

**Ridgewood Boys
Spring Track and
Field**

2011

2011 Season Summary

Ridgewood	79	Paramus	61
Ridgewood	78	Bergen Tech	40
Ridgewood	78	Hackensack	62
Ridgewood	84	Teaneck	56

County Relays.....2nd Place
Big North Div 3.....Champions
County Group A.....2nd Place
State Sectional.....Champions

Boys Spring Track and Field Roster - 2011

Frosh

Barnes, Doug
Berry, Liam
Clarendon, Bryan
Collins, Brian
Dublier, Luke
Fischer, Robert
Frering, David
Hartmann, Carter
Huh, Kieun
Jones, Oliver
Joyner, Bryce
Merejo, Anthony
Moras, Andrew
Morgan, Patrick
Neville, Ryan
Pillai, Raayan
Ricatto, John
Rispoli, Jake
Sabatini, Jake
Sohn, Andrew
Ulu, Sinan
Wisener, William
Wong, Allan
Yoon, Joseph
Zeno, Michael

Sophs

Ades, William
Barnett, James
Calton, Matt
Chung, Kevin
Daniels, Brian
Davila, David
Discepolo, Nick
Downing, Dylan
Dublier, Storm
Frederick, Michael
Garrity, Tanner
Gasiewski, Michael
Hayes, Kenny
Jones, Graham
Kagai, Shota
Kerwin, Jay
Koo, Younghoe
McGinley, John
Moras, Albert
Muller, Aaron
Nathanson, Ilan
Ng, Ronald
O'Donnell, Michael
Ok, Dominick
Park, Harry
Park, Sean
Robertazzi, Brian
Salamone, Nick
Schoff, Neil
Yoon, Peter
Yoon, Youngbin
Young, Vincent

Juniors

Anzalone, David
Balboa, Anthony
Bartlik, Evan
Cerasuolo, Nick
Diorio, Tom
Dremel, Max
Feeney, Rory
Fishbein, Ben
French, Mark
Gardner, David
Hanerfeld, Zach
Henni, Michael
Hwang, In-Ho
Jennee, Ryan
Jennings, Levi
Kim Man-Cho
Knight, James
Ransom, Kyle
Sarappo, Alex
Spicer, Travis
Tai, Nick
Xue, Edwin

Seniors

Andrews, Anthony
Beausoleil, Matthew
Cheung, Tim
Eid, Mohamed
Etna, Stephen
Habawel, Ali
Hwang, InSoo
Jennings, Corbin
Llinas, Juan
Martyn, Connor
Mattson, Sean
Riemer, Jon
Rynkowski, Patrick
Spetsieris, Ari
Stephan, Tom
Wellington, Ian

Coaches:

Josh Saladino
Don Cooper
Mike Glynn
Torre Watson
Holly Martin
Steve Opremcak
Matt Hendrickson

<u>Name</u>	<u>Dual</u>	<u>Championship</u>	<u>Total Points</u>
Matt Beausoleil (12)	56	74	130
Evan Bartlik (11)	38	87	125
Levi Jennings (11)	16	94	110
Pat Rynkowski (12)	22	70	92
Juan Llinas (12)	22	62	84
James Knight (11)	18	37	55
Younghoe Koo (10)	13	33	46
InSoo Hwang (12)	8	38	46
Kevin Chung (10)	15	27	42
Mohamed Eid (12)	23	15	38
Will Ades (10)	5	28	33
Neil Schoff (10)	8	21	29
Nick Tai (11)	10	16	26
James Barnett (10)	7	18	25
Anthony Balboa (11)	12	9	21
Anthony Andrews (12)	5	16	21
Nick Salamone (10)	6	13	19
Michael Henni (11)	11	6	17
Stephen Etna (12)	5	9	14
Jake Sabatini (9)	3	11	14
Connor Martyn (12)	5	5	10
Tim Cheung (12)	6	3	9
Tanner Garrity (10)	1	8	9
Mark French (11)	3	5	8
Sean Mattson (12)	6		6
Jon Riemer (12)		5	5
Patrick Morgan (9)	1	3	4
In-Ho Hwang (11)	4		4
Ari Spetsieris (12)	3		3
Storm Dublier (10)		3	3
Sean Park (10)		3	3
Vincent Young (10)		3	3
Graham Jones (10)	1		1
Aaron Muller (10)	1		1

John Dugan, Ramsey, senior, 1,600 and 3,200 meters
 Winter was another breakthrough season for this two-time, All-Bergen cross-country runner, who took nearly 25 seconds off of his personal best in the 3,200 meters and showed surprising 1,600 speed.

Daniel Green, Clifton, senior, 800 and 1,600
 Last year's All-Passaic 800 selection is ready to have a huge year and perhaps take down Clifton's 46-year-old record in the event (1:56.3).

Selwyn Maxwell, Don Bosco, senior, 110 and 400 hurdles
 Last year's All-Bergen high hurdler hopes to improve on last year's Non-Public A and Bergen Meet of Champions titles and move up from 16th on the all-time Bergen list in the event.

Stephen Mozia, Hackensack, senior, shot put and discus
 He added more than 6 feet to his shot put best this winter. He sits 10th on the all-time Bergen list in the discus and his immediate goal is the 31-year-old County record of 189 feet, 2 inches.

Bradley Paternostro, Ramapo, senior, 800 and 1,600
 Princeton-bound star became the latest Bergen athlete to win the State Meet of Champions at 800 meters last spring and already sits sixth on the all-time 800 and 15th on the all-time 1,600 list.

John Porteous, Wood-Ridge, senior, 110 and 400 hurdles, long and triple jumps
 He already ranks eighth all time in the 400 hurdles and finally may be ready to fulfill his enormous potential in the hurdles and jumps.

Patrick Rono, Lyndhurst, senior, 800 and 1,600
 His unique double medal in last spring's State Meet of Champions in times ranking 12th and 17th, respectively, on the all-time Bergen list make him a threat to break County records in both events.

Chris Steele, Pompton Lakes, senior, pole vault
 He took down the 25-year-old school and Passaic County record this winter by vaulting 14-1. He shoots for the outdoor school record of 14 feet and the Passaic record of 14-6.

Teaneck 4-x-400 relay
 The team of Bryan Murphy, Darylan Miles, Damien Elliott and Warren Fields won the State indoor championship and Miles, Fields and Elliott were part of last year's outdoor championship team that took more than two seconds off of the previous Bergen record.

Kaleb Zuidema, Midland Park, senior, javelin
 There's not much else for the South Carolina-bound State and national champion to achieve after last year's State record 224-1 throw, being named All-American by Track & Field News and going undefeated.

North Jersey preseason Top 25

1. Don Bosco
2. Ridgewood
3. Hackensack
4. Teaneck
5. Hasbrouck Heights
6. Passaic Tech
7. West Milford
8. Old Tappan
9. Demarest
10. Indian Hills
11. Lyndhurst
12. River Dell
13. Clifton
14. Lakeland
15. Ramsey
16. Wayne Valley
17. Cliffside Park
18. Leonia
19. Garfield
20. Cresskill
21. Pascaack Valley
22. Pompton Lakes
23. Fort Lee
24. Ridgefield Park

United

Bergen Catholic is led by one of the state's top 400-meter runners, senior Tarique Gray, fellow seniors Mario Kranjac (400) and Tyler Dilworth (hurdles) and junior D.J. Dixon (sprints).

Seniors Joe Hrabovsky (middle distance) and Mario Ibrahim (distance) and junior javelin thrower Casey Paulosky lead DePaul, which also looks to senior James Severe (sprints), and juniors Joe Pagano (distance), Davon Jacobs (sprints/high jump) and Nashawn Daniels (sprints/high jump) for improvement.

Don Bosco lost many stars from last year's Non-Public A champions, but the Ironmen return seniors Mike Bassico (vault), Paul Canevari (sprints/discus), Paul Ciarravino (sprints/jumps), Jeremy Gonzalez (hurdles), Greg Hazell (All-Bergen jumper/hurdler), Selwyn Maxwell (All-Bergen hurdler), Phelan McCormack (middle distance), Steve McNicholas (middle distance), Mike Proscia (javelin), Dave Stillings (long sprints), Ryan Walsh (indoor All-Bergen high jumper) and Tyler Yee (javelin).

Paramus Catholic is led by seniors Marquise Wright (throws), Brian Feliciano (distance), Gyan Lawson (sprints) and Jarrett Burroughs (sprints). The Paladins will depend on juniors Rob Wilson (distance) and Chris Maldonado (jumps/hurdles) and sophomore Brandon Spearman (sprints). St. Joseph looks to junior sprinters John Sanford and Jabari Garvin, senior weightmen John Connolly and John Butler and a strong distance team with seniors Kyle Gugliotta and Matt Doherty and juniors Joe Murphy and Sean Fogarty for success.

Liberty

Clifton has a great turnout of 80 athletes, but the best are seniors Daniel Green (All-Passaic middle distance), John Sunday (throws), Mike Blonci (400/long jump), Lawrence Johnson (sprints), junior Jessie Boria (distance), Noe Lara (400/110) and Chihua McDonald (jumps/hurdles).

Eastside has a great sprint team led by juniors Latimere Campbell and Mike Hilleary, and seniors Justin McKenzie (800), Messiah Quinones (400), Jaquese Fuller (jumps) and Mike Santos (pole vault) add depth.

Kennedy lost a lot from last year but still has senior Jamaal Hillon (middle distance), junior Tomas Garcia (shot put) and sophomore Robert Laing (hurdles).

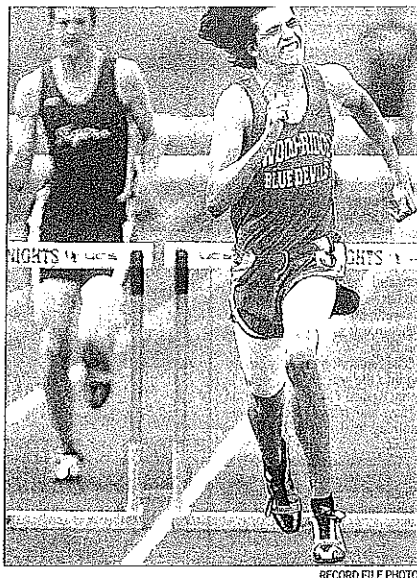
Passaic is rebuilding but seniors Tyler Danner (sprints), Demetrius Downey (sprints), Ronny Siri (800) and James Moore (shot), sophomore Anthony Navarro and freshman William Velard should speed the process.

Passaic Tech was the easy winner of the indoor Passaic meet and the Bulldogs are favored outdoors behind seniors Quatrel Huffin (All-Passaic javelin/discus), Haim McCartha (sprints), Dustin Knopmayer (throws), Lize Jarret (pole vault), Victor Reyes (distance) and juniors Nick Rodriguez (All-Passaic distance), Jabari Butler (All-Passaic high jump), Rahmir McCray (All-Passaic triple jump) and Halseem Pierson (All-Passaic long jump).

Freedom

Bergen Tech has an outstanding senior distance runner in Andreas Kellas, a solid senior vaulter in Shin H. Jung and a good senior sprinter in Devin Toledo. Seniors Armaan Kapoor, Brian Monahan and Junior Billy Fiske are the best of the rest.

Hackensack shared the Group 4 championship last year and might be better this year. Senior Stephen Mozia is one of the state's best shot and discus throwers. Sophomore Mark Jones (hurdles/sprints) could be the best hurdler in the state. Juniors John Pujols (middle distance), Carlos Coronado (distance) and Mo Headley (hurdles) and sophomore Mike Cummings (hurdles/jumps) also should score for the Comets.



Wood-Ridge returns hurdler/jumper John Porteous, here running in last year's Bergen County championships.

best sprinters in senior Josh Enriquez, has some good throwers in seniors Eric Lesko, Gordon Chen, John Robertson (also a fine long jumper), and Paul Stabile and looks to sophomore Mike Seireal to lead a young distance team.

Ridgewood will battle Hackensack and Teaneck for the division title. Ridgewood has a top hurdle team in seniors Matt Beausoleil, InSoo Hwang and Edward Blair IV. Beausoleil also can sprint and, if healthy, Hwang is a State contender in the intermediate hurdles. The distance team is led by seniors Pat Rynkowski, Anthony Andrews and Mohamed Eid and junior Levi Jennings. Junior jumper Evan Bartik is ready to make the next step. The Maroons' ultimate success may lie in their throwers, led by senior Stephen Etna, and long sprinters, led by senior Juan Linares.

Teaneck has the quartet of seniors Bryan Murphy and Warren Fields and juniors Darylan Miles and Damien Elliott that won the indoor State 4-x-400 relay title and were most of last year's outdoor list. They also can race from 100-800 meters and will get major points in every meet. Seniors Sean Wimbusch and Nevon Williams and junior Jamal Williams also are outstanding jumpers. Justin Cifuentes (distance) always has been a spark for the Highwaysmen, who will make this one of the best divisions in the state.

Independence

Defending Passaic County champion Lakeland is a co-favorite in this competitive division and will be a County favorite with a great sprint team led by seniors Cody Geyer and Aaron Aquino. Junior Jason Fuehring (200, 400, 110), and seniors Connor Glacken (pole vault/jumps), Sean Kinkle (hurdles/sprints), Dan Roman (jumps) and Eric Sinek (discus) will add talent and depth.

Passaic Valley counts on distance runner Alec Stabile and thrower Jimmy Lupo, senior sprinters Eddie Nieves and Mike Claudio and junior Fedele Gallo.

Wayne Hills is led by senior sprinter Joe Ramadan, thrower Jake Schunke, mid-distance Rushi Dave and middle distance/hurdler Matt Bombard, but look out for freshman distance runner Brendan Ungemach.

Wayne Valley has an excellent senior class led by Rob Palmorosa (All-Passaic middle distance), Chris Connolly (sprints/hurdles), Mike Shepstock (distance), Wisam Saadah (hurdles), Billy Duncan (throws), Matt Diana (pole vault), and Jordan Sussman (jumps/middle distance). The Patriots also have a junior distance class of Zach Post, Rom Weiss, Kenny Salvatore and Jason Frank, and

contender.

West Milford can contend for the division and County titles, led by seniors Jordan Carmichael (long sprints), Scott Gray (long sprints), Doug Henvey (hurdles), Dan Portillo (throws) and Jerry Veltri (javelin). It's a good junior class of Mark Van Teysens (hurdles/high jump), Edwin Trevil (jumps) and Dylan Mizerek (jumps) with distance runners Dan DeBlock (junior) and Paul Sullivan (soph) that might make the difference.

National

Demarest is a potential champion paced by seniors Adam Bernstein (distance), jumpers Jin Tae Kim and Yoonil Kim, Bernard Scaglione (weights), Rich Holden (middle distance), Chris Ng (hurdles), juniors Sean Degnon (800/All-Bergen in decathlon) and Mike Ippolito (distance) and soph Eric Geider (pole vault).

Fair Lawn has a new head coach, Brian Orfe, and two good juniors in distance runner Adam Ross and sprinter Patrick Romaglia.

Northern Highlands looks to one of Bergen County's top hurdlers, Nick Picache, to lead a senior class that includes Carlos Aguillon (pole vault), Chris Forst (throws), Tom Grueter (distance), James Hoag (jumps), Joe Katsikotis (throws), Tim Lattemer (distance) and Evan Linares (jumps).

Old Tappan has good seniors in Corey DeLeon (middle distance), Brian Choi (jumps), Louis Petrocelli (weights), Derek Weisman (weights) and Dean Petikas (hurdles), and better juniors in Will Mallin (distance), All-State quarter-back Devin Fuller (sprints), Alex Weiner (distance), Brandon Gregory (hurdles/sprints), Michael Bergman (pole vault) and Kyle Davidson (middle distance).

Ramapo has returning State 800 champion Bradley Paternostro and senior talent in Jack Banzajian (sprints), Andrew Wilson (middle distance), Mike Morillo (distance), Ryan Zaak (sprints) and soph Kenny Clarke (jumps).

American

Cliffside Park won the indoor meet in this competitive division and could do the same outdoors led by a distance team with seniors Sheriff All (All-Bergen cross-country) and Dominic Camm, and underclassmen Rene Morales and Juan Henao. Senior Anthony Tipodi is as good a hurdler and long sprinter as anyone in the area and senior sprinter Rob Giard also will contribute.

Dumont has talent in the distances in seniors Ryan Gormley and Tom Hicks (also a triple jumper), and in the throws with juniors Jimmy Kosika and Steven Russo, but will need senior Ryan Stanek, junior sprinter Jamal John

Dwight Morrow returns senior sprinter John Hernandez and hopes long/triple jumper Phil Dowell is recovered from his knee injury of October. If so, he will be one of the state's best.

Fort Lee is a young team with no seniors among their top performers so the Bridgemens might be a year away, but juniors Jenya Dyagilev (hurdles/400), Yu Yu Fahny (distance), Frankie Goris (sprints), Dan Koch (pole vault), Tyler Sanders (high jump) and Jonathan Spentzi (400), and soph Masaru Yamaguchi (sprints) should gain terrific experience and could become a factor earlier than expected.

Ridgefield Park doesn't have any stars but has a balanced and deep team including seniors Louis Jacob (throws), Kevin Alberque (sprints/jumps), Kevin Melloy (hurdles/jumps), Matko Ilic (distance), Hyun Woo Nom (pole vault) and Juan Andres Giglio (javelin). Juniors Brendan Conway (distance) and Rakesh Dataram (jumps) also are key components.

Westwood is rebuilding behind seniors Mike Rocca, Mike Penn, Sean Bablak, Yave Cortes and Max Policastro, and junior Mike Gaffney.

Patriot

Bergenfield returns senior Isaiah Holder (sprints), senior Guillermo Cortez (throws), junior Eufemio Diaz (hurdles), junior Joseph Matos (distance) and senior Luis Pardo (hurdles) on a team that hopes to throw a scare into the big name teams in this division.

Indian Hills had one of the best teams in the state last year and still is a power led by seniors Nick Ward (All-Bergen distance), John Prizzi (All-Bergen middle distance), Pete Tuohy (distance) and juniors Calvin Knox (110/400/high jump) and Hee Jae An (jumps). Senior sprinter Ken Fobian will run and play golf this spring and the Braves found a good new jumper in soph Charley Dzienis.

Mahwah doesn't have a lot of depth but has good athletes in seniors Erik Moutenot (hurdles/800), Matt McCue (sprints) and Mike Coates (distance), and juniors Tyler Poljan (pole vault) and Alex Nielsen (jumps/hurdles). Senior weightman Ben Sinclair also should contribute.

Sophomore Ben Malone exploded onto the scene this year for Passaic Valley in cross-country and indoor track. But the Indians are much more than him. Seniors Lucas Hall (sprints/hurdles), JJ Hoogendoom (hurdles), Mike Hausch (sprints), Jaylen Hunter (hurdles), Adam Morrow (distance) and Conor McCarthy (jumps), and juniors Jordan Roses (sprints), Dean Piterksi (vault) and Max Lindw (long sprints) make PV dangerous.

Ramsey has a good middle distance/distance team with All-Bergen and indoor State Meet of Champions medalist John Dugan (senior). Juniors Chris Eltringham and Eric Buser are strong in the 800 and 1,500 and Brian Pesota is an excellent hurdler. Seniors Joey Farrell (sprints) and Andrew Clinton (distance) and Junior Andrew Assile (shot) also will contribute.

River Dell always is a good team and with All-Bergen senior pole vaulter Brad Hoey, second team All-Bergen long jumper James Canino, senior hurdler Kevin Connolly, senior sprinter Kevin Baumann and junior thrower Matt Koh, it again will be good.

Tenafly is young with James Bassen (javelin), Shigetaro Ono (middle distance), Adam Hersh (distance) and Gabe Werman (hurdles) the only seniors. Juniors Jesse Kamil (middle distance), Tetsuji Ono (distance) and Aref Afshar (hurdles/sprints) also will contribute.

NJIC

Colonial

Eastern Christian has a good senior class including Sam Braen (discus/110), Jeremy Braunius (distance), Dave Harrison (triple jump) and Andrew Hurd (discus).

leads Elmwood Park in its rebuilding with seniors Jarrod Diaz (sprints/jumps), Chris Cerda (sprints), Robert Graham (sprints/jumps) and Anthony De-Freitas (sprints), and junior Mohamed Abdalla (distance).

Garfield should be one of the favorites with a veteran team headed by seniors Angel Lora (jumps/sprints), Franklin Smith-Hinson (hurdles/sprints), Leacroft Nunes (hurdles/jumps), and juniors Brandon Pacheco (sprints) and Roman Torres (javelin). Senior newcomer Robert Marin (hurdles) and sophomore Mark Espinoza (distance) also must contribute to help the Boilemakers contend.

Glen Rock is rebuilding. Junior hurdler David Karakas leads Hawthorne.

Loft looks to seniors Dominic Trico (hurdles), Mike Calero (middle distance) and Ken Couto (javelin) for a good season.

Manchester is a team to reckon with. With seniors Clint Apazza (javelin) and Andrew Nashed (All-Passaic cross-country) and help from seniors Alex Crank, Cheyenne Rivera, Ian Smith and Davonte Williams, and juniors Edwin Londono and Darryle Bugg, the Falcons again should be tough.

Pascoack Hills is another possible contender in the new division with seniors Tarou Seki (pole vault), Tyler Demmerle (javelin), Tony Greco (jumps and hurdles) and juniors Sean Krazi (sprints), Taylor Cudequest and Chet Palumbo (jumps/sprints) all potential event winners.

Pompton Lakes didn't have an indoor program (except for All-Passaic pole vaulter Chris Steele) but has nearly 70 athletes out for the spring including Steele, seniors Dave Alfa (throws), Justin Figueroa (javelin), Ryan Schwarz (distance), Randle DeGraaf (hurdles) and Andrew Cornelio (sprints). Sophs Anthony Mazzella (javelin) and Tyler Hatel-Shafer (javelin) also should help.

Rutherford is rebuilding with juniors Mike Inguanti, Francis McPartland, Chris McPartland and Jordan Matlaga its top athletes.

Patriot

Senior jumper John Fiscal leads Bogota.

Cresskill returns a good nucleus with seniors Doran Slavov (throws), Matt John (distance), Brad Young (sprints), Sam Chung (sprints), Griffin Dulligan (hurdles/pole vault), Justin Lee (distance), Killian Young (110/800), Mike Schultz (javelin) and Nick Collins (javelin), and juniors Paul Yun (jumps/hurdles) and Juan Alamo (hurdles/800) the leading point scorers.

Dwight-Englewood is rebuilding with senior sprinter Nick Barwell the only division medalist from last year and fellow seniors Pablo Balmaseda, Benjamin Darcy, Ian Hecht, Alec Jiao and David Singer must step up.

Emerson can contend as coach Bruce Benny aims for his 100th dual-meet win. Senior Willy Saezer (shot put) and juniors Alex Triana (800), Eric Benny (hurdles/400), Chris Fucarino (sprints) and Andrew DelPaz (pole vault) will help reach that goal.

Hawthorne Christian has two senior lettermen, Peter Milani and Malcolm Jefferson, and has a potential middle distance star in junior Jon Scott.

Leonia had some good seniors in hurdler/jumper Kemarley McIntosh and javelin thrower Kyle Youmans, and good juniors in Tim Ryan (distance) and Fitzroy Walsh (jumps).

Midland Park should be a contender with the defending State and Outdoor Nationals javelin champion Kaleb Zuidema the leader. But junior pole vaulter Steve Felice is a State contender and seniors Eric Lipurna (distance), Tom Saliba (long sprints) and Nick Acito (jumps) also are potential big meet scorers.

New Milford might be the team to watch in this balanced and

THE PAWLOWSKI RELAYS
Ramsey High School Track

SATURDAY, APRIL, 3, 2010
Ramsey, New Jersey

Team Score:

BOYS

4X100m: 1-Union (Wellington Brown, James Moreau-Blondel, Jamauri Bogan, Jeph Olali) 43.5. 2-CBA, 44.4. 3-Elizabeth, 45.3. 4-Ramsey, 45.9. 5-Ridgefield Park, 47.2. 6-CBA B, 47.3. 7-Old Tappan, 47.6. 8-Paramus Catholic, 47.9. 9-Cresskill, 48.3. 10-tie-Eldred, 48.8 & Bergen Catholic, 48.8.

4X200m: 1-CBA (Matt Pozo, Cody Barron, John Turi, Theo Foster), 1:31.9. 2-Elizabeth, 1:34.2. 3-Union, 1:34.4. 4-Old Tappan, 1:37.1. 5-Elizabeth, 1:37.1. 6-Ridgewood, 1:37.6. 7-Paramus Catholic, 1:38.6. 8-Ramsey, 1:38.8. 9-Ridgefield, 1:39.0. 10-CBA B, 1:39.1. 11-DePaul, 1:40.0. 12-Ridgefield Park, 1:40.1

4X400m: 1-Union (Govia, Phifer, Ferville, Kusi), 3:29.7. 2-Bergen Catholic, 3:33.2. 3-CBA, 3:33.4. 4-Old Tappan, 3:36.1. 5-Ridgefield Park, 3:37.6. 6-CBA B, 3:39.7. 7-Ramsey, 3:43.4. 8-Pequannock, 3:46.7. 9-Perth Amboy, 3:48.1. 10-Cresskill, 3:48.3

4X800m: 1-CBA (Mike Mazzacaro, Dan Mykityshyn, Tim Gorman, George Kelly), 7:59.1. 2-Ramsey, 8:12.7. 3-Bishop Ford, 8:27.1. 4-Pascack Valley, 8:36.8. 5-Old Tappan, 8:44.6. 6-Union, 8:51.9. 7-Ridgefield Park, 8:57.5. 8-Ridgefield, 9:16.5. 9-Cresskill, 9:32.0. 10-Ramsey B, 9:37.6. 11-Bishop Ford, 9:49.7

4X1600m: 1-Ridgewood (Levi Jennings, M. Ein, A. Andrews, P. Rynkowski), 18:39.3. 2-CBA, 18:58.3. 3-CBA B, 19:01.8. 4-Demarest, 19:25.1. 5-Old Tappan, 19:49.7. 6-CBA C, 19:51.8. 7-Ridgefield Park, 20:05.6. 8-Eldred, 20:10.6. 9-Ramsey, 20:17.6. 10-Paramus Catholic, 20:27.2. 11-Perth Amboy, 20:47.2. 12-Ridgewood B, 20:48.4. 13-Ramsey B, 21:00.2. 14-Cresskill B, 21:36.8

Sprint Medley: 1-CBA (Kevin Olsen, Don Burns, Nick Raguseo, Tim Gorman), 3:37.1. 2-Old Tappan, 3:38.2. 3-Union, 3:45.2. 4-Pascack Valley, 3:50.1. 5-Perth Amboy, 3:52.2. 6-Pequannock, 3:52.7. 7-Elizabeth, 3:53.5. 8-Bergen Catholic, 3:54.8. 9-Ridgefield Park, 3:56.0. 10-Ridgewood, 3:57.4

Distance Medley: 1-Bishop Ford (Taylor, Charles-Green, Pinero, Rocks), 11:02.3. 2-Ramsey, 11:04.3. 3-CBA, 11:09.8. 4-CBA B, 11:13.8. 5-Old Tappan, 11:15.0. 6-Ridgewood, 11:17.6. 7-Eldred, 11:31.9. 8-Ridgefield Park, 11:42.5. 9-CBA C, 11:42.7. 10-Ridgewood, 12:08.1. 11-Elizabeth, 12:18.2. 12-Union, 12:53.7. 13-Perth Amboy, 13:04.7

4X110 HH: 1-CBA (Phil Reid, John Engels, Nick Berger, Matt Pozo), 61.2. 2-Union, 1:03.2. 3-Ridgewood, 1:05.9. 4-Pascack Valley, 1:07.8. 5-Ramsey, 1:12.0. 6-NV-Old Tappan, 1:13.5. 7-Cresskill, 1:13.9. 8-Ridgefield Park, 1:14.3. 9-Union City, 1:23.4.

3X400 IH: 1-Old Tappan (Gregory, Davidson, Petikas), 3:01.1. 2-CBA, 3:01.7. 3-Union, 3:02.4. 4-Pascack Valley, 3:04.8. 5-Ramsey, 3:08.6. 6-Ridgefield Park, 3:12.4. 7-CBA B, 3:15.3. 8-Cresskill, 3:22.0. 9-Union City, 3:33.3. 10-Eldred, 3:34.8. 11-DePaul, 3:36.5

3X Long Jump: 1-Union (Wesley Arthur, Chris Foreman, Wellington Brown), 57-5 ½. 2-CBA, 56-8 ½. 3-Ridgewood, 55-4 ½. 4-Bergen Catholic, 55-2. 5-Pascack Valley, 55-2. 6-Old Tappan, 55-0. 7-Ridgefield Park, 53-3 ½. 8-Cresskill, 53-2 ½. 9-Ramsey, 51-6 ½. 10-Union City, 46-10 ½. 11-Eldred, 41-11 ½. 12-Bishop Ford, 35-7

3X Triple Jump: 1-Ridgewood (Bartlik, Beausoleil, Knight), 120-7 ½. 2-CBA, 117-2 ½. 3-Union, 114-7 ½. 4-Ridgefield Park, 112-5. 5-Pascack Valley, 112-0 ½. 6-Bishop Ford, 111-5 ½. 7-Cresskill, 110-1 ½. 8-Ramsey, 109-3 ½. 9-Old Tappan, 104-9 ½. 10-Bishop Ford, 90-7 ½. 11-Bergen Catholic, 77-4.

3X High Jump: 1-CBA (Meade, Connors, Reid) 17-4. 2-Ridgewood, 17-2. 3-Union, 16-8. 4-tie-Ridgefield Park & Cresskill, 16-6. 6-tie-Bergen Catholic & Bishop Ford, 15-10. 8-Pascack Valley, 11-0. 9-Old Tappan, 10-6. 10-Ramsey, 10-4.

3X Pole Vault: 1-CBA (Engels, Movies, McAnaly), 35-0. 2-Old Tappan, 31-0. 3-Cresskill, 29-6. 4-tie-Ridgefield Park & Pascack Valley, 29-0. 6-Ramsey, 22-0.

3X Shot Put: 1-Old Tappan (Norman, Youn, Weissman), 135-9. 2-River Dell, 130-0. 3-Bergen Catholic, 124-1. 4-CBA, 122-2. 5-Cresskill, 120-8. 6-Paramus Catholic, 120-0. 7-Ridgewood, 118-5. 8-River Dell B, 112-1 ½. 9-Ridgefield Park, 110-7

3X Discus: 1-Old Tappan (Jong Min Youn, Tyler Sheppard, Keith Rodman), 376-6. 2-Ramsey, 339-5. 3-Cresskill, 332-9. 4-River Dell B, 327-2. 5-BC, 315-8. 6-CBA, 322-7. 7-Paramus Catholic, 295-6. 8-Old Tappan, 293-6. 9-Ridgewood, 292-6. 10-River Dell, 257-6. 11-Bishop Ford, 244-9.

3X Javelin: 1-Demarest (Charlie Woods, Chris Pierz, Zack Betz) 429-9. 2-Old Tappan, 388-6. 3-Bergen Catholic, 362-10. 4-Cresskill, 359-9. 5-Ramsey, 355-11. 6-CBA, 352-10. 7-Ridgefield Park, 352-3. 8-Union City, 336-2. 9-Paramus Catholic, 321-0. 10-Ridgewood, 319-5

GIRLS

4X100m: 1-Union (Fatimat Ayinde, Jadeen Service, Jennifer Edobi, Kesi-ann Powell), 51.6. 2-Ridgewood, 52.6. 3-Ramsey,

53.4. 4-DePaul, 53.5. 5-Pascack Valley, 54.0. 6-Elizabeth, 56.1. 7-Old Tappan, 56.8. 8-Pequannock, 57.6. 9-Eldred, 57.8.

4X200m: 1-Perth Amboy (Danyelle Jackson, Kenya Adams, Ceelea Graham, Regina Brack), 1:52.8. 2-Pascack Valley, 1:54.1. 3-Pequannock, 1:54.6. 4-Union, 1:55.7. 5-Elizabeth, 1:58.3. 6-Ridgefield Park, 1:58.4. 7-Ridgewood, 1:59.9. 8-Ramsey, 2:00.1. 9-DePaul, 2:01.1. 10-Union, 2:02.9. 11-Paramus Catholic, 2:03.4

4X400m: 1-Pascack Valley (Wagner, Witt, Begen, Lannilk), 4:18.3. 2-Ramsey, 4:23.9. 3-Elizabeth, 4:26.0. 4-Ridgewood, 4:28.4. 5-Ridgefield Park, 4:37.2. 6-Cresskill, 4:38.8. 7-Union, 4:46.9. 8-Bishop Ford, 4:58.5

4X800m: 1-Old Tappan (Maggie Loudon, Sharon O'Reilly, Alex Valls, Courtney Weissenborn), 10:11.5. 2-Pascack Valley, 10:19.7. 3-Ramsey, 10:25.2. 4-Ridgefield Park, 10:46.7. 5-Cresskill, 10:54.1. 6-Elizabeth, 11:00.4. 7-Ridgewood, 11:06.5. 8-Ramsey, 11:13.6. 9-Union, 11:23.4. 10-Pequannock, 11:43.5

4X1600m: 1-Ridgewood (Clare Keating, Llerandi Grayson, Rachael Anzano, Caroline Davidson), 22:59. 2-Demarest, 23:22. 3-Ridgewood B, 23:54. 4-Ridgefield Park, 24:06. 5-Ramsey, 24:15. 6-Cresskill, 24:37. 7-Ridgewood C, 24:41. 8-Old Tappan, 24:42. 9-Ridgewood D, 25:06. 10-Paramus Catholic, 26:17

Sprint Medley: 1-Old Tappan (Sharon O'Reilly, Emily Maccaro, Madison Lucas, Maggie Loudon), 4:24.8. 2-Ramsey, 4:28.3. 3-Ridgewood, 4:31.0. 4-DePaul, 4:34.3. 5-Union, 4:36.2. 6-Elizabeth, 4:47.7. 7-Dickinson, 4:52.5. 8-Pascack Valley, 4:54.8. 9-Cresskill, 4:56.3. 10-Ridgefield Park, 5:03.6

Distance Medley: 1-Ridgewood (Shigenobu, Pan, Keating, Davidson), 13:05.8. 2-Ramsey, 13:54.4. 3-Old Tappan, 14:10.4. 4-Ridgefield Park, 14:16.7. 5-Cresskill, 14:34.3. 6-Perth Amboy, 14:36.3. 7-Pequannock, 16:43.8

4X100 HH: 1-Ridgewood (H. Shigenolov, M. DeVita, K. Polcari, S. DeVita), 1:09.2. 2-Pequannock, 1:11.9. 3-Union, 1:12.3. 4-Pascack Valley, 1:12.7. 5-Cresskill, 1:14.4. 6-Eldred, 1:14.7. 7-NV-Old Tappan, 1:16.5. 8-Ridgefield Park, 1:19.1. 9-Ramsey, 1:21.2

3X400 IH: 1-Ridgewood (DeVita, Shigenobu, Llerandi), 3:34.7. 2-Paramus Catholic, 3:43.7. 3-Ramsey, 3:45.6. 4-Old Tappan, 3:46.2. 5-Ridgefield Park, 3:48.8. 6-Pequannock, 3:49.4. 7-Cresskill, 4:11.4. 8-Eldred, 4:13.4. 9-Union, 4:37.8

3X Long Jump: 1-Pequannock (Aly Oustdyk, Hannah Sidoti, Traci YacKulie), 44-4. 2-Ridgefield Park, 42-10. 3-Union, 41-3. 4-Eldred, 40-11. 5-Ridgewood, 40-9 ½. 6-Ramsey, 39-6 ½. 7-Cresskill, 39-1 ½. 8-Old Tappan, 38-7. 9-Pascack Valley, 29-3 ½. 10-DePaul, 26-10. 11-Elizabeth, 21-6.

3X Triple Jump: 1-Ridgewood (Haley Roche, Kayla Polcari, Grayson Llenardi), 94-2 ¼. 2-Ridgefield Park, 93-0 ½. 3-Cresskill, 89-10 ¼. 4-Pascack Valley, 87-10. 5-Eldred, 85-1. 6-Pequannock, 83-8 ½. 7-Ramsey, 80-9 ½. 8-Old Tappan, 56-4.

3X High Jump: 1-Ridgewood (DeVita, Roche, DeVita), 14-2. 2-Ridgefield Park, 13-0. 3-tie-Eldred & Old Tappan, 12-9. 5-Ramsey, 12-3. 6-tie-Union & Pequannock, 8-9. 8-Cresskill, 4-0

3X Pole Vault: 1-Ridgewood (Polcari, Brown, DeVita), 29-0. 2-Pascack Valley, 22-6. 3-tie-Ridgefield Park, 22-0 & Garfield, 22-0. 5-Ridgewood B, 19-0. 6-Old Tappan, 14-6. 7-Ramsey, 14-0. 8-Eldred, 9-0. 9-Pascack Valley B, 6-0.

3X Shot Put: 1-Garfield (Melanie Odatalla, Alysha Menzies, Jocelyne Medina), 89-4 ½. 2-Cresskill, 89-4. 3-River Dell, 87-9 ½. 4-Ridgefield Park, 85-5 ½. 5-Ridgewood, 81-10 ½. 6-Union, 81-1. 7-Old Tappan, 80-1. 8-Pequannock, 79-2. 9-Perth Amboy, 72-2. 10-Elizabeth, 72-0

3X Discus: 1-River Dell (Intorre, Oh, Hudson), 273-8. 2-Pequannock, 272-1. 3-Cresskill, 233-8. 4-Garfield, 230-0. 5-Ridgewood, 220-0. 6-Old Tappan, 219-11. 7-Ramsey, 216-6. 8-Ridgefield Park, 192-3. 9-Perth Amboy, 191-8. 10-Ramsey B, 179-4. 11-Eldred, 149-10. 12-Elizabeth, 138-1.

3X Javelin: 1-Garfield (Melanie Odatalla, Jeanine Callahan, Shauntierah Douglas), 333-5. 2-Paramus Catholic, 290-7. 3-River Dell, 265-4. 4-Ridgewood, 264-9. 5-Pequannock, 238-7. 6-Ridgefield Park, 234-6. 7-Ramsey, 226-9. 8-Cresskill, 216-6. 9-Old Tappan, 183-1.

NOVICE BOYS

4X100m: 1-Ramsey (Marsley, Lucanie, Dorce, Wissell), 47.3. 2-Elizabeth, 47.6. 3-Ridgefield Park, 49.5. 4-Ridgefield, 49.7. 5-Old Tappan, 51.3

4X400m: 1-Ridgefield (Weik, Suh, Cahill, Romaint), 3:51.1. 2-Ramsey, 3:51.3. 3-Ridgewood, 4:02.4. 4-Pascack Valley, 4:02.5. 5-Ridgefield Park, 4:04.5

4X800m: 1-Ramsey (Delrisio, McOwen, Sifunjo, Bressi), 8:59.4. 2-Elizabeth, 9:17.3. 3-Perth Amboy, 9:29.2. 4-Ramsey, 9:31.1. 5-Old Tappan, 9:34.7

4X110H: 1-Union (Eric Cajuste, Shaquill Hayes, Lawrence Joyner, Cordy Joseph), 1:19.6. 2-Elizabeth, 1:20.5. 3-Ramsey, 1:25.8

2X400IH: 1-Ridgefield (Ruiz, Romaint), 2:11.5. 2-Ramsey, 2:13.2. 3-Union, 2:15.3. 4-Pequannock, 2:19.6

2XHJ: 1-Union (Cajuste, Hayes), 10-0. 2-Paramus Catholic, 5-8

2XLJ: 1-Ridgefield (Kendall Romaint, Ardian Djerha), 36-6. 2-Pequannock, 34-2. 3-Old Tappan, 31-1. 4-Ramsey, 31-0. 5-Union, 30-7 ½.

2XTJ: 1-Ridgefield (Djerka, Romaint), 76-2. 2-Ramsey, 68-3 ½. 3-Ramsey (Pepper), 65-1. 4-Cresskill, 63-6 ½. 5-Eldred, 61-7.

NOVICE GIRLS

4X100m: 1-Perth Amboy (Danyelle Jackson, Kenya Adams, Tiffany Cruz, Egina Brack), 56.9. 2-Perth Amboy B, 57.4. 3-Paramus Catholic, 57.5. 4-Paramus Catholic B, 59.1. 5-Ramsey, 1:00.1. 6-Union, 1:00.6. 7-Ridgefield Park, 1:01.2. 8-Pascack Valley, 1:01.4. 9-Pascack Valley, 1:02.0. 10-Elizabeth, 63.8

4X400m: 1-Ridgewood (Anzano, Fischer, Davis, Kim), 4:42.4. 2-Ramsey, 4:44.4. 3-Elizabeth, 4:45.2. 4-Ramsey (Rowan), 4:52.0. 5-Union, 4:52.3

4X800m: 1-Old Tappan (Emily Maccaro, Hannah LaFronz, Kelly Gattoni, Ellen Ubl), 10:54.3. 2-Dickinson, 11:05.4. 3-Ridgewood, 11:25.6. 4-Paramus Catholic, 11:54.4. 5-Pascack Valley, 12:01.1

4X100H: 1-NV-Old Tappan (Ally Zingarelli, Rachael Abolafia, Kristen Rinaldi, Kelly Procida), 1:22.1. 2-Ridgefield, 1:23.4. 3-DePaul, 1:25.2

2X400IH: 1-Perth Amboy (Adams, Brack), 2:35.5. 2-Old Tappan, 2:45.0

3X400IH: 1-Ridgefield (DeMaio, Cekic, Morille), 2:37.0. 2-DePaul, 2:45.8

2XHJ: 1-Pascack Valley (Yoo, Witt), 8-6.

2XLJ: 1-Cresskill (Goldfeld, Kim), 20-6 ½. 2-Pascack Valley, 13-10. 3-Eldred, 12-2. 4-Ramsey, 9-4

2XTJ: 1-Eldred (Alyssa, Angie), 44-6 ½. 2-Ramsey, 19-4

FROSH BOYS

4X100: 1-Bergen Catholic (Tony LoFaro, Dan Lynch, Craig Sheuring, Ted Migliorelli), 49.4. 2-Ridgewood, 50.4. 3-CBA, 51.7. 4-Old Tappan, 51.7. 5-Pascack Valley, 51.9

4X400m: 1-Bergen Catholic (Choudhury, Ludwig, Spaer, Finggaro), 3:52.3. 2-Ridgewood, 3:52.5. 3-CBA, 3:57.5. 4-Old Tappan, 4:03.9. 5-Pascack Valley, 4:09.1

4X800m: 1-CBA (Mike McClemens, Mike Cassidy, Tom Plooney, Liam Shaughnessy), 9:03.5. 2-CBA B, 9:14.7. 3-Ridgewood, 9:20.8. 4-Elizabeth, 9:44.2. 5-Ramsey, 10:13.3

4X110H: 1-CB A (Josh Kimberlin, Ralston Hough, Justin Alicea, Chris Cusick), 1:25.6. 2-Ramsey, 1:26.6.

2X400IH: 1-Old Tappan (Davidson, Cooke), 2:15.3. 2-Ramsey, 2:23.2. 3-Ramsey (Bailey), 2:26.2

2XHJ: 1-Ridgewood (Zeno, Barnes), 9-9. 2-Bergen Catholic, 5-0. 3-Cresskill, 5-0

2XLJ: 1-Bergen Catholic (Kelly, Lofase), 31-3. 2-Ridgewood, 30-4. 3-Ramsey, 27-2 ½. 4-Old Tappan, 15-4. 5-Ridgewood, 15-0 ½.

2XTJ: 1-Ramsey (Park, Bailey), 61-4. 2-Ridgewood (Zeno, Mereso), 28-7 ½. 2-Elizabeth, 28-6.

FROSH GIRLS

4X100m: 1-Pascack Valley (Gohan, Boyer, Connelly, Miller), 58.0. 2-Ridgewood, 60.3. 3-Ridgefield Park, 1:00.7. 4-Ramsey (Karpovich), 1:01.9. 5-Ramsey (Kammerer), 1:02.3

4X400m: 1-Pascack Valley (Madiw, Zavidow, Kegrncy, Urbicl), 4:39.6. 2-Ramsey, 4:49.2. 3-Ridgewood, 4:53.0. 4-Ridgewood (Jordan), 5:12.8. 5-Ridgefield Park, 5:20.2

4X800m: 1-Ridgewood (Gabby Jordan, Kristen Carle, Laura Weisberger, Emily Fishbein), 11:20.0. 2-Pascack Valley, 12:08.4. 3-Old Tappan, 12:29.0

4X100H:

3X400H:

2XHJ: 1-Pascack Valley (Kearny, Miller), 8-6. 2-Ridgewood, 4-0.

2XLJ: 1-Ridgewood (Flynn, Chedwick), 23-10 ½. 2-Ridgewood, 22-6. 3-Ridgewood, 10-6. 4-Ridgewood, 9-9.

2XTJ: 1-Ridgewood (Flynn, Chedwick), 27-10.

Pawlowski Relays

4x1600m: L. Jennings; M. Eid; A. Andrews; P. Rynkowski
18:39.3 – 1st Place

A. Sarappo; B. Fishbein; M. French; T. Garrity
20:48.4

4x110HH:

E. Bartlik 16.6, K. Chung 16.7, J. Knight 17.3, M. Beausoleil 15.3 – **1:05.9 – 3rd Place**

4x100m:

Novice:

H. Park	E. Xue	M. Gasiewski	Z. Hanerfeld
D. Ok	V. Young	B. Robertazzi	D. Davila
K. Ransom	K. Hayes	I. Nathanson	S. Kagai
R. Ng 52.7	P. Yoon 52.9	C. Jennings 56.5	M. Calton 52.8

Frosh:

W. Wisener	P. Morgan	L. Berry
O. Jones	J. Yoon	K. Huh
A. Merejo	A. Sohn	R. Neville
J. Sabatini 50.4 – 2 nd Place!	A. Wong 56.5	S. Ulu 56.4

4x800m:

Novice: Y. Yoon; S. Kagai; M. O'Donnell; M. Calton
T. Diorio; D. Anzalone; D. Garnder; T. Spicer

Frosh: D. Frering, L. Dublier, R. Pillai, B. Clarendon **9:20.8 – 3rd Place!**
C. Hartmann, J. Ricatto, C. Criscitello, R. Fisher

4x200m: K. Chung 23.9; T. Cheung 25.6; S. Park 24.8; N. Schoff 23.6
1:37.6 – 6th Place

Sprint Medley (400-200-200-800)

C. Martyn 55.4; N. Tai 23.9; T. Cheung 25.8; J. Llinas 2:12.1 3:57.4

Distance Medley (1200-400-800-1600)

W. Ades; N. Schoff; S. Dublier; N. Salamone
G. Jones; T. Diorio; C. Martyn; M. French

4x400

Novice:

H. Park 65.7	E. Xue 63.8	B. Robertazzi 66.1	M. Gasiewski 78.6
D. Ok 59.1	V. Young 62.2	D. Davila 66.8	M. Henni 63.6
K. Ransom 57.7	S. Kagai 57.9	K. Hayes 62.3	I. Nathanson 62.3
R. Ng 62.3	Y. Yoon 58.4	P. Yoon 63.4	C. Jennings 69.3
<u>4:04.8 – 6th Place!</u>	<u>4:02.4 – 3rd Place!</u>	4:18.8	4:33.7

Frosh:

B. Clarendon 57.4	M. Zeno 67	P. Morgan 72	L. Berry 69
O. Jones 59.2	W. Wisener 64	J. Yoon 67	K. Huh 74
A. Merejo 58.0	J. Ricatto 66	A. Sohn 66	R. Neville 61
J. Sabatini 57.7	D. Barnes 62	A. Wong 64	S. Ulu 62
<u>3:52.5 – 2nd Place!</u>	4:19.4	4:24.9	4:26.3

LJ:

3xVarsity: E. Bartlik 19'11 ½", Y. Koo 17'8 ½", M. Beausoleil 18'8"
55'4 – 3rd Place

2xFrosh:

W. Wisener F J. Sabatini F - F
A. Merejo 15'1" D. Barnes 15'3" – 30'4" – 2nd Place
M. Zeno 11'6"

2xNovice:

P. Yoon 14'11" D. Davila F

TJ:

3xVarsity: E. Bartlik 43'7", J. Knight 37'10 ½", M. Beausoleil 39'2"
120'7 ½" – 1st Place

2xFrosh

J. Sabatini F W. Wisner F
A. Merejo 28'7 ½" M. Zeno F
D. Barnes F

2xNovice:

P. Yoon 32'10" D. Davila F

HJ:

Varsity: E. Bartlik 6'2", Y. Koo 5'6", J. Knight 5'6" - 17'2" – 2nd Place
2xFrosh: M. Zeno 4'9", D. Barnes 5'0" – 9'9" – 1st Place

Shot Put:

Varsity: A. Balboa 42'3", J. Barnett 36'11", S. Etna 39'3" – 118'5"
A. Muller 35'7", M. Henni 34'5", A. Spetieris 36'5" – 106'5"

Discus:

Varsity: M. Henni 107'6", J. Barnett 98'6", S. Etna 85'8" – 292'6"
A. Balboa 80'0, M. Dremel 92'10", A. Spetieris 96'3" – 269'1"

PV: J. Knight 10'0"; T. Cheung 9'0"; K. Hayes NH

Javelin: M. Beausoleil 126'3; J. Barnett 98'3; T. Diorio 96'5"

Meet Comments:

I thought our underclassmen did a very nice job. There were a lot of places in the novice and frosh groups. That's exciting. The varsity team has the potential to be very good but we certainly did not see it at this meet. There were some individual highlights but overall we need to be ready to compete at a higher level and rise to the challenge.

Big North Track & Field Dual Meet

Ridgewood vs Paramus Boys

April 4, 2011

Total Score
RHS Par.

79	61
----	----

Event	First Place	Second Place	Third Place	RHS	PC
400H	Connor Martin R 62.1	Brian Salamanca P 63.3	Lavesh Patel P 66.5	5	4
100m Dash	Matt Beausoleib R 11.2	Josh Enriquez P 11.3	Kevin Chung R 11.5	6	3
1600m Run	Mohammed Eid R 4:40	Mark French R 4:41.2	Mike Secreti P 4:43.9	8	1
400m Dash	Juan Lins R 52.6	Nick Tai R 53.5	Inho Hwang R 54.2	9	
100m Hurdles	Matt Beausoleib R 15.2	Kevin Chung R 16.2	Evan Bartlik R 16.2	9	
800m Run	Anthony Andrews R 2:03	Will Ades R 2:05	Juan Linas R 2:07	9	
200m Dash	Josh Enriquez P 23.2	Neil Schoff R 23.4	Ryan Kim P 23.4	3	6
3200m Run	Mohammed Eid R 10:14.9	Mike Secreti P 10:17.2	Tanner Garrity R 10:32.4	6	3
High Jump	Evan Bartlis R 6'3"	John Robertson P 5'6"	Eric Lesko P 5'6"	5	4
Pole Vault	James Knight P 11'0"	Tim Cheung R 9'6"	Gordon Chen P 9'0"	3	6
Long Jump	John Robertson P 19'10"	Matt Beausoleib R 18. 10 3/4"	James Knight R 38' 6"	4	5
Triple Jump	John Robertson P 42' 8 1/4"	Evan Bartlek R 42' 4 1/2"	James Knight R 36" 2 1/2"	4	5
Discus	Mike Henni R 106' 1 3/4"	Mitchell Foster P 104' 6 1/2"	James Barnett R 101' 1"	6	3
Shot Put	John Robertson P 44'1"	Paul Stabile P 42'7"	Anthony Balboa R 42'3.5"	1	8
Javelin	Eric Lescio P 147.1	Gordon Chen P 138.1	Matt Beausoleib R 137.2	1	8
4X400relay	Paramus 3:41.8	Ridgewood 3:46.1			5

**Dual Meet vs. Paramus
@ Paramus – Non Scoring**

April 4, 2011

400IH: N. Schoff **DQ**

100m: J. Sabatini **12.0** R. Jennee **12.4** S. Park **12.6**; D. Davila **13.1**; P. Yoon **13.2**; I. Nathanson **13.3**; E. Xue **13.3**; R. Ng **13.4**; C. Jennings **13.6** Z. Hanerfeld **13.6**
H. Park **13.7**; B. Robertazzi **13.7**; J. Yoon **13.8**; A. Sohn **13.9**; L. Berry **14.6**; K. Huh **15.0**
M. Gasiewski **16.1**

1600m: N. Salamone **4:44** S. Dublier **4:45** D. Garnder **4:59** A. Sarappo **5:10**
L. Dublier **5:14** C. Hartmann **5:24** D. Anzalone **6:03**

400m: S. Mattson **54.8**; K. Ransom **56.6**; O. Jones **57.8** S. Kagai **57.9** ; Y. Yoon **58.3**;
D. Ok **58.5**; S. Ulu **62.1**; J. Ricatto **65.8**

110HH: W. Wisener **20.9**; M. Zeno **21.5**

800m: G. Jones **2:12.5**; B. Clarendon **2:15.6** S. Kagai **2:15.8** Y. Yoon **2:17.4**
R. Pillai **2:18.4** L. Dublier **2:22.6** T. Spicer **2:22.8**; R. Fischer **2:23.0** M. Calton **2:29.2**
C. Hartmann **2:30.6** D. Gardner **2:31.5**

200m: K. Chung **24.0**; N. Tai **24.4**; J. Sabatini **24.6**; R. Jennee **24.8**; O. Jones **25.1**;
D. Ok **26.3** D. Davila **26.7** I. Nathanson **27.2** R. Ng **27.1** V. Young **27.2**
Z. Hanerfeld **27.3** R. Neville **27.8**; E. Xue **27.9** H. Park **28.0** P. Yoon **28.0** A. Wong **28.4**
B. Robertazzi **28.4** J. Yoon **28.6**; C. Jennings **29.1** P. Morgan **29.7** A. Sohn **30.1**;
L. Berry **30.6** K. Huh **31.1** M. Gasiewski **37.2**

3200m: N. Salamone **10:33** D. Garnder **11:09** B. Fishbein **11:19**

4x400m: J. Sabatini **57.6**; S. Park **57.6**; K. Ransom **57.1** C. Martyn **54.7 – 3:46.8**

Long Jump: W. Wisener **15'2"** J. Sabatini **13'8"**

Triple Jump: P. Yoon **33'6"** W. Wisener **28'5"**

High Jump: J. Knight **5'6"** M. Zeno **5'0"**

	Shot Put:	Discus:
A. Balboa	scored	79'10"
S. Etna	38'7"	96'7"
M. Henni	??	scored
J. Barnett	37'3"	scored
A. Spetieris	39'0"	87'7"
M. Dremel	34.3"	F
R. Feeney	30'	76'8"
An. Moras	29'4"	82'
A. Muller	34'6"	82.3"
A. Halawel	25'1"	84'4"
J. McGinley	31'1"	67'8"
M. Kim	33'6"	F
J. Rispoli	21'	47'1"
N. Cerasulo	37'3"	60'
N. Discepelo	32'3"	72'
Al. Moras	30'6"	57'
B. Trent	26'5"	65'2"
S. Trepeddi	25'3"	61'
I. Wellington	28'5"	74'5"
J. Kerwin	28'6"	49'

Javelin: J. Barnett 115' T. Diorio 103'

Pole Vault: P. Morgan 7'6" A. Wong; K. Hayes; V. Young; NH

Maroons off to a fast start this spring

Five RHS boys to run in Division I

BY GREG TARTAGLIA
Assistant Sports Editor

RIDGEWOOD — After they finish running all around New Jersey this spring, they'll be running all around the country.

