O'Connor (SJ), 43.6.

Discus: 1. Eric Sinke (L), 135.11; 2. Jonathan Martinez (PV), 126.3; 3. Aharown Campbell (P), 120.10; 4. Franco Rosella (WV), 118.1; 5. Samuel Kleinberg (SJ), 115.7; 6. Dan Portillo (WM), 112.2.

Javelin: 1. John Connolly (SJ), 167.6; 2. Gerry Veltri (WM), 152.9; 3. Mike Vigorita (WM), 148.5; 4. Eric Lesko (P), 144.10; 5. Dylan Mizerek (WM), 143.0; 6. Casey Paulosky (D), 140.8.

High jump: 1. Kyan Ferreria (T), 6-0; 2. Ricky Jeune (SJ), 5-10; 3. Christian MacDonald (WV), 5-10; 4. Sean Wimbush (T), 5-10; 5. tie between Theodore Berry (T) and Stephen Boyle (D), 5-8.

Long jump: 1. Rob Palmarozza (WV), 20-7 1/2; 2. Kamal Hogan (SJ), 20-3 1/2; 3. Nevon Williams (T), 20-0 1/2; 4. Jeremy Efthimlades (WM), 19-7 1/2; 5. Luke Walsh (FL), 19-5 1/2; 6. Dan Roman (L), 19-3.

Triple jump: 1. Dan Roman (L), 41-7 1/2; 2. Jamal Williams (T), 41-3; 3. Nevon Williams (T), 40-3; 4. Connor Glacken (L), 39-9 1/2; 5. Rob Palmarozza (WV), 39-7; 6. Luke Walsh (FL), 39-1 1/2.

Pole vault: 1. Alex Severson (WV), 12-6; 2. Dan Scullion (WM), 12-0; 3. Antonio Nadera (P), 12-0; 4. Mike Stitt (WM), 11-6; 5. Mike Vecchione (PV), 11-6; 6. tie between Austin Brush (L) and Connor Glacken (L), 11-6.

4-x-400 relay: 1. Teaneck (Darylan Miles, Warren Fields, Damien Elliott, Justin Hodge), 3:24.3; 2. St. Joseph Regional, 3:33.3; 3. Fair Lawn, 3:34.3; 4. Wayne Valley, 3:34.5; 5. West Milford, 3:35.0; 6. Paramus, 3:41.6.

NJTCC League Championship

May 7th and 8th

Discus:

Jack Simmons	<u>149'5" – 2nd Place</u>
Stephen Etna	109'0"
Michael Henni	92'0"

400IH:

InSoo Hwang	<u>54.4 – 1st Place</u>
Sean Mattson	59.0
Edward Blair IV	60.2

100m:

Matt Beausoleil	11.4 / 11.4
Kevin Lai	11.6

1600m:

Brian Cleary	<u>4:25.1 – 3rd Place</u>
Patrick Rynkowski	<u>4:24.2 – 2nd Place</u>
Levi Jennings	<u>4:25.5 – 4th Place</u>

400m:

Matt Grundy	<u>49.4 – 3rd Place</u>
InSoo Hwang	<u>51.0 – 6th Place</u>
Jon Riemer	<u>50.4 – 5th Place</u>

High Jump:

Tommy DeVita	<u>6'6" – 1st Place</u>
Evan Bartlik	<u>6'0" – tie for 5th Place</u>
Young Hoe Koo	5'8"

Long Jump:

Tommy DeVita	18' ¾"
Evan Bartlik	18'7 ½"
Young Hoe Koo	<u>19'10" – 5th Place</u>

Shot Put:

Jack Simmons	<u>48'4" – 5th Place</u>
Anthony Balboa	<u>45'8" – 6th Place</u>
Stephen Etna	43'10"

Saturday:

800m:

Levi Jennings 1:58.9 – 5th Place

Steven Spreitzer 2:00.2

Tom Stephan 2:03.9

110HH:

InSoo Hwang 15.2 / 14.6 / 14.4 – 2nd Place

Edward Blair IV 15.2 / 14.9 / 14.8 – 5th Place

Matt Beausoleil 16.2 / 15.2 / 15.2 – 6th Place

3200m:

Brian Cleary 9:50.9 – 6th Place

Patrick Rynkowski 9:34.1 – 2nd Place

Levi Jennings 9:53.0

200m:

InSoo Hwang 22.8 – 5th Place

Matt Grundy 23.4

Kevin Lai 23.3

4x400m:

Jon Riemer 52.2

Juan Llinas 52.1

Sean Mattson 53.3

Matt Grundy 49.7 3:27.3 – 2nd Place

Javelin

Mark Maniaci 161'3" – 2nd Place

Matt Beausoleil 138'10"

Ryan Jennee 142'8" – 6th Place

Triple Jump:

Tommy DeVita 39'6"

Evan Bartlik 43'5" – 2nd Place

Matt Beausoleil 39'10"

Pole Vault:

Jon Wisener 14'0" – 1st Place

Andrew Gramaglia 12'0" – 3rd Place

Tim Cheung 9'0"

Congrats on the NJTCC League Championship! It feels good to win – lets keep it going!

Novice Championship
@ RHS – 60 and cloudy

May 11, 2010

400IH: N. Schoff 60.8 – 3rd Place
A.J. Mandarano 61.6 – 5th Place
David Suh 64.8

100m:

J. Shippee 11.7/11.8/11.7 – 5th Place
D. Freides 11.9 / 11.8
G. Urbano 12.2 / 12.2
A. Quartararo 12.2 / 12.2
K. Chung 12.; S. Park 12.1; K. Ransom 12.2; C. Steinacher 12.5; E. Xue 12.6;
I. Nathanson 13.1; T. Hansen 13.3; D. Downing 13.3; C. Jennings 13.7;
A. Martinez 14.0; T. Schwartz 15.7

1600m: S. Spreitzer 4:31.8

T. Stephan 4:37.1 – 1st Place
N. Francis 4:48; M. French 4:49; S. Dublier 4:55; T. Garrity 4:56; N. Salamone 4:58;
A. Sarappo 4:59; T. Colvin 5:11

400m: M. LaDuca 53.2 – 1st Place
InHo Hwang 54.0 – 2nd Place
D. Ok 60.4; C. Tarzian 65.7

110HH: A. Mandarano 16.5 / 16.9 / 16.3 – 2nd Place
K. Chung 18.4 / 17.9 / 18.9 – 5th Place
D. Suh 18.4 / 18.0

800m: W. Ades 2:05.3 – 1st Place
N. Tai 2:10.9 – 4th Place
S. Kagai 2:12.8; D. Anzalone 2:33

200m: InHo Hwang 24.3 – 4th Place
D. Freides 24.4 – 5th Place

J. Shippee 24.7 C. Steinacher 25.0; G. Urbano 25.1; J. Knight 25.3; A. Quartararo 25.4;
K. Ransom 25.6; T. DiOrio 25.7; T. Hansen 26.7; I. Nathanson 27.2; E. Xue 27.5;
C. Jennings 28.5; A. Martinez 29.2

3200m: M. Eid 10:06.9 – 2nd Place
G. Jones 10:44; M. French 10:53; B. Fishbein 11:23

4x400m:

M. LaDuca 54.0; D. Freides 56.4; N. Tai 53.8; InHo Hwang 54.1 - 3:37.9 – 2nd Place
W. Ades 57.8; D. Ok 63.0; S. Park 58.5; N. Schoff 54.6 - 3:54.1 – 5th Place

Triple Jump: A. Mandarano 36'6"

High Jump: J. Shippee 5'6" – 1st Place
G. Urbano 4'9" – 4th Place

Shot and

A. Moras 24'7"

I. Wellington 26'9"

R. Feeney 28'4"

N. Cerasulo 32'9"

A. Halawel 28'10"

A. Mueller 29'3"

M. Dremell 34'1"

J. Barnett 31'4"

A. Spetsieris 34'6" – 5th Place

Disc:

53'

66'9"

76'2"

72'5"

78'3"

77'10"

80'3"

84'4"

81'6"

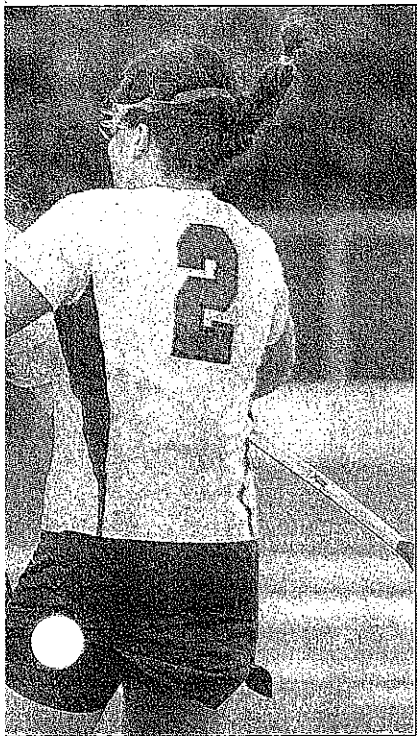
Pole Vault: T. Cheung 10'0" – 1st Place

J. Knight 9'6" – 4th Place

M. Capurso 8'0"; K. Hayes NH

Comments:

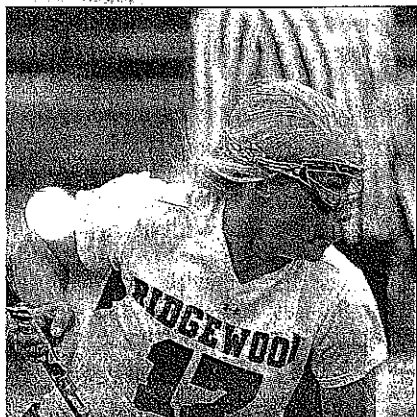
A ton of medals and even more personal bests. For those of you coming back next year this was a great meet to build on. For the Frosh – keep it going because we have one week until our county championship. For the seniors – well done! You all went out with great performances! Congrats!



PHOTOS/KELLY BIRDSEYE

(1), Isabel Sippel (15) and Caitlin
Jen County title with an 11-5 win over

fourth
nty title



TRACK & FIELD

Maroon boys beat DB at league meet

*Ironmen opt out of relay
as RHS pushes its title
streak to 10; girls team
takes 3rd in NJTCC-B*

BY GREG TARTAGLIA
Assistant Sports Editor

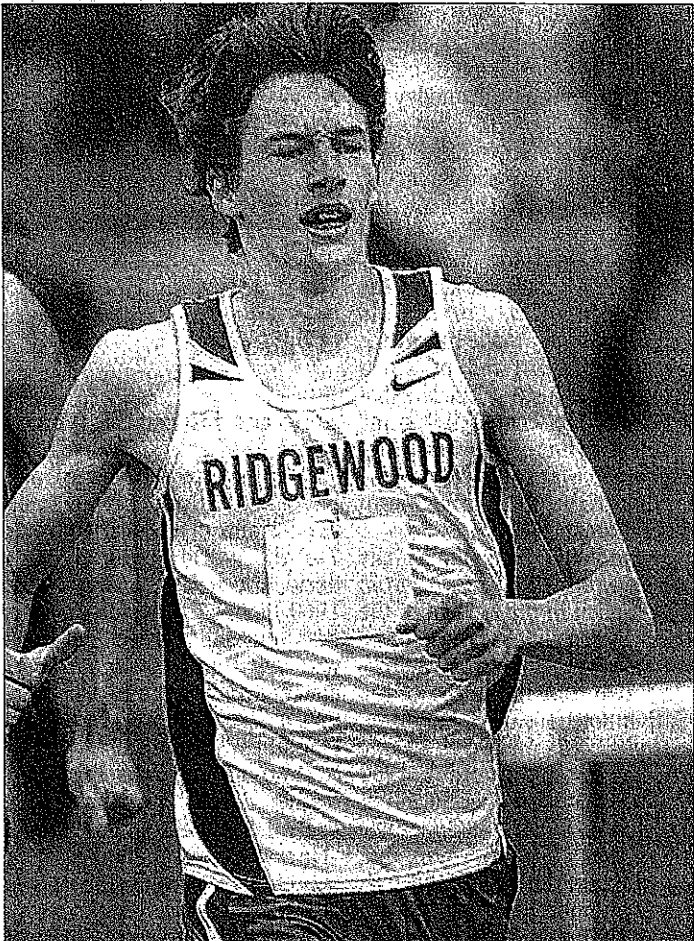
RIDGEWOOD – The Non-Public factor ended up being a non-factor.

After claiming nine consecutive league championships against all-public school competition in the old NNJIL, the Ridgewood High School boys track and field team faced the one-year prospect of battling Don Bosco for the NJTCC Division B title before the state's league realignment is completed.

The Maroons met the challenge head-on last weekend in Hackensack, taking a 2.5-point lead into the final event – Saturday's 4 x 400-meter relay – and earning a silver medal to complete a 126.5-116 victory over Don Bosco, which opted not to enter the relay.

The Ridgewood boys got gold-medal performances from seniors Tommy DeVita (6-foot-6 in the high jump) and John Wisener (14-0 in the pole vault) and junior InSoo Hwang (54.4 second in the 400 hurdles).

The Maroon girls team garnered one gold and four silvers, but its string of six consecutive league crowns ended at the hands of Immaculate Heart, which won the NJTCC-B title with 140 points. Clifton edged out RHS for second place, 88-86.



PHOTOS COURTESY OF JOHN SPREITZER

Sophomore Levi Jennings helped Ridgewood secure a 2-3-4 finish in the boys 1,600-meter race at last weekend's NJTCC championships, running fourth in 4:25.4. He added a fifth place in the 800 to help the Maroons win the Division B title.

Grundy clocked a personal-best 49.4 in the 400 to earn a bronze medal and lead a 3-5-6 finish. Hwang (14.4), Eddie Blair IV (14.8) and Matt Beausoleil (15.2) gymnast added victories in the long and triple jumps and cleared 12-3 in the pole vault, fending off Ridgewood junior Kayla Polcari (11-0) for the title.



...k has started each of the last four
...sse title games, helping Ridgewood
Sunday's final, she netted a game-

, and half to make it 6-1, it appeared
before the game had been decided.
ly got Instead, the Eagles came back
to a with three straight tallies.

2 left Emily Doyle scored twice and
n the Gabby McMahon got a goal that
cond

See COUNTY CHAMPS, page C5



...ne (4) and Immaculate Heart's Katie
Bernen County finals last Sunday.

In the boys events, Ridgewood set a tone in the very first race by running 2-3-4 in the 1,600, with junior Pat Rynkowski (4:24.2) heading a pack that included teammates Brian Cleary (4:25.1) and Levi Jennings (4:25.4).

Rynkowski, who also ran second in the 3,200 (9:34.1), noted that beating Don Bosco at last month's Bergen County Relays served as "a good motivator" for RHS. "Originally, you think, 'Oh no, it's Bosco,' but when you know that you can beat them, you're not intimidated by them at all," he said at Wednesday's team practice.

In the 4 x 400, Maroon juniors Jon Riemer, Juan Llinas and Sean Mattson and senior Matt Grundy combined for a time of 3:27.3 to finish runner-up to Bergen Catholic (3:24.1). Had it entered the race, Don Bosco would have needed to finish two places higher than Ridgewood to alter the outcome.

"It's their choice of how they want to put the meet together," RHS boys coach Josh Saladino said of the Ironmen's decision. "We can't control who we go against, or which lineups get put out there. Our job is to go out and do our best, and let the places take care of themselves."

ran 2-5-6 in the 110 hurdles.

In the field, Ridgewood sophomore Evan Bartlik set a personal record by three feet to secure triple jump silver (43-5), while senior Jack Simmons was second in the discus (149-5), and senior Mark Maniaci placed second in the javelin (161-3).

In the shot put, Simmons (48-4) and Anthony Balboa (45-8) put forth personal bests to finish 5-6, and Young Hoe Koo scored a fifth in the long jump (19-10).

The top performer among the RHS girls at the NJTCC meet was junior Sarah DeVita, who broke the 15-second barrier in the 100 hurdles. Her time in the preliminaries was an even 15.0, which she lowered to 14.9 in the finals to top Clifton senior Emily Urciuoli (15.5) for the gold.

"I didn't think I was running that fast in my trials race," DeVita said Wednesday. "But then I found out that it was actually a good time, so I was really pumped up about that and realized how fast I could run [in the finals]."

Unfortunately for the Maroons, Urciuoli was one of the main forces that propelled Clifton past them for second place. The former

"Frankly, we were disappointed, because we beat Clifton in a dual meet," said RHS girls coach Jacob Brown. "[But] Emily had a big day; she scored 38 points, and we didn't match that. In fact, Sarah was the only kid that kept Emily from having a perfect day."

Ridgewood did gain a number of points in the 400 hurdles, with Hanako Shigenobu (1:07.2), Victoria Oliva and Micaela McPad-den finishing 2-3-4 behind reigning State champion Amber Allen of Passaic Tech (1:02.8).

RHS sophomore Caroline Davidson added 1,600-meter silver in 5:24.6 and rounded out a 4-5-6 finish in the 800, backing Shigenobu and junior Clare Keating. Rachel Anzano, who gutted out a seventh in the 1,600 despite running much of the race with only one shoe, came back with a fourth-place 12:10.4 in the 3,200 and was followed closely by Brenna Fischer (12:11.7).

DeVita cleared 4-10 to tie for second in the high jump, while junior Haley Roche took fifth with a jump of 4-8. In the javelin, sophomore Kim Noble turned in a bronze-medal throw of 89-9.

E-mail: tartaglia@northjersey.com



Ridgewood junior Eddie Blair IV bounds to a fifth-place time of 14.8 seconds in the NJTCC boys 110-meter hurdle race last Saturday in Hackensack.

BERGEN COUNTY TRACK CHAMPIONSHIPS

Friday, 3:30 p.m., Saturday, 9 a.m. at Old Tappan H.S.

Paul Schwartz's picks

BOYS

DIVISION A

100: Conroy Walker, Hackensack
200: Conroy Walker, Hackensack
400: Leonte Carroo, Don Bosco
800: Brad Paternostro, Ramapo
1,600: Mike Belgiovine, Don Bosco
3,200: Rafael Vargas, Don Bosco
110 HH: Ernest Wingate, Bergen Catholic
400 IH: In Soo Hwang, Ridgewood
Shot put: Stephen Mozia, Hackensack
Discus: Stephen Mozia, Hackensack
Javelin: Mark Maniacki, Ridgewood
High jump: Tommy DeVita, Ridgewood
Long jump: Conroy Walker, Hackensack
Triple jump: Greg Hazell, Don Bosco
Pole vault: John Wisener, Don Bosco
4-x-400 relay: Teaneck
Team: Ridgewood

DIVISION B

100: Corey Crawford, Indian Hills
200: Corey Crawford, Indian Hills
400: Mark Filandro, Indian Hills
800: Mark Filandro, Indian Hills
1,600: Chris Eltringham, Ramsey
3,200: John Dugan, Ramsey
110 HH: Dan McConnell, River Dell
400 IH: Mark Filandro, Indian Hills
Shot put: John Farelli, River Dell
Discus: John Farelli, River Dell
Javelin: Steven Iafrate, Demarest
High jump: Corey Crawford, Indian Hills
Long jump: Corey Crawford, Indian Hills
Triple jump: Angel Lora, Garfield
Pole vault: Dan Nyfenger, Demarest
4-x-400 relay: Pascack Valley
Team: Indian Hills

DIVISION C

100: Al Artesona, Glen Rock
200: Patryk Najbar, Lodi
400: Eric Leithauser, Westwood
800: Patrick Rono, Lyndhurst
1,600: Patrick Rono, Lyndhurst
3,200: Patrick Rono, Lyndhurst
110 HH: Alberto Alarcon, Leonia
400 IH: Jeff Estrella, Ridgefield Park
Shot put: Dorian Slavov, Cresskill
Discus: Dorian Slavov, Cresskill
Javelin: Tyler Dermierle, Pascack Hills
High jump: Alberto Alarcon, Leonia
Long jump: Eric Angus, Lyndhurst
Triple jump: Dante Tobler, New Milford
Pole vault: Juan Andres Giglio, Ridgefield Park
4-x-400 relay: Westwood
Team: Lyndhurst

DIVISION D

100: Kevin Condal, Hasbrouck Heights
200: Kevin Condal, Hasbrouck Heights
400: Kevin Condal, Hasbrouck Heights
800: Alex Quirin, Hasbrouck Heights
1,600: Domenic D'Agostino, Wallington
3,200: Domenic D'Agostino, Wallington
110 HH: John Porteous, Wood-Ridge
400 IH: John Porteous, Wood-Ridge
Shot put: Patrick Cole, Hasbrouck Heights
Discus: Patrick Cole, Hasbrouck Heights
Javelin: Kaleb Zuldema, Midland Park
High jump: Nick Acito, Midland Park
Long jump: John Porteous, Wood-Ridge
Triple jump: John Porteous, Wood-Ridge
Pole vault: Garrett LaCroce, Park Ridge
4-x-400 relay: Hasbrouck Heights
Team: Hasbrouck Heights

GIRLS

DIVISION A

100: Myasia Jacobs, Paramus Catholic
200: Myasia Jacobs, Paramus Catholic
400: Myasia Jacobs, Paramus Catholic
800: Julie Sinkovitz, IHA
1,600: Erin Thompson, IHA
3,200: Eric Thompson, IHA
100 HH: Asher Beasley, Paramus Catholic
400 IH: Christine Spilka, Old Tappan
Shot put: Apresha Hampton, Teaneck
Discus: Hannah Mayer, Northern Highlands
Javelin: Hannah Mayer, Northern Highlands
High jump: Rae Corbo, Paramus Catholic
Long jump: Rae Corbo, Paramus Catholic
Triple jump: Rae Corbo, Paramus Catholic
Pole vault: Chelsea Hartigan, Ramapo
4-x-400 relay: Teaneck
Team: Paramus Catholic

DIVISION B

100: Kim Nagotko, Mahwah
200: Kim Nagotko, Mahwah
400: Kathleen Johnston, Indian Hills
800: Diane Bain, Ramsey
1,600: Alexandra Clinton, Ramsey
3,200: Alexandra Clinton, Ramsey
100 HH: Stephanie Carnevale, River Dell
400 IH: Diane Bain, Ramsey
Shot put: Kathryn Hirsch, Demarest
Discus: Aretah Effah, Fort Lee
Javelin: Laura Bruno, Tenafly
High jump: Taylor Clarkson, Indian Hills
Long jump: Danna Wasserman, Demarest
Triple jump: Danna Wasserman, Demarest
Pole vault: Carolyn Edler, Mahwah
4-x-400 relay: Ramsey
Team: Ramsey

DIVISION C

100: Colleen Murphy, Westwood
200: Colleen Murphy, Westwood
400: Colleen Murphy, Westwood
800: Julianne Fontana, Pascack Hills
1,600: Julianne Fontana, Pascack Hills
3,200: Teresa Gagliostro, Westwood
100 HH: Alexandra Cimino, Westwood
400 IH: Alexandra Cimino, Westwood
Shot put: Rachel Pena, Ridgefield Park
Discus: Rachel Pena, Ridgefield Park
Javelin: Rachel Pena, Ridgefield Park
High jump: Samantha DeFreese, New Milford
Long jump: Kailey Barszcz, New Milford
Triple jump: Antonetta Altilio, Rutherford
Pole vault: Kaita Fasano, Westwood
4-x-400 relay: Westwood
Team: Westwood

DIVISION D

100: Mel Lewis, Midland Park
200: Brielle Sutter, Saddle Brook
400: Rebecca Skovira, Park Ridge
800: Naomi Robinson, Hasbrouck Heights
1,600: Kim Lowry, Midland Park
3,200: Rebecca Fortoul, Hasbrouck Heights
100 HH: Mel Lewis, Midland Park
400 IH: Mel Lewis, Midland Park
Shot put: Ashley Meniti, Park Ridge
Discus: Kayla Pauwels, Wallington
Javelin: Rebecca Skovira, Park Ridge
High jump: Ali Giordano, Waldwick
Long jump: Brielle Sutter, Saddle Brook
Triple jump: Tara Fisher, North Arlington
Pole vault: Shealyn Kenny, North Arlington
4-x-400 relay: Hasbrouck Heights
Team: Hasbrouck Heights

Indian Hills and the County coronation it desperately seeks, is whether it can solve Enright and her talented team.

"Katie's broken every pitching record our school has, and we've had a long and rich tradition of pitching excellence," Indian Hills

script each of the past two years.

Brittany Baiunco and Ramapo owned the event en route to the 2008 crown, the school's third straight and an unprecedented feat in tournament history.

That reign ended against IHA in the quarterfinals last spring, and

From the start of this tournament, the spotlight has belonged to Indian Hills and its hard-throwing ace. The Braves (23-2) now are one victory from writing a similar story.

Enright has blanked Fair Lawn, Old Tappan and IHA, advancing the Braves into their fourth Coun-

Valley in last year's County quarterfinals. "We've got another chance, and as the pitcher, my name's attached to everything we do. I want to make the most of this."

As expected, and with as much flair as possible, Enright is doing just that.

Element Brook. County After Ridgew in the ti out a bi pitch, th

BERGEN COUNTY TRACK & FIELD CHAMPION

Elusive title to Lyndhurst

By **PAUL SCHWARTZ**
STAFF WRITER

OLD TAPPAN — To many people, Tom Shoebridge is Lyndhurst track. For 31 of the last 33 years, he has coached the Golden Bears and led them to six league titles and many top finishes in relay, County and sectional meets. But one prize has eluded Shoebridge — Bergen County championship.

Saturday, his quest left him so nervous that the members of his team couldn't recall seeing him so quiet.

"He was much more nervous than we were," said junior Jimmy Gangi, who ran the third leg on the 4 x 400 relay team that clinched Lyndhurst's first County title, 83-69, over Leonia in Division C. "Everyone respects Coach Shoebridge so much that we really wanted to win this for him as well as ourselves."

Lyndhurst was joined by Don Bosco in Division A (winner of a fourth straight title), Indian Hills in Division B (third straight and fifth in seven years) and Hasbrouck Heights in Division D (second straight and fourth in six years) as champions at the Gene Littler Bergen County event.

And even though the Golden Bears had all but wrapped up the meet when junior Erik Quesada and sophomore Tom Hayes finished second and sixth in the 100-meter hurdles to offset a 1-4ish by Leonia and open an eight-point lead with two events left, Shoebridge couldn't relax un-

til the relay was over.

"So many things have happened in this meet," said Shoebridge, whose team had eight top-three finishes — and an especially tough loss last year to Cresskill when a lean at the line in the relay cost it a tie for the title. "But this is our

BOYS

finest hour after all these years. We have a great coaching staff and great kids who are willing to buy into our program and believe in what we're trying to do."

