

**RIDGEWOOD BOYS SPRING
TRACK AND FIELD**

2013

2013 Season Summary

Ridgewood	109	Paramus	31
Ridgewood	92	N. Highlands	48
Ridgewood	93	Hackensack	47
Ridgewood	106	Indian Hills	34
Ridgewood	78.7	Ramapo	61.3

County Relays.....	Champions
Big North Div 3.....	Champions
County Group A.....	Champions
State Sectional.....	Champions
State Group 4.....	2nd Place

***Four Championships in one season!
Four Time State Sectional Champions!***

Boys Spring Track and Field Roster - 2013

Frosh:

Arzoumanian, Shant
Barnabic, Nicholas
Binstock, Matt
Bontoux, Luc
Cobb, Nico
Collins, Sean
Dougherty, Jack
Gilligan, Brad
Hadfield, Jack
Hartigan, Christian
Hughes, Brendan
Knight, Terence
Larsson, Erik
Lee, Minha
Lucey, Conor
Marshall, Kenneth
Migliorelli, Will
Milo, Michael
Rademacher, Madison
Rubin, Marc
Seifert, Henry
Sofka, Jack
Taggart, Andrew
Thurston, Michael
Westcott, Evan
Yannella, Peter

Sophs:

Abernethy, Connor
Aramtas, Alexander
Benjamin, Charlie
Benjamin, Matt
Byrne, Jack
Calello, Sam
Chan, Brandon
Chaurasia, Akash
Davila, Jonathan
DelVecchio, Aaron
Discepolo, Matthew
Garcia, Emman
Jacoby, Patrick
King, Sean
Legg, Michael
Li, Warren
Muchel, Thomas
Norrell, Jon
O'Keefe, Sean
Punjabi, Armand
Ramirez, Andy
Ricatto, Henry
Salamone, Chris
Sheu, Charles
Skrzypczak, Peter
Suriano, Jack
Tamrua, Kotaro
Uzoaru, Raymond
Vehra, Osman
Ward, Kai
Won, Kevin

Juniors:

Antosiewicz, Michael
Barnes, Doug
Berry, Emmett
Choi, Yun
Clarendon, Bryan
Collins, Brian
Dublirer, Luke
Fischer, Robert
Frering, David
Han, Doohee
Hartmann, Carter
Higgins, Nicholas
Joyner, Bryce
Llerandi, Spencer
Locke, Jamal
Mallalieu, Paul
McDade, Connor
Migliorelli, Teddy
Morgan, Patrick
Neville, Ryan
Rayskiy, Vlad
Sabatini, Jake
Wong, Allan
Zeno, Michael

Seniors:

Barnett, James
Chung, Kevin
Discepolo, Nicholas
Dublirer, Storm
Garrity, Tanner
Jabado, Brandon
Jones, Graham
Kunz, James
Moras, Albert
Muller, Aaron
O'Donnell, Michael
Salamone, Nick
Schoff, Neil
Sun, Eric
Yoon, Youngbin
Young, Vincent

Coaches:

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

Bold = Varsity Letter Winner

<u>Name</u>	<u>Dual</u>	<u>Championship</u>	<u>Total Points</u>
Jake Sabatini (11)	43	87	130
James Barnett (12)	58	36	94
Storm Dublirer (12)	15	74	89
Nick Salamone (12)	15	59	74
Michael Zeno (11)	32.33	41	73.33
Brian Collins (11)	34.25	37	71.25
Neil Schoff (12)	15.75	47	62.75
David Frering (11)	14	46	60
Kevin Chung (12)	13	45	58
Jamal Locke (11)	8	49	57
Luke Dublirer (11)	19.5	37	56.5
Doohee Han (11)	16	39	55
Allan Wong (11)	22	29	51
Dylan Downing (12)	5	39	44
Bryce Joyner (11)	18	19	37
Aaron Muller (12)	17	16	33
Emmett Berry (11)	11	18	29
Graham Jones (12)	11	18	29
Bryan Clarendon (11)	12.75	13	25.75
Teddy Migliorelli (11)	10	15	25
Michael Thurston (9)	10	15	25
Alex Armatas (10)	3.25	21	24.25
Nick Higgins (11)	7.33	16	23.33
Armand Punjabi (10)	9	11	20
Youngbin Yoon (12)	3.75	16	19.75
Jonathan Davila (10)	8	10	18
Michael O'Donnell (12)	2	16	18
Michael Antosiewicz (11)	4	14	18
Robert Fischer (11)	3	13	16
Ryan Neville (11)	5	3	8
Nick Discepolo (12)	1	5	6
Spencer Llerandi (11)	6		6
Patrick Morgan (11)		5	5
Tanner Garrity (12)	4.25		4.25
Kai Ward (10)	1	3	4
Connor McDade (11)		3	3
Connor Abernethy (10)	3		3
Sean Park (12)		3	3
Sam Callelo (10)	3		3
Kenny Marshall (9)	1.25		1.25
Vincent Young (12)	1.25		1.25
Kotaro Tamura (10)	1		1
Doug Barnes (11)	1		1
Matt Benjamin (10)	1		1
Nick Barnabic (9)	1		1

BOYS TRACK AND FIELD

ATHLETES TO WATCH

Jabrill Peppers, Paramus Catholic, junior, 100 and 200 meters

Peppers earned the state Non-Public A title in the 200 last year, the first Paladins boy since 1999 to accomplish that feat. He also won the North Non-Public A 100 and 200 in 2012.

Fernando Almonte, Lodi senior, 110 high hurdles

Almonte, also a multi-talented two way football standout, won the North 1, Group 2 championship and the Bergen County Meet of Champions in this event last season. He had victories in the 200, 400 and 400 hurdles at the NJIC Colonial B Division championships a year ago.

Kyle Levermore, Don Bosco junior, 1,600 and 3,200

The Record Boys Runner of the Year in cross-country last fall, Levermore was second in the state in the Non-Public A 3,200 and took the Big North United 1,600 this past indoor track season. A year ago on the outdoor circuit, Levermore was fifth in the state Group championships 3,200.

Mark Ramsey, Kennedy senior, shot put

Ramsey won the shot and the discus at the Passaic County championships last May. Also last spring he was fourth in the shot in the Group 4 and state Meet of Champions and was seventh in the discus at the Meet of Champions. This past season he set the Passaic County indoor shot put record when he threw 59 feet, 6 inches in early January at the FDU Field Event Festival.

Jong-Min Youn, Old Tappan senior, discus

Youn finished second in the state Meet of Champions in June with a throw of 175 feet, the best in

BIG NORTH UNITED

Bergen Catholic will look to seniors Jack Lippin (throws), Ted D'Amico (pole vault), Mike Whalen (distance) and Nick Fegan (javelin) to lead a young team under first-year head coach Bill Magee. Also helping will be juniors Dan Lynch (hurdles, relays) and De-Shaun Morris (jumps/sprints/hurdles) and sophomores Kyle Ellison (sprints/relays) and Matt Morano (middle distance/relays).

DePaul will be led by seniors Nick Albert (hurdles) and Charles Elsa (distance), and juniors Shariq Marshall (sprints) and Joe White (800/1,600).

Don Bosco juniors Kyle Levermore and Mike Higgins should be two of the top distance runners in North Jersey. Also making an impact will be seniors Mike Flanagan (distance), Noah Lartigue (sprints), Wayne Gordon (sprints), Matt Rogalski (throws), Nick Lupano (pole vault), Chris D'Amico (throws), juniors Schan Lartigue (middle distance), Adam Ramos (middle distance), John O'Neill (throws), Josh Floyd (hurdles/jumps) and Elijah Ibitokun-Hanks (sprints/jumps), and sophomores Lawrence Stevens (sprints) and Bobby Gonzalez (distance).

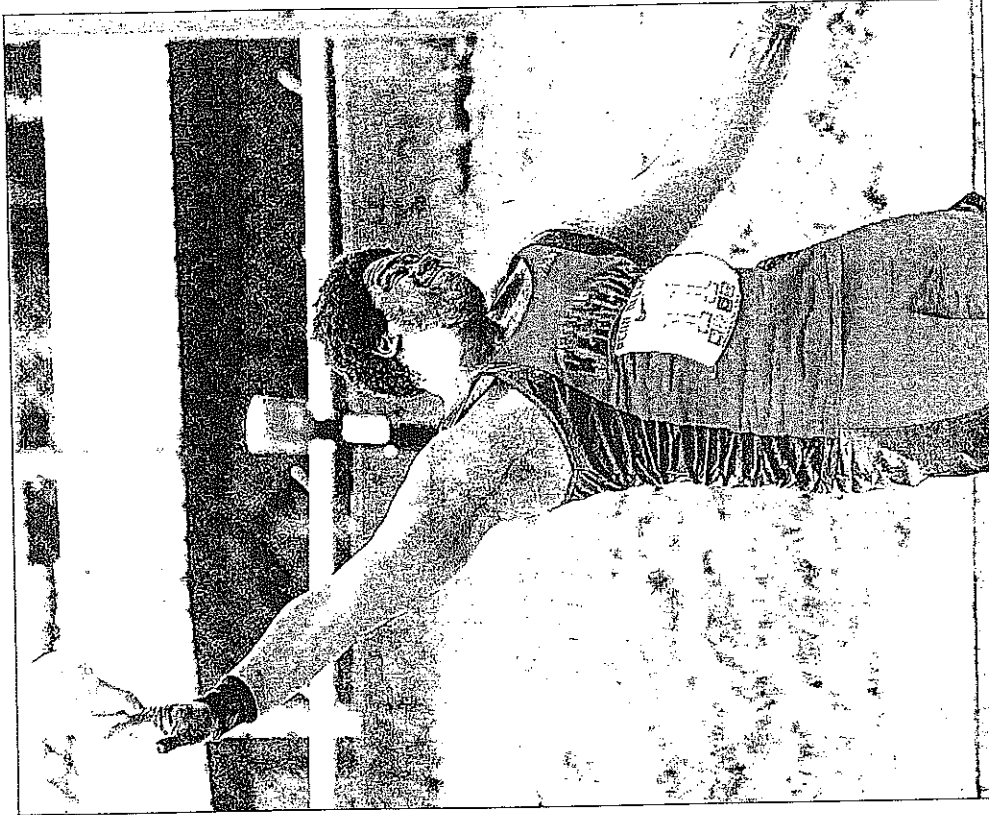
Paramus Catholic junior sprinters Jabrill Peppers and Keyon Washington should lead the way for the Paladins. Others who will contribute include seniors Rashad Butler-Wilkerson (distance), Wayne Ewers (middle distance) and Ron Contreras (distance), and juniors Marcus Pantoja (weights), Dom Savino (distance) and Paul Sheridan (javelin).

Juniors Zack Bazile (jumps) and Sherman Alston (sprints) could be stalwarts for **St. Joseph**. Also contributing will be seniors Troy Kay (throws), Joel Campo (throws), A.J. Fontana (sprints/middle distance), Matt Marcano (weights) and Anthony Piccinich (weights) and junior C.J. Fitzpatrick (sprints/middle distance).

LIBERTY

Junior Kevin Serrao (middle distance/hurdles) will be one of the sparkplugs for **Bergen Tech** as he won the 800 and the 400 hurdles at the North 1 Group 4 in-

AROUND THE LEAGUES



FILE PHOTO BY KEVIN R. WEXLER/STAFF PHOTOGRAPHER

Kennedy senior Mark Ramsey will try to repeat as Passaic County's top shot put thrower. Ramsey set the indoor county record this past winter.

Kuhnlein (sprints/jumps).

Northern Highlands should be a division contender behind seniors Robert McDonagh (sprints), Michael Sommerville (jumps), Alex Baker (jumps), John Grueter (middle distances), Michael Keenan (throws) and Cal Gillan (middle distance).

Paramus has one of the top distance runners in the county in senior Mike Secreti. Also sparking the Spartans will be seniors Matt Schmittler (400), Alec Gilibankian

Boys track pre-season Top 25 rankings

1. Ridgewood
2. Demarest
3. Old Tappan Park
4. Hasbrouck Heights
5. River Dell
6. Don Bosco
7. Indian Hills
8. Paramus Catholic
9. Passaic Tech
10. Ramsey
11. Lodi
12. Bergen Catholic
13. Hackensack Park
14. Clifton
15. West Milford
16. Ridgely Park
17. Boonton
18. Ramapo
19. Mahwah
20. Pascack Valley
21. Teaneck
22. Tenafly
23. Northern Highlands
24. Lyndhurst
25. Cliffside Park

Mike Guzman (middle distance), Mike Schorr (hurdles), Will Calderone (400), Matt Samani (400), and Erik Van Peit (middle distance), junior Jason Lin (sprints) and seniors Mohamed Haras (pole vault), Remzi Tonuzi and Jon Jun (shot put/discus) should all be major contributors for **Pascack Hills**.

Ramsey seniors Nik Haas (distance), Alex Albanese (pole vault) and junior George Trival (jumps) should be mainstays for the Rams. Others Ramsey will rely on include seniors Eric Eri (hurdles), Neil Forrester (throws), Dan Dugan (distance) and junior DJ Kleinbard (hurdles).

Seniors Austin Beminger (shot put/discus), Zach Hubner (sprints/4-x-400 relay), Tim Olson (distance), Alejandro Capote (hurdles) and Ryan Oellermann (hurdles) will lead **River Dell**. Also helping out will be junior Michael Boucher (sprints).

Westwood will be sparked by seniors Luke Lyons (sprints), Campbell Zicchino (distance), Anthony Catalano (pole vault) and Jaren Harrison (jumps). Also contributing will be sophomore Noah Osterhus (middle distance) and junior Paul Antonick (distance).

Anthony Seidel, Hasbrouck Heights, 800, 1,600
Seidel was second in the Group 1 state meet and won gold at the Bergen County Meet of Champions last spring before taking seventh at the state Meet of Champions. Seidel was a first team All-North Jersey and All-Bergen outdoor track choice in 2012.

Danny Thompson, Indian Hills, senior, high jump
The multi-talented Thompson, also a long jumper, was a first team All-Bergen County choice in the high jump last outdoor season and repeated that feat in the recent indoor campaign. He went 6 feet 4 inches in the high jump this past indoor season.

Nigel Burgess, Passaic Tech, senior, 800
A first team All-Passaic County selection in the winter in the 4-x-400 relay, Burgess had a 1:56.71 clocking in the 800 last spring and was a Big North Conference Liberty first team choice in the 800 in the 2012 outdoors season.

Brandon Ortiz, Lakeland, junior, all-around
At the Big North Conference Independence Division indoor championships, Burgess won the 55-meter hurdles and was second in the triple jump in mid-January. He won the overall Big North Conference 55-meter hurdles and was third in the Passaic County championships and third in the sectionals for indoor in that event. Ortiz was second in the 400-meter high hurdles at last May's Passaic County championships. He made first-team all-Passaic County last spring in the all-around category.

James Buser, Mahwah, junior, 800, 1,600
Buser, The Record Indoor Boys Track Athlete of the Year for 2013, was sixth at the New Balance Nationals in mid-March in the 800 in 1:52.21, the second fastest 800 in Bergen County indoor history. Buser won the 800 and the 1,600 at the Big North Patriot Division meet in the winter and was fifth in the indoor state Meet of Champions.

Seniors Joe Wickenna (middle distance/relays) and James Ortiz (sprints) for support. Other contributors include senior throwers Matt Rossi, Steve Rossi, Dave Bonagura and Harry Sullivan. The Green Raiders have more firepower in seniors Sean Etheridge (sprints), Charles Verhoog (hurdles), Zach Belohoubek (pole vault), juniors Kenny Clarke (sprints/high jump) and Mike Goskowski (distance).

Ridgewood seniors James Barnett (throws), Kevin Chung (sprints/hurdles) and Junior Mike Zeno (hurdles/jumps) will lead a strong and deep Maroons team. Also key for Ridgewood will be seniors Nick Salamone (distance), Nick Schoff (sprints), Storm Dublier (middle distance) and Neil Schoff (middle distance), and juniors Jake Sabatini (sprints), Bryan Clarendon (middle distance), Luke Dublier (middle distance/relays), Edward Migliorelli (middle distance), Dylan Dowling (pole vault), Alan Wong (pole vault) and Jamal Locke (sprints).

INDEPENDENCE
Fair Lawn coach Kevin Orfe will look to senior George Alexandris (jumps/hurdles), a first team All-North Jersey performer in the winter season. Other contributors will be seniors Jeff Welch (throws), Edis Mahalbaso (sprints) and Mike Tarakjian (distance).

Lakeland junior Brandon Ortiz is a true triple threat who could be dominant in the sprints, hurdles and triple jump. Senior Dave Shellhammer (100/long jump) will serve as a co-captain along with Ortiz. Other contributors include seniors Jeremy Manning (throws), Marc Fanella (distance), Tom Moore (distance), Joseph Jordan (sprints) and Doug Bobo (throws), and juniors Steve Bioletti (pole vault) and Calvin Gould (pole vault).

FREEDOM
Hackensack could be one of the top teams in North Jersey, led by senior Michael Cummings, a multi-talented hurdler and jumper who has won the Bergen County indoor pentathlon championship the past two years. Also helping the Comets will be junior Chris Mascetti (distance) and seniors Pablo Nieto (middle distance), Nick Quinn (hurdles), Lamar Thomas (throws), Reco Facey (shot put/discus), Jarmel Stewart (shot put) and Justin Wimberly (sprints). Other contributors will be seniors Angel Uzocha (distance) and James Henry (jumps).

Indian Hills will be sparked by seniors Kevin Halloran (400/H), Danny Thompson (jumps), Andrew Kristofick (middle distance) and Trevor Mild (weights). Also helping the Braves will be seniors Will Plu (middle distance), John Meyer (distance), juniors Chris Evans (middle distance), Bobby Corcoran (middle distance), Ryan Thompson (sprints), Tom DiLandro (middle distance) and Keith Ganley (pole

throws) and Mike Goskowski (distance). **Ridgewood** seniors Andrew Trumbetti (throws), Eric Geider (pole vault), Ben Chazen (jumps) and Justin Pak (jumps) will power what could be one of the top teams in Bergen County. The Norsemen also will be helped by seniors Patrick Degnon (sprints), Blake Geller (javelin), Zachary Lo (throws) and Andrew Guarnaccia (throws), and juniors Anthony Doran (jumps/discus), Kazuki Okamura (distance), Luke Rutigliano (throws).

Old Tappan seniors Ben Davis (sprints/4-x-400 relay), Jong-Min Youn (throws) and Jae Rho (sprints), juniors Brendan Davidson (hurdles/middle distance), Pierce Lucas (pole vault), Luke Annichiarico (pole vault), Ian Clarke (distance) and Tim Hoer (throws) will all contribute for the Golden Knights.

Pascack Valley senior multi-event standout Ben Malone will lead the Indians. Pascack Valley will also be helped by juniors Jaleel Felton (throws), Matt Saidel (throws) and Mike Begen (throws), senior Liam McCarthy (javelin) and sophomores Ben Mahadel (sprints/jumps), and A.J. Hail (middle distance).

Teaneck will rely on senior middle distance runners Brian Lau and Stephen Lau to provide scoring punch. Also aiding the Highwaymen will be senior Eric Harris (sprints), sophomore Elijah Harris (sprints), senior Jeremy Willis (javelin) and sophomore Darren Guzman (3,200).

Tenafly seniors Hayden Lyons (sprints), Will Lee (hurdles) and juniors Masa Ono (400) and Malcolm LeClair (distance) make an impact for the Tigers. Also contributing will be seniors Dylan Fearon (distance), Ethan Rhee (jumps), Jonathan Lin (jumps) and Duran Miller (sprints), junior Daniel Lehman (middle distance) and sophomore Daniel Cho (sprints).

PATRIOT
Manhwa will rely on seniors Alex Zhang (triple jump/javelin), Mike Pessanello (throws), juniors James Buser (middle distance), Spencer Ross (throws) and Nico Edwards (200/400) and sophomores Joe Spinella (distance) and Jairus Paul (jumps). Sophomores Jetkabs Hayes (distance),

(jumps), Kevin Diana (sprints) and Brendan Vitulich (hurdles).

NATIONAL
A young **Bergenfield** squad looks to senior Mark Sarasua (hurdles/jumps), sophomores Carlo Mendoza (distance) and Leo Sosa (hurdles/sprints), and freshman Darin Bonifacio (sprints).

Demarest seniors Andrew Trumbetti (throws), Eric Geider (pole vault), Ben Chazen (jumps) and Justin Pak (jumps) will power what could be one of the top teams in Bergen County. The Norsemen also will be helped by seniors Patrick Degnon (sprints), Blake Geller (javelin), Zachary Lo (throws) and Andrew Guarnaccia (throws), and juniors Anthony Doran (jumps/discus), Kazuki Okamura (distance), Luke Rutigliano (throws).

Old Tappan seniors Ben Davis (sprints/4-x-400 relay), Jong-Min Youn (throws) and Jae Rho (sprints), juniors Brendan Davidson (hurdles/middle distance), Pierce Lucas (pole vault), Luke Annichiarico (pole vault), Ian Clarke (distance) and Tim Hoer (throws) will all contribute for the Golden Knights.

Pascack Valley senior multi-event standout Ben Malone will lead the Indians. Pascack Valley will also be helped by juniors Jaleel Felton (throws), Matt Saidel (throws) and Mike Begen (throws), senior Liam McCarthy (javelin) and sophomores Ben Mahadel (sprints/jumps), and A.J. Hail (middle distance).

Teaneck will rely on senior middle distance runners Brian Lau and Stephen Lau to provide scoring punch. Also aiding the Highwaymen will be senior Eric Harris (sprints), sophomore Elijah Harris (sprints), senior Jeremy Willis (javelin) and sophomore Darren Guzman (3,200).

Joe Fredericks (distance), Jack Fredericks (distance), Zack Bliff (distance), Brandon Garcia (middle dist), Dan Liso (sprints/middle distance), Michael Reidy (middle distance), Nick Foglio (middle distance/javelin), Lizandro Garcia (jumps) and Pierce Donegan (throws), and junior Connor McKeary (distance) will lead the Huskies.

Dwight Morrow will be keyed by freshman Maurice West (jumps), seniors Kemp Midgett (sprints/hurdles) and Javante Nunnally (200/400), and junior Kristopher Clarke (hurdles/jumps).

Seniors Masaru Yamaguchi (sprints), Jeff An (jumps) and Andreas Gutierrez (throws) will lead **Fort Lee**. Juniors Soichiro Itagaki (distance), Kosuke Nishinaga (distance) and Chris Ashman (sprints/jumps) will also contribute.

Ridgely Park seniors Matt Perdomo (javelin) and Stephan Pena (distance) will lead a young Scarlets squad. Also helping Ridgely Park will be seniors Dylan Perez (400/4-x-400), Mike Hoigun (400/4-x-400) and Donald Chisholm (400/4-x-400), Eric DelVescovo (shot), John Monnett (discus) and Bemini Uben (hurdles).

NJIC COLONIAL
Eastern Christian will be looking to rebuild behind a combination of several experienced seniors and an enthusiastic group of underclassmen. Among the leaders will be senior Andrew Fiedler in the pole vault.

Elmwood Park will be led by senior throwers Keith Cannizzo and Tevaughn Grant and senior sprinter Anthony Johnson. **Garfield** senior Edwin Mendez (hurdles), juniors Eduardo Canillo (sprints), Marcus Gato (distance), Eric Zuniga (sprints) and Angelo Rodriguez (distance) and sophomore Leotavio Nunes (jumps) all should contribute for the Boilermakers.

Seniors David Ott, Jason Kwon and Jon Shin should provide power for **Glen Rock** in the field events. Senior Andrew Brennan (distance), juniors Daniel Dooner (hurdles), Brendan McGuire (throws) and Mena Hiras (throws) and sophomores Sean McInerney (hurdles) and Chris Amos (throws) should also contribute.

Hawthorne will field a strong team, anchored by seniors Trey Miller (distance/throws), Dwayne Milele (jumps), Shane McCann (jumps) and Ethan Ramos (jumps).

Big North Track & Field Dual Meet

Ridgewood vs Paramus

Boys

April 2, 2013

Total Score

Event	First Place	Second Place	Third Place	RHS PHS	
				RHS	PHS
400H	Brian Collins, R, 1:00.1	Neil Schoff, R, 1:02.6	Alex Armatas, 1:03.9	9	0
100m Dash	Jake Sabatini, R, 11.1	Brandon Sebahie, P, 11.5	Jamal Locke, R, 11.6	6	3
1600m Run	Michael Thurston, R, 4:37.8	Mike Secreti, P, 4:39.5	Bryan Clarendon, R, 4:48.1	6	3
400m Dash	Storm Dublirer, R, 50.9	Matt Schneider, P, 51.2	Kai Ward, R, 55.4	6	3
110m Hurdles	Mike Zeno, R, 16.6	Emmett Berry, R, 17.6	Soham Shukla, P, 19.2	8	1
800m Run	David Frering, R, 2:02.9	Nick Salamone, R, 2:03.9	Luke Dublirer, R, 2:06.4	9	0
200m Dash	Jake Sabatini, R, 23.0	Doohee Han, R, 23.2	Brandon Sebahie, P, 23.5	6	3
3200m Run	Graham Jones, R, 10:22.7	Eric Helstrom, P, 10:28.9	Kotaro Tamrua, R, 10:39.4	6	3
High Jump	Mike Zeno, R, 5-6	Matt Alpher, P, 5-6	Nick Higgins, R, 5-2	6	3
Pole Vault	Dylan Downing, R, 10-6	Spencer Llerandi, R, 10-0 (T)	Allan Wong, R, 10-0 (T)	9	0
Long Jump	Bryce Joyner, R, 18-9 1/2	Jonathan Davila, R, 18-4	Mike Zeno, R, 18-3	9	0
Triple Jump	Armand Punjabi, R, 38-5	Emmett Berry, R, 37-9	Jonathan Davila, R, 36-3	9	0
Discus	Aaron Muller, R, 133-10	Alek Gulbenkian, P, 129-8	James Barnett, R, 109-5	6	3
Shot Put	James Barnett, R, 45-6	Alek Gulbenkian, P, 44-9	Aaron Muller, R, 41-9 3/4	6	3
Javelin	Harry Thompson, P, 166-6	Nick Higgins, R, 152-11	Dom Smith, P, 148-5	3	6
4X400relay	Ridgewood, 3:43.4	Paramus, 3:58.1		5	0

RHS PHS

109 31

Comment:

Dual Meet v. Paramus – Non Scoring
@ Ridgewood

April 2, 2013

400H: T. Garrity **66.2**, E. Larrson **66.9**

100m: D. Han **11.6**, S. Park **11.9**, J. Davila **12.0**, J. Kunz **12.1**, J. Norrell **12.2** J. Soriano **12.3**, Y. Choi **12.3**
A. Punjabi **12.6**, C. McDade **12.7**, K. Won **12.9**, E. Sun **13.2** W. Li **13.2** C. Sheu **13.3** O. Vehra **13.5**,
S. King **13.5** M. Rubin **14.3**

1600m: M. O'Donnell **4:52** K. Marshall **4:54** R. Fischer **5:07**, H. Ricatto **5:14** C. Salamone **5:15** N. Barnabic
5:17, M. Binstock **5:18**, B. Hughes **5:28** M. Rademacher **5:30** H. Seifert **5:35** C. Hartmann **5:43**. B. Gilligan
5:58. A. Chaurasia

400m: V. Young **55.7**, V. Rayskiy **58.9** W. Migliorelli **60.3**, C. Hartigan **64.3**

110HH: B. Joyner **18.6**, A. Armatas **19.0**

800m: G. Jones **2:09**, Y. Yoon **2:10** M. O'Donnell **2:14**, S. O'Keefe **2:14** M. Legg **2:18** E. Garcia **2:18**
M. Binstock **2:23** J. Byrne **2:27** B. Hughes **2:29** P. Yanella **2:31** M. Li **2:32** H. Seifert **2:33** E. Westcott **2:35**
C. Lacey **2:48**

200m: K. Ward **24.5** S. Park **25.1**, J. Suriano **25.1**, V. Young **25.6** Y. Choi **25.6** E. Larrson **25.7**
V. Rayskiy **26.1** J. Norrell **26.4** C. McDade **26.5** M. Rubin **27.5** S. King **27.6** W. Migliorelli **27.7** W. Li **27.7**
C. Sheu **27.9** E. Sun **28.3** B. Zhang **32.0**

3200m: Y. Yoon **11:25**, R. Fischer **11:26**

4x400m: N. Schoff **54.5**, T. Garrity **56.9**, B. Collins **54.7**, A. Armatas **57.1**

High Jump: J. Davila **F**, T. Garrity **F**, B. Joyner **F**, K. Won **F**

Long Jump: E. Berry **17-11.5** D. Barnes **17-9.25** S. Park **16-10** J. Soriano **16-7** A. Punjabi **15-10**
K. Won **15-10** J. Kunz **15-9** J. Norrell **15-1.5**

Triple Jump: B. Joyner **35-2** K. Won **33-5** J. Soriano **29-10**, S. Park **F** J. Kunz **F** D. Barnes **F**

Shot Put: M. Benjamin **34'8"** M. Antosiewicz **34'0"** R. Uzoaru **33'11"** P. Mallalieu **33'3"**
A. Delvecchio **33'3"** A. Moras **33'5"** J. Dougherty **25'0"** J. Zanone **24'11"** S. Collins **22'0"**
S. Arzuoumanian **21'4"** T. Knight **19'10"** B. Jabado **18'4"** M. Milo **17'0"**

Discus: M. Benjamin **106'10"** M. Antosiewicz **98'6"** R. Uzoaru **96'7"** P. Mallalieu **86'6"** A. Moras **66'3"** J.
Dougherty **64'6"** A. Delvecchio **64'4"** S. Collins **58'5"** J. Zanone **53'11"** B. Jabado **51'8"** S. Arzuoumanian
47'11" T. Knight **43'2"** M. Milo **42'2"**

Javelin: J. Barnett **142'8"**, P. Mallalieu **116'8"**, M. Benjamin **102'4"**, E. Sun **100'0"**

Pole Vault: P. Morgan **9'6"** C. Abernathy **NH** J. Hadfield **NH**, A. Taggart **NH**, L. Bontoux **NH**, J. Sofka **NH**

Arcadia Invitational
@ Arcadia, CA

April 5-6

4x800m:

N. Salamone 1:59.80
D. Frering 1:58.03
L. Dublirer 2:00.33
S. Dublirer 1:55.33

7:53.49 – Excellent race! Best time in Bergen County in 10 years!!!

4x200m:

K. Chung 23.4
N. Schoff 23.6
T. Migliorelli 22.9
J. Sabatini 22.8

1:32.96 - A Top 10 RHS time. Very good

Sprint Medley:

N. Schoff 23.8
J. Sabatini 22.4
T. Migliorelli 51.3
B. Clarendon 2:01.4

3:38.91 – Great race- running this time this early is excellent

Distance Medley:

N. Salamone 3:12.6
J. Sabatini 53.4
S. Dublirer 1:56.4
D. Frering 4:21.9

10:24.25 – A very good race – 28 teams in the race makes it hard to run real fast

Locals fare well outside of area

The first weekend of the track season saw outstanding performances from coast to coast by North Jersey athletes in several meets outside the local area.

Alexandra Cimino of Westwood, last year's North Jersey Spring Track Girls Athlete of the Year, won the 400 intermediate hurdles at the King's Relays at Icahn Stadium at Randall's Island, N.Y., with a time of 62.58. The time was not far from the 60.87 that gave her a runner-up finish at the state Meet of Champions last spring. She also combined with Kim Oppenheim, Alésia Passarò and Corinne Myers to win the 4-x-800 in 9:57 and take second in the sprint medley in 4:21.

Josette Norris of Tenafly probably solidified her spot in the Penn Relays 3,000 later this month with an impressive 10:06.4 win in the same event at the Pirate Relays in Pearl River, the fourth fastest time in Bergen history in the seldom-run event. Westwood's Kailee Oakes threw 104.3 to win the discus at the same meet. Don Bosco won the 4-x-800 relay at the

TRACK AND FIELD

Monsignor Farrell Invitational in Staten Island, with the team of Schan Lartigue, Bobby Gonzalez, Kyle Levermore and Mike Higgins running 8:08.3 on a windy day.

But Ridgewood, 3,000 miles away at the Arcadia (Calif.) Invitational had the relay performance of the weekend despite finishing ninth. The Maroons ran 7:53.49, 17th fastest in Bergen history as Nick Salamone (1:59.8), Dave Frering (1:57.9), Luke Dublirer (2:00.5) and Storm Dublirer (1:55.3) combined for the fastest Bergen County time in nine years in the 4-x-800. The Ridgewood girls team of Laura Weisberger, Anna Caffrey, Emily Fishbein and Micaela McPadden (2:16.3) was 10th in the girls 4-x-800 in 9:39.28, among the top 25 in Bergen history. Catherine Pagano just missed her personal best, running 11:00.07 for 3,200 meters.

– Paul Schwartz

Pawlowski Relays
@ Ridgewood

April 6, 2013

4x110H:

Varsity: M. Zeno, 16.61. A. Armatas, 16.66. E. Berry, 16.63. B. Joyner, 18.13 – **67.9 – 2nd Place**

4x100m:

Frosh:

1- E. Larrison, A. Taggart, W. Migliorelli, M. Rubin: 51.93. – **52.0 – 4th Place**

2- C. Hartigan, C. lacey, J. Sofka, C. Bonteau: 58.15.

Novice:

1- A. Punjabi, W. Li, C. McDade, J. Norell: 49.16. – **5th Place**

Varsity:

K. Ward, J. Suriano, J. Kunz, V. Young: 48.9.

4x800m:

Frosh:

1- M. Binstock, 2:16.2. E. Westcott, 2:25.6. B. Hughes, 2:25.5. K. Marshall, 2:13.1.

9:21.4 – 2nd Place

2- P. Yanella, 2:29.1. M. Lee, 2:24.7. H. Seifert, 2:22.6. B. Gilligan, 2:34.7.

3- A. Taggart, 2:20.3. C. Lucey, 2:50.0. M. Rubin, 2:37.0. C. Hartigan, 2:37.6.

Novice:

1- K. Tamura, 2:10.6. M. Legg, 2:21.8. H. Ricatto, 2:25.0. R. Neville, 2:10.6. **9:09.5 – 2nd Place**

2- J. Byrne, 2:21.1. B. Chan, 2:22.7. C. Salamone, 2:22.0. S. Calello, 2:33.43.

Varsity:

M. O'Donnell, 2:09.53. Y. Yoon, 2:11.02. R. Fischer, 2:14.23. G. Jones, 2:04.86.

8:39.7 – 4th Place

4x200m: (These times are listed in the order of the relay.)

Frosh:

1- M. Rubin, A. Taggart, W. Migliorelli, E. Larrison: 1st Leg, 28.1. 2nd, 27.86. 3rd, 25.04. 4th, 26.16.

1:47.4 – 3rd Place

2- C. Hartigan. K. Marshall, J. Sofka, M. Bonteau:

Novice:

1- J. Norell, A. Ramirez, V. Rayskiy, A. Punjabi: 1st Leg, 25.2. 2nd, 26.9. 3rd, 25.0. 4th, 25.66.

1:42.6 – 2nd Place

2- W. Li, C. Sheu, S. King, B. Zhang: 1st Leg, 25.1. 2nd, 32.81. 3rd, 27.09. 4th, 28.35.

Varsity:

J. Suriano, K. Ward, V. Young, J. Kunz: 1st Leg, 23.8. 2nd, 26.0. 3rd, 24.5. 4th, 25.2.

1:39.8 – 7th Place

Sprint Medley:

Varsity: A. Armatas (400), 54.5. C. McDade, 24.9. K. Ward, 25.9. B. Collins (800), 2:02.4.

3:49.6 – 6th Place

Distance Medley:

Varsity: R. Neville (1200), 3:31. Y. Yoon (400), 54.35. M. O'Donnell (800), 2:11.4.
G. Jones (1600), 4:46.3. – 11:23.9 – 5th Place

Long Jump:

Novice:

E. Berry 16'11 ½" A. Punjabi 16'9 ½" – 33'7" – 1st Place

K. Won 16'1", D. Barnes F

Varsity:

J. Davila 17'11 ½", M. Zeno 17'4", B. Joyner 16'11" – 51'3 ½" – 7th Place

Triple Jump:

Novice:

M. Zeno 35'9", B. Joyner 34'7 ½" – 70'4 ½" – 2nd Place

D. Barnes 35'5", K. Won 33' 6 ½" – 68' 11" – 3rd Place

Varsity:

A. Punjabi 38'5 ½", E. Berry 37'5", J. Davila 37'1 ½" – 113'0" – 3rd Place

High Jump:

Novice:

P. Morgan 5'2", K. Won NH

Varsity:

M. Zeno 5'8", J. Davila 5'2", B. Joyner 5'0" – 15'10" – 3rd Place

Shot Put:

Varsity:

J. Barnett 45'9", A. Muller 38'2", M. Antosiewicz 32'4 ½" – 116'8" – 7th Place

Discus:

Varsity:

J. Barnett 122'1", M. Antosiewicz 114'1", A. Muller 110'6" – 346'8" – 4th Place

Javelin:

Varsity:

J. Barnett 140', M. Benjamin 112', P. Mallieu 109" – 364'10" – 7th Place

Pole Vault:

Varsity:

A. Wong 12'0", D. Downing 11'6", S. Llerandi NH – 23'6" – 5th Place

THE PAWLOWSKI RELAYS
Ridgewood's Track at BF

SATURDAY, April 6, 2013
Ridgewood, New Jersey

Team Score:

BOYS

4X100m: 1-Old Tappan (Zack DeKnight, Won Jae Rho, Paul Kim, Ben Davis), 44.7. 2-Union, 45.5. 3-PCHS, 45.9. 4-DePaul, 46.6. 5-Cresskill, 46.7. 6-Ridgefield Park, 47.2. 7-tie-Wayne Valley & Averill Park, 47.7. 9-Wayne Hills, 47.9. 10-Passaic, 48.5. 11-Ridgewood, 48.9. 12-Waldwick, 49.1. 13-Emerson, 50.0

4X200m: 1-Old Tappan (Won Jae Rho, Zack DeKnight, Ben Davis, Peter Baykios), 1:33.0. 2-Perth Amboy, 1:35.9. 3-Ridgefield Park, 1:36.4. 4-Paramus Catholic, 1:36.7. 5-Union, 1:37.4. 6-Passaic, 1:39.2. 7-Ridgewood, 1:39.8. 8-tie-Wayne Hills & Warwick Valley, 1:40.1. 10-Waldwick, 1:40.4. 11-Wayne Valley, 1:41.9. 12-Verona, 1:43.9

4X400m: 1-Warwick Valley (Tom Reilly, Casey Burley, Jack Grace, Dan Kelly), 3:26.5. 2-Perth Amboy, 3:31.7. 3-Ridgefield Park, 3:33.7. 4-Union, 3:38.5. 5-Averill Park, 3:43.9. 6-Wayne Valley, 3:47.4. 7-Waldwick, 3:48.1. 8-Passaic, 3:50.3. 9-Cresskill, 3:58.4.

4X800m: 1-Warwick Valley (Tom Reilly, Sean Halligan, Todd Uckermark, Nick Pacelli), 8:36.8. 2-Ridgefield Park, 8:37.7. 3-Passaic, 8:39.4. 4-Ridgewood, 8:39.7. 5-Old Tappan, 8:42.3. 6-Verona, 8:48.7. 7-Wayne Valley, 8:51.3. 8-Wayne Hills, 8:53.3. 9-Averill Park, 9:04.6. 10-Waldwick, NT. 11-Cresskill, NT.

4X1600m: 1-Warwick Valley (Jordan Burton, Aaron Peterson, Jared Olson, Tanner Senius), 18:42.0. 2-CBA, 18:53.1. 3-Demarest, 19:03.3. 4-Passaic, 19:41.6. 5-Wayne Valley, 20:04.4. 6-Union, 20:13.5. 7-Wayne Hills, 20:17.0. 8-Old Tappan, 20:17.6. 9-Emerson, 20:24.1. 10-Cresskill, 20:30.0. 11-Waldwick, 20:52.7. 12-Ridgefield Park, 20:55.5. 13-Verona, 20:21.4

Sprint Medley: 1-Warwick Valley (Dan Kelly, Jack Grace, Colin Maggiolo, Jared Olson), 3:41.3. 2-DePaul, 3:45.2. 3-Union, 3:46.2. 4-Ridgefield Park, 3:48.0. 5-Wayne Valley, 3:48.7. 6-Ridgewood, 3:49.6. 7-Old Tappan, 3:56.2. 8-Verona, 3:58.6. 9-Cresskill, 4:04.0. 10-Waldwick, 4:06.7. 11-Emerson, 4:20.2

Distance Medley: 1-Warwick Valley (Jordan Burton, Tanner Senius, Sean Halligan, Aaron Peterson), 10:51.2. 2-Averill Park, 10:51.8. 3-Wayne Hills, 11:13.2. 4-Old Tappan, 11:17.8. 5-Ridgewood, 11:23.9. 6-Wayne Valley, 11:25.8. 7-Emerson, 11:27.7. 8-Ridgefield Park, 11:43.2. 9-Passaic, 11:52.8. 10-Cresskill, 11:57.8. 11-Union, 11:58.0. 12-Verona, NT

4X110 HH: 1-Demarest (Andrew Pena, Samir Ahmed, Cam Koyoma, Wilmer Jovel), 1:07.5. 2-Ridgewood, 1:07.9. 3-Old Tappan, 1:09.0. 4-Union, 1:10.2. 5-Wayne Hills, 1:13.5. 6-Wayne Valley, 1:13.9. 7-Ridgefield Park, 1:17.4

3X400 IH: 1-Old Tappan (Brendan Davidson, Will Renais, Guillermo Abrego), 3:04.9. 2-Wayne Valley, 3:10.9. 3-Wayne Hills, 3:14.1. 4-Union, 3:16.7. 5-Ridgefield Park, 3:22.1. 6-Waldwick, 3:29.0. 7-Averill Park, 3:30.0. 8-Emerson, 3:32.6.

3X Long Jump: 1-Warwick Valley (Colin Maggiolo, Tom Reilly, Casey Burley), 58-8. 2-Old Tappan, 55-5. 3-Cresskill, 54-3 ½. 4-Ridgefield Park, 52-9. 5-Mahwah, 51-6. 6-Wayne Valley, 51-5. 7-Ridgewood, 51-3 ½. 8-Union, 51-2 ½. 9-Wayne Hills, 50-9 ½. 10-Verona, 50-4. 11-Averill Park, 50-2 ½.

3X Triple Jump: 1-Warwick Valley (Colin Maggiolo, Tom Reilly, Casey Burley), 122-7 ½. 2-Mahwah, 115-4 ½. 3-Ridgewood, 113-0. 4-Wayne Hills, 111-8. 5-Ridgefield Park, 111-0 ½. 6-Union, 109-3 ½. 7-Wayne Valley, 103-8 ½. 8-Cresskill, 80-11. 9-Old Tappan, 68-4

3X High Jump: 1-Old Tappan (Zach Weinberg, Ben Davis, Luke Annichiarico), 16-8. 2-Passaic, 16-0. 3-Ridgewood, 15-10. 4-Cresskill, 15-6. 5-Union, 15-4. 6-Ridgefield Park, 10-10. 7-Verona, 10-4

3X Pole Vault: 1-Ridgefield Park, 35-0. 2-Old Tappan, 33-6. 3-CBA, 29-0. 4-Wayne Hills, 27-0. 5-Ridgewood, 23-6

3X Shot Put: 1-Cresskill (Joe Hercvctdez, Drew Farber, Sebastian Castagio), 130-10. 2-Ridgefield Park, 129-9 ½. 3-Old Tappan, 128-1. 4-Passaic, 127-4. 5-Mahwah, 118-3. 6-Union, 117-6. 7-Ridgewood, 116-8. 8-Wayne Hills, 116-1. 9-Averill Park, 111-10 ½. 10-Warwick Valley, 111-2 ½. 11-Wayne Valley, 96-9 ½. 12-Verona, 95-3 ½. 13-Emerson, 92-7. 14-Waldwick, 85-8 ½.

3X Discus: 1-Old Tappan (Jongmin Youn, Besart Kotici, Dave Jeong), 373-6. 2-Cresskill, 362-11. 3-Union, 361-9. 4-Ridgewood, 346-8. 5-Passaic, 342-6. 6-Paramus Catholic, 322-7. 7-Wayne Valley, 319-4.

