

**RIDGEWOOD
WINTER TRACK
AND FIELD
2010-2011**



Dear Seniors,

The year of the hamstring! It seemed like many were battling injuries throughout the year. However, the team persevered and won the girls county title and the boys state sectional title. I believe it was your senior leadership and dedication that made those accomplishments happen. We not only had awesome team awards, but many individuals did an exceptional job as well. Those are all great, but the memories are fun for me too. Some of these include:

Anthony Andrews for his constant smile, his "dart wars," and his sick days; *Matt Beausoleil* for his agility leadership, his desire to do everything, and his hurdler bonding; *Edward Blair* for his work ethic, his upbeat...positive attitude, and his making fun of my "jokes of the day," *Sarah DeVita* for finishing 7th in the nation while setting a new county record in the pentathlon, for making me carry out all the traditions of winter track, and her enthusiastic leadership style; *Mohamed Eid* for his desire for long runs, his foot issues, and his great Valentines Day Song, *Stephen Etna* for coming out his senior year, his leadership with the throwers ☺, and his broken toes...who knew??, *Hannah Holland* for losing me multiple times on distance runs, her bathroom stops??, and her ability to stick it out through a stressful year!; *InSoo Hwang* for his true love of track and field, for being an assistant coach all year, and for carrying on the Ridgewood-Brown connection; *Corban Jennings* for always being happy, for loving the Valentines Day dance, and for always giving his best, *Yuki Kawahara* for his constant competition with Myasia Jacobs' FAT...but he lost, his returning to Winter Track after years off, and his tireless work ethic, *Grayson Llerandi* for her "distance clique," her strong efforts in practice, and her constant dedication to track and field; *Juan Llinas* for his desire to compete and race multiple times, his calculus C/D, and for his bowling socks; *Connor Martyn* for his "hanging in there" for the season, his running a strong 800m at end of year, and his constant injuries, *Sean "where*

is he?" Matson for his nagging hamstring, his being there for his teammates, and his desire to return to action; Kayla Polcari for her county record pole vault!, her being a great multi-event athlete, and for always being around a DeVita!; Haley Roche for being a great morning person ☺, for her connection with Coach Martin, and her constantly hiding in the cheerleading mats; Pat Rynkowski for still owing me candy money, for his slight eye rolls when I don't agree with him, and his 4:19 at nationals; Steven Spreitzer for the best "Joke of the Year," for his cross country skiing weekends, and his questions...questions...and more questions!; Haley Wodenshek for our texting connection, for her desire to run relays (not individual races), and her ITP (individualized track program)!

You have all worked so hard and done such a great job. You are getting old!!!!!! I guess mature is a better way to say it. I'm proud to have coached you all...some for 4 years. I wish you nothing but the best! Remember, if you work hard and believe in yourselves, you can achieve anything!

Sincerely,
Coach Mullin

Ridgewood High School Winter Track Roster

Boys:

12th Grade:

Andrews, Anthony
Beausoleil, Matt
Blair, Edward
Eid, Mohamed
Etna, Stephen
Hwang, InSoo
Jennings, Corban
Kawahara, Yuki
Llinas, Juan
Martyn, Connor
Mattson, Sean
Rynkowski, Pat
Spreitzer, Steven

11th Grade:

Cahill, Matt
Diorio, Tom
Fishbein, Ben
French, Mark
Hwang, InHo
Jennings, Levi
Knight, James
Ransom, Kyle
Tai, Nick

10th Grade:

Chung, Kevin
Dowling, Dylan
Garrity, Tanner
Hyun, JiSeok
Jones, Graham
Kagei, Shota
Lee, Jung Woo
Lee, Yong
Nathanson, Ilan
O'Donnell, Mike
Ok, Dominic
Park, Harry (Sung
Park, Sean
Schoff, Neil
Smith, Rob
Young, Vincent

9th Grade:

Case, Marshal
Clarendon, Bryan
Collins, Brian
Cristeitielo, Chris
Han, Dorhee
Hartmann, Carter
Llerandi, Spencer
Sohn, Andrew
Wong, Allan
Yoon, Joe

12th Grade Girls:

DeVita, Sarah
Fisher, Brenna
Holland, Hannah
Llerandi, Grayson
Polcari, Kayla
Roche, Haley
Wodenshek, Haley

11th Grade:

Brown, Ilana
Davidson, Caroline
Frank, Brittany
Jennings, Moriah
Kim, Christine
Locke, Michelle
Shigenobu, Hanako
Toscano, Andina

10th Grade:

Campbell, Courtney
Cron, Shannon
DeVita, Mimi
Feeney, Maura
Ferguson, Zoe
Jones, Lesley
Lane, Madeleine
McPadden, Makayla
Morley, Charlotte
Munro, Abey
Ramirez, Sirai
Roth Jacquelyn

9th Grade:

Brickfield, Emma
Chadwick, CC
Fishbein, Emily
Flynn, Emily
Kim, YoonMi
Park, HyeJin
Shapiro, Shelly
Simon, Kathleen
Weisberger, Laura
Whalen, KeeAuna

Coaches:

Mike Mullin
Josh Saladino
Holly Martin

Winter Track Meet Schedule 2010-2011

Date	Meet	Location	Who's going?
12/20	Spike Shoe Invite	Armory	All
12/27	Marine Corps Holiday Classic	Armory	Select varsity
1/4	Tom Zacone Invite	FDU	All
1/8	Dartmouth Relays	Dartmouth	Select varsity
1/11	North Jersey Invite	FDU	Varsity runners
1/13	League Meet	Armory	RCC
1/18	RHS II	RCC	All
1/26	Bergen Relay Champs	Armory	Varsity
2/2	MET	Armory	Varsity
2/5	State Gr IV sect Boys/Girls (2:00)	Toms River	Varsity
2/7	Varsity Classic	Armory	Varsity
2/10	Ed Church Invite	FDU	Sub-varsity
2/11	State Group IV Boys/Girls (4:00p)	Toms River	Varsity
2/19	Girls State Meet of Champs (10:00am)	Toms River	Boys varsity
2/19	Boys State Meet of Champs (1:00pm)	Toms River	Girls varsity
2/21	Bergen Individual champ (9:00am)	Armory	All
3/1	Eastern States	Armory	Select Varsity
3/11-13	Nationals	Armory	Select Varsity

Team Honors 2011

Boys- 1st State Section, 1st League, 4th County Relays

Girls- "*County Team of the Year*"

1st County Relays, 1st League, 2nd State Sectional

New School Records

Boys:

Distance Medley- Levi Jennings, Neil Schoff, Juan Llinas, Pat Rynkowski

10:17.39

Girls:

Kayla Polcari- Pole Vault.... 12'3" *** *Also, county record*

Sarah DeVita- Pentathlon- 3267 pts *** *Also, county record*

Pole Vault Relay- Kayla Polcari/Mimi DeVita- 20'0"

Triple Jump Relay- Sarah DeVita/Haley Roche- 66'7 ½"

High Jump Relay- Sarah DeVita/Haley Roche- 10'2"

All County

1st Team:

Boys 4 x 800m- Levi Jennings, Nick Tai, Juan Llinas, Pat Rynkowski

Kayla Polcari- PV

Sarah DeVita- Pentathlon

Hanako Shigenobu- 1000m

Caroline Davidson- 1600m

Girls 4 x 800m- Hanako Shigenobu, Haley Wodenshek,
Micaela McPadden, Caroline Davidson

2nd Team:

InSoo Hwang- HH

Juan Llinas- 600m

3rd Team:

Levi Jennings- 1600m

Pat Rynkowski- 3200m

Haley Roche- HJ

Girls 4 x 400m- Micaela McPadden, Maura Feeney,
Caroline Davidson, Hanako Shigenobu

North Jersey Sports

ALL-COUNTY TEAMS
 Tuesday: Girls tennis; Wednesday: Girls volleyball; Thursday: Field hockey, gymnastics; Friday: Girls cross-country; Saturday: Boys cross-country; Sunday: Football;
Today: Girls soccer; Tuesday: Boys soccer

BOYS INDOOR TRACK PREVIEW AROUND THE LEAGUES

g North

ATED DIVISION

gen Catholic returns junior Dixon and senior Tarique y from last year's winter State et of Champions 1,600 relay n and also has a fine 400 run- n Mario Kranjac and hurdler ler Dilworth.

'aul is rebuilding with senior jumper Steve Boyle and rter James Kehoe joined by r distance runners Joe ano and Mario Ibrahim and omore hurdler Cody Pepe.

Bosco looks to defend the e Non-Public A title with a J distance team led by senior lan McCormick and juniors k Mendolia and Christian tello. But the team's top per- ner, senior jumper Greg eil, won't be able to do his cialties of long and triple jump tates, since those events are art of the meet's indoor edule. Pole vaulter Mike elice also should contribute.

amus Catholic locks to Pitt lball recruit Marquise Wright e one of the state's top shot ters and distance runners Bri- Feliciano and James Szwerc ould excel along with junior 0 runner Aubrey Lewis.

Joseph looks to junior John nford (400) and seniors Kyle ugliotta (800) and John Butler hot).

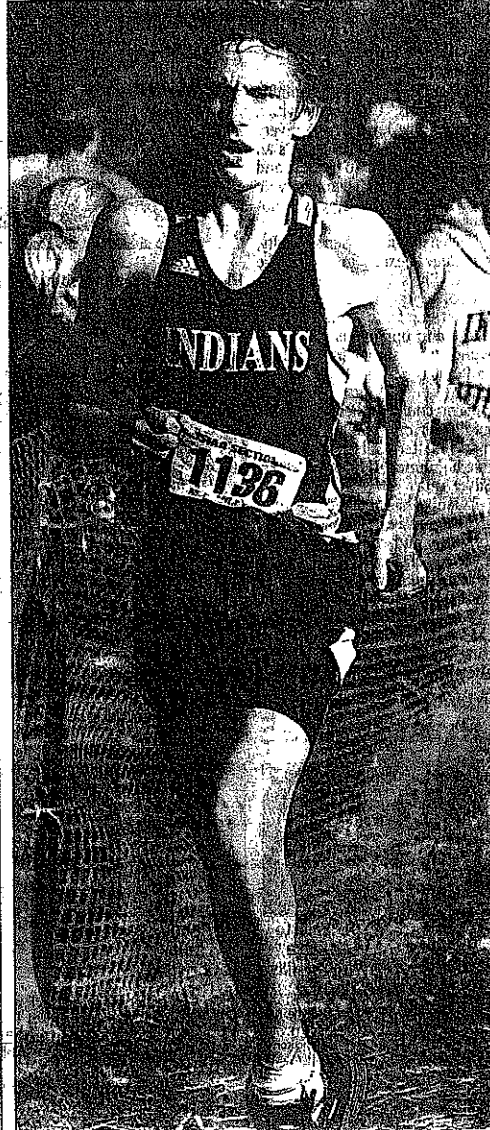
IBERTY DIVISION

Hilton's Daniel Green is the top eturnee for the Passaic County ontending Mustangs and should e among the area's best middle distance runners.

Eastside returns speedy junior sprinter Latimer Campbell and 400/800 runner Justin McKenzie.

Kennedy hopes seniors Ziad Aburumelleh and Jamaal Hilton can keep the Knights competi- tive.

Passaic Tech might surprise with distance runners Nicolas Ro- driguez and Victor Reyes, sprinter Halim McCarthy, sophomore 800- hopeful Nigel Burgess and hur- dler Warren Reason.



ATHLETES TO WATCH

Patrick Cole, Hasbrouck Heights, senior, shot put: The Maryland-bound thrower gave up his senior football season for track and should become the first Bergen athlete in 15 years to throw 60 feet indoors. He's a two-time State Group 1 indoor champion and was third in the State Meet of Champions last winter.

Kevin Condal, Hasbrouck Heights, senior, 55 meters to 800 meters, high jump: The Aviators could win the State Group 1 title and Condal is the key. The defending State Group 1 1,400-meter champ, also came with 0.3 of a second of setting the Bergen County record in the 300 meters last winter.

Phil Dowell, Englewood, senior, long and triple jumps, 400 meters: He placed in the long and triple jump last winter and also ran a leg on Englewood's league championship 4-x-400-relay team.

Brandon Gregory, Old Tappan, junior, 200 to 800 meters: Second in the Bergen County at 400 meters last winter, he had an explosive spring and should be ready to do the same this winter on an improving Golden Knight team.

Greg Hazell, Don Bosco, senior, long and triple jumps: While most of the state's best jumpers spent their falls on the football and soccer fields or even just training, Hazell ran on the Bergen County cross-country champion team. It should make him stronger as he attempts to move into the top 10 all time among Bergen indoor jumpers after making All-County last winter.

Jamaal Hilton, Kennedy, senior, 600 to 1,000 meters: After winning last winter's Passaic County 1,000-meter championship and running well in several other 800-meter races, he's ready to take a step forward and compete at

...the long hurdles and should be among the area's best middle distance runners.

astside returns speedy junior sprinter Latimer Campbell and 30/800 runner Justin McKenzie. Kennedy hopes seniors Ziad Kurumieh and Jamaal Hilton can keep the Knights competitive.

Passaic Tech might surprise with stamper runners Nicolas Rodriguez and Victor Reyes, sprinter Adam McCartha, sophomore 800 meter Nigel Burgess and hurdler Warren Beason.

REEDOM DIVISION

Third team all-Bergen cross-country runner Andreas Kellas is Bergen Tech's best.

Stephen Mozia is Hackensack's best winter athlete and one of the top shot putters in the state. He's joined by sprinter Christopher Deasant and junior distance runners Carlos Coronado and John Gajdos.

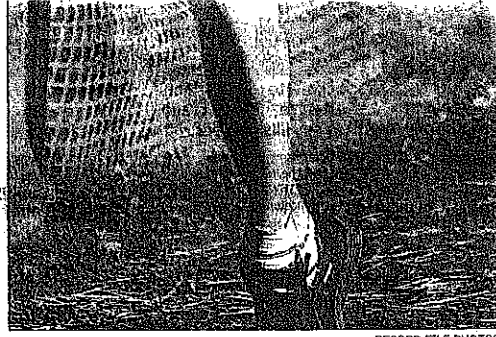
Paramus has a good senior group led by captain Josh Enriquez (sprints), middle distance runners Jason Segura and Ace Castillo, sprinter Justin Sloane and pole vaulter Alex Toppo.

Ridgewood has a tremendous group of seniors and may be the best team in the area. Hurdlers in Soo Hwang (who also is part of the Maroons' fine 1,600 relay) and Edward Blair IV, distance runners Patrick Rynkowski, Mohamed Eid, Steven Spreitzer and Anthony Andrews, 400/800 runners Sean Mattson, Juan Llinas and Jon Reimer, and jumper Matt Beausoleil provide talent and depth. Junior all-Bergen cross-country runner Levi Jennings will also be a major contributor.

Teaneck may have the state's best 1,600 relay, just like last spring, with juniors Bryan Murphy, Damien Elliott and Daryian Miles joining senior Warren Fields.

INDEPENDENCE DIVISION

Lakeland might be the best team in the division and in Passaic County, led by senior jumper/sprinters Cody Geyer and Aaron Aquino, pole vaulter Connor Glacken, hurdler/jumper Dan Loman, hurdler Sean Kunkle and



RECORD FILE PHOTOS

Senior sprinter Kevin Condal, left, is the key to Hasbrouck Heights' chances to win a State title, while Pascack Valley is hoping cross-country standout Ben Malone can excel on the indoor track.

junior sprinter Jason Fuehring.

Wayne Valley has some fine long sprinters and middle-distance runners in Chris Connolly, Rob Palmarozza and Mike Sheptock.

West Milford has a good long sprinter in Doug Harvey and an excellent junior hurdler in Mark Van Teyens.

NATIONAL DIVISION

Demarest has a fine distance runner in Adam Bernstein, a very good hurdler in Chris Ng and a good high jumper in In Soo Kim, but junior 400/pentathlete Sean Degnon might be the best Norseman.

Fair Lawn welcomes a new head coach in Erik Miller, a solid junior distance runner in Adam Ross and talented seniors in Alfred DeVilla, Kevin Guy, Tom Godfrey and Tony Frugia.

Northern Highlands returns soccer star Nick Picache, an excellent hurdler and 400 runner, and steady distance runner Tim Lattemer.

Junior Brandon Gregory leads Old Tappan and may be the area's top 400 runner. Seniors Corey DeLeon (800), Louis Petrocelli (shot) and Derek Weissman (shot) are also potential standouts for the Knights.

Ramapo senior Brad Paternostro had an ordinary winter last year but then blossomed into the state's best 800 meter runner. He should have a terrific winter this time around and is helped by dis-

tance runner Chris Cohane and sprinter Ryan Zauk.

AMERICAN DIVISION

Englewood is always strong, and jumper Phil Dowell leads a solid group of returnees.

Fort Lee hopes to give the Maroon Raiders a battle behind a great junior class of Jonya Dyagilev (distance), YuYu Fahmy (middle distance), Frank Gorris (sprints), Joe Kim (distance), Dan Koch (hurdles/pole vault), Jonathan Spent (400) and Darrell Vasquez (distance).

Ridgefield Park has seniors Rasheed Lawrence (sprints) and Hyun Woo Nam (pole vault) and juniors Michael Peters (sprints/high jump), Rakesh Dataram (high jump) and Brendan Conway (high jump) to help it contend.

PATRIOT DIVISION

Indian Hills is the defending Group 2 State champion. Senior distance stars Nick Ward, John Prizzi and Pete Tuohy, sprinter Ken Fobian and juniors Calvin Knox (400/high jump), Hee Jae An (jumps/400) and Scott Savage (distance) will try and help the Braves approach last year's success.

Mahwah has potential All-Bergen talent in senior Erik Moutenot (400/800), and junior Tyler Poland (pole vault). Mike Coates (distance) also should contribute. All-Bergen cross-country runner

Ben Malone leads Pascack Valley, which also counts on hurdler JJ Hoogendoom and sprinter Lucas Hall.

Ramsey might be this division's best team behind seniors John Dugan (distance), Chris Bailey (sprints/hurdles) Joe McNally (sprints) and Andrew Clinton (distance) and a great junior class including high hurdler/pentathlete Brian Psota, middle-distance runners Erik Buser and Chris Eltringham and shot-putter Andrew Assie.

River Dell has three top seniors in James Haggerty (400/800), Ivo Ivanov (shot) and Brad Hoey (pole vault), and is always a threat to contend.

NJIC

COLONIAL DIVISION

Garfield has a solid core of talent with senior jumper Angel Lora, one of the state's best. Franklin Smith-Hinson (hurdles), Leacroft Nunes (high jump), Shamli McKinney (sprints), Brandon Pacheco (400) and Mike Espinoza (middle distance) also are very talented.

Glen Rock's top returnee should be middle distance runner Mike Polizzano.

Pascack Hills has senior standout Tony Greco (400/hurdles) and juniors Louis Kang (hurdles), Sean Krazit (sprints) and Taylor Cudequest (high jump/sprints) to lead it into its new league.

Senior Chris Steele of Pompton Lakes has a chance to be the area's top pole vaulter this winter.

PATRIOT DIVISION

Junior sprinter Steve Felice is Midland Park's top returnee. New Milford counts on seniors John Follety and Cody Carlson and Junior Andres Belliard.

Park Ridge returns junior Johnny Malespina (400), who made the State meet in his specialty last winter.

Waldwick has two potential State scorers in sprinter Steven Roth and high jumper John Dickerson.

MEADOWLANDS DIVISION

Hasbrouck Heights should be a County and State Group 1 powerhouse behind seniors Patrick Cole (shot put) and Kevin Condal (sprints), who each won Group titles last winter. Alex Quinn adds depth for the Aviators, who need some depth to make a run at a State title.

Queen of Peace has a good senior turnout led by Mario Costa, Sammie Misa, Jacob Ortiz, Jonathan Carvalho and Alex Almeida.

Saddle Brook should have outstanding 1,600 and 3,200 teams, led by seniors Steve Mancini, Darnell Roberts and Matt Thieme and juniors Joe Delgado and Rishi Gulati.

— Paul Schwartz

on the Berger County cross-country champion team. It should make him stronger as he attempts to move into the top 10 all time among Bergen indoor jumpers after making All-County last winter.

Jamaal Hilton, Kennedy, senior, 600 to 1,000 meters: After winning last winter's Passaic County 1,000-meter championship and running well in several other 800-meter races, he's ready to take a step forward and compete at the state level.

In Soo Hwang, Ridgewood, senior, hurdles and 200 to 600 meters: Probably best known as one of the state's top intermediate hurdlers, he'll spend his winter going over the high hurdles and being part of one of the state's better 4-x-400 relay teams. He was sixth in the Group 4 high hurdles last year.

Ben Malone, Pascack Valley, sophomore, 800 to 3,200 meters: He's never run an indoor varsity race, but after his sensational breakout fall in cross-country there's little doubt that he should have a terrific season indoors. He won the Bergen freshman 1,600 title last winter.

John Prizzi, Indian Hills, senior, 800 to 1,600 meters: North Jersey is flush with very good middle-distance runners, and Prizzi, whose first indoor season last year helped the Braves earn their first State group indoor title, should be in the mix with them. He had a great first cross-country season and could battle State outdoor 800 champ Brad Paternostro of Ramapo for County 800 and 1,000 honors this winter.

Marquise Wright, Paramus Catholic, senior, shot put: He's verbally committed to Pitt to play football next year, but last year's upset winner in the Bergen County championships has some work left in the shot circle. He was a Non-Public A medalist and made the finals in the State Meet of Champions.

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GIRLS INDOOR TRACK PREVIEW AROUND THE LEAGUES

ATHLETES TO WATCH

Nicole Appet, DePaul, junior, 55 meters, high, long and triple jumps: An all-Passaic choice as an all-around athlete last year, she placed in the high jump, triple jump and 55 at the Passaic meet and qualified for indoor nationals in the long jump.

Taylor Clarkson, Indian Hills, senior, high jump, long jump, pentathlon: The versatile athlete, who is also a hockey player, could be North Jersey's best high jumper and long jumper this year and hopes to battle defending champion Sarah DeVita of Ridgewood in the Bergen County pentathlon.

Chameaka Davis, Eastside, senior, 55 to 300 meters: She won five major 55-meter titles last winter including the league title in the now-defunct NJ Tri-County Conference and the North 1, Group 3 meet and placed fifth in State Group 3 in the dash.

Myasia Jacobs, Paramus Catholic, junior, 55 to 400 meters: A little snakebitten in the 55, there's not much else left to do but win an indoor State Meet of Champions title. The two-time all-Bergen star won the Non-Public A 400 last winter and was third in the State Meet of Champions but had a false start in the 55 and was disqualified. But the Bergen County record holder in the 55 and 200 is ready to make amends this year.

Mel Lewis, Midland Park, senior, 55 hurdles: She won three major hurdle titles last year including the Bergen County and North 1, Group 1 crowns and was third in State Group 1.

Maggie Loudon, Old Tappan, senior, 800 to 1,600 meters: All-Bergen at 1,600 last year, she was a key member of the Golden Knights' fine distance teams last year and managed four major meet individual medals and just missed a fourth in the tough State Group 3 meet.

Jen Molke, Holy Angels, senior, 800 to 3,200 meters: Headed for the University of North Carolina-Charlotte, she missed most of last winter and the entire spring with an injury. But she came back strong this fall, and made her third all-Bergen cross-country team. Look for her to have a big winter in the distances.

Kim Nagotko, Mahwah, senior, 55 to 400 meters: She, Victoria Mold and Melinda Rothman have made a sensational trio for

Big North

UNITED DIVISION

IHA shared the State Non-Public A title last winter and should contend again with junior shot putter Theresa Picciallo, junior sprinter Jen Pash, junior hurdlers/jumpers Gina Carlino and Jen Capone, senior distance runner Erin Thompson and senior Kaylyn Bacha.

DePaul is a contender for the Passaic title if senior distance star Alyssa LaGuardia can recover from her stress fracture in time. Junior jumper Nicole Appet is one of North Jersey's best, and hurdlers Ashley Liataud and Danielle Dolinsky, high jumper Kate Trommelon, sprinter Nicole Lopez and long jumper Kelly Stimmel all can score in the Passaic meet.

Holy Angels' top-notch distance team of Jen Molke, Emily Dunne, Maureen Crimmins, Ashley Strysko and Kelly Hayes can help the Angels contend for championships and shot putter Amber Wade, sprinters Kelsley Broomfield and Jennifer Bridge and hurdler Kelsey Burnett also contribute.

Paramus Catholic starts with star sprinter Myasia Jacobs, who hopes to dominate indoors as she has outdoors the last two years. Middle-distance runner Jen DeBlasio and sprinter Angela Harrison also should help.

LIBERTY DIVISION

Clifton is the reigning Passaic champion and with seniors Indra Silverio (400/660), Karina Carmichael (pole vault), juniors Monika Miazga (sprints), Shianne Nevers (sprints/hurdles) and sophomores Yuria Yuasa and Gabrielle Gonzaga (middle distance) might do it again.

Eastside has two of the area's top sprinters in Chameaka Davis and Fiona Wedderburn.

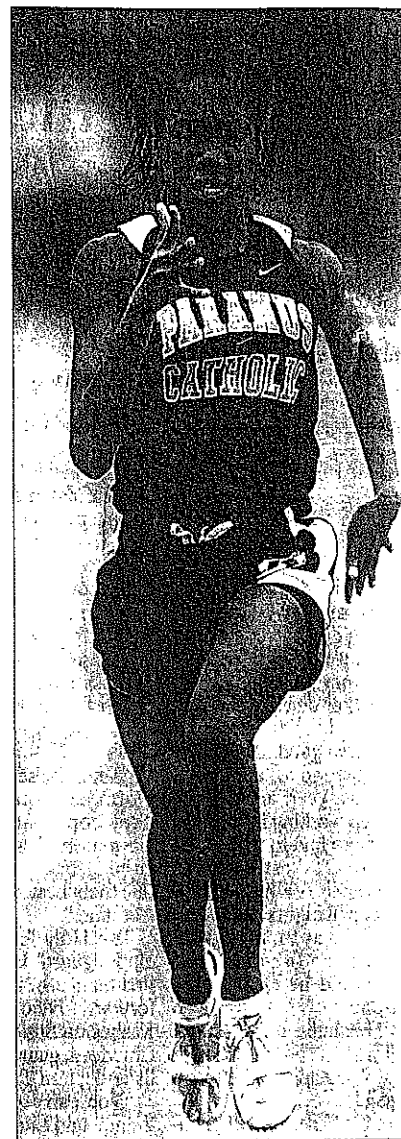
Kennedy also has a fine sprinter in Julisa Isom and a good shot putter in Sondra Stevenson.

Passaic Tech has some fine athletes in Andrea Gates (hurdles), Jamelia Johnson (400), Ayana Ward (high jump) and soph Kerri-Ann Edward (600).

FREEDOM DIVISION

Hackensack has a very good shot putter in Leonora Paul and long sprinter in Coleena Brown.

Paramus has two young distance stars in soph Jodie Bartner and freshman Lindsay Lucas, good shot putters in Margit Malacrida and Jessica Reuveni and solid performers in Stephanie Kiskey, Ashley



RECORD FILE

Teaneck's Apresha Hampton, left, might be the top shot putter in the state this winter. Paramus Catholic's Myasia Jacobs, right, seeks her first State indoor sprint title.

Pascual is one of the area's best.

Wayne Hills has a pair of fine distance runners in Brittany Kulcior and Kelly Curtin.

Wayne Valley's top returnee is long sprinter Rachel Herrick.

West Milford has an excellent pole vaulter in Brittany DeCais and a solid long sprinter in Debbie Wolfe.

NATIONAL DIVISION

Demarest has the nation's top returning junior shot putter in Kathryn Hirsch, and also has Tina Menezes, another good thrower; hurdler Victoria Davis, sprinter Megan Chakmakian and 400 runners Allison Tell and Adriana Bonasorte. But the big story might be the return to action of Katelyn Arv (400/800) who lost

Meghan Kocher (middle distance), Gabby Sloezen (middle distance), Michelle Cascio (sprints), Kim Oppenheim (distance), Kaila Fasano, Sabrina Castle (shot) and Jill Rosica (pole vault).

PATRIOT DIVISION

Shot putter Melanie Negron leads Bergenfield.

Indian Hills should have a very good year with Katie Johnston (400/800) and the multitalented Taylor Clarkson as the leaders. Juniors Jamie Pepper (distance), Emily Aversa (jumps) and Carly Houston (sprints) and sophs Jaime Mangold (400/800), Hannah Rivas (hurdles/sprints) and Liz Sidaras (200/400) also contribute.

should excel.

Rutherford looks to senior Arnold and Lindsay Brunsc have good seasons.

PATRIOT DIVISION

Midland Park hurdler Mel might be the best in the state Group 1.

New Milford has a good season thanks to Christina Y. (distance), Chelsea Tuazon (sprints), Sarah Torpie (sprints), Rachel Magro (middle distance) and Itsaso Kobayashi (middle distance). But the top might be sophomores Jada (middle distance) and Khad Cox (sprints).

Park Ridge hopes middle-distance runner Kristen Gray, putter Ashley Mannitti and

Golden Knights' fine distance teams last year and managed four major meet individual medals and just missed a fourth in the tough State Group 3 meet.

Jen Molke, Holy Angels, senior, 800 to 3,200 meters: Headed to the University of North Carolina-Charlotte, she missed most of last winter and the entire spring with an injury. But she came back strong this fall, and made her third all-Bergen cross-country team. Look for her to have a big winter in the distances.

Kim Nagotko, Mahwah, senior, 55 to 400 meters: She, Victoria Mold and Melinda Rothman have made a sensational trio for the Thunderbirds throughout their careers and Nagotko has medaled at the State level indoors and outdoors. Look for some fine races this year as part of the 4-x-200 relay as well.

Kayla Polcari, Ridgewood, senior, pole vault: The Bergen County indoor record holder at 12 feet, she won the North 1, Group 4 and Eastern States championships and was third in the State Meet of Champions.

Shot put trio: Juniors **Kathryn Hirsch** of Demarest and **Theresa Picciallo** of IHA and senior **Apresa Hampton** of Teaneck are the top returning throwers in New Jersey and could provide Bergen County with a 1-2-3 at the State Meet of Champions. Hirsch was fifth in the Meet of Champs last winter and her 44-11 throw at the Bergen championships was the best by a sophomore in the nation last winter. Picciallo was second in the indoor State Meet of Champions and Hampton was second in the outdoor State Meet of Champions, both behind the now-graduated Alana Pantale of Wayne Valley.

Kennedy also has a fine sprinter in Julisa Isom and a good shot putter in Sondra Stevenson.

Passaic Tech has some fine athletes in Andrea Gates (hurdles), Jamelia Johnson (400), Ayana Ward (high jump) and soph Kerri-Ann Edward (600).

FREEDOM DIVISION

Hackensack has a very good shot putter in Leonora Paul and long sprinter in Coleena Brown.

Paramus has two young distance stars in soph Jodie Bartner and freshman Lindsay Lucas, good shot putters in Margit Malacrida and Jessica Reuveni and solid performers in Stephanie Kisley, Ashley Roessler and Tiffany Chou.

Ridgewood is North Jersey's deepest and potentially best team. The Maroons have a senior distance class led by Grayson Llerandi, Brenna Fischer, Hannah Holland, Margaret Mullen and Haley Wodenshek, the area's best returning pole vaulter in Kayla Polcari, middle-distance stars Caroline Davidson and Hanako Shigenobu, soph sprinter Makayla McPadden and one of the best pentathletes in the state, Sarah DeVita.

Bergen County is again the center of the state's girls shot-put world and **Teaneck's** Apresha Hampton may be this year's best. Long sprinters Kahila Taylor and Janay Ferrel and hurdler Ashley Barker are other Highway-women standouts.

INDEPENDENCE DIVISION

Lakeland has another good team led by senior shot putter Liane Ercan, soph sprinter Annie Rivera, middle-distance runners Alexa Montegari and Rachel Harding and hurdler Emily Viola and should contend for the Passaic County title.

Passaic Valley hurdler Melissa

Wayne Hills has a pair of fine distance runners in Brittany Kulcsar and Kelly Curtin.

Wayne Valley's top returnee is long sprinter Rachel Herrick.

West Milford has an excellent pole vaulter in Brittany DelCais and a solid long sprinter in Debbie Wolfe.

NATIONAL DIVISION

Demarest has the nation's top returning junior shot putter in Kathryn Hirsch, and also has Tina Menezes, another good thrower; hurdler Victoria Davis, sprinter Megan Chakmakian and 400 runners Allison Tell and Adriana Bonasorte. But the big story might be the return to action of Katelyn Ary (400/800) who lost last season to a knee injury after an All-Bergen sophomore year.

Fair Lawn has a good distance runner in Olga Oretsky, an all-around athlete in Jennifer Sefanik and a solid hurdler in Marissa Piazza.

If Kerri Bergin can recover from an injury, **Northern Highlands** should have a solid distance-medley team, with Ariana North and Katie Hitchen two of the other legs.

Old Tappan has two fine middle-distance runners in Sharon O'Reilly and Maggie Loudon.

American Division

Fort Lee has some talent, with Nancie Sophias (800), Ollia Pappas (hurdles), Sophia Luppino (hurdles), Nicolette Pappas (distance) and Jenny Valdeon (high jump/sprints) leading the way.

Ridgefield Park looks to Stephanie Encarnacion (hurdles/high jump) and Danielle Pena (hurdles) to lead the way to a solid season, with Maria Perez (pole vault) and Gabi Guadalupe (distance) also contributing.

New league - same **Westwood:** a very good team led by seniors

(shot), **Wayne Hills** (distance), Michelle Cascio (sprints), Kim Oppenheim (distance), Kaila Fasano, Sabrina Castle (shot) and Jill Rosica (pole vault).

PATRIOT DIVISION

Shot putter Melanie Negron leads **Bergenfield.**

Indian Hills should have a very good year with Katie Johnston, (400/800) and the multitasking Taylor Clarkson as the leaders. Juniors Jamie Pepper (distance), Emily Aversa (jumps) and Cary Houston (sprints) and sophs Jaime Mangold (400/800), Hannah Rivas (hurdles/sprints) and Liz Sidaros (200/400) also contribute.

Mahwah is one of the top teams in the group. The T-birds are led by senior sprinters Kim Nagotko and Victoria Mold, senior pole vaulter/400 runner Melinda Rothman, senior hurdlers Kaitlin Bourdeau and Alyssa Angelo, and juniors Molly Cohan (sprints), Candice Mann (shot put), Carolyn Edler (pole vault) and Macy Schwartz (high jump).

Ramsey is rebuilding, but seniors Sarah Hudson (400), Lisa Anderson (distance), Katie Hall (sprints) and Kaitlin Stober (distance), junior Katie Vernon (400) and sophomore Jenna Gravalis (sprints) keep the Rams competitive.

River Dell has senior talent in Cat McQuade (400), Taylor Norton (1,600) and Jill Hudson (shot put) and sophomore Sam Schleiger (400) will keep the Golden Hawks competitive.

NJIC

COLONIAL DIVISION

Senior distance runner Katie Vandervalk leads **Glen Rock.**

Pascack Hills returns Briana Setnitzky (55/jumps), Danielle Wankmuller (pole vault) and soph distance runner Rebecca Janovic

Arnold and Lindsay Brunson to have good seasons.

PATRIOT DIVISION

Midland Park hurdler Mel Lewis might be the best in the state in Group 1.

New Milford has a good senior class thanks to Christina Yambau (distance), Chelsea Tuazon (sprints), Sarah Torpie (sprints), Rachel Magro (middle distance) and Itsaso Kobayashi (middle distance). But the top Knights may be sophomores Jada Toole (middle distance) and Khadijah Cox (sprints).

Park Ridge hopes middle-distance runner Kristen Gray, shot putter Ashley Mennitti and 400 runner Curly Reich continue their development.

Waldwick's top performers are junior sprinter Mariana Ruas, sophomore distance runner Samantha Dunn and Jessica Andrade, who if recovered from last year's injury problems might be one of the top distance runners in North Jersey.

MEADOWLANDS DIVISION

Hasbrouck Heights has two good hurdlers/jumpers in Nickie Ingelsby and Marissa Romano, a rapidly improving distance stand-out in Rebecca Fortoul and two excellent 400/800 runners in Jenn Nass and Naomi Robinson.

Queen of Peace has some senior talent in Erica Thompson, Gabriela Escobar and Melissa Gonzalez.

Saddle Brook could be a small-school contender with senior pentathlete Brielle Sutter being joined by a very good group of juniors, including Tabitha Sutter (shot), Shannon Roberts (long sprints), Dina Chiovetta (long sprints), Victoria Caramico (800) and Melissa Esposito (jumps).