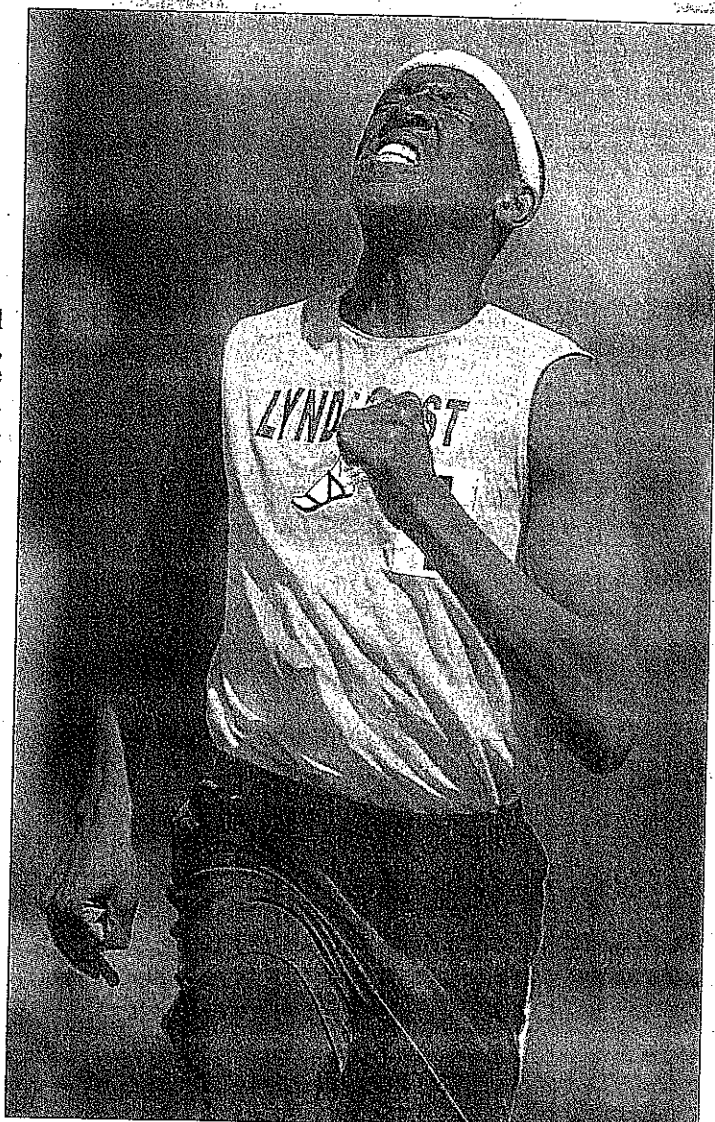
Patrick Rono was the star of the team with wins in the 800, 1,600 (meet record) and 3,200, along with a surprise fourth in his first open 400 to provide 34 points and give the Bears a strong leg up.

But it's athletes such as senior Arnold Omina, who chose to rehabilitate a torn ACL in his right knee suffered in soccer season and forgoing surgery, who made the difference. Omina won the 400, took fourth in the 200 and led off the relay team.

"Coach Shoebridge gives us the urge to win," said Omina. "I wasn't going to give up that opportunity."

Don Bosco beat Ridgewood by a larger than expected 119-90½ margin, as the Maroons were without injured star In Soo Hwang, who missed the meet as a precaution to give him a chance to run in next week's State sectionals.

"It would have been real interesting if In Soo was able to run," said Don Bosco coach Rob DeCarlo. "We still have work to do and Ridgewood is a great team. It's always nice to win, but we can get better."



MIKE ROY/SPECIAL TO THE RECORD

Lyndhurst's Patrick Rono straining as he wins the Division C 800, one of his three Bergen County track victories.

Team champions

BOYS

Division A: Don Bosco
Division B: Indian Hills
Division C: Lyndhurst
Division D: Hasbrouck Heights

GIRLS

Division A: Immaculate Heart
Division B: Mahwah
Division C: Westwood
Division D: Hasbrouck Heights

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By **RONA**
STAFF WRI

OLD — been a 1 over Mah Gene Litt champion seven with 400 relay

The team of ju Mold, K Melinda R Molly Coh least a sec a shot at dashed dre onship.

"That w I've ever ra ran anchor

With t coaches ck Cohan, N were able t place finish ed. And w Demarest place, the as champs l

"This yea our team," s first leg. "W that can d things, that part of winr one point th much beca and dedicat

While M provided the groups were in the day as cured a Di Westwood

SOFTBALL

PASSAIC TOURNAMENT

FIN/

West Milford 10,

Pompton Lakes 5

Pompton Lakes 310 010 0 - 5 7 1
West Milford 423 001 x - 10 143
2B: (PL) Steph Pasquale, Rebecca Van-
derBrink. (WM) Steph Romano. HR:
(PL) Steph Pasquale. (WM) Sara Zam-
belli. 2B: (PL) Liz Medino, Steph
Pasquale, Jamie Quigley, Rebecca Van-
derBrink. 2. (WM) Lauren Bogart, Erin
Witherspoon. 4. Sara Zambelli. 4
Records: Pompton Lakes (14-7-1) West
Milford (22-2) WP Ashlee Gieger LP
Jackie Glosinski (9-2).

BERGEN TOURNAMENT

SEMIFINALS

Indian Hills 6,

HA O

HA 000 000 0 - 013
Indian Hills 200 130 0 - 660
1B: (IH) Perri Goldberg. RB: (IH) Katie
Enright. Perri Goldberg. 2. Nicole Pailot.
Records: IHA (23-5-0) Indian Hills
23-2-0 WP Katie Enright (22-2) LP
Christina Miquel (11-3).

Ridgewood 9,

Passaic Valley 2

Ridgewood 006 000 3 - 9131
Passaic Valley 000 001 1 - 2105
1B: (R) Alex Scibetta. 2. (PcV) Jaime
Terimutter. HR: (PcV) Melissa Messina.
1B: (R) Claire Dennis. 2. Courtney Ped-
lino, Margo Tanner. (PcV) Ashley De-
aney, Melissa Messina. Records:
Ridgewood (21-3-0) Passaic Valley (24-
0-0) WP Nicole Hroncich (16-3) LP
Lico reider

UN

Paramus 6,

Passaic Valley 2

aramus 002 031 0 - 6110
Passaic Valley 000 001 1 - 282
1B: (P) Tara Roarty, Kelsey Snedeker,
nannon Waters. 2. 3B: (S) Andrea In-
lis, Shannon Waters. (Ly) Julia Schnei-
enbach. HR: (Ly) Brianna Manente.
1B: (S) Andrea Innis. 4. Tara Roarty,
anille Roensing, Kelsey Snedeker,
nannon Waters. 3. (Ly) Brianna Ma-
nente. 2. Records: Passaic Valley (15-10-
0) WP Tori Feorenzo (13-4) LP Kaitlyn
allert (15-10)

CSL NATIONAL

Secaucus 13,

Yonkers 3

Secaucus 000 013 - 13131
Yonkers 021 00 - 344
1B: (S) Tara Roarty, Kelsey Snedeker,
nannon Waters. 2. 3B: (S) Andrea In-
lis, Shannon Waters. (Ly) Julia Schnei-
enbach. HR: (Ly) Brianna Manente.
1B: (S) Andrea Innis. 4. Tara Roarty,
anille Roensing, Kelsey Snedeker,
nannon Waters. 3. (Ly) Brianna Ma-
nente. 2. Records: Secaucus (16-6-0)
Yonkers (7-13-0) WP Danielle Baloga
esing (10-0) LP Casey Zdanek

North Arlington 2,

Mary 1 (10)

DAY
Mary 000 000 000 1 - 132
North Arlington 000 000 000 2 - 292
1B: (StM) Luana Natalicio. RB: (StM)
egan McCann. (NA) Danielle Baloga,
ristina Myers. Record: North Arling-
ton. WP Kerrin Dys (10-8) LP
zak (0-1).

CSL OLYMPIC

resskill 2,

ew Milford 1

resskill 100 000 01 - 286
ew Milford 001 000 00 - 143
1B: (C) Floriana Borova. (NM) Deanne
illo. RB: (C) Nikk Cerone. (NM) Lau-
ra Meschery. Record: Reskill. ew Milford

GENE LITTLER BERGEN COUNTY TRACK & FIELD CHAMPIONSHIPS

BOYS

DIVISION A

TEAM SCORES: Don Bosco (DB), 119;
Ridgewood (RI), 90.5; Teaneck (T), 68;
Hackensack (H), 62; Bergen Catholic
(BC), 62; Old Tappan (OT), 33; Northern
Highlands (NH), 26.5; Ramapo (RO), 25;
Paramus (P), 16; Bergen Tech (BT), 3;
Fair Lawn (FL), 2.
100: 1. Zadique Whyte (T), 10.95; 2. Con-
roy Walker (H), 10.95; 3. Leonte Carroo
(DB), 11.04; 4. Casey Pleasants (T),
11.10; 5. Daryian Miles (T), 11.13; 6. Sel-
wyn Maxwell (DB), 11.20.
200: 1. Casey Pleasants (T), 21.95; 2.
Conroy Walker (H), 22.18; 3. Daryian
Miles (T), 22.32; 4. Leonte Carroo (DB),
22.47; 5. Selwyn Maxwell (DB), 22.58; 6.
Tarique Gray (BC), 22.66.
400: 1. Leonte Carroo (DB), 48.96; 2.
Tarique Gray (BC), 49.43; 3. Justin
Hodge (T), 49.45; 4. Matt Grady (RI),
50.38; 5. Jon Reimer (RI), 50.41; 6. War-
ren Fields (T), 50.52.
800: 1. Bradley Paternostro (RO),
1:55.32; 2. Justin Hodge (T), 1:56.12; 3.
Michael Belgiovine (DB), 1:56.23; 4.
William Leonard III (BC), 1:59.27; 5.
Emanuel Benoit (OT), 1:59.53; 6. War-
ren Fields (T), 1:59.58.
1,600: 1. Bradley Paternostro (RO),
4:18.51; 2. Michael Belgiovine (DB),
4:25.08; 3. Levi Jennings (RI), 4:26.55;
4. Patrick Rynkowski (RI), 4:26.88; 5. Brian
Cleary (RI), 4:27.17; 6. Andreas Kellas
(BT), 4:27.50.
3,200: 1. Rafael Vargas (DB), 9:33.49; 2.
Howard Rosas (DB), 9:34.18; 3. Patrick
Rynkowski (RI), 9:46.60; 4. Brian Cleary
(RI), 9:51.87; 5. Levi Jennings (RI),
9:52.98; 6. Mike Obsuth (FL), 9:55.83.
5,600: 1. Ernest Wingate (BC), 14:57; 2.
Selwyn Maxwell (DB), 14:74; 3. Nick Pi-
cache (NH), 14:88; 4. Edward Blair IV
(RI), 15:01; 5. Matt Beausoleil (RI), 15:28;
6. Mike Gattori (RI), 15:29.
11,200: 1. Ernest Wingate (BC), 55:31; 2.
Brandon Gregory (OT), 55:57; 3. Nick Pi-
cache (NH), 55:53; 4. William Leonard III
(BC), 56:55; 5. Gregory Hazell (DB), 57:10;
6. Dharm Patel (P), 58:57.
4x-400: 1. Bergen Catholic (Ernest
Wingate, Tarique Gray, Mario Kranjac,
William Leonard III), 3:20.75 (old record
3:22.2 by Don Bosco 2003); 2. Teaneck,
3:20.87; 3. Ridgewood, 3:26.37; 4.
Ramapo, 3:28.23; 5. Old Tappan, 3:28.39;
6. Fair Lawn, 3:29.74.
Shot Put: 1. Stephen Mozia (H), 51-4/4;
2. Jack Simmons (RI), 48-1/4; 3. Timothy
Byrne (DB), 47-10/4; 4. Tom Mandese
(BC), 47-10/4; 5. Anthony Balboa (RI),
45-6/4; 6. Jon Robertson (P), 44-3/4.
Javelin: 1. Tyler Yee (DB), 159-5; 2. Mark
Maniaci (RI), 153-3; 3. Joe Katsikotis
(NH), 150-1; 4. Gordon Chen (P), 140-11;
5. Matt Beausoleil (RI), 137-1; 6. Ryan
Jenne (RI), 135-11.
Long Jump: 1. Conroy Walker (H), 23-2/4
(record old record 22-9 by Darius Pem-
berton Hackensack 1992); 2. Gregory
Hazel (DB), 22-5/4; 3. Brian Choi (OT),
20-5/4; 4. Nevon Williams (T), 20-4/4; 5.
Jon Robertson (P), 20-4/4; 6. Jamal
Williams (T), 20-2/4.
High Jump: 1. Tommy DeVita (RI), 6-4; 2.
John Harrison (H), 6-2; 3. James Hoag
(NH), 6-0; 4. Gregory Hazell (DB), 5-10;
T-5. Evan Bartlik (RI), Robert Gebhard
(NH), 5-8.
Triple Jump: 1. Gregory Hazell (DB), 47-
6/4; 2. Conroy Walker (H), 45-3/4; 3.
Matthias Kabete (OT), 43-5/4; 4. Jamal
Williams (T), 43-4/4; 5. Evan Bartlik (RI),
42-6/4; 6. Sean Wimbush (T), 42-4.
Pole Vault: 1. Michael Basellice (DB), 12-
6; 2. Antonio Nadera (P), 12-0; 3. An-
drew Gramaglia (RI), 12-0; 4. Andrew
Hoh (OT), 11-6; 5. Shin Ho Jung (BT), 10-
6; 6. Michael Bergman (OT), 10-6.
Discus: 1. Stephen Mozia (H), 171-4; 2.
Jack Simmons (RI), 144-10; 3. Timothy
Byrne (DB), 128-11; 4. Ryan Leggett
(OT), 126-5; 5. Aharown Cambell (T),
124-4; 6. Tony Pernice (NH), 124-0.

DIVISION B

TEAM SCORES: Indian Hills (IH), 106.5;
Demarest (De), 72.5; Ramsey (Ra), 56;
River Dell (RD), 49; Dwight Morrow
(DM), 42.5; Cliffside Park (CP), 36.5;

22; Rutherford (Ru), 11; Ridgefield (RI),
7.5; Queen of Peace (QP), 2.
100: 1. Patryk Najbar (Lo), 10.97 (record
old record 10.9h by Rameik Jackson
Westwood 2005); 2. Al Artesona (GR),
11.28; 3. Morgan Reilly (W), 11.38; 4.
John Folley (NM), 11.43; 5. Arnold Om-
ina (Ly), 11.62; 6. Andres Belliard (NM),
11.81.
200: 1. Patryk Najbar (Lo), 22.49; 2. John
Folley (NM), 22.72; 3. Morgan Reilly
(W), 22.80; 4. Arnold Omina (Ly), 23.00;
5. Mustafa Lawrence (QP), 23.25; 6. Is-
ajah Silva (RP), 23.58.
400: 1. Arnold Omina (Ly), 50.34; 2. Mor-
gan Reilly (W), 50.77; 3. Patrick Rono
(Ly), 51.05; 4. Eric Leithauser (W), 51.09;
5. Dave Koblenz (W), 51.16; 6. Kareem
Barrow (RI), 51.38.
800: 1. Patrick Rono (Ly), 2:00.22; 2.
Gavin Davis (Ru), 2:04.28; 3. Michael
Calero (Lo), 2:04.40; 4. Dave Koblenz
(W), 2:05.84; 5. Elvis Durakovic (RP),
2:08.58; 6. Brian Zambrano (RP), 2:09.37.
1,600: 1. Patrick Rono (Ly), 4:24.79
(record old record 4:26.7 by Jason Kap-
lan Westwood 1986); 2. Patrick Ryan
(Le), 4:34.09; 3. Joseph Sabatino (PH),
4:34.62; 4. John Cahill (R), 4:35.26; 5.
Matt John (C), 4:36.17; 6. Elvis Du-
rakovic (RP), 4:37.59.
3,200: 1. Patrick Rono (Ly), 9:57.09; 2.
Joseph Sabatino (PH), 10:07.16; 3. Jeff
Kimm (C), 10:15.57; 4. Patrick Ryan (Le),
10:17.94; 5. John Cahill (R), 10:18.28; 6.
Louie Schiedeler (W), 10:19.53.
11,000: 1. Alberto Alarcon (Le), 15:64; 2.
Erik Quesada (Ly), 16:20; 3. Jeffery Es-
trella (RP), 16:33; 4. Eka Ninsihavh (Le),
16:63; 5. Andrew Cottell (B), 16:72; 6.
Thomas Hayes (Ly), 16:86.
400H: 1. Alberto Alarcon (L), 56.71; 2.
Jeffery Estrella (RP), 58.05; 3. Erik Que-
sada (L), 59.16; 4. Andrew Cottell (B),
59.21; 5. Tyler Mealy (B), 59.64; 6. Patrick
Walsh (Ru), 1:00.90.
4x-400: 1. Westwood (Eric Leithauser,
Jamie Meyers, Dave Koblenz, Kenneth
Reilly), 3:30.81; 2. Ridgefield Park,
3:33.55; 3. Lyndhurst, 3:34.41; 4. Passaic
Hills, 3:36.49; 5. New Milford, 3:36.71; 6.
Rutherford, 3:38.94.
Shot Put: 1. Dorian Slavov (C), 53-1/4; 2.
Yaw Anyemedom (RP), 48-8; 3. Ben Con-
lon (W), 48-0; 4. Brendan Wengerter
(C), 45-11/4; 5. Dakota Bryant (C), 44-10
3/4; 6. Pat Barry (RI), 43-0.
Javelin: 1. Matt Fleck (B), 173-7; 2. Ken-
neth Couto (Lo), 163-4; 3. Chris
Churchill (Le), 160-10; 4. Marc Aspin-
wall (RP), 156-3; 5. Kyle Jankowski (Ly),
156-3; 6. Tyler Demmerle (PH), 155-2.
Long Jump: 1. Patryk Najbar (Lo), 21-
1/4; 2. Jarrod Diaz (EP), 20-7/4; 3. Ryan
Mealy (B), 19-10/4; 4. Dante Tobler
(NM), 19-10/4; 5. Fitzroy Walsh (Le), 19-
6/4; 6. Eric Angus (Ly), 19-4/4.
High Jump: 1. Alberto Alarcon (Le), 6-0;
2. Chris Churchill (Le), 6-0; 3. Kemarley
McIntosh (Le), 5-8; 4. AJ Pappas (C), 5-
8; 5. Rakesh Dataram (RP), 5-8; 6. John
Mount (Ly), 5-8.
Triple Jump: 1. Patryk Najbar (Lo), 42-
10/4; 2. Dante Tobler (NM), 41-8/4; 3. Eric
Angus (Ly), 41-5/4; 4. Ryan Velez (EP),
41-2/4; 5. Mike Reyes (RP), 41-2; 6.
Shaan Tariq (RP), 40-9/4.
Pole Vault: 1. Juan Andres Giglio (RP),
14-7 (record old record 13-6 by Josh
Ross Westwood 1997 and Bryan Mc-
Cullough Glen Rock 2004); 2. Josh Alor-
(C), 13-0; 3. David Belostock (GR), 12-
0; 4. Mike Penn (W), 11-6; 5. Tarou Seki
(PH), 11-6; T-6. Chris Limbach (RI), Ed-
die Bender (RI), 11-0.
Discus: 1. Richard Cevallos (EP), 145-8;
2. Dorian Slavov (C), 141-6; 3. Brendan
Wengerter (C), 137-9; 4. Tyler Demmer-
le (PH), 126-10; 5. Dan Lewitt (GR), 125-
9; 6. Chris Churchill (Le), 122-8.

DIVISION D

TEAM SCORES: Hasbrouck Heights
(HH), 131.50; Park Ridge (PR), 68; Wood-
Ridge (WR), 65; Midland Park (MP), 51;

GIRLS

DIVISION A

TEAM SCORES: Immaculate Heart
(IHA), 121; Paramus Catholic (PC), 81;
Teaneck (T), 81; Old Tappan (OT), 55;
Ridgewood (RI), 55; Northern Highlands
(NH), 46; Bergen Tech (BT), 28; Hacken-
sack (H), 13; Ramapo (RO), 10; Paramus
(P), 4; Fair Lawn (FL), 2.
100: 1. Myasia Jacobs (PC), 11.73
(record, Old record 12.04 by Jacobs,
2009); 2. Tiffany Mills (T), 12.54; 3.
Kahlia Taylor (T), 12.61; 4. Jen Pash
(IHA), 12.65; 5. Serenity Martin (IHA),
12.98; 6. Shannon Casey (IHA), 13.06.
200: 1. Myasia Jacobs (PC), 23.93
(record meet and Bergen County
record, Old county record 23.99 by Ja-
cobs, 2009; old meet record 24.6 by
Amy Salek, Ramapo, 2008); 2. Jen Pash
(IHA), 25.39; 3. Kahlia Taylor (T), 25.80;
4. Serenity Martin (IHA), 26.19; 5.
Tiffany Mills (T), 26.40; 6. Bryanna
Knight (PC), 26.44.
400: 1. Myasia Jacobs (PC), 57.26; 2.
Michelle McCourt (IHA), 59.03; 3. Jen
Pash (IHA), 59.12; 4. Kahlia Taylor (T),
59.34; 5. Micaela McPadden (RI), 59.59;
6. Kerri Bergin (NH), 1:01.20.
800: 1. Julie Sinkovitz (IHA), 2:21.45; 2.
Christine Spilka (OT), 2:22.14; 3. Maggie
Loudon (OT), 2:23.75; 4. Hanako
Shigenobu (RI), 2:24.37; 5. Michelle Mc-
Court (IHA), 2:26.69; 6. Sharon O'Reilly
(OT), 2:27.15.
1,600: 1. Erin Thompson (IHA), 5:13.73;
2. Julie Sinkovitz (IHA), 5:13.88; 3. Mag-
gie Loudon (OT), 5:15.44; 4. Jennifer De-
Blasio (PC), 5:16.08; 5. Ariana North
(NH), 5:19.98; 6. Chelsea Gordon (BT),
5:21.04.
3,200: 1. Chelsea Gordon (BT), 11:48.85;
2. Erin Thompson (IHA), 12:00.75; 3.
Rachel Anzano (RI), 12:06.71; 4. Cath-
erine Hinchin (NH), 12:14.32; 5. Brenna
Fischer (RI), 12:22.87; 6. Caroline Mora-
no (IHA), 12:22.87.
11,000: 1. Sarah DeVita (RI), 15:12; 2.
Asher Beasley (PC), 15:42; 3. Shannon
Casey (IHA), 15:68; 4. Gina Carlino
(IHA), 15:79; 5. Tiffany Evangelou (IHA),
16:23; 6. Maura Nestor (NH), 16:63.
400H: 1. Christine Spilka (OT), 1:05.55;
2. Ashley Barker (T), 1:08.14; 3. Hanako
Shigenobu (RI), 1:08.29; 4. Valerie Syd-
nor (NH), 1:09.11; 5. Pam Terlizzi (RP),
1:09.14; 6. Marissa Piazza (FL), 1:09.27.
4x-400: 1. Ridgewood (Micaela McPadden,
Charlotte Criel, Hanako
Shigenobu, Victoria Oliva), 4:00.61; 2.
Immaculate Heart, 4:00.61; 3. Teaneck,
4:03.91; 4. Old Tappan, 4:10.64; 5. North-
ern Highlands, 4:18.14; 6. Fair Lawn,
4:19.69.
Shot Put: 1. Apressha Hampton (T), 42-
7/4 (record old record 40-1 1/4 by Hampton
2009); 2. Theresa Piccallo (IHA), 40-
8; 3. Olivia Wade (PC), 36-7; 4. Ashley
Simms (PC), 36-2; 5. Leonora Paul (H), 35-
6; 6. Sharel Harris (H), 34-2.
Javelin: 1. Hannah Mayer (NH), 141-11;
2. Jaime Klein (PC), 127-7; 3. Christine
Spilka (OT), 123-6; 4. Augustina Mensa
Kwao (BT), 108-7; 5. Hope Yi (BT), 100-9;
6. Ali Volant (IHA), 100-4.
Long Jump: 1. Shaena Wizzard (T), 17-
2/4; 2. Tiffany Mills (T), 16-8; 3. Maura
Nestor (NH), 16-6/4; 4. Gina Carlino
(IHA), 16-5/4; 5. Tiffany Evangelou
(IHA), 16-4; 6. Emily Versells (OT), 16-3.
High Jump: 1. Khyia Bailey (PC), 5-4; 2.
Magdalena Pietrzak (BT), 5-2; 3. Maura
Nestor (NH), 5-0; 4. Sarah DeVita (RI), 5-
0; 5. Emily Dowling (BT), 4-10; 6. Njale
McKoy (BT), 4-10.
Triple Jump: 1. Rae Corbo (PC), 38-4; 2.
Shaena Wizzard (T), 36-9/4; 3. Tiffany
Evangelou (IHA), 35-1/4; 4. Carla Oglet-
ree (T), 34-7; 5. Ashley Roessler (P), 34-
6; 6. Emily Versells (OT), 33-5/4.
Pole Vault: 1. Kayla Polcari (RI), 11-6
(record old record 10-8 by Chelsea Har-
tigan Ramapo 2009); 2. Chelsea Harti-
gan (RO), 10-6; 3. Giana Abballe (OT),
10-0; 4. Danielle Heymann (OT), 8-6; 5.
Madison Lucas (OT), 8-6; 6. Ilana Brown
(RI), 8-6.
Discus: 1. Hannah Mayer (NH), 112-7; 2.
Theresa Piccallo (IHA), 105-10; 3.
Shanel Harris (H), 103-2; 4. Ashley

DIVISION C

TEAM SCORES: Westwood (W), 133;
Ridgefield Park (RP), 56; Rutherford
(Ru), 54; Pascack Hills (PH), 52; New
Milford (NM), 50; Leonia (Le), 46;
Cresskill (C), 38; Lodi (Lo), 32; Glen Rock
(GR), 19; Elmwood Park (EP), 16.
100: 1. Jasmine Hammonds (EP), 12.68;
2. Colleen Murphy (W), 12.69; 3. Khadi-
jah Cox (NM), 13.12; 4. Gabriela Es-
calante (Le), 13.14; 5. Brianna Williams
(Lo), 13.21; 6. Briana Sethitzky (PH),
13.35.
200: 1. Colleen Murphy (W), 25.40; 2.
Khadijah Cox (NM), 26.18; 3. Jasmine
Hammonds (EP), 26.23; 4. Michelle Cas-
cio (W), 26.58; 5. Jada Toota (NM), 26.83;
6. Gabriela Escalante (Le), 26.95.
400: 1. Colleen Murphy (W), 58.28; 2.
Jada Toota (NM), 1:01.20; 3. Brianna
Williams (Lo), 1:01.59; 4. Michelle Cas-
cio (W), 1:02.02; 5. Ani Sarkisian (C),
1:02.50; 6. Alexandra Arnold (Ru),
1:02.58.
800: 1. Julianne Fontana (PH), 2:23.99;
2. Meghan Kocher (W), 2:26.37; 3. Tere-
sa Gagliostro (W), 2:28.20; 4. Rebecca
Janovic (PH), 2:29.80; 5. Alexandra
Arnold (Ru), 2:30.69; 6. Lyudmila Alek-
sandrova (Le), 2:30.86.
1,600: 1. Julianne Fontana (PH),
5:17.27; 2. Teresa Gagliostro (W),
5:23.63; 3. Meghan Kocher (W), 5:27.80;
4. Betsy Eickelberg (Le), 5:28.02; 5. Re-
becca Janovic (PH), 5:28.50; 6. Dana
Bianchi (W), 5:33.48.
3,200: 1. Betsy Eickelberg (Le), 11:49.26;
2. Teresa Gagliostro (W), 12:01.62; 3.
Katie Vandervalk (GR), 12:27.74; 4. Jen-
nifer Teets (NM), 12:29.10; 5. Kim Op-
penheim (W), 12:29.30; 6. Kelly Freed
(Ru), 12:44.54.
11,000: 1. Alexandra Cimino (W), 16.26;
2. Cristina Cristea (Lo), 16.45; 3. Danielle
Pena (RP), 16.64; 4. Nicole Hernandez
(C), 16.72; 5. Jocelyn Kaselow (GR),
16.92; 6. Hyemi Shon (C), 17.32.
400H: 1. Ani Sarkisian (C), 1:07.22; 2.
Margaret Stack (Le), 1:09.81; 3. Alexan-
dra Cimino (W), 1:10.04; 4. Jocelyn
Kaselow (GR), 1:11.26; 5. Deirdre Kane
(Ru), 1:11.51; 6. Danielle Wankmuller
(PH), 1:12.06.
4x-400: 1. Westwood (Colleen Murphy,
Michelle Cascio, Megan Boullianne,
Meghan Kocher), 4:09.42; 2. New Mil-
ford, 4:14.75; 3. Leonia, 4:16.97; 4.
Cresskill, 4:20.48; 5. Pascack Hills,
4:23.63; 6. Ridgefield Park, 4:35.91.
Shot Put: 1. Rachel Pena (RP), 37-4; 2.
Taylor Stever (Ru), 36-6; 3. Yazmin
Hogan (Lo), 34-0; 4. Valerie Considine
(Ru), 33-4/4; 5. Alexa Hunko (GR), 32-9;
6. Alexa Gonzales (RP), 32-8.
Javelin: 1. Jasmine Daniels (Lo), 109-7;
2. Rachel Pena (RP), 108-6; 3. Justine
Barretta (C), 107-9; 4. Elaine White (Le),
99-7; 5. Valerie Considine (Ru), 98-7; 6.
Carly Youssouf (PH), 96-6.
Long Jump: 1. Kailey Barszcz (NM), 16-
6/4; 2. Megan Boullianne (W), 15-9; 3.
Briana Setnitzky (PH), 15-7; 4. Alexan-
dra Leary (GR), 15-6/4; 5. Stephanie En-
carnacion (RP), 15-5/4; 6. Gabriela Es-
calante (Le), 15-2.
High Jump: 1. Rachel Pena (RP), 5-0; 2.
Deirdre Kane (Ru), 4-10; 3. Elaine White
(Le), 4-10; 4. Samantha Defreese (NM),
4-8; 5. Alexandra Arnold (Ru), 4-8; 6.
Margaret Stack (Le), 4-8.
Triple Jump: 1. Stephanie Encarnacion
(RP), 33-7; 2. Antonietta Altiro (RI), 33-
1; 3. Alex Phoenix (C), 32-10/4; 4. Elyse
Desmond (W), 32-4; 5. Taylor Michelli
(PH), 32-2/4; 6. Briana Setnitzky (PH),
32-1/4.
Pole Vault: 1. Danielle Wankmuller
(PH), 9-6; 2. Kaila Fasano (W), 8-6; 3.
Alyssa Milazzo (W), 8-6; 4. Nicole Her-
nandez (C), 8-0; 5. Jill Rosica (W), 8-0.
Colette Cunningham (GR), 8-0.
Discus: 1. Taylor Stever (Ru), 111-09; 2.
Rachel Pena (RP), 111-03; 3. Valerie
Considine (Ru), 93-10; 4. Nicole Gloe
(W), 90-7; 5. Gianna Cortazzo (PH), 89-
1; 6. Alex Phoenix (C), 88-9.