8-Mahwah, 312-1. 9-Ridgefield Park, 303-2. 10-Warwick Valley, 301-9. 11-Emerson, 293-7. 12-Wayne Hills, 292-10. 13-Verona, 262-11. 14-Averill Park, 202-5. 15-Waldwick, 191-9

3X Javelin: 1-Ridgefield Park, (Matthew Perdomo, Jake D'Esposito, John Monnett), 412-11. 2-Paramus Catholic, 391-2. 3-Wayne Valley, 389-10. 4-Old Tappan, 376-5. 5-Cresskill, 371-5. 6-Emerson, 366-1. 7-Ridgewood, 364-10. 8-Union, 360-8. 9-Wayne Hills, 342-2. 10-Verona, 314-11. 11-Waldwick, 293-9. 12-Warwick Valley, 196-10

GIRLS

4X100m: 1-Paramus Catholic (Tatianna Jenkins, Rosie Menyhart, Tatiyanna Sanders, Kayla Adams), 52-0. 2-Elizabeth, 53.5. 3-NVOT, 53.7. 4-Ridgewood, 55.1. 5-Waldwick, 55.2. 6-tie-Cresskill, 55.5 & Averill Park, 55.5. 8-Emerson, 55.8. 9-Pequannock, 56.3. 10-DePaul, 56.6. 11-Wayne Hills, 56.9. 12-Ridgefield Park, 57.6. 13-Verona, 60.1

4X200m: 1-Elizabeth (Tamoya Brown, Gabrielle Gilbert, Ayanna Council, Lanay Crawford), 1:52.3. 2-Averill Park, 1:54.0. 3-Wayne Hills, 1:55.0. 4-Verona, 1:55.4. 5-Wayne Valley, 1:56.4. 6-Waldwick, 1:59.1. 7-Pequannock, 1:59.3. 8-Ridgefield Park, 2:03.7

4X400m: 1-Wayne Valley (Jessica Cusick, Allison Fournier, Julianna Falso, Erin Callaghan), 4:16.1. 2-Ridgewood, 4:19.9. 3-Elizabeth, 4:20.2. 4-DePaul, 4:23.5. 5-Pequannock, 4:27.0. 6-Verona, 4:31.0. 7-Cresskill, 4:32.5. 8-Ridgefield Park, 4:33.1. 9-Old Tappan, NT

4X800m: 1-Old Tappan (Caitlyn Ubl, Ellen Ubl, Courtney Brunet, Hannah LaFronz), 10:18.1. 2-Wayne Hills, 10:18.7. 3-Elizabeth, 10:22.3. 4-Wayne Valley, 10:25.6. 5-Verona, 10:31.8. 6-Averill Park, 10:32.7. 7-Passaic, 11:12.4. 8-Cresskill, 11:27.2. 9-Ridgefield Park, 11:40.2

4X1600m: Wayne Hills (Allie Pypes, Caity Wallace, Jillian O'Donohue, Alyssa Loffredo), 22:46.8. 2-Demarest, 23:40.1. 3-Ridgewood, 23:44.8. 4-Passaic, 24:16.4. 5-Elizabeth, 24:16.5. 6-Old Tappan, 24:30.5. 7-Verona, 24:38.6. 8-Cresskill, 25:46.4. 9-Ridgefield Park, 27:34.9

Sprint Medley: 1-DePaul (Megan McGourty, Melissa McGourty, Danielle Caruccio, Milena Hareza), 4:31.4. 2-Ridgewood, 4:38.4. 3-Old Tappan, 4:43.5. 4-Averill Park, 4:50.3. 5-Emerson, 4:55.5. 6-Pequannock, 4:59.0. 7-Cresskill, 5:01.8. 8-Waldwick, 5:08.7. 9-Ridgefield Park, 5:17.0

Distance Medley: 1-Wayne Hills (Alyssa Loffredo, Nicole Gignac, Steph Bitcan, Luag Peschel), 13:21.0. 2-Old Tappan, 13:30.8. 3-Elizabeth, 13:41.4. 4-Verona, 13:56.3. 5-Averill Park, 14:00.8. 6-Ridgewood, 14:16.5. 7-Passaic, 14:18.3. 8-Cresskill, 14:32.9. 9-Ridgefield Park, 14:48.6

4X100 HH: 1-Old Tappan (Taryn DeLeon, Rachael Abolafia, Taylor Parcells, McKenzie Senik), 1:10.4. 2-Demarest, 1:11.8. 3-Pequannock, 1:12.0. 4-Verona, 1:13.4. 5-Ridgewood, 1:13.6. 6-Waldwick, 1:16.1. 7-Wayne Hills, 1:16.5. 8-Ridgefield Park, 1:17.5

3X400 IH: 1-Pequannock (Marlo Wehrer, Carly Hausleben, Erin McGrogan), 3:41.3. 2-Old Tappan, 3:46.9. 3-Waldwick, 3:57.2. 4-Cresskill, 4:00.4. 5-Ridgefield Park, 4:05.7. 6-Wayne Valley, 4:09.0

3X Long Jump: 1-Old Tappan (Taryn DeLeon, Lauren Bilali, Mackenzie Senick), 42-10. 2-tie-Waldwick & Cresskill, 42-3. 4-Verona, 42-2 ½. 5-Pequannock, 40-10 ½. 6-Ridgewood, 40-3 ½. 7-Wayne Valley, 40-0. 8-Ridgefield Park, 39-0. 9-Mahwah, 27-8. 10-Elizabeth, 25-11 ½.

3X Triple Jump: 1-Paramus Catholic, (Tatiyanna Sanders, Rosie Menyhart, Kayla Adams), 99-11. 2-Ridgewood, 90-3 ½. 3-Pequannock, 89-10 ½. 4-Waldwick, 87-0 ½. 5-Cresskill, 87-0. 6-Ridgefield Park, 86-2. 7-Wayne Valley, 83-5. 8-Mahwah, 63-7. 9-Emerson, 57-6 ½.

3X High Jump: 1-Old Tappan (Taryn DeLeon, Rachael Abolafia, Taylor Parcells), 14-2. 2-Paramus Catholic, 13-10. 3-tie-Mahwah, 13-6 & Ridgewood, 13-6. 5-Pequannock, 13-2. 6-Wayne Valley, 9-10. 7-Cresskill, 9-0. 8-Verona, 4-6. 9-Ridgefield Park, 4-4.

3X Pole Vault: 1-tie-Ridgewood (Emma Cichocki, Becky Tanner, Sam Kreutzer), 21-6 & Verona, (Gabby Mercurio, Christina Calandra, Tara Hull), 21-6. 3-Garfield, 19-6. 4-Cresskill, 18-0. 5-Mahwah, 16-6. 6-tie-Old Tappan & Ridgefield Park, 13-0. 8-Averill Park, 6-0.

3X Shot Put: 1-Wayne Valley (Alicia Hester, Carol Chen, Francesca Boylan), 102-0. 2-Garfield, 98-11. 3-Ridgefield Park, 94-6 ½. 4-Averill Park, 89-6 ½. 5-Cresskill, 81-11 ½. 6-Pequannock, 78-9. 7-Emerson, 74-4. 8-Ridgewood, 73-4. 9-Old Tappan, 72-5. 10-Elizabeth, 71-10 ½. 11-Waldwick, 71-10. 12-Wayne Hills, 70-9. 13-Verona, 61-1 ½.

3X Discus: 1-Wayne Valley (Stephanie Easse, Carol Chen, Alicia Hester), 298-8. 2-Cresskill, 253-8. 3-Garfield, 251-2. 4-Pequannock, 234-2. 5-Verona, 232-9. 6-Emerson, 229-9. 7-Ridgefield Park, 223-11. 8-

Elizabeth, 216-3. 9-Ridgewood, 212-8. 10-Old Tappan, 201-10. 11-Averill Park, 199-2. 12-Wayne Hills, 177-7. 13-Waldwick, 149-0

3X Javelin: 1-Ridgefield Park (Kellie Lane, Stacey Anning, Aliyah Moody), 287-2. 2-Wayne Valley, 261-9. 3-Ridgewood, 250-5. 4-Waldwick, 241-10. 5-Cresskill, 238-8. 6-Pequannock, 233-6. 7-Paramus Catholic, 231-5. 8-Verona, 229-9. 9-Wayne Hills, 203-8. 10-Emerson, 200-8. 11-Old Tappan, 173-2

NOVICE BOYS

4X100m: 1-Union (Gerron Wooten, Steven Nebedum, Memesito Marcellus, Westley Edobi), 47.2. 2-Warwick Valley, 47.5. 3-Garfield, 48.2. 4-Old Tappan, 48.8. 5-Ridgewood, 49.2

4X200: 1-Garfield (Eddy Mendez, Alex Suarez deSouza, Eric Zuniga, Eddy Carillo), 1:40.1. 2-Ridgewood, 1:42.6. 3-Old Tappan, 1:44.7. 4-Passaic, 1:47.1. 5-Garfield (Wojdyla), 1:49.1

4X400m: 1-Perth Amboy (Chris Arliqua, Damon Daly, Julius Madden, Alejandro Herrera), 3:44.1. 2-Union, 3:48.2. 3-Warwick Valley, 3:52.8. 4-Passaic, 3:54.8. 5-Pequannock, 3:55.6

4X800m: 1-Warwick Valley (Eric Barron, DJ Peterson, Omar Arietta, Christian Yorks), 9:01.7. 2-Ridgewood, 9:09.5. 3-Perth Amboy, 9:10.9. 4-Old Tappan, 9:21.5. 5-Wayne Hills, 9:24.3

Distance Medley: 1-Old Tappan (Greenberg, Kopec, Schumacher, Nanus), 12:12.0. 2-Waldwick, 12:15.9. 3-Garfield, 12:28.8. 4-Passaic, 12:32.3. 5-Perth Amboy, 12:33.4

4X110H: 1-Old Tappan (Jason Babbini, Marc Reinas, Guillermo Abrego, Joe Jordan), 1:14.7. 2-Union, 1:18.7. 3-Waldwick, 1:22.5. 4-Emerson, 1:29.7

2X400H: 1-Old Tappan (Marc Renaic, Joe Jordan), 2:07.2. 2-Pequannock, 2:11.3. 3-Union, 2:11.8. 4-Wayne Valley, 2:20.9. 5-Passaic, 2:21.8

2XHJ: 1-Old Tappan (Marc Reinas, Joe Jordan), 10-2. 2-Wayne Valley, 9-8. 3-Ridgewood, 5-2. 4-Waldwick, 5-0

2XLJ: 1-Ridgewood (Emmett Berry, Armond Punjabi), 33-7. 2-Waldwick, 33-4. 3-Pequannock, 32-9 ¼. 4-Old Tappan, 32-9. 5-Wayne Valley, 30-9 ½.

2XTJ: 1-Garfield (Jared Hargrove, Steven Nolasco), 72-5 ½. 2-Ridgewood, 70-4 ½. 3-Ridgewood C, 68-11. 4-Wayne Valley, 67-5 ½. 5-Old Tappan, 66-1 ½.

2XPV: 1-Ridgewood (Connor Abernathy, Patric Morgan), 9-0

2X SP: 1-Old Tappan (Carver, Kotici), 79-3. 2-Ridgewood A, 70-6. 3-Cresskill, 69-11. 4-Cresskill, 69-0. 5-Perth Amboy, 68-4.

2X Disc: 1-Cresskill (Seb Castamo, Dre Latorbeeres), 195-11. 2-Garfield, 190-7. 3-Perth Amboy, 187-0. 4-Ridgewood, 182-5. 5-Ridgewood B, 176-6.

2X Jav: 1-Old Tappan (Tyler Angert, Jason Babbini), 225-5. 2-Perth Amboy, 202-10. 3-Garfield, 187-11. 4-Old Tappan, 185-7. 5-Ridgewood, 161-0.

NOVICE GIRLS

4X100m: 1-Elizabeth (Janiyah Coleman, Giselle Gonzalez, Melissa Dabel, Nakiyah McClain), 56.3. 2-Old Tappan, 57.2. 3-PCHS, 58.5. 4-Perth Amboy, 60.5. 5-Averill Park, 61.0

4X200: 1-Ridgewood (Becca Stern, Emily Flynn, Saskia Keppler, Megan Lucky), 2:00.4. 2-Elizabeth, 2:00.7. 3-Perth Amboy, 2:02.6. 4-Paramus Catholic, 2:04.3. 5-Elizabeth (Diaz), 2:05.3.

4X400m: 1-Elizabeth (Gabrielle Gilbert, Ayanna Council, Nakiyah McClain, Monica Flores), 4:23.7. 2-Elizabeth, 4:29.9. 3-Wayne Valley, 4:38.4. 4-Passaic, 4:48.5. 5-Old Tappan, 4:50.5

4X800m: 1-Old Tappan (Alyssa Casamento, Hannah Reeves, Nicole Rizzo, Rachel Chern), 11:06.5. 2-Ridgewood, 11:16.6. 3-Wayne Valley, 11:21.5. 4-Paramus Catholic, 11:22.5. 5-Passaic, 11:29.1

Distance Medley: 1-Garfield (Kylie Nugent, Emilija Gligoroska, Alexis Sena, Victoria Contreras), 14:50.7. 2-Ridgewood, 14:58.4. 3-Old Tappan, 14:59.3. 4-Passaic, 15:02.6

4X110H: 1-PCHS (Kayla Adams, Catherine Meagher, Kimberly Dorismand, Dannie Griffin), 1:20.9. 2-Garfield, 1:21.4

2X400H: 1-Passaic (Stephanie Espinoca, Aadriana Powell), 2:51.2. 2-Emerson, 2:54.7. 3-Garfield, 3:01.9. 4-Garfield, 3:20.7.

2XHJ: 1-Cresskill (Michal Cohen, Maryann Hassan), 9-0. 2-tie-Garfield, 8-2 & Passaic, 8-2. 4-Ridgewood, 8-0.

2XLJ: 1-Old Tappan (Kristen Rinaldi, Rachel Abolafia), 27-0. 2-Wayne Valley, 26-11 ½. 3-Garfield, 26-5 ½. 4-Ridgewood, 26-4. 5-Old Tappan, 26-0

2XTJ: 1-Ridgewood, (Steph, Libby DeVita), 57-11. 2-Ridgewood, 56-3 ½. 3-Garfield, (Rodriguez), 54-6 ½. 4-Garfield, 53-3. 5-Cresskill, 30-11 ½.

2XPV:

2X SP: 1-Waldwick (Ariana Chousa, Madison LaTorrez), 48-10. 2-Ridgewood, 45-1. 3-Perth Amboy, 44-11. 4-Ridgewood, 41-6. 5-Garfield, 41-4

2X Disc: 1-Cresskill, 125-6. 2-Ridgewood, 124-3. 3-Perth Amboy, 119-3. 4-Waldwick, 117-8. 5-Ridgewood, 115-11.

2X Jav: 1-Ridgewood (Kontos, Tai), 106-5. 2-Verona, 100-11. 3-Ridgewood, 83-7. 4-PC, 59-8

FROSH BOYS

4X100m: 1-Old Tappan (Luke Casamento, Jack Reeves, Kevin Martinez, Jon Piccinich), 51.3. 2-Union, 51.5. 3-Garfield, 51.9. 4-Ridgewood, 52-0. 5-PCHS, 52.1

4X200: 1-PCHS (Josh Gilbert, Chris Ko, Yasir Thomas, Daniel Koerner), 1:46.3. 2-Garfield, 1:47.1. 3-Ridgewood A, 1:47.4. 4-Old Tappan, 1:49.4. 5-PCHS, 1:50.0

4X400m: 1-Warwick Valley (Nick Pacelli, Will Chester, Matt Randazzo, Blas Freshko), 4:08.2. 2-Union, 4:09.0. 3-Passaic, 4:09.2. 4-Averill Park, 4:11.7. 5-Wayne Valley, 4:14.0

4X800m: 1-Warwick Valley (Matt Adolph, Jason Nafash, Tom Nafash, Ryan Miele), 9:18.5. 2-Ridgewood, 9:21.4. 3-Averill Park, 9:39.1. 4-Passaic, 9:41.4. 5-Ridgewood, 9:50.9

Distance Medley:

4X110H:

2X400H: 1-Waldwick (Vachman, Zowell), 2:27.0. 2-Wayne Hills, 2:31.1

2XHJ: 1-tie-Garfield (Matt Nierzba, Steven Nolasco), 10-0 & Old Tappan, 10-0. 2-Wayne Valley, 9-10.

2XLJ: 1-Garfield (Matt Wierzba, Aveon Irving), 33-10. 2-Wayne Valley, 15-2.

2XTJ: 1-Garfield (Aveon Irving, Matt Wierzba), 74-7 ½.

2XPV:

2X SP: 1-Passaic (Morrisey, Henry), 84-0. 2-NVOT, 65-6. 3-Union, 57-6. 4-Ridgewood A, 51-11. 5-Ridgewood B, 46-0

2X Disc: 1-Passaic (Patrick Henry, Davon Morrisey), 159-3. 2-Garfield, 148-10. 3-Ridgewood, 124-1. 4-Ridgewood B, 101-3. 5-Ridgewood C, 92-0

2X Jav:

FROSH GIRLS

4X100m: 1-Ridgewood (Becca Feder, Jamie Ades, Alex Gormichella, Saskia Keppler), 59.7. 2-PCHS, 1:11.8

4X200: 1-Paramus Catholic (Fiona Hecdiuart, Chloe Gonzales, Monserrat Benita, Celine Paulovich), 2:15.7

4X400m: 1-Ridgewood (Becca Feder, Jamie Ades, Alex Formichella, Saskia Keppler), 4:41.5. 2-Old Tappan, 5:02.5

4X800m: 1-Old Tappan (Caitlyn McGowan, Julia Choi, Francesca Mangano, Jessica Hall), 11:22.3. 2-Garfield, 12:33.3

Distance Medley: 1-Old Tappan (Bailey, Choi, Hall, McGowan), 15:01.3. 2-Ridgewood, 16:28.7

4X110H:

2X400H: 1-Verona (Gabi Horton, Miranda Williams), 2:54.2. 2-Garfield, 2:59.5. 3-Passaic, 3:02.1

2XHJ: 1-Waldwick (Melissa Cowie, Caitlyn Vellios), 7-10. 2-Passaic, 7-8

2XLJ: 1-Waldwick (Barchaus, Cowie), 25-4. 2-Averill Park, 24-4. 3-Old Tappan, 21-6. 4-Emerson, 20-5

2XTJ:

2XPV:

2X SP:

2X Disc:

2X Jav:

Pawlowski Relays

2013

Boys Team Scores

Events

Teams	Totals	4X100m	4X200m	4X400m	4X800m	4X1600m	Sp.Med	DisMed	4X100H	3X400H	3XLJ	3XTJ	3XHJ	3XPV	3XShot	3XDisc	3XJav	
Old Tappan	125 I	12	12		6	3	4	7	8	12	10	2	12	10	8	12	7	
Warwick Valley, NY	88.5 I		2.5	12	12	12	12	12			12	12			1	1		
Union	80 I	10	6	7		5	8		7	7	3	5	6		5	8	3	
Ridgewood	73 I		4		7		5	6	10		4	8	8	6	4	7	4	
Wayne Valley	65.5 I	3.5		5	4	6	6	5	5	10	5	4				4	8	
Passaic	49 I	1	5	3	8	7		2					10		7	6	10	
Paramus Catholic	30 I	8	7													5		
Averill	27.5 I	3.5		6	2		10			4					2			
Demarest	20 I					8			12									
Perth Amboy	20 I		10	10														
CBA, Lindcroft	18 I					10								8				
Elizabeth	0 I																	
Ridgefield Park	105 S	5	8	8	10		7	3	4	6	7	6	5	12	10	2	12	
Cresskill	58 S	6		2		1	2	1			8	3	7		12	10	6	
Wayne Hills	54.5 S	2	2.5		3	4		8	6	8	2	7		7	3		2	
Mahwah	25 S															3		
DePaul	17 S	7					10											
Emerson	14 S					2		4		3							5	
Verona	14 S				5		3				1		4				1	
Waldwick	11 S		1	4			1			5								
Garfield	0 S																	
Pequannock	0 S																	
Totals	895	58	58	57	57	58	58	58	52	55	58	57	52	43	58	58	58	895

Ridgewood 92 Northern Highlands 48

Event:	1st Place	2nd Place	3rd Place	Rwd	NH
400IH:	Grueter - NH 57.3	Collins - Rwd 58.7	Schoff - Rwd 60.2	4	5
100m:	Sabatini - Rwd 11.1	Han - Rwd 11.4	Locke - Rwd 11.6	9	0
1600m:	Walters - NH 4:35	Clarendon - Rwd 4:36	O'Donnell - Rwd 4:41	4	5
400m:	Collins - Rwd 52.0	Gilan - NH 52.1	NH - 54.0	5	4
110HH:	Zeno - Rwd 15.9	NH - 16.2	Berry - Rwd 16.3	6	3
800m:	L. Dublirer - R 2:01.5	Clarendon - Rwd 2:09	Jones - Rwd 2:10	9	0
200m:	Sabatini - Rwd 22.9	Menakis - NH - 23.0	Han - Rwd 23.3	6	3
3200m:	Neville - Rwd 11:10	Fischer - Rwd 11:20	NH - 11:33	8	1
4x400m:	Ridgewood: Clarendon, Yoon, Young, Marshall 3:46.4			5	0
Long Jump:	NH - 19'4	NH - 18'7	Davila - Rwd 18'0"	1	8
Triple Jump:	Somerville - NH	Davila - Rwd 37'0"	Berry - Rwd 36'3.25	4	5
High Jump:	Somerville - NH 6'2	Zeno - Rwd - 5'10"	Menakis - NH - 5'8"	3	6
Shot Put	Barnett - Rwd 46'4.75	Muller - Rwd 40'5.75	NH	8	1
Discus:	Barnett - Rwd 125'9"	Muller - Rwd 125'4"	Antosiewicz - R 108'9	9	0
Javelin:	Barnett - Rwd 155'5"	NH - 106'5"	Benjamin - Rwd 100'4	6	3
Pole Vault:	Wong - Rwd 12'0"	NH	NH	5	4
Final Score:				92	48

Dual Meet v. Northern Highlands
@ NH

April 9, 2013

400IH: A. Armatas 61.6, E. Larrson 67.2

100: S. Park 11.8, J. Kunz 11.9, V. Rayskiy 12.0, J. Soriano 12.1, Y. Choi 12.1,
J. Norrell 12.1, C. McDade 12.5, W. Li 12.5, C. Sheu 12.6, A. Taggart 12.7,
A. Ramirez 12.7, M. Rubin 13.0

1600: K. Marshall 4:42, R. Neville 4:44, G. Jones 4:59, J. Byrne 5:09, C. Salamone 5:10,
H. Ricatto 5:11, M. Binstock 5:17, B. Hughes 5:18, B. Gilligan 5:30

400: Y. Yoon 55.0, N. Schoff 55.7, V. Young 55.9, J. Norrell 56.9, W. Migliorelli 58.9

110HH: A. Armatas 16.6

800: M. Legg 2:15, M. O'Donnell 2:17, J. Byrne 2:20, E. Westcott 2:20, B. Hughes 2:20,
H. Ricatto 2:20, M. Lee 2:22, P. Yanella 2:22, Y. Yoon 2:22, M. Binstock 2:22

200: S. Park 24.2, J. Kunz 24.4, V. Rayskiy 25.0, Y. Choi 25.2, J. Soriano 25.3, E.
Larrson 25.4, V. Young 25.7, C. McDade 25.9, A. Ramirez 26.0, W. Migliorelli 26.2, C.
Sheu 26.4, W. Li 26.5, M. Rubin 27.2, A. Taggart 27.3

3200: S. Callelo 11:36

4x400:

B. Clarendon 54.9, Y. Yoon 54.7, V. Young 57.5, K. Marshall 59.2

LJ: E. Berry 17'6", D. Barnes 17'5", A. Punjabi 17'3 3/4", B. Joyner 16'11 1/2",
S. Park 16'8", M. Zeno 16'6 1/2", K. Won 16'3 1/2", D. Han 16' 1/2", J. Kunz 15'11",
J. Soriano 15'4"

TJ: S. Park 35'9", D. Barnes 35'5", K. Won 35'2 1/2", B. Joyner 33'4 1/4", A. Punjabi F

HJ: J. Davila 5'4", B. Joyner 5'2", P. Morgan 5'2", L. Dublirer 5'0"

PV: S. Llerandi 10'0", P. Morgan 10'0", C. Abernathy 10'0"

JAV: P. Morgan 84'7", P. Malleiu 80'4"

SP: P. Mallelieu 36'5", M. Antosiewicz 35'0" M. Benjamin 34'7 1/2" A. Moras 33' 1/4"
A. DelVecchio 32'9" R. Uzoaru 31'7"; P.S. 19'4", B. Jabado 18'7"

DISC: M. Benjamin 102'1 1/2", A. Moras 86'4 1/4" R. Uzoaru 81'8 3/4" P. Mallalieu 72'4"
S. Arzoumanian 60' 3/4" S. Collins 54'10" P.S. 53'4 1/2", M. Milo 44'6 1/2"
B. Jabado 43'0"

TRACK AND FIELD

BOYS SCORES

Ramsey 99, Pascack Hills 40
Westwood 73, Mahwah 53
Demarest 103, Pascack Valley 37
Don Bosco 91, St. Joseph 48
Pompton Lakes 87, Glen Rock 37
Pompton Lakes 99, Elmwood Park 31
Old Tappan 103, Tenafly 37
Glen Rock 76, Elmwood Park 41
Lodi 116, Hawthorne 15
Hawthorne 73, Manchester 57
Dumont 76, Fort Lee 64
Ridgefield Park 99, Cliffside Park 41
Ridgewood 92, Northern Highlands 48
Lodi 115.5, Manchester 15.5
River Dell 88, Dwight Morrow 43

BOYS BESTS

100 (11.3): Dalton Friend, Don Bosco, 10.8; Jaleel Felton, Pascack Valley, 10.9
Cory Adelson, Demarest, 11.1; Sherman Alston, St. Joseph, 11.1; Jake Sabatini, Ridgewood, 11.1; Pat Degnon, Demarest, 11.15; Wallace Payne, Lodi, 11.2
200 (23.5): Wayne Gordon, Don Bosco, 22.2; Sherman Alston, St. Joseph, 22.6; Elijah Ibitokun-Hanks, Don Bosco, 22.7
Noah Lartigue, Don Bosco, 22.8; Jake Sabatini, Ridgewood, 22.9; Mike Menakis, Northern Highlands, 23.0; Jaleel Felton, Pascack Valley, 23.1; Kemp Midget, Dwight Morrow, 23.2; Cory Adelson, Demarest, 23.2; Dohee Han, Ridgewood, 23.3; Maurice West, Dwight Morrow, 23.3; Emmanuel Applah, Lodi, 23.4; Fernando Almonte, Lodi, 23.4; Chris Ashman, Fort Lee, 23.5
400 (53.5): Jaleel Felton, Pascack Valley, 50.0; Noah Lartigue, Don Bosco, 50.2; Cory Adelson, Demarest, 51.0; Dylan Perez, Ridgefield Park, 51.3; Brian Collins, Ridgewood, 52.0; Cal Gillan, Northern Highlands, 52.1; Pat Degnon, Demarest, 52.8; Emmanuel Applah, Lodi, 53.5
800 (2:05): Kevin Rogavich, Demarest, 2:01; Jerson Calderon, Pascack Valley, 2:01.5; Luke Dabirer, Ridgewood, 2:01.5
1,600 (4:40): Moise Walters, Northern Highlands, 4:35; Bryan Clarendon, Ridgewood, 4:36
3,200 (10:20): Kevin Ramos, Don Bosco, 10:07; Zach Wieland, Don Bosco, 10:09
1100H (16.2): Fernando Almonte, Lodi, 15.1; Josh Floyd, Don Bosco, 15.5; William Lee, Tenafly, 15.5; Christian Desantis, River Dell, 15.8; Michael Zeno, Ridgewood, 15.9; Jay Jung, Tenafly, 15.9; Cameron Koyama, Demarest, 15.9; Alejandro Capote, River Dell, 16.0
400H (60.0): Jack Grueter, Northern Highlands, 57.3; Wilmer Jovel, Demarest, 57.33; Brian Collins, Ridgewood, 58.7; Zack Lo, Demarest, 59.0; Alejandro Capote, River Dell, 59.4; William Lee, Tenafly, 59.5; Anthony Salerno, Ramsey, 59.6
1,600 Relay (3:40): Don Bosco, 3:31.1; Tenafly, 3:35.6
Long Jump (19-6): George Trival, Ramsey, 20-11; Christian Desantis, River Dell, 20-4; Dashaun Washington, Fort Lee, 20-3.25; Mike Pepper, Ramsey, 20-1; Zach Bazile, St. Joseph, 19-9; Robin Zhang, Bergen Tech, 19-6.5
Triple Jump (39-6): Jarius Paul, Mahwah, 44-0; George Trival, Ramsey, 43-4; Ben Ghazen, Demarest, 42-7; Vishaldeep Singh, Lodi, 42-5; Zach Bazile, St. Joseph, 41-11; Christian Desantis, River Dell, 41-7; Mike Pepper, Ramsey, 40-9; Koyama, Demarest, 40-3; Wallace Payne, Lodi, 40-0.25; Jaren Harrison, Westwood, 40-0; Robin Zhang, Bergen Tech, 40-0; Nigel Conroy, Bergen Tech, 40-0; Chris Ashman, Fort Lee, 39-11.5
High Jump (5-10): Mike Somerville, Northern Highlands, 6-2; Brandon Jurasin, River Dell, 6-2; Josh Landsman, Demarest, 6-0; Phil Ozuah, Don Bosco, 6-0; Brian Zied, Don Bosco, 5-10; Michael Zeno, Ridgewood, 5-10; Vishaldeep Singh, Lodi, 5-10
Pole Vault (11-6): Eric Geider, Demarest, 14-6; Raul Serriera, Ridgefield Park, 13-0; Alex Albanese, Ramsey, 12-0; Anthony Catalano, Westwood, 12-0; Luis Escarret, Ridgefield Park, 12-0; Alan Wong, Ridgewood, 12-0; Caleb Murphy, Demarest, 11-6
Discus (135-0): Jeff Monnet, Ridgefield Park, 149-7; Neil Forrester, Ramsey, 137-7; Andrew Trembetti, Demarest, 135-0
Shot Put (46-0): Andrew Trembetti, Demarest, 55-0; Spencer Ross, Mahwah, 52-2.5; Eric Velvoscovo, Ridgefield Park, 51-1.5; Troy Kay, St. Joseph, 49-6; Joel Campo, St. Joseph, 46-7; Jonathan Jun, Pascack Hills, 46-5; James Barnett, Ridgewood, 46-4.5

Richard, Northern Highlands, 61.9; Christina Stevens, Bergen Tech, 62.2; Idalis Davis, Old Tappan, 62.7; Min Soo Khang, Old Tappan, 63.2; Lauren Bangig, 63.3; Kelsey Larkin, Ramsey, 63.3
800 (2:32): Josette Norris, Tenafly, 2:17.8; Madison Holleran, Northern Highlands, 2:19.8; Caitlin Ubi, Old Tappan, 2:22.2; Laura Weisberger, Ridgewood, 2:22.8; Anria Richard, Northern Highlands, 2:22.9

1,600 (5:40): Corinne Myers, Westwood, 5:24.5; Catherine Pagano, Ridgewood, 5:29; Kelly Cleary, Ridgewood, 5:34.7; Melanie Plattner, Fort Lee, 5:36.5; Amanda Tosi, Pascack Hills, 5:38.4; Ariana North, Northern Highlands, 5:40
3,200 (12:45): Ariana North, Northern Highlands, 11:55; Kelly Cleary, Ridgewood, 12:03; Ellen Ubi, Old Tappan, 12:27; Kelsey Gelsenheimer, Demarest, 12:28; Stevens, Bergen Tech, 12:41
1100H (17.2): Alexandra Cirrino, Westwood, 15.3; Christian Weizer, Demarest, 15.9; Taryn De Leon, Old Tappan, 16.1; Madison Holleran, Northern Highlands, 16.3; Jenna Gravals, Ramsey, 16.5; Zahrae Mouzone, Passaic, 16.6; Olivia Pandolfo, Tenafly, 16.7; Srini Ramirez, Ridgewood, 16.8; Noreen Byrne, River Dell, 16.8; Jackie Reyneke, Northern Highlands, 16.9
400H (71.0): Madison Holleran, Northern Highlands, 64.8; Christina Weizer, Demarest, 65.8; Alexandra Cirrino, Westwood, 67.1; Phoebe Hersh, Tenafly, 67.9; Srini Ramirez, Ridgewood, 68.2; Taylor Parcells, 68.6; Zahrae Mouzone, Passaic, 69.0; Christine Woods, River Dell, 71.0; Katie Vernon, Ramsey, 71.0

1,600 Relay (4:30): Northern Highlands, 4:04.7; Ridgewood, 4:08.6; Tenafly, 4:14.0; Westwood, 4:16.5; Fort Lee, 4:24
Long Jump (15-0): Noreen Byrne, River Dell, 15-6.5; Marina Kelly, River Dell, 15-6; Sierra Sands, Ramsey, 15-6; Lauren Bilali, Old Tappan, 15-4.25; Taryn de Leon, Old Tappan, 15-3.5; Nicole Byron, Tenafly, 15-2.75

Triple Jump (32-0): Dominique James, Dwight Morrow, 33-8.5; Madison Smith, River Dell, 33-1; K. Johnson, Dumont, 32-9; Jen Wankmuller, Pascack Hills, 32.3

High Jump (4-10): Jackie Reyneke, Northern Highlands, 5-0; Sophie Montgomerly, Ridgewood, 5-0; Taryn De Leon, Old Tappan, 4-10

Pole Vault (7-6): Vanessa Virgens, Mahwah, 10-0; Alex Paspalas, Demarest, 10-0; Jenna Braun, Mahwah, 9-0; K. Monaco, Dumont, 9-0; Lauren Bilali, Old Tappan, 8-0

Discus (90-0): Kailee Oakes, Westwood, 108-4; Jessica Molina, Westwood, 106-7; G. Yannette, Dumont, 101-3; Sonya, Bergen Tech, 100-3; A. Romella, Dumont, 100-2.5; Olivia Cullen, Demarest, 98-0; Haley Hirsch, Demarest, 97-0; Sara Dec, Northern Highlands, 95-8; Alyah Moody, Ridgefield Park, 93-2; Kellie Lane, Ridgefield Park, 91-11; Yanique, Bergen Tech, 91-1; Samantha Ferraro, Demarest, 90-0

Javelin (95-0): G. Yannette, Dumont, 115-6; Kristen DiRenzo, Lodi, 115-4; Kellie Lane, Ridgefield Park, 113-5; Haley Hirsch, Demarest, 111-0; Stacey Anning, Ridgefield Park, 106; Jessica Molina, Westwood, 105-9

Shot Put (31-0): Haley Hirsch, Demarest, 37-9; Jessica Molina, Westwood, 36-5.5; Alyah Moody, Ridgefield Park, 35-1.25; Samantha Ferraro, Demarest, 35-0; Sonya, Bergen Tech, 32-4.5; Yanique, Bergen Tech, 31-2

BOYS VOLLEYBALL

WAYNE HILLS 2, WEST ESSEX 6
West Essex 17 17
Wayne Hills 25 25
Kills: (WH) Adam Santana 5; Cameron Ghassemi 4. **Assists:** (WH) Emir Sahmarovic 15. **Digs:** (WH) Hunter Beck 16; Cameron Ghassemi 7, Adam Santana 5
POPE JOHN 2, HARRISON 1
Harrison 25 19 23
Pope John 20 25 25
Kills: (H) Piotr Namotko 11, Tijani Rezki 10; (PJ) Stephan Golemboski 11. **Assists:** (H) Vinny Yoshimoto 31; (PJ) Brandon Schultz 25. **Digs:** (H) David Penaherrera 14, Vinny Yoshimoto 9; (PJ) Garrett Abbey 23, Steve Adrianzen 11
TEANECK 2, FERRIS 0
Ferris 22 18
Teaneck 25 25
Kills: (F) Eric Maldonado 10, Ean Egar 9. **Digs:** (F) Eric Maldonado 5. **Records:**

Big North Track & Field Dual Meet

Ridgewood vs Hackensack - Boys

April 10, 2013

Event	First Place	Second Place	Third Place	RHS	HHS
400H	Collins, RHS, 58.7	Schoff, RHS, 59.3	Armatas, RHS, 1:01.4	9	0
100m Dash	Sabatini, RHS, 11.2	Han, RHS, 11.5	Wimberly, H 11.5	8	1
1600m Run	Mascetti, HHS, 4:32.1	Frering, RHS, 4:35.7	Salamone, RHS, 4:37.0	4	5
400m Dash	Migliorelli, RHS, 52.1	Collins, RHS, 52.6	Sweetin, HHS, 53.9	8	1
110m Hurdles	Cummings, HHS, 15.3	Chung, RHS, 15.3	Berry, RHS, 15.9	4	5
800m Run	S. Dublirer, RHS, 2:02.4	L. Dublirer, RHS, 2:03.9	Nieto, HHS, 2:07.0	8	1
200m Dash	Sabatini, RHS, 22.7	Han, RHS, 23.3	Locke, RHS, 23.9	9	0
3200m Run	Mascetti, HHS, 10:05.1	Salamone, RHS, 10:12.4	Uztica, HHS, 10:15.3	3	6
High Jump	Cummings, HHS, 6-4	Zeno, RHS, 5-8	Locke, RHS, 5-8	4	5
Pole Vault	Wong, RHS, 13-0	Abernathy, RHS, 11-0	Llerandi, RHS, 10-6	9	0
Long Jump	Henry, HHS, 20-6 1/2	Cummings, HHS, 20-6	Joyner, RHS, 18-6 1/2	1	8
Triple Jump	Cummings, HHS, 42-2	Henry, HHS, 39-9	Joyner, RHS, 37-6	1	8
Discus	Barnett, RHS, 124-8	Antosiewicz, RHS, 122-4	Muller, RHS, 121-5	9	0
Shot Put	Barnett, RHS, 46-6	Reco, HHS, 44-0	Jamel, HHS, 42-0	5	4
Javelin	Barnett, RHS, 138-10	Shean, HHS, 135-5	Benjamin, RHS, 105-1	6	3
4X400relay	RHS, 3:31.8			5	0

Comment:

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Big North Track & Field Dual Meet

Ridgewood vs Indian Hills - Boys

April 10, 2013

Event	First Place	Second Place	Third Place	RHS	IH
400H	Halloran, IHHS, 58.1	Collins, RHS, 58.7	Schoff, RHS, 59.3	4	5
100m Dash	Sabatini, RHS, 11.2	Locke, RHS 11.5	Han, RHS 11.5	9	0
1600m Run	Frering, RHS, 4:35.7	Salamone, RHS, 4:37.0	Tuohy, IHHS, 4:37.2	8	1
400m Dash	Migliorelli, RHS, 52.1	Kristofird, IHHS, 52.4	Collins, RHS, 52.6	6	3
110m Hurdles	Chung, RHS, 15.3	Zeno, RHS, 15.9	Berry, RHS, 15.9	9	0
800m Run	S. Dublirer, RHS, 2:02.4	L. Dublirer, RHS, 2:03.9	Plucinsky, IHHS, 2:04.5	8	1
200m Dash	Sabitini, RHS, 22.7	Halloran, IHHS, 22.9	Han, RHS, 23.3	6	3
3200m Run	Salamone, RHS, 10:12.4	Evans, IHHS, 10:12.9	Frering, RHS, 10:24.2	6	3
High Jump	Thomson, IHHS, 6-6	Zeno, RHS, 5-8	Locke, RHS, 5-8	4	5
Pole Vault	Wong, RHS, 13-0	Keith, IHHS, 12-0	Abernathy, RHS, 11-0	6	3
Long Jump	Thompson, IHHS, 19-8 3/4	Joyner, RHS, 18-6 1/2	Barnes, RHS, 18-1	4	5
Triple Jump	Joyner, RHS, 37-6	Punjabi, RHS, 37-5	Cambell, IHHS, 36-4	8	1
Discus	Barnett, RHS, 124-8	Antosiewicz, RHS, 122-4	Muller, RHS, 121-5	9	0
Shot Put	Barnett, RHS, 46-6	Muller, RHS, 40-5	Discepolo, RHS, 39-1	9	0
Javelin	Barnett, RHS, 138-10	Walker, IHHS, 130-2	Donnell, IHHS, 105-5	5	4
4X400relay	RHS, 3:31.8			5	0

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Dual Meet v. Hackensack and IH
@ Ridgewood

April 10, 2013

100: S. Park 11.9, J. Kunz 12.0, J. Norrell 12.2, E. Larsson 12.2, J. Soriano 12.2,
V. Young 12.3, C. McDade 12.5, W. Li 12.6, V. Rayskiy 12.6, C. Sheu 12.8,
A. Ramierz 13.0

1600: M. Thurston 4:39.9, K. Marshall 4:53.6, R. Neville 4:59, R. Fischer 5:00,
J. Byrne 5:08, C. Salamone 5:09, H. Ricatto 5:15, B. Hughes 5:20, A. Charuasia 6:03

400: Y. Yoon 54.9, V. Rayskiy 57.1, W. Migliorelli 59.1, A. Taggert 59.7

110HH: A. Armatas 16.9

800: B. Clarendon 2:07.3, G. Jones 2:07.6, M. O'Donnell 2:13.0, M. Binstock 2:15, H.
Ricatto 2:19 M. Legg 2:19, M. Lee, 2:20, B. Gilligan 2:28, P. Yanella 2:28
There are 3 results that I cannot read – I apologize – the recorder wrote illegibly

200: E. Larsson 24.5, S. Park 24.7, J. Norrell 24.7, J. Kunz 24.8, J. Soriano 25.0,
Y. Choi 25.3, V. Young 25.3, C. McDade 25.4, C. Sheu 26.4, W. Migliorelli 26.5

3200: K. Marshall 11:00, S. Callelo 11:49

4x400:

N. Schoff 52.5, B. Clarendon 53.5, Y. Yoon 54.1, L. Dublirer 52.3 – 3:31.8

LJ: E. Berry 17'11", S. Park 17'7", K. Won 17'6", J. Davila 17'4", J. Kunz 16'8",
A. Punjabi 16'7"

TJ: S. Park 35'9", K. Won 34'4 ½", D. Barnes F

HJ: B. Joyner 5'4", J. Davila 5'2", P. Morgan 5'2", K. Won NH

PV: S. Llerandi 10'6", P. Morgan 10'0", L. Bontoux 7'0"

JAV: P. Mallelieu 99'2", P. Morgan 94'0"

SP: M. Antosiewicz 34'1", M. Benjamin 33'3", A. DelVecchio 31'10",
A. Moras 31'10", P. Mallelieu 30'4", R. Uzoaru 29'7" J. Dougherty 26'11",
J. Zanone 24'10" S. Arzoumanian 20'6", B. Jabado 20'5", T. Knight 19'4",
P. Skrzypczak 17'11", M. Milo 16'4"

DISC: P. Mallelieu 95'5", M. Benjamin 94'7", A. Moras 84'2", R. Uzoaru 73'5",
J. Zanone 67'9", J. Dougherty 65'7", S. Arzoumanian 60'7", A. DelVecchio 57'10",
S. Collins 57'0", T. Knight 56'8", M. Milo 51'2", P. Skrzypczak 48'4", B. Jabado 42'4"

TRACK AND FIELD

BOYS SCORES

Bogota 104, Palisades Park 22
Bogota 101, Saddle River Day 5
Cresskill 83.5, Emerson 55.5
Cresskill 119, Hawthorne Christian 19
Emerson 101, Hawthorne Christian 28
Hackensack 76, Indian Hills 63
Hasbrouck Heights 130, St. Mary 10
Hasbrouck Hgts. 120.5, No. Arlington 19.5
Leonia 86, Queen of Peace 46
Leonia 77, Ridgefield 55
Lyndhurst 94, Secaucus 46
Midland Park 67, Waldwick 50
New Milford 84, Dwight-Englewood 56
Palisades Park 67, Saddle River Day 37
Park Ridge 93, Waldwick 33
Park Ridge 74, Midland Park 51
Ridgefield 80, Queen of Peace 52
Ridgefield 106, Indian Hills 34
Ridgefield 93, Hackensack 47

BOYS BESTS

100 (11.3): Marquise Stephens, Passaic, 11.2; Cabitin, Ridgewood, 11.2; Ken Partyka, Hasbrouck Heights, 11.2; Dante Tobler, New Milford, 11.3.
200 (23.5): Sabatini, Ridgewood, 22.7; Halloran, Indian Hills, 22.9; Marquise Stephens, Passaic, 23.0; Keeneth Ross, Secaucus, 23.2; Ken Partyka, Hasbrouck Heights, 23.2; Han, Ridgewood, 23.3; Jevan Azevedo, Passaic, 23.5.
400 (53.5): Keeneth Ross, Secaucus, 50.5; Anthony Giacinto, Lyndhurst, 52.1; Miglioelli, Ridgewood, 52.1; Kristofford, Indian Hills, 52.4; Collin, Ridgewood, 52.6; Brian Kalafut, Park Ridge, 52.6.
800 (2:05): Dublirer, Ridgewood, 2:02.4; Dublirer, Ridgewood, 2:03.9; Plucinsky, Indian Hills, 2:04.5.
1,600 (4:40): Mascetti, Hackensack, 4:32.1; Frering, Ridgewood, 4:35.7; Salamone, Ridgewood, 4:37.0; Tuohy, Indian Hills, 4:37.2; Anthony Navarro, Passaic, 4:40.
3,200 (10:20): Mascetti, Hackensack, 10:05.1; Salamone, Ridgewood, 10:12.4; Evans, Indian Hills, 10:12.9; Uztica, Hackensack, 10:15.3.
110HH (16.2): Roland Gamez, Hasbrouck Heights, 15.0; Cummings, Hackensack, 15.3; Chung, Ridgewood, 15.3; Berry, Ridgewood, 15.9.
400H (60.0): Halloran, Indian Hills, 58.1; Collins, Ridgewood, 58.7; Schoff, Ridgewood, 59.3; Kevin Noninohin, Queen of Peace, 59.6.
1,600 Relay (3:40): Ridgewood, 3:31.8.
Long Jump (19-6): Peter Chamalian, Cresskill, 21-5; Henry, Hackensack, 20-6.5; Cummings, Hackensack, 20-6; Roland Gamez, Hasbrouck Heights, 20-2; Thompson, Indian Hills, 19-8.75; Devon Stowe, Passaic, 19-8.
Triple Jump (39-6): Peter Chamalian, Cresskill, 44-9.5; Roland Gamez, Hasbrouck Heights, 43-8.25; Dante Tobler, New Milford, 42-6; Cummings, Hackensack, 42-2; Luis Santos, Bogota, 41-1; Michael Raia, Park Ridge, 40-11; Henry, Hackensack, 39-9.
High Jump (5-10): Thompson, Indian Hills, 6-6; Cummings, Hackensack, 6-4; Matt Infante, Cresskill, 5-11; Roland Gamez, Hasbrouck Heights, 5-10.
Pole Vault (11-6): Allen, Ridgewood, 13-0; Keith, Indian Hills, 12-0.
Discus (135-0): Drew Tummino, River Dell, 145-6; Anthony Seidel, Hasbrouck Heights, 138-2.
Javelin (160-0): Anthony Seidel, Hasbrouck Heights, 182-4.
Shot Put (46-0): Austin Beringer, River Dell, 53-5; Drew Tummino, River Dell, 49-10; Joe Hernandez, Cresskill, 48; Barnett, Ridgewood, 46-6.

