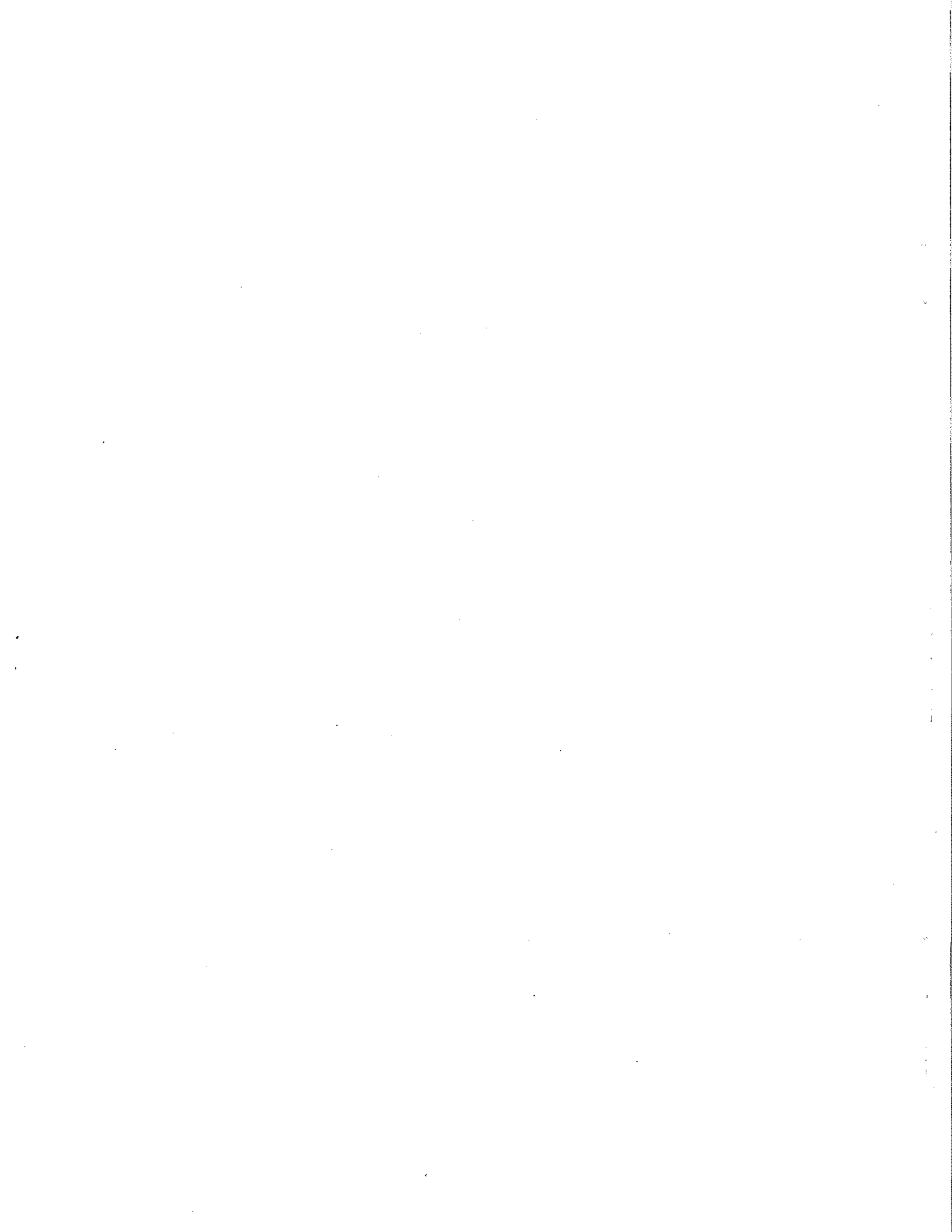


**RIDGEWOOD
WINTER TRACK
AND FIELD
2011-2012**



Dear Seniors;

We finally got to see the outdoor track during a winter season!! It was a year full of great weather and great accomplishments. We won team awards as well as having some great individual achievements. We set some school records and fulfilled many goals. My expectations of you guys are always high, and you surpassed many of those standards. I love to watch and see you all perform, but I will remember you for more than that. Some of these memories include:

David Anzalone for working hard through injuries, for bonding with the distance crew, and for his disappearing act for an extended period of time; *Illana Brown* for getting a school record in the PV relay, for always smiling, and for multiple...I mean multiple vaulting practices; *Catherine Cleary* for her positive attitude, her ability to avoid meets, and her love for running; *Caroline Davidson* for always looking down when she runs, for never understanding my "looks," and for being such a fierce competitor; *Ben Fishbein* for his multiple injuries, for ALWAYS having an answer, and for his perseverance; *Brittany Frank* for her passion for the weight room, her desire to attend the varsity classic...hmmmm, and her enjoyment of working out; *Mark French* for always giving his best, for his mysterious, quiet demeanor, and his great 800 times at the end of the year; *InHo Hwang* for his speed, his band trips, and his positive attitude; *Tina Gible* for coming out her senior year for the 1st time, for her great personality, and for enjoying the distance group; *Levi Jennings* for leading the distance boys, his winter track "relationship," and his tremendous ability; *Moriah Jennings* for her awesome starts, her passion for the sport, and her hanging in the weight room till it closes; *Christine Kim* for missing a lot, complaining a lot, and being happy a lot; *James Knight* for his multiple injuries, his desire to return to competing, and his constant limping; *Carl Legg* for his facial expressions on speed workouts, his work ethic, and for getting his best time at the last meet; *Victoria Pan* for being involved in SO many activities including winter track, her desire to do her best, and her enjoyment for running; *Kyle Ransom* for being the happiest person on the team, for his bonding with Coach O and Coach U, and for his putting up with the OK-master; *Hanako Shigenobu* for her new "attitude" this year, her track "relationship," and her love for all my traditions...Panara Bread not Friendly's ?? ☹; *Travis Spicer* for his desire to run as many races as possible, for not liking any of the nicknames I gave him, and for getting better all season; *Nick Tai* for having the tightest hamstrings there is (other than me of course), for doing anything that is asked, and for his mad bowling skills at Dartmouth!

You guys are an impressive group! I think you guys are ready for the next step in life! I am confident that you will all be great people. I hope you have fond memories of this sport as I do. I wish you all the best.

Love,

Coach Mullin

Boys Winter Track 2011-12

12th grade:

Fishbein, Ben
French, Mark
Hwang, InHo
Jennings, Levi
Knight, James
Legg, Carl
Ransom, Kyle
Spicer, Travis
Tai, Nik

11th grade:

Ades, Will
Chung, Kevin
Downing, Dylan
Dublier, Storm
Garrity, Tanner
Jones, Graham
Kagei, Shota
Kunz, Jimmy
Liebson, Dan
Nathanson, Ilan
O'Donnell, Mike
Ok, Dominic
Park, Harry
Park, Sean
Robertazzi, Brian
Salamone, Nick
Schoff, Neil
Young, Vincent

10th grade:

Angus, Mason
Berry, Emmett
Boresta, Dom
Brar, Sukh
Cassale, Matt
Chan, Corey
Chapman, Luke
Choi, Yun
Clarendon, Bryan
Collins, Brian
Danieils, Brian
Davidson, Cam
Dublierer, Luke
Eun, Alex
Frering, David
Han, Doohee
Jacobson, Robert
Kates, Spencer
Lai, Mike
Morgan, Patrick
Neville, Ryan
Pillai, Raayan
Sohn, Andrew
Wisener, Will
Wong, Alan
Yoon, Joe

9th grade:

An, Paul
Calello, Sam
Chaurasia, Akash
DiScepolio, Matt
Elsabeh, Ryan
Etzrodt, Derek
Gruchawka, Sam
Ho, Scott
Jacobs, Sam
King, Sean
Li, Warren
Michel, Andy
Muchel, Thomas
Mullen, John
O'Keefe, Sean
Ramirez, Andy
Ricatto, Henry
Sheu, Charles
Syz, Jay
Taiketomo, Edward
Tamura, Kotaro
Vehra, Osman
Wang, Jacky
Ward, Kai

Girls Winter Track 2011-12

12th Grade:

Brown, Illana
Cleary, Catherine,
Davidson, Caroline
Frank, Brittany
Gibble, Tina
Jennings, Moriah
Kim, Christine
Pan, Victoria
Shigenobu, Hanako

11th Grade:

Caffrey, Anna
Campbell, Courtney
Cron, Shannon
DeVita, Mimi
Felder, Francesca
Jones, Lesley
McPadden, Micaela
Ramirez, Sirai

10th Grade:

Bennett, Alyssa
Chadwick, CC
Chang, Joanna
Fishbein, Emily
Flynn, Emily
Kim, Yoon
Muccio, Amanda
Simpson, Kylie
Tedeschi, Caitlin
Weisberger, Laura
Whalen, KeeAuna

9th Grade:

Barrales, Cristina
Cirillo, Tara
Cleary, Kelly
Einemer, Sasha
Felsenstein, Geneveive
Hirawaswa, Risa
Katzman, Jess
Llinas, Angie
Luby, Jen
McKeon, Katie
Pagano, Catherine
Rick, Emily
Simoncini, Reid

Coaches:

Mike Mullin
Steve Opremcak
Beth Unanue

Team Honors 2011

Boys- 1st North Jersey Invite, 3rd State Section, 2nd League,

Girls- "*County Team of the Year*"

1st County Relays, 1st North Jersey Invite, 1st State Sectional, 2nd Leagues

New School Records

Girls:

Pole Vault Relay- Mimi DeVita, Ilana Brown

4 x 1 mile- Hanako Shigenobu, Emily Fishbein, Caroline Davidson, Catherine Pagano

*** *NEW COUNTY RECORD AS WELL* ***

All County

1st Team:

Hanako Shigenobu- 1000m

Mimi DeVita- PV

Girls 4 x 800m- Hanako Shigenobu, Caroline Davidson,
Micaela McPadden, Catherine Pagano

2nd Team:

Kevin Chung- 55 HH

Levi Jennings- 1000m

Boys 4 x 800m- Will Ades, Travis Spicer, Brian Collins, Levi Jennings

Micaela McPadden- 300m

Catherine Pagano- 1600m

3rd Team:

Caroline Davidson- 1600m

Winter Track Meet Schedule 2011-2012

Date	Meet	Location	Who's going?
12/19	Spike Shoe Invite	Armory	All
1/3	Tom Zacone Invite	FDU	All
1/7	Dartmouth Relays	Dartmouth	Select varsity
1/10	North Jersey Invite	FDU	Varsity runners
1/17	RHS II	RCC	All
1/25	Bergen Relay Champs	Armory	Varsity
1/30	League Meet	Armory	All
2/1	MET	Armory	Varsity
2/6	Varsity Classic	Armory	Varsity
2/9	Ed Church Invite	FDU	Sub-varsity
2/11	State Gr IV sect Boys/Girls (2:00)	Toms River	Varsity
2/18	State Group IV Boys/Girls (3:00p)	Toms River	Varsity
2/21	Bergen Individual champ (6:00p)	Armory	All
2/25	Boys State Meet of Champs (1:00pm)	Toms River	Girls varsity
2/25	Girls State Meet of Champs (10:00am)	Toms River	Boys varsity
2/28	Eastern States	Armory	Select Varsity
3/9-11	Nationals	Armory	Select Varsity

Boys winter track preview

AROUND THE LEAGUES

g North

UNITED

Bergen Catholic is rebuilding by juniors Michael Whalen (distance) and Jack Lippin (sprints). ... **DePaul** returns senior distance runner Joe Pagano. ... **Bosco** will make the Bergen County Relays its priority this season, with senior distance runners Christian Costello, Ryan Tucker, Nick Mendolla and Nick Kapinski, senior middle distance runners Nick Carapezza and Tim Hamlett and senior hurdler/sprinter/jumper Joe Moran the veterans returning from last year's team. Juniors Chris D'Amico (shot) and Justin Wimberley (hurdles/sprints/jumps) and sophs Kyle Levermore (distance), Mike Higgins (distance) and Joshua Floyd (hurdles/sprints/jumps) will add depth. ... **Paramus Catholic** has senior hurdler Christian Maldonado and junior sprinters Brandon Spearman and Wayne Ewers. ... **St. Joseph** has seniors Jabari Garvin (sprints), Anthony Castillo (shot), Sean Fogarty (distance) and Joe Murphy (distance) and soph Sherman Alston (sprints) returning. If senior John Sanford can return from injury, he'll be one of the state's top 400 meter runners.

LIBERTY

Clifton looks to senior Lawrence Johnson (sprints) and junior Jessie Boria (distance) to stay competitive. ... **Eastside** has some All-Passaic talent in senior sprinter's Latimer Campbell and Michael Hillary, a senior pole vaulter in Mike Santos and a rising distance standout in junior Aaron Torres. ... **Kennedy** is a contender behind seniors Tamar Godwin (hurdles/jumps), Rhemone Bryan (hurdles), Alvin Pujols (mid distance) and Tomas Garcia (shot), juniors Robert Laing (sprints/hurdles/jumps) and Mark Ramsey (shot) and soph Greg Oliver (jumps). ... **Passaic's** top returnee is junior distance runner Anthony Navarro. ... **Passaic Tech** is the defending

contenders/ The Highwaymen also return senior Jamal Williams (jumps/ sprints) and junior Alex Ocansey (jumps).

INDEPENDENCE

Lakeland needs a shot putter and a distance runner but has some very good talent in seniors Jason Fuehring (jumps/sprints) and Bobby Bradley (hurdles), juniors Dan Vaneis (hurdles/mid distance), Marc Fanella (distance), Tom Moore (distance) and John Albano (sprints) and soph. Brandon Ortiz (jumps/sprints/hurdles). ... **Fedele Gallo** (sprints) leads

Passaic Valley. ... **Wayne Hills** returns junior Vincent Han (sprints) and soph Brendan Ungemach (distance). ... **Wayne Valley** will depend on its distance runners, seniors Zach Post and Jason Frank and junior Jack LaCarubba to highlight its team.

... **West Milford** has a shot at the league title, led by All-Passaic hopefuls Dan DeBlock (distance), Mark Van Teyens (high jump/hurdles) and Edwin Trevil (jumps).

NATIONAL

Demarest counts on seniors Anthony Kim (pole vault), Mike Ippolito (distance) and Sean Degnon (pentathlon/mid distance) and junior Eric Geider (pole vault) to keep them in contention. ...

Fair Lawn returns seniors Adam Ross (distance) and Patrick Romaglia (sprints/jumps) and juniors George Alexandris (sprints/jumps), Kevin Osback (sprints/jumps), Mike Tarakjian (distance) and Billy Nicudemos (sprints/jumps) and should be improved. ... **Northern Highlands'** top returnee is senior distance runner James Bryan. ... **Old Tappan** will be a strong contender behind seniors Kyle Davidson (400-800), Brandon Gregory (sprints), Will Martin (distance) and Alex Weiner (distance), juniors Vijay Kamath and Jay Rhoads and sophs Ian Clarke and Brendan Davidson. ... **Ramapo** has some solid performers in senior Doug Norkett (sprints), juniors Sean Etheridge (mid distance) and Matt Rossi (shot put) and

seniors Keith Salkind (pole vault), Kevin Costantino (pole vault) and Zack Ashare (sprints/jumps) and juniors Michael Reidy (distance), Daniel Liso (sprints/jumps), Jack Fredericks (hurdles) and Kyle Arabadji (hurdles). ... **Englewood** is rebuilding. ... **Fort Lee** just missed the title last year and with a terrific senior class headed by Jenya Dyagilev (hurdles/distance), Yu Yu Fahmy (mid distance), Nick Gogic (hurdles/high jump), Frank Goris (sprints), Dan Koch (hurdles/pole vault), Jonathan Spenst (mid distance) and Yuki Takahashi (distance) can win it all this year. Juniors Sam Topaz (mid distance/jumps) and Masaru Yamaguchi (sprints) will also add depth. ... **Ridgefield Park** is the league favorite behind seniors Brendan Conway (distance), Warren O'Neill (distance), Mike Reyes (jumps), Rakesh Dataram (high jump), Mike Peters (jumps/sprints), Matt Orozco (sprints) and Anderson Espinal (shot) and juniors Donald Chisholm (sprints) and Stephen Pena (distance). ... **Westwood** looks to senior Brandon Blemer (mid distance) and juniors Luke Lyons (jumps) and Anthony Catalano (pole vault).

NJIC

(Does not have a league championship meet)

Garfield returns junior Brandon Pacheco (sprints). ... **Glen Rock** has no seniors but a solid junior class in Andrew Brennan (distance), Michael Gresham (mid distance), Alex Leary (sprints/jumps), Jon Leibu (distance) and Eduardo Schwartz (mid distance). ... **Hasbrouck Heights** looks to reload behind seniors Sven Nielsen (hurdles/jumps), Mark Monahan (hurdles/jumps), Mike Pikowski

runner Anthony Navarro. ... **Passaic Tech** is the defending league and Passaic County champion and has more than enough talent to repeat. Seniors Nick Rodriguez (distance), Jabari Butler (high jump), Raheem Piersen-DePew (jumps/sprints), Rahmir McCray (jumps/sprints), Fabian Anderson (distance), Lawrence Stanford (mid distance), Jose Gonzales (pole vault) and Komo Washington (jumps/hurdles) lead the team and juniors Tyshon Crandol (hurdles/sprints), Robin Cepeda (shot) and Nigel Burgess (mid distance) add needed depth.

FREEDOM

Bergen Tech has a potential future star in sophomore distance runner Kevin Serrao. ... **Hackensack** has one of the best teams in North Jersey with seniors John Pujols (mid distance), Mo Headley (mid distance/hurdles), Virron Humes (shot) and Carlos Coronado (distance) and juniors Mark Jones (hurdles/sprints), Angel Uzhca (distance) and Michael Cummings (sprints/jumps). ... **Paramus** is improving behind seniors Matt Lefer (distance), Lavesh Patel (sprints/hurdles/jumps) and Alex Toppo (hurdles/sprints/pole vault), juniors Brian Salamanca (sprints/hurdles) and Mike Secreti (distance) and soph Erik Helstrom (distance). ... **Ridgewood** had a senior-laden team last year and returns only seniors Levi Jennings (middle distance), James Knight (jumps) and Nick Tai (mid distance) and junior Neil Schoff (400/800) who were major contributors last year. But look for the Maroons to be Bergen County relays contenders again helped by distance runners Travis Spicer (senior), and Will Ades and Nick Salamone (juniors). ... **Teaneck** returns two members of last year's indoor state 4-x-400 champions, in Damien Elliott and Daryian Miles, both of whom are state sprint

Sean Etheridge (mid distance) and Matt Rossi (shot put) and soph Kenny Clarke (sprints/jumps).

PATRIOT

Bergenfield has senior Daren Tolentino (sprints/jumps) and junior Giovanni Ogilvie (sprints) as possible league place winners. ... **Indian Hills** looks to seniors Scott Savage (distance), Calvin Knox (long sprints), Hee Jaw An (jumps) and juniors Kevin Halloran (sprints/hurdles) and Charles Dzienis (sprints/jumps) to keep the Braves competitive. ... **Mahwah** has very good pole vaulters, senior Ty Poland and junior Rob Wendel and future stars in sophs James Buser (distance) and Spencer Ross (shot). ... **Pascack Valley** needs some depth to surround its' stars, junior Ben Malone (mid distance), senior Max Linden (55 to 800 meters) and senior Kris Yoo (hurdles/jumps). ... **Ramsey** is the league favorite behind seniors Erik Buser (mid distance), Mark Skinner (long sprints), Chris Eltringham (mid distance), Brian Psota (hurdles/jumps) and Andrew Assile (shot put) and juniors Nik Haas (distance) and Alex Albanese (pole vault). ... **River Dell** will contend for the league title behind seniors Matt Koh (shot), Craig Marulis (sprints/mid distance) and Chris Berg (sprints) and juniors Christian DeSantis (jumps), Austin Basnijer (shot) and Stefan Schuster (distance). ... **Tenafly** has a very good senior class led by Jesse Kamil (mid distance), Tetsuji Ono (distance), Attila Yaman (distance), Aref Afshar (sprints), Jerry Zhang (sprints), Nick Ospina (sprints), Hee Sung Chung (shot) and Sam Kim (shot) and junior sprinter Hayden Lyons could be of the best in the area.

AMERICAN

Cliffside Park eliminated the program after winning the league title last year. ... **Dumont** could be a surprise contender behind

(hurdles/jumps), Mark Monahan (hurdles/jumps), Mike Pikowski (hurdles/sprints), Chris Connors (shot), Rolando Mendoza (distance) and Alex Sisco (pole vault) and juniors Anthony Seidel (sprints/shot), Roland Gamez (jumps/hurdles), A.J. Traina (shot) and Conor Gillespie (distance).

Midland Park continues to improve with seniors Steve Felice, one of the state's best pole vaulters, Kyle Cairns (distance) and Tyler McKinnon (mid distance) and juniors Arie Zuidema (shot), Kyle Paladino (mid distance) and Elia Makris (distance).

... **New Milford** is also on the rise with seniors Andres Belliard (sprints), Brandon Foo (sprints), Takezuma Takezawa (sprints), Brandon Matulac (hurdles), Ken Montecillo (distance) and P.J. Matthews (shot) and sophs Jack Clarke (sprints) and Tyler Coss y Leon (sprints). ... **Park Ridge** has another of the top notch 400 runners from this season in senior John Malespina. Senior Andrew Romeo (distance), and juniors Jon Hodgins (sprints) and Joe Sosa (shot) are also good performers. ... **Pascack Hills** has some senior talent in Louis Kang (hurdles/sprints), Taylor Cudequest (sprints/jumps/pentathlon) and Sean Krazit (sprints) and junior Hunter Anderson (mid distance) is also a potential medalist. ... **Rutherford** is rebuilding. ... **Saddle Brook** is led by seniors Rishi Gulati (distance) and Steve Longa (sprints/jumps). ... **Waldwick** returns juniors Colin Sherman (distance) and Nick Oravetz (mid distance). ... **Wood-Ridge** returns junior Sean Porteous (hurdles).

— Paul Schwartz

BOYS TRACK ATHLETES TO WATCH

Alex Albanese, Ramsey, junior, pole vault: A second team All-Bergen selection last year, he already has cleared 13 feet indoors, and won a medal at the state Group 2 championships as a sophomore.

Latimere Campbell, Eastside, senior, 55 to 300 meters: He won the Passaic County 55 and 300 meters, and won the Big North Liberty 300 title, while winning the North 1, Group 4 sectional 55 title. He should be a state finalist this year.

Sean Degnon, Demarest, senior, pentathlon and 800 meters: He could be one of the top 800 runners in the area, and won the Big North National 600 meters last year. But his biggest strength, is in the multi-events, where he is the defending champion with more than 3,000 points in the Bergen County pentathlon.

Damien Elliott and Daryian Miles, Teaneck, seniors, 400 meters: The two returnees from the state Meet of Champions indoor 4-x-400 relay titlists, they will

probably bookend this year's relay team while making their own history in individual long sprints (and in Miles' case, the 55 as well).

Roland Gamez, Hasbrouck Heights, junior, jumps and hurdles: With the graduation of superstars Kevin Condal (now at Rutgers) and Patrick Cole (Maryland), the burden of continuing the Aviator tradition falls on Gamez, who medaled in the Group 1 high jump last year.

Brandon Gregory, Old Tappan, senior, 200-400 meters: If he can stay healthy, the explosive star, who was part of the Golden Knights' bronze medal winning 4-x-400 relay team last spring, could be one of the state's top long sprinters this year and challenge the county record of 48.44 seconds in the 400.

Mark Jones, Hackensack, junior, high hurdles and sprints: He only ranks fourth on the Comets' all-time indoor hurdles list and fourth in Bergen County history and after his win in the Eastern

States and second in the New Jersey Meet of Champions last year, his future is limitless.

Calvin Knox, Indian Hills, senior, 300 to 600 meters: He may be the best intermediate hurdler in the spring, but in the winter he and Gregory should have a great rivalry in the 300 and 400, but Knox's best event might be the 600 meters.

Rahmir McCray, Passaic Tech, senior, triple and long jumps: The full extent of his talent won't be seen until the spring, since the horizontal jumps are not part of the state winter program. But he could be the best triple jumper in the state and hopefully will get a chance at the big winter meets in that event.

Ryan Tucker, Don Bosco, senior, 1,600 to 3,200 meters: The All-North Jersey cross-country selection had a pretty good winter season last year. All he needs is consistency and confidence to move into the top echelon of distance runners on the track.

— Paul Schwartz

GIRLS WINTER TRACK PREVIEW

AROUND THE LEAGUES

Big North

UNITED

DePaul returns seniors Nicole Lopez (jumps) and Michaela Arbus (sprints) and junior Kelly Stimmel (hurdles/jumps). **Holy Angels** is one of the best teams in North Jersey with three major senior contributors – Alexandra Eckert (hurdles/jumps/pole vault), Shannon Glynn (mid distance) and Alexandra Siegal (pole vault). A great junior class is led by all-North Jersey cross-country star Ashley Strysko, Cynthia Angulo (sprints), Lisa Sesink-Clee (shot/high jump), Esther Michel (high jump/hurdles), Amanda Garcia (mid distance), Reid McLain (pole vault) and Brianna Martinotti (distance). **IHA** is a contender for state Non-Public A honors, led by all-everything senior Theresa Picciallo (shot), with seniors Gina Carlini (sprints/hurdles/jumps), Rachel Lotterman (distance), Deanna Dragone (distance) and Jen Pash (sprints), juniors Jackie Feldman (sprints) and Caroline Morano (mid distance) and sophomores Shaye Wisse (jumps/hurdles) and Natalie Miller (pole vault). Myasia Jacobs will not be defending her state 55 championship at **Paramus Catholic**, but the Paladins have great sprinters in Angela Harrison and Jordyn Smith (seniors) and a very good Brittaney Blake (sophomore), along with junior Ezriah Yeboah (sprints/jumps).

LIBERTY

Clifton is always a league and county contender and with seniors Shianne Nevers (hurdles), Monika Miazga (sprints), Gabrielle Gonzaga (distance) and Annette Malysa (middle distance) and junior Nicole Buttel (hurdles/pole vault), the Mustangs should be a contender again. **Eastside** is rebuilding, while **Kennedy's** top athlete is sophomore Lanna McGregor (jumps). **Passaic** is led by senior Zantae Mouzone (sprints). **Passaic Tech** is the defending league and Passaic County champion and led by seniors Danielle Parker (jumps/600), Bianca Ayala (distance), Tiana Chappell (shot), Samantha Cooley (shot), Kaliah Smith (shot), Danyra Price (shot), Keli Eason (sprints), Dana Lawrence (high jump/distance), Danae Smith

FREEDOM

Bergen Tech is led by seniors Hope Yi (middle distance) and Jeanny Carrillo (sprints). **Hackensack** has a solid core of seniors in Rosa Ciummo (middle distance), Ori Obelle (distance), Michelle Forbes (pole vault), Tashe Goodman (jumps) and Taylor Martin (shot). **Paramus** has a good senior class in Katie Kuderka (mid distance), Mandy Liu (pole vault), Noelle Mattesich (hurdles/jumps), Jill Oliff (hurdles/jumps) and Jessica Reuveni (shot) and has good distance runners with junior Jolie Bartner and soph Lindsey Lucas. **Ridgewood** is always one of the best teams in North Jersey and this year's group is no exception. All-North Jersey cross-country selections Hanako Shigenobu (mid distance) and Caroline Davidson (distance) lead the group along with Iana Brown (pole vault) and Moriah Jennings (sprints), juniors Mikayla McPaden (400/800), Mimi DeVita (jumps/pole vault) and Maura Feeney (sprints) and sophomore Emily Fishbein (distance). **Teaneck** is another powerhouse, with seniors Janay Ferrel (400/800), Kahlia Taylor (sprints) and Rikeya Hogan (shot), juniors Chantea Cummings and Anastasia Atkinson (jumps) and sophomores Talasia Balgoban (jumps) and Amanda Simms (sprints/jumps).

INDEPENDENCE

Lakeland is rebuilding behind seniors MacKenzie Bradley (jumps), Alexandria Farrel (pole vault), Michaela Bakuski (jumps) and Hope Kremer (distance) and juniors Annie Rivera (distance), Brooke Geiger (mid distance), Danixa Nissalka (hurdles) and Brooke Brush (hurdles). **Passaic Valley** has a young team led by senior captain Gabriella Crocco (sprints/jumps) and juniors Lisa Apaza (hurdles), Jean Smith (distance) and Victoria Stewart (shot). **Wayne Hills** has a low-key winter program with senior Marna Millstein (distance) and junior Alexandra Pypier (distance) the top returnees. But All-North Jersey cross-country runner Alyssa Loffredo is likely to have a great season. **Wayne Valley** looks to juniors Shanique Grant (sprints/jumps) and Francesca Boylan (shot), while **West Milford** is led by Amy Cochran (distance)

(hurdles) and Shaion O'Reilly (mid distance), and junior Emily Maccaro (sprints) and soph Taryn DeLeon (jumps) help them remain a contender. **Ramapo** is led by senior Hailey Rocchio (middle distance).

PATRIOT

Bergenfield is rebuilding behind seniors Aimee Peck (distance) and Melanie Negron (shot) and sophomore Michaela Lao (jumps). **Indian Hills** has some good distance talent in senior Jamie Pepper and sophomore Krissie Gaffney. **Mahwah** still has some star power with senior Carolyn Edler (pole vault/jumps), and junior Gena Pickett (hurdles/jumps), along with solid performers in seniors Molly Coohan (sprints) and Candice Mann (shot). **Pascack Valley** returns senior Samantha Cannillo (middle distance) and Kelsey Witt (middle distance) and junior Kayla Begun (jumps). **Ramsey** is a young team but a contender behind senior Nicole Gravalis (hurdles), juniors Katie Vernon (distance), Kaitlyn Johnston (distance) and Julia Bogaenko (pole vault) and sophomores Kelly Redl (300-600) and Victoria Pasco (middle distance). **River Dell** looks to juniors Samantha Schleiger, Paige Fernandez and Melissa Gibbons, junior hurdler Jamie Woods and senior jumper Caitlyn Gallagher to lead their title quest. **Tenafly** has a solid group of athletes led by seniors Allison Torsiglieri (mid distance), distance runners Bianca Gizzo, Jasmine Kim, Christi Cipollini and Jen Park (distance) and Angela Wang (sprints), along with juniors Lauren Bangug (sprints), Konstantina Kostara (hurdles), and Jordan Miesel (jumps).

AMERICAN

Cliffside Park's best returnee is senior sprinter Tianna Williams.

Dumont is improving behind senior captain Taylor Regan (mid distance), seniors Lauren Nemard (shot), Victoria Tobio (distance) and Karissa Manansala (mid distance), junior Kerrienne Conner (hurdles/jumps) and sophomore Kim Johnson (hurdles/jumps). **Englewood** returns sprinters Shamicka Harris (senior) and Janienne Palmer (junior). **Fort Lee** has two returning seniors, Sophia Luppino (hurdles/high jump) and Nicoletta

iors Shantae Nevers (hurdles), Monika Miazga (sprints), Gabrielle Gonzaga (distance) and Annette Malysa (middle distance) and junior Nicole Buttler (hurdles/pole vault), the Mustangs should be a contender again. **Eastside** is rebuilding, while **Kennedy's** top athlete is sophomore Lanna McGregor (jumps). ... **Passaic** is led by senior Zantae Mouzone (sprints). ... **Passaic Tech** is the defending league and Passaic County champion and led by seniors Danielle Parker (jumps/600), Bianca Ayala (distance), Tiana Chappell (shot), Samantha Cooley (shot), Kaliah Smith (shot), Danyra Price (shot), Kell Eason (sprints), Dana Lawrence (high jump/distance), Danae Smith (jumps and sprints), Felicia Burke (jumps) and Jenny Torres (pole vault/middle distance), there's no reason to think otherwise this year. Junior Keri Ann Edwards (mid-distance) and sophomore Breaisha Morton (hurdles/sprints) are among the best in the area.

iors Annie Rivera (distance), Brooke Geiger (mid distance), Danixa Nissalka (hurdles) and Brooke Brush (hurdles) ... **Passaic Valley** has a young team led by senior captain Gabriella Crocco (sprints/jumps) and juniors Lisa Apaza (hurdles), Jean Smith (distance) and Victoria Stewart (shot). ... **Wayne Hills** has a low-key winter program with senior Marna Millstein (distance) and junior Alexandra Pyper (distance) the top returnees. But All-North Jersey cross-country runner Alyssa Loffredo is likely to have a great season. ... **Wayne Valley** looks to juniors Shanique Grant (sprints/jumps) and Francesca Boylan (shot), while **West Milford** is led by Amy Cochran (distance) and Leslie Lynn (middle distance).

NATIONAL

Demarest returns senior Victoria Davis (mid distance), and juniors Brittany Day (distance) and Haley Hirsch (jumps/pole vault). ... Senior Anne Kavalarchuk (pole vault/hurdles) is one of the best athletes for **Fair Lawn**, which also returns junior Olga Oretsky (distance), senior Marissa Piazza (hurdles/jumps/sprints), senior Kelsey Saner (triple jump), junior Kaitlyn Jones (jumps/sprints) and sophomore Danielle Pinelli (sprints). ... **Northern Highlands** returns seniors Taylor Summers (jumps/sprints) and Alex Abitante (distance), juniors Emma Sullivan (sprints) and sophomores Anna Richard (mid distance) and Sofia Licata (distance). Junior Ariana North, the All-North Jersey cross-country runner will run a limited schedule. ... **Old Tappan** has a strong senior class with Erica Canas (distance), Ellen Ubl (distance), Cortney Weissenborn (middle distance), Alexandra Valls (middle distance), Sydney Walsh (high jump), Danielle Heymann (pole vault), Anastasia

gela Wang (sprints), along with juniors Lauren Bangug (sprints), Konstantina Kostara (hurdles), and Jordan Meisel (jumps).

AMERICAN

Cliffside Park's best returnee is senior sprinter Tianna Williams.

... **Dumont** is improving behind senior captain Taylor Regan (mid distance), seniors Lauren Ne-mard (shot), Victoria Tobio (distance) and Karissa Manansala (mid distance), junior Kerrienne Conner (hurdles/jumps) and sophomore Kim Johnson (hurdles/jumps). ... **Englewood** returns sprinters Shamicka Harris (senior) and Janienne Palmer (junior). ... **Fort Lee** has two returning seniors, Sophia Luppino (hurdles/high jump) and Nicolette Pappas (distance), but it has depth with juniors Hannah Cirone

(distance), Margo Grisanti (jump/mid distance), Jessica Hernandez (shot put), Julie Lau (mid distance), Christina Ramirez (distance) and Jenny Valdeon (high jump/sprints) and sophomores Ashley Jenq (sprints/jumps) and Melanie Plattner (distance). ... Senior Kadidia Haidara (sprints), juniors Aliyah Moody (throws), Abisola Adewolu (sprints) and Miranda DeRobertis (vault/high jump) and sophomore Enisa Mrkulic (distance) help make **Ridgefield Park** competitive. ... **Westwood** has top-notch seniors Dana Bianchi (400-800/jumps), Gabriela Sloezen (400-800) and Jenna Sickinger (shot), and juniors Alexandra Cimino (hurdles/jumps), Victoria Hanna (distance) and Rebecca Fasano (400-800) for a typically good team. But if injured distance stars Kim Oppenheim (junior) and Corinne Myers (sophomore) return to form, look out for the Cardinals.

