

*Ridgewood Boys Spring
Track and Field*

2012

2012 Season Summary

Ridgewood	122	Paramus	18
Ridgewood	121	Bergen Tech	19
Ridgewood	70	Hackensack	70
Ridgewood	101	Teaneck	39

County Relays.....2nd Place

Big North Div 3.....Champions

County Group A.....2nd Place

State Sectional.....Champions

Three Time State Sectional Champions!

Boys Spring Track and Field Roster - 2012

Frosh

Abernethy, Connor
Armatas, Alex
Benjamin, Matt
Byrne, Jack
Calello, Sam
Chaurasia, Akash
Del Vecchio, Aaron
Discepolo, Matt
Garcia, Emman
Jacobs, Sam
Joseph, Derrick
King, Sean
Lanza, Noah
Li, Warren
Muchel, Tom
Neuman, Max
Ng, Ryan
Norrell, Jonathan
O'Keefe, Sean
Punjabi, Armand
Ramirez, Andy
Ricatto, Henry
Salamone, Chris
Sheu, Charles
Syz, Jay
Taketomo, Edward
Tamura, Kotaro
Uzoaru, Raymond
Vehra, Osman
Ward, Kai

Sophs

Antosiewicz, Michael
Barnes, Doug
Berry, Emmett
Bonanno, Timmy
Bosch, Reece
Chan, Corey
Chapman, Luke
Choi, Yunseok
Clarendon, Bryan
Cole, James
Collins, Brian
Criscitiello, Chris
Dublirer, Luke
Errico, Robert
Fischer, Robert
Frering, David
Han, Doohee
Hartmann, Carter
Higgins, Nicholas
Johnson, Brian
Joyner, Bryce
Lierandi, Spencer
Locke, Jamal
Mallalieu, Paul
McDade, Connor
Merejo, Anthony
Migliorelli, Teddy
Moras, Andrew
Morgan, Patrick
Neville, Ryan
Pillai, Raayan
Rose, Jason
Sabatini, Jake
Sohn, Andrew
Thurlow, James
Wisener, William
Wong, Allan
Yoon, Joseph
Yoon, Sukmin
Zaorski, Andrei
Zeno, Michael

Juniors

Barnett, James
Chung, Kevin
Daniels, Brian
Davila, David
Discepolo, Nick
Downing, Dylan
Dublirer, Storm
Garrrity, Tanner
Gasiewski, Michael
Hayes, Kenny
Jones, Graham
Kagei, Shota
Kerwin, Jay
Koo, YoungHoe
Lanuto, Marco
Moras, Albert
Muller, Aaron
Ng, Ronald
O'Donnell, Michael
Ok, Dominic
Park, Harry
Park, Sean
Salamone, Nick
Schoff, Neil
Sun, Eric
Yoon, Peter
Yoon, Youngbin
Young, Vince

Seniors

Anzalone, David
Balboa, Anthony
Bartlik, Evan
Diorio, Tom
Feeney, Rory
Fishbein, Ben
French, Mark
Hwang, Inho
Jennings, Levi
Knight, James
Legg, Carl
Ransom, Kyle
Spicer, Travis
Tai, Nick

Coaches:

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

Bold = Varsity Letter Winner

<u>Name</u>	<u>Dual</u>	<u>Championship</u>	<u>Total Points</u>
Evan Bartlik (12)	64	138	202
Storm Dublirer (11)	19.75	94	113.75
Levi Jennings (12)	28.5	78	106.5
Neil Schoff (11)	25.5	68	93.5
YoungHoe Koo (11)	30	59	89
Jake Sabatini (10)	19.25	62	81.25
James Barnett (11)	31	48	79
James Knight (12)	23	52	75
Travis Spicer (12)	18	56	74
Brian Collins (10)	13	56	69
Anthony Balboa (12)	23	33	56
Allan Wong (10)	20	30	50
Nick Salamone (11)	16	27	43
Kevin Chung (11)	1	41	42
Jamal Locke (10)	15.25	21	36.25
Teddy Migliorelli (10)	6.25	28	34.25
Nick Higgins (10)	6	16	22
Doohee Han (10)	5	16	21
Brian Clarendon (10)	3	16	19
Dylan Downing (11)		19	19
David Frering (10)	7	11	18
Aaron Muller (11)	5	11	16
Patrick Morgan (10)	2	14	16
Kyle Ransom (12)	1	12	13
Mike Zeno (10)	1	11	12
Brian Daniels (11)	6	3	9
Bryce Joyner (10)		8	8
Ben Fishbein (12)	1	5	6
Sukmin Yoon(10)		6	6
Dominic Ok (11)	2.25	3	5.25
InHo Hwang (12)	5		5
Harry Park (11)		5	5
Ryan Neville (10)		5	5
Robert Fischer (11)		5	5
Ryaan Pillai (10)		3	3
Emmit Berry (10)	3		3
Mark French (12)	3		3
Connor Abernathy (9)		3	3
Nick Discepelo (11)	2		2
Shota Kagei (11)	1.25		1.25

Through State Groups

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

1. Dusty Thomas (98).....	234.00 (8 dual meets)
2. Andrew Dolgin (00).....	227.50 (8 dual meets)
3. Gabriel Knutson (04).....	211.00 (6 dual meets)
4. Dan Cooper (99).....	205.25 (8 dual meets)
5. Josh Kauke (00).....	204.00 (8 dual meets)
6. Evan Bartlik (12).....	202.00 (4 dual meets)
7. Dave Wharton (98).....	200.00 (8 dual meets)
8. John Parisi (83).....	199.25 (8 dual meets)
9. Bob Keino (93).....	189.25 (8 dual meets)
10. Jim Davis (95).....	186.00 (8 dual meets)
10. Paul Kovach (06).....	186.00 (8 dual meets)
12. Steve Robinson (98).....	183.00 (8 dual meets)
13. Bob Keino (94).....	181.50 (8 dual meets)
13. Dan Cooper (00).....	181.50 (8 dual meets)
15. Tim Geckler (89).....	174.50 (8 dual meets)
16. Andre Dolgin (99).....	173.25 (8 dual meets)
17. Bernard Mann (03).....	170.00 (6 dual meets)
18. InSoo Hwang (10).....	169.75 (9 dual meets)
19. Steven Pierce (06).....	166.50 (8 dual meets)
20. Josh Kauke (99).....	166.25 (8 dual meets)
21. John O'Neill (98).....	162.25 (8 dual meets)
22. Gabriel Knutson (03).....	162.00 (6 dual meets)
22. Akira Monri (07).....	162.00 (8 dual meets)
24. Chris Perez (02).....	160.00 (8 dual meets)
25. Craig Halyard (87).....	156.50 (8 dual meets)

BOYS TRACK AND FIELD PREVIEW

ATHLETES WATCH

Evan Bartlik, Ridgewood, senior, jumps: The Maroons basketball star got an early start on spring by taking third in the Emerging Elite triple jump at the indoor Nationals. He was the All-Bergen high jumper and has career bests of 6-6 and 46-24.

Jabari Butler, Passaic Tech, senior, high jump: Had a solid indoor season with a career-best 6-4 after clearing 6-2 en route to honorable mention All-Passaic.

Chris Eltringham, Ramsey, senior, 800 and 1,600 meters: All-county indoor at 800 meters, he quietly has put together a solid career with bests of 1:54.94 in the 800 and 4:25.30 in the 1,600, and medaled in both events at the Group 2 meet.

Devin Fuller, Old Tappan, senior, 100 to 400 meters: The UCLA football recruit is an important member of one of the best track teams in the state, especially as part of the 4-x-400 relay team that was third in the state Meet of Champions.

Jason Fuehring, Lakeland, senior, jumps: The runner-up in the Passaic County Big North Independence Division and Group 2 sectional triple jumps set a school record of 44 feet in the event.

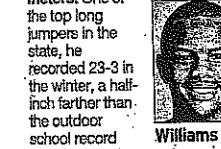
Tim Hamlett, Don Bosco, senior, 200 to 800 meters: After a terrific first season, he should easily be on his best times of 22.49, 49.43 in the 200 and 400, respectively. He was part of the state champion 4-x-400 team.

Mark Ramsey, Kennedy, junior, shot put and discus: He won the Passaic County discus championship and the county-shot put in the winter. Now he sets his sights on the long-standing school records of 57-24 and 161-5.

Andrew Trumbetti, Demarest, sophomore, shot put and discus: He had a sensational freshman year, especially in the discus where he set a Bergen County freshman record of 159-4. In the winter he had the top sophomore throw in the nation at 57-34.

Mark Van Teyens, West Milford, senior, 110 and 400 hurdles, high jump: The Passaic County and state sectional high hurdles champ also made the state Meet of Champions and should improve on his time of 14.57.

Jamal Williams, Teaneck, senior, long and triple jumps, 100 meters: One of the top long jumpers in the state, he recorded 23-3 in the winter, a half-inch farther than the outdoor school record that has stood since 1978. He's a potential three-event sectional champ and possible state champ.



Williams

BIG NORTH

United

Bergen Catholic has only one senior, Ryan O'Boyle (distance). The Crusaders are led by juniors Michael Whalen (distance) and Jack Lippin (throws), and freshmen Kyle Elerson (sprints) and Matt Morano (mid-distance) are among the best in the state for their class.

DePaul is led by seniors Matt Cobuzio (mid-distance) and Josh Ford (sprints) and junior Cody Pape (hurdles).

Don Bosco has seniors Christian Costello (distance), Ryan Tucker (distance) and Nick Carapezza (distance), Mitch Keller (400 IH/800), Ryan Keller (400 IH/800), Tim Hamlett (200 to 800), Nick Mendolia (mid-distance) and Joe Moran (jumps/hurdles) are all All-Bergen caliber, and juniors Chris D'Amico (weights), Mike Flanagan (distance), Noah Lartique (long sprints) and sophomore Kyle Levermore (distance) are potential standouts.

Paramus Catholic has seniors Robert Wilson (distance) and Lamont Thomas (sprints), and juniors Brandon Spearman (sprints), Ron Contreras (mid-distance) and Rashad Butler-Wilkinson (mid-distance), Marcus Pantoja (throws) leads a strong sophomore class.

St. Joseph has one of the best sprint teams behind senior Jabari Garvin and Sherman Alston. When senior John Sanford returns from injury by the Jack Yockers Bergen County Relays along with senior Pat Edmonds, the Green Knights should be blazing. Seniors Sean Fogarty and Joe Murphy lead the distance team and seniors Anthony Castillo (shot) and Sam Kleinberg (discus) lead the weight team.

Liberty

Clinton rebuilds, led by seniors Aaron Atlas (throws) and Ryan Dzuba (mid-distance) and junior Jessie Boria (distance).

Eastside has a solid core, including Mike Santos (jumps/pole vault), Mike Hilary (sprints), Latimere Campbell (sprints), junior Aaron Torres (mid-distance) and sophomores Naik Hodges (sprints) and Quater Jackson (jumps) are the leaders.

Kennedy has a small senior group led by Tamar Godwin (hurdles/pole vault), Rhemone Bryan (distance) and Adam Aponte (distance). Juniors Mousafa Abdelhak (distance), Robert Laing (hurdles/mid-distance) and Mark Ramsey (weights) are potential All-Passaic stars.

Passaic has an excellent performer in senior Anthony Navarro.

Passaic Tech could contend behind seniors Nick Rodriguez (distance), Rahmir McCray (jumps), Jabari Butler (high jump), Marcel McKinley (high jump), Kadeem O'Grady (sprints), Jose Gonzalez (pole vault) and Lawrence Stanford (mid-distance), and juniors Robin Cepeda (throws), Tyshon Crandol (hurdles), Jose Marrero (throws) and Nigel Burgess (mid-distance).

Freedom

Senior intermediate hurdler Billy

AROUND THE LEAGUES



Mark Van Teyens of West Milford is one of several seniors who could help the Highlanders dominate the Big North Independence.

Fiske leads Bergen Tech, which also returns excellent jumpers in senior Christopher Wong and junior Robin Zhang.

Hackensack has a great senior class with Deandre Jennings (sprints), Kolo Banahene (sprints/jumps), Rudolph Henriquez (sprints), Moqueiz Headley (hurdles/jumps/sprints), Carlos Coronado (distance), John Pujols (distance), Pablo Nieto (distance), Aaron Romero (mid-distance), Aneudy Nunez (distance), D.J. Bourgeois (weights) and Viron Humes (weights/high jump). Hackensack also returns All-North Jersey hurdler Mark Jones (jr.), pentathlon runner-up Mike Cummings (jr.), Nick Quinn (jr.) and Chris Mascetti (soph. distance).

Senior Matt Leifer (distance) is the Paramus leader and the Spartans seniors Lavesh Patel (hurdler/jumper), Taylor Schisani (sprints), Javier Fuentes (sprints), and T.J. Chamber (throws) are solid. But Paramus' success will depend on junior Mike Secret (distance) and sophs Eric Helstrom (distance/pole vault), Dom Smith (sprints/javelin) and Brandon Sebahie (sprints/jumps).

Ridgewood has seniors Anthony Balboa (throws), Evan Bartlik (jumps/hurdles) and Levi Jennings (distance), Travis Spicer (distance) and Nick Tai (400) and juniors James Barnett (throws), Kevin Chung (hurdles/sprints), and Young-Hoe Koo (jumps/javelin) all can score in any meet, and Bartlik, Jennings and Will Aides have all-county talent.

Teaneck is led by All-Bergen long jumper Jamal Williams and two returning members on the All-Bergen 4-x-400 relay team, Darylan Miles and Damien Elliott. It also has seniors Alex Ocansey (jumps), Khalid Walker (sprints) and Jeff Rutz (pole vault), juniors Stephen and Brian Lau (distance) and soph Mohamed Yousif (distance).

Independence

Lakeland seniors Jason Fuehring

(jumps/sprints) and Abe Lazzizza (javelin) are among the best in their events in Passaic County. But it's the junior class with Joe Jordan (hurdler/sprinter), Marc Panella (distance), Tom Moore (distance), John Albano (sprints), David Shellhammer (sprints), Daniel Vines (hurdler) and Doug Bobo (throws) that will determine Lakeland's standing.

Passaic Valley welcomes back senior sprinter Fedele Gallo and junior thrower Lou Calabrone. **Wayne Hills** returns seniors Thomas Auerbach (hurdles), Matt Greenfield (sprints), Mike Foti (weights) and Justin Diamond (distance), Nick Ransgione (jumps) and juniors Mike Levine (weights), and Sam Finkelstein (weights) and Brendan Ungemach (distance).

Wayne Valley will struggle this year, but seniors Alex Drelich (sprints), Tom Weiss (sprints/jumps), Zach Post (distance), Jason Frank (distance), Darren Inconvala (distance) and Jordan Inconvala (distance), juniors Jack LaCarubba (distance) and Jeremy Barbara (hurdles/jumps) and soph Yungton Yang (distance/hurdles) will keep the Indians competitive.

West Milford could dominate behind Passaic County cross-country champ Dan DeBlock (distance), Tyler Maurer (jumps), Dylan Mizerek (throws), Edwin Trevi (jumps) and Mark Van Teyens (hurdles/high jump), all seniors. The junior class features Wesley Pierce (sprints) and Matt Cummings (distance).

National

Demarest will count on seniors Sean Degnon (400 IH/mid-distance), Ethan Alkow (distance) and Gary Li (pole vault), juniors Pat Degnon (sprints), Ben Chazen (jumps) and All-North Jersey pole vaulter Eric Gelder and sophomore All-North Jersey thrower Andrew Trumbetti.

Fair Lawn is led by seniors Pat Romaglia (sprints) and Adam Ross (distance).

Northern Highlands returns seniors James Bryan (distance), Rob Gebhard (hurdles/jumps), Andrew Rokoszak (jumps) and junior John Grueter (hurdles).

Old Tappan returns Brandon Gregory, who won the state sectional intermediate hurdles, Devin Fuller, who was the sectional 200 champ, and Kyle Davidson, who had the second-fastest time in the state this winter at 600. Will Martin and Alex Weiner were part of a school-record-setting distance medley team, and Hunter Norman is one of the area's top shot putters. Juniors Jong Min Youn (discus) and Jay

Preseason Top 25

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

Kyle Arbadji (hurdles/jumps), Zack Bliss (distance), Josh Castillo (hurdles), Pierce Donegan (throws), Brandon Garcia (mid-distance), Michael Reidy (mid-distance), Jack Fredericks (hurdles/jumps) and Joe Fredericks (distance).

Englewood has an outstanding senior sprinter/jumper in Kevin Lumsden.

Fort Lee hopes to contend behind seniors Jenya Dyagilev (hurdles/mid distance), Yehia Fahmy (distance), Frankie Goris (sprints), Tyler Sanders (sprints/high jump), Jonathan Spenst (400) and Nakim Yamaguchi (throws), Juniors Masaru Yamaguchi (sprints), Sam Topaz (jumps) and sophomore Chris Ashtman (sprints) also are potential point-scorers.

Everyone is picking Ridgefield Park to win the division. The Scarlets are led by seniors Matt Orozco (mid-distance), Mike Peters (jumps), Brendan Conway (distance), Mike Reyes (jumps), Warren O'Neil (mid-distance), Rekeesh Dataram (indoor All-Bergen high jumper), and juniors Donald Chisholm (400), Stephan Pena (distance) and Eric Del Vecovo (throws).

Westwood is building behind senior thrower Gus Molina and juniors Campbell Zochino (distance), Anthony Catalano (pole vault), Jaren Harrison (jumps) and Luke Lyons (sprints).

NJIC

Patriot Division A

Cresskill has seniors Juan Alamo (hurdles), Paul Yun (hurdles/jumps), Joe Gonzalez (pole vault/jumps), Jason Shih (pole vault), Ronnie Lim (mid-distance), Bleron Picca (pole vault) and Yasan Malas (high jump), and sophomores Josh Porto (distance) and Sam Fortune.

Dwight-Englewood has junior Tanner Co (sprints) and soph Marc Rosenberg (distance).

Leonia has seniors Tim Ryan (distance), Kyle Youmans (javelin), Kermarley McIntosh (hurdles/jumps) and Wilfredo Munoz (hurdles/high jump), and juniors Jose Vargas (hurdles), Garrett Pynn (throws) and Charles Simons (200/400/high jump).

New Milford is a contender behind seniors Andrew Bellard (sprints), Chris Degenaro (weights), Eric Grossbard (pole vault) and Brandon Matulac (hurdles), junior Chris Whitaker (distance) and sophomores Jack Clarkes (sprints), Dylan Dzakic (weights) and Kevin Teys (distance).

Palisades Park returns seniors Diego Jimenez (hurdles/sprints) and John Yi (throws) and junior Jorge Maldonado (distance). **Waldwick** looks to juniors Nick Oravetz (sprints), Colin Sherman (distance) and Joey Sciorino (jumps), and sophomores Jason DiCarlo (distance), Eugene Sullivan (pole vault/distance) and David Clohasse (jumps).

Patriot Division B

Bogota has seniors Nito Lugo (hurdles), Jes Navida (hurdles) and Luiscardo Santos (sprints/HJ), and a good junior class led by Gabe Frias (javelin), Kyle McDermott (distance), Jovanne Sotomayor (distance) and Edwin Fiscal (javelin).

Emerson has 17 seniors: Eric Benry (hurdles/400), Zack Bernstein (throws), Brandon Bonomo (hurdles/pole vault), James Davies (distance), Andrew DeLaPaz (hurdles/pole vault), Kieran Ensor (hurdles/jumps), Matt Everskuss (jumps), Chris Fuciarino (mid-distance), Tim McCormick (distance), Dan Pak (throws), Dan Szachacz (throws), Alex Triana (distance), George Gtrorian (throws), Robert

ay, May 8
championships, Meadowlands Division, Overpeck Park, Palisades Park

Wednesday, May 9
Big North championships, United, Freedom and National divisions, Hackensack H.S.

NJIC championships, Colonial Division, Overpeck Park, Palisades Park

DATES TO REMEMBER

Wednesday, May 16
Passaic County championships, Passaic Valley H.S., Little Falls

Red Litter Bergen County championships, Ramsey H.S. (Division B Field events)

Morris County championships, Boonton H.S.

Friday, May 18
Red Litter Bergen County championships, Old Tappan H.S.

North 1 Sectional, Groups 2 and 3, Mahwah H.S.

North 2 Sectional, Group 1 and Non-Public A, Ridge H.S., Basking Ridge

North 2 Sectional, Group 2, Jost Field, South Plainfield

Tuesday, May 29
Lou Lanza/otto Bergen Meet of Champions, Hackensack H.S.

Friday, June 1

American

Pawlowski Relays
March 31, 2012

Novice 4x100 Hurdles

B. Joyner – 20.8, M. Zeno – 19.3, T. Bonanno – 20.8, D. Barnes – 22.1 --- 82.5 – 2nd Place

4x100 Varsity

J. Sabitini, J. Locke, T. Migliorelli, Ransom – 45.0 – 4th Place

4x100 Novice

R. Errico, E. Berry, H. Park, S. Syz – 54.4

T. Lee, T. Wittlinger, E. Sun, V. Young – 54.3

D. Davila, I. Umer, J. Rose, M. Gasiewski – 54.8

C. Chan, G. DeOliveria, A. Sohn, S. Chen – 56.1

R. Bosch, Y. Choi, J. Thurlow, D. Barnes – 50.5 – 5th Place

4x100 Frosh

W. Li, T. Muchel, S. King, A. Armatis – 57.9

O. Vehra, J. Syz, M. Discepolo, C. Sheu – 56.8

M. Neuman, A. Ramirez, R. Ng, D. Joseph – 63.0

4x800m Novice:

D. Frering 2:09 / Y. Yoon 2:15 / C. Legg 2:21 / R. Pillai 2:18 – 9:03

R. Fischer 2:19 / B. Fishbein 2:38 / C. Hartman 2:25 / R. Neville 2:19

Chris 2:36 / Luke 2:37 / David 2:58 / Michael 2:32

4x800m Frosh:

S. Callello 2:26 / S. O'Keefe 2:23 / E. Taketomo 2:32 / K. Tamura 2:19

J. Byrne 2:31 / ??? 2:47 / C. Salamone 2:34 / D. Joseph 2:48

4x200

T. Bonanno – 26.5, D. Han – 24.2, T. Migliorelli – 24.0, C. McDade – 26.8 --- 1:41.3

Distance Medley Varsity:

L. Jennings 3:19 / N. Schoff 50.9 / B. Collins 2:06 / T. Spicer 4:37 – 10:52.5 – 1st Place

B. Clarendon 3:26 / K. Ransom 54.2 / S. Dublier 2:05 / N. Salamone 4:38 – 11:03 – 2nd Place

2x 400 IH Novice

B. Joyner – 74.9, J. Knight – 72.0 – 3rd Place

R. Pillai – 71.3, T. Bonanno – 73.9 4th Place

4x400 Varsity

E. Bartlik – 52.8, Storm – 53.4, B. Collins – 53.3, N. Schoff – 51.0 --- 3:30.6 – 1st Place

J. Locke – 55.9, J. Sabatini – 54.4, B. Clarendon – 56.1, R. Pillai – 58.6 --- 3:44.7 – 5th Place

4x400 Novice

D. Ok – 58.8, K. Ransom – 56.4, T. Migliorelli – 55.9, S. Kagai – 57.3 --- 3:48.4 – 1st Place

???? – 61.3, P. Yoon – 62.4, H. Park – 61.7, S. Syz – 61.5 --- 4:06.9

???? – 60.5, Y. Choi – 62.0, Cody – 59.6, E. Berry – 64.6 --- 4:06.5

Graham – 60.1, T. Wittlinger – 66.3, ???? – 64.3, David – 59.3 --- 4:09.9

R. Bosch – 57.6, Nick H. – 64.1, Vince – 58.7, J. Thurlow – 60.6 --- 4:00.8 – 5th Place

???? - 66.5, 67.5, 69.2, 69.5 - 4:22.7 ????

4x400m Frosh:

A. Armatis, K. Ward, T. Muchel, A. Punjabi 4:05.4 - 4th Place

HJ

E. Bartlik - 6'2, Y. Koo - 5'8, J. Knight - 5'6 17'4" - 1st Place

M. Zeno - 5'4, D. Barnes - 5'2, B. Joyner - 4'8

LJ

Boys	V	Evan Bartlek	20-7
		Younghoe Koo	17-10.5
		Jake Sabatini	17-2 <u>55'8" - 2nd Place</u>
	N	Emitt Berry	16-9
		Brian Johnson	16-7 <u>33'4" - 2nd Place</u>
		Dohe Han	15-9.5
		Doug Barnes	15-9 <u>31'6.5" - 4th Place</u>
		Dom Ok	15-9
		Anthony Merejo	15-7
		Bryce	15-1
		Harry Park	14-6.5
		Will Eisener	14-5
		Yun Han	14-4
		Mike Zeno	14-2
	F	Jon	14-6
		Charles	13-4 <u>27'10" - 2nd Place</u>
		Warren	12-4
		Kai Ward	F
		Sean	F
		Al?	F
		Armond	F

TJ

Boys	V	Younghoe Koo	F
		Dom Ok	35-2
		Jake Sabatini	31-11.5
	N	Peter Yoon	34-6
		Yun Han	34-1.5 <u>68'7.4" - 1st Place</u>

Emitt Berry	33-11.5
Harry Park	33-3.5 <u>67'3" - 2nd Place</u>
Will Eisener	31-10
Brian	31-4

F	Jon N	29-6
	Charles	28-10 <u>58'4" - 3rd Place</u>
	Sean	F
	Kai Ward	F

Varsity Shot & Disc

Balboa-43'5"/45'3"	98'7"/F/	<u>Shot Put: 122'9" - 3rd Place</u>
Muller-36'3"/35'3/37'6	105'/F/101'3"	<u>Discus: 308'7" - 5th Place</u>
Barnett-37' 1/2"/39'7/39'1"	98'7"/101'/115'	

Discepolo-37'3	83'11"
Moras-26'4	55' 5"
Zaorski-33'2"	90'1"

Novice Shot

Rory F	29'10"
Mallalieu	27' 6"
Kerwin	33' 2"
Merejo	32' 6"
Albert Moras	25' 11"
Antosiewicz	33'9"

Varsity JAV

Koo	119'	<u>378'0" - 3rd Place</u>
Barnett	126'	
Higgins	135'	

Varsity and Nov PV

Higgins	8'	<u>Varsity: 29'6" - 2nd Place</u>
Hayes	8'	
Abernathy	8'6"	
Llerandi	8'	
Downing	10'	
Knight	10'	
Wong	10'6"	
Morgan	9'	

THE PAWLOWSKI RELAYS
Ridgewood's Track at BF

SATURDAY, March 31, 2012
Ridgewood, New Jersey

Team Score: Boys Large: 1-Ridgewood. 2-Demarest. 3-Union. Small: 1-Ridgefield Park. 2-Emerson. 3-Cresskill.
Girls Large: 1-Ridgewood. 2-Old Tappan. 3-Union. Small: 1-Ridgefield Park. 2-Cresskill. 3-Garfield.

BOYS

4X100m: 1-Old Tappan (Jae Rho, Ben Davis, Join Choi, Devin Fuller), 44.5. 2-Paramus Catholic, 44.7. 3-Union, 44.8. 4-Ridgewood, 45.0. 5-Lodi, 46.7. 6-Ridgefield Park, 47.5. 7-tie-Paramus, 47.6 & Perth Amboy, 47.6. 9-Ridgefield Memorial, 48.2. 10-Eldred, 48.5. 11-Northern Highlands, 48.6. 12-Cresskill, 49.1. 13-Bergen Catholic, 50.4

4X200m: 1-CBA A (Zack McDermott, Clark Mangini, Matt Rodio, Theo Foster), 1:31.9. 2-Old Tappan, 1:32.0. 3-Pascack Valley, 1:33.2. 4-Union, 1:34.3. 5-CBA B, 1:35.5. 6-Paramus Catholic, 1:35.7. 7-Lodi, 1:36.3. 8-Demarest, 1:38.0. 9-CBA C, 1:39.2. 10-Ridgefield Memorial, 1:39.9. 11-CBA D, 1:40.2. 12-Cresskill, 1:40.5. 13-Eldred, 1:40.7. 14-Ridgefield Park, 1:40.9. 15-Paramus, 1:41.2. 16-Ridgewood, 1:41.3. 17-Bergen Catholic, 1:42.4

4X400m: 1-Ridgewood (Evan Bartlik, Storm Dubliner, Brian Collins, Neill Schoff), 3:30.4. 2-Union, 3:31.0. 3-Ridgefield Park, 3:34.0. 4-Pascack Valley, 3:35.9. 5-Ridgewood, 3:44.6. 6-Bergen Catholic, 3:46.3. 7-Northern Highlands, 3:58.6. 8-Emerson, 3:59.4

4X800m: 1-CBA A (Kevin Olsen, Adam Kershner, Dan Gallagher, Gorsha Saling), 8:22.3. 2-Emerson, 8:31.3. 3-Ridgefield Park, 8:36.4. 4-Union, 8:42.9. 5-Old Tappan, 9:05.9. 6-Northern Highlands, 9:09.5. 7-Bergen Catholic, 9:22.6. 8-CBA B, 9:23.3.

4X1600m: 1-CBA (Jack Boyle, Tim Gorman, Mike Cassidy, Neil Cusat), 18:31.7. 2-CBA D, 18:32.0. 3-CBA B, 18:52.4. 4-CBA C, 18:55.3. 5-Demarest, 19:04.1. 6-Ridgewood, 19:14.2. 7-Old Tappan, 19:40.7. 8-Ridgefield Park, 19:50.7. 9-Paramus, 20:07.2. 10-Paramus Catholic, 20:26.4. 11-Ridgewood, 20:46.6. 12-Old Tappan B, 21:42.9. 13-Cresskill, 21:54.3.

Sprint Medley: 1-Demarest (Pat Degnon, Alex Wasrenheim, Suny Mautaiatz, Sean Degnon), 3:45.7. 2-Ridgefield Park, 3:54.8. 3-Lodi, 4:06.5. 4-Emerson, 4:09.5. 5-Eldred, 4:12.1. 6-Perth Amboy, 4:14.3. 7-Northern Highlands, 4:17.8. 8-Paramus Catholic, 4:20.9. 9-Cresskill, 4:22.6. 10-Waldwick, 4:31.4.

Distance Medley: 1-Ridgewood (no names), 10:54.9. 2-Ridgewood, 11:08.2. 3-Emerson, 11:30.6. 4-Paramus, 11:38.4. 5-Demarest, 11:43.1. 6-Ridgefield Park, 11:51.1. 7-Paramus Catholic, 11:54.6. 8-Northern Highlands, 12:36.1. 9-Bergen Catholic, 12:37.2. 10-Cresskill, 12:43.4. 11-Leonia, 12:47.8. 12-Union, 12:48.1.

4X110 HH: 1-CBA (Matt O'Connor, Mike Pozo, Matt McAnally, Zack McDermott), 1:08.2. 2-Union, 1:09.4. 3-Northern Highlands, 1:11.2. 4-Demarest, 1:11.5. 5-tie-Old Tappan & Ridgefield Park, 1:14.0. 7-Emerson, 1:14.3. 8-Lodi, 1:15.1. 9-Eldred, 1:17.9

3X400 IH: 1-Emerson (Eric Benny, Kieran Ensor, Andrew DeLa Paz) 3:10.3. 2-Union, 3:11.8. 3-Northern Highlands, 3:13.4. 4-Pascack Valley, 3:15.8. 5-Lodi, 3:17.5. 6-Bergen Catholic, 3:18.4. 7-Ridgefield Park, 3:22.6. 8-Paramus Catholic, 3:24.7. 9-Cresskill, 3:32.5

3X Long Jump: 1-Old Tappan (Ben Davis, Jae Rho, Jon Choi), 57-9 ½. 2-Ridgewood, 55-8. 3-Union, 55-3. 4-Northern Highlands, 53-5 ½. 5-Demarest, 52-11. 6-Ridgefield Park, 52-4 ½. 7-Lodi, 49-9. 8-Cresskill, 48-11. 9-Eldred, 46-8 ½. 10-Northern Highlands B, 30-7

3X Triple Jump: 1-Union (Jeph Olali, Steve Ferville, Dean Mulzac), 115-11 ½. 2-Northern Highlands, 115-7. 3-Emerson, 114-8 ½. 4-Demarest, 109-8. 5-Cresskill, 103-9. 6-Lodi, 73-6 ½. 7-Pascack Valley, 72-10. 8-Ridgefield Park, 70-3. 9-Old Tappan, 68-3 ½. 10-Ridgewood, 67-1 ½.

3X High Jump: 1-Ridgewood A (Evan Bartlick, young Koo, James Knight), 17-4. 2-Northern Highlands, 16-10. 3-Demarest, 16-4. 4-Ridgefield Park, 15-10. 5-Union, 15-6. 6-Lodi, 15-2

3X Pole Vault: 1-CBA (AJ Bradley, Dave Dakniss, Mike McAnally), 31-6. 2-Ridgewood, 29-6. 3-Ridgefield Park, 27-0. 4-Eldred, 26-0. 5-Emerson, 22-0. 6-Northern Highlands, 14-0.

3X Shot Put: 1-Demarest (Dave Chimey, Migliose Evan, Andrew Trumbetti), 135-6 ¾. 2-Old Tappan, 125-2 ¼. 3-Ridgewood, 122-9 ¼. 4-Ridgefield Park, 117-8 ½. 5-Northern Highlands, 117-6 ½. 6-Bergen Catholic, 115-3 ½. 7-Lodi, 103-10. 8-Cresskill, 108-2. 9-Emerson, 101-10 ¾. 10-Ridgefield Memorial, 101-11.

3X Discus: 1-Old Tappan (Jona Min Youn, Keith Rodman, Hunter Norman) 350-6. 2-Bergen Catholic, 318-1. 3-Ridgefield Park, 317-2. 4-Demarest, 312-5. 5-Ridgewood, 308-7. 6-Union, 303-9. 7-Cresskill, 299-4. 8-Northern Highlands, 297-7. 9-Paramus Catholic, 296-8. 10-Emerson, 292-1

3X Javelin: 1-Pascack Valley (Liam, Mike, Pat), 395-3. 2-Cresskill A, 386-2. 3-Ridgewood, 378-0. 4-Ridgefield Park, 372-6. 5-Cresskill B, 338-2. 6-Bergen Catholic, 336-7. 7-Demarest, 336-5. 8-Paramus Catholic, 330-6. 9-Emerson, 325-5. 10-Old Tappan, 325-5. 11-Northern Highlands, 309-1. 12-Ridgefield Memorial, 308-6. 13-CBA, 301-11.

NOVICE BOYS

4X100m: 1-Union (Shane Lewis, Steven Nebedum, Chris Saintelus, Brandin Thompson), 48.9. 2-Waldwick, 49.1. 3-Cresskill, 49.7. 4-Ridgefield Memorial, 50.2. 5-Ridgewood, 50.5
4X400m: 1-Ridgewood (Kagei, Ransom, M, Ok), 3:48.2. 2-Union, 3:55.2. 3-Ridgefield Park, 3:59.1. 4-Pascack Valley, 4:00.2. 5-Ridgewood, 4:01.1
4X800m: 1-Ridgewood (David Frering, Youngbin Yoon, Carl Legg, Raayan Pillai), 9:03.9. 2-Old Tappan, 9:35.1. 3-Ridgewood, 9:42.4. 4-Union, 9:50.0. 5-Lodi, 9:51.9
4X110H: 1-CBA (Ralston Hough, Pete Cusick, Mike Maggs, Ryan Bott), 1:19.6. 2-Ridgewood, 1:22.5. 3-Pequannock, 1:23.4.
2X400IH: 1-Union (Dwight Davis, Shaquill Hayes), 2:09.4. 2-Pequannock, 2:12.8. 3-Ridgewood, 2:17.3. 4-Ridgewood, 2:24.5. 5-Lodi, 2:28.8
2XHJ: 1-CBA A (Ferro, Mewd), 11-4. 2-Waldwick, 9-8. 3-Union, 9-6. 4-Old Tappan, 9-4. 5-CBA B, 5-0
2XLJ: 1-Old Tappan (Tim Cooke, Paul Kim), 31-5. 2-Ridgewood, 31-4 ½. 3-Perth Amboy, 31-1. 4-Ridgewood, 31-1. 5-Cresskill, 30-11 ½.
2XTJ: 1-Ridgewood (Harry Park, Brian Johnson), 64-7 ½. 2-Waldwick, 59-10. 3-Lodi, 57-9 ½. 4-Ridgewood, 68-1. 5-Ridgewood, 66-4
2XPV: 1-Bergen Catholic, 18-6. 2-Ridgewood, 18-0. 3-Ridgewood, 18-0. 4-tie-Ridgewood & CBA 16-0.
2XShot: 1-Perth Amboy (John Stanton, Anibol Hernandez), 76-1 ½. 2-Ridgefield Park, 71-8. 3-Cresskill, 70-1 ¼. 4-Pascack Valley, 67-4 ¼. 5-Ridgefield Memorial, 66-3 ½.

NOVICE GIRLS

4X100m: 1-Perth Amboy (Zuleyea Hernandez, Erica Raggaglio, Cinthia Collado, Cedeia Graham), 55.9. 2-Elizabeth, 57.2. 3-Ridgewood, 59.4. 4-Old Tappan, 60.6. 5-Ridgewood, 60.9
4X400m: 1-Perth Amboy (Yineisi Gonzalez, Cinthia Collado, Erica Rodriguez, Ceela Graham), 4:40.6. 2-Union, 4:43.4. 3-Ridgewood, 4:49.3. 4-Ridgewood, 4:49.6. 5-Cresskill, 4:50.4
4X800m: 1-Perth Amboy (Yanesis Gonzalez, Karen Done, Kailyn Billups, Cynthia Collado), 11:43.4. 2-Ridgewood, 11:58.6. 3-Ridgewood, 12:01.2. 4-Cresskill, 12:18.1. 5-Garfield, 12:20.2
4X100H: 1-Pascack Valley (Rachel Kearney, Erin Connolly, Katelyn Mucchio, Kelly Jin), 1:24.0. 2-Eldred, 1:25.2.
2X400IH: 1-Perth Amboy (Ceela Graham, Erica Rosario), 2:34.3. 2-Elizabeth, 3:00.4
2XHJ: NO JUMP CLEARED
2XLJ: 1-Elizabeth (Chachoune Janvier, Ariona Smith), 23-11. 2-Waldwick, 22-9 ½. 3-Garfield, 11-8. 4-Ridgewood, 11-4 ½. 5-Old Tappan, 10-5
2XTJ: 1-Cresskill A (Lior Peri, Helen Chamley), 59-3 ½. 2-Elizabeth, 57-3. 3-Lodi, 50-8. 4-Cresskill B, 26-9 ½. 5-Ridgewood, 25-10.
2XShot: 1-Garfield (Quastanua Valdez, Jackie Hiltz), 52-8 ¼. 2-Perth Amboy, 47-6 ¼. 3-Garfield, 44-8 ¼. 4-Ridgefield Memorial, 41-11 ¼. 5-Ridgewood, 39-0
2XPV: 1-Ridgewood, 14-0. 2-Pascack Valley, 12-0.

FROSH BOYS

4X100: 1-Bergen Catholic (Eddie DeHais, Chris Robinson, Marco Aranda, Kyle Ellerson), 49.4. 2-Union, 49.9. 3-CBA, 50.9. 4-Old Tappan, 51.3. 5-Ridgefield Memorial, 52.9
4X400m: 1-Pascack Valley (Carcich, Friedman, Jackson, Paker), 3:57.6. 2-Union, 3:58.3. 3-Bergen Catholic, 3:59.8. 4-Ridgewood, 4:05.7. 5-Lodi, 4:21.0
4X800m: 1-CBA A (Aiden Durney, Josh Kruppa, Pat Hiler, Greg Paugh), 9:16.6. 2-CBA B, 9:23.3. 3-Bergen Catholic, 9:39.2. 4-Ridgewood, 9:40.6. 5-Pascack Valley, 10:06.0
4X110H: 1-CBA A (Chris Alexander, Colin Twyman, Conor Lunny, Jimmy Gaudio), 1:20.5. 2-CBA B, 1:25.3. 3-Lodi, 1:28.2
2XHJ: 1-Cresskill (Park, Aheardy), 9-10. 2-Union, 9-4. 3-Lodi, 8-10. 4-Old Tappan, 5-2
2XLJ: 1-Union (Montez Bingham, Justice Stewart), 31-0. 2-Ridgewood, 27-10. 3-Lodi, 14-9. 4-Waldwick, 14-2 ½. 5-Ridgewood, 12-4
2XTJ: 1-Bergen Catholic (Matt Troya, Marco Aranda), 63-7. 2-Lodi, 61-4. 3-Ridgewood, 58-4. 4-Waldwick, 32-2.
2XShot: 1-Ridgewood (M. Benjamin, R. Uzoaru), 66-8. 2-Bergen Catholic, 63-8. 3-Cresskill, 62-3 ½. 4-Lodi, 58-11 ¼. 5-Ridgefield Park, 55-4 ¼.

