

Ridgewood Winter Track and Field

2012-2013

Championships and Awards

Championships:

Boys Big North Freedom Division: Runners-Up

Girls Big North Freedom Division: 3rd Place

Boys County Relays: Champions!!!

Girls County Relays: Runners-Up

Boys State Sectional: Champions!!!

Girls State Sectional: Champions!!!

Boys – Bergen County and North Jersey Team of the Year!!!

All County:

1st Team:

Boys 4x400: Teddy Migliorelli, Storm Dublirer, Neil Schoff, Jake Sabatini

Boys 4x800: Nick Salamone, Bryan Clarendon, Luke Dublirer, Storm Dublirer

Micaela McPadden: 400m

2nd Team:

Storm Dublirer – 600m

Kevin Chung – 55HH

Girls 4x800: Kelly Cleary, Laura Weisberger, Anna Caffrey, Micaela McPadden

3rd Team:

David Frering – 800m

Nick Salamone – 1600m

Dylan Downing – Pole Vault

Kelly Cleary – 3200m

Mimi DeVita – Pole Vault

Winter Track and Field 2012-2013

Chung, Kevin
Downing, Dylan
Dublirer, Storm
Kunz, Jimmy
O'Donnell, Michael
Park Sean
Salamone, Nick
Schoff, Neil
Simoncini, Andrew
Young, Vincent

Berry, Emmett
Boresta, Dom
Bosch, Reese
Choi, Yun
Clarendon, Bryan
Collins, Brian
Dublirer, Luke
Fischer, Robert
Frering, David
Han, Doohee
Jacobson, Robert
Llerandi, Spencer
Migliorelli, Teddy
Neville, Ryan
Sabatini, Jake
Wisener, Will
Wong, Allan
Zeno, Michael

Armatas, Alex
Badilla, Justin
Byrne, Jack
Calello, Sam
Chan, Brandon
Chaurasia, Akash
Grieger, Jack
Guo, Weijian
Ho, Scott
King, Sean
Li, Warren
Lim, Benjamin
Muchel, Tom
Norrell, Jonathan
O'Keefe, Sean
Punjabi, Armond
Ramirez, Andy
Sheu, Charles
Tamura, Kotaro
Wang, Jacky
Ward, Kai
Won, Kevin
Zhang, Brandon

Barnabic, Nick
Gilligan, Brad
Hadfield, Jack
Hartigan, Christian
Hughes, Brendan
Kim, Soloman
Larsson, Eric
Marshall, Kenneth
Rademacher, Madison
Rubin, Marc
Ward, Taku

Caffrey, Anna
Campbell, Courtney
DeVita, Mimi
McPadden, Micaela
Ramirez, Sirai
Toorend, Romy

Fishbein, Emily
Gammer, Katie
Mucchio, Amanda
Pillow, Charlotte
Simpson, Kylie
Weisberger, Laura

Cirillo, Katherine
Cirillo, Tara
Cleary, Kelly
Devera, Amanda
Felsenstein, Genevieve
Long, Jade
McKeon, Kate
Montgomery, Sophie
Pacelli, Olivia
Simoncini, Reid
Tai, Taylor

Kelley, Claire
Park, Isabel
Sherman, Anya
Reis, Vanessa
Tulsyani, Sonal

Coach Saladino
Coach Martin
Coach Martinez
Coach Opremcak

GIRLS INDOOR TRACK PREVIEW

Around the leagues

Runners to watch

Talasiah Balgoban, Teaneck, junior, jumps: A second team all North Jersey selection last year, she won the Bergen County high jump title and also won the Group 3 sectional title. She's ready to become one of the best in the state.

Nicole Buttel, Clifton, junior, pole vault/hurdles: An all-Passaic County choice last year, she won the Big North Liberty and Passaic meets in the pole vault and also had medals in major meet high jump and hurdles competitions.

Alexandra Cimino, Westwood, senior, hurdles/400: Missed much of last winter but finished strongly, winning the Bergen high hurdles title, and taking fifth in the State Group 1 race, earning second team all North Jersey honors. When healthy, she is one of the state's top athletes and could be a contender for the Group 2 title.

Taryn DeLeon, Old Tappan, junior, pentathlon: As a sophomore, DeLeon had an excellent indoor season, but really came into her own, winning the Bergen County pentathlon by more than 200 points, scoring 2,825 points, best ever by a Bergen sophomore. She hopes to advance to the state championship in the high jump this year and become the sixth Bergen girl over 3,000 points.

Mimi DeVita, Ridgewood, senior, pole vault/hurdles: An all-North Jersey selection last winter, she won the Bergen and Group 4 sectional champion and earned medals in the Eastern States and State Meet of Champions. Her personal best is 11-feet, 1-inch, fifth in Bergen history.

Breasha Morton, Passaic Tech, junior, hurdles/sprints/jumps: This should be a breakthrough year for Morton, the versatile all-North Jersey choice from last year. She had four wins in the Big North Liberty and Passaic County meets and won three sectional titles. This year she should move into the top echelon of hurdlers.

Gena Pickett, Mahwah, senior, hurdles/jumps: Another all-North Jersey selection last year, Pickett won three events in the Big North Patriot and took the Bergen triple jump. But it was her win in the Nike Indoor Nationals Emerging Elite division that really made everyone take notice. She ranks fifth indoors in Bergen history and shoots to become Bergen's second 40-footer.

Big North

FREEDOM

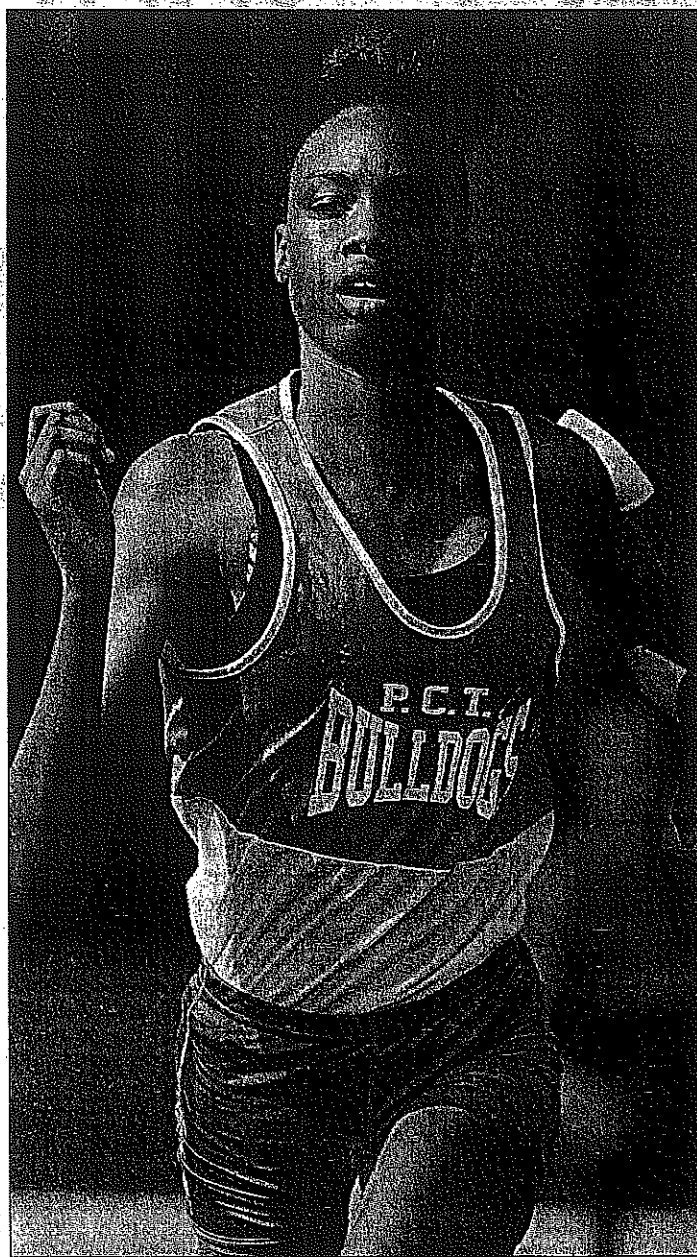
Hackensack returns seniors Priscilla Achirem (distance), Johana Castro (middle distance), Ariel Ivy (hurdles/jumps) and Jeny Perez (distance) and juniors Amber Redmond (jumps/sprints), Naomi Clarke (sprints), Kathryn Grant (middle distance) and Adriana Nunez (distance) and is solid in most events.

Indian Hills has weaknesses in the field but can do very well on the track with seniors Jamie Mangold (400-800), Hannah Rivas (hurdles/sprints), Liz Sidaros (sprints), Sydney Coughlin (middle distance), Nikki Felice (sprints) and Brianna Ward (distance) and juniors Krissie Gaffney (distance), Kelly Buccisano (middle distance) and Jenn Calabrese (sprints). Add freshman All-North Jersey cross-country performer Julia Guerra and the Braves also should have some great relays.

Northern Highlands would be one of the top teams in the area with only the seniors returning from last year's team, All-North Jersey cross-country star Ariana North, Emma Sullivan (sprints/middle distance), Remi Clarke (sprints), Ashley Demoleas (sprints), Neda Jamshidi-Azad (sprints/jumps), Christina Julian (sprints), Taylore Pook (middle distance) and Shannon Cosgriff (sprints). Throw in a very good underclass group led by junior Anna Richard (middle distance) and add all-North Jersey outdoor star Madison Holleran (middle distance), out for her first indoor season, and the season should be a blast.

Paramus returns senior Jolie Bartner (distance), juniors Lindsey Lucas (distance), Lauren Mihalik (distance),INDERPREET DHALIWAL (shot), Julia Castronovo (high jump), and sophs Erin Davis (distance) and Nicole Pituras (hurdles/jumps). This team needs a large group of sophomores to develop quickly.

Ridgewood has a new head coach, boys outdoor coach Josh Saladino, and a fine returning team, led by seniors Anna Caffrey (sprints), Shannon Cron (jumps), Mimi DeVita (pole vault), Lesley Jones (distance), Micaela McPadden (200-800/hurdles)



KEVIN R. WEXLER/STAFF PHOTOGRAPHER

Junior Breasha Morton, one of the top athletes in the state, hopes to lead Passaic County Tech to its third straight league and Passaic County titles.

Tenafly has a great senior class led by Lauren Bangug (sprints), Paige Leskin (distance), Jordan Meisel (jumps), Konstantina Kostara (hurdles), Joanna Harris (hurdles/pole vault), Diane Kim (hurdles) and Alana Bassen (shot) and add the Record's girls cross-country Runner of the Year in Josette Norris (distance).

AMERICAN

Cliffside Park has senior talent in Shannen Gallardo (distance), Shaneka Quavers (middle distance/sprints), Rosemar Ventura

(sprints), and Victoria Pesco (middle distance) the Rams have a good chance.

Westwood has some stars in seniors Alexandra Cimino (hurdles/sprints) and junior Corinne Myers (distance) and the usual supporting cast: seniors Julia Senkevich (mid distance), Victoria Hanna (distance), Kim Oppenheim (distance) and Nataly Brown (shot), juniors Kailee Oakes (shot) and Alesia Passaro (long sprints) and soph Emma Branschke

Taryn DeLeon, Old Tappan, junior, pentathlon: As a sophomore, DeLeon had an excellent indoor season, but really came into her own, winning the Bergen County pentathlon by more than 200 points, scoring 2,825 points, best ever by a Bergen sophomore. She hopes to advance to the state championship in the high jump this year and become the sixth Bergen girl over 3,000 points.

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Kelly Stimmel, DePaul, senior, hurdles/jumps: The multi-talented Stimmel had top-three finishes in the Passaic County long jump, high hurdles and triple jump and placed in the Big North United hurdles. She hopes to parlay her 2011-12 all-Passaic season into something bigger.

Emma Sullivan, Northern Highlands, senior, 55 to 800 meters: She was part of two straight Highlander undefeated state champion soccer teams and came out last winter to try to get a little quicker. After a successful first indoor season, which included a championship in the Big North National 55 meters and an even better spring, she's back and should be one of the top runners in the area.

Katie Vernon, Ramsey, senior, 55 to 600 meters: She's never been a spectacular runner, but Katie has gotten steadily better throughout her varsity career and even has developed into a solid runner on the Rams' North 1, Group 2 sectional champion cross-country team.

— Paul Schwartz

dle distance) and Jenn Calabrese (sprints). Add freshman All-North Jersey cross-country performer Julia Guerra and the Braves also should have some great relays.

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Ridgewood has a new head coach, boys outdoor coach Josh Saladino, and a fine returning team, led by seniors Anna Cafrey (sprints), Shannon Cron (jumps), Mimi DeVita (pole vault), Lesley Jones (distance), Micaela McPadden (200-800/hurdles) and Sirai Ramirez (hurdles), juniors Emily Fishbein (distance) and Laura Weisberger (distance) and of course, sophomore All-North Jersey cross-country star Catherine Pagano (distance).

NATIONAL

Demarest will try to win a third straight league title but has a small senior class led by Brittany Day (distance), Haley Hirsch (shot/sprints) and Katie Kupferschmidt (sprints/jumps). If juniors Kelsey Geisenheimer (distance), Sarah Hamlin (sprints/jumps) and Katie Hecker (sprints/jumps) and sophs Dani Trifoglio (hurdles/sprints), Christina Welzer (sprints/hurdles) and Rebecca Adams (hurdles/sprints) can improve, the Norsewomen could win again.

Old Tappan should be solid again behind seniors MinSoo Khang (sprints), Danielle Cytowicz (sprints), Angela Yang (distance) and Ellen Ubl (distance) and junior Taryn DeLeon (hurdles/jumps/pentathlon) and should get help from sophs Idalis Davis and Caitlin Ubl and junior Nicole Rizzo.



KEVIN R. WEXLER/STAFF PHOTOGRAPHER

Junior Breaisha Morton, one of the top athletes in the state, hopes to lead Passaic County Tech to its third straight league and Passaic County titles.

Tenafly has a great senior class led by Lauren Bangug (sprints), Paige Leskin (distance), Jordan Meisel (jumps), Konstantina Kostara (hurdles), Joanna Harris (hurdles/pole vault), Diane Kim (hurdles) and Alana Bassen (shot) and add the Record's girls cross-country Runner of the Year in Josette Norris (distance).

AMERICAN

Cliffside Park has senior talent in Shannen Gallardo (distance), Shaneka Quavers (middle distance/sprints), Rosemary Ventura (distance/middle distance) and Gabby DePena (distance). Junior Tereza Marshytl (sprints) also should contribute for the contending Red Raiders.

Dumont is also a contender with seniors Kerriane Conner (hurdles/jumps), Maya Chacko (distance) and Caroline Bezzubik (sprints) and juniors Kim Johnson (hurdles/jumps) and Kassie Reagan (distance).

Ridgefield Park also expects to be in contention led by seniors Merissa Muller (sprints/mid distance), and Abisola Adewolu (sprints), the return of senior Aliyah Moody (shot) who missed last year with injury, junior Enisa MrKulic (distance) and senior Miranda DeRobertis (pole vault).

PATRIOT

Ramsey hopes to defend its league title after winning the North 1, Group 2 championship. With seniors Katie Vernon (sprints), Kaitlyn Johnston (distances), Jenna Gravalis (hurdles) and Julia Bogaenko (pole vault) and juniors Kelly Redl (jumps/sprints), Kristen Webb

(sprints), and Victoria Pesco (middle distance) the Rams have a good chance.

Westwood has some stars in seniors Alexandra Cimino (hurdles/sprints) and junior Corinne Myers (distance) and the usual supporting cast: seniors Julia Senkevich (mid distance), Victoria Hanna (distance), Kiran Benheim (distance) and Nataly Brown (shot), juniors Kailee Oakes (shot) and Alesia Passaro (long sprints) and soph Emma Pranschke.

UNITED

DePaul should be much improved this year led by seniors Kelly Stimmel (jumps/hurdles) and Danielle Caruccio (sprints), junior Meagan McGourty (middle distance) and sophs Milena Hareza (distance) and Ivana Milojkovic (sprints).

Holy Angels again will be one of the area's top teams with senior leadership from All-North Jersey cross-country star Ashley Strysko (distance), Esther Michel (hurdles/jumps), Brianna Martinotti (distance) and Priscilla Branda (sprints). But the Angels also will get help from All-North Jersey cross-country standout, Jacqueline Correa (pole vault), and juniors Maggie Sheehan (800) and Gina Pusch (middle distance).

IHA is the defending Bergen County Relays champ, and with distance stars seniors Casey Devaney, Mikayla Dudas and Caroline Morano and soph Colleen Buckley, senior sprinter Jacky Feldman, jumper/hurdler juniors Shaye Wisse and Bridget McCo

BOYS INDOOR TRACK PREVIEW

Big North

FREEDOM

Hackensack is the defending large school Bergen Relays champion and could do it again with seniors Mike Cummings (hurdles/jumps/pole vault), James Henry (sprints/jumps), Mark Jones (hurdles/400), Jammel Stewart (shot), transfer Justin Wimberley (sprints), and Pablo Nieto (distance) and juniors Chris Mascetti (distance) and Tim Waanders (pole vault).

Indian Hills returns seniors Kevin Halloran (sprints/hurdles), Danny Thompson (jumps/300), Andy Kristofick and Will Plucinsky (long sprints), Trevor Mild (shot) and John Meyer (distance), and juniors Ryan Thompson (jumps/sprints), Chris Evans (distance), Keith Gandy (pole vault/sprints), Tom DiLandro (middle distance) and Brandon Rousseau (long sprints) and should be competitive.

Northern Highlands has a new indoor head coach, Tom Buono, and hopes to be competitive behind senior sprinters Cal Gilan, Troy Gilson, Mike Sommerville and John Hinchey, along with Quentin Harvell (distance).

All-North Jersey senior cross-country star Mike Secreti leads a rebuilding **Paramus** team that includes senior shot putter Alex Guilbenkian, senior sprinter Matt Schneider and junior distance runner Erik Helstrom.

Ridgewood has potential scorers in seniors Kevin Chung (sprints/hurdles), Bryan Daniels (distance), Dylan Downing (pole vault), Storm Dublirer (mid-distance), Neil Schoff (sprints) and Nick Salamone (distance) and juniors Bryan Clarendon (mid-distance), Brian Collins (400/800), David Firing (distance), Ryan Neville (distance), Jake Sabatini (sprints) and Allan Wong (pole vault).

NATIONAL

Old Tappan has a strong team led by seniors Won Jae Rho (sprints/jumps), Dan Farrell (mid-distance), Joe DelRio (long sprints), Vijay Kamath (distance), Jong Min Youn (shot), juniors Brendan Davidson (mid-distance) and Ian Clarke (distance) and sophomores Tyler Walsh (long sprints) and Tim Hoer (distance).

Tenafly is led by senior sprinter Hayden Lyons, Joe Lin (jumps), Will Lee (hurdles) and Kevin Lee

Westwood has some talent in seniors Campbell Zicchino (distance), jumpers Jaren Harrison and Anthony Catalano and sophomore Noah Osterhus.

UNITED

Bergen Catholic welcomes a new coach, Bill Magee, and has three fine seniors, All-Bergen cross-country runner Mike Whalen (distance), Teddy D'Amico (pole vault) and Jack Lippin (shot). D'Amico is back after losing last year to injury.

Senior sprinters Orlando Barker and Nick Mully lead an improving **DePaul** team that also returns juniors Joe White (sprints), James Barron (distance/hurdles), Shariq Marshall (sprints), Marc Wright (distance/hurdles) and Joel Hierro (sprints/hurdles). Sophomore Trevon Hennessy is promising.

Don Bosco is down a touch from its recent dominant teams, but still is one of the best teams in the area. Seniors Mike Flanagan (All-North Jersey cross-country standout), Noah Lartigue (long sprints), Chris D'Amico (shot) and Nick Lupano (pole vault) are good and Bosco has a fabulous junior class including All-North Jersey cross-country stars Kyle Levermore (North Jersey Runner of the Year), Mike Higgins, Rob Townsend, hurdler/jumper Joshua Floyd, sprinter Dalton Friend and 800 runner Schan Lartigue.

LIBERTY

Passaic Tech is the defending Passaic County and division champion and the Bulldogs have a great chance of winning both again. Seniors Robin Cepeda (shot), Zeke Fouad (distance), Nigel Burgess (middle distance) and Tyson Crandol (sprints/jumps) and sophomore Zaire Weaver (sprints/jumps) lead the team, with seniors Josh Butts (pole vault), Chris Barragan (shot) and Jesus Esquivel (distance) adding depth.

INDEPENDENCE

Lakeland has a large and talented team led by seniors Dave Shellhammer (sprints), Dan Vineis (hurdles/mid distance), Marc Fanella (distance), Tom Moore (distance), Joe Jordan (sprints/hurdles) and newcomer Kyle Allegrini (sprints/jumps) with junior Brandon Ortiz perhaps the best all-around athlete.

Passaic Valley might surprise with

(sprints/hurdles), Joe Sosa (shot), Ryan McIlhargy (pole vault/sprints), and Tom Derienzo (shot) lead **Park Ridge**.

Waldwick returns seniors Nick Oravetz (400) and Mike Archer (sprints/high jump).

— Paul Schwartz

Athletes to watch

Jessie Boria, Clifton, senior, 800 to 3,200 meters: A versatile distance runner, Boria was an All-Passaic all-around selection last season after placing in both 1,000 and 1,600 races at the Passaic County meet and the 1,000 and 3,200 at the Big North Liberty meet.

Michael Cummings, Hackensack, senior, pentathlon: He was second in the Bergen County pentathlon last winter, losing by just 16 points. But the multi-talented Cummings, who excels in the hurdles, long jump and high jump, was even better in the octathlon outdoors (the decathlon minus discus and pole vault), winning the New Balance Nationals title. He hopes to become just the sixth North Jersey athlete over 3,500 points in the pentathlon this winter.

Storm Dublirer, Ridgewood, senior, 800 to 1,600 meters: Dublirer didn't have much of an impact last winter, but burst into prominence with a terrific spring, including running a sizzling 1:54.31 and just missing a medal in the State Meet of Champions 800. A solid cross-country season should set him up well this winter.

Roland Gamez, Hasbrouck Heights, senior, hurdles and jumps: Gamez might have been the busiest athlete in the area last winter, winning the high jump and triple jump at the Bergen County meet. The first NJIC meet should be a showcase for him.

Eric Geider, Demarest, senior, pole vault: Only four vaulters in Bergen County history ever went higher indoors than Geider did last year (14-7) and the defending Bergen County champ, who medaled in Group 3, the State Meet of Champions and Eastern States, looks to be just the third area vaulter over 15 feet indoors.

Noah Lartigue, Don Bosco, senior, 300 to 800 meters: He could be the top long sprinter in the area this year. He was fourth

and John Hinchey, along with Quentin Harvell (distance).

All-North Jersey senior cross-country star Mike Secreti leads a rebuilding Paramus team that includes senior shot putter Alex Gulbenkian, senior sprinter Matt Schneider and junior distance runner Erik Helstrom.

Ridgewood has potential scorers in seniors Kevin Chung (sprints/hurdles), Bryan Daniels (distance), Dylan Downing (pole vault), Storm Dublirer (mid-distance), Neil Schoff (sprints) and Nick Salamone (distance) and juniors Bryan Clarendon (mid-distance), Brian Collins (400/800), David Freing (distance), Ryan Neville (distance), Jake Sabatini (sprints) and Allan Wong (pole vault).

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Tenafly is led by senior sprinter Hayden Lyons, Joe Lin (jumps), Will Lee (hurdles) and Kevin Lee (hurdles/pole vault) and cross-country ace Dylan Fearon, out for the first time as a senior.

AMERICAN

After a year's absence coaching basketball, Lindsey Reggo Ryan returns at **Cliffside Park** and has some good talent in seniors Samer Abulebda (distance), Chris Tortora (distance), junior Darren Fink (all-around) and sophomores Gary Polanco (sprints/jumps) and Adham Ziyaden (distance).

Dumont has a fine core of returning seniors. Mike Reidy (distance), Brandon Garcia (mid-distance), Joe Fredericks (distance), Dan Liso (mid-distance), Nick Foglio (distance), Darren Abinales (distance) and Kyle Arbadji (hurdles).

Ridgefield Park lost a lot to graduation, but retains its favorite status with a lot of returning talent, including seniors Stephan Pena (distance), Don Chisholm (sprints), Eric Delvescovo (shot), Mike Alberque (sprints) and Mike Holguin (sprints).

PATRIOT

Ramsey lost one of the state's top pole vaulters, Alex Albanese, to injury but still has a good core led by seniors Eric Erl (hurdles), Danny Dugan (distance), Nike Haas (distance), and juniors George Trival (jumps), Chris Cerf (hurdles) and Patrick Waters (distance).

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Passaic Valley might surprise with seniors Lou Caltagirone (shot), Jesse and Justin Rivera (distance), and juniors Paul Yun (sprints) and Josh Tedesco (all-around).

NJIC

Garfield is a young team with junior sprinters Eduardo Carillo and Eric Zuniga and sophomore Leofavio Nunes (jumps/hurdles).

Hasbrouck Heights has graduated a ton of talent in the last two years, but the cupboard is far from bare. The top indoor returnees are seniors Roland Gamez (jumps/hurdles), Anthony Seidel (shot, sprints), and AJ Traina (shots, sprints) and junior Rich Rodriguez (distance). It also adds new indoor athletes seniors Brandon Lomuti (sprints/jumps), Tom Hughes (pole vault/jumps), James Fitzsimmons (sprints) and junior Josh Paulino (sprints).

Midland Park has a solid unit with seniors Kyle Paladino (mid distance), Arie Zuidema (shot), Harrison DeKnight (jumps), Elias Makris (distances), Robert Greer (jumps), and sophomore Craig LiPuma (distance).

New Milford welcomes the creation of a league meet and hopes seniors Gadherr Gutiza, Eddie Lamatao, Tyler and Sean Ryan, Chris Whitaker and junior Jack Clarke can help it win that first title. Seniors Brian Kalafut (sprints/pentathlon), Jon Hodgins

come just the sixth North Jersey athlete over 3,500 points in the pentathlon this winter.

Storm Dublirer, Ridgewood, senior, 800 to 1,600 meters:

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Noah Lartigue, Don Bosco, senior, 300 to 800 meters:

He could be the top long sprinter in the area this year. He was fourth in Bergen County last year and was part of the state medal-winning Don Bosco 4-x-400 relay team.

Ben Malone, Pascack Valley, senior, 600 to 3,200 meters:

Hopefully fully recovered from his injury/illness issues that ruined his cross-country season, the defending National champion at 800 meters and state champion at 1,600, sets his sights on national indoor records at 800 and 1,000 meters.

Mark Ramsey, Kennedy, senior, shot put:

He had major victories in the Big North Independence, Passaic and Group 4 state sectional meets indoor last year, took fourth in Group 4 and 10th in the State Meet of Champions and should approach 60 feet by the end of the outdoor season.

Kevin Serrao, Bergen Tech, junior, 600 to 1,600 meters:

The 800 and 1,000 meters events appear to be the premier event locally this year and Serrao, still the youngster of the group, is well prepared for both.

Andrew Trumbetti, Demarest, junior, shot put:

The top sophomore indoor thrower in the nation last year, he hopes to become just the ninth Bergen thrower over 60 feet early this winter and build from there.