-- Paul Schwartz

MAJOR MEET SCHEDULE

- DEC. 17** Ultimate Track Qualifier Series, Ultimate Sports Field House, Oakland
- DEC. 18** Bishop Loughlin Games, Army Track Center, New York
- DEC. 20** Christmas Spiked Shoe Festival, Army Track Center, New York
- DEC. 22** Track Universe H.S. Invitational, Army Track Center, New York
- DEC. 23** Mason Opener Invitational, Rothman Center, Hackensack
- C. 27** Fine Corps Holiday Festival, Army Track Center, New York
- 1-River Holiday Festival**, Rockland Community College, Monsey, N.Y.
- 28** Relay Carnival, Jersey City Army, New York
- 29** Universe Shot Put/High Jump Series #1, Hackensack
- 30** State Shot Put/High Jump Series #1, Hackensack
- 31** Freedoms Invitational, Rothman Center, Hackensack

- Hackensack**
- JAN. 5** Track Universe H.S. Invitational, Army Track Center, New York
- JAN. 7** Track Universe Shot Put/High Jump Series #2, Totowa
- JAN. 8** Jersey Development Meet, Jersey City Army, New York
- JAN. 8** Hispanic Games, Army Track Center, New York
- JAN. 11** Ultimate Sports Invitational, Oakland
- JAN. 11** North Jersey Championships, Rothman Center, Hackensack
- JAN. 12** Millrose Games Trials, Army Track Center, New York
- JAN. 13** Big North Championships, United, Freedom and National Divisions, Rockland Community College, Monsey, N.Y.
- JAN. 14** Paul Schwartz Invitational, Rothman Center, Hackensack
- JAN. 15** State Relays, Group 4, Bennett Center, Toms River
- JAN. 15** Stanner Games, Army Track Center, New York

- York**
- State Relays, Group 3 and Non-Public**, Bennett Center, Toms River
- JAN. 15** State Relays, Groups 1 and 2, Bennett Center, Toms River
- JAN. 17** Garfield Shot Put/High Jump Series #2, Garfield H.S.
- JAN. 18** Passaic County Championships, Army Track Center, New York
- JAN. 21** Track Universe Shot Put/High Jump Series #3, Totowa
- JAN. 22** New Balance Games, Army Track Center, New York
- JAN. 26** Bergen County Relays, Army Track Center, New York
- JAN. 28** Big North Championships, Liberty and Independence Divisions, Army Track Center, New York
- JAN. 31** Track Universe Shot Put/High Jump Series Final, Totowa
- Big North Championships, Patriot and American Divisions**, Army Track Center, New York

- York**
- FEB. 2** Metropolitan Invitational, Army Track Center, New York
- FEB. 5** North 1 Sectionals, Bennett Center, Toms River
- FEB. 6** North 2 Sectionals, Bennett Center, Toms River
- FEB. 7** Varsity Classic, Army Track Center, New York
- FEB. 9** Garfield Shot Put/High Jump Series #3, Garfield H.S., Garfield
- FEB. 10** Ed Church Invitational, Rothman Center, Hackensack
- FEB. 11** State Group 1 and 4 Championships, Bennett Center, Toms River
- FEB. 12** State Non-Public A and B Championships, Bennett Center, Toms River
- FEB. 13** State Groups 2 and 3 Championships, Bennett Center, Toms River
- FEB. 15** Lou Molino Invitational, Rothman Center, Hackensack

- FEB. 19** State Meet of Champions, Bennett Center, Toms River
- FEB. 21** Bergen County Championships, Army Track Center, New York
- FEB. 23** Garfield Classic, Garfield H.S., Garfield
- MAR. 1** Eastern States Invitational, Army Track Center, New York
- MAR. 11** National Scholastic Indoor Championships, Army Track Center, New York
- Nike Indoor Nationals**, Reggie Lewis Center, Boston
- MAR. 12** National Scholastic Indoor Championships, Army Track Center, New York
- Nike Indoor Nationals**, Reggie Lewis Center, Boston
- MAR. 13** National Scholastic Indoor Championships, Army Track Center, New York
- Nike Indoor Nationals**, Reggie Lewis Center, Boston

Spike Shoe Invite Monday 12/20/10

*** Results ***

55m:

Boys:

Varsity- Matt Beausoleil- 6.9/6.8

Novice- Corban Jennings- 8.0, Yuki Kawahara- 6.9/6.9, Matt Cahill- 7.4,
Tom Diorio- 7.4, InHo Hwang- 7.0/6.9, Alex Majors- 7.5,
Kyle Ransom- 7.5, Peter An- 8.9, Dylan Dowling- 7.9,
Dominic Ok- 7.7, Harry Park- 7.6, Vincent Young- 8.1, Ilan Nathanson- 7.6,

Frosh- Corey Chan- 8.6, Yun Choi- 7.4/7.4, Ahmed Eid- 8.4, Rob Jacobson- 7.7/7.6,
Tim McGuire- 8.9, Patrick Morgan- 8.4, Andrew Sohn- 8.3, Ibrahim Umer- 8.7,
Allan Wong- 7.9, Dorhee Han- 7.3/7.4/7.2 (5th)

Girls:

Varsity- Maura Feeney- 7.7

Novice- Moriah Jennings- 8.1/7.9, Michelle Locke- 9.2, Andina Toscano- 7.9/7.9,
Blair Anzalone- 8.4, Anna Caffrey- 8.0/8.0, Courtney Campbell- 9.1, Taylor Cronk- 8.8,
Justine DelVecchio- 8.6, Madeleine Lane- 9.1, Charlotte Morley- 8.6,
Jacquelyn Roth- 8.4, Zoe Ferguson- 9.7

Frosh- Christina Benson- 8.6, Emma Brickfield- 8.9, Julia Brover- 8.6,
Joanna Chang- 9.2, Emily Flynn- 8.7, Juliana Kritzer- 8.9, Abby Scanlon- 9.1,
Shelly Shapiro- 10.1, Laura Weisberger- 8.6

55m HH:

Boys:

Varsity- Matt Beausoleil- 7.9/8.0/8.0 (6th), Edward Blair- 7.9/7.8/7.9 (4th),

Novice- Kevin Chung- 8.8, James Knight- 8.8/8.7/8.8

Frosh- Brian Collins- 10.3

Girls:

Varsity- Sarah DeVita- 8.6/8.6/8.7 (2nd),

Novice- Michaela McPadden- 9.7/9.5/9.8 (5th), Mimi DeVita- 10.0/10.3,
Ilana Brown- 10.9

1600m:

Boys:

Varsity- Mahoamed Eid- 4:42.0, Pat Rynkowski- 4:27.8 (2nd), Steven Spretzer- 4:45.0,

Novice- Mark French- 4:52, Graham Jones- 5:14, Mike O'Donnell- 5:24,
Shota Kagei- 5:20, Will Ades- 4:43.0 (2nd)

Frosh- Bryan Clarendon- 4:58.8 (1st), Carter Hartmann- 5:17, Spencer Llerandi- 5:21,
Joe Yoon- 5:54

Girls:

Varsity- Brenna Fisher- 5:45.6, Grayson Llerandi- 5:44.0,
Caroline Davidson- 5:24.2 (3rd), Hanako Shigenobu- 5:27.2,

Novice- Brittany Frank- 6:31, Shannon Cron- 6:40, Lucia Grilli- 7:20,
Lesley Jones- 6:09, Christine Kim- 5:58

Frosh- Kristen Carle- 6:21, Emily Fishbein- 5:48.0 (5th),
Kathleen Simon- 6:19

800m:

Boys:

Novice- Mark French- 2:13.5, Graham Jones- 2:23.2, Mike O'Donnell- 2:33.0,
Shota Kagei- 2:21.6,

Frosh- Bryan Clarendon- 2:19, Carter Hartmann- 2:31, Spencer Llerandi- 2:33,

Girls:

Varsity- Haley Woodenshek- 2:39.0, Emily Fishbein- 2:45.9, Brenna Fisher- 2:44.9,
Christine Kim- 2:46.7

Novice- Hannah Holland- 2:48.9, Brittany Frank- 3:04, Becca Butler- 3:27,
Shannon Cron- 3:13, Arlene Chiu- 3:18, Lucia Grilli- 3:26, Leslie Jones- 2:53,
Rebecca Watson- 3:25

Frosh- Kristen Carle- 3:00.4, Kathleen Simon- 2:56.0

200m:

Boys:

Varsity- Edward Blair- 23.8

Novice- Corban Jennings- 27.5, Matt Cahill- 27.3, Tom Diorio- 26.0,
InHo Hwang- 24.3, Alex Majors- 27.3, Kyle Ransom- 26.3, Kevin Chung- 25.5,
Peter An- 33.1, Dylan Dowling- 28.7, Dominic Ok- 27.6, Harry Park- 28.3,
Neil Schoff- 25.0, Vincent Young- 29.4, Ilan Nathanson- 26.7

Frosh- Corey Chan- 28.9, Yun Choi- 28.9, Brian Collins- 26.0,
Ahmed Eid- 33.3, Dorhee Han- 26.6, Tim McGuire- 32.5,
Allan Wong- 28.5, Ibriham Umer- 32.2, Andrew Sohn- 28.6

Girls:

Varsity- Maura Feeney- 28.5, Makayla McPadden- 27.2

Novice- Moriah Jennings- 29.7, Andina Toscano- 29.2,
Blair Anzalone- 33.6, Anna Caffrey- 30.2, Courtney Campbell- 30.9,
Taylor Cronk- 33.7, Justine DelVecchio- 33.9, Madeleine Lane- 33.1,
Charlotte Morley- 32.3, Jacquelyn Roth- 30.8

Frosh- Christina Benson- 33.8, Emma Brickfield- 34.5, Emily Flynn- 31.5,
Juliana Kritzer- 34.3, Abby Scanlon- 35.1, Shelly Shapiro- 38.9,
Laura Weisberger- 29.5, Joanna Chang- 34.8

4 x 800m: (Varsity Only)

Boys-

(1) Will Ades, Stephen Spritzer, Mohamed Eid, Nick Tai
8:46.7.. 2:08.9 2:10.6 2:12.1 2:15.1

Girls-

(1) Haley Wodenshek, Greyson Llerandi, Caroline Davidson, Hanako Shigenobu
10:11.5 (2nd) 2:30.9 2:43.6 2:26.6 2:30.5

4 x 400m:

Boys:

Novice- InHo Hwang, Yuki K, Nick Tai, Macky
3:42.4 (1st) 55.6 55.8 56.7 54.7

3:58.1 (4th) James Knight, Shota K, Dom Ok, Tom Diorio
57.7 58.8 63.3 58.3

Frosh- Dorhee, Carter H, Brian Collins, Bryan Clarendon
4:00.6 (1st)... 60.6 63.4 58.0 59.0

4:35.6 (5th) Spence Llerandi, C. Chan, R. Jacobsen, Joe Yoon
67.1 74.9 65.3 68.2

Girls:

Varsity- Maura Feeney, Makayla McPadden, Moriah Jennings, Andina Toscano
4:28.0 (5th) 67.9 64.3 70.5 65.3

Novice- Anna Cafrey, Jackie Roth, Courtney Campbell, Madeline Lane
4:44.7 (3rd) 70.9 70.0 71.3 72.4

Frosh- Laura Weisberger, Emily Flynn, Cristina Benson, Emily Fishbein
4:59.0 (6th) 71.9 73.0 77.9 76.3

Field Events:

Triple Jump:

Boys:

Varsity- Matt Beausoleil- 36'6 3/4"

Novice- Dominic Ok- 30' 3/4", James Knight- ?

Girls:

Varsity- Kayla Polcari- 32'7 1/4", Haley Roche- 30'4 1/4"

Long Jump:

Boys:

Novice- Alex Majors- 16'1/2", Yuki K- 16'5"

Girls:

Varsity- Kayla Polcari- 14'6", Haley Roche- 13'5"

Novice- Ilana Brown- 13'2"

High Jump: (Varsity Only)

Girls- Sarah DeVita- 4'10", Haley Roche- 4'8", Mimi DeVita- 4'4"

Pole Vault: (Varsity Only)

Boys- James Knight- 10'6"

Girls- Kayla Polcari- 11'0" (2nd), Mimi DeVita- 9'0" (5th), Ilana Brown- 9'0" (6th)

Shot Put: (Varsity Only)

Boys- Stephen Etna- F

Girls- Zoe Ferguson- 25'10"

Comments:

A new record for meet lateness...11:00pm!!! Good job staying focused and being VERY supportive of one another! It is never easy to do well in these huge meets, but many people were impressive. Congrats to the underclassmen who did an awesome job in this meet... there was lots of hardware!!!! Keep up the good work!

INDOOR TRACK

SPIKED SHOE HOLIDAY FESTIVAL AT THE ARMORY TRACK CENTER

Boys

- 55:** 1. Cody Geyer, Lakeland, 6.6; 2. Wesley Pierce, West Milford, 6.7; 3. Malcolm McKnight, Teaneck, 6.7; 4. Halim McCartha, Passaic Tech, 6.7; 5. Ken Fobian, Indian Hills, 6.8; 6. Masiah Quinos, Eastside, 6.8.
- 55 HH:** 1. Mark Jones, Summit, 7.6; 2. Mark Jones, Hackensack, 7.6; 4. Edward Blair IV, Ridgewood, 7.8; 5. Mark Van Teyens, West Milford, 7.9; 6. Matt Beausoleil, Ridgewood, 7.9.
- 200:** 1. Daryian Miles, Teaneck, 22.6; 2. Mark Jones, Hackensack, 23.2; 3. Cody Geyer, Lakeland, 23.3; 4. Malcolm McKnight, Teaneck, 23.5; 5. Halim McCartha, Passaic Tech, 23.6; 6. Frankie Goris, Fort Lee, 23.7.
- 800:** 1. Andrew Keresztes, Port Jefferson, 2:00.6.
- 1,600:** 1. Ben Malone, Pascack Valley, 4:23.5; 2. Patrick Rynkowski, Ridgewood, 4:27.8; 5. Nick Ward, Indian Hills, 4:32.6; John Pujols, Hackensack, 4:33.8.
- Shot put:** 1. Stephen Mozia, Hackensack, 59.9; 2. Marquise Wright, Paramus Catholic, 54-1; 5. Matt Koh, River Dell, 46-11.
- High jump:** 1. 1. Mark Jones, Summit, 6-10; 4. Mark Van Teyens, West Milford, 5-10.
- Long jump:** 1. Tom Bove, Port Jefferson, 21-5 1/2; 2. Jamal Williams, Teaneck, 20-1/2; 5. Steve Longa, Saddle Brook, 19-10; 6. Max Linden, Pascack Valley, 19-5 3/4.
- Triple jump:** 1. Konstantine Piterman, Pine Brook, 44-0; 2. Jamal Williams, Teaneck, 43-5 1/4; 4. Rahmir McCray, Passaic Tech, 42-10; 5. Steve Longa, Saddle Brook, 41-3 3/4; 6. Brian Choi, Old Tappan, 41-2 1/2.
- Pole vault:** 1. Brad Hoey, River Dell, 12-6; 2. Tarole Sdei, Pascack Hills, 12-6; Matt Diana, Wayne Valley, 11-6; 5. Dieter Fredlich, Ramsey, 11-0; 6. Steve Felice, Midland Park, 11-0.
- 4-x-400 relay:** 1. Westhampton, 3:34.7; 2. West Milford, 3:38.6.
- 4-x-800 relays:** 1. Pope John (Nick Bertoline, Anthony Larry, Chris Hartier, Reid Thomas), 8:25.4; 3. Passaic Tech, 8:46.1; 4. Ridgewood, 8:46.7; 5. Hackensack, 8:51.6; 6. Teaneck, 8:51.8.
- Sprint medley relay:** 1. Teaneck (Damien Elliott, Daryian Miles, Bryan Murphy, Warren Fields), 3:39.9; Indian Hills, 3:42.4; 5. Eastside, 3:44.0.
- Girls**
- 55:** 1. Chamekea Davis, Eastside, 7.3; 2. Jen Pash, IHA, 7.3; 6. Kim Nagotko, Mahwah, 7.5.
- 55 HH:** 1. Samantha Rodriguez, Southern, 8.5; 2. Sarah DeVita, Ridgewood, 8.7; 4. Mel Lewis, Midland Park, 8.7; 5. Gina Carlino, IHA, 9.0.
- 200:** 1. Jen Pash, IHA, 25.7; 3. Jamilla Johnson, Passaic Tech, 26.4; 5. Michelle Cascio, Westwood, 26.9.
- 800:** 1. Cayleigh Solano, Kearny, 2:25.7; 3. Allison Torsiglieri, Tenafly, 2:28.6; 4. Maureen Crimmins, Holy Angels, 2:28.9; 6. Sharon O'Reilly, Old Tappan, 2:29.6.
- 1,600:** 1. Caille Kohlbrenner, Tappan Zee, 5:20.4; 3. Caroline Davidson, Ridgewood, 5:24.5.
- Shot put:** 1. Apresha Hampton, Teaneck, 42-11 1/2; 2. Theresa Picciano, IHA, 41-2; 3. Jill Hudson, River Dell, 38-7; 4. Leonora Paul, Hackensack, 34-9; 5. Tianna Chappel, Passaic Tech, 32-11; 6. Liana Ercan, Lakeland, 32-9.
- High jump:** 1. Fiona Paladino, Montgomery, 5-6.
- Long jump:** 1. Addy Sonaika, Montgomery, 17-4 3/4; 3. Jamilla Johnson, Passaic Tech, 16-9; 4. Taylor Clarkson, Indian Hills, 15-10 3/4.
- Triple jump:** 1. Addy Sonaika, Montgomery, 39-6; 6. Jen Capone, IHA, 33-5 1/4.
- Pole vault:** 1. Brittany DalCais, West Milford, 11-6; 2. Kayla Polcarl, Ridgewood, 11-; 3. Carolyn Edler, Mahwah and Melinda Rothman, Mahwah, 9-0; 5. Mimi DeVita, Ridgewood and Ilanna Brown, Ridgewood, 9-0.
- 4-x-400 relay:** 1. Southern, 4:13.7; 4. Teaneck, 4:19.0; 5. Ridgewood, 4:27.9; 6. River Dell, 4:31.7.
- 4-x-800 relay:** 1. Westwood (Gabby Sloezen, Dana Bianchi, Corinne Myers, Meghan Kocher), 10:06.1; 2. Ridgewood, 10:11.4; 6. Old Tappan, 11:28.7.
- Sprint medley relay:** 1. Edison (Kayla Urban-ski, Tatyaha Butler, Clara Appia, Meirah Searcy), 4:21.9; 2. Westwood, 4:23.5; 4. Teaneck, 4:29.1; 5. Indian Hills, 4:39.1; 6. Pascack Valley, 4:40.0.

COACHING OPENINGS

Waldwick High School seeks a girls lacrosse head coach. Contact Michael Clancy at michael.clancy@waldwickk12.nj.us.

Old Tappan High School is seeking a JV softball coach and a freshman softball coach for the Spring 2011 season. Contact athletic director Tom Kaechele at 201-784-1600 ext. 24230.

Mahwah High School is seeking an assistant volleyball coach for the fall 2011 season. Please contact Roger Pelletier at 201-762-2331.

Wayne Valley is seeking an assistant softball coach. Interested candidates please contact Dan Kilday at dkilday@wayneschools.com or 973-317-2210.

Marine Corp Relays

Wed. Dec. 29, 2010

4 x 55m HH:

Girls: Kayla Polcari, Makayla McPadden, Hanako Shigenobu, Sarah DeVita
37.25 (5th) 9.3 9.3 9.8 8.7

Pole Vault Relay:

Girls: Kayla Polcari, Mimi DeVita
20'0" (1st) 11'6" 8'6" ***NEW SCHOOL RECORD***

Comments:

Both teams placed...awesome job! Special congrats to Kayla and Mimi for setting a new school record!!

Tom Zaccone Invite Tues. 1/4/11

*** Results ***

55m:

Boys:

Novice- Corban Jennings- 8.2, InHo Hwang- 7.5,
Kyle Ransom- 7.8, Dylan Dowling- 8.3, JiSeok Hyun- 8.2, Yong Lee- 8.1,
Dominic Ok-master- 8.1, Harry Park, Neil Schoff- 7.3, Rob Smith- 8.1, JunHo Yoon,
Vincent Young- 8.4, Ilan Nathanson- 8.0, Jungwoo Lee- 7.4

Frosh- Yun Choi- 7.9, Dorhee Han- 7.3/7.3/7.2 (4th), Alesando Lamacchia- 8.1,
Andrew Sohn- 8.3, Allan Wong- 8.0

Girls:

Varsity- Maura Feeney- 7.9

Novice- Moriah Jennings- 8.1, Michelle Locke- 9.2, Andina Toscano- 8.0/8.0,
Anna Caffrey- 8.3/8.4, Courtney Campbell- 8.3, Madeleine Lane- 9.0,
Charlotte Morley- 8.6, Jacquelyn Roth- 8.5, Zoe Ferguson- 9.9

Frosh- Christina Benson- 8.9, Emma Brickfield- 8.8, Julia Brover- 8.7,
CC Chadwick- 9.9, Emily Flynn- 9.6, YoonMi Kim- 9.9, Abby Scanlon- 9.4,
Shelly Shapiro- 10.1

55m HH:

Boys:

Varsity- Matt Beausoleil- 8.1/8.0/8.0 (5th), Edward Blair- 8.1/8.0/7.9 (4th),
InSoo Hwang- 8.1/8.1

Novice- Kevin Chung- 8.7/8.6, James Knight- 8.7/8.6/8.7 (3rd)

Frosh- Brian Collins- 10.5/10.3 (1st)

Girls:

Varsity- Sarah DeVita- 8.9/8.8/8.6 (3rd), Kayla Polcari- 9.7

Novice- Micaela McPadden- 9.9/9.9/9.8 (4th), Mimi DeVita- 10.6, Ilana Brown- 11.3

4 x 800m:

Boys:

Varsity-

1. Levi Jennings, Will Ades, Juan Llinas, Pat Rykowski
8:34.3 (1st) 2:05.9 2:12.9 2:08.6 2:06.9

Novice:

1. Steve Spretzer, Mohamed Eid, Nick Tai, Anthony Andrews
8:59.0 (1st) 2:12.8 2:13.6 2:20.6 2:12.0

2. Tanner Garrity, Graham Jones, Macky Schoff, Mark French
9:43.2.... 2:29.4 2:29.1 2:21.3 2:23.4

3. Bryan Clarendon, Brian Collins, Mike O'Donnell, Joe Yoon
9:58.9 2:25.5 2:19.4 2:34.9 2:39.2

Girls:

Varsity-

1. Haley Wodenshek, Caroline Davidson, Mikaela McPadden, Hanako Shigenobu
10:06.6 (1st) 2:34.7 2:29.8 2:36.7 2:25.4

Novice-

1. Brenna Fisher, Grayson Llerandi, Christine Kim, Leslie Jones
11:08.6 (1st) 2:46.5 2:42.7 2:46.1 2:53.3

2. Brittany Frank, Sirai Ramirez, Shannon Cron, Kauna Whalen
12:24.0 3:04.1 2:55.9 3:06.0 3:17.5

Frosh-

1. Kristen Carle, Emily Fishbein, Kathleen Simon, Laura Weisberger
11:48.3 (1st) 3:01.2 2:48.9 3:03.3 2:54.4

200m: (Varsity only)

Boys:

Varsity- Matt Beausoleil- 24.6, Edward Blair- 24.4, Nick Tai- 25.4, Macky Schoff- 25.1

Girls:

Varsity- Maura Feeney- 31.0, Sarah Devita- 28.6, Andina Toscano- 30.2

4 x 1 lap Relay: (approx. 4 x 200m): Frosh/Novice Only

Boys:

Novice-

1. Yuki Kawahar, InHo Hwang(200), James Knight, Kevin Chung
1:38.0 (4th) 23.7 26.2 24.7 24.8

2. Kyle Ransom(200), Corban Jennings, Dylan Dowling, Dom Ok
1:49.3.... 27.2 29.8 26.9 25.6

3. Harry Park(200), Rob Smith, Y. Lee, Vincent Young
1:59.0.. 28.9 26.3 32.7 31.8

Frosh-

1. Dorhee Han(200), Brian Collins, Bryan Clarendon, Joe Yoon
1:44.4 (1st) 26.0 25.9 25.0 28.1

2. Allan Wong(200), R. Jacobsen, Y. Choi, A. Sohn
1:53.7 29.6 25.7 30.6 27.9

Girls:

Novice-

1. Moriah Jennings(200), Courtney Cambell, Andina Toscano, Anna Cafrey
1:55.4 (2nd) 31.5 28.1 27.7 28.2

2. Madeleine Lane, Jacque Roth(200), Justine DelVecchio Charlotte Morley
2:04.9 29.8 31.2 32.6 31.4

3. Michelle Locke(200), Sirai Ramirez, Shannon Cron, Blair Anzalone
2:05.8 31.9 29.8 31.2 32.4

Frosh-

1. Emily Flynn(200), Laura Wesberger, Cristina Benson, Emily Fishbein
2:05.9 31.3 30.3 31.4 32.3

2. Emma Brickfield, CC Chadwick, Abby Scanlon, Shelly Shapiro
2:16.9 36.1 29.7 34.8 36.5

Comments:

A lot of hardware from this one! Very impressive with all the medals. We actually came in 1st in 5 out of the 6 levels of 4 x 800's...nice!!! Keep up the good work and positive attitude, because January flies by!!

Davidson makes her mark for Ridgewood

By PAUL SCHWARTZ
STAFF WRITER

HACKENSACK - Caroline Davidson says giving up soccer this year to become a full-time runner at Ridgewood wasn't that difficult. But when she and the Maroon girls cross-country team were training during the hot summer months did she ever have second thoughts about her switch?

"Not really," said Davidson, a junior who anchored the Ridgewood girls 4-x-800 team to an impressive win Tuesday at the Tom Zaccone Invitational, "because I was running with my teammates every day and it was just as bad for them."

Davidson's usual running partner was fellow junior Hanako Shigenobu, a veteran cross-country athlete who also is one of the area's best 800-meter runners.

"She really came along quickly," said Shigenobu, who split 2:25.2 on the second leg Tuesday as the Maroons ran a very good 10:06.4 on the comparatively slow Rothman Center track. "Early in the summer we were running six miles a day and she would say 'this is

INDOOR TRACK ZACCONE MEET

awful' and then by the end of the summer we were doing 10 to 12 miles a day and it was easy for her."

The Ridgewood time was the seventh fastest girls 4-x-800 run on the Rothman track and enabled the Maroons to beat Holy Angels for Tuesday's gold medals.

"It's really exciting for us to beat them because they were the only Bergen County team to beat us this fall," said Shigenobu. "And tonight when we ran the race they were the only familiar faces we saw."

With senior tennis player Haley Wodenscheck and sophomore quarter miler Michaela McPadden joining Davidson and Shigenobu, mainstays of the Group 4 State sectional cross-country team, the quartet hopes to break 10 minutes for the first time this year Saturday at the Dartmouth Relays in New Hampshire.

"We're really excited about the race and we can't wait to run it," said Davidson, a first team all-

Bergen runner in the fall. "The team dynamic is so great and it helps us adapt to each season as it comes."

Kevin Condal is also adapting to the track season after a bumpy football season in which the area's top quarter miler injured the posterior collateral ligament in his left knee, causing him to miss parts of three games.

"It set me back a little in-track but I'm fine now," said Condal, who led off the Hasbrouck Heights 4-x-800 team and nipped Eastside's Justin McKenzie in an exciting 600 meter race. "I think my speed is OK but I like to get my strength up in longer races so that I can finish better as the season goes along."

Condal, who won the 55, 400 and 800 at the North 1 Group 1 sectional last winter and went on to win the State Group 1 400 indoor title, is getting close to a decision on where he'll run next year.

"I've taken my official visits to Rutgers and UConn and I'm going to go to Penn State and Maryland in the next two weeks," said Condal. "I want to make my decision by February 1."

Dartmouth Relays 2011

Results

55m:

Boys- Yuki Kawachara- 7.12

Girls- Maura Feeney- 8.18

55m HH:

Boys- InSoo Hwang- 7.99/7.94/7.88 (6th), Eddy Blair- 8.47, Matt Beausoleil- 8.01/8.08

Girls- Sarah DeVita- 8.85/8.66/8.64 (5th), Kayla Polcari- 9.98

300m:

Boys- Eddie Blair- 38.59, Yuki Kawachara- 38.80

Girls- Macaela McPadden- 43.68, Maura Feeney- 47.19

400m:

Boys- Macky Schoff- 53.96

600m:

Boys- Juan Llinas- 1:27.45

Girls- Haley Wodenshek- 1:47.98

800m:

Boys- Nick Tai- 2:10.51

1000m:

Girls- Hanako Shigenobu- 3:06.14 (5th)

1 mile run:

Boys- Levi Jennings- 4:31.92, Anthony Andrews- 4:47.15, Steven Spreitzer- 4:42.26

Girls- Caroline Davidson- 5:18.42

2 mile run:

Boys- Pat Rynkowski- 9:44.07, Mohamed Eid- 10:38.40

Girls- Brenna Fisher- 12:20.06, Grayson Llerandi- 12:59.76

High Jump:

Girls- Sarah DeVita- 5'2" (3rd), Haley Roche- 5'0"

Pole Vault:

Girls- Kayla Polcari- 11'6 ¼" (**1st**), Mimi DeVita- 8'0", Ilana Brown- 8'6"

Triple Jump:

Boys- Matt Beausoleil- 39'4 ¾"

Girls- Kayla Polcari 32' ¼" , Haley Roche- 31' ½"

4 x 200m:

Boys- InSoo Hwang, Edward Blair, Matt Beausoleil, Macky Schoff
1:34.84 (**1st**).... 23.1 23.9 23.8 23.9

Girls- Sarah DeVita, Kayla Polcari, Maura Feeney, Haley Roche
1:55.94..... 28.3 29.1 28.8 29.7

4 x 800m:

Boys- Pat Rynkowski, Juan Llinas, Anthony Andrews, Levi Jennings
8:33.71..... 2:07.6 2:06.3 2:05.2 2:14.4

Girls- Haley Wodenshek, Caroline Davidson, Micaela McPadden, Hanako Shigenobu
9:49.34 (**3rd**).... 2:30.5 2:24.2 2:29.9 2:24.6

Comment:

Awesome trip!! It was really fun hanging out and doing all the "traditions!" You all are a great group. As far as the meet, you were impressive! Many tremendous performances! Special congrats to all those who placed. That list includes: Boys- InSoo getting 6th in the hurdles and the boys 4 x 200m of InSoo, Edward, Matty B, and Macky...awesome 1st place finish. As Edward said when he got the plaque, "We get the metal and the wood!" On the Girls side- Kayla winning the PV for the 2nd year in a row, Sarah DeVita placing 3rd in the HJ and 5th in the HH, Hanako for 5th in the 1000m, and the girls 4 x 800m of Haley W, Caroline, Micaela, and Hanako for 3rd. Oh yeah, and the important bowling team win of Coach Mullin, Coach Martin, Coach Saladino, Sarah D, and Kayla...nice job!

INDOOR TRACK

RHS flexes muscles at Dartmouth Relays

42ND ANNUAL DARTMOUTH RELAYS (Jan. 7-8)

RHS MEDALISTS

BOYS

55H (Finals): 6. InSoo Hwang,
7.88.

4x200M Relay: 1. Ridgewood
(InSoo Hwang, Eddie Blair IV,
Matt Beausoleil, Neil Schoff),
1:34.84.

GIRLS

55H (Finals): 5. Sarah DeVita,
8.64.

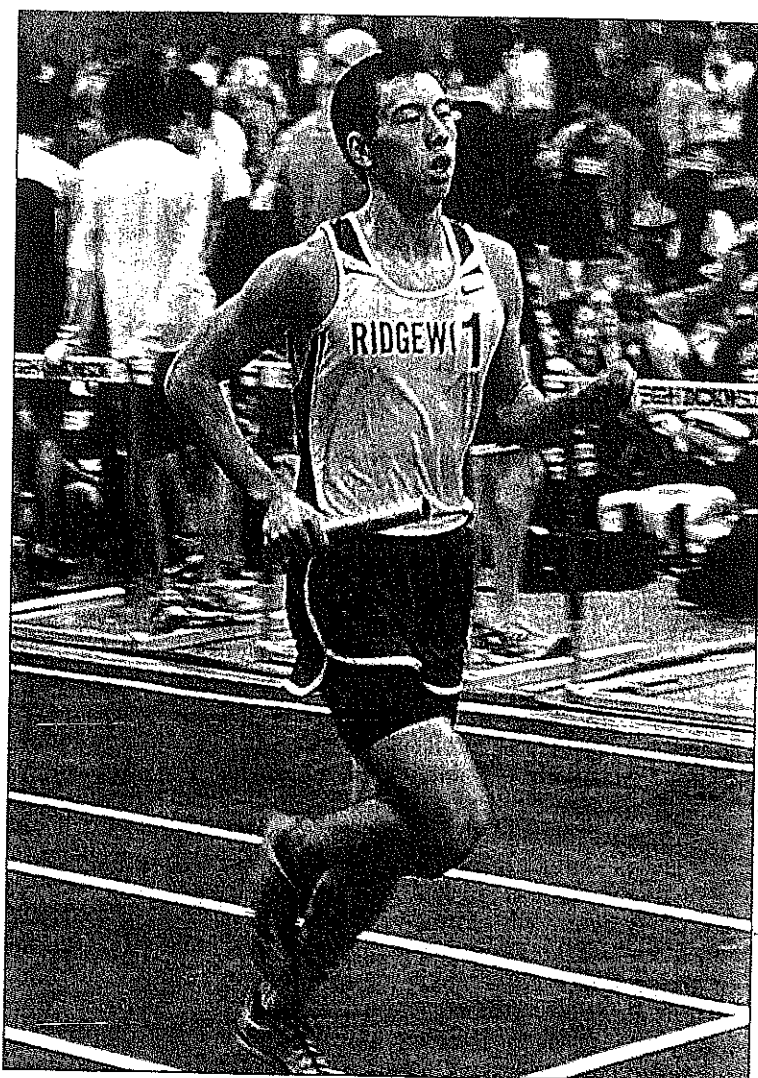
1,000: 5. Hanako Shigenobu,
3:06.14.

High Jump: 3. Sarah DeVita, 5-2.

Pole Vault: 1. Kayla Polcari, 11-
6.25.

4x800M Relay: 3. Ridgewood
(Haley Wodenshek, Hanako
Shigenobu, Micaela McPadden,
Caroline Davidson), 9:49.34.

E-mail: tartaglia@northjersey.com



Ridgewood junior Nick Tai runs a leg of the 4 x 800-meter relay at the Tom Zaccone Invitational on Jan. 4. Last weekend, he clocked a 23rd-place 2:10.51 in the open 800 race at the Dartmouth Relays in New Hampshire.

BY GREG TARTAGLIA
Assistant Sports Editor

Each winter, the Dartmouth Relays enable the Ridgewood High School indoor track and field team to get an early-season gauge on where it stacks up against some of the Northeast's best.

In last weekend's 42nd annual running of the event in Hanover, N.H., the Maroons spent their time at Leverone Field House stacking up medals, including a pair of gold.

RHS senior Kayla Polcari cleared 11 feet, 6¼ inches to repeat as girls pole vault champion. She was the only one of 15 entrants to clear the height, as both the silver and bronze medalists – Steph Brown of Newton North (Mass.) and Lindsey Palsom of Cony (Maine) – topped out at 10-11¾.

"I don't think I've ever had anybody go up there and win an event two years in a row," said Maroon head coach Mike Mullin, now in his 16th season. "That's not a usual occurrence up there, because the competition is good. So it's a tribute to Kayla, because all her hard work and efforts are paying off."