FROSH GIRLS

4X100m: 1-Ridgewood (Steph Kusel, Kate McKeon, Olivia Manke, Lauren Monnerat), 56.6. 2-Old Tappan, 58.3. 3-Paramus, 59.8. 4-Union, 61.5. 5-Pequannock, 61.6
4X400m: 1-Ridgewood (Steph Kusel, Kate McKeon, Olivia Manke, Lauren Monnerat), 4:44.6. 2-Union, 5:02.7. 3-Ridgewood, 5:07.7. 4-Lodi, 5:39.8
4X800m: 1-Ridgewood (Emily Rick, Taylor Tai, Tara Cirillo, Kelly Cleary), 11:29.4. 2-Old Tappan, 11:58.4
4X100H: 1-Demarest (Dani Trafiglio, Christina Welzner, Becca Adams, Makalya Kahan), 1:17.0. 2-Paramus, 1:18.7
2X400IH: 1-Demarest (Christine Welzer, Dani Trafiglio), 2:29.6. 2-Demarest, 2:44.8. 3-Eldred, 2:46.8
2XHJ: 1-Lodi, 4-2
2XLJ: 1-Union (Bartholi, Charles), 25-11 ½. 2-Paramus, 24-3. 3-Lodi, 22-8. 4-Paramus, 22-6. 5-Garfield, 21-8.
2XShot: 1-Garfield (Karlyn Aules, Carolina Canido), 39-0 ¼. 2-Ridgewood, 35-8 ¼. 3-Ridgewood (Baum), 34-5 ¼.
2XPV: 1-Paramus, 12-0. 2-Ridgewood, 6-0.

Pawlowski notebook

Ridgefield Park's boys teams have been very successful in recent years and the Scarlets were terrific again Saturday in winning the small-school division and scoring 2½ more points than large-school division winner Ridgewood. The RP boys were joined by the girls, who edged Cresskill, 62-58, for the small-schools title, with Garfield (51) and Emerson (47) close behind. Ridgewood's girls easily won the large-school girls division with 107½ points.

"This is the biggest win since I've been here," said Scarlets coach Dennis Murri, in his fourth season as the head coach and sixth overall in the high school. "We've been behind Westwood so many times that it's nice to win one."

■ Garfield's shot put team of Shaunteriah Douglas (34-11½), Melanie Odatalla (30-3) and Alysha Menzies (34-5½) shattered a 15-year-old school record in the event by more than 2½ feet, winning with a combined distance of 99 feet, 8 inches, 16th best in Bergen history. It was especially sweet for Odatalla, who tore her ACL last spring in this same meet and missed the entire season.

■ Cresskill's triple jump team of Maci DeCarlo (32-9½), Alex Phoenix (33-3½) and Hyemi Shon (32-0) set a school record of 98-1 and now ranks 28th all time in Bergen County.

■ Top boys individual field performances: Shot: Andrew Trumbetti, Demarest, 51-1¼; Discus: Hunter Norman, Old Tappan, 123-0; Javelin: Pat Czizner, Pascack Valley, 164-1; High jump: Evan Bartlik, Ridgewood, 6-2; Long jump: Ben Davis, Old Tappan, 21-1; Triple jump: Rob Gebhard, Northern Highlands, 41-8½.

■ Top girls individual field performances: Shot: Douglas, 34-11½; Discus: Jessica Reuveni, Paramus, 102-7; Javelin: Douglas, 136-7; High jump: Taryn DeLeon, Old Tappan, 5-0; Long jump: Patty McHugh, Waldwick, 15-10½; Triple jump: Breonah Toon, Garfield, 34-6½.

— Paul Schwartz



Madison Holleran crossing the finish line as Northern Highlands fought off Ridgewood to win the 4-x-800 and qualify for the Penn Relays. The Highlanders' time, 9:32.0, is 14th fastest in Bergen County history.

JOE CAMPOREALE/SPECIAL TO THE RECORD

Penn pals: Highlands girls are heading to the elite meet

By PAUL SCHWARTZ
STAFF WRITER

RIDGEWOOD — They were going to get only one chance. And when the chance came, it appeared as if the Northern Highlands girls 4-x-800 team might come up short in its quest for a Penn Relays qualifying time, defeated by a miserable opening day typical of late March in most years, but certainly not this one.

"We saw how much the boys team enjoyed the experience in 2006 when we qualified for the distance medley relay at the last minute and wanted this group of girls to get the same chance," said Northern Highlands coach Tom Buono. "But we were only going to give it one shot,

Field in Philadelphia.

"We told the girls that if they each ran 2:25, that would be a 9:40 and that would be good enough," said Buono. "We saw Ridgewood was running their team; I was confident we could do that."

The Highlanders did that, and more. North, better known as the Bergen County cross-country champion, who had run with Holleran and Richard on the team that finished fifth in last spring's state Meet of Champions, exploded off the starting line and opened a three-second lead on Ridgewood's Emily Fishbein en route to a 2:25.0.

Then Sullivan, running her first 800 in competition, kept her cool when Ridgewood freshman Catherine Pagano

county history and Ridgewood's 9:35.9 sits 18th outdoors, although the Maroons ran 9:23.27 indoors in the winter. The county record is 9:07.4 set by the 1988 Ridgewood team that included Buono's wife and sister-in-law, Jean and Jennifer Hughes.

"We've got a ways to go to get that," said Buono. "But I'm not counting it out over the next two years."

"I was really focused on getting out hard," said North. "I'm refreshed after indoors and this is a great team goal."

Sullivan surprised even herself with her sensational leg.

"I had no idea how fast I was going," said Sullivan, who teamed with Holleran as part of the Highlanders' undefeated

RIDGEWOOD TRACK AND FIELD

DUAL MEET SUMMARY

 RHS vs Paramus

 DATE 4/3/12

WEATHER _____

TEAM RECORDS _____

EVENT	FIRST PLACE	SECOND PLACE	THIRD PLACE	RHS	Paramus
Long jump	Koo R	Schneider P	Sabatini R	6	3
Intermediate Hurdles	Schoff R	Knight R	Collins R	9	0
100 meter dash	Sabatini R	Sebanic P	Locke R	6	3
1600 meter run	Spicer R	Jennings R	Secreti P	8	1
400 meter dash	Hwang R	Ransom R	Migliorelli R	9	0
100 meter Hurdles	Bartlik R	Salamanca P	Knight R	6	3
400 meter run	Dubliner R	Jennings R	Daniels R	9	0
200 meter dash	Schoff R	Sabatini R	Sabanic P	8	1
3200 meter run	Salamone R	Secreti P	Frerking R	6	3
Triple Jump	Bartlik R	Emit R	OK R	9	0
4X400 meter relay	Ridgewood	Paramus		5	0
Shot Put	BAB Balboa R	Barnett R	Gulbekian P	8	1
Discus	Barnett R	Gulbekian P	Discepolo R	6	3
High Jump	Bartlik R	Knight R	Koo R	9	0
Pole Vault	Wong R	Knight R	Morgan R	9	0
JAVELIN	Locke R	Koo R	Higgins R	9	0
FINAL SCORE				122	18

Ridgewood vs. Paramus

400IH: N. Schoff / B. Collins / J. Knight // B. Joyner / T. Migliorelli / A. Armatis
60.3 61.4 60.3 67.3 72.1 73.6

100: J. Sabatini / J. Locke / K. Ransom // T. Bonnanno / R. Bosch / S. Park
11.3 11.7 11.9 12.9 12.3 11.9

1600: L. Jennings 4:37 / T. Spicer 4:38 / M French 4:39 / B. Clarendon 4:46 /
R. Neville 4:46 / R. Fischer 4:59 / C. Hartmann 5:06 / K. Tamura 5:00 /
B. Fischbein 5:03 / S. O'Keefe 5:10 / E. Taketomo 5:13 M. O'Donnell 5:15 /
C. Salamone 5:24 / A. Churasia 5:34

400: T. Migliorelli / InHo Hwang / K. Ransom // R. Bosch
55.7 53.7 54.8 56.7

110HH: E. Bartlik / J. Knight / B. Joyner // D. Barnes / M. Zeno / T. Bonnanno
15.5 17.1 19.6 20.5 18.7 21.1

800: S. Dublier 2:02 / L. Jennings 2:03 / B. Daniels 2:06 / Y. Yoon 2:09
R. Pillai 2:11 / G. Jones 2:12 / C. Legg 2:22 / J. Byrne 2:26 / C. Criscitello 2:28 /
L. Dublier 2:28 / D. Anzalone 2:53

200: N. Schoff / J. Sabatini / J. Locke // InHo Hwang / S. Park / K. Ransom / D. Ok
23.2 23.5 24.7 23.9 24.9 24.2 26.0

3200: N. Salamone 10:06 / D. Frering 10:12 / K. Tamura 10:52 / B. Fishbein 10:58
S. Callelo 10:59 / C. Hartmann 11:45

4x400: J. Locke / J. Sabatini / T. Migliorelli / B. Collins
55.7 55.3 56.4 52.6 3:39.9
InHo / Brian C. / Ryan / Storm
55.1 55.7 56.4 54.0 3:41.2

LJ: Y. Koo 17'7" / J. Sabatini 16'4" B. Johnson 16'4" D. Ok 15'6" E. Berry 15'3"

TJ: E. Bartlik 43'11" / E. Berry 34'7" / D. Ok 33'8" / Y. Koo F

HJ: E. Bartlik / Y. Koo / J. Knight / M. Zeon
6'3 5'8 5'10 5'4

PV A. Wong 11'6" – the rest is a mystery

Varsity

Javelin

Koo – F/??/137'

Locke – 141'5"/143'6"/131'2"

Barnett – 104'/107'/128'10"

Higgins – 120/F/132'8"

Mallalieu – F/85'/68'

Shot

Barnett – 39'2"/38'7"/41'9"

Balboa – 46'11"/48'3"/F

Muller – 34'10"/38'10"/39'4"

Discepolo – 36'5"/35'9"/35'8"

Antosiewicz – 32'6"/32'11"/35'3"

Disc

Muller – F/58'10"/87'6"

Balboa – F/F/F

Barnett – 107'2"/111'6"/F

Zaorski – F/F/85'2"

Discepolo – 88'10 ½ "/79'8 ½ "/87'2"

JV SHOT

R. Uzoaru – 25'9"

A. Zaorski – 29'6"

P. Malleliu – 27'3"

Andrew Moras – 33'5"

A. DelVecchio – 31'

N. Lanza – 24'

S. Jacobs – 22'7"

J. Kerwin – 34'

M. Benjamin – 28'7"

Albert Moras – 29'6"

A. Merejo – 32'

JV DISC

R. Uzoaru – 56'9"

Mallelier – 84'4"

Andrew Moras – 64'8"

Delvecchio – 49'10"

Lanza – 53'

Jacobs – 56'9"

Kerwin – 77'5"

Benjamin – 75'11"

Albert Moras – 73'6"

Antosiewicz – 83'5"

Merejo – 67'

100

Gabriel DeOlivera - 13.9
Eric Sun - 13.6
Jonathan Norrell - 13.2
Mike Gasewski - 15.3
Jay Syz - 14.6
Cody - 17.6
Jason Rose - 13.3
Ibrahim Umer - 14.4
Sam Chen - 13.0
David Davila - 12.6
Armand Punjabi - 13.1
Osmand Vehera - 13.6
Michael Huh - 14.9
Andrew Sohn - 14.0
Kai Ward - 12.3
Tommy Lee - 13.6
Warren Li - 13.3
Max Newman - 15.0
Sean King - 13.8
Andy Ramirez - 13.6
Charles Sheu - 13.4
Ryan Ng - 15.0
Alex Armatas - 12.2
Rob Erico - 13.6
Anthony - 12.4

200

Dom Ok - 26.0
James Thurlow - 26.2
Gabriel DeOlivera - 28.3
Joe Yoon - 27.1
Eric Sun - 29.6
Jonathan Norrell - 28.4
Tyler W. - 29.6
Jay Syz - 30.4
Jason Rose - 27.9
Ibrahim Umer - 30.6
Harry Park - 28.5
Steve Syz - 26.5
Sam Chen - 29.2
Charles Sheu - 27.6
David Davila - 26.1
Derrick Joseph - 31.0

Armand Punjabi – 26.7
Osmand Verha – 27.8
Andrew Sohn – 28.6
Kai Ward – 26.8
Warren Li – 28.0
Sean O – 29.2

400

Dom Ok – 58.4
James Thurlow – 59.5
Joe Yoon – 59.3
Tyler W. – 65.5
Cody – 60.0
Harry Park – 59.5
Connor McDade – 59.7
Steve Syz – 59.0
David Davila – 58.3
Derrick Joseph – 68.7
Sean King – 63.9
Andy Ramirez – 64.9
Charles Sheu – 63.2
Ryan Ng – 69.4
Vince Young – 58.5
Rob Erico – 62.4

SPRING TRACK & FIELD PREVIEWS

Success begins at home for Maroons

Boys begin by capturing relay crown

BY GREG TARTAGLIA
Assistant Sports Editor

RIDGEWOOD — For the first time since 2006, the Ridgewood High School boys track and field team was able to host its season-opening meet on its own track, and the Maroons were winners all around.

RHS tallied 94 points to outscore Demarest (85) and Union (83) for the large schools division title at last Saturday's 28th annual Steve Pawlowski Ridgewood Relays at Ben Franklin Middle School.

Before the brand new BF track facility opened last May, the meet was held in Ramsey for five straight seasons. In 2002, it was renamed in honor of Pawlowski (RHS Class of '01), an All-America sprint medley runner for the Maroons who was killed in November 2001 when he was struck by a moving vehicle.

His family was among those in attendance for the meet's homecoming last weekend.

"Steve Pawlowski is buried right over there," said Ridgewood distance coach Mike Glynn, motioning across East Glen Ave. toward Vallean Cemetery. "It's good that the meet is so close to where he is. I spoke to Mr. and Mrs. Pawlowski, and they were glad that it was back here, too."

Glynn was standing in for Maroon coach Josh Saladino, who fell ill with a viral infection late last week and is now home on doctor's orders.

When contacted Wednesday, Saladino related, "The doctor compared what I have to an extreme case of vertigo and said the symptoms could last somewhere between one and two weeks."

"Fortunately, we have a great coaching staff," he added. "I can miss a week, and the team continues to improve."

The Maroons also have numerous great athletes returning from last season's North 1, Group 4 championship squad. Senior jumper Evan Bartlik participated in two gold-medal relays last Saturday, combining with senior James Knight and junior Young Hoe Koo for a winning height of 17 feet, 4 inches in the high jump relay.

Bartlik showed his versatility as well, teaming up with juniors Storm Dublirer and Neil Schoff and sophomores Brian Collins to help Ridgewood (3:30.4) edge Union (3:31.0) for first in the 4 x 400.

RHS finished 1-2 in the distance medley relay, with senior Levi Jennings (1,200-meter leg), Schoff (400), Collins (800) and senior Travis Spicer (1,600) clocking 10:54.9 to win.

The Maroons earned silver medals in the long jump (55-8) and pole vault (29-6) relays, with sophomore Allan Wong leading the way in the latter. Senior thrower Anthony Balboa helped bring home bronze medals in the shot put (122-9 3/4) and javelin (378-0) events.

Going forward, Ridgewood anticipates getting added contributions from senior Nick Tai, junior Kevin Chung and sophomore Jake Sabatini in the sprints and hurdles, junior Nick Salamone in the distances and juniors James Barnett and Aaron Muller in the throws.

"What I like the most about the results from [Saturday] is, they really showed length, which isn't just in one area," he said. "We're going to be a pre-empted team. We scored very high in a lot of different areas, which hopefully, we can continue to do this season."



GREG TARTAGLIA/THE RIDGEWOOD NEWS

Leaders of the 2012 Ridgewood High School boys spring track and field team. FRONT ROW, from left: junior Kevin Chung (hurdles) and senior captain Nick Tai (sprints). BACK ROW, from left: senior captains Evan Bartlik (jumps), Anthony Balboa (throws) and Levi Jennings (distances).

RHS SPRING TRACK & FIELD SCHEDULES

(ALL MEETS BEGIN AT 4 P.M. UNLESS OTHERWISE NOTED. SCHEDULE SUBJECT TO CHANGE.)

March 31 Steve Pawlowski Relays @ Ben Franklin M.S. (Boys: 1st place; Girls: 1st place)

April 3 at Paramus (Boys: W, 122-16; Girls: W, 89-52)

April 6-7 at Arcadia, Calif. Invitational (limited varsity), TBA

April 9 Bergen Tech @ Ben Franklin

April 11 vs. Teaneck and Hackensack @ Teaneck H.S., 10 a.m.

April 14 Comet Relays @ Hackensack H.S., 9 a.m.

April 18 Jack Yockers Bergen County Relays (field events only) @ Ben Franklin, 3:30 p.m.

April 20-21 Jack Yockers Bergen County Relays @ River Dell H.S., 3:30 p.m./9 a.m.

April 26-28 Penn Relays @ Franklin Field, Philadelphia, TBA

May 3 Ironman Invitational @ Ramapo College, Mahwah

May 5 County Seat Invitational @ Ramsey H.S.

May 9 Big North Freedom Division Meet @ Hackensack

May 10-19 Red Litter Bergen County Championships @ Old Tappan H.S., 3:30 p.m./9 a.m.

May 21 East Coast Relays @ Morristown H.S. (limited varsity), TBA

May 25-26 North 1, Group 4 Championships @ Randolph H.S., 4 p.m./10 a.m.

May 29 Bergen County Meet of Champions @ Hackensack

June 1-2 State Group 4 Championships @ Lombardi Field (Old Bridge), 4 p.m./11 a.m.

June 7 State Meet of Champions @ Lombardi Field (Old Bridge), 3:30 p.m.

Girls defend Pawlowski Relays title

BY GREG TARTAGLIA
Assistant Sports Editor

RIDGEWOOD — After being named the North Jersey Girls Indoor Track Team of the Year by *The Record* this winter, Ridgewood High School entered the spring hoping to sustain that success.

So far, so good.

The Maroon girls began their outdoor track and field season by repeating as large school division champs at last Saturday's Steve Pawlowski Ridgewood Relays, scoring 108 points to defeat Old Tappan (68 1/2) and Union (65) at Ben Franklin Middle School.

RHS garnered gold medals in two races — seniors Caroline Davidson and Hanako Shigenobu, sophomore Emily Fishbein and freshman Catherine Pagano combined to run the 4 x 400-meter relay in 4:13.9, while seniors Camille Davis, Tina Gible and Victoria Pan and freshman Kelly Cleary teamed up for a winning time of 23:09.3 in the 4 x 1,600 meters.

"We had a good balance to the team in the winter," Davidson said at Monday's team practice. "So hopefully, things will work out well again."

The Maroons are the defending indoor and outdoor Bergen County Relays champion, and they won the inaugural Big North Freedom Division title last spring. State pole vault champion Kayla Polcari (now at Notre Dame) was among the 2011 standouts to graduate, but if the Pawlowski Relays are any indication, the team is stocked with plenty of returnees ready to step up.

Senior Ilana Brown and junior Mimi DeVita boosted Ridgewood (17 feet) to a second-place showing in the pole vault relay behind Emerson (20 feet).

RHS also took fourth in the 4 x 200 relay (1:56.3) despite missing two of its top sprinters — according to head coach Jacob Brown, senior Andina Toscano has been sidelined with a hamstring injury, and junior Micaela McPadden was with family in Arizona to celebrate her great-grandfather's 100th birthday.

The Maroons added a silver medal in the 4 x 800, clocking 9:55.9 to finish runner-up to Northern Highlands (9:32.0). They also earned bronze in the distance medley (14:09.5), sprint medley (4:25.7), discus (228-2) and javelin (239-4) relays.

"It was a great meet in the sense that we showed some strengths, and we also showed some places where we need to do some work," Jacob Brown said. "That's kind of what you want to get out of the first relay meet."

Having the event return to Ridgewood after a five-year stint in Ramsey was a nice bonus, too.

"We were just thrilled to finally get the old Ridgewood Relays — now Pawlowski Relays — back home," said Brown, who spearheaded the construction of the 11-month-old BF track facility. "And then, thrill upon thrill, we won."

"It's really exciting," Shigenobu said, "and it's definitely exciting to know our team is strong. Winning our first meet is a good confidence-booster."

Other seniors looking to make an impact this year are sprinter Moriah Jennings and thrower Lora Panda. Juniors Anna Caffrey (sprints) and Abby Taylor (pole vault) return, and sophomore distance runner Laura Weisberger is coming off back-to-back strong seasons in cross-country and winter track.



The 2012 Ridgewood High School girls spring track and field team will be led by four senior captains. From left: distance runners Caroline Davidson and Hanako Shigenobu and pole vaulter Ilana Brown. Not pictured: sprinter Andina Toscano.

Arcadia Invitational
@ Arcadia, CA

4x800m:

Storm Dublier: **2:01.62**

Brian Collins **2:00.92**

Travis Spicer **2:02.38**

Levi Jennings **2:02.50** **8:07.55**

High Jump:

Evan Bartlik **6'5 1/4"**

Triple Jump:

Evan Bartlik **45'1"**

Distance Medley:

Levi Jennings **3:08.27**

Neil Schoff **51.11**

Storm Dublier **2:00.42**

Travis Spicer **4:24.08** **10:24.28**

Ridgewood girls take silver at Arcadia meet

By PAUL SCHWARTZ
STAFF WRITER

TRACK NOTES

For the last decade Ridgewood has traveled to the Arcadia Invitational at Arcadia High School in Los Angeles to compete.

"We want our kids to compete against the best kids in the country as often as we can," Maroon boys head coach Josh Saladino said.

Friday night the Ridgewood girls 4-x-800 team showed how well it could compete, placing second in the nation's best early season invitational in a sizzling 9:12.85, third fastest in Bergen County history, behind the 1988 Ridgewood (9:07.4) and 1983 Ridgewood teams.

The team of Laura Weisberger (2:18.3), Hanako Shigenobu (2:17.3), Caroline Davidson (2:20.4) and Catherine Pagano (2:17.0) ran what veteran coach Jacob Brown called a "smart and right on target" race that trailed only national leader Redondo (Calif.) Union.

"Laura was the key," Brown said. "She ran a perfect leg and kept us in the top four and then the other three girls just kept moving us closer."

"I'm pretty pumped up, because those other teams did that much later in the season."

The Maroons are in tonight's boys and girls championship distance medleys, and the girls could approach the Bergen County record of 11:56.59, set by the 2007 Rainapo team that was second at the Penn Relays. Evan Bartlik will high jump and triple jump. Mimi DeVita will pole vault and Weisberger and Emily Fishbein will run either the mile or a 3,200-meter run.

MAKING THEIR OWN MARK

There might not be any first team All-Bergen athletes on this spring's Indian Hills boys team, but the Braves are still a threat and they proved it Monday, opening their dual meet season by holding off a solid River Dell team, 73-67, two days after winning the Season Opener Invitational.

"We've got a good bunch of kids who get along well with each other, and they all battle all the time," Indian Hills coach Bill Barry said.

The Braves star is senior Calvin Knox, who might keep the All-Bergen streak alive after winning the 400 intermediate hurdles and anchoring the 4-x-400 relay team that clinched the win. Other top performances came from Scott Savage (1,600) and a trio of juniors, Andrew Kristofick (800), Danny Thompson (high jump) and Charlie Dzeinis (long jump). The Braves also got surprising seconds from sophomore Keith Gandy in the pole vault and junior Trevor Mild in the discus.

NOW PLAYING: Today's local meets are the Richie Pezzolla Memorial Lyndhurst Relays for Group 1 and 2 schools at Lyndhurst and the Highlander Invitational at Northern Highlands.

PENN RELAYS DEADLINE: Monday, noon is the deadline for coaches to update individual qualifiers for the Penn Relays, which start April 25.

To date, 15 boys and 13 girls have reached the qualifying standard as of today (But that doesn't guarantee selection).

The fields of 18-27 athletes will be announced Tuesday.

Big North Track & Field Dual Meet

Ridgewood vs Bergen Academy

Boys

April 9, 2012

Total Score

RHS BA

121 19

Event	First Place	Second Place	Third Place	RHS	BT
400H	Neil Schoff, Ridgewood, 1:00.0	Fiske, BT, 1:00.8	B. Collins, RW, 1:02.2	6	3
100m Dash	E. Bartlik, RW 11.5	J. Locke, RW, 11.7	K. Chung, RW, 11.9	9	0
1600m Run	S. Dublirer, RW, 4:38.3	French, RW, 4:42.0	Bryan Clarendon, RW, 4:44.0	9	0
400m Dash	Li, BT, 53.9	Migliorelli, RW, 54.4	Ransom, RW, 54.5	4	5
100m Hurdles	E. Bartlik, RW, 15.6	Knight, RW, 17.4	Zeno, RW, 17.9	9	0
800m Run	Daniels, RW, 2:06.2	Salamone, RW, 2:07.0	Clarendon, RW, 2:08.1	9	0
200m Dash	Han, RW, 23.7	Locke, RW, 24.0	Li, BT, 24.3	8	1
3200m Run	Frering, RW, 10:32.7	Salamone, RW, 10:46.5	Fishbein, RW, 10:49.9	9	0
High Jump	B. Fiske, BT, 5-10	James Knight, RW, 5-10	YoungHoe Koo, RW, 5-8	4	5
Pole Vault	A. Wang, RW, 11-6	J. Knight, RW, 11-0	B. Fiske, BT, 10-6	8	1
Long Jump	E. Bartlik, RW, 21-8.5	Youngway Koo, RW, 19-1.75	Jake Sabatini, RW, 17-9.75	9	0
Triple Jump	YoungWay Koo, RW, 39-10.25	Nigel Conroy, BT, 37-11	Victor Militar, BT, 36-9	5	4
Discus	Barnett, RW, 121-9	Aaron M, RW, 110-7	A. Balboa, RW, 105-10	9	0
Shot Put	A. Balboa, RW, 45-8	J. Barnett, RW, 41-6.5	Aaron M, RW, 40.2	9	0
Javelin	N. Higgins, RW, 137-7	Jamal Locke, RW, 130-8	Y. Yoo, RW, 130-3	9	0
4X400relay	RW 3:46	BT, 4:11		5	0

Comment:

Ridgewood vs. Bergen Tech

400IH: N. Schoff / B. Collins / J. Knight //
60.7 62.4 62.5

100: E. Bartlik 11.5 J. Locke 11.7 K. Chung 11.8 // D. Han 12.1 / S. Park 12.1 /
A. Armatas 12.4 A. Merejo 12.6 Cody Eson-Benjamin 12.7 C. McDade 12.7
K. Ward 12.8 T. Bonnanno 12.9 J. Norrell 13.0 Y. Choi 13.0 J. Yoon 13.0 A. Punjabi 13.1
P. Yoon 13.1 J. Rose 13.1 O. Vehra 13.2 R. Errico 13.3 N. Higgins 13.3 A. Ramirez 13.4
E. Sun 13.5 M. Discepolo 13.5 S. King 13.6 G. DeOliveira 13.8 A. Sohn 13.8
S. Chen 13.8 C. Chan 13.8 R. Ng 14.2

1600: S. Dublier 4:38; M. French 4:42; B. Clarendon 4:43; D. Frering 4:49;
R. Neville 4:55; K. Tamura 5:00; R. Fischer 5:05; T. Garrity 5:09; L. Dublier 5:09;
S. Calello 5:15; S.O'Keefe 5:22; J. Byrne 5:29; C. Salamone 5:34 M. O'Donnell 5:38
A. Chaurasia 5:57

400: T. Migliorelli 54.4 K. Ransom 54.5 S. Kagai 56.5 R. Bosch 57.2 V. Young 57.8
J. Thurlow 58.1 T. Bonnanno 59.0 H. Park 59.1 J. Yoon 59.8 R. Errico 61.4.
T. Wittlinger 63.3 T. Muchel 63.5

110HH: E. Bartlik / J. Knight / N. Schoff // B. Joyner // D. Barnes / M. Zeno /
15.6 17.4 18.4 19.1 19.7 17.9

800: B. Daniels 2:06.1; N. Salmone 2:06.9; B. Clarendon 2:08.2; Y. Yoon 2:08.8
R. Pillai 2:12.9; C. Legg 2:16.5; G. Jones 2:23.5; J. Byrne 2:28.7; L. Chapman 2:29.9

200: D. Han 23.8 J. Locke 23.9 K. Ward 25.2 J. Thurlow 25.6 Y. Choi 25.9
C. Eson-Benjamin 25.9 C. McDade 26.0 V. Young 26.1 A. Punjabi 26.3 A. Armatas 26.4
K. Ransom 27.4 J. Rose 27.7 O. Vehra 27.7 C. Chan 27.8 A. Ramirez 27.9 M. Discepolo
28.0 G. DeOliveira 28.2 S. King 28.3 S. Chen 28.7 J. Byrne 29.5 T. Wittlinger 29.8

3200: D. Frering 10:33 N. Salmone 10:46 B. Fishbein 10:50 C. Legg 12:00

4x400: S. Dublier 54.6 / D. Ok 58.5 / S. Kagai 58.9 / B. Collins 54.5 3:46.4

LJ: E. Bartlik 21'8 1/2" Y. Koo 19'1 1/2" J. Sabatini 17'9 3/4" E. Berry 17'3 3/4"
B. Johnson 16'8"

TJ: Y. Koo 39'10 1/2" D. Ok 36'2 3/4" E. Berry 36' 1/2" P. Yoon 35'11 1/2"
Y. Choi 31'1"

HJ: J. Knight 5'10" Y. Koo 5'8" M. Zeno 5'6" P. Morgan 5'4" D. Barnes NH

PV A. Wong 11'6" J. Knight 11'0" C. Abernathy 10'6" P. Morgan 10'0"
D. Downing 10'0" W. Wisener 9'0" N. Higgins 8'6" K. Hayes NH

Varsity

Javelin

Koo – 130'3"
Locke – 130'8"
Barnett – 121'10"
Higgins – 137'7"
Mallalieu – 119'9"
Zaorski 119'6"
Sun – 81'11"

Shot

Barnett – 41'6 ½"
Balboa – 45'8"
Muller – 40'2"
Discepelo – 38'2"
Antosiewicz – 33'7"

Disc

Muller – 110'7"
Balboa – 105'10"
Barnett – 121'9"
Zaorski – F
Discepelo – 93'4"

JV SHOT

R. Uzoaru – 22'8"
A. Zaorski – 31'0"
P. Mallelieu – F
Andrew Moras – 31'5"
A. DelVecchio – 23'5"
J. Kerwin – 34'2"
M. Benjamin – 31'7"
Albert Moras – 28'2"

JV DISC

R. Uzoaru – 67'0"
Mallelier – 64'8"
Andrew Moras – 71'7"
Delvecchio – 50'0"
Kerwin – 88'9"
Benjamin – 72'2"
Albert Moras – 63'8"
Antosiewicz – F
Merejo – 71'5"

Ridgewood 70 Hackensack 70

4/11

Event:	1st Place	2nd Place	3rd Place	Rwd	Hack
400IH:	Jones - Hack	Headley - Hack	Schoff - Rwd 59.2	1	8
100m:	Bonahane - H 10.7	Sabatini - Rwd 11.1	Hackensack 11.5	3	6
1600m:	Jennings - Rwd 4:26	Pujols - Hack 4:29	Hackensack 4:31	5	4
400m:	Headley - Hack 51.2	Romero - Hack 53.1	Collins - Rwd 53.2	1	8
110HH:	Jones - Hack 14.7	Quinn - Hack 15.1	Bartlik - Rwd 15.7	1	8
800m:	Jennings - Rwd 2:01.1	Dublier -Rwd 2:01.9	Hackensack	8	1
200m:	Bonahane - H 22.3	Schoff - Rwd 23.1	Henry - Hack 23.3	3	6
3200m:	Spicer - Rwd 9:51	Pujols - Hack 9:56	Salamone - Rwd 9:59	6	3
4x400m:	Ridgewood: Collins, S. Dublier, Jennings, Schoff 3:31.6			5	0
Long Jump:	Bartlik - Rwd 21'11.5	Hackensack	Hackensack	5	4
Triple Jump:	Bartlik - Rwd 44'1.5"	Headley - Hack 43'4	Cummings - Hack 43'	5	4
High Jump:	Cummings - Hack 6'2	Bartlik - Rwd 6'	Koo - Rwd 5'8	4	5
Shot Put	Hackensack	Balboa - Rwd 45'9.25	Hackensack 41'10"	3	6
Discus:	Hackensack	Barnett - Rwd 126'10"	Balboa - Rwd 112'8.5'	4	5
Javelin:	Koo - Rwd 146'	Barnett - Rwd 125'11	Hackensack 125'4"	8	1
Pole Vault:	Wong - Rwd 11'0"	Knight - Rwd 10'6"	Hackensack 10'	8	1
Final Score:				70	70

Ridgewood 101 Teaneck 39

4/11

Event:	1st Place	2nd Place	3rd Place	Rwd	Tea
400IH:	Elliot - Teaneck	Schoff - Rwd 59.1	Locota - Teaneck	3	6
100m:	Sabatini - Rwd 11.1	O'Cansoy - Tea 11.3	Teaneck - 11.5	5	4
1600m:	Jennings - Rwd 4:26	Spicer - Rwd 4:33	Salamone - Rwd 4:46	9	0
400m:	Miles - Teaneck 49.5	Collins - Rwd 53.1	Migliorelli - Rwd 54.2	4	5
110HH:	Bartlik - Rwd 15.8	Knight - Rwd 17.1	Berkley - Tea 17.7	8	1
800m:	Jennings - Rwd 2:01.1	Dublier - Rwd 2:01.9	Clarendon - Rwd 2:04	9	0
200m:	Miles - Teaneck 21.9	J. Williams - Tea 22.5	Schoff - Rwd 23.1	1	8
3200m:	Spicer - Rwd 9:51	Salamone - Rwd 9:59	Frering - Rwd 10:12	9	0
4x400m:	Ridgewood: Collins, S. Dublier, Jennings, Schoff 3:31.6			5	0
Long Jump:	Barlik - Rwd 21'11.5"	Teaneck	Teaneck	5	4
Triple Jump:	Bartlik - Rwd 44'1.5"	Teaneck	Teaneck	5	4
High Jump:	Bartlik - Rwd 6'0"	Teaneck 5'10"	Teaneck 5'10"	5	4
Shot Put	Balboa - Rwd 45'9.5	Barnett - Rwd 41'6.5	Muller - Rwd 39'6.25	9	0
Discus:	Barnett - Rwd 126'10	Balboa - Rwd 112'8	Discepolo - Rwd 82'11	9	0
Javelin:	Koo - Rwd 146'	Teaneck 140'	Barnett - Rwd 125'11	6	3
Pole Vault:	Wong - Rwd 11'0"	Knight - Rwd 10'6"	Morgan - Rwd 10'0	9	0
Final Score:				101	39

Ridgewood v Hackensack and Teaneck

400IH: N. Schoff **59.2** J. Knight **62.3**

100: J. Sabatini **11.1** J. Locke **11.7** D. Han **11.9** S. Park **12.1** K. Ransom **12.1**
A. Armatas **12.3** K. Ward **12.3** J. Yoon **12.6** J. Norrell **12.6** A. Punjabi **12.6** Y. Choi **12.8**
C. Eson-Benjamin **12.8** T. Bonnano **12.9** J. Rose **12.9** C. McDade **13.1** P. Yoon **13.1**
A. Sohn **13.2** G. DeOliveira **13.3** M. Discepolo **13.4** S. King **13.5** S. Chen **13.6**
R. Errico **13.7** C. Chan **13.7** E. Sun **13.8** A. Ramirez **13.8** R. Ng **14.3** M. Neuman **14.6**
M. Huh **15.5**

1600: L. Jennings **4:26** T. Spicer **4:33** N. Salamone **4:46** R. Neville **4:53** M. French **4:56**
R. Fischer **5:03** K. Tamura **5:04** B. Fishbein **5:13** S. O'Keefe **5:17** M. O'Donnell **5:20**
C. Salamone **5:26** E. Taketomo **5:26** A. Chaisurasia **6:01**

400: B Collins **53.1** T. Migliorelli **54.2** S. Kagai **55.3** V. Young **58.0** J. Thurlow **58.7**
J. Yoon **59.0** K. Ward **59.5** H. Park **61.3** T. Wittlinger **64.1** T. Muchel **64.2**

110HH: E. Bartlik **15.8** J. Knight **17.1** M. Zeno **18.0** B. Joyner **18.6**

800 L. Jennings **2:01.1** S. Dublier **2:01.9** B. Clarendon **2:04.9** B. Daniels **2:09.1**
Y. Yoon **2:09.3** R. Pillai **2:12.0** G. Jones **2:17** C. Legg **2:18** L. Dublier **2:20**
J. Byrne **2:25** C. Criscitello **2:26** L. Chapman **2:27**

200: N. Schoff **23.1** D. Han **23.5** T. Migliorelli **24.1** K. Ransom **24.2** S. Park **24.9**
S. Kagai **25.1** D. Ok **25.2** K. Ward **25.2** Y. Choi **25.4** A. Punjabi **25.5** C. McDade **25.8**
A. Armatas **25.9** V. Young **25.9** C. Eson-Benjamin **26.1** R. Errico **26.1** M. Discepolo
26.7 J. Thurlow **26.7** J. Norrell **26.8** A. Sohn **26.9** G. DeOliveira **27.0** J. Rose **27.1**
T. Bonnano **27.6** A. Ramirez **27.9** S. King **28.2** S. Chen **28.4** C. Chan **28.4**

3200: T. Spicer **9:51** N. Salamone **9:59** D. Frering **10:12** B. Fishbein **10:54**
S. Callello **11:02**

4x400: B. Collins **52.8** S. Dublier **54.0** L. Jennings **52.8** N. Schoff **51.9** **3:31.6**

LJ: E. Bartlik **21'11 ½"** Y. Koo **19'9 ½"** E. Berry **16'5"** B. Johnson **16'1 ½"**

TJ: E. Bartlik **44'1 ½"** Y. Koo **38'10"** D. Ok **36'3"** P. Yoon **35'6 ½"**

HJ: E. Bartlik **6'0"** Y. Koo **5'8"** J. Knight **5'6"** M. Zeno

PV: A. Wong **11'0"** J. Knight **11'0"** P. Morgan **10'0"** C. Abernathy **10'0"** W. Wisener
9'6"

JAV: Y. Koo **146'** J. Barnett **125'11"** N. Higgins **121'11"** J. Locke **119'**

Throws:

	Shot Put:	Discus:
A. Balboa	45'9 ½"	112'8 ½"
J. Barnett	41'6 ½"	126'10"
A. Muller	39'6 ¼"	63'5"
N. Diceopolo	38'6 ¼"	82'11 ½"
J. Kerwin	33'4 ¾"	60'1"
A. Delvecchio	23'5"	43'8"
A. Zaorski	30'8 ½"	94'2 ½"
M. Antoshowitz	31'11"	93'7"
M. Benjamin	28' ¼"	72'6"
A. Merejo	31'10"	54'3"
An. Moras	29'	82'9"
R. Uzoaro	26'11"	75'8"
Al. Moras	26'7 ½"	54'2"
P. Mallalieu	34'1"	69'2"

4/13

TRACK & FIELD

Maroon girls earn Arcadia relay medals

BY GREG TARTAGLIA
Assistant Sports Editor

The Maroons can run pretty fast on the other coast, too.

One week after sweeping the Steve Pawlowski Relays boys and girls titles on its home track, Ridgewood High School mixed it up with some of the top teams in the nation at last weekend's Arcadia Invitational in Arcadia, Calif., capturing two sets of relay medals.

The RHS girls 4 x 800-meter relaysquad kicked off the trip with a silver-medal 9:12.85 on Friday, placing second to Redondo Union (9:05.85) of Redondo Beach, Calif.

Sophomore Laura Weisberger (2:18.3 split), seniors Hanako Shigenobu (2:17.3) and Caroline Davidson (2:20.4) and freshman Catherine Pagano (2:17.0) combined on a time that ranks third in both school and Bergen County history. The 1988 Ridgewood squad holds the county record of 9:07.4.

The very next day, Shigenobu, Davidson and Pagano joined with junior Micaela McPadden to run a bronze-medal clocking of 12:02.02 in the girls distance medley relay, good for third in Bergen history behind the 2007 Ramapo (11:56.59) and 1982 Ridgewood (11:58.6) teams.

Davidson led off with a 3:42.5 split in the 1,200-meter leg before the baton made its way to McPadden for the 400 (59.0), Shigenobu for the 800 (2:19.7) and Pagano for the 1,600 anchor leg (5:02.4). Harvard-Westlake of Los Angeles won the race in 11:45.18, followed by Redondo Union (11:53.53) and the Maroons.

"It was a great trip for us," RHS girls coach Jacob Brown told *The Record* earlier this week. "The girls all executed so well in each race."

Both Maroon squads qualified for the Penn Relays at the end of the month, but according to Brown, only one will enter.

The Ridgewood boys distance medley grouping of senior Levi Jennings (1,200), juniors Neil Schoff (400) and Storm Dublirer (800) and senior Travis Spicer (1,600) will find out Monday if it has qualified for Penn after running a 15th-place 10:24.28 at Arcadia Vista Murrieta, Calif. (10:08.52) held off Centennial, Nev. by .44 seconds to win the event.

In the boys 4 x 800 on Friday, Dublirer, Spicer, Jennings and sophomore Brian Collins com-



FILE PHOTO

Ridgewood's Mimi DeVita placed seventh in her flight at the Arcadia Invitational girls pole vault competition.

ish 15th. Centennial staged a last-lap comeback to win the race in a nation-leading 7:44.00.