Spiked Shoe Invitational

December 17th

55m:

Boys:

Varsity: Neil Schoff **7.1**, Sean Park **7.1**, Dominic Boresta **7.0**, Jake Sabatini **6.7/6.8/6.6 – 3rd Place**

Novice: Benjamin Lim **7.6**, Yun Choi **7.4/7.3**, Robert Jacobson **7.1**, Charles Sheu **7.6**, Warren Li **7.7**, Scott Ho **7.1/7.0/7.0 – 7th Place**, Osman Vehra **7.7**, Sean King **7.6**, Weijian Guo **8.5**, Kevin Won **8.3**, Jimmie Kunz **7.1**, Zihong Zhang **8.4**, Andy Ramirez **7.7**, Jon Norrell **7.8**, J. Wang **7.7**, A. Punjabi **7.4**, R. Bosch **7.6/7.4**, A. Yoon **7.9**, J. Badilla **9.2**

Frosh: Taku Ward **9.5**, Erik Larsson **7.4/7.1/7.2 – 4th Place**, Jack Hadfield **8.0**, Marc Rubin **8.9**, Jimmy Conboy **10.3**

Girls:

Varsity: Amanda Mucchio **8.4**, Courtney Campbell **8.1**, Anna Caffrey **8.1**

Novice: Romy Toornend **9.6**, Amanda de Vera **8.9**, Reid Simoncini **8.1/8.0**

Frosh: Allia Jahanbin **9.7** Claire Kelley **8.3/8.0**, Isabel Park **8.3/8.2**

55HH:

Boys:

Novice: Kai Ward **11.2**, Emmett Berry **10.5**, Mike Zeno **8.9**

Girls:

Varsity: Micaela McPadden **9.9**, Mimi DeVita **10.4**, Sirai Ramirez **10.3**

Novice: Sophie Montgomery **11.5**, Katie McKeon **10.0 / 11.6 (fall)**

1600m:

Boys:

Varsity: Nick Salamone **4:30.4 – 1st Place**, David Frering **4:45.6** Bryan Clarendon **4:47.2**, Luke Dublirer **4:48.3**, Ryan Neville **4:53.3**,

Novice: Michael O'Donnell **4:59.7**, Robert Fischer **5:04.8**, S. O'Keefe **5:17.6**, Jack Byrne **5:29.2**, Brandon Chan **5:33.6**, Tom Muchel **5:38.4**, Akash Chaurasia **5:53.7**

Frosh: Kenneth Marshall **5:01.5 – 4th Place**, Christian Hartigan **5:39.3**, , Madison Rademacher **5:35.6**

Girls:

Varsity: Laura Weisberger **5:27.5**, Emily Fishbein **5:35.6**, Kelly Cleary **5:37.9**, Lesley Jones **6:15.9**

800m:

Boys:

Varsity: Storm Dublirer 2:01.1 – 1st Place

Novice: Andrew Simoncini **2:34.3**, Derrick Joseph **2:40.3**, Edward Taketomo **2:28.9**, J. Byrne **2:25.7**

Girls:

Varsity: Micaela McPadden 2:23.1 – 1st Place

Novice: Olivia Pacelli **3:11.1**, Genevieve Felsenstein **2:50.4**

Frosh: Leah Rosenfeld 2:36.8 – 3rd Place, Molly Knee **3:09.3**

200m:

Varsity: Neil Schoff **24.2**, Sean Park **25.6**, Dominic Boresta **24.4**, Jake Sabatini 23.1 – 6th Place

Novice: Yun Choi **27.0**, Warren Li **28.4**, Sean King **28.3**, Weijian Guo **26.9**, Kevin Won **26.8**,

Jimmie Kunz **27.0**, Justin Badilla **28.4**, Zihong Zhang **33.2**, Andy Ramirez **28.3**, Jon Norrell **25.8**, Kai Ward **26.9**, Vince Young **25.6**, J. Wang **28.1**, A. Simoncini **28.9**, A. Yoon **27.3**

Frosh: Taku Ward **37.1**, Erik Larsson **26.2**, Jack Hadfield **DQ**, Marc Rubin **28.1**, Jimmy Conboy **29.2**

Girls:

Varsity: Amanda Mucchio **32.2**, Courtney Campbell **28.9**, Anna Caffrey **29.2**, Sirai Ramirez **30.3**

Novice: Romy Toornend **35.7**, Amanda de Vera **32.2**, Reid Simoncini **29.5**, Katie McKeon **29.7**

Frosh: Allia Jahanbin **38.4**, Claire Kelley **30.2**, Isabel Park **30.4**

Long Jump:

Boys:

Varsity: Domenic Boresta **17'10"**, A. Punjabi **18' ½"**

Novice: Yun Cho **15'9"**, Robert Jacobson **17'2"**, Mike Zeno **16'7 ½"**, Jonathan Norrell **16'3"**

Kevin Won **16'5"**, Sean Park **F**

Girls:

Novice: Sophie Montgomery 13'8" – 6th Place, Reid Simoncini **13'3 ¾"**, Katie McKeon **13'6 ½"**

Triple Jump:

Boys:

Varsity: A. Punjabi **F**

Novice: Yun Choi **32'6 ½"**, Charles Sheu **30'9 ¾"**, Emmett Berry **32'7 ½"**, Kevin Won **33'7 ¾"**, Jonathan Norrell **31'6 ¾"**, Sean Park **34'10 ¾"**

Girls:

Varsity: Mimi DeVita

Novice: Reid Simoncini **13'3 ¾"**, Sophie Montgomery **13'8"**, Katie McKeon **13'6 ½"**

High Jump:

Boys: Robert Jacobson 5'2", Mike Zeno 5'6", Dominic Boresta 5'2"

Girls: Mimi DeVita 4'4" Sophie Montgomery 4'8"

Pole Vault:

Boys: Dylan Downing 13'0" – 4th Place, Allan Wong 12'0", Will Wisener 11'0", Spencer Llerandi 11'0"

Girls Mimi DeVita NH

Comments:

A good start to the meet. Anyone who placed in this meet should be commended as we competed against 34 other teams from NY and NJ! I think we all left feeling that we each had at least one area we can improve on before our next meet.

Mahwah's Ross starts off in style

NEW YORK — Mahwah junior Spencer Ross got the indoor season off to a terrific start Monday, with a personal best in the shot put at the Spiked Shoe Holiday Festival at the Armory Track Center.

Ross, whose indoor best last winter was 49 feet, 9 inches, added more than seven feet to that total with a 57-0½, in winning the shot put. Ross had thrown 55-5¾ last spring, but his prolific throw Monday boosted him into 20th place all time in Bergen County indoor history and is just three inches short of last season's North Jersey best thrown by Demarest junior Andrew Trumbetti.

Ross' throw was the highlight of a meet that brought more than 70 schools to the Armory, but it was far from the only excellent performance of the night.

Calvin Hartman of River Dell cleared 13-6 in the pole vault and Roland Gamez of Hasbrouck Heights leaped 21-5¾ in the long jump. Danny Thompson of Indian Hills and Brandon Jurasin of River Dell both cleared 6-4 for second in the high jump, and Ridgewood cross-country standouts Storm Dublirer (2 minutes, 1.1 seconds) and Nick Salamone (4:30.4) won the 800 and 1,600 runs.

INDOOR TRACK

In girls events, Westwood won the sprint medley in 4:21.5 and the 4-x-800 in 10:00.7 — both solid early-season times. All-North Jersey spring track star Alexandra Cimino, All-Bergen cross-country standout Corinne Myers and Julia Senkevich each took a leg in both races, with Senkevich running a speedy 2:23 800 split in the 4-x-800. Emma Pranschke and Alesia Passaro ran a leg in the sprint medley and the 4-x-800, respectively.

Individually, Micaela McPadden of Ridgewood ran 2:23.1 to win the 800. Sisters Catherine and Michelle Rozalski of Queen of Peace both cleared 10-9 to finish 1-2 in the pole vault, with Catherine winning on misses. Only six Bergen girls went higher.

Other strong performances included those of Amanda Simms of Teaneck, who took second in both the 55 dash and hurdles; Julia Guerra of Indian Hills, who made her indoor debut at 5:17.2; and Sarah Bright of Lakeland, who was third in the long jump at 16-5½.

— Paul Schwartz

INDOOR TRACK

SPIKED SHOE HOLIDAY FESTIVAL AT THE ARMORY TRACK CENTER

Boys

55: 1. Hayden Lyons, Tenafly, 6.4; 3. Jake Sabatini, Ridgewood, 6.6; 5. Luke Lyons, Westwood, 6.7; 6. Kevin Diana, West Milford, 6.7.

55 HH: 1. Wilfred Asamoah, Edison, 7.7; 2. Rolando Gamez, Hasbrouck Heights, 7.8; 4. Mike Cummings, Hackensack, 8.0; 5. Kevin Halloran, Indian Hills, 8.0; 6. Will Lee, Tenafly, 8.1.

200: 1. Jon Alkins, Eastchester (NY), 22.1; 6. tie between Lemar Thomas, Hackensack and Jake Sabatini, Ridgewood, 23.1.

800: 1. Storm Dublirer, Ridgewood, 2:01.1; 3. Kevin Serrao, Bergen Tech, 2:02.4; 6. Jessie Boria, Clifton, 2:03.5.

1,600: 1. Nick Salamone, Ridgewood, 4:30.4.

Shot put: 1. Spencer Ross, Mahwah, 57-0 1/2; 2. Jong Min Youn, Old Tappan, 51-6 1/2; 6. Anthony Tummino, River Dell, 44-10.

High jump: 1. Ian Kirk, Howell, 6-6; 2. tie between Danny Thompson, Indian Hills, and Brandon Jurasin, River Dell, 6-4; 4. Mike Sommerville, Northern Highlands, 6-0; 5. Mike Cummings, Hackensack, 6-0.

Long jump: 1. Roland Gamez, Hasbrouck Heights, 21-5 1/4; 2. Danny Thompson, Indian Hills, 21-1 3/4; 3. Kevin Diana, West Milford, 20-10 1/2; 4. James Henry, Hackensack, 20-7 3/4; 5. Lemar Thomas, Hackensack, 20-7 1/2.

Triple jump: 1. Christian DeSanctis, River Dell, 41-10 3/4; 2. George Trival, Ramsey, 41-8; 3. Tom Hughes, Hasbrouck Heights, 41-4 1/2; 4. Tim Bryant, Clifton, 40-7 1/2; 5. Eugene Park, Ramsey, 40-1; 6. Mike Sommerville, Northern Highlands, 40-0 1/2.

Pole vault: 1. Calvin Hartman, River Dell, 13-6;

2. Keith Gandy, Indian Hills, 13-0; 4. Dylan Downing, Ridgewood, 13-0.

4-x-400 relay: 1. Mt. St. Michael, 3:36.8; 5. Clifton, 3:45.8.

4-x-800 relay: 1. Hackensack, 8:35.1; 5. River Dell, 9:05.8.

Sprint medley relay: 1. Metuchen, 3:45.5; 5. Old Tappan, 3:50.3.

Girls

55: 1. Tatyana Butler, Edison, 7.5; 2. Amanda Simms, Teaneck, 7.7; 6. Ashley Jenq, Fort Lee, 7.8.

55 HH: 1. Shellasia Leitch, Weequahic, 8.6; 2. Amanda Simms, Teaneck, 8.8; 3. Alexandra Cimino, Westwood, 8.8.

200: 1. Brionna Pettus, Piscataway, 25.6; 4. Emma Sullivan, Northern Highlands, 27.0.

800: 1. Micaela McPadden, Ridgewood, 2:23.1; 1,600: 1. Amanda Ashe, East Meadow, 5:11.1;

4. Julia Guerra, Indian Hills, 5:17.2.

Shot put: 1. Essence Underwood, Newark Tech, 37-6; 2. Laura Oh, River Dell, 34-8; 6. Nataly Brown, Westwood, 30-5 1/2.

High jump: 1. Brionna Singleton, Newark Tech, 5-2; 6. Taryn DeLeon, Old Tappan, 4-10.

Long jump: 1. Christine Charles, Scotch Plains, 17-7; 3. Sarah Bright, Lakeland, 16-5 1/2.

Triple jump: 1. Gena Pickett, Mahwah, 36-1 1/2; 5. Allie Kornberger, Mahwah, 33-7 3/4.

Pole vault: 1. Catherine Rozalski, Queen of Peace, 10-9; 2. Michelle Rozalski, Queen of Peace, 10-9; 3. Haley Steele, West Milford, 10-0; 6. Bridget Brindley, River Dell, 9-6.

4-x-400 relay: 1. Metuchen, 4:18.1.

4-x-800 relay: 1. Westwood, 10:00.7; 3. River Dell, 10:14.8; 5. Hackensack, 10:50.1.

Sprint medley relay: 1. Westwood, 4:21.5; 2. Northern Highlands, 4:22.5; 4. River Dell, 4:28.7; 5. Indian Hills, 4:31.6.

North Jersey Invitational
@ FDU

January 7, 2013

55m:

J. Sabatini 6.7/6.7 D. Boresta 6.8/7.0 S. Park 7.3 R. Jacobson 7.4 D. Han 7.2

R. Simoncini 8.2 C. Campbell 8.1 A. Mucchio 8.4

55HH:

K. Chung 8.2/8.1 M. Zeno 9.0 A. Armatas 9.8 E. Berry 9.2 N. Schoff 9.7

M. McPadden 9.3/9.7 M. DeVita 9.8 / 10.3 S. Ramirez 10.2 K. McKeon 9.9
S. Montgomery 10.9

3200m:

N. Salamone 9:45.7 – 2nd Place R. Neville 10:26.3 D. Frering 10:26.6

L. Weisberger 12:02.6 – 3rd Place E. Fishbein 12:18.1 – 5th Place T. Cirillo 13:04.3

4x800m:

L. Dublirer 2:07.5, M. O'Donnell 2:14.6, R. Fischer 2:14.0, K. Tamura 2:12.7

8:49.2 – 2nd Place

K. Cirillo 2:40.9, A. Caffrey 2:37.1, K. Simpson 2:45.3, K. McKeon 2:49.7 10:53.6

600m:

T. Migliorelli 1:39.6 B. Clarendon 1:33.7 V. Young 1:38.6

M. McPadden 1:40.5 – 1st Place

1000m:

S. Dublirer 2:50.7 R. Neville 3:07.6

K. Cleary 3:18.1 – 4th Place L. Rosenfeld 3:26.5

300m:

J. Sabatini 38.3 – 3rd Place, D. Boresta 39.0, A. Armatas 40.2, D. Han 40.8, K. Chung 40.9,
S. Park 41.2, K. Ward 42.1

A. Mucchio 47.4, K. McKeon 48.9 R. Simoncini 50.3

1600m:

L. Dublirer 4:54.3, B. Clarendon 5:02.3 D. Frering 5:03.2

L. Weisberger 5:47.9 – 6th Place, E. Fishbein 6:00.2 T. Cirillo 6:14.3

4x400m:

N. Schoff 58.2 J. Sabatini 55.5 T. Migliorelli 57.2 S. Dublirer 53.9 3:44.8

A. Caffrey 67.1 L. Rosenfeld 68.5 K. Cleary 68.5 M. McPadden 60.1 4:24.3 – 6th Place

Girls Team Score:

Northern Highlands 55

Ridgewood 25

Holy Angles 24

IHA 17

Everyone else under 10 points

Boys Team Score:

Hackensack 40

Don Bosco 24

Ridgewood 22

Tenafly 22

PCT 17

All others under 15

Comments:

This meet had some ups and downs for us. Since this program's goal is to win championships we do have some work to do this week leading up to our league championship next Monday. That meet will provide us with an opportunity we don't want to miss. I look forward to seeing our progress and going after another team title next week.

Athletes of the Meet:

Micaela McPadden: Win in the 600 (1:40.5), anchor in 60.1 (4x400), good trial hurdles (8.3)

Jake Sabatini: Good 55s (6.7, 6.7), good 300m (38.3 for 3rd), and PR in 400m (55.5).

Both 4x800m teams – boys for 2nd, girls didn't place: all eight of these athletes *competed* hard and for the entire race. This is the type of effort we need to build on.

INDOOR TRACK

NORTH JERSEY INVITATIONALS

AT ROTHMAN CENTER, HACKENSACK

BOYS

TEAM SCORING DIVISION A: Hackensack (H) 40, Don Bosco (DB) 24, Ridgewood (Rw) and Tenafly (T) 22, Passaic Tech (PCT) 17, Kennedy (K) 14, Clifton (C) and Old Tappan (OT) 11, Bergen Tech (BT) and Pascack Valley (PV) 8, Passaic (P) 6, East Orange (EOC) 5, Eastside (E) 4, Northern Highlands (NH) 2, West Milford (WM) 1.

DIVISION B: Indian Hills (IH) 24, Ridgefield Park (RP) and Trinity Christian (TC) 20, St. Joseph (SJ) 10, Hasbrouck Heights (HH) 4, Ramsey (Rm) 4, Ramapo (Ra) 2.

55: 1. Sherman Alston (SJ), 6.5; 2. Hayden Lyons (T), 6.6; 3. Justin Wimberley (H), 6.6; 4. Lorenzo Burke (PCT), 6.7; 5. Ken Clarke (Ra), 6.8; 6. Wayne Gordon (DB), 6.9.

55 HH: 1. Mark Jones (H), 7.4; 2. Robert Laing (K), 7.6; 3. Kevin Halloran (IH), 7.8; 4. Roland Gamez (HH), 8.1; 5. Mike Cummings (H), 8.1; 6. Brandon Bennett (EOC), 8.3.

300: 1. Kevin Halloran (IH), 37.2; 2. Jaleel Felton (PV), 37.9; 3. Jake Sabatini (Rw), 38.3; 4. Joseph Taylor (EOC), 38.5; 5. Dylan Perez (RP), 38.6; 6. Sean Fanning (WM), 38.7.

600: 1. Noah Lartigue (DB), 1:27.5; 2. Nigel Burgess (PCT), 1:27.6; 3. Robert Laing (K), 1:28.3; 4. Aaron Torres (E), 1:29.5; 5. Jeremy Hernandez (C), 1:29.6; 6. Mike Cummings (H), 1:30.1.

1,000: 1. Josiah Hanko (TC), 2:41.4; 2. Kevin Serrao (BT), 2:44.1; 3. Stephen Pena (RP), 2:47.1; 4. Schan Lartigue (DB), 2:47.2; 5. Bobby Gonzalez (DB), 2:48.1; 6. Jesus Esquivel (PCT), 2:50.4.

1,600: 1. Chris Mascetti (H), 4:42.7; 2. Jeremy Hernandez (C), 4:44.2; 3. Stephen Pena (RP), 4:46.1; 4. Anthony Navarro (P), 4:46.4; 5. Nik Haas (Rm), 4:48.7; 6. Kevin Ramos (DB), 4:49.4.

3,200: 1. Josiah Hanko (TC), 9:43.4; 2. Nick Salamone (Rw), 9:45.7; 3. Chris Mascetti (H), 9:46.3; 4. Zak Fouad (PCT), 9:54.9; 5. Anthony Navarro (P), 9:57.5; 6. Justin Tanavan (C), 10:00.8.

4-x-400 relay: 1. Tenafly (Lyons, Lee, Lehman, Ono), 3:39.7; 2. Indian Hills, 3:40.3; 3. Ridgefield Park, 3:41.4; 4. Hackensack, 3:41.6; 5. Northern Highlands, 3:43.0; 6. Old Tappan, 3:43.2.

4-x-800 relay: 1. Old Tappan (Vijay Kamath, Tyler Walsh, Joe Del Rio, Kevin Lawlor), 8:48.1; 2. Ridgewood, 8:49.2; 3. Don Bosco, 8:52.9; 4. Tenafly, 8:53.0; 5. Ramsey, 8:54.6; 6. Hackensack, 8:54.9.

GIRLS

TEAM SCORING DIVISION A: Northern Highlands (NH) 55, Ridgewood (Rw) 25, Holy Angels (HA) 24, IHA 17, Clifton (C) and Hackensack (H) 6, Tenafly (T) 4, Passaic (P) and Old Tappan (OT) 2, Bergen Tech (BT), Pascack Valley (PV) and Wayne Valley (WV) 1.

DIVISION B: Ramsey (Rm) 26, River Dell (RD) 23, Ramapo (Ra) 17, Westwood (W) 15, Englewood (E) 14, Indian Hills (IH) 12, Pascack Hills (PH) 10, Dumont (DU) 8, Fort Lee (FL) 6, Rutherford (Ru) 4.

55: 1. Ayo O'uhuru (PH), 7.5; 2. Janienne Palmer (E), 7.5; 3. Ashley Jeng (FL), 7.5; 4. Emma Sullivan (NH), 7.6; 5. Jacky Feldman (IHA), 7.6; 6. Katie Murphy (Ra), 7.7.

55 HH: 1. Madison Holleran (NH), 9.0; 2. Shays Wisse (IHA), 9.3; 3. Kim Johnson (DU), 9.4; 4. Nicole Buttell (E), 9.5; 5. Kerianne Conner (DU), 9.6; 6. Noreen Byrne (RD), 10.0.

300: 1. Emma Sullivan (NH), 43.1; 2. Katie Vernon (Rm), 43.9; 3. Janienne Palmer (E), 44.0; 4. Kristen Webb (Rm), 44.8; 5. Claire Scavone (Rm), 44.8; 6. Alice Urbiel (PV), 45.1.

600: 1. Micaela McPadden (Rw), 1:40.5; 2. Beanna DiLandro (Ra), 1:42.1; 3. Kathryn Grant (H), 1:45.0; 4. Jamie Mangold (IH), 1:46.0; 5. Zantae Mouxzone (P), 1:46.5; 6. Anna Richard (NH), 1:47.7.

1,000: 1. Madison Holleran (NH), 3:14.6; 2. Paige Fernandez (RD), 3:17.9; 3. Colleen Buckley (IHA), 3:17.9; 4. Kelly Cleary (Rw), 3:18.1; 5. Suzie Abribat (Ra), 3:18.7; 6. Kylie McCavitt (IHA), 3:22.5.

1,600: 1. Ariana North (NH), 5:28.4; 2. Ashley Strysko (HA), 5:29.1; 3. Lydon Kersting (HA), 5:31.0; 4. Corinne Myers (W), 5:35.1; 5. Yuria Yuasa (C), 5:43.0; 6. Laura Weisberger (Rw), 5:47.9.

3,200: 1. Lydon Kersting (HA), 11:29.7; 2. Julia Guerra (IH), 11:46.2; 3. Laura Weisberger (Rw), 12:02.6; 4. Veronica Rocco (T), 12:14.0; 5. Emily Fishbein (Rw), 12:18.1; 6. Allison Fournier (WV), 12:28.1.

4-x-400 relay: 1. Northern Highlands (Carly Leipzig, Anna Richard, Madison Holleran, Emma Sullivan), 4:16.0; 2. River Dell, 4:17.5; 3. Ramsey, 4:19.8; 4. Ramapo, 4:20.0; 5. Westwood, 4:23.1; 6. Ridgewood, 4:24.3.

4-x-800 relay: 1. Westwood (Julia Senkevich, Alesia Passaro, Kim Oppenheim, Corinne Myers), 10:16.2; 2. Ramsey, 10:20.5; 3. River Dell, 10:30.1; 4. Rutherford, 10:32.7; 5. Old Tappan, 10:32.9; 6. Bergen Tech, 10:34.7.

RIDGEWOOD INDOOR TRACK

McPadden stars at first meet of '13

The Ridgewood High School indoor track and field teams opened 2013 with top-three finishes in the 32nd annual North Jersey Indoor Track Championships Monday at Fairleigh Dickinson University's Rothman Center in Hackensack.

The Maroon boys medaled in three events to score 22 points and tie Tenafly for third. Behind a gold medal from senior Micaela McPadden in the 600 meters, the RHS girls finished runner-up to Northern Highlands, 55-25.

McPadden clocked 1:40.5 to defeat Ramapo junior Deanna DiLandro by 1.6 seconds. She earned her second race victory of the season, adding to a win in the 800 meters at the Spiked Shoe Holiday Festival in New York City on Dec. 17.

Sophomore Kelly Cleary ran fourth in the North Jersey girls 1,000 meters, and she and McPadden teamed with Anna Caffrey and Leah Rosenfeld to take sixth in the 4 x 400 relay, while junior Laura Weisberger medaled in both the 1,600 (sixth) and 3,200 (third).

RHS senior Nick Salamone, who garnered gold in the Spiked Shoe boys 1,600, kicked off the new year with a silver medal in the North Jersey 3,200. Jake Sabatini earned individual bronze in the 300, and the Maroon boys added a silver in the 4 x 800 relay.

This weekend, Ridgewood will send a select number of athletes to the 44th annual Dartmouth Relays in Hanover, N.H. On Monday, the Maroons are

scheduled to compete in the Big North Championships at The Armory Track Center in Manhattan.

NORTH JERSEY INDOOR TRACK CHAMPIONSHIPS (JAN. 7 @ FDU)

BOYS RESULTS

TEAM SCORING: 1. Hackensack (H), 40; 2. Don Bosco (DB), 24; 3. RIDGEWOOD (RW) and Tenafly, 22.

300M: 1. Kevin Halloran (Indian Hills), 37.2; 3. Jake Sabatini (RW), 38.3.

3,200M: 1. Josiah Hanko (Trinity Christian), 9:43.4; 2. Nick Salamone (RW), 9:45.7.

4x800M Relay: 1. Old Tappan, 8:48.1; 2. RIDGEWOOD (Luke Dublirer, Michael O'Donnell, Robert Fischer, Kotaro Tamura), 8:49.2.

GIRLS RESULTS

TEAM SCORING: 1. Northern Highlands (NH), 55; 2. RIDGEWOOD (RW), 25; 3. Holy Angels (HA), 24.

600M: 1. Micaela McPadden (RW), 1:40.5; 2. Deanna DiLandro (Ramapo), 1:42.1.

1,000M: 1. Madison Holleran (NH), 3:14.6; 4. Kelly Cleary (RW), 3:18.1.

1,600M: 1. Ariana North (NH), 5:28.4; 6. Laura Weisberger (RW), 5:47.9.

3,200M: 1. Lydon Kersting (HA), 11:29.7; 3. Weisberger, 12:02.6; 5. Emily Fishbein (RW), 12:18.1.

4x400M Relay: 1. Northern Highlands, 4:16.0; 6. RIDGEWOOD (Anna Caffrey, Leah Rosenfeld, Cleary, McPadden), 4:24.3.

SOURCE: bergentrack.com

55m:

Novice Boys: Jonathan Norrell **6.9** Justin Badilla **8.0**, Weijian Guo **7.0** Yun Choi **7.3**, Benjamin Lim **7.8**, Andrew Simoncini **6.8**, Andy Ramirez **7.9**, Jacky Wang **7.9**, Jimmie Kunz **7.3**, Robert Jacobson **7.5**, Armand Punjabi **7.7**, Charles Sheu **7.9**, Sean King **8.0**, Scott Ho **7.3/7.1**, **7.4**
Sean Park **7.3/7.4**, Alex Armatas **7.3/7.1**, Reece Bosch **7.7**, Zihong Zhang **8.9**
Novice Girls: Romy Toorend **9.4**
Frosh Boys: Eric Larsson **7.4/7.4** Jack Hadfield **8.5**, Marc Rubin **7.9/7.7**, Solomon Kim **8.3**
Frosh Girls: Isabel Park **8.3/8.3/8.4 – 5th Place**, Claire Kelley **8.2**, Sonal Tulsyani **11.2**

55HH:

Novice Boys: Mike Zeno **8.8/8.8/8.6 – 1st Place**, Emmett Berry **8.8/8.9/10.2**
Novice Girls: Katie McKeon **9.9/9.7/9.6 – 2nd Place**, Sirai Ramirez **10.2/9.9/9.6 – 4th Place**,
Sophie Montgomery **10.6**

3200m:

Novice Boys: Sam Calello **11:17.6**

400m:

Novice Boys: Kai Ward **57.6** DooHee Han **60.0**, Jack Byrne **61.8** Andrew Simoncini **62.4**,
Novice Girls: Amanda DeVera

4x800m:

Novice Girls: Katie Gammer **3:03.6** Olivia Pacelli **3:11.5**, Genevieve Felsenstein **2:53.6**,
Charlotte Pillow **2:55.5** **12:05.1 – 5th Place**
Frosh Boys: Kenneth Marhsall **2:25.4**, Nick Barnabic **2:33.5**, Brendan Hughes **2:37.7**,
Madison Rademacher **2:37.4** **10:15.2 – 3rd Place**

1600m:

Novice Boys: Jack Byrne **5:20.6**, Brendan Chan **5:31.3**, Dom Borresta **5:36.3**, Tom Muchel **5:53.4**
Akash Chaurasia **6:20.1**
Novice Girls: Taylor Tai **6:18.6 – 3rd Place**,
Frosh Boys: Madison Rademacher **5:37.9**, Brad Gilligan **5:37.8**, Christian Hartigan **5:49.7**

200m:

Novice Boys: Jonathan Norrel **26.1**, Justin Badilla **28.5**, Jacky Wang **27.1**, Andy Ramirez **27.0**,
Chares Sheu **28.2**, Jimmie Kunz **26.2**, Benjamin Lim **28.2**, Weijian Guo **28.5**, Zihong Zhang **35.5**,
Sean King **29.2**, Scott Ho **25.9**, Warren Li **28.7**
Novice Girls: Amanda DeVera **31.5**, Katie McKeon **30.0**, Romy Toorend **34.2**, Sirai Ramirez **30.6**
Frosh Boys: Erik Larsson **26.2** Marc Rubin **27.8**, Jack Hadfield **29.4**
Frosh Girls: Isabel Park **30.3**, Claire Kelley **30.3**, Sonal Tulsyani **41.8**

800m:

Novice Boys: Brian Collins 2:18.1 – 5th Place, Emman Garcia 2:26.1, Jack Byrne 2:25.0, Jack Grieger 2:33.3, Andrew Simoncini 2:34.0

Novice Girls: Kylie Simpson 2:42.3 – 1st Place Katherine Cirillo 2:42.8 – 2nd Place

Frosh Boys: Kenneth Marshall 2:25.3 – 5th Tie, Brendan Hughes 2:32.5, Nick Barnabic 2:40.5

Frosh Girls: Anya Sherman 3:11.6

4x400m:

Novice Boys: K. Ward 58.1, D. Han 56.8, A. Punjabi 60.2, A. Armatas 55.9 3:50.8 – 2nd Place
R. Bosch 61.6, J. Byrne 64.6, J. Norrell 60.6, A. Simoncini 66.9 4:13.2

Frosh Boys: E. Larsson 62.2, M. Rubin 67.5, J. Hatfield 68.5, K. Mashall 60.5 4:18.8 – 2nd Place

Long Jump:

Novice Boys: A. Punjabi 16'9", S. Park 16'3", E. Berry 16'2", J. Kunz 15'11 ½" R. Jacobson 15'7 ½",
J. Norrell 15'2", C. Sheu 13'5"

Novice Girls: K. McKeon 15'2", S. Montgomery 14'9 ½", J. Long 13'4", R. Simoncini F

Frosh Boys: Solomon Kim 13'10",

Triple Jump:

Novice Boys: A. Punjabi 37'5 ¾" – 2nd Place, S. Park 35'6 ½", E. Berry 35'3", C. Sheu 30'8 ¼",
R. Jacobson F

Novice Girls: R. Simoncini 29'1 ½", K. McKeon 28'8 ½", J. Long 28'5 ½", S. Montgomery F

High Jump:

Novice Boys: Mike Zeno 5'4" 3rd Place, Robert Jacobson NH, Dom Barista NH

Novice Girls: Jade Long NH, Sophie Montgomery 4'10" – 1st Place

Pole Vault:

Novice Boys: Will Wisener 10'6" – 2nd Place

Novice Girls: Reid Simoncini 7'0" – tie 4th Place

Comments:

A pretty successful meet. We left the meet with a lot of hardware. There were 40 teams at this meet so if you place or won an event Congrats!