More Around the Track, athletes to watch, S-11

2011-2012 WINTER TRACK SCHEDULE

Thursday: Leon Bailey Relays, Jersey City Armory

Jack O'Leary Invitational, Drew University, Madison

Friday: Colgate Women's Games No. 1, Pratt Institute, Brooklyn

FDU Holiday Classic, Rothman Center, Hackensack

Ultimate Track Series No. 1, Oakland

Track Universe Series No. 1, Totowa

Saturday: FDU Holiday Classic, Rothman Center, Hackensack

Bishop Loughlin Games, Armory Track Center, New York

Gardiner Holiday Relays, Drew University, Madison

Dec. 18: FDU Holiday Classic, Rothman Center, Hackensack

Dec. 19: Spiked Shoe Holiday Festival, Armory Track Center, New York

Dec. 20: DeShriver Invitational, Drew University, Madison

Dec. 21: Garfield High jump/shot put No. 1, Garfield H.S.

Dec. 22: Season Opener, Rothman Center, Hackensack

Dec. 23: Track Universe No. 2, Totowa

Dec. 27: Jersey City Holiday Relays, Jersey City Armory

Marine Corps Holiday Classic, Armory Track Center, New York

Pearl River Holiday Festival, Rockland Community College, Suffern, N.Y.

Dec. 28: Racine Invitational, Drew University, Madison

Dec. 29: NJCTC Winter Relays, Armory Track Center, New York

GIRLS TRACK ATHLETES TO WATCH

Dana Bianchi, Westwood, senior, 400 to 800 meters:

One of North Jersey's top relay runners throughout her career, she's ready to make her individual mark this season after barely missing a title in the Group 1 state 800 meters last year.

Carolyn Edler, Mahwah, senior, pole vault: A consistent performer, she has regularly placed in the state Group 2 and Bergen County championships and has her eyes set on the school record of 10-6 indoors.

Melissa Esposito, Saddle Brook, senior, triple jump: An All-Bergen selection last winter, she had the best jump in the area at 35-2½ and should become the first 36-footer indoors in three years.

Janay Ferrel, Teaneck, senior, 300 to 800 meters: This should be the year her talent catches up to her huge heart. Teaneck's anchor runner on the 4-x-400 relay, she moved up to the 800 and medaled in the state Group 3 meet, and could be the region's top 600 runner this year.

Breaisha Morton, Passaic Tech, sophomore, 55 hur-

dles; 300 and 400 meters:

Probably the next great hurdler in the area, she is the defending Passaic County and Big North Liberty champion and helped the Bulldogs' 4-x-400 relay team to titles at the same meets as well as the North 1 sectional title.

Jen Pash, IHA, senior, 55 through 400 meters: She had a breakthrough season last winter that included a second-place 400 medal and a third-place 55 medal at the state Non-Public A meet, which helped the Blue Eagles come within four points of a fourth straight state title.

Theresa Picciallo, IHA, senior, shot put: There's not much else for the Pennsylvania-bound star to accomplish indoors after last season's unbeaten performance in the state. That is except take down the Bergen County record of 48-6½ (her best is 46-9) and improve from fifth place at the indoor nationals.

Briana Setritzky, Pascack Hills, senior, 55 and long and triple jumps: Injuries cost her a cross-country season, but she's a clutch

sprinter and jumper, earning three medals at last year's Bergen County championships.

Hanako Shigenobu, Ridgewood, senior, 800 to 1,600 meters:



SHIGENOBU

There's no reason she won't become Bergen County's 10th sub-three minute 1,000-meter runners after dominating the event last year. She was an All-North Jersey selection in cross-country and runs with great style and intensity in every race.

Kahlia Taylor, Teaneck, senior, 55 to 400 meters: With Myasia Jacobs apparently not defending her 55 meters state title, there's no question Taylor is ready to take the next step after her sensational fifth-place finish in last year's Eastern States meet. It's a big step but she already ranks seventh all-time among Bergen indoor sprinters.

— Paul Schwartz

Spike Shoe Invite Monday 12/19/2011

***** Results *****

55m:

Boys:

Varsity- In Ho Hwang- 6.8, Kyle Ransom- 6.8,

Novice- Shota Kagei- 7.3, Dom OK- 7.1, Harry Park- 7.5, Sean Park- 7.0,

Vincent Young- 7.6, Mason Angus- 7.3, Dom Boresta- 6.9, Sukh Brar,

Matt Cassale, Corey Chan- 7.1, Yun Choi, Cam Davidson- 7.1, Alex Eun- 7.4, Doohee Han- 7.0,

Robert Jacobson, Spencer Kates- 7.3, Mike Lai, Patrick Morgan- 7.4

Alan Wong- 7.0, Joe Yoon- 7.1

Frosh- Paul An- 8.5, Matt DiScepolio, Ryan Elsabeh, Sam Gruchawka- 7.7, Scott Ho- 7.8,

Sean King- 8.3, Warren Li, Andy Michel, John Mullen, Sean O'Keefe, Andy Ramirez- 8.5,

Charles Sheu, Jay Syz, Osman Vehra- 7.9, Jacky Wang,

Girls:

Varsity- Moriah Jennings- 7.7, Anna Caffrey- 7.8,

Novice- Courtney Cambell- 7.7, Alyssa Bennet- 8.1, CC Chadwick- 7.9, Joanna Chang- 8.3,

Emily Flynn- 9.0, Amanda Muccio- 8.0, Caitlin Tedschi- 8.7

Frosh- Risa Hirawaswa- 8.3, Reid Simoncini- 7.7/7.8, Jen Luby- 8.1

55m HH:

Boys:

Varsity- James Knight- 8.0, Kevin Chung- 7.9, Macky Schoff- 8.4

Novice- Ilan Nathanson- 10.9, Emmett Berry- 9.8,

Frosh- Kai Ward- 10.7

Girls:

Novice- Shannon Cron- 11.7, Sirai Ramirez- 10.5,

Frosh- Katie McKeon- 10.4

1600m:

Boys:

Varsity- Levi Jennings- 4:24.4 (**1st**), Travis Spicer- 4:37.7, Will Ades- 4:34.8 (**6th**),

Storm Dublirer- 4:51.7, Nick Salamone- 4:48.1

Novice- Ben Fishbein- 5:13, David Anzalone- 6:34, Carl Legg- 5:14, Tanner Garrity- Dnf,

Graham Jones- 5:02, Mike O'Donnell- 5:13, Luke Chapman- 5:38, Bryan Clarendon- 4:53,

David Frering- 4:54, Ryan Neville- 5:07

Frosh- Kotaro Tamura- 5:07, Sam Calello- 5:27, Akash Chaurasia- 6:56, Derek Etzrodt- 5:29,

Tom Muchel- 5:34, Henry Ricatto- 5:43, Edward Taiketomo- 5:49,

Girls:

Varsity- Caroline Davidson- 5:19.7, Tina Gible- 5:53.7, Hanako Shigenobu- 5:18.5 (**6th**),

Lesley Jones- 5:52, Emily Fishbein- 5:23.3, Laura Weisberger- 5:47

Novice- Brittany Frank- 6:12, Kylie Simpson- 6:04,

Frosh- Cristina Barrales- 6:55, Kelly Cleary- 5:53, Geneveive Felsenstein- 5:58,

Emily Rick- 6:43

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

Boys- Macky Schoff, Kevin Chung, Brian Collins, Nick Tai
3:48.7 52.5 24.7 24.8 2:07.2

800m:

Boys:

Varsity- Nick Salamone- 2:11.7

Novice- Ben Fishbein- 2:36, Carl Legg- 2:30, Graham Jones- 2:18.2,

Mike O'Donnell- 2:31.5, Luke Chapman- 2:38, Bryan Clarendon- 2:11.7, David Frering- 2:15.1,

Ryan Neville- 2:19.3

Frosh- Kotaro Tamura- 2:24, Sam Calello- 2:33, Akash Chaurasia- 3:28, Derek Etzrodt- 2:28,

Tom Muchel- 2:36, Henry Ricatto- 2:35, Edward Taiketomo- 2:34,

Girls:

Varsity- Tina Gibble 2:44.5, Lesley Jones- 2:45, Laura Weisberger- 2:34.0

Novice- KeeAuna Whalen- 2:51, Brittany Frank- 2:55, Kylie Simpson- 2:48.1,

Shannon Cron- 3:12

Frosh- Cristina Barrales 3:07, Geneveive Felsenstein- 2:46, Emily Rick- 2:54, Jen Luby- 2:57

200m:

Boys:

Varsity- In Ho Hwang- 24.6, Kyle Ransom- 25.2

Novice- Shota Kagei- 25.9, Dom Ok- 26.4,

Harry Park- 27.8, Sean Park, Brian Robertazzi, Vincent Young- 27.8, Mason Angus,

Dom Boresta- 25.7, Corey Chan- 28.8, Yun Choi- 27.3, Cam Davidson- 26.5,

Alex Eun- 28.4, Doohee Han- 24.7, Robert Jacobson- 27.6, Spencer Kates- 28.8,

Alan Wong- 27.0, Joe Yoon- 26.6, Ilan Nathanson- 26.9, Emmett Berry- 27.1,

Frosh- Paul An, Matt DiScepolio, Ryan Elsabeh, Sam Gruchawka- 28.1, Scott Ho, Sam Jacobs,

Sean King, Warren Li, Andy Michel, John Mullen, Sean O'Keefe- 27.5, Andy Ramirez,

Jay Syz- 30.4, Osman Vehra- 27.6, Jacky Wang, Kai Ward- 27.9

200 m: Girls:

Varsity- Moriah Jennings- 29.5, Anna Caffrey- 28.7,

Novice- Courtney Cambell- 29.3, Alyssa Bennet, Joanna Chang, Emily Flynn- 31.2,

Amanda Muccio- 30.4, Caitlin Tedschi, Sirai Ramarez- 30.1, KeeAuna Whalen,

Shannon Cron- 30.1

Frosh- Risa Hirawaswa- 32.5 , Reid Simoncini- 30.4, Jen Luby- 30.7, Katie McKeon- 30.1

4 x 800m: (Varsity Only)

Boys- Will Ades, Storm Dublier, Travis Spicer, Levi Jennings

8:31.4 (2nd) 2:02.7 2:12.5 2:13.7 2:02.5

Girls- Caroline Davidson, Emily Fishbein, Kelly Cleary, Hanako Shigenobu

9:55.1 (3rd) 2:26.9 2:29.7 2:34.7 2:23.8

Long Jump:

Boys:

Novice- Dom Boresta- 17'8 ½, Dom Ok- 15'11, Kyle Ransom- 15'7 ½",

Frosh- Kai Ward- 15'7 ½", Waren Li- 13'4 ½", Sean King- 12'9 ½"

Girls:

Novice- CC Chadwick- 13'10 ½", Emily Flynn- 12'10 ½", Joana Chang- 11'11",

Shannon Cron- 12'5 ¼", Alyssa Bennett- 10'3", Caitlin Tedeschi- F

Frosh- Reid Simoncini- 13'11", Kate McKeon- 13'7"

Triple Jump:

Boys:

Novice- Dom Ok- 32'10 ½"

Girls:

Varsity- Mimi DeVita- 31'1 ½",

Novice- Emily Flynn- 30'4 ½", CC Chadwick- 27'10 ¼", Joanna Chang- 26'5 ½,

Caitlin Tedeschi- 25' ¾", Alyssa Bennett- 24'10 ½"

Frosh-

High Jump: (Varsity Only)

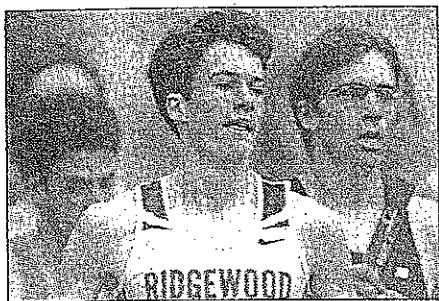
Boys- James Knight- 5'4", Dom Boresta- NH, Patrick Morgan- NH

Pole Vault: (Varsity Only)

Boys- James Knight- 11'0", Allan Wong- 11'0", Dylan Dowling- NH

Girls- Mimi DeVita- NH, Ilana Brown- NH

Comments: A great beginning! It's always tough to make it through the 1st meet because it's all new and the meet is very long! I thought you all gave your best and really were into what you were doing. Let's build on this performance and try to get better on Jan 3rd!



Ridgewood's Levi Jennings wins 1,600 at New York indoor track meet.

9

Holiday Festival Invitational

AT THE ARMORY TRACK CENTER, NEW YORK

BOYS

55: 1. Jamaal James, Piscataway, 6.5; 5. Brandon Spearman, Paramus Catholic, 6.8

55 HM: 1. Mark Jones, Hackensack, 7.3; 5. Kris Yoo, Pascack Valley, 7.9; 6. Moquiez Headley, Hackensack, 7.9.

200: 1. Brandon Gregory, Old Tappan, 22.5; 2. Mark Jones, Hackensack, 22.6; 3. Chris Maldonado, Paramus Catholic, 22.7; 4. Jordan Jones, Teaneck, 22.8; 5. Darian Miles, Teaneck, 22.8; 6. Calvin Knox, Indian Hills, 23.0.

800: 1. Tom Bonaro, Pearl River, 2:01.7; 2. Kyle Davidson, Old Tappan, 2:05.6.

1,600: 1. Levi Jennings, Ridgewood, 4:24.8.

4-x-400 relay: 1. Pearl River (Lueders, Biteman, Brennan, Bangro), 3:31.4; 3. Ridgfield Park, 3:35.0; 5. River Dell, 3:39.9

4-x-800 relay: 1. Pope John (Casey, Spinks, Hatier, Bertolini), 8:20.0; 2. Ridgewood, 8:31.6; 3. Ridgfield Park, 8:36.6; 4. Indian Hills, 8:46.3.

Sprint medley: 1. Gov. Livingston (Chris Guerrero, Mike Murphy, Josh Boyle, Brian Simone), 3:41.6; 2. Indian Hills, 3:45.1.

Shot put: 1. Travis Gallardo, Bayonne, 49-1; 2. Donyell Bourgeois, Hackensack, 48-7 1/4; 3. Matt Koh, River Dell, 48-4 3/4; 5. Austin Berninger, River Dell, 45-9 1/4; 6. Hunter Norman, Old Tappan, 45-1 1/2.

High jump: 1. Nick Tinsley, Montgomery, 6-2; 2. Chris Maldonado, Paramus Catholic, 6-0; 3. Danny Thompson, Indian Hills, 6-0; 4. Brandon Juras, River Dell, 6-0; 5. Mike Cummings, Hackensack, 5-10.

Long jump: 1. Jamal Williams, Teaneck, 21-11 1/4; 3. Jeremy Hendrick, Hackensack, 20-11 3/4; 6. Alex Ocansey, Teaneck, 20-5.

Triple jump: 1. Ryan North, Southern, 44-6 3/4; 2. Alex Ocansey, Teaneck, 42-5 3/4; 3. Alex Zhang, Mahwah, 42-0 1/2; 6. Michael Cummings, Hackensack, 40-10 1/2.

Pole vault: 1. Ted D'Amico, Bergen Catholic, 12-6; 2. Anthony Catalano, Westwood, 12-0; 3. Calvin Hartman, River Dell, 11-6; 5. Lucas Kaeter, River Dell, 11-6; 6. Raul Ferreira, Ridgfield Park, 11-6.

GIRLS

55: 1. Jordyn Smith, Paramus Catholic, 7.2; 4. Jen Pash, IHA, 7.4.

55 HM: 1. Morgan McLaughlin, Union Catholic, 8.3; 6. Kelly Stimmei, DePaul,

9.1.

200: 1. Jordyn Smith, Paramus Catholic, 25.9; tie 2. Jen Pash, IHA, 26.3; 4. Kahliia Taylor; Teaneck, 26.7; 6. Talasiah Balgoban, Teaneck, 27.0.

800: 1. Erin Jaskot, Tappan Zee, 2:22.9; 4. Janay Ferrel, Teaneck, 2:26.9; 5. Shannon Glynn, Holy Angels, 2:31.3.

1,600: 1. Sarah Quinn, Gill St. Bernards, 5:06.8; 2. Ariana North, Northern Highlands, 5:14.1; 5. Lisa Zimmer, Ramapo, 5:18.3; 6. Hanako Shigenobu, Ridgewood, 5:18.9.

4-x-400 relay: 1. Weequahic, 4:10.0; River Dell, 4:15.4; 6. Westwood, 4:24.6.

4-x-800 relay: 1. Mt. St. Dominic (Kat McCurdy, Sarah Workman, Ashlynn Fields, Alyssa Hervan), 9:49.8; 2. Westwood, 9:54.9; 3. Ridgewood, 9:55.4; 6. Hackensack, 10:13.2.

Sprint medley: 1. Marlboro (McFadden, Berger, McKinnon, Weinberger), 4:18.1; 3. Westwood, 4:20.3; 6. Indian Hills, 4:28.7.

Shot put: 1. Taylor Martin, Hackensack, 37-6; 3. Chardonay Elliott, Teaneck, 36-7 1/4; 5. Lisa Sesink-Clee, Holy Angels, 34-3; 6. Rikeya Hogan, Teaneck, 33-2.

High jump: 1. Karen Harris, Kent Place, 5-4; 3. Lisa Sesink-Clee, Holy Angels, 5-0; tie 4., Talasiah Balgoban, Teaneck, 5-0.

Long jump: 1. Dana Ohlson, Southern, 17-11; 5. Brianna Setnitzky, Pascaack Hills, 16-6 1/4; 6. Talasiah Balgoban, Teaneck, 16-3 3/4.

Triple jump: 1. Addy Sonaikie, Montgomery, 38-5 1/4; 2. Ana Atkinson, Teaneck, 36-6 3/4; 5. Gena Pickett, Mahwah, 34-6 1/2.

Pole vault: 1. Amanda Amezquita, Gov. Livingston, 10-0; 2. Bridgette Bradley, River Dell, 9-6; 3. Alexis Doucette, Pascaack Valley and Megan Gambuta, Ramapo, 9-0.

Ridgewood star off to fast start

Stanford-bound Jennings wins 1,600 meters in New York

By **PAUL SCHWARTZ**
STAFF WRITER

NEW YORK - Levi Jennings wanted to go to Stanford even if he couldn't run a step there.

"I visited the campus last summer and it was the most amazing place," said Jennings, a senior at Ridgewood. "I knew it was where I wanted to go to school."

And with a standing in the top 10 percent of the Ridgewood senior class and 2,270 out of 2,400 points on his college boards, Jennings had the numbers to get in. And on Dec. 9, he got his email confirming his acceptance to one of the nation's top universities.

But Jennings also wanted to run at Stanford, one of the nation's top track teams. His other numbers, 1:54 (800), 4:14 (1,600) and 9:29 (3,200) weren't quite good enough to him high on Cardinal coach Jason Dunn's want list.

"He was honest with me and told me I wasn't on his top list of recruits but if some kids dropped out of the process, then he might put me on his list," said Jennings, who committed to applying for early action if the coach was interested.

About two weeks before the decision was announced, Jennings spoke briefly with Dunn, who said he would support Levi's application and told him he would be able to run at Stanford.

"He told me I got in more because of what I did in the classroom than what I did on the track and to keep him updated as the season went on," Jennings said.

Monday night, Jennings got his indoor track season underway at the Holiday Festival Invitational, running 4:24.8 to easily win the 1,600 meters after easing through the first 800 in 2:16.2.

"This was an important meet for me," said Jennings, who had a difficult cross-country season.

HOLIDAY FESTIVAL INVITATIONAL

"I have to overcome some things and this was a good first step."

Jennings has always thought of himself as a team guy first and his brilliant races on the leadoff 1,200 meter leg last spring, helped the Maroons to medal-winning performances at the Penn Relays and Arcadia Invitational, and a school record at the National championships.

"I told the Stanford coach to wait and see what I do this spring and when I get out there, because I want to be a part of their relays team and I know I will do it," he said.

Jennings' win was one of several excellent performances on the first full day of the winter season.

Paramus Catholic senior Jordyn Smith, sizzled in the 55 meters, looking very much a contender to succeed teammate Myasia Jacobs as the state Non-Public A champion in February. Jacobs, bound for the University of Georgia, is not expected to compete in the state series this winter.

"I'm really trying to focus on my start and take my workouts more seriously like she does," said Smith, who also won the 200 in 25.9 seconds and will battle teammate Angela Harrison and Jen Pash of IHA for the state title.

"Working out with Myasia has helped me a lot."

Mark Jones of Hackensack and Jamal Williams of Teaneck, expected to contend for the top spot in the state in the 55 hurdles and long jump, respectively, opened their seasons with impressive wins in their specialties.

Taylor Martin of Hackensack won the shot at 37-6 and Ana Atkinson set a Teaneck school record in the triple jump, finishing second at 36-6 $\frac{3}{4}$.

Tom Zaccone Invite

Tues. 1/3/12

***** Results

55m:

Boys:

Varsty- Nick Tai- 7.0

Novice- Kyle Ransom- 7.3, Shota Kagei- 7.6, Dom Ok- 7.4, Harry Park- 7.7, Sean Park- 7.2,

Vincent Young- 7.9, Dom Boresta- 7.1/7.2, Matt Cassale- 7.8, Corey Chan- 8.2,

Cam Davidson- 7.6, Doohee Han- 7.2, Make Lai- , Alan Wong- 7.4, Will Wisener- 7.4,

Emmett Berry- 7.9, Alex Eun- 8.7

Frosh- Paul An- 8.9, Matt DiScepolo- 8.2, Sam Gruchawka- , Scott Ho- 7.2/DQ, Sean King- 8.2,

Warren Li- 8.7, Sean O'Keefe- 8.5, Andy Ramirez- 8.7, Charles Sheu- 8.3, Jay Syz- 8.7,

Osman Vehra- 8.3, Jacky Wang- 8.1, Andy Michel- 8.8

Girls:

Varsity- Micaela McPadden- 8.0/8.0

Novice- Anna Caffrey- 8.3, Courtney Cambell- 8.1, Alyssa Bennet- 9.1, CC Chadwick- 8.3,

Joanna Chang- 8.8, Emily Flynn- 8.5, Amanda Muccio- 8.3,

Frosh- Risa Hirawaswa- 8.9, Reid Simoncini- 8.1/8.21, Jen Luby- 8.6

55m HH:

Boys:

Varsty- James Knight- 8.5, Kevin Chung- 8.2/8.5

Girls:

Varsity- Mimi DeVita- 10.3

Novice- Shannon Cron- 12.3, Sirai Ramirez- 11.7

Frosh- Katie McKeon- 11.2/10.9 (4th)

4 x 800m:

Boys:

Varsity- Will Ades, Travis Spicer, Storm Dublier, Levi Jennings
8:36.6 (1st) 2:11.0 2:10.7 2:12.1 2:02.8

Novice-

(1) Nick Salamone, Tanner Garrity, David Frering, Bryan Clarendon
9:11.0 (1st) 2:13.1 2:22.0 2:20.9 2:14.8

(2) Ryan Neville, Mark French, Graham Jones, Brian Collins
9:16.3 (2nd) 2:25.6 2:16.0 2:20.6 2:14.5

(3) Ben Fishbein, Shota Kagei, Carl Legg, Mike O'Donnell
9:54.0 2:32.0 2:21.0 2:28.0 2:33.0

Frosh-

(1) Kotaro Tamura, Sam Calello, Derék Etzrodt, Tom Muchel
10:02.0 (3rd) 2:19.8 2:34.0 2:31.6 2:36.1

(2) Edward Tiketomo, Sean O'Keefe, Paul An, Akash Churasia
10:57.5 2:36.5 2:31.0 2:47.0 3:03.0

Girls:

Varsity- Hanako Shigeaobu, Kelly Cleary, Emily Fishbein, Caroline Davidson
10:11.0 (1st) 2:25.9 2:42.2 2:33.6 2:28.3

Novice-

(1) Laura Weisberger, Leslie Jones, Tina Gible, Kyle Simpson
10:53.9 (1st) 2:33.7 2:47.1 2:44.6 2:48.7

(2) KeeAuna Whalen, Shannon Cron, Brittany Frank, Victoria Pan
11:38.9 2:56.5 2:53.6 2:58.1 2:50.8

Frosh- Emily Rick, Jen Luby, Cristina Barrales, Genevieve Felsenstien
11:58.6 (3rd) 2:58.1 2:56.6 3:09.3 2:54.7

200m: (Varsity Only)

Girls- Mimi DeVita- 30.9

4 x 1 lap: (approx. 200m)...Novice and Frosh only

Boys-

Novice-

(1) Shota Kagei, Kyle Ransom, Dom Boresta, Sean Park
1:44.0 (5th) 26.2 25.9 25.9 26.1

(2) Dom Ok, DooHee Han, Rob Jacobson, Cam Davdison
1:42.0 (2nd) 24.3 25.7 25.9 26.0

(3) Matt Cassale, Corey Chan, Mike Lai, Alan Wong
1:49.5 26.7 27.7 29.3 25.9

(4) Will Wisener, Vincent Young, Harry Park, Alex Eun
1:47.6 27.9 28.0 25.9 25.7

(5) Dylan Downing, Bryan Clarendon, Emmett Berry, Ryan Neville
1:45.9 26.1 26.3 27.2 26.3

Frosh-

(1) Sam Gruchawka, Scott Ho, Sean King, Osman Vehra
28.9 26.9 29.5 27.1

(2) Kotaro, Matt Discepolo, Andy Michel, Warren Li
27.1 28.1 30.1 28.0

(3) Derek Etzrodt, Sean O'Keefe, Andy Ramirez, Jay Syz
28.1 29.3 28.1 29.3

(4) Charles Sheu, Jacky Wong, Kia Ward, Tom Muchel
29.5 27.5 27.9 28.2

Girls-
Novice-

(1) Ana Caffrey, Courtney Cambell, CC Chadwick, Amana Muccio
1:56.1 30.9 27.2 29.4 28.7

(2) Shannon Cron, Alyssa Bennet, Joanna Chang, Emily Flinn
2:04.3 29.5 31.2 31.9 31.8

(3) Angie Llinas, Sirai Ramirez, KeeAuna Whalen, Kiley Simpson
2:09.1 35.9 28.7 31.5 32.9

Frosh-

(1) Reid Simoncini, Jen Luby, Katie McKeon, Risa Hirawaswa
2:06.5 (3rd) 31.3 30.9 30.9 32.3

600m: (Varsity Only)

Boys- Nick Tai- 1:32.4, Macky Schoff- 1:32.3 (5th), Brian Collins- 1:33.6, Storm Dublier- 1:33.4

Girls- Micaela McPadden- 1:45.9 (2nd)

COMMENTS:

Great Meet! I love this meet because just about everyone gets in a relay. I really liked the way we competed. We got tons of medals highlighted but multiple wins in the 4 x 800's!!! Awesome job by all. Keep that upbeat, positive attitude going!

INDOOR TRACK

Tom Zaccone Invitational

AT ROTHMAN CENTER, HACKENSACK

BOYS

55: 1. Kevon Lumsden, Englewood, 6.5; 4. Nalik Hodges, Eastside, 6.6; 5. Jordan Roses, Pascack Valley, 6.7. **55 NH:** 1. Mark Jones, Hackensack, 7.5; 4. Chris Maldonado, Paramus Catholic, 7.9; 6. Nick Quinn, Hackensack, 9.7. **200:** 1. Sylvester Gordon, Newark Tech, 23.8; 2. tie between John Malespina, Park Ridge and Kevon Lumsden, Englewood, 23.9; 4. Brandon Spearman, Paramus Catholic, 24.0. **600:** 1. Jonathan Petit-Homme, Linden, 1:28.2; 5. Neil Schöff, Ridgewood, 1:32.3. **1,000:** 1. Kevin Serrao, Bergen Tech, 2:44.5; Nick Rodriguez, Passaic Tech, 2:45.4; 4. Nik Haas, Ramsey, 2:48.1; 5. Anthony Navarro, Passaic, 2:48.3. **4-x-400 relay:** 1. Eastside (Nalik Hodges, Michael Hillary, Aaron Torres, Latimere Campbell), 3:38.0; 2. Passaic Tech, 3:44.6; 3. Ramsey, 3:45.8; 5. Hasbrouck Heights, 3:47.7; 6. Passaic Valley, 4:04.9. **4-x-800 relay:** 1. Ridgewood (Will Ades, Travis Spicer, Storm Dublirer, Levi Jennings), 8:36.3; 2. Hackensack, 8:43.9; 3. Passaic Tech, 8:48.6; 6. Ramsey, 8:58.2.

GIRLS

55: 1. Jordyn Smith, Paramus Catholic, 7.2; 3. Angela Harrison, Paramus Catholic, 7.4; 4. Annie Rivera, Lakeland, 7.6. **55 NH:** 1. Breaisha Morton, Passaic Tech, 8.5; 6. Jen White, Hasbrouck Heights, 9.6. **200:** 1. Breaisha Morton, Passaic Tech, 26.8; 2. Jordyn Smith, Paramus Catholic, 27.3; 6. Rayn Moses, Hasbrouck Heights, 28.0. **600:** 1. Kali Kendall, Snyder, 1:42.3; 2. Micaela McPadden, Ridgewood, 1:45.9; 3. Allison Torsiglieri, Tenafly, 1:46.8; 4. Danielle Parker, Passaic Tech, 1:47.0; 6. Vanessa Valdes, Hackensack, 1:47.1. **1,000:** 1. Kali Kendall, Snyder, 3:10.1; 2. Ashley Strysko, Holy Angels, 3:17.0; 5. Kaitlyn Johnston, Ramsey, 3:22.0; 6. Rebecca Fortoul, Hasbrouck Heights, 3:26.0. **4-x-400 relay:** 1. Newark Tech (Alexis Mickens, Gifty Amankwah, Monique Hogan, Sbatina Rojas), 4:19.1; 2. Passaic Tech, 4:22.5; 3. Hasbrouck Heights, 4:30.0; 4. Ramsey, 4:38.7; 5. Eastside, 4:50.2; 6. Englewood, 4:51.6. **4-x-800 relay:** 1. Ridgewood (Hanako Shigenobu, Kelly Cleary, Emily Fishbein, Caroline Davidson), 10:10.7; 2. Northern Highlands, 10:30.5; 3. Ramsey, 10:31.8; 4. Hackensack, 10:41.0; 5. Holy Angels, 10:42.9; 6. Rutherford, 10:52.1.

Serrao's big finish wins Zaccone 1,000

By PAUL SCHWARTZ
STAFF WRITER

HACKENSACK — Kevin Serrao's best finishes last year were 11th-place finishes at the Lou Lanzalotto Bergen Meet of Champions and Group 4, Section 1 800 meter races in the spring, with a best time of 2:00.86.

But that's more than pretty good for a first-year runner and it was good enough for the Bergen Tech freshman soccer player to become this year's sophomore runner.

The leap from 800 to 5,000 meters wasn't easy, but the distance work Serrao put in last fall in cross-country was reflected Tuesday night in an impressive come-from-behind win in the Tom Zaccone Invitational 1,000 meters.

Serrao outkicked defending Passaic County 1,000-meter champ Nick Rodriguez in 2:44.5, the top North Jersey time of the winter indoor track season, for his first major victory.

"I was really excited because we ran against each other in cross-country and he killed me," Serrao said.

"The last lap I was scared because he passed me. But when I see the finish line, I want to get the race over and it pushes me harder."

And it pushed him all the way past Rodriguez, who still is recovering from hernia surgery six weeks ago.

"I really like the 800, because I have more experience running it than the longer distances," said Serrao, who attends the Bergen Academy for the Advancement of Science and Technology.

"Last year, with Andreas [Kel-

las] on the team and all those great guys in the county in the 800, it inspired me to try and get better."

The same thing is pushing Dwight Morrow sprinter Kevon Lumsden, also a fine student.

"I don't know if I like football or track better," says Lumsden, who played running back and defensive back for the Maroon Raiders in the fall.

"But I know I got stronger playing football and it's helped me in the sprints."

Lumsden won the 55 and took third in the 200 on Tuesday. His best event may be the long jump, which is not contested at Rothman Center. He carries a 3.9 GPA and hopes to study engineering next year.

Passaic Tech's Breasha Morton was one of two double champions at the meet, earning a close win in the hurdles and speeding to an easy win in the 200 over 55 winner Jordyn Smith of Paramus Catholic.

"I tried to open my legs up further on the backstretch," said Morton, a sophomore. "I feel a lot faster this year because I trained really hard during cross-country season."

Morton, whose sister is two-time state 400 hurdles champion Amber Allen (now at South Carolina), uses her older sibling as motivation.

"As long as I get a personal best in every meet I like it," said Morton, who is also a fine high jumper and will debut in the triple jump at the Passaic County championships later this month.

"I just keep trying to get better."

INDOOR TRACK

INDOOR TRACK REPORT

Bosco runners not Goofy-ing around

Ironmen to run in Disney Half-Marathon

By **PAUL SCHWARTZ**
STAFF WRITER

The wake-up call will come at 3:30 Saturday morning in the hotel rooms at the Coronado Springs Resort at Walt Disney World. And nineteen members of the Don Bosco winter track team will get ready to run more than 13 miles in the Orlando, Fla., dawn.

They won't be alone. More than 26,000 runners are expected in the Walt Disney World Half-Marathon, which starts at 5:30 a.m. Saturday.

"Everyone's really excited about this," said four-year senior runner Chris Wilson of Hawthorne. "Coach thought it would be a good idea for a fund-raiser and we all wanted the opportunity to go to Disney World."

Head coach Rob DeCarlo and his wife, Meghan, the Garfield girls coach, both ran in the race last year, with Meghan just missing the top 25 among the more than 12,000 women finishers and DeCarlo took a proposal to the Don Bosco House Council (the equivalent of the Board of Education) to do the race as part of a community service/fund-raiser.

"They approved the idea and the team held a run-a-thon several weeks ago, that raised \$5,000 for

the Ironmen Fight Cancer Club at school and the Ironmatt 5K [an unrelated fund-raiser for the battle against pediatric cancer named after the late Matt Larsen of Oakland]," said DeCarlo. "Some of the money they earned went to the trip and 19 guys qualified."

All the runners are three-sport runners, and nearly all are on the cross-country team. But the event was designed to be part of the Bosco winter training program.

"They're in the last group to start, so they're going to probably run the first 20 minutes as a warm-up and then race," DeCarlo said.

"We pretty much run a workout of 13 miles or more every week as part of our training," said Wilson, who ran his first mile in 8:30 as a freshman and has improved to running 18:12 in a Darlington 5K cross-country race this fall. "This gives us an opportunity to spend more time together as a team and as a reward for four years of running."

The Bosco runners will be joined on the course by the DeCarlos and IHA and Lafayette standout Kerry Taylor. And then assuming they're all awake, a day in the park will follow.

"We're hoping this takes off," DeCarlo said. "Kids are already talking about how to get into this next year."

AROUND THE TRACK

GOOD RESULTS: One of the growing early season meets is the Track Universe Invitational held in late December at the Armory Track Center in New York. About a dozen teams including several North Jersey squads get a chance to run a full slate of events including field events in a less pressured environment.

This year's top performances included Carolyn Edler's 11-foot pole vault, making her just the fifth Bergen and seventh North Jersey girl over the height; a 42-11 shot put by IHA's Theresa Picciallo, who earlier threw the nation's No. 2 throw of 45-5; and a 5-2 high jump by Waldwick's Ali Giordano. Craig Marulis of River Dell took the early North Jersey lead in the 400 at 51.8.

LOOKING AHEAD: Tonight brings the third and final installment of the Track Universe field series in Totowa, with the top point-getters qualifying for the finals March 20. The second of three Ultimate Track prelims will be held in Oakland tonight and the third installment of the Colgate Women's Games is at Pratt Institute in Brooklyn, N.Y.

Myasia Jacobs of Paramus Catholic is scheduled to make her season debut in the 55 meters at the Hispanic Games at the Armory on Saturday. Picciallo is the top seed in the shot. Teaneck also has some major entrants in the meet, which includes nearly 300 schools.