The Maroons also had several individual entrants at Arcadia. Evan Bartlik picked up a bronze medal in the boys seeded high jump, clearing 6-foot-5 to place behind California competitors Evan Egeberg of Stockdale (6-7) and Vincent Calloun of Long Beach Poly (6-5, awarded second on jumps).

Bartlik added an eighth-place showing of 45-1 in the championship triple jump, which was won by Kiyvens Delamay of Claremont, Calif. (49-4 1/4). Both efforts by the RHS senior ranked as No. 2 in the state this season according to milesplit.com.

In the girls pole vault, Ridgewood junior Mimi DeVita cleared 10-foot-7, edging out Holly Tokar (10-7) of Ventura, Calif. for seventh place on attempts. DeVita's vault stands as the third best in New Jersey this spring according to milesplit.

Weisberger (5:27.03) and sophomore Emily Fishbein (5:29.61) both competed in the girls open 1-mile run on Saturday and finished back-to-back in eighth and ninth, respectively, in the Section 1 race.

Tomorrow, the Maroons are back on the East Coast to take part in the Comet Relays at Hackensack in their final tune-up for the Jack Yockers Bergen County Relays next weekend.

THE TRACK AND FIELD REPORT

Teaneck jumpers in leap of their own

Girls Track Top 25

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

Boys Track Top 25

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

By MIRA WASSEF
STAFF WRITER

Teaneck jumpers Jamal Williams and Alex Ocansey have been a dominant force ever since they hooked up to do the jumping relays as freshmen.

Williams and Ocansey, now seniors, are undefeated in their careers when they team up for a long jump and triple jump event.

And they feel that streak will

continue this season.

"We've been jumping together for a long time; we push each other," Williams said. "We keep getting better."

Ocansey agreed. "I think me and Jamal can do better and improve ourselves," Ocansey said.

Williams, Ocansey and former teammate Sean Wimbush set the Bergen County record last year at the county relays in the triple jump with a mark of 130-8½.

This past indoor season, Williams set the school indoor record in the long jump, and he and Ocansey combined to set the Bergen County relays meet record in the two-man long jump.

"We step it up against better competition. There is no threat to us in the county," said Williams, who is being recruited by Rutgers, Temple and Nebraska, and said he will make his decision after the Penn Relays.

But Wimbush is now at Rutgers, and Ocansey and Williams are searching for a third teammate for the jumping relays.

That pressure could fall on Teaneck senior Rickey Everett. Everett is a newcomer to track this season, and is better known for his gravity-defying dunks on the basketball court. Everett would be the third leg on the long jump relay.

"I'm going to learn a lot from them, like technique," Everett said.

"There is no pressure jumping with them. The pressure is to get the technique right."

Everett's performance in the long jump is one of the most interesting story lines to watch this season for the Highwaymen, who are in rebuilding mode, since 47 of the 67 members of the team are newcomers.

"I think about the streak being snapped all the time," Williams said. "All it takes is one bad jump."

Around the track

■ The two North Jersey defending state champions, three-time 100- and 200-meter champion Myasia Jacobs of Paramus Catholic and Theresa Picciallo of IHA, who won the 2011 and 2012 indoor and 2011 outdoor shot put titles, are both sidelined with injuries. But both hope to be back to defend their titles at the state Meet of Champions.

Jacobs, who injured herself at the New Balance Indoor Nationals while winning her semifinal heat of the 55-meter race, hopes to be back by the Big North United meet May 9. Her absence, along with that of Non-Public A 55-meter champ Jordyn Smith, makes it unlikely that the Paladins can advance at the Penn Relays 4-x-100 for the fourth straight year.

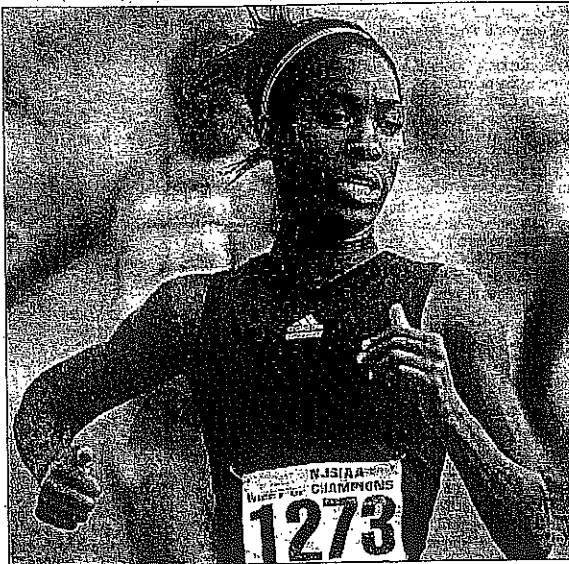
Picciallo has missed about two weeks with a recurrence of tendinitis in her right elbow that bothered her early last spring. She hopes to return for the Penn Relays on April 26 where she is the top seed.

■ The Richie Pezzola Memorial Lyndhurst Relays gives plaques to the outstanding boys and girls track and field performers of the day.

While this year's winners were Hasbrouck Heights' Rayn Moses and Rebecca Fortoul (girls field and track), and Mike Morreale of Lyndhurst and Fernando Almonte of Lodi (boys field and track), there were some noteworthy runner-up performances at last week's event.

Roland Gamez of Hasbrouck Heights had the day's best triple jump (42-10) and long jump (20-10¼) in addition to leading off the Aviators' winning shuttle hurdles team.

Ridgefield's Joey Weiki ran solid splits of 22.9 in the 4-x-200 relay, 52.6 in the 4-x-400 relay and ran an anchor 2:02.800 as the Royals came from behind to win the



RECORD FILE PHOTO

Myasia Jacobs, a state champion in the 100 and 200 meters, hopes to be back on the track soon for Paramus Catholic.

sprint medley.

Brianne Williams of Lodi finished second to Moses in both the long and triple jumps (15-7, 32-4¼) and had nice splits in the 400 hurdles and a 400 on Lodi's sprint medley.

And Elena Borouskis of Pequannock had

400 splits of 61.8 (sprint medley) and 62.3 (4-x-400), a 200 split of 27.2 (4-x-200) and also ran on the 4-x-800 relay as the Panthers earned medals in those events.

■ Five girls ran 2:27 or better in the 800 on Wednesday at the tri-meet among Ridgewood, Hackensack and Teaneck.

Ridgewood's Hanako Shigenobu had the best time with 2:21, followed by Ridgewood's Laura Weisenberger (2:22); Ridgewood's Caroline Davidson (2:23); Teaneck's Jenay Ferrell (2:26) and Hackensack's Vanessa Valdez (2:27).

Ferrell missed some practice this week while at a college visit at North Carolina A&T. Ferrell, who runs the 400 and 800, said she enjoyed her visit and has narrowed her options to North Carolina A&T and Hampton.

Ridgewood senior Tina Gobble set a personal record Wednesday in the 3,200 with a time of 12:03. She shaved nine seconds off her time of 12:12 last week, and was at 12:30 last year.

Teaneck sprinter Khalia Taylor had nice performances in the 100 (12.1) and 200 (25.5), and Amanda Simms ran 16.0 in the 110 HH and leaped 35-7½ in the triple jump at the tri-meet, as Teaneck and Ridgewood both beat Hackensack and finished in a 70-all tie against each other.

■ With the annual Boverini Passaic County Relays at Passaic Valley set for Saturday, the Aviator Relays at Hasbrouck Heights tonight and the Comet Relays at Hackensack on Saturday, things are heating up on the track scene.

Pascack Valley is competing in the Nanuet Relays and Teaneck is going to the Cougar Classic at Columbia in South Orange. On Wednesday, the A and B boys pole vaults, girls high jumps and boys discus events for next weekend's Jack Yockers Bergen County Relays will be held at Benjamin Franklin Middle School in Ridgewood. The rest of the meet is scheduled for April 20-21 at River Dell High School.

— Paul Schwartz and Mira Wassef

THE COMET RELAYS
Tom Dellatorre Field

SATURDAY, APRIL 14, 2012
Hackensack, New Jersey

BOYS

4X100m: 1-Old Tappan (Brandon Gregory, Jae Rho, Benjamin Davis, Jonathan Choi), 43.8. 2-Paramus Catholic, 43.9. 3-St. Joes, 44.2. 4-Hackensack, 44.7. 5-Piscataway, 44.9. 6-Ridgewood, 45.3. 7-Paramus, 46.2. 8-Glen Rock, 48.9. 9-

4X200m: 1-Old Tappan (Ben Davis, Jae Rho, Jon Choi, Brandon Gregory), 1:30.2. 2-St Joes, 1:31.5. 3-Paramus Catholic, 1:32.9. 4-Ridgewood, 1:33.3. 5-Piscataway, 1:34.7. 6-Fair Lawn, 1:35.0. 7-Montclair, 1:35.6. 8-Perth Amboy, 1:36.3. 9-Paramus, 1:37.5. 10-Glen Rock, 1:38.8

4X400m: 1-Ridgewood (T. Migliorelli, B. Collins, K. Ransom, S. Dublier), 3:31.3. 2-Emerson, 3:33.6. 3-Montclair, 3:36.8. 4-Xavier, 3:56.9.

4X800m: 1-Piscataway (Lance Weaver, Jamaal James, Marcus Hatchett, Tim Ball), 7:58.8. 2-Old Tappan, 8:02.2. 3-Ridgewood, 8:03.5. 4-Emerson, 8:20.7. 5-Glen Rock, 8:41.6. 6-Fair Lawn, 8:43.6. 7-Bergen Tech, 9:36.8

4X1600m: 1-Old Tappan (Tim Hoer, Matt Carbognin, Ian Clarke, Dan Farrell), 19:30.1. 2-Ridgewood, 19:44.8. 3-Paramus, 19:52.5. 4-Paramus Catholic, 19:55.8. 5-Hackensack, 20:02.2. 6-Bergen Tech, 20:14.9. 7-Xavier, 20:24.4. 8-Piscataway, 20:56.7. 9-Fair Lawn, 21:47.2

Sprint Medley: 1-Bergen Tech (Li, Liu, Militar, Serrao), 3:42.8. 2-Montclair, 3:44.3. 3-Piscataway, 4:03.0. 4-Fair Lawn, 4:09.0

Distance Medley: 1-Piscataway (Marcus Hatchett, Jamaal James, Lance Weaver, Tim Ball), 10:28.4. 2-Hackensack, 10:33.3. 3-Old Tappan, 10:58.4. 4-Ridgewood, 10:59.8. 5-Paramus, 11:18.5. 6-St Joes, 11:25.8. 7-Fair Lawn, 11:35.8. 8-Paramus Catholic, 11:55.0. 9-Xavier, 12:00.3. 10-Glen Rock, 12:23.1

4X110 HH: 1-Hackensack (Mo Headley, Nick Quinn, Mike Cummings, Mark Jones), 1:02.6. 2-Ridgewood, 1:08.5. 3-Old Tappan, 1:10.1

3X400 IH: 1-Old Tappan (Brandon Gregory, Kyle Davidson, Brendan Davidson), 2:53.9. 2-Ridgewood, 3:04.3. 3-Bergen Tech, 3:14.3. 4-Paramus Catholic, 3:20.4. 5-Fair Lawn, 3:23.3

2X Long Jump: 1-Old Tappan (Ben Davis, Jae Rho), 39-8 ½. 2-Piscataway, 38-3. 3-Fair Lawn, 37-11. 4-Montclair, 37-6. 5-Hackensack, 37-5 ½. 6-St Joes, 37-3. 7-Ridgewood, 34-0.

2X Triple Jump: 1-Emerson (Kieran Ensor, Matt Eyerkus), 79-10. 2-Hackensack, 79-7 ½. 3-Fair Lawn, 79-0 ½. 4-Piscataway, 75-2 ½. 5-Ridgewood, 74-4 ½. 6-Old Tappan, 68-5 ½.

2X High Jump: 1-Piscataway (Richard Henney, Donovan Kirkland), 11-10. 2-tie-Bergen Tech, 11-0 & Paramus Catholic, 11-0. 4-tie-Ridgewood, 10-8 & Hackensack, 10-8. 6-River Dell, 6-6. 7-Old Tappan, 5-6.

2X Pole Vault: 1-Old Tappan (Chris Mazzceno, Luke Annacho), 22-6. 2-Ridgewood, 21-0. 3-Emerson, 19-6. 4-tie-Hackensack, 18-6 & Paramus, 18-6. 6-Glen Rock, 10-0. 7-Fair Lawn, 9-6.

2X Shot Put: 1-Old Tappan (Jong Min Youn, Hunter Norman), 91-4. 2-Montclair, 91-0 ½. 3-Ridgewood, 86-4 ½. 4-Hackensack, 86-2 ½. 5-St Joes, 82-9 ¾. 6-Fair Lawn, 79-2 ½. 7-River Dell, 77-11 ¾. 8-Piscataway, 77-6 ¼. 9-Glen Rock, 70-2. 10-Perth Amboy, 65-8

2X Discus: 1-Montclair (Daniel Ciano, Julian Pinnixodaick), 319-5. 2-Old Tappan, 289-11. 3-Hackensack, 236-5. 4-Ridgewood, 221-2. 5-Fair Lawn, 215-10. 6-Piscataway, 203-4. 7-River Dell, 191-0. 8-Glen Rock, 164-0

2X Javelin: 1-River Dell (Brian Samuel, Samuel Becourtney), 301-10. 2-Paramus Catholic, 283-9. 3-Montclair, 275-5. 4-Glen Rock, 265-0. 5-Fair Lawn, 237-6. 6-Ridgewood, 236-8. 7-Paramus, 231-11. 8-Secaucus, 231-10. 9-Emerson, 231-0. 10-Hackensack, 230-2.

NOVICE BOYS

4X100m: 1-Old Tappan (Paul Kim, Joey Lee, Brandon Tu, Jason Cho), 47.3. 2-Bergen Tech, 47.3. 3-River Dell, 47.6. 4-Hackensack, 48.0. 5-Glen Rock, 48.8

4X200m: 1-Perth Amboy (Raymond Arce, Jorge Vargas, Malcolm Batts, Rashad Adams), 1:37.0. 2-Piscataway, 1:37.4. 3-Hackensack, 1:38.5. 4-Old Tappan, 1:39.1. 5-Ridgewood, 1:40.5

4X400m: 1-Ridgewood (s. Kagai, D. Han, D. Or, S. Park), 3:42.9. 2-Perth Amboy, 3:44.2. 3-Hackensack, 3:47.7. 4-Old Tappan, 3:49.6. 5-Ridgewood, 3:56.1

4X800m: 1-Old Tappan (Evan Litchfield, Ian Clarke, Matt Carbo, Kevin Rivera), 9:01.8. 2-Old Tappan, 9:19.9. 3-Hackensack, 9:20.1. 4-Bergen Tech, 9:23.9. 5-Ridgewood, 9:26.0

Sprint Medley:

Distance Medley: 1-Hackensack (Aneudy Nunez, Stephen Sweeting, Gloser Torrealba, Angel Uzcha), 11:37.3. 2-Ridgewood, 12:04.3. 3-Old Tappan, 12:07.7. 4-Bergen Tech, 12:31.5. 5-River Dell, 12:36.6

4X110HH: 1-Paramus (Lavesh Patel, Shivam Raikundalia, Brian Salamanca, Gabe Castro), 1:10.4

3X400IH: 1-Perth Amboy (Wesley Pierre, Kyshon Jett, Terrence Edwards), 3:14.4. 2-Glen Rock, 3:20.7. 3-River Dell, 3:25.3. 4-Hackensack, 3:25.9. 5-Xavier, 3:38.5

2XLJ: 1-Old Tappan (Marc Marcello, Brandon Tu), 40-6. 2-Old Tappan, 36-3. 3-Hackensack, 34-3. 4-Bergen Tech, 34-0. 5-Paramus, 33-5.

2XTJ: 1-Bergen Tech (Victor Militar, Nigel Conroy), 72-5 ½. 2-Old Tappan, 69-0. 3-Ridgewood, 68-8 ½. 4-Paramus, 68-5 ½. 5-Hackensack, 68-4.

2Xshot: 1-Hackensack (N. Hightower, J. Stewart), 77-9. 2-Ridgewood, 77-6. 3-Old Tappan, 74-3 ½. 4-Bergen Tech, 71-2 ½. 5-Glen Rock, 71-0.

2Xdiscus: 1-Old Tappan (Matt Hodges, Kenny Duarte), 209-2. 2-Paramus Catholic, 203-9. 3-Fair Lawn, 197-8. 4-Old Tappan, 192-2. 5-Paramus, 184-11.

NOVICE GIRLS

4X100m: 1-tie-Elizabeth (Victoria Waite, Alexis Johnson, Tadrea Newkirk, Lanay Crawford), 55.3 & Montclair (Karelle Edwards, Maya Newman, Sierra Morris, Tiffany Webb), 55.3. 3-Holy Angels, 55.8. 4-Montclair, 56.0. 5-Hackensack, 56.5

4X200m: 1-tie-Southern (E. Ramirez, A. Toledo, A. Charles, L. Pero), 1:54.8 & Hackensack (Clarke, Lynch, Bookal, Elliot), 1:54.8. 3-Ridgewood, 1:55.0. 4-River Dell, 1:56.7. 5-Montclair, 1:57.1

4X400m: 1-Southern (E. Ramirez, J. Economos, J. Ritchie, A. Charles), 4:27.6. 2-Hackensack, 4:42.1. 3-Elizabeth, 4:45.1. 4-Southern, 4:56.1. 5-Old Tappan, 5:00.9

4X800m: 1-Montclair (Erin Silverman, Eliana Tyler, Allie Benhke, Jordan Coverson), 10:36.8. 2-Hackensack, 10:41.4. 3-Holy Angels, 11:08.9. 4-Southern, 11:11.9. 5-River Dell, 11:15.3

Sprint Medley:

Distance Medley: 1-Holy Angels (Patricia Das, Kirsten Judge, Miamh Glynn, Tara Hayes), 14:51.9. 2-Bergen Tech, 15:03.6. 3-River Dell, 15:23.9. 4-Southern, 16:11.2. 5-Perth Amboy, 17:08.7

4X100HH: 1-River Dell (Grace Behrens, Kayteen Melvin, Erin Melvin, Nicole Vigneron), 1:14.2

3X400IH: 1-Perth Amboy (Ceelea Graham, Cynthia Collado, Erika Rosario), 3:49.7. 2-Bergen Tech, 4:02.5. 3-Elizabeth, 4:09.1

2XLJ: 1-Southern (B. Angellella, B. Phillips), 30-7 ½. 2-Southern, 28-0. 3-Ridgewood, 27-10 ½. 4-River Dell, 27-9. 5-Old Tappan, 26-4 ½.

2XTJ: 1-River Dell (Grace Behrens, Marina Reilly), 62-3 ½. 2-Southern, 61-7 ½. 3-Ridgewood, 60-1 ½. 4-Bergen Tech, 59-4 ½. 5-Old Tappan, 57-6.

2XShot: 1-Hackensack (A. King, B. Diah), 61-1 ½. 2-Garfield, 59-8 ¼. 3-Hackensack, 56-1. 4-Bergen Tech, 55-10. 5-Southern, 54-0 ½.

2XDiscus: 1-Southern (Lea Peru, Bree Wood), 163-8. 2-Hackensack, 158-5. 3-Elizabeth, 157-4. 4-River Dell, 157-3. 5-Bergen Tech, 156-3.

FROSH BOYS

4X100m: 1-Old Tappan (Tony Kim, Peter Boyiokos, Guillermo Abrago, Doug Guido), 50.9. 2-Secaucus, 51.4. 3-River Dell, 51-7. 4-Bergen Tech, 51.9. 5-Emerson, 56.3

4X200m: 1-Montclair (Jamil Best, Anthony Cody, Elijah Robinson, Andrew Blevins), 1:39.3. 2-Ridgewood, 1:42.9. 3-Old Tappan, 1:46.6. 4-Secaucus, 1:47.4. 5-River Dell, 1:47.8

4X400m: 1-Montclair (Elijah Robinson, Jamil Best, Anthony Cody, Andre Blevins), 3:48.9. 2-Old Tappan, 3:55.3. 3-Ridgewood, 4:04.4. 4-Xavier, 4:15.4. 5-Xavier (Sternglass), 4:39.1

4X800m: 1-Ridgewood (Sam Calello, Ed Takotomo, Sean O'Keefe, Kataro Tamura), 9:37.1. 2-Old Tappan, 10:02.2. 3-Xavier, 10:03.9. 4-Bergen Tech, 10:18.5. 5-Ridgewood, 10:20.4

Sprint Medley:

Distance Medley: 1-Ridgewood (Sam Calello, Ed Takotomo, Sean O'Keefe, Kataro Tamura), 12:47.2. 2-Montclair, 13:45.5. 3-Bergen Tech, 14:20.4

4X110HH: 1-River Dell (Koraglu, Allingham, Conrad, Hilb), 1:24.1.

3X400IH: 1-Bergen Tech (Gibli, Abdul, Christowski), 3:35.8. 2-Emerson, 3:54.8

2XLJ: 1-Piscataway (Elijah Pierson, Eric Bethea), 34-8 $\frac{1}{4}$. 2-Paramus, 30-7 $\frac{1}{2}$. 3-Old Tappan, 29-3 $\frac{1}{2}$. 4-Secaucus, 27-0 $\frac{3}{4}$. 5-Ridgewood, 16-7 $\frac{1}{2}$.

2XTJ: 1-Ridgewood (A. Purjabi, M. Disceroco), 66-1. 2-Fair Lawn, 32-6 $\frac{1}{2}$. 3-Ridgewood, 31-5 $\frac{1}{2}$.

2XShot: 1-Ridgewood (Matt Benjamin, Ray Uzoaru), 61-11. 2-Glen Rock, 61-3. 3-Emerson, 55-4. 4-Xavier, 54-4 $\frac{1}{4}$. 5-Old Tappan, 51-11.

2XDiscus: 1-Glen Rock (Amos, Lynch), 145-4. 2-Ridgewood, 140-8. 3-Fair Lawn, 126-7. 4-Xavier, 125-2. 5-Ridgewood, 110-2

FROSH GIRLS

4X100m: 1-Ridgewood (Lauren Monnerat, Steph Kusel, Olivia Manke, Katie McKeon), 55.6. 2-Paramus, 56.3. 3-Secaucus, 59.1. 4-Holy Angels, 62.3. 5-Bergen Tech, 62.5

4X200m: 1-Southern (A. Carlson, D. Daniels, A. Lake, B. Zingarelli), 1:54.0. 2-Paramus, 2:01.3. 3-Perth Amboy, 2:02.8. 4-Dwight Englewood, 2:03.2. 5-Southern, 2:04.6

4X400m: 1-Old Tappan (I. Davis, A. Maccaro, C. Farrell, H. Reeves), 4:39.1. 2-Southern, 4:40.5. 3-River Dell, 4:42.6. 4-Southern, 4:58.1. 5-Hackensack, 5:35.0

4X800m: 1-Southern (K. Fontana, O. Gugliemini, J. Forsman, L. Zimmerman), 11:01.3. 2-Ridgewood, 11:20.9. 3-Old Tappan, 11:58.0. 4-Hackensack, 12:39.5. 5-Emerson, 12:45.2

Sprint Medley:

Distance Medley: 1-Southern (K. Fontana, K. Fay, J. Forsman, L. Zimmerman), 14:29.3. 2-River Dell, 14:37.7. 3-Ridgewood, 15:02.6. 4-Old Tappan, 15:26.7. 5-Fair Lawn, 16:28.3

4X100HH: 1-Paramus (Amanda Matesic, Lilian Lipovetsky, Jasmine Pineder, Francesca DePaolo), 1:16.7

3X400IH:

2XLJ: 1-Southern (B. Hartney, K. Knudsen), 28-3 $\frac{1}{2}$. 2-Southern, 27-10 $\frac{1}{2}$. 3-Ridgewood, 26-11 $\frac{1}{2}$. 4-Paramus, 26-1 $\frac{1}{2}$. 5-Southern, 25-11 $\frac{1}{2}$.

2XTJ: 1-Ridgewood (Katie McKeon, Jackie Long), 60-4 $\frac{1}{2}$. 2-Southern, 59-7. 3-Southern (Hartney), 59-5 $\frac{1}{2}$. 4-Holy Angels, 58-4

2Xshot: 1-Southern (I. Barsch, S. Spencer), 61-4 $\frac{1}{2}$. 2-Bergen Tech, 60-1 $\frac{1}{2}$. 3-Southern, 53-8. 4-Fair Lawn, 51-4 $\frac{1}{2}$. 5-Montclair, 49-0 $\frac{1}{2}$.

2Xdiscus: 1-Southern (M. Smith, I. Barsch), 145-7. 2-Southern, 128-9. 3-Fair Lawn, 124-2. 4-Bergen Tech, 121-10. 5-Montclair, 118-9

THE TRACK AND FIELD REPORT

Ramsey girls quicken pace

By MIRA WASSEF
STAFF WRITER

Ramsey has had the reputation for its excellence in the mid-distance events. And that's still going strong, but it's been the sprints that are generating all the buzz this season.

The girls 4-x-100 and 4-x-200 relay teams of Kristen Webb, Kelly Redl, Alana Karpovich and Katie Vernon have dominated the competition so far, and are undefeated in both events this season.

The Ramsey quartet swept both

events at the Season Opener Invitational, Highlander Invitational and Aviator Relays.

"We've really always been a 4-x-400 school," Ramsey coach Matthew Wynne said. "It's a new thing for us at Ramsey to be running these sprints. It's exciting for us."

Vernon, a junior, and sophomores Webb, Redl and Karpovich really peaked this past indoor season when they won the Bergen County relays. But the Rams took it up a notch this spring when they set school records in the 4-x-100 (51.3

seconds) and 4-x-200 (1:47.4).

Each of the four girls brings something different to the team. Webb ran spring track last year, but came back even faster for the indoor season and has kept that form up as the lead-off runner this spring. Wynne describes Redl as tenacious and versatile because she's also a great jumper and set a personal record in the long jump with 17 feet at the Aviator Relays. Karpovich is the spark plug and is great with the baton, and Vernon is the go-to-girl as the anchor.

"They popped in the winter, but they've been a different team in the spring," Wynne said. "I think they're closer as a team, they care about how each other are doing. It's made them a strong team."

That strength will be tested at the Bergen County Relays this weekend at River Dell, where Ramsey could face some top competition from the Paramus Catholic sprinters.

"I'm excited about the Bergen County Relays," Wynne said. "I think they're up for it."

Around the track

■ Hasbrouck Heights has perhaps the best long jump and triple jump areas in North Jersey and that's no accident. Heights coach Rob Brady worked with the Landtek Group of Amityville, N.Y., to design the surface, which has the longest runways in the area (196 feet) and has the maximum downhill slope allowed for a Class 3 certified track.

At last week's fifth Aviator Relays, that paid off as the Cresskill, Mahwah, Ramsey, Hasbrouck Heights and Pascack Hills girls finished five of the 11 top long jump relay performances in Bergen County, led by the 48-11 of Cresskill, just an inch off the county record. Mahwah set the county triple jump record by more two feet and Heights had the ninth longest relay in the event.

■ Westwood will skip the Bergen County Relays this weekend, opting instead to participate at a meet in Rockland County. Coach George Glover said his team lacks depth, and feels his athletes will have better individual opportunities at the Rockland meet. The Cardinal girls would have been favored for a third straight C division title.

■ The 51st edition of the Jack Yockers Bergen County Relays got under way Wednesday with the Boys A and B pole vault and discus and Girls A and B high jump at Benjamin Franklin Middle School in Ridgewood.

The meet resumes at 3:30 p.m. today for field events and 4 p.m. for running at River Dell H.S. and concludes at 9 a.m. Saturday at River Dell.

■ In Division A, for the first time in years, defending champion Don Bosco is not expected to be a factor in the boys meet, although the Ironmen, along with Demarest and Teaneck, will help determine the winner.



STAFF FILE PHOTO

Madison Holleran helped Northern Highlands' 4-x-800 relay team become one of the best in Bergen County history.

The favorites are Ridgewood (last won in 2010), Hackensack (2004) and Old Tappan (2003 in Group 3). If the Golden Knights win — and they seem to be the healthiest team

right now — they'll become the first Group 3 team to win Division A since the meet was restructured in 2004.

■ Girls A figures to be a battle among defending champion Ridgewood, IHA (2010), Northern Highlands (2004 B) and Teaneck. The Highwaywomen, based on their tremendous field and sprint strength, seem to be the favorite. If they win, it'll be the first time for them since the meet split into four divisions in 1998. Prior to that Teaneck shared the 1990 Group 3-4 title with Pascack Valley and won by themselves in 1980.

■ Last year Ramsey won a tight boys B meet over River Dell (2009) and Indian Hills (never won) and the trio are contenders again. But look out for Ridgewood, which won the 2010 C meet. Three-time defending champion Holy Angels is favored again on the girls' side, but Ramapo (never), Mahwah (never), Ramsey (2008) and River Dell (2007) will be in the mix.

■ Lyndhurst is the defending boys C champ, but the Golden Bears will get competition from Pascack Hills (2009), Cresskill (2008 D) and Lodi in what might be the tightest meet of all. The girls' meet is wide open with Pascack Hills (2009), Cresskill (never), Rutherford (1998 Group 2), Lodi (never), Lyndhurst (never) and Glen Rock (2005) all possibilities to fill the void left by the absence of Westwood.

■ Hasbrouck Heights has won the last three boys and girls titles in D and that domination should continue with the Park Ridge (never) and Emerson (never) boys and girls and the Waldwick girls (2008) the only threats for an upset.

— Paul Schwartz and Mira Wassef

Boys Track Top 25

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

Girls Track Top 25

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

Bergen County Relays
@ Ridgewood and River Dell

April 18, 20-21

Wednesday @ Ridgewood:

3xDiscus:

J. Barnett 121'3" A. Balboa 119'8" S. Yoon 106'6" 347'5" – 4th Place

3xPole Vault:

A. Wong 12'0" D. Downing 11'0" P. Morgan 11'0" 34'0" – tie 2nd Place

Friday @ River Dell:

3x400IH:

N. Schoff 50.0 J. Knight 60.3 B. Collins 60.6 2:58.9 – tie 5th Place

4x200m:

J. Sabatini 23.2 N. Schoff 22.7 J. Locke 23.8 D. Han 22.7 1:32.6 – 6th Place

4x1600m:

S. Dublier 4:24.1 N. Salamone 4:28.6 T. Spicer 4:34.5 L. Jennings 4:40.2
18:08.3 – 2nd Place

Triple Jump:

E. Bartlik 44'6" J. Knight 39'11 ¼" Y. Koo 39'6 ½" 123'11 ¾" – 1st Place

Javelin:

Y. Koo 139'11" N. Higgins 136'11" J. Barnett 135'8" 412'6" – 1st Place

Saturday @ River Dell:

4x110HH:

B. Joyner 18.4 M. Zeno 17.4 J. Knight 16.8 K. Chung 15.4 68.5 – 4th Place

4x100m:

J. Sabatini, J. Locke, T. Migliorelli, K. Chung 44.2 – 4th Place

Distance Medley:

L. Jennings 3:06.9; T. Migliorelli 53.2 S. Dublier 1:57.3 T. Spicer 4:26.8
10:24.2 – 1st Place

Sprint Medley:

N. Schoff 50.8 D. Han 22.8 J. Sabatini 22.4 L. Jennings 1:57.5
3:33.5 – 2nd Place

4x800m:

T. Spicer 2:03.3 B. Collins 2:00.2 B. Clarendon 2:03.5 S. Dublier 1:57.2
8:04.2 - 1st Place

4x400m:

N. Schoff 50.9 E. Bartlik 52.4 L. Jennings 51.7 S. Dublier 51.2
3:26.2 - 2nd Place

Long Jump:

E. Bartlik 21'4 3/4" Y. Koo 19'1 1/4" H. Park 17'6 3/4" 58' 3/4" - 4th Place

Shot Put:

A. Balboa 45'1" J. Barnett 39'2 3/4" A. Muller 38'8" 122'11 3/4" - 5th Place

High Jump:

E. Bartlik 6'2" Y. Koo 5'10" J. Knight 5'8" 17'8" - 1st Place

Frosh 4x400m (non-scoring):

A. Armatas 56.4 A. Punjabi 57.7 S. O'Keefe 58.3 K. Ward 56.2 3:48.6 - 2nd Place

Top 5 Final Score:

Old Tappan 104

Ridgewood 101.5

Hackensack 72.5

Demarest 57

Don Bosco 46.5

(13 total schools)

Comments:

I cant pretend its easy to lose the county championship by 2.5 points. Overall we had a very good meet and we have a lot to look forward to going forward. This group has the ability to accomplish great things this season. Im looking forward to getting back to work!

Fuller helps Old Tappan capture Division A title

By JJ CONRAD
STAFF WRITER

ORADELL — For Old Tappan's Devin Fuller, it's no secret that track is not his ticket out of North Jersey.

It's been well-documented that the Golden Knights' star quarterback will be heading to UCLA this fall on a football scholarship, and he admits that track is just something he does in the spring "to stay in shape."

But that doesn't mean the ultra-competitive Fuller isn't out there to win any event he enters, clearly evident Saturday in the final day of the Jack Yockers Bergen County Relays.

Fuller was a key piece in three relay-winning teams — the 4-x-100, 4-x-400 and 1,600 sprint medley (in addition to the 4-x-200 on Friday) — helping the top-ranked Golden Knights rip No. 2 Ridgewood, 104-101½, to finally capture what previously had been an elusive Division A title.

"Coach [Peter Dunn] had a great talk with us before [today]," said Fuller, who anchored an exciting 4-x-100 early in the day, as Old Tappan narrowly edged Paramus Catholic by a tenth of a second with a time of 42.9. "He was talking about how we haven't won these types of meets in the past. But we had a good plan, executed, and really stepped up."

The exciting and crowd-pleasing sprinter says he gets the same feeling of gratitude after a big team win in track — like the one he experienced Saturday — as he does on the gridiron.

Football's his passion and his future, but track is something he's done all his life, too.

"Everyone knows him from football," Dunn said. "But he's given a tremendous amount for this program. I really don't know what else to say about him. The fact that he's

out here benefits us immensely."

Fuller wasn't the only one who impressed Saturday, as teammate Brandon Gregory was also a part of all three winning relay teams, anchoring the meet-clinching 4-x-400 in the final event of the day. Gregory was named the Most Outstanding Male Track Athlete for his efforts, something he said was "nice," but admitted it's nothing he strived for.

"I just run," said the humble Gregory, who'll compete next year at Division II Southern Connecticut. "I didn't try and get Most Outstanding Athlete or anything like that, and definitely didn't think about it. It just happened. I ran my heart out."

While a Bergen County Relay championship is nice, Gregory recognizes that there's still much more work left to put it in, much more left to prove.

"It's a good start," he admitted. "But we still got six or seven weeks to go. I think we put Old Tappan on the map [today]."

Jack Yockers Bergen Relays notebook

■ The Demarest girls won their first Division A title since 2002 with clutch performances in the 4-x-400 and pole vault, finishing with 82½ points. Allison Tell, Victoria Davis, Katie Kupferschmidt and Lauren Malajian finished first in the 4-x-400 with a time of 4:03.5 when the meet was a tight, three-way race with Ridgewood and Teaneck. Ridgewood was second with 80 points and Teaneck third with 71.

■ Cresskill's girls ran away with the Division C title with 101 points behind first-place finishes in the high jump, triple jump, pole vault, discus, shot put and 4-x-200. Pascack Hills was second with 71 points and Glen Rock third with 68.

■ Hasbrouck Heights' girls won their fourth consecutive Division D title with 141 points.

■ River Dell finished second in Division B, but had nice performances throughout the meet. The quartet of Paige Fernandez, Sam Schlienger, Melissa Gibbons and Marina Reilly won the sprint medley in 4:19.0, and Fernandez, Jamie Woods and Noreen Byrne



JOE CAMPOREALE/SPECIAL TO RECORD
Ben Malone of Pascack Valley finishing first in his group's sprint medley event.

won the 3-x-400 hurdles in 3:20.4. The Golden Hawks also won the shot put and discus.

■ Hasbrouck Heights easily captured the boys Division D title with 135 points. Its closest competitor was Emerson, which finished with 108. Hasbrouck Heights swept the field events Saturday — long jump, discus

and javelin. Junior Roland Gamez led all long jumpers at 20 feet, 10½ inches and classmate Anthony Seidel, named the Most Outstanding Athlete in field events, took first in the javelin at 177-6 and discus at 154-7.

■ River Dell edged Ramsey, 84-79, for the boys Division B title, despite a relatively quiet Saturday, winning just one event. Matt Koh (49-8½), Austin Berninger and Andrew Tummino took gold in shot put with a combined distance of 136-5½.

■ Lyndhurst won the boys Division C title in convincing fashion with 111 points. Cresskill finished second with 80. Lyndhurst also won just one event Saturday, the distance medley, thanks to Daniel Gaspar, Alfredo Silva, Kane McDermott and Thiago Fernandes, with a time of 11:12.30.

■ Old Tappan junior Ben Davis had a big day for the Golden Knights. Davis was part of the 4-x-100 and 4-x-400 gold medal teams, and also led Old Tappan to gold in long jump, leaping a meet-best 21-7½.

— JJ Conrad and Mira Wassef

North Jersey The Record

Penn Relays preview

The 118th Penn Relays, Thursday through Saturday, At Franklin Field, Philadelphia

Girls

SHOT PUT

When: Thursday, 11 a.m.

Local entrants: Taylor Martin, Hackensack and Theresa Picciallo, Immaculate Heart

Local outlook: If she's healthy, Picciallo is the favorite to win the title after finishing second last year. Hopefully, the tendinitis that has kept her out of competition for more than three weeks won't hinder her from competing.

JAVELIN

When: Thursday, noon

Local entrants: Shaunteriah Douglas, Garfield and Lisa Sesink-Clee, Holy Angels

Local outlook: Douglas is the third seed but the competition now includes six 150-foot throwers and hopefully she can medal.

DISTANCE MEDLEY RELAY

When: Thursday, 6:45 p.m.

Local entrant: Ridgewood

Local outlook: The team of Caroline Davidson, Micaela McPadden, Hanako Shigenobu and Catherine Pagano has a solid chance at a medal and a chance at breaking the Bergen County record of 11:56.59, set when Ramapo was second at the 2007 Penn Relays.

4-x-800 RELAY

When: Thursday, 10:40 a.m.

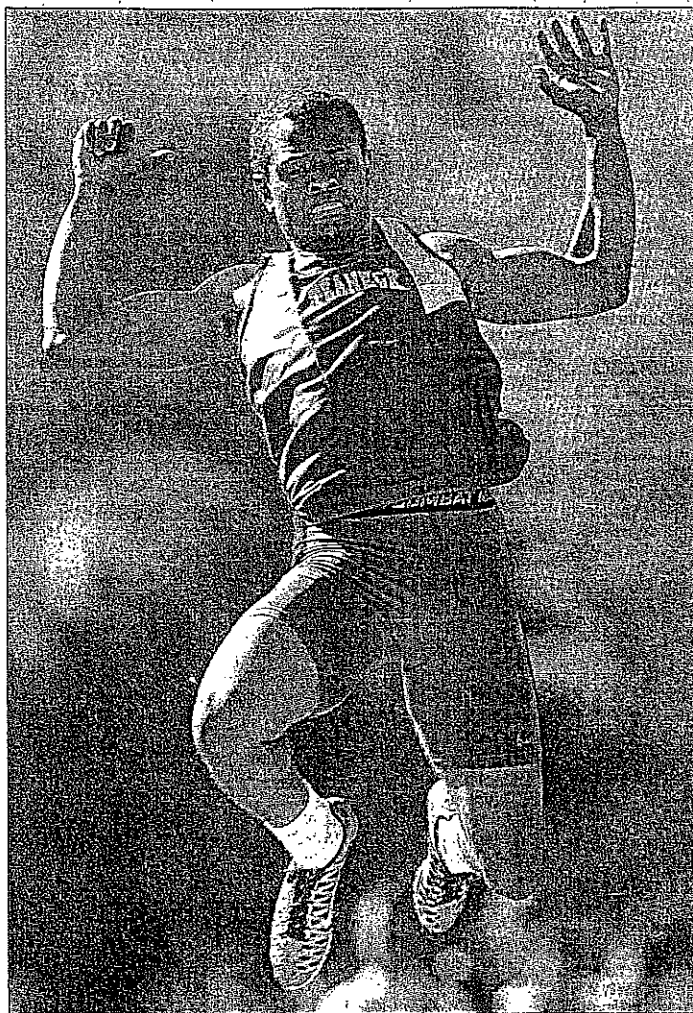
Local entrants: Northern Highlands, Tenafly and Westwood (11 a.m.)

Local outlook: The top 12 of more than 70 qualifiers make Friday's final, and Northern Highlands and Westwood have a chance to make the final if they can approach 9:20. Highlands probably has the better chance.

4-x-100 RELAY

When: Thursday, 11:10 a.m.