On March 31, five senior members of the Ridgewood High School boys track and field team announced their plans to compete at the Division I level in college. Each helped the Maroons win a trio of titles last season, including league, County relay and State sectional championships.

"Having five Division I athletes on this team is a really strong foundation for us to build off of," said RHS head coach Josh Saladino. "They cover a lot of events, and that makes the potential for this [season's] team pretty good."

The individual profiles (in alphabetical order):

MATT BEAUSOLEIL (The Citadel) — The 6-foot-1 sprinter-hurdler-jumper heads to the Charleston, S.C. military college with designs on studying criminal justice and eventually joining the Army.

"I've loved the Army since I was in fifth grade," said Beausoleil. "Both my grandfathers were in the military. My dad's father was in the Air Force during World War II, on the Pacific front, and my [maternal] grandfather was in the Army Reserve."

Beausoleil finished fifth in the 110-meter hurdles at last year's Bergen Meet Champions (BMOC), running the sixth-fastest time (15.03) in program history. He also helped Ridgewood win gold in the 4 x 110 hurdle and 3 x javelin events at the 2010 Bergen County Relays.

"It might be a decathlete in college, because I throw the javelin, do the jumps, run the sprints — all that stuff," he said.

MOHAMED EID (Marist) — One of two Maroon distance runners headed to the Poughkeepsie, N.Y. college, he plans to continue what he has started at RHS and compete in both cross-country and track and field for the Red Foxes.

"About a month ago, I was deciding between Marist and Fordham, because I felt like those two schools were right for me," Eid said. "But after visiting it, I just felt like Marist was more right for me."

The 5-10 Eid posted his best 5K time (16:26) in placing 17th at the cross-country BMOC last fall, and his personal record 3,200-meter indoor time (9:45.9) was good for sixth in the Varsity Classic on Feb. 7.

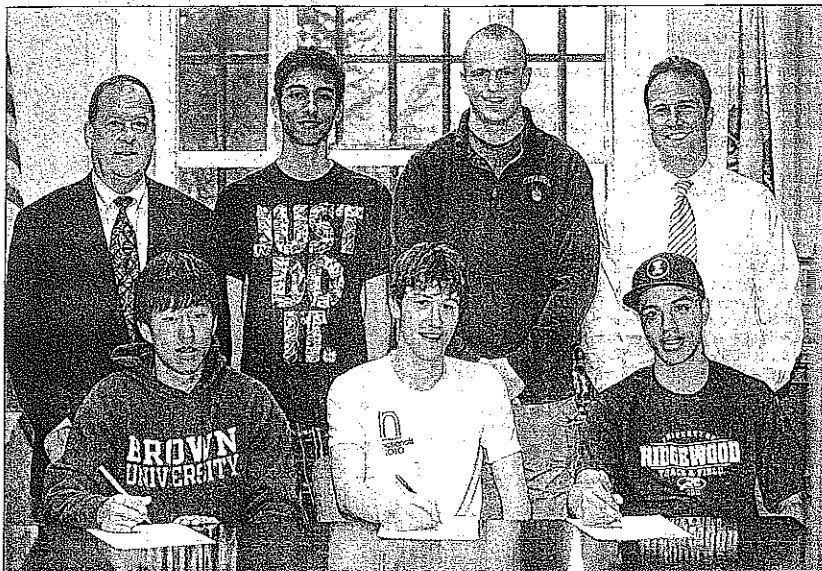
Having received partial scholarships for both athletics and academics, Eid noted that he will most likely major in biology.

INSOO HWANG (Brown) — The RHS record-holder in both the 110- (14.4) and 400-meter (53.64) hurdles also visited the University of Pennsylvania but was swayed toward the Providence, R.I. Ivy League school by a number of Ridgewood alums.

"I've wanted to go to Brown since sixth grade," said Hwang. "My cousin [Juhsee Lee, RHS Class of 2001] graduated from there, and I went to his graduation and really liked the school. Then, I took an official visit in October of last year."

Conferring with Brown distance runners Christian Trautwein (RHS '08) and Taro Shigenobu (RHS '09) sealed the deal for Hwang, who is interested in studying science and may enter the pre-med program.

Before then, the 6-0 sprinter-hurdler



PHOTO/RICH FORMICOLA

Five senior members of the Ridgewood High School boys track and field team have plans to continue their careers at Division I colleges. FRONT ROW, from left: InSoo Hwang (Brown), Pat Rynkowski (Marist) and Juan Llinas (Illinois). BACK ROW, from left: RHS Principal Jack Lorenz, Mohamed Eid (Marist), Matt Beausoleil (The Citadel) and RHS head coach Josh Saladino.

RHS SPRING TRACK & FIELD SCHEDULES

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

- April 2 Steve Pawlowski Relays @ Ramsey H.S. (Boys: 5th place; Girls: 1st place)
- April 6 @ Paramus (Boys: W, 79-61; Girls: W, 106-33)
- April 12 at Bergen Tech
- April 20 at Ieaneck
- April 26 at Hackensack
- April 8-9 at Arcadia, Calif. Invitational (limited varsity), TBA
- April 9 Comet Relays @ Hackensack H.S., 9 a.m.
- April 13 Jack Yockers Bergen County Relays (field events only) @ Ramsey, 3:30 p.m.
- April 15-16 Jack Yockers Bergen County Relays @ River Dell H.S., 3:30 p.m./9 a.m.
- April 28-30 Penn Relays @ Franklin Field, Philadelphia, TBA
- May 7 Ridgewood Track Dedication Meet, Ben Franklin Middle School, 10 a.m.
- May 11 Big North Freedom Division Meet @ Hackensack
- May 20-21 Red Litter Bergen County Championships @ Old Tappan H.S., 3:30 p.m./9 a.m.
- May 23 East Coast Relays @ Randolph H.S. (limited varsity)
- May 27-28 North 1, Group 4 State Championships @ Randolph H.S., 4 p.m./10 a.m.
- May 31 Bergen County Meet of Champions @ Hackensack
- May 28-29 Group 4 State Championships @ Lombardi Field (Old Bridge), 4 p.m./11 a.m.
- June 9 State Meet of Champions @ Lombardi Field (Old Bridge), 3:30 p.m.

Girls win Pawlowski Relays title

BY GREG TARTAGLIA
Assistant Sports Editor

RIDGEWOOD — By this time next year, the Maroons once again will be able to host the Pawlowski Relays on their own track.

Within the coming weeks, finishing touches are expected to be put on the brand new track and field facility at Ben Franklin Middle School, which will serve as the home base of the boys and girls teams of Ridgewood High School.

The Pawlowski Relays, formerly known as the Ridgewood Relays, have been held in Ramsey for the past five years due to the absence of a 400-meter track in the village. Because of space constraints, the old track at RHS Stadium was only 344 meters.

The anticipated opening of the BF facility next month will change all that. "Our goal is to have a meet here May 7 and show it off to the world," Ridgewood girls coach Jacob Brown said at Wednesday's team practice.

The Maroon girls squad began the 2011 season with a 142-95½ victory over Ridgefield Park in last Saturday's 27th running of the Pawlowski Relays, while the RHS boys team scored 71 points to finish fifth.

Girls track preview

Last spring marked the first time in recent memory that the Ridgewood girls did not capture either a league, County or State sectional crown. However, the Maroons are coming off a winter in which they won Big North-Freedom and Bergen County Relays titles and finished second in the North 1, Group 4 meet.

"We have a really strong senior class and a lot of underclassmen who can all score points," said senior co-captain Sarah DeVita. "We had a really strong indoor season, and cross-country had a really successful season, too, so we're hoping to build off of those."

DeVita combined with classmate Haley Roche and younger sister Mimi DeVita, a sophomore, to win the high jump event with a combined height of 14-foot-2 at the Pawlowski Relays. She was also a part of the victorious 3 x 400-meter hurdle team (3:34.7) with senior Grayson Llerandi and junior Hanako Shigenobu, as well as the winning 4 x 100-meter hurdle quartet (1:09.2) with Shigenobu, Mimi DeVita and senior co-captain Kayla Polcari.

In all, the Ridgewood girls garnered gold in seven events, with Polcari, Mimi DeVita and junior Ilana Brown clearing a combined 29 feet in the pole vault relay. Roche, Polcari and Llerandi teamed up for a distance of 94-2¼ in the triple jump relay.

The Maroons also displayed its strength in the distances. Shigenobu, senior co-captain Clare Keating and juniors Caroline Davidson and Victoria Pan won the distance medley in 13:05.8, while the combo of Keating, Davidson, Llerandi and senior co-captain Rachel Anzano prevailed in the 4 x 1,600 (22:59.0).

In the 4 x 100, senior Charlotte Crique, junior Moriah Jennings and sophomores Micaela McPadden and Anna Caffrey ran a silver-medal time of 52.6, and the same quartet earned bronze in the sprint medley (4:31.0) as well.

"The team was just methodical, smart and skillful," coach Brown said. "We had very few mistakes for an early-season meet, which is amazing. So I'm very excited about this team."



GREG TARTAGLIA/THE RIDGEWOOD NEWS

The senior captains of the 2011 Ridgewood High School girls spring track and field team are, from left, pole vaulter Kayla Polcari, hurdler-jumper Sarah DeVita, distance runner Rachel Anzano and middle-distance runner Clare Keating.

Arcadia Invitational
@ Arcadia CA

April 8-9

Friday:

High Jump:
Evan Bartlik 6'3"

Triple Jump:
Evan Bartlik 43'7"

4x800m:
J. Llinas 2:00.9; P. Rynkowski 1:59.8; A. Andrews DNF L. Jennings

Saturday:

110HH:
Matt Beausoleil 15.37

Distance Medley:
L. Jennings 3:07.6
N. Schoff 51.3
J. Llinas 1:56.4
P. Rynkowski 4:17.4 10:12.82 – 3rd Place

Comments:

Everyone who competed at this meet competed at their best with the intention of willing their race, flight, heat. Excellent.

Maroons solid on West Coast

By **PAUL SCHWARTZ**
STAFF WRITER

HIGH SCHOOL TRACK

The plane ride home for Ridgewood after its annual trek to the Arcadia Invitational in Southern California had to feel good.

Kayla Polcari was coming home with a Bergen County outdoor pole-vault record of 12-2 $\frac{3}{4}$ and a stunning third-place finish against a national-level field. Plus, the boys and girls distance medley teams had commendable races.

The boys finished third in 10:12.82, eighth fastest in Bergen County history, and solidified their place in the Penn Relays later this month. The girls ran 12:23.85 for 11th place, the fastest time by Ridgewood since 1998, and the 14th fastest in County history. The girls are alive for a Penn berth, but may come up short. Polcari's vault broke a two-year-old record of 12-1 set by Michelle Favre of Saddle Brook.

"Obviously, she showed a lot of confidence," Ridgewood girls coach Jacob Brown said. "You could see her confidence building, especially when she made 12-2 $\frac{3}{4}$ on her first attempt. Then she ran through her first jump at 12-7 because she was so pumped, but her last jumps were really wonderful attempts."

The boys distance medley foursome of Levi Jennings (3:07.6/1,200), Neil Schoff (51.0/400), Juan Llinas (1:56.5/800) and Pat Rynkowski (4:17.7/1,600) was in the race from the opening gun to the final stages, placing behind California schools Dana Hills and Loyola (which has turned in the top two times of the year in the event).

"All of the guys competed at a high level and they competed to win in one of the toughest races of the year," Ridgewood boys coach Josh Saladino said. "It certainly gives those four amazing confidence going forward, and it's a lift for the rest of our team that has had some injuries."

"These guys have set the bar high for themselves and for the rest of us."

The girls distance medley Hanako Shigenobu (3:47.7/1,200), Sarah DeWitt (62.4/400), Micaela McPadden (2:26.5/800) and Caroline Davidson (5:06.2/1,600), also pleased Brown. "Caroline really had a breakthrough race and responded by running faster on each lap."

Comet Relays

April 9th @ Hackensack

Varsity:

4x1600m:

N. Salamone 4:49 T. Garrity 4:45 M. French 4:48 W. Ades 4:45

19.12.0 - 2nd Place

2xPV:

T. Cheung 9'0" A. Wong NH - 6th Place

2xShot Put:

A. Balboa 43'2"

J. Barnett 38'2"

A. Spetsieris 35'5 1/2"

S. Etna 37'8 80'10"

M. Henni 35'3"

A. Muller 34'10 1/2"

2xDiscus:

M. Henni 120'9

J. Barnett 107'5

A. Muller 94'10"

S. Etna 114'8

A. Balboa 87'6"

A. Spetsieris 96'8"

226'3" - 4th Place

2xJavelin:

J. Barnett 137'8

Y. Koo 101'3"

238'11" - 5th Place

Novice:

4x800m:

Y. Yoon 2:12 T. Spicer 2:14 A. Sarappo 2:24 S. Kagai 2:10

9:00.9 - 1st Place

LJ: R. Jennee 17'8" P. Morgan F

TJ: R. Jennee 32'3" P. Morgan 31'7"

Throws:

N. Discepolo

A. Moras

J. Kerwin

A. Habawel

R. Feeney

M. Dremel

Al. Moras

J. McGinley

Shot:

33'6"

30'4"

31'5"

30'

31'8"

32'8"

29'1"

33'5

Discus:

72'8"

76'

65'

93'5"

68'6"

88'10

52'11"

no mark given

Frosh:

4x800m:

D. Frering 2:17 L. Dublier 2:18 R. Pillai 2:19 B. Clarendon 2:13 9:07.5 – 1st Place

Distance Medley:

B. Clarendon 3:38.7 J. Sabatini 55.5 R. Pillai 2:15.3 D. Frering 4:58.5

11:47.9 – 1st Place

R. Fischer 3:45.9 O. Jones 58.8 C. Hartmann 2:23.1 L. Dublier 5:12.8

12:20.1 – 2nd Place

4x400m:

O. Jones B. Clarendon L. Dublier J. Sabatini 3:52.1 – 1st Place

2xLJ: J. Sabatini 17'2 ¼" B. Joyner 15'4 ½" - 2nd Place

W. Wisener F D. Barnes F

2xTJ: J. Sabatini 30'0" B. Joyner 30'7 ¼"

D. Barnes 29' 7 ½" W. Wisener 33'4 ½"

Comments:

Great meet! A lot of medals and Coach Cooper loved how much all of the frosh wanted to compete. Great job.

THE COMET RELAYS
Tom Dellatorre Field

SATURDAY, APRIL 9, 2011
Hackensack, New Jersey

BOYS

4X100m: 1-Don Bosco (Wimberly, Carroo, Washington, Davis), 43.9; 2-St. Joe's, 44.1; 3-Paramus Catholic, 46.0; 4-Susan Wagner, 46.5; 5-Science, 49.2.

4X200m: 1-Don Bosco (Wimberly, Peppers, Cirillo, Carroo), 1:30.4; 2-St. Joe's, 1:32.5; 3-Montclair, 1:32.6; 4-Paramus Catholic, 1:35.0; 5-Science, 1:38.9; 6-Fair Lawn, 1:45.0.

4X400m: 1-Paramus (Enriquez, Sloane, Salamanra, Kim), 3:38.6; 2-Susan Wagner, 3:42.5; 3-Paramus Catholic, 3:45.0; 4-Perth Amboy, 3:47.4; 5-Glen Rock, 3:48.0; 6-Secaucus, 3:49.0; 7-Science, 3:49.3.

4X800m: 1-Don Bosco (Mendolia, Keller, McNicholas, McCormack), 8:15.0; 2-Bergen Tech., 8:32.8; 3-Susan Wagner, 9:07.0; 4-Glen Rock, 9:16.5; 5-Fair Lawn, 9:33.3.

4X1600m: 1-Hackensack (Nunez, Coronado, Mascetti, Pujols), 19:03.8; 2-Ridgewood, 19:12.0.; 3-Don Bosco Prep, 19:32.6; 4-St. Joe's 19:34.1; 5-Bergen Tech., 19:40.5; 6-Fair Lawn, 20:48.3; 7-Glen Rock, 20:55.0.

Sprint Medley: 1-St. Joe's (Sanford, Garvin, Edmonds, Gugliotta), 3:41.0; 2-Don Bosco, 3:43.9; 3-Paramus, 3:51.4; 4-Montclair, 3:52.9; 5-Perth Amboy, 3:54.2; 6-Secaucus, 3:59.1; 7-Science, 3:59.5; 8-Susan Wagner, 4:03.6; 9-River Dell, 4:08.9.

Distance Medley: 1-Hackensack (Coronado, Romero, Westcott, Pujols), 10:56.5; 2-Don Bosco, 11:07.1; 3-Bergen Tech., 11:09.3; 4-Fair Lawn, 11:48.2; 5-Glen Rock, 12:02.0; 6-St. Joe's, 12:10.7.

4X110 HH: 1-Don Bosco (Hazell, Walsh, Gonzalez, Maxwell), 1:02.4; 2-Montclair, 1:03.7; 3-Susan Wagner, 1:15.6; 4-Scotch Plains, 1:15.7.

3X400 IH: 1-Don Bosco (Gonzalez, Stillings, Moran), 3:07.6; 2-River Dell, 3:10.5; 3-Susan Wagner, 3:12.5; 4-Montclair, 3:16.0; 5-Glen Rock, 3:16.5; 6-Fair Lawn, 3:19.7; 7-Science, 1:13.6.

2X Long Jump: 1-Don Bosco (Hazell, Cornea), 39' 7 $\frac{1}{2}$ "; 2-St. Joe's, 37' 8 $\frac{1}{2}$ "; 3-River Dell, 37' 6 $\frac{1}{2}$ "; 4-Montclair, 36' 10 $\frac{1}{4}$ "; 5-Paramus, 36' 1 $\frac{1}{2}$ "; 6-Hackensack, 36' 1"; 7-Secaucus, 35' 4 $\frac{1}{2}$ "; 8-Science Park, 34' 10 $\frac{1}{2}$ "; 9-Perth Amboy, 30' 8 $\frac{1}{2}$ "; Susan Wagner, 19' 3 $\frac{1}{2}$ ".

2X Triple Jump: 1-Susan Wagner (Farorude, Ezik), 82' 1 $\frac{1}{2}$ "; 2-Don Bosco, 78' 9"; 3-Hackensack, 77' 10 $\frac{1}{2}$ "; 4-Paramus, 76' 2 $\frac{1}{2}$ "; 5-Fair Lawn, 75' 2"; 6-Science, 71' 8 $\frac{1}{2}$ "; 7-Secaucus, 66' 7 $\frac{1}{2}$ "; 8-Ridgewood, 63' 10"; 9-Scotch Plains, 36' 6 $\frac{1}{2}$ ".

2X High Jump: 1-Don Bosco (Walsh, Hazell), 12' 4"; 2-Montclair, 11' 10"; 3-Paramus, 11' 2"; 4(tie)-Hackensack, 10' 11"; 4(tie)-Perth Amboy, 10' 11"; 6-Paramus Catholic, 10' 9"; 7(tie)-Susan Wagner, 10' 6"; 7(tie)-River Dell, 10' 6"; 7(tie)-Science, 10' 6"; 10-Bergen Tech., 10' 3".

2X Pole Vault: 1-River Dell (Hoey, Kaefer), 25' 0"; 2-Don Bosco, 22' 6"; 3(tie)-Bergen Tech, 19' 0"; 3(tie)-Fair Lawn, 19' 0"; 5-Susan Wagner, 18' 0"; 6-Ridgewood, 9' 0".

2X Shot Put: 1-Hackensack (Mozia, Humes), 104' 10' 1/4"; 2-River Dell, 92' 11 1/2"; 3-Montclair, 88' 10 3/4"; 4-St. Joe's, 86' 4"; 5-Don Bosco, 85' 2"; 6-Scotch Plains, 84' 3 1/2"; 7-Paramus, 84' 1 1/2"; 8-Ridgewood, 80' 10 1/2"; 9-Glen Rock, 75' 3 1/4"; 10-Paramus Catholic, 74' 0".

2X Discus: 1-Hackensack (Medina, Mozia), 299' 10"; 2-River Dell, 249' 5"; 3-Montclair, 245' 5"; 4-Ridgewood, 226' 3"; 5-Scotch Plains, 223' 8"; 6-Paramus Catholic, 217' 4"; 7-Susan Wagner, 208' 10"; 8-Don Bosco, 202' 6"; 9-Fair Lawn, 189' 7"; 10-Science Park, 174' 3".

2X Javelin: 1-Don Bosco (Proscia, Yee), 328' 5"; 2-River Dell, 289' 3"; 3-Scotch Plains, 261' 7"; 4-Paramus, 260' 3"; 5-Ridgewood, 238' 11"; 6-Bergen Tech, 236' 4"; 7-St. Joe's, 232' 9"; 8-Perth Amboy, 225' 6"; 9-Susan Wagner, 221' 8"; 10-Paramus Catholic, 219' 6".

GIRLS

4X100m: 1-Paramus Catholic (Smith, Harrison, Spigner, Sanders), 50.4; 2-Holy Angels, 51.1; 3-Ridgewood, 52.1; 4-Southern Regional, 52.4; 5-Perth Amboy, 53.2; 6-Hackensack, 54.7; 7-Kent Place, 55.0. 8-Montclair, 55.2; 9-Science, 55.5; 10-Pequannock, 55.8.

4X200m: 1-Paramus Catholic (Smith, Harrison, Spigner, Sanders), 1:46.2; 2-Southern Regional, 1:42.2; 3-Holy Angels, 1:48.8; 4-Paramus, 1:50.8; 5-River Dell, 1:53.6; 6-Pequannock, 1:53.7; 7-Perth Amboy, 1:54.0; 8-Montclair, 1:57.6; 9-Secaucus, 1:58.2; 10-Science, 1:58.8.

4X400m: 1-Southern Regional (Angellella, MURaczewski, Hammel, Hammel), 4:10.9; 2-Paramus Catholic, 4:14.4; 3-Kent Place, 4:15.6; 4-Pequannock, 4:19.7; 5-Montclair, 4:20.9; 6-Hackensack, 4:25.1; 7-Fair Lawn, 4:25.9; 8-Glen Rock, 4:31.3; 9-Secaucus, 4:33.0; 10-Wagner, 4:37.9.

4X800m: 1-Southern Regional (Heussner, Hammel, Neustadt, Muraczewski), 9:54.2; 2-Holy Angels, 9:59.3; 3-Hackensack, 10:41.1; 4-Ridgewood, 10:46.7; 5-Fair Lawn, 10:54.8; 6-Montclair, 11:10.0; 7-Susan Wagner, 11:31.4.

4X1600m: 1-Holy Angels (Molke, Garcia, Stryko, Crimmins), 21:48.8. 2-IHA, 21:53.5. 3-Southern Regional, 22:18.2. 4-Ridgewood, 23:24.7. 5-Paramus, 24:08.8. 6-Elizabeth, 25:32.1. 7-Secaucus, 27:04.5.

Sprint Medley: 1-Holy Angels (Burnett, Angulo, Sherlock, Janssen), 4:23.5; 2-Southern Regional, 4:24.0; 3-Kent Place, 4:24.1; 4-Ridgewood, 4:24.7; 5-River Dell, 4:26.7; 6-IHA, 4:33.9; 7-Glen Rock, 4:38.0; 8-Bergen Tech., 4:38.4; 9-Scotch Plains, 4:41.3; 10-Pequannock, 4:44.1.

Distance Medley: 1-Southern Regional (Heussner, Difilippo, Hammel, Smith), 13:01.8; 2-Holy Angels, 13:15.2; 3-Paramus,

13:59.9; 4-Fair Lawn, 14:18.3.

4X100 HH: 1-Southern Regional (Seddon, McBrien, Rodriguez, Ohlson), 1:07.1; 2-Scotch Plains, 1:09.9; 3-Pequannock, 1:10.7; 4-Fair Lawn, 1:10.8; 5-Paramus, 1:10.8; 6-River Dell, 1:11.0; 7-Susan Wagner, 1:15.1.

3X400 IH: 1-River Dell (McQuade, Woods, Fernandez), 3:37.4; 2-Southern Regional, 3:38.7; 3-Holy Angels, 3:40.8; 4-Pequannock, 3:43.2; 5-Perth Amboy, 3:43.5; 6-Fair Lawn, 3:44.2; 7-Ridgewood, 3:45.3; 8-Montclair, 3:55.2.

2X Long Jump: 1-Holy Angels (Fields, Sesink-Clee), 31' 9½"; 2-Southern Regional, 31' 4"; 3-Pequannock, 31' 1½"; 4-River Dell, 29' 1"; 5-Kent Place, 28' 6½"; 6-Fair Lawn, 27' 11"; 7-Ridgewood, 27' 10¼"; 8-Bergen Tech., 27' 6½"; 9-Paramus, 26' 8¾"; 10-Science, 14' 7".

2X Triple Jump: 1-Holy Angels, 65' 6"; 2-Scotch Plains, 65' 1½"; 3-Southern Regional, 61' 5"; 4-Paramus, 60' 3"; 5-River Dell, 59' 7"; 6-Fair Lawn, 59' 3½"; 7-Pequannock, 57' 7½"; 8-Ridgewood, 29' 10"; 9-Kent Place, 36' 6"; 10-Secaucus, 26' .

2X High Jump: 1-Holy Angels (Clee, Fields), 10' 2"; 2-Southern Regional (Ohlson, Kleber), 10' 0"; 3(tie)-Kent Place, 9' 8"; 3(tie)-Bergen Tech., 9' 8"; 5-Science, 9' 6"; 6-Montclair, 9' 0"; 7(tie)-Pequannock, 8' 11"; 7(tie)-River Dell, 8' 11"; 9-IHA, 8' 9"; 10(tie)-Secaucus, 8' 6"; 10(tie)-Scotch Plains, 8' 6".

2X Pole Vault: 1-Southern Regional (Vaughan, Dragonetti), 19' 7"; 2-River Dell, 16' 6"; 3-Susan Wagner, 14' 0"; 4(tie)-Ridgewood, 13' 0"; 4(tie)-Paramus, 14' 0"; 6(tie)-Fair Lawn, 9' 6"; 6(tie)-Holy Angels, 9' 6".

2X Shot Put: 1-IHA (Picciallo, Sanchez), 76' 10¾"; 2-Southern Regional, 69' ¼"; 3-River Dell, 65' 4½"; 4-Scotch Plains, 64' 9¼"; 5-Hackensack, 64' 2½"; 6-Holy Angels, 62' 2¾"; 7-Pequannock, 57' 2¾"; 8-Ridgewood, 56' 11¼"; 9-Paramus, 52' 11½"; 10-Bergen Tech., 51' 6½".

2X Discus: 1-Hackensack (Harris, Martin), 209' 6"; 2-Southern Regional, 202' 3"; 3-Scotch Plains, 199' 11"; 4-River Dell, 199' 0"; 5-IHA, 196' 3"; 6-Pequannock, 177' 8"; 7-Bergen Tech., 170' 6"; 8-Ridgewood, 170' 2"; 9-Montclair, 168' 8"; 10-Paramus, 162' 2".

2X Javelin: 1-Paramus Catholic (Klein, Waanders), 197' 2"; 2-Pequannock, 195' 8"; 3-River Dell, 195' 2"; 4-Ridgewood, 188' 3"; 5-Holy Angels, 181' 7"; 6-Bergen Tech., 180' 7"; 7-Scotch Plains, 172' 3"; 8-IHA, 163' 7"; 9-Southern Regional, 162' 5"; 10-Glen Rock, 135' 7".

NOVICE BOYS

4X100m: 1-Hackensack (Pleasant, Parker, Montgomery, Chisholm), 48.1; 2-Hackensack, 48.5; 3-River Dell (Allingham), 49.4; 4-River Dell (Garcia)m 50.2; 5-Bergen Tech. (Anderson), 50.7; 6-Bergen Tech. (Samuel), 52.9.

4X200m: 1-Hackensack (Fernandez, Banahene, Baapi, Henry), 1:37.2; 2-Montclair, 1:38.9; 3-Bergen Tech., 1:39.1; 4-River Dell, 1:39.6; 5-Perth Amboy, 1:40.9; 6-Pequannock, 1:41.3; 7-Hackensack (Pleasant), 1:42.2.

4X400m: 1-Don Bosco (Hamlett, Lartique, Gordon, Forlini), 3:45.6; 2-Susan Wagner, 3:54.6; 3-Bergen Tech., 3:54.8; 4-Perth Amboy, 4:06.3; 5-Secaucus, 4:06.5.

4X800m: 1-Ridgewood (Goon, Spicer, Sarappo, Kagei), 9:00.9; 2-Pequannock, 9:21.2; 3-Secaucus, 9:23.9; 4-Hackensack, 9:29.4; 5-Susan Wagner, 9:47.4; 6-St. Joes, 9:49.8; 7-Perth Amboy, 9:51.5.

Distance Medley: 1-Hackensack (Nunez, Doren, Gloser, Macetti), 11:42.7; 2-Paramus Catholic, 12:09.3; 3-Susan Wagner, 12:09.7; 4-Pequannock, 12:16.6; 5-Bergen Tech., 12:21.2; 6-Glen Rock, 12:35.8; 7-Fair Lawn, 12:32.7; 8-Glen Rock, 13:33.2.

3X400IH: 1-Bergen Tech., 3:10.4; 2-Pequannock, 3:19.1; 3-Hackensack, 3:34.0; 4-Susan Wagner, 3:39.6

2XLJ: 1-Bergen Tech. (Anderson-Huey, Zhang), 37' 4"; 2-Hackensack, 37' 3¼"; 3-Susan Wagner (Jolly), 36' 11½"; 4-Pequannock, 36' 9¼"; 5-Susan Wagner (Gorgoglione), 35' 9½"; 6-River Dell, 33' 9½"; 7-Hackensack (Clarke), 33' 3"; 8-Garcia, 32' 9½"; 9-Secaucus, 31' 1½"; 10-Science, 30' 9½".

2XTJ: 1-Bergen Tech. (Anderson-Huey, Wong), 75' 8"; 2-River Dell, 75' 5½"; 3-Glen Rock, 72' 6½"; 4-Bergen Tech. (Zhang), 71' 0"; 5-Glen Rock, 69' 3"; 6-River Dell (Lee), 68' 3½"; 7-River Dell (Brow), 67' 4"; 8-Hackensack, 65' 2"; 9-Secaucus, 28' 10½".

2Xshot: 1-Perth Amboy (Estrella, Hernandez), 79' 2"; 2-Don Bosco, 78' 2"; 3-River Dell, 77' 9 ½"; 4-River Dell, 73' 9"; 5-Montclair, 68' 5"; 6-Pequannock, 67' 1½"; 7-Hackensack, 65' 11"; 8-Paramus, 65' 6½"; 9-Ridgewood, 64' 4"; 10-Ridgewood (Moras), 63' 3 ½".

2Xdiscus: 1-Pequannock (White, Elhaggar), 196' 4"; 2-Hackensack, 195' 11"; 3-Paramus, 192' 6"; 4-Montclair (Golden), 189' 6"; 5-Montclair (Itangrove), 185' 2"; 6-River Dell, 184' 9"; 7-Don Bosco, 181' 0"; 8-Fair Lawn, 165' 5"; 9-Bergen Tech., 162' 7". 10-Susan Wagner, 161' 8".

NOVICE GIRLS

4X100m: 1-IHA (Hicks, Pierre, Schlosser, Schlessler), 54.4; 2-Elizabeth, 55.2; 3-Holy Angels, 55.4; 4-Paramus, 56.0; 5-Montclair, 57.9; 6-Holy Angels, 59.0.

4X200m: 1-Southern Regional (Jeffries, Burns, Vaughan, Strohmeier), 1:53.2; 2-Elizabeth, 1:59.1; 3-Montclair, 1:59.7; 4-IHA, 2:02.1; 5-Holy Angels, 2:03.1; 6-Southern Regional (Toledo), 2:03.3.

4X400m: 1-Southern Regional (Jeffries, Strohmeier, Neluna, Strohmeier), 4:31.8; 2-Elizabeth, 4:34.3; 3-Secaucus, 4:43.0; 4-Hackensack, 4:43.3; 5-Montclair, 4:49.6; 6-Pequannock, 4:59.9.

4X800m: 1-Southern Regional (Smith, Smolyn, McHugh, Difilippo), 10:21.6; 2-IHA, 10:54.8; 3-Holy Angels, 11:09.6; 4-Perth Amboy, 11:10.5; 5-Kent Place, 11:19.1; 6-Bergen Tech., 11:23.7.

Distance Medley: 1-Southern Regional (Smolyn, Charles, Neustadt, McHugh), 13:54.4; 2-Bergen Tech., 14:15.6; 3-

Elizabeth, 14:17.5; 4-Paramus Catholic (Castro), 14:27.5; 5-IHA (Mendoli), 14:33.6; 6-Kent Place, 14:37.1; 7-IHA (Antoinetti), 14:51.5; 8-Hackensack, 14:56.0; 9-Paramus Catholic (Nelson), 15:15.9; 10-Southern Regional (Marino), 15:25.6.

4X100HH: 1-Southern Regional (Harmer, Dragonetti, Pero, Toledo), 1:13.7; 2-Susan Wagner, 1:15.1.

3X400IH: 1-Elizabeth (Rodrigues, Louis, Janvier), 4:07.5; 2-Susan Wagner, 4:16.2.

2XLJ: 1-Southern Regional (Burns, Phillips), 29' 8½"; 2-Paramus, 27' 1¼"; 3-Perth Amboy, 25' 10½"; 4-Elizabeth, 24' 3½"; 5-Hackensack, 24' 1½"; 6-Bergen Tech., 23' ½"; 7-Kent Place, 21' 5½"; 8-Paramus (Oliff), 22' 1½".

2XTJ: 1-Southern Regional (Harmer, Phillips), 61' ½"; 2-River Dell, 57' 5"; 3-Paramus, 55' 5"; 4-Bergen Tech., 55' 0"; 5-Holy Angels, 27' 4½"; 6-Hackensack, 26' 9".

2XShot: 1-Southern Regional (Kennard, Frace), 66' 10¾"; 2-Perth Amboy, 58' 6½"; 3-Fair Lawn, 55' 3½"; 4-Holy Angels (Carpentieri), 55' ½"; 5-Pequannock, 53' 9"; 6-River Dell, 50' 11"; 7-Holy Angels (Abuhadba), 49' 11½"; 8-IHA, 49' 6½"; 9-Hackensack, 49' 3 ½"; 10-Elizabeth, 49' 3".

2XDiscus: 1-Pequannock (Short, Reichenbach), 170' 1"; 2-Southern Regional (Breitling), 156' 4"; 3-River Dell (Smith), 152' 8"; 4-Holy Angels, 143' 7"; 5-River Dell (Righe), 136' 4"; 6-Southern Regional (Frace), 133' 5"; 7-Perth Amboy, 130' 1"; 8-Elizabeth, 127' 0"; 9-Hackensack, 121' 6"; 10-Bergen Tech., 126' 1".

FROSH BOYS

4X100m: 1-Don Bosco (Gallo, Guzman, Twimasi-Ankrah, Grant), 47.9; 2-St. Joe's, 48.4; 3-River Dell, 50.4; 4-Glen Rock, 52.4; 5-Paramus, 54.0.

4X200m: 1-St. Joe's (Pena, Boyd, Alston, Fitzpatrick), 1:38.8; 2-Don Bosco, 1:41.0; 3-Hackensack, 1:46.3; 4-River Dell, 1:47.3; 5-Bergen Tech., 1:48.0; 6-Secaucus, 1:49.4; 7-Glen Rock, 1:56.3.

4X400m: 1-Ridgewood (Dubliner, Clarendon, Jones, Sabatini), 3:52.1; 2-St. Joe's, 3:53.1; 3-Bergen Tech., 4:00.5; 4-Secaucus, 4:15.8; 5-Paramus, 4:16.0; 6-

4X800m: 1-Ridgewood (Frering, Dubliner, Pillai, Clarendon), 9:07.5; 2-Paramus, 10:08.2; 3-Hackensack, 10:36.0.

Distance Medley: 1-Ridgewood (Clarendon, Sabotini, Pillai, Frering), 11:47.7; 2-Ridgewood (Fischer), 12:20.1; 3-Paramus, 12:49.7.

2XLJ: 1-River Dell (Boucher, Ollerman), 30' 11½"; 2-Ridgewood (Wisener, Sabatini), 17' 2¼"; 3-Ridgewood (Barres, Joyner), 15' 4½".

2XTJ: 1-River Dell (Ollerman, Buuchr), 64' 7"; 2-Ridgewood (Wisener), 63' 9½"; 3-Ridgewood (Barnes), 60' 10½"; 4-River Dell (Zaputa), 60' 8".

2XShot: 1-River Dell (Gramuglia, Kunkel), 67' 4½"; 2-Glen Rock, 56' 1½"; 3-Secaucus, 43' 1½"; 4-Hackensack, 41' 1½".

2XDiscus: 1-River Dell (Gramuglia, Kunkel), 161' 10"; 2-Hackensack, 102' 11".

FROSH GIRLS

4X100m: 1-River Dell (Burrowes, Croonquist, Dobak, Purciello), 56.4; 2-Ridgewood (Sandoval), 59.5; 3-Elizabeth, 59.8; 4-Hackensack, 1:00.9; 5-Ridgewood (MacLennan), 1:01.1; 6-Glen Rock, 1:01.9; 7-Susan Wagner, 1:03.1.

4X200m: 1-River Dell (Burrowes, Osterloff, Debak, Croonquist), 2:01.1; 2-Southern Regional (Dragonetti), 2:02.8; 3-Kent Place, 2:03.3; 4-Ridgewood, 2:05.1; 5-Southern Regional (Pero), 2:05.5; Elizabeth, 2:05.6.

4X400m: 1-Southern Regional (Dihn, Maglio, Maute, Teschlog), 4:44.1; 2-Elizabeth, 5:07.6; 3-Southern Regional (Bergin), 5:16.1; 4-Susan Wagner, 5:19.1.

4X800m: 1-Bergen Tech. (Stevens, Sutura, Kellas, Samaniego), 11:27.1; 2-Southern Regional, 11:39.9; 3-Glen Rock, 11:56.5/

Distance Medley: 1-Ridgewood (Jordan, Muccio, Geisberger, Fishbein), 13:59.9.

4X100HH: 1-River Dell, NT.

3X400IH: 1-Kent Place (Sehaaf, Sanzo, Tulloch), 4:18.0.

2XLJ: 1-Southern Regional (Pero, Ritchie), 30' 11"; 2-Southern Regional (Angellella), 29' 8½"; 3-Paramus Catholic, 26' 10½"; 4-Ridgewood, 24' 1"; 5-Science, 11' 3".

2XTJ: 1-Southern Regional (Dragonetti, Ritchie), 62' 9"; 2-IHA, 60' 9"; 3-Southern Regional, 58' 5"; 4-Ridgewood, 56' 0".

2Xshot: 1-Southern Regional (Ferringo, Chambers), 57' 4"; 2-Southern Regional (Wood), 51' 1"; 3-Paramus (Stone), 48' 11"; 4-Paramus (Shala), 48' 7"; 5-Montclair, 44' 5"; 6-IHA, 44' 3½"; 7-Elizabeth, 44' 2½".

2Xdiscus: 1-Southern Regional (Ferring, Maglio), 159' 11"; 2-Paramus, 118' 5"; 3-Elizabeth, 108' 4"; 4-IHA, 102' 4".

Ridgewood 78

Bergen Tech: 40

April 12 @ BT

400 IH: Ridgewood: 8 BT: 1
1-Neil Schoff (R) 60.5 2-Sean Mattson (R) 60.8 3-BT 63.4
Others: C. Martyn 65.5; O. Jones 68.6

100m: Ridgewood: 8 BT: 1
1-Matt Beausoleil (R) 11.3 2-Jake Sabatini (R) 11.5 3-BT 11.7
Others: K. Chung 11.8; R. Jennee 12.1; S. Park 12.3; P. Yoon 12.6; W. Wisener 12.7
E. Xue 13.1; Z. Hanerfeld 13.1; I. Nathanson 13.1; D. Barnes 13.2; R. Neville 13.3;
B. Joyner 13.5; C. Jennings 13.5; V. Young 13.5; R. Ng 13.6; H. Park 13.7; M. Zeno 13.9
B. Robertazzi 13.9; K. Huh 14.9

1600m: Ridgewood: 4 BT: 5
1- Bergen Tech 4:35 2-Mohammed Eid (R) 4:39.2 3-Will Ades (R) 4:42.8
Others: S. Dublier 4:44.1; N. Salamone 4:47.8; M. French 4:49.6; D. Frering 5:00.3;
B. Clarendon 5:00.4; Y. Yoon 5:03; T. Spicer 5:05.9; L. Dublier 5:10.3; B. Fishbein 5:12
R. Fischer 5:12; C. Hartmann 5:19.3; M. Calton 5:25.5; D. Gardner 5:31.1;
M. O'Donnell 5:33.4

400m: Ridgewood: 8 BT: 1
1-Nick Tai (R) 54.5 2-InHo Hwang (R) 55.3 3-BT 56.5
Others: O. Jones 57.8; K. Ransom 58.2; R. Pillai 58.7; D. Ok 59.5

110HH: Ridgewood: 8 BT: 1
1-Matt Beausoleil (R) 15.8 2-Kevin Chung (R) 16.5 3-BT 18.5
Others: J. Knight 18.9; M. Zeno 20.9; W. Wisener 23.3

800m: Ridgewood: 6 BT: 3
1-Juan Llinas (R) 2:06.4 2-BT 2:08 3-Graham Jones (R) 2:11.8
Others: B. Clarendon 2:19.3; Y. Yoon 2:20.8; L. Dublier 2:21.1; R. Pillai 2:21.4
T. Spicer 2:27.4; R. Fischer 2:28.3; M. Calton 2:28.8; C. Hartmann 2:28.9
M. O'Donnell 2:50.4

200m: Ridgewood: 6 BT: 3
1-Kevin Chung (R) 24.0 2-BT 24.2 3-Nick Tai (R) 24.3
Others: J. Sabatini (R) 24.4 K. Ransom 24.9; R. Jennee 25.2; S. Park 25.2;
T. Diorio 25.6; D. Ok 26.3; W. Wisener 26.6; Z. Hanerfeld 26.8; I. Nathanson 26.9;
D. Barnes 27.5; R. Neville 27.5; R. Ng 27.7; E. Xue 28.2; B. Joyner 28.4; V. Young 28.7
H. Park 29.1; B. Robertazzi 29.6; C. Jennings 30.4; K. Huh 33.5

3200m: Ridgewood: 5 BT: 4
1-Nick Salamone (R) 10:35 2-BT 3-BT
Others: D. Frering 10:51 B. Fishbein 10:59

4x400m: Ridgewood: 0 BT: 0
Event not contested - rain

Long Jump: Ridgewood: 0 BT: 9
1-BT 18'11" 2-Evan Bartlik 18'9 1/2" 3-BT 18'3"
Others: J. Sabatini 17'5" Y. Koo 16'11"

Triple Jump: Ridgewood: 0 BT: 0
1-Event Not Contested... Rain
Others:

High Jump: Ridgewood: 5 BT: 4
1-tie Young Hoe Koo (R) and BT 5'4" 3-James Knight (R) 5'2"
Others: P. Morgan 5.2 M. Zeno NH

Pole Vault: Ridgewood: 1 BT: 8
1-BT 10' 2-BT 10' 3-James Knight (R) 9'0"
Others: P. Morgan 8'0" T. Chung NH

Shot Put: Ridgewood: 9 BT: 0
1-Anthony Balboa (R) 41'8" 2-Ari Spetieris (R) 38'6" 3-Stephen Etna (R) 37'1"
Others: J. Barnett 37'

Discus: Ridgewood: 9 BT: 0
1-Mike Henni (R) 110'8" 2-James Barnett (R) 105'7" 3-Aaron Muller (R) 100'3"
Others: A. Spetieris 99'6"; M. Dremel 97'3"; S. Etna 97'2 1/2"; A. Balboa 91'6";
A. Habawel 87'5" An Moras 86'7"; R. Feeney 84'7"; J. McGinley 69'2; N. Discepolo
67'; Al Moras 64'10"; I. Wellington 61'; J. Rispoli 47'11"

Javelin: Ridgewood: 9 BT: 0
1-Matt Beausoleil (R) 130' 2-Younghoe Koo (R) 129' 3-James Barnett (R) 124'
Others: T. Diorio 99'5"

Bergen County Relays

April 13, 15 and 16th

3xDiscus:

M. Henni 95'11"

S. Etna 107'

J. Barnett 95'4" 298'3" - 6th Place

3x400IH:

S. Mattson 60.2

C. Martyn 61.7

O. Jones 69.0 3:10.9

4x1600m:

L. Jennings 4:23

W. Ades 4:42

M. Eid 4:44

P. Rynkowski 4:23 18:12.6 - 1st Place

4x200m:

J. Sabatini 24.6

J. Llinas 22.8

N. Tai 23.7

K. Chung 23.2 1:34.2 - 6th Place

Javelin:

M. Beausoleil 131'7

J. Barnett 131'2

Y. Koo 130'6 393'3" - 4th Place

PV:

J. Knight 11'0

P. Morgan 9'0

V. Young NH 20'0" - tie 4th Place

Triple Jump:

E. Bartlik 44'5"

M. Beausoleil 41'5 1/4"

Y. Koo 39'5 1/2" 125'3 3/4" - 2nd Place

Saturday:

4x110HH:

E. Bartlik 16.7

K. Chung 15.9

J. Knight 17.4

M. Beausoleil 14.9 65.2 - 4th Place

4x100m:

J. Sabatini, S. Park , K. Chung, N. Tai – DQ

Distance Medley:

W. Ades 3:20.2

C. Martyn 55.1

N. Tai 2:11.3

P. Rynkowski 4:24.8 10:53.1 – 2nd Place

Sprint Medley:

J. Llinas 51.4

K. Chung 23.8

J. Sabatini 24.2

L. Jennings 1:59.6 3:39.4 – 2nd Place

4x800m:

P. Rynkowski 2:05.6

J. Llinas 2:01.4

W. Ades 2:08.1

L. Jennings 2:01.4 8:16.4 – 1st Place

Frosh 4x400m:

O. Jones 56.7

B. Clarendon 56.6

R. Pillai 58.9

J. Sabatini 57.6 3:49.7 – 1st Place!

Shot Put:

A. Balboa 41'11"

J. Barnett 38'8 ¼"

S. Etna 38'10 ¾" 119'6" – 6th Place

High Jump:

E. Bartlik 5'8

J. Knight 5'2

Y. Koo 5'6 16'4" 5th Place

Long Jump:

E. Bartlik 20'11"

M. Beausoleil 18'10 ¾"

Y. Koo 18'3 ¼" 58'1" – 4th Place

Comments:

A very good meet even though we didn't win. We need to continue to improve to achieve our May goals. I know we will do that.

TRACK AND FIELD

Jack Yockers Bergen County Relays

AT RIVER DELL

BOYS

DIVISION A

TEAM SCORING

Don Bosco 110, Teaneck 69, Ridgewood 64, Old Tappan 62, Hackensack 59, Demarest 54½, Bergen Catholic 31, Northern Highlands 26, Tenafly 8½, Paramus, Paramus Catholic and Bergen Tech 4.

4-x-100: 1. Teaneck (Malcolm McKnight, Nevon Williams, Jamal Williams, Daryian Miles), 43.8; 2. Don Bosco, 44.2; 3. Bergen Catholic, 45.3; 4. Old Tappan, 46.2; 5. Demarest, 46.5; 6. Hackensack, 46.7.

4-x-200: 1. Teaneck (Malcolm McKnight, Bryan Murphy, Jamal Williams, Daryian Miles), 1:29.4; 2. Don Bosco, 1:31.5; 3. Bergen Catholic, 1:31.8; 4. Hackensack, 1:33.7; 5. Demarest, 1:34.1; 6. Ridgewood, 1:34.2.

4-x-400: 1. Teaneck (Daryian Miles, Malcolm McKnight, Jordan Jones, Bryan Murphy), 3:25.1; 2. Bergen Catholic, 3:26.3; 3. Don Bosco, 3:31.8; 4. Hackensack, 3:34.7; 5. Northern Highlands, 3:36.3; 6. Old Tappan, 3:37.1.

4-x-800: 1. Ridgewood (Levi Jennings, Will Ades, Juan Llinas, Patrick Rynkowski), 8:16.4; 2. Don Bosco, 8:19.7; 3. Old Tappan, 8:27.0; 4. Hackensack, 8:34.2; 5. Teaneck, 8:38.8; 6. Demarest, 8:43.0.

4-x-1,600: 1. Ridgewood (Levi Jennings, Mohamed Eid, Will Ades, Patrick Rynkowski), 18:12.6; 2. Don Bosco, 18:21.7; 3. Hackensack, 18:42.4; 4. Old Tappan, 18:42.7; 5. Bergen Tech, 18:54.9; 6. Teaneck, 19:17.9.

Sprint medley: 1. Teaneck (Bryan Murphy, Daryian Miles, Malcolm McKnight, Warren Fields), 3:35.1; 2. Ridgewood, 3:39.4; 3. Old Tappan, 3:42.0; 4. Don Bosco, 3:42.9; 5. Paramus, 3:45.2; 6. Northern Highlands, 3:54.9.

Distance medley: 1. Demarest (Sean Degnon, Patrick Degnon, Rich Holden, Adam Bernstein), 10:51.4; 2. Ridgewood, 10:53.1; 3. Old Tappan, 10:55.9; 4. Don Bosco, 11:03.6; 5. Bergen Tech, 11:17.0; 6. Teaneck, 11:25.2.

Shuttle hurdles: 1. Don Bosco (Greg Hazell, Ryan Walsh, Jeremy Gonzalez, Selwyn Maxwell), 1:01.6; 2. Hackensack, 1:02.5; 3. Northern Highlands, 1:05.0; 4. Ridgewood, 1:05.2; 5. Demarest, 1:08.2; 6. Old Tappan, 1:10.3.

3-x-400 IH: 1. Old Tappan (Brandon Gregory, Kyle Davidson, Brendan Davidson), 2:53.3; 2. Northern Highlands, 2:54.6; 3. Hackensack, 2:59.1; 4. Don Bosco, 3:04.4; 5. tie between Tenafly and Demarest, 3:05.6.

Shot put: 1. Hackensack (Stephen Mozia, Virron Humes, Chukwumijem Idigo), 137-2½; 2. Don Bosco, 129-8; 3. Old Tappan, 127-5¼; 4. Paramus Catholic, 125-0¼; 5. Demarest, 123-0¼; 6. Ridgewood, 119-6.

Discus: 1. Old Tappan (Jung Min Yoon, Tyler Shepherd, Keith Rodman), 390-10; 2. Hackensack, 377-7; 3. Demarest, 371-1; 4. Bergen Catholic, 350-0; 5. Don Bosco, 347-3; 6. Ridgewood, 298-3.

Javelin: 1. Don Bosco (Tyler Yee, John Wilkins, Mike Proscia), 430-1; 2. Demarest, 422-4; 3. Tenafly, 394-9; 4. Ridgewood, 393-3; 5. Northern Highlands, 375-10; 6. Paramus, 359-4.

High jump: 1. Demarest (Yoonil Kim, Byung Bo Kim, Matt Carley), 17-2; 2. Don Bosco, 16-10; 3. tie between Hackensack and Teaneck, 16-8; 5. Ridgewood, 16-4; 6. Tenafly, 15-10.

Long jump: 1. Teaneck (Jamal Williams, Nevon Williams, Alex Ocansey), 60-10½; 2. Don Bosco, 60-8¼; 3. Bergen Catholic, 60-1¾; 4. Ridgewood, 58-1; 5. Old Tappan, 57-0¼; 6. Hackensack, 56-0¾.

Triple jump: 1. Teaneck (Sean Wimbush, Jamal Williams, Alex Ocansey), 130-8½ (meet and Bergen County record, old county record, 130-6½ by Englewood, 2010, old meet record, 130-2¾ by Hackensack, 1981); 2. Ridgewood, 125-¾; 3. Don Bosco, 122-8¾; 4. Northern Highlands, 119-6; 5. Hackensack, 118-10¼; 6. Paramus, 116-10¼.

Pole vault: 1. Demarest (Eric Gelder, Charlie Woods, Anthony Kim), 35-0; 2. Don Bosco, 32-0; 3. Old Tappan, 31-0; 4. tie between Northern Highlands and Ridgewood, 20-0; 6. Bergen Catholic, 19-0.

DIVISION B

TEAM SCORING

Ramsey 76, River Dell 71, Indian Hills 70, Pascack Valley 65, St. Joseph Regional 54, Garfield 45, Ridgefield Park 40, Bergenfield 30, Ramapo 22, Fort Lee 11, Cliffside Park 5, Mahwah 4, Dwight-Englewood 2.

4-x-100: 1. St. Joseph Regional (Jabari Garvin, Patrick Edmonds, Alston Sherman, John Sanford), 45.0; 2. Garfield, 45.5; 3. Pascack Valley, 46.0; 4. Bergenfield, 46.0; 5. Dwight-Englewood, 46.4; 6. River Dell, 46.5.

4-x-200: 1. St. Joseph Regional (Jabari Garvin, Patrick Edmonds, Alston Sherman, John Sanford), 1:32.2; 2. Garfield, 1:33.5; 3. Bergenfield, 1:33.8; 4. Pascack Valley, 1:34.1; 5. Ramapo, 1:34.4; 6. Ramsey, 1:35.2.

O'Brien, Taylor Cudequest), 2:58.6; 2. Lyndhurst, 3:02.4; 3. Lodi, 3:07.3; 4. New Milford, 3:15.9; 5. Glen Rock, 3:17.8; 6. Cresskill, 3:18.0.

Shot put: 1. Westwood (Gus Molina, Mike Rocca, Warren Saunders), 118-6¼; 2. Lyndhurst, 117-5¼; 3. Cresskill, 116-6; 4. Lodi, 113-8¼; 5. Pascack Hills, 109-10¼; 6. Dumont, 104-2¼.

Discus: 1. Cresskill (Dorian Slavov, Nick Collins, Mike Schultz), 359-7; 2. Pascack Hills, 324-1; 3. Dumont, 315-7; 4. Lyndhurst, 310-9; 5. Leonia, 309-11; 6. Lodi, 305-2.