Bergen County Championships

May 14th and 15th

Friday:

400IH:

Sean Mattson	59.08
Edward Blair IV	61.80
Neil Schoff	62.45

100m:

Kevin Lai	11.80
Matt LaDuca	12.13

1600m:

Patrick Rynkowski	<u>4:26.88 – 4th Place</u>
Brian Cleary	<u>4:27.17 – 5th Place</u>
Levi Jennings	<u>4:26.55 – 3rd Place</u>

400m:

Matt Grundy	<u>50.38 – 4th Place</u>
Jon Riemer	<u>50.41 – 5th Place</u>
Juan Llinas	51.68

Shot Put:

Jack Simmons	<u>48'1 1/4" – 2nd Place</u>
Anthony Balboa	<u>45'6 3/4" – 5th Place</u>
Stephen Etna	41'10"

Long Jump:

Tommy DeVita	19'2 1/2"
Evan Bartlik	19'6 1/2"
Matt Beausoleil	17'8 1/2"

High Jump:

Tommy DeVita	<u>6'4" – 1st Place</u>
Evan Bartlik	<u>5'8" – tie 5th Place</u>

Javelin:

Mark Maniaci	<u>153'3" – 2nd Place</u>
Matt Beausoleil	<u>137'1" – 5th Place</u>
Ryan Jennee	<u>135'11" – 6th Place</u>

Saturday:

110HH:

Edward Blair IV 15.54 / 15.01 – 4th Place

Matt Beausoleil 15.48 / 15.28 – 5th Place

Sean Mattson 15.95

800m:

Levi Jennings 2:01.43

Steven Spreitzer 2:02.38

Tommy Stephan 2:04.08

200m:

Kevin Lai 23.48

Matt Grundy 23.51

3200m:

Patrick Rynkowski 9:46.60 – 3rd Place

Brian Cleary 9:51.87 – 4th Place

Levi Jennings 9:52.98 – 5th Place

4x400m:

Jon Riemer 50.7

Juan Llinas 51.9

Matt LaDuca 52.4

Matt Grundy 51.6 3:26.37 – 3rd Place

Discus:

Jack Simmons 144'10" – 2nd Place

Stephen Etna 103'1"

Mike Henni 114'7"

Triple Jump:

Tommy DeVita 40'2 1/4"

Evan Bartlik 42'6 3/4" – 5th Place

Matt Beausoleil 39'1 3/4"

Pole Vault:

Jon Weisener NH

Andrew Gramaglia 12'0" 3rd Place

Tim Cheung NH

Comments:

It feels better to leave a meet winning. We were short handed this weekend but we should have been better. A chance to win a sectional championship doesn't come often. We need to be at our best next weekend.

**Frosh County Championship
@ Ramsey**

May 19, 2010

400IH:

N. Schoff 60.5 – 2nd Place

100m:

K. Chung 12.0/12.0

S. Park 12.4/12.4

I. Nahanson 12.9

D. Downing 13.6

1600m:

W. Ades 4:42.6 – 1st Place

N. Salamone 4:52.8 – 3rd Place

T. Garrity 4:55.3 – 4th Place

S. Dublier 4:55.8 – 5th Place

400m:

N. Schoff 54.3 – 1st Place

D. Ok 59.5

110HH:

K. Chung 17.7 / FS

800m:

W. Ades 2:09.8 – 1st Place

S. Kagai 2:12.4 – 5th Place

S. Dublier 2:15

200m:

D. Ok 26.8;

I. Nathanson 26.9;

D. Downing 27.9

3200m:

N. Salamone 10:40.5 – 2nd Place

T. Garrity 10:41.3 – 3rd Place

G. Jones 10:41.8 – 4th Place

4x400m:

K. Chung 55.5; S. Park 56.3; W. Ades 57.3; N. Schoff 52.9 3:41.5 – 1st Place!

LJ:

Y. Koo 20'9 ½" – 2nd Place

TJ:

Y. Koo F

HJ:

Y. Koo 5'8" – 1st Place

Shot Put:

J. Barnett 33'5"

A. Mueller 29'4"

A. Moras 24'11"

Discus:

J. Barnett 97'10" – 4th Place

A. Mueller 88'10" – 5th Place

A. Moras 55'6"

Pole Vault:

M. Capurso 8'0" K. Hayes 8'0"

Team Score:

Ridgewood 102

Hackensack 65

Don Bosco 56

Bergen Catholic 52

Comments:

A dominating performance with a lot of personal bests! Congrats on being the first Ridgewood Frosh team to win the County title!!! A great way to end the season!!!

TRACK & FIELD: STATE SECTIONAL CHAMPIONSHIPS

Boys

North 1, Group 1

Teams to watch: Defending champion Boonton is favored again, although not as overwhelmingly as in 2009. Mountain Lakes has excellent distance runners and Hasbrouck Heights has several standouts who could combine to win seven titles. BCSL Olympic champion Leonia also could be a factor.

Returning champions: Christian Stein, Boonton (IH/IH); Rutgers Admirand, Mountain Lakes (1,600); Kevin Condal, Hasbrouck Heights (200); Devin Jones, Boonton (TJ); Kaleb Zuidema, Midland Park (J).

Events to watch: The most competitive events match Patrick Cole of Hasbrouck Heights vs. Rich Cevallos of Elmwood Park in the discus, Garrett LaCroce of Park Ridge vs. Richie Cannito of Hasbrouck Heights in the pole vault and Stein vs. Alberto Alarcon of Leonia in the high hurdles. Jones and Zuidema are state leaders in their respective events and it'll be interesting to see what they can do.

North 1, Group 2

Teams to watch: Reigning champion Indian Hills is the favorite over league rival Ramsey, and its stars probably will make the difference over a more balanced Rams team. Englewood, Garfield, Lodi and River Dell could make noise.

Returning champions: Mark Filandro, Indian Hills (IH/800); Tevin Ankle, Glen Rock (TJ).

Events to watch: Some great matchups on the track with Al Artesona of Glen Rock, Patryk Najbar of Lodi, Angel Lora of Garfield and Andrew Sargeant of Englewood in the 100. Six runners under 10 minutes in the 3,200 include John Dugan of Ramsey and Joe Sabatino of Pascack Hills. But the event to watch should be a stacked triple jump with Ankle (if healthy) going against Lora, Phil Dowell and Colin Cunningham of Englewood and Sammy Roberts of Mahwah. All have jumped at least 44-10. Corey Crawford of Indian Hills (long jump) and Juan Andres Giglio (Ridgefield Park) are North Jersey's leaders in their events.

North 1, Group 3

Teams to watch: Last year's champion, Morris Hills now is in Group 2, so that leaves the group wide open among Passaic County champ Lakeland, Demarest, Teaneck, Old Tappan, Mount Olive and Eastside

Sectional schedule

FRIDAY: 4 p.m.; SATURDAY: 11 a.m.

North 1, Groups 1, 4 & Non-Public B: at Randolph

North 1, Groups 2 & 3: at Mahwah

North 2, Group 1: at Ridge

North 2, Groups 2, 3 & Non-Public A: at South Plainfield

Returning champions:

Zadique Whyte, Teaneck (100); Carl Frauenpreis, Sparta (D); Femi Adebola, High Point (H/J/LJ/TJ).

Events to watch: Lots on the track with Kevin Amditis of Lakeland facing Teaneck's Casey Pleasants and Darylan Miles, and Aeron Gilson of Mount Olive. The Teaneck and Mount Olive relays will clash. The race of the day should be the 800, with three sub-1:55 runners: Justin Hodge of Teaneck, Salim Corbin of Eastside and Brad Paternostro of Ramapo.

North 1, Group 4

Teams to watch: Bloomfield shocked the field last year to win the title. The Bengals are strong in the weights again, but the battle figures to be between Essex champ West Orange, Ridgewood, Morris champ Randolph and star-driven Hackensack.

Returning champions: Curtis Richburg, West Orange (1,600/800); Keshon Brown, Kennedy (IH); Jeremy Elkaim, Livingston (3,200); Conroy Walker, Hackensack (200); Kristjan Sokoli, Bloomfield (D); Esteban Morales, Bloomfield (J); Ekema Ndiche, Bloomfield (SP); John Wisener, Ridgewood (PV).

Events to watch: There's something special in nearly every event, but the highlight will be in the 110 high hurdles as Josh Major of West Orange, Stephen Vitale of Randolph, in Soo Hwang of Ridgewood and Brown match up. All four can be State Meet of Champs finalists. In the field events, Walker faces Mike Mozerowitz of Randolph, Scott Lisa of Vernon and James Adams of West Orange in the triple jump.

North 2, Group 1

Teams to watch: Reigning champion Whippany Park will have its hands full with Lyndhurst and always dangerous Verona.

Returning champions: John Porteous, Wood-Ridge (IH/TJ); Dave Oster, Verona (1,600/3,200); Kweku Saparagant, Verona (HJ); Mike Fritz, Whippany Park (IH).

Summit, Snyder and Hanover Park seem to be the class, but Cliffside Park, Rutherford and Fort Lee should get their share of medals.

Returning champions: Zahir Thomas, Snyder (100/200/400); Mark Jones, Summit (HJ); Justin Amezcuita, Governor Livingston (PV).

Events to watch: Anthony Tripodi of Cliffside Park battles Jones in the high hurdles and Matt Espy of Summit and Pat Fry of Bernards in the intermediates. Teammate Sheriff Ali could win the 1,600 and 3,200.

North Non-Public A

Teams to watch: Non-Public teams have to qualify for the State Group meet for the first time, and Bergen Catholic, Don Bosco, DePaul, Paramus Catholic and St. Joseph are among 12 teams in the North competing for eight spots in each event. Don Bosco's main competition for the team title likely will be Pope John and Seton Hall Prep.

Events to watch: Mike Belgiovine of Don Bosco and Billy Leonard of Bergen Catholic will challenge Pat Schellberg of Delbarton in the 800, and Don Bosco's Leonte Carroo will face Greg Moore of Pope John in the 100. BC's 4-x-400 relay faces a tough team in Pope John.

North Non-Public B

Teams to watch: Fifteen schools are eligible, including Dwight-Englewood, Eastern Christian, Hawthorne Christian, Paterson Catholic, Queen of Peace, Saddle River Day and St. Mary. Eastern Christian and Paterson Catholic could be in contention for a crown.

Events to watch: Eastern Christian discus thrower Ben deWaal Malefyt, Paterson Catholic jumpers Jacquieiss Gerald and Mike Drummond, St. Mary thrower Kevin Mustac and, if healthy, Queen of Peace sprinter Mustafa Lawrence.

Girls

North 1, Group 1

Teams to watch: A clash of local titans as Bergen Division C champ and reigning sectional

Events to watch: Murphy and Jasmine Hammonds of Elmwood Park in a rematch of Saturday's Bergen Division C 100 final, won by Hammonds; Betty Eickelberg of Leonia, Teresa Gagliostro of Westwood and Kristen Landry of Mountain Lakes in the 1,600; Mel Lewis of Midland Park, Flood and Jen Becker of Hawthorne in the high hurdles.

North 1, Group 2

Teams to watch: Reigning champ Mahwah could win again, but faces strong Morris Hills, star-laden Ramsey and always dangerous River Dell. Garfield could be a dark horse.

Returning champions: Diane Bain, Ramsey (IH); Julieanne Fontana, Pascack Hills (800/1,600); Alexandra Clinton, Ramsey (3,200).

Events to watch: Bain and Fontana face off in the 800 and Fontana meets Clinton in the 1,600. Bain will have her hands full with Allison Torsiglieri of Tenafly, Cat McQuade of River Dell and Tyra Jamison of Garfield in the 400 hurdles. Four girls have thrown 120 feet or better in the javelin.

North 1, Group 3

Teams to watch: Reigning champ Teaneck is strong, but Sparta likely is stronger with several stars from 400 to 3,200. The Highwaywomen also have to contend with Old Tappan, Demarest, Morris Knolls and Mount Olive.

Returning champions: Tiffany Mills, Teaneck (100); Apressha Hampton, Teaneck (SP); Gianina Pastena, Mount Olive (HJ); Taylor Furman, Morris Knolls (HF); Tara Ruddy, Sparta (200); Jen Jarvis, Morris Knolls (J); Alana Pantale, Wayne Valley (D).

Events to watch: Hampton, Pantale and Kathryn Hirsch of Demarest could be the State's three best in the shot and Jarvis has thrown more than 40 feet. Jarvis, Pantale and Furman are the class of the discus, and Dana Wasserman of Demarest, Ruddy and Jacinta Ford of Mount Olive will battle in the long and triple jumps.

North 1, Group 4

Teams to watch: Reigning champion Randolph is favored, although Clifton, Passaic Tech, Livingston and Ridgewood will score well.

Returning champions: Amber Allen, Passaic Tech (IH/200/400); Joelle Amaral, Randolph (1,600/3,200); Molly Higgins, Randolph (800); Emily Urduolu, Clifton (PV); Nia

champ Passaic Tech and Morr champ Randolph.

North 2, Group 1

Teams to watch: Reigning champ Verona and runner-up Whippany Park are the favorite. North Arlington should do the best of eight local teams.

Returning champions: Ashlee Petroski, Verona (IH/H-I); Heather Sweeney, Verona (1,600/3,200); Rebecca Slotki, Verona (PV); Beaura Thomas, Science (LJ/200); Katie Karovic, Whippany Park (HJ); Erica Roberts, Science (TJ).

Events to watch: Tara Fisher of North Arlington is a threat in every event she enters, including the long jump against Thomas, the triple jump against Roberts and the javelin against Lauren O'Connor of Whippany Park. Teammate Alyssa Rodriguez will battle Petroski in the hurdles races.

North 2, Group 2

Teams to watch: If Kristin Smoot can repeat her quadruple win of last year, Bernards could dethrone Madison. Cliffside Park, Fort Lee and Rutherford should advance some athletes to the State Group finals.

Returning champions: Kristin Smoot, Bernards (100/200/400/800); Kearsley Olcott, Summit (3,200).

Events to watch: A local showdown awaits in the shot and discus between Taylor Stever of Rutherford and Aretah Ettarh of Fort Lee. Caldwell's Gabby Migliore also is a threat in the discus.

North Non-Public A

Teams to watch: There are 11 teams entered, but the title likely will come down to IHA and Paramus Catholic. Holy Angels and DePaul also will qualify several athletes for the State meet.

Events to watch: There's quality in every event, from reigning State Meet of Champs 100/200 titlist Myasia Jacobs to three-time Non-Public A triple jump champ Rae Corbo, both of Paramus Catholic. There is the compelling shot put battle between Ashley Sims and Olivia Wade of Paramus Catholic against Theresa Picciotto of IHA. The top races should be in the 800, 1,600 and 3,200 with a mix of Alyssa LaGuardia of DePaul, Erin Thompson and Julie Sinkovitz of IHA and Emily Dunne of Holy Angels. Mahwah resident Kat McCurdy, who runs for Mount St. Dominic will challenge.

North Non-Public B

Teams to watch: Eastern

County track snapshots



PHOTOS COURTESY OF JACOB BROWN



A last weekend's Gene "Red" Hilder Bergen County Track and Field Championships, the Ridgewood High School boys and girls teams combined to win gold medals in four events, while finishing second and fourth, respectively, in the Division A standings. Above, sophomore Hanako Shigemoto takes the baton from junior Charlotte "Chucky" Crisp in the girls 4 x 400-meter relay, which the Maroons won convincingly in 4:00.61, besting rivals Immaculate Heart and Teaneck. Below, RHS junior Sarah DeVita (center) leads a pack of IHA Blue Eagles across the finish line in the 100-meter hurdles, winning in 1:57.2 seconds. Left, sophomore Evan Bartuk soars to a fifth-place distance of 42 feet 6 5/8 inches in the boys triple jump, one of 11 events in which the Ridgewood boys scored to finish runner-up behind Don Bosco (19-90). The Maroons' other gold medalists included Kayla Polcarri in the girls pole vault (11-6) and Tommy DeVita, Sarah's brother, in the boys high jump (6-6). In addition, Ridgewood got silver medals from Jack Simone (boys discus, shot put) and Mark Maniachi (boys javelin).



PCT's Allen leaving lasting impression

By RONALD P. CLARK
STAFF WRITER

RANDOLPH — Amber Allen knows this is her last go-around. Her last time in the spotlight of a meet where she's had some of her brightest moments.

So when the Passaic Tech senior

Friday

has been trying to get that record since I found out about it, [about] two years ago," Allen said.

Because of her sense of history, when it came time for the 400-meter hurdles, she knew what she was chasing.

She quickly separated herself from the pack and added to her legacy by setting a North 1, Group 4 record with a time of 1:00.96.

She has won three consecutive sectional titles in the 400 and 800 meters, North 1, Group 4.

Allen barely missed with a 55.82

love the relay personally. So I leave my mark from now till far

"I'm glad to get these women high school sectional. I want to be remembered. I'm trying to do

"It's really great," Murphy

Passaic Tech senior wins 2 events, sets sectional mark

put all my energy into that [to-ter] In Group 1 sits Westwood senior Colleen Murphy. Already a multiple champion in the BCS American and Bergen County Division C, she was determined to erase the memory of fifth-place finishes in the sectional 100 and 400 as a junior.

She did more than that. Along with winning both events, she also set the North 1, Group 1 record in the 400 with a time of 57.84.

Now, she can relax heading into her defense of her 200 title today, knowing she accomplished what she set out to do.

"It's really great," Murphy

though he fell a bit short after missing at 6-10½, he still secured the win with a clearance of 6-8 and came away satisfied with what he accomplished.

"When I finished the 100, I knew I would be right there," I came out really excited," DeVita said.

"I felt like I had something to prove. My coaches tried to get me amped up, back on the right track from where I was in the winter. And now I feel like the best meets are out in front of me."

Vita chased a record of his own, the North 1, Group 4 high jump mark of 6 feet 10¼ inches. And E-mail: clark@northjersey.com

Hot Off The Press

These Just In From Our Classifieds

For additional ads, see today's Classified pages

Eastern rallies for first crown

By RONALD P. CLARK
STAFF WRITER

RANDOLPH — Eastern Christian knew it would be in for a fight.

With Villa Walsh erasing what had been a 29-point lead after 11 events of the first North Non-Public B girls track and field championships, the Eagles found themselves trailing after 14 of the 16 events.

But second- and fourth-place

NORTH 1 GROUPS 1 & 4 NON-PUBLIC B

finishes in the long jump, plus a third in the 4 x 400 relay, allowed the Eagles to escape with a 126-123 victory Saturday.

"It's wonderful to have a big group of talented kids at a small school," said Eastern Christian coach Joel Apol. "That doesn't happen very often. We're just going to be very happy for as long as it lasts."

The Eagles' stars showed up as Kristen Traub (1,600, 3,200) and Jamie Van Buiten (discus, javelin) each won two events. But it was contributions from Sara Schipper (high jump) and Dara Veenstra (triple jump) that made the difference.

Ridgewood's boys don't heavily lean on stars. Instead, the Maroons tackle their meets with a collective purpose, with every member playing a role. And they played their roles to perfection as the Maroons won their first North 1, Group 4 title since winning back-to-back in 2003 and 2004.

"We had 13 different individuals score in this meet," said Ridgewood coach Josh Saladino. "As a team, we don't have one guy who is going to score 30 points. We have a lot of guys doing their parts and scoring in their events."

Westwood's girls continued their amazing run, adding the North 1, Group 1 title to their BCSL, American, and Bergen County Division C team and relay titles.

Senior Teresa Gagliostro won the 1,600 to support Colleen Murphy's sweep of the sprints.

In North 1, Group 1, Midland Park's Kaleb Zuidema shattered the javelin record with a throw of 220 feet, 8 inches, more than 18 feet farther than the previous record. Butler's Andrew Turzilli won the 100 (11.25 seconds) and 200 (22.65) and Hasbrouck Heights' Kevin Condal broke the sectional record in the 400 with a time 48.65. Condal also was a part of Heights' record-setting 4 x 400 team (3:25.50) with Alex Quinn, Rich Davis and Kevin Harris.

Midland Park's Melanie Lewis pulled off the hurdles double, winning the 100 highs in 15.74 and 400 intermediates in 1:04.48.

Clifton's Emily Urciuoli won her third consecutive North 1, Group 4 pole vault championship with a height of 11-6, tying a record she shares with Ridgewood's Cassie Wong.

Hackensack's Conroy Walker won the 100 (11.0), 200 (22.33) and triple jump (44-11½) in North 1, Group 4.

Queen of Peace's Mustafa Lawrence won the North Non-Public B 100 (11.45) and 200 (23.08).

**State Sectional Championship
@ Randolph**

May 21st and 22nd

400IH:

InSoo Hwang	<u>54.42 – 2nd Place</u>
Sean Mattson	58.87

100m:

Matt Beausoleil	FS
Kevin Lai	12.13

1600m:

Patrick Rynkowski	<u>4:23.56 – 2nd Place</u>
Levi Jennings	<u>4:23.72 – 3rd Place</u>
Steven Spreitzer	4:33.67

400m:

Matt Grundy	<u>49.57 – 3rd Place</u>
Jon Riemer	<u>50.20 – 4th Place</u>
Juan Llinas	50.98

Pole Vault:

John Wisener	<u>13'0" – 1st Place</u>
Andrew Gramaglia	<u>13'0" – 4th Place</u>

Long Jump:

Young Hoe Koo	18'8"
Evan Bartlik	19'7 ½"
Tommy DeVita	19'8"

High Jump:

Tommy DeVita	<u>6'8" – 1st Place</u>
Evan Bartlik	<u>6'2" – 6th Place</u>

Shot Put:

Jack Simmons	<u>47'8 ¼" – 5th Place</u>
Anthony Balboa	43'1 ¼"
Stephen Etna	<u>45'7 ½" – 6th Place</u>

800m:
Brian Cleary 2:01.70
Levi Jennings 1:59.75 – 6th Place

110HH:
InSoo Hwang 15.22/15.14 – 4th Place
Edward Blair IV 15.74
Matt Beausoleil 15.66

200m:
Matt Beausoleil 23.92
Edward Blair IV 24.46
Kevin Lai 24.24

3200m:
Patrick Rynkowski 9:35.74 – 2nd Place
Levi Jennings 9:38.46 – 4th Place
Brain Cleary 9:41.22 – 6th Place

4x400m:
Jon Riemer 49.9
InSoo Hwang 49.8
Juan Llinas 50.9
Matt Grundy 49.9 3:20.57 – 1st Place

Discus:
Jack Simmons 118'8"
Michael Henni 116'8"
Stephen Etna F

Javelin:
Mark Maniaci 158'3" – 5th Place
Matt Beausoleil 127'7"

Triple Jump:
Evan Bartlik 43'4 3/4" – 5th Place
Young Hoe Koo 40'0"
Tommy DeVita 40'8"

Team Score:
Ridgewood 88
Hackensack 69
West Orange 68
Randolph 59

STATE SECTIONAL CHAMPIONS!!!

HIGH SCHOOL SPORTS: NJSAA TRACK AND FIELD SECTIONAL CH

CENTRAL JERSEY BOYS

GROUP 4

TEAMS: 1-East Brunswick 67, 2-West Windsor-Plainsboro South 85, 3-Old Bridge 55, 4-Freehold Township 49.8, 5-Trenton 42, 6-Montgomery 34, 7-Jackson 33, 8-South Brunswick 28.5, 9-North Brunswick 27, 10-Middletown North 24, 11-Brick Memorial 16, 12-Manalapan 14, 13-Rancocas Valley 12, 14-Pennsauken 11, 15-Howell 8, 16-Sayreville, Hillsborough 4, 18-Colts Neck 2.

100-METER DASH: 1-Leonard Robbins, East Brunswick, 10.74, 2-Brian Oni, South Brunswick, 10.91, 3-Robbie Robinson, Montgomery, 11.06, 4-Jihaad Howard, Brick Memorial, 11.11, 5-Julian Quintin, East Brunswick, 11.23, 6-Jaamal James, South Brunswick, 11.33.

200-METER DASH: 1-Leonard Robbins, East Brunswick, 21.65, 2-Jermaine Collier, Trenton, 21.90, 3-Brian Oni, South Brunswick, 22.01, 4-Jihaad Howard, Brick Memorial, 22.26, 5-Gilson Cortes, Jackson, 22.46, 6-Ericka Eze, Sayreville, 22.49.

400-METER RUN: 1-Gilson Cortes, Jackson, 49.70, 2-Ralph McFadden, Freehold Township, 49.74, 3-Anthony Menza, Manalapan, 50.22, 4-A.J. Chavez, West Windsor-Plainsboro South, 50.34, 5-Evan Walton, East Brunswick, 50.38, 6-Thomas Urschel, East Brunswick, 50.47.

800-METER RUN: 1-Luke Zingib, Middletown North, 1:54.61, 2-Sam Macaluso, West Windsor-Plainsboro South, 1:54.63, 3-Kingsley Prophete, Manalapan, 1:55.02, 4-Brian Schoepfer, West Windsor-Plainsboro South, 1:55.13, 5-Shawn Burke, Old Bridge, 1:55.33, 6-Randy Spadola, Freehold Township, 1:58.07.