Local entrants: Dwight-Englewood, Dwight Morrow, Hackensack, Hasbrouck Heights, Holy Angels, IHA, Indian Hills, Kennedy, Kinmelon, Old Tappan, Paramus Catholic, Pascack Hills, Ramapo, Ramsey, Ridgewood, River Dell, Secaucus, Teaneck



RECORD FILE PHOTO

Jamal Williams of Teaneck is the lone local entrant in the long jump. If Williams can recapture his form from the indoor season, he can approach the 23-foot mark.



LONG JUMP

When: Saturday, noon

Local entrant: Jamal Williams, Teaneck

Local outlook: Williams hopes to recapture the form that made him a 23-footer indoors.

POLE VAULT

When: Saturday, 10 a.m.

Local entrant: Eric Geider, Demarest

Local outlook: Only nine outdoor Bergen County vaulters have cleared a height of more than 14 feet, six inches. Geider hopes to make it 10 and if he

Local entrants: Dwight-Englewood, Dwight Morrow, Hackensack, Hasbrouck Heights, Holy Angels, IHA, Indian Hills, Kennedy, Kinnelon, Old Tappan, Paramus Catholic, Pascack Hills, Ramapo, Ramsey, Ridgewood, River Dell, Secaucus, Teaneck, Tenafly, Wayne Valley, West Milford and Westwood.

Local outlook: Paramus Catholic, Teaneck and Ramsey are the fastest teams in the area and hope to break 50 seconds, with Paramus Catholic a possibility to advance to the Tri-State final Saturday, even without the injured Myasia Jacobs.

4-x-400 RELAY

When: Thursday, 1:30 p.m.

Local entrants: Secaucus (1:30); Dwight Morrow (1:40); Wayne Valley (1:45); Ramsey, Hackensack, Dwight-Englewood and Eastside (1:50); Holy Angels, Mahwah, West Milford and Garfield (1:55); Pascack Hills (2:05); Emerson and Tenafly (2:10); Kennedy (2:15); Kinnelon (2:20); Ramapo (2:25); Old Tappan (2:40); Pequannock and Hasbrouck Heights (2:45); River Dell and Pascack Hills (2:55); Indian Hills (3:05); Paramus Catholic (3:10); Demarest and Ridgewood (3:15); IHA (3:25); Westwood (3:35) and Teaneck (3:40).

Local outlook: Each race has its own set of medals, and teams like Ramsey, Ramapo, River Dell, Demarest and Westwood should be in contention to earn them and perhaps approach the four-minute barrier.

Boys

400 HURDLES

When: Saturday, 9 a.m.

Local entrant: Brandon Gregory, Old Tappan.

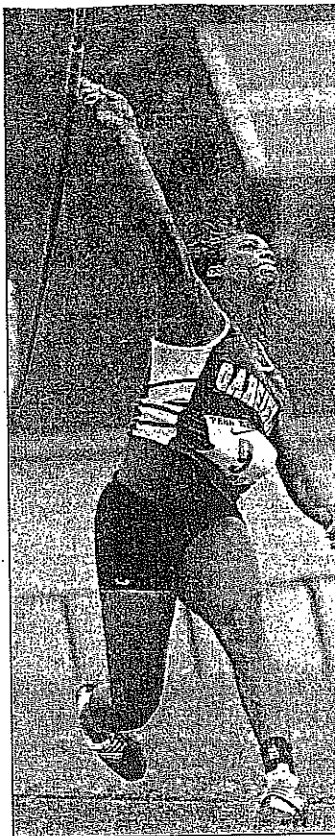
Local outlook: Gregory hopes to improve on his 53.71 seconds from last June and perhaps contend for a medal.

1,600

When: Friday, 6:05 p.m.

Local entrant: Ben Malone, Pascack Valley.

Local outlook: It's going to be a humdinger with runners like Jacob Burcham of West Virginia, Craig Engels of North Carolina, Zavon Watkins of New York and Drew Magaha of Pennsylvania facing Malone, who won the 800 indoor National Championship. It should take a sub-4:10 clocking to run the race and Malone, the state indoor 1,600 champ, has an



RECORD FILE PHOTO

Garfield's Shaunteriah Douglas is third seed in javelin.

excellent chance to win.

3,000

When: Friday, 6:10 p.m.

Local entrant: Christian Costello, Don Bosco.

Local outlook: Costello hopes to break Rob Molke's school record of 8:37.85 in the event and battle to be in the top half of the race.

SHOT PUT

When: Friday, 2:30 p.m.

Local entrants: Matt Koh, River Dell and Mark Ramsey, Kennedy.

Local outlook: Koh and Ramsey hope to improve on their personal bests and perhaps make the eight-man final.

DISCUS

When: Friday, 10 a.m.

Local entrants: Andrew Trumbetti, Demarest and Jong Min Youn, Old Tappan.

Local outlook: The two underclassmen are hopeful of cracking the 160-foot barrier.

JAVELIN

When: Friday, 2 p.m.

Local entrants: Chris Connors and Anthony Seidel, Hasbrouck Heights and Harry Sullivan, Ramapo.

Local outlook: Seidel competed as a sophomore last year and the trio hopes to break the 180-foot barrier.

When: Saturday, 10 a.m.

Local entrant: Eric Geider, Demarest.

Local outlook: Only nine outdoor Bergen County vaulters have cleared a height of more than 14 feet, six inches. Geider hopes to make it 10 and if he does, a medal might be waiting.

DISTANCE MEDLEY

When: Friday, 5:50 p.m.

Local entrant: Ridgewood.

Local outlook: The Maroons were third last year but only Levi Jennings returns from that team. This team of Jennings, Neil Schoff, Storm Dublirer and Travis Spicer hopes to become the 15th Bergen team under 10:20.

4-x-800 RELAY

When: Friday, 9:30 a.m.

Local entrants: Demarest, Ramsey and Don Bosco (9:40).

Local outlook: The three teams all hope to break eight minutes in this 70-team field.

4-x-100 RELAY

When: Friday, 10:40 a.m.

Local entrants: Bergen Catholic, Don Bosco, Dwight Morrow, Hackensack, Hasbrouck Heights, Indian Hills, Kennedy, North Bergen, Old Tappan, Paramus Catholic, Pascack Hills, Ramapo, Ramsey, Ridgewood, River Dell, Secaucus, Teaneck, Tenafly and West Milford.

Local outlook: Breaking 44 seconds is the goal, and Hackensack, Old Tappan, Paramus Catholic, Ridgewood and Teaneck all should go low with OT, PC and Teaneck potentially moving on to a second race.

4-x-400 RELAY

When: Saturday, 9:10 a.m.

Local entrants: Ramsey and Palisades Park (9:22); Ramapo (9:30); Hasbrouck Heights (9:38); Wayne Valley (9:42); Secaucus, Tenafly and River Dell (9:46); Bergen Catholic (9:50); Emerson (10:02); Dwight Morrow and North Bergen (10:06); Ridgefield Park and Pascack Hills (10:10); West Milford (10:14); Eastside (10:26); Paramus Catholic (10:34); Indian Hills and Ridgewood (10:46); Pascack Valley (10:50); Old Tappan (10:55); Don Bosco (11:05); Teaneck (11:10) and Hackensack (11:15).

Local outlook: Can Old Tappan break 3:20? How good is Pascack Valley? Can Teaneck, Don Bosco, Pascack Hills and Hackensack get under 3:25?

— Paul Schwartz

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The Record

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DON SMITH/STAFF PHOTOGRAPHER
Travis Spicer once changed his running was part of a practice routine. Now he excels in cross-country and track.

A dry run became his passion

Ridgewood senior's untapped talent was discovered on a whim

RIDGEWOOD — Of all the athletes at the Penn Relays, Ridgewood's Travis Spicer may have the most unique back story.

How he will end up with that bacon in his hand, running the anchor leg for the Maroons' distance medley relay Friday — on the biggest stage in American track and field — is a story straight from a movie.

Spicer is a senior at Ridgewood High School. His mother ran track at Glen Rock, but he played soccer growing up.

But he didn't try out for soccer — or any sport — at Ridgewood as a freshman or sophomore, intimidated by (of all things) having to run two miles in under 12 minutes as part of soccer training.

"I was like, 'There is no way I could do that,'" Spicer said. "I guess I was probably wrong, but I decided not to do it."



DARREN COOPER
LOCAL SPORTS COLUMNIST

Glynn has coached runners — most consistent runner in cross-country for 46 years, but he never had anyone like Spicer before.

"It's like coaching a 17-year-old freshman," Glynn said. "He has so much he doesn't know."

Spicer's story about his first cross-country race may be his favorite. It was about the sport. But one thing is for sure, it was a whole new experience. He remembers standing in the back of the pack when his team competitor. He has the heart of a lion. "I just have to teach him how to run."

Despite his nerves, he ended up running 16:39 and finishing third.

At 5 feet 10, 135 pounds, Spicer has the build of a runner. And as Glynn noted, he has an incredible drive. After the only way for their children to dinner and goes on nighttime tempo runs.

Spicer's at a loss to explain his new-found talent. Playing soccer probably gave him a good cardiovascular base, but he ended up becoming the Maroons' MVP.

See COOPER Page S-13

Cooper: Runner

From Page S-11

and at Ridgewood, he was an active member of the AIPS outdoor club, participating in hikes and building up his legs.

"I definitely have a new passion. I love running. I love competing. I love working hard."

Spicer said. "What keeps inspiring me to continue to train and get better is just... it's amazing to me the results that I'm seeing from Coach Glynn's workouts and everything."

Glynn believes Spicer can run in college, and Spicer is considering some Division I opportunity that I do have."

schools where he could land. The fact that he didn't run competitively for so long could make him more attractive to college coaches because they won't have to change any bad habits.

Spicer is thrilled and honored to be running for Ridgewood on Friday. When he says he's making up for lost time, he really means it. "I am really thankful, especially since I only have one year of this."

Spicer said. "If I end of stinks that I wasted so many years, but now since this is my last season, I am making the most out of any opportunity that I do have."

Rowl
4/26

RHS secures silver in Group A

Team claims five relay titles, takes close second to Demarest

BY RON FOX
Correspondent

The Ridgewood High School girls track and field team definitely was ready for the massive Jack Yockers Bergen County Relays last weekend, possessing all the qualities for success. "You need not only to be talented, but to be in shape and know your events well," coach Jacob Brown said Tuesday. "A big relay meet is a total challenge."

Ridgewood had many standouts with wins in five events, finishing second in the big-school Group A team standings to Demarest, 2½-80, at River Dell High School.

"Of course we were disappointed because we lost by a tiny little bit," Brown continued. But Demarest is a great club, and our hat's off to them."

Ridgewood received yeoman service from its runners, first of all. Seniors Hanako Shigenobu and Caroline Davidson, sophomore Emily Fishbein and freshman Catherine Pagano handled the bulk of the running heroics. They teamed to win the 4 x 800-meter and distance medley relays, and sophomore Laura Weisberger joined Fishbein, Davidson and Pagano to win the 4 x 1,600.

"We basically dominated the 4 x 1,600," Brown said. "Laura Weisberger ran a brilliant 5:15 first leg, and we were never challenged after that."

He pointed to the 4 x 800 win — completed in 9:43.40 — as proof of his girls' stamina and determination to be in the best shape from the start of the season. "The girls performed with excellence," he said. "The other teams [in the 4 x 800] were out of gas after the first two legs [run by Shigenobu and Fishbein]."

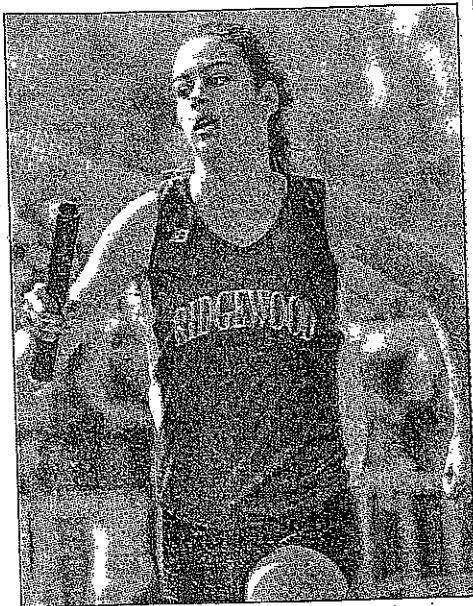
Still, it was in the distance medley that the Maroons made the biggest impact by rewriting the record book with a 12:16.80 clocking.

"We ran very, very fast," Brown said in understatement. "We set the meet record in the event, and we beat a very good team; Ramapo is excellent. All the elements were there."

To clarify, Ridgewood and Ramapo did not run head-to-head. Ramapo ran in the Group B races and turned in the second-fastest distance medley time at the meet, 12:26.0. Fast, but not fast enough to keep the Maroons from a meet record.

Those elements, of course, included the combination of the runners to take on the major challenges, along with their well-crafted conditioning.

Brown said he would have a "little variation" in the lineup when his distance medley



Freshman Catherine Pagano anchored the Ridgewood girls to victory in the Group A distance medley relay last Saturday.

squad ran Thursday in the Penn Relays. Junior Micaela McPadden was slated to be back running with Davidson, Shigenobu and Pagano. That is his regular team, and he explained that the reason Fishbein ran the 400 leg as a member of Saturday's quartet was that McPadden was "busy doing sprint duties."

Pagano was a freshman performing like a veteran and drew praise from her coach for providing one of the highlights of the meet, a 5:03 anchor leg. "All things considered, that was just brilliant," he said, noting that Pagano ran a 5:02 in an earlier meet.

The field event performers were just as important as the runners in the well-balanced effort. The Maroons won the javelin relay with a total throw of 270 feet, 6 inches from sophomore Emma Cichocki, senior Kim Noble and junior Sirai Ramirez. They also won the pole vault competition as junior Abby Taylor, senior Ilana Brown and Cichocki teamed to cover an even 26 feet.

"The pole vault is a solid group you can always count on to do well," Brown said. "In the javelin, we have two solid throwers, and Sirai came through with her personal best throw, which put us over the top for the win [in the event]."

Ridgewood also finished second in the 4 x 400 and had three third-place finishes (4 x 100, 4 x 200, 3 x 400 hurdles), as well as a fourth-place position in the sprint medley to finish nine points ahead of third-place Teaneck.

"It takes a talented team to do well in a big meet like that," Brown said. "Now we're looking to do well in the individual meets down the road."

Ron Fox can be reached at
farrellb@northjersey.com

Distance runners and jumpers help Maroon boys to 5 gold medals

BY RON FOX
Correspondent

Head coach Josh Saladino had plenty of choices when it was time to fill vacancies in the Ridgewood High School boys track and field lineup this year.

"We have a very deep sophomore class," he said after his team finished a close second in the Jack Yockers Bergen County Relays Saturday at River Dell. "We have 44 sophomore boys on the team, and I'm excited how our underclassmen performed for us. It's good for now and good for our future."

The Maroons won five events in building a point total of 101½, just two-and-a-half points behind Old Tappan (104), the big-school Group A champion. Seven of the 11 performers on the winning relay squads for RHS are underclassmen.

"We rely on the experience of our seniors, but we needed some of the young people to step up and fill the gaps, and they did extremely well," Saladino said.

The Maroons won the 4 x 800-meter and distance medley relays on the track and also sparked in the field with wins in the javelin, triple jump and high jump relays. Junior Young Hoe Koo was a member of all three field wins.

Koo teamed with sophomore Nick Higgins and junior James Barnett for a combined throw of 412 feet, 6 inches in the javelin. He also joined seniors Evan Bartlik and James Knight to cover 123-11¾ in the triple jump and teamed with Bartlik and Knight to win the high jump with a combined 17-8 total.

"He's very athletic," Saladino said of Koo. "His strengths are the jumps and the javelin, but he does other things. He was the only three-event winner for us."

"Evan Bartlik had a great meet, too," the coach added. "He had the best high jump [6-2], the second-best triple jump [44-6] and third-best long jump [21-4¾] in the entire meet. And James Knight was on two winning teams and was also on the 110 high hurdles team that finished fourth and the 400 hurdles team that finished fifth. He's also a pole vaulter for us."

While disappointed in missing the title by such a close margin, Saladino was thrilled to report one key fact: "Our highlight was, we scored in every event, and we were the only team that scored in all 16 events. We have a lot of skill in a lot of different events, and that

See BOYS RELAYS, page C4



PHOTOS/JOE CAMPOREALE

Sophomore Allan Wong cleared 12 feet in the pole vault to help Ridgewood tie for second in the Group A boys competition at the Bergen County Relays.

bodes well for the future." That is, the near future as well as the more distant future.

The wins in the running events occurred in the distance medley, where senior Levi Jennings, sophomore Teddy Migliorelli, junior Storm Dublier and senior Travis Spicer ran in that order to a 10:24.2 finish; and the 4 x 800, run in 8:04.2 by Spicer, sophomores Brian Collins and Bryan Clarendon and Dublier.

Jennings was another nonman who led by example.

"Levi ran in the 4 x 1,600, the distance medley, the sprint medley and the 4 x 400," Saladino said. "That showed a lot of range. That's impressive to show such high skill in a variety of events."

How impressive? Jennings' events garnered one gold medal and three silver medals, brilliance in a wide range of challenges.

Keying the 4 x 800 win was Dublier's anchor leg. "Storm had a big meet," Saladino said. "His 4:24 leg in the 1,600 was a 12-second improvement over his previous best time, which is a huge improvement."

The coach also appreciated what transpired in the pole vault event, where Ridgewood tied Old Tappan for second place (34-0) and made the future look even brighter. "We had two sophomores and a junior in that event, and that was nice to see." The trio consisted of sophomores Allan Wong, who cleared 12 feet, and Patrick Morgan, and junior Dylan Downing. Morgan and Downing jumped 11 feet.

Saladino and his team now look toward the individual challenges ahead.

"There are lots of meets where we can show our abilities," he said. "The [Big North] league meet is the second week in May, the county meet is the following week, and then the state-sectionals that we've won back-to-back the last two years. We have skill across all areas. It's exciting to have that kind of balance."

Ron Fox can be reached at foxr@northjersey.com.

Penn Relays
@ Franklin Field, Philadelphia

April 27-28th

Friday:

4x100m:

J. Salabini, J. Locke, T. Migliorelli, K. Chung 44.72- 4th fastest team from Bergen County on the day

Distance Medley:

Levi Jennings 3:12.1

Neil Schoff 51.6

Storm Dubliler 2:00.2

Travis Spicer 4:34.0 10:37.91

Saturday:

4x400m:

Neil Schoff 52.1

Evan Bartlik 51.6

Brian Collins 52.6

Storm Dubliler 52.0 3:28.44 – 4th fastest team from Bergen County on the day

Comments:

4x100 ran well in weather that was not ideal for a fast sprinting time. Only ran .2 off of our seasonal best – still need to work exchanges.

Distance Medley was disappointing.

4x400 ran a solid race. More improvements to come from this group.

4/28

TRACK AND FIELD

PENN RELAYS

AT FRANKLIN FIELD, PHILADELPHIA

GIRLS

Tri-State 4-x-100 championship: 8. Paramus Catholic (Rosie Menyhart, Angela Harrison, Tatiyana Sanders, Jordyn Smith), 49.79.

BOYS

Small schools 4-x-100 championship: 5. Old Tappan (Won Jae Rho, Benjamin Davis, Brandon Gregory, Devin Fuller), 42.64.

4-x-400 relay (time and place in heat in parentheses): Old Tappan (Devin Fuller, Benjamin Davis, Kyle Davidson, Brandon Gregory) (3:21.25, 1); Pascack Valley (3:25.46, 3); Hackensack (3:28.08, 6); Ridgewood (3:28.44, 2); Indian Hills (3:28.85, 4); Don Bosco (3:29.25, 9); Ridgefield Park (3:29.85, 4); Pascack Hills (3:30.93, 5); Eastside (3:32.15, 8); Teaneck (3:32.36, 7); River Dell (3:32.63, 2); Secaucus (3:34.66, 3); North Bergen (3:34.73, 7); Bergen Catholic (3:35.02, 6); Emerson (3:35.02, 7); Hasbrouck Heights (3:36.70, 9); Kennedy (3:37.94, 10); Wayne Valley (3:38.23, 6); Paramus Catholic (3:39.00, 11); Ramapo (3:40.89, 10); West Milford (3:41.04, 7); Palsades Park (3:41.72, 7).

Long jump: 12. Jamal Williams, Teaneck, 21-6 3/4.

Pole vault: 10. Eric Gelder, Demarest, 14-3 3/4.

4/29

TRACK AND FIELD

PENN RELAYS

BOYS

4-x-100 relay (Place and time in heat): Old Tappan (1st, 43.30); Hackensack (1st, 44.13); Paramus Catholic (3rd, 44.53); Ridgewood (3rd, 44.72); Teaneck (4th, 44.94); Pascack Hills (4th, 45.76); Indian Hills (5th, 45.85); Ramapo (7th, 45.99); Bergen Catholic (2nd, 46.13); Don Bosco (7th, 46.34); Ramsey (8th, 47.65); River Dell (6th, 47.81); West Milford (8th, 48.09); Kennedy (8th, 48.67).

4-x-800 relay: Don Bosco, 8:07.74; Ramsey, 8:08.69; Demarest.

Distance medley: 16. Ridgewood, 10:37.91.

1 mile run: 3. Ben Malone, Pascack Valley, 4:12.24.

3,000 meter run: 22. Christian Costello, Don Bosco, 8:57.40.

Shot put: 15. Mark Ramsey, Kennedy, 51-11.17; Matt Koh, River Dell, 51-5 3/4.

Discus: 13. Jong Min Youn, Old Tappan, 153-6; Andrew Trumbetti, Demarest, no mark.

Javelin: 13. Anthony Seidel, Hasbrouck Heights, 175-6; 19. Chris Connors, Hasbrouck Heights, 154-2; 20. Harry Sullivan, Ramapo, 141-9.

Girls

4-x-800 championship: 7. Northern Highlands (Ariana North 2:20.1; Anna Richard 2:25.3; Emma Sullivan 2:20.3; Madison Holleran 2:13.8); 9.19.45.

Ironman Invitational
@ Ramapo College

May 3, 2012

In the Field:

Shot Put: A. Balboa **46'6"**, J. Barnett **41'5 ½"**, A. Muller **40'1 ¾"**

Long Jump: E. Bartlik **21'6 ¾" – 1st Place**

High Jump: E. Bartlik **6'2" – 2nd Place**, J. Knight **5'6"**, Y. Koo **5'8"**

Javelin: Y. Koo **156'7" – 1st Place**, N. Higgins **130'1"**, J. Locke **123'7"**

Pole Vault: A. Wong **11'6"**

On the track:

5K: N. Salamone **15:39.04 – 5th Place**, B. Fishbein **17:10.25**

400H: J. Knight **58.72**; N. Schoff **59.63**, B. Collins **60.60**

1500m: B. Clarendon **4:19.21**, G. Jones **4:33.71**, T. Garrity **4:48.66**

100m: J. Sabatini **11.43 / 11.38 – 4th Place**

110HH: K. Chung **15.93 / 15.56 – 4th Place** J. Knight **16.62**

400m: N. Tai **53.22** T. Migliorelli **53.37**, D. Han **53.75**

4x200m: J. Sabatini **22.9**, N. Schoff **22.9**, E. Bartlik **23.5**, K. Chung **22.8** **1:32.41 – 3rd Place**

Throwers 4x100m:

A. Muller **15.1 (yes 15.1)** N. Higgins **13.1** J. Barnett **12.7** A. Balboa **12.9** **53.89 3rd Place (out of 3!)**

Meet Comments:

A solid meet for us. We competed against some of the best in North Jersey / New York and left with a few medals. Congratulations to Evan and YoungHoe who left with medals. League championship is in one week and we will need to bring our best.

THE TRACK AND FIELD REPORT

Track season is ready to kick into next gear

By PAUL SCHWARTZ
STAFF WRITER

With the Rowan Invitational girls meet today and Saturday and the Crusader Relays at Monroe-Woodbury High School and the County Seat Invitational at Ramsey on Saturday, the first part of the outdoor track season comes to an end.

That means it's championship season.

While the league meets have lost much of their luster, because of 13 distinct divisions in the Big North and NJIC, they're still the first opportunity of the spring for full scale individual excellence.

Tuesday, the NJIC Meadowlands Division meet is at Overpeck Park in Palisades Park. Defending boys champions Lyndhurst and Hasbrouck Heights will compete to see which can get closest to 300 points - last year Lyndhurst had 273 and Hasbrouck Heights 270. The Heights girls will repeat, but Lyndhurst's girls might get a battle from North Arlington. Individuals to watch include Wallington distance runner Domenick D'Agostino and one of the girls top pole vaulters, Tiffany Tencza of Wallington.

Wednesday, the NJIC Colonial is at Overpeck with defending champ Pascack Hills battling Lodi for the boys A title and Elmwood Park, the B defender. Hawthorne appears to have the best chance to dethrone the Crusaders. The girls A battle is wide open with Glen Rock or Pascack Hills likely to dethrone defending champ Garfield, although the Boilermakers have one of the area's top athletes in Shaunteriah Douglas. Pompton Lakes is the B defender but Eastern Christian, with its stars Kristen Traub and Bethany Van Eck, should contend.

The Big North opens its three-day run with the United, Freedom and National Divisions at Hackensack.

Don Bosco isn't as strong as last year's team, but the Ironmen still should have enough to hold off Paramus Catholic, for the United boys title. Holy Angels should be able to beat IHA for the girls crown.

Ridgewood is the defending Freedom division boys champion and the Maroons should be able to hold off Hackensack. But even though Ridgewood is a very strong girls team, Teaneck, if healthy, could repeat its indoor upset.

The Demarest boys beat Old Tappan by less than five points last year. Old Tappan is clearly a better major meet team, but in what is essentially a dual meet, Demarest could prevail here if OT limits its better athletes in preparation for bigger meets over the following four weeks. The girls meet is a shootout with defending champ Demarest, Northern Highlands and Ramapo all in contention.

This three division meet is full of top talent including Ridgewood's jumping star Evan Bartlik, Hackensack hurdler Mark Jones, and Demarest thrower Andrew Trumbetti among the boys stars. Hanako Shigenobu of Ridgewood, Kahlia Taylor of Teaneck, Jordyn Smith of Paramus Catholic,

Track and field rankings

Boys Top 25

1. Old Tappan	14. No. Highlands
2. Ridgewood	15. Lyndhurst
3. Hackensack	16. St. Joseph
4. Demarest	17. Emerson
5. Passaic Tech	18. Mahwah
6. River Dell	19. Ramapo
7. Ramsey	20. Wayne Hills
8. Hasbrouck Hgts.	21. Lakeland
9. Don Bosco	22. Cresskill
10. Pascack Val.	23. Pascack Hills
11. Indian Hills	24. Paramus
12. Ridgefield Pk.	Catholic
13. Teaneck	25. Tenafly

Girls Top 25

1. Holy Angels	14. No. Highlands
2. River Dell	15. IHA
3. Demarest	16. Pascack Valley
4. Ridgewood	17. Clifton
5. Ramsey	18. Wayne Valley
6. Hasb. Heights	19. Paramus
7. Ramapo	Catholic
8. Passaic Tech	20. Tenafly
9. Teaneck	21. Garfield
10. Old Tappan	22. Indian Hills
11. Mahwah	23. Pascack Hills
12. Cresskill	24. Glen Rock
13. Hackensack	25. Waldwick

Lisa Zimmer of Ramapo and Ariana North of Northern Highlands head the girls side.

Thursday, the NJIC concludes with the Patriot division at Overpeck. Cresskill should repeat in the boys A meet, while Emerson is favored over Park Ridge in the B meet. Cresskill should have enough to hold off Waldwick and New Milford in the girls A meet while Emerson shoots for its first ever girls title in B over defender Park Ridge. Athletes to watch here include Cresskill jumper Paul Yun, Park Ridge sprinter John Malespina and Leonia javelin thrower Kyle Youmans among the boys and Ani Sarkisian of Cresskill, Ali Giordano of Waldwick and Becca Skovira of Park Ridge among the girls.

The Big North Liberty and Independence divisions run at Passaic Valley on Thursday.

Passaic Tech will breeze to victories in the boys and girls Liberty meets, while Lakeland and Wayne Valley will battle with the West Milford boys and Passaic Valley will battle the Lakeland and Wayne Valley girls for Independence titles. Athletes to watch include Nick Rodriguez and Jabari Butler of Passaic Tech, Jay Fuehring of Lakeland and Mark Van Teyens of West Milford among the boys, and Breasha Morton and Danielle Parker of Passaic Tech, Alicia Hester of Wayne Valley and Gabriella Crocco of Passaic Valley among the girls.

County Seat Invitational

Varsity 3200m:

David Frering 10:04.6 – 4th Place

Varsity PV:

A. Wong 12'0" – 1st Place, C. Abernathy 10'6" – tie 5th Place, S. Llerandi 9'6"

Frosh 1600m:

S. Callello 5:04 A. Charuasia 5:43

Novice 1600m:

M. French 4:45.4 – 3rd Place R. Neville 4:47.2 – 5th Place R. Fischer 4:52, C. Hartmann 4:58,
C. Criscitello 5:15 M. O'Donnell 5:15 C. Salamone 5:23

Frosh 4x200m:

C. Sheu 26.9, A. Ramirez 26.5, O. Vehra 28.1, W. Li 26.9 1:48.0

Novice 4x200m:

R. Bosch 24.9, C. McDade 25.1 R. Errico 25.8, S. Park 25.1 1:41.2 – 6th Place

Frosh 800m:

J. Byrne 2:18.0

Novice 800m:

B. Daniels 2:04.8 – 3rd Place, R. Pillai 2:10, L. Dubliler 2:13, C. Legg 2:22. D. Anzalone 2:51

Frosh 400IH:

A. Armatas DNF

Frosh 4x400m:

A. Punjabi 59.0, T. Muchel 62.4, C. Sheu 62.1 K. Ward 55.7 3:59.6 – 4th Place

Novice 4x400m:

R. Bosch 57.5, A. Merejo 56.0, R. Errico 57.5, V. Young 57.6 3:48.4 – 4th Place

D. Ok 56.2, S. Llerandi 58.4, J. Yoon 58.3, D. Davila 57.9 3:50.2

Frosh 110HH:

A. Armatas 20.7 / 19.8

Novice 110HH:

M. Zeno 20.6 (fell)

Frosh 100m

J. Norrell 12.8, S. King 12.8, W. Li 13.1, R. Ng 13.6

Novice 100m:

C. McDade **12.3**, E. Sun **12.7**, V. Young **12.7**

Novice LJ:

D. Barnes **17'2"**, S. Park **17'1 ½"**, E. Berry **16'5"**, B. Johnson **16'3 ½"**

Frosh LJ:

A. Punjabi **17'0" – 3rd Place**, J. Norrell **14'4"**, C. Sheu **13'9 ¾"**, W. Li **12'10 ½"**

Novice TJ:

B. Johnson **34'1"** E. Berry **33'3"** D. Barnes **F**

Frosh TJ:

A. Punjabi **37'4" 2nd Place** C. Sheu **31'1" – 6th Place**, J. Norrell **30'6"**

Novice High Jump:

M. Zeno **5'4" – 4th Place**

Novice Jav:

P. Malleiu **102'** E. Sun **98'**

Novice Shot Put:

S. Yoon **36'8 ½"** A. Merejo **36'6"**, J. Kerwin **36'5"** An. Moras **33'9"**, M. Antosiewicz **32'9"**, P. Malleiu **31'7"**, R. Feeney **30'6 ½"**, A. Zaorski **30'6"**, Al. Moras **28'6"**

Frosh Shot Put:

M. Benjamin **32'2" – 6th Place** R. Uzoaru **29' ¾"**, A. Del Vecchio **22'9"**, S. Jacobs **22'5"**

Novice Discus:

M. Antosiewicz **105'4" – 4th Place**, S. Yoon **99'7" – 6th Place**, J. Kerwin **78'3"**

Meet Comments:

A solid meet overall. Certainly we could have improved in some areas but we left with a lot of medals. Novice guys – 1 meet to go! Work hard the next week!!!

County Seat 5/5/12

Varsity A Boys

Shot: 1) Travis Gallardo – 54-3 ½ - Bayonne; 2) Mark Ramsey – 53-6 ¼ - JFK; 3) Mark Gardinet – 45-2 ½ - Passaic; 4) Aaron Arias – 42-6 – Clifton; 5) Darius Saffold – 40-8 ¼ - Memorial; 6) Izzy Leo – 38-4 ½ - Clifton

Triple Jump: 1) Yerlin Hernandez – 44-1 – North Bergen; 2) Royce Deleon – 40-1 – Clifton; 3) Alfredo Gutierrez – 40-0 ¼ - North Bergen; 4) Ed Trevil – 39-11 – West Milford; 5) Ryan Downes – 38-6 ½ - Clifton; 6) Tim Bryant – 37-7 ½ - Clifton

Int Hurd: 1) Dwyer Halliburton – 56.3 – Clifton; 2) Mark VanTeyers – 56.7 – West Milford; 3) Shaquile Sutheland – 57.6 – Dickinson; 4) Steve Jeanty – 58.2 – Memorial; 5) Fabian Rodriguez – 58.9 – Clifton; 6) Yungston Yung – 59.2 – Wayne Valley

3200 meters: 1) Dan DeBlock – 9:45.4 – West Milford; 2) Mike Higgins – 9:59.8 – Don Bosco; 3) Justin Tanoyon – Clifton – 10:01.9; 4) David Fering – 10:04.6 – Ridgewood; 5) Kevin Ramos – 10:11.2 – Don Bosco; 6) Mike Pallotta – 10:14.8 – Don Bosco

Discus: 1) Mark Ramsey – 134-8 – JFK; 2) Travis Gallardo – 121-8 – Bayonne; 3) Darius Saffold – 114-11 – Memorial; 4) Mark Gardmet – 110-10 – Passaic; 5) Brian Brown – 104-6 – Bayonne; 6) Chris Anci – 99-9 – North Bergen

Pole Vault : 1) Allan Wong – 12-0 – Ridgewood; 2) Tamar Godwin – 11-6 – JFK; 3) Josh Liebman – 11-0 – Wayne Valley; 4) Ryan Keller – 11-0 – Don Bosco; 5) TIE Connor Abernathy of Ridgewood & Dean Pieterski – 10-6 – Pascack Valley

110HH: 1) Mark VanTeyers – 14.7 – West Milford; 2) Tamar Godwin – 14.8 – JFK; 3) Tyler Anderson – 15.7 – Kearny; 4) Royce Deleon – 16.0 – Clifton; 5) Steve Jeanty – 16.3 – Memorial; 6) Shaquile Sutherland – 17.5 – Dickinson

100M: 1) Jonathon Ramirez – 10.9 – Memorial; 2) Tim Bryant – 11.4 – Clifton; 3) Bobby McClinton – 11.5 – Dickinson; 4) Alex Drelich – 11.7 – Wayne Valley; 5) Ryan Downes – 12.0 – Clifton; 6) Junior Aldano – 12.3 – Bayonne

Jav: 1) Chris Gomez – 153-8 – Memorial; 2) Jonathon Ramirez – 153-2 – Memorial; 3) Andrew Boman – 124-3 – Don Bosco; 4) Anthony Diaz – 145-6 – North Bergen; 5) Darius Saffold – 144-0 – Memorial; 6) Brian Brown – 129-10 – Bayonne

400M: 1) Dwyer Halliburton – 51.8 – Clifton; 2) David Strum – 52.1 – Bayonne; 3) Tom Weiss – Wayne Valley – 55.0; 4) Augusto Reyes – 55.8 – Passaic; 5) Michael McDermott – 56.0 – Bayonne; 6) Nelson Camano – 56.4 – Bayonne

1: 1) Royce Deleon – 20-11 – Clifton; 2) Yerlin Hernandez – 20-9 ½ - North Bergen; 3) Orel Thompson – 20-1 ½ - North Bergen; 4) Alfredo Gutierrez – 19-4 – North Bergen; 5) Jonathan Ramirez – 19-1 ½ - Memorial; 6) Tim Bryant – 18-3 – Clifton

200M: 1) Jonathan Ramirez – 22.7 – Memorial; 2) Onasi Cuevas – 23.1 – Memorial; 3) Orel Thompson – 23.5 – North Bergen; 4) David Strum – 23.8 – Bayonne; 5) Bobby McClinton – 23.9 – Dickinson; 6) Davon Stowe – 23.9 – Passaic

1600M: 1) Jhonathon Matamoros – 4:32.8 – Memorial; 2) Roy Butista – 4:34.2 – Memorial; 3) Anthony Navarro – 4:34.5 – Passaic; 4) Dan DeBlock – 4:36.5 – West Milford; 5) Zach Post – 4:37.8 – Wayne Valley; 6) Francisco Canas – 4:41.1 – North Bergen

800M: 1) Jessie Boria – 2:00.6 – Clifton; 2) Kevin Villalta – 2:02.0 – Memorial; 3) Aaron Rubet – 2:02.9 – Dickinson; 4) Abdellah Bouzidi – 2:03.1 – Kearny; 5) James Menendez – 2:03.2 – North Bergen; 6) Yungton Yang – 2:03.9 – Wayne Valley

4x400: 1) Clifton – 3:41.5; 2) Wayne Valley – 3:42.9

HJ: 1) Paul Yuol – 6-0 – Cresskill; 2) Moe Shokry – 5-8 – Cliffside Park; 3) Travis Orovio – 5-6 – Borth Arlington; 4) Addo Kuffi – 5-6 – Wood-Ridge

Novice Boys

1600 Run: 1) Eric DelRosso – 4:41.5 – Ridgewood; 2) Sergio Abreu – 4:44.6 – Kearny; 3) Mark French – 4:45.4 – Ridgewood; 4) rob Moggiulli – 4:45.7 – Emerson; 5) Ryan Neville – 4:47.2 – Ridgewood; 6) Ralph Foglia – 4:49.5 – Wayne Valley

Disc: Ryan Cattrell – 112-4 – Pascack Hills; 2) Harley Mescador – 111-1 – JFK; 3) Matt Sigcha – 105-9 – Cresskill; 4) Michael Antosiewicz – 105-9 – Ridgewood; 5) Bryon Espinosa – 100-0 – Passaic; 6) Sukmin Yoon – 99-7 – Ridgewood

LJ: 1) Elmer Valladares – 18-7 ½ - Memorial; 2) Mike Ralla – 18-3 ¼ - Park Ridge; 3) Kristopher Clarke – 18-2 – Englewood; 4) Josh Floyd – 17-9 ¼ - Don Bosco; 5) Dashaun Washington – 17-9 – Fort Lee; 6) Jason VanGrouw – 17-5 ¾ - Pequannock

Jav: 1) Nakiim Yamaguchi – 152-8 – Fort Lee; 2) Jorge Ortez – 114-0 – Memorial; 3) Dvaneck – 113-0 – Ramsey; 4) Ray Naughton – 108-11 – Don Bosco; 5) Mike Lennon – 108-0 – Don Bosco; 6) Justin DeVuono – 106-9 – Don Bosco

4x200Relay: 1) Fort Lee (Cheon, Washington, Aritomo, Ashman) – 1:36.7; 2) Memorial – 1:38.1; 3) Englewood – 1:39.8; 4) Ramsey – 1:40.1; 5) Ramsey – 1:40.8; 6) Ridgewood – 1:41.2

TJ: 1) Ben Mandel – 39-2 ½ - Pascack Valley; 2) Mike Rala – 39-1 – Park Ridge; 3) Gabe Xavier – 37-7 ½ - Kearny; 4) Joshua Floyd – 37-0 – Don Bosco; 5) Malih St. Hilaire – 36-9 – Palisades Park; 6) Dashaun Washington – 36-4 ¾ - Fort Lee

Shot: 1) Bryan Espinoza – 41-7 – Passaic; 2) Ryan Cottrell – 40-0 ¾ - Pascack Hills; 3) Kevin Pagan – 38-9 ½ - Passaic; 4) Matt Saidel – 37-11 – Pascack Valley; 5) Nakiim Yamaguchi – 37-10 ½ - Fort Lee; 6) Ryan – 37-6 – Ramsey

Int Hurd: 1) Taichi Aritomo – 1:01.2 – Fort Lee; 2) Kendall Hughes – 1:02.3 – Wayne Valley; 3) Anthony Sclemo – 1:02.5 – Ramsey; 4) Brett Csorny – 1:02.8 – Wayne Valley; 5) Sergio Montalvo – 1:02.9 – North Bergen; 6) Steve Bartecia – 1:03.0 – Memorial

800: 1) Scham Lartique – 2:02.7 – Don Bosco; 2) Raul Quiecrya – 2:04.5 – Kearny; 3) Brian Daniels – 2:04.8 – Ridgewood; 4) Isaac Rodriguez – 2:07.2 – North Bergen; 5) Kevin Moreno – 2:09.4 – Memorial; 6) Siochiro Itagaki – 2:09.5 – Fort Lee

1600Relay: 1) Ramsey (Defranco, Cushing, Trival, Grant) – 3:39.4; 2) Wayne Valley – 3:46.8; 3) Memorial – 3:47.5; 4) Ridgewood – 3:48.4; 5) Passaic – 3:48.7; 6) PaSCACK Valley – 3:49.1

HJ: 1) Dashaun Washington – 5-8 – Fort Lee; 2) Davon Stowe – 5-8 – Ramsey; 3) Ivan Reyes – 5-4 – North Bergen; 4) Mike Zeno – 5-4 – Ridgewood; 5) TIE Ryan MacDonald (Wayne Valley) & Phil Ozuah (Don Bosco) – 5-0