Javelin: 1. Pascack Hills (Julian DeZao, Tyler Demmerle, Mike O'Brien), 428-10; 2. Westwood, 412-10; 3. Lyndhurst, 412-0; 4. Leonia, 398-7; 5. Cresskill, 371-7; 6. Lodi, 355-11.

High jump: 1. Pascack Hills (Chet Palumbo, Taylor Cudequest, Louis Kang), 17-4; 2. Leonia, 17-0; 3. Lyndhurst, 16-8; 4. Cresskill, 16-6; 5. tie between Westwood and New Milford, 16-2.

Long jump: 1. Pascack Hills (Chet Palumbo, Anthony Greco, Taylor Cudequest), 60-6¼; 2. Elmwood Park, 56-11; 3. New Milford, 55-9¼; 4. Lyndhurst, 54-11¼; 5. Westwood, 54-5; 6. Cresskill, 54-1¼.

Triple jump: 1. Elmwood Park (Rob Graham, Jarrod Diaz, Anthony DeFreitas), 124-3; 2. New Milford, 122-3; 3. Lyndhurst, 119-6; 4. Westwood, 117-2¾; 5. Pascack Hills, 116-5; 6. Cresskill, 115-0¼.

Pole vault: 1. Lyndhurst (Mike Morrae, Justin Lim, Ian Yunis), 21-0; 2. Cresskill, 20-0; 3. Pascack Hills, 22-0; 4. Dumont, 21-0; 5. New Milford, 18-0.

DIVISION D

TEAM SCORING

Hasbrouck Heights 139, Emerson 76, Midland Park 49, Wood-Ridge 46, Saddle Brook 36, Wallington 32, Park Ridge 31, North Arlington 25, Bogota 24, Palisades Park 22, Waldwick 1.

4-x-100: 1. Hasbrouck Heights (Kevin Condal, James Fitzsimmons, Matt Galassi, Kevin Harris), 45.2; 2. Midland Park, 47.5; 3. North Arlington, 47.7; 4. Emerson, 50.4; 5. Bogota, 50.6.

4-x-200: 1. Hasbrouck Heights (Kevin Condal, Kevin Harris, Matt Galassi, Lucas Sedycias), 1:33.3; 2. Midland Park, 1:39.2; 3. Palisades Park, 1:39.6; 4. Park Ridge, 1:41.0; 5. Emerson, 1:43.0; 6. Bogota, 1:43.9.

4-x-400: 1. Hasbrouck Heights (Kevin Condal, Kevin Cordova, Kevin Harris, Alex Quinn), 3:30.0; 2. Park Ridge, 3:37.0; 3. Emerson, 3:39.1; 4. Palisades Park, 3:52.0; 5. Bogota, 4:06.0; 6. Waldwick, 4:19.4.

4-x-800: 1. Hasbrouck Heights (Mark Monohan, Rolando Mendoza, Kevin Cordova, Kevin Condal), 8:56.7; 2. Saddle Brook, 9:02.7; 3. Emerson, 9:03.1; 4. Wallington, 9:59.2; 5. Park Ridge, 10:00.0; 6. Bogota, 10:01.1.

4-x-1,600: 1. Emerson (Alex Triana, James Davies, Tim McCormick, Stefan Morton), 19:37.8; 2. Hasbrouck Heights, 19:58.1; 3. Saddle Brook, 20:33.6; 4. Wallington, 21:00.8; 5. Park Ridge, 21:29.1; 6. Bogota, 22:32.3.

Sprint medley: 1. Hasbrouck Heights (Lucas Sedycias, Alex Quinn, Kevin Harris, Matt Galassi), 3:46.0; 2. Emerson, 3:57.1; 3. Park Ridge, 3:59.2; 4. Wallington, 4:02.9; 5. Palisades Park, 4:04.3; 6. North Arlington, 4:07.2.

Distance medley: 1. Emerson (Tim McCormick, Chris Fucarino, Eric Benny, Stefan Morton), 11:28.6; 2. Saddle Brook, 11:36.0; 3. Midland Park, 11:40.9; 4. North Arlington, 11:50.3; 5. Palisades Park, 11:50.8; 6. Hasbrouck Heights, 12:03.3.

Shuttle hurdles: 1. Hasbrouck Heights (Mike Pkowski, Sven Nielsen, Mark Monohan, Roland Gamez), 1:06.5; 2. Wood-Ridge, 1:12.2; 3. Emerson, 1:14.2.

3-x-400 IH: 1. Hasbrouck Heights (Mark Monohan, Mike Pkowski, Sean Cordova), 3:03.0; 2. Wood-Ridge, 3:11.1; 3. Emerson, 3:12.6; 4. Bogota, 3:22.7.

Shot put: 1. Hasbrouck Heights (Patrick Cole, Anthony Seidel, Chris Connors), 144-¾; 2. Saddle Brook, 115-0¼; 3. Wood-Ridge, 114-1¼; 4. Wallington, 103-4¼; 5. Bogota, 100-2; 6. Emerson, 96-4½.

Discus: 1. Hasbrouck Heights (Patrick Cole, Anthony Seidel, AJ Traina), 392-1; 2. Palisades Park, 294-3; 3. Saddle Brook, 272-8; 4. North Arlington, 271-11; 5. Emerson, 261-4; 6. Bogota, 248-9.

Javelin: 1. Midland Park (Kaleb Zuidema, Seth Zuidema, Arie Zuidema), 462-9; 2. Hasbrouck Heights, 424-11; 3. Wood-Ridge, 340-3; 4. Wallington, 336-6; 5. Emerson, 318-10; 6. Park Ridge, 285-8.

High jump: 1. Hasbrouck Heights (Rolando Gamez, Brandon Lomuti, Mark Monohan), 16-8; 2. North Arlington, 15-8; 3. Midland Park, 10-6; 4. Emerson, 10-4; 5. Bogota, 5-6.

Long jump: 1. Wood-Ridge (John Porteous, Sean Porteous, Eddie Cox), 59-11¼; 2. Hasbrouck Heights, 56-4¼; 3. Wallington, 53-6½; 4. Bogota, 52-10¼; 5. North Arlington, 50-11; 6. Midland Park, 50-0¼.

Triple jump: 1. Hasbrouck Heights (Tom Hughes, Alex Quinn, Roland Gamez), 120-2¼; 2. Wood-Ridge, 115-1¼; 3. Wallington, 112-7¼; 4. Bogota, 110-6½; 5. Park Ridge, 100-4; 6. Emerson, 70-6.

Pole vault: 1. Midland Park (Steve Felice, Dylan Gomez, Matt DeLac), 29-0; 2. Emerson, 20-0; 3. Park Ridge, 18-0; 4. Hasbrouck Heights, 11-0.

4-x-1,600: 1. Holy Angels (Jen Molke, Amanda Garcia, Ashley Strysko, Maureen Crimmins), 21:43.0; 2. Ramapo, 23:14.6; 3. Ridgefield Park, 23:14.2; 4. Indian Hills, 23:23.9; 5. Mahwah, 23:23.9; 6. Fort Lee, 23:41.7.

Sprint Medley: 1. Holy Angels (Kelsey Burnett, Kelsey Broomfield, Cynthia Angulo, Hanna Jansson), 4:19.4; 2. Pascack Valley, 4:28.4; 3. Ramapo, 4:29.4; 4. Indian Hills, 4:32.0; 5. Ramsey, 4:40.4; 6. Garfield, 4:50.2.

Distance Medley: 1. Holy Angels (Ashley Strysko, Amanda Garcia, Maureen Crimmins, Jen Molke), 12:51.7; 2. Ramsey, 13:31.6; 3. Ridgefield Park, 13:53.1; 4. Mahwah, 13:53.5; 5. Cliffside Park, 14:34.1; 6. River Dell, 14:38.8.

Shuttle Hurdles: 1. Mahwah (Alyssa Angelo, Kaitlin Bourdeau, Gena Pickett, Lauren Michel), 1:09.4; 2. River Dell, 1:09.6; 3. Indian Hills, 1:12.8; 4. Ridgefield Park, 1:17.2; 5. Holy Angels, 1:17.3.

3-x-400IH: 1. Holy Angels (Kelsey Burnett, Hanna Jansson, Shannon Glynn), 3:27.7; 2. River Dell, 3:30.0; 3. Indian Hills, 3:37.2; 4. Ramsey, 3:39.4; 5. Ridgefield Park, 3:51.5; 6. Mahwah, 4:00.1.

Shot Put: 1. Garfield (Shauntierah Douglas, Joselyn Medina, Alysha Menzies), 94-3½; 2. River Dell, 91-2¾; 3. Holy Angels, 89-4¼; 4. Ridgefield Park, 84-11; 5. Indian Hills, 68-7¼; 6. Ramsey, 65-5.

Javelin: 1. Holy Angels (Lisa Sesink-Lee, Sara Carpenter, Courtney Burnett), 295-7; 2. River Dell, 281-3; 3. Garfield, 279-2; 4. Ramsey, 240-1; 5. Ridgefield Park, 222-4.

High Jump: 1. Indian Hills (Marina DiTommaso, Taylor Clarkson, Kayla Dowling), 14-4; T-2. Ridgefield Park, Mahwah, Garfield, 13-10; 5. Holy Angels, 13-8; 6. Pascack Valley, 13-6.

Triple Jump: 1. Holy Angels (Amanda Fields, Kelsey Burnett, Alexandra Eckert), 801-8¼; 2. Ridgefield Park, 97-0¼; 3. Garfield, 96-11; 4. Mahwah, 94-11¾; 5. Ramapo, 91-10¼; 6. River Dell, 91-4.

Long Jump: 1. Holy Angels (Amanda Fields, Lisa Sesink-Lee, Alexandra Eckert), 45-6¼; 2. Garfield, 44-10½; 3. Indian Hills, 43-11¾; 4. Ridgefield Park, 42-11¼; 5. Mahwah, 42-8¼; 6. Englewood, 42-4.

Discus: 1. Garfield (Joselyne Medina, Ariana Gomez, Alysha Menzies), 259-10; 2. Pascack Valley, 231-2; 3. Indian Hills, 215-1; 4. Ridgefield Park, 214-5; 5. Holy Angels, 211-8; 6. Ramsey, 197-5.

Pole Vault: 1. Mahwah (Carolyn Eder, Melinda Rothman, Maggie Schultz), 27-0; T-2. River Dell, Ridgefield Park, Garfield, 23-0; T-5. Ramapo, Pascack Valley, Holy Angels, 22-0.

DIVISION C

TEAM SCORES
Westwood, 139; Pascack Hills, 88; Cresskill, 66; New Milford, 61; Glen Rock, 40; Rutherford, 31; Dumont, 29; Lodi, 16; Lyndhurst; 8; Leonia, 4; Elmwood Park, 2.

4-x-100: 1. Westwood (Rebecca Fasano, Gabriela Sloezen, Alexandra Cimino, Michelle Cascio), 51.3; 2. New Milford, 52.6; 3. Pascack Hills, 53.4; 4. Glen Rock, 53.7; 5. Leonia, 59.8.

4-x-200: 1. Westwood (Rebecca Fasano, Gabriela Sloezen, Alexandra Cimino, Michelle Cascio), 1:48.2; 2. New Milford, 1:50.2; 3. Pascack Hills, 1:54.4; 4. Glen Rock, 1:54.5; 5. Lyndhurst, 1:55.6; 6. Leonia, 2:01.7.

4-x-400: 1. Westwood (Rebecca Fasano, Dana Bianchi, Gabriela Sloezen, Michelle Cascio), 4:08.2; 2. New Milford, 4:19.8; 3. Rutherford, 4:32.5; 4. Pascack Hills, 4:54.9.

4-x-800: 1. Westwood (Corinne Myers, Jill Rosica, Kristen Connolly, Meghan Kocher), 10:18.6; 2. Cresskill, 10:46.6; 3. New Milford, 10:57.4; 4. Pascack Hills, 11:02.6; 5. Rutherford, 11:36.6; 6. Elmwood Park, 11:55.0.

4-x-1,600: 1. Westwood (Dana Bianchi, Victoria Hanna, Corinne Myers, Meghan Kocher), 22:47.6; 2. Glen Rock, 23:06.5; 3. Pascack Hills, 23:57.7; 4. New Milford, 23:59.4; 5. Cresskill, 24:22.8; 6. Elmwood Park, 27:01.7.

Sprint Medley: 1. Westwood (Rebecca Fasano, Michelle Cascio, Elyse Desmond, Gabriela Sloezen), 4:20.9; 2. New Milford, 4:41.9; 3. Pascack Hills, 4:44.5; 4. Rutherford, 4:46.0; 5. Cresskill, 4:50.1; 6. Dumont, 4:54.0.

Distance Medley: 1. Westwood (Corinne Myers, Jess Positivo, Kristen Connolly, Meghan Kocher), 13:10.6; 2. Glen Rock, 13:33.8; 3. Pascack Hills, 13:42.5; 4. New Milford, 13:57.5; 5. Cresskill, 13:58.2; 6. Rutherford, 14:36.1.

Shuttle Hurdles: 1. Westwood (Tina Boullianne, Lucille Scharback, Alyssa Milazzo, Alexandra Cimino), 1:08.1; 2. Cresskill, 1:12.5; 3. Pascack Hills, 1:17.9; 4. Dumont, 1:19.1.

3-x-400IH: 1. Westwood (Alyssa Milazzo, Jill Rosica, Alexandra Cimino), 3:33.5; 2. Cresskill, 3:37.1; 3. Lodi, 3:38.9; 4. Pascack Hills, 3:41.3; 5. Lyndhurst, 3:44.9; 6. Leonia, 3:46.0.

Shot Put: 1. Cresskill (Patricia Henderson, Michelle Igdale, Keri Kavanaugh), 87-7¾; 2. Westwood, 85-7¾; 3. Pascack Hills, 83-8¼; 4. Rutherford, 78-8½; 5. Lyndhurst, 78-7¼; 6. Dumont, 75-11¼.

Javelin: 1. Dumont (Gina Yvette, Jessica Costenlic, ...)

k. (MP) Amanda Parker. **RBI:** (WrH) Ina Trotter. (MP) Christine Kline, y Kline, Emily Luberto, Amanda er 7, lle Passero. **WP** Emily (1-1), yssa McKhann

Waldwick 16,
iry Help 0
y Help 0
000 00 - 036
010 1 5X - 16144
Olivia Kowal, Diana Petrassi. **RBI:** enna Brovero 2, Ali Cowie, Kowal 3, y McClelland 2, Ashley Ott, Diana Pe 2, Raleigh Vuoncino 2. **WP** Olivia (1-3) **LP** Paulia Redmon

N-LEAGUE
St. Dominic 11,
npton Lakes 1
t. Dominic 520 004 0 - 11110
npton Lakes 000 001 0 - 141
MSD) Purcel. **RBI:** (MSD) Havrilla 3, son 3, Purcel 2. (PL) Rebecca Varr-ink. **WP** Gemma (5-4) **LP** Jackie ninski (3-1)

t Lee 10, Lodi 0
000 00 - 033
024 04 - 1080
Nikki Farber, Amanda Maldon-
RBI: (FtL) Amanda Maldonado, e Mattesich, Caitlin McKenna, an Romba. **WP** Amanda Maldon- (2-1) **LP** Linzi Reginald (1-2)

st Milford 16,
ythorne 0
000 00 - 020
309 4X - 16140
Sara Zambelli. **3B:** (WM) Erin rpspoon. **RBI:** (WM) Michelle , Ashley Gieger, Erin Witherspoon a 7. **WP** Ashley Gieger (1-3) **LP** news

ack Valley 4,
stfield 2
ck Valley 011 000 02 - 481
ield 000 020 00 - 281
cV) Ashley Delaney. **HR:** (PCV) e Sadner. (Wsf) Chambliss. **RBI:** Ashley Delaney, Nicole Sadner 2. Chambliss 2. **WP** Jess Prinz (5-3)

n. Conception 16,
Domonic 0
Conception 4120 00 - 1690
nic 000 00 - 010
Jorddin Miller, Alyssa Sinski.
C) Jorddin Miller 3, Natalee Quin- 12, Alyssa Sinski 4, Shannon Trup- **WP** Kelly Hage (7-1) **LP** Laurie

y Milford 2,
jen Tech 1
n Tech 000 000 1 - 130
lford 110 000 X - 233
Courtney Weite. **RBI:** (NM) Erin r, Angela Coughlin. **WP** Macken- lowach (3-3) **LP** Mary Stuckey

h Bergen 16,
Family 2
Bergen 280 60 - 16193
amily 002 00 - 256
Maria Montalvo. **RBI:** (NB) Car- imendi 2, Nerylix Cerda, Jessica Ashley Heredia, Maria Montalvo stina Otero, Jazmin Palma, Sab- yes 3. Elvin Rodriguez. (HF) Paye- e **WP** Carla Arismendi **LP** tal

LS LACROSSE
jen Tech 12,
arest 12
est 6 6 - 12
Tech 4 8 - 12
(Dem) Claudia Zorlini 3, Zoe Al

Ridgewood 78

April 20 @ Teaneck

Hackensack: 62

400 IH: Ridgewood: 3 Hackensack: 6
1-Mark Jones (H) 55.2 2-InSoo Hwang (R) 57.0 3-Mo Headley (H) 58.2
Others: S. Mattson 60.1; C. Martyn 61.6

100m: Ridgewood: 5 Hackensack: 4
1-Matt Beausoleil (R) 11.2 2-Clarke (H) 11.3 3-DeSantis (H) 11.6
Others: J. Sabatini 11.6; K. Chung 11.7; S. Park 12.3; R. Jennee 12.3; P. Yoon 12.7;
Z. Hanerfeld 12.8; D. Davila 12.9; I. Nathanson 12.9; E. Xue 12.9; R. Ng 13.3;
J. Yoon 13.3; R. Neville 13.4; C. Jennings 13.4; H. Park 14.0; B. Robertazzi 14.3;
A. Sohn 14.5; K. Huh 14.9; J. Rispoli 14.9; L. Berry 15.3; M. Gasiewski 16.2

1600m: Ridgewood: 9 Hackensack: 0
1- Patrick Rynkowski (R) 4:27 2-Levi Jennings (R) 4:28 3-Will Ades (R) 4:36
Others: M. French 4:42.5; S. Dublier 4:45.8; N. Salamone 4:49.3; G. Jones 4:58.4;
B. Clarendon 5:04; T. Spicer 5:07.9; L. Dublier 5:12.4; R. Fischer 5:13.6;
A. Sarappo 5:16.5; M. Calton 5:17.6; B. Fishbein 5:21.4; C. Hartmann 5:25.9;
M. O'Donnell 5:30; D. Anzalone 6:10

400m: Ridgewood: 6 Hackensack: 3
1-Juan Llinas (R) 50.2 2-Jeremy Hendrick (H) 52.7 3-Nick Tai (R) 53.0
Others: InHo Hwang 54.9; S. Kagain 55.1; K. Ransom 55.5; T. Diorio 56.5; O. Jones
56.7; R. Pillai 57.4; A. Merejo 57.5; D. Ok 58.0; S. Ulu 62.2

110HH: Ridgewood: 3 Hackensack: 6
1-Mark Jones (H) 14.4 2-Matt Beausoleil (R) 14.7 3-Nick Quinn (H) 15.8
Others: K. Chung 15.9; W. Wisener 21.1

800m: Ridgewood: 8 Hackensack: 1
1-Levi Jennings (R) 1:58.2 2-Patrick Rynkowski (R) 1:59.3 3-John Pujols (H) 1:59.9
Others: W. Ades 2:11; S. Kagai 2:12.9; Y. Yoon 2:13.9; R. Pillai 2:17.1; G. Jones 2:17.4
L. Dublier 2:19.2; D. Gardner 2:21.0; T. Spicer 2:22.2; R. Fischer 2:23.8;
C. Hartmann 2:25.6; J. Ricatto 2:30.2; M. Calton 2:30.6; M. O'Donnell 2:32.7

200m: Ridgewood: 1 Hackensack: 8
1-Mark Jones (H) 22.1 2-Pleasants (H) 23.6 3-Juan Llians (R) 23.6
Others: K. Chung 23.8; S. Park 24.9; K. Ransom 24.9; R. Jennee 25.1;
Z. Hanerfeld 25.9; P. Yoon 26.1; D. Davila 26.3; D. Barnes 29.4; D. Ok 26.5;
W. Wisener 26.6; I. Nathason 26.7; E. Xue 26.9; H. Park 27.1; V. Young 27.8;
R. Neville 28.8; P. Morgan 28.9; J. Yoon 29.2B. Robertazzi 29.4; C. Jennings 29.4;
D. Barnes 29.8; L. Berry 30.3; A. Sohn 30.5; K. Huh 33.3 M. Gasiewski 34.1;

Ridgewood 84

Teaneck: 56

April 20 @ Teaneck

400 IH: Ridgewood: 8 Teaneck: 1
1-InSoo Hwang (R) 57.0 2-Sean Mattson (R) 60.1 3-K. Brown (T) 61.4
Others: C. Martyn 61.6

100m: Ridgewood: 1 Teaneck: 8
1-Daryian Miles (T) 10.8 2-Malcolm McKnight (T) 11.1 3-Matt Beausoleil (R) 11.2
Others: J. Sabatini 11.6; K. Chung 11.7; S. Park 12.3; R. Jennee 12.3; P. Yoon 12.7;
Z. Hanerfeld 12.8; D. Davila 12.9; I. Nathanson 12.9; E. Xue 12.9; R. Ng 13.3;
J. Yoon 13.3; R. Neville 13.4; C. Jennings 13.4; H. Park 14.0; B. Robertazzi 14.3;
A. Sohn 14.5; K. Huh 14.9; J. Rispoli 14.9; L. Berry 15.3; M. Gasiewski 16.2

1600m: Ridgewood: 8 Teaneck: 1
1- Patrick Rynkowski (R) 4:27 2-Levi Jennings (R) 4:28 3-Warren Field (T) 4:35
Others: M. French 4:42.5; S. Dublier 4:45.8; N. Salamone 4:49.3; G. Jones 4:58.4;
B. Clarendon 5:04; T. Spicer 5:07.9; L. Dublier 5:12.4; R. Fischer 5:13.6;
A. Sarappo 5:16.5; M. Calton 5:17.6; B. Fishbein 5:21.4; C. Hartmann 5:25.9;
M. O'Donnell 5:30; D. Anzalone 6:10

400m: Ridgewood: 5 Teaneck: 4
1-Juan Llinas (R) 50.2 2-Brian Murphy (T) 50.3 3-Daryian Miles (T) 50.5
Others: InHo Hwang 54.9; S. Kagain 55.1; K. Ransom 55.5; T. Diorio 56.5; O. Jones
56.7; R. Pillai 57.4; A. Merejo 57.5; D. Ok 58.0; S. Ulu 62.2

110HH: Ridgewood: 3 Teaneck: 6
1-Matt Beausoleil (R) 14.7 2-Kevin Chung (R) 15.9 3-Teaneck 17.4
Others: K. Chung 15.9; W. Wisener 21.1

800m: Ridgewood: 8 Teaneck: 1
1-Levi Jennings (R) 1:58.2 2-Patrick Rynkowski (R) 1:59.3 3-Warren Field (T) 2:02
Others: W. Ades 2:11; S. Kagai 2:12.9; Y. Yoon 2:13.9; R. Pillai 2:17.1; G. Jones 2:17.4
L. Dublier 2:19.2; D. Gardner 2:21.0; T. Spicer 2:22.2; R. Fischer 2:23.8;
C. Hartmann 2:25.6; J. Ricatto 2:30.2; M. Calton 2:30.6; M. O'Donnell 2:32.7

200m: Ridgewood: 0 Teaneck: 9
1-Daryian Miles (T) 22.1 2-Malcolm McKnight 22.5 3-Teaneck 22.9
Others: K. Chung 23.8; S. Park 24.9; K. Ransom 24.9; R. Jennee 25.1;
Z. Hanerfeld 25.9; P. Yoon 26.1; D. Davila 26.3; D. Barnes 29.4; D. Ok 26.5;
W. Wisener 26.6; I. Nathason 26.7; E. Xue 26.9; H. Park 27.1; V. Young 27.8;
R. Neville 28.8; P. Morgan 28.9; J. Yoon 29.2B. Robertazzi 29.4; C. Jennings 29.4;
D. Barnes 29.8; L. Berry 30.3; A. Sohn 30.5; K. Huh 33.3 M. Gasiewski 34.1;

3200m: Ridgewood: 9 Teaneck: 0
1-Mohamed Eid (R) 9:56 2-Patrick Rynkowski (R) 10:13 3-Nick Salamone (R) 10:21
Others: L. Jennings 10:22; M. French 10:27; T. Garrity 10:36; B. Fishbein 10:53

4x400m: Ridgewood: 0 Teaneck: 5
1-Teaneck 3:25
2-Ridgewood 3:39.0 (C. Martyn 53.4; J. Sabatini 56.2; InHoHwang 55.2; N. Tai 54.3)

Long Jump: Ridgewood: 1 Teaneck: 8
1-Jamal Williams (T) 20'11" 2-Nevon Williams (T) 20'9" 3-Evan Bartlik (R) 20'8 ½"
Others: Y. Koo 17'5"; J. Sabatini 13'5"

Triple Jump: Ridgewood: 5 Teaneck: 4
1-Evan Bartlik (R) 43'9" 2-Sean Wimbush (T) 43'4" 3-Alex Ocansey (T) 41'3"
Others: Y. Koo 37'8" J. Knight 36'6 ½"

High Jump: Ridgewood: 5 Teaneck: 4
1-Evan Bartlik (R) 6'6" 2-Sean Wimbush (T) 6'2" 3-Teaneck 5'10"
Others: Y. Koo 5'4" J. Knight 5'4"

Pole Vault: Ridgewood: 9 Teaneck: 0
1-J. Knight (R) 10'0" 2-Tim Cheung (R) 9'6" 3-Patrick Morgan (R) 9'6"
Others: V. Young 8'0"; K. Hayes 7'6"

Shot Put: Ridgewood: 4 Teaneck: 5
1-Campbell (T) 45'11" 2-Anthony Balboa (R) 43'5" 3-Stephen Etna (R) 40'5"
Others: J. Barnett 40' ¼" A. Spetieris 37'8"; A. Muller 35'0";
J. McGinely 34'9"; M. Kim 34'2" M. Dremel 33'10 ¼" N. Discepolo 33'4";
R. Feeney 32' 11 ½"; N. Cerasuolo 32'3" A. Habawel 32'8 ¼"; An. Moras 31'5"
Al. Moras 28'8"; S. Treppedi 23'5"; J. Rispoli 21'9"

Discus: Ridgewood: 4 Teaneck: 5
1-Campbell (T) 2-Stephen Etna (R) 111'1" 3-Michael Henni (R) 108'6"
Others: J. Barnett 107'8" A. Spetieris 98'10"

Javelin: Ridgewood: 9 Teaneck: 0
1-Matt Beausoleil (R) 158'8" 2-Younghoe Koo (R) 149'3" 3-James Barnett (R) 125'6"
Others: J. Barnett 125'6" T. Diorio 91'6"

NORTH JERSEY SPORTS

TRACK

BOYS TEAM SCORES

Bergen Catholic 80, St. Joseph 59
 Lyndhurst 93, Ridgefield 47
 Hasbrouck Heights 115, Wood-Ridge 25
 Leonia 78, Palisades Park 52
 Cresskill 119, Dwight-Englewood 21
 Tenafly 86, Mahwah 54
 Indian Hills 75, Pascack Valley 65
 Ridgewood 84, Teaneck 56
 Ridgewood 78, Hackensack 62
 Hackensack 73, Teaneck 67
 Midland Park 70, Bogota 70
 Lodi 110, Hawthorne 30
 Indian Hills 75, Pascack Valley 65

TRACK BESTS

100 M (11.3) — Daryian Miles, Teaneck, 10.8; Malcolm McKnight, Teaneck, 11.1; Dan Fay, Ridgefield, 11.1; Matt Beausoleil, Ridgewood, 11.2; Ioannis Touzma-zon, Ridgefield, 11.3; Tim Buzernac, Ridgefield, 11.3; Hayden Lyons, Tenafly, 11.3.

200 M (23.2) — Mark Jones, Hackensack, 22.1; Tarique Gray, Bergen Catholic, 22.2; Daryian Miles, Teaneck, 22.2; Malcolm McKnight, Teaneck, 22.5; Fay, Ridgefield, 22.8; Ioannis Touzma-zon, Ridgefield, 22.9; Hayden Lyons, Tenafly, 22.9; Kevin Harris, Hasbrouck Heights, 23.1; Tim Buzernac, Ridgefield, 23.1.

400 M (52.8) — Juan Llinas, Ridgewood, 50.1; Brian Murphy, Teaneck, 50.3; Daryian Miles, Teaneck, 50.5; Kevin Condal, Hasbrouck Heights, 50.7; Kevin Harris, Hasbrouck Heights, 51.1; Jeremy Hendrick, Hackensack, 52.8.

800 M (2:04) — Levi Jennings, Ridgewood, 1:58.2; Ben Malone, Pascack Valley, 1:59; Pat Rynkowski, Ridgewood, 1:59.3; John Pujols, Hackensack, 1:59.9; Jesse Kamil, Tenafly, 2:00.6; Pete Tuohy, Indian Hills, 2:01.1; John Pritzl, Indian Hills, 2:02.1; Warren Fields, Teaneck, 2:02.2; Hee Tae An, Indian Hills, 2:03.7.

1,600 M (4:40) — Pat Rynkowski, Ridgewood, 4:27.3; Levi Jennings, Ridgewood, 4:28.6; Warren Fields, Teaneck, 4:35.2; Will Ades, Ridgewood, 4:36.6.
3200 M (10:15) — Pat Rynkowski, Ridgewood, 10:13; John Pujols, Hackensack, 10:13.2; Mohamed Eld, Ridgewood, 9:58.

110M HH (16.0) — Mark Jones, Hackensack, 14.4; Matt Beausoleil, Ridgewood, 14.7; John Porteus, Wood-Ridge, 15.1; Roland Gamez, Hasbrouck Heights, 15.3; Kris Yoo, Pascack Valley, 15.3; Sean Porteus, Wood-Ridge, 15.7; Tom Hayes, Lyndhurst, 15.7; Nick Quinn, Hackensack, 15.8; Moquiez Headley, Hackensack, 15.9; Capki Kim, Lyndhurst, 15.9; All Kone, Lyndhurst, 15.9; Kevin Chung, Ridgewood, 16.0.

400M HH (59.0) — Mark Jones, Hackensack, 55.2; Erik Moutenot, Mahwah, 55.7; John Porteus, Wood-Ridge, 56.2; Insoo Hwang, Ridgewood, 57.0; Calvin Knox, Indian Hills, 57.6; Moquiez Headley, Hackensack, 58.2; Lucas Hall, Pascack Valley, 58.6; Kevin Cordova, Hasbrouck Heights, 58.8; Kevin Halloran, Indian Hills, 58.9; Erik Quesada, Lyndhurst, 59.7; Mark Monahan, Hasbrouck Heights, 59.8.

1,600M relay (3:37.5) — Hackensack, 3:25.5; Teaneck 3:26.5.

Long jump (20-0) — John Porteus, Wood-Ridge, 21-9; Nevon Williams, Teaneck, 20-9; Evan Bartlik, Ridgewood, 20-8 1/2; Kendall Romalino, Ridgefield, 20-6; Kris Yoo, Pascack Valley, 20-5 1/2; Jeremy Hendrick, Hackensack, 20-5; Roland gamez, Hasbrouck Heights, 20-4 1/2; Charles Dzienis, Indian Hills, 20-2; Jamal Williams, Teaneck, 20-11.

Triple jump (40-0) — Evan Bartlik, Ridgewood, 43-9; Sean Wimbush, Teaneck, 43-4; Kris Yoo, Pascack Valley, 42-8 1/4; John Porteus, Wood-Ridge, 42-3 1/2; Alex Quinn, Hasbrouck Heights, 41-5 1/4; Alex Ocarney, Teaneck, 41-3 1/2; Matt Torino, Lyndhurst, 40-8; Roland Gamez, Hasbrouck Heights, 40-7; Matt Beausoleil, Ridgewood, 40-6; Moquiez Headley, Hackensack, 40-5; Eric Angus, Lyndhurst, 40-10 1/4.

High jump (6-0) — Evan Bartlik, Ridgewood, 6-6; Sean Wimbush, Teaneck, 6-2; Roland gamez, Hasbrouck Heights, 6-0.

Pole vault (11-6) — Ty Poland, Mahwah, 13-0; Steve Felice, Midland Park, 12-6; Lucas Seayias, Hasbrouck Heights, 12-0; Rob Wendel, Mahwah, 12-0; Mike Morresio, Lyndhurst, 11-6; Chris Limbach, Ridgefield, 11-6.

Discus (135) — Stephen Mozia, Hackensack, 181-11; Dorian Slavov, Cresskill, 152-9; Pat Cole, Hasbrouck Heights, 152-0.

Javelin (160) — Caleb Zuidema, Midland Park, 202-11; Chris Connors, Hasbrouck Heights, 167-0; Fernando Almonte, Lodi, 162-4.

Shot put (47) — Stephen Mozia, Hackensack, 62-6 1/2; Pat Cole, Hasbrouck

Heights, 53-3.

GIRLS TEAM SCORES

Lodi 74, Hawthorne 63
 Lyndhurst 111, Ridgefield 25
 Hasbrouck Heights 102, Wood-Ridge 23
 Leonia 101, Palisades Park 23
 Secaucus 70, Becton 47
 Becton 156, St. Mary 0
 Indian Hills 88, Pascack Valley 52
 Cresskill 100, Dwight-Englewood 29
 Indian Hills 88, Pascack Valley 52
 Teaneck 73, Ridgewood 68
 Mahwah 74, Tenafly 66
 Teaneck 78, Hackensack 47
 Midland Park 79, Bogota 55
 Lodi 72, Hawthorne 64

TRACK BESTS

100 M (18.1) — Khaila Daniels, Teaneck, 12.3; Talasiah Balgobin, Teaneck, 12.5; Kim Nagotko, Mahwah, 12.5; Victoria Mold, Mahwah, 12.6; Taylor Clarkson, Indian Hills, 12.7; Hila Doron, Tenafly, 12.9; Ashley Sloan, Lyndhurst, 13.0; M. Jennings, Ridgewood, 13.1.

200 M (27.2) — Kim Nagotko, Mahwah, 25.5; Khaila Daniels, Teaneck, 25.6; Talasiah Balgobin, Teaneck, 26.4; Victoria Mold, Mahwah, 26.4; Hila Doron, Tenafly, 26.7; McFadden, Ridgewood, 26.8.

400 M (64.0) — Janay Ferrell, Teaneck, 58.9; Khaila Daniels, Teaneck, 59.5; Victoria Mold, Mahwah, 60.3; Katie Johnston, Indian Hills, 60.7; Coral Her-shkovitz, Tenafly, 60.8; Kim Nagotko, Mahwah, 61.1; Crique, Ridgewood, 61.5; Jenn Nass, Hasbrouck Heights, 62.1; Jamie Mangok, Indian Hills, 62.5; Liz Sidaros, Indian Hills, 62.9; Kayla Begen, Pascack Valley, 63.9.

800 M (2:30) — Janay Ferrell, Teaneck, 2:22.1; Davidson, Ridgewood, 2:22.9; Shigenolou, Ridgewood, 2:24.3; Samantha Carrillo, Pascack Valley, 2:26.
1,600 M (5:40) — R. Anzono, Ridgewood, 5:31.3; Josette Norris, Tenafly, 5:35; Onyl Obelle, Hackensack, 5:38.2; Rosanna Diaz, Mahwah, 5:39.

110M HH (17.0) — MaryElizabeth Pfund, Tenafly, 15.8; Nia Jackson, Hawthorne, 16.2; Cristina Cristea, Lodi, 16.2; Gena Pickett, Mahwah, 16.2; Ani Sarkisian, Cresskill, 16.3; Ashley Barker, Teaneck, 16.6; Tasha Goodman, Hackensack, 16.8; Kayla Kessen, Mahwah, 16.8; Esther Moallen, Cresskill, 17.0; Cary Wallace, Mahwah, 17.0.

400M HH (70.0) — Allison Torsiglieri, Tenafly, 68.2; Hannah Rivas, Indian Hills, 68.3; Lizzie O'Connor, Mahwah, 68.3; Ashley Barker, Teaneck, 68.5; Samantha Carrillo, Pascack Valley, 68.6; Liemandi, Ridgewood, 69.2; Shigenolou, Ridgewood, 69.3.
1,600M relay (4:27.5) — Tenafly, 4:10; Mahwah, 4:11.

Long jump (15-4) — Talasiah Balgobin, Teaneck, 17-2 1/2; Gena Pickett, Mahwah, 16-7; Taylor Clarkson, Indian Hills, 16-5; Maggie Schultz, Mahwah, 16-3/4; Kayla, Ridgewood, 16-10 1/4; Trenice Foster, Teaneck, 15-6 1/4; Taylor Sisti, Pascack Valley, 15-6; Merissa Romano, Hasbrouck Heights, 15-11 3/4.

Triple jump (32-0) — Gena Pickett, Mahwah, 35-1/4; Ana Addison, Teaneck, 33-9; Nia Jackson, Hawthorne, 33-8 1/2; Alex Chukwuma, Hasbrouck Heights, 33-6; Zaneta Balbuza, Becton, 33-0; Maci DeCarlo, Cresskill, 32-7; Carolyn Edler, Mahwah, 32-6 1/2; Jemma Barbarise, Cresskill, 32-4 1/2; Taylor Sisti, Pascack Valley, 32-2.

High jump (4-10) — Nia Jackson, Hawthorne, 5-5; Nia Jackson, Hawthorne, 5-5; Taylor Clarkson, Indian Hills, 5-0; Elaine White, Leonia, 5-0; H. Roche, Ridgewood, 5-0; Mel Lewis, Midland Park, 4-10; Amanda Simms, Teaneck, 4-10.

Pole vault (8-6) — Maggie Schultz, Mahwah, 8-6; Carolyn Edler, Mahwah, 10-6; Melinda Rothman, Mahwah, 10-0.
Discus (90) — Melissa Silvestri, Wood-Ridge, 97-11; Tania Pabon, Cresskill, 96-5; Taylor Martin, Hackensack, 94-1; Melissa Chayt, Pascack Valley, 94-0; Jazmine Calis, Teaneck, 91-6; Rikela Hogan, Teaneck, 91-10; Aresha Hampton, Teaneck, 122-0; Leonora Paul, Hackensack, 112-7; Sharell Harris, Hackensack, 107-7.

Shot put (33) — Aresha Hampton, Teaneck, 38-11 1/2; Leonora Paul, Hackensack, 37-3 1/2; Sharell Harris, Hackensack, 34-1 1/4; Candice Mann, Mahwah, 33-1 1/2.

Javelin (95) — Elaine White, Leonia, 95-2; Nina Messery, Hasbrouck Heights, 106-6; Nicole Sinatra, Wood-Ridge, 103-11; Tori Elether, Pascack Valley, 103-0; Angela Rafferty, Tenafly, 102-7; Camila Alonso, Lyndhurst, 102-6.

No fear in Ridgewood, Hackensack, Teaneck

By PAUL SCHWARTZ
STAFF WRITER

For most high school sports, a team faces another team in a one-on-one battle with league championships decided by won-loss records. That's not the case in track and field, where major, multiple-school meets decide league titles. Dual meets are usually reserved for development and training, although most leagues count duals toward assessing league champions. Once in a while, however, a dual meet can be much more than that. That was the case Wednesday when traditional powerhouse Teaneck, Ridgewood and Hackensack met at Teaneck.

More than a dozen boys and girls were on the track with more than 75 perform-

TRACK & FIELD REPORT

ances qualifying for The Record daily track meets, including some of the best in the State this spring in the shot put, discus, 4-x-400 relay and 400 hurdles.

Ridgewood, No. 5 in the North Jersey Boys Track and Field Top 25, came from behind to beat No. 7 Hackensack, 78-62, while Hackensack edged No. 4 Teaneck, 73-67.

Teaneck, No. 9 in the North Jersey Girls Track and Field Top 25, stunned No. 3 Ridgewood, 73-67 to highlight the girls action.

"It was three great teams going after it," Ridgewood boys coach Josh Saladino said.

The stars aligned to bring more importance to this meet. Hackensack and Teaneck were postponed last week and the two asked to move the meet to join the regularly scheduled Ridgewood-Teaneck meet Wednesday.

"It's a good week for a hard dual meet because we aren't going anywhere this weekend to get ready for Penn Relays and the weather was great," Saladino said.

So were the performances. Hackensack sophomore Mark Jones ran a speedy 55.2 seconds to win the 400-meter hurdles while Ridgewood's InSoo Hwang, in his first meet back from an injury that occurred in the winter, stayed with him for eight hurdles before tiring. Stephen Mozia threw the disc 181 feet, 1.1 inches, his best and the best throw in the State this year. neck was never headed.

He later added a shot put toss of 62-8½, second in New Jersey this spring and the best throw, dual or major meet, since Andy Papathanassiou of Emerson set the County record at 68-3 in 1985. At one point, Hackensack led Ridgewood by 11 points.

Ridgewood's Juan Linaas ran a personal best of 50.2 to beat Teaneck standouts Bryan Murphy and Daryan Miles in the 400 and when Levi Jennings and Pat Rynkowski went 1-2 in the 800, Ridgewood went ahead to stay in the boys meet.

Teaneck also used the 800 for a decisive win in the girls meet. Janay Ferrel of Teaneck, who ran a personal best of 58.9 to win the 400, upset Ridgewood's Caroline Davidson in 2:22.1, another best, and Teaneck was never headed.

AROUND THE TRACK

The Jack Yockers Bergen County Relays always is the place for very good early season performances, and this year's meet was no exception.

While Stephen Mozia of Hackensack (boys field), Patrick Rono of Lynchurst (boys track), Apresha Hampton of Teaneck (girls field) and Maggie Loudon of Old Tappan (girls track) were deserved winners of the Most Valuable Athlete awards, there were a host of other top-notch nominees.

In boys field events, Dante Toller of New Milford had a 20 feet, ¼ inch (long), 41-5½ (triple) and 5-10 (high) jumps, and anchored the Division C gold medal Knights' 4-x-100 relay team.

Chet Palumbo of Pascack Hills shared the day's top high jump at 6-0, had C's best long jump at 21-4 and triple jumped 39-2.

Ridgewood's Evan Bartlik triple jumped 44-5, long jumped 20-11 and was pulled from the high jump after clearing 5-8.

In boys track, Brad Paternostro of Ramapo went from seventh to first in 1 minute, 52.9 seconds for the anchor 800 leg of the sprint medley. He also had a 4:25.0 leg

on Ramapo's 4-x-1,600 relay.

Sean Kravitz had splits of 11.0, 21.9 and 51.9 on Pascack Hills' 4-x-100, 4-x-200 and 4-x-400 teams, and even split 2:03 for 800 on the sprint medley.

Kevin Condal of Hesbrouck Heights had splits of 10.7, 22.2 and 50.5 on his team's 4-x-100, 4-x-200 and 4-x-400, and split 2:00.5 in the sprint-medley 800.

John Prizzi of Indian Hills had 1,600 splits of 4:31.3 and 4:34.4 on the Braves' Division B-winning 4-x-1,600 and distance-medley teams, and anchored the winning 4-x-800 in 2:00.7.

Holy Angels' Amanda Fields had a day's best 38-2 in the triple jump, a 16-3½ long jump and a 4-10 high jump.

Garfield's Shaunteriah Douglas had the day's best B throws in the shot put (33-6¼) and javelin (125-1), and added a 34-¾ triple jump and 15-4 long jump.

Ridgewood's Caroline Davidson had splits of 5:14.3 and 5:14.7 in the 4-x-1,600 and distance-medley wins and ran 2:25.6 in the 4-x-800.

— Paul Schwartz

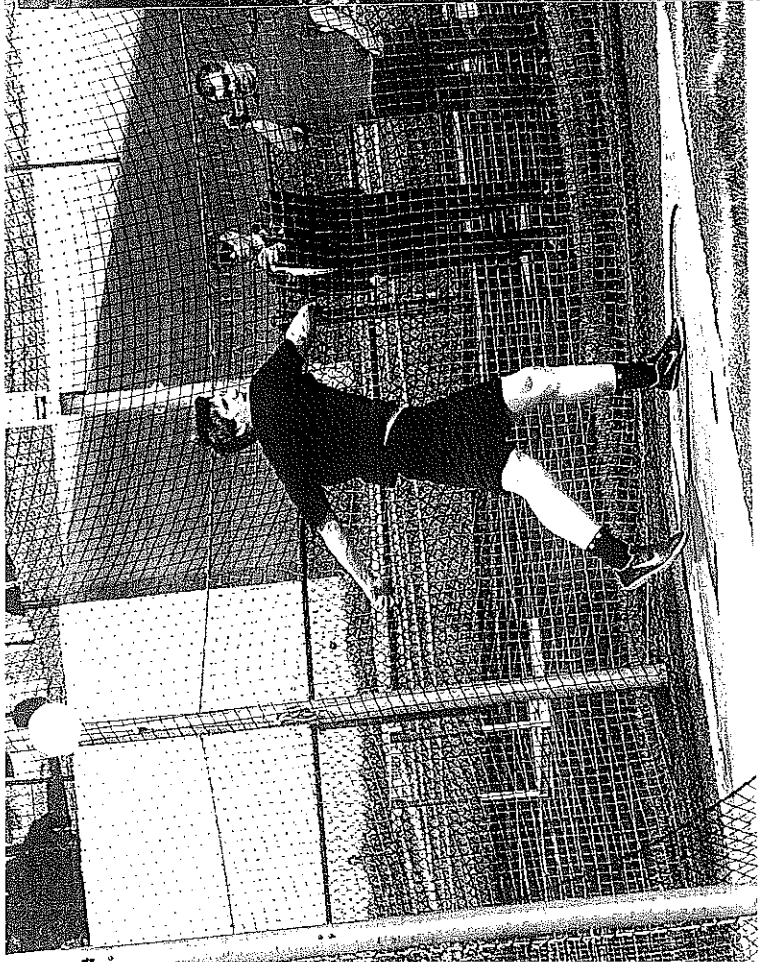
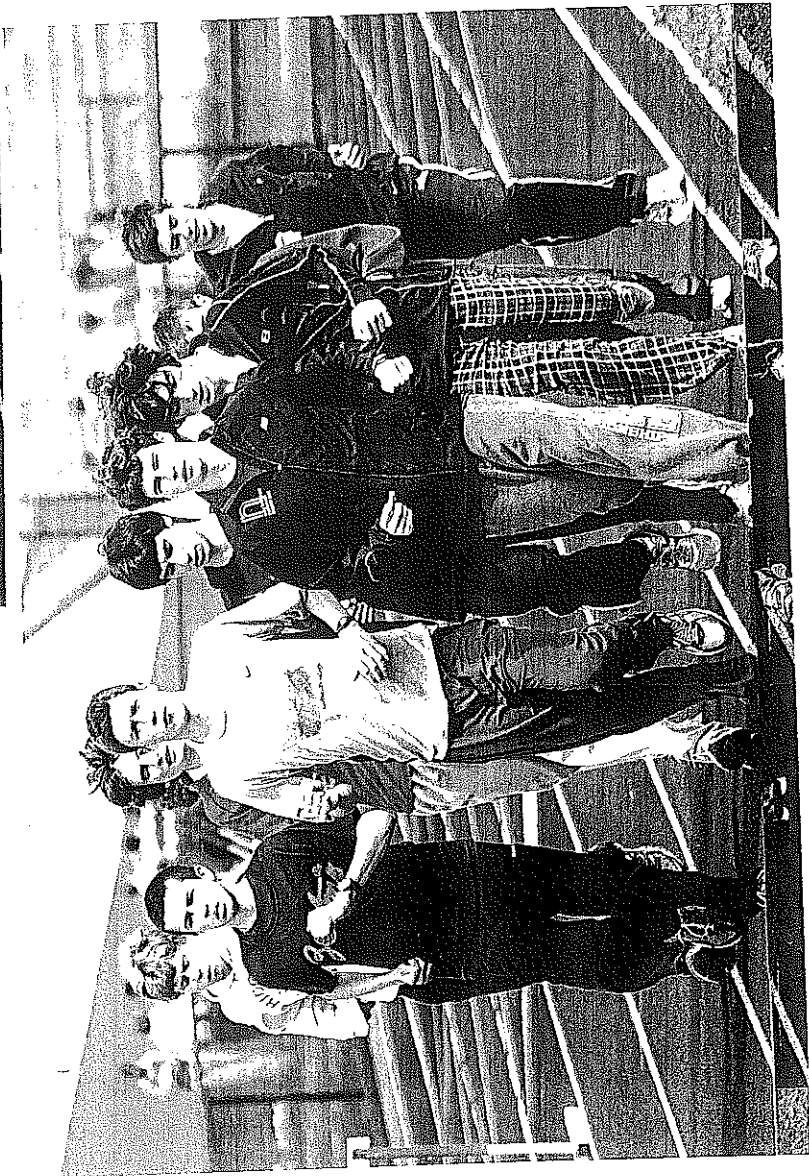
THE RECORD 5-11

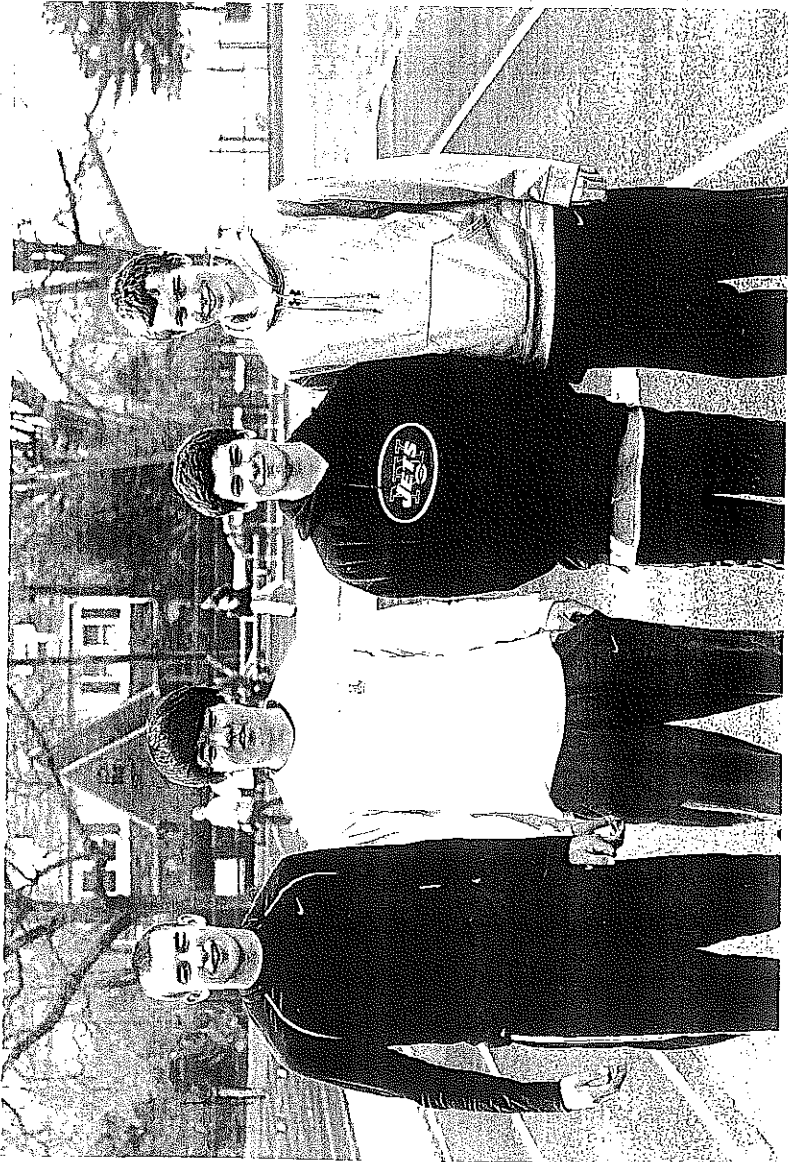
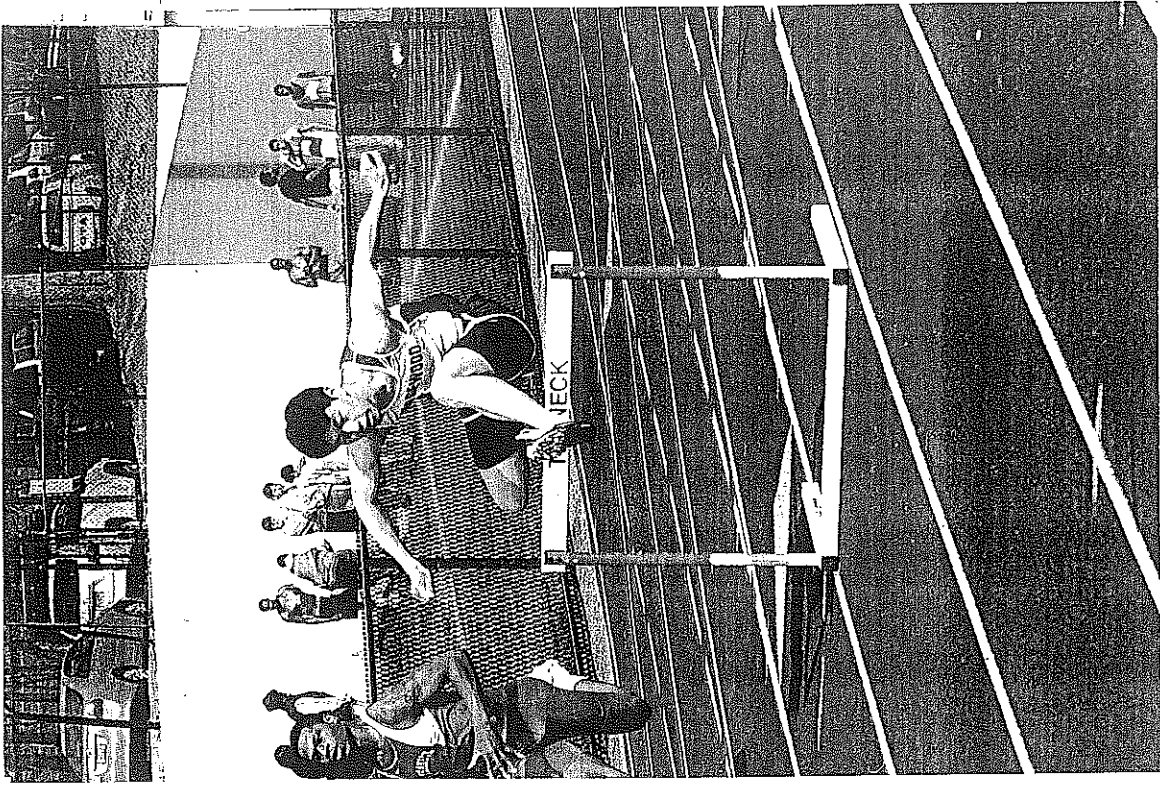
North Jersey Track and Field