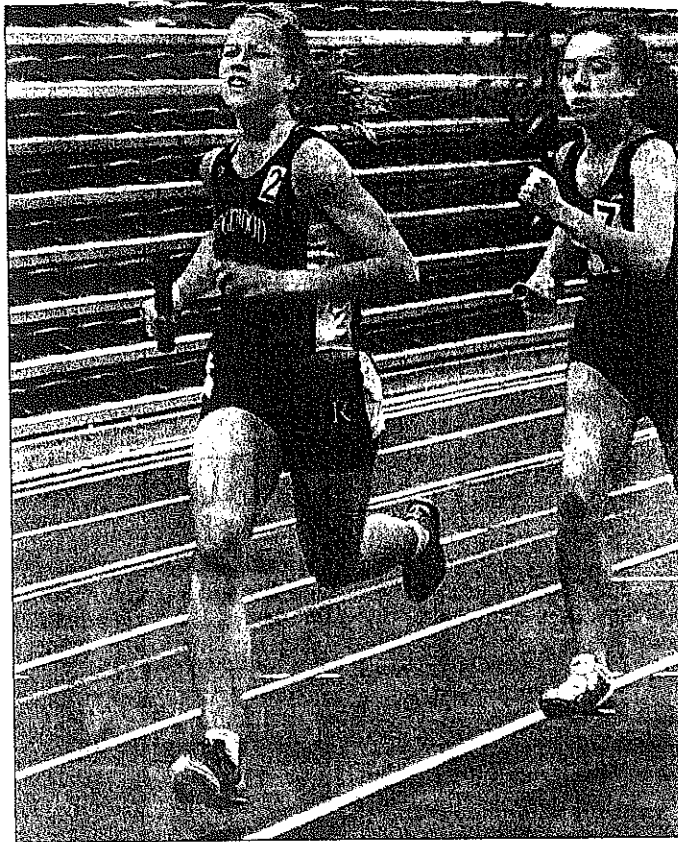
The Ridgewood boys also came home with a Dartmouth title after clocking 1:34.84 in the 4 x 200-meter relay to defeat Colonie (N.Y.) by .26 seconds. Seniors InSoo Hwang, Eddie Blair IV and Matt Beausoleil ran the first three legs before sophomore Neil Schoff closed out the victory.

"That was a great win, and a little bit unexpected," Mullin said. "InSoo has been hurt – his hamstring has had a little nagging injury, and I would say that was the first time this year that he said he was starting to feel good."

Hwang also medaled in the 55-meter hurdles, running a sixth-place time of 7.88 seconds. In the 4 x 200, he put the Maroons in front to lead off the race, while Schoff held his ground in the anchor leg to book-end the win.

"When Neil got the baton, he was just a little bit ahead of the [second-place] kid," noted Mullin. "It looked like he had about six or seven inches on him, and I'm like, 'Oh man, I don't know if he's going to be able to hold him off,' but he did."

The RHS boys ended up with 11 points to tie Burnt Hills-Ballston Lake (N.Y.) for 19th in the team standings. A total of 56 boys



PHOTOS/JOHN SPREITZER

Senior Grayson Llerandi helps the Ridgewood girls 4 x 800 relay entry move to the front of the pack in the Jan. 4th Tom Zacccone Invitational at Fairleigh Dickinson. Llerandi also ran in last weekend's Dartmouth Relays, logging a time of 12:59.76 in the 2-mile run.

teams and 49 girls squads participated from schools in eight states across the Northeast, plus a few from Canada.

Meanwhile, the Maroon girls garnered medals in five events to tally 26 points, good for sixth overall. Senior Sarah DeVita contributed a pair of top-five finishes, placing fifth in the 55 hurdles with a time of 8.64 and taking third in the high jump with a height of 5-foot-2.

"It's hard to place up there, and to place in two individual events was a great accomplishment," Mullin said of DeVita's efforts. "And she came close to clearing 5-4 [in the high jump], so that was good for her."

Junior Hanako Shigenobu added a fifth-place showing in the 1,000-meter run (3:06.14) and also helped the girls 4 x 800 squad to a bronze medal. She teamed up with senior Haley Wodenshek, junior Caroline Davidson and sophomore Micaela McPadden to run a 9:49.34.

"That's a real good early-season time," said Mullin. "Hanako and Caroline Davidson split 2:24 and change, and Haley Wodenshek – she's a tough girl, and

she's our leadoff leg – ran a 2:24. So together, I think they're very happy."

The quartet was coming off a race victory in the Tom Zacccone Invitational at Fairleigh Dickinson University on Jan. 4, in which they posted the seventh-fastest girls 4 x 800 time (10:06.4) ever at the Rothman Center's outdoor banked track.

The key to the group's success has been the maturation of Micaela McPadden, who burst onto the scene as a top-flight sprinter last year.

"I always anticipated Micaela being a pretty good 800 runner, even though she was slightly hesitant at first," Mullin said. "She ended up running a 2:29.8 at Dartmouth, and she was very happy. Certainly, that's what we're going to need for our 4 x 200 to be solid throughout the year."

Ridgewood opened up 2010 by earning five medals at the Tom Zacccone Invitational, including gold in the boys 4 x 800 relay with seniors Pat Rynkowski and Juan Llinas joining forces with junior Levi Jennings and sophomore Will Ades for a clocking of 8:34.21. In the boys 55 hurdles, Eddie Blair (7.9) and Beausoleil (8.0) ran 4-5, while DeVita (8.6) took third in the girls 55 hurdles.

Yesterday, the Maroons kicked off championship season with the inaugural Big North Meet at Rockland Community College in Suffern, N.Y. (a press deadline).

In 2010, Ridgewood's 11th season as members of the New Jersey Tri-County Conference. In the boys team defeated Immaculate Heart Bosco for the league title, while the girls finished second. Rynkowski won the NJTCC boys 3,200 relay while DeVita was the girls hurdles champ.

Jacobs blazes in 55 meters

By **PAUL SCHWARTZ**
STAFF WRITER

To Myasia Jacobs, Saturday's extraordinary performance at the Hispanic Games 55-meter dash was not about the time but about getting even for a mistake she had made in last year's meet. But she'll certainly take the time.

The Paramus Catholic junior ran the fastest 55 meters in the nation this season and one of the top 20 times in U.S. scholastic history in winning the event one year after a false start knocked her out in the preliminary round.

Jacobs ran a stunning 6.85 to win the sprint by more than two meters over a quality field. The Paterson resident had qualified second but blew out the field with a great start and a dynamic finish.

"I was actually nervous," Jacobs told ArmoryTrack.com. "I just got down in

the blocks telling myself, 'Don't false start. Don't false start.'"

She didn't, breaking her Bergen County record by 0.07 seconds in her first appearance of the year. She trails only Michelle Glover (6.75) and Wenda Vereen (6.81) in New Jersey history and posted the fastest time by a Garden State girl in 27 years.

"[Saturday] was all about revenge," she said. "I didn't think I'd run this fast."

It also was a birthday present to herself — she turned 17 Saturday.

Ridgewood senior Kayla Polcari celebrated a second straight victory at the Dartmouth Relays on Saturday, winning the pole vault with a seasonal best 11-6½ as the Maroons finished

sixth in New England's top meet.

"There was a little pressure because everyone knew I had won last year," said Polcari, who had three jumps at a Bergen County record 12-0¾. "But it wasn't as bad as I thought it would be, and this is such a fun meet for all of us."

The Ridgewood boys 4-x-200 team of In Soo Hwang, Eddy Blair IV, Matt Beausoleil and Neil Schoff won their event in 1:34.84 for the other North Jersey win at the meet.

Sarah DeVita had a terrific day for the Maroons, taking third in the high jump at 5-2 and fifth in the 55 hurdles in 8.64 — both area-leading performances. Hanako Shigenobu took fifth in the 1,000 in 3:06.14 and then anchored the third-place Ridgewood 4-x-800 team to a 9:49.34 performance.

Caroline Davidson of Ridgewood didn't place but her 5:18.42 time in the mile is the best in the area this year.

INDOOR TRACK

Big North Indoor League Meet Thur. 1/13/11

***** Bus leaves at 2:30pm.

***** This meet is *Team Scored* 8-6-4-2-1

***** All races *Varsity* unless otherwise stated. Only 3 varsity athletes per event and 5 frosh/novice.

55m:

Boys- Yuki Kawawara- 6.8/7.1 (4th), InHo Hwang- 7.0, Edward Blair- 7.0 (3rd)

Girls- Maura Feeney- 7.5/8.0 (3rd), Anna Caffrey- 7.8

55m HH:

Boys- InSoo Hwang- 8.0 (3rd), Edward Blair- 8.3 (4th), Matt Beausoleil- 8.0 (2nd)

Girls- Sarah DeVita- 8.8 (1st), Kayla Polcari- 9.6 (4th), Micaela McPadden

3200m:

Boys- Pat Rynkowski- 9:57.8 (1st), Mohamed Eid- 10:02.7 (3rd),

Anthony Andrews- 9:59.1 (2nd)

Girls- Brenna Fisher- 12:28.7 (3rd), Grayson Llerandi- 12:22.1 (1st),

Emily Fishbein- 12:22.8 (2nd)

4 x 800m:

Boys- Nick Tai, Mark French, Brian Collins, Steven Spreitzer

8:51.0 (3rd).... 2:09.6 2:14.9 2:16.7 2:09.3

Girls- Hannah Holland, Christine Kim, Lesley Jones, Haley Wodenshek

11:13.3 (1st)... 2:40.5 2:50.2 2:46.5 2:56.1

800m: (Frosh Only)

Boys- Brian Clarendon- 2:20.9 (1ST), Spencer Llerandi- 2:37.0,

Carter Hartmann- 2:31.8 (3rd), Joe Yoon- 2:38.0

Girls- Emily Fishbein- 2:42.7 (2nd), Kathleen Simon- 2:54.9, Laura Weisberger- 2:49.8,

Kauna Whalen- 3:00.3

600m:

Boys- Juan Llinas- 1:28.1 (1st)

Girls- Micaela McPadden- 1:47.6 (1st), Haley Wodenshek- 1:48.7 (2nd)

1000m:

Boys- Levi Jennings- 2:41.5 (1ST), Steven Spreitzer- 2:48.2 (4th),

Mohamed Eid- 2:54.5

Girls- Hanako Shigenobu- 3:20.7 (1st), Caroline Davidson- 3:21.8 (2nd),

300m:

Boys- InSoo Hwang- 37.9 (4th), Edward Blair- 40.3, Yuki Kawawara- 39.5

Girls- Anna Caffrey- 48.4 (5th), Moriah Jennings- 49.5

300m: (Frosh and Novice)

Boys-

Novice- Kyle Ransom- 44.2, Dominic Ok- 44.0, Kevin Chung- 41.8 (1st),

Dylan Dowling- 46.2, Ilan Nathanson- 46.2

Frosh- Dorhee Han- 42.5 (3rd), Brian Collins- 43.1 (4th), Rob Jacobson- 43.5 (5th),
Allan Wong- 48.8, Yun Choi- 48.6, Andrew Sohn- 51.1

Girls-

Novice- Madeleine Lane- 53.2, Jacque Roth- 48.2 (3rd),

Michelle Locke- 58.4, Charlotte Morley- 57.8

Frosh- Christina Benson- 54.3, Emily Flynn- 53.7, CC Chadwick- 56.8,
Emma Brickfield- 57.6, Abbey Scanlon- 56.7

1600m:

Boys- Pat Rynkowski- 4:33.9 (1st), Levi Jennings- 4:40.3 (3rd),

Anthony Andrews- 4:42.9 (4th)

Girls- Caroline Davidson- 5:31.6 (1st), Brenna Fisher- 5:53.5 (3rd),

Grayson Llerandi- 5:50.1 (2nd)

800m: (Novice Only)

Boys- Mark French- 2:15.6 (1st), Tanner Garrity- 2:22.9 (3rd), Mike O'Donnell- 2:28.7

Girls- Christine Kim- 2:47.0 (2nd), Sirai Ramirez- 2:52.8, Leslie Jones- 2:46.9 (1st),

Brittany Frank- 3:01.4

4 x 400m:

Boys-

InHo Hwang, Nick Tai, Brian Collins, Yuki Kawahara
3:46.7 (<u>3rd</u>)... 57.6 54.6 57.9 56.1

Girls-

Micaela McPadden, Maura Feeney, Jackie Roth, Hanako Shigenobu
4:19.5 (<u>2nd</u>)... 63.9 65.2 67.6 62.9

FIELD EVENTS:

High Jump:

Boys- Matty Beausoleil- 5'8" (1st), James Knight- 5'6" (2nd)

Girls- Sarah DeVita- 5'4" (1st), Haley Roche- 5'0" (2nd), Mimi DeVita- 4'2"

Long Jump:

Boys- Matty Beausoleil- 18'9 3/4" (3rd), Yuki Kawahara- 16'5 3/4",
James Knight- 17'10" (5th)

Girls- Kayla Polcari- 14'8" (4th), Haley Roche- 13'3", Mimi DeVita- 13'9 3/4"

Triple Jump:

Boys- Matty Beausoleil- 40'1 1/4" (4th), James Knight- 38'1/4" (5th)

Girls- Kayla Polcari- 32'7 3/4" (2nd), Mimi DeVita- 31'0" (3rd)

Shot Put:

Boys- Stephan Etna- 38'6" (3rd)

Girls- Zoe Ferguson- 24'8 1/4"

Pole Vault:

Boys- James Knight- 10'0" (1st)

Girls- Kayla Polcari- 11'6" (1st), Ilana Brown- 8'0" (3rd), Mimi DeVita- 8'0" (2nd)

TEAM TOTALS:

BOYS:

1. RIDGEWOOD- 112
2. Teaneck- 77
3. Hackensack- 64
4. Bergen Tech- 15
5. Paramus- 9

GIRLS:

1. RIDGEWOOD- 137
2. Teaneck- 75
3. Paramus- 33
4. Hackensack- 24
5. Bergen Tech- 15

Comments:

Awesome win on both the boys and the girls side! It was great to start off our "team season" with W's! We scored in just about every event! We have 2 more big team meets coming up...county relays and state sectionals. Keep the focus and work ethic high!

Demarest, Old Tappan stage battle

by PAUL SCHWARTZ
AFF WRITER

SUFFERN, N.Y. — The name of the league may have changed, some coaches may be different and the athletes may be new, but put Demarest and Old Tappan in a track meet and the results usually point down to the final event.

That became clear again Thursday as the sister schools of Northern Valley Regional split titles at the inaugural Big North indoor meet at Rockland Community College. The Demarest girls took the National Division title, 90½-83½, inching the title with a come-from-behind win in the 4-x-400 relay. The Old Tappan boys returned in favor, winning their title, 96-87, by taking the 4-x-400 relay.

The other team titles were easy victories for Ridgewood in the

Freedom boys and girls meets, and the Don Bosco boys and IHA girls in the United Division.

"It seems like it always comes down to Demarest and Old Tappan," said Brendan Kenny, in his first season as head coach of the Norsewomen. "We battle and battle, and it always goes to the last event."

Kenny, whose team took the lead for good with a 1-2-5 finish in the shot put, credited Allison Tell and Victoria Davis in playing key roles.

"They're really better hurdlers, but we have a lot of depth in that event so we moved them around to

other events and they came through there," Kenny said.

Both ran legs on the winning 4-x-400 and 4-x-800 relays, and Davis also scored in the 600. Kaitlyn Ary continued her comeback from injury by winning the 600 and leading off both relay wins.

Old Tappan coach Megan Mastropaolo Langan wasn't sure if her boys team was up to the task.

"We usually stay away from the meets with the 300, 600 and 1,000 [contested here instead of the usual 200-400-800 events] because our kids aren't used to running them. It's only our second meet of the year and some of our kids aren't really healthy yet," Langan said.

But the Golden Knights, who trailed the entire meet, took the lead when Brian Choi and Won Jae Rho went 1-2 in the long jump, the meet's next-to-last event, and with

Brandon Gregory running a strong anchor in the 4-x-400.

"He's had some real problems with his hips and it's really only the second time he's been able to run recently," Langan said of Gregory. "But he said he didn't care what the doctor said. He wanted to be here."

While team scoring was the story, there were some excellent individual performances, with Teaneck's Aresha Hampton throwing a State-leading 43 feet, 2 inches, in the Freedom shot, IHA's Theresa Picciallo adding a 42-4½ in the United shot and Sarah DeVita becoming the first Bergen girl in six years to clear 5-4 in winning the Freedom high jump. Teaneck's 4-x-400 boys relay, which skipped the rescheduled Millrose Games trials, ran an outstanding 3:28.8 on a slow track.

Andre makes strong comeback

by PAUL SCHWARTZ
AFF WRITER

Jessica Andre scored a stunning upset in the Group 1 3,200-meters championship two years ago. Then she missed most of last season with stress fracture in her right leg.

Wednesday, the Waldwick senior showed she's made a great start toward a comeback with an easy win in the North Jersey Invitational 200 in 12:22, a time that easily could have been 20 to 25 seconds slower.

"It was really hard last year and I tried a lot," said Andre, who played soccer for the Warriors this past fall and will run at Southern Connecticut next year. "Now it's great to be back."

■ Dwight-Englewood senior Olivia Guidera became the first

Bulldog to win a major indoor meet title in more than a decade when she took the 1,600 on Wednesday. She took nearly six seconds off her personal best in winning the first race of any sort in her career, major or dual meet.

"This is really cool," said Guidera. "Especially after I ran so poorly in the 600 [Wednesday]. On the second or third lap I thought, 'I can beat these girls,' and I just did my best."

■ A third surprise distance winner at the meet was Dumont senior Ryan Gormley, who won the boys 3,200 in an indoor, personal best of 10:25. Gormley, a third team All-

Bergen selection in cross-country, thought he had a chance to win at the start, but he wasn't certain he could win until there were three laps left in the race.

"I never really thought I could do this, but when I got close to [Fair Lawn's Adam Ross] with three laps left, I surged on the backstretch to get close to him and then I had confidence in my kick," said Gormley, who hopes to run next year at Ramapo or East Stroudsburg. "I wanted to embrace this chance and see what happened."

■ The State Relays start a three-day run tonight at the Bennett Center in Toms River with the Group 4 meet. Group 3 and Non-Public are Saturday and Groups 1 and 2 are Sunday.

■ The Paul Schwartz Invitational also will be held tonight at Rothman

Center at Fairleigh Dickinson.

■ Monday is the second of three qualifying meets for the Garfield high jump/shot put classic at Garfield.

■ The big meet of the week is the 23rd annual Passaic County championships Wednesday at the Armory Track Center in New York. The Kennedy boys and Clifton girls won last year, but this year's meet is wide open with just one boys champion returning, 600 winner Justin McKenzie of Eastside and two girls champions, high jumper Ayana Ward of Passaic Tech and, if healthy, 1,500 defender Alyssa LaGuardia of DePaul.

Eastside, Clifton, Passaic Tech and West Milford look to be the best boys teams with Passaic Tech, Clifton, and perhaps Wayne Valley and Lakeland solid girls contenders.

INDOOR TRACK NOTEBOOK

Big North Indoor Track Division Championship - Divisions 1, 3, & 5

Start Time 4:30 Pm

January 13, 2011

Rockland Community College

145 College Road

Suffern, NY 10901-3699

Phone: (845) 574-4282

Boys

Fraulo Race Timing - Contractor License
 Hy-Tek's MEET MANAGER
 2011BIG NORTH WINTER CHAMPIONSHIPS - 1/13/2011
 DIVISIONS 1,3,5
 ROCKLAND COMMUNITY COLLEGE

Results - 3

Event 2 Boys 3200 Meter Run Freedom

Name	Year	School	Seed	Finals	Points
Finals					
1	1160	Rynkowski, Pat	12	Ridgewood	9:57.80 8
2	1109	Andrews, Anthony	12	Ridgewood	9:59.10 6
3	1125	Eid, Mohamed	12	Ridgewood	10:02.70 4
4	647	Uzhca, Angel	SO	Hackensack	10:21.00 2
5	893	Secreti, Mike	SO	Paramus	10:30.20 1
6	633	Nunez, Aneudy	JR	Hackensack	10:39.60
7	1232	Cifuentes, Justin	SR	Teaneck	10:55.90
8	168	Hwang, Alan	11	Bergen Cty VT	11:06.80
9	890	Lefer, Matthew	JR	Paramus	11:11.10
10	180	Rao, Lincheng	11	Bergen Cty VT	12:26.80

Event 8 Boys 4x800 Meter Relay Freedom

School	Seed	Finals	Points
1 Bergen Cty VT 'A'		8:38.70	8
1) 179 Monahan, Brian 12	2) 189 Stevens, Samuel 12		
3) 172 Jung, Shin HO 12	4) 174 Kellas, Andreas 12		
2 Hackensack 'A'		8:48.40	6
1) 611 Coronado, Carlos JR	2) 631 Nieto, Pablo SO		
3) 615 Diaz, Miguel JR	4) 641 Sanchez, Carlos SR		
3 Ridgewood 'A'		8:51.00	4
1) 1127 French, Mark 11	2) 1167 Tai, Nick 11		
3) 1164 Spreitzer, Steven 12	4) 1119 Collins, Brian 9		
4 Teaneck 'A'		8:56.20	2
1) 1229 Bhowmick, Kuntal SR	2) 1231 Brown, Keyon SR		
3) 1260 Rutz, Jeffrey JR	4) 1242 Hernandez, Frankie SR		

Event 16 Boys 600 Meter Run Freedom

Name	Year	School	Seed	Finals	Points
1	1146	Llinas, Juan	12	Ridgewood	1:28.10 8

2	1253	Murphy, Bryan	SR	Teaneck	1:30.20	6
3	1237	Elliott, Damien	JR	Teaneck	1:31.90	4
4	1259	Rueger, Dmitri	SO	Teaneck	1:32.60	2
5	619	Headley, Moquiez	JR	Hackensack	1:32.80	1
6	1272	Cardone, Jesse	12	Paramus	1:37.50	

Event 22 Boys 1000 Meter Run Freedom

Name	Year	School	Seed	Finals	Points	
1	1137	Jennings, Levi	11	Ridgewood	2:41.50	8
2	635	Pujols, John	JR	Hackensack	2:41.60	6
3	1239	Fields, Warren	SR	Teaneck	2:46.80	4
4	1164	Spreitzer, Steven	12	Ridgewood	2:48.20	2
5	172	Jung, Shin HO	12	Bergen Cty VT	2:48.60	1
6	187	Serrao, Kevin	9	Bergen Cty VT	2:49.00	

Event 28 Boys 300 Meter Run Freedom

Name	Year	School	Seed	Finals	Points	
1	1251	Miles, Daryian	JR	Teaneck	36.10	8
2	1237	Elliott, Damien	JR	Teaneck	37.10	6
3	624	Jones, Mark	SO	Hackensack	37.90	4
4	1133	Hwang, InSoo	12	Ridgewood	J37.90	2
5	1250	McKnight, Malcom	SR	Teaneck	39.60	1
6	1139	Kawahara, Yuki	12	Ridgewood	J39.60	

Event 36 Boys 1600 Meter Run Freedom

Name	Year	School	Seed	Finals	Points	
1	1160	Rynkowski, Pat	12	Ridgewood	4:33.90	8
2	174	Kellas, Andreas	12	Bergen Cty VT	4:34.40	6
3	1137	Jennings, Levi	11	Ridgewood	4:40.30	4
4	1109	Andrews, Anthony	12	Ridgewood	4:42.90	2
5	611	Coronado, Carlos	JR	Hackensack	4:49.30	1

Event 44 Boys 4x400 Meter Relay Freedom

School	Seed	Finals	Points
1 Teaneck 'A'		3:28.80	8
1) 1253 Murphy, Bryan SR	2) 1237 Elliott, Damien JR		
3) 1251 Miles, Daryian JR	4) 1239 Fields, Warren SR		
2 Hackensack 'A'		3:40.10	6
1) 624 Jones, Mark SO	2) 619 Headley, Moquiez JR		
3) 615 Diaz, Miguel JR	4) 612 Cummings, Michael SO		
3 Ridgewood 'A'		3:46.70	4
1) 1167 Tai, Nick 11	2) 1132 Hwang, InHo 11		
3) 1139 Kawahara, Yuki 12	4) 1119 Collins, Brian 9		

Event 50 Boys High Jump Freedom

Name	Year	School	Seed	Finals	Points	
1	1110	Beausoleil, Matt	12	Ridgewood	5-08.00	8
2	1140	Knight, James	11	Ridgewood	5-06.00	6
3	621	Humes, Virron	JR	Hackensack	5-02.00	3
3	1265	Walter, Martin	JR	Teaneck	5-02.00	3

5	612	Cummings, Michael	SO Hackensack	J5-02.00	0.50
5	619	Headley, Moquiez	JR Hackensack	J5-02.00	0.50

Event 56 Boys Long Jump Freedom

Name	Year	School	Seed	Finals	Points
1	1266	Williams, Jamal	JR Teaneck	21-02.75	8
2	1254	Ocansey, Alex	SO Teaneck	19-06.00	6
3	1110	Beausoleil, Matt	12 Ridgewood	18-09.75	4
4	612	Cummings, Michael	SO Hackensack	18-08.75	2
5	1140	Knight, James	11 Ridgewood	17-10.00	1
6	195	Zhang, Robin	10 Bergen Cty VT	17-09.75	

Event 62 Boys Pole Vault Freedom

Name	Year	School	Seed	Finals	Points
1	1140	Knight, James	11 Ridgewood	10-00.00	8

Event 68 Boys Triple Jump Freedom

Name	Year	School	Seed	Finals	Points
1	1266	Williams, Jamal	JR Teaneck	41-08.50	8
2	1254	Ocansey, Alex	SO Teaneck	41-04.75	6
3	1247	Jones, Jordan	JR Teaneck	40-02.00	4
4	1110	Beausoleil, Matt	12 Ridgewood	40-01.25	2
5	1140	Knight, James	11 Ridgewood	38-00.25	1
6	193	Wong, Christopher	11 Bergen Cty VT	36-08.50	

Event 74 Boys Shot Put Freedom

Name	Year	School	Seed	Finals	Points
1	629	Mozia, Stephen	SR Hackensack	49-06.00	8
2	621	Humes, Virron	JR Hackensack	41-01.25	6
3	1126	Etna, Stephen	12 Ridgewood	38-06.00	4
4	885	Baher, Cameron	SR Paramus	36-02.25	2
5	1228	Bennett, Oshane	JR Teaneck	32-08.00	1
6	1274	Patel, Neil	12 Paramus	32-01.25	

Event 80 Boys 55 Meter Dash Freedom

Name	Year	School	Seed	Finals	Points
1	624	Jones, Mark	SO Hackensack	6.30	8
2	887	Enriques, Josh	SR Paramus	6.70	6
3	1111	Blair, Edward	12 Ridgewood	7.00	4
4	1139	Kawahara, Yuki	12 Ridgewood	7.10	2
5	634	Pleasant, Christop	SR Hackensack	J7.10	1

Event 86 Boys 55 Meter Hurdles Freedom

Name	Year	School	Seed	Finals	Points
1	624	Jones, Mark	SO Hackensack	7.90	8
2	1110	Beausoleil, Matt	12 Ridgewood	8.00	6
3	1133	Hwang, InSoo	12 Ridgewood	J8.00	4
4	1111	Blair, Edward	12 Ridgewood	8.30	2

5	619 Headley, Moquiez	JR Hackensack	8.60	1
6	636 Quinn, Nicholas	SO Hackensack	8.70	

Team Scores - 3 Freedom Division

Place	School		Points
1	Ridgewood	1416	112
2	Teaneck	1417	77
3	Hackensack	147	64
4	Bergen Cty VT	131	15
5	Paramus	1413	9

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Big North Indoor Track Division Championship - Divisions 1, 3, & 5

Start Time 4:30 Pm

January 13, 2011

Rockland Community College

145 College Road

Suffern, NY 10901-3699

Phone: (845) 574-4282

Girls

Fraulo Race Timing - Contractor License
 Hy-Tek's MEET MANAGER
 2011BIG NORTH WINTER CHAMPIONSHIPS - 1/13/2011
 DIVISIONS 1,3,5
 ROCKLAND COMMUNITY COLLEGE

Results - 3

Event 5 Girls 3200 Meter Run Freedom

Name	Year School	Seed	Finals	Points
Finals				
1 1082 Llerandi, Grayson	12 Ridgewood		12:22.10	8
2 1069 Fishbein, Emily	9 Ridgewood		12:22.80	6
3 1068 Fischer, Brenna	12 Ridgewood		12:28.70	4
4 865 Bartner, Jolie	SO Paramus		12:33.70	2
5 872 Lucas, Lindsay	FR Paramus		12:34.40	1
6 596 Ramache, Diana	SO Hackensack		13:39.80	

Event 11 Girls 4x800 Meter Relay Freedom

School	Seed	Finals	Points
1 Ridgewood 'A'		11:13.30	8
1) 1075 Holland, Hanna 12	2) 1079 Kim, Christine 11		
3) 1105 Wodensheck, Haley 12	4) 1078 Jones, Lesley 10		
2 Hackensack 'A'		11:18.40	6
1) 580 Janos, Jessica JR	2) 590 Obelle, Oni JR		
3) 568 Ciummo, Rosa JR	4) 593 Perez, Jennifer SO		

Event 19 Girls 600 Meter Run Freedom

Name	Year School	Seed	Finals	Points
1 1085 McPadden, Makayla	10 Ridgewood		1:47.60	8
2 1105 Wodensheck, Haley	12 Ridgewood		1:48.70	6
3 151 Okereke, Michelle	12 Bergen Cty VT		1:48.90	4
4 1210 Ferrel, Janay	JR Teaneck		1:50.60	2
5 160 YI, Hope	11 Bergen Cty VT		1:58.70	1
6 577 Goodman, Tashe	JR Hackensack		2:07.50	

Event 25 Girls 1000 Meter Run Freedom

Name	Year School	Seed	Finals	Points
------	-------------	------	--------	--------

1	1099	Shigenobu, Hanako	11	Ridgewood	3:20.70	8
2	1062	Davidson, Caroline	11	Ridgewood	3:21.80	6
3	870	Kuderka, Katie	JR	Paramus	3:34.90	4
4	568	Ciummo, Rosa	JR	Hackensack	3:44.80	2
5	584	Madrid, Anabella	JR	Hackensack	4:04.20	1

Event 31 Girls 300 Meter Run Freedom

Name	Year	School	Seed	Finals	Points	
1	1223	Taylor, Kahila	JR	Teaneck	43.30	8
2	143	Carrillo, Jeanny	11	Bergen Cty VT	45.20	6
3	869	Kisley, Stephanie	JR	Paramus	46.40	4
4	147	Itietie, Tejiri	12	Bergen Cty VT	48.10	2
5	1051	Caffrey, Anna	10	Ridgewood	48.40	1
6	1204	Atkinson, Anastasi	SO	Teaneck	48.50	

Event 39 Girls 1600 Meter Run Freedom

Name	Year	School	Seed	Finals	Points	
1	1062	Davidson, Caroline	11	Ridgewood	5:31.60	8
2	1082	Llerandi, Grayson	12	Ridgewood	5:50.10	6
3	1068	Fischer, Brenna	12	Ridgewood	5:53.50	4
4	865	Bartner, Jolie	SO	Paramus	5:54.40	2
5	590	Obelle, Oni	JR	Hackensack	5:58.60	1
6	157	Sheridan, Claire	12	Bergen Cty VT	6:01.50	
7	872	Lucas, Lindsay	FR	Paramus	6:05.20	
8	580	Janos, Jessica	JR	Hackensack	6:11.50	
9	870	Kuderka, Katie	JR	Paramus	6:15.90	
10	596	Ramache, Diana	SO	Hackensack	6:37.80	

Event 47 Girls 4x400 Meter Relay Freedom

School	Seed	Finals	Points
1 Teaneck 'A'		4:14.80	8
1) 1223 Taylor, Kahila JR	2) 1206 Barker, Ashley SR		
3) 1204 Atkinson, Anastasia SO	4) 1210 Ferrel, Janay JR		
2 Ridgewood 'A'		4:19.50	6
1) 1085 McPadden, Makayla 10	2) 1066 Feeney, Maura 10		
3) 1094 Roth, Jacquelyn 10	4) 1099 Shigenobu, Hanako 11		
3 Hackensack 'A'		5:00.00	4
1) 563 Allegretta, Jaclyn JR	2) 576 Forbes, Michelle JR		
3) 572 Duncan, Naronique JR	4) 599 Walker, Khadija JR		

Event 53 Girls High Jump Freedom

Name	Year	School	Seed	Finals	Points	
1	1065	DeVita, Sarah	12	Ridgewood	5-04.00	8
2	1093	Roche, Haley	12	Ridgewood	5-00.00	6
3	1205	Balgobian, Talasia	FR	Teaneck	J5-00.00	4
4	1221	Simms, Amanda	FR	Teaneck	J5-00.00	2
5	151	Okereke, Michelle	12	Bergen Cty VT	4-10.00	1

Event 59 Girls Long Jump Freedom

Name	Year	School	Seed	Finals	Points
------	------	--------	------	--------	--------

1	1205	Balgobian, Talasia	FR	Teaneck	16-06.25	8
2	880	Roessler, Ashley	SR	Paramus	15-10.25	6
3	1208	Cummings, Chantea	SO	Teaneck	15-04.00	4
4	1091	Polcari, Kayla	12	Ridgewood	14-08.00	2
5	875	Oliff, Jill	JR	Paramus	13-10.00	1
6	1064	DeVita, Mimi	10	Ridgewood	13-09.75	

Event 65 Girls Pole Vault Freedom

Name	Year	School	Seed	Finals	Points	
1	1091	Polcari, Kayla	12	Ridgewood	11-06.00	8
2	1064	DeVita, Mimi	10	Ridgewood	8-00.00	6
3	1049	Brown, Ilana	11	Ridgewood	J8-00.00	4
4	869	Kisley, Stephanie	JR	Paramus	7-00.00	2
5	576	Forbes, Michelle	JR	Hackensack	J7-00.00	1

Event 71 Girls Triple Jump Freedom

Name	Year	School	Seed	Finals	Points	
1	1204	Atkinson, Anastasi	SO	Teaneck	33-03.75	8
2	1091	Polcari, Kayla	12	Ridgewood	32-07.75	6
3	1064	DeVita, Mimi	10	Ridgewood	31-00.75	4
4	880	Roessler, Ashley	SR	Paramus	30-09.75	2
5	577	Goodman, Tashe	JR	Hackensack	27-10.25	1
6	882	Sula, Jenna	FR	Paramus	26-10.00	

Event 77 Girls Shot Put Freedom

Name	Year	School	Seed	Finals	Points	
1	1212	Hampton, Apresha	SR	Teaneck	43-02.00	8
2	591	Paul, Leonora	SR	Hackensack	37-01.50	6
3	879	Reuveni, Jessica	JR	Paramus	34-03.25	4
4	585	Martin, Taylor	JR	Hackensack	32-10.00	2
5	1214	Hogan, Rikeya	JR	Teaneck	31-07.75	1
6	573	Edwards, Atira	SR	Hackensack	29-07.00	

Event 83 Girls 55 Meter Dash Freedom

Name	Year	School	Seed	Finals	Points	
1	1223	Taylor, Kahila	JR	Teaneck	7.50	8
2	1221	Simms, Amanda	FR	Teaneck	7.70	6
3	1066	Feeney, Maura	10	Ridgewood	8.00	4
4	1211	Foster, Trenice	JR	Teaneck	8.10	2
5	143	Carrillo, Jeanny	11	Bergen Cty VT	J8.10	1
6	156	Scott, Daneille	11	Bergen Cty VT	8.20	

Event 89 Girls 55 Meter Hurdles Freedom

Name	Year	School	Seed	Finals	Points	
1	1065	DeVita, Sarah	12	Ridgewood	8.80	8
2	1206	Barker, Ashley	SR	Teaneck	9.30	6
3	880	Roessler, Ashley	SR	Paramus	9.50	4
4	1091	Polcari, Kayla	12	Ridgewood	9.60	2
5	868	Jauregui, Monique	JR	Paramus	10.10	1
6	1085	McPadden, Makayla	10	Ridgewood	J10.10	

Team Scores - 3 Freedom Division

Place	School		Points
1	Ridgewood	1416	137
2	Teaneck	1417	75
3	Paramus	1413	33
4	Hackensack	147	24
5	Bergen Cty VT	131	15

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County Relays

Friday 1/28/11

***** Results *****

4 x 55m HH:

Boys- Eddy Blair, Matt Beausoleil, Kevin Chung, InSoo Hwang

DQ... 7.5 7.3 10.8 7.4

Girls- Hanako Shigenobu, Mimi DeVita, Micaela McPadden, Sarah DeVita

35.0 (2nd).... 9.1 9.0 9.4 7.7

4 x 1600m:

Boys- Levi Jennings, Mohamed Eid, Anthony Andrews, Pat Rynkowski

18:04.4 (1st)... 4:26.3 4:37.1 4:35.2 4:25.6

Girls- Brenna Fisher, Grayson Llerandi, Emily Fishbein, Caroline Davidson

22:47.5 (3rd)... 5:48.0 5:37.1 5:48.0 5:34.0

4 x 200m:

Boys- InSoo Hwang, Edward Blair, Yuki Kawahara, Macky Shoff

1:34.9 (4th).... ? ? ? ?