110HH: 1) Joshua Floyd – 15.8 – Don Bosco; 2) DJ Kleinbard – 16.4 – Ramsey; 3) Rob Bailey – 17.1 – Ramsey; 4) Stephen Riotto – Pequannock – 17.4; 5) Colin Bussiere – 17.8 – Ramsey

100M: 1) Kemp Midgett – 11.4 – Englewood; 2) Gabe Xavier – 11.5 – Kearny; 3) Jhavaugh Ridley – 11.8 – JFK; 4) Chris Ashman – 11.9 – Fort Lee; 5) Javantae Nunnally – 11.9 – Englewood; 6) Elmer Valladares – 12.2 – Memorial

Frosh Boys

1600 Run: 1) Adam Herskowitz – 4:53.4 – Wayne Valley; 2) Matthew Gonzalez – 4:56.1 – North Bergen; 3) Stefano Sergos – 4:57.2 – Cresskill; 4) Zeshan Zahid – 4:57.9 – Dickinson; 5) Adham Ziyach – 4:58.1 – Cliffside Park; 6) Rory Greenshields – 4:59.5 – Ramsey

Shot: 1) Bryan Roth – 42-8 $\frac{3}{4}$ - Lodi; 2) Andrew Tummino – 41-5 $\frac{1}{2}$ - River Dell; 3) Sebastian Castanos – 37-7 – Cresskill; 4) James Denbleyker – 34-5 $\frac{1}{4}$ - River Dell; 5) Adam Avilo – 32-8 – Cliffside Park; 6) Matt Benjamin – 32-1 $\frac{3}{4}$ - Ridgewood

4x200Relay: 1) Cliffside (Polanco, Hilario, Moreno, Cerezo) – 1:41.4; 2) Ramsey – 1:42.8; 3) Dickinson – 1:43.4; 4) Lodi – 1:44.7; 5) North Bergen – 1:44.9; 6) Don Bosco – 1:45.6

Disc: 1) Bryan Roth – 105-8 – Lodi; 2) Andrew Tummino – 101-10 – River Dell; 3) Forrester – 97-1 – Ramsey; 4) James Denbleyker – 90-0 – River Dell; 5) Justin Gomez – 85-5 – North Bergen; 6) Zhaire Green – 83-10 – JFK

800: 1) Josiah Shuller – 2:10.0 – Dickinson; 2) Nisarg Shah – 2:10.8 – North Bergen; 3) Adam Herskovitz – 2:11.6 – Wayne Valley; 4) Luis Rodriguez – 2:11.8 – North Bergen; 5) Andrew Lawson – 2:13.1 – Don Bosco; 6) Joel Ahn – 2:14.3 – Fort Lee

LJ: 1) Mike Pepper – 18-11 $\frac{1}{2}$ - Ramsey; 2) Gary Polanco – 18-3 $\frac{1}{2}$ - Cliffside Park; 3) Armand Punjabi – 17-0 – Ridgewood; 4) Tony Vargas – 16-10 $\frac{1}{2}$ - Leonia; 5) Edgar Hernandez – 16-8 $\frac{1}{2}$ - North Bergen; 6) Ali Abnoui – 16-8 – Wood-Ridge

Jav: 1) Forrester – 118-10 – Ramsey; 2) Kevin Mahon – 109-5 – Lodi; 3) Aidan Bank – 96-3 – Fort Lee; 4) Dan Jachera – 94-4 – Fort Lee; 5) Christian Kritzman – 88-10 – QP; 6) Journica – 85-4 – Ramsey

Int Hurd: 1) Ben Mandel – 61.9 – Pascack Valley; 2) Paul Yoo – 1:03.6 – Pascack Valley; 3) Josiah Shuller – 64.9 – Dickinson; 4) Walter Mielarczyk – 1:05.3 – Pequannock; 5) Humberto Hilario – 65.9 – Cliffside Park; 6) Javier Lopez – 66.9 – Lodi

HJ: 1) Ronald Edward – 5-6 – SJR; 2) Tahreak Robinson – 5-4 – Ramsey; 3) Ben Mandel – 5-4 – Pascack Valley; 4) Aleem James – 5-2 – SJR; 5) Josh Harris – 5-2 – Wallington; 6) Wesley McKoy – 5-0 – SJR

TJ: 1) Mike Pepper – 41-1 – Ramsey; 2) Armand – 37-4 – Ridgewood; 3) Mike Wilson – 35-7 $\frac{1}{2}$ - Lodi; 4) Brian – 34-10 $\frac{1}{2}$ - Lodi; 5) Leo Moon – 33-0 – Ramsey; 6) Charles Sheu – 31-11 – Ridgewood

1600Relay: 1) Pascack Valley – 3:52.8; 2) ramsey – 3:55.0; 3) Lodi – 3:58.8; 4) Ridgewood – 3:59.6; 5) Don Bosco – 4:01.4; 6) Park Ridge – 4:04.5

110HH: 1) Ben Mandel – 16.8 – Pascack Valley; 2) Kelvin Almonte – 17.3 – Memorial; 3) Joshua Vidaurre – 17.3 – Kearny; 4) Humberto Hilario – 18.2 – Cliffside Park; 5) Paul Yoo – 18.4 – Pascack Valley; 6) Jovanni Nunez – 19.2 – Park Ridge

100M: 1) Onasi Cuevas – 11.4 – Memorial; 2) Alex Cheon – 11.7 – Fort lee; 3) David Williams – 11.8 – Marist; 4) Jon Brancate – 12.3 – Wayne Valley; 5) Ali Abnosi – 12.5 – Wood-Ridge; 6) Greg Trival – 12.6 - Ramsey

Big North Championship

100m: J. Sabatini 11.53/11.44 – 3rd Place, J. Locke 11.78, D. Han 11.85

400IH: J. Knight 58.08 – 3rd Place, N. Schoff 58.77 – 4th Place, A. Armatas 64.90

1600m: L. Jennings 4:17.41-1st Place, T. Spicer 4:24.50 – 3rd Place, S. Dubliler 4:26.34 – 4th Place

110HH: K. Chung 15.30/15.38 – 2nd Place, J. Knight 16.95/16.57 – 4th Place, M. Zeno 17.71/17.43

400m: N. Schoff 51.97 – 3rd Place, T. Migliorelli 52.55 – 5th Place, K. Ransom 53.59

800m: L. Jennings 1:57.07 – 1st Place, S. Dubliler 2:00.42 – 3rd Place, B. Collins 2:01.70 – 4th Place

200m: J. Sabatini 23.41 – 2nd Place D. Han 23.46 – 3rd Place

3200m: T. Spicer 9:46.72 – 1st Place, N. Salamone 9:51.31 – 3rd Place, D. Frering 9:59.44

4x400m: S. Dubliler 51.4, B. Collins 52.3, L. Jennings 51.7, N. Schoff 50.9 – 3:26.62 – 1st Place

In the Field

Shot Put: A. Balboa 47'8 ½" – 2nd Place, J. Barnett 43'8 ¼" – 5th Place, A. Muller 39'3 ½"

Discus: J. Barnett 126'6" – 2nd Place, S. Yoon 110'5" – 5th Place, A. Balboa 106'3"

Javelin: J. Barnett 143'2" – 3rd Place, Y. Koo 142'1" – 4th Place, N. Higgins 140'5" – 5th Place

High Jump: E. Bartlik 6'4" – 2nd Place, J. Knight and Y. Koo 5'10" - both tie 3rd Place

Long Jump: E. Bartlik 22'10" – 1st Place, H. Park 17'10", Y. Koo F

Triple Jump: E. Bartlik 44'11 ½" – 1st Place, A. Punjabi 38'6" J. Knight 38'6 ½"

Pole Vault: A. Wong 12'0" – 1st Place, D. Downing 11'0" – 4th Place, C. Abernathy NH

Final Team Score:

Ridgewood 136

Hackensack 112.5

Teaneck 38.5

Bergen Tech 28

Paramus 20

Comments:

Congrats to all of you on our league championship! Very strong performances in this meet but we will need to be better next weekend in the county championship. I'm looking forward to the challenge.

Good job again!

Bartlik carries Ridgewood

By PAUL SCHWARTZ
STAFF WRITER

BIG NORTH TRACK

HACKENSACK — The off-season for Evan Bartlik lasted about as long as it took doctors to diagnose a fracture in his right wrist suffered in his final high school basketball game, set the bone and put a cast on it.

"I was relieved because I knew that track and field was about the only sport I could do with a broken wrist," said Bartlik, the Ridgewood jumper, after he won the long and triple jumps and took second in the high jump Wednesday, as Ridgewood captured the Freedom Division at the Big North Championships, 136-112½, over Hackensack.

So Bartlik, who averaged about 16 points a game for the '16-10 Maroons, ended his basketball season in early March and immediately started practicing for the indoor National Championships at the Armory on March 9, record set by Craig Halvard in 1989.

"It was totally worth going straight from basketball to practice for track," said Bartlik, who won the triple jump with a leap of 44-11½ Wednesday and leaped a personal best of 22-10 in winning the long jump, tying the school record set by Craig Halvard in 1989.

was a great experience and being in the Armory in a setting with those athletes is very exciting."

Bartlik, the all-Bergen high jumper last spring, lost in his specialty to Hackensack's Michael Cummings on misses after both cleared 6-4, but his long jump performance, nearly a foot better than his previous best, brought a smile to his face.

"I've always been disappointed in my long jump, because I was really good in the high and triple jumps, and I couldn't get the long jump right. But today I went 22-2¾ on my first jump and it sort of clicked," Bartlik said.

All-North Jersey long jumper Jamal Williams of Teaneck countered with a 22-2 jump, but after a pair of fouls, one close to 23 feet, Bartlik hit 22-10 on his final attempt to close out the win.

Bartlik's jumping versatility, along with solid hurdle performances and a new-found talent for the 400 meters, earned him a second place in the National 4-x-400 relay to win the final event, the 4-x-400 relay to win the Freedom meet, 1:14-113 and Demarest's

the Ridgewood star will compete for the Scarlet Knights in track next year.

"They started recruiting me last summer, but it really picked up after basketball," said Bartlik, who is expected to do multiple events for Rutgers. "I'm really happy to be going there."

"They're getting a fierce competitor," Ridgewood coach Josh Saladino said. "He demands winning and then personal bests and he always excels in team competition. He gets excited when it's on the line."

BRIEFS: Don Bosco easily defeated St. Joseph, 128-69 for the United Division title, and Old Tappan easily defeated De-

maest, 137-91 in the National Division. The girls meets were much closer. A 1-2-3 finish in the pole vault gave Holy Angels a 95½-75 for the United title.

Teaneck edged Ridgewood in the night's second place in the National 4-x-400 relay to win the final event, the 4-x-400 relay to win the Freedom meet, 1:14-113 and Demarest's



MARKO GEORGIEV/STAFF PHOTOGRAPHER

Teaneck's Rikveya Hogan throws the discus at the Big North meet. Teaneck won the Freedom girls title.

second place in the National 4-x-400 relay to win the final event, the 4-x-400 relay to win the Freedom meet, 1:14-113 and Demarest's

TRACK & FIELD

Maroon boys' league title streak reaches 12

RWS
News
5/11

BY GREG TARTAGLIA
Assistant Sports Editor

The Ridgewood High School boys track and field team stormed to its 12th consecutive league title on Wednesday evening, defeating host Hackensack, 136-112½, at the Big North Freedom Division championships.

Meanwhile, one point was all that separated the Maroon girls from rival Teaneck this season. The two teams had tied their April 11th dual meet, 70-70, before the Highwaywomen emerged with a 114-113 win over RHS at Wednesday's event.

An overview of Ridgewood's individual performances at the league meet:

Boys: Jennings, Bartlik triple

Senior Levi Jennings brought the Maroon boys three gold medals, taking first in the 800 (1:57.07) and 1,600-meter (4:17.41) races and combining with Brian Collins, Storm Dublirer and Neil Schoff to win the 4 x 400 relay in 3:26.62.

RHS senior Evan Bartlik swept all three jumps, including the long jump (22 feet, 10 inches) and triple jump (44-11½). He cleared 6-foot-4 in the high jump, besting Hackensack's Michael Cummings (6-4) on attempts, while the Maroons' Young Hoe Koo and James Knight tied for third at 5-10.

Ridgewood distinguished itself in the distances, as senior Travis Spicer won the 3,200 in 9:46.72 to lead a 1-3-6 showing that included junior Nick Salamone (9:51.31) and sophomore David Erering (9:59.44). Spicer also took bronze in the 1,600 (4:24.50).

Dublirer was third in the 800 (2:00.42) and fourth in the 1,600

(4:26.34), and sophomore Brian Collins clocked 2:01.70 in the 800 to round out a 1-3-4 Maroon finish.

The other RHS gold medal came from sophomore Allan Wong, who cleared 12-0 in the pole vault. Junior Dylan Downing (11-0) was fourth in the event.

In the 200-meter dash, Ridgewood sophomores Jake Sabatini (23.41 seconds) and Doohee Han (23.46) finished 2-3. Sabatini added a bronze medal time of 11.44 in the 100-meter dash.

In the 110-meter hurdles, junior Kevin Chung (15.38), Knight (16.57) and sophomore Michael Zeno (17.43) placed 2-4-6. Knight and Schoff were third and fifth, respectively, in the 400 hurdles, and Schoff came home third in the open 400, followed closely by sophomore Teddy Migliorelli in fifth.

Elsewhere in the field, Maroon senior Anthony Balboa earned a silver medal in the shot put (47-8½) and placed seventh in the discus throw (106-3). Junior James Barnett medaled in the discus (second, 126-6), javelin (third, 143-2) and shot put (fifth, 43-8¼), leading a 3-4-5 finish in the javelin with Koo (142-1) and sophomore Nicholas Higgins (140-5). Sophomore Suknun Yoon was fifth in the discus (110-5).

Girls: McPadden doubles

Junior Micaela McPadden had an outstanding all-around meet for the Ridgewood girls, capturing gold medals in the 400-meter hurdles (1:04.82) and 400-meter dash (58.58) and adding a silver medal in the 200-meter dash (26.34).

In the 400 hurdles, she led a 1-3-5 Maroon finish that featured senior Hanako Shigenobu (1:07.47) and junior Sirai Ramirez (1:10.81). In the open

400, McPadden and sophomores Sarah Davis (1:03.57) and Amanda Muccio (1:04.54) placed 1-4-5.

RHS was able to keep pace with Teaneck in one of the sprint races, as McPadden, senior Moriah Jennings (26.97) and junior Anna Caffrey (27.98) went 2-3-4 in the 200-meter dash. Jennings was also third in the 100-meter dash (13.18).

Ridgewood swept all three distances thanks to freshman Catherine Pagano (2:17.08 in the 800) and seniors Caroline Davidson (5:23.57, 1,600) and Tina Gible (11:54.19, 3,200). Davidson ran second to Pagano in the 800, while sophomore Emily Fishbein logged a silver medal (5:23.98) in the 1,600. Freshman Kelly Cleary placed in both the 1,600 (fourth, 5:33.16) and 3,200 (12:37.50).

The Maroons' sixth gold medal came from pole vault champ Mimi DeVita, who cleared 10-0. The junior took bronze in the triple jump (31-6½) as well.

Sophomore Emma Cichocki led Ridgewood's top effort in the throws with her silver-medal javelin toss of 93-10. Senior Kim Noble (88-1) and Ramirez (82-1) added points by placing 3-5.

In the 100-meter hurdles, Ramirez (17.32) and freshman Katie McKeon (17.36) were fifth and sixth, respectively. RHS also got points from sophomore Becky Tanner in the pole vault (third, 8-0) and freshman Sophie Montgomery in the high jump (fifth, 4-6).

However, Teaneck was able to escape with the Freedom title by winning the final event, the 4 x 400 relay, in 4:02.28. The Maroons wound up second in 4:05.12.

Full meet results available online at lfracing.com

Novice Championship
@ Ridgewood

May 17th

400IH: A. Armatas 62.8 – 2nd Place

100m: J. Norrell 12.6/12.5, A. Punjabi 12.3, R. Bosch 12.4, D. Davila 12.4, W. Li 12.5, C. McDade 12.6
T. Bonanno 12.6, J. Rose 12.8, R. Errico 12.9

1600m: B. Daniels 4:35 – 1st Place, M. French 4:40 – 4th Place, G. Jones 4:46 – 5th Place,
R. Neville 4:46 – 6th Place R. Fisher 4:52 C. Hartmann 5:00 B. Fishbein 5:03, S. O'Keefe 5:04
K. Tamura 5:12 C. Criscitello 5:13 C. Salamone 5:13 M. O'Donnell 5:20 A. Chaurasia 5:59.8

400m: I. Hwang 53.2 – 1st Place, K. Ransom 53.3 – 2nd Place, K. Ward 55.5 – 4th Place, V. Young 57.1,
J. Yoon 58.7, Y. Choi 58.8

110HH: M. Zeno 17.4 / 17.5 – 1st Place, B. Joyner 18.4 / 18.6 – 4th Place, A. Armatas 18.7

800m: B. Clarendon 2:03.8 – 2nd Place B. Daniels 2:06 – 3rd Place L. Dubliler 2:10, R. Pillai 2:11
Y. Yoon 2:11, J. Byrne 2:17, C. Legg 2:19 H. Ricatto 2:24 L. Chapman 2:25 D. Anzaone 2:52

200m: K. Ransom 23.6 – 2nd Place I. Hwang 23.7 – 3rd Place, K. Ward 24.5 D. Davila 24.6 Y. Choi 24.9
C. McDade 25.3 P. Yoon 25.3 W. Li 25.3 J. Thurlow 25.4, V. Young 25.8 C. Sheu 26.7 A. Ramirez 26.8
D. Joseph 29.8

3200m: B. Fishbein 10:45

4x400m:

A. Armatas 56.2, S. O'Keefe 57.2 A. Punjabi 58.9, K. Ward 56.7 3:48.9 – 4th Place
K. Ransom 55.9, D. Ok 57.1. S. Park 66.1 (baton knocked out), I. Hwang 53.5 3:52.4 – 5th Place

Javelin:

J. Locke 125'11" – 5th Place, A. Zaorski 126'7" – 6th Place

Pole Vault:

C. Abernathy 10'6" – 1st Place, S. Llerandi 10'0 – 3rd Place, K. Hayes NH

High Jump:

M. Zeno 5'4"

Long Jump:

D. Barnes 18'5 ¾" – 2nd Place, P. Yoon 18'1 ¾" – 3rd Place, A. Punjabi 17'4", H. Park 17'3 ¾",
B. Johnson 17'3 ½", E. Berry 17'2", S. Park 16'10", D. Ok 16'5", B. Joyner 15'7" J. Thurlow 15'6 ¾"
W. Li 15'3" C. Sheu 15'2 ½" Y. Choi 14'4 ¾"

Triple Jump:

A. Punjabi 38'4 ½" – 3rd Place D. Ok 36'7 ½" – 6th Place, P. Yoon 36'4 ½", S. Park 36'1", D. Barnes 35'3",
B. Johnson 34'7", Y. Choi 34'6", B. Joyner 32'6", C. Sheu 31'10"

Shot Put:

J. Kerwin 40'1 ¼" 1st Place, N. Discepolo 38'3 ¾", A. Merejo 37'5", S. Yoon 36'7 ½", M. Benjamin 34'11 ¾", M. Antosiewicz 33'2 ¼", An. Moras 33'1 ½", Al. Moras 32'8 ½", R. Feeney 31'3 ½" R. Uzoaru 29'10 ½", A. DelVecchio 26'10 ¼", S. Jacobs 23'8"

Discus:

M. Antosiewicz 124'10" – 1st Place, A. Muller 122'7" – 2nd Place, A. Zaorski 101'6", M. Benjamin 95'7", R. Uzoaru 86' Al. Moras 84', J. Kerwin 80'8" A. Merejo 75'9" N. Discepolo 75'0" R. Feeney 74'10", An. Moras 71'8", P. Malleliu 67', A. DelVecchio 54'6" S. Jacobs 53'10"

Comments:

A great end to the season! Lots of PRs and lots of medals! Awesome meet!!!

Paul Schwartz's Bergen County track and field championship picks

At Old Tappan High School. Start times: Today at 3:30 p.m.; Saturday at 9 a.m.

BOYS

Division A

100: Jabril Peppers, Paramus Catholic
200: Peppers, Paramus Catholic
400: Tim Harlett, Don Bosco
800: Levi Jennings, Ridgewood
1,600: Jennings, Ridgewood
3,200: Christian Costello, Don Bosco
110 HH: Mo Headley, Hackensack
400 HH: Brandon Gregory, Old Tappan
Shot put: Andrew Trumbetti, Demarest
Discus: Trumbetti, Demarest
Javelin: Jeremy Wills, Teaneck
High jump: Evan Bartlik, Ridgewood
Long jump: Bartlik, Ridgewood
Pole vault: Rob Gebhard, No. Highlands
Triple jump: Eric Gelder, Demarest
Relay: Old Tappan
Team: Old Tappan
Division B
100: Jabari Garvin, St. Joseph
200: Garvin, St. Joseph
400: Jaleel Felton, Pascack Valley
800: Ben Malone, Pascack Valley
1,600: Malone, Pascack Valley
3,200: Malone, Pascack Valley
110 HH: Brian Psota, Ramsey
400 HH: Kevin Halloran, Indian Hills
Shot put: Matt Koh, River Dell*

Discus: Koh, River Dell*

Javelin: Sam BeCourthey, River Dell*

High jump: Danny Thompson, Indian Hills*

Long jump: Charley Dzienis, Indian Hills*

Triple jump: Mike Pepper, Ramsey

Pole vault: Ty Poland, Mahwah*

Relay: Pascack Valley

Team: Pascack Valley

Division C

100: Sean Krazit, Pascack Hills
200: Fernando Almonte, Lodi
400: Almonte, Lodi
800: Joey Weik, Ridgefield
1,600: Daniel Gaspar, Lyndhurst
3,200: Will Brancato, Rutherford
110 HH: Almonte, Lodi
400 HH: Louis Kang, Pascack Hills
Shot put: Sam Hernandez, Cresskill
Discus: Jamie Cooper, Dumont
Javelin: Kyle Youmans, Leonia
High jump: Taylor Cudequest, Pascack Hills
Long jump: Dante Tobler, New Milford
Pole vault: Mike Morreale, Lyndhurst
Relay: Pascack Hills
Team: Lyndhurst
Division D
100: Kevin Mormohin, Queen of Peace
200: John Malespina, Park Ridge

Long jump: Sanders, Paramus Catholic

Triple jump: Ana Atkinson, Teaneck

Pole vault: Miri DeVita, Ridgewood

Relay: Teaneck

Team: Northern Highlands

Division B

100: Jarleanne Palmer, Englewood
200: Katie Vernon, Ramsey
400: Vernon, Ramsey
800: Dearina D'Landro, Ramapo
1,600: Lisa Zimmer, Ramapo
3,200: Ashley Stryko, Holy Angels
100 HH: Breghna Toon, Garfield
400 HH: Paige Fernandez, River Dell
Shot put: Alysha Menzies, Garfield*
Discus: Melanie Odotalia, Garfield*
Javelin: Shaunteriah Douglas, Garfield*
High jump: Carolyn Edler, Mahwah*
Long jump: Amanda Fields, Holy Angels
Triple jump: Gena Pickett, Mahwah
Pole vault: Carolyn Edler, Mahwah*
Relay: River Dell
Team: Ramapo
Division C
100: Briana Setnitzky, Pascack Hills
200: Setnitzky, Pascack Hills
400: Dana Bianchi, Westwood
800: Gabriela Sloezen, Westwood
1,600: Corinne Myers, Westwood
3,200: Myers, Westwood
100 HH: Alex Cimino, Westwood

400 HH: Cimino, Westwood

Shot put: Lisa Considine, Rutherford

Discus: Kailee Oakes, Westwood

Javelin: Gina Yannette, Dumont

High jump: Elaine White, Leonia

Long jump: Setnitzky, Pascack Hills

Triple jump: Setnitzky, Pascack Hills

Pole vault: Maci DeCarlo, Cresskill

Relay: Westwood

Team: Westwood

Division D

100: Shannon Roberts, Saddle Brook
200: Roberts, Saddle Brook
400: Becca Skovira, Park Ridge
800: Rebecca Fortoul, Has. Heights
1,600: Fortoul, Has. Heights
3,200: Elizabeth O'Brien, Bogota
400 HH: Jennifer White, Has. Heights
100 HH: Natalie Negroni, Queen of Peace
Shot put: Irene Cedano, Has. Heights
Discus: Kayla Pauwels, Waldwick
Javelin: Becca Skovira, Park Ridge
High jump: Lisa Carle, Midland Park
Long jump: Patty McHugh, Waldwick
Triple jump: Rayn Moses, Has. Heights
Pole vault: Tiffany Tencza, Wallington
Relay: Park Ridge
Team: Has. Heights
*** — winners of events —**
Wednesday at Ramsey

Bergen County Championships
@ Old Tappan

May 18-19, 2012

Friday:

400IH: J. Knight **59.36**, N. Schoff **60.23**, A. Armatas **65.55**

100m: J. Sabatini **11.56/11.30 – 4th Place**, K. Chung **11.88**, J. Locke **11.99**

1600m: L. Jennings **4:19.53 – 3rd Place**, S. Dubliler **4:26.60**, T. Spicer **4:27.98**

400m: N. Schoff **51.42**, B. Collins **52.39**, T. Migliorelli **53.26**

Shot Put: A. Balboa **48'9 ½" – 6th Place**, J. Barnett **43'2"**, A. Muller **38'5"**

Long Jump: E. Bartlik **22'6" – 1st Place**, D. Barnes **18'6"**, A. Punjabi **17'10 ¾"**

High Jump: E. Bartlik **6'2" – 1st Place**, Y. Koo **5'10" – 3rd Place (tie)**, J. Knight **NH**

Javelin: Y. Koo **159'8" – 1st Place**, J. Barnett **137'7"**, N. Higgins **F**

Saturday:

110HH: K. Chung **15.63/15.34 – 3rd Place**, J. Knight **15.97**

800m: S. Dubliler **1:55.49 – 2nd Place**, L. Jennings **1:55.75 – 3rd Place (tie)**, B. Collins **2:00.03**

200m: J. Sabatini **22.85**, N. Schoff **23.32**, D. Han **23.54**

3200m: T. Spicer **9:24.46 – 2nd Place**, N. Salamone **9:38.27 – 6th Place**, L. Jennings **10:07.70**

4x400m: S. Dubliler **51.2**, E. Bartlik **51.9**, B. Collins **52.8**, N. Schoff **49.8** **3:25.92 – 3rd Place**

Discus: J. Barnett **130'10" – 5th Place**, S. Yoon **106'**, M. Antosiewicz **70'**

Triple Jump: E. Bartlik **46'3 ½" – 2nd Place**, Y. Koo **38'9"**,

Pole Vault: A. Wong **12'6" – 3rd Place**, D. Downing **11'6"**, S. Llerandi

Team Score:

Old Tappan **123.66**

Ridgewood **93.25**

Don Bosco **73**

Demarest **57.25**

Hackensack **42**

Paramus Catholic **34**

Northern Highlands **32.33**

Tenafly **14**

Bergen Catholic **11**

East Coast Relays
@ Randolph

May 21st

4x100m:

Jake Sabatini, Jamal Locke, Teddy Migliorelli, Kevin Chung 44.71 – 6th Place

4x200m:

Jake Sabatini 23.3

Neil Schoff 22.9

Evan Bartlik 22.7

Kevin Chung 22.6 1:31.72 – 6th Place and New School Record!!!

4x800m:

Storm Dubliler 1:55.3

Brian Collins 2:01.1

Travis Spicer 2:03.4

Levi Jennings 1:55.4 7:55.55 – 2nd Place and fastest time in Bergen County since Ridgewood '04!

High Jump:

Evan Bartlik 6'0"

YoungHoe Koo 5'8" 11'8" – 4th Place

Comments:

A great meet! We competed very well against high level competition. Some excellent marks produced. 4 events entered and 4 teams leave with medals. Well done!

Dashing through the raindrops

Westwood girls, Ridgewood boys make a splash

By MIRA WASSEF
STAFF WRITER

RANDOLPH — The Westwood girls decided to just embrace the rain. While most of the athletes were looking for ways to stay dry, Gabriela Sloezen, Alexandra Cimino, Dana Bianchi, Corinne Myers and Rebecca Pasano were warming up in the infield with soaked sneakers and drenched hair.

But when it was time to get on the track Monday, they knew they had only one shot at the school record in the girls distance medley at the East Coast Relays at Randolph High School.

And they got it. It was the first time Pasano, Bianchi, Sloezen and Sloezen, Cimino, Bianchi and Myers

ran the distance medley relay this season and they finished fourth with a time of 12:33.92, shattering the school record of 12:40 set two years ago.

"We came here to do it," Sloezen said. "I did glance up at the clock on the field, but it felt good."

"I think as the season progresses we all realized our strengths," Cimino said. "We were in a good mental state. We didn't care about the weather. We just set our minds to it and did it."

Pasano, Bianchi, Sloezen and Sloezen had their minds set on break-

ing the school record in the 4-x-200 relay too, but came up just shy. They finished fourth in 1:48.95, just off the school record of 1:48.2. It was the third time this season they ran the 4-x-200 relay.

The Ridgewood boys made some noise, too.

The Ridgewood 4-x-800 team of Storm Dubler, Brian Collins, Travis Spicer and Levi Jennings took second with a time of 7:55.55, which is the fastest in Bergen County this season and qualifies them for the state meet of champions.

"The boys are really happy,"

Ridgewood boys coach Josh Saladin said. "We thought they could run pretty strong and they delivered."

The Ramapo girls sprint medley team of Deanna DiLandro, Jamie Barina, Claire Seavone and Lisa Zimmerman ran the event for the first time this season and finished second in 4:08.67.

They were shooting for a 4:05, but still ran a good race. Ramapo is finishing the season strong after coming off its first Bergen County championship last weekend.

"We had fun running this race," DiLandro said. "We forgot about the rain and went for it."

"I think we compete against the best kids in the state in our county," Ramapo girls coach Bill Manzo said.

TRACK AND FIELD: EAST COAST RELAYS

TUESDAY, MAY 22, 2012

TRACK AND FIELD

BOYS

4-x-100: 1. Essex Tech (Giffy Livingston, 19-6, No local finishes).

4-x-200: 1. Pope John (Nicholas Sarzo, Katie McIntyre, Megan Mal Locke, Jeddly Migliorelli, Kevin Chung) 44.71.

4-x-400: 1. Sparta (Chris Castillo, Michael Demby, Adrian Samset, Greg Leeper) 1:29.7.

4-x-800: 1. Union Catholic (Jonathan Moore, Sharrod Selph, Adrian Hurte, Xavier Dancer) 3:46.97.

4-x-1,600: 1. Weequahic (Jonathon Moore, Sharrod Selph, Adrian Hurte, Xavier Dancer) 3:46.97.

4-x-2,000: 1. Union Catholic (Jonathon Moore, Sharrod Selph, Adrian Hurte, Xavier Dancer) 3:46.97.

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GIRLS

4-x-100: 1. Essex Tech (Giffy Livingston, 19-6, No local finishes).

4-x-200: 1. Pope John (Nicholas Sarzo, Katie McIntyre, Megan Mal Locke, Jeddly Migliorelli, Kevin Chung) 44.71.

4-x-400: 1. Sparta (Chris Castillo, Michael Demby, Adrian Samset, Greg Leeper) 1:29.7.

4-x-800: 1. Union Catholic (Jonathan Moore, Sharrod Selph, Adrian Hurte, Xavier Dancer) 3:46.97.

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Frosh County Championship
@ Ramsey

May 23rd

400IH: A. Armatas 62.6 – 4th Place

100m: W. Li **12.5/12.4**, J. Norrell **12.5/12.5**, O. Vehra **13.1** S. King **13.6**

400m: K. Ward 55.8 – 4th Place, C. Sheu **61.3**

1600m: K. Tamura **5:03**, C. Salamone **5:13**, A. Chaurasia **6:08**

110HH: A. Armatas **17.9**

800m: S. O'Keefe 2:12 – 5th Place, J. Byrne **2:18** H. Ricatto **2:24**, T. Muchel **2:31**

200m: W. Li **25.6**, A. Ramirez **26.3**, C. Sheu **27.1**, O. Vehra **28.9**

4x400m: A. Armatas **55.9**, S. O'Keefe **56.5**, A. Punjabi **57.7**, K. Ward **54.9** 3:44.9- 3rd Place

Shot Put: M. Benjamin **32'7"** R. Uzoaru **30' ¼"**, A. DelVecchio **27'8 ½"** S. Jacobs **21'10 ½"**

Discus: R. Uzoaru 89'0" – 4th Place, M. Benjamin **80'6"** A. DelVecchio **54'11"**, S. Jacobs **53'11"**

Pole Vault: C. Abernathy 10'6" – 2nd Place

Long Jump: A. Punjabi **17'3"**, J. Norrell **16'5"**, W. Li **13'4"** C. Sheu **12'9"**

Triple Jump: A. Punjabi 39' ¾" – 2nd Place, C. Sheu **31'6"**, D. Joseph **F**

Team Score

Old Tappan **68**

Pascack Valley **56**

Demarest **52**

Ridgewood **36**

Comments:

A strong end to the season for the frosh maroons. We certainly need to improve going into next year but there were a lot of personal bests from this group! Nice job!

Boys weather East Coast Relays

BY GREG TARTAGLIA
Assistant Sports Editor

Monday's weather was subpar. Ridgewood High School's efforts at the East Coast Relays in Randolph were anything but.

The Maroon boys track and field team clocked a silver-medal 7:55.55 in the 4 x 800-meter relay and set a school record of 1:31.72 in the 4 x 200, placing sixth. RHS also medaled in the 4 x 100 (sixth) and the high jump (fourth) relays.

Junior Storm Dublirer, sophomore Brian Collins and seniors Travis Spicer and Levi Jennings ran the 4 x 800, taking second to Union Catholic (7:46.01) and qualifying for the State Meet of Champions in the event.

In the 4 x 200, sophomore Jake Sabatini, juniors Neil Schoff and Kevin Chung and senior Evan Bartlik bested the RHS mark that the 2007 Maroons set at the East Coast Relays (1:31.83) by 11-hundredths of a second.

"The 4 x 8 ran great," Ridgewood coach Josh Saladino said Tuesday. "They ran the fastest time in Bergen County since 2004. The 4 x 2 ran very well - which, in non-great sprinting weather, we were very excited about, going into our state-sectional meet this weekend."

Chung and Sabatini combined with sophomores Jamal Locke and Teddy Migliorelli for a 44.71-second showing the 4 x 100, while Bartlik and junior Young Hoe Koo teamed up for the high jump.

"Unfortunately, the high jump was really competing in a down-pour, so the marks weren't there," said Saladino. "Evan was at 6 feet, and Young Hoe was at 5-8, but they came in fourth against some of the best teams around, so that's a pretty good performance."

Both Bartlik and Koo were fresh off winning Division A titles at last weekend's Gene "Red" Littler Bergen County championships. Bartlik grabbed gold medals in both the long jump (22-6) and high jump (6-2) and silver

in the triple jump (46-3 $\frac{1}{4}$), and Koo was first in the javelin throw (159-8) and third in the high jump (5-10).

In the Bergen 800 meters, Dublirer (1:55.49) and Jennings (1:55.75) ran 2-4, and in the Bergen 3,200, Spicer (9:24.46) placed second to Don Bosco senior and Ridgewood resident Christian Costello (9:23.16). RHS wound up second in the team standings, getting outscored by Old Tappan, 123 $\frac{2}{3}$ -93 $\frac{1}{4}$.

"We had a good meet; Old Tappan had a better meet," Saladino said. "They had a lot of kids that could score. We did have some individual champions, which is always encouraging for that meet, and also going forward."

The two-time defending sectional-champion Maroons return to Randolph this weekend for the North 1, Group 4 state meet. Today's events begin at 4 p.m., and Day 2 of the event commences at 10 a.m. tomorrow.

Email: tartaglia@northjersey.com

RHS News
5/24

Track and field state sectional championships preview

North 1, Groups 1 & 4 and Non-Public B at Randolph; North 1, Groups 2 & 3 at Mahwah; North 2, Group 1 at Ridge H.S., Bernards; North 2, Group 2 at South Plainfield, Friday at 4 p.m., Saturday at 10 a.m.

BOYS

North 1, Group 1

Teams to watch: Hasbrouck Heights, which won its second straight title, but will get a huge boost from Mountain Lakes, which never has won a North 1 title. Boonton and Emerson also are in the mix, but Heights may have overwhelming field-event strength.

Returning champion: Steven Lewandowski, Mountain Lakes (1,600 and 3,200). David Njoku, Cedar Grove won North 2, Group 1 HJ.

Events to watch: Lewandowski and Domenico D'Agostino of Wellington probably are the best two small-school distance runners in the state and they will match up in the 1,600 and 3,200. Anthony Seidel of Hasbrouck Heights, Ben Schumacher of Cedar Grove and Kyle Youmans of Leonia are among the state's top javelin throwers.

North 1, Group 2

Teams to watch: Morris Hills is a huge favorite to retain its Group 2 title and perhaps win the state group meet as well. Ramsey, River Dell and Pascack Hills will battle for second.

Returning champions: Chris Eltringham, Ramsey (800); Travis Ellis, Morris Hills (1,600 and 3,200); Kevin Costabel, Newton (HJ).

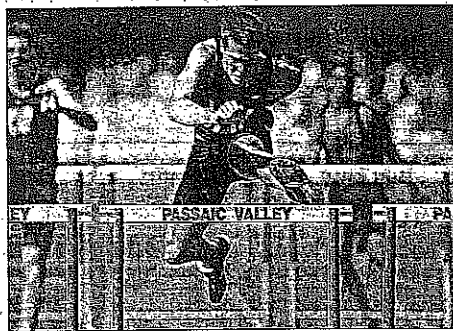
Events to watch: Eltringham and Ellis are joined by Lenape Valley's Danny Murnane in the 800 and 1,600. Fernando Almonte of Lodi, Brian Psota of Ramsey and Michael Demby of Morris Hills meet in the 110 hurdles, and the aptly named Greg Leeper of Morris Hills and teammate Adrian Parnell of Morris Hills far Pepper of Ramsey in the jump.

North 1, Group 3

Teams to watch: Old Tappan looks to win its first sectional title since 1989 and should have little trouble holding off Demarest, with Pascack Valley, Indian Hills and Teaneck right behind.

Returning champions: Devin Fuller, Old Tappan (200); Ben Malone, Pascack Valley (800); Mark Van Teyens, West Milford (110 HJ); Brandon Gregory, Old Tappan (400 HJ); Jamal Williams, Teaneck (LJ); James Siglin, Vernon won North 1, Group 4 PV.

Events to watch: Ben Davis of Old Tappan and Patrick Benson of Wayne Valley have a showdown at 100 and 200, with Fuller a real factor in the latter event. Teaneck's Damien Elliot faces Calvin Knox of Indian Hills and Fuller in what should be a very fast 400. Van Teyens defends against a vastly improved Rob Gebhard of Northern Highlands in the 110 hurdles and Andrew Trumbetti of Demarest faces Grant Sanchez of Montville in



KEVIN R. WEXLER/STAFF PHOTOGRAPHER

Mark Van Teyens of West Milford is the returning 110 high hurdles champion in North 1, Group 3.

the shot.

North 1, Group 4

Teams to watch: The North 1 battle of the day could be the showdown between Ridgewood and West Orange, with Hackensack, Randolph, Montclair and Passaic Tech playing supporting roles.

Returning champions: Dexter Valley, West Orange (100 and 400); Jared Mason, West Orange (800); Christian Gomez, Memorial (JT); Jabari Butler, Passaic Tech (HJ); Stephan Marshall, Montclair (LJ); Evan Bartlik, Ridgewood (TJ).

Events to watch: A huge battle looms in the 1,600 pitting Mason, Levi Jennings of Ridgewood, Nick Fogarty of Livingston and John Pujols of Hackensack. Travis Spicer and Nick Salamone of Ridgewood face Sam and Jon Knipper of Randolph in the 3,200, and Bartlik, Butler and Mike Cummings of Hackensack mix it up in the high jump.

North 2, Group 1

Teams to watch: Lyndhurst defends its title against a strong Newark Tech team loaded with transfers, including former Morristown-Beard sprinter Zak Williams. Weequahic also is a threat.

Returning champions: None.

Events to watch: Lyndhurst's Thiago Fernandes and Dan Gaspar take on Kevin Ratigan of McNair Academic and Rob Brandell of Glen Ridge in the 1,600. Sean Porteous of Wood-Ridge challenges Ken Prioleau of Shabazz in the long jump and Eric Angus of Lyndhurst to tries to break up the 1-2 Newark Tech punch of Kemoko Turay and Deron Jennings (formerly of Montclair Immaculate) in the triple jump.

North 2, Group 2

Teams to watch: Ridgewood Park looks for a first sectional title against solid teams from Hanover Park and Parsippany, with Cliffside Park a dark horse

top-five contender.