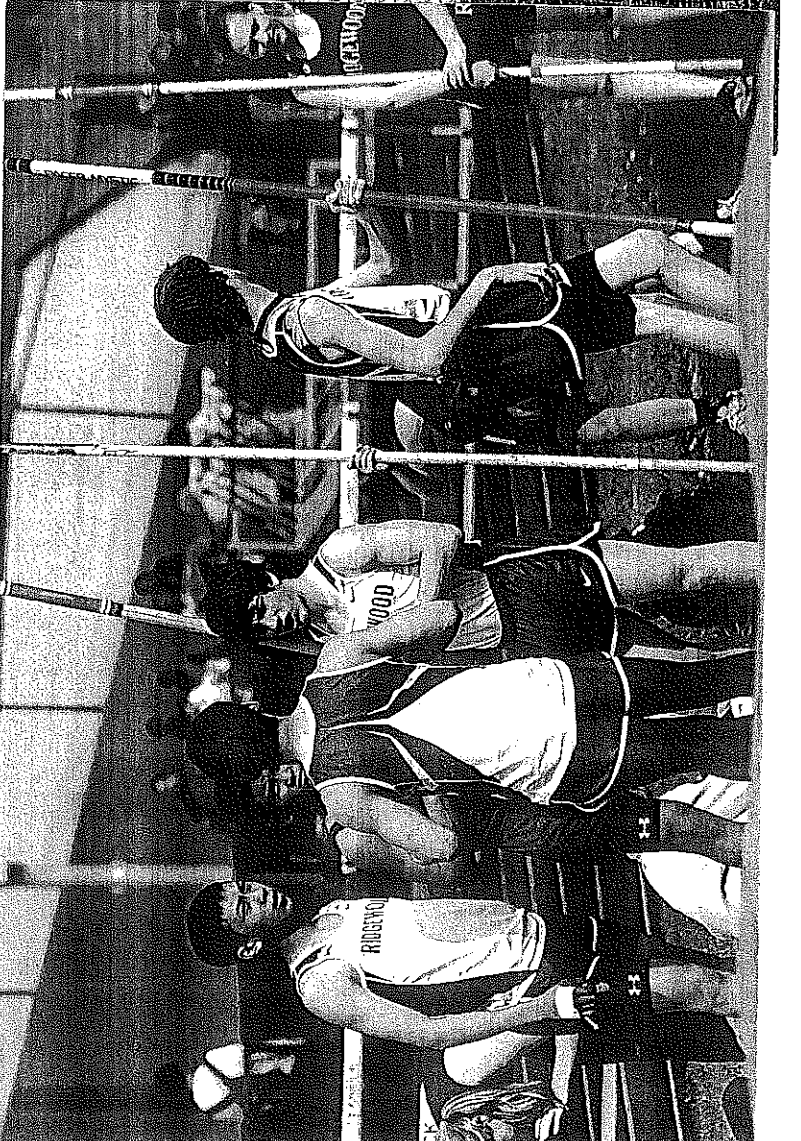
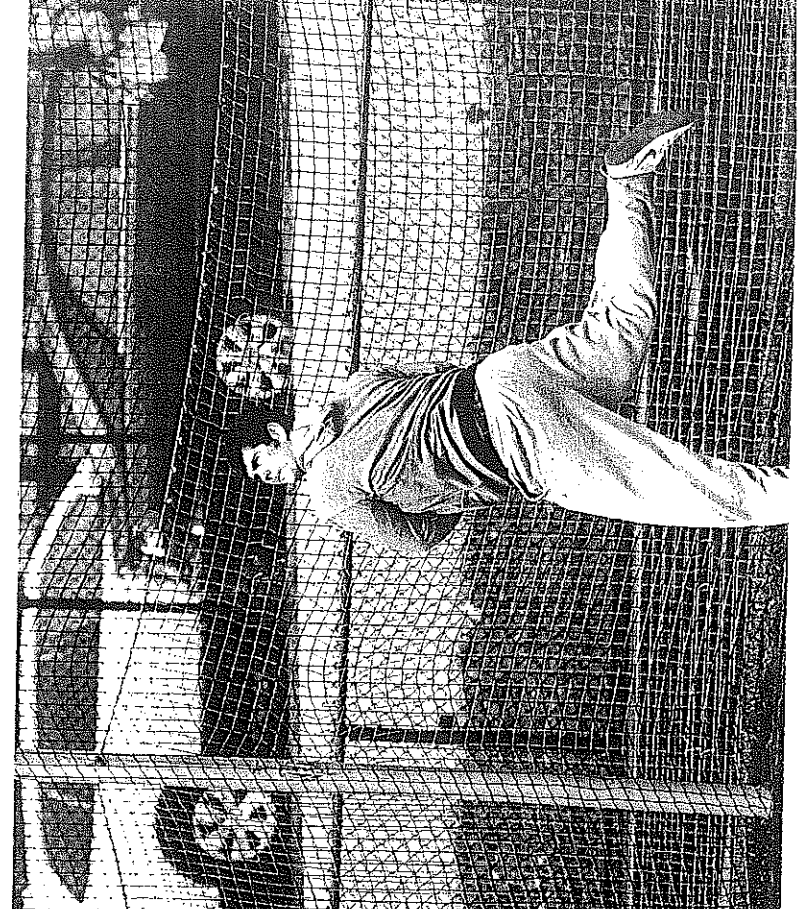
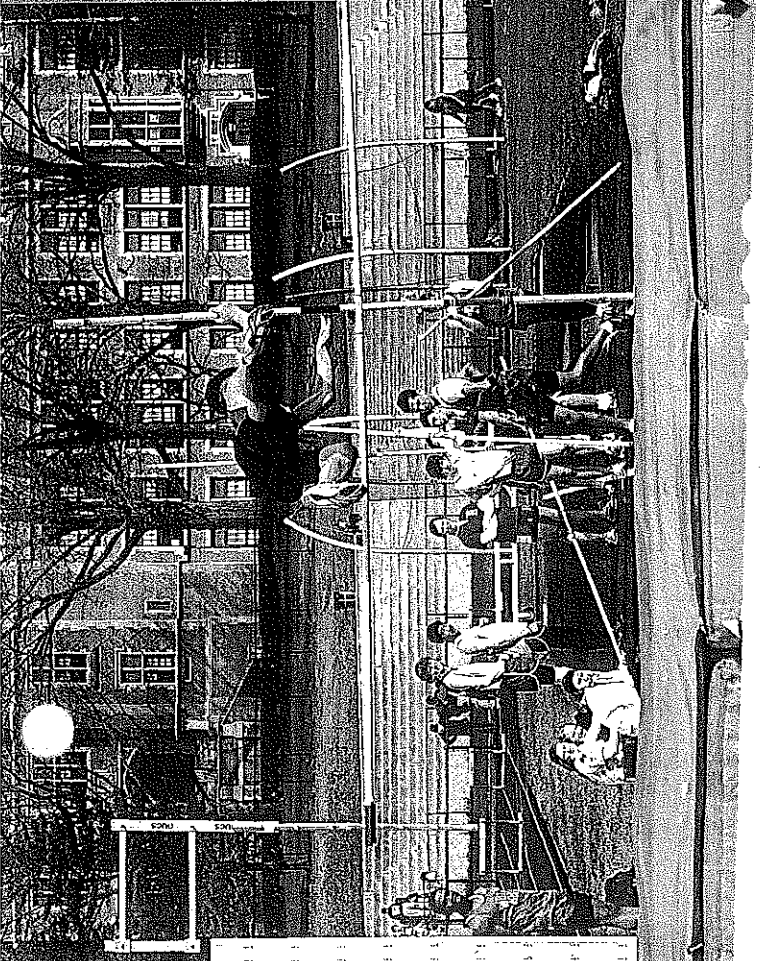
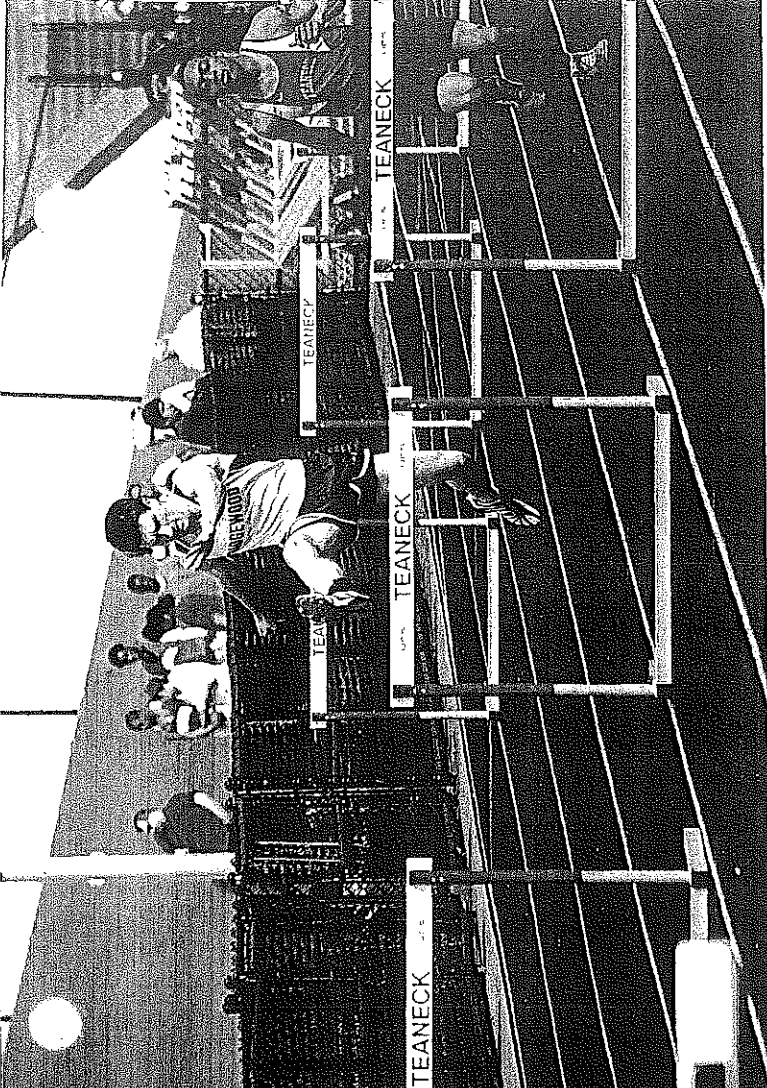
Boys Top 25

1. Don Bosco
2. Hesbrouck Heights
3. Ramsey
4. Teaneck
5. Ridgewood
6. Old Tappan
7. Hackensack
8. Lynchurst
9. Demarest
10. River Dell
11. Pascack Hills
12. West Milford
13. Passaic Tech
14. Indian Hills
15. Pascack Valley
16. Bergen Catholic
17. Lakeland
18. Eastside
19. Wayne Valley
20. St. Joseph
21. Kennebec
22. Northern Highlands
23. Wayne Hills
24. Garfield
25. Ridgely Park

4/22







RHS girls win County Relays championship

Maroon boys claim two relay titles, finish 2nd in Division A

BY GREG TARTAGLIA
Assistant Sports Editor

When Jacob Brown was on the verge of walking, his team kept right on running. The Ridgewood High School girls track and field squad overcame a pair of disqualifications on Saturday morning and rallied to capture the Division A title at last weekend's Jack Yockers Bergen County Relays, 85-72, over rival Immaculate Heart at River Dell. The Maroons' last previous championship had come in 2007, before IHA reallocated three in a row. The RHS boys won the 4 x 800-meter and 4 x 1,600-meter relays to score 64 points and finish third, while Don Bosco topped Teaneck, 110-69, for the Division A crown.



PHOTOS COURTESY OF JACOB BROWN

Senior Charlotte Criqui ran the leadoff leg for the RHS girls' victorious 4 x 400. entry at last weekend's Bergen County Relays.

Toscano (62.1) and McPadden (61.5) combining for a time of 4:08.4. IHA placed fifth in 4:27.1. RHS started off the meet with the lead after winning the pole vault relay on April 13 at Ramsey. Senior Kayia Polcari (11 feet), junior Ilana Brown (9-0) and sophomore Mimi DeVita (9-0) produced a new school record of 29 feet, a mere six inches, off the County record. DeVita also combined with her older sister, Sarah (5-0), and senior Haley Roche (4-10) to tie for second in the high jump (14-2). "We typically have a good field day on Wednesday," said Polcari. "It was a good confidence boost going into Friday and Saturday."

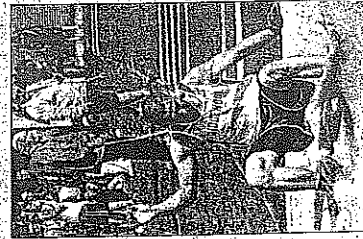
Friday night highlights

The Maroons opened up Friday's events with a gold medal in the 4 x 1,600 (22:12.9), in which Fishbein and Davidson joined forces with junior Victoria Pan and freshman Laura Weisberger. Senior Grayson Llerandi helped the javelin squad to a silver-medal 274-9 (with junior Kim Noble and frosh Emma Cichocki) and the 3 x 400 hurdle group to a bronze-medal 3:51.5 (with Shigenobu and Sarah DeVita).

Polcari and Mimi DeVita both ran in the 4 x 100 hurdles on Saturday.

See RELAYS, page C3

Bartlik's best caps tri-meet sweep



Bartlik

TEANECK — Ridgewood High School junior Evan Bartlik bounced to a personal record 6-foot-6 in the high jump to help the Maroon boys track and field team wrap up an 84-56 victory over Teaneck on Wednesday. RHS scored a 78-52 win against Hackensack in the tri-meet as well, improving to 4-0 on the season. Bartlik also made three attempts at tying the school record of 6-8, held by 2010 Ridgewood grad Tommy DeVita and just nudged the bar off its mounts on two of them. For the Maroon girls, the 4 x 400-meter relay grouping of senior Charlotte Criqui, juniors Hanako Shigenobu and Andina Toscano and sophomore Micaela McPadden closed out the running events with a 30-meter win over Teaneck, but the host Highwaywomen boys beat RHS its first loss to a public school team in over five years, 75-68. Ridgewood defeated the Hackensack girls, 111-58, to up its dual meet record to 5-1 for the spring.

— Greg Tartaglia

of 53-1. The RHS boys throwers added points with sixth-place showings in the discus (298-5) — behind the efforts of senior Stephen Bina, junior Michael Heintz and sophomore James Barnett — and the shot put (119-6), thanks to Elina Barnett and junior Anthony Babbo. As the weather deteriorated near the end of last Saturday's events, Ridgewood opted not to enter the 4 x 400 to preserve its health, going forward. Teaneck won the race in 3:25.1 to leapfrog the Maroons for second place overall.

"We'd been dealing with some injuries," Maroon boys head coach Josh Saladino explained. "And given the fact that it was cold and raining, I didn't want to risk anyone aggravating any of the minor injuries we had. Of course we would have liked to come in second, but we weren't going to jeopardize our future and go all in" to try to get second place at that point in time."

E-mail: tartaglia@northhersey.com

move up to third behind Don Bosco and Indian Hills. Rynkowski (2:05) held his ground before handing off to senior Juan Linares (2:01), who passed the Ironman's entry to secure the Division A gold in 8:16.4.

Medley medalists
The Maroon boys were also hurt by a DQ on Saturday's 4 x 100 but rebounded with silver medals in the distance medley (10:53.1) and sprint medley (3:59.4) relays, taking second behind Demarest and Teaneck, respectively. Ales and Rynkowski ran with senior Connor Martyn and junior Nick Tai in the DMR, while Jennings and Linares combined with freshman Jake Sabatini and sophomore Kevin Chung in the SMR.

Junior Evan Bartlik set a personal best of 44 feet, 5 inches in the triple jump on Friday night, joining with senior Matt Beaulieu (41-5 1/4) and sophomore Young Hoe Koo (39-5 3/4) to register a silver medal (1:25.54). Bartlik added a personal record 20-11 in Saturday's long jump, as the same trio placed fourth with a distance

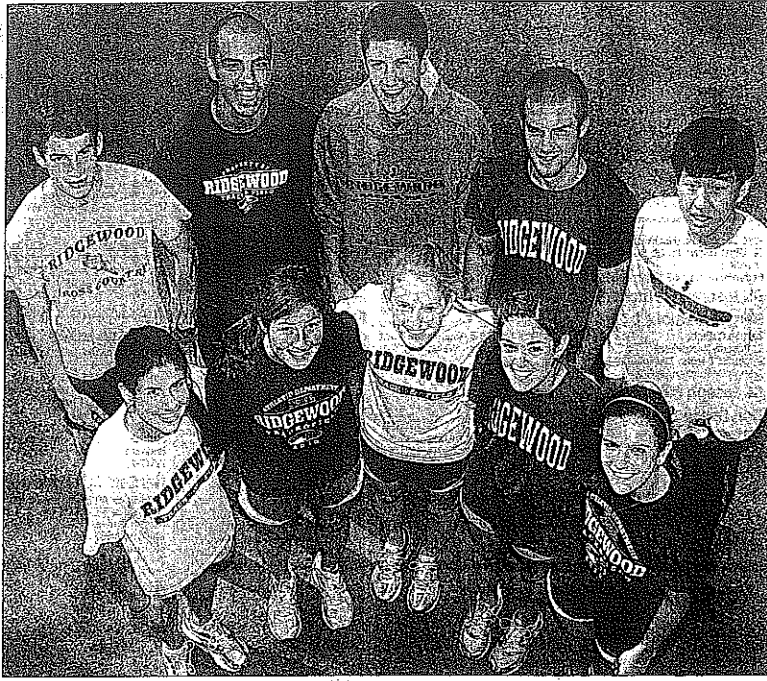
Boys recap: Distance gold
The RHS boys team may have finished behind Don Bosco in the team standings, but the Maroons took special pride in beating the Non-Public power in each of the distance races. In the 4 x 1,600 on Friday night, junior Levi Jennings ran a leadoff leg of 4:23 to give RHS the lead, which sophomore Will Ades and senior Mohamed Eld held. Senior Pat Rynkowski then dusted with Christian Costello of Don Bosco and Nick Ward of Division B contending Indian Hills before putting on a strong finishing kick in the final 300 meters, splitting 4:24 to keep the Maroons (18:12.6) ahead of Ward and the Braves (18:14.1). "Pat held me after the race that he didn't want a repeat of BMOOC last October's Bergen Cross-Country Meet of Champions," where Ward, out-kicked him, Jennings noted. "So he was able to hold off Nick at the end of the race, and it was a great finish."

RELAYS from C1
urday morning and used the DQ as motivation to come back and earn silver in the long jump relay, teaming with Roche for a distance of 44-7 1/2. "After what happened in the hurdles, I was really pumped to go over to long jump and get some points," said DeVita whose 14-2 in the event was a season best. "I hadn't long jumped all season, because I'd been doing the hurdles, pole vault, triple jump and high jump. So I was hoping since I wasn't put in the triple jump [on Friday], that I could get a good length in the long jump. I was happy to see the points matter."

Criqui, junior Moriah Jennings and sophomore Anne Canrey ran in both the 4 x 200 (fourth place, 1:49.8) and sprint medley relays, combining with McPadden in the former and Shigenobu in the latter. The Maroon throwing contingent of senior Yoon Jang and juniors Lora, Panda and Vanja Nikolic added showings of seventh in the discus (224-4) and eighth in the shot put (81-4 1/2).



117TH PENN RELAYS



CHRIS PEDOTA/STAFF PHOTOGRAPHER

The Maroons' girls and boys relay teams (left to right): Claire Keating, Hanako Shigenobu, Sarah DeVita, Micaela McPadden and Caroline Davidson backed by Levi Jennings, Juan Llinas, Pat Rynkowski, Neil Schoff and InSoo Hwang.

4/26/11
Records

Double the fun Ridgewood heads to Philadelphia

By RONALD P. CLARK
STAFF WRITER

The time has come for Ridgewood — twice.

As the Penn Relays begin Thursday at Franklin Field in Philadelphia, Ridgewood will be doing something no other Bergen County school has done before — having their boys and girls distance medley teams in the competition.

"It says something about our program," said senior Juan Llinas, who runs the third leg of the 800 meters. "We're a good boys program and a good girls program at the same time."

The boys team of Llinas, seniors InSoo Hwang and Pat Rynkowski and junior Levi Jennings and the girls team

Penn Relays

Thursday-Saturday
Franklin Field, Philadelphia

Thursday, 10 a.m.

Friday, 9 a.m.

Saturday, 7 a.m.

of sophomore Micaela McPadden, senior Claire Keating and juniors Hanako Shigenobu and Caroline Davidson will represent the school.

"I've wanted to go ever since I started running," said Rynkowski, who runs the anchor leg in the 1,600. "I know it's really hard to get in in a distance race."

"We're really excited to go," said Davidson, who along with Rynkowski and Keating will be at Penn for the first time. "It's a big meet to go to."

It wasn't without some difficulty. Hwang recently returned from a torn right hamstring that had him out for eight weeks. McPadden is replacing senior Sarah DeVita, who is traveling with the team but not participating due to tendon issues in her right foot.

"The atmosphere is really fun," said DeVita, who normally runs the 400 and has participated at the Penn Relays. "Even though I'm just watching, I'm still excited to go and watch everyone."

See PENN Page S-11

Penn: Historic trip

From Page S-9

"I wasn't so much excited for myself but more how I had to help the team," said sophomore Neil Schoff, who filled in for Hwang during his injury and will attend. "I focused on improving and when [indoor] nationals came, I set a personal record by a second."

The girls' team will miss DeVita's energy as she is who Shigenobu calls "the pump-up gal." A well-deserved title due to the dance and pre-race huddle she leads.

The boys team is more even keel, with each member speaking and listening an equal amount.

"We kind of have that mutual respect for each other," said Llinas.

Both teams are looking to set personal bests against the best competition they'll face this season.

The boys want to lower their time — which sits at 10:12.0 — to 10:10.0 or below. If all the girls set personal bests on their legs, their 12:23.0 time will fall.

Both teams will need solid starts

and that's where Jennings and Shigenobu come in.

"It's kind of my job to set the tone," said Jennings. "If I don't do well, we're not going to have a good race. When I'm done, I kind of rest for the 400, then as soon as Juan gets the baton, I go crazy. I'm tired, but there's nothing else to do but watch the race and get really pumped."

All 10 of the Ridgewood distance medley members, no matter their current roles, are ready to soak in the atmosphere that is the Penn Relays. They don't expect to win, but they expect the best from themselves.

And when they're not running, they'll be cheering on the other relay with their school colors on, and they'll be the first Bergen team to do it.

"I think it makes it more a Ridgewood thing," said Shigenobu, "and not just the five of us going. It's actually a team. And we can cheer each other on and congratulate each other when it's over."

Penn Relays preview

The 117th Penn Relays, today through Saturday
At Franklin Field, Philadelphia

Girls

SHOT PUT

When: Today, 11 a.m.

Local entrants: Apresha Hampton, Teaneck and Theresa Picciallo, Immaculate Heart

Local outlook: Hampton was fourth last year at Penn and Picciallo was fifth at Indoor Nationals, and they're seeded third and second, respectively.

JAVELIN

When: Today, noon

Local entrants: Shaunteriah Douglas, Garfield and Jamie Klein, Paramus Catholic

Local outlook: It's the first time on the big stage for both throwers and both are in the seeded flight.

POLE VAULT

When: Today, 1 p.m.

Local entrants: Brittany DalCals, West Milford and Kayla Polcari, Ridgewood

Local outlook: Polcari was third last year after leading for most of the competition and the Bergen County record holder has a very good chance of doing that or even better.

DISTANCE MEDLEY RELAY

When: Today, 6:45 p.m.

Local entrant: Ridgewood

Local outlook: It's a great achievement to even qualify as one of 18 teams. The Maroons hope to break their qualifying mark of 12 minutes, 23.35 seconds.

4-x-800 RELAY

When: Today, 10:40 a.m.

Local entrants: Tenafly (11 a.m.) and Westwood

Local outlook: Only the top 12 of more than 70 qualifiers make the final Friday and it's unlikely either school will be there.

4-x-100 RELAY

When: Today, 11:10 a.m.

Local entrants: DePaul, Garfield, Hackensack, Hasbrouck Heights, Holy Angels, IHA, Indian Hills, Kinnelon, Mahwah, North Bergen, Northern Highlands, Paramus, Paramus Catholic, Ramsey, Ridgewood, River Dell, Secaucus, Teaneck, Tenafly, Wayne Valley, West Milford, Westwood, Wood-Ridge

Local outlook: The goal here is to break 50 seconds and Holy Angels, Mahwah, Teaneck and Westwood all could do that.

4-x-400 RELAY

When: Today, 1:25 p.m.

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

Local outlook: Teaneck and Ridgewood are in later, faster heats and look for them, Westwood, Mahwah and Indian Hills to have the fastest times.

BOYS

400 HURDLES

When: Saturday, 9 a.m.

Local entrants: InSoo Hwang, Ridgewood and John Porteous, Wood-Ridge

Local outlook: The top eight seeds in the race are Jamaicans, and Hwang and Porteous are the top two American seeds. Hwang was fourth last year and, if he's totally recovered from the leg injury that hampered him since June, he again could medal.

SHOT PUT

When: Friday, 2:30 p.m.

Local entrants: Patrick Cole, Hasbrouck Heights and Marquise Wright, Paramus Catholic

Local outlook: Cole was sixth last year and is hoping to put an end to an early-season slump. Wright should start to step up and improve so he can contend for a State title.

DISCUS

When: Friday, 9 a.m.

Local entrant: Stephen Mozia, Hackensack

Local outlook: Mozia was fifth last year and all of the top-five finishers return. Mozia is throwing very well and is getting closer to the Bergen County record of 189 feet, 2 inches thrown by two-time Olympian Mike Buncic of Fair Lawn in 1980.

JAVELIN

When: Friday, 2 p.m.

Local entrants: Kaleb Zuidema, Midland Park, Anthony Seidel, Hasbrouck Heights and Tyler Yee, Don Bosco

Local outlook: Defending champion Zuidema again is the favorite and has set his goal as breaking the Penn Relays record of 220-10.

TRIPLE JUMP

When: Saturday, noon

Local entrant: Greg Hazel, Don Bosco

Local outlook: Hazel is the only New Jersey entrant and looks to put his mark down early to establish himself as a Meet of Champions favorite.

DISTANCE MEDLEY RELAY

When: Friday, 5:45 p.m.

Local entrants: Ridgewood, Indian Hills

Local outlook: Ridgewood, which has appeared in the race five times in the past decade, can be in the mix for a medal after its brilliant third-place finish at the Arcadia (Calif.) Invitational.

4-x-800 RELAY

When: Friday, 9:40 a.m.

Local entrant: Pascack Valley

Local outlook: It's the second straight for the Indians but first appearance for soph Ben Malone, who has the potential to wow the crowd with a sub-1:55 anchor.

4-x-100 RELAY

When: Friday, 10:40 a.m.

Local entrants: Bergen Catholic, Don Bosco, Garfield, Hackensack, Hasbrouck Heights, Indian Hills, North Bergen, Paramus Catholic, Pascack Hills, Passaic Valley, Ramapo, Ramsey, Ridgefield Park, Ridgewood, River Dell, Teaneck, Tenafly, West Milford, Wood-Ridge

Local outlook: Teaneck probably is the only local team that could be fast enough to move on, but a sub-45-second clocking is possible for several local squads.

4-x-400 RELAY

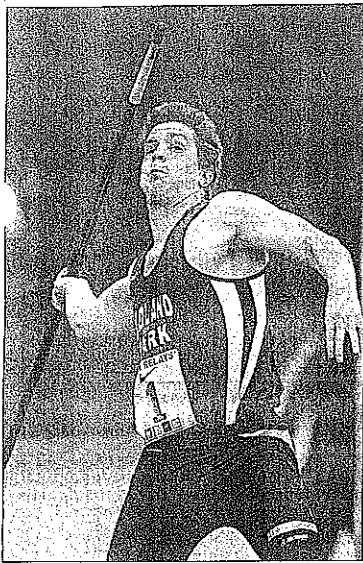
When: Saturday, 9:25 a.m.

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

Local outlook: It's a measure of the incredible depth of this 47-race field that Teaneck, the state's best indoor and outdoor team the last two years, is a huge long shot to make the eight-team final. Teaneck would like to go under 3:20 and as many as eight teams could break 3:25.

— Paul Schwartz

Distance medley has Bergen touch



KEVIN R. WEXLER/STAFF PHOTOGRAPHER

Midland Park's Kaleb Zuidema, who hadn't lost in nearly two years, took fourth Friday at Penn Relays with a rebuilt knee.

Win streak ends, Kaleb presses on

PHILADELPHIA — A rebuilt knee, a case of nerves — throw in a mischievous wind and it is as too much for Kaleb Zuidema to overcome.

The Midland Park senior struggled to find his form Friday and failed to defend his javelin championship at the 117th Penn Relays. He finished fourth with a throw of 203 feet, 6 inches.

"I just had a bad day," said Zuidema, who has committed to South Carolina. "Last week I threw 207 [feet] and that would have been right up at the top here. Obviously, some of it is my knee, but most of it is that I didn't perform up to my abilities."

Just four months ago the Panthers standout underwent reconstructive surgery on his left ACL and meniscus. It's his plant leg and throwing for the first time on an all-weather track, instead of grass, was another hurdle.

"I was trying to get off of it as fast as I could," said Zuidema, who owns the state and county javelin record. "It was hard. It's easier to plant on grass because it's not so hard, but everything was off today."

"I think it's amazing that he is even throwing," said Midland Park track coach Steve Ferro. "I mean it's only been four months, so what he is doing is fantastic. I think it was a little bit more nerves, and being that big No. 1 seed, this is what he has been thinking about all year."

Competing under Pennsylvania rules, the 20-man field was split into two flights of 10. But instead of having the lower 10 compete first, the top 10 went with Zuidema starting.

His nerves were apparent when he pulled up

See COOPER Page S-11

By PAUL SCHWARTZ
STAFF WRITER

PHILADELPHIA — Out front, CBA and Central Bucks West were battling for the Penn Relays distance medley championship title. Behind them, St. Benedict's star sophomore Ed Cheserek was burning up the Franklin Field track. But in the middle, in third and fourth places, Ridgewood and Indian Hills were running what seemed to be a private Bergen county race at the most prestigious invitational meet in the country.

CBA won the race with Central Bucks West second. Cheserek ran one of the fastest 1,600-meter legs in Penn Relays history to finish fifth, and Ridgewood edged Indian Hills for third place, the first time two Bergen County teams medaled in the same Penn Relays distance medley race.

"It's a fantastic result for Bergen County and it was an amazing race to be in," said Indian Hills anchor Nick Ward.

It was all that.

Indian Hills leadoff John Prizzi took the lead 800 meters into his 1,200-meter leg and handed off fifth, two places behind Ridgewood's Levi Jennings, who split a very good 3:07.06.

"I was worried about being too far behind, so I went for it," said Prizzi. "I just had to get the baton to my teammate."

"I didn't know where Indian Hills was but I knew we had a chance to finish high and I knew we were up there," said Jennings.

Indian Hills' 400 leg, Calvin Knox, ran 50.89 to draw the Braves a little closer to the Maroons as InSoo Hwang, back from injury, split 51.69.

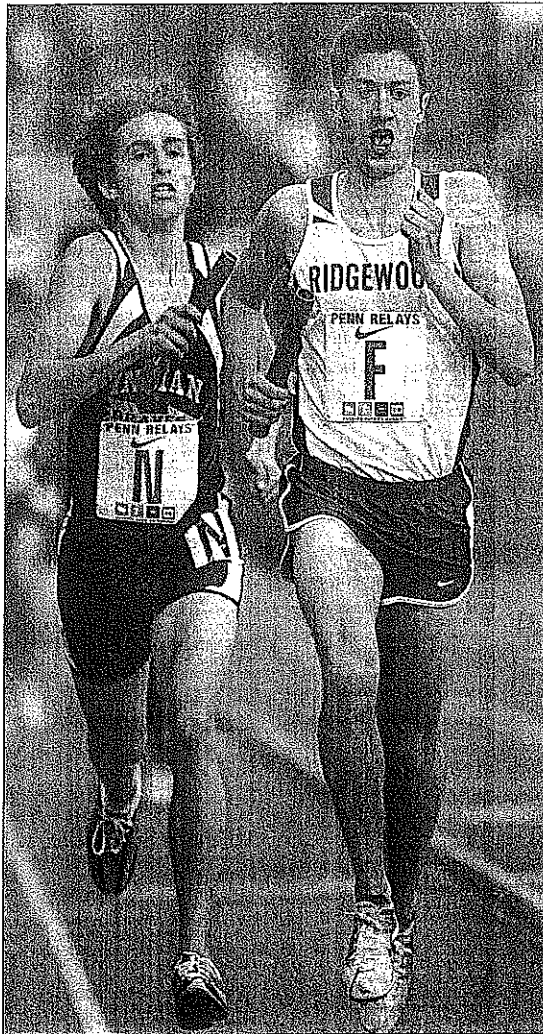
"I expected to be a little further behind the leaders when I got the baton," said Knox. "I didn't see Ridgewood until the 200 but I knew we had a chance."

While the first two legs weren't aware of their local rivals, 800 legs Juan Llinas of Ridgewood and Peter Tuohy of Indian Hills couldn't miss them. The two teams were well clear of the rest of the 18-team field except for the two leaders and could run their two laps with each other.

"It gave me confidence because we've run against them so many times in the past," said Llinas, who split 1:59.34.

"I knew if we were with Ridgewood, we'd have a chance to win a medal and I wanted a medal for us," said Tuohy, who ran 1:58.99.

Then as it seems to always be, it



KEVIN R. WEXLER/STAFF PHOTOGRAPHER

Pat Rynkowski of Ridgewood, which came in third, leading rival Nick Ward of Indian Hills, which finished fourth, in Friday's distance medley. Penn Relays notebook on northjersey.com

was Pat Rynkowski and Ward on the anchor.

In cross-country, Ward outkicked Rynkowski for second in the Bergen Meet of Champions. Indoors it was Rynkowski running away from Ward at the Varsity Classic DMR that helped put both teams into this race and again Friday it was the two of them, in front of more than 38,000 fans, this time for third place in the world's oldest track meet.

"It's so funny that it seems to always come down to us," said Rynkowski. "I heard the announcer say Cheserek was closing in on

the last lap and when I looked at the guy coming alongside me, instead of him, it was Nick."

Rynkowski finally broke away to finish the race in an event time of 10:18.47, 1.79 seconds ahead of Indian Hills.

"At that point they're not racing Ridgewood against Indian Hills, but just two teams going for third place," said Ridgewood coach Josh Saladino.

"I've been to 44 Penn Relays and my teams have some success in the past," said Braves coach Bill Barry. "But this is phenomenal and for both teams to get medals says something for where we run."

Penn Relays

April 29-30

Distance Medley Championship of America:

Levi Jennings 3:07.06

InSoo Hwang 51.69

Juan Llinas 1:59.34

Patrick Rynkowski 4:20.38

10:18.47 – 3rd Place!

This is the 2nd highest finish ever for a Bergen County team in the 100+ year history of this meet!!!

Saturday:

400H:

InSoo Hwang 56.66

4x400m:

Juan Llinas 51.87

Sean Mattson 54.54

Nick Tai 52.96

Neil Schoff 51.49 - 3:30.84

Hackensack's Mozia has a shot at history

By PAUL SCHWARTZ
STAFF WRITER

MAHWAH - One of the oldest track and field records in Bergen County is in jeopardy tonight at the Ironman Invitational at Ramapo College.

Hackensack's Stephen Mozia takes another crack at the discus record of 189-2 set by two-time Olympian Mike Buncic of Fair Lawn in 1980.

Mozia threw the identical distance in Monday's dual meet, but County records must be set in major meets of four teams or more so his current major best is 179-10, thrown earlier in the year at the Comet Relays. Mozia also will try to become Bergen County's 18th outdoor 60-footer in the shot put. His major meet best is 59-4, but he has thrown 62-8½ in a dual meet.

There will be no team title awarded at the meet, but some of the best athletes in New Jersey and Southern New York state will compete with some sensational races expected.

The boys and girls 400 intermediate hurdles are highlight races with the boys race featuring sophomore Mark Jones of Hackensack, Greg Hazell of Don Bosco, InSoo

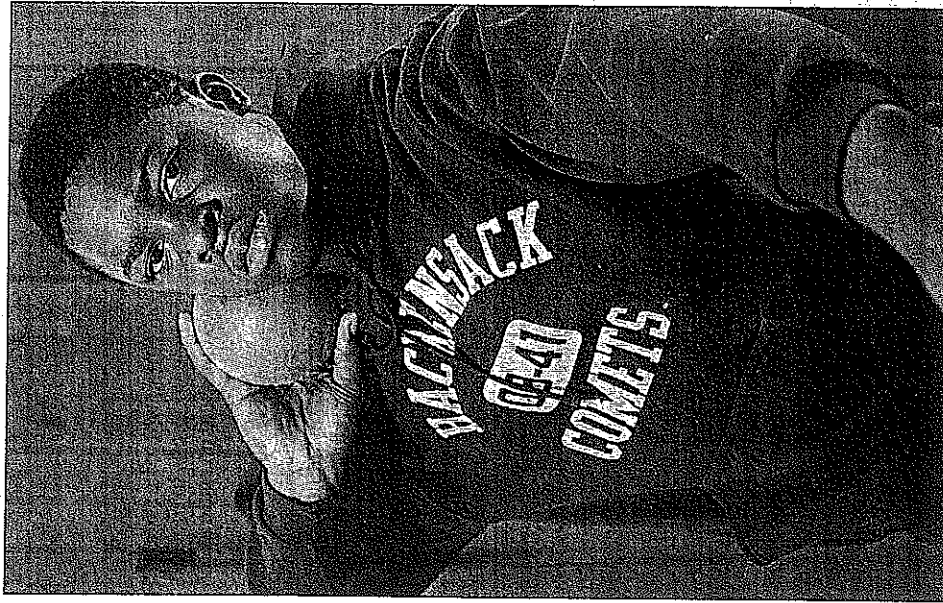
Hwang of Ridgewood, a State meet of champs medalist last year and Brandon Gregory of Old Tappan as the top seeds.

Nichole Candelaria of Newark Tech, 2009 SMOC medalist Katelyn Ary of Demarest, Allison Forsighieri of Tenafly and Cat McQuade of River Dell headline the girls intermediates - all shooting for the New Jersey seasonal best of 63.4.

The rarely run 1,500 meters will match Bergen County's best mile, Caroline Davidson of Ridgewood against three of Rockland County's best, Kelly Hayes, Molly Shine and Maria Kohlbrenner of Pearl River.

The two newest Bergen County record-holders, Theresa Picciallo of IFA (shares the shot record) and pole vaulter Kayla Polcari of Ridgewood are also on display.

Feature races in the boys meet include the 110 hurdles with Jones, Hwang and State Non-Public A champ Selwyn Maxwell of Don Bosco the leading contenders, the 800 meter sprint medley, also known as the super sprint medley, with Teaneck battling Don Bosco and St. Joseph, and the long jump with seven 21-footers in the meet.



STAFF FILE PHOTO
All eyes tonight will be on Hackensack's Stephen Mozia, who could set a Bergen discus record.

TRACK & FIELD

RHS athletes merit Penn silver, bronze

May 6

Polcari adds to girls County vault record; boys distance medley bests rival for third

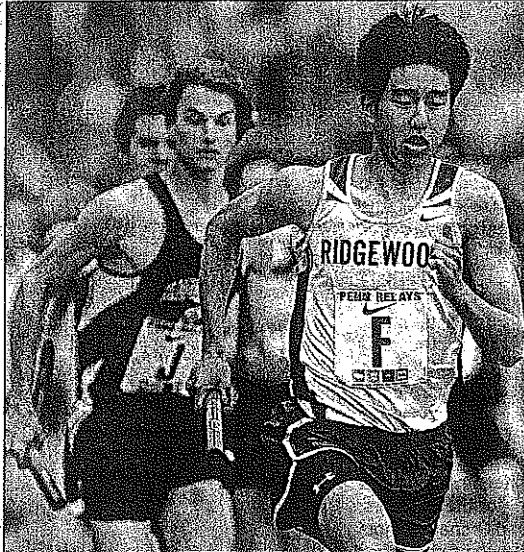
BY GREG TARTAGLIA
Assistant Sports Editor

Kayla Polcari knows pole vaulting inside-out and has the records to prove it.

The Ridgewood High School senior cleared 12-foot-5½, the top girls height in Bergen County history, to earn a silver medal at the 117th Penn Relays on April 28.

A day later, the Maroon boys distance medley relay of junior Levi Jennings and seniors InSoo Hwang, Juan Llinas and Pat Rynkowski clocked a bronze-medal 10:18.47, tying the second-best finish ever by a Bergeñ squad at Penn.

Here is a day-by-day overview of the Maroons' performances at Franklin Field in Philadelphia:



Ridgewood senior InSoo Hwang runs the 400-meter leg of the boys distance medley relay, helping the Maroons to a bronze medal at the Penn Relays last Friday.

Thursday, April 28

Due to inclement weather, the girls pole vault was moved indoors to a nearby field house, raising the question of whether Polcari's effort would count as an indoor or outdoor record.

"No one knows," she said at Wednesday's RHS team practice. "But I figure, if I break it again, then we won't have to worry about it."

Polcari went into Penn already owning both the County indoor (12-3) and outdoor (12-2¾) marks before raising the bar to 12-5½. She tied Cameron Overstreet of Atlee (Mechanicsville, Va.), but the latter cleared the height in fewer tries to win gold.

Each girl made three attempts at 12-9½, but each went 0-for-3.

Still, Polcari continues to inch closer to her stated goal of reaching 13 feet by the time her varsity career concludes. "I realize 13 is not that far of a reach," she said. "It's only six [and a half] more inches, and I do have about two months left. So I feel like it's definitely possible."

The Maroon girls had three entries on the track as well. The

distance medley grouping of junior Hanako Shigenobu (3:48.6 split in the 1,200-meter leg), sophomore Micaela McPadden (60.7, 400), senior Clare Keating (2:25.0, 800) and junior Caroline Davidson (5:08.5, 1,600) combined for a 15th-place 12:23.01.

"They ran a second faster than their season best," said RHS girls coach Jacob Brown. "In that level of competition, they had to go out faster than they really were ready for, and they really competed well."

The quartet of senior Charlotte Cricqui, juniors Moriah Jennings and Andina Toscano and sophomore Anna Caffrey took part in two relays, running the 4 x 100 in 51.6 seconds, the 10th-best time by a North Jersey team. They placed seventh in their heat, in which The Queen's School of Kingston, Jamaica (47.39) bested Piscataway (49.09) for first.

In the 4 x 400, Cricqui (61.0), Caffrey (65.5), Jennings (63.9) and Toscano (61.7) ran a 4:12.01, good for seventh in their heat.

Friday, April 29

The RHS boys distance medley

squad placed third at a national meet for the second time in less than a month. After running a 10:12.82 at the Arcadia (Calif.) Invitational on April 9, Jennings (3:07.06 in the 1,200), Hwang (51.69, 400), Llinas (1:59.34, 800) and Rynkowski (4:20.38, 1,600) registered the second-fastest Penn time in school history.

The only Bergen County DMR team to win gold at the relay carnival was the 1973 Paramus Catholic quartet that ran a 10:07.3, back when the race was measured in yards.

That PC group was coached by Mike Glynn, who is now the boys distance coach at Ridgewood. In fact, "two of the guys on the '73 team were there Friday, watching our guys," Glynn noted. "Tim Conheaney, who was the miler, was there, as was Ralph Bolognese, the 800 guy. They were there in the stands, and they met our kids and were thrilled to see them run so well."

Glynn's 1996 Paramus Catholic team (10:10.09), the 1985 RHS team (10:11.1) and the 1993

See PENN RELAYS, page C3

Grand opening of BF track facility is tomorrow

After eight-plus months of construction, the new track and field complex at Ben Franklin

Middle School on North Van Dlen Ave. is slated to host its first event, the North Jersey

Masters/Abbington Track Club All-Comers Meet, tomorrow morning.

The facility will also serve as home to the Ridgewood High Schools boys and girls track teams.

The All-Comers Meet is sanctioned by USA Track & Field and open to ages 7-and-up. Registration info is available online at njmasters.com.

The schedule for tomorrow's ceremonies:

9:30 a.m. Opening remarks and national anthem

10 a.m. Starting gun fired by Ridgewood Public Schools Superintendent Dr. Daniel Fishbein

PENN RELAYS from C1

Saturday, April 30

RHS team featuring Bob Keino (10:22.36) are the other Bergen entries to earn bronze at Penn.

The current Maroons had to hold off rival Indian Hills (10:20.26) for third, and the 1-mile anchor leg once again came down to Rynkowski and Braves senior Nick Ward (4:21.79 split), as it did in last month's County Relays.

"When I got the baton, Nick was right on my tail, and I thought, 'Oh, it's going to be this again,'" Rynkowski said. "I have kind of a personal [rivalry] against him - and he's a great guy - but team-wise, we weren't thinking, 'beat Indian Hills'; we were thinking, 'get third'."

"When you race in that kind of competition, you can't really worry about beating or not beating a certain other team," said RHS boys coach Josh Saladino. "The goal is to place high, no matter which teams are in the race. And for us to place third there was a great accomplishment."

Christian Brothers of Lincroft (10:13.04) and Central Bucks South of Warrington, Pa. (10:15.46) finished 1-2.

Despite a quick turnaround after competing in the distance medley at 5:45 p.m. on Friday, Hwang was able to come back the next day at 9 a.m. and place 14th in the boys 400 hurdles with a season-best 56.66.

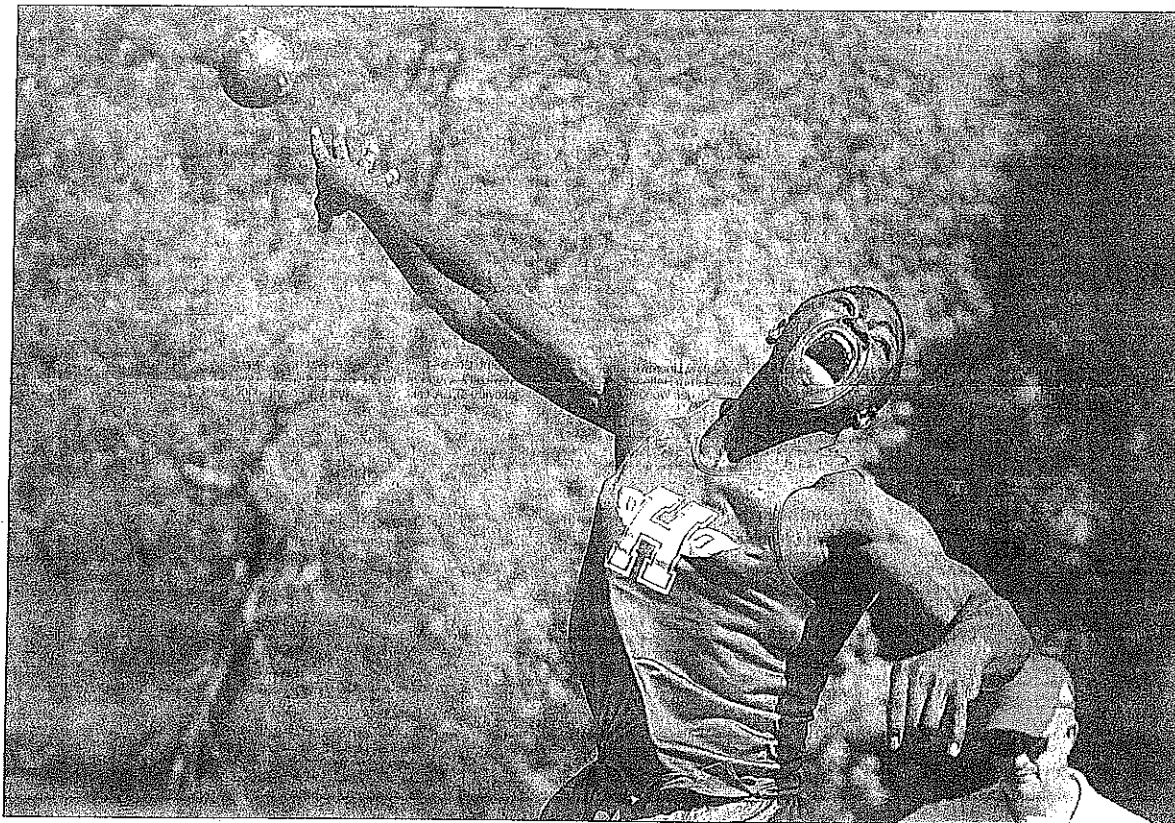
Penn marked only the second time this spring that the senior ran in the event after recuperating from a torn hamstring he sustained during winter track. "I was a little bit sore, but I just had to fight through and finish the race," he said.

Hwang's was the fourth-fastest time by a New Jersey hurdler, as Jermaine Collier of Trenton Central won in 53.11.

"I ran 53-something last year [at Penn], so I thought I could do much better," said Hwang. "But coming back from an injury, I think 56 was a pretty good time, for now."

In the boys 4 x 400, Llinas (51.87) teamed up with senior Sean Mattson (54.54), junior Nick Tai (52.96) and sophomore Neil Schoff (51.49) for a 3:30.84 that placed the Maroons sixth in their heat, with Tai and Schoff splitting personal bests. In the same heat, Don Bosco (3:23.31) won gold.

TRACK AND FIELD: IRONMAN INVITATIONAL



May 6, 2011

Hackensack's Stephen Mozia hurled the shot put 57 feet, 6 inches, in his ongoing pursuit to surpass 60 feet.

STAFF PHOTOS BY MICHAEL KARAS

Teaneck's Williams is no long shot anymore

By RONALD P. CLARK
STAFF WRITER

MAHWAH — It's been a steady climb for Teaneck's Jamal Williams.

Williams started to make a name for himself during an All-Bergen indoor track season, but he used Thursday's Ironman Invitational at Ramapo College to make a statement outdoors.

Going up against Don Bosco's Gregory Hazell and Benjamin Davis, Williams popped a personal-best 22 feet, 2¼ inches in the long jump to edge second-place Hazell's 21-9½.

"I actually wasn't that good in the long jump going into my freshman year," said Williams, a junior. "So I just took my time in indoor and I just got better."

Williams felt early on it was going to be a good day, even if his start wasn't what he wanted.

"On the previous jump I fouled, but it was only by a little bit," Williams said. "But it was still really far. So I took that and I felt confident."

Williams was among a group of strong performers on a rare day of decent weather during a season when Mother

Nature has been the deterrent to great performances.

Don Bosco's 4-x-200 relay team of sophomore Davis, freshman Jabrill Peppers and juniors Elijah Shumate and Leonte Carroo ran the second-best time in New Jersey this season with a 1:28.99, beating second-place Old Tappan's 1:31.17.

Bergen shot put record-holder Theresa Picciallo of Immaculate Heart didn't match her record-tying Penn Relays performance of 46-7¼, but she came away victorious with a 43-2, more than 7 feet farther than the rest of the pack.

Fellow record-setter Kayla Polcari of Ridgewood won the pole vault with a height of 11-6 - 1½ feet better than the second-place finisher and just days after setting the Bergen mark at 12-5½ at the Penn Relays.

Don Bosco's sprint medley team of Shumate, Peppers, Carroo and Justin Wimberly beat out a number of strong teams — including second-place St. Joseph and third-place Teaneck — with a time of 1:32.91.

In somewhat of an upset, Northern Highlands' Madison Holleran edged De-

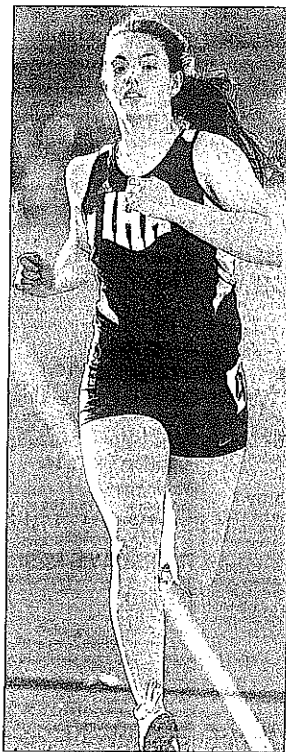
marest teammates Victoria Davis and Katelyn Ary in the girls 400 IH. Holleran and Davis were so close they finished with the same time (1:05.55), but Holleran was awarded the victory.

In the boys intermediates, three runners were sub-56.0, with Hackensack's Mark Jones coming away with the win in 55.37 over Old Tappan's Brandon Gregory and Ridgewood's InSoo Hwang.

Hackensack senior Stephen Mozia was in a chase for history in the shot put and discus.

There are a lot of expectations for Mozia to live up to as he looks to become only the 18th shot putter in Bergen history to cross the 60-foot mark outdoors. He threw 57.6. In the discus, he set a personal-best 180-2, but fell short of his goal of breaking Mike Buncic's County-record of 189-2, set in 1980 for Fair Lawn.

But it's still in his sights. "With my team behind me and warmer weather, hopefully I'll get it," said Mozia, who believes he's on pace to hit the 200-foot mark. "The season really has just begun."



Immaculate Heart's Jen Pash on her way to winning the girls 400 meters in 58.69 seconds.

E-mail: clark@northjersey.com

TRACK AND FIELD

Ironman Invitational
AT RAMAPO COLLEGE, MAHWAH
BOYS

TEAM SCORES
Don Bosco, 106; Hackensack, 49; Teaneck, 47; Old Tappan, 42; Demarest, 36; Pearl River, 20.5; Marlboro, 20; River Dell, 20; Lakeland, 19; Northern Highlands, 17; Ridgewood, 15; St. Joseph's, 12; Tenafly, 12; Midland Park, 10.5; Bayonne, 10; Brooklyn Friends, 10; Veritas, 8; Ridgefield Park, 7; Lodi, 2; Essex Tech, 2.

100: 1. Hayden Lyons, Tenafly, 11.41; 2. Aaron Aquino, Lakeland, 11.6; 3. Justin Wimberly, Don Bosco, 11.64; 4. Chris VanCuren, Marlboro, 11.65; 5. Chris Bang, River Dell, 11.68; 6. Jake Sabatini, Ridgewood, 11.75.

400: 1. Brandon Gregory, Old Tappan, 49.38; 2. Devin Fuller, Old Tappan, 49.80; 3. Aaron Aquino, Lakeland, 50.40; 4. Tom Bonaro, Pearl River, 51.48; 5. Sylvester Gooden, Essex Tech, 51.56; 6. Nick Lennek, Old Tappan, 52.18.

1500: 1. Kieran Newcomb, Brooklyn Friends, 4:05.89; 2. John Pujols, Hackensack, 4:07.23; 3. Christian Costello, Don Bosco, 4:07.58; 4. Nicholas Carapezza, Don Bosco, 4:07.58; 5. Phelan McCormack, Don Bosco, 4:07.83; 6. Ryan Tucker, Don Bosco, 4:09.11.