Hackensack, Bergen Catholic and Ridgewood travel to the Dartmouth Relays in Hanover, N.H., to battle some of New England's top teams. Top North Jersey girls seeds include Micaela McPadden of Ridgewood (2nd, 300); Hanako Shigenobu of Ridgewood (1st, 1,000); Ridgewood (3rd, 4-x-200 relay; 4th, 4-x-400; 5th, 4-x-800); Mimi DeVita, Ridgewood (6th, PV); Taylor Martin, Hackensack (5th, SP).

Among the boys, Levi Jennings of Ridgewood is seeded third in the mile; Carlos Coronado of Hackensack (6th, 2 mile); Mark Jones and Mo Headley are 1-2 in the 55 hurdles; Hackensack (1st, 4-x-200; 3rd, 4-x-400; 6th, 4-x-800; 6th, DMR); Ridgewood (6th,

Top performers

BOYS

200: Brendan Gregory, Old Tappan, 22.5

300: Latimere Campbell, Eastside, 36.4

400: Craig Marulis, River Dell, 51.8

600: Lawrence Stanford, Passaic Tech, 1:31.6

800: Kyle Davidson, Old Tappan, 2:05.6

1,000: Kevin Serrao, Bergen Tech, 2:44.5

1,600: Levi Jennings, Ridgewood, 4:24.8

3,200: John Pujols, Hackensack, 10:09.4

Shot put: D.J. Bourgeois, Hackensack, 52-4¼

High jump: Jabari Butler, Passaic Tech, 6-4¼

Long jump: Jamal Williams, Teaneck, 21-11½

Triple jump: Rahmir McCray, Passaic Tech, 43-9½

Pole vault: Alex Albanese, Ramsey and Eric Geider, Demarest, 13-6

4-x-200 relay: Teaneck, 1:32.08

4-x-400 relay: Teaneck, 3:29.12

4-x-800 relay: Don Bosco, 8:19.7

Distance medley: Don Bosco, 10:29.9

4-x-200; 1st, 4-x-400 relay; 1st, 4-x-800); Ted D'Amico of Bergen Catholic (5th, PV); D.J. Bourgeois of Hackensack (3rd, SP).

Tuesday is the first major team competition of the year, the North Jersey championships at the Rothman Center in Hackensack. When the winter sectional meets started several years ago, officials thought the meet would fade away, but this year's event has the largest entry yet.

MOONLIGHTING: Just because she's playing basketball, North Jersey cross-country Runner of the Year Kristen Traub of Eastern Christian hasn't abandoned the track for the winter. Running unattached, she won the second Colgate Women's Games 1,500 meters in 4:51.2, the No. 10 time in the nation this winter. Bergen Tech's Sonya Sachdev was second in the shot in 32-2½.

— Paul Schwartz

Dartmouth Relays 2012 Results

55m:

Boys- Dom Boresta- 7.04

Girls- Moriah Jennings- 7.91, Courtney Campbell- 8.05, Anna Caffrey- 8.24

55m HH:

Girls- Mimi DeVita- 10.27

300m:

Boys- Dom Boresta- 40.16, Alan Wong- 43.78

Girls- Micaela McPadden- 42.90 (2nd), Anna Caffrey- 45.82, Courtney Campbell- 46.57

400m:

Girls- Moriah Jennings- 68.30

600m:

Boys- Nick Tai- 1:29.75

1000m:

Boys- Storm Dublirer- 2:41.09

Girls- Hannako Shigenobu- 3:03.90 (4th), Kelly Cleary- 3:25.50

1 mile:

Boys- Levi Jennings- 4:34.94

Girls- Caroline Davidson- 5:15.02 (5th), Emily Fishbein- 5:26.83

2 mile:

Boys- Travis Spicer- 9:44.00, Nick Salamone- 10:10.59

Girls- Laura Weisberger- 11:48.57

L:

Boys- Dom Boresta- 16'3"

TJ:

Girls- Mimi DeVita- 32'10 ¼"

PV:

Boys- Alan Wong- 11'0"

Girls- Mimi DeVita- 11'0" (3rd), Ilana Brown- 9'6"

4 x 200m:

Girls- Moriah Jennings, Anna Caffrey, Micaela McPadden, Courtney Campbell

1:54.34 29.3 29.2 27.4 28.5

4 x 800m:

Boys- Will Ades, Travis Spicer, Storm Dublirer, Levi Jennings

8:16.30 (2nd) 2:03.8 2:07.7 2:04.6 1:59.9

Girls- Hanako Shigenobu, Emily Fishbein, Laura Weisberger, Caroline Davidson

9:47.76 (3rd) 2:23.8 2:29.5 2:28.8 2:25.4

Comments:

This is always an awesome trip and a highlight for me! Thanks for a great time. We had some outstanding performances as you can see by all the places that we got. It's a fun meet to be at with the high level of competition and the variety of teams. I love the traditions...as you know, and Coach U brought her "A" game with Nick Tai's team to win the bowling championship...nice job!

Athletes make the most of weekend

By PAUL SCHWARTZ
STAFF WRITER

INDOOR TRACK

A busy weekend in indoor track got underway Friday with the Ultimate Track Jumps Spectacular in Totowa.

Roland Gamez of Hasbrouck Heights upset North Jersey triple jump leader Rahmir McCray of Passaic Tech with an indoor personal best of 43 feet 6½ inches that was less than two inches ahead of McCray, who has a jump of 43-9 this winter.

Gamez also won the long jump in 21-2¾. Demarest's Eric Geider

equaled his own seasonal and North Jersey-leading vault of 13-6 to win that event.

Patty McHugh of Waldwick had the best girls long jump of the winter among North Jersey athletes, leaping 16-8¼ to win the event.

Rayn Moses of Hasbrouck Heights won the triple jump (34-11) and teammate Danielle Cannici won the pole vault (8-0).

Myasia Jacobs of Paramus

Catholic, Theresa Picciallo of Immaculate Heart and Jamal Williams of Teaneck all had outstanding state-leading performances in wins at the Hispanic Games on Saturday, but there were other excellent performances as well. Daryian Miles of Teaneck just missed the finals in the 55 meters in a North Jersey-leading 6.77. Ana Atkinson of Teaneck triple jumped 36-1¼ for sixth in the event and teammate Talasiah Baggoban high jumped 5-2 for a tie for fifth.

There were also some solid efforts at the Dartmouth Relays in

addition to the multiple medal-winning performance of the Ridgewood girls team, sixth in the team championships.

Hackensack was fifth in the boys distance medley (10:47.01), and the Ridgewood boys were second in the 4-x-800 in a North Jersey-leading 8:16.30. Hackensack was fifth (8:26.07). Ted D'Amico of Bergen Catholic was fifth in the pole vault (12-6) and the Crusaders were fifth in the 4-x-400 (3:37.51).

Travis Spicer of Ridgewood ran the fastest two mile of the year (9:44.00, eighth place).

Paladins' Jacobs just misses state record

By PAUL SCHWARTZ
STAFF WRITER

The first three weeks of the indoor track season were relatively quiet for North Jersey athletes. But that quiet was shattered Saturday with three outstanding performances by some of North Jersey's (and the state's) best at the Hispanic Games in the Armory Track Center in New York.

Defending state and national 55-meter champion Myasia Jacobs of Paramus Catholic made her season debut and flew to an easy win in her specialty in 6.87 seconds, just off her state and county record of 6.82 set last year. Teammate Jordyn Smith was third in 7.09 seconds, a time bettered only by Jacobs in Bergen County history, and with Jacobs announcing she will skip the state series, Smith becomes a state favorite.

Defending state champion shot putter Theresa Picciallo of IHA, winner of three low-key meets already, beat a huge field of more than 100 throwers with a meet-record toss of 46-5¼, just 3¾ inches from her indoor best and a mere 1¾ inches from the

INDOOR TRACK AND FIELD

early season national lead.

"That's cool, because I think that may be the first meet record I've ever set," said Picciallo. "A lot of people were coming up to me and asking me about my personal best and where I was going to school. I liked that."

And the boys weren't overlooked. Teaneck's Jamal Williams broke a 23-year-old school record in the long jump with a huge 23-3 jump, fifth all time in Bergen and the No. 5 jump in the nation this winter.

Meanwhile, Ridgewood's girls finished sixth in the Dartmouth Invitational, scoring in five events against many of the top teams in New England and New York. Micaela McPadden was second in the 300 in 42.90, tops in North Jersey this season, and Mimi DeVita became the second Bergen County girl to go over 11 feet in the pole vault this season with a third place finish. Hanako Shigenobu ran 3:03.90 for fourth in the 1,000 meters, and Caroline Davidson ran a

personal-best 5:15.02 in the mile for fifth place. Ridgewood was also third in the 4-x-800 in 9:47.76, fastest time in North Jersey this season.

In Orlando, Fla., Don Bosco placed four runners in the top 50 among more than 22,000 finishers in the Walt Disney World Half-Marathon. Ryan Tucker and Christian Costello finished 18th and 19th in 1:17.28 and 1:17.35, respectively, for the 13.1 mile distance.

JUMPS SPECTACULAR

BOYS

Triple jump: 1. Roland Gamez, Hasbrouck Heights, 43-3¼; 2. Ramir McCrey, Passaic Tech, 43-1¾; 3. Ben Clazen, Demarest, 42; 4. Joe Moran, Don Bosco, 41-¼; 5. Raheem Pierson, Passaic Tech, 39-9 ½. **Long jump:** 1. Gamez, 21-2¾; 2. Mike Pikowski, Hasbrouck Heights, 19-3½; 3. Kadeem Ogilive, Passaic Tech, 18-11¼; 4. Sven Nielson, Hasbrouck Heights, 18-11; 5. Insoo Kim, Demarest, 18-10; 6. Ben Chazen, Demarest, 18-8. **Pole vault:** 1. Eric Greider, Demarest, 13-6; 2. Alex Sisco, Hasbrouck Heights, 12; 3. Gary Li, Demarest, 11; Jose Gonzalez, Passaic Tech, 11.

GIRLS

Triple jump: 1. Rayn Moses, Hasbrouck Heights, 34-11; 2. Felicia Burke, Passaic Tech, 33-9¼; 3. Bethany Van Eck, Eastern Christian, 33; 4. Patty McHugh, Waldwick, 32-11; 5. Breashia Morton, Passaic Tech, 32-6¼; 6. Jennifer White, Hasbrouck Heights, 31-8½. **Long jump:** 1. McHugh, 16-8¼; 2. Van Eck, 16-2½; 3. Moses, 16-2¼; 4. Amberly Gurbisz, Butler, 16; 5. Wanae Smith, Passaic Tech, 15-11; Liz Sidaros, Indian Hills, 15-8¼. **Pole vault:** 1. Danielle Cannici, Hasbrouck Heights, 8.

North Jersey Invite

Tues. 1/10/12

Results:

55m HH:

Boys- Kevin Chung- 8.4, Macky Schoff- 9.5

55m:

Boys- Dom Boresta- 7.3, InHoo Hwang- 7.3, Kyle Ransom- 7.5

Girls- Micaela McPadden- 7.9, Moriah Jennings- 7.8, Anna Caffrey- 8.2,
Courtney Campbell- 8.0

3200m:

Boys- Travis Spicer- 9:53.5 (1st), Nick Salamone- 9:55.0 (2nd)

Girls- Laura Weisberger- 11:47.5 (3rd), Emily Fishbein- 11:47.6 (4th),
Victoria Pan- 12:49.0

4 x 800m:

Boys- Brian Clarendon, Mark French, David Frering, Storm Dublirer
8:32.7 (4th) 2:09.8 2:09.5 2:09.1 2:04.2

Girls- Kelly Cleary, Leslie Jones, Kylie Simpson, Tina Gibble
10:33.3 (5th) 2:31.3 2:39.2 2:42.7 2:40.1

600m:

Boys- Will Ades- 1:30.8, Brian Collins- 1:32.4

Girls- Hanako Shigenobu- 1:43.7 (1st)

1000m:

Boys- Levi Jennings- 2:38.3 (1st), Graham Jones- 2:56.6

Girls- Caroline Davidson- 3:11.5 (2nd), Catherine Pagano- 3:11.5 (1st)

300m:

Boys- Nick Tai- 38.6, Dom Boresta- 40.5, InHoo Hwang- 39.3, Kyle Ransom- 42.0,
Kevin Chung- 39.9

Girls- Micaela McPadden- 44.7, Moriah Jennings- 47.5, Courtney Campbell- 47.6

1600m:

Boys- Travis Spicer- 4:40.1 (4th), Nick Salamone- 5:01.0, Will Ades- 4:39.1 (3rd),
Mark French- 4:52.3

Girls- Emily Fishbein- 5:41.0 (2nd), Victoria Pan- 6:08.0, Tina Gibble- 5:54.0

4 x 400m:

Boys- Brian Clarendon, Brian Collins, Nick Tai, Levi Jennings
3:38.4 (2nd).... 55.2 56.3 54.1 53.1

Girls- Micaela McPadden, Anna Caffrey, Caroline Davidson, Hanako Shigenobu
4:15.1 (3rd).... 61.4 65.5 65.5 62.8

Comments:

Congratulations on winning both the boys and the girls meets!!! Awesome job by all! I loved the way everyone competed for places and really tried hard to score points. The girls ended up dominating a pretty good field and the boys edged Bosco by 2 pts...hard faught I thought! This is a good stepping stone leading into our team portion of the season. Next big team scored meet is the county relays in 2 weeks on Wed, Jan. 25th. Super effort once again.

NORTH JERSEY TRACK CHAMPIONSHIPS

At Rothman Center, Hackensack

GIRLS

Team scores

Large schools

Ridgewood (R) 48, Passaic Tech (PCT) 29, IHA 26, Northern Highlands (NH) 20, Ramapo (RM) 16, Holy Angels (HA) 10, Tenafly (T) 8, Bloomfield (BL) 6, Pascack Valley (PV) 4, Fair Lawn (FL) 2, Old Tappan 1.

Small schools

Newark Tech (NT) and River Dell (RD) 22, Hasbrouck Heights (HH) 11, Weequahic (Wee) 10, Glen Rock (GR) 8, Westwood (W) 7, Ramsey (RAM) 5, Indian Hills (IH) 2, Pascack Hills (PH) 1.
55: 1. Alexes Washington (PCT), 7.3; 2. Jen Pash (IHA), 7.3; Nichole Candelaria (NT), 7.4; 4. Taylor Sommers (NH), 7.5; 5. Emma Sullivan (NH), 7.5; 6. Rayn Moses (HH), 7.5.
55 HH: 1. Gifty Amankwah (NT), 8.4; 2. Brealsha Morton (PCT), 8.5; 3. Carissa Smith (BI), 8.7; 4. Jamie Woods (RD), 9.0; 5. Anne Kavalierchuk (FL), 9.3; 6. Nicole Gravalls (RAM), 9.4.
300: 1. Shenique Frett (Wee), 42.0; 2. Jen Pash (IHA), 42.3; 3. Brealsha Morton (PCT), 42.6; 4. Nichole Candelaria (NT), 43.4; 5. Katie Vernon (RAM), 44.0; 6. Alexes Washington (PCT), 44.7.
600: 1. Hanako Shigenobu (R), 1:43.7; 2. Allison Torsiglieri (T), 1:44.8; 3. Gabriela Sloezen (W),

1:44.8; 4. Danielle Parker (PCT), 1:45.3; 5. Jamie Mangold (H), 1:45.9; 6. Sam Schieffer (RD), 1:46.1.

1,000: 1. Catherine Pagano (R), 3:10.5; 2. Caroline Davidson (R), 3:11.6; 3. Deanna DiLandro (RM), 3:12.5; 4. Sam Cannillo (PV), 3:12.5; 5. Deanna Dragone (IHA), 3:12.9; 6. Rebecca Janovic (PH), 3:19.1.

1,600: 1. Lisa Zimmer (RM), 5:33.9; 2. Emily Fishbein (R), 5:41.7; 3. Lila Milgrom (GR), 5:44.3; 4. Rebecca Fortoul (HH), 5:44.7; 5. Kaitlyn Johnston (RAM), 5:50.7; 6. Emily Croonquist (RD), 5:51.2.

3,200: 1. Ariana North (NH), 11:28.5; 2. Rachel Lottermann (IHA), 11:44.1; 3. Laura Weisberger (R), 11:47.4; 4. Emily Fishbein (R), 11:47.7; 5. Katie Vandervalk (GR), 12:06.3; 6. Erica Canas (OT), 12:14.7.

4-x-400 relay: 1. Westwood (Rebecca Fasano, Dana Bianchi, Julia Senkovich, Gabriela Sloezen), 4:14.0; 2. River Dell, 4:14.6; 3. Ridgewood, 4:15.4; 4. Ramsey, 4:17.4; 5. Newark Tech, 4:27.4; 6. Hasbrouck Heights, 4:30.6.

4-x-800 relay: 1. Holy Angels (Shannon Glynn, Maggie Sheehan, Amanda Garcia, Ashley Strysko), 11:13.7; 2. River Dell, 10:29.3; 3. Hasbrouck Heights, 10:30.2; 4. Northern Highlands, 10:33.9; 5. Ridgewood, 10:34.2; 6. Westwood, 10:34.9.

BOYS

Team scores

Large schools

Ridgewood (R) 50, Don Bosco (DB) 48, Old Tappan (OT) 21, Eastside (EA) 17, West Milford (WM) 14, Kennedy (K) and Pascack Valley (PV) 10, Bloomfield (BL) 8, Passaic (Pa) 2, Paramus (P) and Demarest 1.

Small schools

Newark Tech (NT) and Ridgefield Park (RP) 16, Ramsey (RAM) 13, Wallington (WAL) and Englewood (E) 10, Weequahic (Wee) 9 1/2, Indian Hills (IH) 5, St. Joseph Regional (SJR), Roselle Catholic (RC) and Hasbrouck Heights (HH) 2, River Dell 1 1/2.

55: 1. Kevon Lumsden (E), 6.4; 2. Sharod Selph (Wee), 6.4; 3. Sylvester Gordon (NT), 6.6; 4. Ron DePew (PCT), 6.6; 5. Justin Wimberley (DB), 6.6; 6. Latimere Campbell (EA), 6.6.

55 HH: 1. Mark Van teyens (WM), 7.8; 2. Deron Jennings (NT), 7.9; 3. Steven Taste (BL), 7.9; 4. Kris Yoo (PV), 8.0; 5. Roland Gamez (HH), 8.3; 6. Brian Psota (RAM), 8.9.

300: 1. Najiek Hodges (EA), 37.2; 2. Brandon Gregory (OT), 37.2; 3. Mike Hillary (E), 37.4; 4. Kevin Hailoran (IH), 37.8; 5. Jabari Garvin (SJR), 37.8; 6. Sylvester Gordon (NT), 37.9.

600: 1. Robert Laing (K), 1:28.8; 2. Tim Hamlett

(DB), 1:28.9; 3. Max Linden (PV), 1:29.1; 4. Matt Orozco (RP), 1:29.3; 5. tie between Calvin Knox (IH) and Kyle Davidson (OT), 1:29.6.

1,000: 1. Levi Jehnings (R), 2:38.1; 2. Ryan Tucker (DB), 2:41.3; 3. Nick Rodriguez (PCT), 2:41.9; 4. Chris Eltringham (RAM), 2:44.0; 5. Alex Weiner (OT), 2:44.1; 6. Kyle Levermore (DB), 2:44.6.

1,600: 1. Dominic D'Agostino (WAL), 4:27.5; 2. Christian Costello (DB), 4:27.8; 3. Will Ades (R), 4:39.5; 4. Travis Spicer (R), 4:40.7; 5. Anthony Navarro (Pa), 4:43.2; 6. Nick Carapezza (DB), 4:43.7.

3,200: 1. Travis Spicer (R), 9:53.4; 2. Nick Salamone (R), 9:54.8; 3. Will Maitin (OT), 9:55.0; 4. Dan DeBlock (WM), 9:55.6; 5. Matt Boscio (RC), 10:08.1; 6. Mike Secreti (P), 10:08.3.

4-x-400 relay: 1. Don Bosco (Lartique, Ryan Keller, Tim Hamlett, Mitch Keller), 3:37.8; 2. Ridgewood, 3:38.4; 3. Ridgefield Park, 3:39.6; 4. Old Tappan, 3:40.8; 5. River Dell, 3:41.0; 6. Weequahic, 3:41.0.

4-x-800 relay: 1. Don Bosco (Nick Carapezza, Schan Lartique, Ryan Keller, Mitch Keller), 8:26.9; 2. Ramsey, 8:28.1; 3. Ridgefield Park, 8:30.3; 4. Ridgewood, 8:32.6; 5. Bloomfield, 8:46.7; 6. Demarest, 8:52.0.

THE RIDGEWOOD NEWS

SPORTS



RidgeWood boys and girls indoor track and field teams won their respective division titles at Monday's North Jersey Indoor Championships at FDU's Rothman Center. This year's assistant coaches are Steve Opremcak, second from left, and Beth Unanue, far right. Head coach Mike Mullin is third from the right.

PHOTOS/TOM HART

NORTH JERSEY INDOOR TRACK CHAMPIONSHIPS

Maroons make it a clean sweep

Girls get 10th large schools crown in 13 years; boys make it 2-out-of-3

BY GREG TARTAGLIA
Assistant Sports Editor

For the second time in three years – and the fifth time in the past decade – the Ridgewood High School boys and girls track and field teams brought home twin trophies from the North Jersey Indoor Track Championships.

On Tuesday, both Maroon squads swept the large school titles at the 31st annual edition of the invitational at Fairleigh Dickinson University's Rothman Center in Hackensack. The RHS girls outpaced Passaic County Tech, 48-29, while the boys held on to top Don Bosco Prep, 50-48.

Bosco trailed by only four points heading into the final event, the 4 x 400-meter relay. But the Maroon quartet of seniors Levi Jennings and Nick Tai and sophomores Bryan Clarendon and Brian Collins logged a second-place 3:38.4 to secure the team crown, as the Ironmen (3:37.8) were awarded the race victory after original winner Paterson Eastside was disqualified.

"They knew what they had to do going into that race," Ridgewood coach Mike Mullin said of his relay group. "I talked to them about it and said, 'No more than two places behind Bosco.' So they were aware of that, and they knew where Bosco was at each turn."

Boys team recap

Jennings, who split 53.1 seconds on the anchor leg of the 4 x 400, also collected one of the Maroons' two gold medals. He won the 1,000 meters in 2:38.1, besting Don Bosco senior Ryan Tucker (2:41.3) by just over three seconds.

"Levi's a fierce competitor and always gives his best," said Mullin. "He's got a lot of talent, so he's somebody we can count on."

Senior Travis Spicer also had a memorable afternoon. He led a 1-2 Ridgewood finish in the 3,200 (the third event of the meet), clocking 9:53.4 to edge out junior Nick Salamone (9:54.8). Despite developing a sore on his foot during the race, Spicer came back with a fourth-place 4:40.7 in the penultimate event, the 1,600, to run one spot behind junior team-

mate Will Ades (4:39.5) do a tough double – which I asked a few people to do – and he did it without hesitation," Mullin said. "So he ran the mile with a huge blister on the bottom of his foot and ended up getting fourth overall – and [doing so] at 4:40, which was a great time, especially for his second race of the day and with a blister."

The Maroons picked up points in the 4 x 800 as well, thanks to Clarendon, senior Mark French, junior Tanner Garrity and sophomore David Frering, who combined for a fourth-place 8:32.6. Garrity turned in the fastest split at 2:04.2.

The RHS boys' title was their ninth overall at the North Jersey Championships and their first since 2010.

Girls team recap

The Ridgewood girls' large schools championship was their 18th overall, while Tuesday also marked the sixth occasion of a Maroon sweep at the meet. The other doubles came in 1989, 2002, 2005, 2006 and 2010.

This year, the distance races produced big point totals for the girls squad, too. Senior Hanako Shigenobu captured 600-meter gold in 1:43.7, and freshman Catherine Pagano ran 3:10.5 in the 1,000 to lead a 1-2 finish with senior Caroline Davidson (3:11.6).

Pagano was competing in her first varsity event since October, when her cross-country campaign was curtailed by a stress fracture in her leg.

"Catherine's been working hard to get back," said Mullin. "We knew that she was just going to run one race, and we were hoping that things would go well for her. I was confident that she would do well, because she's a confident kid, and it ended up working out great."

In the 3,200, RHS sophomores Laura Weisberger (11:47.4) and Emily Fishbein (11:47.7) finished 3-4, and Fishbein added a silver medal with her 5:41.7 in the 1,600.

Senior Tina Gibble, junior Lesley Jones, sophomore Kylie Simpson and freshman Kelly Cleary teamed up to give the Maroons a fifth-place 10:33.3 in the 4 x 800, and they closed out the meet by taking bronze in the 4 x 400 behind Davidson, Shigenobu and juniors Micaela McPadden and Anna Caffrey (4:15.4).

NORTH JERSEY INDOOR TRACK CHAMPIONSHIPS

JAN. 10 @ FDU-ROTHMAN CENTER (HACKENSACK)
RIDGEWOOD H.S. RESULTS

BOYS

55M: Dom Boresta, 7.3; InHo Hwang, 7.3; Kyle Ransom, 7.5.
55H: Kevin Chung, 8.4; Nell Schöff, 9.5.
300M: Nick Tai, 38.6; InHo Hwang, 39.3; Kevin Chung, 39.9; Dom Boresta, 40.5; Kyle Ransom, 42.0.
600M: Will Ades, 1:30.8; Brian Collins, 1:32.4.
1,000M: 1. Levi Jennings, 2:38.1; Graham Jones, 2:56.6.
1,600M: 3. Will Ades, 4:39.5; 4. Travis Spicer, 4:40.7; Mark French, 4:52.3; Nick Salamone, 5:01.0.
3,200M: 1. Travis Spicer, 9:53.4; 2. Nick Salamone, 9:54.8.
4x400M Relay: 2. Ridgewood (Bryan Clarendon, Brian Collins, Nick Tai, Levi Jennings), 3:38.4.
4x800M Relay: 4. Ridgewood (Bryan Clarendon, Mark French, David Frering, Tanner Garrity), 8:32.6.

GIRLS

55M: Moriah Jennings, 7.8; Micaela McPadden, 7.9; Courtney Campbell, 8.0; Anna Caffrey, 8.2.
300M: Micaela McPadden, 44.7; Moriah Jennings, 47.5; Courtney Campbell, 47.6.
600M: 1. Hanako Shigenobu, 1:43.7.
1,000M: 1. Catherine Pagano, 3:10.5; 2. Caroline Davidson, 3:11.6.
1,600M: 2. Emily Fishbein, 5:41.7; Tina Gibble, 5:54.0; Victoria Pan, 6:08.0.
3,200M: 3. Laura Weisberger, 11:47.4; 4. Emily Fishbein, 11:47.7; Victoria Pan, 12:49.0.
4x400M Relay: 3. Ridgewood (Anna Caffrey, Caroline Davidson, Micaela McPadden, Hanako Shigenobu), 4:15.4.
4x800M Relay: 5. Ridgewood (Kelly Cleary, Lesley Jones, Kylie Simpson, Tina Gibble), 10:33.3.



Ridgewood freshman Kelly Cleary (5) moves to the front of the pack early in the girls 4 x 800-meter relay at Tuesday's North Jersey Indoor Track Championships. Cleary split 2:31.3

Ridgewood continues its total domination

By PAUL SCHWARTZ
STAFF WRITER

HACKENSACK - Even though it's no longer the only scored team meet of the winter, Ridgewood coach Mike Mullen still is a big fan of the North Jersey Championships.

And with good reason Tuesday's boys and girls sweep by the Maroons marked the ninth time the boys have won the championship since the event's inception in 1982 and the 18th time the girls have triumphed, both records for the event.

"I love this meet," said Mullen after the girls breezed 48-29 over Passaic Tech and held off Don Bosco, 50-48. "It's still

the first team scored meet of the year and these kids have gotten used to concentrating on their individual events and now they get the opportunity to be in a team format. I throw the times out the window at this meet and just worry about competition."

But while Mullen isn't worried about times, his athletes still pulled off a series of outstanding races in the two victories. In the girls meet, Hanako Shigenobu ran a personal-best 1:43.7 to win the 600 meters, the fastest time in North Jersey this year, while freshman Catherine Pagano (in her first race since suffering a stress fracture in early October) ran 3:10.9 to win the 1,000 meters, leading five run-

ners below 3:15 in the race of the night.

Levi Jennings snapped back from his disappointing mile race at the Dartmouth Relays to win the 1,000 in a North Jersey lead of 2:38.1, while Travis Spicer led a 1-2 finish in the 3-200 with teammate Nick Salamone as the first four runners ran.

It was good for Levi and Nick to get some tough faces at Dartmouth, after Mullen said the girls team can be a spe-

INDOOR TRACK: NORTH JERSEY CHAMPIONSHIPS

cial group with great senior leadership from Hanako and Caroline Davidson (second in the 1,000) and a very good young distance group.

Jennings also ran a 53.0 anchor leg to keep Ridgewood one spot behind Don Bosco for its narrow victory.

The Maroons got a lift when runner Dominic D'Agostino came from way behind to edge fellow All-Bergen star Christian Costello of Don Bosco in the 1,600. That kept the Maroons ahead enough that even though Don Bosco won the 4-x-400 relay, Ridgewood was able to hold on.

River Dell came from nine points behind in the final two races to share the small school girls title with Group 1 power Newark Tech Soph Emily Croonquist in a surprise sixth in the 1,600 and the 4-400 relay team ran second in a stirring finish with Westwood and Ridgewood.

This fit into our schedule, said River Dell coach Mike Urso, whose team entered the meet for the first time. "It's great because it's exactly what we need for the first time. Holy Angels set the league record for the 4-x-400 relay with a time of 10:13.7 to win the girls 4-x-800 relay. It's nice to get a trophy."

Big North Frosh/Novice Meet

Thur. 1/13/12

**** Results

55m:

Boys:

Novice- Dylan Downing- 7.5, Chris Granert, Shota Kagei, Jimmy Kunz, Dan Liebson, Dom Ok- 7.2, Harry Park, Sean Park- 7.0/7.3, Vincent Young, Mason Angus- 8.3, Dom Boresta- 7.0/7.1 (5th), Matt Cassale- 7.8, Corey Chan- 7.9, Yun Choi, Cam Davidson, Jordan Edwards, Alex Eun, Doohee Han, Robert Jacobson, Andrew Sohn, Will Wisener, Joe Yoon, Alan Wong- 7.2, Ilan Nathanson- 7.3

Frosh- Scott Ho- 7.0/7.1, Sam Jacobs, Sean King, Warren Li, Andy Michel, John Mullen, Sean O'Keefe, Andy Ramirez, Charles Sheu, Jay Syz- 7.5, Osman Vehra, Jacky Wang,

Girls:

Novice- Alyssa Bennet, CC Chadwick, Joanna Chang, Emily Flynn, Yoon Kim, Amanda Muccio- 8.0/7.9

Frosh- Reid Simoncini- 7.9/7.8/7.8 (3rd), Jen Luby- 8.3/8.3

55m HH:

Boys:

Novice- Ilan Nathanson- 10.5, Emmett Berry- 10.4

Frosh- Kai Ward-

Girls:

Novice- Shannon Cron- 10.6, Sirai Ramirez- 10.3

Frosh- Katie McKeon- 10.4

3200m: (Novice only)

Boys- Ben Fishbein- 10:33. (3rd), Tanner Garrity- 11:17, Ryan Neville- 11:18, Brian Daniels- 10:30.0 (2nd), David Frerring- 10:24.0 (1st), Mike O'Donnell- 12:15.0

Girls- Brittany Frank- 13:06.0 (2nd)

400m:

Boys:

Novice- Brian Collins- 56.3 (3rd), Brian Clarendon- 56.1 (1st)

4 x 800m:

Boys:

Novice- Ben Fishbein, Mike O'Donnell, Tanner Garrity, David Frerring
9:39.0 (3rd)... 2:30.2 2:24.7 2:27.5 2:17.0

1600m:

Boys:

Ben Fishbein- 5:37, Mike O'Donnell- 5:50, David Frering- 5:11.0,
Ryan Neville- 5:16

Frosh- Kotaro Tamura- 5:19.3 (**2ND**), Sam Calello- 5:22 (**3RD**), Akash Chaurasia- 7:06,
Derek Etzrodt- 5:23.3 (**4TH**), Tom Muchel- 5:47, Paul An- 6:10.3, John Mullen- 6:01.6

Girls:

Novice- Kylie Simpson- 6:04.1 (**1ST**)

Frosh- Tara Cirillo- 6:31.0, Geneveive Felsenstein- 6:06.7 (**4TH**)
Emily Rick- 6:20.2, Kelly Cleary- 5:49.2 (**1ST**)

200m:

Boys:

Novice- Shota Kagei- 25.9, Dom Ok- 26.0, Harry Park- 27.6, Sean Park- 25.9, Dom Boresta- 25.3,
Corey Chan- , Yun Choi- 27.2, Cam Davidson- 26.9, Emmet Berry- 28.3

Frosh- Scott Ho, Sean King- 29.5, Warren Li ,Sean O'Keefe- , Andy Ramirez- 29.1,
Charles Sheu- 26.6, Jay Syz- 30.8, Osman Vehra- 26.9, Jacky Wang, Kai Ward- 26.1,
Henry- 26.6

Girls:

Novice- Alyssa Bennet- 32.9, CC Chadwick- 29.8, Joanna Chang- 32.9, Emily Flynn- 31.1,
Amanda Muccio- 29.8, Shannon Cron- 29:2, Sirai Ramirez- 29.2

Frosh- Jen Luby- 30.5

800m:

Boys:

Frosh- Kotaro Tamura- 2:21 (**2ND**), Sam Calello- 2:32, Akash Chaurasia- 3:17,
Derek Etzrodt- 2:27 (**3RD**), Tom Muchel- 2:38,
Henry Ricatto- 2:37, Paul An- 2:49, John Mullen- 2:47, Sean O'Keefe- 2:28.0 (**4TH**)

Girls:

Novice- Kauna Whalen- 2:50.6, Brittany Frank- 2:59.9, Kylie Simpson- 2:41.0 (**1ST**)

Frosh- Tara Cirillo- 3:01.3, Geneveive Felsenstein- 2:48.6 (**1ST**),
Emily Rick- 2:55.8 (**4TH**)

4 x 400m:

Boys:

Novice- Brian Collins, Shota Kagai, Dom Ok, Brian Clarendon
3:47.2 (1ST) 56.5 57.7 58.2 54.9

Frosh- Scott Ho, Sean O'Keefe, Derek Etzrodt, Kotaro Tamura
4:22.4 (5TH) 64.7 68.6 67.8 61.4

Girls:

Novice- CC Chadwick, Emily Flynn, Amanda Muccio, Sirai Ramirez
4:37.9 (2nd) 67.9 72.9 66.6 70.7

Frosh- Kelly Cleary, Reid Simoncini, Jen Luby, Katie McKeon
4:49.3 (2nd) 70.6 73.8 73.1 71.8

Long Jump:

Boys:

Novice- Dom Boresta- 16'7 ¼", Dom Ok- 16'10 ½", Emmit Berry- 16'2", Will Wisener- 15'11",
Harry Park- 14'11 ½", Yun Choi- 15'5", Brian Collins- F

Frosh- Kai Ward- 15'5", Warren Li- 13'6 ½", Charles Sheu- 12'8 ½"

Girls:

Novice- Shannon Cron- 13'9 ¼", CC Chadwick- 13'8 ½", Joanna Chung- 13'0",
Emily Flynn- 12'8", Alyssa Bennet- 10'4"

Frosh- Katie McKeon- 14'3 ½" (1st), Reid Simoncini- 13'10",

Triple Jump:

Boys:

Novice- Dom Ok- 34'2", Harry Park- 34'6", Will Wisener- F

Frosh- Charles Sheu- 31'4 ½"

Girls:

Novice- Emily Flynn- 28'7", CC Chadwick- 27'10 ½", Shannon Cron- 27'6", Joanna Chung- 25'5 ½",
Alyssa Bennet- F

Frosh- Kate McKeon- 29'9 ¾",

High Jump:

Boys:

Novice- Rob Jacobson- 5'4", Dom Boresta- 5'4"

Pole Vault:

Boys:

Novice- Dylan Campbell- 9'6", Allan Wong- 11'6" (1st)

Girls:

Frosh- Reid Simoncini- 7'6"

Comments: A GREAT meet for our younger athletes! We placed in multiple events and competed hard. It was nice to see so many people doing well in the field events too. Keep it up!!!