Girls- Maura Feeney, Moriah Jennings, Anna Caffrey, Micaela McPadden

1:51.4 (4th)... 27.8 28.1 28.9 27.0

4 x 800m:

Boys- Stephan Sprietzer, Nick Tai, Anthony Andrews, Levi Jennings

18:18.5 (3rd)... 2:05.9 2:05.5 2:04.1 2:02.9

Girls- Haley Wodenshek, Hannah Holland, Grayson Llerandi, Caroline Davidson

10:17.7 (4th).... 2:33.0 2:43.8 2:39.0 2:21.5

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

Boys- InSoo Hwang, Edward Blair, Macky Shoff, Juan Llinas

3:41.9 (4th)... 51.8 23.7 24.7 2:01.4

Girls- Micaela McPadden, Maura Feeney, Moriah Jennings, Hanako Shigenobu

DQ.... 63.2 27.5 28.6 2:22.6

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

Boys- Levi Jennings, InHo Hwang, Anthony Andrews, Pat Rynkowski

10:43.8 (1st)... 3:17.0 54.5 2:05.7 4:25.8

Girls- Brenna Fisher, Anna Caffrey, Haley Wodenshek, Caroline Davidson

13:11.8 (1st)... 4:14.0 67.2 2:32.3 5:16.8

4 x 400m:

Boys- Macky Shoff, Juan Llinas, Yuki Kawahara, InSoo Hwang
3:32.3 (2nd).... 53.9 52.6 53.9 51.9

Girls- Micaela McPadden, Maura Feeney, Moriah Jennings, Hanako Shigenobu
4:17.4 (4th)... 62.9 64.7 67.7 62.3

Long Jump:

Boys- Matt Beausoleil, James Knight
37'7 1/2" (6th).... 19'5 3/4" 18'1 1/2"

Girls- Haley Roche, Mimi DeVita
29'6 1/2" (2nd).. 15'4" 14'2 1/2"

Triple Jump:

Boys- Matt Beausoleil, James Knight
76'8 3/4" (6th)... 39'5 3/4" 37'3"

Girls- Sarah DeVita, Haley Roche
66'7 1/2" (1st).... 33'11 1/2" 32'8"

High Jump:

Boys- Matt Beausoleil, James Knight
11'2" (3rd)... 5'10" 5'4"

Girls- Sarah DeVita, Haley Roche ***NEW SCHOOL RECORD***
10'2" (1st)... 5'0" 5'2"

Shot Put:

Boys- Stephan Etna, Edward Blair
77'5" 38'7" 38'10"

Pole Vault:

Girls- Mimi DeVita, Sarah DeVita
14'6" (2ND)... 8'6" 6'0"

RESULTS: (OUT OF 20 LARGE SCHOOL TEAMS)

BOYS:

1. Don Bosco- 60
2. Hackensack- 51
3. **Ridgewood- 50**
4. Teaneck- 50

Girls:

1. **Ridgewood- 72**
2. IHA- 45
3. Demarest- 44
4. Teaneck- 44

Comments: Girls...awesome win. Very dominant. Special congrats to Caroline Davidson for winning girls "athlete of the meet."

Boys- Soooo close!!! Anyway, effort was great. Just came up short. Special congrats to Pat Rynkowski for winning boys "athlete of the meet."

RHS girls end IHA's run, win County Relays

Davidson, Rynkowski earn Athlete of the Meet awards; Maroon boys team ties for third

BY GREG TARTAGLIA
Assistant Sports Editor

Last Friday, the Maroons were struck by DeVita déjà vu.

For the first time since 2007, the Ridgewood High School girls reign as large-school champions of the indoor Bergen County Relays, having knocked off three-time defending champ Immaculate Heart, 72-45, at The Armory Track Center in Manhattan.

Seniors Sarah DeVita and Haley Roche set school records in combining to win the high jump (10-foot-2) and triple jump (66-7½) relays, while junior Caroline Davidson anchored Ridgewood's distance medley squad to gold in 13:11.8 and won the Lou Molino Award as girls Athlete of the Meet.

The RHS boys scored 50 points to tie Teaneck for third place, as Don Bosco bested Hackensack, 60-51, for the title. Senior Pat Rynkowski led the Maroons to wins and meet-record times in the 4 x 1,600 (18:04.4) and distance medley (10:43.8), earning the Alan Wedemeier Award for boys Athlete of the Meet.

"The girls were very excited," Ridgewood head coach Mike Mullin said on Tuesday. "My first look was at Sarah DeVita, who immediately pointed out this was the first time that they [the seniors] have had this happen. It was a great honor for her to be able to help us do this, because she's a hard worker."

That trait ostensibly runs in the family. DeVita was also part of the team's silver-medal showings in the shuttle hurdle (35.0) and pole vault (14-6) relays, despite not having competed in the latter event prior to last week. For last spring's outdoor Bergen County Relays, her older brother Tommy (RHS Class of 2010) learned to pole vault in the days leading up to



PHOTO/JIM CLARKE

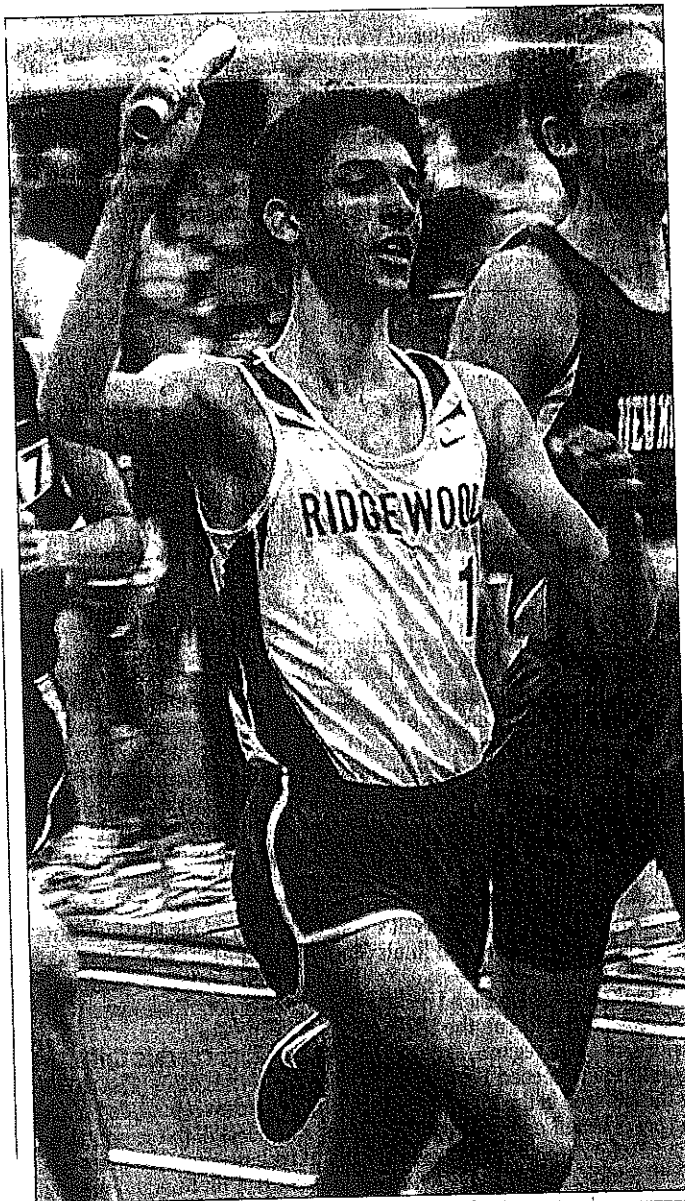
Caroline Davidson won the Lou Molino Girls Athlete of the Meet Award at the Bergen County Relays, as she helped Ridgewood capture the girls Division A title.

the meet and boosted the Ridgewood boys to victory in the event, as well as the overall title.

Said Mullin, "Unfortunately, this winter has been tricky with the weather and all; so when the meet got moved, some of our girls pole vaulters couldn't make it" due to prior commitments. "So we had to make do. We knew we were still going to be very good. But we had a couple of holes to fill, and Sarah certainly stepped up."

DeVita's younger sister Mimi, a sophomore, also ventured into unfamiliar territory for the greater good. "Mimi became a good long-jumper and a good leg on our hurdle relay team, where she [otherwise] wasn't going to do either of those events," Mullin said.

The Maroon girls shuttle hurdle relay consisted of the DeVitas, sophomore Micaela McPadden



PHOTO/JOHN SPREITZER

Senior Mohamed Eid helped Ridgewood to a gold-medal, meet-record time of 18:04.4 in the boys 4 x 1,600-meters at the Bergen County Relays last Friday. The Maroons also set a new County record in winning the distance medley relay.

RELAYS from C1

and junior Hanako Shigenobu. Roche and Mimi DeVita, meanwhile, garnered silver in the long jump with a combined 29-6½.

"Haley really stepped up," Mullin said, noting that Roche had been nursing a "nagging" injury in recent weeks. "She exploded in the triple, the long and the high jumps... she was a major factor in all three."

The triple jump and pole vault drew to a close right around the time of the meet's penultimate relay, the distance medley. Seniors Brenna Fischer and Haley Wodenshek and sophomore Anna Caffrey ran the first three legs before Davidson clocked 5:16 in the 1,600-meter anchor leg to rally RHS from fourth first.

"Our distance girls as a whole did great, but Caroline certainly was the shining star there," said Mullin. "The distance medley was the turning point in the meet."

Davidson also ran solid anchor legs in the 4 x 800 (2:21) and 4 x 1,600 (5:34) relays, helping Ridgewood to fourth- and third-place finishes, respectively.

In anchoring the Maroon boys' gold-medal 4 x 1,600 and distance medley efforts,

Rynkowski logged a 4:25 in each of his one-mile relay legs. Senior Anthony Andrews and junior Levi Jennings ran in both races, while senior Mohamed Eid chipped in for the 4 x 1,600, and junior InHo Hwang ran the 400 leg of the distance medley.

RHS added a silver medal in the 4 x 400, with sophomore Neil Schioff and seniors InSoo Hwang, Yuki Kawahara and Juan Linas joining forces to clock 3:32.3.

The turning point for the boys

came in the shuttle hurdles. Not only were the Maroons hurt by a fall, they also watched race-winner Hackensack (30.6) break the meet record of 30.7 they had held for five years.

"And we think this team is a little better than the [2006] team that had that record," Mullin said. "We know we're the best hurdle team around, but unfortunately, those things happen."

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Maroon girls, Don Bosco win

HH doubles at Bergen Relays

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK - Winning a championship at the Bergen County Relays doesn't always come down to the team with the most stars or even the most champions.

Often it comes down to the unsung heroes.

For the Ridgewood girls, stars like Sarah DeVita and Caroline Davidson did their jobs but it was the unsung hero, sophomore Mimi DeVita who provided the spark in a 72-45 large-school victory over three-time defending champion Immaculate Heart.

For Don Bosco, which won the high jump, seniors Phelan McCormack and Ryan Walsh provided some solid performances and Greg Hazell had the day's best triple jump. But it was junior Joe Moran, in his first varsity season who recorded the most points for the Ironmen, who won a record sixth straight large schools title, 60-51, over Hackensack.

And for the Hasbrouck Heights team, which swept the boys and girls small-schools titles, it wasn't so much the unsung heroes but the overall strength of perhaps Bergen County's most balanced team.

"I think worrying about this meet took two years off my life," Hasbrouck Heights Rob Brady joked after his boys team easily defeated Ramsey, 90-73½, and the girls held off Westwood and Ridgefield Park, 64½-62-55. "Af-

ter we won the State Group 1 boys relays, I had more confidence that our boys could win this but I knew that we would have some adversity along the way."

An injury to Kevin Harris in the 4-x-200 forced the Aviators to mix and match for the 4-x-400 and sprint medley races that followed. No problem - the revised lineup took first and second, respectively.

An unexpected shutout in the long jump and the absence of a pole vault team turned a close girls meet into a dogfight, settled when Hasbrouck Heights took second in the final event, the 4-x-400 relay.

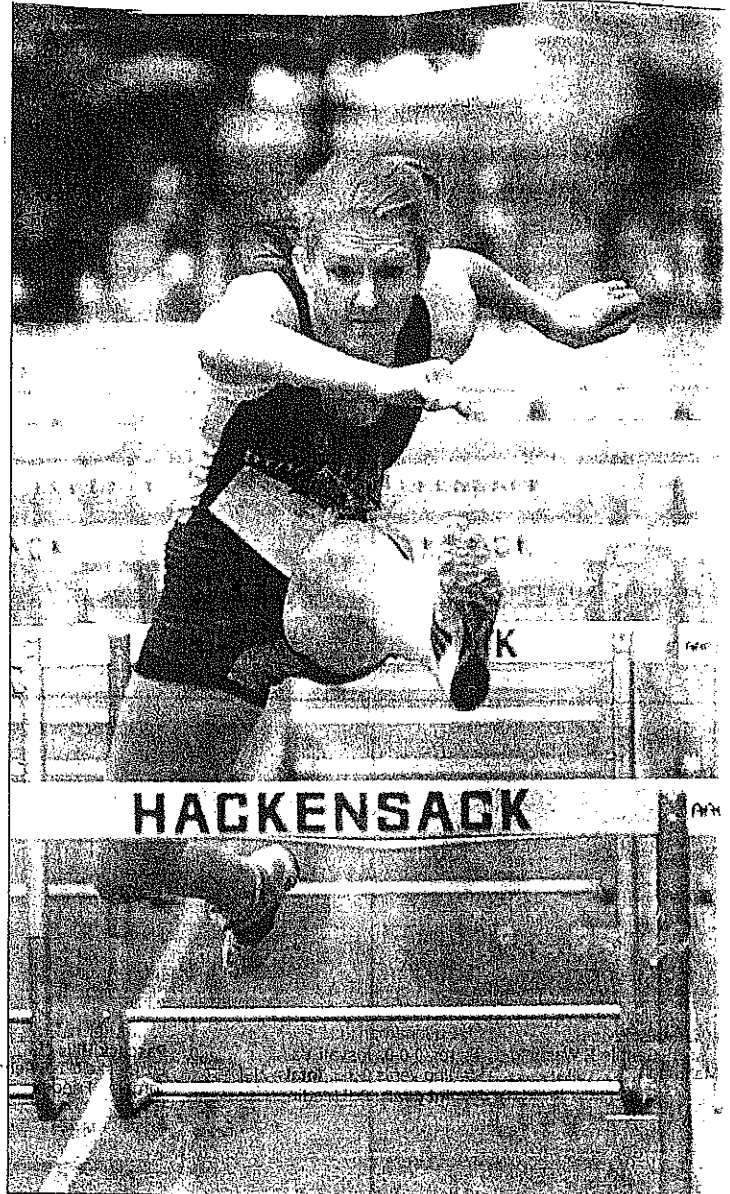
"Marissa Romano [who had the longest girls triple jump] had a great meet and everyone else followed with great performances," said Brady. "It's the first time we've ever won both meets here."

Davidson won the Lou Molino Award as the outstanding female performer with a trio of outstanding efforts, including a come-from-behind 1,600 leg in the distance medley which pulled the Maroons from fourth to first and clinched the meet.

Sarah DeVita helped the Maroons to a win in the high and triple jumps and even pole vaulted for the first time.

"But it was her sister Mimi who pulled it together," said

INDOOR TRACK BERGEN RELAYS



RECORD FILE PHOTO

Sarah DeVita helped Ridgewood to wins in the high and triple jump and also pole vaulted for the first time.

Ridgewood coach Mike Mullen. "She became our No. 1 pole vaulter when our other two vaulters couldn't compete when the meet got switched from Wednesday to Friday because of prior commitments. She taught Sarah how to vault Friday, had a personal best in the long jump and ran a leg on the hurdle team as a fill-in."

And Moran, who teamed with Walsh to win the high jump, had

the best leg on the second place high hurdles team, was part of the second place triple jump and ran the 400 leg on the fourth place distance medley team.

"I think this is the most impressed I've ever been with my team," said Rob DeCarlo. "We scored in everything and didn't make a mistake all night. Guys like Phelan and Ryan did what they could and guys like Joe were special."

INDOOR TRACK

BERGEN COUNTY RELAYS

AT THE ARMORY TRACK CENTER, NEW YORK

FRIDAY NIGHT

Boys

LARGE SCHOOLS

TEAM SCORES: Don Bosco 60, Hackensack 51, Teaneck and Ridgewood 50, Pascack Valley 24, Old Tappan and Indian Hills 23, Bergen Catholic 22, River Dell 21, Demarest 13, Paramus Catholic 9, Ramapo 6, Tenafly and Bergen Tech 2, Fair Lawn and Fort Lee 1.

4-x-200: 1. Teaneck, 1:30.0 (ties record set by Teaneck, 2010); 2. Bergen Catholic, 1:33.7; 3. Hackensack, 1:34.7; 4. Ridgewood, 1:34.9; 5. Don Bosco, 1:37.7; 6. Paramus Catholic, 1:39.3.

4-x-400: 1. Teaneck (Daryian Miles, Warren Fields, Bryan Murphy, Alex Ocansey), 3:28.5; 2. Ridgewood, 3:32.3; 3. Hackensack, 3:33.1; 4. Pascack Valley, 3:37.1; 5. Bergen Catholic, 3:41.9.

4-x-800: 1. Pascack Valley (Lucas Hall, Max Linden, Adam Morrow, Ben Malone), 8:11.8; 2. Demarest, 8:18.0; 3. Ridgewood, 8:18.5; 4. Old Tappan, 8:24.6; 5. Don Bosco, 8:31.9; 6. Indian Hills, 8:49.4.

4-x-1,600: 1. Ridgewood (Levi Jennings, Mohamed Eld, Anthony Andrews, Pat Rynkowski), 18:04.4 (record, old record, 18:08.1 by Don Bosco, 2002); 2. Don Bosco, 18:14.5; 3. Indian Hills, 18:30.5; 4. Hackensack, 18:47.2; 5. Bergen Tech, 19:29.3; 6. Fort Lee, 19:44.2.

Sprint medley: 1. Teaneck (Bryan Murphy, Daryian Miles, Malcolm McKnight, Warren Fields), 3:34.3; 2. Indian Hills, 3:37.5; 3. Ramapo, 3:41.3; 4. Ridgewood, 3:41.9; 5. Don Bosco, 3:43.5; 6. Fair Lawn, 3:56.8.

Distance medley: 1. Ridgewood (Levi Jennings, InHo Hwang, Anthony Andrews, Pat Rynkowski), 10:43.8 (record, old record, 10:48.3 by Don Bosco, 2007); 2. Hackensack, 11:03.9; 3. Indian Hills, 11:04.4; 4. Don Bosco, 11:08.7; 5. Demarest, 11:09.0; 6. Old Tappan, 11:12.3.

Shuttle hurdles: 1. Hackensack (Nicholas Quinn, Moquelez Headley, Michael Cummings, Mark Jones), 30.6 (record, old record, 30.7 by Ridgewood, 2006); 2. Don Bosco, 31.6; 3. Pascack Valley, 32.4; 4. Bergen Catholic, 32.5; 5. River Dell, 33.8; 6. Tenafly, 35.5.

Shot put: 1. Hackensack (Stephen Mozia, Virron Humes), 98-8 3/4; 2. Paramus Catholic, 93-2 1/4; 3. River Dell, 91-4 1/4; 4. Old Tappan, 83-0 1/4; 5. Don Bosco, 82-2 1/4; 6. Tenafly, 78-1 1/4.

High jump: 1. Don Bosco (Ryan Walsh, Joe Moran), 11-8; 2. Old Tappan, 11-4; 3. Ridgewood, 11-2; 4. tie between Hackensack and Demarest, 11-0; 6. River Dell, 10-10.

Long jump: 1. Teaneck (Jamal Williams, Alex Ocansey), 40-11; 2. Bergen Catholic, 38-7 1/4; 3. Don Bosco, 38-3 1/4; 4. Pascack Valley, 37-10; 5. River Dell, 37-8; 6. Ridgewood, 37-7 1/4.

Triple jump: 1. Teaneck (Jamal Williams, Alex Ocansey), 84-2 3/4; 2. Don Bosco, 82-9 1/4; 3. Old Tappan, 79-0 3/4; 4. Hackensack, 77-2 3/4; 5. Indian Hills, 76-9; 6. Ridgewood, 76-8 3/4.

Pole vault: 1. River Dell (Brad Hoey, Lukas Kaerfer), 24-0; 2. Don Bosco, 21-6.

Girls

LARGE SCHOOLS

TEAM SCORES: Ridgewood 72, IHA 45, Demarest and Teaneck 44, Holy Angels 36, Old Tappan 30, Pascack Valley 18, Paramus 16 1/2, Tenafly 16, River Dell 12, Paramus Catholic 10, Hackensack and Fair Lawn 6, Northern Highlands 4 1/2, Bergen Tech 4, Indian Hills and Fort Lee 2, Ramapo 1.

4-x-200: 1. Paramus Catholic (Angela Harrison, Myasia Jacobs, Jordyn Smith, Brittaney Blake), 1:46.3; 2. Teaneck, 1:47.6; 3. IHA, 1:51.3; 4. Ridgewood, 1:51.4; 5. Holy Angels, 1:52.1; 6. Demarest, 1:53.8.

4-x-400: 1. Teaneck (Kahlia Taylor, Ashley Barker, Anastasia Atkinson, Janay Ferrel), 4:11.7; 2. Demarest, 4:14.8; 3. River Dell, 4:14.9; 4. Ridgewood, 4:17.7; 5. Indian Hills, 4:19.5; 6. Pascack Valley, 4:25.2.

4-x-800: 1. Old Tappan (Cortney Weisenborn, Alexandra Vallis, Sharon O'Reilly, Maggie Loudon), 10:06.6; 2. Holy Angels, 10:09.2; 3. Pascack Valley, 10:15.5; 4. Ridgewood, 10:17.7; 5. Fort Lee, 10:19.7; 6. IHA, 10:22.7.

4-x-1,600: 1. Holy Angels, 22:17.3; 2. IHA, 22:26.7; 3. Ridgewood, 22:47.5; 4. Northern Highlands, 23:40.6; 5. Demarest, 23:54.1; 6. Old Tappan, 24:08.2.

Sprint medley: 1. Demarest (Allison Tell, Megan Chakmakian, Adriana Bonasorte, Karelyn Ary), 4:23.4; 2. Pascack Valley, 4:23.7; 3. Tenafly, 4:23.9; 4. Bergen Tech, 4:33.6; 5. Holy Angels, 4:33.8; 6. Ramapo, 4:36.8.

Distance medley: 1. Ridgewood (Brenna Fischer, Anna Caffrey, Haley Wodenscheck, Caroline Davidson), 13:11.8; 2. IHA, 13:15.6; 3. Holy Angels, 13:17.1; 4. Old Tappan, 13:31.0; 5. Paramus, 14:11.7; 6. Demarest, 14:23.5.

Shuttle hurdles: 1. IHA (Giñia Carino, Shaye Wisse, Mary Flanagan, Jenn Capone), 34.2; 2. Ridgewood, 35.0; 3. Demarest, 35.2; 4. Holy Angels, 35.9; 5. Pascack Valley, 36.5; 6. Fair Lawn, 36.6.

Shot put: 1. Demarest (Kathryn Hirsch, Tina Menezes), 75-1 3/4; 2. Teaneck, 74-6; 3. Hackensack, 71-4; 4. IHA, 71-0; 5. River Dell, 60-9 1/4; 6. Fair Lawn, 52-11 1/4.

High jump: 1. Ridgewood (Haley Roche, Sarah DeVita), 10-2; 2. Teaneck, 9-8; 3. tie between Demarest and Old Tappan, 9-2; 5. River Dell, 9-0; 6. tie between Paramus and Northern Highlands, 8-8.

Long jump: 1. Teaneck (Talasiah Balgobian, Trenice Foster), 31-10 3/4; 2. Ridgewood, 29-6 1/4; 3. Paramus, 29-5 1/4; 4. Tenafly, 29-3 1/4; 5. River Dell, 29-1 1/4; 6. Pascack Valley, 28-9.

Triple jump: 1. Ridgewood (Sarah DeVita, Haley Roche), 66-7 1/2; 2. IHA, 65-10 1/2; 3. Tenafly, 62-3; 4. Fair Lawn, 60-5 1/2; 5. Paramus, 59-8 1/4; 6. Demarest, 58-7 1/4.

Pole vault: 1. Old Tappan (Madison Lucas, Danielle Heymann), 19-0; 2. Ridgewood, 14-6; 3. Paramus, 13-6; 4. Holy Angels, 12-0.

SMALL SCHOOLS

TEAM SCORES: Hasbrouck Heights 90, Ramsey 73 1/2, Garfield 51, Pascack Hills 38, Ridgewood Park 26, Saddle Brook 24, Westwood 16 1/2, New Milford 16, Mahwah 11, Dumont 10, Wood-Ridge and Palisades Park 2, St. Joseph Regional and Rutherford 1.

4-x-200: 1. Garfield (Shamil McKinney, Angel Lora, Randy Pacheco, Franklin Smith-Hinson), 1:33.6; 2. New Milford, 1:36.9; 3. Pascack Hills, 1:37.6; 4. Ramsey, 1:38.1; 5. Ridgewood Park, 1:41.8; 6. Mahwah, 1:45.5.

4-x-400: 1. Hasbrouck Heights (Kevin Condal, Rich Davis, Mark Monohan, Alex Quinn), 3:34.0; 2. Garfield, 3:38.5; 3. Ramsey, 3:40.5; 4. New Milford, 3:42.3; 5. Westwood, 3:48.5; 6. Rutherford, 3:53.2.

4-x-800: 1. Ramsey (Chris Eltringham, Andrew Clinton, Eric Buser, John Dugan), 8:15.0 (record, old record, 8:15.2 by Glen Rock, 2003); 2. Pascack Hills, 9:13.0; 3. Ridgewood Park, 9:14.9; 4. Westwood, 9:20.1; 5. Hasbrouck Heights, 9:21.6; 6. St. Joseph Regional, 9:33.8.

4-x-1,600: 1. Ramsey (Chris DiRiso, Sam Ruel, Mike Ferrante, Danny Dugan), 20:22.6; 2. Hasbrouck Heights, 21:06.5; 3. Dumont, 21:07.7.

Sprint medley: 1. Ramsey (Joe McNally, Billy Pekarsky, Dieter Froehlich, Mark Skinner), 3:53.8; 2. Hasbrouck Heights, 3:53.8; 3. Garfield, 3:58.4; 4. New Milford, 4:03.8; 5. Ridgewood Park, 4:04.8; 6. Palisades Park, 4:05.3.

Distance medley: 1. Ramsey (Chris Eltringham, Dieter Froehlich, Eric Buser, John Dugan), 10:45.9; 2. Saddle Brook, 11:35.9; 3. Hasbrouck Heights, 12:21.5; 4. Westwood, 12:42.2; 5. Garfield, 12:55.1; 6. Pascack Hills, 12:55.7.

Shuttle hurdles: 1. Hasbrouck Heights (Sven Nielsen, Mark Monohan, Roland Gamez, Mike Plkowski), 31.0; 2. Ramsey, 32.9; 3. Pascack Hills, 33.5; 4. Garfield, 35.2; 5. Wood-Ridge, 35.9; 6. Ridgewood Park, 37.4.

Shot put: 1. Hasbrouck Heights (Patrick Cole, Chris Connors), 95-0 3/4; 2. Ramsey, 79-10 1/4; 3. Saddle Brook, 76-7 1/4; 4. Saddle Brook, 76-7 1/4; 5. Dumont, 71-5; 6. Ridgewood Park, 68-7; 6. Palisades Park, 65-5 1/4.

High jump: 1. Ridgewood Park (Rakesh Dataran, Michael Peters), 11-8; 2. Hasbrouck Heights, 11-2; 3. tie between Garfield and Pascack Hills, 10-10; 5. tie between Westwood and Ramsey, 10-6.

Long jump: 1. Hasbrouck Heights (Roland Gamez, Mike Plkowski), 38-9; 2. Garfield, 37-1 1/2; 3. Saddle Brook, 35-4 1/4; 4. Ramsey, 35-1 1/4; 5. Ridgewood Park, 33-5 1/2; 6. Westwood, 33-1 1/4.

Triple jump: 1. Hasbrouck Heights (Roland Gamez, Mark Monohan), 81-1; 2. Garfield, 80-9; 3. Pascack Hills, 77-2 1/4; 4. Saddle Brook, 77-0 3/4; 5. Ramsey, 74-11 1/2; 6. Ridgewood Park, 72-2.

Pole vault: 1. Mahwah (Ty Poland, Rob Wendel), 23-6; 2. Hasbrouck Heights, 22-0; 3. Pascack Hills, 21-0; 4. Westwood, 18-0.

SMALL SCHOOLS

TEAM SCORES: Hasbrouck Heights 64 1/2, Westwood 62, Ridgewood Park 5, Mahwah 49 1/2, Ramsey 48, Waldwick 25, Saddle Brook and Pascack Hills 1, New Milford 12, Dumont 8, Midland Park 7, Garfield 6, Rutherford 5.

4-x-200: 1. Mahwah, 1:51.9; 2. Hasbrouck Heights, 1:52.0; 3. Saddle Brook, 1:52.6; 4. Pascack Hills, 1:56.0; 5. Ramsey, 1:57.6; 6. Garfield, 1:59.1.

4-x-400: 1. Westwood (Alana Milazzo, Dana Bianchi, Meghan Koche, Michelle Cascio), 4:10.9; 2. Hasbrouck Heights, 4:17.4; 3. Ramsey, 4:24.6; Mahwah, 4:25.7; 5. Rutherford, 4:33.9; Ridgewood Park, 4:45.1.

4-x-800: 1. Westwood (Dana Bianchi, Meghan Koche, Corinne Myers, Gabby Sloezen), 9:47.3 (record, old record (9:48.9 by Glen Rock, 2003)); 2. Hasbrouck Heights, 10:42.7; 3. Ramsey, 10:45.0; 4. New Milford, 10:47.9; Ridgewood Park, 11:30.9; 6. Mahwah, 11:46.7.

4-x-1,600: 1. Ramsey (Lisa Anderson, Katie Hall, Kaitlyn Johnston, Kaitlin Stober), 23:42.4; 2. Hasbrouck Heights, 24:04.0; 3. Mahwah, 24:32.6; 4. New Milford, 24:56.9; 5. Waldwick, 25:15.3.

Sprint medley: 1. Westwood (Michelle Cascio, Alana Milazzo, Alexis Rizzo, Rosica), 4:38.1; 2. Ramsey, 4:38.8; Hasbrouck Heights, 4:39.5; 4. Pascack Hills, 4:50.9; 5. New Milford, 4:54.0; Garfield, 4:57.8.

Distance medley: 1. Ramsey (Lisa Anderson, Sarah Hudson, Katie H. Kaitlin Stober), 13:31.6; 2. Westwood, 13:55.9; 3. Waldwick, 14:00.7; 4. Hasbrouck Heights, 14:25.4; 5. Mahwah, 14:28.0; 6. New Milford, 14:33.0.

Shuttle hurdles: 1. Westwood (T. Bouliandre, Jill Rosica, Alyssa Milazzo, Alexandria Cimino), 34.7; 2. Hasbrouck Heights, 35.2; 3. Mahwah, 35.8; 4. Ridgewood Park, 35.9; 5. Dumont, 37.9; 6. Ramsey, 38.0.

Shot put: 1. Ridgewood Park (Dani Pena, Aliyah Moody), 61-8 1/2; 2. Westwood, 56-9; 3. Hasbrouck Heights, 54 1/4; 4. Garfield, 55-10 1/4; 5. Mahwah, 50 1/2; 6. Dumont, 50-11.

High jump: 1. Ridgewood Park (Stephanie Encarnacion, Samar Owens), 9-6; 2. tie between Midland Park and Waldwick, 9-4; 4. tie between Dumont and Rutherford, 9-0; 6. tie between Hasbrouck Heights and Mahwah, 8-10.

Long jump: 1. Ridgewood Park (Stephanie Encarnacion, Dar Pena), 30-11 1/4; 2. Saddle Brook, 29-5 1/2; 3. Waldwick, 28-9 3/4; 4. Pascack Hills, 28-9 3/4; 5. Mahwah, 28-2 3/4; 6. New Milford, 28-1 1/4.

Triple jump: 1. Ridgewood Park (Stephanie Encarnacion, Dar Pena), 66-2 3/4; 2. Hasbrouck Heights, 64-10; 3. Mahwah, 62-2 3/4; 4. Waldwick, 60-8; 5. Pascack Hills, 60-4; 6. Westwood, 59-3 1/2.

Pole vault: 1. Mahwah (Carolyn E. Melinda Rothman), 19-0 (record record, 18-6 by Mahwah, 2009; Ridgewood Park, 16-6; 3. tie between Ramsey and Westwood, 14-0; 5. Dumont, 12-0.

Varsity Classic

2/7/11

**** Results ****

55m:

Boys- Yuki Kawahara- 6.8/6.7

Girls- Maura Feeney- 7.7, Moriah Jennings- 7.8

55m HH:

Boys- Edward Blair- 7.8/7.8/7.7 (4th), Matt Beausoliel- 7.7/8.0

3200m:

Boys- Mohamed Eid- 9:45.5

DM:

Boys- Levi Jennings, InSoo Hwang, Juan Llinas, Pat Rynkowski

10:30.7 3:11.2 51.5 2:03.5 4:24.5

Girls- Hanako Shigenobu, Sarah DeVita, Micaela McPadden, Caroline Davidson

12:39.5 (5th)... 3:47.9 62.4 2:30.4 5:18.8

800m:

Girls- Haley Wodenshek- 2:31.8, Hannah Holland- 2:42.9

400m:

Boys- Macky Shoff- 53.0

4 x 800m:

Boys- Stephan Sprietzer, Nick Tai, Mohamed Eid, Anthony Andrews

8:32.9 2:08.7 2:08.4 2:11.1 2:04.2

200m:

Boys- Yuki Kawahara- 24.0

Girls- Moriah Jennings- 28.5

1600m:

Girls- Grayson Llerandi- 5:38.4, Brenna Fisher- 5:42.6, Emily Fishbein- 5:44.5

4 x 400m:

Boys- InSoo Hwang, Nick Tai, Macky Shoff, Juan Llinas

3:30.6 (5th)... 51.0 53.0 53.1 53.6

Girls- Maura Feeney, Hanako Shigenobu, Caroline Davidson, Micaela McPadden

4:11.1 (5th) 64.7 60.9 63.7 61.9

Triple Jump:

Boys- Matt Beausoleil- 40'9 ¼"

Girls- Haley Roche- 30'9", Mimi DeVita- F

High Jump:

Girls- Sarah DeVita- 5'2", Haley Roche- 4'10"

Pole Vault:

Girls- Kayla Polcari- 12'3" (1st) *NEW SCHOOL AND COUNTY RECORD!!!*

COMMENTS:

Always tough competition in this meet. You must rise up to meet it in order to be successful! Special congrats to Kayla for setting a new county record. Let's get ready for State Sectionals this Saturday!

State Sectionals

Sat. 2/12/11

***** Results *****

400m:

Boys- InSoo Hwang- 51.40 (1st), Juan Llinas- 51.66 (4th), Macky Shoff- 53.45

Girls- Micaela McPadden- 63.54 (6th), Hanako Shigenobu- 62.18 (3rd)

1600m:

Boys- Pat Rynkowski- 4:27.0 (5th), Levi Jennings- 4:25.06 (3rd),

Mohamed Eid- 4:36.18

Girls- Caroline Davidson- 5:21.76 (3rd), Brenna Fisher- 5:45.79

55m HH:

Boys- InSoo Hwang- 7.76 (1st), Edward Blair- 8.03 (4th), Matt Beausoleil- 7.86 (2nd)

Girls- Sarah DeVita- 8.68 (1st), Kayla Polcari- 9.76, Mimi DeVita- 10.51

800m:

Boys- Juan Llinas- 2:02.37 (4th), Nick Tai- 2:09.09, Stephen Sprietzer- 2:06.68

Girls- Hanako Shigenobu- 2:23.43 (2nd), Caroline Davidson- 2:24.70 (4th),

Micaela McPadden- 2:32.49

55m:

Boys- Yuki Kawahara- 6.99, Edward Blair- 6.96, Matt Beausoleil- 6.93 (6th)

Girls- Maura Feeney- 7.89, Moriah Jennings- 7.78 (5th), Ana Caffrey- 8.31

3200m:

Boys- Pat Rynkowski- 9:53.16 (5th), Levi Jennings- 9:46.42 (3rd),

Anthony Andrews- 9:49.26 (4th)

Girls- Caroline Davidson- 11:56.24 (3rd), Brenna Fisher- 12:30.08 (6th),

Emily Fishbein- 12:40.98

4 x 400m:

Boys- Macky Shoff, Juan Llinas, Nick Tai, InSoo Hwang

3:32.29 (1st)... 53.0 53.7 53.5 51.8

Girls- Micaela McPadden, Maura Feeney, Sarah DeVita, Hanako Shigenobu

4:15.65 (2nd).... 63.2 66.1 63.2 62.7

Field Events:

Pole Vault:

Boys- James Knight- NH

Girls- Kayla Polcari- NH, Mimi DeVita- 9'6" (2nd), Ilana Brown- 9'0" (3rd-tie)

HJ:

Boys- Matt Beausoleil- 5'8" (5th), James Knight- 5'8" (4th)

Girls- Sarah DeVita- 5'2" (1st), Haley Roche- 4'8" (4th-tie)

Results: (top 3)

Boys:

1. Ridgewood- 77
2. Livingston- 59
3. West Orange- 34.5

Girls:

1. Randolph- 95
2. Ridgewood- 78
3. West Orange- 32

Comments:

Congrats to the Boys team for being State Sectional Champs! Awesome team effort and well deserved!! Girls...good effort, just ran into a real tough Randolph team. I think we gave them a good run though. More meets to come...good job by all who placed in the top 6 and move on to State Groups this Friday.