Athletes of the Meet:

Mike Zeno – won hurdles!

Sophie Montgomery – won HJ!

Kylie Simpson / Katherine Cirillo - we went 1-2 in the 800m!

Jack Byrne: 61.8 (400), 5:20.6 (1600), 2:25.0 (800), 64.6 (4x400): Great job competing!

Big North League Championship
@ NYC Armory

January 14, 2013

55m:

J. Sabatini 6.6/6.6 – 2nd Place D. Boresta 6.7/6.8 – 6th Place, K. Chung 6.8
M. McPadden 7.6 / 7.6 – 5th Place, C. Campbell 7.9, R. Simoncini 8.0

55HH:

K. Chung 7.9/7.9 – 3rd Place, M. Zeno 8.3, E. Berry 8.3
S. Ramirez 9.3/9.1 – 2nd Place, M. McPadden 9.4/9.2 – 4th Place, M. DeVita 9.5

3200m:

D. Frering 9:54.9 – 2nd Place, R. Neville 10:43.4
L. Weisberger 11:59.0 – 2nd Place, E. Fishbein 12:25.1 – 4th Place, T. Cirillo 13:04.1

4x800m:

K. Tamura 2:15.8, R. Fischer 2:13.6, M. O'Donnell 2:10.9, L. Dublirer 2:03.8 8:44.9 – 1st Place
K. Simpson 2:43.2, K. McKeon 2:41.8, S. Ramirez 2:37.1 K. Cirillo 2:36.9 10:39.7 – 2nd Place

800m:

S. Dublirer 2:02.0 – 1st Place, B. Clarendon 2:05.5 – 5th Place, B. Collins 2:09.6
K. Cleary 2:30.6 – 5th Place, A. Caffrey 2:32.7 – 6th Place

400m:

J. Sabatini 52.8 – 2nd Place, N. Schoff 53.4 – 3rd Place K. Chung 54.6 – 4th Place
M. McPadden 58.5 – 1st Place, A. Mucchio 64.4 – 6th Place

1600m:

N. Salamone 4:42.7 – 2nd Place, S. Dublirer 4:43.0 – 3rd Place, B. Clarendon 4:46.0 – 5th Place
K. Cleary 5:28.0 – 3rd Place, L. Weisberger 5:39.8 – 5th Place, E. Fishbein 5:47.3

4x400m:

N. Schoff 53.8 A. Armatas 55.5, T. Migliorelli 53.1 J. Sabatini 51.3 3:33.4 – 2nd Place
A. Caffrey 65.6, A. Mucchio 64.3, S. Ramirez 65.6, M. McPadden 58.9 4:14.3 – 1st Place

PV:

D. Downing 13'6" – 2nd Place, W. Wisener 10'6" – 4th Place, A. Wong NH
M. DeVita NH, R. Simoncini NH

LJ:

S. Park 17'6" A. Punjabi 17'4", E. Berry 16'10"
K. McKeon 14'9 ½" – 6th Place, R. Simoncini 14'9 ½" – 5th Place, S. Montgomery 13'5"

TJ:

A. Punjabi 37'10 ¼", E. Berry 36' ¼", S. Park 35'1 ½"
S. Montgomery 30'6 ¼" J. Long 30'1 ¼", K. McKeon 29'11 ¼"

HJ:

M. Zeno 5'8" – 3rd (tie), D. Boresta 5'4" – 6th, R. Jacobson NH
S. Montgomery 4'10" – 3rd Place, M. DeVita 4'6" – 5th Place, J. Long NH

Final Team Scores:

Boys:

Hackensack	135
Ridgewood	110
Indian Hills	69
Northern Highlands	31
Paramus	30
Ramapo	24

Girls:

Northern Highlands	105
Hackensack	82
Ridgewood	80
Ramapo	68
Indian Hills	35
Paramus	14

Comments:

Not much more to say then what we talked about after the meet. It was a good – maybe very good – team effort but Hackensack and Northern Highlands are the best teams in North Jersey. We need to be better than “very good” to win championships. I am confident we will get to that point. In addition – I was very proud of your response to the officiating that resulted in the meet running long. You stayed and supported the girls still competing and handled yourselves well.

Athletes of the Meet:

Sirai Ramirez – 3 PRs! 9.0 (HH – 2nd); 2:37.1 (4x800 – 2nd); 65.6 (4x400 – 1st)

Jake Sabatini – 3 PRs! 6.6 (55 – 2nd); 52.8 (400 – 2nd); 51.3 (4x400 – 2nd)

Boys and girls 4x800m – 6 of 8 PRs! Boys – 1st Place and Girls 2nd Place

Cliffside Park girls win first indoor team crown

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK — Cliffside Park's girls track team had never won an indoor track championship, and it had been 14 years since it won an outdoor title.

But a tremendous performance by the Red Raiders in Monday's Big North meet in the 800, 1,600 and 3,200 events (wins by Shaneka Quavers in the 800, Shannen Gallardo in the 1,600 and 3,200 and 47 of a possible 54 points) put them in position to break the drought.

And when senior Gabby DePena approached coach Lindsey Reggo Ryan to ask about the team score before the 4-x-400 relay in the Big North American division championship, Ryan made up her mind.

"We've got to beat [Dwight Morrow] to win the meet and I'm putting you in as the anchor leg," Ryan said to DePena.

It was a winning move. DePena, who finished second in the 800 and helped the Raiders to second in the 4-x-800 relay, came from behind in the final strides of the 4-x-400 to edge the Dwight Morrow anchor for second place, providing the final

INDOOR TRACK

66-64 margin for Cliffside's first indoor title.

"Everything seemed to be coming in at the same time," Ryan said. "We'd gotten the triple jump and shot [put] results and the relay was about to start. I could tell by the way she asked the question that she wanted in on the relay and there's no one I'd rather have on the anchor."

Cliffside's win was the only one of the eight divisional meets that came down to the final event, but the individual drama more than made up for the lack of dramatic team races.

All-North Jersey soccer star Madison Holleran of Northern Highlands and all-North cross-country standout Deanna DiLandro of Ramapo ran a classic duel in the 800, with never more than a stride separating them throughout the four-lap race. Holleran ended up winning in 2:14.2, the fastest in New Jersey this year, fifth fastest in Bergen history and No. 7 in the nation this winter. DiLandro finished in 2:14.3.

Northern Highlands won the

Freedom division, 105-82, over Hackensack with Emma Sullivan joining Holleran as a double winner. River Dell got field event wins from Laura Oh (shot), Peyton Wagmeister (high jump) and Bridget Brindley (pole vault) and won both relays to beat Ramsey in the Patriot, 91-69. IHA held off Holy Angels for the United title, helped by a 1-2-3 finish in the 800.

In boys meets, Bergen Catholic won its first indoor league title since 1996, upsetting Don Bosco, 108-93, in the United boys meet, helped by a pair of jump wins and a second place by Kyle Quiero. Ridgefield Park won seven of 13 events, including a distance double by Stephen Pena and a 1-2-3 sweep of the pole vault to beat Cliffside Park, 110-83, in the American. River Dell was the only team to sweep both titles using a triple win by Christian DeSanctis to win the Patriot boys, 102-80 over Ramsey.

And the top boys performer of the night, Hackensack senior Mike Cummings, won the high (6-2), long (21-7¼) and triple jumps (43-8¾) and took second in the hurdles as the Comets won the Freedom, 135-110, over Ridgewood.

55m:

Frosh Boys: Jack Hadfield **8.4**, Marc Rubin **7.9**, Taku Ward **9.7**
Frosh Girls: Claire Kelley **8.2/8.2**, Sonal Tulsyani **11.2**, Allia Jahnabin **9.8**
Novice Boys: Scotty Ho **7.2/7.1/7.1 – 3rd Place**, Jimmie Kunz **7.3/7.1/7.1 – 5th Place** Yun Choi **7.4/7.4** Jon Norrell **7.3** Jay Syz **8.5**, Brandon Zhang **8.9**, Osman Vehra **7.7**, Justin Badilla **7.8**, Benjamin Lim **7.4**, Kevin Won **7.4**, Jacky Wang **7.4** Andy Ramirez **7.5**, Robert Jacobson **7.3**, Chares Sheu **7.5**,
Novice Girls: Reid Simoncini **7.9/8.0/7.9 – 1st Place!** Romy Toornend **9.3**
Varsity Boys: Dominic Boresta **6.9/6.9/6.8 -5th Place** DooHee Han **7.0**

55HH:

Novice Girls: Kate McKeon **9.7/9.6 – 2nd Place**, Sophie Montgomery **10.5**
Varsity Boys: Emmitt Berry **8.7/8.8 – 5th Place**
Varsity Girls: Sirai Ramirez **9.7/9.6 – 4th Place**

600 yards:

Frosh Boys: Kenneth Marshall **1:27.3 – 3rd Place** Nick Barnabic **1:32.5**, Brendan Hughes **1:40.2**
Varsity Boys: Vincent Young

4x800m:

Varsity Boys: Kotaro Tamura **2:15.8**, Michael O'Donnell **2:16.5**, Jack Byrne **2:21.2**, Brian Collins **2:12.3**
9:07.8 – 4th Place
Varsity Girls: Katherine Cirillo **2:38.9**, Sirai Ramirez **2:44.0**, Kylie Simpson **2:49.8**, Tara Cirillo **2:52.3**
11:05.5 – 4th Place

300 yards:

Frosh Boys: Jack Hadfield **42.9**, Marc Rubin **42.4**
Frosh Girls: Sonal Tulsyani **61.7**, Allia Jahanbin **57.9**
Novice Boys: Kai Ward **36.5**, Jon Norrell **37.3**, Kevin Won **41.4**
Novice Girls: Amanda DeVera **45.4**, Romy Toornend **50.4**
Varsity Boys: Dominic Boresta **34.7 – 5th Place**, DooHee Han **35.5**

1600m:

Frosh Boys: Kenneth Marshall **5:01.7 – 1st Place**, Nick Barnabic **5:22.5 – 4th Place**, Madison Rademacher **5:32.5**, Christian Hartigan **5:36.8**, Brad Gilligan **5:48.9**
Novice Boys: Sean O'Keefe **5:08.2 – 4th Place**, Jack Byrne **5:09.8**, Sam Calello **5:15.3**, Brandon Chan **5:23.6**, Edward Taketomo **5:33.9**, Jack Grieger **5:45.1**, Tom Muchel **6:01.3**, Akash Chaurasia **6:14.5**
Novice Girls: Tara Cirillo **6:08.1**

4x400m:

Frosh Boys: K. Marshall **60.7**, J. Hatfield **71.3**, M. Rubin **68.2**, B. Hughes **67.3** **4:27.5 – 2nd Place**
Novice Boys: K. Ward **56.5**, A. Ramirez **60.2**, S. Ho **61.1**, K. Won **61.6** **3:58.3 – 3rd Place**
J. Norrell **65.5**, B. Lim **61.5**, R. Jacobson **61.8**, Y. Choi **60.8** **4:09.5**
Varsity Boys: D. Boresta **56.6**, B. Collins **56.3**, D. Han **56.6**, V. Young **57.7** – **3:47.0 – 1st Place**

Long Jump:

Varsity Boys: Emmett Berry 17'4", Sean Park 16'11", Kevin Won 16'7", Jimmie Kunz 16'4"
Robert Jacobson 16'2 ½", Armond Punjabi 15'5"

Varsity Girls: Katie McKeon 15'0", Reid Simoncini 14'4 ½", Sophie Montgomery 13'8", Jade Long 13'5"

Triple Jump:

Varsity Boys: Armond Punjabi 36'6 ½" Emmett Berry 35'10 ½", Sean Park 35'7 ½", Kevin Won 33'11"

Varsity Girls: Sophie Montgomery 31'5 ½" – 2nd Place, Kate McKeon 30'10 ¾" – 3rd Place,
Reid Simoncini 28'7 ¾", Jade Long 28'3"

Pole Vault:

Varsity Boys: Will Wisener 10'0, Spencer Llerandi 11'0

High Jump:

Novice Boys: Dom Boresta NH, Robert Jacobson NH Kevin Won NH

Novice Girls: Jade Long NH

Varsity Girls: Sophie Montgomery 4'6

Comments:

A lot of personal records and some things that some of us want to improve on. Overall we left with a lot of medals and those who competed, competed well. Midterms coming up – don't get lost! We need to build on our successes in the final few meets!

Athletes of the Meet:

Anyone with more than one individual medal!

Dom Boresta – Var 55m (5th), Var 300y (5th) Var 4x400 (1st)

Kate McKeon – Nov HH (2nd) Var TJ (3rd)

Kenneth Marshall – Frosh 600 (3rd), Frosh 1600 (1st), Frosh 4x400 (2nd)

But plenty of others ran personal records and should be proud as well.

600y: 1-Nicole Becker, Suffern, 1:37.4. 2-Claire Tantillo, North Rockland, 1:37.6. 3-Margaret Schiazza, Ramsey, 1:40.0.
 4-Emmanuela Laudent, North Rockland, 1:43.0. 5-Maria Morrissey, Pelham, 1:43.7
1600m: 1-Aida Torpey, North Rockland, 5:55.5. 2-Margaret Schiazza, Ramsey, 6:06.2. 3-Serena Martinez, Hackensack,
 6:11.3. 4-Kat Zachmann, Wayne Hills, 6:14.6. 5-Annie Colgan, Green Meadow, 6:17.8
Shot: 1-Elasha Washington, PCT, 28-2. 2-Tayah Clark, Hackensack, 24-5 ½. 3-Shalena Boland, Ridgefield Park, 22-9 ½.
 4-Brianna Bruno, DePaul, 22-5 ½. 5-Melissa Attenson, Ridgefield Park, 22-1 ½.
High Jump: 1-Siobhan Mariquit, Suffern, 4-6. 2-Camille Cameron, North Rockland, 4-4. 3-Nia Jones, Shabazz, 4-0.
Long Jump: 1-Nicole Dodrill, North Rockland, 15-10. 2-Briana Dana, Clarkstown North, 15-1 ½. 3-Emmanuela Laudent,
 North Rockland, 13-8. 4-Allie Morse, Watchung, 13-4. 5-Brianna Rodemeyer, Westlake, 12-1 ½.
4X400mr: 1-Ramsey (DiPiazza, Doherty, Francis, Carolan), 5:15.6. 2-Ramsey, 5:22.8

BOYS EVENTS

Varsity

55m: 1-Marc Imbimbo, Wayne Hills, 6.6. 2-Brad Miuзан, Watchung, 6.8. 3-Izaia Bullock, Linden, 6.8. 4-Michael Reed,
 Shabazz, 6.8. 5-Dominie Boresta, Ridgewood, 6.8
55HH: 1-Seung Hurang, Wayne Hills, 8.3. 2-Tarique Wilson, North Rockland, 8.4. 3-Billy Jones, DePaul, 8.6. 4-Andrew
 Hanter, Watchung, 8.8. 5-Emmitt Berry, Ridgewood, 8.8
300y: 1-Richardson Pierre, Spring Valley, 33.4. 2-Justin Sapani, Spring Valley, 34.2. 3-Michael Reed, Shabazz, 34.4. 4-Quiz
 Gordon, Shabazz, 34.6. 5-Dominic Boresta, Ridgewood, 34.7
600y: 1-Derek Mohunlal, Suffern, 1:18.4. 2-Joe White, DePaul, 1:19.8. 3-Max Brown, Watchung, 1:20.9. 4-Sean McInerney,
 Glen Rock, 1:21.8. 5-Paul Yan, Passaic Valley, 1:21.9
1000y: 1-Tom Landes, North Rockland, 2:28.6. 2-Jayson Bretton, North Rockland, 2:31.0. 3-Stephen Hawkins, Watchung,
 2:31.6. 4-Travis Cabbell, Spring Valley, 2:35.6. 5-Tyler Morris, Newton, 2:37.0
1600m: 1-Max Brown, Watchung, 4:45.7. 2-Mike Zimmerman, Wayne Hills, 4:57.5. 3-Dylan Cabral, Watchung, 4:57.7.
 4-Matt Harper, Vernon, 5:15.1. 5-Sean Smith, Passaic Valley, 5:17.8
3200m: 1-Brendan Ungemach, Wayne Hills, 10:03.6. 2-Jack LaCarrabba, Wayne Valley, 10:21.9. 3-Rishi Jashani, Wayne
 Hills, 10:28.9. 4-Vinnie Falato, Wayne Valley, 10:48.4. 5-Cheick Haidara, Ridgefield Park, 10:55.0
Shot: 1-Eric DeVescovo, Ridgefield Park, 50-1 ½. 2-Robin Cepeda, PCT, 49-7. 3-Lou Caltagirone, Passaic Valley, 48-2½.
 4-Arie Zwidema, Midland Park, 46-9. 5-David Gaynor, PCT, 46-0 ¼.
High Jump: 1-Jordan Clark, Vernon, 5-10. 2-Shivan Desai, Vernon, 5-10. 3-Graig Lahnhen, Wayne Hills, 5-8. 4-Luc Aililes,
 Suffern, 5-8. 5-Tyler Oliveri, Ridgefield Park, 5-8
Pole Vault: 1-Andrew Hunter, Watchung, 13-0. 2-Justin Leanza, Suffern, 12-6. 3-Chirs Diaz, Ridgefield Park, 12-0.
 4-tie-Lucas DeStefano, Watchung, 11-0 & Matt Leanza, Suffern, 11-0 & Ryan McIhaqy, Park Ridge, 11-0
Long Jump: 1-Michael Cruz, North Rockland, 21-5. 2-Luc Aviles, Suffern, 20-1. 3-Michael Raia, Park Ridge, 19-8.
 4-Harrison DeKnight, Midland Park, 19-1. 5-Mykel Roche, North Rockland, 19-0
Triple Jump: 1-Brian Green, Watchung, 41-0 ¼. 2-Z. Weaver, PCT, 40-10 ¼. 3-Mykel Roche, North Rockland, 39-9 ¼.
 4-Sueng Hwang, Wayne Hills, 38-11 ¼. 5-Demba Jaiteh, North Rockland, 38-11 ¼.
4X400mr: 1-Ridgewood (D. Boresta, B. Collins, D. Han, V. Young), 3:47.0. 2-Spring Valley, 3:47.9. 3-Passaic Valley,
 4:02.8
4X800mr: 1-Ramsey (Monteith, Flood, McCabe, Greenshields), 9:01.5. 2-Linden, 9:02.9. 3-Pelham, 9:07.6. 4-Ridgewood,
 9:07.8. 5-Wayne Valley, 9:19.6

Sophomore

55m: 1-Kierre DuBose, Shabazz, 6.9. 2-Michael Jean, Linden, 7.0. 3-Scott Ho, Ridgewood, 7.1. 4-Frank Dilorsi, Midland
 Park, 7.1. 5-Jimmie Kunz, Ridgewood, 7.1
55HH: 1-Antoine Morgan, Linden, 8.1. 2-Rob Bailey, Ramsey, 8.6. 3-Colin Bussiere, Ramsey, 8.7. 4-Nigel Sydney, Linden,
 8.8. 5-Noah Scanlon, Watchung, 8.8
300y: 1-Antoine Morgan, Linden, 34.8. 2-tie-Devin Hawley, Spring Valley, 35.4 & Kierre DuBose, Shabazz, 35.4. 4-Anthony
 Salemo, Ramsey, 36.0. 5-Kwesi Lewis, Linden, 36.2
600y: 1-Travis Cabbell, Spring Valley, 1:23.4. 2-Anthony Salemo, Ramsey, 1:25.3. 3-Nick Carlasco, Wayne Valley, 1:27.1.
 4-J. Acevedo, PCT, 1:28.4. 5-Brandon Glinsky, Linden, 1:28.7
1600m: 1-William Colgan, Green Meadow, 4:53.9. 2-Jonah Balla, Watchung, 5:07.0. 3-Josh Voorhees, Watchung, 5:07.6.
 4-Sean O'Keefe, Ridgewood, 5:08.2. 5-Nick Henrich, Watchung, 5:08.4
Shot: 1-Kyle Ryan, Ramsey, 42-2 ½. 2-Nigel DeVore, PCT, 38-1 ½. 3-Misensky St Surin, Spring Valley, 37-3. 4-Davon
 Moody, Shabazz, 36-5 ½. 5-Jesse Jones, Shabazz, 36-2 ½.
High Jump: 1-Lu Goncalves, Watchung, 5-6. 2-Michael Raid, Park Ridge, 5-4. 3-Brian Kalofut, Park Ridge, 5-4.
 4-Escoffeny Harrison, Hackensack, 5-4. 5-Sean Killannon, Clarkstown North, 5-2
4X400mr: 1-Spring Valley (Richardson Pierre, Calvin Webb, Devin Hawley, Justin Sapini), 3:44.6. 2-Ramsey, 3:51.2.

3-Ridgewood, 3:58.3. 4-Passaic Valley, 3:59.2. 5-Glen Rock, 3:59.7

Frosh

55m: 1-Andre Grant, Hackensack, 7.2. 2-Mitke Bosinov, Passaic Valley, 7.3. 3-Bernard Baffue-Mensah, Hackensack, 7.4.
4-Omar Julius, Linden, 7.5. 5-Eamon Merley, Glen Rock, 7.5

55HH: 1-Chima Ezeilo, North Rockland, 10.0. 2-Billy Shroba, North Rockland, 10.5. 3-Vinny Neubert, Glen Rock, NT.
4-Steffen Luther, North Rockland, NT.

300y: 1-Tahaj Johnson, Belleville, 36.1. 2-James Anderson, Spring Valley, 36.3. 3-Lugduni Desrosier, Spring Valley, 36.9.
4-Chima Ezeilo, North Rockland, 37.8. 5-Bernard Baffue-Mensah, Hackensack, 38.7

600y: 1-Tahaj Johnson, Belleville, 1:24.0. 2-Caleb Yu, Park Ridge, 1:24.6. 3-Kenneth Marshall, Ridgewood, 1:27.3.
4-Hosty Hernandez, PCT, 1:29.8. 5-T. Nelson, PCT, 1:30.7

1600m: 1-Kenneth Marshall, Ridgewood, 5:01.7. 2-Tahaj Johnson, Belleville, 5:18.1. 3-Ryan Vignali, Clarkstown North,
5:19.3. 4-Nick Barnabic, Ridgewood, 5:22.5. 5-T. Nelson, PCT, 5:23.4

Shot: 1-Demar Stewart, Hackensack, 34-5. 2-Gustavo Flores, Passaic Valley, 34-0. 3-Joshua Terestra, Midland Park, 28-4.
4-Mike LoBue, Passaic Valley, 26-10. 5-Alex Ridgwell, Northern Highlands, 26-4 ½.

High Jump: 1-Andre Grant, Hackensack, 5-0. 2-E. Butts, PCT, 5-0. 3-Sam Sattwick, Wayne Valley, 4-10

Pole Vault: 1-Steffen Luter, North Rockland, 8-0

Long Jump: 1-E. Butts, PCT, 17-3 ½. 2-Tahaj Johnson, Belleville, 17-0. 3-Edson Wong, Watchung, 16-10. 4-Alexander
Yang, Watchung, 15-10. 5-Andre Grant, Hackensack, 15-0.

4X400mr: 1-Ridgewood (K. Marshall, J. Hadfield, M. Rubin, B. Hughes), 4:09.0. 2-Newton, 4:09.4

Records 1/18

AROUND THE TRACK

■ The New Jersey Interscholastic Conference is just in its third year of existence, so the creation of a league championship, to be held Saturday morning at the Armory Track Center in New York, should be no big deal.

But for the 36 schools of the conference, more than half of which are expected to be in attendance at the inaugural meet, it is a huge step forward. While the old NNJIL, NBIL, Northern Hills and BCSL American leagues started their indoor league meets in the mid-1990s, the schools of the old Bergen-Passaic Scholastic League and BCSL National and Olympic divisions, which make up the current NJIC, never had a league championship, making it harder for teams like Glen Rock, Hasbrouck Heights, New Milford, Park Ridge, Pompton Lakes, Saddle Brook, Rutherford and Waldwick, all with long track pedigrees, to justify full-time indoor programs. Many other schools, such as Bogota, Cresskill, Leonia and Wallington, would have occasional indi-

vidual athletes performing but would never fund a full-length program.

This meet should begin to change things. It starts at 9 a.m., and some of the top North Jersey athletes expected to compete are sprinter Keeneth Ross of Secaucus, jumper Roland Gamez of Hasbrouck Heights on the boys side, and middle distance runner Katie Sullivan of Rutherford, thrower Irene Cedano of Hasbrouck Heights, jumper Kayla Van Lenten of Eastern Christian and vaulters Catherine Rozalski and Michelle Rozalski of Queen of Peace for the girls.

■ Except for the NJIC meet, it's a light week on the schedule, a deep breath before the explosion of championship meets and major invitationals between Jan. 27 and the end of the official indoor season with the Easterns on Feb. 25. The second Garfield High Jump/Shot Put meet is Monday at Garfield High School. The third of four FDU Field Event meets is Tuesday at the Rothman

Center in Hackensack. Friday sees the Ed Grant Last Chance meet at the Jersey City Armory and the Paul Schwartz Invitational at the Rothman Center.

■ The December 2012 issue of New Jersey Track Magazine marked the end of 42 years of the one-man publication by the tireless Grant, a former writer for the old Newark News and Newark Star-Ledger who has chronicled New Jersey high school track and field since World War II. The internet (and Grant's advancing age) put an end to this publication, which for a long time was the only place that all the scholastic track news could be found in one place. It's not clear whether the Spring and Fall Track and Field Annuals, indispensable resources of historic data, still will be printed. Grant deserves a huge salute from track fans throughout the state. In many ways, he represents New Jersey track more than anyone else ever has.

