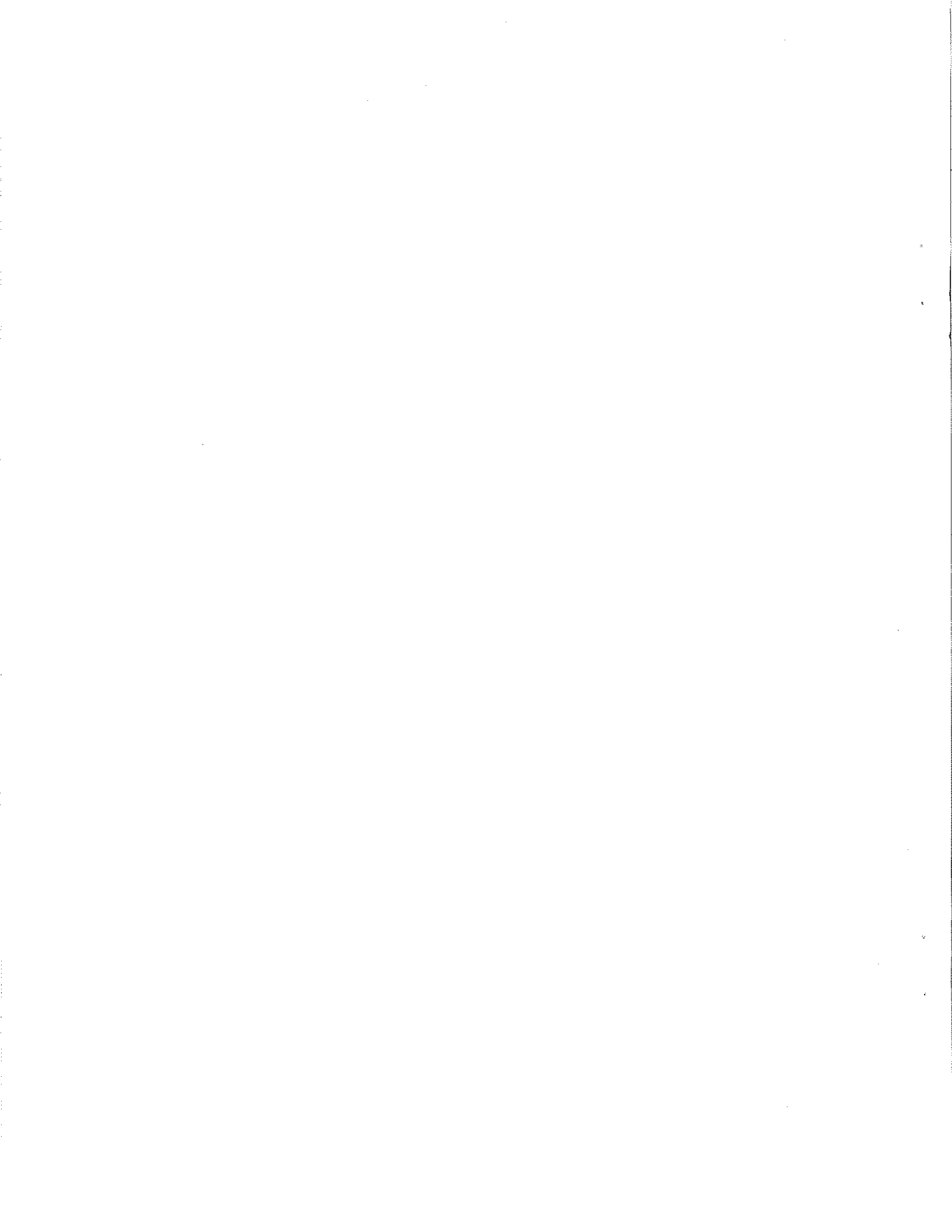


**RIDGEWOOD  
WINTER TRACK  
AND FIELD  
2009-2010**



Dear Seniors,

The winter track season always goes by so fast for me! It's hard to remember the nice weather of December and January because of the difficult snow that followed in February. All and all though, the weather can get rough, but it's the memories of you that make it all worthwhile. Some of these memories include:

*Jenny Bitzer* for her boot, for her support of her teammates, for her growing relationship????, and for her tremendous assistant coaching; *Brian Cleary* for his super dance moves in the many Valentine's Day practices, for his growing relationship????, and for his leadership amongst the distance runners; *Tommy DeVita* for his lengthy stretching routine, for his 6'8" jumps making a new school record!, for his fashionable jumping outfits, and for his camaraderie among fellow jumpers; *Richardson Dudley* for his constant conversations, for his communication with Coach Martin, and for joining track for the 1<sup>st</sup> time during his senior year; *Matt Grundy* for his lengthy stretching routine, for his tremendous leadoff legs in the 4 x 400m, and for being an all-around good guy; *Amir Jahanbin* for his disappearing act, for his ultimate Frisbee teams, and for his love for the 4 x lap at FDU; *Kevin Lai* for his desire to try everything, his constant smile and his love for the 800m; *AJ Manderano* for his love for the jumps, for his relationship with Coach Martin, and for his confused looks; *Katie Martin* for her questions...questions...QUESTIONS, for her love of the Paul-Z run, and for her "gossip" runs; *Victoria Oliva* for the spelling of her last name (I finally got it!), for 3 trips to nationals, and go-to-person for track camp; *Okwuchi Onwubu* for her constant chatter, for her lengthy conversations on distance runs, and for her secrets with Courtney (hmmmm); *Courtney Schofield* for always wondering about my strange looks I'd give her, for speaking her mind, and for hanging in there through the tough times; *Alex Scibetta* for never liking my runs, for complaining once in while?, and for her desire to go after "older" guys; *John Wisener* for not waking up for nationals, for being 1<sup>st</sup> team all county, and for our constant agreements on opening heights.

You are all very special to me and I was grateful for the opportunity to coach you in Winter Track. I wish you the best of luck in your futures and remember to always come back and visit!

Sincerely,  
Coach Mullin

**Boys 2010 Roster**

**12<sup>th</sup> grade:**

Cleary, Brian
DeVita, Tommy
Dudley, Richardson
Grundy, Matt
Jahanbin, Amir
Lai, Kevin
Manderano, AJ
Wisener, John

**11<sup>th</sup> Grade:**

Beausoleil, Matt
Blair, Edward
Colvin, Tim
Eid, Mohamed
Eliya, Jamie
Hwang, InSoo
Iacoviello, Marco
Jennings, Corban
Kim, Danny
Llinas, Juan
Luansing, Mike
Martyn, Connor
Mattson, Sean
Quartararo, Alex
Riemer, Jon
Rynkowski, Pat
Salmon, Sean
Spreitzer, Steven
Steinacher, Chris
Stephan, Alex
Stephan, Tom
Weisberger, Nick

**10<sup>th</sup> Grade:**

Chun, Dan
French, Mark
Hwang, Inho
Jennings, Levi
Knight, James
Lee, James
Ranson, Kyle
Sarappo, Alex
Suh, David
Tai, Nick

**9<sup>th</sup> Grade**

Capurso, Mike
Chung, Kevin
Daly, Timmy
Jones, Graham
Kagei, Shota
Ok, Dominic
Smith, Robert
Yoon, Yougbin

## Girls 2010 Roster

### 12<sup>th</sup> Grade:

Bitzer, Jenny
Martin, Katie
Oliva, Victoria
Onwubu, Okwuchi
Schofield, Courtney
Scibetta, Alex

### 11<sup>th</sup> Grade:

DeVita, Sarah
Holland, Hannah
Llerandi, Grayson
Mullen, Magaret
Patterson, Nina
Polcari, Kayla
Roche, Haley
Wodenshek, Haley

### 10<sup>th</sup> Grade:

Brown, Ilana
Casey, Deirdre
Davidson, Caroline
Jennings, Moriah
Kelty, Maggie
Kim, Christine
Kim, Helen
Kim, Soo
Reimer, Emily
Shigenobu, Hanako
Stacey, Kim

### 9<sup>th</sup> grade:

Aktar, Amelia
Baek, Jae
Butler, Becca
Caffery, Anna
Cron, Shannon
DeVita, Mimi
Feeney, Maura
Felder, Francesca
Ferguson, Zoe
McPadden, Makayla
Morley, Charlotte
Munro, Abbey

### Coaches:

Mike Mullin  
Josh Saladino  
Holly Martin

## Winter Track Meet Schedule 2009-2010

<b>Date</b>	<b>Meet</b>	<b>Location</b>	<b>Who's going?</b>
12/21	Spike Shoe Invite	Armory	All
12/28	Marine Corps Holiday Classic	Armory	Select varsity
1/6	Tom Zacone Invite	FDU	All
1/9	Dartmouth Relays	Dartmouth	Select varsity
1/11	North Jersey Invite	FDU	Varsity runners
1/19	RHS II	RCC	All
1/25	Frosh/Novice Champs	Armory	Sub-varsity
1/27	Bergen Relay Champs	Armory	Varsity
2/1	League Meet	Armory	All
2/3	MET	Armory	Varsity
2/4	State Gr IV sect Boys/Girls (3:45)	Toms River	Varsity
2/8	Varsity Classic	Armory	Varsity
2/9	Ed Church Invite	FDU	Sub-varsity
2/14	State Group IV Boys/Girls (10:00)	Toms River	Varsity
2/15	Bergen Individual champ	Armory	All
2/20	Boys State Meet of Champs (10:00am)	Toms River	Boys varsity
2/20	Girls State Meet of Champs (1:00pm)	Toms River	Girls varsity
2/23	Eastern States	Armory	Select Varsity
3/12-14	Nationals	Armory	Select Varsity

# MAJOR MEET SCHEDULE

**DEC. 18**  
FDU Holiday Classic (Small Schools), Rothman Center, Hackensack  
Colgate Women's Games #1, Pratt Institute, Brooklyn

**DEC. 19**  
FDU Holiday Classic (Large Schools), Rothman Center, Hackensack  
Bishop Loughlin Games, The Armory Track Center, New York

**DEC. 20**  
FDU Holiday Classic (Field Events), Rothman Center, Hackensack

**DEC. 21**  
Spiked Shoe Invitational, the Armory Track Center, New York

**DEC. 22**  
Season Opener Invitational, Rothman Center

**DEC. 27**  
Brown Invitational, Brown University, Providence, R.I.

**DEC. 28**  
Brown Invitational, Brown University, Providence, R.I.  
Marine Corps Invitational, Armory Track Center, New York  
Pearl River Invitational, Rockland Community College, Monsey, N.Y.

**DEC. 29**  
Holiday Relay Carnival, Jersey City Armory

**DEC. 31**  
Colgate Women's Games #2, Pratt Institute, Brooklyn

**JAN. 4**  
Ridgewood Winter Games I, Rothman Center, Hackensack

**JAN. 6**  
Tom Zaccone Invitational, Rothman Center  
Track Universe Shot Put/High Jump #1, Satellite Sports, Totowa

**JAN. 8**  
Colgate Women's Games #3, Pratt Institute, Brooklyn

**JAN. 9**  
Track Universe Triple Jump/Long Jump/Pole Vault #1, Track Universe, Fair Lawn  
Hispanic Games, Armory Track Center, New York

**JAN. 11**  
North Jersey Championships, Rothman Center, Hackensack

**JAN. 13**  
Track Universe Shot Put/High Jump #2, Satellite Sports, Totowa  
NBIL Championship, Rockland Community College, Monsey, N.Y.  
FDU Field Event Festival #1, Rothman Center  
Millrose Games Trials, The Armory Track Center, New York

**JAN. 15**  
Paul Schwartz Invitational, Rothman Center, State Group 3 Relays, Bennett Center, Toms River  
Yale Classic, Yale University, New Haven, CT  
Colgate Women's Games #4, Pratt Institute, Brooklyn

**JAN. 16**  
Track Universe Triple Jump/Long Jump/Pole Vault #2, Track Universe, Fair Lawn  
NState Non-Public A and B Relays, Bennett Center, Toms River  
State Group 2 Relays, Bennett Center, Toms River  
Yale Classic, Yale University, New Haven, CT  
Stanner Games, Armory Track Center, New York

**JAN. 17**  
State Group 1 Relays, Bennett Center, Toms River  
State Group 4 Relays, Bennett Center, Toms River

**JAN. 18**  
Garfield High Jump/Shot Put #1, Garfield H.S.

**JAN. 19**  
Ridgewood Winter Games #2, Rockland Community College, Monsey, N.Y.

**JAN. 20**  
FDU Field Event Festival #2, Rothman Center  
Passaic County Championships, Armory

**JAN. 21**  
Track Universe Shot Put/High Jump #3, Satellite Sports, Totowa

**JAN. 22**  
Jersey Development Meet, Jersey City Armory

**JAN. 23**  
Track Universe Triple Jump/Long Jump/Pole Vault #3, Track Universe, Fair Lawn  
Colgate Women's Games Semifinals, Pratt Institute, Brooklyn  
New Balance Games, Armory Track Center, New York

**JAN. 25**  
Track Universe Shot Put/High Jump Finals, Satellite Sports, Totowa

**JAN. 27**  
FDU Field Event Festival #3, Rothman Center  
Bergen County Relays, Armory Track Center, New York

**JAN. 29**  
BCSL American Championship, Armory Track Center, New York

**JAN. 30**  
Track Universe Triple Jump/Long Jump/Pole Vault Finals, Track Universe, Fair Lawn  
Colgate Women's Games Finals, Madison Square Garden

**FEB. 3**  
Metropolitan Invitational, Armory Track Center, New York  
North 1, Group 3, Bennett Center, Toms River

**FEB. 4**  
North 1, Group 4, Bennett Center, Toms River

**FEB. 5**  
Lou Molino Invitational, Rothman Center, Hackensack

**FEB. 6**  
North 1 and 2, Group 1, Bennett Center, Toms River  
North 1 and 2, Group 2, Bennett Center, Toms River

**FEB. 8**  
Varsity Classic, Armory Track Center, Hackensack

**FEB. 9**  
Ed Church Invitational, Rothman Center

**FEB. 10**  
Garfield High Jump/Shot Put #2, Garfield H.S.

**FEB. 12**  
Non Public A and B Championships, Bennett Center, Toms River

**FEB. 13**  
Groups 2 and 3 Championships, Bennett Center, Toms River

**FEB. 14**  
Groups 1 and 4 Championships, Bennett Center, Toms River

**FEB. 15**  
Bergen County Championships, Armory Track Center, New York

**FEB. 17**  
Garfield High Jump/Shot Put #3, Garfield H.S.

**FEB. 20**  
State Meet of Champions, Bennett Center, Toms River

**FEB. 23**  
Eastern States Championships, Armory Track Center, New York

**FEB. 24**  
Garfield Classic, Garfield H.S., Garfield

**MARCH 12**  
Nike Indoor Nationals, Reggie Lewis Center, Boston  
National Scholastic Indoor Championships, Armory Track Center, New York

**MARCH 13**  
Nike Indoor Nationals, Reggie Lewis Center, Boston  
National Scholastic Indoor Championships, Armory Track Center, New York

**MARCH 14**  
Nike Indoor Nationals, Reggie Lewis Center, Boston  
National Scholastic Indoor Championships, Armory Track Center, New York

### Team Honors

**Boys-** 1<sup>st</sup> North Jersey Invite, 1<sup>st</sup> League, 2<sup>nd</sup> Counties,  
3<sup>rd</sup> State Sectionals

**Girls-** 2<sup>nd</sup> Counties, 2<sup>nd</sup> State Sectional, 2<sup>nd</sup> Leagues

### New School Records

#### Boys:

Tommy DeVita- High Jump...6'8"

InSoo Hwang- 300m.... 35:8 sec

#### Girls:

Kayla Polcari- Pole Vault.... 12'0"

Kayla Polcari/Mimi DeVita- Pole Vault Relay.... 19'0"

### All County

#### 1<sup>st</sup> Team:

Tommy DeVita- HJ  
Brian Cleary- 1600m  
John Wisener- PV

Kayla Polcari- PV  
Sarah DeVita- Pentathlon

#### 2<sup>nd</sup> Team:

InSoo Hwang- HH

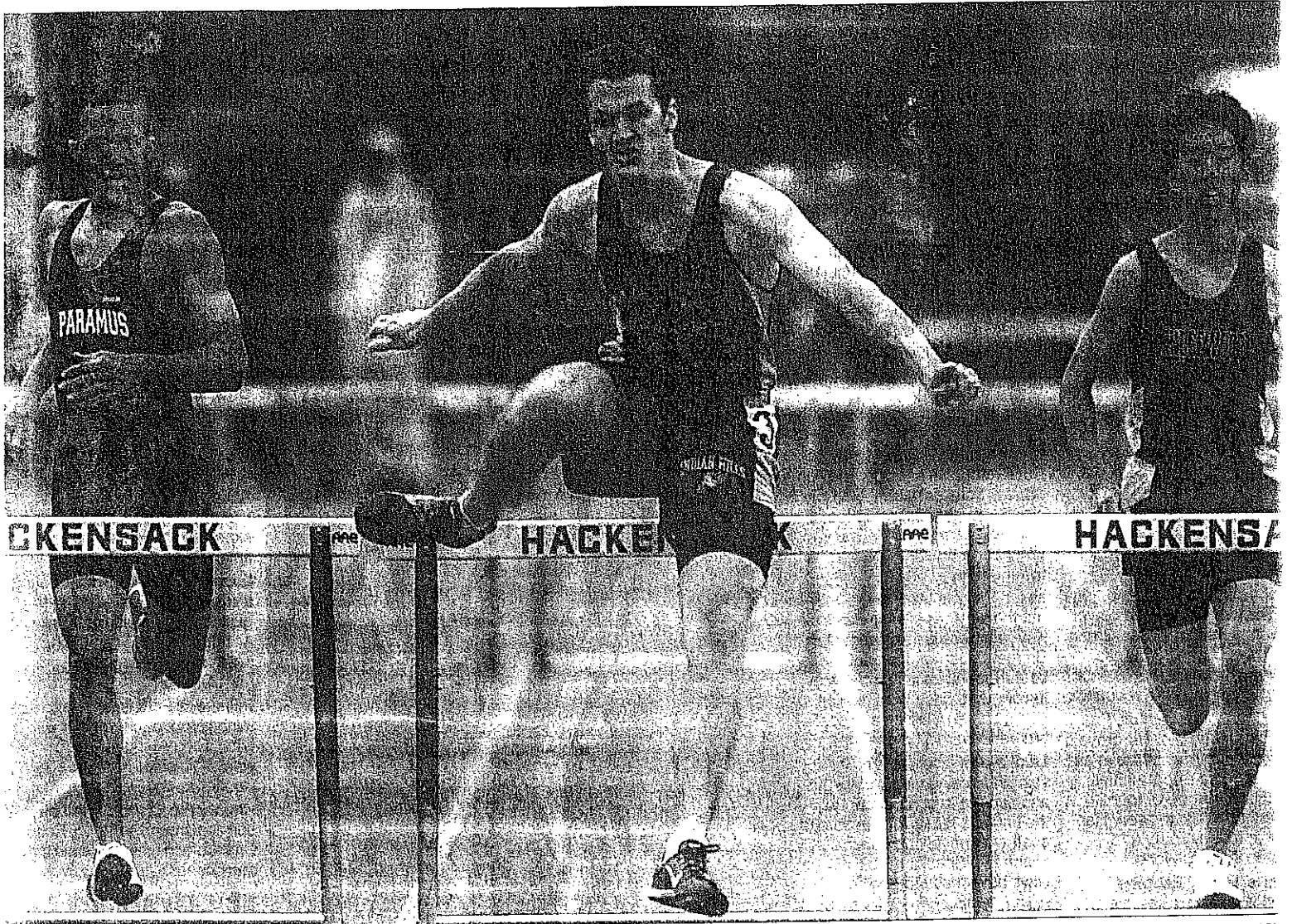
#### 3<sup>rd</sup> Team:

Eddie Blaire- HH  
Pat Rynkowski 3200m  
4 x 400m- Matt Grundy, Sean Matson, Juan Llinas, Jon Reimer, InSoo Hwang  
4 x 800m- Pat Rynkowski, Tom Stephan, Levi Jennings, Brian Cleary

Hanako Shigenobu- 1000m



# BOYS INDOOR TRACK



RECORD FILE PH

Indian Hills' Mark Filandro, center, is one of the most versatile runners in North Jersey.

# ATHLETES TO WATCH

**Patrick Cole, Hasbrouck Heights, junior, shot put:** The defending Group 1 state indoor and outdoor state champion and last season's runner-up in the Bergen County meet, was a third team all-Bergen selection last season and should be a State Meet of Champions medal contender.

**Jashon Dawson, Passaic, senior, 55 and 300 meters:** Last season's Passaic County 55 meter champion, also placed third in the 300 and



DAWSON

won the Group 4, North 1 sectional 55 title before placing sixth in State Group 4 competition. After his sensational foot-

ball season look for him to get even better on the track.

**Tommy Devita, Ridgewood, senior, high jump and 55 hurdles:** After winning the Bergen title and two other championships last winter, the all-Bergen high jumper may be ready to become one of the state's best and improve on his own personal best of six feet four inches.

**Mark Filandro, Indian Hills, senior, 55 hurdles, 400 through 1,000 meters:** Filandro had a 1:54.2 anchor leg at the Varsity Classic 4-x-800 to put Indian Hills in the Penn Relays. He also won three events at the NBIL meet, won the North 1, Group 2 sectional 400 and sits eighth all-time on the Bergen County 400 list.

**Larry Hilton, Kennedy, senior, 600 through 1,600 meters:** The versatile middle distance runner won the Passaic and NNJIL A titles at 1,000 meters last season and earned five other medals during his last indoor campaign. He was a close second at the North 1, Group 4 800 sectional.

**Taylor, Passaic, junior, 800 through 3,200 meters:** Second team All-Passaic at 1,000 meters last winter, he just missed qualifying for the state outdoor group 4 meet at both 800 and 1,600. Now in Group 3, after qualifying for states in cross-country, he may be ready to take the next step to stardom.

**Bill Leonard, Bergen Catholic, senior, 400 through 800 meters:** His dad, Bill, was an all-State cross-country runner at Bergen Catholic in the late 1970s, but this Leonard is more of a long sprinter, after running the fastest North Jersey 600 meters last winter and ranking 17th on the all-time Bergen list.

**Mike Reilly, Old Tappan, senior, shot put:** He earned four major titles last season and finished third in the Varsity Classic, Metropolitan Invitational, and State Group 3 meets en route to All-Bergen honors last winter. His career best throw of 54 feet places him just outside the top 30 in Bergen history.

**Conroy Walker, Hackensack, senior, long and triple jumps, 55 and 300 meters:** After a sensational outdoor season, Walker appears ready to be one of the top jumpers



WALKER

and sprinters in the state. He already ranks in the top 25 all-time in Bergen in both jumping events after winning last season's Bergen long jump and taking ninth in the Eastern States triple jump.

**Scott Weismiller, Don Bosco, senior, pole vault and long jump:** Last season's second team All-Bergen vaulter had a sensational year, winning the Non-Public A state title, taking second in Bergen and sixth in the Eastern States, clearing 14-6 in the latter meet, one of only five Bergen athletes ever to jump that high inside. The Bergen record of 15 feet is clearly reachable.

## NBIL

**Bergenfield** lost a lot of talent from last season's fine team and is rebuilding.

**Demarest** returns junior distance runner Adam Bernstein, a

second team all-Bergen cross-country runner, senior hurdler Eric Dyer, one of Bergen's best and junior Toonil Kim (high jump). Senior pole vaulter Dan Nyfenger is also a major threat in every meet.

**Indian Hills** is led by second team All-Bergen returnee Mark Filandro (hurdles, 400-1,000), first team all-Bergen cross-country star Nick Ward, senior pole vaulter Nick DiVincent (also an excellent distance runner), senior Corey Crawford, one of the state's best jumpers, soph 400 runner Calvin Knox and junior distance runner Peter Tuohy. Senior sprinter Anthony D'Alessandro is **Mahwah's** best.

**Northern Highlands** returns senior Matiss Batarags (middle distance) and hurdler Nick Pichache. Defending champ Old Tappan lost a lot to graduation but does welcome back senior all-Bergen shot putter Mike Reilly, junior jumper Brian Choi, senior pole vaulter Andrew Hoh and senior hurdler David Kim.

**Paramus Catholic** moves to the NBIL in its final year and with junior shot putter Marquise Wright, senior long sprinter Keegan Carter and junior distance runner Brian Feliciano will have an impact.

**Pascack Hills** distance runner Joe Sabatino (senior) is the Cowboys' top returning athlete. Pascack Valley returns sophomore sprinter Max Linden.

**Ramapo** returns senior shot putter Tim Kologrivov and long sprinter John Burke.

**Ramsey**, the reigning small schools Bergen Relays champion returns seniors Troy Coonrad (sprinters), Kevin Kuruc (hurdles), Dennis Wilson (jumper) and distance runners John Dugan (junior) and Chris Eltringham (sophomore). Dugan was an all-Bergen cross-country runner and Kuruc led Ramsey to the North 1 Group 2 football title.

## BCSL American

**Cliffside Park** returns sectional cross-country champion Sharif Ali and a very good distance group.

**Dumont** is rebuilding behind a junior middle distance core of Tom Hicks, Ryan Gormley and Michael Rainey.

Senior sprinter Andrew Sargeant leads an **Englewood** team that suffered large graduation losses after winning the league title last winter.

**Fort Lee** is also rebuilding.

**Ridgefield Park** welcomes back senior distance runner Elvis Durakovic, who missed almost all of the cross-country season due to illness.

**Overton** returns senior shot putters John Farrell and John

Sherlock, senior distance runner Adam Herman, senior pole vaulter Jason Kim and junior vaulter Brad Hoey should be good again.

**Rutherford** has a fine hurdler in Patrick Walsh.

**Tenafly** has a very good senior class, led by Naoki Omata (middle distance), Evan Sparkman (distance), Charlie Roh (distance), Chris Yearwood (sprints) and Duyong Park (hurdles).

**Westwood** senior sprinters Eric Leithauser and Morgan Reilly, junior sprinter Cody Burke and senior distance runner Louie Schiedeler will keep the Cardinals competitive.

## Others

**Butler** senior distance runner Nick Otierno is one of the best small school runners in the area.

**Garfield** returns junior jumper Angel Lora, who won the Bergen County indoor title a year ago.

**Glen Rock** has a pair of stars in seniors Al Artesona (sprints) and Tevin Ankle (jumps).

Reigning Group 1 indoor and outdoor shot put champ Patrick Cole, still just a junior leads a **Hasbrouck Heights** team that also features soph hurdler Sven Nielsen, senior distance runner Alex Fortoul and junior distance runner Ryan Spangler.

**Midland Park** welcomes back senior hurdlers Scott Roberts and John Passero.

**New Milford** has junior sprinter John Foilety and senior sprinter/shot putter Steve Connor.

**Park Ridge** has a good shot putter in senior Tom Rizzle and one of the area's top pole vaulters in senior Garrett LaCroce.

**Paterson Catholic** returns three potential all-Passaic stars in junior Anthony Andrews, a three-time all-Passaic selection in cross-country, Jordan McFadden, an outstanding sprinter and long sprinter senior Javon Brown.

Junior pole vaulter Christopher Steele is **Pompton Lakes'** top returning athlete.

Junior distance runner Steve Mancini and senior distance runners Chris Gawin and Del'quan Hall lead **Saddle Brook**.

School record holders Cody Cohen (55) and junior Teason Hahn (300) are the top returnees for **Saddle River Day**, which also returns senior Jack Chipley (400), junior Jeremy Tchack (55), and sophs Jay Gaunt (400) and Mike Rodriguez (800).

**Wood-Ridge** is led by junior hurdler Zach Davernport and senior shot putter Chris Luna.

— Paul Schwartz

returns led by senior All-Bergen 600 runner Billy Leonard. The Crusaders also welcome back seniors Conor Finnegan (distance), Matt Dottino (sprints), Dan McNeely (middle distance), Ernest Wingate (hurdles/jumps) and junior Tarique Gray (sprints/hurdles).

**Bergen Tech** has an excellent trio of seniors, Dan Plekhov (high hurdles), Max Lesser (distance) and third team All-Bergen cross-country runner Andreas Kellas.

**Clifton** is always one of Passaic County's best and that should continue led by seniors James Sahanas (distance), Alonzo Thomas (long sprints) and Ja-Hee Allen (jumps) and junior all-Passaic cross-country standout Dan Green.

**DePaul** is rebuilding.

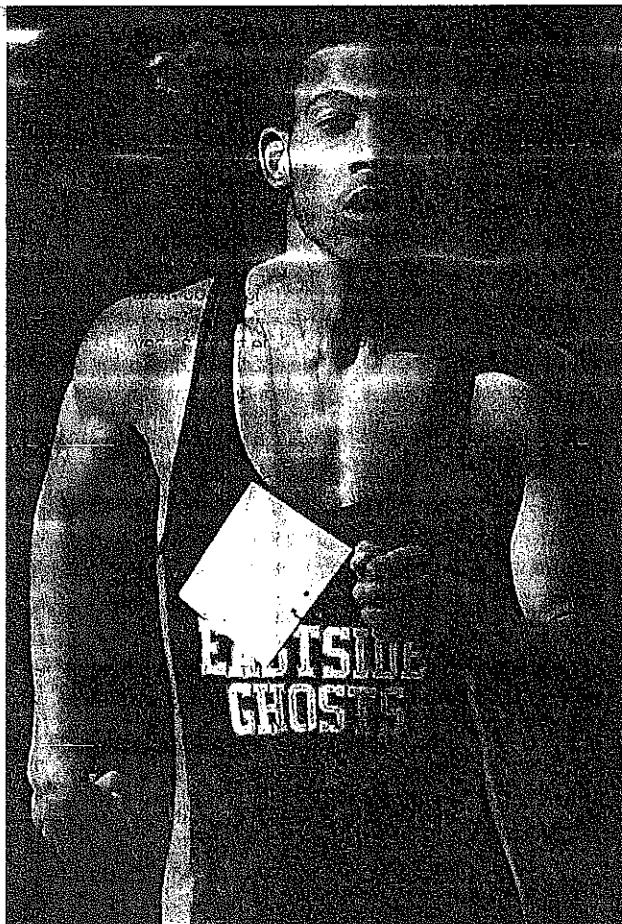
**Don Bosco**, the defending Bergen Relays large school champs had a disappointing state meet, finishing fourth in Non-Public A 6½ points out of first. But with a group like seniors Mike Belgiovine, Howie Rosas and Rafael Vargas off of the State championship cross-country team, the distances are strong, and junior jumper Greg Hazell (jumps/hurdles), senior Tim Byrne (shot put), and senior Scott Weismiller (pole vault/long jump) among the best at their events in the area, the Ironmen might return to the top of the Non-Public A heap this winter. Senior John Clifford (distance) and junior Mike Baselice (pole vault) adds depth.

**Eastside** has a terrific distance duo in senior Salim Corbin, the two-time Passaic County cross-country champ and Tahlief Jackson, the junior who made first team All-Passaic in the fall. But the Ghosts need help in the other events.

Senior distance runner Mike Obsuth is **Fair Lawn's** best but look out for junior pole vaulter Kevin Guy.

**Hackensack** has two of the top athletes in Bergen County in seniors Conroy Walker, one of the state's top long and triple jumpers and an excellent sprinter as well and middle distance star Joel Douglas, who was a second team All-Bergen cross-country runner. But they'll need an outstanding soph class, led by middle distance runners John Pujols and Carlos Coronado to enjoy a successful team season.

**Kennedy** has some terrific star power in senior hurdler-jumper Keshon Brown, and senior middle distance runner Larry Hilton. But the Knights will need juniors Zaid Aburumeileh (distance), Craig Hall (jumps) and Jamaal Hilton (middle distance) to step in in order to contend for the



RECORD FILE PHOTO

**Eastside's Salim Corbin** could be the top distance runner in North Jersey this winter.

Passaic County title.

**Lakeland** makes a big jump from the now defunct Northern Hills Conference but has some good talent led by senior sprinter Kevin Amditis and senior distance runner Dan Arnold.

**Paramus** is rebuilding after being hard hit by graduation.

**Passaic** has one of the state's top sprinters in All-Passaic choice Jashon Dawson, fresh off his breakout football season.

Reigning Passaic County champ **Passaic Tech** lost a lot to graduation but also returns a lot including seniors Mike Bennett (300-400), Shavoy Lawrence (long sprints), Lonnie Day (shot put) and Victor Arias (jumps) and sophomore Halim McCartha (sprints) and could win again.

**Passaic Valley** has an excellent sprinter in senior Omar Abbasi, a good shot putter in senior Jonathan Martinez and a solid distance runner in Joe Vasta.

**Ridgewood** is always one of the best teams in the area and the Maroons should be again helped by All-Bergen cross-country selections Brian Cleary (senior) and Pat Rynkowski (junior), senior hurdler/jumper Tommy DeVita, last season's indoor and outdoor all-Bergen high jumper, junior long sprinter/hurdler in Soo Hwang and relay

standouts Matt Grundy (senior) and Jon Reimer (junior).

**St. Joseph** is improving year by year and seniors K'Waun Williams (sprints/jumps), Kamal Hogan (sprints), Malcolm Carter (long sprints) and junior John Butler (shot put) will help that improvement continue.

**Teaneck** is known for great sprinters and with seniors Casey Pleasants and Zadique White and sophomore Daryian Miles that tradition will move forward. Juniors Justin Cifuentes (distance) and Nevon Williams (jumps) give depth to the Highwaymen.

**Wayne Hills** is rebuilding after a strong cross-country season.

**Wayne Valley** is another Passaic County contender led by senior all-Passaic cross-country runners Mark Sheptock and Mike Maglio, seniors Franco Rosella (shot put), Dan Losowyj (jumps), Ryan Meek (jumps) and Kensai Hughes (sprints).

**West Milford** is also a contender behind seniors James Merse (shot put), and Michael Stitt (pole vault).

WINTER SPORTS PREVIEW

# GIRLS INDOOR TRACK



RECORD FILE PHOTO

Clifton's Emily Urciuoli is a quality hurdler and long jumper as well as a State champion in the pole vault.

# ATHLETES TO WATCH

**Amber Allen, Passaic Tech, senior, 55 through 600 meters:**

One of the most highly recruited athletes in the country, she was the Colgate Winter Games 400 meters champion last winter, took second in State Group 4 and third in the



ALLEN

State Meet of Champions before winning at Eastern States.

**Jaivaria Bacote, Kennedy, senior, 55 hurdles, 300 through 600 meters, high and triple jumps:** One of the busiest athletes in the state, she won seven major titles last season, including three in the Passaic County meet and could be one of the top triple jumpers in the state.

**Diane Bain, Ramsey, senior, 400 through 1,000 meters:** She ran the fastest 600 meters in New Jersey last winter and third fastest in Bergen County history when she won the Bergen title in 1:36.6. She also took the North 1, Group 2 800 and was second in the 400.

**Myasia Jacobs, Paramus Catholic, sophomore, 55 through 400 meters:** Seldom has any freshman had the impact Jacobs had last year. She



JACOBS

won six major titles at 55 meters, including the Colgate Games and Non-Public A titles, took second in the State Meet of Champions

and Eastern States and ranks in the top 10 in Bergen history in the 55, 200, 300 and 400 events, including a county record 7.09 seconds in the 55.

**Julie Sinkovitz, IHA, senior, 400 through 1,600 meters:** Last winter's North Jersey Athlete of the Year won the Bergen and Non-Public A 800 titles, took fourth in the State Meet of Champions, became just the fourth Bergen girl to break three minutes in the 1,000 and ranks third all-time in the 800.