INDOOR TRACK: STATE SECTIONALS

Ridgewood's depth prevails

Hwang stars for Maroons

By PAUL SCHWARTZ
STAFF WRITER

TOMS RIVER — The question was posed to the Ridgewood boys track team Saturday: Why had this Maroons team finally taken the North 1, Group 4 title that had eluded it the first three years of the meet?

"I think we had more kids scoring this year than we did in the past," said junior distance runner Levi Jennings, who took third in the 1,600 and 3,200, one of eight Ridgewood athletes who scored in individual events in the 77-59 win over Livingston. "We had three kids score in the distances, three in the hurdles, someone in the sprints and two kids in the high jump. It makes a big difference."

So, too, did InSoo Hwang, who was the individual star of the meet for the Maroons. He won the first race, the 400 meters, in 51.4 seconds and later took the 55 meter hurdles in 7.76. He then had a terrific anchor leg in the day's last event, the 4-x-400 relay as the Maroons capped off the victory.

"This kind of meet brings the team together," said Hwang, who was the only Ridgewood winner. "We've had a few meets the last couple of years that we lost by a couple of points and it's nice to win this one."

Ridgewood got scoring doubles from Juan Llinas in the 400

and 800 and Pat Rynkowski in the 1,600 and 3,200, while Matt Beausoleil scored in the 55, 55 hurdles and high jump. The Maroons placed three runners in the 3,200 and the 55 hurdles to hold off Livingston, which relied on great performances from its distance team led by Oregon-bound Jeremy Elkaim.

The Ridgewood girls came up short of another distance-oriented team, Randolph. The Maroons got a tremendous meet from Sarah DeVita, who won the high jump at 5 feet, 2 inches and the 55 hurdles in 8.68, and ran a leg on the second-place, 4-x-400 relay team.

But the 38-13 advantage by Randolph in the 1,600 and 3,200, and a 2-4 finish in the shot put proved too much for Ridgewood to overcome and the Maroons lost, 95-78.

"We had a pretty good meet but I think we had to be perfect to beat them and even then there was no guarantee," said Ridgewood coach Mike Mullen.

The Maroons suffered a serious setback when defending sectional champion and Bergen County record holder Kayla Polcari no-heighted in the pole vault. But even if she had won and the other places had remained the same, the Maroons still would have come up nine points short.

GROUP 4 BOYS

TEAM SCORES: Ridgewood (RW) 77, Livingston (L) 59, West Orange (WO) 34½, Eastside (E) and Clifton (CL) 22, Randolph (RA) 20½, Passaic Tech (PCT) and Montclair (M) 16, North Bergen (NB) 12, East Orange (EO) 7, Bloomfield (BL) 6, Kennedy (K) 4, Bergen Tech (BT) 1.

55: 1. Latimere Campbell (E), 6.80; 2. Lawrence Johnson (CL), 6.82; 3. Josh McNeil (WO), 6.88; 4. Aaron Rhodes (M), 6.89; 5. Denzell Leitch (NB), 6.89; 6. Matt Beausoleil (RW), 6.93.

55 HUR: InSoo Hwang (RW), 7.76; 2. Matt Beausoleil (RW), 7.86; 3. Steven Taste (BL), 7.94; 4. Edward Blair IV (RW), 8.03; 5. Al-Malik Walker (EO), 8.04; 6. Ron Robbs (EO), 8.15.

400: 1. InSoo Hwang (RW), 51.40; 2. Dexter Valley (WO), 51.64; 3. Latimere Campbell (E), 51.65; 4. Juan Llinas (RW), 51.66; 5. Anfernee LaRue (WO), 52.03; 6. Aaron Rhodes (M), 52.71.

800: 1. Jared Mason (WO), 1:58.25; 2. Dan Green (CL), 2:00.59; 3. Nick Fogarty (L), 2:00.74; 4. Juan Llinas (RW), 2:02.37; 5. Henry Alfonso (NB), 2:02.81; 6. David Coleman (L), 2:03.10.

1,600: 1. Jeremy Elkaim (L), 4:18.18; 2. Collin Frost (RA), 4:20.63; 3. Levi Jennings (RW), 4:25.06; 4. Nick Fogarty (L), 4:26.77; 5. Pat Rynkowski (RW), 4:27.02; 6. Andreas Kellas (BT), 4:28.50.

3,200: 1. Jeremy Elkaim (L), 9:26.40; 2. Collin Frost (RA), 9:46.42; 3. Levi Jennings (RW), 9:46.42; 4. Anthony Andrews (RW), 9:49.26; 5. Pat Rynkowski (RW), 9:53.16; 6. Victor Reyes (PCT), 9:54.44.

Shot put: 1. Julian Pinney-Odrick (M), 46-11¼; 2. Robin Cepeda (PCT), 44-7; 3. John Sunday (CL), 43-11¾; 4. Tomas Garcia (K), 43-5¾; 5. Sam Kaplan (RA), 42-11¾; 6. Dustin Knolmayer (PCT), 42-6¼.

High jump: 1. German Valdez (L), 6-4; 2. Julio Seone (NB), 6-0; 3. Jabari Butler (PCT), 5-8; 4. James Knight (RW), 5-8; 5. Matt Beausoleil (RW), 5-8; 6. tie between Luke Ronchi (RA) and Franklin Adams (WO), 5-6.

Pole vault: 1. Andy Jung (L), 13-0; 2. Mike Lazar (L), 11-6.

4-x-400 relay: 1. Ridgewood (Juan Llinas, Neil Schoff, Nick Tai, InSoo Hwang), 3:32.29; 2. West Orange, 3:32.71; 3. Eastside, 3:36.05; 4. East Orange, 3:37.05; 5. Randolph, 3:38.43; 6. Montclair, 3:39.82.

GIRLS

TEAM SCORES: Randolph (RA) 95, Ridgewood (RW) 78, West Orange (WO) 32, Passaic Tech (PCT) 21½, Livingston (L) 20, Kearny (KY) 14½, Bloomfield (BL) 14, Eastside (E) 10, Montclair (M) 9, Clifton (CL) 6 and Bergen Tech (BT) 6, Kennedy (K) 2½, East Orange (EO) 2.

55: 1. Chameka Davis (E), 7.37; 2. Lynn Petrella (RA), 7.55; 3. Katrina Jackson (RA), 7.65; 4. Taylor Rosenblum (L), 7.67; 5. Moriah Jennings (RW), 7.78; 6. Allyn Barnes (WO), 7.80.

55 HUR: 1. Sarah DeVita (RW), 8.68; 2. Taylor Newman (M), 8.88; 3. Ester Alfaro (KY), 8.93; 4. Carissa Smith (BL), 8.97; 5. Kayla Turner (WO), 8.99; 6. Breisha Morton (PCT), 9.01.

400: 1. Jamelia Johnson (PCT), 1:01.07; 2. Imani Jones (BL), 1:01.99; 3. Hanako Shigenobu (RW), 1:02.18; 4. Monika Miazga (CL), 1:02.78; 5. Carissa Smith (BL), 1:03.25; 6. Makayla McPadden (RW), 1:03.54.

800: 1. Joelle Amaral (RA), 2:16.66; 2. Hanako Shigenobu (RW), 2:23.43; 3. Cayleigh Solano (KY), 2:24.38; 4. Caroline Davidson (RW), 2:24.70; 5. Rachel Lederman (L), 2:25.24; 6. Eloissa Cusi (L), 2:31.38.

1,600: 1. Joelle Amaral (RA), 4:53.66; 2. Samantha Jones (RA), 5:02.51; 3. Caroline Davidson (RW), 5:21.73; 4. Shannon Kelly (L), 5:22.44; 5. Marianne Loeken (RA), 5:35.03; 6. Gabrielle Gonzaga (CL), 5:35.87.

3,200: 1. Samantha Jones (RA), 11:00.96; 2. Rebecca Snelson (RA), 11:41.32; 3. Caroline Davidson (RW), 11:56.24; 4. Shannon Kelly (L), 11:56.25; 5. Cayleigh Solano (KY), 12:29.92; 6. Brenna Fischer (RW), 12:30.08.

Shot put: 1. Nia Barnes (WO), 40-4¼; 2. Solveig Loeken (RA), 34-8; 3. Sydney Grimes (WO), 34-5½; 4. Lisbeth Lopez (RA), 33-7½; 5. Sondra Stevenson (K), 33-4; 6. Kierra McCall (WO), 32-5½.

High jump: 1. Sarah DeVita (RW), 5-2; 2. Yori St. Hill (WO), 4-10; 3. Michelle Okerke (BT), 4-10; 4. tie between Haley Roche (RW), and Kara Scheideler (RA), 4-8; 6. tie between Haley Durning (KY), Daeja Smith (PCT), and Lanna McGregor (K), 4-6.

Pole vault: 1. Jess Klierim (RA), 10-0; 2. Mimi DeVita (RW), 9-6; 3. tie between Tess Ehrlich (L) and Ilana Brown (RW), 9-0; 5. Jenn Berger (L), 9-0; 6. Karina Carmichael (CL), 9-0.

4-x-400 relay: 1. Passaic Tech (Jamelia Johnson, Breisha Morton, Danielle Parker, Kell Eason), 4:14.93; 2. Ridgewood, 4:15.65; 3. Randolph, 4:17.12;

Lou Molino Invite Tues. Feb 15, 2011

**** Results ****

55m:

Boys:

Varsity- Yuki Kawahara- 6.9

Novice- Corban Jennings- 7.5, Sean Park- 7.4, Tom Diorio- 7.5,
Kyle Ransom- 7.4, Dylan Dowling- 7.2, Dominic Ok-master- 7.4,
Harry Park- 7.6, Vincent Young- 7.4, Ilan Nathanson- 7.3,

Frosh- Andrew Sohn- 8.3, Allan Wong- 7.6,

Girls:

Varsity- Maura Feeney- 7.9, Andina Toscano- 8.0

Novice- Anna Caffrey- 8.4, Courtney Campbell- 8.1/8.0, Madeleine Lane- 9.1,
Jacquelyn Roth- 8.3, Zoe Ferguson- 9.9

Frosh-, Emily Flynn- 8.4/8.3

55m HH:

Boys:

Novice- Kevin Chung- 8.6/8.6/8.7 (1st)

Frosh- Brian Collins- 10.1/DQ

Girls:

Varsity- Sarah DeVita- 9.0/8.8/8.6 (2nd)

4 x 800m:

Girls: Haley Wodenshek, Hannah Holland, Shannon Cron, Leslie Jones
10:49.5..... 2:34.9 2:43.5 2:48.3 2:42.8

800m:

Boys:

Novice- Graham Jones- 2:16.0, Mike O'Donnell- 2:38.0, Shota Kagei- 2:20.6,
Connor Martyn- 2:11.9 (2nd)

Frosh- Bryan Clarendon- 2:22.4, Chris Cristeitielo- 2:37.1, Spencer Llerandi- 2:50.0,
Brian Collins- 2:19.6

Girls:

Novice- Brittany Frank- 2:55.9

Frosh- KeeAuna Whalen- 2:54.3

300m:

Boys:

Varsity- Yuki Kawahara- 38.8

Novice- Corban Jennings- 48.5, Tom Diorio- 41.8, Sean Park- 43.3

Kyle Ransom- 42.8, Dylan Dowling- 44.0, Dominic Ok-master- 43.5,

Harry Park- 44.7, Vincent Young- 46.7, Ilan Nathanson- 48.6, Kevin Chung- 40.5,

Shota Kagei- 42.5

Frosh- Andrew Sohn- 50.3, Allan Wong- 45.7

Girls:

Varsity- Maura Feeney- 45.9, Andina Toscano- 46.1

Novice- Anna Caffrey- 48.7, Courtney Campbell- 49.9, Madeleine Lane- 51.8,

Jacquelyn Roth- 48.8, Zoe Ferguson- 67.8

Frosh- Emily Flynn- 49.9

1600m:

Boys:

Varsity- Mark French- 4:53.2, Ben Fishbein- 5:37.1

Comments:

It was nice to get a meet where most of our underclassmen could compete. Nice job. You were into it and many people were getting his/her best times of the season. It proves that hard work does pay off!! Good job...not much time left!

Standouts miss late Ramsey AD

By **PAUL SCHWARTZ**
STAFF WRITER

HACKENSACK – Winning events at the Lou Molino Invitational on Tuesday night meant much more to Midland Park's Mel Lewis and Mahwah's Kim Nagotko than the gold medals they earned.

"It's such a honor to win at this meet because the man did so much for Bergen County track," said Nagotko, who took another step toward All-Bergen honors with a victory in the 300 meters in 42.3. "I met him at one of my first meets as a freshman and he was so nice to me, showed me the basics and helped me learn the sport."

"I feel honored," said Lewis, who beat Sarah DeVita of Ridgewood in the 55-meter hurdles in a battle of sectional champions. "He's always been so nice to me over the years and it was always great to see him at every meet. He'd always have a kind word and he was always smiling. It won't be the same this spring without him."

Kevin Condal agreed. The Hasbrouck Heights standout was closer to Molino than most because his older sister Taylor knew Molino through Aviator girls basketball coach Brett Roscoe, a longtime friend of the Ramsey athletic director who died Feb. 6.

"He was the first track official I ever met, and because he knew Taylor he was always looking out for me," said Condal, who won the boys' 300 as he continues to recover from a football injury. "Every time I'd come to a meet,

I'd look for him and he'd look for me. It's going to be strange without him this spring."

The three seniors enter this weekend's State group meets with good chances to win or place high in their events.

The Group 1 meet is a chance for Lewis to make up for an injury-filled fall, which caused the speedy forward to miss all but six Panther soccer games.

"I had a concussion early in the season and then I had a few injuries, but I'm fairly healthy now," said Lewis, who has narrowed her college choices to Loyola (Md.), Monmouth, Rhode Island, St. John's and Ramapo. "I cleared 5 feet for the first time in the high jump at sectionals and I'm even running the dash now."

Condal also says he's better than he was earlier in the season.

"I think this is the first 300 I've won all season," said Condal, who won the Group 1 State 400 title last winter but is the third seed in Friday's meet. "I hope it's coming together at the right time."

But in the end it was about honoring Lou Molino one more time this winter.

"Everyone treated him with such respect and love, and every time I'd see him at a meet he'd be surrounded by kids and he always had a nice word for everyone of us," said Nagotko. "I'll really miss him."

INDOOR TRACK

LOU MOLINO INVITATIONAL AT ROTHMAN CENTER, HACKENSACK

BOYS

55: 1. DeAndre Long, Orange, 6.6; 2. Malcolm McKnight, Teaneck, 6.6; 3. John Hernandez, Englewood, 6.6; 6. Matt Aportella, Glen Rock, 6.9.

55 HH: 1. Tyler Dillworth, Bergen Catholic, 7.8; 2. Franklin Smith-Hinson, Garfield, 7.8; 3. Brian Psota, Ramsey, 8.0; 4. Mark Jones, Hackensack, 8.2; 5. Ryan Walsh, Don Bosco, 8.3.

300: 1. Kevin Condal, Hasbrouck Heights, 36.8; 3. Latimere Campbell, Eastside, 37.2; 4. Messiah Quinones, Eastside, 37.4; 6. Mark Jones, Hackensack, 37.5.

800: C.J. DeFabio, Watchung Hills, 2:06.3; 2. Dominic Carrin, Cliffside Park, 2:07.7; 4. Kevin Serrao, Bergen Tech, 2:08.2; 6. Will McCormack, Don Bosco, 2:09.3.

1,600: 1. Connor Daniel, Voorhees, 4:48.3; 2. Victor Reyes, Passaic Tech, 4:49.8; 3. Adam Bernstein, Demarest, 4:50.0; 6. Mark French, Ridgewood, 4:52.8.

4-x-400 relay: 1. Pope John (Nick Bertoline, Paul D'Ollivo, Lucas Steele, Reid Thomas), 3:37.9; 2. Hasbrouck Heights, 3:38.4; 3. Demarest, 3:42.7; 4. Ramsey, 3:43.8.

4-x-800 relay: 1. Ridge (Roelke, Stamatiris, Bayeaux, Sun), 8:33.9; 2. Don Bosco, 8:34.6; 3. Demarest, 8:34.8; 4. Hackensack, 8:39.2; 6. Kennedy, 8:51.2.

Distance medley: 1. Pope John (Nick Bertoline, Reid Thomas, Lucas Steele, Chris Hatler), 10:51.6; 3. Teaneck, 11:21.4; 4. Wayne Valley, 11:24.2; 5. Don Bosco, 11:29.0; 6. Bergen Tech, 11:29.4.

GIRLS

55: 1. Kahliia Taylor, Teaneck, 7.4; 3. Daeja Smith, Passaic Tech, 7.5; 4. Taylor Summers, Northern Highlands, 7.5;

55 HH: 1. Mel Lewis, Midland Park, 8.6; 2. Sarah DeVita, Ridgewood, 8.6; 3. Breasha Morton, Passaic Tech, 8.8; 4. Alexandra Cimino, Westwood, 9.3.

300: 1. Kim Nagotko, Mahwah, 42.3; 2. Chamekea Davis, Eastside, 42.9; 4. Michelle Cascio, Westwood, 43.7.

800: 1. Bianca Nfomoyim, East Brunswick, 2:26.4; 3. Onyi Obelle, Hackensack, 2:33.7; 5. Rebecca Fortoul, Hasbrouck Heights, 2:35.8; 3. Corinne Myers, Westwood, 2:36.9.

1,600: 1. Alyssa LaGuardia, DePaul, 5:35.0.

4-x-400 relay: 1. Westwood (Gabby Sloezen, Kaila Fasano, Dana Bianchi, Michelle Cascio), 4:13.5; 3. Hasbrouck Heights, 4:16.2; 4. Demarest, 4:26.1; 6. Ramsey, 4:27.5.

4-x-800 relay: 1. Voorhees (Clarina Madde, Brigid McGill, Erin Seiffert, Nisa Ciccita), 10:03.3; 4. Demarest, 10:27.3; 5. Pascack Valley, 10:38.4; 6. Westwood, 10:41.5.

Distance medley: 1. Pope John (Tess Keller, Nina Poccio, Megan Gallagher, Kaela Earrusso), 12:59.8; 2. Westwood, 13:27.3; 4. Ramsey, 13:31.7; 6. DePaul, 13:35.4.

State Group IV

2/28/11

***** Results *****

400m:

Girls- Micaela McPadden- 62.47

1600m:

Boys- Levi Jennings- 4:22.04 (6th)

Girls- Caroline Davidson- 5:18.03

55m HH:

Boys- InSoo Hwang- 7.80/7.90 (6th), Matt Beausoleil- 7.90/7.93

Girls- Sarah DeVita- 8.40/8.87

800m:

Boys- Juan Llinas- 2:00.64

Girls- Hanako Shigenobu- 2:22.22

55m dash:

Girls- Moriah Jennings- 7.81

3200m:

Boys- Pat Rynkowski- 9:37.39, Anthony Andrews- 10:18.11

Girls- Brenna Fisher- 12:25.40

4 x 400m:

Boys-	Macky Shoff,	Matty Beausoleil,	Nick Tai,	Juan Llinas
3:35.85.....	54.6	55.2	53.5	52.2

Girls-	Micaela McPadden,	Sarah DeVita,	Caroline Davidosn,	Hanako Shigenobu
4:11.74....	62.9	63.9	63.7	60.9

High Jump:

Boys- James Knight- NH

Girls- Sarah DeVita- 5'2" (3rd), Haley Roche- 5'0"

Pole Vault:

Girls- Mimi DeVita- 9'6", Ilana Brown- 9'0"

RIDGEWOOD INDOOR TRACK & FIELD

Seniors star at recent meets

Hwang helps boys team to North 1, Group 4 title; DeVita earns County pentathlon gold again

BY GREG TARTAGLIA
Assistant Sports Editor

InSoo Hwang and Sarah DeVita wear Maroon when they compete. But more often than not this winter, they have ended meets clad in gold.

The Ridgewood High School seniors were the team's leading medal-winners throughout the first few weeks of the indoor track and field "championship season," Hwang for the boys squad and DeVita for the girls.

Both have qualified for the State Meet of Champions (SMOC) at the John Bennett Indoor Athletic Complex in Toms River, which begins tomorrow at 10 a.m. Hwang is unlikely to participate after sustaining a hamstring injury in the State Group 4 finals last Friday, but RHS already has reaped plenty of benefits from his efforts throughout February.

Here is an overview of Ridgewood's performances at recent meets:

Sectional finals (Feb. 12)

The Maroon boys won their first North 1, Group 4 championship in the four-year history of the meet, outscoring Livingston, 77-59, at the Bennett Center. They earned 15 medals in all and qualified 10 athletes for the State Group 4 finals.

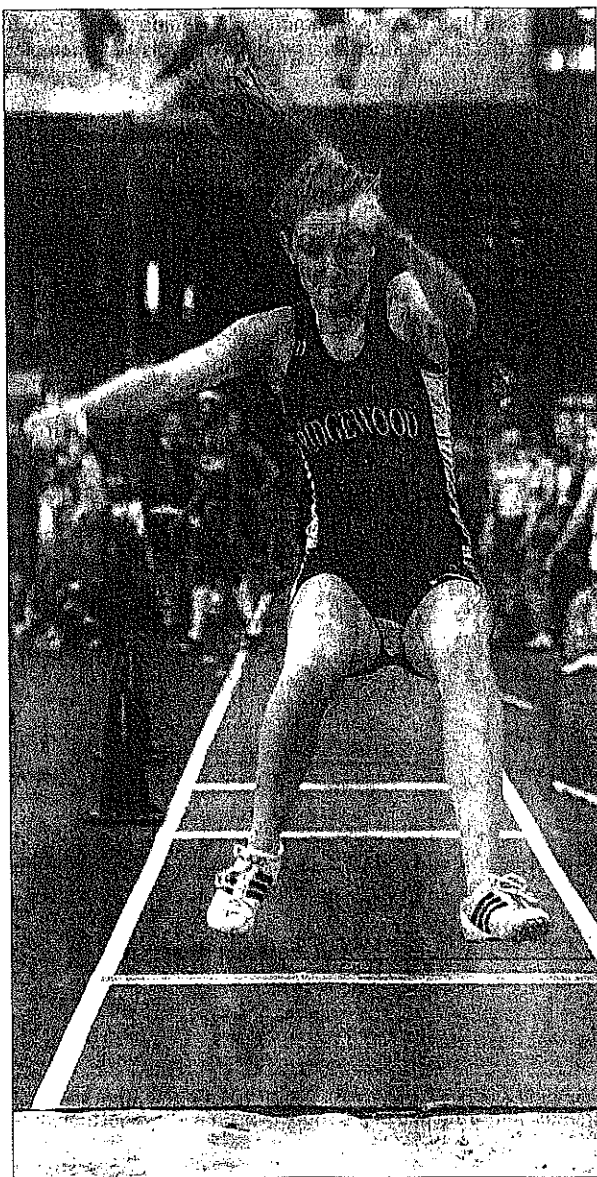
Hwang emerged with three gold medals, winning the 55-meter hurdles (7.76 seconds) and 400-meter dash (51.40) and anchoring Ridgewood's 4 x 400 squad to victory in 3:32.29. Senior Juan Llinas, sophomore Neil Schoff and junior Nick Tai ran the first three relay legs before Hwang held off West Orange anchor Dexter Valley by 42 seconds.

"We've had a few meets the last couple of years that we lost by a couple of points," Hwang told Paul Schwartz of *The Record*. "[So] it's nice to win this one."

In the 55 hurdles, Ridgewood finished 1-2-4, with Hwang leading classmates Matt Beausoleil (7.86) and Eddie Blair IV (8.03) across the line.

Beausoleil, who logged the fastest qualifying time in the 55 hurdles, also reached the finals of the 55-meter dash, where he placed sixth in 6.93. In the high jump, he was part of a 4-5 showing with junior James Knight, as both Maroons cleared 5-foot-8.

Levi Jennings (4:25.06) and Pat Rynkowski (4:27.02) placed



PHOTO/ROBERT PYTEL

Ridgewood senior Sarah DeVita recorded a long jump of 15 feet en route to repeating as girls pentathlon winner at Monday's Bergen County Indoor Track and Field Individual Championships.

3-5 in the 1,600, helping to offset the 1-4 finish of Livingston's Jeremy Elkaim (4:18.18) and Nick Fogarty. Elkaim also won the 3,200, but Jennings, Anthony Andrews and Rynkowski responded by running 3-4-5 for RHS. Llinas added fourth-place efforts in the 400 (51.66) and 800 (2:02.37).

The Maroon girls team, meanwhile, had 10 athletes qualify for the Group 4 meet and finished runner-up to Randolph, 95-78.

DeVita won the 55 hurdles in 8.68, cleared a meet-record 5-2 to capture high jump gold and helped the Ridgewood 4 x 400 relay to a silver-medal 4:15.65.

In addition to running the

nings (7.78) was fifth in the 55.

Although senior Kayla Polcari did not record a height in the pole vault, sophomore Mimi DeVita (second, 9-6) and junior Ilana Brown (third, 9-0) were able to pick up points for the Maroons.

Group 4 finals (Feb. 18)

Hwang and Jennings were the top two finishers for the Ridgewood boys, placing sixth in the 55 hurdles and 1,600, respectively. For Jennings, his time of 4:22.04 set a new personal best.

Despite tweaking his hamstring, Hwang was able to clock 7.90 in the hurdles and edge out Beausoleil (7.93), who took seventh.

Rynkowski logged an eighth-place time of 9:37.39 in the 3,200, and Llinas ran a 2:00.64 to end up 13th in the 800.

Sarah DeVita was the Ridgewood girls' lone medalist, topping out at 5-2 to earn bronze in the high jump. Roche tied for seventh in the event, clearing 5-0.

In the 55 hurdles, DeVita's preliminary time of 8.40 was second only to eventual champ Kayann Richards of Columbia, but she wound up eighth in the finals after running an 8.87.

Mimi DeVita (9-6) and Brown (9-0) were eighth and 11th, respectively, in the pole vault, while the Maroons' other top finishers on the track were Shigenobu in the 800 (11th, 2:22.22) and Davidson in the 1,600 (13th, 5:18.03).

County meet (Feb. 21)

The Bergen County individual championships at The Armory Track Center in Manhattan have become a showcase for Sarah DeVita in the girls pentathlon. After coming home with a silver medal as a sophomore, she capped her career with back-to-back golds in the event, scoring 2,893 points in Monday's competition to defeat Brielle Sutter of Saddle Brook (2,381).

DeVita began with an 8.4-second showing in the 55 hurdles, then added a throw of 22-1 in the shot put. She set a season best of 5-4 in the high jump before concluding with a 15-foot long jump and a 2:42.6 clocking in the 800.

Polcari bounced back from her disappointing sectional outing with a winning pole vault of 12-0. Shigenobu (3:03.5 in the 1,000) and Davidson (5:19.7 in the 1,600) also claimed gold for RHS.

The Maroon boys came away with three silver medalists, including Beausoleil in the 55 hurdles (7.8), Llinas in the 600 (1:24.4) and Rynkowski in the 1,600 (4:32.0).

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FRIDAY, FEBRUARY 25, 2011

SPORTS



PHOTO COURTESY OF SUNG YUN H

The Ridgewood boys indoor track and field team won the North 1, Group 4 championship by besting Livingston, 77-59, at the Bennett Center in Toms River on Feb. 12. At left are assistant coach Josh Saladino and head coach Mike Mullin, and at right assistant coach Holly Martin. Senior InSoo Hwang is holding the trophy.

County Champs

Monday 2/21/11

***** Results

3200m:

Boys- Mohamed Eid- 9:50.2 (2nd), Tanner Garrity- 10:56

55m HH:

Boys- Matt Beausoleil- 7.7/7.6/7.7 (2nd), Kevin Chung- 8.5/8.3

55m dash:

Boys- Yuki Kawahara- 6.7/6.8, Sean Park- 6.9, Dominic Ok- 7.6

Girls- Moriah Jennings- 7.8

600m:

Boys- Juan Llinas- 1:24.2 (2nd), Nick Tai- 1:26.9

800m:

Boys-

Varsity- Connor Martyn- 2:06.0 (6th)

Frosh- Brian Claredon- 2:13.7 (3rd), Spencer Llerandi- 2:36.2

Girls-

Novice- Leslie Jones- 2:38.8 (4th), Shannon Cron- 2:49.8

Frosh- Kauna Whalen- 2:49.9 (5th)

400m:

Boys- Macky Shoff- 52.1 (3rd)

1000m:

Girls- Hanako Shigenobu- 3:03.6 (1st)

300m:

Boys-

Novice- Kevin Chung- 39.9, Sean Park- 41.0, Harry Park- 43.7, Dom Ok- 42.5,
Corbin Jennings- 47.3, Vince Young- 46.0

Girls- Moriah Jennings- 44.9

1600m:

Boys- Pat Rynkowski- 4:32.0 (2nd), Graham Jones- 5:11.5, Mike O'Donnell- 5:25.4

Girls- Caroline Davidson- 5:19.4 (1st), Grayson Llerandi- 5:41.1, Brenna Fisher- 5:44.1,
Emily Fishbein- 5:42.1, Kathleen Simone- 6:19.0

4 x 400m:

Boys- Macky Shoff, Yuki Kawahara, Nick Tai, Juan Llinas
3:35.8..... 52.7 55.8 54.1 53.4

Pentalon:

Girls- Sarah Devita- HH- 8.3, Shot- 22'6", HJ- 5'4", LJ- 15'0", 800m- 2:42.3
Points- 2890 (**1st**)

Pole Vault:

Girls- Kayla Polcari- 12'0" (**1st**), Mimi DeVita- 9'6" (**5th**), Ilana Brown- 9'0"

High Jump:

Haley Roche- 5'0" (**3rd**)

Triple Jump:

Boys- Matt Beausoleil- 40'10"

Girls- Haley Roche- Mimi DeVita-

Comments:

A good meet in the snow!!! Nice to come out and do well. Great job to all. Special congrats to Sarah DeVita for winning the pentathlon! This is always a fun meet!

Degnon's jump lands Bergen title

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK — With two events to go in the boys pentathlon at the Bergen County championships Monday, the top seven contenders were separated by a mere 40 points, a margin that could be overcome by the athlete in seventh place simply by jumping 7½ inches farther than the leader in the long jump.

Demarest junior Sean Degnon decided it was time for the suspense to be over before the 1,000 meters that is the final of the five events that make up the athletic test.

He jumped a personal best 19 feet, 5½ inches on his first attempt in the long jump, nearly a foot better than any other competitor, and then scored an expected and convincing victory in the 1,000 meters to win the title with 3,034 points, nearly 100 more than runner-up Kevin Connolly of River Dell. With the

win, Degnon became just the second junior to win the boys title in the 11

years the event has been contested at the County championship.

By contrast, Ridgewood's Sarah DeVita all but won the girls title for the second straight year when she won the opening event, the 55 hurdles, by nearly a second. The only suspense was whether she could break the 3,000-point barrier. She didn't, but her winning score of 2,893 was the third-highest in the event's history.

"That jump was a big deal," Degnon said of his event-clinching performance. "It felt good, I hit the board and I knew that that mark along with the 39 feet [actually 38-3¼] I had thrown in the shot gave me a great chance to win."

Degnon was even more confident because the 1,000 meters is his favorite event in the pentathlon. "I was pretty confident I could win the event because that's the type of event I do all winter," said Degnon, who qualified for the State Meet of Champions on Saturday by placing sixth in the Group 2 800 over the weekend.

But the win didn't come without some anxious moments for Degnon.

After passing at his opening height of 4-10 in the high jump, he twice missed at 5 feet. A third miss at the height would have given him no points for the event and knocked him out of contention. But he easily cleared it on his final try and made 5-2 and 5-4 on his first attempt to save the day.

"I almost gave myself a heart attack," said Degnon. "I don't know what happened, but then I relaxed and got over."

DeVita had a similar hiccup at the same height as Degnon in the girls event. She had made 4-10 but a failure at 5 feet still would have left her ahead (she won by more than 500 points) but really limited her score.

"I kept hitting the bar with my feet and when I went for my last jump at 5, coach [Josh] Saladino told me I could make this a negative or turn this into a positive," said DeVita.

And like Degnon, DeVita easily made 5-0 on her last attempt and then flew over 5-2 and 5-4, matching her seasonal best. She'll compete in the State Meet of Champions in both the hurdles and high jump, if the meet schedule permits.

INDOOR TRACK BERGEN CHAMPIONSHIPS

INDOOR TRACK

BERGEN COUNTY TRACK CHAMPIONSHIPS

AT THE ARMORY TRACK CENTER, NEW YORK

BOYS

55: 1. Malcolm McKnight, Teaneck, 6.5; 2. Josh Enriquez, Paramus, 6.5; 3. Franklin Smith-Hinson, Garfield, 6.5; 4. Frankie Goris, Fort Lee, 6.8; 5. Brandon Spearman, Paramus Catholic, 6.8.
55 HH: 1. Mark Jones, Hackensack, 7.6; 2. Matt Beausoleil, Ridgewood, 7.8; 3. Tyler Dilworth, Bergen Catholic, 7.8; 4. Anthony Tripodi, Cliffside Park, 7.8; 5. Franklin Smith-Hinson, Garfield, 7.8; 6. Chris Ng, Demarest, 7.9.
300: 1. Kevin Condal, Hasbrouck Heights, 35.5; 2. Mark Jones, Hackensack, 36.3; 3. Brandon Gregory, Old Tappan, 36.5; 4. tie between John Hernandez, Englewood and D.J. Dixon, Bergen Catholic, 36.9; 6. Ryan Zauk, Ramapo, 37.3.
400: 1. Tarique Gray, Bergen Catholic, 50.5; 2. Damien Elliott, Teaneck, 51.6; 3. Anthony Tripodi, Cliffside Park, 51.8; 4. Neil Schoff, Ridgewood, 52.1; 5. John Malespina, Park Ridge, 52.3; 6. Joe McNally, Ramsey, 53.3.
600: 1. Warren Fields, Teaneck, 1:23.8; 2. Juan Lirias, Ridgewood, 1:24.4; 3. Jesse Kamil, Tenafly, 1:25.5; 4. Erik Moutenot, Mahwah, 1:25.6; 5. Max Linden, Pascack Valley, 1:26.7; 6. Eric Buser, Ramsey, 1:26.8.
800: 1. Kyle Davidson, Old Tappan, 2:00.6; 2. Pete Tuohy, Indian Hills, 2:01.5; 3. Dominic Camm, Cliffside Park, 2:04.8; 4. Yu Yu Fahmy, Fort Lee, 2:05.6; 5. Connor Martyn, Ridgewood, 2:06.0; 6. Pablo Nieto, Hackensack, 2:06.1.
1,000: 1. John Prizzi, Indian Hills, 2:35.5; 2. John Pujols, Hackensack, 2:36.2; 3. Chris Eltringham, Ramsey, 2:39.0; 4. Dominic Camm, Cliffside Park, 2:41.4; 5. Carlos Sanchez, Hackensack, 2:44.0; 6. Yu Yu Fahmy, Fort Lee, 2:46.8.
1,600: 1. John Dugan, Ramsey, 4:24.6; 2. Pat Rynkowski, Ridgewood, 4:32.0; 3. Will Maltin, Old Tappan, 4:37.8; 4. Tetsuji Ono, Tenafly, 4:47.0; 5. Chris Mascetti, Hackensack, 4:48.9; 6. Steve Mancini, Saddle Brook, 4:49.1.
3,200: 1. Nick Ward, Indian Hills, 9:38.4; 2. Adam Bernstein, Demarest, 9:44.6; 3. Mohamed Eid, Ridgewood, 9:50.2; 4. Will Maltin, Old Tappan, 9:55.7; 5. Alex Weiner, Old Tappan, 10:16.0; 6. Ryan Gormley, Dumont, 10:18.7.
Shot put: 1. Stephen Mozia, Hackensack, 58-4; 2. Patrick Cole, Hasbrouck Heights, 56-7; 3. Marquise Wright, Paramus Catholic, 53-10; 4. Matt Koh, River Dell, 46-10; 5. Chris Connors, Hasbrouck Heights, 45-6; 6. Andrew Trumbetti, Demarest, 45-4 3/4.
High jump: 1. Yoonil Kim, Demarest, 6-2; 2. Chris Maldonado, Paramus Catholic, 6-0; 3. Rakesh Datarm, Ridgewood, 6-0; 4. Zach Davenport, Wood-Ridge, 5-10; 5. Roland Gamez, Hasbrouck Heights, 5-10; 6. Virron Humes, Hackensack, 5-8.
Long jump: 1. Jamal Williams, Teaneck, 21-7; 2. Angel Lora, Garfield, 21-1 1/2; 3. James Canino, River Dell, 20-11; 4. Steve Longa, Saddle Brook, 20-2 1/2; 5. Alex Ocansey, Teaneck, 19-8; 6. Max Linden, Pascack Valley, 19-5.
Triple jump: 1. Angel Lora, Garfield, 43-7; 2. Alex Ocansey, Teaneck, 41-2 1/4; 3. Roland Gamez, Hasbrouck Heights, 41-2; 4. Steve Longa, Saddle Brook, 41-1 1/2; 5. Charley Dziemis, Indian Hills, 41-0; 6. Jamal Williams, Teaneck, 40-11.
Pole vault: 1. Brad Hoey, River Dell, 14-0; 2. Alex Albanese, Ramsey, 13-0; 3. Eric Geider, Demarest, 12-6; 4. Steve Felice, Midland Park, 12-0; 5. Alex Sisco, Hasbrouck Heights, 11-6; 6. Rob Wendel, Mahwah, 11-0.
4-x-400 relay: 1. Bergen Catholic (D.J. Dixon, Rafael Riviera, Tyler Dilworth, Tarique Gray), 3:27.2; 2. Hasbrouck Heights, 3:30.6; 3. Pascack Valley, 3:32.9; 4. Old Tappan, 3:33.1; 5. Ridgewood, 3:35.8; 6. Ramsey, 3:39.6.
Pentathlon: 1. Sean Degnon, Demarest (8.4 55HH, 38-3 1/4 SP, 5-4 HJ, 19-5 1/2 LJ, 2:52.6 1,000) 3,024 points; 2. Kevin Connolly, River Dell, 2,938; 3. Taylor Cudequist, Pascack Hills, 2,822; 4. Mark Monohan, Hasbrouck Heights, 2,812; 5. Mike Cummings, Hackensack, 2,780; 6. Nick Gogic, Fort Lee, 2,719.