— Paul Schwartz

TOP PERFORMERS (THROUGH WEDNESDAY)

BOYS

55 (automatic timing only): Tom Jefferson, Passaic Tech, 6.89; **55 hurdles (automatic timing only):** Tyson Crandol, Passaic Tech, 8.27; **200:** Lemar Thomas, Hackensack and Jake Sabatini, Ridgewood, 23.1; **300:** Kevin Halloran, Indian Hills, 36.82; **400:** Joe White, DePaul, 50.6; **600:** Robert Laing, Kennedy, 1:26.7; **800:** James Buser, Mahwah, 1:58.8; **1,000:** Kevin Serrao, Bergen Tech, 2:41.3; **1,600:** Ben Malone, Pascack Valley, 4:16.26*; **3,200:** Kyle Levermore, Don Bosco, 9:17.90*; **Shot put:** Mark Ramsey,

Kennedy, 59-4; **High jump:** Mike Cummings, Hackensack, 6-5¾; **Long jump:** Roland Gamez, Hasbrouck Heights, 22-6; **Triple jump:** Gamez, 45-0; **Pole vault:** Eric Geider, Demarest, 14-6; **4-x-200 relay:** Teaneck, 1:34.23; **4-x-400 relay:** Don Bosco, 3:32.6; **4-x-800 relay:** Don Bosco, 8:26.0.

GIRLS

55: Alexes Washington, Passaic Tech, 7.63; **55 hurdles:** Breaisha Morton, Passaic Tech, 8.78; **200:** Emma Sullivan, Northern Highlands, 27.0; **300:** Sullivan, 43.1; **400:** Micaela McPadden, Ridgewood, 58.5; **600:** McPadden, 1:40.5; **800:**

Madison Holleran, Northern Highlands, 2:14.2; **1,000:** Holleran, 3:14.6; **1,600:** Josette Norris, Tenafly, 5:14.2; **3,200:** Norris, 11:04.6; **Shot put:** Victoria Stewart, Passaic Valley, 39-7½; **High jump:** Tatiyanna Sanders, Paramus Catholic, Kayla Van Lenten, Eastern Christian and Amber Redmond, Hackensack, 5-2; **Long jump:** Sanders, 17-1¾; **Triple jump:** Gena Pickett, Mahwah, 36-1½; **Pole vault:** Catherine and Michelle Rozalski, Queen of Peace, 10-9; **4-x-200 relay:** Teaneck, 1:49.58; **4-x-400 relay:** River Dell, 4:08.3; **4-x-800 relay:** Westwood, 10:00.7.

* — Converted one mile and two mile runs.

INDOOR TRACK & FIELD

Maroons impress at Big North meet

BY RON FOX
Correspondent

Ridgewood High School's indoor track and field squads have their sights set on the best teams in Bergen County. As a warm-up, each challenged the top-slotted team Monday and gave it a scare.

The RHS boys finished second to mighty Hackensack in the Freedom Division portion of the Big North Conference Championships by a margin of 135-110 and far outdistanced Indian Hills by 41 points for the runner-up spot. With 80 points, the Maroon girls finished third behind multi-talented Northern Highlands (105) and just short of Hackensack (82).

"We did very well, and those are definitely the top teams in our county," Ridgewood head coach Josh Saladino said Tuesday. "You have to have had a great meet to stay close to them. We'll see them again in the County Relays [on Jan. 28], and we hope to give them a good run for it."

Saladino, who has coached spring track at RHS for 11 years and had been an assistant coach indoors for 10 years before taking last winter off, has moved up to head coach this year. Mike Mullin, who was the indoor chief

for 22 years, stepped down this year to spend more time with his family, which includes four children — two of whom are sons who play hockey for Lakeland Regional in Wanaque.

Saladino is assisted by long-time coaches Holly Martin (sprints and high jump) and Steve Opremcak (sprints, long jump and triple jump), along with volunteer assistant Mia Martinez, a 2008 Ridgewood graduate (sprints and hurdles).

The Maroons turned in numerous strong individual performances Monday at the 168th Street Armory in New York City.

"Any win in a meet this big is a big win," Saladino said, and he received two victories from each of his squads.

Senior Storm Dublirer won the boys 800 meters in 2:02.0; and the 4 x 800-meter relay team of sophomore Kotaro Tamura, junior Robert Fischer, senior Michael O'Donnell and junior Luke Dublirer (Storm's brother) also won gold in 8:44.9. The elder Dublirer added a third place in the 1,600.

Senior Micaela McPadden had the most spectacular day, winning the girls 400 meters in 58.5 seconds and leading off the victorious 4 x 400 relay, in which she was followed by junior

See INDOOR TRACK, page C2

INDOOR TRACK from C1

Amanda Muccio, senior Anna Caffrey and senior Sirai Ramirez in a run of 4:14.3.

"Micaela competed in four events and scored in all four," said Saladino. "Doing four events in one day is difficult, and scoring in four is even more remarkable, especially at this level of competition. I'm sure she's the only girl who scored in four events in the entire meet."

Four of the seven Big North divisions competed that day, which underscores the might of McPadden's feat.

"She is building off a good spring," the coach added, "and she's taking the next step to becoming one of the top talents in Northern New Jersey."

McPadden, who defeated Northern Highlands ace Emma Sullivan in the 400, also placed fourth in the 55-meter hurdles and fifth in the 55-meter dash. She ran a North Jersey-best 1:40.5 in the 600 meters earlier in the season.

For the boys, meanwhile, "Storm had a great meet," Saladino continued. "He's a leader, and he has high expectations coming off an excellent junior spring, when he established himself as one of the finest 800-meter runners in the state. He was in full control in the 800."

Junior Jake Sabatini, who with a Hackensack runner owns the fastest 200-meter time in North Jersey this winter (23.1), placed in three events — second in the 55-meter dash, second in the 400 meters and second as a member of the 4 x 400 relay, in which he teamed with senior Neil Schoff, sophomore Alex Armatas and junior Teddy Migliorelli.

"Jake is coming into his own," the coach said. "He had his best times in all three races. That was quite an accomplishment in a one-day meet."

Ramirez was another Maroon performer who caught the eye of Ridgewood enthusiasts, most notably her coach.

"Sirai had a breakthrough meet," Saladino lauded, since she was second in the high hurdles and on both medal-winning relay squads. "She ran in three races and, like Jake, she also had her best times in all three."

Also placing in multiple events

for the boys were seniors Kevin Chung, Nick Salamone and Schoff, and juniors Dom Boresta and Bryan Clarendon. Earlier in the season, Salamone ran a 4:30.4 for the fastest time in the 1,600 meters in North Jersey, a mark that still stands.

Other strong Ridgewood outings came in two silver-medal performances among the boys by senior Dylan Downing in the pole vault and by junior David Frering in the 3,200.

Also, there were Schoff's third and Chung's fourth in the 400 meters and junior Michael Zeno's third in the high jump. Clarendon turned in a pair of fifths (800; 1,600), Boresta a pair of sixths (55 and high jump), junior Will Wisener had a fourth in the pole vault and juniors Brian Collins (800) and Ryan Neville (3,200) each placed eighth in an event.

Silver medals claimed by the girls belonged to junior Laura Weisberger in the 3,200 and the 4 x 800 relay team of sophomores Kathleen Cirillo and Kathleen McKeon, Ramirez and junior Kylie Simpson. Weisberger also ran fifth in the 1,600.

Other standouts were sophomore Kelly Cleary (third in 1,600, fifth in 800) sophomore Sophie Montgomery (third in high jump, fifth in triple jump) and junior Emily Fishbein (fourth in 3,200). McKeon and Muccio augmented their relay efforts by each placing in an individual event — McKeon in the long jump and Muccio in the 400.

Senior Mimi DeVita was fifth in the high jump, sophomore Jade Long sixth in the triple jump and sophomore Reid Simoncini fifth in the long jump.

Breaking a long-standing tradition, the Maroons did not run at the Dartmouth Relays last weekend as originally planned, since the league meet came so close on its heels on the schedule. However, they are now set to run this weekend at the Yale Track Classic in New Haven, Conn.

"We traded one Ivy League meet for another," Saladino said with a laugh.

His teams will then continue striving toward the head of the indoor class.

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RHS News
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BIG NORTH FREEDOM DIVISION INDOOR TRACK CHAMPIONSHIPS

JAN. 14 AT THE ARMORY TRACK CENTER (NEW YORK, N.Y.)

BOYS RESULTS

TEAM SCORES: 1. Hackensack (H), 135; 2. RIDGEWOOD (RW), 110; 3. Indian Hills (IH), 69; 4. Northern Highlands (NH), 31; 5. Paramus (P), 30; 6. Ramapo (RPO), 24

55: 1. Justin Wimberly (H), 6.5; 2. Jake Sabatini (RW), 6.6; 6. Dom Boresta (RW), 6.8

55H: 1. Mark Jones (H), 7.4; 3. Kevin Chung (RW), 7.9

400: 1. Kevin Halloran (IH), 52.5; 2. Sabatini, 52.8; 3. Neil Schoff (RW), 53.4; 4. Chung, 54.6

800: 1. Storm DUBLIRER (RHS), 2:02.0; 5. Bryan Clarendon (RW), 2:05.5; 8. Brian Collins (RW), 2:09.6

1,600: 1. Chris Mascetti (H), 4:35.2; 2. Nick Salamone (RW), 4:42.7; 3. S. DUBLIRER, 4:43.0; 5. Clarendon, 4:46.0

3,200: 1. Mascetti, 9:49.8; 2. David Frerling (RW), 9:54.9; 3. Salamone, 9:55.8; 8. Ryan Neville (RW), 10:43.4

High Jump: 1. Michael Cummings (H), 6-2; 3. Michael Zeno (RW), 5-8; 6. Boresta, 5-4

Pole Vault: 1. Keith Gandy (IH), 14-4; 2. Dylan Downing (RW), 13-6; 4. Will Wisener (RW), 10-6

4x400: 1. Indian Hills, 3:32.7; 2. RIDGEWOOD (Sabatini, Schoff, Alex Armatas, Teddy Migliorelli), 3:33.4

4x800: 1. RIDGEWOOD (Kotaro Tamura, Robert Fischer, Michael O'Donnell, Luke DUBLIRER), 8:44.9; 2. Indian Hills, 8:47.3

GIRLS RESULTS

TEAM SCORES: 1. Northern Highlands (NH), 105; 2. Hackensack (H), 82; 3. RIDGEWOOD (RW), 80; 4. Ramapo (RPO), 68; 5. Indian Hills (IH), 35; 6. Paramus (P), 14

55: 1. Emma Sullivan (NH), 7.5; 5. Micaela McPadden (RW), 7.6

55H: 1. Madison Holleran (NH), 8.8; 2. Sirai Ramirez (RW), 9.0; 4. McPadden, 9.2

400: 1. McPadden, 58.5; 2. Sullivan, 58.8; 6. Amanda Muccio (RW), 1:04.4

800: 1. Madison Holleran (NH), 2:14.2; 5. Kelly Cleary (RW), 2:30.6; 6. Anna Caffrey (RW), 2:32.7

1,600: 1. Julia Guerra (IH), 5:26.2; 3. Kelly Cleary, 5:28.0; 5. Laura Weisberger (RW), 5:39.8

3,200: 1. Julia Guerra (IH), 11:59.0; 2. Weisberger, 11:59.0; 4. Emily Fishbein (RW), 12:25.1

High Jump: 1. Amber Redmond (H), 5-2; 3. Sophie Montgomery (RW), 4-10; 5. Mimi DeVita (RW), 4-6

Long Jump: 1. Neda Jamshidi-Azad (NH), 15-4.5; 5. (tie) Reid Simoncini and Katie McKeon (RW), 14-9.5

Triple Jump: 1. Gina Salmis (RPO), 34-9.75; 5. Montgomery, 30-6.25; 6. Jade Long (RW), 30-1.25

4x400: 1. RIDGEWOOD (McPadden, Muccio, Caffrey, Ramirez), 4:44.3; 2. Indian Hills, 4:15.4

4x800: 1. No. Highlands, 10:25.9; 2. RIDGEWOOD (Katherine Cirillo, McKeon, Ramirez, Kylie Simpson), 10:39.7



RIDGEWOOD NEWS FILE PHOTO
Ridgewood junior Laura Weisberger earned a silver medal in the girls 3,200 meters at Monday's Big North Freedom Division indoor track and field championships.

Yale Invitational
@ Yale University

January 18-19th

Girls Distance Medley – Large Schools:

L. Weisberger 3:55.4, A. Caffrey 63.6, M. McPadden 2:20.8, K. Cleary 5:33.1 12:53.28 – 4th Place

3000m:

D. Frering 9:11.10 – 51st out of 332.

R. Neville 9:44.92 138th/322

55HH:

K. Chung 8.22 / 8.07 – 9th out of 80

M. Zeno 8.75 35th/80

A. Armatas 9.27 56th/80

55m:

J. Sabatini 6.90 25th/145

C. Campbell 8.06 66th/136

A. Mucchio 8.30 110th/136

A. Caffrey 8.43 123rd/136

1600m:

N. Salamone 4:32.22 – 23rd/100

400m:

M. McPadden 58.98 – 5th Place

A. Caffrey 65.41 – 89th/132

A. Mucchio 67.03 114th/132

J. Sabatini 53.61 – 34th/ 143 (won heat)

T. Migliorelli 54.34 – 62nd/143

A. Armatas 56.61 – 111th/143

800m:

B. Clarendon 2:05.92 – 51st/100 (won heat)

L. Dublirer 2:08.33 – 63rd/100

4x200m:

J. Sabatini 23.2, K. Chung 23.7, A. Armatas 24.9, T. Migliorelli 23.9 - 1:36.46

4x800m:

L. Weisberger 2:29.2, K. Cleary 2:32.4, E. Fishbein 2:38.7, M. McPadden 2:21.1 10:00.73

Pole Vault:

A. Wong 12'6" D. Downing 12'6"

Comments:

Some solid performances by the team. A few PRs and a bunch of seasonal bests. Congrats to Micaela on placing in the 400! And of course a spectacular job by Jake at dinner on Friday night. Lets get ready for the county relays!

Historic moment for coaches

By PAUL SCHWARTZ
STAFF WRITER

INDOOR TRACK

NEW YORK — Bill Hartney has been a track coach at New Milford for more than 30 years. But at Saturday's inaugural North Jersey Interscholastic League indoor track championships, he coached a team for the first time at an indoor league championship.

The same went for Ed Ciccone of Saddle Brook (eight years), Rob Brady of Hasbrouck Heights (22 years) and the dean of North Jersey coaches, Cresskill's Rich Miller (45 years), and almost all of the coaches of the 16 teams at the meet at the Armory Track Center.

They'd coached at county championships, both Bergen and Passaic, state sectional championships and even had won state championships, but never had the pleasure of coaching at a league meet, either in the NJIC (just established in 2010) or in the predecessor Bergen County Scholastic League Olympic and National or Bergen-Passaic Scholastic Leagues until Saturday morning.

"It's been a long time coming," said Hartney, whose 3,200 meter

runner Jennifer Teets won a thrilling race to earn the honor of being the league's first girls champion. "There have been so many good athletes at the small schools who've never had a chance to be league champion. I'm really pleased."

Pompton Lakes senior Ramon Fantauzzi won the first-ever race in the NJIC, the boys 3,200 meters despite taking a nasty fall seven laps into the race after stepping on the metal curbing of the track, but recovered quickly and scored a 23-second victory. Teets followed with a stirring last lap comeback to edge Rutherford's Allison Regan at the line in 12:30.0.

And Hasbrouck Heights, as expected, won both team titles, the boys in a 102-59 romp over Secaucus and the girls, 85-70 over Rutherford, the only school in the meet with previous indoor league meet experience. (The Bulldogs had come to the NJIC from the BCSL American, which contested league meets from 1997 to 2010).

But it wasn't about the team titles, or the gold medals, or even about the exceptional individual performances of four-event winner Roland Gamez of Hasbrouck Heights or three-event winner Patty McHugh of Waldwick.

"I spent the last 10 minutes thanking [NJIC President] David Frazier and telling how much this means to all of us," said Brady, the Hasbrouck Heights coach since 1991.

"I never thought that I'd see the day that we had an indoor league meet of our own."

Northern Highlands, River Dell and Ridgewood traveled to the Yale High School Track Classic in New Haven, Conn., and earned six medals.

River Dell was second in the girls small schools 4-x-400 relay in 4:12.65 and fifth in the 4-x-800 in 10:03.83, while the boys were fifth in the 4-x-200 in 1:36.19.

Ridgewood took fourth in the girls distance medley (12:53.28) and Micaela McPadden, who split 2:20.0 in the DMR, was fifth in the open 400 in 58.98.

Northern Highlands was sixth in the girls championship 4-x-800 in 10:00.25.

AROUND THE TRACK

■ A very busy track week gets under way tonight with the Ed Grant Last Chance Meet at the Jersey City Armory and the Paul Schwartz Invitational at the Rothman Center at FDU. The Schwartz meet features an invitational distance medley race and an invitational 1,600 meter run.

■ Alexandra Cimino of Westwood has been invited to run in the girls 55 hurdles at the New Balance Games at the Armory Track Center on Saturday afternoon.

■ Passaic Tech's boys and girls shoot for their third straight titles Sunday night at the Armory in the Passaic County Championships. For the first time since 1991, races at 400, 800, 1,600 and 3,200 meters replace the traditional 300/600/1,000/1,500/3,000 races run in the championships. The change was made to enable qualifying for the sectional meets, which start the following week. Returning champions include Robert Laing of Kennedy (55 hurdles) and Passaic County record-holder Mark Ramsey of Kennedy in the shot (the meet record is a comparatively short 54-4) for the boys. Alexis Washington

(55), Breasha Morton (55 HH, high jump, triple jump) are returning titlists along with Nicole Buttel of Clifton (pole vault). Gabrielle Gonzaga of Clifton won the 1,000 and 1,500 last winter.

■ Monday, the Bergen County Relays return to the Armory. This meet usually produces some of the top relay performances in the state as the season moves past the midway point. Hackensack is the defending large school boys champion and Ridgewood Park won the small schools last year. Ridgewood won the large schools girls meet last year by fewer than five points from IHA, its fifth title in eight years. Hasbrouck Heights goes after a third straight small school girls win, which hasn't happened since Westwood won four straight from 1998 to 2001. Most Valuable Athlete awards are given in memory of former Waldwick athlete Alan Wedemeier and Ramsey athletic director Lou Molino. The 2012 winners, Ben Malone of Pascack Valley and Mimi DeVita of Ridgewood, are expected to compete.

■ FDU holds its final field events meet of the

year Tuesday, and Wednesday is the 15th annual Metropolitan Invitational, one of the top invitational meets of the year also at the Armory.

■ Several North Jersey girls and women qualified for the Colgate Women's Games semifinals Feb. 2 at Pratt Institute. Catherine Pagano of Ridgewood ran a personal best 2:17.6 for 800 meters last week to grab the points lead in the high school division in the race. Bergen Tech sophomore Sonya Sachdev sits third in the shot, while Emily Spence of Saddle River Day qualified in the Middle School 1,500, and Eliza Hoover of Betsy Ross School in Mahwah is second in the Elementary A (first to third grades) in the 800. But the biggest surprise is the return to competition of former state champion Jessica Fazekas in the women's open shot. Fazekas, the Demarest and Boston College star, now living in Dumont, is fourth in the standings — she last threw in competition in 2006. The top six in every event qualify for the finals, Feb. 23 at the Armory.

— Paul Schwartz

TOP PERFORMERS (TROUGH WEDNESDAY)

BOYS

55 (automatic timing only): Tom Jefferson, Passaic Tech, 6.89; **55 hurdles (automatic timing only):** Kevin Chung, Ridgewood, 8.07; **200:** Lemar Thomas, Hackensack and Jake Sabatini, Ridgewood, 23.1; **300:** Kevin Halloran, Indian Hills, 36.82; **400:** Joe White, DePaul, 50.6; **600:** Robert Laing, Kennedy, 1:26.7; **800:** James Buser, Mahwah, 1:58.8; **1,000:** Kevin Serrao, Bergen Tech, 2:41.3; **1,600:** Ben Malone, Pascack Valley, 4:16.26; **3,200:** Kyle Levermore, Don Bosco, *9:17.90; **Shot put:** Mark Ramsey, Kennedy, 59-4; **High jump:** Mike Cummings, Hackensack, 6-5 $\frac{3}{4}$; **Long jump:** Roland Gamez, Hasbrouck Heights, 22-6; **Triple jump:** Gamez, 45-0; **Pole vault:** Eric Geider, Demarest, 14-6; **4-x-200 relay:** Teaneck, 1:34.23; **4-x-400 relay:** Don Bosco, 3:32.6; **4-x-800 relay:** Don Bosco, 8:26.0.

GIRLS

55: Alexis Washington, Passaic Tech, 7.63; **55 hurdles:** Breasha Morton, Passaic Tech, 8.78; **200:** Emma Sullivan, Northern Highlands, 27.0; **300:** Sullivan, 43.1; **400:** Micaela McPadden, Ridgewood, 58.5; **600:** McPadden, 1:40.5; **800:** Madison Holleran, Northern Highlands, 2:14.2; **1,000:** Holleran, 3:14.6; **1,600:** Josette Norris, Tenafly, 5:14.2; **3,200:** Norris, 11:04.6; **Shot put:** Victoria Stewart, Passaic Valley, 39-7 $\frac{1}{2}$; **High jump:** Four tied at 5-2; **Long jump:** Tatiyanna Sanders, Paramus, Catholic, 17-1 $\frac{3}{4}$; **Triple jump:** Gena Pickett, Mahwah, 36-1 $\frac{1}{2}$; **Pole vault:** Catherine and Michelle Rozalski, Queen of Peace, 10-9; **4-x-200 relay:** Teaneck, 1:49.58; **4-x-400 relay:** River Dell, 4:08.3; **4-x-800 relay:** Northern Highlands, 10:00.25.

*Converted 1-mile and 2-mile runs

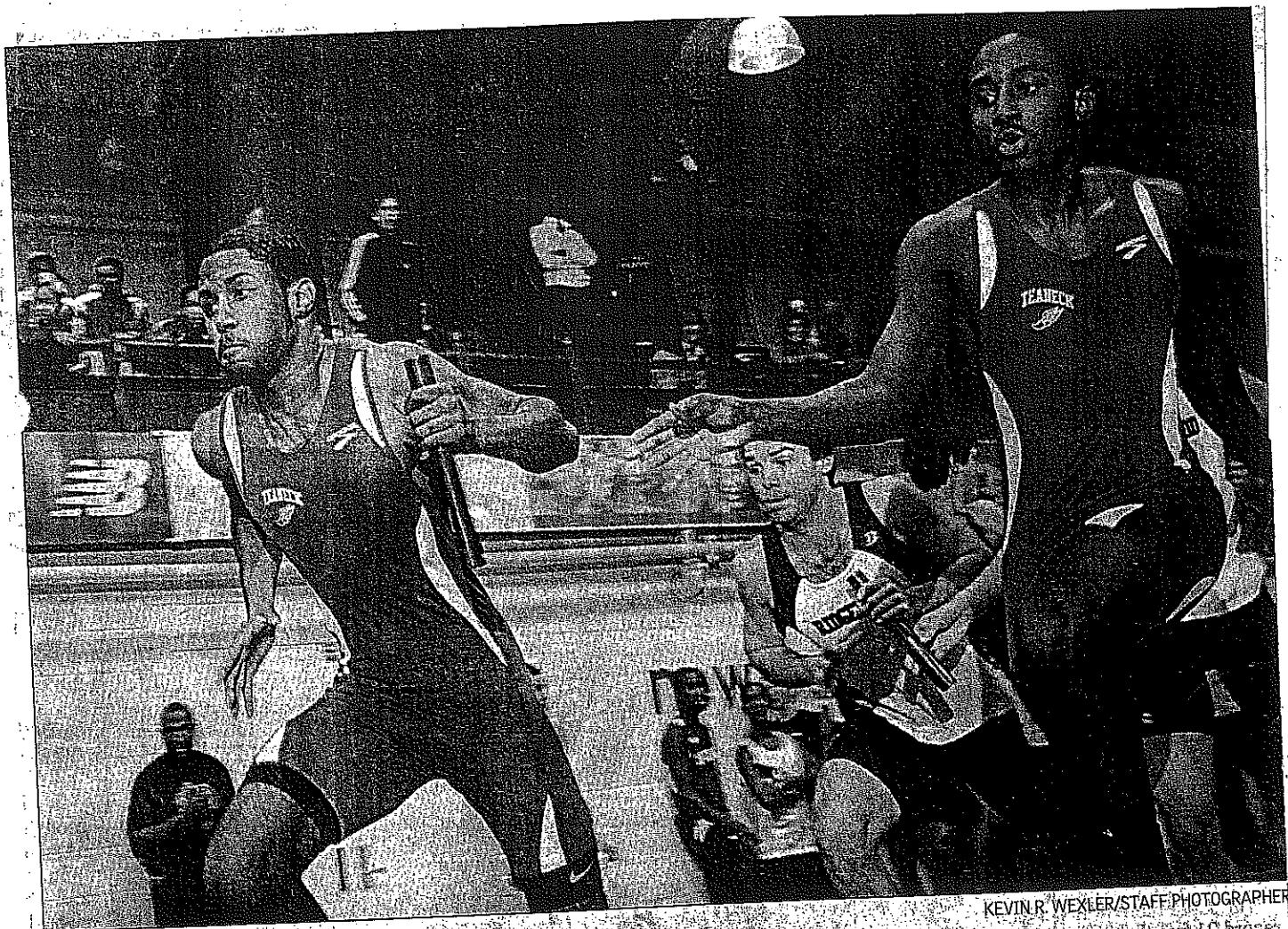
1/25/13



Ridgewood's anchor in 4-x-400 steals the show at Bergen County Relays.

7

1/30/13



KEVIN R. WEXLER/STAFF PHOTOGRAPHER

This pass doesn't fail

Teaneck's Alijah Harris taking the baton from Eric Harris in the large school division 4-x-200 relay Monday. The Highway men went on to win the race at the Bergen County Relays at the Armory Track Center in Manhattan. Coverage, C7.

Late kick wins it for Sabatini

4-x-400 leg lifts Ridgewood

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK - Two meets ago, Jake Sabatini never had broken 54 seconds for a 400 leg, either in an open race or even on a relay split.

But when he ran 52.8 for second place in the Big North Freedom race Jan. 14, the sprinter began to realize that the 400 was no longer just a secondary event to the short sprints he usually had run as a featured event.

"I think I was too immature as a sophomore to put everything I had into the 400 and I had to learn how to run the event," said Sabatini, a Ridgewood junior.

If there was any question that Sabatini has learned the 400 - at least as a relay anchor - that was dispelled Monday night at the Bergen County Relays.

With Ridgewood needing at least a second-place finish in the night's final event, the 4-x-400 relay, to come from behind to catch Hackensack to win the boys' large-school division, Sabatini was

BERGEN COUNTY RELAYS

fourth when he took the baton for his two laps at the Armory Track Center. He moved quickly into third, but the anchors of Don Bosco and Teaneck seemed too far ahead to be caught. But as Sabatini hit the final lap, the Teaneck anchor came into view and Sabatini took off.

"I saw him in front of me and I knew I had to beat him for us to have a chance to win the meet," he said, and he dashed into second on the turn.

"Then I looked up and saw the Don Bosco kid dying, and I figured why not try and catch him, too."

Sabatini went by easily and won the final event, clinching a 53-50 win for the Maroons. His 50.8 anchor 400, coupled with medal-winning runs in the sprint medley

See RELAYS Page S-9

1/30/13

pin Vraj Desai, 4:18; 145: Luis Varela (K) maj. RECORDS: INDIAN HILLS 11-9-2

Relays: River Dell girls win; Ramsey rolls

From Page S-7

and 4-x-200, earned him the Alan Wedemeier Award as the outstanding male athlete in the meet.

"Some people think track and field isn't a team sport, but they're wrong," Sabatini said. "I could see how hard my guys were working in every event and I had a chance to help us bring it home."

Ridgewood was joined by River Dell's girls in winning the large-school division and Ramsey swept the small-school trophies, with the girls winning for the first time.

The River Dell girls broke open a close meet with a win in the 4-x-400, their only win of the night and took thirds in the high jump and pole vault for the 56-44½ win

over Ridgewood. It was the first time since 1990 that a team not in Group 4 or Non-Public A didn't win the girls large-school meet.

"This certainly is a good meet for us," River Dell coach Mike Urso said. "We have a well-rounded team that's capable of scoring in every event on the track and in the field. On Saturday we rent space so we can practice the long and triple jump and pole vault, and we have a great coaching staff. It's nice going against the big guys and winning sometimes."

The Ramsey boys won a battle of the titans with Group 1 powerhouse Hasbrouck Heights, 84-75, clinching the meet with an impressive win in the distance medley.