**Emily Urciuoli, Clifton, senior, pole vault, 55 hurdles, long and high jumps:** She won three major pole vault titles last winter, took second in State Group 4, third in the State Meet of Champions and fourth in the Eastern States. She holds the Passaic County indoor and outdoor records.

**Jenni Zymet, Paramus, senior, 55 through 800 meters:** Last season's Cinderella story came from nowhere (actually the basketball team) to win the Bergen 400, take third in State Group 3, and sixth in the Eastern States. She ranks 13th all-time in the 300, fourth in the 400 and 29th in the 800.

**North Jersey shot putters:** The depth of talent in this event is unprecedented and it's possible that all six places at the State Meet of Champions could go to local throwers.

Seniors **Ashley Sims** and **Olivia Wade** have had amazing careers at Paramus Catholic, going 2-3 in State Non-Public A, 2-5 in Bergen, 6-7 in the State Meet of Champions and 4-5 in the Eastern States



PANTALE

last winter. They are 11th and 13th on the all-time Bergen list. Wayne Valley's **Alana Pantale** was third in Passaic and North 1, Group 3 last year and had a great spring.

Junior **Apresha Hampton** of Teaneck was second at the Colgate Games, third in State Group 3 and is the leading returnee in the state after throwing 40-9 last winter, eighth in Bergen history. Sophomore

**Kathryn Hirsch** is rapidly developing a reputation as a clutch big-meet performer, taking second in Group 3, third in Bergen, and 10th in the State Meet of Champions with a best throw of 39-9, 10th all-time in Bergen history. And there are Ridgefield Park's **Rachel Pena**, the reigning Group 2 State champion, **Taylor Stever** of Rutherford, the Group 1 runner-up and **Liane Ercan** of Lakeland, a Group 2 medalist last winter.

# AROUND NORTH JERSEY

## NJTCC

**Bergen Tech** returns All-Bergen cross-country runner Chelsea Gordon, a senior, and seniors Imani McKenzie (hurdles) and Kelsey Muller (middle distance).

**Clifton** is the reigning Passaic County champion and should be good again, led by senior State outdoor pole vault champion Emily Urciuoli, who is also a fine hurdler and jumper. Seniors Kerry Sorenson (distance), Colleen Reynolds (pole vault), Andrea Vilanova (shot put), junior Nia Jackson (sprints) and sophomore Monika Miazga (sprints) are also potential medalists at the Passaic meet.

**DePaul** was second to Clifton last year and with senior Michelle Trifari (middle distance) and juniors Lauren Hasty (sprints) and Passaic cross-country runner-up Alyssa LaGuardia will be a threat again this season.

**Eastside** has two excellent senior sprinters in Kewanna Price and Lacy Morris.

**Fair Lawn** is rebuilding.

**Hackensack** returns senior Elicia Cole (distance) and juniors Lenora Paul (shot put) and Chelsea Davis (long sprinter).

**Immaculate Heart** is the defending State Non-Public A and Bergen Relays champion and the talent-laden Blue Eagles could very well repeat the feat. Seniors Julie Sinkovitz (middle distance), last season's North Jersey Athlete of the Year, is joined by fellow seniors Serenity Martin (sprints), Michelle McCourt (long sprints) and Tiffany Evangelou (hurdles/jumps), all with all-Bergen recognition last winter. Sophomores Jen Pash (sprints), Jen Capone (hurdles) and Gina Carlino (jumps) provide depth and the addition of this year's cross-country Runner of the Year, junior Erin Thompson, could keep the Blue Eagles on top.

**Kennedy** returns one of the area's most versatile and talented athletes, senior Jaivaria Bacote (hurdles and jumps), a triple gold medalist at last year's Passaic championships and junior shot putter Sandra Stevenson.

**Lakeland's** top returnee is junior shot putter Liane Ercan, part of an enormous number of excellent throwers in the area.

**Paramus** has one of the brightest stars in the area in senior sprinter-middle distance standout Jenni Zymet and one of the state's top freshman distance runners in Jolie Bartner. Senior distance runner Christina Hwang and junior hurdler Ashley Roessler also return.

**Passaic Tech** has designs on the Passaic County title and with senior Amber Allen, one of the nation's top long sprinters, joined by juniors Andrea Gates (sprints and hurdles), Daeja Smith (sprints) and Ayana Ward (high jump), sophomore Jamella Johnson (sprints) and senior Ashley Sanchez (shot put), the Bulldogs have a great chance to win.

**Passaic Valley** has two of the area's top hurdlers in senior Geraldine Asolulka and junior Melissa Pascual.

**Ridgewood**, as usual, should be a contender with seniors Courtney Schofield (distance), Victoria Oliva (hurdles), juniors Grayson Llerandi (distance), Sarah DeVita (hurdles), Haley Roche (high jump) and Kayla Polcari (pole vault) and sophomore Hanako Shigenobu (distance) the primary reasons.

**Teaneck** returns one of the state's top shot putters in junior Apresha Hampton, senior sprinter-jumper Shaena Wizzard and sophomore long sprinter Kahila Taylor.

**Wayne Hills** has an outstanding group of middle distance and distance runners led by senior Danielle Renaldo, an All-Passaic cross-country runner, junior Brittany Kulcar and sophomore Andy Lakin.

**Wayne Valley** is also a Passaic County contender, led by senior Anna Yang, perhaps the most versatile athlete in Passaic track. She has been all-Passaic three times in cross-country, twice outdoors in the long jump and once indoors for 600 meters. Senior shot putter Alana Pantale hasn't had the success indoors as she has outdoors but that figures to change this year and junior long sprinter/jumper Rachel Herrick and senior pole vaulter Tracy Rusinak are also solid talents.

Sophomore middle distance runner Deborah Wolfe heads an improving **West Milford** team.

## NBIL

Senior hurdler Marly Relato should be **Bergenfield's** best.

**Demarest** will make a big push for the final NBIL title behind senior sprinter Megan Gadaleta, senior jumper Danna Wasserman, junior middle distance star Katelyn Ary, and junior shot putter Tina Menezes. But two younger Norsewomen, sophomore shot putter Kathryn Hirsch and freshman all-Bergen cross-country runner Brittany Day, could be the deciding factors.

**Holy Angels** moves to the NBIL off a spectacular cross-country campaign, including the Bergen

and State Non-Public A titles and the quintet of seniors Kaleigh Kenny and Katie Sylvester and juniors Emily Dunne, Maureen Crimmins and Jen Molke will make the Angels particularly strong at 600 meters and up.

**Indian Hills** unexpectedly lost some talent as several good athletes didn't come out, but senior distance runner Sarah Polansky, senior middle distance runner Katie Johnston and sophomore distance runner Jaime Pepper all did return.

Reigning Bergen Relays small schools and NBIL champion **Mahwah** lost a lot of great talent to graduation but still returns a lot of talent and may be in position to repeat. Juniors Kim Nagotko (sprinter-jumper), Victoria Mold (sprinter) and Melinda Rothman (sprinter-jumper-pole vaulter) are joined by sophs Molly Cohen (sprinter) and Carolyn Edler (pole vaulter).

**Northern Highlands** has the core of its North 1, Group 3 champion cross-country team, led by senior Justine Schnell (distance), junior Katie Hinchey, the sectional individual champ, and freshman Ariana North (distance) and junior Kerri Bergin (sprints).

**Old Tappan** has a solid core of seniors Christine Spilka (middle distance) and Gianna Abbale (pole vault), juniors Megan Li (sprints) and Maggie Loudon (middle distance) and sophomore Sharon O'Reilly (long sprints).

**Paramus Catholic** moves to the NBIL behind New Jersey's top sprinter, Bergen County 55-meter record holder sophomore Myasia Jacobs and two of New Jersey's top shot putters, seniors Ashley Sims and Olivia Wade. With senior high jumper Khyla Bailey and senior sprinter Asher Beasley, the Paladins will be a force.

**Pascack Hills** has one of the state's top 800 and 1,600 runners, Julieanne Fontana and has a good pole vaulter in senior Danielle Wankmuller.

**Pascack Valley** has a solid junior distance runner in Christa McLeod.

**Ramapo** returns senior pole vaulter Chelsea Hartigan, perhaps the best in Bergen, senior sprinter-hurdler Pam Terlizzi and junior Allie Antosy (distance).

**Ramsey** has three outstanding seniors — long sprinter Diane Bain, three-time all-Bergen cross-country runner Alexandra Clinton and Lizzy Rosenberger (middle distance) — and junior distance runner Lisa Anderson.

## BCSL American

Senior distance runner Ashley

Ramdin leads **Cliffside Park, Dumont** and **Englewood** are both rebuilding.

**Fort Lee** returns another of the area's best shot putters, senior Aretah Ettarh.

**Group 2 State Indoor shot put** champion Raciell Pena, also a fine high jumper returns for **Ridgefield Park** along with her sister, Danielle, a junior hurdler.

**River Dell** is always a contender and with seniors Sarah Hyman (distance), Stephani Carnevale (hurdles) and Hilary Felice (pole vault) and junior Jill Hudson (shot put) should be again.

**Rutherford** is also strong with seniors Kelly Freed (distance), Taylor Stever (shot put) and Deirdre Kane (high jump) and juniors Alexandra Arnold (middle distance) and Zoe Grenier (distance).

**Tenafly** returns senior Melissa Notis (hurdles and high jump), juniors Coral Herschkovitz (sprints) and Lizzie Anderson (distance) and sophs Allison Torsiglieri (middle distance) and Meghan Mui (distance) and adds junior sprinter-hurdler Mary-Elizabeth Pfund in her first indoor season.

Reigning league and North 1, Group 1 champion **Westwood** returns senior distance standout Teresa Gagliostro, junior middle distance runner Meghan Kocher, junior sprinter Michelle Cascio and adds freshman distance runner Kim Oppenheim.

## Others

**Butler** has two standouts in senior jumper Monica Loranger and junior hurdler Rachel Vaccaro.

**Glen Rock** returns senior distance runner Suzy Romary and junior Kate Vandervalk.

**Hasbrouck Heights** has junior long sprinter Jenn Nass and sophomore distance runner Rebecca Fortoul to keep it going. Senior long sprinter Mariel Flood is **Kinnelon's** best.

Junior Melanie Lewis of **Midland Park** is in contention for the Bergen title in the hurdles.

**Park Ridge** starts with junior middle distance runner Kristen Grey and senior pole vault Isabella Skovira.

**Saddle River Day** looks to juniors Amanda Jones (middle distance), Paris Cotz (300), Emily Sanchez (sprints) and senior sprinter Nicole Freid.

Waldwick returns to State Group outdoor 3,200-meter champ Jessica Andre and sophomore jumper Ali Giordano.

**Wood-Ridge** returns senior hurdler Megan Gwozdecke.

— Paul Schwartz

**Spike Shoe Invite**      Mon. 12/21/09

\*\*\* Results \*\*\*

**55m:**

**Boys:**

Varsity- Matt Grundy- 6.8

Novice- Amir Jahanbin- 7.3, Kevin Lai- 7.2, Omir Bakshi- 7.7,  
Richardson Dudley- 7.0/6.9/7.1, Izik gukin- 7.9, Corban Jennings- 7.9,  
Danny Kim- 7.6, Mike Luasing- 7.5, Chandler Park- 7.3, Alex Quartararo- 7.4,  
Sean Salmon- 7.9, Gino Urbano- 7.3, Dan Chun- 7.7, Tom Diorio- 7.9,  
Colin Halvey- 7.3, InHo Hwang- 7.2/7.1, James Lee- 7.7, Ryan Pretorius- 7.9,  
Kyle Ransom- 7.9

Frosh- Kevin Chung- 7.3/7.3/7.3, Dominic Ok- 7.7, Rob Smith- 7.6,  
Illan Nathanson- 7.6

**Girls:**

Novice- Nina Paterson- 8.4, Deandra Gichie- 8.6, Moriah Jennins- 8.0/7.9,  
Helen Kim- 9.3, Soo Kim- 10.8, Ally Leber- 8.8, Kim Stacey- 9.2

Frosh- Amelia Aktar- 8.9, Jaque Baek- 8.9, Anna Caffery- 7.9/8.0,  
Zoe Ferguson- 10.1, Natasha Parkinson- 8.9, Leah Zvaleskas- 9.4

**55m HH:**

**Boys:**

Varsity- Tom DeVita- 8.3/8.3 Eddy Blair- 8.1/8.1/8.0 (4<sup>th</sup>),  
InSo Hwang- 8.1/8.0/8.3

Novice- Sean Mattson- 8.4/8.4/8.4 (2<sup>nd</sup>), Matt Beausoleil- 8.8/8.4/8.3 (1<sup>st</sup>),  
James Knight- 9.3, David Suh- 9.6, AJ Manderano- 8.6

**Girls:**

Varsity- Victoria Oliva- 9.6, Sarah DeVita- 9.4/9.1

Novice- Kayla Polcari- 10.9, Ilana Brown- 14.1

Frosh- Mimi DeVita- 10.4/10.4 (5<sup>th</sup>), Mcakayla McPadden- 10.5/10.5,  
Charlotte Morley- 11.8, Abbey Taylor- 10.9, Maura Feeney- 11.1



**1600m:**

**Boys:**

Varsity- Brian Cleary- 4:28.6 (6<sup>th</sup>), Pat Rynkowski- 4:35.5, Levi Jennings- 4:45.7, Steven Spreitzer- 4:48.4,

Novice- Moheamed Eid- 4:51, Connor Martyn- 4:56.6, Nick Weisberger- 5:09.0, Tom Stephan- 4:47.1, Mark French- 5:05.0, Nick Tai- 5:07.0

Frosh- Tim Daly- 5:31, Graham Jones- 5:37, Shota Kagei- 5:35, Youngbin Yoon- 5:18.9

**Girls:**

Varsity- Alex Schibetta- 5:50, Grayson Llerandi- 5:53.3, Hanako Shigenobu- 5:38.9

Novice- Katie Martin- 5:47.0 (1<sup>st</sup>), Deirdre Casey- 6:11, Haley Woodenshek- 5:53.0 (3<sup>rd</sup>)

Frosh- Francesca Felder- DNF

**800m:**

**Boys:**

Novice- Mohamed Eid- 2:13.0, Nick Weisberger- 2:21

Frosh- Jake Mancini- 2:43, Shrey Desai- DNF

**Girls:**

Varsity- Hanako Shigenobu- 2:31.9

Novice- Hannah Holland- 2:43.4, Margaret Mullen- 2:51, Maggie Kelty- 3:01, Caroline Davidson- 2:44.8, Deidre Casey- 2:49.0

Frosh- Becca Butler- 3:15.0, Taryn Carol- 3:28

**200m:**

**Boys:**

Varsity- InSoo Hwang- 23.6, Matt Grundy- 23.7, Eddy Blair- 23.7

Novice- Amir Jahanbin- 26.2, Kevin Lai- 25.3, Richardson Dudley- 24.9, Izik Gukin- 29.4, Juan Llinas- 25.1, Mike Luansing- 26.9, Chandler Park- 25.6, Alex Quartararo- 27.0, Gino Urbano- 26.0, JaeHyun Hang- 27.9, Dan Chun- 28.9, Colvin Halvey- 26.7, InHo Hwang- 25.4, James Knight- 26.0, James Lee- 28.2, Ryan Pretorius- 27.4, Kyle Ransom- 27.9, David Suh- 26.8, Sean Mattson- 24.5, Jon Reimer- 25.0

Frosh- Kevin Chung- 26.4, Dominic Ok- 28.3, Rob Smith- 27.9, Ilan Nathanson- 28.1

**Girls: (200m)**

Varsity- Victoria Oliva- 28.0

Novice- Nina Patterson- 31.3, Ilana Brown- 31.3, Deandra Gichie- 33.7,  
Moriah Jennings- 31.6, Helen Kim- 45.0, Soo Kim- 45.4, Ally Leber- 38.8,  
Courtney Pedalino- 37.4,

Frosh- Amelia Aktar- 33.4, Jaque Baek- 34.2, Anna Caffery 29.9, Maura Feeney- 28.4,  
Zoe Ferguson- 45.5, Makayla McPadden- 28.8, Charlotte Morley- 30.6,  
Leah Zvaleuskas- 40.8

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

Boys- Tom Stephan, Levi Jennings, Nick Tai, Stephan Spreitzer  
??? 2:08.8 ??? 2:13.1 2:06.0

Girls- Haley Wodenshek, Katie Martin, Alex Scibetta, Grayson Llerandi  
10:46.2 (4<sup>th</sup>) 2:39.4 2:43.8 2:40.9 2:42.2

**4 x 400m:**

**Boys:**

Varsity- Matt Grundy, Sean Mattson, Eddie Blair, InSoo Hwang  
3:34.0 (3<sup>rd</sup>) 53.2 54.0 54.5 52.3

Novice- InHoo Hwang, Nick Tai, Juan Llinas, Jon Reimer  
3:43.4 (1<sup>st</sup>) 57.6 55.9 56.3 54.2

Amir Jahanbin, Richardson Dudley, Conor Martyn, Kevin Lai  
4:01.1..... 62.3 59.9 60.6 58.5

Frosh- Youngbin Yoon, Dominic Ok, Shota Kagai, Kevin Chung  
4:08.5 (2<sup>nd</sup>) 62.2 63.7 63.8 59.0

**Girls:**

Varsity- Victoria Oliva, Kyla Polcari, Makayla McPadden, Hanako Shigenobu  
4:17.9 (1<sup>st</sup>)..... 65.1 65.8 63.3 63.8

Novice- Moriah Jennings, Margaret Mullen, Hannah Holland, Ilana Brown  
5:06.3 (6<sup>th</sup>)..... 75.9 77.8 75.9 77.3

Frosh- Charlotte Morley, Abbey Taylor, Anna Caffery, Maura Feeney  
4:47.7 (2<sup>nd</sup>)..... 72.6 76.9 70.3 67.9

**Long Jump:**

**Boys:**

Varsity- Tommy DeVita- 19'5"

Novice- Mike Luansing- 16'3", Danny Kim 15'7"

**Triple Jump:**

**Boys:**

Varsity- AJ Manderano- 37'9 ½"

**High Jump: (Varsity Only)**

Boys- Tommy DeVita- 6'8" (2<sup>nd</sup>) \*\*\* *NEW SCHOOL RECORD!* \*\*\*

Matt Beausoleil- 5'8"

Girls- Haley Roche- 4'10", Sarah DeVita- 4'6"

**Pole Vault: (Varsity Only)**

Boys- John Wisener- 13'0" (2<sup>nd</sup>)

Girls- Kayla Polcari- 9'6" (6<sup>th</sup>), Mimi DeVita- NH, Abbey Taylor- NH

**COMMENTS:**

**A GREAT 1<sup>ST</sup> MEET!! I LOVED OUR ENTHUSIASM AND SUPPORT FOR ONE ANOTHER. SPECIAL CONGRATS TO TOMMY DEVITA FOR JUMPING 6'8" IN THE HJ AND SETTING A NEW SCHOOL RECORD!!! KEEP UP THE HARD WORK AND DEDICATION RIGHT THROUGH THE HOLIDAY BREAK!!!**

**UPCOMING MEETS:**

**Monday 12/28- Just for Hurdle relay teams. Bus leaves at 7:00am.**

**Monday 1/4- This is a Meet for EVERYONE!!! It is the day when we come back from break, so be prepared! The meet is RHS 1 at FDU. Bus leaves at 3:10pm.**

**Practice Schedule for Break:**

**Practice all week....Monday 12/28-Thur 12/31 at 10:00am!!!**

## INDOOR TRACK

### SEASON OPENER

#### AT ROTHMAN CENTER, HACKENSACK

##### Boys

**55:** 1. Jose Rodriguez, Union City, 6.5; 3. Andrew Sargeant, Englewood, 6.6; 5. Fil Piasevoli, New Milford, 6.7; 6. Jashon Dawson, Passaic, 7.4.

**55 HH:** 1. Greg Herbert, Irvington, 8.0; 2. Justin Jones, Passaic, 8.1; 3. Mark Filandro, Indian Hills, 8.2; 6. Kevin Kuruc, Ramsey, 8.5.

**300:** 1. Kevin Condal, Hasbrouck Heights, 36.7; 2. John Sanford, St. Joseph Reg., 37.5; 3. Yuseif Reaves, Passaic, 37.6; 4. Andrew Sargeant, Englewood, 37.9.

**800:** 1. Salim Corbin, Eastside, 2:07.1; 2. Luke Nowicki, Pascack Valley, 2:08.5; 3. Lucas Hall, Pascack Valley, 2:10.7; 5. Dan Pescatore, Pascack Valley, 2:12.0; Naoki Omata, Tenafly, 2:12.5.

**1,600:** 1. Salim Corbin, Eastside, 4:35.1; 4. Nick Ward, Indian Hills, 4:43.3; 5. Elvis Durakovic, Ridgefield Park, 4:46.2; 6. Louie Schiedeler, Westwood, 4:46.9.

**4-x-400 relay:** 1. Tie: Passaic (Yuseif Reaves, D'Nard Robinson, Justin Jones, Jelension Suri), and Englewood (Andre Williams, Bryan Rodgers, Phil Dowell, Andrew Sargeant), 3:42.6; 4. Fort Lee, 3:43.8; 5. New Milford, 3:44.8; 6. Westwood, 3:45.6.

##### Girls

**55:** 1. Shameekia Davis, Eastside, 7.4; 6. Coral Hershkovitz, Tenafly, 7.8.

**55 HH:** 1. Mel Lewis, Midland Park, 8.7; 3. Geraldine Asoluka, Passaic Valley, 9.3; 4. Melissa Pascual, Passaic Valley, 9.7; 5. Stephanie Encarnacion, Ridgefield Park, 9.7; Sam Bunone, Hasbrouck Heights, 10.0.

**300:** 1. Tadhay Wilson, Hillside, 43.6; 3. Kaila Fasano, Westwood, 45.2; 4. Colleen Murphy, Westwood, 45.3; 5. Michelle Cascio, Westwood, 45.6; Kailley Barscsz, New Milford, 45.7.

**800:** 1. Nancie Sophias, Fort Lee, 2:36.8; 2. Allison Torsiglieri, Tenafly, 2:37.1; 3. Kristen Gray, Park Ridge, 2:38.3; 4. Christa McLeod, Pascack Valley, 2:39.4; 6. Brittany Kulscar, Wayne Hills, 2:40.7.

**1,600:** 1. Alexandra Clinton, Ramsey, 5:39.6; 2. Sarah Polansky, Indian Hills, 5:48.3; 3. Rebecca Fortoul, Hasbrouck Heights, 5:55.0; 4. Brittany Kulscar, Wayne Hills, 5:57.8; 6. Meghan Kocher, Westwood, 5:58.4.

**4-x-400 relay:** 1. Westwood (Michelle

Cascio, Megan Boullianne, Kaila Fasano, Colleen Murphy), 4:24.7; 4. Hasbrouck Heights, 4:44.2; 5. Rainsey, 4:47.1; 6. Wayne Hills, 5:06.0.

### SPIKED SHOE HOLIDAY FESTIVAL

#### AT THE ARMORY CENTER, NEW YORK

##### MONDAY

##### Boys

**55:** 1. Kieran Kenny, Delbarton, 6.5; 4. Zadique White, Teaneck, 6.7; 5. Daryian Miles, Teaneck, 6.7; 6. Terrell Davis, Eastside, 6.7.

**55 HH:** 1. Ernest Wingate, Bergen Catholic, 7.6; 5. Edward Blair, Ridgewood, 8.2.

**200:** 1. Elijah Holder, Bergenfield, 22.5; 2. Casey Pleasants, Teaneck, 22.9; 3. Zadique White, Teaneck, 22.7; 4. Mustafa Lawrence, Queen of Peace, 23.2; 5. Tarique Gray, Bergen Catholic, 23.2; 6. Javon Brown, Paramus Catholic, 23.2.

**800:** 1. Bill Leonard, Bergen Catholic, 2:00.9; 4. Erik Moutenot, Mahwah, 2:05.6; 5. Mark Sheptock, Wayne Valley, 2:06.4.

**1,600:** 1. Colin Baker, Haddonfield, 4:23.1; 3. Dan Rondon, North Bergen, 4:24.5; 6. Brian Cleary, Ridgewood, 4:28.6.

**Shot put:** 1. Stephen Mozia, Hackensack, 50-9; 2. Marquise Wright, Paramus Catholic, 48-8; 3. Mike Laubauskas, Old Tappan, 48-7; 4. John Farelil, River Dell, 48-3 1/4; 5. Mike Reilly, Old Tappan, 48-0; 6. Franco Rosella, Wayne Valley, 46-9.

**High jump:** 1. Mark Jones, Summit, 6-10; 2. Tommy DeVita, Ridgewood, 6-8; 3. Corey Crawford, Indian Hills, 6-6; 4. Paul Carvin, Paramus Catholic, 6-0.

**Long jump:** 1. Corey Crawford, Indian Hills, 22-10; 3. Conroy Walker, Hackensack, 21-10 1/2; 4. Phil Dowell, Englewood, 20-2 1/2.

**Triple jump:** 1. Tevin Ankle, Glen Rock, 44-10; 3. Conroy Walker, Hackensack, 42-8 1/2; 4. Bryan Rodgers, Englewood, 42-7.

**Pole vault:** 1. Mike Rivard, Haddonfield, 14-0; 2. John Wisener, Ridgewood, 13-0; 5. Brad Hoey, River Dell, 12-6; 6. Tyler Poland, Mahwah, 12-6.

**Sprint medley relay:** 1. Indian Hills (Corey Crawford, Ken Fobian, Mike Wasserman, Mark Filandro), 3:36.2; 5.

Wayne Valley, 3:44.6; 6. Teaneck, 3:45.1.

**4-x-400 relay:** 1. Bergen Catholic (D.J. Dixon, Ernest Wingate, Tarique Gray, Bill Leonard), 3:27.9; 3. Ridgewood, 3:33.9; 4. Indian Hills, 3:35.9.

**4-x-800 relay** (1 lap short): 1. Hopewell Valley, 7:47.1; 4. Hackensack, 8:08.6.

##### Girls

**55:** 1. Myasia Jacobs, Paramus Catholic, 7.1; 2. Bryanna Knight, Paramus Catholic, 7.3; 6. Serenity Martin, IHA, 7.6.

**55 HH:** 1. Shayna Hughes, Hopewell Valley, 8.7; 3. Stephanie Carnevale, River Dell, 8.9; 6. Tiffany Evangelou, IHA, 9.1.

**200:** 1. Myasia Jacobs, Paramus Catholic, 25.8; 2. Bryanna Knight, Paramus Catholic, 26.9; 5. Kelsey Broomfield, Holy Angels, 27.2; 6. Angela Harrison, Paramus Catholic, 27.4.

**800:** 1. Christine Spilka, Old Tappan, 2:25.3; 3. Alyssa LaGuardia, DePaul, 2:27.1; 6. Maureen Crimmins, Holy Angels, 2:30.8.

**1,600:** 1. Jillian Prentice, Montgomery, 5:16.2; 4. Maggie Loudon, Old Tappan, 5:19.7; 5. Kaleigh Kenny, Holy Angels, 5:20.9; 6. Jen Molke, Holy Angels, 5:26.4.

**Shot put:** 1. Apresa Hampton, Teaneck, 41-7; 2. Theresa Picciallo, IHA, 39-11 1/4; 3. Olivia Wade, Paramus Catholic, 39-1 1/2; 4. Ashley Sims, Paramus Catholic, 37-4 1/2; 6. Leonora Paul, Hackensack, 34-3/4.

**High jump:** 1. Emily Kianka, Hopewell Valley, 5-6; tie 6. Haley Roche, Ridgewood, 4-10.

**Long jump:** 1. Sarah Canfield, Scotch Plains, 16-7; 2. Daequanna Owen, Hackensack, 15-11; 4. Stephanie Carnevale, River Dell, 15-11; 5. Emily Urciuoli, Clifton, 15-4 1/2; 6. Melinda Rothman, Mahwah, 15-3 1/2.

**Triple jump:** 1. Shaena Wizzard, Teaneck, 35-3/4.

**Pole vault:** 1. Chelsea Hartigan, Ramapo, 11-0; 2. Emily Urciuoli, Clifton, 10-6; 5. Carolyn Edler, Mahwah, 10-0; 6. Kayla Polcari, Ridgewood, 9-6.

**Sprint medley relay:** 1. Hopewell Valley, 4:24.1; 2. Old Tappan, 4:26.3; 6. IHA, 4:30.9.

**4-x-400 relay:** 1. Ridgewood (Victoria Olivia, Makayla McFadden, Hanako Shigenobu, Kayla Polcari), 4:18.3; 2. Teaneck, 4:21.2; 3. River Dell, 4:29.7; 5. Pascack Hills, 4:36.8.

**4-x-800 relay:** 1. Hopewell Valley, 10:09.6; 4. Ridgewood, 10:47.0.

# Indian Hills' Crawford is off on the right foot

By PAUL SCHWARTZ  
STAFF WRITER

NEW YORK — From the time he started jumping, everyone kept telling Corey Crawford he had talent, big-time talent. And everyone believed that except Crawford.

"All my coaches, all my friends, everyone who saw me jump said I could easily be a 22-foot long-jumper," said Crawford, a senior at Indian Hills. "I never had doubters, except for myself."

But Crawford's not doubting himself anymore, and after his performance Monday night at the Spiked Shoe Holiday Festival at the Armory Track Center, the only doubts might be how long the Bergen County indoor long jump record might stand.

Crawford leaped 22 feet, 10 inches, the seventh best performance in Bergen County history to win the event. His jump is only 9¼ inches short of the Bergen County indoor mark set by Hackensack's Darius Pemberton in 1992.

Crawford mentions two important dates that built confidence and sparked his development.

"I was jumping in the 20s, and in the Bergen County group meet [in mid-May], I got into a battle with the kid from Englewood [Ackeme Brown] and jumped 22-7," said Crawford. "Then I jumped 6-4 in the high jump for the first time and I finally believed I could do it."

The second key date came about a month later, when Crawford traveled to Willingboro for a track-and-field clinic with coach Bill Barry and several other teammates.

"It was really a great setting and they had coaches who had won Olympic gold medals and had competed at the highest levels helping us."

When Olympic gold medalist Carol Lewis and Hall of Famer Norman Tate told Crawford that they felt he had the potential to jump 23 feet and farther, Crawford was onboard.

"When you have people who've been the best in the world at what they do, and they tell us what to do, now I know I can do it," said Crawford, who also ran a leg on Indian Hills' winning sprint-medley team and cleared a personal best 6-6 in the high jump for third.

## INDOOR TRACK

Paramus Catholic sophomore Myasia Jacobs, last year's State indoor runner-up at 55 meters, opened her season with an impressive win, and Ramapo's Chelsea Hartigan celebrated her acceptance to Brown University with a second 11-foot pole vault clearance in three days, this time earning her an upset win over reigning State outdoor champ Emily Urciuoli of Clifton.

"I just love vaulting," said Hartigan, who became the fifth Bergen County vaulter over 11 feet. "I never really stopped training after last spring, but it's been so long

since I had a real meet, I was real nervous. Now I feel more comfortable."

So does Ridgewood's Tommy DeVita. The senior high-jumper cleared 6-8 for second behind State favorite Mark Jones of Summit, who cleared 6-10. DeVita became just the fifth Bergen athlete to clear 6-8 and is 2¾ inches short of the Bergen record, also held by Pemberton.

Other local winners included Tevin Ankle of Glen Rock in the triple jump, Ernest Wingate of Bergen Catholic in the hurdles, Bill Leonard of Bergen Catholic in the 800, Christine Spilka of Old Tappan in the 800 and Shaena Wizzard of Teaneck in the triple jump.

**Marine Corps Invite**

12/28/09

\*\*\*\*\* Results \*\*\*\*\*

**4 x 55m HH:**

Boys-

Eddy Blair, Tommy DeVita, Matt Beausoleit, InSoo Hwang  
32.55 (8<sup>th</sup>).. 8.0 8.2 8.4 8.0

Girls-

Kayla Polcari, Victoria Oliva, Hanako Shigenobu, Sarah Devita  
38.44 (10<sup>th</sup>) 10.3 9.5 9.9 8.8

**Ridgewood Winter Games I**

Monday 1/4/10

\*\*\*\*\* Results

**55m:**

Boys:

Varsity- Matt Grundy- 7.3, InSoo Hwang- 7.0

Novice- Kevin Lai- 7.5, Richardson Dudley- 7.2/6.9/7.0 (4<sup>th</sup>), Danny Kim- 7.6,  
Mike Luasing- 7.7, Chandler Park- 7.7, Alex Quartararo- 7.7,  
Gino Urbano- 7.7, InHo Hwang- 7.6,  
James Lee- 7.8, Juan Llinas- 7.2, Chris Steinacher- 7.9

Frosh- Kevin Chung- 7.3/7.3/7.8 (3<sup>rd</sup>), Dominic Ok- 7.8, Rob Smith- 7.5/7.5,

Girls:

Varsity- Jenny Bitzer- 8.4

Novice- Moriah Jennings- 8.2, Helen Kim- 9.4, Soo Kim- 11.8,  
Courtney Pedalino- 8.8

Frosh- Amelia Aktar- 8.7, Jaque Baek- 8.9, Anna Caffery- 8.3/8.2, Zoe Ferguson- 10.5,  
Leah Zvalesskas- 9.6, Makayla McPadden- 8.1/8.2, Charlotte Morley- 8.8,  
Abbey Taylor- 8.5, Maura Feeney- 7.8/7.8/7.8 (2<sup>nd</sup>)

**55m HH:**

Boys:

Varsity- Tom DeVita- 8.6, Eddy Blair- 8.2/8.3/8.2 (5<sup>th</sup>), InSo Hwang- 8.5/8.6,  
Matt Beausoleil- 8.5/8.6, Sean Mattson- 8.6

Novice- James Knight- 9.4/9.3, David Suh- 9.4, AJ Manderano- 8.8/8.9/8.9 (2<sup>nd</sup>)

Girls:

Varsity- Victoria Oliva- 9.6/9.6, Sarah DeVita- 8.9/9.0/8.9 (3<sup>rd</sup>),

Novice- Ilana Brown- 11.0, Kayla Polcari- 10.2/10.1/9.7 (1<sup>st</sup>),  
Haley Roche- 10.4/10.4

Frosh- Mimi DeVita- 10.3/10.3 (6<sup>th</sup>), Makayla McPadden- 10.7,  
Maura Feeney- 11.9

**4 x 800m:**

Boys:

Varsity- (1) Brian Cleary, Pat Rynkowski, Steven Spreitzer, InSoo Hwang  
**8:35.6 (2<sup>nd</sup>)**    2:05.1            2:10.4            2:09.0            2:11.1

(2) Levi Jennings, Jon Reimer, Mohamed Eid, Connor Martyn  
**9:10.6...**    2:10.6            2:28.9            2:17.3            2:14.0

Novice- (1) InHo Hwang, Mark French, Nick Tai, Kevin Lai  
**9:35.1 (4<sup>th</sup>)...**    2:27.8            2:25.6            2:14.6            2:27.1

Frosh-            (1) Tim Daly, Graham Jones, Shota Kagei, Kevin Chung  
**10:33.0 (2<sup>ND</sup>)**    2:42.0            2:43.9            2:32.8            2:33.3

Girls:

Varsity- (1) Hanako Shigenobu, Haley Woodenshek, Alex Scibetta, Grayson Llerandi  
**10:25.0 (3<sup>rd</sup>)**    2:31.6            2:34.9            2:41.6            2:36.9

Novice- (1) Katie Martin, Okuchi Onwubu, Margaret Mullin, Hannah Holland  
**11:27.3 (1<sup>st</sup>)**    2:48.6            2:56.9            2:52.2            2:49.6

(2) Emily Reimer, Caroline Davidson, Francesca Felder, Becca Butler  
**12:07.1.....**    2:59.4            2:48.7            3:00.6            3:18.0

**200m:**

Boys-

Varsity- Matt Grundy- 25.0, Eddy Blair- 25.3, Tommy DeVita- 25.7,  
Sean Matson- 26.4, Matt Beausoleil- 25.8, Jon Reimer- 25.5

Girls

Varsity- Victoria Oliva- 28.5, Kayla Polcari- 30.0



**4 x 1 lap (approx. 4 x 200m...only 1<sup>st</sup> lap does full 200m)**

Boys \*(means full 200m leg) other legs are a bit shorter!!!!