GIRLS

55: 1. Jordyn Smith, Paramus Catholic, 7.2; 2. Angela Harrison, Paramus Catholic, 7.3; 3. Brianna Setnitzky, Pascack Hills, 7.4; 4. Mel Lewis, Midland Park, 7.5; Kelsley Broomfield, Holy Angels, 7.5; 6. Janienne Palmer, Englewood, 7.5.
55 HH: 1. Mel Lewis, Midland Park, 8.3; 2. Danielle Pena, Ridgewood, 8.8; 3. Ashley Barker, Teaneck, 9.2; 4. Mary Elizabeth Pfund, Tenafly, 9.2; 5. Jamie Woods, River Dell, 9.4; 6. Nicole Gravais, Ramsey, 9.4.
300: 1. Kim Nagotko, Mahwah, 40.8; 2. Katie Johnston, Indian Hills, 42.5; 3. Ezriah Yeboah, Paramus Catholic, 43.9; 4. Tyra Jamison, Garfield, 44.0; 5. Marissa Romano, Hasbrouck Heights, 44.5; 6. Shannon Roberts, Saddle Brook, 44.7.
400: 1. Victoria Mold, Mahwah, 58.9; 2. Coral Hershkovitz, Tenafly, 60.7; 3. Jenn Nass, Hasbrouck Heights, 60.8; 4. Kelsey Burnett, Holy Angels, 61.8; 5. Kelsley Broomfield, Holy Angels, 62.2; 6. Katie Vernon, Ramsey, 62.2.
600: 1. Cat McQuade, River Dell, 1:42.8; 2. Nancie Sophias, Fort Lee, 1:43.6; 3. Kristen Gray, Park Ridge, 1:44.8; 4. Sydney Coughlin, Indian Hills, 1:45.5; 5. Hannah LaFronz, Old Tappan, 1:50.5; 6. Jasleen Singh, Fair Lawn, 1:51.6.
800: 1. Katelyn Ary, Demarest, 2:21.7; 2. Sam Cannillo, Pascack Valley, 2:22.3; 3. Allison Torsiglieri, Tenafly, 2:22.7; 4. Meghan Kocher, Westwood, 2:22.9; 5. Sharon O'Reilly, Old Tappan, 2:25.5; 6. Lisa Anderson, Ramsey, 2:25.7.
1,000: 1. Hanako Shigenobu, Ridgewood, 3:03.5; 2. Maureen Crimmins, Holy Angels, 3:13.5; 3. Alex Arnold, Rutherford, 3:17.0; 4. Ashley Ramin, Cliffside Park, 3:17.2; 5. Taylor Reagan, Dumont, 3:23.2; 6. Taylor Kennedy, River Dell, 3:26.2.
1,600: 1. Caroline Davidson, Ridgewood, 5:19.7; 2. Maggie Loudon, Old Tappan, 5:26.0; 3. Kaitlin Stober, Ramsey, 5:26.5; 4. Ashley Stryko, Holy Angels, 5:27.4; 5. Jen Molke, Holy Angels, 5:29.3; 6. Olivia Guidera, Dwight-Englewood, 5:36.4.
3,200: 1. Brittany Day, Demarest, 12:09.9; 2. Lindsey Lucas, Paramus, 12:11.3; 3. Erica Canas, Old Tappan, 12:13.5; 4. Vicky Weiss, Ridgewood, 12:25.4; 5. Jolie Bartner, Paramus, 12:27.1; 6. Libby Ward, Dwight-Englewood, 12:32.7.
Shot put: 1. Apresa Hampton, Teaneck, 42-9 1/2; 2. Jill Hudson, River Dell, 36-4 1/2; 3. Leonora Paul, 36-0 1/2; 4. Jessica Reuveni, Paramus, 34-11 1/2; 5. Taylor Martin, Hackensack, 32-11; 6. Aliyah Moody, Ridgewood, 30-11.
High jump: 1. Stephanie Encarnacion, Ridgewood, 5-2; 2. tie between Taylor Clarkson, Indian Hills and Haley Roche, Ridgewood, 5-0; 4. Talasiah Balgobin, Teaneck, 4-10; 5. Mel Lewis, Midland Park, 4-10; 6. tie between Kerianne Conner, Dumont and Sydney Walsh, Old Tappan, 4-8.
Long jump: 1. Taylor Clarkson, Indian Hills, 16-7 1/4; 2. Talasiah Balgobin, Teaneck, 16-2 3/4; 3. Danielle Pena, Ridgewood, 15-11; 4. Ashley Roessler, Paramus, 15-8 1/4; 5. Brianna Setnitzky, Pascack Hills, 15-5; 6. Stephanie Encarnacion, Ridgewood, 15-4 1/2.
Triple jump: 1. Melissa Esposito, Saddle Brook, 35-2 1/4; 2. Stephanie Encarnacion, Ridgewood, 34-8 1/2; 3. Brianna Setnitzky, Pascack Hills, 34-8 1/2; 4. Danielle Pena, Ridgewood, 34-4 3/4; 5. Marissa Romano, Hasbrouck Heights, 32-11 1/2; 6. Kayia Kessler, Tenafly, 32-9 1/4.
Pole vault: 1. Kayia Polcari, Ridgewood, 12-0; 2. tie between Carolyn Edler, Mahwah and Danielle Wankmuller, Pascack Hills, 10-0; 4. Madison Lucas, Old Tappan, 10-0; 5. Mimi DeVita, Ridgewood, 10-0; 6. tie between Ilana Brown, Ridgewood and Anne Kavalchuk, Fair Lawn, 9-0.
4-x-400 relay: 1. Westwood (Gabriela Sloezen, Rebecca Fasano, Dana Bianchi, Michelle Casio), 4:02.4; 2. Teaneck, 4:02.7; 3. tie between Demarest and Hasbrouck Heights, 4:14.4; 5. River Dell, 4:18.3; Holy Angels, 4:20.2.
Pentathlon: 1. Sarah DeVita, Ridgewood (8.4 HH; 22-1 SP; 5-4 HJ; 15-0 LJ; 2:42.6 800) 2,893 points; 2. Brielle Sutter, Saddle Brook, 2,381; 3. Jaclyn Allegretta, Hackensack, 2,284; 4. Jasmine Fernandez, Garfield, 2,180; 5. Breonah Toon, Garfield, 2,168; 6. Marissa Piazza, Fair Lawn, 2,150.

State Meet of Champs 2-26-11

***** Results *****

1600m:

Boys- Levi Jennings- 4:25.33

55m HH:

Boys- Matt Beausoleil- 7.86

Girls- Sarah DeVita- 8.87

800m:

Girls- Hanako Shigenobu- 2:21.89

3200m:

Boys- Pat Rynkowski- 9:43.57

Pole Vault:

Girls- Mimi DeVita- NH

Easterns

3/1/11

***** Bus leaves at 2:30pm

55m HH:

Boys- Matt Beausoleil- 7.99/8.03

Girls- Sarah DeVita- 8.47/8.64

55m dash:

Boys- Yuki Kawahara- 6.94

4 x 200m:

Boys- Yuki Kawahara, Matt Beausoleil, Kevin Chung, Macky Shoff
1:36.36... 24.5 24.2 24.1 23.4

4 x 800m:

Boys- Juan Llinas, Pat Rynkowski, Nick Tai, Levi Jennings
8:00.93 ... 1:59.5 1:58.0 2:05.3 1:57.8

Girls- Hanako Shigenobu, Micaela McPadden, Haley Wodenshek, Caroline Davidson
9:37.21... 2:23.2 2:27.4 2:28.8 2:18.5

High Jump:

Girls- Sarah DeVita- 5'0", Haley Roche- NH

Pole Vault:

Girls- Kayla Polcari- 12'0" (2nd)

Triple Jump:

Boys- Matt Beausoleil- 39'6 ¼"

Girls- Haley Roche- F, Mimi DeVita- 32'1"

Comments:

Awesome 4 x 800's!!!! I thought it was a great way for some of you to end your seasons on a real high note. Many goals were met just in those 2 races...great job! Special congrats to Kayla for getting 2nd in this very powerful meet!

PC's Jacobs improves on County mark

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK - The Eastern States Championship track meet ran for nearly six hours Tuesday night, but it took about 20 minutes for Bergen County athletes to leave their mark on one of the oldest and most prestigious indoor meets in the country.

In a 20-minute stretch, Myasia Jacobs of Paramus Catholic improved her Bergen County record and national-leading time in the 55 meters, winning easily in 6.84 seconds. Mark Jones of Hackensack won the boys 55-meter hurdles and set a Bergen County sophomore record of 7.47 seconds, and Theresa Picciallo of IHA won her shot put competition with rival Apresha Hampton of Teaneck on her next-to-last throw, recording 46 feet 6 inches, just off her personal best.

The three wins highlighted an excellent night for local athletes, who earned nearly a dozen medals overall.

For Jacobs, her time also broke a meet record in the event and moved her into the top 15 all time among American high school runners. But the PC junior always is her harshest critic.

"I ran all right," said Jacobs, who ran 6.96 and 6.92 in her trial races. "I really wanted to try and get something in the 6.7s tonight. I need to work on my start more."

It was the start that nearly broke Jacobs' heart.

"I heard the second gun [signaling a false start] and I got scared," said Jacobs, who had problems with false starts last season. "I was nervous, but it wasn't me. So I was able to relax in the final."

Jones had no such concerns as he dominated all three of his races, getting faster in each one.

"I just try and go out and run," said Jones, who broke the former sophomore record of 7.53 set by

INDOOR TRACK EASTERN STATES

All-American Darius Pemberton, of Hackensack. "I want to try and beat Darius' [County] record [of 7.35], but I know it will take a lot of work."

Picciallo had to work to win her title as Hampton threw a personal-best 45-9 on her second throw. "It's not my day," Picciallo said after her fourth throw left her short of her County rival.

But on her fifth throw, the IHA junior scored the winner.

"I just tried to stay mentally strong," said Picciallo who ranks sixth in the nation, two spots ahead of Hampton. "If you stay strong and don't panic, you can get a lot done."

"My coach told me that each of my first four throws had some good pieces in it, and I had to put the pieces together. Finally on the fifth throw, I put it together."

There were some solid non-winning and non-medalling performances by North Jersey athletes and teams.

Tarique Gray of Bergen Catholic set a County record in the boys 400 when he took second in 48.44 seconds, and Hackensack's Stephen Mozia threw the shot 62-11½ to place second.

Kahlia Taylor of Teaneck and Jordyn Smith of Paramus Catholic were fifth-sixth in the 55 with the eighth and 11th best times in Bergen history, respectively.

Kayla Polcari of Ridgewood was second in the girls pole vault at 12 feet. Jamal Williams of Teaneck was fifth in the long jump in a North Jersey-leading 21-10½. Ridgewood's boys were eighth and the girls 13th in the 4-x-800, but their times qualified them for the Penn Relays. They are the fastest times in North Jersey this season.

INDOOR TRACK

EASTERN STATES CHAMPIONSHIPS

AT THE ARMORY TRACK CENTER,
NEW YORK

BOYS

55: 1. Miles Shuler, Long Branch, 6.34.
55 HH: 1. Mark Jones, Hackensack, 7.47.
200: 1. Michael Blake, Mount Vernon, 21.31 (record, old record, 21.34 by Aidan Sanderson, Ewing, 2004).

400: 1. Najee Glass, St. Peter's Prep, 47.54; 2. Tarique Gray, Bergen Catholic, 48.44 (Bergen County record, old record, 48.53 by Mark Filandro, Indian Hills, 2010); 9. Damien Elliott, Teaneck, 50.19; 10. Kevin Condal, Hasbrouck Heights, 50.36.

800: 1. Strymar Livingston, Columbus, 1:54.05.

1 mile: 1. Alex Levine, Danbury, 4:18.74; 2. Brad Paternostro, Ramapo, 4:19.92; 5. John Pujols, Hackensack, 4:22.14.

2 miles: 1. Ed Cheserek, St. Benedict's, 9:02.40; 5. John Dugan, Ramsey, 9:32.99.

Shot put: 1. Nick Vena, Morristown, 71-3 1/4 (record, old record, 69-2 by Vena, 2009); 2. Stephen Mozia, Hackensack, 62-11 1/2.

High jump: 1. Mark Jones, Summit, 6-10; 5. Ryan Walsh, Don Bosco, 6-6.

Long jump: 1. Andrew Athias, Cherry Hill East, 23-4; 5. Jamal Williams, Teaneck, 21-10 1/2.

Triple jump: 1. Glen Forsythe, Uniondale, 46-4 1/2; 3. Greg Hazell, Don Bosco, 45-3; 9. Roland Gamez, Hasbrouck Heights, 42-6 1/2.

Pole vault: 1. Jordan Yamoah, Arlington, 16-6 (record, old record, 16-3 1/4 by Adam Serafin, Ocean Twp., 2004).

4-x-200 relay: 1. Lawrenceville Academy, 1:28.77.

4-x-400 relay: 1. Newburgh, 3:21.56.

4-x-800 relay: 1. Dickinson, 7:52.85; 8. Ridgewood, 8:00.93.

Distance medley: 1. St. Benedicts, 10:14.54; 8. Indian Hills, 10:31.38.

GIRLS

55: 1. Myasia Jacobs, Paramus Catholic (meet and Bergen County record, old meet record, 6.91 by Lynne Layne, New Rochelle, 2006 and English Gardner, Eastern, 2010; old Bergen County record, 6.85, by Jacobs, 2011); 5. Kahlia Taylor, Teaneck, 7.24; 6. Jordyn Smith, Paramus Catholic, 7.35.

55 HH: 1. Lateisha Phillson, Cardozo, 7.94.

200: 1. Tanaya Yarde, Mount Vernon, 24.77; 3. Jen Pash, IHA, 25.54.

400: 1. Natalie Englese, Cranford, 56.81.

800: 1. Olicia Williams, St. Anthony's, 2:10.61.

1 mile: 1. Dana Giordano, Bernards, 5:04.28; 4. Kat McCurdy, Mt. St. Dominic's (Mahwah), 5:05.89.

2 miles: 1. Meghan Malloy, Cinnaminson, 11:10.61.

Shot put: 1. Theresa Picciallo, IHA, 46-6; 2. Apresha Hampton, Teaneck, 45-9.

High jump: 1. Sarah Palmer, Schuylerville, 5-6.

Long jump: 1. Camille Edwards, Middle College, 18-9; 7. Jamilla Johnson, Pas-saic Tech, 17-5 1/4; 10. Talasiah Balgoban, Teaneck, 16-10.

Triple jump: 1. Iana Amsterdam, Newark Tech, 39-7 1/4.

Pole vault: 1. Megan Clark, James O'Neill, 13-0 (ties meet record set by Danielle O'Reilly, Shawnee, 2004); 2. Kayla Polcari, Ridgewood, 12-0.

4-x-200 relay: 1. Middle College, 1:39.27 (record, old record, 1:39.41 by Uniondale, 2007).

4-x-400 relay: 1. Columbia, 3:53.89; 9. Teaneck, 4:05.52.

4-x-800 relay: 1. Red Bank Catholic, 9:15.00.

Distance medley: 1. Red Bank Catholic, 11:58.82.

Story tools **Eight Maroons headed to NSIC**

Friday, March 11, 2011

Comments: 0
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BY GREG TARTAGLIA
THE RIDGEWOOD NEWS
ASSISTANT SPORTS EDITOR

RIDGEWOOD — The indoor track and field season draws to a close this weekend with the National Scholastic Indoor Championships (NSIC) at the Armory Track Center in Manhattan, and Ridgewood High School will be represented in the meet by two relay squads and two individuals.



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After helping the Ridgewood boys 4 x 800 squad to an eighth-place finish at last week's Eastern States Championships, junior Levi Jennings will run in the Maroon distance medley relay at Nationals today.

Today, day one of three at the NSIC, features the distance medley relay, an event in which the RHS boys captured a sixth-place medal last season, earning second-team All-America status. This year's quartet features junior Levi Jennings running the 1,200-meter leadoff leg, followed by sophomore Neil Schoff (400), senior Juan Llinas (800) and senior Pat Rynkowski (1,600).

Jennings and Rynkowski will also compete in tomorrow's 4 x 1-mile relay with seniors Mohamed Eid and Anthony Andrews. The Maroon boys earned a fifth-place medal in

the race at Nationals in 2010.

"We're hoping for big things out of that group," Ridgewood head coach Mike Mullin said at Wednesday's team practice.

The Ridgewood girls will send two representatives to the NSIC, with senior Sarah DeVita among the 23 entrants in the pentathlon tomorrow. DeVita is a two-time Bergen champion in the event and tallied 2,893 points in last month's County competition.

On Sunday, RHS senior Kayla Polcari is slated to take part in the pole vault, fresh off a silver-medal showing of 12 feet at the Eastern States Championships at The Armory on March 1.

Polcari no-heighted in the vault at last month's North 1, Group 4 championships, missing out on subsequent State-level meets, but since then "has bounced back and been very consistent," according to Mullin.

Several other Maroons competed at Eastern States, including DeVita, who tied for 12th in the high jump (5-0) and reached the semifinals of the 55-meter hurdles, posting a 16th-place time of 8.64 seconds. For the boys, senior Matt Beausoleil was 29th in the triple jump (39-6 1/4) and made the 55-meter hurdle semis, clocking a 22nd-place 8.03, while senior Yuki Kawahara ran 40th in the 55-meter dash (6.94).

"The highlights of that meet were Kayla getting second in the vault, and our two 4 x

800 [relays] were excellent," Mullin said.

Jennings, Andrews, Llinas and Rynkowski combined for an eighth-place 8:00.93 in the boys 4 x 800, holding off Piscataway (8:01.48) by half a second, and the grouping of senior Haley Wodenshek, juniors Caroline Davidson and Hanako Shigenobu and sophomore Micaela McPadden logged a 13th-place 9:37.21 in the girls 4 x 800.

Both squads qualified for next month's Penn Relays and also earned first-team All-County recognition in the event. "Both of those relay times were the best this season, at least in North Jersey," noted Mullin.

The Ridgewood boys had an entry in the Eastern States 4 x 200 as well. Beausoleil, Schoff and seniors Eddie Blair IV and InSoo Hwang ran 29th in 1:36.36, despite the fact that the latter two have been hampered by hamstring injuries.

The Maroons' final New Jersey meet of the season came on Feb. 26 with the State Meet of Champions (SMOC) at the John Bennett Indoor Athletic Complex in Toms River.

There, Rynkowski finished 16th in the boys 3,200 (9:43.57), one spot behind Don Bosco junior and Ridgewood resident Christian Costello (9:43.14). Jennings came home 19th in the 1,600 (4:25.33), a mere .17 behind Harrison Brakewood of Voorhees, and Beausoleil took 19th in the 55 hurdles (7.86).

For the girls, DeVita wound up 11th in the SMOC 55 hurdles (8.60), while Shigenobu recorded a personal record of 2:21.89 in the 800 to finish 14th.

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Nationals 3/11-13/2011

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

Levi Jennings, Macky Schoff, Juan Llinas, Pat Rynkowski
10:17.39 (7th) 3:06.9 51.3 1:58.9 4:19.8
*** *NEW SCHOOL RECORD!* ***

4 x 1 mile:

Levi Jennings, Mohamed Eid, Anthony Andrews, Pat Rynkowski
18:06.8 (8th) 4:28.3 4:37.8 4:32.2 4:27.4

Pole Vault:

Kayla Polcari- NH

Pentathlon:

Sarah DeVita

60m HH- 9.16

Shot Put- 25'11 1/2"

Long Jump- 16'8 3/4"

High Jump- 5'2 1/4"

800m- 2:29.70

Total points- 3,267 (7th)

*** *NEW SCHOOL RECORD!* ***

*** *NEW COUNTY RECORD!* ***

COMMENTS:

Just getting to this meet is a great accomplishment! It was awesome to see such tremendous performances. Special congrats to the boys DM and Sarah Devita in the pentathlon for breaking school records!! Another special...special congrats to Sarah for breaking a 10 year old county record! Way to go...Awesome year!!!!

Ridgewood sets record

NEW YORK — Ridgewood's boys distance medley team can make its reservations for Penn Relays in April after its stunning seventh-place finish at the New Balance Indoor Nationals on Friday night.

The Maroons' team of Levi Jennings (3:06.8 1,200 leg), Neil Schoff (51.3 in 400), Juan Llinas (1:59.3 in 800) and Patrick Rynkowski (4:19.8 1,600) combined for a school-record time of 10:17.39.

Also running that day should be Paterson's Tahlief Jackson, who led off for St. Benedict's, which finished fifth in 10:10.11.

IT NATIONALS

Kristen Traub of Eastern Christian was sixth in the girls mile in 5:03.32.

Westwood's girls 4-x-400 and 4-x-800 relay teams had excellent finishes. The 4-x-400 with Gabriela Sloezen, Rebecca Fasano, Dana Bianchi, and Michelle Cascio was sixth in 4:02.71, and the 4-x-800 team with Meghan Kocher and Corinne Myers replacing Fasano and Cascio ran a season-best 9:37.69.

Sports : Boys Indoor Track

Maroons set records at NSIC

Friday, March 18, 2011

LAST UPDATED: FRIDAY MARCH 18, 2011, 1:27 AM
THE RIDGEWOOD NEWS

Eight Ridgewood High School track and field athletes competed in the National Scholastic Indoor Championships (NSIC) at The Armory Track Center in Manhattan last weekend, and several Maroons put forth record-setting performances.

Junior Levi Jennings, sophomore Neil Schoff and seniors Juan Llinas and Pat Rynkowski combined for a seventh-place time of 10:17.39 in the boys distance medley relay on Friday. Jennings ran the 1,200-meter leadoff leg in 3:06.8, followed by Schoff clocking 51.3 seconds in the 400, Llinas logging 1:59.3 in the 800 and Rynkowski running 4:19.8 in the 1,600 anchor leg.

The quartet's effort was not only the fastest in school history, it also qualified them for next month's Penn Relays. They finished a mere .07 behind sixth-place St. John the Baptist of West Islip, N.Y.

On Saturday, RHS senior Sarah DeVita broke the Bergen County scoring record in the girls pentathlon, posting a seventh-place total of 3,267. She ran the fourth-fastest time in the 60-meter hurdles (9.16) and set personal bests in the long jump (16-8 3/4) and 800 meters (2:29.70), in addition to recording a 5-2 1/4 high jump and a 25-11 1/2 shot put throw.

DeVita's total was 374 points higher than her winning score (2,893) at last month's County championships.

Rynkowski and Jennings also teamed up with seniors Anthony Andrews and Mohamed Eid for an eighth-place 18:06.08 in Saturday's boys 4 x 1-mile relay, the second-fastest time by a New Jersey public school behind third-place West Windsor-Plainsboro North (17:45.27).

In the girls pole vault on Sunday, Maroons senior Kayla Polcari missed on her three attempts at 11-8 1/2 and wound up with a no-height, while the top New Jersey finisher was Toms River North senior Dana Schweiger (12th, 12-2 1/2).

— Greg Tartaglia

SUNDAY, MARCH 13, 2011

Jacobs closing in on national title

By **PAUL SCHWARTZ**
STAFF WRITER

INDOOR TRACK

NEW YORK – Myasia Jacobs of Paramus Catholic moved a step closer to her first national championship Saturday and Sarah DeVita of Ridgewood set a Bergen County record in the pentathlon to highlight the second day of the New Balance Indoor Nationals at the Armory Track Center.

Jacobs qualified first with a state-record 7.37 seconds in the 60 meters and is 0.14 seconds ahead of the second qualifier, Jordan Clark of Farmington Hills, Mich., going into today's 10:30 a.m. semifinal with the final later in the day. Jacobs passed the 55-meter split in 6.84, tying her Bergen County record.

DeVita, the two-time Bergen County champion in the pentathlon, scored 3,267 points for seventh place in the event. Her score broke the 11-year-old mark of 3,232 points set by current Glen Rock coach Jamie Lilien in 2000, when she competed for Pascack Valley. DeVita ran 9.16 for the 60-meter hurdles and high jumped 5-2 $\frac{1}{4}$, her usual specialties, but it was the 16-8 $\frac{3}{4}$ long jump and 2:29.70

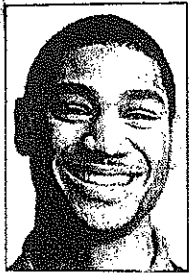
800, both personal bests, that enabled her to score nearly 400 more points than she did in the Bergen championships two weeks ago.

Theresa Picciallo of Immaculate Heart, the State shot put champion, was fifth in the shot at 44-7. Stephen Mozia of Hackensack was sixth in the boys shot at 61-5 $\frac{1}{2}$, his third straight meet of more than 61 feet.

Ridgewood's four-mile relay team of Levi Jennings, Anthony Andrews, Mohamed Eid and Patrick Rynkowski was eighth in 18:06.08.

Today will see Jacobs going for a title, Kayla Polcari of Ridgewood in the girls pole vault and Greg Hazell of Don Bosco in the boys triple jump, all with good chances to place in the top 10 or earn a top-six medal. But the most intriguing race could be in the fifth of six heats in the boys 800 where Ben Malone of Pascack Valley and Brad Paternostro of Ramapo have a rematch. Malone ran 1:54.0 to beat Paternostro's 1:54.1 at the Varsity Classic last month.

ALL-BERGEN COUNTY BOYS INDOOR TRACK



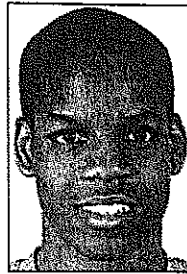
Daryian Miles
Teaneck



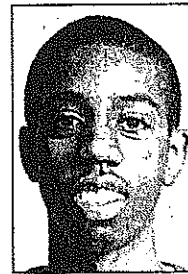
Mark Jones
Hackensack



Kevin Condal
Hasbrouck
Heights



Tarique Gray
Bergen
Catholic



Warren
Fields
Teaneck



Bradley
Paternostro
Ramapo



John Prizzi
Indian Hills



Ben Malone
Pascack
Valley



Nick Ward
Indian Hills



John Dugan
Ramsey



Stephen
Mozia
Hackensack



Ryan Walsh
Don Bosco



Jamal
Williams
Teaneck



Greg Hazell
Don Bosco



Brad Hoey
River Dell



Sean
Degnon
Demarest



Bryan
Murphy
Teaneck



Damien
Elliott
Teaneck



Juan Llinas
Ridgewood



Patrick
Rynkowski
Ridgewood



Nick Tai
Ridgewood



Levi
Jennings
Ridgewood



Coach
Rob Brady
Hasb. Hgts.

First team

55: DARYIAN MILES, Teaneck, jr.

He ran the fastest time of the year and won the North 1, Group 3 and Jersey City Holiday Festival races, took fifth in Group 3 and sixth in the Varsity Classic. He also won the Spiked Shoe 200, Big North Freedom 300 and was second in the Group 3 400.

55 HH: MARK JONES, Hackensack, soph.

He burst upon the season with wins in the Big North Freedom, Metropolitan Invitational, Group 3 sectional and County before winning the Eastern States. He was second in the Group 4 and State Meet of Champions races. His winter haul in all events: nine golds and 24 individual medals.

300: KEVIN CONDAL, Hasbrouck Heights, sr.

He had a slow start toward repeating because of injury but late wins in the Lou Molino and County 300s, along with a triple in the North 1, Group 1 55, 400 and 800, places in the 400 and 800 at Group 1 and a 10th place in the Eastern States 400 ended his season on a high note.

400: TARIQUE GRAY, Bergen Catholic, sr.

He won the Varsity Classic and Bergen titles, was second in the Non-Public A and Eastern States and was fifth in the State Meet of Champions, while setting a County record of 48.44 seconds. He also won the Non-Public A 55 and earned three other golds.

600: WARREN FIELDS, Teaneck, sr.

He might be better known as the anchor of the State championship 4-x-400 relay, but Fields did well on his own, winning the Ridgewood Winter Games and County titles, taking second in the Jersey City Holiday Festival and third in the Varsity Classic 800.

800: BRADLEY PATERNOSTRO, Ramapo, sr.

A short, but productive season included a win in North 1, Group 2, seconds at the Varsity Classic and Group 2, a fifth in the State Meet of Champions and the second fastest 800 ever run by a Bergen athlete. He also was second in the Eastern States 1,600.

1,000: JOHN PRIZZI, Indian Hills, sr.

Undefeated in three starts, he won the Pearl River Holiday Festival, Big North Patriot and County titles, and had the fastest time in North Jersey this year. He also medaled in the Group 2 1,600.

1,600: BEN MALONE, Pascack Valley, soph.

He starred in his first varsity indoor season, winning titles in the Spiked Shoe 1,600, the sectional and Group 2 1,600s, the Big North Patriot 3,200 and the Varsity Classic 800 before taking third in the State Meet of Champions 1,600. He ranks third all-time at 800 and eighth in the 1,600 with two years of competition left.

3,200: NICK WARD, Indian Hills, sr.

A repeater at this event, he was second in the Big North Patriot, won the North 1, Group 2, County and Pearl River titles, and was fourth in the Group 2 3,200. He had three other golds in other events.

3,200: JOHN DUGAN, Ramsey, sr.

He spent the first half of the season running 800 and 1,600, and it paid off later with a third in the Big North Patriot, second in North 1, Group 2, second in Group 2, sixth in the State Meet of Champions and fifth in the Eastern States at 3,200.

Shot put: **STEPHEN MOZIA, Hackensack, sr.**

In 14 major competitions, Mozia won the Spiked Shoe, Garfield 1, Garfield Classic, Big North Freedom, Metropolitan Invitational, North 1, Group 3, Pearl River and County titles, took second in Group 3, County Meet of Champions, and Eastern States and was sixth in the New Balance Nationals.

High jump: RYAN WALSH, Don Bosco, sr.

He got better and better ending up at 6 feet, 6 inches, a height bettered by only seven jumpers in County history. He won the Big North United, Garfield 3 and Garfield Classic. He was third in Non-Public A, seventh in the Meet of Champions and fifth in the Eastern States.

Long jump: JAMAL WILLIAMS, Teaneck, jr.

A member of Teaneck's excellent 4-x-200 team, he won the Big North Freedom long and triple jumps, the varsity long jump at the Frosh-Novice meet, the County championship, was fifth in the Eastern States and took second in the Spiked Shoe Holiday Festival.

Triple jump: GREG HAZELL, Don Bosco, sr.

The third repeat selection, he won the Big North United, the Varsity Classic, the Ultimate Track Championship and was third in the Eastern States. He also was fifth in the Non-Public A high jump and took fifth in the 400.

Pole vault: BRAD HOEY, River Dell, sr.

The 12th County athlete to clear 14 feet, he won the Spiked Shoe, Big North Patriot, Ultimate Track Championship, North 1, Group 2 and County Meet of Champions, was second in Group 3 and tied for third in the State Meet of Champions.

Pentathlon: SEAN DEGNON, Demarest, jr.

He moved up from second team, scoring 3,034 points and comfortably winning by taking the long jump and 1,000. He was sixth in the Group 2 800 and won the Big North National 600.

4-x-400 relay: TEANECK (Bryan Murphy, Damien Elliott, Miles, Fields)

Only a one-meter loss in the Group 3 championships kept the Highwaymen from an undefeated season. The quartet won the Jersey City Holiday Festival, Group 3 Relays, Big North Freedom, County Relays, North 1, Group 3 and the State Meet of Champions.

4-x-800 relay: RIDGEWOOD (Juan Llinas, Patrick Rynkowski, Nick Tai, Levi Jennings)

The quartet put together a sensational, season-leading, 8:00.93 race at the Eastern States, finishing eighth and qualifying for the Penn Relays. They also won the Tom Zaccone meet.

Coach of the Year: ROB BRADY, Hasbrouck Heights

The Aviators had an amazing season, winning their first State crown in any sport by taking the Group 1 relays led by Brady. They also took the small school County Relays and finished fourth in the Group 1 championships.

Second team

55: Malcolm McKnight, Teaneck, sr.; 55: Josh Enriquez, Paramus, sr.; 55 HH: InSoo Hwang, Ridgewood, sr.; 300: Calvin Knox, Indian Hills, Jr.; 400: Murphy, Teaneck, sr.; 600: Llinas, Ridgewood, sr.; 800: Kyle Davidson, Old Tappan, sr.; 1,000: Chris Eltringham, Ramsey, Jr.; 1,600: John Pujols, Hackensack, Jr.; Shot put: Patrick Cole, Hasbrouck Heights, sr.; High jump: Roland Gamez, Hasbrouck Heights, soph.; Long jump: James Canino, River Dell, sr.; Triple jump: Angel Lora, Garfield, sr.; Pole vault: Tarou Seki, Pascack Hills, sr.; Pole vault: Michael Baselice, Don Bosco, sr.; Pole vault: Alex Albanese, Ramsey, soph.; Pentathlon: Kevin Connelly, River Dell, sr.; 4-x-400 relay: Bergen Catholic (DJ Dixon, Tyler Dilworth, Rafael Riviera, Gray); 4-x-800 relay: Indian Hills (Prizzi, Knox, Pete Tuohy, Ward)

BOYS INDOOR TRACK TEAM OF THE YEAR: HASBROUCK HEIGHTS

Aviators' wheels stayed on

By PAUL SCHWARTZ
STAFF WRITER

Rob Brady has been a coach long enough to know that when everything appears to be in place for a successful season, things happen.

So the preseason buzz about his Hasbrouck Heights boys team had him excited, but leery.

"You're almost waiting for the wheels to come off - who doesn't come out, who gets injured," said Brady, whose team returned almost all of its scorers from last year's successful group.

And while the Aviators had some setbacks - stars Kevin Condal and Patrick Cole never were 100 percent because of injury and Kevin Harris missed the last month with an injury, the positives outweighed the negatives and Hasbrouck Heights had a historic season, earn-

ing North Jersey Boys Indoor Track Team of the Year honors.