But it was the girls' dominating win, by 40 points over Heights, that had Rams coach Matt Winn raving. "The girls don't always get their due," Winn said. "But we decided to change things this year and go strong in the 4-x-1,600 after we won the hurdles. To get out with 18 points to start the meet really sets the table."

"We've been working for this for four years and in every practice we try to be better," senior Katie Vernon said.

The Rams won only two events: the 4-x-1,600 relay and the long jump. But they scored a remarkable nine second-place finishes in the other 10 events for a record-breaking 92 points, or four more

than the record set by Glen Rock in 1995. "Now we have the momentum and we want to carry it over to the rest of winter and into spring," senior Jenna Gravalis said. "This was something I'll never forget."

The Lou Molino Award for outstanding girls performer was shared by junior Lydon Kersting of Holy Angels, who had splits of 5:18.5 on the 4-x-1,600 and 5:15.8 on the distance medley and also split 2:25 in the 4-x-800; and Westwood senior Alexandra Cimino, who ran splits of 25.7 (200), 58.6 (400) and 2:25.1 (800) in addition to helping Westwood record a fifth place in the shuttle hurdles.

Bergen County Relays
@ NYC Armory

January 28, 2013

Shuttle Hurdles:

Mike Zeno 8.0, Emmitt Berry 8.0, Alex Armatas 8.3, Kevin Chung 7.2
31.5 – 1st Place

Sirai Ramirez 8.0, Mimi DeVita 8.2, Kate McKeon 8.5, Micaela McPadden 8.1
32.8 – 1st Place

4x1600m:

Bryan Clarendon 4:37.8, Nick Salamone 4:33.2, David Frering 4:39.2,
Storm Dublirer 4:53.8 **18:46.7 – 1st Place**

Vanessa Reis 6:01.1, Laura Weisberger 5:27.7, Emily Fishbein 6:13.9,
Kelly Cleary 5:24.6 **23:07.4 – 4th Place**

4x200m:

Jake Sabatini 22.9, Kevin Chung 23.4, Neil Schoff 23.9, Dom Boresta 23.6
1:34.1 – 4th Place

Micaela McPadden 26.2, Courtney Campbell 27.8, Reid Simoncini 28.5
Anna Caffrey 28.3 **DQ**

4x800m:

Brian Collins 2:08.2 Ryan Neville 2:09.6, Michael O'Donnell 2:08.5,
Luke Dublirer 2:05.5 **8:31.6 – 6th Place**

Katherine Cirillo 2:33.5, Sirai Ramirez 2:41.1, Kylie Simpson 2:41.0,
Leah Rosenfeld 2:41.3 **10:37.3**

Sprint Med (4-2-2-8):

Jake Sabatini 53.1, Kevin Chung 24.4, Neil Schoff 24.5, Storm Dublirer 2:04.0
3:45.5 – 5th Place

Anna Caffrey 64.9, Courtney Campbell 27.8, Reid Simoncini 28.8,
Micaela McPadden 2:19.6 **4:21.1 – 2nd Place**

Distance Med:

Bryan Clarendon 3:25.5 Brian Collins 54.2, David Frering 2:04.8,
Nick Salamone 4:31.6 **10:57.7 – 2nd Place**

Laura Weisberger 3:58.4 Amanda Mucchio 63.6, Katherine Cirillo 2:34.8,
Kelly Cleary 5:21.8 **12:59.5 – 3rd Place**

4x400m:

Neil Schoff 55.3, Storm Dublirer 51.9, Teddy Migliorelli 52.6, Jake Sabatini 50.6
3:30.6 – 1st Place

Anna Caffrey 63.9, Amanda Mucchio 63.6, Sirai Ramirez 65.8,
Micaela McPadden 58.9 4:12.3 – 2nd Place

Long Jump:

Armond Punjabi 17'3 ¾", Sean Park 17' ¼" – 34'4"

Kate McKeon 14'10 ½", Sophie Montgomery 13'9 ¾" 28'8"

Triple Jump:

Armond Punjabi 37'11 ½", Emmett Berry 33'8 ¾" - 71'8 ½"

Kate McKeon 30'5 ¼", Sophie Montgomery 31'5 ¼" – 61'10 ½"

High Jump:

Mike Zeno 5'6, Dom Boresta 5'6 11'0"

Sophie Montgomery 4'10", Mimi DeVita 4'6" 9'4" – tie 6th Place

Pole Vault:

Dylan Downing 13'0", Allan Wong 12'0" 25'0" – 2nd Place – new school record!!!

Mimi DeVita 10'6", Reid Simoncini 8'6" 19'0" – 2nd Place

Comments:

Great job! Boys congrats on the win! Girls great job coming in second place in Bergen County! There were some top performances at this meet. Boys PV with a school record! Both shuttle hurdle teams came within 1 second of school records and great 4x400 to end the meet. Our next team title is the state sectional in just over one week. Im looking forward to it!

Athletes of the Meet:

Jake Sabatini – he won the meet award! (22.9 (200), 53.1 (400 in SM) 50.8 (4x400)
Micaela McPadden – should have also won the award! (8.1HH, 26.2 (200), 2:19.8 (800 in SM), 58.9 4x400
Plenty of other PRs or seasonal bests for me to list!

INDOOR TRACK

Bergen County Relays

MONDAY AT THE ARMORY TRACK CENTER

BOYS LARGE

TEAM SCORING

Ridgewood 53, Hackensack 50, Bergen Catholic 41, Demarest 40, Don Bosco 39, River Dell 28 1/2, Indian Hills 23, Teaneck 20, Pascack Valley and Mahwah 18, Ramapo 14, Paramus 12, Fair Lawn 7, Old Tappan 5, Northern Highlands 2 1/2, Tenafly 1.

4-x-55 HH: 1. Ridgewood (Mike Zenó, Emmett Berry, Alex Armatas, Kevin Chung), 31.5; 2. River Dell, 32.4; 3. Hackensack, 32.6; 4. Paramus, 33.0; 5. Old Tappan, 33.2; 6. Demarest, 33.3.

4-x-200: 1. Teaneck (Christian Ozoria, Eric Harris, Alijah Harris, Dmitri Rueger), 1:33.4; 2. Pascack Valley, 1:33.7; 3. Don Bosco, 1:33.9; 4. Ridgewood, 1:34.1; 5. Bergen Catholic, 1:35.0; 6. River Dell, 1:35.5.

4-x-400: 1. Ridgewood (Neil Schoff, Storm Dublirer, Teddy Migliorelli, Jake Sabatini), 3:30.6; 2. Bergen Catholic, 3:31.0; 3. Don Bosco, 3:31.8; 4. Teaneck, 3:32.4; 5. Mahwah, 3:33.0; 6. Tenafly, 3:33.2.

4-x-800: 1. Don Bosco (Kyle Levermore, Mike Flanagan, Schan Lartigue, Mike Higgins), 8:09.8; 2. Bergen Catholic, 8:16.4; 3. Hackensack, 8:16.8; 4. Indian Hills, 8:17.9; 5. Teaneck, 8:24.6; 6. Ridgewood, 8:31.3.

4-x-1,600: 1. Ridgewood (Bryan Clarendon, Nick Salamone, David Frering, Storm Dublirer), 18:46.7; 2. Demarest, 18:59.7; 3. Paramus, 19:32.5; 4. River Dell, 19:47.1; 5. Hackensack, 20:13.2; 6. Northern Highlands, 20:33.5.

Sprint medley: 1. Pascack Valley (Jaleel Felton, Ricly Giburcio, AJ Hall, Ben Malone), 3:38.6; 2. Mahwah, 3:41.3; 3. Indian Hills, 3:44.6; 4. Demarest, 3:45.4; 5. Ridgewood, 3:45.5; 6. Don Bosco, 3:46.2.

Distance medley: 1. Don Bosco (Mike Higgins, Noah Lartigue, Schan Lartigue, Kyle Levermore), 10:44.0; 2. Ridgewood, 10:57.7; 3. Hackensack, 11:00.1; 4. Indian Hills, 11:05.2; 5. Paramus, 11:06.7; 6. Teaneck, 11:22.3.

Shot put: 1. Demarest (Andrew Trumbetti, Josh Landsman), 102-1134; 2. Mahwah, 99-534; 3. Don Bosco, 98-9; 4. River Dell, 96-74; 5. Bergen Catholic, 92-494; 6. Indian Hills, 88-64.

High jump: 1. Hackensack (Mike Cummings, Harrison Escoffrey), 11-10; 2. tie between Demarest and Bergen Catholic, 11-6; 4. Indian Hills, 11-4; 5. tie between River Dell and Northern Highlands, 11-2.

Long jump: 1. Hackensack (Mike Cummings, Lamar Thomas), 39-894; 2. Ramapo, 39-24; 3. Fair Lawn, 39-0; 4. Bergen Catholic, 38-734; 5. Old Tappan, 38-7; 6. Teaneck, 38-444.

Triple jump: 1. Hackensack (Mike Cummings, Lamar Thomas), 84-144; 2. Bergen Catholic, 81-914; 3. Ramapo, 79-014; 4. River Dell, 78-214; 5. Teaneck, 77-814; 6. Fair Lawn, 75-0.

Pole vault: 1. Demarest (Eric Geider, Brett Croen), 25-6 (record, old record, 25-0 by Hackensack, 2004 and Don Bosco, 2010); 2. Ridgewood, 25-0; 3. River Dell, 24-6; 4. Indian Hills, 23-0; 5. Bergen Catholic, 21-0; 6. Old Tappan, 20-6.

BOYS SMALL

TEAM SCORING

Ramsey 84, Hasbrouck Heights 75, Ridgefield Park 55, St. Joseph 26, Westwood 18, Pascack Hills 16, Fort Lee, Dumont and Rutherford 12, Englewood 10, Waldwick 8, Midland park 6, New Milford 3, Dwight-Englewood 2, Saddle Brook 1.

4-x-55 HH: 1. Ramsey (DJ Kleinbard, Chris Cerf, Colin Bussiere, Eric Ertl), 32.0; 2. Hasbrouck Heights, 35.7; 3. Waldwick, 38.5.

4-x-200: 1. St. Joseph (Sherman Alston, Jon Ellach, Kahili Guerrier, Zach Bazile), 1:37.1; 2. Westwood, 1:37.8; 3. Ramsey, 1:39.5; 4. Ridgefield Park, 1:39.6; 5. Pascack Hills, 1:41.8; 6. Waldwick, 1:42.1.

4-x-400: 1. Ridgefield Park (Dylan Perez, Kevin Mawwin, Mike Holguin, Don

Chisholm), 3:36.5; 2. Ramsey, 3:36.9; 3. Hasbrouck Heights, 3:38.8; 4. Westwood, 3:40.1; 5. Dumont, 3:42.1; 6. New Milford, 3:53.0.

4-x-800: 1. Ramsey (Garrett Cushing, Dabid Pillepich, Dan Monteith, Rory Greenshields), 8:51.1; 2. Hasbrouck Heights, 8:56.8; 3. Pascack Hills, 9:08.1; 4. St. Joseph, 9:09.8; 5. New Milford, 9:16.4; 6. Ridgefield Park, 9:20.4.

4-x-1,600: 1. Ramsey (Nik Haas, Patrick Watters, Sami Ellougan, Danny Dugan), 19:20.3; 2. Hasbrouck Heights, 20:28.5.

Sprint medley: 1. Ridgefield Park (Dylan Perez, Tunde Fatiregun, Don Chisholm, Stephen Pena), 3:45.0; 2. Ramsey, 3:46.6; 3. Dumont, 3:54.3; 4. Hasbrouck Heights, 3:56.4; 5. Dwight-Englewood, 4:00.20; 6. Waldwick, 4:12.8.

Distance medley: 1. Ramsey (Patrick Watters, Anthony Salerno, Dave Pillepich, Danny Dugan), 11:20.1; 2. Rutherford, 11:20.2; 3. Westwood, 11:39.1; 4. Pascack Hills, 11:53.5; 5. Ridgefield Park, 11:57.6; 6. Hasbrouck Heights, 12:03.8.

Shot put: 1. Hasbrouck Heights (Anthony Seidel, AJ Traina), 90-10; 2. St. Joseph, 87-04; 3. Ridgefield Park, 84-4; 4. Rutherford, 83-64; 5. Pascack Hills, 79-1; 6. Saddle Brook, 76-94.

High jump: 1. Hasbrouck Heights (Roland Gamez, Franklin Garcia), 11-8; 2. Ramsey, 11-0; 3. Midland Park, 10-10; 4. Ridgefield Park, 10-8.

Long jump: 1. Hasbrouck Heights (Roland Gamez, Tom Hughes), 39-104; 2. Englewood, 38-4; 3. Ramsey, 38-04; 4. St. Joseph, 37-64; 5. Ridgefield Park, 35-24; 6. Pascack Hills, 34-64.

Triple jump: 1. Hasbrouck Heights (Roland Gamez, Tom Hughes), 84-94; 2. Ramsey, 79-24; 3. Ridgefield, 73-84; 4. Dumont, 72-84; 5. Englewood, 72-54; 6. Pascack Hills, 71-14.

Pole vault: 1. Ridgefield Park (Raul Ferreira, Christopher Diaz), 25-6; 2. Fort Lee, 20-0.

GIRLS LARGE

TEAM SCORING

River Dell 56, Ridgewood 44 1/2, Ramapo 36, IHA 35 1/2, Northern Highlands and Teaneck 31, Paramus Catholic 28, Holy Angels 24, Demarest 23, Hackensack 16, Mahwah and Indian Hills 11, Tenafly and Old Tappan 10, Paramus 3, Garfield and Pascack Valley 1.

4-x-55 HH: 1. Ridgewood (Sirai Ramirez, Mirni DeVita, Kathleen McKeon, Micaela McPadden), 32.8; 2. River Dell, 34.0; 3. IHA, 34.1; 4. Ramapo, 34.6; 5. Old Tappan, 35.0; 6. Northern Highlands, 35.1.

4-x-200: 1. Teaneck (Ana Atkinson, Amanda Simms, Toni James, Aminah Sarraga), 1:48.1; 2. Paramus Catholic, 1:49.1; 3. Ramapo, 1:50.7; 4. River Dell, 1:51.6; 5. Northern Highlands, 1:52.1; 6. Pascack Valley, 1:53.1.

4-x-400: 1. River Dell (Sam Schielger, Melissa Gibbons, Noreen Byrne, Paige Fernandez), 4:08.7; 2. Ridgewood, 4:12.3; 3. Teaneck, 4:14.0; 4. Northern Highlands, 4:15.2; 5. IHA, 4:15.9; 6. Indian Hills, 4:17.6.

4-x-800: 1. Indian Hills (Jaime Mangold, Kelly Buccisano, Sydney Coughlin, Julia Guerra), 9:46.0; 2. Ramapo, 9:47.9; 3. Holy Angels, 9:50.8; 4. River Dell, 9:53.9; 5. IHA, 9:54.2; 6. Mahwah, 10:29.0.

4-x-1,600: 1. Northern Highlands (Sofia Licata, Anna Richard, Madison Holleran, Ariana North), 21:54.2 (record, old record, 21:56.6, by IHA, 2002); 2. Holy Angels, 22:3.7; 3. IHA, 22:26.3; 4. Ridgewood, 23:07.4; 5. Paramus, 23:33.5; 6. Demarest, 24:19.1.

Sprint medley: 1. Northern Highlands (Emma Sullivan, Carly Lepzig, Amanda Pook, Madison Holleran), 4:19.1; 2. Ridgewood, 4:21.1; 3. Hackensack, 4:25.1; 4. Demarest, 4:25.3; 5. Old Tappan, 4:27.6; 6. Teaneck, 4:34.1.

Distance medley: 1. Tenafly (Veronica Rocco, Lauren Bangug, Paige Leskin, Josette Norris), 12:48.7; 2. Holy Angels, 12:54.4; 3. Ridgewood, 12:59.5; 4. Northern Highlands, 13:05.5; 5. Ramapo, 13:13.4; 6. IHA, 13:30.3.

Shot put: 1. Demarest (Haley Hirsch, Samantha Ferraro), 70-04; 2. River Dell, 66-04; 3. Hackensack, 63-34; 4. Tea-

neck, 59-11; 5. IHA, 59-104; 6. Garfield, 55-114.

High jump: 1. Paramus Catholic (Tatiana Sanders, Rosie Menyhart), 10-0; Demarest, 9-8; 3. tie between River Dell, Old Tappan and Hackensack, 9-6; 6. IHA and Ridgewood, 9-4.

Long jump: 1. IHA (Shaye Wisse, Debbie Majkovicz), 31-54; 2. River Dell, 31-4; 3. Ramapo, 30-14; 4. Mahwah, 29-114; 5. Teaneck, 29-84; 6. Old Tappan, 29-84.

Triple jump: 1. Paramus Catholic (Tatiana Sanders, Rosie Menyhart), 72-3 (record, old record, 69-114 by Indian Hills, 2008); 2. Teaneck, 68-5; 3. Mahwah, 68-3; 4. River Dell, 64-10; 5. IHA, 64-9; 6. Old Tappan, 63-74.

Pole vault: 1. Ramapo (Megan Gambuti, Jordan Even-Chen), 21-0 (record, old record, 20-6 by Ridgewood, 2012); 2. Ridgewood, 19-0; 3. River Dell, 17-6; 4. IHA, 17-0; 5. Holy Angels, 15-0; 6. Paramus, 12-0.

GIRLS SMALL

TEAM SCORING

Ramsey 92, Hasbrouck Heights 52 1/2, Westwood 44, Rutherford 32, Dumont 28, Waldwick 23, Englewood 20, New Milford 18, Fort Lee 13, Queen of Peace 10, Pascack Hills 9, Ridgefield Park 6 1/2, Midland Park 5, Dwight-Englewood 4.

4-x-55 HH: 1. Dumont (Kerianne Conner, Molly Conner, Kimberley Johnson, Stephanie Kontos), 35.7; 2. Ramsey, 36.2; 3. Waldwick, 36.5; 4. New Milford, 37.6; 5. Westwood, 38.0; 6. Hasbrouck Heights, 39.7.

4-x-200: 1. Westwood (Alesia Passaro, Julia Senkevich, Corinne Myers, Alexandra Cimino), 1:51.0; 2. Ramsey, 1:51.1; 3. Englewood, 1:52.7; 4. Pascack Hills, 1:55.1; 5. Hasbrouck Heights, 1:57.1; 6. Dumont, 1:57.7.

4-x-400: 1. Westwood (Alesia Passaro, Alexandra Cimino, Julia Senkevich, Corinne Myers), 4:05.2 (record, old record, 4:07.2 by Westwood, 2009); 2. Ramsey, 4:11.5; 3. Hasbrouck Heights, 4:21.3; 4. Rutherford, 4:23.1; 5. New Milford, 4:32.8; 6. Ridgefield Park, 5:00.9.

4-x-800: 1. Westwood (Julia Senkevich, Alesia Passaro, Alexandra Cimino, Corinne Myers), 9:38.5 (record, old record, 9:47.3 by Westwood, 2011); 2. Ramsey, 9:54.4; 3. Rutherford, 10:34.6; 4. Hasbrouck Heights, 10:35.2; 5. Waldwick, 11:33.6; 6. Fort Lee, 11:54.5.

4-x-1,600: 1. Ramsey (Kaitlyn Johnston, Margaret Schiazza, Megan Johnston, Courtney Porfido), 23:52.9; 2. Fort Lee, 24:38.7; 3. Hasbrouck Heights, 24:51.1.

Sprint medley: 1. New Milford (Jaimie Tiu, Khadijah Cox, Jackie Follety, Jennifer Teets), 4:38.4; 2. Ramsey, 4:41.3; 3. Hasbrouck Heights, 4:42.3; 4. Dwight-Englewood, 4:55.2; 5. Waldwick, 4:58.7; 6. Dumont, 5:00.0.

Distance medley: 1. Rutherford (Vanessa Ureuta, Hannah DeMatteo, Katie Sullivan, Allison Regan), 13:48.5; 2. Ramsey, 13:49.9; 3. Westwood, 14:00.2; 4. Fort Lee, 14:23.3; 5. Hasbrouck Heights, 14:41.1; 6. Waldwick, 15:03.3.

Shot put: 1. Hasbrouck Heights (Irene Cedano, Nicolette Goodman), 64-84; 2. Englewood, 62-24; 3. Westwood, 61-4; 4. Ridgefield Park, 57-94; 5. Rutherford, 56-1.

High jump: 1. Rutherford (Katie Sullivan, Hannah DeMatteo), 9-2; 2. Ramsey, 9-0; 3. tie between Midland Park and Dumont, 8-10; 5. tie between Hasbrouck Heights and Ridgefield Park, 8-6.

Long jump: 1. Ramsey (Kelly Redl, Sierra Sands), 31-44; 2. Waldwick, 30-84; 3. Hasbrouck Heights, 28-104; 4. Pascack Hills, 28-84; 5. New Milford, 28-34; 6. Dumont, 27-114.

Triple jump: 1. Dumont (Kimberley Johnson, Kerianne Conner), 66-1; 2. Ramsey, 65-44; 3. Waldwick, 60-64; 4. Hasbrouck Heights, 58-2; 5. Pascack Hills, 57-34; 6. Ridgefield Park, 54-24.

Pole vault: 1. Queen of Peace (Michele Rozalski, Katherine Rozalski), 21-6 (record, old record, 19-0 by Mahwah, 2011); 2. Ramsey, 15-0; 3. Hasbrouck Heights, 14-6.

INDOOR TRACK & FIELD

Sabatini sizzles in Bergen County Relays victory

Athlete of Meet keys Maroon boys' late comeback; girls squad takes 2nd

BY GREG TARTAGLIA
Assistant Sports Editor

Jake Sabatini knew two things for certain: he had run fast, and his team had come back to win in the final race.

Yet there was one last thing that surprised the Ridgewood High School junior at the end of Monday's Bergen County Relays in Manahattan.

Sabatini listened along with his Maroon teammates as the announcement of the Alan Wedemeyer Award for outstanding male athlete of the meet came over the Armory Track Center's public address.

"I heard them call out my 200 [meter] time, and I thought, 'Hey, maybe it could be me,'" the Maroon sprinter recalled on Wednesday. "Then I heard my sprint medley time, and I heard them call the 'come-from-behind victory,' and my friends all gave me a huge cheer."

Sabatini became the Ridgewood boys' second Wedemeyer Award winner in the past three years for helping his squad to its first large schools division title at the Bergen Relays since 2005. The clincher for both he and the team came in the meet's ultimate event, when he ran 50.8-second anchor split in the 4 x 400-meter relay, overtaking Don Bosco Prep and Teaneck for the gold on the last lap and vaulting RHS past defending champion Hackensack, 53-50, atop the team standings.

For the Maroon girls, senior Micaela McPadden turned in her squad's top performance, anchoring shuttle hurdle relay to gold and both the sprint medley and 4 x 400 relays to silver medals. Ridgewood went in as the two-time defending large schools champ and ended up second to River Dell, 56-44½, but defea

perennial rivals Ramapo (36 points), Immaculate Heart (35½), Northern Highlands (31) and Teaneck (31).

"I didn't even see that coming," McPadden said of the finishing order. "I thought it was going to be Northern Highlands, IHA and Ramapo [up front], but River Dell came out of nowhere."

Boys meet recap

The Maroon boys took an early lead by winning the first two races. Michael Zeno, Emmitt Berry, Alex Armatas and Kevin Chung teamed up for a 31.5-second clocking of the shuttle hurdles, and the grouping of Bryan Clarendon, Nick Salomone, David Fering and Storm Dublirer followed with a victory in the 4 x 1-mile (18:46.7).

After a fourth in the 4 x 200, a sixth in the 4 x 800 and a fifth in the sprint medley, Ridgewood got more big points in the distance medley, where Clarendon, Brian Collins, Fering and Salomone joined forces to run second in, 10:57.7. Dylan Downing (13-0) and Teddy Migliorelli (12-0) cleared a combined 25 feet in the pole vault relay to set a new program record and place second.

That set the stage for the dramatic 4 x 400 finish, with RHS trailing Hackensack by seven and the Comets having no entry. Neil Schoff led off for the Maroons with a 55.3-second split, followed by Dublirer (51.9) and Migliorelli (52.6), who handed the baton to Sabatini in fourth.

"Jake knew he needed at least a second place, because second place is worth eight points," Ridgewood coach Jost Saladino said. "Take nothing away from the other runners, too — Teddy and Storm also ran indoor bees."

As Sabatini described it, "My coaches told me that I have to work harder at the beginning of the race and not just rely on the



KEVIN R. WEXLER/THE RECORD

Ridgewood junior Bryan Clarendon (1) makes a push for the lead in the boys 4 x 1-mile relay at Monday's Bergen County Relays. Clarendon helped the Maroon boys to a gold medal in the race and a first-place finish in the team standings.

last 100 meters [to gain ground]. So, I tried to work harder, and I caught up to the leaders a pretty good amount."

Entering the final 200-meter lap, Don Bosco head a five-meter edge on Teaneck when Sabatini closed in. "Going down the back stretch, I'm like, 'I have to go,' and I was able to catch up to [Teaneck's anchor]. Then I saw the Don Bosco kid [slowing down], so I thought, 'Might as well catch him, too!'"

Girls meet recap

The RHS girls also opened the meet with a shuttle hurdles victory, as Sital Ramirez (8.0), Mimi DeVita (8.2), Kate McKeon (8.5) and McPadden (8.1) combined for a time of 32.8.

Ridgewood won it in 3:30.6. Bergen Catholic (3:31.0) slipped into second as Don Bosco (3:53.8)

and Teaneck (3:32.4) faded. In joining 2011 honoree Pat Rymkowski as Wedemeyer winners from Ridgewood, Sabatini also split 22.9 in the 4 x 200 and 53.1 in the 400 leg of the sprint medley.

Cleary followed with a fourth-place 25:07.4 in the 4 x 1-mile. In the sprint medley, Anna Caffrey, Courtney Campbell and Reid Simoncini started things off before McPadden ran a personal-best 2:19.6 on the 800 anchor leg, as Ridgewood (4:21.1) took second to Northern Highlands (4:19.1).

Waiberger, Amanda Muccio, Katherine Crillo and Cleary then teamed up for a fourth-place 12:59.5 in the sprint medley, and the Caffrey-Muccio-Ramirez-McPadden grouping clocked 4:12.3 in the 4 x 400 to hold off Teaneck and Highlands for sec-

ond behind River Dell (4:08.7).

"I'm really happy we beat Northern Highlands," said McPadden, who ran a 58.9 400 split. "They have really good runners like Maddison, Holleran and Emma Sullivan."

The Maroon girls scored in two field events, led by DeVita's 10-6 pole vault and 4-6 high jump. The senior combined with Simoncini to place second in the pole vault (19-0) and with Sophie Montgomesy to tie for sixth in the high jump (9-4).

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THE INDOOR TRACK REPORT

Great performances abound

By **PAUL SCHWARTZ**
STAFF WRITER

At both the indoor and outdoor Bergen County Relays, awards are given for the most outstanding boy and girl athletes.

Last week's meet saw Ridgewood's Jake Sabatini win the Alan Wedemeier Award as the most outstanding boy and Westwood's Alexandra Cimino and Holy Angels' Lydon Kersting share the Lou Molino Award as the most outstanding girl.

It seems a pity that there can be only one or two winners for each gender, as the performances always are among the tops of the winter with high-quality relay splits or marks coming from many

good athletes.

For instance, the runners-up for the awards Monday included:

Michael Cummings of Hackensack: The senior helped his team to divisional wins in the triple jump (42-11), long jump (20-0 $\frac{1}{4}$) and high jump (6-4) while running a leg on the third-place shuttle hurdles team.

Roland Gamez of Hasbrouck Heights: The senior had the best jumps in either division in the triple jump (44-1 $\frac{1}{4}$) and long jump (20-8 $\frac{3}{4}$) and scored a division-best 6-2 in the high jump as the Aviators won all three small school events. He also led off the third-place 4-x-400 team.

Eric Geider and Andrew Trumbetti of Demarest were nominated

for their meet-leading performances in the pole vault (14-6) and shot (57-10 $\frac{3}{4}$), respectively.

There were multiple girls nominees who could have joined Cimino and Kersting as honorees.

Colleen Buckley, IHA: The sophomore ran 5:27.2 in the 4-x-1,600, split 2:21.8 on the 4-x-800 team and ran 61.8 on the 4-x-400. Unfortunately, it was probably her last meet of the winter, as she was diagnosed with a stress fracture earlier this week.