110H: 1. Selwyn Maxwell, Don Bosco, 14.38; 2. Matthew Beausoleil, Ridgewood, 14.73; 3. Nick Picache, Northern Highlands, 15.25; 4. Mark Jones, Hackensack, 15.29; 5. Fernando Almonte, Lodi, 15.46; 6. Chris Ng, Demarest, 15.51.

400H: 1. Mark Jones, Hackensack, 55.37; 2. Brandon Gregory, Old Tappan, 55.64; 3. InSoo Hwang, Ridgewood, 55.76; 4. Nick Picache, Northern Highlands, 56.28; 5. Gregory Hazell, Don Bosco, 57.23; 6. Moqiz Headley, Hackensack, 57.47.

800 Sprint Medley (or Super Sprint Medley): 1. Don Bosco (Justin Wimberly, Elijah Shumate, Jabrill Peppers, Leonie Caroo), 1:32.91; 2. St. Joseph's, 1:34.28; 3. Teaneck, 1:35.32; 4. Bayonne, 1:40.21; 5. Marlboro, 1:41.29; 6. Lakeland, 1:41.61.

4x200: 1. Don Bosco (Benjamin Davis, Jabrill Peppers, Elijah Shumate, Leonie Caroo), 1:28.99; 2. Old Tappan, 1:31.17; 3. Hackensack, 1:33.17; 4. Don Bosco, 1:34.17; 5. Pearl River, 1:34.34; 6. River Dell, 1:34.62.

4x400: 1. Marlboro (Bradon Mazarrella, Alex Abadiotakis, Mitchell Blier, Robert Renna), 8:05.55; 2. Demarest, 8:10.04; 3. Don Bosco, 8:11.04; 4. Old Tappan, 8:22.27; 5. Don Bosco, 8:11.37; 6. Don Bosco, 8:23.06.

Shot Put: 1. Stephen Mozia, Hackensack, 57-6; 2. Matt Koh, River Dell, 49-11; 3. Travis Gallardo, Bayonne, 49-09; 4. Andrew Trumbetti, Demarest, 46-54; 5. Dan Messmer, River Dell, 46-0; 6. Aharown Campbell, Teaneck, 45-79.

Javelin: 1. Kaleb Zukerna, Midland Park, 213-0; 2. Tyler Yee, Don Bosco, 161-3; 3. Sam Beccourney, River Dell, 154-4; 4. John Connolly, St. Joseph's, 153-8; 5. Joe Katsiklotos, Northern Highlands, 151-3; 6. James Bassen, Tenafly, 149-11.

Triple Jump: 1. Gregory Hazell, 46-11; 2. Sean Wimbush, Teaneck, 46-3; 3. Jamal Williams, Teaneck, 43-4; 4. Hans Lueders, Pearl River, 42-11; 5. Jason Fuehring, Lakeland, 42-6; 6. James Hoag, Northern Highlands, 42-5.

High Jump: 1. Sean Wimbush, Teaneck, 6-0; 2. Yoonil Kim, Demarest, Rakesh Dataran, Ridgefield Park, 5-0; 4. Ryan Walsh, Don Bosco, 6-0; 5. Byoung Ho Kim, Demarest, 5-10; 6. Kyle Hickey, Tenafly, 5-8.

Long Jump: 1. Jamal Williams, Teaneck, 22-24; 2. Gregory Hazell, Don Bosco, 21-9; 3. Benjamin Davis, Don Bosco, 21-0; 4. James Hoag, Northern Highlands, 20-8; 5. Jason Fuehring, Lakeland, 20-8; 6. Brian Choi, Old Tappan, 20-6.

Discus: 1. Stephen Mozia, Hackensack, 180-2; 2. Andrew Trumbetti, Demarest, 157-4; 3. Aharown Campbell, Teaneck, 144-7; 4. JJ Reilly, Marlboro, 143-2; 5. Jong-Min Youn, Old Tappan, 142-10; 6. Matt Koh, River Dell, 139-2.

Pole Vault: 1. Chris Spaccacini, Pearl River, 13-6; 2. John Brinkerhoff, Veritas, 13-6; 3. Michael Baselle, Don Bosco, 13-6; 4. Eric Gelder, Demarest, 13-0; 5. Anthony Kim, Demarest, 12-0; 6. Francis DePinto, Pearl River, Steve Felice, Midland, 12-0.

100: 1. Hayden Lyons, Tenafly, 11.41; 2. Aaron Aquino, Lakeland, 11.6; 3. Justin Wimberly, Don Bosco, 11.64; 4. Chris VanCuren, Marlboro, 11.65; 5. Chris Bang, River Dell, 11.68; 6. Jake Sabatini, Ridgewood, 11.75.

400: 1. Brandon Gregory, Old Tappan, 49.38; 2. Devin Fuller, Old Tappan, 49.80; 3. Aaron Aquino, Lakeland, 50.40; 4. Tom Bonaro, Pearl River, 51.48; 5. Sylvester Gooden, Essex Tech, 51.56; 6. Nick Lennek, Old Tappan, 52.18.

1500: 1. Kieran Newcomb, Brooklyn Friends, 4:05.89; 2. John Pujols, Hackensack, 4:07.23; 3. Christian Costello, Don Bosco, 4:07.58; 4. Nicholas Carapezza, Don Bosco, 4:07.58; 5. Phelan McCormack, Don Bosco, 4:07.83; 6. Ryan Tucker, Don Bosco, 4:09.11.

110H: 1. Selwyn Maxwell, Don Bosco, 14.38; 2. Matthew Beausoleil, Ridgewood, 14.73; 3. Nick Picache, Northern Highlands, 15.25; 4. Mark Jones, Hackensack, 15.29; 5. Fernando Almonte, Lodi, 15.46; 6. Chris Ng, Demarest, 15.51.

400H: 1. Mark Jones, Hackensack, 55.37; 2. Brandon Gregory, Old Tappan, 55.64; 3. InSoo Hwang, Ridgewood, 55.76; 4. Nick Picache, Northern Highlands, 56.28; 5. Gregory Hazell, Don Bosco, 57.23; 6. Moqiz Headley, Hackensack, 57.47.

800 Sprint Medley (or Super Sprint Medley): 1. Don Bosco (Justin Wimberly, Elijah Shumate, Jabrill Peppers, Leonie Caroo), 1:32.91; 2. St. Joseph's, 1:34.28; 3. Teaneck, 1:35.32; 4. Bayonne, 1:40.21; 5. Marlboro, 1:41.29; 6. Lakeland, 1:41.61.

4x200: 1. Don Bosco (Benjamin Davis, Jabrill Peppers, Elijah Shumate, Leonie Caroo), 1:28.99; 2. Old Tappan, 1:31.17; 3. Hackensack, 1:33.17; 4. Don Bosco, 1:34.17; 5. Pearl River, 1:34.34; 6. River Dell, 1:34.62.

4x400: 1. Marlboro (Bradon Mazarrella, Alex Abadiotakis, Mitchell Blier, Robert Renna), 8:05.55; 2. Demarest, 8:10.04; 3. Don Bosco, 8:11.04; 4. Old Tappan, 8:22.27; 5. Don Bosco, 8:11.37; 6. Don Bosco, 8:23.06.

Shot Put: 1. Stephen Mozia, Hackensack, 57-6; 2. Matt Koh, River Dell, 49-11; 3. Travis Gallardo, Bayonne, 49-09; 4. Andrew Trumbetti, Demarest, 46-54; 5. Dan Messmer, River Dell, 46-0; 6. Aharown Campbell, Teaneck, 45-79.

Javelin: 1. Kaleb Zukerna, Midland Park, 213-0; 2. Tyler Yee, Don Bosco, 161-3; 3. Sam Beccourney, River Dell, 154-4; 4. John Connolly, St. Joseph's, 153-8; 5. Joe Katsiklotos, Northern Highlands, 151-3; 6. James Bassen, Tenafly, 149-11.

Triple Jump: 1. Gregory Hazell, 46-11; 2. Sean Wimbush, Teaneck, 46-3; 3. Jamal Williams, Teaneck, 43-4; 4. Hans Lueders, Pearl River, 42-11; 5. Jason Fuehring, Lakeland, 42-6; 6. James Hoag, Northern Highlands, 42-5.

High Jump: 1. Sean Wimbush, Teaneck, 6-0; 2. Yoonil Kim, Demarest, Rakesh Dataran, Ridgefield Park, 5-0; 4. Ryan Walsh, Don Bosco, 6-0; 5. Byoung Ho Kim, Demarest, 5-10; 6. Kyle Hickey, Tenafly, 5-8.

Long Jump: 1. Jamal Williams, Teaneck, 22-24; 2. Gregory Hazell, Don Bosco, 21-9; 3. Benjamin Davis, Don Bosco, 21-0; 4. James Hoag, Northern Highlands, 20-8; 5. Jason Fuehring, Lakeland, 20-8; 6. Brian Choi, Old Tappan, 20-6.

Discus: 1. Stephen Mozia, Hackensack, 180-2; 2. Andrew Trumbetti, Demarest, 157-4; 3. Aharown Campbell, Teaneck, 144-7; 4. JJ Reilly, Marlboro, 143-2; 5. Jong-Min Youn, Old Tappan, 142-10; 6. Matt Koh, River Dell, 139-2.

Pole Vault: 1. Chris Spaccacini, Pearl River, 13-6; 2. John Brinkerhoff, Veritas, 13-6; 3. Michael Baselle, Don Bosco, 13-6; 4. Eric Gelder, Demarest, 13-0; 5. Anthony Kim, Demarest, 12-0; 6. Francis DePinto, Pearl River, Steve Felice, Midland, 12-0.

GIRLS

TEAM SCORES
IHA, 85; Ridgewood, 76; Northern Highlands, 49; Essex Tech, 48; River Dell, 40.3; Demarest, 39.3; Garfield, 30; Old Tappan, 19.3; Marlboro, 16; Pearl River, 15; McNair, 12; Lakeland, 11; Ridgefield Park, 10; Hackensack, 7; Pascack Hills, 4; Tenafly, 2; Lodi, 1.

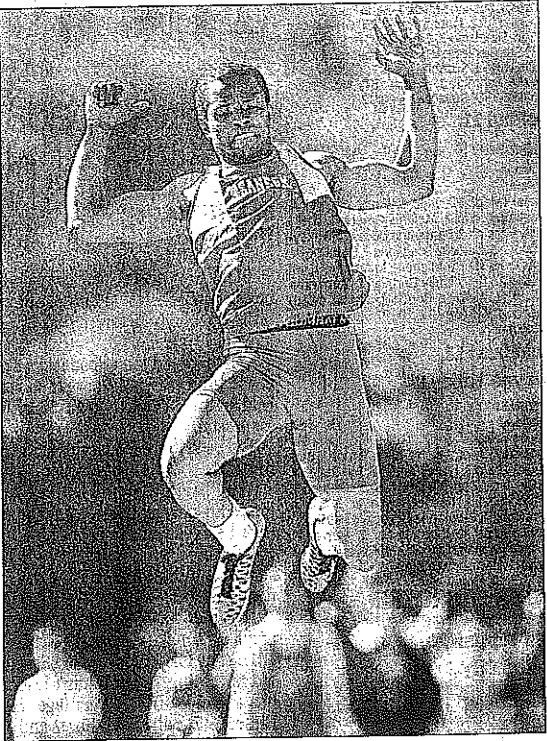
100: 1. Iana Amsterdam, Essex Tech, 12.4; 2. Kim McKinnon, Marlboro, 12.54; 3. Jen Pash, IHA, 12.79; 4. Natalia Hinton, Essex Tech, 12.85; 5. Annie Rivera, Lakeland, 13.21; 6. Jacqueline Feldman, IHA, 13.34.

400: 1. Jen Pash, IHA, 58.69; 2. Morgan Spann, McNair, 1:00.58; 3. Jacqueline Feldman, IHA, 1:01.18; 4. Andina Toscano, Ridgewood, 1:01.96; 5. Adriana Bonasorte, Demarest, 1:02.14; 6. Madison Lucas, Old Tappan, 1:02.52.

1500: 1. Caroline Davidson, Ridgewood, 4:55.52; 2. Caroline Morano, IHA, 5:00.42; 3. Maggie Loudon, Old Tappan, 5:01.29; 4. Rachel Loterman, IHA, 5:01.58; 5. Claire Zienlerzyk, Northern Highlands, 5:03.45; 6. Emily Fishbein, Ridgewood, 5:05.45.

100H: 1. Gifty Amankwah, Essex Tech, 15.16; 2. Sarah DeVita, Ridgewood, 15.17; 3. Gina Carlino, IHA, 15.45; 4. Maura Nestor, Northern Highlands, 15.81; 5. MaryElizabeth Pfund, Tenafly, 15.89; 6. Tashe Goodman, Hackensack, 16.44.

400H: 1. Madison Holleran, Northern Highlands, 1:05.55; 2. Victoria Davis, Demarest, 1:05.55; 3. Katelyn Ary, Demarest, 1:07.38; 4. Allison Tell, Demarest, 1:07.54; 5. Grayson Lierath, At Divisional, 1:09.57; 6. Hanako Shizenobu,



MICHAEL KARAS/STAFF PHOTOGRAPHER

Teaneck's Jamal Williams won the boys long jump at the Ironman Invitational track and field meet on Thursday at Ramapo College. Williams' best jump was more than 22 feet.

North Jersey Boys Track Top 25

1. Don Bosco
2. Hasbrouck Heights
3. Ramsey
4. Teaneck
5. Ridgewood
6. Old Tappan
7. Hackensack
8. Lyndhurst
9. Demarest
10. River Dell
11. Pascack Hills
12. West Milford
13. Passaic Tech
14. Indian Hills
15. Pascack Valley
16. Bergen Catholic
17. Lakeland
18. Eastside
19. Wayne Valley
20. St. Joseph
21. Cresskill
22. Emerson
23. Kennedy
24. Northern Highlands
25. Wayne Hills

North Jersey Girls Track Top 25

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

NJIC Meadowlands Division AT OVERPECK PARK, PALISADES PARK GIRLS

DIVISION A
Team Scores: Lyndhurst (L) 181, North Arlington (NA) 97, Secaucus (S) 83, Ridgefield (R) 58, Becton (B) 30, Queen of Peace (QP) 27.

100: 1. Ashley Sloan (L), 13.3; 2. Dana Tyskewicz (QP), 13.45; 3. Kathleen Mercado (S), 13.7.

200: 1. Ashley Sloan (L), 27.1; 2. Dana Tyskewicz (QP), 27.2; 3. Amanda Nowak (L), 27.8.

400: 1. Marie Emberger (S), 1:05.8; 2. Antonette Soriano (L), 1:06.4; 3. Amanda Torpey (L), 1:07.0.

800: 1. Victoria Weiss (R), 2:35.1; 2. Marvi Habib (B), 2:42.5; 3. AJ Gamboa (S), 2:44.6.

1,600: 1. Victoria Weiss (R), 5:45.3; 2. AJ Gamboa (S), 6:03.3; 3. Brittany Abbate (NA), 6:20.5.

3,200: 1. Victoria Weiss (R), 12:15.2; 2. AJ Gam-

Danielle Bach, Northern Highlands, 35-6; 3. Taylor Martin, Hackensack, 33-0; 4. Jill Hudson, River Dell, 32-10; 5. Essence Underwood, Essex Tech, 32-2; 6. Alysha Menzies, Garfield, 32-11.

Javelin: 1. Jill Hudson, River Dell, 112-7; 2. Nicole Gould, Marlboro, 111-1; 3. Emma Perazzo, IHA, 104-3; 4. Kim Noble, Ridgewood, 103-3; 5. Melissa Pesce, Demarest, 102-0; 6. Demi McEntee, Northern Highlands, 100-9.

Triple Jump: 1. Shauntlerah Douglas, Garfield, 35-8; 2. Sabratna Rojas, Essex Tech, 35-6; 3. Emily Zimick, Demarest, 34-8; 4. Shaye Wisse, IHA, 34-4; 5. Jen Capone, IHA, 34-1; 6. Brianna Williams, Lodi, 34-1.

High Jump: 1. Stephanie Encarnacion, Ridgefield Park, 5-2; 2. Brianna Singleton, Essex County, 5-2; 3. Maura Nestor, Northern Highlands, 4-10; 4. Michaela Bukoski, Lakeland, 4-10; 5. Jackie Reynolds, Northern Highlands, 4-10; 6. Caitlin Gallagher, River Dell, Taryn Dal non, Old Tappan, 4-8.

Mag 6

Ironman Invitational
May 5th @ Ramapo College

5000m: Mohamed Eid 16:06.73 – 1st Place

400IH: InSoo Hwang 55.76 – 3rd Place
Neil Schoff 59.68
Sean Mattson 59.96
Connor Martyn 63.11

1500m: Anthony Andrews 4:10.19
Will Ades 4:16.89

100m: Jake Sabatini 11.49 / 11.75 – 6th Place

110HH: Matt Beausoleil 15.04 / 14.72 – 2nd Place

400m: Nick Tai 53.31

4x100m Throwers:

J. Barnett 13.1 S. Etna 14.6 A. Muller 15.0 A. Balboa 12.9 56.42 2nd Place

Pole Vault: James Knight 11'0"

Long Jump: Jake Sabatini 18'8 ½"
James Knight 17'2"

Shot Put: Anthony Balboa 42'7 ½"
James Barnett 40'11 ½"
Stephen Etna 40'5 ¼"

Discus: Michael Henni 123'5"
James Barnett 123'2"
Stephen Etna 112'10"
Aaron Muller 85'10"

Javelin Younghoe Koo 139'8"
Matt Beausoleil 137'5"
James Barnett 126'6"

Comments:

A good job overall. Some very positive signs and steps forward. A lot of seasonal and personal bests. The championship season starts next week!

Demarest the best of old rivals

By **PAUL SCHWARTZ**

STAFF WRITER

HACKENSACK - It doesn't matter that the league name has changed from NBIL to the Big North National Division, or that the site of the league meet is Hackensack and not Mahwah. The rivalry in track and field between Demarest and Old Tappan remains one of the best in North Jersey.

BIG NORTH TRACK

In the first of three days of meets in the Big North, the old rivals waged a tremendous battle in the boys meet before Demarest pulled out a 114-109½ victory on the strength of a 1-2 finish in the high jump. Before that event, the teams rarely were separated by more than three points.

"They beat us in the dual meet, but we knew we had a good chance," said Demarest boys coach Mike Theuerkauf, who has seen the rivalry up close as an athlete, assistant coach and for the last decade as head coach. "I think we came in as the underdog because they have so many events where they are just that much better than us, but we have some strong events, too."

A 1-2-3 finish in the pole vault, led by Eric Geider, and a 1-2-4 finish in the javelin kept the Norsemen close against the sprint and hurdle power of Brandon Gregory and Devin Fuller of Old Tappan. But it took the high jump duo of Joonil

See **TRACK** Page **S-11**

Track: Demarest tops rival

From Page **S-9**

Kim and Byung Ko Kim to give the Norsemen the lead for good and offset an OT win in the 4-x-400 relay.

The Demarest girls also scored a late-meet victory, holding off a young Northern Highlands team, 122½-108, behind a strong and balanced effort led by senior Katelyn Ary and sophomore Brittany Day.

Ary got the Norsewomen off to a great start, running 1:03.96 to lead a 1-3-4 finish in the 400 hurdles. Day capped the meet with an impressive win in the 3,200 meters before the Demarest relay put icing on the cake.

"We have fantastic junior and

senior leadership from people like Katelyn, Allison Tell and Victoria Davis," girls coach Brendan Kenny said. "We can always count on them."

Ridgewood girls coach Jacob Brown knew he could count on his 3,200-meter, pole vault and 4-x-400 teams to pull out the Freedom Division title, 130-118, over Teaneck despite trailing by 26 points with three events left.

"We knew they were our events," said Brown, whose team went 1-2-3 in the vault and 3,200, and won the relay while Teaneck could only score six. "But you never know."

Kayla Polcari, Mimi DeVita and Ilana Brown dominated the vault.

and Victoria Pan, Rachel Anzano and freshman Laura Weisberger swept the 3,200 before the Maroons' relay finished the job.

The other meets were easy victories for Holy Angels (United girls), Don Bosco (United boys) and Ridgewood (Freedom boys).

Stephen Mozia of Hackensack came within 15 inches of the Bergen County record in the discus when he threw 187-11 to win the Freedom Division. He also threw 61-8½ in the shot, ninth in Bergen history.

Teaneck's Aresha Hampton took down a 20-year-old school record in the girls discus and moved to ninth all time with a 127-10.

Big North Division Championship
@ Hackensack

May 11th

- 400IH: I. Hwang 58.27 – 1st Place N. Schoff 61.01; S. Mattson 60.98
- 1600m: L. Jennings 4:21.12 – 1st Place; P. Rynkowski 4:21.93 – 2nd Place
A. Andrews 4:28.76 – 4th Place
- 100m: M. Beausoleil 11.49 / 11.47 – 2nd Place J. Sabatini 11.88/11.95 – 5th Place
- 110HH: M. Beausoleil 15.48 / 15.63 – 1st Place I. Hwang 15.21 / FS
K. Chung 16.27 / 16.10 – 2nd Place
- 400m: J. Llinas 50.78 – 2nd Place N. Tai 52.44 – 5th Place C. Martyn 53.98
- 800m: L. Jennings 1:58.57 – 1st Place P. Rynkowski 2:02.01 – 2nd Place
W. Ades 2:02.26 – 3rd Place
- 200m: K. Chung 23.97 – 5th Place S. Mattson 25.10
- 3200m: A. Andrews 10:13.20 – 2nd Place N. Salamone 10:13.34 – 3rd Place
T. Garrity 10:25.06 – 5th Place
- 4x400m: J. Riemer 52.0 N. Schoff 51.1 N. Tai 52.7 J. Llinas 49.9
3: 26.18 – 2nd Place
- LJ: E. Bartlik 20'10 ¾" – 3rd Place J. Sabatini 18'4"
- TJ: E. Bartlik 43'10 ½" – 2nd Place M. Beausoleil 40'0" Y. Koo 38'5"
- HJ: E. Bartlik 5'10" – 2nd Place J. Knight 5'8" – 3rd Place
Y. Koo 5'8" – 4th Place (tie)
- PV: J. Knight 11'0" – 1st Place; P. Morgan 9'0" A. Wong 9'0"
- SP: A. Balboa 44'9 ¼" – 4th Place; S. Etna 39'2" J. Barnett 38'10"
- Disc: J. Barnett 130'6" – 4th Place; M. Henni 117'6" S. Etna 121'8"
- Jav: M. Beausoleil 150'9" – 2nd Place Y. Koo 140'0" – 4th Place
J. Barnett 136'6" – 5th Place

Team Score:

Ridgewood 130.5
Teaneck 99
Paramus 47.5
Hackensack 44
Bergen Tech 14

Comments:

Congratulations on winning the most difficult league in Northern New Jersey!
Winning a league championship is always one of our goals. Well done. Certainly we are going to need to be at our best going forward to win the county and state sectional championship but for a lot of reasons this was a great step for us.

Athletes of the Meet -- Multiple Event Point Scorers:

Scored in 3 Events:

Evan Bartlik – 2nd HJ; 2nd TJ; 3rd LJ
Matt Beausoleil – 1st HH; 2nd Jav; 2nd 100m

Scored in 2 Events:

Levi Jennings – 1st 800m; 1st 1600m
Patrick Rynkowski – 2nd 800m; 2nd 1600m
Anthony Andrews – 4th 1600m; 2nd 3200m
Kevin Chung – 2nd HH; 5th 200m
Juan Llinas – 2nd 400m; 2nd 4x400m
Nick Tai – 5th 400m; 2nd 4x400m
James Barnett – 4th Discus; 5th Javelin
James Knight – 1st PV; 3rd HJ

Divisions 1, 3, and 5 Championships

May 11, 2011

Hackensack High School

135 1st Street

Hackensack, NJ 07601

Phone: (201) 646-7900

Licensed to Fraulo Race Timing - Contractor License HY-TEK's Meet Manager
 2011 Big North Track & Field - 5/12/2011
 Divisions 1-3-5
 Hackensack
 Results

Event 2 Boys 400 Meter Hurdles 3

Name	Year	School	Seed	Finals	H#	Points
Finals						
1	5540	Hwang, InSoo	12 Ridgewood	58.27	1	8
2	3555	Headley, Moquiez	JR Hackensack	59.09	1	6
3	2243	Fiske, William	11 Bergen Cty VT	59.96	2	4
4	5893	Elliot, Damien	JR Teaneck	1:00.06	1	2
5	5926	Phillips, Duvantee	SR Teaneck	1:00.08	2	1
6	5905	Jones, Jordan	JR Teaneck	1:00.16	1	
7	2257	Kapoor, Armaan	12 Bergen Cty VT	1:00.51	2	
8	2283	Serrao, Kevin	9 Bergen Cty VT	1:00.92	3	
9	5551	Mattson, Sean	12 Ridgewood	1:00.98	1	
10	5559	Schoff, Neil	10 Ridgewood	1:01.01	1	
11	3549	Cummings, Michael	SO Hackensack	1:01.99	2	
12	4632	Salamanca, Brian	SO Paramus	1:02.42	3	
13	3544	Bracey, James	JR Hackensack	1:04.26	3	

Event 8 Boys 100 Meter Dash 3

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	5942	Williams, Jamal	JR Teaneck	11.45q	1
2	5918	McKnight, Malcolm	SR Teaneck	11.47q	1
3	5521	Beausoleil, Matt	12 Ridgewood	11.49q	1
4	4615	Enriquez, Josh	SR Paramus	11.57q	1
5	5557	Sabatini, Jake	9 Ridgewood	11.88q	2
6	3541	Baafi, Godfred	SR Hackensack	11.89q	3
7	2272	Militar, Victor	11 Bergen Cty VT	11.92	3
8	2290	Toledo, Devin	12 Bergen Cty VT	12.02	1
9	3574	Pleasant, Christop	SR Hackensack	12.05	2
10	3542	Banahene, Kwadwo	JR Hackensack	12.14	2
11	4633	Sebahie, Brandon	FR Paramus	12.17	2
12	5919	Miles, Daryian	JR Teaneck	12.30	1

Event 8 Boys 100 Meter Dash 3

Name	Year	School	Prelims	Finals	Points	
Finals						
1	5918	McKnight, Malcolm	SR Teaneck	11.47	11.40	8

2	5521	Beausoleil, Matt	12	Ridgewood	11.49	11.47	6
3	5942	Williams, Jamal	JR	Teaneck	11.45	11.53	4
4	4615	Enriquez, Josh	SR	Paramus	11.57	11.58	2
5	5557	Sabatini, Jake	9	Ridgewood	11.88	11.95	1
6	3541	Baafi, Godfred	SR	Hackensack	11.89	12.54	

Event 14 Boys 1600 Meter Run 3

Name	Year	School	Seed	Finals	Points	
1	5542	Jennings, Levi	11	Ridgewood	4:21.12	8
2	5556	Rynkowski, Patrick	12	Ridgewood	4:21.93	6
3	6452	Kellas, Andreas	12	Bergen Cty VT	4:22.60	4
4	5516	Andrews, Anthony	12	Ridgewood	4:28.76	2
5	3575	Pujols, John	JR	Hackensack	4:35.64	1
6	5884	Bhowmick, Kuntal	SR	Teaneck	4:37.58	
7	3565	Mascetti, Chris	FR	Hackensack	4:42.99	
8	3580	Sanchez, Carlos	SR	Hackensack	4:43.12	
9	4634	Secreti, Mike	SO	Paramus	4:43.22	
10	2287	Srinivasan, Kiren	12	Bergen Cty VT	4:46.34	
11	5888	Cifuentes, Justin	SR	Teaneck	4:46.72	
12	5894	Fields, Warren	SR	Teaneck	4:57.16	
13	2288	Stevens, Samuel	12	Bergen Cty VT	5:04.19	
14	4635	Segura, Jason	SR	Paramus	5:06.83	

Event 20 Boys 110 Meter Hurdles 3

Name	Year	School	Seed	Prelims	H#	
Preliminaries						
1	5540	Hwang, InSoo	12	Ridgewood	15.21q	2
2	5521	Beausoleil, Matt	12	Ridgewood	15.48q	1
3	3576	Quinn, Nicholas	SO	Hackensack	16.04q	2
4	5523	Chung, Kevin	10	Ridgewood	16.27q	1
5	3549	Cummings, Michael	SO	Hackensack	16.91q	1
6	4632	Salamanca, Brian	SO	Paramus	16.96q	2
7	5926	Phillips, Duvantee	SR	Teaneck	17.38	1
8	3586	Vargas, Daniel	SR	Hackensack	17.41	2
9	5906	Keita, Ibrahim	SO	Teaneck	17.81	1

Event 20 Boys 110 Meter Hurdles 3

Name	Year	School	Prelims	Finals	Points	
Finals						
1	5521	Beausoleil, Matt	12	Ridgewood	15.48	8
2	5523	Chung, Kevin	10	Ridgewood	16.27	6
3	3576	Quinn, Nicholas	SO	Hackensack	16.04	4
4	4632	Salamanca, Brian	SO	Paramus	16.96	2
5	3549	Cummings, Michael	SO	Hackensack	16.91	1
--	5540	Hwang, InSoo	12	Ridgewood	15.21	DQ

Event 26 Boys 400 Meter Dash 3

Name	Year	School	Seed	Finals	H#	Points	
1	5920	Murphy, Bryan	SR	Teaneck	50.41	1	8
2	5549	Llinas, Juan	12	Ridgewood	50.78	1	6
3	5905	Jones, Jordan	JR	Teaneck	50.81	1	4
4	5893	Elliot, Damien	JR	Teaneck	50.93	1	2

5	5560 Tai, Nick	11 Ridgewood	52.44	1	1
6	3555 Headley, Moquiez	JR Hackensack	52.71	1	
7	4636 Sloane, Justin	SR Paramus	53.50	2	
8	2267 LI, John	11 Bergen Cty VT	53.80	2	
9	5550 Martyn, Connor	12 Ridgewood	53.98	2	
10	2269 Martinez, Michael	10 Bergen Cty VT	54.73	2	
11	2268 Liu, Dominic	10 Bergen Cty VT	55.34	2	

Event 32 Boys 800 Meter Run 3

Name	Year School	Seed	Finals	Points
1 5542 Jennings, Levi	11 Ridgewood		1:58.57	8
2 5556 Rynkowski, Patrick	12 Ridgewood		2:02.01	6
3 5515 Ades, William	10 Ridgewood		2:02.26	4
4 5884 Bhowmick, Kuntal	SR Teaneck		2:03.49	2
5 5894 Fields, Warren	SR Teaneck		2:06.30	1
6 3579 Romero, Aaron	JR Hackensack		2:06.50	
7 5908 Kendrick, Kamal	JR Teaneck		2:06.84	
8 2283 Serrao, Kevin	9 Bergen Cty VT		2:08.45	
9 3569 Nardoza, Cosmo	JR Hackensack		2:08.75	
10 4610 Castillo, Ace	SR Paramus		2:09.19	
11 3588 Westcott, Alexande	SR Hackensack		2:15.13	
12 4631 Robertson, John	SR Paramus		2:18.89	
13 2287 Srinivasan, Kiren	12 Bergen Cty VT		2:20.20	

Event 38 Boys 200 Meter Dash 3

Name	Year School	Seed	Finals	H#	Points
1 5918 McKnight, Malcolm	SR Teaneck		22.85	1	8
2 5920 Murphy, Bryan	SR Teaneck		22.92	1	6
3 5942 Williams, Jamal	JR Teaneck		23.63	1	4
4 4615 Enriquez, Josh	SR Paramus		23.75	3	2
5 5523 Chung, Kevin	10 Ridgewood		23.97	1	1
6 2267 LI, John	11 Bergen Cty VT		24.38	2	
7 2290 Toledo, Devin	12 Bergen Cty VT		24.41	1	
8 3574 Pleasant, Christop	SR Hackensack		24.77	1	
9 4633 Sebahie, Brandon	FR Paramus		24.85	3	
10 3550 Fernandez, Christi	SR Hackensack		25.09	3	
11 5551 Mattson, Sean	12 Ridgewood		25.10	2	
12 2269 Martinez, Michael	10 Bergen Cty VT		25.20	2	
13 3542 Banahene, Kwadwo	JR Hackensack		25.22	2	

Event 44 Boys 3200 Meter Run 3

Name	Year School	Seed	Finals	Points
1 3548 Coronado, Carlos	JR Hackensack		10:08.53	8
2 5516 Andrews, Anthony	12 Ridgewood		10:13.20	6
3 5558 Salamone, Nick	10 Ridgewood		10:13.34	4
4 4634 Secreti, Mike	SO Paramus		10:15.09	2
5 5535 Garrity, Tanner	10 Ridgewood		10:25.06	1
6 3572 Nunez, Aneudy	JR Hackensack		10:29.20	
7 2256 Jung, Shin HO	12 Bergen Cty VT		10:38.99	
8 2273 Monahan, Brian	12 Bergen Cty VT		10:47.16	
9 2251 Hwang, Aln	11 Bergen Cty VT		11:08.88	

Event 50 Boys 4x400 Meter Relay 3

School	Seed	Finals	Points
1 Teaneck 'A'		3:24.36	8
1) 5918 McKnight, Malcolm SR	2) 5893 Elliot, Damien JR		
3) 5905 Jones, Jordan JR	4) 5920 Murphy, Bryan SR		
2 Ridgewood 'A'		3:26.18	6
3 Paramus 'A'		3:37.94	4
4 Bergen Cty VT 'A'		3:38.43	2

Event 56 Boys Shot Put 3

Name	Year School	Seed	Finals	Points
1 3568 Mozia, Stephen	SR Hackensack		61-08.50	8
2 4631 Robertson, John	SR Paramus		50-03.00	6
3 5887 Campbell, Aharown	SR Teaneck		48-03.25	4
4 5517 Balboa, Anthony	11 Ridgewood		44-09.25	2
5 3560 Humes, Virron	JR Hackensack		42-09.50	1
6 4639 Stabile, Paul	SR Paramus		42-00.00	

Event 65 Boys Discus Throw 3

Name	Year School	Seed	Finals	Points
1 3568 Mozia, Stephen	SR Hackensack		187-11	8
2 5887 Campbell, Aharown	SR Teaneck		141-10	6
3 4616 Foster, Mitchell	SR Paramus		134-10	4
4 5519 Barnett, James	10 Ridgewood		130-06	2
5 3559 Horton, Brandon	SR Hackensack		130-02	1
6 5532 Etna, Stephen	12 Ridgewood		121-08	
7 5538 Henni, Michael	11 Ridgewood		117-06	
8 6606 Medina, Justen	SR Hackensack		101-07	
9 2252 Ivezaj, Valentino	12 Bergen Cty VT		95-03	

Event 68 Boys Javelin Throw 3

Name	Year School	Seed	Finals	Points
1 4622 Lesko, Eric	SR Paramus		161-00	8
2 5521 Beausoleil, Matt	12 Ridgewood		150-09	6
3 4612 Chen, Gordon	SR Paramus		148-11	4
4 5548 Koo, Younghoe	10 Ridgewood		140-00	2
5 5519 Barnett, James	10 Ridgewood		136-06	1
6 3548 Coronado, Carlos	JR Hackensack		122-11	

Event 77 Boys High Jump 3

Name	Year School	Seed	Finals	Points
1 5945 Wimbush, Sean	SR Teaneck		6-03.00	8
2 5520 Bartlik, Evan	11 Ridgewood		5-10.00	6
3 5547 Knight, James	11 Ridgewood		5-08.00	4
4 3547 Clarke, Jonathan	SR Hackensack		J5-08.00	1.50
4 5548 Koo, Younghoe	10 Ridgewood		J5-08.00	1.50
6 3549 Cummings, Michael	SO Hackensack		J5-08.00	
7 4622 Lesko, Eric	SR Paramus		5-06.00	
7 3560 Humes, Virron	JR Hackensack		5-06.00	

Event 80 Boys Long Jump 3

Name	Year	School	Seed	Finals	Points
1 4631 Robertson, John	SR	Paramus		21-05.00	8
2 5942 Williams, Jamal	JR	Teaneck		21-04.25	6
3 5520 Bartlik, Evan	11	Ridgewood		20-10.75	4
4 5943 Williams, Nevon	SR	Teaneck		20-03.75	2
5 5922 Ocansey, Alex	JR	Teaneck		19-09.00	1
6 3542 Banahene, Kwadwo	JR	Hackensack		19-03.00	

Event 89 Boys Triple Jump 3

Name	Year	School	Seed	Finals	Points
1 5945 Wimbush, Sean	SR	Teaneck		45-07.25	8
2 5520 Bartlik, Evan	11	Ridgewood		43-10.50	6
3 5942 Williams, Jamal	JR	Teaneck		43-03.25	4
4 5922 Ocansey, Alex	JR	Teaneck		42-08.00	2
5 4631 Robertson, John	SR	Paramus		41-10.25	1

Event 92 Boys Pole Vault 3

Name	Year	School	Seed	Finals	Points
1 5547 Knight, James	11	Ridgewood		11-00.00	8
2 2243 Fiske, William	11	Bergen Cty VT		10-06.00	4
2 4620 Kim, Ryan	SR	Paramus		10-06.00	4
2 3566 Miller, Keno	JR	Hackensack		10-06.00	4
5 4612 Chen, Gordon	SR	Paramus		10-00.00	0.50
5 3552 Flintall, Gregory	SO	Hackensack		10-00.00	0.50
7 2293 Wong, Christopher	11	Bergen Cty VT		9-00.00	
7 3576 Quinn, Nicholas	SO	Hackensack		9-00.00	
7 6468 Wong, Allen	FR	Ridgewood		9-00.00	
7 5553 Morgan, Patrick	9	Ridgewood		9-00.00	

Men - 3 - Team Rankings - 16 Events Scored

1) Ridgewood	130.50	2) Teaneck	99
3) Paramus	47.50	4) Hackensack	44
5) Bergen CTY VT	14		

Fraulo Race Timing LLC
 58 Broadale Avenue
 Clifton, NJ 07013
 (201) 805-2078
 fraulotiming@optonline.net

URL: <http://www.lfracing.com/outdoor-track/2011-outdoor-track-season/big-north-league-championships/division-championships>

Copyright © 2005-2011 Fraulo Race Timing LLC. All rights reserved.

Big North Division Championship Frosh / Nov:

400IH: B. Collins **66.5 (fell)**

1600m: D. Frering **4:49 – 2nd Place** B. Clarendon **4:54 – 4th Place** R. Fischer **5:02**
C. Hartmann **5:15**

Nov: S. Dublier **4:39 – 1st Place** T. Spicer **4:47** G. Jones **4:58** A. Sarappo **5:08**
B. Fishbein **5:11** D. Gardner **5:13** M. Calton **5:16** M. O'Donnell **5:16**
D. Anzalone **6:12**

100m: J. Sabatini **11.9**; R. Neville **13.6** B. Joyner **13.8**; A. Sohn **14.6**; J. Rispoli **15.2**
Nov: S. Park **12.5/12.6** E. Xue **13.2**; I. Nathanson **12.8** D. Downing **12.8**; D. Davila **12.9**
Z. Hanefeld **13.2**; H. Park **13.8** B. Robertazzi **13.9** M. Gasiewski **15.0**

110HH: B. Collins **20.7** D. Barnes **21.5** M. Zeno **21.0**

400m: A. Merejo **59.1**; A. Wong **66.7**

800m: R. Pillai **2:09** B. Clarendon **2:12** C. Hartmann **2:21** J. Ricatto **2:24**
Nov: S. Dublier **2:06 – 1st Place** Y. Yoon **2:10** S. Kagai **2:12** T. Spicer **2:17**
M. O'Donnell **2:29**

200m: R. Neville **27.3** A. Sohn **29.8**
Nov: InHo Hwang **24.5**; E. Xue **25.3** D. Davila **25.7** D. Ok **26.3**; I. Nathanson **26.4**
D. Downing **26.6** Z. Hanefeld **26.7** H. Park **29.0**

3200m: Frosh and Nov: M. French **10:25** D. Frering **10:34** B. Fishbein **10:47**

4x400m:	Frosh:	Novice:
	A. Merejo 57.3	K. Ransom 55.4
	R. Pillai 56.6	S. Dublier 53.1
	B. Clarendon 55.7	S. Kagai 55.8
	B. Collins 55.9	InHo Hwang 54.1
	<u>3:45.6 – 1st Place!!</u>	<u>3:38.2 – 1st Place!!!</u>

LJ: D. Barnes **16'4 3/4"** M. Zeno **15' 1/4"** A. Merejo **13'2 1/4"**
Nov: R. Jennee **17'10"** P. Yoon **15'11"**

TJ: A. Merejo **35' 1/4"** B. Joyner **31'9"**
Nov: R. Jennee **36'4 1/4"** P. Yoon **32'1 1/4"**

HJ: P. Morgan **5'2** D. Barnes **5'0"** M. Zeno **5'0"** B. Joyner **4'10"**

PV: P. Morgan **9'0"** A. Wong **9'0"**

Jav: P. Morgan ?

	Shot Put:	Disucs:
I. Wellington	31'3"	77'0
J. McGinley	34'9"	68'2"
M. Dremel	35'5"	83'
A. Muller	38'1	104'9"
N. Cerasuolo	35'9	80'4"
A. Spetsieris	39'11"	91'
A. Moras	29'11"	75'8"
A. Habawel	34'3"	84'
R. Feeney	32'9	66'6"
N. Discepolo	36'10"	78'6"
M. Kim	36'10"	77'9
An. Moras	34'4"	85'2" – 4 th Place
R. Jennee		93'1"
J. Rispoli		65'3"

Meet Notes:

An excellent meet overall. I posted the places that I knew but I also am aware that there were a lot more places then this! Very well done!!!

Paul Schwartz's Bergen track picks

BOYS

GROUP A

100: Tarique Gray, Bergen Catholic
200: Leonte Carroo, Don Bosco
400: Carroo, Don Bosco
800: Levi Jennings, Ridgewood
1,600: Jennings, Ridgewood
3,200: Patrick Rynkowski, Ridgewood
110 IH: Selwyn Maxwell, Don Bosco
400 IH: Brandon Gregory, Old Tappan
Shot put: Stephen Mozia, Hackensack
Discus: Mozia, Hackensack
Javelin: Tyler Yee, Don Bosco
High jump: Sean Wimbush, Teaneck
Long jump: Jamal Williams, Teaneck
Triple jump: Greg Hazell, Don Bosco
Pole vault: Mike Baselice, Don Bosco
Relay: Teaneck
Team: Don Bosco

GROUP B

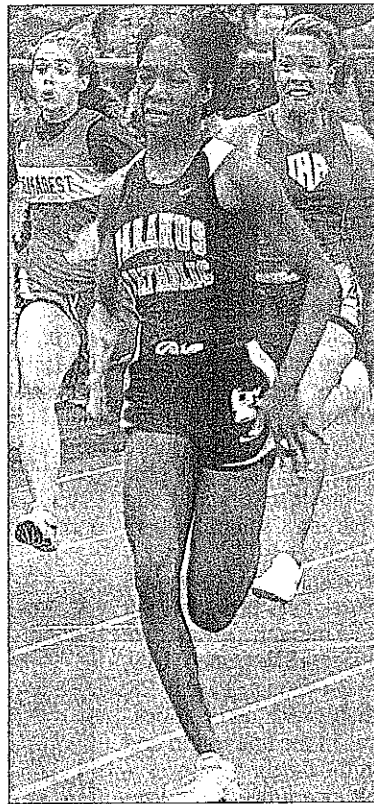
100: Kevon Lumsden, Englewood
200: John Sanford, St. Joseph
400: Sanford, St. Joseph
800: Brad Paternostro, Ramapo
1,600: Paternostro, Ramapo
3,200: Ben Malone, Pascack Valley
110 IH: Anthony Tripodi, Cliffside Park
400 IH: Erik Moutenot, Mahwah
Shot put: Matt Koh, River Dell
Discus: Cory Connell, Ramsey
Javelin: John Connolly, St. Joseph
High jump: Isaiah Holder, Bergenfield
Long jump: Lumsden, Englewood
Triple jump: Phil Dowell, Englewood
Pole vault: Brad Hoey, River Dell
Relay: Pascack Valley
Team: Pascack Valley

GROUP C

100: Sean Krazit, Pascack Hills
200: Danny Fay, Ridgefield
400: Patrick Rono, Lyndhurst
800: Rono, Lyndhurst
1,600: Rono, Lyndhurst
3,200: Rono, Lyndhurst
110 IH: Fernando Almonte, Lodi
400 IH: Louis Kang, Pascack Hills
Shot put: Dorian Slavov, Cresskill*
Discus: Slavov, Cresskill*
Javelin: Tyler Demmerle, Pascack Hills*
High jump: Chris Churchill, Leonia
Long jump: Kendall Romaine, Ridgefield
Triple jump: Dante Tobler, New Milford
Pole vault: Tarou Seki, Pascack Hills
Relay: Pascack Hills
Team: Lyndhurst

GROUP D

100: Steven Roth, Waldwick
200: Roth, Waldwick
400: Kevin Condal, Hasbrouck Heights
800: Domenick D'Agostino, Wallington
1,600: D'Agostino, Wallington



STAFF FILE PHOTO

Myasia Jacobs of Paramus Catholic is a favorite in Group A.

3,200: D'Agostino, Wallington
110 IH: John Porteous, Wood-Ridge
400 IH: Porteous, Wood-Ridge
Shot put: Patrick Cole, Hasbrouck Heights
Discus: Cole, Hasbrouck Heights
Javelin: Kaleb Zuidema, Midland Park
High jump: Roland Gamez, Hasbrouck Heights
Long jump: Porteous, Wood-Ridge
Triple jump: Porteous, Wood-Ridge
Pole vault: Steve Felice, Midland Park
Relay: Hasbrouck Heights
Team: Hasbrouck Heights

GIRLS

GROUP A

100: Myasia Jacobs, Paramus Catholic
200: Jacobs, Paramus Catholic
400: Jacobs, Paramus Catholic
800: Josette Norris, Tenafly
1,600: Caroline Davidson, Ridgewood
3,200: Erin Thompson, IHA
100 IH: Sarah DeVita, Ridgewood
400 IH: Katelyn Ary, Demarest
Shot put: Theresa Picciallo, IHA
Discus: Apresha Hampton, Teaneck
Javelin: Jamie Klein, Paramus Catholic
High jump: DeVita, Ridgewood
Long jump: Gina Carlino, IHA
Triple jump: Emily Zimick, Demarest
Pole vault: Kayla Polcari, Ridgewood
Relay: Tenafly

Team: Ridgewood

GROUP B

100: Kim Nagotko, Mahwah
200: Nagotko, Mahwah
400: Katie Johnston, Indian Hills
800: Samantha Cannillo, Pascack Valley
1,600: Lisa Zimmer, Ramapo
3,200: Jen Molke, Holy Angels
100 IH: Gena Pickett, Mahwah
400 IH: Kelsey Burnett, Holy Angels
Shot put: Jill Hudson, River Dell
Discus: Hudson, River Dell
Javelin: Shaunteriah Douglas, Garfield
High jump: Steph Encarnacion, Ridgefield Park
Long jump: Taylor Clarkson, Indian Hills
Triple jump: Pickett, Mahwah
Pole vault: Carolyn Edler, Mahwah
Relay: River Dell
Team: Holy Angels

GROUP C

100: Khadijah Cox, New Milford
200: Cox, New Milford
400: Michelle Cascio, Westwood
800: Meghan Kocher, Westwood
1,600: Corinne Myers, Westwood
3,200: Myers, Westwood
100 IH: Alex Cimino, Westwood
400 IH: Cimino, Westwood
Shot put: Keri Cavanaugh, Cresskill*
Discus: Tania Pabon, Cresskill*
Javelin: Camila Alonso, Lyndhurst*
High jump: Cimino, Westwood*
Long jump: Briana Setnitzky, Pascack Hills
Triple jump: Brianna Williams, Lodi
Pole vault: Danielle Wankmuller, Pascack Hills
Relay: Westwood
Team: Westwood

GROUP D

100: Brielle Sutter, Saddle Brook
200: Sutter, Saddle Brook
400: Sutter, Saddle Brook
800: Kristen Gray, Park Ridge
1,600: Rebecca Fortoul, Hasbrouck Hgts
3,200: Jessica Andre, Waldwick
100 IH: Mel Lewis, Midland Park
400 IH: Lewis, Midland Park
Shot put: Melissa Silvestri, Wood-Ridge
Discus: Silvestri, Wood-Ridge
Javelin: Rebecca Skovira, Park Ridge
High jump: Ali Giordano, Waldwick
Long jump: Kim Raberio, Midland Park
Triple jump: Marissa Romano, H.H.
Pole vault: Tiffany Tencza, Wallington
Relay: Hasbrouck Heights
Team: Hasbrouck Heights
 *Won event contested Wednesday

9/20

Novice Championship
@ Ridgewood

May 17th

400IH: B. Collins **65.8**

1600m: W. Ades **4:30.2 – 1st Place** T. Spicer **4:42 – 4th Place**
S. Dublier **4:45 – 5th Place**; G. Jones **4:56**; B. Clarendon **5:00** L. Dublier **5:01**; R.
Fischer **5:01**; B. Fishbein **5:09**; A. Sarappo **5:04**; M. Calton **5:08**; C. Hartmann **5:06**;
M. O'Donnell **5:13**; M. Fredrick **5:33**; D. Anzalone **6:06**

100m: S. Park **12.1**; E. Xue **12.6**; Z. Hanefeld **12.7**; D. Davila **12.8**; I. Nathanson **12.9**;
D. Downing **13.0**; R. Ng **13.0**; A. Sohn **14.0**; K. Huh **14.3**; J. Rispoli **14.3**;
M. Gasiewski **15.3**

110HH: B. Collins **21.3**

400m: InHo Hwang **54.6 – 1st Place**; K. Ransom **55.9 – 5th Place**; S. Kagai **57.0**;
D. Ok **57.1**; R. Neville **61.6**; B. Robertazzi **64.6** J. Yoon **66.8**

800m: W. Ades **2:03 – 1st Place**; S. Dublier **2:06 – 4th Place**; R. Pillai **2:08**;
Y. Yoon **2:10**; T. Spicer **2:13**; B. Clarendon **2:17**; L. Dublier **2:21**; C. Hartmann **2:23**;
J. Ricatto **2:24**

200m: InHo Hwang **24.0 – 4th Place**; S. Park **25.4**; D. Davila **25.6**; W. Wisener **25.9**; E.
Xue **26.0**; I. Nathanson **26.3**; Z. Hanefeld **26.5** D. Ok **26.8** **Others: Blame Coach
Martin!**

3200m: T. Garrity **10:09**; M. French **10:14**; D. Frering **10:20**; B. Fishbein **10:54**;
M. O'Donnell **11:39** – **I apologize I didn't have places for this event**

4x400m: Cancelled

LJ: R. Jennee **16'8"** D. Barnes **16'6 ½"**; B. Joyner **17'0"**; P. Yoon **15'11 ½"**;
M. Zeno **15' ¼"**; A. Merejo **16'11"**; W. Wisener **14'11 ½"**

TJ: R. Jennee **F**; A. Merejo **32'6 ½"**; P. Yoon **32'9 ½"**; W. Wisener **32'1 ½"**

HJ: P. Morgan **5'2" – 4th Place** D. Barnes **5'0" – 5th Place** M. Zeno **4'10"**

PV: A. Wong **9'6" – 2nd Place** P. Morgan **9'6" – 3rd Place**

	Shot Put	Discus
J. McGinley	37'1"	80'5"
A. Spetsieris	<u>40'3 1/2" - 2nd Place</u>	<u>100'4" - 4th Place</u>
J. Kerwin	30'10"	56'5"
A. Habawel	28'10 1/4"	97'4"
M. Kim	34'1 1/2"	79'9"
A. Muller	<u>38'3 1/4" - 5th Place</u>	95'4"
N. Discepolo	34'	77'9"
N. Cerasuolo	35'1 1/2"	74'7"
M. Dremel	35'11 3/4"	94'11"
A. Moras	26'10 1/2"	82'
J. Rispoli	21'8 1/4"	55'3"
R. Jennee		90'5"

Jav: T. Diorio - 4th Place

Comments: A lot of medals!! Great end to the season for some!

Lim clears way for team

Lyndhurst repeats in 'C'

By PAUL SCHWARTZ
STAFF WRITER

OLD TAPPAN - Justin Lim is valedictorian of the graduating class at Lyndhurst, an accomplished violinist and will study pharmacy at Rutgers next fall.

Saturday at the Bergen County track championships at Old Tappan High School, the senior was just trying to figure out how to get over the pole vault bar at a pedestrian 11 feet, a height he'd easily made in every meet he'd been in this year.

"I can't say what I was thinking after my misses," said Lim, who cleared on his final try, and went on to finish fourth in the event.

He combined with junior Mike Morreale, who finished second, to clinch Lyndhurst's second consecutive Division C title before the final event of the two-day meet, the 4-x-400 relay. The Golden Bears outpointed Pascack Hills, 130-115.

"I asked coach [Tom Shoebridge] whether I could switch to a new pole for the last attempt and he told me whatever gets you over [the height]," said Lim. "So I switched from a 13-foot, 150-pound pole to a 13-7, 150 because I was getting too much bend on the pole. The hardest height to clear sometimes is the opening height and I was thinking about it."

Lim cleared the height, and then both made 11-6, clinching the six points the Golden Bears needed for the win.

"Our expectations are a lot higher than they have been after we won last year," said Morreale. "Coach never lets us relax and keeps us sharp and maybe this year is our year to win states [sectionals]."

"When you win [the group meet] once, it can be a shot in the dark, but when you win twice, it really means something," said Lim. "We've got something going here

Boys team champs

Group A: Don Bosco

Group B: River Dell

Group C: Lyndhurst

Group D: Hasbrouck Hgts.

and we want to keep it going."

One team that's kept its undefeated season going is Don Bosco, which had to sweat more than expected before earning a 113-98 Division A win over Ridgewood.

"I'm really impressed with [the] Ridgewood team," said Don Bosco coach Rob DeCarlo, whose team won a fifth straight title. "I didn't realize how good they were in some events. I never realized that they were that strong. I'm happy we got a push and were able to beat a very good team."

The key event was the 3,200, where Ridgewood had a 1-2 finish.