GIRLS SCORES

Bogota 98, Saddle River Day 27
Bogota 86, Palisades Park 45
Cresskill 102, Emerson 38
Cresskill 110, Hawthorne Christian 30
Emerson 102, Hawthorne Christian 38
Hackensack 87, Indian Hills 52
Hasbrouck Heights 110, St. Mary 15
Has. Heights 117.5, North Arlington 22.5
Leonia 76, Ridgefield 46
New Milford 84, Dwight-Englewood 46
Palisades Park 73, Saddle River Day 36
Park Ridge 62, Midland Park 60
Queen of Peace 96, Ridgefield 43
Ridgefield 86, Hackensack 54
Ridgefield 115, Indian Hills 25
Secaucus 78, Lyndhurst 60
Waldwick 75, Park Ridge 47

GIRLS BESTS

100 (13.2): Vicky Kriv, Passaic Valley, 12.4; Jaide Hinds-Clarke, Saddle River Day, 13.08; Jess Addonizio, Passaic Valley, 13.1; Stacy Porzi, Hasbrouck Heights, 13.1; Lynch, Hackensack, 13.1; Kristen Sawley, Hawthorne Christian, 13.1.

60.1; Carleisha Forteau, Secaucus, 61.0; Mangold, Indian Hills, 61.1; Carly Reich, Park Ridge, 61.9; Caffrey, Ridgewood, 62.4; Amanda Muccio, Ridgewood, 63.2; Castro, Hackensack, 63.8.
800 (2:32): Grant, Hackensack, 2:25.2; Caughlin, Indian Hills, 2:27.50.

1,600 (5:40): Cleary, Ridgewood, 5:37.20.
3,200 (12:45): Pagano, Ridgewood, 11:43.30; Buccisam, Indian Hills, 12:34.20.

110HH (17.2): DeVita, Ridgewood, 15.5; Ramirez, Ridgewood, 16.6; Lynch, 16.6; Jess Addonizio, Passaic Valley, 17.1; Jenean Igrmat, New Milford, 17.1; Micaela McPadden, Ridgewood, 17.2.

400H (71.0): Jillian DiGiacinto, Hasbrouck Heights, 67.7; Jenna DiGiacinto, Hasbrouck Heights, 68.9; Amanda Nowak, Lyndhurst, 69.6; Amanda Nowak, Lyndhurst, 69.9; Natalie Negrone, Queen of Peace, 70; Sirai Ramirez, Ridgewood, 70.3; Sam Neshelwat, Secaucus, 70.5.

1,600 Relay (4:30): Ridgewood, 4:19.20; Dwight-Englewood, 4:30.

Long Jump (15-0): Jillian DiGiacinto, Hasbrouck Heights, 15-5.25; Jenean Igrmat, New Milford, 15-5; Jackie Follity, New Milford, 15-2.

High Jump (4-10): Jeimi Chamalian, Cresskill, 4-10; Bromfield, Hackensack, 4-10; Redman, Hackensack, 4-10.

Pole Vault (7-6): Mimi DeVita, Ridgewood, 11-5; Michelle Rozalaski, Queen of Peace, 9-0; Catherine Rozalaski, Queen of Peace, 9-0; Nicole Plocinich, Emerson, 8-6; Emma Ciochok, Ridgewood, 8-0; Becky Tanner, Ridgewood, 8-0.

Discus (90-0): Tania Pabon, Cresskill, 125; Cheyenne Bellerand, Emerson, 109-10; Laura Oh, River Dell, 106-9; Chanel Garcia, Dwight Morrow, 105-3; Vicki Stewart, Passaic Valley, 98-1; Camila Alonso, Lyndhurst, 95-8; Kathleen Baltzar, Dwight Morrow, 93-2; Kaitlin Norris, Secaucus, 92-0; Katherine Helewa, Cresskill, 90.

Javelin (95-0): Nina Messery, Hasbrouck Heights, 114-11; Nawal Abdallah, New Milford, 106-7; Camila Alonso, Lyndhurst, 105-0; Tina Messery, Hasbrouck Heights, 98-9; Tania Pabon, Cresskill, 97-1; Sirai Rameriz, Ridgewood, 96-10; Maggie Filja, Hasbrouck Heights, 96-5.

Shot Put (31-0): Cheyenne Bellerand, Emerson, 38-7.25; Chanel Garcia, Dwight Morrow, 37-7; Irene Cedano, Hasbrouck Heights, 35-6.5; Vicki Stewart, Passaic Valley, 35-5; Laura Oh, River Dell, 34-10; Ariela, Hackensack, 32-10; Tania Pabon, Cresskill, 32-2; Katherine Helewa, Cresskill, 31-7.

BOYS GOLF

GARDEN STATE CUP

AT BLUE HERON PINES GC

Par: 72; Yardage: 6,675

Team scores: *Bergen Catholic 310, Peddie 310, Delbarton 316, Don Bosco 329, Moorestown 331, Cherokee 333, Mainland 334, Burlington Twp 337, Absegami 340, Tenafly 342, St. Augustine 343, Wall 346, Northern Highlands 347, Bishop Eustace 349, Howell 350, Vineland 350, Middle Twp 354, Clearview 359, Ocean City 366, Seneca 372, Wildwood Catholic 379

*Won on first playoff hole

Individuals: 1. Kyle Stubinsky, Peddie, 74; 2. Stefan Cygan, Peddie, 75; 3. Dom DiGiacomo, Ocean City, 75; 4. Will Voetsch, Delbarton, 75; 5. David Hlcks, Middle Twp, 75; 6. Justin Murray, Burlington Twp, 75; 7. Chris Filling, Absegami, 76; 8. Ryan Rose, Bergen Catholic, 76; 9. Kev O'Donnell, Middle Twp, 76; 10. Dawson Jones, Howell, 77; 11. Bobby Piluso, Bergen Catholic, 77; 11. Gabe Estevez, Don Bosco, 77; 13. Brendan Kim, Bergen Catholic, 78; 13. Frank Szucs, Delbarton, 78; 13. Liam Hughes, Moorestown, 78; 16. Zach Egermayer, Bergen Catholic, 79; 16. Steve Weingroff, Bergen Catholic, 79; 16. Josh Pederson, Moorestown, 79; 16. Kwanwoo Kim, Tenafly, 79.

BIG NORTH

PARAMUS 152, CLIFTON 200

At Paramus GC, par 36

P (3-3): Brian Lama 37, Justin Link 37, Thomas Scuderi 37

Maroon teams 'spring' from sta



PHOTOS/ROBIN GOTTESMAN

The senior captains of the 2013 Ridgewood High School boys spring track and field team are, from left, distance runner Nick Salamone, hurdler Kevin Chung, sprinter Neil Schoff, middle-distance runner Storm Dublirer and thrower James Barnett.



The senior captains of the FRONT ROW, from left: the BACK ROW, from left: spr Micaela McPadden.

Boys setting a fast pace to open the new season

BY GREG TARTAGLIA
Assistant Sports Editor

RIDGEWOOD – The Maroons are so fast and ready to set records this spring, they have done so without even noticing. Josh Saladino witnessed it first-hand on Tuesday.

The Ridgewood High School boys track and field coach was answering questions on just that topic after his team's 92-48 dual-meet victory over Northern Hig' ds in Allendale. His train of hou... was interrupted when he realized that the sound of bus engines running in the background was gone. So were the buses.

"Is that possible?" an incredulous Saladino said as he looked over an empty driveway next to the Highlands track

RHS took silver in the 4 x 110-meter shuttle hurdles relay (1:07.9) and bronze in both the triple jump (113 feet) and high jump (15 feet, 10 inches) relays to finish behind Old Tappan (125 points), Warwick, N.Y. (88½) and Union (80).

The Maroons also scored top-five finishes in the 4 x 800 (fourth, 8:39.7), discus (fourth, 346-8), pole vault (fifth, 23-6) and distance medley (fifth, 11:23.9) relays.

Juniors Mike Zeno and Bryce Joyner and sophomores Jonathan Davila and Armand Punjabi have emerged as Ridgewood's top competitors in the long, triple and high jumps.

Juniors Brian Collins and Jamal Locke bring added speed in the sprints, while seniors Tanner Garrity and Graham Jones and junior Ryan Neville strengthen the distance corps.

The Maroon throwers are led by seniors James Barnett and Aaron Muller.

2013 RHS varsity spring track & field schedule

REMAINING DUAL/CHAMPIONSHIP MEETS

Tomorrow Comet Relays @ Hackensack H.S., 9 a.m.

April 17 Bergen County Relays (field events only) @ Indian Hills, 3:30 p.m.

April 19-20 Bergen County Relays @ River Dell, 3:30 p.m./9 a.m.

April 25-27 Penn Relays @ Frankfin Field, Philadelphia, TBA

April 30 at Ramapo, 4 p.m.

May 4 County Seat Invitational @ Ramsey H.S., 9 a.m.

May 6 Big North Freedom Division Meet @ Hackensack, 4 p.m.

May 15 Bergen County Championships (Division A field events) @ Indian Hills, 3:30 p.m.

May 17-18 Bergen County Championships

Girls sq action-p

BY GREG TARTAGLIA
Assistant Sports Editor

RIDGEWOOD – The 2 wood High School girls tra team does not lack for expe In the first week of the Maroons participated in four a six-day span, including

RIDGEWOOD – The Maroons are so fast and ready to set records this spring, they have done so without even noticing.

Josh Saladino witnessed it first-hand on Tuesday.

The Ridgewood High School boys track and field coach was answering questions on just that topic after his team's 92-48 dual-meet victory over Northern Highlands in Allendale. His train of thought was interrupted when he realized that the sound of bus engines running in the background was gone.

So were the buses. "Is that possible?" an incredulous Saladino said as he looked over an empty driveway next to the Highlands track complex.

A quick cell phone call to assistant Mike Glynn confirmed that it was not a practical joke but simply an innocent mistake. Glynn also declared it to be a new "record" of sorts, since he had never seen such an occurrence in his 44 years of coaching.

Though merely an amusing footnote in retrospect, the incident bespoke Ridgewood's desire to be quick on the track as well. The Maroons sent four relay squads consisting of nine athletes to the prestigious Arcadia Invitational in California last weekend, and all impressed in their first major meet of the 2013 season.

On Friday, the 4 x 200-meter grouping of seniors Kevin Chung and Neil Schoff and juniors Teddy Migliorelli and Jake Sabatini finished fifth in their division in 1:32.96.

"They ran the sixth-best time in Ridgewood High School history, which is very good for this early on," Saladino said on the car ride back to RHS.

Sabatini, Schoff, Migliorelli and junior Bryan Clarendon then ran a combined 3:38.91 in the sprint medley relay, good for fourth in their section.

On Saturday, the Maroon 4 x 800-meter quartet of seniors Storm Dublirer and Nick Salamone and juniors David Frering and Luke Dublirer clocked 7:53.49 to place ninth in the invitational race. "That's the fastest Bergen County time since 2004," Saladino noted.

That evening in the distance medley invitational, Salamone (1,200-meter lead-off leg), Sabatini (400), Storm Dublirer (800) and Frering (1,600) teamed up for a seventh-place 10:24.25, the best time by a school from outside of California in the 28-team race. "It also was five seconds better than they ran indoors," Saladino said, "which is a step in the right direction, obviously."

Those performances were only the tip of the iceberg for Ridgewood, the three-time defending North 1, Group 4 state champion.

Back on the East Coast, the rest of the Maroons carried the team to a fourth-place total of 73 points at the 29th annual Steve Pawlowski Ridgewood Relays at Ben Franklin Middle School.

behind Old Tappan (125 points), Warwick, N.Y. (88½) and Union (80).

The Maroons also scored top-five finishes in the 4 x 800 (fourth, 8:39.7), discus (fourth, 346-8), pole vault (fifth, 23-6) and distance medley (fifth, 11:23.9) relays.

Juniors Mike Zeno and Bryce Joyner and sophomores Jonathan Davila and Armand Punjabi have emerged as Ridgewood's top competitors in the long, triple and high jumps.

Juniors Brian Collins and Jamal Locke bring added speed in the sprints, while seniors Tanner Garrity and Graham Jones and junior Ryan Neville strengthen the distance corps.

The Maroon throwers are led by seniors James Barnett and Aaron Muller. Barnett finished first in the shot put, discus and javelin in Wednesday's tri-meet with Hackensack and Indian Hills.

Elsewhere in the field, senior Dylan Downing, junior Allan Wong and sophomore Connor Abernethy are all experienced pole vaulters.

By defeating Hackensack, 93-47, and Indian Hills, 106-34, Ridgewood upped its record in Big North Freedom Division dual meets to 4-0. That puts the Maroons in good shape with regard to their quest for a 13th consecutive league title – they won nine straight in the NNJIL before realignment put them into the NJTCC for one year and the Big North-Freedom for the past two.

Email: tartaglia@northjersey.com

April 25-27 Penn Relays @ Franklin Field, Philadelphia, TBA

April 25-27 Penn Relays @ Franklin Field, Philadelphia, TBA

April 30 at Ramapo, 4 p.m.

May 4 County Seat Invitational @ Ramsey H.S., 9 a.m.

May 6 Big North Freedom Division Meet @ Hackensack, 4 p.m.

May 15 Bergen County Championships (Division A field events) @ Indian Hills, 3:30 p.m.

May 17-18 Bergen County Championships @ Old Tappan, 3:30 p.m./9 a.m.

May 24-25 North 1, Group 4 Championships @ Randolph H.S., 3:30 p.m./10 a.m.

May 28 Bergen County Meet of Champions @ Hackensack, 3:30 p.m.

May 31-June 1 State Group 4 Championships @ Egg Harbor Twp., 3:30 p.m./11 a.m.

June 6 State Meet of Champions @ Jost Field (South Plainfield), 3:30 p.m.

*Schedule subject to change.

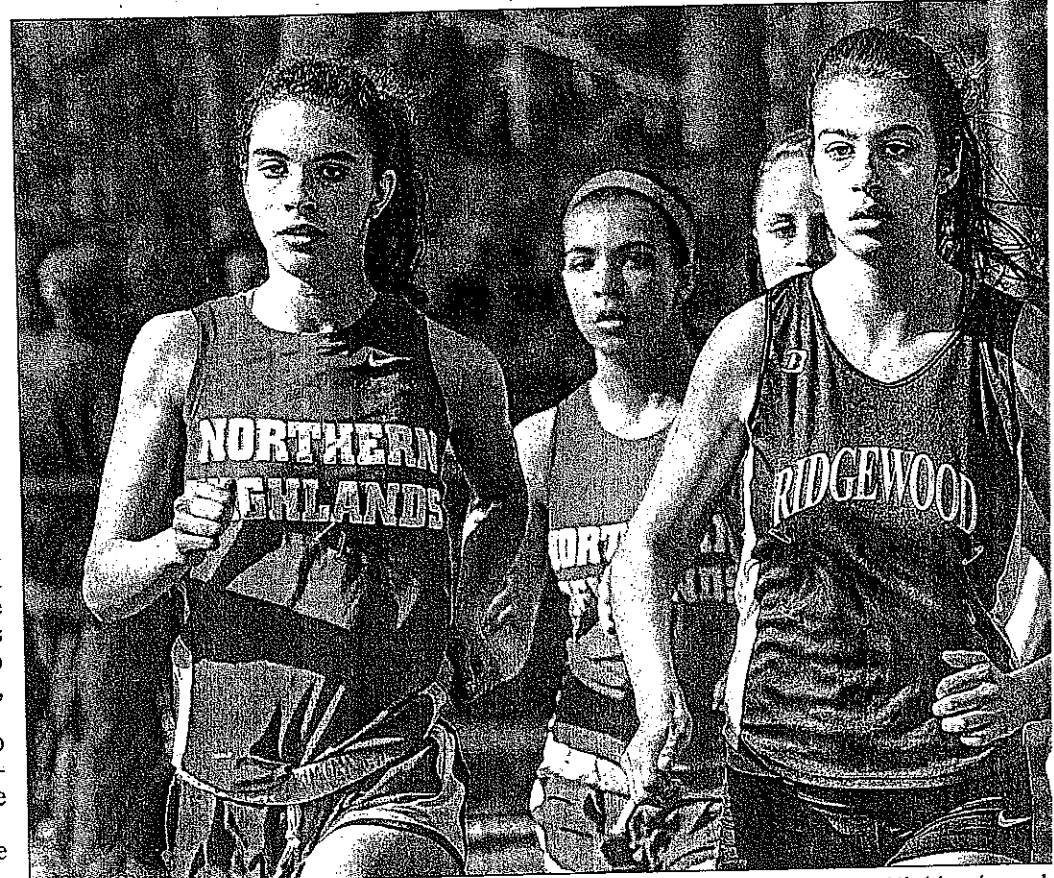
active

BY GI
Assiste

RIDGEWOOD High School does not. In the first Maroons participation a six-day span West Coast.

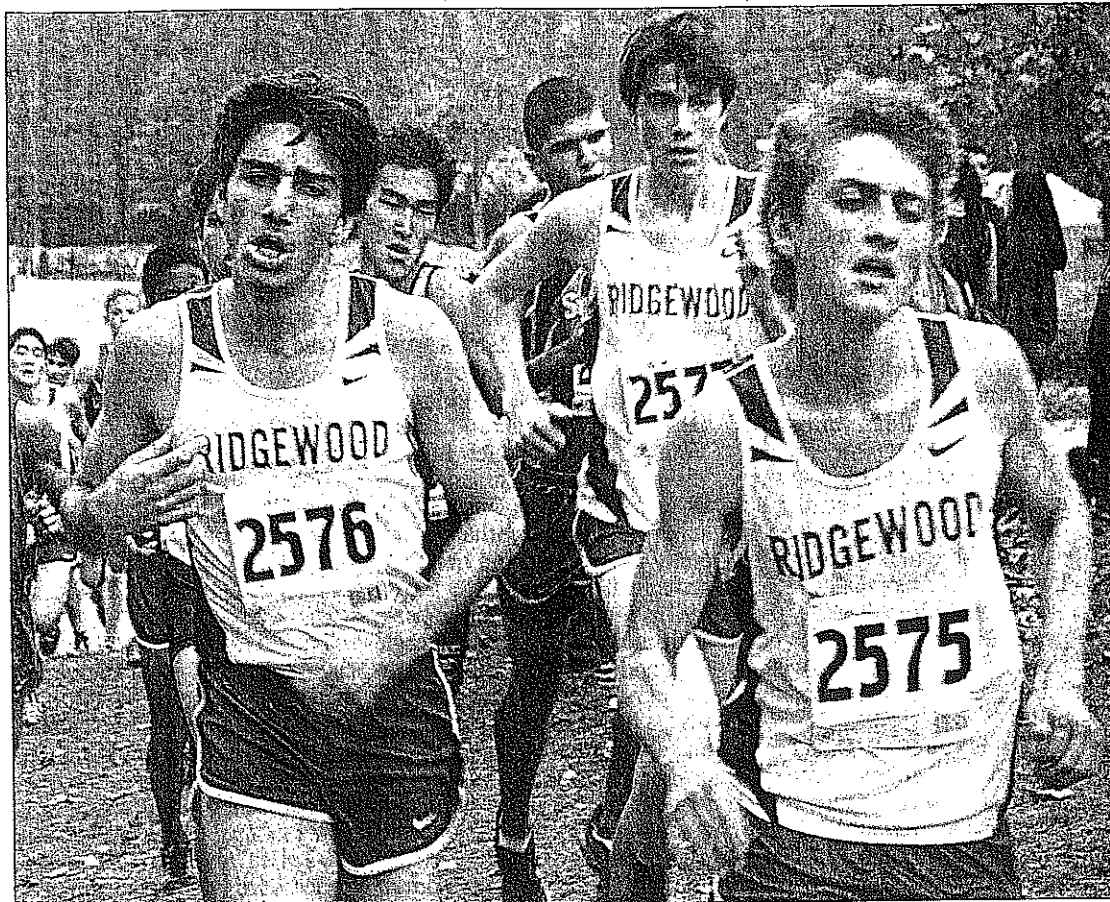
Tuesday at about the extra dual meets on asked how often his 42 year coach Jacob I "Never."

With major Fridays and Spring, league held on Tuesday to afford athletes the previous next one. High Bergen County events on Wednesday following week



Ridgewood sophomore Catherine Pagano, right, gains position on Northern Highlands senior 1,600-meter race of their teams' dual meet Tuesday in Allendale. Pagano pulled away

THE TRACK AND FIELD REPORT



RECORD FILE PHOTO

Ridgewood's Storm Dublirer, left, and David Frering, center, were part of the Maroons' distance medley team that finished in seventh place (10:24.25) in the Arcadia Invitational in California.

Boys track Top 25

- | | |
|--------------------|---------------------|
| 1. Ridgewood | 14. Clifton |
| 2. Demarest | 15. West Milford |
| 3. Old Tappan | 16. Ridgefield Park |
| 4. Hasbrouck Hgts. | 17. Boonton |
| 5. River Dell | 18. Ramapo |
| 6. Don Bosco | 19. Mahwah |
| 7. Indian Hills | 20. Pascack Val. |
| 8. Paramus Cath. | 21. Teaneck |
| 9. Passaic Tech | 22. Tenafly |
| 10. Ramsey | 23. No. Highlands |
| 11. Lodi | 24. Lyndhurst |
| 12. Bergen Cath. | 25. Cliffside Park |
| 13. Hackensack | |

Girls track Top 25

- | | |
|------------------|---------------------|
| 1. Holy Angels | 14. Ridgewood |
| 2. River Dell | 15. Wayne Hills |
| 3. No. Highlands | 16. Dumont |
| 4. Ramsey | 17. E. Christian |
| 5. Ramapo | 18. Hasbrouck Hgts. |
| 6. Mahwah | 19. Tenafly |
| 7. Passaic Tech | 20. Paramus Cath. |
| 8. IHA | 21. Passaic Val. |
| 9. Westwood | 22. Hackensack |
| 10. Teaneck | 23. Bergen Tech |
| 11. Pascack Val. | 24. Qn. of Peace |
| 12. Demarest | 25. Indian Hills |
| 13. Wayne Val. | |

AROUND THE TRACK

■ Mike Sommerville of Northern Highlands cleared 6 feet, 4 inches in the high jump Tuesday in the Highlanders' dual meet loss to Ridgewood, tying a school record set nearly 40 years ago. Steve Collins set the record in 1975, and Kevin Lisle also cleared it two years later. Sommerville, a senior, has been accepted at Villanova.

■ Bergen Catholic made a late bid to qualify for the Penn Relays' 4-x-800 Wednesday and while the Crusaders are on the bubble, their 8:05.95 third-place performance at the Holmdel Twilight meet was the best performance by a BC team in more than a quarter-century. The team of sophomore Tom Selvaggi (2:00.5), junior Matt Ludwig (2:03.2), sophomore Matt Morano (2:04.4) and junior Dan Lynch (1:57.7) finished behind Westfield and Voorhees in the event.

■ Ridgewood's boys and girls made their own late bids for the Penn Relays distance medley

racers Saturday night at the Arcadia Invitational in California. The boys team of Nick Salamone, Jake Sabatini, Storm Dublirer and David Frering ran 10:24.25 for seventh place (22nd all time in Bergen County history). Even though that might be enough to make the field, the Maroons may choose to run the 4-x-800 (with Luke Dublirer replacing Jake Sabatini) after their tremendous 7:53.49 performance the previous night.

■ The girls team of Kelly Cleary, Micaela McPadden, Laura Weisberger and Catherine Pagano ran 12:17.23 in their attempt to return to the race where they finished fourth last spring. The Maroons might be on the bubble in both the 4-x-800 and distance medleys and will find out Monday if and where they've qualified.

■ Demarest's Haley Hirsch had a triple win in the throws (37-9 shot, 111-0 javelin and 97-0 discus) to help the Norsewomen defeat Pas-

cack Valley, 98-42, on Tuesday.

■ Emma Sullivan won the 100 (12.6) and 200 (26.1) and had a terrific battle with McPadden in a second-place finish in the 400 as Northern Highlands edged Ridgewood, 74½-65½. McPadden ran an area-leading 57.7 to edge Sullivan (58.5).

■ Ridgefield Park set a school record by taking the pole vault with Raul Ferrara, Chris Diaz and Luis Escarret combining for a 35-0 total, breaking the record of 34-6, set in 1994. The Scarlets are tied for 22nd all time in Bergen history.

■ Passaic Tech had some good performances at the Summit Relays on Saturday. Breashia Morton, Alexes Washington, Rayanna Cole, and Earleen Gonzalez combined to run 1:06.62 to win the shuttle hurdles and Washington and Chantelle Smith won the high jump, as the Tech girls finished fourth overall in the meet.

■ The Passaic Tech boys had sec-

onds in the distance medley (10:53.66) and discus (381-2) and were eighth in the team standings.

■ Teaneck scored rare wins in both the 4-x-800 (8:28.72) and distance medley (11:20.88) in the large school division of the Kearny Relays on Saturday. George Jenkins was the only Teaneck runner or both winners. Mohamed Yousif, Brian Lau and Eric Greaves ran on the 4-x-800 team and Stephen Lau, Christian Ozoria and Darren Guzman ran on the DMR winner. Teaneck took second in the 4-x-1,600 and finished third as a team.

■ Kennedy's Mark Ramsey had good season-opening performance in the shot (54-4) and discus (157-1) and the Knights won the sprint medley relay at Kearny, finishing second as a team. Ianna McGregor and Monae Clancy won the girls high jump, and Jessica Rolando of West Milford had the top javelin throw of the day (102-1) at the meet.

— Paul Schwartz and Ed Mill

Comet Relays:

Varsity 4x110HH:

M. Zeno **16.0**, E. Berry **16.4**, A. Armatas **16.6**, K. Chung **15.2** – **64.1** – **1st Place**

Varsity 4x100m:

D. Han, J. Locke, T. Migliorelli, J. Sabatini **44.6** – **3rd Place**

Novice:

J. Kunz, K. Ward, S. Park, J. Norrell - **47.9**

Y. Choi, J. Soriano, V. Young, V. Rayskiy – **48.9**

C. Sheu, W. Li, C. Benjamin, M. Discepolo - **51.3**

Frosh:

W. Migliorelli, A. Taggart, C. Hartigan L. Bontoux – **55.0**

4x800:

Varsity:

M. O'Donnell **2:10**, R. Fischer **2:11.8**, Y. Yoon **2:06.4**, G. Jones **2:08** **8:36.7** – **2nd Place**

Novice:

H. Ricatto **2:25**, M. Legg **2:22**, K. Tamura **2:14**, E. Garcia **2:16**

Frosh:

B. Hughes **2:24**, E. Westcott **2:29**, M. Lee **2:22**, H. Seifert **2:19** **9:35.8** – **4th Place**

B. Gilligan **2:32**, C. Lucey **2:36**, P. Yanella **2:34**, M. Rademacher **2:35**

4x200m:

Novice:

J. Kunz **25.6**, K. Ward **24.6**, S. Park **24.9**, J. Norrell **24.6** **1:39.6** – **5th Place**

Y. Choi **24.9**, J. Soriano **25.0**, V. Young **33.6 (dropped baton)**, V. Rayskiy **25.3** – **1:48.2**

W. Li **27.0**, A. Ramirez **25.5**, O. Vehra **27.9**, C. Sheu **27.1** – **1:47.6**

Frosh:

W. Migliorelli **25.5**, A. Taggart **32.3**, C. Hartigan **29.3**, J. Sofka **28.7** = **1:55.2**

Varsity Sprint Medley:

N. Schoff **52.6**, A. Armatas **24.8**, S. Park **24.2**, B. Collins **2:02.4** **3:44.3** – **4th Place**

Distance Medley:

Varsity:

M. O'Donnell, Y. Yoon, R. Fischer, G. Jones **11:25.5** – **3rd Place**

Novice:

H. Ricatto **3:47**, M. Legg **66**, E. Garcia **2:14**, K. Tamura **5:06** **12:13.4** – **5th Place**

S. Calello **3:51**, T. Muchel **63**, C. Salamone **2:26**, J. Byrne **5:04** **12:23**

M. Lee **3:51**, E. Westcott **62**, H. Seifert **2:31**, B. Hughes **5:25** **12:49**

Frosh:

K. Marshall **3:31**, E. Larsson **57.8**, M. Binstock **2:19**, M. Thurston **4:45** **11:35.0 – 1st Place**
M. Lee **3:51**, E. Westcott **62**, H. Seifert **2:31**, B. Hughes **5:25** **12:49**

Pole Vault:

S. Llerandi **10'0"**, C. Abernethy **NH**

Javelin:

C. Abernethy **110'**, M. Benjamin

Comments:

A lot of medals!!! Nice job! Very good effort in a lot of areas. Congrats to the Shuttle Hurdles and Frosh DMR on their wins!

THE COMET RELAYS
Tom Dellatorre Field

SATURDAY, APRIL 13, 2013
Hackensack, New Jersey



BOYS

4X100m: 1-Paramus Catholic (Wayne Ewers, Abaul Neblitt, Kristian Batista, Keyon Washington), 44.1. 2-SJR, 44.4. 3-Ridgewood, 44.6. 4-Old Tappan, 45.6. 5-Scotch Plains, 45.9
4X200m: 1-Don Bosco Prep (Elijah Ibitokun-Hanks, Brenden Tuumasi-Ankrah, Wayne Gordon), 1:31.3. 2-SJR, 1:33.1. 3-Indian Hills, 1:33.5. 4-Old Tappan, 1:34.4. 5-Paramus, 1:34.7
4X400m: 1-Rahway (Thome Roberts, Kazeem Otun, Deshawne Bunion, Harlan Clarke), 3:25.7. 2-Perth Amboy, 3:30.4. 3-Indian Hills, 3:33.2. 4-Don Bosco Prep, 3:33.7. 5-Paramus Catholic, 3:37.3
4X800m: 1-Indian Hills (Kristefick, Meyer, Tuohy, Evans), 8:32.5. 2-Ridgewood, 8:36.7. 3-Old Tappan, 8:58.2. 4-Piscataway, 9:09.4. 5-SJR, 9:25.3
4X1600m: 1-Don Bosco Prep (Patrick Sullivan, Zach Weland, Luke Novak, Alex Zeepunt), 19:14.4. 2-Old Tappan, 19:30.1. 3-Piscataway, 19:45.6. 4-Scotch Plains Fanwood, 19:50.4. 5-Paramus, 19:54.7
Sprint Medley: 1-Piscataway (Juwaan Walker, Jamaal James, Tyrell Judson, Marcus Hatchett), 3:33.5. 2-Don Bosco Prep, 3:39.5. 3-Old Tappan, 3:42.6. 4-Ridgewood, 3:44.2. 5-Bergen Tech, 3:46.7
Distance Medley: 1-Hackensack (Angeluzcan, Stephen Sweeting, Gioser Torrealba, Chris Mascetti), 11:00.8. 2-Indian Hills, 11:17.7. 3-Ridgewood, 11:25.5. 4-Paramus, 11:29.0. 5-Old Tappan, 11:53.8
4X110 HH: 1-Ridgewood (Michael Zeno, Emmett Berry, Alex Armatas, Kevin Chung), 1:04.1. 2-Old Tappan, 1:08.2. 3-Paramus, 1:11.0. 4-Leonia, 1:21.2. 5-Fair Lawn, 1:21.5
3X400 IH: 1-Old Tappan (Brendan Davidson, Andrew Schumacher, Will Rienas), 3:00.5. 2-Bergen Tech, 3:12.1. 3-Scotch Plains, 3:13.4. 4-Rahway, 3:14.6. 5-Paramus, 3:20.7
2X Long Jump: 1-Piscataway (Eric Bethea, Tyrell Judson), 38-10. 2-SJR, 38-7 ½. 3-Scotch Plains Fanwood, 37-10 ½. 4-Bergen Tech, 37-10. 5-Old Tappan, 36-10
2X Triple Jump: 1-Fair Lawn (George Alexander, Nick Fonsfria), 82-6. 2-Bergen Tech, 77-8 ½. 3-Scotch Plains, 76-5 ½. 4-Don Bosco Prep, 75-2. 5-Old Tappan, 73-0.
2X High Jump: 1-tie-Paramus (P. Mahtani, M. Alpher), 11-2 & Leonia (Alex Delgado, Tony Vargas), 11-2 & Fair Lawn, George Alexandris, David Rodriguez), 11-2. 4-Hackensack, 11-0. 5-Piscataway, 10-8
2X Pole Vault: 1-Old Tappan (Luke Annacarico, Marc Ocampo), 24-0. 2-Paramus, 22-0. 3-Don Bosco Prep, 20-0. 4-Scotch Plains, 18-6. 5-Indian Hills, 12-0.
2X Shot Put: 1-SJR (Joel Campo, Troy Kay), 96-0 ¼. 2-Scotch Plains Fanwood, 91-3 ½. 3-Don Bosco Prep, 87-10 ½. 4-Old Tappan, 87-7 ½. 5-Fair Lawn, 87-2 ½.
2X Discus: 1-Old Tappan (Jongmin Youn, Dave Jeong), 267-2. 2-Montclair, 234-5. 3-Paramus Catholic, 229-10. 4-Scotch Plains Fanwood, 227-9. 5-Indian Hills, 220-5
2X Javelin: 1-Paramus (Harry Thomson, Dom Smith), 273-9. 2-SJR, 271-9. 3-Fair Lawn, 270-10. 4-Piscataway, 265-7. 5-Paramus Catholic, 258-8

GIRLS

4X100m: 1-Piscataway (Nia Dupiche, Chanel Smith, Isis Dwyer, Alexis McCullum), 50.2. 2-Southern Regional, 51.0. 3-Paramus Catholic, 51.4. 4-Old Tappan, 53.3. 5-Hackensack, 53.7
4X200m: 1-Southern Regional (Bailey Decker, Carly Burnup, Jenna Ritchie, Kelly Fay), 1:48.8. 2-Paramus Catholic, 1:49.2. 3-Rahway, 1:53.2. 4-Hackensack, 1:53.8. 5-Old Tappan, 1:54.3
4X400m: 1-Southern Regional (Carly Burnup, Abby Harris, Courtney Muraczewski, Melana Hammel), 4:06.8. 2-Rahway, 4:16.9. 3-Piscataway, 4:19.4. 4-Indian Hills, 4:20.5. 5-Hackensack, 4:21.0
4X800m: 1-Southern Regional (Abby Harris, Danielle Smolyn, Courtney Muraczewski, Melana Hammel), 9:54.0. 2-Indian Hills, 9:59.4. 3-Holy Angels, 10:10.8. 4-Hackensack, 10:33.4. 5-Scotch Plains Fanwood, 10:52.6
4X1600m: 1-Holy Angels (Lydon Kersting, Grace Jansson, Mary Watters, Ashley Strusko), 22:06.0. 2-Southern Regional, 22:07.0. 3-Scotch Plains Fanwood, 23:18.3. 4-Bergen Tech, 23:50.7. 5-Fair Lawn, 24:32.4

Sprint Medley: 1-Southern Regional (Jenna Ritchie, Bailey Decker, Kelly Fay, Melana Hammel), 4:21.1. 2-Old Tappan, 4:24.7. 3-Piscataway, 4:29.7. 4-Scotch Plains Fanwood, 4:37.3. 5-Saddle Brook, 4:42.1

Distance Medley: 1-Holy Angels (Ashley Strusko, Kristen Sherlock, Maggie Sheehan, Lydon Kersting), 12:52.8. 2-Southern Regional, 13:03.5. 3-Indian Hills, 13:20.0. 4-Old Tappan, 13:32.6. 5-Paramus, 13:40.1

4X100 HH: 1-Pequannock (Julia Wehrer, Alanna VanWingerden, Nicole Benway, Marlo Wehrer), 1:09.3. 2-Southern Regional, 1:09.4. 3-Old Tappan, 1:09.8

3X400 IH: 1-Pequannock (Marlo Wehrer, Carly Hausleben, Erin McGrogan), 3:37.4. 2-Fair Lawn, 3:41.8. 3-Southern Regional, 3:41.9. 4-Old Tappan, 3:46.0.

2X Long Jump: 1-Holy Angels (Amanda Fields, Lisa Sesnick-Clee), 32-5. 2-Old Tappan, 31-5. 3-Southern Regional, 31-3. 4-Pequannock, 30-6. 5-Scotch Plains, 30-2 ½.

2X Triple Jump: 1-Paramus Catholic (Rosie Menyhart, Tatiyanna Sanders), 72-1. 2-Holy Angels, 66-9. 3-Scotch Plains, 65-11. 4-Pequannock, 64-5. 5-Hackensack, 62-5 ½.

2X High Jump: 1-Southern Regional (T. Simkins, B. Philips), 9-10. 2-tie-Holy Angels & Paramus Catholic, 9-8. 4-Piscataway, 9-6. 5-tie-Hackensack & Old Tappan, 9-2.

2X Pole Vault: 1-Southern Regional (Samantha Burns, Sydney Bent), 16-6. 2-Holy Angels, 15-0. 3-Old Tappan & Ridgewood, 14-0. 5-Paramus, 13-6

2X Shot Put: 1-Holy Angels (Lisa Sesnick-Clee, Sara Carpenteri), 62-11 ¾. 2-Bergen Tech, 62-4 ¾. 3-Montclair, 61-9 ¼. 4-Piscataway, 60-1 ¼. 5-Scotch Plains, 57-3

2X Discus: 1-Montclair (Deidre Johnson, India Hill), 199-8. 2-Bergen Tech, 191-11. 3-Fair Lawn, 185-3. 4-Hackensack, 172-9. 5-Rahway, 162-4

2X Javelin: 1-Holy Angels (Lisa Sesink-Clee, Courtney Cantwell), 232-2. 2-Paramus Catholic, 169-0. 3-Southern Regional, 162-0. 4-Pequannock, 157-8. 5-Montclair, 153-11.

NOVICE BOYS

4X100m: 1-Paramus Catholic (Anthony Pontarero, Anthony Nesmith, Jonathan Grant, Diego Gomero-Tavarez), 46.5. 2-Perth Amboy, 46.6. 3-Piscataway, 46.8. 4-Montclair, 47.5. 5-Bergen Tech, 47.7

4X200m: 1-Paramus Catholic (Anthony Pautererio, Anthony Nesmith, Johnathan Grant, Chris Ko), 1:36.1. 2-Piscataway, 1:38.0. 3-Don Bosco Prep A, 1:38.3. 4-Bergen Tech, 1:38.8. 5-Ridgewood, 1:39.6

4X400m: 1-Perth Amboy (Dewayne Pinkett, Alejandro Herrera, Julius Madden, Chris Anliquin), 3:42.3. 2-Saddle Brook, 3:45.3. 3-Piscataway, 3:47.5. 4-Don Bosco Prep, 3:47.7. 5-Don Bosco Prep B, 3:52.9

4X800m: 1-Montclair (Henry Marshall, Henry Whipple, SaFir Robinson, Noah Gentry), 8:54.6. 2-DBP A, 9:00.0. 3-Hackensack, 9:06.9. 4-Perth Amboy, 9:08.5. 5-Rahway, 9:15.9

Distance Medley: 1-Hackensack (Eric Vanderwitt, Kent Losche, Tom Stearns, Bryan Gonzalez), 11:43.6. 2-Scotch Plains Fanwood, 12:05.1. 3-Rahway, 12:06.3. 4-Old Tappan, 12:10.8. 5-Ridgewood, 12:13.4

4X110HH: 1-Old Tappan (Marc Rienas, Joe Jordan, Jason Babbini, Conor Furrell), 1:18.0. 2-Rahway, 1:18.3. 3-Pequannock, 1:19.3. 4-Bergen Tech, 1:19.8. 5-Indian Hills, 1:26.9

3X400IH: 1-Old Tappan (Joe Jordan, Marc Reinas, Jason Babbini), 3:12.3. 2-Piscataway, 3:14.9. 3-Pequannock, 3:21.5. 4-Bergen Tech, 3:23.3. 5-Rahway, 3:26.6

2XLJ: 1-Bergen Tech (Klevis Zyfi, Haram Yang), 35-9 ½. 2-Montclair, 34-4. 3-Rahway, 33-1. 4-Pequannock, 32-3 ½. 5-Paramus, 31-6.

2XTJ: 1-Paramus Catholic (Kristian Bautista, Abdul Neblett), 78-8. 2-Rahway, 73-1 ½. 3-Don Bosco Prep, 72-10. 4-Indian Hills, 71-10. 5-Saddle Brook, 68-2

2Xshot: 1-Rahway (Josh McChel, Josh Nonnaelley), 83-0 ¾. 2-Fair Lawn, 78-11. 3-Perth Amboy, 73-4 ½. 4-Montclair, 71-3. 5-Pequannock, 67-10 ¼.

NOVICE GIRLS

4X100m: 1-Southern Regional (Zan Carlson, Becca Phillips, Brianna Zingarelli, Tori Simkins), 52.8. 2-Rahway, 53.6. 3-Perth Amboy, 54.9. 4-Montclair, 55.9. 5-Bergen Tech, 56.7

4X200m: 1-Southern Regional (Becca Phillips, Kelly Knudsen, Tori Simkins, Samantha Burns), 1:52.4. 2-Southern Regional, 1:53.0. 3-Perth Amboy, 1:57.4. 4-Montclair, 1:57.5. 5-Southern Regional, 1:57.7

4X400m: 1-Southern Regional (Julia Forsman, Danielle Smolyn, Zan Carlson, Bethany Hartney), 4:27.6. 2-Perth Amboy, 4:29.6. 3-Saddle Brook, 4:35.8. 4-Hackensack, 4:36.3. 5-Rahway, 4:40.7

4X800m: 1-Southern Regional (Kaitlyn Mooney, Sabrina Colon, Olivia Gugliemini, Julia Forsman), 10:38.7. 2-Bergen Tech, 11:03.1. 3-Montclair, 11:06.2. 4-Holy Angels, 11:08.6. 5-Hackensack, 11:10.9

Distance Medley: 1-Holy Angels (Tara Hayes, Mille Cabrera, Eva Gurian, Briana Martinotti), 14:15.8. 2-Saddle Brook, 14:19.9. 3-Paramus Catholic, 14:21.9. 4-Piscataway, 15:39.4

4X100HH: 1-Paramus (Nicole Pituras, Lilian Lipovetsky, Amanda Matesia, Kayla Pituras), 1:11.8. 2-Southern Regional, 1:13.1. 3-Southern Regional (Zingarelli), 1:16.3. 4-Paramus Catholic, 1:18.2. 5-Bergen Tech, 1:18.5

3X400IH: 1-Bergen Tech, 3:57.7

2XLJ: 1-Southern Regional (Darian Daniels, Bethany Hartney), 29-8. 2-Southern Regional, 28-11 ½. 3-Saddle Brook, 28-8 ½. 4-Old Tappan, 27-11 1/2. 5-Holy Angels, 27-2 ½

2XTJ: 1-Old Tappan (McKenzie Senick, Kristen Rinaldi), 60-8 ½. 2-Pequannock, 56-0. 3-Southern Regional, 55-10. 4-Holy Angels, 53-11. 5-Bergen Tech, 53-7.

2XShot: 1-Bergen Tech (Amanda O'Kereke, Juliana Fields), 54-2. 2-Montclair B, 52-11 ½. 3-Holy Angels, 52-5 ½. 4-Pequannock, 50-9 ½. 5-Ridgewood, 50-8 ¼.