Ridgewood Winter Games II 1/17/12

55m HH:

Boys:

Novice- Ilan Nathansen- DQ

Girls:

Varsity- Mimi DeVita- 9.6/9.7 (**5th**), Micaela McPadden- 10.1

Novice- Sirai Ramirez- 10.0/9.9 (**5th**), Shannon Cron- 10.8,
Courtney Campbell- 11.2, Anna Caffrey- 11.2

55m:

Boys:

Novice- Sean Park- 7.0/7.2 (**5th**), InHo Hwang- 7.1, Dom Ok- 7.4,
Kyle Ransom- 7.1, Ilan Nathanson- 7.7

Frosh- Scot Ho- 7.1, Sean King- 8.1

Girls:

Varsity- Micaela McPadden- 7.9/8.1 (**5th**), Courtney Campbell- 7.9/8.2 (**6th**),
Moriah Jennings- 8.2

Novice- Amanda Muccio- 8.2

3200m:

Boys-

Varsity- Travis Spicer- 9:54.0 (**2nd**), Nick Salamone- 10:05 (**4th**), David Frering- 10:18,
Brian Daniels- 10:34, Mark French- 10:36, Ben Fishbein- 11:10, Carl Legg- 11:10,
Tanner Garrity- 11:19

Girls-

Varsity- Catherine Pagano- 11:43.5 (**2nd**), Brittany Frank- 13:20

600yds:

Boys-

Varsity- Nick Tai- 1:18.3 (**2nd**)

Novice- Brian Collins- 1:23.5 (**1st**), Shota Kagai- 1:28.5, Corey Chan- 1:38.8

Frosh- Kotaro Tamura- 1:33.6,

Girls-

Novice- KeeAuna Whalen- 1:50.5

4 x 800m:

Boys- Ryan Neville, Carl Legg, Graham Jones, Brian Clarendon
9:16.0 2:17.4 2:27.2 2:18.6 2:12.6

Girls- Kelly Cleary, Leslie Jones, Kylie Simpson, Tina Gibble
10:50.5 (3rd) 2:32.5 2:44.8 2:47.6 2:45.7

1000yds:

Boys-

Varsity- Storm Dublirer- 2:29.0 (1st)

Girls

Varsity- Caroline Davidson- 2:53.6 (1st), Hanako Shigenobu- 2:54.5 (4th),
Laura Weisberger- 2:54.3 (3rd), Emily Fishbein- 2:54.1 (2nd)

300yds:

Boys:

Varsity- InHo Hwang- 37.0, Kyle Ransom- 36.6

Girls:

Varsity- Courtney Campbell- 43.2, Anna Caffrey- 41.5, Moriah Jennings- 42.9

Novice- Amanda Muccio- 42.8, Sirai Ramirez- 43.5

1600m:

Boys-

Novice- Mike O'Donnell- 5:26.8

Frosh- Kotaro Tamura- 5:10.4

Girls-

Frosh- Tara Cirillo- 6:18.0 (5th), Emily Rick- 6:26.0

TJ:

Boys James Knight- 35-10.75, Dom OK 34-0, Harry Park 34-7.25,
Yun Choi 32-7, Andy Ramirez 25-9, Charles Sheu F, Emmitt Berry F

Girls Mimi DeVita 32-8.5, Emily Flynn 29-8, Kate McKeon 29-4.5,
Reid Simoncini 28-10.25, CC Chadwick 28-3,
Joanna Chang 27-8.5, Shannon Cron 24-11

LJ:

Boys Cam Davidson 17-4, Rob J 16-10, Emmit B 16-5,
Dom B. 16-4, Dom OK 16-4, Brian C 16-.5
Sean P 16.25

Girls CC Chadwick 14-6.25, Reid S 14-.75, Shannon C 13-11.25,
Kate M 13-10, Emily F 11-11.25, Joanna C 11-7.25

HJ:

Boys- James Knight- 5'8", Rob Jacobson- 5'4", Patrick Morgan- 5'4", Dom B- 5'0"

Girls- Sirai Ramirez- 4'3", Sannon Cron- NH

Pole Vault:

Boys- Alan Wong- 12'0" (5th), James Knight- 11'0", Dylan Dowling- 9'0

Girls- Illana Brown- 9'0"

Comments:

Good warm up for county relays for some of you. I liked the efforts and positive attitudes!
Great Job!

New faces take home gold

By PAUL SCHWARTZ
STAFF WRITER

MONSEY, N.Y. - It doesn't draw the star power it had in the past. A busier winter track schedule, which includes the addition of sectional and league meets, nonexistent when the meet started more than 30 years ago, added to the revival at the Armory Track Center in New York, has remade the Ridgewood Winter Games II into a showcase for future stars and those varsity athletes a shade below the elite in North Jersey.

That was true Tuesday night, where a handful of athletes captured their first major titles and reminded the stars that winter track was more than just for them.

Emerson's Nicole Piccinich took the girls pole vault title by clearing four heights (without a miss) the final height, 10 feet, 3 inches, pushing her into 10th place on the all-time Bergen list and behind only county co-favorites Mimi DeVita of Ridgewood and Carolyn Edler of Mahwah this winter.

RIDGEWOOD WINTER GAMES

"I've been working with Apex Vaulting [and coach Branko Miric] this winter three times a week and I've really fallen in love with the sport," said Piccinich, who cleared 9-6 last spring. "Tonight was fantastic because the only time I had made 10 feet was barely on my third attempt and tonight I made it easily and then made 10-3."

Ridgewood junior Storm Dublirer won the boys 1,000 yards in 2:29.2 and learned that sprinting to the finish to earn a gold medal got a stronger effort out of him than sprinting for a place in other meets had done.

"When you're running for a team, you always want to finish strong for them, but sometimes, in an individual race, you lose focus," said Dublirer, part of Ridgewood's fine cross-country team. "Tonight, it was more of a desperate attempt

to hold on and it was more intense than other individual races I have run."

Paramus senior shot putter Jessica Reuveni set an indoor school record by winning the shot with a toss of 36 feet, the fourth best throw of the winter and seven inches farther than Paramus' outdoor record.

"It really gives me a confidence boost to get to that level," said Reuveni, who has had to face throwers such as the now graduated Apresha Hampton of Teaneck in her league, defending state champ Theresa Picciallo of IHA in the counties and former state champ Alana Pantale of Wayne Valley (now at Delaware), in sectional meets. "I think it helps me to throw against such great throwers during my career but it's a great feeling to finally win one."

And River Dell junior hurdler Jamie Woods, third in the Group 2 state sectionals in the 55 meters hurdles last winter, showed she may be capable of much more this year by easily winning the hurdles in 9.1.

County Relays January 25th, 2012

**** Results

4 x 55m HH:

Boys- Kevin Chung, Macky Schoff, Brian Collins, James Knight
34.1 (3rd).... 7.7 8.6 9.1 8.5

Girls- Hanako Shigenobu, Sirai Ramirez, Micaela McPadden, Mimi DeVita
34.6 (2nd).... 8.5 8.8 8.7 8.7

4 x 1600m:

Boys- Travis Spicer, Nick Salamone, Will Ades, David Frering
18:47.4 (3rd) 4:44.5 4:41.5 4:32.7 4:48.5

Girls- Caroline Davidson, Laura Weisberger, Emily Fishbein, Catherine Pagano
22:18.1 (1st).... 5:20.6 5:35.9 5:41.5 5:39.8

4 x 200m:

Boys- Macky Schoff, Sean Park, Kevin Chung, Dom Boresta
1:37.2.... 24.4 25.1 23.9 24.5

Girls- Reid Simoncini, Anna Caffrey, Moriah Jennings, Micaela McPadden
DQ.... 28.9 28.7 28.5 26.1

4 x 800m:

Boys- Nick Tai, Travis Spicer, Brain Clarendon, Brian Collins
8:22.6 (3rd).... 2:05.7 2:04.6 2:07.2 2:04.7

Girls- Kelly Cleary, Laura Weisberger, Emily Fishbein, Caroline Davidson,
10:01.3 (2nd)... 2:35.6 2:29.2 2:32.0 2:24.1

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

Boys- Macky Schoff, Sean Park, Dom Boresta, Will Ades
3:53.5 (5th).. 52.1 25.1 24.1 2:11.9

Girls- Micaela McPadden, Moriah Jennings, Courtney Campbell, Hanako Shigenobu
4:23.9 (1st).... 62.3 27.7 28.3 2:25.4

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

Boys- Nick Salamone, Kevin Chung, David Frering, Travis Spicer
11:14.1 (4th).... 3:30.0 53.7 2:13.6 4:36.3

Girls- Caroline Davidson, CC Chadwick, Kelly Cleary, Catherine Pagano
12:46.8 (2nd).... 3:51.6 67.3 2:30.4 5:16.8

4 x 400m:

Boys- Macky Schoff, Brian Clarendon, Brian Collins, Nick Tai
3:35.1 53.5 54.5 54.0 53.1

Girls- Micaela McPadden, Anna Caffrey, Amanda Muccio, Hanako Shigenobu
4:13.7 (3rd)... 61.4 65.1 65.3 61.2

Long Jump:

Boys- Rob Jacobson, Cam Davidson
34'10 1/4" 17'7 1/4" 17'3"

Girls- Katie McKeon, Reid Simoncini
27'2 3/4" 13'2" 14' 3/4"

Triple Jump:

Boys- James Knight, Dom Ok
73 1 1/4" 37'3" 35'10 1/4"

Girls- Mimi DeVita, Reid Simoncini
60'9 3/4" (6th)..... 33' 1/2" 27'9 1/4"

High Jump:

Boys- James Knight, Rob Jacobson
10'6" ... 5'6" 5'0"

Girls- Mimi DeVita, Hanako Shigenobu
9'0" (6th)..... 4'6" 4'6"

Pole Vault:

Boys- James Knight, Alan Wong
22'6" (2nd).... 11'0" 11'6"

Girls- Mimi DeVita, Ilana Brown
20'6" (1st).... 11'0" 9'6"

Comments:

Girls were 1st with 61 1/3 pts!!!! Awesome! County Champs!! Boys came in 5th. I really liked the way many people stepped up. Some boys had to do many things because of injured athletes....great job there. Special Congrat to Mimi DeVita for being "Athlete of the Meet!!" Next up...Leagues!

INDOOR TRACK AND FIELD

BERGEN COUNTY RELAYS

AT THE ARMORY TRACK CENTER, N.Y.

BOYS

LARGE SCHOOLS

Team Scoring: Hackensack 77, Don Bosco 56 1/2, Teaneck 42, Demarest 41, Ridgewood 32, Indian Hills 28, Old Tappan 20 1/2, Pascack Valley 16, Bergen Tech 14, Paramus 11, Paramus Catholic and Mahwah 7, Ramapo 5, Bergen Catholic 4, Northern Highlands 3 1/2, Fort Lee 2 1/2.

Shuttle HH: 1. Hackensack (Mo Headley, Nick Quinn, Mike Cummings, Mark Jones), 31:4; 2. Demarest, 33:7; 3. Ridgewood, 34:1; 4. Paramus, 34:3; 5. Don Bosco, 34:4; 6. tie between Old Tappan and Fort Lee, 34:5.

4-x-200: 1. Hackensack (Mark Jones, DeAndre Jennings, Rudolph Henriquez, Mo Headley), 1:30.7; 2. Teaneck, 1:31.0; 3. Don Bosco, 1:34.0; 4. Indian Hills, 1:34.4; 5. Paramus Cath., 1:35.7; 6. Ramapo, 1:36.5.

4-x-400: 1. Hackensack (Jeremy Hendrick, Mark Jones, Mo Headley, Rudolph Henriquez), 3:24.7; 2. Teaneck, 3:25.8; 3. Pascack Valley, 3:29.3; 4. Indian Hills, 3:29.4; 5. Don Bosco, 3:32.4; 6. Demarest, 3:32.5.

4-x-800: 1. Don Bosco (Nick Mendolia, Nick Lapinski, Ryan Keller, Mitch Keller), 8:06.5; 2. Demarest, 8:13.5; 3. Ridgewood, 8:22.6; 4. Indian Hills, 8:32.2; 5. Bergen Cath., 18:49.4; 6. Hackensack, 8:55.1.

4-x-1,600: 1. Don Bosco (Christian Costello, Ryan Tucker, Kyle Levermore, Nick Carapezza), 18:02.3; 2. Hackensack, 18:16.8; 3. Ridgewood, 18:47.4; 4. Indian Hills, 18:57.9; 5. Fort Lee, 19:50.1; 6. Paramus, 19:57.3.

Sprint medley: 1. Pascack Valley (Max Linden, Jordan Roses, Jaleel Fulton, Ben Malone), 3:29.9; 2. Don Bosco, 3:37.7; 3. Hackensack, 3:44.1; 4. Ramapo, 3:49.1; 5. Ridgewood, 3:53.5; 6. Paramus Cath., 3:55.1.

Distance medley: 1. Old Tappan (Alex Weiner, Brendan Davidson, Kyle Davidson, Will Maltin), 10:41.6; 2. Hackensack, 10:50.8; 3. Don Bosco, 10:59.1; 4. Ridgewood, 11:14.1; 5. Indian Hills, 11:16.0; 6. Demarest, 11:21.4.

Shot put: 1. Old Tappan (Hunter Norman, Jung Mi Youn), 96-1 1/4; 2. Demarest, 94-4 3/4; 3. Hackensack, 91-10 3/4; 4. Bergen Cath., 84-7 1/2; 5. Don Bosco, 80-6 3/4; 6. Paramus, 71-8 1/2.

High jump: 1. Hackensack (Mike Cummings, Virron Humes), 12-2; 2. Indian Hills, 11-10; 3. Teaneck, 11-4; 4. Paramus Cath., 10-10; 5. tie between No. Highlands and Don Bosco, 10-8.

Long jump: 1. Teaneck (Jamal Williams, Alex Ocansey), 44-1 1/4; 2. Hackensack, 38-6 1/4; 3. Bergen Tech, 38-2 1/4; 4. Don Bosco, 37-8 1/4; 5. Indian Hills, 37-6 3/4; 6. Demarest, 37-5.

Triple jump: 1. Teaneck (Jamal Williams, Alex Ocansey), 84-6; 2. Bergen Tech, 81-10 3/4; 3. Don Bosco, 81-0 1/4; 4. Demarest, 77-6 3/4; 5. No. Highlands, 76-6; 6. Mahwah, 75-8 3/4.

Pole vault: 1. Demarest (Eric Geider, Gary Li), 24-6; 2. Ridgewood, 22-6; 3. Paramus, 18-0.

SMALL SCHOOLS

Team Scoring: Ridgewood Park 88, Hasbrouck Heights 75 1/2, Ramsey 73 1/2, Pascack Hills 30, St. Joseph 28, Dumont 19, Ridgewood 14, New Milford/Wood-Ridge 10, Rutherford 7, Westwood 4, Midland Park 1.

Shuttle HH: 1. Hasbrouck Heights (Mike Pikowski, Mark Monohan, Roland Gamez, Sven Nielsen), 31:6; 2. Ramsey, 32:1; 3. Dumont, 33:8; 4. Ridgewood Park, 34:7; 5. Wood-Ridge, 37:6; 6. New Milford, 38:4.

4-x-200: 1. St. Joseph (Jabari Garvin, Christian Stapleton, Brion Wynn, Sherman Alston), 1:34.7; 2. Ridgewood Park, 1:37.5; 3. New Milford, 1:37.7; 4. Pascack Hills, 1:38.1; 5. Ridgewood, 1:38.3; 6. Westwood, 1:45.3.

4-x-400: 1. Ridgewood Park (Mike Peters,

Dumont, 3:50.7.

4-x-800: 1. Ramsey (Nik Haas, Patrick Watters, Ryan Keller, Mitch Keller), 8:16.6; 2. Ridgewood Park, 8:20.4; 3. Hasbrouck Heights, 9:00.6; 4. St. Joseph, 9:19.4; 5. Pascack Hills, 9:29.3; 6. Westwood, 8:32.4.

4-x-1,600: 1. Ridgewood Park (Warren O'Neill, Aaron Antonio, Stephen Pena, Brendan Conway), 19:00.3; 2. St. Joseph, 20:31.2; 3. Rutherford, 20:31.4; 4. Hasbrouck Heights, 20:31.7; 5. Ramsey, 20:34.9.

Sprint medley: 1. Ridgewood Park (Donald Chisholm, Matt Orozco, Mike Peters, Warren O'Neill), 3:48.0; 2. Pascack Hills, 3:50.5; 3. Ridgewood, 3:53.5; 4. St. Joseph, 3:54.2; 5. tie between Hasbrouck Heights and Ramsey, 3:54.9.

Distance medley: 1. Ramsey (Chris Eltringham, Anthony DeFranco, Erik Buser, Nik Haas), 11:06.7; 2. Ridgewood Park, 11:27.7; 3. Hasbrouck Heights, 12:14.9; 4. Pascack Hills, 12:16.0; 5. Westwood, 12:25.1; 6. Midland Park, 12:31.2.

Shot put: 1. Hasbrouck Heights (Chris Connors, Anthony Seidel), 98-0 3/4; 2. Mahwah, 90-1 1/4; 3. Ridgewood Park, 88-0; 4. Ramsey, 85-4; 5. Wood-Ridge, 84-4; 6. St. Joseph, 78-11 1/4.

High jump: 1. Ridgewood Park (Rakesh Dataram, Mike Peters), 11-6; 2. Hasbrouck Heights, 11-0; 3. Ramsey, 10-10; 4. Pascack Hills, 10-8.

Long jump: 1. Hasbrouck Heights (Sven Nielsen, Roland Gamez), 40-7 3/4; 2. Ramsey, 37-4 3/4; 3. Ridgewood, 36-4 3/4; 4. Wood-Ridge, 33-11 1/4; 5. Mahwah, 33-11 1/4; 6. New Milford, 32-3 1/4.

Triple jump: 1. Hasbrouck Heights (Roland Gamez, Sven Nielsen), 84-2 3/4; 2. Ridgewood Park, 76-3 1/2; 3. Ramsey, 76-0 1/4; 4. Dumont, 65-6 1/4.

Pole vault: 1. Ramsey (Alex Albanese, Jack DeLuca), 24-6; 2. Dumont, 23-6; 3. Hasbrouck Heights, 21-0; 4. Ridgewood Park, 20-6.

GIRLS

LARGE SCHOOLS

Team Scoring: Ridgewood 61.33, IHA 56.83, Teaneck 48, Mahwah 37, Holy Angels 31, Demarest 21, Ramapo 17, Fair Lawn and Paramus 15, Hackensack 14 1/2, Old Tappan 12, No. Highlands 11, Pascack Valley, Paramus Cath. and Indian Hills 10, Bergen Tech 2.33.

Shuttle HH: 1. Fair Lawn (Anne Kavalchik, Kristie Nati, Danielle Pinelli, Marissa Piazza), 34:3; 2. Ridgewood, 34:6; 3. IHA, 34:7; 4. Holy Angels, 35:2; 5. Old Tappan, 35:3; 6. Paramus, 36:1.

4-x-200: 1. Teaneck (Talasiah Balgobin, Janay Ferrel, Ana Atkinson, Kahliia Taylor), 1:45.1; 2. Paramus Cath., 1:48.1; 3. IHA, 1:52.1; 4. Demarest, 1:54.5; 5. Indian Hills, 1:54.8; 6. Fair Lawn, 1:55.0.

4-x-400: 1. Teaneck (Talasiah Balgobin, Kahliia Taylor, Ana Atkinson, Janay Ferrel), 4:08.6; 2. Indian Hills, 4:13.4; 3. Ridgewood, 4:13.7; 4. Pascack Valley, 4:16.3; 5. Paramus Cath., 4:18.7; 6. IHA, 4:19.9.

4-x-800: 1. No. Highlands (Karina North, Ariana North, Sofia Licata, Anna Richard), 9:59.4; 2. Ridgewood, 10:01.3; 3. Pascack Valley, 10:06.0; 4. Holy Angels, 10:09.7; 5. IHA, 10:28.3; 6. Paramus, 10:32.1.

4-x-1,600: 1. Ridgewood (Caroline Davidson, Laura Weisberger, Emily Fishbein, Catherine Pagano), 22:18.1; 2. IHA, 22:33.1; 3. Paramus, 23:26.5; 4. Hackensack, 23:32.4; 5. Holy Angels, 24:37.8; 6. No. Highlands, 24:41.7.

Sprint medley: 1. Ridgewood (Micaela McPadden, Moriah Jennings, Courtney Campbell, Hanako Shigenobu), 4:23.9; 2. Demarest, 4:25.6; 3. Mahwah, 4:36.1; 4. Fair Lawn, 4:36.6; 5. Holy Angels, 4:36.9; 6. IHA, 4:43.4.

Distance medley: 1. Ramapo (Deanna DiLandro, Claire Scavone, Hailey Rocchio, Lisa Zimmer), 12:42.0; 2. Ridgewood, 12:46.8; 3. IHA, 13:12.8; 4. Hackensack, 13:32.6; 5. Holy Angels, 13:34.7; 6.

Old Tappan, 13:40.7.

Shot put: 1. IHA (Theresa Picciallo, Gabrielle Nutile), 75-3/4; 2. Teaneck, 69-8; 3. Hackensack, 66-5/4; 4. Paramus, 63-3/4; 5. Bergen Tech, 57-8/4; 6. Holy Angels, 57-6.

High jump: 1. Mahwah (Carolyn Edler, Gena Pickett), 9-8; 2. tie between Old Tappan and Holy Angels, 9-6; 4. Demarest, 9-4; 5. Teaneck, 9-2; 6. tie between Bergen Tech, IHA and Ridgewood, 9-0.

Long jump: 1. IHA (Gina Carlinio, Shaye Wisse), 33-1 1/4; 2. Teaneck, 32-6 1/2; 3. Mahwah, 31-3; 4. Holy Angels, 30-7 1/4; 5. Old Tappan, 30-3 3/4; 6. Demarest, 29-7 3/4.

Triple jump: 1. Teaneck (Ana Atkinson, Chantea Cummings), 69-2 1/2; 2. Mahwah, 68-7 1/2; 3. IHA, 64-11 1/2; 4. Demarest, 63-9 3/4; 5. Holy Angels, 62-9 3/4; 6. Ridgewood, 60-9 3/4.

Pole vault: 1. Ridgewood (Mimi DeVita, Ilana Brown), 20-6; 2. tie between Mahwah and Ramapo, 19-6; 4. tie between Holy Angels and Paramus, 14-6; 6. tie between IHA and Hackensack, 14-0.

SMALL SCHOOLS

Team Scoring: Hasbrouck Heights 79, Ramsey 74, Westwood 57, Waldwick 25, Pascack Hills 21, Dumont and Rutherford 19, Englewood 18, Ridgewood Park 13, New Milford 12, Queen of Peace 10, Dwight-Englewood 2, Wood-Ridge 1.

Shuttle HH: 1. Hasbrouck Heights (Jennifer White, Rayn Moses, Haleigh Machtemes, Jenna Di Giacinto), 34:6; 2. Ramsey, 35:1; 3. Dumont, 36:7; 4. Pascack Hills, 38:5; 5. New Milford, 40:6; 6. Wood-Ridge, 42:8.

4-x-200: 1. Ramsey (Kristen Webb, Kelly Redi, Alana Karpovitch, Katie Vernon), 1:49.6; 2. Englewood, 1:53.9; 3. Waldwick, 1:54.7; 4. Westwood, 1:55.7; 5. Hasbrouck Heights, 1:56.0; 6. Ridgewood Park, 1:57.0.

4-x-400: 1. Westwood (Rebecca Fasano, Dana Bianchi, Alesia Fasano, Gabriela Sioezen), 4:07.5; 2. Ramsey, 4:08.3; 3. Hasbrouck Heights, 4:22.7; 4. Ridgewood Park, 4:24.8; 5. Englewood, 4:29.4; 6. Pascack Hills, 4:30.5.

4-x-800: 1. Westwood (Dana Bianchi, Alana Milazzo, Julia Senkovich, Gabriela Sioezen), 9:52.3; 2. Ramsey, 10:02.2; 3. Hasbrouck Heights, 10:27.2; 4. Rutherford, 10:44.9; 5. New Milford, 10:47.4; 6. Waldwick, 10:50.3.

4-x-1,600: 1. Westwood (Corinne Myers, Victoria Hanna, Celia Cattabiani, Kim Oppenheim), 23:30.0; 2. Hasbrouck Heights, 24:11.3; 3. Ramsey, 24:22.0.

Sprint medley: 1. Hasbrouck Heights (Jenna DiGiacinto, Danielle Cannici, Daniela Macera, Victoria McKnight), 4:37.5; 2. Ramsey, 4:41.4; 3. Ridgewood Park, 4:43.3; 4. Dumont, 4:47.0; 5. Dwight-Englewood, 4:47.4; 6. Westwood, 4:58.2.

Distance medley: 1. Westwood (Corinne Myers, Julia Senkovich, Kim Oppenheim, Victoria Hanna), 13:44.4; 2. Ramsey, 13:48.5; 3. New Milford, 14:16.7; 4. Hasbrouck Heights, 14:26.3; 5. Rutherford, 14:48.3; 6. Dumont, 14:55.3.

Shot put: 1. Westwood (Natally Brown, Kallee Oakes), 59-8 1/4; 2. Hasbrouck Heights, 59-2 1/4; 3. Rutherford, 57-9 1/4; 4. Waldwick, 53-3 1/4; 5. New Milford, 53-1 1/4; 6. Ramsey, 50-0.

High jump: 1. Waldwick (Ali Giordano, Kayla Pauwels), 9-2; 2. tie between Rutherford and Hasbrouck Heights, 9-0; 4. Ramsey, 8-8; 5. Ridgewood Park, 8-6.

Long jump: 1. Pascack Hills (Briana Setnitzky, Jenny Wankmuller), 31-0; 2. Hasbrouck Heights, 30-3 3/4; 3. Englewood, 29-0 1/4; 4. Waldwick, 28-7; 5. Westwood, 28-6; 6. Ramsey, 28-0 1/4.

Triple jump: 1. Hasbrouck Heights (Rayn Moses, Jen White), 66-9 1/2; 2. Dumont, 63-8 3/4; 3. Pascack Hills, 61-11 3/4; 4. Ramsey, 60-7 1/2; 5. Englewood, 59-8 1/2.

Pole vault: 1. Queen of Peace (Michelle Rozalski, Catherine Rozalski), 18-0; 2. Ramsey, 16-0.

NORTH JERSEY SPORTS

Ridgewood girls, Hackensack boys stops

BERGEN RELAYS

BY PAUL SCHWARTZ
STAFF WRITER

THE RECORD

NEW YORK - For most of Wednesday night's Bergen County relays, Immaculate Heart Ridgewood and regain the large school girls title it last won three years ago.

"But I knew that if it came down to the last three events that we were very strong and we hoped to stay in striking distance until then," Ridgewood coach Mike Mullen said at the Armory.

And indeed, with a third in the distance medley, a third in the 4-x-400 and a win by Mimi De-

Vita and Ilana Brown in the pole vault, the Maroons made up a 12-point deficit over IHA and pulled out a 61 1/2-56 1/2 win.

DeVita, who shared meet honors with an 11-foot pole vault, and Vita and Ilana Brown in the pole vault, the Maroons made up a 12-point deficit over IHA and pulled out a 61 1/2-56 1/2 win.

DeVita, who shared meet honors with an 11-foot pole vault, and Vita and Ilana Brown in the pole vault, the Maroons made up a 12-point deficit over IHA and pulled out a 61 1/2-56 1/2 win.

the boys small-school Pasack Valley junior Ben Mal. Award as the top boy performer. His 1:51.8 800-split anchored Pasack Valley to a Bergen County record 3:29.9 in the sprint medley. The time is the fastest in the county this season and ranks No. 5 in try this season.

For Hasbrouck Heights a 79-74 winner over Ramsey for its second straight title the win was a little unexpected after the graduation of games like Hasbrouck Heights and Ramsey, this is a real big achievement.

"I thought our boys might have a better chance than the girls," said Heights coach Bob Brady. "But Ridgefield Park is just having a great year. But our senior girls this year have stepped up and brought the younger girls with them."

Ridgefield Park built on the school record in the two-man shot put and a solid clinching win in the 4-x-400, defeated Heights, 88-75 1/2. It is the first win since 1994. Ramsey, this is a real big achievement.

"We knew we had a chance against great programs like Hasbrouck Heights and Ramsey, this is a real big achievement."

"Our second thrower [Virron Humes] was our second high jumper tonight and made 6 feet, so that's pretty impressive. And after that we had a problem in the triple high jump, we came back and won the high jump."

Levitzke credited his coaching staff, which includes former state discus champ Monique Mier, Dennis Heath, Mario Santini, Ery's Cole and Walker King. "They do all the work."

"I just get the trophy."

Other team titles went to Hasbrouck Heights in the boys small-school, Hackensack in the boys large school and Ridgefield Park in history last year.

For Hasbrouck Heights a 79-74 winner over Ramsey for its second straight title the win was a little unexpected after the graduation of games like Hasbrouck Heights and Ramsey, this is a real big achievement.

"We knew we had a chance against great programs like Hasbrouck Heights and Ramsey, this is a real big achievement."

"Our second thrower [Virron Humes] was our second high jumper tonight and made 6 feet, so that's pretty impressive. And after that we had a problem in the triple high jump, we came back and won the high jump."

Levitzke credited his coaching staff, which includes former state discus champ Monique Mier, Dennis Heath, Mario Santini, Ery's Cole and Walker King. "They do all the work."

"I just get the trophy."

Big North Championships

1/30/12

***** Results *****

55 HH:

Boys- Kevin Chung- 8.0 (3rd), James Knight- 8.2 (5th)

Girls- Mimi DeVita- 9.5 (3rd), Sirai Ramirez- 9.8, Micaela McPadden- 9.7

55m:

Boys- Dom Boresta- 6.9, Sean Park- DQ, Kevin Chung- 6.8

Girls- Moriah Jennings- 7.6 (5th), Anna Caffrey- 7.9, Reid Simoncini- 7.8,

3200m:

Boys- Travis Spicer- 9:45.2 (1st), Nick Salamone- 9:55.2 (2nd), Brian Daniels- 10:28 (6th)

Girls- Laura Weisberger- 11:45.8 (2nd), Emily Fishbein- 11:30.8 (1st), Victoria Pan- 13:00 (6th)

4 x 800m:

Boys- Brian Clarandon, Graham Jones, Mark French, David Frering
8:34.9 (1st)..... 2:09.6 2:09.5 2:08.6 2:07.0

Girls- Tina Gible, Kelly Cleary, Leslie Jones, Kylie Simpson
10:38.7 (1st)..... 2:40.6 2:32.8 2:39.1 2:45.8

600m:

Boys- Nick Tai- 1:27.8 (3rd), Macky Schoff- 1:28.8 (5th), Brian Collins- 1:31.0 (6th)

Girls- Hanako Shigenobu- 1:39.8 (2nd), Amanda Muccio- 1:49.5 (5th), CC Chadwick- 1:54.0

1000m:

Boys- Will Ades- 2:36.0 (2nd), Brian Clarendon- 2:51.8 (5th), Brian Daniels- 2:53.7

Girls- Caroline Davidson- 3:09.9 (2nd), Catherine Pagano- 3:07.3 (1st),

300m:

Boys- Dom Boresta 39.5, Sean Park- 40.1

Girls- Micaela McPadden- 42.2 (3rd), Courtney Campbell- 47.1 (6th), Moriah Jennings- 45.4 (5th)

1600m:

Boys- Travis Spicer- 4:36.3 (2nd)

Girls- Laura Weisberger- 5:33.5 (3rd), Emily Fishbein- 5:30.0 (2nd), Kelly Cleary- 5:27.3 (1st)

4 x 400m:

Boys- Brian Clarendon, Brian Collins, Dom Boresta, Nick Tai
3:37.7 (3rd).... 55.1 54.7 54.3 53.3

Girls- Micaela McPadden, Anna Caffrey, Caroline Davidson, Hanako Shigenbu
4:14.2 (2nd).... 62.8 65.8 63.5 62.1

High Jump:

Boys- James Knight- 5'8" (5th), Rob Jacobson- NH, Dom Boresta- NH

Girls- Mimi DeVita- 4'6" (5th), Sirai Ramirez- 4'2" , Shannon Cron- 4'4"

Long Jump:

Boys- Rob Jacobson- 17'0", Dom Ok- 16'6"

Girls- Reid Simoncini- 14'8 ³/₄" (4th), Shannon Cron- 14'1 ¹/₂", Katie McKeon- 14'3 ¹/₄"

Triple Jump:

Boys- Dom Ok- 35'8", Rob Jacobson- F

Girls- Mimi DeVita- 32'2 ¹/₄" (3rd), Reid Simoncini- F, CC Chadwick- 28'1 ¹/₂"

Pole Vault:

Boys- James Knight- 11'0" (2nd), Alan Wong- 11'6" (1st), Dylan Dowling- NH

Girls- Mimi DeVita- 11'0" (1st), Illana Brown- 9'6" (2nd), Reid Simoncini- NH

Comments:

Some good things in this meet, but we didn't come out on top. We finished 2nd in the league for girls, and 3rd in the league for boys. February is here, and we really need to focus on getting better individually and starting to have "peak" performances!

FREEDOM DIVISION**BOYS**

Team Scoring: Hackensack (H) 118, Teaneck (T) 68, Ridgewood (R) 64, Bergen Tech (BT) 33, Paramus (P) 9.

55: 1. Daryian Miles (T), 6.4; 2. DeAndre Jennings (H), 6.4; 3. Jamal Williams (T), 6.5.

55 HH: 1. Mark Jones (H), 7.6; 2. Nick Quinn (H), 8.0; 3. Kevin Chung (R), 8.0.

300: 1. Daryian Miles (T), 34.8; 2. DeAndre Jennings (H), 35.9; 3. Mark Jones (T), 36.3.

600: 1. Damien Elliott (T), 1:25.7; 2. Aaron Romero (H), 1:26.3; 3. Nick Tai (R), 1:27.8.

1,000: 1. Kevin Serrao (BT), 2:35.5; 2. Will Ades (R), 2:36.0; 3. John Pujols (H), 2:37.1.

1,600: 1. John Pujols (H), 4:36.1; 2. Travis Spicer (R), 4:36.3; 3. Carlos Coronado (H), 4:41.6.

3,200: 1. Travis Spicer (R), 9:45.2; 2. Nick Salamone (R), 9:55.2; 3. Chris Mascetti (H), 9:55.7.

Shot put: 1. Virron Humes (H), 45-7 $\frac{3}{4}$; 2. D.J. Bourgeois (H), 43-6 $\frac{1}{2}$; 3. Alek Gulbenkian (P), 37-5 $\frac{1}{4}$.

High jump: 1. George Trival (T), 5-10; 2. Mike Cummings (H), 5-10; 3. Virron Humes (H), 5-8.