Novice-

(1) InHoo Hwang, Nick Tai, Richardson Dudley, Kevin Lai  
1:39.7 (2<sup>nd</sup>) 26.8\* 25.4 23.1 24.9

(2) Chandler Park, A. Quartararo, Danny Kim, Juan Llinas  
1:46.0..... 29.7\* 26.2 26.2 24.2

(3) James Knight, Gino Urbano, AJ Manderano, Mike Luasing  
1:44.1..... 28.2\* 25.3 24.9 26.0

Frosh-

(1) Kevin Chung, Shota Kagai, , Dominic Ok, Rob Smith  
1:49.3 (1<sup>st</sup>) 27.7\* 27.1 27.2 27.4

Girls

Novice- (1) Moriah Jennings, Magie Kelty, Jae Baek, Courtney Pedalino  
2:07.7..... 31.6\* 31.4 32.4 32.6

(2) Becca Butler, Helen Kim, Soo Kim, Shannon Cron  
2:24.6 ... 36.9\* 33.8 41.7 32.4

Frosh- (1) Makayla McPadden, Maura Feeney, Mimi DeVita, Anna Cafrey  
1:55.7 (1<sup>st</sup>).. 30.7\* 27.8 28.4 28.9

(2) Amelia Aktar, Abbey Taylor, Leah Zvaleskas, Charlotte Morley  
2:16.2..... 34.3\* 31.7 37.8 31.9

**Comments:**

*A nice meet with a lot of medals!!! Great job by all. It was good to see everyone perform at a high level after a long school vacation. Keep up with the hard work and effort. Cold days are still ahead, but we have many important meets to come....so keep focused!!!!*

**Dartmouth Relays**

1/9/10

\*\*\*\*\* Results \*\*\*\*\*

**1 mile:**

Boys- Brian Cleary- 4:27.66, Pat Rykowski- 4:42.89, Levi Jennings- 4:38.30

Girls- Alex Scibbeta- 5:56.92, Katie Martin- 5:52.62

**55m dash:**

Boys- Matt Grundy- 7.07, Sean Matson- 7.03

Girls- Macaela McPadden- 8.17, Maura Feeney- 7.99, Jenny Bitzer- 8.53

**55m HH:**

Boys- Eddy Blair- 8.45/8.06/8.10 (4<sup>th</sup>), InSoo Hwang- 8.15/8.08/8.15 (5<sup>th</sup>),  
Matt Beausoleil- 8.80

Girls- Sarah DeVita- 8.91/9.00, Kayla Polçari- 13.66, Victoria Oliva- 9.62

**400m:**

Boys- Sean Matson- 54.53

**300m:**

Boys- InSoo Hwang- 37.08, Matt Grundy- 37.81

Girls- Victoria Oliva- 45.36, Macaela McPadden- 45.31, Maura Feeney- 46.56

**600m:**

Boys- Jon Reimer- 1:27.67

**1000m:**

Boys- Steve Spreitzer- 2:42.40, Tom Stephan- 2:42.23

Girls- Hanako Shigenobu- 3:15.39, Grayson Llerandi- 3:25.81

**High Jump:**

Boys- Tom DeVita- 6'6" (2<sup>nd</sup>), Matt Beausoleil- 5'8"

Girls- Sarah Devita- 4'10", Haley Roche- 4'10"

**Long Jump:**

Boys- Tommy DeVita- 19'2"

**Triple Jump:**

Girls- Haley Roche- 30'9 1/2", Kayla Polcari- F

**Pole Vault:**

Boys- John Wisener- 13'6" (4<sup>th</sup>)

Girls- Kayla Polcari- 10'6" (1<sup>st</sup>)

**4 x 200m:**

Boys: Matt Grundy, InSoo Hwang, Eddy Blair, Jon Riemer

1:35.05 (3<sup>rd</sup>)... 24.4 23.0 24.0 23.7

Girls: Victoria Oliva, Kayla Polcari, Makaela McPadden, Maura Feeney

1:54.6 DQ... 28.3 29.1 29.0 28.3

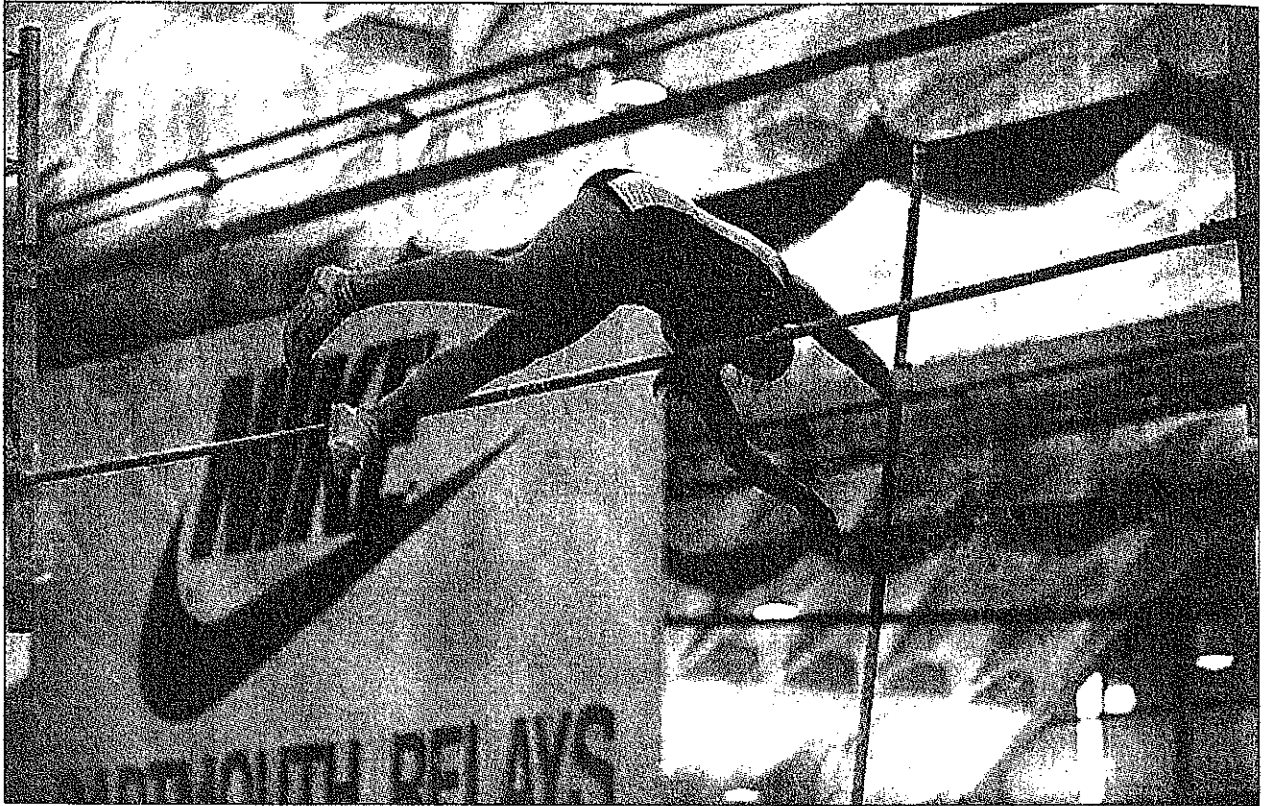
**4 x 800m:**

Boys- Tom Stephan, Steve Spreitzer, Levi Jennings, Brian Cleary

8:27.94 (4<sup>th</sup>)..... 2:09.3 2:08.9 2:08.4 2:01.8

**Comments:**

Awesome trip!!! I loved the way we competed (in both the meet and bowling)! It was also a lot of fun to hang out and enjoy our team. You guys are not only great watching on the track, but you're a lot of fun to watch while you're hanging out. Special congrats to all the people who placed... a nice accomplishment up there. Those people were: Kayla Polcari (1<sup>st</sup>- PV), Tommy DeVita (2<sup>nd</sup>-HJ), Eddy Blair (4<sup>th</sup>- HH), John Wisener (4<sup>th</sup>-PV), InSoo Hwang (5<sup>th</sup>- HH), and our boys 4 x 200m who were Matt Grundy, InSoo Hwang, Eddy Blair, and Jon Riemer for coming in 3<sup>rd</sup>. Super effort by all!!



DAN GROSSMAN/MAPLE LEAF PHOTOS

Ridgewood junior Kayla Polcari clears 10-foot-6 to earn pole vault gold in the Dartmouth Relays last Saturday at Leverone Field House in Hanover, N.H.

## DARTMOUTH RELAYS

# Polcari vaults to victory; boys team 6th

HANOVER, N.H. – Last weekend, 24 Ridgewood High School athletes paid a visit to Leverone Field House for the 41st annual Dartmouth Relays, and several returned with medals – including one gold.

RHS junior Kayla Polcari cleared 10-foot-6 to win the girls pole vault competition. She was the only one of 16 entrants to clear the height, as both the second- and third-place finishers topped out at 10-0.

Polcari's effort gave the Maroon girls team 10 points, which was good for 17th place in the 47-team field.

The Ridgewood boys squad earned six medals, scoring 27 points to tie Bishop Feehan (Mass.) for sixth out of 53 teams. Senior Tommy DeVita garnered silver in the high jump, clearing 6-6, while the Maroon 4 x 200-meter relay quartet took bronze in 1:35.05.

### 41ST ANNUAL DARTMOUTH RELAYS (Jan. 8-9)

#### RHS MEDALISTS

#### BOYS

**55H (Finals):** 4. Eddie Blair IV, 8.10; 5. InSoo Hwang, 8.15.

**1-Mile (Morning):** 4. Levi Jennings, 4:38.30.

**High Jump:** 2. (tie) Tommy DeVita, 6-6.

**Pole Vault:** 4. John Wisener, 13-6.

**4x200M Relay:** 3. Ridgewood, 1:35.05.

**4x800M Relay:** 4. Ridgewood, 8:27.94.

#### GIRLS

**Pole Vault:** 1. Kayla Polcari, 10-6.

# IH's Crawford wins two

Corey Crawford was a one-man show for Indian Hills on Saturday.

The Braves' senior jumped 6 feet, 6 inches for the second time this season to win the high jump and also won the long jump with a leap of 22-7/4 at the Dartmouth Relays in Hanover, N.H.

Crawford also ran the opening leg of Indian Hills' second-place sprint medley relay (3:40.31) Friday with a split of 51.9.

"He's the 400 man on our sprint medley and we had the fastest time in the country as of Friday," Hills coach Bill Barry said. "He's having

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## INDOOR TRACK

a great year."

Crawford had an 18-inch lead in the long jump before Conroy Walker of Hackensack jumped 22-0 to place second.

Mark Filandro, who also was on the sprint medley relay, won the 800 for the Braves as the Oakland school finished second in a meet that featured teams from eight states and Canada.

Kayla Polcari of Ridgewood

won the girls pole vault with a personal best of 10-6. Ridgewood's Tommy DeVita was second in the high jump, John Wisener was fourth in the pole vault and Eddy Blair and InSoo Huang were fourth and fifth, respectively, in the 55 hurdles.

Bergen Catholic also faired well, winning the 4-x-200 (1:33.38) and placing second in the 4-x-400 (3:30.47). Ernest Wingate was second in the 55 hurdles, Tarique Gray was third in the 300 and Bill Leonard was fourth in the 600 for the Crusaders.

North Jersey Invite

Mon 1/11/10

\*\*\*\*\* Results \*\*\*\*\*

55m:

Boys- Matt Grundy- 6.9, Richardson Dudley- 6.9, Kevin Lai- 7.0

Girls- Maura Feeney- 8.0, Micaela McPaddan- 8.4, Anna Caffery- 8.4

55m HH:

Boys- Eddy Blair- 8.1/8.2, Tommy DeVita- 8.4/8.4, InSoo Hwang- 8.2/8.1/8.1 (2<sup>nd</sup>),  
Matt Beausoleil- 8.4, Sean Matson- 8.5, AJ Manderano- 8.7

Girls- Sarah DeVita- 9.1/9.1/9.0 (2<sup>nd</sup>), Victoria Oliva- 9.5/9.5/9.3 (5<sup>th</sup>),  
Kayla Polcari- 9.6/9.7, Mimi DeVita- 10.4, Haley Roche- 10.8

3200m:

Boys- Pat Rykowski- 10:04.4 (2<sup>nd</sup>), Levi Jennings- 10:07.0 (4<sup>th</sup>),  
Steven Spreitzer- 10:13.7 (6<sup>th</sup>)

Girls- Grayson Llerandi- 12:40.0 (2<sup>nd</sup>)

4 x 800m:

Boys- Mohamad Eid, Connor Martyn, Tom Stephan, Nick Tai  
8:46.1 (4<sup>th</sup>)..... 2:13.6 2:11.0 2:07.8 2:13.7

Girls- Katie Martin, Alex Scibbetta, Caroline Davidson, Haley Woodenshek  
10:47.7 (3<sup>rd</sup>).... 2:45.1 2:40.1 2:45.2 2:36.7

600m:

Boys- Jon Reimer- 1:30.2 (3<sup>rd</sup>), Juan Llinas- 1:31.3 (6<sup>th</sup>), Kevin Lai- 1:37.1

Girls- Micaela McPaddan- 1:53.7, Margaret Mullen- 2:04.5, Hannah Holland- 1:59.4

1000m:

Boys- Brian Cleary- 2:39.9 (1<sup>st</sup>), Nick Tai- 2:49.8

Girls- Okwuchi Onwubu- 3:52.0, Caroline Davidson- 3:31.0 (6<sup>th</sup>), Emily Reimer- 3:51.2

300m:

Boys- Eddy Blair- 41.7, Richardson Dudley- 40.8, Matt Beausoeil- 39.1,  
AJ Manderano- 43.7, InSoo Hwang- 37.1 (3<sup>rd</sup>)

Girls- Sarah DeVita- 45.0, Mimi DeVita- 50.8, Anna Caffery- 48.7  
Haley Roche- 47.6

**1600m:**

Boys- Brian Cleary- 4:37.8 (1<sup>st</sup>), Pat Rykowski- 4:47.7 (3<sup>rd</sup>), Levi Jennings- 4:50.0 (5<sup>th</sup>),  
Steven Spreitzer- 4:53.4, Mohamad Eid- 5:05.0, Alex Sarapo- 5:13.3

Girls- Grayson Llerandi- 6:05.0, Katie Martin- 6:03.0, Alex Scibbetta- 6:01.1,  
Haley Woodenshek- 5:55.0 (3<sup>rd</sup>)

**4 x 400m:**

Boys- Matt Grundy, Jon Reimer, Sean Matson, InSoo Hwang  
3:31.7 (2<sup>nd</sup>)..... 53.4 52.8 53.9 51.7

Girls- Victoria Oliva, Kayla Polcari, Maura Feeney, Micaela McPadden  
4:25.5 (4<sup>th</sup>)..... 66.5 67.5 66.3 65.3

**Comments:**

WOW!! 2 BIG WINS!!! Congrats to both the boys and the girls teams for being North Jersey meets champs! We really started out strong in both the hurdles and the 2 mile and continued to do great throughout the meet. The boys clearly dominated and proved to be a powerful team while the girls edged it out bringing it down to the 4 x 400m relay. Both teams had great wins and it's something to build on while we start to move into the championship part of our season. Nice job and keep it up!!!

# INDOOR TRACK

## NORTH JERSEY INVITATIONAL

### AT ROTHMAN CENTER

#### MONDAY

##### BOYS

**LARGE SCHOOLS:** Ridgewood (R) 72, Teaneck (T) 47, Eastside (Ea) 20, Don Bosco (DB) 15, Northern Highlands (NH) 14, Passaic (P) and Bergen Tech (BT) and Pascack Valley 10, Wayne Valley (WV) 9, Kennedy (K) and Passaic Tech (PCT) 8, Union City (UC) and Lakeland (L) 2, Fair Lawn, Passaic Valley 1.

**SMALL SCHOOLS:** Hasbrouck Heights (HH) 22, Englewood (E) 10, Glen Rock (GR) 6, Westwood (W) and Dumont (D) and Rutherford (Ru) 2.

**55:** 1. Daryian Miles (T), 6.5; 2. Andrew Sargeant (E), 6.5; 3. Al Artesona (GR), 6.6; 4. Tarrell Thomas (E), 6.6; 5. Kevin Amditis (L), 6.8.

**55HH:** 1. Justin Jones (P), 7.9; 2. In Soo Hwang (R), 8.0; 3. Nick Picache (NH), 8.0; 4. Willie Beason (PCT), 8.3; 5. Garrett McConville (D), 8.3.

**300:** 1. Kevin Condal (HH), 36.5; 2. tie between Daryian Miles (T) and Casey Pleasants (T), 36.9; 4. In Soo Hwang (R), 37.9; 5. Andrew Sargeant (E), 37.5.

**600:** 1. Kevin Condal (HH), 1:29.7; 2. Bryan Murry (T), 1:29.8; 3. Jon Riemer (R), 1:30.3; 4. Warren Fields (T), 1:30.5; 5. Gavin Davis (Ru), 1:30.6.

**1,000:** 1. Brian Cleary (R), 2:39.9; 2. Mattis Batarags (NH), 2:40.3; 3. Mike Belgiovine (DB), 2:41.4; 4. Mark Sheptock (WV), 2:43.6; 5. Tahlief Jackson (Ea), 2:45.9; 6. Mike Maglio (WV), 2:48.9.

**1,600:** 1. Brian Cleary (R), 4:37.8; 2. Salim Corbin (Ea), 4:45.2; 3. Pat Rynkowski (R), 4:47.6; 4. Mark Sheptock (WV), 4:48.2; 5. Levi Jennings (R), 4:49.9.

**3,200:** 1. Andras Kellas (BT), 10:03.4; 2. Pat Rynkowski (R), 10:04.4; 3. Howie Rosas (DB), 10:04.7; 4. Levi Jennings (R), 10:07.3; 5. Louie Schiedeler (W), 10:13.0.

**4-x-400 relay:** 1. Teaneck (Pleasant, Murry, Miles, Fields), 3:30.9; 2. Ridgewood, 3:31.5; 3. Passaic, 3:42.9; 4. Passaic Tech, 3:43.7; 5. Hasb. Hts., 3:44.1

**4-x-800 relay:** 1. Pascack Valley (Hall, Linden, Kraus, Nowicki), 8:22.2 (record, old record, 8:25.1 by Eastside, 1986); 2. Kennedy, 8:35.5; 3. Eastside, 8:36.9; 4. Ridgewood, 8:46.5; 5. Don Bosco, 8:48.0.

##### GIRLS

**LARGE SCHOOLS:** Ridgewood (R) 36, Passaic Tech (PCT) 32, Kennedy (K) 21, Bergen Tech (BT) 18, Wayne Valley (WV) 12, Northern Highlands (NH) and Wayne Hills (WH) 10, Tenafly (Te) 8, Teaneck (T) 4.

**SMALL SCHOOLS:** Westwood (W) 48, Benedictine (B) 38, Hasbrouck Heights (HH) 17, Glen Rock (GR) 7, Cliffside Park (CP) 6, Fort Lee (FL), Rutherford and Midland Park (MP) 4

**55:** 1. Iana Amsterdam (BA), 7.3; 2. Michelle Okereke (BT), 7.4; 3. Julisa Isom (K), 7.5; 4. Amanda Boykins (BA), 7.5; 5. Kahlia Taylor (T), 7.9.

**55HH:** 1. Jaivairia Bacote (K), 8.6; 2. Sarah DeVita (R), 8.9; 3. Kiana Winston (BA), 8.9; 4. Mel Lewis (MP), 8.9; 5. Victoria Oliva (R), 9.4.

**300:** 1. Amber Allen (PCT), 42.8; 2. Colleen Murphy (W), 43.9; 3. tie between Iana Amsterdam (BA) and Jaivairia Bacote (K), 44.4; 5. Jamelia Johnson (PCT), 44.9.

**600:** 1. Amber Allen (PCT), 1:42.8; 2. Rachel Herrick (WV), 1:45.6; 3. Kiana Winston (BA), 1:45.8; 4. Nancie Sophias (FL), 1:46.5; 5. Jeanny Carrillo (BT), 1:52.6.

**1,000:** 1. Justine Schnell (NH), 3:09.6; 2. Allison Torsiglieri (Tn), 3:26.2; 3. Katie Vandervalk (GR), 3:26.5; 4. Anna Yang (WV), 3:27.0; 5. Brittany Kulcsar (WH), 3:30.3.

**1,600:** 1. Teresa Gagliostro (W), 5:49.2; 2. Chelsea Gordon (BT), 5:54.0; 3. Haley Wodenshek (R), 5:55.5; 4. Kelly Curtin (WH), 5:57.1; 5. Brittany Kulcsar (WH), 5:57.8; 6. Katie Vandervalk (GR), 5:57.9.

**3,200:** 1. Teresa Gagliostro (W), 12:11.1; 2. Grayson Lierandi (R), 12:40.2; 3. Rebecca Fortoul (HH), 12:51.4; 4. Ashley Ramdin (CP), 12:55.6; 5. Genesis Marte (CP), 13:03.3.

**4-x-400 relay:** 1. Westwood (Murphy, Cascio, Boulianne, Fasano), 4:18.6; 2. Passaic Tech, 4:20.1; 3. Benedictine Academy, 4:21.6; 4. Ridgewood, 4:25.5; 5. Hasbrouck Heights, 4:28.4.

**4-x-800 relay:** 1. Westwood (Boulianne, Rosica, Foster, Kocher), 10:40.5; 2. Hasbrouck Heights, 10:47.5; 3. Ridgewood, 10:47.7; 4. Rutherford, 11:02.1; 5. Wayne Hills, 11:22.0.



# Ridgewood, Westwood rule

By PAUL SCHWARTZ  
STAFF WRITER

## INDOOR TRACK

HACKENSACK - There are dozens of meets on the indoor schedule. And with the introduction of league meets in the last decade and sectional meets three years ago, the original rationale for the North Jersey Track Championships has disappeared.

Yet the chance for a team title still excites enough coaches and schools that 28 years after it first started, the meet is still one of the highlights of the early winter.

Monday, Ridgewood's boys and Westwood's girls showed that they are among the best teams in the area by scoring overall victories in the meet at the Rothman Center.

Ridgewood won in dominant fashion, 72-47, over Teaneck and Westwood took advantage of four wins to defeat Benedictine Academy, 48-38.

The Hasbrouck Heights boys won their first small-schools crown, while

Ridgewood's girls captured a record 17th large-school girls title.

"We know this meet is hard on the kids," said Ridgewood coach Mike Mullen, whose teams had competed at the Dartmouth Invitational on Friday and Saturday. "But we traditionally come here and we always get performances here that are pleasant surprises.

"Today the hurdles got us out of the gate quickly [with In Soo Hwang giving the boys second and Sarah DeVita and Victoria Oliva giving the girls second and fifth] and then we scored a lot of points in both 3,200s [13 for the boys, eight for the girls] and we were off."

Brian Cleary of Ridgewood, who doubled in the 1,000 and 1,600 for the Maroons (the former in a solid 2:39.9) thinks the team concept helped.

"Coming off of Dartmouth, we really came together as a team ... and this is

a good meet to establish ourselves."

Westwood coach George Glove agrees. "I've always been a fan of this meet because of the team atmosphere and I know when the meet started we had a lot of success [four wins between 1982 and 1988]," he said. "It's a lot of hard work and it pays off."

Senior Teresa Gagliostro of Westwood joined Cleary (and Amber Allen of Passaic Tech and Kevin Condal of Hasbrouck Heights) as double winners taking the 1,600 and 3,200 races.

There was one meet record set as the Pascack Valley quartet of Lucas Hail, Max Linden, Mike Kraus and Luke Nowicki won the 4-x-800 in 8:22.2, taking nearly three seconds off the 24-year-old mark and running the fifth fastest at the Rothman Center.

"We've been shooting for [the] Penn Relays since last spring," said Nowicki who with Kraus are the only seniors on the team. "Mike and I have actually been talking about it since middle school."

THE RIDGEWOOD NEWS  
**SPORTS**

INDOOR TRACK

# RHS gets two titles at North Jersey meet

INSIDE THE  
WEEK'S 150+  
Classifieds C5

SECTION  
**C**

FRIDAY,  
JAN. 15, 2010

## NORTH JERSEY INDOOR TRACK CHAMPIONSHIPS

JAN. 11 @ FDU-ROTHMAN CENTER (HACKENSACK)  
**RIDGEWOOD H.S. RESULTS**

### BOYS

55H: 2. InSoo Hwang, 8.0.  
300M: 4. InSoo Hwang, 37.0.  
600M: 3. Jon Riemer, 1:30.2; 6. Juan Llinas, 1:31.2.  
1,000M: 1. Brian Cleary, 2:39.9.  
1,600M: 1. Brian Cleary, 4:37.8; 3. Pat Rynkowski,  
4:47.6; 5. Levi Jennings, 4:49.9.  
3,200M: 2. Pat Rynkowski, 10:04.4; 4. Levi Jennings,  
10:07.3; 6. Steven Spreitzer, 10:13.5.  
4x400M Relay: 2. Ridgewood (Matt Grundy, Jon  
Riemer, Sean Mattson, InSoo Hwang), 3:31.5.  
4x800M Relay: 4. Ridgewood (Mohamed Eld, Nick  
Tai, Connor Martyn, Tom Stephan), 8:46.5.

### GIRLS

55H: 2. Sarah DeVita, 8.9; 5. Victoria Oliva, 9.4.  
600M: 6. Micaela McPadden, 1:53.5.  
1,000M: 6. Caroline Davidson, 3:31.8.  
1,600M: 3. Haley Wodenshek, 5:55.5.  
3,200M: 2. Grayson Llerandi, Ridgewood, 12:40.2.  
4x400M Relay: 4. Ridgewood (Victoria Oliva, Kayla  
Polcarl, Maura Feeny, Micaela McPadden), 4:25.5.  
4x800M Relay: 3. Ridgewood (Alex Scibetta, Katie  
Martin, Caroline Davidson, Haley Wodenshek),  
10:47.7.

SOURCE: bergentrack.com

## Girls garner 9th Division A crown in 11 years; boys earn first since '06

BY GREG TARTAGLIA  
Assistant Sports Editor

**HACKENSACK** — It took nearly four years, but the Ridgewood High School boys and girls track teams once again got on the same winning page at the North Jersey Indoor Track Championships.

On Monday, both Maroon squads swept the Division A titles at the 29th annual edition of the invitational meet held at Fairleigh Dickinson University's Rothman Center. The RHS boys outscored Teaneck, 72-47, while the girls held off a challenge from Passaic County Tech, 36-32.

The PCT girls trailed by just eight points heading into the final event, the 4 x 400-meter relay. But the Maroon quartet of senior Victoria Oliva, junior Kayla Polcari and freshmen Maura Feeney and Micaela McPadden posted a fourth-place time of 4:25.5, securing the team crown as the Bulldogs (4:20.1) battled Benedictine Academy (4:21.6) up front but were overtaken by race-winner and Division B champ Westwood (4:18.6).

"We told the relay girls that it was coming down to that event, so we needed them to make sure that they placed," RHS head coach Mike Mullin said. "And I think they took pride in that... fourth was where I figured we had to [be], because I didn't know where PCT was going to finish."

McPadden admitted that running the anchor leg was "stressful," but the first-year phenom could not contain a wide smile as Oliva handed her the championship trophy to hoist aloft.

Senior Brian Cleary wound up with both of the Maroons' gold medals, giving the boys team a boost with a first-place 2:39.9 in

the 1,000 meters and leading a 1-3-5 finish in the 1,600 with a clocking of 4:37.8. In the latter race, he pulled away from East-side senior Salim Corbin (4:45.2), one of his chief rivals during cross-country season.

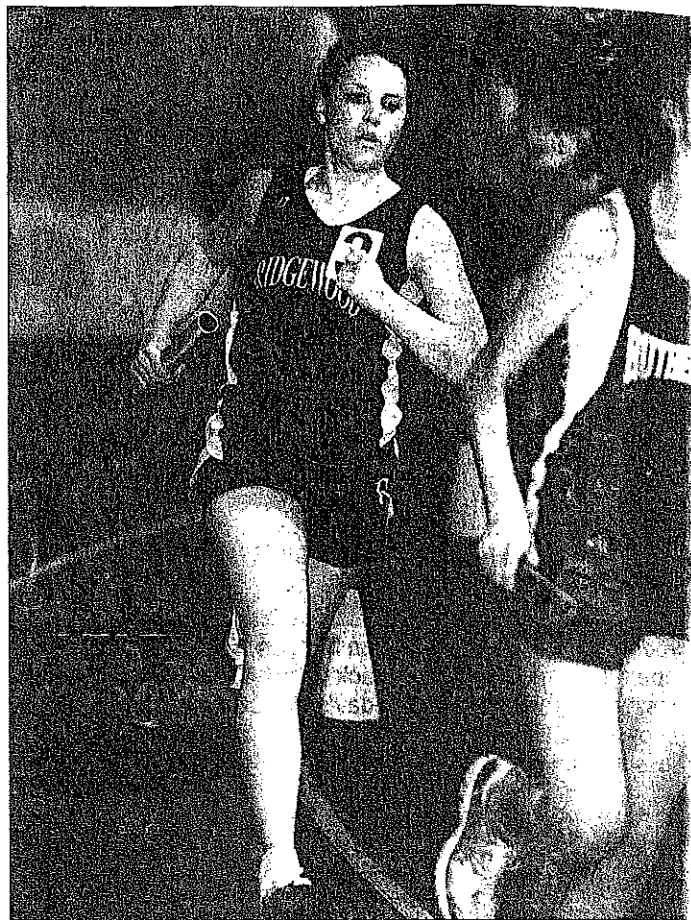
In the closing laps, "I had dropped everybody else, and it was just me and [Corbin]," said Cleary. "I was taking the straight-aways hard and taking the turns a little easier trying to catch up to him. I eventually caught him and just started going [for the lead], and he just let up at that point."

The Ridgewood girls' Division A title was their ninth in 11 years, while the boys captured first place for the first time since 2006. Monday marked the fifth occasion of an RHS sweep at the North Jersey meet — the Maroons also doubled in 1989, 2002, 2005 and 2006.

This year, they established control early by earning silver medals in the 55-meter hurdle races. Junior InSoo Hwang (8.0 seconds) did the honors for the boys team, while junior Sarah DeVita (8.9) took second in a hotly-contested girls event, running alongside Oliva (fifth, 9.4) on the outside lanes.

"I definitely like racing Victoria, and I knew that the fastest girls were going in [lanes] 3 and 4," DeVita said. "Before the race, [hurdling] coach [Josh] Saladino told us, 'Get pumped up and get ready to go,' so I didn't really think of [the lane assignments] that much. I just wanted to get a good time."

"They rose up pretty well," said Mullin, whose team had several athletes making a quick turnaround from last weekend's Dartmouth Relays [see page C4]. "We came right out of the gate with the hurdles and did great, so that set the tone. And the two-mile boys and girls races also were, to me, tone-setters, where you knew



PHOTOS/JIM CLARK

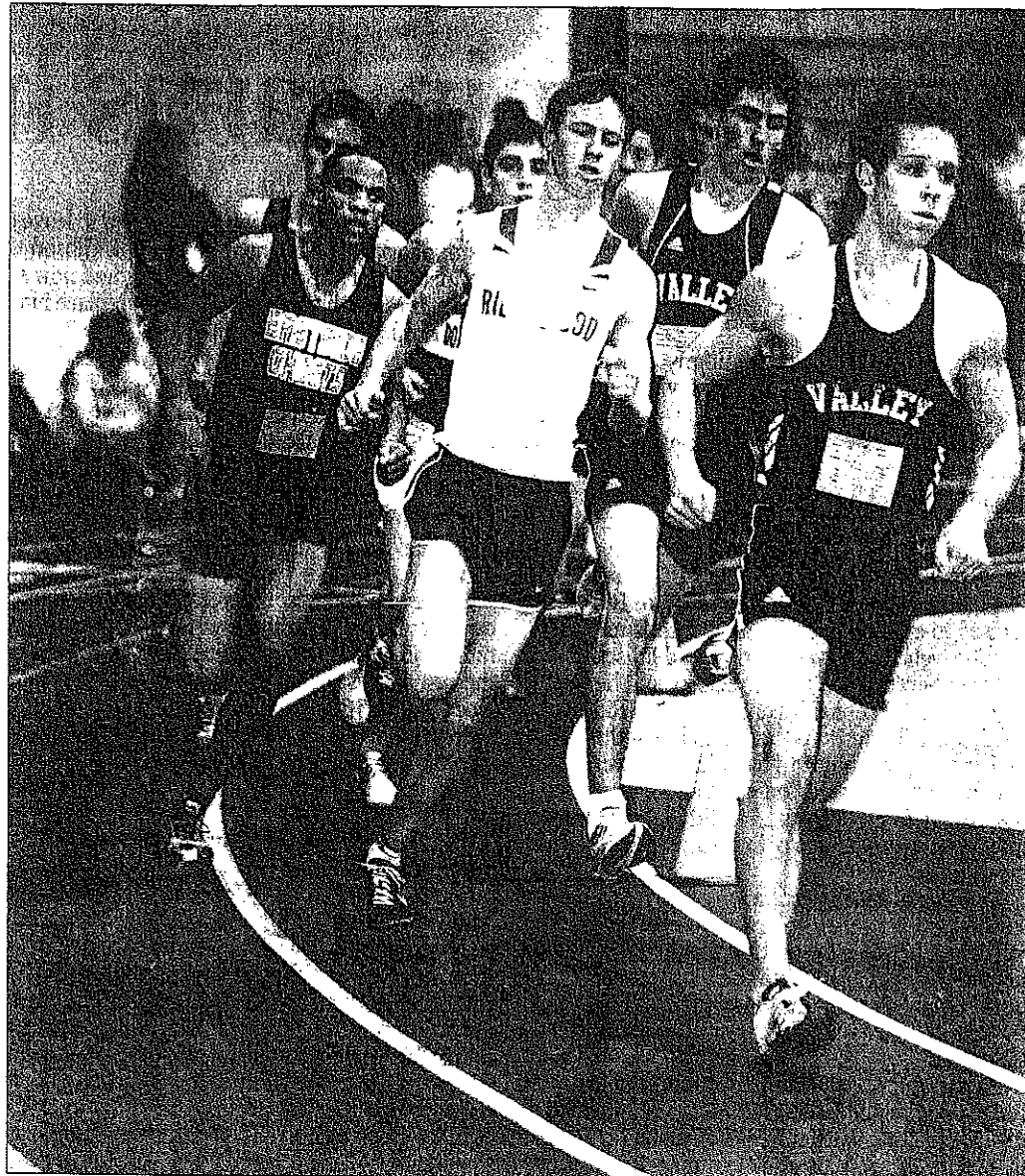
Junior Haley Wodenshek anchored the Ridgewood girls 4 x 800-meter relay squad to a bronze medal in Monday's North Jersey Indoor Track Championships at the Rothman Center in Hackensack.

things were going our way."