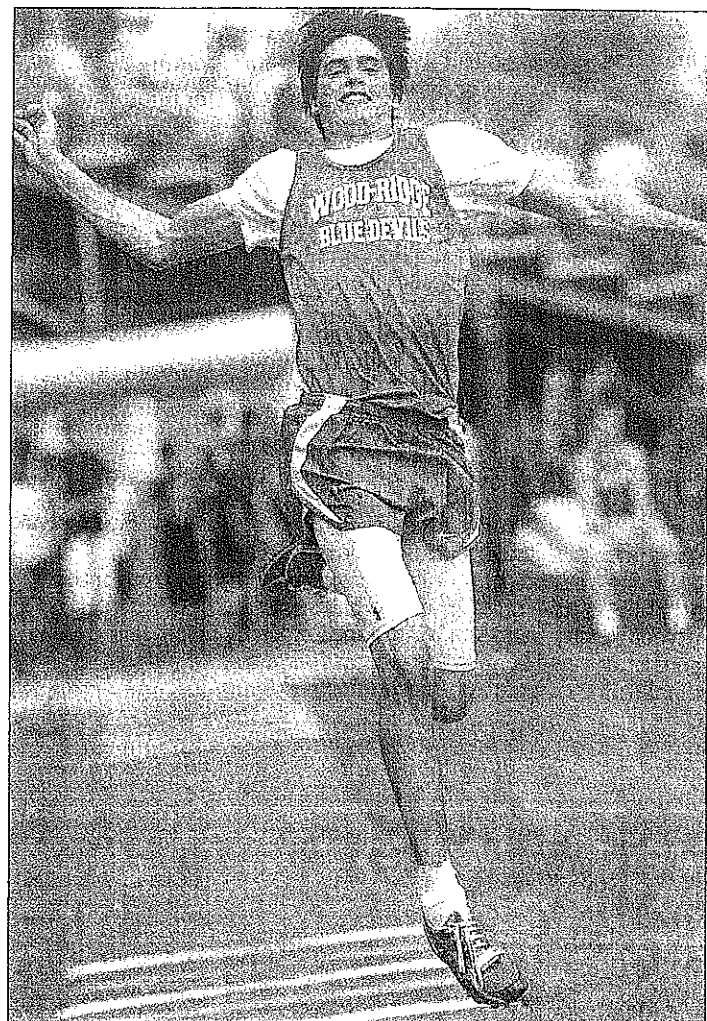
"I was really afraid of them going 1-2-3 there and for most of the race it looked like they were going to get that," DeCarlo said.

But Don Bosco juniors Nick Carapezza, Ryan Tucker and Christian Costello all ran personal bests behind the 1-2 finish of Levi Jennings and Patrick Rynkowski, and Bosco only lost six points in the team score.

River Dell's key event was the discus. The 2-3-4 finish by Steve and Pat Sellers and Matt Koh broke open a close Division B meet with Indian Hills and the Golden Hawks went on to an 83-67 win, for its second title all time.

"Coach Lou [Sirignano] gets our throwers so ready for this meet and we had six kids combine in our throws," said River Dell head coach Adam Herman, whose team got 50 points in throws.

Hasbrouck Heights set meet records for most points (211) and the biggest margin of victory (144) in winning its third straight Division D title.



DON SMITH/STAFF PHOTOGRAPHER

Wood-Ridge's John Porteous en route to triple jump win. For more coverage of the Bergen County track championships see Varsity Aces on northjersey.com



DON SMITH/STAFF PHOTOGRAPHER

Teaneck's Janay Ferrel edges Ridgewood's Caroline Davidson in Group A girls 800 race at the county championships.

I
it
W

By RON
STAFF W

OLI
things
same.

Whil
the Ge
County
Tappar
ed earl
and Te
back-at
them ti
ing.

"We
Jen Pas
the 200
are with
ly com
going to
give 10
did."

A fir
by seni
place i
for IHL
neck fo
consec

"I di
close u
Gina C
didn't c
meet. V
dividua
before
that us
and nei
ing and

Tea
in the
the sep
events
ence in
tempt t

"We
Pash sa
ing to b
neck ar
are so
going t
Tea

track a
while I
the tra

BERGEN COUNTY TRACK CHAMPIONSHIPS

S/20

BOYS

DIVISION A

Team Scores: Don Bosco (DB) 113, Ridgewood (RW) 98, Demarest (DEM) 59.2, Bergen Catholic (BC) 58, Hackensack (H) 49, Teaneck (T) 46, Paramus Catholic (PC) and Ild Tappan (OT) 16.2, Northern Highlands (NH), 12.2, Paramus (Par) 12, Tenafly (TEN) 10.2, Bergen Tech (BT) 6.

100: 1. Tarique Gray (BC), 11.00; 2. Jabrill Peppers (DB), 11.13; 3. Josh Enriquez (Par), 11.24; 4. Malcolm McKnight (T), 11.25; 5. Benjamin Davis (DB), 11.29; 6. Matt Beausoleil (RW), 11.38.

200: 1. Tarique Gray (BC), 22.18; 2. Jabrill Peppers (DB), 22.47; 3. Darylan Miles (T), 22.51; 4. Devon Fuller (OT), 22.54; 5. InSoo Hwang (RW), 22.77; 6. Mark Jones (H), 22.94.

400: 1. Leonte Carroo (DB), 48.70; 2. Tarique Gray (BC), 49.01; 3. Bryan Murphy (T), 49.47; 4. Devon Fuller (OT), 49.98; 5. Damien Elliot (T), 50.37; 6. Juan Llinas (RW), 50.44.

800: 1. Levi Jennings (RW), 1:55.76; 2. Sean Degnon (DEM), 1:57.21; 3. Warren Fields (T), 1:57.40; 4. Juan Llinas (RW), 1:57.41; 5. Phelan McCormack (DB), 1:57.43; 6. Andreas Kellas (BT), 1:58.36.

1600: 1. Levi Jennings (RW), 4:18.03; 2. Patrick Rynkowski (RW), 4:19.50; 3. John Pujols (H), 4:20.67; 4. Andreas Kellas (BT), 4:21.34; 5. Phelan McCormack (DB), 4:21.61; 6. Adam Bernstein (DEM), 4:23.33.

3200: 1. Levi Jennings (RW), 9:29.80; 2. Patrick Rynkowski (RW), 9:30.14; 3. Nick Carapeza (DB), 9:31.46; 4. Ryan Tucker (DB), 9:33.68; 5. Christian Costello (DB), 9:33.86; 6. Adam Bernstein (D), 9:34.79.

110 HH: 1. Selwyn Maxwell (DB), 14.49; 2. InSoo Hwang (RW), 14.60; 3. Matt Beausoleil (RW), 14.67; 4. Mark Jones (H), 14.76; 5. Tyler Dilworth (BC), 15.25; 6. Dean Petikas (OT), 15.80.

400 IH: 1. Mark Jones (H), 54.69; 2. InSoo Hwang (RW), 54.72; 3. Nick Picache (NH), 55.73; 4. Tyler Dilworth (BC), 55.88; 5. Sean Degnon (DEM), 57.23; 6. Gregory Hazell (DB), 57.71.

Shot Put: 1. Stephen Mozia (H), 61-4½; 2. Marquise Wright (PC), 57-0½; 3. Andrew Trumbetti (DEM), 51-8; 4. Tyler Sam-

ra (DB), 49-8¼; 5. Aharown Campbell (T), 48-1; 6. John Robertson (Par), 47-5¼.

Discus: 1. Stephen Mozia (H), 178-0; 2. Marquise Wright (PC), 160-11; 3. Andrew Trumbetti (DEM), 145-3; 4. Tyler Sheppard (OT), 135-5; 5. Keith Rodman (OT), 134-2; 6. Zachary Goetz (DEM), 132-3.

Javelin: 1. Tyler Yee (DB), 186-09; 2. Charlie Woods (DEM), 173-2; 3. Loren Helms (TEN), 166-1; 4. James Bassen (TEN), 162-2; 5. John Wilkins (DB), 156-8; 6. Zachary Goetz (DEM), 155-2.

High Jump: 1. Evan Bartlik (RW), 6-4; 2. Ryan Waish (DB), 6-2; 3. Yoonil Kim (DEM), 6-0; 4. Sean Wimbush (T), 6-0; 5. John Tsimis (BC), 5-10; 6. Amir Dobbs (PC), 5-8.

Long Jump: 1. Jamal Williams (T), 22-2¼; 2. Gregory Hazell (DB), 21-7¼; 3. John Tsimis (BC), 21-2¼; 4. Evan Bartlik (RW), 21-1¾; 5. DJ Dixon (BC), 20-10; 6. Brian Choi (OT), 20-6¼.

Triple Jump: 1. Greg Hazell (DB), 47-7; 2. Evan Bartlik (RW), 46-2; 3. Sean Wimbush (T), 45-7; 4. John Robertson (Par), 43-3; 5. Rob Gebhard (NH), 41-11; 6. Christopher Wong (BT), 41-5.

Pole Vault: 1. Mike Baselice (DB), 14-0; 2. Eric Geider (DEM), 14-0; 3. Anthony Kim (DEM), 12-6; 4. Teddy DiAmico (BC), 12-0; 5. Nick Baker (NH), 12-0; 6. Charlie Woods (DEM), 12-0.

4-x-400 relay: 1. Bergen Catholic (Rafaael Rivera, Mario Kranjac, Tyler Dilworth, Tarique Gray), 3:21.71; 2. Hackensack, 3:23.85; 3. Don Bosco, 3:28.19; 4. Demarest, 3:29.14; 5. Northern Highlands, 3:32.80; 6. Paramus, 3:35.34.

DIVISION B

Team Scores: River Dell (RD), 83, Indian Hills (IH) 67, Garfield (G) 60, Ramsey (RMS) and Ramapo (RMP) 55, Pascack Valley (PV) 44, St. Joseph (SJ) 43, Cliffside Park (CP) 31, Englewood (ENG) 27, Mahwah (MAH) 17, Fort Lee (FTL) and Ridgefield Park (RP) 5, Bergenfield (BER) 4.

100: 1. Angel Lora (G), 11.17; 2. John Sanford (SJ), 11.19; 3. Ryan Zauk (RMP), 11.44; 4. Kevon Lumsden (ENG), 11.48; 5. Jabari Garvin (SJ), 11.55; 6. Masaru Yamaguchi (FTL), 11.59.

200: 1. John Sanford (SJ),

22.58; 2. Angel Lora (G), 22.73; 3. Calvin Knox (IH), 23.04; 4. Ryan Zauk (RMP), 23.08; 5. Jabari Garvin (SJ), 23.22; 6. Kevon Lumsden (ENG), 23.39.

400: 1. John Sanford (SJ), 48.89; 2. Max Linden (PV), 49.78; 3. Calvin Knox (IH), 50.54; 4. Anthony Tripodi (CP), 51.56; 5. Ryan Zauk (RMP), 51.61; 6. Jeriya Dyagilev (FTL), 51.93.

800: 1. Bradley Paternostro (RMP), 1:52.73; 2. Chris Eltringham (RMS), 1:54.94; 3. John Prizzi (IH), 1:55.94; 4. Erik Moutenot (MAH), 1:56.49; 5. Peter Tuohy (IH), 1:56.92; 6. Adam Morrow (PV), 1:58.52.

1600: 1. Bradley Paternostro (RMP), 4:19.08; 2. John Prizzi (IH), 4:19.88; 3. Nicholas Ward (IH), 4:22.02; 4. Chris Eltringham (RMS), 4:25.67; 5. Sherif Ali (CP), 4:26.80; 6. Adam Morrow (PV), 4:29.83.

3200: 1. Nicholas Ward (IH), 9:31.69; 2. John Dugan (RMS), 9:55.57; 3. Sherif Ali (CP), 10:04.92; 4. Mike Mortillo (RMP), 10:05.56; 5. Danny Dugan (RMS), 10:13.80; 6. Andrew Wilson (RMP), 10:15.25.

110 HH: 1. Franklin Smith-Hinson (G), 15.119; 2. Anthony Tripodi (CP), 15.27; 3. Kris Yoo (PV), 15.47; 4. Kevin Connelly (RD), 15.59; 5. Brian Psota (RMS), 15.63; 6. Leacroft Nunes (G), 15.67.

400 IH: 1. Erik Moutenot (MAH), 55.12; 2. Anthony Tripodi (CP), 56.44; 3. Calvin Knox (IH), 57.15; 4. Craig Marulis (RD), 57.25; 5. Jeriya Dyagilev (FTL), 58.36; 6. Joe Zevits (PV), 59.16.

Shot Put: 1. Dan Messmer (RD), 46-11¾; 2. Matt Koh (RD), 46-5¼; 3. Andrew Assile (RMS), 46-5¼; 4. Austin Berniger (RD), 46-¼; 5. John Butler (SJ), 45-8¼; 6. Patrick Connor (SJ), 45-4¼.

Discus: 1. Cory Connell (RMS), 145-3; 2. Steve Sellers (RD), 139-0; 3. Pat Sellers (RD), 138-4; 4. Matt Koh (RD), 132-6; 5. Samuel Kleinberg (SJ), 129-5; 6. Andrew Assile (RMS), 129-5.

Javelin: 1. Sam Becourtney (RD), 162-10; 2. Harry Sullivan (RMP), 159-6; 3. John Connolly (SJ), 158-5; 4. Pat Czernizer (PV), 152-7; 5. Matthew Perdomo (RP), 149-6; 6. Cory Connell (RMS), 143-9.

High Jump: 1. Daniel Thompson (IH), 5-11; T-2. Brandon Jurasin (RD), Leacroft Nunes

See Page S-12

County Championships
@ Old Tappan

Friday:

400IH: I. Hwang 54.72 - 2nd Place; N. Schoff 58.82; S. Mattson 62.41 fall

100m: M. Beasoleil 11.47/11.38 - 6th Place; K. Chung 11.78

1600m: L. Jennings 4:18.03 - 1st Place; P. Rynkowski 4:19.50 - 2nd Place
A. Andrews 4:25.02

400m: J. Llinas 50.44 - 6th Place; N. Tai 53.30

Shot Put: A. Balboa 46'8 1/2"; J. Barnett 38'6"; S. Etna 41'3"

Long Jump: E. Bartlik 21'1 3/4" - 4th Place; Y. Koo 18'10 3/4"; J. Knight 17'6 1/4"

High Jump: E. Bartlik 6'4" - 1st Place; J. Knight 5'8"; Y. Koo NH

Javelin: M. Beausoleil 149'2; Y. Koo 149'6; J. Barnett 124'

Saturday:

110HH: I. Hwang 15.01 / 14.60 - 2nd Place; M. Beausoleil 15.24 / 14.67 - 3rd Place;
K. Chung 16.18

800m: L. Jennings 1:55.76 - 1st Place; J. Llinas 1:57.41 - 4th Place
P. Rynkowski 2:00.53

200m: I. Hwang 22.77 - 5th Place K. Chung 23.32 N. Tai 24.39

3200m: L. Jennings 9:29.80 - 1st Place; P. Rynkowski 9:30.14 - 2nd Place
M. Eid 10:09.17

4x400m: J. Riemer 50.5, N. Schoff 50.5, N. Tai collision J. Llinas

Triple Jump: E. Bartlik 46'2 3/4" - 2nd Place; M. Beausoleil 41'2 1/2"; Y. Koo 38'10"

Discus: J. Barnett 122'2"; M. Henni 121' 1/2"; S. Etna 118'10"

Pole Vault: J. Knight 11'0"



UCS OF GOLDEN KNIGHTS OF UCS



UCS OF GOLDEN KNIGHTS OF UCS

Bergen County Freshman Championship
@ Ramsey

May 25, 2011

400IH: B. Collins **FS**

100m: J. Sabatini 11.5/11.5/11.4 – 2nd Place W. Wisener **12.5**; A. Sohn **14.5**
J. Rispoli **14.7**

400m: B. Collins 55.8 – 5th Place, A. Merejo **57.7** R. Neville **60.6** J. Yoon **60.3**

1600m: D. Frering 4:48.3 – 4th Place, L. Dublier **4:56.1**; B. Clarendon **5:04.6**
C. Hartmann **5:05.7**; R. Fischer **5:12.0**

110HH: W. Wisener **21.2**

800m: R. Pillai 2:08.4 – 2nd Place, J. Ricatto **2:26.9**; C. Hartmann **2:22.8**

200m: B. Collins **25.6**; J. Yoon **26.8**; R. Neville **26.9**

3200m: D. Frering 10:41.5 – 1st Place!!, L. Dublier 11:05.4 – 5th Place,
R. Fischer **11:56.8**

4x400m: B. Collins **56.1**; R. Pillai **56.3**; B. Clarendon **54.6**; J. Sabatini **55.2**
3:42.7 – 1st Place!!

Shot/Disc: J. Rispoli **20'5" / 60'3"**

Javelin: P. Morgan **91'2"**

High Jump: M. Zeno 5'2" – 4th Place; P. Morgan 5'0" – 6th Place; B. Joyner **4'10"**
D. Barnes **4'10"**

Long Jump: D. Barnes 16'11 ½" – 5th Place; A. Merejo 16'6" – 6th Place;
J. Sabatini **15'5"** M. Zeno **15' ¼"**; B. Joyner **14'5 ½"**; W. Wisner **F**

Triple Jump: D. Barnes 33'6 ½" – 5th Place A. Merejo **F** W. Wisener **F** B. Joyner **F**

Pole Vault: A. Wong 10'0" – 2nd Place, P. Morgan 9'6" – 4th Place

Team Standings (top 5 in the County):

Demarest 114

Ridgewood 68

Don Bosco 60

Old Tappan 52

Tenafly 38

Comments:

A very strong end to the season for our frosh team. 2nd Place in Bergen County is a solid accomplishment. We had a difficult year with the back and forth while our track was being completed. You all handled it with poise and maturity. I look forward to seeing you all work hard in the off season! Well done.



GEORGE MCNISH/SPECIAL TO THE RECORD

Mark Jones of Hackensack, left, leads Matt Beausoleil of Ridgewood in the 110-meter high hurdles at the North 1, Group 4 sectional meet Saturday at Randolph.

Ridgewood wins sectional title

By PAUL SCHWARTZ
STAFF WRITER

RANDOLPH — When the season started, Ridgewood and Hasbrouck Heights had huge goals for their boys track and field programs. And both teams impressively won North 1 sectionals Saturday and kept the dreams alive for state championships next weekend at Old Bridge.

While there have been no bumps in Hasbrouck Heights' undefeated and untested North 1, Group 1 season, the Maroons have had to struggle through a rash of injuries, some defections and some plain bad luck en route to their second straight North 1, Group 4 title.

"The kids on the team really love each other and care about doing what's best for the team," said Ridgewood coach Josh Saladino after the Maroons completed a 94-71 win over Montclair to capture the title. "They've faced adversity and every time it strikes they find a way as a

BOYS RANDOLPH SECTIONAL

team to overcome it."

The adversity continued Saturday long after the championship had been decided. Levi Jennings and Juan Llinas had finished 2-3 in the 800 meters and InSoo Hwang and Matt Beausoleil went 2-3 in the 110 high hurdles, the first two events of the day, and the 20-point lead stretched to nearly 40, effectively clinching the meet.

But in the hurdles, Hwang slightly tweaked his injured hamstring and he was pulled from the relay.

"Levi came to me and said he'd run it, even though he'd run the 3,200 for his third race of the weekend already," said Saladino. "That's the kind of kids we have."

In fact, Jennings didn't run the race and Ridgewood didn't qualify in the relay, just missing with a makeshift

team. But it didn't matter.

Hasbrouck Heights coach Rob Brady tried to make it sound as if the Aviators were in trouble when Boonton closed to within 15 points with six events to go behind Joey Marini's fourth straight win. But Heights had a quadruple winner of its own in Kevin Condal, who won the 100, 200 and 400, and ran a sterling leg on the winning relay. The Aviators also had a double weight winner in Patrick Cole in the shot put and discus and scored more than enough in the 100, 200, 400, shot and discus alone to achieve victory. Their final 130½-75 margin was just 5½ points short of the sectional scoring record set by Glen Rock in 2003, a week before the Panthers won the Group 1 title.

"We were happy [Saturday]," said Brady. "All the kids got through and with quality performances to set them up for seeding next week. We have some great competition next week from Lyndhurst, Woodbury and even Boonton. But we're ready."

By GREGORY SCHUTTA
STAFF WRITER

GIRLS SECT

BERNARDS TWP. — The Holy Angels relay team hadn't run under 4 minutes, 10 seconds since Penn Relays. But with their backs to the wall Saturday, the Angels ran one of the best races of their lives.

Holy Angels came within a hair of upsetting powerful Pope John for the North Non-Public A girls championship but still managed to salvage a tie for the title by finishing third in the 4-x-400-meter relay in 4:05.78.

Immaculate Heart finished fourth in 4:10.8.

"We ran our hearts out," Angels coach Howie Schuman said after the Angels held on for a 107-107 tie with Pope John, which won the relay in 4:04.72.

Don Bosco won six events and finished second in six others.

NORTH 1, GROUP 4
Team Scoring: Ridgewood (RW) 94, Montclair (M) 71, West Orange (WO) 65, Livingston (L) and Hackensack (H) 42, Passaic Tech (PCT) and Eastside (E) 36, Randolph (RAN) and Morris Knolls (MK) 25, Memorial (MEM) 24, Vernon (V) 12, Bergen Tech (BT) 5, Bloomfield (BL) 4, Passaic (P) 1.
100: 1. Dexter Valley (WO), 11.04; 2. Matt Beausoleil (RW), 11.11; 3. Aaron Rhodes (M), 11.23; 4. Latimere Campbell (E), 11.25.
200: 1. Aaron Rhodes (M), 22.28; 2. Dexter Valley (WO), 22.28; 3. Marqui Salley (M), 22.48; 4. Latimere Campbell (E), 22.58; 5. Mark Jones (H), 22.90.

400: 1. Dexter Valley (WO), 48.65; 2. Juan Llinas (RW), 49.97; 3. Aaron Rhodes (M), 50.05; 4. Winfield Arias (NB) 50.12; 5. Messiah Quinones (E), 50.56; 6. Orel Thompson (NB), 50.78.

800: 1. Jared Mason (WO), 1:53.86; 2. Levi Jennings (RW), 1:54.99; 3. Juan Llinas (RW), 1:56.01; 4. Justin McKenzie (E), 1:56.36; 6. Andreas Kellas (E), 1:56.42.

1,600: 1. Jeremy Elkaim (L), 4:14.83; 2. Levi Jennings (RW), 4:16.25; 3. Patrick Rynkowski (RW), 4:18.60; 4. Andreas Kellas (BT), 4:20.24; 6. John Pujols (H), 4:20.58.

3,200: 1. Jeremy Elkaim (L), 9:22.75; 2. Patrick Rynkowski (RW), 9:25.11; 3. Collin Frost (RAN), 9:41.04; 5. John Pujols (H), 9:43.01; 6. Levi Jennings (RW), 9:52.40.

110 Hh: 1. Mark Jones (H), 14.51; 2. InSoo Hwang (RW), 14.64; 3. Matt Beausoleil (RW), 14.83.

400 Hh: 1. InSoo Hwang (RW), 54.18; 2. Warren Beason (PCT), 54.59; 3. Kyle Holder (RAN), 55.14; 5. Justin McKenzie (E), 56.65.

Shot put: 1. Stephen Mozia (H), 59.23; 2. Julian Pinnix-Odrick (M), 49.10; 3. Henry Wilson (M), 47.21; 4. Jose Marrero (PCT), 46.11; 5. Anthony Balboa (RW), 46.53.

Discus: 1. Stephen Mozia (H), 181.0; 2. Julian Pinnix-Odrick (M), 162.11; 3. Mark Ramsey (KEN), 147.3.

Javelin: 1. Christian Gomez (MEM), 168.0; 2. Aaron Harris (RAN), 165.0; 3. Jose Escalante (MEM), 162.4; 5. Matt Beausoleil (RW), 159.8.

High jump: 1. Jabari Butler (PCT), 6-0 (made 6-2 in Jumpoff); 2. German Valdez (L), 6-0; 3. Marcell McKinney (PCT), 6-0; 4. Quatier Jackson (E), 6-0; 6. Nasahn Durham (P), 5-10.

Long jump: 1. Stephan Marshall (M), 22-1 ½; 2. Shereick Linder (E), 21-9; 3. Tre' Ronnie Joseph (MK), 21-8 ¾; 5. Evan Bartlik (RW), 20-9 ½.

Triple Jump: 1. Evan Bartlik (RW), 45-3; 2. Rahmir McCray (PCT), 44-5; 3. Josh McNeil (WO), 44-3 ½; 6. Daniel Vargas (H), 42-1 ½.

Pole vault: 1. James Siglin (V), 13-6; 2. Martil Henes (MK), 13-6; 3. Mike Lazar (L), 12-6; 6. James Knight (RW), 12-0.

4-x-400: 1. West Orange (Kari Cajuste, Anternee LaRue, James Cham, Dexter Valley), 3:21.58; 2. Eastside, 3:22.60; 3. Hackensack, 3:22.78; 5. North Bergen, 3:25.84.

two points but Sparta's event sealed a tough Highwawwomen.

"It was exciting because this was

State Sectional Championship
@ Randolph

May 27th-28th

Friday:

400IH: I. Hwang 54.18 -1st Place S. Mattson 58.92, C. Martyn 60.99

1600m: L. Jennings 4:16.25 - 2nd Place, P. Rynkowski 4:18.60 -3rd Place,
A. Andrews 4:32.09

100m: M. Beausoleil 11.24/11.11 - 2nd Place, K. Chung 11.82, J. Sabatini 11.95

400m: J. Llinas 49.97 - 2nd Place, N. Schoff 51.27

Discus: J. Barnett 99'1", M. Henni 113'1", S. Etna 102'3"

Javelin: M. Beausoleil 159'8" - 5th Place, Y. Koo 128'3", J. Barnett 152'0"

Pole Vault: J. Knight 12'0" - 6th Place

Triple Jump: E. Bartlik 45'3" - 1st Place

Saturday:

110HH: I. Hwang 14.85 / 14.64 - 2nd Place, M. Beausoleil 15.26 / 14.83 - 3rd Place,
K. Chung 15.98

800m: L. Jennings 1:54.99 - 2nd Place, J. Llinas 1:56.01 - 3rd Place,
W. Ades 1:58.38

3200m: P. Rynkowski 9:35.11 -2nd Place, L. Jennings 9:52.40 - 6th Place,
A. Andrews 10:01.06

200m: M. Beausoleil 23.10, K. Chung 23.55

4x400m: N. Schoff 50.7; W. Ades 53.3; P. Rynkowski 52.6; J. Llinas 50.7 - 3:27.81

Shot Put: A. Balboa 46'5 ¼" - 5th Place, S. Etna 38'1 ½", J. Barnett 38'

High Jump: E. Bartlik NH, J. Knight 5'6", Y. Koo 5'4"

Long Jump: E. Bartlik 20'9 ½" - 5th Place, Y. Koo 18'3", J. Knight 18'1"

Teams Score:

Ridgewood 94
Montclair 71
West Orange 65
Livingston 42
Hackensack 42

Comments:

Back-to-Back Sectional Champs!!! Congratulations. There were plenty of outstanding performances from this meet. We scored in all areas: sprints, distance, hurdles, jumps, throws!!! A total team effort!!!

TRACK & FIELD: BERGEN MEET OF CHAMPIONS

Paternostro, Rono to race

By PAUL SCHWARTZ
STAFF WRITER

Despite the fact that Brad Paternostro of Ramapo and Patrick Rono of Lyndhurst went 1-2 in the State Meet of Champions 800 meters, the duo never have met in an 800 race until tonight's Lou Lanzalotto Bergen Meet of Champions at Hackensack.

That's because Rono took second from the unseeded heat last year after earlier placing in the 1,600. The two are among the top four performers so far this season, and the Bergen County record of 1 minute, 50.19 seconds could be in jeopardy.

There are several outstanding races scheduled with finals to begin at 6:35 p.m. The field events begin at 3:30 p.m. and admission is free.

Boys

100 and 200: Tarique Gray of Bergen Catholic faces good fields in both events, with Devon Fuller of Old Tappan (100), and John Sanford of St. Joseph and freshman Jabrill Peppers of Don Bosco (200) the top contenders.

400: Sanford tries to dethrone Kevin Condal of Hasbrouck Heights in this event, which features five sub-50 sprinters. But Brian Murphy of Teaneck also might win.

Six other sub-1:58 runners also are in this amazing field.

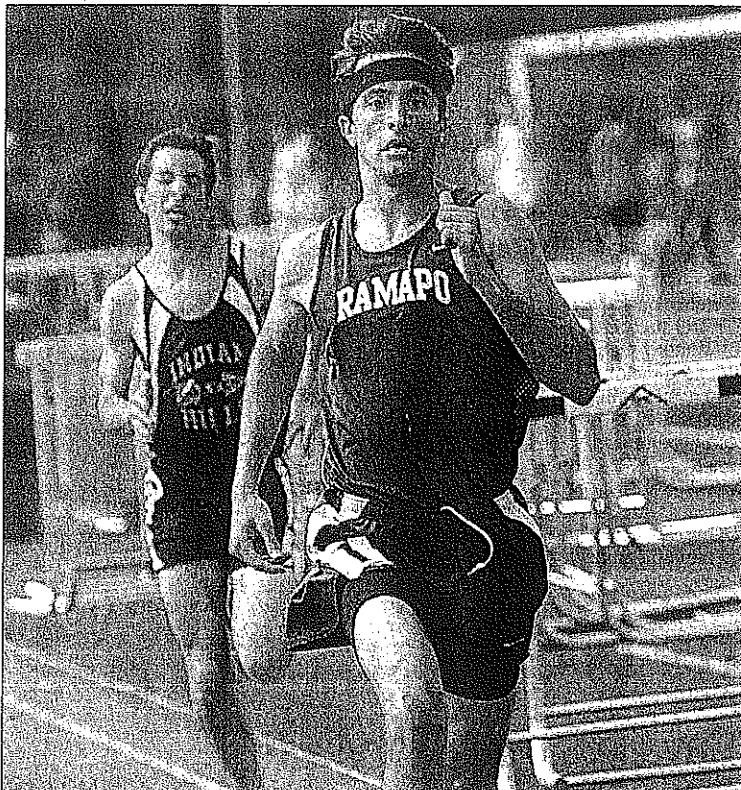
1,600: John Prizzi of Indian Hills and John Pujols of Hackensack are the favorites in a good field.

3,200: Adam Bernstein of Demarest and Sheriff Ali of Cliffside Park have had great seasons and their showdown could produce the fastest North Jersey time of the year.

110 HH: Defending champ Selwyn Maxwell of Don Bosco is the favorite, but John Porteous of Wood-Ridge, Matt Beausoleil of Ridgewood and Mark Jones of Hackensack all are solid performers.

400 IH: A terrific field with six sub-56 hurdlers, led by Brandon Gregory of Old Tappan, the newest member of the sub-54 club. He'll be pressed by Erik Moutenot of Mahwah, Jones, Porteous, Nick Picache of Northern Highlands and Anthony Tripodi of Cliffside Park.

Shot put: It's crowded at the top with defender Patrick Cole of Hasbrouck Heights facing 61-footer Stephen Mozia of Hackensack and Rutgers football recruit Mar-



DON SMITH/STAFF PHOTOGRAPHER

Brad Paternostro of Ramapo will compete against Patrick Rono of Lyndhurst.

quise Wright of Paramus Catholic.

Discus: The same trio dominates here with Mozia in search of the County record of 189 feet, 2 inches.

Javelin: State record holder and national champ Kaleb Zuidema of Midland Park completes his Bergen career and hopes to extend his record of 224-1.

High jump: It's an open field with Evan Bartlik of Ridgewood the slight favorite.

Long jump: Jamal Williams of Teaneck and Porteous are the only 22-footers, but look for Angel Lora of Garfield, and the Dwight Morrow duo of Kevon Lumsden and Phil Dowell to put up a fight.

Triple jump: Greg Hazell of Don Bosco is jumping well, but Sean Wimbush of Teaneck grabbed the state lead with a 48-footer last weekend. Three other jumpers have surpassed 46 feet this year.

Ramapo will battle Sutter and Michelle Okereke of Bergen Tech.

800: Sub-2:20 runners Nancie Sophias of Fort Lee, Janay Ferrel of Teaneck and Meghan Kocher of Westwood are the favorites.

1,600: Eight sub-5:20 runners are led by Caroline Davidson of Ridgewood, Maureen Crimmins of Holy Angels, defending champ Erin Thompson of IHA and Josette Norris of Tenafly.

3,200: Jen Molke of Holy Angels, Brittany Day of Demarest and Claire Zilenziger of Northern Highlands are the leaders.

100 HH: Look for Alex Cimino of Westwood and defender Sarah DeVita of Ridgewood to break the sub-15 barrier.

400 IH: The best hurdles field in county history is led by defending Group 1 champ Mel Lewis of Midland Park, 2009 champ Katelyn Ary of Demarest, Tyra Jamison of Garfield and Kelsey Burnett of Holy Angels.

Shot put and Discus: Bergen co-shot put record holders Theresa Picciallo of IHA and state runner-up Apressha Hampton of Teaneck continue their tremendous rivalry in both events.

Javelin: Two of the state's best clash as Shaunteriah Douglas of Garfield battles Jamie Klein of Paramus Catholic, and both have tosses well past 140 feet this spring. But don't forget Park Ridge junior Rebecca Skovira.

High jump: Steph Encarnacion of Ridgewood Park dominated this season, but Meghan Dolan of Demarest cleared 5-4 this weekend at sectionals and could be a factor.

Long jump: Six 17-footers are in this event, but the lone 18-footer, Taylor Clarkson of Indian Hills, is favored.

Triple jump: Sophomores Amanda Fields of Holy Angels and Gena Pickett of Mahwah are the favorites, but don't forget about Marissa Romano of Hasbrouck Heights and Melissa Esposito of Saddle Brook.

Pole vault: County record holder Kayla Polcari of Ridgewood should complete her Bergen career as a champion.

Relay: Westwood, Tenafly and River Dell have been knocking on the door of four minutes, and Teaneck and Ridgewood also could be in the mix.

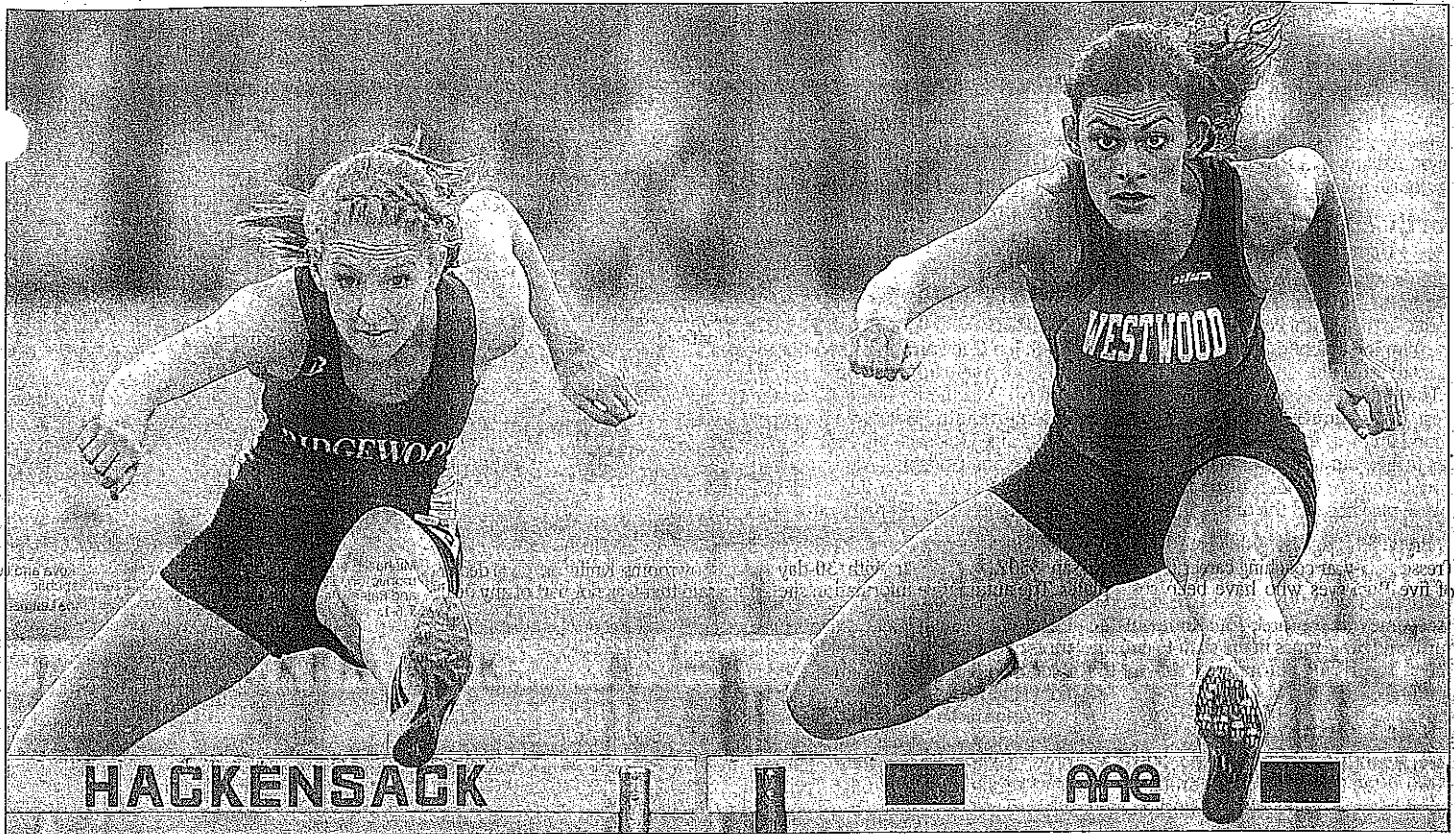
Pole vault: Brad Hoey of River Dell is the seasonal leader but he's got to hold off 14-footers Steve Felice of Midland Park, Eric Geider of Demarest and Mike Basellce of Don Bosco.

Relay: Defending state champ Teaneck will have a challenge with Don Bosco, Bergen Catholic and Hackensack in what always is a great end to the night.

Girls

100 and 200: The absence of two-time, double state champion Myasia Jacobs of Paramus Catholic opens the door to Kahila Taylor of Teaneck and Angela Harrison of Paramus Catholic (100), and Kim Nagotko of Mahwah, Jen Pash of Immaculate Heart and Brielle Sutter of Saddle Brook (200).

400: Super freshman Deanna DiLandro of



MICHAEL KARAS/STAFF PHOTOGRAPHER

Westwood's Alexandra Cimino, right, races Ridgewood's Sara DeVita en route to winning the 100-meter hurdles at the Bergen Meet of Champions.

Wimbush leaves mark

Teaneck senior wins triple jump; PC's Klein takes javelin

By RONALD P. CLARK
STAFF WRITER

HACKENSACK – It took Teaneck's Sean Wimbush until his senior year to finally let everyone know exactly who he was.

After popping his second jump of 48-foot-plus this season in the triple jump to win the Lou Lanzalotto Bergen Meet of Champions at Hackensack on Tuesday, everyone now knows.

"It was kind of like I came out of nowhere," said Wimbush, who jumped 48 feet, 1½ inches. "It feels good when you're the underdog."

Wimbush split time on the basketball court prior to this season before focusing on track full-time. Who knows what he would have been if he had focused on track from the beginning, but he's happy where he is now after jumping in the 35-foot range as a sophomore.

At 6 feet 4, Wimbush just now is growing into his body. His form has improved and his results are showing. Now, even of

this season was finally paying off."

Klein's throw moved her to second all-time in Bergen history, only eight inches behind the Bergen record set by Daina Pucurs of Demarest in 2004, and earned her the Paul Schwartz Award for Outstanding Girls Field Athlete.

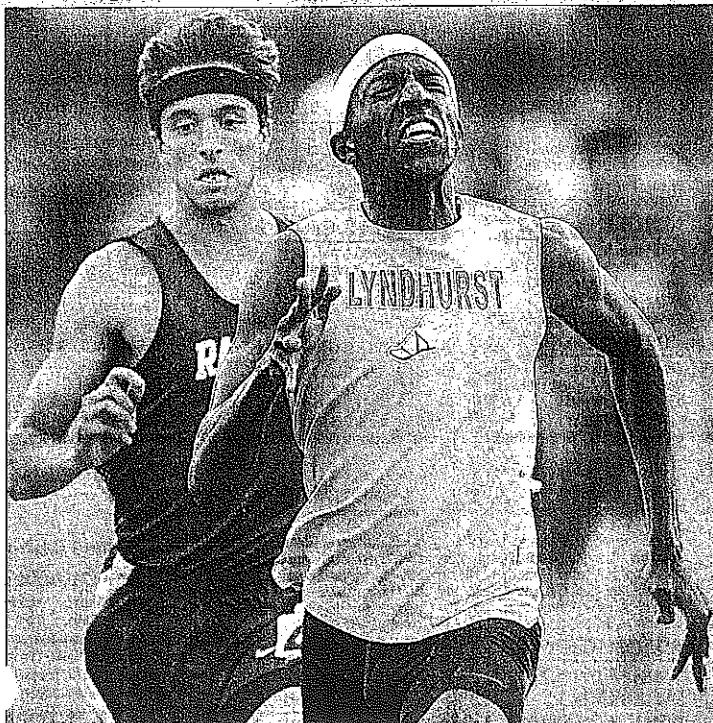
"I love throwing in this weather," Klein said, "and I feel that these next two meets [Non-Public A and State Meet of Champions] I can throw even farther."

Wimbush and Klein were only examples of several noteworthy performances.

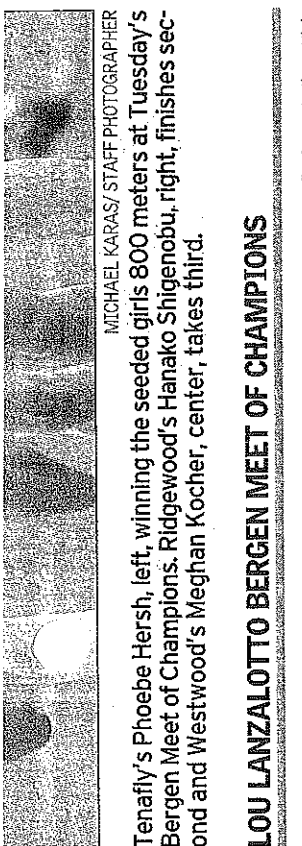
Bergen Catholic senior Tarique Gray (100 meters and 200) and Hackensack senior Stephen Mozia (discus and shot put) were the only athletes to pull off a double. Mozia's discus throw of 180-11 was 10 inches off of the meet record.

Ridgewood senior Kayla Polcari, who already holds the Bergen record in the pole vault, set a meet record with a height of 11-8 in her win.

Teaneck senior Bryan Murphy earned the Miles Clean Award for Outstanding



g
up
vin
e run-
atrick
ad Pa-
in the
Tues-
It was
ad the
n.
Lynd-
ne. "I
o the
g time
v - for
meet
good
me of
New
hang
re g
bods,
se to
icious
e. We
ave a
id Pa-
in the
ferent
track.
peted
high
ut all
, who
pping
Pater-
ly be-
'arren
ed in,"
00 we
lowed
when
some
ermos-
e [the
I saw
ich is
re last
eed."
no
hear-



MICHAEL KARAS/STAFF PHOTOGRAPHER

Tenafly's Phoebe Hersh, left, winning the seeded girls 800 meters at Tuesday's Bergen Meet of Champions. Ridgewood's Hanako Shigenobu, right, finishes second and Westwood's Meghan Kocher, center, takes third.

CEGAR GROVE 1, MIDLAND PARK 0 (at Midland Park): Gabrielle Castelli pitched a four-hit shutout and drove in the game's only run in the second inning as No. 4 Cedar Grove knocked out the No. 1 Panthers. Midland Park starter Emily Kline allowed three hits.

North 2, Group 1
WHIPPANY PARK 9, SECAUCUS 4 (at Whippany Park): Courtney Simon drove in three runs as No. 1 Whippany Park downed No. 5 Secaucus. Kelsey Snedeker had a double and two RBI for Secaucus. Andrea Innis and Shannon Waters each went 2-for-4 with an RBI for the Patriots.

North 1, Group 2
PEQUANNOCK 3, GLEN ROCK 0 (at Pequannock): Right-hander Dana Nielsen pitched a three-hit shutout with 10 strikeouts as No. 1 Pequannock advanced to the finals for the third straight season. Becky Myron and Jamie O'Rourke each had an RBI for the Golden Panthers.

North 2, Group 2
RUTHERFORD 3, BERNARDS 2 (at Rutherford): Jen Chewning delivered the go-ahead run with a solo home run in the sixth inning and No. 3 Rutherford hung on for the victory to move into Friday's final against Caldwell. Paige Goldsack hit a solo home run in the first and Christine Von Cappeln tied the score at 2 with a sacrifice fly in the third. Right-hander Julie Sosnicki had seven strikeouts.

North 1, Group 3
No. 1 MONTVILLE 1, No. 12-TENAFLY 1 (at Montville): The top-seeded Mustangs scored three times in the first, four times in the fourth and three times in the sixth to end the Tigers' surprising tournament run in the semifinals.

North 1, Group 4
No. 2 MORRIS KNOLLS 1, No. 3 RIDGEWOOD 4 (at Denville): The Maroons were ousted in the semifinals by the host Golden Eagles.

North Non-Public A
No. 6 DELBARTON 7, No. 3 ST. JOSEPH 2 (at Montvale): The Green Wave (18-8) took a 5-1 lead after four innings against the Green Knights (20-6-1).

No. 4 SETON HALL PREP 7, No. 12 DEPAUL 3 (at West Orange): Sean Jones had a double and two RBI for the Spartans (14-11), but they fell to the Pirates (21-5). Nick Fondacaro took the loss for DePaul, which had beaten Wayne Valley, 8-4, for the Passaic County title.

AT HACKENSACK

BOYS

- 100: 1. Tarique Gray, Bergen Catholic, 11.13; 2. Angel Lora, Garfield, 11.31; 3. Benjamin Davis, Don Bosco, 11.32; 4. Josh Enriquez, Paramus, 11.34; 5. Luke Williams, Westwood, 11.39; 6. Devon Fuller, Old Tappan, 11.48
- 200: 1. Tarique Gray, Bergen Catholic, 22.37; 2. Darylan Miles, Teaneck, 22.59; 3. Jalor Peppers, Don Bosco, 22.74; 4. Malcolm McKinstry, Teaneck, 22.80; 5. Benjamin Davis, Don Bosco, 22.86; 6. Luke Lyons, Westwood, 23.10
- 400: 1. Bryan Murphy, Teaneck, 48.44; 2. Kevin Conciali, Hasbrouck Heights, 48.62; 3. John Santoro, St. Joseph's, 48.69; 4. Damien Elliot, Teaneck, 50.10; 5. Max Linden, Passaic Valley, 50.13; 6. Jordan Jones, Teaneck, 50.50
- 800: 1. Patrick Kono, Lynchhurst, 1:52.68; 2. Bradley Paternostro, Ramapo, 1:53.03; 3. Sean Degnon, Demarest, 1:56.97; 4. Mike Calero, Lodi, 1:57.35; 5. Phelan McCormack, Don Bosco, 1:58.01; 6. Peter Tuohy, Indian Hills, 1:58.06
- 1,600: 1. John Prizzi, Indian Hills, 4:21.43; 2. Nick Ward, Indian Hills, 4:23.19; 3. Domenick D'Agostino, Wallington, 4:24.64; 4. Alex Weiner, Old Tappan, 4:26.43; 5. Anthony Andrews, Ridgewood, 4:26.94; 6. Ryan Tucker, Don Bosco, 4:28.22
- 3,200: 1. Sherif Ali, Cliffside Park, 9:33.05; 2. Mohamed Eid, Ridgewood, 9:39.91; 3. Kyle Levermore, Don Bosco, 9:42.11; 4. Adam Bernstein, Demarest, 9:45.69; 5. James Bryon, Northern Highlands, 9:48.58; 6. William Malin, Old Tappan, 9:48.58
- 4,000: 1. Seivyn Maxwell, Don Bosco, 14.36; 2. Mark Jones, Hackensack, 14.36; 3. Nick Piacche, Northern Highlands, 14.84; 4. Matt Beauvoile, Ridgewood, 14.92; 5. John Porteous, Wood-Ridge, 15.13; 6. Tyler Dilworth, Bergen Catholic, 15.27
- 8,000: 1. Brandon Jones, Old Tappan, 35:71.2; 2. Erik Montanot, Mahwah, 35:58; 3. Mark Jones, Hackensack, 35:59; 4. Anthony Porteous, Wood-Ridge, 36:37; 5. John Porteous, Wood-Ridge, 36:37; 6. Moezzy Headley, Hackensack, 36:36; 7. John Porteous, Wood-Ridge, 36:37; 8. Anthony Tripodi, Cliffside Park, 36:37
- 4x-400: 1. Teaneck (Darylan Miles, Damien Elliot, Jordan Jones, Bryan Murphy), 3:19.54; 2. Old Tappan, 3:20.0; 3. Bergen Catholic, 3:21.25; 4. Don Bosco, 3:21.85; 5. Passaic Valley, 3:22.18; 6. Hackensack, 3:22.59
- 800m: 1. Sean Wimbush (Teaneck) 46:15; 2. Gregory Hazell (Don Bosco) 46:09.29; 3. Phillip Powell (Garfield) 44:25; 4. Angel Lora (Teaneck) 42:11.5; 5. Jamal Williams (Hackensack Heights) 42:45
- 1,600m: 1. Caleb Zuidema (Midland Park) 21:40-01; 2. Tyler Yee (Don Bosco) 18:7-3; 3. Harry Sullivan (Ramapo) 18:0-4; 4. Nick Connors (Hasbrouck Heights) 17:3-6; 5. Jen Molke, Holy Angels, 3:20-1

AT HACKENSACK

100: 1. Tarique Gray, Bergen Catholic, 11.13; 2. Angel Lora, Garfield, 11.31; 3. Benjamin Davis, Don Bosco, 11.32; 4. Josh Enriquez, Paramus, 11.34; 5. Luke Williams, Westwood, 11.39; 6. Devon Fuller, Old Tappan, 11.48

200: 1. Tarique Gray, Bergen Catholic, 22.37; 2. Darylan Miles, Teaneck, 22.59; 3. Jalor Peppers, Don Bosco, 22.74; 4. Malcolm McKinstry, Teaneck, 22.80; 5. Benjamin Davis, Don Bosco, 22.86; 6. Luke Lyons, Westwood, 23.10

400: 1. Bryan Murphy, Teaneck, 48.44; 2. Kevin Conciali, Hasbrouck Heights, 48.62; 3. John Santoro, St. Joseph's, 48.69; 4. Damien Elliot, Teaneck, 50.10; 5. Max Linden, Passaic Valley, 50.13; 6. Jordan Jones, Teaneck, 50.50

800: 1. Patrick Kono, Lynchhurst, 1:52.68; 2. Bradley Paternostro, Ramapo, 1:53.03; 3. Sean Degnon, Demarest, 1:56.97; 4. Mike Calero, Lodi, 1:57.35; 5. Phelan McCormack, Don Bosco, 1:58.01; 6. Peter Tuohy, Indian Hills, 1:58.06

1,600: 1. John Prizzi, Indian Hills, 4:21.43; 2. Nick Ward, Indian Hills, 4:23.19; 3. Domenick D'Agostino, Wallington, 4:24.64; 4. Alex Weiner, Old Tappan, 4:26.43; 5. Anthony Andrews, Ridgewood, 4:26.94; 6. Ryan Tucker, Don Bosco, 4:28.22

3,200: 1. Sherif Ali, Cliffside Park, 9:33.05; 2. Mohamed Eid, Ridgewood, 9:39.91; 3. Kyle Levermore, Don Bosco, 9:42.11; 4. Adam Bernstein, Demarest, 9:45.69; 5. James Bryon, Northern Highlands, 9:48.58; 6. William Malin, Old Tappan, 9:48.58

4,000: 1. Seivyn Maxwell, Don Bosco, 14.36; 2. Mark Jones, Hackensack, 14.36; 3. Nick Piacche, Northern Highlands, 14.84; 4. Matt Beauvoile, Ridgewood, 14.92; 5. John Porteous, Wood-Ridge, 15.13; 6. Tyler Dilworth, Bergen Catholic, 15.27

8,000: 1. Brandon Jones, Old Tappan, 35:71.2; 2. Erik Montanot, Mahwah, 35:58; 3. Mark Jones, Hackensack, 35:59; 4. Anthony Porteous, Wood-Ridge, 36:37; 5. John Porteous, Wood-Ridge, 36:37; 6. Moezzy Headley, Hackensack, 36:36; 7. John Porteous, Wood-Ridge, 36:37; 8. Anthony Tripodi, Cliffside Park, 36:37

4x-400: 1. Teaneck (Darylan Miles, Damien Elliot, Jordan Jones, Bryan Murphy), 3:19.54; 2. Old Tappan, 3:20.0; 3. Bergen Catholic, 3:21.25; 4. Don Bosco, 3:21.85; 5. Passaic Valley, 3:22.18; 6. Hackensack, 3:22.59

800m: 1. Sean Wimbush (Teaneck) 46:15; 2. Gregory Hazell (Don Bosco) 46:09.29; 3. Phillip Powell (Garfield) 44:25; 4. Angel Lora (Teaneck) 42:11.5; 5. Jamal Williams (Hackensack Heights) 42:45

1,600m: 1. Caleb Zuidema (Midland Park) 21:40-01; 2. Tyler Yee (Don Bosco) 18:7-3; 3. Harry Sullivan (Ramapo) 18:0-4; 4. Nick Connors (Hasbrouck Heights) 17:3-6; 5. Jen Molke, Holy Angels, 3:20-1

AT HACKENSACK

100: 1. Tarique Gray, Bergen Catholic, 11.13; 2. Angel Lora, Garfield, 11.31; 3. Benjamin Davis, Don Bosco, 11.32; 4. Josh Enriquez, Paramus, 11.34; 5. Luke Williams, Westwood, 11.39; 6. Devon Fuller, Old Tappan, 11.48

200: 1. Tarique Gray, Bergen Catholic, 22.37; 2. Darylan Miles, Teaneck, 22.59; 3. Jalor Peppers, Don Bosco, 22.74; 4. Malcolm McKinstry, Teaneck, 22.80; 5. Benjamin Davis, Don Bosco, 22.86; 6. Luke Lyons, Westwood, 23.10

400: 1. Bryan Murphy, Teaneck, 48.44; 2. Kevin Conciali, Hasbrouck Heights, 48.62; 3. John Santoro, St. Joseph's, 48.69; 4. Damien Elliot, Teaneck, 50.10; 5. Max Linden, Passaic Valley, 50.13; 6. Jordan Jones, Teaneck, 50.50

800: 1. Patrick Kono, Lynchhurst, 1:52.68; 2. Bradley Paternostro, Ramapo, 1:53.03; 3. Sean Degnon, Demarest, 1:56.97; 4. Mike Calero, Lodi, 1:57.35; 5. Phelan McCormack, Don Bosco, 1:58.01; 6. Peter Tuohy, Indian Hills, 1:58.06