Long jump: 1. Jamal Williams (T), 22-2 $\frac{3}{4}$; 2. Robin Zhang (BT), 21-2 $\frac{1}{4}$; 3. Alex Ocansey (T), 21-0.

Triple jump: 1. Chris Wong (BT), 43-7 $\frac{3}{4}$; 2. Jamal Williams (T), 43-1 $\frac{1}{2}$; 3. Alex Ocansey (T), 42-8 $\frac{3}{4}$.

Pole vault: 1. Alan Wong (R), 11-6; 3. James Knight (R), 11-0; 3. Chris Wong (BT), 10-6.

4-x-400 relay: 1. Hackensack (Rudolph Henriquez, Mo Headley, Aaron Romero, Mark Jones), 3:26.6; 2. Teaneck, 3:31.5; 3. Ridgewood, 3:37.7.

4-x-800 relay: 1. Ridgewood (Bryan Clarendon, Graham Jones, Mark French, David Frering), 8:34.9; 2. Hackensack, 8:44.1; 3. Bergen Tech, 9:15.3.

FREEDOM DIVISION**Girls**

Team Scoring: Teaneck (T) 107, Ridgewood (R) 98 $\frac{1}{2}$, Hackensack (H) 39, Paramus (P) 27 $\frac{1}{2}$, Bergen Tech (BT) 13.

55: 1. Talasiah Balgoban (T), 7.2; 2. Kahlia Taylor (T), 7.4; 3. Amanda Simms (T), 7.6.

55 HH: 1. Tashe Goodman (H), 9.2; 2. Amanda Simms (T), 9.4; 3. Mirni DeVita (R), 9.5.

300: 1. Kahlia Taylor (T), 41.8; 2. Janay Ferrel (T), 41.9; 3. Micaela McPadden (R), 42.2.

600: 1. Janay Ferrel (T), 1:39.2; 2. Hanako Shigenobu (R), 1:39.8; 3. Vanessa Valdes (H), 1:44.5.

1,000: 1. Catherine Pagano (R), 3:07.3; 2. Caroline Davidson (R), 3:09.9; 3. Katie Kuderka (P), 3:26.3.

1,600: 1. Kelly Cleary (R), 5:27.3; 2. Emily Fishbein (R), 5:30.0; 3. Laura Weisberger (R), 5:33.5.

3,200: 1. Emily Fishbein (R), 11:30.8; 2. Laura Weisberger (R), 11:45.8; 3. Oni Obelle (H), 12:06.1.

Shot put: 1. Taylor Martin (H), 38-2 $\frac{1}{4}$; 2. Jessica Reuveni (P), 37-7 $\frac{1}{4}$; 3. Chardonay Elliott (T), 36-8.

High jump: 1. Talasiah Balgoban (T), 5-2; 2. Amanda Simms (T), 4-10; 3. Emily Dowling (BT), 4-10.

Long jump: 1. Talasiah Balgoban (T), 16-9; 2. Trenice Foster (T), 16-2; 3. Emily Dowling (BT), 15-0.

Triple jump: 1. Chantea Cummings (T), 35-5 $\frac{3}{4}$; 2. Ana Atkinson (T), 35-2 $\frac{1}{2}$; 3. Mirni DeVita (R), 32-2 $\frac{1}{4}$.

Pole vault: 1. Mirni DeVita (R), 11-0; 2. Ilana Brown (R), 9-6; 3. Michelle Forbes (H), 9-0.

4-x-400 relay: 1. Teaneck (Janay Ferrel, Ana Atkinson, Talasiah Balgoban, Kahlia Taylor), 4:07.8; 2. Ridgewood, 4:14.2.

4-x-800 relay: 1. Ridgewood (Tina Gible, Kelly Cleary, Kylie Simpson, Lesley Jones), 10:38.7; 2. Paramus, 10:43.2; 3. Bergen Tech, 10:53.0.

Lakeland girls jumping for joy

By PAUL SCHWARTZ
STAFF WRITER

INDOOR TRACK

NEW YORK - In six of the eight divisions in Monday's Big North championships, the winners were decided long before the final event.

But in the girls Freedom and Independence divisions, the running events were over and the teams had to sweat out the triple jump and pole vault to determine the final winners of the night.

Lakeland senior Mackenzie Bradley led a 1-5 finish in the triple jump and Alexandria Farrell won the pole vault in a vault-off to clinch the Lancers' 83-74 win over Passaic Valley in the Independence division. At nearly the same time, Teaneck's Chantea Cummings and Ana Atkinson went 1-2 in the Freedom triple jump to clinch the Highwaywomen's 107-98½ upset victory over Bergen Relays fittest Ridgewood.

The two tight finishes highlighted an evening where Passaic Tech confirmed the dominance it showed at the Passaic County championships, winning

the Liberty girls meet by 34 points and the boys meet by 66. Don Bosco easily beat Bergen Catholic, 115-77, for the United boys title; IHA beat Holy Angels, 105½-75, for the United girls title and Hackensack blew out Teaneck, 118-68, for the Freedom Boys title. West Milford had the largest margin of victory in defeating Wayne Valley, 133-54, for the Independence boys title.

"In a small league like this, everybody is very close, and it all depends on who has the best night," said Lakeland girls coach Bob Mueller. "We lost a 5-2 girls high jumper [Michaela Bukoski] to a burst appendix this week, but MacKenzie stepped up and won the triple jump and we got a good start when Annie Rivera won the 55 to start the meet and went from there."

"I looked at the county relays and knew Ridgewood had a lot in the distances, but I knew we had a lot in the jumps and sprints and when we got second from Amanda Simms in the 55 hur-

dles to start the meet, I knew we had a very good chance," Teaneck coach Charlie Lovelace said. "Janay Ferrel ran a terrific race in the 600 [upsetting favored Hanako Shigenobu of Ridgewood] and KK [Kahlia Taylor] hung on for some points. We even got a point in the 1,000, which we never get."

Don Bosco held out distance standouts Christian Costello, Ryan Tucker, Kyle Levermore and Nick Carapezza, but that gave other seniors a chance to step forward for the Ironmen.

"This meet serves a very good purpose," Bosco coach Rob DeCarlo said. "It's great to get kids like Mitch Keller, Nick Mendolia and Mike Flanagan a chance to win a race and that they can really help this team as the season goes forward. Mendolia ran himself onto our four by mile team off of his performance tonight and Mitch continues to have an outstanding winter season, winning the 1,000 and running on our 4-x-400 team. It's a great problem for me to have to decide who runs where and just gives that much more depth for the future."

BOYS RESULTS

Event 69 Boys Shot Put 3-Freedom

Name	Year	School	Seed	Finals
Finals				
1	496	Humes, Virron	SR Hackensack	45-07.75
2	472	Bourgeois, Donnyel	SR Hackensack	43-06.50
3	619	Gulbenkian, Alek	JR Paramus	37-05.25
4	476	Cayo, Michael	SR Hackensack	37-02.25
5	186	Pruitt, Austin	11 Bergen Cty VT	33-05.00

Event 70 Boys High Jump 3-Freedom

Name	Year	School	Seed	Finals
1	1012	Trival, George	10 Teaneck	5-10.00
2	479	Cummings, Michael	SR Hackensack	J5-10.00
3	496	Humes, Virron	SR Hackensack	5-08.00
4	995	Ocansey, Alex	12 Teaneck	J5-08.00
5	1538	Knight, James	12 Ridgewood	J5-08.00
6	203	Wong, Christopher	12 Bergen Cty VT	5-04.00

Event 71 Boys Pole Vault 3-Freedom

Name	Year	School	Seed	Finals
1	1566	Wong, Alan	10 Ridgewood	11-06.00
2	1538	Knight, James	12 Ridgewood	11-00.00
3	203	Wong, Christopher	12 Bergen Cty VT	10-06.00
4	650	Toppo, Alex	SR Paramus	J10-06.00
5	522	Quinn, Nicholas	JR Hackensack	10-00.00

Event 72 Boys Long Jump 3-Freedom

Name	Year	School	Seed	Finals
1	1017	Williams, Jamal	12 Teaneck	22-02.75
2	206	Zhang, Robin	11 Bergen Cty VT	21-02.50
3	494	Hendrick, Jeremy	SR Hackensack	21-00.00
4	995	Ocansey, Alex	12 Teaneck	20-06.75
5	479	Cummings, Michael	SR Hackensack	20-04.75
6	203	Wong, Christopher	12 Bergen Cty VT	20-00.50

Event 73 Boys Triple Jump 3-Freedom

Name	Year	School	Seed	Finals
1	203	Wong, Christopher	12 Bergen Cty VT	43-07.75
2	1017	Williams, Jamal	12 Teaneck	43-01.50
3	995	Ocansey, Alex	12 Teaneck	42-08.75
4	479	Cummings, Michael	SR Hackensack	42-06.25
5	494	Hendrick, Jeremy	SR Hackensack	41-04.50

Event 74 Boys 55 Meter Hurdles 3-Freedom

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

1	500 Jones, Mark	JR Hackensack		7.60
2	522 Quinn, Nicholas	JR Hackensack		8.00
3	1508 Chung, Kevin	11 Ridgewood		J8.00
4	493 Headley, Moquiez	SR Hackensack		J8.00
5	1538 Knight, James	12 Ridgewood		8.20

Event 75 Boys 55 Meter Dash 3-Freedom

Name	Year	School	Seed	Finals
1	991 Miles, Daryian	12 Teaneck		6.40
2	498 Jennings, DeAndre	SR Hackensack		J6.40
3	1017 Williams, Jamal	12 Teaneck		6.50
4	495 Henriquez, Rudolph	SR Hackensack		6.70
5	500 Jones, Mark	JR Hackensack		6.80

Event 76 Boys 3200 Meter Run 3-Freedom

Name	Year	School	Seed	Finals
1	1560 Spicer, Travis	12 Ridgewood		9:45.20
2	1554 Salamone, Nick	11 Ridgewood		9:55.20
3	510 Mascetti, Chris	SO Hackensack		9:55.70
4	643 Secreti, Mike	JR Paramus		10:03.50
5	538 Uzhca, Angel	JR Hackensack		10:20.90
6	1620 Daniels, Brian	SO Ridgewood		10:28.40

Event 77 Boys 600 Meter Dash 3-Freedom

Name	Year	School	Seed	Finals
1	959 Elliott, Damien	12 Teaneck		1:25.70
2	526 Romero, Aaron	SR Hackensack		1:26.30
3	1561 Tai, Nick	12 Ridgewood		1:27.80
4	493 Headley, Moquiez	SR Hackensack		J1:27.80
5	1555 Schoff, Nick	11 Ridgewood		1:28.80
6	1512 Collins, Brian	10 Ridgewood		1:31.00

Event 78 Boys 1000 Meter Run 3-Freedom

Name	Year	School	Seed	Finals
1	195 Serrao, Kevin	10 Bergen Cty VT		2:35.50
2	1500 Adeg, Will	11 Ridgewood		2:36.00
3	521 Pujols, John	SR Hackensack		2:37.10
4	514 Nieto, Pablo	JR Hackensack		2:40.80
5	1510 Clarendon, Bryan	10 Ridgewood		2:51.80
6	973 Jamal, Saif	10 Teaneck		2:54.00

Event 79 Boys 300 Meter Dash 3-Freedom

Name	Year	School	Seed	Finals
1	991 Miles, Daryian	12 Teaneck		34.80
2	498 Jennings, DeAndre	SR Hackensack		35.90
3	500 Jones, Mark	JR Hackensack		36.30

4	959 Elliott, Damien	12 Teaneck	36.40
5	495 Henriquez, Rudolph	SR Hackensack	J36.40
6	1003 Rueger, Dmitri	11 Teaneck	38.80

Event 80 Boys 1600 Meter Run 3-Freedom

Name	Year	School	Seed	Finals
1	521 Pujols, John	SR Hackensack		4:36.10
2	1560 Spicer, Travis	12 Ridgewood		4:36.30
3	478 Coronado, Carlos	SR Hackensack		4:41.60
4	510 Mascetti, Chris	SO Hackensack		4:43.60
5	643 Secreti, Mike	JR Paramus		4:49.60
6	620 Helstrom, Erik	SO Paramus		4:50.40
7	623 Lefer, Matthew	SR Paramus		4:54.60

Event 81 Boys 4x800 Meter Relay 3-Freedom

School	Seed	Finals
1 Ridgewood 'A'		8:34.90
1) 1510 Clarendon, Bryan 10	2) 1535 Jones, Graham 11	
3) 1525 French, Mark 12	4) 1526 Frering, David 10	
2 Hackensack 'A'		8:44.10
1) 536 Torrealba, Gioser JR	2) 533 Sweeting, Stephen JR	
3) 516 Nunez, Aneudy SR	4) 478 Coronado, Carlos SR	
3 Bergen Cty VT 'A'		9:15.30
1) 208 Zhou, Warren 12	2) 158 Hodge, Ethan 10	
3) 193 Scatena, Jason 12	4) 160 Hwang, Alan 12	
4 Teaneck 'A'		9:26.50
1) 1005 Sanchez, Stephen 11	2) 969 Heron, Dondre 10	
3) 966 Greaves, Eric 11	4) 1004 Rutz, Jeffrey 12	

Event 82 Boys 4x400 Meter Relay 3-Freedom

School	Seed	Finals
1 Hackensack 'A'		3:26.60
1) 495 Henriquez, Rudolph SR	2) 493 Headley, Moquiez SR	
3) 500 Jones, Mark JR	4) 494 Hendrick, Jeremy SR	
2 Teaneck 'A'		3:31.50
3 Ridgewood 'A'		3:37.70
4 Bergen Cty VT 'A'		3:45.60

Male Team Scores - 3 3-Freedom Division

Place	School	Points
1	Hackensack	147 118
2	Teaneck	1417 68
3	Ridgewood	1416 64

GIRLS RESULTS

Event 55 Girls Shot Put 3-Freedom

Name	Year	School	Seed	Finals
Finals				
1	509	Martin, Taylor	JR Hackensack	38-02.50
2	641	Reuveni, Jessica	SR Paramus	37-07.25
3	958	Elliott, Chardonay	12 Teaneck	36-08.00
4	480	Dempster, Natasha	SR Hackensack	35-01.25
5	189	Sachdev, Sonya	9 Bergen Cty VT	33-01.25

Event 56 Girls High Jump 3-Freedom

Name	Year	School	Seed	Finals
1	946	Balgobin, Talasiah	10 Teaneck	5-02.00
2	1009	Simms, Amanda	10 Teaneck	4-10.00
3	147	Dowling, Emily	12 Bergen Cty VT	J4-10.00
4	956	Cummings, Chantea	11 Teaneck	J4-10.00
5	625	Liu, Mandy	SR Paramus	4-06.00
5	1516	DeVita, Mimi	11 Ridgewood	4-06.00

Event 57 Girls Pole Vault 3-Freedom

Name	Year	School	Seed	Finals
1	1516	DeVita, Mimi	11 Ridgewood	11-00.00
2	1503	Brown, Illana	12 Ridgewood	9-06.00
3	487	Forbes, Michelle	SR Hackensack	9-00.00
4	625	Liu, Mandy	SR Paramus	8-06.00

Event 58 Girls Long Jump 3-Freedom

Name	Year	School	Seed	Finals
1	946	Balgobin, Talasiah	10 Teaneck	16-09.00
2	961	Foster, Trenice	12 Teaneck	16-02.00
3	147	Dowling, Emily	12 Bergen Cty VT	15-00.00
4	1557	Simoncini, Reid	9 Ridgewood	14-08.75
5	630	Mattissich, Noelle	SR Paramus	14-07.25
6	181	Pan, Jacqueline	11 Bergen Cty VT	14-05.25

Event 59 Girls Triple Jump 3-Freedom

Name	Year	School	Seed	Finals
1	956	Cummings, Chantea	11 Teaneck	35-05.75
2	944	Atkinson, Anastasi	11 Teaneck	35-02.50
3	1516	DeVita, Mimi	11 Ridgewood	32-02.25
4	630	Mattissich, Noelle	SR Paramus	32-00.00
5	489	Goodman, Tashe	SR Hackensack	30-10.50
6	961	Foster, Trenice	12 Teaneck	30-09.50

Event 60 Girls 55 Meter Hurdles 3-Freedom

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

1	489 Goodman, Tashe	SR Hackensack	9.20
2	1009 Simms, Amanda	10 Teaneck	9.40
3	1516 DeVita, Mimi	11 Ridgewood	9.50
4	468 Allegretta, Jaclyn	JR Hackensack	9.60
5	630 Mattissich, Noelle	SR Paramus	9.70

Event 61 Girls 55 Meter Dash 3-Freedom

Name	Year	School	Seed	Finals
1	946	Balgobin, Talasiah	10 Teaneck	7.20
2	1011	Taylor, Kahlia	12 Teaneck	7.40
3	1009	Simms, Amanda	10 Teaneck	7.60
4	1534	Jennings, Moriah	12 Ridgewood	J7.60
5	477	Clarke, Naomi	SO Hackensack	7.80

Event 62 Girls 3200 Meter Run 3-Freedom

Name	Year	School	Seed	Finals
1	1522	Fishbein, Emily	10 Ridgewood	11:30.80
2	1563	Weisberger, Laura	10 Ridgewood	11:45.80
3	519	Obelle, Oni	SR Hackensack	12:06.10
4	626	Lucas, Lindsey	SO Paramus	12:20.00
5	616	Davis, Erin	FR Paramus	12:52.90
6	1547	Pan, Victoria	12 Ridgewood	13:00.80

Event 63 Girls 600 Meter Dash 3-Freedom

Name	Year	School	Seed	Finals
1	960	Ferrel, Janay	12 Teaneck	1:39.20
2	1556	Shigenobu, Hanako	12 Ridgewood	1:39.80
3	539	Valdes, Vanessa	SR Hackensack	1:44.50
4	1011	Taylor, Kahlia	12 Teaneck	1:48.60
5	1543	Muccio, Amanda	10 Ridgewood	1:49.50
6	491	Grant, Kathryn	FR Hackensack	1:50.20

Event 64 Girls 1000 Meter Run 3-Freedom

Name	Year	School	Seed	Finals
1	1546	Pagano, Catherine	9 Ridgewood	3:07.30
2	1515	Davidson, Caroline	12 Ridgewood	3:09.90
3	622	Kuderka, Katie	SR Paramus	3:26.30
4	633	Mihalik, Lauren	SO Paramus	3:37.30
5	976	Jones, Daeshia	9 Teaneck	3:38.30
6	520	Perez, Jennifer	JR Hackensack	3:49.30

Event 65 Girls 300 Meter Dash 3-Freedom

Name	Year	School	Seed	Finals
1	1011	Taylor, Kahlia	12 Teaneck	41.80
2	960	Ferrel, Janay	12 Teaneck	41.90
3	1541	McPadden, Micaela	11 Ridgewood	42.20

4	944 Atkinson, Anastasi	11 Teaneck	45.00
5	1534 Jennings, Moriah	12 Ridgewood	45.40
6	1505 Campbell, Courtney	11 Ridgewood	47.10

Event 66 Girls 1600 Meter Run 3-Freedom

Name	Year School	Seed	Finals
1 1511 Cleary, Kelly	9 Ridgewood		5:27.30
2 1522 Fishbein, Emily	10 Ridgewood		5:30.00
3 1563 Weisberger, Laura	10 Ridgewood		5:33.50
4 519 Obelle, Oni	SR Hackensack		5:38.80
5 539 Valdes, Vanessa	SR Hackensack		5:43.90
6 626 Lucas, Lindsey	SO Paramus		5:44.60

Event 67 Girls 4x800 Meter Relay 3-Freedom

School	Seed	Finals
1 Ridgewood 'A'		10:38.70
1) 1528 Gibble, Tina 12	2) 1511 Cleary, Kelly 9	
3) 1558 Simpson, Kylie 10	4) 1536 Jones, Lesley 11	
2 Paramus 'A'		10:43.20
1) 647 Su, Joanna FR	2) 633 Mihalik, Lauren SO	
3) 622 Kuderka, Katie SR	4) 611 Bartner, Jolie JR	
3 Bergen Cty VT 'A'		10:53.00
1) 191 Samaniego, Celine-Ann 10	2) 168 Kocak, Alyssa 11	
3) 199 Stevens, Christina 10	4) 162 Javaluyas, Terri 9	
4 Hackensack 'A'		11:21.10
1) 511 Mendoza, Katiana FR	2) 520 Perez, Jennifer JR	
3) 515 Nunez, Adriana SO	4) 467 Achirem, Priscilla SO	
5 Teaneck 'A'		11:40.30
1) 962 Gavilanes, Nicole 9	2) 1000 Rivera, Stephanie 10	
3) 1006 Sanders, Kyler	4) 976 Jones, Daeshia 9	

Event 68 Girls 4x400 Meter Relay 3-Freedom

School	Seed	Finals
1 Teaneck 'A'		4:07.80
1) 960 Ferrel, Janay 12	2) 944 Atkinson, Anastasia 11	
3) 1011 Taylor, Kahlia 12	4)	
2 Ridgewood 'A'		4:14.20
-- Hackensack 'A'		DQ

Female Team Scores - 3 3-Freedom Division

Place	School	Points
1	Teaneck	1417 107
2	Ridgewood	1416 98.50
3	Hackensack	147 39
4	Paramus	1413 27.50
5	Bergen Cty VT	131 13

Varsity Classic

Monday 2/6/12

****Results ****

55m:

Girls- Moriah Jennings- oops, Courtney Campbell- oops

55m HH:

Boys- Kevin Chung- 7.7,

Girls- Mimi DeVita- 9.5

DM: (1200-400-800-1600)

Boys- Travis Spicer, Macky Schoff, Will Ades, Levi Jennings

10:42.7 ... 3:16.1 53.0 1:58.9 4:34.7

Girls- Caroline Davidson, Anna Caffrey, Hanako Shigenobu, Catherine Pagano

12:15.4 (2nd).. 3:46.2 64.6 2:19.9 5:05.5

800m:

Girls- Brittany Frank- 2:48.8

4 x 800m:

Boys- Nick Tai, David Frering, Mark French, Brian Collins

8:28.1..... 2:06.7 2:10.3 2:06.2 2:04.9

Girls- Victoria Pan, Tina Gibble, Kylie Simpson, Leslie Jones

10:38.6..... 2:42.6 2:37.8 2:40.5 2:37.7

200m:

Girls- Moriah Jennings- 28.1, Anna Caffrey- 28.4, Courtney Campbell- 28.9

1600m:

Boys- Brian Daniels- 4:47.3, Graham Jones- 4:49.8

Girls- Emily Fishbein- 5:17.8, Laura Weisberger- 5:23.8

Pole Vault:

Girls- Mimi DeVita- 11'0" (3rd)

Comments:

Awesome girls-DM and congrats to Mimi in the PV. Competition is fierce in this meet and I thought we did well. A lot of personal bests, so great job. States coming up!

INDOOR TRACK REPORT

Maroons girls at Penn again?

Distance med (12:16.3) likely

By **PAUL SCHWARTZ**
STAFF WRITER

Caroline Davidson and Hanako Shigenobu wanted to get back to the Penn Relays distance medley. Freshman Catherine Pagano wanted to get there for the first time. And Anna Caffrey wanted to prove she belonged on the team.

All four Ridgewood runners produced excellent efforts Monday night as the Maroons all but qualified for April's Penn Relays by running 12:16.3 for second place behind Lenape at the Varsity Classic at the Armory Track Center.

Entry forms won't be sent out until next week and the process of selecting the best 18 distance medley teams won't be final until April 17, but all signs point to the Maroons making their second straight trip in one of the most exclusive high school events in the country after their performance Monday.

The performance, third best in Ridgewood's school history, currently ranks eleventh in the country and the remaining major competitions in the event this winter will be limited to the Eastern States meet Feb. 28 and the Nike

Nationals on March 9, both at the Armory. Teams running the time that Ridgewood ran Monday have never been left out of the meet, although many teams have chosen not to compete.

"We really wanted to have a good time," said Pagano, who closed with a 5:05 1,600 leg after Davidson opened in 3:46 (1,200), Caffrey ran 64.5 (400) and Shigenobu split 2:20.8 (800). Caffrey was running in place of Micaela McPadden, who missed the meet because of a family emergency.

"When we found out Micaela McPadden couldn't run, we needed Anna to fill in and run well and she did."

"This team has a real good dynamic," said Davidson, who took seven seconds off her leadoff time at the Bergen County Relays. "But we needed this race to give us the confidence that we could run this well. Everybody said we could do this but we needed to see it."

Last year, the Maroons had to travel to Arcadia, Calif., to try to get a qualifying time, just a week before the cutoff. This year, they shouldn't have to sweat it.

AROUND THE TRACK

LOOKING AHEAD: The final meet of the season at Fairleigh Dickinson's Rothman Center is the Lou Molino Invitational on Thursday. The meet, named in honor of the Ramsey athletic director who died a year ago, figures to be a tuneup for some athletes who will compete in the state group meets Feb. 17-18 at the Bennett Center, Toms River, or for the Bergen County championships, Feb. 21 at the Armory Track Center, New York.

The third Garfield Invitational shot put/high jump meet will be held Monday at the high school, but it appears that there will be no Garfield Classic this year.

The state Non-Public A and B meets will be held at 4 p.m. a week from today at the Bennett Center. The Group 2 and 3 meets are at 9 a.m. Feb. 18, followed by Groups 1 and 4 at 4 p.m., also at the Bennett Center.

The top six finishers in each event at the six group meets will advance to the state Meet of Champions on Feb. 25, along with the top six non-scoring finishers in each event from the group meets. The girls Meet of Champions and both pole vaults will start at 9 a.m., with the boys meet to follow at 1 p.m.

PARISI JUMP SERIES: Robin Zhang of Bergen Tech long-jumped 20-6¼ and teammate Chris Wong triple-jumped 42-2¾ at the final Parisi jump series of the winter last week.

SPEAKING OF PENN: Though entries aren't due until April 4, there are some North Jersey athletes who have reached the qualifying standards for individual events at the Penn Relays, April 27-29. However, reaching the standards doesn't guarantee selection.

Here's a list of the current qualified athletes by event, with the standards in parentheses:

BOYS

1 mile (4:20.0): None.

2 mile (9:23.0): None.

*400 IH (55.00): Brandon Gregory, Old Tappan; Mark Jones, Hackensack.

High jump (6-7): None.

TOP PERFORMERS

Girls

55: Myasia Jacobs, Paramus Catholic, 6.87

55 HH: Breaisha Morton, Passaic Tech, 8.68

200: Jen Pash, IHA, 25.2

300: Myasia Jacobs, Paramus Catholic, 39.28

400: Janay Ferrel, Teaneck, 58.2

600: Janay Ferrel, Teaneck, 1:39.2

800: Deanna Dilandro, Ramapo, 2:21.83

1,000: Hanako Shigenobu, Ridgewood, 3:03.9

1,600: Caroline Davidson, Ridgewood, 5:13.32*

3,200: Ariana North, Northern Highlands, 11:11.9

Shot: Theresa Picciallo, IHA, 47-1

High jump: Five tied at 5-2

Long jump: Briana Setnitzky, Pascack Hills, 17-3

Triple jump: Gena Pickett, Mahwah, 37-0¾

Pole vault: Carolyn Edler, Mahwah, and Mimi DeVita, Ridgewood, 11-0

4-x-200 relay: Teaneck, 1:45.1

4-x-400 relay: Westwood, 4:07.5

4-x-800 relay: Ridgewood, 9:47.76

Distance medley: Ridgewood, 12:16.3

* One-mile time converted to 1,600 meters

Anthony Seidel, Hasbrouck Heights; Trumbetti.

*Javelin (180-5): Seidel.

4-x-800 relay (8:15.0): Demarest, Don Bosco, Hackensack.

Distance medley (10:40.0): Don Bosco.

GIRLS

1 mile (5:10.0): Kristen Traub, Eastern Christian.

2 mile (11:17.0): Ariana North, Northern Highlands.

*400 IH (64.00): Madison Holleran, Northern Highlands.

High jump (5-6): None.

Pole vault (10-6): Mimi DeVita, Ridgewood; Carolyn Edler, Mahwah.

Long jump (17-8½): None.

Triple jump (35-9¾): Ana Atkinson, Teaneck; Rayn Moses, Hasbrouck Heights; Gena Pickett, Mahwah.

Shot put (38-8½): Theresa Picciallo, IHA.

*Discus (114-10): Picciallo.

*Javelin (121-5): Shaunteriah Douglas, Garfield; Lisa Sesink-Clee, Holy Angels; Re-

INDOOR TRACK & FIELD

VARSITY CLASSIC

AT THE ARMORY TRACK CENTER, NEW YORK

MONDAY NIGHT

Boys

55: 1. Deandre Jennings, Hackensack, 6.4.
55 HH: 1. Alex Izegbu, Edison, 7.4; 2. Mark Jones, Hackensack, 7.5.
200: 1. Ishmael Hyman, St. John Vianney, 22.0; 2. Daryian Miles, Teaneck, 22.0; 3. Deandre Jennings, Hackensack, 22.3.
400: 1. Tim Hamlett, Don Bosco, 49.4; 2. Brandon Gregory, Old Tappan, 49.7; 6. tie between Damien Elliot, Teaneck, and Daryian Miles, Teaneck, 50.3.
800: 1. Steven Flynn, Edison, 1:58.7; 3. Kevin Serrao, Bergen Tech, 1:59.2.
1,600: 1. Tony Russell, Henderson (PA), 4:21.8; 3. John Pujols, Hackensack, 4:24.8; 5. Alex Weiner, Old Tappan, 4:26.7.
3,200: 1. Sami Aziz, Germantown Friends (PA), 9:28.7; 2. Kyle Levermore, Don Bosco, 9:34.4.
Shot put: 1. Andrew Trumbetti, Demarest, 55-3; 4. Hunter Norman, Old Tappan, 49-6.
High jump: 1. Jalen Ramsey, Norristown (PA), 6-4; 4 (tie) Roland Gamez, Hasbrouck Heights and Marcel McKinney, Passaic Tech, 6-0.
Long jump: 1. Jamal Williams, Teaneck, 23-2½.
Triple jump: 1. Jon Pitt, South Brunswick, 45-11¼; 3. Roland Gamez, Hasbrouck Heights, 44-9¼.
Pole vault: 1. Mike Brunoforte, St. Anthony's (NY), 14-6; 2. Eric Geider, Demarest, 14-0; 5. Alex Sisco, Hasbrouck Heights, 13-0.
4-x-400 relay: 1. CBA, 3:26.4.
4-x-800 relay: 1. Union Catholic (Andrew Ghizzone, Mike DeAngelis, Kenny Evely, Allen Eke,

7:57.3; 3. Don Bosco (Christian Costello, Ryan Keller, Mitch Keller, Nick Mendolia), 8:05.5

Distance medley: 1. CBA (Tim Gorman, Theo Foster, Clark Mangini, George Kelly), 10:08.8 (record, old record, 10:11.0 by CBA, 2011)

Girls

55: 1. Amari Hartsfield, Sayreville, 7.0; 4. Kahlia Taylor, Teaneck, 7.2.
55 HH: 1. Ashley Love, Jackson Liberty, 8.2; 5. Breasha Morton, Passaic Tech, 8.6.
200: 1. Tanaya Yarde, Mount Vernon, 24.9
400: 1. Jen Edobi, Union, 56.5; 4. Janay Ferrel, Teaneck, 58.2.
800: 1. Cayla DelPiano, South Brunswick, 2:13.7.
1,600: 1. Megan McGarrity, St. Basil Academy (PA), 5:12.0
3,200: 1. Mackenzie Barry, Mendham, 10:45.8
Shot put: 1. Theresa Picciallo, IHA, 44-4; 4. Taylor Martin, Hackensack, 37-2¾; 6. Jess Reuveni, Paramus, 36-6¼.
High jump: 1. Katherine Harris, Kent Place, 5-4.
Long jump: 1. Keturah Orji, Mount Olive, 18-3¾.
Triple jump: 1. Sarah Bowens, Suffern (NY), 37-6; 6. Rayn Moses, Hasbrouck Heights, 35-1¼.
Pole vault: 1. Chelsea Vaughan, Southern, 11-6; 2. Mimi DeVita, Ridgewood, 11-0.
4-x-400 relay: 1. Suffern, 4:03.9
4-x-800 relay: 1. Suffern (Sarah Auld, Ursula Svoboda, Kate Zendell, Kam McIntosh), 9:29.1;
Distance medley: 1. Lenape (Emmy Duffey, Lizzy Duffey, Emily McGee, Natalia Ocasio), 11:55.9; 2. Ridgewood (Caroline Davidson, Anna Caffrey, Hanako Shigenobu, Catherine Pagano), 12:16.3.

Ed Church Invite

Thur. 2/9/12

***** Results *****

55m HH:

Boys-

Frosh- Kai Ward- 11.2 (4th)

Girls:

Novice- Sirai Ramirez- 11.2..fell

Frosh- Katie McKeon- 10.6/10.6 (4th)

55m:

Boys-

Novice- InHo Hwang- 6.9/6.9 (5th), Harry Park- 7.9, Dom Boresta- 7.0, Dom Ok- 7.5,
Kyle Ransom- 6.9/7.0, Emmett Berry- 7.2, Vincent Young- 7.9, Shota Kagai- 7.2,
Corey Chan- 7.8, Spencer Kates- 8.5

Frosh- Charles Sheu- 7.7, Scott Ho- 7.2/7.1/7.2 (4th), Sean King- 8.1

Girls:

Novice- Joanna Chang- 8.5, Alyssa Bennett- 8.6, KeeAuna Whalen- 8.8,
Shannon Cron- 7.8/7.9, Amanda Muccio- 8.2/8.0, Emily Flynn- 8.5

Frosh- Reid Simoncini- 8.4/8.2/8.0 (5th), Jen Luby- 8.4/8.3,

Varsity 1600m:

Boys: Ben Fishbein- 5:17.5, Kotaro Tamura- 5:07.1

Girls: Brittany Frank- 6:03.6

4 x 800m:

Boys-

Novice- Carl Legg, Dom Ok, Ryan Neville, Shota Kagai
9:31.9 (4th).... 2:18.8 2:25.8 2:26.0 2:21.3

Frosh- Sean O'Keefe, Paul An, Tom Muchel, Kotaro Tamura
10:25.4 (5th).... 2:25.8 2:56.5 2:40.0 2:24.1

Girls:

Frosh- Tara Cirillo, Emily Rick, Cristina Barrales, Kelly Cleary
11:37.0 (1st).... 2:55.7 2:54.9 3:06.0 2:40.3

Varsity 400m:

Boys: InHoo Hwang- 55.7, Dom Boresta- 57.9

200m: *(All sprinters that didn't go to meet on Monday are in this!!!!!!)*

Boys-

Novice- InHoo Hwang- 25.4 (**5th**), Kyle Ransom- 25.5 (**6th**), Shota Kagai- 27.3,
Cam Davidson- 26.6, Emmett Berry- 28.6, Vincent Young- 29.5, Harry Park- 27.9,
Corey Chan- 30.3

Frosh- Kai Ward- 27.0, Scott Ho- 27.6, Charles Sheu- 28.5, Sean King- 30.3

Girls:

Novice- Sirai Ramirez- 30.5, Shannon Cron- 29.2, KeeAuna Whalen- 33.5, Amanda Muccio- 29.9,
Emily Flynn- 30.4, Alyssa Bennett- 33.8, Joanna Chang- 34.3

Frosh- Katie McKeon- 30.9, Reid Simoncini- 30.5, Jen Luby- 31.2

Comments:

Awesome Meet!!!! I loved the way we competed! We got a lot of medals and personal bests. I thought you guys were great and the enthusiasm and effort from all were outstanding!!! Great Job!