The 3,200-meter races were third in the order of events, and both produced big point totals for Ridgewood. Junior Pat Rynkowski put on a strong finishing kick to clock 10:04.4, edging another of the Maroons' cross-country rivals, Howie Rosas of Don Bosco (10:04.7), for the silver medal and leading a 2-4-6 RHS finish.

"I didn't really think, 'Oh, I could take on Howie' until the second-to-last lap," said Rynkowski. "Then I started going for him, and I was able to get him

See INDOOR TRACK, page C4



PHOTO/JIM CLARKE

Senior Brian Cleary of Ridgewood, center, moves through a pack that includes, from left, Eastside's Tahlief Jackson and Wayne Valley's Mike Maglio and Mark Sheptock in the boys 1,000-meter race at Monday's North Jersey Indoor Track Championships. Cleary eventually pulled ahead to win in 2:39.9.

### INDOOR TRACK from C1

at the end there. I think I would have gone sub-10 if I'd gone after him earlier, but we had a pretty good race."

Sophomore Levi Jennings (10:07.3) and junior Steven Spreitzer (10:13.5) were the other Ridgewood point-scorers in the event, while junior Grayson Llerandi (12:40.2) took second in the girls 3,200 behind All-Suburban cross-country stand-out Teresa Gagliostro of Westwood (12:11.1).

Maroons junior Haley Wodenshek also turned in a

noteworthy come-from-behind attempt, anchoring the girls 4 x 800 relay squad to a bronze medal in 10:47.7, closing a relatively large gap behind second-place Hasbrouck Heights down to 0.2 seconds at the finish.

Hwang added a fourth-place showing of 37.0 in the boys 300-meter dash, while Teaneck teammates Daryian Miles and Casey Pleasants (36.9) tied for second to draw the Highwaymen within nine points of Ridgewood with two events remaining.

RHS then registered its 18-

point swing in the 1,600 and sealed the deal with a silver-medal time of 3:31.5 in the 4 x 400, as Hwang anchored a relay that included senior Matt Grundy and juniors Jon Riemer and Sean Mattson. The quartet finished less than one second behind Teaneck (3:30.9).

"For our girls, it was a great win on their part," Mullin said. "And for our boys, we have a real solid team, so it was nice to see them score well in a variety of places."

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Ridgewood junior InSoo Hwang, front, captured a silver medal in the 55-meter hurdles at the North Jersey Indoor Track Championships on Monday. He also anchored the Maroons' 4 x 400-meter squad to a silver-medal finish.

# Bergen Catholic going back to Millrose Games

By PAUL SCHWARTZ  
STAFF WRITER

Bergen Catholic's 4-x-400 meter relay team will return to Madison Square Garden for the Millrose Games on Jan. 29, for the first time since 1993 after earning a spot in the Suburban 4-x-400 relay Wednesday night. And in the process, the Crusaders ran faster than any 4-x-400 team in Bergen County history.

The team of seniors Ernest Wingate and Billy Leonard, junior Tarique Gray and sophomore D.J. Dixon ran 3:24.40 at the Millrose Trials at the Armory winning its heat and taking second overall among New Jersey teams. The time is faster than the record set by Englewood's 1971 mile relay team which ran 3:25.0 but because of the difference between yards and meters, the teams will be listed as co-record holders.

Wingate led off in 51.7 seconds and Gray had the fastest split (49.9). Dixon was the third leg at 52.0 and Leonard anchored in 50.6 seconds.

**RAISING THE BAR:** Emily Urcioli continued her red hot indoor season Saturday at the first of three pole vault, long jump and triple jump meets at Track Universe in Totowa. The Clifton senior extended her Passaic County record to 12

feet, 1 inch in winning the pole vault, the third-best performance of the indoor season in the country. She also won the long jump with a leap of 15-6½. Ridgefield Park's Stephanie Encarnacion won the girls triple jump with a jump of 32-3½.

Rich Cannici of Hasbrouck Heights won the boys pole vault, clearing 13 feet with Ridgefield Park's Andres Giglio second at 12 feet. Matt Kabete of Old Tappan took the long jump with a leap of 20½. Colin Cunningham of Englewood led a Maroon Raider 1-2-4 finish in the triple jump with a jump of 43-5¼. Bryan Rodgers was second at 42-5¼ and Phil Dowell was fourth at 41-2¼.

**PATIENCE PAYS:** Andreas Kellas of Bergen Tech had a pretty good cross-country season, earning a third team All-Bergen honor. But the junior distance runner couldn't wait for the indoor track season to start. And then he had to wait until Monday's North Jersey Championships at Rothman Center for his debut.

So after all of that, it was a little surprising that Kellas was patient enough to wait until the final few

laps of the 3,200 meters to make his move. But after laying in the back of the pack for the first few of the 16 laps, Kellas moved into the top six with two laps to go.

"Then I started rolling and started reeling people in one by one," said Kellas. "Suddenly I was second with 100 meters to go and I could see Howie [leader Rosas of Don Bosco] and I had a chance at him." Kellas won in 10:03.4.

**ON THE NATIONAL SCENE:** Despite their narrow loss at the Dartmouth Relays, the Indian Hills boys still have the fastest time in the country this season in the sprint medley - the 3:36.2 from the Spiked Shoe Christmas Festival.

There are five Bergen County girls in the top 20 of the shot put led by Teaneck's Aresha Hampton, fifth at 42-3½ and Kathryn Hirsch of Demarest, 10th at 41-1¼. Theresa Picciallo of IHA (11th), Olivia Wade (14th) and Ashley Sims (20th) of Paramus Catholic complete the quintet.

Myasia Jacobs finished third in the 200 meters in the Hispanic Games and ranks fifth at 24.82 seconds. She also ranks 12th in 55 meters (7.12 seconds). Indian Hills' Corey Crawford ranks fourth in long jump (22-10) and is tied for 12th in high jump (6-6). Ridgefield's Tommy DeVita is tied for sixth in high jump (6-8).

## INDOOR TRACK NOTEBOOK

**RHS II**

Tues 1/19/10

\*\*\* Results \*\*\*

**55m:**

Boys-

Novice- Richardson Dudley- 7.3/7.0, Alex Quartaro- 8.2, Tom Diorio- 7.9,  
Kyle Ransom- 8.3,

Frosh- Dominic Ok- 8.0

Girls-

Varsity- Jenny Bitzer- 8.4

Novice- Nina Patterson- 8.6, Moriah Jennings- 8.3

Frosh- Amelia Aktar- 9.3, Anna Caffery- 8.4/8.4/8.4 (**6<sup>th</sup>**), Shannon Cron- 8.9,  
Maura Feeney- 8.2/8.2/8.1 (1<sup>st</sup>), Zoe Ferguson- 10.4, Leah Zvaleuskas- 10.1

**55m HH:**

Boys-

Varsity- Matt Beausoleil-8.5/8.5, Eddy Blair- 8.3/8.2 (**2<sup>nd</sup>**), Sean Matson- 8.7

Novice- AJ Manderano- 8.8/9.4, David Suh- 9.7

Frosh-

Girls-

Varsity- Victoria Oliva- 9.7/9.5 (**5<sup>th</sup>**), Sarah DeVita- 9.3/9.0 (**3<sup>rd</sup>**)

Novice- Hanako Shigenobu- 10.4, Haley Roche- 10.8, Ilana Brown- 11.6,

Frosh- Micaela McPadden- 11.8,

**2 mile:**

Boys- Pat Rynkowski 9:58.1 (**2<sup>nd</sup>**), Levi Jennings- 10:09.2 (**5<sup>th</sup>**).

Girls- Grayson Llerandi- 12:50.0

**600yd:**

Boys-

Varsity- Matt Grundy- 1:21.6, Juan Llinas- 1:23.2, Jon Reimer- 1:22.6

Novice- Kevin Lai- 1:26.8, Connor Martyn- 1:24.5 (**3<sup>rd</sup>**), Mark French- 1:33.5,  
Nick Tai- 1:25.3 (**5<sup>th</sup>**),

Frosh- Tim Daly- 1:40.0, Graham Jones- 1:41.2, Youngbin Yoon- 1:33.4

Girls-

Frosh- Micaela McPadden- 1:39.8 (4<sup>th</sup>), Charlotte Morley- 1:49.3, Becca Butler- 2:06

**4 x 800m:**

Girls:

Varsity- Katie Martin, Alex Scibbeta, Haley Woodenshek, Caroline Davidson

**10:45.6** (2<sup>nd</sup>)... 2:45.4 2:36.6 2:40.3 2:43.3

**300yd:**

Boys-

Varsity- Sean Matson- 35.5, Eddy Blair- 35.4

Novice- Alex Quartaro- 42.4, Tom Diorio- 38.3, Kyle Ransom- 39.5,  
AJ Manderano- 40.9

Frosh- Dominic Ok- 41.3

Girls-

Varsity- Victoria Oliva- 40.9,

Novice- Nina Patterson- 44.8, Moriah Jennings- 45.2, Ilana Brown- 45.0,

Frosh- Shannon Cron- 47.3, Maura Feeney- 41.9 (1<sup>st</sup>),

**1000yd:**

Boys-

Varsity- Mohamed Eid- 2:36.9, Steven Spreitzer- 2:27.5 (4<sup>th</sup>)

Girls-

Varsity- Hanako Shigenobu- 2:56.3 (5<sup>th</sup>), Okuchi Onwubu- 3:20.9,  
Courtney Schofield- 3:17.3

**1 mile:**

Boys-

Novice- Connor Martyn- 4:58.2, Mark French- 5:07.3, Mohammed Eid- 4:58.3

Frosh- Tim Daly- 5:36.0, Graham Jones- 5:37.0, Youngbin Yoon- 5:26.0

Girls-

Novice- Emily Reimer- 6:30.6

Frosh- Francesca Felder- 6:28.4



**4 x 400m:**

Boys-

Varsity- Tom Stephan, Jon Reimer, Sean Matson, Juan Llinas

**3:41.8 (4<sup>th</sup>)**      56.6      54.2      55.7      55.4

Novice-

Nick Tai, AJ Manderano, Kevin Lai, Richardson Dudley

**3:49.8 (1<sup>st</sup>)**      56.5      59.2      57.9      56.3

Frosh-

(1) Youngbin Yoon, Dominic Ok, Tim Daley, Graham Jones

**4:31.1 (5<sup>th</sup>)...**      67.3      64.1      68.6      71.2

Girls-

Frosh- Maura Feeney, Anna Caffery, Charlotte Morley, Micaela McPadden

**4:33.2 (1<sup>st</sup>)**      69.5      67.6      72.8      63.3

**FIELD EVENTS:**

**Shot Put:**

Boys-

Eddy Blair- 34'3 ¼", Matt Grundy- 30'3", Richardson Dudley- 33'2"

Girls-

Frosh- Zoe Ferguson- 23'6" (3<sup>rd</sup>)

**HJ:**

Boys-

Varsity- Matty B- 5'4"

Girls-

Varsity- Haley Roche 4'8"

**PV:**

Boys- John Wisener- 13'0" (2<sup>nd</sup>)

Girls-

Varsity- Kayla Polcari- 10'0" (1<sup>st</sup>), Mimi DeVita- NH

**TJ:**

Boys-

Varsity only- Matt Beausoleil- 37'6 ½", Richardson Dudley- 37'2", AJ Manderano- 34'6

Girls-

Varsity only- Kayla Polcari- 30'7", Hayley Roche- 32'3 ¾", Anna Caffrey- F

**LJ:**

Boys-

Varsity- Richardson Dudley- 18'10", Matt Beausoleil- 17'6 ½"

Girls-

Varsity- Kayla Polcari- 14'10", Hayley Roche- 14'7 ½",

Frosh- Anna Caffery- 12'7" (4<sup>th</sup>), Charlotte Morley- 12'5" (5<sup>th</sup>), Abbey Monro- F

**Comments:**

This was a good meet in preparation for the county relays. Many people did multiple events, especially in the field. Great job by the younger group...many medals!!!  
Congrats to all and keep up the good work.

# Maroons' indoor track season begins kicking into high gear

The Ridgewood High School indoor track and field teams kicked off the major-meet portion of their season with silver-medal performances in Wednesday evening's Bergen County Relays at The Armory Track Center in Manhattan.

Both the Maroon boys and girls squads placed second in Group A for the second straight year. But whereas the girls team came within a point (80-79) of knocking off rival Immaculate Heart in 2009, the RHS boys met the same fate this time around, getting edged by Don Bosco, 66-65.

IHA bested Ridgewood for this

season's girls title by a score of 82.25-67, although the Maroons defended their shuttle hurdle relay title by topping the Blue Eagles, 33.8 seconds to 34.1.

On the boys' side, RHS garnered County gold in the 4 x 1,600-meter (18:14.8) and distance medley (10:53.2) relays.

Wednesday's meet was Ridgewood's first since Jan. 19, when junior Kayla Polcari captured her second pole vault championship of the season, clearing 10 feet even at the Ridgewood Winter Games II at Rockland Community College in Suffern, N.Y.

Maroons rookie Maura Feeney

continued making a name for herself at the Ridgewood II Games as well, winning the freshman 55- and 300-meter dashes and combining with Charlotte Morley, Anna Caffrey and Micaela McPadden to earn gold in the freshman 4 x 400-meter relay. In the novice boys 4 x 400, the RHS quartet of Richardson Dudley, Nick Tai, A.J. Manderano and Kevin Lai teamed up to clock 3:49.8, beating out Don Bosco by nearly five seconds for the gold.

Look for a full recap of the Bergen County Relays in next Friday's edition of *The Ridgewood News*.

## RIDGEWOOD WINTER GAMES II

JAN. 19 AT ROCKLAND COMMUNITY COLLEGE, SUFFERN, N.Y.

(All events varsity unless noted)

### BOYS RESULTS

**55H:** 1. Ernest Wingate (Bergen Cath.), 7.8; 2. Eddie Blair IV (RHS), 8.0.  
**1,000:** 1. Mike Belgiovine (Don Bosco), 2:23.6; 4. Steven Spreitzer (RHS), 2:27.5.  
**3,200:** 1. Nick Ward (Indian Hills), 9:48.4; 2. Pat Rynkowski (RHS), 9:58.8; 5. Levi Jennings (RHS), 10:09.9.  
**High Jump:** 1. Corey Crawford (Indian Hills), 6-5; 5. Matt Beausoleil (RHS), 5-4.  
**Long Jump:** 1. Scott Weismiller (Don Bosco), 19-8.5; 5. Richardson Dudley (RHS), 18-10.25.  
**Pole Vault:** 1. Scott Weismiller (Don Bosco), 13-6; 2. John Wisener (RHS), 13-0.  
**4x400:** 1. Ramsey, 3:40.8; 2. Westwood, 3:41.0; 3. Don Bosco, 3:41.3; 4. RIDGEWOOD, 3:41.6.  
**Novice 600:** 1. David Stillings (Don Bosco), 1:22.8; 3. Connor Martyn (RHS), 1:24.4; 6. Nick Tai (RHS), 1:25.2.  
**Novice 1,600:** 1. John Prizzi (Indian Hills), 4:53.5; 2. Connor Martyn (RHS), 4:59.3; 3. Mohamed Eid (RHS), 4:59.5.  
**Novice 4x400:** 1. RIDGEWOOD (Richardson Dudley, Nick Tai, A.J. Manderano, Kevin Lai), 3:49.8; 2. Don Bosco, 3:54.5.  
**Frosh 4x400:** 1. Watchung Hills, 4:11.4; 5. RIDGEWOOD, 4:30.5.

### GIRLS RESULTS

**55H:** 1. Mel Lewis (Midland Park), 8.6; 2. Stephanie Carnevale (River Dell), 8.8; 3. Sarah DeVita (RHS), 8.8; 5. Victoria Oliva (RHS), 9.5.  
**300:** 1. Jenni Zymet (Paramus), 38.7; 6. Victoria Oliva, Ridgewood, 41.0.  
**1,000:** 1. Julieanne Fontana (Pascack Hills), 2:44.9; 5. Hanako Shigenobu (RHS), 2:57.3.  
**High Jump:** 1. Taylor Clarkson (Indian Hills), 5-0; 4. Haley Roche (RHS), 4-6.  
**Triple Jump:** 1. Jen Capone (IHA), 32-9; 2. Haley Roche (RHS), 32-2.75; 5. Kayla Polcari (RHS), 30-5.  
**Pole Vault:** 1. Kayla Polcari (RHS), 10-0. 2. Melinda Rothman (Mahwah), 9-6.  
**4x800:** 1. Westwood, 10:21.7; 2-RIDGEWOOD, 10:45.7.  
**Frosh 55M:** 1. Maura Feeney (RHS), 7.7; 2. Jacky Feldman (IHA), 7.9.  
**Frosh 300:** 1. Maura Feeney (RHS), 42.0; 2. Liz Sidaros (Indian Hills), 42.5.  
**Frosh 600:** 1. Sam Schleiher (River Dell), 1:36.0; 4. Micaela McPadden (RHS), 1:40.0.  
**Frosh Shot Put:** 1. Dana Disarno (Watchung Hills), 26-4; 3. Zoe Ferguson, Ridgewood, 23-5.  
**Frosh 4x400:** 1. RIDGEWOOD (Maura Feeney, Charlotte Morley, Anna Caffrey, Micaela McPadden), 4:33.3. 2. River Dell, 4:34.1.

## TURNING THE CORNER



PHOTO/JIM CLARKE

Junior Pat Rynkowski, right, and sophomore Levi Jennings of Ridgewood both placed in the top five of the 3,200-meter run at the Ridgewood Winter Games II in Suffern, N.Y. on Jan. 19. Rynkowski ran second in 9:58.8, while Jennings was fifth in 10:09.9 as the Maroons tuned up for the Bergen County Relays, held this past Wednesday at The Armory Track Center in Manhattan. *The Ridgewood News* will have full coverage of the relays in next Friday's edition.

**County Relays**

Wed. 1/27/10

\*\*\*\*\* Results \*\*\*\*\*

**Running Events:**

**4 x 55m HH:**

Boys: InSoo Hwang, Eddy Blair, Matt Beausoleil, Tommy DeVita  
30.80 (2<sup>nd</sup>)..... 7.2 7.6 7.8 8.7

Girls: Victoria Oliva, Kayla Polcari, Hanako Shigenobu, Sarah DeVita  
33.8 (1<sup>st</sup>) 8.5 8.7 8.9 8.0

**4 x 1600m:**

Boys: Pat Rynkowski, Levi Jennings, Steve Spreitzer, Brian Cleary  
18:14.8 (1<sup>st</sup>)..... 4:34.6 4:36.7 4:38.0 4:25.7

Girls: Grayson Llerandi, Katie Martin, Alex Scibbeta, Hanako Shigenobu  
24:06.5 (3<sup>rd</sup>)... 5:45.9 5:51.5 6:08.2 6:18.8

**4 x 200m:**

Boys: Matt Grundy, Sean Matson, Jon Reimer, InSoo Hwang  
1:34.3 (5<sup>th</sup>)..... 24.2 24.1 23.4 22.7

Girls: Maura Feeney, Victoria Oliva, Micaela McPadden, Sara DeVita  
1:49.9 (4<sup>th</sup>).... 27.8 27.8 27.3 27.3

**4 x 800m:**

Boys: Tom Stephan, Steve Spreitzer, Juan Llinas, Levi Jennings  
1:30.2 (2<sup>nd</sup>) ... 2:04.8 2:08.4 2:09.2 2:07.9

Girls: Haley Woodenshek, Alex Scibbeta, Caroline Davidson, Grayson Llerandi  
10:31.4.. 2:32.2 2:38.1 2:33.5 2:47.3

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

Boys: InSoo Hwang, Matt Grundy, Jon Riemer, Brian Cleary  
3:38.9 (4<sup>th</sup>)..... 50.8 23.5 23.5 2:02.1

Girls: Micaela McPadden, Maura Feeney, Victoria Oliva, Hanako Shigenobu  
4:24.2 (4<sup>th</sup>).... 61.8 27.6 27.6 2:26.8

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

Boys: Pat Rynkowski, Eddy Blair, Tom Stephan, Brian Cleary  
10:53.2 (1<sup>st</sup>).... 3:17.7 54.2 2:06.0 4:35.3

Girls: Haley Woodenshek, Anna Cafery, Alex Scibbeta, Grayson Llerandi  
13:56.7 (6<sup>th</sup>) .... 4:07.3 66.3 2:39.5 6:08

**4 x 400m:**

Boys: Matt Grundy, Sean Matson, Jon Reimer, InSoo Hwang  
3:29.0 (2<sup>nd</sup>).... 51.6 53.2 52.3 52.1

Girls: Micaela McPadden, Maura Feeney, Victoria Oliva, Hanako Shigenobu  
4:14.3 (2<sup>nd</sup>).... 62.5 64.2 64.5 62.9

**Field Event (ALL ARE 2 PERSON RELAYS):**

**Long Jump:**

Boys: Tom DeVita, Richardson Dudley  
38'3 1/2" 18'10 1/4" 19'5 1/4"

Girls: Kayla Polcari, Haley Roche  
29'3" (6<sup>th</sup>).... 15'1 1/2" 14'1 1/2"

**Triple Jump:**

Boys: Tommy DeVita, Richardson Dudley  
81'7 1/2" (5<sup>th</sup>).... 41'2 1/4" 40'5 1/4"

Girls: Kayla Polcari, Haley Roche  
64'9 1/2" (3<sup>rd</sup>).... 33'8" 31'1 1/2"

**High Jump:**

Boys: Tommy DeVita, Matt Beausoliel  
12'0" (1<sup>st</sup>).... 6'6" 5'6"

Girls: Sarah DeVita, Haley Roche  
9'4" (3<sup>rd</sup>).... 4'8" 4'8"

**Pole Vault:**

Girls: Kayla Polcari, Mimi DeVita  
19'0" (3<sup>rd</sup>)..... 11'0" 8'0"

**Comments:**

We came in 2<sup>nd</sup> in both the boys and the girls meets. That is a super accomplishment in our county. Not many teams at RHS can claim that honor. We were soooooo close on the boys side. A one point loss to Bosco. Your effort continues to be fantastic and I love to watch all of you compete! Great job, more big team meets to come.



# INDOOR TRACK

## BERGEN COUNTY RELAYS

WEDNESDAY

AT ARMORY TRACK CENTER

### Boys

#### TEAM SCORES

**LARGE SCHOOLS:** Don Bosco 66; 2. Ridgewood 65; Indian Hills 52; Bergen Catholic 36; Englewood 32; Teaneck 26; Hackensack 23; Old Tappan 17; Pascack Valley 12; Bergen Tech 10; Paramus Catholic 8; Fair Lawn 7; Mahwah 7; Demarest 6; Ramapo 1.

**SMALL SCHOOLS:** Ramsey 92.33; 2. Hasbrouck Heights 42; Ridgfield Park 42; St. Joseph 36; Wood-Ridge 34; Westwood 29; River Dell 18.33; Dumont 14; Pascack Hills 13.33; Midland Park 8; Waldwick 7; Saddle Brook 6; New Milford 6; Palisades Park 5.

**Shuttle hurdles** - 1. Bergen Catholic (Tarique Gray, Tyler Dilworth, Adrian Go, Ernest Wingate), 30.8; 2. Ridgewood 30.8; 3. Ramsey 33.0; 4. Bergen Tech 33.10; 5. Teaneck 33.3; 6. Dumont 33.6.

**4-x-1,600m relay** - 1. Ridgewood (Pat Rynkowski, Levi Jennings, Steven Spreitzer, Brian Cleary), 18:14.8; 2. Don Bosco 18:15.3; 3. Indian Hills, 18:54.3; 4. Hackensack, 18:57.0; 6. Bergen Tech, 19:25.7; 6. Demarest, 19:27.0.

**4-x-200** - 1. Teaneck (Bryan Murphy, Daryian Miles, Zadique White, Casey Plesants), 13:30.0; 2. Bergen Catholic, 1:30.3; 3. Englewood, 1:32.2; 4. Indian Hills, 1:32.4; 5. Ridgewood, 1:34.3; 6. St. Joseph, 1:34.9.

**4-x-800** - 1. Pascack Valley (Lucas Hall, Max Linden, Mike Kraus, Luke Nowicki), 8:13.6; 2. Ridgewood, 8:30.2; 3. Don Bosco, 8:30.7; 4. Bergen Catholic, 8:35.6; 5. Teaneck, 8:44.0; 6. Ramsey, 8:48.5.

**Sprint medley** - 1. Indian Hills (Corey Crawford, Kenny Fobian, Michael Wasserman, Mark Filandro), 3:36.3; 2. Bergen Catholic, 3:38.7; 3. Don Bosco, 3:38.9; 4. Ridgewood, 3:39.7; 5. Teaneck, 3:41.5; 6. Hackensack, 3:41.7.

**Distance medley** - 1. Ridgewood (Pat Rynkowski, Edward Blair, Tom Stephan, Brian Cleary), 10:53.2; 2. Don Bosco, 11:01.9; 3. Indian Hills, 11:12.0; 4. Ramsey, 11:15.6; 5. Demarest, 11:22.7; 6. Bergen Tech, 11:27.1.

**4-x-400** - 1. Englewood (Andre Williams, Bryan Ridgers, Philip Dowell, Andrew Sargent), 3:28.6; 2. Ridgewood, 3:29.0; 3. Teaneck, 3:32.5; 4. Indian Hills, 3:32.9; 5. Ramsey, 3:34.8; 6. Westwood, 3:36.0.

**Long jump** - 1. Indian Hills (Corey Crawford, Kenny Fobian), 41-10 $\frac{1}{2}$ ; 2. Don Bosco, 41-10 $\frac{1}{4}$ ; 3. Englewood, 39-6; 4. St. Joseph, 38-4 $\frac{1}{4}$ ; 5. Fair Lawn, 38-8; 6. Hackensack, 38-4 $\frac{1}{4}$ .

**Triple jump** - 1. Englewood (Phillip Dowell, Colin Cunningham), 84-6 $\frac{3}{4}$ ; 2. Don Bosco, 82-6 $\frac{3}{4}$ ; 3. Hackensack, 82-2 $\frac{1}{4}$ ; 4. Ridgewood, 81-7 $\frac{1}{2}$ ; 5. Teaneck, 81-5 $\frac{1}{2}$ ; 6. Bergen Catholic, 80-9 $\frac{1}{2}$ .

**Shot put** - 1. Old Tappan (Michael Reilly, Louis Petrocelli), 97-8; 2. Hasbrouck Heights, 95-6; 3. Paramus Catholic, 94-5 $\frac{1}{2}$ ; 4. Hackensack, 93-1 $\frac{1}{2}$ ; 5. Don Bosco, 91-2 $\frac{1}{2}$ ; 6. Wood-Ridge, 90-0 $\frac{1}{4}$ .

**High jump** - 1. Ridgewood (Tommy DeVita, Matt Beausoleil), 12-0; 2. Indian Hills, 11-8; 3. Don Bosco, 11-8; 4. Wood-Ridge, 11-4; 5. Bergen Catholic, 11-0; 6. Fair Lawn, 11-0.

**Pole vault** - 1. Don Bosco (Scott Weismiller, Michael Basellice), 25-0; 2. River Dell, 24-6; 3. Mahwah, 24-0; 4. Old Tappan, 24-0; 5. Ridgfield Park, 22-0; 6. Ramsey, 19-6.

### Girls

#### TEAM SCORES

**LARGE SCHOOLS:** Immaculate Heart 82.25; Ridgewood 67; Holy Angels 43.33; Teaneck 32.25; Mahwah 29; Paramus Catholic 26; Indian Hills 23; Old Tappan 21.25; Demarest 17; Paramus 12.33; Ramapo 9; Fair Lawn 3.33; Hackensack 2; Fort Lee 0.25.

**SMALL SCHOOLS:** Ridgfield Park 51; Westwood 49.5; Hasbrouck Heights 46; Pascack Hills 42; Ramsey 42; Waldwick 38; Saddle Brook 27; New Milford 19; River Dell 19; Rutherford 10.5; Garfield 8; Dumont 2; Midland Park 1.

**Shuttle hurdles** - 1. Ridgewood (Victoria Oliva, Hanako Shigenobu, Alex Scibetta, Sarah DeVita), 33.8; 2. IHA 34.1; 3. Ridgfield Park 35.7; 4. Teaneck 35.8; 5. Old Tappan 35.9; 6. Fair Lawn 36.1.

**4-x-1,600** - 1. IHA (Erin Thompson, Kaylyn Bacha, Julie Sinkovitz, Rachel Lotterman), 21:57.2; 2. Holy Angels, 21:57.4; 3. Ridgewood, 24:06.5; 4. Hasbrouck Heights, 24:44.2; 4. Indian Hills, 25:06.2; 6. Ramsey 25:50.1.

**4-x-200** - 1. Paramus Catholic (Bryanna Knight, Angela Harrison, Paige Montillo, Myasia Jacobs), 1:46.4; 2. Mahwah, 1:47.7; 3. IHA, 1:48.0; 4. Ridgewood, 1:49.9; 5. Holy Angels, 1:50.4; 6. Indian Hills, 1:51.5.

**4-x-800** - 1. Ramsey (Lisa Anderson, Alexandra Clinton, Diane Bain, Elizabeth Rosenberger), 9:51.7; 2. Old Tappan, 9:52.2; 3. Westwood, 10:00.8; 4. IHA, 10:04.4; 5. Holy Angels, 10:06.2; 6. Holy Angels, 10:31.2.

**Sprint medley** - 1. Paramus, 4:20.9; 2. IHA, 4:21.3; 3. Paramus Catholic, 4:23.7; 4. Ridgewood, 4:24.2; 5. Indian Hills, 4:25.9; 6. New Milford, 4:30.3.

**Distance medley** - 1. Ramsey (Elizabeth Rosenberger, Jenna Gravalls, Lisa Anderson, Alexandra Clinton), 13:02.3; 2. Holy Angels, 13:14.6; 3. IHA, 13:30.5; 4. Indian Hills, 13:51.8; 5. Waldwick, 13:53.6; 6. Ridgewood, 13:56.7.

**4-x-400** - 1. IHA (Jen Pash, Serenity Martin, Julie Sinkovitz, Michelle McCourt), 4:09.7; 2. Ridgewood, 4:14.3; 3. Teaneck, 4:15.1; 4. Hasbrouck Heights, 4:18.8; 5. Westwood, 4:20.6; 6. New Milford, 4:23.7.

**Long jump** - 1. IHA (Gina Carlino, Tiffany Evangelou), 31-11 $\frac{1}{2}$ ; 2. Saddle Brook, 30-9; 3. Mahwah, 30-6 $\frac{1}{2}$ ; 4. Teaneck 30-0; 5. Pascack Hills, 29-6 $\frac{1}{2}$ ; 6. Ridgewood, 29-3.

**Triple jump** - 1. IHA (Tiffany Evangelou, Serenity Martin), 68-2 $\frac{3}{4}$ ; 2. Teaneck, 66-5 $\frac{1}{2}$ ; 3. Ridgewood, 64-9 $\frac{1}{2}$ ; 4. Ridgfield Park, 62-10; 5. Pascack Hills, 62-8; 6. Old Tappan, 57-2 $\frac{1}{2}$ .

**Shot put** - 1. Paramus Catholic (Ashley Sims, Olivia Wade), 76-0; 2. Demarest, 73-10 $\frac{1}{2}$ ; 3. Teaneck, 71-8 $\frac{1}{2}$ ; 4. Ridgfield Park, 65-8 $\frac{1}{2}$ ; 5. IHA, 65-4 $\frac{3}{4}$ ; 6. Hackensack, 65-2.

**High jump** - 1. Ridgfield Park (Rachel Pena, Stephanie Encarnacion), 10-0; 2. Rutherford, 9-6; 3. Ridgewood, 9-4; 4. Holy Angels, 9-2; 5. Demarest, 9-0; 6. Waldwick, 9-0.

**Pole vault** - 1. Mahwah (Melinda Rothman, Carolyn Edler), 20-0; 2. Ramapo, 19-0; 3. Ridgewood, 19-0; 4. River Dell, 17-0; Westwood, 16-6; 6. Indian Hills, 16-0.