FROSH BOYS

4X100m: 1-Paramus Catholic (Chris Ko, Ahmad Thomas, Brandon L, Derrick M.), 48.4. 2-Piscataway, 48.7. 3-Bergen Tech, 49.9. 4-Leonia, 50.1. 5-Glen Rock, 50.8

4X200m: 1-Paramus Catholic (Diego Gomera, Ahmad Thomas, Brendan Lopez, Derrick McMullin), 1:40.9. 2-Piscataway, 1:41.7. 3-Glen Rock, 1:47.2. 4-Montclair, 1:49.2. 5-Don Bosco Prep, 1:49.5

4X400m: 1-Piscataway (Alexi Blake, Adrian Anderson, Zaire Black, Aidan Rosa), 3:55.7. 2-Glen Rock, 4:03.5. 3-Indian Hills, 4:04.7. 4-Paramus Catholic, 4:06.4. 5-Indian Hills, 4:22.4

4X800m: 1-Old Tappan (James Weissenbaum, Andrew Schumacher, Will Rienas, Chris P), 9:14.6. 2-Indian Hills, 9:26.5. 3-Montclair, 9:32.3. 4-Ridgewood, 9:35.8. 5-Paramus, 9:47.8

Distance Medley: 1-Ridgewood (Kenny Marshall, Matt Bienenstock, Eric Larsson, Michael Thurstoy), 11:35.0. 2-Indian Hills, 12:13.9. 3-Hackensack, 12:25.6. 4-Ridgewood, 12:48.9. 5-Paramus, 13:14.9

2XLJ: 1-Piscataway (Adrian Anderson, Aidan Rosa), 32-6. 2-Saddle Brook, 31-9. 3-Scotch Plains, 31-2. 4-Old Tappan, 30-4 ½. 5-Paramus Catholic, 29-3

2XTJ: 1-Saddle Brook (Kelan Yalong, Pedro Morales), 64-5. 2-Scotch Plains, 62-5

2XShot: 1-Old Tappan (Rich Godden, John Piccinich), 71-3 ¼. 2-Old Tappan, 64-9 ½. 3-Don Bosco Prep, 63-7 ½. 4-Montclair, 61-0. 5-Montclair (Odufuye), 58-10

FROSH GIRLS

4X100m: 1-Montclair (Anatacia Harris, Amya Dumary, Shanice Oke, Samira Barnes), 54.6. 2-Southern Regional, 55.2. 3-Piscataway, 55.4. 4-tie-Holy Angels & Old Tappan, 57.6

4X200m: 1-Piscataway (Nichole Glenn, Tasha Bethea, Aubri McKoy, Amber Ingram), 1:57.7. 2-Montclair, 1:57.5. 3-Southern Regional, 1:57.7. 4-Southern Regional, 2:01.3. 5-Ridgewood, 2:02.2

4X400m: 1-Southern Regional (Adriana Bauta, Madison Skele, Capri Laurence, Maria Hurle), 4:29.2. 2-Southern Regional, 4:43.4. 3-Rahway, 4:43.6

4X800m: 1-Holy Angels (Grace Jansson, Ciara Rhodes, Caroline Hyer, Catherine Watters), 11:08.3. 2-Southern Regional, 11:12.4. 3-Old Tappan, 11:23.0. 4-Montclair, 11:24.9. 5-Hackensack, 13:28.3

Distance Medley: 1-Scotch Plains Fanwood (Darby DeBonis, Christina Peluso, Kaavya Krishna Kumar, Mary Catherine Stovall), 14:31.3. 2-Southern Regional, 14:52.7. 3-Holy Angels, 14:55.9. 4-Old Tappan, 15:37.1.

3X400IH: 1-Bergen Tech, 4:05.1

2XLJ: 1-Southern Regional (Carleigh Greco, Capri Laurence), 27-4 ½. 2-Hackensack, 25-7 ½. 3-Southern Regional, 24-10 ½. 4-Bergen Tech, 24-5. 5-Holy Angels, 23-11.

2XTJ: 1-Southern Regional (Adriana Bauta, Maria Hurle), 59-4. 2-Bergen Tech, 53-0. 3-Pequannock, 26-10.

2Xshot: 1-Indian Hills (Daria Raguseo, Alexis Gogolle), 48-5 ¼. 2-Bergen Tech, 48-0 ½. 3-Montclair, 44-9 ½. 4-Fair Lawn, 42-1.

Comet Relays 2013 Boys Team Scores

Teams	Totals	Events																
		4X100m	4X200m	4X400m	4X800m	4X1600m	Sp.Med	DistMed	4X100H	3X400H	2XLJ	2XTJ	2XF-J	2XPV	2XStot	2XDisc	2XJav	
St. Joes Regional	59 s	10	10		6	1					10				12		10	
Leonia	42 s	2		3		2		4	7			5	10		5	4		
Saddle Brook	12 s						3								4	5		
Glen Rock	7 s		2														5	
Pequannock	0 s																	
Old Tappan	121 l	7	7	5	8	10	8	6	10	12	6	6	5	12	7	12		
Don Bosco	72 l		12	7		12	10	3			5	7		8	8			
Paramus	70 l		6			6		7	8	6	1		10	10	1	3	12	
Scotch Plains	68 l	6	3			7					8	8	4	7	10	7		
Piscataway	66 l	5	4		7	8	12	5			12		6				7	
FairLawn	63 l		1	4	5	3			6	5	3	12	10		6		8	
Indian Hills	54 l	4	8	8	12			10						6		6		
Ridgewood	45 l	8			10		7	8	12									
Rahway	40 l			12		5	5			7	4	3			3	1		
Bergen Tech	36 l	3					6			10	7	10						
Paramus Catholic	32 l	12		6												8	6	
Perth Amboy	27 l		5	10		4					2	2		2	2			
Hackensack	23 l							12			4	7						
Montclair	14 l						4									10		
Elizabeth	0 l																	
Southern Regional	0 l																	
	851	57	58	55	48	58	55	55	43	48	58	57	52	43	58	58	48	851

THE TRACK REPORT: DOWN THE STRETCH

■ Hasbrouck Heights senior Brandon Lomuti was part of three winning teams at the Aviator Relays on Saturday night. The 4-x-100 quartet of Lomuti, Ken Partyka, Roland Gamez and Darren Iurato set a meet record of 44.0 seconds. Lomuti, Gamez, Partyka and Gokal Yerdelen won the 4-x-200 in 1:34.5 and Gamez, Lomuti and Tom Hughes earned the triple jump title at 124-8. Iurato contributed to three golds, including the long jump along with Gamez and Hughes at 62-2½, and the javelin with Anthony Seidel and Yerdelen at 480-7. Seidel's throw of 193-5 in the javelin was the second best throw in New Jersey this year and makes him the ninth best javelin thrower in Bergen County history.

■ Senior Robert Laing of Kennedy was part of three winning teams at the Doc Boverini Passaic County Relays on Saturday. Running with Calvin Pickens, Moustafa Abdelhak and Justin Morris, Kennedy won the 4-x-400 in 3:30.42, then Laing teamed with Morris, Tavoris Carter and Shaon Stephenson to win the 4-x-100 shuttle hurdles in 1:06.22 and in the 3-x-400 intermediate hurdles Laing, Carter and Stephenson took first in 3:02.78.

■ Junior Breasha Morton of Passaic Tech was part of four winning relays at the Passaic County event, the 4-x-100 along with Jada Lawrence-Liburd, Cheyenne Allen and Alexes Washington (51.35), 4-x-100 shuttle hurdles with Washington, Rayanna Cole and Earleen Gonzalez (1:07.26), the 3-x-400 intermediate hurdles with Gonzalez and Cole (3:34.88) and the high jump with Chantelle Smith and Ania Harrell (13-10). Morton led all high jumpers at 5-2 and the hurdlers with a time of 66.33.

But the individual stars of the meet were senior Mark Ramsey of Kennedy, who threw 168 feet in the discus, fourth in the state this year and fifth in Passaic County history, and junior Alicia Hester of Wayne Valley, who moved up to 13th all-time in the girls shot put with a toss of 39-5.25. Wayne Valley swept the girls throws, keying their upset win over Passaic indoor champion Passaic Tech, setting meet records in the shot (104-11.25)

Boys track top 25

1. Ridgewood
2. Demarest
3. Old Tappan
4. Hasbrouck Heights
5. River Dell
6. Don Bosco
7. Indian Hills
8. Paramus Catholic
9. Passaic Tech
10. Ramsey
11. Lodi
12. Bergen Catholic
13. Hackensack
14. Clifton
15. Kennedy
16. Ridgefield Park
17. Boonton
18. Ramapo
19. Mahwah
20. Pascack Valley
21. Teaneck
22. Tenafly
23. Northern Highlands
24. Lyndhurst
25. Cliffs Park

Girls track top 25

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

■ The 51st annual Jack Yockers Bergen County Relays begin today at 3:30 and continues Saturday at 9 a.m. at River Dell. Defending Boys A champion Old Tappan faces Ridgewood, Don Bosco and Bergen Catholic, and

Park Ridge impressive at Yockers

By PAUL SCHWARTZ
STAFF WRITER

Park Ridge has been knocking on the door at the Bergen County Jack Yockers Relays with four second- or third-place finishes since 2006. But the Owls broke the door in Saturday, scoring 100 points and easily winning their first championship of any kind at the 51-year-old meet, defeating Bogota to win the D Division title.

"I'm thrilled because the whole team contributed to the victory," said Connie Washnik, who has been the head coach since 1995. "We've have great leadership from our seniors, our junior class had a hand in nearly all of our wins and our sophomores and freshmen were part of a lot of point-scoring teams."

The Owls won six events and scored in all 15 events they entered, skipping the high jump. Seven Owls won multiple gold medals with senior Brian Kalafut and junior Michael Raia scoring triple wins.

TRACK AND FIELD

"Brian's such a great leader," said Washnik of Kalafut, who took legs on the winning 4-x-200, 4-x-400 and 4-x-800. "He's also our best javelin thrower and everything he does reflects well on everyone else on the team."

Raia had legs on the 4-x-200 and 4-x-400 teams and was also on the winning long jump team. Other double winners included senior Christian Rizo, juniors Leo Tomatsu, Stephen DiVincent and David Dulberg and sophomore Giovanni Nunez. Senior Ryan McIlhargy took a leg on the 4-x-800 team and led Park Ridge to a second in the vault while senior Dan Tis paced the 400 hurdles team.

There were three records set in the C-D Division of the girls meet. Westwood's Jessica Molina, Nataly Brown and Kailee Oakes set the shot put record at 101-1/4,

breaking Midland Park's record from 2001.

Tania Pabon of Cresskill had the best discus throw of the season (119-0) to help the Cougars break the 25-year-old record set by Westwood as she combined with Alexis Roos, and Catherine Helewa for a 293-6 total. The Hasbrouck Heights trio of Danielle Cannici, Maggie Filja and Kristen DelCalzo set the pole vault record of 25 feet, breaking the record set by Cresskill in 2010.

Red Raider Relays

Alex Cimino and Corinne Myers of Westwood traveled to North Rockland High School for the Red Raider Relays and turned in terrific performances. Cimino won the 100 high hurdles (14.84) and 400 hurdles (61.73) and earned the outstanding female athlete award at the meet, while Myers was second in the 800 (2:17.21) and fourth in the 1,600 (5:06.89).

Ridgewood's James Barnett

scored personal bests in all three throws to lead the Maroons to a win in the discus and seconds in the shot put and javelin. He threw 48-2 (shot), 133-5 (discus) and 153-1 (javelin) and helped the javelin team set a school record for the three-man event.

Top individual performances in the field events: Andrew Trumbetti, Demarest (56-13/4), and Irene Cedano, Hasbrouck Heights (37-11/4), in the shot; Jong-Min Youn, Old Tappan (162-11), and Pabon in the discus; Anthony Seidel, Hasbrouck Heights (180-4), and Lisa Sesink-Clee, Holy Angels (125-9) in the javelin.

Mike Cummings, Hackensack, Brandon Jurasin, River Dell (6-2), and Lisa Carle, Midland Park (5-4) led the high jump, James Ortiz, Ramapo (21-33/4) and Amanda Fields, Holy Angels (17-111/2), in the long jump, and Roland Gamez, Hasbrouck Heights (44-103/4), and Fields and Gena Pickett, Mahwah (37-10), in the triple jump.

BOYS

DIVISION A

TEAM SCORES: Ridgewood 95, Don Bosco 72, Old Tappan 59½, Bergen Catholic 59, Hackensack 36, Northern Highlands 35½, Paramus Catholic 30, Pascack Valley 29, Teaneck 17, Bergen Tech 16, Fair Lawn 15, Paramus 14½, Tenafly 10½.

4-x-100: 1. Paramus Catholic (Kristian Bautista, Wayne Ewers, Keyon Washington, Jabrill Peppers) 42.8; 2. Don Bosco 43.6; 3. Old Tappan 44.1; 4. Bergen Catholic 45.2; 5. Paramus 45.3; 6. Pascack Valley 45.8.

4-x-200: 1. Paramus Catholic (Kristian Bautista, Keyon Washington, Jabrill Peppers, Abdul-Hassan Neblett) 1:29.2; 2. Don Bosco 1:30.1; 3. Ridgewood

1:31.4; 4. Pascack Valley 1:32.0; 5. Old Tappan 1:32.7; 6. Bergen Catholic 1:32.8.

4-x-400: 1. Pascack Valley (Jaleel Felton, Jorge Cortes, AJ Hall, Ben Malone), 3:23.5; 2. Bergen Catholic, 3:26.5; 3. Northern Highlands, 3:26.6; 4. Don Bosco, 3:27.4; 5. Ridgewood, 3:28.5; 6. Teaneck, 3:29.0.

4-x-800: 1. Ridgewood (Nicholas Salamone, Bryan Clarendon, Luke Dublirer, David Frering) 8:09.6; 2. Bergen Catholic 8:13.1; 3. Don Bosco 8:26.0; 4. Teaneck 8:29.3; 5. Hackensack 8:51.6; 6. Old Tappan 8:55.7.

4-x-1,600: 1. Ridgewood (Michael Thurston, Nicholas Salamone, Storm Dublirer, David Frering) 18:17.9; 2. Don Bosco 18:21.6; 3. Teaneck 18:45.7; 4. Hackensack 18:49.0; 5. Old Tappan 19:01.6; 6. Bergen Catholic 19:06.9.

Sprint medley: 1. Pascack Valley (Jaleel Felton, AJ Hall, Ben Mandel, Ben Malone) 3:33.2; 2. Ridgewood 3:35.3; 3. Don Bosco 3:40.3; 4. Bergen Tech 3:43.1; 5. Old Tappan 3:43.8; 6. Paramus Catholic 3:54.5.

Distance medley: 1. Don Bosco (Adam Ramos, Noah Lartigue, Schan Lartigue, Kyle Levermore) 10:29.1; 2. Ridgewood 10:43.0; 3. Teaneck 11:00.6; 4. Hackensack 11:10.6; 5. Paramus 11:11.0; 6. Tenafly 11:32.6.

Shuttle hurdles: 1. Old Tappan (Brendan Davidson, Luke Annichiarico, Timothy Cooke, Evan Chu) 1:06.0; 2. Teaneck 1:07.1; 3. Paramus 1:13.2.

3-x-400 IH: 1. Ridgewood (Neil Schoff, Brian Collins, Alexander Armatas) 2:56.9; 2. Old Tappan 2:58.1; 3. Don Bosco 2:59.0; 4. Bergen Tech 3:01.0; 5. Tenafly 3:03.3; (tie) Northern Highlands 3:03.3.

Shot put: 1. Bergen Catholic (Jack Lipin, Garret Hessman, De'Shaun Morris) 133-0¾; 2. Ridgewood 129-3; 3. Don Bosco 126-0¾; 4. Old Tappan 125-10¼.

Discus: 1. Ridgewood (James Barnett, Michael Antosiewicz, Aaron Muller) 395-7; 2. Old Tappan 388-10; 3. Bergen Catholic 360-6; 4. Hackensack 337-3; 5. Pascack Valley 334-1; 6. Paramus Catholic 333-9.

Javelin: 1. Bergen Catholic (De'Shaun Morris, Nick Regan, Garret Hessman), 457-11; 2. Ridgewood, 452-11; 3. Old Tappan, 402-1; 4. Fair Lawn, 382-5; 5. Pascack Valley, 375-10; 6. Paramus, 375-4.

High jump: 1. Don Bosco (Brian Zied, Philip Ozuah, Christian Duffoo), 16-10; 2. tie between Northern Highlands, Hackensack and Old Tappan, 16-8; 5. Paramus, 16-4; 6. Ridgewood, 16-0.

Long jump: 1. Hackensack (Michael Cummings, Lamar Thomas, James Henry) 60-5¼; 2. Paramus Catholic 59-4¾; 3. Bergen Tech 58-3¼; 4. Northern Highlands 57-4¾; 5. Old Tappan 56-6¼; 6. Fair Lawn 56-1¼.

Triple jump: 1. Northern Highlands (Mike Menakis, Mike Sommerville, Francis Richard) 122-0¼; 2. Fair Lawn 119-10¼; 3. Bergen Catholic 119-6¼; 4. Ridgewood 117-1¼; 5. Bergen Tech 114-10¼; 6. Old Tappan 114-2¼.

Pole vault: 1. Ridgewood (Dylan Downing, Allan Wong, Patrick Morgan), 35-0; 2. Northern Highlands, 33-0; 3. Bergen Catholic, 32-0; 4. tie between Paramus and Old Tappan, 31-0; 6. Hackensack, 30-0.

DIVISION B

TEAM SCORES: Demarest 112, River Dell 106, Ramsey 84, Indian Hills 65, Ridgefield Park 59, Mahwah 19, Ramapo 18, Cliffside Park 14½, St. Joseph 6, Garfield and Fort Lee 4, Englewood ½.

4-x-100: 1. Indian Hills (Chad Campbell, Ryan Thompson, Danny Thompson, Kevin Halloran) 43.3; 2. River Dell 44.3; 3. Ridgefield Park 44.7; 4. Demarest 44.8; 5. Fort Lee 45.2; 6. St. Joseph 45.7.

4-x-200: 1. River Dell (Zach Hubner, Ryan Oellerman, Eric King, Mike Boucher) 1:32.8; 2. Indian Hills 1:32.9; 3. Ridgefield Park 1:33.5; 4. Ramapo 1:33.8; 5. Ramsey 1:35.7; 6. Cliffside Park 1:36.2.

4-x-400: 1. Indian Hills (Andrew Kristofick, Ryan Thompson, Danny Thompson, Kevin Halloran), 3:28.9; 2. Demarest, 3:29.6; 3. River Dell, 3:30.9; 4. Ramsey, 3:32.7; 5. Ridgefield Park, 3:33.3; 6. Ramapo, 3:34.4.

4-x-800: 1. Indian Hills (Noah Kasmanoff, Will Plucinsky, Matt Tuohy, John Meyer) 8:28.8; 2. Cliffside Park 8:31.4; 3. River Dell 8:33.9; 4. Demarest 8:41.4; 5. Ramsey 8:44.2; 6. Ridgefield Park 8:50.4.

4-x-1,600: 1. Ramsey (Patrick Watters, Sami Elloungani, Danny Dugan, Nik Haas) 18:44.8; 2. Demarest 18:46.1; 3. River Dell 18:51.3; 4. Indian Hills 19:03.7; 5. Cliffside Park 19:27.8; 6. Ramapo 19:29.5.

Sprint medley: 1. Indian Hills (Kevin Halloran, Danny Thompson, Ryan Thompson, Will Plucinsky) 3:37.7; 2. Ridgefield Park 3:41.2; 3. Demarest 3:44.6; 4. Ramsey 3:44.7; 5. Mahwah 3:45.9; 6. St. Joseph 3:52.2.

Distance medley: 1. Demarest (Johnny O'Hanlon, Patrick Degnon, Kazuki Okamura, Kevin Rogovich) 10:52.4; 2. Ramsey 10:57.8; 3. River Dell 11:09.3; 4. Indian Hills 11:14.8; 5. Ramapo 11:16.9; 6. Cliffside Park 11:22.7.

Shuttle hurdles: 1. Demarest (Cameron Koyama, Wilmer Jovel, Samir Ahmed, Andrew Pena) 1:04.7; 2. Ramsey 1:04.9; 3. River Dell 1:05.9; 4. Ridgefield Park 1:12.0.

3-x-400 IH: 1. Demarest (Wilmer Jovel, Cameron Koyama, Zachary Lo) 2:55.0; 2. River Dell 2:56.4; 3. Ramsey 3:01.8; 4. Ridgefield Park 3:09.8; (tie) Ramapo 3:09.8; 6. Cliffside Park 3:12.6.

Shot put: 1. River Dell (Austin Berninger, Drew Tummino, Dylan Gramuglia) 143-10¼; 2. Mahwah 139-7; 3. Demarest 138-1¾; 4. St. Joseph 131-6¼; 5. Ridgefield Park 128-9; 6. Ramapo 127-0¼.

Discus: 1. River Dell (Drew Tummino, Paul Zaulkas, Dylan Gramuglia) 400-8; 2. Mahwah 380-4; 3. Indian Hills 374-4; 4. Ridgefield Park 360-2; 5. Ramsey 349-2; 6. Cliffside Park 345-11.

Javelin: 1. Demarest (Blake Geller, Matt Chang, Paul Ippolito), 438-10; 2. Ridgefield Park, 430-5; 3. Ramsey, 410-6; 4. River Dell, 407-4; 5. Ramapo, 406-5; 6. Cliffside Park, 390-6.

High jump: 1. Demarest (Josh Landsman, Anthony Doran, Won Jun Cho), 17-6; 2. River Dell, 17-4; 3. Ridgefield Park, 15-8; 4. Ramsey, 11-4; 5. Garfield, 5-2.

Long jump: 1. Ramsey (George Trival, Mike Pepper Eugene Park) 60-0; 2. Demarest 57-10¾; 3. River Dell 56-9; 4. Ramapo 55-7½; 5. Ridgefield Park 55-0¼; 6. Mahwah 52-9.

Triple jump: 1. Ramsey (George Trival, Eugene Park, Mike Pepper) 123-9¾; 2. Demarest 119-10¼; 3. River Dell 119-5¼; 4. Ridgefield Park 116-0; 5. Garfield 115-0; 6. Fort Lee 111-11¼.

Pole vault: 1. Demarest (Eric Geider, Caleb Duffany, Brett Croen), 36-0; 2. Ramsey, 33-0; 3. River Dell, 32-0; 4. tie between Indian Hills and Ridgefield Park, 24-0.

DIVISION C

TEAM SCORES: Hasbrouck Heights 121, Lodi 75, Lyndhurst 67, Pascack Hills 53, Cresskill 42, Rutherford and Dumont 40, New Milford 18, Westwood 17, Glen Rock 13, Leonia 9.

4-x-100: 1. Hasbrouck Heights (Darren Iurato, Brandon Lomuti, Ken Partyka, Gokal Yerdelen) 45.3; 2. Lodi 45.5; 3. Lyndhurst 45.7; 4. New Milford 46.3; 5. Glen Rock 46.5; 6. Leonia 46.8.

4-x-200: 1. Lodi (Fernando Almonte, Wallace Payne, Emmanuel Appiah, Vishaldeep Singh) 1:32.2; 2. Hasbrouck Heights 1:33.5; 3. Lyndhurst 1:36.2; 4. New Milford 1:37.0; 5. Leonia 1:38.6; 6. Pascack Hills 1:39.0.

4-x-400: 1. Hasbrouck Heights (Roland Garmez, Gokal Yerdelen, Richard Rodriguez, Angel Rodriguez), 3:35.8; 2. Dumont, 3:36.0; 3. Pascack Hills, 3:36.4; 4.

Lyndhurst, 3:37.0; 5. Glen Rock, 3:39.3; 6. Lodi, 3:40.7.

4-x-800: 1. Hasbrouck Heights (Richard Rodriguez, Marc Mastropietro, Matthew Sproviero, Angel Rodriguez) 8:47.1; 2. Pascack Hills 8:48.0; 3. Westwood 8:51.3; 4. New Milford 8:51.7; 5. Lodi 8:55.0; 6. Cresskill 9:05.1.

4-x-1,600: 1. Rutherford (Jimmy Arnold, Sean Sullivan, Alexander Hayda, Blake Brancato) 18:57.6; 2. Pascack Hills 19:29.2; 3. Westwood 19:29.7; 4. Hasbrouck Heights 19:45.7; 5. Cresskill 19:49.8; 6. New Milford 20:18.6.

Sprint medley: 1. Dumont (Michael Reidy, Daniel Liso, Justin Jusino, Brandon Garcia), 3:51.4; 2. Hasbrouck Heights 3:51.8; 3. Pascack Hills 3:51.8; 4. Lyndhurst 3:55.5; 5. New Milford 4:02.4; 6. Rutherford 4:03.5.

Distance medley: 1. Rutherford (Michael Tabachuk, Anthony Ippolito, Jimmy Arnold, Blake Brancato) 11:12.2; 2. Pascack Hills 11:19.4; 3. Hasbrouck Heights 11:25.7; 4. Westwood 11:27.2; 5. Dumont 11:30.5; 6. Glen Rock 11:36.4.

Shuttle hurdles: 1. Lyndhurst (Brent Negro, Kyle Krzastek, JP Manzo, Giuseppe Pollicino) 1:10.0; 2. Dumont 1:10.1; 3. Lodi 1:11.0; 4. Hasbrouck Heights 1:12.8; 5. Cresskill 1:17.0; 6. New Milford 1:18.1.

3-x-400 IH: 1. Lodi (Fernando Almonte, Eloy Almonte, Rändol Almonte) 2:58.8; 2. Hasbrouck Heights 2:59.3; 3. Lyndhurst 3:04.1; 4. Pascack Hills 3:07.0; 5. Dumont 3:09.4; 6. Cresskill 3:18.1.

Shot put: 1. Hasbrouck Heights (Anthony Seidel, Joe Fadden, AJ Traina) 140-7¼; 2. Cresskill 136-0; 3. Rutherford 127-8¼; 4. Lyndhurst 119-9¾; 5. Pascack Hills 116-10¼; 6. Leonia 113-7¼.

Discus: 1. Hasbrouck Heights (Anthony Seidel, AJ Traina, Jonathan Harris), 386-5; 2. Cresskill, 377-7; 3. Lodi, 339-8; 4. Dumont, 333-5; 5. Lyndhurst, 325-8; 6. Rutherford, 319-4.

Javelin: 1. Hasbrouck Heights (Anthony Seidel, Darren Iurato, Mauro Altamauro), 447-3; 2. Rutherford, 391-11; 3. Dumont, 378-02; 4. Glen Rock, 375-2; 5. Leonia, 353-0; 6. Lodi, 349-1.

High jump: 1. Cresskill (Matt Infante, Peter Chamalian, Eric Park) 16-6; (tie) Lyndhurst (Jason Waldron, Quintin St. Helaire, Danny Zerbini) 16-6; (tie) Lodi (Emmanuel Appiah, Vishaldeep Singh, Darius Jones) 16-6; 4. Leonia 16-4; 5. Rutherford 15-10; 6. Hasbrouck Heights 15-6.

Long jump: 1. Lodi (Wallace Payne, Vishaldeep Singh, Emmanuel Appiah) 58-11; 2. Hasbrouck Heights 58-5; 3. Cresskill 52-2¼; 4. Lyndhurst 51-10¾; 5. Rutherford 50-9; 6. Pascack Hills 50-8¼.

Triple jump: 1. Lodi (Wallace Payne, Vishaldeep Singh, Danyan Murrillo) 126-9; 2. Hasbrouck Heights 123-5¼; 3. Cresskill 119-2; 4. Lyndhurst 114-9¼; 5. New Milford 109-2¾; 6. Westwood 109-0.

Pole vault: 1. Lyndhurst (Nathan Duquilla, Ian Yunis, Jose Polanco) 32-0; (tie) Pascack Hills (Mo Haras, Remzi Tonuzi, Rob Kwark) 32-0; 3. Hasbrouck Heights 20-0; 4. Glen Rock 11-0; 5. Lodi 10-0.

DIVISION D

TEAM SCORES: Park Ridge 100, Bogota 72, Waldwick 68, Emerson 66, Midland Park 60, Saddle Brook 47, Dwight-Englewood 37, North Arlington 11, Wallington 10, Becton 9, Wood-Ridge 3.

4-x-100: 1. Dwight-Englewood (Jason Dargan, Garrett Finn, Aleem James, Ryan Semsel) 45.9; 2. Waldwick 46.7; 3. Park Ridge 47.7; 4. Midland Park 48.1; 5. Emerson 48.7; 6. Bogota 49.8.

4-x-200: 1. Park Ridge (Christian Rizo, Steve DeVincent, Michael Raia, Brian Kalafut) 1:35.1; 2. Waldwick 1:36.8; 3. Dwight-Englewood 1:37.5; (tie) Midland Park 1:37.5; 5. Saddle Brook 1:38.8; 6. Bogota 1:42.0.

4-x-400: 1. Park Ridge (Michael Raia, Steve DeVincent, Leo Tomatsu, Brian Kalafut), 3:40.0; 2. Waldwick, 3:41.0; 3. Saddle Brook, 3:43.1; 4. Bogota, 3:44.1; 5. Emerson, 3:50.1; 6. Wood-Ridge, 3:55.5.

4-x-800: 1. Park Ridge (Eric DeRosso, Ryan McIlhargy, Brian Kalafut, Leo Tomatsu) 8:38.6; 2. Emerson 8:51.5; 3. Waldwick 9:21.5; 4. Saddle Brook 10:12.3.

4-x-1,600: 1. Emerson (Stefan Morton, Peter Cariddi, Robbie Maggill) 19:45.0; 2. Dwight-Englewood 20:01.5; 3. Waldwick 20:42.6; 4. Park Ridge 20:54.9; 5. Saddle Brook 21:37.5; 6. Becton 23:36.8.

Sprint medley: 1. Dwight-Englewood (Jason Dargan, Garrett Finn, Aleem James, Ryan Semsel) 3:52.1; 2. Waldwick 3:59.3; 3. Bogota 4:05.5; 4. Saddle Brook 4:05.9; 5. Midland Park 4:08.5; 6. Park Ridge 4:10.6.

Distance medley: 1. Emerson (Andrew Sarrow, Ian O'Hanlon, Robbie Maggill, Stefan Morton) 11:20.1; 2. Bogota 11:51.6; 3. Waldwick 12:14.0; 4. Park Ridge 12:24.1; 5. Saddle Brook 12:33.3; 6. Midland Park 12:37.3.

Shuttle hurdles: 1. Park Ridge (David Dulberg, Joe Pigot, Chris Murphy, Giovanni Nunez), 1:14.6; 2. Bogota, 1:16.5; 3. Waldwick, 1:20.0; 4. Emerson, 1:20.3.

3-x-400 IH: 1. Park Ridge (Dan Tis, Giovanni Nunez, David Dulberg) 3:11.4; 2. Bogota 3:18.9; 3. Emerson 3:21.3; 4. Waldwick 3:26.9; 5. Saddle Brook 3:32.1; 6. Wood-Ridge 3:32.2.

Shot put: 1. Saddle Brook (Devone Johnson, Hernan Acero, Brendan Reilly) 118-7¼; 2. Midland Park 116-5; 3. Bogota 115-5¼; 4. Becton 104-11; 5. Emerson 99-1¾; 6. Park Ridge 96-11¼.

Discus: 1. Midland Park (Arie Zuidema, Seth Zuidema, Hunter Lightenberg), 393-5; 2. Saddle Brook, 325-2; 3. Bogota, 301-2; 4. Park Ridge, 286-4; 5. Emerson, 281-0; 6. Becton, 254-1.

Javelin: 1. Midland Park (Arie Zuidema, Seth Zuidema, Matt Brassel), 471-10; 2. Bogota, 441-7; 3. Emerson, 403-0; 4. Park Ridge, 399-8; 5. Becton, 350-8; 6. North Arlington, 338-9.

High jump: 1. Midland Park (Harrison DeKnight, Robby Greer, Tyree Lee), 16-8; 2. Wallington 16-0; 3. Emerson 10-6; (tie) Dwight-Englewood 10-6; (tie) North Arlington 10-6; 6. Wood-Ridge 5-6.

Long jump: 1. Park Ridge (Michael Raia, Christian Rizo, Dallas Uychich) 56-2¾; 2. Midland Park 54-8¼; 3. Bogota 53-6; 4. Waldwick 52-10¾; 5. Wallington 51-6¼; 6. Saddle Brook 50-7¼.

Triple jump: 1. Bogota (Alberto Castro, Johnathan Proffitt, Luis Santos) 120-0¼; 2. Park Ridge 113-4¾; 3. Saddle Brook 108-11; 4. Waldwick 107-4; 5. Midland Park 106-2¾; 6. Becton 105-6¼.

Pole vault: 1. Emerson (Thomas Kelly, Ian O'Hanlon, Jack Mallet) 27-0; 2. Park Ridge 21-0; 3. North Arlington 20-0.

County Relays
@ Indian Hills and River Dell

April 17,19,20

Wednesday:

3xDiscus:

J. Barnett **133'5"**, M. Antosiewicz **132'9"**, A. Muller **129'5"** **395'7" – 1st Place**

3xPole Vault:

D. Downing **11'0"**, A. Wong **11'0"**, P. Morgan **10'0"** – **35'0" – 1st Place!!!**

Friday:

3xTriple Jump:

A. Punjabi **41'3 ¼"**, E. Berry **38'6"**, B. Joyner **37'4 ¼"** **117'1 ½" – 4th Place**

3x400IH:

N. Schoff **58.1**, B. Collins **58.7**, A. Armatas **60.1** **2:56.9 – 1st Place!!!**

4x200m:

D. Han **22.9**, T. Migliorelli **22.6**, J. Locke **23.3**, J. Sabatini **22.5** **1:31.4 – 3rd Place – New School Record!**

4x1600m:

M. Thurston **4:39**, N. Salamone **4:27**, S. Dublirer **4:37**, D. Frering **4:33** **18:17.9 – 1st Place!!!**

Saturday:

4x110HH:

M. Zeno, E. Berry, A. Armatas, K. Chung **DQ**

4x100m:

D. Han, J. Locke, T. Migliorelli, J. Sabatini **DQ**

Distance Medley:

N. Salamone, N. Schoff, B. Collins, D. Frering **10:43.0 – 2nd Place**

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

T. Migliorelli **52.9**, D. Han **22.7**, J. Sabatini **22.3**, S. Dublirer **1:56.8** **3:35.3 – 2nd Place**

4x800m:

N. Salamone **2:02.7**, B. Clarendon **2:01.9**, L. Dublirer **2:00.9**, D. Frering **2:03.0** **8:09.6 – 1st Place**

Frosh 4x400m (non-scoring):

K. Marshall **58.5**, E. Larsson **57.4**, W. Migliorelli **58.3**, M. Thurston **54.2** **3:48.3**

4x400m:

J. Sabatini **53.2**, B. Collins **51.8**, N. Schoff **53.1**, S. Dublirer **50.2** **3:28.5 – 5th Place**

3xLong Jump:

B. Joyner **19'3"** D. Barnes **18'3 ¼"** E. Berry **17'4 ¾"** **54'11 ½"**

3xShot Put:

J. Barnett 48'2", A. Muller 40'9 ½", N. Discepolo 40'3 ½" – 129'3" – 2nd Place

3xJavelin:

J. Barnett 153'1", N. Higgins 150'7" J. Locke 149'3" 452'11" – 2nd Place - New School Record!

3xHigh Jump:

M. Zeno 5'6" B. Joyner' 5'4", J. Locke 5'2" - 16'0" – 6th Place

Final Score:

Ridgewood 95

Don Bosco 72

Old Tappan 59.5

Bergen Catholic 59

Hackensack 36

Athletes of the Meet:

Too many! A lot of personal bests. Keep it up!

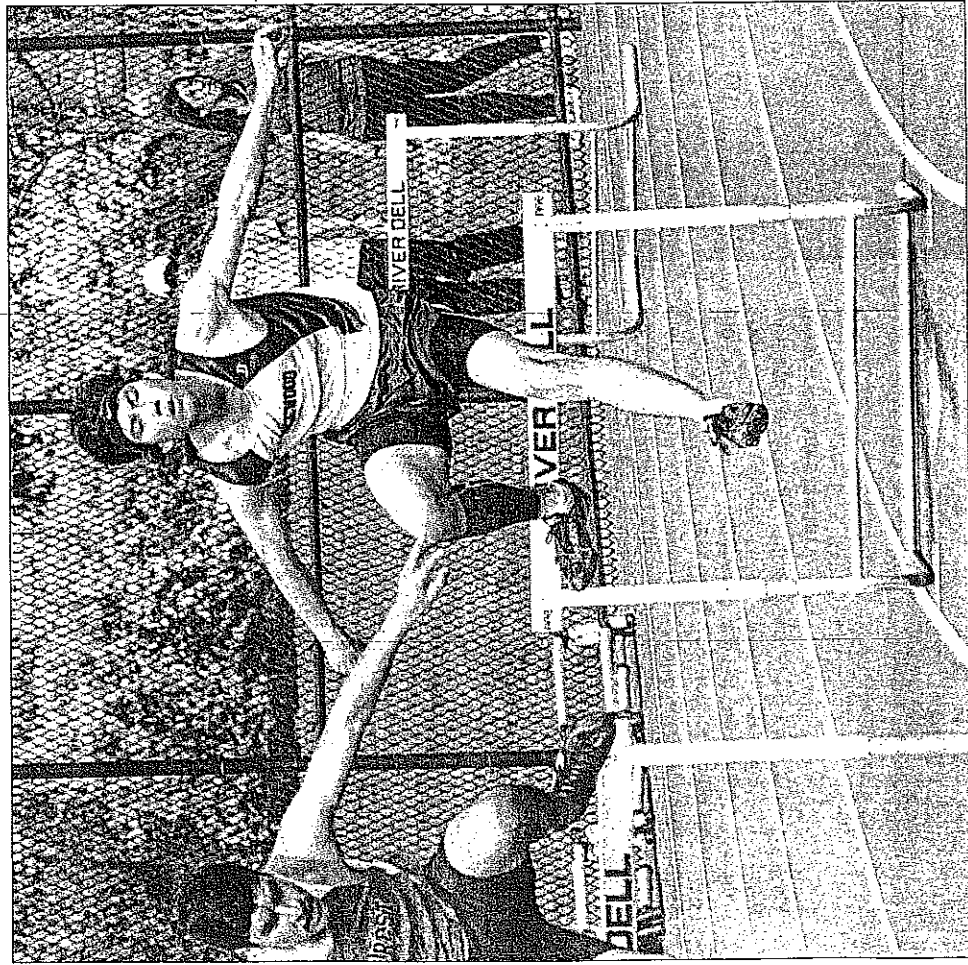
Comments:

Ridgewood High School – 2013 Bergen County Relays Champions! Congrats!!!

Winning this meet is always special. As we discussed prior to the meet – this meet takes contributions from the most people. The deepest and most well rounded team wins the county relays. This year you left no doubt who that team was. We had a great start, then some adversity, and you responded with a great end to the day on Saturday and a convincing win. This season has a long way to go. Lets keep the championships coming!

JACK YOFKERS BERGEN COUNTY RELAYS

Ridgewood sweeps Division A titles

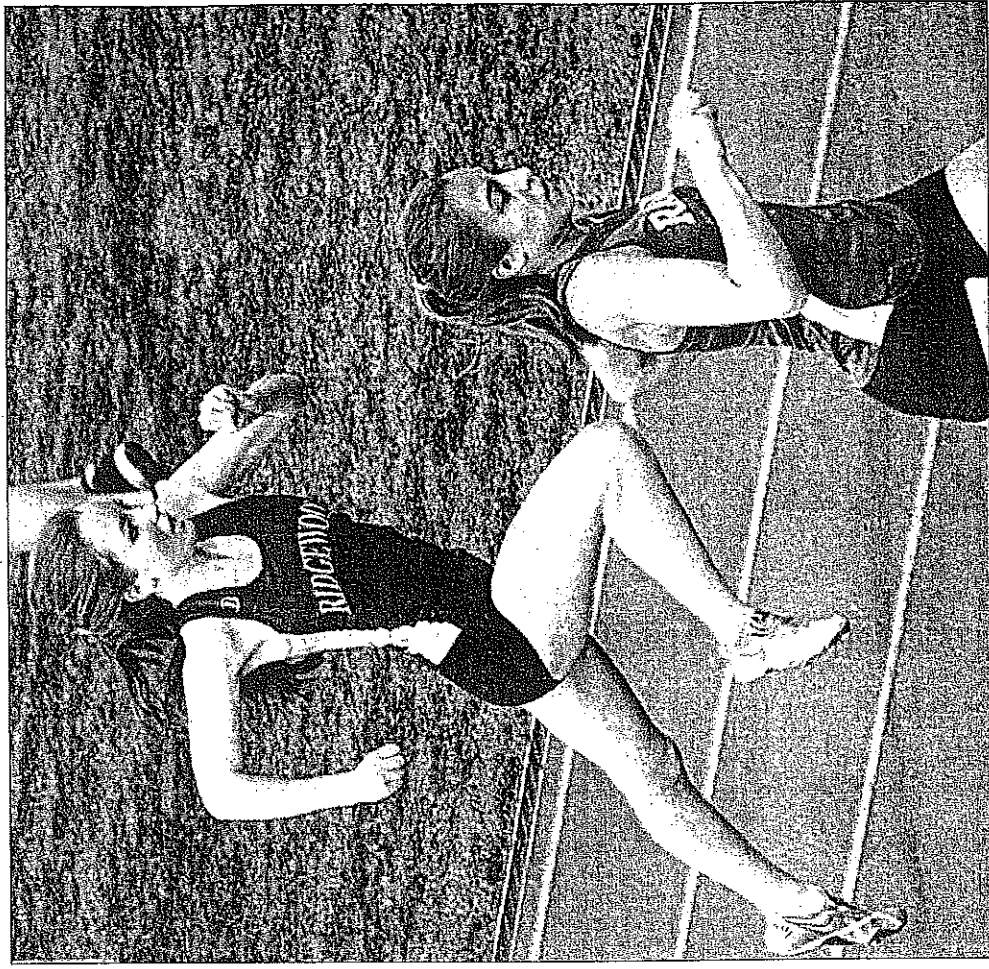


PHOTOS COURTESY OF JACOB BROWN

Ridgewood sophomore Alex Armatas runs in the Division A boys 3-x-400 intermediate hurdle race for the victorious Maroons, who clocked 2:56.9 to win the event at the Bergen County Relays last weekend.

Boys garner gold in five events to claim crown

freshman Michael Thurston, Salomone, Storm Dublirer and



Ridgewood senior Mimi DeVita competes in the Division A girls shuttle hurdle race at last weekend's Bergen County Relays, where she helped the Maroons take gold in the event in 1:07.2.

Athlete of Meet Pagano paces girls to 20th title

also teamed with junior Emily Fishbein to win the 4-x-1,600 in 9:14.6. They then ran with another



BY DON FRY

The competition was hot, but Ridgewood High School seniors James Barnett and Storm Dublirer were up to the challenges of the three-day stretch of the Jack Yockers Bergen County Relays on Wednesday, Friday and Saturday of last week.

"James threw three personal bests in the shot put, discus and javelin," RHS boys track coach Josh Saladino gushed. "At the start of the day, in the first two events of the meet, we won the discus and pole vault, 2-for-2 right off the bat, and we were on our way."

The Maroons outshone 12 other teams to take the Division A title with 95 points to runner-up Don Bosco Prep's 72 for the convincing win at River Dell High School. The County Relays title was their first since 2010.

"Storm is an established star for us," Saladino continued. "And he showed his range competing in the sprint medley, 4-x-400 and 4-x-1,600."

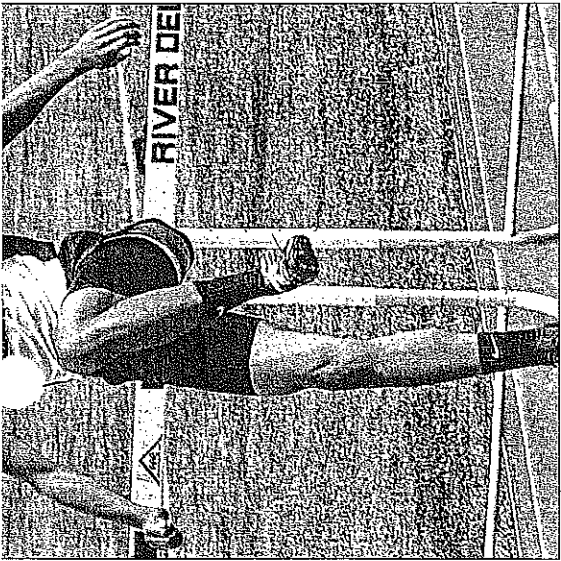
The team, as a whole, thoroughly impressed the coach with five wins, while placing in 13 of 16 events.

"We're always excited to take part in this meet because more athletes are asked to contribute to the team," Saladino said. "This was a well-balanced team effort; a full-team effort. The key was an ability to succeed across the board, in the sprints, the hurdles, the distances and the throws."

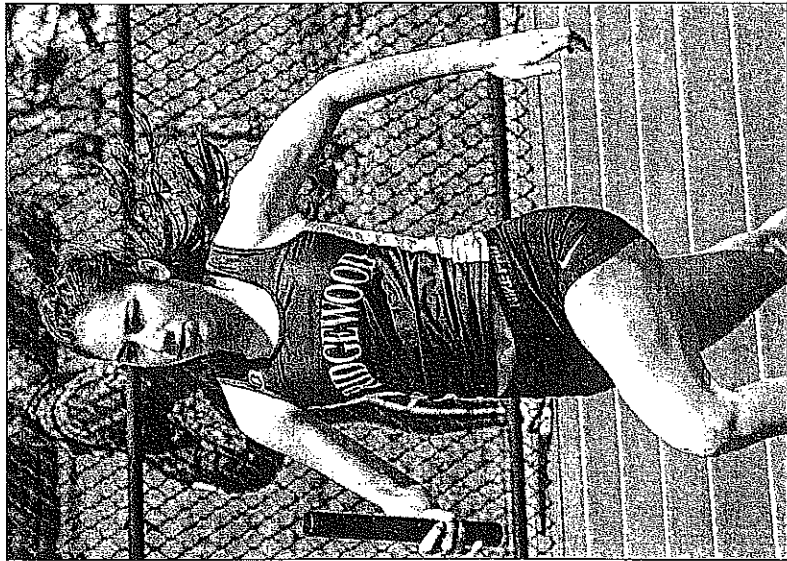
The coach gave ample credit to assistant coach Holly Martin, who switched this year from coaching the jumps to handling the throws. Under her guidance the throwers put Ridgewood in great position with the opening victories.