"This was the best team we ever had," Brady said after the Aviators easily won the Group 1 Relays and comfortably captured the small-school Bergen Relays title. "I love relay meets, because your depth really shows. You bring more kids to those meets and to win them hooks your kids on the sport."

And while Condal (first-team All-Bergen in the 300) and Cole (second team in the shot put) unquestionably were the stars, the development of the hurdles team of juniors Mike Pikowski, Mark Monohan and Sven Nielsen, and sophomore Roland Gamez might have been the key to the season.

"This group went from nowhere to qualifying for the Nationals," Brady said. "Their second place in the State hurdles got us started. For us to get top-two finishes in the

hurdles, pole vault and high jump at that meet with the inexperienced athletes we had was unbelievable. You couldn't predict that, and the next thing you know we were up 24 points with four events left and we had it won."

Alex Quinn was an unsung hero, Brady said. "He was part of our 4-x-mile, sprint medley, distance medley and 4-x-4 when we needed him. He's the kind of glue-type guy you can build a championship team around."

It also helps when Heights' three paid coaches (Brady, Vinnie Marchese and John Valenti) are supported by volunteer assistants Jeff Seidel, Caitlin Gianni, Mike Ryan, Anthony Pomo, Chris Onorato and Frank Valente, all of whom have experience as champions.

"This was a tremendous team and we had a tremendous season," Brady said.

ALL-BERGEN COUNTY BOYS INDOOR TRACK

Third team

55 HH: Nick Picache, Northern Highlands, sr.; **300:** Brandon Gregory, Old Tappan, jr.; **400:** Elliott, Teaneck; **600:** Jesse Kamil, Tenafly, jr.; **800:** Tuohy, Indian Hills, sr.; **1,000:** Steve McNicholas, Don Bosco, sr.; **1,600:** Jennings, Ridgewood, jr.; **3,200:** Rynkowski, Ridgewood, sr.; **Shot put:** Marquise Wright, Paramus Catholic, sr.; **High jump:** Yoonil Kim, Demarest, sr.; **Long jump:** Brian Choi, Old Tappan, sr.; **Triple jump:** Alex Ocansey, Teaneck, jr.; **Pentathlon:** Taylor Cudequest, Pascack Hills, jr.; **4-x-400 relay:** Hasbrouck Heights (Condal, Kevin Cordova, Kevin Harris, Alex Quinn); **4-x-800 relay:** Pascack Valley (Adam Morrow, Lucas Hall, Max Linden, Malone)

Honorable mention

George Khoury, Bergen Catholic; Andreas Kellas, Bergen Tech; Joe Cabus, Dominic Camm and Anthony Tripodi, Cliffside Park; Adam Bernstein, Eric Gelder, Mike Ippolito, Chris Ng and Andrew Trumbetti, Demarest; Christian Costello, Pheasant McCormack, David Stallings

and Ryan Tucker, Don Bosco; Ryan Gormley, Tom Hicks and James Kostka, Dumont; John Hernandez, Englewood; Jenya Dyagilev, Yu Yu Fahmy, Nick Gogic, Frankie Goris and Masaru Yamaguchi, Fort Lee; Franklin Smith-Hinson, Garfield; Carlos Coronado, Mike Cummings, Pablo Nieto, Chris Pleasant and Carlos Sanchez, Hackensack; Chris Connors, Rich Davis, Mark Monohan, Lucas Sedycias, Anthony Seidel and Alex Sisco, Hasbrouck Heights; Charley Dzienis and Ken Fobian, Indian Hills; Erik Moutenot and Tyler Poland, Mahwah; Steve Felice, Midland Park; John Folley, New Milford; Will Maltin, Alex Weiner and Derek Weissman, Old Tappan; Chris Maldonado and Brandon Spearman, Paramus Catholic; John Malespina, Park Ridge; Sean Krazit, Pascack Hills; Kris Yoo, Pascack Valley; Ryan Zauk, Ramapo; Erik Buser, Joe McNally and Brian Psota, Ramsey; David Chisholm and Rakesh Dataram, Ridgefield Park; Anthony Andrews, Matt Beausoleil, Edward Blair IV, Mohamed Eid, Connor Martyn and Neil Schoff, Ridgewood; Matt Koh, River Dell; Steve Longa and Steve Mancini, Saddle Brook; John Butler, St. Joseph; Brandon Blumer and Brian Garland, Westwood; Zach Davenport, Mike Gawryluk and John Porteous, Wood-Ridge

2010-11 INDOOR TRACK PERFORMANCE LIST

BOYS

55 (automatic timing only): Daryian Miles, Teaneck, 6.67; Malcom McKnight, Teaneck, and Josh Enriquez, Paramus, 6.72; Latimere Campbell, Eastside and Tarique Gray, Bergen Catholic, 6.73.

55 HH (automatic timing only): Mark Jones, Hackensack, 7.47; In Soo Hwang, Ridgewood, 7.76; Nick Picache, Northern Highlands, 7.80; Tyler Dilworth, Bergen Catholic, 7.82; Matt Beausoleil, Ridgewood, 7.86.

200: Gray, 22.1; Miles, 22.5; Keylin Condal, Hasbrouck Heights, 22.8; Jones, 23.2; Rich Davis, Hasbrouck Heights and Cody Geyer, Lakeland, 23.3.

300: Condal, 35.5; Gray, 35.85; Aaron Aquino, Lakeland, 36.0; Miles, 36.1; Campbell and Calvin Knox, Indian Hills, 36.2.

400: Gray, 48.44**; Bryan Murphy, Teaneck, 49.8; Damien Elliott, Teaneck, 50.19; Condal, 50.36; Miles, 50.83.

600: Warren Fields, Teaneck, 1:23.8; Juan Llinas, Ridgewood, 1:24.4; Jesse Kamil, Tenafly, 1:25.5; Eric Moutenot, Mahwah and Knox, 1:25.6.

800: Bradley Paternostro, Ramapo, 1:53.84; Ben Malone, Pascack Valley, 1:54.0; Dan Green, Clifton, 1:58.10; Fields, 1:58.6; Kyle Davidson, Old Tappan, 2:00.6.

1,000: John Prizzi, Indian Hills, 2:35.5; John Pujols, Hack-

ensack, 2:36.2; Chris Eittringham, Ramsey, 2:38.5; Peter Tuohy, Indian Hills, 2:39.7; Green, 2:40.1.

1,600: Malone, 4:15.06*; Paternostro, 4:18.22*; Pujols, 4:20.44*; Levi Jennings, Ridgewood, 4:22.04; Nick Ward, Indian Hills, 4:22.84.

3,200: John Dugan, Ramsey, 9:24.04; Malone, 9:24.8; Ward, 9:26.8; Patrick Rynkowski, Ridgewood, 9:37.89; Christian Costello, Don Bosco, 9:43.14.

Shot put: Stephen Mozia, Hackensack, 62-11 1/2; Patrick Cole, Hasbrouck Heights, 57-9 1/2; Marquise Wright, Paramus Catholic, 54-1; Matt Koh, River Dell, 49- 1/2; James Kostka, Dumont, 47-8.

High jump: Ryan Walsh, Don Bosco, 6-6; Roland Gamez, Hasbrouck Heights, 6-4; Yoonil Kim, Demarest, 6-2; five athletes tied at 6-0.

Long jump: Jamal Williams, Teaneck, 21-10 1/2; Greg Hazell, Don Bosco, 21-9; James Canino, Tenafly, 21-3 1/2; Angel Lora, Garfield, 21-1 1/2; Rahmlr McCray, Passaic Tech, 20-8 3/4.

Triple jump: Hazell, 46-6 1/4; McCray, 45-5 1/2; Lora, 44-8 1/4; Williams, 43-7 1/2; Gamez, 42-6 1/2.

Pole vault: Christopher Steele, Pompton Lakes, 14-1***; Brad Hoey, River Dell, 14-0; Tyler Poland, Mahwah, 13-

Garfield, 133.6; Hackensack, 1:33.8; Ridgewood, 1:34.84.

4-x-400 relay: Teaneck, 3:25.03; Bergen Catholic, 3:27.2; Eastside, 3:28.90;

Hasbrouck Heights, 3:29.90; Ridgewood, 3:30.5.

4-x-800 relay: Ridgewood, 8:00.93; Indian Hills, 8:05.0; Pascack Valley, 8:11.8; Ramsey, 8:15.0; Demarest, 8:18.0.

Distance medley relay: Ridgewood, 10:17.39; Indian Hills, 10:27.4; Don Bosco, 10:36.41; Ramsey, 10:45.9; Hackensack, 10:58.0.

* - converted metric time

BOYS INDOOR TRACK ATHLETE OF YEAR: STEPHEN MOZIA, HACKENSACK

Much more than a shot in the dark

By PAUL SCHWARTZ
STAFF WRITER

Stephen Mozia's indoor track season started with a bang at the Spiked Shoe Holiday Festival in December, a huge personal-best throw of 59-9½ in the shot put that tied the 28-year-old Hackensack record and made him one of the top-10 indoor throwers in Bergen County history.

And just as quickly as Mozia had soared, he tanked, with throws of 48-7½, 49-6 and 49-6¼ in three of his next four meets.

"I went through everything in my mind and I said 'I'm blowing this; I'm a mess and this isn't the way I wanted my senior year to end,'" said Mozia, the North Jersey Boys Indoor Track Athlete of the Year.

The bottom fell out after the third bad meet, when he lost to a thrower from Bayonne who never had beaten him before.

"I thought I was the worst thrower of all time after that," said Mozia, who stormed out of practice a day or two later. "I promised myself I'd never do this again. The pressure of trying to reach 60 feet was getting to me."

Hackensack coach Jim Levitzke approached Mozia and calmed him down.

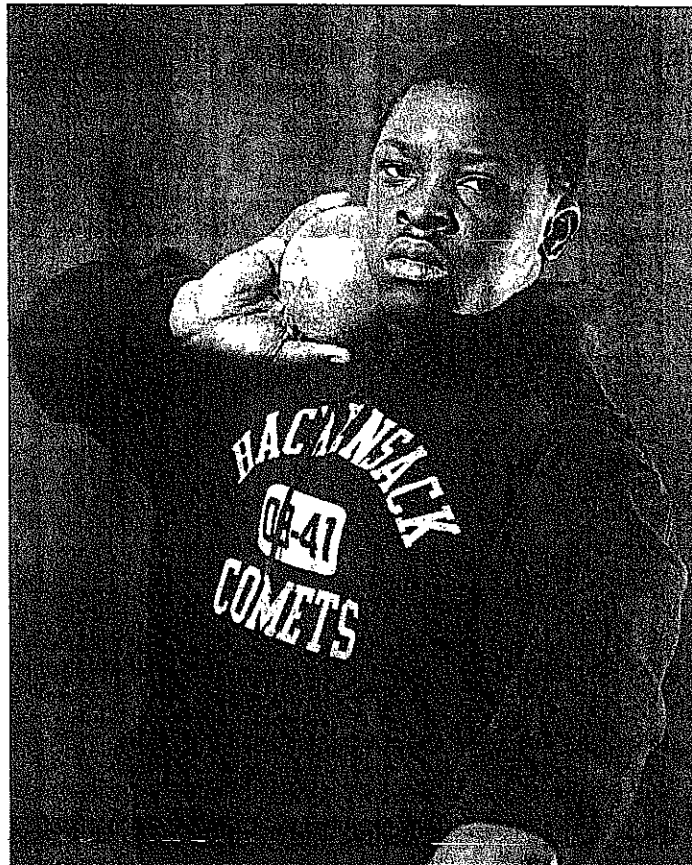
"He told me to forget the shot; that the discus was really my best event and that I had to slow myself down, relax and just work on my shot-spin technique to help my discus," said Mozia, who was fourth in the State Meet of Champions discus last spring.

But when the mid-January funk was out of his system, Mozia made a vow about the shot.

"I started to say, not that I wanted it to happen, but that it *had* to happen and that I *have* to throw far, not I want to throw far."

And the consistency that had eluded Mozia in the past began to happen.

First came a 57-2 at the Bergen



MICHAEL KARAS/STAFF PHOTOGRAPHER

Hackensack shot putter Stephen Mozia demanded more of himself after three disastrous meets early in the season.

tive meets with throws ranging from 57-6 to 58-8. Then came the Garfield Classic.

After reaching the finals, he nailed a 62-4, the second longest throw in Bergen history and one of the top-10 throws in the country during the winter.

From that point, he rolled: second place in the State Meet of Champions (59-7), second in the Easterns (a career-best 62-11½) and sixth in the New Balance Nationals (61-5½).

"I've grown up so much this year," Mozia said. "I would complain about the circle; I would complain about using a bad shot, and I realized I have to own my throws and make no excuses."

And his world changed.

like Arkansas, Connecticut and Virginia started recruiting me hard, and I really liked all of them," said Mozia, who last week chose the school that had pursued him the longest, Cornell. "But Cornell's the place for me."

Now he looks forward to spring and his first (and still best) love, the discus. He has thrown 177-9, 10th on the Bergen list, with two-time Olympian Mike Buncic's 31-year-old record of 189-2 not far away and 200 feet a distinct possibility.

"I'm not going to blow off the shot, because it's become a good friend," Mozia said. "But the discus is my event. I can't wait for the spring relays because we're going to have an amazing throws team."

ALL-BERGEN COUNTY GIRLS TRACK



Myasia
Jacobs
Paramus Cath.



Mel Lewis
Midland
Park



Kim
Nagotko
Mahwah



Victoria
Mold
Mahwah



Jen
Pash
IHA



Nancie
Sophias
Fort Lee



Katelyn
Ary
Demarest



Hanako
Shigenobu
Ridgewood



Caroline
Davidson
Ridgewood



Erin
Thompson
IHA



Theresa
Picciallo
IHA



Stephanie
Encarnacion
Ridgefield Pk.



Talasiah
Balgoban
Teaneck



Melissa
Esposito
Saddle Brk.



Kayla
Polcari
Ridgewood



Sarah
DeVita
Ridgewood



Gabriela
Sloezen
Westwood



Dana
Bianchi
Westwood



Rebecca
Fasano
Westwood



Michelle
Cascio
Westwood



Micaela
McPadden
Ridgewood



Haley
Wodenshek
Ridgewood



Coach George
Glover
Westwood

First team

55: MYASIA JACOBS, Paramus Catholic, jr.

It was a short season for the three-time All-Bergen star, but a successful one. She won five titles in five meets — at the Hispanic Games, Non-Public A, State Meet of Champions, Eastern States and New Balance Indoor Nationals.

55 HH: MEL LEWIS, Midland Park, sr.

The repeater won three hurdles titles in North 1, Group 1, Lou Molino and Bergen meets, was second in Group 1 and the North Jersey Invitational, and fourth in the Spiked Shoe Holiday Festival.

300: KIM NAGOTKO, Mahwah, sr.

She won the Bergen and Lou Molino races, was second in the Big North Patriot and won North 1, Group 2 and the Patriot 55.

400: VICTORIA MOLD, Mahwah, sr.

She ran the fastest 400 in North Jersey this year in winning Bergen, and won North 1, Group 2 and took sixth in Group 2.

400: JEN PASH, IHA, jr.

She was fifth in the Varsity Classic and second in Non-Public A, and won the Big North United 55 and 300 and Spiked Shoe Holiday Festival 200.

600: NANCIE SOPHIAS, Fort Lee, sr.

She won the Ridgewood Winter Games and Big North American titles, and took second in the Tom Zacccone, North Jersey Invitational and Bergen.

800: KATELYN ARY, Demarest, sr.

She came back from a devastating knee injury suffered in October 2009, and had wins in North 1, Group 3 and Bergen. She also won the Big North National 600.

1,000: HANAKO SHIGENOBU, Ridgewood, jr.

She breezed to wins in the Big North United and Bergen County races, and with a fourth-place finish at Dartmouth, she had the three fastest North Jersey performances in the event.

1,600: CAROLINE DAVIDSON, Ridgewood, jr.

An excellent cross-country season led to a similar indoor track season, with wins in the Big North United and Bergen meets, and thirds in North 1, Group 4 and Spiked Shoe Holiday Festival.

3,200: ERIN THOMPSON, IHA, sr.

She ran the 10th fastest time in Bergen history and won the Big North United and Varsity Classic.

Shot put: THERESA PICCIALLO, IHA, jr.

One of the most stellar seasons for a shot putter in New Jersey came to an end with a fifth-place finish in the New Balance National Indoor Championships. Before that she won Big North United, Non-Public A, State Meet of Champions, Eastern States and Track Universe titles.

High jump: STEPHANIE ENCARNACION, Ridgefield Park, sr.

She won Big North A triple, long and high jumps, then took the Garfield 3 title; North 1, Group 2; Group 2 and Bergen titles. Only six area jumpers have jumped higher than 5-4 indoors.

Long jump: TALASIAH BALGOBAN, Teaneck, fr.

She had quite a debut, clearing 5-4 in the high jump, winning the Big North United long jump, and taking second in Bergen, 10th in Eastern States.

Triple jump: MELISSA ESPOSITO, Saddle Brook, jr.

Esposito did well in some of the FDU and Track Universe developmental meets, but earned her

spot with a North Jersey-leading 35-2¼ to win Bergen by nearly 6 inches.

Pole vault: KAYLA POLCARI, Ridgewood, sr.

With five titles, including the Dartmouth, Marine Corps Holiday Festival, Varsity Classic, Big North United and Bergen, Polcari is a repeat selection.

Pentathlon: SARAH DEVITA, Ridgewood, sr.

She won Bergen for the second straight year, and with a seventh-place finish in the Nationals with 3,267 points, she broke the Bergen record.

4-x-400 relay: WESTWOOD (Gabriela Sloezen, Rebecca Fasano, Dana Bianchi, Michelle Cascio)

The girls won seven big titles, including the Season Opener, Bergen Relays, Big North American, North 1, Group 1; Lou Molino; Bergen and Group 1.

4-x-800 relay: RIDGEWOOD (Hanako Shigenobu, Micaela McPadden, Haley Wodenshek, Caroline Davidson)

The Maroons didn't place in Eastern States, but their 9:37.21 in that meet, along with a win in the Tom Zacccone, a second in the Spiked Shoe Holiday Festival and a third at Dartmouth, earned their selection.

Coach of the Year: GEORGE GLOVER, Westwood

The Cardinals won North 1, Group 1 and Big North American titles..

Second team

55: Jordyn Smith, Paramus Catholic, junior

55 HH: Gina Carlino, IHA, junior

300: Katie Johnston, Indian Hills, senior

600: Cat McQuade, River Dell, senior

800: Samantha Cannillo, Pascack Valley, junior

1,000: Maureen Crimmins, Holy Angels, senior

1,600: Caroline Morano, IHA, sophomore

3,200: Jen Molke, Holy Angels, senior

Shot put: Apresha Hampton, Teaneck, senior

High jump: Ali Giordano, Waldwick, junior

Long jump: Brianna Setnitzky, Pascack Hills, junior

Triple jump: Marissa Romano, Has. Heights, senior

Pole vault: Carolyn Edler, Mahwah, junior

Pentathlon: Brielle Sutter, Saddle Brook, senior

4-x-400 relay: Teaneck (Kahlia Taylor, Aria Atkinson, Ashley Barker, Janay Ferrel)

4-x-800 relay: Westwood (Gabriela Sloezen, Dana Bianchi, Corinne Myers, Meghan Kocher)

Third team

55: Kahlia Taylor, Teaneck, junior

55 HH: Danielle Pena, Ridgefield Park, senior

300: Coral Hershkovitz, Tenafly, senior

400: Jenn Nass, Hasbrouck Heights, senior

600: Sam Schlieger, River Dell, sophomore

800: Allison Torsiglieri, Tenafly, junior

1,000: Alex Arnold, Rutherford, senior

1,600: Rebecca Fortoul, Hasbrouck Heights, junior

3,200: Brittany Day, Demarest, sophomore

Shot put: Jill Hudson, River Dell, senior

Shot put: Leonora Paul, Hackensack, senior

High jump: Haley Roche, Ridgewood, senior

Long jump: Taylor Clarkson, Indian Hills, senior

Triple jump: Jen Capone, IHA, junior

Pole vault: Danielle Wankmuller, Pas. Hills, senior

Pole vault: Madison Lucas, Old Tappan, junior

Pentathlon: Jaclyn Allegretta, Hackensack, junior

4-x-400 relay: Ridgewood (Micaela McPadden, Maura Feeney, Caroline Davidson, Hanako Shigenobu)

4-x-800 relay: Old Tappan (Sharon O'Reilly, Maggie Loudon, Cortney Weissenborn, Alexandra Valls)

Honorable mention

Melanie Negron, Bergenfield; Jeany Carrillo and Michelle Okereke, Bergen Tech; Ashley Randall, Cliffside Park; Meghan Dolan, Kathyn Hirsch and Tra Menezes, Demarest; Kerianne Conner, Dumont; Olivia Guidara and Libby Ward, Dwight-Englewood; Janiene Palmer, Englewood; Anne Kavalichuk and Marissa Piazza, Fair Lawn; Sophia Lupino, Fort Lee; Jasmine Fernandez, Tira Jamison and Breonah Toon, Garfield; Taylor Martin and Ori Obelle, Hackensack; Mikki Inglesy and Rayne Moses, Hasbrouck Heights; Kelsley Broomfield, Kelsey Burnett, Amanda Garcia and Ashley Stryko, Holy Angels; Kaylyn Bacha, Jacqueline Feldman, Rachel Lotterman, Megan Schlosser and Shaye Wisse, IHA; Sydney Coughlin, Kristie Garfney and Jamie Pepper, Indian Hills; Alyssa Angelo, Gena Pickett and Melinda Rothman, Mahwah; Jade Tootie, New Milford; Taylor Summers, Northern Highlands; Erica Canas, Hannah LaFronz, Maggie Loudon, Sharon O'Reilly and Sydney Walsh, Old Tappan; Jolie Barner, Lindsay Lucas, Jessica

Teams selected by Bergen County Women's Coaches Association

Reuveni and Ashley Roessler, Paramus; Angela Harrison and Eriah Yedon, Paramus Catholic; Kristen Gray and Ashley Mannitt, Park Ridge; Kayla Bergen, Christa Molod, Danielle Wagner and Kelsey Witt, Pascack Valley; Lisa Anderson, Nicole Cravells, Victoria Pesto, Kelly Redl, Kaitlin Stober and Katie Vernon, Ramsey; Vicky Weiss, Ridgefield; Iliana Brown, Miri Devita, Briana Fischer, Emily Fishbein, Moriah Jennings, Grayson Lierandi, Michela McPadden, and Haley Wodenshek, Ridgewood; Carlyn Gallagher and Jamie Woods, River Dell; Shannon Roberts, Saddle Brook; Aria Atkinson, Ashley Barker, Janay Ferrel and Amanda Simms, Teaneck; Jessica Andrie and Patty McHugh, Waldwick; Dana Bianchi, Michelle Cascio, Sabrina Castle, Alexandra Cirino, Rebecca Fasano, Meghan Kocher, Alyssa Milazzo and Gabriela Sloezen, Westwood; Demarest, Hasbrouck Heights, Holy Angels, IHA, Indian Hills, River Dell and Tenafly 4-x-400 relays; Demarest, Fort Lee, Holy Angels, IHA, Pascack Valley, Ramsey, River Dell and Tenafly 4-x-800 relays.

GIRLS TRACK TEAM OF THE YEAR: RIDGEWOOD

Maroons find the perfect mix

By **PAUL SCHWARTZ**
STAFF WRITER

Mike Mullin was disappointed that the 2010-11 indoor track schedule didn't allow the Ridgewood girls team to compete in one of its favorite events, the North Jersey Invitational.

But the Maroons had other titles to win. With a combination of stars, maturing youngsters and veterans, they dominated the races for the Big North Freedom championship and the Bergen County Relays large schools title and were an easy choice for the North Jersey Girls Indoor Track Team of the Year.

"This team really came together," the veteran coach said. "We had some great kids coming back and then we had some other people step up. It was a great season."

The key victory of the year

came in the large school Bergen County Relays, which were postponed for two days because of one of numerous snowstorms this winter. That postponement cost the Maroons one of their stars, All-Bergen pole vaulter Kayla Polcari, who had a previous commitment, and when they were disqualified after apparently winning the sprint medley, Mullin was more than concerned.

"Without Kayla in the vault and after the DQ in the sprint medley, we were very disappointed," said Mullin. "This is the ultimate team meet of the winter and we thought it would be tough to dethrone [three-time champion] IHA after that."

But within 30 minutes of the DQ, the distance medley, high jump and pole vault came in quick succession, and two wins and a second place later the Maroons were on their way to

an easy victory.

Ridgewood had four All-Bergen athletes: Polcari, pentathlon champ Sarah DeVita (who is among the best hurdlers and high jumpers in the County), 1,600-meter selection Caroline Davidson and 1,000-meter runner Hanako Shigenobu.

"Sarah DeVita is a great leader, who did great in all of her events," Mullin said. "Kayla has been the best in the County at the vault for two years, and Hanako gives us great versatility from 400 to 1,600 meters. And I've never seen Caroline compete with the fierceness she did this year."

Mullin also pointed to senior jumper Haley Roche, sophomore vaulter Mimi DeVita and senior middle distance runner Haley Wodenshek for key improvement and leadership.

"Those kids really stepped up and gave us great depth," said Mullin.

GIRLS TRACK ATHLETE OF YEAR: MYASIA JACOBS, PARAMUS CATHOLIC

The world is her oyster; N.J. too

By **PAUL SCHWARTZ**
STAFF WRITER

In the nine months since Myasia Jacobs was named the North Jersey Girls Track Athlete of the Year, she:

- Went to Singapore for the first World Youth Olympics, where she earned a gold medal on the relay after taking silver in the 100 meters.

- Broke her Bergen County 55-meter-dash record in winning her first indoor meet of the season and established a U.S. leading time that was never beaten this winter.

- Traveled 17 hours each way to/from Osaka, Japan, and won a 60-meter dash against athletes from Japan and Germany as part of a U.S. National team; set a state record in the event.

- Came home and completed an undefeated season in the 55- and 60-meter dashes, which included lowering her Bergen County 55 record and her state 60 record and winning her first indoor State title and first high school national championship.

- Earned the North Jersey Girls Indoor Track Athlete of the Year honor.

- Finally became serious about sprinting.

For Jacobs, a junior at Paramus Catholic, the trip to Singapore as part of her first national team opened her eyes to what she'll have to do to reach her bigger dreams of World Championship and Olympic gold.

"It was a reality check to be on the national team," said Jacobs, who has won four outdoor State titles in her first two years of track. "The coaches told us that we have to take our gifts and work that much harder, and I want to do that."

"I used to not take every practice seriously, and I could get away with that in the past," said Jacobs.



LESLIE BARBARO/STAFF PHOTOGRAPHER

Myasia Jacobs of Paterson enjoying the moment, with national championship and Youth Olympics medals in tow.

"But I have to be more of a role model and a leader because all eyes are on me now. I have to watch what I say and do."

One of the signs of Jacobs' increased dedication to her sport was her lack of a major celebration when she won the national 60-meter title two weeks ago in New York.

"I wanted to jump up and down on the track because winning the national championship is something special," said Jacobs, who ran 7.37 for the 60 meters.

"But I don't like to show anyone else up."

One thing she enjoyed about winning the national title was when a third-grader came up to her at the Armory and asked to have her picture taken with her hero.

"I'm like her role model, and

that really touched me," said Jacobs.

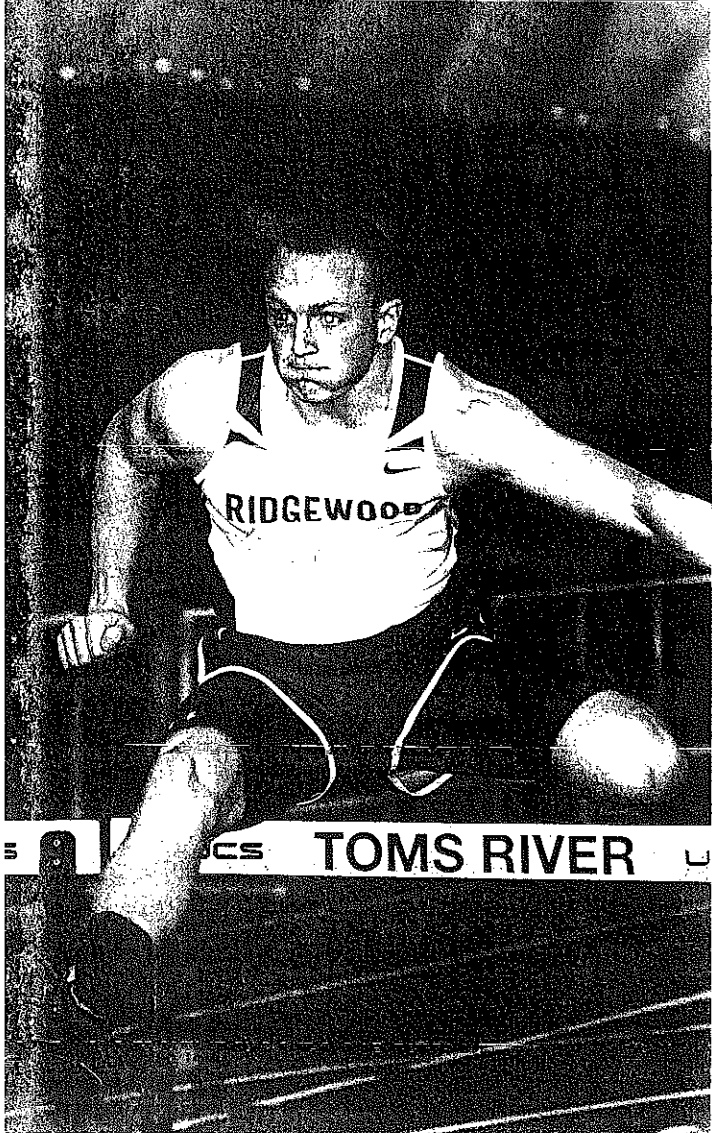
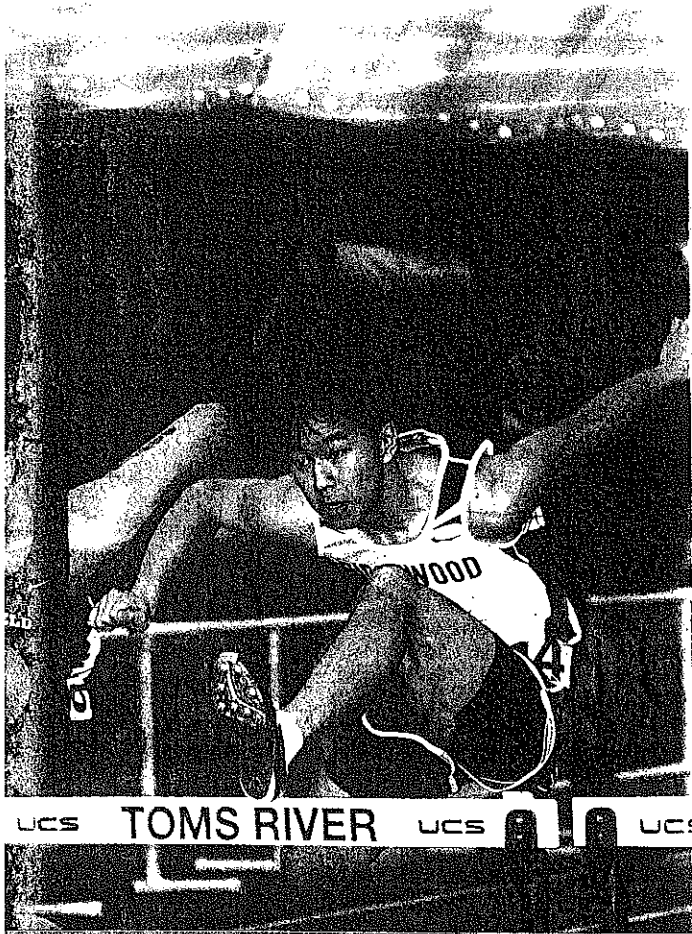
But in school she remains a regular student, with the nickname of "Smiley" for the perpetual smile that seems to crease her face.

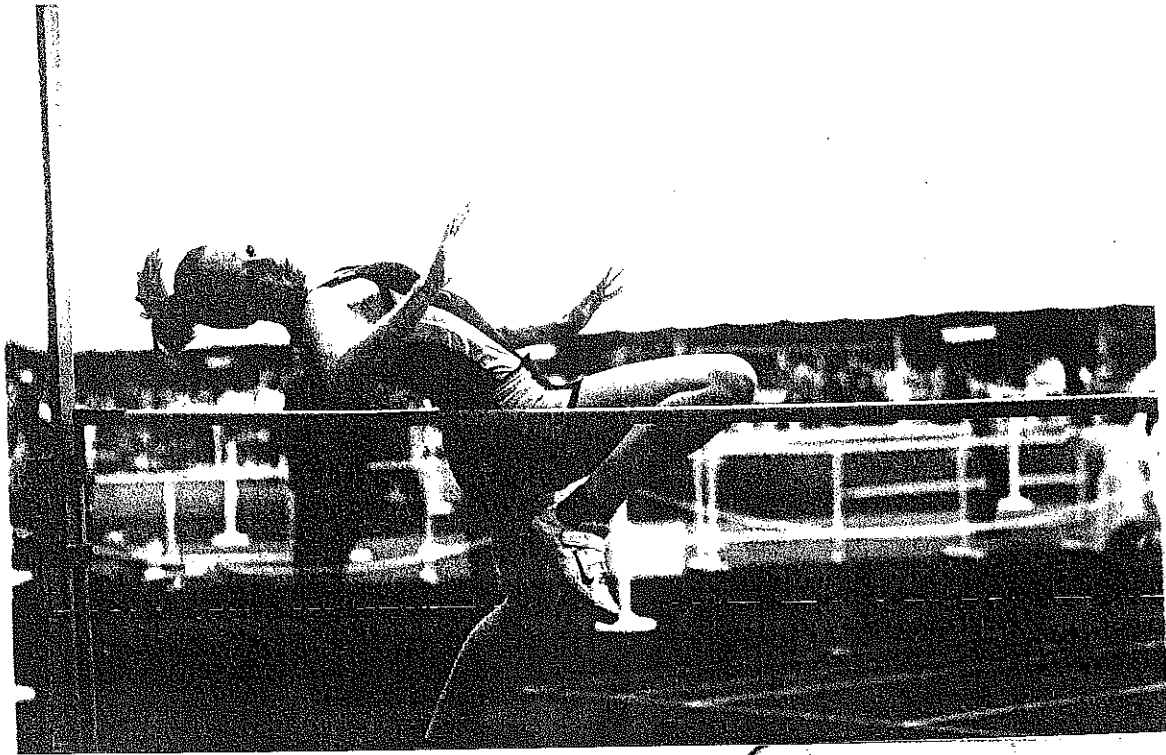
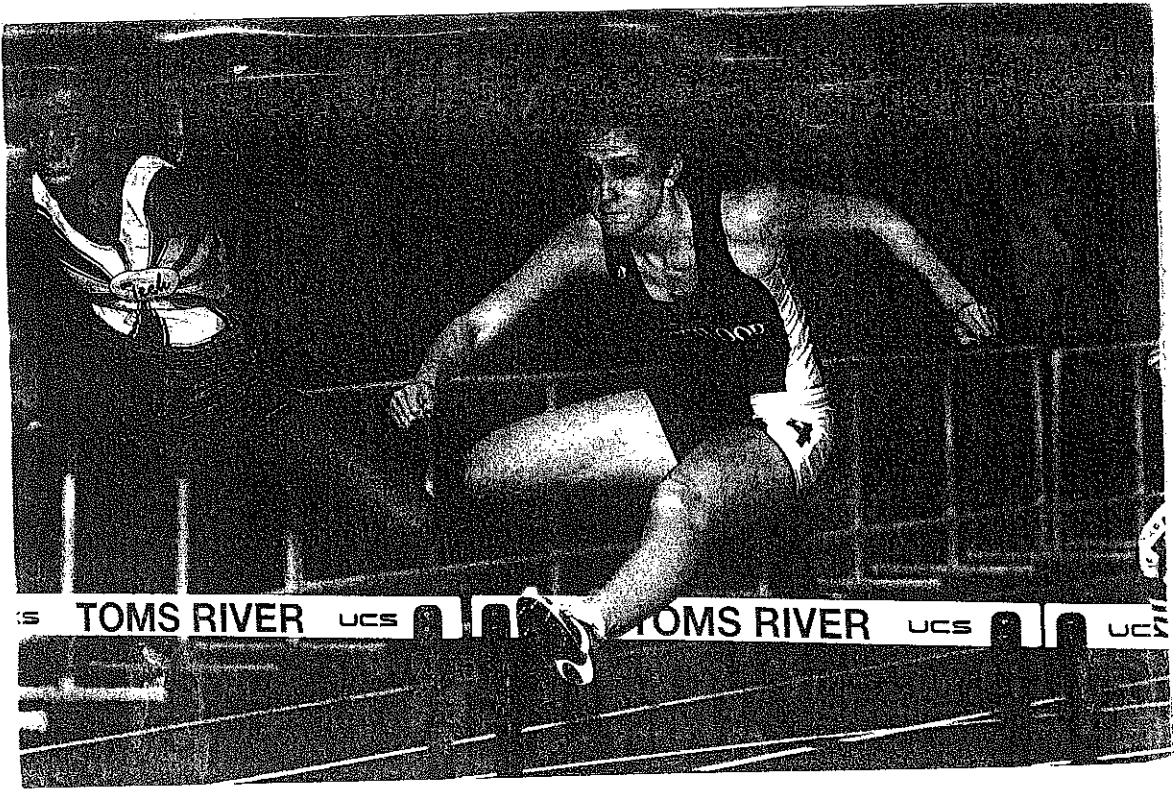
And the shy eighth-grader from Paterson, who made her first mark in the Junior Olympics in Detroit three summers ago, still is shy today, but behind that is a maturing international youth star with a passport gaining stamps regularly and someone who can see her future more clearly.