# Tri County Conference Championships

Mon 2/1/10

\*\*\* Results \*\*\*

## Running Events:

### 55 m:

Boys- Eddy Blair- 6.9

Girls- Maura Feeney- 7.8, Anna Caffery- 8.2

### 55 m HH:

Boys- InSoo Hwang- 7.9/8.0/7.8 (5<sup>th</sup>), Eddy Blair- 7.9/8.0/7.6 (2<sup>nd</sup>),  
Sean Matson- 8.2/8.3

Girls- Sarah DeVita- 9.0/8 7/8.5 (1<sup>st</sup>), Victoria Oliva- fall

### 3200m:

Boys- Brian Cleary- 9:42.8 (2<sup>nd</sup>), Pat Rynkowski- 9:42.5 (1<sup>st</sup>),  
Levi Jennings- 9:49.5 (3<sup>rd</sup>)

Girls- Grayson Llerandi- 12:30.4 (5<sup>th</sup>)

### 400m:

Boys- InSoo Hwang- 52.6 (6<sup>th</sup>), Matt Grundy- 52.0 (4<sup>th</sup>)

Girls- Micaela McPadden- 62.7

### 4 x 800m:

Boys- Mohamed Eid, Connor Martyn, Jon Riemer, Nick Tai  
8:40.6 (4<sup>th</sup>).... 2:08.7 2:08.1 2:13.7 2:09.9

Girls- Katie Martin, Alex Scibetta, Caroline Davidson, Haley Woodenshek  
10:21.8 (2<sup>nd</sup>).... 2:37.1 2:33.8 2:34.5 2:35.4

### 800m:

Boys- Steve Sprietzer- 2:03.4 (4<sup>th</sup>), Juan Llinas- 2:05.2 (6<sup>th</sup>)

Girls- Hanako Shigenobu- 2:26.0 (3<sup>rd</sup>)

**200m: (All levels)**

Boys-

Varsity- InSoo Hwang- 23.1 (6<sup>th</sup>), Eddy Blair- 24.2, Sean Matson- 24.0,

Novice- Kevin Lai- 24.3 (1<sup>st</sup>), Chris Steinacher- 26.8, Jamie Eliya- 28.5,  
AJ Manderano- 25.7, InHo Hwang- 25.6, Ryan ?- 29.2, Kyle Ransom- 26.4,

Frosh- Dominic Ok- 26.8, Rob Smith- 27.8

Girls-

Varsity- Maura Feeney- 27.8, Victoria Oliva- 27.9

Novice- Illana Brown- 31.3, Moriah Jennings- 29.9

Frosh- Anna Cafery- 29.6, Leah Stevenson- 40.2, Charlotte Morley- 32.7,  
Aobey Munro- 36.1, Zoe Ferguson- 42.2, Amelia Aktar- 34.1

**1600m: (All levels)**

Boys-

Varsity- Brian Cleary- 4:32.7 (2<sup>nd</sup>), Pat Rynkowski- 4:33.2 (3<sup>rd</sup>),  
Levi Jennings- 4:33.5 (4<sup>th</sup>)

Novice- Mohammed Eid- 4:49.9 (3<sup>rd</sup>), Nick Tai- 5:11.5, Alex Sarapo- 5:04.7,  
Tim Colvin- 5:09.6, Mark French- 4:59.1

Frosh- Youngbin Yoo- 5:23.0, Graham Jones- 5:47.0, Tim Daley- 5:34.0,  
Shota Kagai- 5:45.0

Girls-

Varsity- Grayson Llerandi- 5:58.0, Haley Woodenshek- 5:43.7 (6<sup>th</sup>),  
Alex Scibetta- 5:51.0

Novice- Katie Martin- 5:43.8 (1<sup>st</sup>), Hannah Holland- 6:08.1, Okuchi Onwubu- 6:24.0,  
Emily Riemer- 6:27.0, Courtney Schofield- 6:16.0, Christine Kim- 6:40.0

Frosh- Francesca Felder- 6:21.0 (2<sup>nd</sup>)

**4 x 400m:**

Boys- Matt Grundy, Sean Matson, Jon Riemer, Juan Llinas  
3:29.9 (3<sup>rd</sup>).... 52.2 53.5 51.9 52.5

Girls- Victoria Oliva, Micaela McPadden, Maura Feeney, Hanako Shigenobu  
4:11.5 (3<sup>rd</sup>)... 62.6 61.8 64.5 62.8

**Field Events:**

**Triple Jump:**

Boys- Tom DeVita- 40'¼", Richardson Dudley- 40'2", Matt Beausoleil- F

Girls- Kayla Polcari- 33'10'¼" (4<sup>th</sup>), Haley Roche- 30'6", Anna Cafery- F

**Long Jump:**

Boys- Tom DeVita- 17'11'½", Richardson Dudley- 19'1",  
Matt Beausoleil- 18'2"

Girls- Kayla Polcari- 16'2" (4<sup>th</sup>), Haley Roche- 14'8"

**High Jump:**

Boys- Tom DeVita- 6'6" (1<sup>st</sup>), Matt Beausoleil- 5'6"

Girls- Haley Roche- 5'0" (3<sup>rd</sup>), Sara DeVitta- 5'0" (2<sup>nd</sup>)

**Pole Vault:**

Boys- John Wisener- 13'0" (2<sup>nd</sup>)

Girls- Kayla Polcari- 11'6" (2<sup>nd</sup>) \*\*\* *NEW SCHOOL RECORD...TIES COUNTY RECORD!!!*, Mimi DeVita- 8'6" (5<sup>th</sup>)

**Comments:**

The boys took 1<sup>st</sup> place by around 30points over 2<sup>nd</sup> place Bosco. That was an impressive win!! Congrats!! Girls took 2<sup>nd</sup> place behind a powerful IHA team. We made a real good showing in our new league. We certainly have proven to be a top team in both the boys and the girls in Northern NJ. One more big team meet on Thursday...let's be ready!

# INDOOR TRACK

## NJTCC CHAMPIONSHIPS

### BOYS

#### Team scores

Ridgewood 90, Don Bosco 61, Bergen Catholic 43, Hackensack 43, Teaneck 34, Passaic 34, Kennedy 32, Clifton 24, St. Joseph 14, Lakeland 12, Wayne Valley 11, Passaic Tech 11, Eastside 9, West Milford 7, Passaic Valley 4, Fair Lawn 2, Wayne Hills 2.

**55** - Jashon Dawson (P), 6.4; Conroy Walker (H), 6.4; Kevin Amditis (L), 6.5; Daryian Miles (T), 6.6; Tarelle Thomas (E), 6.7; Kensai Hughes (WV), 6.8.

**55 hurdles** - Keshon Brown (K), 7.3; Edward Blair (R), 7.6; Ernest Wingate (BC), 7.8; Justin Jones (P), 7.9; InSoo Hwang (R), 8.0; Warren Beason, (PCT), 8.2.

**200** - Ernest Wingate (BC), :22.5; Conroy Walker (H), :22.6; Kevin Amditis (L), :22.7; John Sanford (SJ), :22.8; Daryian Miles (T), :22.9; InSoo Hwang (R), :23.1.

**400** - John Sanford (SJ), :51.3; Bryan Murphy (T), :51.6; Damien Elliott (T), :51.9; Matt Grundy (R), :52.0; Yusef Reeves (P), :52.1; InSoo Hwang (R), :52.6.

**800** - Billy Leonard (BC), 1:58.1; Daniel Green (C), 1:59.9; Tahlief Jackson (E), 2:01.5; Steven Spreitzer (R), 2:03.4; Warren Fields (T), 2:04.7; Juan Llinas (R), 2:05.2.

**1,600** - Michael Belgiovine (DB), 4:25.3; Brian Cleary (R), 4:32.7; Pat Rynkowski (R), 4:33.2; Levi Jennings (R), 4:33.5; Howard Rosas (DB), 4:33.8; Nicholas Mendolia (DB), 4:36.2.

**3,200** - Pat Rynkowski (R), 9:42.5; Brian Cleary (R), 9:42.8; Levi Jennings (R), 9:49.5; Rafael Vargas (DB), 9:50.0; Pheilan McCormack (DB), 9:55.5; Christian Costello (DB), 9:58.4.

**1,600 relay** - Teaneck (Anton Morris, Daryian Miles, Damien Elliott, Warren Fields), 3:27.3; Bergen Catholic, 3:29.3; Ridgewood, 3:29.9; Don Bosco, 3:35.6; Clifton, 3:35.7; West Milford, 3:35.8.

**3,200 relay** - Hackensack (Joel Douglas, Carlos Coronado, John Pujols, Jean-Carlos Mercedes), 8:26.6; Wayne Valley, 8:27.2; Bergen Catholic, 8:30.1; Ridgewood, 8:40.6; Passaic Tech, 8:42.3; Don Bosco, 8:42.7.

**Pole Vault** - Scott Weismiller (DB) 14-0; Jon Wisener (R), 13-0; Michael Baselice (DB), 12-6; Julian Macrone (C), 12-0; Dan Scullion, (WH), 11-0; Alex Severson (WV), 11-0.

**Long Jump** - Conroy Walker (H), 22-1½; Keshon Brown (K), 21-11 ¼; D'Nard Robinson (P), 20-7; Alonzo Thomas (C), 20-6 ½; Jahee Allen (C), 20-0; Michael Hillary (E), 19-7.

**Triple Jump** - Gregory Hazell (DB), 44-4 ¼; Craig Hall (K), 43-11 ¾; Conroy Walker (H), 43-3 ½; Yusef Reeves (P), 43-0 ¾; Bryan Murphy (T), 42-7 ¼; Ernest Wingate (BC), 41-8.

**High Jump** - Tommy DeVita (R), 6-6; Yusef Reeves (P), 6-2; Craig Hall (K), 6-2; Jahee Allen (C), 6-0; Chris Soltys (FL), 5-10; Ryan Meek (WV), 5-10.

**Shot Put** - Timothy Byrne (DB), 50-2 ½; Lonnie Day (PCT), 48-3 ½; James Merse (WM), 46-10 ¼; Jonathan Martinez (PV), 45-11; Tom Mandese (BC), 45-3 ¾; Anthony Montesano (H), 44-8 ¼.

### GIRLS

Immaculate Heart Academy 119, Ridgewood 65, Clifton 47, Passaic Tech 45, Teaneck 43.5, DePaul 21, Kennedy 17, Eastside 15, Wayne Valley 13, Bergen Tech 12, Paramus 12, West Milford 7, Hackensack 6.5, Lakeland 5, Fair Lawn 4, Wayne Hills 1.

**55** - Chemekea Davis (E), 7.3; Serenity Martin (IHA), 7.4; Kahila Taylor (T), 7.4; Jen Pash (IHA), 7.5; Julisa Isom, (K), 7.5; Coleena Brown (H), 7.5.

**55 hurdles** - Sarah DeVita (R), 8.5; Emily Urciuoli (C), 8.5; Tiffany Evangelou (IHA), 8.8; Andrea Gates (PCT), 9.2; Gina Carlino (IHA), 9.4.

**200** - Amber Allen (PCT), :25.4; Serenity Martin (IHA), :26.4; Chemekea Davis (E), :26.5; Jen Pash (IHA), :26.5; Coleena Brown (H), :26.9; Kahila Taylor (T), :26.9.

**400** - Amber Allen (PCT), :56.0; Jenni Zymet (P), :57.2; Jen Pash (IHA), 1:00.2; Michelle McCourt (IHA), 1:00.3; Janay Ferrell (T), 1:01.0; Jamelia Johnson (PCT), 1:02.2.

**800** - Alyssa LaGuardia (D), 2:18.4; Julie Sinkovitz (IHA), 2:20.4; Hanako Shigenobu (R), 2:26.0; Megan Loughlin (P), 2:36.7; Claire Reynolds (WV), 2:38.4; Rachael Harding (L), 2:39.9.

**1,600** - Alyssa LaGuardia (D), 5:23.0; Erin Thompson (IHA), 5:29.2; Kerry Sorenson (C), 5:30.0; Chelsea Gordon (BT), 5:40.1; Yuria Yuasa (C), 5:41.6; Haley Wodenshek (R), 5:43.7.

**3,200** - Erin Thompson (IHA), 11:48.7; Chelsea Gordon (BT), 12:07.7; Rachel Lotterman (IHA), 12:16.2; Kaylyn Bacha (IHA), 12:16.4; Grayson Llerandi (R), 12:30.4; Kelly Curtin (WH), 12:38.5.

**1,600 relay** - Immaculate Heart Academy (Serenity Martin, Michelle McCourt, Jen Pash, Julie Sinkovitz), 4:07.0; Teaneck, 4:08.6; Ridgewood, 4:11.5; Passaic Tech, 4:14.0; Clifton, 4:21.9; Wayne Valley, 4:25.5.

**3,200 relay** - Immaculate Heart Academy (Lauren Masur, Dominique Spataro, Kaylyn Bacha, Michelle McCourt), 10:17.3; Ridgewood, 10:21.8; Passaic Tech, 10:56.6; Clifton, 10:57.9; Hackensack, 11:40.7; Kennedy, 12:35.6.

**Pole Vault** - Emily Urciuoli (C), 12-0; Kayla Polcari (R), 11-6; Brittany Dalcais (WM), 10-0; Colleen Reynolds (C), 9-0; Mimi DeVita (R), 8-6; Karina Carmichael (C), 8-0.

**Long Jump** - Emily Urciuoli (C), 17-1 ½; Shaena Wizzard (T), 17-1; Gina Carlino (IHA), 16-8; Kayla Polcari (R), 16-2; Jaivairia Bacote (K), 15-11; Tiffany Evangelou (IHA), 15-8.

**Triple Jump** - Jaivairia Bacote (K), 36-1; Shaena Wizzard (T), 35-4½; Tiffany Evangelou (IHA), 34-7¾; Kayla Polcari (R), 33-10¼; Rachel Herrick (WV), 33-0¾; Serenity Martin (IHA), 32-9¼.

**High Jump** - Ayana Ward (PCT), 5-0; Sarah DeVita (R), 5-0; Haley Roche (R), 5-0; Alyson Finbow (FL), 4-8; Nyderia Risher (K), 4-6; Kate Trommelon (D), 4-6.

**Shot Put** - Apresha Hampton (T), 41-5 ½; Alana Pantale (WV), 41-0 ¼; Theresa Picciallo (IHA), 39-6 ¾; Liana Ercan (L), 34-11; Leonora Paul (H), 34-9; Sabrina Fleming (WM), 33-6 ¼.



## INDOOR TRACK

# Maroon boys top Don Bosco for league title

*Boys and girls squads  
both earn silver medals  
at Bergen County Relays*

BY EAMON HARBORD

*For The Ridgewood News*

NEW YORK — After a disappointing one-point loss to Don Bosco Prep at the Bergen Relay Championships on Jan. 27, the Ridgewood High School boys indoor track and field team rebounded by capturing a championship at Monday's North Jersey Tri-County Conference meet at the 168th Street Armory in Manhattan.

The Maroon boys and girls squads opened the major-meet stretch of their season with second-place showings in the County Relays, which were also held at The Armory. On the boys' side, RHS finished runner-up to Don Bosco in Group A for the second straight year, falling to the Ironmen, 66-65. Immaculate Heart topped Ridgewood for the girls title, 82.25-67.

"Losing by one point is always tough to swallow," Maroons head coach Mike Mullin said. "One point in a track meet is so small, and you can find multiple events where you could have scored one more point easily. It's a little discouraging that we didn't win, but they had a good meet. It was not for a lack of effort or attitude."

During the County Relays, the boys quartet of Pat Rynkowski, Levi Jennings, Steven Spreitzer and Brian Cleary clocked 18:14.8 to place first in the 4 x 1,600-meter relay. The Maroons added gold medals in the distance medley (10:53.2) and high jump (12 feet) relays, with Rynkowski, Cleary, Eddie Blair IV and Tom Stephan teaming up in the former event and Tommy DeVita



PHOTOS/JIM CLARKE

Senior Katie Martin helped the Ridgewood girls 4 x 800-meter relay squad to a second-place finish at Monday's NJTCC championships.

In the high jump relay, RHS beat out Indian Hills by four inches. In the 1,600 distance medley relays, the Maroons edged past Don Bosco with a few seconds to spare.

In the 4 x 55-meter shuttle hurdle relay, Blair, Beausoleil, DeVita and InSoo Hwang combined to tie Bergen Catholic's entry with a time of 30.8 seconds, but the Crusaders leaned at the finish for the win.

"It was very tight and hard to tell," said Mullin. "We tied, but the judges' decision was to pick Bergen as the winner by a lean. They [BC] performed great, and we ran the fastest time we have in years. They are a really great team."

RHS also battled for high places in other events, finishing fifth in the 4 x 200, second in the

## INDOOR TRACK from C1

4 x 800, fourth in the sprint medley, second in the 4 x 400, seventh in the long jump relay and fourth in the triple jump relay.

"Our distances groups did well," Mullin said. "Pat Rynkowski, Levi Jennings, Steven Spreitzer, Brian Cleary and Tom Stephan all stepped up and performed well."

For the Maroon girls, their silver-medal County Relay finish featured great efforts by Kayla Polcari in the jumps, hurdles and pole vault and the shuttle hurdle team of Victoria Oliva, Hanako Shigenobu, Alex Scibetta and Sarah DeVita, which clocked 33.8 to beat out IHA for gold by 0.3 seconds.

"Kayla had a great week - she almost got Athlete of the Meet," Mullin said. "She competed in four events very well and placed high in each."

Both the RHS girls 4 x 200 and sprint medley groups placed fourth with times of 1:49.9 and 4:24.2, respectively. The 4 x 1,600 quartet of Scibetta, Shigenobu, Grayson Llerandi and Katie Martin ran to third place in 24:06.5, and the 4 x 800 relay of Llerandi, Scibetta, Haley Wodenshek and Caroline Davidson finished sixth in 10:31.2.

"The girls performed well; they were getting the places they needed to get and put pressure on IHA," said Mullin. "We only lost by 15 points, and nobody else kept it that close. IHA had to perform well to win, as our girls stepped up in multiple spots."

At Monday's league meet, the Maroon boys gained a measure of revenge against Don Bosco with a resounding 90-61 victory, while the girls team again walked away with second place behind IHA, 119-65.

The Ridgewood boys started off by running 1-2-3 in the 3,200-meters, with Rynkowski (9:42.5) and Cleary (9:42.8) setting the tempo, followed by Jennings, who came in at 9:49.5. Picking up an early 24 points, the team never faced a threat from Bosco or from Bergen Catholic and Hackensack,

## NJCC INDOOR TRACK CHAMPIONSHIPS

MONDAY AT THE ARMORY TRACK CENTER, MANHATTAN

## BOYS RESULTS

**TEAM SCORES:** 1. RIDGEWOOD (RHS), 90; 2. Don Bosco (DB), 61; 3. (tie) Bergen Catholic (BC) and Hackensack (H), 43.  
**55H:** 1. Keshon Brown (Kennedy), 7.3; 2. Eddie Blair IV (RHS), 7.6; 5. InSoo Hwang (RHS), 8.0.  
**200:** 1. Ernest Wingate (BC), 22.5; 6. InSoo Hwang (RHS), 23.1.  
**400:** 1. John Sanford (St. Joseph), 51.3; 4. Matt Grundy (RHS), 52.0; 6. InSoo Hwang (RHS), 52.6.  
**800:** 1. Billy Leonard (BC), 1:58.1; 4. Steven Spreitzer (RHS), 2:03.4; 6. Juan Llinas (RHS), 2:05.2.  
**1,600:** 1. Mike Belgiovine (DB), 4:25.3; 2. Brian Cleary (RHS), 4:32.7; 3. Pat Rynkowski (RHS), 4:33.2; 4. Levi Jennings (RHS), 4:33.5.  
**3,200:** 1. Pat Rynkowski (RHS), 9:42.5; 2. Brian Cleary (RHS), 9:42.8; 3. Levi Jennings (RHS), 9:49.5.  
**High Jump:** 1. Tommy DeVita (RHS), 6-6; 2. Yusuf Reeves (Passaic), 6-2.  
**Pole Vault:** 1. Scott Weismiller (DB), 14-0; 2. John Wisener (RHS), 13-0.  
**4x400:** 1. Teaneck, 3:27.3; 2. Bergen Catholic, 3:29.3; 3. RIDGEWOOD (Izik Gutkin, InSoo Hwang, Jon Riemer, Juan Llinas), 3:29.9.  
**4x800:** 1. Hackensack, 8:26.6; 4. RIDGEWOOD (Jon Riemer, Connor Martyn, Nick Tal, Mohamed Eid), 8:40.6.

## GIRLS RESULTS

**TEAM SCORES:** 1. Immaculate Heart (IHA), 119; 2. RIDGEWOOD (RHS), 65; 3. Clifton (C), 47; 4. Passaic County Tech (PCT), 45.  
**55H:** 1. Sarah DeVita (RHS), 8.5; 2. Emily Urciuoli (C), 18.5.  
**800:** 1. Alyssa LaGuardia (DePaul), 2:18.4; 3. Hanako Shigenobu (RHS), 2:26.0.  
**1,600:** 1. Alyssa LaGuardia (DePaul), 5:23.0; 6. Haley Wodenshek (RHS), 5:43.7.  
**3,200:** 1. Erin Thompson (IHA), 11:48.7; 5. Grayson Llerandi (RHS), 12:30.4.  
**Long Jump:** 1. Emily Urciuoli (C), 17-1.5; 4. Kayla Polcari (RHS), 16-2.  
**Triple Jump:** 1. Jalvinia Bacote (Kennedy), 36-1; 4. Kayla Polcari (RHS), 33-10.25.  
**High Jump:** 1. Ayana Ward (PCT), 5-0; 2. Sarah DeVita (RHS), 45-0; 3. Haley Roche (RHS), 45-0.  
**Pole Vault:** 1. Emily Urciuoli (C), 12-0; 2. Kayla Polcari (RHS), 11-6; 5. Mimi DeVita (RHS), 8-6.  
**4x400:** 1. IHA, 4:07.0; 2. Teaneck, 4:08.6; 3. RIDGEWOOD (Victoria Oliva, Maura Feeney, Hanako Shigenobu, Micaela McPadden), 4:11.5.  
**4x800:** 1. IHA, 10:17.3; 2. RIDGEWOOD (Alex Scibetta, Katie Martin, Caroline Davidson, Haley Wodenshek), 10:21.8.

which tied for third with 43 points apiece.

On the girls' side, the Blue Eagles and Maroons were followed by Clifton (third, 47 points) and Passaic Tech (fourth, 45).

"The league meet is different from the old NNJIL," Mullin said. "The Tri-County Conference meet is harder for us than in the past. We faced Bosco, Bergen, Hackensack, St. Joe's, Clifton and Kennedy. It was full of good teams, and we had to be at our best for the boys to win."

"Knowing they had lost to Bosco before by one point and coming back and win by 29 was a nice accomplishment for the guys," added the coach.

The RHS boys dusted their competitors toward the end of the match in the 1,600. While Don Bosco's Mike Belgiovine took first, the hardworking trio of Cleary, Rynkowski and Jennings nabbed the next three spots to

clinch the victory.

Mullin credited Cleary, Rynkowski and Jennings for the boys' success, along with DeVita (first place, 6-6) in the high jump. For the girls, Polcari, Sarah DeVita and Haley Roche excelled in their events.

Sarah DeVita and Roche each cleared 5-0 in the high jump, tying for second, and DeVita tacked on a gold-medal time of 8.5 in the 55-meter hurdles, edging out Clifton's Emily Urciuoli.

In the pole vault, Urciuoli (12-0) held off Polcari for gold, but the Ridgewood junior set a new school record in the event, trumping the mark of 11-5.75 held by her sister Ann (RHS Class of 2008). The younger Polcari vaulted 11-6, which also tied the Bergen County record.

"We came in behind a very strong IHA team that beat us pretty handily," Mullin said. "But we held our own in second, which is

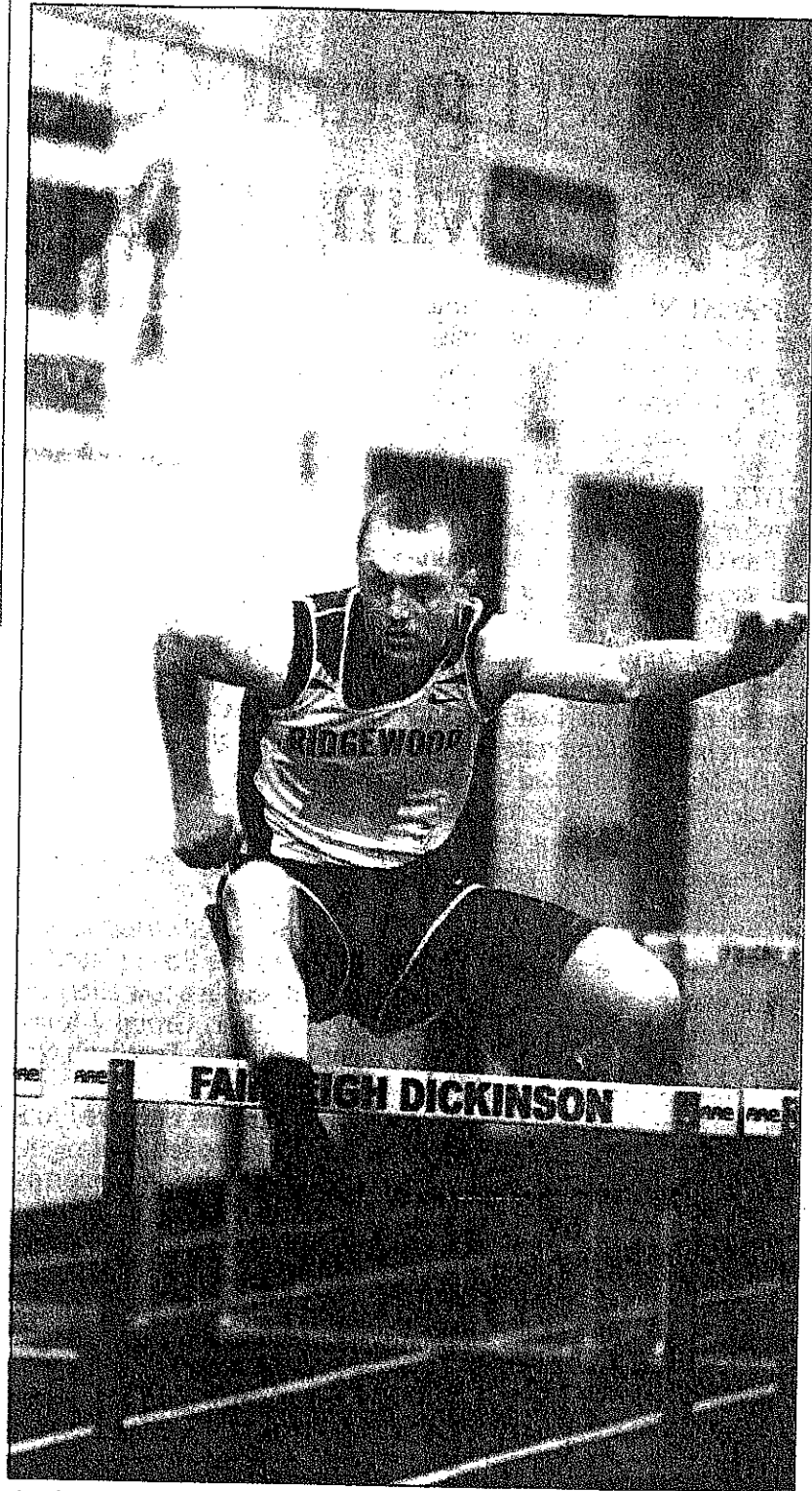
a good accomplishment. To come in second in the league and counties with only IHA besting [us] is a great accomplishment."

Both Maroon squads took part in the North 1, Group 4 state meet yesterday at the Bencott Center in Toms River, and both went in having placed third in the event last year.

"In the sectionals, I think it's going to be close with West Orange and Vernon, who we don't see very much," Mullin said on Wednesday. "It should be interesting, because you hear how good those teams are."

"For the girls, we're going to try and hold our own again," he added. "I don't know where we'll place, but the good thing is that the [Non-Publics] like IHA, Bosco and Bergen won't be there, so it'll give us a chance to break away from them for a bit."

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Junior Matt Beausoleil helped Ridgewood to a silver-medal time of 30.8 seconds in the boys 4 x 55-meter shuttle hurdles at the Bergen County Relays on Jan. 27. RHS lost that meet by one point to Don Bosco before regrouping to beat the Ironmen, 90-61, in Monday's NJTCC meet.



## State Sectionals

Thur. 2/4/10

\*\*\*\*\* Results \*\*\*\*\*

### 400m:

Boys- InSoo Hwang- 52.11 (3<sup>rd</sup>), Matt Grundy- 54.07

Girls- Micaela McPadden- 63.42 (5<sup>th</sup>)

### 1600m:

Boys- Brian Cleary- 4:28.33 (5<sup>th</sup>), Pat Rynkowski- 4:29.38, Levi Jennings- 4:30.19

Girls- Haley Woodenshek- 5:36.45, Alex Scibetta- 5:41.09,  
Katie Martin- 5:43.07

### 55m HH:

Boys- InSoo Hwang- 8.11/8.02 (4<sup>th</sup>), Eddy Blair- 8.10/7.99 (3<sup>rd</sup>),  
Sean Mattson- 8.76

Girls- Sarah DeVita- 9.20/8.72 (3<sup>rd</sup>), Victoria Oliva- 9.75

### 800m:

Boys- Steven Sprietzer- 2:05.56, Juan Llinas- 2:06.99, Tom Stephen- 2:05.41

Girls- Hanako Shigenobu- 2:25.95 (3<sup>rd</sup>), Caroline Davidson- 2:34.12

### 55m:

Boys- Richardson Dudley- 7.04, Eddy Blair- 7.24

Girls- Maura Feeney- 8.01

### 3200m:

Boys- Brian Cleary- 9:55.09, Pat Rynkowski- 9:45.31 (5<sup>th</sup>),  
Levi Jennings- 9:50.40 (6<sup>th</sup>)

Girls- Grayson Llerandi- 12:21.55

### 4 x 400m:

Boys- Matt Grundy, Sean Matson, Juan Llinas, InSoo Hwang  
3:32.59 (3<sup>rd</sup>).... 52.9 53.2 54.2 52.2

Girls- Victoria Oliva, Maura Feeney, Micaela McPadden, Hanako Shigenobu  
4:17.14 (4<sup>th</sup>)... 64.8 65.4 63.8 63.0

**Pole Vault:**

Boys- John Wisener- 13'0" (1<sup>st</sup>)

Girls- Kayla Polcari- 11'6" (1<sup>st</sup>), Mimi DeVita- 9'0" (6<sup>th</sup>)

**High Jump:**

Boys- Tom DeVita- 6'6" (1<sup>st</sup>), Matt Beausoliel- NH

Girls- Haley Roche- 4'8" (5<sup>th</sup>), Sarah DeVita- 5'0" (1<sup>st</sup>)

**Comments:**

Girls came in 2<sup>nd</sup>, boys in 3<sup>rd</sup>. It was a nice end to the "team" portion of our season. You guys have proven to be one of the best around!!! Great job and let's continue to improve on our personal goals!

## NORTH 1, GROUP 4 INDOOR TRACK CHAMPIONSHIPS

# Maroons soar to new heights

*DeVita siblings bring home high jump gold; Wisener, Polcari win titles in pole vault*

BY GREG TARTAGLIA

Assistant Sports Editor

TOMS RIVER — You don't have to be named DeVita to excel at jumping and vaulting for the Ridgewood High School indoor track and field teams. The names Polcari and Wisener will get you clearance for takeoff as well.

At the North 1, Group 4 state championships on Feb. 4, RHS swept the high jump and pole vault titles at the Bennett Center, earning 13 medals in all and qualifying 19 athletes for the snow-delayed Group 4 state finals on Feb. 20. The Maroon boys scored 47 points to place third behind West Orange (80) and Randolph (49) in the team standings, while the Ridgewood girls finished runner-up to Randolph, 105-41.5.

Senior Tommy DeVita cleared 6-foot-6 to garner gold in the boys high jump, while younger sister Sarah DeVita, a junior, won the girls high jump with a height of 5-0. Sarah added a bronze medal by clocking 8.72 seconds in the 55-meter hurdles, and the youngest member of the DeVita clan, freshman Mimi, cleared 9-0 to take sixth in the girls pole vault.

"They're certainly a huge asset

to our program," Ridgewood head coach Mike Mullin said of the DeVitas. "Their attitudes are just fantastic — they're good leaders and great teammates."

Tommy DeVita already holds the RHS boys record in his bread-and-butter event, having high jumped 6-8 this past December. "He actually went for 6-9 at the state-sectionals," noted Mullin. "He went up from 6-6 after he had it won, because he wanted to better his best."

The sectional meet also may have stirred up some sibling rivalry in another household. Junior

Kayla Polcari cleared 11-6 to win the girls pole vault, equating a program record she set at the Feb. 1st NJTCC championships, where she eclipsed the mark of 11-5.75 held by her older sister Ann (now a sophomore vaulter at Notre Dame).

Yet after finishing runner-up to Clifton's Emily Urciuoli at the league meet, Polcari came back to defeat the senior standout at sectionals by six inches.

"Kayla's getting a little bit more confident each time out," said Mullin. "She had a nice jump the other night at 12 feet and just

missed [clearing the bar], so she's getting there."

Senior John Wisener completed the Maroons' pole vault sweep with a winning height of 13-0. He actually finished tied with Randolph senior Ali Hashemi but prevailed in a jump-off.

"He's hit 13 a couple of times, and he feels pretty good about the vault," Mullin said of Wisener. "It was a nice accomplishment for him to win that."

The Ridgewood boys also came away with a trio of bronze medals.

See INDOOR TRACK, page C5

## NORTH 1, GROUP 4 STATE CHAMPIONSHIPS

FEB. 4 AT BENNETT INDOOR TRACK CENTER, TOMS RIVER

### BOYS RESULTS

**TEAM SCORES:** 1. West Orange (WO), 80; 2. Randolph (RAN), 49; 3. RIDGEWOOD (RHS), 47.

**55H:** 1. Keshon Brown (Kennedy), 7.56; 3. Eddie Blair IV (RHS), 7.99; 4. InSoo Hwang (RHS), 8.02.

**400:** 1. Floyd Morgan (WO), 51.26; 3. InSoo Hwang (RHS), 52.11; 10. Matt Grundy (RHS), 54.07.

**800:** 1. Jared Mason (WO), 2:01.09; 12. Tom Stephan (RHS), 2:05.41; 13. Steven Spreitzer (RHS), 2:05.56; 18. Juan Llinas (RHS), 2:06.99.

**1,600:** 1. Curtis Richburg (WO), 4:14.43; 5. Brian Cleary (RHS), 4:28.33; 7. Pat Rynkowski (RHS), 4:29.38; 8. Levi Jennings (RHS), 4:30.19.

**3,200:** 1. Curtis Richburg (WO), 9:32.53; 5. Pat Rynkowski (RHS), 9:45.31; 6. Levi Jennings (RHS), 9:50.40; 7. Brian Cleary (RHS), 9:55.09.

**High Jump:** 1. Tommy DeVita (RHS), 6-6; 2. Jose Veras (Dickinson), 6-2.

**Pole Vault:** 1. John Wisener (RHS), 13-0; 2. Ali Hashemi (RAN), 11-0.

**4x400:** 1. Randolph, 3:30.31; 3. RIDGEWOOD (Matt Grundy, Sean Mattson, Juan Llinas, InSoo Hwang), 3:32.59.

### GIRLS RESULTS

**TEAM SCORES:** 1. Randolph (RAN), 105; 2. RIDGEWOOD (RHS), 41.5; 3. Passaic County Tech (PCT), 34.

**55H:** 1. Jaiviria Bacote (Kennedy), 8.56; 3. Sarah DeVita (RHS), 8.72.

**400:** 1. Amber Allen (PCT), 57.19; 5. Micaela McPadden (RHS), 1:03.42.

**800:** 1. Samantha Jones (RAN), 2:25.16; 3. Hanako Shigenobu (RHS), 2:25.95; 6. Caroline Davidson (RHS), 2:34.12.

**1,600:** 1. Joelle Amaral (RAN), 4:57.16; 8. Haley Wodenshek (RHS), 5:36.45; 9. Alex Scibetta (RHS), 5:41.09; 10. Katie Martin (RHS), 5:43.07.

**3,200:** 1. Joelle Amaral (RAN), 10:57.25; 7. Grayson Llerandi (RHS), 12:21.55.

**High Jump:** 1. Sarah DeVita (RHS), 5-0; 5. (tie) Haley Roche (RHS) and Emily Urciuoli (Clifton), 4-8.

**Pole Vault:** 1. Kayla Polcari (RHS), 11-6; 6. Mimi DeVita (RHS), 9-0.

**4x400:** 1. PCT, 4:09.77; 4. RIDGEWOOD (Victoria Oliva, Maura Feeney, Hanako Shigenobu, Micaela McPadden), 4:17.14.

**INDOOR TRACK from C2**

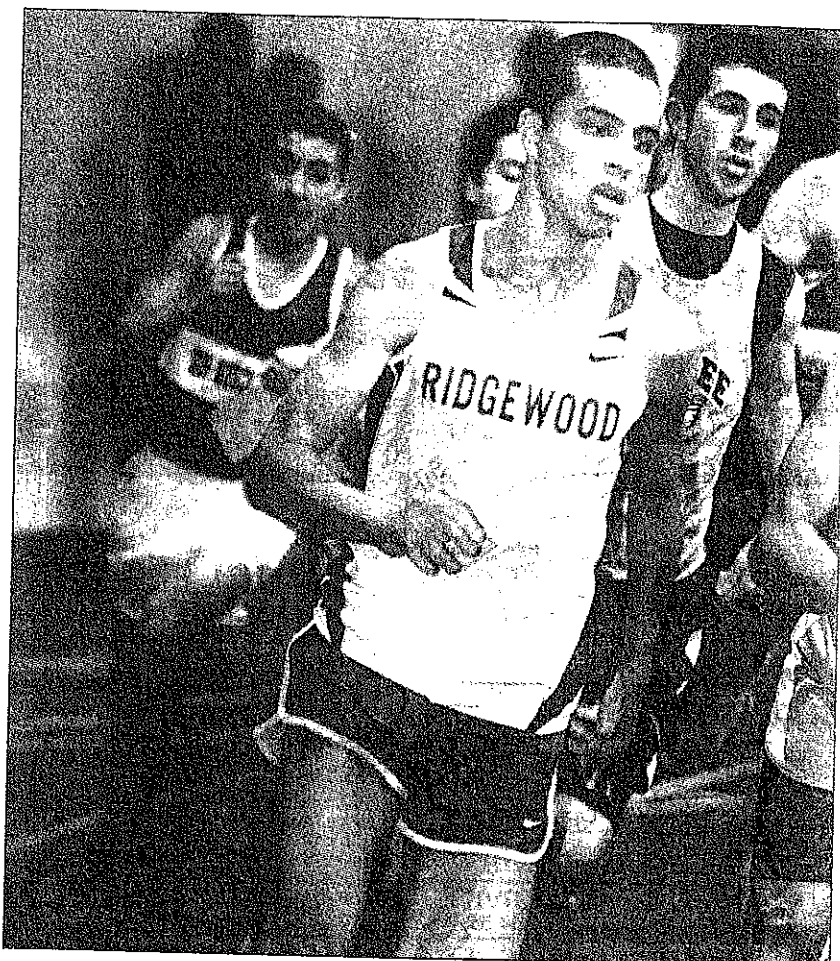
Eddie Blair IV ran a third-place 7.99 in the 55-meter hurdles, and InSoo Hwang took third in the 400 (52.11) and anchored the Maroons' 4 x 400 relay squad to third, combining with Matt Grundy, Sean Mattson and Juan Llinas for a time of 3:32.59. Hwang finished fourth in the 55 hurdles (8.02) as well.