Two Bergen aces on the right track

By PAUL SCHWARTZ
STAFF WRITER

TRACK AND FIELD

NEW YORK – Maybe Tim Hamlett and Jamal Williams could have been showing off their basketball skills at this weekend's Bergen Jamboree quarterfinals.

Hamlett played on Don Bosco's varsity last winter and Williams was on Teaneck's county championship freshman squad in 2009.

Though they still have a soft spot for hoops, both found their true athletic calling on the track and in the field. On Monday both scored impressive victories at the Varsity Classic, one of the top invitationals of the season in indoor track and field.

Hamlett, who struggled early this winter in the transition from basketball, showed why he was part of the Don Bosco 4-x-400 team that won the state title last spring, beating Brandon Gregory of Old Tappan and a very good field in 49.4 seconds in the open 400. That's the fastest time in Bergen County this season.

Williams continued to dominate New Jersey and New York long jumpers, bettering 23 feet for the third time this winter en route to another easy victory at 23-2½, just a half-inch from his personal best.

"I started to get some looks last spring because of track, and I decided that with track I had a better chance to get into a better college," said Hamlett, who is considering Columbia, Penn and Connecticut. "I'm looking to get into the best possible college I can get into through running and also enjoy a sport I really like."

Williams' switch to track came after a difficult freshman basketball practice.

"We won the game but Coach [Keila Brevard] didn't like the way we played so he made us do suicide drills," Williams said, referring to the tough baseline-to-baseline sprints. "I kept running, and he was an assistant track coach too, so I found myself on the spring track team."

In an early scrimmage, Williams asked to try the long and triple jumps for the first time. An 18-6 long jump and 40-10 triple jump later, hoops was a thing of the past and Williams was on his way to a jumping career.

He was an All-Bergen jumper last spring and has gotten better this season due to increased weight training started during football season and twice weekly practices at the Armory.

"I used to be a speed jumper only, but I'm really working hard on my technique now," said Williams, who counts Rutgers, Temple, St. Peter's and Nebraska among schools showing interest. "I'd like to get to 25 feet by the end of the spring."

Other North Jersey winners Monday were: Hackensack sprinter Deandre Jennings, who won his second straight 55-meters title; Theresa Picciallo of Immaculate Heart, who stayed unbeaten in the girls shot at 44-4; and Demarest sophomore Andrew Trumbetti, who threw 55-3 on his last shot putt to upset the favored Travis Gallardo of Bayonne.

State Sectionals

Sat. 2/11/12

**** Results ****

400m:

Boys- Macky Schoff- 53.64, Nick Tai- 53.60, Brian Collins- 54.75

Girls- Micaela McPadden- 60.14 (3rd), Hanako Shigenobu- 61.75, Amanda Muccio- 65.71

1600m: (Girls)

Girls- Catherine Pagano- 5:10.79 (1st), Caroline Davidson- 5:13.92 (3rd),

Emily Fishbein- 5:22.43 (4th)

55m HH:

Boys- Kevin Chung- 8.15/8.00 (5th), James Knight- 9.42, Macky Schoff- 9.63

Girls- Mimi DeVita- ?, Sirai Ramirez- 10.32, Micaela McPadden- 10.47

1600m: (Boys)

Boys- Levi Jennings- 4:25.39 (3rd), Travis Spicer- 4:31.72, Brain Daniels- 4:46.90

800m: (Girls)

Girls- Hanako Shigenobu- 2:21.99 (1st), Caroline Davidson- 2:24.27 (3rd), Kelly Cleary- 2:31.69

55m dash:

Boys- Dom Boresta- 7.11, Kevin Chung- 6.91/6.95, Nick Tai- 7.12

Girls- Moriah Jennings- 7.79, Micaela McPadden- 7.85, Anna Caffrey- 8.14

800m: (Boys)

Boys- Levi Jennings- 2:01.63 (4th), Will Ades- 2:02.51 (6th), Mark French- 2:09.57

3200m:

Boys- Travis Spicer- 9:47.96 (2nd), Nick Salamone- 9:52.23 (4th), David Frering- 10:26.79

Girls- Catherine Pagano- 11:44.31 (3rd), Emily Fishbein- 11:45.96 (6th),

Laura Weisberger- 11:47.46

4 x 400m:

Boys- Nick Tai, Brian Collins, Levi Jennings, Macky Schoff

3:32.81 (4th).... 52.6 53.8 53.1 53.3

Girls- Micaela McPadden, Caroline Davidson, Anna Caffrey, Hanako Shigenobu

4:13.07 (2nd).... 61.8 63.7 65.8 61.7

HJ:

Boys- James Knight- DQ

Girls- Mimi DeVita- 4'6", Sirai Ramirez- NH

PV:

Boys- Alan Wong- 11'6" (**1st**), James Knight- 10'0", Dylan Downing- 10'6" (**4th**)

Girls- Mimi DeVita- 11'0" (**1st**), Ilana Brown- NH

Comments:

Congrats to the girls for being State Sectional Champs!!! Awesome job!! Also, congrats to all of you that came in the top 6....you move on to State Groups next Sat. It was excellent efforts by both the boys and girls teams. Boys came in 3rd overall, good showing! Keep it up!

Results: (Top 3 teams only)

Boys:

1. Hackensack- 65
2. West Orange- 58
3. RIDGEWOOD- 42

Girls:

1. RIDGEWOOD- 67
2. Livingston- 48
3. Passaic County Tech- 45

Group 4 BOYS

Team scoring: Hackensack (H) 65, West Orange (WO) 58, Ridgewood (R) 42, Passaic Tech (PCT) 31, Montclair (M) 20, Livingston (L) 18, Randolph (Ran) and Bergen Tech (BT) 16, Eastside (E) 12, Kennedy (K) 11, North Bergen (NB) 10, Bloomfield (B) 8.

55: 1. Lance Smith (WO), 6.65; 2. Deandre Jennings (H), 6.68; 3. Kadeem Ogilvie (PCT), 6.77; 4. Denzell Leitch (NB), 6.81; 5. Nafiek Hodges (E), 6.84; 6. Rudolph Henriquez (H), 6.92.

55 HH: 1. Mark Jones (H), 7.60; 2. Steven Taste (B), 7.71; 3. Henzly Meghie (M), 7.88; 4. Mike Kornegay (M), 7.98; 5. Kevin Chung (R), 8.00; 6. Kyle Holder (Ran), 8.05.

400: 1. Dexter Valley (WO), 51.19; 2. Latimere Campbell (E), 51.85; 3. Rudolph Henriquez (H), 52.25; 4. Mo Headley (H), 52.53; 5. Karl Cajuste (WO), 52.73; 6. Robert Laing (K), 52.83.

800: 1. Jared Mason (WO), 1:59.02; 2. Kevin Serrao (BT), 1:59.55; 3. Mekail Endshaw (WO), 2:00.39; 4. Levi Jennings (R), 2:01.63; 5. James Menéndez (NB), 2:02.05; 6. Will Ades (R), 2:02.51.

1,600: 1. Jared Mason (WO), 4:22.13; 2. Nick Fogarty (L), 4:23.43; 3. Levi Jennings (R), 4:25.39; 4. John Pujols (H), 4:26.52; 5. Sam Knipper (Ran), 4:28.07; 6. Francisco Canas (NB), 4:28.16.

3,200: 1. John Pujols (H), 9:47.08; 2. Travis Spicer (R), 9:47.96; 3. Nick Fogarty (L), 9:50.14; 4. Nick Salamone (R), 9:52.23; 5. Francisco Canas (NB), 9:52.36; 6. Jon Knipper (Ran), 9:52.38.

Shot put: 1. Mark Ramsey (K), 50-10; 2. Julian Pinnix-Odrick (M), 50-7½; 3. Sam Kaplan (Ran), 49-6; 4. Robin Cepeda (PCT), 48-5; 5. Henry Wilson (M), 48-2¾; 6. Donnyell Bourgeois (H), 47-6.

High jump: 1. Jabari Butler (PCT), 6-2; 2. Mike Cummings (H), 6-0; 3. tie between Virron Humes (H) and Tyshon Crandol (PCT), 5-6.

Pole vault: 1. Alan Wong (R), 11-6; 2. Christopher Wong (BT), 11-0; 3. Jose Gonzalez (PCT), 11-0; 4. tie between Dylan Downing (R), and Rob DiTonno (L), 10-6; 6. Ethan Ehrlich (L), 10-0.

4-x-400 relay: 1. West Orange (Karl Cajuste, Anfernee LaRue, Kazari Trought, Dexter Valley), 3:28.79; 2. Hackensack, 3:29.69; 3. Randolph, 3:32.28; 4. Ridgewood, 3:32.81; 5. Eastside, 3:34.51; 6. North Bergen, 3:38.45.

Group 4 GIRLS

Team scoring: Ridgewood (R) 67, Livingston (L) 48, Passaic Tech (PCT) 45, Randolph (Ran) 37, West Orange (WO) 32, Hackensack (H) 23, Morris Knolls (MK) 18, Montclair (M) 11, Clifton (C) 10, Kearny (Ky) 7, Bergen Tech (BT) and Bloomfield (B) 6.

55: 1. Alexis Washington (PCT), 7.53; 2. Taylor Rosenbaum (L), 7.56; 3. Almee Mehta (Ran), 7.69; 4. Andrea Bush (MK), 7.76; 5. Wanee Smith (PCT), 7.81; 6. Monika Miazga (C), 7.81.

55 HH: 1. Breaisha Morton (PCT), 8.49; 2. Aliya Barnes (WO), 8.53; 3. Samantha Kral (Ran), 8.60; 4. Jennifer Su (L), 8.77; 5. Carissa Smith (B), 8.96; 6. Haley Durning (Ky), 9.16.

400: 1. Breaisha Morton (PCT), 59.83; 2. Monika Miazga (C), 59.96; 3. Micaela McPadden (R), 1:00.14; 4. Andrea Bush (MK), 1:00.33; 5. Tonisha Beresford (B), 1:00.74; 6. Jordan Coverson (M), 1:00.87.

800: 1. Hanako Shigenobu (R), 2:21.99; 2. Liz Wellman (Ran), 2:24.18; 3. Caroline Davidson (R), 2:24.27; 4. Vanessa Valdes (H), 2:25.06; 5. Alyssa Brindle (MK), 2:26.60; 6. Danielle Parker (PCT), 2:28.33.

1,600: 1. Catherine Pagano (R), 5:10.79; 2. Shannon Kelly (L), 5:11.32; 3. Caroline Davidson (R), 5:13.92; 4. Emily Fishbein (R), 5:22.43; 5. Alyssa Brindle (MK), 5:26.61; 6. Oni Obelle (H), 5:27.20.

3,200: 1. Shannon Kelly (L), 11:24.56; 2. Carole Harsch (Ran), 11:31.56; 3. Catherine Pagano (R), 11:44.31; 4. Oni Obelle (H), 11:44.79; 5. Susannah Crowell (WO), 11:45.88; 6. Emily Fishbein (R), 11:45.96.

Shot put: 1. Taylor Martin (H), 37-5½; 2. Lisbeth Lopez (Ran), 37-4½; 3. Chinwe Igwe (WO), 35-9½; 4. Natasha Dempster (H), 34-7¾; 5. Kierra McCall (WO), 34-3½; 6. Solveig Loeken (Ran), 33-0¼.

High jump: 1. Breaisha Morton (PCT), 5-2; 2. Aliya Barnes (WO), 5-0; 3. Emily Dowling (BT), 4-10; 4. Dania Felix (Ky), 4-10; 5. Keli Eason (PCT), 4-10; 6. Haley Durning (Ky), 4-8.

Pole vault: 1. Mimi DeVita (R), 11-0; 2. Tess Ehrlich (L), 10-6; 3. tie between Joy Horng (L) and Jenn Berger (L), 9-0; 5. Amber Miller (MK), 9-0; 6. Nicole Buttell (C), 8-6.

4-x-400 relay: 1. Montclair (Lanique Lumpkin, Alexandra Cubbedu, Audreya Feacher, Jordan Coverson), 4:12.48; 2. Ridgewood, 4:13.07; 3. West Orange, 4:15.25; 4. Morris Knolls, 4:17.16; 5. Bloomfield, 4:19.41; 6. Kearny, 4:19.45.

WEDNESDAY, FEBRUARY 12, 2012

Title chase finally ends for Ridgewood

NORTH JERSEY SPORTS

INDOOR TRACK SECTIONALS

THE RECORD

By PAUL SCHWARTZ
STAFF WRITER

TOMS RYER - Hanako Shigenobu had been helping Ridgewood chase Ran-dolph on the track for four years indoors and outdoors but the Maroons had lost six straight sectional championships to the Morris County power, three indoors and three outdoors. Shigenobu and the Maroons finally caught the Rams and earned Saturday night, Shigenobu and the Maroons their first Group 4 state sectional title since 2008, helping Bergen County Group 3 and 4 teams to a sectional sweep at the Bennett Center.

"I haven't wholly processed it yet," said the Ridgewood senior, after her victory in the 800 and anchor leg on the silver medal 4x-400 relay helped the Maroons to a 67-48 win over Livingston. Three-time champion Randolph placed fourth with 37 points. "Coach [Mikel] Mullin told us on the bus that we could deal with the pressure," said Shigenobu. "It's really a good feeling to win this."

The Ridgewood girls were joined by first-time sectional champs Old Tappan (Group 3 boys) and Hackensack (Group 4 boys) and repeat Group 3 girls titleist Teaneck from seniors and then finished off the relay. Caroline Davidson (who was second in the 1,600 and third in the 800 and ran a leg on the relay).

Davidson said, "We've all worked so hard to get back to where Ridgewood was and I think we've succeeded."

"It was really important for us to do this," said Gregory, who opened the meet by seizing a 5000 win in the 400 with Kyle Davidson finishing a surprising third. "From the moment we walked in here to the 1-5 finish in the 400 combined with the 1-2 finish in the 1,600 by Alex Weiner and Will Malin, two places in the short put us ahead of a game Mount Olive and a surprise brother, Brendan, in the hur-dles and OI was ahead of seniors Jansy Ferrel and Kahlia Taylor, who combined for 28 points in individual events and were two of the four legs on the winning 4-x-400 relay team that clinched the title."

"It's really a good feeling to win this," Davidson said. "We've all worked so hard to get back to where Ridgewood was and I think we've succeeded."

"This really proves to the state how good we are and can be," said Ferrel, who ran a terrific tactical race to win the 800 coming from sixth place with just over a lap to go after John Taylor for a 2-25 finish in the 400.

"It proves that we weren't as good as we had been where we weren't," added Taylor. "Hackensack senior John Pujols clinched a win over West Orange in a freestyle 65-58 win over Travis Spicer in a freestyle 4 when he surprised Spicer in a freestyle finish to win the 3,200 meters after almost losing contact with the leader with five laps to go."

"I felt horrible with about five laps to go, but my teammates kept telling me not to give up, that I could catch him," said Pujols, who also took fourth in the 1,600.

State Group IV

2/18/12

***** Results

55m HH:

Boys- Kevin Chung- 8.02

400m:

Girls- Micaela McPadden- 59.85

1600m:

Boys- Levi Jennings- 4:41.49

Girls- Catherine Pagano- 5:07.17 (5th), Caroline Davidson- 5:10.92

800m:

Boys- Levi Jennings- 2:06.17

3200m:

Boys- Travis Spicer- 9:33.81 (5th), Nick Salamone- 10:03.10

Pole Vault:

Boys- Allan Wong- 11'6", Dylan Downing- NH

Comments:

Congrats to Travis and Catherine for placing and moving on to the state meet of champions!!! Awesome accomplishment!

INDOOR TRACK & FIELD

Maroon girls reign as sectional champs

Team wins first North 1, Group 4 title since '08; Wong's winning vault boosts boys to third

BY RON FOX
Correspondent

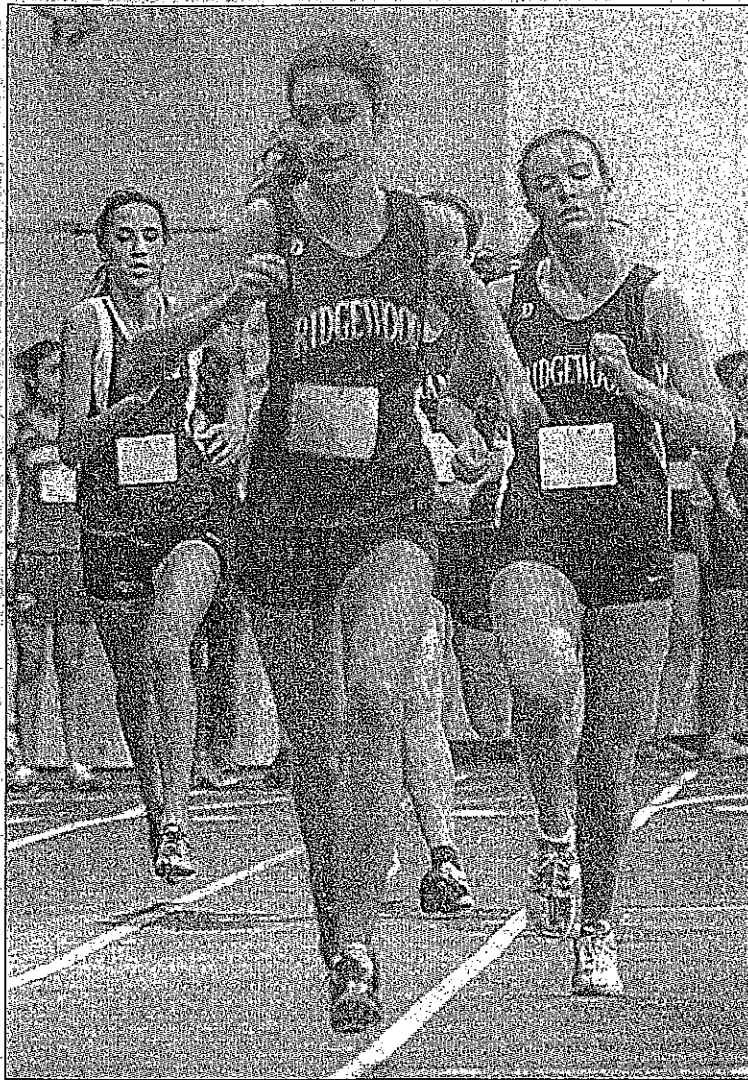
Mike Mullin had complete faith in his athletes leading up to the North 1, Group 4 state indoor track championships, but the Ridgewood High School coach felt it important to deliver a pre-meet message:

"In order to win, since there are only 10 events, we've got to score high," Mullin told his athletes about the need for high finishes. "I tried to put a little pressure on them and told them it was time to step up, that they were more mature now and had worked so hard."

The Maroons responded smartly, as the girls team won its first sectional title since 2008, and the boys took a strong third at the Bennett Center in Toms River.

Another message Mullin delivered was his thought that the 400-meter races were the keys to both the boys and girls competitions. Junior Micaela McPadden took those words to heart and ran a personal-best 1:00.14 for a powerful third in the girls 400.

"Micaela got us off to a great start in the first race of the day," said Mullin. "It was a good jump-start for us. It gave us a spark."



PHOTOS/TOM HART

Freshman Catherine Pagano, center, and senior Caroline Davidson, right, finished 1-3 in the 1,600 meters to propel the Ridgewood girls indoor track and field team to the North 1, Group 4 title last Saturday.

Senior Caroline Davidson sparked in three events for the girls, taking bronze in the 1,600 and 800 and running in the silver medal-winning 4x400 relay. Senior Hanako Shigenobu won the 800 and ran a strong anchor leg on the relay team, while McPadden, sophomore Emily Fishbein and freshman Catherine Pagano each stood out in two events. For the boys, senior Levi Jennings placed in two events, plus the relay.

"Caroline's a fierce competitor, and she'll try to do anything to win," Mullin said. "I love to watch her run, because she gives everything she has out there. Those were three hard races; she ran the mile [1,600] and came right back to run the 800, and then the relay."

Shigenobu took the 800 in a brisk 2:21.99. "Hanako is a great leader, and she gets stronger with every meet," said Mullin. "She ranges from the 400 to the mile for us, and her best races are still ahead of her."

Despite her relative youth, Pagano handled the stiff competition beautifully, winning the 1,600 in 5:10.79 and taking third in the 3,200, prompting her

coach to say, "Catherine has been phenomenal. It's nice to see, because she's coming off an injury in cross-country, and she's just starting to get better and better without a lot of training."

Fishbein further underscored Ridgewood's strength in the distances by finishing fourth in the 1,600 and sixth in the 3,200. "That's another tough double," Mullin praised. "Emily is another very tough competitor, and she always maximizes her abilities."

McPadden followed her 400 effort by teaming with Shigenobu, Davidson and junior Anna Cafrey to clock 4:13.07 in the relay.

One of the strongest efforts was turned in by junior Mimi DeVita, who cleared 11 feet in the pole vault. "Mimi also does the high jump and hurdles for us, but the vault is certainly her best event," Mullin said. "Juggling those events, and to hit 11 feet in the sectional, is really doing something. No girl in the state has reached 12 feet yet, but Mimi is getting up there."

DeVita cleared 4-foot-7 in the high jump to place seventh. Shigenobu (7th in the 400) and sophomore Laura Weisberger (7th in the 3,200) had the team's other top-10 showings.

The Maroon girls scored 67 points to defeat Livingston (48), Passaic Tech (45) and nemesis Randolph (37) for the team title.

Boys meet recap

The RHS boys tallied 42 points, finishing behind champ Hackensack (65) and runner-up West Orange (42).

Jennings led the squad with a third in the 1,600 (4:25.39) and a fourth in the 800 (2:01.63), in addition to anchoring the relay team in something of a comeback, Mullin noted. "Levi has been hurt the last couple of weeks, so this is really his first meet back. It was good to see him get back to this high level."

Junior Neil Schoff, sophomore Brian Collins and senior Nick Tai combined with Jennings for a fourth-place 3:32.81 in the relay.

Sophomore Alan Wong won the pole vault at 11-6, with junior Dylan Downing tying for fourth in the event. Senior Travis Spicer (9:47.96) was edged out by Hackensack's John Pujols (9:47.08) for the gold in the 3,200, while junior Nick Salamone was fourth in the same race.

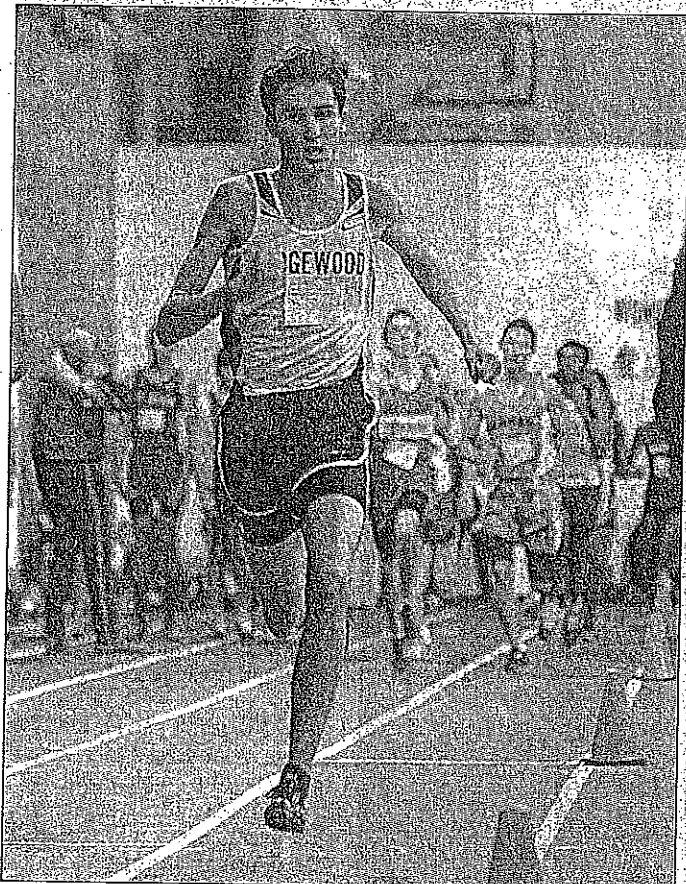
"Alan Wong's done a great job," Mullin said. "To me, he's exceeded expectations. He's been our best vaulter since the beginning of January, and winning in the section is a great accomplishment. Dylan popped a great vault for us - he hadn't been at that level, so to place was unexpected and great to see."

For Spicer, "This is Travis' first year of winter track, and a lot of things were new to him," added the coach. "Indoors is a lot different than outdoors, with a lot to get used to, and he's just starting to feel comfortable. So this was a very pleasant surprise."

In addition, junior Kevin Chung ran fifth in the 55-meter hurdles and eighth in the 55-meter dash, and junior Will Ades came home sixth in the 800.

The schedule continues to heat up for the Maroons, as the State Group 4 finals are tomorrow at 4 p.m. back at the Bennett Center. The Bergen County meet follows on Tuesday, and the State Meet of Champions is set for Saturday, Feb. 25 for whoever qualifies.

"We have the talent to do well," added Mullin. "We just have to bring our best efforts, and I believe we have some people who can advance to the Meet of Champions."



Sophomore Brian Collins helped the Ridgewood boys 4x400 relay squad place fourth at last Saturday's North 1, Group 4 championship meet in Toms River.

Ron Fox can be reached at farrellb@northjersey.com

Counties

Tues. 2/21/12

***** Results *****

55m:

Boys- Dom Boresta- 6.9, Sean Park- 7.1,

Girls- Moriah Jennings- 7.8/7.7/7.6 (5th), Courtney Campbell- 7.8/7.8,
Reid Simoncini- 8.1

55m HH:

Girls- Saria Ramirez- 9.9, Katie McKeon- 10.1

3200m:

Boys- Nick Salamone- 10:26.0, Ben Fishbein- 10:49.0

600m:

Boys- Nick Tai- 1:26.2, Brian Collins- 1:28.0

800m:

Varsity:

Boys- Travis Spicer- 2:04.5, Brian Daniels- 2:06.4

Girls- Catherine Pagano- 2:22.4 (2nd)

Novice:

Boys- Bryan Clarendon- 2:04.5 (1st), Ryan Neville- 2:13.4, Carl Legg- 2:12.6

Frosh:

Boys- Akash Chaurasia- 2:59.5

Girls- Jen Luby- 2:49.6, Tara Cirillo- 2:49.3, Emily Rick- 2:52.1

1000m:

Boys- Levi Jennings- 2:32.5 (1st)

Girls- Hanako Shigenobu- 3:03.8 (1st), Caroline Davidson- 3:08.0 (4th)

1600m:

Boys- David Frering- 4:48.0, Kotaro Tamura- 5:03.4, Sam Calello- 5:16.3

Girls- Emily Fishbein- 5:24.8 (DQ), Laura Weisberger- 5:29.8 (5th),
Kelly Cleary- 5:31.4

300m:

Boys-

Novice: Dom Boresta- 38.3, Dylan Downing- 43.8, Vincent Young- 42.8, Harry Park- 42.8, Sean King- 39.9

Frosh- Charles Sheu- 42.8, Andy Ramirez- 47.5

Girls-

Varsity- Micaela McPadden- 41.8 (DQ), Anna Caffrey- 45.1 (5th), Courtney Campbell- 45.7, Moriah Jennings- 45.3

Frosh- Katie McKeon- 48.3, Jen Luby- 50.2

4 x 400m:

Boys Varsity- Dom Boresta, Dom OK, Brian Collins, Brian Clarendon
3:43.5..... 56.1 56.9 55.2 55.5

Girls Frosh- Katie McKeon, Jen Luby, Reid Simoncini, Kelly Cleary
4:46.1 (2nd)..... 72.1 72.7 72.0 69.4

Long Jump:

Girls- Katie McKeon- 12'10", Reid Simoncini- 11'6"

Triple Jump:

Boys- Dom Ok- 35'5", Harry Park- 35'4 1/2", Will Wisener- 35'1 1/2"

Girls- Mimi DeVita- 32'4 1/4", Reid Simoncini- F

High Jump:

Boys- James Knight- 5'6"

Pole Vault:

Boys- Allan Wong- 11'6", James Knight- 10'6", Dylan Dowling- NH

Girls- Mimi DeVita- 11'0" (1st)

Comment:

Some nice performances. Good job!! This was the end of the year for some of you and I am proud of the way you worked and progressed!

TRACK AND FIELD

BERGEN COUNTY CHAMPIONSHIPS

AT THE ARMORY TRACK CENTER, NEW YORK

BOYS

55: 1. Daryian Miles, Teaneck, 6:4; 2. Kevon Lumsden, Englewood, 6:5; 3. Jabari Garvin, St. Joseph, 6:5; 4. Justin Winmberley, Don Bosco, 6:5; 5. Sherman Alston, St. Joseph, 6:5; 6. Hayden Lyons, Tenafly, 6:6. **55 HH:** 1. Mark Jones, Hackensack, 7:4; 2. Brandon Matulac, New Milford, 7:8; 3. Roland Gamez, Hasbrouck Heights, 7:9; 4. Kris Yoo, Pascack Valley, 7:9; 5. Nick Quinn, Hackensack, 8:0; 6. Sean Porteous, Wood-Ridge, 8:0. **300:** 1. Daryian Miles, Teaneck, 34:5; 2. Tim Hamlett, Don Bosco, 35:4; 3. Deandre Jennings, Hackensack, 35:9; 4. tie between Jabari Garvin, St. Joseph and Calvin Knox, Indian Hills, 36:3; 6. Jaleel Felton, Pascack Valley, 36:5. **400:** 1. John Malespina, Park Ridge, 50:9; 2. Pat Degnon, Demarest, 51:6; 3. Javier Montalvo, Demarest, 51:8; 4. Noah Lartique, Don Bosco, 52:0; 5. Thomas Halloran, Ramapo, 53:1; 6. Jack Clarke, New Milford, 53:5. **600:** 1. Kyle Davidson, Old Tappan, 1:21:6; 2. Calvin Knox, Indian Hills, 1:22:1; 3. Tim Hamlett, Don Bosco, 1:22:4; 4. Matt Orozco, Ridgefield Park, 1:23:5; 5. Sean Krazit, Pascack Hills, 1:24:1; 6. Aaron Romero, Hackensack, 1:25:9. **800:** 1. Chris Eltringham, Ramsey, 1:56:0; 2. Matt Orozco, Ridgefield Park, 2:00:6; 3. Mike Ippolito, Demarest, 2:00:6; 4. Warren O'Neill, Ridgefield Park, 2:01:4; 5. Vhris Mascetti, Hackensack, 2:02:5; 6. Patrick Watters, Ramsey, 2:03:0. **1,000:** 1. Levi Jennings, Ridgewood, 2:32:5; 2. Kevin Serrao, Bergen Tech, 2:35:0; 3. Ryan Keller, Don Bosco, 2:35:9; 4. Carlos Coronado, Hackensack, 2:36:7; 5. Warren O'Neill, Ridgefield Park, 2:37:3; 6. Yehia Fahmy, Fort Lee, 2:40:2. **1,600:** 1. Ryan Tucker, Don Bosco, 4:22:1; 2. Kyle Levermore, Don Bosco, 4:22:4; 3. Alex Weiner, Old Tappan, 4:27:6; 4. Erik Buser, Ramsey, 4:32:0; 5. Ethan Aikow, Demarest, 4:35:3; 6. James Buser, Mahwah, 4:36:0. **3,200:** 1. Nick Carapezza, Don Bosco, 9:30:9; 2. John Pujols, Hackensack, 9:33:4; 3. Will Maltin, Old Tappan, 9:44:4; 4. Nick Mendolia, Don Bosco, 9:47:9; 5. Mike Flanagan, Don Bosco, 9:55:4; 6. James Bryan, No. Highlands, 10:01:9. **Shot put:** 1. Andrew Trumbetti, Demarest, 55-7/8; 2. Matt Koh, River Dell, 54-3; 3. Chris Connors, Hasbrouck Heights, 51 1/4; 4. Spencer Ross, Mahwah, 48-8; 5. Chris D'Angelico, Wood-Ridge, 48-9; 6. Austin Berniger, River Dell, 47-6 1/2. **High jump:** 1. Roland Gamez, Hasbrouck Heights, 6-4; 2. Rakesh Dataran, Ridgefield Park, 6-2; 3. Danny Thompson, Indian Hills, 6-0; 4. Christian Maldonado, Paramus Catholic, 6-0; 5. Branden Jurasin, River Dell, 5-10; 6. Justin Pak, Demarest, 5-8. **Long jump:** 1. Jarnal Williams, Teaneck, 22-8 3/4; 2. Alex Ocansey, Teaneck, 21-0 1/2; 3. Chris Wong, Bergen Tech, 20-5 3/4; 4. Jay Rho, Old Tappan, 20-2 1/2; 5. Ben Chazen, Demarest, 19-11 1/4; 6. Robin Zhang, Bergen Tech, 19-8. **Triple jump:** 1. Roland Gamez, Hasbrouck Heights, 45-0 1/2; 2. Alex Zhang, Mahwah, 42-8; 3. Amir Ward, Englewood, 41-10 1/4; 4. Alex Ocansey, Teaneck, 41-10 1/4; 5. Chris Wong, Bergen Tech, 41-9 3/4; 6. Bill Pepper, Ramsey, 40-10. **Pole vault:** 1. Eric Geider, Demarest, 14-0; 2. Alex Albanese, Ramsey, 13-6; 3. Calvin Hartman, River Dell, 13-0; 4. tie between Kevin Costantino, Dumont, Anthony Catalano, Westwood, and Gary Li, Demarest, 12-0. **4-x-400 relay:** 1. Indian Hills (Noah Busker, Andy Kristofick, Calvin Knox, Kevin Halloran), 3:30:3; 2. Ramsey, 3:34:1; 3. Demarest, 3:34:7; 4. Ridgefield, 3:36:7; 5. River Dell, 3:36:9; 6. Bergen Tech, 3:39:2. **Pentathlon:** 1. Taylor Cudequest, Pascack Hills (8.1 HH; 41-6 SP; 5-10 HJ; 18-10 1/4 LJ; 2:42.6 1000), 3,360 pts; 2. Mike Cummings, Hackensack, 3,344; 3. Sean Degnon, Demarest, 3,301; 4. Mark Monahan, Hasbrouck Heights, 3,007; 5. Andrew Bokoszak, No.

Highlands, 2,726; 6. Christian DeSantis, River Dell, 2,672.