1,600: 1. John Prizzi, Indian Hills, 4:21.43; 2. Nick Ward, Indian Hills, 4:23.19; 3. Domenick D'Agostino, Wallington, 4:24.64; 4. Alex Weiner, Old Tappan, 4:26.43; 5. Anthony Andrews, Ridgewood, 4:26.94; 6. Ryan Tucker, Don Bosco, 4:28.22

3,200: 1. Sherif Ali, Cliffside Park, 9:33.05; 2. Mohamed Eid, Ridgewood, 9:39.91; 3. Kyle Levermore, Don Bosco, 9:42.11; 4. Adam Bernstein, Demarest, 9:45.69; 5. James Bryon, Northern Highlands, 9:48.58; 6. William Malin, Old Tappan, 9:48.58

4,000: 1. Seivyn Maxwell, Don Bosco, 14.36; 2. Mark Jones, Hackensack, 14.36; 3. Nick Piacche, Northern Highlands, 14.84; 4. Matt Beauvoile, Ridgewood, 14.92; 5. John Porteous, Wood-Ridge, 15.13; 6. Tyler Dilworth, Bergen Catholic, 15.27

8,000: 1. Brandon Jones, Old Tappan, 35:71.2; 2. Erik Montanot, Mahwah, 35:58; 3. Mark Jones, Hackensack, 35:59; 4. Anthony Porteous, Wood-Ridge, 36:37; 5. John Porteous, Wood-Ridge, 36:37; 6. Moezzy Headley, Hackensack, 36:36; 7. John Porteous, Wood-Ridge, 36:37; 8. Anthony Tripodi, Cliffside Park, 36:37

4x-400: 1. Teaneck (Darylan Miles, Damien Elliot, Jordan Jones, Bryan Murphy), 3:19.54; 2. Old Tappan, 3:20.0; 3. Bergen Catholic, 3:21.25; 4. Don Bosco, 3:21.85; 5. Passaic Valley, 3:22.18; 6. Hackensack, 3:22.59

800m: 1. Sean Wimbush (Teaneck) 46:15; 2. Gregory Hazell (Don Bosco) 46:09.29; 3. Phillip Powell (Garfield) 44:25; 4. Angel Lora (Teaneck) 42:11.5; 5. Jamal Williams (Hackensack Heights) 42:45

1,600m: 1. Caleb Zuidema (Midland Park) 21:40-01; 2. Tyler Yee (Don Bosco) 18:7-3; 3. Harry Sullivan (Ramapo) 18:0-4; 4. Nick Connors (Hasbrouck Heights) 17:3-6; 5. Jen Molke, Holy Angels, 3:20-1

AT HACKENSACK

100: 1. Tarique Gray, Bergen Catholic, 11.13; 2. Angel Lora, Garfield, 11.31; 3. Benjamin Davis, Don Bosco, 11.32; 4. Josh Enriquez, Paramus, 11.34; 5. Luke Williams, Westwood, 11.39; 6. Devon Fuller, Old Tappan, 11.48

200: 1. Tarique Gray, Bergen Catholic, 22.37; 2. Darylan Miles, Teaneck, 22.59; 3. Jalor Peppers, Don Bosco, 22.74; 4. Malcolm McKinstry, Teaneck, 22.80; 5. Benjamin Davis, Don Bosco, 22.86; 6. Luke Lyons, Westwood, 23.10

400: 1. Bryan Murphy, Teaneck, 48.44; 2. Kevin Conciali, Hasbrouck Heights, 48.62; 3. John Santoro, St. Joseph's, 48.69; 4. Damien Elliot, Teaneck, 50.10; 5. Max Linden, Passaic Valley, 50.13; 6. Jordan Jones, Teaneck, 50.50

800: 1. Patrick Kono, Lynchhurst, 1:52.68; 2. Bradley Paternostro, Ramapo, 1:53.03; 3. Sean Degnon, Demarest, 1:56.97; 4. Mike Calero, Lodi, 1:57.35; 5. Phelan McCormack, Don Bosco, 1:58.01; 6. Peter Tuohy, Indian Hills, 1:58.06

1,600: 1. John Prizzi, Indian Hills, 4:21.43; 2. Nick Ward, Indian Hills, 4:23.19; 3. Domenick D'Agostino, Wallington, 4:24.64; 4. Alex Weiner, Old Tappan, 4:26.43; 5. Anthony Andrews, Ridgewood, 4:26.94; 6. Ryan Tucker, Don Bosco, 4:28.22

3,200: 1. Sherif Ali, Cliffside Park, 9:33.05; 2. Mohamed Eid, Ridgewood, 9:39.91; 3. Kyle Levermore, Don Bosco, 9:42.11; 4. Adam Bernstein, Demarest, 9:45.69; 5. James Bryon, Northern Highlands, 9:48.58; 6. William Malin, Old Tappan, 9:48.58

4,000: 1. Seivyn Maxwell, Don Bosco, 14.36; 2. Mark Jones, Hackensack, 14.36; 3. Nick Piacche, Northern Highlands, 14.84; 4. Matt Beauvoile, Ridgewood, 14.92; 5. John Porteous, Wood-Ridge, 15.13; 6. Tyler Dilworth, Bergen Catholic, 15.27

8,000: 1. Brandon Jones, Old Tappan, 35:71.2; 2. Erik Montanot, Mahwah, 35:58; 3. Mark Jones, Hackensack, 35:59; 4. Anthony Porteous, Wood-Ridge, 36:37; 5. John Porteous, Wood-Ridge, 36:37; 6. Moezzy Headley, Hackensack, 36:36; 7. John Porteous, Wood-Ridge, 36:37; 8. Anthony Tripodi, Cliffside Park, 36:37

4x-400: 1. Teaneck (Darylan Miles, Damien Elliot, Jordan Jones, Bryan Murphy), 3:19.54; 2. Old Tappan, 3:20.0; 3. Bergen Catholic, 3:21.25; 4. Don Bosco, 3:21.85; 5. Passaic Valley, 3:22.18; 6. Hackensack, 3:22.59

800m: 1. Sean Wimbush (Teaneck) 46:15; 2. Gregory Hazell (Don Bosco) 46:09.29; 3. Phillip Powell (Garfield) 44:25; 4. Angel Lora (Teaneck) 42:11.5; 5. Jamal Williams (Hackensack Heights) 42:45

1,600m: 1. Caleb Zuidema (Midland Park) 21:40-01; 2. Tyler Yee (Don Bosco) 18:7-3; 3. Harry Sullivan (Ramapo) 18:0-4; 4. Nick Connors (Hasbrouck Heights) 17:3-6; 5. Jen Molke, Holy Angels, 3:20-1

AT HACKENSACK

100: 1. Tarique Gray, Bergen Catholic, 11.13; 2. Angel Lora, Garfield, 11.31; 3. Benjamin Davis, Don Bosco, 11.32; 4. Josh Enriquez, Paramus, 11.34; 5. Luke Williams, Westwood, 11.39; 6. Devon Fuller, Old Tappan, 11.48

200: 1. Tarique Gray, Bergen Catholic, 22.37; 2. Darylan Miles, Teaneck, 22.59; 3. Jalor Peppers, Don Bosco, 22.74; 4. Malcolm McKinstry, Teaneck, 22.80; 5. Benjamin Davis, Don Bosco, 22.86; 6. Luke Lyons, Westwood, 23.10

400: 1. Bryan Murphy, Teaneck, 48.44; 2. Kevin Conciali, Hasbrouck Heights, 48.62; 3. John Santoro, St. Joseph's, 48.69; 4. Damien Elliot, Teaneck, 50.10; 5. Max Linden, Passaic Valley, 50.13; 6. Jordan Jones, Teaneck, 50.50

800: 1. Patrick Kono, Lynchhurst, 1:52.68; 2. Bradley Paternostro, Ramapo, 1:53.03; 3. Sean Degnon, Demarest, 1:56.97; 4. Mike Calero, Lodi, 1:57.35; 5. Phelan McCormack, Don Bosco, 1:58.01; 6. Peter Tuohy, Indian Hills, 1:58.06

1,600: 1. John Prizzi, Indian Hills, 4:21.43; 2. Nick Ward, Indian Hills, 4:23.19; 3. Domenick D'Agostino, Wallington, 4:24.64; 4. Alex Weiner, Old Tappan, 4:26.43; 5. Anthony Andrews, Ridgewood, 4:26.94; 6. Ryan Tucker, Don Bosco, 4:28.22

3,200: 1. Sherif Ali, Cliffside Park, 9:33.05; 2. Mohamed Eid, Ridgewood, 9:39.91; 3. Kyle Levermore, Don Bosco, 9:42.11; 4. Adam Bernstein, Demarest, 9:45.69; 5. James Bryon, Northern Highlands, 9:48.58; 6. William Malin, Old Tappan, 9:48.58

4,000: 1. Seivyn Maxwell, Don Bosco, 14.36; 2. Mark Jones, Hackensack, 14.36; 3. Nick Piacche, Northern Highlands, 14.84; 4. Matt Beauvoile, Ridgewood, 14.92; 5. John Porteous, Wood-Ridge, 15.13; 6. Tyler Dilworth, Bergen Catholic, 15.27

8,000: 1. Brandon Jones, Old Tappan, 35:71.2; 2. Erik Montanot, Mahwah, 35:58; 3. Mark Jones, Hackensack, 35:59; 4. Anthony Porteous, Wood-Ridge, 36:37; 5. John Porteous, Wood-Ridge, 36:37; 6. Moezzy Headley, Hackensack, 36:36; 7. John Porteous, Wood-Ridge, 36:37; 8. Anthony Tripodi, Cliffside Park, 36:37

4x-400: 1. Teaneck (Darylan Miles, Damien Elliot, Jordan Jones, Bryan Murphy), 3:19.54; 2. Old Tappan, 3:20.0; 3. Bergen Catholic, 3:21.25; 4. Don Bosco, 3:21.85; 5. Passaic Valley, 3:22.18; 6. Hackensack, 3:22.59

800m: 1. Sean Wimbush (Teaneck) 46:15; 2. Gregory Hazell (Don Bosco) 46:09.29; 3. Phillip Powell (Garfield) 44:25; 4. Angel Lora (Teaneck) 42:11.5; 5. Jamal Williams (Hackensack Heights) 42:45

1,600m: 1. Caleb Zuidema (Midland Park) 21:40-01; 2. Tyler Yee (Don Bosco) 18:7-3; 3. Harry Sullivan (Ramapo) 18:0-4; 4. Nick Connors (Hasbrouck Heights) 17:3-6; 5. Jen Molke, Holy Angels, 3:20-1

AT HACKENSACK

100: 1. Tarique Gray, Bergen Catholic, 11.13; 2. Angel Lora, Garfield, 11.31; 3. Benjamin Davis, Don Bosco, 11.32; 4. Josh Enriquez, Paramus, 11.34; 5. Luke Williams, Westwood, 11.39; 6. Devon Fuller, Old Tappan, 11.48

200: 1. Tarique Gray, Bergen Catholic, 22.37; 2. Darylan Miles, Teaneck, 22.59; 3. Jalor Peppers, Don Bosco, 22.74; 4. Malcolm McKinstry, Teaneck, 22.80; 5. Benjamin Davis, Don Bosco, 22.86; 6. Luke Lyons, Westwood, 23.10

400: 1. Bryan Murphy, Teaneck, 48.44; 2. Kevin Conciali, Hasbrouck Heights, 48.62; 3. John Santoro, St. Joseph's, 48.69; 4. Damien Elliot, Teaneck, 50.10; 5. Max Linden, Passaic Valley, 50.13; 6. Jordan Jones, Teaneck, 50.50

800: 1. Patrick Kono, Lynchhurst, 1:52.68; 2. Bradley Paternostro, Ramapo, 1:53.03; 3. Sean Degnon, Demarest, 1:56.97; 4. Mike Calero, Lodi, 1:57.35; 5. Phelan McCormack, Don Bosco, 1:58.01; 6. Peter Tuohy, Indian Hills, 1:58.06

1,600: 1. John Prizzi, Indian Hills, 4:21.43; 2. Nick Ward, Indian Hills, 4:23.19; 3. Domenick D'Agostino, Wallington, 4:24.64; 4. Alex Weiner, Old Tappan, 4:26.43; 5. Anthony Andrews, Ridgewood, 4:26.94; 6. Ryan Tucker, Don Bosco, 4:28.22

3,200: 1. Sherif Ali, Cliffside Park, 9:33.05; 2. Mohamed Eid, Ridgewood, 9:39.91; 3. Kyle Levermore, Don Bosco, 9:42.11; 4. Adam Bernstein, Demarest, 9:45.69; 5. James Bryon, Northern Highlands, 9:48.58; 6. William Malin, Old Tappan, 9:48.58

4,000: 1. Seivyn Maxwell, Don Bosco, 14.36; 2. Mark Jones, Hackensack, 14.36; 3. Nick Piacche, Northern Highlands, 14.84; 4. Matt Beauvoile, Ridgewood, 14.92; 5. John Porteous, Wood-Ridge, 15.13; 6. Tyler Dilworth, Bergen Catholic, 15.27

8,000: 1. Brandon Jones, Old Tappan, 35:71.2; 2. Erik Montanot, Mahwah, 35:58; 3. Mark Jones, Hackensack, 35:59; 4. Anthony Porteous, Wood-Ridge, 36:37; 5. John Porteous, Wood-Ridge, 36:37; 6. Moezzy Headley, Hackensack, 36:36; 7. John Porteous, Wood-Ridge, 36:37; 8. Anthony Tripodi, Cliffside Park, 36:37

4x-400: 1. Teaneck (Darylan Miles, Damien Elliot, Jordan Jones, Bryan Murphy), 3:19.54; 2. Old Tappan, 3:20.0; 3. Bergen Catholic, 3:21.25; 4. Don Bosco, 3:21.85; 5. Passaic Valley, 3:22.18; 6. Hackensack, 3:22.59

800m: 1. Sean Wimbush (Teaneck) 46:15; 2. Gregory Hazell (Don Bosco) 46:09.29; 3. Phillip Powell (Garfield) 44:25; 4. Angel Lora (Teaneck) 42:11.5; 5. Jamal Williams (Hackensack Heights) 42:45

1,600m: 1. Caleb Zuidema (Midland Park) 21:40-01; 2. Tyler Yee (Don Bosco) 18:7-3; 3. Harry Sullivan (Ramapo) 18:0-4; 4. Nick Connors (Hasbrouck Heights) 17:3-6; 5. Jen Molke, Holy Angels, 3:20-1

AT HACKENSACK

100: 1. Tarique Gray, Bergen Catholic, 11.13; 2. Angel Lora, Garfield, 11.31; 3. Benjamin Davis, Don Bosco, 11.32; 4. Josh Enriquez, Paramus, 11.34; 5. Luke Williams, Westwood, 11.39; 6. Devon Fuller, Old Tappan, 11.48

200: 1. Tarique Gray, Bergen Catholic, 22.37; 2. Darylan Miles, Teaneck, 22.59; 3. Jalor Peppers, Don Bosco, 22.74; 4. Malcolm McKinstry, Teaneck, 22.80; 5. Benjamin Davis, Don Bosco, 22.86; 6. Luke Lyons, Westwood, 23.10

400: 1. Bryan Murphy, Teaneck, 48.44; 2. Kevin Conciali, Hasbrouck Heights, 48.62; 3. John Santoro, St. Joseph's, 48.69; 4. Damien Elliot, Teaneck, 50.10; 5. Max Linden, Passaic Valley, 50.13; 6. Jordan Jones, Teaneck, 50.50

800: 1. Patrick Kono, Lynchhurst, 1:52.68; 2. Bradley Paternostro, Ramapo, 1:53.03; 3. Sean Degnon, Demarest, 1:56.97; 4. Mike Calero, Lodi, 1:57.35; 5. Phelan McCormack, Don Bosco, 1:58.01; 6. Peter Tuohy, Indian Hills, 1:58.06

1,600: 1. John Prizzi, Indian Hills, 4:21.43; 2. Nick Ward, Indian Hills, 4:23.19; 3. Domenick D'Agostino, Wallington, 4:24.64; 4. Alex Weiner, Old Tappan, 4:26.43; 5. Anthony Andrews, Ridgewood, 4:26.94; 6. Ryan Tucker, Don Bosco, 4:28.22

3,200: 1. Sherif Ali, Cliffside Park, 9:33.05; 2. Mohamed Eid, Ridgewood, 9:39.91; 3. Kyle Levermore, Don Bosco, 9:42.11; 4. Adam Bernstein, Demarest, 9:45.69; 5. James Bryon, Northern Highlands, 9:48.58; 6. William Malin, Old Tappan, 9:48.58

4,000: 1. Seivyn Maxwell, Don Bosco, 14.36; 2. Mark Jones, Hackensack, 14.36; 3. Nick Piacche, Northern Highlands, 14.84; 4. Matt Beauvoile, Ridgewood, 14.92; 5. John Porteous, Wood-Ridge, 15.13; 6. Tyler Dilworth, Bergen Catholic, 15.27

8,000: 1. Brandon Jones, Old Tappan, 35:71.2; 2. Erik Montanot, Mahwah, 35:58; 3. Mark Jones, Hackensack, 35:59; 4. Anthony Porteous, Wood-Ridge, 36:37; 5. John Porteous, Wood-Ridge, 36:37; 6. Moezzy Headley, Hackensack, 36:36; 7. John Porteous, Wood-Ridge, 36:37; 8. Anthony Tripodi, Cliffside Park, 36:37

4x-400: 1. Teaneck (Darylan Miles, Damien Elliot, Jordan Jones, Bryan Murphy), 3:19.54; 2. Old Tappan, 3:20.0; 3. Bergen Catholic, 3:21.25; 4. Don Bosco, 3:21.85; 5. Passaic Valley, 3:22.18; 6. Hackensack, 3:22.59

800m: 1. Sean Wimbush (Teaneck) 46:15; 2. Gregory Hazell (Don Bosco) 46:09.29; 3. Phillip Powell (Garfield) 44:25; 4. Angel Lora (Teaneck) 42:11.5; 5. Jamal Williams (Hackensack Heights) 42:45

1,600m: 1. Caleb Zuidema (Midland Park) 21:40-01; 2. Tyler Yee (Don Bosco) 18:7-3; 3. Harry Sullivan (Ramapo) 18:0-4; 4. Nick Connors (Hasbrouck Heights) 17:3-6; 5. Jen Molke, Holy Angels, 3:20-1

AT HACKENSACK

100: 1. Tarique Gray, Bergen Catholic, 11.13; 2. Angel Lora, Garfield, 11.31; 3. Benjamin Davis, Don Bosco, 11.32; 4. Josh Enriquez, Paramus, 11.34; 5. Luke Williams, Westwood, 11.39; 6. Devon Fuller, Old Tappan, 11.48

200: 1. Tarique Gray, Bergen Catholic, 22.37; 2. Darylan Miles, Teaneck, 22.59; 3. Jalor Peppers, Don Bosco, 22.74; 4. Malcolm McKinstry, Teaneck, 22.80; 5. Benjamin Davis, Don Bosco, 22.86; 6. Luke Lyons, Westwood, 23.10

400: 1. Bryan Murphy, Teaneck, 48.44; 2. Kevin Conciali, Hasbrouck Heights, 48.62; 3. John Santoro, St. Joseph's, 48.69; 4. Damien Elliot, Teaneck, 50.10; 5. Max Linden, Passaic Valley, 50.13; 6. Jordan Jones, Teaneck, 50.50

800: 1. Patrick Kono, Lynchhurst, 1:52.68; 2. Bradley Paternostro, Ramapo, 1:53.03; 3. Sean Degnon, Demarest, 1:56.97; 4. Mike Calero, Lodi, 1:57.35; 5. Phelan McCormack, Don Bosco, 1:58.01; 6. Peter Tuohy, Indian Hills, 1:58.06

1,600: 1. John Prizzi, Indian Hills, 4:21.43; 2. Nick Ward, Indian Hills, 4:23.19; 3. Domenick D'Agostino, Wallington, 4:24.64; 4. Alex Weiner, Old Tappan, 4:26.43; 5. Anthony Andrews, Ridgewood, 4:26.94; 6. Ryan Tucker, Don Bosco, 4:28.22

3,200: 1. Sherif Ali, Cliffside Park, 9:33.05; 2. Mohamed Eid, Ridgewood, 9:39.91; 3. Kyle Levermore, Don Bosco, 9:42.11; 4. Adam Bernstein, Demarest, 9:45.69; 5. James Bryon, Northern Highlands, 9:48.58; 6. William Malin, Old Tappan, 9:48.58

4,000: 1. Seivyn Maxwell, Don Bosco, 14.36; 2. Mark Jones, Hackensack, 14.36; 3. Nick Piacche, Northern Highlands, 14.84; 4. Matt Beauvoile, Ridgewood, 14.92; 5. John Porteous, Wood-Ridge, 15.13; 6. Tyler Dilworth, Bergen Catholic, 15.27

8,000: 1. Brandon Jones, Old Tappan, 35:71.2; 2. Erik Montanot, Mahwah, 35:58; 3. Mark Jones, Hackensack, 35:59; 4. Anthony Porteous, Wood-Ridge, 36:37; 5. John Porteous, Wood-Ridge, 36:37; 6. Moezzy Headley, Hackensack, 36:36; 7. John Porteous, Wood-Ridge, 36:37; 8. Anthony Tripodi, Cliffside Park, 36:37

4x-400: 1. Teaneck (Darylan Miles, Damien Elliot, Jordan Jones, Bryan Murphy), 3:19.54; 2. Old Tappan, 3:20.0; 3. Bergen Catholic, 3:21.25; 4. Don Bosco, 3:21.85; 5. Passaic Valley, 3:22.18; 6. Hackensack, 3:22.59

800m: 1. Sean Wimbush (Teaneck) 46:15; 2. Gregory Hazell (Don Bosco) 46:09.29; 3. Phillip Powell (Garfield) 44:25; 4. Angel L

Bergen County Meet of Champions
@ Hackensack

May 31st

100m: Jake Sabatini **11.77**

200m: Kevin Chung **23.63**

1600m: Anthony Andrews **4:26.94 – 5th Place**
Storm Dublier **4:37.82**; Will Ades **4:55.00**

3200m: Mohamed Eid **9:39.91 – 3rd Place** Tanner Garrity **10:38.98**

110HH: Matt Beausoleil **14.91 / 14.92 – 4th Place**

Triple Jump: Evan Bartlik **F**

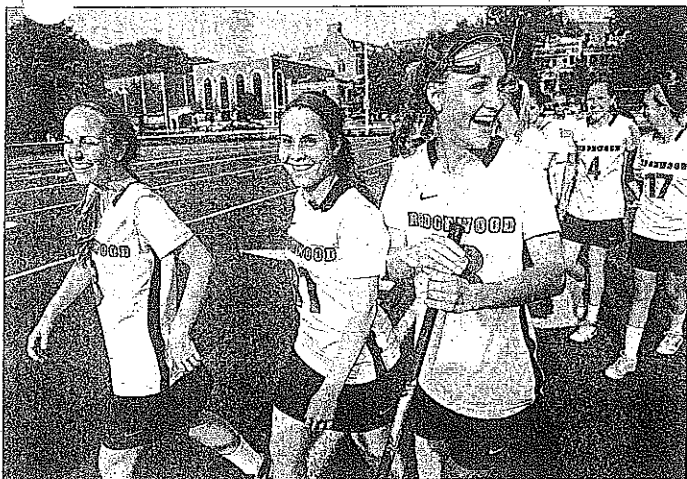
High Jump: Evan Bartlik **6'6" – 1st Place**

Shot Put: Anthony Balboa **46'6 ¼"**

Comments:

A very successful night for all who competed. Congrats to Evan on his win and to all others. Everyone competed hard!

Maroon teams repeat as sectional champs



PHOTO/CHRIS MONROE

From left, Ridgewood girls lacrosse players Liz DePlautt, Mikaela Bradley and Lauren Beausoleil revel in their team's rousing, 15-14 comeback win over Hillsborough in the North Group 4 finals on May 26.



PHOTO COURTESY OF JACOB BROWN

The Ridgewood boys track and field team basks in its second consecutive North 1, Group 4 championship last Saturday at Randolph. The Maroons bested Montclair, 94-71.

Three in a row for girls lacrosse

BY ANTHONY LOCICERO
Correspondent

RIDGEWOOD — Karla Nixon took some time to reflect back on the dramatic ways her girls lacrosse team has won the North Group 4 title in each of the last three years.

"You've got to be kidding me," the ninth-year Ridgewood High School coach quipped. For two straight seasons, the Maroons have been given a boost by ailing captains and overcome late deficits to take home the hardware.

In 2010, with RHS trailing by four goals in the second half, defender Abby Van Home entered the game after being held out of the starting lineup due to illness. She helped the Maroons outscore Bridgewater-Raritan, 6-1, over the final 10 minutes, and fellow tri-captain Sammy Cernack delivered the game-winner with 27 seconds left in a 16-15 victory.

This time around, it was senior midfielder Sammy Giordano — who missed Ridgewood's sectional semifinal game on May 24 with strep throat — delivering an impassioned speech to her teammates during a second-half time out in the May 26th North Group 4 finals against Hillsborough.

With the Maroons trailing by seven goals and just 13 minutes remaining, the Georgetown-bound Giordano told her squad that despite what the scoreboard read, RHS would win its third consecutive sectional championship. "I was trying to motivate everyone," she said. "We weren't play-

ing the way we normally play." "I have confidence in the girls," said Nixon. "And they have confidence in themselves. It was great coming from the captains that they could push their teammates, pull that out of them and come back."

Top-seeded Ridgewood (19-1) responded by scoring eight unanswered goals down the stretch to defeat the No. 3 Raiders, 15-14.

"We're kind of a tough team to read," senior Jess Miller said. "Sometimes we start off really slow, and it's almost like we like to get behind so we can push ourselves to get ahead."

"It's bizarre," the Richmond-bound midfielder added. "We pick ourselves up, and we push ourselves. The second half is always ours. We learn from our first-half mistakes."

RHS midfielder Kelci Smesko found the back of the net with 1:36 remaining to complete the late scoring barrage and epic comeback. The junior, who has made a verbal commitment to Duke, scored five goals on the afternoon, upping her season total to 82.

"It was a feeling we weren't familiar with, and it's a feeling we don't want to experience again," Smesko said about her team falling behind.

Mixon noted that Ridgewood was "not playing its normal game." "We were not aggressive on the ball," she said. "We were sluggish in the field and weren't communicating defensively."

Mixon added that the Maroons were a bit "shell shocked" with the speed of Hillsborough (20-3) and the visitors' ability to score.

"It was an eye-opener," said the coach, who noted that her team is normally the one lighting up the scoreboard.

"The last 12 minutes were all about momentum," said Giordano, who tallied three goals and three assists. "Making a stop on defense and responding on offense."

Senior goalie Isabel Sippel came up with her two biggest saves of the game during Ridgewood's comeback, both on free-throw shots by the Raiders.

"It was do-or-die," said Sippel, who made nine saves overall. "I had to give it my all. If I didn't save it, I know I could say at least I tried and gave it my best."

"Of course," she added with a laugh. "I really wanted to save it." "I think it shows our character, being able to come back with such little time," said Miller, who scored twice. "We need to work hard no matter who we play."

The next opponent standing in the way of Ridgewood's State title defense was Gloucester County's Washington Township (17-2), which the Maroons faced in yesterday's Group 4 finals in Basking Ridge (after press deadline).

Against Hillsborough, Kaitlin Concilio and Lindsay Weiner each added two goals for RHS. Senior Renee Olsen, who dominated on draws in the second half — controlling all nine that she took the center circle for — also found the back of the net.

"They are a championship team, and they proved it to themselves," Nixon said.

Anthony Locicero can be reached at farellb@northjersey.com

Boys track makes it back-to-back

BY GREG TARTAGLIA
Assistant Sports Editor

From the very first race, it was clear that the Ridgewood High School boys track and field team refused to have its title taken away.

In Soo Hwang led off the North 1, Group 4 championships with a victory in the 400-meter intermediate hurdles last Friday. By the time the meet at Randolph's John J. Bauer Memorial Field drew to a close on Saturday afternoon, Ridgewood had secured its second straight sectional crown, 94-71, over Montclair.

The Maroons also got an individual title from junior Evan Bartlik in the triple jump (45 feet, 3 inches) and scored in 12-of-16 events. Eight Ridgewood athletes qualified for this weekend's State Group 4 finals in Old Bridge.

Hwang ran the 400 hurdles in 54.18 seconds, the fourth-fastest time in RHS history — in fact, the Brown-bound senior now owns three of the program's top four all-time clockings in the event.

However, he re-aggravated his recent hamstring injury in the 110 hurdles on Saturday, though not before posting a silver-medal time of 14.64 and leading a 2-3 finish with classmate Matt Beausoleil (14.83).

Ridgewood entered the meet without the services of sprinters Jon Riemer and Nick Tai due to injuries but rose up to build a 53-33 lead on West Orange at the conclusion of Friday's events.

"The kids on this team really love each other and care about doing what's best for the team," Maroon head coach Josh Saladino told *The Record*. "They've faced adversity, and every time it strikes, they find a way as a team to overcome it."

Ridgewood last captured back-to-back North 1, Group 4 titles in 2003 and 2004.

After Hwang's gold medal got things started, the team got a 2-3 showing in the 1,600 from junior Levi Jennings (4:16.25) and senior Pat Rynkowski (4:18.60), both of whom set personal records in the race. Beausoleil added a PR in the 100 (11.11, second place), and senior Juan Linas logged a career-best time in the 400 (49.97, second), helping the Maroons offset wins in both events by West Orange junior Dexter Valley and allowing them to maintain their cushion on the Mountaineers.

In Friday's other field events, Beausoleil was fifth in the javelin (159-8, also a PR), while junior James Knight's sixth-place pole vault of 12-0 was a personal best by one foot.

On Saturday, Montclair overtook West Orange for second place by scoring big in the 200, shot put and long jump, but Ridgewood continued its dominance in the distances. Jennings (1:54.99) and Linas (1:56.01) went 2-3 in the 800, while Rynkowski (9:35.11) and Jennings (9:52.40) placed 2-6 in the 3,200.

Bartlik chipped in points with a fifth-place long jump of 20-9½, and junior Anthony Balboa was fifth in the shot put with a career-long throw of 46-5¼.

The RHS girls track and field team notched its best finish at the North 1, Group 4 meet since 2007, placing second to host Randolph, 98½-86¼.

Sarah DeVita successfully defended her sectional title in the 100 hurdles, clocking 15.03 to hold off West Orange's Alya Barnes by .03. The University of Virginia-bound senior also won the high jump on a tiebreaker, clearing the same height (5-0) as teammate and runner-up Haley Roche in fewer attempts.

Senior Kayla Polcari garnered gold in the pole vault (12-0), leading a 1-3-6 Ridgewood showing that included sophomore Mimi DeVita (10-6) and junior Iana Brown (9-6).

The Maroons' 4 x 400 quartet of Charlotte Criquei, Hanako Shigenobu, Andina Toscano and Micaela McPadden capped the meet with a victory in 4:02.38, but Randolph (4:09.30) came home third to wrap up the championship. The Rams held a huge advantage in the three throwing events as well, outscoring Ridgewood, 30-0.

"My hat is off to Randolph," Maroon girls coach Jacob Brown said. "They have a great team."

Shigenobu had PR's in the 400 hurdles (1:07.41) and 800 (2:18.31), earning a silver medal in each. Junior Caroline Davidson qualified for the Group 4 finals in both the 1,600 (5:14.56, fourth) and 3,200 (11:31.17, second), taking another four seconds off her personal best in the latter race.

E-mail: tartaglia@northjersey.com

SENIOR DAY SENDOFF



STATE PLAYOFF ROUNDUP

RHS gets Knoll-ed over

ROCKAWAY — Making its second straight appearance in the North 1, Group 4 semifinals, No. 3 seed Ridgewood High School visited No. 2 Morris Knolls on Tuesday and came up one step short of the sectional-title game.

Twice. Facing the same opponent in the same round of the State tournament, both the RHS baseball and softball teams absorbed dis-

solo homer in the sixth. Starter Tucker Reklucki (3-2) struck out five in the first two innings before being chased by a three-run Eagles outburst in the third.

The RHS softball team (17-8) managed just three hits off Morris Knolls ace Caitlin O'Connor (20-3) and committed six errors en route to a 7-1 setback to the defending State Group 4 champs. Freshman Teresa Punk doubled

State Group IV Meet
@ Old Bridge HS

June 3-4

400IH: InSoo Hwang **55.73**

1600m: Levi Jennings **4:14.43 – 2nd Place**

Triple Jump: Evan Bartlik **45'5 1/2" – 4th Place**

Pole Vault: James Knight NH

110HH: Matt Beausoleil **15.29 / 15.03 – 6th Place**

800m: Levi Jennings **1:54.31 – 5th Place**
Juan Llinas **1:57.75**

3200m: Patrick Rynkowski **9:35.81**

Long Jump: Evan Bartlik **20'3 1/4"**

TRACK: STATE MEET OF CHAMPIONS PREVIEW

By **PAUL SCHWARTZ**
STAFF WRITER

North Jersey athletes won a record eight gold medals and 44 medals overall at last year's State Meet of Champions. This year's group might not do quite as well at the new site, Lombardi Field at Carl Sandburg Middle School in Old Bridge, but with four returning gold medalists from last year and 15 total, another nice haul of medals is expected.

North Jersey athletes are contenders in nearly every event and Pascack Valley sophomore Jeron Calderon should repeat his four victories in the wheelchair events that have been a part of this meet for more than a decade against the largest wheelchair field in state history.

Boys

100: No North Jersey sprinters figure to place in the top eight for the fifth straight year.

200: Things are not much better here and a shutout is likely.

400: Local athletes have earned medals the past seven years and with Leonte Carroo of Don Bosco, Tarique Gray of Bergen Catholic, Kevin Condal of Hasbrouck Heights (seventh last year) and Bryan Murphy of Teaneck, at least one medal is likely.

800: The race of the night for North Jersey fans with the top two seeds being defending champ Brad Paternostro of Ramapo and last year's runner-up Patrick Rono of Lyndhurst hooking up in a rematch of last week's Bergen Meet of Champions, won by Rono.

1,600: Rono medaled in the 1,600 and 800 last year and should do it again. He even could win both races, although Tim Ball of Piscataway is the favorite. Ridgewood's Levi Jennings also is in the mix for the win. Andreas Kellas of Bergen Tech and John Prizzi of Indian Hills are other potential North Jersey medalists.

3,200: A sensational race up front won't include any North Jersey runners. If Nick Ward of Indian Hills runs smart, he could earn a surprise medal.

110 HH: Don Bosco's Selwyn Maxwell is unbeaten and could

Group 1 titlist, broke Keating's school record and tied Young's county record, and is perhaps the most consistent of the three vaulters whom cleared 14-6 last weekend. Mike Baselice of Don Bosco and Brad Hoey of River Dell could medal as could sophomore Eric Geider of Demarest.

4-x-100 relay: Teaneck was third in the event, first held last year, and the Highwaymen hold the Bergen County record at 41.71 seconds. They're back, but it's the all-underclassmen team of Don Bosco that is the major medal threat.

4-x-400 relay: The stunning elimination of defending indoor and outdoor champion Teaneck in last week's Group 3 meet opens the door to Oakcrest, Cherry Hill East and North Jersey teams Don Bosco and Old Tappan.

4-x-800 relay: Don Bosco is the only local entry and the foursome hopes to break 8:00.

Girls

100 & 200: Kim Mineo of Glen Rock, who won the 2001-2003 800 races, is the only North Jersey athlete to win three straight State Meet of Champions titles. Only a false start or an in-race injury can prevent junior Myasia Jacobs of Paramus Catholic from accomplishing that feat twice in this meet. Kahlia Taylor of Teaneck (100) and Kim Nagotko of Mahwah (200) could medal.

400: Ramapo's Deanna DiLandro is the best hope for a local medal.

800: Unlike the boys race, there are no local contenders.

1,600: Kristen Traub of Eastern Christian has had four sub-5:02 races this season. If she can become the fourth Passaic runner to break 5:00, she should earn a medal. Caroline Davidson of Ridgewood is a dark horse contender.

3,200: Erin Thompson of IHA has the best chance for a medal, but she'll need a sub-11:00 time.

100 HH: Another event with little hope for a North Jersey medal.

400 IH: A remarkably even field with 35 of the 42 runners seeded between 1:02 and 1:06. Mel Lewis of Midland Park probably

Persisting thro

Wood-Ridge driven by

By **RONALD P. CLARK**
STAFF WRITER

WOOD-RIDGE — It hurt. The pain is prominent needed for John Porteous to finish — his ankles.

"I have to get them both," Porteous said. "They're both hurting."

The Wood-Ridge senior left ankle at the beginning of the field season while playing basketball. He felt something pop back in. Ever since, it's been a constant battle.

The multi-event specialist has transferred all left-leg-related pain to his right. Every jump and every hurdle now is the responsibility of his right ankle, with Porteous wearing down that side as he competes.

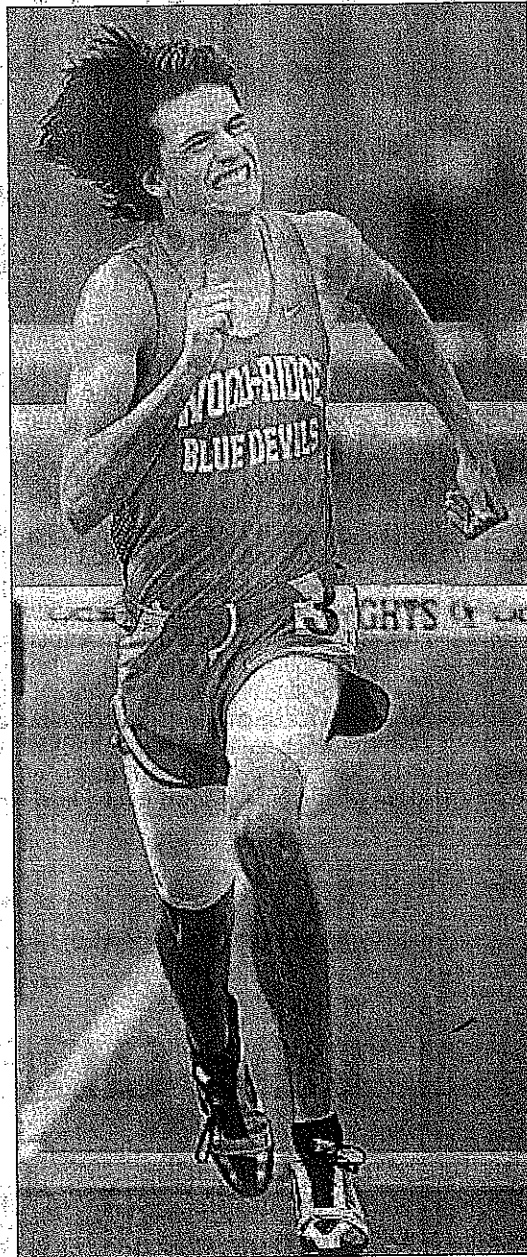
"This season has been tough for me," Porteous said. "But Porteous' toughness is what sets him apart from other athletes. All it's done is drive him to perform at a level he's been striving for since his completion of last year's State Meet of Champions."

"It's my last year," said Porteous, who headed to NJIT in the fall. "I want to win it all. Last year, I didn't."

Porteous was the top performer in last year's 400-meter intermediate hurdle. He finished ninth. And it's been a struggle since.

So even with two ankle surgeries and constant treatment and a need for an inhaler due to asthma, Porteous pushes on. He wants to push toward victories.

"I think [it's] the motivation," he said.



RECORD FILE PHOTO

John Porteous of Wood-Ridge will compete in today's hurdle and long jump events at the State Meet of Champions.

Track: Spajic twins

From Page S-9

gauge courses in less than two years.

But more than any classroom, their dealings in track and field presented them with the perfect place to perfect their ever-evolving cultural adjustment.

"It was quite difficult in the beginning because we hadn't spoken any English really," said Maria, the Group 1 discus champion

In return, Marta and Marija have broken ten the Manchester record both hold the javelin record with a throw of 107 feet, 6 inches.

Marija holds the shot put record and the discus record at 119-6. Her knowledge of track coming into the United States in 2008, Marta and Marija tapped into their already extensive athletic backgrounds to learn a new sport

... earn a surprise medal.

110 HH: Don Bosco's Selwyn Maxwell is unbeaten and could be in contention for the win. Hackensack sophomore Mark Jones is capable of medaling after taking second indoors in the 55-meter hurdles. Mark Van Teyens of West Milford and John Porteous of Wood-Ridge are dark horse possibilities.

400 IH: Porteous has a much better chance here for a medal and so does a steady and solid Erik Moutenot of Mahwah. But the sleeper might be Old Tappan's Brandon Gregory.

Shot put: Nick Vena of Morristown will win his fourth straight title and will try to extend his remarkable state record of 75 feet, 9 inches. Stephen Mozia of Hackensack should medal and Patrick Cole of Hasbrouck Heights (fourth last year), Marquise Wright of Paramus Catholic (seventh) and Group 1 champ Dorian Slavov of Cresskill also are contenders.

Discus: Cole can medal here as well, but can Mozia, who had a miserable Group 4 meet in his specialty, snap back from that performance and take advantage of a wild card?

Javelin: Kaleb Zuidema has been sensational throughout his career and has the top 12 throws in state history. He is the heavy favorite. Don Bosco's Tyler Yee also should medal.

High jump: This is not a strong North Jersey event and only a career-best, outdoor effort by Ryan Walsh of Don Bosco could produce a medal.

Long jump: Jamal Williams of Teaneck has been the most consistent jumper in North Jersey and the junior could be in the hunt for a title. Greg Hazell of Don Bosco, who has jumped 23-2 this year, could be the surprise.

Triple jump: Hazell, fourth last year, had the best jump in the group meets last week and Sean Wimbush of Teaneck, the Group 3 titlist, has the best jump in the state. Don't count out Evan Bartlik of Ridgewood, Phil Dowell of Dwight Morrow and Angel Lora of Garfield.

Pole vault: No Passaic boy had medaled in the vault since Jeff Young of Wayne Valley tied for sixth in 2002. Before that it was Steve Keating of Pompton Lakes, fourth in 1986. But Pompton Lakes' Chris Steele, the two-time

... with 35 of the 42 runners seeded between 1:02 and 1:06. Mel Lewis of Midland Park probably is the best hope for a medal after 2009 medalist Katelyn Ary of Demarest hit the last hurdle in the Group 3 race and failed to qualify.

Shot put: Last year's 2-3 finishers, Apresha Hampton of Teaneck and Theresa Picciallo of Immaculate Heart, have been the best throwers in New Jersey since the winter. But suddenly, Janiece Rose of Delsea, Jess Woodard of Cherokee and Mary Clare Sobon of Franklin had great throws last weekend and the favorites now find themselves seeded 4-5.

Discus: Picciallo can medal here, too; and so can Group 1 winner Marija Spajic of Manchester.

Javelin: No one has thrown the javelin farther in New Jersey than Jamie Klein of Paramus Catholic, eighth last year. Shaunteriah Douglas of Garfield also can medal.

High jump: Nia Jackson of Hawthorne and indoor medalist Stephanie Encarnacion of Ridgewood Park have the best chances to medal.

Long jump: Non-Public A champ Gina Carlino of IHA and Group 2 champ Taylor Clarkson of Indian Hills need to jump close to 18 feet to grab a medal and both are capable.

Triple jump: Sophomores Gena Pickett of Mahwah and Amanda Fields of Holy Angels both have jumped 37 feet this year and again will have to do it to have a chance at a medal.

Pole vault: No less than 20 vaulters cleared 10-6 last week and none of the six who cleared 11-6 last week could make 12. Kayla Polcari of Ridgewood has the highest jump in the state this year and she, Brittany DalCais of West Milford and Carolyn Edler of Mahwah are medal possibilities with Polcari a gold-medal contender.

4-x-100 relay: Teaneck is the only North Jersey entry and a medal is not outside its grasp.

4-x-400 relay: No medals here, but Westwood, River Dell and Tenafly hope to end the season with a sub-4:00 clocking.

4-x-800 relay: Westwood certainly can medal with the third-fastest qualifying time. Tenafly and Northern Highlands have run well to qualify and both could medal with sub-9:30 races.

ing cultural adjustment.

"It was quite difficult in the beginning because we hadn't spoken any English really," said Marija, the Group 1 discus champion who will compete in today's State Meet of Champions at Carl Sandburg Middle School in Old Bridge. "Then we came to school. It was an adjustment. But we got used to it because we have wonderful coaches and the faculty accepted us wonderfully."

Marta and Marija love and miss home, where their brother, Marko, 21, and father, Milko, remain. But the twin girls have come to love Haledon and it begins with Manchester happily opening its arms to two girls just looking to find peace in a foreign land.

"It was easier to learn English while we were out with [the track team]," said Marta, who along with her sister will attend Northwestern in the fall. "Cracking jokes and stuff like that."

Cooper: Hit and miss

From Page S-9

list shows that of the 20 first-team players, 12 come from teams in the final four.

Also, there are relationships among the coaches that influence voting.

"I think the biggest thing besides stats is perception," said Antzoulides. "Perception of other humans in the room."

Mike Paskas' biggest beef is that his daughter's statistics are superior to almost every other first-team player. But it must be stated that Rutherford did not win its league, lost in the sectional final, and was defeated by Paramus Catholic in the second round of the county tournament.

Paskas e-mailed his concerns to BCWCA president Melissa Landeck and Bergen County Tournament director Darren White.

Landeck, who declined to comment for this story, wrote Paskas back saying the selection process is not based "solely on statistics. Contributions to the overall success of their respective teams are also taken into consideration."

White said the process is not perfect, but said being "the fifth outfielder in Bergen County is a great achievement and I hope you will be able to appreciate it someday."

Four outfielders are chosen for first-team honors.

As of Wednesday afternoon, Mike Paskas continued to send e-mails asking for a meeting with White and/or Landeck. Mike Paskas said he doesn't care about

knowledge of track coming in November day in 2008, Marta tapped into their already extensive backgrounds to learn a new sport. "We started participating in karate away," Marija said, "because the spired us. They knew we were because we played soccer all our lives. So we started doing karate. So we started doing karate and we fell in love."

Memories of home and the time with their father and brother are what Marta and Marija have come to realize. The realization that their new life is one for now.

"We knew that in order to be successful in something," Marta said, "we had to give something up."

And through it all, one thing remained constant.

"We had each other," Marija

any damage he could be doing to his daughter's future, joking, "if she didn't make it, what else would she have to do?"

Mike Paskas has made his point in an attorney won't solve.

You wonder sometimes what it means more to the kids or the parents at that end, Mike said. Ally was fired up.

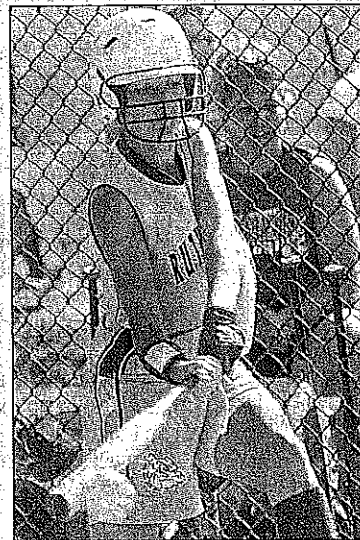
To me, Ally is already a star. She's a sack twin (Jenna) are from Rutherford should be a star. With statistics she is sure to be a star this season. She's a college athlete.

The reason one at the B come up with a system is because it doesn't exist. It could be tweaked. Have a representative room always an idea. It also be flexible. The number of players on the team. Right now there are too many players on the team.

pitchers in the county, only two named. By having a set number of players at certain positions, it dilutes the program.

"If by him doing all this he makes a little more aware of the program, then I think it's a good thing," said Antzoulides.

It is and it isn't. Debate is healthy. It keeps people accountable. We can't lose perspective either



RECORD FILE PHOTO

Rutherford's Ally Paskas set team marks in homers and RBIs this season as a sophomore.

County's champs

Paterno's best put on memorable performance

By PAUL SCHWARTZ
STAFF WRITER

OLD BRIDGE - Brad Paterno looked at his rival and friend Patrick Rono after both had electrified the crowd in the boys 800 at the State Meet of Champions on Thursday night.

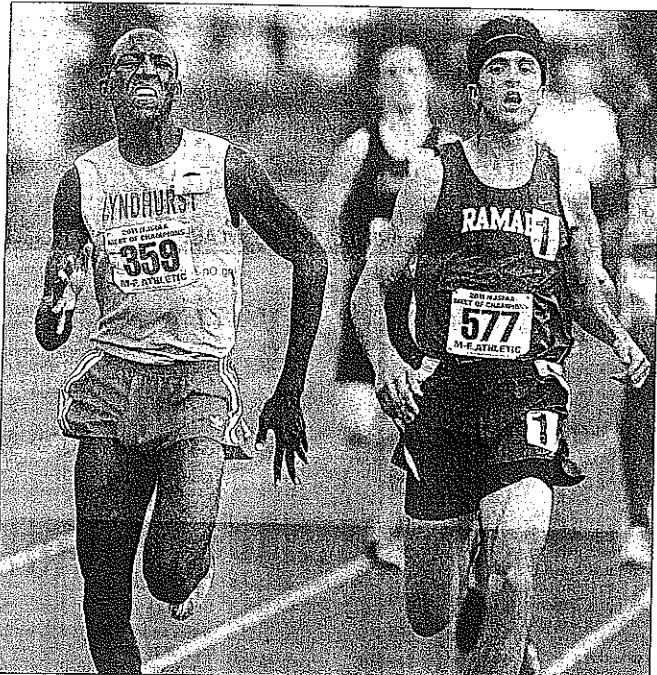
"That was the greatest double I've ever seen," said the Ramapo senior after he had run the fastest race of his life and lost.

Rono, the Lyndhurst senior, became just the second boy to win both the 800 and 1,600 at the state's biggest meet and capped his remarkable night by breaking the Bergen County record in the 800 meters as he caught and passed Paterno, the defending state champion.

"I did exactly what I wanted to do throughout the entire race and even if I lost I knew I did everything I could," said Paterno, whose second-place time of 1:50.72 would have won more than two-thirds of the previous 30 800-meter races and was more than a second faster than his winning time at last year's meet.

But Rono was magnificent in joining 2003 winner John Richardson of Ocean City in winning the mid-distance double.

First he sat on the shoulders of Piscataway's Tim Ball and Mountain Lakes' Stephen Lewandowski for the first 3 1/2 laps of the 1,600



LESLIE BARBARO/STAFF PHOTOGRAPHER

Lyndhurst's Patrick Rono, left, and Ramapo's Brad Paterno head for the finish of the boys 800-meter race Thursday. Rono won the race, setting a Bergen County record.

Carcione's serve is driving force

Leads Ramapo junior to his first state tennis title

By GREGORY SCHUTTA
STAFF WRITER

WEST WINDSOR - Jonathan Carcione didn't stand and watch his backhand sail down the line Thursday afternoon.

He was too busy preparing for the return that would never come.

The memories of three years of hard work came flooding back as he dropped his racquet, pumped his fists to the gallery and rolled onto his back.

The junior from Ramapo won six of the final seven games of the match to stun returning state champ Michael Lippens of Shore Regional, 7-5, 6-2, and win the state boys tennis championship indoors at Mercer County Park.

"I can't even describe it," said Carcione, who lost in the quarterfinals as a freshman and the semifinals as a sophomore. "So many great players have won this tournament and to know that I'm now a part of that group is amazing. It's probably the biggest achievement of my tennis career."

"I just thought, it's finally over," Ramapo coach Kim Marchese said. "We had so many tough matches that Jonathan had wished would have come down to him. Well this was his chance with some part of the Ramapo season on the line, and he nailed it."

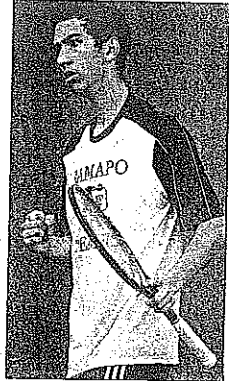
Carcione (33-0) was facing an opponent in the Louisville-bound Lippens who hadn't lost since the 2009 state final and had beaten Carcione in three sets in a tournament last August.

And they went right at each other from the get-go, pounding ground strokes and ripping serves down the middle and wide at will during the first set.

"His forehand is huge, so my goal was to try to keep it to his backhand," Carcione said. "That first set was tight. I've played good players before where I got steamrolled early so I had to hold serve and stay with him."

Carcione did that, battling back from 15-40 down in the eighth game to hold for 4-4 and coming in behind his serve for a beautiful volley and ripping two of his seven aces in the first set to hold at 5-3.

Finally Lippens cracked as Car-



STAFF FILE PHOTO

Ramapo's Jonathan Carcione wins six of final seven games to become state champ.

cione ripped a beautiful backhand passing shot down the line on break point to go up 6-5. He followed with three service winners, including an impressive kick serve on set point, to win the first set, 7-5.

"His service game was the biggest part of his game today," Marchese said. "It really helped him get out of trouble and allowed him to put pressure on Lippens' service game."

"That was definitely one of my best matches serving-wise," said Carcione, who did not suffer a break the entire match. "It was a very high level of play at the beginning. Winning a game early is big for me because then I can get on a roll."

Carcione won early in the second set, breaking Lippens in the third game of the set to go up, 2-1, and then holding serve for 5-1.

"He played very well," Lippens said. "He was picking his spots very nicely and hit the right ball at the right time."

Lippens held to get as close as 3-2, but Carcione won the next two to open up a 5-2 lead and serve the match.

Lippens got up love-30. But the junior wasn't going to be denied.

He battled back to take a 40-30 lead and followed up his serve on match point by sending another backhand passing shot down the line that Lippens failed to return.

"When he missed that shot, my brain just shut down," Carcione said.

E-mail: schutta@northjersey.com

Picciallo, Zuidema, Polcari win gold



DARREN COOPER

LOCAL SPORTS COLUMNIST

OLD BRIDGE - Theresa Picciallo had a bus with no air conditioning.

Kaleb Zuidema fouled and fell.

Kayla Polcari's nose started to bleed midway through the competition.

All three Bergen County standouts had days to remember, for multiple reasons, and they all finished as gold medalists at Thursday's state Meet of Champions.

The biggest obstacle for all three was the oppressive heat, then the thunder-

storm that had everyone doing their own Myasia Jacobs impression, sprinting for cover and suspending the meet.

Picciallo, the Immaculate Heart Academy junior thrower, had it worst. The school usually rents a luxury bus for athletes making long trips. Thursday, the bus was nice, until they discovered the AC wasn't working.

"There was heat coming out of the vents today," said Picciallo. "So we had it rough on the ride here. The whole time

we were complaining they should have moved the meet back a day."

When she arrived at Sandberg Middle School, Picciallo was met by her mother, who had a cooler filled with ice and face cloths for Theresa to use.

That helped. What didn't help was finding out that the shot put and the discus were at the same time.

Picciallo was put in the first flight for the shot put. She threw over 42 feet to

See COOPER Page S-10

AGGRESSIVE, YET ELEGANT.