The team also continued showcasing its prowess in the distances, as Brian Cleary, Pat Rynkowski and Levi Jennings ran 5-7-8 in the 1,600 meters, and Rynkowski led a 5-6-7 finish in the 3,200.

In the girls 800, Hanako Shigenobu clocked 2:25.95 to give RHS another bronze, while Caroline Davidson (2:34.12) placed sixth in the race to advance to the Group 4 meet.

Freshman Micaela McPadden came home fifth in the 400 (1:03.42) and teamed up with Shigenobu, Victoria Oliva and Maura Feeney to produce a fourth-place 4:17.14 in the 4 x 400. Haley Roche added points for Ridgewood in the high jump, clearing 4-8 to tie Urciuoli for fifth.

Next up for the Maroons are the Bergen County individual championships at The Armory in Manhattan, which take place Monday morning starting at 9. The meet includes a pentathlon,



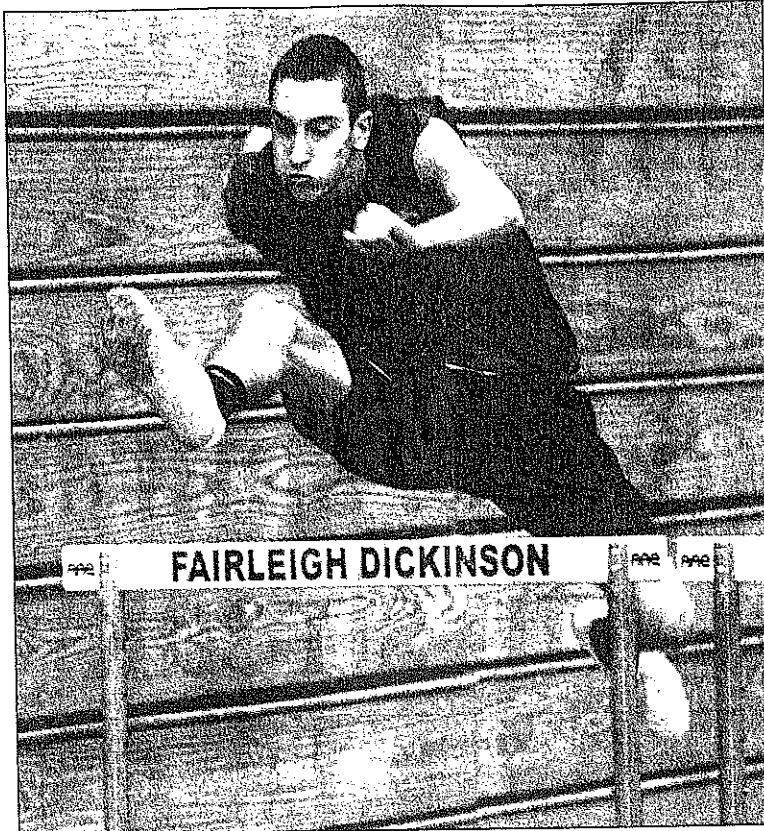
PHOTO/JIM CLARKE

Junior middle-distance runner Juan Llinas was part of the Ridgewood boys 4 x 400 relay squad that earned a bronze medal at the North 1, Group 4 state meet on Feb. 4.

in which RHS anticipates having two entrants - Sarah DeVita earned a silver medal in the girls competition last year, while junior Matt Beausoleil is expected to try

the boys pentathlon for the first time.

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PHOTOS/JIM CLARK

Ridgewood High School's DeVita siblings - from left, freshman Mimi, senior Tommy and junior Sarah - all had a hand in the Maroons' scoring at the North 1, Group 4 state indoor track meet on Feb. 4. Tommy won a gold medal in the high jump to help the RHS boys place third, while Sarah earned high jump gold and Mimi medaled in the pole vault to boost the Maroon girls to a second-place finish.

# Ridgewood duo set records

BY TIM LEONARD  
AFFAIR WRITER

TOMS RIVER — It was easy to find a Ridgewood athlete at the North 1, Group 4 indoor track championships. All you had to do was look up.

There were Maroons flying higher than anyone at the Bennett Center on Thursday. Ridgewood boys and girls took first place in both the pole vault and the high jump, setting new meet records in the process.

Those results helped lead the Maroons to a second-place finish in the girls' competition and a third-place finish for the boys. The Ridgewood boys scored 47 points. West Orange was the boys champion with 80 points. The Ridgewood girls finished with 41½ points, well behind Randolph, which won the title with 105

## INDOOR TRACK NORTH 1, GROUP 4

points. Passaic Tech (34) and Clifton (26½) came in third and fourth, respectively.

The top six finishers in each event advanced to the State group finals on Feb. 14 at the Bennett Center.

"All of us are super-dedicated. We practice every day like it's a meet," Ridgewood junior pole vaulter Kayla Polcari said. "There's a lot of internal support."

Polcari was able to clear 11 feet 6 inches on her first attempt, breaking the group record that was shared by her sister, Ann. She scraped the bar as she went over it, but it bobbed up and down a few times before steadying as Polcari watched hopefully

from the landing pad. Emily Urciuoli of Clifton, who also had a share of the record, finished second at 11-0, more than a foot below her Passaic County record.

John Wisener won the boys pole vault in a jump-off, clearing 13 feet in fewer attempts to decide the event. That broke a record that was shared by George Mena of Clifton, who cleared 12-6 in 2008.

Both high jump medals were going to the same house. Tommy DeVita won the boys event by clearing 6-6, tying the record set by Marcos McKenzie of Eastside in 2008. Sarah DeVita took the girls event with a jump of 5-0, tying a record equaled by Brittney Kilkeny of North Bergen in 2009. Their younger sister, Mimi, took sixth in the pole vault.

"We always come in knowing

we're one of the best teams and trying to compete at that level," Tommy DeVita said. "It's nice that we can have two people be among the elite in their events."

Kennedy also swept an event, winning both of the 55 hurdles races. Keshon Brown edged Josh Major of West Orange to win the boys 55 hurdles in 7.56. Jaivairia Bacote won the girls race in 8.56.

Amber Allen of Passaic Tech had one of the top individual performances of the day. Allen won the 55-meter dash and the 400, coming back later to contribute to PCT's first-place finish in the 1,600 relay. Allen doesn't normally compete in the 55, but won the event in 7.53 seconds, edging Julisa Isom of Kennedy, who ran 7.54. Allen will run the 400 and the relay at the State Group 4 meet.

**Varsity Classic**

Mon. 2/8/10

\*\*\*\*\* Results \*\*\*\*\*

**55m HH:**

Boys- Eddy Blair 7.9/7.6, Sean Mattson- 8.2, Matt Beauloseil- 8.1

Girls- Sarah DeVita- 8.6/8.6, Victoria Oliva- 9.4, Kayla Polcari- 9.6

**55m dash:**

Boys- Richardson Dudley- 6.9

Girls- Maura Feeney- 7.8

**DM (1200-400-800-1600):**

Boys- Pat Rynkowski, InSoo Hwang, Steve Sprietzer, Brian Cleary  
10:45.7..... 3:20.6 51.3 2:05.5 4:28.3

**800m:**

Boys- Mohamed Eid- 2:09.6, Nick Tai- 2:09.3

Girls- Hanako Shigenobu- 2:29.3, Katie Martin- 2:37.1

**400m:**

Boys- Matt Grundy- 54.2, Jon Riemer- 53.3

Girls- Micaela McPadden- 62.3

**4 x 800m:**

Boys- Tom Stephan, Juan Llinas, Connor Martyn, Levi Jennings  
8:16.4..... 2:02.9 2:01.9 2:07.1 2:04.5

Girls- Alex Scibetta, Caroline Davidson, Grayson Llerandi, Haley Woodenshek  
10:22.2... 2:35.0 2:30.7 2:42.8 2:33.7

**200m:**

Boys- Eddie Blair- 23.5, Sean Matson- 24.1, Matt Beausoleil- 23.5

**4 x 400m:**

Boys- Matt Grundy, Juan Llinas, Jon Riemer, InSoo Hwang  
3:28.7 (1<sup>st</sup>)..... 52.9 53.3 51.3 51.1

Girls- Victoria Oliva, Maura Feeney, Micaela McPadden, Hanako Shigenobu  
4:11.1.... 62.8 63.1 62.7 62.6

**High Jump:**

Boys- Tom DeVita- 6'6" (2<sup>nd</sup>)

Girls- Sarah DeVita- NH, Haley Roche- NH

**Pole Vault:**

Girls- Kayla Polcari- 11'6" (2<sup>nd</sup>)

**Comments:**

A very high-powered meet. Special congrats to all who placed!!! They are:  
The boys 4 x 400 (Matt G, Juan L, Jon R, InSoo H), Tommy D in the HJ and Kayla P in  
the PV. Great job!!!



Counties

Monday 2/15/10

\*\*\*\*\* Results \*\*\*\*\*

55m:

Boys- Richardson Dudley- 6.8, Matt Grundy- 6.9, Eddie Blair- 6.8

55m HH:

Boys- Eddie Blair- 8.1/8.1/7.9 (3<sup>rd</sup>), InSoo Hwang- 8.1/7.8/7.7 (1<sup>st</sup>)  
Sean Matson- 8.4

Girls- Victoria Oliva- 9.4/9.4

600m:

Boys- Juan Llinas- 1:26.9 (4<sup>th</sup>), Ion Riemer- 1:28.5 (5<sup>th</sup>), Nick Tai- 1:31.2

1600m:

Boys-

Varsity- Brian Cleary- 4:28.5 (1<sup>st</sup>), Pat Rynkowski- 4:31.3 (6<sup>th</sup>),  
Levi Jennings- 4:31.1 (5<sup>th</sup>), Steve Spretzer- 4:35.8

Novice- Alex Sarapo- 5:07.9

Frosh- Shota Kagai- 5:27.5, Graham Jones- 5:48.0

Girls-

Varsity- Katie Martin- 5:43.8

Novice- Okuchi Onwubu- 6:27.8 (1<sup>st</sup>)

400m:

Boys- Sean Martin- 53.1, InHo Hwang- 55.9

Girls- Micaela McPadden- 61.4, Victoria Oliva- 62.8

300m:

Boys-

Varsity- InSoo Hwang- 35.8 (3<sup>rd</sup>) \*\*\* *NEW SCHOOL RECORD* \*\*\*

Novice- Kevin Lai- 38.2 (1<sup>st</sup>), Nick Tai- 39.6 (4<sup>th</sup>), InHo Hwang- 39.7 (5<sup>th</sup>),  
AJ Manderano- 40.8, Kyle Ransom- 42.3, Chris Steinacher- 39.8,  
Alex Quartaro- 40.9, Jamie Eliya- 45.9

Frosh- Dominic Ok- 43.5, Rob Smith- 47.4

Girls-  
Novice- Ilana Brown- 50.1

Frosh- Ana Caffery- 49.3

**800m:**

Boys- Tom Stephen- 2:03.8, Connor Martyn- 2:11.1, Mohammed Eid- 2:11.5

Girls- Caroline Davidson- 2:33.7

**4 x 400m:**

Boys-

Varsity- Matt Grundy, Juan Llinas, Jon Riemer, InSoo Hwang  
3:26.1 (3<sup>rd</sup>) .... 51.3 52.2 51.9 50.8

Frosh- Shota Kagai, Graham Jones, Dominic Ok, Rob Smith  
4:23.9 (3<sup>rd</sup>) .... 63.6 67.9 63.8 68.6

**High Jump:**

Boys- Tommy DeVita- 6'4" (1<sup>st</sup>)

Girls- Haley Roche- 4'8"

**Long Jump:**

Boys- Richardson Dudley- 20'1/4" (6<sup>th</sup>)

**Triple Jump:**

Girls- Kayla Polcari- 32'11 1/2" (5<sup>th</sup>)

**Pole Vault:**

Boys- John Wisener- 13'0" (3<sup>rd</sup>)

Girls- Kayla Polcari- 12'0" (1<sup>st</sup>) \*\*\* NEW SCHOOL AND COUNTY RECORD!! \*\*,  
Mimi DeVita- 8'6"

**Pentathlon:**

Boys-

Matt Beausoleil- 55m HH- 8.1, Shot put- 29'0", HJ- 5'6", LJ- 17'2", 1000m- 3:17.4  
TOTAL= 2550 PTS (5<sup>TH</sup>)

Girls-

Sarah DeVita- 55m HH- 8.7, Shot put- 24'6 1/2", HJ- 5'0", LJ- 15'10 1/2", 800m- 2:38.5  
TOTAL= 2873 PTS (1<sup>ST</sup>)

**COMMENTS:** Nice job! Special congrats to InSoo and Kayla for breaking records!!!

# BERGEN INDOOR TRACK CHAMPIONSHIPS

## AT THE ARMORY TRACK CENTER, N.Y. BOYS

**55:** 1. Andrew Sargeant, Englewood, 6.4; 2. Zadique White, Teaneck, 6.4; 3. Al Artesona, Glen Rock, 6.5; 4. Tarique Gray, Bergen Catholic, 6.6; 5. Darrayan Miles, Teaneck, 6.6; 6. Ernest Wingate, Bergen Catholic, 6.6.

**55 HH:** 1. In Soo Hwang, Ridgewood, 7.7; 2. Ernest Wingate, Bergen Catholic, 7.7; 3. Edward Blair IV, Ridgewood, 7.8; 4. Kevin Kuruc, Ramsey, 8.1; 5. John Porteous, Wood-Ridge, 8.2; 6. Nick Picache, Northern Highlands, 8.3.

**300:** 1. Kevin Condal, Hasbrouck Heights, 34.6; 2. Elijah Holder, Bergenfield, 35.4; 3. Andrew Sargeant, Englewood, 35.8; 4. In Soo Hwang, Ridgewood, 35.8; 5. Casey Pleasants, Teaneck, 36.5; 6. John Hernandez, Englewood, 36.8.

**400:** 1. John Sanford, St. Joseph Regional and Brandon Gregory, Old Tappan (tie), 50.2; 3. Damien Elliott, Teaneck, 50.9; 4. Max Linden, Pascack Valley, 51.9; 5. Andre Williams, Englewood, 52.0; 6. Morgan Reilly, Westwood, 52.2.

**600:** 1. Mark Filandro, Indian Hills, 1:20.1; 2. Billy Leonard, Bergen Catholic, 1:20.9; 3. Warren Fields, Teaneck, 1:26.1; 4. Gavin Davis, Rutherford, 1:26.7; 5. Juan Llinas, Ridgewood, 1:27.0; 6. David Stillings, Don Bosco, 1:27.8.

**800:** 1. Joel Douglas, Hackensack, 1:59.3; 2. Luke Nowicki, Pascack Valley, 1:59.9; 3. Anthony DeFilippis, Bergen Catholic, 2:03.0; 4. Chris Eltringham, Ramsey, 2:03.1; 5. Lucas Hall, Pascack Valley, 2:03.4; 6. Erik Moutenot, Mahwah, 2:03.5.

**1,000:** 1. Mike Belgiovine, Don Bosco, 2:32.4; 2. Matiss Batarags, Northern Highlands, 2:36.9; 3. James Haggerty, River Dell, 2:37.8; 4. Rafael Vargas, Don Bosco, 2:38.5; 5. Andreas Kellas, Bergen Tech, 2:40.1; 6. Nick Ward, Indian Hills, 2:40.5.

**1,600:** 1. Brian Cleary, Ridgewood, 4:28.6; 2. Brad Paternostro, Ramapo, 4:30.6; 3. Howie Rosas, Don Bosco, 4:31.1; 4. Levi Jennings, Ridgewood, 4:31.2; 5. Phelan McCormick, Don Bosco, 4:31.3; 6. Pat Rynkowski, Ridgewood, 4:31.5.

**3,200:** 1. John Dugan, Ramsey, 9:54.6; 2. Louie Schiedeler, Westwood, 9:58.7; 3. Brandon Baxter, Don Bosco, 10:06.2; 4. Elvis Durakovic, Ridgefield Park, 10:12.8; 5. Mike Obsuth, Fair Lawn, 10:17.5; 6. Brian Feliciano, Paramus Catholic, 10:30.0.

**Shot put:** 1. Marquise Wright, Paramus Catholic, 54-13/4; 2. Patrick Cole, Hasbrouck Heights, 54-0; 3. Stephen Mozia, Hackensack, 53-1; 4. John Farelli, River Dell, 50-2/2; 5. Tim Byrne, Don Bosco, 50-1; 6. Mike Laubauskas, Indian Hills, 49-4.

**High jump:** 1. Tommy DeVita, Ridgewood, 6-4; 2. Greg Hazell, Don Bosco, 6-0; 3. Earvin Paul, Paramus Catholic, 5-10; 4. Sammy Roberts, Mahwah, 5-10; 5.

Laurence Ridgwell, Northern Highlands, 5-8; 6. Chris Soltys, Fair Lawn, 5-8.

**Long jump:** 1. John Porteous, Wood-Ridge, 21-10/2; 2. Phillip Dowell, Englewood, 21-13/4; 3. Angel Lora, Garfield, 21-0/2; 4. Conroy Walker, Hackensack, 20-4/4; 5. Leacroft Nunes, Garfield, 20-2/2; 6. Rich Dudley, Ridgewood, 20-0/4.

**Triple jump:** 1. Greg Hazell, Don Bosco, 45-2/4; 2. John Porteous, Wood-Ridge, 44-4/2; 3. Phillip Dowell, Englewood, 44-4/4; 4. Angel Lora, Garfield, 43-10/2; 5. Colin Cunningham, Englewood, 43-8/2; 6. Bryan Murphy, Teaneck, 43-5.

**Pole vault:** 1. Scott Weismiller, Don Bosco, 14-0; 2. Richie Cannici, Hasbrouck Heights, 13-6; 3. John Wisener, Ridgewood, 13-0; 4. Juan Andres Giglio, Ridgefield Park, 13-0; 5. Yaniv Sofer, Demarest, 12-6; 6. Brad Hoey, River Dell, 12-6.

**4-x-400 relay:** 1. Bergen Catholic (Ernest Wingate, Tarique Gray, D.J. Dixon, Billy Leonard), 3:23.2 (Bergen County record, old record, 3:24.40 by Bergen Catholic, 2010); 2. Teaneck, 3:23.9; 3. Ridgewood, 3:26.1; 4. Englewood, 3:28.0; 5. Don Bosco, 3:32.1; 6. St. Joseph Regional, 3:34.3.

**Pentathlon:** 1. Corey Crawford, Indian Hills, 3,236 points (8.9 HH; 37-6/2 SP; 6-4 HJ; 20-7 LJ; 2:53.3 1,000); 2. Sean Deagnon, Demarest, 2,777; 3. Ryan Walsh, Don Bosco, 2,749; 4. Kevin Connelly, River Dell, 2,614; 5. Matt Beausoleil, Ridgewood, 2,550; 6. Brian Psota, Ramsey, 2,465.

## GIRLS

**55:** 1. Myasia Jacobs, Paramus Cath., 6.8; 2. Bryanna Knight, Paramus Cath., 7.0; 3. Kim Nagotko, Mahwah, 7.4; 4. Casey Perez, Holy Angels, 7.5; 5. Jen Pash, IHA, 7.5; 6. Serenity Martin, IHA, 7.5.

**55 HH:** 1. Mel Lewis, Mid. Park, 8.5; 2. Steph Carnevale, River Dell, 8.7; 3. Tiffany Evangelou, IHA, 8.9; 4. Gina Carlino, IHA, 9.3; 5. Jen Capone, IHA, 9.4; 6. Mary Elizabeth Pfund, Tenafly, 9.4.

**300:** 1. Bryanna Knight, Paramus Catholic, 41.5; 2. Colleen Murphy, Westwood, 41.5; 3. Kim Nagotko, Mahwah, 42.8; 4. Kelsley Broomfield, Holy Angels, 42.8; 5. Michelle Cascio, Westwood, 43.4; 6. Jade Toote, N. Milford, 43.7.

**400:** 1. Myasia Jacobs, Paramus Catholic, 58.4; 2. Michelle McCourt, IHA, 60.0; 3. Jen Pash, IHA, 60.7; 4. Victoria Mold, Mahwah, 60.9; 5. Jenn Nass, Hasbrouck Heights, 61.1; 6. Micaela McPadden, Ridgewood, 61.4.

**600:** 1. Jenni Zymet, Paramus, 1:34.9; 2. Nancie Sophias, F. Lee, 1:42.1; 3. Allison Torsiglieri, Tenafly, 1:42.3; 4. Gabby Sloezen, Westwood, 1:43.3; 5. tie between Catherine McQuade, River Dell and Michelle Okereke, Bergen Tech, 1:45.8.

**800:** 1. Sharon O'Reilly, Old Tappan, 2:27.5; 2. Maureen Crimmins, Holy An-

gels, 2:28.1; 3. Meghan Kocher, Westwood, 2:28.5; 4. Sam Cannillo, Pas. Val., 2:30.0; 5. Alex Arnold, Rutherford, 2:31.3; 6. Jen Molke, Holy Angels, 2:31.7.

**1,000:** 1. Julieanne Fontana, Pascack Hills, 3:04.2; 2. Justine Schnell, Northern Highlands, 3:07.6; 3. Katie Sylvester, Holy Angels, 3:19.2; 4. Christina Yambao, New Milford, 3:27.1; 5. Ashley Ramdin, Cliffside Park, 3:27.1; 6. Taylor Regan, Dumont, 3:45.3.

**1,600:** 1. Alexandra Clinton, Ramsey, 5:13.2; 2. Julie Sinkovitz, IHA, 5:14.4; 3. Maggie Loudon, Old Tappan, 5:19.5; 4. Jenny Deblasio, Paramus Catholic, 5:27.8; 5. Jen Molke, Holy Angels, 5:28.6; 6. Rachel Lotterman, IHA, 5:29.2.

**3,200:** 1. Teresa Gagliostro, Westwood, 11:29.6; 2. Emily Dunne, Holy Angels, 11:29.8; 3. Erin Thompson, IHA, 11:54.6; 4. Chelsea Gordon, Bergen Tech, 11:58.2; 5. Sarah Hyman, River Dell, 11:58.9; 6. Katie Hitchen, No. Highlands, 12:09.8.

**Shot put:** 1. Kathryn Hirsch, Demarest, 44-10; 2. Apresha Hampton, Teaneck, 42-1/2; 3. Olivia Wade, Paramus Catholic, 40-1; 4. Theresa Picciallo, IHA, 39-9/4; 5. Ashley Sims, Paramus Catholic, 38-4; 6. Aretah Ettarh, Fort Lee, 37-7/2.

**High jump:** 1. Dairdre Kane, Rutherford, 5-0; 2. Steph Encarnacion, Ridgefield Park, 5-0; 3. Haley Roche, Ridgewood, 4-8; 4. Jen Capone, IHA, 4-8; 5. Meghan Doian, Demarest, 4-8; 6. Macy Schwartz, Mahwah, 4-6.

**Long jump:** 1. Danna Wasserman, Demarest, 17-8/4; 2. Shaena Wizzard, Teaneck, 17-0/4; 3. Gina Carlino, IHA, 16-8; 4. Tiffany Evangelou, IHA, 15-8/4; 5. Steph Carnevale, River Dell, 15-5/2; 6. Brianna Setnitzky, Pascack Hills, 15-5.

**Triple jump:** 1. Shaena Wizzard, Teaneck, 35-7/2; 2. Tiffany Evangelou, IHA, 34-5/4; 3. Jen Capone, IHA, 33-6/4; 4. Steph Encarnacion, Ridgefield Park, 33-5/2; 5. Kayla Polcari, Ridgewood, 32-11/2; 6. Melissa Esposito, Saddle Brook, 32-4.

**Pole vault:** 1. Kayla Polcari, Ridgewood, 12-0 (Bergen County record, old record, 11-8/2 by Michelle Favre, Saddle Brook, 2009); 2. Chelsea Hartigan, Ramapo, 11-0; 3. Giana Abballe, Old Tappan, 10-0; 4. Carolyn Edler, Mahwah, 10-0; 5. Melinda Rothman, Mahwah, 9-6; 6. Hillary Felice, River Dell, 9-0.

**4-x-400 relay:** 1. IHA (Jen Pash, Michelle McCourt, Serenity Martin, Julie Sinkovitz), 4:02.3; 2. Westwood, 4:08.1; 3. Teaneck, 4:09.1; 4. Paramus Catholic, 4:13.8; 5. River Dell, 4:15.1; 6. Hasbrouck Heights, 4:19.1.

**Pentathlon:** 1. Sarah DeVita, Ridgewood, 2,873 points (8.7 HH; 24-6/2 SP; 5-0 HJ; 15-10/2 LJ; 2:38.5 800); 2. Christine Spoilka, Old Tappan, 2,604; 3. Taylor Clarkson, Indian Hills, 2,591; 4. Rachel Pena, Ridgefield Park, 2,512; 5. Brielle Sutter, Saddle Brook, 2,296; 6. Breonah Toon, Demarest, 2,157.

# Ridgewood's Polcari sets mark

## Pole vaulter clears 12 feet in victory

By PAUL SCHWARTZ  
STAFF WRITER

NEW YORK — It would have been the perfect time to panic.

Ridgewood pole vaulter Kayla Polcari had missed twice at 10 feet, 6 inches and the junior seemed on the verge of finishing third in the Bergen County championships Monday at the Armory Track Center.

With the State Group 4 meet on Saturday, no one would have been surprised if Polcari had missed her third try, packed up her poles and started fresh five days later.

But Polcari is not that type of competitor.

She adjusted the standards on the pole vault pit, moving them forward because her vaults were high but not deep into the landing area. She made 10-6.11 feet, then 11-6 on her second attempt at it to win the event, and then really got to work.

She easily cleared 11-9 on her first attempt, setting the Bergen County indoor pole vault mark and then became just the third New Jersey girl this season to clear 12 feet. After three attempts at 12-4, Polcari was suddenly a contender not just to win Group 4 on Saturday, but possibly the State championship on Feb. 27.

"I'm completely excited about what happened today," said Polcari, whose performance was one of the highlights of one of the best Bergen indoor championships. "My goal has been to be able to compete with the top dogs in the event and now maybe I believe that I can."

Polcari upset defending champion Emily Urciuoli of Clifton, the defending outdoor State Meet of Champions titlist at last week's Group 4 sectional, but knows that it won't be easy to do it again.

"She's such a great vaulter," said Polcari. "And she was doing so many events that day."

So usually, does Indian Hills senior Mark Filandro — at Satur-

## BERGEN COUNTY INDOOR TRACK CHAMPIONSHIPS

the 400 and 800 and anchored the winning relay.

But Monday, he tried something new, the 600 meters and missed the Bergen County record by just one-tenth of a second, outracing Billy Leonard of Bergen Catholic and running 1:20.1, the third-fastest 600 time in the nation this year. Leonard ran 1:20.9, the seventh-best time in the U.S. and later anchored Bergen Catholic's 4-x-400 team to a Bergen County record 3:23.2, the seventh-best time in the nation this winter.

"I'd never run the race before and it's really a hard race to run," said Filandro, who came within a tenth of a second of the 400 record a week ago. "I tried to go through the 200 in between 26 and 27 seconds, the 400 in 53 and then just try and finish. Having [Leonard] there really helped me because I love to chase and he made me chase. But I'll be glad to get back to the 400 and 800 again Saturday."

Demarest sophomore Kathryn Hirsch came within an inch of the meet record, throwing 44-10 to win the girls shot in a meet that matched seven of the state's top 12 throwers. The throw was ranked No. 6 in the nation this year and the only throwers ahead of Hirsch are all seniors.

"It felt like a normal throw when I let it go," said Hirsch, who had a previous best of 42-11 $\frac{1}{4}$ . "Then I heard Turk [Demarest coach Mike Theuerkauf] yelling 'stay in' and I tried extra hard not to fall out of the circle."

But Hirsch knows that a win Monday does not guarantee a State group title — as both Apresha Hampton of Teaneck and Alana Pantale of Wayne Valley, the No. 2- and No. 3-ranked throwers in New Jersey, are both in her group for Saturday morning.

"I have to stay consistent," said Hirsch. "I know they're right there with me."

BERGEN COUNTY INDOOR TRACK

# Polcari, DeVita lead Maroons' gold rush

BY JUSTIN STOFKOPER  
Correspondent

The Ridgewood High School indoor track and field teams had plenty of star power at the Monday's Bergen County individual championships, but it was two girls in particular that shined the brightest.

Monday at The Armory Track Center in Manhattan, juniors Kayla Polcari and Sarah DeVita led a Maroons squad that saw one relay team and 10 individuals place in the top three across eight different varsity events.

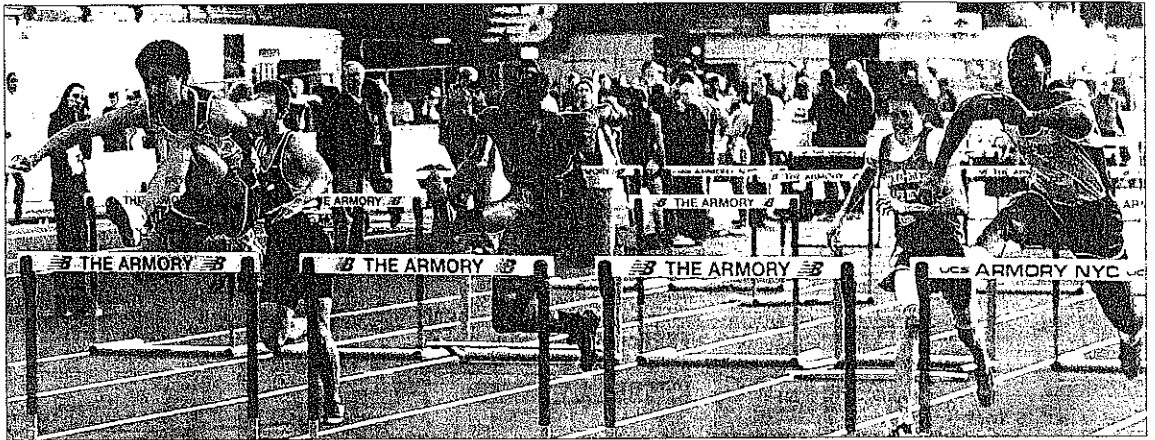
"They're both great kids," said a proud Ridgewood head coach Mike Mullin. "They're hard workers, and they go above and beyond every practice and every competition."

Polcari, competing in the girls pole vault, literally went "above and beyond," by breaking her own school record while also setting the all-time County mark by clearing 12 feet. She admitted to being "completely excited" about her day, and with the Group 4 State championships set for tomorrow in Toms River, she may be on to something.

When the competition gets underway at 4 p.m. at the Bennett Center, Polcari figures to be one of the favorites after becoming just the third New Jersey girl this season to clear the 12-foot mark.

"I still feel like there is a lot to improve on," said Polcari, who also placed fifth in the triple jump (32-11.5) on Monday. "My form could be better. I could always drop my head and shoulders a little more to get myself as inverted as possible. My ultimate goal would be 13 feet — to clear that in high school would be amazing."

Equally amazing was her teammate DeVita, who took home first place in perhaps the County's most grueling competition, the pentathlon. She scored 2,873 points to beat out Old Tappan senior and former Maroon Christine Spilka (2,604), whose family moved from Ridgewood to the Northern Valley school district



PHOTOS/ROBERT PYLE

Leading the field of the boys 55-meter hurdle race at Monday's Bergen County individual championships are, from left, Ridgewood junior InSoo Hwang, Bergen Catholic senior Ernest Wingate and Ridgewood junior Eddie Blair IV. Hwang out-leaned Wingate for the gold medal in 7.7 seconds, while Blair finished a mere 0.2 behind and earned bronze.

two years ago.

Covering five different events, the pentathlon is a test of both endurance and all-around athleticism. DeVita passed both with flying colors. "Last year I finished second, so coming in, I had the mindset that I was going to do whatever it took to get the win," she said.

DeVita started strong by winning the 55-meter hurdles in 8.5 seconds. She then met a momentary setback in the form of the shot put (26 feet, 6.5 inches) before regaining the lead through the high jump (5-0) and long jump (15-10.3) events.

"I'm not that great at the shot put," admitted DeVita. "I excel more in the hurdles and high jump, which I attribute to my background in gymnastics. Both events require a certain leaping aspect that is quite prominent in that sport."

From there, the junior was able to coast in the 800 meters (2:38.5) on her way to the victory.

"It was great meet, and it was a lot of fun," DeVita said. "I won,

Kayla won, my brother [Tommy] won [clearing 6-6 in the boys high jump], and my sister [Mimi] did really well, too. So, it was an all-around great day, with a lot of people to share the success with."

Also sharing in the success were a number of other Maroons, including senior Brian Cleary (4:28.6), sophomore Levi Jennings (4:31.2) and junior Pat Rymkowski (4:51.5), who finished 1-4-6 in the boys 1,500 meters.

Junior InSoo Hwang brought home Ridgewood's fifth gold medal, clocking 7.7 second to win a photo-finish 55-meter hurdle race with Bergen Catholic's Ernest Wingate (second, 7.7) and teammate Eddie Blair IV (third, 7.8). In addition, Hwang finished fourth in the 300 (35.8) and helped the boys 4 x 400-meter relay squad take third in 3:26.1.

Also adding medals for the Maroon boys were senior John Wisener in the pole vault (third, 13-6) and juniors Matt Beausoleil in the pentathlon (fifth, 2,550

points) and Juan Llinas in the 600 (fifth, 1:27.0).

The girls were equally impressive thanks to junior Haley Roche placing third in the high jump (4-8), and freshman Micaela McPadden running sixth in the 400 (1:01.4).

"Overall, I was very pleased with the way things turned out," said Mullin. "There were a lot of best times, heights and distances."

"This was an individual meet," the coach added, "So I think it helped that a lot of them only had to do one or two events and not spread themselves too thin. At the same time, though, they stuck together as a team and were there to cheer one another every step of the way."