Returning champions: Jack Mahoney, Madison (800 and 1,600). Gerard Gainer, Newark Central won North 2, Group 1 200.

Events to watch: Yehia Fahmy of Fort Lee faces Mahoney and Corey Black of Chatham in the 800. Rakesh Dataran and Mike Reyes of Ridgewood Park face Terrell Woods of Science Park in the jumps.

North Non-Public A

Teams to watch: Union Catholic is the heavy favorite to dethrone Don Bosco. The Ironmen will battle Pope John and Seton Hall for second.

Returning champions: Najee Glass, St. Peter's Prep (200; 400); Allen Eke, Union Catholic (800).

Events to watch: Marcus Pantoja of Paramus Catholic faces Troy Kay of St. Joseph, Chris D'Amico of Don Bosco and Marty Davidson of Union Catholic in a strong shot put competition. Some of the area's best, sprinter Jabrill Peppers of Paramus Catholic, 400 star Tim Hamlett of Don Bosco and Bosco distance stars Christian Costello, Kyle Levermore and Ryan Tucker face some of the state's best on the track. The first eight qualify for the state group meet in Non-Public events vs. the top six in the public meets.

North Non-Public B

Teams to watch: Oratory tries to repeat against Montclair Immaculate.

Returning champions: Cormac Rada, Oratory (3,200); Josh Davidson, Eastern Christian (PV); Nigel Thompson, Montclair Immaculate (LJ).

Events to watch: Joshua Davidson of Eastern Christian takes his first step toward repeating as the Non-Public B pole vault champ. Marc Rosenberg of Dwight-Englewood looks to qualify in the distance races.

— Paul Schwartz

GIRLS

North 1, Group 1

Teams to watch: Hasbrouck Heights and Mountain Lakes figure to be in a dogfight, with Cresskill and Kinnelon also in contention.

Returning champions: Khadijah Cox, New Milford (100); Colette Richter, Mountain Lakes (3,200); Becca Skovira, Park Ridge (JT); Nicole Piccinich, Emerson (PV).

Events to watch: Shannon Roberts of Saddle Brook, Cox of New Milford and Rayn Moses of Hasbrouck Heights should dominate the sprints. Ani Sarkisian of Cresskill battles Skovira in the 400 and Johanna Goergen of Kinnelon in the 400 hurdles. Irena Cedano of Hasbrouck Heights, Alex Malka of Pompton Lakes and Alicia Bailey of Boonton should vie for the shot put title.

North 1, Group 2

Teams to watch: Eight teams could be in the title hunt, led by Mahwah, Westwood and Morris Hills. Ramsey, Pascack Hills and River Dell also could contend.

Returning champions: Alexandra Cimino, Westwood (100 HH and 400 HJ); Carolyn Edler, Mahwah (HJ and PV); Briana Setnikzy, Pascack Hills (LJ); Gena Pickett, Mahwah (TJ); Carlysa Oyama, West Essex (800).

Events to watch: Corinne Myers of Westwood, Katie Vandervalk of Glen Rock and Melissa DeHorta of Dover are contenders in the 3,200. Cimino faces Katie Hatler of Jefferson in the 100 hurdles and Paige Fernandez of River Dell in the 400 hurdles.

North 1, Group 3

Teams to watch: Another multi-team battle with Mount Olive, Demarest and Teaneck the favorites. But watch out for Northern Highlands, Ramapo and Sparta.

Returning champions: Julia Rizio, Montville (100 and 200); Claudia DiSomma, Sparta (1,600 and 3,200); Stephanie Easse, Wayne Valley (discus). Shauntierah Douglas, Garfield, won North 1, Group 2 javelin last year.

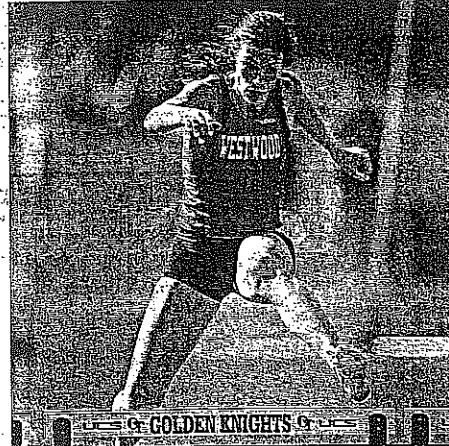
Events to watch: DiSomma, Sarah Bushey of Vernon and Lisa Zimmer of Ramapo could make this the fastest 1,600 race in the state. Kahli Taylor of Teaneck hopes to catch Rizio in the sprints. The best field event matches Jessica Pleuveni of Paramus and Alicia Hester of Wayne Valley in the shot.

North 1, Group 4

Teams to watch: Randolph is the favorite, but Ridgewood, West Orange and Passaic Tech will put up a fight.

Returning champions: Samantha Jones, Randolph (3,200); Breasha Morton, Passaic Tech (400 HJ).

Events to watch: Morton faces



MICHAEL KARAS/STAFF PHOTOGRAPHER

Returning champion Alexandra Cimino of Westwood is a force to be reckoned with in the North 1, Group 2 hurdles.

Monika Miazga of Clifton and Micaela McPadden of Ridgewood in the 400 and McPadden and Andrea Bush of Morris Knolls in the 400 hurdles. Freshmen Elizabeth Lansing of Randolph and Catherine Pagano of Ridgewood will challenge in the 1,600 and 3,200. Tess Ehrlich of Livingston will pole vault against Mimi DeVita of Ridgewood.

North 2, Group 1

Teams to watch: Newark Tech might outscore the field.

Returning champions: Erin Smythe, Verona (400 HJ); Iana Amsterdam, Newark Tech (100, LJ and TJ); Heather Sweeney, Verona (1,600 and 3,200); Gifty Amankwah, Newark Tech (110 HJ).

Events to watch: The best hopes for North Jersey athletes are freshman Jessica Fallace of Lyndhurst (800) and senior Nicole Sinatra of Wood-Ridge (javelin).

North 2, Group 2

Teams to watch: It's Bernards' distance against Parsippany's sprints with Summit and Hanover Park in the mix.

Returning champions: Aleixa Diaz, Summit (100 HH and 400 HJ); Bria Saunders, Parsippany (100 and 200); Dana Giordano, Bernards (1,600 and 3,200); Nicole Herbst, Parsippany (JT).

Events to watch: Rutherford's Val Considine is a favorite or contender in each of the three throws. Ashley Jeng of Fort Lee (sprints) and Katie Sullivan of Rutherford (400 hurdles) also could contend.

North Non-Public A

Teams to watch: Pope John is the overwhelming favorite with Holy Angels, Paramus Catholic

and IHA next in line.

Returning champions: Myasia Jacobs, Paramus Catholic (100 and 200); Morgan McLaughlin, Union Catholic (100 HH and 400 HJ); Tara Keller, Pope John (1,600 and 3,200); Alex Eckert, Holy Angels (PV); Amanda Fields, Holy Angels (LJ and TJ); Theresa Piccinich, IHA (SP).

Events to watch: Jacobs starts pursuit of a fourth straight state Meet of Champions double. Ashley Stryko of Holy Angels faces Nina Poccia of Pope John in the 3,200 and Fields meets Alana Hirschbach of Pope John in the triple jump.

North Non-Public B

Teams to watch: The only team that can beat powerful Mount St. Dominic is defending champion Eastern Christian.

Returning champions: Hallie Earle, Montclair Kimberley (100); Kristen Traub, Eastern Christian (800, 1,600 and 3,200); Mirabel Nkenke, Montclair Immaculate (400 HH and 200); Tatianna Johnson, Morristown Beard (SP and DT); Lyndsi Ross-Trevor, Montclair Kimberley (PV); Isabella Fernandez, Kent Place (LJ); Bethany Van Eck, Eastern Christian (HJ, TJ and 110 HJ); Grace McGurn, Villa Walsh (JT).

Events to watch: Traub faces Mount St. Dominic stars Ashlynn Fields in the 800, Amanda Corbosi in the 1,600 and Kat McCurdy in the 3,200. Van Eck is the 100 hurdles favorite, freshman Natalie Negroni of Queen of Peace is favored in the 400 hurdles and Michelle and Catherine Rozalski of Queen of Peace will face the Montclair Kimberley duo of Ross-Trevor and Dana Placenta in the pole vault.

— Paul Schwartz

State Sectional Championship
@ Randolph

May 25th and May 26th

Friday:

400IH: J. Knight **59.58**

100m: J. Sabatini **11.42/11.42 – 4th Place** J. Locke **11.82**

1600m: L. Jennings **4:18.98 – 1st Place**, S. Dubliler **4:25.52 – 6th Place**, T. Spicer **4:27.91**

400m: N. Schoff **51.73**, B. Collins **52.53**, T. Migliorelli **52.99**

Long Jump: E. Bartlik **21'9" – 1st Place**, Y. Koo **17'9 ½"** D. Barnes **17'7 ¾"**

Shot Put: A. Balboa **49'9 ½" – 4th Place**, J. Barnett **42'3"**, J. Kerwin **37'11 ½"**

High Jump: E. Bartlik **6'0" – 5th Place**, Y. Koo **5'8"**, J. Knight **5'6"**

Saturday:

110HH: K. Chung **15.74**, J. Knight **16.01**, M. Zeno **18.62**

800m: L. Jennings **1:55.23 – 2nd Place**, S. Dubliler **1:55.80 – 3rd Place**, B. Collins **2:04.46**

200m: J. Sabatini **23.15/23.04 – 4th Place**, K. Chung **23.32/23.19 – 6th Place**, D. Han **23.67**

3200m: T. Spicer **9:41.54 – 1st Place** L. Jennings **9:45.39 – 2nd Place**, N. Salamone **9:48.06 – 3rd Place**

4x400m: S. Dubliler **50.4**, E. Bartlik **51.0**, B. Collins **51.7**, N. Schoff **49.6** **3:22.96 – 2nd Place**

Discus: M. Antosiewicz **119'1"** A. Muller **118'9"**, J. Barnett **117'9"**

Javelin: Y. Koo **153'4"**, N. Higgins **146'11"** J. Barnett **134'9"**

Pole Vault: A. Wong **13'0 – 3rd Place**, D. Downing **12'0" – 4th Place**, C. Abernathy **11'0"**

Triple Jump: E. Bartlik **46'1 ¾" – 1st Place**, A. Punjabi **39'8 ¼"**, D. Barnes **36'3 ½"**

THREE TIME STATE SECTIONAL CHAMPIONS!!!! GREAT JOB!!!!

Team Score:

Ridgewood 102

West Orange 85

Randolph 54

PCT 49

Hackensack 47

A dominating performance. Great job by all.

STATE SECTIONAL TRACK CHAMPIONSHIPS

Boys

AT RANDOLPH

NORTH 1, GROUP 1

Team Scoring: 1. Hasbrouck Heights (HH) 109; 2. Mountain Lakes (ML) 90; 3. New Milford (NM) 43; 4. Boonton (Boo) 40 1/4; 5. Park Ridge (PR) 37; 6. Cedar Grove (CG) 36; 7. Emerson (E) 29; 8. Wallington (Wal) 22; 9. Cresskill (C) 18 1/4; 10. Midland Park (MP) 18; 11. Hawthorne (H) 14; 12. Kinnelon (K) 12; 13. Bogota (Bog) 8; 14. Leonia (L) 6; 15. Pompton Lakes (PL) 4; 16. (tie) Sussex Tech (ST) and Waldwick (Wa) 3.

100: 1. Adam Franklin (ML), 11.42; 2. Andres Bellard (NM), 11.68; 3. Terence Green (Boo), 11.79; 4. Jason Zajackowski (Wal), 11.79; 5. Rob Colantuono (PL), 11.80; 6. David Roth (ML), 11.81.

200: 1. Johnny Malespina (PR), 22.77; 2. Andres Bellard (NM), 23.17; 3. Adam Franklin (ML), 23.27; 4. Alan Hill (Boo), 23.49; 5. Joshua Devenezia (ML), 23.50; 6. Nick Oravetz (Wa), 23.66.

400: 1. Johnny Malespina (PR), 49.87; 2. Joshua Devenezia (ML), 50.73; 3. Matt Zuccaro (PR), 51.35; 4. Chris Fucaro (E), 52.27; 5. Nick Oravetz (Wa), 52.44; 6. Andres Bellard (NM), 52.54.

800: 1. Stephen Lewandowski (ML), 1:56.75; 2. Alex Triana (E), 1:58.77; 3. Alex Vulic (ML), 2:01.31; 4. Derek Musiano (ML), 2:01.70; 5. Kevin Teets (NM), 2:04.08; 6. Matt Zuccaro (PR), 2:05.38.

1,600: 1. Stephen Lewandowski (ML), 4:13.34 (record, old record, 4:17.13 by Lewandowski, 2011); 2. Domenic D'Agostino (Wal), 4:16.11; 3. Ben Devenezia (ML), 4:26.83; 4. Jovanice Sotomayer (Bog), 4:30.91; 5. Stefan Morton (E), 4:31.30; 6. Alex Triana (E), 4:37.37.

3,200: 1. Stephen Lewandowski (ML), 9:18.17 (record, old record, 9:29.0 by Chris Moore, Emerson, 1987); 2. Domenic D'Agostino (Wal), 9:24.62; 3. Ben Devenezia (ML), 9:51.82; 4. Stefan Morton (E), 9:56.32; 5. Ramon Fartuazzi (PL), 10:00.42; 6. Brandon Vanderhoof (ST), 10:22.49.

110 HH: 1. Brandon Matulac (NM), 15.16; 2. Roland Gamez (HH), 15.28; 3. David Karakas (H), 15.54; 4. Sven Nielsen (HH), 15.63; 5. Anthony DeSordi (Wal), 15.85; 6. Mike Pikowski (HH), 15.94.

400 HH: 1. Eric Benny (E), 57.10; 2. Sven Nielsen (HH), 57.87; 3. Alan Hill (Boo), 58.93; 4. Nito Lugo (B), 58.94; 5. Patrick Wendler (ML), 58.96; 6. Brandon Matulac (NM), 59.07.

Shot put: 1. Chris Connors (HH), 52-5 1/4; 2. Anthony Seidel (HH), 46-9 1/4; 3. Joe Hernandez (C), 45-10; 4. AJ Traha (HH), 44-7 1/4; 5. Garrett Lytle (L), 42-9; 6. Chris Vostaka (K), 42-6.

Discus: 1. Troy Andretta (K), 153-10; 2. Anthony Seidel (HH), 144-2; 3. Arie Zuidema (MP), 138-1; 4. Joe Hernandez (C), 135-6; 5. Andre Williams (ST), 128-4; 6. Christian Graupe (K), 128-2.

Javelin: 1. Ben Schumacher (CG), 180-10; 2. Anthony Seidel (HH), 179-10; 3. Nate Philipson (CG), 179-0; 4. Kyle Youmans (L), 172-10; 5. Chris Connors (HH), 167-8; 6. Alex Messick (ML), 166-1.

High jump: 1. David Njoku (CG), 6-4; 2. Roland Gamez (HH), 6-2; 3. Matt Grimaldi (C), 6-0; 5. Kevin Wright (Boo), 5-10; 6. Dante Tobler (NM), 5-10.

Long jump: 1. Roland Gamez (HH), 21-8 3/4; 2. Sven Nielsen (HH), 20-8; 3. Jeremy Feland (Boo), 20-5 1/4; 4. Terence Green (Boo), 19-10 3/4; 5. Harrison DeKnight (MP), 19-6 1/4; 6. Mike Pikowski (HH), 19-3.

Triple jump: 1. David Njoku (CG), 45-9 1/4; 2. Roland Gamez (HH), 44-9 1/4; 3. Dante Tobler (NM), 44-8 1/4; 4. Isaac Spann (Boo), 42-6 1/4; 5. Jeremy Feland (Boo), 42-5 1/4; 6. Tom Hughes (HH), 41-3 1/4.

Pole vault: 1. Steven Felice (MP), 13-2 (jumpoff); 2. Alex Sisco (HH), 13-0; 3. Jeremy Feland (Boo), 12-0; 4. Jason Shim (C), 11-6; 5. Nart Gokoh (H), 11-6; 6. Tie between Joe Gonzalez (C) and Isaac Spann (Boo), 11-0.

4x-400: 1. Park Ridge (Matt Zuccaro, Brian Malafut, Kyle Boella, Johnny Malespina), 3:26.65; 2. Mountain Lakes, 3:28.10; 3. New Milford, 3:36.40; 4. Hasbrouck Heights, 3:37.59.

NORTH 1, GROUP 4

Team Scoring: 1. Ridgewood (RW), 102; 2. West Orange (WO), 85; 3. Randolph (Ran), 54; 4. Passaic Tech (PCT), 49; 5. Hackensack (H), 47; 6. Montclair (Mon), 34; 7. Livingston (L), 21; 8. Bloomfield (B), 20; 9. North Bergen (NB), 16; 10. (tie) Roxbury (Rox), Bergen Tech (BT) and Kennedy (K), 14; 13. Morris Knolls (MK), 12; 14. Passaic (P), 6; 15. Fair Lawn (FL), 3; 16. (tie) Clifton (C) and Eastside (E), 2; 18. Memorial (Mem), 1.

100: 1. Deandre Jennings (H), 11.01; 2.

Khalif Herbin (Mon), 11.20; 3. Dexter Valley (WO), 11.25; 4. Jake Sabatini (RW), 11.42; 5. Malik Hodges (E), 11.50; 6. Kadeem O'Gillivie (PCT), 11.50.

200: 1. Dexter Valley (WO), 21.92; 2. Karl Cajuste (WO), 22.18; 3. Malcolm Chavis (Rox), 22.95; 4. Jake Sabatini (RW), 23.04; 5. James Henry (H), 23.17; 6. Kevin Chung (RW), 23.19.

400: 1. Dexter Valley (WO), 49.35; 2. Malcolm Chavis (Rox), 49.50; 3. John Pujols (Ran), 49.54; 4. Karl Cajuste (WO), 49.99; 5. Nigel Burgess (PCT), 51.04; 6. Aaron Romero (H), 51.63.

800: 1. Jared Mason (WO), 1:52.18 (record, old record, 1:52.80 by Jason Apowah, Roxbury, 2007); 2. Levi Jennings (RW), 1:55.23; 3. Storm Dublier (RW), 1:55.80; 4. Kevin Serrao (BT), 1:55.50; 5. Nigel Burgess (PCT), 1:56.71; 6. Nick Fogarty (L), 1:57.52.

1,600: 1. Levi Jennings (RW), 4:18.98; 2. Nick Fogarty (L), 4:19.41; 3. John Pujols (H), 4:22.21; 4. Jared Mason (WO), 4:22.23; 5. Sam Knipper (Ran), 4:23.82; 6. Storm Dublier (RW), 4:25.52.

3,200: 1. Travis Spicer (RW), 9:41.54; 2. Levi Jennings (RW), 9:45.39; 3. Nick Salamone (RW), 9:48.05; 4. Jon Knipper (Ran), 9:53.26; 5. Fabian Anderson (PCT), 10:00.38; 6. Jackson Britzke (Mon), 10:01.58.

110 HH: 1. Karl Cajuste (WO), 14.66; 2. Kyle Holder (Ran), 14.77; 3. Steven Taste (B), 14.83; 4. Nick Perry (B), 14.95; 5. Mike Kornegay (Mon), 15.21; 6. Mo Headley (H), 15.28.

400 HH: 1. Kyle Holder (Ran), 53.75; 2. Karl Cajuste (WO), 54.87; 3. Mo Headley (H), 55.78; 4. Anfernee LaRue (WO), 56.02; 5. Robert Laing (K), 56.20; 6. Dwyer Halliburton (C), 56.23.

Shot put: 1. Sam Kaplan (Ran), 51-4; 2. D.J. Bourgeois (H), 50-10 1/4; 3. Mark Ramsey (K), 50-10 1/4; 4. Anthony Baiboa (RW), 49-9 1/4; 5. Robin Cepeda (PCT), 47-10 3/4; 6. Henry Wilson (Mon), 47-10.

Discus: 1. Julian Pinnix-Odrick (Mon), 170-5; 2. Daniel Cano (Mon), 155-5; 3. Mark Ramsey (K), 150-8; 4. Josh Wang (L), 147-11; 5. Serhly Kralke (B), 144-0; 6. Amos Campbell (Mon), 141-0.

Javelin: 1. Jose Mercado (PCT), 167-6; 2. Aaron Harris (Ran), 166-2; 3. Chandler Baifer (L), 166-0; 4. Emmanuel Soriano (PCT), 163-10; 5. Jovan Santos (B), 163-3; 6. Jonathan Ramirez (Mem), 162-11.

High jump: 1. Jabari Butler (PCT), 6-4; 2. Mike Cummings (H), 6-2; 3. Devon Stowe (P), 6-0; 4. Yerin Hernandez (NB), 6-0; 5. Evan Bartlik (RW), 6-0; 6. Jay Elay (WO), 5-10.

Long jump: 1. Evan Bartlik (RW), 21-9; 2. Yerin Hernandez (NB), 21-4 1/4; 3. Nick Perry (B), 20-9; 4. James Henry (H), 20-5 1/4; 5. Stephan Marshall (Mon), 20-5; 6. Mike Kornegay (Mon), 20-2 1/4.

Triple jump: 1. Evan Bartlik (RW), 45-1 1/4; 2. Rahmir McCray (PCT), 45-3 1/4; 3. Chris Wong (BT), 44-8 3/4; 4. Yerin Hernandez (NB), 44-1; 5. Billy Nicudemos (FL), 41-11 1/4; 6. George Alexandris (FL), 41-10.

Pole vault: 1. Nicholas Patterson (MK), 13-6; 2. Jose Gonzalez (PCT), 13-0; 3. Alan Wong (RW), 13-0; 4. Dylan Downing (RW), 12-0; 5. Rob DiTunno (L), 11-6; 6. Mike Cummings (H), 11-6.

4x-400: 1. West Orange (Anfernee LaRue, Jahir Blanton, Jared Mason, Dexter Valley), 3:19.00 (record, old record, 3:20.3 by Kennedy, 2004 and 2005); 2. Ridgewood, 3:22.96; 3. Randolph, 3:22.99; 4. Bergen Tech, 3:27.28; 5. Morris Knolls, 3:27.84; 6. Clifton, 3:31.09.

NORTH NON-PUBLIC B

Team Scoring: 1. Montclair Immaculate (MI), 114; 2. Oratory Prep (OP), 97; 3. Trinity Christian (TC), 63; 4. Morris Catholic (MC), 56; 5. Montclair Kimberley (MK), 48; 6. Eastern Christian (EC), 35; 7. Queen of Peace (QP), 27; 8. Hawthorne Christian (HC), 21; 9. Newark Academy (NA), 18; 10. Morristown Beard (MB), 11; 11. Dwight-Englewood (DE), 4; 12. Hudson Catholic (HC), 2.

100: 1. Nigel Thompson (MI), 11.26; 2. Kevin Monmohin (QP), 11.50; 4. Gary Finn (DE), 11.79; 5. Jetter Cynin (HC), 11.88; 6. Jevaun Grant (HC), 12.10.

200: 1. Nigel Thompson (MI), 22.52; 2. Kevin Monmohin (QP), 23.21; 4. Jetter Cynin (HC), 23.95; 6. Jevaun Grant (HC), 24.12.

400: 1. Ward Liam Thomas (O), 50.88; 4. Jevaun Grant (HC), 53.25.

800: 1. Josiah Hanko (TC), 2:01.23.

1,600: 1. Josiah Hanko (TC), 4:26.55.

3,200: 1. Josiah Hanko (TC), 9:53.28; 2. Marc Rosenberg (DE), 10:25.20.

110 HH: 1. Leonard Hughes (MI), 15.97.

400 HH: 1. Leonard Hughes (MI), 1:00.52.

800: 1. Kevin Monmohin (QP), 1:00.74; 6. Keith Monmohin (QP), 1:04.10.

Shot put: 1. Carter Beardsley (NA), 43-4 1/4; 8. Alex Koren (DE), 38-8 3/4.

Discus: 1. Jonathan Campbell (TC), 128-

4; 7. Andrew Fiedler (EC), 102-6.

Javelin: 1. Kieran Powell (MK), 173-8; 5. Caleb Hart (HC), 146-10; 7. Andrew Fiedler (EC), 139-10.

High jump: 1. Cleveland McDaniel (EC), 6-4; 3. Joe DeBlasio (EC), 5-4.

Long jump: 1. Ward Liam Thomas (O), 20-1 1/2; 2. Kevin Monmohin (QP), 18-1 1/4; 8. Rolando Tan (DE), 17-0 1/4.

Triple jump: 1. Ward Liam Thomas (O), 45-1; 8. Isaac Lee (EC), 35-7 1/2.

Pole vault: 1. Joshua Davidson (EC), 13-6; 3. Andrew Fiedler (EC), 11-0; 4. Kyle Coan (EC), 10-0.

4x-400: 1. Montclair Kimberley (Matt Gregory, Alan Bond, Elijah Adderley, Elliot Furber), 3:31.43; 2. Hawthorne Christian, 3:41.02.

AT MAHWAH

NORTH 1, GROUP 2

Team scoring: 1. Morris Hills (MH), 147.5; 2. River Dell (RD) 76; 3. Ramsey (R) 36.5; 4. Hopatcong (H) 36; 5. Lodi (L) 29; 6. Pascack Hills (PH) 25; 7. (tie) Westwood (W) and Wallkill Valley (WV) 22; 9. Newton (N) 20; 10. (tie) Glen Rock (GR) and Mahwah (M) 12; 12. Lenape Valley (LV) 16; 13. (tie) Dwight Morrow (DM) and Kittanning (K) 15; 15. Dumont (D) 6; 16. West Essex (WE) 4; 17. (tie) Jefferson (J) and Pequannock (P) 2.

100: 1. Luke Lyons (W) 11.31; 2. Chris Castillo (MH) 11.37; 3. Chris Bang (RD) 11.50; 4. Johann Lara (H) 11.50; 5. Dave Colombo (P) 11.53; 6. Donald Perot (L) 11.64.

200: 1. Greg Leeper (MH) 22.25; 2. Chris Castillo (MH) 22.70; 3. Luke Lyons (W) 22.81; 4. Chris Bang (RD) 22.84; 5. Johann Lara (H) 22.87; 6. Fernando Almonte (L) 23.23.

400: 1. Michael Demby (MH) 49.55; 2. Frank Amoresano (GR) 50.37; 3. Dylan Capwell (H) 50.47; 4. Fernando Almonte (L) 50.57; 5. Sean Krazit (PH) 50.60; 6. Angel Gaetan (L) 51.29.

800: 1. Travis Ellis (MH) 1:55.67; 2. Dylan Capwell (H) 1:56.33; 3. Frank Amoresano (GR) 1:57.81; 4. James Buser (W) 1:59.39; 5. Kevin Gossett (N) 1:59.69; 6. Nik Haas (R) 2:00.51.

1,600: 1. Danny Murnane (LV) 4:19.23; 2. Travis Ellis (MH) 4:20.49; 3. Alex Castellanos (N) 4:25.76; 4. James Corti (WV) 4:26.74; 5. Erik Buser (R) 4:26.41; 6. Craig Corti (WV) 4:27.13.

3,200: 1. Craig Corti (WV) 9:51.04; 2. Erik Buser (R) 9:53.67; 3. James Corti (WV) 9:59.40; 4. Chris Montgomery (LV) 10:00.28; 5. Chris Dugan (H) 10:03.71; 6. Alex Castellanos (N) 10:04.73.

4x-400: 1. Morris Hills (Greg Leeper, Travis Ellis, Adrian Samsel, Michael Demby), 3:21.54; 2. River Dell, 3:25.89; 3. Pascack Hills, 3:25.92; 4. Glen Rock, 3:28.91; 5. Hopatcong, 3:31.03; 6. Lodi, 3:33.41.

110 HH: 1. Fernando Almonte (L) 14.76; 2. Michael Demby (MH) 14.84; 3. Louis Kang (PH) 15.05; 4. Brian Psota (R) 15.17; 5. Eric Ertl (R) 15.90; 6. Kevin Costabel (N) 16.53.

400 HH: 1. Adrian Samsel (MH) 54.64; 2. Michael Demby (MH) 55.41; 3. Dylan Capwell (H) 56.04; 4. Greg Leeper (MH) 56.09; 5. Fernando Almonte (L) 56.09; 6. Louis Kang (PH) 56.14.

Shot put: 1. Matt Koh (RD) 56-4; 2. Spencer Ross (M) 55-5 1/4; 3. James Lane (MH) 51-5 1/4; 4. Austin Berniger (RD) 50-2; 5. Andrew Assile (R) 49-6; 6. Nicholas James-McLean (WV) 47-7.

Discus: 1. Matt Koh (RD) 151-6; 2. James Lane (MH) 150-0; 3. Spencer Ross (M) 132-06; 4. Andrew Assile (R) 130-01; 5. Andrew Tummino (RD) 124-06; 6. Jamie Cooper (D) 124-01.

Javelin: 1. Sam Becourtney (RD) 168-6; 2. Robert Marciano (K) 165-1; 3. DJ Jaineirne (MH) 163-2; 4. Erik Maher (WE) 152-6; 5. Joey Spies (W) 150-3; 6. Shane DiMasso (RD) 148-9.

High jump: 1. Kevin Costabel (N) 6-2; 2. Brandon Juratin (RD) 6-0; 3. Stephen Rogers (H) 6-0; 4. Jaren Harrison (W) 5-10; 5. Adrian Samsel (MH) 5-8; 6. Matthew Cultrera (LV) 5-8.

Long jump: 1. Taylor Cudequest (PH) 21-9 1/4; 2. Wallace Payne (L) 21-0 1/4; 3. Chris DeSantis (RD) 20-9 1/4; 4. Brian Psota (R) 20-8 1/4; 5. John Marzocca (L) 20-8 1/4; 6. Vishaldeep Singh (L) 20-4.

Triple jump: 1. Greg Leeper (MH) 45-5; 2. Amir Ward (MD) 44-1 1/4; 3. Rob Pepper (R) 43-3; 4. Adrian Samsel (MH) 43-0; 5. Matthew Cultrera (LV) 42-10 1/4; 6. Chris DeSantis (RD) 42-9 1/4.

Pole Vault: 1. Jordan Pacheco (MH) 14-0; 2. Tyler Fitzpatrick (MH) 14-0; 3. Calvin Hartman (RD) 14-0; 4. Keith Salkind (L) 13-0; 5. Alex Albanese (R) 13-0; 6. Kevin Costantino (D) 12-6.

NORTH 1, GROUP 3

Team scoring: 1. Old Tappan (OT) 141; 2. Demarest (D) 74; 3. Northern Highlands (NH) 53.50; 4. West Milford (WM)

37; 5. Teaneck (T) 30; 6. Montville (M) 26.50; 7. Pascack Valley (PV) 26; 8. Indian Hills (IH) 25; 9. Sparta (S) 18; 10. Tenafly (Ten) 17; 11. (tie) Passaic Valley (PV) and Mount Olive (MO) 12; 13. Lakeland (L) 11; 14. Ramapo (R) 15; 15. Wayne Hills (WH) 4; 16. Wayne Valley (WV) 2; 17. (tie) Vernon (V) and Paramus (P) 1.

100: 1. Ben Davis (OT) 11.19; 2. Fedele Gallo (PV) 11.34; 3. Won Jae Rho (OT) 11.37; 4. Hayden Lyons (T) 11.38; 5. Jamal Williams (T) 11.39; 6. Jared McPherson (M) 11.6.

200: 1. Devin Fuller (OT) 22.16; 2. Ben Davis (OT) 22.20; 3. Hayden Lyons (T) 22.32; 4. Fedele Gallo (PV) 22.59; 5. Jared McPherson (M) 22.76; 6. Kenny Clarke (R) 23.29.

400: 1. Bradon Gregory (OT) 48.64; 2. Devin Fuller (OT) 49.16; 3. Damien Elliot (T) 49.21; 4. Kyle Davidson (OT) 49.92; 5. Thomas Halloran (OT) 51.30; 6. Matt Schmelder (P) 51.31.

800: 1. Ben Malone (PV) 1:56.11; 2. Kyle Davidson (OT) 1:58.66; 3. Sean Degnon (T) 1:58.97; 4. Dan DeBlock (WM) 1:59.29; 5. Scott Rennalls (MO) 1:59.30; 6. Alex Weiner (OT) 2:00.02.

1,600: 1. Alex Weiner (OT) 4:24.39; 2. William Maltin (OT) 4:24.74; 3. James Bryan (NH) 4:25.41; 4. Brendan Ungemach (WH) 4:26.87; 5. Dan DeBlock (WM) 4:27.44; 6. Kevin Rogovich (D) 4:31.09.

3,200: 1. William Maltin (OT) 9:54.15; 2. James Bryan (NH) 9:54.15; 3. Matt Cummings (W) 9:56.47; 4. Kevin Rogovich (D) 10:11.86; 5. Luke Giugliano (S) 10:11.91; 6. Chris Evan (H) 10:20.41.

4x-400: 1. Old Tappan (Devin Fuller, Ben Davis, Kyle Davidson, Brandon Gregory), 2:18.66; 2. Demarest, 2:30.96; 3. Pascack Valley, 3:22.10; 4. Indian Hills, 3:28.90; 5. Wayne Valley, 3:29.57; 6. Tenafly, 3:29.80.

110 HH: 1. Robert Gebhard (NH) 14.80; 2. Mark Van Teyens (WM) 14.89; 3. William Lee (T) 15.25; 4. Kris Yoo (PV) 15.50; 5. Javier Montalvo (D) 15.58; 6. Antonio Ruggiero (MO) 15.85.

400 HH: 1. Brandon Gregory (O) 54.69; 2. Javier Montalvo (D) 54.83; 3. Kevin Holman (IH) 55.66; 4. Robert Gebhard (NH) 56.42; 5. Brandon Ortiz (L) 56.60; 6. Ronald Pondiscio (S) 56.74.

Shot put: 1. Andrew Trumbetti (D) 56-0; 2. Grant Sanchez (M) 43-3 1/4; 3. Hunter Norman (OT) 49-9 3/4; 4. Jong-Min Yoon (OT) 49-1; 5. David Liebowitz (M) 48-2; 6. Zach Heeman (D) 47-6 3/4.

Discus: 1. Andrew Trumbetti (D) 165-2; 2. Grant Sanchez (M) 145-4; 3. Keith Rodman (OT) 143-8; 4. Jong-Min Yoon (OT) 137-7; 5. Trevor Mild (IH) 137-2; 6. Jimmy Dygos (WM) 135-10.

Javelin: 1. Jeremy Willis (T) 162-02; 2. Robert Amoroso (MO) 162-1; 3. Mike Begen (PV) 160-09; 4. Dylan Mizerek (WM) 159-11; 5. Harry Sullivan (R) 159-06; 6. Kenny Artima (A) 154-07.

High jump: 1. Zachary Davis (S) 6-2; 2. Daniel Thompson (H) 6-2; 3. Michael Somerville (NH) 5-10; 4. Mark Van Teyens (WM) 5-10; 5. Tie-Ronald Pondiscio (S), Jason Fuehring (L), Anthony Doran (D), 5-10.

Long jump: 1. Jamal Williams (T) 22-9 1/4; 2. Robert Gebhard (NH) 22-5; 3. Jason Fuehring (L) 21-10 1/4; 4. Booker McLean (M) 21-4; 5. Won Jae Rho (OT) 21-0 1/4; 6. Jared McPherson (M) 20-10 1/4.

Triple jump: 1. Robert Gebhard (NH) 47-4 1/4; 2. Edwin Trevil (WM) 44-1 1/4; 3. Ben Chazen (D) 43-3 1/4; 4. Zach Davis (S) 42-6; 5. Jason Fuehring (

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Three-peat for Ridgewood

By PAUL SCHWARTZ

STAFF WRITER

RANDOLPH - The record will reflect that Ridgewood didn't officially win its record-tying third straight North 1, Group 4 boys sectional title Saturday until a storm-delayed heat of the 3,200 was run at the very end of the long two-day event.

But in reality, the stage was set for the Maroons' 102-85 win over West Orange when sophomore Allan Wong and junior Dylan Downing went 3-4 in the pole vault, nearly four hours before the final event and well before Ridgewood took the lead for the only time in the meet.

Wong cleared a personal-best 13 feet and Downing a personal-best 12 feet and West Orange was shut out, enabling the Maroons to move within two points of the lead with five events left.

At the same time, Evan Bartlik was wrapping up the triple jump title with a leap of 46-1 $\frac{3}{4}$, and even though West Orange went 1-2 in the 200, Ridgewood got five unexpected points in the event.

That left only the 3,200, where the Maroons had the top two seeds

BOYS RANDOLPH SECTIONAL

and the 4-x-400 relay where West Orange was favored but Ridgewood was the third seed. If form held, the Maroons who join the 1998-2000 Hackensack teams as the only teams to win three straight in the group's 45-year history.

Then came the lightning and thunder, in the midst of the unseeded heat of the 3,200, halting the meet in its tracks for 90 minutes and perhaps jeopardizing the win.

"The guys were really calm and ready," said Downing, who joined Travis Spicer, Levi Jennings and Nick Salamone in the gym along with the rest of the athletes from the three division meet, waiting for the all-clear signal. "We were just all relaxing and no one was worried at all."

Little wonder. When the meet resumed, Spicer and Salamone quickly broke away from the field, and when Salamone seemed to be struggling running all by himself in second, the veteran, Jennings, who had earlier won the 1,600 and took

second in the 800, moved up and passed his teammate. That seemed to settle down Salamone, and the Maroons swept the event to clinch the meet.

"The mental part of a meet like this is huge," said Ridgewood coach Josh Saladino. "It shows how much they really care about each other and doing it for the team."

"We rode two kids [Bartlik and Jennings] but we got so many other kids to chip in - Anthony Balboa with a big PR in the shot [Friday], the 200 kids, the vaulters, the relay getting a seasonal best. When you score in 11 events in this meet, it shows your depth."

Hasbrouck Heights also showed depth and some stars as the Aviators repeated in Group 1 for the first time, beating Mountain Lakes, 109-90.

Mountain Lakes scored 85 points in the seven flat races on the track to just four for Heights, but the Aviators had wins from Roland Gamez in the long jump and Chris Connors in the discus and took second in every throwing event, and the 110 and 400 hurdles to provide its winning margin.

Teaneck: Slogan inspires win

From Page S-11

son, but we've really had a lot of fun this year. I'm really going to miss running with these girls."

The Highwaywomen won the league meet, but fell a few points shy of the Bergen County group title last weekend. But they received many other significant contributions at the sectional meet.

Senior Chardonay Elliott took second in the shot put with a personal record of 38-2 $\frac{1}{4}$ and sophomore Talasiah Balgobian finished second in the high jump (5-2) and third in the long jump (17-6).

we've come a long way," said Elliott, who is going to her first state group meet. "The T-shirts definitely motivated us."

NOTES: Westwood trailed Mahwah by half a point entering the last event, the 4-x-400 relay, before Westwood's quartet of Alexandra Cimino, Dana Bianchi, Alesia Passaro and Gabriela Sloezen won the race in 3:57.32 to give the Cardinals the North 1, Group 2 championship with 79 points. It was Westwood's first sectional championship since 1988 and it snapped Mahwah's

third with 62.

■ Cimino, a junior, captured four titles, including a big win in the 100 hurdles (14.83) against a field that included Mahwah's Gena Pickett and River Dell's Jamie Woods. Cimino also rallied in the last 10 meters to win the 200 in 25.58 and took the 400 hurdles in 1:02.57.

■ Pickett, a junior, won the triple and long jumps. Her long jump leap of 18-1 is a personal record and is just a few inches off the school record. Pickett set the meet record in the triple jump Fri-



TRACK AND FIELD: BERGEN MEET OF CHAMPIONS PREVIEW

Final two events will be worth the wait

AUL SCHWARTZ
STAFF WRITER

With the state group championships heating up next weekend, the final local meet of the season is Tuesday's Lou Lanzaletto Bergen Meet of Champions at Hackensack. The focus is on the 4-x-400 relay events, the last ones of the night.

In the girls race, three teams have broken four minutes, with Ramapo fresh off a 3:56.24 clocking at the Group 2 sectional, which is 10th fastest in Bergen history. Westwood has broken 3:58 twice and Teaneck also has gone under four minutes. Ramsey, River Dell and Demarest are on the cusp of breaking the four-minute barrier, and the 24-year-old Bergen County record of 3:54.29 set by Ridgewood may be in jeopardy.

In boys competition, Old Tappan is heavily favored to win and approach the boys record of 3:15.15 set by Teaneck in winning the 2010 state Meet of Champions. But Demarest, Pascack Valley (anchored by Ben Malone) and Ridgewood are capable of sub-3:20 races.

The field events begin at 3:30 p.m. and race finals are 6:35. Admission is free.

Boys

100 and 200: Jabrill Peppers of Paramus Catholic has made a smooth transition from Don Bosco and is heavily favored to double in the sprint events, with his toughest competition likely from Ben Davis of Old Tappan (100) and Hayden Lyons of Tenafly (200).