1,600-METER RUN: 1-Sam Macaluso, West Windsor-Plainsboro South, 4:14.63 record; previous record, 4:15.41, Craig Foyes, Colts Neck, 2007, 2-Brian Schoepfer, West Windsor-Plainsboro South, 4:15.87, 3-Cullen Davis, North Brunswick, 4:16.77, 4-Greg Caldwell, Jackson, 4:19.49, 5-Kyle Davis, North Brunswick, 4:19.75, 6-Mohab Thomas, Old Bridge, 4:20.90.

3,200-METER RUN: 1-Sam Macaluso, West Windsor-Plainsboro South, 9:26.72, 2-Brian Schoepfer, West Windsor-Plainsboro South, 9:32.18, 3-Max Margiotta, West Windsor-Plainsboro South, 9:36.48, 4-Yoel Davis, North Brunswick, 9:41.23, 5-Ryan Mehakshi, Hillsborough, 9:42.08, 6-Corey O'Neil, Old Bridge, 9:42.94.

110-METER HURDLES: 1-Christian Boateng, Old Bridge, 14.80, 2-Seth Robinson, Rancocas Valley, 14.84, 3-Jarrett Phelps, North Brunswick, 14.77, 4-Andre Davis, Old Bridge, 14.78, 5-Matthew Millemann, Hillsborough, 15.16, 6-Chris Donlon, Freehold Township, 15.94.

400-METER INTERMEDIATE HURDLES: 1-Jermaine Collier, Trenton, 53.88, 2-Keri Lewis, Pennsauken, 55.13, 3-Christian Boateng, Old Bridge, 55.24, 4-Seth Robinson, Rancocas Valley, 55.88, 5-Adam Stokes, Jackson, 56.77, 6-Tom Perry, Old Bridge, 58.79.

HIGH JUMP: 1-Rob Welmer, Montgomery, 6-4, 2-Kwame Manful, Freehold Township, 6-4, 3-Justin Bailey, Trenton, 6-4, 4-Kevin Varro, Middletown North, 6-2.5, 5-Derek Forthun, South Brunswick, Jonathan Galva, Freehold Township, 6-0.

LONG JUMP: 1-Leonard Robbins, East Brunswick, 22-2, 2-Kevin Johnson, Brick Memorial, 22-0, 3-Kwame Manful, Freehold Township, 21-7, 4-Justin Bailey, Trenton, 21-7, 5-Andrew Spampinato, Howell, 21-4, 6-Antwan Dickerson, Pennsauken, 21-2.

TRIPLE JUMP: 1-Kwame Manful, Freehold Township, 45-8, 2-Justin Bailey, Trenton, 45-6, 3-Alex Prieto, West Windsor-Plainsboro South, 44-10, 4-Derek Forthun, South Brunswick, 44-4, 5-Ericka Eze, Sayreville, 43-6, 6-Dwight Davis, Pennsauken, 43-6.

SHOT PUT: 1-Dan O'Amato, Old Bridge, 52-6, 2-Terrance Brown, Jackson, 52-4, 3-Samuel Mattis, East Brunswick, 51-2, 4-Andre Davis, Old Bridge, 47-10, 5-Mike Fernandez, Colts Neck, 47-6, 6-Ai Kamara, North Brunswick, 47-0.

DISCUS: 1-Samuel Mattis, East Brunswick, 186-10, 2-Dominick Padovano, South Brunswick, 163-1, 3-Cassey Kudik, Howell, 148-2, 4-Terrance Brown, Jackson, 142-11, 5-Andre Davis, Old Bridge, 138-7, 6-Connor Saket, Jackson, 134-5.

JAVELIN: 1-Andre Davis, Old Bridge, 180-1, 2-Bryan Martinez, North Brunswick, 168-4, 3-Sean McKee, Middletown North, 166-1, 4-Justin Frick, Middletown North, 161-5, 5-Justin Motarz, East Brunswick, 159-3, 6-Alex Yanzuzelli, Sayreville, 155-10.

POLE VAULT: 1-Brandon Smith, Montgomery, 13-0, 2-Tyler Bobal, Montgomery, 12-3, 3-Ryan Barera, Freehold Township, 12-0, 4-Tyler Flood, East Brunswick, 12-0, 5-Alex King, Jackson, 12-0, 6-Dan Callahan, West Windsor-Plainsboro South, 11-8.

1,600-METER RELAY: 1-East Brunswick (Evan Walton, Donald Urschel, Kevin Mulcahey, Leonard Robbins) 3:19.10, 2-Freehold Township (3:27.2), 3-Trenton (3:28.2), 4-Old Bridge (3:28.2), 5-Trenton (3:28.2), 6-Old Bridge (3:28.2).

POLE VAULT: 1-Khary Ingram, Lakewood, 13-0, 2-Tom Dill, Middletown S, 12-6, 3-Gerhard Gengel, Princeton, 12-0, 4-Kam Singh, N. Burlington, 12-0, 5-Zander Filepas, Hopewell V, 12-0, 6-Andrew Cooney, Hamilton East, and Dan Katz, Hightstown, 11-6.

1,600-METER RELAY: Ocean Township (Briam Chittum, Graham Harvey, Jacob Rubenstein and Mike Andre), 3:22.23, 2-Hightstown, 3:23.06, 3-Princeton, 3:27.82, 4-Hopewell Valley, 3:28.08, 5-Jackson Liberty, 3:28.60, 6-Nottingham, 3:28.24.

GROUP 2

TEAMS: 1-Matawan 133, 2-Long Branch 81, 3-Rayway 67, 4-Ewing 48, 5-Raritan 45, 6-Holmdel 23, 7-Delaware Valley 20, 8-Manasquan 20, 9-Rumson 13, 10-North Plainfield 11, 11-Red Bank 9, 12-Point Pleasant Boro 8, 13-Bordentown and Carteret 8, 15-Shore and Roselle 4.

100-METER DASH: 1-Miles Shuler-Foster, Long Branch, 10.77, 2-Bennett Jackson, Raritan, 10.82, 3-Daryl Anstey, Ewing, 11.16, 4-Kareem Cropper, Ewing, 11.29, 5-James Haynes, Rayway, 11.31, 6-Tyrone Smith, Matawan, 11.32.

200-METER DASH: 1-Miles Shuler-Foster, Long Branch, 21.68, 2-Bennett Jackson, Raritan, 21.73, 3-Daryl Anstey, Ewing, 22.64, 4-David Ognonaya, Ewing, and Devron Clark, Long Branch, 22.79, No sixth place.

400-METER RUN: 1-Brian Ramacharan, Matawan, 48.43, 2-Bennett Jackson, Raritan, 48.33, 3-Daryl Anstey, Ewing, 48.59, 4-Shaquille Jackson, Carteret, 50.18, 5-Karon Hair, Long Branch, 50.40, 6-Mike Breen, Raritan, 50.55.

800-METER RUN: 1-Curtis Johnson, Rayway, 1:58.09, 2-Jeremy Antivo, Rayway, 1:58.37, 3-Matt Sampson, Manasquan, 1:58.34, 4-Matt Knowles, Delaware Valley, 1:58.82, 5-Eric Stewart, Manasquan, 1:59.97, 6-Greg McCormack, Matawan, 2:00.69.

1,600-METER RUN: 1-Jeremy Antivo, Rayway, 4:27.27, 2-Matt Knowles, Delaware Valley, 4:28.08, 3-Curtis Johnson, Rayway, 4:28.26, 4-Patrick Hill, Rumson, 4:30.53, 5-Arthur Eng, Holmdel, 4:31.26, 6-Colin English, Manasquan, 4:31.47.

3,200-METER RUN: 1-Jeremy Antivo, Rayway, 9:42.13, 2-Matt Mettitz, Red Bank, 9:42.50, 3-Matt Bearden, Ewing, 9:56.45, 4-Stefan Stark, Holmdel, 10:00.82, 5-Michael Caraccapa, Rumson, 10:02.97, 6-Travis Fodor, Holmdel, 10:04.56.

110-METER HURDLES: 1-Bennett Jackson, Raritan, 14.14, 2-Steve Worsley, Long Branch, 15.22, 3-Jonathan Smith, Matawan, 15.31, 4-Mike Hoffman, Holmdel, 15.43, 5-Dustin Browne, Matawan, 15.55, 6-James Haynes, Rayway, 15.58.

400-METER INTERMEDIATE HURDLES: 1-Dylan Spadaccini, Matawan, 56.48, 2-Michael Hoffman, Holmdel, 57.60, 3-Evan Johnson, Ewing, 57.76, 4-Steve Worsley, L. Branch, 57.78, 5-Jeffery Barrett, Ewing, 58.35, 6-Josue Hernandez, N. Plain, 58.52.

HIGH JUMP: 1-Ezra Kelly, Long Branch, 6-06, 2-Steve Worsley, Long Branch, 6-00, 3-Mark Elliot, Point Pleasant Boro, 5-10, 4-Zach Rogers, Manasquan, 5-10, 5-Dion Gray, Matawan, 5-08, 5-Justin Love, Matawan, 5-08.

LONG JUMP: 1-Tyrone Smith, Matawan, 22-10, 2-Ezra Kelly, L. Branch, 20-10, 3-Dion Gray, 20-9, 4-Solomon Simpkins, 20-7, 5-Richard Thomas, Clark, 19-10, 6-Maurice Preston, Red Bank, 19-5.

TRIPLE JUMP: 1-Dion Gray, Matawan, 42-7, 2-Ezra Kelly, Long Branch, 42-5, 3-Tyrone Smith, Matawan, 42-4, 4-Zach Rogers, Manasquan, 41-9, 5-Cayron Chester, North Plainfield, 41-1, 6-Andres Diaz-Borda, Holmdel, 40-10.

TRIPLE JUMP: 1-Brigitte Roemer, Ewing, 39-40, 2-Emily Vargas, Johnson, 37-5, 3-Gaynelle Boham, Matawan, 35-3, 4-Alyssa Johnson, Matawan, 33-6, 5-Julia Ford, Manasquan, 33-3, 6-Aminda Wnorowski, Johnson, 33-1.

SHOT PUT: 1-Andre Hodge, Matawan, 53-6, 2-Carey Jones, Rayway, 48-5, 3-Fred Ezepue, Matawan, 48-2, 4-Derek Garland, Matawan, 46-08, 5-Andrew Jurczynski, Ewing, 45-02, 6-Terry Fulton, Ewing, 44-4.

DISCUS: 1-Andre Hodge, Matawan, 163-8, 2-Carey Jones, Rayway, 159-3, 3-Ian Carter, Matawan, 134-3, 4-Derek Garland, Matawan, 131-8, 5-Kyle Mowrey, Holmdel, 131-1, 6-Kenney Salters, Carteret, 128-0.

JAVELIN: 1-Nick Gigantino, Raritan, 168-8, 2-Victor Smith, North Plainfield, 159-08, 3-Shalke Garner, Matawan, 159-0, 4-Andrew Mahon, Shore, 153-6, 5-Ryan Williams, Bordentown, 151-10, 6-Mike Moralle, Rumson, 150-7.

POLE VAULT: 1-Dylan Spadaccini, Matawan, 13-0, 2-Tyler Trainer, Delaware Valley, 11-8, 3-Andrew Trocchia, Rumson, 11-6, 4-Ryan Williams, Bordentown, 11-0, 5-Skylar Johnson, Point Pleasant Boro, 11-0, 6-Nelson Wong, Holmdel, 10-8.

1,600-METER RELAY: Long Branch (Marcus McKenzie and Miles Shuler-Foster, Devron Clark and Karon Hair), 3:21.93, 2-Matawan, 3:24.06, 3-Ewing, 3:26.68, 4-Rayway, 3:28.24, 5-Roselle, 3:31.64, 6-Carteret, 3:34.63.

NORTH JERSEY SECTION 1 BOYS

GROUP 4

TEAMS: 1-Ridgewood 88, 2-Hackensack 69, 3-West Orange 68, 4-Randolph 59, 5-Livingston 39, 6-Bloomfield 34, 7-Passaic 29, 8-Montclair 25, 9-Vernon 22, 10-Paterson Kennedy 18, 11-Passaic Tech 16, 12-Clifton 10, 13-Union City 6, 14-North Bergen 5, 15-East Orange 4, 16-Bergen Tech 2, 17-Fair Lawn, Roxbury 1.

100-METER DASH: 1-Conroy Walker, Hackensack, 11.0, 2-Jashon Dawson, Passaic, 11.30, 3-Jose Rodriguez, Union City, 11.33, 4-Khalif Herbin, Montclair, 11.53, 5-Lance Smith, West Orange, 11.53, 6-Christopher Pleasant, Hackensack, 11.54.

200-METER DASH: 1-Conroy Walker, Hackensack, 22.33, 2-Yusef Reaves, Passaic, 22.93, 3-Margui Salley, Montclair, 23.16, 4-Aaron Rhodes, Montclair, 23.38, 5-Tevin Cunningham, North Bergen, 23.47, 6-Kazari Trought, West Orange, 23.49.

400-METER RUN: 1-Yusef Reaves, Passaic, 49.05, 2-Stephen Vitale, Randolph, 49.58, 3-Matt Grudy, Ridgewood, 49.57, 4-Jon Reimer, Ridgewood, 50.20, 5-Duane Morgan, West Orange, 50.44, 6-Dexter Valley, West Orange, 50.59.

800-METER RUN: 1-Curtis Richburg, West Orange, 1:55.49, 2-Joel Douglas, Hackensack, 1:57.35, 3-Daniel Green, Clifton, 1:58.34, 4-Davian Jensen, East Orange, 1:58.73, 5-Larry Hilton, Paterson Kennedy, 1:59.14, 6-Levi Jennings, Ridgewood, 1:59.75.

1,600-METER RUN: 1-Jeremy Elkaim, Livingston, 4:12.89, meet record; former record, 4:15.20, Mohamed Khadraoui, Paterson Kennedy, 2004, 2-Curtis Richburg, West Orange, 4:20.74, 3-Patrick Rynkowski, Ridgewood, 4:23.56, 4-Levi Jennings, Ridgewood, 4:23.72, 5-Andreas Kellas, Bergen Tech, 4:23.97, 6-Daniel Rondon, North Bergen, 4:24.51.

3,200-METER RUN: 1-Jeremy Elkaim, Livingston, 9:21.87, 2-Patrick Rynkowski, Ridgewood, 9:35.74, 3-Curtis Richburg, West Orange, 9:38.09, 4-Levi Jennings, Ridgewood, 9:38.46, 5-Daniel Rondon, North Bergen, 9:38.83, 6-Brian Cleary, Ridgewood, 9:41.23.

110-METER HURDLES: 1-Keshon Brown, Paterson Kennedy, 14.49, 2-Josh Major, West Orange, 14.86, 3-Stephen Vitale, Randolph, 14.78, 4-InSoo Hwang, Ridgewood, 15.14, 5-Mark Jones, Hackensack, 15.29, 6-German Valdez, Livingston, 15.70.

400-METER INTERMEDIATE HURDLES: 1-Stephen Vitale, Randolph, 54.35, 2-InSoo Hwang, Ridgewood, 54.42, 3-Floyd Morgan, West Orange, 56.19, 4-Keshon Brown, Paterson Kennedy, 56.26, 5-Tom Burke, Vernon, 57.03, 6-Warren Beason, Passaic Tech, 57.39.

HIGH JUMP: 1-Tommy DeVita, Ridgewood, 6-8, 2-Aarnad Bush, Montclair, 6-4, 3-German Valdez, Livingston, 6-4, 4-Yusef Reaves, Passaic, and Scott Lisa, Vernon, 6-4, 6-Evan Bartlik, Ridgewood, 6-2.

LONG JUMP: 1-Scott Lisa, Vernon, 21-11, 2-Josh Major, West Orange, 21-9, 3-Conroy Walker, Hackensack, 21-7, 4-Mike Moserowitz, Randolph, 21-04, 5-Keshon Brown, Paterson Kennedy, 20-11, 6-Gary Layton, Randolph, 20-9.

TRIPLE JUMP: 1-Conroy Walker, Hackensack, 44-11, 2-James Adams, 44-8, 3-Scott Lisa, Vernon, 44-3, 4-German Valdez, Livingston, 43-6, 5-Evan Bartlik, Ridgewood, 43-4, 6-Rahmir McCray, Passaic Tech, 43-01.

SHOT PUT: 1-Stephen Mozia, Hackensack, 53-6, 2-Kristian Sokoli, Bloomfield, 51-8, 3-Ericka Ndliche, Bloomfield, 51-2, 4-Lonnie Day, Passaic Tech, 48-7, 5-Jack Simmons, Ridgewood, 47-9, 6-Stephen Etna, Ridgewood, 45-7.

DISCUS: 1-Kristian Sokoli, Bloomfield, 165-0, 2-Stephen Mozia, Hackensack, 161-8, 3-Lonnie Day, Passaic Tech, 139-3, 4-Pete Wolmart, Randolph, 130-6, 5-John Sunday, Clifton, 128-8, 6-Julian Pinnex, Montclair, 125-8.

JAVELIN: 1-Esteban Morales, Bloomfield, 175-6, 2-Kevin Hanke, 168-5, 3-Antonio Garcia, Randolph, 168-0, 4-Quatrell Huffin, Passaic Tech, 167-7, 5-Mark Maniaci, Ridgewood, 158-3, 6-Scott Lisa, Vernon, 158-0.

POLE VAULT: 1-John Wisener, Ridgewood, 13-0, 2-Ali Hashemi, Randolph, 13-0, 3-Andy Jung, Livingston, 13-0, 4-Andrew Gramaglia, Ridgewood, 13-0, 5-Julian Macrone, Clifton, 12-6, 6-Drew Chowhan, Roxbury, 12-0.

1,600-METER RELAY: 1-Ridgewood (Jon Reimer, InSoo Hwang, Juan Linares, Matt Grundy) 3:20.57, 2-West Orange 3:22.45, 3-Randolph 3:24.23, 4-Hackensack 3:28.95, 5-Montclair 3:29.65, 6-Fair Lawn 3:30.05.

GROUP 3

TEAMS: 1-Teaneck 95.33, 2-Northern Valley 72.33, 3-Demarest 68.68, 4-Ramapo 34, 5-Montville 30, 6-Pascack Valley 28, 6-Pascack Valley, High Point 28, 8-Paterson Eastside 24, 9-Sparta and West

GROUP 2

TEAMS: 1-Indian Hills 90, 2-Ramsey 63, 3-Englewood 56, 4-River Dell 54, 5-Garfield 43, 6-Hopatcong 30, 7-Mahwah 26.60, 8-Ridgefield Park 28, 9-Newton, Lodi 22, 11-Morris Hills 21.90, 12-West Essex 11, 13-Glen Rock 8.60, 14-Kittatinny, Lenape Valley 8, 16-Pascack Hills 4, 17-Walkill V 2, 100-METER DASH: 1-Petryk Najbar, Lodi, 11.10, 2-Andrew Sargeant, Englewood, 11.19, 3-Corey Crawford, Indian Hills, 11.20, 4-Al Artesona, Glen Rock, 11.26, 5-Andre Williams, Englewood, 11.39, 6-Franklin Smith-Hinson, Garfield, 11.46.

200-METER DASH: 1-Corey Crawford, Indian Hills, 22.55, 2-Petryk Najbar, Lodi, 22.72, 3-Andre Williams, Englewood, 23.25, 4-Dennis Wilson, Ramsey, 23.40, 5-Michael Calero, Lodi, 24.09, 6-Emanuel Quainoo, Hopatcong, 24.29.

400-METER RUN: 1-Mark Filandro, Indian Hills, 49.34, 2-Angel Lora, Garfield, 49.72, 3-Troy Conrad, Ramsey, 50.13, 4-Andre Williams, Englewood, 50.68, 5-Jeffrey Estrella, Ridgefield Park, 51.56, 6-Isiah Silva, Ridgefield Park, 51.63.

800-METER RUN: 1-Mark Filandro, Indian Hills, 1:58.40, 2-James Haggerty, River Dell, 1:57.22, 3-Patrick Dyer, West Essex, 1:57.74, 4-Troy Conrad, Ramsey, 1:58.20, 5-Erik Moutenot, Mahwah, 1:58.43, 6-Bobby Boger, Newton, 1:58.52.

1,600-METER RUN: 1-Chris Eltringham, Ramsey, 4:28.40, 2-Daniel Murnane, Lenape Valley, 4:31.08, 3-John Dugan, Ramsey, 4:32.10, 4-John Prizzi, Indian Hills, 4:32.12, 5-Joeseph Prestifilippo, Hopatcong, 4:33.33, 6-Patrick Dyer, West Essex, 4:34.10.

3,200-METER RUN: 1-Dylan Monahan, West Essex, 10:28.17, 2-Rob Irvine, River Dell, 10:30.67, 3-Stefan Schuster, River Dell, 10:33.13, 4-Brendan Conway, Ridgefield Park, 10:35.01, 5-Robert Bire, Morris Hills, 10:36.72, 6-Nick Kealy, Kittatinny, 10:41.03.

110-METER HURDLES: 1-Dan McConnell, River Dell, 15.24, 2-Leaaron Nunes, Garfield, 15.85, 3-Tyler Cerbo, Kittatinny, 15.88, 4-Brian Psota, Ramsey, 15.90, 5-Franklin Smith-Hinson, Garfield, 15.91, 6-Matthew Loft, Hopatcong, 16.07.

400-METER INTERMEDIATE HURDLES: 1-Mark Filandro, Indian Hills, 55.01, 2-Erik Moutenot, Mahwah, 56.36, 3-Jeffrey Estrella, Ridgefield Park, 57.16, 4-James Haggerty, River Dell, 57.17, 5-Calvin Knox, Indian Hills, 58.09, 6-Manuel Hertz, Kittatinny, 58.34.

HIGH JUMP: 1-Corey Crawford, Indian Hills, 6-6 tied meet record; former record Steve Squiers, Kittatinny, 1988, 2-Dennis Wilson, Ramsey, 6-0 tied record, 3-Ryan Bailey, Englewood, 6-0, 4-Leaaron Nunes, Garfield 5-10, 5-Zachery Ferguson, Morris Hills, 5-10, 6-Greg Francisco, Englewood, 5-10.

LONG JUMP: 1-Corey Crawford, Indian Hills, 23-54 record; former record 23-04, Daniel Wu, Tenafly, 2008, 2-Phillip Dowell, Englewood, 23-24, 3-Angel Lora, Garfield, 21-11, 4-Tevin Ankle, Glen Rock, 21-8, 5-Matthew Loft, Hopatcong, 21-39, 6-Dennis Wilson, Ramsey, 20-10.

TRIPLE JUMP: 1-Sammy Roberts, Mahwah, 45-4, meet record; former record 45-2, Daniel Wu, Tenafly, 2008, 2-Phillip Dowell, Englewood, 45-3, 3-Matthew Loft, Hopatcong, 44-4, 4-Angel Lora, Garfield, 44-3, 5-Colin Cunningham, Englewood, 43-06, 6-Bryan Rodgers, Englewood, 42-2.

SHOT PUT: 1-A.J. Ulinski, Morris Hills, 54-7, 2-John Farrell, River Dell, 51-11, 3-Kevin Nolasca, Garfield, 49-10, 4-Michael Laubauchs, Indian Hills, 49-1, 5-Bryan Scudiere, Morris Hills, 48-10, 6-Matt Koh, River Dell, 47-8.

DISCUS: 1-Angelo Cook, Hopatcong, 151-2, 2-Cory Connell, Ramsey, 150-9, 3-Michael Laubauchs, Indian Hills, 150-8, 4-John Farrell, River Dell, 143-9, 5-Bryan Scudiere, Morris Hills, 134-8, 6-Alex Kim, River Dell, 132-11.

JAVELIN: 1-Evan Christie, Newton, 193-2, 2-Tim Trochanowski, River Dell, 174-8, 3-Marc Aspinwall, Ridgefield Park, 163-8, 4-Tyler Demmerle, Pascack Hills, 163-8, 5-Joe Salame, Lodi, 162-5, 6-Nick Molteni, Kittatinny, 158-8.

POLE VAULT: 1-Juan Andres Olgio, Ridgefield Park, 15-41, meet record; former record 15-1, Greg Stride, Mahwah, 2007, 2-Brad Hoyle, River Dell, 13-0, 3-Tyler Poland, Mahwah, 13-0, 4-Rob Huettner, West Essex, 13-0, 5-David Belostock, Glen Rock, 12-9, 6-Tyler Fitzpatrick, Morris Hills, Gabe Aydin, Mahwah, Brendan Hill, Morris Hills, and Eric Prebor, Morris Hills, 12-0.

GROUP 1

TEAMS: 1-Boonton 87, 2-Hasbrouck Heights 61, 3-Mountain Lakes 58, 4-Park Ridge 30, 5-Leonia 28, 6-Westwood, Manchester Regional

GROUP 1

TEAMS: 1-Franklin 58, 2-Yumbia and North Hunterdon 30, 4-Hunterdon Central 30, Stevens 28, 9-Bridgewater-Lipscomb 23, 11-Watchung 11, 22-Linden 20, 14-Elizabeth 16, 18-Bayonne 8, 17-Woodbridge 100-METER DASH: 1-Cla Franklin, 10.99, 2-Joel Sh Franklin, 11.04, 3-Jhalys Williams, Boating, Union, 11.13, 5-Ise 11.18, 6-Curtis Student, E 200-METER DASH: 1-Cla Franklin, 21.54, 2-Dana Ro 3-Curtis Student, Elizab Franklin, 22.73, 5-Joel Sh 22.85, 6-Daniel Boateng, 48.21, 3-Daria Roberts, Col Studivert, Elizabeth, 49.3 Woodbridge, 50.13, 6-Joni Elizabeth, 50.51.

800-METER RUN: 1-Joni 1:54.84, 2-Dominic Tasco, 1:55.18, 3-Brian Basil, Col Roberts, Columbia, 1:56.7 field, 1:57.40, 6-Bayaan Ol 1,600-METER RUN: 1-Brian 2-Sam Goodwin, N Hunter McDonald, N Hunterdon, 4 Ridge, 4:21.68, 5-Jon Harpe 6-C.J. Defabio, Watchung 3,200-METER RUN: 1-M: North Hunterdon, 9:25.48 Hunterdon, 9:28.74, 3-Ami 9:29.75, 4-Chris Banafato 9:32.72, 5-Jon Harper, Phi DeFazio, Watchung Hills, 10-Fabio, Watchung Hills, 110-METER HURDLES: 1 Stevens, 14.61, 2-Elyon Ot 3-Justin Kirkland, Piscata Mims, Columbia, 15.32, 5 Union, 15.46, 6-Daniel Col 400-METER INTERMEDI: Veras, Dickinson, 54.52, 2 Stevens, 54.53, 3-Matt Dea 4-Bayaan Oluyad, Union, 5 inson, 57.02, 6-Franklin Bel HIGH JUMP: 1-Jose Vera 2-Daniel Cole, Piscatawa Hunterdon Central, 6-2, 3 Piscataway, 5-10, 5-Mich and Jean Alethea, Elizab LONG JUMP: 1-Earle Jar 2-Jeff Wong, Watchung 1 Beck, Bridgewater-Rarit Columbia, 21-09, 5-Conni 20-11, 6-Franklin Anya, 4 TRIPLE JUMP: 1-Jared L 2-Gerald Banfie, Bridgewat Gutierrez, Phillipsburg, 42 Union, 42:05.00, 5-Franklin 6-Chris Foreman, Union, 4 SHOT PUT: 1-Shareem J 2-Travis Gallardo, Bayon sel, Hunterdon Central, 4 Franklin, 46-5, 5-Bobby V 46-38, 6-Quincy Foster, F DISCUS: 1-Patrick Kesse 149-1, 2-Luke Jarmolows 3-Jarred Nelson, Frankli meier, N Hunterdon, 145 Linden, 139-4, 6-Eric Op JAVELIN: 1-Joshua Sutt 191-5, 2-Will Lauricella, R Gray, Westfield, 180-10, 4 lin, 170-3, 5-Matt Green, 1 6-Decio Gaeta, Ridge, 15 POLE VAULT: 1-Timothy Central, 13-6, 2-Peter Fil 3-Matt Deery, Phillipsbu Westfield, 12-6, 5-Dan Hil 12-6, 6-Ryan Potter, Nort 1,600-METER RELAY: 1 Williams, Brian Henry, P 3:21.00, 2-Franklin 3:22.8 4-Columbia 3:24.37, 5-U bridge 3:28.48.