Barnett, junior Michael Antostewicz and senior Aaron Muller took the discus title with a combined throw of 395 feet, 7 inches. Then came the winning pole vault total of 35 feet even by senior Dylan Downing, junior Allan Wong and sophomore Patrick Morgan.

The Maroons also won three races on the track. The 4-x-800 was run in 8:09.6 by senior Nick Salamone, junior Bryan Clarendon, junior Luke Dublirer and junior David Fretting. The 4-x-1,600 was taken in 18:17.9 by



Ridgewood junior Michael Zeno runs in the Division A boys shuffle hurdles race at the Bergen County Relays.



Junior Amanda Muccio helped the Ridgewood girls earn gold in the distance medley relay and silver in the 4-x-400.

Running in unison is nothing new to Ridgewood High School junior Laura Weisberger and sophomore Kelly Cleary and Catherine Pagano.

"They're cross-country teammates, they're training mates, and they just have a common bond in that respect," RHS girls track coach Jacob Brown said after his team rolled to the program's 20th Jack Yockers Bergen County Relays championship Saturday. "You might say they've been together before."

The youthful trio teamed to run on three winning relay races as the Maroons romped to a total of 104 points, a full 39 points more than their nearest pursuer, Immaculate Heart, for the Division A title at River Dell High School. It also marked the first time since 2005 that the Ridgewood boys and girls teams completed a championship sweep at the County Relays.

"I wasn't expecting us to win by that much," Brown said, "but the kids ran mistake-free relay races over three days [Wednesday, Friday and Saturday]. They weren't disqualified at all in those three days, and there was every opportunity to be DQ'd."

"I'll bet that if you asked the coaches of the other top teams that were expected to do well, they would say they had their mistakes, a broad-based team victory, mistake-free, which is pretty cool. I was thrilled."

The founder of the girls track and field program at RHS, Brown has become so legendary a coach that the individual award given to the top track athlete at the meet is named after him. Pagano was the girl chosen for the Jacob Brown Award after a sensational performance. She turned in sparkling legs on three victorious teams: a 2:16.4 in the 4-x-800 race, a 4:57 split on the 1,600-meter anchor leg of the distance medley and a 4:57.2 in the 4-x-1,600.

"Catherine is an aggressive racer," Brown said. "She was put in a position where she had to run aggressively, and she did. She was fabulous."

Pagano, Cleary and Weisberger teamed with junior Sarah Davis to win the 4-x-800 in 9:50.7. The trio

stance medley in gold in 12:22.5. The talented trio qualified with senior Micarla McPadden to run in the this weekend's Penn Relays.

Brown's four senior captains — Anna Caffrey, Mimi DeVita, Sirai Ramirez and McPadden — also were prominent in the dominant performance that saw the Maroons place in 11 of the 16 Yockers events and win seven of schools in the dust.

McPadden, who earned All-North Jersey and All-Bergen County honors in indoor track, ran the anchor leg on the winning sprint medley squad, teaming with Caffrey, sophomore Lauren Monnerat and senior Shannon Cron to clock 4:17.8.

Ramirez and Katie McKeon joined McPadden in running the winning 3-x-400 hurdles race in 3:22.3. Ramirez, McKeon, sophomore Sophie Montgomery and DeVita teamed for the 1:07.2 win in the shuffle hurdles.

The one field victory came in the pole vault, where DeVita, junior Becca Tanner and sophomore Emma Cichocki cleared a combined 26 feet.

Elsewhere, the Maroons placed second in the 4-x-400 and third in the 4-x-200, ended in a three-way tie for third in the high jump and took sixth in the 4-x-100.

If there were surprises, Brown couldn't come up with any to report. "There might be surprises to people outside the program, but no surprises to me," he said. For instance, "Sophie Montgomery might have surprised other people, but she's been super in practice for three weeks, and so have a number of other younger girls. So, no surprise here."

The team effort also marked a strong showing from freshman Isabelle Park, Brown noted. "She ran a great sprint leg in the 4-x-100. People don't tend to notice third legs and usually just notice the anchor runner. We didn't win, but Park helped us score points that we didn't expect."

That said, Brown, further underscores the meaning of a team effort.

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Penn Relays
@ Franklin Field, Philadelphia PA

April 26-27, 2013

4x800m:

N. Salamone = **2:02.6**

D. Frering **2:00.1**

L. Dublirer **1:58.7**

S. Dublirer **1:59.0 = 8:00.23**

4x100m:

D. Han, J. Locke, K. Chung, J. Sabatini **44.03** – 2nd best time by a Bergen County school on the day and a **New School Record!!!**

4x400m:

S. Dublirer **51.4**

B. Collins **51.4**

N. Schoff **52.5**

J. Sabatini **51.5 = 3:26.97** – 3rd in heat

4/28

Indian Hills, Kennedy are relay champs

By PAUL SCHWARTZ
STAFF WRITER

PHILADELPHIA — They call it a "mini-wheel". Winners of heats of the 4-x-400 and 4-x-800 high school races at the Penn Relays get the coveted eight-inch circular bronze plaques with the traditional Penn Relays logo on it. It's a smaller version of the gigantic 18-inch bronze plaques awarded to teams that win the Championship of America high school and college races contested each year.

Indian Hills and Kennedy won their heats of the 4-x-400 boys relay Saturday morning, earning Kennedy its first plaque since

PENN RELAYS

Shaquan Brown electrified the Penn Relays crowd in 2005 with one of the fastest anchor splits in meet history. Indian Hills won its first 4-x-400 title.

Eight events into the 48-race program Saturday, the rest of New Jersey had won five races, the rest of the world one and North Jersey two.

First it was Kennedy's turn. Calvin Pickens and Miguel Miller had the Knights near the front through the first two legs and when Moustafa Abdelhak handed off to Robert Laing, the Knights were second, behind Daniel Boone High (Birdsboro, Pa.). Laing, the defending Passaic 400 hurdles champ, who won the indoor 400 this winter, showed no fear, racing to the front and never faltering, with a 49.1 final lap to give the Knights the win in 3:30.08, nearly 10 meters ahead of Daniel Boone.

Kennedy was placed in the race nicknamed "The famous people race" as all 12 schools were named after famous people, either nationally or in their local area. The Knights beat three other JFK schools, a Thomas Jefferson, a Walter Johnson, a James Madison and a Samuel Gompers, among others.

Indian Hills' win wasn't as prosaic, but was just as historic. In addition to being the Braves' first 4-x-400 title, it was also the first win for veteran coach Brian Rodak, who coached at Hackensack, Saddle Brook, Paramus and Ramsey before joining Indian Hills this year. The Braves won in 3:29.17, beating Wantagh, N.Y., by more than 10 meters after leading the final three laps.

But it wasn't the first Penn Relays win for the family of leadoff leg Mike Nowatzky. Nowatzky's dad, Bob, won a plaque as part of a winning New Milford team in 1978 and helped coach two other winning teams on the New Milford staff.

"Winning here at this big event was really exciting and something I'll never forget," said Nowatzky, who was followed by Andy Kristofick, Danny Thompson and Kevin Halloran.

Halloran, who ran a solid anchor, wasn't afraid to run with the lead. "My teammates put me in a really good spot and I knew I could finish," Halloran said.

Three other local teams earned medals with the most adventurous going to Ridgewood, which ran 3:26.97. Storm Düblerer got the Maroons off to a solid start and then junior Brian Collins ran a career-best 51.3 leg to keep them in contention before disaster nearly struck.

"I thought I saw Mackey [third leg Neil Schoff] at the handoff, but about 15 meters away, I realized it was another guy in maroon and white, so I had to reach out with the baton and practically had it on the other guy's back," Collins said.

Somehow Schoff grabbed the stick without mishap and kept the Maroons close until Jake Sabatini outkicked the anchor for Altoona, Pa.

See **PENN** Page **S-12**

Ridgewood 78.67 Ramapo 61.33

Event:	1st Place	2nd Place	3rd Place	Rwd	Ram
400IH:	B. Collins (RW) 58.3	N. Schoff (RW) 59.0	Ramapo 60.2	8	1
100m:	Clarke (RA) 10.8	Sabatini (RW) 11.1	Han (RW) 11.3	4	5
1600m:	L. Dublirer (RW) 4:36	Ramapo 4:41	O'Donnell (RW) 4:44	6	3
400m:	Ethridge (RA) 50.9	Collins (RW) 51.4	Schoff (RW) 54.6	4	5
110HH:	Chung (RW) 14.9	Zeno (RW) 16.0	Berry (RW) 16.4	9	0
800m:	Thurston (RW) 2:00	Clarendon (RW) 2:01	McKenna (RA) 2:03	8	1
200m:	Clarke (RA) 22.5	Sabatini (RW) 22.6	Ramapo 23.4	3	6
3200m:	Jones (RW) 10:25	Calello (RW) 10:56	Barnabic (RW) 10:56	9	0
4x400m:	Ramapo 3:29			0	5
Long Jump:	Ortiz (RA) 20'1"	Joyner (RW) 19'4.75"	Zeno (RW) 19'2"	4	5
Triple Jump:	Ortiz (RA) 41'7"	Katz (RA) 40'6"	Punjabi (RW) 40'1"	1	8
High Jump:	Clarke (RA) 5'8"	Garrity (RW) 5'8"	Zeno/Higgins/RA 5'6"	3.67	5.33
Shot Put	M. Rossi (RA) 46'2"	H. Rossi 45'11	Barnett (RW) 45'2.5"	1	8
Discus:	Barnett (RW) 139'7"	Ramapo	Muller (RW) 127'11"	6	3
Javelin:	Sullivan (RA) 173'11"	Higgins (RW) 167'3"	Barnett (RW) 149'1"	4	5
Pole Vault:	Wong (RW) 13'0"	Llerandi (RW) 11'0"	Belahorbak (RA) 11'0	8	1
Final Score:					

Dual Meet v. Ramapo
@ Ramapo

April 30, 2013

400IH: A. Armatas 60.9, E. Larsson 64.9, K. Ward 66.0

100: J. Locke 11.4, J. Kunz 11.8, J. Norrell 12.0, V. Rayskiy 12.0, J. Soriano 12.2,
W. Li 12.3, C. McDade 12.7, C. Sheu 12.8, S. King 13.0 E. Sun 13.1, C. Benjamin 13.1

1600: R. Neville 4:46, K. Marshall 4:48, K. Tamura 4:49, R. Fischer 4:54, J. Byrne 4:57,
E. Garcia 5:00, C. Salamone 5:03, C. Hartmann 5:05, H. Ricatto 5:05, B. Hughes 5:11,
M. Rademacher 5:18, B. Gilligan 5:21, A. Chaurasia 5:41

400: Y. Yoon 55.1, W. Migliorelli 57.9

110HH: A. Armatas 16.8

800: T. Garrity 2:13, S. O'Keefe 2:17, E. Garcia 2:17, H. Seifert 2:18, P. Yanella 2:20
M. Lee 2:20, B. Hughes 2:22, E. Westcott 2:30

200: J. Locke 23.4, J. Kunz 24.0, J. Norrell 24.5, E. Larsson 24.6, K. Ward 24.8,
V. Rayskiy 24.8, J. Soriano 25.1, C. McDade 26.0, W. Li 26.3, S. King 26.9

3200: B. Gilligan 12:03

Throwers 4x100m:

A. Muller 14.8, J. Barnett 13.7, P. Mallelieu 13.9, M. Antosiewicz 14.1 – 54.8 – 2nd place

4x400:

B. Clarendon 53.8, Y. Yoon 54.8, K. Ward 54.3, L. Dublirer 53.1 – 3:35.9

LJ: J. Davila 19'2", D. Barnes 18'8.5", A. Punjabi 17'9.5", K. Won 17'4", E. Berry 17'3"

TJ: B. Joyner 39'1.25", D. Barnes 37'7.25", E. Berry 37'5.5", J. Davila 36'8", K. Won 34'11.5"

HJ: J. Davila 5'2", B. Joyner 5'2"

PV: P. Morgan 10'6", D. Downing 10'6", P. Jacoby 8'6", L. Bonteux 7'6", J. Sofka 7'6"

JAV: E. Sun 93'7"

SP: N. Discepolo 42'6", A. Muller 41'3", M. Benjamin 37'11.5", M. Antosiewicz 36'6.25",
A. DelVecchio 32'1" A. Moras 29'5.25, T. Knight 27'.5" S. Collins 23'7",
B. Jabado 21'8.5", J. Dougherty F

DISC: M. Antosiewicz 123'4", P. Mallelieu 88'0", R. Uzaro 76'3" J. Dougherty 58'1",
A. Delvecchio 57'5", S. Collins 53'2", T. Knight 43'0", B. Jabado 36'2" A. Moras F,
M. Benjamin F

Passaic schools enjoy success

By **PAUL SCHWARTZ**
and **ED MILLS**
STAFF WRITERS

Passaic Tech enjoyed a terrific afternoon at the Randolph Relays last Saturday, winning the Large Schools boys division with three wins, including a meet record

TRACK NOTES

10:37.41 in the distance medley relay.

D'Andre Fernandez, Ken Bucszko, Nigel Burgess and Zak Fouad combined to set that record. Burgess also combined with Lorenzo Burke, Zaire Weaver and Thomas Jefferson to win the 4-x-200 in 1:33.51. Weaver, Travelle Curry and Drew Lindsay combined to win the triple jump with a distance of 121-6³/₄.

Clifton set a meet record in the 4-x-800, as Jeremy Castro, Jeremy Hernandez, Jessie Boria and Dwyer Haliburton combined to run 8:09.46. DePaul won three events in the Small Schools division, taking the shuttle hurdles in 1:10.08, 3-x-400 IH in 3:06.41 and the 4-x-400 in 3:33.13. Marc Wright was on all three teams. Boonton won the small schools long jump, triple jump and pole vault relays and finished second in the team standings behind Delbarton. DePaul was third.

Passaic Tech's Breasha Morton led all high jumpers at 5-4 and 400 hurdlers by running 63.77.

Eastern Christian won the triple jump and intermediate hurdles relays in the small schools division with Erin Van Lenten having a hand in each win. Jessica Rolanda of West Milford threw a seasonal best 116-5 to lead the

Track and field rankings

Boys Top 25

1. Ridgewood
2. Demarest
3. Don Bosco
4. Old Tappan
5. Hasbrouck Heights
6. River Dell
7. Passaic Tech
8. Ramsey
9. Indian Hills
10. Bergen Catholic
11. Hackensack
12. Northern Highlands
13. Pascack Valley
14. Paramus Catholic
15. Lyndhurst
16. Lodi
17. Boonton
18. Clifton
19. Kennedy
20. Ridgefield Park
21. Park Ridge
22. Ramapo
23. Wayne Valley
24. Mahwah
25. Pascack Hills

Girls Top 25

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

Highlanders to a win in the javelin relay.

SPRINTERS SCHOOL RECORD: The Ridgewood 4-x-100 team of juniors Doohee Han, Jamal Locke, Jake Sabatini and senior Kevin Chung set the school record at the Penn Relays, running a speedy 44.03.

POLE VAULT FESTIVAL: Andy Washnik was a longtime volunteer pole vault coach at Park Ridge and a great supporter of the event throughout North Jersey. He died after a battle with cancer last spring and in his memory, the first Andy Washnik Pole Vault Festival will be held Sunday morning at Mahwah High School.

Up to 50 high school vaulters will compete on co-ed relay teams with heights designed to get personal bests. There are still a few openings left. Call Rob Pasek at 201-787-5579 or email him at rpasek@mahwah.k12.nj.us. Entries are \$15 and donations are accepted from spectators.

Proceeds will go to fund a scholarship for a Bergen County pole vaulter in Andy's name.

OFF TO THE LEAGUES: Twenty-two divisional titles are up for grabs this week as championships are awarded in the Big North and NJIC divisions.

Monday the Big North United,

Freedom and National divisions convene at Hackensack at 4 p.m. Don Bosco and IHA will be defending their United titles, while the Ridgewood boys won last year's Freedom meet. Girls champ Teaneck joins Demarest in the National girls meet. Old Tappan won last year's National boys meet.

Tuesday the NJIC Colonial and Patriot meet starts at 4:30 at Overpeck Park in Palisades Park, with the Liberty and Meadowlands following on Wednesday. The NJIC has completely realigned its track teams from six divisions to four.

Wednesday also sees the Big North Liberty and Independence meets at Passaic Valley.

The Big North Patriot and American divisions at River Dell are May 10. Ramsey won last year's Patriot boys title and Mahwah and River Dell shared the girls crown. Ridgefield Park won the 2012 American boys title, but girls champion Westwood is now in the Patriot division.

BUT FIRST: Saturday's County Seat Invitational meet at Indian Hills marks the first time in the 30-year history of the meet that it will be auto-timed. The meet starts at 9 a.m., with the first varsity event probably to run around 10:30 a.m.

Girls title is up in the air in Big North Freedom

By PAUL SCHWARTZ
STAFF WRITER

TRACK AND FIELD

HACKENSACK - You'll excuse Ramapo coach Bill Manzo and Northern Highlands coach Tom Viscardi if they're not paying attention to the early part of the Big North novice meet this afternoon at Hackensack High School.

Their attention, instead will be on the pole vault area, where the winner of Monday night's Big North Freedom girls meet will be decided.

The Demarest boys and girls won their respective National Division meets easily and the Ridgewood boys rolled to the Freedom Division crown. But darkness forced suspension of the girls pole vault with the bar about to go to 10 feet.

Ramapo's Megan Gambuti and Jordan Even-Chen, two of North Jersey's best pole vaulters, had passed to that height along with Ridgewood's Mimi DeVita. As the trio warmed up for their first attempts, the official stopped the competition.

Northern Highlands, which was the only undefeated team in the dual season, holds a 139-133 lead over Ramapo. Highlanders vaulter Katherine Aguilon is in a three-way tie for second place, behind Becca Tanner of Ridgewood.

If both Ramapo girls clear 10 feet today, a height they've cleared numerous times, the Green Raiders win regardless. If just one clears and DeVita beats the Ramapo vaulter, Northern Highlands wins by a third of a point. If one clears and DeVita doesn't, then the teams will tie for the league meet title.

"The only thing I'm sure of is that at least we get a share of the overall championship because we won all our duals," said Viscardi.

"It's unfortunate that this had to happen, because Hackensack is such a gracious host every year," said Manzo. "But the girls are getting better every year, and every year they end up jumping

in the dark."

The indecisive ending overshadowed a sensational battle between two of the state's best teams. For Northern Highlands, Madison Holleran won the 400 hurdles and 800, Emma Sullivan scored wins in the 200 and 400 and Jackie Reyneke won the triple jump and javelin, the latter with a personal best at 124-5.

Ramapo stayed close by scoring in every event but the 3,200, and dominant performances in the high jump (1-3-5 behind winner Jenna Phillips) and long jump (1-2-3 behind winner Gina Salmins) kept them close.

A sterling anchor leg by Deanna DiLandro, holding off Sullivan in the 4-x-400 relay brought the NH lead down to six points before darkness intervened.

The other meets weren't nearly as dramatic. The Ridgewood boys led from the third event, when Jake Sabatini and Doohee Han went 2-3 in the 100. The Maroons, with wins from Kevin Chung in the high hurdles, Storm Dublirer in the 400, a 1-2 finish from Dylan Downing and Allen Wong in the vault, Nick Salamone in the 3,200 and freshman Mike Thurston in the 800, won by more than 50 points over Ramapo.

Demarest, with what coach Mike Theuerkauf called his team's best field performance of the year, defeated archrival Old Tappan by 49 points in the National boys meet. Andrew Trumbetti (59-2 shot, 163-9 discus) and Eric Geider (15-0 pole vault) set North Jersey seasonal bests.

Demarest's girls gave coach Brendan Kenny an early birthday present (he turns 28 Wednesday) with a 126-103 win over Tenafly, holding off a furious challenge paced by Josette Norris' 800-1,600-3,200 triple.

Big North League Championship
@ Hackensack

May 6, 2013

100m: J. Sabatini 11.58/11.25 – 2nd Place, D. Han 11.69/11.48 – 3rd Place

400IH: N. Schoff 58.08 – 3rd Place, B. Collins 59.64 – 6th Place A. Armatas 60.83

1600m: N. Salamone 4:25.70 – 2nd Place, D. Frering 4:27.32 – 3rd Place B. Clarendon 4:29.88 – 4th Place

110HH: K. Chung 15.30 / 15.01 – 1st Place, M. Zeno 16.49/ 16.28 – 6th Place, E. Berry 16.50

400m: S. Dublirer 50.10 – 1st Place, N. Schoff 52.00 – 5th Place T. Migliorelli 53.25

800m: M. Thurston 1:59.88 – 1st Place L. Dublirer 2:01.08 – 2nd Place, B. Collins 2:06.32

200m: J. Sabatini 22.79 – 2nd Place

3200m: N. Salamone 9:49.87 – 1st Place G. Jones 10:15.47

4x400m: L. Dublirer 54.2, B. Clarendon 53.7, N. Schoff 53.3, S. Dublirer 49.8 - 3:31.36 – 3rd Place

Shot Put: J. Barnett 48'9" – 2nd Place, N. Discepolo 42'1", A. Muller 42'1"

Discus: A. Muller 125'4" – 4th Place, M. Antosiewicz 114'1" – 6th Place

Javelin: N. Higgins 170'5" – 2nd Place J. Locke 158'5" – 3rd Place, J. Barnett 146'8" – 5th Place

Long Jump: B. Joyner 19'6" – 6th Place, J. Davila 19' ½", M. Zeno 18'4"

Triple Jump: A. Punjabi 40'6 ½" – 6th Place, B. Joyner 39'6 ½", J. Davila 30'6 ½"

High Jump: M. Zeno 5'10" – tie 6th Place N. Higgins 5'10" – tie 6th Place, T. Garrity 5'8"

Pole Vault: D. Downing 13'6" – 1st Place, A. Wong 13'0" – 2nd Place, S. Llerandi NH

Final Score:

Ridgewood 154

Ramapo 102

Indian Hills 79

Hackensack 61

Northern Highlands 51

Paramus 48

Comments:

Congrats!!! League Champions! Ridgewood has won a league championship in 13 straight years!!!
We are two for two in major championships this year!!! Two big ones to go!

Big North Frosh/Novice Championship
@ Hackensack

May 7, 2013

100m:

Novice: J. Kunz 11.9/11.9/11.7 – 1st Place!, J. Norrell 12.3 / 12.3, V. Rayskiy 12.4 / 12.2, J. Soriano 12.3,
W. Li 12.7, C. McDade 12.8, S. King 12.9, E. Sun 13.2

400IH:

Frosh: E. Larsson 66.1
Novice: K. Ward 65.6

1600m:

Novice: R. Neville 4:45 – 1st Place, M. O'Donnell 4:47 – 2nd Place, J. Byrne 4:51 – 3rd Place, R. Fischer
4:53, C. Salamone 4:55, E. Garcia 4:58, H. Ricatto 4:59, B. Chan 5:19, C. Hartmann 5:21, A. Chaurasia 5:49
Frosh: K. Marshall 4:54 – 1st Place, M. Rademacher 5:19

400m:

Frosh: W. Migliorelli 57.7 – 3rd Place

800m:

Novice: Y. Yoon 2:06 – 2nd Place, S. O'Keefe 2:20
Frosh: K. Marshall 2:13 – 3rd Place, H. Seifert 2:18, P. Yanella 2:20, M. Lee 2:21, E. Westcott 2:22,
M. Binstock 2:22, C. Lacey 2:36

200m:

Novice: J. Kunz 24.5 – 2nd Place, K. Ward 24.9, J. Norrell 25.4, W. Li 26.7
Frosh: E. Larsson 24.8

3200m:

Novice: K. Tamura 10:41, S. Calello 10:59, M. O'Donnell 11:17
Frosh: N. Barnabic 11:08, B. Gilligan 12:12

4x400m:

Novice: K. Ward 56.5, J. Kunz 56.9, R. Neville 56.5, Y. Yoon 55.1 = 3:46.0 – 3rd Place
J. Norrell 59.8, J. Byrne 61.2, S. O'Keefe 57.7, V. Rayskiy 56.9
Frosh: W. Migliorelli 58.7, K. Marshall 59.9, P. Yanella 62.2, E. Larsson 58.3 = 3:58.0

Long Jump:

Novice: D. Barnes F

Triple Jump:

Novice: D. Barnes 37'1"

Javelin:

Novice: C. Abernethy 119', M. Benjamin 109', E. Sun 98'

Pole Vault:

Novice: C. Abernethy 11'0" – 1st Place, P. Morgan 10'6" – 3rd Place, W. Jacoby 8'6"

Frosh: J. Sofka 8'0", L. Bontoux 7'0", A. Taggart NH

Shot Put:

Novice: M. Benjamin 38'8", R. Uzoaru 34'11" A. DelVecchio 33'2", P. Mallileu 33'1", A. Moras 29'9",
B. Jabado 23'7", P. Skrzypczak 21'3"

Frosh: J. Dougherty 28'5", S. Collins 23'2", T. Knight 21'4", M. Milo 21'3"

Discus:

Novice: P. Mallileu 100'8", A. Moras 96'10", R. Uzoaru 93'1", M. Benjamin 87'4", A. DelVecchio 55'3",
P. Skrzypczak 52'10", B. Jabado 45'8",

Frosh: S. Arzoumanian 61'2", J. Dougherty 60'11", S. Collins 55'0", T. Knight 50'10", M. Milo 43'0"

Comments:

A great meet for us! A lot of personal bests and a few medals..and even a few wins!!!

Novice – last meet next Tuesday!

Frosh – compete next Tuesday and then at the Frosh Championship the following Wednesday!

Novice Championships
@ Ridgewood High School

May 14th

400IH: K. Ward 63.8 – 2nd Place

100m: J. Kunz 11.7/11.8/11.8 – 1st Place, J. Norrell 11.9/12.2/12.0 – 2nd Place, C. McDade 12.6/12.8,
J. Soriano 12.3/12.4 W. Li 12.2 A. Ramirez 12.9, C. Sheu 12.8, S. King my fault, E. Sun 12.9

1600m: R. Neville 4:38 – 1st Place, M. O'Donnell 4:42- 2nd Place, K. Marshall 4:42 – 3rd Place
K. Tamura 4:45 – 4th Place, J. Byrne 4:47 – 5th Place, R. Fischer 4:51, C. Salamone 4:55,
H. Ricatto 4:56, C. Hartmann 5:07, M. Rademacher 5:12, B. Chan 5:15, A. Chaurasia 5:56

400m: W. Migliorelli 57.5 – 5th Place

800m: Y. Yoon 2:05.2 – 2nd Place, H. Seifert 2:15.9, M. Binstock 2:18.4, M. Lee 2:19.7,
P. Yanella 2:21.3, E. Westcott 2:27.6, C. Lucey 2:31.1

200m: J. Kunz 23.9 – 1st Place, K. Ward 23.9 – 2nd Place, J. Norrell 24.9 – 6th Place, W. Li 25.1

3200m: N. Barnabic 10:53 – 2nd Place, S. Calello 11:02 – 3rd Place, M. O'Donnell 11:25, B. Gilligan 12:13

4x400m: K. Ward 55.2, C. Hartman 57.3, R. Neville 55.7, Y. Yoon 54.1 – 3:42.5 – 1st Place

Long Jump: D. Barnes 19'3 ¼" – 1st Place

Triple Jump: D. Barnes 38'10" – 1st Place

Pole Vault: S. Llerandi 11'0" – 1st Place, C. Abernethy 10'6" – 2nd Place, J. Sofka 7'6", A. Taggart 7'6"
L. Bontoux 7'6", J. Hadfield NH

Discus: P. Malleliou 110'2" M. Benjamin 96'10" R. Uzuaro 96'6" A. Moras 94'11", A. Delvecchio 60'7"
J. Dougherty 59'8", S. Azourmajian 55'8" S. Collins 56'5" M. Mino 53'4" P. Skrzypcak 52'10"
T. Knight 51'8", B. Jabado 41'0"

Shot Put: M. Benjamin 35'6" P. Malleliou 35'6" R. Uzuaro 34'2", A. Delvecchio 33'9" A. Moras 31'0",
J. Dougherty 28'10" S. Collins 24'0" S. Azourmajian 22'5", P. Skrzypcak 21'5" T. Knight 20'9"
M. Milo 20'9" B. Jabado 20'6 ½",

Javelin:

C. Abernethy 113', M. Benjamin 107', E. Sun F

Comments:

Great meet!!! A lot of medals!!! Way to go!!

TRACK & FIELD

RHS boys' league title streak at 13

Maroons capture five gold medals in Freedom Division win; girls team has two gold medalists

BY GREG TARTAGLIA
Assistant Sports Editor

Heading into this weekend's Gene "Red" Littler Bergen County championships at Old Tappan, the Ridgewood High School boys track and field team is fresh off winning its 13th straight league title. The Maroons defeated Ramapo, 154-102, in the May 6th Big North Freedom Division meet and now aim to win their first Bergen Group A title since 2005.

The RHS girls team enters the county event as defending Group A champ and is coming off a third-place finish in the Freedom Division meet, where it scored 101 points to place behind Ramapo (151) and Northern Highlands (140).

An overview of Ridgewood's individual performances at the Big North championships:

Boys: Five golden medals

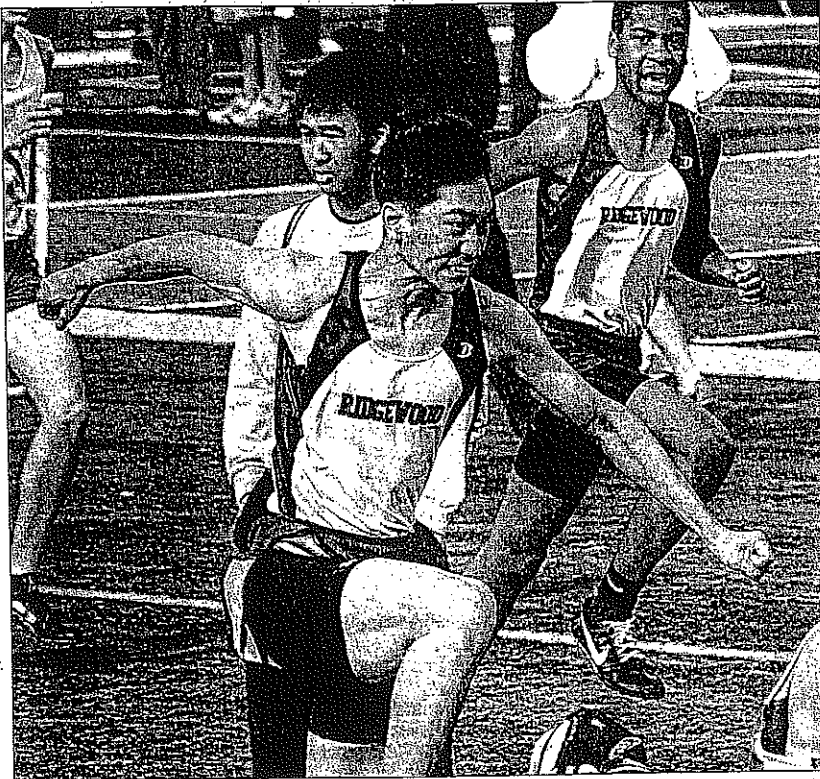
The Maroon boys got five gold medals from five different athletes, including three senior captains. Kevin Chung won the 110-meter hurdles in a personal-record 15.01 seconds. Storm Dublirer clocked a PR of 50.10 to win the 400-meter dash and was joined by fellow senior captain Neil Schoff (fifth, 52.00) in scoring points for Ridgewood. And in the 3,200 meters, Nick Salamone ran a winning time of 9:49.87.

In the pole vault, senior Dylan Downing (13-foot-6) and junior Allan Wong (13-0) both notched PR's a 1-2 Maroon finish, while in the 800, Michael Thurston (1:59.66) and Luke Dublirer (2:01.08) ran 1-2 for RHS.

Senior captain James Barnett added a silver-medal shot put of 48-feet-9 and was part of a 2-3-5 Ridgewood showing in the javelin, with the final order being Nicholas Higgins (170-5), Jamal Locke (158-5) and Barnett (146-8). Scoring in the discus throw were Aaron Muller (fourth, 125-4) and Michael Antosiewicz (114-4).

Elsewhere on the track, Maroon junior Jake Sabatini earned silver medals in the 100 (11.25) and 200 (22.79). Doohee Han took bronze in the 100 with a time of 11.48. The 1,600 was also a big scoring event for Ridgewood, as junior David Frering (4:25.70), Salamone (4:27.32) and Bryan Clarendon (4:29.88) ran 2-3-4.

Schoff added a bronze-medal 58.08 in the 400 hurdles, while Brian Collins (59.64, 400) and Michael Zeno (16.28, 100) were sixth in their respective hurdle



PHOTOS COURTESY OF JACOB BROWN

Senior Kevin Chung won a gold medal in the boys 110-meter hurdles at the Big North Freedom Division championships with a personal-record time of 15.01 seconds.

Storn Dublirer secured sixth-place finishes in all three jumps, thanks to Higgins' 5-10 in the high jump, Bryce Joyner's 19-6 in the long jump and Armand Punjabi's 40-6½ in the triple jump.

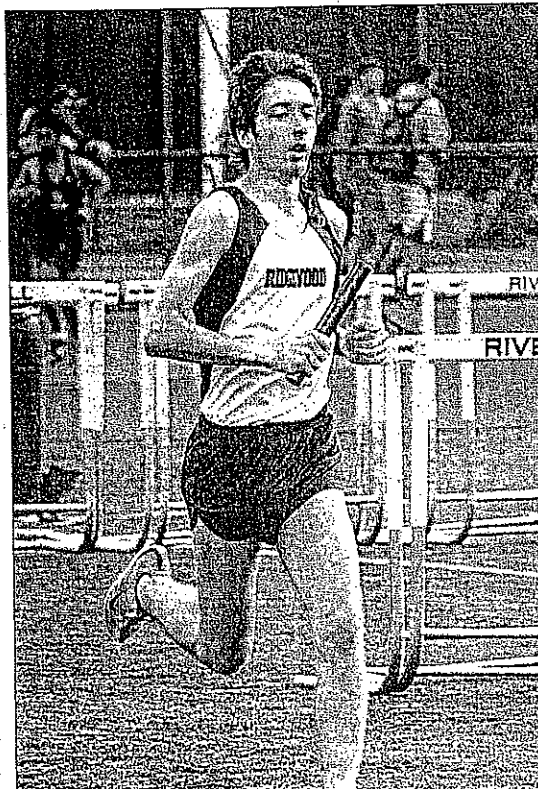
Girls: Twin wins on track

Senior captain Mimi DeVita and sophomore Catherine Pagano each brought home a gold medal from one Freedom Division event and finished top-three in a second for the Ridgewood girls.

DeVita ran 16.05 in the 100 hurdles - the first of her two PR's on the day - to win a photo finish with Ramapo's Gina Salmins (16.06), while senior captain Sirai Ramirez (16.10) and sophomore Katie McKeon (16.51) went 3-4 for the Maroons. The triple jump was equally close, as DeVita (34-0) edged Salmins by a quarter-inch for second place, while RHS junior Emily Flynn (32-5) took fourth.

Pagano, who logged two season bests in the meet, led a 1-6 Ridgewood showing in the 1,600 with her winning time of 5:04.19 and was followed by teammate Laura Weisberger (5:32.14). In the 800, Pagano ran 2:19.78 to place third.

Senior Micaela McPadden earned silver in the 400 hurdles (1:04.08) and bronze in the 400 dash (58.95), and Ramirez added a sixth in the 400 hurdles



Ridgewood senior Nick Salamone ran a season-best 9:49.87 in the boys 3,200 meters at the Big North Freedom Division meet to capture one of his team's five gold medals.

Paul Schwartz's Bergen County championships picks

At Old Tappan High School

Start times: 3:30 p.m. Friday, 9 a.m. Saturday

Boys

DIVISION A

100: Jabrill Peppers, Paramus Catholic
200: Jabrill Peppers, Paramus Catholic
400: Noah Lartigue, Don Bosco
800: Ben Malone, Pascack Valley
1,600: Mike Higgins, Don Bosco
3,200: Kyle Levernore, Don Bosco
110 HH: Kevin Chung, Ridgewood
400 IH: George Alexandris, Fair Lawn
Shot put: Jack Lippin, Bergen Catholic*
Discus: Jong Min Youn, Old Tappan*
Javelin: Jeremy Willis, Teaneck*
High jump: Mike Sommerville, Northern Highlands*
Long jump: George Alexandris, Fair Lawn*
Triple jump: Mike Menakis, Northern Highlands
Pole vault: Dylan Downing, Ridgewood*
4-x-400 relay: Don Bosco
Team: Don Bosco

DIVISION B

100: Kenny Clarke, Ramapo
200: Zack Mooney, Mahwah
400: Sean Etheridge, Ramapo
800: James Buser, Mahwah
1,600: James Buser, Mahwah
3,200: Kevin Rogovich, Demarest
110 HH: Christian DeSanctis, River Dell
400 IH: Christian DeSanctis, River Dell
Shot put: Spencer Ross, Mahwah
Discus: Andrew Trumbetti, Demarest
Javelin: Harry Sullivan, Ramapo
High jump: Danny Thompson, Indian Hills
Long jump: Zach Basile, St. Joseph Reg.
Triple jump: Wallace Payne, Lodi
Pole vault: Eric Geider, Demarest
4-x-400 relay: Ramapo
Team: Demarest

DIVISION C

100: Ken Partyka, Hasbrouck Heights
200: Ken Partyka, Hasbrouck Heights
400: Daniel Liso, Dumont
800: Noah Osterhus, Westwood
1,600: Will Brancato, Rutherford
3,200: Will Brancato, Rutherford
110 HH: Roland Gamez, Hasbrouck Hgts.
400 IH: Dan Dooner, Glen Rock
Shot put: Anthony Seidel, Hasbrouck Hgts.
Discus: Anthony Seidel, Hasbrouck Hgts.
Javelin: Anthony Seidel, Hasbrouck Hgts.
High jump: Roland Gamez, Hasbrouck Hgts.
Long jump: Roland Gamez, Hasbrouck Hgts.
Triple jump: Pete Chamalian, Cresskill
Pole vault: Anthony Catalano, Westwood
4-x-400 relay: Glen Rock
Team: Hasbrouck Heights

DIVISION D

100: Nick Oravetz, Waldwick
200: Nick Oravetz, Waldwick
400: Jason Dargan, Dwight-Englewood
800: Stefan Morton, Emerson
1,600: Stefan Morton, Emerson
3,200: Stefan Morton, Emerson
110 HH: Josh Jimenez, Bogota
400 IH: Juan Castro, Bogota
Shot put: Devone Johnson, Saddle Brook
Discus: Arie Zuidema, Midland Park
Javelin: Seth Zuidema, Midland Park
High jump: Jonathan Proffitt, Bogota
Long jump: Danny Cordero, N. Arlington
Triple jump: Luis Santos, Bogota
Pole vault: Ryan McIlhargy, Park Ridge
4-x-400 relay: Park Ridge
Team: Bogota

Girls

DIVISION A

100: Tatiyanna Sanders, Paramus Cath.
200: Tatiyanna Sanders, Paramus Cath.
400: Emma Sullivan, Northern Highlands
800: Josette Norris, Tenafly
1,600: Catherine Pagano, Ridgewood
3,200: Arianna North, Northern Highlands
100 HH: Amanda Simms, Teaneck
400 IH: Madison Holleran, No. Highlands
Shot put: Gabrielle Nutile, IHA*
Discus: Jessica Rongo, Fair Lawn*
Javelin: Jackie Reyneke, No. Highlands*
High jump: Taryn DeLeon, Old Tappan*
Long jump: Tatiyanna Sanders, Paramus Catholic*
Triple jump: Ana Atkinson, Teaneck
Pole vault: Mimi DeVita, Ridgewood*
4-x-400 relay: Northern Highlands
Team: Northern Highlands

DIVISION B

100: Ashley Jeng, Fort Lee
200: Janienne Palmer, Englewood
400: Deanna DiLandro, Ramapo
800: Deanna DiLandro, Ramapo
1,600: Julia Guerra, Indian Hills
3,200: Lydon Kersting, Holy Angels
100 HH: Christina Welzer, Demarest
400 IH: Christina Welzer, Demarest
Shot put: Laura Oh, River Dell
Discus: Haley Hirsch, Demarest
Javelin: Lisa Sesink-Clee, Holy Angels
High jump: Jenna Phillips, Ramapo
Long jump: Amanda Fields, Holy Angels
Triple jump: Amanda Fields, Holy Angels
Pole vault: Jordan Even-Chen, Ramapo
4-x-400 relay: Ramsey
Team: Ramapo

DIVISION C

100: Ayo O'Uhuru, Pascack Hills
200: Khadijah Cox, New Milford
400: Alexandra Cimino, Westwood
800: Corinne Myers, Westwood
1,600: Corinne Myers, Westwood
3,200: Corinne Myers, Westwood
100 HH: Alexandra Cimino, Westwood
400 IH: Alexandra Cimino, Westwood
Shot put: Jessica Molina, Westwood
Discus: Tania Pabon, Cresskill
Javelin: Gina Yannette, Dumont
High jump: Kristen Delcaizo, Has. Hgts.
Long jump: Emily Rogan, Glen Rock
Triple jump: Alex Leary, Glen Rock
Pole vault: Christina Masciale, Pascack Hills
4-x-400 relay: Westwood
Team: Westwood

DIVISION D

100: Jaide Hinds-Clarke, Saddle River Day
200: Lisa Carle, Midland Park
400: Shereen Al-Sawwaf, Dwt-Englewood
800: Nicole McVeigh, Saddle Brook
1,600: Julianna Lee, Palsades Park
3,200: Julianna Lee, Palsades Park
100 HH: Natalie Negroni, Queen of Peace
400 IH: Natalie Negroni, Queen of Peace
Shot put: Cheyenne Bellerand, Emerson
Discus: Cheyenne Bellerand, Emerson
Javelin: Nicolé Sinatra, Wood-Ridge
High jump: Lisa Carle, Midland Park
Long jump: Patty McHugh, Waldwick
Triple jump: Patty McHugh, Waldwick
Pole vault: Rozalskis, Queen of Peace
4-x-400 relay: Dwight-Englewood
Team: Waldwick

* Winners from Wednesday's field events.

Boys track Top 25 Girls track Top 25

1. Ridgewood	1. Holy Angels
2. Don Bosco	2. River Dell
3. River Dell	3. Ramapo
4. Demarest	4. Northern Highlands
5. Passaic Tech	5. Ramsey
6. Ramsey	6. IHA
7. Bergen Catholic	7. Wayne Valley
8. Old Tappan	8. Passaic Tech
9. Hasbrouck Heights	9. Ridgewood
10. Clifton	10. Demarest
11. Ridgefield Park	11. Wayne Hills
12. Ramapo	12. Tenafly
13. Indian Hills	13. Old Tappan
14. Hackensack	14. Teaneck
15. Kennedy	15. Hasbrouck Heights
16. Lodi	16. Westwood
17. Paramus Catholic	17. Ridgefield Park
18. Teaneck	18. Dumont
19. Pascack Valley	19. Englewood
20. Northern Highlands	20. Paramus Catholic
21. Mahwah	21. Hackensack
22. Paramus	22. Indian Hills
23. Wayne Hills	23. Mahwah
24. Cresskill	24. Hawthorne
25. North Bergen	25. Clifton

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Bergen County Championships
@ Indian Hills and Old Tappan

May 15, 17-18

Wednesday:

Long Jump: J. Davila 19'9 ½", B. Joyner 18'8 ½" D. Barnes F

Shot Put: J. Barnett 47'5 ½" – **2nd Place**, N. Discepolo 41'9 ¼", A. Muller 41'9 ½"

Pole Vault: D. Downing 14'0" – **1st Place**, A. Wong 12'6" – **3rd Place**, P. Morgan NH

Javelin: J. Locke 165'1" – **3rd Place**, N. Higgins 162'8" – **5th Place** J. Barnett 137'8"

Discus: J. Barnett 148'1" – **3rd Place**, M. Antosiewicz 133'7" – **5th Place**, A. Muller 121'11"

High Jump: M. Zeno 5'10" – **3rd Place**, T. Garrity 5'8", N. Higgins 5'6"

Friday:

400IH: N. Schoff 57.80 – **4th Place**, B. Collins 59.73, A. Armatas 60.51

100m: J. Sabatini 11.25/11.05 – **4th Place**, D. Han 11.48/11.43, J. Locke 11.77

1600m: N. Salamone 4:27.61 – **5th Place**, D. Frering 4:29.76, B. Clarendon 4:44.66

400m: S. Dublirer 50.33 – **5th Place** N. Schoff 51.77, B. Collins 52.17

Saturday:

Triple Jump: A. Punjabi 40'5 ¼", B. Joyner 39'2 ¾", J. Davila 39'9 ½'

100HH: K. Chung 15.29/15.04 – **1st Place**, M. Zeno 16.10/16.01 – **6th Place**, E. Berry 17.09

800m: S. Dublirer 1:57.39 – **2nd Place**, L. Dublirer 2:00.04 – **5th Place**, M. Thurston 2:00.95

200m: J. Salabini 22.32 – **3rd Place** D. Han 23.03

3200m: N. Salamone 9:33.15 – **4th Place**, D. Frering 9:39.50 – **5th Place**, G. Jones 10:05.19

4x400m: B. Collins 50.5, S. Dublirer 49.9, N. Schoff 50.6, J. Sabatini 50.9 – 3:22.10 – **2nd Place**

Final Score:

Ridgewood	99
Don Bosco	93
Pascack Valley	47
Old Tappan	44
Hackensack	39

Comments:

A great meet for the Maroons!! Congrats! Bergen County Champions!!!!