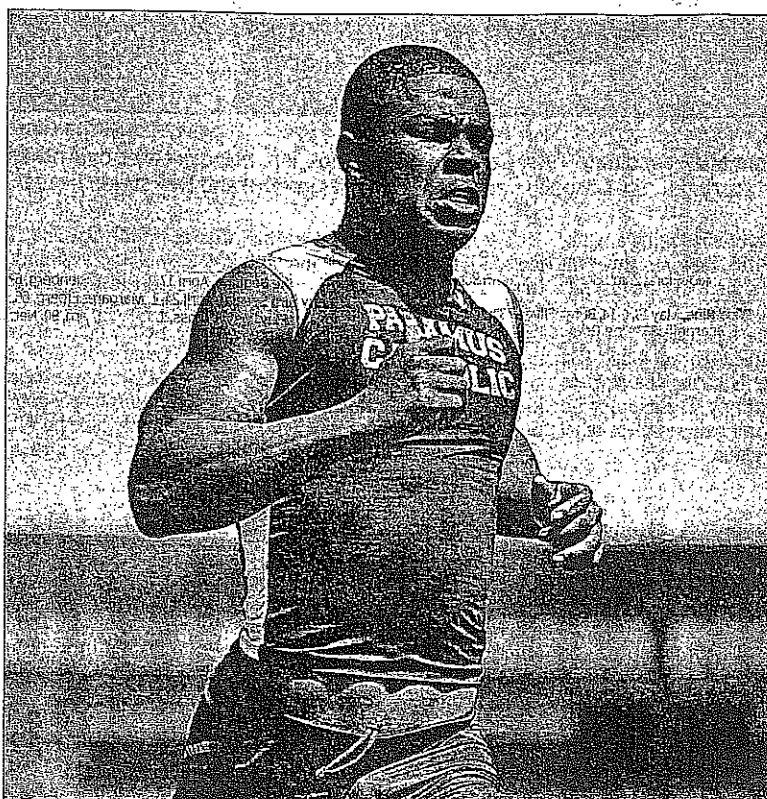
400: Park Ridge's Johnny Malespina and Teaneck's Damien Elliot are the best in this field and each has been well under 50 seconds.

800: Pascack Valley's Malone is skipping the individual events to concentrate on the relay, but there still are seven sub-2:00 performers, led by Sean Degnon of Demarest and sophomore Kevin Serrao of Bergen Tech.

1,600: Domenick D'Agostino of Wallington shoots for a well-deserved major title after consecutive 4:17 races at Bergen group and sectional meets. John Pujols of Hackensack and Nick Carapezza of Don Bosco are capable of an upset.

3,200: Nick Salamone of Ridgewood and James Bryan of Northern Highlands are the top seeds. Don Bosco has eight runners in the 18-man field.

110 HH: Maybe the tightest race in the meet. Five runners could come out on top: Fernando Almonte of Lodi, Brian Psota of Ramsey, Mo Headley of Hackensack, Sean Porteous of Wood-Ridge



JOE CAMPOREALE/SPECIAL TO THE RECORD

Jabrill Peppers of Paramus Catholic is heavily favored in the Bergen sprints. He'll be pushed by Ben Davis of Old Tappan and Hayden Lyons of Tenafly.

and Bobby Gebhard of Northern Highlands.

400 IH: There are six sub-56.5 runners, led by Javier Montalvo of Demarest who seems to get better each time he runs it.

Shot put: Chris Connors of Hasbrouck Heights; sophomore Andrew Trumbetti of Demarest and Matt Koh of River Dell have taken turns leading the event this spring. Sophomore Spencer Ross of Mahwah popped a 55-footer Friday.

Discus: Koh and Trumbetti battle Jong Min Youn of Old Tappan, with a 165-foot throw likely needed to win.

Javelin: Hasbrouck Heights junior Anthony Seidel has led North Jersey all spring, but Kyle Youmans of Leonia could be a threat.

High jump: Evan Bartlik of Ridgewood is one of just two returning champions, and he'll battle Roland Gamez of Hasbrouck Heights and Mike Cummings of Hackensack to become the fifth repeater in this event.

Long jump: The other repeater, Teaneck's Jamal Williams, made an amaz-

ing comeback from what appeared to be a season-ending injury when he jumped 22-9½ to win the Group 3 sectional. He should win easily if his knee holds up.

Triple jump: Gebhard became Bergen's 16th 47-foot jumper Saturday. But Bartlik also is jumping very well.

Pole vault: Eric Geider of Demarest is favored, but Ty Poland of Mahwah and the two latest 14-footers, Mike Morreale of Lyndhurst and Calvin Hartman of River Dell, are coming after him.

4-x-400 relay: The meet record of 3:18.10, set by Ridgewood in 2010, is in jeopardy.

Girls

100 and 200: Teaneck's Kahlia Taylor is one of five defending champs in the field, and although Jordyn Smith and Angela Harrison of Paramus Catholic and Shannon Roberts of Saddle Brook are running well, Taylor should repeat in the 100. The other three will battle for the 200 win because Taylor has chosen to compete in the 400.

400: Taylor faces Micaela McPadden of Ridgewood, Emma Sullivan of Northern Highlands and Katie Vernon of Ramsey in a race that should take a sub-58.0 to win.

800: Deanna DiLandro of Ramapo, a defending champ in the 400, moves up to challenge defending 800 champ Phoebe Hersh of Tenafly. Look out for Northern Highlands star Madison Hollieran.

1,600: Lisa Zimmer of Ramapo probably has the five-minute mark as her biggest rival as she bids for a second straight title.

3,200: Ashley Stryko of Holy Angels is favored over Erica Canas of Old Tappan and Brittany Day of Demarest.

100 HH: Alexandra Cimino of Westwood has been the best hurdler in Bergen County for two years. She'll have little trouble repeating.

400 IH: Allison Tell of Demarest has had a spectacular season and takes dead aim of the meet record of 61.97 set by Cristina Law of Ridgewood in 2007.

Shot put: With defending champ Theresa Picciallo saving herself for the group meet, the event becomes wide open with Danielle Bach of Northern Highlands, Jessica Reuveni of Paramus and Chardonnay Elliot of Teaneck the leading contenders.

Discus: The most wide-open event with Tania Pabon of Cresskill and Cheyenne Bellerand of Emerson having the best throws of the year. Reuveni has been the most consistent.

Javelin: The meet record was the state record for nearly eight years until earlier this spring. Garfield's Shauntierah Douglas and Becca Skovira of Park Ridge are well ahead of the field.

High jump: Tatiyana Sanders of Paramus Catholic and Taryn DeLeon of Old Tappan appear to be the favorites in a wide-open event.

Long jump: Sanders, Amanda Fields of Holy Angels, Briana Setnitzky of Pascack Hills and Patty McHugh of Waldwick have surpassed 17-5 this season.

Triple jump: With state contender Gena Pickett of Mahwah skipping the meet, Fields, Setnitzky, Rayn Moses of Hasbrouck Heights and Ana Atkinson of Teaneck can prevail.

Pole vault: The deepest field in meet history with seven vaulters over 10-6 or better. But Carolyn Edler of Mahwah is the only one over 11-6 and is favored.

4-x-400 relay: The county record also is the meet record.

Bergen County Meet of Champions

May 29th

@ Hackensack

100m: Jake Sabatini **11.32**

800m: Brian Collins **2:00.47**

1600m: Brian Daniels **4:33.84 – 5th Place**, Brian Clarendon **4:44.47**

3200m: Nick Salamone **9:39.12 – 2nd Place**, David Frering **10:18.32**

100HH: Kevin Chung **DQ**

400IH: James Knight **61.15**

Shot Put: Anthony Balboa **50' ¼"**

Discus: James Barnett **128'8"**

Javelin: YoungHoe Koo **144'11"**

Triple Jump: Evan Bartlik **46'2 ½" – 2nd Place**

High Jump: Evan Bartlik **6'0" – tie 5th Place**

Pole Vault: Allan Wong **12'6"**

4x400m: S. Dubliler **50.5**, E. Bartlik **50.4**, L. Jennings **51.7**, N. Schoff **51.4** **3:24.24 – 4th Place**

TRACK AND FIELD: BERGEN MEET OF CHAMPIONS

BOYS

100: 1. DeAndre Jennings, Hackensack, 10.76; 2. Jabrill Peppers, Paramus Catholic, 10.77; 3. Benjamin Davis, Old Tappan, 10.79; 4. Hayden Lyons, Tenafly, 11.18; 5. Jabari Garvin, St. Joseph, 11.30; 6. Luke Lyons, Westwood, 11.31.

200: 1. Hayden Lyons, Tenafly, 22.59; 2. Gary Polanco, Cliffside Park, 22.67; 3. Jaleel Felton, Pascack Valley, 22.92; 4. Keyon Washington, Paramus Catholic, 23.01; (tie) 5. Fernando Almonte, Lodi, 23.12; Kevin Momnohin, Queen of Peace, 23.12.

400: 1. Damien Elliot, Teaneck, 49.30; 2. Johnny Malespina, Park Ridge, 49.38; 3. Anthony Giaquinto, Lyndhurst, 51.37; 4. Sean Etheridge, Ramapo, 51.52; 5. Brandon Blumer, Westwood, 51.56; 6. Thomas Halloran, Ramapo, 51.67.

800: 1. Frank Amoresano, Glen Rock, 1:55.96; 2. Kevin Serrao, Bergen Tech, 1:56.68; 3. Yehia Fahmy, Fort Lee, 1:58.85; 4. Aaron Romero, Hackensack, 1:59.16; 5. Warren O'Neill, Ridgefield Park, 1:59.42; 6. Alex Triana, Emerson, 1:59.77.

1,600: 1. Domenick D'Agostino, Wallington, 4:15.94; 2. John Pujols, Hackensack, 4:25.55; 3. Nicholas Carapezza, Don Bosco, 4:31.54; 4. Kevin Rogovich, Demarest, 4:32.88; 5. Brian Daniels, Ridgewood, 4:33.84; 6. Thiago Fernandes, Lyndhurst, 4:36.39.

3,200: 1. Nicholas Mendolia, Don Bosco, 9:38.51; 2. Nick Salamone, Ridgewood, 9:39.12; 3. Michael Higgins, Don Bosco, 4. Michael Flanagan, Don Bosco, 9:51.87; 5. James Bryan, Northern Highlands, 9:52.20; 6. Stefan Morton, Emerson, 9:58.36.

110HH: 1. Fernando Almonte, Lodi, 14.72; 2. Moqueez Headley, Hackensack, 14.80; 3. Robert Gebhard, Northern Highlands, 14.85; 4. Roland Gamez, Hasbrouck Heights, 14.86; 5. Kris Yoo, Pascack Valley, 15.13; 6. Brian Psota, Ramsey, 15.19.

400HH: 1. Louis Kang, Pascack Hills, 55.32; 2. Kevin Halloran, Indian Hills, 55.50; 3. Javier Montalvo, Demarest, 56.06; 4. Taylor Cudequest, Pascack Hills, 57.02; 5. Aref Afshar, Tenafly, 57.49; 6. Wilmer Jovel, Demarest, 57.52.

Shot Put: 1. Chris Connors, Hasbrouck Heights, 56-2½; 2. Matt Koh, River Dell, 55-1½; 3. Andrew Trumbetti, Demarest, 54-6½; 4. Spencer Ross, Mahwah, 53-0; 5. Donnyell Bourgeois, Hackensack, 52-3; 6. Austin Berniger, River Dell, 52-2.

Discus: 1. Jong-Min Youn, Old Tappan, 172-7; 2. Andrew Trumbetti, Demarest, 165-11; 3. Anthony Seidel, Hasbrouck Heights, 162-11; 4. Keith Rodman, Old Tappan, 153-5; 5. Miguel Vasquez, Palisades Park, 149-2; 6. Samuel Kleinberg, St. Joseph, 146-0.

Javelin: 1. Anthony Seidel, Hasbrouck Heights, 187-10; 2. Seth Zuidema, Midland Park, 167-2; 3. Brian Kalafut, Park Ridge, 165-5; 4. Sam Becourtney, River

Dell, 163-2; 5. Joey Spies, Westwood, 162-0; 6. Paul Sheridan, Paramus Catholic, 157-0.

High Jump: 1. Daniel Thompson, Indian Hills, 6-6; (tie) 2. Rakesh Dataram, Ridgefield Park, 6-2; Michael Cummings, Hackensack, 6-2; 4. Roland Gamez, Hasbrouck Heights, 6-0; 5. Evan Bartlik, Ridgewood, 6-0; 6. Brandon Jurasin, River Dell, 6-0.

Long Jump: 1. Roland Gamez, Hasbrouck Heights, 22-8¾; 2. Charles Dzienis, Indian Hills, 22-2¾; 3. Jamal Williams, Teaneck, 21-10¾; 4. Taylor Cudequest, Pascack Hills, 21-9¾; 5. James Henry, Hackensack, 21-3 ¾; 6. George Alexandris, Fair Lawn, 21 ½.

Triple Jump: 1. Robert Gebhard, Northern Highlands, 47-4; 2. Evan Bartlik, Ridgewood, 46-2¼; 3. Christopher Wong, Bergen Tech, 44-11¾; 4. Dante Tobler, New Milford, 44-4½; 5. Michael Reyes, Ridgefield Park, 43-11¾; 6. Rob Pepper, Ramsey, 43-9 ¼.

Pole Vault: 1. Eric Geider, Demarest, 14-6; 2. Ty Poland, Mahwah, 13-10; 3. Steven Felice, Midland Park, 13-10; 4. Alex Albanese, Ramsey, 13-6; 5. Alex Sisco, Hasbrouck Heights, 13-0; 6. Calvin Hartman, River Dell, 13-0.

4x400 relay: 1. Old Tappan, (Devin Fuller, Ben Davis, Kyle Davidson, Brandon Gregory), 3:18.74; 2. Pascack Valley, 3:23.06; 3. Demarest, 3:24.13; 4. Ridgewood, 3:24.24; 5. Don Bosco, 3:25.39; 6. Park Ridge, 3:25.83.

GIRLS

100: 1. Kahila Taylor, Teaneck, 12.13; 2. Jordan Smith, Paramus Catholic, 12.53; 3. Shannon Roberts, Saddle Brook, 12.63; 4. Angela Harrison, Paramus Catholic, 12.64; 5. Janienne Palmer, Dwight-Englewood, 12.66; 6. Molly Cohan, Mahwah, 12.86.

200: 1. Angela Harrison, Paramus Catholic, 25.59; 2. Jacqueline Feldman, IHA, 26.24; 3. Nicole Miller, Pascack Valley, 26.26; 4. Shannon Roberts, Saddle Brook, 26.27; 5. Janienne Palmer, Dwight-Englewood, 26.43; 6. Khadijah Cox, New Milford, 26.63.

400: 1. Micaela McPadden, Ridgewood, 58.06; 2. Kahila Taylor, Teaneck, 58.80; 3. Katie Vernon, Ramsey, 59.01; 4. Becca Skovira, Park Ridge, 59.58; 5. Bobbie Javier, Dwight-Englewood, 59.59; 6. Kristen Webb, Ramsey, 1:00.03.

800: 1. Deann DiLandro, Ramapo, 2:14.26; 2. Janay Ferrel, Teaneck, 2:15.53; 3. Phoebe Hersh, Tenafly, 2:16.75; 4. Hanako Shigenobu, Ridgewood, 2:17.44; 5. Kathryn Grant, Hackensack, 2:18.11; 6. Victoria Davis, Demarest, 2:18.27.

1,600: 1. Lisa Zimmer, Ramapo, 5:07.90; 2. Caroline Davidson, Ridgewood, 5:09.83; 3. Josette Norris, Tenafly, 5:19.32; 4. Katie Vändervalk, Glen Rock, 5:24.13; 5. Lydon Kersting, Holy Angels, 5:24.67; 6. Oni Obelle, Hackensack, 5:27.70.

3,200: 1. Ashley Strysko, Holy Angels,

11:28.75; 2. Mary Watters, Holy Angels, 11:46.98; 3. Brittany Day, Demarest, 11:50.80; 4. Rebecca Fortoul, Hasbrouck Heights, 12:00.19; 5. Tina Gipple, Ridgewood, 12:07.19; 6. Erica Canas, Old Tappan, 12:11.05.

100HH: 1. Alexandra Cimino, Westwood, 14.64; 2. Amanda Simms, Teaneck, 15.36; 3. Breonah Toon, Garfield, 15.95; 4. Taryn De Leon, Old Tappan, 15.99; 5. Jamie Woods, River Dell, 16.21; 6. Sophia Luppino, Fort Lee, 16.31.

400HH: 1. Allison Tell, Demarest, 1:04.07; 2. Natalie Negroni, Queen of Peace, 1:04.56; 3. Paige Fernandez, River Dell, 1:05.37; 4. Jamie Barna, Ramapo, 1:05.41; 5. Allison Torsiglieri, Tenafly, 1:06.14; 6. Katie Sullivan, Rutherford, 1:06.53.

Shot Put: 1. Jessica Reuveni, Paramus, 38-8; 2. Taylor Martin, Hackensack, 38-3¼; 3. Chardonay Elliot, Teaneck, 37-4¼; 4. Danielle Bach, Northern Highlands, 36-10; 5. Irene Cedano, Hasbrouck Heights, 36-7¼; 6. Alysha Menzies, Garfield, 36-¾.

Discus: 1. Tania Pabon, Cresskill, 116-7; 2. Melissa Pesce, Demarest, 110-1; 3. Sharell Harris, Hackensack, 108-11; 4. Jessica Reuveni, Paramus, 108-1; 5. Laura Oh, River Dell, 106-3; 6. Melanie Odattala, Garfield, 105-9.

Javelin: 1. Shauntierah Douglas, Garfield, 139-7; 2. Becca Skovira, Park Ridge, 137-1; 3. Danielle Bach, Northern Highlands, 119-3; 4. Hope Yi, Bergen Tech, 112-9; 5. Nina Messery, Hasbrouck Heights, 112-6; 6. Melanie Odattala, Garfield, 111-0.

High Jump: 1. Taryn DeLeon, Old Tappan, 5-2; 2. Lisa Sesink-Clee, Holy Angels, 5-2; 3. Amanda Simms, Teaneck, 5-2; (tie) 4. Jordan Meisel, Tenafly, 5-0; Elaina White, Leonia, 5-0; (tie) 6. Haley Hirsch, Demarest, 5-0; Gianna DiTommaso, Indian Hills, 5-0.

Long Jump: 1. Patty McHugh, Waldwick, 17-¼; 2. Amanda Fields, Holy Angels, 16-11¾; 3. Shauntierah Douglas, Garfield, 16-11; 4. HyeMi Shon, Cresskill, 16-7¾; 5. Brianna Setnitzky, Pascack Hills, 16-7; 6. Khadijah Cox, New Milford, 16-4½.

Triple Jump: 1. Amanda Fields, Holy Angels, 38-0; 2. Rayn Moses, Hasbrouck Heights, 36-1; 3. Shauntierah Douglas, Garfield, 35-4; 4. Breonah Toon, Garfield, 35-1; 5. Brianna Williams, Lodi, 34-5; 6. Patty McHugh, Waldwick, 34-3.

Pole Vault: 1. Carolyn Edler, Mahwah, 11-7; 2. Mimi DeVita, Ridgewood, 10-10; 3. Vanessa Virgens, Mahwah, 10-6; 4. Tiffany Tencza, Wallington, 10-6; 5. Nicole Piccinich, Emerson, 10-6; 6. Michelle Rozalski, Queen of Peace, 10-0.

4x400 relay: 1. Ramapo (Lisa Zimmer, Jamie Barna, Claire Scavone, Deanna DiLandro), 3:53.71; 2. Westwood, 3:53.73; 3. Teaneck, 3:57.83; 4. Ramsey, 4:00.85; 5. River Dell, 4:01.66; 6. Demarest, 4:04.30.

Ridgewood retains sectional crowns

Three in a row for boys track team

BY GREG TARTAGLIA
Assistant Sports Editor

Though the clouds prevailed for most of the meet, the stars shone through in the end.

Seniors Levi Jennings and Evan Bartlik combined to score nearly half of Ridgewood High School's points at the North 1, Group 4 boys track and field championships in Randolph last weekend, leading RHS to its third consecutive state-sectional crown.

The Maroons bested West Orange, 102-85, to become the second team in the meet's 45-year history to win three straight outright titles, joining the 1998-2000 Hackensack Comets. Snyder of Jersey City won solo titles in 1976-77 before sharing first with Memorial (West New York) in '78.

"Evan is the only other guy that's been with me the whole time, through [our] sophomore, junior and senior years[!]," Jennings, a three-year varsity letter-winner, said Wednesday. "Sophomore year, we both contributed. Then, junior year, we both really contributed, and this year, we actually led the team to the title."

The only other time [a threepeat] happened was in the '90s with Hackensack," Bartlik noted. "So it just proves that we have great coaches and great athletes." Trailing 57-55 with four events remaining on Saturday, RHS outscored West Orange in the triple jump, 10-0, as Bartlik broke the meet record with his gold-medal effort of 46 feet, 1¾ inches.

After a 90-minute lightning delay, the Maroons finished 1-2-3

in the 3,200 to shut out the Mountaineers in the event, 24-0. Senior Travis Spicer (9-41.54), Jennings (9-45.39) and junior Nick Salamone (9-48.06) combined to help Ridgewood turn a five-point deficit into a 94-75 lead entering the final race, the 4 x 400 relay.

Bartlik added a gold medal in the long jump (21-9) and a fifth-place showing in the high jump (6-0), while Jennings won the 1,600 (4:18.98) on Friday before coming back with silver medals in the 800 (1:55.23) and 3,200 on Saturday.

"Evan and Levi performed like the stars that they are," said Maroon coach Josh Saladino. "They were two of the top three point-getters in the entire meet — there was one kid from West Orange [200- and 400-meter champ Dexter Valley had 28 points] and those two. And they did great; Evan scored 24 points, and Levi scored 26 points, which are huge numbers in a sectional-level meet."

Overall, Ridgewood had a dozen athletes contribute to the scoring, and all 12 qualified for this weekend's State Group 4 finals in Old Bridge by virtue of their top-six finishes at sectionals.

Sophomore Jake Sabatini was fourth in both the 100- (11.42 seconds) and 200-meter (23.04) dashes, and junior Kevin Chung added a sixth-place clocking of 23.19 in the 200. Senior Anthony Balboa's fourth-place shot put of 49-9½ was a personal best by one foot.

Junior Storm Dublirer ran third in the 800 (1:55.80) and sixth in the 1,600 (4:25.52), while the pole-vault duo of sophomore Allan Wong and junior Dylan Downing cleared 13 and 12 feet, respectively.

ly, to help the Maroons blank West Orange in the event, 10-0.

"The pole vaulters going 3-4 and getting 10 points — that's as good as winning," Saladino said.

Valley anchored the Mountaineers to 4 x 400 gold in a meet-record 3:19.00, but the Ridgewood quartet of Dublirer, Bartlik, sophomore Brian Collins and junior Neil Schoff took silver in 3:22.96 — 0.03 ahead of third-place Randolph — to cap the meet.

"We had points across the board," said Saladino. "We scored in 11-of-16 events, which was three more events than any other team in the meet scored in. So having that kind of depth really helped out."

The RHS girls track and field team ended up fourth at the North 1, Group 4 meet with 58½ points. Randolph (100) won a record-setting fourth straight championship, breaking a tie with Eastside (1976-78) and Ridgewood (1983-85) for most consecutive titles.

Senior Caroline Davidson and freshman Catherine Pagano both earned their first sectional titles and qualified for the Group 4 finals in two events. Davidson won the 800 in 2:20.26 and ran fourth in the 1,600 (5:11.64), and Pagano won the 1,600 in 5:01.95 and placed second in the 3,200 (11:21.15).

Seniors Tina Gible (fourth, 3,200), Kim Noble (fifth, pole vault) and Ilana Brown (fifth, pole vault) and Moriah Jennings (sixth, 100) and juniors Mimi DeVita (second, pole vault) and Micaela McPadden (fourth, 400 hurdles) also qualified for the state group meet for RHS.

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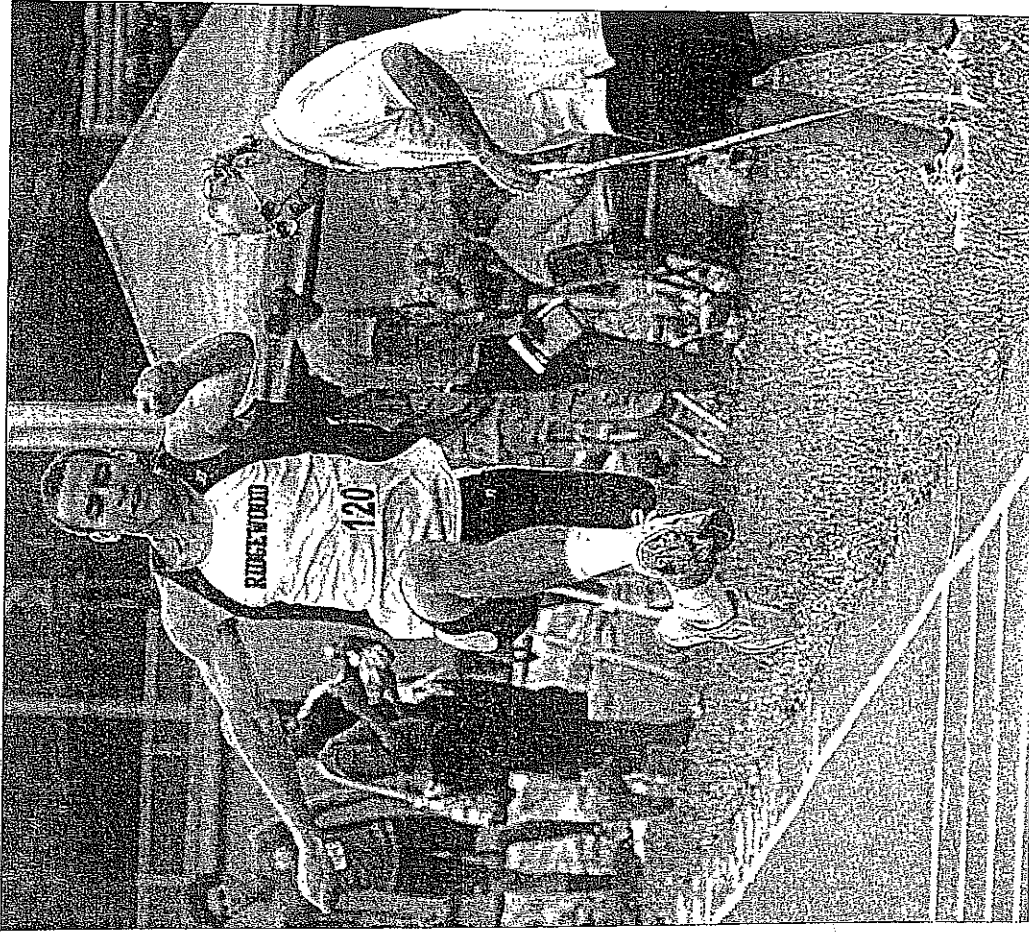


PHOTO COURTESY OF JACOB BROWN

Ridgewood senior Evan Bartlik on his way to a meet-record triple jump of 46 feet, 1.75 inches in North 1, Group 4 boys track and field championships in Randolph last Saturday.

State Group IV Championship

June 1st and 2nd

Friday:

100m: Jake Sabatini **10.28**

1600m: Levi Jennings **4:43.84**

Long Jump: Evan Bartlik **20'5"**

High Jump: Evan Bartlik **6'2"**

Saturday:

800m: Storm Dublirer **1:54.31 – 3rd Place**, L. Jennings **1:56.54**

200m: Jake Sabatini **23.99**

3200m: Travis Spicer **9:21.49 – 6th Place**, N. Salamone **10:03.59**

4x400m: S. Dublirer **51.0**, E. Bartlik **50.3**, B. Collins **51.9**, N. Schoff **50.2 3:23.88**

Triple Jump: Evan Bartlik **45'9" – 5th Place**

Pole Vault: A. Wong **12'6"**, D. Downing **NH**

Storm, Travis and Evan move on to the State Meet of Champs. Evan also qualifies as a wild card in HJ

State Meet of Champions

June 11, 2012 (finally!)

Triple Jump: Evan Bartlik 46'9 1/4" – 4th Place in a personal best jump!

800m: Storm Dublirer **1:54.61**

3200m: Travis Spicer **9:40.47**

Meet Comments

Excellent efforts out of Evan and Storm

Special congrats to Evan as he is a two-time medalist in the State Meet of Champions. Evan is Ridgewood's first two time medalist since Josh Kauke in 1999-2000. Great effort!

STATE MEET OF CHAMPIONS RESULTS

AT OLD BRIDGE

BOYS

100: 1. Fabian Santiago, Oakcrest, 10.59; 2. Mike Andre, Ocean, 10.74; 3. Brian Regan, Cherry Hill East, 10.76; 4. **DeAndre Jennings, Hackensack, 10.81**; 5. Tyrone Parker, W. Windsor North, 10.84; 6. Renard Howell, Trenton, 10.85.

200: 1. Fabian Santiago, Oakcrest, 21.52; 2. Jamaad Muse, Timber Creek, 21.59; 3. Mike Andre, Ocean, 21.72; 4. Tahshon Reese, Camden, 22.04; 5. Ishmael Hyman, St. John Vianney, 22.04; 6. Brian Regan, Cherry Hill East, 22.08.

400: 1. Zyaire Clemes, Trenton, 47.89; 2. Jermaine Griffith, Nottingham, 48.00; 3. Alex Reber, Cherry Hills East, 48.26; 4. Theodore Foster, Christian Brothers, 48.37; 5. Jonathan Petit-Homme, Linden, 48.74; 6. Phillip Gomez, Glen Ridge, 48.95.

800: 1. **Ben Malone, Pascack Valley, 1:51.10**; 2. Allen Eke, Union Catholic, 1:52.06; 3. Jared Mason, West Orange, 1:52.29; 4. AJ Chavez, W. Windsor South, 1:52.49; 5. Issac Clark, Pleasantville, 1:53.58; 6. Dylan Capwell, Hopatcong, 1:53.81.

1,600: 1. Chris Marco, Toms River South, 4:07.31 (meet record); 2. Stephen Lewandowski, Mountain Lakes, 4:08.28; 3. George Kelly, Christian Brothers, 4:09.09; 4. Blake Udland, Millburn, 4:09.62; 5. Tom Cooke, Kingsway, 4:11.84; 6. Ron Napolitano, Red Bank Catholic, 4:12.10.

3,200: 1. Jack Boyle, Christian Brothers, 9:08.28; 2. Harrison Brakewood, Voorhees, 9:10.97; 3. Jon Harper, Phillipsburg, 9:11.98; 4. Josiah Hanko, Trinity Christian, 9:14.56; 5. Dylan Tarpey, Freehold Twp., 9:15.08; 6. Liam Mullett, Pingry, 9:16.16.

110 Hurdles: 1. Jermaine Collier, Trenton, 13.67; 2. Isaac Williams, Willingboro, 13.92; 3. Jamel Bolden-Presley, Rahway, 14.07; 4. Jason Dijols, Manalapan, 14.31; 5. Karl Cajuste, West Orange, 14.36; 6. Kevin Potter, Timber Creek, 14.53.

400 Hurdles: 1. Jermaine Collier, Trenton, 52.35; 2. Jonathan Petit-Homme, Linden, 52.83; 3. Evan Johnson, Ewing, 54.02; 4. Kyle Holder, Randolph, 54.03; 5. Brandon Hill, Trenton, 54.09; 6. Jeph Olali, Union, 54.76.

High Jump: 1. Daniel Jefferson, Oakcrest, 6-6; 2. AJ Vance, Egg Harbor, 6-6; 3. Zachary Davis, Sparta, 6-6; 4. Hakim Horton, Trenton, 6-6; 5. Nick Tinsley, Montgomery, 6-6; 6. Justin Love, Matawan, 6-6.

Long Jump: 1. Anthony Averett, Woodbury, 22-10 1/4; 2. Emeka Eze, Sayreville, 22-4 1/4; 3. Shane King, Elizabeth, 22-4 1/4; 4. Antwan Dickerson, Pennsauken, 22-2; 5. Anthony Cioffi, Dayton, 22-0 1/4; 6. Kevin Potter, Timber Creek, 21-10 1/4.

Triple Jump: 1. Emeka Eze, Sayreville, 48-2; 2. Dominique Irons, Haddon Heights, 47-11; 3. **Robert Gebhard, Northern Highlands, 47-6**; 4. **Evan Bartlik, Ridgewood, 46-9 1/4**; 5. Myles Hartsfield, Sayreville, 46-7 3/4; 6. Ryan North, Southern, 46-6 3/4.

Shot Put: 1. Christopher Staton, Franklin, 64-7 1/4; 2. Kofi Yamoah, Egg Harbor, 58-5 1/4; 3. Travis Gallardo, Bayonne, 58-1 1/4; 4. **Mark Ramsey, Paterson Kennedy, 57-0 1/2**; 5. Rob Woods, Seneca, 55-9 1/4; 6. Dontaye Rivera, Pleasantville, 55-9.

Discus: 1. Samuel Mattis, East Brunswick, 206-0; 2. **Jong-Min Youn, Old Tappan, 175-0**; 3. Julian Pinnix-Oddick, Montclair, 173-8; 4. Josh Awotunde, Delsea, 169-5; 5. Will Cioffi, Pitman, 165-1; 6. **Andrew Trumbetti, Demarest, 158-7**.

Javelin: 1. Stephan Burk, Parsippany, 205-3; 2. McLean Lipschutz, Robbinsville, 188-2; 3. Tom Carr, Eastern, 187-11; 4. Chris Mirabelli, Holy Cross, 185-2; 5. Pat Mulrooney, Somerville, 175-10; 6. Jake Prus, Woodstown, 174-2.

Pole Vault: 1. Craig Hunter, Robbinsville, 15-0; 2. Skylar Johnson, Pt. Boro, 14-6; 3. Conner Grunwald, Somerville, 14-0; 4. **Eric Geider, Demarest, 14-0**; 5. Patrick Manna, Somerville and Zach Winters, Shawnee, 14-0.

400 Relay: 1. Oakcrest (Fabian Santiago, Reginald Morton, Darnell Charles and Stephen Adkisson), 42.09 (meet record); 2. Morris Hills, 42.80; 3. West Orange, 42.98; 4. Washington, 43.00; 5. Cherry Hill East, 43.03; 6. Camden, 43.05.

1,600 Relay: 1. Trenton (Zyaire Clemes, Brandon Hill, Jordan Thomas and Jermaine Collier), 3:15.47; 2. Union Catholic, 3:15.85; 3. **Old Tappan, 3:17.71**; 4. West Orange, 3:17.83; 5. Morris Hills, 3:20.50; 6. Franklin, 3:21.50. **3,200 Relay:** 1. Vineland (Lamar Finney, Zaquail Curtis, Mark Groshev and Leaquan James), 7:48.25; 2. Pope John, 7:48.76; 3. W. Windsor North, 7:50.48; 4. Christian Brothers, 7:52.82; 5. Westfield, 7:56.08; 6. **Old Tappan, 7:59.13**.

GIRLS

100: 1. Annie Johnson, Shawnee, 11.82; 2. Kaitlyn Davis, North Brunswick, 11.96; 3. Julia Rizio, Montville, 12.04; 4. Haisha Bisio, Union, 12.06; 5. Amari Hartsfield, Sayreville, 12.09; 6. Nia Lawrence, Pemberton, 12.11.

200: 1. Annie Johnson, Shawnee, 24.55; 2. Briana Saunders, Parsippany, 24.58; 3. Kaitlyn Davis, North Brunswick, 24.75; 4. Haisha Bisio, Union, 24.79; 5. Amari Hartsfield, Sayreville, 24.95; 6. Whitney Jackson, Columbia, 25.25.

400: 1. Olivia Baker, Columbia, 53.48; 2. Aje Wilson, Neptune, 54.04; 3. Nichole Candelaria, Newark Tech, 56.12; 4. Shallah Williams, Pemberton, 56.54; 5. Brionna Pettus, Piscataway, 56.78; 6. Tonisha Beresford, Bloomfield, 57.11.

800: 1. Lindsey Bellaran, Red Bank Catholic, 2:11.97; 2. Katherine Vodopija, Hunterdon Central, 2:12.62; 3. **Deanna Dillandro, Ramapo, 2:12.66**; 4. **Madison Holleran, Northern Highlands, 2:13.62**; 5. Meghan McMullin, Red Bank Catholic, 2:14.39; 6. Ishamira Swain, Neptune, 2:15.67.

1,600: 1. Elizabeth Lansing, Randolph, 4:51.05; 2. **Kristen Traub, Eastern Christian, 4:53.33**; 3. Kylene Cochrane, West Morris Central, 4:53.88; 4. Claudia DiSomma, Sparta, 4:54.13; 5. Cayla Del Piano, South Brunswick, 4:54.13; 6. Kathleen McCurdy, Mt. St. Dominic, 4:54.34.

3,200: 1. Mackenzie Barry, Mendham, 10:18.24; 2. Dana Giordano, Bernards, 10:20.40; 3. Megan Lacy, Cherokee, 10:22.02; 4. Elyssa Gensib, Princeton, 10:26.14; 5. Colette Richter, Mountain Lakes, 10:26.59; 6. Kelly Janokowicz, Hillsborough, 10:28.35.

100 Hurdles: 1. Dashana Ransome, Irvington, 13.89; 2. Kaprice James, Roselle, 14.05; 3. Patrycja Dziekonska, W. Windsor North, 14.10; 4. Danielle Delgado, Franklin, 14.21; 5. Morgan Harvey, North Hunterdon, 14.34; 6. Samantha Jensen, Central Reg., 14.37.

400 Hurdles: 1. Helena Leyrer, Buena, 1:00.26; 2. **Alexandra Cimino, Westwood, 1:00.87**; 3. Jen Silvestri, Sparta, 1:01.09; 4. Nichole Candelaria, Newark Tech, 1:01.44; 5. **Breasha Morton, Passaic Tech, 1:02.13**; 6. Meghan McMullin, Red Bank Catholic, 1:02.32.

High Jump: 1. Robin Perkins, Trenton Catholic, 5-8; 2. Kyaira Wright-Harmon, Franklin, 5-8; 3. Megan Kirschling, West Deptford, 5-8; 4. Paige Brown, W. Windsor South, 5-6; 5. Noel Janczewicz, Robbinsville, 5-6; 6. Oksana Sokolova, Old Bridge, 5-6.

Long Jump: 1. Keturah Orji, Mount Olive, 19-3 1/4; 2. Cidaea Woods, Winslow, 18-9 1/4; 3. Emily Carson, Haddonfield, 18-6 1/4; 4. Sabrina Burrell, Delsea, 18-2 1/4; 5. Kyaira Wright-Harmon, Franklin, 17-10 1/4; 6. Patrycja Dziekonska, W. Windsor North, 17-9 1/4.

Triple Jump: 1. Keturah Orji, Mt. Olive, 41-0 1/4; 2. Iana Amsterdam, Newark Tech, 40-0 1/4; 3. **Gena Pickett, Mahwah, 39-8 1/4**; 4. Shaya Wilkerson, Lenape, 39-7 1/4; 5. Adefunke Sonaike, Montgomery, 39-1 1/4; 6. Regine Hunter, Cranford, 38-5 1/4.

Shot Put: 1. **Theresa Picciallo, Immaculate Heart, 45-8 1/4**; 2. Tatiana Johnson, Morris-town-Beard, 45-0 1/4; 3. Carrie Wasdyke, Jefferson, 43-8 1/4; 4. Tiffany Okieme, Middletown

South, 43-7 3/4; 5. Jess Woodward, Cherokee, 43-6; 6. Brianna Barnegat, 40-11 1/2.

Discus: 1. Jess Woodard, Cherokee, 151-10; 2. Katie Johnston, Haddonfield, 134-3; 3. Ashli Weems, Millville, 125-6; 4. Rae Conklin, Ridge, 124-9; 5. Brianna Young, Barnegat, 124-7; 6. Aziza Ahmed, Hightstown, 123-9.

Javelin: 1. **Shauntierah Douglas, Garfield, 150-3**; 2. Maria Jimenez, Vineland, 143-9; 3. Katie Johnston, Haddonfield, 138-2; 4. **Rebecca Skovira, Park Ridge, 131-4**; 5. Lauren O'Connor, Whippary Park, 127-9; 6. Kelly Yanucci, Bordentown, 121-8.

Pole Vault: 1. Chelsea Vaughn, Southern, 12-0; 2. Marlena Sabatino, Hillsborough, 11-6; 3. Erin Knabe, Voohees, 11-6; 4. Emily Shipley, Hillsborough, 11-0; 5. Lindsay Carbone, South Brunswick, Caroly: Edler, Mahwah, and Tracey Masterson, Mainland, 11-0.

400 Relay: 1. Newark Tech (Gifty Amankwah, Natalie Hinton, Nichole Candelaria and Iana Amsterdam), 47.53; 2. Winslow, 48.19; 3. Lenape, 48.55; 4. Eastern, 48.92; 5. Irvington, 49.08; 6. Williamstown, 49.32.

1,600 Relay: 1. Lenape (Carly Pettipaw, Ana De Las Heras, Allison Cox and Evan Thompson), 3:51.43; 2. Columbia, 3:52.23; 3. Neptune, 3:52.34; 4. Pope John, 3:52.44; 5. Sparta, 3:53.04; 6. Buena, 3:53.32.