GRG

TEAMS: 1-Hvington 83%, Kennedy 55, 4-Morrisov 51, 6-Millburn 48, 7-Voor 26, 9-Scotch Plains-Fan 11, 11-Union Plainfield 101 13-Ferris and Warren H1 Nutley 6, 17-West Morris 100-METER DASH: 1-R 11.17, 2-Brandon Frick, R Stewart, West Side, 11.22

TRACK AND FIELD: BERGEN MEET OF CHAMPIONS

Dowell becomes video junkie

NALD P. CLARK
WRITER

In school sports mean something different to each competitor. Some want to play for fun. Others need something to play for fun. Some want to stay in shape. Others need something to

then there are those athletes, like Phillip Dowell, who want to win. Dowell, a senior at Indian Hills, is a triple jumper and long jumper. He goes home and watches tapes of his technique as he goes down the runway and myap- "Dowell said.

well can sit around his TV at home for hours watching tapes of his technique. He studies their techniques. "I'm not a game to Dowell. It means too much to him to be in the time and observes the adjustments as he

long jumps, making adjustments as he goes. "I won't surrender to anybody kind of attitude," Williams said. "We know that when his back is against the wall and he really wants something, he goes after it. It's almost like a raging bull, a rabid dog. He doesn't care what's in front of him. He's going to try to knock those walls down."

Today the wall is the Bergen County Meet of Champions at Hackensack. The best jumpers in the county will sprint down the runway, one after another, to determine who is the best of the best. Dowell is one of them. And as much as he wants to win, he isn't putting any added pressure on himself.

Mahwah's Sammy Roberts, Indian Hills' Corey Crawford and Don Bosco's Gregory Hazell, among others. "It's been a pleasure," Madei Williams said of coaching Dowell. "He makes it very easy. He's blessed in so many ways. Of course, he's gifted athletically. But the level of focus and attention that he puts into each and every event that he participates in is second to none."

The results are coming as well. He is Bergen County Division B triple jumper and BCSL American triple and long jump champion. He holds the school record for the triple jump (46-2) and finished second to Roberts in the triple and to Crawford in the long during the North 1, Group 2 sectional meet Saturday, even though he topped old sectional records in both events.

And finishing second is eating at Dowell. "He has that die-hard, never-quit, I won't surrender to anybody kind of attitude," Williams said. "We know that when his back is against the wall and he really wants something, he goes after it. It's almost like a raging bull, a rabid dog. He doesn't care what's in front of him. He's going to try to knock those walls down."

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long jumps, making adjustments as he goes. "I won't surrender to anybody kind of attitude," Williams said. "We know that when his back is against the wall and he really wants something, he goes after it. It's almost like a raging bull, a rabid dog. He doesn't care what's in front of him. He's going to try to knock those walls down."

By PAUL SCHWARTZ
STAFF WRITER

Four Bergen County record holders, including the newest, Ridgefield Park pole vaulter Juan Andres Giglio, will compete near home today for the last time this year at the Lou Larzalotto Bergen Meet of Champions at Hackensack High School.

The field events begin at 3:30 and feature Giglio, who cleared 15 feet, 4 1/4 inches to break an 18-year-old mark Friday night at the North 1, Group 2 meet, County (and State) javelin record holder Kaleb Zuidema of Midland Park and 25-foot long jumper Corey Crawford of Indian Hills.

On the track, Paramus Catholic sophomore Myasia Jacobs, the holder of County records at 100 and 200 meters will defend her 200 title and try to lower her County record of 23.91 seconds. Admission is free.

Boys

100 and 200: Crawford is one of four sub-11 sprinters in the shorter race along with Corey Walker of Hackensack, last year's 200 champ, Zadique Whyte of Teaneck and Patrick Nalbar of Lodi. Teaneck's Casey Pleasants is favored at the longer sprint.

400: Kevin Condal of Hasbrouck Heights leads a field of five sub-50 sprinters with Teaneck's Justin Hodge the only senior.

800: It's probably Ramapo's Brad Paternostro against his personal best of 1:53.5 as he prepares for his first State group crown.

1,600: Don Bosco's Mike Belgiovine ran 4:16 on Friday at the first North Non-Public A sectional and should be the class of the field.

3,200: Patrick Rono of Lynchurst defeats his title in a field of 10 sub-10:00 runners.

110 HH: Ernest Wingate of Bergen Catholic gets a rematch with Selwyn Maxwell of Don Bosco, who defeated him Saturday, but

don't count out Dan McConnell of River Dell. **400 HH:** Defender Mark Filandro of Indian Hills will get some heat from soph Brandon Gregory of Old Tappan and junior Anthony Tripodi of Cliffside Park.

Shot put: There are 13 50-footers in the field of 18 and juniors Patrick Cole of Hasbrouck Heights and Stephen Mozia of Hackensack can inch closer to 60 feet.

Discus: Mozia, Cole, John Farelli of River Dell and Jack Simmons of Ridgewood had subpar days at Saturday's sectionals, but the best field in years should snap back today.

Javelin: It's the Zuidema show as the one-year-old meet record of 200-6 seems certain to fall. Zuidema has thrown 224-1.

High jump: Defender Tommy DeVita of Ridgewood cleared 6-8 outdoors for the first time Friday, but will be tested by Crawford and Ramsey's Dennis Wilson.

Long jump: Crawford passed his first test Friday, a strong challenge from Dwight Morrow's Phil Dowell, and three other 22-footers are in the field, including a 23-footer in Walker.

Triple jump: A record six jumpers already are over 45 feet, but Greg Hazell of Don Bosco and Dowell might be a step above.

Pole vault: Despite his record leap, Giglio might be hard-pressed by 14-6 jumpers Dab Nyfenger of Demarest and John Wisener of Ridgewood.

4-x-400 relay: Teaneck and Bergen Catholic take another shot at the County record of 3:17.56, with Ridgewood the latest entry in the sub-3:21 club.

Girls

100 and 200: Jacobs is entered only in the 200, leaving the 100 open to Kim Nagotko of Mahwah and Tiffany Mills of Teaneck.

400: Seven sub-60 runners make this the fastest field, but it'll probably be either Colleen Murphy of Westwood or Kathleen

Johnston of Indian Hills for the title.

800: A tightly packed field here, led by Old Tappan's Christine Spilka and Sharon O'Reilly and Ramsey's Elizabeth Rosenberger.

1,600: Erin Thompson of Immaculate Heart faces Maggie Loudon of Old Tappan and Teresa Gagliostro of Westwood for the title.

3,200: Emily Dunne of Holy Angels should easily win her first title.

100 HH: Sarah DeVita of Ridgewood is favored but Mel Lewis of Midland Park, Asher Beasley of Paramus Catholic and Stephanie Carnevale of River Dell are there if she falters.

400 HH: Diane Bain of Ramsey is the heavy favorite and could make a run at the meet record of 61.97.

Shot put: Three of the state's top five throwers face off here with Apresha Hampton of Teaneck battling against Kathryn Hirsch of Demarest and Theresa Piccolallo of IHA.

Discus: Hirsch has the season's only 120-plus throw, but five others are over 110.

Javelin: Hannah Mayer of Northern Highlands has caught fire, getting better with each meet, including 147-1 on Friday. Six other throwers are over 120 feet.

High jump: Rae Corbo and Khyla Bailey of Paramus Catholic square off against Magdalena Pietrak of Bergen Tech and Taylor Clarkson of Indian Hills.

Long jump: Defender Danna Wasserman of Demarest has to hold off Corbo and Shaena Wizzard of Teaneck.

Triple jump: It's the same trio as the long jump here, with Corbo the favorite.

Pole vault: It's Kayla Polcar of Ridgewood against Chelsea Hartigan of Ramapo with the meet (11-7) and Bergen (12-1) records in jeopardy.

4-x-400 relay: Ridgewood, Teaneck, IHA, Ramsey and Westwood meet here with a sub-4:00 time a realistic goal.

Corbo's triple makes history

Maroons upstage relay rivalry

HACKENSACK — The hype heading into Tuesday's Lon Lanza-Lotto Bergen Meet of Champions was all about one race, two teams and their chance at history.

Teaneck and Bergen Catholic took the track having logged the two fastest 4x-400 relay times in New Jersey this season, and their showdown in the last event of the night at Hackensack was supposed to serve as a showcase of sprinting excellence.

Someone forgot to tell Ridgewood's townspeople the brilliance was not expected from them.

With a stunning display, the Maroon sports rooms received personal bests from juniors Jon Riemer, InBoo Stapleton and Matt Grundy.

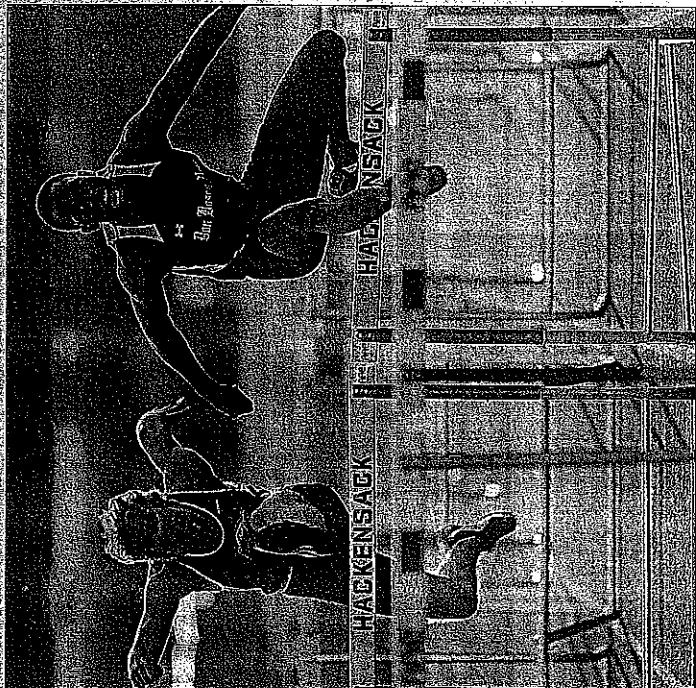
Hwang and Juan Linares before senior Matt Grundy ran a blistering final leg to steal the spotlight and the 4x-400 victory in 3:18.10.

In registering one of the most surprising upsets in meet history, Ridgewood ended up leaving two of New Jersey's top programs — not to mention the best two 4x-400 teams around — in their wake.

"We had a ton of motivation coming in," said Grundy, who also clocked his personal best of 49.1 on the anchor leg. "We wanted to win the meet. We wanted to beat those two teams. We wanted to run our best time."

And, quite shockingly, the Maroons accomplished it all, with Grundy holding off a charging Billy Leonard of Bergen Catholic while 100 meters to go en route to the thrilling finish.

Teaneck, which had run the fastest time in the state just eight days earlier (3:17.63), was disqualified due to a botched handoff on the first baton exchange despite being in first second with the fourth-fastest time in County history.



KEVIN R. WEDLER/STAFF PHOTOGRAPHER

Selwyn Maxwell of Don Bosco, right, on his way to victory in the 100 high hurdles.

"Our teams are basically Kobe Bryant and LeBron James at this point," Teanack assistant coach Kiela Brevard said before the meet. "We know how important the race is so nobody's nervous. It's all about turning up the shoes, going out fast, leaving left and seeing who goes farthest."

Bergen Catholic picked Kobe, while Teanack preferred LeBron. Ridgewood turned that friendly game of one-on-one into a one-team show on Bergen County's biggest stage for track and field.

"It's not only about speed, but strategy, too," Bergen Catholic junior, Idris Gray said. "You can't sprint this whole race, and you can't jog the whole race, either. There's a mind-set and the challenge."

Added Saladin: "Our guys keep getting better and better." And on this night, Ridgewood proved itself by beating the best.

Paramus Cath. star wins three events

BY RONALD P. CLARK
STAFF WRITER

HACKENSACK — Nobody had done it before Tuesday night's Lon Lanza-Lotto Bergen Meet of Champions. So no one thought to tell Paramus Catholic's Rae Corbo that it was something to add to her resume.

"I didn't know that if I won all three," Corbo said, "that I would have been the first girl I wasn't aware of that wanted to win the field event award. So I came out like I have to win."

Corbo pulled off a trifecta that no girl had accomplished in the Meet of Champions, winning the long (17 feet, 5 inches), triple (37.89) and high jumps (5-4). Coming into the meet, she had mentally prepared herself to try to pull off the feat, but she still didn't know what she was walking into.

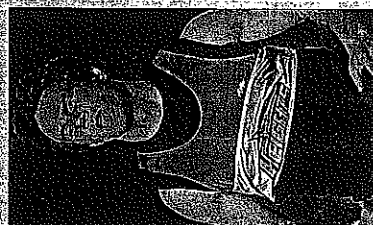
"I didn't think it was going to be that hard," Corbo said. "I thought I was going to be able to handle it. But it was way different. It was the complete opposite. It was hard. I'm just proud of myself that I finally did it."

The senior's performance earned her the Paul Schwartz Award for the outstanding female field event performer and gives Bergen County something to remember the two-sport star by. As she prepares to head to Norfolk State on a basketball scholarship, Corbo's just soaking in these last moments of her high school career.

"When I see people in school getting all emotional, crying in hallways... and I'm an emotional person," Corbo said. "So when I see someone tearing up, I'm tearing up. But it's not really going to hit me until graduation."

Hasbrouck Heights' junior Kevin Cordal, meanwhile, has graduated to stardom. The confident young sprinter easily surpassed his previous personal best with a meet-record time of 47.94 seconds in winning the boys 400 meters. Cordal's season was building up to that race.

"All my family was here so I had to run well," said Cordal, who won the Mike Glynn Award for outstanding boys track athlete. I couldn't let them down. I had to go out and run my race. I finished stronger.



STAFF PHOTO BY KEVIN R. WEDLER

Hasbrouck Heights' Kevin Cordal on his way to victory in the 400 meters Tuesday.

That normal and popped out a big one. With his family at the meet celebrating his cousin's birthday, he wanted to leave a gift for all of them. But even if they were on his mind beforehand, he took them off his mind during.

"I don't hear anything," Cordal said. "I'm just judging where I'm supposed to be. I'm following kids, sitting on them and what they start going down a notch, that's when I pick it up a notch."

Tuesday's meet was one of the best in the 19-year history of the event as the best in Bergen County came out and put on a show. The Ed Church Award for outstanding boys field athlete went to Midland Park's Kaleb Zaidema for his meet record-setting javelin throw of 206-0. Westwood's Colleen Murphy was awarded the Tom Zaccaro Award for outstanding girls track athlete for her win in the 400 with a time of 57.10.

Teanack's Aresha Hampton was able to fight off a deep and talented field of shot putters with the top throw in New Jersey this season at 44-8 1/4.

Ridgewood's Sarah DeVita won the 100 high hurdles with the fastest time in North Jersey this season, 15.03.

E-mail: clarkr@northjersey.com

TRACK & FIELD: BERGEN COUNTY MEET OF CHAMPIONS

AT HACKENSACK

BOYS

100: 1. Conroy Walker, Hackensack, 10.75; 2. Zadique Whyte, Teaneck, 10.97; 3. Patryk Najbar, Lodi, 11.09; 4. Al Artesona, Glen Rock, 11.24; 5. Andrew Sargeant, Englewood, 11.25.

200: 1. Casey Pleasants, Teaneck, 22.13; 2. Patryk Najbar, Lodi, 22.31; 3. Daryian Miles, Teaneck, 22.38; 4. Leonte Carroo, Don Bosco, 22.49; 5. John Porteous, Wood-Ridge, 22.65; 6. Andre Williams, Englewood, 22.86.

400: 1. Kevin Condal, Hasbrouck Heights, 47.94; 2. Justin Hodge, Teaneck, 48.83; 3. John Sanford, St. Joseph, 49.18; 4. Damien Elliott, Teaneck, 50.03; 5. Warren Fields, Teaneck, 50.36; 6. Max Linden, Pascack Valley, 50.55.

800: 1. Bradley Paternostro, Ramapo, 1:53.60; 2. Joel Douglas, Hackensack, 1:57.88; 3. Dave Koblenz, Westwood, 1:58.84; 4. Michael Calero, Lodi, 1:58.96; 5. Matisa Batarags, Northern Highlands, 1:59.14; 6. Luke Nowicki, Pascack Valley, 1:59.87.

1,600: 1. Phelan McCormack, Don Bosco, 4:26.69; 2. Howard Rosas, Don Bosco, 4:27.00; 3. Emanuele Benelli, Old Tappan, 4:27.78; 4. Steven Spreitzer, Ridgewood, 4:29.07; 5. Patrick Ryan, Leonia, 4:30.38; 6. Elvis Durakovic, Ridgefield Park, 4:31.52.

3,200: 1. Patrick Rono, Lyndhurst, 9:28.29; 2. Sherif Ali, Cliffside Park, 9:29.63; 3. Mike Obsuth, Fair Lawn, 9:42.47; 4. Christian Costello, Don Bosco, 9:45.94; 5. Nicholas Mendolla, Don Bosco, 9:47.33; 6. Kevin Lee, Old Tappan, 9:48.63.

110H: 1. Selwyn Maxwell, Don Bosco, 14.53; 2. Ernest Wingate, Bergen Catholic, 14.61; 3. Dan McConnell, River Dell, 14.76; 4. John Porteous, Wood-Ridge, 14.97; 5. Matt Beausoleil, Ridgewood, 15.03; 6. Nick Picache, Northern Highlands, 15.31.

400H: 1. Mark Filandro, Indian Hills, 53.60; 2. Brandon Gregory, Old Tappan, 55.37; 3. Erik Moutenot, Mahwah, 55.50; 4. Anthony Tripodi, Cliffside Park, 55.62; 5. Jeffery Estrella, Ridgefield Park, 57.32; 6. Nick Picache, Northern Highlands, 57.34.

4x400: 1. Ridgewood, 3:18.10; 2. Bergen Catholic, 3:18.29; 3. Indian Hills, 3:18.93; 4. Englewood, 3:22.59; 5. Ramapo, 3:24.94; 6. Old Tappan, 3:25.14.

Javelin: 1. Kaleb Zuidema, Midland Park, 206-0; 2. Steven Iaffrate, Demarest, 185-4; 3. Matt Fleck, Becton, 183-4; 4. Charles Woods, Demarest, 176-0; 5. Anthony Seidel, Hasbrouck Heights, 168-7; 6. Tyler Yee, Don Bosco, 165-3.

Shot Put: 1. Patrick Cole, Hasbrouck Heights, 56-2 3/4; 2. Marquise Wright, Paramus Catholic, 53-4; 3. John Farelli, River Dell, 53-2 1/2; 4. Dorian Slavov,

Cresskill, 52-4 3/4; 5. Michael Laubauskas, Indian Hills, 52-4; 6. Timothy Byrne, Don Bosco, 52-0.

Long Jump: 1. Corey Crawford, Indian Hills, 23-3; 2. Conroy Walker, Hackensack, 22-10 1/2; 3. Phillip Dowell, Englewood, 22-8 1/4; 4. John Porteous, Wood-Ridge, 21-2 1/2; 5. Elijah St. Hilaire, Palisades Park, 20-7 1/2; 6. Brian Choi, Old Tappan, 20-6.

High Jump: 1. Tommy DeVita, Ridgewood, 6-6; 2. Dennis Wilson, Ramsey, 6-4; 3. Evan Bartlik, Ridgewood, 6-2; 4. Chris Churchill, Leonia, 6-2; 5. Ryan Bailey, Englewood, 6-0; 6. Corey Crawford, 6-0.

Triple Jump: 1. Gregory Hazell, Don Bosco, 46-4 1/2; 2. Phillip Dowell, Englewood, 46-2 3/4; 3. Sammy Roberts, Mahwah, 44-11 1/2; 4. Colin Cunningham, Englewood, 44-1 3/4; 5. Angel Lora, Garfield, 44-1 1/2; 6. Selvin Green, Saddle Brook, 43-9.

Discus: 1. Stephen Mozia, Hackensack, 158-1; 2. Patrick Cole, Hasbrouck Heights, 156-1; 3. Cory Connell, Ramsey, 150-6; 4. John Farelli, River Dell, 148-10; 5. Timothy Byrne, Don Bosco, 146-11; 6. Marquise Wright, Paramus Catholic, 146-11.

Pole Vault: 1. Juan Andres Giglio, Ridgefield Park, 14-6; 2. Daniel Nyfenger, Demarest, 14-0; 3. Brad Hoey, River Dell, 14-0; 4. John Wisener, Ridgewood, 13-6; 5. Garrett La Croce, Park Ridge, 13-6; 6. Nikolaos Tsolakidis, Demarest, 13-0.

GIRLS

100: 1. Kim Nagotko, Mahwah, 12.66; 2. Jasmine Hammonds, Elmwood Park, 12.68; 3. Brielle Sutter, Saddle Brook, 12.97; 4. Angela Harrison, Paramus Catholic, 12.99; 5. Hila Doron, Tenafly, 13.25; 6. Megan Gadaleta, Demarest, 13.26.

200: 1. Myasia Jacobs, Paramus Catholic, 23.94; 2. Jen Pash, IHA, 25.48; 3. Kahjia Taylor, Teaneck, 25.80; 4. Kelsley Broomfield, Holy Angels, 26.66; 5. Michelle Cascio, Westwood, 27.00; 6. Cynthia Angulo, Holy Angels, 27.09.

400: 1. Colleen Murphy, Westwood, 57.10; 2. Coral Hershkovitz, Tenafly, 59.06; 3. Kathleen Johnston, 59.34; 4. Victoria Mold, Mahwah, 59.60; 5. Katie Vernon, Ramsey, 59.75; 6. Rebecca Skovira, Park Ridge, 1:00.79.

800: 1. Elizabeth Rosenberger, Ramsey, 2:18.81; 2. Christine Spilka, Old Tappan, 2:19.43; 3. Sharon O'Reilly, Old Tappan, 2:20.80; 4. Samantha Cannillo, Pascack Valley, 2:22.19; 5. Morgan Bonavita, River Dell, 2:22.69.

1,600: 1. Erin Thompson, IHA, 5:06.60; 2. Maggie Loudon, Old Tappan, 5:13.81; 3. Maureen Crimmins, Holy Angels, 5:15.21; 4. Ariana North, Northern Highlands, 5:16.62; 5. Teresa Gagliostro, Westwood, 5:17.99; 6. Caroline Morano,

IHA, 5:19.48.
3,200: 1. Emily Dunne, Holy Angels, 11:22.59; 2. Brittany Day, Demarest, 11:39.15; 3. Katie Sylvester, Holy Angels, 11:52.42; 4. Christa McLeod, Pascack Valley, 11:58.04; 5. Katie Vanderwalk, Glen Rock, 12:01.27; 6. Gabriela Leonardo, Emerson, 12:06.18.

100 HH: 1. Sarah DeVita, Ridgewood, 15.03; 2. Stephanie Carvevale, River Dell, 15.16; 3. Melanie Lewis, Midland Park, 15.35; 4. Shannon Casey, IHA, 15.66; 5. Asher Beasley, Paramus Catholic, 15.78; 6. Alexandra Cimino, Westwood, 15.99.

400H: 1. Diane Bain, Ramsey, 1:03.59; 2. Catherine McQuade, River Dell, 1:04.95; 3. Tyra Jamison, Garfield, 1:05.02; 4. Ashley Barker, Teaneck, 1:05.70; 5. Allison Torsiglieri, Tenafly, 1:05.93; 6. Kerri Bergin, Northern Highlands, 1:07.09.

4x400: 1. IHA, 3:57.69; 2. Ramsey, 3:59.52; 3. Ridgewood, 4:01.06; 4. Teaneck, 4:02.22; 5. Westwood, 4:03.23; 6. Old Tappan, 4:05.49.

Javelin: 1. Hannah Mayer, Northern Highlands, 149-3; 2. Jamie Klein, Paramus Catholic, 142-4; 3. Rebecca Skovira, Park Ridge, 124-9; 4. Christina Spilka, Old Tappan, 121-7; 5. Shauntierah Douglas, Garfield, 119-11; 6. Laura Bruno, Tenafly, 118-9.

Shot Put: 1. Apresha Hampton, Teaneck, 44-8 3/4; 2. Kathryn Hirsch, Demarest, 43-8 1/2; 3. Theresa Picciallo, IHA, 40-2 1/4; 4. Rachel Pena, Ridgefield Park, 39-6 1/4; 5. Olivia Wade, Paramus Catholic, 37-10 1/2; 6. Leonora Paul, Hackensack, 37-0 1/2.

Long Jump: 1. Rae Corbo, Paramus Catholic, 17-5 1/2; 2. Gina Carlinio, IHA, 16-9; 3. Amanda Fields, Holy Angels, 16-6 1/2; 4. Danna Wasserman, Demarest, 16-2 1/2; 5. Shanea Wizzard, Demarest, 16-2 1/2.

High Jump: 1. Rae Corbo, Paramus Catholic, 5-4; 2. Khyla Bailey, Paramus Catholic, 5-2; 3. Deirdre Kane, Rutherford, 5-2; 4. Sarah DeVita, Ridgewood, 5-2; 5. Melissa Notis, Tenafly, Taylor Clarkson, Indian Hills, 5-2.

Triple Jump: 1. Rae Corbo, Paramus Catholic, 37-8 1/2; 2. Amanda Fields, Holy Angels, 35-8 1/2; 3. Shanea Wizzard, Teaneck, 35-3 1/2; 4. Carla Ogletree, Teaneck, 35-3; 5. Tiffany Evangelou, IHA, 35-2; 6. Danna Wasserman, Demarest, 35-1 1/4.

Discus: 1. Rachel Pena, Ridgefield Park, 112-2; 2. Jill Hudson, River Dell, 111-2; 3. Kathryn Hirsch, 110-1; 4. Apresha Hampton, Teaneck, 107-10; 5. Hannah Mayer, Northern Highlands, 103-4; 6. Theresa Picciallo, IHA, 101-10.

Pole Vault: 1. Chelsea Hartigan, Ramapo, 11-6; 2. Kayla Polcar, Ridgewood, 11-6; 3. Giana Abballe, Old Tappan, 10-6; 4. Carolyn Edler, Mahwah, 10-6; 5. Melinda Rothman, Mahwah, 10-0; 6. Danielle Wankmüller, Pascack Hills, 10-

**Bergen Meet of Champions
@ Hackensack**

May 25, 2010

200m: Kevin Lai **23.86**

1600m: Steven Spreitzer **4:29.07 – 4th Place**

3200m: Mohamed Eid **9:59.42**

110HH: Matt Beausoleil **15.28 / 15.03 – 5th Place**
Edward Blair IV **15.44**

HJ: Tommy DeVita **6'6" – 1st Place**
Evan Bartlik **6'2" – 3rd Place**

TJ: Evan Bartlik **43'1 3/4"**

Shot Put: Jack Simmons **46'10"**

Discus: Jack Simmons **133'0"**

Javelin: Mark Maniaci **141'8"**

Pole Vault: John Wisener **13'6" – 4th Place**
Andrew Gramaglia **12'6"**

4x400m:

Jon Riemer **49.6**

InSoo Hwang **49.3**

Juan Llinas **50.1**

Matt Grundy **49.1** **3:18.10 – 1st Place! New School Record! 4th Fastest Time
in Bergen County History!!!**

Comments:

A great meet with a lot of personal bests and a lot of places. Of course special congratulations to the 4x400m relay but a great meet beyond the final event. Well done!