GIRLS

55: 1. Angela Harrison, Paramus Catholic, 7:2; 2. Taylor Summer, No. Highlands, 7:3; 3. Shannon Roberts, Saddle Brook, 7:4; 4. Brianna Deryko, Waldwick, 7:4; 5. Moriah Jennings, Ridgewood, 7:6; 6. Ashley Jeng, Fort Lee, 7:8. **55 HH:** 1. Alexandra Cimlino, Westwood, 8:6; 2. Sophia Luppino, Fort Lee, 8:8; 3. Jamie Woods, River Dell, 8:9; 4. Allison Tell, Demarest, 8:9; 5. Amanda Simms, Teaneck, 8:9; 6. Gena Pickett, Mahwah, 8:9. **300:** 1. Jen Pash, IHA, 40:4; 2. Jarolyn Smith, Paramus Catholic, 40:9; 3. Liz Sidaros, Indian Hills, 43:3; 4. Janienne Palmer, Englewood, 44:5; 5. Anna Caffrey, Ridgewood, 45:1; 6. Shannon Roberts, Saddle Brook, 45:2. **400:** 1. Janay Ferrel, Teaneck, 58:4; 2. Kahila Taylor, Teaneck, 58:6; 3. Katie Vernon, Ramsey, 59:0; 4. Jacqueline Feldman, IHA, 1:02:1; 5. Johanna Castro, Hackensack, 1:02:2; 6. Samantha Cannillo, Pascack Valley, 1:02:4. **600:** 1. Gabriela Sloezen, Westwood, 1:37:1; 2. Kelly Redl, Ramsey, 1:39:9; 3. Allison Torsiglieri, Tenafly, 1:40:1; 4. Vanessa Valdes, Hackensack, 1:42:8; 5. Devin Czuj, IHA, 1:43:3; 6. Maggie Sheehan, Holy Angels, 1:46:4. **800:** 1. Deanna DiLandro, Ramapo, 2:18:2; 2. tie between Victoria Davis, Demarest and Catherine Pagano, Ridgewood, 2:22:4; 4. Sydney Coughlin, Indian Hills, 2:24:8; 5. Anna Richard, No. Highlands, 2:25:4; 6. Erica Nagotko, Mahwah, 2:26:4. **1,000:** 1. Hanako Shigenobu, Ridgewood, 3:03:8; 2. Deanna Dragone, IHA, 3:05:2; 3. Paige Fernandez, River Dell, 3:06:5; 4. Caroline Davidson, Ridgewood, 3:08:0; 5. Jolie Bartner, Paramus, 3:12:2; 6. Melanie Plattner, Fort Lee, 3:17:9. **1,600:** 1. Lisa Zimmer, Ramapo, 5:06:6; 2. Ashley Strysko, Holy Angels, 5:15:3; 3. Rachel Lotterman, IHA, 5:19:8; 4. Ornyl Obelle, Hackensack, 5:29:1; 5. Laura Weisberger, Ridgewood, 5:29:8; 6. Vanessa Valdes, Hackensack, 5:31:2. **3,200:** 1. Ariana North, Northern Highlands, 11:25:2; 2. Erica Canas, Old Tappan, 11:44:5; 3. Brittany Day, Demarest, 11:57:4; 4. Katie Vandervalk, Glen Rock, 12:10:6; 5. Krissie Gaffney, Indian Hills, 12:16:4; 6. Sofia Licata, Northern Highlands, 12:20:7. **Shot put:** 1. Theresa Plociallo, IHA, 44-10 1/4; 2. Laura Oh, River Dell, 36-8; 3. Taylor Martin, Hackensack, 36-6 1/4; 4. Irene Cedano, Hasbrouck Heights, 35-8 1/4; 6. Chardonmay Elliott, Teaneck, 34-10 1/4. **High jump:** 1. Talasiah Balgobin, Teaneck, 5-3; 2. All Giordano, Waldwick, 4-10; 3. Kayla Pauwels, Waldwick, 4-10; 4. Lisa Sesink-Clee, Holy Angels, 4-10; 5. tie between Lisa Carle, Midland Park, Amanda Simms, Teaneck, and Melissa Esposito, Saddle Brook, 4-8. **Long jump:** 1. Briana Setnitzky, Pascack Hills, 17-9; 2. Gena Pickett, Mahwah, 16-7 3/4; 3. Patty McHugh, Waldwick, 16-0 1/4; 4. Melissa Esposito, Saddle Brook, 15-11 1/4; 5. Shaye Wisse, IHA, 15-9; 6. Trenice Foster, Teaneck, 15-8. **Triple jump:** 1. Gena Pickett, Mahwah, 37-2 1/4; 2. Ana Atkinson, Teaneck, 36-0 1/4; 3. Rayn Moses, Hasbrouck Heights, 35-4 3/4; 4. Melissa Esposito, Saddle Brook, 34-7 3/4; 5. Shaye Wisse, IHA, 34-2 1/4; 6. Breonah Toon, Garfield, 33-4 1/4. **Pole vault:** 1. Mimi DeVita, Ridgewood, 11-0; 2. Carolyn Edler, Mahwah, 10-6; 3. Megan Gambuti, Ramapo, 10-6; 4. Nicole Piccirich, Emerson, 10-0; 5. tie between Michelle Rozalski, Queen of Peace and Anne Kavalerchik, Fair Lawn, 10-0. **4-x-400 relay:** 1. Westwood (Rebecca Fasano, Dana Bianchi, Alexandra Cimlino, Gabriela Sloezen), 4:01:1; 2. Ramsey, 4:04:6; 3. Teaneck, 4:04:8; 4. IHA, 4:11:5; 5. Demarest, 4:12:0; 6. Indian Hills, 4:12:9. **Pentathlon:** 1. Taryn DeLeon, Old Tappan (9.1 HH; 21-0 1/4 SP; 5-2 1/4 HJ; 16-0 1/4 LJ; 2:36.8 800), 2,825 points; 2. Emily Dowling, Bergen Tech, 2,593; 3. Katie Sullivan, Rutherford, 2,451; 4. Jaclyn Allegretta, Hackensack, 2,382; 5. Haley Hirsch, Demarest, 2,321; 6. Sierra Sands, Ramsey, 2,290. (Guest competitor Dana Ohlson, Southern scored 3,108 points.)

State Meet of Champions

Sat. 2/25/12

***** Results *****

1600m:

Girls- Catherine Pagano- 5:14.73, Caroline Davidson- 5:21.20

3200m:

Boys- Travis Spicer- 9:54.64

Pole Vault:

Girls- Mimi DeVita- 11'0"

Comments:

Tough meet for us. Congrats on getting here. Big meets still to come!

HIGH SCHOOL TRACK

NJSIAA STATE MEET OF CHAMPIONS

AT THE BENNETT CENTER, TOMS RIVER

GIRLS

55: 1. Haisha Bisiolu, Union, 7:12; 2. Amari Hartsfield, Sayreville, 7:14; 3. Annie Johnson, Shawnee, 7:14; 4. Kaitlynn Davis, North Brunswick, 7:15; 5. Miranda Mackey, Hopewell Valley, 7:29; 6. Samantha Jensen, Central Reg., 7:34; 8. Jordyn Smith, Paranus Catholic, 7:48.

55 HH: 1. Stey'ce McNeil, Winslow Twp., 7:94; 2. Samantha Jensen, Central Reg., 8:10; 3. Dashana Ransome, Irvington, 8:17; 4. Patrycja Dzienkonska, West Windsor Plainsboro North, 8:17; 5. Kaprice James, Roselle, 8:17; 6. Danielle Delgado, Franklin, 8:32.

400: 1. Olivia Baker, Columbia, 56.31; 2. Jen Edobi, Union, 56.94; 3. Nichole Candelaria, Newark Tech, 57.05; 4. Meghan McMullin, Red Bank Catholic, 57.75; 5. Jen Silvestri, Sparta, 57.91; 6. Sarah Gillespie, Mendham, 57.98.

800: 1. Emmy Duffey, Lenape, 2:15.12; 2. Ashlynn Fields, Mt. St. Dominic, 2:15.94; 3. Kail Kendall, Snyder, 2:16.59; 4. Katherine Vodopia, Hunterdon Central, 2:16.84; 5. Julia Ashley, Verona, 2:17.16; 6. Kat McCurdy, Mt. St. Dominic, 2:17.60.

1,600: 1. Liana Marzano, Red Bank Catholic, 4:58.38; 2. Marisa Ruskan, Bridgewater-Raritan, 5:00.25; 3. Claudia DiSomma, Sparta, 5:01.81; 4. Cayla DePiano, South Brunswick, 5:02.57; 5. Daniellé Leavitt, Lacey Twp., 5:02.76; 6. Natalia Ocasio, Lenape, 5:03.16.

3,200: 1. Dana Giordano, Bernards, 10:24.73; 2. Mackenzie Barry, Mendham, 10:27.25; 3. Megan Lacy, Cherokee, 10:31.06; 4. Caroline Kellner, West Windsor Plainsboro South, 10:36.33; 5. Dina Iacone, Washington Twp., 10:46.11; 6. Holly Bischof, Bishop Eustace, 10:47.81.

Shot put: 1. Theresa Picciallo, IHA, 47-8; 2. Andrea McKenna, St. John Vianney,

39-7; 3. Alexis Kennedy, 39-2; 4. Carrie Wasdyke, Jefferson, 38-10; 5. Katherine Johnston, Haddonfield, 38-2 3/4; 6. Miriam Fadiga, West Windsor Plainsboro South, 38-1.

High jump: 1. Kyaira Wright-Harmon, Franklin, 5-8; 2. Noel Jancewicz, Robbinsville, 5-8; 3. tie between Michaela Read, Manasquan, Elly Wardle, Toms River South and Alicia Terrell, Timber Creek, 5-4; 6. Erica Herrmann, Haddonfield, 5-4.

Pole vault: 1. Chelsea Vaughn, Southern, 12-6; 2. Marlena Sabatino, Hillsborough, 12-0; 3. Erin Knabe, Voorhees, 11-6; 4. Emily Shipley, Hillsborough, 11-6; 5. Alexandra Elder, Moorestown, 11-0; 6. Angel Fluét, Pingry, 11-0; 7. Carolyn Edler, Mahwah, 11-0; 8. Mimi DeVita, Ridgewood, 11.0.

4-x-400 relay: 1. Columbia, 3:57.35; 2. Pope John, 3:58.33; 3. Lenape, 3:59.19; 4. Union, 3:59.96; 5. Winslow Twp., 4:00.91; 6. Franklin, 4:02.43.

BOYS

55: 1. Darnell Charles, Oakcrest, 6.46; 2. Fabian Santiago, Oakcrest, 6.48; 3. Reginald Morton, Oakcrest, 6.48; 4. Anthony Averett, Woodbury, 6.54; 5. Donald Urschel, East Brunswick, 6.58; 6. Tyrone Parker, West Windsor Plainsboro North, 6.60; 7. Daryian Miles, Teaneck, 6.61.

55 HH: 1. Jermaine Collier, Trenton, 7:19; 2. Isaac Williams, Willingboro, 7:22; 3. Geordan Ferguson, Manchester Twp., 7:41; 4. Greg Caldwell, West Windsor Plainsboro North, 7:42; 5. Eric Kahana, Freehold Boro, 7:42; 6. Jamel Bolden-Presley, Rahway, 7:47.

400: 1. Datrell Bush, Woodbury, 49.11; 2. Alex Reber, Cherry Hill East, 49.58; 3. Jerrel Wilson, Rahway, 49.72; 4. Donald Urschel, East Brunswick, 49.77; 5. Akmed Muhammad, Oakcrest, 49.86; 6. Brandon Hill, Trenton, 49.97; 7. Tim Hamlett, Don Bosco, 49.98; 10. Daryian Miles, Teaneck, 50.52.

800: 1. Allen Eke, Union Catholic, 1:52.24

(meet record); 2. A.J. Chavez, West Windsor Plainsboro South, 1:52.67; 3. Jared Mason, West Orange, 1:53.33; 4. Lance Weaver, Piscataway, 1:55.22; 5. Derrell Manhertz, Kingsway, 1:55.56; 6. Isaac Clark, Pleasantville, 1:55.62; 8. Sean Degnon, Demarest, 1:56.67.

1,600: 1. Ben Malone, Pascack Valley, 4:11.66 (meet record); 2. George Kelly, CBA, 4:13.49; 3. Stephen Lewandowski, Mountain Lakes, 4:15.58; 4. Steven Flynn, Edison, 4:16.45; 5. Nick Fogarty, Livingston, 4:16.91; 6. Aaron Liberatore, CBA, 4:18.03.

3,200: 1. Tim Ball, Piscataway, 9:10.69; 2. Matt Nelson, Barnegat, 9:15.65; 3. Christian Costello, Don Bosco, 9:20.77; 4. Billy Bragg, CBA, 9:21.22; 5. Jack Boyle, CBA, 9:22.78; 6. Tyler Gibbons, Ridge, 9:27.50.

Shot put: 1. Braherne Days Jr., 67-8 3/4; 2. Christopher Staton, Franklin, 59-1 3/4; 3. Sam Mattis, East Brunswick, 56-7; 4. Andrew Trumbetti, Demarest, 55-2 3/4; 5. Kofi Yamoah, Egg Harbor Twp., 55-1 3/4; 6. Dontayé Rivera, Pleasantville, 54-10 3/4; 9. Matt Koh, River Dell, 52-8 1/4; 10. Mark Ramsey, Kennedy, 52-5 1/4.

High jump: 1. Ryan North, Southern, 6-6; 2. tie between Antwan Dickerson, Pennsauken, Hakiem Horton, Trenton, and Harold Hester, Manchester Twp., 6-6; 5. tie between Michael Stankus, Hunterdon Central, and Brandon Grayson, Timber Creek, 6-4.

Pole vault: 1. Craig Hunter, Robbinsville, 14-6; 2. Colton Lambert, Howell, 14-0; 3. Chris Voda, Bernards, 14-0; 4. Ryan Potter, North Hunterdon, 14-0; 5. Eric Geider, Demarest, 13-6; 6. tie between Zach Winters, Shawnee and Bryan Morris, CBA, 13-6; 9. Alex Albanese, Ramsey, 13-6.

4-x-400 relay: 1. Oakcrest, 3:20.53; 2. CBA, 3:22.84; 3. Cherry Hill East, 3:23.12; 4. Cherokee, 3:23.40; 5. Union Catholic, 3:23.96; 6. West Orange, 3:25.07.

Picciallo's takes her best shots

By PAUL SCHWARTZ
STAFF WRITER

TOMS RIVER — At 10:12 a.m., Saturday, Theresa Picciallo stepped into the shot put circle at the Bennett Center for her first throw at the state Meet of Champions. The other 38 competitors already had at least one throw each as the IHA senior unleashed her effort.

When the throw landed moments later, the shot put competition was essentially over, and Picciallo was all but assured of her second straight indoor and third Meet of Champions title, including last spring's outdoor title.

The Immaculate Heart standout threw 45 feet, 4¼ inches, nearly six feet further than any of the other throwers reached in the entire competition.

But Picciallo, headed for the University of Pennsylvania, wasn't done. After improving to 45-5 on her next throw and 46-1¼ on her last preliminary throw, she launched a personal best throw of 47-8 on her next-to-last attempt in the final, fourth furthest in state history and fourth best in the nation this year.

"When I fouled three of my six throws [at the Bergen County meet] Tuesday and they were all around 48 feet, it opened my eyes to what I could do," said Picciallo, whose eight-foot, one-inch margin of victory was the largest in meet history. "When you see it happen, you know it can happen again, and I just had to make sure I stayed in the circle and didn't foul."

"I wanted to get my first throw in the 42 or 43-foot area, which was probably going to be enough to win and then go have some

GIRLS INDOOR TRACK MEET OF CHAMPIONS

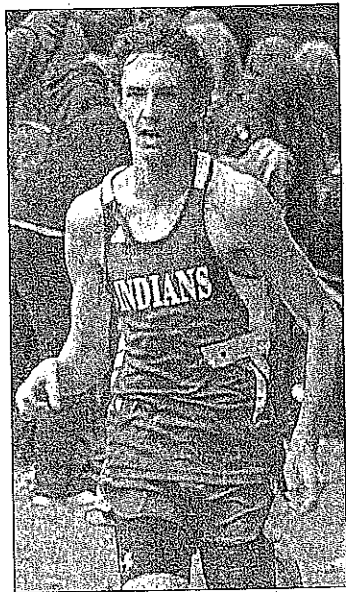
fun," said Picciallo, who trails only former Demarest and University of North Carolina star Kelly Fazekas (48-6½) on the all-time indoor Bergen list. "I notice that most of my big throws come when I'm not thinking about them so I tried not to think about it."

Moving from the Toms River Intermediate School gym, where she won the Non-Public A title last week, into the Bennett Center wasn't a problem for Picciallo, who prefers the Bennett venue.

"I try to pick out a spot so that I don't look down into the throwing area," said Picciallo, who will defend her Eastern States title Tuesday at another favorite spot, the Armory Track Center in New York. "Here I set a goal in the air by looking at a light above the throwing area and try to keep my head up so the shot gets out there."

Picciallo's win turned out to be the only medal-winning performance for North Jersey athletes in what was the area's poorest medal output in the meet's history. The only near misses came in the pole vault, where Carolyn Edler of Mahwah and Mimi DeVita of Ridgewood both cleared 11 feet, but lost a medal on misses throughout the competition. Paramus Catholic's Jordyn Smith, who was the fourth fastest qualifier in the 55 trials, pulled up lame late in the final and finished eighth.

Meet of Champions
results, S-13



RECORD FILE PHOTO

Pascack Valley's Ben Malone runs 4:11.66 for gold in 1,600, second fastest in nation.

Malone's last lap leads to huge win

By PAUL SCHWARTZ
STAFF WRITER

TOMS RIVER - There was one thing missing from Ben Malone's trophy case before Saturday's 1,600 meter run - a state Meet of Champions gold medal.

So when he made a classic last-lap move and ran away from a star-studded field at the Bennett Center en route to a meet record 4:11.66 performance, he could be forgiven for slowing in the final steps to savor the moment.

"I've been so hungry for a state title for so long," said the Pascack

Valley junior after his victory, "I've never had a race that I wanted so much that I could celebrate a little, and I was able to do that today."

Malone won by nearly 15 meters over George Kelly of CBA and by 30 over Stephen Lewandowski of Mountain Lakes. The three had taken the bell at the final lap almost in unison.

Lewandowski opened the lead early and Darrell Gooding of Franklin took the lead on the third lap and carried the field through a 2:08.4 first half, much faster than last year's pace when Malone finished third after entering the race as the favorite.

Malone, countering moves from several others in the field, sat just behind Kelly, who was running second until he took a brief lead with about 500 meters to go.

"I thought he was going to try and take the kick out of me on that lap and the next one," said Malone, who became the first Bergen County runner to win the event since Ramsey's Roger Jones took the 1977 event, then at a mile. "I was itching to kick and I just waited and waited."

Kelly began to move faster as the race - now down to Kelly, Malone and Lewandowski - came down the front straightaway. Malone then darted inside. When the bell rang and the three hit the finish line for the next-to-last time, Malone was off.

By the time he rounded the next turn, the race was over and Malone was on his way to the nation's second fastest indoor high school time of the year. His final 400 time was 58.5 and he ran about 28 seconds for the final 200-meter lap.

"I peeked back on the final straightaway and I didn't see anyone," said Malone. "It just feels great."

It allowed Malone to forget about the 2011 indoor Meet of Champions, where he went in as a favorite to become the first New Jersey sophomore in 36 years to win the title and came out third after the race became a tactical battle and he got outkicked by Eric Johnson of Ocean City.

See TRACK Page S-10

Track: PV's Malone

From Page S-9

"That race stayed with me all spring and all fall until today," said Malone, who was fourth in the outdoor 800 last spring and third in the cross-country championships in November.

"I never forgot about it and I gained from the experience. It also gave me extra motivation today."

Malone's win helped inspire Don Bosco senior Christian Costello, who shook off the illness that cost him a chance to win his first state group title last week and went from sixth to third on his fi-

nal lap of the 3,200, to finish 9:20.77, a personal best.

"The coaches told me to like I did in cross-country, I was ticked off," said Costello, who qualified in fifth at the state N Public A race despite getting seasick in the middle of the race. "I watched Ben just take off on last lap and it got me going more in my race."

The other North Jersey meetists were Demarest's junior Geider (fifth in the pole vault) sophomore Andrew Trum (fourth in the shot put).

**BOYS INDOOR
TRACK MEET OF
CHAMPIONS**

Easterns

2/28/12

***** RESULTS *****

55m HH:

Boys- Kevin Chung- 8.09/7.97

55m dash:

Girls- Moriah Jennings- 7.76, Anna Caffrey- 8.15

4 x 200m:

Boys- Macky Schoff, Kevin Chung, Dom Boresta, Nick Tai

1:34.30... 23.1 23.9 23.9 23.1

Girls- Moriah Jennings, Courtney Campbell, Amanda Muccio, Anna Caffrey

1:52.83... 27.5 27.1 29.5 27.9

4 x 800m:

Boys- Will Ades, Travis Spicer, Brian Collins, Levi Jennings

8:03.14..... 1:59.3 2:03.8 2:03.0 1:56.8

Girls- Hanako Shigenobu, Micaela McPadden, Caroline Davidson, Catherine Pagano

9:23.27 (4th).... 2:19.3 2:24.7 2:19.9 2:19.3

2 mile:

Boys- Nick Salamone- 9:58.76

Girls- Emily Fishbein- 12:40, Laura Weisberger- 11:47.61

400m:

Boys- Nick Tai- 52.36, Macky Schoff- 52.03

Pole Vault:

Girls- Mimi DeVita- 11'0" (6th)

COMMENTS: Awesome meet! Congrats to all relays and Mimi...SUPER!

THURSDAY, MARCH 1, 2012

INDOOR TRACK

Eastern States Invitational

At the Armory Center, New York City

Girls

55: 1. Annie Johnson, Shawnee, 7.07.

55 HH: 1. Ste'yce McNeil, Winslow Township, 7.89.

200: 1. Ste'yce McNeil, Winslow Township, 24.65; 7. Jen Pash, IHA, 25.71 (25.49 in trials).

400: 1. Olivia Baker, Columbia, 56.32.

800: 1. Jessica Gelibert, Bay Shore (NY), 2:11.85.

1 mile: 1. Megan Lacy, Cherokee, 5:05.88; 4. Lisa Zimmer, Ramapo, 5:13.79.

2 mile: 1. Cayla DelPiano, South Brunswick, 11:18.72.

Shot put: 1. Theresa Picciallo, IHA, 45-9; 10. Taylor Martin, Hackensack, 37-9 ¾.

High jump: 1. Noel Jancewicz, Robbinsville, 5-8.

Long jump: 1. Keturah Orji, Mount Olive, 19-3 ¼; 9. Patty McHugh, Waldwick, 16-7 ½.

Triple jump: 1. Bryanna Grant, Cranford, 39-9; 5. Rayne Moses, Hasbrouck Heights, 36-10 ½.

Pole vault: 1. Chelsea Vaughn, Southern, 12-0; 6. Mimi DeVita, Ridgewood, 11-0.

4-x-200 relay: 1. Hope (RI), 1:40.76.

4-x-400 relay: 1. Columbia, 4:01.83; 7. Ramsey (Kristen Webb, Kelly Redl, Emily Calabria, Katie Vernon), 4:04.01.

4-x-800 relay: 1. Lenape, 9:11.37; 4. Ridgewood (Caroline Davidson, Micaela McPadden, Hanako Shigenobu, Catherine Pagano), 9:23.27; 8. Westwood (Gabriela Sloezen, Alana Milazzo, Julia Senkovich, Dana Bianchi), 9:34.36.

Distance medley: 1. Red Bank Catholic, 11:55.32.

Boys

55: 1. Anthony Averett, Woodbury, 6.46; 6. Deandre Jennings, Hackensack, 6.61 (6.57 in semifinals); 9. Daryian Miles, Teaneck, 6.64.

55 HH: 1. Jermaine Collier, Trenton, 7.35.

200: 1. Jermaine Collier, Trenton, 21.53; 3. Daryian Miles, Teaneck, 22.23 (22.20 in trials). (Deandre Jennings, Hackensack, 22.34 in trials, did not run final).

400: 1. Steven Gayle, Mount Vernon (NY), 48.63; 5. Tim Hamlett, Don Bosco, 49.55.

800: 1. Isaac Clark, Pleasantville, 1:54.34; 9. Kevin Serrao, Bergen Tech, 1:57.91.

1 mile: 1. Tim Ball, Piscataway, 4:15.75.

2 mile: 1. Edward Cheserek, St. Benedict's, 8:54.82; 2. Ben Malohe, Pascack Valley, 9:12.02.

Shot put: 1. Braherne Days Jr., Bridgeton, 70-8; 2. Andrew Trumbetti, Demarest, 56-5 ½; 10. Matt Koh, River Dell, 50-11.

High jump: 1. AJ Vance, Egg Harbor Township, 6-6.

Long jump: 1. Anthony Averett, Woodbury, 23-7 ¾; 5. Jamal Williams, Teaneck, 21-10 ¾; 8. Roland Gamez, Hasbrouck Heights, 21-3 ¾.

Triple jump: 1. Ryan North, Southern, 46-3 ¾; 8. Rahmir McCray, Passaic Tech, 44-0 ¾.

Pole vault: 1. Greg Gallagher, Iona Prep (NY), 15-6; 4. Eric Gelder, Demarest, 14-6.

4-x-200 relay: 1. Boys & Girls (NY), 1:29.68.

4-x-400 relay: 1. Cherry Hill East, 3:22.60.

4-x-800 relay: 1. Pope John, 7:47.00; 6. Don Bosco (Nick Mendolia, Mitch Keller, Ryan Keller, Christian Costello), 8:00.58; 9. Ridgewood (Will Ades, Brian Collins, Travis Spicer, Levi Jennings), 8:03.14.

Distance medley: 1. St. Benedict's, 10:10.70; Old Tappan (Alex Weiner, Brendan Davidson, Kyle Davidson, Will Maltin), 10:25.88.

North Jersey's best on display

Picciallo, Malone star at Eastern

By **PAUL SCHWARTZ**
STAFF WRITER

NEW YORK — The same two-some that starred at Saturday's State Meet of Champions had the top individual performances at the 78th Eastern States Invitational on Tuesday night.

Theresa Picciallo of Immaculate Heart won the girls shot put by nearly 6 feet with a throw of 45

INDOOR TRACK: EASTERN STATES

feet, 9 inches, continuing her season-long domination of the event. Pascack Valley's Ben Malone ran the fastest 5,200 meters by a Bergen County runner in 35 years in taking second behind the nation's top distance runner, Edward Cheserek of St. Benedict's, in 9:12.02.

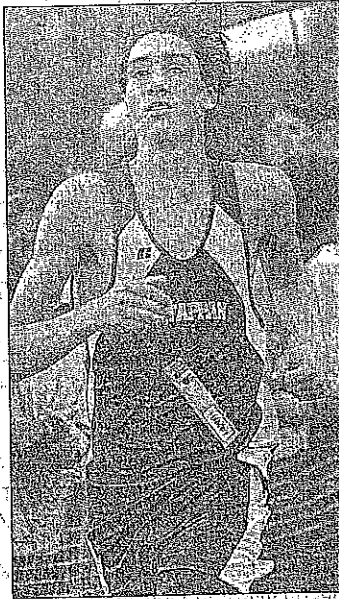
But they weren't the best stories for North Jersey athletes at the meet, which serves as a major opportunity for teams and athletes to earn qualifying times for the Penn Relays in April.

That brought smiles to the faces of the Old Tappan quartet of Alex Weiner, Brendan Davidson, Kyle Davidson and Will Maltin, who finished a stunning sixth in a loaded distance medley, running a school-record 10:25.88. That time never has failed to make the Penn Relays field, although the Golden Knights won't know for six weeks whether they are in.

Sister school Demarest didn't medal in the boys 4-x-800, but the quartet of Sean Degnon, Mike Ippolito, Ethan Alkow and Wilmer Jovel broke a 47-year old school record and ran 8:05.88, which easily should qualify them for the small schools 4-x-800 at Penn.

"That's why we came here [Tuesday night]," said Degnon, who led the race off in a 1:56.5 split and then watched as his teammates clicked off personal-best legs one after another. "This is terrific."

The 4-x-800 team should be joined by shot putter Andrew Trumbetti, who grabbed the sophomore national lead back by throwing 56-5½ to take second he-



RECORD FILE PHOTO
Will Maltin of Old Tappan was on the distance medley relay team that finished sixth.

Bridgeton, the national leader, who threw 70-8 to win the meet. And junior pole vaulter Eric Geider took fourth in his specialty with a vault of 14-6, a personal best for him in a full-scale meet.

"I've been in a little bit of a plateau and I had trouble making 13-6 [Tuesday night]," said Geider, who was fifth at the State Meet of Champions at 13-6. "But I made 14 on my first and I had a great jump when I made 14-6 on my second."

Westwood's team of Dana Bianchi, Alana Milazzo, Gabriela Sloezen and Julia Senkovich had an indoor school record of 9:34.36 to clinch a second straight Penn 4-x-800 berth, while Ridgewood was fourth overall with a sizzling 9:23.27, with sub-2:00 legs by three of its four runners.

Daryian Miles of Teaneck had a personal best of 22.20 in taking third in the 200, and Lisa Zimmer of Ramapo snapped back from a poor race Saturday to take fourth in the 1,600 in 5:13.79.

Other medal winners were Jamal Williams of Teaneck (5th, long jump, 21-10¾); Rayne Moses of Hasbrouck Heights (5th, triple jump, 36-10½); Mimi DeVita of Ridgewood (6th, pole vault, 11-0); Don Bosco (6th, 4-x-800, 8:00.58) and Deandre Jennings of Hacken-

Jacobs misses final

NEW YORK — Myasia Jacobs of Paramus Catholic qualified first in the semifinals of the 55-meter dash at the 78th Eastern States Invitational on Tuesday night at the Armory Track Center, and seemed primed to repeat as the champion and perhaps break her own meet record of 6.84 seconds in the final.

But when the gun went off for the final, she wasn't there.

"She was warming up downstairs and the race went off early," said an agitated Karen Bruce, Myasia's mother. "We were in Seattle this weekend [at another meet] and we didn't have to come and run in this dumb meet, but we thought we'd support a New Jer-

sey run meet and this is what we get."

The race went off at 6:30 p.m. and the schedule called for the girls final to be run at 6:45.

"Fifteen of the 16 finalists were at the starting line when the [boys and girls] races went off," said Mike Glynn, one of the meet directors. "The meet notes and the event card said that the meet might run as much as 20 minutes ahead of schedule. They should have been paying attention."

Shawnee's Annie Johnson won the Jacobs-less final in 7.07 seconds. Jacobs had run 7.01 in the semifinals.

— Paul Schwartz

Nationals

3/9/12

***** Results *****

Pole Vault: Mimi DeVita- 11'1"

Triple Jump: Evan Bartlik- 44'8"

Distance Medley:

Levi Jennings, Nick Tai, Will Ades, Travis Spicer
11:06.92.... 3:07.8 51.6 2:29.0 (fell) 4:38.1

4 x 1 mile:

Hanako Shigenobu, Emily Fishbein, Carloline Davidson, Catherine Pagano
20:59.66 (6th) 5:15.4 5:23.5 5:11.9 5:08.8

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

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

Comments:

Congrats to everyone who made it into this meet! Not easy. Tough break for the boys DM with the fall, but that happens. Girls...Awesome! New county and school record plus getting 6th overall! All Americans! Congrats to Hanako, Emily, Caroline and Cath.

RIDGEWOOD INDOOR TRACK

Bartlik, girls 4 x mile earn medals at NBIN

BY GREG TARTAGLIA
Assistant Sports Editor

Ten Ridgewood High School track and field athletes competed in the New Balance Indoor Nationals (NBIN) at The Armory Track Center in Manhattan last weekend. By the end of the meet, four had been named All-Americans.

Seniors Hanako Shigenobu and Caroline Davidson, sophomore Emily Fishbein and freshman Catherine Pagano combined for a sixth-place time of 20:59.66 in the girls 4 x 1-mile relay on Saturday.

The quartet set a new Bergen County record in the event, earning medals and All-America status as a top-six finisher.

Shigenobu ran the leadoff leg in 5:14 before the baton made its way to Fishbein (5:23 split), Davidson (5:11) and Pagano (5:08). The school that won the race, Tatnall of Greenville, Del., ran a 20:00.97 that ranked No. 2 all-time in U.S. history, according to milesplit.com.

"To be able to place in a meet like that, and to break the county record, was a nice accomplishment for them," RHS coach Mike Mullin said of his runners. "It was exciting to be in a race like that. There was a lot of energy in the place when the race was going on."

On Friday, Ridgewood senior Evan Bartlik made his 2012 debut in track and field following a successful basketball season [see story, page C3]. His triple jump of 44 feet, eight inches was good for a bronze medal in the boys Emerging Elite division.

"Evan is certainly a high-caliber track athlete who always has it in the back of his mind, even during basketball," said Mullin. "And he competed with a broken wrist; he had a cast on and still performed at a high level."

Earlier in the day, RHS junior Mimi DeVita set a new personal record of 11-foot-1 in the girls Emerging Elite pole vault. She cleared 10-1¼ and 10-7 on her first attempt at each and made 11-1 on her third and final try to tie for 18th.

In the boys distance medley relay on Friday, the Maroons were poised for a solid outing before trouble struck near the end of the third leg in the Section 1 race. Senior Levi Jennings led off with a 3:07.8 in the 1,200-meter leg to put them in first, and senior Nick Tai kept them there with a 51.7-second 400 leg.

Tai then handed off to Will Ades for the 800-

and Ades battled with a pack of three others to maintain the lead. But in the final turn before the last baton pass, a runner from Atlee, Va. appeared to make slight contact with Ades as he passed the Ridgewood junior on the outside.

"Will got kind of nudged, stepped on the rail and fell, twisted his ankle and dropped the baton," Mullin recalled. "He ended up finishing the race, but it was 30 seconds behind where he was going to be coming in."

A video of the race was posted to YouTube by NBIN officials and can be accessed at <http://youtu.be/62poFpMpVKU>.

Senior Travis Spicer completed the 1,600 anchor leg, but the fall relegated the Maroons (11:06.92) to a 27th. Atlee (10:21.62) went on to win the Section 1 race and place 11th overall. Ridgewood resident Christian Costello helped the Don Bosco distance medley squad to an 18th-place 10:42.10.

The NBIN meet marks the official conclusion of the winter track season. Here is a recap of some other late-season efforts by RHS athletes:

Eastern States Championships

Several Ridgewood competitors turned in personal-record performances at the 75th Eastern States Championships at The Armory on Feb. 28.

In the boys 55-meter hurdles, Kevin Chung ran 23rd overall in 7.97. The junior has been named to the All-County second team in the event.

In the boys 400-meter dash, junior Neil Schoff ran a season-best 52.03 to place 29th, while Tai ran his best open 400 time of 52.36 to take 31st.

Chung, Tai and Schoff also combined with sophomore Dom Boresta for a clocking of 1:34.30 in the 4 x 200 relay, edging Union (1:34.66) for 22nd.

Jennings, Ades and Spicer joined forces with Brian Collins to post an eighth-place 8:03.14 in the 4 x 800, which Mullin said could qualify the quartet for the Penn Relays. In the 2-mile run, junior Nick Salamone logged an 11th-place 9:58.76.

For the Maroon girls, Shigenobu, Davidson, and Pagano teamed up with junior Micaela McPadden to earn a fourth-place medal in the 4 x 800. They ran a Penn qualifying time (9:23.27) as well and were named first-team All-County.

In the girls pole vault, DeVita cleared 11-0 to tie four others for sixth place, while in the girls 2-mile, sophomores Laura Weisberger (11:47.61 PR) and Emily Fishbein were 12th and 15th, respectively. The RHS quartet of Moriah Jennings, Anna Caffrey, Courtney Campbell and Reid Simoncini ran a 26th-place 1:52.83 in the girls 4 x 200.

...ers and serve as a

TEAM OF THE YEAR

Hackensack

Speed helps Comets soar as Bergen's best

By **PAUL SCHWARTZ**
STAFF WRITER

Jim Levitzke expected that his Hackensack boys indoor track team would be one of the best teams in North Jersey. Then he received three more surprises that ensured that the Comets would be not just one of the best teams in North Jersey, but The Record Boys Indoor Track Team of the Year.

Senior Deandre Jennings, who had made a brief appearance on the indoor team last winter, stayed for good this time and became not only Hackensack's best sprinter, but an all-North Jersey sprinter. Senior D.J. Bourgeois returned from an injury that cost him his junior year and became one of the area's top shot putters. And Rudolph Henriquez moved from Irvington to Hackensack, solidifying the Comets' 4-x-400 relay team as the best in North Jersey.

"We were hoping to have a pretty successful season, because we had a solid team that could compete in nearly every event," said Levitzke, who has been the head coach at his alma mater for more than a decade. "But we were even better than I thought."