All New TL
2012 Acura

#C12041 • VIN#CA004247 • MSRP \$36,465

Graphite Luster/Ebony Leather
4 Door • 3.5 L6 CYL • FWD
Climate Control • PW • Pwr Seats
Heated Seats • Tire Wheel • Cruise Control
Leather • Moonroof • Radio
Satellite Radio • iPod/USB Adptr • CD

LEASE FOR

\$399/MO.

FOR 36 MONTHS

10K PER YEAR



Scan Here To View Our New Inventory
Get all the details. Contact us today for all the information you need. Please call for details and terms.

Park Ave

ACURA



171 Route 17, Rochelle Park, NJ
Call Toll Free: 888-703-1056

ParkAveAcura.com



Prices incl all costs to be paid by a consumer except for lic., reg., & taxes. \$399 first payment, \$2,005 down, \$595 bank fee, \$0 security deposit due at signing, \$2,999 due at signing, total payments \$14,364, \$23,702 residual. Based on closed-end lease for 36 mos., as stated. Lessee resp. for excess wear/tear 20¢ per mi. over 10K. See Dealer for details. Not responsible for typographical errors. Expires 6/17/11.

STATE TRACK AND FIELD MEET OF CHAMPIONS



STAFF PHOTO BY LESLIE BARBARO ROLLING TO GOLD: Pascaack Valley's Jerson Calderon competes in the wheelchair 400-meter race Thursday.

Jacobs reaches peak of state sprint heights

By RONALD P. CLARK STAFF WRITER

OLD BRIDGE - On paper, it would seem as if everything has come easy for Paramus Catholic junior Myasia Jacobs.

But that's all it is - paper. Even for an athlete as accomplished as Jacobs, she has continuously had to deal with her confidence level.

"It was a weakness," Jacobs said, "because I used to psyche myself out all the time."

Jacobs - who became the first to win the state Meet of Champions 100 meters and 200 double three straight years Thursday - doesn't have those confidence issues any longer.

Her 100 time of 11.47 broke her own meet record of 11.48 set last season. It is the fourth-fastest time run in the country this season. No one at the state Meet of Champions had run below 11.5 prior to Jacobs' arrival.

She's done it twice.

"It's once in a lifetime," said Paramus Catholic sprints coach Dustin Thomas. "What we're seeing in New Jersey and in the country right now, what she's doing now after only three years, she's accomplishing things that, if we ever see it again, it'll be a long time before we see it again."

Thomas and Jacobs' coach-athlete relationship has blossomed since he joined the Paramus Catholic staff this year.

Thomas' decision to hold Jacobs out of the 100 and 200 early in the season turned into the best decision for both parties as Jacobs had to consider both her high school season and her summer state of events.

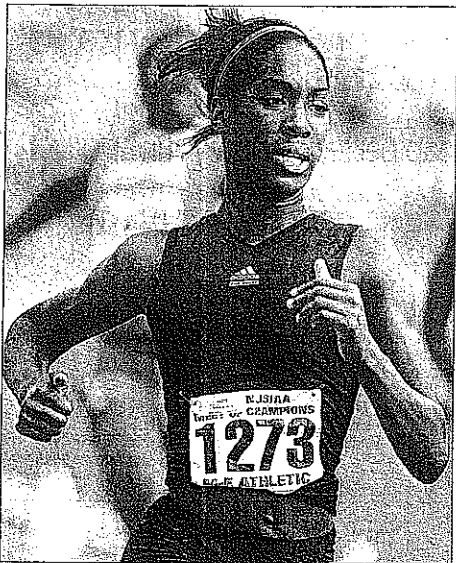
"I like people to peak at the right time," Thomas said. "It's a long season. Track and field - when you include indoor track and training for indoor track - it's like a nine- or 10-month season. I definitely think it was a good idea. As you can see in how she's running right now, she's peaking at the right time."

Thomas and Jacobs' coach-athlete relationship has blossomed since he joined the Paramus Catholic staff this year.

Thomas' decision to hold Jacobs out of the 100 and 200 early in the season turned into the best decision for both parties as Jacobs had to consider both her high school season and her summer state of events.

"I like people to peak at the right time," Thomas said. "It's a long season. Track and field - when you include indoor track and training for indoor track - it's like a nine- or 10-month season. I definitely think it was a good idea. As you can see in how she's running right now, she's peaking at the right time."

Thomas and Jacobs' coach-athlete relationship has blossomed since he joined the Paramus Catholic staff this year.



LESLE BARBARO/STAFF PHOTOGRAPHER Paramus Catholic's Myasia Jacobs became the first athlete to win the girls state Meet of Champions 100- and 200-meter races three straight years on Thursday.

Jacobs' peak has only been topped by a younger version of Jacobs. Last season's highly anticipated race with former Eastern star English Gardner wasn't available this time as motivation. She didn't have anyone running with her. She had to run against herself, against her own goals and her own aspirations.

Even in victory, Jacobs could still fall. She didn't.

"I just ran for time and ran my hardest," Jacobs said.

Jacobs doesn't get as nervous as she did two years ago. She understands what is expected of her and what she expects of herself. The nerves have subsided and now she can just focus on performing at a level only she's been

able to perform at in New Jersey history.

"Her confidence," Thomas said. "When you come from a state like New Jersey, that has such a great sprint history, they've never done what she's done. Right now, it's starting to sink in."

Jacobs is still adjusting to the attention. Even with international meets in Singapore behind her and in France in front of her, the spectacle of it all still keeps her selective with her words.

But her performances are as loud as they need to be.

"It's definitely a one-of-a-kind thing," Thomas said. "And as a coach, I have to sit back sometimes in awe and just watch."

Email: clarkr@northjersey.com

STATE TRACK AND FIELD MEET OF CHAMPIONS

AT OLD BRIDGE

Meet was suspended due to lightning and darkness. The meet will resume Monday at 6 p.m. at Old Bridge Middle School.

BOYS

100: 1. Danielle Byrd, Timber Creek, 10:41; 2. Miles Shuler-Foster, Long Branch, 10:55; 3. Zamir Thomas, Snyder, 10:57; 4. Mike Andre, Ocean Twp., 10:70; 5. Fabian Santiago, Oakcrest, 10:68; 6. Rashawn Taylor, Snyder, 10:56; 7. Terrance Tolbert, Woodbury, 10:58; 8. Koree Dusenbury, Burlington Twp., 11:18.

110 HbH: 1. Christian Boateng, Old Bridge, 13:56; 2. Darren McCluskey, Cherokee, 14:28; 3. Greg Caldwell, West Windsor North, 14:30; 4. Jermaine Collier, Trenton Central, 14:31; 5. Jared Lane, Piscataway, 14:46; 6. Matt Pozo, CRA, 14:56; 7. Jae DeShields, Bridgeton, 14:58; 8. Selwyn Maxwell, Don Bosco, 14:76.

200: 1. Zamir Thomas, Snyder, 21:03; 2. Miles Shuler-Foster, Long Branch, 21:31; 3. Mike Andre, Ocean Twp., 21:55; 4. Darrell Bush, Woodbury, 21:56; 5. Rashawn Taylor, Snyder, 21:71; 6. DeAndre Long, Orange, 21:75; 7. Leonard Robbins, East Brunswick, 21:80; 8. Najee Glass, St. Peter's Prep, 21:94.

400: 1. Najee Glass, St. Peter's Prep, 46:43; 2. Darrell Bush, Woodbury, 46:55; 3. Elliott DeShields, Ocean Twp., 47:39; 4. Alex Heber, Cherry Hill East, 48:16; 5. Jermaine Collier, Hamilton North, 48:47; 6. Horace Steele, Cinnaminson, 48:74; 7. Theodore Foster, CRA, 48:80; 8. Tarique Gray, Bergen Catholic, 48:87.

800 hurdles: 1. Jermaine Collier, Trenton Central, 52:78; 2. John Porteous, Wood-Ridge, 53:13; 3. Donnie House, Timber Creek, 4; 4. Josh Vercas, Dickinson, 53:38; 5. Mu Mu, Trenton Central, 54:05; 6. Evan Johnson, Ewing, 54:37; 7. Brandon Hill, Willingboro, 54:44; 8. Erik Moutenot, Mahwah, 54:49.

4x-100 relay: 1. Oakcrest (Reginald Morton, Darnell Charles, Fabian Santiago, Dean Williams), 41:83; 2. Hamilton North, 42:18; 3. Don Bosco (Leonte Carro, Elijah Shumate, Benjamin Davis, Jabrill Peppers), 42:55; 4. Montclair, 42:61; 5. Old Bridge, 42:66; 6. Hadron Heights, 42:88; 7. Union, 42:89; 8. West Orange, 43:00.

4x-400 relay: 1. CRA (Cl. Conrad Lippert, 2. Dan Mykhalchyn, Tim Gorman, George Kofny), 7:56:77; 2. Kingsway, 7:47:66; 3. Jackson, 7:48:07; 4. Marlboro, 7:48:32; 5. Westfield, 7:52:17; 6. Cherokee, 7:52:60; 7. Woodrow Wilson, 7:54:25; 8. West Windsor North, 7:55:72.

800: 1. Patrick Rono, Lynchhurst, 1:50:10 (Bergen County record, old record 1:50:19 by Mykhalchyn); 2. Jim Gorman, George Kofny, 1:50:27; 3. Kingsway, 1:50:72; 4. Rutgers Adm'r, Mountain Lakes, 1:51:45; 4. Benjamin Malone, Pascaack Valley, 1:52:26; 5. Kevin Byrne, Red Bank Catholic, 1:53:37; 6. Allen Ely, Union Catholic, 1:53:44; 7. Xavier Wright, Willingboro, 1:53:44; 8. Steve Bateman, Delaware, 1:54:02.

1,600: 1. Patrick Rono, Lynchhurst, 4:01:01; 2. Stephen Levandowski, Mountain Lakes, 4:11:48; 3. Tim Ball, Piscataway, 4:11:31; 4. George Kelly, CRA, 4:14:72; 5. CJ DeBarto, Watchung Hills, 4:15:43; 6. Everett Price, New Brunswick, 4:15:74; 7. Jonathan Resnik, Ridge, 4:15:83; 8. Colin Richmond, St. Rose, 4:15:24.

High Jump: 1. Rob Weimer, Montgomery, 6-8; 2. Mark Jones, Summit, 6-8; 3. tie between Jahvon Edwards, Hamilton North, and William Kleman, Hamilton North, 6-6; 4. tie between Joseph Hardy, Central and Ronnik Sadler, Denville, 6-4; 5. Jonathan Galya, Freshfield Twp., 6-6; 6. Rendell Mooman, Governor Livingston, 6-4.

Triple Jump: 1. Dominique Irons, Haddon Heights, 48-4; 2. Gregory Hazell, Don Bosco, 47-11; 3. Eneke Eze, Sayreville, 47-2; 4. Ryan North, 46-11; 5. Evan Bartik, Ridgewood, 45-10; 6. Daquan Moore, Lakewood, 45-7; 7. Jamel Smith, New Egypt, 45-2; 8. Josh Gray, Timber Creek, 44-7.

Javelin: 1. Caleb Zuidema, Midland Park, 213-2; 2. Dean Sullivan, Delbarton, 212-5; 3. Kevin Seery, Hanover Park, 209-11; 4. Christian Spalding, Middletown South, 198-1; 5. Tyler Yee, Don Bosco, 196-10; 6. Rich Barniss, Boonton, 195-11; 7. Andre Davis, Old Bridge, 195-2; 8. Zachary Tomel, Lacey, 191-4.

Discus: 1. Sam Matti, East Brunswick, 207-2; 2. Braheema Days Jr., Bridgeton, 192-8; 3. Connor Saker, Jackson, 181-0; 4. Dominick Padovano, South Brunswick, 179-1; 5. Jake Neumann, Chatham, 178-7; 6. Stephen Mezia, Hackensack, 178-4; 7. Andre Hodge, Matawan, 170-8; 8. Patrick Cole, Hackensack Heights, 169-8.

Mixed 400m Wheelchair: 1. Jerson Calderon, Pascaack Valley, 4:06:73 (meet record) Mixed 800m Wheelchair: 1. Jerson Calderon, Pascaack Valley, 1:59:38. (still to be contested: 3,200; 4x-400 relay, shot put, long jump, pole vault)

GIRLS

100: 1. Myasia Jacobs, Paramus Catholic, 11:47 (meet record); 2. Julia Rizo, Montville, 12:12; 3. Bryanna Williams, Timber Creek, 12:23; 4. Annie Johnson, Shawnee, 12:38; 5. Kaitlyn Davis, North Brunswick, 12:40; 6. Chemekea Lady of Mercy, 12:46.

200: 1. Myasia Jacobs, Paramus Catholic, 24:01; 2. Shenique Frett, Weequahic, 24:70; 3. Gabrielle Farquharson, Williamstown, 24:93; 4. Steyve McNeill, Winslow Twp., 25:09; 5. Katherine Fryc, Point Pleasant, 25:13; 6. Miranda Mackey, Hopewell Valley, 25:15; 7. Chanel Smith, Piscataway, 25:21.

400: 1. Olivia Baker, Columbia, 54:66; 2. Mirabel Nienke, Immaculate Conception Montclair, 55:21; 3. Natalie Englese, Cranford, 55:32; 4. Shannon Murphy, Gill St. Bernard, 55:54; 5. Dominique Watkins, Clark, 56:88; 6. Alicia Osley, South Brunswick, 57:09; 7. Jennifer Eddoh, Union, 57:02; 8. Nichole Candalaria, Essex Tech, 57:20.

800 hurdles: 1. Ashley Woodards, Delsea, 1:02:59; 2. Jennifer Silverstein, Sparta, 1:02:60; 3. Meghan McMullin, Red Bank Catholic, 1:02:60; 4. Mel Lewis, Midland Park, 1:02:96; 5. Chanel Rogers, Jackson, 1:02:99; 6. Ashley Roman, Buena, 1:03:07; 7. Adarinsola Ajala, Piscataway, 1:03:16; 8. Patricia Rowe, Willingboro, 1:03:41.

4x-100 Relay: 1. Piscataway (Janae Carr, Chanel Smith, Adarinsola Ajala, Alexis McCollum), 47:51; 2. Winslow Twp., 47:87; 3. Essex Tech, 47:91; 4. Columbia, 47:92; 5. South Brunswick, 48:52; 6. Clark, 48:59; 7. Timber Creek, 49:03; 8. Lenape, 49:09.

800: 1. Erika Veidis, Sparta, 2:09:86; 2. Molly McNamara, Red Bank Catholic, 2:11:66; 3. Lindsey Bellaran, Red Bank Catholic, 2:12:89; 4. Keli Kendall, Snyder, 2:13:01; 5. Ashlynn Fields, Mt. St. Dominic, 2:15:09; 6. Inara Rosario, Sayreville, 2:15:27; 7. Emily Mauro, West Windsor South, 2:15:41; 8. Bianca Monoylin, East Brunswick, 2:16:12.

4x-800 relay: 1. Lenape Jackie Maynes, Emily McGee, Natalia DeAnna, Amanda Restivo), 12:00:71; 2. Edison, 9:25:74; 3. Westwood (Corinne Hayes, Meghan Kocher, Gabriela Stoenen, Dana Bianchi), 9:26:05; 4. Summit, 9:26:75; 5. Northern Highlands (Madison Holleran, Sofia Licata, Ariana North, Anna Richard), 9:27:39; 6. Bernards, 9:29:38; 7. Hillsborough, 9:33:07; 8. Pope John, 9:33:31.

1,600: 1. Joselle Arneral, Randolph, 4:54:43; 2. Claudia Disomma, Sparta, 4:59:33; 3. Kristen Trent, Eastern Christian, 4:59:53; 4. Danielle Levitt, Lacey, 5:01:28; 5. Liana Zano, Red Bank Catholic, 5:02:26; 6. Allison Payenski, Hurlerton Central, 5:03:24; 7. Cayla DelPiano, Ridgewood, 5:03:55; 8. Caroline Davidson, Ridgecrest, 5:08:33.

High Jump: 1. Flora Palladina, Montgomery, 5-8; 2. tie between Megan Kirschling, West Deptford, Kelsey Egan, Lenape, Robin Perkins, Trenton Catholic, 5-6; 3. tie between Nia Jackson, Hawthorne, Noel Janowicz, Robbinsville, 5-6; 4. Brianna Hart, Delsea, 5-6; 5. Kiyara Wright, South Brunswick, 5-6.

Discus: 1. Jess Woodard, Cherokee, 142-05; 2. Johnson Taylor, Kingsway, 132-07; 3. Chelsea Carballo, Tom's River South, 128-04; 4. Kaitlyn Brunner, Brick Twp., 126-11; 5. Mary Clare Sobon, Franklin, 125-10; 6. Marja Spick, Manalapan, 122-7; 7. Jen Davis, Morris Knolls, 120-11; 8. Amber Brown, South Brunswick, 120-10.

Shot Put: 1. Theresa Picciallo, WA, 47-5; 2. Janice Rose, Delsea, 45 5/8; 3. Mary Clare Sobon, Franklin, 44-4; 4. Jess Woodard, Cherokee, 43-7; 5. Aresha Hampton, Ridgewood, 43-5; 6. Tildana Johnston, Morristown-Bear, 42-10; 7. Corina Westley, Jefferson, 42-10; 8. Lacey Childress, Passaic, 40-7.

Long Jump: 1. Eshene Mayers, Lakewood, 18-9; 2. Taciya Tobias, Our Lady of Mercy, 18-4; 3. Briane Reed, Red Bank Catholic, 18-1; 4. Gabrielle Farquharson, Williamstown, 18-1; 5. Jamella Johnson, Passaic Tech, 17-9; 6. Chelsea Williams, Dayton, 17-8; 7. Taylor Clarkson, Indian Hills, 17-8; 8. Mackenzie Revano, Metuchen, 17-6.

Pole Vault: 1. Kayla Polari, Ridgewood, 11-6; 2. Chelsea Vaughn, Southern, 11-6; 3. Jess Kriemier, Randolph, 11-6; 4. tie between Sarah Inarsson, Matawan and Catherine Shih, Bernards, 11-4; 5. tie between Schwegler, Torne River North and Lauren McDonald, West Essex, 11-0; 6. Myriah Sauters, North Hunterdon, 11-0.

(still to be contested: 3,200; 4x-400 relay; javelin; triple jump)

Traub reaches her goal

By RONALD P. CLARK and PAUL SCHWARTZ STAFF WRITERS

OLD BRIDGE - Eastern Christian junior Kristen Traub finally had her chance.

The competition level was such that she didn't have to lead. She didn't have to push herself by her own ambition. This time, she had others with her and a clock in front of her.

And she finally did what she came to do.

NOTEBOOK

"It was great," said Traub, who finally reached her goal of running under five minutes as she finished third with a 4:59.53 in the state Meet of Champions 1,600 on Thursday. "It means everything to me."

Traub's time is the second-fastest in Passaic County history.

Four hurdles into the Penn Relays 400 intermediate hurdles race in late April, John Porteous was leading the race and hoping to make history. One hurdle later, Porteous was on the ground, having gone out too fast to get over the fifth hurdle safely and Trenton Central's Jermaine Collier was on his way to a Penn Relays victory.

Six weeks later, it was Collier just holding off a fast closing Porteous to win the state title. If the 400 meters was 405, the Wood-Ridge senior might have

Cooper: Champs find a way

From Page S-9

reach the finals, then cooled her face and sped to the discs.

"I had no warm-up throws, and I had my worst throw of the season," said Picciallo. "I was so embarrassed, so angry."

Picciallo was really hot. She decided to take it out on the shot

start. He fouled on his first throw, threw 196 on the second and was in danger of missing the finals. He threw 205 on his third throw to qualify.

"I went into this meet today and my dad was telling me, 'It's not about how far you throw, it's about winning,'" said Zuidema. "He said



able to perform at in New Jersey history. "Her confidence," Thomas said. "When you come from a state like New Jersey, that has such a great sprint history, they've never done what she's done. Right now, it's starting to sink in." Jacobs is still adjusting to the attention. Even with international meets in Singapore behind her and in France in front of her, the spectacle of it all still keeps her selective with her words. But her performances are as loud as they need to be. "It's definitely a one-of-a-kind thing," Thomas said. "And as a coach, I have to sit back sometimes in awe and just watch." Email: clarkr@northjersey.com

State Meet of Champions
@ Old Bridge

June 9, 2011

1600m: Levi Jennings **4:28.37 – 16th Place**

110HH: Matt Beausoleil **14.68 – 9th Place**

Triple Jump: Eyan Bartlik **45'10 3/4" – 5th Place**

Comments:

A brutally hot day in Old Bridge. Obviously Levi was not at his best but we had two outstanding efforts by Beausoleil and Bartlik. Matt ran a PR and missed making the finals by .07. It is Ridgewood's best ever finish in the HH and ties Ridgewood's best ever finish in the 100, 200 or 110HH. Eyan earned a medal at the state meet in a very competitive triple jump competition. Earning a medal at this meet is a major accomplishment!

<u>Year:</u>	<u>Dual Meets:</u>	<u>County Relays:</u>	<u>League:</u>	<u>County:</u>	<u>State Sectional:</u>	<u>State Group:</u>
1975			Champions	2nd Place	Champions	
1976				3rd Place		
1977				3rd Place		
1978				3rd Place		
1979				3rd Place		
1980				3rd Place		
1981				3rd Place		
1982		2nd Place		3rd Place		
1983				3rd Place	3rd Place	
1984		3rd Place		3rd Place	3rd Place	
1985		3rd Place	3rd Place	3rd Place	3rd Place	
1986						
1987			Champions	Champions	2nd Place	
1988			Champions	3rd Place		
1989	7-1	2nd Place	Champions	2nd Place	Champions	9th Place
1990						
1991	5-3	2nd Place	3rd Place	2nd Place	2nd Place	
1992	5-3	5th Place	2nd Place	2nd Place	5th Place	
1993	7-1	3rd Place (tie)	2nd Place	3rd Place	3rd Place	3rd Place
1994	7-1	4th Place	2nd Place	3rd Place	3rd Place	
1995	7-1	4th Place	Champions (tie)	2nd Place	5th Place	
1996	5-3	5th Place	3rd Place	5th Place	5th Place	
1997	8-0	6th Place	Champions	2nd Place	6th Place	
1998	8-0	3rd Place	Champions	2nd Place	2nd Place	
1999						
2000		2nd Place	3rd Place	3rd Place	2nd Place	
2001		3rd Place	Champions			
2002	6-2	3rd Place	Champions	4th Place	7th Place (tie)	6th Place
2003	5-1	3rd Place	Champions	Champions	Champions	5th Place
2004	6-0	3rd Place	Champions	2nd Place	Champions	8th Place
2005	8-0	Champions	Champions	Champions	2nd Place	2nd Place
2006	8-0	Champions	Champions	2nd Place	3rd Place	
2007	8-0	2nd Place	Champions	3rd Place	2nd Place	
2008	7-1	6th Place	Champions (tie)	8th Place	8th Place	
2009	8-0	2nd Place	Champions	2nd Place	4th Place	
2010	8-1	Champions	Champions	2nd Place	Champions	7th Place
2011	4-0	2nd Place	Champions	2nd Place	Champions	

Ridgewood High School All-Time Top 10 List

<u>100m:</u>	<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>	<u>County Rank:</u>
10.90	Chris Zeigler	State Meet of Champs	2007	
10.99	Dusty Thomas	BMOC	1998	
11.11	Matt Beausoleil	State Sectionals	2011	
10.8	Matt Krever	BMOC	1991	
10.9	Dan Cooper	NNJIL Championship	2000	
11.20 (FAT)	Max Witt	NNJIL Championship	2009	
11.2	Ted Winfield	NNJIL Championship	1997	
11.49	Jake Sabatini	Ironman Invitational	2011	
11.3	Evan Yeaw	NNJIL Championship	2004	
11.3	Chris Hamlin	NNJIL Championship	1989	
11.3	Albert Gelbaum	County Championship	2005	
<u>200m:</u>				
21.7 / 22.05	Chris Zeigler	County / SMOC	2007	
22.15	Dusty Thomas	BMOC	1998	
22.0	Mike Henderson		1961	
22.1	Tim Geckler	NNJIL Championship	1989	
22.4	Matt Krever	NNJIL Championship	1991	
22.77	InSoo Hwang	County Championship	2011	
22.6	Max Witt	County Championship	2009	
23.21	Mike DiMaulo	NNJIL Championship	1995	
23.32	Kevin Chung	County Championship	2011	
23.1	Matt Beausoleil	State Sectionals	2011	
<u>400m:</u>				
48.7	Tim Geckler	NNJIL Championship	1989	
49.41	Josh Kauke		1999	
49.3	Jim Nepola		1970	
49.57	Matt Grundy	State Sectionals	2010	
49.4	Mike Henderson		1960	
49.97	Juan Llinas	State Sectionals	2011	
50.10	Jon Riemer	State Group IV	2010	
50.2	Dusty Thomas	County Championship	1998	
50.4	Chris Perez	NNJIL Championship	2002	
51.0	InSoo Hwang	NJTCC Championship	2010	
<u>800m:</u>				
1:50.19	Josh Kauke		2000	
1:51.61	Chris Rae	Golden West	1987	
1:53.4	Bob Keino	BMOC	1994	
1:54.0	John Parisi		1983	
1:54.31	Levi Jennings	State Group IV	2011	
1:54.2	Tom Rae		1971	
1:54.4	John Lander		1985	
1:54.7	Byron Williams	Bernards Invite	2005	
1:54.8	Niall Buckley	County Championship	2007	
1:55.3	Chris Sullivan		1985	

1:55.3	Eric Berntsen		1987
1:56.01	Juan Llinas	State Sectionals	2011

1600m:

4:09.35	Bob Keino	State Group IV	1994
4:11.9	Chris Sullivan		1985
4:12.0	Chris Rae		1987
4:12.71	Byron Williams	State Meet of Champs	2005
4:14.48	Levi Jennings	State Group IV	2011
4:15.4	Joe LeMay		1985
4:15.5	Ari Zamir	State Sectionals	2004
4:15.7	Eric Berntsen		1987
4:17.10	Michael Cator	BMOC	2006
4:17.1	Tom Tomai		1975
4:18.60	Patrick Rynkowski	State Sectionals	2011
4:19.5	Josh Kauke		2000

3200m:

9:02.73	Bob Keino	Arcadia Invite	1993
9:05.7	Eric Berntsen		1987
9:08.82	Daniel Emont	State Meet of Champs	2007
9:08.91	Taro Shigenobu	State Meet of Champs	2009
9:12.8	Joe LeMay		1985
9:17.29	Eric Boucher	State Meet of Champs	1991
9:18.10	Ari Zamir	State Group IV	2004
9:18.65	Michael Cator	State Meet of Champs	2006
9:22.4	Kevin McCabe		1987
9:24.9	Bruce Mason		1972
9:27.4	Ed Quinn		1976
9:28.0	Byron Williams	County Championship	2005

110HH:

14.60	InSoo Hwang	County Championship	2011
14.68	Matt Beausoleil	State Meet of Champs	2011
14.4	Mike Rogers		1975
14.70	Steve Pawlowski		2001
14.5	Jeff Lane		1975
14.5	Rich Wankmuller		1976
14.75	Akira Monri	State Sectionals	2008
15.01	Edward Blair IV	County Championship	2010
15.30	Steve Robinson	BMOC	1998
15.53	John Moody	BMOC	2006
15.53	Peter Nygaard	State Sectionals	2008
15.3	Fletcher Rosenbach	State Sectionals	1995
15.55	Jim Davis	NNJIL Championship	1995

400 IH:

53.64	InSoo Hwang	State Meet of Champs	2010
53.9	John Parisi		1983
54.7	Dave Shultz		1987
55.2	Niall Buckley	County Championship	2007
55.4	Tim Kelley		1982
55.8	Dave Warton	County Championship	1998
56.59	Akira Monri	Penn Relays	2008
56.7	Josh Saladino	County Championship	1995
56.8	Jason Lahita	NNJIL Championship	1993
57.2	Greg Corcoran	State Sectionals	2003

400m splits:

48.0	Tim Geckler	NNJIL Championship	1989
48.6	Matt Grundy	State Meet of Champs	2010
48.9	Niall Buckley	BMOC	2007
49.1	InSoo Hwang	State Meet of Champs	2010
49.4	Jon Riemer	State Meet of (leadoff)	2010
49.6	Chris Zeigler	Nike Outdoor Nationals	2007
49.7	Matt Krever	NNJIL Championship	1991
49.8	Juan Llinas	State Meet of Champs	2010
50.0	Dusty Thomas	State Group IV	1998
50.2	Byron Williams	NNJIL Championship	2005
50.5	Neil Schoff	County Championships	2011
50.5	Dave Warton	BMOC	1998

800m splits:

1:52.6	Bob Keino	Penn Relays	1993
1:53.5	Christian Trautwein	Nike Outdoor Nationals	2008
1:54.8	Naill Buckley	Nike Outdoor Nationals	2006
1:55.6	Ari Zamir	East Coast Relays	2004
1:55.9	Byron Williams	County Relays	2005

1200m splits:

3:03.7	Chris Sullivan	Penn Relays	1985
3:04.9	Byron Williams	Nike Outdoor Nationals	2006
3:06.0	Niall Buckley	Nike Outdoor Nationals	2007
3:07.06	Levi Jennings	Penn Relays	2011
3:08.6	Michael Cator	Nike Outdoor Nationals	2005
3:09.4	Andrew Fine	Penn Relays	2009
3:09.7	Bob Keino	Penn Relays	1992

1600m splits:

4:08.2	Bob Keino	Penn Relays	1993
4:15.3	Byron Williams	Nike Outdoor Nationals	2005
4:16.7	Michael Cator	Nike Outdoor Nationals	2006
4:17.4	Patrick Rynkowski	Arcadia Invitational	2011
4:18.5	Daniel Emont	Nike Outdoor Nationals	2007

Long Jump:

22'11"	Craig Halyard	Arcadia Invite	1989
21'11"	Gabriel Knutson	State Sectionals	2004
21'5 1/2"	Dusty Thomas	County Championship	1998
21'3"	Bernard Mann	NNJIL Championship	2003
21'1 3/4"	Evan Bartlik	County Championship	2011
20'10 1/4"	Andrew Dolgin	County Championship	1998
20'10"	T.J. Crocker	NNJIL Championship	1989
20'9"	Young Hoe Koo	Frosh Championship	2010
20'5 3/4"	Doug Randolph	County Relays	1993
20'5 1/2"	Chris Hamlin	State Sectionals	1989

Triple Jump:

48'7"	Craig Halyard	Golden West	1989
46'2 3/4"	Evan Bartlik	County Championship	2011
45'8"	Gabriel Knutson	County Championship	2004
43'7"	Bernard Mann	NNJIL Championship	2003
42'10"	Akira Monri	State Sectionals	2007
42'5 1/2"	Andrew Dolgin	County Championship	1998
41'5 3/4"	Matt Beausoleil	County Relays	2011
41'1"	Tommy DeVita	County Relays	2010
40'10 1/2"	Yusik Choi	County Championship	1992
40'10"	Ted Winfield	County Championship	1997
40'10"	Paul Kovach	NNJIL Championship	2006
40'10"	Young Hoe Koo	County Relays	2010

High Jump:

6'8"	Tommy DeVita	State Group IV	2010
6'7"	Pete Rutherford		1972
6'7"	Bernard Mann	Dual	2003
6'6"	Jim Davis	State Group IV	1995
6'6"	Evan Bartlik	BMOC	2011
6'2"	T.J. Crocker	NNJIL Championship	1989
6'2"	Fletcher Rosenbach	County Championship	1995
6'0"	Jeff Braden	County Championship	1997

Pole Vault:

15'1"	Gabriel Knutson	State Sectionals	2004
14'8"	Jacob Ricciardi	State Sectionals	2005
14'7"	Dan Cooper		2000
14'6"	Jon Wisener	East Coast Relays	2010
14'6"	Paul Kovach	BMOC	2006
13'6"	John Boylan		1980
13'6"	Vahe Hagopian	State Group IV	1993
13'6"	James Norton	State Meet of Champs	2002
13'0"	Andrew Gramaglia	State Sectionals	2010
13'0"	Dave Warton	BMOC	1998
13'0"	Christian Jensen	State Sectionals	2005

Shot Put:

54'11"	Eric Bryant		1980
51'9 3/4"	J.D. Murdock	County Relays	1997
51'1 1/2"	Kevin Strahle	BMOC	2002
50'5"	Patrick Rae	NNJIL Championship	1989
50'1"	Sam Horowitz	BMOC	1993
49'4"	Kassim Dawson	BMOC	1993
48'11"	Torre Watson	State Sectionals	1991
48'10"	Steven Abdallah	Bernards Invite	2005
48'8 1/4"	Ben Wilson	County Championship	2006
48'7 1/4"	Adam Bair	NNJIL Championship	2009
48'4"	Jack Simmons	NJTCC Championship	2010

Discus:

163'1"	Jack Simmons	County Relays	2010
157'11"	John Marshall		1971
151'5"	J.D. Murdock	County Relays	1998
150'5"	Glenn Hansen	BMOC	1994
147'1"	Gabriel Knutson	County Championship	2004
144'3"	Brian Zuccala	NNJIL Championship	1998
143'8"	Ramone Hache	State Group IV	1991
143'4"	Jack Simmons	County Championship	2009
143'3"	Michael Mosticchio	State Sectionals	2008
143'1"	Patrick Rae	County Championship	1989
138'3"	Kassim Dawson	NNJIL Championship	1993

Javelin:

202'0"	Steve Pierce	State Meet of Champs	2006
177'8"	Adam Whitelaw	Bernards Invite	2003
161'3"	Mark Maniaci	NJTCC Championship	2010
159'8"	Matt Beausoleil	State Sectionals	2011
154'3"	Anthony Halwagy	NNJIL Championship	2003
152'0"	James Barnett	State Sectionals	2011

Javelin (old jav - subtract 10%):

198'8"	J.D. Murdock	County Championship	1998
187'2"	John Grubb		2000
170'5"	Thibaut van Marke	Bernards Invite	1993
168'5"	Brian Zuccala	County Championship	1998
164'0"	Rod Budelman	Thunderbird Invite	1991

Ridgewood High School All-Time Top 10 Relays

	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>	<u>County Rank:</u>
<u>4x100m:</u>				
44.1	M. Witt / W. Jacoby / M. Grundy / I. Hwang	County Relays	2009	
44.1	A. Monri / P. Nygaard / L. Chwe / C. Zeigler	County Relays	2007	
44.3	M. Krever / C. Halyard / T. Crocker / T. Geckler	Penn Relays	1989	
44.96	J. Moody / A. Gelbaum / L. Chwe / C. Zeigler	Penn Relays	2006	
45.2	S. Oh / L. Chwe / D. Engel / A. Gelbaum	Bernards Invite	2005	
45.3	M. Grundy / E. Blair IV / K. Lai / J. Riemer	County Relays	2010	
45.9	D. Cooper / D. Warton / S. Robinson / D. Thomas	Penn Relays	1998	
46.59	M. DiMaulo / R. Genovese / F. Rosenbach / J. Saladino	Penn Relays	1995	
46.5	P. Martin / J. Bennett / S. Dangelo / M. Krever	County Relays	1991	
46.7	B. Warnock / R. Garcia / S. Aps / M. Nally	Pawlowski Rel.	1994	
<u>4x200m:</u>				
1:31.83	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	E Coast Relays	2007	
1:31.9	C. DiPasquale / A. Dolgin / S. Pawlowski / D. Cooper		2000	
1:32.5	C. Hamlin / C. Halyard / T. Crocker / T. Geckler	County Relays	1989	
1:33.2	M. Grundy / W. Jacoby / L. Pietrantuono / M. Witt	County Relays	2009	
1:33.9	A. Monri / M. Witt / I. Hwang / C. Trautwein	County Relays	2008	
1:33.9	J. Moody / Z. Ontiveros / A. Monri / C. Zeigler	County Relays	2006	
1:34.1	M. Grundy / M. Beausoleil / K. Lai / J. Riemer	County Relays	2010	
1:34.2	J. Sabatini / J. Llinas / N. Tai / K. Chung	County Relays	2011	
1:36.6	D. Cooper / C. Rogers / A. Dolgin / D. Thomas	Englewood Rel	1998	
1:36.9	E. Yeaw / S. Oh / H. Smith / G. Knutson	Comet Relays	2004	
1:36.9	J. Nagano-Gerace / D. Engel / J. Moody / A. Gelbaum	County Relays	2005	
<u>4x400m:</u>				
3:16.91	J. Riemer / I. Hwang / J. Llinas / M. Grundy	SMOC	2010	
3:19.25	Pierson / C. Halyard / T. Geckler / Ellinghous	State MOC	1988	
3:20.72	A. Monri / C. Zeigler / C. Trautwein / N. Buckley	BMOC	2007	
3:22?			2000	
3:25.15	N. Buckley / Z. Ontiveros / J. Schmidt / C. Zeigler	BMOC	2006	
3:25.50	A. Dolgin / D. Warton / J. O'Neill / D. Thomas	BMOC	1998	
3:26.18	J. Riemer / N. Schoff / N. Tai / J. Llinas	League Champs	2011	
3:26.5	B. Dougherty / C. Halyard / M. Giffuni / T. Geckler	BMOC	1989	
3:26.8	J. Schmidt / N. Buckley / A. Gelbaum / B. Williams	NNJIL Champs	2005	
3:26.9	D. Sampson / T. Rooke / B. Williams / G. Corcoran	State Sectionals	2003	
<u>4x800m:</u>				
7:48.9	D. Shultz / Williams / E. Berntsen / C. Rae		1987	
7:52.05	B. Williams / M. Cator / E. Nygaard / A. Zamir	East Coast Rel	2004	
7:57.9			1972	
7:58.1			1976	
8:01.10	S. Alsaidd / R. Cleary / T. Cotton / B. Keino	Penn Relays	1993	
8:02.57	J. Saladino / R. Cleary / B. Palatucci / B. Keino	Penn Relays	1994	
8:05.3	J. Fronefield / S. Alsaidd / D. Connors / B. Keino	Penn Relays	1992	
8:05.5	E. Boucher / W. McCann / D. Connors / D. Culver	Penn Relays	1991	
8:07.80	P. Rynkowski / L. Jennings / J. Llinas / B. Cleary	Arcadia Invite	2010	

4x1600m:

17:52.8	J. LeMay / C. Rae / Lander / C. Sullivan		1985
17:55.34*	M. Cator / B. Williams / E. Nygaard / A. Zamir	National Champs	2004
18:01.36*	P. Rynkowski / S. Spreitzer / L. Jennings / B. Cleary	National Champs	2010
18:02.4	D. Emont / M. Cator / J. Garber / B. Williams	County Relays	2006
18:02.96	A. Fine / S. Martyn / B. Cleary / T. Shigenobu	East Coast Rel	2009
18:12.6	L. Jennings / W. Ades / M. Eid / P. Rynkowski	County Relays	2011
18:13.8	S. Alsaïdi / T. Ricart / T. Cotton / B. Keino	County Relays	1993
18:21.4	M. Cator / D. Emont / B. Williams / J. Pfeiffer	County Relays	2005
18:21.49*	C. Trautwein / J. Garber / J. Kalmus / D.Emont	Arcadia Invite	2007
18:22.0	R. Crispin / E. Nygaard / K. Engelken / A. Zamir	Comet Relays	2003
18:26.7	T. Cotton / J. Fronefield / J. Lahita / B. Keino	County Relays	1992

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

3:27.58	D. Cooper / S. Pawlowski / A. Dolgin / J. Kauke	National Champs	2000
3:29.6			1987
3:30.39	P. Nygaard / I. Hwang / A. Monri / C. Trautwein	National Champs	2008
3:30.84	A. Monri / Z. Ontiveros / C. Zeigler / N. Buckley	National Champs	2007
3:31.36			1999
3:33.3			1975
3:35.1			1971
3:36.3	D. Engel / A. Gelbaum / J. Schmidt / B. Williams	County Relays	2005
3:36.9	M. Beausoleil / M. Grundy / I. Hwang / B. Cleary	County Relays	2010
3:37.0	W. Jacoby / L. Pietrantuono / I. Hwang / T. Shigenobu	County Relays	2009

Distance Medley:

10:06.57	B. Williams / C. Zeigler / N. Buckley / M. Cator	National Champs	2006
10:07.97	N. Buckley / C. Zeigler / C. Trautwein / D. Emont	National Champs	2007
10:11.1	C. Sullivan / Caminiti / Lander / J. LeMay	Penn Relays	1985
10:12.82	L. Jennings / N. Schoff / J. Llinas / P. Rynkowski	Arcadia Invite	2011
10:13.79	M. Cator / J. Schmidt / N. Buckley / B. Williams	National Champs	2005
10:16.2			1987
10:22.36	T. Cotton / J. Lahita / S. Alsaïdi / B. Keino	Penn Relays	1993
10:29.67	E. Nygaard / N. Buckley / B. Williams / M. Cator	National Champs	2004
10:30.49	B. Keino / D. Connors / S. Alsaïdi / J. Fronefield	Penn Relays	1992
10:33.7	D. Culver / M. Krever / D. Connors / E. Boucher	Penn Relays	1991

Shuttle Hurdles:

59.2			1972
61.0	E. Blair IV / S. Mattson / M. Beausoleil / I. Hwang	County Relays	2010
63.2	Muth / R. Wankmuller / J. Lane / M. Rogers		1975
64.27	J. Moody / J. Nagano-Gerace / S. Pierce / A. Monri	E. Coast Relays	2006
64.9	J. Davis / J. Braden / J. Hu / F. Rosenbach	County Relays	1995
65.2	E. Bartlik / K. Chung / J. Knight / M. Beausoleil	County Relays	2011
68.2	P. Nygaard / A. Mandarano / T. DeVita / A. Monri	County Relays	2008
68.2	P. Nygaard / L. Chwe / Z. Ontiveros / A. Monri	Comet Relays	2007
68.2	D. Warton / C. Rogers / J. Roth / S. Robinson	County Relays	1998
68.4	T. DeVita / S. Mattson / M. Beausoleil / E. Blair	County Relays	2009

3x400 IH:

2:50.9	T. Kelley / J. Parisi / Buckley		1982
2:53.0	N. Buckley / A. Monri / Z. Ontiveros	County Relays	2007
2:55.1	I. Hwang / S. Mattson / E. Blair IV	County Relays	2010
2:55.1	N. Buckley / S. Pierce / J. Nagano-Gerace	County Relays	2006
2:58.1	N. Buckley / J. Nagano-Gerace / S. Pierce	County Relays	2005
2:59.8	A. Monri / P. Nygaard / I. Hwang	County Relays	2008
3:00.1	D. Warton / S. Robinson / C. Rogers	Engelwood Rel	1998
3:01.7	C. Perez / J. Norton / G. Corcoran	County Relays	2002
3:02.4	I. Hwang / S. Mattson / E. Blair IV	County Relays	2009
3:02.9	J. Saladino / J. Hu / F. Rosenbach	County Relays	1994
3:03.0	J. Saladino / F. Rosenbach / J. Hu	County Relays	1995

3XLJ:

60'3 3/4"	C. Halyard / T. Crocker / Pierson		1988
60'2 1/2"			1970
58'1"	E. Bartlik / M. Beausoleil / Y. Koo	County Relays	2011
59'10 1/2"	C. Halyard / T. Crocker / C. Hamlin	County Relays	1989
56'9 3/4"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
55'11"	G. Knutson / H. Smith / K. Wanchoo	County Relays	2004
55'10 1/2"	P. Kovach / B. Clementi / A. Monri	County Relays	2006
55'9 3/4"	D. Randolph / S. Aps / T. van Marke	County Relays	1993
55'6"	B. Mann / G. Knutson / K. Wanchoo	County Relays	2003
55'5"	T. Winfield / D. Thomas / S. Wolfson	County Relays	1996

3xTJ:

125'10 1/4"	C. Halyard / T. Geckler / J. Chang	County Relays	1989
125'3 3/4"	E. Bartlik / M. Beausoleil / Y. Koo	County Relays	2011
121'5 1/2"	T. DeVita / Y. Koo / E. Bartlik	County Relays	2010
120'4 1/2"	G. Knutson / H. Smith / B. Clementi	County Relays	2004
119'1"	B. Mann / G. Knutson / K. Wanchoo	County Relays	2003
118'1 1/4"	A. Monri / L. Chwe / P. Nygaard	County Relays	2007
116'8"	A. Dolgin / S. Robinson / D. Warton	County Relays	1998
115'1 3/4"	B. Clementi / S. Oh / J. Moody	County Relays	2005
114'11 3/4"	T. Winfield / A. Dolgin / S. Robinson	County Relays	1997
114' 1/2"	T. van Marke / K. Dawson / C. Lalonde	County Relays	1993

3xHJ:

18'2"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
17'6"	J. Davis / F. Rosenbach / J. Braden	Pawlowski Rel	1995
17'2"	E. Bartlik / Y. Koo / J. Knight	Pawlowski Rel	2011
17'1"	B. Mann / H. Smith / K. Engelken	Pawlowski Rel	2002
16'10"	B. Mann / K. Engelken / G. Knutson	County Relays	2003
16'9"	F. Rosenbach / J. Davis / J. Braden	Pawlowski Rel	1994
16'9"	S. Robinson / B. Reese / J. Roth	Pawlowski Rel	1998
16'8"	J. Braden / S. Robinson / W. Byren	County Relays	1996
16'6"	T. DeVita / M. Beausoleil / M. Levitsky	County Relays	2009
16'0"	T. DeVita / D. Yoon / D. Morse	Pawlowski Rel	2007
16'0"	H. Smith / C. Perez / K. Engelken	County Relays	2002
16'0"	H. Smith / K. Engelken / N. Buckley	County Relays	2004

3xPV:

38'0"	G. Knutson / J. Riccairdi / C. Jensen	County Relays	2004
34'0"	J. Wisener / M. Witt / A. Gramaglia	County Relays	2009
34'0"			1976
33'0"	J. Wisener / A. Gramaglia / T. DeVita	County Relays	2010
32'6"	D. Warton / D. Cooper / C. Rogers	County Relays	1998
32'0"	M. Witt / N. Stitt / J. Wisener	County Relays	2008
31'6"	J. Norton / J. Riccairdi / G. Knutson	County Relays	2002

3XShot:

146'8 1/2"	Pfund / Gautier / Laborde		1983
132'5 1/2"	B. Zuccala / J. Murdock / T. Zurla	County Relays	1998
130'7 3/4"	S. Horowitz / K. Dawson / A. Greico	County Relays	1993
130'3 1/4"	B. Wilson / M. Mosticchio / N. Dawson	County Relays	2006
129'3"	S. Abdallah / M. Flicker / B. Mercer	County Relays	2004
129'0"	J. Murdock / T. Zurla / F. Lockwood	Pawłowski Rel	1998
128'7 1/2"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
127'3 1/2"	M. Picarelli / C. Van Cleve / T. Steiner	County Relays	1995
126'10"	J. Simmons / S. Etna / A. Balboa	Pawłowski Rel	2010
126'4 1/4"	J. Simmons / A. Bair / M. Krauss	County Relays	2009

3xDisc:

422'8"			1971
387'3"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
381'6"	J. Simmons / S. Etna / M. Henni	County Relays	2010
377'7"	R. Hache / T. Watson / P. Beisler	County Relays	1991
372'2"	K. Strahle / S. Pskowski / C. Wolfstirn	County Relays	2002
368'10"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
362'4"	K. Dawson / A. Greico / S. Horowitz	County Relays	1993
358'1"	S. Abdallah / B. Wilson / S. Pierce	County Relays	2005
352'11"	T. Li / D. Barry / C. Mala	County Relays	1995
352'3"	J. Simmons / A. Bair / M. Krauss	County Relays	2009
350'10"	B. Wilson / S. Pierce / C. Ryan	County Relays	2006

3xJavelin:

431'1"	S. Pierce / N. Ontiveros / A. Gelbaum	County Relays	2005
429'10"	S. Pierce / A. Gelbaum / T. Haase	County Relays	2006
419'0"	M. Maniaci / M. Beausoleil / E. Blair IV	County Relays	2010
393'3"	M. Beausoleil / J. Barnett / Y. Koo	County Relays	2011
390'8"	M. Maniaci / T. Zulauf / M. Beausoleil	County Relays	2009
388'10"	K. Flaherty / M. Mosticchio / M. Maniaci	County Relays	2008

3xJavelin (old jav - subtract 10%):

442'8"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
417'11"	J. Murdock / B. Zuccala / P. Hans	County Relays	1996
404'1"	M. Picarelli / J. Murdock / D. Barry	County Relays	1995

All-Decade Teams:

1980s

100m:

Chris Hamlin (1989) 11.3

200m:

Tim Geckler (1989) 22.1

400m:

Tim Geckler (1989) 48.7

800m:

Chris Rae (1987) 1:51.61

John Parisi (1983) 1:54.0

John Lander (1985) 1:54.4

1600m:

Chris Sullivan (1985) 4:11.9

Chris Rae (1987) 4:12.0

Joe LeMay (1985) 4:15.0

3200m:

Eric Berntsen (1987) 9:05.7

Joe LeMay (1985) 9:12.8

Kevin McCabe (1987) 9:22.4

110HH:

400IH:

John Parisi (1983) 53.9

Dave Shultz (1987) 54.7

Tim Kelley (1982) 55.4

400m Splits:

Tim Geckler (1989) 48.0

Other Splits:

Chris Sullivan (1985) 3:03.7 (1200m)

Long Jump:

Craig Halyard (1989) 22'11"

T.J. Crocker (1989) 20'10"

Chris Hamlin (1989) 20'5 1/2"

Triple Jump:

Craig Halyard (1989) 48'7"

High Jump:

T.J. Crocker (1989) 6'2"

Pole Vault:

John Boylan (1980) 13'6"

Shot Put:

Eric Bryant (1980) 54'11"

Patrick Rae (1989) 50'5"

Discus:

Patrick Rae (1989) 143'1"

Javelin:

All-Decade Teams:

1990s

100m:

Dusty Thomas (1998) 10.99
Matt Krever (1991) 10.8
Ted Winfield (1997) 11.2

400m:

Dusty Thomas (1998) 50.2
Josh Saladino (1995) 51.2
Matt Krever (1991) 51.4

1600m:

Bob Keino (1994) 4:09.35
Eric Boucher (1991) 4:19.9

110HH:

Steve Robinson (1998) 15.30
Fletcher Rosenbach (1995) 15.3
Jim Davis (1995) 15.55

400m Splits:

Matt Krever (1991) 49.7
Dusty Thomas (1998) 50.0
Dave Warton (1998) 50.5
Josh Saladino (1995) 50.6

Long Jump:

Dusty Thomas (1998) 21'5 1/2"
Andrew Dolgin (1998) 20'10 1/4"
Doug Randolph (1993) 20'5 3/4"

High Jump:

Jim Davis (1995) 6'6"
Fletcher Rosenbach (1995) 6'2"
Jeff Braden (1997) 6'0"

Shot Put:

J.D. Murdoch (1997) 51'9 3/4"
Sam Horowitz (1993) 50'1"
Kassim Dawson (1993) 49'4"

Javelin:

J.D. Murdoch (1998) 198'8"
Thibaut van Marke (1993) 170'5"
Brian Zuccala (1998) 168'5"

200m:

Dusty Thomas (1998) 22.15
Matt Krever (1991) 22.4
Mike DiMaulo (1995) 23.21

800m:

Bob Keino (1994) 1:53.4
Ryan Cleary (1995) 1:58.4

3200m:

Bob Keino (1993) 9:02.73
Eric Boucher (1991) 9:17.29

400IH:

Dave Warton (1998) 55.8
Josh Saladino (1995) 56.7
Jason Lahita (1993) 56.8

Other Splits:

Bob Keino (1993) 800m - 1:52.6
Bob Keino (1993) 1600m - 4:08.2

Triple Jump:

Andrew Dolgin (1998) 42'5 1/2"
Yusik Choi (1992) 40'10 1/2"
Ted Winfield (1997) 40'10"

Pole Vault:

Vahe Hagopian (1993) 13'6"
Dave Warton (1998) 13'0"
Jim Davis (1995) 12'6"
Mike Huang (1995) 12'6"

Discus:

J.D. Murdoch (1997) 151'5"
Glenn Hansen (1994) 150'5"
Brian Zuccala (1998) 144'3"

All-Decade Teams:

2000s:

100m:

Chris Zeigler (2007) 10.90
Dan Cooper (2000) 10.9
Max Witt (2009) 11.20

400m:

Josh Kauke (1999) 49.41
Chris Perez (2002) 50.4
Greg Corcoran (2003) 51.4

1600m:

Byron Williams (2005) 4:12.71
Ari Zamir (2004) 4:15.5
Michael Cator (2006) 4:17.10

110HH:

Steve Pawlowski (2001) 14.70
Akira Monri (2008) 14.75
John Moody (2006) 15.53
Peter Nygaard (2008) 15.53

400m Splits:

Niall Buckley (2007) 48.9
Chris Zeigler (2007) 49.6
Byron Williams (2005) 50.2
Akira Monri (2008) 50.6

Long Jump:

Gabe Knutson (2004) 21'11"
Bernard Mann (2003) 21'3"
Akira Monri (2007) 19'10"

High Jump:

Bernard Mann (2003) 6'7"

Shot Put:

Kevin Strahle (2001) 51'1 1/2"
Ben Wilson (2008) 48'8 1/4"
Adam Bair (2009) 48'7 1/4"

Javelin:

Steve Pierce (2006) 202'0"
Adam Whitelaw (2003) 177'8"
John Grubb (2000) 187'2" (old jav)

200m:

Chris Zeigler (2007) 22.07 / 21.7
Max Witt (2009) 22.6
Albert Gelbaum (2005) 23.2

800m:

Josh Kauke (2000) 1:50.19
Byron Williams (2005) 1:54.7
Niall Buckley (2007) 1:54.8

3200m:

Dan Emont (2007) 9:08.82
Taro Shigenobu (2009) 9:08.91
Ari Zamir (2004) 9:18.10

400IH:

Niall Buckley (2007) 55.2
Akira Monri (2008) 56.59
Greg Corcoran (2003) 57.2

Other Splits:

Christian Trautwein (2008) 800m - 1:53.5
Niall Buckley (2006) 800m - 1:54.8
Byron Williams (2006) 1200m - 3:04.6
Niall Buckley (2007) 1200m - 3:06.0
Byron Williams (2006) 1600m - 4:15.3
Michael Cator (2006) 1600m - 4:16.7

Triple Jump:

Gabe Knutson (2004) 45'8"
Bernard Mann (2003) 43'7"
Akira Monri (2007) 42'10"

Pole Vault:

Gabe Knutson (2004) 15'1"
Jacob Ricciardi (2005) 14'8"
Dan Cooper (2000) 14'7"

Discus:

Gabe Knutson (2004) 147'1"
Michael Mosticchio (2008) 143'3"
Chris Wolfstirn (2003) 136'2"