Justin Stofkoper can be reached at [farrellb@northjersey.com](mailto:farrellb@northjersey.com)



## BERGEN COUNTY INDIVIDUAL CHAMPIONSHIPS

MONDAY AT THE ARMORY TRACK CENTER, MANHATTAN  
RIDGEWOOD RESULTS

**Boys 55H:** 1. InSoo Hwang (RHS), 7.7; 2. Ernest Wingate (Bergen Catholic), 7.7; 3. Eddie Blair IV (RHS), 7.8.  
**Boys 300:** 1. Kevin Condal (Hassbrouck Heights), 4.6; 4. InSoo Hwang (RHS), 35.8.

**Boys 4x400:** 1. Bergen Catholic, 3:23.2; 3. RIDGEWOOD (Izik Gutkin, InSoo Hwang, Jon Riemer, Juan Llinas), 3:26.1.

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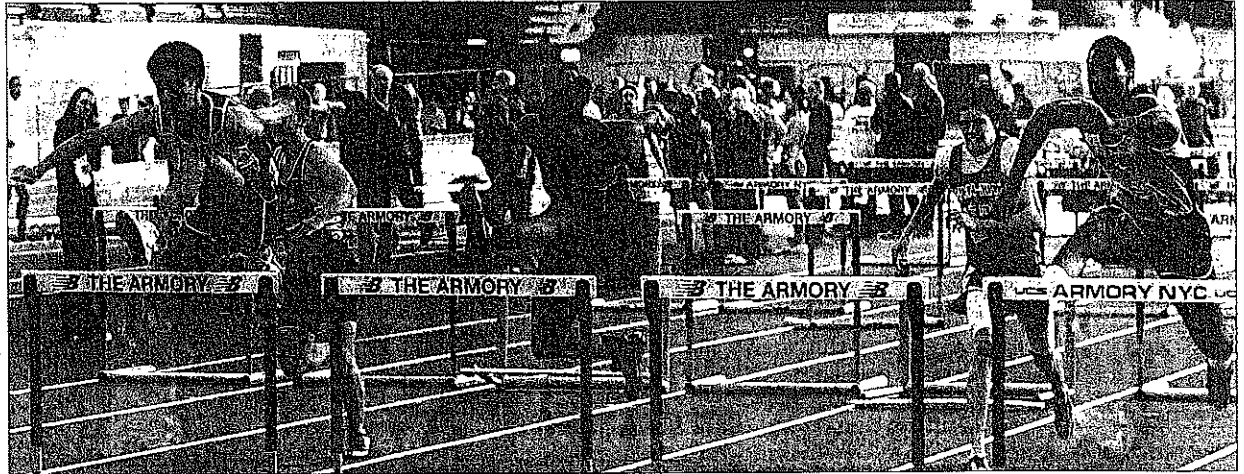
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Justin Stokoper can be reached at [farrellb@northjersey.com](mailto:farrellb@northjersey.com)



Ridgewood junior Sarah DeVita is all smiles after claiming a gold medal in the Bergen County girls pentathlon.



Junior Kayla Polcari clears a Ridgewood High School and Bergen County record 12 feet to win the girls pole vault competition at the Bergen County championships in Manhattan on Monday.

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RIDGEWOOD RESULTS

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**Boys 300:** 1. Kevin Condal (Hasbrouck Heights), 14.6; 4. InSoo Hwang (RHS), 35.8.  
**Boys 600:** 1. Mark Filiandro (Indian Hills), 1:20.1; 5. Juan Llinas (RHS), 1:27.0.  
**Boys 1,600:** 1. Brian Cleary (RHS), 4:28.6; 2. Brad Paternostro (Ramapo), 4:30.6; 4. Levi Jennings (RHS), 4:31.2; 6. Pat Rynkowski (RHS), 4:31.5.  
**Boys High Jump:** 1. Tommy DeVita (RHS), 6-4; 2. Greg Hazell (Don Bosco), 6-0.  
**Boys Pole Vault:** 1. Scott Weismiller (Don Bosco), 14-0; 3. John Wisener (RHS), 13-6.

**Boys 4x400:** 1. Bergen Catholic, 3:23.2; 3. RIDGEWOOD (Izik Gutkin, InSoo Hwang, Jon Riemer, Juan Llinas), 3:26.1.  
**Boys Pentathlon:** 1. Corey Crawford (Indian Hills), 3,236; 5. Matt Beausoleil (RHS), 2,550.  
**Girls 400:** 1. Myasia Jacobs (Paramus Catholic), 58.4; 6. Micaela McPadden (RHS), 1:01.4.  
**Girls High Jump:** 1. Dierdre Kane (Rutherford), 5-0; 3. Haley Roche (RHS), 4-8.  
**Girls Triple Jump:** 1. Shaena Wizard (Teaneck), 35-7.5; 5. Kayla Polcari (RHS), 32-11.5.  
**Girls Pole Vault:** 1. Kayla Polcari (RHS), 12-0; 2. Chelsea Hartigan (Ramapo), 11-0.  
**Girls Pentathlon:** 1. Sarah DeVita (RHS), 2,873; 2. Christine Spilka (Old Tappan), 2,604.

**State Group IV**

Sat. 2/20/10

\*\*\*\*\* Results \*\*\*\*\*

**400m:**

Girls- Micaela McPadden- 64.23

**55m HH:**

Boys- InSoo Hwang- 7.95/7.86 (6<sup>th</sup>), Eddie Blair- 7.96/7.97

Girls- Sarah DeVita- 8.83

**800m:**

Girls- Hanako Shigenobu- 2:29.70, Caroline Davidson- 2:32.50

**1600m:**

Boys- Brian Cleary- 4:26.67

**3200m:**

Boys- Pat Rynkowski- 10:02.02, Levi Jennings- 9:46.17

**4 x 400m:**

Boys- Matt Grundy, Juan Llinas, Jon Riemer, InSoo Hwang  
3:32.63..... 54.2 53.8 52.7 51.9

**HJ:**

Boys- Tommy DeVita- 6'4" (2<sup>nd</sup>)

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

**PV:**

Boys- John Wisener- 14'6" (2<sup>nd</sup>)

Girls- Kayla Polcari- 11'0" (4<sup>th</sup>), Mimi DeVita- 9'0"

**Comments:**

Congrats to those who placed and are moving on!! They are: John W (PV), Tommy D (HJ), InSoo H (HH), Kayla P (PV). Other possible qualifiers are Eddie (HH) and Brian C (1600m).

# INDOOR TRACK

## State Group championships

### AT BENNETT CENTER, TOMS RIVER

#### GROUP 1

##### BOYS

**TEAM SCORES:** Haddonfield 66, Hasbrouck Heights 28½; Metuchen 20, 4. Wood-Ridge and Pennsville 16; 11. Glen Rock 10; 14. Westwood 8; 22. Park Ridge 4; 23. Pompton Lakes 2.

**55:** 1. Al Artesona, Glen Rock, 6.69.

**55 HH:** 1. Dajan Mindingall, Asbury Park, 7.88.

**400:** 1. Kevin Condal, Hasbrouck Heights, 50.50; 6. Eric Leithauser, Westwood.

**800:** 1. Ben Potts, Haddonfield, 1:58.96.

**1,600:** 1. Ben Potts, Haddonfield, 4:17.74.

**3,200:** 1. Jon Vitez, Haddonfield, 9:18.87; 6. Louie Schledeler, Westwood, 10:13.59.

**Shot put:** 1. Patrick Cole, Hasbrouck Heights, 54-6½; 2. Chris Luna, Wood-Ridge, 49-3; 3. Ben Conlon, Westwood, 40-0; 4. Tom Rizzio, Park Ridge, 47-10¼.

**High jump:** 1. Branden Austin, Pennsville, 5-0; 2. Zach Davenport, Wood-Ridge, 5-10; 16. Kevin Condal, Hasbrouck Heights, 5-8.

**Pole vault:** 1. Mike Rivard, Haddonfield, 14-6; 2. Richie Cannici, Hasbrouck Heights, 13-0; 5. Chris Steele, Pompton Lakes, 12-6.

**4-x-400 relay:** 1. Metuchen (Eric Ford, Prince Richardson, Carson Keers-Flood, Kevin Lai), 3:31.10.

##### GIRLS

**TEAM SCORES:** Bernards 59, Willingboro 54, Robbinsville 23, 8. Westwood 16, 10. Butler 9, 12. Pascack Hills 8, 14. Midland Park 6.

**55:** 1. Kaprice James, Roselle, 7.48.

**55 HH:** 1. Vanessa Arienty, Willingboro, 8.68; 3. Mel Lewis, Midland Park, 8.76; 6. Rachel Vaccaro, Butler, 9.10.

**400:** 1. Kristin Smoot, Bernards, 58.31.

**800:** 1. Kristin Smoot, Bernards, 2:17.06.

**1,600:** 1. Mia Spinelli, Haddonfield, 5:04.54; 3. Julieanne Fontana, Pascack Hills, 5:17.26; 4. Teresa Gagliostro, Westwood, 5:18.53.

**3,200:** 1. Megan Flynn, Robbinsville, 11:26.72; 3. Teresa Gagliostro, Westwood, 11:42.91.

**Shot put:** 1. Madison Ricks, New Providence, 35-10½.

**High jump:** 1. Alexa Williams, Dayton, 5-6; 4. Monica Loranger, Butler, 5-0.

**Pole vault:** 1. Catherine Shih, Bernards, 11-6; 4. Monica Loranger, Butler, 10-0; 5. Danielle Wankmuller, Pascack Hills, 9-0.

**4-x-400 relay:** 1. Willingboro (Vanessa Arienty, Patrice Rowe, Tiye Sarah Mutazz, Asja Goode), 4:04.62; 3. Westwood, 4:12.31.

#### GROUP 2

##### BOYS

**TEAM SCORES:** Indian Hills 44, Rahway 36, Delsea 29, 16. River Dell 6; 21. Ramsey 4.

**55:** 1. Miles Shuler-Foster, Long Branch, 6.50.

**55 HH:** 1. Jalen Walker, Burlington Twp., 7.72.

**400:** 1. Mark Filandro, Indian Hills, 50.01.

**800:** 1. Mark Filandro, Indian Hills, 2:00.84.

**1,600:** 1. Matt Nelson, Barnegat, 4:20.94; 4. Nick Ward, Indian Hills, 4:29.75; 6. John Prizzi, Indian Hills, 4:32.06.

**3,200:** 1. Matt Nelson, Barnegat, 9:38.08; 2. Nick Ward, Indian Hills, 9:44.93; 4. John Dugan, Ramsey, 9:50.24.

**Shot put:** 1. Dontaye Rivera, Pleasantville, 53-7½; 3. John Farelli, River Dell, 49-6¾; 5. Mike Laubauskas, Indian Hills, 48-8.

**High jump:** 1. Mark Jones, Summit, 6-6; 2. Corey Crawford, Indian Hills, 6-2.

**Pole vault:** 1. Justin Amezquita, Gov. Livingston, 14-0.

**4-x-400 relay:** 1. Matawan (Brian ramcheran, Aaron Newsom, Greg McCormack, Dylan Spadaccini), 3:29.81; 6. Indian Hills, 3:32.44.

##### GIRLS

**TEAM SCORES:** Delsea 44, Neptune 30, Ewing 23, 4. Ramsey 18; 10. Ridgefield Park 10; 13. Mahwah 9½, 16. Fort Lee 6, 21. River Dell 4.

**55:** 1. Brianna Crofton, Delsea, 7.33; 6. Kim Nagotko, Mahwah, 7.54.

**55 HH:** 1. Briana Barlow, New Brunswick, 8.52.

**400:** 1. Natalie Englese, Cranford, 59.28.

**800:** 1. Ajee Wilson, Neptune, 2:18.20; 4. Diane Bain, Ramsey, 2:22.43.

**1,600:** 1. Ajee Wilson, Neptune, 5:10.27; 2. Alexandria Clinton, Ramsey, 5:12.33.

**3,200:** 1. Megan Venables, Highland, 10:47.21; 3. Alexandria Clinton, Ramsey, 10:59.79.

**Shot put:** 1. Rachel Pena, Ridgefield Park, 39-9¼; 3. Aretah Ettarh, Fort Lee, 38-2¾; 4. Jillian Hudson, River Dell, 37-7½.

**High jump:** 1. Tayona Brown, Ewing, 5-6.

**Pole vault:** 1. Stephanie Skove, Monmouth, 11-0; tie 2. Carolyn Edler, Mahwah, 10-0; 5. Melinda Rothman, Mahwah, 10-0.

**4-x-400 relay:** 1. Delsea (Felicia O'Donnell, Lateaque Jackson, Ashley Woodards, Brianna Crofton), 4:07.30.

#### GROUP 3

##### BOYS

**TEAM SCORES:** Jackson 40, Morristown 30, Irvington 21, 16. Demarest 6; 22. Hackensack and Teaneck 4.

**55:** 1. Rashon Evans, Irvington, 6.53.

**55 HH:** 1. Rashon Evans, Irvington, 7.77.

**400:** 1. Geoffrey Stewart, West Side, 50.82.

**800:** 1. Hamer Farag, Morristown, 1:56.37; 5. Joel Douglas, Hackensack, 2:00.48.

**1,600:** 1. Sam Macaiuso, West Windsor South, 4:14.94.

**3,200:** 1. Jim Rosa, W. Windsor North, 9:05.26.

**Shot put:** 1. Nick Vena, Morristown, 68-5; 5. Steve Mozia, Hackensack, 50-4.

**High jump:** 1. Dan Lucey, Central, 6-2.

**Pole vault:** 1. Eric Cottrell, Toms River South, 13-6; 3. Dan Nyfenger, Demarest, 13-0.

**4-x-400 relay:** 1. Winslow Twp. (Shawn Kennedy, Kelvin Wagner, Dyon McNeil, Allen McMurren), 3:29.45; 4. Teaneck, 3:30.22.

##### GIRLS

**TEAM SCORES:** Seneca 42, Sparta 38, Jackson 24, 10. Wayne Valley and Ramapo 10, 12. Paramus and Demarest 8, 17. West Milford 6, 26. Eastside 2.

**55:** 1. Tylia Gillon, Jackson, 7.13; 5.

Chemekea Davis, Eastside, 7.50.  
**55 HH:** 1. Steyce McNeil, Winslow Twp., 8.43.

**400:** 1. Michelle Brown, Seneca, 57.09; 2. Jenni Zymet, Paramus, 57.70.

**800:** 1. Mary Bohi, Seneca, 2:18.85.

**1,600:** 1. Claudia DiSomma, Sparta, 5:00.37.

**3,200:** Caroline Kellner, West Windsor South, 10:56.59.

**Shot put:** 1. Alana Pantale, Wayne Valley, 42-2; 2. Kathryn Hirsch, Demarest, 41-1¾.

**High jump:** 1. Emily Kianka, Hopewell Valley, 5-8.

**Pole vault:** 1. Chelsea Hartigan, Ramapo, 10-6; 3. Brittany DelCais, West Milford, 10-6.

**4-x-400 relay:** 1. Sparta (Tara Ruddy, Claudia DiSomma, Jen Silvestri, Erika Veidis), 4:01.77.

#### GROUP 4

##### BOYS

**TEAM SCORES:** Absegami 30, Toms River North and Old Bridge 23, 6. Ridgewood 17; 10. Kennedy 10; 18. Passaic 6.

**55:** 1. Brian Oni, South Brunswick, 6.56.

**55 HH:** 1. Keshon Brown, Kennedy, 7.51.

**400:** 1. Clayton Girvasande, Franklin, 49.64.

**800:** 1. Luke Zirngibl, Middletown North, 1:56.18.

**1,600:** 1. Aaron Leskow, Toms River North, 4:19.40.

**3,200:** 1. Jeramy Elkaim, Livingston, 9:12.20.

**Shot put:** 1. Dan D'Amato, Old Bridge, 52-7.

**High jump:** 1. Ed Kramer, Cherokee, 6-6; 2. Tommy DeVita, Ridgewood, 6-4; 3. Yusef Reeves, Passaic, 6-4.

**Pole vault:** 1. Jordan Subai, Toms River North, 15-0; 2. John Wisener, Ridgewood, 14-6.

**4-x-400 relay:** 1. Absegami (Rasheed Grandy, Dan Galeano, Felix Osorio, Santiago Galeano), 3:26.03.

##### GIRLS

**TEAM SCORES:** Columbia 45½, Southern 29½, Montgomery 26; 9. Passaic Tech 11, 12. Clifton 10; 17. Ridgewood 4; 23. Kennedy 1.

**55:** 1. English Gardner, Eastern, 7.11.

**55 HH:** 1. Jamie Thompson, South Brunswick, 8.30; 6. Jaiviria Bacote, Kennedy, 8.53.

**400:** 1. Amber Allen, Passaic Tech, 56.91.

**800:** 1. Megan Tiernan, Washington Twp., 2:14.29.

**1,600:** 1. Caitlin Orr, Lenape 4:57.72; 2. Natalia Ocasio, Lenape, 4:58.48; 3. Joelle Amaral, Randolph, 5:01.45; 4. Sophia Ginez, South Brunswick, 5:04.38; 5. Corrie Gethard, Southern Regional, 5:07.74; 6. Samantha Jones, Randolph, 5:09.94.

**3,200:** 1. Joelle Amaral, Randolph, 10:53.50.

**Shot put:** 1. Corinne Kominkiewicz, East Brunswick, 40-2.

**High jump:** 1. Maggie Gilbertson, Howell, 5-6.

**Pole vault:** 1. Emily Urciuoli, Clifton, 12-6½ (Passaic County record, old record, 12-6 by Urciuoli, 2010); 4. Kayla Polcari, Ridgewood, 11-6.

**4-x-400 relay:** 1. Southern (Elissa Knight, Meagan Simmons, Michelle Simmons, Chelsea Cox), 3:58.56; 6. PCT, 4:07.26.



# A blast from the dash

## GR's Artesona wins 55 meters

By **PAUL SCHWARTZ**  
STAFF WRITER

TOMS RIVER – Al Artesona was going through a walk-through prior to Glen Rock's first State playoff game in late November, when he suffered an ankle injury that ended his high school football career and threatened his winter track season.

Saturday, that injury was just a distant memory, after Artesona became the first Glen Rock boy to win a State group title since 1967 while he blazed to the State Group 1 55-meter dash title.

"I sprained my right ankle in

### STATE TRACK GROUPS 1 AND 4

the walkthrough," said Artesona with a shrug. "A walkthrough! And it kept me out the first month of the season, but by the middle of January it was starting to feel good and it kept feeling better and better."

Artesona improved enough to take a pair of major invitational titles, and win the North 1 sectional title in the second-fastest time in the group behind Alex McGee of Whippany Park, the North 2 winner.

And in the trials Saturday, Artesona took command with the fastest time, winning the final in a personal-best 6.69 seconds.

"I was a little nervous at the end of the race because I thought I won, but I wasn't really sure," said Artesona, one of six North Jersey winners in the afternoon part of Saturday's meet. "This is great and it gives me even more confidence to take into spring."

Passaic Tech's Amber Allen and Clifton's Emily Urciuoli don't need a lot more confidence to know that they can succeed after winning outdoor State Meet of Champions titles last spring.

But Saturday, each earned her first State group title, indoor or outdoor, with wins in the Group 4 championship.

Urciuoli cleared a personal-best 12 feet, 6½ inches to easily win the vault, a week after being upset by Ridgewood's Kayla Polcari in the North 1 sectional.

"There were a lot of factors that day, but Kayla really jumped great," said Urciuoli. "But I didn't think about it last week – I just tried to concentrate on having fun at the next meet."

"Vaulting is such a mental thing, but I was OK with it and ready to do well today," said Urciuoli, who clinched the win with a 12-foot jump on her third attempt and then went 12-6½ on her second. "It's a little different for me with the Meet of Champs, because I've always been chasing someone and now they're chasing me."

Allen won the Group 4 400, running 56.91 and capturing the first seed in next Saturday's Meet of Champions.

Kevin Condal and Patrick Cole of Hasbrouck Heights won the 400 and shot put to lead the Aviators to second place overall in Group 1 and Keshon Brown of Kennedy set himself up as a contender for the Meet of Champions 55 hurdles title by winning Group 4 in 7.51 seconds.

**Easterns**

Tues. 2/23/10

\*\*\*\*\* Results \*\*\*\*\*

**55m HH:**

Boys- InSoo Hwang- 7.96/7.87, Eddie Blair- 7.94/8.12

Girls- Sarah DeVita- 8.77/9.04, Victoria Oliva- 9.73

**4 x 800m:**

Boys- Brian Cleary, Tom Stephen, Levi Jennings, Juan Llinas  
8:13.23..... 1:59.2 2:05.2 2:01.8 2:06.6

**800m:**

Girls- Hanako Shigenobu- 2:24.20

**1 mile:**

Boys- Pat Rynkowski- 4:28.46, Steve Spreitzer- 4:33.03

**4 x 400m:**

Boys- Matt Grundy, Juan Llinas, Jon Riemer, InSoo Hwang  
3:29.95..... 52.3 54.0 52.3 51.0

**HJ:**

Boys- Tommy DeVita- 6'8" (3<sup>rd</sup>)

Girls- Sarah DeVita- 5'0", Haley Roche- NH

**PV:**

Boys- John Wisener- NH

Girls- Kayla Polcari- 12'0" (1<sup>st</sup>)

**Comments:**

Always a high powered meet! It's tough to place in a meet like this. Congrats to Tommy and Kayla for having excellent nights!!! I'm proud of all of you that competed!

# Filandro sets Bergen mark

## Jacobs lowers record

PAUL SCHWARTZ  
STAFF WRITER

NEW YORK - The Eastern States Championships are more than just about winning events and winning medals, though certainly that's a goal in every meet. For Mark Filandro of Indian Hills and Myasia Jacobs of Paramus Catholic, it was Bergen County records in losing performances.

For Theresa Picciallo of IHA and Chelsea Hartigan of Ramapo, it was a chance to break through barriers. For Mya Polcari of Ridgewood and Corey Crawford of Indian Hills, it was a chance to win some more gold medals.

### INDOOR TRACK EASTERN STATES

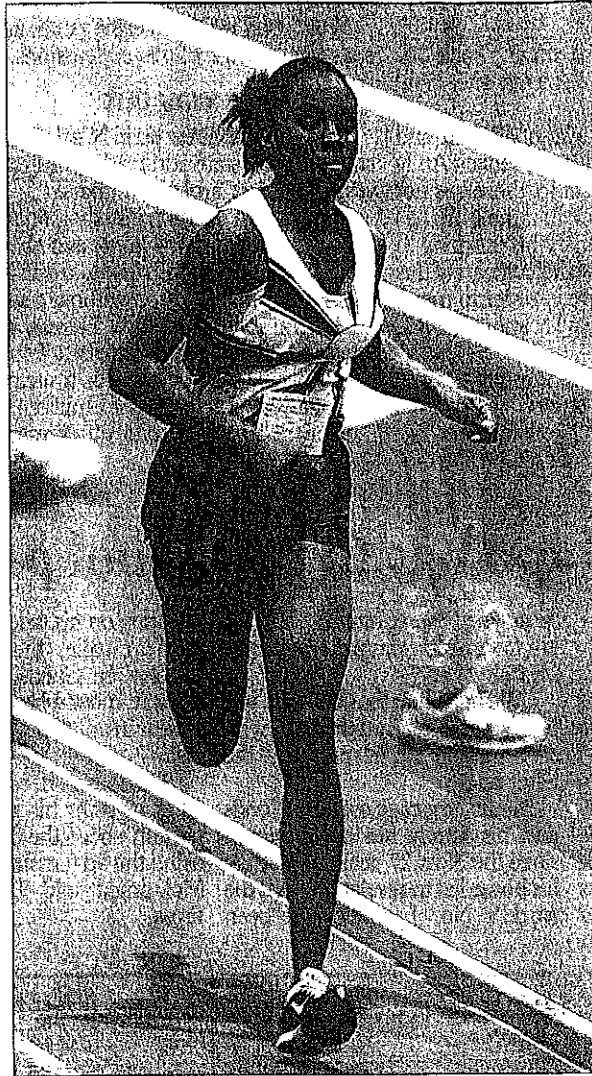
And for Amber Allen it was a chance to do something she had never done. Polcari upset Emily Urciuoli of Clifton in the girls pole vault for the second time in 10 days, clearing a Bergen record-tying 12 feet on her first attempt. In the same event, Hartigan broke through the 11-6 barrier that had kept her frustrated all season and for good measure cleared 12 feet for the first time to take second on misses.

"This is such a mental event," said Polcari, who had faltered poorly by her standards in Saturday's Group 4 state meet, finishing third and clearing only 11 feet. "I think too much on the runway and [Tuesday] I just tried to relax and have fun."

Crawford took command of the boys long jump on his first jump with a leap of 23-1 and went on to win with a jump of 23-4½, with three jumps better than runner-up Tom Lopkins of the Haverford School (Pa.), who jumped 23-½. "I knew I had to get a good one early," Crawford said. "I was a little cautious but I knew if I got a good one early I could relax and jump far."

Allen finally beat defending New Jersey outdoor 400 champion Michelle Brown of Seneca in the 400 for her second straight Easterns title, running a seasonal best 55.55 in time by about a yard.

"I knew the race would come down to the last straightaway and whoever wanted it more," said Allen, who finished behind Brown in both the State outdoor and indoor championships last year. "I'm excited and look forward to running against her again Saturday [in the State Meet of champions]. I know she'll be out to get even but I want to win



RECORD FILE PHOTO

Passaic Tech's Amber Allen defeated Michelle Brown of Seneca in the 400 on Tuesday.

that race finally."

Picciallo had been knocking at the door of 40 feet in the shot put since last spring, but broke it down Tuesday when she threw 44-3 for third place behind Vanessa Stewart of North Babylon and an inch behind fellow sophomore Kathryn Hirsch of Demarest.

"I can't believe I threw that far," said Picciallo, who earlier had thrown 41-5 and 40-10 during the meet.

Jacobs, who false started out of the Non-Public A 55, lowered her own Bergen record to 6.93 seconds but finished behind state favorite English Gardner of Eastern. Filandro finally broke the boys 400 record by running 48.53 in finishing third.

DePaul senior Alyssa LaGuardia capped an outstanding night by North Jersey athletes by winning the girls mile in 5:07.02.

## INDOOR TRACK

### EASTERN STATES CHAMPIONSHIPS

AT THE ARMORY TRACK CENTER

#### BOYS

55: 1. Miles Shuler-Foster, Long Branch, 6.35.

55 HH: 1. Devon Carter, Washington Twp., 7.49.

200: 1. Zarnir Thomas, Snyder, 21.74.

400: 1. Najee Glass, St. Peter's Prep, 47.87; 3. Mark Filandro, Indian Hills, 48.53 (Bergen County record, old record, 48.7 by Ken Sinkovitz, Bergen Catholic, 2003).

800: 1. Matt Conti, Shaker, 1:55.76.

1 mile: 1. Matt Jablonski, Loyola Blakefield (MD), 4:19.91; 9. Brad Paternostro, Ramapo, 4:27.74; 10. Pat Rynkowski, Ridgewood, 4:28.46.

2 mile: 1. Quinn Raseman, Ward-Melville, 9:19.71; 2. Dan Rondon, North Bergen, 9:30.11.

Shot put: 1. Nick Vena, Morristown, 69-2; 8. Patrick Cole, Hasbrouck Heights, 53-2 ½; 9. Stephen Mozia, Hackensack, 52-3 ¾.

High jump: 1. Stephen Lewis, Liberty (PA), 6-10; 3. Tommy DeVita, Ridgewood, 6-8; 7. Corey Crawford, Indian Hills, 6-6.

Long jump: 1. Corey Crawford, Indian Hills, 23-4 ½.

Triple jump: 1. Jason Matthews, St. Francis Prep, 46-11 ½; 7. Phil Dowell, Englewood, 43-11 ½.

Pole vault: 1. Cory Duggan, Mon. Farel, 15-0 (won in jumpoff)

4-x-200 relay: 1. Mount Vernon, 1:29.84; 4. Teaneck (Daryian Miles, Bryan Murphy, Zadique White, Casey Pleasants), 1:30.05.

4-x-400 relay: 1. Abington (PA), 3:20.56; 3. Teaneck (Daryian Miles, Bryan Murphy, Casey Pleasants, Warren Fields), 3:23.58; 4. Bergen Catholic (Ernest Wingate, DJ Dixon, Tarique Gray, Billy Leonard), 3:23.61.

4-x-800 relay: 1. Abington (PA), 7:52.70; 10. Pascack Valley, 8:06.22.

Distance medley: 1. Haddonfield, 10:10.60.

#### GIRLS

55: 1. English Gardner, Eastern, 6.91; 2. Myasia Jacobs, Paramus Catholic, 6.93 (Bergen County record, old record, 7.09 by Jacobs, 2009).

55 HH: 1. Kayann Richards, Columbia, 8.16.

200: 1. Kyle Plante, Colonia, 24.25; 4. Myasia Jacobs, Paramus Catholic, 24.92.

400: 1. Amber Allen, Passaic Tech, 55.55; 7. Jenni Zymet, Paramus, 57.58.

800: 1. Elaine Tate, Bayside, 2:11.16; 3. Julie Sinkovitz, IHA, 2:17.47; 7. Julieanne Fontana, Pascack Hills, 2:18.

1 mile: 1. Alyssa LaGuardia, DePaul, 5:07.02.

2 mile: 1. Aisling Cuffe, Cornwall, 10:28.20.

Shot put: 1. Vanessa Stewart, North Babylon, 47-4 ¾; 2. Kathryn Hirsch, Demarest, 44-4; 3. Theresa Picciallo, IHA, 44-3; 6. Ashley Simms, Paramus Catholic, 39-9 ½; 7. Rachel Pena, Ridgefield Park, 39-7 ¼.

High jump: 1. Emily Kianka, Hopewell Valley, 5-11 (won in jumpoff).

Long jump: 1. Nicole Cummings, Peekskill, 18-11; 6. Asher Beasley, Paramus Catholic, 17-0 ¾.

Triple jump: 1. Kelly Burke, Cranford, 37-9 ¾.

Pole vault: 1. Kayla Polcari, Ridgewood, 12-0; 2. Chelsea Hartigan, Ramapo, 12-0 (ties Bergen County record held by Polcari, 2010); 4. Emily Urciuoli, Clifton, 11-6.

4-x-200 relay: 1. Mount Vernon, 1:41.36.

4-x-400 relay: 1. Washington Twp., 3:58.85; 5. Passaic Tech (Danielle Parker, Jarmilia Johnson, Andrea Gates, Amber Allen), 4:02.90.

4-x-800 relay: 1. Columbia, 9:24.92; 5. Ramsey (Lisa Anderson, Alexandra Clinton, Elizabeth Rosenberger, Diane Bain), 9:32.88.

Distance medley: 1. Lenape, 11:58.92.

**STATE MEET OF CHAMPIONS** Sat. 2/7/10

\*\*\*\*\* Results \*\*\*\*\*

**55m HH:**

Boys: InSoo Hwang- 7.92, Eddie Blair- 8.13

**1600m:**

Boys: Brian Cleary- 4:27.46

**Pole Vault:**

Boys: John Wisener- 14'6" (4<sup>th</sup>)

Girls: Kayla Polcari- 12'0" (3<sup>rd</sup>)

**High Jump:**

Boys: Tommy DeVita- 6'6" (2<sup>nd</sup>-tie)

**Comments:**

We had 3 people place in the State Meet of Champions...Great accomplishment!!  
Congrats to John W, Tommy D, and Kayla P for being one of the best in the State!!!

# Bergen Cath. grabs the gold

## 4-x-400 team wins MOC title

By **PAUL SCHWARTZ**  
STAFF WRITER

TOMS RIVER — Al Naimo started coaching at Waldwick in 1967 and seven years later had his first outstanding team at Don Bosco Prep.

"We had a good 440 guy and two good 880 guys and I told them I wanted to try to build a program around a mile relay team," said Naimo, the coach at Bergen Catholic since 1984. "It's something I've always believed in."

Forty-three years later, Naimo's search for the great mile relay team ended when the Crusaders became the first Bergen County team to win the boys 4-x-400 title at the State Meet of Champions on Saturday.

"I probably didn't think this team was the one that was going to win the title when the season started," said Naimo. "I thought they'd be like last year's team [fifth in Non-Public A], but Ernest Wingate really stepped up and our sophomore [D.J. Dixon] went from 55 seconds early in the season to run a great leg with us in the lead today."

Wingate, better known as a hurdler and jumper, got out beautifully in the race, sharing the lead with co-favorite Absegami at the first handoff. Then the lineup change from Tuesday's race at the Easterns, reinserting Tarique Gray into the second spot and shifting Dixon to third, paid off.

"We saw that Absegami and Old Bridge loaded their best kids up front, so we put Tarique there to open up the race and give it to D.J. with a lead," said anchor leg Billy Leonard.

Gray did just that, running 51.4 to open a 6-meter lead for Dixon, that the sophomore held, running a steady 52.6.

"Then I got the stick and on

the first turn of the second lap, I started thinking — State champs, State champs," said Leonard, who ran 50.2 and extended the lead to 8 meters, as the Crusaders ran 3:25.78.

Leonard, Wingate and Gray didn't run well in their individual events, but that didn't bother them at all.

"We're fine with that," said Wingate. "This was about the team, this was about the gold in the relay."

Bergen Catholic earned North Jersey's first boys gold medal in five years with the win the only one of the day.

Kennedy's Keshon Brown, the favorite in the 55 hurdles, won his heat easily running from starting blocks. But then he decided not to use blocks in the final and finished sixth.

"I thought the time was slow in the trials so I dropped the blocks, but I didn't stay low enough over the hurdles in the final."

Hasbrouck Heights shot putter Patrick Cole added more than a foot to his previous best, throwing 56-9/4 for third in the shot put and Ridgewood's John Wisener equaled his personal best, clearing 14-6 for fourth in the pole vault.

But it was Ridgewood's Tommy DeVita who came closest to an individual title, making 6-6 on his first attempt to tie for second in the high jump.

"I'm happy with my season and my consistency," said DeVita, who just missed making 6-8 for the fourth time this year. "I cleared at least 6-6 in every meet but two and I made 6-4 in those. I can't wait for outdoors, where it's less crowded and we can jump without looking out for people crossing in front of us."

## BOYS

## INDOOR TRACK

### STATE MEET OF CHAMPIONS

AT BENNETT CENTER, TOMS RIVER

#### BOYS

**55:** 1. Miles Shuler-Foster, Long Branch, 6:40; 2. Jihaad Howard, Brick, 6:51; 3. Rashoin Evans, Irvington, 6:53; 4. Ahmir Dupre, Lakewood, 6:57; 5. Brian Oni, South Brunswick, 6:59; 6. Denzel Dunns, Cumberland, 6:60.

**55 HH:** 1. Devon Carter, Washington Twp., 7:49; 2. Syteek Farrington, Camden, 7:61; 3. Marquis McEwen, Notre Dame, 7:63; 4. Darren McCluskey, Cherokee, 7:64; 5. Christian Boateng, Old Bridge, 7:76; 6. Keshon Brown, Kennedy, 7:80.

**400:** 1. Clayton Gravesande, Franklin, 49.31; 2. Najee Glass, St. Peter's Prep, 49.45; 3. Dylan Hurley, Pope John, 49.79; 4. Zamir Thomas, Snyder, 49.99; 5. Sana Roberts, Columbia, 50.10; 6. Mark Filandro, Indian Hills, 50.53.