3,200 Relay: 1. Mt. St. Dominic (Kelsey O'Driscoll, Kathleen McCurdy, Amanda Grosbiero and Ashlynn Fields), 9:14.48 (meet record); 2. Lenape, 9:15.69; 3. Summit, 9:16.86; 4. W. Windsor North, 9:19.41; 5. Ridge, 9:20.20; 6. Freehold Twp., 9:21.30.

WHEELCHAIR EVENTS

100: 1. Raymond Martin, Hudson Prep, 18.26; 2. **Gianfranco Iannotta, Garfield, 18.74**; 3. Matthew Tohon, Linden, 19.23; 4. Julian Santiago, Bayonne, 22.63; 5. Nishan Patel, Middletown North, 26.18; 6. Matthew Fertig, Somerville, 28.37.

400: 1. Raymond Martin, Hudson Prep, 1:03.76; 2. Matthew Tohon, Linden, 1:07.24; 3. **Gianfranco Iannotta, Garfield, 1:11.58**; 4. Stephen Koziel, Kearny, 1:24.10; 5. Julian Santiago, Bayonne, 1:29.99; 6. Nishan Patel, Middletown North, 1:30.09.

800: 1. Raymond Martin, Hudson Prep, 2:10.35; 2. Matthew Tohon, Linden, 2:25.05; 3. **Gianfranco Iannotta, Garfield, 2:29.26**; 4. Stephen Koziel, Kearny, 2:57.32; 5. Nishan Patel, Middletown North, 3:09.88; 6. Julian Santiago, Bayonne, 3:16.19.

1,600: 1. Raymond Martin, Hudson Prep, 4:32.68; 2. Matthew Tohon, Linden, 4:57.78; 3. **Gianfranco Iannotta, Garfield, 5:11.66**; 4. Stephen Koziel, Kearny, 6:05.47; 5. Nishan Patel, Middletown North, 6:13.87; 6. Julian Santiago, Bayonne, 6:58.44.

Shot Put: 1. Charles Jackson, Bayonne, 21-4 1/2 (meet record); 2. Stephen Koziel, Kearny, 12-0; 3. Matthew Fertig, Somerville, 7-8 1/4.

Discus: 1. Charles Jackson, Bayonne, 55-11; 2. Stephen Koziel, Kearny, 47-10; 3. Matthew Fertig, Somerville, 14-5.

Javelin: 1. Stephen Koziel, Kearny, 37-0; 2. Matthew Fertig, Somerville, 19-11.

BOYS				GIRLS					
First Team All Big North			Second Team All Big North			Honorable Mention			
Event	Athlete	Grade	School	Athlete	Grade	School	Athlete	Grade	School
100M	Sabatini, Jake	10	Ridgewood	Sebahie, Brandon	SO	Paramus	Nick Tai	SR	Ridgewood
200M	Jennings, Deandre	SR	Hackensack	Han, Doohee	10	Ridgewood			
400M	Schneider, Matt	JR	Paramus	Henriquez, Rudolph	SR	Hackensack			
800M	Serrao, Kevin	10	Bergen Cty VT	Dublirer, Storm	11	Ridgewood			
1600M	Jennings, Levi	12	Ridgewood	Pujols, John	SR	Hackensack			
3200M	Spicer, Travis	12	Ridgewood	Salamone, Nick	11	Ridgewood			
400IH	Schoff, Neil	11	Ridgewood	Knight, James	12	Ridgewood			
HH	Headley, Moquiez	SR	Hackensack	Chung, Kevin	10	Ridgewood			
Shot Put	Balboa, Anthony	12	Ridgewood	Facey, Reco	JR	Hackensack			
Discus	Bourgeois, Donnyell	SR	Hackensack	Barnett, James	11	Ridgewood			
Long Jump	Williams, Jamal	SR	Teaneck	Henry, James	JR	Hackensack			
Triple Jump	Bartlik, Evan	12	Ridgewood	Ocansey, Alex	SR	Teaneck			
Javelin	Wills, Jeremy	JR	Teaneck	Smith, Dom	SO	Paramus			
High Jump	Cummings, Michael	SR	Hackensack	Fiske, William	12	Bergen Cty VT			
Pole Vault	Wong, Allan	10	Ridgewood	Wong, Christopher	12	Bergen Cty VT			
4X400M	Ridgewood			Teaneck					
	Dublirer, Storm 11	Collins, Brian 10							
	Jennings, Levi 12	Schoff, Neil 11							

Standings
Ridgewood
Hackensack
Teaneck
tie Bergen Tech
tie Paramus

Ridgewood High School All-Time Top 10 List

	<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>
<u>100m:</u>			
10.90	Chris Zeigler	State Meet of Champs	2007
10.99	Dusty Thomas	BMOC	1998
11.11	Matt Beausoleil	State Sectionals	2011
10.8	Matt Krever	BMOC	1991
10.9	Dan Cooper	NNJIL Championship	2000
11.20 (FAT)	Max Witt	NNJIL Championship	2009
11.28	Jake Sabatini	State Group IV	2012
11.2	Ted Winfield	NNJIL Championship	1997
11.3	Evan Yeaw	NNJIL Championship	2004
11.3	Chris Hamlin	NNJIL Championship	1989
11.3	Albert Gelbaum	County Championship	2005
<u>200m:</u>			
21.7 / 22.05	Chris Zeigler	County / SMOC	2007
22.15	Dusty Thomas	BMOC	1998
22.0	Mike Henderson		1961
22.1	Tim Geckler	NNJIL Championship	1989
22.4	Matt Krever	NNJIL Championship	1991
22.77	InSoo Hwang	County Championship	2011
22.6	Max Witt	County Championship	2009
22.85	Jake Sabatini	County Championship	2012
23.19	Kevin Chung	State Sectionals	2012
23.21	Mike DiMaulo	NNJIL Championship	1995
23.32	Neil Schoff	County Championship	2012
<u>400m:</u>			
48.7	Tim Geckler	NNJIL Championship	1989
49.41	Josh Kauke		1999
49.3	Jim Nepola		1970
49.57	Matt Grundy	State Sectionals	2010
49.4	Mike Henderson		1960
49.97	Juan Llinas	State Sectionals	2011
50.10	Jon Riemer	State Group IV	2010
50.2	Dusty Thomas	County Championship	1998
50.4	Chris Perez	NNJIL Championship	2002
51.0	InSoo Hwang	NJTCC Championship	2010

800m:

1:50.19	Josh Kauke		2000
1:51.61	Chris Rae	Golden West	1987
1:53.4	Bob Keino	BMOC	1994
1:54.0	John Parisi		1983
1:54.31	Storm Dublirer	State Group IV	2012
1:54.31	Levi Jennings	State Group IV	2011
1:54.2	Tom Rae		1971
1:54.4	John Lander		1985
1:54.7	Byron Williams	Bernards Invite	2005
1:54.8	Niall Buckley	County Championship	2007
1:55.3	Chris Sullivan		1985
1:55.3	Eric Berntsen		1987

1600m:

4:09.35	Bob Keino	State Group IV	1994
4:11.9	Chris Sullivan		1985
4:12.0	Chris Rae		1987
4:12.71	Byron Williams	State Meet of Champs	2005
4:14.48	Levi Jennings	State Group IV	2011
4:15.4	Joe LeMay		1985
4:15.5	Ari Zamir	State Sectionals	2004
4:15.7	Eric Berntsen		1987
4:17.10	Michael Cator	BMOC	2006
4:17.1	Tom Tomai		1975
4:18.60	Patrick Rynkowski	State Sectionals	2011

3200m:

9:02.73	Bob Keino	Arcadia Invite	1993
9:05.7	Eric Berntsen		1987
9:08.82	Daniel Emont	State Meet of Champs	2007
9:08.91	Taro Shigenobu	State Meet of Champs	2009
9:12.8	Joe LeMay		1985
9:17.29	Eric Boucher	State Meet of Champs	1991
9:18.10	Ari Zamir	State Group IV	2004
9:18.65	Michael Cator	State Meet of Champs	2006
9:21.49	Travis Spicer	State Group IV	2012
9:22.4	Kevin McCabe		1987
9:24.9	Bruce Mason		1972
9:27.4	Ed Quinn		1976

110HH:

14.60	InSoo Hwang	County Championship	2011
14.68	Matt Beausoleil	State Meet of Champs	2011
14.4	Mike Rogers		1975
14.70	Steve Pawlowski		2001
14.5	Jeff Lane		1975
14.5	Rich Wankmuller		1976
14.75	Akira Monri	State Sectionals	2008
15.01	Edward Blair IV	County Championship	2010
15.30 (FAT)	Kevin Chung	Big North Championship	2012
15.30	Steve Robinson	BMOC	1998

400 IH:

53.64	InSoo Hwang	State Meet of Champs	2010
53.9	John Parisi		1983
54.7	Dave Shultz		1987
55.2	Niall Buckley	County Championship	2007
55.4	Tim Kelley		1982
55.8	Dave Warton	County Championship	1998
56.59	Akira Monri	Penn Relays	2008
56.7	Josh Saladino	County Championship	1995
56.8	Jason Lahita	NNJIL Championship	1993
57.2	Greg Corcoran	State Sectionals	2003

400m splits:

48.0	Tim Geckler	NNJIL Championship	1989
48.6	Matt Grundy	State Meet of Champs	2010
48.9	Niall Buckley	BMOC	2007
49.18	InSoo Hwang	NB Outdoor Nationals	2011
49.4 (leadoff)	Jon Riemer	State Meet of Champs	2010
49.6	Neil Schoff	State Sectionals	2012
49.6	Chris Zeigler	Nike Outdoor Nationals	2007
49.7	Matt Krever	NNJIL Championship	1991
49.8	Juan Llinas	State Meet of Champs	2010
50.0	Dusty Thomas	State Group IV	1998
50.3	Evan Bartlik	State Group IV	2012
50.4 (leadoff)	Storm Dublirer	State Sectionals	2012

800m splits:

1:52.6	Bob Keino	Penn Relays	1993
1:53.5	Christian Trautwein	Nike Outdoor Nationals	2008
1:54.8	Niall Buckley	Nike Outdoor Nationals	2006
1:55.23	Juan Llinas	NB Outdoor Nationals	2011
1:55.3 (lead)	Storm Dublirer	East Coast Relays	2012
1:55.4	Levi Jennings	East Coast Relays	2012
1:55.6	Ari Zamir	East Coast Relays	2004
1:55.9	Byron Williams	County Relays	2005

1200m splits:

3:03.83	Levi Jennings	NB Outdoor Nationals	2011
3:03.7	Chris Sullivan	Penn Relays	1985
3:04.9	Byron Williams	Nike Outdoor Nationals	2006
3:06.0	Niall Buckley	Nike Outdoor Nationals	2007
3:08.6	Michael Cator	Nike Outdoor Nationals	2005
3:09.4	Andrew Fine	Penn Relays	2009
3:09.7	Bob Keino	Penn Relays	1992

1600m splits:

4:08.2	Bob Keino	Penn Relays	1993
4:15.3	Byron Williams	Nike Outdoor Nationals	2005
4:16.7	Michael Cator	Nike Outdoor Nationals	2006
4:17.4	Patrick Rynkowski	Arcadia Invitational	2011
4:18.5	Daniel Emont	Nike Outdoor Nationals	2007

Long Jump:

22'10"	Evan Bartlik	Big North Championship	2012
22'10"	Craig Halyard	Arcadia Invite	1989
21'11"	Gabriel Knutson	State Sectionals	2004
21'5 1/2"	Dusty Thomas	County Championship	1998
21'3"	Bernard Mann	NNJIL Championship	2003
20'10 1/4"	Andrew Dolgin	County Championship	1998
20'10"	T.J. Crocker	NNJIL Championship	1989
20'9"	Young Hoe Koo	Frosh Championship	2010
20'5 3/4"	Doug Randolph	County Relays	1993
20'5 1/2"	Chris Hamlin	State Sectionals	1989

Triple Jump:

48'7"	Craig Halyard	Golden West	1989
46'9 1/4"	Evan Bartlik	State Meet of Champs	2012
45'8"	Gabriel Knutson	County Championship	2004
43'7"	Bernard Mann	NNJIL Championship	2003
42'10"	Akira Monri	State Sectionals	2007
42'5 1/2"	Andrew Dolgin	County Championship	1998
41'5 3/4"	Matt Beausoleil	County Relays	2011
41'1"	Tommy DeVita	County Relays	2010
40'10 1/2"	Yusik Choi	County Championship	1992
40'10"	Ted Winfield	County Championship	1997
40'10"	Paul Kovach	NNJIL Championship	2006
40'10"	Young Hoe Koo	County Relays	2010

High Jump:

6'8"	Tommy DeVita	State Group IV	2010
6'7"	Pete Rutherford		1972
6'7"	Bernard Mann	Dual	2003
6'6"	Jim Davis	State Group IV	1995
6'6"	Evan Bartlik	BMOC	2011
6'2"	T.J. Crocker	NNJIL Championship	1989
6'2"	Fletcher Rosenbach	County Championship	1995
6'0"	Jeff Braden	County Championship	1997

Pole Vault:

15'1"	Gabriel Knutson	State Sectionals	2004
14'8"	Jacob Ricciardi	State Sectionals	2005
14'7"	Dan Cooper		2000
14'6"	Jon Wisener	East Coast Relays	2010
14'6"	Paul Kovach	BMOC	2006
13'6"	John Boylan		1980
13'6"	Vahe Hagopian	State Group IV	1993
13'6"	James Norton	State Meet of Champs	2002
13'0"	Allan Wong	State Sectionals	2012
13'0"	Andrew Gramaglia	State Sectionals	2010
13'0"	Dave Warton	BMOC	1998
13'0"	Christian Jensen	State Sectionals	2005

Shot Put:

54'11"	Eric Bryant		1980
51'9 3/4"	J.D. Murdock	County Relays	1997
51'1 1/2"	Kevin Strahle	BMOC	2002
50'5"	Patrick Rae	NNJIL Championship	1989
50'1"	Sam Horowitz	BMOC	1993
50' 1/4"	Anthony Balboa	BMOC	2012
49'4"	Kassim Dawson	BMOC	1993
48'11"	Torre Watson	State Sectionals	1991
48'10"	Steven Abdallah	Bernards Invite	2005
48'8 1/4"	Ben Wilson	County Championship	2006
48'7 1/4"	Adam Bair	NNJIL Championship	2009
48'4"	Jack Simmons	NJTCC Championship	2010

Discus:

163'1"	Jack Simmons	County Relays	2010
157'11"	John Marshall		1971
151'5"	J.D. Murdock	County Relays	1998
150'5"	Glenn Hansen	BMOC	1994
147'1"	Gabriel Knutson	County Championship	2004
144'3"	Brian Zuccala	NNJIL Championship	1998
143'8"	Ramone Hache	State Group IV	1991
143'4"	Jack Simmons	County Championship	2009
143'3"	Michael Mosticchio	State Sectionals	2008
143'1"	Patrick Rae	County Championship	1989
138'3"	Kassim Dawson	NNJIL Championship	1993

Javelin:

202'0"	Steve Pierce	State Meet of Champs	2006
177'8"	Adam Whitelaw	Bernards Invite	2003
161'3"	Mark Maniaci	NJTCC Championship	2010
159'8"	YoungHoe Koo	County Championship	2012
159'8"	Matt Beausoleil	State Sectionals	2011
154'3"	Anthony Halwagy	NNJIL Championship	2003
~152'0"	James Barnett	State Sectionals	2011

Javelin (old jav - subtract 10%):

198'8"	J.D. Murdock	County Championship	1998
187'2"	John Grubb		2000
170'5"	Thibaut van Marke	Bernards Invite	1993
168'5"	Brian Zuccala	County Championship	1998
164'0"	Rod Budelman	Thunderbird Invite	1991

Ridgewood High School All-Time Top 10 Relays

	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>
<u>4x100m:</u>			
44.1	M. Witt / W. Jacoby / M. Grundy / I. Hwang	County Relays	2009
44.1	A. Monri / P. Nygaard / L. Chwe / C. Zeigler	County Relays	2007
44.2	J. Sabatini / J. Locke / T. Migliorelli / K. Chung	County Relays	2012
44.3	M. Krever / C. Halyard / T. Crocker / T. Geckler	Penn Relays	1989
44.96	J. Moody / A. Gelbaum / L. Chwe / C. Zeigler	Penn Relays	2006
45.2	S. Oh / L. Chwe / D. Engel / A. Gelbaum	Bernards Invite	2005
45.3	M. Grundy / E. Blair IV / K. Lai / J. Riemer	County Relays	2010
45.9	D. Cooper / D. Warton / S. Robinson / D. Thomas	Penn Relays	1998
46.59	M. DiMaulo / R. Genovese / F. Rosenbach / J. Saladino	Penn Relays	1995
46.5	P. Martin / J. Bennett / S. Dangelo / M. Krever	County Relays	1991
<u>4x200m:</u>			
1:31.72	J. Sabatini / N. Schoff / E. Bartlik / K. Chung	E Coast Relays	2012
1:31.83	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	E Coast Relays	2007
1:31.9	C. DiPasquale / A. Dolgin / S. Pawlowski / D. Cooper		2000
1:32.5	C. Hamlin / C. Halyard / T. Crocker / T. Geckler	County Relays	1989
1:33.2	M. Grundy / W. Jacoby / L. Pietrantuono / M. Witt	County Relays	2009
1:33.9	A. Monri / M. Witt / I. Hwang / C. Trautwein	County Relays	2008
1:33.9	J. Moody / Z. Ontiveros / A. Monri / C. Zeigler	County Relays	2006
1:34.1	M. Grundy / M. Beausoleil / K. Lai / J. Riemer	County Relays	2010
1:34.2	J. Sabatini / J. Llinas / N. Tai / K. Chung	County Relays	2011
1:36.6	D. Cooper / C. Rogers / A. Dolgin / D. Thomas	Englewood Rel	1998
<u>4x400m:</u>			
3:16.91	J. Riemer / I. Hwang / J. Llinas / M. Grundy	SMOC	2010
3:19.25	Pierson / C. Halyard / T. Geckler / Ellinghaus	State MOC	1988
3:20.72	A. Monri / C. Zeigler / C. Trautwein / N. Buckley	BMOC	2007
3:22?			2000
3:22.96	S. Dublirer / E. Bartlik / B. Collins / N. Schoff	State Sectionals	2012
3:25.15	N. Buckley / Z. Ontiveros / J. Schmidt / C. Zeigler	BMOC	2006
3:25.50	A. Dolgin / D. Warton / J. O'Neill / D. Thomas	BMOC	1998
3:26.18	J. Riemer / N. Schoff / N. Tai / J. Llinas	League Champs	2011
3:26.5	B. Dougherty / C. Halyard / M. Giffuni / T. Geckler	BMOC	1989
3:26.8	J. Schmidt / N. Buckley / A. Gelbaum / B. Williams	NNJIL Champs	2005
<u>4x800m:</u>			
7:48.9	D. Shultz / Williams / E. Berntsen / C. Rae		1987
7:52.05	B. Williams / M. Cator / E. Nygaard / A. Zamir	East Coast Rel	2004
7:55.55	S. Dublirer / B. Collins / T. Spicer / L. Jennings	East Coast Rel	2012
7:57.9			1972
7:58.1			1976
8:01.10	S. Alsaidi / R. Cleary / T. Cotton / B. Keino	Penn Relays	1993
8:02.57	J. Saladino / R. Cleary / B. Palatucci / B. Keino	Penn Relays	1994
8:05.3	J. Fronefield / S. Alsaidi / D. Connors / B. Keino	Penn Relays	1992
8:05.5	E. Boucher / W. McCann / D. Connors / D. Culver	Penn Relays	1991
8:07.80	P. Rynkowski / L. Jennings / J. Llinas / B. Cleary	Arcadia Invite	2010

4x1600m:

17:52.8	J. LeMay / C. Rae / Lander / C. Sullivan		1985
17:55.34*	M. Cator / B. Williams / E. Nygaard / A. Zamir	National Champs	2004
18:01.36*	P. Rynkowski / S. Spreitzer / L. Jennings / B. Cleary	National Champs	2010
18:02.4	D. Emont / M. Cator / J. Garber / B. Williams	County Relays	2006
18:02.96	A. Fine / S. Martyn / B. Cleary / T. Shigenobu	East Coast Rel	2009
18:08.3	S. Dublirer / N. Salamone / T. Spicer / L. Jennings	County Relays	2012
18:12.6	L. Jennings / W. Ades / M. Eid / P. Rynkowski	County Relays	2011
18:13.8	S. Alsaïdi / T. Ricart / T. Cotton / B. Keino	County Relays	1993
18:21.4	M. Cator / D. Emont / B. Williams / J. Pfeiffer	County Relays	2005
18:21.49*	C. Trautwein / J. Garber / J. Kalmus / D. Emont	Arcadia Invite	2007

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

3:27.58	D. Cooper / S. Pawlowski / A. Dolgin / J. Kauke	National Champs	2000
3:29.6			1987
3:30.39	P. Nygaard / I. Hwang / A. Monri / C. Trautwein	National Champs	2008
3:30.84	A. Monri / Z. Ontiveros / C. Zeigler / N. Buckley	National Champs	2007
3:31.36			1999
3:33.3			1975
3:33.5	J. Sabatini / D. Han / N. Schoff / L. Jennings	County Relays	2012
3:35.1			1971
3:35.86	M. Beausoleil / N. Schoff / J. Llinas / L. Jennings	National Champs	2011
3:36.3	D. Engel / A. Gelbaum / J. Schmidt / B. Williams	County Relays	2005
3:36.9	M. Beausoleil / M. Grundy / I. Hwang / B. Cleary	County Relays	2010

Distance Medley:

10:06.36	L. Jennings / I. Hwang / J. Llinas / P. Rynkowski	National Champs	2011
10:06.57	B. Williams / C. Zeigler / N. Buckley / M. Cator	National Champs	2006
10:07.97	N. Buckley / C. Zeigler / C. Trautwein / D. Emont	National Champs	2007
10:11.1	C. Sullivan / Caminiti / Lander / J. LeMay	Penn Relays	1985
10:13.79	M. Cator / J. Schmidt / N. Buckley / B. Williams	National Champs	2005
10:16.2			1987
10:22.36	T. Cotton / J. Lahita / S. Alsaïdi / B. Keino	Penn Relays	1993
10:23.25	A. Fine / I. Hwang / B. Cleary / T. Shigenobu	Penn Relays	2009
10:24.24	L. Jennings / N. Schoff / S. Dublirer / T. Spicer	Arcadia Invite	2012
10:29.67	E. Nygaard / N. Buckley / B. Williams / M. Cator	National Champs	2004
10:30.49	B. Keino / D. Connors / S. Alsaïdi / J. Fronefield	Penn Relays	1992
10:33.7	D. Culver / M. Krever / D. Connors / E. Boucher	Penn Relays	1991

Shuttle Hurdles:

59.2			1972
61.0	E. Blair IV / S. Mattson / M. Beausoleil / I. Hwang	County Relays	2010
63.2	Muth / R. Wankmuller / J. Lane / M. Rogers		1975
64.27	J. Moody / J. Nagano-Gerace / S. Pierce / A. Monri	E. Coast Relays	2006
64.9	J. Davis / J. Braden / J. Hu / F. Rosenbach	County Relays	1995
65.2	E. Bartlik / K. Chung / J. Knight / M. Beausoleil	County Relays	2011
68.2	P. Nygaard / A. Mandarano / T. DeVita / A. Monri	County Relays	2008
68.2	P. Nygaard / L. Chwe / Z. Ontiveros / A. Monri	Comet Relays	2007
68.2	D. Warton / C. Rogers / J. Roth / S. Robinson	County Relays	1998
68.4	T. DeVita / S. Mattson / M. Beausoleil / E. Blair	County Relays	2009
68.5	B. Joyner / M. Zeno / J. Knight / K. Chung	County Relays	2012

3x400 IH:

2:50.9	T. Kelley / J. Parisi / Buckley		1982
2:53.0	N. Buckley / A. Monri / Z. Ontiveros	County Relays	2007
2:55.1	I. Hwang / S. Mattson / E. Blair IV	County Relays	2010
2:55.1	N. Buckley / S. Pierce / J. Nagano-Gerace	County Relays	2006
2:58.1	N. Buckley / J. Nagano-Gerace / S. Pierce	County Relays	2005
2:58.9	N. Schoff / J. Knight / B. Collins	County Relays	2012
2:59.8	A. Monri / P. Nygaard / I. Hwang	County Relays	2008
3:00.1	D. Warton / S. Robinson / C. Rogers	Engelwood Rel	1998
3:01.7	C. Perez / J. Norton / G. Corcoran	County Relays	2002
3:02.4	I. Hwang / S. Mattson / E. Blair IV	County Relays	2009

3XLJ:

60'3 3/4"	C. Halyard / T. Crocker / Pierson		1988
60'2 1/2"			1970
59'10 1/2"	C. Halyard / T. Crocker / C. Hamlin	County Relays	1989
58'1"	E. Bartlik / M. Beausoleil / Y. Koo	County Relays	2011
58' 3/4"	E. Bartlik / Y. Koo / H. Park	County Relays	2012
56'9 3/4"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
55'11"	G. Knutson / H. Smith / K. Wanchoo	County Relays	2004
55'10 1/2"	P. Kovach / B. Clementi / A. Monri	County Relays	2006
55'9 3/4"	D. Randolph / S. Aps / T. van Marke	County Relays	1993
55'6"	B. Mann / G. Knutson / K. Wanchoo	County Relays	2003

3xTJ:

125'10 1/4"	C. Halyard / T. Geckler / J. Chang	County Relays	1989
125'3 3/4"	E. Bartlik / M. Beausoleil / Y. Koo	County Relays	2011
123'11 3/4"	E. Bartlik / J. Knight / Y. Koo	County Relays	2012
121'5 1/2"	T. DeVita / Y. Koo / E. Bartlik	County Relays	2010
120'4 1/2"	G. Knutson / H. Smith / B. Clementi	County Relays	2004
119'1"	B. Mann / G. Knutson / K. Wanchoo	County Relays	2003
118'1 1/4"	A. Monri / L. Chwe / P. Nygaard	County Relays	2007
116'8"	A. Dolgin / S. Robinson / D. Warton	County Relays	1998
115'1 3/4"	B. Clementi / S. Oh / J. Moody	County Relays	2005
114'11 3/4"	T. Winfield / A. Dolgin / S. Robinson	County Relays	1997

3xHJ:

18'2"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
17'8"	E. Bartlik / Y. Koo / J. Knight	County Relays	2012
17'6"	J. Davis / F. Rosenbach / J. Braden	Pawlowski Rel	1995
17'2"	E. Bartlik / Y. Koo / J. Knight	Pawlowski Rel	2011
17'1"	B. Mann / H. Smith / K. Engelken	Pawlowski Rel	2002
16'10"	B. Mann / K. Engelken / G. Knutson	County Relays	2003
16'9"	F. Rosenbach / J. Davis / J. Braden	Pawlowski Rel	1994
16'9"	S. Robinson / B. Reese / J. Roth	Pawlowski Rel	1998
16'8"	J. Braden / S. Robinson / W. Byren	County Relays	1996
16'6"	T. DeVita / M. Beausoleil / M. Levitsky	County Relays	2009

3xPV:

38'0"	G. Knutson / J. Riccairdi / C. Jensen	County Relays	2004
34'0"	A. Wong / D. Downing / P. Morgan	County Relays	2012
34'0"	J. Wisener / M. Witt / A. Gramaglia	County Relays	2009
34'0"			1976
33'0"	J. Wisener / A. Gramaglia / T. DeVita	County Relays	2010
32'6"	D. Warton / D. Cooper / C. Rogers	County Relays	1998
32'0"	M. Witt / N. Stitt / J. Wisener	County Relays	2008
31'6"	J. Norton / J. Riccairdi / G. Knutson	County Relays	2002

3XShot:

146'8 1/2"	Pfund / Gautier / Laborde		1983
132'5 1/2"	B. Zuccala / J. Murdock / T. Zurla	County Relays	1998
130'7 3/4"	S. Horowitz / K. Dawson / A. Greico	County Relays	1993
130'3 1/4"	B. Wilson / M. Mosticchio / N. Dawson	County Relays	2006
129'3"	S. Abdallah / M. Flicker / B. Mercer	County Relays	2004
129'0"	J. Murdock / T. Zurla / F. Lockwood	Pawlowski Rel	1998
128'7 1/2"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
127'3 1/2"	M. Picarelli / C. Van Cleve / T. Steiner	County Relays	1995
126'10"	J. Simmons / S. Etna / A. Balboa	Pawlowski Rel	2010
126'4 1/4"	J. Simmons / A. Bair / M. Krauss	County Relays	2009

3xDisc:

422'8"			1971
387'3"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
381'6"	J. Simmons / S. Etna / M. Henni	County Relays	2010
377'7"	R. Hache / T. Watson / P. Beisler	County Relays	1991
372'2"	K. Strahle / S. Pskowski / C. Wolfstirn	County Relays	2002
368'10"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
362'4"	K. Dawson / A. Greico / S. Horowitz	County Relays	1993
358'1"	S. Abdallah / B. Wilson / S. Pierce	County Relays	2005
352'11"	T. Li / D. Barry / C. Mala	County Relays	1995
352'3"	J. Simmons / A. Bair / M. Krauss	County Relays	2009
350'10"	B. Wilson / S. Pierce / C. Ryan	County Relays	2006

3xJavelin:

431'1"	S. Pierce / N. Ontiveros / A. Gelbaum	County Relays	2005
429'10"	S. Pierce / A. Gelbaum / T. Haase	County Relays	2006
419'0"	M. Maniaci / M. Beausoleil / E. Blair IV	County Relays	2010
412'6"	Y. Koo / N. Higgins / J. Barnett	County Relays	2012
393'3"	M. Beausoleil / J. Barnett / Y. Koo	County Relays	2011
390'8"	M. Maniaci / T. Zulauf / M. Beausoleil	County Relays	2009
388'10"	K. Flaherty / M. Mosticchio / M. Maniaci	County Relays	2008

3xJavelin (old jav - subtract 10%):

442'8"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
417'11"	J. Murdock / B. Zuccala / P. Hans	County Relays	1996
404'1"	M. Picarelli / J. Murdock / D. Barry	County Relays	1995

All-Decade Teams:

1980s

100m:

Chris Hamlin (1989) 11.3

200m:

Tim Geckler (1989) 22.1

400m:

Tim Geckler (1989) 48.7

800m:

Chris Rae (1987) 1:51.61

John Parisi (1983) 1:54.0

John Lander (1985) 1:54.4

1600m:

Chris Sullivan (1985) 4:11.9

Chris Rae (1987) 4:12.0

Joe LeMay (1985) 4:15.0

3200m:

Eric Berntsen (1987) 9:05.7

Joe LeMay (1985) 9:12.8

Kevin McCabe (1987) 9:22.4

110HH:

400IH:

John Parisi (1983) 53.9

Dave Shultz (1987) 54.7

Tim Kelley (1982) 55.4

400m Splits:

Tim Geckler (1989) 48.0

Other Splits:

Chris Sullivan (1985) 3:03.7 (1200m)

Long Jump:

Craig Halyard (1989) 22'11"

T.J. Crocker (1989) 20'10"

Chris Hamlin (1989) 20'5 1/2"

Triple Jump:

Craig Halyard (1989) 48'7"

High Jump:

T.J. Crocker (1989) 6'2"

Pole Vault:

John Boylan (1980) 13'6"

Shot Put:

Eric Bryant (1980) 54'11"

Patrick Rae (1989) 50'5"

Discus:

Patrick Rae (1989) 143'1"

Javelin:

All-Decade Teams:

1990s

100m:

Dusty Thomas (1998) 10.99
Matt Krever (1991) 10.8
Ted Winfield (1997) 11.2

400m:

Dusty Thomas (1998) 50.2
Josh Saladino (1995) 51.2
Matt Krever (1991) 51.4

1600m:

Bob Keino (1994) 4:09.35
Eric Boucher (1991) 4:19.9

110HH:

Steve Robinson (1998) 15.30
Fletcher Rosenbach (1995) 15.3
Jim Davis (1995) 15.55

400m Splits:

Matt Krever (1991) 49.7
Dusty Thomas (1998) 50.0
Dave Warton (1998) 50.5
Josh Saladino (1995) 50.6

Long Jump:

Dusty Thomas (1998) 21'5 1/2"
Andrew Dolgin (1998) 20'10 1/4"
Doug Randolph (1993) 20'5 3/4"

High Jump:

Jim Davis (1995) 6'6"
Fletcher Rosenbach (1995) 6'2"
Jeff Braden (1997) 6'0"

Shot Put:

J.D. Murdoch (1997) 51'9 3/4"
Sam Horowitz (1993) 50'1"
Kassim Dawson (1993) 49'4"

Javelin:

J.D. Murdoch (1998) 198'8"
Thibaut van Marke (1993) 170'5"
Brian Zuccala (1998) 168'5"

200m:

Dusty Thomas (1998) 22.15
Matt Krever (1991) 22.4
Mike DiMaulo (1995) 23.21

800m:

Bob Keino (1994) 1:53.4
Ryan Cleary (1995) 1:58.4

3200m:

Bob Keino (1993) 9:02.73
Eric Boucher (1991) 9:17.29

400IH:

Dave Warton (1998) 55.8
Josh Saladino (1995) 56.7
Jason Lahita (1993) 56.8

Other Splits:

Bob Keino (1993) 800m - 1:52.6
Bob Keino (1993) 1600m - 4:08.2

Triple Jump:

Andrew Dolgin (1998) 42'5 1/2"
Yusik Choi (1992) 40'10 1/2"
Ted Winfield (1997) 40'10"

Pole Vault:

Vahe Hagopian (1993) 13'6"
Dave Warton (1998) 13'0"
Jim Davis (1995) 12'6"
Mike Huang (1995) 12'6"

Discus:

J.D. Murdoch (1997) 151'5"
Glenn Hansen (1994) 150'5"
Brian Zuccala (1998) 144'3"

All-Decade Teams:

2000s:

100m:

Chris Zeigler (2007) 10.90
Dan Cooper (2000) 10.9
Max Witt (2009) 11.20

400m:

Josh Kauke (1999) 49.41
Chris Perez (2002) 50.4
Greg Corcoran (2003) 51.4

1600m:

Byron Williams (2005) 4:12.71
Ari Zamir (2004) 4:15.5
Michael Cator (2006) 4:17.10

110HH:

Steve Pawlowski (2001) 14.70
Akira Monri (2008) 14.75
John Moody (2006) 15.53
Peter Nygaard (2008) 15.53

400m Splits:

Niall Buckley (2007) 48.9
Chris Zeigler (2007) 49.6
Byron Williams (2005) 50.2
Akira Monri (2008) 50.6

Long Jump:

Gabe Knutson (2004) 21'11"
Bernard Mann (2003) 21'3"
Akira Monri (2007) 19'10"

High Jump:

Bernard Mann (2003) 6'7"

Shot Put:

Kevin Strahle (2001) 51'1 1/2"
Ben Wilson (2008) 48'8 1/4"
Adam Bair (2009) 48'7 1/4"

Javelin:

Steve Pierce (2006) 202'0"
Adam Whitelaw (2003) 177'8"
John Grubb (2000) 187'2" (old jav)

200m:

Chris Zeigler (2007) 22.07 / 21.7
Max Witt (2009) 22.6
Albert Gelbaum (2005) 23.2

800m:

Josh Kauke (2000) 1:50.19
Byron Williams (2005) 1:54.7
Niall Buckley (2007) 1:54.8

3200m:

Dan Emont (2007) 9:08.82
Taro Shigenobu (2009) 9:08.91
Ari Zamir (2004) 9:18.10

400IH:

Niall Buckley (2007) 55.2
Akira Monri (2008) 56.59
Greg Corcoran (2003) 57.2

Other Splits:

Christian Trautwein (2008) 800m - 1:53.5
Niall Buckley (2006) 800m - 1:54.8
Byron Williams (2006) 1200m - 3:04.6
Niall Buckley (2007) 1200m - 3:06.0
Byron Williams (2006) 1600m - 4:15.3
Michael Cator (2006) 1600m - 4:16.7

Triple Jump:

Gabe Knutson (2004) 45'8"
Bernard Mann (2003) 43'7"
Akira Monri (2007) 42'10"

Pole Vault:

Gabe Knutson (2004) 15'1"
Jacob Ricciardi (2005) 14'8"
Dan Cooper (2000) 14'7"

Discus:

Gabe Knutson (2004) 147'1"
Michael Mosticchio (2008) 143'3"
Chris Wolfstirn (2003) 136'2"

All-Decade Teams:

2010s:

100m:

Matt Beausoleil (2011) 11.11
Jake Sabatini (2012) 11.28
Jamal Locke (2012) 11.78

400m:

Matt Grundy (2010) 49.57
Juan Llinas (2011) 49.97
Jon Riemer (2010) 50.20

1600m:

Levi Jennings (2011) 4:14.48
Patrick Rynkowski (2011) 4:18.60
Travis Spicer (2012) 4:24.50

110HH:

InSoo Hwang (2011) 14.60
Matt Beausoleil (2011) 14.69
Edward Blair IV (2010) 15.02

400m Splits:

Matt Grundy (2010) 48.6
InSoo Hwang (2011) 49.18
Jon Riemer (2010) 49.4 (leadoff)
Neil Schoff (2012) 49.6
Juan Llinas (2010) 49.8

Long Jump:

Evan Bartlik (2012) 22'10"
Young Hoe Koo (2010) 20'9"

High Jump:

Tommy Devita (2010) 6'8"
Evan Bartlik (2011) 6'6"

Shot Put:

Anthony Balboa (2012) 50' 1/4"
Jack Simmons (2010) 48'4"
Stephen Etna (2010) 45'7 1/2"

Javelin:

Mark Maniaci (2010) 161'3"
Matt Beausoleil (2011) 159'8"
YoungHoe Koo (2012) 159'8"

200m:

InSoo Hwang (2011) 22.77
Jake Sabatini (2012) 22.85
Kevin Chung (2012) 23.13

800m:

Levi Jennings (2011) 1:54.31
Storm Dublirer (2012) 1:55.31
Juan Llinas (2011) 1:56.01

3200m:

Travis Spicer (2012) 9:21.49
Levi Jennings (2011) 9:29.80
Patrick Rynkowski (2011) 9:30.14

400IH:

InSoo Hwang (2010) 53.60
James Knight (2012) 58.08
Neil Schoff (2012) 58.0

Other Splits:

Juan Llinas (2011) 800: 1:55.23
Storm Dublirer (2012) 800: 1:55.3 (leadoff)
Levi Jennings (2012) 800: 1:55.4
Levi Jennings (2011) 1200: 3:03.83

Triple Jump:

Evan Bartlik (2012) 46'9 1/4"
Matt Beausoleil (2011) 41'5 3/4"
Tommy DeVita (2010) 41'1"

Pole Vault:

John Wisener (2010) 14'6"
Andrew Gramaglia (2010) 13'0"
Allan Wong (2012) 13'0"

Discus:

Jack Simmons (2010) 163'1"
James Barnett (2012) 130'10"

<u>Year:</u>	<u>Dual Meets:</u>	<u>County Relays:</u>	<u>Team History:</u> <u>League:</u>	<u>County:</u>	<u>State Sectional:</u>	<u>State Group:</u>
1975			Champions	2nd Place	Champions	
1976				3rd Place		
1977						
1978						
1979						
1980						
1981						
1982		2nd Place				
1983						
1984		3rd Place			3rd Place	
1985		3rd Place			3rd Place	
1986			3rd Place		3rd Place	
1987		Champions	Champions	Champions	2nd Place	
1988		Champions		3rd Place	Champions	9th Place
1989	7-1	2nd Place	Champions	2nd Place		
1990		2nd Place				
1991	5-3	2nd Place	3rd Place	2nd Place	2nd Place	
1992	5-3	5th Place	2nd Place	2nd Place	5th Place	
1993	7-1	3rd Place (tie)	2nd Place	3rd Place	3rd Place	3rd Place
1994	7-1	4th Place	2nd Place	3rd Place	3rd Place	
1995	7-1	4th Place	Champions (tie)	2nd Place	5th Place	
1996	5-3	5th Place	3rd Place	5th Place	5th Place	
1997	8-0	6th Place	Champions	2nd Place	6th Place	
1998	8-0	3rd Place	Champions	2nd Place	2nd Place	
1999						
2000		2nd Place	3rd Place	3rd Place	2nd Place	
2001		3rd Place	Champions			
2002	6-2	3rd Place	Champions	4th Place	7th Place (tie)	6th Place
2003	5-1	3rd Place	Champions	Champions	Champions	5th Place
2004	6-0	3rd Place	Champions	2nd Place	Champions	8th Place
2005	8-0	Champions	Champions	Champions	2nd Place	2nd Place
2006	8-0	Champions	Champions	2nd Place	3rd Place	
2007	8-0	2nd Place	Champions	3rd Place	2nd Place	
2008	7-1	6th Place	Champions (tie)	8th Place	8th Place	
2009	8-0	2nd Place	Champions	2nd Place	4th Place	
2010	8-1	Champions	Champions	2nd Place	Champions	7th Place
2011	4-0	2nd Place	Champions	2nd Place	Champions	
2012	3-0-1	2nd Place	Champions	2nd Place	Champions	