A lot of personal bests made this happen...but most of all - you embraced the challenge of competing!!! Let's get another championship this weekend!

BERGEN COUNTY TRACK & FIELD CHAMPIONSHIPS

SATURDAY

TEAM A

TEAM SCORES: 1. Ridgewood (Rwood) 99; 2. Jon Bosco (DB) 93; 3. Pascack Valley (PV) 47; 4. Old Tappan (OT) 44; 5. Hackensack (Hack) 19; 6. Northern Highlands (NH) 35; 7. Fair Lawn (FL) 34; 8. Paramus Catholic (PC) 30; 9. Bergen Catholic (BC) 24; 10. Teaneck (Tea) 23; 11. Paramus (Param) 17; 12. Bergen Tech (BT) 11.

100: 1. Jabrill Peppers (PC) 10.59; 2. Benjamin Javis (OT) 10.91; 3. Dalton Friend (DB) 11.01; 4. Jake Sabatini (Rwood) 11.05; 5. Abdul-Hassan Jebbett (PC) 11.22; 6. Kyle Ellerson (BC) 11.27.

200: 1. Jabrill Peppers (PC) 21.41; 2. Benjamin Javis (OT) 22.31; 3. Jake Sabatini (Rwood) 22.32; 4. Dalton Friend (DB) 22.55; 5. George Alexandris (FL) 22.83; 6. Kristian Bautista (PC) 22.97.

400: 1. Ben Malone (PV) 48.94; 2. Jaleel Felton (PV) 49.15; 3. Noah Lartigue (DB) 49.71; 4. George Jenkins (Tea) 50.14; 5. Storm Dublirer (Rwood) 50.33; 6. Eric Harris (Tea) 50.85.

800: 1. Ben Malone (PV) 1:56.03; 2. Storm Dublirer (Rwood) 1:57.39; 3. Michael Higgins (DB) 1:57.52; 4. George Jenkins (Tea) 1:59.47; 5. Luke Dublirer (Rwood) 2:00.04; 6. Kevin Serrao (BT) 2:00.27.

1,600: 1. Kyle Levermore (DB) 4:18.98; 2. Michael Higgins (DB) 4:19.06; 3. Chris Mascetti (Hack) 4:23.45; 4. Michael Flanagan (DB) 5:24.04; 5. Nicholas Salamone (Rwood) 4:27.61; 6. Mike Secreti (Param) 4:28.40.

3,200: 1. Kyle Levermore (DB) 9:09.39; 2. Michael Flanagan (DB) 9:26.11; 3. Robert Townsend (DB) 9:26.88; 4. Nicholas Salamone (Rwood) 9:33.15; 5. David Frerier (Rwood) 9:39.50; 6. Chris Mascetti (Hack) 9:45.70.

10 HH: 1. Kevin Chung (Rwood) 15.04; 2. Nicholas Quinn (Hack) 15.48; 3. Michael Cummings (Hack) 15.50; 4. Brian Zied (DB) 15.87; 5. Nicholas Salamanca (P) 15.93; 6. Michael Zeno (BT) 16.01.

100: 1. George Alexandris (FRL) 54.97; 2. Jack Grueter (NH) 55.91; 3. Kevin Serrao (BT) 57.74; 4. Neil Schoff (Rwood) 57.80; 5. Joshua Lloyd (DB) 57.95; 6. Andrew Schumacher (OT) 58.33.

Shot put: 1. Jack Lippin (BC) 51-6; 2. James Barlett (RW) 47-5 1/2; 3. Alek Gulbenkian (Param) 47-4 1/2; 4. Jeff Welsh (FL) 47-4; 5. Jong-Min Youn (OT) 47-3; 6. Chris D'Amico (DB) 46-0.

Discus: 1. Jong-Min Youn (OT) 168-8; 2. Alek Gulbenkian (P) 148-7; 3. James Barnett (Rwood) 148-1; 4. Aaron Semper (Tea) 141-0; 5. Michael Antosiewicz (Rwood) 133-7; 6. Mike Iegen (PV) 130-3.

Javelin: 1. Jeremy Willis (Tea) 170-2; 2. Mike Iegen (PV) 166-2; 3. Jamal Locke (Rwood) 165-4; 4. Paul Sheridan (PC) 164-10; 5. Nicholas Higgins (Rwood) 162-8; 6. DeShaun Morris (BC) 57-5.

High jump: 1. Mike Sommerville (NH) 6-2; 2. Phillip Ozuah (DB) 6-0; 3. Michael Zeno (Rwood) 5-10; 4. Brian Zied (DB) 5-10; 5. Michael Cummings (Hack) 5-10; 6. Kristian Bautista (PC) 5-10.

Long jump: 1. George Alexandris (FRL) 23-3 1/4; 2. Benjamin Davis (OT) 21-5 1/4; 3. Mike Menakis (NH) 21-1 1/4; 4. Michael Cummings (Hack) 20 1/4; 5. Kristian Bautista (PC) 20-8; 6. Won Jae Cho (OT) 20-2 1/4.

Triple jump: 1. Michael Cummings (Hack) 43-1 1/4; 2. Nicholas Fonsfria (FL) 42-2 1/4; 3. Mike Menakis (NH) 41-10 1/4; 4. Nigel Conroy (BT) 41-1 1/4; 5. James Henry (Hack) 41-1 1/4; 6. Mike Sommerville (NH) 40-8 1/4.

Pole vault: 1. Dylan Downing (Rwood) 14-0; 2. Ted D'Amico (BC) 13-0; 3. Allan Wong (Rwood) 2-6; 4. Luke Annichiarico (OT) 12-6; 5. Mike Sommerville (NH) 12-6; 6. Alex Baker (NH) 12-0.

4x-400 relay: 1. Pascack Valley (Jaleel Felton, George Cortes, AJ Hall, Ben Maiorino) 3:21.47; 2. Ridgewood 3:22.10; 3. Don Bosco 3:22.80; 4. Bergen Catholic 3:28.10; 5. Old Tappan 3:29.71; 6. Northern Highlands 3:30.78.

Division B

TEAM SCORES: 1. Demarest (DEM) 111; 2. Ramsey (RAM) 66; 3. River Dell (RD) 63; 4. Indian Hills (IH) 60; 5. Mahwah (MAH) 56; 6. Ridgefield Park (RP) 55; 7. Ramapo (RPO) 48; 8. Cliffside Park (CP) 13; 9. Saint Joseph Montvale (SJR) 13; 10. Dwight Morrow (DM) 11.

100: 1. Ken Clarke (RPO) 11.34; 2. Kemp Midgett (DM) 11.36; 3. Xavier Taylor (RPO)

11.40; 4. Gary Polanco (CP) 11.43; 5. Cory Alderson (DEM) 11.47; 6. Zachary Bazile (SJR) 11.50.

200: 1. Ken Clarke (RPO) 22.61; 2. Kevin Halloran (IH) 22.63; 3. Gary Polanco (CP) 23.10; 4. Xavier Taylor (RPO) 23.31; 5. Kemp Midgett (DM) 23.64; 6. Conrad Fitzpatrick (SJR) 23.70.

400: 1. Dylan Perez (RP) 50.35; 2. Mike Nowatzky (IH) 50.52; 3. Zach Hubner (RD) 50.77; 4. Patrick Degnon (DEM) 52.05; 5. Andrew Kristofick (IH) 52.07; 6. Wilmer Jovel (DEM) 52.18.

800: 1. James Buser (MAH) 1:58.33; 2. Kevin Rogovitch (DEM) 1:59.59; 3. Nik Haas (RAM) 2:01.62; 4. Patrick Watters (RAM) 2:01.98; 5. Will Plucinski (IH) 2:02.01; 6. Zachary Lo (DEM) 2:02.42.

1,600: 1. James Buser (MAH) 4:21.38; 2. Kevin Rogovitch (DEM) 4:23.45; 3. Nik Haas (RAM) 4:25.16; 4. Stephan Pena (RP) 4:32.52; 5. Kazuki Okamura (DEM) 4:33.95; 6. Colin Daly (RD) 4:34.28.

3,200: 1. Kevin Rogovitch (DEM) 9:47.96; 2. Matt Tuohy (IH) 9:57.44; 3. Stephan Pena (RP) 10:00.48; 4. Bobby Corcoran (IH) 10:01.26; 5. Chris Evans (IH) 10:03.17; 6. Acham Ziyaden (CP) 10:05.19.

10 HH: 1. Christian DeSanctis (RD) 15.69; 2. DJ Kleinbard (RAM) 15.84; 3. Cameroon Koyarna (DEM) 15.97; 4. Alejandro Capote (RD) 16.16; 5. Wilmer Jovel (DEM) 16.30; 6. Colin Bussiere (RAM) 16.51.

400 IH: 1. Christian DeSanctis (RD) 56.09; 2. Wilmer Jovel (DEM) 56.44; 3. Kevin Halloran (IH) 56.76; 4. Anthony Salemo (RAM) 57.69; 5. Zachary Lo (DEM) 58.53; 6. Christian Abril (RP) 59.21.

Shot put: 1. Andrew Trumbetti (DEM) 60-2 1/4; 2. Spencer Ross (MAH) 54-0; 3. Austin Berninger (RD) 53-6; 4. Eric DeVescovo (RP) 51-1; 5. Drew Tummino (RD) 50-8 3/4; 6. Joel Campo (SJR) 48-8 3/4.

Discus: 1. Andrew Trumbetti (DEM) 167-10; 2. John Monnett (RP) 157-1; 3. Neil Forrester (RAM) 154-11; 4. Spencer Ross (MAH) 151-8; 5. William Mailley (CP) 142-4; 6. Jack Vigneron (RD) 141-0.

Javelin: 1. Blake Geller (DEM) 175-5; 2. Harry Sullivan (RPO) 164-2; 3. Matt Perdomo (RP) 160-1; 4. Alex Zhang (MAH) 159-11; 5. Shane Dimaso (RD) 157-7; 6. John Monnett (RP) 155-11.

High jump: 1. Josh Landsman (DEM) 6-6; 2. Danny Thompson (IH) 6-0; 3. Won Jun Cho (DEM) 6-0; 4. Brandon Jurasin (RD) 5-10; 5. George Trival (RAM) 5-10; 6. Ken Clarke (RP) 5-8.

Long jump: 1. Zachary Bazile (SJR) 21-8 3/4; 2. Jarius Paul (MAH) 21-4 1/4; 3. James Ortiz (RPO) 21-3 1/4; 4. George Trival (RAM) 21-1 3/4; 5. Mike Pepper (RAM) 20-10 3/4; 6. Maurice Weest (DM) 20-8.

Triple jump: 1. George Trival (RAM) 45-4 3/4; 2. Jarius Paul (MAH) 44-8 3/4; 3. Mike Pepper (RAM) 43-5 3/4; 4. Jermal Fevrier (RP) 43-4; 5. James Ortiz (RPO) 43-2 1/4; 6. Christian DeSanctis (RD) 42-5 1/4.

Pole vault: Eric Geider (DEM) 15-0; 2. Calvin Hartman (RD) 13-6; 3. Jack DeLuca (RAM) 13-0; 4. Raul Ferreira (RP) 13-0; 5. Keith Gandy (IH) 12-6; 6. Zach Belohoubek (RPO) 12-6.

4x-400 relay: 1. Indian Hills (Andrew Kristofick, Mike Nowatzky, Danny Thompson, Kevin Halloran) 3:24.33; 2. River Dell 3:25.12; 3. Ridgefield Park 3:28.91; 4. Mahwah 3:29.42; 5. Ramsey 3:29.89; 6. Demarest 3:30.22.

Division C

TEAM SCORES: Hasbrouck Heights (HH) 119; 2. Lodi (L) 62; 3. Lyndhurst (LY) 56; 4. Cresskill (CR) 50; 5. Pascack Hills (PH) 43; 6. Westwood (W) 41; 7. Leonia (LEO) 36; 8. Rutherford (RUT) 31; 9. Glen Rock (GR) 28; 10. Dumont (DUM) 20; 11. New Milford (NM) 10.

100: 1. Ken Partyka (HH) 11.32; 2. Tyler Jackson (CR) 11.55; 3. Dante Tobler (NM) 11.56; 4. James Wenger (LY) 11.59; 5. Sam Portune (CR) 11.72; 6. Brandon Lomuti (HH) 11.79.

200: 1. Ken Partyka (HH) 22.92; 2. Emmanuel Appiah (L) 23.49; 3. Anthony Giaquinto (LY) 23.56; 4. Daniel Liso (DUM) 23.78; 4. Wallace Payne (L) 23.78; 6. Fernando Almonte (L) 23.91.

400: 1. Anthony Giaquinto (LY) 51.21; 2. Gokalp Yerdelen (HH) 52.26; 3. Emmanuel Appiah (L) 52.81; 4. Jimmy Arnold (RUT) 52.98; 5. Sean McInerney (GR) 53.06; 6. Matthew Wang (CR) 53.22.

800: 1. Jimmy Arnold (RUT) 2:01.05; 2. Noah Osterhus (W) 2:02.61; 3. Erik Van Pelt (PH) 2:03.01; 4. Brandon Garcia (DUM) 2:03.19; 5. Mike Guzman (PH) 2:03.82; 6. Marc Mastropietro (HH) 2:04.20.

1,600: 1. Paul Antonick (W) 4:31.59; 2. Jekabs Hayes (PH) 4:32.83; 3. Marc Mastropietro (HH) 4:33.98; 4. Erik Van Pelt (PH) 4:35.67; 5. Andrew Brennan (CR) 4:36.72; 6. William Brancato (RUT) 4:37.67.

3,200: 1. William Brancato (RUT) 9:48.05; 2. Jekabs Hayes (PH) 9:57.77; 3. Hussein Elmeshad (LEO) 10:02.49; 4. Paul Antonick (W) 10:04.52; 5. Ryan Vandervalk (GR) 10:18.82; 6. Marc Mastropietro (HH) 10:20.24.

10 HH: 1. Roland Gamez (HH) 14.93; 2. Fernando Almonte (L) 15.03; 3. Jose Vargas (LEO) 16.10; 4. Mike Shorr (PH) 16.56; 5. Kyle Arbadji (DUM) 16.68; 6. Brent Negrato (LY) 16.71.

400 IH: 1. Daniel Dooner (GR) 57.28; 2. Fernando Almonte (L) 57.85; 3. Mike Shorr (PH) 58.15; 4. Cap Ki Kim (LY) 58.98; 5. Kyle Krzastek (LY) 59.34; 6. Dylan Scallo (DUM) 1:00.06.

Shot put: 1. Garrett Pynn (LEO) 53-1 1/4; 2. Anthony Seidel (HH) 51-5 1/4; 3. Joe Hernandez (CR) 50-5 1/4; 4. Bryan Roth (L) 48-0 1/4; 5. Jonathan Mercado (LY) 46-10 3/4; 6. AJ Traina (HH) 46-3.

Discus: 1. Anthony Seidel (HH) 168-6; 2. Garrett (LEO) 147-0; 3. Joe Hernandez (CR) 144-5; 4. Pietro Blancamano (RUT) 135-9; 5. Zack Ruiz (W) 125-8; 6. Drew Farber (CR) 125-5.

Javelin: 1. Anthony Seidel (HH) 177-8; 2. Darren Iurato (HH) 159-11; 3. Charles Simons (LE) 157-2; 4. Jack Zurilini (CR) 152-6; 5. Mauro Altamura (HH) 142-9; 6. David Ott (GR) 142-4.

High jump: 1. Roland Gamez (HH) 6-2; 2. Emmanuel Appiah (L) 6-0; 3. Jaren Harrison (W) 5-10; 4. Matt Infante (CR) 5-10; 5. James Wenger (L) 5-8; 6. Quinton St. Helaire (LY) 5-8.

Long jump: 1. Roland Gamez (HH) 21-11; 2. Peter Chamalian (CR) 21-2 1/4; 3. Wallace Payne (L) 20-10 1/4; 4. James Wenger (LY) 20-8 1/4; 5. Emmanuel Appiah (L) 20-1; 6. Sam Portune (CR) 19-11 1/4.

Triple jump: 1. Peter Chamalian (CR) 45-8 1/4; 2. Roland Gamez (HH) 44-11 1/4; 3. Vishaldeep Singh (L) 43-8 1/4; 4. Dante Tobler (NM) 43-5 1/4; 5. Wallace Payne (L) 42-3 1/4; 6. Jaren Harrison (W) 41-9 1/4.

Pole vault: 1. Anthony Catalano (W) 12-0; 2. Nathan Duquella (LY) 12-0; 3. Ian Yunis (LY) 11-6; 4. Remzi Tonuzi (PH) 11-0; 5. Jonathan Shin (GR) 11-0; 6. Brian Moran (HH) 10-6.

4x-400 relay: 1. Dumont (Brandon Garcia, Michael Reidy, Dylan Scallo, Daniel Liso) 3:31.88; 2. Glen Rock 3:32.41; 3. Lyndhurst 3:32.68; 4. Hasbrouck Heights 3:32.97; 5. Rutherford 3:36.41; 6. Pascack Hills 3:36.52.

Division D

TEAM SCORES: 1. Park Ridge (PR) 92.5; 2. Bogota (BOG) 84.5; 3. Midland Park (MP) 60; 4. Dwight-Englewood (DE) 52; 5. Queen of Peace (QP) 51; 6. North Arlington (NA) 47; 7. Waldwick (WLD) 40; 8. Emerson (EM) 28; 9. Wallington (WLT) 14; 9. Saddle Brook (SB) 14; 11. Becton (BEC) 9; 12. Palisades Park (PP) 4.

100: 1. Garrett Finn (DE) 11.68; 2. Nick Oravetz (WLD) 11.71; 3. Tyree Lee (MP) 11.86; 4. Aleem James (Dwight-Englewood) 11.95; 5. Mike Brazzel (NA) 11.96; 6. Christian Rizo (PR) 11.98.

200: 1. Nick Oravetz (WLD) 23.17; 2. Kevin Mornohin (QP) 23.38; 3. Garrett Finn (DE) 23.79; 4. Jason Dargan (DE) 23.84; 5. Jason DeLac (MP) 24.30; 6. Brian Kalafut (PR) 24.38.

400: 1. Nick Oravetz (WLD) 51.07; 2. Jason Dargan (DE) 52.29; 3. Brian Kalafut (PR) 52.46; 4. Kevin Mornohin (QP) 52.89; 5. Leo Tomatsu (PR) 53.45; 6. Patrick Smith (PR) 53.93.

800: 1. Danny Cordero (NA) 2:02.89; 2. Leo Tomatsu (PR) 2:04.42; 3. Jovanie Sotomayer (BOG) 2:05.31; 4. Robbie Maggiulli (EM) 2:06.00; 5. Ryan Semsel (DE) 2:06.36; 6. Eric DeRosso (PR) 2:08.69.

1,600: 1. Danny Cordero (NA) 4:30.37; 2. Stefan Morton (EM) 4:33.13; 3. Jovanie Sotomayer (BOG) 4:38.84; 4. Marc Rosenberg (DE) 4:42.81; 5. Eric DeRosso (PR) 4:43.53; 6. Robbie Maggiulli (EM) 4:45.10.

3,200: 1. Stefan Morton (EM) 9:58.58; 2. Marc Rosenberg (DE) 10:11.20; 3. Jovanie Sotomayer (BOG) 10:13.76; 4. Jorge Maldonado (PP) 10:14.39; 5. Quinn Geraghty (BOG) 10:23.08; 6. Andrew Sarrow (EM) 10:25.24.

10 HH: 1. Michael Akanbi (QP) 16.65; 2. Mike Markman (WLD) 17.34; 3. Josh Jimenez (BOG) 17.38; 4. Matt Ganguzza (MP) 17.52; 5. Ibrahim Elgalbaly (WAL) 17.73; 6. Edgar Jo DeGuzman (EM) 18.84.

400 IH: 1. Kevin Mornohin (QP) 57.38; 2. Dan Tis (PR) 1:01.46; 3. Ibrahim Elgalbaly (WAL) 1:02.18; 4. Michael Akanbi (QP) 1:02.21; 5. Juan

Castro (BOG) 1:02.82; 6. Matt Smykowski (NA) 1:03.18.

Shot put: 1. Devone Johnson (SB) 44-7 3/4; 2. Gabriel Frias (BOG) 43-4; 3. Arie Zuidema (MP) 43-1; 4. Michael Motto (BEC) 44-11; 5. Hernan Acero (SB) 41-4; 6. Andrew Gonzales (QP) 40-5 1/4.

Discus: 1. Arie Zuidema (MP) 157-4; 2. Seth Zuidema (MP) 136-9; 3. Gabriel Frias (BOG) 120-5; 4. Joseph Sosa (PR) 119-10; 5. Devon Rodgers (BOG) 118-5; 6. Michael Motto (BEC) 118-4.

Javelin: 1. Seth Zuidema (MP) 178-11; 2. Gabriel Frias (BOG) 173-8; 3. Devon Rodgers (BOG) 161-2; 4. Brian Kalafut (PR) 160-0; 5. Jack Mallet (EM) 158-9; 6. Cameron (BOG) 153-2.

High jump: 1. Johnathan Proffitt (BOG) 6-0; 2. Robby Greer (MP) 5-10; 3. Michael Akanbi (QP) 5-8; 4. Harrison DeKnight (MP) 5-6; 4. PJ Striblak (NA) 5-6; 6. Michael Raia (PR) 5-6; 6. Alberto Castro (BOG) 5-6.

Long jump: 1. Michael Raia (PR) 20-10; 2. Christian Rizo (PR) 20-0; 3. Danny Cordero (NA) 19-11 1/4; 4. Johnathan Proffitt (BOG) 19-3; 5. Harrison DeKnight (MP) 19-2; 6. Tyree Lee (MP) 18-9 1/4.

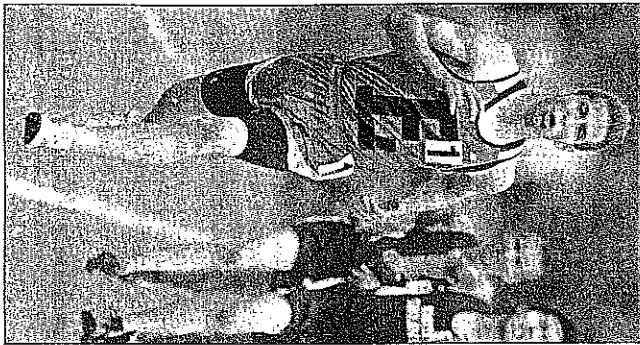
Triple jump: 1. Michael Raia (PR) 42-9 1/4; 2. Luis Santos (BOG) 42-3; 3. Danny Cordero (NA) 40-11 1/4; 4. Joshua Harria (WAL) 40-10 1/4; 5. Johnathan Proffitt (BOG) 40-7; 6. Juan Castro (BOG) 40-2.

Pole vault: 1. Ryan McIlharry (PR) 11-6; 2. Travis Fisher (NA) 11-6; 3. Dallas Uychich (PR) 11-0; 4. Joe Horan (BEC) 11-0; 5. Joshua Harria (WAL) 10-0; 6. Sean McDermet (NA) 9-6.

4x-400 relay: 1. Park Ridge (Leo Tomatsu, Steve DeVincent, Michael Raia, Brian Kalafut) 3:37.24; 2. Queen of Peace 3:39.19; 3. Dwight-Englewood 3:40.41; 4. Waldwick 3:40.63; 5. Saddle Brook 3:41.12; 6. Emerson 3:41.42.

Ridgewood boys finish the task at hand

By ED MILLS
STAFF WRITER



TIM FARRELL/SPECIAL TO THE RECORD
Emertson's Stefan Morton lapping runners on his way to a 3,200-meter victory.

OLD TAPPAN - Ridgewood's 4-x-400 quartet of Brian Collins, Storm Dublirer, Neil Schoff and Jake Sabatini knew what they needed to do individually for the overall good of the team. And because they successfully accomplished their separate missions, Ridgewood earned its first Bergen County boys track & field Division A championship since 2005 on Saturday.

Junior Collins (50.5) and seniors Dublirer (49.9) and Schoff (50.6) each had personal bests in the event and junior Sabatini's 50.9 was good enough for the Maroons' to take the silver in the 1,600 relay in 3:22.10. With a 91-87 lead going into the 16th and final event, Ridgewood was able to hold off Don Bosco, 99-93, in the final standings.

"We didn't care about the particulars, our mindset going in was just to beat Bosco and everything else would be taken care of," Dublirer said. "That was our simple goal and that's all that mattered."

Don Bosco, which would have needed first place in the relay to the Ridgewood for the A title, instead, took the bronze in

3:22.80 as Pasack Valley picked up the 4-x-400's top spot in 3:21.47.

Sabatini also anchored the Maroons' 4-x-400 gold medal squad in the winter that trailed them from a deficit to win the 2013 indoor Bergen County championship in late February.

Ridgewood finished second in this meet for four straight years.

Seniors Kevin Chung (15.04 in 110 high hurdles) and Dylan Downing (14.0 in pole vault) were Ridgewood's only two individual gold medalists, but the Maroons showed their depth with three seconds, five thirds, three fourths, four fifths and one sixth to score valuable points across the board in the sprints, distances, jumps, hurdles and throws.

Also coming up golden in the 1,600 relay was Park Ridge, which trailed coming into the last event by two points to Bogota. But the Owls' Leo Tomatsu, Steven DeVincent, Michael Raia and Brian Kalatni came across first in 3:37.24 to pick up 10 points and push champion Park Ridge past the Buccaneers, 92½-84½, in the final Division D standings.

"We didn't really feel any pressure, we just ran free and loose, we hit all our ex-

changes correctly with the baton and we got a real positive result," said anchor leg Kalatni of Park Ridge's first D crown since 2008. Raia also won two individual events (long jump in 20-10 and triple jump in 42-9¾) and Ryan McIlhenny had an 11-6 to win the pole vault for the Owls.

The other two team victors were Hasbrouck Heights and Demarest. The Aviators dominated Division C with 119 points. That's five championships in a row for Heights, the previous four coming in Division D. Demarest claimed its first B Division title since 2005 with 111 points.

Individually, Don Bosco's Kyle Levermore set a new meet and school record with a 9:09.39 in the Division A 3,200 after winning the 1,600 in 4:18.98 on Friday. Pasack Valley's Ben Malone rallied from 10 meters down near to claim the 800 meters in the way through to claim the 800 meters in Division A in 1:56.03.

Ramapo's Ken Clarke triumphed in the Division B 200 in 22.61 after taking the 100 in 11.34 a day earlier. Mahwah's James Buser also doubled in Division B, mirroring gold in the 800 in 1:58.33 a day after his 4:21.38 win in the 1,600.

East Coast Relays
@ Randolph

May 20, 2013

Shuttle Hurdles:

M. Zeno 15.4

E. Berry 24.2 (fell)

A. Armatas 17.3

K. Chung 14.6

71.0 – DQ for fall

4x100m:

D. Han

J. Locke

K. Chung

J. Sabatini

43.27!!! Shattering the school record – 4th Place

Bergen County Frosh Championships
@ Ramsey

May 22nd

400IH: E. Larsson 63.1 – 4th Place

400m: W. Migliorelli 57.3 – 6th Place

1600m: K. Marshall 4:47.3 – 3rd Place, M. Rademacher 5:13.5

800m: H. Seifert 2:15.0 – 6th Place, M. Lee 2:16.6, M. Binstock 2:15.5, P. Yanella 2:16.6, E. Westcott 2:19.6

200m: E. Larsson 24.2 – 5th Place

3200m: N. Barnabic 10:57.3 – 5th Place, B. Gilligan 11:55.2

4x400m:

W. Migliorelli 58.6, K. Marshall 57.9, H. Seifert 60.1, E. Larsson 56.8 - 3:52.8 – 2nd Place

J. Hatfield 63.9, A. Taggart 58.0, P. Yanella 60.6, M. Lee 59.9 - 4:02.4

Shot Put: J. Dougherty 27'11 ¼", S. Collins 23'8 ½" T. Knight 23' ½", M. Milo 22'11",
S. Arzoumanian 22' ¼"

Discus: J. Dougherty 63'3", M. Milo 55'11", S. Collins 55'7", S. Arzoumanian 55'7", T. Knight 54'10"

Pole Vault: L. Bontoux 8'0", J. Sofka 8'0", J. Hatfield 7'0", A. Taggart 7'0",

Comments:

Good meet – 6th Place! I asked many of you how many had bests in this meet and almost all of you raised your hand. Good way to end the season! We need to work hard in the offseason to get ready for next year! Great job!

Track and field state sectional championships preview

Friday and Saturday; North 1, Groups 1 and 4 and Non-Public A at Randolph; North 1, Groups 2 and 3 at Mahwah; North 2, Group 1 at Ridge; North 2, Group 2 at Millburn; Non-Public B at Msgr. Donovan, Toms River

BOYS

NORTH 1, GROUP 1

Teams to watch: Two-time defending champion Hasbrouck Heights faces Hopatcong (last state sectional — Group 2 in 1993) with the Aviators' field depth against the track depth of Hopatcong, which features Dylan Capwell, one of the state's top individual runners.

Returning champions: Roland Gamez, Hasbrouck Heights (LJ); Troy Andretta, Kinneelon (DT).

Events to watch: The weights should be fun, with Hasbrouck Heights' Anthony Seidel facing Andretta in shot and discus, Garrett Pynn of Leonia in shot, Seth Zuidema of Midland Park in javelin and Arie Zuidema of Midland Park in discus.

NORTH 1, GROUP 2

Teams to watch: Reigning champion Morris Hills has moved to Group 3, leaving River Dell (which last won in 2007) as the favorite over Ramsey and Mountain Lakes. River Dell has no stars but has depth in every event.

Returning champions: Craig Corti, Wallkill Valley (3,200); Fernando Almonte, Lodi (HH); Adam Franklin, Mountain Lakes won Group 1 100 last year.

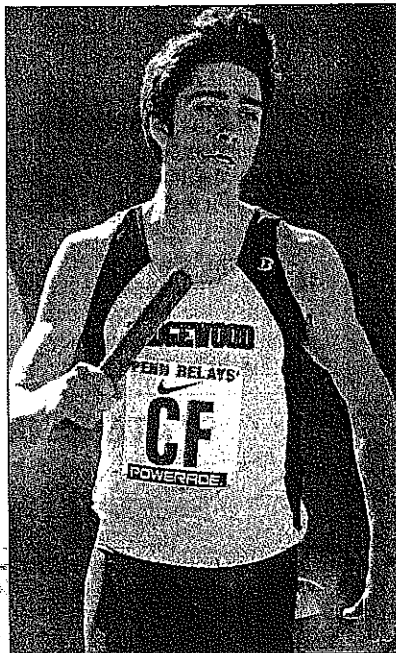
Events to watch: Sophomore star Ben DeVenezia of Mountain Lakes battles double Group 2 indoor champ James Buser of Mahwah in the 800 and 1,600. Both hurdles races should be battles with Brandon Ortiz of Lakeland and Christian DeSanctis of River Dell, and Almonte is a threat in the highs. Wallace Payne of Lodi, George Trival of Ramsey and Jarius Paul of Mahwah should battle in a strong triple jump.

NORTH 1, GROUP 3

Teams to watch: Morris Hills has won five sectional titles in the past six years in Groups 2 and 3, and is favored over defending Group 3 champ Old Tappan, with Bergen B champ Demarest looking for its first title since 1997.

Returning champions: Ben Davis, Old Tappan (100); Zach Davis, Sparta (HJ); Eric Geider, Demarest (PV); Andrew Trumbetti, Demarest (SP-DT); Jeremy Willis, Teaneck (JT). Greg Leeper, Morris Hills won Group 2 200 and TJ last year; Travis Ellis, Morris Hills won Group 2 800 last year; Jordan Pacheco, Morris Hills won Group 2 PV last year.

Events to watch: Trumbetti, 2012 state Meet of Champions runner-up, Jong Min Youn of Old Tappan and Grant Sanchez of Morris Hills should have a great battle in discus. Two of the top five pole vaulters in the state in Pacheco and Geider. The four 175-foot javelin throwers, led by Willis, battle in that event.



KEVIN R. WEXLER/STAFF PHOTOGRAPHER

Storm Dublirer of Ridgewood is capable of running a sub-1:55 time in North 1, Group 4 800 meters.

NORTH 1, GROUP 4

Teams to watch: Bergen A champ Ridgewood tries to become the first team to win four straight sectional titles in this group and is favored over Passaic County champion Passaic Tech, Randolph and West Orange.

Returning champions: Sam Kaplan, Randolph (SP); Karl Cajuste, West Orange (HH); Jose Mercado, Passaic Tech (JT); Nick Patterson, Morris Knolls (PV).

Events to watch: The 800 and 1,600 should be terrific with Jonathan Matamoros of Memorial (W.N.Y.), Nigel Burgess of Passaic Tech, Storm Dublirer of Ridgewood and Jessie Boria of Clifton capable of sub-1:55 performances in 800. Jeremy Hernandez of Clifton, Chris Mascetti of Hackensack, Zak Fouad of Passaic Tech and David Frering and Nick Salamone of Ridgewood are in the mix in 1,600. Robert Laing of Kennedy, Cajuste and George Alexandris of Fair Lawn (IH only) will battle in hurdles.

NORTH 2, GROUP 1

Teams to watch: It looks to be a dual meet between Newark Tech and Lyndhurst, but the Golden Bears need versatile Cap Ki Kim to be healthy to try and win their second title in three years.

Returning champions: Phillip Gomez, Glen Ridge (400-800); Kemoko Turay, Newark Tech (TJ-LJ); Marquise Bourgeois, Whippany Park (JT); Deron Jennings, Newark Tech (HH). David Njoku, Cedar Grove won TJ and HJ in North 1, Group 1 last year.

Events to watch: Keeneth Ross of Secaucus and James Wenger of Lyndhurst are in a four-man battle in the 100. Jonathan Mercado of Lyndhurst will battle Dajuan Burgess of Science Park in shot. Njoku leads the state's high jumpers with a clearance of 6 feet, 10 inches.

NORTH 2, GROUP 2

Teams to watch: Hanover Park beat Ridgefield Park for the title last year and the teams also will battle Voorhees, Newark Central and Madison.

Returning champions: Cooper Rudin, Bernards (1,600); Eric DeVescovo, Ridgefield Park (SP).

Events to watch: Defending champ DeVescovo will be challenged by Matt Santangelo and Ryan Agbim of Hanover Park in shot. Cole Leckburg of Hackettstown battles RP sophomore Jermal Fevrier in long jump and Gary Polanco of Cliffside Park is in a four-way battle in the 100.

NON-PUBLIC A

Teams to watch: It's Union Catholic and everybody else as perhaps the state's strongest team should dominate. Don Bosco will battle Pope John for runner-up.

Returning champions: Obafemi Animashauin, Union Catholic (IH); Jabrill Peppers, Paramus Catholic (100-200); Tim Schanstra, Pope John (DT); Christoffe Scott, Union Catholic (TJ-LJ); Zach Ghizzone, Union Catholic (HH).

Events to watch: Junior phenom Joe White of DePaul will battle Taylor McLaughlin of Union Catholic in the 400 and Chris Hatler of Pope John in 800. Hatler will face Kyle Levermore and Mike Higgins of Don Bosco in 1,600. Nick Regan and DeShaun Morris of Bergen Catholic battle Paul Sheridan of Paramus Catholic and Brian Sagendorf of Union Catholic in javelin. Look for records from Peppers in the sprints the day before he verbally commits to a college to play football in fall 2014 and a shot at Bergen County record in 3,200 by Levermore.

NON-PUBLIC B

Teams to watch: Oratory and Newark Academy are the favorites, but Eastern Christian, Dwight-Englewood and Queen of Peace should make noise.

Returning champions: Josiah Hanko, Trinity Christian (800-1,600-3,200); Carter Beardsley, Newark Academy (SP); Cleveland McDaniel, Eastern Christian (HJ); Jonathan Campbell, Trinity Christian (DT).

Events to watch: North Jersey could dominate the 400 with Matt Van Eck of Eastern Christian, Jason Dargan of Dwight-Englewood and Kevin Mornohin of Queen of Peace as top seeds. Dwight-Englewood and Eastern Christian should be among the top 4-x-100 teams.

— Paul Schwartz

The road to the NJSIAA Meet of Champions to be held June 5 at South Plainfield begins today when the two-day sect across New Jersey. Each sectional meet starts at 3:30 p.m. today and resumes at 10 a.m. tomorrow. If any or all of to contested tomorrow, and if any part of tomorrow's meets is postponed, those events would be rescheduled for Sunday 31 and June 1 at South Plainfield (Groups 2 and 3 and Non-Public A) and Egg Harbor (Groups 1 and 4 and Non-Pul

BOYS



PATTI SAPONE/THE STAR-LEDGER

COLIN WINSLOW



NORTH JERSEY, SECTION 1

GROUPS 1, 4 and NORTH JERSEY, NON-PUBLIC A AT RANDOLPH GROUPS 2 AND 3 AT MAHWAH

Outlook: Three of the four champions from last year are favored to win again, but 2012 Group 2 champion Morris Hills has moved to Group 3, creating the path for a new winner in Group 2.

In Group 4, Ridgewood is shooting for its fourth straight title against a field that includes Essex County power West Orange and always tough Randolph, which is led by one of the top field event teams in the state.

Morris Hills, which has won the last two Group 2 sectional titles, will clash with defending group champion Old Tappan and Demarest in Group 3. Morris Hills is led by distance runner Travis Ellis, multi-event star Greg Leeper, thrower Grant Sanchez and pole vaulter Jordan Pacheco.

In Group 2, River Dell is the favorite in a field that includes Mountain Lakes, the state Group 1 champion last year.

Hasbrouck Heights has won the past two years in Group 1, but it will face a tough challenge in Hopatcong, led by star Dylan Capwell, who should win three individual golds (intermediate hurdles, 400 and 800 meters).

In Non-Public A, Union County champion Union Catholic is the defending champion and favored to stay on top against a strong field headed by Don Bosco Prep and Seton Hall Prep. Also in action will be Jabrill Peppers of Paramus Catholic, the state leader in the 100 and the 200.

Predictions: Ridgewood makes it four in a row in Group 4, while West Orange, Randolph and Passaic Tech have a great battle for the very important second spot. Morris Hills captures its eighth title in 10 years in Group 3, while Old Tappan and Demarest battle it out for second. River Dell wins Group 2, Hasbrouck Heights captures a third straight in Group 1 title in a close one over Hopatcong, while Union Catholic rolls to another Non-Public A title.

NORTH JE

GROUPS 1, 4 and NORTH JERSEY, NON-PUBLIC A AT RANDOLPH GROUPS 2 AND 3 AT MAHWAH

Outlook: Hasbrouck Heights and Pequannock could have a good battle for the Group 1 sec title. Pequannock, led by Erin McGrogan and Marlo Wehrer, is seeking its first champions in this section and Hasbrouck its third. Wehrer owns the top Group 1 time this season in the hurdles, while McGrogan should score point in all three jumps. Hasbrouck Heights hopes sweep the relays and score in the field.

Alexandra Cimino of Westwood and Sarah DiSanza of High Point are the class of the Gr 2 meet, as Cimino owns the top two times in both the 100 meters and 400 hurdles and sh also win the 400 and 4x800 relay. DiSanza is overwhelming favorite in the 1,600 and 3,200 but defending champion Westwood is the ov

NORTH JE

SPORTS

BERGEN COUNTY TRACK & FIELD CHAMPIONSHIPS

Division races end up 'A'-O

Boys claim first title since 2005

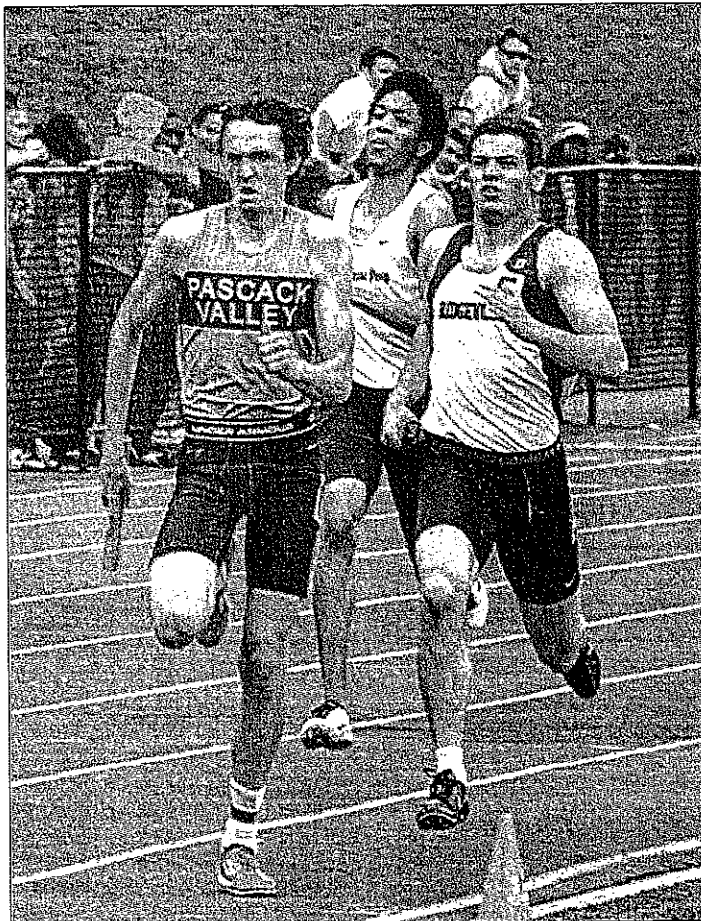
BY RON FOX
Correspondent

Depth charges have been known to demolish submarines in time of war. The Ridgewood High School boys track and field team used its own version of the term to wrest a championship away from Don Bosco Prep Saturday, subduing the Ironmen with excellence in numbers.

"The key was scoring across the board," RHHS coach Josh Saladino said as he reflected on the Division A title won during the Gene "Red" Littler Bergen County track and field championships at Old Tappan. "We had two winners — Kevin Chung and Dylan Downing — which is great, but it also was the second-, third-, fourth-, fifth- and sixth-place finishes that made the difference. What is great is that we did well in all the disciplines: sprints, distances, hurdles and field events. It was balanced scoring that did it for us."

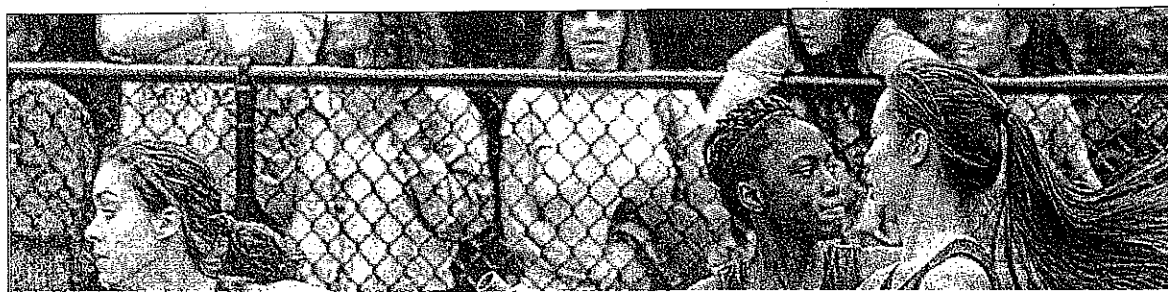
The Maroons defeated Don Bosco, 99-93, in what turned out to be a two-team marathon. To underscore how the frontrunners dominated the meet, Pascack Valley finished a distant third with just 47 points.

"It all came down to the [4-x-400] relay," Saladino said. "We and Don Bosco had separated ourselves from the pack by that point. Our guys — Brian Collins,



PHOTOS

Left: Ridgewood junior Jake Sabatini, right, races Pascack Valley's Ben Malone, left, and Don Bosco's Noal stretch of the Division A boys 4-x-400 relay at the Bergen County championships last Saturday. Sabatini second to secure the Maroons' 99-93 win over Don Bosco. Right: Ridgewood head coach Josh Saladino, far left, celebrates with senior Storm Dublirer, who ran the second leg of the 4-x-400 for the Maroons.



47 points.