Kerriane Conner, Dumont: The junior led the Huskies to wins in the small schools triple jump and shuttle hurdles, ran a leg on the medal-winning 4-x-200 team and cleared 4-10 for the fourth-place high jump relay.

Haley Hirsch, Demarest: The senior led the Norsewomen to a win in the large schools shot (36-9) and second in the high jump (5-0).

Micaela McPadden, Ridgewood: Splits of 2:19.4 for the 800 on the sprint medley and 58.9 on the 4-x-400 gave the Maroons a pair of silvers and she anchored Ridgewood to a large schools shuttle hurdles victory.

Tatiyanna Sanders, Paramus Catholic: The junior, in her first month of indoor track, helped the Paladins to large schools wins in the high jump (4-10) and triple jump (36-2 $\frac{1}{2}$), with the latter two shattering the old girls meet mark. She also split 25.9 for the runner-up 4-x-200 team.

AROUND THE TRACK

■ Ben Malone chases history tonight at about 7:40. The Pascack Valley senior is favored to repeat his victory in the Armory Collegiate Invitational junior 1,000 meters race at the Armory Track Center in New York. Malone won last year in a Bergen County record time of 2:23.56, second fastest in American high school history. The state and national record of 2:22.28 was set at this meet in 2009 by Robby Andrews, then of Manalapan, who missed making the U.S. Olympic 1,500 meter team last summer.

■ The state championship series gets under way Monday with Cliffside Park, Fort Lee, Rutherford, Ridgewood and Secaucus journey-

ing to the Bennett Center in Toms River for the North 2, Group 1 and 2 sectional meet. Katie Sullivan of Rutherford won the Group 1 800 last winter and has been running very well. Keeneth Ross of Secaucus was fifth in the Group 1 55 last year, but he should be a standout in the 400 as well this time. Ashley Jenq of Fort Lee (sixth in the girls 55) is the only returning medalist in girls Group 2.

■ The sectionals on Monday compete with the always sensational Varsity Classic at the Armory Track Center. More than 100 schools from New York, Pennsylvania and New Jersey, including 18 North Jersey squads, will compete. The feature races are expected to be the distance medleys. Many Penn Relays

qualifiers in the distance medley as well as the 4-x-800 have come from this meet in recent years. The North Jersey contingent would likely be much higher except that the North 1, Group 1 and 2 schools will compete in the sectionals on Tuesday in Toms River.

■ Six local athletes won sectional titles last year, including Irene Cedano of Hasbrouck Heights (Group 1 shot put), Nicole Piccinich of Emerson (Group 1 pole vault), Roland Gamez of Hasbrouck Heights (Group 1 high hurdles), Gena Pickett of Mahwah (Group 2 high hurdles) and Deanna DiLandro of Ramapo (Group 2 800).

— Paul Schwartz

INDOOR TRACK TOP PERFORMERS

BOYS

55 (automatic timing only): Tom Jefferson, Passaic Tech, 6.89; **55 hurdles (automatic timing only):** Kevin Chung, Ridgewood, 8.07; **200:** Lemar Thomas, Hackensack and Jake Sabatini, Ridgewood, 23.1; **300:** Noah Lartigue, Don Bosco, 36.80; **400:** Robert Laing, Kennedy, 49.8; **600:** Laing, Kennedy, 1:26.7; **800:** Kevin Serrao, Bergen Tech, 1:57.8; **1,000:** Serrao, 2:41.3; **1,600:** Ben Malone, Pascack Valley, 4:16.26; **3,200:** Kyle Levermore, Don Bosco, 9:17.90; **Shot put:** Mark Ramsey, Kennedy, 59-6; **High jump:** Mike Cummings, Hackensack, 6-5 $\frac{3}{4}$; **Long jump:** Roland Gamez, Hasbrouck Heights, 22-6; **Triple jump:** Gamez, 45-0; **Pole vault:** Eric Geider, Demarest and Keith Gandy, Indian Hills, 14-6; **4-x-200 relay:** Teaneck, 1:33.4; **4-x-400 relay:** Ridgewood, 3:30.6; **4-x-800 relay:** Don Bosco, 8:09.8; **Distance medley:** Don Bosco, 10:44.0.

GIRLS

55: Alexes Washington, Passaic Tech, 7.63; **55 hurdles:** Alexandra Cimino, Westwood, 8.59; **200:** Zahtae Mouzone, Passaic, 26.8; **300:** Emma Sullivan, Northern Highlands, 43.1; **400:** Micaela McPadden, Ridgewood, 58.5; **600:** McPadden, 1:40.5; **800:** Madison Holleran, Northern Highlands, 2:14.2; **1,000:** Holleran, 3:14.6; **1,600:** Julia Guerra, Indian Hills, 5:13.7; **3,200:** Josette Norris, Tenafly, 11:04.6; **Shot put:** Victoria Stewart, Passaic Valley, 39-7 $\frac{1}{2}$; **High jump:** Ianna McGregor, Kennedy, 5-4; **Long jump:** Tatiyanna Sanders, Paramus Catholic, 17-1 $\frac{3}{4}$; **Triple jump:** Sanders, 36-2 $\frac{1}{2}$; **Pole vault:** Michele Rozalski, Queen of Peace, 11-0; **4-x-200 relay:** Teaneck, 1:48.1; **4-x-400 relay:** Westwood, 4:03.93; **4-x-800 relay:** Westwood, 9:38.5; **Distance medley:** Tenafly, 12:48.7.
*Converted 1-mile and 2-mile runs. Through Wednesday

2/1/13



Varsity Classic:
@ NYC Armory

Feb 4, 2013

55m:

Jake Sabatini **6.7/6.7**, Dom Boresta **6.9**

Courtney Campbell **7.8**

55HH:

Kevin Chung **7.7/7.9**, Mike Zeno **8.6**, Emmett Berry **11.6 (fell)**

Sirai Ramirez **9.1**, Kate McKeon **9.4**, Mimi DeVita **9.2**

800m:

Brian Collins **2:08.8** Michael O'Donnell **2:12.5**, Robert Fischer **2:13.7**

400m:

Courtney Campbell **65.9**, Amanda Mucchio **65.1**

4x800m:

Nick Salamone **2:02.8**, Bryan Clarendon **2:02.9**, Luke Dublirer **2:01.8**, Storm Dublirer **1:58.9**
8:06.6 – 5th Place

Kelly Cleary **2:28.6**, Laura Weisberger **2:26.9**, Anna Caffrey **2:24.6**, Katherine Cirillo **2:28.7**
9:48.7

200m:

Jake Sabatini **23.1** Teddy Migliorelli **24.0** Dom Boresta **24.1**

Sirai Ramirez **28.9**

1600m:

David Frering **4:32.9**, Ryan Neville **4:43.4**

Long Jump:

Armond Punjabi **18'2"**, Emmett Berry **18'2 ¼"**, Sean Park **18'1"**

Kate McKeon **14'11 ½"**, Sophie Montgomery **14'7"**

Triple Jump:

Armond Punjabi **38' ½"**, Emmett Berry **38 2 ¼"**, Sean Park **33'6"**

Kate McKeon **30'1 ½"**, Sophie Montgomery **31'8"**

High Jump:

Mike Zeno **NH**

Sophie Montgomery **NH**

Pole Vault:

Allan Wong NH

Mimi DeVita 10'6" – 1st Place

Comments:

**Great meet! Congrats to Mimi on her win and congrats to the team on a ton of personal records!!!
Lets keep it up and win sectional championships this weekend.**

Maroons' DeVita has clear sailing

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK - Mimi DeVita wasn't hitting her marks. The Ridgewood senior, an All-Bergen performer in pole vault last winter with personal bests of 11-feet, 1 inch indoors and 10-10 outdoors, couldn't clear a height and was doubting herself.

In an event that puts a premium on confidence and fearlessness, doubt isn't an option.

"This event is so mental," DeVita said after she made 10-6 on her first attempt Monday to win the event at the Varsity Classic, one of three wins by North Jersey athletes in a meet that has grown to equal most in-season invitationals. "I was losing confidence last spring and I took the summer off to try and get recharged mentally, and it helped."

But DeVita cleared no heights at each of her first two meets, and the doubt began to creep back.

"I think the more I learned, the more I expected from myself and the more I started getting scared," said DeVita, who was joined as an event winner by Mike Cummings of Hackensack (high jump) and Mark Ramsey of Kennedy (shot put).

DeVita then cleared several heights at the Bergen County Relays, eventually making 11 feet, and even though she came up just short of clearing 11 Monday, the confidence crisis was over.

"I feel better now than my freshman year, when I was fearless," said DeVita, who hopes to attend Villanova or Vermont and continue vaulting. "It's always in the back of my mind because it's a dangerous event, but I'll never be scared again."

Confidence also came back to the Don Bosco distance medley team, which ran a stunning 10:19.2 for third in the event and No. 3 in the nation.

"That's about 15 seconds faster than I thought we'd run," Don Bosco coach Rob DeCarlo said. "It's seven seconds faster than our previous school record and should put us into the Penn Relays in the event."

Mike Higgins (3:09.9, 1,200), Noah Lartigue (50.2, 400), Schan Lartigue (1:59.2, 800) and Kyle

INDOOR TRACK: VARSITY CLASSIC

Levermore (4:19.9, 1,600) were consistent from start to finish and all recorded indoor bests for their distances.

"The night started off great for us when Mike Flanagan ran a huge race in the 3,200, and then Mike Higgins ran a great leadoff leg in the DMR and the kids took it from there," DeCarlo said.

Josette Norris of Tenafly also ran a spectacular race, nearly avenging her loss to Mackenzie Barry of Mendham in the 3,200 meters.

Norris, who trailed by as many as 13 seconds midway through the race against the girl who beat her at the Group 3 cross-country championship in November, slowly cut into the big lead before making a frantic dash to the finish that came up less than a yard short.

Her 10:55.2 was the fifth-fastest time in Bergen County history and sets up a rematch in two weeks.

State Sectional Championship
@ Toms River

February 9, 2013

400m:

N. Schoff 53.48 – 4th Place J. Sabatini 54.05, T. Migliorelli 54.62

M. McPadden 59.62 – 1st Place, A. Mucchio 64.46, C. Campbell 66.64

1600m:

N. Salamone 4:33.25 – 1st Place, S. Dublirer 4:34.05 -2nd Place, D. Frering 4:35.03 – 5th Place

K. Cleary 5:23.98 – 1st Place, L. Weisberger 5:24.57 – 2nd Place

55m HH:

K. Chung 8.04/7.82 – 2nd Place M. Zeno 8.65, E. Berry 9.38

S. Ramirez 9.62/9.18 – 3rd Place, M. DeVita 9.32/9.34 – 4th Place, K. McKeon 9.76

800m:

B. Clarendon 2:05.63, L. Dublirer 2:06.93, S. Dublirer 2:13.88

M. McPadden 2:21.54 – 2nd Place, A. Caffrey 2:35.65, K. Cirillo 2:35.65

55m:

J. Sabatini 6.80/6.82 – 4th Place, D. Boresta 6.85/6.87

C. Campbell 8.03, R. Simoncini 8.03

3200m:

N. Salamone 9:54.83 – 1st Place, D. Frering 10:11.61, R. Neville 10:27.29

K. Cleary 11:42.87 – 2nd Place, L. Weisberger 12:30.50 – 6th Place

4x400m:

N. Schoff 55.9, S. Dublirer 53.3, T. Migliorelli 53.9, J. Sabatini 52.1 3:35.76 – 1st Place

A. Caffrey 65.2, A. Mucchio 65.8, S. Ramirez 64.6 M. McPadden 59.8 4:16.41 – 2nd Place

Pole Vault:

D. Downing 12'0" – 2nd Place, A. Wong 11'6" – 3rd Place, S. Llerandi NH

M. DeVita 10'0" – 1st Place, R. Simoncini 8'0" - 6th Place

High Jump:

M. Zeno 5'6", D. Boresta NH

M. DeVita 4'8" – 4th Place S. Montgomery 4'6" – tie 6th Place,

Team Score:

Boys:

Ridgewood 68
West Orange 41
Randolph 35
PCT 34

Girls:

Ridgewood 78.5
West Orange 50
Livingston 38.5
Randolph 34

Comments:

BOTH TEAMS STATE SECTIONAL CHAMPIONS! CONGRATS!!!

A very good meet all around. Some wonderful accomplishments in this meet but none more impressive than winning both titles. 2013 Ridgewood Track and Field is the first Group IV team to win both the boys and girls sectionals in the same year. It doesn't get any better than that!

Athletes of the Meet:

Everyone! We won both sectionals!

INDOOR TRACK SECTIONALS

Sweep success for Ridgewood girls

By **PAUL SCHWARTZ**
STAFF WRITER

GROUP 4

TOMS RIVER – It hasn't been the best of seasons for the Ridgewood girls track team. Graduation losses were expected from the team that dominated most of last year, but illness, injuries and defections also took their toll, and the Maroons struggled in losses in the Big North Freedom and Bergen Relays championships.

But any problems the Maroons had disappeared Monday when Ridgewood rolled to its second consecutive girls title by 28½ points over West Orange, helping the team to its first-ever sweep at the North 1, Group 4 sectional championships at the Bennett Center.

"The girls have very high expectations and it was difficult for them not to achieve them early in the year," said Ridgewood coach Josh Saladino. "But today they overcame everything and were terrific."

Micaela McPadden and Mimi DeVita, the senior leaders of the team, got the Maroons off to a quick start, winning the 400 meters and pole vault, respectively, the first two events of the day.

"I think it was really important for us to get a good start but I'm so proud of Kelly [Cleary] and Laura [Weisberger] and what they did in the 1,600," said McPadden, who took second in the 800 and anchored the second-place 4-x-400 relay.

Cleary and Weisberger all but clinched the meet for the Maroons five events into the meet

with a surprising 1-2 finish in the 1,600.

"We won this meet last year and I wanted us to do it again," said Weisberger, a junior, who also placed in the 3,200.

"I knew at the 800 mark, that I felt better than I thought I would and I saw Kelly right in front of me, so I knew we had a chance to have a very good race."

And Cleary flew down the final straightaway with Weisberger coming from fourth in the final lap to record the 1-2 finish.

The Ridgewood boys also sealed their 68-41 win over West Orange early. The Maroons went 1-2-5 in the meet's second event, the 1,600 run, and grabbed a lead they never relinquished.

Nick Salamone added a rare 1,600-3,200 distance double to his cross-country sectional title and, with Storm Dublirer in second and David Frering in fifth, got the Maroons started.

"The three of us worked together for most of the race and it set the tone for the meet," said Salamone, who held off Justin Tanayan of Clifton for the 3,200 win later in the meet.

"When you get 20 points like that in an event, it sets you up well for the rest of the meet," said Saladino. "Then you can get fours and sixes [points] in other events and it adds up."

Ridgewood also got a 2-3 finish in the pole vault and capped the meet with a win in the relay.

INDOOR TRACK

STATE SECTIONALS

AT BENNETT CENTER, TOMS RIVER

BOYS

Team Scoring: Hackensack (H) 59, Old Tappan (OT) 52, Teaneck (T) 32, Roxbury (Rox) 28, Sparta (S) 26, Paramus (P) 21, Mount Olive (MO) 20, Northern Highlands (NH) 14, Wayne Hills (WH) and Passaic Valley (PasV) 8, West Milford (WM) and Montville (Mon) 6, Passaic Valley (PasV) 2, Wayne Valley (WV) 1.
1600: 1. Ben Davis (OT), 5:53; 2. Hayden Lyons (Ten), 6:04; 3. Kevin Diana (WM), 6:07; 4. Kyle Young (Rox), 6:13; 5. Vincent Messina (NH), 6:14; 6. Christian Ozoria (T), 6:19.
55 HHS: 1. Michael Cummings (H), 7:59; 2. Justin Gale (Rox), 8:05; 3. Brendan Davidson (OT), 8:09; 4. Nick Quinn (H), 8:09; 5. George Alexander (FL), 8:16; 6. Brian Salamanca (P), 8:28.
400: 1. George Jenkins (T), 52.90; 2. Matt Schneider (P), 52.99; 3. Brendan Davidson (OT), 53.08; 4. John Gueter (NH), 53.08; 5. Jaleel Felston (PasV), 53.20; 6. Masaharu Oho (Ten), 53.41.
800: 1. Eddie Garcia (MO), 1:59.38; 2. George Jenkins (T), 2:05.46; 3. Mark McElgunn (Rox), 2:06.02; 4. Pablo Nieto (H), 2:06.47; 5. Kevin Lawlor (OT), 2:06.77; 6. Mohamed Yousef (T), 2:07.27.
1600: 1. Chris Mascetti (H), 4:31.18; 2. Luke Giugliano (S), 4:33.68; 3. Mike Sabretti (P), 4:34.80; 4. Andrew Tedeschi (Mon), 4:39.31; 5. Joe Moreira (Rox), 4:45.02; 6. Stephan Lau (T), 4:46.54.
3200: 1. Brendan Ungermach (WH), 9:48.40; 2. Chris Mascetti (H), 9:48.61; 3.

Girls

GROUP 3

Team Scoring: Mount Olive (MO) 32, Northern Highlands (NH) 44, Sparta (S) 37, Tenafly (T) 26, Old Tappan (OT) 24, Teaneck (T) 21, Passaic Valley (PasV) and West Milford (WM) 18, Wayne Valley (WV) 16, Vernon (V) and Hackensack (H) 15, Roxbury (Rox) and Wayne Hills (WH) 6, Fair Lawn (FL) 3, Montville (Mon) 2.
55 HHS: 1. Keturah Ojji (WO), 7:19; 2. Victoria Kriv (PasV), 7:43; 3. Alicia Warren (MO), 7:56; 4. Arinath Sarraja (T), 7:59; 5. Suzanne Nimoh (MO), 7:53; 6. Naomi Clark (H), 7:54.
55 HHS: 1. Amanda Simms (T), 8:24; 2. Taryn DeLeon (OT), 8:56; 3. Dana Lynch (H), 9:12; 4. Madison Holleran (NH), 9:20; 5. Kristi Nat (FL), 9:35; 6. Rebecca Davis (S), 9:40.
400: 1. Keturah Ojji (MO), 58.26; 2. Claudia DiSomma (S), 59.28; 3. Emma Sullivan (NH), 59.69; 4. Madison Holleran (NH), 1:00.46; 5. Claire Trancalupo (S), 1:01.77; 6. Micaela Poggi (MO), 1:01.78; 7. (Rox), 9:33; 6. Kim Cardona (Mem), 9:36.
800: 1. Madison Holleran (NH), 2:18.44; 2. Claudia DiSomma (S), 2:19.36; 3. Marissa Karl (MO), 2:20.98; 4. Emily Busney (V), 2:22.79; 5. Kathryn Grant (H), 2:23.14; 6. Sarah Masukewicz (MO), 2:23.33.
1600: 1. Josette Norris (Ten), 5:01.50; 2. Emily Bushey (S), 5:07.84; 3. Ariana North (NH), 5:12.33; 5. Amanda Crowley (V), 5:12.71; 6. Sarah Masukewicz (MO), 5:13.94.
3200: 1. Josette Norris (Ten), 11:05.65; 2. Ariana North (NH), 11:09.65; 3. Veronica

Rocco (Ten), 11:48.77; 4. Lucy Peschel (WH), 11:53.51; 5. Alyssa Loffredo (WH), 11:53.68; 6. Mariah Christian (MO), 12:00.08.
Shot put: 1. Victoria Stewart (PasV), 34.84; 2. Francesca Boylan (WV), 33.71; 3. Kat Ramage (Rox), 32.49; 4. Carol Chen (WV), 32.09; 5. Jenay Crispin (Mon), 31.10; 6. Jodi Bischoff (V), 31.5.
High Jump: 1. Danielle Farrand (S), 5.2; 2. Taryn DeLeon (OT), 5.2; 3. Amanda Simms (T), 5.0; 4. Jessica Cusick (WV), 5.0; 5. Amour Redmond (H), 5.0; 6. Kristi Nat (FL), 4.10.
Pole vault: 1. Haley Steele (WM), 10.6; 2. Brianna Romer (WM), 8.0; 3. Lauren Biali (OT), 8.0.
4x-400 relay: 1. Mount Olive (Marissa Karl, Suzanne Nimoh, Micaela Poggi, Keturah Ojji), 4:09.64; 2. Sparta, 4:10.92; 3. Northern Highlands, 4:11.83; 5. Old Tappan, 4:18.13; 6. Teaneck, 4:21.17.
GROUP 4
Team Scoring: Ridgewood (Rw) 78.4; West Orange (WO) 50, Livingston (L) 38.4, Randolph (Ran) 34, Morris Knolls (MK) 25, Clifton (C) 23, Montclair (M) 21, Kennedy (K) 15, Bloomfield (B) and Passaic Tech (PCT) 8, Bergen Tech (BT) 6, Memorial (Mem) and Eastside (E) 1.
55: 1. Taylor Rosenbaum (L), 7.47; 2. Alexia Harris (MO), 7.64; 4. Eric McFarlane (B), 7.67; 5. Toni Cody (M), 7.69; 6. Andrea Bush (MK), 7.71.
55 HHS: 1. Samantha Kral (Ran), 8.48; 2. Jennifer Su (L), 8.73; 3. Sira Ramirez (Rw), 9.18; 4. Mimi DeVita (Rw), 9.32; 5. Ely Scherer (Ran), 9.33; 6. Kim Cardona (Mem), 9.36.
400: 1. Micaela McPadden (Rw), 59.62; 2. Andrea Bush (MK), 59.73; 3. Lanique

Lumpkin (MO), 1:02.18; 4. Tonisha Beresford (B), 1:02.22; 5. Tiera Elam (C), 1:03.03; 6. Nashim Allen (E), 1:03.47; 800: 1. Liz Wellman (Ran), 2:21.23; 2. Micaela McPadden (Rw), 2:21.58; 3. Christy Cadeau (WO), 2:25.21; 4. Rose Cherilus (WO), 2:25.71; 5. Christina Stevens (BT), 2:25.79; 6. Esther Wellman (Ran), 2:25.86.
1600: 1. Kelly Cleary (Rw), 5:23.98; 2. Laura Weisberger (Rw), 5:24.57; 3. Savannah Crowell (WO), 5:25.19; 4. Ally Black (MK), 5:27.98; 5. Brianna Reggioni (MK), 5:28.30; 6. Margaret Thomson (Ran), 5:29.51.
3200: 1. Carole Harsch (Ran), 11:29.31; 2. Kelly Cleary (Rw), 11:42.87; 3. Susannah Crowell (WO), 11:45.62; 4. Priscilla Ortiz (MK), 12:17.91; 5. Yulia Yuasa (C), 12:30.46; 6. Laura Weisberger (Rw), 12:50.50.
Shot put: 1. Chinwe Igwe (WO), 38.04; 2. Amanda Marcelin (WO), 37.5; 3. Shantel Bruce (K), 33.04; 4. Monika Diugosz (C), 32.54; 5. Yanique Spinger (BT), 32.54; 6. Alanna Robinson (M), 31.10.
High Jump: 1. Ianna McGregor (K), 5.0; 2. Nicole Buttel (C), 4.10; 3. Nicole Kalucki (MK), 4.8; 4. Mimi DeVita (Rw), 4.8; 5. Christina Ko (L), 4.6; 6. tie between Jennifer Su (L) and Sophie Montgomery (Rw), 4.6.
Pole vault: 1. Mimi DeVita (Rw), 10.0; 2. Sara Schneider (L), 9.6; 3. Nicole Buttel (C), 9.6; 4. tie between Joy Hogg (L) and Jenn Berger (L), 9.0; 6. Reid Simonchi (Rw), 8.0.
4x-400 relay: 1. West Orange (Christy Cadeau, Aliya Barnes, Josie Mitchell, Chidinma Armetuna, 4:12.86; 2. Ridgewood, 4:16.41; 3. Montclair, 4:23.62; 4. Livingston, 4:23.63; 5. Bergen Tech, 4:27.48; 6. Clifton, 4:31.28.

Section sweep

Ridgewood girls repeat as North 1, Group 4 champions; boys team gets 2nd title in 3 years

BY GREG TARTAGLIA
Assistant Sports Editor

Behind a pair of gold medals from senior Nick Salamone and a strong all-around performance from senior Mimi DeVita, Ridgewood High School became the second program to sweep the boys and girls titles at the North 1, Group 4 indoor track championships on Monday.

The Maroon boys outscored West Orange, 68-41, at the Bennett Center in Toms River, for their second sectional title in three years. The RHS girls also rolled past the Mountaineers, 78½-50, to repeat as sectional champions.

Since the inception of the North 1, Group 4 indoor meet in 2008, the only other school to take home both the boys and girls trophies in the same year was Randolph in 2009.

"It's rare to have both teams win a sectional, so it was a great accomplishment," Ridgewood head coach Josh Saladino said Wednesday, "especially for our teams to win both of them in such convincing fashion. They were pretty sizeable margins of victory on both sides, which the kids were pretty proud of. They really got a chance to show off how good they are as a team."

Salamone proved his proficiency in the long-distance events, winning the boys 1,600-meter run in 4:33.25 in the second race of the meet before coming back with a gold in the penultimate track event, the 3,200, with a time of 9:54.83.

"Nick really did a tremendous job," said Saladino. "That double running the 1,600 and the 3,200, is the most difficult double in a one-day meet in track and field; obviously, it takes talent, but more than that, it takes determination and caring for your teammates."

DeVita captured the sectional girls pole vault title for the second straight season, clearing 10 feet. She also placed fourth in both the high jump (4-foot-8) and 55-meter hurdles (9.32 seconds) to score some important points for the Maroon girls.

"Mimi had a really good meet," Saladino noted. "Her desire to get a little bit out of her comfort zone - which is the pole vault, where she's the best - and go out there and try to chip away and get the points for the team was big for us."

All told, Ridgewood had 18 athletes qualify for tomorrow's state Group 4 meet, which is

NORTH 1, GROUP 4 INDOOR TRACK MEET

RIDGEWOOD GIRLS CHAMPIONS

BOYS

1,600: Nick Salamone, 4:33.25

3,200: Nick Salamone, 9:54.83

4x400: Neil Schoff, Storm Dublirer, Teddy Mighiorelli, Jake Sabatini, 3:35.76

Team scores: 1. RIDGEWOOD, 68; 2. West Orange, 41; 3. Randolph, 35

GIRLS

400: Micaela McPadden, 1:59.62

1,600: Kelly Cleary, 5:23.98

Pole vault: Mimi DeVita, 10-0

Team scores: 1. RIDGEWOOD, 78½; 2. West Orange, 50; 3. Livingston, 38.5

scheduled to begin at 9 a.m. back at the Bennett Center.

Boys sectional recap

In the boys 1,600, Salamone led a 1-2-5 Maroon finish, as classmate Storm Dublirer ran a silver-medal 4:34.05, and junior David Frerig (4:35.03) was fifth in the same race.

Senior Kevin Chung clocked 7.82 second in the 55 hurdles to secure a silver medal, while pole vaulters Dylan Downing (12-0) and Allan Wong (11-6) finished 2-3 in their event.

Sprinters Jake Sabatini and Neil Schoff each qualified in an individual event in addition to helping the Maroons take gold in the 4 x 400-meter relay. Sabatini, a junior, was fourth in the 55-meter dash in 6.82 seconds, and Schoff, a senior, came home fifth in the 400 with a time of 53.48.

The 4 x 400 ended up being one of the closest races of the day. Schoff, Dublirer, junior Teddy Mighiorelli and Sabatini combined for a winning relay time of 3:35.76 to fend off Randolph by one-tenth of a second.

Girls sectional recap

Senior Micaela McPadden and sophomore Kelly Cleary each picked up a gold medal and a silver medal in individual events.

McPadden won the girls sectional 400-meter title in 59.62 seconds, edging Morris Knolls' Andrea Bush by .11, and she nearly added a second victory in the 800, running a 2:21.58 to finish second behind Randolph's Liz Wellman by .35.

Cleary also ran the difficult distance double, clocking 5:23.98 in the 1,600 to lead a 1-2 Ridgewood finish with junior Laura Weisberger (5:24.57). In the 3,200, Cleary placed second in 11:42.87, and Weisberger wound up sixth in 12:30.50.

Besides DeVita, the Maroons

See CHAMPS, page C3

CHAMPS from C1

had two other state-group qualifiers in field events, as sophomore Sophie Montgomery was sixth in the high jump (4-6), and sophomore Reid Simoncini took sixth

in the pole vault (8-0).