The Comets' best meet was probably the

Bergen County Relays. The Comets won four events, scored in nearly every other event and rolled to a 20-point victory over six-time defending champion Don Bosco.

"I think that was our best team meet," Levitzke said. "We had our best 4-x-200 and 4-x-400 teams, and we even had our second shot putter [Virron Humes] clear 6 feet for the first time in the high jump that night. We really jelled as a team that night."

A few nights later, the Comets won the Big North Freedom title by 50 points over a good Teaneck team.

With all-North Jersey hurdler Mark Jones, Jennings, and distance runner John Pujols leading the way, Hackensack defeated powerful West Orange, 65-58, to win its first indoor sectional title, scoring in eight of 10 events. Hackensack enjoyed a late-season surge by its distance team that set school records in the distance medley, 4-x-800 and 4-x-1,600 races.

"It's not a super distance team, but one with a terrific work ethic," Levitzke said. "They ran extra mileage three days a week outside of regular practice and seniors like Pujols, Carlos Coronado and Aneudy Nunez brought it over to the rest of the team."

Ge
th
he
an
th
th
hit
Ch
ba

I

By
ST

of
a
ma
lon
spe
be

rep
bel
he
oth
ing
and
int

gui
No
sor
bee
yea
fiel

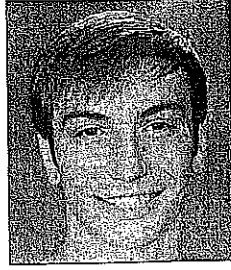
H JERSEY FIRST TEAM

ALL-NORTH JERSEY FIRST TEAM



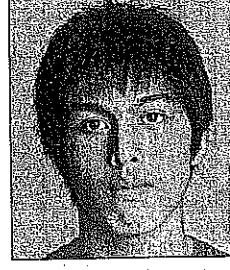
CHRISTIAN COSTELLO
Don Bosco, senior
All-Bergen First Team

One of two All-North Jersey cross-country runners on the team, Costello hopped back from illness that cost him a chance to compete in the Non-Public A state 3,200 title to take third in the state Meet of champions in 9:20.77, fifth fastest time in Bergen County history and second best all time among Ironmen.



ERIC GEIDER
Demarest, junior
All-Bergen First Team

The junior pole vaulter had an early season clearance of 14-7, fifth best in Bergen history, and never had a meet where he didn't clear at least 13-0. He was second in Group 3, fifth in the state Meet of Champions and cleared 14-6 in a fourth-place finish at Eastern States.



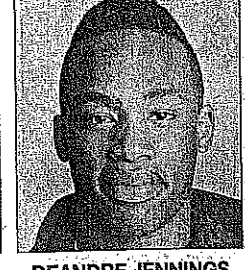
ROLAND GAMEZ
Hasbrouck Heights, junior
All-Bergen First Team

This junior made 6-4 in the high jump and 21-4 in the long jump, both second in the area. He ran on the Group 1 state championship shuttle hurdles team. His best event is the triple jump, where at 46-0 he was 12th best in Bergen history and third in the state this year.



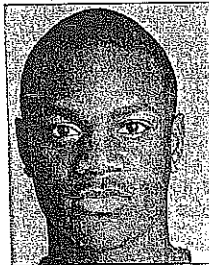
TIM HAMLETT
Don Bosco, senior
All-Bergen First Team

He made quite an impression in his only indoor season, early in the year with a pair of disqualifications and late with a Non-Public A state 400 title, a fifth-place finish in Eastern States and skills from 300 to 800 meters. He's tied for sixth all time at 300, seventh at 400 and 12th at 600 meters.



DEANDRE JENNINGS
Hackensack, senior
All-Bergen First Team

After a short stay on the 2011 Comets, Jennings returned full time this year and made his presence felt as the eighth fastest 55- and 200-meter runner in Bergen County history. He was third in the Group 4 55 and sixth in Eastern States and ran a leg on Hackensack's area-leading 4-x-200 team.



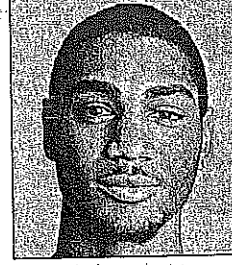
MARK JONES
Hackensack, junior
All-Bergen First Team

Maybe this season wasn't good as last year, but Jones, a junior, still was the area's fastest hurdler, Bergen County and sectional champion and ranked third in Group 4. His best race may have been choreographing the fourth-place shuttle team at nationals.



BEN MALONE
Pascack Valley, junior
All-Bergen First Team

Had one of the all-time seasons despite running only 12 races, including his legendary national championship 800-meter race. He holds Bergen records at 800 and 1,000 meters, ranks second at 1,600 meters, third at 3,200 and ninth at 600 meters - with a year left to improve.



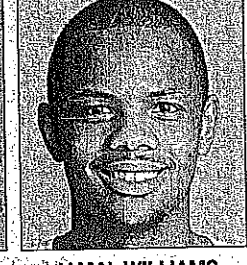
DARYIAN MILES
Teaneck, senior
All-Bergen First Team

He made the state Meet of Champs in the 55 as a wild card and then just missed a medal. He was third in Eastern States 200, won the Bergen 300 and was second in the Group 3 400. Miles ranks ninth in the 55, fourth at 200 and second in the 300 on the all-time Bergen list.



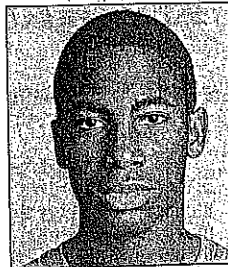
ANDREW TRUMBETTI
Demarest, sophomore
All-Bergen First Team

He wasn't just the best shot putter in North Jersey, but he was the best sophomore thrower in the United States this year, placing seventh in the national championship with a throw of 57-3/4, 18th in Bergen history. He won the Group 3 title and was fourth in the state Meet of Champions.



JAMAL WILLIAMS
Teaneck, senior
All-Bergen First Team

He was the best long jumper in the state for most of the season, and despite a mini-slump at the end of the year, still managed to finish eighth at nationals. His best jump of 23-3 is fifth in Bergen history and he helped the Highwaymen set a meet record in the Bergen Relays.



SPRINT MEDLEY RELAY: Pascack Valley
JORDAN ROSES, senior (left), **JALEEL FELTON**, sophomore (center), **MAX LINDEN** (right), senior, **BEN MALONE**, junior

The team of Roses and Felton (200), Linden (400) and Malone (800), ran the event five times, a meet record win at the Group 2 Relays, a Bergen record win at the Gen Relays and a third-place finish under the previous state record at nationals.

COND TEAM

COACH OF THE YEAR John Iurato, Passaic Tech

A reflection of how good a season John Iurato had was that the Passaic Tech coach received strong consideration to be The Record coach of the year for both the boys and girls. And that's fitting since Iurato likes both his teams to compete with each other in practice. "We have so many good girls who are competitive," Iurato said. "We like to mix them up with the girls and it makes the boys work hard because they don't want to get beat by the girls."

It must work. The Bulldogs won Passaic and Big North Liberty titles to help earn Iurato The Record Boys Indoor Track Coach of the Year honor.

Iurato, who, along with assistants Charlie Weindel and



Boys indoor track All-Bergen

First team

55: Deandre Jennings, Hackensack, senior
55 HH: Mark Jones, Hackensack, junior
300: Daryian Miles, Teaneck, senior
400: Tim Hamlett, Don Bosco, senior
600: Kyle Davidson, Old Tappan, senior
800: Chris Eltringham, Ramsey, senior
1,000: Kevin Serrao, Bergen Tech, sophomore
1,600: Ben Malone, Pascack Valley, junior
3,200: Christian Costello, Don Bosco, senior
Shot put: Andrew Trumbetti, Demarest, sophomore
High jump: Rakesh Dataram, Ridgefield Park, senior
Long jump: Jamal Williams, Teaneck, senior
Triple jump: Roland Gamez, Hasbrouck Heights, junior
Pole vault: Eric Gelder, Demarest, junior
Pentathlon: Taylor Cudequest, Pascack Hills, senior
4-x-400 relay: Hackensack (Aaron Romero, senior; Moquiez Headley, senior; Mark Jones, junior; Rudolph Henriquez, senior)
4-x-800 relay: Don Bosco (Ryan Keller, senior; Mitch Keller, senior; Nick Mendolia, senior; Tim Hamlett, senior)
Coach of the Year: Jim Levitzke, Hackensack
Team of the Year (Large school): Hackensack
Team of the Year (Small school): Ridgefield Park

Second team

55: Kevon Lumsden, Englewood, senior
55 HH: Kevin Chung, Ridgewood, junior

300: Calvin Knox, Indian Hills, senior
400: Brandon Gregory, Old Tappan, senior
600: Calvin Knox, Indian Hills, senior
800: Sean Degnon, Demarest, senior
1,000: Levi Jennings, Ridgewood, senior
1,600: Alex Weiner, Old Tappan, senior
3,200: Ryan Tucker, Don Bosco, senior
Shot put: Matt Koh, River Dell, senior
High jump: Danny Thompson, Indian Hills, junior
Long jump: Robin Zhang, Bergen Tech, junior
Triple jump: Chris Wong, Bergen Tech, senior
Pole vault: Alex Albanese, Ramsey, junior
Pentathlon: Michael Cummings, Hackensack, junior
4-x-400 relay: Teaneck (Daryian Miles, senior; Jamal Williams, senior; Damien Elliott, senior; Mohamed Yousif, junior)
4-x-800 relay: Ridgewood (Will Ades, junior; Travis Spicer, senior; Brian Collins, sophomore; Levi Jennings, senior)

Third team

55: Justin Wimberley, Don Bosco, junior
55 HH: Louis Kang, Pascack Hills, senior
300: Jaleel Felton, Pascack Valley, sophomore
400: John Malespina, Park Ridge, senior
600: Matthew Orozco, Ridgefield Park, senior
800: Warren O'Neill, Ridgefield Park, senior
1,000: Sean Krazit, Pascack Hills, senior
1,600: Kyle Levermore, Mahwah, sophomore
3,200: John Pujols, Hackensack, senior
Shot put: D.J. Bourgeois, Hackensack, senior
High jump: Christian Maldonado, Paramus Catholic, senior
Long jump: Alex Ocansey, Teaneck, senior
Triple jump: Alex Zhang, Mahwah, junior
Pole vault: Alex Sisco, Hasbrouck Heights, senior
Pentathlon: Sean Degnon, Demarest, senior
4-x-400 relay: Indian Hills (Noah Busker, senior; Andrew Kristofick, junior; Calvin Knox, senior; Kevin Halloran, junior)
4-x-800 relay: Demarest (Sean Degnon, senior; Mike Ippolito, senior; Wilmer Jovel, sophomore; Ethan Alkow, senior)
4-x-800 relay: Hackensack (Chris Mascetti,

sophomore; Aaron Romero, senior; John Pujols, senior; Carlos Coronado, senior)

Honorable mention

Ted D'Amico, Bergen Catholic; Ethan Alkow, Ben Chazen, Pat Degnon, Mike Ippolito, Josh Landsman, Gary Li and Javiar Montalvo, Demarest; Nick Carapezza, Mike Flanagan, Mitch Keller, Ryan Keller, Noah Lartique, Nick Mendolia, and Joe Moran, Don Bosco; Kevin Costantino, Dumont; Amir Ward, Englewood; Yahia Fahmy, Fort Lee; Carlos Coronado, Jeremy Hendrick, Chris Mascetti, Nick Quinn and Aaron Romero, Hackensack; Chris Connors, Mark Monohan and Anthony Seidel, Hasbrouck Heights; Adam Frank and Scott Savage, Indian Hills; James Buser and Spencer Ross, Mahwah; Steve Felice, Midland Park; Jack Clarke and Brandon Matulac, New Milford; James Bryan and Andrew Rokoszak, Northern Highlands; Brandon Davidson, Hunter Norman and Jay Rho, Old Tappan; Mike Secreti, Paramus; Christian Maldonado, Paramus Catholic; Max Linden, Jordan Roses and Kris Yoo, Pascack Valley; Thomas Halloran, Ramapo; Andrew Assile, Erik Buser, Nik Haas, Bill Pepper and Patrick Watters, Ramsey; Mike Reyes, Ridgefield Park; Will Ades, Nick Salamone, Travis Spicer and Nick Tai, Ridgewood; Austin Berniger, Christian DeSantis, Calvin Hartman, Brandon Jurasin and Craig Marulis, River Dell; Sherman Alston and Jabari Garvin, St. Joseph Regional; Damien Elliott, Teaneck; Hayden Lyons, Tenafly; Dominic D'Agostino, Wallington; Anthony Catalano, Westwood; Chris D'Angelico and Sean Porteous, Wood-Ridge.
4-x-400 relay: Demarest, Don Bosco, Old Tappan, Pascack Hills, Pascack Valley, Ramsey, Ridgefield Park and Ridgewood.
4-x-800 relay: Ramsey, Ridgefield Park and Tenafly.
Teams selected by the Bergen County Coaches Association

All-North Jersey Girls Indoor Track Athlete of the Year throws her all into track

Picciallo

By PAUL SCHWARTZ
STAFF WRITER

Theresa Picciallo grew up on basketball. "My dad put a basketball in my hand before I could walk," the freshman said. "He had a very strong hand, and I was very gung-ho and my mom says he couldn't wait to coach me." But Steven Picciallo never got the chance. He died of brain cancer at age 34, with his only child just 4 1/2 years old.

Theresa still got a chance to play the sport her late husband loved and her daughter grew to love. "I get my inner strength from my mom, who nurtured my every move, and has seen every event there to back me up and support me in everything I did." Basketball had been my all my life until I got to high school," she said. "I made the man that I could go so much further in track than basketball and it was hard for me to accept," said Picciallo. The Record Girls Indoor Track Athlete of the Year. "I had a promise in my mind to go to college for it, but it probably would have been the only sport I did."

Until a few days after her freshman season ended, Theresa Picciallo, a strong six-footer, was throwing a basketball around the gym and said, "Why don't you throw a basketball around the gym and throw the shot this year?"

The next thing she knew, Picciallo was part of the Blue Eagle team that shared the 2009 Non-Public A state championship and three years later, she's perhaps the greatest shot putter in North Jersey history. "Everybody told me as a freshman that I was a freshman, including her second individual sport and I loved it," said Picciallo, who won 12 straight meets, including her second indoor track and field career shot put crown.

ATHLETE OF THE YEAR Theresa Picciallo, IHA



To view a video on this story visit northjersey.com

door [and third overall state Meet of Champions title and lost only at the National Championships, personal best throw of 48 feet, 3/4 inch. "I loved that when something went wrong or right it was on me and no one else. It's an amazing feeling," Schoepfer was there all the time. Theresa's club coach and work with IHA weight coach John Downey to develop her throwing skills. "The relationship between Warren and John has gotten better every year and it's helped me so much," she said. "I'll be back in high school next year, but there's still a spring season left. It's been a sick ride in high school," Picciallo said. "I wouldn't change anything."



TYSON TRISHIA PHOTOGRAPHER

TEAM OF THE YEAR

Ridgewood

Strong senior leaders take Maroons to top

By PAUL SCHWARTZ
STAFF WRITER

Mike Mullin wasn't sure what to expect from his Ridgewood girls indoor track team when he first met them for practice.

"I knew we had some great senior distance runners and a pretty good supporting cast of younger kids, but we had lost a lot of good people in the field and hurdles that would be hard to replace," Mullin said.

The hole in field events remained a problem, although junior All-North Jersey selection Mimi DeVita was the best pole vaulter in the area and senior Ilana Brown also contributed there. But the pretty good supporting cast proved to be much more than that, and after winning the Bergen County Large School Relays, the North Jersey Invitational and the North 1, Group 4 state sectional titles, Ridgewood is The Record Girls Indoor Track Team of the Year.

But it all stemmed from the seniors.

All-North Jersey selection Hanako Shigenobu and second-teamer Caroline Davidson had come off of a great cross-country season without missing a beat, and the rest of the team followed.

"They have a great friendship and rely on

each other," Mullin said. "They have a strong work ethic and stepped up as leaders and did a great job with the younger kids in the distance group. And they're a lot of fun to be around."

Sophomores Laura Weisberger and Emily Fishbein enjoyed excellent seasons, and Catherine Pagano, after recovering from the stress fracture that cost her most of the cross-country season, proved to be the best freshman distance runner in the state.

But Ridgewood's wins came with more than distance running. Junior Micaela McPadden was a top sprinter from 200 meters up and even ran a great leg on the All-North Jersey 4-x-800 team while senior Moriah Jennings had her best sprint season. Juniors Anna Caffrey and Courtney Campbell improved tremendously and Caffrey filled in for McPadden on the distance medley team that led the area with a 12:16.2 clocking.

The season wasn't perfect - the Maroons' lack of jumping depth led to an 8½-point loss to Teaneck in the Big North Freedom meet. But it ended nicely when Shigenobu, Davidson, Fishbein and Pagano took sixth in the Nationals in the 4-x-mile relay in a Bergen record 20:59.66 to earn All-American status.

t
l
t
f
h
L
"T
tic
do

La
gir
the
Gr
in
ing
7
ly n
ride
are

.. .

ALL-NORTH JERSEY FIRST TEAM



MIMI DeVITA
Ridgewood, junior
First Team All-Bergen

The junior vaulter follows in the footsteps of previous Maroon stars and cleared a personal best 11 feet, 1 inch, fifth best in Bergen history. She won the Bergen County championship, and finished sixth in the Eastern States championship. She also won the Group 4 sectional title, and was second in the Varsity Classic.



CAROLYN EDLER
Mahwah, senior
First Team All-Bergen

She and DeVita battled all year in the vault, with great success for both, with Edler taking eighth in the state Meet of Champions, third in state Group 2, leading the Thunderbirds to second in the Group 2 state relays vault, and winning the North 1, Group 2 sectional. She also cleared 11-1 for a share of fifth in Bergen history.



JANAY FERREL
Teaneck, senior
First Team All-Bergen

The heart and soul of the Highwaywomen, she won the 400 at the Bergen County and Group 4 sectional meets, and ran the ninth fastest time in Bergen history in a fourth-place finish at the Varsity Classic. But her 600 win at the Big North Freedom meet sparked Teaneck's upset win.



BREASHA MORTON
Passaic Tech, soph.
First Team All-Passaic

The sophomore was perhaps the best all-around athlete in the area, with the fastest time in North Jersey in the 55 hurdles, and top-five times in the 200, 300 and 400 and performances in the high and triple jumps. She won four events at both the Passaic and Big North Liberty meets.



JEN PASH
IHA, senior
First Team All-Bergen

She earned a pair of medals at the state Non-Public A meet in the 55 and 400 meters and had the fastest time in the area at 200 meters. But her 300 win at the Bergen County championships is the third fastest time in Bergen history, 40.4 seconds was her seasonal highlight.



THERESA PICCIALLO
IHA, senior
First Team All-Bergen

Here's how dominant the two-time state champ and national runner-up shot putter was. In 13 meets, her worst scoring throw was 41-9½. No other New Jersey shot putter reached that distance. Her average winning margin was 8 feet, ¾ inches and the smallest margin was 3-9½.



GENA PICKETT
Mahwah, junior
First Team All-Bergen

The junior jumper won the Emerging Elite triple jumper with a personal best of 37-7¾, fifth in Bergen history. She won the Bergen and Big North championships easily and also captured the Group 2 sectional and Big North Patriot hurdles and the Big North long jump.



HANAKO SHIGENOBU
Ridgewood, senior
First Team All-Bergen

The only member of the cross-country squad to make the indoor team, she excelled at distances from 400 to 1,600 meters, but dominated the 1,000, winning the Bergen title. She won the Group 4 sectional 800 title and anchored the Bergen County Relays champion sprint medley team.



GABRIELA SLOEZEN
Westwood, senior
First Team All-Bergen

She may be a better relay runner, anchoring Westwood to a 4-x-800 win in the Emerging Elite division of the national championships. But her Bergen win in the 600 in the seventh fastest time in Bergen history, and win at the North 1 sectional 400 show she's pretty good on her own, too.



JORDYN SMITH
Paramus Cath., senior
First Team All-Bergen

Only a nagging hamstring injury kept her from an even better season. She won the Non-Public A, Holiday Festival and Big North United 55 titles and reached the state Meet of Champions final. Her 55 time is second all-time in Bergen and her 200 and 300 times are top 10.



4-x-800 RELAY: RIDGEWOOD

Caroline Davidson, senior (left), Hanako Shigenobu, senior, Micaela McPadden, junior (center), and Catherine Pagano, freshman (right)

First Team All-Bergen

The team of seniors Davidson and Shigenobu, junior McPadden and freshman Pagano ran together in this race just once, but that was a 9:23.27 clocking for fourth in the Eastern States, just missing a 25-year-old school record.

SECOND TEAM

Talasiah Balgoban, Teaneck sophomore
Alexandra Cimino, Westwood, junior
Caroline Davidson, Ridgewood, senior
Taryn De Leon, Old Tappan, sophomore
Deanna DiLandro, Ramapo, sophomore
Angela Harrison, Paramus Catholic, senior
Ariana North, Northern Highlands, junior
Catherine Pagano, Ridgewood, freshman
Briana Setnitzky, Pascack Hills, senior
Kahlia Taylor, Teaneck, senior
Lisa Zimmer, Ramapo, senior
Westwood 4-x-800 relay

Girls indoor track All-Bergen

First team

55: Jordyn Smith, Paramus Catholic, senior
55 HH: Alexandra Cimino, Westwood, junior
300: Jen Pash, IHA, senior
400: Janay Ferrel, Teaneck, senior
600: Gabriela Sloezen, Westwood, senior
800: Deanna DiLandro, Ramapo, sophomore
1,000: Hanako Shigenobu, Ridgewood, senior
1,600: Lisa Zimmer, Ramapo, senior
3,200: Ariana North, Northern Highlands, junior
Shot put: Theresa Picciallo, IHA, senior
High jump: Talasiah Balgobin, Teaneck, sophomore
Long jump: Brianna Setnitzky, Pascack Hills, senior
Triple jump: Gena Pickett, Mahwah, junior
Pole vault: Mimi DeVita, Ridgewood, junior
Pole vault: Carolyn Edler, Mahwah, senior
Pentathlon: Taryn DeLeon, Old Tappan, sophomore
4-x-400 relay: Westwood (Rebecca Fasano, junior; Dana Bianchi, senior; Alexandra Cimino, junior; Gabriela Sloezen, senior)
4-x-800 relay: Ridgewood (Hanako Shigenobu, senior; Micaela McPadden, junior; Caroline Davidson, senior; Catherine Pagano, freshman)
Coach of the year: Charlie Lovelace, Teaneck
Team of the year (Large school): Ridgewood
Team of the year (small school): Hasbrouck Heights

Second team

55: Angela Harrison, Paramus Catholic, senior
55 HH: Jamie Woods, River Dell, junior
300: Micaela McPadden, Ridgewood, junior
400: Kahliia Taylor, Teaneck, senior
600: Kelly Redl, Ramsey, sophomore
800: Victoria Davis, Demarest, senior
1,000: Deanna Dragone, IHA, senior
1,600: Catherine Pagano, Ridgewood, freshman
3,200: Ashley Stryko, Holy Angels, junior
Shot put: Taylor Martin, Hackensack, senior
High jump: Lisa Sesink-Clee, Holy Angels, junior
Long jump: Shaye Wisse, IHA, sophomore
Triple jump: Rayn Moses, Hasbrouck Heights, senior
Pentathlon: Emily Dowling, Bergen Tech, senior
4-x-400 relay: Ramsey (Kristen Webb, sophomore; Kelly Redl, sophomore; Emily Calabria, junior; Katie Vernon, junior)
4-x-800 relay: Westwood (Gabriela Sloezen, senior; Alana Milazzo, junior; Julia Senkevich, junior; Dana Bianchi, senior)

Third team

55: Taylor Summers, Northern Highlands, senior
55 HH: Sophia Luppino, Fort Lee, senior
300: Liz Sidaros, Indian Hills, junior
400: Katie Vernon, Ramsey, junior
600: Allison Torsiglieri, Tenafly, senior
800: Samantha Cannillo, Pascack Valley, senior
800: Vanessa Valdes, Hackensack, senior
1,000: Paige Fernandez, River Dell, junior
1,600: Caroline Davidson, Ridgewood, senior
3,200: Rachel Lotterman, IHA, senior
Shot put: Jessica Reuveni, Paramus, senior
High jump: Amanda Simms, Teaneck, sophomore
Long jump: Trenice Foster, Teaneck, senior
Triple jump: Anastasia Atkinson, Teaneck, junior
Pole vault: Megan Gambuti, Ramapo, sophomore
Pentathlon: Katie Sullivan, Rutherford, junior
4-x-400 relay: Teaneck (Taliasah Balgobin, sophomore; Janay Ferrel, senior; Anastasia Atkinson, junior; Kahliia Taylor, senior)
4-x-800 relay: Holy Angels (Shanon Glynn, senior; Maggie Sheehan, sophomore; Amanda Garcia, junior; Ashley Stryko, junior)

Honorable mention

Brittany Day, Haley Hirsch, Katie Kupferschmidt and Allison Tell, Demarest; Nicole Piccinich, Emerson; Janieanne Palmer, Englewood; Anne Kavalerschuk, Fair Lawn; Ashley Jenq and Melanie Plattner, Fort Lee; Breonah Toon, Garfield; Katie Vandervalk, Glen Rock; Jaclyn Allegretta, Joanna Castro, Natasha Dempster and Onyi Obelle, Hackensack; Irene Cedano, Hasbrouck Heights; Maggie Sheehan and Kristen Sherlock, Holy Angels; Colleen Buckley, Devin Czuj and Jacqueline Feldman, IHA; Sydney Coughlin, Krissie Gaffney and Jamie Mangold, Indian Hills; Molly Cohan, Nicole Fede, Candice Mann and Kim Nagotko, Mahwah; Sofia Licata, Anna Richard and Emma Sullivan, Northern Highlands; Erica Canas and Sharon O'Reilly, Old Tappan; Jolie Bartner, Paramus; Rebecca Janovic, Pascack Hills; Catherine Rozalski and Michelle Rozalski, Queen of Peace; Jordan Evan-Chen and Claire Scavone, Ramapo; Kaitlyn Johnston, Victoria Pesco, Sierra Sands and Kristen Webb, Ramsey; Abisola Adewolu, Ridgefield Park; Anna Caffrey, Emily Fishbein, Moriah Jennings and Laura Weisberger, Ridgewood; Geace Behrens, Bridget Brindley, Emily Croonquist, Melissa Gibbons, Laura Oh, Sam Schweiger, River Dell; Melissa Esposito and Shannon Roberts, Saddle Brook; Chardonnay Elliott, Teaneck; Brianna Denyko, Patty McHugh and Ali Giordano, Waidwick; Dana Bianchi, Rebecca Fasano and Corinne Myers, Westwood.
4-x-400 relay: Demarest, IHA, Indian Hills, Ridgewood and River Dell.
4-x-800 relay: Northern Highlands, Pascack Valley, Ramapo and Ramsey.

Teams selected by the Bergen County Women's Coaches Association.

Ridgewood Boys Track and Field Indoor Records

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yd dash (55m)	6.5	P. McGillicuddy Chris Zeigler	1971 2007	168 Armory
100yd dash	10.8	Ralph Jones	1971	168 Armory
200m dash	23.0	Akira Monri	2008	168 Armory
300yd dash	32.9	Matt Krever	1991	RCC
300m dash	35.8	InSoo Hwang	2010	168 Armory
400m dash	50.31	Tim Geckler	1989	Annapolis
500m	69.6	Charles Cortellesi	1983	West Point
600yd	1:15.5	Tim Geckler	1989	Princeton
600m	1:21.4	Josh Kauke	2000	168 Armory
800m	1:54.1	Josh Kauke	2000	168 Armory
1000yd	2:17.4	John Parisi	1983	Princeton
1000m	2:30.4	Niall Buckley	2007	168 Armory
1500m	4:00.4	Bob Keino	1993	FDU
1600m	4:21.9	Mike Cator	2006	168 Armory
Mile	4:14.31	Bob Keino	1994	Mad Sq Garden
Mile walk	8:36.0	Ed Landers	1985	RCC
3000m	8:25.28	Bob Keino	1993	Princeton
3200m	9:18.11	Bob Keino	1994	Princeton
55m HH	7.3	Rich Wankmueller	1975	
Shot Put	54'9"	Eric Bryant	1981	Saddle Brook
Long Jump	23'5 1/2"	Craig Halyard	1989	Annapolis
High Jump	6'8"	Tom DeVita	2009	168 Armory
Triple Jump	49'6 1/2"	Craig Halyard	1989	Princeton
Pole Vault	15'0"	Gabe Knutson	2004	168 Armory
Pentathlon	3259 pts	Gabe Knutson	2004	168 Armory
4 x 55 m HH	30.7	Nagano-Gerace/Moody Monri/Pierce	2006	168 Armory
4 x 200m	1:32.9	Monri/Ontiveros/ P.Nygaard/Zeigler	2007	168 Armory
4 x 400m	3:25.21	Zeigler/Ontiveros/ Trautwein/Buckley	2007	168 Armory
4 x 800m	7:52.16	Buckley/Onwubu Cator/Williams	2005	168 Armory
4 x 1 mile	17:45.19	E.Nygaard/ Cator/ Maher/Zamir	2004	168 Armory
Sprint Medley (2-2-4-800m)	3:31.10	Cooper/Dolgin DiPasquale/Kauke	2000	168 Armory
Distance Medley (12-4-8-1600m)	10:17.39	Jennings/Schoff Llinas/Rynkowski	2011	168 Armory
Shot Put Relay	133'4"	Laborde/Pfund/Phillips	1984	St. Josephs
Shot Put (2 man)	97'3"	Kearns/Bryant	1981	Paramus Cath
High Jump Rel	12'2"	Davis/Rosenbach	1995	Princeton
Triple Jump Rel	84'9 3/4"	Hong/Halyard	1987	RCC
Long Jump Rel	40'10 1/2"	Hong/Darrow	1987	RCC
Pole Vault Rel(3 man)	31'6"	Karl/Novcka/Boyland	1979	RCC
Pole Vault Rel (2 man)	24'6"	Ricciardi/Jensen	2005	168 Armory

Girls Winter Track and Field Records

EVENT	RECORD	PERFORMER	DATE	PLACE
60 yd dash (55m)	7.2	Erica Cigolini	2007	168 Armory
100yd dash	12.0	Sue Davis	1976	168 Armory
200m dash	26.10	Erica Cigolini	2007	168 Armory
300yd dash	37.25	Virginia Figlar	1987	Harvard
300m dash	40.8	Alice Wisener	2007	168 Armory
400m dash	57.94	Virginia Figlar	1987	Yale
600yd	1:24.58	Virginia Figlar	1988	Harvard
600m	1:36.6	Cristina Law Kate Michel	2007 2008	168 Armory 168 Armory
800m	2:16.55	Cristina Law	2007	Toms River
1000yd	2:32.7	Margaret Scutro	1985	RCC
1000m	2:47.44	Margaret Scutro	1985	Byrne Arena
1500m	4:33.35	Margaret Scutro	1985	Yale
1 mile	4:56.53	Margaret Scutro	1985	Dartmouth
3000m	10:03.12	Jennifer Hughes	1988	Yale
2 mile	10:40.8	Patti Mileski	1983	Harvard
55m HH	8.2	Lara-Jane Que	2007	168 Armory
Shot Put	37'3 1/2"	Shyana Brown	1998	Garfield
Long Jump	18'11"	Jen McDermott	1989	Harvard
High Jump	5'8 1/4"	Becky Deetz	1974	Syracuse
Triple Jump	37'6"	Jen McDermott	1989	Harvard
Pole Vault	12'3"	Kayla Polcari	2011	168 Armory
Pentathlon	3267pts	Sarah DeVita	2011	168 Armory
4 x 55m HH (4 hurdles)	32.4	Que/Barr/ Wisener/Martinez	2007	168 Armory
4 x 55m HH (5 hurdles)	34.14	Martinez/Law/ Wisener/Que	2007	168 Armory
4 x 200m	1:45.28	Que/Cigolini/ Barr/Wisener	2007	168 Armory
4 x 400m	4:01.7	Barr/Conheeny/ Wisener/Law	2007	168 Armory
4 x 800m	9:22.18	Figlar/Jean Hughes Jen Hughes/Collazo	1988	Yale
4 x 1600m	20:59.66	Shigenobu/Fishbein Davidson/Pagano	2012	168 Armory
Sprint Medley (2-2-4-800m)	4:11.2	Wisener/Que Cigolini/Law	2007	168 Armory
Distance Medley 12-4-8-1600m	11:56.5	Pringle/Scutro Mileski/Mileski	1983	Yale
Shot Put Relay	66'3"	Rayevich/Eldridge	1988	Hackensack
High Jump Relay	10'2"	S. DeVita/H. Roche	2011	168 Armory
Long Jump Relay	32'4"	Bogart/Cigolini	2006	168 Armory
Triple Jump Rel.	66'7 1/2"	S. DeVita/H. Roche	2011	168 Armory
Pole Vault Relay	20'6"	M. DeVita/I. Brown	2012	168 Armory

Bergen County Indoor Track and Field Records

Boys:

55m: 6.30 sec, by Joe Dawkins, Hackensack, 1995
200m: 21.8, by Damian Miles, Teaneck, 2008
300m: 34.3, by Garrett Kroner, Indian Hills, 2006
400m: 48.7, by Ken Sinkovitz, Bergen Catholic, 2003
600m: 1:20.0, by Ken Sinkovitz, Bergen Catholic, 2003
800m: 1:53.22, by Ken Sinkovitz, Bergen Catholic, 2003
1000m: 2:27.2, by Max Bruno, Indian Hills, 2007
1600m: 4:08.0*, by Kevin Byrne, Paramus Catholic, 1977
3200m: 8:59.7** , by Kevin Byrne, Paramus Catholic, 1977
55mHH: 7.35, by Darius Pemberton, Hackensack, 1993
High Jump: 6'10 3/4", by Darius Pemberton, Hackensack, 1993
Long Jump: 23'7 1/4", by Darius Pemberton, Hackensack, 1992
Triple Jump: 49'6 1/2", by Craig Halyard, Ridgewood, 1989
Pole Vault: 15'0", by Gabe Knutson, Ridgewood, 2004
Shot Put: 65'10", by Steve Adams, St. Joseph Regional, 1970
Pentathlon: 4,120 points, by Darius Pemberton, Hackensack, 1993
* 1 mile time; ** 2 mile time

Girls:

55m: 6.82 sec, by Myasia Jacobs, Paramus Catholic, 2011
200m: 24.99, by Anike Orimogunje, Queen of Peace, 2000
300m: 39.1, by Janine Davis, Queen of Peace, 2004
400m: 54.70, by Janine Davis, Queen of Peace, 2004
600m: 1:29.27*** , by Janine Davis, Queen of Peace, 2004
800m: 2:07.60, by Janine Davis, Queen of Peace, 2004
1000m: 2:47.44, by Margaret Scutro, Ridgewood, 1985
1600m: 4:47.32, by Jasmin Jones, Hackensack, 1987
3200m: 10:40.96, by Patti Mileski, Ridgewood, 1983
55mHH: 8.11, by Carlene Cummings, Englewood, 1998
High Jump: 5'9", by Cheryl Burdick, Ramsey, 1999
Long Jump: 19'1 1/4", by Carlene Cummings, Englewood, 1998
Triple Jump: 40'9 3/4", by Carlene Cummings, Englewood, 1998
Pole Vault: 12'3", by Kayla Polcari, Ridgewood, 2011
Shot Put: 48'6 1/2", by Kelly Fazekas, Demarest, 2003
Pentathlon: 3267 points, by Sarah DeVita, Ridgewood, 2011
*** National Record