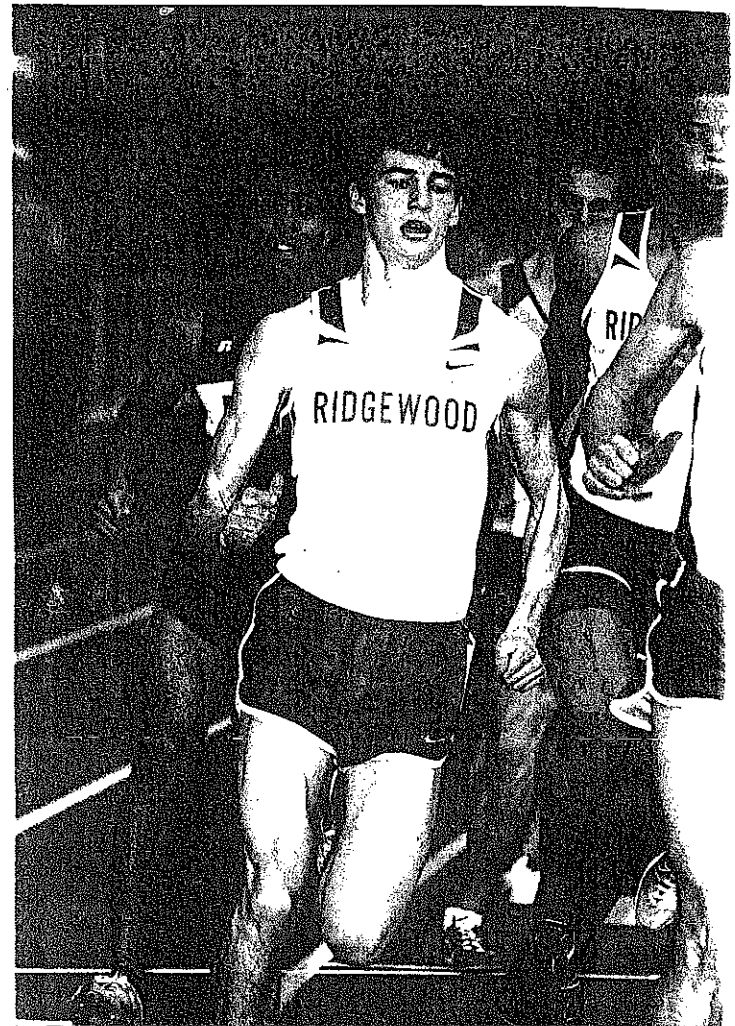
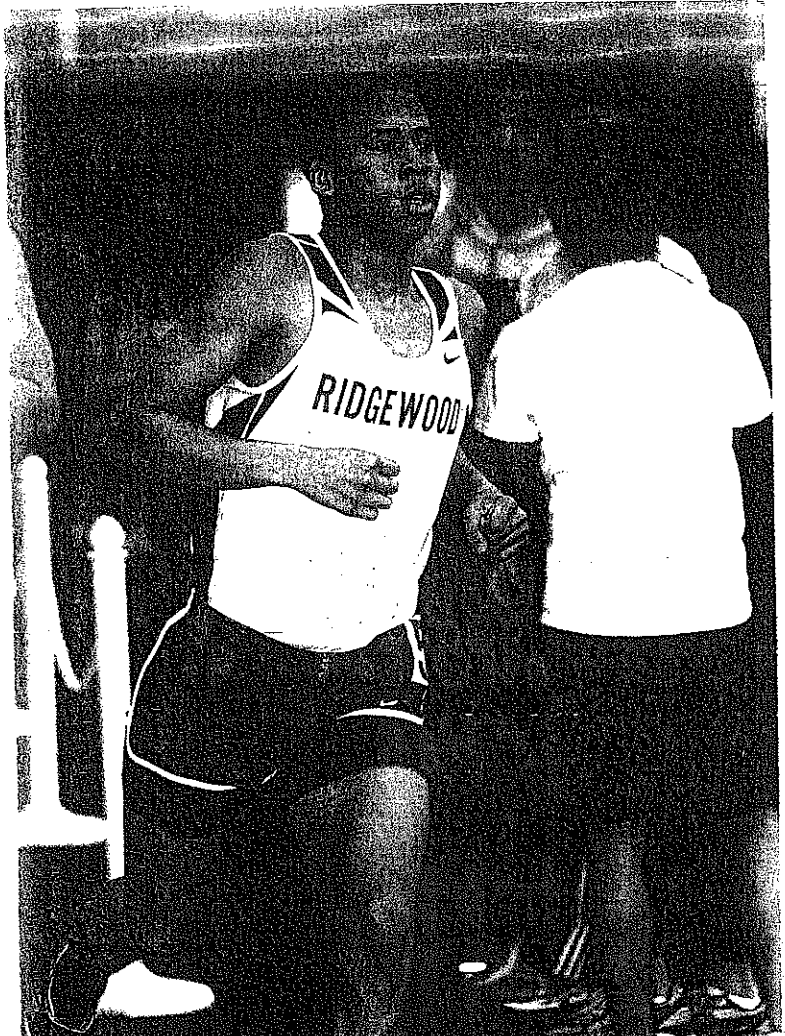
But she's still a typical high school girl.

"I took a week off after winter to catch up on my homework, but now I'm ready for spring," said Jacobs.

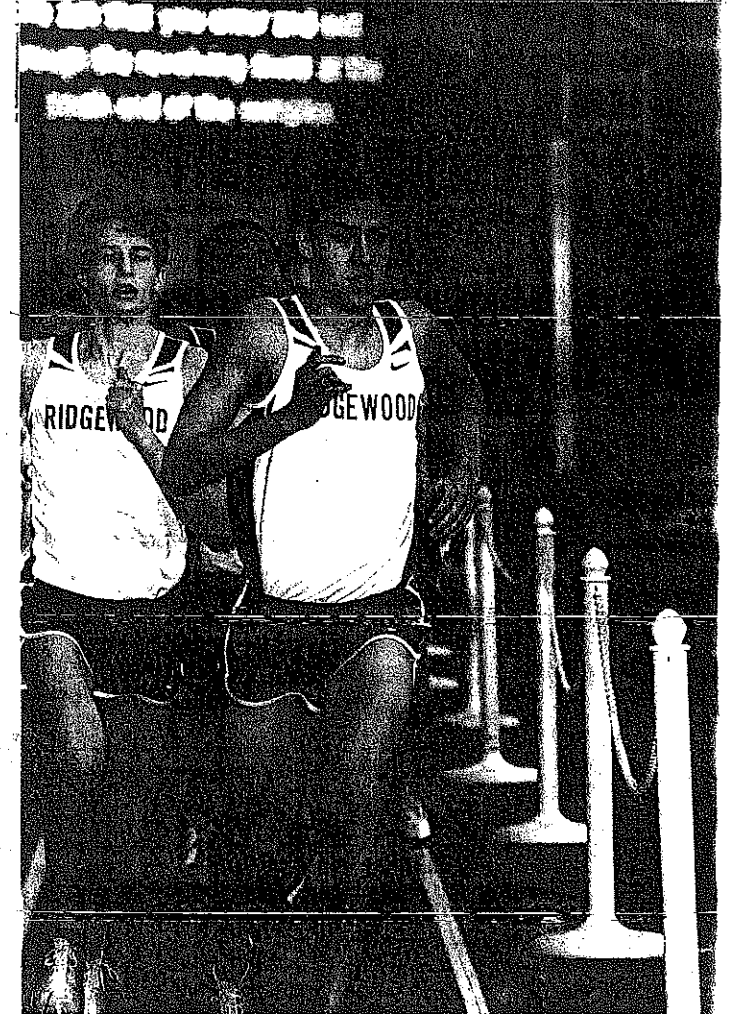
What will the next nine months bring?

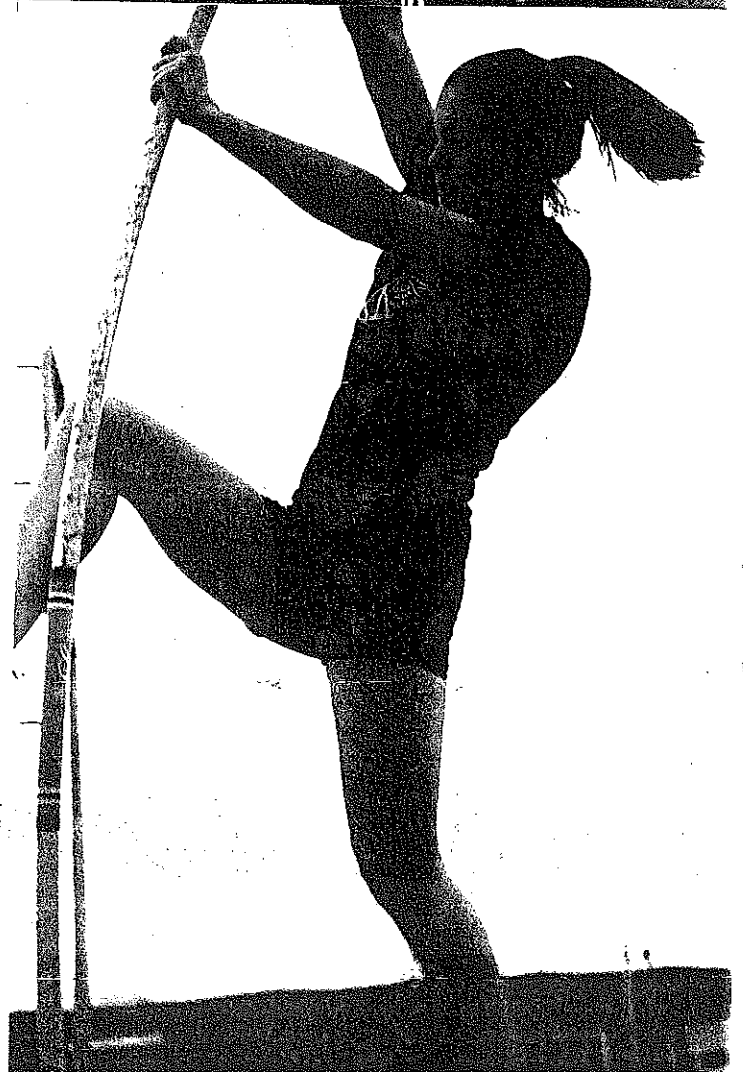


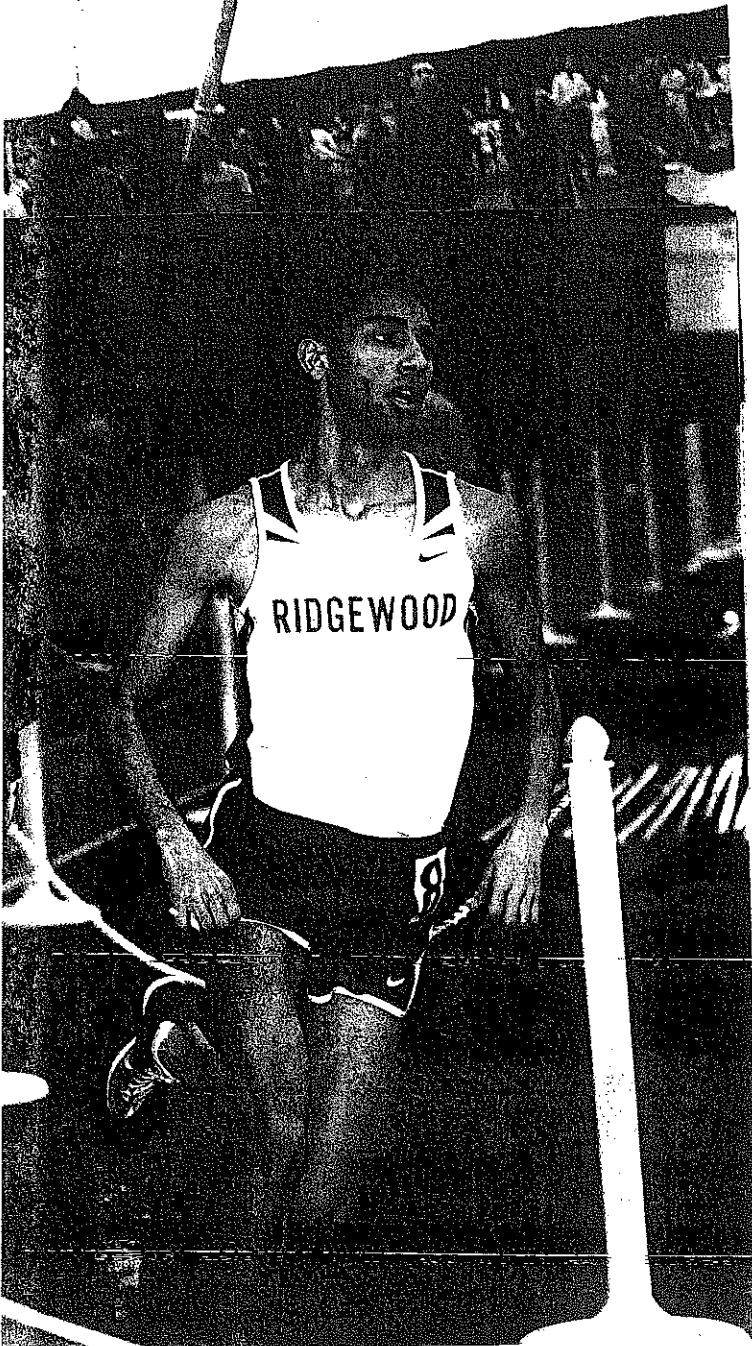
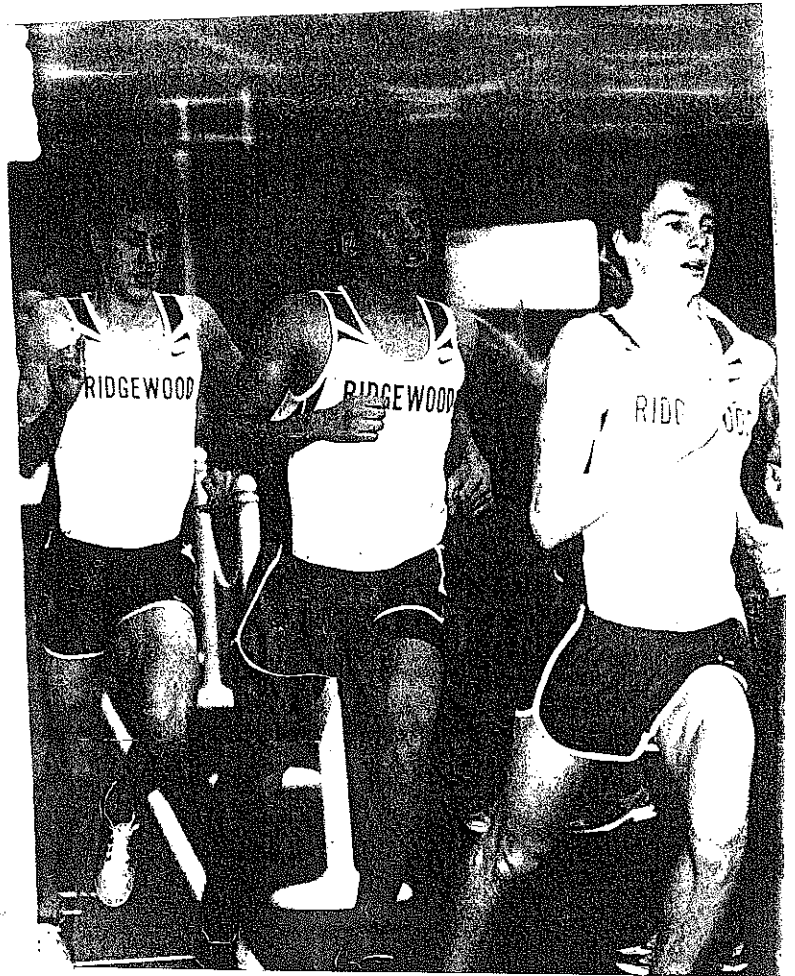
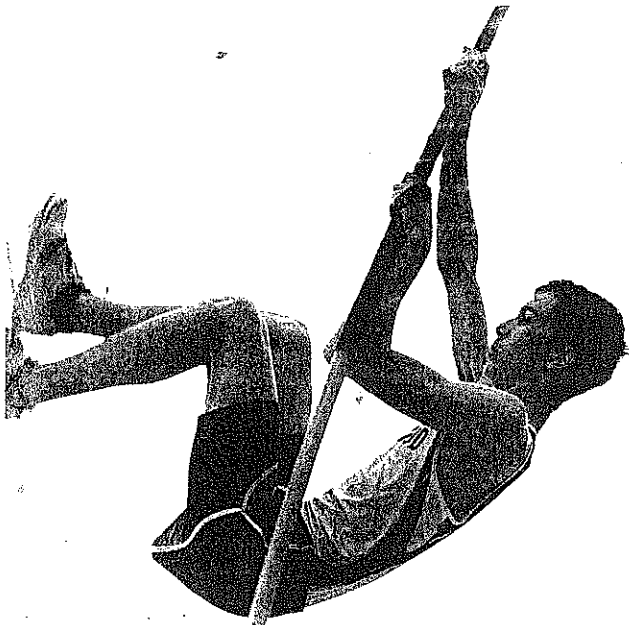


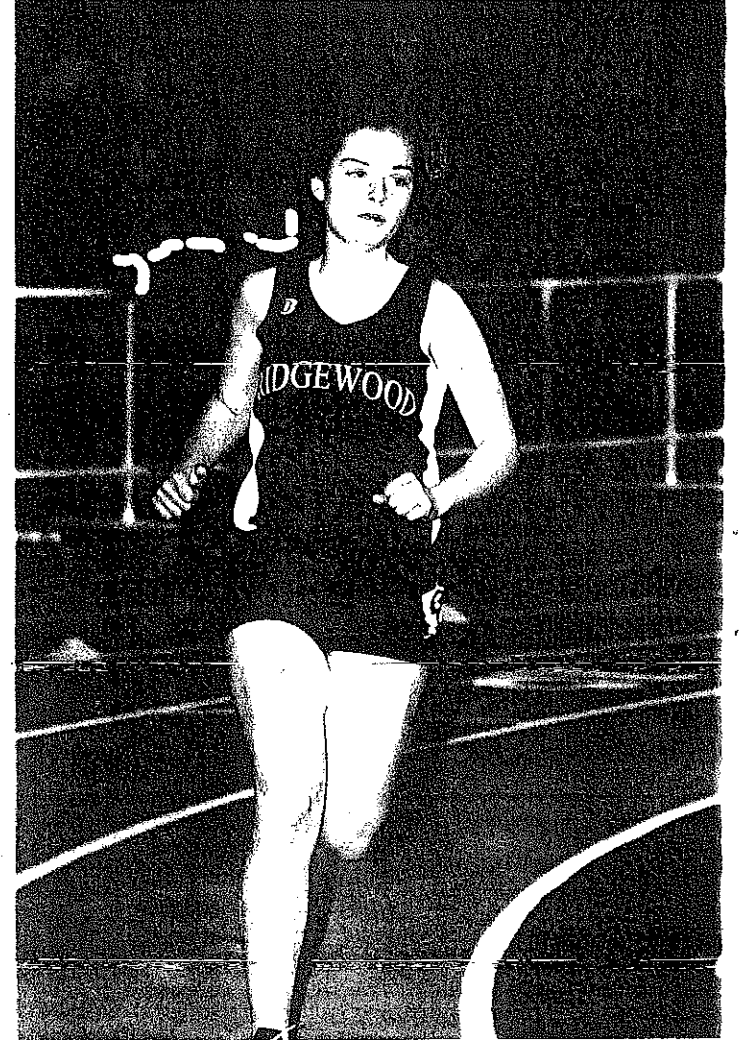
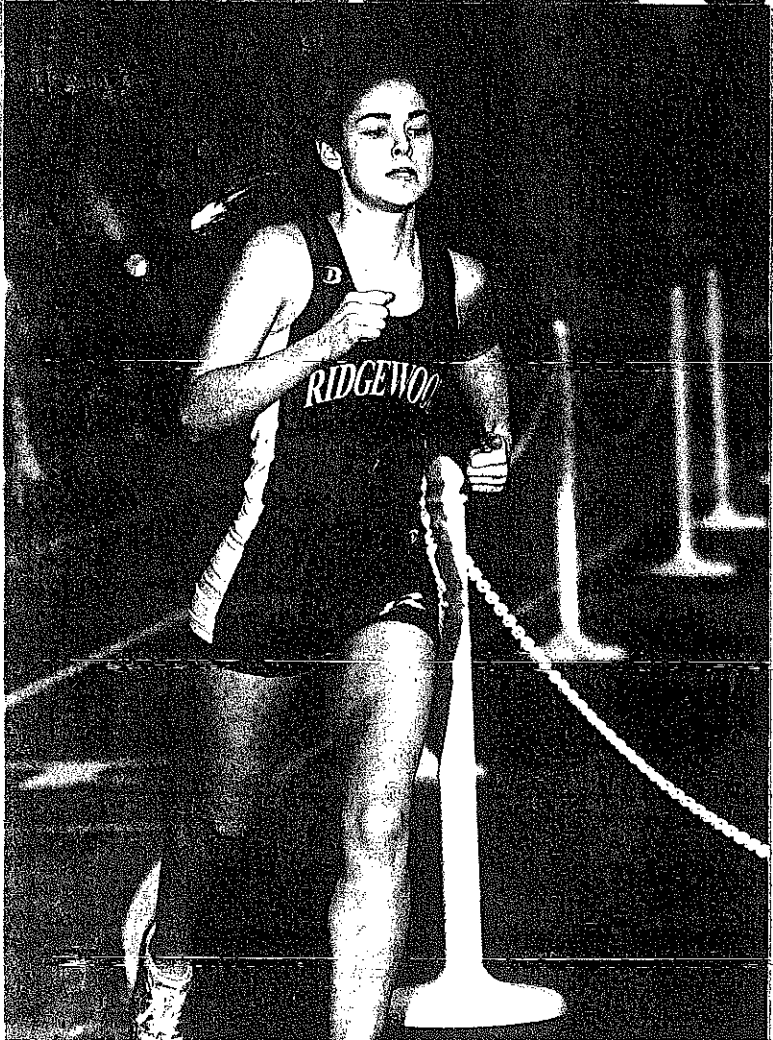
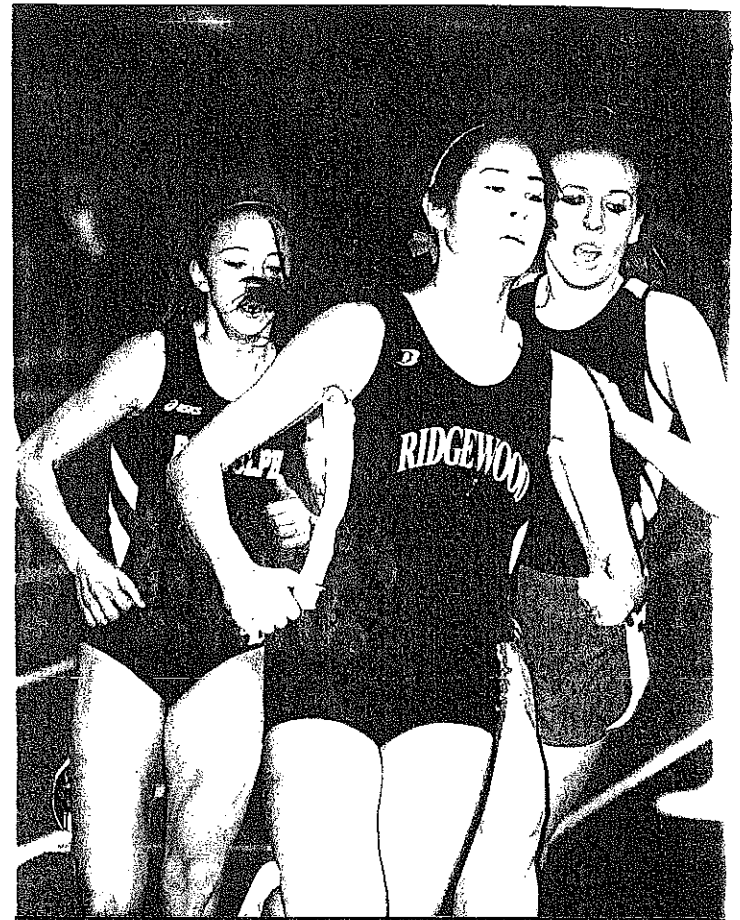
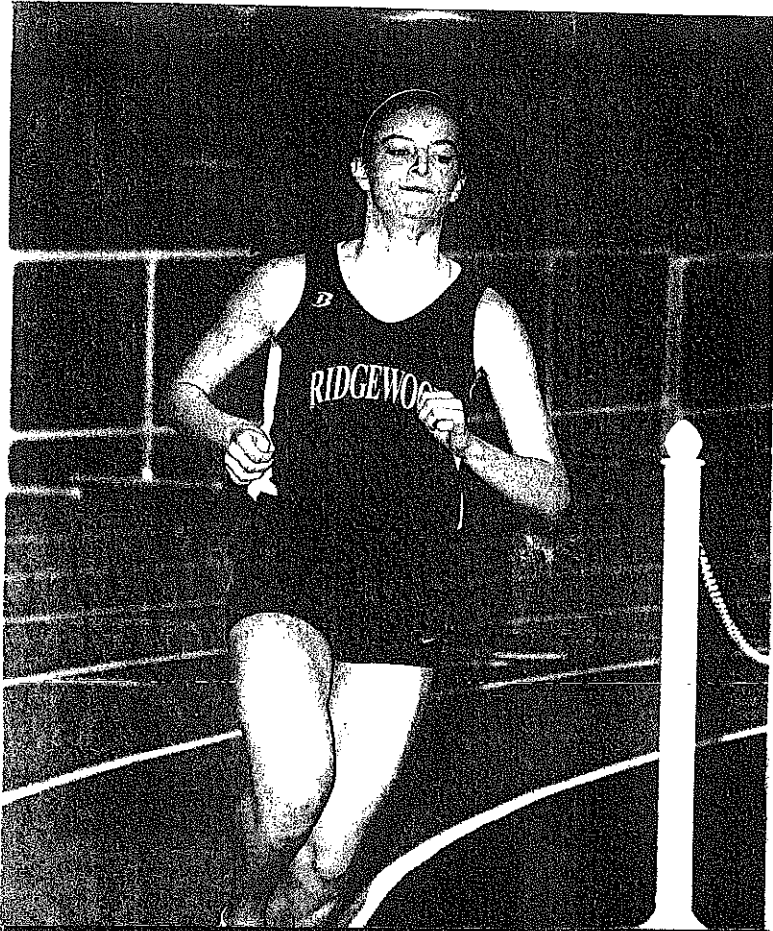


...and the weather and the
...the morning...
...end of the season.









Ridgewood Boys Track and Field Indoor Records

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yd dash (55m)	6.5	P. McGillicuddy Chris Zeigler	1971 2007	168 Armory
100yd dash	10.8	Ralph Jones	1971	168 Armory
200m dash	23.0	Akira Monri	2008	168 Armory
300yd dash	32.9	Matt Krever	1991	RCC
300m dash	35.8	InSoo Hwang	2010	168 Armory
400m dash	50.31	Tim Geckler	1989	Annapolis
500m	69.6	Charles Cortellesi	1983	West Point
600yd	1:15.5	Tim Geckler	1989	Princeton
600m	1:21.4	Josh Kauke	2000	168 Armory
800m	1:54.1	Josh Kauke	2000	168 Armory
1000yd	2:17.4	John Parisi	1983	Princeton
1000m	2:30.4	Niall Buckley	2007	168 Armory
1500m	4:00.4	Bob Keino	1993	FDU
1600m	4:21.9	Mike Cator	2006	168 Armory
Mile	4:14.31	Bob Keino	1994	Mad Sq Garden
Mile walk	8:36.0	Ed Landers	1985	RCC
3000m	8:25.28	Bob Keino	1993	Princeton
3200m	9:18.11	Bob Keino	1994	Princeton
55m HH	7.3	Rich Wankmueller	1975	
Shot Put	54'9"	Eric Bryant	1981	Saddle Brook
Long Jump	23'5 1/2"	Craig Halyard	1989	Annapolis
High Jump	6'8"	Tom DeVita	2009	168 Armory
Triple Jump	49'6 1/2"	Craig Halyard	1989	Princeton
Pole Vault	15'0"	Gabe Knutson	2004	168 Armory
Pentathlon	3259 pts	Gabe Knutson	2004	168 Armory
4 x 55 m HH	30.7	Nagano-Gerace/Moody Monri/Pierce	2006	168 Armory
4 x 200m	1:32.9	Monri/Ontiveros/ P.Nygaard/Zeigler	2007	168 Armory
4 x 400m	3:25.21	Zeigler/Ontiveros/ Trautwein/Buckley	2007	168 Armory
4 x 800m	7:52.16	Buckley/Onwubu Cator/Williams	2005	168 Armory
4 x 1 mile	17:45.19	E.Nygaard/ Cator/ Maher/Zamir	2004	168 Armory
Sprint Medley (2-2-4-800m)	3:31.10	Cooper/Dolgin DiPasquale/Kauke	2000	168 Armory
Distance Medley (12-4-8-1600m)	10:17.39	Jennings/Schoff Llinas/Rynkowski	2011	168 Armory
Shot Put Relay	133'4"	Laborde/Pfund/Phillips	1984	St. Josephs
Shot Put (2 man)	97'3"	Kearns/Bryant	1981	Paramus Cath
High Jump Rel	12'2"	Davis/Roseenbach	1995	Princeton
Triple Jump Rel	84'9 3/4"	Hong/Halyard	1987	RCC
Long Jump Rel	40'10 1/2"	Hong/Darrow	1987	RCC
Pole Vault Rel(3 man)	31'6"	Karl/Novcka/Boyland	1979	RCC
Pole Vault Rel (2 man)	24'6"	Ricciardi/Jensen	2005	168 Armory

Girls Winter Track and Field Records

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yd dash (55m)	7.2	Erica Cigolini	2007	168 Armory
100yd dash	12.0	Sue Davis	1976	168 Armory
200m dash	26.10	Erica Cigolini	2007	168 Armory
300yd dash	37.25	Virginia Figlar	1987	Harvard
300m dash	40.8	Alice Wisener	2007	168 Armory
400m dash	57.94	Virginia Figlar	1987	Yale
600yd	1:24.58	Virginia Figlar	1988	Harvard
600m	1:36.6	Cristina Law Kate Michel	2007 2008	168 Armory 168 Armory
800m	2:16.55	Cristina Law	2007	Toms River
1000yd	2:32.7	Margaret Scutro	1985	RCC
1000m	2:47.44	Margaret Scutro	1985	Byrne Arena
1500m	4:33.35	Margaret Scutro	1985	Yale
1 mile	4:56.53	Margaret Scutro	1985	Dartmouth
3000m	10:03.12	Jennifer Hughes	1988	Yale
2 mile	10:40.8	Patti Mileski	1983	Harvard
55m HH	8.2	Lara-Jane Que	2007	168 Armory
Shot Put	37'3 1/2"	Shyana Brown	1998	Garfield
Long Jump	18'11"	Jen McDermott	1989	Harvard
High Jump	5'8 1/4"	Becky Deetz	1974	Syracuse
Triple Jump	37'6"	Jen McDermott	1989	Harvard
Pole Vault	12'3"	Kayla Polcari	2011	168 Armory
Pentathlon	3267pts	Sarah DeVita	2011	168 Armory
4 x 55m HH (4 hurdles)	32.4	Que/Barr/ Wisener/Martinez	2007	168 Armory
4 x 55m HH (5 hurdles)	34.14	Martinez/Law/ Wisener/Que	2007	168 Armory
4 x 200m	1:45.28	Que/Cigolini/ Barr/Wisener	2007	168 Armory
4 x 400m	4:01.7	Barr/Conheeny/ Wisener/Law	2007	168 Armory
4 x 800m	9:22.18	Figlar/Jean Hughes Jen Hughes/Collazo	1988	Yale
4 x 1600m	22:11.5	Nowakowski/Lupo O'Connell/Terrin	2002	168 Armory
Sprint Medley (2-2-4-800m)	4:11.2	Wisener/Que Cigolini/Law	2007	168 Armory
Distance Medley 12-4-8-1600m	11:56.5	Pringle/Scutro Mileski/Mileski	1983	Yale
Shot Put Relay	66'3"	Rayevich/Eldridge	1988	Hackensack
High Jump Relay	10'2"	S. DeVita/H. Roche	2011	168 Armory
Long Jump Relay	32'4"	Bogart/Cigolini	2006	168 Armory
Triple Jump Rel.	66'7 1/2"	S. DeVita/H. Roche	2011	168 Armory
Pole Vault Relay	20'0"	K. Polcari/M. DeVita	2011	168 Armory

Bergen County Indoor Track and Field Records

Boys:

55m: 6.30 sec, by Joe Dawkins, Hackensack, 1995
200m: 21.8, by Damian Miles, Teaneck, 2008
300m: 34.3, by Garrett Kroner, Indian Hills, 2006
400m: 48.7, by Ken Sinkovitz, Bergen Catholic, 2003
600m: 1:20.0, by Ken Sinkovitz, Bergen Catholic, 2003
800m: 1:53.22, by Ken Sinkovitz, Bergen Catholic, 2003
1000m: 2:27.2, by Max Bruno, Indian Hills, 2007
1600m: 4:08.0*, by Kevin Byrne, Paramus Catholic, 1977
3200m: 8:59.7** , by Kevin Byrne, Paramus Catholic, 1977
55mHH: 7.35, by Darius Pemberton, Hackensack, 1993
High Jump: 6'10 ¾", by Darius Pemberton, Hackensack, 1993
Long Jump: 23'7 ¼", by Darius Pemberton, Hackensack, 1992
Triple Jump: 49'6 ½", by Craig Halyard, Ridgewood, 1989
Pole Vault: 15'0", by Gabe Knutson, Ridgewood, 2004
Shot Put: 65'10", by Steve Adams, St. Joseph Regional, 1970
Pentathlon: 4,120 points, by Darius Pemberton, Hackensack, 1993
* 1 mile time; ** 2 mile time

Girls:

55m: 6.82 sec, by Myasia Jacobs, Paramus Catholic, 2011
200m: 24.99, by Anike Orimogunje, Queen of Peace, 2000
300m: 39.1, by Janine Davis, Queen of Peace, 2004
400m: 54.70, by Janine Davis, Queen of Peace, 2004
600m: 1:29.27*** , by Janine Davis, Queen of Peace, 2004
800m: 2:07.60, by Janine Davis, Queen of Peace, 2004
1000m: 2:47.44, by Margaret Scutro, Ridgewood, 1985
1600m: 4:47.32, by Jasmin Jones, Hackensack, 1987
3200m: 10:40.96, by Patti Mileski, Ridgewood, 1983
55mHH: 8.11, by Carlene Cummings, Englewood, 1998
High Jump: 5'9", by Cheryl Burdick, Ramsey, 1999
Long Jump: 19'1 ¼", by Carlene Cummings, Englewood, 1998
Triple Jump: 40'9 ¾", by Carlene Cummings, Englewood, 1998
Pole Vault: 12'3", by Kayla Polcari, Ridgewood, 2011
Shot Put: 48'6 ½", by Kelly Fazekas, Demarest, 2003
Pentathlon: 3267 points, by Sarah DeVita, Ridgewood, 2011
*** National Record