In the 55 hurdles, senior Siran Ramirez ran a bronze-medal 9:18. She later teamed up with McPadden, senior Anna Caffrey and junior Amanda Muccio for a silver-medal time of 4:16.41 in

the 4 x 400 to help Ridgewood wrap up its third North 1, Group 4 girls indoor title overall (2008, 2012, 2013).

E-mail: tartaglia@northjersey.com

Bergen County Championship
@ Armory

Feb 19, 2013

55m:

Jake Sabatini 6.6/6.6, Dom Boresta 6.7

Courtney Campbell 7.6/7.7 Reid Simoncini 7.8/7.7

55HH:

Kevin Chung 7.6/7.6/7.6 – 2nd Place Alex Armatas 8.5

Mimi DeVita 9.3/9.2/9.1 – 3rd Place, Kate McKeon 9.5/9.4/9.3 – 6th Place Sirai Ramirez 9.5/9.5

600m:

Storm Dublirer 1:24.2 – 1st Place, Bryan Clarendon 1:26.0 – 4th Place, Neil Schoff 1:26.2 – 5th Place,
Vince Young 1:34.3

Anna Caffrey 1:42.6 – 5th Place

400m:

Dom Boresta 53.6

Amanda Mucchio 63.8

800m Novice: Sean O'Keefe 2:15.5

300m:

Neil Schoff 37.6

Courtney Campbell 44.1

1600m:

Nick Salamone 4:29.8 – 2nd Place, Ryan Neville 4:42.2 Michael O'Donnell 4:54.3

800m:

David Frering 2:03.3 – 3rd Place, Bryan Clarendon 2:06.1

Katherine Cirillo 2:29.7, Kylie Simpson 2:41.6

300m Novice: Alex Armatas 38.8 – 3rd Place

4x400m:

Teddy Migliorelli 51.9, Storm Dublirer 51.2, Luke Dublirer 52.7, Jake Sabatini 51.4 3:27.2 -1st Place

Anna Caffrey 63.5, Amanda Mucchio 63.8, Sirai Ramirez 63.9, Micaela McPadden 58.4 4:09.5 – 4th Place

Pole Vault:

Dylan Downing 13'6" – 2nd Place, Allan Wong 12'6" – tie 6th Place

Mimi DeVita 10'6" – tie 4th Place, Reid Simoncini NH

Long Jump: Katie McKeon 14'8"

Triple Jump: Katie McKeon 29'11"

High Jump: Dom Boresta NH

Pentathlon:

Mike Zeno 2752 – 4th Place

HH: 8.3 HJ: 5'8" Shot Put: 9.45 (31'0") Long Jump: 5.40 (17'8"), 1000m: 3:07.8

Comments:

A great meet all around. We left the county championships with a lot of medals. That's always the sign of a good team!

Great job by Mike Zeno in the pentathlon!!!

County Champs:

Storm Dublirer – 600m

Boys 4x400: Teddy, Storm, Luke Jake

INDOOR TRACK BERGEN COUNTY CHAMPIONSHIPS

AT ARMORY TRACK CENTER, N.Y.

Boys

55: 1. Hayden Lyons, Tenafly, 6.4; 2. Ben Davis, Old Tappan, 6.5; 3. Sherman Alston, St. Joseph, 6.5; 4. Kemp Midgett, Englewood, 6.5; 5. Luke Lyons, Westwood, 6.5; 6. Ken Partyka, Hasbrouck Heights, 6.6.

55 HH: 1. Roland Gamez, Hasbrouck Heights, 7.6; 2. Kevin Chung, Ridgewood, 7.6; 3. Mark Sarasua, Bergenfield, 8.2; 4. Will Lee, Tenafly, 8.2; 5. Nick Quinn, Hackensack, 8.2.

300: 1. Zach Hubner, River Dell, 36.1; 2. Kevin Halloran, Indian Hills, 36.1; 3. Dylan Perez, Ridgefield Park, 37.4; 4. Donald Chisholm, Ridgefield Park, 37.4; 5. tie between Alijah Harris, Teaneck and Wayne Gordon, Don Bosco, 37.5.

400: 1. Jaleel Felton, Pascack Valley, 50.4; 2. George Jenkins, Teaneck, 50.5; 3. James Buser, Mahwah, 51.2; 4. Matt Schneider, Paramus, 51.4; 5. Dylan Perez, Ridgefield Park, 51.6; 6. Pat Degnon, Demarest, 51.9.

600: 1. Storm Dublirer, Ridgewood, 1:24.2; 2. Dan Lynch, Bergen Catholic, 1:24.9; 3. Masa Ono, Tenafly, 1:25.6; 4. Bryan Clarendon, Ridgewood, 1:26.0; 5. Neil Schoff, Ridgewood, 1:26.4; 6. Bryan Castro, Bergen Catholic, 1:27.2.

800: 1. James Buser, Mahwah, 1:58.4; 2. Nik Haas, Ramsey, 2:00.9; 3. David Frering, Ridgewood, 2:03.3; 4. Stephen Pena, Ridgefield Park, 2:03.3; 5. Noah Osterhus, Westwood, 2:03.8; 6. Brandon Garcia, Dumont, 2:04.4.

1,000: 1. Kevin Serrao, Bergen Tech, 2:33.9; 2. Kevin Rogovich, Demarest, 2:35.3; 3. Stephen Pena, Ridgefield Park, 2:38.1; 4. Matt Morano, Bergen Catholic, 2:41.3; 5. Brandon Garcia, Dumont, 2:42.0; 6. Ryan Semsel, Dwight-Englewood, 2:46.9.

1,600: 1. Ben Malone, Pascack Valley, 4:26.2; 2. Nick Salamone, Ridgewood, 4:29.8; 3. Chris Mascetti, Hackensack, 4:31.3; 4. Mike Secreti, Paramus, 4:33.9; 5. Schan Lartigue, Don Bosco, 4:36.4; 6. Adam Ramos, Don Bosco, 4:36.5.

3,200: 1. Bobby Gonzalez, Don Bosco, 9:50.7; 2. Mike Whalen, Bergen Catholic, 9:59.2; 3. Kevin Ramos, Don Bosco, 10:00.3; 4. Darren Guzman, Teaneck, 10:07.5; 5. Will Brancato, Rutherford, 10:17.0; 6. Adham Ziyadeh, Cliffside Park, 10:19.3.

Shot put: 1. Andrew Trumbetti, Demarest, 60-7 (record, old record, 58-7, by Mike Theuerkauf, Demarest, 1988); 2. Spencer Ross, Mahwah, 55-10; 3. Austin Berninger, River Dell, 54-4 3/4; 4. Jack Lippin, Bergen Catholic, 53-1 1/4; 5. Chris D'Amico, Don Bosco, 50-5; 6. Jonathan Jun, Pascack Hills, 49-11 3/4.

High jump: 1. Roland Gamez, Hasbrouck Heights, 6-4; 2. tie between Dan Thompson, Indian Hills and Brandon Jurasin, River Dell, 6-0; 4. Mike Sommerville, No. Highlands, 6-0; 5. Justin Pak, Demarest, 5-10; 6. Zach Bazile, St. Joseph, 5-10.

Long jump: 1. Roland Gamez, Hasbrouck Heights, 21-9 3/4; 2. George Alexandris, Fair Lawn, 21-9 1/4; 3. Zach Basile, St. Joseph's, 21-1 3/4; 4. James Ortiz, Ramapo, 20-11 1/4; 5. George Trival, Ramsey, 20-6 3/4; 6. Tom Hughes, Hasbrouck Heights, 19-11 3/4.

Triple jump: 1. Peter Chamalian, Cresskill, 44-11 1/2; 2. Roland Gamez, Hasbrouck Heights, 43-9 1/2; 3. Zach Bazile, St. Joseph's, 41-11 3/4; 4. Christian DeSanctis, River Dell, 41-11 1/2; 5. James Ortiz, Ramapo, 41-11 1/4; 6. George Trival, Ramsey, 41-10 1/4.

Pole vault: 1. Eric Geider, Demarest, 14-6; 2. Dylan Downing, Ridgewood, 13-6; 3. Keith Gandy, Indian Hills, 13-0; 4. Calvin Hartman, River Dell, 13-0; 5. Teddy D'Amico, Bergen Catholic, 12-6; 6. tie between Allan Wong, Ridgewood and Raul Ferreira, Ridgefield Park, 12-6.

4-x-400 relay: 1. Ridgewood (Teddy Migliorelli, Luke Dublirer, Storm Dublirer, Jake Sabatini), 3:27.2; 2. Teaneck, 3:28.6; 3. Old Tappan, 3:32.9; 4. Tenafly, 3:33.8; 5. Bergen Catholic, 3:34.3; 6. Ridgefield Park, 3:34.9.

Pentathlon: 1. Mike Cummings, Hackensack (7.9 HH; 34-1 1/4 SP; 6-0 HJ; 20-9 LJ; 2:55.3 1000) 3304 points; 2. Josh Landsman, Demarest, 2,971; 3. Brian Kalafut, Park Ridge, 2,891; 4. Mike Zeno, Ridgewood, 2,752; 5. Ben Mandel, Pascack Val-

ley, 2,736; 6. Brian Salamanca, Paramus, 2,526.

Girls

55: 1. Tatiyanna Sanders, Paramus Catholic, 7.2; 2. Aminah Sarraga, Teaneck, 7.3; 3. Janienne Palmer, Englewood, 7.4; 4. Ashley Jeng, Fort Lee, 7.5; 5. Naomi Clarke, Hackensack, 7.6; 6. Tatiana Jenkins, Paramus Catholic, 7.6.

55 HH: 1. Alexandra Cimino, Westwood, 8.3; 2. Christina Welzer, Demarest, 8.5; 3. Mimi DeVita, Ridgewood, 9.1; 4. Gina Salmins, Ramapo, 9.2; 5. Dana Lynch, Hackensack, 9.2; 6. Katie McKean, Ridgewood, 9.3.

300: 1. Alexandra Cimino, Westwood, 41.2; 2. Emma Sullivan, Northern Highlands, 42.4; 3. Janienne Palmer, Englewood, 43.2; 4. Jalme Mangold, Indian Hills, 43.6; 5. Amanda Pook, Northern Highlands, 43.6; 6. tie between Alicia Pena Englewood and Kristen Sherlock, Holy Angels, 43.8.

400: 1. Katie Vernon, Ramsey, 59.2; 2. Claire Scavone, Ramapo, 60.0; 3. Kayla Begen, Pascack Valley, 61.6; 4. Alice Urbel, Pascack Valley, 61.7; 5. Carly Reich, Park Ridge, 62.1; 6. Suzie Abribat, Ramapo, 62.2.

600: 1. Palge Fernandez, River Dell, 1:38.7; 2. Sam Schleiger, River Dell, 1:40.7; 3. Kathryn Grant, Hackensack, 1:41.1; 4. Julia Senkevich, Westwood, 1:41.8; 5. Anna Caffrey, Ridgewood, 1:42.6; 6. Jaime Mangold, Indian Hills, 1:42.8.

800: 1. Deanna DiLandro, Ramapo, 2:13.0; 2. Christina Welzer, Demarest, 2:18.9; 3. Suzie Abribat, Ramapo, 2:24.5; 4. Sydney Coughlin, Indian Hills, 2:27.3; 5. Caroline Morano, IHA, 2:28.0; 6. Mikayla Dudas, IHA, 2:28.1.

1,000: 1. Madison Holleran, Northern Highlands, 2:58.9; 2. Corinne Myers, Westwood, 3:02.4; 3. Emily Croonquist, River Dell, 3:04.1; 4. Kaitlyn Johnston, Ramsey, 3:12.8; 5. Jolie Bartner, Paramus, 3:14.2; 6. Christina Stevens, Bergen Tech, n.t.

1,600: 1. Julia Guerra, Indian Hills, 5:13.0; 2. Ashley Stryko, Holy Angels, 5:20.0; 3. Gianna Carrino, IHA, 5:35.3; 4. Ashlyn McKenna, Ramapo, 5:46.0; 5. Kelsey Geisenheimer, Demarest, 5:46.2; 6. Kristen Foley, Ramapo, 5:47.5.

3,200: 1. Lydon Kersting, Holy Angels, 11:09.9; 2. Veronica Rocco, Tenafly, 11:47.9; 3. Brittany Day, Demarest, 12:06.3; 4. Kim Oppenheim, Westwood, 12:18.7; 5. Lindsey Lucas, Paramus, 12:25.5; 6. Ellen Ubl, Old Tappan, 12:28.0.

Shot put: 1. Alysha Menzies, Garfield, 38-2 1/4; 2. Irene Cedano, Hasbrouck Heights, 37-7; 3. Laura Oh, River Dell, 37-4; 4. Haley Hirsch, Demarest, 37-2; 5. Chanel Garcia, Englewood, 34-11 1/4; 6. Yanique Spinger, Bergen Tech, 34-9 1/4.

High jump: 1. Tatiyanna Sanders, Paramus Catholic, 5-2; 2. Kerrienne Conner, Dumont, 5-0; 3. Haley Hirsch, Demarest, 4-10; 4. Ali Kornberger, Mahwah, 4-8; 5. tie between Kriste Nati, Fair Lawn and Caroline Uribe, Mahwah, 4-8.

Long jump: 1. Tatiyanna Sanders, Paramus Catholic, 16-9 1/2; 2. Shaye Wisse, IHA, 16-6 1/2; 3. Gina Salmins, Ramapo, 16-3; 4. Patty McHugh, Waldwick, 16-0; 5. Kelly Redl, Ramsey, 15-8 1/2; 6. Marina Reilly, River Dell, 15-7 1/2.

Triple jump: 1. Gena Pickett, Mahwah, 36-8 1/4; 2. Anastasia Atkinson, Teaneck, 36-2 1/4; 3. Rosie Menyhart, Paramus Catholic, 34-10; 4. Gina Salmins, Ramapo, 34-5; 5. Noreen Byrne, River Dell, 33-9; 6. Lauren Michel, Mahwah, 33-5 1/2.

Pole vault: 1. Catherine Rozalski, Queen of Peace, 11-0; 2. Jordan Even-Chen, Ramapo, 11-0; 3. Michelle Rozalski, Queen of Peace, 11-0; 4. tie between Mimi DeVita, Ridgewood and Megan Gambuti, Ramapo, 10-6; 6. Bridget Brindley, River Dell, 10-0.

4-x-400 relay: 1. Westwood (Julia Senkevich, Alesia Passaro, Corinne Myers, Alexandra Cimino), 4:01.7; 2. River Dell, 4:04.2; 3. Ramsey, 4:07.3; 4. Ridgewood, 4:09.5; 5. Hackensack, 4:14.4; 6. Hasbrouck Heights, 4:16.1.

Pentathlon: 1. Taryn DeLeon, Old Tappan (9.1 HH; 23-11 1/2 SP; 5-2 HJ; 15-9 3/4 LJ; 2:37.9 800) 2837 points; 2. Amanda Simms, Teaneck, 2,765; 3. Katie Sullivan, Rutherford, 2,723; 4. Sierra Sarraga, Ramsey, 2,412; 5. Lisa Carle, Midland Park, 2,335; 6. Rachel Corandes, Bergen Tech, 2,119.



PHOTO COURTESY OF THE RHS INDOOR TRACK PROGRAM

The Ridgewood High School boys and girls indoor track and field squads swept the team championships at the North 1, Group 4 sectional meet on Feb. 11 at the Bennett Center in Toms River. At right is RHS head coach Josh Saladino, and at left are assistant coaches Mia Martinez and Holly Martin.

INDOOR TRACK & FIELD

RHS boys twice golden at Counties

BY GREG TARTAGLIA
Assistant Sports Editor

BERGEN COUNTY INDOOR TRACK & FIELD CHAMPIONSHIPS

RIDGEWOOD H.S. RESULTS

BOYS

55H: 2. Kevin Chung, 7.6.
600: 1. Storm DUBLIRER, 1:24.2;
4. Bryan Clarendon, 1:26.0;
5. Neil Schoff, 1:26.4.
800: 3. David Frering, 2:03.3.
1,600: 2. Nick Salamone, 4:29.8.
Pole Vault: 2. Dylan Downing,
13-6; T-6. Allan Wong, 12-6.
4x400: 1. RIDGEWOOD (Teddy
Migliorelli, Luke DUBLIRER, Storm
DUBLIRER, Jake Sabatini), 3:27.2.
Pentathlon: 4. Mike Zeno, 2,752.

GIRLS

55H: 3. Mimi DeVita, 9.1;
6. Katie McKeon, 9.3.
600: 5. Anna Caffrey, 1:42.6.
Pole Vault: T-4. DeVita and
Megan Gambuti (Ramapo),
10-6.
4x400: 1. Westwood, 4:01.7;
2. River Dell, 4:04.2; 3. Ramsey,
4:07.3; 4. RIDGEWOOD (Anna
Caffrey, Amanda Muccio, Sirai
Ramirez, Micaela McPadden),
4:19.5.

Senior Storm DUBLIRER garnered a pair of gold medals, including one for helping the Ridgewood High School boys 4 x 400-meter relay to victory, at the Bergen County indoor track and field championships Tuesday at The Armory Track Center in Manhattan.

DUBLIRER won the 600-meter run in 1:24.2 and was one of three Maroons to place in the race. Junior Bryan Clarendon ran fourth in 1:26.0, just ahead of senior Neil Schoff (fifth, 1:26.4).

"Storm's time is the fastest in Bergen County and the third-fastest in the state in the 600 this season," RHS head coach Josh Saladino said. "All our guys who placed in the 600 ran season bests."

In the 4 x 400, DUBLIRER teamed with younger brother Luke and juniors Teddy Migliorelli and Jake Sabatini for a time of 3:27.2, good for a 1.4-second victory over Teaneck.

Ridgewood seniors Kevin Chung, Nick Salamone and Dylan Downing all brought home county silver medals. Chung and Roland Gamez of

Hasbrouck Heights both were credited with a time of 7.6 seconds in the 55-meter hurdles, but Gamez was ruled to have out-leaned Chung at the line.

Salamone ran an indoor best of 4:29.8 in the 1,600 meters, and Downing tied his personal record of 13-foot-6 to finish runner-up in the pole vault. Also in the pole vault, junior Allan Wong tied for sixth at 12-6.

RHS junior David Frering got a bronze medal for his time of 2:03.3 in the 800, and classmate Mike Zeno took fourth in the pentathlon. "Anyone in the pentathlon is a very athletic, versatile performer," Saladino said. "Mike had experience in the hurdles

and the high jump - those are probably his two strongest events - but he did a great job working on the long jump and shot put in the days leading up to [the meet]."

Zeno's efforts of 8.3 in the high hurdles, 31-0 in the shot put, 5-8 in the high jump, 17-9 in the long jump and 3:07.8 in the 1,000 meters gave him a total of 2,752 points, keeping him 16 ahead of fifth-place Ben Mandel of Pascack Valley. Mike Cummings of Hackensack scored 3,304 to win the competition.

For the Ridgewood girls, senior Mimi DeVita ran a bronze-medal 9.1 in the high hurdles (a season best) and tied Ramapo's

Megan Gambuti for fourth in the pole vault with a height of 10-6. Senior Anna Caffrey ran a PR of 1:42.6 to take fifth in the 600 and combined with Amanda Muccio, Sirai Ramirez and Micaela McPadden to run fourth in the 4 x 400 in 4:19.5.

Headed for SMOC

Saladino said that McPadden was held out of additional events at the county meet to rest up for the girls 800-meter race at the State Meet of Champions (SMOC), which takes place at the John Bennett Indoor Athletic Complex in Toms River starting at 10 a.m. (weather permitting).

McPadden, a senior, qualified for an SMOC wild card after running a ninth-place 2:18.67 in the 800 at last Saturday's State Group 4 finals at the Bennett Center. DeVita cleared 10-0 to earn Group 4 bronze in the pole vault, and sophomore Kelly Cleary ran a fourth-place 11:14.94 in the Group 4 3,200, as both girls secured automatic SMOC bids.

Ridgewood will send two boys to the Meet of Champs, both as wild cards. Chung was seventh in the Group 4 high hurdles (7.85), and Wong tied for seventh in the Group 4 pole vault (12-6).

Email: tartaglia@northjersey.com

Paul Schwartz's state indoor track Meet of Champions preview

Saturday at Bennett Center, Toms River

10 a.m., boys meet; 11 a.m., girls pole vault; 1 p.m., girls meet

Last year's State Meet of Champions yielded the fewest North Jersey medals in more than a quarter century. Even though defending 1,600-meter champion Ben Malone of Pascack Valley chose the Millrose Games High School Mile (which he won) over defending his state title, prospects are better this year. There are 97 individual entrants and four relay teams from North Jersey. Here's a rundown of the North Jersey outlook:

Boys

400: A light local entry will produce no medal winners here.

1,600: With Ben Malone's absence, the race is wide open, although Rob Napolitano of Red Bank Catholic and Chris Hatter of Pope John are the favorites. Mike Higgins of Don Bosco is the top North Jersey seed here and only his inexperience might stand in the way of a medal. If Mahwah's James Buser, winner of the Group 2 800 and 1,600 last week, is in the seeded heat, he might have a shot at a medal but his better chance could be in the 800.

HH: Kevin Chung of Ridgewood and Roland Gamez of Hasbrouck Heights have outside chances of reaching the final and the other three qualifiers have another chance to break eight seconds.

55: Several North Jersey entrants but no medal contenders.

800: This could be one of the best races of the meet with the Clark brothers of Pleasantville, Isaac and Jacob, and Darrell Manhertz of Kingsway out front. Mahwah's James Buser can medal but has to stay closer to the front in order to get there. Nigel Burgess of Passaic Tech and Kevin Serrao of Bergen Tech are in unseeded heats but could run fast enough to get close to a medal.

3,200: Don Bosco junior Kyle Levermore led the Non-Public A race for 3,150 meters before getting outkicked by Tom Rooney of CBA. They meet again Saturday with Jimmy Daniels of Sterling and state cross-country champ Tom O'Neill of Middletown North in a donnybrook that could go under 9:10, a top 10 time in the nation. Ramon Fantauzzi of Pompton Lakes is a dark horse medal contender after his terrific 2:26



STAFF PHOTO BY KEVIN R. WEXLER

Northern Highlands' Madison Holleran will compete in the girls 800 meters.

performance in Group 1.

Relay: There are no medal contenders among the North Jersey entries.

Shot put: Braheme Days of Bridgeton is the defending state and national champ and has thrown more than five feet farther than anyone else in the nation. But if anyone can beat him, it's Andrew Trumbetti of Demarest, who threw 61-4 last week, No. 4 in the nation. Trumbetti was fourth last year. Spencer Ross of Mahwah and Mark Ramsey of Kennedy could medal if they can regain the form they showed earlier in the year. North Jersey entrants make up nearly one-third of the 32-man field.

High jump: Group 1 champ Roland Gamez of Hasbrouck Heights and Mike Cummings of Hackensack can medal if they can clear 6-4, which they have done this year.

Pole vault: A state record four vaulters have cleared 15 feet this winter and Demarest's Eric Geider (fifth last year) is very close. Keith Gandy of Indian Hills made 14-6 earlier this winter, and if he can do it again can also medal.

Girls

400: Deanna DiLandro of Ramapo and Alexandra Cimino of Westwood are the top North Jersey seeds in this event, but probably won't run it. Emma Sullivan of Northern Highlands will, and looks to go under 59 seconds and perhaps grab a medal.

1,600: Josette Norris of Tenafly is the third seed, after winning Group 3 over Emily Bushey of Vernon. Group 2 champ Marin Warner of Holmdel, Non-Public A champ Tara Connelly of St. John Vianney and Group 4 champ Marisa Ruskan of Bridgewater-Raritan are in the hunt for a title. Corinne Myers of Westwood,

and Julia Guerra of Indian Hills are also medal contenders.

55 HH: Alexandra Cimino of Westwood, the only sub-9 North Jersey hurdler in the field, will need to run at least a quarter-second faster than last week to make the final.

800: Deanna DiLandro of Ramapo is the top seed after her extraordinary 2:13.26 performance last week in winning Group 2, a time bettered only by Janine Davis of Queen of Peace and Jasmin Jones of Hackensack, both previous 800 meter state champs. Carly Pettipaw of Lenape, Claudia DiSomma of Sparta and Madison Holleran of Northern Highlands are her biggest competition since Olivia Baker of Columbia is likely to run the 400. Paige Fernandez of River Dell, Micaela McPadden of Ridgewood and Christina Welzer of Demarest all broke 2:20 for the first time last week and are possible top 10 finishers.

3,200: Six runners under 11 minutes last week makes this a great race. Kelly Cleary of Ridgewood and Lydon Kersting of Holy Angels aren't ready to get there quite yet, but could be ready to take another step.

Relay: Westwood won the Group 2 title with a huge anchor from Alexandra Cimino. But the 11th seed needs a perfect race to be in position for a medal.

Shot put: There are three 40-footers in the state, but the medal spots after that are wide open. Irene Cedano of Hasbrouck Heights, Laura Oh of River Dell, Chanel Garcia of Englewood and Alysha Menzies of Garfield have all thrown at least 37 feet and could be finalists and medal winners.

High jump: If Taryn DeLeon of Old Tappan, Jessica Cusick of Wayne Valley and Kayla Van Lenten of Eastern Christian can clear 5-4 (or make 5-2 on the first attempt) they can medal.

Pole vault: Six North Jersey vaulters are among the 18 in the field who have made 10-6 this winter. Look for Megan Gambuti of Ramapo and Michelle Rozalski of Queen of Peace, who have made 11 feet, to have an advantage over Mimi DeVita of Ridgewood, Catherine Rozalski of Queen of Peace, Jordan Even-Chen of Ramapo and Group 3 champ Haley Steele of West Milford, in medal chances, but a hunch says at least one of the latter quartet will make 11 feet Sat-

Easterns
@ Armory

Feb 25th

55HH:

Kevin Chung **7.89/7.88**, Mike Zeno **8.77**

Sirai Ramirez **9.36**, Kate McKeon **9.60**

55m:

Dom Boresta **6.87/6.90**

4x200m:

Jake Sabatini **23.2**, Dom Boresta **23.7**, Teddy Migliorelli **23.6**, Neil Schoff **23.4** **1:34.36**

4x800m:

Nick Salamone **2:03.1**, Bryan Clarendon **2:03.6**, Luke Dublirer **2:03.7**, Storm Dublirer **2:00.1** **8:10.84**

Kelly Cleary **2:25.5**, Laura Weisberger **2:23.8**, Anna Caffrey **2:28.9**, Micaela McPadden **2:18.7**
9:37.10 – 6th Place

400:

Micaela McPadden **58.71**

1 mile:

David Frering **4:27.90**

4x400m:

Teddy Migliorelli **52.2**, Storm Dublirer **51.3**, Luke Dublirer **53.4**, Jake Sabatini **53.8** **3:31.33**

Pole Vault:

Mimi DeVita **11'0"** – tie 4th

Dylan Downing **NH**, Allan Wong **NH**

Comments:

This is a very high powered meet. Many of you competed well while others of you learned what it takes to compete at this level. Congrats to Mimi and the girls 4x800 on placing! Well Done.

ALL-COUNTY TEAMS

ALL-BERGEN BOYS INDOOR TRACK

FIRST TEAM

55: Hayden Lyons, Tenafly, senior
55 HH: Roland Gamez, Hasbrouck Heights, senior
300: Kevin Halloran, Indian Hills, senior
400: Jaleel Felton, Pascack Valley, junior
600: Dan Lynch, Bergen Catholic, junior
800: James Buser, Mahwah, junior
1,000: Kevin Serrao, Bergen Tech, junior
1,600: Ben Malone, Pascack Valley, senior
3,200: Kyle Levermore, Don Bosco, junior
Pentathlon: Mike Cummings, Hackensack, senior
Shot put: Andrew Trumbetti, Demarest, junior
High jump: Dan Thompson, Indian Hills, senior
Long jump: George Alexandris, Fair Lawn, senior
Triple jump: Peter Chamalian, Cresskill, junior
Pole vault: Eric Geider, Demarest, senior
4-x-400 relay: Ridgewood (Storm Dublirer, senior; Teddy Migliorelli, junior; Jake Sabatini, junior; Nell Schoff, senior.)
4-x-800 relay: Ridgewood (Bryan Clarendon, junior; Luke Dublirer, junior; Storm Dublirer, senior; Nick Salamone, senior.)
Coach of the year: Jimmy Levitzke, Hackensack.