**800:** 1. Kevin Byrne Jr., Red Bank Catholic, 1:55.10; 2. Karon Purcell, Hightstown, 1:55.83; 3. Steve Morrone, Washington Twp., 1:56.07; 4. Hamer Farag, Morristown, 1:56.43; 5. Dan Galeano, Absegami, 1:56.73; 6. Randy Spadola, Freehold Twp., 1:56.84.

**1,600:** 1. DJ Thornton, Union Catholic, 4:12.54; 2. Pat Schellberg, Delbarton, 4:13.21; 3. Sam Macaluso, West Windsor South, 4:14.57; 4. Brian Robinson, Millburn, 4:15.84; 5. Miles Schoedler, Ocean City, 4:16.68; 6. Ben Potts, Haddonfield, 4:16.85.

**3,200:** 1. Jon Vitez, Haddonfield, 8:58.81 (record, old record, 8:59.77 by Matt Leung, West Windsor South, 2008); 2. Jeremy Elkaim, Livingston, 9:00.95; 3. Tyler Udland, Millburn, 9:07.16; 4. Matt Valeriani, Southern, 9:11.55; 5. Joe Kotran, Toms River North, 9:11.69; 6. Jim Rosa, West Windsor North, 9:13.03.

**Shot put:** 1. Nick Vena, Morristown, 69-5/2 (record, old record, 6x-x by Vena, 2009); 2. Corey Abernathy, West Windsor North, 59-4; 3. Patrick Cole, Hasbrouck Heights, 56-9/4; 4. Matthew Huckabee, Timber Creek, 56-5 1/4; 5. Nick DiGiacomo, Parsippany Hills, 53-7 1/4; 6. Dan D'Amato, Old Bridge, 53-1 1/2; 8. Marquise Wright, 51-6 1/2.

**High jump:** 1. Mark Jones, Summit, 6-8; 2. tie between Justin Bailey, Trenton, Ed Kramer, Cherokee and Tommy DeVita, Ridgewood, 6-6; 5. Jason Donahue, JFK-Iselin, 6-4; 6. Branden Austin, Pennsville, 6-2.

**Pole vault:** 1. Justin Amezcua, Gov. Livingston, 15-0; 2. Jordan Subal, Toms River North, 15-0; 3. Mike Rivard, Haddonfield, 14-6; 4. John Wisener, Ridgewood, 14-6; 5. Brian Banks, Eastern, 14-0; 6. Matt Deery, Phillipsburg, 14-0.

**4-x-400 relay:** 1. Bergen Catholic (Ernest Wingate (51.6); Tarique Gray (51.4); DJ Dixon (52.6); Billy Leonard (50.2)), 3:25.78; 2. Old Bridge, 3:26.81; 3. Absegami, 3:27.41; 4. Hightstown, 3:27.49; 5. Oakcrest, 3:27.49; 6. Winslow Twp., 3:27.56.

# INDOOR TRACK: MEET OF CHAMPIONS

## North Jersey calls the shots

### Pantale's win leads 6 finalists

By PAUL SCHWARTZ  
STAFF WRITER

TOMS RIVER — Alana Pantale told her brother to stay home Saturday. She told other relatives to stay home, too. She even told her mother to stay home.

But when the Wayne Valley senior won the shot put at the State Meet of Champions, one member of her family was by her side — her father and winter coach, Bill.

"It's so special to win this and to win this with my dad right here," said Pantale, who easily won the event with a throw of 42 feet,  $\frac{3}{4}$  inches, leading a near sweep of the shot put medals by North Jersey athletes.

"I get nervous when too many people from my family are here, especially when I'm expected to do well," said Pantale, the first North Jersey athlete in five years to win gold at the girls meet. "But with my dad, we're always thinking about throwing. When we're watching TV, he'll say, 'Show me a couple of glides.' And even with all the snow this winter, he knows some of the custodians at the high school and we always manage to get into the gym."

Pantale's win puts her one up on brother Chris, who finished second in the discus in the outdoor Meet of Champions two years ago. Her win came in an event that probably is her least favorite throwing event.

"I usually hate the shot put," said Pantale, who owns two medals in the outdoor Meet of Champs in the discus and is a fine javelin thrower as well. "But then I usually like the event I'm doing the best in, and this winter that's the shot put."

Pantale grabbed the lead on her first attempt of the trials — a toss of 40- $\frac{5}{4}$  — to wrest the lead from runner-up Theresa Picciallo of Immaculate Heart. She then threw

40-11 on her first throw of the finals, 41-11 $\frac{3}{4}$  on her second and 42- $\frac{3}{4}$  on her last.

Picciallo was second, with Rachel Pena of Ridgefield Park fourth, Aretah Ettarh of Fort Lee fifth and Kathryn Hirsch of Demarest sixth. Olivia Wade of Paramus Catholic also made the finals, giving North Jersey six of the eight finalists.

While Pantale's win was the only local gold at the meet, North Jersey athletes dominated the medals in the 400 and pole vault.

Amber Allen of Passaic Tech was second in the 400 for the second time in three years, the victim of some unusual lane assignments and outdoor

champ Michelle Brown of Seneca. Allen, seeded first, was placed in Lane 4 with Brown placed on her inside, contrary to seeding rules. Brown then beat Allen to the line at 200 meters and Allen could not recover, running 56.60. Myasia Jacobs of Paramus Catholic was fourth in 56.82 and Jenni Zymet of Paramus fifth in 57.02, the second- and third-fastest 400 times in Bergen history.

Emily Urciuoli of Clifton just missed on her final attempt at 12-6 and finished second in the pole vault to Catherine Shih of Bernards on misses. Kayla Polcari of Ridgewood and Chelsea Hartigan of Ramapo finished third and fourth, respectively.

"I blew it at 12 feet," said Urciuoli, "I missed my first attempt and she didn't and it opened the door."

Alexandra Clinton of Ramsey was fifth in the girls 3,200 meters, completing a sensational winter season.



PANTALE

### GIRLS

#### GIRLS

**55:** 1. English Gardner, Eastern, 7.03; 2. Jasmine Carter, Columbia, 7.11; 3. Jordan Simmons, Bishop Ahr, 7.13; 4. Tylia Gillon, Jackson, 7.19; 5. Laura Williams, North Brunswick, 7.26; 6. Brianna Crofton, Delsea, 7.41.

**55 HH:** 1. Stephanie Hicks, Hamilton North, 8.21; 2. Briana Barlow, New Brunswick, 8.22; 3. Samantha Jensen, Central, 8.22; 4. Jamie Thompson, South Brunswick, 8.22; 5. Kayann Richards, Columbia, 8.32; 6. Ryan Williams, West Windsor North, 8.33.

**400:** 1. Michelle Brown, Seneca, 55.96; 2. Amber Allen, Passaic Tech, 56.60; 3. Natalie Engleza, Cranford, 56.64; 4. Myasia Jacobs, Paramus Catholic, 56.82; 5. Jenni Zymet, Paramus, 57.02; 6. Tylia Gillon, Jackson, 57.35.

**800:** 1. Megan Tierman, Washington Twp., 2:11.5; 2. Molly McNamara, Red Bank Catholic, 2:11.82; 3. Chelsea Lodato, Old Bridge, 2:14.05; 4. Brittney Jackson, Columbia, 2:14.49; 5. Kristin Smoot, Bernards, 2:14.57; 6. Felicia O'Donnell, Delsea, 2:17.74.

**1600:** 1. Ajee Wilson, Montvale, 4:58.53; 2. Claudia Dison, Montvale, 4:59.07; 3. Natalia Ocasio, Lenape, 5:03.81; 4. Alyssa LaGuardia, DePaul, 5:04.09; 5. Sophia Ginez, South Brunswick, 5:04.43; 6. Liana Marzano, Red Bank Catholic, 5:04.50; 7. Julianne Fontana, Pascack Hills, 5:08.08.

**3200:** 1. Megan Venables, Highland, 10:42.68; 2. Colette Whitney, Voorhees, 10:55.02; 3. Joelle Amaral, Randolph, 10:58.14; 4. Carolina Kellner, West Windsor South, 10:58.41; 5. Alexandra Clinton, Ramsey, 11:01.95; 6. Lara Shegowski, Montgomery, 11:03.92.

**Shot put:** 1. Alana Pantale, Wayne Valley, 42-0 $\frac{3}{4}$ ; 2. Theresa Picciallo, IHA, 40-7 $\frac{1}{4}$ ; 3. Janiece Rose, Delsea, 39-3; 4. Rachel Pena, Ridgefield Park, 39-2 $\frac{3}{4}$ ; 5. Aretah Ettarh, Fort Lee, 38-9 $\frac{1}{4}$ ; 6. Kathryn Hirsch, Demarest, 38-0; 8. Olivia Wade, Paramus Catholic, 38-0.

**High jump:** 1. Emily Kianka, Hopewell Valley, 5-10; 2. Maggie Gilbertson, Howell, 5-8; 3. Fiona Paladino, Montgomery, 5-6; 4. Tayona Brown, Frying, 5-6; 5. Alexa Williams, Davton, 5-6; 6. tie between Emily Vargas, A.L. Johnson and Katherine Petruzzellis, Voorhees, 5-4.

**Pole vault:** 1. Catherine Shih, Bernards, 12-0; 2. Emily Urciuoli, Clifton, 12-0; 3. Kayla Polcari, Ridgewood, 12-0; 4. tie between Chelsea Hartigan, Ramapo and Dana Schweiger, Toms River North, 11-6; 6. Stephanie Skove, Montmouth, 11-6; 8. Brittany Delcais, West Milford, 11-6.

**4-x-400 relay:** 1. Columbia (Amber Bellew, Ty-Vonna Johnson, Brittney Jackson, Kelsey Jackson.), 3:53.50; 2. Willingboro, 3:58.98; 3. Southern, 3:59.29; 4. Sparta, 4:00.75; 5. Mendham, 4:01.82; 6. Seneca, 4:02.03.

# Maroons cap off season at Nationals today

BY GREG TARTAGLIA  
Assistant Sports Editor

**RIDGEWOOD** – While most of the village cannot wait for winter to end, the Ridgewood High School indoor track and field teams are content to let it continue for three more days.

Fourteen Maroons will be paying a visit to The Armory Track Center in Manhattan this weekend, entering four relay squads and three individuals in the National Scholastic Indoor Championships (NSIC).

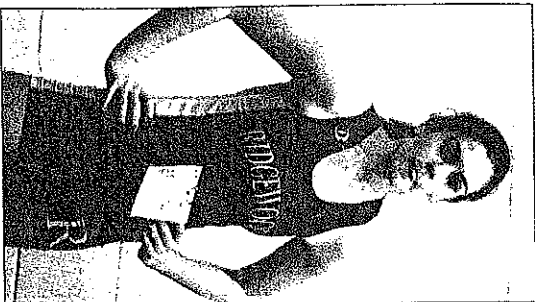
Today, day one of three at the NSIC meet features the shuttle hurdle and distance medley relays, two events that have brought RHS much success in recent years.

The Ridgewood girls captured the National Championship in the 4 x 55-meter hurdles in 2008, one year after claiming shuttle hurdle silver. The Maroon boys came home with a fifth-place medal in the distance medley relay last season, earning second-team All-America status.

The last major meet in which RHS competed this winter, the Feb. 27th State Meet of Champions in Toms River, proved fruitful as well. Senior Tommy DeVita cleared 6-foot-6 in the boys high jump to finish in a three-way tie for second, just behind Summit junior Mark Jones (6-8).

"Tommy just missed 6-8," Ridgewood head coach Mike Mullin said on Wednesday. "It was too bad, but he did a great job getting second in that meet."

DeVita did clear 6-8 at the Feb. 23rd Eastern States Championships at The Armory, beating out Jones for the bronze medal on attempts. At the same meet, junior Kayla Polcari garnered her fifth girls pole vault title of the winter, matching her personal best of 12-0 in the fewest attempts to win a tiebreaker with Ramapo's Chelsea Hartigan



Senior Victoria Oliva will make her third straight appearance at the National Scholastic Indoor Championships today when she competes with the Ridgewood girls shuttle hurdle relay squad.

and Bernards' Catherine Shih. The Maroons continued their dominance in the pole vault at SMOC, with senior John Wisener (14-6) placing fourth in the boys event and Polcari (12-0) taking bronze in the girls vault.

In the SMOC boys 55-meter hurdles, juniors InSoo Hwang (13th place, 7.92 seconds) and Eddie Blair IV (24th, 8.15) both ranked in the top 30 just three days after doing so at Eastern States.

"They're certainly two of the top three hurdlers in the county," said Mullin, acknowledging that both Hwang and Blair have earned All-Bergen honors. "They've had a nice friendly competition between the two of them. And, I think working with each other helps [them] push each other, too."



Ridgewood senior Steven Spreitzer will represent the Maroons at Nationals in the boys 4 x 1,600-meter relay tomorrow at New York's Amory Track Center.

Senior Brian Cleary was the sixth Ridgewood athlete to qualify for SMOC, earning a wild card spot by finishing eighth in the 1,600 meters at the Group 4 finals on Feb. 20. He ended up 17th in the State Meet of Champions race, clocking 4:27.46.

This weekend's National meet will bring eight other Maroons into the mix, including junior dis-



PHOTOS/JIM CLARKE  
Junior Sean Mattson is one of four Ridgewood boys who will compete for the Maroons in the shuttle hurdle relay at the National Scholastic Indoor Championships in Manhattan today.

The first event of the NSIC will be this morning's shuttle hurdle relays. Blair, Hwang and juniors Sean Mattson and Matt Bean-soleil will combine to run the boys race at 11:20, while Polcari, sophomore Hanako Shigenobu, junior Sarah DeVita and senior Victoria Oliva comprise the RHS girls entry, which kicks things off at 11.

Tommy DeVita will be in the NSIC boys high jump field at 2 p.m. today. Polcari is set for the first round of girls pole vault competition, which gets underway today at 1 p.m., with the finals scheduled for tomorrow. Wisener will be among the boys pole vault competitors that begin trial rounds at 2 p.m. tomorrow, with an eye on reaching the finals at noon on Sunday.

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**Nationals 2010**

3/12-14/10

\*\*\*\*\* Results \*\*\*\*\*

**4 x 55m HH:**

Boys- Eddie Blair, Sean Matson, Matt Beausoleil, InSoo Hwang  
**31.36**      7.9                  8.4                  7.7                  7.3

Girls- Kayla Polcari, Victoria Oliva, Hanako Shigenobu, Sarah DeVita  
**36.64**      9.0                  9.0                  9.1                  9.4

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

Boys- Pat Rynkowski, InSoo Hwang, Levi Jennings, Brian Cleary  
**10:35.21 (6<sup>th</sup>)** ..... 3:15.2      49.7      2:01.9      4:28.1

**4 x 1 mile:**

Boys- Pat Rynkowski, Levi Jennings, Steven Spreitzer, Brian Cleary  
**18:00.76 (5<sup>th</sup>)**... 4:28.0      4:30.6      4:31.6      4:28.9

**High Jump:**

Boys- Tommy DeVita- 6'5"

**Pole Vault:**

Boys- John Wisener- 14'6"

Girls- Kayla Polcari- 11'5"

**Comments:**

It is a great accomplishment just getting into this meet. Special congrats to the boys 4 x 1 mile and the boys DM for placing and becoming 2<sup>nd</sup> team All- Americans!!!



# Classic performances for Jacobs, Crawford

By **PAUL SCHWARTZ**  
STAFF WRITER

## INDOOR TRACK

Two of North Jersey's best track athletes all winter capped their seasons over the weekend with outstanding performances at the National Scholastic Indoor Classic at the Armory Track Center in New York.

Paramus Catholic sophomore Myasia Jacobs was third in the girls 60 meters in 7.56 seconds after just missing the State record of 7.45 by winning her semifinal in 7.47, and set a Bergen County record of 24.37 in taking fifth in the 200 meters, breaking her mark of 24.6 set a month ago.

Indian Hills senior Corey Crawford was fourth in the boys long jump with a leap of 23 feet, 9 inches, just off his County record of 23-11<sup>3</sup>/<sub>4</sub>.

Perhaps his most impressive effort was finishing fourth in the pentathlon with a score of 3,520 points, nearly 300 better than he scored at the Bergen meet four weeks ago. Crawford won the long jump with a solid 22-7<sup>1</sup>/<sub>4</sub>, was fourth in the 1,000 and fifth in the high jump the field of 30 competitors.

The top relays performance was Don Bosco's quartet of Howie Rosas, Rafael Vargas, Mike Belgiovine and Phelan McCormack who finished second to Haddonfield in the boys 4-x-1-mile relay in 17:52.12. Ridgewood's Brian Cleary, Pat Rynkowski, Stephen Spreitzer and Levi Jennings were a strong fifth in 18:00.76.

Ridgewood also placed sixth in the distance

medley relay running 10:35.21, fastest of any North Jersey team this season.

Other medal winners in New York were Theresa Picciallo of Immaculate Heart, who was fifth in the shot at 40-2, and Dan Rondon of North Bergen, fifth in the 5,000 in 15:28.69.

Other impressive performances included IHA, seventh in the sprint medley in 4:07.98; Tommy DeVita of Ridgewood, seventh in the high jump at 6-5; Amber Allen of Passaic Tech, seventh in the 400 in 56.29; and Mark Filandro of Indian Hills, seventh in the boys 400 in 48.83, after running 48.64 in the trials.

Kristin Traub of Eastern Christian returned to the track after a winter of basketball and took seventh in the girls 2-mile in 11:05.68, while Juan Andres Giglio of Ridgefield Park was eighth in the boys pole vault at 14-6 and Emily Urciuoli of Clifton was ninth in the girls vault at 12-1<sup>1</sup>/<sub>2</sub>.

Old Tappan's girls ran 9:40.97 in the 4-x-800 relay to keep their hopes alive for a Penn Relays bid next month, while Regis High School of New York ran 8:06.10 with Ridgewood residents Myles and Ryan Phillips as part of the team to put itself in great shape for a bid.

In Boston, Bergen Catholic's team of Tarique Gray, Ernest Wingate, D.J. Dixon and Bill Leonard ran 3:33.60 for sixth in the sprint medley at the Nike Indoor Nationals.

**2009-2010****All County Selection BOYS****Sport:**

Team of the Year: Don Bosco &amp; Ramsey

Coach of the Year: Bill Barry (Indian Hills)

<b>1st Team</b>	<b>Name</b>	<b>Grade</b>	<b>School</b>
55m	Al Artesona	12	Glen Rock
55mHH	Ernest Wingate	12	Bergen Catholic
300m	Kevin Condal	11	Hasbrouck Heights
400m	Mark Filandro	12	Indian Hills
600m	Bill Leonard	12	Bergen Catholic
800m	Joel Douglas	12	Hackensack
1000m	Michael Belgiovine	12	Don Bosco
1600m	Brian Cleary	12	Ridgewood
3200m	Nick Ward	11	Indian Hills
Shot Put	Pat Cole	11	Hasbrouck Heights
High Jump	Tom DeVita	12	Ridgewood
Long Jump	Conroy Walker	12	Hackensack
Triple Jump	(tie) Tevin Ankle	12	Glen Rock
Triple Jump	(tie) Greg Hazell	11	Don Bosco
Pole Vault	John Wisener	12	Ridgewood
1600m Relay	Ernest Wingate	12	Bergen Catholic
1600m Relay	Tarique Gray	11	Bergen Catholic
1600m Relay	DJ Dixon	10	Bergen Catholic
1600m Relay	Bill Leonard	12	Bergen Catholic
3200m Relay	John Prizzi	11	Indian Hills
3200m Relay	Corey Crawford	12	Indian Hills
3200m Relay	Nick Ward	11	Indian Hills
3200m Relay	Mark Filandro	12	Indian Hills
Pentathlon	Corey Crawford	12	Indian Hills
<b>2nd Team</b>	<b>Name</b>	<b>Grade</b>	<b>School</b>
55m	Andrew Sargeant	12	Englewood
55mHH	InSoo Hwang	11	Ridgewood
300m	Andrew Sargeant	12	Englewood
400m	John Sanford	10	St. Joe's Regional
600m	Warren Fields	11	Teaneck
800m	Luke Nowicki	12	Pascack Valley
1000m	Matiss Batarags	12	Northern Highlands
1600m	Bradley Paternostro	11	Ramapo
3200m	Howie Rosas	12	Don Bosco
Shot Put	Stephen Mozia	11	Hackensack
High Jump	Earvin Paul	12	Paramus Catholic
Long Jump	John Porteus	11	Wood-Ridge

Triple Jump	(tie for 1st Team, no 2nd Team)		
Pole Vault	Andres Giglio	12	Ridgefield Park
1600m Relay	Damie Elliot	10	Teaneck
1600m Relay	Daryian Miles	10	Teaneck
1600m Relay	Warren Fields	11	Teaneck
1600m Relay	Bryan Murphy	11	Teaneck
3200mRelay	Max Linden	10	Pascack Valley
3200mRelay	Like Nowicki	12	Pascack Valley
3200mRelay	Mike Kraus	12	Pascack Valley
3200mRelay	Lucas Hall	11	Pascack Valley
Pentathlon	Sean Degnon	10	Demarest
<b>3rd Team</b>	<b>Name</b>	<b>Grade</b>	<b>School</b>
55m	Zadique Whyte	12	Teaneck
55mHH	Edward Blair	11	Ridgewood
300m	Tarique Gray	11	Bergen Catholic
400m	Brandon Gregory	10	Old Tappan
600m	Gavin Davis	12	Rutherford
800m	Anthony DeFilippis	12	Bergen Catholic
1000m	James Haggerty	11	River Dell
1600m	John Prizzi	11	Indian Hills
3200m	Pat Rynkowski	11	Ridgewood
Shot Put	Marquis Wright	11	Paramus Catholic
High Jump	Laurence Ridgwell	12	Northern Highlands
Long Jump	Phillip Dowell	11	Englewood
Triple Jump	Phillip Dowell	11	Englewood
Pole Vault	Scott Weismiller	12	Don Bosco
1600m Relay	InSoo Hwang	11	Ridgewood
1600m Relay	Matt Grundy	12	Ridgewood
1600m Relay	Juan Llinas	11	Ridgewood
1600m Relay	Jon Riemer	11	Ridgewood
1600m Relay	Sean Matson	11	Ridgewood
3200mRelay	Brian Cleary	12	Ridgewood
3200mRelay	Levi Jennings	10	Ridgewood
3200mRelay	Tom Stephen	11	Ridgewood
3200mRelay	Juan Llinas	11	Ridgewood
Pentathlon	Ryan Walsh	11	Don Bosco

2009-2010 BCWCA All County Selection **GIRLS** Sport:

Team of the Year: Immaculate Heart Academy Coach of the Year: George Glover (Westwood)

1st Team	Name	Grade	School
55m	Bryanna Knight	12	Paramus Catholic
55mHH	Mel Lewis	11	Midland Park
300m	Colleen Murphy	12	Westwood
400m	Myasia Jacobs	10	Paramus Catholic
600m	Jenni Zymet	12	Paramus
800m	Julie Sinkovitz	12	Immaculate Heart Academy
1000m	Julieanne Fontana	12	Pascack Hills
1600m	Maggie Loudon	11	Old Tappan
3200m	Alexandra Clinton	12	Ramsey
Shot Put	Kathryn Hirsch	10	Demarest
High Jump	Khyla Bailey	12	Paramus Catholic
Long Jump	Danna Wasserman	12	Demarest
Triple Jump	Shaena Wizzard	12	Teaneck
Pole Vault	Kayla Polcari	11	Ridgewood
1600m Relay	Jen Pash	10	Immaculate Heart Academy
1600m Relay	Michele McCourt	12	Immaculate Heart Academy
1600m Relay	Serenity Martin	12	Immaculate Heart Academy
1600m Relay	Julie Sinkovitz	12	Immaculate Heart Academy
3200mRelay	Lisa Anderson	11	Ramsey
3200mRelay	Alexandra Clinton	12	Ramsey
3200mRelay	Elizabeth Rosenberger	12	Ramsey
3200mRelay	Diane Bain	12	Ramsey
Pentathlon	Sarah DeVita	11	Ridgewood
2nd Team	Name	Grade	School
55m	Kim Nagotko	11	Mahwah
55mHH	Steph Carnevale	12	River Dell
300m	Kelsley Broomfield	11	Holy Angels
400m	Michelle McCourt	12	Immaculate Heart Academy
600m	Nancie Sophias	11	Fort Lee
800m	Christine Spilka	12	Old Tappan
1000m	Justine Schnell	12	Northern Highlands
1600m	Kalieggh Kenny	12	Holy Angels
3200m	Emily Dunne	11	Holy Angels
Shot Put	Apresha Hampton	11	Teaneck
High Jump	Taylor Clarkson	11	Indian Hills
Long Jump	Asher Beasley	12	Paramus Catholic
Triple Jump	Tiffany Evangelou	12	Immaculate Heart Academy

Pole Vault	Chelsea Hartigan	12	Ramapo
1600m Relay	Colleen Murphy	12	Westwood
1600m Relay	Gabriela Sloezen	10	Westwood
1600m Relay	Kaila Fasano	11	Westwood
1600m Relay	Michelle Cascio	11	Westwood
3200mRelay	Maggie Loudon	11	Old Tappan
3200mRelay	Casey Kreitman	12	Old Tappan
3200mRelay	Sharon O'Reilly	10	Old Tappan
3200mRelay	Christine Spilka	12	Old Tappan
Pentathlon	Christine Spilka	12	Old Tappan
<b>3rd Team</b>	<b>Name</b>	<b>Grade</b>	<b>School</b>
55m	Casey Perez	12	Holy Angels
55mHH	Asher Beasley	12	Paramus Catholic
300m	Michelle Cascio	11	Westwood
400m	Victoria Mold	11	Mahwah
600m	Allison Torsiglieri	10	Tenafly
800m	Sharon O'Reilly	10	Old Tappan
1000m	Hanako Shigenobu	10	Ridgewood
1600m	Teresa Gagliostro	12	Westwood
3200m	Jen Molke	11	Holy Angels
Shot Put	Theresa Picciallo	10	Immaculate Heart Academy
High Jump	Stephanie Encarnacion	11	Ridgefield Park
Long Jump	Gina Carlino	10	Immaculate Heart Academy
Triple Jump	Marissa Romano	11	Hasbrouck Heights
Pole Vault	Melinda Rothman	11	Mahwah
1600m Relay	Janay Ferrel	10	Teaneck
1600m Relay	Alison Price	12	Teaneck
1600m Relay	Shaena Wizzard	12	Teaneck
1600m Relay	Kahila Taylor	11	Teaneck
3200mRelay	Teresa Gagliostro	12	Westwood
3200mRelay	Megan Boullianne	12	Westwood
3200mRelay	Meghan Kocher	11	Westwood
3200mRelay	Jill Rosica	11	Westwood
Pentathlon	Taylor Clarkson	11	Indian Hills

## Ridgewood Boys Track and Field Indoor Records

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yd dash (55m)	6.5	P. McGillicuddy Chris Zeigler	1971 2007	168 Armory
100yd dash	10.8	Ralph Jones	1971	168 Armory
200m dash	23.0	Akira Monri	2008	168 Armory
300yd dash	32.9	Matt Krever	1991	RCC
300m dash	35.8	InSoo Hwang	2010	168 Armory
400m dash	50.31	Tim Geckler	1989	Annapolis
500m	69.6	Charles Cortellesi	1983	West Point
600yd	1:15.5	Tim Geckler	1989	Princeton
600m	1:21.4	Josh Kauke	2000	168 Armory
800m	1:54.1	Josh Kauke	2000	168 Armory
1000yd	2:17.4	John Parisi	1983	Princeton
1000m	2:30.4	Niall Buckley	2007	168 Armory
1500m	4:00.4	Bob Keino	1993	FDU
1600m	4:21.9	Mike Cator	2006	168 Armory
Mile	4:14.31	Bob Keino	1994	Mad Sq Garden
Mile walk	8:36.0	Ed Landers	1985	RCC
3000m	8:25.28	Bob Keino	1993	Princeton
3200m	9:18.11	Bob Keino	1994	Princeton
55m HH	7.3	Rich Wankmueller	1975	
Shot Put	54'9"	Eric Bryant	1981	Saddle Brook
Long Jump	23'5 1/2"	Craig Halyard	1989	Annapolis
High Jump	6'8"	Tom DeVita	2009	168 Armory
Triple Jump	49'6 1/2"	Craig Halyard	1989	Princeton
Pole Vault	15'0"	Gabe Knutson	2004	168 Armory
Pentathlon	3259 pts	Gabe Knutson	2004	168 Armory
4 x 55 m HH	30.7	Nagano-Gerace/Moody Monri/Pierce	2006	168 Armory
4 x 200m	1:32.9	Monri/Ontiveros/ P.Nygaard/Zeigler	2007	168 Armory
4 x 400m	3:25.21	Zeigler/Ontiveros/ Trautwein/Buckley	2007	168 Armory
4 x 800m	7:52.16	Buckley/Onwubu Cator/Williams	2005	168 Armory
4 x 1 mile	17:45.19	E.Nygaard/ Cator/ Maher/Zamir	2004	168 Armory
Sprint Medley (2-2-4-800m)	3:31.10	Cooper/Dolgin DiPasquale/Kauke	2000	168 Armory
Distance Medley (12-4-8-1600m)	10:18.57	Williams/Schmidt Buckley/Cator	2006	168 Armory
Shot Put Relay	133'4"	Laborde/Pfund/Phillips	1984	St. Josephs
Shot Put (2 man)	97'3"	Kearns/Bryant	1981	Paramus Cath
High Jump Rel	12'2"	Davis/Roseenbach	1995	Princeton
Triple Jump Rel	84'9 3/4"	Hong/Halyard	1987	RCC
Long Jump Rel	40'10 1/2"	Hong/Darrow	1987	RCC
Pole Vault Rel(3 man)	31'6"	Karl/Novcka/Boyland	1979	RCC
Pole Vault Rel (2 man)	24'6"	Ricciardi/Jensen	2005	168 Armory

## Girls Winter Track and Field Records

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yd dash (55m)	7.2	Erica Cigolini	2007	168 Armory
100yd dash	12.0	Sue Davis	1976	168 Armory
200m dash	26.10	Erica Cigolini	2007	168 Armory
300yd dash	37.25	Virginia Figlar	1987	Harvard
300m dash	40.8	Alice Wisener	2007	168 Armory
400m dash	57.94	Virginia Figlar	1987	Yale
600yd	1:24.58	Virginia Figlar	1988	Harvard
600m	1:36.6	Cristina Law Kate Michel	2007 2008	168 Armory 168 Armory
800m	2:16.55	Cristina Law	2007	Toms River
1000yd	2:32.7	Margaret Scutro	1985	RCC
1000m	2:47.44	Margaret Scutro	1985	Byrne Arena
1500m	4:33.35	Margaret Scutro	1985	Yale
1 mile	4:56.53	Margaret Scutro	1985	Dartmouth
3000m	10:03.12	Jennifer Hughes	1988	Yale
2 mile	10:40.8	Patti Mileski	1983	Harvard
55m HH	8.2	Lara-Jane Que	2007	168 Armory
Shot Put	37'3 1/2"	Shyana Brown	1998	Garfield
Long Jump	18'11"	Jen McDermott	1989	Harvard
High Jump	5'8 1/4"	Becky Deetz	1974	Syracuse
Triple Jump	37'6"	Jen McDermott	1989	Harvard
Pole Vault	12'0"	Kayla Polcari	2010	168 Armory
Pentathlon	3184pts	Cristina Law	2007	168 Armory
4 x 55m HH (4 hurdles)	32.4	Que/Barr/ Wisener/Martinez	2007	168 Armory
4 x 55m HH (5 hurdles)	34.14	Martinez/Law/ Wisener/Que	2007	168 Armory
4 x 200m	1:45.28	Que/Cigolini/ Barr/Wisener	2007	168 Armory
4 x 400m	4:01.7	Barr/Conheeny/ Wisener/Law	2007	168 Armory
4 x 800m	9:22.18	Figlar/Jean Hughes Jen Hughes/Collazo	1988	Yale
4 x 1600m	22:11.5	Nowakowski/Lupo O'Connell/Terrin	2002	168 Armory
Sprint Medley (2-2-4-800m)	4:11.2	Wisener/Que Cigolini/Law	2007	168 Armory
Distance Medley 12-4-8-1600m	11:56.5	Pringle/Scutro Mileski/Mileski	1983	Yale
Shot Put Relay	66'3"	Rayevich/Eldridge	1988	Hackensack
High Jump Relay	9'10"	Wrubel/VanDerSchyff	1988	Princeton
Long Jump Relay	32'4"	Bogart/Cigolini	2006	168 Armory
Triple Jump Rel.	66'3"	Lee/DeVita	2009	168 Armory
Pole Vault Relay	19'0"	K. Polcari/M. DeVita	2010	168 Armory

# BERGEN COUNTY TRACK RECORDS

## Boys

**55 meters:** 6.30 seconds by Joe Dawkins, Hackensack, 1995.

**200 meters:** 21.8, by Damian Miles, Teaneck, 2008.

**300 meters:** 34.3, by Garrett Kroner, Indian Hills, 2006.

**400 meters:** 48.7, by Ken Sinkovitz, Bergen Catholic, 2003.

**600 meters:** 1:20.0, by Sinkovitz, 2003.

**800 meters:** 1:53.22, by Sinkovitz, 2003.

**1,000 meters:** 2:27.2, by Max Bruno, Indian Hills, 2007.

**1,600 meters:** 4:08.0\*, by Kevin Byrne, Paramus Catholic, 1977.

**3,200 meters:** 8:59.7\*\*, by Byrne, 1977.

**55 meter hurdles:** 7.35, by Darius Pemberton, Hackensack, 1993.

**High jump:** 6-10¾, by Pemberton, 1993.

**Long jump:** 23-7¼, by Pemberton, 1992.

**Triple jump:** 49-6½, by Craig Halyard, Ridgewood, 1989.

**Pole vault:** 15-0, by Gabe Knutson, Ridgewood, 2004.

**Shot put:** 65-10, by Steve Adams, St. Joseph Regional, 1970.

**Pentathlon:** 4,120 points, by Pemberton, 1993.

\* 1 mile time; \*\* 2 mile time.

## Girls

**55:** 7.14, by Takara Wilks, Queen of Peace, 2001.

**200:** 24.99, by Anike Orimogunje, Queen of Peace, 2000.

**300:** 39.1, by Janine Davis, Queen of Peace, 2004.

**400:** 54.70, by Davis, 2004.

**600:** 1:29.27, by Davis, 2005\*\*\*.

**800:** 2:07.60, by Davis, 2005.

**1,000:** 2:47.44, by Margaret Scutro, Ridgewood, 1985.

**1,600:** 4:47.32, by Jasmin Jones, Hackensack, 1987.

**3,200:** 10:40.96, by Patti Mileski, Ridgewood, 1983.

**55 meter hurdles:** 8.11, by Carlene Cummings, Englewood, 1998.

**High jump:** 5-9, by Cheryl Burdick, Ramsey, 1999.

**Long jump:** 19-1¼, by Cummings, 1998.

**Triple jump:** 40-9¾, by Cummings, 1998.

**Pole vault:** 12'0" by Kayla Polcari, Ridgewood 2010

**Shot put:** 48-6½, by Kelly Fazekas, Demarest, 2003.

**Pentathlon:** 3,232 points, by Jamie Lilien, Pascack Valley, 2000.

\*\*\* National record.