TRACK & FIELD: STATE GROUP CHAMPIONSHIPS

Friday, 4 p.m.; Saturday, 11 a.m.: Groups 1, 3 and Non-Public A at Jost Field, South Plainfield; Groups 2, 4 and Non-Public B at Egg Harbor Township.

Boys

Group 1

Returning champions: Kaleb Zulma, Midland Park (JT); Cole, Hasbrouck Heights (S).

Returning medalists: Kevin Condal, Hasbrouck Heights (3rd, 100; 6th, 400); Patrick Rono, Lynhurst (3rd, 3,200); Richie Cannici, Hasbrouck Heights (4th, PV); Chris Luna, Wood-Ridge (5th, SP).

Top-seeds: Rono (800); Hasbrouck Heights relay; Cole (SP/DT); Zulma (JT).

Other seeds: John Porteous, Wood-Ridge (3rd, 1H; 3rd, HH; 5th, LJ); Andrew Turzilli, Butler (6th, 100); Rono (2nd, 1,600; 2nd, 3,200); Condal (2nd, 400); Arnold Omlina, Hasbrouck Heights (5th, 400); Manchester relay (2nd); Westwood relay (4th); Tom Rizzie, Park Ridge (2nd, DT; 2nd, SP); Troy Andretta, Kinnelon (4th, DT); Brendan Wengerter, Cresskill (5th, DT); Rafael Lopez, Hawthorne (6th, DT); Matt Fleck, Becton (4th, JT); Anthony Seidel, Hasbrouck Heights (6th, JT); Dorian Slavov, Cresskill (3rd, SP); Ben Conlon, Westwood (4th, SP); Will Owen, Park Ridge (6th, SP); Garrett LaCroce, Park Ridge (3rd, PV); Steven Felice, Midland Park (3rd, PV); Chris Steele, Pompton Lakes (3rd, PV).

Dark horses: Condal (100); Patrick Ryan, Leonia (1,600); Steven Roth, Walldwick (400); Dave Kobleritz, Westwood (800); Domenick D'Agostino, Wallington (3,200); Turzilli (200); Selvin Green, Saddle Brook (TJ); Porteous (TJ); Alberto Alarcon, Leonia (HJ); Cannici (PV).

Group 2

Returning champion: Mark Fildan Hills (HJ).

Returning medalists: Fildan Hills (5th, 800); Corey Crawford, Indian Hills (6th, HJ); John Farrell, River Dell (5th, DT).

Top-seeds: Fildan Hills (HJ); Crawford (LJ/HJ); Juan Andres Giglio, Ridgefield Park (PV).

Other seeds: Erik Moutenot, Mahwah (6th, HJ); Patryk Najbar, Lodi (5th, 100); Fildan Hills (4th, 400; 5th, 800); Sammy Roberts, Mahwah (2nd, TJ); Phil Dowell, Englewood (3rd, TJ; 2nd, LJ); Angel Lopez, Garfield (6th, TJ; 5th, LJ); Tim Trochanski, River Dell (3rd, JT); James Haggerty, River Dell (6th, 800); Englewood relay (5th); Tevin Ankle, Glen Rock (6th, LJ); Farrell (4th, SP); Dennis Wilson, Ramsey (2nd, HJ); Tyler Poland, Mahwah (5th, PV); Brad Hoey, River Dell (5th, PV).

Dark horses: Anthony Tripodi, Cliffside Park (HJ); Sheriff Ali, Cliffside Park (1,600/3,200); Chris Eltringham, Ramsey (1,600); Cory Connell, Ramsey (DT); Mike Laubauskas, Indian Hills (SP/DT); Farrell (DT); Troy Conrad, Ramsey (800); Dan McConnell, River Dell (HJ); Crawford (200); John Dugan, Ramsey (3,200); Indian

Hills relay; Kevin Nolasco, Garfield (SP).

Group 3

Returning champions: None.

Returning medalists: Casey Pleasants, Teaneck (5th, 200); Mike Reilly, Old Tappan (6th, SP).

Top-seeds: Justin Hodge, Teaneck (400); Teaneck relay; Jamal Williams, Teaneck (TJ); Dan Nyfenger, Demarest (PV).

Other seeds: Brandon Gregory, Old Tappan (6th, 1H; 6th, 400); Brad Paternostro, Ramapo (6th, 1,600; 4th, 800); Zadique Whyte, Teaneck (1-4th, 100); Pleasants (2nd, 200); Brian Choi, Old Tappan (6th, TJ); Steve Iafate, Demarest (2nd, JT); Dan Scullion, Wayne Hills (3rd, PV); Reilly (5th, SP).

Dark horses: Salim Corbin, Eastside (800); Pleasants (100); Max Linden, Pascack Valley (400); Darylan Miles, Teaneck (200); Hodge (800); Old Tappan relay; Niko Tsolakis, Demarest (PV); Joe Benigno, Pascack Valley (LJ/TJ).

Group 4

Returning champion: Conroy Walker, Hackensack (LJ).

Returning medalists: Walker (4th, 100; 4th, 200); Tommy DeVita, Ridgewood (3rd, HJ).

Top-seeds: Stephen Mozia, Hackensack (SP); DeVita (HJ).

Other seeds: In Soo Hwang, Ridgewood (5th, HJ); Walker (6th, 100; 4th, TJ); Yusuf Reaves, Passaic (5th, 400; 5th, HJ); Mozia (4th, DT); Keshon Brown, Kennedy (2nd, HJ); Ridgewood relay (4th).

Dark horses: Matt Grundy, Ridgewood (400); Walker (200/LJ); Lonnie Day, Passaic Tech (SP); John Wisener, Ridgewood (PV).

Non-Public A

Returning champion: Greg Hazell, Don Bosco (LJ-TJ).

Returning medalists: Leonte Carro, Don Bosco (5th, 100); Mike Belgiovine, Don Bosco (5th, 1,600); Rafael Vargas, Don Bosco (6th, 3,200); Selwyn Maxwell, Don Bosco (3rd, HJ); Hazell (T-4th, HJ); Mike Baselle, Don Bosco (3rd, PV); Tim Byrne, Don Bosco (5th, SP; 5th, DT).

Top-seeds: Ernest Wingate, Bergen Catholic (HJ); Maxwell (HJ); Hazell (TJ).

Other seeds: Billy Leonard, Bergen Catholic (3rd, HJ); Carro (6th, 100; 3rd, 400; 5th, 200); Belgiovine (2nd, 1,600; 4th, 800); John Sanford, St. Joseph (4th, 400); Tarique Gray, Bergen Catholic (6th, 400); Wingate (2nd, HJ); Bergen Catholic relay (2nd); Byrne (3rd, DT; 4th, SP); Maxwell (4th, TJ); Marquise Wright, Paramus Catholic (2nd, SP); Tom Mandese, Bergen Catholic (6th, SP); Hazell (3rd, HJ); Sean Walsh, Don Bosco (3rd, HJ); Baselle (3rd, PV).

Dark horses: Hazell (HJ); Bel-



RECORD FILE PHOTO
Hackensack's Conroy Walker is the reigning Group 4 long jump champion.

giovine (3,200); Vargas (3,200); Howie Rosas, Don Bosco (3,200); Wright (DT); Paul Carnevali, Don Bosco (DT); Adrian Go, Bergen Catholic (TJ).

Non-Public B

Returning champion: Ben De Waal Malefyt, Eastern Christian (DT).

Returning medalists: Mustafa Lawrence, Queen of Peace (2nd, 100; 4th, 200); Anthony Andrews, Paterson Catholic (5th, 1,600).

Top-seeds: Lawrence (2nd, 100; 2nd, 200); Andre Venner, Hawthorne Christian (5th, 100; 6th, 200); Mustac (2nd, JT); Chris Grant, Hawthorne Christian (6th, DT); Michael Drummond, Paterson Catholic (3rd, TJ); Joshua Davidson, Eastern Christian (3rd, PV); Ryan Visbeen and Andrew Fiedler, Eastern Christian (4th, PV).

Dark horse: Drummond (100).

Girls

Group 1

Returning champions: None.

Returning medalists: Jasmine Hammonds, Elmwood Park (5th, 100); Colleen Murphy, Westwood (4th, 200); Brejle Sutter, Saddle Brook (5th, 200); Rebecca Skovira, Park Ridge (3rd, 400); Allison Kriskovic, Kinnelon (5th, 3,200); Betsy Eickelberg, Leonia (2nd, 3,200); Teresa Gagliostro, Westwood (4th, 3,200); Monica Lorranger, Butler (T-2nd, HJ; T-6th, PV); Nikki Hernandez (HJ-6th, PV).

Top-seeds: Gagliostro (1,600); Murphy (400); Westwood relay.

Other seeds: Mel Lewis, Midland Park (2nd, HJ; 4th, HH); Morgan

Redmond; Kinnelon (4th, HJ); Rachel Vaccaro, Butler (5th, HJ); Ani Sarkisian, Cresskill (6th, HJ); Eickelberg (4th, 1,600; 5th, 3,200); Meghan Koche, Westwood (5th, 1,600; 5th, 800); Lyudmila Aleksandrova, Leonia (6th, 1,600); Kristen Gray, Park Ridge (2nd, 800); Gagliostro (2nd, 3,200); Murphy (6th, 200); Hasbrouck Heights relay (2nd); Lorranger (2nd, PV); Kalia Fasano, Westwood (4th, PV); Hernandez (4th, PV); Alyssa Milano, Westwood (4th, PV); Skovira (2nd, JT); Marta Spalic, Manchester (3rd, JT); Tara Fisher, North Arlington (3rd, TJ); Melissa Esposito, Saddle Brook (6th, TJ).

Dark horses: Skovira (400); Jada Toote, New Milford (800); Zoe Tesar, Leonia (800); Mariel Flood (LJ); Justine Barretta, Cresskill (JT); Marja Spalic, Manchester (DT); Melissa Silvestri, Wood-Ridge (DT); Nia Jackson, Hawthorne (TJ).

Group 2

Returning champions: None.

Returning medalists: Julianne Fontana, Pascack Hills (2nd, 800; 3rd, 1,600); Diane Bain, Ramsey (3rd, 800; 5th, HJ).

Top-seed: Alexandra Clinton, Ramsey (3,200).

Other seeds: Bain (2nd, HJ; 4th, 400; 5th, 800); Kim Nagotko, Mahwah (3rd, 100; 4th, 200); Fontana (2nd, 1,600; 4th, 800); Clinton (6th, 1,600); Kathleen Johnston, Indian Hills (3rd, 400); Rachel Pena, Ridgefield Park (2nd, SP); Carolyn Edler, Mahwah (4th, PV); Melinda Rothman, Mahwah (6th, PV); Tyra Jamison, Garfield (6th, 200); Ramsey relay (5th); Brittany Lissemore, Dumont (6th, DT; 3rd, JT); Alexandra Hunsberger, Mahwah (2nd, JT).

Dark horses: Jamison (HJ/400); Catherine McQuade, River Dell (HJ); Victoria Mold, Mahwah (400); Taylor Stever, Rutherford (SP); Elizabeth Rosenberger, Ramsey (800); Stephanie Carnevale, River Dell (HJ); Mahwah relay; Indian Hills relay; Pena (DT); Jill Hudson, River Dell (DT/JT).

Group 3

Returning champion: Hannah Mayer, Northern Highlands (JT).

Returning medalists: Tiffany

Mills, Teaneck (6th, 100); Chelsea Hartigan, Ramapo (3rd, PV); Alana Pantale, Wayne Valley (5th, DT; 2nd, SP); Aresha Hampton (3rd, SP); Kathryn Hirsch, Demarest (5th, SP).

Top-seeds: Hirsch (SP); Mayer (JT); Pantale (DT).

Other seeds: Christine Spilka, Old Tappan (4th, HJ); Chemeke Davis, Eastside (6th, 100); Kahila Taylor, Teaneck (6th, 400); Shae-na Wizzard, Teaneck (2nd, HJ); 3rd, TJ; Danna Wasserman, Demarest (6th, LJ; 6th, TJ); Hampton, Teaneck (2nd, SP); Pantale, Wayne Valley (3rd, SP; 3rd, JT); Hirsch (5th, DT); Hartigan (2nd, PV); Brittany Del Cals, West Milford (3rd, PV).

Dark horses: Allison Torsiglieri, Tenafly (H/800); Ashley Barker, Teaneck (HJ); Mills (100); Taylor (100); Teaneck relay; Laura Bruno, Tenafly (JT); Spilka (JT); Hampton (DT).

Group 4

Returning champions: None.

Returning medalists: Amber Allen, Passaic Tech (2nd, 400; 2nd, HJ); Jaivaria Bacote, Kennedy (4th, JT); Emily Urciuoli, Clifton (2nd, PV); Kayla Polcari, Ridgewood (6th, PV).

Top-seeds: Allen (HJ); Urciuoli (PV).

Other seeds: Allen (4th, 400); Bacote (4th, TJ); Polcari (2nd, PV).

Dark horses: Sarah DeVita, Ridgewood (HJ); Passaic Tech relay; Leonora Paul, Hackensack (DT).

Non-Public A

Returning champions: Myasia Jacobs, Paramus Catholic (100, 200); Rae Corbo, Paramus Catholic (TJ); Olivia Wade, Paramus Catholic (SP).

Returning medalists: Bryanna Knight, Paramus Catholic (2nd, 100; 2nd, 200); Michelle McCourt, IHA (4th, 400); Julie Sinkovitz, IHA (3rd, 800; 2nd, 1,600); Alyssa LaGuardia, DePaul (5th, 800); Erin Thompson, IHA (4th, 3,200); Tiffany Evangelou, IHA (4th, HH; 5th, LJ; 2nd, TJ); Shannon Casey, IHA (5th, HJ); Asher Beasley, Paramus Catholic (6th, HJ; 6th, HJ); Khyla Bailey,

Paramus Catholic (2nd, HJ); Caitlin Gallagher, Holy Angels (6th, HJ); Corbo (3rd, LJ); Gina Carfino, IHA (4th, LJ); Jen Capone, IHA (6th, TJ); Ashley Simms, Paramus Catholic (2nd, SP); Theresa Piccolallo, IHA (3rd, SP); Colleen Stalter, IHA (4th, DT); Jamie Klein, Paramus Catholic (3rd, JT).

Top-seeds: Jacobs (100; 200); Corbo (LJ/HJ/TJ); Piccolallo (SP); Klein (JT).

Other seeds: Kelsey Burnett, Holy Angels (6th, HJ); Jen Pash, IHA (3rd, 100; 3rd, 400; 2nd, 200); Knight (6th, 100); Alyssa LaGuardia, DePaul (2nd, 1,600; 2nd, 800); McCourt (6th, 400); Sinkovitz (4th, 800); Beasley (2nd, HJ); Casey (4th, HJ); Carfino (6th, HJ); Emily Dunne, Holy Angels (4th, 3,200); Paramus Catholic relay (2nd); IHA relay (4th); Amanda Fields, Holy Angels (5th, LJ; 2nd, TJ); Evangelou (6th, LJ; 6th, TJ); Wade (2nd, SP); Daniela Pascaru, Holy Angels (3rd, SP); Sims (5th, SP); Gallagher (6th, SP; 3rd, DT); Bailey (3rd, HJ); Lauren Pincus, Holy Angels (4th, JT); Piccolallo (2nd, DT); Stalter (5th, DT); Capone (4th, TJ); Kelly Stimmel, DePaul (5th, TJ).

Dark horses: Beasley (HJ); Sinkovitz (1,600); Thompson (3,200).

Non-Public B

Returning champion: Kristen Traub, Eastern Christian (3,200).

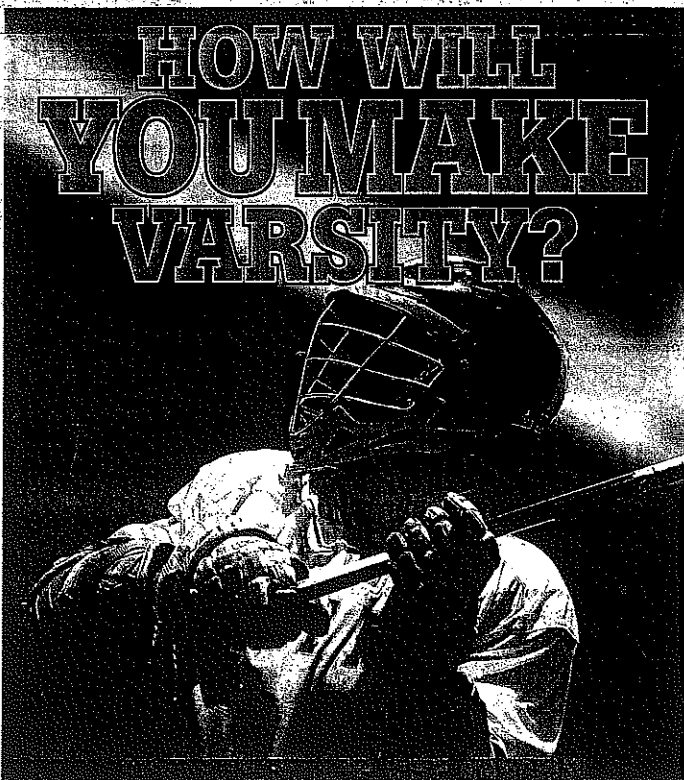
Returning medalists: Traub (2nd, 1,600); Kerith Sunden, Eastern Christian (2nd, PV); Emily Bruins, Eastern Christian (5th, PV); Jamie Van Buiten, Eastern Christian (4th, DT).

Top-seeds: Traub (1,600; 3,200); Van Buiten (DT).

Other seeds: Faith Dismuke, Mary Help (2nd, HJ); Bethany Van Eck, Eastern Christian (4th, HJ; 4th, LJ); Sara Schipper, Eastern Christian (3rd, HJ); Bruins (2nd, PV); Sunden (3rd, PV); Jessica Wisse, Eastern Christian (5th, PV); Van Buiten (4th, JT); Kristen Lindsay, Eastern Christian (6th, JT).

Dark horses: Van Eck (HJ); Dara Veenstra, Eastern Christian (TJ).

— Paul Schwartz



Waldwick Warriors Soccer Club (www.warriorssoccer.org) Warriors 2010-2011 Tryouts!!!

The Waldwick Warriors Soccer Club is an independent non-profit organization dedicated to promoting youth soccer. The Warriors have a proven record of producing highly skilled soccer players in all age groups. The club competes in the Northern Counties Soccer Association and each team receives professional training from ISF Academy. The club believes in developing excellence in soccer and sportsmanship in a year-round soccer environment.

Age Group/Couch Contact	Age Range (DOB)	Location	Date	Time
U9s (New Team) Schultz - 447-3610	8/1/02 & 7/31/03	Waldwick H.S. Turf Waldwick H.S. Turf	Tue. June 1st Sat. June 5th	6:00-7:30 PM 10:30AM-12PM
U8 Girls (New Team) James Schultz - 447-3610	8/1/02 & 7/31/03	Waldwick H.S. Turf Waldwick H.S. Turf	Tue. June 1st Sat. June 5th	6:00-7:30 PM 10:30AM-12PM
U9 Boys Doug Sauer - 493-1490	8/1/01 & 7/31/02	Waldwick H.S. Turf Waldwick H.S. Turf	Wed. June 2nd Fri. June 4th	6:00-7:30 PM 6:00-7:30 PM
U8 Girls Sif DeSouza - 973-943-3935	8/1/01 & 7/31/02	Waldwick H.S. Turf Waldwick H.S. Turf	Wed. June 2nd Fri. June 4th	6:00-7:30 PM 6:00-7:30 PM
U10 Boys Rish Wolcokowicz - 689-1373	8/1/00 & 7/31/01	Waldwick H.S. Turf Waldwick H.S. Turf	Tue. June 1st Sat. June 5th	6:00-7:30 PM 9:00-10:30 AM

Captains clutch in RHS title-clincher

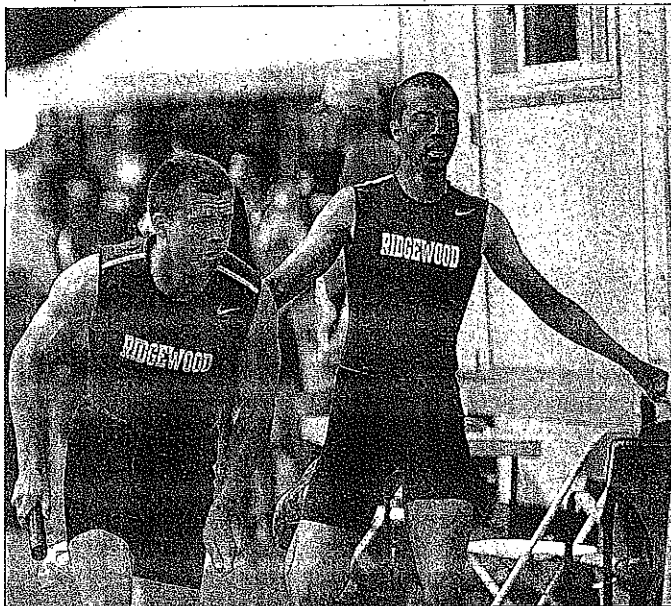


PHOTO COURTESY OF PETER J. RIEMER

Senior co-captain Matt Grundy, left, takes the baton from junior Juan Llinas to begin the anchor leg of Ridgewood's 4 x 400-meter relay effort at last weekend's North 1, Group 4 state track meet. The Maroons won the race in a season-best 3:20.57 to cap their first sectional championship since 2004.

DeVita, Grundy lead boys track win

BY GREG TARTAGLIA
Assistant Sports Editor

RANDOLPH — The Ridgewood High School boys didn't take winning.

The Maroons capped off their first North 1, Group 4 state championship in six years by running the second-fastest 4 x 400 time in school history last Saturday at John J. Bauer Memorial Field. Juniors Jon Riemer, InSoo Hwang and Juan Llinas and senior co-captain Matt Grundy combined to clock 3:20.57, less than three-tenths off the meet record, and seal the Ridgewood boys' 88-69 victory over Hackensack.

The team also got individual titles from seniors John Wisener (pole vault) and Tommy DeVita (high jump) and qualified 14 athletes for this weekend's Group 4 finals in Egg Harbor Township.

"This certainly has been a special year so far," said RHS boys coach Josh Saladino. "We knew coming out of the County Relays that we had a deep team, and we were looking forward to a meet where we were going to be at our best. And we were pretty close to being at our best in this meet."

The Ridgewood girls team scored 34 points at state-sectionals to place sixth, with 100-meter hurdle champion Sarah DeVita leading a contingent of eight group qualifiers.

The Maroon boys' last two North 1, Group 4 titles had come back-to-back in 2003 and 2004. Last season, Wisener was the squad's lone sectional gold-medal winner, and this year, he won a four-way tiebreaker by clearing 13 feet in the fewest attempts. Senior teammate Andrew Gramaglia also topped 10, a new personal best, and finished fourth.

Tommy DeVita, another of the squad's four co-captains, set a new RHS outdoor standard by clearing 6-8 in the high jump — a height he had reached during indoor track season — and was backed by sophomore teammate Evan Bartlik (6-2), who was sixth in the Friday night event.

"The coaches fixed a few things [with my approach] and tried to get me back to where I

said. "And to have three guys scoring in one event is huge, because you're also keeping other teams out of the mix at that point. The 3,200 broke Randolph and West Orange's backs, and that put it away for us."

Riemer, who ran a 50:20 in the open 400 to place fourth, helped close things out by leading off a wire-to-wire victory in the 4 x 400. Grundy ran the anchor leg and virtually equaled his third-place 49.57 from the open 400 meters.

"I didn't want anyone to catch me, so I took it out a little faster than I usually do," said Grundy. "Previously, our best time [this spring] was 3:25. We knew today that we were ready to run, and we felt our best."

On the girls side, Sarah DeVita won her second 100-meter hurdle title in as many weeks and the first state-sectional crown of her career, running 15.38 in qualifying and 15.09 in the finals.

"I was really happy with the way these last two big meets have gone," said DeVita, who

said. "And to have three guys scoring in one event is huge, because you're also keeping other teams out of the mix at that point. The 3,200 broke Randolph and West Orange's backs, and that put it away for us."

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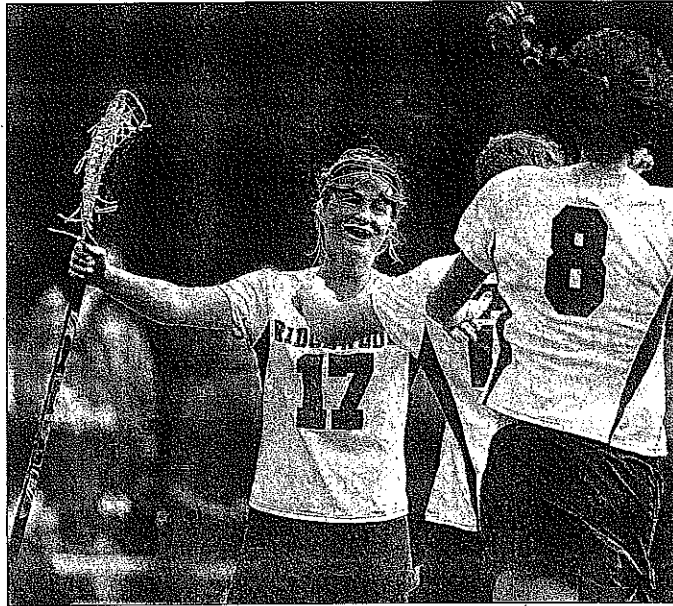
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LESLIE BARBARO/THE RECORD

Ridgewood senior tri-captain Samantha Cermack (17) rejoices after the Maroons won their second consecutive state-sectional title in girls lacrosse on Monday. Cermack scored four goals, including the game-winner with 27 seconds left, to lift her team past previously undefeated Bridgewater-Raritan, 16-15.

Cermack, Van Horne key lax repeat

BY GREG TARTAGLIA
Assistant Sports Editor

RIDGEWOOD — The Maroons' two most valuable players made the two most critical plays of Monday's game.

And now, the Ridgewood High School girls lacrosse team is a two-time defending state-sectional champion.

Senior Sammy Cermack scored the game-winning goal with 27 seconds remaining, and classmate Abbey Van Horne helped redirect Bridgewater-Raritan's last-gasp free position shot moments later, boosting RHS past the unbeaten Panthers, 16-15, in the North Group 4 finals at Maple Park.

Top-seeded Ridgewood (19-1) pushed its win streak to 18 games and earned a match-up with South champ Cherokee (20-2) in yesterday's Group 4 state finals at Robbinsville High School (after press deadline).

The Maroons' sectional title is their third overall. They were North A champs in 2003, when the state was divided into just two groups, and they won the North

Group 3 crown last year before being bumped up to Group 4.

Second-seeded Bridgewater-Raritan (21-1), the 2009 North Group 4 champ, led by as many as four goals twice in the second half, going up 14-10 with 9:54 to play on a tally by the state's all-time leading point-scorer, Carlee Dragon.

Both Dragon (six goals, four assists) and Cermack (four goals, six assists) came through with 10-point outings, but the effort put forth by the latter was unequivocally as clutch as could be.