SECOND TEAM

55: Ben Davis, Old Tappan, senior
55 HH: Kevin Chung, Ridgewood, senior
300: Zach Hubner, River Dell, senior
400: George Jenkins, Teaneck, junior
600: Storm Dublirer, Ridgewood, senior
800: Nik Haas, Ramsey, senior
1,000: Kevin Rogovich, Demarest, junior
1,600: Mike Higgins, Don Bosco, junior
3,200: Mike Flanagan, Don Bosco, senior
Pentathlon: Josh Landsman, Demarest, junior
Shot put: Spencer Ross, Mahwah, junior
High jump: Brandon Jurasin, River Dell, senior
Long jump: James Ortiz, Ramapo, senior
Triple jump: James Ortiz, Ramapo, senior
Pole vault: Keith Gandy, Indian Hills, junior
4-x-400 relay: Teaneck (George Jenkins, junior; Alijah Harris, junior; Christian Ozoria, freshman; Mohamed Yousif, junior.)
4-x-800 relay: Don Bosco (Tim Alcide, junior; Bobby Gonzalez, junior; Schan Lartigue, junior; Adam Ramos, junior.)

THIRD TEAM

55: Luke Lyons, Westwood, senior
55 HH: Brendan Davidson, Old Tappan, junior
300: Noah Lartigue, Don Bosco, senior
400: Matt Schneider, Paramus, senior
600: Masa Ono, Tenafly, junior
800: David Fering, Ridgewood, junior
1,000: Stephen Pena, Ridgefield Park,

senior

1,600: Nick Salamone, Ridgewood, senior

3,200: Rob Townsend, Don Bosco, junior

Pentathlon: Brian Kalafut, Park Ridge, senior

Shot put: Austin Berninger, River Dell, senior

High jump: Justin Pak, Demarest, junior

Long jump: George Trival, Ramsey, junior

Triple jump: Maurice West, Englewood, freshman

Pole vault: Dylan Downing, Ridgewood, senior

Pole vault: Calvin Hartman, River Dell, senior

4-x-400 relay: Bergen Catholic (Brian Castro, senior; Kyle Ellerson, sophomore; Dan Lynch, junior; Craig Scheuring, junior.)

4-x-800 relay: Bergen Catholic (Joe Ludwig, junior; Dan Lynch, junior; Matt Morano, sophomore; Mike Whalen, senior.)

HONORABLE MENTION

Mark Sarasua, Bergenfield; Brian Castro, Ted D'Amico, Kyle Ellerson, Anayo Ilobanafor, Jack Lippin, Matt Morano, Kyle Quiero and Mike Whalen, Bergen Catholic; Dominic Lu and Robin Zhang, Bergen Tech; Samer Abuleada and Adham Ziyadeh, Cliffside Park; Ben Chazen, Demarest; Chris D'Amico, Bobby Gonzalez, Wayne Gordon, Schan Lartigue, Matt Rogalski, Adam Ramos and Kevin Ramos, Don Bosco; Brandon Garcia, Dumont; Garrett Finn and Ryan Semsel, Dwight-Englewood; Kemp Midgett, Englewood; Masaru Yamaguchi, Fort Lee; James Henry, Mark Jones, Chris Mascetti, Nick Quinn, Lemar Thomas and Justin Wimberly, Hackensack; Tom Hughes, Ken Partyka and Anthony Seidel, Hasbrouck Heights; Andrew Kristofick, Indian Hills; Alex Zhang, Mahwah; Arte Zuidema, Midland Park; John Grueter, Vincent Messina and Mike Somerville, Northern Highlands; Luke Annichiarco, Tim Cook, Vijay Kamath and Jong Min Youn, Old Tappan; Brian Salamanca and Mike Secreti, Paramus; Krystian Bautista, Paramus Catholic; Jonathan Jun, Pascack Hills; Michael Raia, Park Ridge; Ben Mandel, Pascack Valley; Ken Clarke, Ramapo; Anthony DeFranco, Ramsey; Donald Chisholm, Eric DeVescovo, Christopher Diaz, Luis Escallete, Raul Ferrelra, and Dylan Perez, Ridgefield Park; Bryan Clarendon, Jake Sabatini, Neil Schoff, Allan Wong and Mike Zeno, Ridgewood; Will Brancato, Rutherford; Christian DeSanctis and Drew Tummino, River Dell; Sherman Alston, Zach Bazile and Troy Kay, St. Joseph; Tishaun Conde, Darren Guzman, Alijah Harris and Christian Ozoria, Teaneck; Will Lee, Tenafly; Nick Oravetz, Waldwick; Noah Osterhus, Westwood. **4-x-400 relay:** Indian Hills, Mahwah, Northern Highlands, Old Tappan, Ridgefield Park, River Dell and Tenafly. **4-x-800 relay:** Hackensack, Indian Hills and Teaneck.

ALL-BERGEN GIRLS INDOOR TRACK

FIRST TEAM

55: Tatiyanna Sanders, Paramus Catholic, junior
55 HH: Alexandra Cimino, Westwood, senior
300: Emma Sullivan, Northern Highlands, senior
400: Micaela McPadden, Ridgewood, senior
600: Paige Fernandez, River Dell, senior
800: Deanna DiLandro, Ramapo, junior
1,000: Madison Holleran, Northern Highlands, senior
1,600: Josette Norris, Tenafly, junior
3,200: Ariana North, Northern Highlands, senior
Pentathlon: Taryn DeLeon, Old Tappan, junior
Shot put: Alysha Menzies, Garfield, senior
High jump: Amber Redmond, Hackensack, sophomore
Long jump: Kelly Redl, Ramsey, junior
Triple jump: Gena Pickett, Mahwah, senior
Triple jump: Ana Atkinson, Teaneck, senior
Pole vault: Michele Rozalski, Queen of Peace, sophomore
4-x-400 relay: Westwood (Julia Semkevich, senior; Alesia Passaro, junior; Corinne Myers, junior; Alexandra Cirrino, senior.)
4-x-800 relay: River Dell (Emily Croonquist, junior; Paige Fernandez, senior; Sam Schleiger, senior; Maddie Bonavita, sophomore.)
Coach of the year: Mike Urso, River Dell

SECOND TEAM

55: Janienne Palmer, Englewood, senior
55 HH: Christina Weizer, Demarest, sophomore
300: Amanda Pook, Northern Highlands, freshman
400: Katie Vernon, Ramsey, senior
600: Sam Schleiger, River Dell, senior
800: Jamie Mangold, Indian Hills, senior
1,000: Emily Croonquist, River Dell, junior
1,600: Corinne Myers, Westwood, junior
3,200: Lydon Kersting, Holy Angels, junior
Pentathlon: Amanda Simms, Teaneck, junior
Shot put: Laura Oh, River Dell, senior
Shot put: Irene Cedano, Hasbrouck Heights, senior
High jump: Kerianne Conner, Dumont, senior
Long jump: Shaye Wisse, IHA, junior
Pole vault: Catherine Rozalski, Queen of Peace, senior
4-x-400 relay: River Dell (Sam Schleiger, senior; Noreen Byrne, sophomore; Melissa Gibbons, senior; Paige Fernandez, senior.)
4-x-800 relay: Ridgewood (Kelly Cleary, sophomore; Laura Weisberger, junior; Anna Caffrey, senior; Micaela McPadden, senior.)

THIRD TEAM

55: Aminah Sarraga, Teaneck, freshman
55 HH: Dana Lynch, Hackensack, sophomore

300: Janienne Palmer, Englewood, senior

400: Claire Scavone, Ramapo, senior

600: Kathryn Grant, Hackensack, junior

800: Caitlin Ubl, Old Tappan, sophomore

1,000: Kaitlyn Johnston, Ramsey, junior

1,600: Julia Guerra, Indian Hills, freshman

3,200: Kelly Cleary, Ridgewood, sophomore

Pentathlon: Katie Sullivan, Rutherford, junior

High jump: Haley Hirsch, Demarest, senior

Long jump: Patty McHugh, Waldwick, senior

Triple jump: Rosie Menyhart, Paramus Catholic, sophomore

Pole vault: Megan Gambuti, Ramapo, junior

Pole vault: Jordan Even-Chen, Ramapo, junior

4-x-400 relay: Ramsey (Kelsey Larkin, freshman; Kristen Webb, junior; Kelly Redl, junior; Jenna Gravalis, senior; Katie Vernon, senior.)

4-x-800 relay: Ramapo (Ashlynn McKenna, freshman; Kristen Foley, sophomore; Suzie Aribat, junior; Deanna DiLandro, junior.)

HONORABLE MENTION

Rachel Gorandes, Sonya Sachdev, Yanique Spinger and Christina Stevens, Bergen Tech; Brittany Day, Samantha Ferraro and Kelsey Geisenheimer, Demarest; Chanel Garcia and Alicia Pena, Englewood; Krista Nati and Danielle Pinelli, Fair Lawn; Ashley Jeng, Fort Lee; Johana Castro, Naomi Clarke, Ariel Ivy and Ariela King, Hackensack; Danielle Macera, Hasbrouck Heights; Kristen Sherlock and Ashley Stryko, Holy Angels; Colleen Buckley, Gianna Carrino, Mikayla Dudas, Jacky Feldman, Sara Foley, Caroline Morano and Gabrielle Nutile, IHA; Sydney Coughlin, Indian Hills; Lauren Michel and Jen Moutenot, Mahwah; Lisa Carle, Midland Park; Anna Richard, Northern Highlands; Lauren Bilali, Maxine McConnell, Taylor Parcels and Ellen Ubl, Old Tappan; Jolie Bartner and Lindsay Lucas, Paramus; Tatianna Jenkins, Paramus Catholic; Carly Reich, Park Ridge; Ayo O'Uhur, Pascack Hills; Kayla Begen, Nicole Miller and Alice Urbiel, Pascack Valley; Suzie Aribat, Kristen Foley, Ashlynn McKenna and Gina Salmans, Ramapo; Sierra Sands and Kristen Webb, Ramsey; Aliyah Moody, Ridgefield Park; Anna Caffrey, Mimi DeVita, Emily Fishbein, Katie McKean, Sirai Ramirez and Laura Weisberger, Ridgewood; Rutherford; Bridget Brindley, Noreen Byrne, Marina Reilly and Payton Wagmeister, River Dell; Toni James, Teaneck; Veronica Rocco, Tenafly; Brianna Denyko, Waldwick; Kim Oppenheim and Julia Senkevich, Westwood. **4-x-400 relay:** Hackensack, Hasbrouck Heights, Indian Hills, Northern Highlands, Pascack Valley, Ridgewood, Teaneck. **4-x-800 relay:** Holy Angels, IHA, Ramsey and Westwood.



National Indoor Championships
@ 168 St. Armory

March 8-9th

Distance Medley:

L. Weisberger	3:55.4	
A. Caffrey	63.1	
M. McPadden	2:21.6	
K. Cleary	5:20.6	<u>12:41.34</u>

N. Salamone	3:11.6	
J. Sabatini	52.3	
S. Dublirer	1:56.4	
D. Frering	4:27.9	<u>10:28.47</u>

Shuttle Hurdles:

M. Zeno	8.4	
E. Berry	8.0	
A. Armatas	8.2	
K. Chung	7.8	<u>32.63</u>

S. Ramirez	9.0	
M. DeVita	8.7	
K. McKeon	11.5 (fell)	
M. McPadden	9.5	<u>38.52</u>

4xMile:

N. Salamone	4:36.3	
S. Dublirer	4:35.1	
B. Clarendon	4:46.9	
D. Frering	4:35.0	<u>18:34.83</u>



Ridgewood High School All-Time Indoor List

<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>	
<u>55m:</u>			
6.64	Chris Zeigler	168 Armory	2007
6.70	Akira Monri	Toms River - State Sectional	2008
6.72	Max Witt	Toms River - State Sectional	2009
6.80	Jake Sabatini	Toms River - State Sectional	2013
6.5h	Phil McGillicuddy		1971
<u>200m:</u>			
23.0	Akira Monri	168 Armory	2008
23.1	Jake Sabatini	168 Armory - Varsity Classic	2013
23.5	Matt Beausoleil	168 Armory	2010
23.5	Edward Blair IV	168 Armory	2010
23.6	Steve Pawlowski	168 Armory	2000
<u>300y:</u>			
32.9	Matt Krever	Rockland Community College	1991
<u>300m:</u>			
35.8	InSoo Hwang	168 Armory	2010
36.4	Akira Monri	168 Armory	2008
36.7	Dan Cooper	168 Armory	2000
<u>400m:</u>			
50.31	Tim Geckler	Annapolis	1989
51.4	InSoo Hwang	Toms River - State Sectional	2011
51.66	Juan Llinas	Toms River - State Sectional	2011
52.03	Neil Schoff	Toms River - State Sectional	2012
52.0	Matt Krever	Rockland Community College	1991
<u>500m:</u>			
69.6	Charles Cortellesi	West Point	1983
<u>600y:</u>			
1:15.5	Tim Geckler	Princeton	1989

600m:

1:21.4	Josh Kauke	168 Armory	2000
1:22.3	Niall Buckley	168 Armory	2007
1:24.2	Storm Dublirer	168 Armory - County Champs	2013
1:24.4	Juan Llians	168 Armory	2011
1:24.8	Christian Trautwein	168 Armory	2008
1:25.1	Jeremy Schmidt	168 Armory	2006
1:25.6	Byron Williams	168 Armory	2005
1:25.9	Sadek Alsedi	Farleigh Dickinson	1993
1:26.0	Bryan Clarendon	168 Armory - County Champs	2013
1:26.2	Neil Schoff	168 Armory - County Champs	2013

800m:

1:54.1	Josh Kauke	168 Armory	2000
1:55.49	John Parisi		1983
1:56.9	Niall Buckley	168 Armory	2005
1:58.44	Byron Williams	168 Armory	2005
1:58.55	Chris Rae		1987
1:58.89	Christian Trautwein	168 Armory	2008
1:59.44	Chris Perez	168 Armory	2001
2:00.68	Juan Llinas	168 Armory	2011
2:01.1	Storm Dubirer	168 Armory - League Championship	2013

1000y:

2:17.4	John Parisi	Princeton	1983
2:17.6	Chris Rae	Princeton	1987
2:18.2	Chris Sullivan	Princeton	1985
2:21.3	Byron Williams	Rockland Community College	2005

1000m:

2:30.4	Niall Buckley	168 Armory - Varsity Classic	2007
2:31.0	Bob Keino	168 Armory	1994
2:32.51	Chris Rae		1987
2:32.5	Levi Jennings	168 Armory	2012
2:34.0	Byron Williams	168 Armory	2005
2:35.2	David Maher	168 Armory	2004
2:35.4	Erik Nygaard	168 Armory	2004
2:35.7	Taro Shigenubu	168 Armory	2009
2:35.9	Christian Trautwein	168 Armory	2008
2:36.0	Will Ades	168 Armory	2012

1500m:

4:00.4	Bob Keino	Farleigh Dickinson	1993
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1600m / Mile:

4:12.81*	Bob Keino	MSG - Milrose Mile	1994
4:14.23*	Ari Zamir	MSG - Milrose Mile	2004
4:17.32*	Byron Williams	168 Armory - New Balance Games	2006
4:18.23*	Michael Cator	168 Armory - New Balance Games	2006
4:22.04	Levi Jennings		2011
4:22.3	Chris Sullivan		1985
4:23.12*	Taro Shigenobu		2009
4:23.9	Eric Boucher		1991
4:24.4*	Chris Rae		1986
4:26.16*	Brian Cleary		2010
4:26.35*	David Frering	168 Armory - Eastern States Invite	2013

Mile Walk:

8:36.0	Ed Landers	Rockland Community College	1985
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3000m:

8:25.28	Bob Keino	Princeton	1993
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3200m / 2mile:

9:18.11	Bob Keino	Princeton	1994
9:21.1	Dan Emont	168 Armory	2007
9:23.2*	Bruce Mason		1972
9:26.7*	Tom Hughes		1980
9:27.20	Taro Shigenobu	168 Armory	2009
9:32.7	Ari Zamir	168 Armory	2004
9:33.81	Travis Spicer	168 Armory - Varsity Classic	2012
9:34.97	Michael Cator	168 Armory	2006
9:35.6*	Joe LeMay	Princeton	1985
9:37.39	Patrick Rynkowski		2011

55m HH:

7.64	Akira Monri	Toms River - State Sectional	2008
7.76	InSoo Hwang	Toms River - State Sectional	2011
7.82	Kevin Chung	Toms River - State Sectional	2013
7.84	Craig Halyard		1989
7.86	Matt Beausoleil	Toms River - State Sectional	2011
7.94	Edward Blair IV	Toms River - State Sectional	2011
7.3h	Rich Wankmueller		1975

High Jump:

6'8"	Tommy DeVita	168 Armory - Spiked Shoe	2010
6'6"	James Davis	Garfield - Garfield Classic	1995
6'6"	Fletcher Rosenbach	Garfield - Garfield Classic	1995

Long Jump:

23'5 1/2"	Craig Halyard	Annapolis	1989
22'3 1/4"	Gabe Knutson	168 Armory	2004
21'8 1/4"	Ted Winfield	168 Armory	1998

Triple Jump:

49' 6 1/2"	Craig Halyard	Princeton	1989
45'9 1/2"	Gabe Knutson	168 Armory	2004
44'8"	Evan Bartlik	168 Armory - Nationals	2012
44'4 1/2"	Andrew Dolgin	168 Armory	2000

Pole Vault:

15'0"	Gabe Knutson	168 Armory - Easterns	2004
14'6"	John Wisener		2010
14'3 3/4"	Dan Cooper	Reno - PV Summit	2000
13'6"	Dylan Downing	168 Armory - League Championship	2013
13'3"	John Boylan		1983
13'3"	Jake Riccairdi		2004
13'0"	Vahe Hagopian		1993

Shot Put:

54'9"	Eric Bryant	Saddle Brook	1981
53'6 1/2"	Patrick Rae		1989

Pentathlon:

3259	Gabe Knutson	168 Armory - County Champs	2004
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Ridgewood High School All-Time Indoor List

	<u>Athlete:</u>	<u>Meet:</u>	<u>Year:</u>
<u>55m:</u>			
7.46	Emily Barr	168 Armory	2008
7.48	Erica Cigolini	168 Armory	2007
7.2h	Erica Cigolini	168 Armory	2007
<u>200m:</u>			
26.10	Erica Cigolini	168 Armory	2007
26.4	Alice Wisener	168 Armory	2007
<u>300y:</u>			
37.25	Ginny Figlar	Harvard	1987
39.0	Melissa Gilbert	Rockland Community College	1992
39.5	Liz Ross	Rockland Community College	1985
39.9	Kate Brunner	Rockland Community College	1995
<u>300m:</u>			
40.8	Alice Wisener	168 Armory	2007
42.21	Ginny Figlar		1988
42.2	Melissa Gilbert	Farleigh Dickinson	1994
42.2	Micaela McPadden	168 Armory	2012
42.3	Erica Cigolini	168 Armory	2007
42.9	Emily Barr	168 Armory	2007
43.5	Gizele Watson	Farleigh Dickinson	1994
43.6	Mia Martinez	168 Armory	2008
43.9	Jen McDermott		1989
43.9	Kerri Reilly		1989
<u>400m:</u>			
57.74	Ginny Figlar		1987
58.42	Jen McDermott		1989
58.71	Micaela McPadden	168 Armory - Eastern States Invite	2013
61.49	Lynn Degelmann		1987
61.75	Hanako Shigenobu	Toms River - State Sectionals	2012
<u>600y:</u>			
1:24.58	Ginny Figlar	Harvard	1988
1:29.3	Renee Pavelski	Rockland Community College	1993
1:31.5	Lynne Collazo		1989
1:33.8	Jen Zucaro		2001
1:33.8	Jess Krejsa	Rockland Community College	2006
1:33.8	Catherine Buckley	Rockland Community College	2009

600m:

1:36.6	Cristina Law	168 Armory	2007
1:36.6	Kate Michel	168 Armory	2008
1:39.0	Renee Pavelski	Farleigh Dickinson	1993
1:39.8	Hanako Shigenobu		2012
1:40.3	Catherine Buckley		2009
1:40.5	Micaela McPadden	FDU - North Jersey Champs	2013
1:40.9	Jess Krejsa		2006
1:41.0	Stephanie Westerman		2005
1:41.1	Kelly Conheeney	Farleigh Dickinson	2007
1:41.9	Jen Zucaro		2001

800m:

2:16.55	Cristina Law	Toms River - State Meet of Champs	2007
2:16.59	Lynne Collazo		1989
2:17.9	Margaret Scutro		1984
2:18.55	Kate Michel		2008
2:18.67	Micaela McPadden	Toms River - State Group IV	2013
2:20.2	Liz Figlar		1990
2:21.75	Claire Blaney	Princeton	1992
2:21.89	Hanako Shigenobu		2012
2:21.8	Renee Pavelski		1993
2:22.4	Catherine Pagano		2012

1000y:

2:32.7	Margaret Scutro	Rockland Community College	1985
2:37.2	Mary Ellen Mileski		1983
2:38.61	Lynne Collazo		1988
2:46.6	Clair Nowakowski	Rockland Community College	2002
2:52.7	Stephanie Westerman	Rockland Community College	2005
2:53.3	Alex Middleton	Rockland Community College	2008
2:53.8	Caroline Davidson	Rockland Community College	2012
2:54.0	Claire Blaney		1993
2:54.1	Emily Fishbein	Rockland Community College	2012

1000m:

2:47.44	Margaret Scutro	Byrne Arena (Continental Arena)	1985
2:56.26	Lynne Collazo		1989
3:01.1	Meg McDermott		1999
3:03.5	Hanako Shigenobu		2011
3:03.6	Justine Lupo		2003
3:04.7	Kelly Conheeney		2007
3:06.18	Stephanie Westerman		2006
3:06.3	Clair Nowakowski		2002
3:07.1	Stephanie Doyle	Farleigh Dickenson	1996
3:07.2	Jenna Rogers	Farleigh Dickenson	1994

1500m:

4:33.35 Margaret Scutro Yale - Yale High School Classic 1985

1600m / Mile:

4:54.73* Margaret Scutro Dartmouth - Dartmouth Relays 1985
5:00.91* Jenna Rogers 1994
5:04.37 Kelly Conheeney Toms River - SMOC 2007
5:06.16* Jean Hughes 1989
5:07.17 Catherine Pagano 2012
5:10.92 Caroline Davidson 2012
5:11.4 Clair Nowakowski 2001
5:12.03 Stephanie Doyle 1996
5:12.82 Meg McDermott 1999
5:13.22 Celeste Sedo 1998

3000m:

10:03.12 Jennifer Hughes Yale - Yale Classic 1988

3200m / 2mile:

10:40.96 Patti Mileski Harvard 1983
10:55.09 Celeste Sedo 1998
11:04.5 Jenna Rogers 1994
11:05.34 Jean Hughes 1989
11:11.3 Jen Hughes 1988
11:14.94 Kelly Cleary Toms River - State Group IV 2013
11:22.58 Norine D'Arcy 1986
11:23.6 Meredith Jones 2005
11:30.8 Emily Fishbein 2012
11:34.43 Clair Nowakowski 2000

55m HH:

8.25 Lara-Jane Que Toms River - SMOC 2007
8.40 Sarah DeVita Toms River - SMOC 2011
8.73 Mia Martinez 168 Armory - Easterns 2008

High Jump:

5'8 1/4" Becky Deetz Syracuse 1974
5'4" Renee Pavelski 1993
5'4" Sarah DeVita 2011
5'2" Haley Roche 2011

Long Jump:

18'11 1/2"	Jen McDermott	Harvard	1989
17'3 1/2"	Emily Chang	168 Armory	1993
16'11 3/4"	Brooke Bogart	168 Armory	2006
16'10"	Cristina Law	168 Armory	2007
16'8 3/4"	Emily Barr	168 Armory	2008
16'8 3/4"	Sarah DeVita	168 Armory	2011
16'7 1/4"	Faith Ninivaggi	Rockland Community College	1995

Triple Jump:

39'10 1/2"	Jen McDermott	Harvard	1989
34'7 3/4"	Sarah DeVita	168 Armory	2011
34'6 3/4"	Helena LaMothe	168 Armory	1999
34'4 3/4"	Ana Law	168 Armory	1999

Pole Vault:

12'3"	Kayla Polcari	168 Armory	2011
11'4"	Anne Polcari		2008
11'1"	Mimi DeVita		2012
10'6"	Cassie Wong		2006
9'6"	Kerri Norton		2003
9'6"	Ramelle Brown		2009
9'6"	Illana Brown		2012

Shot Put:

37'5"	Shayna Brown	Garfield - Garfield Classic	1998
36'9 1/4"	Tammy Rayevich		1988
36'1"	Alfreda Eldridge		1989

Pentathlon:

3267	Sarah DeVita	168 Armory - Nationals	2011
3184	Cristina Law	168 Armory - Nationals	2007
3068	Renee Pavelski	Syracuse - Nationals	1993

Ridgewood High School Indoor Boys Relay Records

<u>Event</u>	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>
<u>4x200m:</u> 1:32.9	A. Monri / Z. Ontiveros / P. Nygaard / C. Zeigler	Indoor Nationals	2007
<u>4x400m:</u> 3:25.21	C. Zeigler / Z. Ontiveros / C. Trautwein / N. Buckley	Easterns	2007
<u>4x800m:</u> 7:52.16	N. Buckley / O. Onwubu / M. Cator / B. Williams	Indoor Nationals	2005
<u>4x 1mile:</u> 17:45:19	E. Nygaard / M. Cator / D. Maher / A. Zamir	Indoor Nationals	2004
<u>Sprint Medley: (200-200-400-800):</u> 3:31.10	D. Cooper / A. Dolgin / C. DiPasquale / J. Kauke	Indoor Nationals	2000
<u>Distance Medley:</u> 10:17.39	L. Jennings / N. Schoff / J. Llians / P. Rynkowski	Indoor Nationals	2011
<u>4x55 HH:</u> 30.7	J. Nagano-Gerace / J. Moody / S. Pierce / A. Monri	County Relays	2006
<u>4x55HH (5 flights):</u> 32.63	M. Zeno / E. Berry / A. Armatas / K. Chung	Indoor Nationals	2013
<u>Shot Put:</u> 97'3"	Kearns / Bryant		1981
<u>High Jump:</u> 12'2"	J. Davis / F. Rosenbach	State Group IV Relays	1995
<u>Long Jump:</u> 40'10 1/2"	Hong / Darrow	County Relays	1987
<u>Triple Jump:</u> 84'9 3/4"	Hong / Halyard	County Relays	1987
<u>Pole Vault:</u> 24'6"	D. Downing / A. Wong	County Relays	2013
24'6"	J. Riccairdi / C. Jensen	County Relays	2005

Ridgewood High School Indoor Girls Relay Records

<u>Event:</u>	<u>Team Members:</u>	<u>Meet:</u>	<u>Year:</u>
<u>4x200m:</u> 1:45.28	L. Que / E. Cigolini / E. Barr / A. Wisener	Indoor Nationals	2007
<u>4x400m:</u> 4:01.7	E. Barr / K. Conheeny / A. Wisener / C. Law	Easterns	2007
<u>4x800m:</u> 9:22.18	G. Figlar / Jean Hughes / Jen Hughes / L. Collazo	Yale HS Classic	1988
<u>4x 1mile:</u> 20:59.66	H. Shigenobu / E. Fishbein / C. Davidson / C. Pagano	Indoor Nationals	2012
<u>Sprint Medley: (200-200-400-800):</u> 4:11.2	L. Que / E. Cigolini / A. Wisener / C. Law	Indoor Nationals	2007
<u>Distance Medley:</u> 11:56.5	Pringle / Scutro / M. Mileski / M. Mileski	Yale HS Classic	1983
<u>4x51.5 HH - 4 Hurdles:</u> 32.4	M. Martinez / E. Barr / A. Wisener / L. Que	County Relays	2007
<u>4x55 HH - 5 Hurdles:</u> 34.14	M. Martinez / C. Law / A. Wisener / L. Que	Indoor Nationals	2007
<u>Shot Put:</u> 66'3"	Rayevich / Eldridge		1988
<u>High Jump:</u> 10'2"	H. Roche / S. DeVita	County Relays	2011
<u>Long Jump:</u> 32'4"	B. Bogart / E. Cigolini	County Relays	2006
<u>Triple Jump:</u> 66'7 1/2"	S. DeVita / H. Roche	County Relays	2011
<u>Pole Vault:</u> 20'6"	M. DeVita / I. Brown	County Relays	2012