"It all came down to the [4-x-400] relay," Saladino said. "We and Don Bosco had separated ourselves from the pack by that point. Our guys – Brian Collins, Storm Dublirer, Neil Schoff and Jake Sabatini – ran a great race. Three of the four ran personal bests, and we had our best time by three seconds, which is huge."

The Maroons clocked 3:22.10 to take second behind Pascack Valley (3:21.47). But, more notably, they finished ahead of the third-place Don Bosco quartet (3:22.80), thus garnering more points than the Ironmen in the race to seal their team's first Division A championship since 2005.

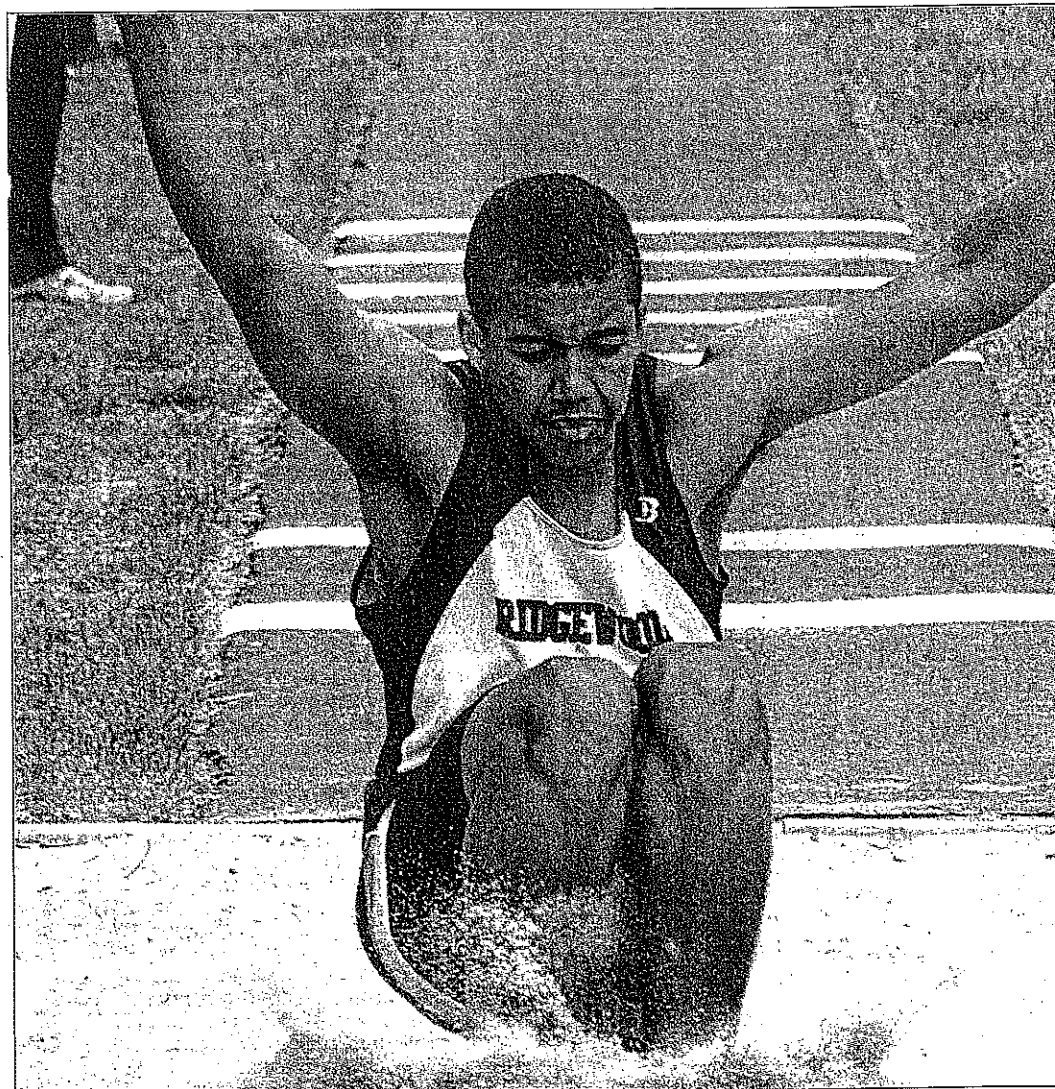
Ridgewood had been runner-up at the previous four Bergen County meets, finishing second to Don Bosco from 2009-11 and to Old Tappan last year.

This time, the multi-talented Maroons placed in 14 of the 16 events. Chung won the 110-meter

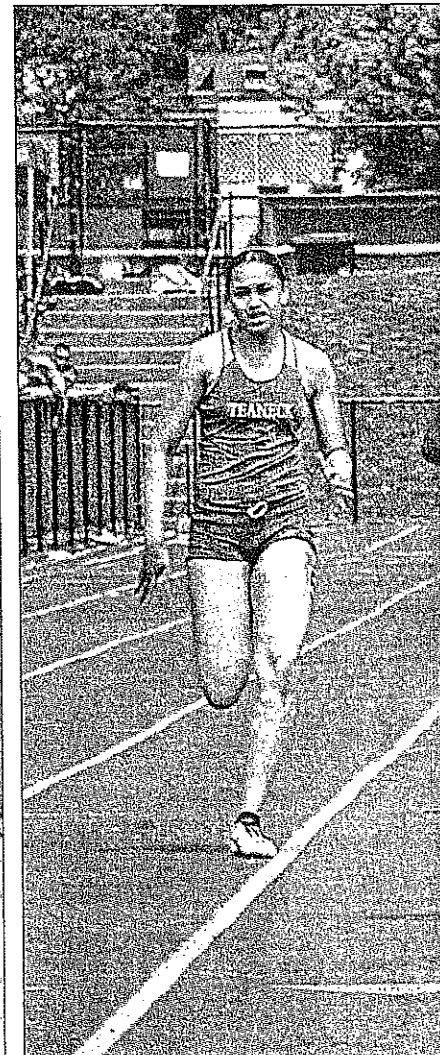


Sophomore Lauren Monnerat takes the baton from freshman Isabelle Park to begin the anchor leg of the Division A girls 4-x-400 relay for Ridgewood. The Maroons edged out Immaculate Heart for fifth in the second place in the team standings, .6 points ahead of Paramus Catholic.

See **BOYS TRACK**, page C2



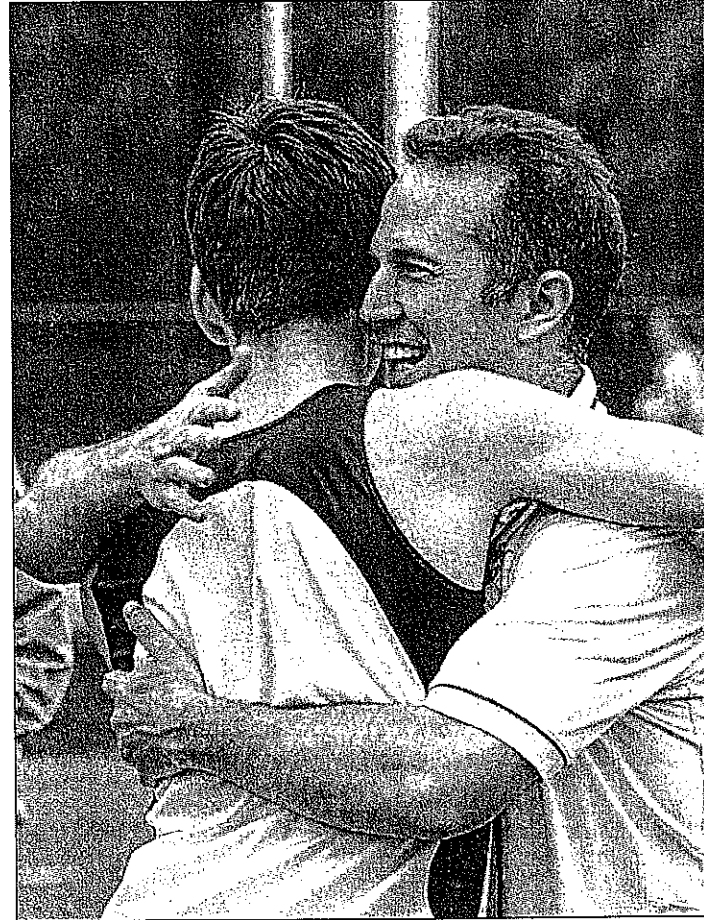
Junior Bryce Joyner of Ridgewood lands an 18-foot, 8.5-inch long jump in the Bergen County Division A meet last Saturday in Old Tappan.



Ridgewood senior Micaela McPadden, Sanders of Paramus Catholic, center, clocked a silver-medal 26.32 in the ev

SHIPS

es end up 'A'-OK for RHS



PHOTOS COURTESY OF JACOB BROWN

Sabatini, right, races Pascack Valley's Ben Malone, left, and Don Bosco's Noah Lartigue down the 4-x-400 relay at the Bergen County championships last Saturday. Sabatini held off Lartigue for his '99-'93 win over Don Bosco. Right: Ridgewood head coach Josh Saladino, facing, shares a moment with storm Dublirer, who ran the second leg of the 4-x-400 for the Maroons.

Golden girls DeVita and Pagano star

BY RON FOX
Correspondent

Jacob Brown had been impressed many times before, but Ridgewood High School sophomore Catherine Pagano's performance last weekend was, to her coach, an affirmation of her lofty talent level.

"Catherine had two wins in very good times, and both were meet records," Brown, the RHS girls track and field coach, said on Tuesday. "And with that, she earned *The Record's* Female Athlete of the Week award. She may wind up being the best I've had."

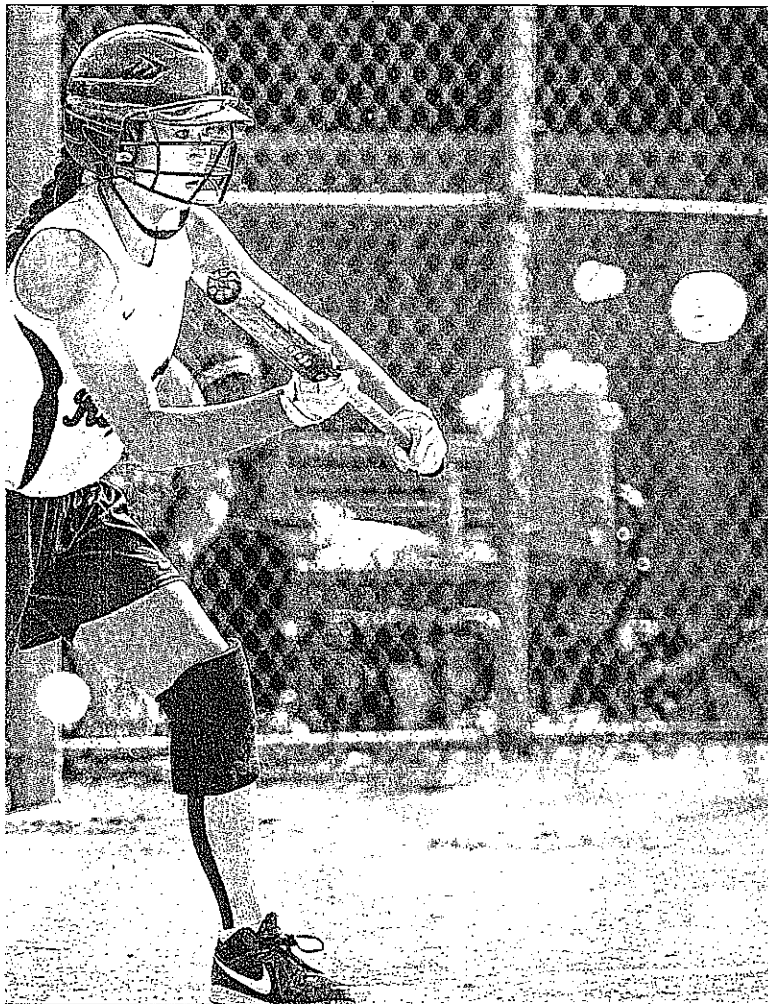
Pagano won the 1,600 meters in 4:57.10 and the 3,200 in 10:39.88 at the Gene "Red" Littler Bergen County championships in Old Tappan, which concluded on Saturday.

"As a sophomore, she's running times that my best girls ran as juniors back in the day," Brown continued. "She's third all-time on our school list in the mile and third all-time in the two-mile. There's no jive about that. She can run. And she's not done yet."

There was lots for Brown to admire and applaud as the Maroons took second place in a talented Division A field with 63.35 points. They placed behind Northern Highlands (111.6) and ahead of Paramus Catholic (62.75) and Immaculate Heart (51.6).

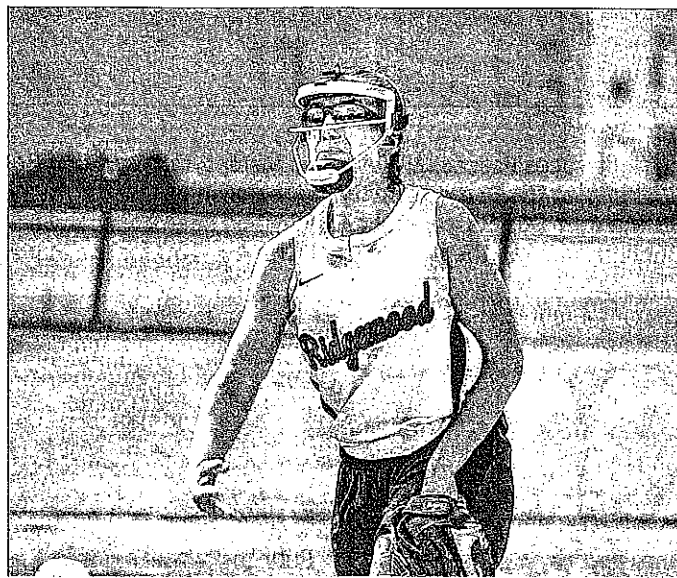


Maroon victory



PHOTOS/ROBIN GOTTESMAN

ay Gray lays down a bunt in Tuesday's five-inning, 12-0 victory over York in the opening round of the North 1, Group 4 state playoffs. The runs and drove in one during the win.



BOYS TRACK from C1

high hurdles in 15.04 seconds, and Downing won the pole vault by clearing 14 feet even.

"Both were favored to win those events," Saladino noted about the two seniors, "and they responded to the pressure of expectations. They scored 10 points where we really needed them."

Ridgewood piled up the points with their vaunted depth, earning three silver medals and five bronze, to go along with three fourth-place showings, six fifths and one sixth.

"We had a real breakthrough in the sprints with Jake Sabatini, a junior," said Saladino. "Jake was third in the 200 [in 22.32] and fourth in the 100 [in 11.05] against the best sprinters in Bergen County. And our field events exceeded expectations. [Senior] James Barnett was second in the shot put [47-5½] and third in the discus [148-1], and junior Jamal Locke had a personal-best [165-1 to place third] in the javelin."

Among the other standouts in the field events: junior Michael Zeno was third in the high jump (5-10) and sixth in the 110 hurdles (16.01), junior Allan Wong was third in the pole vault (12-6), jun-

ior Michael Antosiewicz was fifth in the discus (133-7), and junior Nicholas Higgins was fifth in the javelin (162-8).

On the track, senior Storm Dublirer took a strong second in the 800 meters (1:57.39) behind Pascack Valley All-American Ben Malone (1:56.03), in addition to running fifth in the 400 (50.33) and standing out on the relay squad. His brother Luke Dublirer, a junior, ran a fifth-place 2:00.04 in the 800.

Senior distance runner Nick Salamone was fourth in the 3,200 (9:33.15) and fifth in the 1,600 (4:27.61) and was followed closely by junior David Frering (fifth, 9:39.50) in the 3,200. Schoff also finished fourth in the 400-meter intermediate hurdles (57.80).

"We won with balanced scoring," Saladino emphasized in summary. "It was a true team effort."

NOTES: This weekend, the Maroons will compete in the North 1, Group 4 state championships at Randolph and are going in as the three-time defending champions. Today's events are scheduled to begin at 3:30 p.m., while tomorrow's action is set to get underway at 10 a.m.

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GIRLS TRACK from C1

high hurdles on Saturday.

"Sirai was awesome," the coach added. "We had three girls make the finals of the high hurdles, and two of them placed. Sirai led the charge with her best time, a personal best in a big meet."

Brown had made an adjustment in the relay lineup, holding out the team's normal anchor, McPadden, because she was competing in so many other events. Sophomore Lauren Monnerat stepped in and sparked with her anchor performance. She followed Caffrey, sophomore Stephanie Kusel and freshman Isabelle Park as the Maroons earned their final points of the meet.

"We were third in the team standings until the relay," Brown said. "The girls were great, and Lauren passed the IHA girl with one yard left in the race with a great stretch finish. It was inspiring; that's the way to finish a meet."

That relay lineup was noteworthy because it is one of the many

to continue on at a high level even after the seniors graduate.

One such athlete is junior Emma Cichocki, whom Brown recognized for taking part in "an interesting duality" by competing in the disparate events of javelin and pole vault. She was fifth in both the javelin (95 feet, 4 inches) and the vault (8-0), while sophomore Sophie Montgomery tied for fourth in the high jump (4-10). Freshman Sam Halvorsen added points with a sixth-place time of 11:58.45 in the 3,200.

East Coast Relays

The Maroon girls had one more achievement to add to the team luster Monday at the East Coast Relays in Randolph, where the 4-x-100 shuttle hurdles team of Ramirez, McPadden, Devita and sophomore Katie McKeon made history in a fourth-place finish.

The quartet ran the event in 1:05.38, the eighth-fastest time ever in Bergen County.

"That was the sixth-fastest all-time at our school, too," Brown said. "That was cool."

Maroons roll to 4th straight title

By ED MILLS
STAFF WRITER

RANDOLPH — The elements didn't bother them. Neither did a minor injury. In fact, nothing was stopping the Ridgewood boys track team.

The Maroons ended up with all three relay victories, and also gold in the 100-meter sprint as they swept to a championship Saturday at the track and field state sectional championships.

Ridgewood won the North 1, Group 4 title for an unprecedented fourth year in a row and qualified for the group state championships this weekend at Egg Harbor.

"It was pretty cold and the rain was coming down hard and the wind was coming in waves at all of us, but none of that mattered," said junior Jake Sabatini, who anchored Ridgewood's 4-x-400 relay team to victory in the final event of the day.

"We just wanted a win, nothing more, nothing less and we were going to do whatever it took."

Sabatini, who battled a slight sprain to his right ankle, also was the anchor for the winning 4-x-100 quartet (43.89) that included Doohee Han, Kevin Chung and Jamal Locke.

Sabatini came from 10 meters behind to help the 4-x-400 squad,

BOYS NORTH 1, GROUPS 1, 4 & NON-PUBLIC A

led through the first three legs by Brian Collins, Storm Dublirer and Neil Schoff, to take first (3:25.59).

Schoff received the baton 20 meters behind Randolph High School in running the third leg and had cut it to 10 meters by the time he handed it off to Sabatini.

Ridgewood's Nicholas Salamone, David Frering, Michael Thurston and Luke Dublirer had won the 4-x-800 on Friday night in 8:09.66. In addition, Sabatini earned a fourth gold medal by winning the 100-meter sprint in 11.19 on Friday.

Ridgewood (112 points) advanced, as did silver team medalist Passaic Tech (92 points) in North 1, Group 4. Zakaria Fouad won the 3,200 in 9:41.15 for Passaic Tech. The Bulldogs were also sparked by Nigel Burgess, who won the 800 in 1:57.16.

In North 1, Group 1, Hasbrouck Heights was a close second (127 points) behind Hopatcong (128). Both teams also qualified for the groups. The Axiators were led by Roland Gamez, who won the long jump.

See RIDGEWOOD Page S-11

BOYS TRACK AND FIELD STATE SECTIONALS

NORTH 1, GROUP 1

TEAM SCORES: 1. Hopatcong (HOP) 128; 2. Hasbrouck Heights (HH) 127; 3. Park Ridge (PR) 41; 4. Boonton (BOO) 38; 5. Cresskill (CR) 33; 6. Emerson (EM) 29; (tie) Leonia (LEO) 29; 8. New Milford (NM) 27; 9. Midland Park (MP) 22; 10. Waldwick (WLD) 17; 11. Pompton Lakes (PL) 15; (tie) Kinnelon (KN) 15; (tie) Bogota (BOG) 15; 14. Pequannock (PO) 8; 15. Hawthorne (HAW) 7; 16. Butler (BUT) 6; 17. Wallington (WAL) 1.

100: 1. Ken Partyka (HH) 11.18; 2. Dante Tobler (NM) 11.25; 5. Tyler Jackson (CR) 11.48; 6. Brandon Lomuti (HH) 11.52.

200: 1. Ken Partyka (HH) 23.04; 2. Nick Oravetz (WLD) 23.10; 4. Josh Smith (BOO) 23.70; 5. Gokalp Yerdelen (HH) 23.80.

400: 1. Dylan Capwell (HOP) 49.04; 3. Nick Oravetz (WLD) 52.24; 4. Gokalp Yerdelen (HH) 52.79; 5. Patrick Smith (PR) 53.82; 6. Ben Banaag (BOO) 54.00.

800: 1. Dylan Capwell (HOP) 1:51.26; 3. Matt Iannuzzi (BUT) 2:03.59; 4. Jovanie Sotomayor (BOG) 2:04.33; 5. Marc Mastropietro (HH) 2:04.75; 6. Robbie Maggilli (EM) 2:05.15.

1,600: 1. Chris Dugan (HOP) 4:28.96; 2. Stefan Morton (EM) 4:31.09; 3. Jovanie Sotomayor (BOG) 4:41.60; 4. Marc Mastropietro (HH) 4:44.07; 5. Eric DelRosso (PR) 4:44.74; 6. Hussein Elmeshad (LEO) 4:44.96.

3,200: 1. Stefan Morton (EM) 10:07.6; 3. Elmeshad Hussein (LEO) 10:13.93; 4. Marc Mastropietro (HH) 10:16.44; 5. Jovanie Sotomayor (BOG) 10:22.52.

110 HH: 1. Roland Gamez (HH) 15.16; 2. Jose Vargaas (Leo) 16.22; 3. Rehaman Sheikh (Boon) 16.27; 4. Marquise Perezuzelle (HH) 16.83; 5. Dan Sarnelli (Peg) 16.88; 6. Eric Park (Cress) 17.03.

400 IH: 1. Dylan Capwell (HOP) 55.16; 3. Stephen Riotta (PO) 1:00.99; 5. Thomas Hughes (HH) 1:01.90; 6. Ibrahim Egalbaly (WAL) 1:02.90.

Shot put: 1. Garrett Pynn (LEO) 51-9; 2. Michael Duncan (PL) 49-2 1/4; 3. Troy Andretta (KIN) 49-2; 4. Anthony Seidel (HH) 48-0; 5. AJ Traina (HH) 47-2 1/4; 6. Joe Hernandez (CR) 45-11.34.

Discus: 1. Arie Zuidema (MP) 150-0 1/4; 2. Troy Andretta (KIN) 148-8; 3. Anthony Seidel (HH) 145-7; 4. Garrett Pynn (LEO) 137-8; 5. Joe Hernandez (CR) 132-5; 6. Christian Graupe (KIN) 132-2.

Javelin: 1. Seth Zuidema (MP) 176-1; 2. Anthony Seidel (HH) 175-1; 3. Eric McNamara (PL) 155-5; 4. Darren Kurato (HH) 152-9; 5. Gabriel Frías (BOG) 150-11; 6. Jack Zurlini (CR) 148-11.

High jump: 1. Stephen Rogers (HOP) 6-0; 3. Roland Gamez (HH) 5-10; 4. Isaac Spann (BOO) 5-8; 5. Matt Infante (CR) 5-8; 6. Johnathan Proffitt (BOG) 5-8.

Long jump: 1. Roland Gamez (HH) 20-1; 2. Michael Raia (PR) 19-11; 3. Sam Portune (CR) 19-6 1/4; 4. Thomas Hughes (HH) 19-5; 6. Christian Rizo (PR) 19-2.

Triple jump: 1. Peter Chamallan (CR) 44-3 1/4; 2. Roland Gamez (HH) 43-10; 3. Dante Tobler (NM) 43-7 1/4; 4. Jeremy Feland (BOO) 43-1; 5. Michael Raia (PR) 43-6; 6. Isaac Spann (BOO) 41-9.

Pole vault: 1. Isaac Spann (BOO) 12-6; 2. Jeremy Feland (BOO) 12-6; 3. Ryan McIlhargy (PR) 11-6; 4. Dallas Uychich (PR) 11-6; 5. Joseph D'Elia (HAW) 11-0; 6. Andrew Accardi (PL) 10-6.

4-x-100 relay: 1. Hasbrouck Heights (Darren Jurato, Ken Partyka, Brandon Lomuti, Thomas Hughes) 44.50; 2. New Milford 46.15; 3. Cresskill 46.31; 5. Midland Park 46.72; 6. Hawthorne 47.31.

4-x-400 relay: 1. Hopatcong (Jonathan Lara, Andrew Nee, Kevin Fitzpatrick, Dylan Capwell) 3:28.10; 2. Park Ridge 3:36.66; 3. Hasbrouck Heights 3:37.08; 4. Hawthorne 3:39.75; 5. Waldwick 3:40.94; 6. New Milford 3:42.59.

4-x-800 relay: 1. Emerson (Robbie Maggilli, Shafic Itani, Andrew Sarrow, Stefan Morton) 8:38.88; 2. Park Ridge 8:40.02; 3. Hasbrouck Heights 8:40.73; 4. New Milford 8:43.91; 5. Cresskill 8:58.85; 6. Waldwick 9:06.23.

NORTH 1, GROUP 2

TEAM SCORES: River Dell (RD) 109, Ramsey (RAM) 82, Mountain Lakes 80, Mahwah (MAH) 67 1/2, Lodi (L) 40 1/2, Lakeland (LAK) 28 1/2, Westwood (W) 21, Englewood (ENG) 19.83, Lenape Valley 19, Newton 18, Kittatiny 16, Walkill Valley 14, Glen Rock (GR) 12, High Point and Dumont (DUM) 10, Pascack Hills (PH) 9, Garfield (G) 2.

100: 1. Adam Franklin, Mountain Lakes, 11.12; 2. Luke Lyons (W), 11.30; 3. Ryan Oellerman (RD), 11.56; 4. Will Calderone (PH), 11.67; 5. Kemp Midgett (ENG), 11.72; 6. Wallace Payne (L), 11.79.

200: 1. Adam Franklin, Mountain Lakes,

22.30; 3. Zach Hubner (RD), 22.77; 4. tie between Kemp Midgett (ENG), Brandon Ortiz (LAK) and Emmanuel Appiah (L), 23.32.

400: 1. Zach Hubner (RD), 51.44; 4. Dan Liso (DUM), 52.66; 6. Anthony DeFranco (RAM), 53.27.

800: 1. James Buser (MAH), 1:56.33; 3. Nik Haas (RAM), 1:59.35; 4. Patrick Waters (RAM), 2:00.23.

1,600: 1. Ben DeVenezia, Mountain Lakes, 4:23.66; 2. James Buser (MAH), 4:25.03; 3. Nik Haas (RAM), 4:27.35.

3,200: 1. Ben DeVenezia, Mountain Lakes, 9:37.76.

110 HH: 1. Brandon Ortiz (LAK), 15.13; 2. Fernando Almonte (L), 15.16; 3. Christian DeSanctis (RD), 15.41; 5. Dan Dooner (RD), 15.56; 6. Alejandro Capote (RD), 15.94.

400 IH: 1. Christian DeSanctis (RD), 55.95; 2. Anthony Salemo (RAM), 56.03; 3. Dan Dooner (GR), 57.4; 4. Brandon Ortiz (LAK), 57.43; 5. Ferrnando Almonte (L), 58.42; 6. Alejandro Capote (RD), 59.41.

Shot put: 1. Austin Berninger (RD), 54-2; 2. Drew Tummino (RD), 49-9; 3. Spencer Ross (MAH), 49-6 1/4; 5. Bryan Roth (L), 47-10; 6. Neil Forrester (RAM), 47-2 1/4.

Discus: 1. Neil Forrester (RAM), 144-1; 2. Spencer Ross (MAH), 143-10; 3. Drew Tummino (RD), 140-6; 4. Mike Pesanelo (MAH), 130-5; 5. Harris Beckovic (G), 124-1; 6. Paul Zaukas (RD), 121-3.

Javelin: 1. Alex Zhang (MAH), 158-4; 3. Jeremy Manning (LAK), 156-7; 5. Shane Dimaso (RD), 154-1.

High jump: 1. George Trival (RAM), 6-0; 2. Brandon Jurasin (RD), 6-0; 3. Jaren Harrison (W), 5-8; 4. Vishaldeep Singh (L), 5-6.

Long jump: 1. Jarius Paul (MAH), 21-10; 2. Vishaldeep Singh (L), 21-2 1/4; 3. Wallace Payne (L), 20-8; 4. Julius Wingate (ENG), 20-5 1/4; 5. George Trival (RAM), 20-4 1/4.

Triple jump: 1. Jarius Paul (MAH), 45-3; 2. George Trival (RAM), 44-3; 3. Vishaldeep Singh (L), 43-2; 4. Mike Pepper (RAM), 42-5; 5. Julius Wingate (ENG), 41-9; 6. Alex Zhang (MAH), 41-9.

Pole vault: 1. Connor McHugh, High Point, 13-0; 3. Calvin Hartman (RD), 13-0; 5. Jack DeLuca (RAM), 12-6; 6. Anthony Catalano (W), 12-0.

4-x-100 relay: 1. Englewood (Maurice West, John Robinson, Kemp Midgett, Julius Wingate), 45.61; 2. River Dell, 45.74; 3. Lakeland, 46.28; 4. Ramsey, 46.48; 6. Lodi, 48.42.

4-x-400 relay: 1. River Dell (Zach Hubner, Christian DeSanctis, Ryan Zaccaria, Ryan Oellerman), 3:34.30; 2. Ramsey, 3:34.64; 3. Dumont, 3:36.16; 4. Glen Rock, 3:36.25; 6. Pascack Hills, 3:44.07.

4-x-800 relay: 1. River Dell (Colin Daly, Will Daly, Chris Van De Weghe, Tim Olson), 8:18.11; 2. Ramsey, 8:32.10; 3. Westwood, 8:35.17; 4. Pascack Hills, 8:42.33; 6. Lodi, 9:07.32.

NORTH 1, GROUP 3

TEAM SCORES: Demarest (DEM) 92, Old Tappan (OT) 82, Morris Hills 75, Teaneck (T) 44, Indian Hills (IH) 42, Sparta 41, Wayne Hills (WH) and Montville 30, Northern Highlands (NH) 25, Ramapo (RPO) 24 1/2, Pascack Valley (PV) 21, West Milford (WM) 14, Jefferson 9 1/2, Paramus (P) 8, Mount Olive 7, Tenafly (TEN) 5, Vernon 2.

100: 1. Benjamin Davis (OT), 11.00; 2. Xavier Taylor (RPO), 11.46; 3. Kevin Di-ana (WM), 11.51; 4. Won Jae Rho (OT), 11.52; 5. Sean Fanning (WM), 11.61; 6. Cory Aldelson (DEM), 11.66.

200: 1. Benjamin Davis (OT), 22.40; 2. Kenny Clarke (RPO), 22.87; 3. Christian Ozoria (T), 22.90; 4. Eric Harris (T), 22.94; 5. Brandon Sebahie (P), 23.06; 6. Daniel Cho (TEN), 23.16.

400: 1. Jaleel Felton (PV), 50.11; 2. Mike Nowatzky (IH), 50.54; 3. Eric Harris (T), 50.56; 4. George Jenkins (T), 50.64; 6. AJ Hall (PV), 51.63.

800: 1. Travis Ellis, Morris Hills, 1:56.96; 2. Kevin Rogovich (DEM), 1:57.46; 3. George Jenkins (T), 1:59.29; 4. Will Plucinsky (IH), 1:59.72.

1,600: 1. Travis Ellis, Morris Hills, 4:24.36; 2. Kevin Rogovich (DEM), 4:25.74; 3. Brendan Ungernach (WH), 4:31.35; 4. Mike Secreti (P), 4:32.49.

3,200: 1. Andrew Tedeschi, Montville, 9:34.23; 2. Brendan Ungernach (WH), 9:35.26; 3. Kevin Rogovich (DEM), 9:37.28; 5. Mike Secreti (P), 9:38.72.

110 HH: 1. Seung Hwang (WH), 15.11; 3. Brendan Davidson (OT), 15.28; 4. William Lee (TEN), 15.62; 6. Cameron Koyoma (DEM), 15.85.

400 IH: 1. Jack Greuter (NH), 56.31; 2.

Kevin Halloran (IH), 56.45; 3. Wilmer Jovel (DEM), 56.97; 4. Brendan Davidson (OT), 57.20; 6. Zachary Lo (DEM), 58.82.

Shot put: 1. Andrew Trumbetti (DEM) 56-8; 3. Louis Castiglione (PSV), 49-4; 4. Jong-Min Youn (OT), 48-10; 5. Josh Landsman (DEM), 47-5 1/4.

Discus: 1. Andrew Trumbetti (DEM), 166-10; 2. Jong-Min Youn (OT), 160-10; 5. Trevor Mild (IH), 138-0.

Javelin: 1. Mike Begeen (PV), 173-8; 5. Jeremy Willis (T), 152-2; 6. Blake Geller (DEM), 150-1.

High jump: 1. Zachary Davis, Sparta, 6-8 1/4; 2. tie between Anthony Doran (DEM), Josh Landsman (DEM) and Trey Smith (WH), 5-10; 5. Ken Clarke (RPO), 5-10.

Long jump: 1. Greg Leeper, Morris Hills, 22-6 1/4; 3. Benjamin Davis (OT), 21-5 1/4; 5. Mike Ortiz (RPO), 20-10; 6. Mike Menakis (NH), 20-6 1/4.

Triple jump: 1. Zachary Davis, Sparta, 44-6; 2. Ben Chazen (DEM), 43-4; 4. James Ortiz (RPO), 41-11; 5. Mike Menakis (NH), 41-10.

Pole vault: 1. Eric Geider (DEM), 14-0; 3. Luke Annichiarco (OT), 13-0; 4. Mike Sommerville (NH), 12-6; 5. Alex Baker (NH), 12-0; 6. Brett Croen (OT), 11-6.

4-x-100 relay: 1. Old Tappan (Brendan Davidson, Won Jae Rho, Jonathan Choi, Benjamin Davis), 43.94; 3. West Milford, 44.43; 4. Indian Hills, 44.45; 5. Demarest, 45.08.

4-x-400 relay: 1. Teaneck (Eric Harris, Christian Ozoria, Eric Greaves, George Jenkins), 3:26.70; 2. Indian Hills, 3:27.53; 3. Northern Highlands, 3:27.70; 4. Old Tappan, 3:30.82; 6. Demarest, 3:32.05.

4-x-800 relay: 1. Old Tappan (Tim Hoar, Peter Bayokos, Mark Rlenas, William Rlenas), 8:20.12; 2. Indian Hills, 8:23.72; 3. Teaneck, 8:28.30; 4. Demarest, 8:32.92; 6. Ramapo, 8:36.92.

NORTH 1, GROUP 4

TEAM SCORES: 1. Ridgewood (RW) 112; 2. Passaic Tech (PCT) 92; 3. West Orange (WO) 69; 4. Randolph (RD) 51; 5. Kennedy (KEN) 44; 6. Memorial WNY (MEM) 29; 7. Clifton (CL) 28; 8. Bloomfield (BLM) 25; 9. Fair Lawn (FL) 24; 10. Hackensack (H) 21; 11. Morris Knolls (MK) 13; 12. Livingston (LV) 12.5; 13. Eastside (EAS) 12; 14. Roxbury (RX) 8.5; 15. North Bergen (NB) 7; 16. Bergen Tech (BT) 6; 17. Montclair (MNC) 4.

100: 1. Jake Sabatini (RW) 11.19; 3. George Alexandris (FL) 11.27; 6. Kevin Chung (RW) 11.43.

200: 1. Karl Cajuste (WO) 22.50; 2. Jake Sabatini (RW) 22.73; 4. Miguel Miller (KEN) 22.87; 5. Thomas Jefferson (PCT) 20.90; 6. Doohee Han (RW) 22.99.

400: 1. Nigel Burgess (PCT) 49.62; 3. Storm Dublirer (RW) 50.01; 5. Robert Laing (KEN) 50.25.

800: 1. Nigel Burgess (PCT) 1:57.16; 2. Storm Dublirer (RW) 1:58.05; 3. Jessie Boria (CL) 1:58.32; 5. Luke Dublirer (RW) 1:59.85; 6. James Menendez (NB) 1:59.94.

1,600: 1. Zakaria Fouad (PCT) 4:26.95; 2. Nicholas Salamone (RW) 4:27.75; 3. Jessie Boria (CL) 4:28.26; 5. Luke Dublirer (RW) 4:30.62; 6. Chris Mascetti (H) 4:31.47; 5.

3,200: 1. Zakaria Fouad (PCT) 9:41.15; 2. David Frereng (RW) 9:42.40; 3. Nicholas Salamone (RW) 9:46.64; 4. Chris Mascetti (H) 9:49.07; 5. Justin Tanayan (CL) 9:52.37; 6. D'Andre Fernandez (PCT) 9:56.59.

110 HH: 1. Karl Cajuste (WO) 14.53; 2. Robert Laing (KEN) 14.92; 3. Kevin Chung (RW) 15.28; 4. Nicholas Quinn (H) 15.40; 6. Tyshon Crandol (PCT) 15.59.

400 IH: 1. George Alexandris (FL) 55.78; 2. Robert Laing (KEN) 55.93; 3. Alex Ortega (NB) 57.42; 5. Kevin Serrao (BT) 58.01.

Shot put: 1. Sam Kaplan (RD) 52-3; 4. Robin Cepeda (PCT) 51-6 1/4; 5. Mark Ramsey (KEN) 51-3 1/4; 6. David Gaynor (PCT) 49-8 1/4.

Discus: 1. Serhly Kralka (BLM) 169-3; 2. Mark Ramsey (KEN) 155-10; 6. Robin Cepeda (PCT) 142-8.

Javelin: 1. Jose Mercado (PCT) 170-2; 4. Emmanuel Soriano (PCT) 163-11.

High jump: 1. Michael Cummings (H) 6-0; 2. Tyree Frazier (PCT) 5-10; 5. Michael Zeno (RW) 5-8; 6. Quat'ier Jackson (EAS) 5-8.

Long jump: 1. Quat'ier Jackson (EAS) 22-13 1/4; 2. George Alexandris (FL) 22-1; 3. Royce De Leon (CL) 21-0 1/4; 4. Robin Zhang (BT) 20-7 1/4; 5. Michael Cummings (H) 20-7 1/4.

Triple jump: 1. Franklin Adams (WO) 44-11; 3. Drew Lindsay (PCT) 44-3 1/4; 4.

Traville Curry (PCT) 43-3 1/4.

Pole vault: 1. Nicholas Patterson (MK) 14-0; 2. Dylan Downing (RW) 13-6; 3. Alan Wong (RW) 12-6; 5. Traville Curry (PCT) 11-6.

4-x-100 relay: 1. Ridgewood (Doohee Han, Jamal Locke, Kevin Chung, Jake Sabatini) 43.89; 3. Kennedy 44.83; 6. Eastside 45.69.

4-x-400 relay: 1. Ridgewood (Brian Collins, Storm Dublirer, Neil Schoff, Jake Sabatini) 3:25.59; 3. Kennedy 3:29.01; 4. Clifton 3:30.74.

4-x-800 relay: 1. Ridgewood (Nicholas Salamone, David Frereng, Michael Thurston, Luke Dublirer) 8:09.66; 2. Passaic Tech 8:13.64; 4. Clifton 8:17.99

NORTH NON-PUBLIC A

TEAM SCORES: 1. Union Catholic (UC) 150; 2. Don Bosco (DB) 85; 3. Pope John (PJ) 76; 4. Bergen Catholic (BC) 53; 5. Delbarton (DEL) 50; 6. Paramus Catholic (PC) 40; 7. Seton Hall (SH) 38; 8. St. Peter's (SP) 33; 9. St. Joseph (SJ) 16; 9. DePaul (DEP) 16.

100: 1. Jabrill Peppers (PC) 10.53; 2. Dalton Friend (DB) 10.89; 4. Kyle Ellerson (BC) 11.12.

200: 1. Jabrill Peppers (PC) 21.56; 3. Dalton Friend (DB) 22.45; 6. Wayne Gordon II (DB) 23.04.

400: 1. Taylor McLaughlin (UC) 49.03; 3. Joe White (DEP) 49.83; 4. Noah Lartigue (DB) 50.62; 6. Adam Armas (DB) 52.73.

800: 1. Joe White (DEP) 1:54.31; 3. Michael Higgins (DB) 1:55.53.

1,600: 1. Chris Hatler (PJ) 4:15.49; 2. Kyle Levermore (DB) 4:16.14; 3. Michael Higgins (DB) 4:20.42.

3,200: 1. Kyle Levermore (DB) 9:23.53; 2. Robert Townsend (DB) 9:34.53; 3. Michael Flanagan (DB) 9:39.34.

110 HH: 1. Christophe Scott (UC) 14.33.

400 IH: 1. Taylor McLaughlin (UC) 55.33.

Shot put: 1. Tommy Rhodes (DEL) 50-0 1/4; 2. Jack Lippin (BC) 48-9 1/4; 4. Garret Hessman (BC) 43-11 1/4; 6. Matthew Rogalski (DB) 42-10 1/4.

Discus: 1. Sean Brennan (UC) 153-11; 6. Garret Hessman (BC) 124-0.

Javelin: 1. Paul Sheridan (PC) 153-9; 2. DeShaun Morris (BC) 149-7; 3. Nick Regan (BC) 148-3; 6. Garret Hessman (BC) 143-2.

High jump: 1. Dwyer Eamonn (SP) 6-0.

Long jump: 1. Andrew Vittorlo (DEL) 20-5; 5. Phillip Ozuah (DB) 19-1.

Triple jump: 1. Andrew Ghizzone (UC) 41-7 1/4; 5. Phillip Ozuah (DB) 39-11 1/4.

Pole vault: 1. Mike Benz (DEL) 14-0; 4. (tie) Ted D'Amico (BC) 11-6.

4-x-100 relay: 1. Paramus Catholic (Wayne Ewers, Abdul Hassan-Neblett, Kristian Bautista, Jabrill Peppers) 43.20; 3. Don Bosco 43.84; 5. Bergen Catholic 45.25.

4-x-400 relay: 1. Union Catholic (Kenny Evely, Mike DeAngelis, Obafemi Animashaun, Jordan Jimerson) 3:25.27; 2. Bergen Catholic 3:26.80; 4. Don Bosco 3:27.51.

4-x-800 relay: 1. Pope John (Kevin Good, Steve Skydel, Sean Cobo, John Buck) 8:09.74; 2. Bergen Catholic 8:11.49; 3. Don Bosco 8:13.31.

North 2, Groups 1 and 2 and North Non-Public B will run at a later date.

State Sectional Championships
@ Randolph

May 24th and 25th

Friday:

400IH: B. Collins **60.29-10th**, N. Schoff **61.85** A. Armatas **65.45**

1600m: N. Salamone **4:27.75 – 2nd Place**, L. Dublirer **4:30.62 – 5th Place**, D. Frering **4:37.55-9th**

100m: J. Sabatini **11.25/11.19 – 1st Place** K. Chung **11.37/11.43 – 6th Place**

400m: S. Dublirer **50.01 – 3rd Place**, N. Schoff **52.42-11th**, B. Collins **52.89**

4x800m: N. Salamone **2:03.8**, D. Frering **2:03.5**, M. Thurston **2:00.3**, L. Dublirer **2:00.8**
8:09.66 – 1st Place

Triple Jump: J. Davila **39'10"** A. Punjabi **39'9 ¼"**, B. Joyner **38'6 ½"**

Discus: J. Barnett **137'5"-7th**, M. Antosiewicz **127'1"-11th**, A. Muller **116'4"**

High Jump: M. Zeno **5'8" – 5th Place**, N. Higgins **5'6"-tie 7th**, T. Garrity **5'6"-tie 7th**

Saturday:

110HH: K. Chung **15.19 / 15.28 – 3rd Place**, M. Zeno **15.75 / 16.13 – 9th**, E. Berry **16.08**

800m: S. Dublirer **1:58.05 – 2nd Place**, L. Dublirer **1:59.85 – 5th Place**, M. Thurston **2:02.71-9th**

3200m: D. Frering **9:42.40 – 2nd Place**, N. Salamone **9:46.64 – 3rd Place** G. Jones **10:02.22-10th**

4x100m: D. Han, J. Locke, K. Chung, J. Sabatini **43.89-1st Place**

200m: J. Sabatini **22.73 – 2nd Place**, D. Han **22.99 – 6th Place**

4x400m: B. Collins **50.9**, S. Dublirer **51.8**, N. Schoff **50.9**, J. Sabatini **51.5 – 3:25.59 – 1st Place**

Shot Put: J. Barnett **45'5"-9th**, A. Muller **40'8 ¼"**, N. Discepolo **37'8"**

Pole Vault: D. Downing **13'6" – 2nd Place**, A. Wong **12'6" – 3rd Place**, S. Llerandi **11'0" – 8th tie**

Javelin: J. Locke **155'11"-7th** N. Higgins **130'1"**

Long Jump: B. Joyner **17'5 ½"**, J. Davila **17'3 ½"**, D. Barnes **16'9 ¾"**

Comments:

4 time state sectional champs!!!