As the Maroons outscored their Somerset County opponent, 6-1, over the final nine-plus minutes, Cermack had a hand in all six goals, assisting on four and netting two of her own.

"[Sammy] knows what the team needs, and she'll do it at the time you need it," Van Horne marveled about her fellow tri-captain. "When she knows that the team needs her anywhere — on defense or attack — she'll make that stop or get that goal... there's no player like her, really."

Although Van Horne drew similar praise after entering the game with 18:22 to go and Ridgewood trailing, 11-8. The Brown-

bound defender was held out of the starting lineup due to illness before head coach Karla Mixo sent her onto the field following time out.

"The second Abbey walked in her stick was on that ball," Mixo said. "The energy and leadership we got from her — just having her presence on the field — made it difference."

After Panthers senior Laure Shrilli notched her fourth goal of the game and 120th of the season at 15:53, Van Horne controlled the ensuing draw, which led to Cermack free position score that cut her team's deficit to 12-9.

Senior Allie Bonanno, the Maroons' other tri-captain, picked up the following draw and junior Sally Jents negated Bridgewater-Raritan takeaway by grabbing a key ground ball front of the Ridgewood net.

RHS junior Samantha Gio dano eventually made it 12-10 by putting home a shot that had ricocheted off the left post, but 11 visitors got the next two draws and converted them into tallies: Kelly Fenton (five goals) at Dragon.

"The draw was the most important thing," noted Cermack. "Every time they got it, they scored. Every time we got it, we scored."

One notable exception helped turn the tide. After the visitors took their 14-10 lead, one of the Panthers scooped up the draw and inadvertently ran out of bounds with the ball, giving possession back to the Maroons.

Less than 30 seconds later, sophomore Kelci Smesko completed a hat trick, pulling Ridgewood within three. Senior Pat Pearson then buried a feed from Cermack for a man-up goal with 6:20 left, and Cermack trimmed the margin to 14-13 with her third score, which prompted a Panther time out with five minutes to go. Dragon took advantage of free position shot at the 3:30 mark, burying her 258th career goal to bring her state-record point total to 532 and pad the lead to 15-13.

"They have fantastic player Mixon said of Bridgewater-Raritan. "But I have confidence in our players. I mean, my pulse was elevated [in the final minutes], but really wasn't worried."

The Maroons won the next three draws, leading to tallies from Gio dano, junior Les Miller and



State Group IV Championship
@ Egg Harbor

May 28th and 29th

400IH: InSoo Hwang 54.83 – 4th Place

1600m: Patrick Rynkowski 4:25.06
Levi Jennings 4:25.21

400m: Jon Riemer 50.10 – 5th Place

Shot Put Jack Simmons 46'7"
Stephen Etna 41'8 1/4"

High Jump: Tommy DeVita 6'8" – 1st Place
Evan Bartlik NH

Saturday:

3200m: Patrick Rynkowski 9:29.69 (qualified as a wild card)
Brian Cleary 9:40.96

4x400m: Jon Riemer 49.9
InSoo Hwang 50.9
Juan Llinas 50.4
Matt Grundy 49.1 3:20.34 – 2nd Place

Triple Jump: Evan Bartlik 41'4 1/4"

Pole Vault: Andrew Gramaglia NH
Jon Wisener Injured – DNC

Comments:

We scored 24 points and came in 7th place. That doesn't really matter. The significance of this was that many of you competed at your best. Many of us are moving on to the SMOG and others are coming back next year. If this was your last meet - congrats on a wonderful career!!!

THE SUMMARIES

100-METER DASH: 1-Miles Shuler-Foster, Long Branch, 10.39. 2-Danielle Byrd, Timber Creek, 10.42. 3-Zamir Thomas, Snyder, 10.54. 4-Jihaad Howard, Brick Memorial, 10.71. 5-Sean McPherson, Delsea, 10.73. 6-Tejay Johnson, Egg Harbor, 10.74.

200-METER DASH: 1-Zamir Thomas, Snyder, 21.19. 2-Mile Shuler-Foster, Long Branch, 21.49. 3-Conroy Walker, Hackensack, 21.79. 4-Fabian Santiago, Oakcrest, 21.84. 5-Barry Bethea, Eastern, 21.96. 6-Ahmir Dupree, Lakewood, 22.04.

400-METER RUN: 1-Najee Glass, St. Peter's Prep, 47.65. 2-Keith Griffith III, Florence, 47.81. 3-Clayton Gravesande, Franklin, 48.35. 4-Mike Andre, Ocean, 48.49. 5-Jonathan Henry, Westfield, 48.63. 6-Dana Roberts, Columbia, 48.67.

800-METER RUN: 1-Bradley Paternostro, Ramapo, 1:51.86. 2-Patrick Rono, Lyndhurst, 1:52.92. 3-Luke Zingib, Middletown North, 1:53.03. 4-Justin Hodge, Teaneck, 1:53.22. 5-Steve Morrone, Washington Twp., 1:53.72. 6-Dominic Tasco, Bridgewater-Raritan, 1:54.17.

1,600-METER RUN: 1-Jim Rosa, W. Windsor North, 4:07.99, meet record; former record 4:08.11. Liam Tansey, Morris Hills, 2009. 2-Sam Macaluso, W. Windsor South, 4:10.84. 3-Michael Belgiovine, Don Bosco, 4:11.45.

4-Miles Schoedler, Ocean City, 4:11.46. 5-Pat Schellberg, Delbarton, 4:22.23. 6-Tim Ball, Bishop Ahr, 4:23.92.

3,200-METER RUN: 1-Jeramy Elkalim, Livingston, 8:46.08, meet record; former record 8:52.58. Craig Forsy, Colts Neck, 2007. 2-Joe Rosa, W. Windsor North, 8:48.55. 3-Mike Mazzaccaro, Christian Brothers, 9:02.46. 4-Jon Vitez, Haddonfield, 9:06.47. 5-Tyler Udland, Millburn, 9:12.10. 6-Rafael Vargas, Don Bosco, 9:13.33.

110-METER HURDLES: 1-Bennett Jackson, Raritan, 13.75. 2-Syreek Farrington, Camden, 14.17. 3-Devon Carter, Washington, 14.18. 4-Alan Broussard, J.P. Stevens, 14.20. 5-Jalen Walker, Burlington Twp., 14.36. 6-Keshon Brown, Paterson-Kennedy, 14.44.

400-METER INTERMEDIATE HURDLES: 1-Devon Carter, Washington Twp., 53.16. 2-Stephen Vitale, Randolph, 53.38. 3-InSoo Hwang, Ridgewood, 53.64. 4-Jermaine Collier, Trenton, 53.91. 5-Kelvin Wagner, Winslow, 54.05. 6-Barry Bathea, Eastern, 54.06.

HIGH JUMP: 1-Mark Jones, Summit, 6-10. 2-Brandon Baskerville, Newark Tech, 6-8. 3-Joseph Hardy, Central Reg., 6-8. 4-Ferni Adebola, High Point, 6-6. 5-William Kierpan, Nottingham, 6-6. 6-Jared Roberts, Woodbury,

6-6.

LONG JUMP: 1-Corey Crawford, Indian Hills, 23-8. 2-Conroy Walker, Hackensack, 23-8 1/2. 3-Sean McPherson, Delsea, 22-9 1/2. 4-Tyrone Smith, Matawan, 22-9. 5-Andrew Micheliche, Toms River South, 22-8 1/4. 6-Rob Whitfield, Toms River South, 22-6.

TRIPLE JUMP: 1-Davin Jones, Boonton, 49-11 1/2, meet record; former record 49-4 3/4. Tiquan Underwood, Notre Dame, 2005. 2-Rob Whitfield, Toms River South, 47-5. 3-Isiah Harris, Montclair-Immaculate, 46-11. 4-Gregory Hazell, Don Bosco Prep, 46-10. 5-Alex Prieto, W. Windsor South, 46-6 1/4. 6-Kwame Mantul, Freehold Twp., 45-7 3/4.

SHOT PUT: 1-Nick Vena, Morristown, 69-10 1/2. 2-Matthew Huckabee, Timber Creek, 61-2. 3-Corey Abernathy, W. Windsor North, 58-2. 4-Patrick Cole, Hasbrouck Heights, 56-6 1/2. 5-Nick DiGiacomo, Parsippany Hills, 55-3. 6-George Solujich, Notre Dame, 54-5.

DISCUS: 1-Samuel Mattis, East Brunswick, 185-1. 2-Nick Vena, Morristown, 179-1. 3-Matthew Huckabee, Timber Creek, 169-6. 4-Stephen Mozla, Hackensack, 164-6. 5-Jake Neumann, Chatham, 163-2. 6-Kristjan Sokoli, Bloomfield, 160-3.

JAVELIN: 1-Kaleb Zuidema, Midland Park,

209-6. 2-Joshua Suttmeier, North Hunterdon, 193-8. 3-Jimmy Tully, Christian Brothers, 190-7. 4-Frank Mellan, Scotch Plains, 189-9. 5-Matt Fleck, Becton, 185-9. 6-Zack Torrell, Lacey, 183-2.

POLE VAULT: 1-Jordan Subal, Toms River North, 15-0. 2-Matt Deery, Phillipsburg, 14-6. 3-Juan Andres Giglio, Ridgefield Park, 14-6. 4-Michael Rivard, Haddonfield 14-6. 5-Ian Best, Egg Harbor, 14-6. 6-Eric Cottrell, Toms River South, and Daniel Nyfenger, Denarest, 14-0.

400-METER RELAY: 1-Delsea (Marcus Williams, Tyler Coulbourn, Kyle Webb and Sean McPherson) 42.22. 2-Moorstown 42.31. 3-Teaneck 42.36. 4-Montgomery 43.00. 5-East Brunswick 43.01. 6-Notre Dame 43.01.

1,600-METER RELAY: 1-Teaneck (Daryian Miles, Warren Fields, Damien Elliott and Justin Hodge) 3:15.15. 2-Pope John 3:15.38. 3-Ridgewood 3:16.91. 4-Cherry Hill East 3:17.32. 5-Hightstown 3:17.68. 6-Long Branch 3:17.92.

3,200-METER RELAY: 1-Freehold Twp. (Rich Fedak, Gregg Tilley, James Faith and Randy Spadola) 7:49.21. 2-Vineland 7:55.09. 3-Dickinson 7:58.70. 4-Delsea 7:59.68. 5-Morristown 8:02.20. 6-Red Bank Catholic 8:02.65.

DeVita bounds to Group 4 gold

EGG HARBOR TOWNSHIP

Senior Tommy DeVita equaled his own school record in the high jump, clearing 6-foot-8 to win gold in the event and help the Ridgewood High School boys track and field team place seventh at last weekend's Group 4 state championships.

DeVita, who finished third in the high jump at last year's meet, bested Cherokee senior Ed Kramer and Egg Harbor senior Maurice Stockley by two inches.

The Maroons' 4 x 400-meter entry, which logged a school-record time of 3:18.10 to win the May 25th Bergen Meet of Champions (BMO) relay title, continued its stellar spring at the state-group finals. Juniors Jon Riemer, InSoo Hyang and Juan Linas and senior Matt Grundy ran a silver-medal 3:20.34, finishing a mere .07 behind the host Egg Harbor Eagles.

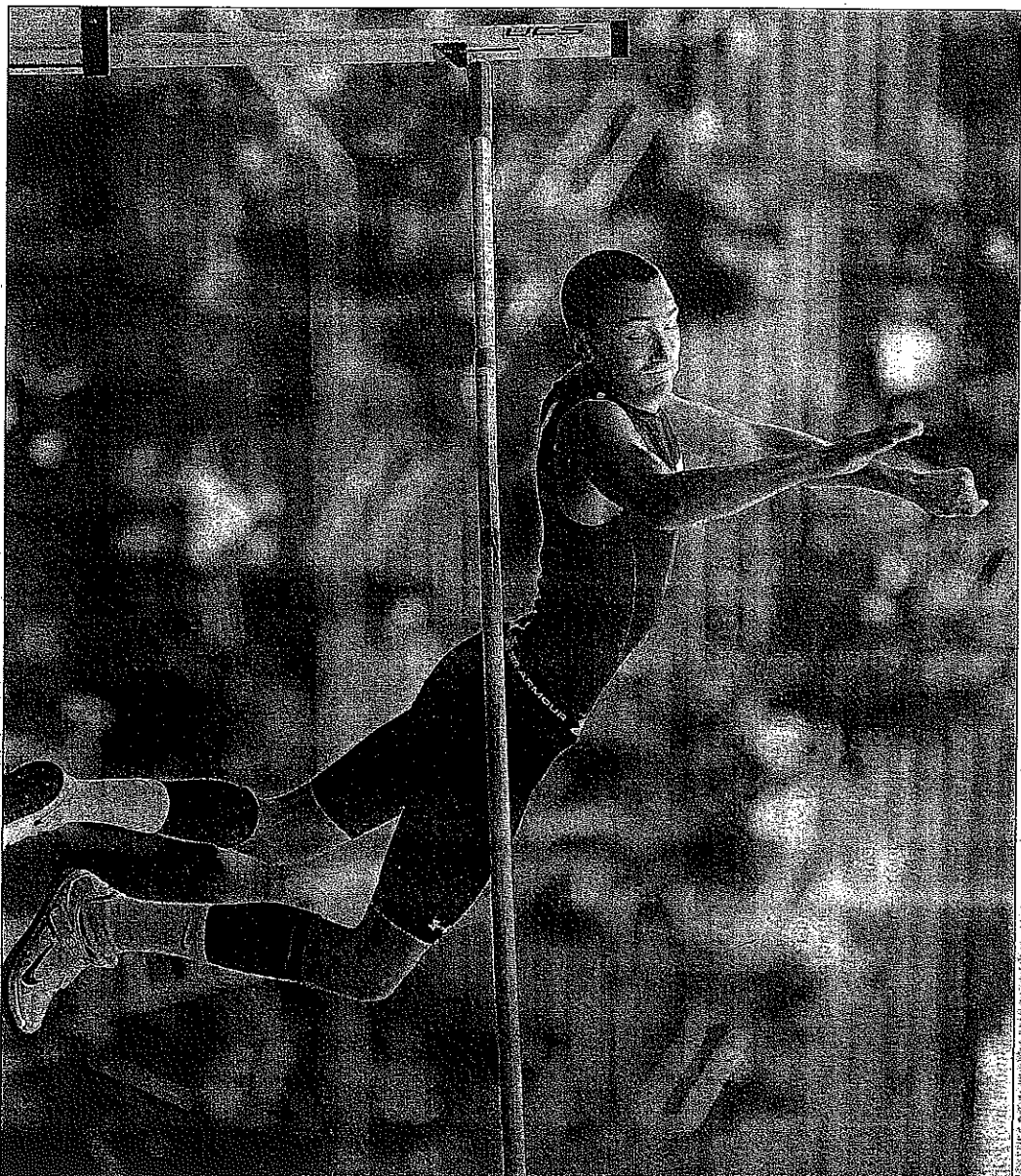
Hwang added a fourth-place medal by clocking 54.83 seconds in the Group 4 400-meter hurdle race, while Riemer garnered a fifth-place medal by running 50.10 in the 400-meter dash.

All five Maroon medalists earned automatic bids to yesterday's State Meet of Champions (SMOC) in South Plainfield. In addition, junior Patrick Rynkowski placed ninth in the Group 4

3,200, and his time of 9:29.69 ranked in the six best performances among non-medal winners in the event (all groups included), qualifying him for a wildcard berth in the SMOC.

The RHS boys squad scored 24 team points in the group finals, finishing 10 behind co-champions East Brunswick and Hackensack. The Ridgewood girls team produced one medal-winner at the meet, with Kayla Polcani clearing 11-0 to take fourth in the pole vault. Junior Sarah DeVita also advanced to the SMOC with a seventh-place showing of 14.91 in the 100 hurdles.

The other Maroon athletes to compete at the Group 4 state championships included seniors Brian Cleary (3,200, 9:40.96), Andrew Gramaglia (pole vault), Mark Mantaci (javelin, 153-7) and Jack Simmons (shot put, 46-7) and sophomores Evan Bartlik (triple jump, 41-4¼) and Levi Jennings (1,600, 4:25.21) on the boys side, as well as juniors Clare Keating (800, 2:22.95) and Haley Roche (32-11¼ triple jump, 14-11 long jump) and the 4 x 400 quartet of freshman Micaela McPadden, junior Charlotte Chiqui, sophomore Hanako Shigenobu and senior Victoria Oliva (4:03.42) for the girls.



Ridgewood senior Tommy DeVita soars to a gold medal in the high jump at the Group 4 state championships last Friday in Egg Harbor Township. He cleared 6-foot-8 to tie a school record and advance to the State Meet of Champions.

PHOTO COURTESY OF PETER RIEMER

State Meet of Champions
@ S. Plainfield

June 3, 2010

400 IH: InSoo Hwang **53.64 – 3rd Place!!!**
New School Record and 5th fastest time in Bergen County History

High Jump: Tommy DeVita 6'4"

4x400m: Jon Riemer 49.4
InSoo Hwang 49.1
Juan Llinas 49.8
Matt Grundy 48.6 **3:16.91 – 3rd Place!!!**
New School Record and 2nd fastest time in Bergen County History

Comments:

Two events are top 3 in the state. Awesome.

**All-County Teams
June 2010**

BOYS

Coach of the Year: Rob Brady

Teams of the Year: Hasbrouck Heights & Ridgewood

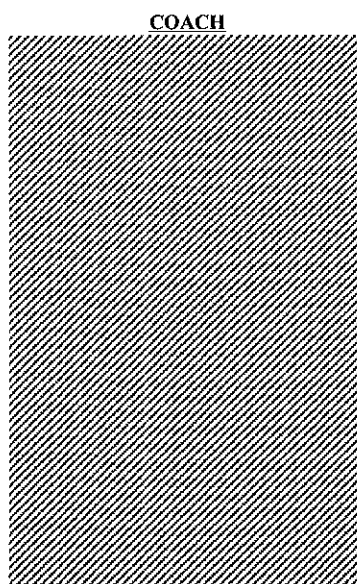
<u>1st Team</u>	<u>NAME</u>
400m IH	Mark Filandro
100m Dash	Conroy Walker
110m HH	Selwyn Maxwell
1600m	Michael Belgiovine
400m	Kevin Condal
800m	Bradley Paternostro
200m	Casey Pleasants
3200m	Rafael Vargas
4x400m relay	Daryian Miles
	Warren Fields
	Damien Elliott
	Justin Hodge
High Jump	Tommy DeVita
Long Jump	Corey Crawford
Triple Jump	Greg Hazell
Javelin	Kaleb Zuidema
Shot Put	Pat Cole
Discus	Stephen Mozia
Pole Vault	Juan Andres Giglio

<u>SCHOOL</u>
Indian Hills
Hackensack
Don Bosco Prep.
Don Bosco Prep.
Hasbrouck Heights
Ramapo
Teaneck
Don Bosco Prep.
Teaneck
Teaneck
Teaneck
Teaneck
Ridgewood
Indian Hills
Don Bosco Prep.
Midland Park
Hasbrouck Heights
Hackensack
Ridgefield Park

<u>COACH</u>
Bill Barry
Jim Levitzke
Maurice Gibbs
Rob DeCarlo
Rob Brady
Bill Manzo
Michele McMillan
Kevin Kilduff
Michele McMillan
Michele McMillan
Michele McMillan
Michele McMillan
Josh Saladino
Alisa Vetter
Kyle Murphy
Jack Ferridg and Steve Ferro
Rob Brady
Monique Mighty
Nick Faulkner

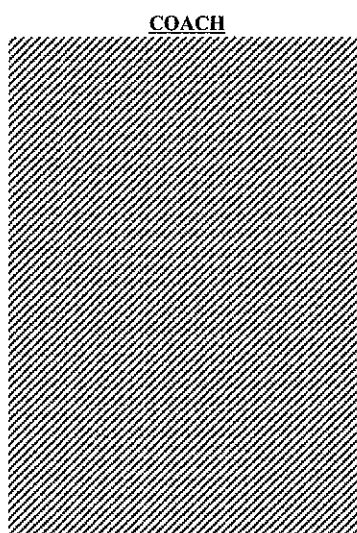
<u>2nd Team</u>	<u>NAME</u>
400m IH	(tie) John Porteous
400m IH	(tie) InSoo Hwang
100m Dash	Zadique Whyte
110m HH	Ernest Wingate
1600m	(tie) Pat Rynkowski
1600m	(tie) Andreas Kellas
400m	Justin Hodge
800m	James Haggerty
200m	Patryk Najbar
3200m	Patrick Rono
4x400m relay	Jon Riemer
	InSoo Hwang
	Juan Llinas
	Matt Grundy
High Jump	Dennis Wilson
Long Jump	Phillip Dowell
Triple Jump	Phillip Dowell
Javelin	Steven Iafrate
Shot Put	Marquise Wright
Discus	John Farelli
Pole Vault	Daniel Nyfenger

<u>SCHOOL</u>
Wood-Ridge
Ridgewood
Teaneck
Bergen Catholic
Ridgewood
Bergen Tech.
Teaneck
River Dell
Lodi
Lyndhurst
Ridgewood
Ridgewood
Ridgewood
Ridgewood
Ramsey
Dwight Morrow
Dwight Morrow
Demarest
Paramus Catholic
River Dell
Demarest



<u>3rd Team</u>	<u>NAME</u>
400m IH	none
100m Dash	Al Artesona
110m HH	Dan McConnell
1600m	none
400m	John Sanford
800m	Joel Douglas
200m	Daryian Miles
3200m	Sherif Ali
4x400m relay	Ernest Wingate
	Tarique Gray
	Mario Kranjac
	Bill Leonard
High Jump	Evan Bartlik
Long Jump	Tevin Ankle
Triple Jump	Sammy Roberts
Javelin	Matt Fleck
Shot Put	Boriam Spavov
Discus	Jack Simmons
Pole Vault	John Wisener

<u>SCHOOL</u>
Glen Rock
River Dell
St. Joe's Regional
Hackensack
Teaneck
Cliffside Park
Bergen Catholic
Bergen Catholic
Bergen Catholic
Bergen Catholic
Ridgewood
Glen Rock
Mahwah
Becton
Cresskill
Ridgewood
Ridgewood



<u>Year:</u>	<u>Dual Meets:</u>	<u>County Relays:</u>	<u>Team History:</u> <u>League:</u>	<u>County:</u>	<u>State Sectional:</u>	<u>State Group:</u>
1975			Champions	2nd Place	Champions	
1976				3rd Place		
1977						
1978						
1979						
1980						
1981						
1982		2nd Place		3rd Place		
1983				3rd Place		
1984		3rd Place		3rd Place		
1985		3rd Place	3rd Place	3rd Place	3rd Place	
1986						
1987						
1988		Champions	Champions	Champions	2nd Place	
1989	7-1	Champions	Champions	3rd Place	Champions	9th Place
1990		2nd Place		2nd Place		
1991	5-3	2nd Place	3rd Place	2nd Place	2nd Place	
1992	5-3	5th Place	2nd Place	2nd Place	5th Place	
1993	7-1	3rd Place (tie)	2nd Place	3rd Place	3rd Place	3rd Place
1994	7-1	4th Place	2nd Place	3rd Place	3rd Place	
1995	7-1	4th Place	Champions (tie)	2nd Place	5th Place	
1996	5-3	5th Place	3rd Place	5th Place	5th Place	
1997	8-0	6th Place	Champions	2nd Place	6th Place	
1998	8-0	3rd Place	Champions	2nd Place	2nd Place	
1999						
2000		2nd Place	3rd Place	3rd Place	2nd Place	
2001		3rd Place	Champions			
2002	6-2	3rd Place	Champions	4th Place	7th Place (tie)	6th Place
2003	5-1	3rd Place	Champions	Champions	Champions	5th Place
2004	6-0	3rd Place	Champions	2nd Place	Champions	8th Place
2005	8-0	Champions	Champions	Champions	2nd Place	2nd Place
2006	8-0	Champions	Champions	2nd Place	3rd Place	
2007	8-0	2nd Place	Champions	3rd Place	2nd Place	
2008	7-1	6th Place	Champions (tie)	8th Place	8th Place	
2009	8-0	2nd Place	Champions	2nd Place	4th Place	
2010	8-1	Champions	Champions	2nd Place	Champions	7th Place

Ridgewood High School All-Time Top 10 List

	<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>	<u>County Rank:</u>
<u>100m:</u>				
10.90	Chris Zeigler	State Meet of Champs	2007	
10.99	Dusty Thomas	BMOC	1998	
10.8	Matt Krever	BMOC	1991	
10.9	Dan Cooper	NNJIL Championship	2000	
11.20 (FAT)	Max Witt	NNJIL Championship	2009	
11.2	Ted Winfield	NNJIL Championship	1997	
11.3	Evan Yeaw	NNJIL Championship	2004	
11.3	Chris Hamlin	NNJIL Championship	1989	
11.3	Albert Gelbaum	County Championship	2005	
<u>200m:</u>				
21.7 / 22.05	Chris Zeigler	County / SMOC	2007	
22.15	Dusty Thomas	BMOC	1998	
22.0	Mike Henderson		1961	
22.1	Tim Geckler	NNJIL Championship	1989	
22.4	Matt Krever	NNJIL Championship	1991	
22.6	Max Witt	County Championship	2009	
22.8	InSoo Hwang	NJTCC Championship	2010	
23.21	Mike DiMaulo	NNJIL Championship	1995	
23.2	Albert Gelbaum	Bernards Invite	2005	
<u>400m:</u>				
48.7	Tim Geckler	NNJIL Championship	1989	
49.41	Josh Kauke		1999	
49.3	Jim Nepola		1970	
49.57	Matt Grundy	State Sectionals	2010	
49.4	Mike Henderson		1960	
50.10	Jon Riemer	State Group IV	2010	
50.2	Dusty Thomas	County Championship	1998	
50.4	Chris Perez	NNJIL Championship	2002	
50.98	Juan Llinas	State Sectionals	2010	
51.0	InSoo Hwang	NJTCC Championship	2010	
51.2	Josh Saladino	State Sectionals	1995	
51.3	Greg Corcoran	State Sectionals	2003	
<u>800m:</u>				
1:50.19	Josh Kauke		2000	
1:51.61	Chris Rae	Golden West	1987	
1:53.4	Bob Keino	BMOC	1994	
1:54.0	John Parisi		1983	
1:54.2	Tom Rae		1971	
1:54.4	John Lander		1985	
1:54.7	Byron Williams	Bernards Invite	2005	
1:54.8	Niall Buckley	County Championship	2007	
1:55.3	Chris Sullivan		1985	
1:55.3	Eric Berntsen		1987	

1600m:

4:09.35	Bob Keino	State Group IV	1994
4:11.9	Chris Sullivan		1985
4:12.0	Chris Rae		1987
4:12.71	Byron Williams	State Meet of Champs	2005
4:15.4	Joe LeMay		1985
4:15.5	Ari Zamir	State Sectionals	2004
4:15.7	Eric Berntsen		1987
4:17.10	Michael Cator	BMOC	2006
4:17.1	Tom Tomai		1975
4:19.5	Josh Kauke		2000
4:19.6	Erik Nygaard	State Sectionals	2004
4:19.9	Eric Boucher	BMOC	1991

3200m:

9:02.73	Bob Keino	Arcadia Invite	1993
9:05.7	Eric Berntsen		1987
9:08.82	Daniel Emont	State Meet of Champs	2007
9:08.91	Taro Shigenobu	State Meet of Champs	2009
9:12.8	Joe LeMay		1985
9:17.29	Eric Boucher	State Meet of Champs	1991
9:18.10	Ari Zamir	State Group IV	2004
9:18.65	Michael Cator	State Meet of Champs	2006
9:22.4	Kevin McCabe		1987
9:24.9	Bruce Mason		1972
9:27.4	Ed Quinn		1976
9:28.0	Byron Williams	County Championship	2005

110HH:

14.4	InSoo Hwang	NJTCC Championship	2010
14.4	Mike Rogers		1975
14.70	Steve Pawlowski		2001
14.5	Jeff Lane		1975
14.5	Rich Wankmuller		1976
14.75	Akira Monri	State Sectionals	2008
15.01	Edward Blair IV	County Championship	2010
15.03	Matt Beausoleil	BMOC	2010
15.30	Steve Robinson	BMOC	1998
15.53	John Moody	BMOC	2006
15.53	Peter Nygaard	State Sectionals	2008
15.3	Fletcher Rosenbach	State Sectionals	1995
15.55	Jim Davis	NNJIL Championship	1995

400 IH:

53.64	InSoo Hwang	State Meet of Champs	2010
53.9	John Parisi		1983
54.7	Dave Shultz		1987
55.2	Niall Buckley	County Championship	2007
55.4	Tim Kelley		1982
55.8	Dave Warton	County Championship	1998
56.59	Akira Monri	Penn Relays	2008
56.7	Josh Saladino	County Championship	1995
56.8	Jason Lahita	NNJIL Championship	1993
57.2	Greg Corcoran	State Sectionals	2003

400m splits:

48.0	Tim Geckler	NNJIL Championship	1989
48.6	Matt Grundy	State Meet of Champs	2010
48.9	Niall Buckley	BMOC	2007
49.1	InSoo Hwang	State Meet of Champs	2010
49.4	Jon Riemer	State Meet of (leadoff)	2010
49.6	Chris Zeigler	Nike Outdoor Nationals	2007
49.7	Matt Krever	NNJIL Championship	1991
49.8	Juan Llinas	State Meet of Champs	2010
50.0	Dusty Thomas	State Group IV	1998
50.2	Byron Williams	NNJIL Championship	2005
50.5	Dave Warton	BMOC	1998
50.6	Josh Saladino	County Championship	1995
50.6	Akira Monri	Nike Outdoor Nationals	2008

800m splits:

1:52.6	Bob Keino	Penn Relays	1993
1:53.5	Christian Trautwein	Nike Outdoor Nationals	2008
1:54.8	Naill Buckley	Nike Outdoor Nationals	2006
1:55.6	Ari Zamir	East Coast Relays	2004
1:55.9	Byron Williams	County Relays	2005

1200m splits:

3:03.7	Chris Sullivan	Penn Relays	1985
3:04.9	Byron Williams	Nike Outdoor Nationals	2006
3:06.0	Niall Buckley	Nike Outdoor Nationals	2007
3:08.6	Michael Cator	Nike Outdoor Nationals	2005
3:09.4	Andrew Fine	Penn Relays	2009
3:09.7	Bob Keino	Penn Relays	1992

1600m splits:

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

Long Jump:

22'11"	Craig Halyard	Arcadia Invite	1989
21'11"	Gabriel Knutson	State Sectionals	2004
21'5 1/2"	Dusty Thomas	County Championship	1998
21'3"	Bernard Mann	NNJIL Championship	2003
20'10 1/4"	Andrew Dolgin	County Championship	1998
20'10"	T.J. Crocker	NNJIL Championship	1989
20'9"	Young Hoe Koo	Frosh Championship	2010
20'5 3/4"	Doug Randolph	County Relays	1993
20'5 1/2"	Chris Hamlin	State Sectionals	1989
20'4 1/2"	Ted Winfield	State Group IV	1997

Triple Jump:

48'7"	Craig Halyard	Golden West	1989
45'8"	Gabriel Knutson	County Championship	2004
43'7"	Bernard Mann	NNJIL Championship	2003
43'5"	Evan Bartlik	State Sectionals	2010
42'10"	Akira Monri	State Sectionals	2007
42'5 1/2"	Andrew Dolgin	County Championship	1998
41'4"	Tommy DeVita	County Relays	2010
40'10 1/2"	Yusik Choi	County Championship	1992
40'10"	Ted Winfield	County Championship	1997
40'10"	Paul Kovach	NNJIL Championship	2006
40'10"	Young Hoe Koo	County Relays	2010
40'9"	Jim Davis	County Championship	1995

High Jump:

6'8"	Tommy DeVita	State Group IV	2010
6'7"	Pete Rutherford		1972
6'7"	Bernard Mann	Dual	2003
6'6"	Jim Davis	State Group IV	1995
6'2"	Evan Bartlik	State Sectionals	2010
6'2"	T.J. Crocker	NNJIL Championship	1989
6'2"	Fletcher Rosenbach	County Championship	1995
6'0"	Jeff Braden	County Championship	1997

Pole Vault:

15'1"	Gabriel Knutson	State Sectionals	2004
14'8"	Jacob Ricciardi	State Sectionals	2005
14'7"	Dan Cooper		2000
14'6"	Jon Wisener	East Coast Relays	2010
14'6"	Paul Kovach	BMOC	2006
13'6"	John Boylan		1980
13'6"	Vahe Hagopian	State Group IV	1993
13'6"	James Norton	State Meet of Champs	2002
13'0"	Andrew Gramaglia	State Sectionals	2010
13'0"	Dave Warton	BMOC	1998
13'0"	Christian Jensen	State Sectionals	2005

Shot Put:

54'11"	Eric Bryant		1980
51'9 3/4"	J.D. Murdock	County Relays	1997
51'1 1/2"	Kevin Strahle	BMOC	2002
50'5"	Patrick Rae	NNJIL Championship	1989
50'1"	Sam Horowitz	BMOC	1993
49'4"	Kassim Dawson	BMOC	1993
48'11"	Torre Watson	State Sectionals	1991
48'10"	Steven Abdallah	Bernards Invite	2005
48'8 1/4"	Ben Wilson	County Championship	2006
48'7 1/4"	Adam Bair	NNJIL Championship	2009
48'4"	Jack Simmons	NJTCC Championship	2010

Discus:

163'1"	Jack Simmons	County Relays	2010
157'11"	John Marshall		1971
151'5"	J.D. Murdock	County Relays	1998
150'5"	Glenn Hansen	BMOC	1994
147'1"	Gabriel Knutson	County Championship	2004
144'3"	Brian Zuccala	NNJIL Championship	1998
143'8"	Ramone Hache	State Group IV	1991
143'4"	Jack Simmons	County Championship	2009
143'3"	Michael Mosticchio	State Sectionals	2008
143'1"	Patrick Rae	County Championship	1989
138'3"	Kassim Dawson	NNJIL Championship	1993

Javelin:

202'0"	Steve Pierce	State Meet of Champs	2006
177'8"	Adam Whitelaw	Bernards Invite	2003
161'3"	Mark Maniaci	NJTCC Championship	2010
154'3"	Anthony Halwagy	NNJIL Championship	2003

Javelin (old jav - subtract 10%):

198'8"	J.D. Murdock	County Championship	1998
187'2"	John Grubb		2000
170'5"	Thibaut van Marke	Bernards Invite	1993
168'5"	Brian Zuccala	County Championship	1998
164'0"	Rod Budelman	Thunderbird Invite	1991

Ridgewood High School All-Time Top 10 Relays

	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>	<u>County Rank:</u>
<u>4x100m:</u>				
44.1	M. Witt / W. Jacoby / M. Grundy / I. Hwang	County Relays	2009	
44.1	A. Monri / P. Nygaard / L. Chwe / C. Zeigler	County Relays	2007	
44.3	M. Krever / C. Halyard / T. Crocker / T. Geckler	Penn Relays	1989	
44.96	J. Moody / A. Gelbaum / L. Chwe / C. Zeigler	Penn Relays	2006	
45.2	S. Oh / L. Chwe / D. Engel / A. Gelbaum	Bernards Invite	2005	
45.3	M. Grundy / E. Blair IV / K. Lai / J. Riemer	County Relays	2010	
45.9	D. Cooper / D. Warton / S. Robinson / D. Thomas	Penn Relays	1998	
46.59	M. DiMaulo / R. Genovese / F. Rosenbach / J. Saladino	Penn Relays	1995	
46.5	P. Martin / J. Bennett / S. Dangelo / M. Krever	County Relays	1991	
46.7	B. Warnock / R. Garcia / S. Aps / M. Nally	Pawlowski Rel.	1994	
<u>4x200m:</u>				
1:31.83	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	E Coast Relays	2007	
1:31.9	C. DiPasquale / A. Dolgin / S. Pawlowski / D. Cooper		2000	
1:32.5	C. Hamlin / C. Halyard / T. Crocker / T. Geckler	County Relays	1989	
1:33.2	M. Grundy / W. Jacoby / L. Pietrantuono / M. Witt	County Relays	2009	
1:33.9	A. Monri / M. Witt / I. Hwang / C. Trautwein	County Relays	2008	
1:33.9	J. Moody / Z. Ontiveros / A. Monri / C. Zeigler	County Relays	2006	
1:34.1	M. Grundy / M. Beausoleil / K. Lai / J. Riemer	County Relays	2010	
1:36.6	D. Cooper / C. Rogers / A. Dolgin / D. Thomas	Englewood Rel	1998	
1:36.9	E. Yeaw / S. Oh / H. Smith / G. Knutson	Comet Relays	2004	
1:36.9	J. Nagano-Gerace / D. Engel / J. Moody / A. Gelbaum	County Relays	2005	
<u>4x400m:</u>				
3:16.91	J. Riemer / I. Hwang / J. Llinas / M. Grundy	SMOC	2010	
3:19.25	Pierson / C. Halyard / T. Geckler / Ellinghaus	State MOC	1988	
3:20.72	A. Monri / C. Zeigler / C. Trautwein / N. Buckley	BMOC	2007	
3:22?			2000	
3:25.15	N. Buckley / Z. Ontiveros / J. Schmidt / C. Zeigler	BMOC	2006	
3:25.50	A. Dolgin / D. Warton / J. O'Neill / D. Thomas	BMOC	1998	
3:26.5	B. Dougherty / C. Halyard / M. Giffuni / T. Geckler	BMOC	1989	
3:26.8	J. Schmidt / N. Buckley / A. Gelbaum / B. Williams	NNJIL Champs	2005	
3:26.9	D. Sampson / T. Rooke / B. Williams / G. Corcoran	State Sectionals	2003	
3:27.1	D. Culver / P. Martin / J. Bennett / M. Krever	NNJIL Champs	1991	
<u>4x800m:</u>				
7:49.0	D. Shultz / Williams / E. Berntsen / C. Rae		1987	
7:52.05	B. Williams / M. Cator / E. Nygaard / A. Zamir	East Coast Rel	2004	
7:57.9			1972	
7:58.1			1976	
8:01.10	S. Alsaïdi / R. Cleary / T. Cotton / B. Keino	Penn Relays	1993	
8:02.57	J. Saladino / R. Cleary / B. Palatucci / B. Keino	Penn Relays	1994	
8:05.3	J. Fronefield / S. Alsaïdi / D. Connors / B. Keino	Penn Relays	1992	
8:05.5	E. Boucher / W. McCann / D. Connors / D. Culver	Penn Relays	1991	
8:07.80	P. Rynkowski / L. Jennings / J. Llinas / B. Cleary	Arcadia Invite	2010	

4x1600m:

17:52.8	J. LeMay / C. Rae / Lander / C. Sullivan		1985
17:55.34*	M. Cator / B. Williams / E. Nygaard / A. Zamir	National Champs	2004
18:02.4	D. Emont / M. Cator / J. Garber / B. Williams	County Relays	2006
18:02.96	A. Fine / S. Martyn / B. Cleary / T. Shigenobu	East Coast Rel	2009
18:13.8	S. Alsaidi / T. Ricart / T. Cotton / B. Keino	County Relays	1993
18:21.4	M. Cator / D. Emont / B. Williams / J. Pfeiffer	County Relays	2005
18:21.49*	C. Trautwein / J. Garber / J. Kalmus / D. Emont	Arcadia Invite	2007
18:22.0	R. Crispin / E. Nygaard / K. Engelken / A. Zamir	Comet Relays	2003
18:26.7	T. Cotton / J. Fronefield / J. Lahita / B. Keino	County Relays	1992
18:27.2	P. Rynkowski / S. Spreitzer / B. Cleary / L. Jennings	County Relays	2010
18:35.4	J. Fronefield / S. Alsaidi / D. Connors / E. Boucher	County Relays	1990

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

3:27.58	D. Cooper / S. Pawlowski / A. Dolgin / J. Kauke	National Champs	2000
3:29.6			1987
3:30.39	P. Nygaard / I. Hwang / A. Monri / C. Trautwein	National Champs	2008
3:30.84	A. Monri / Z. Ontiveros / C. Zeigler / N. Buckley	National Champs	2007
3:31.36			1999
3:33.3			1975
3:35.1			1971
3:36.3	D. Engel / A. Gelbaum / J. Schmidt / B. Williams	County Relays	2005
3:36.9	M. Beausoleil / M. Grundy / I. Hwang / B. Cleary	County Relays	2010
3:37.0	W. Jacoby / L. Pietrantuono / I. Hwang / T. Shigenobu	County Relays	2009

Distance Medley:

10:06.57	B. Williams / C. Zeigler / N. Buckley / M. Cator	National Champs	2006
10:07.97	N. Buckley / C. Zeigler / C. Trautwein / D. Emont	National Champs	2007
10:11.1	C. Sullivan / Caminiti / Lander / J. LeMay	Penn Relays	1985
10:13.79	M. Cator / J. Schmidt / N. Buckley / B. Williams	National Champs	2005
10:16.2			1987
10:22.36	T. Cotton / J. Lahita / S. Alsaidi / B. Keino	Penn Relays	1993
10:29.67	E. Nygaard / N. Buckley / B. Williams / M. Cator	National Champs	2004
10:30.49	B. Keino / D. Connors / S. Alsaidi / J. Fronefield	Penn Relays	1992
10:33.7	D. Culver / M. Krever / D. Connors / E. Boucher	Penn Relays	1991
10:34.8			1976

Shuttle Hurdles:

59.2			1972
61.0	E. Blair IV / S. Mattson / M. Beausoleil / I. Hwang	County Relays	2010
63.2	Muth / R. Wankmuller / J. Lane / M. Rogers		1975
64.27	J. Moody / J. Nagano-Gerace / S. Pierce / A. Monri	E. Coast Relays	2006
64.9	J. Davis / J. Braden / J. Hu / F. Rosenbach	County Relays	1995
68.2	P. Nygaard / A. Mandarano / T. DeVita / A. Monri	County Relays	2008
68.2	P. Nygaard / L. Chwe / Z. Ontiveros / A. Monri	Comet Relays	2007
68.2	D. Warton / C. Rogers / J. Roth / S. Robinson	County Relays	1998
68.4	T. DeVita / S. Mattson / M. Beausoleil / E. Blair	County Relays	2009
69.1	J. Moody / A. Monri / S. Pierce / J. Nagano-Gerace	County Relays	2005

3x400 IH:

2:50.9	T. Kelley / J. Parisi / Buckley		1982
2:53.0	N. Buckley / A. Monri / Z. Ontiveros	County Relays	2007
2:55.1	I. Hwang / S. Mattson / E. Blair IV	County Relays	2010
2:55.1	N. Buckley / S. Pierce / J. Nagano-Gerace	County Relays	2006
2:58.1	N. Buckley / J. Nagano-Gerace / S. Pierce	County Relays	2005
2:59.8	A. Monri / P. Nygaard / I. Hwang	County Relays	2008
3:00.1	D. Warton / S. Robinson / C. Rogers	Engelwood Rel	1998
3:01.7	C. Perez / J. Norton / G. Corcoran	County Relays	2002
3:02.4	I. Hwang / S. Mattson / E. Blair IV	County Relays	2009
3:02.9	J. Saladino / J. Hu / F. Rosenbach	County Relays	1994
3:03.0	J. Saladino / F. Rosenbach / J. Hu	County Relays	1995

3XLJ:

60'3 3/4"	C. Halyard / T. Crocker / Pierson		1988
60'2 1/2"			1970
59'10 1/2"	C. Halyard / T. Crocker / C. Hamlin	County Relays	1989
56'9 3/4"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
55'11"	G. Knutson / H. Smith / K. Wanchoo	County Relays	2004
55'10 1/2"	P. Kovach / B. Clementi / A. Monri	County Relays	2006
55'9 3/4"	D. Randolph / S. Aps / T. van Marke	County Relays	1993
55'6"	B. Mann / G. Knutson / K. Wanchoo	County Relays	2003
55'5"	T. Winfield / D. Thomas / S. Wolfson	County Relays	1996
55'2 1/2"	T. DeVita / L. Pietrantuono / M. Witt	County Relays	2009

3xTJ:

125'10 1/4"	C. Halyard / T. Geckler / J. Chang	County Relays	1989
121'5 1/2"	T. DeVita / Y. Koo / E. Bartlik	County Relays	2010
120'4 1/2"	G. Knutson / H. Smith / B. Clementi	County Relays	2004
119'1"	B. Mann / G. Knutson / K. Wanchoo	County Relays	2003
118'1 1/4"	A. Monri / L. Chwe / P. Nygaard	County Relays	2007
116'8"	A. Dolgin / S. Robinson / D. Warton	County Relays	1998
115'1 3/4"	B. Clementi / S. Oh / J. Moody	County Relays	2005
114'11 3/4"	T. Winfield / A. Dolgin / S. Robinson	County Relays	1997
114' 1/2"	T. van Marke / K. Dawson / C. Lalonde	County Relays	1993
113'2 3/4"	Y. Choi / K. Dawson / T. van Marke	County Relays	1992

3xHJ:

18'2"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
17'6"	J. Davis / F. Rosenbach / J. Braden	Pawlowski Rel	1995
17'1"	B. Mann / H. Smith / K. Engelken	Pawlowski Rel	2002
16'10"	B. Mann / K. Engelken / G. Knutson	County Relays	2003
16'9"	F. Rosenbach / J. Davis / J. Braden	Pawlowski Rel	1994
16'9"	S. Robinson / B. Reese / J. Roth	Pawlowski Rel	1998
16'8"	J. Braden / S. Robinson / W. Byren	County Relays	1996
16'6"	T. DeVita / M. Beausoleil / M. Levitsky	County Relays	2009
16'0"	T. DeVita / D. Yoon / D. Morse	Pawlowski Rel	2007
16'0"	H. Smith / C. Perez / K. Engelken	County Relays	2002
16'0"	H. Smith / K. Engelken / N. Buckley	County Relays	2004

3xPV:

38'0"	G. Knutson / J. Riccairdi / C. Jensen	County Relays	2004
34'0"	J. Wisener / M. Witt / A. Gramaglia	County Relays	2009
34'0"			1976
33'0"	J. Wisener / A. Gramaglia / T. DeVita	County Relays	2010
32'6"	D. Warton / D. Cooper / C. Rogers	County Relays	1998
32'0"	M. Witt / N. Stitt / J. Wisener	County Relays	2008
31'6"	J. Norton / J. Riccairdi / G. Knutson	County Relays	2002

3XShot:

146'8 1/2"	Pfund / Gautier / Laborde		1983
132'5 1/2"	B. Zuccala / J. Murdock / T. Zurla	County Relays	1998
130'7 3/4"	S. Horowitz / K. Dawson / A. Greico	County Relays	1993
130'3 1/4"	B. Wilson / M. Mosticchio / N. Dawson	County Relays	2006
129'3"	S. Abdallah / M. Flicker / B. Mercer	County Relays	2004
129'0"	J. Murdock / T. Zurla / F. Lockwood	Pawlowski Rel	1998
128'7 1/2"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
127'3 1/2"	M. Picarelli / C. Van Cleve / T. Steiner	County Relays	1995
126'10"	J. Simmons / S. Etna / A. Balboa	Pawlowski Rel	2010
126'4 1/4"	J. Simmons / A. Bair / M. Krauss	County Relays	2009

3xDisc:

422'8"			1971
387'3"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
381'6"	J. Simmons / S. Etna / M. Henni	County Relays	2010
377'7"	R. Hache / T. Watson / P. Beisler	County Relays	1991
372'2"	K. Strahle / S. Pskowski / C. Wolfstirn	County Relays	2002
368'10"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
362'4"	K. Dawson / A. Greico / S. Horowitz	County Relays	1993
358'1"	S. Abdallah / B. Wilson / S. Pierce	County Relays	2005
352'11"	T. Li / D. Barry / C. Mala	County Relays	1995
352'3"	J. Simmons / A. Bair / M. Krauss	County Relays	2009
350'10"	B. Wilson / S. Pierce / C. Ryan	County Relays	2006

3xJavelin:

431'1"	S. Pierce / N. Ontiveros / A. Gelbaum	County Relays	2005
429'10"	S. Pierce / A. Gelbaum / T. Haase	County Relays	2006
419'0"	M. Maniaci / M. Beausoleil / E. Blair IV	County Relays	2010
390'8"	M. Maniaci / T. Zulauf / M. Beausoleil	County Relays	2009
388'10"	K. Flaherty / M. Mosticchio / M. Maniaci	County Relays	2008

3xJavelin (old jav - subtract 10%):

442'8"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
417'11"	J. Murdock / B. Zuccala / P. Hans	County Relays	1996
404'1"	M. Picarelli / J. Murdock / D. Barry	County Relays	1995

All-Decade Teams:

1980s

100m:

Chris Hamlin (1989) 11.3

200m:

Tim Geckler (1989) 22.1

400m:

Tim Geckler (1989) 48.7

800m:

Chris Rae (1987) 1:51.61

John Parisi (1983) 1:54.0

John Lander (1985) 1:54.4

1600m:

Chris Sullivan (1985) 4:11.9

Chris Rae (1987) 4:12.0

Joe LeMay (1985) 4:15.0

3200m:

Eric Berntsen (1987) 9:05.7

Joe LeMay (1985) 9:12.8

Kevin McCabe (1987) 9:22.4

110HH:

400IH:

John Parisi (1983) 53.9

Dave Shultz (1987) 54.7

Tim Kelley (1982) 55.4

400m Splits:

Tim Geckler (1989) 48.0

Other Splits:

Chris Sullivan (1985) 3:03.7 (1200m)

Long Jump:

Craig Halyard (1989) 22'11"

T.J. Crocker (1989) 20'10"

Chris Hamlin (1989) 20'5 1/2"

Triple Jump:

Craig Halyard (1989) 48'7"

High Jump:

T.J. Crocker (1989) 6'2"

Pole Vault:

John Boylan (1980) 13'6"

Shot Put:

Eric Bryant (1980) 54'11"

Patrick Rae (1989) 50'5"

Discus:

Patrick Rae (1989) 143'1"

Javelin:

All-Decade Teams:

1990s

100m:

Dusty Thomas (1998) 10.99
Matt Krever (1991) 10.8
Ted Winfield (1997) 11.2

400m:

Dusty Thomas (1998) 50.2
Josh Saladino (1995) 51.2
Matt Krever (1991) 51.4

1600m:

Bob Keino (1994) 4:09.35
Eric Boucher (1991) 4:19.9

110HH:

Steve Robinson (1998) 15.30
Fletcher Rosenbach (1995) 15.3
Jim Davis (1995) 15.55

400m Splits:

Matt Krever (1991) 49.7
Dusty Thomas (1998) 50.0
Dave Warton (1998) 50.5
Josh Saladino (1995) 50.6

Long Jump:

Dusty Thomas (1998) 21'5 1/2"
Andrew Dolgin (1998) 20'10 1/4"
Doug Randolph (1993) 20'5 3/4"

High Jump:

Jim Davis (1995) 6'6"
Fletcher Rosenbach (1995) 6'2"
Jeff Braden (1997) 6'0"

Shot Put:

J.D. Murdoch (1997) 51'9 3/4"
Sam Horowitz (1993) 50'1"
Kassim Dawson (1993) 49'4"

Javelin:

J.D. Murdoch (1998) 198'8"
Thibaut van Marke (1993) 170'5"
Brian Zuccala (1998) 168'5"

200m:

Dusty Thomas (1998) 22.15
Matt Krever (1991) 22.4
Mike DiMauro (1995) 23.21

800m:

Bob Keino (1994) 1:53.4
Ryan Cleary (1995) 1:58.4

3200m:

Bob Keino (1993) 9:02.73
Eric Boucher (1991) 9:17.29

400IH:

Dave Warton (1998) 55.8
Josh Saladino (1995) 56.7
Jason Lahita (1993) 56.8

Other Splits:

Bob Keino (1993) 800m - 1:52.6
Bob Keino (1993) 1600m - 4:08.2

Triple Jump:

Andrew Dolgin (1998) 42'5 1/2"
Yusik Choi (1992) 40'10 1/2"
Ted Winfield (1997) 40'10"

Pole Vault:

Vahe Hagopian (1993) 13'6"
Dave Warton (1998) 13'0"
Jim Davis (1995) 12'6"
Mike Huang (1995) 12'6"

Discus:

J.D. Murdoch (1997) 151'5"
Glenn Hansen (1994) 150'5"
Brian Zuccala (1998) 144'3"

All-Decade Teams:

2000s:

100m:

Chris Zeigler (2007) 10.90
Dan Cooper (2000) 10.9
Max Witt (2009) 11.20

400m:

Josh Kauke (1999) 49.41
Chris Perez (2002) 50.4
Greg Corcoran (2003) 51.4

1600m:

Byron Williams (2005) 4:12.71
Ari Zamir (2004) 4:15.5
Michael Cator (2006) 4:17.10

110HH:

Steve Pawlowski (2001) 14.70
Akira Monri (2008) 14.75
John Moody (2006) 15.53
Peter Nygaard (2008) 15.53

400m Splits:

Niall Buckley (2007) 48.9
Chris Zeigler (2007) 49.6
Byron Williams (2005) 50.2
Akira Monri (2008) 50.6

Long Jump:

Gabe Knutson (2004) 21'11"
Bernard Mann (2003) 21'3"
Akira Monri (2007) 19'10"

High Jump:

Bernard Mann (2003) 6'7"

Shot Put:

Kevin Strahle (2001) 51'1 1/2"
Ben Wilson (2008) 48'8 1/4"
Adam Bair (2009) 48'7 1/4"

Javelin:

Steve Pierce (2006) 202'0"
Adam Whitelaw (2003) 177'8"
John Grubb (2000) 187'2" (old jav)

200m:

Chris Zeigler (2007) 22.07 / 21.7
Max Witt (2009) 22.6
Albert Gelbaum (2005) 23.2

800m:

Josh Kauke (2000) 1:50.19
Byron Williams (2005) 1:54.7
Niall Buckley (2007) 1:54.8

3200m:

Dan Emont (2007) 9:08.82
Taro Shigenobu (2009) 9:08.91
Ari Zamir (2004) 9:18.10

400IH:

Niall Buckley (2007) 55.2
Akira Monri (2008) 56.59
Greg Corcoran (2003) 57.2

Other Splits:

Christian Trautwein (2008) 800m - 1:53.5
Niall Buckley (2006) 800m - 1:54.8
Byron Williams (2006) 1200m - 3:04.6
Niall Buckley (2007) 1200m - 3:06.0
Byron Williams (2006) 1600m - 4:15.3
Michael Cator (2006) 1600m - 4:16.7

Triple Jump:

Gabe Knutson (2004) 45'8"
Bernard Mann (2003) 43'7"
Akira Monri (2007) 42'10"

Pole Vault:

Gabe Knutson (2004) 15'1"
Jacob Ricciardi (2005) 14'8"
Dan Cooper (2000) 14'7"

Discus:

Gabe Knutson (2004) 147'1"
Michael Mosticchio (2008) 143'3"
Chris Wolfstirn (2003) 136'2"