1st team in RHS History to win: county relays, league, county and state sectional titles!!!!

Bergen County Meet of Champions
@ Hackensack

May 29th

Pole Vault:

Dylan Downing 13'6" – 3rd Place

Allan Wong 13'6" – 5th Place

Shot Put:

James Barnett 46'2 ¾"

Javelin:

Nick Higgins 159'7"

Jamal Locke 147'2"

110HH:

Michael Zeno 16.01 / 15.82 – 6th Place

1600m:

Bryan Clarendon 4:46.84

4x400m:

Brian Collins 51.3

Storm Dublirer 49.4

Neil Schoff 50.4

Jake Sabatini 50.8 3:22.07 – 3rd Place

NORTH 1, GROUP 4 BOYS TRACK & FIELD MEET

Four-peat's sake, RHS streak lives on

Maroons complete rare Quadruple Crown by winning fourth straight sectional championship

BY GREG TARTAGLIA
Assistant Sports Editor

Four is the Ridgewood High School boys track and field team's new favorite number.

Last Saturday in Randolph, the Maroons captured their fourth consecutive North 1, Group 4 state championship, becoming the first team in their section ever to "four-peat."

The 112-92 win over Passaic Tech also meant that RHS swept the championships at all four major meets in which it competed — the Bergen County Relays, Big North Freedom Division, Bergen County Group A and North 1, Group 4 — for the first time in program history.

"They laid their claim to be the best [boys track] team in Ridgewood High School history by winning those four meets," head coach Josh Saladino said of the 2013 Maroons. "It was our goal from the beginning of the season to win those four meets and they were conscious of it throughout the season. But one of the reasons why we had the success we did is, we were able to focus on the meet we were in."

Focus was tantamount last weekend amid unseasonably chilly and rainy conditions.

Junior Jake Sabatini exemplified that trait, competing in four events despite developing a sore ankle during the two-day meet. He won gold in the 100-meter dash in 11.19 seconds and silver in the 200 in 22.73 in addition to anchoring two relay squads to



PHOTO COURTESY OF JACOB BROWN

The Ridgewood High School boys track and field team celebrates in the rain after winning its fourth straight North 1, Group 4 state championship in Randolph last Saturday.

victory.

The sectional meet has long included the 4-x-400 relay as its ultimate event, and RHS completed its triumph with junior Brian Collins, seniors Storm Dublirer and Neil Schroff and Sabatini combining for a time of 3:25.59 to defeat Randolph by just over a second.

This year, for the first time, the 4-x-100 and 4-x-800 relays were added to the team competition on a trial basis, and Ridgewood capitalized by adding wins in both. Sabatini, senior Kevin Chung and juniors Doohee Han and Jamal Locke joined forces to claim the 4-x-100 gold in 43.89 seconds. Senior Nick Salamone, juniors David Fretting and Luke

Dublirer and freshman Michael Thurston clocked a combined 8:09.66 to win the 4-x-800 on Friday evening.

"As we showed at County Relays, we have so much depth," Sabatini said, "and [the extra relays] just helped us that much more."

Salamone and Storm Dublirer each picked up a silver and a bronze medal as well. The Marist-bound Salamone ran second in the 1,600 meters (4:27.75) and third in the 3,200 (9:46.64), combining with junior David Fretting (9:42.40) for a 2-3 Ridgewood finish in the latter.

Dublirer, who is headed to UPenn, finished second in the 800 (1:58.05) and third in the 400 (50.01). Now in his third year on

varsity, he reflected on seeing his team bring home a sectional title in each of his four years at RHS.

"It's definitely a special thing," he said. "Even as a freshman, when I wasn't competing at the actual state-sectional [meet], there was still a team atmosphere, and I still felt a part of it."

Dublirer's younger brother Luke placed fifth in both the 800 (1:59.85) and 1,600 (4:30.62) to gain valuable points for the team. Another new wrinkle the NJSIAA added to state-level competitions this year is that only the top two finishers in each of the four sections (North 1, North 2, Central and South) will be eligible for the team title at the State Group 4 finals, which are sched-

uled to run today and tomorrow in Egg Harbor. Previously, any school that sent at least one athlete to the group meet could earn team points — and potentially come away with the overall title if its one or two athletes stood out in multiple events.

"I love the new format, especially because it allows a lot more guys to come down to groups with us," Storm Dublirer said. "Those guys who also finished 7 through 12 [at sectionals] are coming down, and instead of this more individual feel, you have that team atmosphere. You're competing for more than just yourself."

Email: tartaglia@northhersen.com

State Group IV Championship
@ Egg Harbor

May 31st – June 1st

Friday:

400IH:

B. Collins **59.14**

1600m:

L. Dublirer **4:25.31 – 1st Place**

N. Salamone **4:27.41 – 2nd Place**

D. Frering **4:28.67 – 3rd Place**

100m:

K. Chung **11.11 – 5th Place**

J. Sabatini **11.17 – 6th Place**

400m:

S. Dublirer **52.51**

N. Schoff **52.53**

4x800m:

N. Salamone **2:05.4**

D. Frering **2:02.9**

M. Thurston **2:01.3**

L. Dublirer **1:59.5** **8:09.30 – 3rd Place**

Discus:

J. Barnett **120'3"**

M. Antosiewicz **107'3"**

High Jump:

M. Zeno **6'0" – 4th Place**

T. Garrity **5'8"**

N. Higgins **5'8"**

Saturday:

110HH:

K. Chung **14.88 6th Place**

M. Zeno **15.68**

800m:

S. Dublirer **1:55.19 – 1st Place/ 3rd Place**

M. Thurston **2:02.98**

L. Dublirer **2:05.68**

3200m:

D. Frering **9:56.48 – 2nd Place**

N. Salamone **9:58.06 – 3rd Place**

G. Jones **11:00.71**

4x100m:

D. Han, J. Locke, K. Chung, J. Sabatini – **43.78 – 4th Place**

200m:

J. Sabatini **22.37 – 3rd Place / 5th Place**

D. Han **22.80**

4x400m:

B. Collins **51.3**

S. Dublirer **52.5 (trip)**

N. Schoff **51.5**

J. Sabatini **53.3 – 3:29.25**

Shot Put:

J. Barnett **46'5 3/4"**

Javelin:

J. Locke **160'9" – 1st Place**

Pole Vault:

D. Downing **13'6" – 1st Place / 4th Place**

A. Wong **12'0" – 5th Place (tie)**

Final Score:

South Brunswick	129
Ridgewood	93.5
Egg Harbor	89
Franklin	61
Eastern Regional	60.5
Trenton Central	60
Passaic Tech	49
Phillipsburg	13

Comments:

Some great performances and a lot of personal bests to finish our team competition portion of the season. We did not go down to Egg Harbor with any intention of losing so I know coming in second seems a disappointing end. I hope with time you can remember the terrific accomplishments of the season: the wins, the competing and the friendships. I'm proud of all of you for putting together such an impressive 2013 campaign. Best of luck to those going to SMOC and nationals.

State Meet of Champions
@ S. Plainfield

June 5th

4x100m:

D. Han, J. Locke, K. Chung, J. Sabatini – **43.34** - .1 off the school record. **Good race**

800m:

S. Dublirer – **2:02.63**

200m:

J. Sabatini – **22.53** – his 3rd best performance. **Good effort**

Pole Vault:

D. Downing – **14'0"** - ties his personal best!

Ridgewood Boys End of Season Awards

All-League

<u>Event</u>	<u>First Team</u>	<u>Second Team</u>
100m	Ken Clarke – Ramapo – 11	Doohee Han – Ridgewood - 11
200m	Jake Sabatini – Ridgewood – 11	Xavier Taylor – Ramapo - 11
400m	Storm Dublirer – Ridgewood – 12	Sean Etheridge – Ramapo - 12
800m	Michael Thurston – Ridgewood – 9	Luke Dublirer – Ridgewood - 11
1600m	Chris Mascetti – Hackensack – 11	David Frering – Ridgewood - 11
3200m	Nick Salamone – Ridgewood – 12	Bobby Corcoran – IH - 11
110HH	Kevin Chung – Ridgewood – 12	Nick Quinn – Hackensack - 12
400IH	Kevin Halloran – IH – 12	Jack Grueter – NH - 12
LJ	James Ortiz – Ramapo – 12	Mike Sommerville – NH – 11
TJ	Mike Menakis – NH – 12	Jason Katz – Ramapo – 10
HJ	Danny Thompson – IH – 12	Michael Cummings – Hack – 12
PV	Dylan Downing – Ridgewood – 12	Allan Wong – Ridgewood - 11
Shot Put	Alex Gulbenkian – Paramus – 12	James Barnett – Ridgewood – 12
Discus	Trevor Milo – Indian Hills -12	Dave Bonagura – Ramapo – 12
Javelin	Harry Sullivan – Ramapo – 12	Nick Higgins – Ridgewood - 11
4x400m:	Ramapo	Indian Hills

Nice work!! 12 of 30 individual spots in the league were locked up by
Ridgewood!!!!

Ridgewood Boys End of Season Awards

Second Team All-County:

Jake Sabatini – 200m

Dylan Downing – Pole Vault

Third Team All-County:

Storm Dublirer – 800m

Kevin Chung – 110HH

4x400m: Brian Collins, Storm Dublirer, Neil Schoff, Jake Sabatini

Bergen County Large Schools Team of the Year!!!

Ridgewood High School All-Time Top 10 List

<u>100m:</u>	<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>
10.90	Chris Zeigler	State Meet of Champs	2007
10.99	Dusty Thomas	BMOC	1998
11.05	Jake Sabatini	County Championship	2013
11.11	Kevin Chung	State Group IV	2013
11.11	Matt Beausoleil	State Sectionals	2011
10.8	Matt Krever	BMOC	1991
10.9	Dan Cooper	NNJIL Championship	2000
11.20	Max Witt	NNJIL Championship	2009
11.43	Doohee Han	County Championship	2013
11.2	Ted Winfield	NNJIL Championship	1997
<u>200m:</u>			
21.7 / 22.05	Chris Zeigler	County / SMOC	2007
22.15	Dusty Thomas	BMOC	1998
22.0	Mike Henderson		1961
22.32	Jake Sabatini	County Championship	2013
22.1	Tim Geckler	NNJIL Championship	1989
22.4	Matt Krever	NNJIL Championship	1991
22.77	InSoo Hwang	County Championship	2011
22.80	Doohee Han	State Group IV	2013
22.6	Max Witt	County Championship	2009
23.19	Kevin Chung	State Sectionals	2012
<u>400m:</u>			
48.7	Tim Geckler	NNJIL Championship	1989
49.41	Josh Kauke		1999
49.3	Jim Nepola		1970
49.57	Matt Grundy	State Sectionals	2010
49.4	Mike Henderson		1960
49.97	Juan Llinas	State Sectionals	2011
50.01	Storm Dublirer	State Sectionals	2013
50.10	Jon Riemer	State Group IV	2010
50.2	Dusty Thomas	County Championship	1998
50.4	Chris Perez	NNJIL Championship	2002
<u>800m:</u>			
1:50.19	Josh Kauke		2000
1:51.61	Chris Rae	Golden West	1987
1:53.4	Bob Keino	BMOC	1994
1:54.0	John Parisi		1983
1:54.31	Storm Dublirer	State Group IV	2012
1:54.31	Levi Jennings	State Group IV	2011
1:54.2	Tom Rae		1971
1:54.4	John Lander		1985
1:54.7	Byron Williams	Bernards Invite	2005
1:54.8	Niall Buckley	County Championship	2007
1:55.3	Chris Sullivan		1985
1:55.3	Eric Berntsen		1987

1600m:

4:09.35	Bob Keino	State Group IV	1994
4:11.9	Chris Sullivan		1985
4:12.0	Chris Rae		1987
4:12.71	Byron Williams	State Meet of Champs	2005
4:14.48	Levi Jennings	State Group IV	2011
4:15.4	Joe LeMay		1985
4:15.5	Ari Zamir	State Sectionals	2004
4:15.7	Eric Berntsen		1987
4:17.10	Michael Cator	BMOC	2006
4:17.1	Tom Tomai		1975
4:18.60	Patrick Rynkowski	State Sectionals	2011

3200m:

9:02.73	Bob Keino	Arcadia Invite	1993
9:05.7	Eric Berntsen		1987
9:08.82	Daniel Emont	State Meet of Champs	2007
9:08.91	Taro Shigenobu	State Meet of Champs	2009
9:12.8	Joe LeMay		1985
9:17.29	Eric Boucher	State Meet of Champs	1991
9:18.10	Ari Zamir	State Group IV	2004
9:18.65	Michael Cator	State Meet of Champs	2006
9:21.49	Travis Spicer	State Group IV	2012
9:22.4	Kevin McCabe		1987
9:24.9	Bruce Mason		1972
9:27.4	Ed Quinn		1976

110HH:

14.60	InSoo Hwang	County Championship	2011
14.68	Matt Beausoleil	State Meet of Champs	2011
14.4	Mike Rogers		1975
14.70	Steve Pawlowski		2001
14.5	Jeff Lane		1975
14.5	Rich Wankmuller		1976
14.75	Akira Monri	State Sectionals	2008
14.88	Kevin Chung	State Group IV	2013
15.01	Edward Blair IV	County Championship	2010
15.30	Steve Robinson	BMOC	1998

400 IH:

53.64	InSoo Hwang	State Meet of Champs	2010
53.9	John Parisi		1983
54.7	Dave Shultz		1987
55.2	Niall Buckely	County Championship	2007
55.4	Tim Kelley		1982
55.8	Dave Warton	County Championship	1998
56.59	Akira Monri	Penn Relays	2008
56.7	Josh Saladino	County Championship	1995
56.8	Jason Lahita	NNJIL Championship	1993
57.2	Greg Corcoran	State Sectionals	2003

200m splits:

21.5	Chris Zeigler	East Coast Relays	2007
21.8	Dusty Thomas	County Relays	1998
22.2	Tim Geckler	County Relays	1989
22.3	Jake Sabatini	County Relays	2013

400m splits:

48.0	Tim Geckler	NNJIL Championship	1989
48.6	Matt Grundy	State Meet of Champs	2010
48.9	Niall Buckley	BMOG	2007
49.18	InSoo Hwang	NB Outdoor Nationals	2011
49.4 (leadoff)	Jon Riemer	State Meet of Champs	2010
49.4	Storm Dublirer	BMOG	2013
49.6	Neil Schoff	State Sectionals	2012
49.6	Chris Zeigler	Nike Outdoor Nationals	2007
49.7	Matt Krever	NNJIL Championship	1991
49.8	Juan Llinas	State Meet of Champs	2010

800m splits:

1:52.6	Bob Keino	Penn Relays	1993
1:53.5	Christian Trautwein	Nike Outdoor Nationals	2008
1:54.8	Niall Buckley	Nike Outdoor Nationals	2006
1:55.23	Juan Llinas	NB Outdoor Nationals	2011
1:55.3 (lead)	Storm Dublirer	East Coast Relays	2012
1:55.4	Levi Jennings	East Coast Relays	2012
1:55.6	Ari Zamir	East Coast Relays	2004
1:55.9	Byron Williams	County Relays	2005

1200m splits:

3:03.83	Levi Jennings	NB Outdoor Nationals	2011
3:03.7	Chris Sullivan	Penn Relays	1985
3:04.9	Byron Williams	Nike Outdoor Nationals	2006
3:06.0	Niall Buckley	Nike Outdoor Nationals	2007
3:08.6	Michael Cator	Nike Outdoor Nationals	2005
3:09.4	Andrew Fine	Penn Relays	2009
3:09.7	Bob Keino	Penn Relays	1992

1600m splits:

4:08.2	Bob Keino	Penn Relays	1993
4:15.3	Byron Williams	Nike Outdoor Nationals	2005
4:16.7	Michael Cator	Nike Outdoor Nationals	2006
4:17.4	Patrick Rynkowski	Arcadia Invitational	2011
4:18.5	Daniel Emont	Nike Outdoor Nationals	2007

Long Jump:

22'10"	Evan Bartlik	Big North Championship	2012
22'10"	Craig Halyard	Arcadia Invite	1989
21'11"	Gabriel Knutson	State Sectionals	2004
21'5 1/2"	Dusty Thomas	County Championship	1998
21'3"	Bernard Mann	NNJIL Championship	2003
20'10 1/4"	Andrew Dolgin	County Championship	1998
20'10"	T.J. Crocker	NNJIL Championship	1989
20'9"	Bill Brown	B-PL Championship	1952
20'9"	Young Hoe Koo	Frosh Championship	2010
20'5 3/4"	Doug Randolph	County Relays	1993
20'5 1/2"	Chris Hamlin	State Sectionals	1989

Triple Jump:

48'7"	Craig Halyard	Golden West	1989
46'3 1/2"	Evan Bartlik	County Championship	2012
45'8"	Gabriel Knutson	County Championship	2004
43'7"	Bernard Mann	NNJIL Championship	2003
42'10"	Akira Monri	State Sectionals	2007
42'5 1/2"	Andrew Dolgin	County Championship	1998
41'5 3/4"	Matt Beausoleil	County Relays	2011
41'3 1/4"	Armand Punjabi	County Relays	2013
41'1"	Tommy DeVita	County Relays	2010
40'10 1/2"	Yusik Choi	County Championship	1992

High Jump:

6'8"	Tommy DeVita	State Group IV	2010
6'7"	Pete Rutherford		1972
6'7"	Bernard Mann	Dual	2003
6'6"	Jim Davis	State Group IV	1995
6'6"	Evan Bartlik	BMOC	2011
6'2"	T.J. Crocker	NNJIL Championship	1989
6'2"	Fletcher Rosenbach	County Championship	1995
6'0"	Michael Zeno	State Group IV	2013
6'0"	Jeff Braden	County Championship	1997

Pole Vault:

15'1"	Gabriel Knutson	State Sectionals	2004
14'8"	Jacob Ricciardi	State Sectionals	2005
14'7"	Dan Cooper		2000
14'6"	Jon Wisener	East Coast Relays	2010
14'6"	Paul Kovach	BMOC	2006
14'0"	Dylan Downing	SMOC	2013
13'6"	John Boylan		1980
13'6"	Vahe Hagopian	State Group IV	1993
13'6"	James Norton	State Meet of Champs	2002
13'6"	Allan Wong	BMOC	2013

Shot Put:

54'11"	Eric Bryant		1980
51'9 3/4"	J.D. Murdock	County Relays	1997
51'1 1/2"	Kevin Strahle	BMOC	2002
50'5"	Patrick Rae	NNJIL Championship	1989
50'1"	Sam Horowitz	BMOC	1993
50' 1/4"	Anthony Balboa	BMOC	2012
49'4"	Kassim Dawson	BMOC	1993
48'11"	Torre Watson	State Sectionals	1991
48'10"	Steven Abdallah	Bernards Invite	2005
48'9"	James Barnett	Big North Championship	2013
48'8 1/4"	Ben Wilson	County Championship	2006

Discus:

163'1"	Jack Simmons	County Relays	2010
157'11"	John Marshall		1971
151'5"	J.D. Murdock	County Relays	1998
150'5"	Glenn Hansen	BMOC	1994
148'1"	James Barnett	County Championship	2013
147'1"	Gabriel Knutson	County Championship	2004
144'3"	Brian Zuccala	NNJIL Championship	1998
143'8"	Ramone Hache	State Group IV	1991
143'3"	Michael Mosticchio	State Sectionals	2008
143'1"	Patrick Rae	County Championship	1989
138'3"	Kassim Dawson	NNJIL Championship	1993

Javelin:

202'0"	Steve Pierce	State Meet of Champs	2006
177'8"	Adam Whitelaw	Bernards Invite	2003
170'5"	Nick Higgins	Big North Championship	2013
165'1"	Jamal Locke	County Championship	2013
161'3"	Mark Maniaci	NJTCC Championship	2010
159'8"	YoungHoe Koo	County Championship	2012
159'8"	Matt Beausoleil	State Sectionals	2011
154'3"	Anthony Halwagy	NNJIL Championship	2003
153'1"	James Barnett	County Relays	2013

Javelin (old jav - subtract 10%):

198'8"	J.D. Murdock	County Championship	1998
187'2"	John Grubb		2000
170'5"	Thibaut van Marke	Bernards Invite	1993
168'5"	Brian Zuccala	County Championship	1998
164'0"	Rod Budelman	Thunderbird Invite	1991

Ridgewood High School All-Time Top 10 Relays

	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>
4x100m:			
43.27	D. Han / J. Locke / K. Chung / J. Sabatini	E Coast Relays	2013
44.1	M. Witt / W. Jacoby / M. Grundy / I. Hwang	County Relays	2009
44.1	A. Monri / P. Nygaard / L. Chwe / C. Zeigler	County Relays	2007
44.2	J. Sabatini / J. Locke / T. Migliorelli / K. Chung	County Relays	2012
44.3	M. Krever / C. Halyard / T. Crocker / T. Geckler	Penn Relays	1989
44.96	J. Moody / A. Gelbaum / L. Chwe / C. Zeigler	Penn Relays	2006
45.2	S. Oh / L. Chwe / D. Engel / A. Gelbaum	Bernards Invite	2005
45.3	M. Grundy / E. Blair IV / K. Lai / J. Riemer	County Relays	2010
45.9	D. Cooper / D. Warton / S. Robinson / D. Thomas	Penn Relays	1998
46.59	M. DiMaulo / R. Genovese / F. Rosenbach / J. Saladino	Penn Relays	1995
4x200m:			
1:31.4	D. Han / T. Migliorelli / J. Locke / J. Sabatini	County Relays	2013
1:31.72	J. Sabatini / N. Schoff / E. Bartlik / K. Chung	E Coast Relays	2012
1:31.83	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	E Coast Relays	2007
1:31.9	C. DiPasquale / A. Dolgin / S. Pawlowski / D. Cooper		2000
1:32.5	C. Hamlin / C. Halyard / T. Crocker / T. Geckler	County Relays	1989
1:33.2	M. Grundy / W. Jacoby / L. Pietrantuono / M. Witt	County Relays	2009
1:33.9	A. Monri / M. Witt / I. Hwang / C. Trautwein	County Relays	2008
1:33.9	J. Moody / Z. Ontiveros / A. Monri / C. Zeigler	County Relays	2006
1:34.1	M. Grundy / M. Beausoleil / K. Lai / J. Riemer	County Relays	2010
1:34.2	J. Sabatini / J. Llinas / N. Tai / K. Chung	County Relays	2011
4x400m:			
3:16.91	J. Riemer / I. Hwang / J. Llinas / M. Grundy	SMOC	2010
3:19.25	Pierson / C. Halyard / T. Geckler / Ellinghaus	State MOC	1988
3:20.72	A. Monri / C. Zeigler / C. Trautwein / N. Buckley	BMOC	2007
3:22.07	B. Collins / S. Dublirer / N. Schoff / J. Sabatini	BMOC	2013
3:22?			2000
3:22.96	S. Dublirer / E. Bartlik / B. Collins / N. Schoff	State Sectionals	2012
3:25.15	N. Buckley / Z. Ontiveros / J. Schmidt / C. Zeigler	BMOC	2006
3:25.50	A. Dolgin / D. Warton / J. O'Neill / D. Thomas	BMOC	1998
3:26.18	J. Riemer / N. Schoff / N. Tai / J. Llinas	League Champs	2011
3:26.5	B. Dougherty / C. Halyard / M. Giffuni / T. Geckler	BMOC	1989
4x800m:			
7:48.9	D. Shultz / Williams / E. Berntsen / C. Rae		1987
7:52.05	B. Williams / M. Cator / E. Nygaard / A. Zamir	East Coast Rel	2004
7:53.49	N. Salamone / D. Frering / L. Dublirer / S. Dublirer	Arcadia Invite	2013
7:55.55	S. Dublirer / B. Collins / T. Spicer / L. Jennings	East Coast Rel	2012
7:57.9			1972
7:58.1			1976
8:01.10	S. Alsaïdi / R. Cleary / T. Cotton / B. Keino	Penn Relays	1993
8:02.57	J. Saladino / R. Cleary / B. Palatucci / B. Keino	Penn Relays	1994
8:05.3	J. Fronefield / S. Alsaïdi / D. Connors / B. Keino	Penn Relays	1992
8:05.5	E. Boucher / W. McCann / D. Connors / D. Culver	Penn Relays	1991

4x1600m:

17:52.8	J. LeMay / C. Rae / Lander / C. Sullivan		1985
17:55.34*	M. Cator / B. Williams / E. Nygaard / A. Zamir	National Champs	2004
18:01.36*	P. Rynkowski / S. Spreitzer / L. Jennings / B. Cleary	National Champs	2010
18:02.4	D. Emont / M. Cator / J. Garber / B. Williams	County Relays	2006
18:02.96	A. Fine / S. Martyn / B. Cleary / T. Shigenobu	East Coast Rel	2009
18:08.3	S. Dublirer / N. Salamone / T. Spicer / L. Jennings	County Relays	2012
18:12.6	L. Jennings / W. Ades / M. Eid / P. Rynkowski	County Relays	2011
18:13.8	S. Alsaïdi / T. Ricart / T. Cotton / B. Keino	County Relays	1993
18:17.9	M. Thurston / N. Salamone / S. Dublirer / D. Frering	County Relays	2013
18:21.4	M. Cator / D. Emont / B. Williams / J. Pfeiffer	County Relays	2005

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

3:27.58	D. Cooper / S. Pawlowski / A. Dolgin / J. Kauke	National Champs	2000
3:29.6			1987
3:30.39	P. Nygaard / I. Hwang / A. Monri / C. Trautwein	National Champs	2008
3:30.84	A. Monri / Z. Ontiveros / C. Zeigler / N. Buckley	National Champs	2007
3:31.36			1999
3:33.3			1975
3:33.5	J. Sabatini / D. Han / N. Schoff / L. Jennings	County Relays	2012
3:35.1			1971
3:35.3	D. Han / J. Sabatini / T. Migliorelli / S. Dublirer	County Relays	2013
3:35.86	M. Beausoleil / N. Schoff / J. Llinas / L. Jennings	National Champs	2011

Distance Medley:

10:06.36	L. Jennings / I. Hwang / J. Llinas / P. Rynkowski	National Champs	2011
10:06.57	B. Williams / C. Zeigler / N. Buckley / M. Cator	National Champs	2006
10:07.97	N. Buckley / C. Zeigler / C. Trautwein / D. Emont	National Champs	2007
10:11.1	C. Sullivan / Caminiti / Lander / J. LeMay	Penn Relays	1985
10:13.79	M. Cator / J. Schmidt / N. Buckley / B. Williams	National Champs	2005
10:16.2			1987
10:22.36	T. Cotton / J. Lahita / S. Alsaïdi / B. Keino	Penn Relays	1993
10:23.25	A. Fine / I. Hwang / B. Cleary / T. Shigenobu	Penn Relays	2009
10:24.24	L. Jennings / N. Schoff / S. Dublirer / T. Spicer	Arcadia Invite	2012
10:24.25	N. Salamone / J. Sabatini / S. Dublirer / D. Frering	Arcadia Invite	2013
10:29.67	E. Nygaard / N. Buckley / B. Williams / M. Cator	National Champs	2004
10:30.49	B. Keino / D. Connors / S. Alsaïdi / J. Fronefield	Penn Relays	1992

Shuttle Hurdles:

59.2			1972
61.0	E. Blair IV / S. Mattson / M. Beausoleil / I. Hwang	County Relays	2010
63.2	Muth / R. Wankmuller / J. Lane / M. Rogers		1975
64.1	M. Zeno / E. Berry / A. Armatas / K. Chung	Comet Relays	2013
64.27	J. Moody / J. Nagano-Gerace / S. Pierce / A. Monri	E. Coast Relays	2006
64.9	J. Davis / J. Braden / J. Hu / F. Rosenbach	County Relays	1995
65.2	E. Bartlik / K. Chung / J. Knight / M. Beausoleil	County Relays	2011
68.2	P. Nygaard / A. Mandarano / T. DeVita / A. Monri	County Relays	2008
68.2	P. Nygaard / L. Chwe / Z. Ontiveros / A. Monri	Comet Relays	2007
68.2	D. Warton / C. Rogers / J. Roth / S. Robinson	County Relays	1998
68.4	T. DeVita / S. Mattson / M. Beausoleil / E. Blair	County Relays	2009
68.5	B. Joyner / M. Zeno / J. Knight / K. Chung	County Relays	2012

3x400 IH:

2:50.9	T. Kelley / J. Parisi / Buckley		1982
2:53.0	N. Buckley / A. Monri / Z. Ontiveros	County Relays	2007
2:55.1	I. Hwang / S. Mattson / E. Blair IV	County Relays	2010
2:55.1	N. Buckley / S. Pierce / J. Nagano-Gerace	County Relays	2006
2:56.9	N. Schoff / B. Collins / A. Armatas	County Relays	2013
2:58.1	N. Buckley / J. Nagano-Gerace / S. Pierce	County Relays	2005
2:58.9	N. Schoff / J. Knight / B. Collins	County Relays	2012
2:59.8	A. Monri / P. Nygaard / I. Hwang	County Relays	2008
3:00.1	D. Warton / S. Robinson / C. Rogers	Engelwood Rel	1998
3:01.7	C. Perez / J. Norton / G. Corcoran	County Relays	2002

3XLJ:

60'3 3/4"	C. Halyard / T. Crocker / Pierson		1988
60'2 1/2"			1970
59'10 1/2"	C. Halyard / T. Crocker / C. Hamlin	County Relays	1989
58'1"	E. Bartlik / M. Beausoleil / Y. Koo	County Relays	2011
58' 3/4"	E. Bartlik / Y. Koo / H. Park	County Relays	2012
56'9 3/4"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
55'11"	G. Knutson / H. Smith / K. Wanchoo	County Relays	2004
55'10 1/2"	P. Kovach / B. Clementi / A. Monri	County Relays	2006
55'9 3/4"	D. Randolph / S. Aps / T. van Marke	County Relays	1993
55'6"	B. Mann / G. Knutson / K. Wanchoo	County Relays	2003

3xTJ:

125'10 1/4"	C. Halyard / T. Geckler / J. Chang	County Relays	1989
125'3 3/4"	E. Bartlik / M. Beausoleil / Y. Koo	County Relays	2011
123'11 3/4"	E. Bartlik / J. Knight / Y. Koo	County Relays	2012
121'5 1/2"	T. DeVita / Y. Koo / E. Bartlik	County Relays	2010
120'4 1/2"	G. Knutson / H. Smith / B. Clementi	County Relays	2004
119'1"	B. Mann / G. Knutson / K. Wanchoo	County Relays	2003
118'1 1/4"	A. Monri / L. Chwe / P. Nygaard	County Relays	2007
117'1 1/2"	A. Punjabi / E. Berry / B. Joyner	County Relays	2013
116'8"	A. Dolgin / S. Robinson / D. Warton	County Relays	1998
115'1 3/4"	B. Clementi / S. Oh / J. Moody	County Relays	2005
114'11 3/4"	T. Winfield / A. Dolgin / S. Robinson	County Relays	1997

3xHJ:

18'2"	T. DeVita / E. Bartlik / Y. Koo	County Relays	2010
17'8"	E. Bartlik / Y. Koo / J. Knight	County Relays	2012
17'6"	J. Davis / F. Rosenbach / J. Braden	Pawlowski Rel	1995
17'2"	E. Bartlik / Y. Koo / J. Knight	Pawlowski Rel	2011
17'1"	B. Mann / H. Smith / K. Engelken	Pawlowski Rel	2002
16'10"	B. Mann / K. Engelken / G. Knutson	County Relays	2003
16'9"	F. Rosenbach / J. Davis / J. Braden	Pawlowski Rel	1994
16'9"	S. Robinson / B. Reese / J. Roth	Pawlowski Rel	1998
16'8"	J. Braden / S. Robinson / W. Byren	County Relays	1996
16'6"	T. DeVita / M. Beausoleil / M. Levitsky	County Relays	2009

3xPV:

38'0"	G. Knutson / J. Riccairdi / C. Jensen	County Relays	2004
35'0"	D. Downing / A. Wong / P. Morgan	County Relays	2013
34'0"	A. Wong / D. Downing / P. Morgan	County Relays	2012
34'0"	J. Wisener / M. Witt / A. Gramaglia	County Relays	2009
34'0"			1976
33'0"	J. Wisener / A. Gramaglia / T. DeVita	County Relays	2010
32'6"	D. Warton / D. Cooper / C. Rogers	County Relays	1998
32'0"	M. Witt / N. Stitt / J. Wisener	County Relays	2008
31'6"	J. Norton / J. Riccairdi / G. Knutson	County Relays	2002

3XShot:

146'8 1/2"	Pfund / Gautier / Laborde		1983
132'5 1/2"	B. Zuccala / J. Murdock / T. Zurla	County Relays	1998
130'7 3/4"	S. Horowitz / K. Dawson / A. Greico	County Relays	1993
130'3 1/4"	B. Wilson / M. Mosticchio / N. Dawson	County Relays	2006
129'3"	J. Barnett / A. Muller / N. Discepolo	County Relays	2013
129'3"	S. Abdallah / M. Flicker / B. Mercer	County Relays	2004
129'0"	J. Murdock / T. Zurla / F. Lockwood	Pawlowski Rel	1998
128'7 1/2"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
127'3 1/2"	M. Picarelli / C. Van Cleve / T. Steiner	County Relays	1995
126'10"	J. Simmons / S. Etna / A. Balboa	Pawlowski Rel	2010

3xDisc:

422'8"			1971
395'7"	J. Barnett / M. Antosiewicz / A. Muller	County Relays	2013
387'3"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
381'6"	J. Simmons / S. Etna / M. Henni	County Relays	2010
377'7"	R. Hache / T. Watson / P. Beisler	County Relays	1991
372'2"	K. Strahle / S. Pskowski / C. Wolfstim	County Relays	2002
368'10"	M. Mosticchio / J. Simmons / T. Borgman	County Relays	2008
362'4"	K. Dawson / A. Greico / S. Horowitz	County Relays	1993
358'1"	S. Abdallah / B. Wilson / S. Pierce	County Relays	2005
352'11"	T. Li / D. Barry / C. Mala	County Relays	1995

3xJavelin:

452'11"	J. Barnett / N. Higgins / J. Locke	County Relays	2013
431'1"	S. Pierce / N. Ontiveros / A. Gelbaum	County Relays	2005
429'10"	S. Pierce / A. Gelbaum / T. Haase	County Relays	2006
419'0"	M. Maniaci / M. Beausoleil / E. Blair IV	County Relays	2010
412'6"	Y. Koo / N. Higgins / J. Barnett	County Relays	2012
393'3"	M. Beausoleil / J. Barnett / Y. Koo	County Relays	2011
390'8"	M. Maniaci / T. Zulauf / M. Beausoleil	County Relays	2009
388'10"	K. Flaherty / M. Mosticchio / M. Maniaci	County Relays	2008

3xJavelin (old jav - subtract 10%):

442'8"	J. Murdock / B. Zuccala / F. Lockwood	County Relays	1998
417'11"	J. Murdock / B. Zuccala / P. Hans	County Relays	1996
404'1"	M. Picarelli / J. Murdock / D. Barry	County Relays	1995

All-Decade Teams:

1990s

100m:

Dusty Thomas (1998) 10.99
Matt Krever (1991) 10.8
Ted Winfield (1997) 11.2

400m:

Dusty Thomas (1998) 50.2
Josh Saladino (1995) 51.2
Matt Krever (1991) 51.4

1600m:

Bob Keino (1994) 4:09.35
Eric Boucher (1991) 4:19.9

110HH:

Steve Robinson (1998) 15.30
Fletcher Rosenbach (1995) 15.3
Jim Davis (1995) 15.55

400m Splits:

Matt Krever (1991) 49.7
Dusty Thomas (1998) 50.0
Dave Warton (1998) 50.5
Josh Saladino (1995) 50.6

Long Jump:

Dusty Thomas (1998) 21'5 1/2"
Andrew Dolgin (1998) 20'10 1/4"
Doug Randolph (1993) 20'5 3/4"

High Jump:

Jim Davis (1995) 6'6"
Fletcher Rosenbach (1995) 6'2"
Jeff Braden (1997) 6'0"

Shot Put:

J.D. Murdoch (1997) 51'9 3/4"
Sam Horowitz (1993) 50'1"
Kassim Dawson (1993) 49'4"

Javelin:

J.D. Murdoch (1998) 198'8"
Thibaut van Marke (1993) 170'5"
Brian Zuccala (1998) 168'5"

200m:

Dusty Thomas (1998) 22.15
Matt Krever (1991) 22.4
Mike DiMauro (1995) 23.21

800m:

Bob Keino (1994) 1:53.4
Ryan Cleary (1995) 1:58.4

3200m:

Bob Keino (1993) 9:02.73
Eric Boucher (1991) 9:17.29

400IH:

Dave Warton (1998) 55.8
Josh Saladino (1995) 56.7
Jason Lahita (1993) 56.8

Other Splits:

Bob Keino (1993) 800m - 1:52.6
Bob Keino (1993) 1600m - 4:08.2

Triple Jump:

Andrew Dolgin (1998) 42'5 1/2"
Yusik Choi (1992) 40'10 1/2"
Ted Winfield (1997) 40'10"

Pole Vault:

Vahe Hagopian (1993) 13'6"
Dave Warton (1998) 13'0"
Jim Davis (1995) 12'6"
Mike Huang (1995) 12'6"

Discus:

J.D. Murdoch (1997) 151'5"
Glenn Hansen (1994) 150'5"
Brian Zuccala (1998) 144'3"

All-Decade Teams:

2000s:

100m:

Chris Zeigler (2007) 10.90
Dan Cooper (2000) 10.9
Max Witt (2009) 11.20

400m:

Josh Kauke (1999) 49.41
Chris Perez (2002) 50.4
Greg Corcoran (2003) 51.4

1600m:

Byron Williams (2005) 4:12.71
Ari Zamir (2004) 4:15.5
Michael Cator (2006) 4:17.10

110HH:

Steve Pawlowski (2001) 14.70
Akira Monri (2008) 14.75
John Moody (2006) 15.53
Peter Nygaard (2008) 15.53

400m Splits:

Niall Buckley (2007) 48.9
Chris Zeigler (2007) 49.6
Byron Williams (2005) 50.2
Akira Monri (2008) 50.6

Long Jump:

Gabe Knutson (2004) 21'11"
Bernard Mann (2003) 21'3"
Akira Monri (2007) 19'10"

High Jump:

Bernard Mann (2003) 6'7"

Shot Put:

Kevin Strahle (2001) 51'1 1/2"
Ben Wilson (2008) 48'8 1/4"
Adam Bair (2009) 48'7 1/4"

Javelin:

Steve Pierce (2006) 202'0"
Adam Whitelaw (2003) 177'8"
John Grubb (2000) 187'2" (old jav)

200m:

Chris Zeigler (2007) 22.07 / 21.7
Max Witt (2009) 22.6
Albert Gelbaum (2005) 23.2

800m:

Josh Kauke (2000) 1:50.19
Byron Williams (2005) 1:54.7
Niall Buckley (2007) 1:54.8

3200m:

Dan Emont (2007) 9:08.82
Taro Shigenobu (2009) 9:08.91
Ari Zamir (2004) 9:18.10

400IH:

Niall Buckley (2007) 55.2
Akira Monri (2008) 56.59
Greg Corcoran (2003) 57.2

Other Splits:

Christian Trautwein (2008) 800m - 1:53.5
Niall Buckley (2006) 800m - 1:54.8
Byron Williams (2006) 1200m - 3:04.6
Niall Buckley (2007) 1200m - 3:06.0
Byron Williams (2006) 1600m - 4:15.3
Michael Cator (2006) 1600m - 4:16.7

Triple Jump:

Gabe Knutson (2004) 45'8"
Bernard Mann (2003) 43'7"
Akira Monri (2007) 42'10"

Pole Vault:

Gabe Knutson (2004) 15'1"
Jacob Ricciardi (2005) 14'8"
Dan Cooper (2000) 14'7"

Discus:

Gabe Knutson (2004) 147'1"
Michael Mosticchio (2008) 143'3"
Chris Wolfstirn (2003) 136'2"

All-Decade Teams:

2010s:

100m:

Jake Sabatini (2013) 11.05
Kevin Chung (2013) 11.11
Matt Beausoleil (2011) 11.11

400m:

Matt Grundy (2010) 49.57
Juan Llinas (2011) 49.97
Storm Dublirer (2010) 50.01

1600m:

Levi Jennings (2011) 4:14.48
Patrick Rynkowski (2011) 4:18.60
Travis Spicer (2012) 4:24.50

110HH:

InSoo Hwang (2011) 14.60
Matt Beausoleil (2011) 14.69
Kevin Chung (2013) 14.88

400m Splits:

Matt Grundy (2010) 48.6
InSoo Hwang (2011) 49.18
Jon Riemer (2010) 49.4 (leadoff)
Storm Dublirer (2013) 49.4
Neil Schoff (2012) 49.6
Juan Llinas (2010) 49.8

Long Jump:

Evan Bartlik (2012) 22'10"
Young Hoe Koo (2010) 20'9"

High Jump:

Tommy Devita (2010) 6'8"
Evan Bartlik (2011) 6'6"
Mike Zeno (2013) 6'0"

Shot Put:

Anthony Balboa (2012) 50' 1/4"
James Barnett (2013) 48'9"
Jack Simmons (2010) 48'4"

Javelin:

Nick Higgins (2013) 170'5"
Jamal Locke (2013) 165'1"
Mark Maniaci (2010) 161'3"

200m:

Jake Sabatini (2013) 22.32
InSoo Hwang (2011) 22.77
Doohee Han (2013) 22.80

800m:

Levi Jennings (2011) 1:54.31
Storm Dublirer (2012) 1:54.31
Juan Llinas (2011) 1:56.01

3200m:

Travis Spicer (2012) 9:21.49
Levi Jennings (2011) 9:29.80
Patrick Rynkowski (2011) 9:30.14

400H:

InSoo Hwang (2010) 53.60
Neil Schoff (2013) 57.80
James Knight (2012) 58.08

Other Splits:

Juan Llinas (2011) 800: 1:55.23
Storm Dublirer (2012) 800: 1:55.3 (leadoff)
Levi Jennings (2012) 800: 1:55.4
Levi Jennings (2011) 1200: 3:03.83

Triple Jump:

Evan Bartlik (2012) 46'3 1/2"
Matt Beausoleil (2011) 41'5 3/4"
Armand Punjabi (2013) 41'3 1/4"

Pole Vault:

John Wisener (2010) 14'6"
Dylan Downing (2013) 14'0"
Allan Wong (2013) 13'6"

Discus:

Jack Simmons (2010) 163'1"
James Barnett (2013) 148'1"
Michael Antosiewicz (2013) 133'7"

<u>Year:</u>	<u>Dual Meets:</u>	<u>County Relays:</u>	<u>League:</u>	<u>County:</u>	<u>State Sectional:</u>	<u>State Group:</u>
1975			Champions	2nd Place	Champions	
1976				3rd Place		
1977						
1978						
1979						
1980				3rd Place		
1981				3rd Place		
1982		2nd Place		3rd Place		
1983				3rd Place	3rd Place	
1984		3rd Place		3rd Place	3rd Place	
1985		3rd Place	3rd Place	3rd Place	3rd Place	
1986						
1987		Champions	Champions	Champions	2nd Place	
1988		Champions		3rd Place		9th Place
1989	7-1	2nd Place	Champions	2nd Place	Champions	
1990		2nd Place				
1991	5-3	2nd Place	3rd Place	2nd Place	2nd Place	
1992	5-3	5th Place	2nd Place	2nd Place	5th Place	
1993	7-1	3rd Place (tie)	2nd Place	3rd Place	3rd Place	3rd Place
1994	7-1	4th Place	2nd Place	3rd Place	3rd Place	
1995	7-1	4th Place	Champions (tie)	2nd Place	5th Place	
1996	5-3	5th Place	3rd Place	5th Place	5th Place	

<u>Year:</u>	<u>Dual Meets:</u>	<u>County Relays:</u>	<u>League:</u>	<u>County:</u>	<u>State Sectional:</u>	<u>State Group:</u>
1997	8-0	6th Place	Champions	2nd Place	6th Place	
1998	8-0	3rd Place	Champions	2nd Place	2nd Place	
1999						
2000		2nd Place	3rd Place	3rd Place	2nd Place	
2001		3rd Place	Champions			
2002	6-2	3rd Place	Champions	4th Place	7th Place (tie)	
2003	5-1	3rd Place	Champions	Champions	Champions	6th Place
2004	6-0	3rd Place	Champions	2nd Place	Champions	5th Place
2005	8-0	Champions	Champions	Champions	2nd Place	8th Place
2006	8-0	Champions	Champions	2nd Place	3rd Place	2nd Place
2007	8-0	2nd Place	Champions	3rd Place	2nd Place	
2008	7-1	6th Place	Champions (tie)	8th Place	8th Place	
2009	8-0	2nd Place	Champions	2nd Place	4th Place	
2010	8-1	Champions	Champions	2nd Place	Champions	7th Place
2011	4-0	2nd Place	Champions	2nd Place	Champions	
2012	3-0-1	2nd Place	Champions	2nd Place	Champions	
2013	5-0	Champions	Champions	Champions	Champions	2nd Place